

Place	Number	Finish Time	Name	Club	Category
1	282	02:23:30	Stephen Buckle	St Albans Flyers	SM
2	251	02:26:40	Neil Cook	Victoria Park Harriers & Tower Hamlets Ac	SM
3	242	02:26:53	Simeon Bennett	Ac	SM
4	276	02:27:22	Pearce Phillips	Bearbrook Running Club	MV45
5	277	02:32:26	Ed Laver	Unattached	SM
6	255	02:40:33	Ammon Piepgrass	Unattached	SM
7	224	02:41:59	Winston Woodward	Drr	SM
8	216	02:57:03	Patrick Mcguinness	Harpenden Arrows	MV45
9	249	02:57:06	Paul Owen	Amphill And Flitwick Flyers	MV45
10	219	02:57:09	David Waterman	Unattached	MV50
11	253	02:58:56	Stewart Horne	The Stragglers	SM
12	278	02:59:51	Lawrence Noon	Unattached	MV40
13	202	03:05:37	Darren Ward	Unattached	SM
14	237	03:05:38	Mark Elson	Unattached	MV50
15	201	03:08:57	Thomas North	Gade Valley Harriers	MV40
16	227	03:09:00	Balazs Kiss	Unattached	SM
17	235	03:10:47	Martin Mcintyre	Unattached	SM
18	280	03:19:15	Ciaran Goswell	Unattached	SM
19	252	03:19:37	Cat Gibbons	Na	SF
20	228	03:19:39	Jenna Du Plessis	Unattached	SF
21	238	03:19:45	Phil Clarke	Amphill & Flitwick Flyers	MV60
22	220	03:19:45	David Coker	Amphill And Flitwick Flyers	MV50
23	218	03:19:48	Michael Hessey	Harpenden Arrows Running Club	MV45
24	229	03:19:50	Helen Spring	York Acorn Running Club	SF
25	217	03:20:15	Simon Townsend	Harpenden Arrows	MV45

26	246	03:23:05	Nick Lindley		
27	288	03:23:12	Paul Bayley	Tring Rc	SM
28	248	03:23:23	Dean Shears	Rugby And Northampton Ac	SM
29	289	03:23:43	Richard Stanley	Ampthill & Flitwick Flyers	MV45
30	274	03:24:53	Rik Edwards	Chiltern Harriers A.c.	MV55
31	244	03:25:00	Alison Cooper	Riverside Runners St Neots	FV50
32	245	03:25:00	Nicola Jones	Riverside Runners St Neots	FV40
33	262	03:25:00	Sam Windebank	Riverside Runners, St Neots	FV40
34	234	03:25:00	David Irwin	St Neots Riverside Runners	MV50
35	267	03:25:07	Louise Langmead	Unattached	FV45
36	273	03:25:08	Andrew Lansdell	Unattached	MV50
37	287	03:25:31	Mark Wood	Unattached	MV45
			Richard St George		
38	230	03:26:07	Carey	Unattached	MV50
39	266	03:26:19	David Rampton	Unattached	MV65
40	226	03:26:50	Gary Warby	Unattached	MV45
41	263	03:27:11	Jeremy Bell	Ampthill & Flitwick Flyers	MV50
42	239	03:27:57	Jeremy Martin	Unattached	SM
43	225	03:28:30	Graham Harper	Harpenden Arrows	MV55
44	290	03:28:42	Michaela Harwin	Leighton Buzzard Tri Club	FV40
45	281	03:29:34	Tom Fisher	Unattached	SM
46	241	03:31:14	Joel Driscoll	Unattached	SM
47	240	03:31:45	Glenis Driscoll	Bahrain Road Runners	FV55
48	243	03:32:23	Philip Wood	Wootton Road Runners	SM
49	265	03:32:54	Steve Bowran	Harpenden Arrows	MV40
50	247	03:32:54	Sarah Chilvers	Harpenden Arrows	FV50
51	205	03:37:29	Shelley Van Der Berg	Vegan Runners Uk	FV35
52	204	03:37:29	Evelina Odej	Vegan Runners Uk	SF
53	261	03:38:47	Caroline Devine	Bedford Harriers	FV50
54	236	03:38:47	Natasha Starling	Unattached	SF

55	286	03:39:08	Becky Wood	Bedford Harriers	FV35
56	268	03:39:10	Andrew Bishop	Gade Valley Harriers	SM
57	264	03:39:25	Martin Storrie	Gade Valley Harriers	MV50
58	257	03:39:51	Lawrence Folley	Bedford Harriers	MV50
59	260	03:39:56	Trudie Finch	Bedford Harriers	FV40
60	272	03:40:23	Ian Nicholson	Rushcliff Ac	MV60
61	203	03:56:10	Dave Wise	Gade Valley Harriers	MV45
62	283	03:58:32	Jasmine Banks	Northampton Road Runners	FV35
63	279	03:58:33	Karl Flowers	Unattached	MV40
64	232	04:00:06	Panos Fellas	Watford Joggers	MV50
65	256	04:00:11	Mark Rouse	Amphill And Flitwick Flyers	SM
66	270	04:00:15	Richard Jones	Amphill & Flitwick Flyers	MV50
67	269	04:00:15	Sue Jones	Amphill & Flitwick Flyers	FV50
68	250	04:00:21	Fiona Owen	Amphill And Flitwick Flyers	FV45
69	285	04:01:51	Caroline Diggle	Bedford Harriers	FV40
70	284	04:01:51	Dawn Childs	Bedford Harriers	FV40
71	275	04:02:53	Brian Roberts Stone	Holme Pierrepont Rc	MV60
72	231	04:03:47	Katerina Fellas	Watford Joggers	FV40
73	233	04:03:47	Natalie Smith	Watford Joggers	FV40
74	271	04:12:15	Terry Mchugh	Amphill And Flitwick Flyers	MV55
75	215	04:12:34	William Harvey	Tring Rc	MV45
76	214	04:12:34	Frances Mills	Tring Running Club	FV50
77	258	04:18:14	David Flatman	Mk Lakeside Runners	MV40
78	259	04:18:14	Sara Turnbull	Mk Lakeside Runners	SF
79	254	04:19:13	Annie Page	Amphill & Flitwick Flyers	FV40
80	222	04:19:26	Stead Elaine	Biggleswade Ac	
81	221	04:22:07	Stead Mark	Biggleswade	
82	208	04:24:15	Lucy Stern	St. Albans Striders	FV45
83	211	04:24:15	Emma Ward	St Albans Striders	SF
84	210	04:24:15	Mandy Attree	St Albans Striders	FV45

85	209	04:24:15	Carol Ransom	St Albans Striders	FV40
86	206	04:38:25	Jennifer Chilton		
87	207	04:38:27	Hannah Prentice	Unattached	SF
88	223	04:40:59	Catherine Marriott	Biggleswade Ac	FV55
89	212	04:45:20	Scott Freer	West End Runners	MV45
90	213	04:45:20	Mark Thompson	West End Runners	MV50
91	200	04:58:15	Brendan O'mahoney	Amphill And Flitwick Flyers	