

Oakley 20 2023  
 Bedford Harriers Oakley :  
 March 26, 2023  
 Results by Bedford Harrie

Place	Name	Team	Bib No	Age Group	Pla	Chip Time	Gun Time
1	Phil Martin	Peterborough & Nene Valley	80	1:M 40-44		1:56:08	1:56:09
2	James Fisher	Long Eaton Running Club	181	2:M 18-34		2:02:55	2:02:58
3	Matt Clements	Redway Runners	177	3:M 18-34		2:02:57	2:02:58
4	Chris Ling	Olney Runners	360	1:M 40-44		2:03:24	2:03:25
5	Joseph Emery	C-Squad	165	1:M 18-34		2:10:21	2:10:23
6	Troi Baxter	Newmarket Joggers	67	1:F 18-34		2:11:18	2:11:19
7	Natalie Burns	LWAC	490	2:F 35-39		2:11:36	2:11:40
8	Paul MacKay	Corby A C	458	1:M 35-39		2:13:33	2:13:37
9	Andrew Cowdrill	Marshall Milton Keynes A C	187	2:M 35-39		2:13:47	2:13:48
10	Adam Harris	Riverside Runners	131	2:M 18-34		2:13:55	2:13:59
11	Martin Sewell	Cambridge & Coleridge	270	1:M 50-54		2:15:20	2:15:23
12	James Birnie	Gade Valley Harriers	52	1:M 45-49		2:15:19	2:15:25
13	Jonathan Quint	City Of Norwich A C	482	2:M 45-49		2:15:23	2:15:28
14	Russ Hewitt	Riverside Runners	214	3:M 45-49		2:16:13	2:16:17
15	Dean Reilly	Royston Runners	386	3:M 35-39		2:16:36	2:16:43
16	Ian Hunter	Alchester R C	157	2:M 50-54		2:17:25	2:17:27
17	Ben Scofield		403	3:M 18-34		2:17:26	2:17:31
18	Nicolae Hogas	Bedford Harriers A C	86	4:M 35-39		2:18:02	2:18:05
19	Libby Brown	Cambridge & Coleridge	483	3:F 18-34		2:18:10	2:18:14
20	Barry Stratford	Amphill & Flitwick Flyers	13	2:M 40-44		2:18:17	2:18:26
21	Steven Upton	Amphill & Flitwick Flyers	365	4:M 45-49		2:18:17	2:18:26
22	Simon Storer	Silson Joggers A C	323	3:M 50-54		2:19:04	2:19:21
23	Nick Giles		428	5:M 45-49		2:20:06	2:20:09
24	Jon Kemp	Wellingborough & District A	348	4:M 50-54		2:21:58	2:22:11
25	Emily Prejac	Dunstable Lions Running Cl	358	1:F 35-39		2:22:41	2:22:54
26	Shannon Barton		390	1:F 18-34		2:22:10	2:23:00
27	Jonathan White	Alchester R C	146	6:M 45-49		2:23:01	2:23:04
28	Conor Goodwin-Tindall		391	4:M 18-34		2:22:35	2:23:25
29	Nigel Berryman	FERC	274	5:M 50-54		2:23:32	2:23:36
30	Ruth Mitchell	Leighton Buzzard A C	441	2:F 18-34		2:23:49	2:24:04
31	Gavin Nicholson	Amphill & Flitwick Flyers	158	3:M 40-44		2:24:10	2:24:19
32	Stephanie Giles	Alchester R C	156	3:F 18-34		2:24:28	2:24:32
33	Neil Carrant	Dunstable R R	212	7:M 45-49		2:24:47	2:24:55
34	Ian Robinson	Barrow Runners	449	1:M 60-64		2:26:01	2:26:04
35	Liam Butler	Royston Runners	389	5:M 35-39		2:26:15	2:26:23
36	James Darcy	Buckingham & Stowe	328	1:M 55-59		2:26:23	2:26:34
37	Zoe Kemp	Human Energy A C	230	1:F 45-49		2:26:26	2:26:40
38	Richard Moore	Dunstable Lions Running Cl	456	4:M 40-44		2:27:18	2:27:31
39	Trevor Morgan		416	6:M 50-54		2:27:41	2:27:47
40	Ellie Sherriffs	Bedford Harriers A C	282	2:F 35-39		2:28:08	2:28:15

41	Matt Barker		411	5:M 40-44	2:28:10	2:28:25
42	Andrew Wasdell	Marshall Milton Keynes A C	398	8:M 45-49	2:28:12	2:28:28
43	Graham Magill		208	6:M 35-39	2:28:14	2:28:32
44	Robin Bennett-Freebairn		74	7:M 50-54	2:29:31	2:30:08
45	Callum Harrison	Amphill & Flitwick Flyers	486	5:M 18-34	2:30:13	2:30:14
46	Paul Holmes	Silson Joggers A C	309	6:M 40-44	2:30:26	2:30:43
47	Linsey Ryall	Marshall Milton Keynes A C	201	1:F 40-44	2:30:49	2:31:05
48	Neil Whitaker	BRJ Run & Tri	28	7:M 40-44	2:31:09	2:31:13
49	Jeremy Broomfield	Vegan Runners UK	75	9:M 45-49	2:30:47	2:31:23
50	Lizzie Phipps	Silson Joggers A C	393	4:F 18-34	2:31:40	2:31:57
51	Emily Young	Highgate Harriers	440	5:F 18-34	2:31:59	2:32:06
52	Stewart Campbell	Lonely Goat Running Club	397	2:M 55-59	2:32:04	2:32:19
53	Hannah St Leger-Harris	Silson Joggers A C	308	3:F 35-39	2:32:11	2:32:27
54	Richard Nice	Edmonton R C	487	8:M 50-54	2:32:38	2:32:48
55	Alan Coulman	Wootton R R	434	10:M 45-49	2:32:31	2:32:59
56	Samantha Grainger		329	4:F 35-39	2:32:51	2:33:08
57	Oliver Jones	Bedford Harriers A C	55	11:M 45-49	2:32:56	2:33:13
58	Sally Green	Redway Runners	344	2:F 40-44	2:33:15	2:33:28
59	Sam Simmons		340	6:M 18-34	2:33:42	2:33:51
60	Dave Bailey	Redway Runners	414	9:M 50-54	2:33:29	2:34:00
61	Jennifer Sangster	Redway Runners	17	2:F 45-49	2:33:18	2:34:02
62	Abigail Turner	Bedford Harriers A C	16	1:F 50-54	2:34:28	2:34:35
63	Ben Rymer		362	7:M 18-34	2:34:36	2:34:42
64	Gareth Tucker	Gade Valley Harriers	40	12:M 45-49	2:34:46	2:34:51
65	Alex Cook		359	8:M 18-34	2:35:13	2:35:33
66	Toby Heley	Silson Joggers A C	312	10:M 50-54	2:35:25	2:35:39
67	Tom Beach	Royston Runners	63	7:M 35-39	2:36:01	2:36:11
68	John Flanagan	The Running Hub	132	8:M 40-44	2:35:47	2:36:17
69	Roger Ball	Amphill & Flitwick Flyers	372	11:M 50-54	2:36:27	2:36:37
70	Andy Gardner	Redway Runners	313	9:M 40-44	2:36:34	2:37:08
71	Shannon Osullivan		342	6:F 18-34	2:37:05	2:37:17
72	Lewis Harrison		331	9:M 18-34	2:37:05	2:37:17
73	Louise Birkett-Swan	Wootton R R	228	3:F 45-49	2:36:59	2:37:28
74	John Elworthy	Bedford Harriers A C	272	13:M 45-49	2:37:19	2:37:29
75	Dominic Sharland		273	10:M 40-44	2:37:29	2:37:40
76	Adam Johnson	Vale Of Aylesbury	128	10:M 18-34	2:37:33	2:37:41
77	Howard Bull	St Albans Striders	202	8:M 35-39	2:37:29	2:37:45
78	David Green	Harpenden Arrows	97	2:M 60-64	2:37:33	2:37:51
79	Alice Syngé	BRJ Run & Tri	176	4:F 45-49	2:37:36	2:37:52
80	Jason Carter		242	11:M 40-44	2:37:02	2:37:54
81	Simon Kirschner-Heavens		450	12:M 40-44	2:37:59	2:38:13
82	Jonathan Ollington	Newmarket Joggers	265	3:M 55-59	2:37:23	2:38:14
83	Elaine Danby		341	1:F 60-64	2:38:04	2:38:16
84	Sebastiano Tognacci	Shenley Striders	119	14:M 45-49	2:37:41	2:38:17
85	David Hollingsbee		175	15:M 45-49	2:37:42	2:38:20
86	Richard Lowes		471	16:M 45-49	2:38:37	2:38:42

87	Rachel Porter	Cambridge & Coleridge	263	5:F 45-49	2:39:08	2:39:13
88	Richard Barcock	Kenilworth Runners	129	4:M 55-59	2:39:12	2:39:18
89	Nick Betts	Stopsley Striders	465	13:M 40-44	2:39:13	2:39:25
90	Matt Fraher		280	9:M 35-39	2:39:26	2:39:37
91	Elizabeth McGill		183	6:F 45-49	2:39:35	2:39:53
92	Mike Gooch	Wellingborough & District A	366	12:M 50-54	2:39:32	2:40:10
93	Doug Barton	Diamond Runners	392	13:M 50-54	2:39:24	2:40:15
94	Anna Bruce		15	3:F 40-44	2:40:40	2:40:44
95	David Christian		88	14:M 40-44	2:40:53	2:40:59
96	James Harvey	Bedford Harriers A C	118	10:M 35-39	2:40:58	2:41:14
97	Maurice O'Connell	Redway Runners	53	1:M 70-99	2:41:03	2:41:21
98	Simon Yeung		47	17:M 45-49	2:41:21	2:41:41
99	Andrew Wool	March A C	44	14:M 50-54	2:41:02	2:41:49
100	Carol Bowett	Fenland R C	448	4:F 40-44	2:41:51	2:41:55
101	Annette Golawska	Daventry R R	209	5:F 40-44	2:41:41	2:41:59
102	Jack Easthope		437	11:M 35-39	2:41:42	2:42:00
103	Jay Willett		185	11:M 18-34	2:42:29	2:42:39
104	Michael Grehan		103	5:M 55-59	2:42:37	2:43:04
105	Paul Lewis		432	15:M 40-44	2:42:57	2:43:06
106	Daniel Lawrence	Kenilworth Runners	373	15:M 50-54	2:42:59	2:43:12
107	Mark Sheldon	Ramsey R R	23	18:M 45-49	2:43:16	2:43:18
108	Kerry Large	Amphill & Flitwick Flyers	134	5:F 35-39	2:43:13	2:43:23
109	Coralie Anderson	Leighton Buzzard A C	455	7:F 45-49	2:43:23	2:43:39
110	Kyle McSwiggan		452	12:M 18-34	2:43:28	2:44:04
111	Daisy Wooller	Mornington Chasers	196	7:F 18-34	2:43:55	2:44:12
112	Sam Daniells	Redway Runners	1	16:M 40-44	2:43:56	2:44:12
113	Pags Claudianos	Riverside Runners	241	8:F 45-49	2:43:56	2:44:20
114	Susan Millward	Herts Phoenix A C	447	9:F 45-49	2:44:00	2:44:25
115	Anna Silkstone	St Albans Striders	419	6:F 40-44	2:44:06	2:44:32
116	Andrew Johnson		215	19:M 45-49	2:44:43	2:45:02
117	Tony Tarrant		171	16:M 50-54	2:44:50	2:45:28
118	Oliver Mortimer		355	13:M 18-34	2:45:33	2:45:55
119	Ian Mortimer	Desborough & Rothwell Rur	356	3:M 60-64	2:45:34	2:45:55
120	John Shields		254	20:M 45-49	2:45:22	2:45:56
121	Becky Sharpe	Dunstable R R	92	6:F 35-39	2:45:44	2:45:57
122	Liam White	Histon and Impington Runners	481	14:M 18-34	2:45:53	2:46:04
123	Lisa Jay		436	7:F 35-39	2:46:03	2:46:09
124	Brian McCrossan	Team Balancise RC	246	17:M 40-44	2:46:38	2:47:13
125	Daniel Carpenter	Buckingham & Stowe	387	21:M 45-49	2:47:42	2:47:53
126	Ana Chaplin	Redway Runners	352	7:F 40-44	2:47:48	2:48:02
127	Georgina Igoe		102	8:F 18-34	2:47:43	2:48:07
128	Sarah Bird	Redway Runners	495	2:F 50-54	2:47:38	2:48:22
129	Emma Richmond	Eye Community Runners	49	9:F 18-34	2:48:05	2:48:38
130	Lee Radley	Riverside Runners	100	17:M 50-54	2:48:21	2:48:46
131	Victoria Kirschner-Heavens		370	8:F 40-44	2:49:09	2:49:27
132	Richard Popiel	Silson Joggers A C	378	4:M 60-64	2:49:10	2:49:28

133	Richard Hill		89	18:M 50-54	2:49:03	2:49:46
134	David Johnson	Riverside Runners	475	22:M 45-49	2:49:39	2:50:02
135	Emma Stevens	Dunstable R R	180	10:F 18-34	2:50:12	2:50:25
136	Luke Chambers	Redway Runners	293	18:M 40-44	2:50:24	2:50:54
137	Mark Finn	Bedford Harriers A C	150	23:M 45-49	2:50:53	2:50:58
138	Laura Fairbanks	North Herts R R	249	9:F 40-44	2:50:49	2:51:04
139	Paul Smith	Stevenage Phoenix Running	278	6:M 55-59	2:51:02	2:51:06
140	Gareth Comyn		217	24:M 45-49	2:50:49	2:51:07
141	Ray Cooke	Bedford Harriers A C	467	7:M 55-59	2:51:04	2:51:28
142	Stuart Simmons		36	25:M 45-49	2:51:57	2:52:16
143	Martin Davey	Ampthill & Flitwick Flyers	14	5:M 60-64	2:51:58	2:52:18
144	Sarah Pake		168	10:F 45-49	2:51:45	2:52:23
145	Pullin Shah		6	26:M 45-49	2:52:02	2:52:27
146	Kat Miles	Riverside Runners	68	8:F 35-39	2:52:10	2:52:33
147	Nick Sambridge		153	19:M 50-54	2:52:08	2:52:33
148	Jamie Pettingill		466	15:M 18-34	2:52:10	2:52:50
149	Michael Whelan		361	20:M 50-54	2:52:34	2:53:00
150	Julie Martin	Redway Runners	443	3:F 50-54	2:52:19	2:53:02
151	Alastair Green	St Albans Striders	339	8:M 55-59	2:52:58	2:53:26
152	Chris Erridge	Redway Runners	295	19:M 40-44	2:52:30	2:53:27
153	Phil Catcheside	Olney Runners	210	27:M 45-49	2:52:35	2:53:32
154	Rebecca Barden	Garden City Runners	500	1:F 55-59	2:53:03	2:53:35
155	Richard Weber	North Herts R R	247	9:M 55-59	2:53:35	2:53:49
156	Jon Daulton	BRJ Run & Tri	56	12:M 35-39	2:53:13	2:53:52
157	Niki Hales	Team Balancise RC	384	28:M 45-49	2:53:32	2:54:05
158	Caroline Davis	Grantham R C	238	4:F 50-54	2:53:52	2:54:12
159	Paul Coury		292	29:M 45-49	2:54:28	2:54:39
160	Stuart Mann	Herts Phoenix A C	470	2:M 70-99	2:55:07	2:55:13
161	Gail Winter	Watford Joggers	409	5:F 50-54	2:54:54	2:55:25
162	Steve Baker		283	30:M 45-49	2:54:37	2:55:34
163	Marcus Ridley	Fairlands Valley Spartans	353	16:M 18-34	2:55:28	2:55:37
164	Andrew Roach	Spa Striders	377	21:M 50-54	2:55:28	2:55:40
165	Lucy Wilson-Shaw	London Fronrunners	195	11:F 45-49	2:55:39	2:55:48
166	Karen Patterson	March A C	82	6:F 50-54	2:55:05	2:55:56
167	Mark Simmons		24	22:M 50-54	2:56:13	2:56:15
168	Jason Mottram	March A C	46	23:M 50-54	2:55:27	2:56:20
169	George Mothersole		439	17:M 18-34	2:55:30	2:56:26
170	George Davies	Olney Runners	256	31:M 45-49	2:56:23	2:56:30
171	Roy Young	Eye Community Runners	400	1:M 65-69	2:55:58	2:56:32
172	Graham Tee	Wootton R R	240	6:M 60-64	2:56:33	2:57:01
173	James Drury		34	32:M 45-49	2:56:46	2:57:26
174	Boris Mayger		277	10:M 55-59	2:57:31	2:57:35
175	Laura Starkey		461	9:F 35-39	2:57:50	2:58:05
176	Heidi Bourton	Redway Runners	322	12:F 45-49	2:58:04	2:58:28
177	Deborah May	Redway Runners	321	10:F 40-44	2:58:04	2:58:28
178	Mike Blackledge	March A C	31	24:M 50-54	2:58:22	2:58:29

179	Steve Halford		148	20:M 40-44	2:58:30	2:58:42
180	Rose McGinness	St Albans Striders	149	2:F 55-59	2:58:25	2:58:52
181	Clare Thomas		435	13:F 45-49	2:58:52	2:59:37
182	Lucy O'Connor	North Herts R R	233	2:F 60-64	2:59:42	2:59:57
183	Andrew Spilling-Donnalioia		12	21:M 40-44	2:59:40	3:00:03
184	Lorna Hooks		218	14:F 45-49	3:00:25	3:00:39
185	Julie Markley		91	11:F 40-44	3:00:16	3:00:41
186	Tony Parello	Bedford Harriers A C	101	7:M 60-64	3:00:32	3:00:42
187	Kevin Willett	Bedford Harriers A C	396	11:M 55-59	3:00:32	3:00:42
188	P Cossey		343	22:M 40-44	3:00:17	3:00:48
189	Stephen Coomber	Marshall Milton Keynes A C	311	23:M 40-44	3:00:15	3:00:59
190	Karen Tincknell	Marshall Milton Keynes A C	207	15:F 45-49	3:00:15	3:00:59
191	Michelle Byrne		108	11:F 18-34	3:00:48	3:01:00
192	Martin Walker	Leighton Fun Runners	345	2:M 65-69	3:01:01	3:01:32
193	Helen Howard	Saffron Striders	76	16:F 45-49	3:01:58	3:02:14
194	Maurice Hemingway	Riverside Runners	395	3:M 65-69	3:02:01	3:02:24
195	Neal Turney		152	25:M 50-54	3:02:34	3:03:18
196	Jacqui Morland	Ampthill & Flitwick Flyers	188	17:F 45-49	3:02:40	3:03:18
197	Faye Robertson		369	12:F 18-34	3:02:50	3:03:38
198	Gemma Kaiser		368	13:F 18-34	3:03:10	3:03:47
199	Kerry Bullen		66	7:F 50-54	3:02:58	3:03:55
200	Jonathan Wintle		227	33:M 45-49	3:03:26	3:03:56
201	James Plowman		65	34:M 45-49	3:02:59	3:03:56
202	Kirsty Jones	Bedford Harriers A C	54	12:F 40-44	3:03:42	3:04:10
203	Laura Hunton	Ampthill & Flitwick Flyers	186	13:F 40-44	3:03:41	3:04:19
204	Matthew Reed	Wootton R R	172	35:M 45-49	3:03:47	3:04:20
205	Kimberley Yardley	Ampthill & Flitwick Flyers	235	10:F 35-39	3:04:01	3:04:40
206	Cerys Dawson		420	14:F 18-34	3:04:23	3:05:08
207	Anita White	Harpenden Arrows	493	8:F 50-54	3:04:36	3:05:23
208	Peter Blackaller	St Albans Striders	491	8:M 60-64	3:05:00	3:05:26
209	Karen Heslop	Brackley & District R C	325	18:F 45-49	3:06:06	3:06:37
210	Heidi Carruthers	Brackley & District R C	324	19:F 45-49	3:06:07	3:06:37
211	Hilary Cox		320	9:F 50-54	3:06:31	3:06:58
212	Stuart Hill	Stamford Striders	319	12:M 55-59	3:06:31	3:06:58
213	Ali Cooper	Riverside Runners	221	3:F 55-59	3:06:36	3:07:01
214	George O'Dell		454	18:M 18-34	3:06:43	3:07:18
215	Natalie Herbert	Cherwell Runners	494	10:F 50-54	3:06:48	3:07:45
216	Mark Studdart	Watford Joggers	457	13:M 55-59	3:07:34	3:08:03
217	Claire Thomas	Dunstable R R	222	14:F 40-44	3:08:17	3:08:39
218	Carmel Jarman	Dunstable R R	106	11:F 50-54	3:08:16	3:08:40
219	Therese O Riordan	Olney Runners	10	20:F 45-49	3:08:27	3:08:50
220	Paul Smart	Human Energy A C	463	4:M 65-69	3:08:33	3:08:58
221	Paul Warden		418	9:M 60-64	3:08:17	3:09:02
222	Holly Nairn	Harlow R C	472	11:F 35-39	3:08:59	3:09:14
223	Stephen Elkan		234	14:M 55-59	3:08:49	3:09:17
224	Rebekah Liddle		376	21:F 45-49	3:09:23	3:09:51

225	Kevin Mellor		302	5:M 65-69	3:09:07	3:09:53
226	Madeline Forrester	Olney Runners	460	4:F 55-59	3:09:41	3:10:03
227	Tim Long		162	15:M 55-59	3:09:56	3:10:11
228	Christopher Stapleton	Bushfield Joggers	433	3:M 70-99	3:09:55	3:10:12
229	Kate Tettmar	St Albans Striders	446	12:F 50-54	3:10:09	3:10:30
230	Anna Morley		143	13:F 50-54	3:10:14	3:10:54
231	Naomi Course	Ely Runners	90	15:F 40-44	3:10:21	3:11:09
232	Carl Golder	Eye Community Runners	137	36:M 45-49	3:10:48	3:11:23
233	Lindsey Bierton		237	12:F 35-39	3:11:13	3:11:25
234	David Rose	Redway Runners	112	10:M 60-64	3:10:50	3:11:32
235	Louise Diaz		83	5:F 55-59	3:10:52	3:11:34
236	Claire Short		401	22:F 45-49	3:11:25	3:12:08
237	Julie Pritchett	Ampthill & Flitwick Flyers	115	23:F 45-49	3:11:25	3:12:08
238	Laurene Lee	Bedford Harriers A C	213	24:F 45-49	3:11:46	3:12:13
239	Alexandra Ridout	Buckingham & Stowe	211	25:F 45-49	3:12:05	3:12:19
240	Andrew Hetherington	Tring R C	305	11:M 60-64	3:12:03	3:12:39
241	Pamela Morgan	Harpenden Arrows	8	16:F 40-44	3:11:58	3:12:45
242	Nikunj Patel		9	16:M 55-59	3:12:27	3:12:53
243	Martin Dean		96	37:M 45-49	3:13:46	3:13:56
244	Rachel Barker		410	17:F 40-44	3:13:40	3:14:02
245	Christine Ferguson	Harpenden Arrows	41	3:F 60-64	3:13:02	3:14:22
246	Lucy Barker		304	13:F 35-39	3:13:26	3:14:26
247	David Bailey	Team Balancise RC	252	26:M 50-54	3:13:58	3:14:37
248	Emily Davenall	Alchester R C	62	14:F 35-39	3:14:33	3:14:47
249	Naomi Winton		332	15:F 35-39	3:13:56	3:14:56
250	Natasha Newton	Wellingborough & District A	318	14:F 50-54	3:14:27	3:15:11
251	Martin Newton	Wellingborough & District A	317	38:M 45-49	3:14:27	3:15:12
252	Melanie Tindale	Eye Community Runners	291	26:F 45-49	3:14:38	3:15:13
253	Jady Jones	Redway Runners	3	27:F 45-49	3:14:44	3:15:31
254	Martyn Boden		451	13:M 35-39	3:15:15	3:15:47
255	Caroline Beechey	Redway Runners	57	4:F 60-64	3:15:14	3:15:53
256	Richard Pye	Human Energy A C	445	27:M 50-54	3:15:36	3:16:00
257	Kelly Bywaters	Dunstable R R	7	28:F 45-49	3:15:55	3:16:19
258	Laura Prime	Harlow R C	306	29:F 45-49	3:16:07	3:16:43
259	Aaron Evans		363	14:M 35-39	3:16:23	3:16:45
260	Ruth Kent	St Albans Striders	426	18:F 40-44	3:16:30	3:16:57
261	Amber Snell		4	30:F 45-49	3:16:11	3:16:58
262	Alice Noakes	North Herts R R	11	15:F 18-34	3:16:44	3:16:58
263	Louise Crosby	Harpenden Arrows	98	5:F 60-64	3:16:42	3:17:01
264	Adam Knaggs		32	39:M 45-49	3:16:55	3:17:03
265	Karen Bolam		33	31:F 45-49	3:16:56	3:17:04
266	Michael Harrison	Wootton R R	138	24:M 40-44	3:16:39	3:17:11
267	Catriona Hoult	East London Runners	286	32:F 45-49	3:16:46	3:17:18
268	Zoe Hinde		184	19:F 40-44	3:17:13	3:17:43
269	Lorna Blatcher		48	33:F 45-49	3:16:57	3:17:46
270	Sunil Teeluck		113	25:M 40-44	3:16:53	3:17:49

271	Rebecca Baker	Wootton R R	38	20:F 40-44	3:17:21	3:17:51
272	Michael Kendall	Wootton R R	145	6:M 65-69	3:17:39	3:18:10
273	Paula Faller	Biggleswade A C	243	21:F 40-44	3:17:43	3:18:13
274	Benjamin Hing	Shefford Runners	485	26:M 40-44	3:17:43	3:18:13
275	Emma Moore	Wellingborough & District A	489	22:F 40-44	3:18:26	3:18:33
276	Shaun Grainger		330	15:M 35-39	3:17:56	3:18:36
277	Jim Edwards	Redway Runners	299	28:M 50-54	3:17:40	3:18:38
278	Yusuf Firat	Haverhill R C	121	12:M 60-64	3:18:15	3:18:49
279	Simon Callow	Wellingborough & District A	258	29:M 50-54	3:18:10	3:19:00
280	Jacquetta Rodgers		257	15:F 50-54	3:18:18	3:19:05
281	Brett Bayliss		351	17:M 55-59	3:18:15	3:19:12
282	Jonathan Ross		236	13:M 60-64	3:18:36	3:19:18
283	Angel Cooper	Redway Runners	338	16:F 18-34	3:18:44	3:19:29
284	Glenn Dickinson	Redway Runners	85	18:M 55-59	3:19:00	3:20:02
285	Steph Scott		194	16:F 35-39	3:19:31	3:20:11
286	Anne Henson	Garden City Runners	189	1:F 65-69	3:19:40	3:20:13
287	Jacqueline Moore	Redway Runners	216	17:F 35-39	3:19:39	3:20:32
288	Terri Jones	Redway Runners	336	6:F 60-64	3:20:22	3:20:35
289	Rebecca Fensome	Bedford Harriers A C	120	17:F 18-34	3:20:37	3:20:49
290	Dominic Eaves		484	40:M 45-49	3:20:54	3:21:19
291	Laura Beechey	Redway Runners	58	18:F 35-39	3:21:02	3:21:41
292	Peijie Zhu	Bishops Stortford R C	147	34:F 45-49	3:21:17	3:21:56
293	Jamie Ward		347	19:M 18-34	3:22:09	3:22:20
294	Jessica Ward		346	19:F 35-39	3:22:09	3:22:21
295	Mrunal Sisodia		139	30:M 50-54	3:21:47	3:22:33
296	Melanie Comerford	Buckingham & Stowe	427	18:F 18-34	3:22:48	3:23:10
297	David Martin	Saffron Striders	206	31:M 50-54	3:23:10	3:23:45
298	Joanna Makowska		205	23:F 40-44	3:23:10	3:23:46
299	Paul MacLoskey		84	19:M 55-59	3:23:15	3:23:58
300	Tim Giffen	Redway Runners	310	41:M 45-49	3:23:14	3:23:58
301	Tonya Babb	Edmonton R C	423	16:F 50-54	3:23:42	3:24:06
302	Claire Boylan	Bishops Stortford R C	142	17:F 50-54	3:23:46	3:24:25
303	Mark Nazir		405	16:M 35-39	3:23:42	3:24:34
304	Amanda Harding	Redway Runners	267	19:F 18-34	3:24:14	3:24:54
305	Graham Williams		39	27:M 40-44	3:24:02	3:25:01
306	Robert Woods	Olney Runners	77	20:M 55-59	3:24:19	3:25:10
307	Nikki Rudd		18	18:F 50-54	3:24:43	3:25:11
308	Clare Willis		200	24:F 40-44	3:25:02	3:25:27
309	Nicola Hines		417	25:F 40-44	3:26:00	3:26:33
310	Paula Nicol		22	26:F 40-44	3:25:51	3:26:40
311	David Betts	Leighton Fun Runners	190	28:M 40-44	3:26:13	3:26:53
312	Martin Trinder		413	42:M 45-49	3:26:54	3:27:23
313	Kieran Butler		478	17:M 35-39	3:26:51	3:27:45
314	Michelle Grudzinski	North Herts R R	42	27:F 40-44	3:27:46	3:28:00
315	Andrew Grudzinski	North Herts R R	402	43:M 45-49	3:27:58	3:28:12
316	Henry Godsall		354	32:M 50-54	3:28:08	3:28:58

317	Jon Narbett	Bedford Harriers A C	224	33:M 50-54	3:29:16	3:29:38
318	Alan Mutch	Desborough & Rothwell Rur	264	14:M 60-64	3:29:10	3:29:55
319	Ian Dellbridge		94	34:M 50-54	3:29:00	3:29:55
320	Melody Ntambalika	Dunstable R R	453	35:F 45-49	3:30:07	3:30:31
321	Lucilla O'Brien	Dunstable R R	161	36:F 45-49	3:30:10	3:30:31
322	Ivan Zaykov		474	35:M 50-54	3:30:03	3:31:21
323	Ian Smith		364	36:M 50-54	3:30:56	3:31:22
324	Alice Leadbeter		69	37:F 45-49	3:31:00	3:31:55
325	James Leadbeter		70	20:M 18-34	3:30:26	3:31:56
326	Suzie Snelson	Buckingham & Stowe	442	6:F 55-59	3:31:53	3:32:06
327	Michael Hancock	Buckingham & Stowe	415	29:M 40-44	3:31:52	3:32:06
328	Tony Welsh	Redway Runners	37	30:M 40-44	3:31:18	3:32:08
329	Lynda Rowse	Diamond Runners	105	7:F 55-59	3:31:55	3:32:44
330	Nigel Clark		371	21:M 55-59	3:32:32	3:33:06
331	Paul Smailes		374	44:M 45-49	3:32:33	3:33:06
332	Phillip Tubbs	Dunstable R R	109	7:M 65-69	3:33:17	3:33:38
333	Gill Plowman		73	19:F 50-54	3:33:14	3:34:10
334	Lorraine Bennie	Bedford Harriers A C	130	20:F 35-39	3:34:37	3:34:46
335	Miranda Parry		492	20:F 50-54	3:34:42	3:34:49
336	Clare Webb		394	38:F 45-49	3:34:26	3:35:56
337	Stephen Woodus	Vegan Runners UK	498	37:M 50-54	3:35:31	3:35:57
338	Hannah Golightly	Vegan Runners UK	499	20:F 18-34	3:35:32	3:35:58
339	Matt Wadsworth	Buckingham & Stowe	430	45:M 45-49	3:35:05	3:35:59
340	Dorothy Edwards	Redway Runners	412	39:F 45-49	3:35:28	3:35:59
341	Kate Ruddock	BRJ Run & Tri	19	21:F 50-54	3:35:23	3:36:02
342	Claire Few	BRJ Run & Tri	20	8:F 55-59	3:35:32	3:36:11
343	Andrew Plowman		72	46:M 45-49	3:36:31	3:37:28
344	Peter Humphries		166	38:M 50-54	3:37:02	3:37:53
345	Louise Harris	Redway Runners	290	22:F 50-54	3:36:55	3:37:54
346	Claire Styles		469	40:F 45-49	3:38:15	3:38:28
347	Jason Rainbow		2	39:M 50-54	3:37:37	3:38:29
348	Lorraine Devereux		95	23:F 50-54	3:38:08	3:38:37
349	Noel Jones	Bedford Harriers A C	220	22:M 55-59	3:37:45	3:38:40
350	Becky Goodwin		203	41:F 45-49	3:38:27	3:38:45
351	Claire Estick	Redway Runners	125	42:F 45-49	3:38:40	3:39:25
352	Angela Stango	Bedford Harriers A C	29	28:F 40-44	3:39:36	3:40:37
353	Timothy Cumersdale		124	18:M 35-39	3:40:47	3:41:33
354	Emma Cumersdale	Redway Runners	123	21:F 18-34	3:40:47	3:41:33
355	Rachel Canning		383	24:F 50-54	3:42:24	3:42:45
356	John Kemp		385	40:M 50-54	3:42:24	3:42:45
357	Sue Hamer	Fairlands Valley Spartans	335	25:F 50-54	3:42:46	3:43:40
358	Tony Haynes		480	19:M 35-39	3:44:06	3:44:55
359	Sophie Mynott	Ely Runners	93	21:F 35-39	3:44:16	3:45:05
360	Johanna Lee	Dunstable R R	289	29:F 40-44	3:45:06	3:45:29
361	Robert Lee	Dunstable R R	288	31:M 40-44	3:45:06	3:45:29
362	Erica Grayson		334	26:F 50-54	3:44:57	3:45:51

363	Timothy Edwards		422	21:M 18-34	3:45:22	3:46:03
364	Jenna Harvey	Histon and Impington Runne	127	30:F 40-44	3:45:25	3:46:23
365	Norma Leckie	Riverside Runners	21	1:F 70-99	3:46:00	3:46:25
366	Melanie Joy	Bedford Harriers A C	327	31:F 40-44	3:45:57	3:46:38
367	Samantha Devereaux	Team Balancise RC	269	9:F 55-59	3:46:45	3:47:27
368	Michelle Gardner	Haverhill R C	404	27:F 50-54	3:48:06	3:48:41
369	Gail Laidler	Buckingham & Stowe	429	28:F 50-54	3:48:52	3:49:07
370	Karen McKeever		297	29:F 50-54	3:48:44	3:49:23
371	Liz King		104	43:F 45-49	3:49:47	3:50:15
372	Warren Marsh	Wellingborough & District A	61	8:M 65-69	3:50:43	3:51:31
373	Selina Conway	Diamond Runners	99	22:F 35-39	3:51:28	3:52:10
374	David Argent	Redway Runners	178	23:M 55-59	3:51:51	3:52:32
375	Clare Robinson	Histon and Impington Runne	126	32:F 40-44	3:51:39	3:52:37
376	Lisa French		5	44:F 45-49	3:52:53	3:53:43
377	Karen Lower	Northampton R R	268	30:F 50-54	3:53:01	3:53:48
378	Veronica Singleton-Lawley	Bedford Harriers A C	107	7:F 60-64	3:53:24	3:54:19
379	Mandy Walker	Bushfield Joggers	438	10:F 55-59	3:54:51	3:55:11
380	Louise Tesloff	Bushfield Joggers	81	11:F 55-59	3:54:51	3:55:11
381	Leigh Betts	Stopsley Striders	424	45:F 45-49	3:55:22	3:55:51
382	Sarah Howell		199	31:F 50-54	3:56:05	3:56:25
383	Sarah Dorey	Wootton R R	173	46:F 45-49	3:58:13	3:58:47
384	Hannah Farr		425	22:F 18-34	3:58:32	3:59:12
385	Elizabeth Merricks		431	33:F 40-44	3:58:31	3:59:12
386	Gail Lock	M K Lakeside Runners	380	47:F 45-49	3:59:44	4:00:15
387	Dave Lock		379	41:M 50-54	3:59:45	4:00:16
388	Joanne Duggan	Watford Joggers	367	32:F 50-54	4:01:50	4:02:22
389	Susannah Quinn	Redway Runners	459	23:F 35-39	4:04:04	4:04:58
390	Catherine Marriott	Biggleswade A C	300	2:F 65-69	4:06:39	4:07:38
391	Rachel Turvey	Bishops Stortford R C	164	48:F 45-49	4:07:14	4:08:03
392	Jane Malone	Bishops Stortford R C	163	49:F 45-49	4:07:15	4:08:03
393	Natalie Liversidge		169	23:F 18-34	4:07:24	4:08:15
394	Laura Horne	Redway Runners	250	50:F 45-49	4:08:16	4:09:11
395	Jonathan Clements	Redway Runners	251	42:M 50-54	4:08:16	4:09:11
396	Olivia Burke		421	51:F 45-49	4:09:07	4:10:03
397	Rebecca Fleckney	Amphill & Flitwick Flyers	287	34:F 40-44	4:21:03	4:21:45
398	Tania Yelland	Redwell Runners	30	35:F 40-44	4:21:37	4:22:36
399	Erica Van Bree	Wootton R R	141	33:F 50-54	4:22:25	4:23:02
400	Kerry Guthrie	Wootton R R	144	52:F 45-49	4:22:24	4:23:02
401	Theresa Burke	Bishops Stortford R C	294	3:F 65-69	4:24:06	4:24:55