

SEAA Masters Cross Country Championships 2015

at Biggleswade on Saturday 12th December 2015

Race 1 - Men aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time					
1	58	Chris Greenwood	V40 1	Kent AC	32:12	20	64 Jonathan Litchfield	V4020	London Heathside	39:05
2	12	Howard Bristow	V40 2	Brighton & Hove AC	33:23	21	116 Christopher Westcott	V4021	Stevenage & North Herts AC	39:08
3	48	Simon Coombes	V40 3	Heme Hill Harriers	34:30	22	101 Jonathan Moscrop	V4022	Serpentine RC	39:13
4	5	Alex Hamilton	V40 4	Basingstoke & Mid Hants AC	34:32	23	62 Nick Haward	V4023	London Heathside	39:50
5	6	Neil Miller	V40 5	Bedford & County AC	35:15	24	112 Gareth Edwards	V4024	Shaftesbury Barnet Harriers	39:56
6	96	Simon Barrett	V40 6	Serpentine RC	35:35	25	93 Graham Hill	V4025	Royston Runners	40:03
7	80	Nick Shasha	V40 7	Orion Harriers	35:37	26	46 Graeme Jones	V4026	Harrow AC	40:28
8	57	Stuart Beaney	V40 8	Kent AC	35:40	27	17 Dom Fiore	V4027	Cambridge Harriers	41:26
9	150	Jim McConnell	V40 9	North Herts Road Runners	35:44	28	79 Richard Kingsnorth	V4028	Orion Harriers	41:37
10	59	Phil Sanders	V4010	Kent AC	35:48	29	99 Alex Jeffreys	V4029	Serpentine RC	41:38
11	50	Robin Jones	V4011	Heme Hill Harriers	35:57	30	120 Greg Bennett	V4030	Thames Valley Harriers	41:52
12	121	Paul Heaphy	V4012	Thames Valley Harriers	36:52	31	91 Nick Huskinson	V4031	Reading AC	41:54
13	43	Mark Dickinson	V4013	Garden City Runners	37:25	32	97 Gavin Edmonds	V4032	Serpentine RC	42:05
14	117	Paul Veitch	V4014	St Neots Riverside Runners	37:57	33	78 Stuart Colley	V4033	Orion Harriers	42:19
15	76	Adam Baker	V4015	Orion Harriers	38:13	34	103 Tom Poynton	V4034	Serpentine RC	43:08
16	61	Stephen Throssell	V4016	Larkfield AC	38:19	35	98 Alex Elferink	V4035	Serpentine RC	44:36
17	52	Fergus Power	V4017	Heme Hill Harriers	38:36	36	49 Ben Hallifax	V4036	Heme Hill Harriers	45:11
18	26	Paul Rogers	V4018	Colchester Harriers AC	38:45	37	73 Vincent Wright	V4037	North Herts Road Runners	45:51
19	122	Christian Nielsen	V4019	Thames Valley Harriers	38:56	38	55 John Luscombe	V4038	Hillingdon AC	48:27

Race 1 - Men aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time					
1	35	Lee Richardson	V45 1	Dunstable Road Runners	34:34	23	136 Andrew Preston	V4523	Wymondham AC	39:11
2	23	Spencer Goodall	V45 2	City Of Norwich AC	35:23	24	27 Keith Marley	V4524	Colchester Harriers AC	39:28
3	125	Andrew Mitchell	V45 3	Thames Valley Harriers	36:05	25	36 Mark Kencroft	V4525	Ealing Southall & Middx AC	39:54
4	28	Allen Smalls	V45 4	Colchester Harriers AC	36:09	26	4 Darren White	V4526	Barnet & District AC	39:59
5	74	Mark Vaughan	V45 5	North Herts Road Runners	36:19	27	95 Vince Long	V4527	Royston Runners	40:14
6	13	Graham Godden	V45 6	Brighton & Hove AC	36:27	28	70 Rob Schulman	V4528	London Heathside	40:24
7	82	Barry Foot	V45 7	Orion Harriers	36:38	29	114 Craig Dowie	V4529	St Albans Striders	40:25
8	107	Andrew Reeves	V45 8	Serpentine RC	36:48	30	126 Steve Norris	V4530	Thames Valley Harriers	40:37
9	81	Mark Dillon	V45 9	Orion Harriers	36:57	31	119 Paul Ridley	V4531	St Neots Riverside Runners	41:24
10	33	Charles Lound	V4510	Dulwich Runners	37:41	32	92 Andy Macdonald	V4532	Reading AC	42:06
11	8	Stuart Still	V4511	Bedford & County AC	37:51	33	135 Karl Chapman	V4533	Wymondham AC	42:11
12	14	Adam Tribe	V4512	Brighton & Hove AC	37:59	34	3 Robert Scott	V4534	Barnet & District AC	42:20
13	53	Jonathon Radcliffe	V4513	Heme Hill Harriers	38:00	35	7 Jim Black	V4535	Bedford & County AC	42:39
14	108	Roger Reid	V4514	Serpentine RC	38:00	36	30 Gavin Newton	V4536	Crawley AC	42:46
15	20	Christian Poulton	V4515	Cambridge Harriers	38:01	37	123 Richard Bell	V4537	Thames Valley Harriers	43:13
16	68	Jonathan Hopkin	V4516	London Heathside	38:08	38	115 Anthony Nicolson	V4538	St Albans Striders	43:38
17	105	Peter Clarke	V4517	Serpentine RC	38:20	39	137 Mark Tufts	V4539	Wymondham AC	44:58
18	67	Howard Gold	V4518	London Heathside	38:34	40	106 Ian Johnson	V4540	Serpentine RC	45:20
19	75	James Walsh	V4519	North Herts Road Runners	38:36	41	19 Mal Pires	V4541	Cambridge Harriers	46:14
20	100	William McAvoock	V4520	Serpentine RC	39:04	42	40 Darren Emmerson	V4542	Fairlands Valley Spartans	53:14
21	83	Gilles Hopkinson	V4521	Orion Harriers	39:09	43	42 Nick Witcombe	V4543	Fairlands Valley Spartans	1:04:22
22	94	Richard Harrison	V4522	Royston Runners	39:10					

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Race 1 - Men aged 40 to 49

Pos	Num	Name	Cat/Pos	Club	Time					
1	58	Chris Greenwood	V40 1	Kent AC	32:12	41	116 Christopher Westcott	V4021	Stevenage & North Herts AC	39:08
2	12	Howard Bristow	V40 2	Brighton & Hove AC	33:23	42	83 Gilles Hopkinson	V4521	Orion Harriers	39:09
3	48	Simon Coombes	V40 3	Heme Hill Harriers	34:30	43	94 Richard Harrison	V4522	Royston Runners	39:10
4	5	Alex Hamilton	V40 4	Basingstoke & Mid Hants AC	34:32	44	136 Andrew Preston	V4523	Wymondham AC	39:11
5	35	Lee Richardson	V45 1	Dunstable Road Runners	34:34	45	101 Jonathan Moscrop	V4022	Serpentine RC	39:13
6	6	Neil Miller	V40 5	Bedford & County AC	35:15	46	27 Keith Marley	V4524	Colchester Harriers AC	39:28
7	23	Spencer Goodall	V45 2	City Of Norwich AC	35:23	47	62 Nick Haward	V4023	London Heathside	39:50
8	96	Simon Barrett	V40 6	Serpentine RC	35:35	48	36 Mark Kencroft	V4525	Ealing Southall & Middx AC	39:54
9	80	Nick Shasha	V40 7	Orion Harriers	35:37	49	112 Gareth Edwards	V4024	Shaftesbury Barnet Harriers	39:56
10	57	Stuart Beaney	V40 8	Kent AC	35:40	50	4 Darren White	V4526	Barnet & District AC	39:59
11	150	Jim McConnell	V40 9	North Herts Road Runners	35:44	51	93 Graham Hill	V4025	Royston Runners	40:03
12	59	Phil Sanders	V4010	Kent AC	35:48	52	95 Vince Long	V4527	Royston Runners	40:14
13	50	Robin Jones	V4011	Heme Hill Harriers	35:57	53	70 Rob Schulman	V4528	London Heathside	40:24
14	125	Andrew Mitchell	V45 3	Thames Valley Harriers	36:05	54	114 Craig Dowie	V4529	St Albans Striders	40:25
15	28	Allen Smalls	V45 4	Colchester Harriers AC	36:09	55	46 Graeme Jones	V4026	Harrow AC	40:28
16	74	Mark Vaughan	V45 5	North Herts Road Runners	36:19	56	126 Steve Norris	V4530	Thames Valley Harriers	40:37
17	13	Graham Godden	V45 6	Brighton & Hove AC	36:27	57	119 Paul Ridley	V4531	St Neots Riverside Runners	41:24
18	82	Barny Foot	V45 7	Orion Harriers	36:38	58	17 Dom Fiore	V4027	Cambridge Harriers	41:26
19	107	Andrew Reeves	V45 8	Serpentine RC	36:48	59	79 Richard Kingsnorth	V4028	Orion Harriers	41:37
20	121	Paul Heaphy	V4012	Thames Valley Harriers	36:52	60	99 Alex Jeffreys	V4029	Serpentine RC	41:38
21	81	Mark Dillon	V45 9	Orion Harriers	36:57	61	120 Greg Bennett	V4030	Thames Valley Harriers	41:52
22	43	Mark Dickinson	V4013	Garden City Runners	37:25	62	91 Nick Huskinson	V4031	Reading AC	41:54
23	33	Charles Lound	V4510	Dulwich Runners	37:41	63	97 Gavin Edmonds	V4032	Serpentine RC	42:05
24	8	Stuart Still	V4511	Bedford & County AC	37:51	64	92 Andy Macdonald	V4532	Reading AC	42:06
25	117	Paul Veitch	V4014	St Neots Riverside Runners	37:57	65	135 Karl Chapman	V4533	Wymondham AC	42:11
26	14	Adam Tribe	V4512	Brighton & Hove AC	37:59	66	78 Stuart Colley	V4033	Orion Harriers	42:19
27	53	Jonathon Radcliffe	V4513	Heme Hill Harriers	38:00	67	3 Robert Scott	V4534	Barnet & District AC	42:20
28	108	Roger Reid	V4514	Serpentine RC	38:00	68	7 Jim Black	V4535	Bedford & County AC	42:39
29	20	Christian Poulton	V4515	Cambridge Harriers	38:01	69	30 Gavin Newton	V4536	Crawley AC	42:46
30	68	Jonathan Hopkin	V4516	London Heathside	38:08	70	103 Tom Poynton	V4034	Serpentine RC	43:08
31	76	Adam Baker	V4015	Orion Harriers	38:13	71	123 Richard Bell	V4537	Thames Valley Harriers	43:13
32	61	Stephen Throssell	V4016	Larkfield AC	38:19	72	115 Anthony Nicolson	V4538	St Albans Striders	43:38
33	105	Peter Clarke	V4517	Serpentine RC	38:20	73	98 Alex Elferink	V4035	Serpentine RC	44:36
34	67	Howard Gold	V4518	London Heathside	38:34	74	137 Mark Tufts	V4539	Wymondham AC	44:58
35	52	Fergus Power	V4017	Heme Hill Harriers	38:36	75	49 Ben Hallifax	V4036	Heme Hill Harriers	45:11
36	75	James Walsh	V4519	North Herts Road Runners	38:36	76	106 Ian Johnson	V4540	Serpentine RC	45:20
37	26	Paul Rogers	V4018	Colchester Harriers AC	38:45	77	73 Vincent Wright	V4037	North Herts Road Runners	45:51
38	122	Christian Nielsen	V4019	Thames Valley Harriers	38:56	78	19 Mal Pires	V4541	Cambridge Harriers	46:14
39	100	William McAvoock	V4520	Serpentine RC	39:04	79	55 John Luscombe	V4038	Hillingdon AC	48:27
40	64	Jonathan Litchfield	V4020	London Heathside	39:05	80	40 Darren Emmerson	V4542	Fairlands Valley Spartans	53:14
						81	42 Nick Witcombe	V4543	Fairlands Valley Spartans	1:04:22

Race 1 - Men aged 40 to 49 — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1	Kent AC	22	—	1	Chris Greenwood	10	Stuart Beaney	11	Phil Sanders
2	Heme Hill Harriers	41	—	3	Simon Coombes	12	Robin Jones	26	Jonathon Radcliffe
3	Brighton & Hove AC	43	—	2	Howard Bristow	16	Graham Godden	25	Adam Tribe
4	Orion Harriers	46	—	9	Nick Shasha	17	Barny Foot	20	Mark Dillon
5	Serpentine RC	53	—	8	Simon Barrett	18	Andrew Reeves	27	Roger Reid
6	Thames Valley Harriers	69	—	13	Andrew Mitchell	19	Paul Heaphy	37	Christian Nielsen
7	Colchester Harriers AC	95	—	14	Allen Smalls	36	Paul Rogers	45	Keith Marley
8	Bedford & County AC	96	—	6	Neil Miller	23	Stuart Still	67	Jim Black
9	London Heathside	101	—	29	Jonathan Hopkin	33	Howard Gold	39	Jonathan Litchfield
10	North Herts Road Runners	126	—	15	Mark Vaughan	35	James Walsh	76	Vincent Wright
11	Royston Runners	143	—	42	Richard Harrison	50	Graham Hill	51	Vince Long
12	Cambridge Harriers	162	—	28	Christian Poulton	57	Dom Fiore	77	Mal Pires
13	Wymondham AC	180	—	43	Andrew Preston	64	Karl Chapman	73	Mark Tufts

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at Biggleswade on Saturday 12th December 2015

Race 2 - Men aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time					
1	314	Ben Reynolds	V50	1 Thames Hare & Hounds	33:58	31	266 David Newman	V5031	Hillingdon AC	41:23
2	290	Andrew Leach	V50	2 North Herts Road Runners	34:01	32	285 David Wright	V5032	Newbury AC	41:26
3	251	Alan Rowe	V50	3 Guernsey Island AAC	36:15	33	203 Paul Carter	V5033	Barnet & District AC	41:43
4	223	Colin Ridley	V50	4 Colchester Harriers AC	36:40	34	229 Tony Piper	V5034	Dartford Road Runners	41:48
5	207	Richard McCormick	V50	5 Barnet & District AC	36:45	35	291 Steve Williamson	V5035	North Herts Road Runners	41:51
6	264	Michael Ussher	V50	6 Highgate Harriers	36:51	36	320 David Birks	V5036	Trent Park Running Club	41:53
7	254	Mark Cursons	V50	7 Harrow AC	36:56	37	309 Steve Smith	V5037	St Albans Striders	41:58
8	213	Steve Herring	V50	8 Bedford & County AC	37:28	38	265 Andrew Malyan	V5038	Hillingdon AC	42:12
9	259	Graeme Moyses	V50	9 Heme Hill Harriers	37:29	39	241 John Harris	V5039	Fairlands Valley Spartans	42:39
10	230	David Moore	V5010	Dorking & Mole Valley AC	37:33	40	248 Sean Bowen	V5040	Garden City Runners	42:45
11	277	Chris Hartley	V5011	London Heathside	38:16	41	308 Alec Campbell	V5041	St Albans Striders	43:02
12	205	Andrew Kelleher	V5012	Barnet & District AC	38:31	42	231 John English	V5042	Dulwich Runers	43:04
13	202	Martin Beare	V5013	Amphill & Flitwick Flyers	38:36	43	236 Mark Cornell	V5043	Dunstable Road Runners	43:36
14	226	John Flahive	V5014	London Heathside	38:49	44	237 Rob Curtis	V5044	Dunstable Road Runners	43:39
15	258	Gary Ironmonger	V5015	Heme Hill Harriers	38:49	45	201 Lance Birkby	V5045	Aldershot Farnham & District A	43:43
16	279	Paul Jarman	V5016	London Heathside	38:56	46	288 Mark Cook	V5046	North Herts Road Runners	43:58
17	272	Dean Angell	V5017	Horsham Joggers	39:07	47	301 Paris Atalotis	V5047	Serpentine RC	44:02
18	273	Steve Wigmore	V5018	Horsham Joggers	39:08	48	204 Jose Gomes	V5048	Barnet & District AC	44:36
19	280	Tony Killilea	V5019	London Heathside	39:34	49	312 Gary Barnes	V5049	St Neots Riverside Runners	44:40
20	284	Alan Twyford	V5020	Newbury AC	39:37	50	322 Alan Roberts	V5050	Vale Of Aylesbury AC	44:41
21	278	Dominic Jackson	V5021	London Heathside	39:47	51	226 Vincent Golding	V5051	Crawley AC	44:42
22	307	Colin Braybrook	V5022	St Albans Striders	39:53	52	218 Clem Dixon	V5052	Cambridge Harriers	44:47
23	225	Peter West	V5023	Colchester Harriers AC	39:54	53	252 Paddy Butler	V5053	Hardley RC	46:02
24	243	David Riddell	V5024	Fairlands Valley Spartans	40:17	54	302 Paul Ogden	V5054	Serpentine RC	47:47
25	216	John McCawley	V5025	Camberley & District AC	40:20	55	305 Ray Powell	V5055	Shaftesbury Barnet Harriers	52:21
26	247	Andrew Noble	V5026	Folkestone AC	40:24	56	242 Andy Jay	V5056	Fairlands Valley Spartans	53:13
27	210	Andy Blair	V5027	Bedford & County AC	40:36	57	298 Andy Angus	V5057	Queens Park Harriers	54:45
28	289	Richard Harbon	V5028	North Herts Road Runners	40:47	58	293 David Davidson	V5058	Pitsea RC	58:52
29	212	Paul Gooding	V5029	Bedford & County AC	41:04	59	268 Alan Wells	V5059	Hillingdon AC	1:03:36
30	232	Eberhard Prill	V5030	Dulwich Runers	41:07					

Race 2 - Men aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time					
1	214	Jim McMahon	V55	1 Bedford & County AC	36:55	20	287 Andy Tuttle	V5520	Newbury AC	43:02
2	220	Michael Bridgeland	V55	2 Chelmsford AC	37:31	21	319 Andrew Gates	V5521	Totton RC	43:35
3	221	Derek Brown	V55	3 Chiltern Harriers AC	37:37	22	244 David Bowker	V5522	Fairlands Valley Spartans	43:38
4	261	Mike Boyle	V55	4 Heme Hill Harriers	37:51	23	249 Patrick Bird	V5523	Garden City Runners	43:44
5	255	Chris Finill	V55	5 Harrow AC	38:06	24	313 Steve Pledger	V5524	St Neots Riverside Runners	44:50
6	274	Pete O'Connell	V55	6 Horsham Joggers	38:32	25	283 Hassan Nahal	V5525	London Heathside	45:08
7	329	Tony Pamphilon	V55	7 Woodford Green W Essex L	39:26	26	270 Stevan Dokic	V5526	Hillingdon AC	45:24
8	228	Robert Creed	V55	8 Crawley AC	39:43	27	215 Colin Ross	V5527	Bedford Harriers AC	46:00
9	306	Paul Jeggo	V55	9 Springfield Striders	40:35	28	310 Richard Derrick	V5528	St Albans Striders	48:22
10	304	Kevin Murray	V5510	Serpentine RC	41:09	29	269 Robert Burton	V5529	Hillingdon AC	48:38
11	234	Steve Smythe	V5511	Dulwich Runers	41:19	30	311 Michael Jack	V5530	St Albans Striders	48:54
12	286	Irwin Fairclough	V5512	Newbury AC	41:22	31	271 Martin Searle	V5531	Hillingdon AC	49:33
13	227	David Cook	V5513	Crawley AC	42:02	32	250 Tim Cooke	V5532	Garden City Runners	50:17
14	240	Stewart Pepper	V5514	Enfield & Haringey AC	42:05	33	297 Donald Sinclair	V5533	Pitsea RC	51:39
15	219	David Kitcher	V5515	Cambridge Harriers	42:06	34	295 Peter McLaughlin	V5534	Pitsea RC	52:06
16	209	Peter Ellis	V5516	Barnet & District AC	42:27	35	296 James Russell	V5535	Pitsea RC	52:21
17	282	Gavin Evans	V5517	London Heathside	42:34	36	303 Roger Fretwell	V5536	Serpentine RC	53:33
18	235	Gary Sullivan	V5518	Dulwich Runers	42:37	37	294 Peter Flannigan	V5537	Pitsea RC	59:55
19	256	Mike Lepps	V5519	Harrow AC	42:59	38	245 Mark Freeman	V5538	Fairlands Valley Spartans	1:01:15

Race 2 - Men aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time					
1	431	Austin Soane	V60	1 Aldershot Farnham & District A	39:07	16	443 Desmond Michael	V6016	Barnet & District AC	45:07
2	470	Richard Grant	V60	2 Oxford City AC	40:05	17	457 Hugh Balfour	V6017	Dulwich Runners	45:13
3	472	Stewart Thorp	V60	3 Oxford City AC	40:39	18	478 Robert Pick	V6018	Shaftesbury Barnet Harriers	45:14
4	444	David Wilcock	V60	4 Barnet & District AC	40:58	19	480 Maurice Hemingway	V6019	St Neots Riverside Runners	46:03
5	486	Steve Dodd	V60	5 Trent Park Running Club	41:59	20	447 Colin Simpson	V6020	Brighton Phoenix AC	46:45
6	446	Neil Lovesey	V60	6 Bedford Harriers AC	42:44	21	466 Valdis Pauzers	V6021	Pauzers Valdis	46:55
7	476	Andrew Roberts	V60	7 Serpentine RC	42:45	22	467 John Bignell	V6022	Hillingdon AC	47:17
8	450	Alan Black	V60	8 Cambridge Harriers	42:48	23	458 Andy Murray	V6023	Dulwich Runners	47:31
9	481	Phil Redden	V60	9 St Neots Riverside Runners	43:06	24	451 Jeremy Carmichael	V6024	Crawley AC	48:26
10	452	Walter Hill	V6010	Crawley AC	43:18	25	485 Malcolm Allen	V6025	Trent Park Running Club	48:46
11	435	Melfin Davies	V6011	Barnet & District AC	43:20	26	475 David Hinds	V6026	Serpentine RC	48:58
12	455	David Farrell	V6012	Dartford Road Runners	44:09	27	477 Greg Marshall	V6027	Serpentine RC	50:25
13	462	Steve Plested	V6013	Ealing Southall & Middx AC	44:23	28	461 Bill Crane	V6028	Dunstable Road Runners	51:00
14	471	Giovanni Puglisi	V6014	Oxford City AC	44:54	29	468 John Myall	V6029	Hillingdon AC	51:22
15	454	Chris Dellow	V6015	Dartford Road Runners	44:57	30	433 John Clarke	V6030	Barnet & District AC	52:10
						31	463 Jeremy Barber	V6031	Hardley RC	55:59

Race 2 - Men aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time					
1	474	Roy Treadwell	V65	1 Oxford City AC	42:42	7	456 Roy Knight	V65	7 Dartford Road Runners	50:50
2	460	Mike Mann	V65	2 Dulwich Runners	42:52	8	479 Russell Devitt	V65	8 Shaftesbury Barnet Harriers	52:33
3	473	John Exley	V65	3 Oxford City AC	44:13	9	483 Mike Mills	V65	9 Totton RC	53:30
4	453	David Beattie	V65	4 Crawley AC	44:52	10	482 Simon Maddison	V6510	Thames Valley Harriers	58:08
5	464	Mick Anglim	V65	5 Hardley RC	45:52					
6	487	Chas Taylor	V65	6 Trent Park Running Club	49:08					

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Race 2 - Men (Vets) aged 50 to 59

Pos	Num	Name	Cat/Pos	Club	Time
1	314	Ben Reynolds	V50 1	Thames Hare & Hounds	33:58
2	290	Andrew Leach	V50 2	North Herts Road Runners	34:01
3	251	Alan Rowe	V50 3	Guernsey Island AAC	36:15
4	223	Colin Ridley	V50 4	Colchester Harriers AC	36:40
5	207	Richard McCormick	V50 5	Barnet & District AC	36:45
6	264	Michael Ussher	V50 6	Highgate Harriers	36:51
7	214	Jim McMahon.	V55 1	Bedford & County AC	36:55
8	254	Mark Cursons	V50 7	Harrow AC	36:56
9	213	Steve Herring	V50 8	Bedford & County AC	37:28
10	259	Graeme Moyse	V50 9	Heme Hill Harriers	37:29
11	220	Michael Bridgeland	V55 2	Chelmsford AC	37:31
12	230	David Moore	V5010	Dorking & Mole Valley AC	37:33
13	221	Derek Brown	V55 3	Chiltern Harriers AC	37:37
14	261	Mike Boyle	V55 4	Heme Hill Harriers	37:51
15	255	Chris Finill	V55 5	Harrow AC	38:06
16	277	Chris Hartley	V5011	London Heathside	38:16
17	205	Andrew Kelleher	V5012	Barnet & District AC	38:31
18	274	Pete O'Connell	V55 6	Horsham Joggers	38:32
19	202	Martin Beare	V5013	Ampt Hill & Flitwick Flyers	38:36
20	276	John Flahive	V5014	London Heathside	38:49
21	258	Gary Ironmonger	V5015	Heme Hill Harriers	38:49
22	279	Paul Jarman	V5016	London Heathside	38:56
23	272	Dean Angell	V5017	Horsham Joggers	39:07
24	273	Steve Wigmore	V5018	Horsham Joggers	39:08
25	329	Tony Pamphilon	V55 7	Woodford Green W Essex L	39:26
26	280	Tony Killilea	V5019	London Heathside	39:34
27	284	Alan Twyford	V5020	Newbury AC	39:37
28	228	Robert Creed	V55 8	Crawley AC	39:43
29	278	Dominic Jackson	V5021	London Heathside	39:47
30	307	Colin Braybrook	V5022	St Albans Striders	39:53
31	225	Peter West	V5023	Colchester Harriers AC	39:54
32	243	David Riddell	V5024	Fairlands Valley Spartans	40:17
33	216	John McCawley	V5025	Camberley & District AC	40:20
34	247	Andrew Noble	V5026	Folkestone AC	40:24
35	306	Paul Jeggo	V55 9	Springfield Striders	40:35
36	210	Andy Blair	V5027	Bedford & County AC	40:36
37	289	Richard Harbon	V5028	North Herts Road Runners	40:47
38	212	Paul Gooding	V5029	Bedford & County AC	41:04
39	232	Eberhard Prill	V5030	Dulwich Runers	41:07
40	304	Kevin Murray	V5510	Serpentine RC	41:09
41	234	Steve Smythe	V5511	Dulwich Runers	41:19
42	286	Irwin Fairclough	V5512	Newbury AC	41:22
43	266	David Newman	V5031	Hillingdon AC	41:23
44	285	David Wright	V5032	Newbury AC	41:26
45	203	Paul Carter	V5033	Barnet & District AC	41:43
46	229	Tony Piper	V5034	Dartford Road Runners	41:48
47	291	Steve Williamson	V5035	North Herts Road Runners	41:51
48	320	David Birks	V5036	Trent Park Running Club	41:53
49	309	Steve Smith	V5037	St Albans Striders	41:58
50	227	David Cook	V5513	Crawley AC	42:02
51	240	Stewart Pepper	V5514	Enfield & Haringey AC	42:05
52	219	David Kitcher	V5515	Cambridge Harriers	42:06
53	265	Andrew Malyan	V5038	Hillingdon AC	42:12
54	209	Peter Ellis	V5516	Barnet & District AC	42:27
55	282	Gavin Evans	V5517	London Heathside	42:34
56	235	Gary Sullivan	V5518	Dulwich Runers	42:37
57	241	John Harris	V5039	Fairlands Valley Spartans	42:39
58	248	Sean Bowen	V5040	Garden City Runners	42:45
59	256	Mike Lepps	V5519	Harrow AC	42:59
60	308	Alec Campbell	V5041	St Albans Striders	43:02
61	287	Andy Tuttle	V5520	Newbury AC	43:02
62	231	John English	V5042	Dulwich Runers	43:04
63	319	Andrew Gates	V5521	Totton RC	43:35
64	236	Mark Cornell	V5043	Dunstable Road Runners	43:36
65	244	David Bowker	V5522	Fairlands Valley Spartans	43:38
66	237	Rob Curtis	V5044	Dunstable Road Runners	43:39
67	201	Lance Birkby	V5045	Aldershot Farnham & District A	43:43
68	249	Patrick Bird	V5523	Garden City Runners	43:44
69	288	Mark Cook	V5046	North Herts Road Runners	43:58
70	301	Paris Ataliotis	V5047	Serpentine RC	44:02
71	204	Jose Gomes	V5048	Barnet & District AC	44:36
72	312	Gary Barnes	V5049	St Neots Riverside Runners	44:40
73	322	Alan Roberts	V5050	Vale Of Aylesbury AC	44:41
74	226	Vincent Golding	V5051	Crawley AC	44:42
75	218	Clem Dixon	V5052	Cambridge Harriers	44:47
76	313	Steve Pledger	V5524	St Neots Riverside Runners	44:50
77	283	Hassan Nahal	V5525	London Heathside	45:08
78	270	Stevan Dokic	V5526	Hillingdon AC	45:24
79	215	Colin Ross	V5527	Bedford Harriers AC	46:00
80	252	Paddy Butler	V5053	Hardley RC	46:02
81	302	Paul Ogden	V5054	Serpentine RC	47:47
82	310	Richard Derrick	V5528	St Albans Striders	48:22
83	269	Robert Burton	V5529	Hillingdon AC	48:38
84	311	Michael Jack	V5530	St Albans Striders	48:54
85	271	Martin Searle	V5531	Hillingdon AC	49:33
86	250	Tim Cooke	V5532	Garden City Runners	50:17
87	297	Donald Sinclair	V5533	Pitsea RC	51:39
88	295	Peter McLaughlin	V5534	Pitsea RC	52:06
89	305	Ray Powell	V5055	Shaftesbury Barnet Harriers	52:21
90	296	James Russell	V5535	Pitsea RC	52:21
91	242	Andy Jay	V5056	Fairlands Valley Spartans	53:13
92	303	Roger Fretwell	V5536	Serpentine RC	53:33
93	298	Andy Angus	V5057	Queens Park Harriers	54:45
94	293	David Davidson	V5058	Pitsea RC	58:52
95	294	Peter Flannigan	V5537	Pitsea RC	59:55
96	245	Mark Freeman	V5538	Fairlands Valley Spartans	1:01:15
97	268	Alan Wells	V5059	Hillingdon AC	1:03:36

Race 2 - Men (Vets) aged 50 to 59 — TEAM RESULTS

1	Heme Hill Harriers	45	—	10	Graeme Moyse	14	Mike Boyle	21	Gary Ironmonger
2	Bedford & County AC	52	—	7	Jim McMahon.	9	Steve Herring	36	Andy Blair
3	London Heathside	58	—	16	Chris Hartley	20	John Flahive	22	Paul Jarman
4	Horsham Joggers	65	—	18	Pete O'Connell	23	Dean Angell	24	Steve Wigmore
5	Barnet & District AC	67	—	5	Richard McCormick	17	Andrew Kelleher	45	Paul Carter
6	Harrow AC	82	—	8	Mark Cursons	15	Chris Finill	59	Mike Lepps
7	North Herts Road Runners	86	—	2	Andrew Leach	37	Richard Harbon	47	Steve Williamson
8	Newbury AC	113	—	27	Alan Twyford	42	Irwin Fairclough	44	David Wright
9	Dulwich Runers	136	—	39	Eberhard Prill	41	Steve Smythe	56	Gary Sullivan
10	St Albans Striders	139	—	30	Colin Braybrook	49	Steve Smith	60	Alec Campbell
11	Crawley AC	152	—	28	Robert Creed	50	David Cook	74	Vincent Golding
12	Fairlands Valley Spartans	154	—	32	David Riddell	57	John Harris	65	David Bowker
13	Hillingdon AC	174	—	43	David Newman	53	Andrew Malyan	78	Stevan Dokic
14	Serpentine RC	191	—	40	Kevin Murray	70	Paris Ataliotis	81	Paul Ogden
15	Garden City Runners	212	—	58	Sean Bowen	68	Patrick Bird	86	Tim Cooke
16	Pitsea RC	265	—	87	Donald Sinclair	88	Peter McLaughlin	90	James Russell

SEAA Masters Cross Country Championships 2015 at Biggleswade on Saturday 12th December 2015

Race 2 - Men (Vets) over 60

Pos	Num	Name	Cat/Pos	Club	Time
1	431	Austin Soane	V60 1	Aldershot Farnham & District A	39:07
2	470	Richard Grant	V60 2	Oxford City AC	40:05
3	472	Stewart Thorp	V60 3	Oxford City AC	40:39
4	444	David Wilcock	V60 4	Barnet & District AC	40:58
5	486	Steve Dodd	V60 5	Trent Park Running Club	41:59
6	474	Roy Treadwell	V65 1	Oxford City AC	42:42
7	446	Neil Lovesey	V60 6	Bedford Harriers AC	42:44
8	476	Andrew Roberts	V60 7	Serpentine RC	42:45
9	450	Alan Black	V60 8	Cambridge Harriers	42:48
10	460	Mike Mann	V65 2	Dulwich Runners	42:52
11	481	Phil Redden	V60 9	St Neots Riverside Runners	43:06
12	452	Walter Hill	V6010	Crawley AC	43:18
13	435	Melfin Davies	V6011	Barnet & District AC	43:20
14	455	David Farrell	V6012	Dartford Road Runners	44:09
15	473	John Exley	V65 3	Oxford City AC	44:13
16	462	Steve Plested	V6013	Ealing Southall & Middx AC	44:23
17	453	David Beattie	V65 4	Crawley AC	44:52
18	471	Giovanni Puglisi	V6014	Oxford City AC	44:54
19	454	Chris Dellow	V6015	Dartford Road Runners	44:57
20	443	Desmond Michael	V6016	Barnet & District AC	45:07
21	457	Hugh Balfour	V6017	Dulwich Runners	45:13
22	478	Robert Pick	V6018	Shaftesbury Barnet Harriers	45:14
23	464	Mick Anglim	V65 5	Hardley RC	45:52
24	480	Maurice Hemingway	V6019	St Neots Riverside Runners	46:03
25	447	Colin Simpson	V6020	Brighton Phoenix AC	46:45
26	466	Valdis Pauzers	V6021	Pauzers Valdis	46:55
27	467	John Bignell	V6022	Hillingdon AC	47:17
28	458	Andy Murray	V6023	Dulwich Runners	47:31
29	451	Jeremy Carmichael	V6024	Crawley AC	48:26
30	485	Malcolm Allen	V6025	Trent Park Running Club	48:46
31	475	David Hinds	V6026	Serpentine RC	48:58
32	487	Chas Taylor	V65 6	Trent Park Running Club	49:08
33	477	Greg Marshall	V6027	Serpentine RC	50:25
34	456	Roy Knight	V65 7	Dartford Road Runners	50:50
35	461	Bill Crane	V6028	Dunstable Road Runners	51:00
36	468	John Myall	V6029	Hillingdon AC	51:22
37	433	John Clarke	V6030	Barnet & District AC	52:10
38	479	Russell Devitt	V65 8	Shaftesbury Barnet Harriers	52:33
39	483	Mike Mills	V65 9	Totton RC	53:30
40	463	Jeremy Barber	V6031	Hardley RC	55:59
41	482	Simon Maddison	V6510	Thames Valley Harriers	58:08

Race 2 - Men (Vets) over 60 — TEAM RESULTS

1	Oxford City AC	11	—	2	Richard Grant	3	Stewart Thorp	6	Roy Treadwell
2	Barnet & District AC	37	—	4	David Wilcock	13	Melfin Davies	20	Desmond Michael
3	Crawley AC	58	—	12	Walter Hill	17	David Beattie	29	Jeremy Carmichael
4	Dulwich Runners	59	—	10	Mike Mann	21	Hugh Balfour	28	Andy Murray
5	Trent Park Running Club	67	—	5	Steve Dodd	30	Malcolm Allen	32	Chas Taylor
6	Dartford Road Runners	67	—	14	David Farrell	19	Chris Dellow	34	Roy Knight
7	Serpentine RC	72	—	8	Andrew Roberts	31	David Hinds	33	Greg Marshall

Masters - Men aged 70 to 74

Pos	Num	Name	Cat/Pos	Club	Time
1	367	Malcolm Renyard	V70 1	Hardley AC	26:36
2	369	Richard Bloom	V70 2	Herts Phoenix AC	28:01
3	363	Andrew Haig	V70 3	Brighton Phoenix AC	28:09
4	370	Stuart Mann	V70 4	Herts Phoenix AC	28:16
5	360	Nicholas Bingham	V70 5	Barnet & District AC	28:28
6	366	Michael Clarke	V70 6	Hardley AC	29:41
7	365	Trace Allen	V70 7	Garden City Runners	30:57
8	361	John Fuller	V70 8	Barnet & District AC	31:49
9	376	Michael Johnson	V70 9	Thames Hare & Hounds	31:54
10	362	John Owen	V7010	Barnet & District AC	32:05
11	373	William O'Connor	V7011	Queens Park Harriers	39:40

Masters - Men over 75

Pos	Num	Name	Cat/Pos	Club	Time
1	371	Douglas Milsom	V75 1	Hillingdon AC	32:38
2	354	David Sedgley	V75 2	Ampthill & Flitwick Flyers	38:39

Masters - Men (Vets) over 70 — TEAM RESULTS

1	Barnet & District AC	23	—	5	Nicholas Bingham	8	John Fuller	10	John Owen
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SEAA Masters Cross Country Championships 2015 at Biggleswade on Saturday 12th December 2015

Masters - Ladies aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	8	Sally Judd	L40 1	Chelmsford AC	23:51	12	19	Sarah Halliday	L4012	Garden City Runners	29:31
2	11	Diana Norman	L40 2	Epsom & Ewell Harriers	24:00	13	37	Joanna Conn	L4013	Serpentine RC	30:09
3	32	Astrid McKeown	L40 3	North Herts Road Runners	24:08	14	43	Ruth Chamberlain	L4014	St Neots Riverside Runners	30:14
4	48	Victoria Carter	L40 4	Thames Valley Harriers	24:21	15	45	Dawn Parr	L4015	St Neots Riverside Runners	30:45
5	38	Mary James	L40 5	South London Harriers	24:22	16	12	Claire Cox	L4016	Fairlands Valley Spartans	30:54
6	5	Renee Allen	L40 6	Bedford Harriers AC	25:01	17	53	Jane Moss	L4017	Trent Park Running Club	30:59
7	33	Natasha Pitman	L40 7	North Herts Road Runners	26:45	18	46	Annabel Thompson	L4018	St Neots Riverside Runners	32:27
8	1	Candy Hawkins	L40 8	Ashford AC	26:46	19	44	Natalie Fairbairn	L4019	St Neots Riverside Runners	32:51
9	14	Tracy Pez	L40 9	Fairlands Valley Spartans	27:51	20	56	Lisa Slight	L4020	Victory AC	34:06
10	54	Melissa O'Hare	L4010	Trent Park Running Club	28:56	21	13	Steph Mayfield	L4021	Fairlands Valley Spartans	36:20
11	52	Emma Pilbeam	L4011	Totton RC	28:59						

Masters - Ladies aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	3	Joanne Kent	L45 1	Barnet & District AC	23:40	14	30	Sarah Swinhoe	L4514	London Heathside	26:53
2	7	Anna Folland	L45 2	Bedford Harriers AC	24:02	15	2	Nicola Froud	L4515	Barnet & District AC	27:03
3	59	Michaela McCallum	L45 3	Winchester & District AC	24:12	16	18	Caroline Curtis	L4516	Folkestone AC	27:29
4	4	Karen Murphy	L45 4	Barnet & District AC	24:37	17	10	Teresa Warren	L4517	Dunstable Road Runners	27:54
5	60	Karen Rushton	L45 5	Winchester & District AC	24:44	18	23	Paty Gnoato	L4518	Heme Hill Harriers	28:20
6	57	Anna Critchlow	L45 6	West 4 Harriers	25:05	19	20	Rebecca Barden	L4519	Garden City Runners	28:54
7	40	Sue McDonald	L45 7	South London Harriers	25:05	20	17	Peta Wilson	L4520	Fairlands Valley Spartans	31:56
8	6	Sally Cartwright	L45 8	Bedford Harriers AC	25:23	21	22	Cindy Godwin	L4521	Heme Hill Harriers	32:12
9	42	Wendy Walsh	L45 9	St Albans Striders	25:25	22	15	Sue Hamer	L4522	Fairlands Valley Spartans	33:26
10	58	Jane Gandee	L4510	Winchester & District AC	25:43	23	55	Sue Thomas	L4523	Trent Park Running Club	34:37
11	29	Ourida Sid	L4511	London Heathside	25:57	24	47	Lucy Boothby	L4524	St Neots Riverside Runners	34:41
12	28	Angela Howe	L4512	London Heathside	26:38	25	51	Christine Munden	L4525	Thames Valley Harriers	36:58
13	39	Linda Ingram	L4513	South London Harriers	26:47						

Masters - Ladies aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	112	Clare Elms	L50 1	Dulwich Runners AC	23:23	15	132	Yuko Gordon	L5015	North Herts Road Runners	28:19
2	107	Gill Fullen	L50 2	Bedford Harriers AC	24:48	16	114	Sue Park	L5016	Ealing Eagles	29:39
3	155	Maureen McCarthy	L50 3	West Suffolk AC	25:04	17	142	Mandy Attree	L5017	St Albans Striders	29:42
4	101	Caroline Wood	L50 4	Arena 80 AC	25:05	18	152	Christine Dearman	L5018	Watford Harriers	30:30
5	118	Sue Sleath	L50 5	Hardley RC	26:07	19	133	Jo Harbon	L5019	North Herts Road Runners	30:49
6	104	Sarah Boxer	L50 6	Barnet & District AC	26:57	20	123	Marie Heald	L5020	Herts Phoenix AC	30:55
7	144	Zoe Lowe	L50 7	St Albans Striders	26:58	21	143	Carole Jack	L5021	St Albans Striders	31:16
8	108	Lindsay Lister	L50 8	Biggleswade AC	27:04	22	120	Sarah Allen	L5022	Heme Hill Harriers	31:24
9	154	Christine Anthony	L50 9	West Suffolk AC	27:16	23	146	Tina Codling	L5023	St Neots Riverside Runners	31:28
10	127	Jackie Wastell	L5010	London Heathside	27:17	24	117	Aleksandra Burlinson	L5024	Hardley RC	32:01
11	109	Gail Nerurkar	L5011	Brighton & Hove AC	27:33	25	121	Mandy Brown	L5025	Heme Hill Harriers	33:21
12	110	Helen Grant	L5012	Cambridge & Coleridge AC	27:35	26	136	Kay Bettis	L5026	Serpentine RC	33:51
13	156	Alison Fenwick	L5013	Winchester & District AC	28:10	27	147	Helen Munday	L5027	St Neots Riverside Runners	36:10
14	126	Ray Louise Le	L5014	London Heathside	28:18	28	148	Frankie Lynch	L5028	Thames Valley Harriers	36:14

Masters - Ladies aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	141	Pam Iannella	L55 1	South London Harriers	26:29	11	119	Jane Hodge	L5511	Hardley RC	30:32
2	111	Joan Lasenby	L55 2	Cambridge & Coleridge AC	27:08	12	122	Gillian Wheeldon	L5512	Heme Hill Harriers	31:09
3	102	Jenny Hughes	L55 3	Arena 80 AC	27:22	13	157	Madeline Vosser	L5513	Winchester & District AC	31:11
4	125	Vicky Talbotrosner	L55 4	Invicta East Kent	28:21	14	134	Linda Aird	L5514	North Herts Road Runners	31:36
5	130	Caroline White	L55 5	London Heathside	28:29	15	105	Linda Dworowski	L5515	Barnet & District AC	32:07
6	129	Ruth Miller	L55 6	London Heathside	28:45	16	149	Barbara Maddison	L5516	Thames Valley Harriers	32:22
7	116	Virginia Bird	L55 7	Garden City Runners	29:10	17	103	Fiona Jamie	L5517	Arena 80 AC	32:33
8	106	Kirsty Johnstone	L55 8	Barnet & District AC	29:33	18	138	Carole Wisdom	L5518	Serpentine RC	32:39
9	145	Elizabeth Walls	L55 9	St Albans Striders	29:37	19	115	Sharon Crowley	L5519	Fairlands Valley Spartans	38:55
10	113	Anne Golding	L5510	Dunstable Road Runners	30:05						

Masters - Ladies aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	207	Maggie Statham	L60 1	Holland Sports AC	27:10
2	209	Lynda Massey	L60 2	Southampton AC	32:52
3	208	Valerie Sinclair	L60 3	Pitsea RC	33:28
4	213	Rene Pilbeam	L60 4	Totton RC	36:06
5	215	Christine Turner	L60 5	Victory AC	36:53
6	203	Bernadette Byrnie	L60 6	Garden City Runners	37:36
7	210	Pauline Eastoe	L60 7	St Neots Riverside Runners	39:29
8	214	Raman Sangha	L60 8	Victory AC	41:57

Masters - Ladies aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	202	Ros Tabor	L65 1	Dulwich Runners AC	28:26
2	201	Ann Bath	L65 2	26.2 Rrc	34:53
3	211	Norma Leckie	L65 3	St Neots Riverside Runners	37:57
4	216	Marilyn Crocker	L65 4	Victory AC	37:58
5	212	Barbara Reading	L65 5	St Neots Riverside Runners	39:05

SEAA Masters Cross Country Championships 2015 at Biggleswade on Saturday 12th December 2015

Masters - Ladies aged 40 to 49

Pos	Num	Name	Cat/Pos	Club	Time					
1	3	Joanne Kent	L45 1	Barnet & District AC	23:40	24	18 Caroline Curtis	L4516	Folkestone AC	27:29
2	8	Sally Judd	L40 1	Chelmsford AC	23:51	25	14 Tracy Pez	L40 9	Fairlands Valley Spartans	27:51
3	11	Diana Norman	L40 2	Epsom & Ewell Harriers	24:00	26	10 Teresa Warren	L4517	Dunstable Road Runners	27:54
4	7	Anna Folland	L45 2	Bedford Harriers AC	24:02	27	23 Paty Gnoato	L4518	Heme Hill Harriers	28:20
5	32	Astrid McKeown	L40 3	North Herts Road Runners	24:08	28	20 Rebecca Barden	L4519	Garden City Runners	28:54
6	59	Michaela McCallum	L45 3	Winchester & District AC	24:12	29	54 Melissa O'Hare	L4010	Trent Park Running Club	28:56
7	48	Victoria Carter	L40 4	Thames Valley Harriers	24:21	30	52 Emma Pilbeam	L4011	Totton RC	28:59
8	38	Mary James	L40 5	South London Harriers	24:22	31	19 Sarah Halliday	L4012	Garden City Runners	29:31
9	4	Karen Murphy	L45 4	Barnet & District AC	24:37	32	37 Joanna Conn	L4013	Serpentine RC	30:09
10	60	Karen Rushton	L45 5	Winchester & District AC	24:44	33	43 Ruth Chamberlain	L4014	St Neots Riverside Runners	30:14
11	5	Renee Allen	L40 6	Bedford Harriers AC	25:01	34	45 Dawn Parr	L4015	St Neots Riverside Runners	30:45
12	57	Anna Critchlow	L45 6	West 4 Harriers	25:05	35	12 Claire Cox	L4016	Fairlands Valley Spartans	30:54
13	40	Sue McDonald	L45 7	South London Harriers	25:05	36	53 Jane Moss	L4017	Trent Park Running Club	30:59
14	6	Sally Cartwright	L45 8	Bedford Harriers AC	25:23	37	17 Petra Wilson	L4520	Fairlands Valley Spartans	31:56
15	42	Wendy Walsh	L45 9	St Albans Striders	25:25	38	22 Cindy Godwin	L4521	Heme Hill Harriers	32:12
16	58	Jane Gandee	L4510	Winchester & District AC	25:43	39	46 Annabel Thompson	L4018	St Neots Riverside Runners	32:27
17	29	Ourida Sid	L4511	London Heathside	25:57	40	44 Natalie Fairbairn	L4019	St Neots Riverside Runners	32:51
18	28	Angela Howe	L4512	London Heathside	26:38	41	15 Sue Hamer	L4522	Fairlands Valley Spartans	33:26
19	33	Natasha Pitman	L40 7	North Herts Road Runners	26:45	42	56 Lisa Slight	L4020	Victory AC	34:06
20	1	Candy Hawkins	L40 8	Ashford AC	26:46	43	55 Sue Thomas	L4523	Trent Park Running Club	34:37
21	39	Linda Ingram	L4513	South London Harriers	26:47	44	47 Lucy Boothby	L4524	St Neots Riverside Runners	34:41
22	30	Sarah Swinhoe	L4514	London Heathside	26:53	45	13 Steph Mayfield	L4021	Fairlands Valley Spartans	36:20
23	2	Nicola Froud	L4515	Barnet & District AC	27:03	46	51 Christine Munden	L4525	Thames Valley Harriers	36:58

Masters - Ladies aged 40 to 49 — TEAM RESULTS

1	Bedford Harriers AC	29	—	4	Anna Folland	11	Renee Allen	14	Sally Cartwright
2	Winchester & District AC	32	—	6	Michaela McCallum	10	Karen Rushton	16	Jane Gandee
3	Barnet & District AC	33	—	1	Joanne Kent	9	Karen Murphy	23	Nicola Froud
4	South London Harriers	42	—	8	Mary James	13	Sue McDonald	21	Linda Ingram
5	London Heathside	57	—	17	Ourida Sid	18	Angela Howe	22	Sarah Swinhoe
6	Fairlands Valley Spartans	97	—	25	Tracy Pez	35	Claire Cox	37	Peta Wilson
7	St Neots Riverside Runners	106	—	33	Ruth Chamberlain	34	Dawn Parr	39	Annabel Thompson
8	Trent Park Running Club	108	—	29	Melissa O'Hare	36	Jane Moss	43	Sue Thomas

Masters - Ladies (Vets) aged 50 to 59

Pos	Num	Name	Cat/Pos	Club	Time					
1	112	Clare Elms	L50 1	Dulwich Runners AC	23:23	24	145 Elizabeth Walls	L55 9	St Albans Striders	29:37
2	107	Gill Fullen	L50 2	Bedford Harriers AC	24:48	25	114 Sue Park	L5016	Ealing Eagles	29:39
3	155	Maureen McCarthy	L50 3	West Suffolk AC	25:04	26	142 Mandy Attree	L5017	St Albans Striders	29:42
4	101	Caroline Wood	L50 4	Arena 80 AC	25:05	27	113 Anne Golding	L5510	Dunstable Road Runners	30:05
5	118	Sue Sleath	L50 5	Hardley RC	26:07	28	152 Christine Dearman	L5018	Watford Harriers	30:30
6	141	Pam Iannella	L55 1	South London Harriers	26:29	29	119 Jane Hodge	L5511	Hardley RC	30:32
7	104	Sarah Boxer	L50 6	Barnet & District AC	26:57	30	133 Jo Harbon	L5019	North Herts Road Runners	30:49
8	144	Zoe Lowe	L50 7	St Albans Striders	26:58	31	123 Marie Heald	L5020	Herts Phoenix AC	30:55
9	108	Lindsay Lister	L50 8	Biggleswade AC	27:04	32	122 Gillian Wheeldon	L5512	Heme Hill Harriers	31:09
10	111	Joan Lasenby	L55 2	Cambridge & Coleridge AC	27:08	33	157 Madeline Vosser	L5513	Winchester & District AC	31:11
11	154	Christine Anthony	L50 9	West Suffolk AC	27:16	34	143 Carole Jack	L5021	St Albans Striders	31:16
12	127	Jackie Wastell	L5010	London Heathside	27:17	35	120 Sarah Allen	L5022	Heme Hill Harriers	31:24
13	102	Jenny Hughes	L55 3	Arena 80 AC	27:22	36	146 Tina Codling	L5023	St Neots Riverside Runners	31:28
14	109	Gail Nerurkar	L5011	Brighton & Hove AC	27:33	37	134 Linda Aird	L5514	North Herts Road Runners	31:36
15	110	Helen Grant	L5012	Cambridge & Coleridge AC	27:35	38	117 Aleksandra Burlinson	L5024	Hardley RC	32:01
16	156	Alison Fenwick	L5013	Winchester & District AC	28:10	39	105 Linda Dworowski	L5515	Barnet & District AC	32:07
17	126	Ray Louise Le	L5014	London Heathside	28:18	40	149 Barbara Maddison	L5516	Thames Valley Harriers	32:22
18	132	Yuko Gordon	L5015	North Herts Road Runners	28:19	41	103 Fiona Jamie	L5517	Arena 80 AC	32:33
19	125	Vicky Talbotrosner	L55 4	Invicta East Kent	28:21	42	138 Carole Wisdom	L5518	Serpentine RC	32:39
20	130	Caroline White	L55 5	London Heathside	28:29	43	121 Mandy Brown	L5025	Heme Hill Harriers	33:21
21	129	Ruth Miller	L55 6	London Heathside	28:45	44	136 Kay Bettis	L5026	Serpentine RC	33:51
22	116	Virginia Bird	L55 7	Garden City Runners	29:10	45	147 Helen Munday	L5027	St Neots Riverside Runners	36:10
23	106	Kirsty Johnstone	L55 8	Barnet & District AC	29:33	46	148 Frankie Lynch	L5028	Thames Valley Harriers	36:14
						47	115 Sharon Crowley	L5519	Fairlands Valley Spartans	38:55

Masters - Ladies (Vets) aged 50 to 59 — TEAM RESULTS

1	London Heathside	49	—	12	Jackie Wastell	17	Ray Louise Le	20	Caroline White
2	St Albans Striders	58	—	8	Zoe Lowe	24	Elizabeth Walls	26	Mandy Attree
3	Arena 80 AC	58	—	4	Caroline Wood	13	Jenny Hughes	41	Fiona Jamie
4	Barnet & District AC	69	—	7	Sarah Boxer	23	Kirsty Johnstone	39	Linda Dworowski
5	Hardley RC	72	—	5	Sue Sleath	29	Jane Hodge	38	Aleksandra Burlinson
6	North Herts Road Runners	85	—	18	Yuko Gordon	30	Jo Harbon	37	Linda Aird
7	Heme Hill Harriers	110	—	32	Gillian Wheeldon	35	Sarah Allen	43	Mandy Brown

Masters - Ladies (Vets) over 60

Pos	Num	Name	Cat/Pos	Club	Time					
1	207	Maggie Statham	L60 1	Holland Sports AC	27:10	8	203 Bernadette Byrnes	L60 6	Garden City Runners	37:36
2	202	Ros Tabor	L65 1	Dulwich Runners AC	28:26	9	211 Norma Leckie	L65 3	St Neots Riverside Runners	37:57
3	209	Lynda Massey	L60 2	Southampton AC	32:52	10	216 Marilyn Crocker	L65 4	Victory AC	37:58
4	208	Valerie Sinclair	L60 3	Pitsea RC	33:28	11	212 Barbara Reading	L65 5	St Neots Riverside Runners	39:05
5	201	Ann Bath	L65 2	26.2 Rrc	34:53	12	210 Pauline Eastoe	L60 7	St Neots Riverside Runners	39:29
6	213	Rene Pilbeam	L60 4	Totton RC	36:06	13	214 Raman Sangha	L60 8	Victory AC	41:57
7	215	Christine Turner	L60 5	Victory AC	36:53					

Masters - Ladies (Vets) over 60 — TEAM RESULTS

1	Victory AC	30	—	7	Christine Turner	10	Marilyn Crocker	13	Raman Sangha
2	St Neots Riverside Runners	32	—	9	Norma Leckie	11	Barbara Reading	12	Pauline Eastoe

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