

Position	Bib	Min Sec	Name Surname	Club
1	905	39 10	Paul Adams	St Albans Striders
2	903	39 23	Tom Kearns	Shaftesbury Barnet H
3	982	39 31	Sha Janally	Watford Joggers
4	887	39 58	Tom Web	N Herts RR
5	810	40 39	Alex Horton	Barnet & District
6	917	40 40	Phillip Evans	St Albans Striders
7	888	40 42	Shaun Collins	Orion Harriers
8	880	40 45	Jim McConnel	N Herts RR
9	971	40 50	Mark Ames	Watford Joggers
10	890	41 14	Tom Beach	Royston Runners
11	988	41 24	Steve Norris	Watford Joggers
12	883	41 26	Matt Sayers	N Herts RR
13	962	41 31	Ross Connor	Watford Harriers
14	989	41 39	David O'Sullivan	Watford Joggers
15	815	41 46	Will Morris	Barnet & District
16	940	41 47	Jonathan Scott	St Albans Striders
17	872	41 54	George Cook	Herts Phoenix
18	960	42 00	Matthew Adcock	Watford Harriers
19	848	42 03	Neil Hume	Garden City Runners
20	805	42 05	Paul Davies	Barnet & District
21	958	42 13	Matt Wade	Tring RC
22	816	42 14	Rajesh Patel	Barnet & District
23	954	42 17	Ross Langley	Tring RC
24	882	42 18	Ed Price	N Herts RR
25	992	42 20	George Withers	St Albans Striders
26	885	42 24	Mark Vaughan	N Herts RR
27	899	42 27	Alex Parfett	Royston Runners
28	830	42 42	Rhys Rowlands	Dacorum & Tring
29	976	42 50	Sean Collum	Watford Joggers
30	813	42 58	Richard McCormick	Barnet & District
31	881	43 06	Stewart Overton	N Herts RR
32	812	43 24	Adrian Mason	Barnet & District
33	844	43 27	Danny Figg	Garden City Runners
34	802	43 33	Mark Cottle	Barnet & District
35	891	43 34	Will Bowers	Royston Runners
36	934	43 35	Michael Martin	St Albans Striders
37	974	43 36	Will Brotherston	Watford Joggers
38	900	43 42	Dean Reilly	Royston Runners
39	892	43 47	Daire Brennan	Royston Runners
40	970	43 54	Kwabena Agyei	Watford Joggers
41	916	44 02	Joseph Dunn	St Albans Striders
42	929	44 05	Jim King	St Albans Striders
43	817	44 17	Gary Pelosi	Barnet & District
44	894	44 20	Grant Chapman	Royston Runners
45	923	44 22	Douglas Hobson	St Albans Striders
46	928	44 26	Mark Kennedy	St Albans Striders
47	857	44 27	Tom Cochrane	Harpenden Arrows
48	980	44 29	Will Frost	Watford Joggers
49	873	44 32	Paul Greaves	Herts Phoenix

50	922	44 36	Thomas Halling	St Albans Striders
51	924	44 45	Stephen Hosty	St Albans Striders
52	845	44 48	Rob Casserley	Garden City Runners
53	913	44 57	Steven Cockrell	St Albans Striders
54	898	45 03	Richard Lowden	Royston Runners
55	979	45 07	Nick Di Paolo	Watford Joggers
56	946	45 10	Gary Warren	St Albans Striders
57	966	45 11	Liam Hinshelwood	Watford Harriers
58	841	45 17	Russell Casey	Garden City Runners
59	834	45 21	Paul Hewett	Fairlands VS
60	855	45 30	Steve Bowran	Harpenden Arrows
61	868	45 34	Ammon Piepgrass	Harpenden Arrows
62	814	45 40	Costa Michael	Barnet & District
63	969	45 48	Frank Ryan	Watford Harriers
64	906	45 56	Edward Anders	St Albans Striders
65	889	45 58	Oliver Nokes	Royal Navy AC
66	819	45 59	Mike Walker	Barnet & District
67	941	46 01	Tim Searle	St Albans Striders
68	977	46 04	Tim Cook	Watford Joggers
69	985	46 11	Sean McLoughlin	Watford Joggers
70	967	46 14	Stuart Ingham	Watford Harriers
71	804	46 18	Dan Davies	Barnet & District
72	896	46 39	Richard Harrison	Royston Runners
73	856	46 47	James Charlton	Harpenden Arrows
74	853	46 50	Thomas Wackett	Garden City Runners
75	978	46 56	Steve Davies	Watford Joggers
76	907	46 58	Nigel Aston	St Albans Striders
77	897	47 00	Tim Jones	Royston Runners
78	901	47 03	Robin Todd	Royston Runners
79	842	47 06	Dave Desborough	Garden City Runners
80	861	47 08	Graham Halkyard	Harpenden Arrows
81	938	47 16	Sebastian Rowe	St Albans Striders
82	827	47 21	Thomas Mack	Dacorum & Tring
83	829	47 27	DAVID OLIMA	Dacorum & Tring
84	869	47 29	David Russell	Harpenden Arrows
85	914	47 36	Richard Davis	St Albans Striders
86	986	47 47	Phillip McPhee	Watford Joggers
87	826	47 51	Andrew Fulford	Dacorum & Tring
88	839	47 58	Richard Sprigall	Fairlands VS
89	840	48 05	Sean Bowen	Garden City Runners
90	825	48 08	Neil Adcock	Dacorum & Tring
91	864	48 16	Andy Jordan	Harpenden Arrows
92	919	48 21	Luke Firmin	St Albans Striders
93	956	48 25	Nick Stallman	Tring RC
94	859	48 29	Andrew Cripps	Harpenden Arrows
95	843	48 31	Malcolm Down	Garden City Runners
96	918	48 33	Richard Evans	St Albans Striders
97	852	48 37	Richard Somerset	Garden City Runners
98	952	48 53	Andy Collings	Tring RC
99	945	49 11	Ming Wang-Koh	St Albans Striders

100	863	49 40	Rowland Hughes	Harpenden Arrows
101	951	49 57	Simon Barnett	Tring RC
102	801	49 58	Paul Carter	Barnet & District
103	931	50 01	Calum Latham	St Albans Striders
104	823	50 05	Steve Prosser	Bishops Stortford RC
105	909	50 21	Colin Braybrook	St Albans Striders
106	973	50 34	Richard Bird	Watford Joggers
107	930	50 42	Mike Lancaster	St Albans Striders
108	935	50 55	Stuart Middleton	St Albans Striders
109	990	51 10	Colin Taylor	Watford Joggers
110	968	51 15	John Renton	Watford Harriers
111	870	51 23	Bernie Barnaby	Herts Phoenix
112	820	51 27	Darren White	Barnet & District
113	912	51 56	Max Campbell	St Albans Striders
114	821	52 00	Matthew Cole	Bishops Stortford RC
115	838	52 07	Paul Shelley	Fairlands VS
116	953	52 08	Kevin Harding	Tring RC
117	803	52 22	Andrew Cunningham	Barnet & District
118	984	52 34	Alan Kennedy	Watford Joggers
119	808	52 39	Scott Fraser	Barnet & District
120	920	52 50	James Giffen	St Albans Striders
121	957	52 54	Mark Tikaram	Tring RC
122	981	53 03	Charles Henderson	Watford Joggers
123	955	53 07	John Manning	Tring RC
124	809	53 30	Joe Gomes	Barnet & District
125	965	53 33	Adrian Harwood	Watford Harriers
126	860	53 39	Ben Cullis	Harpenden Arrows
127	867	53 41	Muiris O'Connell	Harpenden Arrows
128	949	54 22	Mark Grayson	Stevenage & NH
129	811	54 37	Paul MacCarthy	Barnet & District
130	959	55 35	Sam Whiffin	Tring RC
131	950	55 57	Rick Ansell	Tring RC
132	862	56 11	Neil Hewitt	Harpenden Arrows
133	944	56 42	Richard Vaughan	St Albans Striders
134	837	56 44	Thomas Sauka	Fairlands VS
135	964	56 56	Richard Goorney	Watford Harriers
136	851	57 15	Brad Smith	Garden City Runners
137	828	57 22	Andy Mitchell	Dacorum & Tring
138	875	57 35	David Stephens	Herts Phoenix
139	911	57 56	Anthony Bunker	St Albans Striders
140	987	58 10	Bob Nichol	Watford Joggers
141	942	58 30	Antony Stivala	St Albans Striders
142	983	60 07	Robert Kenison	Watford Joggers
143	925	60 12	Michael Jack	St Albans Striders
144	832	61 07	Nigel Wiggins	Dacorum & Tring
145	833	61 56	Jim Brown	Fairlands VS
146	836	62 39	Tim Robinson	Fairlands VS
147	933	63 46	Andrew Maher	St Albans Striders
148	831	64 20	Jamie Saunders	Dacorum & Tring
149	939	64 35	David Saunders	St Albans Striders

Senior Men - Teams

1	Watford Joggers 'A'	3;9;11;14;29;37	103
2	N Herts RR	4;8;12;24;26;31	105
3	Barnet & District 'A'	5;15;20;22;30;32	124
4	St Albans Striders 'A'	1;6;16;25;36;41	125
5	Royston Runners	10;27;35;38;39;44	193
6	St Albans Striders 'B'	42;45;46;50;51;53	287
7	Garden City Runners	19;33;52;58;74;79	315
8	Watford Harriers	13;18;57;63;70;110	331
9	Watford Joggers 'B'	40;48;55;68;69;75	355
10	Barnet & District	34;43;62;66;71;102	378
11	Harpenden Arrows 'A'	47;60;61;73;80;84	405
12	St Albans Striders 'C'	56;64;67;76;81;85	429
13	Tring RC	21;23;93;98;101;116	452
14	Dacorum & Tring	28;82;83;87;90;137	507
15	St Albans Striders 'D'	92;96;99;103;105;107	602
16	Harpenden Arrows 'B'	91;94;100;126;127;132	670
17	Watford Joggers 'C'	86;106;109;118;122;140	681
18	Fairlands VS	59;88;115;134;145;146	687
19	St Albans Striders 'E'	108;113;120;133;139;141	754