

Pos	Bib	Firstname	Lastname	AgeGroup	Club	Total	Swim	T1	Bike	T2	Run
1	234	Glyn	Williams	35/39	Born2Tri	00:59:41	00:05:59	00:00:30	00:33:50	00:00:26	00:18:56
2	233	Mat	Clarkson	35/39		01:01:30	00:04:30	00:01:04	00:37:22	00:00:42	00:17:52
3	226	Mark	Portman	35/39		01:02:54	00:05:59	00:00:35	00:35:29	00:00:34	00:20:17
4	195	Mike	Jubb	40/44		01:02:57	00:07:22	00:00:29	00:33:57	00:00:36	00:20:33
5	211	Jonty	Robinson	20/24		01:03:34	00:06:32	00:00:51	00:35:32	00:00:33	00:20:06
6	223	Martin	Beare	45/49	Amphill & Flitwick Flyers	01:03:58	00:08:56	00:00:32	00:34:55	00:00:36	00:18:59
7	218	Stephen	Morales	40/44	Aff (Cyclopedia	01:04:04	00:06:55	00:00:34	00:36:15	00:00:32	00:19:48
8	187	Jamie	Bishop	35/39	Stortford Tri	01:04:26	00:07:36	00:00:36	00:35:09	00:00:28	00:20:37
9	232	Craig	Halsey	50/54		01:04:59	00:06:27	00:00:36	00:36:29	00:00:37	00:20:50
10	170	Nick	Day	30/34		01:05:28	00:07:26	00:00:49	00:36:02	00:00:48	00:20:23
11	239	Anthony	Collier	20/24		01:05:40	00:05:26	00:00:31	00:35:53	00:00:24	00:23:26
12	194	Jesse	Elzinga	30/34	Beeline Bicycles Rt	01:05:47	00:07:07	00:01:12	00:36:40	00:00:39	00:20:09
13	236	Kevin	Dean	45/49	Tri-Force Herts	01:06:24	00:06:20	00:00:48	00:36:26	00:00:44	00:22:06
14	173	Chris	Eland	40/44		01:06:52	00:08:00	00:01:14	00:37:10	00:00:37	00:19:51
15	222	Chris	Hitchings	20/24	Tri-Force	01:07:09	00:06:18	00:00:35	00:36:57	00:00:23	00:22:56
16	237	Jon	Brett	45/49		01:08:20	00:05:57	00:00:54	00:37:37	00:00:48	00:23:04
17	129	Cameron	Keast	25/29		01:08:35	00:07:39	00:00:54	00:39:07	00:00:35	00:20:20
18	214	Alex	Newman-Smith	30/34		01:09:02	00:06:24	00:01:42	00:39:01	00:00:47	00:21:08
19	221	Libby	Free	30/34	Metropolitan Police Club	01:09:03	00:06:27	00:00:47	00:38:28	00:00:32	00:22:49
20	215	Bradley	Morris	20/24		01:09:15	00:06:30	00:00:52	00:39:36	00:00:40	00:21:37
21	202	Paul	Burns	30/34	"St Albans Masters Swimming Club, Welwyn Wheelers "	01:09:16	00:06:40	00:01:00	00:39:35	00:00:57	00:21:04
22	231	Nigel	Wilson	35/39		01:09:26	00:07:28	00:01:30	00:38:30	00:00:46	00:21:12
23	216	Chris	Burman	30/34	Challenge Central Stevenage	01:09:32	00:07:49	00:00:33	00:38:36	00:00:45	00:21:49
24	130	Daniel	Gillborn	40/44		01:09:51	00:07:27	00:00:52	00:38:04	00:00:41	00:22:47
25	183	Nick	Ison	45/49	Nrcc	01:10:14	00:07:47	00:00:50	00:37:04	00:00:32	00:24:01
26	227	Luke	Bowie	30/34	Trent Park	01:10:45	00:06:55	00:00:46	00:39:24	00:00:49	00:22:51
27	188	Charlotte	Saunders	30/34	Pure Motion Cycles	01:11:16	00:07:22	00:00:48	00:40:37	00:00:54	00:21:35
28	206	Phil	Anderson	45/49		01:11:34	00:07:08	00:00:39	00:39:23	00:00:48	00:23:36
29	185	MichaeL	Brogan	40/44	Trent Park Running Club	01:11:41	00:08:08	00:00:45	00:40:39	00:00:33	00:21:36
30	138	Lee	Dawson	40/44		01:11:45	00:07:37	00:01:23	00:39:39	00:00:48	00:22:18
31	201	Oliver	Sanders	40/44		01:12:22	00:07:31	00:00:35	00:41:04	00:01:13	00:21:59
32	141	Nick	Short	45/49		01:12:37	00:07:46	00:01:47	00:39:16	00:00:51	00:22:57
33	219	Christine	Pout	50/54		01:12:53	00:06:33	00:00:58	00:39:19	00:01:04	00:24:59
34	167	Mark	Jackson	45/49	Trent Park Running Club	01:13:19	00:08:08	00:00:48	00:40:11	00:00:38	00:23:34
35	197	Alastair	Cartwright	35/39	Tri-Force	01:13:47	00:06:46	00:01:52	00:42:21	00:00:52	00:21:56
36	171	Bryan	Holland	40/44	North Road Cycling Club	01:14:06	00:07:40	00:01:04	00:39:33	00:00:55	00:24:54
37	56	Jason	Mcdermott	30/34	Trent Park Tri Club	01:14:12	00:10:28	00:01:37	00:39:09	00:00:56	00:22:02
38	164	Tim	Walker	35/39		01:14:16	00:08:11	00:01:47	00:39:37	00:00:55	00:23:46
39	190	Luke	Halliday	20/24		01:14:20	00:06:55	00:00:55	00:42:55	00:00:45	00:22:50
40	199	Darren	Hilliardarrenh	45/49		01:14:25	00:08:52	00:01:21	00:38:25	00:00:46	00:25:01
41	105	Neil	Stockwell	40/44		01:14:37	00:10:13	00:01:19	00:39:22	00:01:01	00:22:42
42	191	Helen	Livingstone	30/34		01:14:41	00:06:06	00:01:11	00:43:02	00:00:35	00:23:47
43	163	Matt	Flowerday	50/54		01:15:00	00:09:05	00:00:36	00:38:03	00:00:37	00:26:39
44	217	Dylan	Hubble	35/39		01:15:41	00:07:35	00:00:50	00:40:21	00:00:46	00:26:09
45	73	Nick	Williams	30/34		01:15:59	00:09:57	00:02:06	00:42:09	00:00:47	00:21:00
46	96	Ian	Brinkley	40/44		01:16:04	00:09:11	00:00:52	00:42:36	00:00:52	00:22:33
47	209	Esther	Hamill	35/39		01:16:18	00:07:27	00:00:38	00:42:05	00:00:42	00:25:26
48	125	Chris	Hunt	40/44		01:16:30	00:08:30	00:01:14	00:41:54	00:00:56	00:23:56
49	178	Andrew	Wells	30/34		01:16:34	00:08:09	00:01:00	00:42:43	00:01:07	00:23:35
50	213	Stuart	Renfrew	40/44		01:17:07	00:07:13	00:00:53	00:42:12	00:01:19	00:25:30
51	175	Pete	Hughes	50/54	Trent Park Running Club	01:17:18	00:07:55	00:00:46	00:40:39	00:00:59	00:26:59
52	224	Hannah	Hutchings	30/34		01:17:23	00:06:08	00:01:25	00:44:18	00:00:35	00:24:57
53	114	Colin	Mcardle	40/44	Na	01:17:25	00:08:26	00:01:35	00:43:21	00:00:53	00:23:10
54	225	Craig	Muckleston	40/44		01:17:35	00:06:07	00:00:47	00:43:46	00:00:31	00:26:24
55	181	Jez	Godlonton	45/49		01:17:37	00:07:48	00:00:57	00:41:04	00:00:38	00:27:10
56	179	Rob	Lane	35/39		01:17:39	00:07:51	00:01:30	00:43:01	00:00:44	00:24:33
57	165	Mark	Miller	40/44		01:17:53	00:07:33	00:01:20	00:41:39	00:00:54	00:26:27
58	117	Steve	Lambert	45/49		01:17:54	00:10:10	00:00:36	00:41:29	00:00:46	00:24:53
59	75	Simon	Mumford	40/44		01:17:56	00:09:42	00:02:14	00:43:02	00:00:56	00:22:02
60	6	Thomas	Sauka	35/39		01:17:59	00:09:15	00:00:48	00:43:52	00:00:39	00:23:25
61	235	Gary	Bigot	35/39	London Fire Brigade	01:18:08	00:05:41	00:02:11	00:43:13	00:01:07	00:25:56
62	192	Dimitris	Kakofengitis	25/29	Tri-Force	01:18:12	00:07:41	00:00:47	00:42:56	00:00:45	00:26:03
63	238	Kris	Pringle	25/29	Hertford Armstrongs	01:18:26	00:05:54	00:01:01	00:42:05	00:00:46	00:28:40
64	144	Steven	Phillips	35/39		01:18:26	00:09:23	00:00:48	00:43:17	00:00:55	00:24:03
65	134	Tony	Rhodes	65/69		01:18:32	00:08:31	00:01:49	00:44:39	00:00:55	00:22:38
66	98	Paul	Barnes	45/49		01:18:49	00:08:57	00:01:27	00:41:04	00:01:02	00:26:19
67	184	Anthony	Aston-O'Donovan	35/39		01:19:10	00:07:27	00:01:26	00:43:10	00:01:02	00:26:05
68	230	Alison	Mckinley	30/34	Trilondon	01:19:20	00:06:51	00:01:18	00:44:47	00:01:06	00:25:18
69	204	Steve	Brown	45/49		01:19:20	00:07:40	00:01:22	00:42:27	00:01:16	00:26:35
70	189	Marc	Aston-O'Donovan	35/39	London Fire Brigade	01:19:49	00:07:40	00:01:35	00:43:39	00:00:42	00:26:13
71	228	Oliver	Paul	25/29		01:20:14	00:06:54	00:01:36	00:45:30	00:01:52	00:24:22
72	84	Jerome	Mayaud	20/24		01:20:33	00:07:18	00:03:19	00:44:13	00:01:17	00:24:26
73	122	Dan	Barron	35/39		01:20:33	00:09:19	00:01:04	00:45:37	00:01:04	00:23:29
74	123	Giles	Fordham	40/44		01:20:41	00:08:52	00:01:32	00:44:13	00:00:56	00:25:08
75	30	John	Webster	30/34	Thrift Green Trotters	01:20:47	00:07:46	00:01:14	00:45:59	00:01:41	00:24:07
76	83	Phillippe	Mayaud	50/54		01:20:48	00:07:14	00:03:30	00:44:20	00:01:18	00:24:26
77	160	Dave	Hopkin	45/49		01:21:22	00:08:04	00:01:08	00:43:42	00:00:56	00:27:32
78	63	Jonathan	Kingshot	40/44		01:21:27	00:08:11	00:01:15	00:46:03	00:01:18	00:24:40
79	147	Craig	Basham	35/39		01:21:28	00:08:52	00:01:41	00:45:07	00:00:51	00:24:57
80	156	Philip	Ball	40/44		01:21:40	00:08:27	00:02:04	00:46:24	00:00:30	00:24:15
81	62	Tracy	Aldridge Jones	40/44		01:21:48	00:07:55	00:02:10	00:45:11	00:01:13	00:25:19

Pos	Bib	Firstname	Lastname	AgeGroup	Club	Total	Swim	T1	Bike	T2	Run
82	78	Maurice	John	30/34		01:21:54	00:09:37	00:02:26	00:43:25	00:01:16	00:25:10
83	102	Clive	Trounson	45/49		01:21:57	00:09:08	00:01:35	00:43:28	00:01:24	00:26:22
84	137	James	Dorling	40/44		01:22:16	00:08:01	00:01:48	00:45:29	00:01:34	00:25:24
85	186	Robert	Sedgwick	40/44	Freedom Tri	01:22:21	00:08:19	00:01:49	00:44:36	00:01:20	00:26:17
86	180	Siddharth	Sudunagunta	20/24	Tri Force	01:22:23	00:07:22	00:01:53	00:46:39	00:01:14	00:25:15
87	212	Gareth	Evans	45/49		01:22:27	00:07:04	00:01:53	00:45:51	00:00:52	00:26:47
88	172	Richard	Sheard	40/44		01:22:30	00:08:06	00:01:29	00:43:39	00:01:03	00:28:13
89	126	Ian	Ellis	40/44	Tprc	01:22:39	00:08:49	00:01:10	00:47:19	00:01:13	00:24:08
90	88	Philippa	Mildon	35/39		01:22:47	00:09:31	00:01:53	00:44:12	00:01:14	00:25:57
91	18	Adrian	O'Sullivan	45/49		01:22:48	00:09:41	00:04:40	00:42:08	00:01:32	00:24:47
92	119	Paul	Aylott	40/44		01:23:10	00:08:26	00:01:29	00:47:08	00:01:07	00:25:00
93	118	Adrian	Flack	30/34	Fitness First	01:23:17	00:07:47	00:02:01	00:49:28	00:01:18	00:22:43
94	174	Derek	Wood	30/34	Transition Tri	01:23:26	00:07:25	00:01:00	00:48:30	00:00:51	00:25:40
95	200	Liz	Wood	30/34	Team Trisports	01:23:30	00:07:50	00:00:33	00:47:22	00:00:40	00:27:05
96	109	Andrew	Bennett	45/49		01:23:31	00:09:08	00:01:33	00:45:34	00:00:43	00:26:33
97	111	Michael	Mcdougall	40/44	Hertford Armstrongs	01:23:37	00:09:42	00:01:03	00:46:22	00:00:55	00:25:35
98	110	Michael	Milnthorpe	45/49		01:23:37	00:09:59	00:01:20	00:43:33	00:01:32	00:27:13
99	67	John	Hill	45/49		01:23:43	00:09:04	00:02:35	00:44:14	00:02:00	00:25:50
100	198	James	Cartwright	35/39		01:23:46	00:07:55	00:01:32	00:45:40	00:01:01	00:27:38
101	77	Benjamin	Turner	40/44		01:23:48	00:11:46	00:01:41	00:44:36	00:01:16	00:24:29
102	57	Duncan	Hammond	40/44		01:24:04	00:08:16	00:03:38	00:42:34	00:01:15	00:28:21
103	79	Charles	Cliffe	40/44		01:24:15	00:10:21	00:03:07	00:43:52	00:01:10	00:25:45
104	139	Noel	Anderson	25/29	Tri-Force	01:24:24	00:09:43	00:03:27	00:46:48	00:01:33	00:22:53
105	85	Andy	Castle	35/39		01:24:27	00:09:41	00:02:01	00:47:00	00:00:51	00:24:54
106	53	Bryony	Maddams	40/44		01:24:30	00:09:14	00:02:44	00:46:58	00:00:31	00:25:03
107	153	Mike	Suckling	45/49		01:24:53	00:08:11	00:02:28	00:42:29	00:01:07	00:31:38
108	159	Helen	James	45/49		01:24:54	00:08:14	00:02:09	00:49:45	00:00:48	00:23:58
109	136	Jamie	Keenan	40/44		01:25:04	00:09:00	00:02:31	00:46:27	00:01:56	00:25:10
110	210	Jeremy	Jennings-Mares	40/44		01:25:16	00:07:11	00:02:11	00:45:24	00:02:26	00:28:04
111	113	Sarah	Jasper	25/29		01:25:17	00:09:31	00:01:30	00:46:58	00:01:16	00:26:02
112	27	Hannah	Turner	30/34		01:25:32	00:10:48	00:02:34	00:49:16	00:00:37	00:22:17
113	107	Clare	Howard	35/39		01:25:33	00:09:09	00:01:31	00:48:54	00:01:02	00:24:57
114	148	Derek	Jackson	35/39		01:25:41	00:10:57	00:02:06	00:45:40	00:01:37	00:25:21
115	157	Chris	Leigh	45/49		01:25:42	00:08:31	00:01:30	00:46:01	00:01:06	00:28:34
116	54	Volkan	Gundogdu	30/34		01:25:47	00:10:46	00:02:14	00:48:11	00:00:30	00:24:06
117	161	Janine	Blasi	40/44	Watford Tri Club	01:25:55	00:08:37	00:01:44	00:49:05	00:01:43	00:24:46
118	193	Jen	Gordon	30/34		01:25:58	00:07:20	00:01:47	00:47:27	00:00:50	00:28:34
119	143	Ben	Norfolk	20/24		01:26:05	00:10:02	00:01:29	00:45:11	00:00:35	00:28:48
120	203	Louise	Farrow	20/24		01:26:15	00:07:56	00:01:09	00:48:16	00:01:34	00:27:20
121	169	Michael	Owen	30/34	Triforce	01:26:23	00:09:23	00:03:03	00:46:28	00:01:18	00:26:11
122	82	David	Anderson	25/29	Lfb	01:26:28	00:08:39	00:03:52	00:46:08	00:02:11	00:25:38
123	76	James	Williams	40/44		01:26:34	00:09:45	00:03:10	00:44:02	00:02:25	00:27:12
124	176	Naomi	Holloway	40/44		01:26:45	00:07:45	00:02:01	00:46:53	00:01:08	00:28:58
125	95	Phil	Lawson	30/34		01:26:45	00:09:11	00:01:26	00:50:43	00:00:29	00:24:56
126	43	Neal	Edsall	35/39		01:27:04	00:11:59	00:03:18	00:42:09	00:01:17	00:28:21
127	64	Sue	Williams	50/54	Watford Tri Club	01:27:06	00:11:01	00:02:41	00:46:02	00:01:54	00:25:28
128	108	Christopher	Harrison	70/74		01:27:13	00:09:19	00:02:36	00:46:53	00:00:50	00:27:35
129	80	Youssef	Randjiou	40/44		01:27:20	00:09:00	00:01:46	00:46:24	00:02:16	00:27:54
130	101	Stuart	Mangan	40/44		01:27:47	00:09:26	00:03:06	00:48:04	00:01:15	00:25:56
131	116	Sam	Russell	17/19		01:28:14	00:09:48	00:01:55	00:52:36	00:00:22	00:23:33
132	68	Stuart	Montgomerie	40/44		01:28:19	00:09:42	00:02:44	00:45:41	00:00:48	00:29:24
133	4	Ian	Gascoyne	45/49	Active4Less	01:28:25	00:12:01	00:02:28	00:42:13	00:02:11	00:29:32
134	177	Stephane	Forey	35/39		01:28:29	00:07:15	00:02:49	00:49:40	00:00:59	00:27:46
135	74	Julie	Durrant	50/54		01:28:43	00:10:23	00:02:38	00:48:49	00:01:01	00:25:52
136	97	Barry	Neville	40/44		01:28:52	00:10:07	00:02:35	00:47:49	00:01:28	00:26:53
137	128	Nikky	Smith	30/34		01:29:08	00:08:47	00:03:07	00:48:55	00:01:14	00:27:05
138	91	Richard	Palmer	45/49		01:29:11	00:10:48	00:02:16	00:48:27	00:01:14	00:26:26
139	112	Steve	Baldwin	45/49	Met Triathlon	01:29:16	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
140	81	James	Percival	40/44		01:29:25	00:08:39	00:02:29	00:49:33	00:01:43	00:27:01
141	150	Stephen	Emery	35/39		01:29:45	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
142	40	Claire	Hack	45/49		01:29:46	00:10:59	00:01:39	00:46:57	00:01:07	00:29:04
143	19	Dawn	Burr	40/44	Triforce	01:29:47	00:09:04	00:02:53	00:52:05	00:01:17	00:24:28
144	1	Catherine	Reidy	40/44		01:31:01	00:10:22	00:02:50	00:47:56	00:01:56	00:27:57
145	207	Adrian	Ferdinands	35/39		01:31:38	00:07:17	00:01:45	00:52:02	00:00:30	00:30:04
146	127	Clare	Valvona	30/34		01:31:47	00:08:27	00:01:04	00:51:41	00:00:49	00:29:46
147	106	Astrit	Hoxha	30/34		01:31:50	00:08:16	00:02:45	00:54:59	00:00:46	00:25:04
148	94	Simon	Hyams	25/29		01:31:55	00:08:56	00:02:31	00:53:23	00:01:06	00:25:59
149	44	Stuart	Mead	45/49		01:32:17	00:11:09	00:01:25	00:51:22	00:01:31	00:26:50
150	35	Grant	Bohm	50/54		01:32:39	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
151	131	Sheila	Driscoll	50/54		01:32:40	00:09:39	00:02:04	00:51:04	00:00:44	00:29:09
152	66	Nick	Harmon	50/54		01:32:48	00:13:00	00:03:00	00:52:29	00:01:59	00:22:20
153	60	Simon	Telfer	35/39		01:33:02	00:11:05	00:01:54	00:50:59	00:00:57	00:28:07
154	59	Rob	Atkin	45/49		01:33:09	00:09:45	00:03:17	00:54:54	00:00:56	00:24:17
155	23	Celine	Fenech	35/39		01:33:34	00:08:30	00:03:25	00:46:57	00:02:05	00:32:37
156	90	Ian	Johnson	45/49		01:33:56	00:09:23	00:01:55	00:44:57	00:01:50	00:35:51
157	100	Chris	Boller	35/39	Challenge Central	01:34:39	00:08:36	00:02:50	00:52:36	00:00:58	00:29:39
158	22	Hayley	Jasper	25/29	N/A	01:34:56	00:10:06	00:02:58	00:53:02	00:01:15	00:27:35
159	37	Kevin	Hayes	50/54	N/A	01:35:33	00:12:36	00:01:35	00:49:03	00:01:16	00:31:03
160	135	Emily	Goulding	25/29		01:35:41	00:09:04	00:03:07	00:52:33	00:00:52	00:30:05
161	61	Katie	Pattison	40/44		01:35:49	00:10:30	00:01:56	00:53:34	00:00:53	00:28:56
162	71	Simon	Palmer	45/49		01:36:33	00:10:14	00:04:45	00:54:28	00:01:13	00:25:53

Pos	Bib	Firstname	Lastname	AgeGroup	Club	Total	Swim	T1	Bike	T2	Run
163	24	Samantha	Kershaw	35/39		01:36:34	00:10:45	00:02:50	00:54:17	00:01:24	00:27:18
164	45	Tom	Wiggins	25/29		01:37:17	00:10:08	00:02:49	00:52:46	00:00:56	00:30:38
165	58	Reggie	Leigh	45/49		01:37:31	00:10:03	00:03:19	00:54:18	00:01:34	00:28:17
166	149	Lucy	Evans	30/34		01:37:37	00:08:32	00:02:11	00:54:03	00:00:47	00:32:04
167	38	Claire	Messenger	35/39	North Herts Road Runners	01:37:45	00:11:47	00:02:30	00:56:47	00:00:49	00:25:52
168	7	Andrew	Adeane	45/49		01:37:54	00:16:00	00:03:01	00:49:04	00:00:56	00:28:53
169	208	David	Lence	40/44	None	01:38:47	00:07:12	00:01:18	01:00:08	00:00:25	00:29:44
170	158	Craig	Stephenson	40/44	Garden City Runners	01:38:56	00:10:00	00:03:00	00:59:48	00:01:14	00:24:54
171	155	Tanya	Willmott	45/49	Freedomtri	01:39:00	00:09:03	00:01:52	00:54:28	00:01:21	00:32:16
172	42	Lorne	Mccalla	45/49		01:39:19	00:11:06	00:02:46	00:50:21	00:02:25	00:32:41
173	103	Chris	Kenney	40/44		01:40:11	00:09:39	00:03:08	00:52:34	00:02:33	00:32:17
174	124	Debbie	Holder	40/44		01:40:26	00:09:32	00:02:27	00:57:04	00:01:21	00:30:02
175	10	Louise	Clout	35/39	Tri Force St Albans	01:40:42	00:10:07	00:02:38	00:54:10	00:01:29	00:32:18
176	29	Charlotte	Hignett	35/39		01:41:09	00:10:12	00:02:25	01:00:14	00:01:26	00:26:52
177	52	Claire	Malbecq	45/49		01:42:00	00:10:48	00:01:50	00:57:13	00:01:03	00:31:06
178	89	Gordon	Wilkinson	45/49		01:42:11	00:10:26	00:03:10	00:51:28	00:01:30	00:35:37
179	26	Helena	Goldsmith	40/44		01:42:19	00:11:02	00:03:07	00:53:55	00:02:11	00:32:04
180	21	Mary	McGovern	30/34		01:43:19	00:12:11	00:02:59	00:55:51	00:02:14	00:30:04
181	13	Helena	D'Arcy	45/49		01:44:11	00:09:27	00:01:46	01:03:24	00:00:59	00:28:35
182	12	Paul	Frake	40/44		01:44:26	00:11:22	00:01:56	01:01:36	00:02:07	00:27:25
183	34	Naomi	Thomas	40/44		01:45:35	00:11:10	00:03:45	00:55:53	00:03:25	00:31:22
184	33	Elizabeth	Ash	25/29	Ampthill And Flitwick Flyers	01:45:57	00:12:15	00:02:19	01:02:34	00:01:08	00:27:41
185	32	Rachel	Jones	40/44		01:46:05	00:11:38	00:03:46	00:57:38	00:01:41	00:31:22
186	3	Fiona	Towell	40/44	Leighton Buzzard Athletics Club	01:46:44	00:11:35	00:03:53	00:57:52	00:02:30	00:30:54
187	8	Jackie	Martin	45/49	None	01:47:14	00:12:06	00:02:15	01:02:39	00:01:10	00:29:04
188	14	Chris	Redmond	60/64	Barnsley Harriers	01:48:09	00:16:47	00:02:53	00:54:02	00:00:53	00:33:34
189	9	Mark	West	40/44		01:48:12	00:18:29	00:02:14	00:55:07	00:01:46	00:30:36
190	72	Andy	Normile	40/44		01:49:44	00:11:22	00:06:22	01:05:04	00:02:01	00:24:55
191	16	Nicky	Binning	35/39		01:52:12	00:14:16	00:03:08	00:53:42	00:01:43	00:39:23
192	39	Kat	Orphanides	30/34		01:53:34	00:13:30	00:04:26	00:55:00	00:00:47	00:39:51
193	48	Rob	Hill	40/44		01:55:31	00:12:04	00:01:33	01:15:47	00:00:50	00:25:17
194	5	Stacey	Harris	45/49		01:56:07	00:08:09	00:02:07	01:21:19	00:01:07	00:23:25
195	168	David	Chang	40/44		01:56:17	00:11:14	00:03:49	00:54:28	00:02:37	00:44:09
196	65	Simon	Edwards	20/24		02:08:28	00:16:51	00:04:21	00:55:04	00:01:42	00:50:30
197	15	Mark	Bryce	50/54	Challenge Central	02:10:06	00:17:14	00:02:39	01:03:21	00:02:51	00:44:01
198	49	Phil	Mizner	25/29		02:13:52	00:13:39	00:05:19	01:12:40	00:02:39	00:39:35