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# Pednor 10

Sunday 28th December 2025

Pos	Men	Women	Rly	No.	Competitor(s)	Club / Team	Cat.	Split	Time	Award
1	1			223	STACK, Daire	Chiltern Harriers AC	SM	28:46	0:57:28	1 <sup>st</sup> Man
2	2			274	BRYDEN, James	St Albans Striders	M40	29:01	0:57:58	2 <sup>nd</sup> Man
3			1	50	James Henderson / Jack Turner	Chiltern Harriers AC	Rly-M	29:23	0:58:48	Men's Relay
4	3			273	AMES, Mark	Watford Joggers	M40	29:18	0:58:50	3 <sup>rd</sup> Man
5	4			226	TIMMIS, James		SM	30:20	0:59:34	
6			2	27	James Malin / Eddie O'Brien		Rly-M	29:30	0:59:45	
7	5			194	GILCHRIST, Niall	Ealing Eagles RC	SM	30:10	1:00:16	
8	6			175	NICHOLLS, Matthew	St Albans Striders	SM	30:04	1:00:52	
9	7			206	TUCKER, Gareth	Gade Valley Harriers	M40	30:52	1:01:49	M40
10	8			244	BRAWN, Richard	Bournemouth AC	M40	30:21	1:02:10	
11	9			178	LINDEEN, Michael	Gade Valley Harriers	M50	31:30	1:02:58	M50
12	10			238	COMPTON, Gary	Vale of Aylesbury AC	SM	31:59	1:02:59	
13	11			151	STACK, Paul	St Albans Striders	M50	31:34	1:04:02	
14	12			245	CROWTHER, Nicholas		M40	32:07	1:04:10	
15	13			240	JONES, Russell	Gade Valley Harriers	SM	31:55	1:04:14	
16			3	89	Brendan Gilbert / Russell Vandenbrekel		Rly-M	32:27	1:04:37	
17			4	54	Jacob McCall / Isaac McCall		Rly-M	33:20	1:05:04	
18	14			285	RUSHTON, Jon		M40	32:19	1:05:29	
19	15			248	DICKINSON, Charles		SM	32:16	1:05:38	
20	16			224	CHAPMAN, Peter		M40	33:15	1:06:01	
21	17			219	ALLEN, Thomas	Vale of York Athletic	SM	33:53	1:06:18	
22			5	423	Maria Slade / Richard Slade		Rly-X	1:06:19	Mixed Relay	
23	18			290	NICHOLAS, Mark	Chiltern Harriers AC	M40	32:39	1:06:23	
24		1		279	SHARMAN, Kirstie	Higham Harriers	F40	33:16	1:06:34	1 <sup>st</sup> Woman
25	19			281	WEBB, Callum	Higham Harriers	SM	33:17	1:06:37	
26	20			147	CLARK, Sam		SM		1:07:01	
27			2	272	KELLEHER, Fiona	Ealing Eagles RC	SF	33:00	1:07:06	2 <sup>nd</sup> Woman
28	21			286	ROBERTS, Steve	Handy Cross	M60	33:58	1:07:12	M60
29		3		182	OLIVER, Mici	Vegan Runners UK	SF	33:57	1:07:13	3 <sup>rd</sup> Woman
30	22			253	WOOLLETT, Guy	Gade Valley Harriers	M50	33:30	1:07:24	
31	23			161	FELLOWES, Dave	Dacorum AC	M40	33:33	1:07:29	
32	24			156	FOWLER-JONES, Matt	Handy Cross	M50	33:56	1:07:41	
33	25			193	COOPER, James		M40	33:38	1:07:59	
34	26			192	LAWRENCE, Sebastian		SM	33:51	1:08:01	
35			4	299	STERN, Keira	St Albans AC	SF		1:08:04	
36			6	41	Rebecca Nkoane / Mairead O'Rourke	Chiltern Harriers AC	Rly-F	33:18	1:08:05	Women's Relay
37	27			131	SHEARWOOD, Christopher	Metros RC	M60	33:48	1:08:18	
38			7	6	Lindsay Turner / James Turner	Chiltern Harriers AC	Rly-X	40:05	1:08:18	
39			8	77	Carys Evans / Imogen Crowther		Rly-F	35:06	1:08:33	
40	28			203	GIFFIN, Alex	Hillingdon AC	M50		1:08:34	
41	29			236	BOUGHTON, Jack	Gade Valley Harriers	SM	34:26	1:08:52	
42	30			104	HERRON, Adam	St Albans Striders	M50	34:12	1:09:05	
43	31			177	NEWING, Stephen	Gade Valley Harriers	M40	34:33	1:09:15	
44			9	428	Will Cooper / Richard Cooper		Rly-M	32:14	1:09:26	
45			10	88	Jacob Henderson / Charlie De Sousa		Rly-M	36:15	1:09:27	
46	32			292	WHEELER, Simon	Gade Valley Harriers	M50	34:55	1:09:29	
47	33			149	HARVEY, Justin	Bearbrook R&Tri	M40	33:58	1:09:37	
48			5	183	ROYALS, Katie	Chiltern Harriers AC	SF	35:04	1:09:42	
49	34			271	MOSS, Richard	Chiltern Harriers AC	M50	34:51	1:09:54	
50	35			213	HOWARD, Paul	Windle Valley	SM		1:09:58	

<b>Pos</b>	<b>Men</b>	<b>Women</b>	<b>Rly</b>	<b>No.</b>	<b>Competitor(s)</b>	<b>Club / Team</b>	<b>Cat.</b>	<b>Split</b>	<b>Time</b>	<b>Award</b>
51	36			101	BROWN, Jack		SM	35:41	1:10:01	
52	37			260	PALMER, Rob	Bearbrook R&Tri	M40	35:30	1:10:59	
53	38			307	HERBERT, Simon		M40	35:54	1:11:47	
54	39			201	GUNDRY, Jon		M50	35:13	1:11:53	
55	40			197	BARRETT, Robin	Vale of Aylesbury AC	M40	35:31	1:11:55	
56	41			276	FIRMIN, Steve		SM	36:09	1:11:58	
57	42			280	BOWLLER, Simon		M60	35:29	1:12:06	
58	43			163	O'GRADY, John	Chiltern Tri	M50	36:54	1:12:09	
59	44			111	ROBINSON, Michael	Chiltern Harriers AC	SM	36:30	1:12:30	
60	45			315	DERMOT, Martin	Bearbrook R&Tri	M40	36:43	1:12:35	
61			11	59	Paul Bolton / Anthony Cherry		Rly-M	38:14	1:12:38	
62			12	11	Bruce Ferguson / Katie Phillips		Rly-X	36:17	1:12:41	
63			13	95	Clive Docwra / Charlotte Docwra	Chiltern Harriers AC	Rly-X	38:36	1:12:46	
64			14	63	Richard Ruffell / Natalie Scott		Rly-X	37:52	1:13:31	
65	46			225	BOYD, Steven		M50		1:13:35	
66		6		264	BATES, Ellie	Chiltern Harriers AC	SF	36:15	1:13:38	
67	47			314	BELAND, Christopher		SM	36:13	1:13:48	
68	48			241	BRAWN, David	Griffithstown H	M40	36:11	1:13:51	
69	49			187	BILSBOROUGH, Mark	Marlow Striders	M60	36:07	1:13:58	
70			15	83	Amy Coleman / Matt Messer		Rly-X	40:14	1:14:08	
71	50			277	FOSTER, Graham		M60	36:05	1:14:14	
72	51			239	HOWELL, Andrew		M50	37:47	1:14:17	
73	52			212	DONNELLY, Fergal	Reading RR	M50	36:18	1:14:26	
74			16	51	Rebecca McCall / Daniel King		Rly-X	37:35	1:14:38	
75	53			141	WADDY, Ben		M40	38:04	1:14:45	
76			17	410	Charlotte Jones / Simon Polley	On The Run	Rly-X	44:02	1:14:54	
77	54			172	BOURNE, Greg		SM	37:48	1:15:06	
78		7		124	ROBINSON, Kristin	Chiltern Harriers AC	SF		1:15:14	
79		8		130	WALLDUCK, Lucy	Dacorum AC	SF		1:15:34	
80	55			126	O'BRIEN, Padraig		M40	36:03	1:15:49	
81			18	98	Emma Burton / Daisy Hardman		Rly-F	37:50	1:15:54	
82		9		114	HEMBURY, Lynda	Tring RC	F60	38:06	1:16:05	F60
83	56			148	NETTLETON, Alan		M40		1:16:08	
84			10	302	CONWAY, Maeve		SF	36:45	1:16:11	
85		11		185	MCCREADIE, Megan	Gade Valley Harriers	SF	39:04	1:16:14	
86	57			196	FERNANDES-LAWES, Greg	Ealing Eagles RC	SM	38:32	1:16:49	
87	58			227	TURNER, Phillip		M40		1:16:57	
88	59			289	FORRESTER, Joshua		SM	39:00	1:17:21	
89			12	210	HARDIMAN, Kirstie	Gade Valley Harriers	F40	39:02	1:17:30	F40
90			19	76	Tim Munn / Daniel Munn		Rly-M	46:47	1:17:37	
91			13	294	WHEELER, Lucy		SF	36:09	1:17:40	
92	60			179	JOHNSON, Adam		SM	39:33	1:17:46	
93	61			218	FELSTEAD, James		M50	38:49	1:17:57	
94			14	270	MOSS, Sylvia	Chiltern Harriers AC	F50	39:10	1:18:01	F50
95			20	35	Tim Price / Matthew Simpson	Hazlemere Runners	Rly-M	39:58	1:18:09	
96	62			261	LEE, James		SM		1:18:13	
97	63			308	PLUME, David		M40	38:55	1:18:33	
98	64			304	MILLS, Dan		SM	40:00	1:18:39	
99			15	295	COOK, Alexandra		SF	39:11	1:18:49	
100		16		263	KRULL, Hannah	Saffron Striders AC	SF	39:05	1:18:53	
101		17		164	O'GRADY, Eleanor	Achilles Heal	SF	38:26	1:18:59	
102			21	65	Kate Paxton / James Grant	Chiltern Harriers AC	Rly-X	44:18	1:19:17	
103	65			168	PANAGODA, Prasan		M40	39:34	1:19:37	
104			22	425	Felicity Dynes / James Seddon		Rly-X	47:33	1:19:55	
105			18	143	FROST, Kathryn		F50	39:15	1:20:07	
106	66			291	SMITH, Lee		M40	40:28	1:20:11	
107	67			229	NORMAN, Andrew	Dunstable Lions RC	M60		1:20:25	
108			19	112	HOGAN, Karen		F50	40:30	1:20:46	
109	68			198	MAYO, Nick		M40	39:18	1:21:06	
110	69			191	LAWRENCE, Matthew	Chiltern Harriers AC	M50	40:19	1:21:12	
111			20	116	MCDONNELL, Claire	Gade Valley Harriers	F50	40:38	1:21:23	
112			21	174	DUNCAN, Lucy	Thame Runners	SF	39:32	1:21:27	
113	70			231	FRANKLIN, Dave		M50	41:34	1:21:35	
114	71			258	STRAND, Scott	Tring RC	M40	40:11	1:21:37	
115	72			259	JOSEPH, Nick	Gade Valley Harriers	M60	40:48	1:21:40	
116	73			154	FOWLER, Tim		M60	39:12	1:21:54	
117	74			311	LAMKIN, Simon	Marlow Striders	M50	41:33	1:22:17	
118	75			313	CHANNER, Andrew	Chiltern Harriers AC	M50	39:35	1:22:30	
119	76			105	DENCH, Matt	Black Trail Runners	M40	41:36	1:22:35	
120	77			166	MARTIN, Glen	Chiltern Harriers AC	M50	40:42	1:22:41	
121	78			278	THOMPSON, Michael	Marlow Striders	M60	41:40	1:23:11	
122			23	86	Marion Clayfield / David De Sousa	Chiltern Harriers AC	Rly-X	46:18	1:23:20	
123			24	67	Beth Lang / Harriet Lemon	Chiltern Harriers AC	Rly-F	38:22	1:23:25	
124	79			133	HOPCROFT, Martin	Tring RC	M60	41:06	1:23:27	
125			22	228	SHAW, Katherine		SF	40:45	1:23:33	
126			25	413	Deborah Martin / Anna Fryer	Bearbrook R&Tri	Rly-F	41:00	1:23:45	
127	80			128	HEGARTY, Colin		M40	40:26	1:23:54	
128			23	135	CRAWLEY-WISE, Victoria	Gade Valley Harriers	F40	41:24	1:24:19	

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129	81			134	ASHFIELD-SMITH, Andy Katharine Tompson / Dan Shawcross	Hazlemere Runners	M50	43:02	1:24:28	
130			26	24			Rly-X	45:32	1:24:30	
131	82			283	HENDERSON, Stuart	Chiltern Harriers AC	M40	43:45	1:24:31	
132	83			144	DAWSON, Tony	Chiltern Harriers AC	M60	41:28	1:24:32	
133			27	70	Ruth Dunkin / Jordane Bates	Bearbrook R&Tri	Rly-F	41:12	1:24:46	
134			28	47	Maggie Cowing / Katherine Lowe		Rly-F	42:15	1:24:54	
135	84			170	ROBERTS, Alan	Vale of Aylesbury AC	M60	41:05	1:25:03	
136		24		157	WHEELER, Natalie	Gade Valley Harriers	F40	43:28	1:25:54	
137	85			265	HUGHES, Daniel		M40	40:51	1:25:58	
138		25		284	BOLT, Helen	Datchet Dashers	F60	41:09	1:25:59	
139	86			256	HENLEY, Matt		M50	43:26	1:26:01	
140		26		200	MELROSE, Sarah	Buckingham & Stowe	F50	42:44	1:26:06	
141			29	416	Sarah Corcoran / Ryan Corcoran		Rly-X	48:48	1:26:09	
142	87			153	MCNALLY, Alex	Seven:Ten AC	SM	43:19	1:26:13	
143	88			297	SALMON, Jon	Tring RC	M60	42:10	1:26:36	
144	89			220	WOOD, Mark	Bearbrook R&Tri	M50	43:03	1:26:56	
145	90			127	TALBOT, Nick	Chiltern Harriers AC	M50	42:29	1:27:05	
146	91			310	KEIR, Charlie		SM	44:31	1:27:38	
148			30	72	Nicholas Veal / Marc Keinch		Rly-M	46:31	1:27:42	
149			27	300	LAING, Tanya	Hazlemere Runners	F50	44:35	1:27:52	
150	92			255	GALLOWAY, Ryan	Dacorum Tri Club	M40	44:38	1:28:00	
151			28	254	DRAKE, Emily		SF	44:37	1:28:00	
152	93			252	HARVEY, Richard		M50	44:25	1:28:22	
153	94			296	KETLEY, Jez		M50	44:36	1:28:34	
154			29	301	THOMAS, Gerry		F50		1:28:36	
155	95			288	LAMONT, Jason	Bearbrook R&Tri	M50	44:04	1:28:39	
156			31	409	Mark Mayfield / Emer O'Kelly		Rly-M	41:46	1:28:49	
157	96			217	MCCULLAGH, Kev	On The Run	M50	43:43	1:28:52	
158				32	Susan Swales / Peter Swales	Dereham Runners	Rly-X	50:41	1:28:53	
159				33	Simon Perks / Julia Mills		Rly-X	47:11	1:28:57	
160			34	55	Sarah Hockley / Phillip Hockley	On The Run	Rly-X	55:55	1:29:07	
161	97			204	WILLIAMS, Stuart		M60	44:30	1:29:17	
162			35	9	Julia Castle / Kate Chown		Rly-F	45:58	1:29:22	
163			36	92	Katie Russell / Paul Russell		Rly-X	55:51	1:29:32	
164	98			208	PITKIN, Chris	Chiltern Harriers AC	M40	44:29	1:29:52	
165			37	421	Elizabeth Abrahams / Mark Mulvenna		Rly-X	44:53	1:30:17	
166			38	82	Annabel Moss / Jessica Moss		Rly-F	46:46	1:30:33	
167			30	139	PAYNE, Claire		F40	45:17	1:30:45	
168	99			233	ROBINS, John		M40	45:47	1:30:56	
169			39	79	Christopher Pollard / Christopher Young		Rly-M	53:38	1:30:58	
170			40	39	Rhiannon Lawrence / Matt Channer		Rly-X	50:54	1:31:08	
171			31	146	HALL, Sandra	Bearbrook R&Tri	F60	45:22	1:31:22	
172			32	257	BOUNDY, Helen		F50	45:18	1:31:34	
173			33	230	FRANKLIN, Sarah		F50		1:31:35	
174	100			306	SCOLLAN, Ciaran		M40	45:49	1:31:36	
175			34	173	OLNEY, Yvonne	Datchet Dashers	F60	44:41	1:31:37	
176			41	20	Tyra Bishop / Chris Lindeque	Chiltern Harriers AC	Rly-X	51:39	1:31:42	
177			35	287	MCALISTER, Gillian		F60	45:51	1:32:02	
178			36	232	COLEMAN, Jennifer	Burnham Joggers	SF	42:05	1:32:12	
179			42	3	Deirdre Heydecker / Benjamin Heydecker		Rly-X	46:28	1:32:38	
180			37	222	CONWAY, Bernie	Metros RC	F40		1:32:50	
181	101			246	BIRD, Neville	Marlow Striders	M70	45:29	1:32:54	
182	102			214	STAPLE, James		M50	45:04	1:33:18	
183			38	293	HARRIS, Zoe		SF	45:11	1:33:19	
184			39	171	RICHARDS, Gillian		F40	46:14	1:33:24	
185			40	176	WALDEN-PIDDING, Lauren	Thame Runners	F50	46:51	1:33:40	
186	103			145	EDWARDS, Rik	Chiltern Harriers AC	M60	46:21	1:34:26	
187	104			312	ARORA, Udit	Marlow Striders	M40	46:48	1:34:56	
188			43	32	Charlie Yearley / Paul Yearley		Rly-M	50:08	1:34:59	
189	105			108	HILL, Stan		M60	49:04	1:35:01	
190	106			199	LEONARD, Mike		M60	46:19	1:35:12	
191			41	110	WHITFIELD, Joanne		F50	49:08	1:35:29	
192			42	298	CROSS, Lucy		SF	47:30	1:35:30	
193			44	414	Jennifer Bennet / Paul Dyer		Rly-X	53:10	1:35:31	
194			43	209	FINCH, Tamsin	Chiltern Harriers AC	F50	48:56	1:35:49	
195	107			309	PLUME, Andrew		SM	45:54	1:35:54	
196			44	247	BOWLLER, Emily		SF	48:12	1:35:59	
197	108			216	SINGH, Pav		M50	46:22	1:36:12	
198			45	1	Yvonne Walker / Mary Allieu		Rly-F	49:01	1:36:53	
199			45	102	TUCKER, Gemma	Gade Valley Harriers	F40		1:37:11	
200			46	142	TRENT, Ines	Gade Valley Harriers	F40		1:37:11	
201			46	34	Mandie Fickling / Andy Vere		Rly-X	48:58	1:37:20	

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202			47	62	Laura Smith / Richard Sullivan	The Hyrox Crew	Rly-X	55:38	1:37:28	
203	109			132	OSBORNE, Richard		M50	46:53	1:37:54	
204		47		237	ALCOCK, Kim	Welcome To Running	F50	48:47	1:38:13	
205	110			262	TAYLOR, Jack		SM	49:07	1:38:16	
206			48	38	Helen Pollard / Jade Evans	Gade Valley Harriers	Rly-F	52:30	1:38:28	
207	111			282	KINCH, Marcus	Bearbrook R&Tri	M60	47:45	1:38:46	
208	112			123	MORAN, Dermott	UKRunChat RC	M50	48:14	1:38:48	
209		48		316	LALLY, Gurmeet	ES&M	F60	49:54	1:39:09	
210		49		251	DRIVER, Lucy	Thame Runners	F40	50:46	1:39:18	
211		49		419	Alison Ashbolt / Nicky Pittam	Bearbrook R&Tri	Rly-F		1:39:29	
212	113			103	MAN, Chi-Keat		M50	49:20	1:39:51	
213	114			184	EDE, Philip	Marlow Striders	M50	47:32	1:39:54	
214	115			250	SILVA, Roberta	Thame Runners	M40	51:05	1:39:56	
215			50	29	Angie Hannigan / Mark Olney	Datchet Dashers	Rly-X	49:15	1:40:23	
216		50		120	PALMER, Jane	Lazy Girl Running	F40	50:30	1:41:15	
217		51		181	BOWLES, Ann	Marlow Striders	F70	50:30	1:43:12	
218			51	44	Uma Bhatt / Martin Garrett	Sudbury Court RC	Rly-X	57:46	1:43:14	
219		52		186	FARNBOROUGH-BROWN, Jenny	Thame Runners	F50	49:18	1:43:25	
220	116			165	CLARK, Stephen		M50	50:12	1:43:55	
221		53		211	SADOWSKI, Gemma		F40	51:00	1:44:06	
222		54		158	STERN, Lucy	St Albans Striders	F50	52:22	1:44:36	
223		55		221	RANSOM, Carol	St Albans Striders	F50	52:21	1:44:36	
224		56		188	ATTREE, Mandy	St Albans Striders	F60	52:20	1:44:36	
225	117			195	KRULL, Mark	Hillingdon Tri	M50		1:45:34	
226	118			167	HORNBSY-BOND, Ben		M40	54:25	1:47:14	
227			57	243	REID, Jain	British Airways	F60		1:47:58	
228			58	268	MILLETT, Jacqueline	Thames H&H	F70		1:47:58	
229		59		190	KEENAN-WILLIAMSON, Olivia		SF	53:28	1:48:29	
230			52	94	Javariah Sohail / Elisabet Berggren		Rly-F	68:20	1:51:19	
231	119			125	HESKIN, Paul		M50	57:54	1:51:55	
232		60		305	BECKETT, Holly	Gade Valley Harriers	F40	55:27	1:53:55	
233		61		150	MCCLUSKEY, Mary	Gade Valley Harriers	SF	55:27	1:53:56	
234			53	46	John Walerych / Angela Tomusange		Rly-X	61:27	1:57:41	
235		62		249	BIRD, Charlotte		SF	60:00	2:05:49	