

## Riverside Runners 10km 2019



## Finisher List Riverside Runners 10km 2019

| TotalRank                          | Bib | Participant        | CatPos. | Category | Club                                      | GunTime  | Chip Time | Pace          | Age Graded% |
|------------------------------------|-----|--------------------|---------|----------|---|----------|-----------|---------------|-------------|
| <b>Riverside Runners 10km 2019</b> |     |                    |         |          |   |          |           |               |             |
| 1.                                 | 130 | Mark Barry         | 1.      | MV40     | Huntingdonshire AC                        | 00:36.08 | 00:36.08  | 05:48min/mile | 76.7%       |
| 2.                                 | 370 | Darren Matthews    | 2.      | MV40     | Huntingdonshire AC                        | 00:36.25 | 00:36.24  | 05:51min/mile | 76.1%       |
| 3.                                 | 431 | Mark Pople         | 1.      | SM       | Stamford Striders                         | 00:36.35 | 00:36.35  | 05:53min/mile | 73.0%       |
| 4.                                 | 99  | Martin Amos        | 2.      | SM       |   | 00:37.15 | 00:37.15  | 05:59min/mile | 72.6%       |
| 5.                                 | 365 | Simon Markley      | 3.      | MV40     | Thomas Cook RRC                           | 00:38.29 | 00:38.29  | 06:11min/mile | 75.5%       |
| 6.                                 | 425 | Christopher Pell   | 3.      | SM       | Cambridge & Coleridge AC                  | 00:39.05 | 00:39.04  | 06:17min/mile | 68.3%       |
| 7.                                 | 129 | Sam Barrett        | 4.      | SM       | Stamford Striders                         | 00:39.07 | 00:39.07  | 06:17min/mile | 68.2%       |
| 8.                                 | 276 | Martin Green       | 4.      | MV40     | Saffron Striders RC                       | 00:39.29 | 00:39.29  | 06:21min/mile | 71.8%       |
| 9.                                 | 647 | Rodrigo Pacer 40   | 1.      |          |   | 00:39.57 | 00:39.54  | 06:25min/mile | %           |
| 10.                                | 646 | Neil Pacer 40      | 2.      |          |   | 00:39.57 | 00:39.55  | 06:25min/mile | %           |
| 11.                                | 472 | Piers Serjeant     | 5.      | MV40     | St Neots Riverside Runners                | 00:40.18 | 00:40.17  | 06:28min/mile | 71.5%       |
| 12.                                | 454 | Carl Rooney        | 6.      | MV40     | Huntingdonshire AC                        | 00:40.24 | 00:40.24  | 06:30min/mile | 69.6%       |
| 13.                                | 409 | Matthew Nethercott | 5.      | SM       |   | 00:40.48 | 00:40.47  | 06:33min/mile | 65.4%       |
| 14.                                | 299 | Stuart Hodgkinson  | 7.      | MV40     | Stamford Striders                         | 00:40.49 | 00:40.47  | 06:33min/mile | 72.4%       |
| 15.                                | 592 | Rick Ebberson      | 1.      | MV50     |   | 00:40.57 | 00:40.53  | 06:34min/mile | 74.1%       |
| 16.                                | 136 | Matthew Billis     | 8.      | MV40     | Saffron Striders RC                       | 00:40.58 | 00:40.54  | 06:35min/mile | 70.4%       |
| 17.                                | 470 | Sam Scheibel       | 6.      | SM       | Saffron Striders RC                       | 00:41.34 | 00:41.29  | 06:40min/mile | 64.8%       |
| 18.                                | 286 | Nick Harding       | 7.      | SM       | Stamford Striders                         | 00:41.55 | 00:41.52  | 06:44min/mile | 64.9%       |
| 19.                                | 372 | Keith Mccarthy     | 9.      | MV40     | Yaxley Runners & Joggers                  | 00:42.02 | 00:42.02  | 06:45min/mile | 68.5%       |
| 20.                                | 107 | Charles Arnold     | 1.      | MV60     | Biggleswade AC                            | 00:42.05 | 00:42.02  | 06:46min/mile | 80.2%       |
| 21.                                | 248 | Stuart Evans       | 10.     | MV40     | St Neots Riverside Runners                | 00:42.26 | 00:42.23  | 06:49min/mile | 68.0%       |
| 22.                                | 570 | Gary Wise          | 2.      | MV50     |   | 00:42.29 | 00:42.23  | 06:49min/mile | 72.7%       |
| 23.                                | 117 | David Babbs        | 2.      | MV60     | Stamford Striders                         | 00:42.41 | 00:42.39  | 06:51min/mile | 79.0%       |
| 24.                                | 379 | Tim McMahan        | 11.     | MV40     | Saffron Striders RC                       | 00:42.42 | 00:42.37  | 06:51min/mile | 67.6%       |
| 25.                                | 105 | Marco Arcidiacono  | 12.     | MV40     | Saffron Striders RC                       | 00:42.45 | 00:42.39  | 06:51min/mile | 69.2%       |
| 26.                                | 126 | James Barnett      | 8.      | SM       | Eye Community Runners                     | 00:43.04 | 00:42.59  | 06:55min/mile | 62.2%       |
| 27.                                | 151 | Hayley Bond        | 1.      | FV45     | St Neots Riverside Runners                | 00:43.06 | 00:43.04  | 06:55min/mile | 76.0%       |
| 28.                                | 214 | Scarlet Dalrymple  | 1.      | SF       | St Neots Riverside Runners                | 00:43.13 | 00:43.10  | 06:56min/mile | 73.1%       |
| 29.                                | 597 | James Wood         | 9.      | SM       |   | 00:43.24 | 00:43.21  | 06:58min/mile | 62.4%       |
| 30.                                | 191 | Jessica Cocker     | 2.      | SF       | Cambridge & Coleridge AC                  | 00:43.26 | 00:43.26  | 06:59min/mile | 69.8%       |
| 31.                                | 507 | Arseniy Suvorov    | 10.     | SM       | Huntingdonshire AC                        | 00:43.28 | 00:43.28  | 06:59min/mile | 61.4%       |
| 32.                                | 281 | Fiona Halls        | 2.      | FV45     | Saffron Striders RC                       | 00:43.30 | 00:43.28  | 06:59min/mile | 74.6%       |
| 33.                                | 320 | Alan Jones         | 3.      | MV50     | Saffron Striders RC                       | 00:43.31 | 00:43.27  | 06:59min/mile | 70.3%       |
| 34.                                | 240 | Graham Edwards     | 13.     | MV40     | Stamford Striders                         | 00:43.39 | 00:43.36  | 07:01min/mile | 65.0%       |
| 35.                                | 124 | Darren Barnes      | 11.     | SM       | Saffron Striders RC                       | 00:43.39 | 00:43.35  | 07:00min/mile | 62.4%       |
| 36.                                | 328 | Marc Joyce         | 12.     | SM       | Eye Community Runners                     | 00:43.43 | 00:43.39  | 07:01min/mile | 63.0%       |
| 37.                                | 480 | Eleanor Sherriffs  | 3.      | SF       |   | 00:44.00 | 00:43.54  | 07:03min/mile | 69.3%       |
| 38.                                | 259 | Mark Frow          | 13.     | SM       | Saffron Striders RC                       | 00:44.02 | 00:43.58  | 07:04min/mile | 60.7%       |
| 39.                                | 369 | Matthew Mason      | 4.      | MV50     | Ely Runners                               | 00:44.08 | 00:44.06  | 07:05min/mile | 68.1%       |
| 40.                                | 436 | David Raimondo     | 14.     | MV40     | Saffron Striders RC                       | 00:44.14 | 00:44.13  | 07:07min/mile | 62.6%       |
| 41.                                | 556 | Nicholas Wilkins   | 15.     | MV40     | Eye Community Runners                     | 00:44.16 | 00:44.12  | 07:06min/mile | 65.7%       |
| 42.                                | 599 | Kevin Sadler       | 5.      | MV50     |   | 00:44.20 | 00:44.17  | 07:07min/mile | 70.8%       |
| 43.                                | 142 | Peter Bird         | 16.     | MV40     | Saint Edmund Pacers                       | 00:44.21 | 00:44.16  | 07:07min/mile | 65.1%       |
| 44.                                | 644 | Russ Pacer 45      | 3.      |          |   | 00:44.22 | 00:44.18  | 07:07min/mile | %           |
| 45.                                | 645 | Adam Pacer 45      | 4.      |          |   | 00:44.22 | 00:44.18  | 07:07min/mile | %           |
| 46.                                | 323 | Brian Jones        | 3.      | MV60     | Cambridge University Hare and Hounds Club | 00:45.05 | 00:45.03  | 07:15min/mile | 72.7%       |
| 47.                                | 292 | Andrew Hay         | 14.     | SM       |   | 00:45.18 | 00:45.13  | 07:16min/mile | 59.4%       |
| 48.                                | 294 | Maurice Hemingway  | 4.      | MV60     | St Neots Riverside Runners                | 00:45.30 | 00:45.24  | 07:18min/mile | 74.9%       |
| 49.                                | 496 | Adie Stevens       | 17.     | MV40     | Stamford Striders                         | 00:45.36 | 00:45.29  | 07:19min/mile | 65.4%       |
| 50.                                | 224 | Matthew Dixon      | 15.     | SM       |   | 00:45.36 | 00:45.27  | 07:18min/mile | 60.1%       |

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| TotalRank | Bib | Participant        | CatPos. | Category | Club                       | GunTime  | Chip Time | Pace           | Age Graded% |
|-----------|-----|--------------------|---------|----------|----------------------------|----------|-----------|----------------|-------------|
| 51.       | 407 | Anthony Nethercott | 6.      | MV50     |                            | 00:45.37 | 00:45.34  | 07:20min/mile  | 65.9%       |
| 52.       | 247 | Mark Evans         | 18.     | MV40     | Yaxley Runners & Joggers   | 00:45.38 | 00:45.31  | 07:19min/mile  | 65.4%       |
| 53.       | 177 | Martin Candish     | 19.     | MV40     | Stamford Striders          | 00:45.45 | 00:45.38  | 07:20min/mile  | 63.6%       |
| 54.       | 468 | Andy Savage        | 7.      | MV50     | Yaxley Runners & Joggers   | 00:45.49 | 00:45.43  | 07:21min/mile  | 69.1%       |
| 55.       | 106 | Daniel Argent      | 16.     | SM       |                            | 00:45.57 | 00:45.50  | 07:22min/mile  | 58.3%       |
| 56.       | 405 | Phil Neacy         | 20.     | MV40     | Thorney RC                 | 00:46.12 | 00:46.09  | 07:25min/mile  | 60.0%       |
| 57.       | 183 | Chris Chorley      | 8.      | MV50     | Bungay Black Dog RC        | 00:46.14 | 00:45.55  | 07:23min/mile  | 68.8%       |
| 58.       | 487 | Derek Smith        | 9.      | MV50     | Werrington Joggers         | 00:46.16 | 00:46.11  | 07:26min/mile  | 67.9%       |
| 59.       | 501 | Matthew Studd      | 17.     | SM       |                            | 00:46.19 | 00:46.15  | 07:26min/mile  | 58.2%       |
| 60.       | 569 | Fiona Wise         | 1.      | FV35     |                            | 00:46.30 | 00:46.26  | 07:28min/mile  | 66.5%       |
| 61.       | 295 | Joshua Hendrickson | 18.     | SM       |                            | 00:46.36 | 00:46.32  | 07:29min/mile  | 57.3%       |
| 62.       | 361 | Toby Lumsden       | 5.      | MV60     | Saffron Striders RC        | 00:46.39 | 00:46.33  | 07:29min/mile  | 72.4%       |
| 63.       | 225 | Paul Dixon         | 10.     | MV50     |                            | 00:46.40 | 00:46.36  | 07:30min/mile  | 64.4%       |
| 64.       | 537 | James Varndell     | 19.     | SM       |                            | 00:46.44 | 00:46.30  | 07:29min/mile  | 57.4%       |
| 65.       | 329 | Brian Kearsey      | 1.      | MV70+    | Stamford Striders          | 00:47.01 | 00:46.54  | 07:32min/mile  | 77.0%       |
| 66.       | 182 | James Chillery     | 20.     | SM       |                            | 00:47.07 | 00:47.01  | 07:34min/mile  | 56.8%       |
| 67.       | 206 | Mark Crane         | 21.     | MV40     |                            | 00:47.12 | 00:46.58  | 07:33min/mile  | 60.3%       |
| 68.       | 289 | Barry Hart         | 22.     | MV40     |                            | 00:47.23 | 00:47.06  | 07:34min/mile  | 59.7%       |
| 69.       | 595 | Martyn Noonan      | 11.     | MV50     |                            | 00:47.26 | 00:46.40  | 07:30min/mile  | 65.4%       |
| 70.       | 552 | Matthew Widdowson  | 21.     | SM       |                            | 00:47.29 | 00:47.24  | 07:37min/mile  | 56.8%       |
| 71.       | 122 | Andy Barber        | 12.     | MV50     | Ely Runners                | 00:47.31 | 00:47.24  | 07:37min/mile  | 64.4%       |
| 72.       | 114 | Adrian Atterby     | 23.     | MV40     |                            | 00:47.35 | 00:47.25  | 07:38min/mile  | 59.8%       |
| 73.       | 315 | Oliver Jenkins     | 22.     | SM       |                            | 00:47.40 | 00:47.25  | 07:37min/mile  | 56.3%       |
| 74.       | 582 | Daniel Gregorious  | 24.     | MV40     |                            | 00:47.41 | 00:47.31  | 07:38min/mile  | 61.1%       |
| 75.       | 396 | Yvonne Morris      | 3.      | FV45     | Headington RR              | 00:47.43 | 00:47.41  | 07:40min/mile  | 68.0%       |
| 76.       | 479 | Ben Shepherd       | 23.     | SM       |                            | 00:47.54 | 00:47.49  | 07:41min/mile  | 57.1%       |
| 77.       | 149 | Glyn Blakey        | 13.     | MV50     | North Herts RRC            | 00:47.54 | 00:47.48  | 07:41min/mile  | 63.9%       |
| 78.       | 152 | Ricky Boud         | 24.     | SM       |                            | 00:48.10 | 11:19.41  | 109:23min/mile | 03.9%       |
| 79.       | 345 | David Lee          | 14.     | MV50     |                            | 00:48.13 | 00:48.10  | 07:45min/mile  | 63.9%       |
| 80.       | 115 | Ronan Autret       | 15.     | MV50     |                            | 00:48.13 | 00:47.57  | 07:43min/mile  | 63.7%       |
| 81.       | 528 | Rob Tuffnell       | 25.     | SM       |                            | 00:48.32 | 00:48.19  | 07:46min/mile  | 55.6%       |
| 82.       | 301 | Graham Hollowell   | 16.     | MV50     | Wootton Road Runners       | 00:48.34 | 00:48.29  | 07:48min/mile  | 63.5%       |
| 83.       | 264 | Will George        | 26.     | SM       |                            | 00:48.35 | 00:48.22  | 07:47min/mile  | 55.3%       |
| 84.       | 132 | Steven Bell        | 25.     | MV40     |                            | 00:48.38 | 00:48.22  | 07:47min/mile  | 57.7%       |
| 85.       | 476 | Sarah Sharp        | 2.      | FV35     | Stamford Striders          | 00:49.09 | 00:48.57  | 07:52min/mile  | 65.6%       |
| 86.       | 498 | Nicholas Steward   | 26.     | MV40     |                            | 00:49.17 | 00:48.45  | 07:50min/mile  | 58.1%       |
| 87.       | 348 | Joe Lester         | 27.     | SM       |                            | 00:49.23 | 00:49.00  | 07:53min/mile  | 55.5%       |
| 88.       | 494 | Keith Stanley      | 6.      | MV60     | Eye Community Runners      | 00:49.27 | 00:49.05  | 07:53min/mile  | 69.3%       |
| 89.       | 212 | Sebastian Dabek    | 3.      | FV35     | Bushfield Joggers          | 00:49.28 | 00:49.18  | 07:56min/mile  | 63.3%       |
| 90.       | 502 | Niall Sullivan     | 27.     | MV40     | Saffron Striders RC        | 00:49.31 | 00:49.22  | 07:56min/mile  | 58.4%       |
| 91.       | 530 | Christopher Turner | 28.     | MV40     |                            | 00:49.31 | 00:49.22  | 07:56min/mile  | 56.1%       |
| 92.       | 218 | Laurent Davesne    | 17.     | MV50     |                            | 00:49.33 | 00:49.16  | 07:55min/mile  | 60.9%       |
| 93.       | 553 | Mark Wilcox        | 28.     | SM       |                            | 00:49.34 | 00:49.11  | 07:55min/mile  | 54.4%       |
| 94.       | 169 | Deb Bryant         | 4.      | FV45     | Biggleswade AC             | 00:49.36 | 00:49.27  | 07:57min/mile  | 69.2%       |
| 95.       | 326 | Martin Joscak      | 29.     | SM       |                            | 00:49.43 | 00:49.37  | 07:59min/mile  | 55.1%       |
| 96.       | 104 | Caroline Archer    | 4.      | SF       | Huntingdonshire AC         | 00:49.43 | 00:49.34  | 07:58min/mile  | 61.3%       |
| 97.       | 174 | Richard Burnett    | 30.     | SM       |                            | 00:49.45 | 00:49.28  | 07:57min/mile  | 54.0%       |
| 98.       | 138 | Neil Bing          | 29.     | MV40     | St Neots Riverside Runners | 00:49.46 | 11:21.17  | 109:38min/mile | 04.3%       |
| 99.       | 314 | Steve Jenkins      | 18.     | MV50     |                            | 00:49.48 | 00:49.33  | 07:58min/mile  | 60.6%       |
| 100.      | 277 | Nick Green         | 30.     | MV40     |                            | 00:49.51 | 00:49.46  | 08:00min/mile  | 59.3%       |
| 101.      | 649 | Garyfalia Pacer 50 | 5.      |          |                            | 00:49.52 | 00:49.27  | 07:57min/mile  | %           |
| 102.      | 579 | Ken Pearson        | 19.     | MV50     | Meridian Tri Club          | 00:49.53 | 00:49.21  | 07:56min/mile  | 64.6%       |

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|-----------|-----|--------------------|---------|----------|------------------------------|----------|-----------|---------------|-------------|
| 103.      | 175 | Michael Burnett    | 31.     | SM       |                              | 00:49.53 | 00:49.30  | 07:58min/mile | 53.9%       |
| 104.      | 390 | Suzanne Moon       | 4.      | FV35     | Stamford Striders            | 00:49.58 | 00:49.48  | 08:00min/mile | 63.5%       |
| 105.      | 399 | Andrew Mouldycliff | 20.     | MV50     | St Neots Riverside Runners   | 00:49.59 | 00:49.54  | 08:01min/mile | 61.7%       |
| 106.      | 195 | Simon Coleman      | 31.     | MV40     |                              | 00:50.02 | 00:49.55  | 08:02min/mile | 57.2%       |
| 107.      | 492 | Nicholas Smith     | 21.     | MV50     | Stamford Striders            | 00:50.12 | 00:49.53  | 08:01min/mile | 61.7%       |
| 108.      | 648 | Phil Pacer 50      | 6.      |          |                              | 00:50.13 | 00:49.48  | 08:00min/mile | %           |
| 109.      | 330 | Paul Kerry         | 22.     | MV50     | North Derbyshire RC          | 00:50.14 | 00:49.49  | 08:01min/mile | 64.0%       |
| 110.      | 567 | Adam Wilson        | 32.     | MV40     | North Herts RRC              | 00:50.14 | 00:49.54  | 08:01min/mile | 59.6%       |
| 111.      | 349 | Adrian Lewis       | 23.     | MV50     |                              | 00:50.14 | 00:50.00  | 08:02min/mile | 61.6%       |
| 112.      | 357 | Graeme Loudain     | 7.      | MV60     | Saffron Striders RC          | 00:50.15 | 00:50.07  | 08:03min/mile | 67.9%       |
| 113.      | 421 | Selwyn Parrish     | 5.      | FV45     |                              | 00:50.15 | 00:49.56  | 08:02min/mile | 70.2%       |
| 114.      | 575 | Roy Young          | 8.      | MV60     | Eye Community Runners        | 00:50.16 | 00:49.55  | 08:02min/mile | 66.3%       |
| 115.      | 420 | Mark Palmer        | 33.     | MV40     |                              | 00:50.23 | 00:50.14  | 08:05min/mile | 55.5%       |
| 116.      | 201 | Alistair Cooke     | 34.     | MV40     | Saffron Striders RC          | 00:50.42 | 00:50.31  | 08:07min/mile | 57.5%       |
| 117.      | 482 | Leah Short         | 5.      | SF       | Eye Community Runners        | 00:50.53 | 00:50.47  | 08:10min/mile | 59.7%       |
| 118.      | 310 | David Isaacson     | 24.     | MV50     | Ely Runners                  | 00:50.55 | 00:50.34  | 08:08min/mile | 60.9%       |
| 119.      | 161 | Michael Brentnall  | 9.      | MV60     | Cambridge & Coleridge AC     | 00:50.56 | 00:50.18  | 08:05min/mile | 71.1%       |
| 120.      | 453 | Stephen Rook       | 25.     | MV50     |                              | 00:50.59 | 00:50.55  | 08:11min/mile | 61.5%       |
| 121.      | 382 | Natasha Michael    | 6.      | SF       |                              | 00:51.00 | 00:50.54  | 08:11min/mile | 59.5%       |
| 122.      | 411 | Annette Newton     | 1.      | FV65+    | BRJ Run and Tri              | 00:51.11 | 00:51.03  | 08:12min/mile | 84.0%       |
| 123.      | 189 | Andrew Coates      | 35.     | MV40     | North Herts RRC              | 00:51.17 | 00:50.57  | 08:12min/mile | 54.8%       |
| 124.      | 517 | Gareth Thompson    | 36.     | MV40     | Royston Runners              | 00:51.26 | 00:51.20  | 08:15min/mile | 58.0%       |
| 125.      | 518 | Katie Thompson     | 7.      | SF       | Stevenage & North Herts AC   | 00:51.26 | 00:51.20  | 08:15min/mile | 61.5%       |
| 126.      | 347 | Martin Lees        | 26.     | MV50     | Amphill & Flitwick Flyers RC | 00:51.28 | 00:51.21  | 08:15min/mile | 59.4%       |
| 127.      | 581 | Pedro Casrita      | 32.     | SM       | Nicetri Events               | 00:51.31 | 00:51.18  | 08:15min/mile | 53.2%       |
| 128.      | 272 | Katherine Gourd    | 8.      | SF       | North Herts RRC              | 00:51.33 | 00:51.13  | 08:14min/mile | 59.2%       |
| 129.      | 539 | Jane Walker        | 2.      | FV65+    | Corby AC                     | 00:51.37 | 00:51.30  | 08:17min/mile | 82.1%       |
| 130.      | 249 | Richard Evans      | 33.     | SM       |                              | 00:51.42 | 00:51.24  | 08:16min/mile | 51.9%       |
| 131.      | 285 | Elizabeth Harding  | 5.      | FV35     | Stamford Striders            | 00:52.00 | 00:51.48  | 08:20min/mile | 59.3%       |
| 132.      | 273 | Mike Graham        | 10.     | MV60     |                              | 00:52.02 | 00:51.43  | 08:19min/mile | 63.9%       |
| 133.      | 274 | Chris Grant        | 11.     | MV60     |                              | 00:52.03 | 00:51.56  | 08:21min/mile | 63.7%       |
| 134.      | 210 | Chris Cummings     | 27.     | MV50     |                              | 00:52.05 | 00:52.02  | 08:22min/mile | 58.2%       |
| 135.      | 386 | Martin Mills       | 34.     | SM       |                              | 00:52.05 | 00:51.28  | 08:17min/mile | 51.8%       |
| 136.      | 300 | Kate Holden        | 6.      | FV45     | Saffron Striders RC          | 00:52.06 | 00:51.39  | 08:18min/mile | 69.6%       |
| 137.      | 255 | Mark Fitzhenry     | 28.     | MV50     | Saffron Striders RC          | 00:52.13 | 00:51.49  | 08:20min/mile | 62.7%       |
| 138.      | 600 | Eddie Brand        | 35.     | SM       |                              | 00:52.13 | 00:51.50  | 08:20min/mile | 51.9%       |
| 139.      | 150 | Philip Bond        | 37.     | MV40     |                              | 00:52.23 | 00:52.10  | 08:23min/mile | 55.7%       |
| 140.      | 302 | Milos Holy         | 38.     | MV40     |                              | 00:52.23 | 00:52.05  | 08:23min/mile | 56.7%       |
| 141.      | 160 | Glenn Brennan      | 12.     | MV60     |                              | 00:52.24 | 00:52.15  | 08:24min/mile | 65.1%       |
| 142.      | 287 | Ian Harper         | 36.     | SM       |                              | 00:52.25 | 00:52.08  | 08:23min/mile | 51.7%       |
| 143.      | 601 | Matt Prescott      | 37.     | SM       |                              | 00:52.34 | 00:51.50  | 08:20min/mile | 52.2%       |
| 144.      | 527 | James Trodd        | 9.      | SF       |                              | 00:52.48 | 00:52.25  | 08:26min/mile | 58.1%       |
| 145.      | 593 | Ryan Gore          | 38.     | SM       |                              | 00:52.57 | 00:52.16  | 08:24min/mile | 51.1%       |
| 146.      | 258 | Terry Fone         | 2.      | MV70+    | Eye Community Runners        | 00:53.01 | 00:52.49  | 08:30min/mile | 74.6%       |
| 147.      | 486 | Glyn Smith         | 3.      | MV70+    | Cambridge & Coleridge AC     | 00:53.24 | 00:52.45  | 08:29min/mile | 71.2%       |
| 148.      | 477 | Ian Sharp          | 39.     | SM       | Stamford Striders            | 00:53.29 | 00:53.15  | 08:34min/mile | 51.3%       |
| 149.      | 433 | San Proietti       | 29.     | MV50     | St Neots Riverside Runners   | 00:53.33 | 00:53.07  | 08:32min/mile | 56.5%       |
| 150.      | 166 | Sam Brown          | 40.     | SM       |                              | 00:53.36 | 00:53.19  | 08:34min/mile | 50.1%       |
| 151.      | 227 | Peter Dowling      | 30.     | MV50     | St Neots Riverside Runners   | 00:53.37 | 00:53.17  | 08:34min/mile | 59.8%       |
| 152.      | 263 | Neil Gee           | 31.     | MV50     |                              | 00:53.40 | 00:53.33  | 08:37min/mile | 57.0%       |
| 153.      | 331 | Pippa Kidd         | 10.     | SF       |                              | 00:53.44 | 00:53.35  | 08:37min/mile | 56.6%       |
| 154.      | 228 | Oliver Dowling     | 41.     | SM       |                              | 00:53.57 | 00:53.35  | 08:37min/mile | 49.8%       |

## Riverside Runners 10km 2019



## Finisher List Riverside Runners 10km 2019

| TotalRank | Bib | Participant               | CatPos. | Category | Club                       | GunTime  | Chip Time | Pace          | Age Graded% |
|-----------|-----|---------------------------|---------|----------|----------------------------|----------|-----------|---------------|-------------|
| 155.      | 557 | Max Wilkins               | 42.     | SM       |                            | 00:54.05 | 00:53.55  | 08:40min/mile | 49.5%       |
| 156.      | 327 | Steve Joy                 | 39.     | MV40     | Yaxley Runners & Joggers   | 00:54.12 | 00:53.54  | 08:40min/mile | 51.4%       |
| 157.      | 284 | Tina Hamilton             | 7.      | FV45     | Saffron Striders RC        | 00:54.14 | 00:54.03  | 08:42min/mile | 63.3%       |
| 158.      | 447 | Caroline Robertson-Dupont | 8.      | FV45     | Stamford Striders          | 00:54.17 | 00:54.00  | 08:41min/mile | 60.0%       |
| 159.      | 140 | Katy Bird                 | 11.     | SF       |                            | 00:54.22 | 00:54.09  | 08:42min/mile | 56.0%       |
| 160.      | 159 | June Brennan              | 3.      | FV65+    | Saffron Striders RC        | 00:54.25 | 00:53.59  | 08:41min/mile | 77.2%       |
| 161.      | 342 | Carole Lambert            | 9.      | FV45     |                            | 00:54.29 | 00:54.22  | 08:45min/mile | 59.6%       |
| 162.      | 112 | Robin Ashdown             | 40.     | MV40     |                            | 00:54.31 | 00:54.21  | 08:44min/mile | 53.8%       |
| 163.      | 598 | Paul Nicol                | 41.     | MV40     |                            | 00:54.47 | 00:54.40  | 08:48min/mile | 52.7%       |
| 164.      | 243 | Tracy Eke                 | 6.      | FV35     |                            | 00:54.50 | 00:54.07  | 08:42min/mile | 58.9%       |
| 165.      | 478 | Robert Shaw               | 13.     | MV60     | Saffron Striders RC        | 00:54.57 | 00:54.37  | 08:47min/mile | 61.7%       |
| 166.      | 578 | Emma Evans                | 12.     | SF       |                            | 00:55.00 | 00:54.56  | 08:50min/mile | 55.2%       |
| 167.      | 577 | Sharon Evans              | 10.     | FV45     | St Neots Riverside Runners | 00:55.00 | 00:54.46  | 08:48min/mile | 62.5%       |
| 168.      | 413 | Liz O'Donovan             | 7.      | FV35     |                            | 00:55.01 | 00:54.50  | 08:49min/mile | 55.8%       |
| 169.      | 119 | Rhian Bailey              | 1.      | U15F     | St Neots Riverside Runners | 00:55.01 | 00:54.53  | 08:50min/mile | 59.5%       |
| 170.      | 412 | Simon Nicholls            | 42.     | MV40     | Lonely Goat Running Club   | 00:55.11 | 00:54.51  | 08:49min/mile | 54.2%       |
| 171.      | 457 | Selcan Rowles             | 8.      | FV35     | St Neots Riverside Runners | 00:55.19 | 00:54.52  | 08:49min/mile | 55.6%       |
| 172.      | 440 | Lynne Regan               | 9.      | FV35     | St Neots Riverside Runners | 00:55.22 | 00:54.54  | 08:50min/mile | 58.5%       |
| 173.      | 359 | Chris Lowery              | 43.     | MV40     |                            | 00:55.29 | 00:54.45  | 08:48min/mile | 54.3%       |
| 174.      | 209 | David Cullen              | 32.     | MV50     |                            | 00:55.30 | 00:55.22  | 08:54min/mile | 57.6%       |
| 175.      | 187 | Derek Clarke              | 33.     | MV50     |                            | 00:55.31 | 00:55.00  | 08:51min/mile | 58.5%       |
| 176.      | 297 | Katherine Hesketh         | 10.     | FV35     |                            | 00:55.35 | 00:55.22  | 08:54min/mile | 56.4%       |
| 177.      | 377 | Julie Mcgreal             | 4.      | FV65+    | Royston Runners            | 00:55.38 | 00:55.25  | 08:55min/mile | 79.8%       |
| 178.      | 360 | Claire Luck               | 11.     | FV35     |                            | 00:55.40 | 00:55.26  | 08:55min/mile | 57.9%       |
| 179.      | 180 | James Cherry              | 44.     | MV40     |                            | 00:55.49 | 00:55.24  | 08:54min/mile | 50.4%       |
| 180.      | 587 | Tony Sharp                | 34.     | MV50     |                            | 00:56.05 | 00:55.23  | 08:54min/mile | 58.6%       |
| 181.      | 458 | Fifi Ruby                 | 13.     | SF       |                            | 00:56.08 | 00:56.00  | 09:00min/mile | 54.3%       |
| 182.      | 490 | Darren Smith              | 45.     | MV40     |                            | 00:56.12 | 00:56.00  | 09:00min/mile | 52.3%       |
| 183.      | 522 | Tony Tomlinson            | 35.     | MV50     |                            | 00:56.14 | 00:56.00  | 09:00min/mile | 55.4%       |
| 184.      | 547 | Emily Wells               | 14.     | SF       | St Neots Riverside Runners | 00:56.15 | 00:55.58  | 09:00min/mile | 54.1%       |
| 185.      | 220 | Steven Day                | 43.     | SM       | St Neots Riverside Runners | 00:56.15 | 00:55.57  | 09:00min/mile | 47.7%       |
| 186.      | 466 | Bobbie Sauerzapf          | 1.      | FV55     | Bungay Black Dog RC        | 00:56.18 | 00:55.47  | 08:58min/mile | 69.6%       |
| 187.      | 163 | Ian Bridges               | 36.     | MV50     |                            | 00:56.20 | 00:56.15  | 09:03min/mile | 56.7%       |
| 188.      | 246 | Robert Emery              | 46.     | MV40     |                            | 00:56.24 | 00:55.49  | 08:59min/mile | 53.3%       |
| 189.      | 563 | Marie Williamson          | 12.     | FV35     | Ramsey Road Runners        | 00:56.24 | 00:55.58  | 09:00min/mile | 56.9%       |
| 190.      | 463 | Melissa Sangha            | 11.     | FV45     | Saffron Striders RC        | 00:56.26 | 00:55.55  | 08:59min/mile | 62.0%       |
| 191.      | 325 | Ashley Jones              | 44.     | SM       |                            | 00:56.26 | 00:55.47  | 08:58min/mile | 48.7%       |
| 192.      | 324 | Mark Jones                | 45.     | SM       |                            | 00:56.27 | 00:56.18  | 09:03min/mile | 47.4%       |
| 193.      | 540 | Claire Wallis             | 13.     | FV35     |                            | 00:56.30 | 00:56.16  | 09:03min/mile | 54.9%       |
| 194.      | 583 | Paul Pankhurst            | 47.     | MV40     |                            | 00:56.31 | 00:55.53  | 08:59min/mile | 51.5%       |
| 195.      | 441 | Jen Richardson            | 14.     | FV35     | Stamford Striders          | 00:56.31 | 00:56.14  | 09:03min/mile | 54.5%       |
| 196.      | 121 | Gerard Baker              | 48.     | MV40     | BRJ Run and Tri            | 00:56.33 | 00:55.59  | 09:00min/mile | 52.7%       |
| 197.      | 341 | Martin Lainsbury          | 37.     | MV50     | Eye Community Runners      | 00:56.34 | 00:56.12  | 09:02min/mile | 54.8%       |
| 198.      | 565 | Tom Wilson                | 46.     | SM       |                            | 00:56.36 | 00:56.01  | 09:00min/mile | 48.8%       |
| 199.      | 389 | Debbie Montague           | 12.     | FV45     | Werrington Joggers         | 00:56.38 | 00:56.20  | 09:03min/mile | 59.4%       |
| 200.      | 456 | Tim Rose                  | 49.     | MV40     |                            | 00:56.39 | 00:55.58  | 09:00min/mile | 50.6%       |
| 201.      | 135 | Clive Best                | 14.     | MV60     | BRJ Run and Tri            | 00:56.40 | 00:56.28  | 09:05min/mile | 62.0%       |
| 202.      | 571 | Nicola Wiseman            | 13.     | FV45     |                            | 00:56.45 | 00:56.16  | 09:03min/mile | 60.8%       |
| 203.      | 113 | Paul Atherfold            | 50.     | MV40     | Bushfield Joggers          | 00:56.57 | 00:56.40  | 09:07min/mile | 51.6%       |
| 204.      | 536 | Ian Vallance              | 51.     | MV40     | Yaxley Runners & Joggers   | 00:56.58 | 00:56.39  | 09:07min/mile | 50.8%       |
| 205.      | 383 | Rachel Miller             | 15.     | FV35     | Saffron Striders RC        | 00:57.05 | 00:56.46  | 09:08min/mile | 53.9%       |
| 206.      | 312 | Jonathan Jarvis           | 15.     | MV60     |                            | 00:57.09 | 00:56.40  | 09:07min/mile | 60.0%       |

## Riverside Runners 10km 2019



## Finisher List Riverside Runners 10km 2019

| TotalRank | Bib | Participant          | CatPos. | Category | Club                       | GunTime  | Chip Time | Pace          | Age Graded% |
|-----------|-----|----------------------|---------|----------|----------------------------|----------|-----------|---------------|-------------|
| 207.      | 465 | Maria Santacreu Font | 16.     | FV35     |                            | 00:57.12 | 00:56.42  | 09:07min/mile | 55.4%       |
| 208.      | 118 | Wayne Bailey         | 47.     | SM       | St Neots Riverside Runners | 00:57.18 | 00:57.13  | 09:12min/mile | 48.0%       |
| 209.      | 430 | Richard Pooley       | 38.     | MV50     | Bedford Harriers AC        | 00:57.21 | 00:57.13  | 09:12min/mile | 54.8%       |
| 210.      | 257 | Thomas Fletcher      | 52.     | MV40     |                            | 00:57.23 | 00:56.55  | 09:09min/mile | 51.4%       |
| 211.      | 317 | Miles Johnson        | 16.     | MV60     | Newmarket Joggers          | 00:57.23 | 00:57.03  | 09:10min/mile | 60.8%       |
| 212.      | 473 | Nichola Serjeant     | 14.     | FV45     | St Neots Riverside Runners | 00:57.23 | 00:57.07  | 09:11min/mile | 62.1%       |
| 213.      | 381 | Ian Mcvicar          | 48.     | SM       |                            | 00:57.24 | 00:56.44  | 09:07min/mile | 47.3%       |
| 214.      | 216 | Graham Darling       | 39.     | MV50     |                            | 00:57.27 | 00:57.09  | 09:11min/mile | 56.8%       |
| 215.      | 319 | Richard Johnston     | 49.     | SM       | Bedford Harriers AC        | 00:57.42 | 00:56.55  | 09:09min/mile | 48.3%       |
| 216.      | 306 | Kate Hughes          | 15.     | SF       | St Neots Riverside Runners | 00:57.48 | 00:57.34  | 09:15min/mile | 52.8%       |
| 217.      | 437 | Simon Randall        | 50.     | SM       |                            | 00:57.50 | 00:57.28  | 09:14min/mile | 46.4%       |
| 218.      | 192 | Wade Cockram         | 51.     | SM       |                            | 00:57.53 | 00:57.18  | 09:13min/mile | 46.6%       |
| 219.      | 543 | Jon Watkins          | 40.     | MV50     | 100 Marathon Club          | 00:57.59 | 00:57.36  | 09:16min/mile | 53.0%       |
| 220.      | 442 | Lisa Riches          | 17.     | FV35     |                            | 00:58.03 | 00:57.29  | 09:15min/mile | 55.0%       |
| 221.      | 375 | Rachel Mccullough    | 18.     | FV35     |                            | 00:58.09 | 00:57.39  | 09:16min/mile | 55.7%       |
| 222.      | 336 | Richard Kleiser      | 52.     | SM       |                            | 00:58.11 | 00:57.59  | 09:19min/mile | 47.4%       |
| 223.      | 590 | Ilidio Mendes        | 53.     | MV40     |                            | 00:58.19 | 00:57.33  | 09:15min/mile | 49.2%       |
| 224.      | 392 | Steve Moore          | 17.     | MV60     |                            | 00:58.23 | 00:58.01  | 09:20min/mile | 56.5%       |
| 225.      | 493 | Tracy Spenceley      | 41.     | MV50     |                            | 00:58.23 | 00:57.58  | 09:19min/mile | 54.0%       |
| 226.      | 275 | Martin Graves        | 53.     | SM       |                            | 00:58.32 | 00:58.19  | 09:23min/mile | 45.8%       |
| 227.      | 340 | Adam Knaggs          | 54.     | MV40     |                            | 00:58.34 | 00:58.10  | 09:21min/mile | 48.3%       |
| 228.      | 108 | Jo Arnold            | 15.     | FV45     |                            | 00:58.39 | 00:58.27  | 09:24min/mile | 55.5%       |
| 229.      | 542 | Paul Warren          | 55.     | MV40     |                            | 00:58.50 | 00:58.06  | 09:21min/mile | 50.4%       |
| 230.      | 374 | Lynda McCormack      | 2.      | FV55     | Newmarket Joggers          | 00:58.53 | 00:58.34  | 09:25min/mile | 64.6%       |
| 231.      | 554 | Hollie Wilcox        | 16.     | SF       |                            | 00:58.57 | 00:58.36  | 09:25min/mile | 51.7%       |
| 232.      | 288 | Stewart Hart         | 18.     | MV60     |                            | 00:59.11 | 00:58.45  | 09:27min/mile | 59.0%       |
| 233.      | 278 | Gary Gunn            | 42.     | MV50     |                            | 00:59.21 | 00:59.05  | 09:30min/mile | 53.5%       |
| 234.      | 158 | Tom Brand            | 43.     | MV50     | BRJ Run and Tri            | 00:59.24 | 00:58.58  | 09:29min/mile | 52.2%       |
| 235.      | 168 | Simon Brown          | 19.     | MV60     |                            | 00:59.26 | 00:59.15  | 09:32min/mile | 56.3%       |
| 236.      | 393 | Rachel Morgan        | 16.     | FV45     | Royston Runners            | 00:59.26 | 00:59.13  | 09:31min/mile | 54.7%       |
| 237.      | 461 | Malcolm Rust         | 44.     | MV50     |                            | 00:59.31 | 00:59.23  | 09:33min/mile | 51.0%       |
| 238.      | 271 | Peter Godfrey        | 56.     | MV40     |                            | 00:59.33 | 00:59.08  | 09:30min/mile | 50.3%       |
| 239.      | 574 | Alison Wright        | 17.     | FV45     | St Neots Riverside Runners | 00:59.39 | 00:59.17  | 09:32min/mile | 57.7%       |
| 240.      | 362 | Darren Lydon         | 57.     | MV40     |                            | 00:59.42 | 00:59.14  | 09:32min/mile | 48.6%       |
| 241.      | 101 | Lauren Andrews       | 17.     | SF       |                            | 00:59.42 | 00:59.08  | 09:31min/mile | 51.2%       |
| 242.      | 100 | Jose Andrade         | 58.     | MV40     |                            | 00:59.49 | 00:59.16  | 09:32min/mile | 50.2%       |
| 243.      | 146 | Darren Blake         | 59.     | MV40     |                            | 00:59.50 | 00:59.16  | 09:32min/mile | 48.2%       |
| 244.      | 343 | Simon Lawrence       | 45.     | MV50     |                            | 00:59.54 | 00:59.44  | 09:36min/mile | 53.9%       |
| 245.      | 474 | Ginesta Serrasolses  | 18.     | SF       |                            | 01:00.01 | 00:59.45  | 09:37min/mile | 50.7%       |
| 246.      | 643 | Emma Pacer 60        | 1.      |          |                            | 01:00.02 | 00:59.27  | 09:34min/mile | %           |
| 247.      | 443 | Steve Riley          | 20.     | MV60     | UKnetrunner.co.UK          | 01:00.02 | 00:59.40  | 09:36min/mile | 56.5%       |
| 248.      | 432 | Andy Potter          | 46.     | MV50     | Stamford Striders          | 01:00.05 | 00:59.52  | 09:38min/mile | 53.7%       |
| 249.      | 506 | Sasha Suvorov        | 19.     | FV35     | Huntingdonshire AC         | 01:00.11 | 00:59.42  | 09:36min/mile | 52.3%       |
| 250.      | 467 | David Saunders       | 21.     | MV60     |                            | 01:00.14 | 00:59.51  | 09:38min/mile | 55.8%       |
| 251.      | 642 | Anthony Pacer 60     | 7.      |          |                            | 01:00.16 | 00:59.41  | 09:36min/mile | %           |
| 252.      | 171 | Steven Bunker        | 60.     | MV40     | St Neots Riverside Runners | 01:00.20 | 01:00.05  | 09:40min/mile | 49.5%       |
| 253.      | 560 | Stephanie Williams   | 18.     | FV45     | St Neots Riverside Runners | 01:00.21 | 00:59.51  | 09:38min/mile | 60.1%       |
| 254.      | 504 | Ian Sutcliffe        | 4.      | MV70+    | North Herts RRC            | 01:00.21 | 00:59.56  | 09:38min/mile | 63.6%       |
| 255.      | 422 | Don Pateman          | 5.      | MV70+    | St Neots Riverside Runners | 01:00.34 | 01:00.12  | 09:41min/mile | 61.5%       |
| 256.      | 584 | Stephen Rochford     | 61.     | MV40     |                            | 01:00.35 | 00:59.56  | 09:38min/mile | 49.6%       |
| 257.      | 459 | Rita Rue             | 3.      | FV55     | Saint Edmund Pacers        | 01:00.42 | 01:00.07  | 09:40min/mile | 62.9%       |
| 258.      | 505 | Vasily Suvorov       | 62.     | MV40     | Huntingdonshire AC         | 01:00.44 | 01:00.11  | 09:41min/mile | 49.4%       |

## Riverside Runners 10km 2019



## Finisher List Riverside Runners 10km 2019

| TotalRank | Bib | Participant        | CatPos. | Category | Club                             | GunTime  | Chip Time | Pace          | Age Graded% |
|-----------|-----|--------------------|---------|----------|----------------------------------|----------|-----------|---------------|-------------|
| 259.      | 335 | Angela King        | 4.      | FV55     |                                  | 01:00.45 | 01:00.10  | 09:40min/mile | 60.5%       |
| 260.      | 406 | Henry Neal         | 54.     | SM       |                                  | 01:00.49 | 01:00.07  | 09:40min/mile | 44.4%       |
| 261.      | 230 | Chris Dowsett      | 55.     | SM       | St Neots Riverside Runners       | 01:01.04 | 01:00.47  | 09:46min/mile | 44.0%       |
| 262.      | 366 | Julie Markley      | 20.     | FV35     |                                  | 01:01.07 | 01:00.58  | 09:48min/mile | 50.6%       |
| 263.      | 513 | Steve Taylor       | 56.     | SM       |                                  | 01:01.09 | 01:01.00  | 09:49min/mile | 44.8%       |
| 264.      | 321 | Sally Jones        | 21.     | FV35     | Biggleswade AC                   | 01:01.17 | 01:01.04  | 09:49min/mile | 52.6%       |
| 265.      | 403 | Barbara Narey      | 19.     | FV45     | Stamford Striders                | 01:01.18 | 01:01.03  | 09:49min/mile | 56.1%       |
| 266.      | 532 | Jordan Ulmer       | 57.     | SM       |                                  | 01:01.20 | 01:01.04  | 09:49min/mile | 43.7%       |
| 267.      | 309 | Jessica Ingram     | 19.     | SF       | Eye Community Runners            | 01:01.28 | 01:01.07  | 09:50min/mile | 52.5%       |
| 268.      | 296 | Les Henson         | 22.     | MV60     | Eye Community Runners            | 01:01.28 | 01:01.06  | 09:50min/mile | 54.6%       |
| 269.      | 404 | Kayla Neacy        | 20.     | SF       | Thorney RC                       | 01:01.28 | 01:01.08  | 09:50min/mile | 49.6%       |
| 270.      | 438 | Claire Reece       | 22.     | FV35     |                                  | 01:01.32 | 01:01.18  | 09:51min/mile | 50.6%       |
| 271.      | 591 | Allison Blunt      | 20.     | FV45     |                                  | 01:01.35 | 01:00.58  | 09:48min/mile | 58.2%       |
| 272.      | 508 | Tony Swanser       | 63.     | MV40     |                                  | 01:01.37 | 01:00.50  | 09:47min/mile | 48.5%       |
| 273.      | 355 | Tara Lonnie        | 21.     | SF       |                                  | 01:01.38 | 01:01.15  | 09:51min/mile | 49.5%       |
| 274.      | 162 | Sue Brentnall      | 5.      | FV55     | Cambridge & Coleridge AC         | 01:01.40 | 01:00.55  | 09:48min/mile | 59.7%       |
| 275.      | 398 | Andrew Moulds      | 47.     | MV50     |                                  | 01:01.41 | 01:01.23  | 09:52min/mile | 51.9%       |
| 276.      | 332 | Matthew Kimberley  | 58.     | SM       | Black Pear Joggers               | 01:01.45 | 01:01.34  | 09:54min/mile | 43.6%       |
| 277.      | 254 | Violeta Farrell    | 23.     | FV35     |                                  | 01:01.48 | 01:01.17  | 09:51min/mile | 52.4%       |
| 278.      | 455 | Jill Rose          | 24.     | FV35     | St Neots Riverside Runners       | 01:01.50 | 01:01.09  | 09:50min/mile | 52.1%       |
| 279.      | 217 | Julia Darling      | 6.      | FV55     |                                  | 01:01.57 | 01:01.39  | 09:55min/mile | 61.4%       |
| 280.      | 203 | Liam Cooper        | 59.     | SM       |                                  | 01:02.03 | 01:01.33  | 09:54min/mile | 43.6%       |
| 281.      | 318 | Laura Johnson      | 25.     | FV35     |                                  | 01:02.32 | 01:01.48  | 09:56min/mile | 49.9%       |
| 282.      | 596 | Stephen Coreenall  | 23.     | MV60     |                                  | 01:02.43 | 01:02.00  | 09:58min/mile | 53.3%       |
| 283.      | 95  | Emma Abbott        | 21.     | FV45     | Lincoln Wellington Athletic Club | 01:02.45 | 01:02.25  | 10:02min/mile | 51.9%       |
| 284.      | 523 | Jackie Tomlinson   | 22.     | FV45     |                                  | 01:02.51 | 01:02.36  | 10:04min/mile | 52.8%       |
| 285.      | 179 | Sarah Chamberlain  | 23.     | FV45     |                                  | 01:02.54 | 01:02.16  | 10:01min/mile | 53.1%       |
| 286.      | 475 | Kirk Seymour       | 64.     | MV40     |                                  | 01:03.03 | 01:02.31  | 10:03min/mile | 44.6%       |
| 287.      | 417 | Jim Oyston         | 6.      | MV70+    |                                  | 01:03.08 | 01:02.53  | 10:07min/mile | 57.4%       |
| 288.      | 450 | Michelle Robinson  | 7.      | FV55     |                                  | 01:03.14 | 01:02.37  | 10:04min/mile | 58.9%       |
| 289.      | 147 | Isobelle Blake     | 26.     | FV35     |                                  | 01:03.26 | 01:02.58  | 10:08min/mile | 50.6%       |
| 290.      | 148 | Chris Blake        | 60.     | SM       |                                  | 01:03.26 | 01:02.59  | 10:08min/mile | 42.8%       |
| 291.      | 483 | Celina Silver      | 24.     | FV45     | Stamford Striders                | 01:03.27 | 01:03.08  | 10:09min/mile | 54.2%       |
| 292.      | 363 | Darren Lydon       | 61.     | SM       | St Neots Riverside Runners       | 01:03.49 | 01:03.44  | 10:15min/mile | 42.6%       |
| 293.      | 215 | Dave Dampier       | 62.     | SM       |                                  | 01:03.51 | 01:03.32  | 10:13min/mile | 43.3%       |
| 294.      | 219 | Lee Davis          | 65.     | MV40     |                                  | 01:03.53 | 01:03.14  | 10:10min/mile | 46.3%       |
| 295.      | 291 | Emily Hawke        | 27.     | FV35     | Yaxley Runners & Joggers         | 01:04.01 | 01:03.42  | 10:15min/mile | 49.6%       |
| 296.      | 205 | Jacob Crabb        | 63.     | SM       |                                  | 01:04.02 | 01:03.28  | 10:12min/mile | 42.0%       |
| 297.      | 356 | Craig Losh         | 64.     | SM       |                                  | 01:04.08 | 01:03.40  | 10:14min/mile | 41.9%       |
| 298.      | 120 | Stephen Baker      | 24.     | MV60     |                                  | 01:04.09 | 01:03.38  | 10:14min/mile | 53.5%       |
| 299.      | 512 | Philip Taylor      | 48.     | MV50     |                                  | 01:04.12 | 01:03.53  | 10:16min/mile | 47.0%       |
| 300.      | 155 | Michael Bradley    | 49.     | MV50     | Saffron Striders RC              | 01:04.22 | 01:04.11  | 10:19min/mile | 48.4%       |
| 301.      | 588 | Charlie Noble      | 50.     | MV50     |                                  | 01:04.25 | 01:03.59  | 10:17min/mile | 49.0%       |
| 302.      | 236 | Louise Dunphy      | 25.     | FV45     |                                  | 01:04.38 | 01:04.03  | 10:18min/mile | 53.4%       |
| 303.      | 184 | Grace Clark        | 22.     | SF       |                                  | 01:04.47 | 01:04.06  | 10:19min/mile | 47.3%       |
| 304.      | 424 | Phil Pearsons      | 51.     | MV50     | BRJ Run and Tri                  | 01:04.48 | 01:04.11  | 10:19min/mile | 50.1%       |
| 305.      | 529 | Howard Turner      | 52.     | MV50     | St Neots Riverside Runners       | 01:04.49 | 01:04.21  | 10:21min/mile | 48.3%       |
| 306.      | 423 | Sarah Pearson      | 26.     | FV45     |                                  | 01:04.57 | 01:04.25  | 10:22min/mile | 55.1%       |
| 307.      | 333 | Michelle Kimberley | 23.     | SF       | Black Pear Joggers               | 01:04.57 | 01:04.45  | 10:25min/mile | 46.9%       |
| 308.      | 367 | Mary Marsh         | 5.      | FV65+    | Newmarket Joggers                | 01:05.27 | 01:05.07  | 10:28min/mile | 64.9%       |
| 309.      | 344 | Louise Lee         | 28.     | FV35     | Stamford Striders                | 01:05.29 | 01:05.14  | 10:29min/mile | 47.5%       |
| 310.      | 561 | Rachel Williams    | 29.     | FV35     | Run Mummy Run                    | 01:05.31 | 01:05.14  | 10:29min/mile | 47.8%       |

## Riverside Runners 10km 2019



## Finisher List Riverside Runners 10km 2019

| TotalRank | Bib | Participant            | CatPos. | Category | Club                         | GunTime  | Chip Time | Pace           | Age Graded% |
|-----------|-----|------------------------|---------|----------|------------------------------|----------|-----------|----------------|-------------|
| 311.      | 384 | Cheryl Miller          | 30.     | FV35     |                              | 01:05.41 | 01:05.02  | 10:28min/mile  | 49.0%       |
| 312.      | 229 | Andy Down              | 53.     | MV50     |                              | 01:05.41 | 01:05.02  | 10:27min/mile  | 48.6%       |
| 313.      | 204 | Mandy Crabb            | 27.     | FV45     | Wellingborough & District AC | 01:05.47 | 01:05.10  | 10:29min/mile  | 55.2%       |
| 314.      | 252 | Adam Faben             | 65.     | SM       |                              | 01:05.47 | 01:05.16  | 10:30min/mile  | 41.0%       |
| 315.      | 173 | Kerry Burnett          | 54.     | MV50     |                              | 01:05.53 | 01:05.30  | 10:32min/mile  | 49.6%       |
| 316.      | 235 | Jade Duncan            | 24.     | SF       |                              | 01:05.58 | 01:05.50  | 10:35min/mile  | 46.0%       |
| 317.      | 546 | Darren Webster         | 66.     | MV40     |                              | 01:05.59 | 11:37.30  | 112:15min/mile | 04.1%       |
| 318.      | 489 | Nikki Smith            | 25.     | SF       |                              | 01:06.05 | 01:05.57  | 10:36min/mile  | 45.9%       |
| 319.      | 449 | Karen Robinson         | 8.      | FV55     | Bedford Harriers AC          | 01:06.14 | 01:05.27  | 10:32min/mile  | 55.6%       |
| 320.      | 304 | Robert Howell          | 67.     | MV40     | St Neots Riverside Runners   | 01:06.29 | 01:06.03  | 10:37min/mile  | 44.7%       |
| 321.      | 202 | Lucy Cookman           | 31.     | FV35     |                              | 01:06.29 | 01:06.16  | 10:39min/mile  | 46.2%       |
| 322.      | 176 | Steve Butrym           | 32.     | FV35     |                              | 01:06.38 | 01:06.09  | 10:38min/mile  | 46.9%       |
| 323.      | 572 | Nicola Wood            | 33.     | FV35     |                              | 01:06.41 | 01:05.58  | 10:36min/mile  | 47.0%       |
| 324.      | 416 | Oliver Oldfield        | 66.     | SM       |                              | 01:06.45 | 01:06.20  | 10:40min/mile  | 40.8%       |
| 325.      | 256 | Claire Fleming         | 34.     | FV35     | St Neots Riverside Runners   | 01:06.48 | 01:06.12  | 10:39min/mile  | 47.4%       |
| 326.      | 580 | Pedro Garcia           | 67.     | SM       |                              | 01:06.51 | 01:06.39  | 10:43min/mile  | 40.1%       |
| 327.      | 428 | Jane Philpott          | 35.     | FV35     | St Neots Riverside Runners   | 01:06.51 | 01:06.15  | 10:39min/mile  | 47.1%       |
| 328.      | 427 | Clare Petts            | 28.     | FV45     | Amphill & Flitwick Flyers RC | 01:06.54 | 01:06.44  | 10:44min/mile  | 48.6%       |
| 329.      | 499 | Simon Strong           | 68.     | MV40     | Biggleswade AC               | 01:06.55 | 01:06.27  | 10:41min/mile  | 44.8%       |
| 330.      | 153 | Tracey Bousfield       | 29.     | FV45     | BRJ Run and Tri              | 01:06.56 | 01:06.18  | 10:40min/mile  | 51.6%       |
| 331.      | 233 | Elizabeth Driver-Edgar | 36.     | FV35     | St Neots Riverside Runners   | 01:07.04 | 01:06.19  | 10:40min/mile  | 46.5%       |
| 332.      | 415 | Kirsten Oldfield       | 26.     | SF       |                              | 01:07.08 | 11:38.39  | 112:26min/mile | 04.3%       |
| 333.      | 238 | Susan Dutton           | 30.     | FV45     |                              | 01:07.08 | 01:06.42  | 10:44min/mile  | 52.6%       |
| 334.      | 503 | Richard Sullivan       | 68.     | SM       | Ely Runners                  | 01:07.16 | 01:06.55  | 10:46min/mile  | 39.9%       |
| 335.      | 471 | Nicole Senz            | 37.     | FV35     |                              | 01:07.29 | 01:06.59  | 10:46min/mile  | 47.9%       |
| 336.      | 555 | Linda Wilding          | 6.      | FV65+    | Bedford Harriers AC          | 01:07.40 | 01:06.53  | 10:45min/mile  | 66.1%       |
| 337.      | 408 | Kathryn Nethercott     | 31.     | FV45     |                              | 01:07.43 | 01:06.58  | 10:46min/mile  | 49.9%       |
| 338.      | 566 | Helen Wilson           | 32.     | FV45     | North Herts RRC              | 01:07.44 | 01:07.06  | 10:48min/mile  | 50.4%       |
| 339.      | 194 | Darren Coffey          | 55.     | MV50     |                              | 01:07.45 | 01:07.13  | 10:49min/mile  | 46.2%       |
| 340.      | 260 | Anne Gallacher         | 33.     | FV45     | St Neots Riverside Runners   | 01:07.53 | 01:07.39  | 10:53min/mile  | 51.8%       |
| 341.      | 239 | Jen Edson              | 38.     | FV35     |                              | 01:07.55 | 01:07.12  | 10:49min/mile  | 46.4%       |
| 342.      | 535 | Kathy Unwin            | 34.     | FV45     |                              | 01:07.55 | 01:07.40  | 10:53min/mile  | 50.6%       |
| 343.      | 559 | Nathalie Williams      | 35.     | FV45     | St Neots Riverside Runners   | 01:07.57 | 01:07.20  | 10:50min/mile  | 49.7%       |
| 344.      | 419 | Stephanie Pagio        | 36.     | FV45     |                              | 01:08.12 | 01:07.29  | 10:51min/mile  | 48.5%       |
| 345.      | 338 | Samantha Kmiecik       | 39.     | FV35     |                              | 01:08.17 | 01:08.03  | 10:57min/mile  | 45.4%       |
| 346.      | 242 | Craig Eickhoff         | 56.     | MV50     | St Neots Riverside Runners   | 01:08.17 | 01:07.27  | 10:51min/mile  | 47.7%       |
| 347.      | 131 | Rachael Belcher        | 37.     | FV45     |                              | 01:08.19 | 01:07.36  | 10:52min/mile  | 50.0%       |
| 348.      | 576 | George Zitko           | 69.     | MV40     |                              | 01:08.25 | 01:07.44  | 10:54min/mile  | 41.2%       |
| 349.      | 350 | Hannah Lingard         | 40.     | FV35     | Stamford Striders            | 01:08.27 | 01:08.06  | 10:57min/mile  | 45.3%       |
| 350.      | 488 | Clare Smith            | 38.     | FV45     |                              | 01:08.35 | 01:08.04  | 10:57min/mile  | 50.3%       |
| 351.      | 550 | Peter Whitehead        | 7.      | MV70+    | Huntingdonshire AC           | 01:08.46 | 01:08.04  | 10:57min/mile  | 53.7%       |
| 352.      | 116 | Katheryn Ayres         | 39.     | FV45     |                              | 01:08.49 | 01:08.04  | 10:57min/mile  | 48.1%       |
| 353.      | 337 | Kelly Kleiser          | 41.     | FV35     |                              | 01:09.02 | 01:08.50  | 11:04min/mile  | 44.8%       |
| 354.      | 207 | Daniel Crook           | 69.     | SM       |                              | 01:09.04 | 01:08.23  | 11:00min/mile  | 39.7%       |
| 355.      | 439 | Hadley Reed            | 70.     | SM       |                              | 01:09.09 | 01:08.21  | 11:00min/mile  | 39.1%       |
| 356.      | 226 | Rachel Dods            | 27.     | SF       | Saffron Striders RC          | 01:09.11 | 01:08.40  | 11:03min/mile  | 44.1%       |
| 357.      | 402 | Caz Murphy             | 42.     | FV35     | Redway Runners               | 01:09.13 | 01:08.38  | 11:02min/mile  | 45.0%       |
| 358.      | 485 | Chris Skepper          | 25.     | MV60     |                              | 01:09.16 | 01:08.33  | 11:01min/mile  | 50.1%       |
| 359.      | 181 | Mollie Childerley      | 28.     | SF       | St Neots Riverside Runners   | 01:09.29 | 01:08.51  | 11:04min/mile  | 45.8%       |
| 360.      | 231 | Natasha Doyle          | 29.     | SF       |                              | 01:09.29 | 01:09.13  | 11:08min/mile  | 43.8%       |
| 361.      | 533 | Kim Ulmer              | 40.     | FV45     |                              | 01:09.29 | 01:09.14  | 11:08min/mile  | 51.9%       |
| 362.      | 213 | Clare Dale             | 43.     | FV35     |                              | 01:09.30 | 01:09.14  | 11:08min/mile  | 46.0%       |

## Riverside Runners 10km 2019



## Finisher List Riverside Runners 10km 2019

| TotalRank | Bib | Participant         | CatPos. | Category | Club                       | GunTime  | Chip Time | Pace           | Age Graded% |
|-----------|-----|---------------------|---------|----------|----------------------------|----------|-----------|----------------|-------------|
| 363.      | 103 | Samantha Ansell     | 41.     | FV45     | St Neots Riverside Runners | 01:09.43 | 01:09.04  | 11:06min/mile  | 50.8%       |
| 364.      | 585 | Danielle Soley      | 30.     | SF       |                            | 01:09.50 | 01:09.10  | 11:07min/mile  | 43.8%       |
| 365.      | 137 | Sarah Billis        | 44.     | FV35     |                            | 01:10.06 | 01:09.33  | 11:11min/mile  | 45.8%       |
| 366.      | 451 | Lulu Robinson       | 45.     | FV35     |                            | 01:10.11 | 01:09.24  | 11:10min/mile  | 44.3%       |
| 367.      | 196 | Gemma Collins       | 42.     | FV45     |                            | 01:10.11 | 01:09.25  | 11:10min/mile  | 47.1%       |
| 368.      | 234 | Penny Duffin        | 9.      | FV55     | Bedford Harriers AC        | 01:10.22 | 01:09.35  | 11:12min/mile  | 57.4%       |
| 369.      | 525 | Barry Townsend      | 26.     | MV60     |                            | 01:10.29 | 01:09.47  | 11:13min/mile  | 48.7%       |
| 370.      | 524 | Katherine Townsend  | 43.     | FV45     |                            | 01:10.36 | 01:09.55  | 11:15min/mile  | 47.8%       |
| 371.      | 339 | Louise Knaggs       | 44.     | FV45     |                            | 01:10.41 | 01:09.54  | 11:15min/mile  | 46.8%       |
| 372.      | 265 | Claire Gill         | 46.     | FV35     |                            | 01:10.42 | 01:09.54  | 11:15min/mile  | 44.2%       |
| 373.      | 311 | Zoe Jackson         | 45.     | FV45     | St Neots Riverside Runners | 01:10.42 | 01:09.59  | 11:15min/mile  | 47.8%       |
| 374.      | 307 | Lynsey Humphreys    | 47.     | FV35     |                            | 01:10.48 | 01:10.02  | 11:16min/mile  | 43.9%       |
| 375.      | 452 | Joy Rook            | 46.     | FV45     |                            | 01:11.15 | 01:11.00  | 11:25min/mile  | 50.0%       |
| 376.      | 269 | Ben Goddard         | 70.     | MV40     | St Neots Riverside Runners | 01:11.20 | 01:10.40  | 11:22min/mile  | 40.4%       |
| 377.      | 270 | Alison Goddard      | 48.     | FV35     |                            | 01:11.20 | 01:10.39  | 11:22min/mile  | 45.1%       |
| 378.      | 303 | Joanne Hornby       | 47.     | FV45     | Biggleswade AC             | 01:11.24 | 01:10.47  | 11:23min/mile  | 48.4%       |
| 379.      | 464 | Terri Sansom        | 48.     | FV45     |                            | 01:11.49 | 01:11.05  | 11:26min/mile  | 46.5%       |
| 380.      | 545 | Heather Watson      | 49.     | FV35     |                            | 01:11.53 | 01:11.25  | 11:29min/mile  | 44.3%       |
| 381.      | 558 | Kim Wilkinson       | 50.     | FV35     |                            | 01:12.08 | 01:11.28  | 11:30min/mile  | 44.6%       |
| 382.      | 568 | Vanessa Winters     | 49.     | FV45     | Stamford Striders          | 01:12.20 | 01:11.48  | 11:33min/mile  | 47.1%       |
| 383.      | 481 | Sarah Short         | 50.     | FV45     | Eye Community Runners      | 01:12.22 | 01:12.10  | 11:36min/mile  | 48.6%       |
| 384.      | 400 | Debbie Murphy       | 51.     | FV45     | St Neots Riverside Runners | 01:12.33 | 01:11.48  | 11:33min/mile  | 49.4%       |
| 385.      | 562 | Melissa Williams    | 51.     | FV35     |                            | 01:12.33 | 01:11.51  | 11:33min/mile  | 43.7%       |
| 386.      | 334 | Bill King           | 57.     | MV50     | St Neots Riverside Runners | 01:12.53 | 01:12.26  | 11:39min/mile  | 42.9%       |
| 387.      | 538 | Julie Wake          | 52.     | FV35     | St Neots Riverside Runners | 01:13.09 | 01:12.46  | 11:42min/mile  | 42.9%       |
| 388.      | 376 | David Mcdaid        | 71.     | MV40     | UKnetrunner.co.UK          | 01:13.11 | 01:12.22  | 11:38min/mile  | 41.1%       |
| 389.      | 388 | Tracy Moncrieff     | 52.     | FV45     |                            | 01:13.29 | 01:12.50  | 11:43min/mile  | 45.9%       |
| 390.      | 484 | Lorraine Simons     | 10.     | FV55     |                            | 01:13.42 | 01:13.31  | 11:50min/mile  | 51.4%       |
| 391.      | 316 | Mary Jennings       | 7.      | FV65+    |                            | 01:13.50 | 01:13.05  | 11:45min/mile  | 57.8%       |
| 392.      | 167 | Jennifer Brown      | 53.     | FV35     |                            | 01:13.52 | 01:13.07  | 11:46min/mile  | 42.0%       |
| 393.      | 586 | Carey Rooks         | 54.     | FV35     |                            | 01:13.53 | 01:13.10  | 11:46min/mile  | 41.8%       |
| 394.      | 102 | Claire Andrews      | 55.     | FV35     |                            | 01:13.53 | 01:13.10  | 11:46min/mile  | 41.7%       |
| 395.      | 154 | Joanne Bowers       | 53.     | FV45     | St Neots Riverside Runners | 01:14.04 | 01:13.22  | 11:48min/mile  | 46.6%       |
| 396.      | 371 | Julie Mccabe        | 54.     | FV45     | St Neots Riverside Runners | 01:14.04 | 01:13.23  | 11:48min/mile  | 45.6%       |
| 397.      | 495 | Kari Starling       | 31.     | SF       |                            | 01:14.33 | 11:46.04  | 113:37min/mile | 04.2%       |
| 398.      | 170 | James Bundy         | 71.     | SM       | Nicetri Events Ltd         | 01:14.37 | 01:14.00  | 11:54min/mile  | 36.3%       |
| 399.      | 448 | Kelly Robinson      | 56.     | FV35     | BRJ Run and Tri            | 01:14.44 | 01:14.06  | 11:55min/mile  | 42.1%       |
| 400.      | 521 | Roger Tolfree       | 8.      | MV70+    |                            | 01:14.46 | 01:14.29  | 11:59min/mile  | 50.4%       |
| 401.      | 531 | Lindsey Turner-Cain | 55.     | FV45     |                            | 01:15.04 | 01:14.32  | 11:59min/mile  | 45.4%       |
| 402.      | 589 | Nick Cook           | 72.     | MV40     |                            | 01:15.06 | 01:14.35  | 12:00min/mile  | 39.2%       |
| 403.      | 564 | Victoria Wilson     | 57.     | FV35     |                            | 01:15.06 | 01:14.34  | 12:00min/mile  | 41.4%       |
| 404.      | 387 | Jennifer Mitchell   | 58.     | FV35     |                            | 01:15.06 | 01:14.34  | 12:00min/mile  | 40.9%       |
| 405.      | 253 | Michael Fagan       | 58.     | MV50     |                            | 01:15.08 | 01:14.38  | 12:00min/mile  | 40.2%       |
| 406.      | 444 | Dean Ringwood       | 73.     | MV40     |                            | 01:15.10 | 01:14.32  | 11:59min/mile  | 39.3%       |
| 407.      | 134 | Anna Best           | 8.      | FV65+    | BRJ Run and Tri            | 01:15.10 | 01:14.57  | 12:03min/mile  | 56.4%       |
| 408.      | 401 | Gary Murphy         | 59.     | MV50     |                            | 01:15.15 | 01:14.46  | 12:01min/mile  | 42.3%       |
| 409.      | 520 | Wayne Tingey        | 60.     | MV50     | St Neots Riverside Runners | 01:15.15 | 01:14.48  | 12:02min/mile  | 40.8%       |
| 410.      | 261 | Paulo Garcia        | 74.     | MV40     | St Neots Riverside Runners | 01:15.53 | 01:15.18  | 12:07min/mile  | 38.9%       |
| 411.      | 394 | Akira Morgan        | 32.     | SF       |                            | 01:15.54 | 01:15.08  | 12:05min/mile  | 40.3%       |
| 412.      | 262 | Susana Garcia       | 59.     | FV35     | St Neots Riverside Runners | 01:15.55 | 01:15.19  | 12:07min/mile  | 42.6%       |
| 413.      | 221 | Steve Deacon        | 27.     | MV60     | St Neots Riverside Runners | 01:16.09 | 01:15.58  | 12:13min/mile  | 46.5%       |
| 414.      | 594 | Angela Harper       | 11.     | FV55     |                            | 01:16.13 | 11:47.44  | 113:53min/mile | 05.1%       |



## Riverside Runners 10km 2019



## Finisher List Riverside Runners 10km 2019

| TotalRank | Bib | Participant       | CatPos. | Category | Club                       | GunTime  | Chip Time | Pace          | Age Graded% |
|-----------|-----|-------------------|---------|----------|----------------------------|----------|-----------|---------------|-------------|
| 415.      | 358 | Heidi Loughnane   | 56.     | FV45     |                            | 01:16.14 | 01:15.30  | 12:09min/mile | 43.3%       |
| 416.      | 123 | Pauline Barber    | 12.     | FV55     |                            | 01:16.29 | 01:16.21  | 12:17min/mile | 53.8%       |
| 417.      | 223 | Julie Dew         | 13.     | FV55     |                            | 01:17.54 | 01:17.26  | 12:27min/mile | 47.0%       |
| 418.      | 222 | Gary Dew          | 61.     | MV50     |                            | 01:17.55 | 01:17.26  | 12:27min/mile | 41.2%       |
| 419.      | 346 | Veronica Lee      | 57.     | FV45     |                            | 01:18.12 | 01:17.58  | 12:32min/mile | 45.0%       |
| 420.      | 197 | Mitch Collinson   | 75.     | MV40     |                            | 01:18.20 | 01:17.31  | 12:28min/mile | 38.1%       |
| 421.      | 200 | Diane Constable   | 60.     | FV35     | Eye Community Runners      | 01:19.03 | 01:18.52  | 12:41min/mile | 38.8%       |
| 422.      | 156 | Brian Bradshaw    | 9.      | MV70+    |                            | 01:19.12 | 01:19.00  | 12:42min/mile | 45.7%       |
| 423.      | 516 | Robert Thompson   | 10.     | MV70+    | St Neots Riverside Runners | 01:19.30 | 01:19.05  | 12:43min/mile | 49.0%       |
| 424.      | 172 | Catherine Burbage | 58.     | FV45     |                            | 01:19.37 | 01:19.04  | 12:43min/mile | 45.5%       |
| 425.      | 125 | Steven Barnett    | 76.     | MV40     |                            | 01:19.44 | 01:19.08  | 12:44min/mile | 36.4%       |
| 426.      | 414 | Lee O'Hara        | 14.     | FV55     |                            | 01:20.12 | 01:19.30  | 12:47min/mile | 47.0%       |
| 427.      | 193 | Lisa Codling      | 59.     | FV45     |                            | 01:20.26 | 01:19.41  | 12:49min/mile | 43.0%       |
| 428.      | 251 | Zoe Eyre          | 61.     | FV35     | St Neots Riverside Runners | 01:20.36 | 01:20.24  | 12:56min/mile | 39.3%       |
| 429.      | 500 | Bev Strong        | 60.     | FV45     | Biggleswade AC             | 01:20.55 | 01:20.18  | 12:55min/mile | 41.2%       |
| 430.      | 548 | Phil Whitbread    | 62.     | MV50     |                            | 01:23.07 | 01:22.28  | 13:16min/mile | 38.0%       |
| 431.      | 446 | Morag Roberts     | 9.      | FV65+    | Stamford Striders          | 01:23.11 | 01:22.53  | 13:20min/mile | 58.7%       |
| 432.      | 462 | Jim Saberton      | 63.     | MV50     |                            | 01:23.29 | 01:23.07  | 13:22min/mile | 36.7%       |
| 433.      | 551 | Roger Widdowson   | 28.     | MV60     |                            | 01:23.44 | 01:23.22  | 13:25min/mile | 40.0%       |
| 434.      | 519 | Martin Tilley     | 11.     | MV70+    | Saint Edmund Pacers        | 01:24.07 | 01:23.18  | 13:24min/mile | 51.4%       |
| 435.      | 128 | Darren Barratt    | 77.     | MV40     | Stamford Striders          | 01:24.41 | 01:24.13  | 13:33min/mile | 34.7%       |
| 436.      | 308 | Samantha Hurden   | 33.     | SF       | St Neots Riverside Runners | 01:25.25 | 01:25.13  | 13:42min/mile | 35.5%       |
| 437.      | 133 | Tara Berry        | 34.     | SF       | St Neots Riverside Runners | 01:26.50 | 01:26.39  | 13:56min/mile | 35.0%       |
| 438.      | 208 | Pam Crozier       | 15.     | FV55     | St Neots Riverside Runners | 01:27.51 | 01:27.23  | 14:03min/mile | 42.2%       |

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