

Bedfordshire County Championship 10 mile road race - Sandy 10 - 10th April 2016

<u>Total</u>			<u>Cat</u>						<u>Age%</u>
<u>Rank</u>	<u>Bib</u>	<u>Participant</u>	<u>Pos.</u>	<u>Cat.</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>	<u>Pace</u>	<u>Perf</u>

OVERALL WINNERS

Female

1.	397	Laura BRINE	1.	SF	Leighton Buzzard Athletic Club	1:06:38.4	1:06:35.7	06:39min/mile	74.6%
2.	385	Johanna SHARPLES	2.	SF	Leighton Buzzard Athletic Club	1:11:37.7	1:11:34.4	07:09min/mile	68.9%
3.	464	Michelle MORRIS	3.	SF	Amphill & Flitwick Flyers Running Club	1:11:41.0	1:11:39.4	07:09min/mile	69.0%

Male

1.	550	Jordan CLAY	1.	U20M	Leighton Buzzard Athletic Club	0:57:02.1	0:57:02.4	05:42min/mile	77.1%
2.	525	Glen TURNER	2.	SM	Leighton Buzzard Athletic Club	0:57:20.8	0:57:20.2	05:44min/mile	77.2%
3.	442	Alexander ASH	5.	SM	Amphill & Flitwick Flyers Running Club	0:58:31.5	0:58:30.8	05:51min/mile	75.1%

AGE CATEGORY RESULTS

Female

FV35

1	58	Victoria SHAW	27.	FV35	Bedford Harriers AC	1:33:03.3	1:32:48.7	09:16min/mile	54.1%
2	162	KELLY BYWATERS	31.	FV35	Dunstable RRC	1:35:23.8	1:34:53.5	09:29min/mile	53.2%
3	202	Tara SHOREY	32.	FV35	Dunstable RRC	1:35:29.0	1:34:59.5	09:29min/mile	52.8%

FV40

1	117	Katie GIBBONS	5.	FV40	Dunstable RRC	1:17:06.0	1:16:56.7	07:41min/mile	66.3%
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FV45

1	441	Jo AATKAR	6.	FV45	Amphill & Flitwick Flyers Running Club	1:15:30.4	1:15:13.1	07:31min/mile	72.0%
2	386	Fiona TOWELL	19.	FV45	Leighton Buzzard Athletic Club	1:28:23.9	1:28:14.5	08:49min/mile	60.7%
3	163	Carmel JARMAN	27.	FV45	Dunstable RRC	1:30:11.8	1:29:42.4	08:58min/mile	59.7%
4	467	Fiona OWEN	49.	FV45	Amphill & Flitwick Flyers Running Club	1:39:06.3	1:38:33.4	09:51min/mile	55.6%

FV50

1	263	Jeanette CHEETHAM	14.	FV50	Bedford Harriers AC	1:26:02.5	1:25:49.4	08:34min/mile	66.1%
2	476	Keri WITHERS	16.	FV50	Amphill & Flitwick Flyers Running Club	1:26:37.8	1:26:05.4	08:36min/mile	66.7%
3	264	Jacinta HORNE	31.	FV50	Bedford Harriers AC	1:31:35.0	1:31:21.8	09:08min/mile	62.1%

	4	497	Michelle FADDEN	56.	FV50	Bedford Harriers AC	1:40:25.3	1:40:09.9	10:00min/mile	56.0%
	5	561	Carole WATTS	58.	FV50	Bedford Harriers AC	1:42:34.3	1:42:17.9	10:13min/mile	54.8%
FV55										
	1	141	Karen ASHBY	3.	FV55	Stopsley Striders	1:26:42.1	1:26:37.0	08:39min/mile	70.7%
	2	448	Denise BROWNING	6.	FV55	Amphill & Flitwick Flyers Running Club	1:28:21.7	1:28:03.7	08:48min/mile	68.6%
	3	209	Elaine REYNOLDS	8.	FV55	Bedford Harriers AC	1:30:17.9	1:30:04.3	09:00min/mile	67.1%
	4	10	Jenny KING	12.	FV55	Bedford Harriers AC	1:34:45.1	1:34:32.4	09:27min/mile	65.6%
	5	541	Angela KAY	13.	FV55	Bedford Harriers AC	1:35:52.7	1:35:26.2	09:32min/mile	63.3%
FV60										
	1	144	Judy REID	18.	FV60	Stopsley Striders	1:43:09.1	1:42:31.7	10:15min/mile	64.7%
FV65+										
	1	374	Hazel BREWIN	3.	FV65+	Werrington Joggers	1:57:55.6	1:57:27.6	11:44min/mile	58.2%
SF										
	1	397	Laura BRINE	1.	SF	Leighton Buzzard Athletic Club	1:06:38.4	1:06:35.7	06:39min/mile	74.6%
	2	385	Johanna SHARPLES	2.	SF	Leighton Buzzard Athletic Club	1:11:37.7	1:11:34.4	07:09min/mile	68.9%
	3	464	Michelle MORRIS	3.	SF	Amphill & Flitwick Flyers Running Club	1:11:41.0	1:11:39.4	07:09min/mile	69.0%
	4	222	Amy FARNFIELD	7.	SF	Leighton Buzzard Athletic Club	1:19:24.2	1:19:15.2	07:55min/mile	62.2%
	5	290	Lisa BOWYER	10.	SF	Leighton Buzzard Athletic Club	1:20:47.3	1:20:38.5	08:03min/mile	61.4%
Male										
MV40										
	1	474	Steve UPTON	4.	MV40	Amphill & Flitwick Flyers Running Club	0:59:48.3	0:59:47.7	05:58min/mile	77.0%
	2	329	Winston WOODWARD	11.	MV40	Dunstable RRC	1:03:27.5	1:03:26.9	06:20min/mile	72.0%
	3	230	STUART DIMMOCK	34.	MV40	Leighton Buzzard Athletic Club	1:11:07.5	1:10:58.8	07:05min/mile	64.9%
MV45										
	1	468	Paul OWEN	22.	MV45	Amphill & Flitwick Flyers Running Club	1:06:48.6	1:06:47.4	06:40min/mile	72.4%
	2	542	Gary FINCH	23.	MV45	Bedford Harriers AC	1:06:57.0	1:06:53.3	06:41min/mile	71.7%
	3	432	Warren ROSE	30.	MV45	Leighton Buzzard Athletic Club	1:08:36.1	1:08:28.7	06:50min/mile	68.9%
	4	164	Lee JARMAN	49.	MV45	Dunstable RRC	1:15:23.3	1:15:14.0	07:31min/mile	63.8%
	5	544	Pete REES	53.	MV45	Team Derby Runner	1:17:10.9	1:17:01.0	07:42min/mile	62.3%
	6	241	Chris DIMMOCK	55.	MV45	Leighton Buzzard Athletic Club	1:17:33.8	1:17:25.2	07:44min/mile	60.9%
	7	560	James SHEA	62.	MV45	Bedford Harriers AC	1:23:33.7	1:23:20.0	08:20min/mile	56.6%
MV50										
	1	308	Martin BEARE	1.	MV50	Amphill & Flitwick Flyers Running Club	1:01:59.4	1:01:59.0	06:11min/mile	81.5%

2	592	Tony BARNES	3.	MV50	Bedford Harriers AC	1:05:48.4	1:05:45.5	06:34min/mile	76.1%
3	284	Nick CLAY	5.	MV50	Leighton Buzzard Athletic Club	1:06:41.2	1:06:34.3	06:39min/mile	74.6%
4	552	Kevin DARCY	11.	MV50	Dunstable RRC	1:10:40.8	1:10:32.0	07:03min/mile	70.4%
5	473	Richard STANLEY	14.	MV50	Amphill & Flitwick Flyers Running Club	1:12:09.5	1:11:39.2	07:09min/mile	68.7%
6	512	Noel JONES	40.	MV50	Bedford Harriers AC	1:20:39.3	1:20:30.0	08:03min/mile	62.2%
MV55									
1	589	John CHAPMAN	6.	MV55	Stopsley Striders	1:06:45.8	1:06:42.1	06:40min/mile	79.2%
2	121	Paul KEECH	20.	MV55	Stopsley Striders	1:13:16.8	1:13:12.5	07:19min/mile	71.5%
3	160	Martin DAVEY	34.	MV55	Amphill & Flitwick Flyers Running Club	1:18:10.3	1:17:42.3	07:46min/mile	66.8%
4	9	Simon KING	42.	MV55	Bedford Harriers AC	1:22:28.9	1:22:20.3	08:14min/mile	64.2%
5	463	Terry MCHUGH	74.	MV55	Amphill & Flitwick Flyers Running Club	1:43:12.6	1:42:45.8	10:16min/mile	51.4%
MV60									
1	147	Patrick ELLERBECK	1.	MV60	Riverside Runners St Neots	1:11:40.2	1:11:29.6	07:08min/mile	76.0%
2	143	Andrew REID	2.	MV60	Stopsley Striders	1:12:04.5	1:12:00.7	07:12min/mile	76.9%
3	465	David STANLEY	6.	MV60	Amphill & Flitwick Flyers Running Club	1:19:29.5	1:19:25.7	07:56min/mile	69.7%
4	425	Lance RICHARDSON	16.	MV60	Stopsley Striders	1:29:49.8	1:29:37.8	08:57min/mile	60.6%
SM									
1	525	Glen TURNER	2.	SM	Leighton Buzzard Athletic Club	0:57:20.8	0:57:20.2	05:44min/mile	77.2%
2	442	Alexander ASH	5.	SM	Amphill & Flitwick Flyers Running Club	0:58:31.5	0:58:30.8	05:51min/mile	75.1%
3	288	Benjamin CORFIELD	11.	SM	Leighton Buzzard Athletic Club	1:02:26.4	1:02:26.0	06:14min/mile	70.4%
4	573	Billy MEAD	13.	SM	Leighton Buzzard Athletic Club	1:03:23.0	1:03:21.6	06:20min/mile	69.4%
5	535	Barry STRATFORD	17.	SM		1:04:40.7	1:04:34.9	06:27min/mile	68.3%
6	282	Sam DEAR	18.	SM	Leighton Buzzard Athletic Club	1:04:45.8	1:04:43.5	06:28min/mile	67.9%
7	286	Gary FREER	29.	SM	Team Trisports	1:08:37.1	1:08:30.4	06:51min/mile	64.6%
U20M									
1	550	Jordan CLAY	1.	U20M	Leighton Buzzard Athletic Club	0:57:02.1	0:57:02.4	05:42min/mile	77.1%
2	572	Charlie MEAD	19.	U20M	Leighton Buzzard Athletic Club	1:04:58.9	1:04:56.8	06:29min/mile	67.7%