

1.	6	Simon Fraser	36		35.5
2.	24	Mark Head	41	Tring	36.45
3.	20	Jay Munkley	28		38.36
4.	26	Joe Brown	36	Tring	41.2
5.	23	Travis Bennett	27		43.46
6.	38	Calum Latham	40	St Albans Striders	44.03
7.	15	Anatole Ransome	43	Watford Joggers	44.12
8.	28	Howard Clark	54	Dacorum AC (DAC)	44.49
9.	9	Steve Owen	51	Watford Joggers	45.12
10.	17	Tom Lyon	35		46.2
11.	1	Brad Parkins	47		47.44
12.	66	Lee Thorne	47		48.5
13.	37	Rob Henaghan	47		49.07
14.	8	Ciaran Bealtun	52		50.12
15.	31	Philip Pugh	65	DAC	50.36
16.	5	Sarah Dalton	45		50.47
17.	32	Robert Notten	61	DAC	51.35
18.	4	Helen Jones	36		51.51
19.	39	Steve Parry	40		52.08
20.	67	Darren Lipman	52		53.48
21.	19	Dermott Moran	49		54.22
22.	21	Darren Lipman	52		54.22
23.	2	Anne Byrne	55		55.39
24.	35	Heidi Greaves	48		56.32
25.	34	Julie Reagan	54		56.35
26.	12	Jake Buckland	32		56.53
27.	36	Kerry Hoar	47	DAC	56.55
28.	18	Ms Fay Lavers	23		56.57
29.	22	Brian Moriarty	41		58.24
30.	11	Saif Khawar	21		59.02
31.	14	Samantha Gomm	46		59.08

32.	29	Graeme Johnson	29	59.13
33.	69	Maria Murray	51	59.38
34.	3	Richard Holmes	54	59.59
35.	16	Emma Gritten	42	60.23
36.	68	Isabel Montesdeoca	54	62.44
37.	27	Paul Heskin	51	65.03
38.	30	Cherry Bromwich	65	68.28
39.	33	Helen Marriott	63 DAC	68.28

1st male Simon Fraser

2nd male Mark Head

3rd male Jay Munkley

1st female Sarah Dalton

2nd female Helen Jones

3rd female Ann Byrne

1st male vet Callum Latham

2nd male vet Anatole Ransome

3rd male Howard Clark

1st female vet Heidi Greaves

2nd female vet Julie Regan

3rd female vet Karry Hoar

Winner Founders Trophy (1st Kings Langley Parish Council resident)

Brad Parkins