

## Asics Watford Half Marathon 01 February 2009 Men's Team Results

(3 competitors per team. Based on cumulative time.)

Team / Place	Time		Age Cat	Entrant No	Posn
<b>1 : Blackheath Harriers</b>					
4	1:10:26	Peter TUCKER	SM	9	4
12	1:13:20	Alex GIBBINS	SM	319	12
51	1:21:46	Keith EWING	M40	2418	52
<b>2 : St Albans Striders</b>					
10	1:13:14	Paul ADAMS	SM	30	10
16	1:15:51	Blake VIVIAN	SM	1368	16
24	1:16:53	Edward BLAKE	SM	1455	24
<b>3 : Chiltern Harriers AC</b>					
14	1:15:18	Eddie O'GORMAN	SM	2218	14
28	1:18:08	Stuart ELLERBY	SM	356	30
40	1:20:09	Richard QUANTRILL	SM	1351	42
<b>4 : Metropolitan Police</b>					
15	1:15:37	Jim COOPER	SM	25	15
44	1:20:21	Karl FREE	SM	2041	45
64	1:23:25	Simon RILEY	SM	1333	66
<b>5 : Shaftesbury Barnet</b>					
7	1:11:59	Jack PARSLOW	SM	21	7
17	1:15:54	Anton VAN ZYL	SM	19	17
308	1:34:46	Barry CHISHOLM	M40	183	337
<b>6 : St Albans Striders</b>					
37	1:20:01	Andy AULD	SM	488	39
67	1:23:42	Richard HARRY	SM	44	69
80	1:24:38	Colin BRAYBROOK	M40	37	81
<b>7 : Hillingdon AC</b>					
26	1:17:29	Paul CUDDIHY	SM	20	27
47	1:20:46	Julian McGOWAN	SM	1197	48
215	1:31:22	Jimmy WALSH	M40	499	229
<b>8 : London Frontrunners</b>					
60	1:23:12	James GILLANDERS	SM	2182	61
61	1:23:13	Breandan WARD	SM	1364	62
66	1:23:32	Garry PARSONS	M40	1015	68
<b>9 : London Heathside</b>					
50	1:21:37	Kenneth HENEY	SM	1884	51
58	1:22:59	Gavin EVANS	M40	1941	59
91	1:25:40	Robin TREMAINE	M50	1942	92
<b>10 : Milton Keynes AC</b>					
29	1:18:10	Paul BOND	SM	1460	31
88	1:25:24	Michael KERRIGAN	SM	1339	89
160	1:28:52	Alan HAMBLY	M40	386	166
<b>11 : Metros</b>					
13	1:14:38	Nigel RACKHAM	M40	10	13
154	1:28:38	Nathan POWELL	M40	203	159
165	1:29:24	Kevin SMART	M40	1048	171
<b>12 : Royston Runners</b>					
38	1:20:01	Toby STAINES	SM	1114	40
111	1:26:35	Richard LOWDEN	SM	2479	113
117	1:26:56	Richard HARRISON	M40	911	120
<b>13 : Mornington Chasers</b>					
73	1:24:00	John NODDER	M50	111	74
84	1:24:53	Alex KITROMILIDES	SM	1079	85
85	1:24:54	Mike HURFORD	M40	483	86
<b>14 : Chiltern Harriers AC</b>					
45	1:20:28	Robert BURTON	M50	28	46
93	1:25:47	Ian LAWSON	M40	1198	94
144	1:28:04	Steve PERKIN	M40	385	149

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<b>15 : Dunstable Road Runners</b>					
57	1:22:53	John MURPHY	M40	73	58
100	1:25:57	Lee MURPHY	SM	2100	102
145	1:28:10	Michael HAND	M40	2344	150
<b>16 : Garden City Runners</b>					
75	1:24:19	Robert CASSERLEY	SM	1281	76
86	1:24:59	Russell CASEY	SM	843	87
134	1:27:50	Michael UTTON	SM	810	138
<b>17 : 26.2 Road Runners Club</b>					
52	1:21:53	Joseph CHANG	SM	146	53
123	1:27:16	Luke McDONAGH	SM	511	126
153	1:28:36	John MATTHEWS	SM	204	158
<b>18 : Metropolitan Police</b>					
77	1:24:31	Luke LAZELL	SM	2390	78
90	1:25:38	John KNIGHT	SM	16	91
	1:27:55	Jonathan WATERFIELD	SM	2359	142
<b>19 : Serpentine Running Club</b>					
69	1:23:49	Steve BRETT	M40	594	71
116	1:26:52	David CHALEN	M40	436	118
133	1:27:49	Ally WATSON	SM	1256	137
<b>20 : Fairlands Valley Spartans</b>					
82	1:24:45	David BOWKER	M50	833	83
109	1:26:20	Todd GRAY	SM	2337	111
177	1:29:40	Simon JACKSON	SM	1008	185
<b>21 : Watford Harriers</b>					
87	1:25:11	Eamonn TWOMEY	SM	1712	88
102	1:26:00	Phil ROGERS	SM	2279	104
178	1:29:40	Mark ELSON	M40	1796	186
<b>22 : British Airways</b>					
94	1:25:49	Richard ANDERSON	SM	1480	95
147	1:28:13	Graham TAYLOR	M40	466	152
174	1:29:35	Gary RUSHMER	M40	1348	181
<b>23 : Hillingdon Triathletes</b>					
43	1:20:19	John FRANKLIN	SM	2130	44
126	1:27:19	Ian GOULD	M40	218	129
363	1:36:19	Ed DARNELL	M40	2016	401
<b>24 : Boxfit-tri</b>					
70	1:23:51	Paul HALFORD	M40	1120	72
89	1:25:28	Dave COARD	M40	1938	90
309	1:34:47	Noel KEENAN	M40	331	338
<b>25 : Tring RC</b>					
42	1:20:12	Paul ALLEN	M40	1424	43
162	1:29:13	Jim SINTON	M40	304	168
340	1:35:57	Jonathan SMITH	SM	595	378
<b>26 : St Albans Striders</b>					
129	1:27:24	Oliver KIRKMAN	SM	65	132
143	1:28:03	Stephen KIRCHIN	M40	51	148
187	1:30:08	Bob VOYCE	M40	115	195
<b>27 : Mornington Chasers</b>					
142	1:28:00	Kawai CHUNG	SM	1912	147
158	1:28:51	Stefan LICHTENTHAELER	SM	686	164
199	1:30:40	Steven PYNE	SM	863	208
<b>28 : West 4 Harriers</b>					
76	1:24:26	John DE CASTRO	SM	1297	77
212	1:31:12	Andy BOWEN	M40	768	224
261	1:33:03	James EATWELL	SM	2407	283

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<b>29 : Serpentine Running Club</b>					
152	1:28:32	Simon BAMPFYLDE	SM	2194	157
186	1:30:03	Ben COPE	SM	91	194
201	1:30:41	Kristof NEYS	SM	681	210
<b>30 : 26.2 Road Runners Club</b>					
169	1:29:31	Mark WEIGHT	M40	1866	176
176	1:29:39	David WILSON	M50	504	184
190	1:30:17	Dominic COLLIER	M40	514	198
<b>31 : headington</b>					
20	1:16:17	James EVE	SM	1170	20
255	1:32:57	Richard CLARKE	M40	1973	276
531	1:40:51	Sean BROWN	SM	1131	601
<b>32 : London Heathside</b>					
119	1:27:05	Dominic JACKSON	M40	971	122
124	1:27:17	Jaimie HUNTER	SM	243	127
333	1:35:46	Henning DRAGER	SM	1291	371
<b>33 : Gade Valley Harriers</b>					
63	1:23:24	Vince ELLERBY	M40	1124	65
244	1:32:14	Martin ALEXANDER	M50	434	262
358	1:36:13	Stephen NEWING	SM	1293	396
<b>34 : Clapham chasers</b>					
164	1:29:24	Steve BLACK	SM	1761	170
229	1:31:47	Stuart BRAMELD	SM	1746	246
254	1:32:55	Tobias MEWS	SM	1752	275
<b>35 : Metros</b>					
179	1:29:41	John CAMPRUBI	M50	917	187
236	1:32:00	Peter GUNN	M40	781	254
267	1:33:19	David SWAN	M50	816	290
<b>36 : Bearbrook Joggers</b>					
209	1:31:07	Adrian TWISELL	M40	2413	220
218	1:31:26	David STEEDMAN	M40	83	232
258	1:32:59	Peter CAIRNIE	M40	1376	279
<b>37 : Trent Park Running Club</b>					
106	1:26:11	Kevin HAYNES	SM	1275	108
168	1:29:29	Stuart MANKTELOW	M40	1495	175
536	1:40:56	Ian JOHNSON	M50	2472	609
<b>38 : London Frontrunners</b>					
141	1:27:59	Julian WILLIAMS	M40	986	146
276	1:33:35	Andy ATKINS	M40	2347	300
374	1:36:39	Martin FORD	SM	345	413
<b>39 : Milton Keynes AC</b>					
232	1:31:54	Leslie TURTON	M40	1411	249
282	1:34:00	Christopher NICHOLSON	SM	1461	306
300	1:34:28	Christopher CAHILL	SM	1287	327
<b>40 : Watford Joggers</b>					
181	1:29:42	Marcus EDWARDS	M40	270	188
251	1:32:30	Gary STEWART	M40	1626	269
429	1:38:10	Kenneth BERRY	M40	265	478
<b>41 : 26.2 Road Runners Club</b>					
196	1:30:30	Andrew ALLEN	M50	301	204
269	1:33:23	Andrew PENGELLY	M40	1522	293
385	1:37:00	David ASHBURNER	M40	1821	426
<b>42 : St Albans Striders</b>					
224	1:31:41	Gwynfor TYLEY	M40	61	240
303	1:34:33	Nick MACKAY	M40	52	330
324	1:35:28	Andrew MAHER	SM	66	358

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<b>43 : North Herts Road Runners</b>					
115	1:26:49	David FRAMPTON	M50	906	117
266	1:33:18	Johnny SPINKS	M40	2067	289
683	1:44:42	Chris PRIESTLEY	M50	1161	797
<b>44 : Mornington Chasers</b>					
216	1:31:23	Neil POLLOCK	SM	1907	230
369	1:36:32	Tom HUTCHINSON	SM	1155	407
404	1:37:31	Rob GOTLIEB	SM	1060	449
<b>45 : Serpentine Running Club</b>					
285	1:34:04	Rostyslav BRAHARNYK	SM	1734	309
323	1:35:19	Andrew STYLIANOU	SM	384	356
388	1:37:05	Philip SLOSS	SM	2214	429
<b>46 : Chiltern Harriers AC</b>					
321	1:35:18	Roger ELLERBY	M50	355	354
347	1:36:04	Jean-Paul VAN WEERT	SM	407	385
366	1:36:24	Doug KING	M50	1042	404
<b>47 : St Albans Striders</b>					
337	1:35:54	Trevor CLEMENTS	M40	41	375
343	1:36:00	David UPJOHN	SM	62	381
359	1:36:14	Richard DAVIS	M40	71	397
<b>48 : Northwood HQ</b>					
46	1:20:41	Jules WERNER	SM	175	47
371	1:36:37	Mahesh MISTRY	M40	178	410
967	1:52:48	Matthew RODDA	SM	176	1193
<b>49 : West 4 Harriers</b>					
271	1:33:27	John BLAKE	M40	2551	295
383	1:36:54	Keith SIMPSON	M40	960	424
542	1:41:09	Steve JESSOP	M50	2431	616
<b>50 : Serpentine Running Club</b>					
403	1:37:28	Paul HOUGHTON	SM	1257	447
410	1:37:43	Peter CHAMBERS	SM	2545	457
456	1:38:48	Angus HODGSON	SM	2567	508
<b>51 : Fairlands Valley Spartans</b>					
302	1:34:33	Darren GREENE	SM	1038	329
320	1:35:16	Jim BROWN	M50	754	353
675	1:44:30	Mark GLADING	M40	898	789
<b>52 : St Albans Striders</b>					
364	1:36:19	Hallam SMALLPEICE	SM	166	402
478	1:39:30	Peter SMITH	M50	1500	534
480	1:39:33	Anthony ROWLANDS	M50	56	536
<b>53 : Clapham chasers</b>					
344	1:36:01	Alan SCOTT	SM	2405	382
561	1:41:35	Keith SCOFIELD	SM	1743	642
563	1:41:39	Allan COX	SM	1844	644
<b>54 : London Heathside</b>					
379	1:36:45	Richard HEWETT	M40	370	418
395	1:37:12	Jacquelin LIGOT	M40	312	438
730	1:46:09	Alex SINGER	SM	1885	866
<b>55 : 26.2 Road Runners Club</b>					
474	1:39:18	Steve BLAKE	SM	509	529
479	1:39:32	Mark LA FRENAIS	SM	245	535
562	1:41:37	Greg WHITEMAN	M40	599	643
<b>56 : Watford Joggers</b>					
446	1:38:41	Danny RISDON	SM	334	498
490	1:39:55	Scott MITCHELL	SM	1208	552
592	1:42:33	Stephen HEWITT	M40	282	678

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<b>57 : Chiltern Harriers AC</b>					
440	1:38:31	Ade McCORMACK	M40	924	491
537	1:41:02	Leyton CHEYNE	SM	442	611
603	1:42:51	Fred BAXTER	M50	2004	692
<b>58 : Tring RC</b>					
420	1:37:57	Robert PINFIELD	M40	350	468
585	1:42:15	Richard WHITE	M50	659	670
668	1:44:22	Peter HAMSON	M60	310	778
<b>59 : Serpentine Running Club</b>					
513	1:40:33	Mike LAU	SM	2054	580
550	1:41:23	Patrick Joseph WALDRON	M40	1518	628
601	1:42:49	John WIX	M40	2000	690
<b>60 : Wimbledon Windmilers</b>					
299	1:34:27	Thomas O'DONOGHUE	M40	795	326
558	1:41:30	Michael SMALL	SM	486	636
873	1:49:53	Jens GLADIKOWSKI	SM	799	1047
<b>61 : Vegetarian Cycling &amp; A.C.</b>					
223	1:31:39	Andy JORDAN	M40	47	238
522	1:40:44	Ade GIBBON	M50	98	591
1012	1:54:13	Scott BAILLIE	M40	448	1258
<b>62 : Leighton Fun Runners</b>					
219	1:31:29	Paul THOMAS	M60	1601	233
610	1:43:12	Robert MANNING	SM	1820	702
958	1:52:27	Brian SNOWDON	SM	2158	1178
<b>63 : Stragglers</b>					
507	1:40:22	Robert PRICE	SM	375	573
549	1:41:20	Ian GOURLAY	SM	2089	627
733	1:46:11	Simon WEBB	SM	1605	869
<b>64 : Road Runners Club</b>					
487	1:39:47	Paul HOWARD	M40	2439	546
566	1:41:43	Zach DE BEER	M50	983	647
748	1:46:41	Paul HOSKING	M40	1098	890
<b>65 : Hillingdon AC</b>					
476	1:39:26	Andrew MANSI	M50	418	532
497	1:40:08	Nick SEAMAN	M40	81	561
882	1:50:17	Michael MILLER	M60	491	1063
<b>66 : St Albans Striders</b>					
529	1:40:51	Steven PHILLIPS	SM	2052	599
567	1:41:46	Richard DERRICK	M50	2044	648
805	1:48:02	Paul KEMP	SM	68	957
<b>67 : Serpentine Running Club</b>					
608	1:43:08	James JOHNSON	SM	789	700
638	1:43:46	Francis BULMAN	SM	497	735
658	1:44:14	Craig SMITH	SM	2462	766
<b>68 : Mornington Chasers</b>					
569	1:41:49	Mark GOODIER	M40	547	650
747	1:46:39	Mark UNDERWOOD	M40	1759	889
758	1:46:52	Alex SUTHERLAND	M40	143	900
<b>69 : Runnymede</b>					
71	1:23:54	Andrew TATE	M40	253	73
105	1:26:09	John LONERGAN	M40	2009	107
1389	2:26:45	John STARBROOK	M60	164	1907
<b>70 : Chiltern Harriers AC</b>					
620	1:43:22	Jonathan BEEDLE	M40	1780	712
701	1:45:05	Julius FAWCETT	SM	1226	817
832	1:48:50	Rik EDWARDS	M50	860	989

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<b>71 : Barnet &amp; District</b>					
31	1:18:45	Grant RAMSAY	SM	2380	33
1141	1:58:24	Kevin CUNDY	M40	474	1447
1178	2:00:24	John CLARKE	M50	1732	1507
<b>72 : Watford Joggers</b>					
613	1:43:15	Matt LOBB	SM	1346	705
783	1:47:30	James GAMBLE	M40	371	929
816	1:48:23	Paul CHRISTIE	SM	821	970
<b>73 : Sudbury Court</b>					
520	1:40:43	Gavin IMRIE	SM	259	589
665	1:44:19	Martin GARRETT	M50	316	775
1030	1:55:00	Jim O'LEARY	M60	468	1278
<b>74 : Serpentine Running Club</b>					
679	1:44:37	Saradhi RAJAN	M40	1726	793
796	1:47:49	Terry NICHOLSON	M50	498	945
875	1:49:59	Norman MARSHALL	M50	774	1052
<b>75 : St Albans Striders</b>					
817	1:48:24	Christian GARCIA	SM	643	971
822	1:48:34	David ANDERSON	M50	33	978
872	1:49:50	Luke HART	SM	45	1046
<b>76 : Tring RC</b>					
768	1:47:10	Maurice BOND	M60	1139	911
812	1:48:18	Darren HOGG	SM	390	965
945	1:52:12	Nick PIERPOINT	M50	2139	1156
<b>77 : Datchet Dashers</b>					
399	1:37:18	Daniel BISHOP	SM	950	442
430	1:38:11	Brent CURLESS	M50	1196	479
1332	2:12:33	Huw THOMAS	M40	119	1776
<b>78 : Garden City Runners</b>					
319	1:35:10	Steve RIVETT	SM	1190	351
771	1:47:17	Richard HOLE	M50	1283	916
1277	2:07:16	Trace ALLEN	M60	226	1675
<b>79 : Fairlands Valley Spartans</b>					
729	1:46:08	Robert SHAW	M60	307	864
978	1:53:06	David HAMILL	SM	1317	1206
983	1:53:13	Paul HOLGATE	M50	928	1212
<b>80 : Watford Joggers</b>					
859	1:49:30	Pete EDWARDS	M40	1379	1030
877	1:50:01	Andy WILLERTON	M40	76	1056
979	1:53:08	Simon UNGER	M40	2560	1207
<b>81 : Watford Harriers</b>					
743	1:46:32	Martin JONES	SM	1742	883
809	1:48:10	Scott BOOCOCK	M40	1554	962
1142	1:58:27	James MARTIN	SM	2541	1449
<b>82 : Herts Phoenix</b>					
79	1:24:37	Peter TOWNSEND	SM	469	80
1163	1:59:25	Richard WHITING	M50	2358	1480
1308	2:09:36	Charles LEDSAM	M50	2361	1722
<b>83 : 26.2 Road Runners Club</b>					
587	1:42:26	Peter GRECIAN	M40	541	673
985	1:53:16	Derek SUMMERS	M50	1817	1215
1140	1:58:23	Robb REEVES	M50	548	1446
<b>84 : Serpentine Running Club</b>					
906	1:51:02	Andrew VAN HEININGEN	M40	1075	1095
910	1:51:11	Timur SHAKIROV	SM	1735	1102
933	1:52:00	Rupert PAUL	SM	2257	1144

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<b>85 : Bearbrook Joggers</b>					
663	1:44:17	Brendan CRADDEN	M60	583	771
727	1:46:05	Paul HEARN	M40	2171	861
1257	2:05:35	Graham SANDERS	M60	1454	1639
<b>86 : Queens Park Harriers</b>					
198	1:30:38	Jeremy GRIGG	SM	1452	207
881	1:50:17	James WALERYCH	SM	383	1062
1347	2:15:29	John WALERYCH	M50	382	1810
<b>87 : Metropolitan Police</b>					
472	1:39:15	Gary BRUCE	M40	2223	527
1063	1:56:08	Matthew ROSS	SM	1989	1329
1188	2:01:04	Jonathan YOUNG	SM	1394	1527
<b>88 : London Heathside</b>					
897	1:50:46	Howard MONK	SM	2412	1081
916	1:51:25	James TAGGART	M50	1901	1114
1024	1:54:45	Charles VERRALL	M60	2030	1271
<b>89 : St Albans Striders</b>					
884	1:50:18	Arthur BROOKS	M50	396	1065
926	1:51:44	Richard BENTLEY	M40	2457	1133
1054	1:55:34	Jonathan MOFFATT	M40	592	1311
<b>90 : Milton Keynes AC</b>					
576	1:42:01	Keith COOK	M60	421	660
895	1:50:41	Nigel FARMER	M40	416	1079
1254	2:05:29	Tom BLACKMAN	SM	454	1636
<b>91 : Chiltern Harriers AC</b>					
856	1:49:28	Kevin ELLERBY	SM	2013	1026
993	1:53:34	Will HUTTON	M40	1951	1229
1109	1:57:23	Reg GILBERT	M60	250	1392
<b>92 : Bedford Harriers</b>					
459	1:38:51	Tony CORMANO	SM	635	511
942	1:52:11	Keith GRAY	M40	982	1153
1325	2:11:52	Bruce MEHEW	M40	1299	1757
<b>93 : Serpentine Running Club</b>					
962	1:52:30	Mark KELL	SM	977	1182
1000	1:53:43	Jonathan EVANS	SM	1252	1238
1098	1:57:08	Paul GOULSON	M40	1158	1378
<b>94 : Metros</b>					
647	1:43:58	John GORTON	M50	1362	750
846	1:49:16	Peter JOSE	M60	1610	1013
1354	2:16:30	Ian ROSS	M40	1356	1825
<b>95 : Stopsley Striders</b>					
488	1:39:50	Andrew DUNCAN	SM	324	549
1268	2:06:35	Kieran FITZPATRICK	M40	2332	1658
1302	2:09:01	Lawrence PROCTOR	M50	2348	1711
<b>96 : Ilford AC</b>					
247	1:32:27	Keith ENNIS	M40	905	265
304	1:34:35	Gurmit SAHOTA	SM	162	331
1411	2:48:58	Terry LASHLEY	M40	970	1952
<b>97 : Fairlands Valley Spartans</b>					
1033	1:55:02	David FARTHING	M40	1443	1283
1068	1:56:23	Kevin LAWLOR	M50	2153	1337
1276	2:07:15	David PAUL	M40	2152	1673
<b>98 : Watford Joggers</b>					
1005	1:53:52	Ian BONNICK	M50	277	1244
1212	2:02:31	Allan HAVARD	M60	837	1563
1223	2:03:03	Malcolm SALMONS	M50	2191	1575

## Asics Watford Half Marathon 01 February 2009 Men's Team Results

(3 competitors per team. Based on cumulative time.)

Team / Place	Time		Age Cat	Entrant No	Posn
99 : Mornington Chasers					
852	1:49:23	Adrian SEAL	M40	1856	1020
1089	1:56:56	Russell MAYNE	M40	1860	1364
1359	2:17:09	Kamau CRAWFORD	SM	2317	1832
100 : St Albans Striders					
1061	1:55:56	Michael BARROWMAN	M60	35	1323
1280	2:07:45	Gladstone THOMPSON	M40	60	1679
1284	2:08:05	Jonathan MILNE	SM	1298	1685
101 : London Heathside					
1201	2:01:41	Laurence STEINPRESS	M50	2155	1547
1207	2:02:11	Stephen WOOLF	M50	2010	1556
1303	2:09:20	Charles SWAN	M50	2106	1716
102 : Road Runners Club					
1066	1:56:22	John ROWE	M60	289	1335
1169	2:00:01	Mike GRAY	M50	134	1495
1358	2:17:06	Mick CURRY	M50	313	1831
103 : Chiltern Harriers AC					
1230	2:03:29	David MOCKETT	SM	293	1585
1245	2:04:47	Steve CHAMBERS	SM	847	1616
1253	2:05:27	Frank HARRIS	M50	251	1633
104 : Tring RC					
1229	2:03:20	Rich KENINGTON	M50	1737	1584
1381	2:23:40	Geoff DENNIS	M60	2121	1892
1402	2:36:12	Tony HILL	M50	1562	1933