

Sunday 12th May 1990

Pos.	Time	Name	Club	Category
1	51.22	A. Beattie	Shaftesbury Harriers	
2	51.52	T. Jones	Bearbrook Joggers	
3	53.44	C. Murray	Bearbrook Joggers	
4	54.38	P. Sibbett	Fairlands Valley Spartans	
5	54.49	P. Challoner	Vauxhall AC	
6	54.56	F. O'Connor	Thetford AC	
7	55.22	C. Owen	Minehead RC	
8	55.24	J. Walker	Dunstable Road Runners	
9	55.3	R. Arnold	Granta Harriers	V40
10	55.41	M. Ingram	Ealing & Southall AC	
11	55.47	P. Dancer	Bedford & County AC	V40
12	55.57	E. Hall	Grantham & District AC	
13	56.09	M. Herring	Ilford AC	V40
14	56.11	B. Barrett	Stopsley Striders	
15	56.12	R. Freeman	Wycombe Phoenix	
16	56.26	L. Hynes	Bedford & County AC	
17	56.34	T. Barnes	Bedford Harriers	
18	56.5	B. Webb	Bedford & County AC	V40
19	56.52	R. Tavinor	Vale of Aylesbury	
20	56.53	M. Kleanthous	Leighton Buzzard AC	
21	57.08	K. Worsdell	Harlow RC	
22	57.11	S. Worrall	Fairlands Valley Spartans	
23	57.13	C. Heyes	Stevenage & North Herts	
24	57.41	S. Scheuber	Royston Runners	V40
25	58	M. Perry	Tring Jogging Club	
26	58.04	D. Wray	Stevenage & North Herts	V40
27	58.09	A. Mickleburgh	RAF	
28	58.1	L. Roworth	Ilford AC	V40
29	58.16	L. Durniat	Leighton Buzzard AC	V40
30	58.29	M. Jellis	Leighton Buzzard AC	V40
31	58.32	R. Allen	Great Yarmouth Road Runners	
32	58.44	M. Clears	Thetford AC	V40
33	58.47	D. Leahy	London Irish AC	
34	58.49	K. O'Brien	Tesco Trotters	
35	59.03	J. McMulkin	Vauxhall AC	
36	59.1	P. Mann	Bedford & County AC	
37	59.15	M. McPheat	Bedford & County AC	
38	59.18	G. Campbell	Granta Harriers	
39	59.2	M. Dawson	North London AC	
40	59.3	P. Suter	St. Alban's Striders	V40
41	59.4	P. Crisp	Thetford AC	V40
42	59.52	S. Lathwell	Leighton Buzzard AC	
43	59.55	D. Rodwell	Wycombe Phoenix	
44	60	T. Keeling	Fairlands Valley Spartans	
45	60.03	J. Crowshaw	Chesham Harriers	V40
46	60.05	G. Dennis	Bedford Harriers	
47	60.05	J. Gillespie	Milton Keynes AC	
48	60.06	T. Gunton	Havering AC	V40
49	60.07	D. Stanley	Amphill & Flitwick Flyers	
50	60.08	D. Smith	Unattached	V40
51	60.1	P. Coy	Banbury Harriers	
52	60.11	M. Taylor	Biggleswade AC	V40
53	60.22	D. Cox	Leighton Fun Runners	
54	60.36	J. Venning	Dunstable Road Runners	

55	60.37	P. Fossey	Ampthill & Flitwick Flyers	
56	60.4	S. Wilson	Leighton Buzzard AC	
57	60.4	T. Styles	Hertford & Ware AC	
58	60.45	T. Roberts	Unattached	
59	60.48	D. Adams	Hertford & Ware AC	
60	60.49	S. Grundy	Chesham Harriers	V40
61	60.55	C. Moody	Harlow RC	
62	60.59	E. Blackman	Unattached	
63	61.08	M. Walker	Thame Runners	
64	61.11	A. Adams	Hertford & Ware AC	
65	61.14	T. Ashton	Hunts AC	
66	61.16	G. Pugh	Harlow RC	
67	61.18	V. Holman	Granta Harriers	V40
68	61.32	J. Turner	Ely Runners	V40
69	61.55	S. Gillson	Granta Harriers	
70	62	A. Ford	Vale of Aylesbury	
71	62.02	G. Hall	Wycombe Phoenix	V40
72	62.12	A. Cottam	Vauxhall AC	
73	62.19	D. Mawer	Stevenage & North Herts	V40
74	62.2	M. Armsworth	Harlow RC	V40
75	62.24	G. Garafolo	Bedford & County AC	V40
76	62.36	P. Claessen	Unattached	
77	62.36	B. Concannon	Harlow RC	V40
78	62.37	P. Neilan	Leighton Buzzard AC	V40
79	62.41	S. Byrne	Unattached	
80	62.46	J. Donovan	Bedford & County AC	V40
81	62.46	M. Mitchell	Berkhamstead	V40
82	62.52	G. Brandby	St. Alban's Striders	
83	62.52	D. Stubbins	Bedford & County AC	V40
84	62.54	S. Hill	St. Alban's Striders	
85	62.57	A. Ferris	Thame Runners	V40
86	63.11	P. Weeks	Chesham Harriers	
87	63.14	W. Cook	Granta Harriers	
88	63.15	M. Phillips	Sevenoaks AC	
89	63.16	R. Allen	Ampthill & Flitwick Flyers	
90	63.16	P. MacCallum-Stewart	Brighton & Hove AC	V40
91	63.17	B. Blackeby	Welwyn Garden City	V40
92	63.19	S. Molloy	Harlow RC	
93	63.26	C. Maughan	Vauxhall AC	V40
94	63.44	T. Cartwright	Stopsley Striders	
95	63.46	J. Brunton	Leighton Buzzard AC	
96	63.5	A. Smith	Bearbrook Joggers	V40
97	63.52	D. Brooks	Unattached	V40
98	63.58	R. Howe	Stopsley Striders	
99	64	C. Herbert	Milton Keynes AC	
100	64.05	F. Suter	St. Alban's Striders	V35
101	64.08	J. O'Mara	Northampton Phoenix	V50
102	64.08	R. homson	PB Road Runners	
103	64.23	M. Churm	Leighton Buzzard AC	V40
104	64.35	L. Tanner	Bedford Harriers	
105	64.35	J. Sparks	Bedford Harriers	V40
106	64.43	P. Hughes	Watford Harriers	V50
107	64.43	A. Carter	Dunstable Road Runners	
108	64.44	T. Farman	Dunstable Road Runners	
109	64.46	P. Howard	Cambridge & Coleridge AC	V40
110	64.47	C. Noon	MKAA & Force Lagatto	

111	64.49	T. Dolphin	Unattached	
112	64.5	S. Potts	Dulwich Runners	
113	64.5	K. Field	Unattached	V40
114	64.52	S. Galloway	Biggleswade AC	V40
115	64.56	D. Sharman	Stopsley Striders	
116	64.58	K. Chapple	Leighton Buzzard AC	
117	65	M. Johnson	Thetford AC	
118	65	P. Kerslake	Silson Joggers	
119	65.02	D. Cooper	Leighton Fun Runners	V40
120	65.08	M. Maunders	Leighton Buzzard AC	V40
121	65.12	T. Beasley	Unattached	
122	65.14	R. Parsons	Harlow RC	V40
123	65.14	R. Manser	Unattached	
124	65.16	K. Quinn	Milton Keynes AC	
125	65.16	C. Bircher	Northampton Phoenix	V40
126	65.25	M. French	Serpentine	
127	65.27	A. Smith	Tring Jogging Club	
128	65.34	T. Eagling	Duke Street Road Running Club	V40
129	65.36	R. Wheeler	Lea Valley Runners	V40
130	65.36	P. Bolton	Leighton Fun Runners	
131	65.4	P. Moore	Vale of Aylesbury	
132	65.51	I. Higgins	Unattached	V40
133	65.56	P. Connor	Barnet & District	
134	65.56	R. Betts	Stopsley Striders	
135	66.07	P. Webb	Fairlands Valley Spartans	
136	66.2	A. Walker	Duke Street Road Running Club	V50
137	66.26	J. Douglas	Vauxhall AC	V40
138	66.32	D. Crawley	Leighton Buzzard AC	
139	66.35	P. Dimmock	Leighton Fun Runners	V40
140	66.37	D. Cameron	Harlow RC	V40
141	66.4	L. Cousens	Vale of Aylesbury	V40
142	66.45	H. Syms	Harlow RC	
143	67	S. Jones	Bedford & County AC	
144	67.03	P. Taylor	St. Alban's Striders	V50
145	67.04	B. Trevette	Chesham Harriers	V40
146	67.06	S. Carter	Tring Jogging Club	
147	67.07	D. Adams	Leighton Buzzard AC	V40
148	67.09	R. Phillips	Unattached	V40
149	67.23	M. Dollard	Unattached	
150	67.25	J. Baker	Bedford & County AC	V40
151	67.3	A. Cornock	Tring Jogging Club	
152	67.37	P. Brantom	Peterborough AC	V40
153	67.54	D. Boyes	Northampton Phoenix	V50
154	67.54	S. Goodlad	Leighton Buzzard AC	
155	67.55	R. Hiller	Thetford AC	
156	67.58	P. Hardy	Bedford & County AC	V40
157	67.58	A. Dadswell	Tring Jogging Club	
158	68.04	C. Haynes	Unattached	
159	68.12	P. Miller	Unattached	V40
160	68.26	S. May	St. Alban's Striders	
161	68.28	B. Hobday	Huntingdon AC	V40
162	68.32	F. Mills	Dacorum Athletic	V40
163	68.32	J. Davern	Unattached	
164	68.33	A. Sinclair	Fairlands Valley Spartans	V50
165	68.48	P. Joyce	Havering AC	
166	68.48	K. Vaughan	Thetford AC	

167	69.07	T. Hill	Tring Jogging Club	V40
168	69.24	S. Gaunt	Bedford & County AC	
169	69.36	N. Marshall	Tring Jogging Club	
170	69.53	A. Jackson	Veterans AC	V40
171	69.59	I. Jones	Bedford & County AC	V40
172	70.01	D. Winney	Unattached	
173	70.04	H. Barnfather	Granta Harriers	V40
174	70.18	P. Parker	Vauxhall AC	V35
175	70.19	A. Thomas	Bedford Harriers	
176	70.42	M. Catlin	Dunstable Road Runners	V40
177	70.43	D. Lloyd	Bedford Harriers	V35
178	70.52	E. Yates	Bedford & County AC	V50
179	70.59	S-T. Yeo	Havering AC	V35
180	71.06	M. Stokes	Unattached	
181	71.09	D. Shoemith	Tring Jogging Club	
182	71.15	C. Milton	Tring Jogging Club	
183	71.19	S. Gausden	LRRC	
184	71.29	J. Boielle	Tring Jogging Club	V50
185	71.41	A. Clarke	Thetford AC	V40
186	71.41	E. Mathinsen	LRRC	V40
187	71.52	R. Wiseman	Unattached	V40
188	72.07	G. Russell	Dunstable Road Runners	
189	72.11	A. Osborne	Fairlands Valley Spartans	V50
190	72.11	N. Hill	Unattached	
191	72.37	F. Stafford	Dunstable Road Runners	V40
192	72.54	T. Edwards	PB Road Runners	V40
193	72.59	T. Dollard	Unattached	V50
194	73.02	A. Rickard	Bedford & County AC	
195	73.11	R. Hodges	Unattached	
196	73.35	P. Wyant	Unattached	
197	73.39	A. Slater	Hillingdon AC	
198	74.04	G. Linnell	Silson Joggers	
199	74.11	G. Edwards	PB Road Runners	
200	74.13	C. Payne	Unattached	
201	74.19	D. Ball	Biggleswade AC	V50
202	74.47	C. Dabrowski	Bearbrook Joggers	
203	74.59	J. Holden	Bedford & County AC	
204	75.04	R. Page	Bedford & County AC	V50
205	75.05	S. Pearce	Tring Jogging Club	
206	75.06	G. Heppell	Tring Jogging Club	
207	75.06	J. Mason	LRRC	
208	75.1	W. Sacks	Shaftesbury Harriers	V50
209	75.14	R. Cove	Bedford & County AC	V40
210	75.17	D. Brunton	Leighton Fun Runners	
211	75.2	P. Hart	Leamington C & AC	V50
212	75.33	M. Croft	Luton United AC	
213	75.37	V. Sparks	Bedford Harriers	V35
214	75.39	D. Carter	Dunstable Road Runners	V50
215	75.5	D. Fennessey	Unattached	
216	75.54	L. Whitehill	Stopsley Striders	V50
217	75.57	D. Silous	Unattached	
218	76	K. Rickard	Bedford & County AC	
219	77.09	M. Stuart	Bedford Harriers	V50
220	77.26	J. Asker	Leighton Buzzard AC	
221	77.31	R. Bennett	Unattached	
222	77.39	W. Harcus	Unattached	

223	77.42	J. Franklin	Unattached	V50
224	77.5	M. Morgan	Burnham Joggers	V50
225	77.59	M. Thomas	Unattached	
226	78.06	I. Richards	Unattached	V40
227	78.13	P. Crookes	Tring Jogging Club	
228	78.15	D. Carter	Unattached	V40
229	78.2	S. Fitzpatrick	Herne Hill Harriers	
230	78.3	M. Squires	Thetford AC	V40
231	78.37	K. Pugh	Harlow RC	
232	78.42	P. Conlan	Unattached	V40
233	79.14	P. Bailey	Bedford & County AC	
234	79.2	M. Williams	Unattached	V40
235	79.25	G. Johnston	Thames Valley Harriers	V50
236	79.35	B. Manfred	DJK Greven	
237	79.36	A. Connor	Unattached	
238	79.4	S. Armitage	Leighton Buzzard AC	
239	79.57	R. Callaghan	Unattached	
240	79.57	H. Tanner	Bedford Harriers	
241	80.03	C. Walton	Watford Harriers	
242	80.13	G. Roser	Tring Jogging Club	V40
243	80.28	K. Armstrong-Braun	Stone Masters	V40
244	80.32	B. Coxall	Granta Harriers	
245	80.34	L. Smith	Harlow RC	V35
246	80.38	A. Linnell	Silson Joggers	
247	80.41	D. Saxby	Leighton Buzzard AC	
248	80.48	J. Felstead	Harlow RC	V35
249	82.06	P. Allen	Havering AC	V35
250	82.18	P. Glaysher	Unattached	V40
251	82.49	Y. Owen	Unattached	V35
252	82.49	I. Sayer	Leighton Buzzard AC	V40
253	83.07	S. Hill	Unattached	
254	84.02	A. Payne	Leighton Buzzard AC	V40
255	84.07	G. Holmes	March AC	V35
256	84.25	J. Goodwin	Bedford & County AC	V35
257	84.36	C. Gunn	Bedford & County AC	V40
258	84.49	W. Stevens	Harlow RC	V35
259	85.56	G. Webb	Biggleswade AC	V50
260	86.4	W. Mitchell	Unattached	
261	86.49	I. Barr	Bedford Harriers	V35
262	88.18	S. Phillips	Unattached	
263	88.23	P. Gardner	Unattached	
264	88.34	W. Gardner	Unattached	V50
265	89.16	A. Constantin	Unattached	
266	89.26	M. Brown	Leighton Fun Runners	
267	89.46	P. Newstead	Unattached	V40
268	89.51	C. Perry	Leighton Buzzard AC	
269	92.55	T. Farey	Dunstable Road Runners	V40
270	92.55	B. Farey	Dunstable Road Runners	
271	93.29	K. Tuffen	Vauxhall AC	
272	94.36	M. Miller	Unattached	V35
273	95.4	J. Quirke	Unattached	