

**Pednor 5 Race Walk  
(Category B)**

**Monday 1st May 2017**

**Incorporating the Buckinghamshire AA Race Walk Championship**

**Men's Race**

<b>Posn</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Bucks</b>
1	44.39	Sebastian Parris	Ilford AC		
2	45.16	Neil Bates	Chiltern Harriers AC		Bucks
3	48.29	Keith Vallis	Overton Harriers	Vet 50	
4	48.31	Stuart Bennett	Ilford AC	Vet 55	
5	48.41	Mark Culshaw	Ilford AC	Vet 50	
6	50.23	David Bowker	Fairlands Valley Spartans	Vet 55	
7	51.54	Dan Maskell	Surrey Walking Club	Vet 65	
8	52.05	Ken Bobbett	Hillingdon AC	Vet 70	Bucks
9	53.53	John Borgars	Loughton AC	Vet 70	
10	54.30	Andrew Cox	Hillingdon AC	Vet 50	
11	54.14	Christopher Flint	Surrey Walking Club	Vet 70	
12	57.34	Sean Pender	Enfield & Harringey AC	Vet 60	
13	57.42	Phil Burridge	Handy Cross Runners	Vet 50	Bucks
14	58.35	David Delaney	Surrey Walking Club	Vet 70	
15	58.36	David Hoben	Surrey Walking Club	Vet 60	
16	59.11	Trevor Brawn	Chiltern Harriers AC	Vet 65	Bucks
17	60.08	Terry Morris	Nuneaton Harriers	Vet 70	
18	62.04	Peter Cassidy	Loughton AC	Vet 75	
19	62.45	Martyn Cartwright	Chiltern Harriers AC	Vet 75	Bucks
20	64.50	Mike Morgan	Burnham Joggers	Vet 75	Bucks
21	64.59	Michael Hickman	Handy Cross Runners	Vet 65	Bucks
22	75.19	Ken Livermore	Enfield & Harringey AC	Vet 80	
23	85.00	Benjamin Garrett	Unattached	Under 20	

**Ladies' Race**

<b>Posn</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Bucks</b>
1	49.31	Helen Middleton	Enfield & Harringey AC	Vet 50	
2	50.16	Fiona Bishop	Woking AC	Vet 55	
3	51.55	Joyce Crawford	Enfield & Harringey AC	Vet 45	
4	51.59	Sarah Trundle	Nuneaton Harriers	Vet 45	
5	55.28	Jo Miles	Hillingdon AC	Vet 60	
6	57.12	Melanie Bolden	Unattached	Vet 45	Bucks
7	60.09	Laura Butt	Unattached	Vet 40	Bucks
8	61.50	Tessa Passey	Chiltern Harriers AC	Vet 50	Bucks
9	66.41	Patricia Keene	Burnham Joggers	Vet 60	
10	70.46	Valerie Chamberlain	Unattached	Vet 50	
11	70.46	Benedicte Ward	Unattached	Vet 45	
12	71.24	Elspeth Attwood	Unattached	Vet 55	
13	85.00	Amanda Garrett	Unattached	Vet 45	

## PEDNOR 5 CHALLENGE

The combined times for competitors in both the Pednor 5 Road Race and Road Walk

<b>Ladies</b>	<b>Total Time</b>	<b>Name</b>	<b>Club</b>	<b>Walk Time</b>	<b>Run Time</b>
1	92.55	Fiona Bishop	Woking AC	50.16	42.39
2	98.32	Melanie Bolden	Unattached	57.12	41.20
3	98.50	Tessa Passey	Chiltern Harriers AC	61.50	37.00
4	104.52	Patricia Keene	Burnham Joggers	66.41	38.11
5	127.28	Elspeth Attwood	Unattached	71.24	56.04

<b>Men</b>	<b>Total Time</b>	<b>Name</b>	<b>Club</b>	<b>Walk Time</b>	<b>Run Time</b>
1	76.07	Sebastian Parris	Ilford AC	44.39	31.28
2	80.49	Neil Bates	Chiltern Harriers AC	45.16	35.33
3	83.36	Keith Vallis	Overton Harriers & AC	48.29	35.07
4	86.52	David Bowker	Fairlands V. Spartans	50.23	36.29
5	90.48	Mark Culshaw	Ilford AC	48.41	42.07
6	93.08	Stuart Bennett	Ilford AC	48.31	44.37
7	96.40	John Borgars	Loughton AC	53.53	42.47
8	103.33	Trevor Brawn	Chiltern Harriers AC	59.11	44.22
9	116.06	Phil Burridge	Handy Cross Runners	57.42	58.24
10	122.25	Michael Hickman	Handy Cross Runners	64.59	57.26