

Pednor 5 Race Walk
(Category B)
Monday 6th May 2019
Incorporating the Buckinghamshire AA Race Walk Championship

Men's Race

Posn	Time	Name	Club	Category	Bucks
1	45.13	Neil Bates	Chiltern Harriers AC		Bucks
2	49.36	Steven Uttley	Ilford AC	Vet 60	
3	49.41	John Constandinou	Birchfield Harriers	Vet 45	
4	50.04	Stuart Bennett	Ilford AC	Vet 60	
5	50.31	Martin Culshaw	Ilford AC	Vet 60	
6	50.52	Simon Morgan	Ilford AC	Vet 50	
7	50.57	John Ralph	Enfield & Harringey AC	Vet 60	Bucks
8	54.37	David Kates	Ilford AC	Vet 60	
9	56.11	John Borgars	Herts Phoenix / Loughton AC	Vet 70	
10	56.15	Tom Casserley	Enfield & Harringey AC	Vet 80	
11	56.52	Stephen Cartwright	Colchester & Tendring AC	Vet 60	
12	58.03	Trevor Brawn	Chiltern Harriers AC	Vet 65	Bucks
13	58.12	David Hoben	Surrey Walking Club	Vet 65	
14	58.19	Arthur Thomson	Enfield & Harringey AC	Vet 80	
15	58.26	Paul Richardson	Unattached	Vet 55	
16	58.29	Christopher Flint	Surrey Walking Club	Vet 70	
17	59.06	Malcolm Blackwood	Trent Park Running Club	Vet 65	
18	59.43	Gary Smith	Enfield & Harringey AC	Vet 60	
19	59.59	Martin Reader	Unattached	Vet 55	
20	68.31	Martyn Cartwright	Chiltern Harriers AC	Vet 75	Bucks

Women's Race

Posn	Time	Name	Club	Category	Bucks
1	48.40	Melanie Peddle	Loughton AC	Vet 50	
2	49.14	Emma Dyos	Ilford AC	Vet 40	
3	50.24	Helen Middleton	Enfield & Harringey AC	Vet 55	
4	51.26	Diane Baldwin	Marshall Milton Keynes AC	Vet 60	Bucks
5	54.31	Rachel Lawless	Ilford AC	Vet 55	
6	56.47	Lesley Morris	Ilford AC	Vet 55	
7	59.02	Melanie Bolden	Unattached	Vet 50	
8	63.17	Louisa Rowlands	Unattached	Vet 45	
9	63.17	Debbie Shephard	Unattached	Vet 50	
10	68.31	Kate Cousin	Unattached	Vet 40	

Girls 2 Mile Race

1	25.41	Jasmine Richardson	St Bartholomew C of E School
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PEDNOR 5 CHALLENGE

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

Women	Total Time	Name	Club	Walk Time	Run Time
1	91.05	Diane Baldwin	Marshall Milton Keynes AC	51.26	39.39
2	104.32	Melanie Bolden	Unattached	59.02	45.30
3	114.25	Kate Cousin	Unattached	68.31	45.54

Men	Total Time	Name	Club	Walk Time	Run Time
1	78.54	Neil Bates	Chiltern Harriers AC	45.13	33.41
2	102.24	Paul Richardson	Unattached	58.26	43.58
3	103.44	Trevor Brawn	Chiltern Harriers AC	58.03	45.41
4	105.30	Martin Reader	Unattached	59.59	45.31