

**Pednor 5 Race Walk
(Category B)
Monday 7th May 2018
Incorporating the Buckinghamshire AA Race Walk Championship**

Men's Race

Posn	Time	Name	Club	Category	Bucks
1	39.46	Sebastian Parris	Ilford AC		
2	44.54	Neil Bates	Chiltern Harriers AC		Bucks
3	50.13	John Hall	Belgrave Harriers	Vet 65	
4	52.40	Stuart Bennett	Ilford AC	Vet 55	
5	52.41	Steven Uttley	Ilford AC	Vet 60	
6	52.59	Steve Allen	Barnet & District AC	Vet 60	
7	54.17	David Kates	Ilford AC	Vet 65	
8	54.35	John Borgars	Loughton AC	Vet 70	
9	54.45	John Ralph	Enfield & Harringey AC	Vet 60	Bucks
10	56.51	Stephen Cartwright	Colchester & Tendring AC	Vet 60	
11	57.56	Gary Smith	Enfield & Harringey AC	Vet 60	
12	59.04	Christopher Flint	Surrey Walking Club	Vet 70	
13	60.15	Tom Casserley	Enfield & Harringey AC	Vet 75	
14	61.16	Paul Richardson	Unattached	Vet 55	
15	61.18	Michael Harran	Surrey Walking Club	Vet 75	
16	61.39	Sean Pender	Enfield & Harringey AC	Vet 60	
17	65.13	Martyn Cartwright	Chiltern Harriers AC	Vet 75	Bucks
18	66.44	Trevor Brawn	Chiltern Harriers AC	Vet 65	Bucks
19	71.05	Terry Morris	Nuneaton Harriers	Vet 70	
20	72.59	Dan Cameron	Unattached	Vet 40	
21	73.26	Mike Morgan	Burnham Joggers	Vet 75	Bucks
22	75.50	Benjamin Garrett	Unattached	Under 20	

John Constandinou (Birchfield Harriers - Vet 45) started late - finished in 52:30 (course time)

Ladies' Race

Posn	Time	Name	Club	Category	Bucks
1	49.41	Helen Middleton	Enfield & Harringey AC	Vet 55	
2	53.39	Melanie Peddle	Loughton AC	Vet 45	
3	54.33	Fiona Bishop	Enfield & Harringey AC	Vet 55	
4	55.08	Noel Blatchford	Abingdon AC	Vet 70	
5	56.16	Sarah Trundle	Nuneaton Harriers	Vet 45	
6	74.55	Elspeth Attwood	Unattached	Vet 60	
7	75.50	Amanda Garrett	Unattached	Vet 45	

PEDNOR 5 CHALLENGE

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

Ladies	Total Time	Name	Club	Walk Time	Run Time
1	102.30	Fiona Bishop	Woking AC	54.33	47.57

Men	Total Time	Name	Club	Walk Time	Run Time
1	71.20	Sebastian Parris	Ilford AC	39.46	31.34
2	81.56	Neil Bates	Chiltern Harriers AC	44.54	37.02
3	113.05	Paul Richardson	Unattached	61.16	51.49