

# Orion Harriers Forest Five Race 3 (ELVIS 6)

11th August 2018

| Pos | Number | First    | Last          | Cat | Club                  | Time  |
|-----|--------|----------|---------------|-----|-----------------------|-------|
| 1   | 562    | Aaron    | Mcgrady       | SM  | VPH&TH AC             | 27:29 |
| 2   | 543    | Nick     | Harris-Fry    | SM  | Orion Harriers        | 28:26 |
| 3   | 852    | George   | Day           | SM  | Orion Harriers        | 28:27 |
| 4   | 902    | Daniel   | Mutlow        | SM  | VPH&TH AC             | 28:56 |
| 5   | 763    | Paul     | Quinton       | SM  | East London Runners   | 29:23 |
| 6   | 905    | Gary     | Coombes       | M40 | Ilford AC             | 29:24 |
| 7   | 582    | Jose     | Rodriguez     | SM  | East London Runners   | 29:30 |
| 8   | 522    | James    | Cordwell      | M40 | VPH&TH AC             | 29:34 |
| 9   | 569    | Daniel   | Moses         | SM  | Orion Harriers        | 29:50 |
| 10  | 606    | Matt     | Woodman       | M40 | Orion Harriers        | 30:07 |
| 11  | 681    | Jared    | Bethell       | SM  | Bishops Stortford RC  | 30:20 |
| 12  | 864    | Stephen  | Fabes         | SM  | VPH&TH AC             | 30:29 |
| 13  | 859    | Ben      | Rowlands      | SM  | Orion Harriers        | 30:39 |
| 14  | 611    | James    | Lynch         | M40 | London Heathside      | 30:44 |
| 15  | 781    | Adam     | Bartlett      | SM  | Harold Wood RC        | 30:59 |
| 16  | 576    | Stephen  | Philcox       | M50 | Ilford AC             | 31:06 |
| 17  | 714    | Simon    | Leung-Chester | M40 | East End Road Runners | 31:06 |
| 18  | 738    | Spencer  | Evans         | SM  | East London Runners   | 31:12 |
| 19  | 600    | Martin   | Westley       | SM  | Harlow RC             | 31:21 |
| 20  | 712    | Jimmi    | Lee           | SM  | East End Road Runners | 31:48 |
| 21  | 843    | Celine   | Bradley       | W35 | London Heathside      | 31:52 |
| 22  | 615    | Scott    | Reid          | M40 | Orion Harriers        | 32:01 |
| 23  | 768    | Simon    | Thomas        | SM  | East London Runners   | 32:02 |
| 24  | 823    | John     | Crawley       | SM  | Ilford AC             | 32:03 |
| 25  | 723    | Jennifer | Ansell        | SW  | East London Runners   | 32:11 |
| 26  | 760    | James    | Nichols       | SM  | East London Runners   | 32:13 |
| 27  | 856    | Giles    | Hopkinson     | M40 | Orion Harriers        | 32:14 |
| 28  | 571    | Dan      | O'Sullivan    | M40 | VPH&TH AC             | 32:19 |
| 29  | 748    | John     | Henry         | SM  | East London Runners   | 32:20 |
| 30  | 869    | Andy     | Waterman      | SM  | VPH&TH AC             | 32:25 |
| 31  | 561    | Darren   | Matussa       | M40 | North Herts RRC       | 32:26 |
| 32  | 783    | James    | Coker         | SM  | Harold Wood RC        | 32:29 |
| 33  | 865    | Andrew   | Hutson        | SM  | VPH&TH AC             | 32:29 |
| 34  | 842    | Leonard  | Martin        | SM  | London Heathside      | 32:29 |
| 35  | 602    | David    | Wilson        | SM  | Orion Harriers        | 32:32 |
| 36  | 537    | Ben      | Green         | SM  | VPH&TH AC             | 32:34 |
| 37  | 556    | Kevin    | Long          | M40 | VPH&TH AC             | 32:45 |
| 38  | 750    | Nathan   | Jones         | SM  | East London Runners   | 32:47 |
| 39  | 616    | David    | Cull          | SM  | Serpentine RC         | 32:52 |
| 40  | 673    | Diamuid  | Macdonnell    | M40 | Barking Road Runners  | 32:53 |
| 41  | 871    | David    | Cox           | M60 | WGAC with EL          | 33:01 |
| 42  | 509    | Gill     | Bland         | W35 | Harrow AC             | 33:04 |
| 43  | 707    | Rod      | Baldwin       | SM  | East End Road Runners | 33:07 |
| 44  | 517    | Philip   | Chapman       | SM  | VPH&TH AC             | 33:07 |

|    |     |             |             |     |                         |       |
|----|-----|-------------|-------------|-----|-------------------------|-------|
| 45 | 764 | Robert      | Rayworth    | M40 | East London Runners     | 33:10 |
| 46 | 791 | Josh        | Jenner      | SM  | Harold Wood RC          | 33:13 |
| 47 | 792 | Christopher | King        | SM  | Harold Wood RC          | 33:17 |
| 48 | 891 | Mark        | Wyatt       | SM  | Unaffiliated            | 33:24 |
| 49 | 767 | Dan         | Senior      | M40 | East London Runners     | 33:25 |
| 50 | 505 | Andrew      | Baxter      | M40 | East London Runners     | 33:32 |
| 51 | 841 | Gareth      | Marshall    | SM  | London Heathside        | 33:35 |
| 52 | 858 | Martin      | Reynolds    | SM  | Orion Harriers          | 33:40 |
| 53 | 586 | Hannah      | Somani      | SW  | VPH&TH AC               | 33:52 |
| 54 | 575 | Roy         | Perrott     | M40 | Orion Harriers          | 33:53 |
| 55 | 529 | Philip      | Duggan      | M40 | London Heathside        | 33:54 |
| 56 | 833 | Terry       | Knightley   | M50 | Ilford AC               | 33:55 |
| 57 | 734 | Peter       | Craik       | M40 | East London Runners     | 33:56 |
| 58 | 523 | Martyn      | Coulter     | SM  | Harlow RC               | 33:56 |
| 59 | 587 | Rob         | Sommerville | M50 | Eton Manor AC           | 33:59 |
| 60 | 539 | Dan         | Green       | M40 | Orion Harriers          | 34:03 |
| 61 | 696 | Paul        | Prior       | M50 | Dagenham 88 Runners     | 34:06 |
| 62 | 564 | Robin       | Mcnelis     | M40 | UKRunChat Running Clu   | 34:16 |
| 63 | 877 | Edouard     | Guidon      | SM  | Unaffiliated            | 34:17 |
| 64 | 726 | Calvin      | Bobin       | M60 | East London Runners     | 34:18 |
| 65 | 698 | Peter       | Salmon      | M50 | Dagenham 88 Runners     | 34:35 |
| 66 | 901 | Buddy       | Green       | SM  | Orion Harriers          | 34:40 |
| 67 | 739 | Ashley      | Faria       | M40 | East London Runners     | 34:41 |
| 68 | 558 | Stuart      | Manktelow   | M50 | Trent Park Running Club | 34:43 |
| 69 | 896 | Andy        | Lunn        | M40 | Orion Harriers          | 34:47 |
| 70 | 742 | Neil        | Gage        | M40 | East London Runners     | 34:49 |
| 71 | 773 | Martin      | Hockey      | M40 | Eton Manor              | 34:54 |
| 72 | 583 | Fiona       | Russell     | W45 | Mornington Chasers      | 35:00 |
| 73 | 898 | Robert      | Scott       | M40 | Barnet & District AC    | 35:06 |
| 74 | 897 | Jerry       | Bryon       | M50 | Barnet & District AC    | 35:22 |
| 75 | 844 | Louisa      | Pointon     | SW  | London Heathside        | 35:25 |
| 76 | 845 | Satu        | Hietanen    | W45 | London Heathside        | 35:28 |
| 77 | 584 | John        | Sable       | SM  | Unaffiliated            | 35:30 |
| 78 | 803 | Gary        | Flint       | M50 | Havering '90 Joggers    | 35:32 |
| 79 | 680 | Paul        | Ward        | M40 | Barking Road Runners    | 35:33 |
| 80 | 804 | Brian       | Fry         | M40 | Havering '90 Joggers    | 35:44 |
| 81 | 736 | Carlton     | D'Souza     | M50 | East London Runners     | 35:45 |
| 82 | 740 | Emmet       | Fitzgibbon  | SM  | East London Runners     | 35:48 |
| 83 | 514 | Christopher | Burgess     | M40 | Runfit Essex            | 36:01 |
| 84 | 756 | Amit        | Marks       | M40 | East London Runners     | 36:09 |
| 85 | 754 | Terry       | Lewsey      | M40 | East London Runners     | 36:10 |
| 86 | 770 | Eleanor     | Wilkinson   | SW  | East London Runners     | 36:13 |
| 87 | 732 | Nick        | Clarke      | SM  | East London Runners     | 36:25 |
| 88 | 675 | Martin      | Page        | M60 | Barking Road Runners    | 36:25 |
| 89 | 850 | Stephen     | Bennett     | M40 | Orion Harriers          | 36:41 |
| 90 | 860 | John        | Smith       | M60 | Orion Harriers          | 36:46 |
| 91 | 528 | Simon       | Dent        | M50 | Mornington Chasers      | 36:48 |
| 92 | 672 | Antony      | Leckerman   | M50 | Barking Road Runners    | 36:51 |
| 93 | 836 | Alan        | Pearl       | M50 | Ilford AC               | 36:52 |

|     |     |           |             |     |                        |       |
|-----|-----|-----------|-------------|-----|------------------------|-------|
| 94  | 526 | Gareth    | Davies      | M40 | East London Runners    | 36:57 |
| 95  | 880 | Andre     | Leite Reis  | SM  | Unaffiliated           | 36:59 |
| 96  | 846 | Emilia    | Vynnycky    | W45 | London Heathside       | 37:02 |
| 97  | 908 | Naomi     | Bourne      | W45 | VPH&TH AC              | 37:06 |
| 98  | 873 | Steve     | Abrahams    | M40 | Unaffiliated           | 37:18 |
| 99  | 743 | Richard   | Guest       | M40 | East London Runners    | 37:22 |
| 100 | 682 | Jamie     | Austin      | SM  | Dagenham 88 Runners    | 37:23 |
| 101 | 801 | Dean      | Bates       | M50 | Havering '90 Joggers   | 37:27 |
| 102 | 849 | Nele      | Douglas     | M40 | Unaffiliated           | 37:28 |
| 103 | 762 | Shailesh  | Patel       | M50 | East London Runners    | 37:29 |
| 104 | 691 | Leigh     | Moring      | M50 | Dagenham 88 Runners    | 37:32 |
| 105 | 834 | Breege    | Nordin      | W55 | Iford AC               | 37:32 |
| 106 | 837 | Carlie    | Qirem       | SW  | Iford AC               | 37:35 |
| 107 | 821 | Eain      | Begg        | SM  | Iford AC               | 37:47 |
| 108 | 874 | Russell   | Courtney    | M40 | Unaffiliated           | 37:50 |
| 109 | 894 | Bradley   | Brown       | M40 | Iford AC               | 37:52 |
| 110 | 776 | Kate      | Malcolm     | W45 | Eton Manor AC          | 37:56 |
| 111 | 684 | Mick      | Brown       | M50 | Dagenham 88 Runners    | 37:59 |
| 112 | 840 | Anthony   | Young       | M50 | Iford AC               | 38:03 |
| 113 | 853 | Benjamin  | Fisher      | M40 | Orion Harriers         | 38:04 |
| 114 | 531 | Danny     | Fitzsimons  | M50 | Orion Harriers         | 38:05 |
| 115 | 806 | Guy       | Hildreth    | SM  | Havering '90 Joggers   | 38:11 |
| 116 | 889 | Matas     | Vala        | SM  | Unaffiliated           | 38:19 |
| 117 | 574 | Ramesh    | Pala        | M50 | East London Runners    | 38:21 |
| 118 | 573 | Janice    | Page        | W55 | Harlow RC              | 38:23 |
| 119 | 870 | Chris     | Watkeys     | M40 | VPH&TH AC              | 38:26 |
| 120 | 863 | Cheryl    | Evans       | SW  | VPH&TH AC              | 38:27 |
| 121 | 854 | Jasmin    | Fitzpatrick | SW  | Orion Harriers         | 38:27 |
| 122 | 774 | Steve     | Adams       | M50 | Eton Manor AC          | 38:28 |
| 123 | 687 | Nils      | Hollmann    | M40 | Dagenham 88 Runners    | 38:30 |
| 124 | 559 | Marco     | Maserati    | M50 | London Heathside Runne | 38:35 |
| 125 | 772 | Jonathan  | Wooldridge  | M40 | East London Runners    | 38:37 |
| 126 | 547 | Christine | Inch        | W55 | Orion Harriers         | 38:40 |
| 127 | 784 | Paul      | Depree      | SM  | Harold Wood RC         | 38:45 |
| 128 | 825 | Declan    | Cullen      | M60 | Iford AC               | 38:49 |
| 129 | 770 | Eleanor   | Wilkinson   | SW  | East London Runners    | 38:50 |
| 130 | 835 | Stephen   | Parker      | M60 | Iford AC               | 38:55 |
| 131 | 805 | Tony      | Galea       | M50 | Havering '90 Joggers   | 38:58 |
| 132 | 593 | Clive     | Tweedie     | M60 | Havering '90 Joggers   | 39:02 |
| 133 | 780 | Gurjit    | Bansal      | SM  | Harold Wood RC         | 39:04 |
| 134 | 831 | Adnan     | Karim       | SM  | Iford AC               | 39:08 |
| 135 | 861 | Alison    | Taylor      | W35 | Orion Harriers         | 39:11 |
| 136 | 851 | Daniel    | Carroll     | SM  | Orion Harriers         | 39:11 |
| 137 | 546 | Lucy      | Humphreys   | SW  | Orion Harriers         | 39:19 |
| 138 | 679 | Ronald    | Vialls      | M60 | Barking Road Runners   | 39:20 |
| 139 | 829 | Nicola    | Hopkinson   | W55 | Iford AC               | 39:26 |
| 140 | 607 | Roger     | Berry       | M70 | Orion Harriers         | 39:41 |
| 141 | 887 | Jack      | Stonebridge | SM  | Unaffiliated           | 39:42 |
| 142 | 551 | George    | Joseph      | M60 | Unaffiliated           | 39:45 |

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|-----|-----|------------|-----------------|-----|-----------------------|-------|
| 143 | 608 | Edward     | Skinner         | M60 | Tiptree Road Runners  | 39:56 |
| 144 | 588 | David      | Stockwell       | M50 | Orion Harriers        | 39:57 |
| 145 | 893 | Rachel     | Zipfel          | W35 | Unaffiliated          | 40:01 |
| 146 | 855 | Simon      | Haigh           | M50 | Orion Harriers        | 40:09 |
| 147 | 554 | Maki       | Kimura          | W45 | Mornington Chasers    | 40:09 |
| 148 | 867 | Laura      | Morgan          | SW  | VPH&TH AC             | 40:14 |
| 149 | 839 | Jenni      | Sheehan         | SW  | Ilford AC             | 40:22 |
| 150 | 538 | Billy      | Green           | M50 | Ilford AC             | 40:28 |
| 151 | 808 | Bruce      | Mail            | M50 | Havering '90 Joggers  | 40:29 |
| 152 | 530 | Claire     | Fisher          | SW  | Unaffiliated          | 40:31 |
| 153 | 909 | Eamon      | Byrne           | M50 | Mornington Chasers    | 40:38 |
| 154 | 787 | Rosie      | Hatch           | SW  | Harold Wood RC        | 40:44 |
| 155 | 899 | Kathryn    | Hertberg        | SW  | East London Runners   | 41:04 |
| 156 | 603 | Frances    | Wilson          | W45 | Orion Harriers        | 41:13 |
| 157 | 794 | Ruth       | Quince          | W35 | Harold Wood RC        | 41:26 |
| 158 | 605 | Sharon     | Wood            | W45 | Orion Harriers        | 41:31 |
| 159 | 716 | Imran      | Patel           | SM  | East End Road Runners | 41:55 |
| 160 | 503 | June       | Barrow-Green    | W65 | VPH&TH AC             | 42:00 |
| 161 | 700 | Hannah     | Sheikh          | W45 | Dagenham 88 Runners   | 42:06 |
| 162 | 745 | David      | Hallybone       | M40 | East London Runners   | 42:12 |
| 163 | 518 | Philippa   | Cockman         | W55 | VPH&TH AC             | 42:17 |
| 164 | 910 | Declan     | Puelan          | M50 | VPH&TH AC             | 42:18 |
| 165 | 886 | David      | Rubio           | M40 | Unaffiliated          | 42:18 |
| 166 | 885 | Matthew    | Pollock         | M40 | Unaffiliated          | 42:20 |
| 167 | 789 | Martin     | Hawker          | M40 | Harold Wood RC        | 42:23 |
| 168 | 747 | John Paul  | Healy           | M40 | East London Runners   | 42:26 |
| 169 | 811 | Kate       | Pettit          | W45 | Havering '90 Joggers  | 42:28 |
| 170 | 570 | Helen      | Nickols         | W35 | VPH&TH AC             | 42:36 |
| 171 | 799 | Amanda     | Keasley         | W45 | Havering 90 Joggers   | 43:06 |
| 172 | 857 | John       | Neighbour       | M60 | Orion Harriers        | 43:27 |
| 173 | 785 | Brynley    | Giddings        | M50 | Harold Wood RC        | 43:32 |
| 174 | 567 | Dhurmendra | Mistry          | M50 | Orion Harriers        | 43:38 |
| 175 | 824 | Natalie    | Crisp           | SW  | Ilford AC             | 43:48 |
| 176 | 548 | Rahana     | Islam           | W35 | Dagenham 88 Runners   | 43:56 |
| 177 | 706 | Catherine  | Apps            | W55 | East End Road Runners | 44:00 |
| 178 | 778 | Jane       | Pannell         | W45 | Eton Manor AC         | 44:01 |
| 179 | 627 | Alon       | Caspi           | M60 | Mornington Chasers    | 44:12 |
| 180 | 708 | Sarah      | Bemand          | W35 | East End Road Runners | 44:20 |
| 181 | 744 | Emma       | Haddock         | SW  | East London Runners   | 44:27 |
| 182 | 766 | Alexandra  | Rutishauser-Per | W35 | East London Runners   | 44:40 |
| 183 | 731 | Steven     | Bywater         | M50 | East London Runners   | 44:40 |
| 184 | 812 | Darren     | Radford         | M50 | Havering '90 Joggers  | 44:47 |
| 185 | 536 | Nick       | Gorman          | M50 | East End Road Runners | 44:50 |
| 186 | 628 | Anne       | Caspi           | W55 | Mornington Chasers    | 44:54 |
| 187 | 884 | Katelyn    | Pollock         | SW  | Unaffiliated          | 45:00 |
| 188 | 683 | Andrew     | Beazeley        | SM  | Dagenham 88 Runners   | 45:07 |
| 189 | 721 | Marc Taffy | Upton           | M40 | East End Road Runners | 45:08 |
| 190 | 685 | Yolanda    | Ceira           | W45 | Dagenham 88 Runners   | 45:18 |
| 191 | 838 | Alison     | Sale            | W45 | Ilford AC             | 45:23 |

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|-----|-----|-------------|-----------------|-----|------------------------|-------|
| 192 | 693 | Jenny       | O'Hanlon        | W35 | Dagenham 88 Runners    | 45:28 |
| 193 | 888 | Sarah       | Thomas          | SW  | Unaffiliated           | 45:31 |
| 194 | 798 | Glen        | Wisbey          | M50 | Harold Wood RC         | 45:36 |
| 195 | 677 | Natalie     | Traylen         | W35 | Barking Road Runners   | 45:39 |
| 196 | 560 | Margherita  | Maserati        | W55 | London Heathside Runne | 45:44 |
| 197 | 557 | Andrea      | Macqueen        | W55 | Orion Harriers         | 45:59 |
| 198 | 828 | Rachel      | Halpin          | SW  | Ilford AC              | 46:00 |
| 199 | 875 | Laura       | Dawkin          | W35 | Unaffiliated           | 46:04 |
| 200 | 788 | Louise      | Hawker          | W35 | Harold Wood RC         | 46:15 |
| 201 | 728 | Catherine   | Brett           | W45 | East London Runners    | 46:21 |
| 202 | 542 | John        | Hanlon          | M50 | Orion Harriers         | 46:23 |
| 203 | 506 | Francine    | Bennett         | W35 | VPH&TH AC              | 46:29 |
| 204 | 552 | Pavish      | Karnik          | M40 | East End Road Runners  | 46:32 |
| 205 | 521 | Louise      | Cootes          | W35 | Harlow RC              | 46:37 |
| 206 | 895 | Leonard Jam | Apps            | M50 | Unaffiliated           | 46:42 |
| 207 | 892 | Emma        | Zipfel          | W35 | Unaffiliated           | 46:43 |
| 208 | 790 | Helen       | Jenner          | W35 | Harold Wood RC         | 46:46 |
| 209 | 816 | Brian       | Slade           | M70 | Havering '90 Joggers   | 46:47 |
| 210 | 903 | Edward      | Owen            | SM  | Unaffiliated           | 46:55 |
| 211 | 553 | Nicola      | Kerr            | W45 | VPH&TH AC              | 47:01 |
| 212 | 751 | Sheila      | Kennedy         | W55 | East London Runners    | 47:14 |
| 213 | 827 | Julia       | Galea           | W55 | Ilford AC              | 47:20 |
| 214 | 793 | Lynsey      | Mann            | W35 | Harold Wood RC         | 47:22 |
| 215 | 906 | Gill        | Hopkins         | W55 | Orion Harriers         | 47:29 |
| 216 | 703 | Timi        | Veerasamy       | W65 | Dagenham 88 Runners    | 47:45 |
| 217 | 775 | Hayley      | Dalton          | W45 | Eton Manor AC          | 47:49 |
| 218 | 676 | Dennis      | Spencer-Perkins | M60 | Barking Road Runners   | 47:50 |
| 219 | 735 | Fiona       | Day             | W55 | East London Runners    | 47:51 |
| 220 | 532 | Ruth        | Fontaine        | W45 | Unaffiliated           | 47:59 |
| 221 | 882 | Carl        | Noffki          | M40 | Unaffiliated           | 48:08 |
| 222 | 585 | Lisa        | Smith           | W55 | Orion Harriers         | 48:12 |
| 223 | 800 | Simon       | Maley           | M40 | Havering 90 Joggers    | 48:15 |
| 224 | 591 | Lisa        | Thorn           | W45 | Orion Harriers         | 48:17 |
| 225 | 832 | Frieda      | Keane           | W55 | Ilford AC              | 48:20 |
| 226 | 765 | Diana       | Rexhepaj        | W45 | East London Runners    | 48:21 |
| 227 | 722 | Sarah       | Wixey           | W35 | East End Road Runners  | 48:31 |
| 228 | 699 | Rosina      | Salmon          | W45 | Dagenham 88 runners    | 48:37 |
| 229 | 749 | Catriona    | Hoult           | W35 | East London Runners    | 48:47 |
| 230 | 545 | Phil        | Hudson          | M60 | Ware Joggers           | 48:51 |
| 231 | 759 | Caroline    | Moore           | W55 | East London Runners    | 48:52 |
| 232 | 729 | Jayne       | Browne          | W45 | East London runners    | 48:56 |
| 233 | 713 | Martina     | Lee             | W35 | East End Road Runners  | 49:19 |
| 234 | 878 | Jane        | Guidon          | W35 | Unaffiliated           | 49:26 |
| 235 | 796 | Parisa      | Skeldon         | SW  | Harold Wood RC         | 49:30 |
| 236 | 900 | Sacha       | Ackland         | W35 | Eton Manor AC          | 49:36 |
| 237 | 709 | Joanna      | Dorling         | W45 | East End Road Runners  | 49:44 |
| 238 | 604 | Daniela     | Witten          | W45 | Orion Harriers         | 50:08 |
| 239 | 671 | Leslie      | Jay             | M60 | Barking Road Runners   | 50:23 |
| 240 | 595 | Christina   | Watson          | W55 | Eton Manor AC          | 50:24 |

|     |     |           |           |     |                       |       |
|-----|-----|-----------|-----------|-----|-----------------------|-------|
| 241 | 813 | Bernard   | Savage    | M60 | Havering '90 Joggers  | 50:46 |
| 242 | 718 | Nicholas  | Reeve     | SM  | East End Road Runners | 50:58 |
| 243 | 691 | Leigh     | Moring    | M50 | Dagenham 88 Runners   | 50:59 |
| 244 | 786 | Tracy     | Giddings  | W55 | Harold Wood RC        | 51:03 |
| 245 | 795 | Ian       | Ridgley   | M50 | Harold Wood RC        | 51:29 |
| 246 | 692 | Lynne     | Northcott | W35 | Dagenham 88 Runners   | 51:29 |
| 247 | 513 | Deborah   | Bumfey    | W55 | Orion Harriers        | 51:31 |
| 248 | 705 | Claire    | Adamson   | W35 | East End Road Runners | 51:35 |
| 249 | 719 | Alice     | Ridgway   | SW  | East End Road Runners | 51:53 |
| 250 | 512 | Pete      | Bulaitis  | M60 | Orion Harriers        | 51:53 |
| 251 | 907 | Barbara   | Hilton    | W65 | Unaffiliated          | 52:04 |
| 252 | 883 | Maggie    | Pelc      | W35 | Unaffiliated          | 52:22 |
| 253 | 500 | Chris     | Leith     | SM  | Orion Harriers        | 52:31 |
| 254 | 809 | Henry     | Monaghan  | M60 | Havering '90 Joggers  | 53:16 |
| 255 | 670 | Nikki     | Cranmer   | W45 | Barking Road Runners  | 53:35 |
| 256 | 674 | Charlotte | Owen      | SW  | Barking Road Runners  | 53:36 |
| 257 | 904 | Andrew    | Wright    | M40 | Unaffiliated          | 53:36 |
| 258 | 694 | Emma      | O'Shea    | W35 | Dagenham 88 Runners   | 54:08 |
| 259 | 689 | Lorraine  | Moor      | W55 | Dagenham 88 Runners   | 54:10 |
| 260 | 678 | Kresh     | Veerasamy | M40 | Barking Road Runners  | 54:11 |
| 261 | 876 | Hannalie  | Gillott   | SW  | Unaffiliated          | 54:11 |
| 262 | 580 | Elizabeth | Roberts   | SW  | Harlow RC             | 54:55 |
| 263 | 810 | Keith     | Penfold   | M60 | Havering '90 Joggers  | 55:48 |
| 264 | 830 | James     | Huddart   | M70 | Ilford AC             | 55:50 |
| 265 | 717 | Vinodini  | Patel     | W55 | East End Road Runners | 56:34 |
| 266 | 802 | Maria     | Brill     | W55 | Havering '90 Joggers  | 56:53 |
| 267 | 815 | Stephen   | Sheekey   | M50 | Havering '90 Joggers  | 57:06 |
| 268 | 897 | Jerry     | Bryon     | M50 | Barnet & District AC  | 57:06 |
| 269 | 814 | Janet     | Shaw      | W65 | Havering '90 Joggers  | 57:07 |
| 270 | 688 | Christine | Lardner   | W65 | Dagenham 88 runners   | 58:23 |
| 271 | 690 | Carol     | Moring    | W55 | Dagenham 88 Runners   | 58:44 |
| 272 | 702 | Sam       | Veerasamy | M70 | Dagenham 88 Runners   | 58:44 |
| 273 | 782 | Julie     | Bradd     | W45 | Harold Wood RC        | 61:57 |
| 274 | 761 | Elizabeth | O'Donnell | W45 | East London Runners   | 62:05 |
| 275 | 725 | Don       | Bennett   | M50 | East London Runners   | 62:39 |
| 276 | 711 | Naina     | Karnik    | W35 | East End Road Runners | 62:47 |
| 277 | 881 | Julia     | Newcomb   | W45 | Unaffiliated          | 64:21 |
| 278 | 730 | Susan     | Bushnell  | W55 | East London Runners   | 64:40 |
| 279 | 819 | Ray       | Shaw      | M70 | Havering '90 Joggers  | 64:42 |
| 280 | 720 | Esther    | Shifra    | W55 | East End Road Runners | 66:00 |
| 281 | 872 | Silvia    | Cruz      | W35 | WGAC with EL          | 76:10 |