

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:34:55	588	Paul Martelletti	VICTORIA PARK H & TOWER I	101	0:41:26	477	Joe Gale	THAMES HARE & HOUNDS
2	0:35:23	517	Antonio Silva	THAMES VALLEY HARRIERS	102	0:41:26	62	Martin Rutter	CLAPHAM CHASERS RC
3	0:35:30	7	Alex Lepetre	BARNET & DISTRICT AC	103	0:41:32	252	Jack Matthewman	HIGHGATE HARRIERS
4	0:35:40	518	Chris Smith	THAMES VALLEY HARRIERS	104	0:41:39	594	Samuel Priestley	VICTORIA PARK H & TOWER I
5	0:35:49	437	Jonathan Poole	SERPENTINE RC	105	0:41:40	401	Richard Kimber	RANELAGH HARRIERS
6	0:35:59	483	Luuk Metselaar	THAMES HARE & HOUNDS	106	0:41:45	166	Nicolas Berger	FULHAM RUNNING CLUB
7	0:36:00	1079	Tom Mower	Kent AC	107	0:41:49	366	Alex Sweet	LONDON HEATHSIDE AC
8	0:36:10	499	Hugo Cayssials	THAMES VALLEY HARRIERS	108	0:41:50	584	William Kirk	VICTORIA PARK H & TOWER I
9	0:36:18	34	Dean Lacy	CAMBRIDGE HARRIERS	109	0:41:52	619	Jon Scott-Francis	WEST 4 HARRIERS
10	0:36:21	349	Seyfu Jamaal	LONDON HEATHSIDE AC	110	0:41:58	109	Thomas South	DULWICH RUNNERS AC
11	0:36:23	203	Finn Johnson	HERCULES WIMBLEDON AC	111	0:41:59	351	Daniel Johns	LONDON HEATHSIDE AC
12	0:36:28	396	Ben Anderson	RANELAGH HARRIERS	112	0:41:59	388	Maciej Koltermiak	QUEENS PARK HARRIERS
13	0:36:37	250	Jonathan Laybourn	HIGHGATE HARRIERS	113	0:41:59	423	Marco Guidobaldi	SERPENTINE RC
14	0:36:54	580	Sam Humphrey	VICTORIA PARK H & TOWER I	114	0:42:05	323	Marius Thies	LONDON FRONTRUNNERS
15	0:37:00	2051	Richard Henderson	Bedford and County	115	0:42:06	241	Alex Davidson	HIGHGATE HARRIERS
16	0:37:02	246	Charlie Haywood	HIGHGATE HARRIERS	116	0:42:06	149	Simon Cottle	ETON MANOR AC
17	0:37:08	254	Henry Murdoch	HIGHGATE HARRIERS	117	0:42:09	9	Will Morris	BARNET & DISTRICT AC
18	0:37:11	500	Robert Collins	THAMES VALLEY HARRIERS	118	0:42:09	536	Jim Lurkins	THE STRAGGLERS RC
19	0:37:12	239	Alex Crossland	HIGHGATE HARRIERS	119	0:42:10	334	Matthew Cockerill	LONDON HEATHSIDE AC
20	0:37:15	128	Euan Brown	EAST LONDON RUNNERS	120	0:42:12	592	Ethan O'Brien	VICTORIA PARK H & TOWER I
21	0:37:16	446	Nicholas Torry	SERPENTINE RC	121	0:42:13	58	Michael Leong	CLAPHAM CHASERS RC
22	0:37:21	197	Jonathan Cornish	HERCULES WIMBLEDON AC	122	0:42:14	371	Jeff Bannister	MORNINGTON CHASERS RC
23	0:37:24	159	Alex McKerrell	ETON MANOR AC	123	0:42:15	64	Gary Salmon	CLAPHAM CHASERS RC
24	0:37:27	256	Sean Renfer	HIGHGATE HARRIERS	124	0:42:16	313	Joel Northcott	LONDON FRONTRUNNERS
25	0:37:32	445	Hugh Torry	SERPENTINE RC	125	0:42:19	515	Todd Oates	THAMES VALLEY HARRIERS
26	0:37:43	397	Carl Assmundson	RANELAGH HARRIERS	126	0:42:22	160	James Pilch	ETON MANOR AC
27	0:37:46	516	Sage Pearce-Higgins	THAMES VALLEY HARRIERS	127	0:42:25	400	Mark Herbert	RANELAGH HARRIERS
28	0:37:48	195	Joe Clark	HERCULES WIMBLEDON AC	128	0:42:29	599	Andy Waterman	VICTORIA PARK H & TOWER I
29	0:37:50	218	Simon Coombes	HERNE HILL HARRIERS	129	0:42:31	410	Michele Bottone	SERPENTINE RC
30	0:37:55	422	Xavier Gruot	SERPENTINE RC	130	0:42:33	243	William De Doncker	HIGHGATE HARRIERS
31	0:38:01	48	Nick Bowker	CLAPHAM CHASERS RC	131	0:42:35	394	Sam Sutherland	QUEENS PARK HARRIERS
32	0:38:02	248	Mark Innocenti	HIGHGATE HARRIERS	132	0:42:37	289	Simon Brown	LONDON CITY ATHLETICS CLL
33	0:38:05	21	Alex Gibbins	BLACKHEATH & BROMLEY HA	133	0:42:37	179	John Wray	FULHAM RUNNING CLUB
34	0:38:10	268	James Laing	HILLINGDON AC	134	0:42:37	369	Peter Ward	LONDON HEATHSIDE AC
35	0:38:11	340	Ewan Gault	LONDON HEATHSIDE AC	135	0:42:40	65	Joe Spraggins	CLAPHAM CHASERS RC
36	0:38:15	344	Charles Hardy	LONDON HEATHSIDE AC	136	0:42:41	360	Martin Potter	LONDON HEATHSIDE AC
37	0:38:24	504	Daniel Garcia-Rasines	THAMES VALLEY HARRIERS	137	0:42:45	1080	Steve Throssell	Larkfield AC
38	0:38:35	2055	Alexander Davy	Leeds City	138	0:42:47	280	Sebastian Parris	ILFORD AC
39	0:38:41	450	Orlando Edwards	SHAFTESBURY BARNET HARR	139	0:42:47	435	Jonathan Moscrop	SERPENTINE RC
40	0:38:44	281	Alex Richards	ILFORD AC	140	0:42:48	476	John Bull	THAMES HARE & HOUNDS
41	0:38:47	502	James Ellis	THAMES VALLEY HARRIERS	141	0:42:48	227	Jonathan Ratcliffe	HERNE HILL HARRIERS
42	0:38:47	484	Richard Ollington	THAMES HARE & HOUNDS	142	0:42:49	353	Jonathan Litchfield	LONDON HEATHSIDE AC
43	0:38:48	2058	Stephen Skinner	Runfast	143	0:42:53	76	Michael Wiggins	CLAPHAM PIONEERS
44	0:38:52	562	Andrew Barrington	VICTORIA PARK H & TOWER I	144	0:42:54	620	Matt Sibert	WEST 4 HARRIERS
45	0:38:53	614	Chris Mason	WEST 4 HARRIERS	145	0:42:55	2060	Andrius Jakesevicius	BELGRAVE HARRIERS
46	0:38:54	238	Andres Chau	HIGHGATE HARRIERS	146	0:42:55	429	Isaac Leigh	SERPENTINE RC
47	0:38:55	332	Thomas Clark	LONDON HEATHSIDE AC	147	0:42:57	142	Billy Rayner	EAST LONDON RUNNERS
48	0:38:58	204	David Lewin	HERCULES WIMBLEDON AC	148	0:42:59	99	Des Crinion	DULWICH RUNNERS AC
49	0:39:04	292	Adam Millbery	LONDON CITY ATHLETICS CLL	149	0:43:00	414	David Campbell	SERPENTINE RC
50	0:39:07	586	Fabien Lassonde	VICTORIA PARK H & TOWER I	150	0:43:01	310	Keelan Mackle	LONDON FRONTRUNNERS
51	0:39:12	213	Jack Brothchie	HERNE HILL HARRIERS	151	0:43:02	30	Dom Fiore	CAMBRIDGE HARRIERS
52	0:39:13	357	Pete Northall	LONDON HEATHSIDE AC	152	0:43:02	2050	Matthew Hyett	Kingston and Poly
53	0:39:18	510	Andrew Mitchell	THAMES VALLEY HARRIERS	153	0:43:03	563	Simeon Bennett	VICTORIA PARK H & TOWER I
54	0:39:21	219	Jack Dickenson	HERNE HILL HARRIERS	154	0:43:04	325	Ed White	LONDON FRONTRUNNERS
55	0:39:23	189	Jim Cooper	HARROW AC	155	0:43:05	561	Jon Andueza	VICTORIA PARK H & TOWER I
56	0:39:26	138	Antonio Martin Romero	EAST LONDON RUNNERS	156	0:43:08	2053	Chris De Mauny	Walton AC
57	0:39:27	201	Neil Fraser	HERCULES WIMBLEDON AC	157	0:43:09	529	Richard Carter	THE STRAGGLERS RC
58	0:39:41	36	James MacDonald	CAMBRIDGE HARRIERS	158	0:43:10	466	Steve Harris	STRIDERS OF CROYDON
59	0:39:42	279	Tom Gardner	ILFORD AC	159	0:43:11	269	Paul Leppard	HILLINGDON AC
60	0:39:45	416	Daniel De Palol	SERPENTINE RC	160	0:43:14	525	Crispin Allen	THE STRAGGLERS RC
61	0:39:49	485	Gordon Pearce	THAMES HARE & HOUNDS	161	0:43:14	299	Tim Charters	LONDON FRONTRUNNERS
62	0:39:51	253	Matt Mintrom	HIGHGATE HARRIERS	162	0:43:16	172	Leo Gebbie	FULHAM RUNNING CLUB
63	0:39:54	506	Ryan Keane	THAMES VALLEY HARRIERS	163	0:43:16	85	David Brown	CROYDON HARRIERS
64	0:39:57	143	Jose Rodriguez	EAST LONDON RUNNERS	164	0:43:17	547	Jason Maloney	TRENT PARK RUNNING CLUB
65	0:40:01	222	Alexander Hobley	HERNE HILL HARRIERS	165	0:43:21	77	Henry Wilson	CLAPHAM PIONEERS
66	0:40:02	330	Andy Barnes	LONDON HEATHSIDE AC	166	0:43:28	137	Tom Marshall	EAST LONDON RUNNERS
67	0:40:02	2052	Scott Newton	Runfast	167	0:43:28	196	Peter Collins	HERCULES WIMBLEDON AC
68	0:40:04	570	Neil Cook	VICTORIA PARK H & TOWER I	168	0:43:30	355	Adam Mitchell	LONDON HEATHSIDE AC
69	0:40:07	574	Stephen Fabes	VICTORIA PARK H & TOWER I	169	0:43:32	333	Joseph Clemoes	LONDON HEATHSIDE AC
70	0:40:10	209	Henry Silverstein	HERCULES WIMBLEDON AC	170	0:43:34	583	Scott Kelly	VICTORIA PARK H & TOWER I
71	0:40:13	117	John Foxall	EALING EAGLES RUNNING CL	171	0:43:36	535	Charles Jeffrey	THE STRAGGLERS RC
72	0:40:14	469	Jake Moir	STRIDERS OF CROYDON	172	0:43:39	2065	Niel Gunstone	Morpeth Harriers
73	0:40:16	413	Simon Buckley	SERPENTINE RC	173	0:43:41	54	Robert Hastings	CLAPHAM CHASERS RC
74	0:40:22	579	Michael Hughes	VICTORIA PARK H & TOWER I	174	0:43:41	74	Reynald Pouchin	CLAPHAM PIONEERS
75	0:40:24	2049	Michael Huntley	Kingston and Poly	175	0:43:42	83	Ashley Pate	COLLINGWOOD AC
76	0:40:25	419	James Gillanders	SERPENTINE RC	176	0:43:42	163	Chris Tait	ETON MANOR AC
77	0:40:31	19	Danny Brewer	BLACKHEATH & BROMLEY HA	177	0:43:45	264	Scott Farley	HILLINGDON AC
78	0:40:34	462	Gareth Parr	SOUTH LONDON HARRIERS	178	0:43:48	63	Tom Rye	CLAPHAM CHASERS RC
79	0:40:37	582	Dariusz Kabulski	VICTORIA PARK H & TOWER I	179	0:43:51	449	Philip Whitehouse	SERPENTINE RC
80	0:40:41	191	Chris Jones	HARROW AC	180	0:43:52	212	John Appleton	HERNE HILL HARRIERS
81	0:40:44	24	Daniel Kennedy	BLACKHEATH & BROMLEY HA	181	0:43:54	403	Edmund Perry	RANELAGH HARRIERS
82	0:40:45	233	Russell Ashford	HIGHGATE HARRIERS	182	0:43:56	43	Christian Poulton	CAMBRIDGE HARRIERS
83	0:40:47	51	Joe Elliott	CLAPHAM CHASERS RC	183	0:43:58	596	Duncan Steen	VICTORIA PARK H & TOWER I
84	0:40:47	549	Carl Redondo	TRENT PARK RUNNING CLUB	184	0:44:00	491	Jibrel Ahmed	THAMES VALLEY HARRIERS
85	0:40:50	146	Paul Boddey	ETON MANOR AC	185	0:44:01	121	Briain O'Dowd	EALING EAGLES RUNNING CL
86	0:40:55	387	Matthew Kitching	QUEENS PARK HARRIERS	186	0:44:02	384	Michael Dmitrzak	QUEENS PARK HARRIERS
87	0:40:58	107	Jack Ramm	DULWICH RUNNERS AC	187	0:44:09	79	Mark Constantinou	COLLINGWOOD AC
88	0:41:02	202	David Grima	HERCULES WIMBLEDON AC	188	0:44:11	78	Antony Constantinou	COLLINGWOOD AC
89	0:41:06	2061	Alex Mills	BELGRAVE HARRIERS	189	0:44:12	53	Derek Green	CLAPHAM CHASERS RC
90	0:41:07	103	Alastair Locke	DULWICH RUNNERS AC	190	0:44:14	328	Stephen Woodgate	LONDON FRONTRUNNERS
91	0:41:08	247	Alex Holley	HIGHGATE HARRIERS	191	0:44:15	144	Giles Bailey	ETON MANOR AC
92	0:41:09	122	Jose Manuel Pabon	EALING EAGLES RUNNING CL	192	0:44:15	402	Jonathan Moore	RANELAGH HARRIERS
93	0:41:10	49	Gavin Brandie	CLAPHAM CHASERS RC	193	0:44:15	182	Duncan Hope	GREENWICH TRITONS RC
94	0:41:14	231	Simon Thompson	HERNE HILL HARRIERS	194	0:44:16	348	Dominic Jackson	LONDON HEATHSIDE AC
95	0:41:18	111	Jonathan Whittaker	DULWICH RUNNERS AC	195	0:44:17	478	Edmund Gazeley	THAMES HARE & HOUNDS
96	0:41:20	480	Thomas Greenwood	THAMES HARE & HOUNDS	196	0:44:19	455	James Trapmore	SHAFTESBURY BARNET HARR
97	0:41:21	385	Neil Hutchison	QUEENS PARK HARRIERS	197	0:44:21	244	David Gilbert	HIGHGATE HARRIERS
98	0:41:23	240	Tom Crowley	HIGHGATE HARRIERS	198	0:44:24	370	Luke Wynne	LONDON HEATHSIDE AC
99	0:41:23	294	Luke Rowland	LONDON CITY ATHLETICS CLL	199	0:44:25	495	Greg Bennett	THAMES VALLEY HARRIERS
100	0:41:23	482	James Meiklejohn	THAMES HARE & HOUNDS	200	0:44:27	112	Firas Alhawati	EALING EAGLES RUNNING CL

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:44:27	532	Donovan Duffy	THE STRAGGLERS RC	301	0:47:38	161	Robert Sommerville	ETON MANOR AC
202	0:44:29	44	David Reader	CAMBRIDGE HARRIERS	302	0:47:41	258	Richard Stewart	HIGHGATE HARRIERS
203	0:44:30	67	Julian Tucker	CLAPHAM CHASERS RC	303	0:47:44	174	Mark Klein	FULHAM RUNNING CLUB
204	0:44:31	438	Gideon Reid	SERPENTINE RC	304	0:47:47	255	John O'Shea	HIGHGATE HARRIERS
205	0:44:33	566	Richard Bryant	VICTORIA PARK H & TOWER I	305	0:47:54	513	Christian Nielsen	THAMES VALLEY HARRIERS
206	0:44:36	581	Mike Jones	VICTORIA PARK H & TOWER I	306	0:47:55	295	Alan Venning	LONDON CITY ATHLETICS CLL
207	0:44:37	577	Scott Greenwood	VICTORIA PARK H & TOWER I	307	0:47:56	624	William Yates	WEST 4 HARRIERS
208	0:44:38	177	Jacob Sayers	FULHAM RUNNING CLUB	308	0:47:59	585	Tony Lashmar	VICTORIA PARK H & TOWER I
209	0:44:38	354	Paul Mercer	LONDON HEATHSIDE AC	309	0:48:00	40	Warren Mills	CAMBRIDGE HARRIERS
210	0:44:38	626	Nicola Carniato	HIGHGATE HARRIERS	310	0:48:03	60	Arran Mornin	CLAPHAM CHASERS RC
211	0:44:39	534	Pete Gregorowski	THE STRAGGLERS RC	311	0:48:03	2063	Gauriel Hollander	VICTORIA PARK H & TOWER I
212	0:44:39	531	Malcolm Davies	THE STRAGGLERS RC	312	0:48:05	555	Chris Wilson	TRI LONDON
213	0:44:40	428	William Lake	SERPENTINE RC	313	0:48:11	426	Alex Jeffreys	SERPENTINE RC
214	0:44:41	116	Mark Fisher	EALING EAGLES RUNNING CL	314	0:48:14	101	Grzegorz Galezia	DULWICH RUNNERS AC
215	0:44:43	129	Spencer Evans	EAST LONDON RUNNERS	315	0:48:15	115	Greg Fernandes-Lawes	EALING EAGLES RUNNING CL
216	0:44:45	376	Ronan Hoare	MORNINGTON CHASERS RC	316	0:48:15	72	Paul Moran	CLAPHAM PIONEERS
217	0:44:46	178	Andrew Stringer	FULHAM RUNNING CLUB	317	0:48:16	616	Tom Newman	WEST 4 HARRIERS
218	0:44:46	430	Jon Lewis	SERPENTINE RC	318	0:48:17	589	Tim Miller	VICTORIA PARK H & TOWER I
219	0:44:47	456	Billy Casserley	SOUTH LONDON HARRIERS	319	0:48:20	452	David Greenstein	SHAFTESBURY BARNET HARR
220	0:44:48	617	Martin Peck	WEST 4 HARRIERS	320	0:48:21	541	Tiago Ramos	THE STRAGGLERS RC
221	0:44:49	364	Rob Shulman	LONDON HEATHSIDE AC	321	0:48:22	100	Mark Foster	DULWICH RUNNERS AC
222	0:44:49	820	Andrea Spaccatrosi	HIGHGATE HARRIERS	322	0:48:24	167	Charlie Chute	FULHAM RUNNING CLUB
223	0:44:50	358	Nick O'Hora	LONDON HEATHSIDE AC	323	0:48:25	236	Damien Bidaud	HIGHGATE HARRIERS
224	0:44:51	465	Luke Burden	STRIDERS OF CROYDON	324	0:48:28	544	David Birks	TRENT PARK RUNNING CLUB
225	0:44:51	391	Tim Muir	QUEENS PARK HARRIERS	325	0:48:36	608	Jason Drake	WEST 4 HARRIERS
226	0:44:53	311	Adrian Mark	LONDON FRONTRUNNERS	326	0:48:44	108	Ross Rook	DULWICH RUNNERS AC
227	0:44:55	39	Ian Miller	CAMBRIDGE HARRIERS	327	0:48:52	440	Andrew Roberts	SERPENTINE RC
228	0:44:55	591	Craig O'Brien	VICTORIA PARK H & TOWER I	328	0:48:53	37	Graham Maynard	CAMBRIDGE HARRIERS
229	0:44:58	367	Chris Vincent	LONDON HEATHSIDE AC	329	0:48:54	110	Gower Tan	DULWICH RUNNERS AC
230	0:44:59	193	Declan Traynor	HARROW AC	330	0:48:54	84	Neil Aikman	CROYDON HARRIERS
231	0:45:00	612	Duncan Grassie	WEST 4 HARRIERS	331	0:48:54	433	Thomas Martini	SERPENTINE RC
232	0:45:01	335	Lee Connor	LONDON HEATHSIDE AC	332	0:48:57	82	Martin Lloyd	COLLINGWOOD AC
233	0:45:07	331	Paul Beale	LONDON HEATHSIDE AC	333	0:49:01	184	Simon Neville	GREENWICH TRITONS RC
234	0:45:08	96	Andrea Ceccolini	DULWICH RUNNERS AC	334	0:49:03	88	Andy Del Nevo	CROYDON HARRIERS
235	0:45:09	363	Tony Shearer	LONDON HEATHSIDE AC	335	0:49:06	405	Richard Willoughby	RANELAGH HARRIERS
236	0:45:10	22	Graham Hollingdale	BLACKHEATH & BROMLEY HA	336	0:49:06	470	Chris Morton	STRIDERS OF CROYDON
237	0:45:13	316	Eliot Rees	LONDON FRONTRUNNERS	337	0:49:07	305	Matt Hunter	LONDON FRONTRUNNERS
238	0:45:14	148	David Cato	ETON MANOR AC	338	0:49:10	308	Dan Luong	LONDON FRONTRUNNERS
239	0:45:15	600	Ian Weir	VICTORIA PARK H & TOWER I	339	0:49:12	29	Clem Dixon	CAMBRIDGE HARRIERS
240	0:45:16	113	Harry Claxton	EALING EAGLES RUNNING CL	340	0:49:14	5	Peter Ellis	BARNET & DISTRICT AC
241	0:45:18	220	Eric Dol	HERNE HILL HARRIERS	341	0:49:14	124	Simon Smith	EALING EAGLES RUNNING CL
242	0:45:21	552	Arnaud Delaeter	TRI LONDON	342	0:49:14	593	Iain O'Donnell	VICTORIA PARK H & TOWER I
243	0:45:24	61	Sebastian Moulding	CLAPHAM CHASERS RC	343	0:49:15	145	John Black	ETON MANOR AC
244	0:45:25	190	Joe Gammell	HARROW AC	344	0:49:17	94	Peter Salmon	DAGENHAM 88 RUNNERS
245	0:45:25	2048	Stewart Dickson	Kingston and Poly	345	0:49:21	565	Simon Bonner	VICTORIA PARK H & TOWER I
246	0:45:26	147	Paul Cates	ETON MANOR AC	346	0:49:27	569	Rob Collier	VICTORIA PARK H & TOWER I
247	0:45:31	31	Tarbo Fukazawa	CAMBRIDGE HARRIERS	347	0:49:28	4	Danny Digweed	BARNET & DISTRICT AC
248	0:45:34	590	Hugh Murdoch	VICTORIA PARK H & TOWER I	348	0:49:29	12	Darren White	BARNET & DISTRICT AC
249	0:45:38	350	Mark Jefford	LONDON HEATHSIDE AC	349	0:49:33	365	Tom Storr	LONDON HEATHSIDE AC
250	0:45:39	345	Tom Haworth	LONDON HEATHSIDE AC	350	0:49:35	415	Roger Corbett	SERPENTINE RC
251	0:45:40	472	Andy Perks	STRIDERS OF CROYDON	351	0:49:39	192	Michael Schofield	HARROW AC
252	0:45:42	459	Gavin Engfield	SOUTH LONDON HARRIERS	352	0:49:40	381	Tom Alexander	QUEENS PARK HARRIERS
253	0:45:44	501	Manuel Da Silva	THAMES VALLEY HARRIERS	353	0:49:41	151	George Fernandez	ETON MANOR AC
254	0:45:45	377	Jonathan Thomson	MORNINGTON CHASERS RC	354	0:49:46	611	Kevin Gardner	WEST 4 HARRIERS
255	0:45:46	38	Liam McLaughlin	CAMBRIDGE HARRIERS	355	0:50:04	458	Mark Dudgeon	SOUTH LONDON HARRIERS
256	0:45:47	306	Cameron Hutton	LONDON FRONTRUNNERS	356	0:50:06	383	Richard Byrne	QUEENS PARK HARRIERS
257	0:45:49	362	Tim Sander	LONDON HEATHSIDE AC	357	0:50:06	298	Jeremy Campbell	LONDON FRONTRUNNERS
258	0:45:52	560	Badar Al Raisi	VICTORIA PARK H & TOWER I	358	0:50:08	551	Ed Simmons	TRENT PARK RUNNING CLUB
259	0:45:53	339	Gavin Evans	LONDON HEATHSIDE AC	359	0:50:09	567	Julian Burke	VICTORIA PARK H & TOWER I
260	0:45:55	155	James Howlett	ETON MANOR AC	360	0:50:13	488	Thomas Westran	THAMES HARE & HOUNDS
261	0:45:58	23	Steve Hough	BLACKHEATH & BROMLEY HA	361	0:50:17	337	Nick Dodd	LONDON HEATHSIDE AC
262	0:45:59	473	Andrew Pickering	STRIDERS OF CROYDON	362	0:50:19	399	Chris Brook	RANELAGH HARRIERS
263	0:46:01	543	Andy Betton	TRENT PARK RUNNING CLUB	363	0:50:20	200	Gary Forde	HERCULES WIMBLEDON AC
264	0:46:03	114	Campbell Easton	EALING EAGLES RUNNING CL	364	0:50:27	158	Timotio Marques	ETON MANOR AC
265	0:46:04	55	Edward Keighley	CLAPHAM CHASERS RC	365	0:50:28	205	Gordon Lilly	HERCULES WIMBLEDON AC
266	0:46:05	217	Nick Clarke	HERNE HILL HARRIERS	366	0:50:38	237	Duncan Burbidge	HIGHGATE HARRIERS
267	0:46:06	329	Mark Bailey	LONDON HEATHSIDE AC	367	0:50:44	539	Richard Patient	THE STRAGGLERS RC
268	0:46:07	447	James Turner	SERPENTINE RC	368	0:50:46	154	Martin Hockey	ETON MANOR AC
269	0:46:11	251	Joseph Lowe	HIGHGATE HARRIERS	369	0:50:49	257	James Rossiter	HIGHGATE HARRIERS
270	0:46:12	393	Nicholas Stallman	QUEENS PARK HARRIERS	370	0:50:57	293	Chris Raveney	LONDON CITY ATHLETICS CLL
271	0:46:15	436	Kevin Murray	SERPENTINE RC	371	0:50:59	134	Amit Marks	EAST LONDON RUNNERS
272	0:46:16	90	James Moore	CROYDON HARRIERS	372	0:51:04	432	Alex Malzer	SERPENTINE RC
273	0:46:17	475	Mick Turner	STRIDERS OF CROYDON	373	0:51:06	540	Carl Pretorius	THE STRAGGLERS RC
274	0:46:18	361	Rajiv Ratan	LONDON HEATHSIDE AC	374	0:51:07	165	Graham White	ETON MANOR AC
275	0:46:19	320	James Stenning	LONDON FRONTRUNNERS	375	0:51:08	427	Ian Johnson	SERPENTINE RC
276	0:46:27	420	Lewis Greaves	SERPENTINE RC	376	0:51:09	130	Emmet Fitzgibbon	EAST LONDON RUNNERS
277	0:46:41	336	Pete Crockford	LONDON HEATHSIDE AC	377	0:51:21	530	Pedro Das Gupta	THE STRAGGLERS RC
278	0:46:44	471	Simon Pannell	STRIDERS OF CROYDON	378	0:51:22	234	Chris Bailey	HIGHGATE HARRIERS
279	0:46:45	573	Sam Duggan	VICTORIA PARK H & TOWER I	379	0:51:24	622	Adrian Smith	WEST 4 HARRIERS
280	0:46:48	300	Leon Clement	LONDON FRONTRUNNERS	380	0:51:27	314	Francis O'Callaghan	LONDON FRONTRUNNERS
281	0:46:50	35	Gregg Lemos-Stein	CAMBRIDGE HARRIERS	381	0:51:31	81	Keith Dunning	COLLINGWOOD AC
282	0:46:52	523	Paul Woodgate	THAMES VALLEY HARRIERS	382	0:51:35	356	Ben Montilla	LONDON HEATHSIDE AC
283	0:46:53	169	Christopher Cooper	FULHAM RUNNING CLUB	383	0:51:38	301	Neil Colquhoun	LONDON FRONTRUNNERS
284	0:46:54	375	William Fulton	MORNINGTON CHASERS RC	384	0:51:39	319	Barry Starr	LONDON FRONTRUNNERS
285	0:47:01	431	Alastair Maher	SERPENTINE RC	385	0:51:42	272	Martin Searle	HILLINGDON AC
286	0:47:03	304	Gareth Fletcher	LONDON FRONTRUNNERS	386	0:51:51	398	Marcus Atkins	RANELAGH HARRIERS
287	0:47:05	273	David Smith	HILLINGDON AC	387	0:51:52	575	Joe Feltham	VICTORIA PARK H & TOWER I
288	0:47:07	181	Isaac Griffiths	GREENWICH TRITONS RC	388	0:51:58	75	Andrew Thompson	CLAPHAM PIONEERS
289	0:47:07	621	Gregory Smith	WEST 4 HARRIERS	389	0:52:08	392	Peter Reupke	QUEENS PARK HARRIERS
290	0:47:09	8	Michael Martin	BARNET & DISTRICT AC	390	0:52:09	2064	Runner 2064	
291	0:47:12	347	Jonathan Hopkin	LONDON HEATHSIDE AC	391	0:52:13	528	Neil Carrington	THE STRAGGLERS RC
292	0:47:13	439	James Richens	SERPENTINE RC	392	0:52:17	505	Richard Hooley	THAMES VALLEY HARRIERS
293	0:47:14	338	Natan Doron	LONDON HEATHSIDE AC	393	0:52:27	556	Jem Blok	TRI SURREY TRIATHLON CLUE
294	0:47:16	571	Andrew Crossley	VICTORIA PARK H & TOWER I	394	0:52:30	45	Joseph Simmons	CAMBRIDGE HARRIERS
295	0:47:19	56	Chris Lamb	CLAPHAM CHASERS RC	395	0:52:37	557	Stephen Clancey	TRI SURREY TRIATHLON CLUE
296	0:47:23	418	Jamie Giles	SERPENTINE RC	396	0:52:39	457	Michael Chappell	SOUTH LONDON HARRIERS
297	0:47:25	386	Andrew Jackson	QUEENS PARK HARRIERS	397	0:52:43	226	Valdis Pauzers	HERNE HILL HARRIERS
298	0:47:27	106	Eberhard Prill	DULWICH RUNNERS AC	398	0:52:45	526	Simon Brazil	THE STRAGGLERS RC
299	0:47:32	372	Daniel Berry	MORNINGTON CHASERS RC	399	0:52:45	542	Simon Webb	THE STRAGGLERS RC
300	0:47:37	448	Richard Walkland	SERPENTINE RC	400	0:52:51	296	Christos Bitzis-Pollitis	LONDON FRONTRUNNERS

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:52:57	481	Derry Lozano-Hoyland	THAMES HARE & HOUNDS	<b>Team Results:</b>				
402	0:53:00	503	David Ford	THAMES VALLEY HARRIERS	<b>Pos</b>	<b>Points</b>	<b>Team / Club</b>	<b>Placings</b>	
403	0:53:01	346	Carl Heap	LONDON HEATHSIDE AC	1	32	THAMES VALLEY HARRIERS	( 2 4 8 18 )	
404	0:53:04	527	Neil Browning	THE STRAGGLERS RC	2	65	HIGHGATE HARRIERS	( 13 16 17 19 )	
405	0:53:17	288	Mat Barber	LONDON CITY ATHLETICS CLL	3	81	SERPENTINE RC	( 5 21 25 30 )	
406	0:53:21	461	Al Morton	SOUTH LONDON HARRIERS	4	109	HERCULES WIMBLEDON AC	( 11 22 28 48 )	
407	0:53:29	610	John Freir	WEST 4 HARRIERS	5	109	VICTORIA PARK H & TOWER H AC	( 1 14 44 50 )	
408	0:53:32	132	Peter Hatley	EAST LONDON RUNNERS	6	128	LONDON HEATHSIDE AC	( 10 35 36 47 )	
409	0:53:39	11	Chris Violet	BARNET & DISTRICT AC	7	199	HERNE HILL HARRIERS	( 29 51 54 65 )	
410	0:53:45	572	Antonio Del Valle	VICTORIA PARK H & TOWER H	8	205	THAMES HARE & HOUNDS	( 6 42 61 96 )	
411	0:53:48	42	Mal Pires	CAMBRIDGE HARRIERS	9	270	RANELAGH HARRIERS	( 12 26 105 127 )	
412	0:54:00	297	Mark Bowen	LONDON FRONTRUNNERS	10	287	EAST LONDON RUNNERS	( 20 56 64 147 )	
413	0:54:02	261	Mark Watson	HIGHGATE HARRIERS	11	309	CLAPHAM CHASERS RC	( 31 83 93 102 )	
414	0:54:05	312	Colin Munro	LONDON FRONTRUNNERS	12	350	ETON MANOR AC	( 23 85 116 126 )	
415	0:54:07	464	Matt Saunders	SOUTH LONDON HARRIERS	13	382	DULWICH RUNNERS AC	( 87 90 95 110 )	
416	0:54:12	260	Rob Walker	HIGHGATE HARRIERS	14	400	CAMBRIDGE HARRIERS	( 9 58 151 182 )	
417	0:54:14	601	David Wilkey	VICTORIA PARK H & TOWER H	15	426	QUEENS PARK HARRIERS	( 86 97 112 131 )	
418	0:54:17	175	Henri Placek	FULHAM RUNNING CLUB	16	427	BLACKHEATH & BROMLEY HARRI	( 33 77 81 236 )	
419	0:54:34	136	Paul Marshall	EAST LONDON RUNNERS	17	518	WEST 4 HARRIERS	( 45 109 144 220 )	
420	0:54:38	618	Gary Robinson	WEST 4 HARRIERS	18	542	LONDON FRONTRUNNERS	( 114 124 150 154 )	
421	0:54:49	170	Bob Empson	FULHAM RUNNING CLUB	19	548	EALING EAGLES RUNNING CLUB	( 71 92 185 200 )	
422	0:54:57	411	Neil Bradshaw	SERPENTINE RC	20	586	LONDON CITY ATHLETICS CLUB	( 49 99 132 306 )	
423	0:54:58	187	Ed Simpson	GREENWICH TRITONS RC	21	606	THE STRAGGLERS RC	( 118 157 160 171 )	
424	0:55:09	119	Gary Hobbs	EALING EAGLES RUNNING CL	22	609	FULHAM RUNNING CLUB	( 106 133 162 208 )	
425	0:55:14	309	Simon Mac	LONDON FRONTRUNNERS	23	609	HARROW AC	( 55 80 230 244 )	
426	0:55:16	27	Patrick Austin	CAMBRIDGE HARRIERS	24	657	HILLINGDON AC	( 34 159 177 287 )	
427	0:55:17	576	Gigi Giannella	VICTORIA PARK H & TOWER H	25	705	STRIDERS OF CROYDON	( 72 158 224 251 )	
428	0:55:28	322	Ernie Stoddart	LONDON FRONTRUNNERS	26	750	BARNET & DISTRICT AC	( 3 117 290 340 )	
429	0:55:51	538	Alan Mawdsley	THE STRAGGLERS RC	27	798	CLAPHAM PIONEERS	( 143 165 174 316 )	
430	0:55:55	315	Minesh Patel	LONDON FRONTRUNNERS	28	835	TRENT PARK RUNNING CLUB	( 84 164 263 324 )	
431	0:55:59	390	Tim Lewin	QUEENS PARK HARRIERS	29	876	MORNINGTON CHASERS RC	( 122 216 254 284 )	
432	0:56:03	95	Joseph Brady	DULWICH RUNNERS AC	30	882	COLLINGWOOD AC	( 175 187 188 332 )	
433	0:56:13	558	Bobby Gibbs	TRI SURREY TRIATHLON CLUE	31	904	SOUTH LONDON HARRIERS	( 78 219 252 355 )	
434	0:56:15	587	Alon Mallik	VICTORIA PARK H & TOWER H	32	1099	CROYDON HARRIERS	( 163 272 330 334 )	
435	0:56:18	105	Michael Mann	DULWICH RUNNERS AC	33	1237	GREENWICH TRITONS RC	( 193 288 333 423 )	
436	0:56:25	550	John Rose	TRENT PARK RUNNING CLUB	34	1663	TRI SURREY TRIATHLON CLUB	( 393 395 433 442 )	
437	0:56:31	80	Stephen Down	COLLINGWOOD AC	35	1699	DAGENHAM 88 RUNNERS	( 344 445 453 457 )	
438	0:57:01	168	Simon Clarkson	FULHAM RUNNING CLUB					
439	0:57:09	554	David White	TRI LONDON					
440	0:57:41	307	John Keenan	LONDON FRONTRUNNERS					
441	0:57:56	141	Ramesh Pala	EAST LONDON RUNNERS					
442	0:58:04	559	Ray King	TRI SURREY TRIATHLON CLUE					
443	0:58:23	395	Charles Tatham	QUEENS PARK HARRIERS					
444	0:58:59	548	Stuart Ramdhanie	TRENT PARK RUNNING CLUB					
445	0:59:22	93	Michael Pegnall	DAGENHAM 88 RUNNERS					
446	0:59:25	263	Dennis Carey	HILLINGDON AC					
447	0:59:46	317	Alex Rendall	LONDON FRONTRUNNERS					
448	1:00:03	373	Alon Caspi	MORNINGTON CHASERS RC					
449	1:01:26	2	David Byrne	BARNET & DISTRICT AC					
450	1:01:36	162	Lance Tabraham	ETON MANOR AC					
451	1:01:45	463	Steve Rigby	SOUTH LONDON HARRIERS					
452	1:01:48	545	Brian Bowie	TRENT PARK RUNNING CLUB					
453	1:02:47	92	Manji Gami	DAGENHAM 88 RUNNERS					
454	1:02:56	321	Colin Stevenson	LONDON FRONTRUNNERS					
455	1:03:07	2054	John Carter	Wimbledon Windmilers					
456	1:05:32	123	Paul Roberts	EALING EAGLES RUNNING CL					
457	1:06:08	91	Andrew Beazeley	DAGENHAM 88 RUNNERS					
458	1:06:23	180	Christopher Ball	GREENWICH TRITONS RC					
459	1:07:00	342	Robert Gould	LONDON HEATHSIDE AC					
460	1:07:19	32	Peter Hadley	CAMBRIDGE HARRIERS					

# Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:22:35	798	Jessica Craig	HERNE HILL HARRIERS	101	0:27:21	689	Catherine Fuller	CLAPHAM PIONEERS
2	0:22:38	961	Victoria Barthelmess	THAMES HARE & HOUNDS	102	0:27:27	771	Catherine Simpson	FULHAM RUNNING CLUB
3	0:22:57	1071	Lucy Ashe	HARROW AC	103	0:27:29	785	Clare Davies	HAVERING AC
4	0:23:04	968	Katy Hedgethorne	THAMES HARE & HOUNDS	104	0:27:33	1075	Olivia Pool	Lond Front Runners
5	0:23:06	858	Rebecca Piggott	LONDON HEATHSIDE AC	105	0:27:34	802	Aimee Hargreaves	HERNE HILL HARRIERS
6	0:23:08	772	Jackie Skinner	FULHAM RUNNING CLUB	106	0:27:36	648	Christine Bond	CAMBRIDGE HARRIERS
7	0:23:12	792	Claire Grima	HERCULES WIMBLEDON AC	107	0:27:36	753	Jenny Heymann	ETON MANOR AC
8	0:23:12	1073	Vicky Walker	SHAFTESBURY BARNET HARR	108	0:27:38	779	Jessica Lowe	GREENWICH TRITONS RC
9	0:23:14	718	Elkie Mace	DULWICH RUNNERS AC	109	0:27:39	756	Taryne McPherson	ETON MANOR AC
10	0:23:15	932	Natasha Sheel	SERPENTINE RC	110	0:27:44	997	Zoe Redondo	TRENT PARK RUNNING CLUB
11	0:23:19	817	Yasmin Goater	HIGHGATE HARRIERS	111	0:27:47	642	Sarah Boxer	BARNET & DISTRICT AC
12	0:23:37	853	Josie Hinton	LONDON HEATHSIDE AC	112	0:27:48	885	Harriet Knight	QUEENS PARK HARRIERS
13	0:23:45	1021	Katherine Gundersen	VICTORIA PARK H & TOWER I	113	0:27:48	916	Sophie Anne Flanagan	SERPENTINE RC
14	0:23:54	907	Suzu Whatmough	RANELAGH HARRIERS	114	0:27:49	788	Francesca Clarke	HERCULES WIMBLEDON AC
15	0:23:58	865	Kelly Thornycroft	LONDON HEATHSIDE AC	115	0:27:52	1015	Jessica Collins	VICTORIA PARK H & TOWER I
16	0:24:01	813	Rachel Baker	HIGHGATE HARRIERS	116	0:27:53	868	Jackie Wastell	LONDON HEATHSIDE AC
17	0:24:01	783	Ginte Bailey	HAVERING AC	117	0:27:55	834	Ciara Williams	HILLINGDON AC
18	0:24:02	992	Cynthia Cano	TRENT PARK RUNNING CLUB	118	0:27:56	722	Katie Styles	DULWICH RUNNERS AC
19	0:24:08	650	Holly Dixon	CAMBRIDGE HARRIERS	119	0:27:59	851	Amber Fahey	LONDON HEATHSIDE AC
20	0:24:08	998	Rachel Bond	TRI LONDON	120	0:28:00	984	Rosie Vallance	THAMES VALLEY HARRIERS
21	0:24:15	763	Juliette Braithwaite	FULHAM RUNNING CLUB	121	0:28:01	758	Jane Rukin-White	ETON MANOR AC
22	0:24:16	791	Gina Galbriath	HERCULES WIMBLEDON AC	122	0:28:03	731	Hayley Kandt	EALING EAGLES RUNNING CL
23	0:24:20	863	Rosa Serafini	LONDON HEATHSIDE AC	123	0:28:04	859	Tammela Platt	LONDON HEATHSIDE AC
24	0:24:23	841	Helena Hayes	LONDON CITY ATHLETICS CLL	124	0:28:08	903	Rebecca Northmore	RANELAGH HARRIERS
25	0:24:30	806	Julia Wedmore	HERNE HILL HARRIERS	125	0:28:10	743	Sharon Bolister	ETON MANOR AC
26	0:24:40	901	Holly McGuigan	RANELAGH HARRIERS	126	0:28:10	899	Alice Littler	RANELAGH HARRIERS
27	0:24:42	953	Jo Vickers	SOUTH LONDON HARRIERS	127	0:28:14	1023	Minna Harrison	VICTORIA PARK H & TOWER I
28	0:24:43	799	Fiona De Mauny	HERNE HILL HARRIERS	128	0:28:15	1019	Rebecca Fode	VICTORIA PARK H & TOWER I
29	0:24:44	787	Eileen Brandley	HERCULES WIMBLEDON AC	129	0:28:16	1051	Rosemary Lewis	WEST 4 HARRIERS
30	0:24:46	809	Olivia Zeltner	HERNE HILL HARRIERS	130	0:28:17	866	Jessica Vinluan	LONDON HEATHSIDE AC
31	0:24:47	854	Annabel Litchfield	LONDON HEATHSIDE AC	131	0:28:19	726	Abi Barber	EALING EAGLES RUNNING CL
32	0:24:54	804	Nikki Stuzaker	HERNE HILL HARRIERS	132	0:28:21	956	Nikki Javan	STRIDERS OF CROYDON
33	0:24:56	1033	Hazel Norton-Hale	VICTORIA PARK H & TOWER I	133	0:28:21	2056	Ella Waddingham	Wimbledon Windmilers
34	0:24:58	675	Katie Lysons	CLAPHAM CHASERS RC	134	0:28:22	721	Eleanor Simmons	DULWICH RUNNERS AC
35	0:24:59	818	Kani Hinshelwood	HIGHGATE HARRIERS	135	0:28:22	1024	Faye Jeacocke	VICTORIA PARK H & TOWER I
36	0:25:01	837	Annie Birch	LONDON CITY ATHLETICS CLL	136	0:28:23	965	Anna Garnier	THAMES HARE & HOUNDS
37	0:25:01	1014	Kelly Clark	VICTORIA PARK H & TOWER I	137	0:28:23	897	Katherine Henry	RANELAGH HARRIERS
38	0:25:01	784	Morgan Campbell	HAVERING AC	138	0:28:23	881	Michelle Ford	QUEENS PARK HARRIERS
39	0:25:03	894	Laura Blazey	RANELAGH HARRIERS	139	0:28:25	657	Megan Williams	CAMBRIDGE HARRIERS
40	0:25:06	1029	Charlotte Maling	VICTORIA PARK H & TOWER I	140	0:28:30	655	Hayley Newman	CAMBRIDGE HARRIERS
41	0:25:11	862	Sue Rust	LONDON HEATHSIDE AC	141	0:28:35	1040	Inkeri Abbotts	WEST 4 HARRIERS
42	0:25:16	1022	Jo Hall	VICTORIA PARK H & TOWER I	142	0:28:38	978	Fran Lou	THAMES VALLEY HARRIERS
43	0:25:17	886	Michelle Maddick	QUEENS PARK HARRIERS	143	0:28:39	643	Nicola Froud	BARNET & DISTRICT AC
44	0:25:18	695	Debbie Jackson	COLLINGWOOD AC	144	0:28:40	971	Heather Statham	THAMES HARE & HOUNDS
45	0:25:20	677	Charlie Matthews	CLAPHAM CHASERS RC	145	0:28:41	714	Lucy Clapp	DULWICH RUNNERS AC
46	0:25:20	748	Sarah Flanagan	ETON MANOR AC	146	0:28:42	807	Samantha Whiting	HERNE HILL HARRIERS
47	0:25:24	848	Ula Cartwright-Finch	LONDON HEATHSIDE AC	147	0:28:42	688	Anneka Dew	CLAPHAM PIONEERS
48	0:25:25	960	Claire Altmann	THAMES HARE & HOUNDS	148	0:28:43	664	Claire Curtin	CLAPHAM CHASERS RC
49	0:25:27	775	Leah Walland	FULHAM RUNNING CLUB	149	0:28:44	928	Sonia Pignorel	SERPENTINE RC
50	0:25:29	878	Jennifer Armonson	QUEENS PARK HARRIERS	150	0:28:46	716	Yvette Dore	DULWICH RUNNERS AC
51	0:25:32	645	Jo Kent	BARNET & DISTRICT AC	151	0:28:51	774	Rose Waddington	FULHAM RUNNING CLUB
52	0:25:33	1036	Hannah Somani	VICTORIA PARK H & TOWER I	152	0:28:52	1044	Katy Brown	WEST 4 HARRIERS
53	0:25:35	812	Sarah Bailey	HIGHGATE HARRIERS	153	0:28:52	767	Daphne Dadzie	FULHAM RUNNING CLUB
54	0:25:35	861	Emily Reichert	LONDON HEATHSIDE AC	154	0:28:54	1076	Lucy Wilson-Shaw	Lond Front Runners
55	0:25:36	810	Catherine Airey	HIGHGATE HARRIERS	155	0:28:57	937	Sarah Whittaker-Axon	SERPENTINE RC
56	0:25:38	700	Jessica Moore	CROYDON HARRIERS	156	0:28:57	871	Christiana Akingbola	MORNINGTON CHASERS RC
57	0:25:44	1077	Elana Dimmer	SHAFTESBURY BARNET HARR	157	0:29:01	754	Kate Malcolm	ETON MANOR AC
58	0:25:45	869	Emma Watson	LONDON HEATHSIDE AC	158	0:29:03	732	Malgorzata Kuchaiska	EALING EAGLES RUNNING CL
59	0:25:45	692	Megan Woodworth	CLAPHAM PIONEERS	159	0:29:04	900	Marianne Malam	RANELAGH HARRIERS
60	0:25:46	768	Hannah Farrow	FULHAM RUNNING CLUB	160	0:29:05	889	Hannah Sibona	QUEENS PARK HARRIERS
61	0:25:48	687	Ruth Dervan	CLAPHAM PIONEERS	161	0:29:07	693	Shun-Lai Chan	COLLINGWOOD AC
62	0:25:52	822	Lisa Wenninger	HIGHGATE HARRIERS	162	0:29:11	1041	Cristina Aldea	WEST 4 HARRIERS
63	0:25:53	1039	Holly Weir	VICTORIA PARK H & TOWER I	163	0:29:12	2057	Bernadette Macher	Wimbledon Windmilers
64	0:25:53	973	Chloe Baker	THAMES VALLEY HARRIERS	164	0:29:14	808	Jessica Winfield	HERNE HILL HARRIERS
65	0:25:58	652	Louise Knight	CAMBRIDGE HARRIERS	165	0:29:22	830	Caroline Pretty	HILLINGDON AC
66	0:25:58	952	Lin Skinner	SOUTH LONDON HARRIERS	166	0:29:23	1056	Suzi Zhuang	WEST 4 HARRIERS
67	0:26:05	852	Satu Hietanen	LONDON HEATHSIDE AC	167	0:29:29	921	Katie Hickling	SERPENTINE RC
68	0:26:06	896	Rebecca Curtis-Hall	RANELAGH HARRIERS	168	0:29:30	1047	Alessandra De Magistris	WEST 4 HARRIERS
69	0:26:07	666	Rebecca Dobson	CLAPHAM CHASERS RC	169	0:29:31	1052	Sarah McIntosh	WEST 4 HARRIERS
70	0:26:11	685	Rachel Young	CLAPHAM CHASERS RC	170	0:29:34	1055	Hannah Wright	WEST 4 HARRIERS
71	0:26:11	980	Joanna Mobed	THAMES VALLEY HARRIERS	171	0:29:36	662	Alison Caldwell	CLAPHAM CHASERS RC
72	0:26:16	879	Sophie Barnard	QUEENS PARK HARRIERS	172	0:29:38	724	Anna Ward	DULWICH RUNNERS AC
73	0:26:16	764	Helen Burke	FULHAM RUNNING CLUB	173	0:29:39	958	Susanna Lutman	STRIDERS OF CROYDON
74	0:26:16	1043	Sarah Bailey	WEST 4 HARRIERS	174	0:29:40	183	Lesley McCarthy	GREENWICH TRITONS RC
75	0:26:18	1042	Rachel Badham	WEST 4 HARRIERS	175	0:29:44	674	Vivien Loseby	CLAPHAM CHASERS RC
76	0:26:19	870	Lily Woolcock	LONDON HEATHSIDE AC	176	0:29:46	676	Amy MacDonald	CLAPHAM CHASERS RC
77	0:26:20	1072	Charlotte Clover	Birmgham Uni	177	0:29:47	944	Katie Falconer-Wills	SOUTH LONDON HARRIERS
78	0:26:21	947	Ruth Hutton	SOUTH LONDON HARRIERS	178	0:29:48	1030	Laura Morgan	VICTORIA PARK H & TOWER I
79	0:26:21	962	Anri Cohen	THAMES HARE & HOUNDS	179	0:29:50	649	Sally Carr	CAMBRIDGE HARRIERS
80	0:26:22	816	Louise Faherty	HIGHGATE HARRIERS	180	0:29:52	1048	Georgina Gillot	WEST 4 HARRIERS
81	0:26:26	794	Lisa Thomas	HERCULES WIMBLEDON AC	181	0:29:53	880	Monika Chajeka	QUEENS PARK HARRIERS
82	0:26:35	723	Anna Thomas	DULWICH RUNNERS AC	182	0:29:55	850	Sarah Duke	LONDON HEATHSIDE AC
83	0:26:41	1010	Heather Birtwistle	VICTORIA PARK H & TOWER I	183	0:30:01	926	Sarah MacKenzie	SERPENTINE RC
84	0:26:42	1017	Cheryl Evans	VICTORIA PARK H & TOWER I	184	0:30:10	996	Melissa O'Hare	TRENT PARK RUNNING CLUB
85	0:26:42	670	Lucy Hancock	CLAPHAM CHASERS RC	185	0:30:11	749	Sarah Giles	ETON MANOR AC
86	0:26:44	963	Jessica Davies	THAMES HARE & HOUNDS	186	0:30:11	856	Ruth Miller	LONDON HEATHSIDE AC
87	0:26:49	715	Christina Dimitrov	DULWICH RUNNERS AC	187	0:30:15	678	Libby Morrison-Jones	CLAPHAM CHASERS RC
88	0:26:50	720	Rebecca Schulleri	DULWICH RUNNERS AC	188	0:30:17	737	Marion Wunge-Bolster	EALING EAGLES RUNNING CL
89	0:26:56	964	Vikki Filself	THAMES HARE & HOUNDS	189	0:30:23	671	Anna Jurkiewicz	CLAPHAM CHASERS RC
90	0:26:57	902	Eugenie McLachlan	RANELAGH HARRIERS	190	0:30:23	750	Kay Gillett	ETON MANOR AC
91	0:26:59	747	Claire Louise Fisher	ETON MANOR AC	191	0:30:28	766	Jenni Cunniffe	FULHAM RUNNING CLUB
92	0:27:04	686	Rosie Clarke	CLAPHAM PIONEERS	192	0:30:31	898	Niamh Holt	RANELAGH HARRIERS
93	0:27:07	651	Susan Dixon	CAMBRIDGE HARRIERS	193	0:30:32	929	Avril Riddell	SERPENTINE RC
94	0:27:08	776	Emma Dodds	GREENWICH TRITONS RC	194	0:30:33	914	Maria David	SERPENTINE RC
95	0:27:09	672	Jessie Keighley	CLAPHAM CHASERS RC	195	0:30:36	668	Rebecca Gough	CLAPHAM CHASERS RC
96	0:27:12	1009	Charlotte Bewley	VICTORIA PARK H & TOWER I	196	0:30:40	924	Hisayo Kawahara	SERPENTINE RC
97	0:27:12	712	Ola Balme	DULWICH RUNNERS AC	197	0:30:41	946	Patricia Howard	SOUTH LONDON HARRIERS
98	0:27:13	762	Zoe Woodward	ETON MANOR AC	198	0:30:43	665	Jo Dixon	CLAPHAM CHASERS RC
99	0:27:19	860	Louisa Pointon	LONDON HEATHSIDE AC	199	0:30:43	951	Mel Oliver	SOUTH LONDON HARRIERS
100	0:27:20	777	Sophie Johnson	GREENWICH TRITONS RC	200	0:30:45	839	Lynda Cameron	LONDON CITY ATHLETICS CLL

# Senior Women

Pos	Time	No	Name	Club
201	0:30:46	948	Linda Ingram	SOUTH LONDON HARRIERS
202	0:30:48	797	Zoe Buckland	HERNE HILL HARRIERS
203	0:30:51	887	Melanie McGovern	QUEENS PARK HARRIERS
204	0:30:52	1006	June Barrow-Green	VICTORIA PARK H & TOWER H
205	0:30:55	942	Gina Coulson	SOUTH LONDON HARRIERS
206	0:31:00	2045	Chloe Millan	EAST LONDON RUNNERS
207	0:31:02	1046	Louise Clark	WEST 4 HARRIERS
208	0:31:03	1025	Katarina Kaspari	VICTORIA PARK H & TOWER H
209	0:31:10	644	Kirsty Johnstone	BARNET & DISTRICT AC
210	0:31:10	875	Maki Kimura	MORNINGTON CHASERS RC
211	0:31:12	733	Sue Park	EALING EAGLES RUNNING CL
212	0:31:13	876	Rafaele Lamour	MORNINGTON CHASERS RC
213	0:31:15	969	Diane Neil Mills	THAMES HARE & HOUNDS
214	0:31:16	895	Kate Brook	RANELAGH HARRIERS
215	0:31:18	918	Coralie Frost	SERPENTINE RC
216	0:31:23	769	Elizabeth Jeffries	FULHAM RUNNING CLUB
217	0:31:25	966	Amy Groeneveld	THAMES HARE & HOUNDS
218	0:31:26	667	Elly Glenn	CLAPHAM CHASERS RC
219	0:31:28	2047	Lauren Ashton	EAST LONDON RUNNERS
220	0:31:30	954	Angela Wilson	SOUTH LONDON HARRIERS
221	0:31:30	1034	Yuan Ren	VICTORIA PARK H & TOWER H
222	0:31:32	781	Jenni Tomblin	GREENWICH TRITONS RC
223	0:31:35	825	Pauline Fischer	HILLINGDON AC
224	0:31:36	725	Liz Ainsworth	EALING EAGLES RUNNING CL
225	0:31:39	1020	Annie Gammon	VICTORIA PARK H & TOWER H
226	0:31:40	883	Emma Jones	QUEENS PARK HARRIERS
227	0:31:42	999	Harriet Sumner	TRI LONDON
228	0:31:45	709	Hannah Sheikh	DAGENHAM 88 RUNNERS
229	0:31:46	790	Marilena De Luca	HERCULES WIMBLEDON AC
230	0:31:49	831	Melanie Spencer	HILLINGDON AC
231	0:31:55	890	Gabrielle Smart	QUEENS PARK HARRIERS
232	0:32:12	640	Silvana Alves	BARNET & DISTRICT AC
233	0:32:14	994	Christine Hawker	TRENT PARK RUNNING CLUB
234	0:32:15	757	Jane Pannell	ETON MANOR AC
235	0:32:16	1049	Joanne Kelliher	WEST 4 HARRIERS
236	0:32:19	919	Elvira Gonzalo	SERPENTINE RC
237	0:32:20	1053	Jane Rowden	WEST 4 HARRIERS
238	0:32:24	673	Alison Kelly	CLAPHAM CHASERS RC
239	0:32:29	736	Lisa Watson	EALING EAGLES RUNNING CL
240	0:32:31	702	Rahana Islam	DAGENHAM 88 RUNNERS
241	0:32:32	746	Janine Durrant	ETON MANOR AC
242	0:32:34	713	Midge Cameron	DULWICH RUNNERS AC
243	0:32:37	855	Heather Marshall	LONDON HEATHSIDE AC
244	0:32:43	1028	Harriet Lowndes	VICTORIA PARK H & TOWER H
245	0:32:46	698	Jules Del Nevo	CROYDON HARRIERS
246	0:32:51	793	Rowena Hornshaw	HERCULES WIMBLEDON AC
247	0:32:52	915	Kristin Duffy	SERPENTINE RC
248	0:32:56	659	Helen Blamey	CLAPHAM CHASERS RC
249	0:32:59	874	Carmen Harrington	MORNINGTON CHASERS RC
250	0:33:04	729	Jessica Hood	EALING EAGLES RUNNING CL
251	0:33:09	873	Anne Caspi	MORNINGTON CHASERS RC
252	0:33:10	913	Clare Darley	SERPENTINE RC
253	0:33:11	1037	Sarah Stewart	VICTORIA PARK H & TOWER H
254	0:33:11	1003	Victoria Driver	TRI SURREY TRIATHLON CLUE
255	0:33:12	931	Andrea Sanders-Reece	SERPENTINE RC
256	0:33:16	892	Carol Aikin	RANELAGH HARRIERS
257	0:33:18	1026	Nicola Kerr	VICTORIA PARK H & TOWER H
258	0:33:18	884	Susan Kennedy	QUEENS PARK HARRIERS
259	0:33:19	1012	Alice Bruggen	VICTORIA PARK H & TOWER H
260	0:33:21	1007	Elaine Battson	VICTORIA PARK H & TOWER H
261	0:33:22	690	Alice Robinson	CLAPHAM PIONEERS
262	0:33:34	660	Gemma Brierley-Rutter	CLAPHAM CHASERS RC
263	0:33:36	1035	Emma Robinson	VICTORIA PARK H & TOWER H
264	0:33:42	934	Caroline Torry	SERPENTINE RC
265	0:33:46	1011	Lydia Birtwistle-Sawyer	VICTORIA PARK H & TOWER H
266	0:33:51	701	Jennifer Ackroyd	DAGENHAM 88 RUNNERS
267	0:33:52	989	Mary Hyde	THE STRAGGLERS RC
268	0:34:00	1031	Vanessa Ni Churrain	VICTORIA PARK H & TOWER H
269	0:34:03	1004	Lisa Hill	TRI SURREY TRIATHLON CLUE
270	0:34:05	1045	Monika Bulsiewicz	WEST 4 HARRIERS
271	0:34:09	751	Amanda Hearn	ETON MANOR AC
272	0:34:12	734	Anne Sampson	EALING EAGLES RUNNING CL
273	0:34:24	669	Jo Greening	CLAPHAM CHASERS RC
274	0:34:26	1050	Jen Kingwill	WEST 4 HARRIERS
275	0:34:40	1074	Kirsty Fitzgerald	Lond Front Runners
276	0:35:14	795	Sarah Allen	HERNE HILL HARRIERS
277	0:35:20	759	Mala Singh	ETON MANOR AC
278	0:35:23	893	Sally Bamford	RANELAGH HARRIERS
279	0:35:24	823	Christina Benjamin	HILLINGDON AC
280	0:35:26	641	Clare Boutle	BARNET & DISTRICT AC
281	0:35:28	1078	Runner 1078	
282	0:35:28	920	Laura Hamilton	SERPENTINE RC
283	0:35:31	888	Charlotte Morris	QUEENS PARK HARRIERS
284	0:35:39	745	Hayley Dalton	ETON MANOR AC
285	0:35:41	696	Tamsyn Strathearn	COLLINGWOOD AC
286	0:35:42	847	Chloe Bean	LONDON HEATHSIDE AC
287	0:35:45	653	Maria MacDonald	CAMBRIDGE HARRIERS
288	0:36:18	706	Emma O'Shea	DAGENHAM 88 RUNNERS
289	0:36:37	979	Frankie Lynch	THAMES VALLEY HARRIERS
290	0:37:00	705	Jenny O'Hanlon	DAGENHAM 88 RUNNERS
291	0:37:14	993	Louise Grealish	TRENT PARK RUNNING CLUB
292	0:37:34	1027	Susan Leese	VICTORIA PARK H & TOWER H
293	0:37:37	765	Judith Clarkson	FULHAM RUNNING CLUB
294	0:37:45	2046	Diana Rexhepas	EAST LONDON RUNNERS
295	0:37:51	824	Lyndsey Browne	HILLINGDON AC
296	0:37:54	985	Gail Caruana	THE STRAGGLERS RC
297	0:37:56	741	Sacha Ackland	ETON MANOR AC
298	0:37:59	684	Vivienne Yong	CLAPHAM CHASERS RC
299	0:38:16	708	Rosina Salmon	DAGENHAM 88 RUNNERS
300	0:38:43	935	Stephanie Vaatz	SERPENTINE RC

Pos	Time	No	Name	Club
301	0:38:56	710	Selon Timi Veerasamy	DAGENHAM 88 RUNNERS
302	0:39:12	703	Geri Latimer	DAGENHAM 88 RUNNERS
303	0:39:35	780	Catherine Pinchen	GREENWICH TRITONS RC
304	0:39:49	694	Rosa Constantinou	COLLINGWOOD AC
305	0:40:12	704	Lynne Northcott	DAGENHAM 88 RUNNERS
306	0:41:07	1005	Nicola Wilding	TRI SURREY TRIATHLON CLUE
307	0:41:28	711	Denise Woolston	DAGENHAM 88 RUNNERS
308	0:43:07	982	Christine Munden	THAMES VALLEY HARRIERS
309	0:43:51	680	Jessie Torr	CLAPHAM CHASERS RC
310	0:44:30	1002	Anne Clancey	TRI SURREY TRIATHLON CLUE
311	0:47:03	991	Dominique Brazier	TRENT PARK RUNNING CLUB

## Team Results:

Pos	Points	Team / Club	Placings
1	55	LONDON HEATHSIDE AC	( 5 12 15 23 )
2	84	HERNE HILL HARRIERS	( 1 25 28 30 )
3	115	HIGHGATE HARRIERS	( 11 16 35 53 )
4	123	VICTORIA PARK H & TOWER H AC	( 13 33 37 40 )
5	133	THAMES HARE & HOUNDS	( 2 4 48 79 )
6	136	FULHAM RUNNING CLUB	( 6 21 49 60 )
7	139	HERCULES WIMBLEDON AC	( 7 22 29 81 )
8	147	RANELAGH HARRIERS	( 14 26 39 68 )
9	218	CLAPHAM CHASERS RC	( 34 45 69 70 )
10	266	DULWICH RUNNERS AC	( 9 82 87 88 )
11	277	QUEENS PARK HARRIERS	( 43 50 72 112 )
12	283	CAMBRIDGE HARRIERS	( 19 65 93 106 )
13	313	CLAPHAM PIONEERS	( 59 61 92 101 )
14	342	ETON MANOR AC	( 46 91 98 107 )
15	348	SOUTH LONDON HARRIERS	( 27 66 78 177 )
16	397	THAMES VALLEY HARRIERS	( 64 71 120 142 )
17	419	WEST 4 HARRIERS	( 74 75 129 141 )
18	427	SERPENTINE RC	( 10 113 149 155 )
19	476	GREENWICH TRITONS RC	( 94 100 108 174 )
20	514	BARNET & DISTRICT AC	( 51 111 143 209 )
21	545	TRENT PARK RUNNING CLUB	( 18 110 184 233 )
22	599	EALING EAGLES RUNNING CLUB	( 122 131 158 188 )
23	735	HILLINGDON AC	( 117 165 223 230 )
24	794	COLLINGWOOD AC	( 44 161 285 304 )
25	827	MORNINGTON CHASERS RC	( 156 210 212 249 )
26	1022	DAGENHAM 88 RUNNERS	( 228 240 266 288 )
27	1139	TRI SURREY TRIATHLON CLUB	( 254 269 306 310 )