

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:45:53	4498	Henry Pearce	TONBRIDGE AC	101	0:51:37	3495	Callum Crawford	EXETER HARRIERS
2	0:45:57	4270	Adam Hickey	SOUTHEND ON SEA AC	102	0:51:39	3715	Mark Innocenti	HIGHGATE HARRIERS
3	0:46:18	4763	Ed Shepherd	WOODFORD GREEN W ESSEX	103	0:51:48	3820	Jordan Weaver	KENT AC
4	0:46:24	3073	Alex Lepretre	BARNET & DISTRICT AC	104	0:51:51	4691	Chris Mason	WEST 4 HARRIERS
5	0:46:26	3727	Roger Poolman	HIGHGATE HARRIERS	105	0:51:52	3377	Michael Alwin	DORKING & MOLE VALLEY AC
6	0:46:28	4626	Paul Martelletti	VICTORIA PARK H & TOWER I	106	0:51:53	4727	Simon Millett	WINDSOR S E & HOUNSLOW
7	0:46:38	4485	Ryan Driscoll	TONBRIDGE AC	107	0:51:53	4747	Sam Upton	WITNEY RRC
8	0:46:47	4227	Christopher Wright	SERPENTINE RC	108	0:51:54	4728	Seb Pencole	WINDSOR S E & HOUNSLOW
9	0:46:50	3021	Joe Morwood	ALDERSHOT FARNHAM & DIS	109	0:51:55	3063	Michael Towler	AVON VALLEY RUNNERS
10	0:46:54	4482	Ben Cole	TONBRIDGE AC	110	0:51:56	3373	Alex Cameron	DARTFORD HARRIERS AC
11	0:47:04	4187	Andy Greenleaf	SERPENTINE RC	111	0:51:57	4220	Hugh Torry	SERPENTINE RC
12	0:47:12	3018	Luke Prior	ALDERSHOT FARNHAM & DIS	112	0:51:59	4483	Greg Cole	TONBRIDGE AC
13	0:47:17	4206	Callan Moody	SERPENTINE RC	113	0:52:04	3668	Alexander Hobley	HERNE HILL HARRIERS
14	0:47:18	3107	Darren Deed	BEDFORD & COUNTY AC	114	0:52:05	3320	Nathan Filer	COLCHESTER HARRIERS
15	0:47:22	4496	Max Nicholls	TONBRIDGE AC	115	0:52:05	3125	Nick Buckle	BELGRAVE HARRIERS
16	0:47:31	3156	Aaron Richmond	BIDFORD AAC	116	0:52:06	3434	Mohamed Hashi	EALING SOUTHALL & MIDDLE
17	0:47:34	3022	Philip Sewell	ALDERSHOT FARNHAM & DIS	117	0:52:07	4742	Tegs Jones	WITNEY RRC
18	0:47:35	3013	Ricky Harvie	ALDERSHOT FARNHAM & DIS	118	0:52:10	3169	Alex Gibbins	BLACKHEATH & BROMLEY HA
19	0:47:38	3993	Callum Jones	NEWQUAY & PAR AC	119	0:52:12	3808	Peter Lighting	KENT AC
20	0:47:40	3473	Alex Milne	ENFIELD & HARINGEY AC	120	0:52:13	4715	Dan Cunnington	WINCHESTER & DISTRICT AC
21	0:47:43	3010	Callum Charleston	ALDERSHOT FARNHAM & DIS	121	0:52:14	3703	Darryl Davison	HIGHGATE HARRIERS
22	0:47:44	4394	James Hoad	THAMES HARE & HOUNDS	122	0:52:15	4768	Joe Branch	WYCOMBE PHOENIX HARRIEI
23	0:47:49	3102	Ben Alcock	BEDFORD & COUNTY AC	123	0:52:15	4338	Michael Taylor	ST NEOTS, RIVERSIDE RUNNE
24	0:47:51	3110	John Eves	BEDFORD & COUNTY AC	124	0:52:16	3720	Jonny Laybourn	HIGHGATE HARRIERS
25	0:48:01	3728	Chris Rainsford	HIGHGATE HARRIERS	125	0:52:17	3902	Charles Hardy	LONDON HEATHSIDE AC
26	0:48:06	4384	Jim Allchin	THAMES HARE & HOUNDS	126	0:52:18	3166	Rob Donohue	BLACKHEATH & BROMLEY HA
27	0:48:10	3953	Tewelde Menges	MEDWAY & MAIDSTONE AC	127	0:52:20	4092	Mark Booth	READING AC
28	0:48:12	3012	Sam Eglan	ALDERSHOT FARNHAM & DIS	128	0:52:20	4418	James Ellis	THAMES VALLEY HARRIERS
29	0:48:12	3155	Mark Jenkin	BIDFORD AAC	129	0:52:20	4219	Benjamin Tolputt	SERPENTINE RC
30	0:48:20	3117	Josh Lunn	BEDFORD & COUNTY AC	130	0:52:20	3652	William Russell	HERCULES WIMBLEDON AC
31	0:48:21	4479	Jamie Bryant	TONBRIDGE AC	131	0:52:23	3850	Mathew Speed	LONDON CITY AC
32	0:48:23	3131	Andrius Jaksevicius	BELGRAVE HARRIERS	132	0:52:24	3269	Stu Huntington	CITY OF NORWICH AC
33	0:48:24	4221	Nicholas Torry	SERPENTINE RC	133	0:52:25	3917	Pete Northall	LONDON HEATHSIDE AC
34	0:48:28	3689	Robel Bahelbi	HIGHGATE HARRIERS	134	0:52:29	4238	Richard Newsome	SOUTH KENT HARRIERS
35	0:48:31	3752	Rob Thompson	HILLINGDON AC	135	0:52:30	4508	James Taylor	TONBRIDGE AC
36	0:48:36	4127	Rob Corney	READING ROADRUNNERS	136	0:52:35	3020	James Quinlan	ALDERSHOT FARNHAM & DIS
37	0:48:43	4438	Chris Smith	THAMES VALLEY HARRIERS	137	0:52:39	3016	Richard Lovejoy	ALDERSHOT FARNHAM & DIS
38	0:48:48	3740	Rob Wilson	HIGHGATE HARRIERS	138	0:52:40	3936	Paul Mizon	MARSHALL MILTON KEYNES J
39	0:48:51	3634	Jonathan Cornish	HERCULES WIMBLEDON AC	139	0:52:41	3986	James Craggs	NEWBURY AC
40	0:48:57	3653	Frederick Slemeck	HERCULES WIMBLEDON AC	140	0:52:41	4757	Angus Holford	WOODFORD GREEN W ESSEX
41	0:48:59	3188	William Cork	BRIGHTON & HOVE AC	141	0:52:42	3109	Craig Emmerson	BEDFORD & COUNTY AC
42	0:49:05	3241	Dean Lacy	CAMBRIDGE HARRIERS	142	0:52:42	4260	Tom Cully	SOUTHAMPTON AC
43	0:49:06	4212	Jonathan Poole	SERPENTINE RC	143	0:52:42	4094	Gareth Crossley	READING AC
44	0:49:08	3729	Sean Renfer	HIGHGATE HARRIERS	144	0:52:42	3663	Jeff Cunningham	HERNE HILL HARRIERS
45	0:49:13	4717	George King	WINCHESTER & DISTRICT AC	145	0:52:43	4477	Daniel Bradley	TONBRIDGE AC
46	0:49:16	4602	Ewan Cameron	VICTORIA PARK H & TOWER I	146	0:52:45	3723	Matt Mintrom	HIGHGATE HARRIERS
47	0:49:17	3218	Chris Darling	CAMBRIDGE & COLERIDGE A	147	0:52:47	4033	Chris Alborough	POOLE AC
48	0:49:18	3138	Paskar Owor	BELGRAVE HARRIERS	148	0:52:54	4189	Kit Grierson	SERPENTINE RC
49	0:49:20	3648	Richard McDowell	HERCULES WIMBLEDON AC	149	0:52:55	3805	Joe Hartley	KENT AC
50	0:49:27	3644	Finn Johnson	HERCULES WIMBLEDON AC	150	0:53:01	4633	John Payne	VICTORIA PARK H & TOWER I
51	0:49:29	4490	Alex Howard	TONBRIDGE AC	151	0:53:01	4760	Bertie Powell	WOODFORD GREEN W ESSEX
52	0:49:32	3628	Steve Robinson	HELPSTON HARRIERS	152	0:53:04	3819	Jonathan Tipper	KENT AC
53	0:49:36	3989	Alex Muir	NEWBURY AC	153	0:53:05	3705	William De Doncker	HIGHGATE HARRIERS
54	0:49:42	3629	Belal Ahmed	HERCULES WIMBLEDON AC	154	0:53:06	3773	Alex Richards	ILFORD AC
55	0:49:43	3885	Tom Aldred	LONDON HEATHSIDE AC	155	0:53:07	4595	Andrew Barrington	VICTORIA PARK H & TOWER I
56	0:49:48	3944	Daniel Woodgate	MARSHALL MILTON KEYNES J	156	0:53:08	3662	Simon Coombes	HERNE HILL HARRIERS
57	0:49:53	3059	Ed Knudsen	AVON VALLEY RUNNERS	157	0:53:10	4120	Genci Pepaj	REDWAY RUNNERS
58	0:49:54	4726	Alex Goodall	WINDSOR S E & HOUNSLOW	158	0:53:11	4610	Pete Dyson	VICTORIA PARK H & TOWER I
59	0:49:58	4186	Will Green	SERPENTINE RC	159	0:53:12	3333	Chris Sellens	COLCHESTER HARRIERS
60	0:50:01	3584	Rhys Boorman	HASTINGS AC	160	0:53:14	3596	Jamie Buckley Stanton	HAVERING AC
61	0:50:02	3105	Matt Bray	BEDFORD & COUNTY AC	161	0:53:15	4223	Joost Vogel	SERPENTINE RC
62	0:50:04	3934	Elliot Hind	MARSHALL MILTON KEYNES J	162	0:53:15	4421	Daniel Garcia-Rasines	THAMES VALLEY HARRIERS
63	0:50:09	3801	John Gilbert	KENT AC	163	0:53:18	3023	Shaun Smith	ALDERSHOT FARNHAM & DIS
64	0:50:10	4408	Simon Wurr	THAMES HARE & HOUNDS	164	0:53:19	4622	Fabien Lassonde	VICTORIA PARK H & TOWER I
65	0:50:12	3217	Duncan Coombs	CAMBRIDGE & COLERIDGE A	165	0:53:20	3106	Michael Channing	BEDFORD & COUNTY AC
66	0:50:17	3267	Piers Arnold	CITY OF NORWICH AC	166	0:53:20	3958	Noel Sutton	MEDWAY & MAIDSTONE AC
67	0:50:17	3176	Will Ruiz	BLACKHEATH & BROMLEY HA	167	0:53:21	4612	Stephen Fabes	VICTORIA PARK H & TOWER I
68	0:50:20	4230	Matthew Grant	SHAFTESBURY BARNET HARR	168	0:53:24	3008	Michael Boucher	ALDERSHOT FARNHAM & DIS
69	0:50:21	3604	Rob Warner	HAVERING AC	169	0:53:25	3664	Jack Dickenson	HERNE HILL HARRIERS
70	0:50:24	3090	Alex Hamilton	BASINGSTOKE & MID HANTS	170	0:53:27	4110	Seb Briggs	READING ROADRUNNERS
71	0:50:34	3187	Howard Bristow	BRIGHTON & HOVE AC	171	0:53:27	4391	Nic Gould	THAMES HARE & HOUNDS
72	0:50:35	3113	Richard Henderson	BEDFORD & COUNTY AC	172	0:53:28	3343	Kevin Holland	CRAWLEY AC
73	0:50:41	3221	Michael Gilbert	CAMBRIDGE & COLERIDGE A	173	0:53:28	3066	Ben Boxer	BARNET & DISTRICT AC
74	0:50:42	3523	Charlie Sandison	FULHAM RC	174	0:53:29	4404	Ben Reynolds	THAMES HARE & HOUNDS
75	0:50:43	3328	Ramadan Osman	COLCHESTER HARRIERS	175	0:53:35	3847	Adam Millbery	LONDON CITY AC
76	0:50:44	3111	Andrew Headley	BEDFORD & COUNTY AC	176	0:53:36	3274	Sam Todd	CITY OF NORWICH AC
77	0:50:45	3947	Tom Collins	MEDWAY & MAIDSTONE AC	177	0:53:37	4271	Christian Holmes	SOUTHEND ON SEA AC
78	0:50:47	4413	Michael Cameron	THAMES VALLEY HARRIERS	178	0:53:38	3915	Francesco Melloni	LONDON HEATHSIDE AC
79	0:50:49	4415	Robert Collins	THAMES VALLEY HARRIERS	179	0:53:38	4024	Adam Brittain	OXFORD TRI
80	0:50:49	4500	Julian Rendall	TONBRIDGE AC	180	0:53:39	4406	Andrew Weir	THAMES HARE & HOUNDS
81	0:51:00	3724	Henry Murdoch	HIGHGATE HARRIERS	181	0:53:40	3432	Peter Flewitt	EALING SOUTHALL & MIDDLE
82	0:51:03	3758	Jamie Hall	HUNTINGDONSHIRE AC	182	0:53:41	4759	Tom Phillips	WOODFORD GREEN W ESSEX
83	0:51:03	3795	Dame Dibaba	KENT AC	183	0:53:42	3301	Eddie Rolls	CLAPHAM CHASERS RC
84	0:51:06	3813	David Morgan	KENT AC	184	0:53:43	3478	Samuel Anderson	ETON MANOR AC
85	0:51:11	3097	Stephen Reid	BASINGSTOKE & MID HANTS	185	0:53:44	4657	Mark Ames	WATFORD JOGGERS
86	0:51:11	3695	Peter Chambers	HIGHGATE HARRIERS	186	0:53:51	4431	Calum Nicol	THAMES VALLEY HARRIERS
87	0:51:15	3181	Robert McTaggart	BOURNEMOUTH AC	187	0:53:54	4275	Lee Taylor	SOUTHEND ON SEA AC
88	0:51:16	4634	Josselin Polini	VICTORIA PARK H & TOWER I	188	0:53:55	3129	Steve Gardner	BELGRAVE HARRIERS
89	0:51:17	3632	Joseph Clark	HERCULES WIMBLEDON AC	189	0:53:58	3494	Chris Tait	ETON MANOR AC
90	0:51:18	4765	Daniel Steel	WOODFORD GREEN W ESSEX	190	0:53:59	4234	Glen Watts	SHAFTESBURY BARNET HARR
91	0:51:18	3745	James Laing	HILLINGDON AC	191	0:53:59	4668	Steve Norris	WATFORD JOGGERS
92	0:51:18	4000	Adam Bowler	NORTH HERTS RRC	192	0:54:01	4676	Christopher Peck	WAVERLEY
93	0:51:25	3015	Craig Jardine	ALDERSHOT FARNHAM & DIS	193	0:54:01	3718	James Johnson	HIGHGATE HARRIERS
94	0:51:27	4107	Edward Stockdale	READING AC	194	0:54:03	3072	Alex Horton	BARNET & DISTRICT AC
95	0:51:28	3024	Toby Smith	ALDERSHOT FARNHAM & DIS	195	0:54:13	4641	Andrew Summers	VICTORIA PARK H & TOWER I
96	0:51:28	4130	Jack Gregory	READING ROADRUNNERS	196	0:54:15	3243	James MacDonald	CAMBRIDGE HARRIERS
97	0:51:29	3199	James Turner	BRIGHTON & HOVE AC	197	0:54:16	4003	Darren Sunter	NORTH HERTS RRC
98	0:51:29	3326	Edward Mitchell	COLCHESTER HARRIERS	198	0:54:18	4180	Daniel De Palol	SERPENTINE RC
99	0:51:31	4389	James Chettle	THAMES HARE & HOUNDS	199	0:54:19	4157	Alex Parfett	ROYSTON RUNNERS
100	0:51:33	3823	Alexander Davy	LEEDS CITY AC	200	0:54:21	3787	Tim Alexander	KENT AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:54:22	4725	Ben Findlay	WINDSOR S E & HOUNSLOW	301	0:56:20	3029	Ian Halpin	AMPTHILL & FLITWICK FLYER
202	0:54:23	4174	Nicolas Besson	SERPENTINE RC	302	0:56:23	3077	Richard McCormick	BARNET & DISTRICT AC
203	0:54:24	4713	Guy Brayn	WINCHESTER & DISTRICT AC	303	0:56:25	4738	Joe Godwood	WITNEY RRC
204	0:54:25	3037	Aled Anderson	ARENA 80 AC	304	0:56:27	3034	Mark Waive	AMPTHILL & FLITWICK FLYER
205	0:54:25	3475	Neil Henderson	EPSOM & EWELL HARRIERS	305	0:56:29	4570	Andrew Howey	TUNBRIDGE WELLS HARRIERS
206	0:54:26	3946	Harry Collins	MEDWAY & MAIDSTONE AC	306	0:56:29	3760	Darren Matthews	HUNTINGDONSHIRE AC
207	0:54:27	3832	Billy Mead	LEIGHTON BUZZARD AC	307	0:56:31	3952	Lee McMeekin	MEDWAY & MAIDSTONE AC
208	0:54:27	3190	William Gray	BRIGHTON & HOVE AC	308	0:56:31	3716	Danny Isaacs	HIGHGATE HARRIERS
209	0:54:27	4076	Graham Brook	RANELAGH HARRIERS	309	0:56:32	4766	Harold Wyber	WOODFORD GREEN W ESSEX
210	0:54:28	4678	Zak Hurrell	WELLS CITY HARRIERS	310	0:56:32	4789	Simon Beedell	WOODFORD GREEN W ESSEX
211	0:54:29	4161	Gregory Hills	RUNHEAD AC	311	0:56:33	3198	Morris Tarragano	BRIGHTON & HOVE AC
212	0:54:31	3943	Ian Wood	MARSHALL MILTON KEYNES J	312	0:56:37	3798	Ian Ellwood	KENT AC
213	0:54:34	4386	James Bartram	THAMES HARE & HOUNDS	313	0:56:37	3761	Rod McKee	HUNTINGDONSHIRE AC
214	0:54:35	3666	Andrew Grigg	HERNE HILL HARRIERS	314	0:56:37	3605	John Whitehead	HAVERING AC
215	0:54:38	3208	David Powell	BRIGHTON PHOENIX AC	315	0:56:38	3332	Gavin Scanlon	COLCHESTER HARRIERS
216	0:54:40	3698	Tom Cowling	HIGHGATE HARRIERS	316	0:56:41	4359	Shaun Beale	STUBBINGTON GREEN RUNN
217	0:54:41	3622	Tom Willner-Reid	HEADINGTON RR	317	0:56:41	3230	Paul Veitch	CAMBRIDGE & COLERIDGE A
218	0:54:42	4778	Sean Wilson	WYCOMBE PHOENIX HARRIEI	318	0:56:42	3804	Matthew Harper	KENT AC
219	0:54:42	4318	Jonathan Scott	ST ALBANS STRIDERS	319	0:56:42	4663	Sean Collum	WATFORD JOGGERS
220	0:54:46	3009	Thomas Bowerman	ALDRSHOT FARNHAM & DIS	320	0:56:44	3764	Nick Osborn	HUNTINGDONSHIRE AC
221	0:54:49	3895	Simon Dunderdale	LONDON HEATHSIDE AC	321	0:56:45	3657	Nick Bester	HERNE HILL HARRIERS
222	0:54:51	3790	Stuart Beaney	KENT AC	322	0:56:45	3940	Jeremy Vick	MARSHALL MILTON KEYNES J
223	0:54:53	4403	Gordon Pearce	THAMES HARE & HOUNDS	323	0:56:47	4639	Duncan Steen	VICTORIA PARK H & TOWER I
224	0:54:54	3226	Andrew Parmenter	CAMBRIDGE & COLERIDGE A	324	0:56:48	3526	John Wray	FULHAM RC
225	0:54:55	3165	Tom Desborough	BLACKHEATH & BROMLEY HA	325	0:56:49	3157	Kieran O'Doherty	BILLERICAY STRIDERS RC
226	0:54:56	4616	Michael Hughes	VICTORIA PARK H & TOWER I	326	0:56:51	3957	Daniel St Martin	MEDWAY & MAIDSTONE AC
227	0:54:58	4096	Ryan Faulkner	READING AC	327	0:56:52	4146	Daire Brennan	ROYSTON RUNNERS
228	0:54:58	3757	Ty Farrer	HUNTINGDONSHIRE AC	328	0:56:54	3624	Paul Lunn	HELPSTON HARRIERS
229	0:54:58	3371	Chris Biddle	DARTFORD HARRIERS AC	329	0:56:55	4516	James Arrowsmith	TRENT PARK RC
230	0:55:00	4615	Steve Hobbs	VICTORIA PARK H & TOWER I	330	0:56:56	3881	Marius Thies	LONDON FRONTRUNNERS
231	0:55:01	4515	Scott Aiken	TRENT PARK RC	331	0:56:56	3203	Ash Dorrington	BRIGHTON PHOENIX AC
232	0:55:02	3214	Graham Anderson	CAMBRIDGE & COLERIDGE A	332	0:56:57	4712	Wayne Bevan	WINCHESTER & DISTRICT AC
233	0:55:03	4604	Neil Cook	VICTORIA PARK H & TOWER I	333	0:56:57	4723	Alexander Whiting	WINCHESTER & DISTRICT AC
234	0:55:08	4145	Will Bowers	ROYSTON RUNNERS	334	0:56:59	3303	Gary Salmon	CLAPHAM CHASERS RC
235	0:55:11	4690	Mateusz Kolodziej	WEST 4 HARRIERS	335	0:57:01	4773	Tim Hogbin	WYCOMBE PHOENIX HARRIEI
236	0:55:13	3659	Angus Butler	HERNE HILL HARRIERS	336	0:57:02	3828	Andrew Inchley	LEIGHTON BUZZARD AC
237	0:55:16	3160	Danny Brewerá	BLACKHEATH & BROMLEY HA	337	0:57:02	4205	Milan Misak	SERPENTINE RC
238	0:55:18	4214	Andrew Reeves	SERPENTINE RC	338	0:57:03	3423	Jose Manuel Pabon	EALING EAGLES RC
239	0:55:18	4133	Chris Lucas	READING ROADRUNNERS	339	0:57:06	4140	Mark Stileman	ROMSEY RR
240	0:55:21	3800	Calum Fraser	KENT AC	340	0:57:08	4608	Joe Dale	VICTORIA PARK H & TOWER I
241	0:55:23	3114	Steven Herring	BEDFORD & COUNTY AC	341	0:57:09	4457	Peter Gregorowski	THE STRAGGLERS RC
242	0:55:24	4560	Matt Wade	TRING RC	342	0:57:09	3038	Michael Barker	ARENA 80 AC
243	0:55:25	4184	James Gillanders	SERPENTINE RC	343	0:57:10	3642	David Grima	HERCULES WIMBLEDON AC
244	0:55:26	3754	Mark Barry	HUNTINGDONSHIRE AC	344	0:57:11	4087	David Ready	RANELAGH HARRIERS
245	0:55:27	4135	David McCoy	READING ROADRUNNERS	345	0:57:11	4772	Paul Gilbert	WYCOMBE PHOENIX HARRIEI
246	0:55:27	4481	Nathan Chapman	TONBRIDGE AC	346	0:57:13	3701	Alex Davidson	HIGHGATE HARRIERS
247	0:55:28	4182	David Evans	SERPENTINE RC	347	0:57:16	4082	Richard Kimber	RANELAGH HARRIERS
248	0:55:32	3998	Simon Williams	NEWQUAY & PAR AC	348	0:57:19	3649	James Miller	HERCULES WIMBLEDON AC
249	0:55:32	3362	Josh Haasz	CROYDON HARRIERS	349	0:57:20	3844	Simon Brown	LONDON CITY AC
250	0:55:38	3415	John Foxall	EALING EAGLES RC	350	0:57:21	4348	Andrew Aitken	STRIDERS OF CROYDON
251	0:55:38	3827	Chris George	LEIGHTON BUZZARD AC	351	0:57:21	3088	Andy Goddard	BASINGSTOKE & MID HANTS
252	0:55:38	3926	Thomas Stottor	LONDON HEATHSIDE AC	352	0:57:22	4265	Steven Underwood	SOUTHAMPTON AC
253	0:55:39	4555	Ross Langley	TRING RC	353	0:57:22	3134	Patrick McDougall	BELGRAVE HARRIERS
254	0:55:39	4484	Tom Cox	TONBRIDGE AC	354	0:57:22	3136	Alex Mills	BELGRAVE HARRIERS
255	0:55:39	4409	Naol Abagibe	THAMES VALLEY HARRIERS	355	0:57:22	4305	Douglas Hobson	ST ALBANS STRIDERS
256	0:55:39	3833	Stuart Read	LEIGHTON BUZZARD AC	356	0:57:23	3772	Sebastian Parris	ILFORD AC
257	0:55:41	4323	George Withers	ST ALBANS STRIDERS	357	0:57:26	3812	Arif Merali	KENT AC
258	0:55:42	4100	David Lewis	READING AC	358	0:57:26	3848	Thomas O'Beirne	LONDON CITY AC
259	0:55:43	3202	Alex Cruttenden	BRIGHTON PHOENIX AC	359	0:57:27	3558	Lee Lintern	GUILDFORD & GODALMING J
260	0:55:44	4258	Liam Barry-Carroll	SOUTHAMPTON AC	360	0:57:27	3337	James Wright	COLCHESTER HARRIERS
261	0:55:45	4412	John Borton	THAMES VALLEY HARRIERS	361	0:57:33	4138	Lance Nortcliff	READING ROADRUNNERS
262	0:55:46	4532	Carl Redondo	TRENT PARK RC	362	0:57:35	4647	Anthony Withstandley	VICTORIA PARK H & TOWER I
263	0:55:46	4023	Dan Arderton	OXFORD CITY AC	363	0:57:36	4611	Gareth Evans	VICTORIA PARK H & TOWER I
264	0:55:46	4380	David Williams	SUTTON RUNNERS	364	0:57:36	3921	Scarlett Parker	LONDON HEATHSIDE AC
265	0:55:46	3899	Peter Gould	LONDON HEATHSIDE AC	365	0:57:39	3416	Ewan Fryatt	EALING EAGLES RC
266	0:55:47	4239	Sam Rigby	SOUTH KENT HARRIERS	366	0:57:40	4337	James Shiner	ST NEOTS, RIVERSIDE RUNNE
267	0:55:48	4489	Luke Hooper	TONBRIDGE AC	367	0:57:42	3687	Russ Ashford	HIGHGATE HARRIERS
268	0:55:48	3910	Sion Lewis	LONDON HEATHSIDE AC	368	0:57:43	3806	Lee Haze	KENT AC
269	0:55:48	3613	Fergus Campbell	HEADINGTON RR	369	0:57:44	3394	Des Crinion	DULWICH RUNNERS AC
270	0:55:48	3734	Ed Spencer	HIGHGATE HARRIERS	370	0:57:44	3775	Adam McKenna	INVICTA EAST KENT AC
271	0:55:48	4721	Peter Sansome	WINCHESTER & DISTRICT AC	371	0:57:46	3405	Thomas South	DULWICH RUNNERS AC
272	0:55:48	4646	Ben Wickham	VICTORIA PARK H & TOWER I	372	0:57:46	4365	William Feline	STUBBINGTON GREEN RUNN
273	0:55:49	4424	Ryan Keane	THAMES VALLEY HARRIERS	373	0:57:48	4452	Christopher Coates	THE STRAGGLERS RC
274	0:55:50	4640	Matthew Stevens	VICTORIA PARK H & TOWER I	374	0:57:49	3068	Mark Cottle	BARNET & DISTRICT AC
275	0:55:54	3914	Joseph McKeown	LONDON HEATHSIDE AC	375	0:57:51	3927	Alex Sweet	LONDON HEATHSIDE AC
276	0:55:56	4430	Andrew Mitchell	THAMES VALLEY HARRIERS	376	0:57:54	4527	Jason Maloney	TRENT PARK RC
277	0:55:56	4269	Rhys Gillard	SOUTHEND ON SEA AC	377	0:57:55	3413	Richie Emmett	EALING EAGLES RC
278	0:55:57	3815	Neil Phillips	KENT AC	378	0:57:57	3963	Mike Chapman	NERNE VALLEY HARRIERS
279	0:55:57	3675	Matthew Munro	HERNE HILL HARRIERS	379	0:57:59	3676	Gavern Newsom	HERNE HILL HARRIERS
280	0:55:58	3167	Luca Ercolaniá	BLACKHEATH & BROMLEY HA	380	0:57:59	3563	Wesley Atkins	HALSTEAD RR
281	0:55:58	4002	Matt Sayers	NORTH HERTS RRC	381	0:58:00	3276	Adam O'Hara	CITY OF PORTSMOUTH AC
282	0:55:59	3811	Ben McGeown	KENT AC	382	0:58:01	4262	Ahmed Kamal	SOUTHAMPTON AC
283	0:56:00	3400	Alastair Locke	DULWICH RUNNERS AC	383	0:58:02	3886	Steve Armstrong	LONDON HEATHSIDE AC
284	0:56:01	4240	Billy Casserley	SOUTH LONDON HARRIERS	384	0:58:04	3714	Alex Holley	HIGHGATE HARRIERS
285	0:56:02	3442	Nick Steel	EALING SOUTHALL & MIDDLE	385	0:58:05	2997	Joseph Gonzalez	26.2 RRC
286	0:56:02	4080	Peter Haarer	RANELAGH HARRIERS	386	0:58:06	4302	Joseph Dunn	ST ALBANS STRIDERS
287	0:56:03	3383	Bruce Harold	DORKING & MOLE VALLEY AC	387	0:58:06	3589	Ben McCallion	HASTINGS AC
288	0:56:04	4204	Dillon McEvoy	SERPENTINE RC	388	0:58:08	4735	Christopher Colbeck	WITNEY RRC
289	0:56:04	4642	Joe Walker	VICTORIA PARK H & TOWER I	389	0:58:08	3375	Daniel Jackson	DARTFORD HARRIERS AC
290	0:56:06	4158	Dean Reilly	ROYSTON RUNNERS	390	0:58:10	3019	Ashley Quinlan	ALDRSHOT FARNHAM & DIS
291	0:56:07	4144	Tom Beach	ROYSTON RUNNERS	391	0:58:11	4435	Todd Oates	THAMES VALLEY HARRIERS
292	0:56:08	4495	Euan Nicholls	TONBRIDGE AC	392	0:58:12	3503	Hassen Bedhafi	FULHAM RC
293	0:56:08	3279	Gavin Brandie	CLAPHAM CHASERS RC	393	0:58:14	3200	Alexander Bonzi	BRIGHTON PHOENIX AC
294	0:56:09	3612	Anthony Aimon	HEADINGTON RR	394	0:58:15	3192	Thomas Ireland	BRIGHTON & HOVE AC
295	0:56:11	3945	Stephen Young	MARSHALL MILTON KEYNES J	395	0:58:15	4137	Andy Mutton	READING ROADRUNNERS
296	0:56:14	4101	Arturo Martinez De Murguia	READING AC	396	0:58:22	3891	Joseph Clemoes	LONDON HEATHSIDE AC
297	0:56:16	4686	Jonathan Abel	WEST 4 HARRIERS	397	0:58:22	4155	Paul Makowski	ROYSTON RUNNERS
298	0:56:16	3293	Jack Leafe	CLAPHAM CHASERS RC	398	0:58:23	3905	Chris Holmes	LONDON HEATHSIDE AC
299	0:56:18	3516	Stewart McAndie	FULHAM RC	399	0:58:25	4225	Philip Whitehouse	SERPENTINE RC
300	0:56:20	4711	Sam Appleton	WINCHESTER & DISTRICT AC	400	0:58:25	4687	Theo Bourgerly	WEST 4 HARRIERS

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:58:25	4393	Richard Hewitt	THAMES HARE & HOUNDS	501	0:59:59	4754	Joe Everitt	WOODFORD GREEN W ESSEX
402	0:58:27	4594	Jon Andueza	VICTORIA PARK H & TOWER I	502	0:59:59	4434	Stephen Norris	THAMES VALLEY HARRIERS
403	0:58:28	4168	Owen Astington	RUNNING FOR TIME (Non Scc	503	1:00:01	4178	Ian Cook	SERPENTINE RC
404	0:58:30	3049	Del Wallace	ARENA 80 AC	504	1:00:01	4233	Kevin Walden	SHAFTESBURY BARNET HARR
405	0:58:31	3429	Reece Asik	EALING SOUTHALL & MIDDLE	505	1:00:03	3231	Charles Wartnaby	CAMBRIDGE & COLERIDGE A
406	0:58:32	3650	Thomas Miller	HERCULES WIMBLETON AC	506	1:00:06	4201	Victor Lio	SERPENTINE RC
407	0:58:33	3822	Stephen Throssell	LARKFIELD AC	507	1:00:08	3317	Michael Wiggins	CLAPHAM PIONEERS
408	0:58:34	3425	Sam Royle	EALING EAGLES RC	508	1:00:11	4767	Dan Barker	WYCOMBE PHOENIX HARRIEI
409	0:58:35	4147	Liam Butler	ROYSTON RUNNERS	509	1:00:12	4177	David Campbell	SERPENTINE RC
410	0:58:35	4388	Ed Catmur	THAMES HARE & HOUNDS	510	1:00:12	3517	Stephen McLeod	FULHAM RC
411	0:58:35	3472	Alex Metcalfe	ELY RUNNERS	511	1:00:13	3295	Alastair Love	CLAPHAM CHASERS RC
412	0:58:37	4351	Krzysztof Klidzia	STRIDERS OF CROYDON	512	1:00:14	4600	Richard Bryant	VICTORIA PARK H & TOWER I
413	0:58:37	3318	Henry Wilson	CLAPHAM PIONEERS	513	1:00:17	4124	Chris Burt	READING ROADRUNNERS
414	0:58:37	3826	Benjamin Corfield	LEIGHTON BUZZARD AC	514	1:00:18	3588	Russ Keen	HASTINGS AC
415	0:58:38	3744	Scott Farley	HILLINGDON AC	515	1:00:20	3700	Tom Crowley	HIGHGATE HARRIERS
416	0:58:38	3076	Adrian Mason	BARNET & DISTRICT AC	516	1:00:21	3713	Hanry Heathwick-Lammers	HIGHGATE HARRIERS
417	0:58:39	3168	Gareth Evans	BLACKHEATH & BROMLEY HA	517	1:00:21	3818	Tim Sharp	KENT AC
418	0:58:39	3922	Martin Potter	LONDON HEATHSIDE AC	518	1:00:22	4013	Martin Horlock	NORWICH RR
419	0:58:39	3846	Joe Jenkinson	LONDON CITY AC	519	1:00:22	3621	Thomas Williams	HEADINGTON RR
420	0:58:40	3968	Luke Myers	NENE VALLEY HARRIERS	520	1:00:24	4290	Stuart Raven	SPRINGFIELD STRIDERS RC
421	0:58:40	3633	Peter Collins	HERCULES WIMBLETON AC	521	1:00:24	4063	Thomas Mann	QUEENS PARK HARRIERS
422	0:58:41	4517	Luke Barker	TRENT PARK RC	522	1:00:25	4624	Vesa Lindberg	VICTORIA PARK H & TOWER I
423	0:58:43	3329	Paul Rodgers	COLCHESTER HARRIERS	523	1:00:28	3616	Antony Hanner Hopwood	HEADINGTON RR
424	0:58:43	3682	Simon Thompson	HERNE HILL HARRIERS	524	1:00:29	3524	Andrew Stringer	FULHAM RC
425	0:58:44	4285	Antony Goodall	SPRINGFIELD STRIDERS RC	525	1:00:30	4456	Donovan Duffy	THE STRAGGLERS RC
426	0:58:44	3606	Paul Cousins	HAYWARDS HEATH HARRIER!	526	1:00:31	4597	Simeon Bennett	VICTORIA PARK H & TOWER I
427	0:58:44	3163	Ben Cockburn	BLACKHEATH & BROMLEY HA	527	1:00:33	3325	Smith Michael	COLCHESTER HARRIERS
428	0:58:46	3514	Frederick Levy	FULHAM RC	528	1:00:33	4156	Chris McInerney	ROYSTON RUNNERS
429	0:58:46	4568	Kieran Fitzpatrick	TUNBRIDGE WELLS HARRIER!	529	1:00:35	3708	Dave Fowler	HIGHGATE HARRIERS
430	0:58:48	3422	Colin Overton	EALING EAGLES RC	530	1:00:35	3406	Nicholas Wood	DULWICH RUNNERS AC
431	0:58:49	3379	Fraser Dawson	DORKING & MOLE VALLEY AC	531	1:00:37	4054	Matthew Duckett	QUEENS PARK HARRIERS
432	0:58:50	3086	Ashley Codden	BASINGSTOKE & MID HANTS	532	1:00:38	4649	Matt Pharaoh	WALTON AC
433	0:58:51	4053	Michael Dmitrzak	QUEENS PARK HARRIERS	533	1:00:38	3967	James McDonald	NENE VALLEY HARRIERS
434	0:58:52	4252	Ollie Garrod	SOUTH LONDON HARRIERS	534	1:00:38	3358	David Brown	CROYDON HARRIERS
435	0:58:52	3207	Isaacs Lewis	BRIGHTON PHOENIX AC	535	1:00:39	3609	Andrew Hind	HAYWARDS HEATH HARRIER!
436	0:58:52	4450	Richard Carter	THE STRAGGLERS RC	536	1:00:41	4614	Jeremy Gold	VICTORIA PARK H & TOWER I
437	0:58:53	4339	Joss Williams	ST NEOTS, RIVERSIDE RUNNE	537	1:00:44	3282	Sam Bullen	CLAPHAM CHASERS RC
438	0:58:53	3702	Pat Davis	HIGHGATE HARRIERS	538	1:00:45	3431	Mukhtar Farah	EALING SOUTHALL & MIDDLE
439	0:58:54	3492	James Pilch	ETON MANOR AC	539	1:00:46	4504	Jordan Saul	TONBRIDGE AC
440	0:58:54	4533	William Rowley	TRENT PARK RC	540	1:00:46	4025	Neil Dighton	OXFORD TRI
441	0:58:57	3950	Justin Lane	MEDWAY & MAIDSTONE AC	541	1:00:47	3427	Bernard Sexton	EALING EAGLES RC
442	0:58:58	4716	Lloyd Dickson	WINCHESTER & DISTRICT AC	542	1:00:49	3330	Alex Sales	COLCHESTER HARRIERS
443	0:58:59	3055	Jon Pearce	ASHFORD & DISTRICT RRC	543	1:00:50	3528	Markus Allen	GARDEN CITY RUNNERS
444	0:59:00	4207	Jonathan Moscrop	SERPENTINE RC	544	1:00:51	3923	Rajiv Ratan	LONDON HEATHSIDE AC
445	0:59:02	3572	Tom Cochrane	HARPENDEN ARROWS	545	1:00:52	3082	Mike Walker	BARNET & DISTRICT AC
446	0:59:02	3384	Matt Kedgley	DORKING & MOLE VALLEY AC	546	1:00:54	3549	Terry Booth	GUILDFORD & GODALMING J
447	0:59:03	3835	Darryl Webb	LEWES AC	547	1:00:54	3793	John Cox	KENT AC
448	0:59:03	4310	Jim King	ST ALBANS STRIDERS	548	1:00:56	3948	Adam Featherstone	MEDWAY & MAIDSTONE AC
449	0:59:04	4537	Chris Bayllis	TRI LONDON	549	1:00:56	4741	Fraser Howard	WITNEY RRC
450	0:59:06	4199	Isaac Leigh	SERPENTINE RC	550	1:00:57	3741	Ben Wood	HIGHGATE HARRIERS
451	0:59:06	4507	Adam Styles	TONBRIDGE AC	551	1:00:57	3144	Graham Booty	BENFLEET RC
452	0:59:07	3601	Rob Trevor	HAVERING AC	552	1:00:58	4607	Blue Curry	VICTORIA PARK H & TOWER I
453	0:59:07	3882	Alex Turner	LONDON FRONTRUNNERS	553	1:00:59	3302	Tom Rye	CLAPHAM CHASERS RC
454	0:59:10	4628	Jordi Mila	VICTORIA PARK H & TOWER I	554	1:00:59	4694	Matt Sibert	WEST 4 HARRIERS
455	0:59:11	3249	Christian Poulton	CAMBRIDGE HARRIERS	555	1:01:00	4552	Nigel Bunn	TRING RC
456	0:59:13	4632	Elliot Parker	VICTORIA PARK H & TOWER I	556	1:01:00	3046	Kevin Meegan	ARENA 80 AC
457	0:59:14	3482	Paul Boddey	ETON MANOR AC	557	1:01:01	3261	Peter Waite	CHELMSFORD AC
458	0:59:16	3428	Sam Ashcroft	EALING SOUTHALL & MIDDLE	558	1:01:02	4232	Robert Rigby	SHAFTESBURY BARNET HARR
459	0:59:18	3510	James Hampshire	FULHAM RC	559	1:01:02	3892	Matt Collins	LONDON HEATHSIDE AC
460	0:59:19	4306	Stephen Hosty	ST ALBANS STRIDERS	560	1:01:03	3006	Cameron Weir	ABINGDON AC
461	0:59:20	3511	Andrew Han	FULHAM RC	561	1:01:04	3533	Chris Eland	GARDEN CITY RUNNERS
462	0:59:23	4288	Paul Miles	SPRINGFIELD STRIDERS RC	562	1:01:05	4132	Brian Kirsopp	READING ROADRUNNERS
463	0:59:25	4786	Jeff Bannister	Mornington Chasers	563	1:01:05	4055	Martin Hanicinec	QUEENS PARK HARRIERS
464	0:59:26	4154	Richard Lowden	ROYSTON RUNNERS	564	1:01:08	3982	Martyn Millard	NEW ELTHAM JOGGERS
465	0:59:27	4162	Will Cole	RUNHEAD AC	565	1:01:09	4195	Marcin Kacperczyk	SERPENTINE RC
466	0:59:27	3179	Jon Vintner	BLACKHEATH & BROMLEY HA	566	1:01:09	4218	Ben Stanton	SERPENTINE RC
467	0:59:30	4680	Jeff Lucas	WERRINGTON JOGGERS	567	1:01:09	3685	James Ward	HERNE HILL HARRIERS
468	0:59:30	4059	Macej Kolterniak	QUEENS PARK HARRIERS	568	1:01:10	4299	Steven Cockrell	ST ALBANS STRIDERS
469	0:59:31	4510	Joe Watts	TONBRIDGE AC	569	1:01:11	3430	Robert Brown	EALING SOUTHALL & MIDDLE
470	0:59:33	3032	Chris Littlejohn	AMPTHILL & FLITWICK FLYER	570	1:01:12	4379	Tom Spooner	SUTTON RUNNERS
471	0:59:34	4368	Andy Simpson	STUBBINGTON GREEN RUNN	571	1:01:14	4315	Gareth Parker	ST ALBANS STRIDERS
472	0:59:34	4085	Edmund Perry	RANELAGH HARRIERS	572	1:01:14	4492	Steve Keywood	TONBRIDGE AC
473	0:59:35	3842	James Ward	LINGFIELD RC	573	1:01:16	4210	Oisín O'Malley Daly	SERPENTINE RC
474	0:59:36	4654	Frank Ryan	WATFORD HARRIERS	574	1:01:18	3544	James Wallace	GREENWICH TRITONS
475	0:59:37	4350	Lee Flanagan	STRIDERS OF CROYDON	575	1:01:19	3731	Andrew Shipley	HIGHGATE HARRIERS
476	0:59:38	4445	Crispin Allen	THE STRAGGLERS RC	576	1:01:19	4370	Mike White	STUBBINGTON GREEN RUNN
477	0:59:39	3645	Peter Lee	HERCULES WIMBLETON AC	577	1:01:22	3796	Adrian Dracup	KENT AC
478	0:59:39	3641	Stuart Fraser	HERCULES WIMBLETON AC	578	1:01:23	4697	Will Sutton	WEST 4 HARRIERS
479	0:59:41	4468	Scott Rice	THURROCK HARRIERS	579	1:01:23	3145	Andrew Low	BENFLEET RC
480	0:59:42	4111	Grant Hopkins	READING ROADRUNNERS	580	1:01:24	4662	Jack Chubb	WATFORD JOGGERS
481	0:59:43	3867	Haydn Johnson	LONDON FRONTRUNNERS	581	1:01:24	4455	Malcolm Davies	THE STRAGGLERS RC
482	0:59:43	3859	Tim Charters	LONDON FRONTRUNNERS	582	1:01:24	4643	Matt Walker	VICTORIA PARK H & TOWER I
483	0:59:46	4374	Kevin Lewis	SUTTON RUNNERS	583	1:01:25	4465	Roy Reeder	THE STRAGGLERS RC
484	0:59:47	3692	Duncan Burbidge	HIGHGATE HARRIERS	584	1:01:26	4620	Scott Kelly	VICTORIA PARK H & TOWER I
485	0:59:48	3213	Daniel Aguilar-Agon	CAMBRIDGE & COLERIDGE A	585	1:01:26	3313	Reynald Pouchin	CLAPHAM PIONEERS
486	0:59:49	4109	Alec Vessey	READING AC	586	1:01:26	3751	Dominic Speight	HILLINGDON AC
487	0:59:50	4278	Thomas Walsh	SOUTHEND ON SEA AC	587	1:01:28	4044	Joe Godden	POOLE RUNNERS
488	0:59:51	3961	Gareth Williams	MEDWAY & MAIDSTONE AC	588	1:01:28	3614	Simon Dales	HEADINGTON RR
489	0:59:51	3576	Ammon Piegrass	HARPENDEN ARROWS	589	1:01:30	4123	Chris Buley	READING ROADRUNNERS
490	0:59:52	4276	Callum Wallace	SOUTHEND ON SEA AC	590	1:01:31	3739	Rob Walker	HIGHGATE HARRIERS
491	0:59:53	4619	Mike Jones	VICTORIA PARK H & TOWER I	591	1:01:32	3918	Nick Ohora	LONDON HEATHSIDE AC
492	0:59:53	3345	Glenn Mitchell	CRAWLEY AC	592	1:01:33	3912	Leonard Martin	LONDON HEATHSIDE AC
493	0:59:53	3456	Ilija Loubenski	EDMONTON RC	593	1:01:34	4327	Kyle Chesterman	ST NEOTS, RIVERSIDE RUNNE
494	0:59:55	3571	Steve Bowran	HARPENDEN ARROWS	594	1:01:34	3636	Andrew Davies	HERCULES WIMBLETON AC
495	0:59:55	3220	John Ferguson	CAMBRIDGE & COLERIDGE A	595	1:01:34	4353	Andy Perks	STRIDERS OF CROYDON
496	0:59:56	3552	Ben Friend	GUILDFORD & GODALMING J	596	1:01:36	4294	Nigel Aston	ST ALBANS STRIDERS
497	0:59:57	3025	Robert Wakefield	ALDRSHOT FARNHAM & DIS	597	1:01:36	4762	Julian Russell	WOODFORD GREEN W ESSEX
498	0:59:57	4631	Ethan O'Brien	VICTORIA PARK H & TOWER I	598	1:01:36	4718	James Moore	WINCHESTER & DISTRICT AC
499	0:59:57	3539	Adam Smith	GREAT BENTLEY RC (Non-Sco	599	1:01:37	4623	Gavin Lau	VICTORIA PARK H & TOWER I
500	0:59:58	4150	Richard Harrison	ROYSTON RUNNERS	600	1:01:39	3770	John Crawley	ILFORD AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	1:01:40	4282	Paul Broome	SPRINGFIELD STRIDERS RC	701	1:03:37	3595	Gary Atkins	HAVERING AC
602	1:01:42	3341	Andrew Cox	CRAWLEY AC	702	1:03:38	4416	Manuel Da Silva	THAMES VALLEY HARRIERS
603	1:01:42	3896	Gavin Evans	LONDON HEATHSIDE AC	703	1:03:39	3883	Julian Williams	LONDON FRONTRUNNERS
604	1:01:42	3719	Leo Krikhaar	HIGHGATE HARRIERS	704	1:03:39	3392	Andrea Ceccolini	DULWICH RUNNERS AC
605	1:01:44	4785	John Armstrong	Mornington Chasers	705	1:03:39	3954	Alun Rodgers	MEDWAY & MAIDSTONE AC
606	1:01:44	4536	Rob Baldock	TRI LONDON	706	1:03:40	3378	Lawrence Bate	DORKING & MOLE VALLEY AC
607	1:01:44	4153	William Law	ROYSTON RUNNERS	707	1:03:40	3137	James Morris	BELGRAVE HARRIERS
608	1:01:48	4070	Sam Sutherland	QUEENS PARK HARRIERS	708	1:03:41	3319	Tim Ballard	COLCHESTER HARRIERS
609	1:01:48	4313	Mike Martin	ST ALBANS STRIDERS	709	1:03:44	4660	Will Brotherston	WATFORD JOGGERS
610	1:01:48	3672	Derek Lee	HERNE HILL HARRIERS	710	1:03:45	3971	Andy Todd	NENE VALLEY HARRIERS
611	1:01:49	4732	Leo Cole	WITHAM RC	711	1:03:46	4056	William Harrison	QUEENS PARK HARRIERS
612	1:01:52	3327	Jon Nears	COLCHESTER HARRIERS	712	1:03:47	3418	Andrew Green	EALING EAGLES RC
613	1:01:52	4143	Peter Allen	ROYSTON RUNNERS	713	1:03:50	3543	Peter Reynolds	GREENWICH TRITONS
614	1:01:53	3966	Miles Harrison	NENE VALLEY HARRIERS	714	1:03:50	4411	Greg Bennett	THAMES VALLEY HARRIERS
615	1:01:54	3278	Martin Bell	CLAPHAM CHASERS RC	715	1:03:51	4542	Martyn Holman	TRI LONDON
616	1:01:55	3521	Tom Pollard	FULHAM RC	716	1:03:52	3436	Elliot Jones	EALING SOUTHALL & MIDDLE
617	1:01:56	3777	Gavin Whitlock	INVICTA EAST KENT AC	717	1:03:53	3470	Stephen Howard	EALTH RUNNERS
618	1:02:00	3619	Richard Skilbecká	HEADINGTON RR	718	1:03:56	4256	Stuart Searle	SOUTH LONDON HARRIERS
619	1:02:01	3483	Paul Cates	ETON MANOR AC	719	1:03:56	4471	Andy Conway	TIPTREE RR
620	1:02:02	3849	Andrew Shreeve	LONDON CITY AC	720	1:03:57	3451	Rich McAleer	EASTLEIGH RC
621	1:02:04	3351	Paul Luttmann	CRAWLEY SAINTS AND SINNE	721	1:03:58	4569	Simon Howden	TUNBRIDGE WELLS HARRIERS
622	1:02:05	3411	David Curtin	EALING EAGLES RC	722	1:03:59	3861	Leon Clement	LONDON FRONTRUNNERS
623	1:02:06	3553	Ben Gilmore	GUILDFORD & GODALMING J	723	1:04:00	3380	Dennis Earl	DORKING & MOLE VALLEY AC
624	1:02:06	4190	James Hancock	SERPENTINE RC	724	1:04:00	4558	Nicholas Stallman	TRING RC
625	1:02:07	3098	Mark Slaney	BASINGSTOKE & MID HANTS	725	1:04:01	3864	Gareth Fletcher	LONDON FRONTRUNNERS
626	1:02:10	3924	Tony Shearer	LONDON HEATHSIDE AC	726	1:04:03	4788	Jonathan Tompkin	Mornington Chasers
627	1:02:11	4593	Badar Al Raisi	VICTORIA PARK H & TOWER I	727	1:04:05	4518	Andy Betton	TRENT PARK RC
628	1:02:13	3755	Steven Church	HUNTINGDONSHIRE AC	728	1:04:05	4196	Henry Kemp	SERPENTINE RC
629	1:02:13	3683	Edward Turner	HERNE HILL HARRIERS	729	1:04:07	3834	Warren Rose	LEIGHTON BUZZARD AC
630	1:02:15	3839	Simon Moore	LINGFIELD RC	730	1:04:08	3768	Mark Wishart	HUNTINGDONSHIRE AC
631	1:02:16	4709	Stephen Wyatt	WIMBORNE AC	731	1:04:09	4113	Robin Lomax	READING ROADRUNNERS
632	1:02:16	3447	Thomas Grimes	EAST LONDON RUNNERS	732	1:04:10	4722	David Vossler	WINCHESTER & DISTRICT AC
633	1:02:17	3093	Justyn Moore	BASINGSTOKE & MID HANTS	733	1:04:12	4014	David Houghton	NORWICH RR
634	1:02:18	3502	Paul Barnes	FULHAM RC	734	1:04:13	4714	Robert Carter	WINCHESTER & DISTRICT AC
635	1:02:18	3876	Eliot Rees	LONDON FRONTRUNNERS	735	1:04:17	3508	Alwyn Elliott	FULHAM RC
636	1:02:19	3531	Rob Casserley	GARDEN CITY RUNNERS	736	1:04:18	4284	Peter Chubb	SPRINGFIELD STRIDERS RC
637	1:02:19	3033	Lee Murphy	AMPTHILL & FLITWICK FLYER	737	1:04:19	3292	Chris Lamb	CLAPHAM CHASERS RC
638	1:02:20	3178	Chris Tuck	BLACKHEATH & BROMLEY HA	738	1:04:19	4151	Paul Haynes	ROYSTON RUNNERS
639	1:02:21	4550	Alessandro Servini	TRI SURREY TRIATHLON CLUE	739	1:04:20	4528	Francis Mannion	TRENT PARK RC
640	1:02:22	3054	Andrew Noble	ASHFORD & DISTRICT RRC	740	1:04:20	4342	Gez Fallon	STOPSLEY STRIDERS JC
641	1:02:23	4152	Tim Jones	ROYSTON RUNNERS	741	1:04:21	4361	Steve Cumes	STUBBINGTON GREEN RUNN
642	1:02:23	4163	Andrew Garrod	RUNHEAD AC	742	1:04:21	4589	James Booth	VEGAN RUNNERS UK
643	1:02:23	4591	Alex Rocks	VEGAN RUNNERS UK	743	1:04:22	4112	Brooke Johnson	READING ROADRUNNERS
644	1:02:25	4122	Calum Baugh	READING ROADRUNNERS	744	1:04:22	3399	Grant Kennedy	DULWICH RUNNERS AC
645	1:02:26	4052	Ayo Dada	QUEENS PARK HARRIERS	745	1:04:23	4031	Oliver Mason	PETERBOROUGH AC
646	1:02:28	4501	Adam Roeder	TUNBRIDGE AC	746	1:04:23	3975	Andrew Eastment	NEW ELTHAM JOGGERS
647	1:02:29	4185	Lewis Greaves	SERPENTINE RC	747	1:04:23	4572	Casper Morris	TUNBRIDGE WELLS HARRIERS
648	1:02:30	4630	Hugh Murdoch	VICTORIA PARK H & TOWER I	748	1:04:23	4454	Jonathan Davies	THE STRAGGLERS RC
649	1:02:30	4565	Matthew Clements	TUNBRIDGE WELLS HARRIERS	749	1:04:23	3706	Donato Delvecchio	HIGHGATE HARRIERS
650	1:02:31	3929	Chris Vincent	LONDON HEATHSIDE AC	750	1:04:25	3919	Andrew Owen	LONDON HEATHSIDE AC
651	1:02:34	4319	Tim Searle	ST ALBANS STRIDERS	751	1:04:25	3845	Andrew Cowan	LONDON CITY AC
652	1:02:34	4783	Andrew Preston	WYMONDHAM AC	752	1:04:26	3529	Sean Bowen	GARDEN CITY RUNNERS
653	1:02:36	3238	Tarbo Fukazawa	CAMBRIDGE HARRIERS	753	1:04:28	3585	Andrew Edmunds	HASTINGS AC
654	1:02:37	4645	Ian Weir	VICTORIA PARK H & TOWER I	754	1:04:29	3051	Scott Lynch	ASHFORD & DISTRICT RRC
655	1:02:39	4702	Chris Heckford	WIMBORNE AC	755	1:04:29	3045	Craig Isaac	ARENA 80 AC
656	1:02:40	3288	Robert Hastings	CLAPHAM CHASERS RC	756	1:04:30	4466	Martin Vivian	THE STRAGGLERS RC
657	1:02:41	4200	Jon Lewis	SERPENTINE RC	757	1:04:32	3639	Richard Evans	HERCULES WIMBLEDON AC
658	1:02:42	3560	Bruce Rainford	GUILDFORD & GODALMING J	758	1:04:32	4426	James Malcolm	THAMES VALLEY HARRIERS
659	1:02:42	3474	Simon Bean	EPSOM & EWELL HARRIERS	759	1:04:33	3665	Eric Dol	HERNE HILL HARRIERS
660	1:02:44	3004	Matt Hills	ABINGDON AC	760	1:04:34	3349	Wayne Kingsnorth	CRAWLEY SAINTS AND SINNE
661	1:02:44	4585	James Davis	VALE OF AYLESBURY AC	761	1:04:34	3575	Andy Jordan	HARPENDEN ARROWS
662	1:02:47	3426	Kieran Santry	EALING EAGLES RC	762	1:04:35	3611	Barry Tullett	HAYWARDS HEATH HARRIERS
663	1:02:48	3365	John Millington	CROYDON HARRIERS	763	1:04:35	3854	Dominic Addison	LONDON FRONTRUNNERS
664	1:02:48	3505	Charlie Chute	FULHAM RC	764	1:04:36	3566	Tom Porter	HALSTEAD RR
665	1:02:48	3350	Chris Lobodzinski	CRAWLEY SAINTS AND SINNE	765	1:04:36	4744	George Reynolds	WITNEY RRC
666	1:02:49	3409	Harry Claxton	EALING EAGLES RC	766	1:04:37	4279	Simon Bowring	SPRINGFIELD STRIDERS RC
667	1:02:51	3272	Mark Solway	CITY OF NORWICH AC	767	1:04:38	4358	Simon Bacon	STUBBINGTON GREEN RUNN
668	1:02:52	3407	Firas Alhawati	EALING EAGLES RC	768	1:04:38	3618	Andy Phelps	HEADINGTON RR
669	1:02:53	4149	Matthew Cottiss	ROYSTON RUNNERS	769	1:04:39	3655	Simon Woodley	HERCULES WIMBLEDON AC
670	1:02:53	4625	George Long	VICTORIA PARK H & TOWER I	770	1:04:41	4159	Toby Staines	ROYSTON RUNNERS
671	1:02:56	3469	Richard Hill	ELY RUNNERS	771	1:04:42	3962	Darren Wright	MEDWAY & MAIDSTONE AC
672	1:02:59	4543	John O'Gorman	TRI LONDON	772	1:04:42	3889	Tom Bedwell	LONDON HEATHSIDE AC
673	1:03:01	4584	Tobyn Young	TUNBRIDGE WELLS HARRIERS	773	1:04:43	3291	Richard Kehoe	CLAPHAM CHASERS RC
674	1:03:01	4739	Thomas Grantham	WITNEY RRC	774	1:04:43	3693	Nicola Carniato	HIGHGATE HARRIERS
675	1:03:03	4708	Jerry Shield	WIMBORNE AC	775	1:04:44	3280	David Brenda	CLAPHAM CHASERS RC
676	1:03:03	3255	Michael Bridgeland	CHELMSFORD AC	776	1:04:47	3893	Thomas Davis	LONDON HEATHSIDE AC
677	1:03:06	4664	Steve Davies	WATFORD JOGGERS	777	1:04:48	3002	Dom Woodbridge	26.2 RRC
678	1:03:09	3053	Paul Moses	ASHFORD & DISTRICT RRC	778	1:04:53	3597	Jason Crispin	HAVERING AC
679	1:03:11	3420	Nils-Kristian Liborg	EALING EAGLES RC	779	1:04:53	4325	Michael Ball	ST NEOTS, RIVERSIDE RUNNE
680	1:03:11	4354	Andrew Pickering	STRIDERS OF CROYDON	780	1:04:56	3824	Matthew Brooks	LEIGHTON BUZZARD AC
681	1:03:12	3084	Neil Brown	BASINGSTOKE & MID HANTS	781	1:04:58	4316	Sebastian Rowe	ST ALBANS STRIDERS
682	1:03:13	3480	Richard Barker	ETON MANOR AC	782	1:05:02	3366	James Moore	CROYDON HARRIERS
683	1:03:13	3251	Peter St Amour	CAMBRIDGE HARRIERS	783	1:05:02	3370	Jacob Plieth	CROYDON HARRIERS
684	1:03:13	4303	Richard Evans	ST ALBANS STRIDERS	784	1:05:02	3623	Chris Woodruff	HEADINGTON RR
685	1:03:14	4601	Lee Butler	VICTORIA PARK H & TOWER I	785	1:05:07	3750	David Smith	HILLINGDON AC
686	1:03:15	3040	Touradj Derangi	ARENA 80 AC	786	1:05:07	3884	Stephen Woodgate	LONDON FRONTRUNNERS
687	1:03:16	3052	Adrian Moody	ASHFORD & DISTRICT RRC	787	1:05:08	4606	Andrew Crossley	VICTORIA PARK H & TOWER I
688	1:03:16	3577	David Russell	HARPENDEN ARROWS	788	1:05:08	3397	Tan Gower	DULWICH RUNNERS AC
689	1:03:18	4300	Richard Davis	ST ALBANS STRIDERS	789	1:05:09	3404	Ross Rook	DULWICH RUNNERS AC
690	1:03:19	4047	Colin Somers	POOLE RUNNERS	790	1:05:09	3056	Paul Ridley	ASHFORD & DISTRICT RRC
691	1:03:19	3759	Ian Marshall	HUNTINGDONSHIRE AC	791	1:05:09	4019	Paul Sullivan	NORWICH RR
692	1:03:20	4784	Richard White	WYMONDHAM AC	792	1:05:10	3515	Jonathan Lye	FULHAM RC
693	1:03:22	3382	Greg Fitch	DORKING & MOLE VALLEY AC	793	1:05:11	3951	Stephen McGlynn	MEDWAY & MAIDSTONE AC
694	1:03:25	3484	David Cato	ETON MANOR AC	794	1:05:14	3726	John O'Shea	HIGHGATE HARRIERS
695	1:03:27	3312	Richard Muscat	CLAPHAM PIONEERS	795	1:05:15	3403	Eberhard Prill	DULWICH RUNNERS AC
696	1:03:28	3099	Tony Watkins	BASINGSTOKE & MID HANTS	796	1:05:20	4576	Joshua Pratt	TUNBRIDGE WELLS HARRIERS
697	1:03:30	4116	Andrew Dodds	REDWAY RUNNERS	797	1:05:23	3311	Paul Moran	CLAPHAM PIONEERS
698	1:03:30	4672	Mark Hobbs	WAVERLEY	798	1:05:26	3260	Peter Tullett	CHELMSFORD AC
699	1:03:32	3771	Dirmuid Mac Donnell	ILFORD AC	799	1:05:27	4447	Simon Brazil	THE STRAGGLERS RC
700	1:03:34	3445	Spencer Evans	EAST LONDON RUNNERS	800	1:05:29	3172	Steve Hough	BLACKHEATH & BROMLEY HA

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
801	1:05:29	4474	William Radley	TIPTREE RR	901	1:07:43	3047	Tristan Sharp	ARENA 80 AC
802	1:05:30	4115	Gary Tuttle	READING ROADRUNNERS	902	1:07:44	3078	Des Michael	BARNET & DISTRICT AC
803	1:05:31	4266	James Campion	SOUTHEND ON SEA AC	903	1:07:47	3091	Michael Hickey	BASINGSTOKE & MID HANTS
804	1:05:32	3722	Joseph Lowe	HIGHGATE HARRIERS	904	1:07:53	3617	Duncan Henning	HEADINGTON RR
805	1:05:33	3355	Neil Aikman	CROYDON HARRIERS	905	1:07:53	3631	Thomas Cheetham	HERCULES WIMBLEDON AC
806	1:05:37	3530	Russell Casey	GARDEN CITY RUNNERS	906	1:07:55	4582	Chris Walmsley	TUNBRIDGE WELLS HARRIERS
807	1:05:39	4222	James Turner	SERPENTINE RC	907	1:08:00	4674	George Lyle	WAVERLEY
808	1:05:40	3385	Robert McCaffrey	DORKING & MOLE VALLEY AC	908	1:08:02	3435	Sean Hill	EALING SOUTHALL & MIDDLE
809	1:05:40	4719	Steve Oliver	WINCHESTER & DISTRICT AC	909	1:08:03	3368	Colin Oxlade	CROYDON HARRIERS
810	1:05:41	4027	Adam Nightingale	OXFORD TRI	910	1:08:03	3974	David Cheeseman	NEW ELTHAM JOGGERS
811	1:05:41	3587	Daniel Isted	HASTINGS AC	911	1:08:03	4333	Rob Parsons	ST NEOTS, RIVERSIDE RUNNE
812	1:05:46	4458	Stuart Hambling	THE STRAGGLERS RC	912	1:08:04	3852	Nick Sutcliffe	LONDON CITY AC
813	1:05:47	3412	Campbell Easton	EALING EAGLES RC	913	1:08:05	3874	Martin Oldham	LONDON FRONTRUNNERS
814	1:05:48	4644	David Warwick	VICTORIA PARK H & TOWER I	914	1:08:06	4104	Duncan Prior	READING AC
815	1:05:48	3535	Andy Holt	GARDEN CITY RUNNERS	915	1:08:10	4328	Steve Childerley	ST NEOTS, RIVERSIDE RUNNE
816	1:05:49	3335	James Waterson	COLCHESTER HARRIERS	916	1:08:10	3969	Paul Parkin	NENE VALLEY HARRIERS
817	1:05:50	3717	Patrick Jarvis	HIGHGATE HARRIERS	917	1:08:17	4141	Bill Watson	READING ROADRUNNERS
818	1:05:50	4253	Paul Mitchell	SOUTH LONDON HARRIERS	918	1:08:19	4779	Scott Wixon-Nelson	WYCOMBE PHOENIX HARRIEI
819	1:05:51	4599	Simon Bonner	VICTORIA PARK H & TOWER I	919	1:08:19	3236	Clem Dixon	CAMBRIDGE HARRIERS
820	1:05:53	4443	Paul Woodgate	THAMES VALLEY HARRIERS	920	1:08:19	3866	Phil Hanby	LONDON FRONTRUNNERS
821	1:05:54	3468	Conan Fryer	ELY RUNNERS	921	1:08:21	3565	Steve May	HALSTEAD RR
822	1:05:55	3035	William Willmott	AMPTHILL & FLITWICK FLYER	922	1:08:23	4603	Rob Collier	VICTORIA PARK H & TOWER I
823	1:05:57	2994	Mark Cannings	26.2 RRC	923	1:08:31	4564	Neil Clark	TUNBRIDGE WELLS HARRIERS
824	1:05:58	3831	Chris Large	LEIGHTON BUZZARD AC	924	1:08:32	3518	Dan McPhilmey	FULHAM RC
825	1:05:58	3603	Steve Walker	HAVERING AC	925	1:08:36	3028	Jeremy Godfrey	AMPTHILL & FLITWICK FLYER
826	1:05:59	3643	Charles Hampden-Smith	HERCULES WIMBLEDON AC	926	1:08:37	3283	Nigel Cutts	CLAPHAM CHASERS RC
827	1:06:00	4363	Mark Eaton	STUBBINGTON GREEN RUNN	927	1:08:37	4298	Max Campbell	ST ALBANS STRIDERS
828	1:06:07	4367	Stewart Pepper	STUBBINGTON GREEN RUNN	928	1:08:42	4463	Tom Poole	THE STRAGGLERS RC
829	1:06:07	3647	Mark Livingstone	HERCULES WIMBLEDON AC	929	1:08:43	4340	Richard Williams	ST NEOTS, RIVERSIDE RUNNE
830	1:06:09	3955	Sean Rodwell	MEDWAY & MAIDSTONE AC	930	1:08:43	4652	Adrian Harwood	WATFORD HARRIERS
831	1:06:11	4651	Paul Edwards	WATFORD HARRIERS	931	1:08:45	4341	Pat Blessing	STOPSLEY STRIDERS JC
832	1:06:12	4701	Simon Leech	WHITE HORSE HARRIERS	932	1:08:48	3396	Mark Foster	DULWICH RUNNERS AC
833	1:06:13	3756	Derek Darnell	HUNTINGDONSHIRE AC	933	1:08:48	4669	Colin Taylor	WATFORD JOGGERS
834	1:06:14	3464	Simon Timmis	EDMONTON RC	934	1:08:50	4125	David Caswell	READING ROADRUNNERS
835	1:06:16	4197	Adrian Kerr	SERPENTINE RC	935	1:08:54	4469	Peter Banks	TIPTREE RR
836	1:06:19	3525	Ben Thornton	FULHAM RC	936	1:08:57	4203	Alex Malzer	SERPENTINE RC
837	1:06:19	4499	Mark Pitcairn-Knowles	TONBRIDGE AC	937	1:08:58	4692	Tom Newman	WEST 4 HARRIERS
838	1:06:20	4546	Chris Wilson	TRI LONDON	938	1:08:59	4051	Richard Byrne	QUEENS PARK HARRIERS
839	1:06:22	3314	Simon Small	CLAPHAM PIONEERS	939	1:08:59	3646	Gordon Lilly	HERCULES WIMBLEDON AC
840	1:06:23	3493	Robert Sommerville	ETON MANOR AC	940	1:08:59	3779	Andrew Archer	ISTEAD AND IFIELD HARRIERS
841	1:06:25	4781	Adrian Hall	WYMONDHAM AC	941	1:09:00	4169	Chris Hockley	RUNNING FOR TIME (Non Scc
842	1:06:27	4213	James Quinn	SERPENTINE RC	942	1:09:02	3310	Robert Jones	CLAPHAM PIONEERS
843	1:06:28	4216	James Richens	SERPENTINE RC	943	1:09:02	3778	Stephen Hicks	IPSWICH HARRIERS
844	1:06:29	3730	James Rossiter	HIGHGATE HARRIERS	944	1:09:03	4688	Jason Drake	WEST 4 HARRIERS
845	1:06:31	4352	Simon Pannell	STRIDERS OF CROYDON	945	1:09:08	3857	Jeremy Campbell	LONDON FRONTRUNNERS
846	1:06:36	3031	Callum Harrison	AMPTHILL & FLITWICK FLYER	946	1:09:08	3369	Matt Peek	CROYDON HARRIERS
847	1:06:36	4539	Arnaud Delaeter	TRI LONDON	947	1:09:10	3438	Ian Leslie	EALING SOUTHALL & MIDDLE
848	1:06:39	4706	Robert Rawles	WIMBORNE AC	948	1:09:11	4472	James Haskey Jones	TIPTREE RR
849	1:06:40	3095	Mark Norris	BASINGSTOKE & MID HANTS	949	1:09:12	3537	Richard Willcox	GARDEN CITY RUNNERS
850	1:06:42	3821	Simon Neville	KESWICK AC	950	1:09:15	4462	Mark Pattinson	THE STRAGGLERS RC
851	1:06:43	3579	Julian Tall	HARPENDEN ARROWS	951	1:09:16	4684	Martin Stevens	WERRINGTON JOGGERS
852	1:06:46	3075	Michael Martin	BARNET & DISTRICT AC	952	1:09:18	4703	Peter Kingswell-Farr	WIMBORNE AC
853	1:06:47	4170	David Purchase	RUNNING FOR TIME (Non Scc	953	1:09:21	4173	Rob Bedford	SERPENTINE RC
854	1:06:50	3044	Julian Hollingdale	ARENA 80 AC	954	1:09:22	3092	Mike Hill	BASINGSTOKE & MID HANTS
855	1:06:50	4343	Martin Fallon	STOPSLEY STRIDERS JC	955	1:09:24	3000	Martin Threakall	26.2 RRC
856	1:06:52	4119	Adrian Maidment	REDWAY RUNNERS	956	1:09:25	4268	Richard Farr	SOUTHEND ON SEA AC
857	1:06:53	3527	Sunil Sharma	FULL POTENTIAL	957	1:09:25	4335	Paul Ridley	ST NEOTS, RIVERSIDE RUNNE
858	1:06:53	4710	Peat Allan	WINCHESTER & DISTRICT AC	958	1:09:26	3235	Alan Black	CAMBRIDGE HARRIERS
859	1:06:55	4148	Grant Chapman	ROYSTON RUNNERS	959	1:09:27	4448	Nick Brown	THE STRAGGLERS RC
860	1:06:55	3229	Charlie Ritchie	CAMBRIDGE & COLERIDGE A	960	1:09:29	4707	John Scott	WIMBORNE AC
861	1:06:57	4432	Christian Nielsen	THAMES VALLEY HARRIERS	961	1:09:30	4562	Steve Austin	TUNBRIDGE WELLS HARRIERS
862	1:06:57	4671	James Burnard	WAVERLEY	962	1:09:31	3458	Richard Nice	EDMONTON RC
863	1:06:58	3681	Andrew Simms	HERNE HILL HARRIERS	963	1:09:31	3970	Andy Robson	NENE VALLEY HARRIERS
864	1:07:01	4360	John Blake	STUBBINGTON GREEN RUNN	964	1:09:34	4553	Andy Collings	TRING RC
865	1:07:02	4291	Nicholas Towell	SPRINGFIELD STRIDERS RC	965	1:09:39	4292	David Weldon	SPRINGFIELD STRIDERS RC
866	1:07:03	3247	Warren Mills	CAMBRIDGE HARRIERS	966	1:09:42	3043	Paul Hebden	ARENA 80 AC
867	1:07:04	4129	Ian Giggs	READING ROADRUNNERS	967	1:09:42	4453	Pedro Das Gupta	THE STRAGGLERS RC
868	1:07:04	3085	Russell Burton	BASINGSTOKE & MID HANTS	968	1:09:42	4544	Dan Quartly	TRI LONDON
869	1:07:05	3862	Shane Cullinan	LONDON FRONTRUNNERS	969	1:09:47	4613	Joe Feltham	VICTORIA PARK H & TOWER I
870	1:07:06	4134	Daniel Lurcock	ROMSEY RR	970	1:09:49	4519	David Birks	TRENT PARK RC
871	1:07:07	3398	Jonny Hough	DULWICH RUNNERS AC	971	1:09:50	3100	Terry Wegg	BASINGSTOKE & MID HANTS
872	1:07:07	4074	Marcus Atkins	RANELAGH HARRIERS	972	1:09:55	3216	Ben Chamberlain	CAMBRIDGE & COLERIDGE A
873	1:07:08	3608	Gregory Hilton	HAYWARDS HEATH HARRIERS	973	1:09:57	3289	Mike Haynes	CLAPHAM CHASERS RC
874	1:07:08	4296	Colin Braybrook	ST ALBANS STRIDERS	974	1:10:02	3352	David Penfold	CRAWLEY SAINTS AND SINNE
875	1:07:11	4345	Danny Kelly	STOPSLEY STRIDERS JC	975	1:10:05	3060	Tim Lowrie	AVON VALLEY RUNNERS
876	1:07:11	4089	David Meller	RAVENS CITY OF LONDON	976	1:10:07	3315	Gary Stewart	CLAPHAM PIONEERS
877	1:07:13	4776	Michael Taylor	WYCOMBE PHOENIX HARRIEI	977	1:10:10	3340	David Cook	CRAWLEY AC
878	1:07:15	3001	Geoff Tookey	26.2 RRC	978	1:10:14	3071	Joe Gomes	BARNET & DISTRICT AC
879	1:07:15	4521	Martin Cullen	TRENT PARK RC	979	1:10:18	3598	Roy James	HAVERING AC
880	1:07:16	4166	Anthony Matthews	RUNHEAD AC	980	1:10:26	4433	Simon Nixon	THAMES VALLEY HARRIERS
881	1:07:18	4737	Joel Floyd	WITNEY RRC	981	1:10:31	4581	Geoff Turner	TUNBRIDGE WELLS HARRIERS
882	1:07:20	4304	Ian Hirth	ST ALBANS STRIDERS	982	1:10:32	4362	Andy Donn	STUBBINGTON GREEN RUNN
883	1:07:21	4231	David Greenstein	SHAFTESBURY BARNET HARR	983	1:10:33	3183	John Daniels	BRACKNELL AC
884	1:07:21	3083	Darren White	BARNET & DISTRICT AC	984	1:10:36	3070	Peter Ellis	BARNET & DISTRICT AC
885	1:07:24	4573	Ben Muir	TUNBRIDGE WELLS HARRIERS	985	1:10:41	3081	Chris Violet	BARNET & DISTRICT AC
886	1:07:25	4121	Mark Andrew	READING ROADRUNNERS	986	1:10:46	3264	Paul Stallard	CHICHESTER RUNNERS AC
887	1:07:27	3981	Jonathan Low	NEW ELTHAM JOGGERS	987	1:10:47	4513	Andrew Gates	TOTTEN RC
888	1:07:28	3747	Andrew Malyan	HILLINGDON AC	988	1:10:48	3419	Chris Jones	EALING EAGLES RC
889	1:07:32	3296	Alastair Low-Macrae	CLAPHAM CHASERS RC	989	1:10:49	4740	Robert Green	WITNEY RRC
890	1:07:33	4699	Alex De Hotot	WHITE HORSE HARRIERS	990	1:10:52	3316	Andrew Thompson	CLAPHAM PIONEERS
891	1:07:35	3564	Bob Langley	HALSTEAD RR	991	1:10:53	3014	Andrew Hislop	ALDERSHOT FARNHAM & DIS
892	1:07:35	3067	Paul Carter	BARNET & DISTRICT AC	992	1:10:55	3783	Darren Harger	ISTEAD AND IFIELD HARRIERS
893	1:07:36	3390	Hugh Balfour	DULWICH RUNNERS AC	993	1:10:56	2999	David Pimm	26.2 RRC
894	1:07:37	4667	Alan Kennedy	WATFORD JOGGERS	994	1:11:03	3841	Harry Sterling	LINGFIELD RC
895	1:07:38	3481	John Black	ETON MANOR AC	995	1:11:04	4586	Alan Roberts	VALE OF AYLESBURY AC
896	1:07:39	3607	Andrew Dray	HAYWARDS HEATH HARRIERS	996	1:11:05	3389	Nicholas Seaman	DORKING & MOLE VALLEY AC
897	1:07:40	3471	Matthew Mason	ELY RUNNERS	997	1:11:05	4039	Steve Kelly	POOLE AC
898	1:07:40	4731	Richard Weaver	WINDSOR S E & HOUNSLOW	998	1:11:08	3285	Alex Ferrario	CLAPHAM CHASERS RC
899	1:07:40	4321	Ming Wang-Koh	ST ALBANS STRIDERS	999	1:11:08	4226	Robert Whitmarsh	SERPENTINE RC
900	1:07:41	4659	Richard Bird	WATFORD JOGGERS	1000	1:11:09	4198	Reinhard Kreth	SERPENTINE RC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1001	1:11:14	3162	Richard Byford	BLACKHEATH & BROMLEY HA	1101	1:18:34	3976	Martin Fannery	NEW ELTHAM JOGGERS
1002	1:11:14	3497	Thomas Sauka	FAIRLANDS VALLEY SPARTAN	1102	1:18:37	4202	Peter Mackintosh	SERPENTINE RC
1003	1:11:17	4410	Richard Bell	THAMES VALLEY HARRIERS	1103	1:18:38	4541	Federico Forti	TRI LONDON
1004	1:11:17	4194	Ian Johnson	SERPENTINE RC	1104	1:18:47	4037	Graham Filmer	POOLE AC
1005	1:11:20	3433	Ricky Grimes	EALING SOUTHALL & MIDDLE	1105	1:18:54	3762	Jeff Mercer	HUNTINGDONSHIRE AC
1006	1:11:23	4283	Steve Budgen	SPRINGFIELD STRIDERS RC	1106	1:19:31	4139	Peter Reilly	READING ROADRUNNERS
1007	1:11:27	4749	Dan Wymer	WITNEY RRC	1107	1:19:44	4745	Stephen Roberts	WITNEY RRC
1008	1:11:28	3547	Andrew Baker	GUILDFORD & GODALMING /	1108	1:19:47	4679	Simon Gilbey	WERRINGTON JOGGERS
1009	1:11:29	4357	Simon Webster	STRIDERS OF CROYDON	1109	1:19:51	3212	Derek Dutchburn	BROXBORNE RUNNERS
1010	1:11:32	4656	Derek Walker	WATFORD HARRIERS	1110	1:20:01	4086	Vaughan Ramsay	RANELAGH HARRIERS
1011	1:11:35	4470	Scotty Brenton	TIPTREE RR	1111	1:20:06	3784	Barry Marsh	ISTEAD AND IFIELD HARRIERS
1012	1:11:39	4079	William Griffin	RANELAGH HARRIERS	1112	1:20:11	3860	Ciaran Clarke	LONDON FRONTRUNNERS
1013	1:11:39	4128	Alan Freer	READING ROADRUNNERS	1113	1:20:13	4683	Derek Smith	WERRINGTON JOGGERS
1014	1:11:40	3244	Graham Maynard	CAMBRIDGE HARRIERS	1114	1:20:16	4307	Michael Jack	ST ALBANS STRIDERS
1015	1:11:43	3364	Matthew Kiernan	CROYDON HARRIERS	1115	1:20:32	4549	Andy Cowen	TRI SURREY TRIATHLON CLUE
1016	1:11:44	4696	Adrian Smith	WEST 4 HARRIERS	1116	1:20:41	3620	Andrew Smith	HEADINGTON RR
1017	1:11:47	4449	Neil Browning	THE STRAGGLERS RC	1117	1:20:49	4530	Kai Parker	TRENT PARK RC
1018	1:11:50	3872	Colin Munro	LONDON FRONTRUNNERS	1118	1:20:51	4176	James Brown	SERPENTINE RC
1019	1:11:53	3039	Luke Carter	ARENA 80 AC	1119	1:20:55	3840	David Nottidge	LINGFIELD RC
1020	1:11:54	3559	Brian O'Kane	GUILDFORD & GODALMING /	1120	1:21:05	4579	Mel Taylor	TUNBRIDGE WELLS HARRIERS
1021	1:12:01	3347	Dave Tibbals	CRAWLEY AC	1121	1:21:16	3875	Minesh Patel	LONDON FRONTRUNNERS
1022	1:12:03	3737	David Sutherland	HIGHGATE HARRIERS	1122	1:21:24	4209	Paul Ogden	SERPENTINE RC
1023	1:12:05	3836	Vernon Given	LINGFIELD RC	1123	1:21:27	3101	Gary Howe	BECCLES AND BUNGAY HARR
1024	1:12:09	3856	Christos Bitzis-Politis	LONDON FRONTRUNNERS	1124	1:21:58	4575	Nicholas Pierce	TUNBRIDGE WELLS HARRIERS
1025	1:12:11	3964	Darryl Coulter	NENE VALLEY HARRIERS	1125	1:22:00	4695	Keith Simpson	WEST 4 HARRIERS
1026	1:12:19	4556	John Manning	TRING RC	1126	1:22:07	4301	Richard Derrick	ST ALBANS STRIDERS
1027	1:12:22	3424	Oliver Richardson	EALING EAGLES RC	1127	1:22:11	3977	Ross Harding	NEW ELTHAM JOGGERS
1028	1:12:26	4026	Lawrence Matthew	OXFORD TRI	1128	1:22:18	4545	Paul Watkinson	TRI LONDON
1029	1:12:30	3640	Gary Forde	HERCULES WIMBLEDON AC	1129	1:22:23	3153	Kevin Winch	BEXLEY AC
1030	1:12:31	4566	Adam Dennis	TUNBRIDGE WELLS HARRIERS	1130	1:22:24	3453	Albert D'Lima	EDMONTON RC
1031	1:12:32	4782	Andrew Lane	WYMONDHAM AC	1131	1:22:35	4010	Brett Cornish	NORWICH RR
1032	1:12:34	3027	Richard Gale	AMPTHILL & FLITWICK FLYER	1132	1:22:48	4369	Gordon Westley	STUBBINGTON GREEN RUNN
1033	1:12:35	3868	John Keenan	LONDON FRONTRUNNERS	1133	1:22:57	4334	Lee Radley	ST NEOTS, RIVERSIDE RUNNE
1034	1:12:40	4295	Gareth Beavis	ST ALBANS STRIDERS	1134	1:23:31	3838	Scott McDonald	LINGFIELD RC
1035	1:12:41	4547	Jem Blok	TRI SURREY TRIATHLON CLUE	1135	1:23:45	3150	Chris Gosden	BEXLEY AC
1036	1:12:51	3935	Paul Mason	MARSHALL MILTON KEYNES /	1136	1:23:54	3985	Simon Riley	NEW ELTHAM JOGGERS
1037	1:12:53	3376	Cullen O'Donnell	DARTFORD HARRIERS AC	1137	1:24:47	4787	Alon Caspi	Mornington Chasers
1038	1:12:54	4261	Keith Hollis	SOUTHAMPTON AC	1138	1:25:01	4093	Stephen Church	READING AC
1039	1:12:54	3065	David Cornock	BARNES RUNNERS	1139	1:25:16	3057	Andrew Huxley	ASHFORD AC
1040	1:12:55	4329	Adam Harris	ST NEOTS, RIVERSIDE RUNNE	1140	1:25:22	3567	Darren Powell	HALSTEAD RR
1041	1:12:55	4682	Andy Rawlins	WERRINGTON JOGGERS	1141	1:25:45	3466	John Tudor	EDMONTON RC
1042	1:13:10	4559	Mark Tikaram	TRING RC	1142	1:25:46	3465	Naresh Trivedi	EDMONTON RC
1043	1:13:12	4242	Michael Chappell	SOUTH LONDON HARRIERS	1143	1:26:40	3855	Sunjay Bhogal	LONDON FRONTRUNNERS
1044	1:13:18	3446	Emmet Fitzgibbon	EAST LONDON RUNNERS	1144	1:26:40	4317	David Saunders	ST ALBANS STRIDERS
1045	1:13:18	3258	Kevin Kirby	CHELMSFORD AC	1145	1:26:52	3359	Keith Brown	CROYDON HARRIERS
1046	1:13:21	4264	Scott Pulley	SOUTHAMPTON AC	1146	1:27:13	3509	John Grigg	FULHAM RC
1047	1:13:24	4689	John Freir	WEST 4 HARRIERS	1147	1:27:21	3978	Gary Hopkins	NEW ELTHAM JOGGERS
1048	1:13:24	3930	Daniel Wrapson	LONDON HEATHSIDE AC	1148	1:27:27	4627	Frank Merrigan	VICTORIA PARK H & TOWER I
1049	1:13:25	3673	Andrew Millbank	HERNE HILL HARRIERS	1149	1:27:52	4136	Peter Morris	READING ROADRUNNERS
1050	1:13:27	4346	Charles Nelis	STOPSLEY STRIDERS JC	1150	1:27:59	3843	Steve Warner	LINGFIELD RC
1051	1:13:34	3873	Francis O'Callaghan	LONDON FRONTRUNNERS	1151	1:28:24	3239	Peter Hadley	CAMBRIDGE HARRIERS
1052	1:13:36	4673	Gary Lee	WAVERLEY	1152	1:28:59	4064	Trevor Mathurin	QUEENS PARK HARRIERS
1053	1:13:38	4281	Tim Brockington	SPRINGFIELD STRIDERS RC	1153	1:29:43	3348	Nick Baker	CRAWLEY SAINTS AND SINNE
1054	1:13:42	4629	Tim Miller	VICTORIA PARK H & TOWER I	1154	1:29:47	3496	Tim Robinson	FAIRLANDS VALLEY SPARTAN
1055	1:13:42	4526	Neil Kimberley	TRENT PARK RC					
1056	1:13:45	3050	Adrian Beresford	ASHFORD & DISTRICT RRC					
1057	1:13:57	3275	Tony Hewett	CITY OF PORTSMOUTH AC					
1058	1:14:01	3678	Valdis Pauzers	HERNE HILL HARRIERS					
1059	1:14:05	3996	Darren Squire	NEWQUAY & PAR AC					
1060	1:14:07	4167	Ben Newell	RUNHEAD AC					
1061	1:14:10	4588	Dave Arnold	VEGAN RUNNERS UK					
1062	1:14:12	3879	Eduardo Schmidt	LONDON FRONTRUNNERS					
1063	1:14:13	3087	Tim Fowler	BASINGSTOKE & MID HANTS					
1064	1:14:15	4048	Paul Brandreth	QBE RC					
1065	1:14:24	3476	James Thomas	EPSOM & EWELL HARRIERS					
1066	1:14:26	4021	Bill Bennett	ORION HARRIERS					
1067	1:14:29	3177	Ian Taylor	BLACKHEATH & BROMLEY HA					
1068	1:14:29	4015	Trevor Kuhrt	NORWICH RR					
1069	1:14:38	4012	Ally Hadden	NORWICH RR					
1070	1:14:39	4103	Gerard O'Driscoll	READING AC					
1071	1:14:50	4046	Alan Lewis	PURBECK AC					
1072	1:15:00	3837	Ian Greenaway	LINGFIELD RC					
1073	1:15:02	4548	Stephen Clancey	TRI SURREY TRIATHLON CLUE					
1074	1:15:04	4592	Peter Simpson	VEGAN RUNNERS UK					
1075	1:15:12	4693	Gary Robinson	WEST 4 HARRIERS					
1076	1:15:19	3568	Gavin Ripton	HALSTEAD RR					
1077	1:15:39	4320	Richard Vaughan	ST ALBANS STRIDERS					
1078	1:15:43	3459	Michael Orr	EDMONTON RC					
1079	1:15:53	4255	Matthew Saunders	SOUTH LONDON HARRIERS					
1080	1:15:56	3536	Brad Smith	GARDEN CITY RUNNERS					
1081	1:16:01	3461	Louis Salidiray	EDMONTON RC					
1082	1:16:05	4743	Justin Kamphuis	WITNEY RRC					
1083	1:16:12	4705	Andrew Olden	WIMBORNE AC					
1084	1:16:29	3490	Colm McCrory	ETON MANOR AC					
1085	1:16:40	3541	Daniel Danko	GREENWICH TRITONS					
1086	1:16:48	4473	Mark Lawes	TIPTREE RR					
1087	1:16:58	4372	Darko Calina	SUTTON RUNNERS					
1088	1:16:59	3785	James Milsom	ISTEAD AND IFIELD HARRIERS					
1089	1:17:05	4097	Dan Foster	READING AC					
1090	1:17:06	3809	Phil Marsden	KENT AC					
1091	1:17:11	4060	Tim Lewin	QUEENS PARK HARRIERS					
1092	1:17:16	3381	Christopher Edwards	DORKING & MOLE VALLEY AC					
1093	1:17:31	4171	Mark Stockford	RUNNING FOR TIME (Non Scc					
1094	1:17:32	4780	Tony Beales	WYMONDHAM AC					
1095	1:17:33	4297	Anthony Bunker	ST ALBANS STRIDERS					
1096	1:17:39	4050	Adrian Boylan	QUEENS PARK HARRIERS					
1097	1:17:40	3462	Austen Slattery	EDMONTON RC					
1098	1:17:54	3802	Neil Gordon-Orr	KENT AC					
1099	1:17:58	3520	Henri Placek	FULHAM RC					
1100	1:18:34	3789	Ted Aston	KENT AC					

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
Team Results:									
Pos	Points	Team / Club		Placings					
1	105	ALDERSHOT FARNHAM & DISTRIC		(9 12 17 18 21 28)					
2	115	TONBRIDGE AC		(1 7 10 15 31 51)					
3	167	SERPENTINE RC		(8 11 13 33 43 59)					
4	224	BEDFORD & COUNTY AC		(14 23 24 30 61 72)					
5	227	HIGHGATE HARRIERS		(5 25 34 38 44 81)					
6	321	HERCULES WIMBLEDON AC		(39 40 49 50 54 89)					
7	556	THAMES HARE & HOUNDS		(22 26 64 99 171 174)					
8	601	KENT AC		(63 83 84 103 119 149)					
9	603	VICTORIA PARK H & TOWER H AC		(6 46 88 150 155 158)					
10	670	THAMES VALLEY HARRIERS		(37 78 79 128 162 186)					
11	875	WOODFORD GREEN W ESSEX L		(3 90 140 151 182 309)					
12	958	CAMBRIDGE & COLERIDGE AC		(47 65 73 224 232 317)					
13	964	LONDON HEATHSIDE AC		(55 125 133 178 221 252)					
14	1032	HERNE HILL HARRIERS		(113 144 156 169 214 236)					
15	1053	BLACKHEATH & BROMLEY HARRI		(67 118 126 225 237 280)					
16	1085	MARSHALL MILTON KEYNES AC		(56 62 138 212 295 322)					
17	1090	BELGRAVE HARRIERS		(32 48 115 188 353 354)					
18	1109	MEDWAY & MAIDSTONE AC		(27 77 166 206 307 326)					
19	1121	COLCHESTER HARRIERS		(75 98 114 159 315 360)					
20	1122	BRIGHTON & HOVE AC		(41 71 97 208 311 394)					
21	1145	READING AC		(94 127 143 227 258 296)					
22	1147	READING ROADRUNNERS		(36 96 170 239 245 361)					
23	1271	WINCHESTER & DISTRICT AC		(45 120 203 271 300 332)					
24	1463	BARNET & DISTRICT AC		(4 173 194 302 374 416)					
25	1493	HUNTINGDONSHIRE AC		(82 228 244 306 313 320)					
26	1620	SOUTHEND ON SEA AC		(2 177 187 277 487 490)					
27	1738	ROYSTON RUNNERS		(199 234 290 291 327 397)					
28	1976	FULHAM RC		(74 299 324 392 428 459)					
29	1983	EALING SOUTHALL & MIDDLESEX		(116 181 285 405 458 538)					
30	2052	LONDON CITY AC		(131 175 349 358 419 620)					
31	2060	TRENT PARK RC		(231 262 329 376 422 440)					
32	2125	ST ALBANS STRIDERS		(219 257 355 386 448 460)					
33	2138	WITNEY RRC		(107 117 303 388 549 674)					
34	2156	CLAPHAM CHASERS RC		(183 293 298 334 511 537)					
35	2168	EALING EAGLES RC		(250 338 365 377 408 430)					
36	2168	WEST 4 HARRIERS		(104 235 297 400 554 578)					
37	2193	LEIGHTON BUZZARD AC		(207 251 256 336 414 729)					
38	2196	BASINGSTOKE & MID HANTS AC		(70 85 351 432 625 633)					
39	2405	WYCOMBE PHOENIX HARRIERS &		(122 218 335 345 508 877)					
40	2410	HEADINGTON RR		(217 269 294 519 523 588)					
41	2474	HAVERING AC		(69 160 314 452 701 778)					
42	2530	RANELAGH HARRIERS		(209 286 344 347 472 872)					
43	2570	ETON MANOR AC		(184 189 439 457 619 682)					
44	2661	WATFORD JOGGERS		(185 191 319 580 677 709)					
45	2668	DORKING & MOLE VALLEY AC		(105 287 431 446 693 706)					
46	2732	THE STRAGGLERS RC		(341 373 436 476 525 581)					
47	2800	HILLINGDON AC		(35 91 415 586 785 888)					
48	2895	CAMBRIDGE HARRIERS		(42 196 455 653 683 866)					
49	2947	ARENA 80 AC		(204 342 404 556 686 755)					
50	3001	DULWICH RUNNERS AC		(283 369 371 530 704 744)					
51	3084	LONDON FRONTRUNNERS		(330 453 481 482 635 703)					
52	3124	QUEENS PARK HARRIERS		(433 468 521 531 563 608)					
53	3209	ST NEOTS, RIVERSIDE RUNNERS		(123 366 437 593 779 911)					
54	3220	SOUTHAMPTON AC		(142 260 352 382 1038 1046)					
55	3243	STUBBINGTON GREEN RUNNERS		(316 372 471 576 741 767)					
56	3357	STRIDERS OF CROYDON		(350 412 475 595 680 845)					
57	3380	AMPTHILL & FLITWICK FLYERS		(301 304 470 637 822 846)					
58	3510	SPRINGFIELD STRIDERS RC		(425 462 520 601 736 766)					
59	3524	TUNBRIDGE WELLS HARRIERS		(305 429 649 673 721 747)					
60	3571	NENE VALLEY HARRIERS		(378 420 533 614 710 916)					
61	3690	GUILDFORD & GODALMING AC		(359 496 546 623 658 1008)					
62	3728	HARPENDEN ARROWS		(445 489 494 688 761 851)					
63	3764	TRING RC		(242 253 555 724 964 1026)					
64	3816	CROYDON HARRIERS		(249 534 663 782 783 805)					
65	3836	CLAPHAM PIONEERS		(413 507 585 695 797 839)					
66	3992	ASHFORD & DISTRICT RRC		(443 640 678 687 754 790)					
67	4113	GARDEN CITY RUNNERS		(543 561 636 752 806 815)					
68	4127	TRI LONDON		(449 606 672 715 838 847)					
69	4376	SOUTH LONDON HARRIERS		(284 434 718 818 1043 1079)					
70	4721	WIMBORNE AC		(631 655 675 848 952 960)					
71	4811	26.2 RRC		(385 777 823 878 955 993)					
72	5172	HALSTEAD RR		(380 764 891 921 1076 1140)					
73	5310	NORWICH RR		(518 733 791 1068 1069 1131)					
74	5311	LINGFIELD RC		(473 630 994 1023 1072 1119)					
75	5335	NEW ELTHAM JOGGERS		(564 746 887 910 1101 1127)					
76	5500	TIPTREE RR		(719 801 935 948 1011 1086)					
77	5545	EDMONTON RC		(493 834 962 1078 1081 1097)					

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:26:53	5883	Pippa Woolven	WYCOMBE PHOENIX HARRIEI	101	0:33:04	5698	Chloe Baker	THAMES VALLEY HARRIERS
2	0:27:59	4955	Iona Lake	CITY OF NORWICH AC	102	0:33:05	5246	Eileen Brandley	HERCULES WIMBLEDON AC
3	0:28:08	5583	Naomi Taschmowitz	SHAFTESBURY BARNET HARR	103	0:33:07	5610	Hayley Lamkin	SOUTHDOWN ON SEA AC
4	0:28:11	5729	Nicole Taylor	TONBRIDGE AC	104	0:33:08	5471	Laura Blazey	RANELAGH HARRIERS
5	0:28:30	5216	Lauren Deadman	HAVERING AC	105	0:33:09	5538	Ahlem Ben Gueblia	SERPENTINE RC
6	0:28:30	5399	Rachel Robinson	MARSHALL MILTON KEYNES J	106	0:33:11	5265	Sue Swaine	HERNE HILL HARRIERS
7	0:28:41	5102	Isabel Brinsden	EPSOM & EWELL HARRIERS	107	0:33:11	4928	Chloe Haines	CAMBRIDGE & COLERIDGE A
8	0:29:01	4882	Rebecca Murray	BEDFORD & COUNTY AC	108	0:33:11	4968	Helen Cooper	CLAPHAM CHASERS RC
9	0:29:06	4956	Danielle Nimmock	CITY OF NORWICH AC	109	0:33:14	4852	Bethan Francis	AVON VALLEY RUNNERS
10	0:29:21	5280	Molly Renfer	HIGHGATE HARRIERS	110	0:33:15	5104	Naomi Lenane	EPSOM & EWELL HARRIERS
11	0:29:26	5599	Laura Brenton	SOUTHAMPTON AC	111	0:33:16	5432	Sarah Caskey	PETERBOROUGH AC
12	0:29:30	5266	Stacey Ward	HERNE HILL HARRIERS	112	0:33:17	5465	Michelle Maddick	QUEENS PARK HARRIERS
13	0:29:31	5008	Heidi Tregenza	CORNWALL AC	113	0:33:20	4949	Lucy Thaues	CHICHESTER RUNNERS AC
14	0:29:33	4837	Emily Wicks	ALDRESHOT FARNHAM & DIS	114	0:33:21	5722	Sasha Houghton	TONBRIDGE AC
15	0:29:39	5284	Hannah Viner	HIGHGATE HARRIERS	115	0:33:25	5488	Sarah Holmes	READING AC
16	0:29:44	4878	Alice Burgin	BEDFORD & COUNTY AC	116	0:33:25	5871	Suzanne Phillips	WOODFORD GREEN W ESSEX
17	0:29:46	5685	Katy Hedgethorne	THAMES HARE & HOUNDS	117	0:33:26	5322	Isabel Bradley	KENT AC
18	0:29:46	5278	Yasmin Goater	HIGHGATE HARRIERS	118	0:33:29	5214	Morgan Campbell	HAVERING AC
19	0:29:51	5854	Charlotte Firth	WINDSOR S E & HOUNSLOW	119	0:33:30	5196	Gill Bland	HARROW AC
20	0:29:55	5613	Elizabeth Davies	SPRINGFIELD STRIDERS RC	120	0:33:32	4902	Sarah Worley	BILLERICAY STRIDERS RC
21	0:29:57	5688	Lauren Major	THAMES HARE & HOUNDS	121	0:33:32	5882	Laura Street	WYCOMBE PHOENIX HARRIEI
22	0:30:03	5184	Suzannah Monk	GUILDFORD & GODALMING J	122	0:33:34	4856	Jacqueline Rockliffe	AVON VALLEY RUNNERS
23	0:30:09	5689	Bethanie Murray	THAMES HARE & HOUNDS	123	0:33:35	4939	Lucy Marlow	CAMBRIDGE HARRIERS
24	0:30:11	5180	Eleanor Harrison	GUILDFORD & GODALMING J	124	0:33:35	5367	Ula Cartwright-Finch	LONDON HEATHSIDE AC
25	0:30:13	5692	Natalie Seymour	THAMES HARE & HOUNDS	125	0:33:38	5201	Stacey Clusker	HASTINGS AC
26	0:30:20	5382	Rebecca Piggott	LONDON HEATHSIDE AC	126	0:33:38	5393	Emma Watson	LONDON HEATHSIDE AC
27	0:30:23	5877	Alex Cook	WYCOMBE PHOENIX HARRIEI	127	0:33:41	5602	Minna Jones-Walter	SOUTHAMPTON AC
28	0:30:24	5397	Lara Bromilow	MARSHALL MILTON KEYNES J	128	0:33:41	5604	Lucy Short	SOUTHAMPTON AC
29	0:30:26	5374	Josie Hinton	LONDON HEATHSIDE AC	129	0:33:42	5676	Claire Altmann	THAMES HARE & HOUNDS
30	0:30:32	4846	Maisie Trafford	ARENA 80 AC	130	0:33:44	5202	Jenna French	HASTINGS AC
31	0:30:39	5489	Naomi Mitchell	READING AC	131	0:33:45	5258	Katie Kedward	HERNE HILL HARRIERS
32	0:30:53	5881	Lucy Rogers	WYCOMBE PHOENIX HARRIEI	132	0:33:47	5483	Fanny Vein	RANELAGH HARRIERS
33	0:30:53	5262	Katie Moore	HERNE HILL HARRIERS	133	0:33:50	5297	Hannah Wells	HILLINGDON AC
34	0:30:58	4844	Caroline Hoyte	ARENA 80 AC	134	0:33:51	5343	Caitlin Lloyd	LEWES AC
35	0:31:02	5029	Cas Wright	DARTFORD HARRIERS AC	135	0:33:54	5592	Sue McDonald	SOUTH LONDON HARRIERS
36	0:31:02	5152	Jackie Skinner	FULHAM RC	136	0:33:54	5279	Kani Hinshelwood	HIGHGATE HARRIERS
37	0:31:03	4887	Georgie Fenn	BELGRAVE HARRIERS	137	0:33:55	4922	Hope Bretscher	CAMBRIDGE & COLERIDGE A
38	0:31:04	5364	Julia Bijl	LONDON HEATHSIDE AC	138	0:33:55	5870	Alicia Mc Ardell	WOODFORD GREEN W ESSEX
39	0:31:06	5857	Hannah Novakovic	WINDSOR S E & HOUNSLOW	139	0:33:56	5859	Alex Slotwinska	WINDSOR S E & HOUNSLOW
40	0:31:06	5727	Sian Robertson	TONBRIDGE AC	140	0:33:56	5386	Sue Rust	LONDON HEATHSIDE AC
41	0:31:08	5878	Zoe Doyle	WYCOMBE PHOENIX HARRIEI	141	0:34:00	5264	Nikki Sturzaker	HERNE HILL HARRIERS
42	0:31:09	5044	Elkie Mace	DULWICH RUNNERS AC	142	0:34:02	5719	Alexandra Crockford	TONBRIDGE AC
43	0:31:16	5294	Catrina Paterson	HILLINGDON AC	143	0:34:02	5671	Lauren Murray	SUTTON RUNNERS
44	0:31:18	4953	Mabel Beckett	CITY OF NORWICH AC	144	0:34:03	5368	Angelica Datta	LONDON HEATHSIDE AC
45	0:31:22	5250	Claire Grima	HERCULES WIMBLEDON AC	145	0:34:04	5696	Sophie Wood	THAMES HARE & HOUNDS
46	0:31:28	5838	Sophie Lloyd	WHITE HORSE HARRIERS	146	0:34:05	5580	Elana Dimmer	SHAFTESBURY BARNET HARR
47	0:31:28	5880	Jenny Roberts	WYCOMBE PHOENIX HARRIEI	147	0:34:06	5111	Sarah Flanagan	ETON MANOR AC
48	0:31:33	5678	Victoria Barthelmess	THAMES HARE & HOUNDS	148	0:34:07	5663	Kelley Haniver	STUBBINGTON GREEN RUNN
49	0:31:33	5562	Anna Lawson	SERPENTINE RC	149	0:34:11	4985	Lucy Wertheim	CLAPHAM CHASERS RC
50	0:31:36	5744	Jessica Prior	TRENT PARK RC	150	0:34:13	5403	Stephanie Hearne	MEDWAY & MAIDSTONE AC
51	0:31:38	4831	Emma Stevens	ALDRESHOT FARNHAM & DIS	151	0:34:15	5809	Helen Mussen	WATFORD JOGGERS
52	0:31:44	5275	Emma Burgess	HIGHGATE HARRIERS	152	0:34:15	5598	Nicola Bolinger	SOUTHAMPTON AC
53	0:31:46	4963	Laura Boehm	CLAPHAM CHASERS RC	153	0:34:16	5144	Hazel Jackson	FULHAM RC
54	0:31:46	5555	Anna Hollingsworth	SERPENTINE RC	154	0:34:19	5428	Charlotte Harris	OXFORD TRI
55	0:31:48	5572	Natasha Sheel	SERPENTINE RC	155	0:34:19	5738	Cara Huckstep	TRENT PARK RC
56	0:31:48	4930	Fiona Hughes	CAMBRIDGE & COLERIDGE A	156	0:34:23	5032	Heather Paterson	DORKING & MOLE VALLEY AC
57	0:31:50	4926	Rebecca Frake	CAMBRIDGE & COLERIDGE A	157	0:34:25	5158	Leah Walland	FULHAM RC
58	0:31:50	5571	Megan Roberts	SERPENTINE RC	158	0:34:27	5795	Stephanie Velez	VICTORIA PARK H & TOWER I
59	0:31:53	5705	Sophie Biggs	THE STRAGGLERS RC	159	0:34:27	5492	Georgina Walton	READING AC
60	0:31:54	4820	Cordelia Parker	ABINGDON AC	160	0:34:27	5328	Eliza Grant	KENT AC
61	0:31:56	5664	Rebecca Lord	STUBBINGTON GREEN RUNN	161	0:34:28	4990	Ruth Dervan	CLAPHAM PIONEERS
62	0:31:56	5855	Alice Flint	WINDSOR S E & HOUNSLOW	162	0:34:30	4851	Veryan Cranston	AVON VALLEY RUNNERS
63	0:32:02	5533	Rachel Astington	RUNNING FOR TIME (Non Scc	163	0:34:30	4913	Laurie Marlow	BRACKNELL AC
64	0:32:07	5390	Catrin Tyler	LONDON HEATHSIDE AC	164	0:34:36	5071	Sarah Gerrie	EALING SOUTHALL & MIDDLE
65	0:32:08	5739	Emily Jeanes	TRENT PARK RC	165	0:34:39	5272	Catherine Airey	HIGHGATE HARRIERS
66	0:32:08	5256	Fiona De Mauny	HERNE HILL HARRIERS	166	0:34:41	5876	Zoe Watson	WOODFORD GREEN W ESSEX
67	0:32:10	5786	Martha Lloyd	VICTORIA PARK H & TOWER I	167	0:34:41	5820	Helen Southcott	WELLS CITY HARRIERS
68	0:32:13	5381	Celine Murray	LONDON HEATHSIDE AC	168	0:34:42	4901	Ruth Chadney	BILLERICAY STRIDERS RC
69	0:32:14	5734	Cynthia Cano	TRENT PARK RC	169	0:34:45	5000	Megan Woodworth	CLAPHAM PIONEERS
70	0:32:17	5369	Olivia Desborough	LONDON HEATHSIDE AC	170	0:34:45	5737	Anja Greenwood	TRENT PARK RC
71	0:32:20	5778	Katherine Gundersen	VICTORIA PARK H & TOWER I	171	0:34:46	4850	Rebecca Beck	AVON VALLEY RUNNERS
72	0:32:21	4836	Anna Weston	ALDRESHOT FARNHAM & DIS	172	0:34:46	5353	Caoimhe Nic Fhogartaigh	LONDON CITY AC
73	0:32:21	5569	Sarah Pemberton	SERPENTINE RC	173	0:34:50	5606	Holly Gillard	SOUTHDOWN ON SEA AC
74	0:32:22	5150	Jessica Saunders	FULHAM RC	174	0:34:51	5886	Cat Cummings	WYMONDHAM AC
75	0:32:23	4889	Mhairi Hall	BELGRAVE HARRIERS	175	0:34:52	5777	Rebecca Fode	VICTORIA PARK H & TOWER I
76	0:32:24	5651	Christine Lathwell	STOPSLEY STRIDERS JC	176	0:34:53	5608	Sarah Imbush	SOUTHDOWN ON SEA AC
77	0:32:27	5479	Holly McGuigan	RANELAGH HARRIERS	177	0:34:54	5568	Jacqueline O'Connor	SERPENTINE RC
78	0:32:29	5333	Katie Rowland	KENT AC	178	0:34:59	5176	Amy-Jo Clarke	GUILDFORD & GODALMING J
79	0:32:29	4969	Frances Crozier	CLAPHAM CHASERS RC	179	0:35:01	5667	Nichola Roebuck	STUBBINGTON GREEN RUNN
80	0:32:30	4864	Zoe Levin	BARNET & DISTRICT AC	180	0:35:02	4886	Mimi Corden-Lloyd	BELGRAVE HARRIERS
81	0:32:30	5271	Judd Sally	HERTS PHOENIX AC	181	0:35:02	5016	Madelain Armstrong	CROYDON HARRIERS
82	0:32:32	4959	Emma Jolley	CITY OF PORTSMOUTH AC	182	0:35:02	5046	Ange Norris	DULWICH RUNNERS AC
83	0:32:35	5204	Rachael Grass	HASTINGS AC	183	0:35:07	5797	Holly Weir	VICTORIA PARK H & TOWER I
84	0:32:36	5156	Liberty Thompson	FULHAM RC	184	0:35:09	5595	Lin Skinner	SOUTH LONDON HARRIERS
85	0:32:40	5195	Lucy Ashe	HARROW AC	185	0:35:09	5231	Emily Georgiades	HEADINGTON RR
86	0:32:41	5497	Gemma Buley	READING ROADRUNNERS	186	0:35:10	4988	Rosie Clarke	CLAPHAM PIONEERS
87	0:32:41	5329	Sarah Hanley	KENT AC	187	0:35:11	5387	Tara Shrestha Carney	LONDON HEATHSIDE AC
88	0:32:43	4834	Georgia Tuckfield	ALDRESHOT FARNHAM & DIS	188	0:35:12	5149	Alice Riddell-Webster	FULHAM RC
89	0:32:44	5427	Rebecca Duxbury	OXFORD TRI	189	0:35:13	5336	Georgina Wiley	KENT AC
90	0:32:46	5269	Olivia Zeltner	HERNE HILL HARRIERS	190	0:35:14	5805	Angela Trussler	WATFORD HARRIERS
91	0:32:50	5283	Tessa Strain	HIGHGATE HARRIERS	191	0:35:16	5070	Shona Cowper	EALING SOUTHALL & MIDDLE
92	0:32:50	5691	Sarah Randles	THAMES HARE & HOUNDS	192	0:35:17	4854	Gemma Lawton	AVON VALLEY RUNNERS
93	0:32:51	5869	Rachel Lund	WOODFORD GREEN W ESSEX	193	0:35:18	5385	Emily Reichert	LONDON HEATHSIDE AC
94	0:32:52	5410	April Hogg	NEWQUAY RR	194	0:35:19	4845	Helen Moss	ARENA 80 AC
95	0:32:53	4869	Charlotte Earl	BASINGSTOKE & MID HANTS	195	0:35:21	5218	Robyn Matson	HAVERING AC
96	0:32:55	4890	Emma Howsham	BELGRAVE HARRIERS	196	0:35:23	5045	Marta Miaskiewicz	DULWICH RUNNERS AC
97	0:32:57	4960	Emma Jane Montiel	CITY OF PORTSMOUTH AC	197	0:35:24	5347	Alexandra Coomber	LISS RUNNERS
98	0:32:59	5249	Gina Galbraith	HERCULES WIMBLEDON AC	198	0:35:24	5894	Phoebe Connolly	BRIGHTON & HOVE AC
99	0:33:02	5274	Rachel Baker	HIGHGATE HARRIERS	199	0:35:24	5277	Louise Faherty	HIGHGATE HARRIERS
100	0:33:03	5076	Katherine Mertens	EALING SOUTHALL & MIDDLE	200	0:35:28	5105	Diana Norman	EPSOM & EWELL HARRIERS

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:35:28	5535	Gill Pearson	RUNNING FOR TIME (Non Sc	301	0:37:40	5578	Sarah Whittaker-Axon	SERPENTINE RC
202	0:35:29	5281	Ashley Scott-Wilson	HIGHGATE HARRIERS	302	0:37:40	5372	Estibaliz Guijarro Puente	LONDON HEATHSIDE AC
203	0:35:32	5048	Rebecca Schulleri	DULWICH RUNNERS AC	303	0:37:41	5352	Sandra Marie	LONDON CITY AC
204	0:35:32	5315	Amy Old	INVICTA EAST KENT AC	304	0:37:41	5350	Heather Haggis	LONDON CITY AC
205	0:35:33	5233	Amy Johnson	HEADINGTON RR	305	0:37:42	5342	Ruth Mitchell	LEIGHTON BUZZARD AC
206	0:35:36	5206	Rebecca Mabbon	HASTINGS AC	306	0:37:43	4950	Emma Wickens	CHICHESTER RUNNERS AC
207	0:35:36	4924	Jessica Cocker	CAMBRIDGE & COLERIDGE A	307	0:37:44	5418	Rachael Miller	NORWICH RR
208	0:35:41	5587	Ruth Hutton	SOUTH LONDON HARRIERS	308	0:37:50	5237	Yvonne Morris	HEADINGTON RR
209	0:35:41	5030	Gayle Banks	DORKING & MOLE VALLEY AC	309	0:37:52	5902	Fiona Eagle	QUEENS PARK HARRIERS
210	0:35:46	5769	Heather Birtwistle	VICTORIA PARK H & TOWER I	310	0:37:53	5827	Cristina Aldea	WEST 4 HARRIERS
211	0:35:47	4888	Lizzie Goldie-Scot	BELGRAVE HARRIERS	311	0:37:53	5040	Yvette Dore	DULWICH RUNNERS AC
212	0:35:47	5495	Hannah Wright	READING AC	312	0:37:54	5444	Becky Rendell	POOLE AC
213	0:35:48	4847	Katie Wright	ARENA 80 AC	313	0:37:54	4838	Jess Anstee	AMPTHILL & FLITWICK FLYER
214	0:35:49	5523	Lauren Davison	ROYSTON RUNNERS	314	0:37:55	5565	Alexandra Magub	SERPENTINE RC
215	0:35:50	5373	Satu Hietanen	LONDON HEATHSIDE AC	315	0:37:55	5480	Eugenie McLachlan	RANELAGH HARRIERS
216	0:35:51	5043	Michelle Lennon	DULWICH RUNNERS AC	316	0:37:56	5459	Michelle Ford	QUEENS PARK HARRIERS
217	0:35:51	5641	Wendy Walsh	ST ALBANS STRIDERS	317	0:37:56	5475	Katherine Henry	RANELAGH HARRIERS
218	0:35:57	5519	Becky Tovey	ROMSEY RR	318	0:37:56	5468	Hannah Sibona	QUEENS PARK HARRIERS
219	0:35:59	4940	Amelia Ritchie	CAMBRIDGE HARRIERS	319	0:37:57	5588	Pam Iannella	SOUTH LONDON HARRIERS
220	0:36:00	5188	Jenna Trudgeon	GUILDFORD & GODALMING /	320	0:37:58	5415	Deborah English	NORWICH RR
221	0:36:01	4832	Katie Stevens	ALDERSHOT FARNHAM & DIS	321	0:37:59	5558	Nicola Kaye	SERPENTINE RC
222	0:36:08	5680	Jessica Davies	THAMES HARE & HOUNDS	322	0:37:59	5863	Jade Hewlett	WITNEY RRC
223	0:36:10	5384	Tatyana Potiyenko	LONDON HEATHSIDE AC	323	0:38:02	5341	Amy Inchley	LEIGHTON BUZZARD AC
224	0:36:10	5209	Sophie McGoldrick	HASTINGS AC	324	0:38:03	5679	Anri Cohen	THAMES HARE & HOUNDS
225	0:36:11	4817	Alice Tozer	26.2 RRC	325	0:38:05	5780	Minna Harrison	VICTORIA PARK H & TOWER I
226	0:36:11	4989	Rebecca De Cinque	CLAPHAM PIONEERS	326	0:38:06	5182	Sophie Johnson	GUILDFORD & GODALMING /
227	0:36:13	5110	Claire Louise Fisher	ETON MANOR AC	327	0:38:07	5661	Lara Evans	STUBBINGTON GREEN RUNN
228	0:36:14	5052	Katie Styles	DULWICH RUNNERS AC	328	0:38:08	5819	Philippa Staddon	WAVERLEY
229	0:36:15	5758	Jillian Holford	TUNBRIDGE WELLS HARRIERS	329	0:38:11	5771	Erica Brown	VICTORIA PARK H & TOWER I
230	0:36:15	4961	Eleanor Andrews	CLAPHAM CHASERS RC	330	0:38:11	5829	Alessandra De Magistris	WEST 4 HARRIERS
231	0:36:16	5748	Gaelle Lebray	TRI LONDON	331	0:38:12	5831	Sarah Mcintosh	WEST 4 HARRIERS
232	0:36:16	5011	Anne Matthews	CRAWLEY AC	332	0:38:13	4997	Laura Sears	CLAPHAM PIONEERS
233	0:36:17	5843	Ella Waddingham	WIMBLEDON WINDMILERS R	333	0:38:14	5491	Debbie Taylor	READING AC
234	0:36:18	5556	Amelie Karlsson	SERPENTINE RC	334	0:38:15	5579	Janet Worster	SERPENTINE RC
235	0:36:18	5054	Anna Thomas	DULWICH RUNNERS AC	335	0:38:21	5321	Victoria Wright	ISTEAD AND IFIELD HARRIERS
236	0:36:20	5132	Emma Pearson	FARNHAM RUNNERS	336	0:38:22	5247	Monika Crouse	HERCULES WIMBLEDON AC
237	0:36:20	5605	Hannah Willson	SOUTHAMPTON AC	337	0:38:22	5683	Anna Garnier	THAMES HARE & HOUNDS
238	0:36:21	5811	Rebecca Reed	WATFORD JOGGERS	338	0:38:24	5658	Steph Upton	STRIDERS OF CROYDON
239	0:36:22	5079	Leanne Smith	EALING SOUTHALL & MIDDLE	339	0:38:24	5362	Chloe Bean	LONDON HEATHSIDE AC
240	0:36:24	4982	Adele Potts	CLAPHAM CHASERS RC	340	0:38:25	5363	Elizabeth Beard	LONDON HEATHSIDE AC
241	0:36:25	5682	Vikki Filsell	THAMES HARE & HOUNDS	341	0:38:28	5136	Helen Burke	FULHAM RC
242	0:36:26	4859	Sarah Boxer	BARNET & DISTRICT AC	342	0:38:28	5481	Rebecca Northmore	RANELAGH HARRIERS
243	0:36:27	5499	Sarah Dooley	READING ROADRUNNERS	343	0:38:30	5298	Ciara Williams	HILLINGDON AC
244	0:36:27	5655	Lottie Nusca	STRIDERS OF CROYDON	344	0:38:30	5117	Jane Rukin-White	ETON MANOR AC
245	0:36:28	5009	Susan Aldridge	CRAWLEY AC	345	0:38:31	5713	Vicky Knight	TIPTREE RR
246	0:36:29	4951	Sophie Wright	CHICHESTER RUNNERS AC	346	0:38:31	5478	Marianne Malam	RANELAGH HARRIERS
247	0:36:31	4993	Catherine Fuller	CLAPHAM PIONEERS	347	0:38:38	4815	Maggie Stacey	26.2 RRC
248	0:36:32	5781	Faye Jeacocke	VICTORIA PARK H & TOWER I	348	0:38:41	4823	Wendy Fitzpatrick	ALDERSHOT FARNHAM & DIS
249	0:36:34	5335	Claire Sutton	KENT AC	349	0:38:42	5534	Lisa Hallett	RUNNING FOR TIME (Non Sc
250	0:36:36	4857	Leah Sartain	AVON VALLEY RUNNERS	350	0:38:42	5585	Adele Boesinger	SOUTH LONDON HARRIERS
251	0:36:36	5452	Sophie Barnard	QUEENS PARK HARRIERS	351	0:38:43	5521	Lorna Castle	ROYSTON RUNNERS
252	0:36:36	5383	Louisa Pointon	LONDON HEATHSIDE AC	352	0:38:45	5844	Tara Green	WIMBORNE AC
253	0:36:37	5487	Lucy Daniels	READING AC	353	0:38:45	5377	Cathy Jeremiah	LONDON HEATHSIDE AC
254	0:36:38	5001	Rebecca Cooke	COLCHESTER HARRIERS	354	0:38:45	4992	Grace Finn	CLAPHAM PIONEERS
255	0:36:38	5002	Aiko Henington	COLCHESTER HARRIERS	355	0:38:47	5815	Gail Winter	WATFORD JOGGERS
256	0:36:39	5520	Betty Bohane	ROYSTON RUNNERS	356	0:38:47	5700	Siana Jones	THAMES VALLEY HARRIERS
257	0:36:40	5895	Fiona Russell	Mornington Chasers	357	0:38:48	5659	Tina Chantrey	STUBBINGTON GREEN RUNN
258	0:36:41	5181	Susanna Harrison	GUILDFORD & GODALMING /	358	0:38:48	5015	Sarah Stanbridge	CRAWLEY SAINTS AND SINNE
259	0:36:43	5548	Sophie Anne Flanagan	SERPENTINE RC	359	0:38:48	5376	Alice Hosking	LONDON HEATHSIDE AC
260	0:36:44	5130	Kayleigh Copeland	FARNHAM RUNNERS	360	0:38:49	4957	Katie Carew-Robinson	CITY OF PORTSMOUTH AC
261	0:36:45	4894	Ellen van der Velden	BELGRAVE HARRIERS	361	0:38:50	5396	Debra Brent	MARSHALL MILTON KEYNES /
262	0:36:46	5746	Zoe Redondo	TRENT PARK RC	362	0:38:52	5421	Pippa Dowswell	ORION HARRIERS
263	0:36:48	4919	Freya Leman	BRIGHTON & HOVE AC	363	0:38:53	5200	Katie Arnold	HASTINGS AC
264	0:36:49	4853	Diane Hier	AVON VALLEY RUNNERS	364	0:38:54	5240	Catriona Scott	HEADINGTON RR
265	0:36:49	5358	Erika Kulikova	LONDON FRONTRUNNERS	365	0:38:54	5038	Lucy Clapp	DULWICH RUNNERS AC
266	0:36:51	4933	Christine Bond	CAMBRIDGE HARRIERS	366	0:38:56	4923	Karen Cameron	CAMBRIDGE & COLERIDGE A
267	0:36:52	5167	Melissa Jones	GREENWICH TRITONS	367	0:38:56	5304	Eleanor Smith	HUNTINGDONSHIRE AC
268	0:36:55	4876	Lynn Emmett	BECCLES AND BUNGAY HARR	368	0:39:01	5643	Emma Evans	ST NEOTS, RIVERSIDE RUNNE
269	0:36:56	5707	Helen Davies	THE STRAGGLERS RC	369	0:39:04	5526	Ruth MacLeod	ROYSTON RUNNERS
270	0:36:57	5215	Clare Davies	HAVINGER AC	370	0:39:05	5173	Rebecca Brennan	GUILDFORD & GODALMING /
271	0:36:59	5098	Rebecca Sharpe	ELY RUNNERS	371	0:39:05	4967	Julian Canty	CLAPHAM CHASERS RC
272	0:37:03	5423	Alison Trauttmansdorff-Wei	ORION HARRIERS	372	0:39:06	5455	Amelia Carman	QUEENS PARK HARRIERS
273	0:37:04	4948	Charlotte Reading	CHICHESTER RUNNERS AC	373	0:39:08	4841	Lisa Wells-Day	AMPTHILL & FLITWICK FLYER
274	0:37:07	5840	Bernadette Maher	WIMBLEDON WINDMILERS R	374	0:39:09	5361	Lucy Wilson-Shaw	LONDON FRONTRUNNERS
275	0:37:08	5276	Natasha Cendrowicz	HIGHGATE HARRIERS	375	0:39:10	4816	Daisy Street	26.2 RRC
276	0:37:08	5656	Jenny Rowe	STRIDERS OF CROYDON	376	0:39:11	5212	Laura Vickers	HASTINGS AC
277	0:37:09	5119	Zoe Woodward	ETON MANOR AC	377	0:39:12	5665	Lucy May	STUBBINGTON GREEN RUNN
278	0:37:10	5477	Alice Littler	RANELAGH HARRIERS	378	0:39:12	4974	Flora Emenev	CLAPHAM CHASERS RC
279	0:37:11	5069	Annabelle White	EALING EAGLES RC	379	0:39:13	5080	Patricia Thomas	EALING SOUTHALL & MIDDLE
280	0:37:12	5128	Susie Chan	FARNHAM RUNNERS	380	0:39:14	5794	Annie Trihan	VICTORIA PARK H & TOWER I
281	0:37:14	5848	Sarah Lawson	WINCHESTER & DISTRICT AC	381	0:39:15	5775	Christina Eason	VICTORIA PARK H & TOWER I
282	0:37:14	5612	Sarah Pennington	SOUTHEND ON SEA AC	382	0:39:16	5756	Rachel Wray	TRING RC
283	0:37:17	5754	Sally Nash	TRING RC	383	0:39:16	5116	Kate Malcolm	ETON MANOR AC
284	0:37:18	5464	Harriet Knight	QUEENS PARK HARRIERS	384	0:39:17	5832	Georgina Waddell	WEST 4 HARRIERS
285	0:37:19	5392	Jackie Wastell	LONDON HEATHSIDE AC	385	0:39:17	5388	Lucy Stanfield	LONDON HEATHSIDE AC
286	0:37:22	5330	Nicky Hayes	KENT AC	386	0:39:18	5454	Eleanor Buck	QUEENS PARK HARRIERS
287	0:37:23	5036	Ola Balme	DULWICH RUNNERS AC	387	0:39:18	5063	Malgorzata Kucharska	EALING EAGLES RC
288	0:37:24	5316	Gabija Rasiukeviciute	INVICTA EAST KENT AC	388	0:39:20	5654	Nikki Javan	STRIDERS OF CROYDON
289	0:37:27	5340	Amy Farnfield	LEIGHTON BUZZARD AC	389	0:39:21	5609	Natasha Lagden	SOUTHEND ON SEA AC
290	0:37:27	4855	Holly Newman	AVON VALLEY RUNNERS	390	0:39:22	5621	Mandy Attree	ST ALBANS STRIDERS
291	0:37:27	5165	Emma Dodds	GREENWICH TRITONS	391	0:39:22	5632	Nicky Laitner	ST ALBANS STRIDERS
292	0:37:30	4972	Amy Ellerker	CLAPHAM CHASERS RC	392	0:39:23	5514	Julie Martin	REDWAY RUNNERS
293	0:37:31	5047	Lucy Pickering	DULWICH RUNNERS AC	393	0:39:24	5162	Meera Rajoo-Oakley	GREAT BENTLEY RC (Non-Sc
294	0:37:33	5324	Joanne Campbell	KENT AC	394	0:39:30	5502	Marie-louise Kertzman	READING ROADRUNNERS
295	0:37:34	5137	Natalie Carroll	FULHAM RC	395	0:39:31	5627	Claire Hobson	ST ALBANS STRIDERS
296	0:37:35	5673	Long Natalie	SWALE COMBINED AC (Non S	396	0:39:31	4946	Jenny Jakeman	CHICHESTER RUNNERS AC
297	0:37:36	5360	Hazel Reade	LONDON FRONTRUNNERS	397	0:39:35	4996	Carmel Salvidge	CLAPHAM PIONEERS
298	0:37:36	5666	Daisy McClements	STUBBINGTON GREEN RUNN	398	0:39:36	5268	Jessica Winfield	HERNE HILL HARRIERS
299	0:37:37	5291	Freya Hollingsworth	HILLINGDON AC	399	0:39:36	5198	Ellen Rose - Senior	HARROW AC
300	0:37:39	5174	Karen Bryant	GUILDFORD & GODALMING /	400	0:39:38	4833	Cathy Stewart	ALDERSHOT FARNHAM & DIS

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:39:39	5348	Alice Aniello	LONDON CITY AC	501	0:42:19	5525	Claire Littlewood	ROYSTON RUNNERS
402	0:39:40	5496	Sarah Alford	READING ROADRUNNERS	502	0:42:20	5560	Margaret King	SERPENTINE RC
403	0:39:41	5731	Jacque Barlow	TOTTON RC	503	0:42:23	4871	Naomi Holborough	BASINGSTOKE & MID HANTS
404	0:39:41	5445	Kathryn Smart	POOLE AC	504	0:42:24	4867	Cat Coveney	BASINGSTOKE & MID HANTS
405	0:39:42	5057	Emily Cook	EALING EAGLES RC	505	0:42:29	5620	Anna Anders	ST ALBANS STRIDERS
406	0:39:43	5804	Alison Putko	WATFORD HARRIERS	506	0:42:31	5885	Anneke Cook	WYMONDHAM AC
407	0:39:46	4975	Rebecca Gough	CLAPHAM CHASERS RC	507	0:42:31	5131	Jane Georghiou	FARNHAM RUNNERS
408	0:39:46	4942	Nadia Anderson	CHICHESTER RUNNERS AC	508	0:42:36	5888	Lisa Greengrass	WYMONDHAM AC
409	0:39:47	5337	Sarah Young	KENT AC	509	0:42:37	5068	Anne Sampson	EALING EAGLES RC
410	0:39:47	5021	Laura Marshall	CROYDON HARRIERS	510	0:42:39	5547	Merel Eusman	SERPENTINE RC
411	0:39:51	5066	Sue Park	EALING EAGLES RC	511	0:42:40	5733	Emma Pilbeam	TOTTON RC
412	0:39:53	4966	Alison Caldwell	CLAPHAM CHASERS RC	512	0:42:40	4947	Jo Prosser	CHICHESTER RUNNERS AC
413	0:39:53	5292	Lynn Hyde	HILLINGDON AC	513	0:42:43	5407	Emma Randall	NENE VALLEY HARRIERS
414	0:39:54	5431	Sarah Spruytenburg	OXFORD TRI	514	0:42:45	5549	Laura Fountain	SERPENTINE RC
415	0:39:59	5303	Ieva Klavina	HUNTINGDONSHIRE AC	515	0:42:46	5506	Bethany Rudd	WATFORD ROADRUNNERS
416	0:40:02	5344	Meghan Bowen	LINGFIELD RC	516	0:42:46	5617	Donna Hindle	SPRINGFIELD STRIDERS RC
417	0:40:03	5168	Lesley McCarthy	GREENWICH TRITONS	517	0:42:49	5542	Joanna Conn	SERPENTINE RC
418	0:40:05	5740	Aimee Jenner	TRENT PARK RC	518	0:42:53	5530	Helen Pye	ROYSTON RUNNERS
419	0:40:05	5873	Jenny Thomas	WOODFORD GREEN W ESSEX	519	0:42:54	5711	Julie Haworth	THE STRAGGLERS RC
420	0:40:06	5494	Charlotte Wright	READING AC	520	0:42:55	5486	Linda Church	READING AC
421	0:40:06	5757	Michele Bradshaw	TUNBRIDGE WELLS HARRIERS	521	0:42:56	5163	Edwina Cheng	GREENWICH TRITONS
422	0:40:07	5229	Madeleine Ding	HEADINGTON RR	522	0:42:58	5424	Harriet Bowyer	OXFORD TRI
423	0:40:08	5172	Paula Aldred	GUILDFORD & GODALMING /	523	0:42:59	5900	Anne Caspi	Mornington Chasers
424	0:40:09	5796	Kay Verdon	VICTORIA PARK H & TOWER I	524	0:43:01	5178	Michelle Collins	GUILDFORD & GODALMING /
425	0:40:10	5449	Sarah Swift	POOLE RUNNERS	525	0:43:02	5619	Elaine Tribley	SPRINGFIELD STRIDERS RC
426	0:40:15	5516	Paulina Sutton	REDWAY RUNNERS	526	0:43:03	5293	Bryony Lycett-Brown	HILLINGDON AC
427	0:40:16	4987	Jennifer Woolgar	CLAPHAM CHASERS RC	527	0:43:05	5814	Vicky Williams	WATFORD JOGGERS
428	0:40:16	5159	Sydney Watlow	FULHAM RC	528	0:43:05	5660	Lisa Donn	STUBBINGTON GREEN RUNN
429	0:40:16	5081	Lynn Wilson	EALING SOUTHALL & MIDDLE	529	0:43:09	5055	Liz Ainsworth	EALING EAGLES RC
430	0:40:17	5806	Clare Bonnick	WATFORD JOGGERS	530	0:43:09	5586	Patricia Howard	SOUTH LONDON HARRIERS
431	0:40:19	5370	Sarah Duke	LONDON HEATHSIDE AC	531	0:43:11	4937	Marian Hine	CAMBRIDGE HARRIERS
432	0:40:21	5401	Mo Fazakerley	MEDWAY & MAIDSTONE AC	532	0:43:12	5644	Sarah Friel	ST NEOTS, RIVERSIDE RUNNE
433	0:40:22	5510	Philippa White	READING ROADRUNNERS	533	0:43:12	5509	Samantha Whalley	READING ROADRUNNERS
434	0:40:22	5077	Aneta Neumann	EALING SOUTHALL & MIDDLE	534	0:43:14	5366	Kimberli Butler	LONDON HEATHSIDE AC
435	0:40:25	5631	Ruth Kent	ST ALBANS STRIDERS	535	0:43:14	5129	Kay Copeland	FARNHAM RUNNERS
436	0:40:28	5527	Isabel Marriage	ROYSTON RUNNERS	536	0:43:15	4995	Alice Robinson	CLAPHAM PIONEERS
437	0:40:28	5394	Caroline White	LONDON HEATHSIDE AC	537	0:43:17	5715	Deniz Bowart	TONBRIDGE AC
438	0:40:30	5570	Avril Riddell	SERPENTINE RC	538	0:43:17	5614	Sara Demetriou	SPRINGFIELD STRIDERS RC
439	0:40:31	5626	Deirdre Heydecker	ST ALBANS STRIDERS	539	0:43:18	5830	Georgina Gillott	WEST 4 HARRIERS
440	0:40:31	5254	Zoe Buckland	HERNE HILL HARRIERS	540	0:43:18	5073	Carol Jones	EALING SOUTHALL & MIDDLE
441	0:40:32	5505	Nicole Rickett	READING ROADRUNNERS	541	0:43:20	4973	Nicole Elliott	CLAPHAM CHASERS RC
442	0:40:33	5772	Emily Catmur	VICTORIA PARK H & TOWER I	542	0:43:22	5109	Janine Durrant	ETON MANOR AC
443	0:40:35	5589	Linda Ingram	SOUTH LONDON HARRIERS	543	0:43:24	5017	Miriam De Souza	CROYDON HARRIERS
444	0:40:39	5359	Olivia Poole	LONDON FRONTRUNNERS	544	0:43:24	5807	Katerina Fellas	WATFORD JOGGERS
445	0:40:39	5114	Gail Hennessy	ETON MANOR AC	545	0:43:27	5122	Claire Emmerson	FAIRLANDS VALLEY SPARTAN
446	0:40:41	5051	Lundon Stephanie	DULWICH RUNNERS AC	546	0:43:30	5642	Lucy Boothby	ST NEOTS, RIVERSIDE RUNNE
447	0:40:43	5759	Suzannah Kinsella	TUNBRIDGE WELLS HARRIERS	547	0:43:31	5320	Janet Murray	ISTEAD AND IFIELD HARRIERS
448	0:40:43	5031	Dawn Howell	DORKING & MOLE VALLEY AC	548	0:43:31	5453	Joanna Braine	QUEENS PARK HARRIERS
449	0:40:44	5662	Penny Forse	STUBBINGTON GREEN RUNN	549	0:43:32	5532	Jo Wint	RUNHEAD AC
450	0:40:44	5433	Louise Morgan	PETERBOROUGH AC	550	0:43:34	5760	Amanda Smith	TUNBRIDGE WELLS HARRIERS
451	0:40:46	5133	Linda Tyler	FARNHAM RUNNERS	551	0:43:36	5037	Midge Cameron	DULWICH RUNNERS AC
452	0:40:50	5238	Emily Myhill	HEADINGTON RR	552	0:43:39	4863	Annabelle Lee	BARNET & DISTRICT AC
453	0:40:51	5564	Sarah Mackenzie	SERPENTINE RC	553	0:43:40	5380	Rebecca Marshall	LONDON HEATHSIDE AC
454	0:40:51	4998	Abigail Sherrard	CLAPHAM PIONEERS	554	0:43:41	5346	Claire Ziegler	LINGFIELD RC
455	0:40:52	5646	Kirsty Middleton	ST NEOTS, RIVERSIDE RUNNE	555	0:43:42	5462	Emma Jones	QUEENS PARK HARRIERS
456	0:40:56	5466	Melanie McGovern	QUEENS PARK HARRIERS	556	0:43:45	5325	Heather Castle	KENT AC
457	0:40:59	5638	Deborah Steer	ST ALBANS STRIDERS	557	0:43:46	5437	Nicola Rudgley	PITSEA RC
458	0:41:00	5157	Rose Waddington	FULHAM RC	558	0:43:46	5749	Sophie McClenaghan	TRI LONDON
459	0:41:01	5014	Cara Law	CRAWLEY SAINTS AND SINNE	559	0:43:47	5025	Rahana Islam	DAGENHAM 88 RUNNERS
460	0:41:04	5458	Laura Fairbanks	QUEENS PARK HARRIERS	560	0:43:53	5375	Fiona Holland	LONDON HEATHSIDE AC
461	0:41:06	5616	Isobel Gowers	SPRINGFIELD STRIDERS RC	561	0:43:58	4944	Amanda Godfrey	CHICHESTER RUNNERS AC
462	0:41:08	5161	Anna Mills	GREAT BENTLEY RC (Non-Sco	562	0:43:59	5430	Philippa Mullineux	OXFORD TRI
463	0:41:08	5203	Suzi Frost	HASTINGS AC	563	0:44:07	5470	Jana Wolfova	QUEENS PARK HARRIERS
464	0:41:09	5257	Patrizia Gnoato	HERNE HILL HARRIERS	564	0:44:08	5189	Anna Bambridge	HALSTEAD RR
465	0:41:09	5053	Ros Tabor	DULWICH RUNNERS AC	565	0:44:11	5296	Melanie Spencer	HILLINGDON AC
466	0:41:10	5896	Rafaele Lamour	Mornington Chasers	566	0:44:12	5672	Olga Reading	SUTTON RUNNERS
467	0:41:12	5835	Naomi Zetter	WEST 4 HARRIERS	567	0:44:15	5027	Hannah Sheikh	DAGENHAM 88 RUNNERS
468	0:41:14	5635	Julianne Nightingale	ST ALBANS STRIDERS	568	0:44:17	5061	Jessica Hood	EALING EAGLES RC
469	0:41:17	5402	Bernadette Harrop	MEDWAY & MAIDSTONE AC	569	0:44:19	5205	Abby Kirsopp	HASTINGS AC
470	0:41:18	5323	Eloisa Brown	KENT AC	570	0:44:20	5146	Emma Less	FULHAM RC
471	0:41:18	5183	Catherine Milton Thompson	GUILDFORD & GODALMING /	571	0:44:22	5553	Alison Hinton	SERPENTINE RC
472	0:41:22	5723	Grazia Manzotti	TONBRIDGE AC	572	0:44:24	4873	Elaine Liversage	BASINGSTOKE & MID HANTS
473	0:41:27	5522	Andrea Cook	ROYSTON RUNNERS	573	0:44:27	5552	Josephine Hart	SERPENTINE RC
474	0:41:28	4934	Sally Carr	CAMBRIDGE HARRIERS	574	0:44:29	4879	Emma Coombes	BEDFORD & COUNTY AC
475	0:41:29	5243	Helen Turley	HEADINGTON RR	575	0:44:31	5901	Carmen Harrington	Mornington Chasers
476	0:41:31	5567	Rhiannon Needham	SERPENTINE RC	576	0:44:34	5712	Mary Hyde	THE STRAGGLERS RC
477	0:41:31	5139	Jenni Cunniffe	FULHAM RC	577	0:44:36	5529	Libby Mitchell	ROYSTON RUNNERS
478	0:41:32	5550	Coralie Frost	SERPENTINE RC	578	0:44:38	5545	Kristin Duffy	SERPENTINE RC
479	0:41:34	5033	Louise Schlaeppi	DORKING & MOLE VALLEY AC	579	0:44:39	5309	Anna Crawley	ILFORD AC
480	0:41:35	5414	Nicky Dowson	NORWICH RR	580	0:44:40	5636	Magdalena Petrus	ST ALBANS STRIDERS
481	0:41:42	5013	Jo Fiveash	CRAWLEY SAINTS AND SINNE	581	0:44:49	5576	Caroline Torry	SERPENTINE RC
482	0:41:44	5531	Leonie Hope	RUNHEAD AC	582	0:44:50	5704	Kirstie Tew	THAMES VALLEY HARRIERS
483	0:41:47	5112	Sarah Giles	ETON MANOR AC	583	0:44:56	5242	Chiara Trentin	HEADINGTON RR
484	0:41:48	5765	June Barrow-Green	VICTORIA PARK H & TOWER I	584	0:44:57	5507	Claire Seymour	READING ROADRUNNERS
485	0:41:49	5812	Sarah Sharman	WATFORD JOGGERS	585	0:44:59	4999	Hannah Williams	CLAPHAM PIONEERS
486	0:41:53	5302	Georgia Hill	HUNTINGDONSHIRE AC	586	0:45:06	5761	Carol Tsang	TUNBRIDGE WELLS HARRIERS
487	0:41:54	4994	Tiphaine Le Bain	CLAPHAM PIONEERS	587	0:45:07	5766	Elaine Battson	VICTORIA PARK H & TOWER I
488	0:41:55	5155	Amy Tayler	FULHAM RC	588	0:45:10	5307	Pauline Stocker	HUNTINGDONSHIRE AC
489	0:41:57	5190	Wendy Carter	HALSTEAD RR	589	0:45:14	5107	Rachel Bunting	ETON MANOR AC
490	0:42:02	5500	Elizabeth Johnson	READING ROADRUNNERS	590	0:45:15	5561	Eda Korkmaz	SERPENTINE RC
491	0:42:03	5630	Jennifer Johnson	ST ALBANS STRIDERS	591	0:45:18	5791	Emma Robinson	VICTORIA PARK H & TOWER I
492	0:42:04	5287	Lesley Conway	HILLINGDON AC	592	0:45:22	5899	Laurie Boulton	Mornington Chasers
493	0:42:06	4861	Kirsty Johnstone	BARNET & DISTRICT AC	593	0:45:23	5554	Sophia Holder	SERPENTINE RC
494	0:42:10	5331	Sally Keeney	KENT AC	594	0:45:25	5018	Jules Del Nevo	CROYDON HARRIERS
495	0:42:13	5684	Amy Groeneveld	THAMES HARE & HOUNDS	595	0:45:25	5463	Susan Kennedy	QUEENS PARK HARRIERS
496	0:42:13	5060	Sophie Foxall	EALING EAGLES RC	596	0:45:27	5862	Jane Colbeck-McKinnon	WITNEY ARC
497	0:42:14	5750	Harriet Sumner	TRI LONDON	597	0:45:29	5090	Aiseng Paul	EDMONTON RC
498	0:42:15	5893	Georgia Williams	WYMONDHAM AC	598	0:45:30	5622	Katie Bunting	ST ALBANS STRIDERS
499	0:42:16	5874	Alex Wardle	WOODFORD GREEN W ESSEX	599	0:45:35	5317	Sally Dawodu-Talabi	ISTEAD AND IFIELD HARRIERS
500	0:42:17	5537	Faye Barrett	SERPENTINE RC	600	0:45:36	5450	Sarah Tuck	POOLE RUNNERS

Senior Women

Pos	Time	No	Name	Club
601	0:45:41	5816	Madeleine Charbine	WAVERLEY
602	0:45:51	5898	Christiana Akingbala	Mornington Chasers
603	0:45:54	5108	Fen Coles	ETON MANOR AC
604	0:45:54	5113	Amanda Hearn	ETON MANOR AC
605	0:46:00	5179	Lisa Ellis	GUILDFORD & GODALMING /
606	0:46:05	5230	Jackie Duvall	HEADINGTON RR
607	0:46:18	5889	Sophie McLaren	WYMONDHAM AC
608	0:46:22	5059	Grainne Devery	EALING EAGLES RC
609	0:46:25	5123	Jenny Garrett	FAIRLANDS VALLEY SPARTAN
610	0:46:26	5356	Kirsty Fitzgerald	LONDON FRONTRUNNERS
611	0:46:29	4976	Jo Greening	CLAPHAM CHASERS RC
612	0:46:33	5232	Sandra Harding-Brown	HEADINGTON RR
613	0:46:33	5460	Kirstie Groombridge	QUEENS PARK HARRIERS
614	0:46:34	5222	Claire Annesley	HAYWARDS HEATH HARRIER!
615	0:46:40	5887	Emma Fickling	WYMONDHAM AC
616	0:46:44	5326	Abby Clyndes	KENT AC
617	0:46:46	5035	Vivien Victor	DORKING & MOLE VALLEY AC
618	0:46:49	4858	Clare Boutle	BARNET & DISTRICT AC
619	0:46:54	5318	Helen Fooks	ISTEAD AND IFIELD HARRIERS
620	0:46:56	4943	Sue Baker	CHICHESTER RUNNERS AC
621	0:46:57	5591	Leena Lindvall	SOUTH LONDON HARRIERS
622	0:47:02	5023	Jennifer Ackroyd	DAGENHAM 88 RUNNERS
623	0:47:04	5813	Sophia Stylianou	WATFORD JOGGERS
624	0:47:07	5187	Chloe Thevenin	GUILDFORD & GODALMING /
625	0:47:10	5223	Sarah Hamilton	HAYWARDS HEATH HARRIER!
626	0:47:11	5821	Rachel Morton	WERRINGTON JOGGERS
627	0:47:12	5824	Laura Whale	WERRINGTON JOGGERS
628	0:47:13	5244	Rosie Winder	HEADINGTON RR
629	0:47:14	5219	Clare Rudgley	HAVERING AC
630	0:47:15	5668	Sue Belcher	SUTTON RUNNERS
631	0:47:20	5467	Charlotte Morris	QUEENS PARK HARRIERS
632	0:47:26	5865	Regina Lally	WITNEY RRC
633	0:47:29	5085	Filipa Soares	EAST LONDON RUNNERS
634	0:47:50	5639	Lucy Stern	ST ALBANS STRIDERS
635	0:47:52	5536	Camilla Allwood	SERPENTINE RC
636	0:47:57	5145	Denny Jicheva	FULHAM RC
637	0:47:59	5153	Jane Tait	FULHAM RC
638	0:47:59	5154	Rachel Tait	FULHAM RC
639	0:48:07	5135	Eleanor Broughton	FULHAM RC
640	0:48:16	5897	Jennifer Moore	Mornington Chasers
641	0:48:30	5752	Lisa Hill	TRI SURREY TRIATHLON CLUE
642	0:48:30	5448	Annette Lewis	BOURNEMOUTH AC
643	0:48:42	5286	Christina Benjamen	HILLINGDON AC
644	0:48:46	5823	Caroline Sefton	WERRINGTON JOGGERS
645	0:48:49	5551	Laura Hamilton	SERPENTINE RC
646	0:48:51	5143	Lisa Holleran	FULHAM RC
647	0:48:58	5575	Miwa Tonaki	SERPENTINE RC
648	0:49:02	5710	Christine Glew	THE STRAGGLERS RC
649	0:49:12	5425	Lucy Dighton	OXFORD TRI
650	0:49:18	5310	Julia Galea	ILFORD AC
651	0:49:31	5845	Tina Mercer	WIMBORNE AC
652	0:49:46	5892	Nicola Weldon	WYMONDHAM AC
653	0:49:46	5311	Frieda Keane	ILFORD AC
654	0:49:46	5890	Dee Middleton-Hall	WYMONDHAM AC
655	0:49:50	5884	Cindy Burgess	WYMONDHAM AC
656	0:50:01	5891	Eva Osbourne	WYMONDHAM AC
657	0:50:03	5141	Louise Garlick	FULHAM RC
658	0:50:06	5818	Annette Lee	WAVERLEY
659	0:50:08	5774	Fiona Cobb	VICTORIA PARK H & TOWER H
660	0:50:14	4938	Maria MacDonald	CAMBRIDGE HARRIERS
661	0:50:17	5422	Paula Fairlamb	ORION HARRIERS
662	0:50:28	5861	Frankie Balkwill	WITNEY RRC
663	0:50:33	5078	Beverley Packwood	EALING SOUTHALL & MIDDLE
664	0:50:38	5512	Fiona Wightman	REDCAR RC
665	0:50:44	5645	Liz Hiner	ST NEOTS, RIVERSIDE RUNNE
666	0:50:58	5412	Jo Bygrave	NORWICH RR
667	0:50:58	5413	Kelly Cornish	NORWICH RR
668	0:51:11	5574	Laura Stewart	SERPENTINE RC
669	0:51:11	5235	Katie King	HEADINGTON RR
670	0:51:12	5817	Abigail Edwards	WAVERLEY
671	0:51:27	5439	Caroline Wallis	PITSEA RC
672	0:51:32	5127	Peta Wilson	FAIRLANDS VALLEY SPARTAN
673	0:51:36	5345	Theresa Donohue	LINGFIELD RC
674	0:51:43	4839	Rebecca Fleckney	AMPHILL & FLUTWICK FLYER
675	0:52:04	5138	Judith Clarkson	FULHAM RC
676	0:52:13	5142	Nat Grace	FULHAM RC
677	0:52:17	5442	Laura Horswill	POOLE AC
678	0:52:18	5709	Mirella Genziani	THE STRAGGLERS RC
679	0:52:24	5121	Sharon Crowley	FAIRLANDS VALLEY SPARTAN
680	0:52:36	5224	Carys Hind	HAYWARDS HEATH HARRIER!
681	0:52:45	5084	Diana Rexhepaj	EAST LONDON RUNNERS
682	0:52:53	5434	Marion Breeze	PITSEA RC
683	0:53:00	5082	Teresa Flannigan	EAST ESSEX TRIATHLON CLUE
684	0:54:05	5170	Catherine Pinchen	GREENWICH TRITONS
685	0:54:37	5191	Lauren Hutley	HALSTEAD RR
686	0:54:48	5120	Callie Chapman	FAIRLANDS VALLEY SPARTAN
687	0:54:56	5615	Sarah Goodwin	SPRINGFIELD STRIDERS RC
688	0:55:03	5026	Lynne Northcott	DAGENHAM 88 RUNNERS
689	0:55:12	5799	Marilyn Crocker	VICTORY AC
690	0:56:11	5086	Susie Dutoit	EDMONTON RC
691	0:56:32	5308	Loana Broadley	ILFORD AC
692	0:56:33	5702	Christine Munden	THAMES VALLEY HARRIERS
693	0:57:22	5411	Melissa Baines	NORWICH RR
694	0:58:16	5441	Eva Filmer	POOLE AC
695	0:58:20	4983	Jessie Torr	CLAPHAM CHASERS RC
696	0:59:28	5056	Claudia Susanna Aviles	EALING EAGLES RC
697	1:00:09	5236	Sarah Leach	HEADINGTON RR
698	1:00:37	5669	Felicidade Gunn	SUTTON RUNNERS
699	1:01:05	5420	Stephanie Wenn	NORWICH RR
700	1:01:22	5019	Carol Johnson	CROYDON HARRIERS

Pos	Time	No	Name	Club
701	1:02:17	5745	Christine Read	TRENT PARK RC
702	1:04:17	5306	Sarah Smith	HUNTINGDONSHIRE AC
703	1:04:55	5022	Radhika Selvarajah	CROYDON HARRIERS

Team Results:

Pos	Points	Team / Club	Placings
1	86	THAMES HARE & HOUNDS	(17 21 23 25)
2	95	HIGHGATE HARRIERS	(10 15 18 52)
3	101	WYCOMBE PHOENIX HARRIERS &	(1 27 32 41)
4	157	LONDON HEATHSIDE AC	(26 29 38 64)
5	201	HERNE HILL HARRIERS	(12 33 66 90)
6	216	SERPENTINE RC	(49 54 55 58)
7	225	ALDERSHOT FARNHAM & DISTRIC	(14 51 72 88)
8	259	WINDSOR S E & HOUNSLOW AC	(19 39 62 139)
9	300	TONBRIDGE AC	(4 40 114 142)
10	339	TRENT PARK RC	(50 65 69 155)
11	347	FULHAM RC	(36 74 84 153)
12	357	CAMBRIDGE & COLERIDGE AC	(56 57 107 137)
13	388	BELGRAVE HARRIERS	(37 75 96 180)
14	389	CLAPHAM CHASERS RC	(53 79 108 149)
15	418	SOUTHAMPTON AC	(11 127 128 152)
16	442	KENT AC	(78 87 117 160)
17	444	GUILDFORD & GODALMING AC	(22 24 178 220)
18	471	VICTORIA PARK H & TOWER H AC	(67 71 158 175)
19	471	ARENA 80 AC	(30 34 194 213)
20	513	WOODFORD GREEN W ESSEX L	(93 116 138 166)
21	517	READING AC	(31 115 159 212)
22	544	HASTINGS AC	(83 125 130 206)
23	564	AVON VALLEY RUNNERS	(109 122 162 171)
24	581	HERCULES WIMBLEDON AC	(45 98 102 336)
25	588	HAVERING AC	(5 118 195 270)
26	591	RANELAGH HARRIERS	(77 104 132 278)
27	623	DULWICH RUNNERS AC	(42 182 196 203)
28	686	STUBBINGTON GREEN RUNNERS	(61 148 179 298)
29	694	EALING SOUTHALL & MIDDLESEX	(100 164 191 239)
30	734	SOUTHEND ON SEA AC	(103 173 176 282)
31	742	CLAPHAM PIONEERS	(161 169 186 226)
32	818	HILLINGDON AC	(43 133 299 343)
33	846	SOUTH LONDON HARRIERS	(135 184 208 319)
34	938	CHICHESTER RUNNERS AC	(113 246 273 306)
35	956	QUEENS PARK HARRIERS	(112 251 284 309)
36	995	ETON MANOR AC	(147 227 377 344)
37	1062	HEADINGTON RR	(185 205 308 364)
38	1082	CAMBRIDGE HARRIERS	(123 219 266 474)
39	1125	READING ROADRUNNERS	(86 243 394 402)
40	1174	WATFORD JOGGERS	(151 238 355 430)
41	1179	OXFORD TRI	(89 154 414 522)
42	1180	LONDON CITY AC	(172 303 304 401)
43	1190	ROYSTON RUNNERS	(214 256 351 369)
44	1227	FARNHAM RUNNERS	(236 260 280 451)
45	1246	STRIDERS OF CROYDON	(244 276 338 388)
46	1292	DORKING & MOLE VALLEY AC	(156 209 448 479)
47	1355	WEST 4 HARRIERS	(310 330 331 384)
48	1367	BARNET & DISTRICT AC	(80 242 493 552)
49	1380	LONDON FRONTRUNNERS	(265 297 374 444)
50	1393	ST ALBANS STRIDERS	(217 390 391 395)
51	1423	THE STRAGGLERS RC	(59 269 519 576)
52	1482	EALING EAGLES RC	(279 387 405 411)
53	1496	GREENWICH TRITONS	(267 291 417 521)
54	1522	SPRINGFIELD STRIDERS RC	(20 461 516 525)
55	1647	TUNBRIDGE WELLS HARRIERS	(229 421 447 550)
56	1674	BASINGSTOKE & MID HANTS AC	(95 503 504 572)
57	1686	WYMONDHAM AC	(174 498 506 508)
58	1728	CROYDON HARRIERS	(181 410 543 594)
59	1731	THAMES VALLEY HARRIERS	(101 356 582 692)
60	1773	NORWICH RR	(307 320 480 666)
61	1821	Mornington Chasers	(257 466 523 575)
62	1856	HUNTINGDONSHIRE AC	(367 415 486 588)
63	1901	ST NEOTS, RIVERSIDE RUNNERS	(368 455 532 546)
64	2037	SUTTON RUNNERS	(143 566 630 698)
65	2087	POOLE AC	(312 404 677 694)
66	2100	ISTEAD AND IFIELD HARRIERS	(335 547 599 619)
67	2212	WITNEY RRC	(322 596 632 662)
68	2257	WAVERLEY	(328 601 658 670)
69	2436	DAGENHAM 88 RUNNERS	(559 567 622 688)
70	2505	FAIRLANDS VALLEY SPARTANS	(545 609 672 679)
71	2573	ILFORD AC	(579 650 653 691)