

Chingford League Race 2 Women

Hog Hill 5th November 2019

| Pos | Number | First | Last | CAgeCat | AWAgeCat | RaceTime | ClubAWName |
|-----|--------|----------|-----------------|---------|----------|----------|------------|
| 1 | 1201 | Katie | Brown | S | SW | 18:36 | Trent PR |
| 2 | 902 | Caoimhe | Nic Fhogartaigh | V | W40 | 19:14 | Lon City |
| 3 | 900 | Natasha | Sheel | S | SW | 19:30 | Lon City |
| 4 | 1296 | Jo | Hall | S | SW | 19:47 | VPH&TH |
| 5 | 777 | Sarah | Flanaghan | V | W40 | 20:06 | Eton M |
| 6 | 1081 | Hayley | Rogerson | V | W40 | 20:15 | Orion |
| 7 | 1325 | Jo | Singer | V | W45 | 20:40 | VPH&TH |
| 8 | 1123 | Georgia | Tuckfield | S | SW | 20:44 | Orion |
| 9 | 782 | Jenny | Heymann | V | W40 | 20:59 | Eton M |
| 10 | 1284 | Sophie | Allen | S | SW | 21:14 | VPH&TH |
| 11 | 1304 | Rebecca | Fode | S | SW | 21:17 | VPH&TH |
| 12 | 779 | Taryne | McPherson | V | W40 | 21:21 | Eton M |
| 13 | 950 | Sameena | Ahmed | V | W40 | 21:41 | Ilford |
| 14 | 644 | Emily | Clarke | S | SW | 21:42 | ELR |
| 15 | 1091 | Claire | Huggins | S | SW | 21:44 | Orion |
| 16 | 608 | Caroline | Frith | V | W40 | 21:52 | ELR |
| 17 | 815 | Jane | Rukin-White | S | SW | 21:54 | Eton M |
| 18 | 1110 | Jasmin | Fitzpatrick | S | SW | 22:00 | Orion |
| 19 | 975 | Lorna | Gaffney | W | W50 | 22:07 | Lought |
| 20 | 1080 | Lorraine | Gosling | V | W45 | 22:19 | Orion |
| 21 | 1302 | Rachel | Morison | S | SW | 22:32 | VPH&TH |
| 22 | 1099 | Pippa | Dowswell | W | W55 | 22:36 | Orion |
| 23 | 380 | Debbie | Coyle | V | W40 | 22:36 | Bark RR |
| 24 | 985 | Mary | Knapman | V | W40 | 22:37 | Lought |
| 25 | 602 | Becky | Evans | W | W50 | 22:42 | ELR |
| 26 | 712 | Norma | Ortiz | S | SW | 22:46 | ELTri |
| 27 | 1322 | Annie | Trihan | S | SW | 22:49 | VPH&TH |
| 28 | 857 | Sara | de Winter | W | W50 | 23:01 | Hwood |
| 29 | 1278 | Faye | Jeacocke | V | W40 | 23:02 | VPH&TH |
| 30 | 783 | Kate | Malcolm | V | W45 | 23:02 | Eton M |
| 31 | 787 | Zoe | Woodward | W | W55 | 23:05 | Eton M |
| 32 | 1124 | Lucy | Humphreys | S | SW | 23:07 | Orion |
| 33 | 617 | Kasia | Stachowiak | S | SW | 23:07 | ELR |
| 34 | 1282 | Victoria | Fabbri | V | W40 | 23:10 | VPH&TH |
| 35 | 903 | Stasia | Bligh | V | W40 | 23:18 | Lon City |
| 36 | 1293 | Jennifer | Graham | S | SW | 23:29 | VPH&TH |
| 37 | 785 | Rosie | Parker | S | SW | 23:35 | Eton M |
| 38 | 1295 | Claire | Ross | S | SW | 23:42 | VPH&TH |
| 39 | 480 | Tracey | Sheey | V | W45 | 23:45 | Dag88 |
| 40 | 1327 | Cristina | Eason | S | SW | 23:51 | VPH&TH |
| 41 | 1097 | Donna | Wilkins | V | W45 | 24:02 | Orion |
| 42 | 611 | Katie | Whitton | S | SW | 24:08 | ELR |

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|----|------|-----------|---------------|---|-----|-------|----------|
| 43 | 816 | Louise | Vacher | W | W55 | 24:09 | Eton M |
| 44 | 793 | Jessica | Verrall | S | SW | 24:12 | Eton M |
| 45 | 855 | Jennifer | Loudon | S | SW | 24:13 | Hwood |
| 46 | 778 | Gail | Hennessy | X | W65 | 24:17 | Eton M |
| 47 | 610 | Maud | Hodson | V | W45 | 24:24 | ELR |
| 48 | 1199 | Inga | Hayden-Cooper | W | W50 | 24:24 | Guest |
| 49 | 1076 | Christine | Inch | W | W55 | 24:26 | Orion |
| 50 | 1077 | Mary | Armitage | W | W55 | 24:29 | Orion |
| 51 | 1324 | Yuan | Ren | S | SW | 24:37 | VPH&TH |
| 52 | 473 | Jenny | Akroyd | S | SW | 24:54 | Dag88 |
| 53 | 1285 | Harriet | Lowndes | S | SW | 25:12 | VPH&TH |
| 54 | 1277 | Joyce | Berry | W | W50 | 25:22 | VPH&TH |
| 55 | 1089 | Angie | Flight | S | SW | 25:27 | Orion |
| 56 | 1083 | Nikkii | Barnett | V | W45 | 25:35 | Orion |
| 57 | 639 | Janet | Bywater | W | W50 | 25:46 | ELR |
| 58 | 603 | Carolyn | Edwards | S | SW | 25:55 | ELR |
| 59 | 1128 | Emma | Cooke | S | SW | 25:59 | Orion |
| 60 | 979 | Amie | Harrison | S | SW | 26:00 | Lought |
| 61 | 780 | Chidi | Richardson | W | W50 | 26:05 | Eton M |
| 62 | 604 | Cat | Hoult | V | W40 | 26:06 | ELR |
| 63 | 389 | Lauren | Simmons | S | SW | 26:07 | Bark RR |
| 64 | 850 | Ruth | Quince | V | W40 | 26:07 | Hwood |
| 65 | 901 | Lorraine | Donnelly | S | W35 | 26:11 | Lon City |
| 66 | 1096 | Karen | Allworthy | X | W60 | 26:19 | Orion |
| 67 | 404 | Emma | Delgaty | S | SW | 26:20 | Bark RR |
| 68 | 789 | Kay | Gillett | S | SW | 26:22 | Eton M |
| 69 | 865 | Louise | Marshall | S | SW | 26:28 | Hwood |
| 70 | 1275 | Philippa | Cockman | W | W55 | 26:29 | VPH&TH |
| 71 | 458 | Emma | Dudman | V | W40 | 26:32 | Dag88 |
| 72 | 869 | Alicia | Gray | S | W35 | 26:33 | Hwood |
| 73 | 503 | Ai Seng | Paul | X | W60 | 26:37 | Edmon |
| 74 | 1098 | Nessa | Clyne | V | W45 | 26:45 | Orion |
| 75 | 1323 | Nicola | Kerr | V | W45 | 26:47 | VPH&TH |
| 76 | 987 | Sharon | Palmer | V | W45 | 26:49 | Lought |
| 77 | 1126 | Sarah | Mills | V | W40 | 26:50 | Orion |
| 78 | 469 | Rahana | Islam | V | W40 | 26:50 | Dag88 |
| 79 | 505 | Gemma | Wooden | S | SW | 26:51 | Edmon |
| 80 | 790 | Fen | Coles | V | W45 | 26:52 | Eton M |
| 81 | 410 | Belinda | Riches | V | W45 | 26:54 | Bark RR |
| 82 | 635 | Arthur | Diaz | W | M50 | 27:07 | ELR |
| 83 | 645 | Sandra | Preston | W | W55 | 27:14 | ELR |
| 84 | 776 | Janine | Durrant | V | W40 | 27:20 | Eton M |
| 85 | 647 | Veronica | Carrasco | S | SW | 27:21 | ELR |
| 86 | 454 | Jenny | O'Hanlon | S | SW | 27:26 | Dag88 |
| 87 | 1127 | Andrea | Macqueen | W | W55 | 27:27 | Orion |
| 88 | 1321 | Marlis | Haase | W | W55 | 27:28 | VPH&TH |
| 89 | 1290 | Amy | Blackburn-Lau | S | SW | 27:30 | VPH&TH |

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|-----|------|-----------|--------------------|---|-----|-------|---------|
| 90 | 1326 | Brenda | Puech | W | W55 | 27:34 | VPH&TH |
| 91 | 641 | Kathryn | Hertzberg | S | SW | 27:48 | ELR |
| 92 | 1090 | Lisa | Smith | X | W60 | 28:17 | Orion |
| 93 | 858 | Amanda | Lewis | S | SW | 28:20 | Hwood |
| 94 | 613 | Fiona | Day | X | W60 | 28:31 | ELR |
| 95 | 460 | Jane | Swanson-Sprent | W | W50 | 28:41 | Dag88 |
| 96 | 400 | Jacqui | Surridge | V | W40 | 28:46 | Bark RR |
| 97 | 384 | Natalie | Traylen | V | W40 | 28:49 | Bark RR |
| 98 | 863 | Tracy | Giddings | W | W55 | 28:50 | Hwood |
| 99 | 605 | Filipa | Soares | V | W45 | 28:57 | ELR |
| 100 | 461 | Emma | O'Shea | V | W45 | 28:57 | Dag88 |
| 101 | 398 | Debra | Jean-Baptiste | V | W45 | 28:59 | Bark RR |
| 102 | 784 | Hayley | Dalton | V | W45 | 29:12 | Eton M |
| 103 | 1086 | Shayne | Bellas | V | W40 | 29:12 | Orion |
| 104 | 600 | Alexandra | Rutishauser-Perera | V | W40 | 29:13 | ELR |
| 105 | 984 | Nadine | Holland | V | W40 | 29:15 | Lought |
| 106 | 502 | Maria | Zota | S | SW | 29:50 | Edmon |
| 107 | 652 | Lauren | Stevenson | S | SW | 29:56 | ELR |
| 108 | 714 | Clare | Hirst | V | W40 | 30:02 | ELTri |
| 109 | 897 | Leanne | Mitchell | W | W55 | 30:24 | Hwood |
| 110 | 1106 | Mary | Johnson | V | W40 | 30:35 | Orion |
| 111 | 452 | Jackie | Frewin | X | W60 | 30:37 | Dag88 |
| 112 | 820 | Elaine | Thompson | W | W50 | 30:45 | Eton M |
| 113 | 993 | Alix | Luxton | V | W40 | 30:55 | Lought |
| 114 | 462 | Timi | Veerasamy | X | W65 | 31:03 | Dag88 |
| 115 | 867 | Theresa | Sullivan | V | W40 | 31:10 | Hwood |
| 116 | 403 | Stephanie | Groves | S | SW | 31:21 | Bark RR |
| 117 | 402 | Vicki | Groves | W | W50 | 31:22 | Bark RR |
| 118 | 952 | Lovedip | Dhaliwal | V | W45 | 31:33 | Ilford |
| 119 | 818 | Christina | Watson | X | W60 | 31:56 | Eton M |
| 120 | 868 | Lucinda | Wynne | S | SW | 32:13 | Hwood |
| 121 | 791 | Claude | Gierl | X | W60 | 32:39 | Eton M |
| 122 | 479 | Kelly | Drake-Tapscott | V | W40 | 33:03 | Dag88 |
| 123 | 377 | Alison | Fryatt | W | W50 | 33:11 | Bark RR |
| 124 | 405 | Elena | Stylianou | S | SW | 33:24 | Bark RR |
| 125 | 792 | Sue | Unsworth | V | W45 | 34:18 | Eton M |
| 126 | 457 | Kaye | Sandford | S | SW | 35:58 | Dag88 |
| 127 | 466 | Geri | Latimer | W | W50 | 35:58 | Dag88 |
| 128 | 648 | Joanna | Qiu | W | W50 | 35:59 | ELR |
| 129 | 391 | Nicola | Cranmer | W | W50 | 36:16 | Bark RR |
| 130 | 864 | Amanda | Clark | V | W45 | 36:22 | Hwood |
| 131 | 468 | Pebbles | Wyard | S | SW | 36:59 | Dag88 |
| 132 | 977 | Catherine | Gurney | W | W50 | 37:25 | Lought |
| 133 | 860 | Lucy | Walker | V | W45 | 37:36 | Hwood |
| 134 | 862 | Ingrid | Dias | V | W45 | 37:36 | Hwood |

Chingford League Race 2 Men

Hog Hill 5th November 2019

| Pos | Number | First | Last | CLAgeCa | WAgeCa | RaceTime | ClubAWName |
|-----|--------|---------|-------------|---------|--------|----------|------------|
| 1 | 632 | Euan | Brown | S | SM | 16:19 | ELR |
| 2 | 397 | Paul | Grange | V | M40 | 16:36 | Bark RR |
| 3 | 1125 | George | Day | S | SM | 16:49 | Orion |
| 4 | 1309 | Stephen | Fabes | S | SM | 16:51 | VPH&TH |
| 5 | 1132 | Reece | Barclay | S | SM | 17:04 | Orion |
| 6 | 633 | Patrick | Brown | S | SM | 17:12 | ELR |
| 7 | 1303 | David | Jones | S | SM | 17:21 | VPH&TH |
| 8 | 383 | Gary | Coombes | V | M45 | 17:23 | Bark RR |
| 9 | 823 | James | Hutchinson | S | SM | 17:24 | Eton M |
| 10 | 707 | Jack | Henson | S | SM | 17:35 | ELTri |
| 11 | 809 | Sam | Anderson | S | SM | 17:38 | Eton M |
| 12 | 1108 | Brian | Jenkins | S | SM | 17:44 | Orion |
| 13 | 1318 | Vesa | Lindberg | V | M40 | 17:45 | VPH&TH |
| 14 | 1281 | Neil | Cook | V | M40 | 17:48 | VPH&TH |
| 15 | 1357 | Zak | Knill | S | SM | 17:50 | VPH&TH |
| 16 | 1130 | Richard | Smith | S | SM | 17:54 | Orion |
| 17 | 655 | Mark | Boulton | S | SM | 17:59 | ELR |
| 18 | 550 | Lindsay | Russell | S | SM | 17:59 | EERR |
| 19 | 1112 | Gareth | Allen | S | SM | 18:06 | Orion |
| 20 | 1136 | Matt | Woodman | V | M40 | 18:10 | Orion |
| 21 | 819 | James | Pilch | S | SM | 18:12 | Eton M |
| 22 | 1131 | Mike | Roberts | S | SM | 18:28 | Orion |
| 23 | 9004 | Tomi | Owoborode | S | SM | 18:31 | Guest |
| 24 | 1317 | Martin | Vandemersch | S | SM | 18:33 | VPH&TH |
| 25 | 1310 | Rob | Blair | V | M40 | 18:34 | VPH&TH |
| 26 | 1333 | Simeon | Bennett | V | M40 | 18:36 | VPH&TH |
| 27 | 1134 | William | Breese | S | SM | 18:38 | Orion |
| 28 | 808 | Paul | Boddey | V | M40 | 18:39 | Eton M |
| 29 | 1100 | Bob | Glasgow | V | M40 | 18:43 | Orion |
| 30 | 717 | Liam | O'Mahoney | S | SM | 18:45 | ELTri |
| 31 | 1119 | David | Wilson | S | SM | 18:57 | Orion |
| 32 | 1328 | George | Long | S | SM | 18:59 | VPH&TH |
| 33 | 1088 | Iain | Wilson | V | M45 | 19:02 | Orion |
| 34 | 1332 | Hugh | Murdoch | S | SM | 19:03 | VPH&TH |
| 35 | 1120 | Scott | Reid | W | M50 | 19:05 | Orion |
| 36 | 621 | Billy | Rayner | S | SM | 19:10 | ELR |
| 37 | 861 | Josh | Jenner | S | SM | 19:14 | Hwood |
| 38 | 1331 | Alfred | Green | S | SM | 19:21 | VPH&TH |
| 39 | 1114 | Tom | Beasley | S | SM | 19:27 | Orion |
| 40 | 1078 | Darren | Matussa | V | M40 | 19:31 | Orion |
| 41 | 1130 | Richard | Smith | S | SM | 19:38 | Orion |
| 42 | 709 | Justin | McDermott | V | M45 | 19:40 | ELTri |
| 43 | 1135 | Luke | Judge | S | SM | 19:41 | Orion |
| 44 | 811 | David | Cato | V | M40 | 19:48 | Eton M |
| 45 | 640 | Craig | Livermore | S | SM | 19:50 | ELR |
| 46 | 607 | Mark | Moir | S | SM | 19:55 | ELR |
| 47 | 978 | Steve | Palmer | V | M45 | 19:56 | Lought |
| 48 | 657 | James | Nichols | S | SM | 20:03 | ELR |

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|-----|------|----------|-------------|---|------|-------|----------|
| 49 | 1113 | Buddy | Green | S | SM | 20:06 | Orion |
| 50 | 1109 | John | Sable | S | SM | 20:07 | Orion |
| 51 | 822 | Paul | Cates | W | M55 | 20:08 | Eton M |
| 52 | 1137 | Neil | McGoun | S | SM | 20:16 | Orion |
| 53 | 618 | Warren | Ibrahim | V | M45 | 20:22 | ELR |
| 54 | 853 | Adam | Bartlett | S | SM | 20:29 | Hwood |
| 55 | 715 | Hefin | Davies | S | SM | 20:31 | ELTri |
| 56 | 1082 | Glen | Gosling | V | M45 | 20:33 | Orion |
| 57 | 821 | Graham | White | S | SM | 20:44 | Eton M |
| 58 | 1329 | Gavriel | Hollander | V | M40 | 20:46 | VPH&TH |
| 59 | 643 | Peter | Craik | V | M45 | 20:48 | ELR |
| 60 | 619 | Jacob | Stevens | V | M40 | 20:51 | ELR |
| 61 | 601 | Karan | Gadhia | S | SM | 20:54 | ELR |
| 62 | 953 | Adam | Coals | S | SM | 20:55 | Ilford |
| 63 | 716 | Lawrence | Shafier | W | M55 | 20:56 | ELTri |
| 64 | 656 | Neil | Gage | V | M40 | 20:57 | ELR |
| 65 | 810 | Rob | Sommerville | W | M50 | 20:58 | Eton M |
| 66 | 1319 | Joseph | Lukwago | S | SM | 21:02 | VPH&TH |
| 67 | 813 | Dave | Daugirda | W | M55 | 21:03 | Eton M |
| 68 | 1104 | Dan | Green | W | M50 | 21:05 | Orion |
| 69 | 904 | Alan | Venning | S | SM | 21:07 | Lon City |
| 70 | 1107 | Colin | Smith | V | M40 | 21:14 | Orion |
| 71 | 631 | Calvin | Bobin | X | M60 | 21:15 | ELR |
| 72 | 1316 | Tim | Todhunter | S | SM | 21:17 | VPH&TH |
| 73 | 705 | Michael | Loiacono | V | M45 | 21:22 | ELTri |
| 74 | 1287 | Tim | Miller | W | M50 | 21:26 | VPH&TH |
| 75 | 817 | Daniel | Hall | V | M45 | 21:27 | Eton M |
| 76 | 713 | Pete | Dyer | V | M45 | 21:28 | ELTri |
| 77 | 1133 | Rob | Moore | W | M50 | 21:30 | Orion |
| 78 | 806 | John | Black | X | M60 | 21:32 | Eton M |
| 79 | 524 | Michael | Orr | V | M45 | 21:41 | Edmon |
| 80 | 650 | Michael | Bamford | W | M50 | 21:43 | ELR |
| 81 | 399 | Michael | Bird | S | SM | 21:50 | Bark RR |
| 82 | 609 | Peter | Hatley | V | M45 | 21:56 | ELR |
| 83 | 1095 | Paul | Thornton | V | M40 | 22:10 | Orion |
| 84 | 407 | Antony | Leckerman | W | M55 | 22:13 | Bark RR |
| 85 | 701 | Paul | Dominguez | V | M45 | 22:15 | ELTri |
| 86 | 1093 | Edward | Lunn | J | U20M | 22:20 | Orion |
| 87 | 1116 | Grant | Corton | W | M55 | 22:22 | Orion |
| 88 | 1101 | Stephen | Bennett | V | M45 | 22:28 | Orion |
| 89 | 523 | Andy | Malleson | S | SM | 22:31 | Edmon |
| 90 | 980 | John | Stubbs | S | SM | 22:38 | Lought |
| 91 | 1307 | Rob | Collier | W | M55 | 22:39 | VPH&TH |
| 92 | 630 | Ciaran | Canavan | V | M45 | 22:41 | ELR |
| 93 | 478 | Andy | Wright | W | M50 | 22:50 | Dag88 |
| 94 | 1334 | Gigi | Giannella | V | M45 | 22:55 | VPH&TH |
| 95 | 1311 | Antonio | Del Valle | V | M40 | 22:58 | VPH&TH |
| 96 | 710 | Graham | Bell | V | M40 | 22:59 | ELTri |
| 97 | 456 | Gary | Cardnell | X | M60 | 23:00 | Dag88 |
| 98 | 856 | Mick | Brown | W | M50 | 23:04 | Hwood |
| 99 | 642 | Stuart | Hodson | J | U18M | 23:07 | ELR |
| 100 | 651 | Gareth | Davies | W | M50 | 23:09 | ELR |

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|-----|------|---------|------------|---|------|-------|----------|
| 101 | 951 | Andy | Catton | X | M65 | 23:22 | Iford |
| 102 | 870 | Andy | Page | V | M40 | 23:28 | Hwood |
| 103 | 1118 | Gary | Bartlett | W | M55 | 23:28 | Orion |
| 104 | 981 | Mark | Fox | V | M40 | 23:30 | Lought |
| 105 | 994 | Richard | Berry | V | M45 | 23:32 | Lought |
| 106 | 616 | Michael | Wilson | W | M55 | 23:46 | ELR |
| 107 | 475 | Jason | Suddaby | V | M40 | 23:52 | Dag88 |
| 108 | 1292 | David | Shortridge | V | M45 | 23:53 | VPH&TH |
| 109 | 986 | Ben | Joyce | S | SM | 24:01 | Lought |
| 110 | 394 | Richard | Dudman | V | M40 | 24:05 | Bark RR |
| 111 | 628 | Cathal | Lynch | S | SM | 24:27 | ELR |
| 112 | 703 | Timothy | Stodell | V | M40 | 24:33 | ELTri |
| 113 | 625 | Andrew | Howard | W | M55 | 24:39 | ELR |
| 114 | 704 | John | Kelly | W | M50 | 24:44 | ELTri |
| 115 | 851 | Martin | Hawker | V | M40 | 24:45 | Hwood |
| 116 | 1079 | Paul | Williams | W | M55 | 24:46 | Orion |
| 117 | 866 | Paul | Newland | S | SM | 24:47 | Hwood |
| 118 | 629 | Lance | Fuller | W | M55 | 24:53 | ELR |
| 119 | 520 | Gareth | Jones | W | M55 | 25:05 | Edmon |
| 120 | 307 | John | Owen | X | M70 | 25:11 | Barnet |
| 121 | 453 | Andrew | Beazeley | V | M40 | 25:16 | Dag88 |
| 122 | 529 | Naresh | Trivedi | X | M60 | 25:28 | Edmon |
| 123 | 476 | Manji | Gami | W | M50 | 25:33 | Dag88 |
| 124 | 401 | Martin | Brooks | V | M45 | 25:38 | Bark RR |
| 125 | 467 | Michael | Pegnall | S | SM | 25:54 | Dag88 |
| 126 | 634 | Alex | Jameson | V | M45 | 26:10 | ELR |
| 127 | 871 | Keith | Turner | V | M45 | 26:15 | Hwood |
| 128 | 646 | John | Healy | V | M45 | 26:23 | ELR |
| 129 | 649 | George | Georgiou | W | M50 | 26:39 | ELR |
| 130 | 303 | David | Scott | W | M55 | 26:45 | Barnet |
| 131 | 1335 | Paul | Turley | W | M50 | 27:08 | VPH&TH |
| 132 | 386 | Jason | Li | V | M45 | 27:27 | Bark RR |
| 133 | 637 | Mark | Durrant | W | M50 | 27:44 | ELR |
| 134 | 905 | Richard | Jones | V | M45 | 27:46 | Lon City |
| 135 | 471 | John | Hughes | W | M50 | 27:49 | Dag88 |
| 136 | 376 | Martin | Mason | X | M65 | 27:59 | Bark RR |
| 137 | 477 | Jason | Manning | V | M40 | 28:02 | Dag88 |
| 138 | 654 | Jason | Levy | V | M45 | 28:07 | ELR |
| 139 | 1200 | Duncan | Bensted | W | M55 | 28:22 | Trent PR |
| 140 | 302 | Steve | Holmes | W | M50 | 28:29 | Barnet |
| 141 | 872 | Alan | Woodroof | X | M60 | 29:05 | Hwood |
| 142 | 635 | Arthur | Diaz | W | M50 | 29:16 | ELR |
| 143 | 388 | Nehal | Patel | S | SM | 29:34 | Bark RR |
| 144 | 1117 | Pete | Bulaitis | X | M65 | 29:40 | Orion |
| 145 | 381 | Leslie | Jay | X | M65 | 30:14 | Bark RR |
| 146 | 854 | Richard | Rockcliffe | X | M65 | 30:25 | Hwood |
| 147 | 807 | James | Huddart | X | M70 | 33:03 | Eton M |
| 148 | 653 | Imran | Mustak | S | M35 | 34:09 | ELR |
| 149 | 382 | Robert | Courtier | X | M60 | 35:05 | Bark RR |
| 150 | 409 | Michael | Grant | W | M50 | 37:47 | Bark RR |
| 151 | 406 | Michael | Alexander | S | M35 | 37:47 | Bark RR |
| 152 | 408 | Hadley | Grant | J | U18M | 37:47 | Bark RR |