

## Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:36:10	368	Seyfu Jamaal (U20)	London Heathside AC	96	0:42:32	429	Ross Macdonald	Ranelagh Harriers
2	0:36:38	519	Chris Smith	Thames Valley Harriers	97	0:42:32	559	Chris Bayliss	Tri London
3	0:36:47	39	Dean Lacy	Cambridge Harriers	98	0:42:34	25	Luca Ercolani	Blackheath & Bromley Harrie
4	0:36:52	343	Tom Aldred	London Heathside AC	99	0:42:35	141	Jack Whitebury	Ealing Eagles Running Club
5	0:37:16	280	Sean Renfer	Highgate Harriers	100	0:42:47	48	Martin Bell	Clapham Chasers RC
6	0:37:27	230	Frederick Slemeck	Hercules Wimbledon AC	101	0:42:51	192	Frederick Levy	Fulham Running Club
7	0:37:30	42	Bailey Massey	Cambridge Harriers	102	0:42:51	114	Thomas South	Dulwich Runners AC
8	0:37:43	506	Toby Clyde	Thames Valley Harriers	103	0:42:58	533	Pete Gregorowski	The Stragglers RC
9	0:37:51	359	Charles Hardy	London Heathside AC	104	0:42:59	194	Stephen McLeod	Fulham Running Club
10	0:37:59	616	Aaron McGrady	Victoria Park H & Tower H AC	105	0:43:09	193	Stewart McAndie	Fulham Running Club
11	0:38:08	225	Finn Johnson	Hercules Wimbledon AC	106	0:43:11	473	Paul Vriend	Serpentine RC
12	0:38:10	110	Jack Ramm	Dulwich Runners AC	107	0:43:13	126	John Foxall	Ealing Eagles Running Club
13	0:38:30	515	Oliver Newton	Thames Valley Harriers	108	0:43:14	628	Duncan Steen	Victoria Park H & Tower H AC
14	0:38:40	227	Andrew Penney	Hercules Wimbledon AC	109	0:43:19	272	Dave Gilbert	Highgate Harriers
15	0:38:47	505	Michael Cameron	Thames Valley Harriers	110	0:43:21	128	Oliver Gildea	Ealing Eagles Running Club
16	0:38:50	16	Richard Henderson	Bedford & County AC	111	0:43:22	6	Chris Hutchinson	26.2 RRC
17	0:39:03	263	Peter Chambers	Highgate Harriers	112	0:43:23	347	Michael Cockings	London Heathside AC
18	0:39:18	372	Roger Maidment	London Heathside AC	113	0:43:26	249	Matthew Munro	Herne Hill Harriers
19	0:39:20	577	Andrew Barrington	Victoria Park H & Tower H AC	114	0:43:26	497	Thomas Greenwood	Thames Hare & Hounds
20	0:39:26	602	James Hotham	Victoria Park H & Tower H AC	115	0:43:27	428	Mark Herbert	Ranelagh Harriers
21	0:39:27	218	Hussein Ahmed	Hercules Wimbledon AC	116	0:43:30	414	Neil Hutchison	Queens Park Harriers
22	0:39:31	588	James Cordwell	Victoria Park H & Tower H AC	117	0:43:32	176	James Pilch	Eton Manor AC
23	0:39:37	221	Joseph Clark	Hercules Wimbledon AC	118	0:43:34	447	Lewis Greaves	Serpentine RC
24	0:39:40	224	Xavier Gruot	Hercules Wimbledon AC	119	0:43:35	340	Alex Turner	London Frontrunners
25	0:39:46	179	Hassen Bedhiafi	Fulham Running Club	120	0:43:36	551	David Kunzmann	Trent Park Running Club
26	0:39:47	446	Juan Frias	Serpentine RC	121	0:43:39	358	Jack Hardy	London Heathside AC
27	0:39:53	472	Joost Vogel	Serpentine RC	122	0:43:44	549	Kamran Ezel	Trent Park Running Club
28	0:39:55	235	Angus Butler	Herne Hill Harriers	123	0:43:45	271	Dave Fowler	Highgate Harriers
29	0:39:57	470	Hugh Torry	Serpentine RC	124	0:43:47	442	David Campbell	Serpentine RC
30	0:39:58	240	Jack Dickenson	Herne Hill Harriers	125	0:43:48	244	Andrew Grigg	Herne Hill Harriers
31	0:40:00	312	Adam Millbery	London City AC	126	0:43:49	234	Henry Brown	Herne Hill Harriers
32	0:40:02	469	Benjamin Tolputt	Serpentine RC	127	0:43:50	487	Krzysztof Klidzia	Striders of Croydon
33	0:40:06	151	Thomas Grimes	East London Runners	128	0:43:53	464	Tim Powell	Serpentine RC
34	0:40:07	433	Pat Wright	Ranelagh Harriers	129	0:43:57	187	James Hampshire	Fulham Running Club
35	0:40:09	247	Lewis Laylee	Herne Hill Harriers	130	0:43:59	60	Tom Rye	Clapham Chasers RC
36	0:40:14	484	Alastair Falconer	Striders of Croydon	131	0:44:02	276	Adam Lennox	Highgate Harriers
37	0:40:15	462	Noe Monroig	Serpentine RC	132	0:44:02	384	Martin Potter	London Heathside AC
38	0:40:17	498	James Meiklejohn	Thames Hare & Hounds	133	0:44:04	165	Paul Boddey	Eton Manor AC
39	0:40:24	648	Chris Mason	West 4 Harriers	134	0:44:04	606	Dariusz Kabulski	Victoria Park H & Tower H AC
40	0:40:26	441	Miguel Branco	Serpentine RC	135	0:44:05	499	Richard Ollington	Thames Hare & Hounds
41	0:40:27	21	Daniel Brewer	Blackheath & Bromley Harrie	136	0:44:06	643	Ciaran Gavin	West 4 Harriers
42	0:40:27	589	Samuel Cornforth	Victoria Park H & Tower H AC	137	0:44:08	58	Charlie Mason	Clapham Chasers RC
43	0:40:29	500	Simon Wurr	Thames Hare & Hounds	138	0:44:09	47	David Reader	Cambridge Harriers
44	0:40:29	477	Orlando Edwards	Shaftesbury Barnet Harriers	139	0:44:16	36	Tarbo Fukazawa	Cambridge Harriers
45	0:40:30	418	Andrew McCarron	Queens Park Harriers	140	0:44:17	411	Michael Dmitrzak	Queens Park Harriers
46	0:40:31	314	Josh Slingsby	London City AC	141	0:44:23	474	Philip Whitehouse	Serpentine RC
47	0:40:32	264	Andres Chau	Highgate Harriers	142	0:44:23	95	Martan Belzunce	Dulwich Runners AC
48	0:40:35	311	Jonny Lane	London City AC	143	0:44:24	443	Alexandre David	Serpentine RC
49	0:40:37	354	Ewan Gault	London Heathside AC	144	0:44:26	576	Jon Andueza	Victoria Park H & Tower H AC
50	0:40:40	246	Mohammed Ismail	Herne Hill Harriers	145	0:44:31	254	Jonathan Ratcliffe	Herne Hill Harriers
51	0:40:41	305	Mungo Prior (U20)	Ilford AC	146	0:44:33	346	Joseph Clemoes	London Heathside AC
52	0:40:41	594	Stephen Fabes	Victoria Park H & Tower H AC	147	0:44:34	294	Paul Leppard	Hillingdon AC
53	0:40:47	303	Tom Gardner	Ilford AC	148	0:44:41	59	Christoph Neumayer	Clapham Chasers RC
54	0:40:47	626	Carl Selya-Hammer	Victoria Park H & Tower H AC	149	0:44:41	133	Jose Manuel Pabon	Ealing Eagles Running Club
55	0:40:49	273	Danny Isaacs	Highgate Harriers	150	0:44:45	270	Ross Dunsmore	Highgate Harriers
56	0:40:50	146	Patrick Brown	East London Runners	151	0:44:46	491	Matt Stone	Striders of Croydon
57	0:40:59	495	Edward Catmur	Thames Hare & Hounds	152	0:44:48	534	Charlie Jeffrey (U20)	The Stragglers RC
58	0:41:07	592	Pete Dyson	Victoria Park H & Tower H AC	153	0:44:49	580	Simeon Bennett	Victoria Park H & Tower H AC
59	0:41:09	27	Daniel Kennedy	Blackheath & Bromley Harrie	154	0:44:53	357	Daniel Haile	London Heathside AC
60	0:41:11	373	Francesco Melloni	London Heathside AC	155	0:44:54	163	Giles Bailey	Eton Manor AC
61	0:41:13	603	Michael Hughes	Victoria Park H & Tower H AC	156	0:44:55	552	Jason Maloney	Trent Park Running Club
62	0:41:19	145	Euan Brown	East London Runners	157	0:44:56	99	Matthew Cooke	Dulwich Runners AC
63	0:41:19	352	Kimou Doulis	London Heathside AC	158	0:45:02	28	Fintan Parkinson	Blackheath & Bromley Harrie
64	0:41:20	266	Tom Crowley	Highgate Harriers	159	0:45:03	342	Asmelash Abbra	London Heathside AC
65	0:41:24	253	Josh Pewter	Herne Hill Harriers	160	0:45:03	392	Chris Vincent	London Heathside AC
66	0:41:25	531	Oliver Garner	The Stragglers RC	161	0:45:04	144	Mark Boulton	East London Runners
67	0:41:27	275	Jonathan Laybourn	Highgate Harriers	162	0:45:05	375	Oliver Negus	London Heathside AC
68	0:41:30	302	Gary Coombes	Ilford AC	163	0:45:07	310	Konstantinos Kritikos	London City AC
69	0:41:31	307	Peter Lighting	Kent AC	164	0:45:08	526	Christopher Coates	The Stragglers RC
70	0:41:34	173	James Hutchison	Eton Manor AC	165	0:45:09	657	William Yates	West 4 Harriers
71	0:41:34	400	Anton Petrescu	Mornington Chasers RC	166	0:45:10	185	Richard Gayton	Fulham Running Club
72	0:41:36	521	Robert Vallance	Thames Valley Harriers	167	0:45:10	622	Craig Norris	Victoria Park H & Tower H AC
73	0:41:37	41	James MacDonald	Cambridge Harriers	168	0:45:19	328	Karlwinder Hayer	London Frontrunners
74	0:41:37	292	Alex Hutchison (U20)	Hillingdon AC	169	0:45:24	572	Chris Stanton	Tri Surrey Triathlon Club
75	0:41:49	236	Matt Cartwright	Herne Hill Harriers	170	0:45:26	248	Duane Matthews	Herne Hill Harriers
76	0:41:51	605	David Jones	Victoria Park H & Tower H AC	171	0:45:26	245	Fraser Hagell	Herne Hill Harriers
77	0:41:53	510	James Horrex	Thames Valley Harriers	172	0:45:27	24	Joshua Dowling	Blackheath & Bromley Harrie
78	0:41:59	242	Joe Elliott	Herne Hill Harriers	173	0:45:28	480	James Trapmore	Shaftesbury Barnet Harriers
79	0:42:00	214	Jim Cooper	Harrow AC	174	0:45:29	337	James Relph	London Frontrunners
80	0:42:02	269	Brendan Donnelly	Highgate Harriers	175	0:45:30	63	Paul Sterland	Clapham Chasers RC
81	0:42:03	356	Peter Gould	London Heathside AC	176	0:45:30	371	Jonathan Litchfield	London Heathside AC
82	0:42:05	326	Mayur Gupta	London Frontrunners	177	0:45:32	64	Graham Sutherland	Clapham Chasers RC
83	0:42:08	544	Ben Allen	Trent Park Running Club	178	0:45:34	387	Jonathan Shipley	London Heathside AC
84	0:42:10	17	Lee Baynton	Benfleet Running Club	179	0:45:36	277	Joseph Lowe	Highgate Harriers
85	0:42:11	512	Gordon Low	Thames Valley Harriers	180	0:45:41	527	Donovan Duffy	The Stragglers RC
86	0:42:11	217	Chris Jones	Harrow AC	181	0:45:43	117	Nicholas Wood	Dulwich Runners AC
87	0:42:17	494	James Bartram	Thames Hare & Hounds	182	0:45:44	376	Joel Northcott	London Heathside AC
88	0:42:22	581	James Bewley	Victoria Park H & Tower H AC	183	0:45:46	122	Colin Clifford	Ealing Eagles Running Club
89	0:42:25	390	Alex Sweet	London Heathside AC	184	0:45:47	223	Tommaso Forni (U20)	Hercules Wimbledon AC
90	0:42:27	233	Jack Brochie	Herne Hill Harriers	185	0:45:48	365	Nicholas Hodges-Gibson	London Heathside AC
91	0:42:28	638	Jonathan Abel	West 4 Harriers	186	0:45:51	219	John Bull	Hercules Wimbledon AC
92	0:42:28	226	David Lewin	Hercules Wimbledon AC	187	0:45:54	413	William Harrison	Queens Park Harriers
93	0:42:29	389	Thomas Stottor	London Heathside AC	188	0:45:56	631	Ian Weir	Victoria Park H & Tower H AC
94	0:42:29	268	Jonathan Deane	Highgate Harriers	189	0:45:57	208	Peter Reynolds	Greenwich Tritons
95	0:42:29	10	Ben Boxer	Barnet & District AC	190	0:45:57	363	Liam Hazelton	London Heathside AC

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
191	0:45:58	112	Tom Shakli	Dulwich Runners AC	286	0:48:47	625	Benjamin Roach	Victoria Park H & Tower H AC
192	0:45:59	74	Michael Wiggins	Clapham Pioneers	287	0:48:48	199	Nuno Santos	Fulham Running Club
193	0:45:59	35	Luke Ford	Cambridge Harriers	288	0:48:50	113	Edward Simmons	Dulwich Runners AC
194	0:46:08	553	Francis Mannion	Trent Park Running Club	289	0:48:52	532	Dan Greenslade	The Stragglers RC
195	0:46:09	479	Robert Rigby	Shaftesbury Barnet Harriers	290	0:48:53	444	Gavin Edmonds	Serpentine RC
196	0:46:11	52	Niall Gilchrist	Clapham Chasers RC	291	0:48:57	449	Drew Hoare	Serpentine RC
197	0:46:12	121	Harry Claxton	Ealing Eagles Running Club	292	0:48:58	195	Dan McPhillimey	Fulham Running Club
198	0:46:13	237	Trevor Chilton	Herne Hill Harriers	293	0:49:02	212	Nick Andrews	Harrow AC
199	0:46:13	344	Paul Beale	London Heathside AC	294	0:49:03	213	Steve Bland	Harrow AC
200	0:46:14	182	Christopher Cooper	Fulham Running Club	295	0:49:03	43	Graham Maynard	Cambridge Harriers
201	0:46:15	575	Badar Al Raisi	Victoria Park H & Tower H AC	296	0:49:09	23	Darren Corneille	Blackheath & Bromley Harrie
202	0:46:19	615	George Long	Victoria Park H & Tower H AC	297	0:49:11	490	Andy Perks	Striders of Croydon
203	0:46:20	159	Billy Rayner	East London Runners	298	0:49:11	103	Jonny Hough	Dulwich Runners AC
204	0:46:26	105	Will Lawn	Dulwich Runners AC	299	0:49:13	379	Andrew Owen	London Heathside AC
205	0:46:29	345	Tom Bedwell	London Heathside AC	300	0:49:15	177	Robert Somerville	Eton Manor AC
206	0:46:30	204	Jan-Hendrik Hadelar	Greenwich Tritons	301	0:49:16	201	Chris Twort	Fulham Running Club
207	0:46:31	4	Joseph Gonzalez-Armas	26.2 RRC	302	0:49:16	138	Kieran Santry	Ealing Eagles Running Club
208	0:46:33	561	Arnaud Delaeter	Tri London	303	0:49:19	322	Tim Charters	London Frontrunners
209	0:46:34	535	James Lett	The Stragglers RC	304	0:49:20	496	Nic Gould	Thames Hare & Hounds
210	0:46:35	76	Mark Constantinou	Collingwood AC	305	0:49:20	83	Henry Butt	Croydon Harriers
211	0:46:39	401	Jonathan Thomson	Mornington Chasers RC	306	0:49:24	135	Matt Powell	Ealing Eagles Running Club
212	0:46:41	353	Jim Gardiner	London Heathside AC	307	0:49:28	40	Joshua Lawless	Cambridge Harriers
213	0:46:41	104	Grant Kennedy	Dulwich Runners AC	308	0:49:32	315	Sean Smith	London City AC
214	0:46:43	583	Richard Bryant	Victoria Park H & Tower H AC	309	0:49:36	451	Aaron Kazab	Serpentine RC
215	0:46:44	188	Andrew Han	Fulham Running Club	310	0:49:40	317	Alan Venning	London City AC
216	0:46:44	349	Lee Connor	London Heathside AC	311	0:49:42	383	Max Peters	London Heathside AC
217	0:46:45	507	Manuel Da Silva	Thames Valley Harriers	312	0:49:59	178	Graham White	Eton Manor AC
218	0:46:46	32	Jon Vintner	Blackheath & Bromley Harrie	313	0:50:00	256	Edward Turner	Herne Hill Harriers
219	0:46:51	513	James Malcolm	Thames Valley Harriers	314	0:50:02	601	Gavriel Hollander	Victoria Park H & Tower H AC
220	0:46:52	558	Rob Baldock	Tri London	315	0:50:03	395	Daniel Berry	Mornington Chasers RC
221	0:46:53	546	Andy Betton	Trent Park Running Club	316	0:50:04	452	Adrian Kerr	Serpentine RC
222	0:46:54	595	Luke FitzGerald	Victoria Park H & Tower H AC	317	0:50:07	120	Ben Cale	Ealing Eagles Running Club
223	0:46:56	560	Jamie Brunning	Tri London	318	0:50:07	568	Andy Cowen	Tri Surrey Triathlon Club
224	0:46:58	542	Roy Reeder	The Stragglers RC	319	0:50:07	116	Tom Wilson	Dulwich Runners AC
225	0:47:01	367	Dominic Jackson	London Heathside AC	320	0:50:09	90	James Moore	Croydon Harriers
226	0:47:01	666	Gavin Englefield	South London Harriers	321	0:50:13	660	Phil McElhinney	Wimbledon Windmilers RC
227	0:47:02	393	Nelson Wandasiewicz	London Heathside AC	322	0:50:13	540	Gareth Pritchard	The Stragglers RC
228	0:47:04	361	Nick Haward	London Heathside AC	323	0:50:16	191	Mark Klein	Fulham Running Club
229	0:47:04	189	Nathaniel Hicks	Fulham Running Club	324	0:50:17	619	Tim Miller	Victoria Park H & Tower H AC
230	0:47:06	618	Jordi Mila	Victoria Park H & Tower H AC	325	0:50:18	14	Michael Martin	Barnet & District AC
231	0:47:08	341	Julian Williams	London Frontrunners	326	0:50:21	573	Kevin Hughes	Vegan Runners UK
232	0:47:09	196	Chris Myatt	Fulham Running Club	327	0:50:22	667	Norman Urquia	Wimbledon Windmilers RC
233	0:47:10	129	Simon James	Ealing Eagles Running Club	328	0:50:22	656	Martin Wadham	West 4 Harriers
234	0:47:14	54	Ian Healy	Clapham Chasers RC	329	0:50:24	382	Richard Peachment	London Heathside AC
235	0:47:15	381	Tom Parker	London Heathside AC	330	0:50:31	82	Jacob Armstrong Plieth	Croydon Harriers
236	0:47:16	261	Duncan Burbridge	Highgate Harriers	331	0:50:33	410	Joao Diogo	Queens Park Harriers
237	0:47:18	75	Antony Constantinou	Collingwood AC	332	0:50:40	600	Patrick Herson	Victoria Park H & Tower H AC
238	0:47:19	614	Kevin Long	Victoria Park H & Tower H AC	333	0:50:40	89	Will Lyon Tuppmann	Croydon Harriers
239	0:47:20	19	Heath Anthony	Blackheath & Bromley Harrie	334	0:50:45	93	Peter Salmon	Dagenham 88 Runners
240	0:47:21	100	Des Crinion	Dulwich Runners AC	335	0:50:49	334	Martin Oldham	London Frontrunners
241	0:47:22	362	Tom Haworth	London Heathside AC	336	0:50:51	154	Andrew Jackson	East London Runners
242	0:47:23	661	Phillip Reeves	Wimbledon Windmilers RC	337	0:51:01	7	Michael Street	26.2 RRC
243	0:47:23	425	James Welch	Queens Park Harriers	338	0:51:03	283	Richard Stewart	Highgate Harriers
244	0:47:23	80	Josh Haasz	Croydon Harriers	339	0:51:12	184	Dylan Evans	Fulham Running Club
245	0:47:24	461	Alastair Metcalf	Serpentine RC	340	0:51:14	488	Chris Morton	Striders of Croydon
246	0:47:24	308	Stephen Throssell	Larkfield AC	341	0:51:15	587	Rob Collier	Victoria Park H & Tower H AC
247	0:47:25	454	William Lake	Serpentine RC	342	0:51:16	658	James Hamilton	Wimbledon Windmilers RC
248	0:47:29	385	Rajiv Ratan	London Heathside AC	343	0:51:19	516	Simon Nixon	Thames Valley Harriers
249	0:47:33	467	Emmanuel Sturme	Serpentine RC	344	0:51:24	639	Lawrence Archer	West 4 Harriers
250	0:47:35	436	Danisha Arshad	Serpentine RC	345	0:51:27	316	Nick Sutcliffe	London City AC
251	0:47:35	483	Luke Burden	Striders of Croydon	346	0:51:31	350	Thomas Davis	London Heathside AC
252	0:47:40	640	Andy Bowen	West 4 Harriers	347	0:51:32	478	David Greenstein	Shaftesbury Barnet Harriers
253	0:47:42	386	Peter Scodie-Ward	London Heathside AC	348	0:51:33	331	Colin Munro	London Frontrunners
254	0:47:43	115	Gower Tan	Dulwich Runners AC	349	0:51:37	421	Maurice Quirke	Queens Park Harriers
255	0:47:47	157	Tom Marshall	East London Runners	350	0:51:38	1	Joe Chang	26.2 RRC
256	0:47:48	554	Stephen Moss	Trent Park Running Club	351	0:51:51	634	Christopher Coppelotti	Walton AC
257	0:47:49	167	David Cato	Eton Manor AC	352	0:51:53	81	Neil Aikman	Croydon Harriers
258	0:47:50	590	Andrew Crossley	Victoria Park H & Tower H AC	353	0:51:54	216	John Hinchin	Harrow AC
259	0:47:50	650	Martin Peck	West 4 Harriers	354	0:51:54	164	John Black	Eton Manor AC
260	0:47:52	621	Tim Murray	Victoria Park H & Tower H AC	355	0:51:59	475	Frank Womelsdorf	Serpentine RC
261	0:47:52	180	Kevin Berg	Fulham Running Club	356	0:52:00	492	Robert Zeitz	Striders of Croydon
262	0:47:55	612	Gavin Lau	Victoria Park H & Tower H AC	357	0:52:02	466	Andrew Roberts	Serpentine RC
263	0:47:57	655	Will Sutton	West 4 Harriers	358	0:52:07	333	Francis O'Callaghan	London Frontrunners
264	0:47:59	31	Christopher Tuck	Blackheath & Bromley Harrie	359	0:52:10	139	Bernard Sexton	Ealing Eagles Running Club
265	0:48:01	567	Chris Wilson	Tri London	360	0:52:13	547	David Birks	Trent Park Running Club
266	0:48:02	111	Ross Rook	Dulwich Runners AC	361	0:52:20	88	Matthew Kiernan	Croydon Harriers
267	0:48:04	166	Paul Cates	Eton Manor AC	362	0:52:20	565	Anthony Leahy	Tri London
268	0:48:06	456	Jon Lewis	Serpentine RC	363	0:52:21	284	David Sutherland	Highgate Harriers
269	0:48:10	528	Laurence Duffy	The Stragglers RC	364	0:52:21	161	Jacob Stevens	East London Runners
270	0:48:11	578	Andrew Bates	Victoria Park H & Tower H AC	365	0:52:22	202	Douglas Wood	Fulham Running Club
271	0:48:13	97	Kevin Chadwick	Dulwich Runners AC	366	0:52:23	34	Clem Dixon	Cambridge Harriers
272	0:48:13	388	Rob Shulman	London Heathside AC	367	0:52:25	548	Nick Clarke	Trent Park Running Club
273	0:48:15	596	Neil Fordham	Victoria Park H & Tower H AC	368	0:52:28	203	Konstantin Gayduk	Greenwich Tritons
274	0:48:16	471	James Turner	Serpentine RC	369	0:52:29	654	Adrian Smith	West 4 Harriers
275	0:48:18	158	Mark Moir	East London Runners	370	0:52:35	620	Hugh Murdoch	Victoria Park H & Tower H AC
276	0:48:23	55	Stephen Hibbert	Clapham Chasers RC	371	0:52:37	250	Robert Nagorski	Herne Hill Harriers
277	0:48:26	132	Nils-Kristian Liborg	Ealing Eagles Running Club	372	0:52:39	170	Daniel Hall	Eton Manor AC
278	0:48:26	422	Sam Sutherland	Queens Park Harriers	373	0:52:40	287	Justin Zachan	Highgate Harriers
279	0:48:27	169	Jerome Francis	Eton Manor AC	374	0:52:41	623	Iain O'Donnell	Victoria Park H & Tower H AC
280	0:48:30	118	Gerbrand Alkema	Ealing Eagles Running Club	375	0:52:43	541	Tiago Ramos	The Stragglers RC
281	0:48:34	231	Simon Woodley	Hercules Wimbledon AC	376	0:52:44	92	Paul Prior	Dagenham 88 Runners
282	0:48:38	149	Spencer Evans	East London Runners	377	0:52:49	156	Amit Marks	East London Runners
283	0:48:40	131	Ryo Kitahara	Ealing Eagles Running Club	378	0:52:59	281	James Rossiter	Highgate Harriers
284	0:48:43	566	Kevin Lineham	Tri London	379	0:53:00	529	Malcolm Fletcher	The Stragglers RC
285	0:48:43	68	Paul Gilbertson	Clapham Pioneers	380	0:53:03	220	Mark Cahill	Hercules Wimbledon AC

## Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
381	0:53:08	458	Jerry Lockspeiser	Serpentine RC	476	1:02:34	543	Peter Wedderburn	The Stragglers RC
382	0:53:11	147	Ciaran Canavan	East London Runners	477	1:02:47	459	Alex Malzer	Serpentine RC
383	0:53:14	649	Tom Newman	West 4 Harriers	478	1:03:13	438	Oliver Aufrant	Serpentine RC
384	0:53:15	437	Abu Asad	Serpentine RC	479	1:03:23	397	Andrew Disley	Mornington Chasers RC
385	0:53:16	332	Phil Myers	London Frontrunners	480	1:03:28	423	Charles Tatham	Queens Park Harriers
386	0:53:19	109	Eberhard Prill	Dulwich Runners AC	481	1:03:40	306	Trevor Robinson	Ilford AC
387	0:53:26	641	Jason Drake	West 4 Harriers	482	1:03:52	140	Wei Sui	Ealing Eagles Running Club
388	0:53:31	524	Neil Browning	The Stragglers RC	483	1:04:16	130	Piers Keenleyside	Ealing Eagles Running Club
389	0:53:34	644	Peter Jeffrey	West 4 Harriers	484	1:04:22	91	Micheal Pegnall	Dagenham 88 Runners
390	0:53:35	424	Jeroen Vaelen	Queens Park Harriers	485	1:07:33	148	Arthur Diaz	East London Runners
391	0:53:36	13	Aarif Jeevanjee	Barnet & District AC	486	1:08:49	33	Roderick Cookey	Cambridge Harriers
392	0:53:37	427	Marcus Atkins	Ranelagh Harriers	487	1:09:13	186	John Grigg	Fulham Running Club
393	0:53:42	313	Chris Raveny	London City AC	488	1:09:32	210	Vernon Thomas	Greenwich Tritons
394	0:53:43	557	Ed Simmons	Trent Park Running Club	489	1:09:43	137	Jerzy Raczynski	Ealing Eagles Running Club
395	0:53:44	330	Gianpaolo Masanalastas	London Frontrunners	490	1:10:00	84	Andrew Del Nevo	Croydon Harriers
396	0:53:46	211	Martin Tynan	Greenwich Tritons	491	1:10:09	175	Geoffrey Nicholls	Eton Manor AC
397	0:53:47	485	Nigel Finch	Striders of Croydon	492	1:10:20	402	Stephen West	Mornington Chasers RC
398	0:53:49	85	Murray Gordon	Croydon Harriers	493	1:12:33	255	Ian Strong	Herne Hill Harriers
399	0:54:07	69	Ryan Gold	Clapham Pioneers	494	1:17:25	355	Robert Gould	London Heathside AC
400	0:54:11	325	Neil Colquhoun	London Frontrunners					
401	0:54:13	324	Leon Clement	London Frontrunners					
402	0:54:15	450	Ian Johnson	Serpentine RC					
403	0:54:25	598	Aneirin Glyn	Victoria Park H & Tower H AC					
404	0:54:31	205	Victor Hearn-Yeates	Greenwich Tritons					
405	0:54:31	206	Luis Mendoza	Greenwich Tritons					
406	0:54:37	329	John Keenan	London Frontrunners					
407	0:54:41	457	Sammy Li	Serpentine RC					
408	0:54:43	155	Craig Livermore	East London Runners					
409	0:54:54	22	Richard Byford	Blackheath & Bromley Harrie					
410	0:54:57	439	Andy Bain	Serpentine RC					
411	0:54:59	11	Pete Ellis	Barnet & District AC					
412	0:55:02	78	Martin Lloyd	Collingwood AC					
413	0:55:05	198	Robert Prichard-Jones	Fulham Running Club					
414	0:55:08	73	Andrew Thompson	Clapham Pioneers					
415	0:55:09	525	Neil Carrington	The Stragglers RC					
416	0:55:15	197	Henri Placek	Fulham Running Club					
417	0:55:17	537	David Morley	The Stragglers RC					
418	0:55:25	562	Federico Forti	Tri London					
419	0:55:30	38	Martin Hawkins	Cambridge Harriers					
420	0:55:34	51	Steve Duffy	Clapham Chasers RC					
421	0:55:37	409	Richard Byrne	Queens Park Harriers					
422	0:55:38	181	Simon Clarkson	Fulham Running Club					
423	0:55:47	142	Steve Plested	Ealing Southall & Middlesex /					
424	0:55:51	124	Paul Dodounou	Ealing Eagles Running Club					
425	0:55:54	101	Gideon Franklin	Dulwich Runners AC					
426	0:55:56	523	Simon Brazil	The Stragglers RC					
427	0:55:57	665	Simon Webb	The Stragglers RC					
428	0:55:57	320	Mark Bowen	London Frontrunners					
429	0:56:01	593	Johnny Eveson	Victoria Park H & Tower H AC					
430	0:56:02	584	William Burbridge-James	Victoria Park H & Tower H AC					
431	0:56:04	563	John Griffin	Tri London					
432	0:56:13	645	Astyn Jones	West 4 Harriers					
433	0:56:16	530	Ted Fraser	The Stragglers RC					
434	0:56:18	153	Peter Hatley	East London Runners					
435	0:56:25	597	Gigi Giannella	Victoria Park H & Tower H AC					
436	0:56:28	336	Eliot Rees	London Frontrunners					
437	0:56:34	107	Michael Mann	Dulwich Runners AC					
438	0:56:41	171	Martin Hockey	Eton Manor AC					
439	0:57:03	252	Valdis Pauzers	Herne Hill Harriers					
440	0:57:05	556	John Rose	Trent Park Running Club					
441	0:57:08	398	Gary Homewood	Mornington Chasers RC					
442	0:57:17	67	Toby Cuthbert Ashmore	Clapham Pioneers					
443	0:57:27	200	Bret Simon	Fulham Running Club					
444	0:57:36	62	Jonathan Small	Clapham Chasers RC					
445	0:57:43	94	Jason Suddaby	Dagenham 88 Runners					
446	0:57:50	489	Rotimi Oyegunle	Striders of Croydon					
447	0:57:56	632	David Wilkey	Victoria Park H & Tower H AC					
448	0:58:01	585	Mick Cairns	Victoria Park H & Tower H AC					
449	0:58:04	419	Bertie Miller	Queens Park Harriers					
450	0:58:17	190	Trevor Ingram	Fulham Running Club					
451	0:58:17	183	Bob Empson	Fulham Running Club					
452	0:58:46	335	Minesh Patel	London Frontrunners					
453	0:58:48	45	Wole Odele	Cambridge Harriers					
454	0:58:54	150	Lance Fuller	East London Runners					
455	0:58:56	440	Neil Bradshaw	Serpentine RC					
456	0:58:58	338	Ernie Stoddart	London Frontrunners					
457	0:58:59	570	Robert Ganpatsingh	Tri Surrey Triathlon Club					
458	0:58:59	550	Michael Green	Trent Park Running Club					
459	0:59:00	555	Jeremy Newton	Trent Park Running Club					
460	0:59:06	536	Alan Mawdsley	The Stragglers RC					
461	0:59:22	123	Balijit Dhanda	Ealing Eagles Running Club					
462	0:59:29	215	Bruno Croford	Harrow AC					
463	0:59:38	651	Gary Robinson	West 4 Harriers					
464	0:59:46	318	Christos Bitzis-Politis	London Frontrunners					
465	1:00:02	162	Michael Wilson	East London Runners					
466	1:00:03	321	Richard Brauch	London Frontrunners					
467	1:00:33	152	David Hallybone	East London Runners					
468	1:00:41	79	Darren Stevens	Collingwood AC					
469	1:00:43	463	Paul Ogden	Serpentine RC					
470	1:00:48	339	David Thompson	London Frontrunners					
471	1:00:53	420	Martin Petry	Queens Park Harriers					
472	1:01:21	569	Robin Evans	Tri Surrey Triathlon Club					
473	1:01:27	659	Jasper Lloyd	Wimbledon Windmilers RC					
474	1:02:17	222	Gabriel Durand (U20)	Hercules Wimbledon AC					
475	1:02:31	417	Tim Lewin	Queens Park Harriers					

### Team Results:

Pos	Points	Team / Club	Placings
1	32	London Heathside AC	( 1 4 9 18 )
2	38	Thames Valley Harriers	( 2 8 13 15 )
3	52	Hercules Wimbledon AC	( 6 11 14 21 )
4	71	Victoria Park H & Tower H AC	( 10 19 20 22 )
5	114	Serpentine RC	( 26 27 29 32 )
6	124	Highgate Harriers	( 5 17 47 55 )
7	143	Herne Hill Harriers	( 28 30 35 50 )
8	221	Cambridge Harriers	( 3 7 73 138 )
9	225	Thames Hare & Hounds	( 38 43 57 87 )
10	288	London City AC	( 31 46 48 163 )
11	312	East London Runners	( 33 56 62 161 )
12	335	Fulham Running Club	( 25 101 104 105 )
13	356	Blackheath & Bromley Harriers	( 41 59 98 158 )
14	413	Dulwich Runners AC	( 12 102 142 157 )
15	431	West 4 Harriers	( 39 91 136 165 )
16	465	Ealing Eagles Running Club	( 99 107 110 149 )
17	475	Eton Manor AC	( 70 117 133 155 )
18	481	Trent Park Running Club	( 83 120 122 156 )
19	485	The Stragglers RC	( 66 103 152 164 )
20	488	Queens Park Harriers	( 45 116 140 187 )
21	515	Clapham Chasers RC	( 100 130 137 148 )
22	543	London Frontrunners	( 82 119 168 174 )
23	565	Striders of Croydon	( 36 127 151 251 )
24	637	Ranelagh Harriers	( 34 96 115 392 )
25	653	Ilford AC	( 51 53 68 481 )
26	748	Tri London	( 97 208 220 223 )
27	752	Harrow AC	( 79 86 293 294 )
28	759	Shaftesbury Barnet Harriers	( 44 173 195 347 )
29	1005	26.2 RRC	( 111 207 337 350 )
30	1038	Mornington Chasers RC	( 71 211 315 441 )
31	1159	Greenwich Tritons	( 189 206 368 396 )
32	1199	Croydon Harriers	( 244 305 320 330 )
33	1222	Barnet & District AC	( 95 325 391 411 )
34	1232	Wimbledon Windmilers RC	( 242 321 327 342 )
35	1290	Clapham Pioneers	( 192 285 399 414 )
36	1327	Collingwood AC	( 210 237 412 468 )
37	1416	Tri Surrey Triathlon Club	( 169 318 457 472 )
38	1639	Dagenham 88 Runners	( 334 376 445 484 )

## Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:23:12	915	Rebecca Piggott	London Heathside AC	96	0:28:05	816	Sophie Raworth	Fulham Running Club
2	0:23:15	872	Yasmin Goater	Highgate Harriers	97	0:28:05	718	Catherine Fuller	Clapham Pioneers
3	0:23:19	691	Holly Dixon	Cambridge Harriers	98	0:28:06	1062	Rachel Morison	Victoria Park H & Tower H AC
4	0:23:34	818	Jackie Skinner	Fulham Running Club	99	0:28:06	979	Sonia Pignorel	Serpentine RC
5	0:23:48	868	Emma Butcher	Highgate Harriers	100	0:28:07	999	Jenny Rowe	Striders of Croydon
6	0:23:50	925	Lara Bromilow	Marshall Milton Keynes AC	101	0:28:07	838	Clare Davies	Havering AC
7	0:23:55	1013	Isabelle Franco (U20)	Thames Valley Harriers	102	0:28:11	966	Helen Shires	Ranelagh Harriers
8	0:24:01	1011	Chloe Baker	Thames Valley Harriers	103	0:28:12	1089	Ella Waddingham	Wimbledon Windmilers RC
9	0:24:05	832	Lucy Ashe	Harrow AC	104	0:28:22	750	Sara Roloff	Dulwich Runners AC
10	0:24:08	703	Emma Headley	Clapham Chasers RC	105	0:28:24	690	Susan Dixon	Cambridge Harriers
11	0:24:12	1028	Emily Jeanes	Trent Park Running Club	106	0:28:28	998	Jennifer Gutteridge	Striders of Croydon
12	0:24:16	815	Rose Penfold	Fulham Running Club	107	0:28:28	721	Alice Horne	Clapham Pioneers
13	0:24:21	1035	Mallory Simmonds	Tri London	108	0:28:32	896	Erika Kulikova	London Frontrunners
14	0:24:25	747	Elkie Mace	Dulwich Runners AC	109	0:28:36	864	Catherine Airey	Highgate Harriers
15	0:24:34	905	Olivia Desborough	London Heathside AC	110	0:28:36	711	Elena Chapman	Clapham Pioneers
16	0:24:44	906	Evangelista Divetain	London Heathside AC	111	0:28:37	937	Joanna Braine	Queens Park Harriers
17	0:24:47	983	Natasha Sheel	Serpentine RC	112	0:28:46	1004	Jessica Davies	Thames Hare & Hounds
18	0:24:47	861	Julia Wedmore	Herne Hill Harriers	113	0:28:55	835	Nichola Payne	Harrow AC
19	0:24:50	843	Claire Grima	Hercules Wimbledon AC	114	0:28:56	1002	Serena Carter	Thames Hare & Hounds
20	0:24:52	919	Rosa Serafini	London Heathside AC	115	0:28:57	887	Alice Aniello	London City AC
21	0:24:55	850	Fiona de Mauny	Herne Hill Harriers	116	0:28:57	862	Samantha Whiting	Herne Hill Harriers
22	0:24:56	901	Millie Barnes	London Heathside AC	117	0:28:59	854	Sarah Lawson	Herne Hill Harriers
23	0:25:00	1009	Stephanie Ainley	Thames Valley Harriers	118	0:28:59	863	Jessica Winfield	Herne Hill Harriers
24	0:25:13	837	Ginte Bailey	Havering AC	119	0:29:02	882	Freya Hollingsworth	Hillingdon AC
25	0:25:20	875	Victoria Walker	Highgate Harriers	120	0:29:02	1056	Faye Jeacocke	Victoria Park H & Tower H AC
26	0:25:21	918	Emily Reichert	London Heathside AC	121	0:29:03	904	Rebecca De Cinque	London Heathside AC
27	0:25:23	786	Sarah Flanagan	Eton Manor AC	122	0:29:07	683	Sarah Boxer	Barnet & District AC
28	0:25:24	1068	Hannah Somani	Victoria Park H & Tower H AC	123	0:29:10	968	Ria Woodfield	Ranelagh Harriers
29	0:25:25	820	Liberty Thompson	Fulham Running Club	124	0:29:10	685	Danielle Savvas	Barnet & District AC
30	0:25:30	885	hannah wells	Hillingdon AC	125	0:29:11	1033	Shirley Fliflet	Tri London
31	0:25:30	893	Amy White	London City AC	126	0:29:12	790	Kate Malcolm	Eton Manor AC
32	0:25:33	817	Jessica Saunders	Fulham Running Club	127	0:29:16	1084	Rosemary Lewis	West 4 Harriers
33	0:25:35	759	Melissah Gibson	Ealing Eagles Running Club	128	0:29:17	865	Nicola Audhlam Gardiner	Highgate Harriers
34	0:25:36	1080	Anna Critchlow	West 4 Harriers	129	0:29:19	836	Ellen Rose-Senior	Harrow AC
35	0:25:36	1023	Sarah Winter	The Stragglers RC	130	0:29:19	1014	Georgia Hanley (U20)	Thames Valley Harriers
36	0:25:37	1054	Jo Hall	Victoria Park H & Tower H AC	131	0:29:20	769	Sophie Santry	Ealing Eagles Running Club
37	0:25:38	1049	Kelly Clark	Victoria Park H & Tower H AC	132	0:29:20	789	Jenny Heymann	Eton Manor AC
38	0:25:43	876	Lisa Wenninger	Highgate Harriers	133	0:29:20	858	Helen Oldfield	Herne Hill Harriers
39	0:25:44	1007	Elizabeth Stavreski	Thames Hare & Hounds	134	0:29:21	984	Catkin Shelley	Serpentine RC
40	0:25:49	687	Amy Leach (U20)	Blackheath & Bromley Harrie	135	0:29:23	682	Daisy Street	26.2 RRC
41	0:25:51	949	Michelle Maddick	Queens Park Harriers	136	0:29:24	846	Lisa Thomas	Hercules Wimbledon AC
42	0:26:01	697	Helen Cooper	Clapham Chasers RC	137	0:29:25	1075	Kay Verdon	Victoria Park H & Tower H AC
43	0:26:02	748	Marta Miaszkiewicz	Dulwich Runners AC	138	0:29:28	742	Ola Balme	Dulwich Runners AC
44	0:26:03	859	Shannon Sinclair	Herne Hill Harriers	139	0:29:28	1038	Rebecca Wetten	Tri London
45	0:26:13	848	Katie Balme (U20)	Herne Hill Harriers	140	0:29:31	934	Jessica Ainsley Gill	Queens Park Harriers
46	0:26:14	803	Sophie Finnigan	Fulham Running Club	141	0:29:33	962	Marianne Malam	Ranelagh Harriers
47	0:26:17	965	Fenella Ross	Ranelagh Harriers	142	0:29:37	1065	Yuan Ren	Victoria Park H & Tower H AC
48	0:26:19	713	Ruth Dervan	Clapham Pioneers	143	0:29:38	762	Hayley Kandt	Ealing Eagles Running Club
49	0:26:21	822	Leah Walland	Fulham Running Club	144	0:29:39	1085	Sarah McIntosh	West 4 Harriers
50	0:26:24	1001	Andrea Buchanan	Thames Hare & Hounds	145	0:29:41	795	Sarah Chadwick	Fulham Running Club
51	0:26:32	903	Angelica Datta	London Heathside AC	146	0:29:41	775	Paula Bedford	East London Runners
52	0:26:34	1077	Holly Weir	Victoria Park H & Tower H AC	147	0:29:44	996	Angela Wilson	South London Harriers
53	0:26:38	1064	Hazel Norton-Hale	Victoria Park H & Tower H AC	148	0:29:45	792	Zoe Woodward	Eton Manor AC
54	0:26:47	997	Jodie Gray	Striders of Croydon	149	0:29:46	791	Jane Rukin-White	Eton Manor AC
55	0:26:49	1042	Harriet Tapley	Tri Surrey Triathlon Club	150	0:29:46	758	Claire Ellison	Ealing Eagles Running Club
56	0:26:50	807	Hazel Jackson	Fulham Running Club	151	0:29:52	971	Katie Hickling	Serpentine RC
57	0:26:53	785	Claire Louise Fisher	Eton Manor AC	152	0:29:52	763	Malgorzata Kuchurska	Ealing Eagles Running Club
58	0:26:53	811	Sophie McKeeman	Fulham Running Club	153	0:29:53	921	Jackie Wastell	London Heathside AC
59	0:26:55	1037	Nicola Timmins	Tri London	154	0:29:54	706	Vivien Loseby	Clapham Chasers RC
60	0:26:58	1034	Maddie Heywood	Tri London	155	0:29:56	1087	Alex Bridges	Wimbledon Windmilers RC
61	0:26:59	779	Diana Norman	Epsom & Ewell Harriers	156	0:29:56	736	Tracey Sheehy	Dagenham 88 Runners
62	0:27:02	709	Tara Shrestha Carney	Clapham Chasers RC	157	0:30:01	879	Lesley Conway	Hillingdon AC
63	0:27:05	810	Daniella Maggs	Fulham Running Club	158	0:30:03	1076	Alison Walker	Victoria Park H & Tower H AC
64	0:27:07	959	Emma Harris	Ranelagh Harriers	159	0:30:08	1015	Fran Lou	Thames Valley Harriers
65	0:27:08	1006	Vikki Filsell	Thames Hare & Hounds	160	0:30:09	950	Melanie McGovern	Queens Park Harriers
66	0:27:12	877	Emily Young	Highgate Harriers	161	0:30:10	824	Marcela Arvizo	Greenwich Tritons
67	0:27:14	1047	Ollie Capel	Victoria Park H & Tower H AC	162	0:30:12	1090	Lisa Wood	Wimbledon Windmilers RC
68	0:27:14	809	Faye Lynam	Fulham Running Club	163	0:30:12	1070	Ellie Tait	Victoria Park H & Tower H AC
69	0:27:18	851	Karen Ellison	Herne Hill Harriers	164	0:30:15	964	Rebecca Northmore	Ranelagh Harriers
70	0:27:18	1019	Sabrina Cant	The Stragglers RC	165	0:30:22	1074	Laura Vaccari	Victoria Park H & Tower H AC
71	0:27:19	783	Naomi Dews	Eton Manor AC	166	0:30:23	1072	Laura Thompson	Victoria Park H & Tower H AC
72	0:27:23	765	Alexandra Openshaw	Ealing Eagles Running Club	167	0:30:27	883	Karmen Pardoe	Hillingdon AC
73	0:27:24	1010	Catherine Allen	Thames Valley Harriers	168	0:30:27	724	Shun-Lai Chan	Collingwood AC
74	0:27:25	752	Anna Thomas	Dulwich Runners AC	169	0:30:28	1041	Grace Lake	Tri Surrey Triathlon Club
75	0:27:28	712	Rosie Clarke	Clapham Pioneers	170	0:30:30	793	Emma Armstrong	Fulham Running Club
76	0:27:29	897	Olivia Poole	London Frontrunners	171	0:30:34	986	Becky West	Serpentine RC
77	0:27:29	1086	Suzi Zhuang	West 4 Harriers	172	0:30:34	923	Caroline White	London Heathside AC
78	0:27:31	890	Marie Duignan	London City AC	173	0:30:34	813	Sonia Mendonca	Fulham Running Club
79	0:27:31	970	Sophie Anne Flanagan	Serpentine RC	174	0:30:34	902	Elizabeth Beard	London Heathside AC
80	0:27:34	855	Susan Mair	Herne Hill Harriers	175	0:30:37	745	Lucy Clapp	Dulwich Runners AC
81	0:27:35	916	Louisa Pinton	London Heathside AC	176	0:30:46	1061	Harriet Lowndes	Victoria Park H & Tower H AC
82	0:27:38	874	Sabina Russell	Highgate Harriers	177	0:30:53	1000	Selena Wong	Striders of Croydon
83	0:27:39	844	Alison Purnell	Hercules Wimbledon AC	178	0:30:54	1079	Cristina Aldea	West 4 Harriers
84	0:27:45	852	Jordan Foster	Herne Hill Harriers	179	0:30:57	777	Chloe Millan	East London Runners
85	0:27:45	699	Michelle Edye	Clapham Chasers RC	180	0:30:58	756	Katrina Davison	Ealing Eagles Running Club
86	0:27:46	1008	Andrea Stehlikova	Thames Hare & Hounds	181	0:30:59	800	Sophie Denman	Fulham Running Club
87	0:27:47	743	Tess Bright	Dulwich Runners AC	182	0:31:03	770	Hannah Smith	Ealing Eagles Running Club
88	0:27:52	1043	Charlotte Bewley	Victoria Park H & Tower H AC	183	0:31:07	1051	Helen Dewell	Victoria Park H & Tower H AC
89	0:27:55	694	Hayley Newman	Cambridge Harriers	184	0:31:08	701	Rebecca Gough	Clapham Chasers RC
90	0:27:56	873	Madeline MacKenzie	Highgate Harriers	185	0:31:10	828	Lesley McCarthy	Greenwich Tritons
91	0:27:56	749	Angie Norris	Dulwich Runners AC	186	0:31:10	943	Gillian Cross	Queens Park Harriers
92	0:27:56	804	Alex Flack	Fulham Running Club	187	0:31:10	1003	Anri Cohen	Thames Hare & Hounds
93	0:27:58	1018	Sarah Burdett	The Stragglers RC	188	0:31:12	856	Evie McDermott	Herne Hill Harriers
94	0:28:03	993	Katie Falconer-Wills	South London Harriers	189	0:31:16	1029	Melissa O'Hare	Trent Park Running Club
95	0:28:05	917	Tatvana Potivenko	London Heathside AC	190	0:31:25	834	Jennifer Keal	Harrow AC

## Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
191	0:31:26	1067	Claire Ross	Victoria Park H & Tower H AC	286	0:40:35	814	Diane Mulholland	Fulham Running Club
192	0:31:30	989	Abigail Williams	Serpentine RC	287	0:40:36	726	Sarah Tindley	Collingwood AC
193	0:31:32	994	Melissa Oliver	South London Harriers	288	0:40:47	1081	Hetal Dhruve	West 4 Harriers
194	0:31:36	954	Gabriella Smart	Queens Park Harriers	289	0:40:53	931	Jennifer Moore	Mornington Chasers RC
195	0:31:36	1082	Kathryn Harnett	West 4 Harriers	290	0:41:51	805	Louise Garlick	Fulham Running Club
196	0:31:37	705	Natalie Kwan	Clapham Chasers RC	291	0:42:05	739	Timi Veerasamy	Dagenham 88 Runners
197	0:31:39	696	Juliann Canty	Clapham Chasers RC	292	0:42:38	1025	Camilla Chafer	Trent Park Running Club
198	0:31:42	761	Jessica Hood	Ealing Eagles Running Club	293	0:42:48	870	Sarah Chapman	Highgate Harriers
199	0:31:48	757	Grainne Devery	Ealing Eagles Running Club	294	0:43:06	830	Lauren Porter	Greenwich Tritons
200	0:31:52	913	Heather Marshall	London Heathside AC	295	0:43:10	942	Sarah Cooke	Queens Park Harriers
201	0:32:00	939	Molly Burlingham	Queens Park Harriers	296	0:43:20	794	Claire Bracher	Fulham Running Club
202	0:32:03	689	Sally Carr	Cambridge Harriers	297	0:43:33	948	Alice Lester	Queens Park Harriers
203	0:32:09	907	Sarah Duke	London Heathside AC	298	0:43:45	767	Caroline Rush	Ealing Eagles Running Club
204	0:32:13	798	Jenni Cunniffe	Fulham Running Club	299	0:43:49	1017	Christine Munden	Thames Valley Harriers
205	0:32:15	978	Rhiannon Needham	Serpentine RC	300	0:44:10	772	Fade Solanke-Mitterer	Ealing Eagles Running Club
206	0:32:18	976	Lynne Maughan	Serpentine RC	301	0:44:29	1026	Natasha De Souza	Trent Park Running Club
207	0:32:24	884	Boo Smith	Hillingdon AC	302	0:44:40	754	Claudia Aviles	Ealing Eagles Running Club
208	0:32:33	930	Rafaele Lamour	Mornington Chasers RC	303	0:45:14	938	Ziggy Brennan	Queens Park Harriers
209	0:32:35	766	Helen Pugh	Ealing Eagles Running Club	304	0:46:39	955	Frances Sutherland	Queens Park Harriers
210	0:32:37	826	Edwina Cheng	Greenwich Tritons	305	0:46:59	935	Sofia Ali	Queens Park Harriers
211	0:32:43	881	Pauline Fischer	Hillingdon AC	306	0:47:24	740	Denise Woolston	Dagenham 88 Runners
212	0:32:45	827	Kate Fry	Greenwich Tritons	307	0:48:10	729	Carol Johnson	Croydon Harriers
213	0:32:51	680	Diana Kimura	26.2 RRC	308	0:53:10	731	Radhika Selvarajah	Croydon Harriers
214	0:32:52	717	Isabelle Forrest	Clapham Pioneers	309	0:53:19	1027	Caroline Harding	Trent Park Running Club
215	0:32:56	686	Silvana Alves	Barnet & District AC					
216	0:32:58	812	Alice McKeon	Fulham Running Club					
217	0:32:58	788	Jennifer Hall	Eton Manor AC					
218	0:33:01	991	Adele Boesinger	South London Harriers					
219	0:33:05	768	Anne Sampson	Ealing Eagles Running Club					
220	0:33:12	719	Sophie Hamblin	Clapham Pioneers					
221	0:33:15	716	Grace Finn	Clapham Pioneers					
222	0:33:15	787	Kay Gillett	Eton Manor AC					
223	0:33:16	799	Kristina Dankova	Fulham Running Club					
224	0:33:17	895	Kirsty Fitzgerald	London Frontrunners					
225	0:33:19	1039	Vicky Driver	Tri Surrey Triathlon Club					
226	0:33:20	744	Midge Cameron	Dulwich Runners AC					
227	0:33:25	727	Miriam De Souza	Croydon Harriers					
228	0:33:30	842	Mariena De Luca	Hercules Wimbledon AC					
229	0:33:40	723	Hannah Williams	Clapham Pioneers					
230	0:33:44	1063	Kate Nelson	Victoria Park H & Tower H AC					
231	0:33:47	722	Rebecca Spencer	Clapham Pioneers					
232	0:33:47	821	Joanne Walker	Fulham Running Club					
233	0:33:49	1036	Harriet Sumner	Tri London					
234	0:33:50	1088	Radhika Lingham	Wimbledon Windmilers RC					
235	0:33:51	737	Hannah Sheikh	Dagenham 88 Runners					
236	0:33:53	808	Emma Less	Fulham Running Club					
237	0:34:00	732	Jennifer Akroyd	Dagenham 88 Runners					
238	0:34:02	941	Anastasia Chew	Queens Park Harriers					
239	0:34:05	845	Suzie Slemeck	Hercules Wimbledon AC					
240	0:34:13	974	Angharad Lescott	Serpentine RC					
241	0:34:16	730	Sunanda Sarker-Bell	Croydon Harriers					
242	0:34:23	957	Jana Wolfova	Queens Park Harriers					
243	0:34:26	847	Sarah Allen	Herne Hill Harriers					
244	0:34:29	781	Fen Coles	Eton Manor AC					
245	0:34:31	1059	Nicola Kerr	Victoria Park H & Tower H AC					
246	0:34:34	733	Rahana Islam	Dagenham 88 Runners					
247	0:34:38	981	Andrea Sanders-Reece	Serpentine RC					
248	0:34:41	894	Carly Eager	London Frontrunners					
249	0:34:45	819	Rachel Tait	Fulham Running Club					
250	0:34:46	891	Lorraine Fennelly	London City AC					
251	0:34:48	1045	Amy Blackburn-Lau	Victoria Park H & Tower H AC					
252	0:35:00	946	Susan Kennedy	Queens Park Harriers					
253	0:35:15	1032	Bianca Fernandez-Clark	Tri London					
254	0:35:16	936	Lucy Birrell	Queens Park Harriers					
255	0:35:30	953	Lisa Scheepers	Queens Park Harriers					
256	0:35:37	776	Veronica Carrasco	East London Runners					
257	0:35:39	945	Laura Fairbanks	Queens Park Harriers					
258	0:35:52	782	Hayley Dalton	Eton Manor AC					
259	0:35:55	952	Dawn Neale	Queens Park Harriers					
260	0:36:00	951	Charlie Morris	Queens Park Harriers					
261	0:36:11	702	Jo Greening	Clapham Chasers RC					
262	0:36:11	725	Tamsyn Down	Collingwood AC					
263	0:36:11	760	Andrea Hendy	Ealing Eagles Running Club					
264	0:36:14	755	Una Crotty-Joyce	Ealing Eagles Running Club					
265	0:36:16	784	Janine Durrant	Eton Manor AC					
266	0:36:20	900	Julia Robinson	London Frontrunners					
267	0:36:36	1016	Frankie Lynch	Thames Valley Harriers					
268	0:36:36	753	Liz Ainsworth	Ealing Eagles Running Club					
269	0:36:36	695	Helen Blamey	Clapham Chasers RC					
270	0:36:41	947	Monika Kolterniak	Queens Park Harriers					
271	0:36:41	825	Rebecca Burns	Greenwich Tritons					
272	0:36:55	1021	Sabine Duffy	The Stragglers RC					
273	0:37:20	720	Roanne Hathaway	Clapham Pioneers					
274	0:37:40	977	Baiju McCubbins	Serpentine RC					
275	0:37:48	985	Miwa Tonaki	Serpentine RC					
276	0:38:09	1020	Gail Caruana	The Stragglers RC					
277	0:38:10	829	Catherine Pinchen	Greenwich Tritons					
278	0:38:13	738	Jane Swanson-Sprent	Dagenham 88 Runners					
279	0:38:34	771	Lisa Snell	Ealing Eagles Running Club					
280	0:38:53	899	Christina Reade	London Frontrunners					
281	0:38:55	693	Maria Macdonald	Cambridge Harriers					
282	0:39:00	735	Rosina Salmon	Dagenham 88 Runners					
283	0:39:01	1030	Michele Watters	Trent Park Running Club					
284	0:39:16	796	Judith Clarkson	Fulham Running Club					
285	0:40:01	878	Christina Beniamen	Hillingdon AC					

### Team Results:

Pos	Points	Team / Club	Placings
1	52	London Heathside AC	( 1 15 16 20 )
2	70	Highgate Harriers	( 2 5 25 38 )
3	77	Fulham Running Club	( 4 12 29 32 )
4	111	Thames Valley Harriers	( 7 8 23 73 )
5	128	Herne Hill Harriers	( 18 21 44 45 )
6	153	Victoria Park H & Tower H AC	( 28 36 37 52 )
7	199	Clapham Chasers RC	( 4 10 42 62 85 )
8	218	Dulwich Runners AC	( 14 43 74 87 )
9	240	Thames Hare & Hounds	( 39 50 65 86 )
10	257	Tri London	( 13 59 60 125 )
11	281	Eton Manor AC	( 27 57 71 126 )
12	327	Clapham Pioneers	( 48 75 97 107 )
13	329	Serpentine RC	( 17 79 99 134 )
14	336	Ranelagh Harriers	( 47 64 102 123 )
15	379	Ealing Eagles Running Club	( 33 72 131 143 )
16	382	West 4 Harriers	( 34 77 127 144 )
17	399	Cambridge Harriers	( 3 89 105 202 )
18	437	Striders of Croydon	( 54 100 106 177 )
19	441	Harrow AC	( 9 113 129 190 )
20	452	Queens Park Harriers	( 41 111 140 160 )
21	466	Hercules Wimbledon AC	( 19 83 136 228 )
22	470	The Stragglers RC	( 35 70 93 272 )
23	473	Hillingdon AC	( 30 119 157 167 )
24	474	London City AC	( 31 78 115 250 )
25	652	South London Harriers	( 94 147 193 218 )
26	654	Wimbledon Windmilers RC	( 103 155 162 234 )
27	656	London Frontrunners	( 76 108 224 248 )
28	768	Greenwich Tritons	( 161 185 210 212 )
29	775	Trent Park Running Club	( 11 189 283 292 )
30	874	Dagenham 88 Runners	( 156 235 237 246 )
31	1083	Croydon Harriers	( 227 241 307 308 )