

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1001	1:17:35	2961	Andrew Mitchelson	BRIGHTON & HOVE AC	1101	1:22:44	3343	Brad Smith	GARDEN CITY RUNNERS
1002	1:17:37	3032	Graham Maynard	CAMBRIDGE HARRIERS	1102	1:22:46	4414	Gerald Akrigg	VICTORIA PARK H & TOWER I
1003	1:17:38	3574	Jim Aldridge	IPSWICH JAFFA RC	1103	1:22:47	4371	John Diamond	TRI SURREY TRIATHLON CLUE
1004	1:17:43	3806	Johnny Spinks	NORTH HERTS RRC	1104	1:22:53	4186	Stuart Bamberger	STUBBINGTON GREEN RUNN
1005	1:17:50	4350	Robert Jones	TRENT PARK RC	1105	1:22:55	2931	Richard Byford	BLACKHEATH & BROMLEY HA
1006	1:17:51	3318	Simon Clarkson	FULHAM RC	1106	1:23:00	3413	Carl Bicknell	HAYWARDS HEATH HARRIER!
1007	1:18:02	4152	Richard Olney	ST ALBANS STRIDERS	1107	1:23:09	3865	Colin Wilkinson	PHOENIX STRIDERS
1008	1:18:03	3303	Christopher Cramp	FARNHAM RUNNERS	1108	1:23:13	4380	Mark Tikaram	TRING RC
1009	1:18:07	4590	Andy Savage	YAXLEY RUNNERS & JOGGER!	1109	1:23:18	3108	Keiran Callaghan	COLCHESTER HARRIERS
1010	1:18:10	4108	Mike Stapleton	SOUTHEND ON SEA AC	1110	1:23:19	4133	Anthony Bunker	ST ALBANS STRIDERS
1011	1:18:10	3784	Gary Homewood	MORNINGTON CHASERS RC	1111	1:23:21	3094	Christopher Williams	CLAPHAM CHASERS RC
1012	1:18:16	4407	Jamie Graham	VEGAN RUNNERS UK	1112	1:23:26	2914	Tan Truong	BEXLEY AC
1013	1:18:19	3339	Andy Holt	GARDEN CITY RUNNERS	1113	1:23:31	2784	Adrian Francis	ABINGDON AC
1014	1:18:20	4403	Alan Roberts	VALE OF AYLESBURY AC	1114	1:23:45	3252	Mike Babb	EDMONTON RC
1015	1:18:23	3485	James Ward	HERNE HILL HARRIERS	1115	1:23:51	4396	Chris Walmsley	TUNBRIDGE WELLS HARRIER!
1016	1:18:30	3247	Regis Martin	EAST LONDON RUNNERS	1116	1:24:05	3140	Richard Bryant	CRAWLEY SAINTS AND SINNE
1017	1:18:36	4363	Federico Forti	TRI LONDON	1117	1:24:12	3098	Eamonn Meehan	CLAPHAM PIONEERS
1018	1:18:37	2861	Tim Fowler	BASINGSTOKE & MID HANTS	1118	1:24:16	4167	Richard Hardy	STOPSLEY STRIDERS JC
1019	1:18:40	2858	Mathew Sleeman	BARNET & DISTRICT AC	1119	1:24:25	3427	Andrew Smith	HEADINGTON RR
1020	1:18:40	4114	Tim Brockington	SPRINGFIELD STRIDERS RC	1120	1:24:29	4508	Seamus Doran	WIMBORNE AC
1021	1:18:41	4189	Mike Bell	STUBBINGTON GREEN RUNN!	1121	1:24:33	4384	Andrew Deighton	TUNBRIDGE WELLS HARRIER!
1022	1:18:41	3259	Richard Nice	EDMONTON RC	1122	1:24:37	2856	Gary Randle	BARNET & DISTRICT AC
1023	1:18:42	4364	John Griffin	TRI LONDON	1123	1:24:40	3370	James Mitchell	GUILDFORD & GODALMING /
1024	1:18:45	3781	Eamon Byrne	MORNINGTON CHASERS RC	1124	1:24:41	4144	Michael Jack	ST ALBANS STRIDERS
1025	1:18:45	3730	Rob Sambrooks	LONDON HEATHSIDE AC	1125	1:24:54	3347	James MacCarthy	GREENWICH TRITONS
1026	1:18:46	3640	Scott Thrush	LEIGH-ON-SEA STRIDERS	1126	1:24:57	3678	Minesh Patel	LONDON FRONTRUNNERS
1027	1:18:46	3088	Jonathan Small	CLAPHAM CHASERS RC	1127	1:25:10	4391	Nick Pierce	TUNBRIDGE WELLS HARRIER!
1028	1:18:51	3829	Stephen Bennett	ORION HARRIERS	1128	1:25:18	3783	Andrew Disley	MORNINGTON CHASERS RC
1029	1:18:51	4373	Darren Perkin	TRI SURREY TRIATHLON CLUE	1129	1:25:20	4299	Stuart Peace	TIPTREE RR
1030	1:18:53	3082	Parham Kiani	CLAPHAM CHASERS RC	1130	1:25:25	4326	Richard Sargent	TONBRIDGE AC
1031	1:18:54	3889	Gildas Braine	QUEENS PARK HARRIERS	1131	1:25:26	3815	Ally Hadden	NORWICH RR
1032	1:18:57	3398	Adam Osman	HASTINGS AC	1132	1:25:28	4372	Robin Evans	TRI SURREY TRIATHLON CLUE
1033	1:18:57	3025	Martin Hawkins	CAMBRIDGE HARRIERS	1133	1:25:31	3681	Ernie Stoddart	LONDON FRONTRUNNERS
1034	1:19:01	3861	Neal Clark	PHOENIX STRIDERS	1134	1:25:34	3656	David Nottidge	LINGFIELD RC
1035	1:19:08	4162	Richard Vaughan	ST ALBANS STRIDERS	1135	1:25:59	3245	Peter Hatley	EAST LONDON RUNNERS
1036	1:19:13	3059	Tim Brown	CHICHESTER RUNNERS & AC	1136	1:26:03	3816	Gary Hurrell	NORWICH RR
1037	1:19:13	3224	Ricky Grimes	EALING SOUTHALL & MIDDLE	1137	1:26:08	4202	Matt Whitcher	STUBBINGTON GREEN RUNN
1038	1:19:14	3261	Miguel Pimenta	EDMONTON RC	1138	1:26:11	3575	Jamie Bennett	IPSWICH JAFFA RC
1039	1:19:15	3194	Eberhard Prill	DULWICH RUNNERS AC	1139	1:26:13	4327	Scott Shurmer	TONBRIDGE AC
1040	1:19:16	3939	Alan Freer	READING RR	1140	1:26:30	4411	Peter Simpson	VEGAN RUNNERS UK
1041	1:19:19	4354	Jeremy Newton	TRENT PARK RC	1141	1:26:36	3708	Carl Heap	LONDON HEATHSIDE AC
1042	1:19:20	3672	Matthew Hunter	LONDON FRONTRUNNERS	1142	1:26:49	2945	Ian Graham	BOURNEMOUTH AC
1043	1:19:25	3176	Chris Edwards	DORKING & MOLE VALLEY AC	1143	1:26:51	3254	Nicki Dines	EDMONTON RC
1044	1:19:27	3178	Patrick Martin	DORKING & MOLE VALLEY AC	1144	1:27:01	4301	Simon Thompson	TIPTREE RR
1045	1:19:27	3301	Thomas Sauka	FAIRLANDS VALLEY SPARTAN	1145	1:27:08	4550	Stephen Roberts	WITNEY RRC
1046	1:19:28	3652	Mark Aldred	LINGFIELD RC	1146	1:27:31	4089	Matthew Saunders	SOUTH LONDON HARRIERS
1047	1:19:28	4453	Andrew WRIGHT	VICTORY AC	1147	1:27:36	3643	Nigel Chesterton	LEIGHTON BUZZARD AC
1048	1:19:32	3422	Duncan Henning	HEADINGTON RR	1148	1:27:51	4594	Chris Elt	ST NEOTS
1049	1:19:34	3616	Phil Marsden	KENT AC	1149	1:28:16	2786	David Morgan	ABINGDON AC
1050	1:19:39	4349	Jason Hornett	TRENT PARK RC	1150	1:28:28	4491	Gary Robinson	WEST 4 HARRIERS
1051	1:19:41	3926	Gerard O'Driscoll	READING AC	1151	1:28:30	4063	Ray Powell	SHAFTESBURY BARNET HARR
1052	1:19:47	4424	Simon Bonner	VICTORIA PARK H & TOWER I	1152	1:28:33	4149	Andrew Maher	ST ALBANS STRIDERS
1053	1:19:49	3673	John Keenan	LONDON FRONTRUNNERS	1153	1:28:52	3378	Andrew Carter	HALSTEAD RR
1054	1:19:57	4069	Stephen Clancey	SOUTH LONDON HARRIERS	1154	1:28:56	4117	Peter Chubb	SPRINGFIELD STRIDERS RC
1055	1:20:00	4339	Edwin Coutts	TRENT PARK RC	1155	1:29:23	3919	Stephen Church	READING AC
1056	1:20:01	3583	Darren Harger	ISTEAD AND IFIELD HARRIER!	1156	1:29:35	4201	Gordon Westley	STUBBINGTON GREEN RUNN
1057	1:20:10	2818	Stuart Brown	ARENA 80 AC	1157	1:29:36	4087	Steve Rigby	SOUTH LONDON HARRIERS
1058	1:20:12	3258	Monty Lyall	EDMONTON RC	1158	1:30:58	3400	Tony Collins	HAVERING AC
1059	1:20:14	3486	Richard Bloom	HERTS PHOENIX AC	1159	1:31:08	2872	Gary Howe	BECCLES AND BUNGAY HARR
1060	1:20:16	4151	Robin Newby	ST ALBANS STRIDERS	1160	1:31:10	4170	John Ryan	STOPSLEY STRIDERS JC
1061	1:20:16	4206	Tim McIntyre	SUTTON RUNNERS	1161	1:31:27	4174	Frank Moggan	STOWMARKET STRIDERS
1062	1:20:18	2815	Dave Arnold	ARENA 80 AC	1162	1:31:52	4603	Clive Higdon	SPRINGFIELD STRIDERS RC
1063	1:20:26	3267	Colin Batchelor	ELY RUNNERS	1163	1:32:00	3300	Timothy Robinson	FAIRLANDS VALLEY SPARTAN
1064	1:20:31	2820	Paul Hebden	ARENA 80 AC	1164	1:32:02	4476	Colin Williams	WATFORD JOGGERS
1065	1:20:34	2783	Jon Bones	ABINGDON AC	1165	1:32:58	3264	Naresh Trivedi	EDMONTON RC
1066	1:20:35	3578	Matt Aspinall	ISTEAD AND IFIELD HARRIER!	1166	1:32:58	3057	Wim Amir	CHICHESTER RUNNERS & AC
1067	1:20:43	4426	William Burbridge-James	VICTORIA PARK H & TOWER I	1167	1:33:17	3946	Pete Morris	READING RR
1068	1:20:50	4183	Simon Webster	STRIDERS OF CROYDON	1168	1:33:35	3351	Vernon Thomas	GREENWICH TRITONS
1069	1:20:56	3193	Michael Mann	DULWICH RUNNERS AC	1169	1:35:10	3886	Sageet Amlani	QUEENS PARK HARRIERS
1070	1:20:56	4300	Iain Rhodes	TIPTREE RR	1170	1:36:30	3821	Tony Millett	NORWICH RR
1071	1:20:57	3062	Mike Moorcroft	CHICHESTER RUNNERS & AC	1171	1:37:06	3266	Vasso Vassiliou	EDMONTON RC
1072	1:20:58	4355	Kai Parker	TRENT PARK RC	1172	1:37:45	4217	Roland Hogg	TADWORTH AC
1073	1:20:59	4410	Richard Newman	VEGAN RUNNERS UK	1173	1:40:08	4445	David Shortridge	VICTORIA PARK H & TOWER I
1074	1:21:05	4205	Darko Calina	SUTTON RUNNERS					
1075	1:21:06	3862	Lee Hazlewood	PHOENIX STRIDERS					
1076	1:21:07	3205	Gary Hobbs	EALING EAGLES RC					
1077	1:21:11	3639	Lloyd Richardson	LEIGH-ON-SEA STRIDERS					
1078	1:21:16	2985	Karl Hafeez	BURNHAM JOGGERS					
1079	1:21:17	3605	Neil Gordon-Orr	KENT AC					
1080	1:21:20	3785	Daniel Lewis	MORNINGTON CHASERS RC					
1081	1:21:27	3275	Peter Frost	EPSOM & EWELL HARRIERS					
1082	1:21:28	3992	Conrad Addo	SERPENTINE RC					
1083	1:21:38	4251	Richard Bell	THAMES VALLEY HARRIERS					
1084	1:21:41	3666	Christos Bitzis-Politis	LONDON FRONTRUNNERS					
1085	1:21:54	2828	John Wright	ARENA 80 AC					
1086	1:21:58	4295	Scott Brenton	TIPTREE RR					
1087	1:21:59	3260	Michael Orr	EDMONTON RC					
1088	1:22:01	2951	Gareth Jones	BRACKNELL AC					
1089	1:22:02	3941	Jon Green	READING RR					
1090	1:22:04	3418	Paul Turner	HAYWARDS HEATH HARRIER!					
1091	1:22:05	3963	Andrew Patrick	REIGATE PRIORY AC					
1092	1:22:08	3820	Mark Mardell	NORWICH RR					
1093	1:22:10	4345	Michael Green	TRENT PARK RC					
1094	1:22:16	4569	Tom Spanyol	WOODFORD GREEN W ESSEX					
1095	1:22:19	3066	Ian Pulford	CITY OF NORWICH AC					
1096	1:22:20	4357	John Rose	TRENT PARK RC					
1097	1:22:20	4161	Richard Todd	ST ALBANS STRIDERS					
1098	1:22:23	3488	Stuart Mann	HERTS PHOENIX AC					
1099	1:22:27	4510	Brendan Dunn	WIMBORNE AC					
1100	1:22:29	3995	Andy Bain	SERPENTINE RC					

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
Team Results:									
Pos	Points	Team / Club		Placings					
1	97	ALDERSHOT FARNHAM & DAC		(5 9 12 20 21 30)					
2	150	TONBRIDGE AC		(8 15 16 25 39 47)					
3	158	HIGHGATE HARRIERS		(2 23 24 33 35 41)					
4	318	HERCULES WIMBLEDON AC		(13 28 50 63 71 93)					
5	336	BEDFORD & COUNTY AC		(14 32 45 62 77 106)					
6	352	SERPENTINE RC		(11 29 51 68 73 120)					
7	381	CAMBRIDGE & COLERIDGE AC		(6 40 46 74 76 139)					
8	487	KENT AC		(17 54 61 84 119 152)					
9	503	VICTORIA PARK H & TOWER H AC		(4 57 80 87 91 184)					
10	519	THAMES HARE & HOUNDS		(37 60 78 97 112 135)					
11	543	BELGRAVE HARRIERS		(48 53 79 90 123 150)					
12	619	LONDON HEATHSIDE AC		(27 85 110 115 126 156)					
13	846	SOUTHEND ON SEA AC		(1 10 109 158 267 301)					
14	895	HERNE HILL HARRIERS		(58 108 163 166 191 209)					
15	1104	BLACKHEATH & BROMLEY HARRIERS		(22 99 142 148 171 522)					
16	1114	WYCOMBE PHOENIX HARRIERS & BRIGHTON PHOENIX AC		(127 128 154 186 188 331)					
17	1191	BRIGHTON PHOENIX AC		(42 204 212 236 238 259)					
18	1226	WOODFORD GREEN W ESSEX L		(55 69 146 155 277 524)					
19	1315	EALING SOUTHALL & MIDDLESEX		(70 89 214 246 248 448)					
20	1347	MARSHALL MILTON KEYNES AC		(38 52 82 114 337 724)					
21	1356	RANELAGH HARRIERS		(105 208 218 255 264 306)					
22	1475	READING AC		(26 59 141 268 382 599)					
23	1507	COLCHESTER HARRIERS		(98 175 228 271 328 407)					
24	1590	READING RR		(116 125 296 312 356 385)					
25	1638	MEDWAY & MAIDSTONE AC		(88 100 325 335 387 403)					
26	1641	LEIGHTON BUZZARD AC		(34 101 165 297 428 616)					
27	1675	SWINDON HARRIERS		(95 104 260 324 383 509)					
28	1795	WATFORD JOGGERS		(170 219 283 298 373 452)					
29	1854	THAMES VALLEY HARRIERS		(65 233 239 244 393 680)					
30	1908	ROYSTON RUNNERS		(160 193 326 363 432 434)					
31	1926	GUILDFORD & GODALMING AC		(96 180 305 401 406 538)					
32	1933	ST ALBANS STRIDERS		(162 276 288 323 430 454)					
33	1935	CLAPHAM CHASERS RC		(137 173 389 390 397 449)					
34	1979	SHAFTESBURY BARNET HARRIERS		(3 7 229 369 578 793)					
35	1984	EPSOM & EWELL HARRIERS		(205 226 242 262 470 579)					
36	2083	ORION HARRIERS		(149 223 399 405 442 465)					
37	2126	TRENT PARK RC		(199 225 357 419 424 502)					
38	2131	HUNTINGDONSHIRE AC		(217 281 287 321 468 557)					
39	2142	DULWICH RUNNERS AC		(36 232 380 457 494 543)					
40	2159	CANDY RACING		(143 234 315 327 492 648)					
41	2237	FULHAM RC		(192 237 322 354 561 571)					
42	2260	AMPTHILL & FLITWICK FLYERS		(94 183 247 422 632 682)					
43	2383	HAVERING AC		(72 157 266 486 666 736)					
44	2424	WINCHESTER & DISTRICT AC		(196 245 307 425 478 773)					
45	2431	AVON VALLEY RUNNERS		(49 131 490 500 527 734)					
46	2435	ETON MANOR AC		(132 291 352 466 525 669)					
47	2474	BRIGHTON & HOVE AC		(31 56 66 523 797 1001)					
48	2498	ILFORD AC		(136 222 375 501 588 676)					
49	2790	QUEENS PARK HARRIERS		(220 336 426 516 633 659)					
50	2831	EALING EAGLES RC		(272 295 458 558 581 667)					
51	3060	GARDEN CITY RUNNERS		(206 339 462 554 689 810)					
52	3075	SOUTH LONDON HARRIERS		(159 269 394 697 745 811)					
53	3099	TUNBRIDGE WELLS HARRIERS		(151 263 512 597 785 791)					
54	3198	WITNEY RRC		(140 273 453 678 730 924)					
55	3386	LONDON FRONTRUNNERS		(253 347 610 698 738 740)					
56	3436	STUBBINGTON GREEN RUNNERS		(130 444 562 662 737 901)					
57	3482	DORKING & MOLE VALLEY AC		(313 374 546 673 767 809)					
58	3676	CAMBRIDGE HARRIERS		(111 438 439 653 1002 1033)					
59	3688	CLAPHAM PIONEERS		(384 491 580 622 732 879)					
60	3751	LEIGH-ON-SEA STRIDERS		(310 410 553 591 861 1026)					
61	3778	POOLE RUNNERS		(416 519 551 739 771 782)					
62	3792	ARENA 80 AC		(147 279 721 753 835 1057)					
63	4052	HEADINGTON RR		(317 601 612 722 816 984)					
64	4088	CRAWLEY SAINTS AND SINNERS		(350 423 485 766 948 1116)					
65	4103	TRI LONDON		(402 420 614 716 971 980)					
66	4141	WEST 4 HARRIERS		(249 545 699 828 884 936)					
67	4195	ASHFORD & DISTRICT RRC		(472 566 627 801 814 915)					
68	4203	SPRINGFIELD STRIDERS RC		(365 559 693 761 911 914)					
69	4257	THE STRAGGLERS RC		(274 640 779 840 841 883)					
70	4257	STRIDERS OF CROYDON		(431 569 726 798 827 906)					
71	4320	26.2 RRC		(409 589 703 778 896 945)					
72	4405	EAST LONDON RUNNERS		(258 577 774 848 932 1016)					
73	4523	CROYDON HARRIERS		(469 702 770 846 854 882)					
74	4611	BARNET & DISTRICT AC		(187 618 856 969 982 999)					
75	4685	REDWAY RUNNERS		(565 715 802 808 873 922)					
76	4715	BILLERICAY STRIDERS RC		(550 668 728 831 951 987)					
77	4952	NORWICH RR		(646 756 768 898 929 955)					
78	5028	MORNINGTON CHASERS RC		(476 621 939 957 1011 1024)					
79	5364	GREENWICH TRITONS		(368 786 921 996 1125 1168)					
80	5396	TIPTREE RR		(195 919 997 1070 1086 1129)					
81	5423	EDMONTON RC		(541 677 1022 1038 1058 1087)					

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:37:41	5027	Susie Power	HEADINGTON RR	301	0:40:18	5094	Polly Smith	HUNTINGDONSHIRE AC
202	0:37:42	5395	Sarah Jeffery	SOUTHEND ON SEA AC	302	0:40:18	4980	Jess Wilson	GUILDFORD & GODALMING /
203	0:37:43	4833	Sara Roloff	DULWICH RUNNERS AC	303	0:40:18	5225	Alexandra Bettley	NEWBURY AC
204	0:37:46	5201	Natasha Baker	MARSHALL MILTON KEYNES /	304	0:40:18	5306	Sarah Alsford	READING RR
205	0:37:52	5468	Jessica Davies	THAMES HARE & HOUNDS	305	0:40:23	5371	Flic Carr	SOUTH LONDON HARRIERS
206	0:37:55	5040	Foster Foster	HERNE HILL HARRIERS	306	0:40:24	5529	Zoe Redondo	TRENT PARK RC
207	0:37:56	5339	Daisy Gladstone	SERPENTINE RC	307	0:40:24	5289	Marie Synnott-Wells	RANELAGH HARRIERS
208	0:37:57	5547	Cathy Gill	TUNBRIDGE WELLS HARRIERS	308	0:40:25	5200	Mel Tudor	MAIDENHEAD AC
209	0:37:58	5511	Charlotte Warren	TONBRIDGE AC	309	0:40:27	5384	Anne-Marie Smith	SOUTH LONDON HARRIERS
210	0:38:00	4881	Marta Cecconi	EPSOM & EWELL HARRIERS	310	0:40:30	4915	kayleigh Copeland	FARNHAM RUNNERS
211	0:38:01	5063	Nicola Audhlam Gardiner	HIGHGATE HARRIERS	311	0:40:31	5112	Victoria Wright	ISTEAD AND IFIELD HARRIERS
212	0:38:04	5626	Emma Carter	WINCHESTER & DISTRICT AC	312	0:40:36	5363	Becky West	SERPENTINE RC
213	0:38:05	4989	Rachael Roughan	HALSTEAD RR	313	0:40:36	5312	Chloe Lloyd	READING RR
214	0:38:06	5141	Ruth Mitchell	LEIGHTON BUZZARD AC	314	0:40:40	4794	Laureen O'Kane	CLAPHAM PIONEERS
215	0:38:07	5098	Anna Crawley	ILFORD AC	315	0:40:46	4669	Tracy Jones	BASINGSTOKE & MID HANTS
216	0:38:11	4821	Ola Balme	DULWICH RUNNERS AC	316	0:40:46	5442	Lara Evans	STUBBINGTON GREEN RUNN
217	0:38:14	5475	Anrea Stehlikova	THAMES HARE & HOUNDS	317	0:40:48	5048	Evie McDermott	HERNE HILL HARRIERS
218	0:38:16	5331	Laura Carmichael	SERPENTINE RC	318	0:40:49	5260	Becky Rendell	POOLE AC
219	0:38:17	4626	Helena Rooney	ARENA 80 AC	319	0:40:50	5568	Minna Harrison	VICTORIA PARK H & TOWER I
220	0:38:18	5159	Erika Kulikova	LONDON FRONTRUNNERS	320	0:40:51	5077	Zoe Dobbs	HILLINGDON AC
221	0:38:19	4747	Emma Cox	CANDY RACING	321	0:40:52	5400	Polly Bridgman	SPRINGFIELD STRIDERS RC
222	0:38:20	4748	Kate Groves	CANDY RACING	322	0:40:53	5284	Alice Littler	RANELAGH HARRIERS
223	0:38:20	4834	Rebecca Schulleri	DULWICH RUNNERS AC	323	0:40:54	5598	Katy Brown	WEST 4 HARRIERS
224	0:38:21	4673	Lynn Emmett	BECLES AND BUNGAY HARR	324	0:40:55	5285	Marianne Malam	RANELAGH HARRIERS
225	0:38:22	5084	Ciara Williams	HILLINGDON AC	325	0:40:56	5532	Shirley Fliflet	TRI LONDON
226	0:38:23	4826	Emma Ibell	DULWICH RUNNERS AC	326	0:40:57	5364	Abigail Williams	SERPENTINE RC
227	0:38:24	4647	Rebekah Scott	AVON VALLEY RUNNERS	327	0:40:59	5056	Jessica Winfield	HERNE HILL HARRIERS
228	0:38:25	4886	Diana Norman	EPSOM & EWELL HARRIERS	328	0:40:59	5193	Jackie Wastell	LONDON HEATHSIDE AC
229	0:38:25	4896	Jennifer Heymann	ETON MANOR AC	329	0:41:00	5628	Alison Fenwick	WINCHESTER & DISTRICT AC
230	0:38:28	5029	Rachel Shaw	HEADINGTON RR	330	0:41:01	4851	Sophie Santry	EALING EAGLES RC
231	0:38:34	5569	Faye Jeacocke	VICTORIA PARK H & TOWER I	331	0:41:01	5576	Ellie Tait	VICTORIA PARK H & TOWER I
232	0:38:35	4746	Hayley Newman	CAMBRIDGE HARRIERS	332	0:41:02	5427	Karen Sheard	ST ALBANS STRIDERS
233	0:38:37	5415	Lauren Eckley	ST ALBANS STRIDERS	333	0:41:03	4961	Emmanuelle Navarri	GREENWICH TRITONS
234	0:38:41	4996	Nichola Payne	HARROW AC	334	0:41:03	4780	Vivien Loseby	CLAPHAM CHASERS RC
235	0:38:44	5134	Ellie Arnfield	KINGSTON AC & POLY HARRI	335	0:41:04	5459	Chloe Constantine	SUTTON RUNNERS
236	0:38:46	5607	Christine Anthony	WEST SUFFOLK AC	336	0:41:06	4639	Jolene Farion	AVON VALLEY RUNNERS
237	0:38:46	4997	Ellen Rose-Senior	HARROW AC	337	0:41:06	5355	Rhiannon Needham	SERPENTINE RC
238	0:38:46	4791	Alice Horne	CLAPHAM PIONEERS	338	0:41:07	4891	Claire Louise Fisher	ETON MANOR AC
239	0:38:46	5316	Melanie Shaw	READING RR	339	0:41:09	4624	Rachel Burgess	ARENA 80 AC
240	0:38:51	4836	Eleanor Simmons	DULWICH RUNNERS AC	340	0:41:10	4728	Bev Holmes	BURNHAM JOGGERS
241	0:38:51	5336	Sophie Anne Flanagan	SERPENTINE RC	341	0:41:10	5544	Rachel Wray	TRING RC
242	0:38:51	5139	Amy Inchley	LEIGHTON BUZZARD AC	342	0:41:10	4908	Yulo Gordon	FAIRLANDS VALLEY SPARTAN
243	0:38:55	5519	Ellen Conlon	TRENT PARK RC	343	0:41:11	4766	Elly McMeehan	CITY OF PORTSMOUTH AC
244	0:38:56	5622	Ella Waddingham	WIMBLEDON WINDMILERS R	344	0:41:14	4888	Eleanor Croxford	ETON MANOR AC
245	0:38:58	5004	Clare Davies	HAVINGER AC	345	0:41:17	5405	Imogen Ovenden	SPRINGFIELD STRIDERS RC
246	0:38:59	5235	Tawa Groombridge	NORWICH RR	346	0:41:18	4623	Lisa Wells	AMPTHILL & FLITWICK FLYER
247	0:38:59	4642	Diane Hier	AVON VALLEY RUNNERS	347	0:41:25	5079	Freya Hollingsworth	HILLINGDON AC
248	0:39:02	5309	Jane Davies	READING RR	348	0:41:26	5409	Mandy Attrree	ST ALBANS STRIDERS
249	0:39:02	4832	Ange Norris	DULWICH RUNNERS AC	349	0:41:29	5322	Isabel Marriage	ROYSTON RUNNERS
250	0:39:03	5465	Natalie Long	SWALE COMBINED AC	350	0:41:31	5222	Rebecca Taylor	MORNINGTON CHASERS RC
251	0:39:04	5348	Nicola Kaye	SERPENTINE RC	351	0:41:31	5123	Nicky Hayes	KENT AC
252	0:39:05	4885	Sheridan Marshall	EPSOM & EWELL HARRIERS	352	0:41:32	5025	Yvonne Morris	HEADINGTON RR
253	0:39:06	4928	Jodie Clarke	FULHAM RC	353	0:41:36	4995	Jennifer Keal	HARROW AC
254	0:39:07	5298	Julie Rayfield	READING AC	354	0:41:38	5509	Nicola Summerfield	TONBRIDGE AC
255	0:39:08	4845	Hayley Kandt	EALING EAGLES RC	355	0:41:39	5579	Laura Vaccari	VICTORIA PARK H & TOWER I
256	0:39:08	5399	Rebecca Taylor	SOUTHEND ON SEA AC	356	0:41:41	5033	Louise Hathaway	HELPSSTON HARRIERS
257	0:39:11	4659	Charlotte Michael	BARNET & DISTRICT AC	357	0:41:42	4707	Kirsty McEwen	BEXLEY AC
258	0:39:12	4816	Gayle Banks	DORKING & MOLE VALLEY AC	358	0:41:43	4630	Christine Costiff	ASHFORD & DISTRICT RRC
259	0:39:15	5234	Deborah English	NORWICH RR	359	0:41:43	5162	Lucy Wilson-Shaw	LONDON FRONTRUNNERS
260	0:39:17	5229	Paula Adams	NORTH HERTS RRC	360	0:41:45	5089	Amelia Darnell	HUNTINGDONSHIRE AC
261	0:39:18	4823	Yvette Dore	DULWICH RUNNERS AC	361	0:41:51	5199	Caroline Shrimpton	MAIDENHEAD AC
262	0:39:20	4998	Katie Arnold	HASTINGS AC	362	0:41:53	5327	Faye Barrett	SERPENTINE RC
263	0:39:23	5654	Karen Foxwell	WYCOMBE PHOENIX HARRIEI	363	0:41:54	4931	Jenni Cunniffe	FULHAM RC
264	0:39:23	4775	Rosie Guy	CLAPHAM CHASERS RC	364	0:41:55	4979	sarah pye	GUILDFORD & GODALMING /
265	0:39:26	5332	Ellen Castle	SERPENTINE RC	365	0:41:55	4608	Wendy Fitzpatrick	ALDERSHOT FARNHAM & DA
266	0:39:29	4840	Hannah Copeland	EALING EAGLES RC	366	0:41:57	5198	Leila Oliver	MAIDENHEAD AC
267	0:39:31	5119	Susannah Fairbrass	KENT AC	367	0:42:00	4852	Hannah Smith	EALING EAGLES RC
268	0:39:33	5393	Hannah Willson	SOUTHAMPTON AC	368	0:42:02	5151	Claire Ziegler	LINGFIELD RC
269	0:39:34	4838	Laura Vincent	DULWICH RUNNERS AC	369	0:42:06	4990	Isabel Green	HARPENDEN ARROWS
270	0:39:35	5436	Stephanie Upton	STRIDERS OF CROYDON	370	0:42:07	5578	Annie Trihan	VICTORIA PARK H & TOWER I
271	0:39:36	5534	Gaelle Lebray	TRI LONDON	371	0:42:08	4657	Annabelle Lee	BARNET & DISTRICT AC
272	0:39:37	5349	Christine Kennedy	SERPENTINE RC	372	0:42:08	5217	Rafaële Lamour	MORNINGTON CHASERS RC
273	0:39:37	5329	Jo Burkett	SERPENTINE RC	373	0:42:09	4856	Meghan Hubbard	EALING SOUTHALL & MIDDLE
274	0:39:38	5161	Hazel Reade	LONDON FRONTRUNNERS	374	0:42:11	5028	Catrina Scott	HEADINGTON RR
275	0:39:38	5249	Rachel Flannigan	PHOENIX STRIDERS	375	0:42:13	5169	Kimberli Butler	LONDON HEATHSIDE AC
276	0:39:44	4902	Zoe Woodward	ETON MANOR AC	376	0:42:13	5279	Georgina Thorborn	QUEENS PARK HARRIERS
277	0:39:45	5603	Rosemary Lewis	WEST 4 HARRIERS	377	0:42:14	4897	Kate Malcolm	ETON MANOR AC
278	0:39:46	5496	Vicky Knight	TIPTREE RR	378	0:42:16	5553	Tess Killingbeck	VEGAN RUNNERS UK
279	0:39:51	4737	Vashti MacDonald-Clink	CAMBRIDGE & COLERIDGE Ai	379	0:42:17	5208	Bernadette Harrop	MIDWAY & MAIDSTONE AC
280	0:39:53	5385	Sophie Wiles	SOUTH LONDON HARRIERS	380	0:42:20	4813	Laura Marshall	CROYDON HARRIERS
281	0:39:53	4749	Sally Kyle	CENTRAL PARK ATHLETICS	381	0:42:23	5386	Angela Wilson	SOUTH LONDON HARRIERS
282	0:39:54	5571	Harriet Lowndes	VICTORIA PARK H & TOWER I	382	0:42:23	4754	Kim Nelson	CHICHESTER RUNNERS & AC
283	0:39:55	5131	Claire Sutton	KENT AC	383	0:42:27	5596	Sadie Boor	WERRINGTON JOGGERS
284	0:39:56	5291	Ria Woodfield	RANELAGH HARRIERS	384	0:42:27	5242	Pippa Dowswell	ORION HARRIERS
285	0:39:57	4650	Sarah Boxer	BARNET & DISTRICT AC	385	0:42:27	5195	Caroline White	LONDON HEATHSIDE AC
286	0:39:57	4758	Emma Wickens	CHICHESTER RUNNERS & AC	386	0:42:28	4866	Lynn Wilson	EALING SOUTHALL & MIDDLE
287	0:39:58	4978	Alicia Nizet	GUILDFORD & GODALMING /	387	0:42:29	4912	Lindsay Bamford	FARNHAM RUNNERS
288	0:40:01	5428	Deborah Steer	ST ALBANS STRIDERS	388	0:42:29	5107	Sally George	ISTEAD AND IFIELD HARRIERS
289	0:40:02	5034	Helen Davies	HERCULES WIMBLEDON AC	389	0:42:29	4787	Elena Chapman	CLAPHAM PIONEERS
290	0:40:02	5286	Rebecca Northmore	RANELAGH HARRIERS	390	0:42:30	5124	Jo Mott	KENT AC
291	0:40:04	5267	Joanna Braine	QUEENS PARK HARRIERS	391	0:42:31	5236	Jo Killingworth	NORWICH RR
292	0:40:05	5126	Zuzana Nemeckova	KENT AC	392	0:42:32	4846	Malgorzata Kuchurska	EALING EAGLES RC
293	0:40:06	4825	Helena Flippance	DULWICH RUNNERS AC	393	0:42:34	5085	Maggie Statham	HOLLAND SPORTS AC
294	0:40:08	5276	Melanie McGovern	QUEENS PARK HARRIERS	394	0:42:35	4789	Sophie Hamblin	CLAPHAM PIONEERS
295	0:40:09	5657	Claire Newman	WYCOMBE PHOENIX HARRIEI	395	0:42:36	5347	Branwen Jones	SERPENTINE RC
296	0:40:10	4976	Sophie Johnson	GUILDFORD & GODALMING /	396	0:42:37	4956	Marcela Arvizu	GREENWICH TRITONS
297	0:40:12	4944	Sonia Mendonca	FULHAM RC	397	0:42:37	5012	Liz Earley	HAYWARDS HEATH HARRIERS
298	0:40:14	5264	Sarah Swift	POOLE RUNNERS	398	0:42:37	5018	Samantha Ridley	HAYWARDS HEATH HARRIERS
299	0:40:15	5480	Fran Lou	THAMES VALLEY HARRIERS	399	0:42:38	5254	Tina Golubeva	PITSEA RC
300	0:40:17	4743	Susan Dixon	CAMBRIDGE HARRIERS	400	0:42:39	5155	Naseem Allmomen	LONDON FRONTRUNNERS

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:42:40	4909	Rhiannon Griffin	FAIRLANDS VALLEY SPARTAN	501	0:45:55	5086	Yvette Adamson	HUNTINGDONSHIRE AC
402	0:42:42	4809	Sarah Stanbridge	CRAWLEY SAINTS AND SINNE	502	0:45:55	5146	Fiona Champness	LINGFIELD RC
403	0:42:45	5164	Elizabeth Beard	LONDON HEATHSIDE AC	503	0:45:56	4670	Elaine Liversage	BASINGSTOKE & MID HANTS
404	0:42:46	5244	Lucy Humphreys	ORION HARRIERS	504	0:45:59	4937	Rachel Fitzsimmons	FULHAM RC
405	0:42:48	4919	Linda Tyler	FARNHAM RUNNERS	505	0:45:59	5358	Kristin Raassum	SERPENTINE RC
406	0:42:49	4933	Sophie Denman	FULHAM RC	506	0:45:59	5216	Carmen Harrington	MORNINGTON CHASERS RC
407	0:42:50	5133	Sarah Young	KENT AC	507	0:46:00	5340	Jo Green	SERPENTINE RC
408	0:42:51	5450	Lucy May	STUBBINGTON GREEN RUNNI	508	0:46:00	5416	Deirdre Heydecker	ST ALBANS STRIDERS
409	0:42:54	5425	Julianne Nightingale	ST ALBANS STRIDERS	509	0:46:04	4752	Amanda Godfrey	CHICHESTER RUNNERS & AC
410	0:43:01	5526	Melissa O'Hare	TRENT PARK RC	510	0:46:04	5294	Linda Church	READING AC
411	0:43:03	4853	Charlotte Wade	EALING EAGLES RC	511	0:46:05	4981	Anna Bambridge	HALSTEAD RR
412	0:43:06	5108	Jackie King	ISTEAD AND IFIELD HARRIERS	512	0:46:05	5215	Anne Caspi	MORNINGTON CHASERS RC
413	0:43:07	5093	Eleanor Smith	HUNTINGDONSHIRE AC	513	0:46:05	4911	Hazel Smith	FAIRLANDS VALLEY SPARTAN
414	0:43:07	4870	Chloe Millan	EAST LONDON RUNNERS	514	0:46:08	4988	Lisa Rodbourn	HALSTEAD RR
415	0:43:09	5282	Rebecca Bissell	RANELAGH HARRIERS	515	0:46:10	5230	Jo Harbon	NORTH HERTS RRC
416	0:43:11	5000	Amy Rodway	HASTINGS AC	516	0:46:13	4750	Christine Munday	CENTRAL PARK ATHLETICS
417	0:43:13	4986	Kelly Judge	HALSTEAD RR	517	0:46:14	5574	Jo Savage	VICTORIA PARK H & TOWER I
418	0:43:14	5588	Alison Putko	WATFORD HARRIERS	518	0:46:17	4829	Hannah Little	DULWICH RUNNERS AC
419	0:43:17	5566	Victoria Fabbrri	VICTORIA PARK H & TOWER I	519	0:46:19	4663	Jane Bradbury	BASINGSTOKE & MID HANTS
420	0:43:17	4640	Paula Farrell	AVON VALLEY RUNNERS	520	0:46:23	5353	Sarah Mackenzie	SERPENTINE RC
421	0:43:18	5149	Liz McLennan	LINGFIELD RC	521	0:46:28	4923	Gail Turbutt	GALVESTONE AC
422	0:43:22	5135	Nichola Atkins	KINGSTON AC & POLY HARRI	522	0:46:29	4932	Kristina Dankova	FULHAM RC
423	0:43:23	4971	Michelle Collins	GUILDFORD & GODALMING /	523	0:46:29	5601	Charlotte Kelloway	WEST 4 HARRIERS
424	0:43:23	5463	Olga Reading	SUTTON RUNNERS	524	0:46:29	5214	Laurie Boulton	MORNINGTON CHASERS RC
425	0:43:24	4773	Rebecca Gough	CLAPHAM CHASERS RC	525	0:46:31	5634	Victoria Brookling	WINDSOR S E & HOUNSLOW
426	0:43:24	5317	Samantha Whalley	READING RR	526	0:46:31	4848	Sue Park	EALING EAGLES RC
427	0:43:25	5307	Alex Bennell	READING RR	527	0:46:36	5157	Kirsty Fitz-Poole	LONDON FRONTRUNNERS
428	0:43:29	5082	Melanie Spencer	HILLINGDON AC	528	0:46:37	5406	Elaine Tribley	SPRINGFIELD STRIDERS RC
429	0:43:30	5087	Christina Cowles	HUNTINGDONSHIRE AC	529	0:46:40	4798	Rebecca Spencer	CLAPHAM PIONEERS
430	0:43:31	5270	Gillian Cross	QUEENS PARK HARRIERS	530	0:46:42	4741	Sally Carr	CAMBRIDGE HARRIERS
431	0:43:34	5256	Kirsten Hay	POOLE AC	531	0:46:43	4957	Rebecca Burns	GREENWICH TRITONS
432	0:43:37	4842	Grainne Devery	EALING EAGLES RC	532	0:46:43	5021	Sandra Harding-Brown	HEADINGTON RR
433	0:43:41	5617	Georgina Phillips	WHITE HORSE HARRIERS	533	0:46:46	4921	Catherine O'Connor	FOLKESTONE AC
434	0:43:41	5667	Kirsty Middleton	ST NEOTS	534	0:46:48	5665	Karen Childerley	ST NEOTS
435	0:43:42	5350	Margaret King	SERPENTINE RC	535	0:46:49	5228	Karen Shone	NEWBURY AC
436	0:43:43	5337	Laura Fountain	SERPENTINE RC	536	0:46:52	5091	Georgia Hill	HUNTINGDONSHIRE AC
437	0:43:44	5548	Gemma Stilliard	TUNBRIDGE WELLS HARRIERS	537	0:46:56	4705	Angela Duffy Smart	BEXLEY AC
438	0:43:45	5403	Isobel Gowers	SPRINGFIELD STRIDERS RC	538	0:46:58	5521	Theodosia Green	TRENT PARK RC
439	0:43:46	5504	Grazia Manzotti	TONBRIDGE AC	539	0:47:04	5430	Lucy Stern	ST ALBANS STRIDERS
440	0:43:51	4898	Ruth Rose	ETON MANOR AC	540	0:47:09	4819	Vivien Victor	DORKING & MOLE VALLEY AC
441	0:43:52	4636	Rhian Shrimplin	ASHFORD & DISTRICT RRC	541	0:47:11	4868	Janet Bywater	EAST LONDON RUNNERS
442	0:43:52	5650	Jenny Thomas	WOODFORD GREEN W ESSEX	542	0:47:11	5280	Jana Wolfova	QUEENS PARK HARRIERS
443	0:43:54	4900	Louise Vacher	ETON MANOR AC	543	0:47:12	5577	Sylvia Tokarska	VICTORIA PARK H & TOWER I
444	0:44:01	5145	Madie Cahill-Smith	LINGFIELD RC	544	0:47:15	4850	Anne Sampson	EALING EAGLES RC
445	0:44:03	4940	Katherine Gow	FULHAM RC	545	0:47:15	5517	Claudia Canova	TRENT PARK RC
446	0:44:03	4844	Jessica Hood	EALING EAGLES RC	546	0:47:17	5007	Clare Rudgley	HAVERING AC
447	0:44:05	5022	Anita James	HEADINGTON RR	547	0:47:22	5323	Libby Mitchell	ROYSTON RUNNERS
448	0:44:10	4861	Aneta Neumann	EALING SOUTHALL & MIDDLE	548	0:47:23	4795	Alice Robinson	CLAPHAM PIONEERS
449	0:44:14	5181	Heather Marshall	LONDON HEATHSIDE AC	549	0:47:27	4760	Fiona Williams	CHILTERN HARRIERS AC
450	0:44:19	5173	Sarah Duke	LONDON HEATHSIDE AC	550	0:47:29	5423	Alison Massey	ST ALBANS STRIDERS
451	0:44:20	4788	Anneka Dew	CLAPHAM PIONEERS	551	0:47:29	5102	Alison Sale	ILFORD AC
452	0:44:20	4878	Siobhan Weir	EDMONTON RC	552	0:47:34	4874	Ai Seng Paul	EDMONTON RC
453	0:44:20	4895	Gail Hennessey	ETON MANOR AC	553	0:47:37	5610	Ros Burgess	WHITE HORSE HARRIERS
454	0:44:22	5520	Sue Cross	TRENT PARK RC	554	0:47:40	5644	Melanie Cassidy	WITNEY RRC
455	0:44:28	5310	Swinda Falkena	READING RR	555	0:47:43	4774	Jo Greening	CLAPHAM CHASERS RC
456	0:44:30	4972	Beth Davies	GUILDFORD & GODALMING /	556	0:47:47	5163	Gwen Wright	LONDON FRONTRUNNERS
457	0:44:31	5616	Olga Meadows	WHITE HORSE HARRIERS	557	0:47:47	5362	Miwa Tonaki	SERPENTINE RC
458	0:44:32	4958	Kate Fry	GREENWICH TRITONS	558	0:47:48	4857	Carol Jones	EALING SOUTHALL & MIDDLE
459	0:44:34	4629	Massah Cooper	ASHFORD & DISTRICT RRC	559	0:47:49	4820	Lindsey Annabel	DULWICH RUNNERS AC
460	0:44:35	5408	Kirsty Williams	SPRINGFIELD STRIDERS RC	560	0:47:53	4890	Janine Durrant	ETON MANOR AC
461	0:44:36	5523	Aimee Jenner	TRENT PARK RC	561	0:47:55	5109	Janet Murray	ISTEAD AND IFIELD HARRIERS
462	0:44:38	4960	Lesley McCarthy	GREENWICH TRITONS	562	0:47:55	5016	Teresa Mockridge	HAYWARDS HEATH HARRIERS
463	0:44:39	4984	Emma Healy	HALSTEAD RR	563	0:47:56	4877	Chloe Thomas	EDMONTON RC
464	0:44:40	5545	Clare Andrew	TUNBRIDGE WELLS HARRIERS	564	0:47:56	5525	Clare Murphy	TRENT PARK RC
465	0:44:43	4729	Rachel Sammes	BURNHAM JOGGERS	565	0:47:57	5142	Fiona Towell	LEIGHTON BUZZARD AC
466	0:44:43	5602	Caroline Lewis	WEST 4 HARRIERS	566	0:47:58	5090	Rebecca Farrer	HUNTINGDONSHIRE AC
467	0:44:44	5031	Natasha Varney	HEADINGTON RR	567	0:48:08	5144	Katie Cahill-Smith	LINGFIELD RC
468	0:44:46	4951	Amy Tayler	FULHAM RC	568	0:48:11	5078	Pauline Fischer	HILLINGDON AC
469	0:44:54	4924	Emma Armstrong	FULHAM RC	569	0:48:14	5645	Jane Colbeck-McKinnon	WITNEY RRC
470	0:44:56	5127	Amanda Nio	KENT AC	570	0:48:17	4914	Kay Copeland	FARNHAM RUNNERS
471	0:44:59	5562	Phillippa Carr	VICTORIA PARK H & TOWER I	571	0:48:25	5266	Lucy Birrell	QUEENS PARK HARRIERS
472	0:45:00	5402	Sara Demetriou	SPRINGFIELD STRIDERS RC	572	0:48:30	5281	Emma Yentis	QUEENS PARK HARRIERS
473	0:45:03	5457	Becca White	STUBBINGTON GREEN RUNNI	573	0:48:30	5268	Amelia Carman	QUEENS PARK HARRIERS
474	0:45:05	4828	Sonja Jutte	DULWICH RUNNERS AC	574	0:48:32	4751	Sue Baker	CHICHESTER RUNNERS & AC
475	0:45:07	4792	Becky Mursell	CLAPHAM PIONEERS	575	0:48:32	4904	Fiona Clarke	FAIRLANDS VALLEY SPARTAN
476	0:45:10	4653	Davina Gutteridge	BARNET & DISTRICT AC	576	0:48:39	5446	Heather Hudson	STUBBINGTON GREEN RUNNI
477	0:45:13	5565	Christina Eason	VICTORIA PARK H & TOWER I	577	0:48:41	5426	Magdalena Petrus	ST ALBANS STRIDERS
478	0:45:16	5612	Paula Daly	WHITE HORSE HARRIERS	578	0:48:42	5412	Katie Bunting	ST ALBANS STRIDERS
479	0:45:17	4963	Jenni Tomblin	GREENWICH TRITONS	579	0:48:56	4793	Kirstie Norgate	CLAPHAM PIONEERS
480	0:45:19	4916	Jane Georgiou	FARNHAM RUNNERS	580	0:49:04	5038	Suzie Slemeck	HERCULES WIMBLEDON AC
481	0:45:20	4715	Kirsty Drewett	BOURNEMOUTH AC	581	0:49:06	5432	Philippa Walton	ST ALBANS STRIDERS
482	0:45:23	4635	Gill O'Connor	ASHFORD & DISTRICT RRC	582	0:49:14	5600	Joanne Kelliher	WEST 4 HARRIERS
483	0:45:26	5011	Katherine Buckridge	HAYWARDS HEATH HARRIERS	583	0:49:23	5255	Gemma Higgs	PITSEA RC
484	0:45:31	4621	Megan McCreadie	AMPTHILL & FLITWICK FLYER	584	0:49:25	4841	Una Crotty-Joyce	EALING EAGLES RC
485	0:45:33	5507	Pearl Pearce	TONBRIDGE AC	585	0:49:29	5341	Laura Hamilton	SERPENTINE RC
486	0:45:36	5321	Claire Littlewood	ROYSTON RUNNERS	586	0:49:36	5624	Sarah Davies	WIMBORNE AC
487	0:45:37	4906	Claire Emmerson	FAIRLANDS VALLEY SPARTAN	587	0:49:37	5407	Madeline Turner	SPRINGFIELD STRIDERS RC
488	0:45:38	4675	Maddie Brodie	BEDFORD & COUNTY AC	588	0:49:37	5625	Kay Moss	WIMBORNE AC
489	0:45:38	5269	Anastasia Chew	QUEENS PARK HARRIERS	589	0:49:37	5020	Jenny Turner	HAYWARDS HEATH HARRIERS
490	0:45:43	5129	Eleanor Parker	KENT AC	590	0:49:41	4973	Lisa Ellis	GUILDFORD & GODALMING /
491	0:45:43	5589	Clare Bonnick	WATFORD JOGGERS	591	0:49:42	4927	Eleanor Broughton	FULHAM RC
492	0:45:44	4755	Jo Prosser	CHICHESTER RUNNERS & AC	592	0:49:43	4858	Barbro Julin	EALING SOUTHALL & MIDDLE
493	0:45:45	4619	Caroline Armstrong	AMPTHILL & FLITWICK FLYER	593	0:49:43	5315	Claire Seymour	READING RR
494	0:45:46	5533	Florence Greatrix	TRI LONDON	594	0:49:51	4862	Beverley Packwood	EALING SOUTHALL & MIDDLE
495	0:45:46	5311	Elizabeth Johnson	READING RR	595	0:49:54	4905	Karen Ellis	FAIRLANDS VALLEY SPARTAN
496	0:45:47	4782	Olivia McGonigle	CLAPHAM CHASERS RC	596	0:49:58	4959	Louise Johnson	GREENWICH TRITONS
497	0:45:50	4983	Wendy Carter	HALSTEAD RR	597	0:49:59	4893	Jennifer Hall	ETON MANOR AC
498	0:45:51	5606	Edyta Wierzbowska	WEST 4 HARRIERS	598	0:50:00	4783	Elizabeth Nay	CLAPHAM CHASERS RC
499	0:45:53	5441	Lisa Donn	STUBBINGTON GREEN RUNNI	599	0:50:12	5328	Fliss Berridge	SERPENTINE RC
500	0:45:53	5333	Joanna Conn	SERPENTINE RC	600	0:50:22	5551	Laura Gaga	VEGAN RUNNERS UK

Senior Women

Pos	Time	No	Name	Club
601	0:50:24	4849	Olivia Parker-Scott	EALING EAGLES RC
602	0:50:26	5458	Sue Belcher	SUTTON RUNNERS
603	0:50:27	5559	Amy Blackburn-Lau	VICTORIA PARK H & TOWER H
604	0:50:31	5497	Lucy Willis	TIPTREE RR
605	0:50:43	5379	Leena Lindvall	SOUTH LONDON HARRIERS
606	0:50:45	4875	Daniela Petrianni	EDMONTON RC
607	0:50:48	5241	Emma Cooke	ORION HARRIERS
608	0:50:52	4950	Rachel Tait	FULHAM RC
609	0:50:56	5014	Sarah Hamilton	HAYWARDS HEATH HARRIERS
610	0:51:04	5488	Sabine Duffy	THE STRAGGLERS RC
611	0:51:05	5623	Lesley Davies	WIMBORNE AC
612	0:51:11	5262	Josephine Harris	POOLE RUNNERS
613	0:51:16	5445	Dawn Haynes-Sewell	STUBBINGTON GREEN RUNNERS
614	0:51:35	5330	Emma Cannings	SERPENTINE RC
615	0:51:42	4982	Treena Carder	HALSTEAD RR
616	0:51:49	5537	Lisa Hill	TRI SURREY TRIATHLON CLUB
617	0:51:49	5486	Lynda Chase	THE STRAGGLERS RC
618	0:51:53	5431	Denise Tinant	ST ALBANS STRIDERS
619	0:51:55	5418	Diane Hunt	ST ALBANS STRIDERS
620	0:51:57	5542	Clare Murray	TRING RC
621	0:52:13	4925	Mary Belward	FULHAM RC
622	0:52:15	5447	Laura Kay	STUBBINGTON GREEN RUNNERS
623	0:52:19	5160	Chris Reade	LONDON FRONTRUNNERS
624	0:52:28	5668	Sarah Taylor	ST NEOTS
625	0:52:30	5411	Anne-Marie Bullivant	ST ALBANS STRIDERS
626	0:52:35	5611	Becky Colliass	WHITE HORSE HARRIERS
627	0:52:38	5105	Sally Dawodu-Talabi	ISTEAD AND IFIELD HARRIERS
628	0:52:39	5156	Gail Barnard	LONDON FRONTRUNNERS
629	0:52:40	4934	Katy Dunn	FULHAM RC
630	0:52:42	4649	Clare Boutle	BARNET & DISTRICT AC
631	0:52:43	5277	Charlie Morris	QUEENS PARK HARRIERS
632	0:53:09	5419	Carole Jack	ST ALBANS STRIDERS
633	0:53:13	4744	Maria MacDonald	CAMBRIDGE HARRIERS
634	0:53:28	4985	Lauren Hutley	HALSTEAD RR
635	0:53:43	5219	Jennifer Moore	MORNINGTON CHASERS RC
636	0:53:45	5490	Christine Glew	THE STRAGGLERS RC
637	0:53:52	4790	Roanne Hathaway	CLAPHAM PIONEERS
638	0:53:52	4872	Ellie Clark	EDMONTON RC
639	0:53:58	5106	Helen Fooks	ISTEAD AND IFIELD HARRIERS
640	0:53:59	5550	Lina Ambruleviciute	VEGAN RUNNERS UK
641	0:54:03	5481	Frankie Lynch	THAMES VALLEY HARRIERS
642	0:54:06	4987	Victoria Metson	HALSTEAD RR
643	0:54:07	5140	Sara Lowe	LEIGHTON BUZZARD AC
644	0:54:26	4654	Phillipa Hart	BARNET & DISTRICT AC
645	0:54:37	5148	Isla Greenaway	LINGFIELD RC
646	0:54:39	5150	Alison Slater	LINGFIELD RC
647	0:54:41	4807	Sarah Clapp	CRAWLEY SAINTS AND SINNERS
648	0:54:44	4671	Lisa Pearce	BASINGSTOKE & MID HANTS
649	0:54:57	5404	Kerry Marsh	SPRINGFIELD STRIDERS RC
650	0:55:03	4716	Annette Lewis	BOURNEMOUTH AC
651	0:55:06	4894	Amanda Hearn	ETON MANOR AC
652	0:55:06	5440	Lara Dent	STUBBINGTON GREEN RUNNERS
653	0:55:06	4929	Judith Clarkson	FULHAM RC
654	0:55:09	4879	Maria Zota	EDMONTON RC
655	0:55:15	4808	Lucy Marriot	CRAWLEY SAINTS AND SINNERS
656	0:55:20	5121	Annabelle Hadlow	KENT AC
657	0:55:24	5100	Frieda Keane	ILFORD AC
658	0:55:38	5223	Lucy Winberg	MORNINGTON CHASERS RC
659	0:55:44	4907	Jenny Garrett	FAIRLANDS VALLEY SPARTANS
660	0:55:57	4633	Lucy Johnstone	ASHFORD & DISTRICT RRC
661	0:56:06	4620	Becks Fleckney	AMPTHILL & FLITWICK FLYER
662	0:56:13	4910	Julie Shadbolt	FAIRLANDS VALLEY SPARTANS
663	0:56:29	5258	Laura Horswill	POOLE AC
664	0:56:30	5613	Anthi Demetriou	WHITE HORSE HARRIERS
665	0:56:57	5138	Alison Bell	LEIGHTON BUZZARD AC
666	0:57:01	4704	Sarah Dodds	BEXLEY AC
667	0:57:16	4847	Petrina O'Halloran	EALING EAGLES RC
668	0:57:46	5451	Sara McRitchie	STUBBINGTON GREEN RUNNERS
669	0:57:58	5621	Stephanie Oliver	WIMBLEDON WINDMILLERS RC
670	0:58:19	4797	Chloe Sellwood	CLAPHAM PIONEERS
671	0:58:42	5584	Rachel Jarvis	VICTORY AC
672	0:59:06	4939	Louise Garlick	FULHAM RC
673	0:59:15	4753	Jayne MacDonald	CHICHESTER RUNNERS & AC
674	0:59:17	4672	Anna Clark	BECCELES AND BUNGAY HARRIERS
675	0:59:19	5099	Lovedip Dhaliwal	ILFORD AC
676	0:59:24	5253	Marion Breeze	PITSEA RC
677	0:59:38	5221	Alice Sullivan	MORNINGTON CHASERS RC
678	0:59:49	4786	Jessie Torr	CLAPHAM CHASERS RC
679	1:00:12	5024	Sarah Leach	HEADINGTON RR
680	1:00:13	5540	Nicola Wilding	TRI SURREY TRIATHLON CLUB
681	1:00:13	5245	Mary Johnson	ORION HARRIERS
682	1:00:25	5461	Felicidade Gunn	SUTTON RUNNERS
683	1:00:32	5243	Paula Fairlamb	ORION HARRIERS
684	1:02:07	5483	Christine Munden	THAMES VALLEY HARRIERS
685	1:02:42	5424	Bernadette Newby	ST ALBANS STRIDERS
686	1:03:02	5582	Marilyn Crocker	VICTORY AC
687	1:03:27	5455	Gilly Shutler	STUBBINGTON GREEN RUNNERS
688	1:04:35	5252	Sharon Wilkinson	PHOENIX STRIDERS
689	1:04:35	5250	Michelle Holman	PHOENIX STRIDERS
690	1:05:08	4656	Jenny Lambert	BARNET & DISTRICT AC
691	1:07:34	4812	Carol Johnson	CROYDON HARRIERS
692	1:07:52	5097	Launa Broadley	ILFORD AC
693	1:10:11	5438	Melissa Barham	STUBBINGTON GREEN RUNNERS
694	1:14:46	5528	Christine Read	TRENT PARK RC
695	1:22:09	4814	Radhika Selvarajah	CROYDON HARRIERS

Pos	Time	No	Name	Club
Team Results:				
Pos	Points	Team / Club	Placings	
1	66	HIGHGATE HARRIERS	(8 12 21 25)	
2	108	ALDRESHOT FARNHAM & DAC	(4 16 34 54)	
3	114	TONBRIDGE AC	(2 5 27 80)	
4	123	THAMES HARE & HOUNDS	(15 19 33 56)	
5	193	BELGRAVE HARRIERS	(17 51 55 70)	
6	196	WINDSOR S E & HOUNSLOW AC	(31 40 58 67)	
7	248	LONDON HEATHSIDE AC	(48 60 68 72)	
8	269	TRENT PARK RC	(53 62 69 85)	
9	285	READING AC	(1 11 133 140)	
10	331	HERNE HILL HARRIERS	(29 73 93 136)	
11	343	VICTORIA PARK H & TOWER H AC	(38 81 104 120)	
12	437	FULHAM RC	(46 89 130 172)	
13	438	SERPENTINE RC	(65 76 90 207)	
14	446	BRIGHTON & HOVE AC	(92 95 114 145)	
15	448	CLAPHAM CHASERS RC	(41 63 151 193)	
16	476	KENT AC	(42 96 146 192)	
17	489	CAMBRIDGE & COLERIDGE AC	(24 87 184 194)	
18	534	HAVERING AC	(61 84 191 198)	
19	541	THAMES VALLEY HARRIERS	(30 57 155 299)	
20	599	AVON VALLEY RUNNERS	(124 149 157 169)	
21	633	WINCHESTER & DISTRICT AC	(126 135 160 212)	
22	633	SOUTHAMPTON AC	(49 119 197 268)	
23	637	WYCOMBE PHOENIX HARRIERS &	(10 168 196 263)	
24	704	DULWICH RUNNERS AC	(121 164 203 216)	
25	727	RANELAGH HARRIERS	(74 79 284 290)	
26	767	KINGSTON AC & POLY HARRIERS	(7 103 235 422)	
27	771	HILLINGDON AC	(99 127 225 320)	
28	799	EPSOM & EWELL HARRIERS	(175 186 210 228)	
29	808	THE STRAGGLERS RC	(28 82 88 610)	
30	859	HARROW AC	(35 234 237 353)	
31	870	BASINGSTOKE & MID HANTS AC	(20 32 315 503)	
32	899	GUILDFORD & GODALMING AC	(14 287 296 302)	
33	902	QUEENS PARK HARRIERS	(141 176 291 294)	
34	960	ETON MANOR AC	(117 229 276 338)	
35	963	ST ALBANS STRIDERS	(110 233 288 332)	
36	964	EALING EAGLES RC	(113 255 266 330)	
37	978	HEADINGTON RR	(195 201 230 352)	
38	996	BARNET & DISTRICT AC	(83 257 285 371)	
39	1003	STUBBINGTON GREEN RUNNERS	(108 171 316 408)	
40	1052	WHITE HORSE HARRIERS	(50 112 433 457)	
41	1104	READING RR	(239 248 304 313)	
42	1197	TRI LONDON	(107 271 325 494)	
43	1220	WEST 4 HARRIERS	(154 277 323 466)	
44	1226	BOURNEMOUTH AC	(43 52 481 650)	
45	1253	LONDON FRONTRUNNERS	(220 274 359 400)	
46	1275	SOUTH LONDON HARRIERS	(280 305 309 381)	
47	1276	FARNHAM RUNNERS	(174 310 387 405)	
48	1335	CLAPHAM PIONEERS	(238 314 389 394)	
49	1380	EALING SOUTHALL & MIDDLESEX	(173 373 386 448)	
50	1404	ORION HARRIERS	(9 384 404 607)	
51	1438	ASHFORD & DISTRICT RRC	(180 358 441 459)	
52	1503	HUNTINGDONSHIRE AC	(301 360 413 429)	
53	1550	POOLE AC	(138 318 431 663)	
54	1564	SPRINGFIELD STRIDERS RC	(321 345 438 460)	
55	1590	HALSTEAD RR	(213 417 463 497)	
56	1649	GREENWICH TRITONS	(333 396 458 462)	
57	1664	LEIGHTON BUZZARD AC	(214 242 565 643)	
58	1669	CHICHESTER RUNNERS & AC	(286 382 492 509)	
59	1672	ISTEAD AND IFIELD HARRIERS	(311 388 412 561)	
60	1695	CAMBRIDGE HARRIERS	(232 300 530 633)	
61	1735	LINGFIELD RC	(368 421 444 502)	
62	1739	ST NEOTS	(147 434 534 624)	
63	1740	MORNINGTON CHASERS RC	(350 372 506 512)	
64	1743	FAIRLANDS VALLEY SPARTANS	(342 401 487 513)	
65	1817	VEGAN RUNNERS UK	(199 378 600 640)	
66	1840	HAYWARDS HEATH HARRIERS	(397 398 483 562)	
67	1984	AMPTHILL & FLITWICK FLYERS	(346 484 493 661)	
68	2043	SUTTON RUNNERS	(335 424 602 682)	
69	2098	ILFORD AC	(215 551 657 675)	
70	2173	EDMONTON RC	(452 552 563 606)	