

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
222	1	Seyed Taha Ghafari	00:33:57	Highgate Harriers
259	2	Ahmed Abdulle	00:34:03	Ilford AC
448	3	Michael Cameron	00:35:18	Thames Valley Harriers
93	4	Edward Chuck	00:35:29	Dulwich Runners AC
257	5	Rob Thompson	00:35:39	Hillingdon AC
450	6	Toby Clyde	00:35:41	Thames Valley Harriers
399	7	Nicholas Torry	00:35:44	Serpentine RC
349	8	Callum Bowen-Jones	00:35:45	Newham & Essex Beagles AC
190	9	James Connor	00:35:45	Havering AC
109	10	Jack Ramm	00:35:47	Dulwich Runners AC
216	11	Peter Chambers	00:35:53	Highgate Harriers
290	12	Thomas Archer	00:35:56	London Heathside AC
442	13	Patrick Roddy	00:36:00	Thames Hare & Hounds
436	14	Kurtis Gibson	00:36:00	Thames Hare & Hounds
258	15	Aramias Zeration	00:36:02	Hillingdon AC
439	16	Cox Macgregor	00:36:05	Thames Hare & Hounds
453	17	James Ellis	00:36:07	Thames Valley Harriers
226	18	Charlie Haywood	00:36:24	Highgate Harriers
2	19	Ben Chown	00:36:28	26.2 RRC
449	20	Hugo Cayssials	00:36:32	Thames Valley Harriers
454	21	Niki Faulkner	00:36:34	Thames Valley Harriers
340	22	James Wooldridge	00:36:37	London Heathside AC
434	23	Josh Carr	00:36:42	Thames Hare & Hounds
238	24	Roger Poolman	00:36:48	Highgate Harriers
438	25	James Hoad	00:36:58	Thames Hare & Hounds
461	26	Oliver Newton	00:37:06	Thames Valley Harriers
533	27	Aaron McGrady	00:37:07	Victoria Park H & Tower H AC
43	28	Bailey Massey	00:37:16	Cambridge Harriers
289	29	Tom Aldred	00:37:20	London Heathside AC
240	30	Sean Renfer	00:37:29	Highgate Harriers
234	31	Henry Murdoch	00:37:29	Highgate Harriers
253	32	James Laing	00:37:32	Hillingdon AC
508	33	Andrew Barrington	00:37:40	Victoria Park H & Tower H AC
432	34	Joe Bowness	00:37:45	Thames Hare & Hounds
555	35	Charlie Woollett	00:37:50	Watford Harriers
241	36	James Ross	00:38:00	Highgate Harriers
200	37	Jeff Cunningham	00:38:03	Herne Hill Harriers
397	38	Jens Sudmeier	00:38:06	Serpentine RC
331	39	Matthew Rallison	00:38:08	London Heathside AC
41	40	Chris Loudon	00:38:11	Cambridge Harriers
462	41	Calum Nicol	00:38:22	Thames Valley Harriers
323	42	Kieran Morris	00:38:27	London Heathside AC
224	43	Lewis Greaves	00:38:27	Highgate Harriers
228	44	Chris Hicks	00:38:29	Highgate Harriers
315	45	James Hurrell	00:38:31	London Heathside AC
87	46	Rob Armstrong	00:38:33	Dulwich Runners AC
390	47	Glenn Hughes	00:38:34	Serpentine RC
405	48	Ash Fowkes-Gajan	00:38:35	Shaftesbury Barnet Harriers
245	49	David Shepherd	00:38:39	Highgate Harriers

Bib	Overall Position	Name	Guntime	Team / Club
446	50	Daniel Benton	00:38:49	Thames Valley Harriers
26	51	Micah Evans	00:38:50	Blackheath & Bromley Harriers
215	52	Daniel Brewer	00:38:54	Highgate Harriers
321	53	Francesco Melloni	00:38:55	London Heathside AC
203	54	Joseph Fenwick	00:38:55	Herne Hill Harriers
371	55	Andrew McCarron	00:38:57	Queens Park Harriers
398	56	Hugh Torry	00:39:10	Serpentine RC
477	57	Robert Eveson	00:39:14	The Stragglers RC
244	58	George Scott	00:39:23	Highgate Harriers
309	59	Charles Hardy	00:39:29	London Heathside AC
254	60	Jack McVann	00:39:30	Hillingdon AC
28	61	Daniel Kennedy	00:39:35	Blackheath & Bromley Harriers
209	62	Josh Pewter	00:39:37	Herne Hill Harriers
164	63	Stephen McLeod	00:39:39	Fulham Running Club
158	64	Stuart Farmer	00:39:44	Fulham Running Club
223	65	John Gilfedder	00:39:45	Highgate Harriers
61	66	Eddie Rolls	00:39:48	Clapham Chasers RC
182	67	Jim Cooper	00:39:52	Harrow AC
348	68	Wayne Bell	00:39:54	Newham & Essex Beagles AC
502	69	Luke Kavanagh	00:40:04	Tri London
370	70	Alastair Matheson	00:40:06	Queens Park Harriers
17	71	Ed Spencer	00:40:07	Barnet & District AC
402	72	Peter Wooldridge	00:40:09	Serpentine RC
441	73	Richard Ollington	00:40:16	Thames Hare & Hounds
239	74	Chris Rainsford	00:40:18	Highgate Harriers
249	75	Monte Watson	00:40:24	Highgate Harriers
292	76	Andy Barnes	00:40:25	London Heathside AC
95	77	Sean Cordon	00:40:27	Dulwich Runners AC
286	78	Tom Watson	00:40:27	London Fronrunners
230	79	Danny Isaacs	00:40:28	Highgate Harriers
217	80	Andres Chau	00:40:31	Highgate Harriers
107	81	Jon Phillips	00:40:37	Dulwich Runners AC
110	82	Adrian Russell	00:40:40	Dulwich Runners AC
318	83	Harry Kleiman	00:40:41	London Heathside AC
48	84	Peter Reynolds	00:40:43	Cambridge Harriers
237	85	Sion Parry	00:40:44	Highgate Harriers
198	86	Ross Brown	00:40:47	Herne Hill Harriers
417	87	Daryl Cyprien	00:40:47	South London Harriers
305	88	Peter Gould	00:40:47	London Heathside AC
487	89	Simon Webb	00:40:49	The Stragglers RC
252	90	Will Fielding	00:40:50	Hillingdon AC
214	91	Jacob Billingham	00:40:53	Highgate Harriers
551	92	Joe Walker	00:40:56	Victoria Park H & Tower H AC
307	93	Christopher Gracie	00:40:59	London Heathside AC
106	94	Finn Nugent	00:41:02	Dulwich Runners AC
493	95	Carl Redondo	00:41:02	Trent Park Running Club
489	96	James Arrowsmith	00:41:06	Trent Park Running Club
121	97	Niall Gilchrist	00:41:06	Ealing Eagles Running Club
556	98	Jonathan Abel	00:41:11	West 4 Harriers

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
18	99	Thomas Thain	00:41:13	Barnet & District AC
351	100	Nathan Boase	00:41:14	Orion Harriers
66	101	Julien Tadeusz	00:41:18	Clapham Chasers RC
435	102	Catmur Ed	00:41:18	Thames Hare & Hounds
350	103	Liam O'Driscoll	00:41:22	Newham & Essex Beagles AC
557	104	Rich Berry	00:41:23	West 4 Harriers
353	105	Serge Albohayre	00:41:27	Queens Park Harriers
338	106	Matthew Wheat	00:41:28	London Heathside AC
277	107	Fergal Joyce	00:41:30	London Frontrunners
568	108	Simon Beedell	00:41:32	Woodford Green & Essex Ladies
535	109	Tiago Mendes	00:41:32	Victoria Park H & Tower H AC
513	110	Sam Cathro	00:41:34	Victoria Park H & Tower H AC
139	111	Paul Boddey	00:41:35	Eton Manor AC
377	112	Mark Herbert	00:41:36	Ranelagh Harriers
482	113	James Lurkins	00:41:39	The Stragglers RC
140	114	Stevie Boyle	00:41:44	Eton Manor AC
76	115	Michael White	00:41:46	Clapham Pioneers
379	116	Richard Kimber	00:41:51	Ranelagh Harriers
73	117	Matthew Raeside	00:41:52	Clapham Pioneers
229	118	Alex Holley	00:41:59	Highgate Harriers
304	119	Tom Fancett	00:42:02	London Heathside AC
488	120	Scott Aiken	00:42:05	Trent Park Running Club
40	121	Jordan Leblanc	00:42:05	Cambridge Harriers
458	122	Gordon Low	00:42:05	Thames Valley Harriers
187	123	Curtis Stevens	00:42:09	Harrow AC
528	124	Will Kirk	00:42:15	Victoria Park H & Tower H AC
403	125	Jonathan Boardman	00:42:28	Shaftesbury Barnet Harriers
195	126	Edward Newton	00:42:33	Hercules Wimbledon AC
168	127	John Wray	00:42:35	Fulham Running Club
220	128	Alex Davidson	00:42:37	Highgate Harriers
104	129	Alex Loftus	00:42:41	Dulwich Runners AC
97	130	Eugene Cross	00:42:41	Dulwich Runners AC
496	131	Chris Bayliss	00:42:41	Tri London
474	132	Ed Buckley	00:42:42	The Stragglers RC
333	133	Jake Spencer	00:42:43	London Heathside AC
369	134	Thomas Mann	00:42:46	Queens Park Harriers
548	135	Patrick Thomas	00:42:52	Victoria Park H & Tower H AC
375	136	Sam Sutherland	00:42:55	Queens Park Harriers
339	137	Ben Williams	00:42:56	London Heathside AC
154	138	Leslie Bailey	00:42:56	Fulham Running Club
538	139	Paul Norfolk	00:42:56	Victoria Park H & Tower H AC
322	140	Adam Mitchell	00:42:58	London Heathside AC
65	141	Graham Sutherland	00:43:01	Clapham Chasers RC
159	142	Richard Gayton	00:43:03	Fulham Running Club
120	143	John Foxall	00:43:03	Ealing Eagles Running Club
98	144	Shane Donlon	00:43:03	Dulwich Runners AC
55	145	Fergus Ingledew	00:43:04	Clapham Chasers RC
196	146	Jonathan Boyle	00:43:05	Herne Hill Harriers
385	147	Gareth Williams	00:43:05	Ranelagh Harriers

Bib	Overall Position	Name	Guntime	Team / Club
34	148	Andrew Doyle	00:43:06	Cambridge Harriers
291	149	Nicolas Arrive	00:43:08	London Heathside AC
68	150	Sonny Williams	00:43:09	Clapham Chasers RC
111	151	Ben Smith	00:43:10	Dulwich Runners AC
400	152	Eddie Ware	00:43:12	Serpentine RC
324	153	Oliver Negus	00:43:16	London Heathside AC
235	154	Harry Osborn	00:43:16	Highgate Harriers
288	155	Deng Akol	00:43:18	London Heathside AC
272	156	Denis Gorman	00:43:19	London Frontrunners
387	157	Nicolas Besson	00:43:20	Serpentine RC
24	158	Darren Corneille	00:43:20	Blackheath & Bromley Harriers
153	159	Dylan Williams	00:43:21	Eton Manor AC
336	160	Nic Trower	00:43:24	London Heathside AC
15	161	Chris Price	00:43:24	Barnet & District AC
64	162	Joe Spraggins	00:43:24	Clapham Chasers RC
232	163	Adam Lennox	00:43:25	Highgate Harriers
69	164	Callum Zorn-Singh	00:43:25	Clapham Chasers RC
143	165	George Fernandez	00:43:27	Eton Manor AC
218	166	Gabriel Collins	00:43:30	Highgate Harriers
380	167	Chris Lepine	00:43:32	Ranelagh Harriers
317	168	Mark Jefford	00:43:36	London Heathside AC
479	169	Alastair Hall	00:43:41	The Stragglers RC
221	170	Jonathan Deane	00:43:42	Highgate Harriers
270	171	Vignesh Eswara Murthy	00:43:45	London Frontrunners
411	172	Robert Rigby	00:43:48	Shaftesbury Barnet Harriers
102	173	Rob Hollands	00:43:48	Dulwich Runners AC
281	174	Giles Oliver	00:43:51	London Frontrunners
59	175	Arran Mornin	00:43:54	Clapham Chasers RC
452	176	Manuel Da Silva	00:43:59	Thames Valley Harriers
437	177	Nic Gould	00:44:00	Thames Hare & Hounds
573	178	Coscas Kotrofis	00:44:03	
509	179	Simeon Bennett	00:44:09	Victoria Park H & Tower H AC
293	180	Paul Beale	00:44:12	London Heathside AC
62	181	Gary Salmon	00:44:13	Clapham Chasers RC
522	182	James Hirst	00:44:14	Victoria Park H & Tower H AC
265	183	Tim Charters	00:44:16	London Frontrunners
424	184	Graham Lane	00:44:17	South London Harriers
362	185	Mark Greig	00:44:17	Queens Park Harriers
35	186	Luke Ford	00:44:18	Cambridge Harriers
260	187	Sebastian Parris	00:44:20	Ilford AC
483	188	Richard Patient	00:44:22	The Stragglers RC
77	189	Michael Wiggins	00:44:23	Clapham Pioneers
127	190	Joseph Gunn	00:44:24	East London Runners
80	191	David Brown	00:44:24	Croydon Harriers
444	192	William Utley	00:44:26	Thames Hare & Hounds
330	193	Martin Potter	00:44:27	London Heathside AC
492	194	Stephen Moss	00:44:27	Trent Park Running Club
498	195	Arnaud Delaeter	00:44:29	Tri London
71	196	Sam Forrest	00:44:30	Clapham Pioneers

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
206	197	Tim Kerr	00:44:34	Herne Hill Harriers
4	198	Max Riley	00:44:35	26.2 RRC
123	199	Nils-Kristian Liborg	00:44:35	Ealing Eagles Running Club
54	200	Alex Hewitt	00:44:36	Clapham Chasers RC
531	201	Kevin Long	00:44:36	Victoria Park H & Tower H AC
114	202	William Bennett	00:44:37	Ealing Eagles Running Club
130	203	Scott McMillan	00:44:39	East London Runners
360	204	Ayo Dada	00:44:40	Queens Park Harriers
345	205	Jonathan Thomson	00:44:41	Mornington Chasers RC
57	206	Alastair Low-Macrae	00:44:41	Clapham Chasers RC
507	207	Badar Al Raisi	00:44:41	Victoria Park H & Tower H AC
495	208	Rob Baldock	00:44:42	Tri London
156	209	Ben Cameron	00:44:45	Fulham Running Club
314	210	Nicholas Hodges-Gibson	00:44:46	London Heathside AC
374	211	Christopher Stobart	00:44:46	Queens Park Harriers
366	212	Maciej Kolterniak	00:44:48	Queens Park Harriers
412	213	Jonny Shaw	00:44:49	Shaftesbury Barnet Harriers
530	214	George Long	00:44:50	Victoria Park H & Tower H AC
529	215	Gavin Lau	00:44:51	Victoria Park H & Tower H AC
361	216	Angus Dowie	00:44:53	Queens Park Harriers
199	217	Trevor Chilton	00:44:55	Herne Hill Harriers
419	218	Gavin Englefield	00:44:58	South London Harriers
310	219	Chris Hartley	00:45:00	London Heathside AC
512	220	Lee Butler	00:45:01	Victoria Park H & Tower H AC
169	221	James Bentley	00:45:01	Greenwich Tritons
471	222	Shami Umashankar	00:45:03	Thames Valley Harriers
31	223	Blair Wilson	00:45:07	Blackheath & Bromley Harriers
42	224	Clinton Lowe	00:45:07	Cambridge Harriers
328	225	Ian Parry	00:45:09	London Heathside AC
871	226	Raoul Huysmans	00:45:10	Serpentine RC
382	227	Neil Rae	00:45:10	Ranelagh Harriers
542	228	Thomas Roche	00:45:16	Victoria Park H & Tower H AC
36	229	Tarbo Fukazawa	00:45:19	Cambridge Harriers
537	230	Tim Murray	00:45:21	Victoria Park H & Tower H AC
74	231	Simon Small	00:45:28	Clapham Pioneers
319	232	Leonard Martin	00:45:29	London Heathside AC
248	233	Daniel Tombor	00:45:29	Highgate Harriers
267	234	Leon Clement	00:45:31	London Frontrunners
566	235	Alex Veres	00:45:32	West 4 Harriers
146	236	Jonathan Leith	00:45:33	Eton Manor AC
274	237	Karl Hayer	00:45:38	London Frontrunners
94	238	Lloyd Collier	00:45:40	Dulwich Runners AC
534	239	Dan McPhilimey	00:45:43	Victoria Park H & Tower H AC
51	240	Martin Bell	00:45:49	Clapham Chasers RC
541	241	Ben Roach	00:45:51	Victoria Park H & Tower H AC
501	242	Martyn Holman	00:45:53	Tri London
122	243	Patrick Kingston	00:45:57	Ealing Eagles Running Club
204	244	Tom Irish	00:45:57	Herne Hill Harriers
142	245	David Cato	00:45:58	Eton Manor AC

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
133	246	Billy Rayner	00:46:00	East London Runners
308	247	Daniel Haile	00:46:11	London Heathside AC
160	248	Andrew Han	00:46:13	Fulham Running Club
497	249	Robert Carruthers	00:46:15	Tri London
44	250	Graham Maynard	00:46:17	Cambridge Harriers
96	251	Des Crinion	00:46:19	Dulwich Runners AC
459	252	James Malcolm	00:46:22	Thames Valley Harriers
264	253	Patrick Cahill	00:46:27	London Fronrunners
490	254	Andy Betton	00:46:28	Trent Park Running Club
337	255	Valentin Valeanu	00:46:29	London Heathside AC
275	256	Alex Hellier	00:46:30	London Fronrunners
463	257	Christian Nielsen	00:46:31	Thames Valley Harriers
189	258	Gary Atkins	00:46:33	Havering AC
552	259	David Warwick	00:46:38	Victoria Park H & Tower H AC
549	260	Tim Todhunter	00:46:41	Victoria Park H & Tower H AC
79	261	Jacob Armstrong Plieth	00:46:44	Croydon Harriers
287	262	Kwasi Agyei-Owusu	00:46:48	London Heathside AC
49	263	Peter St Amour	00:46:48	Cambridge Harriers
148	264	Toni Pang	00:46:49	Eton Manor AC
29	265	Christopher Tuck	00:46:53	Blackheath & Bromley Harriers
101	266	Edward Harper-Masters	00:46:56	Dulwich Runners AC
299	267	Lee Connor	00:46:57	London Heathside AC
401	268	Frank Womelsdorf	00:47:00	Serpentine RC
443	269	Iain Sheridan	00:47:03	Thames Hare & Hounds
194	270	Christopher Ellis	00:47:11	Hercules Wimbledon AC
100	271	Tan Gower	00:47:12	Dulwich Runners AC
565	272	Will Sutton	00:47:13	West 4 Harriers
92	273	Andrea Ceccolini	00:47:18	Dulwich Runners AC
346	274	David Thorne	00:47:19	Mornington Chasers RC
466	275	Matt Ponting	00:47:20	Thames Valley Harriers
202	276	Deron Fagan	00:47:20	Herne Hill Harriers
312	277	Liam Hazelton	00:47:21	London Heathside AC
233	278	Joseph Lowe	00:47:22	Highgate Harriers
5	279	Dmitry Selemir	00:47:23	26.2 RRC
145	280	Russ Jones	00:47:23	Eton Manor AC
22	281	Timothy Ayres	00:47:28	Blackheath & Bromley Harriers
21	282	Mike Walker	00:47:30	Barnet & District AC
356	283	John Brosnan	00:47:36	Queens Park Harriers
406	284	David Greenstein	00:47:42	Shaftesbury Barnet Harriers
413	285	Tim Underhill	00:47:44	Shaftesbury Barnet Harriers
243	286	Rob Saunders	00:47:45	Highgate Harriers
70	287	William Bunker	00:47:46	Clapham Pioneers
364	288	Andrew Jackson	00:47:49	Queens Park Harriers
75	289	Dan Stuart	00:47:51	Clapham Pioneers
72	290	Paul Gilbertson	00:47:53	Clapham Pioneers
276	291	Matt Hunter	00:47:55	London Fronrunners
126	292	Karan Gadhia	00:47:56	East London Runners
342	293	Daniel Berry	00:47:57	Mornington Chasers RC
178	294	Greg Stinson	00:47:59	Greenwich Tritons

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
327	295	Tom Parker	00:48:02	London Heathside AC
480	296	Tom Haworth	00:48:03	The Stragglers RC
485	297	Gareth Pritchard	00:48:07	The Stragglers RC
1	298	Henry Carter	00:48:11	26.2 RRC
150	299	Robert Sommerville	00:48:15	Eton Manor AC
505	300	Thomas Rigard-Asquith	00:48:15	Tri London
464	301	Simon Nixon	00:48:19	Thames Valley Harriers
486	302	Martin Vivian	00:48:30	The Stragglers RC
83	303	James Moore	00:48:33	Croydon Harriers
526	304	Oliver Jamieson	00:48:33	Victoria Park H & Tower H AC
476	305	James Drake	00:48:33	The Stragglers RC
45	306	Ian Miller	00:48:41	Cambridge Harriers
180	307	Martin Tynan	00:48:51	Greenwich Tritons
108	308	Eberhard Prill	00:48:52	Dulwich Runners AC
266	309	Euan Cheyne	00:48:56	London Frontrunners
481	310	Tom Howarth	00:49:01	The Stragglers RC
344	311	Lachlan Stibbard Hawkes	00:49:03	Mornington Chasers RC
386	312	Richard Willoughby	00:49:05	Ranelagh Harriers
540	313	James Richens	00:49:12	Victoria Park H & Tower H AC
511	314	Richard Bryant	00:49:12	Victoria Park H & Tower H AC
550	315	Russell Toone	00:49:12	Victoria Park H & Tower H AC
504	316	Kevin Lineham	00:49:14	Tri London
205	317	Ian Jack	00:49:15	Herne Hill Harriers
416	318	Andy Collins	00:49:18	South London Harriers
407	319	Barry Haws	00:49:30	Shaftesbury Barnet Harriers
554	320	Will Yeates	00:49:35	Victoria Park H & Tower H AC
129	321	Amit Marks	00:49:36	East London Runners
10	322	Philip Collington	00:49:45	Barnet & District AC
484	323	Mark Pattinson	00:49:53	The Stragglers RC
88	324	James Auger	00:49:57	Dulwich Runners AC
78	325	Neil Aikman	00:50:04	Croydon Harriers
404	326	Danny Digweed	00:50:04	Shaftesbury Barnet Harriers
181	327	Peter Butler	00:50:08	Harrow AC
84	328	Brendan Musk	00:50:12	Croydon Harriers
125	329	Shahib Miah Ali	00:50:14	East London Runners
247	330	David Sutherland	00:50:17	Highgate Harriers
33	331	Clem Dixon	00:50:24	Cambridge Harriers
562	332	Shaun Melvin	00:50:28	West 4 Harriers
572	333	Peter Salmon	00:50:35	Dagenham 88 RC
300	334	Steve Crowley	00:50:36	London Heathside AC
365	335	Gareth Keillor	00:50:38	Queens Park Harriers
409	336	Paul MacCarthy	00:50:38	Shaftesbury Barnet Harriers
567	337	Ali Yousuf	00:50:39	West 4 Harriers
297	338	Glen Brown	00:50:40	London Heathside AC
296	339	Enzo Bressiant	00:50:41	London Heathside AC
547	340	Robert Stockwell	00:50:51	Victoria Park H & Tower H AC
174	341	Simon Neville	00:50:52	Greenwich Tritons
99	342	Gideon Franklin	00:50:53	Dulwich Runners AC
558	343	Jason Drake	00:51:02	West 4 Harriers

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
420	344	John Foss	00:51:06	South London Harriers
563	345	Tom Newman	00:51:06	West 4 Harriers
372	346	Peter Reupke	00:51:08	Queens Park Harriers
282	347	James Relph	00:51:11	London Frontrunners
355	348	Gildas Braine	00:51:12	Queens Park Harriers
294	349	Matt Beard	00:51:13	London Heathside AC
283	350	Michael Rutherford	00:51:17	London Frontrunners
192	351	Roy James	00:51:21	Havering AC
166	352	Piers Mulroney	00:51:23	Fulham Running Club
261	353	Amin Adan	00:51:25	London Frontrunners
86	354	Abdhul-Rahmaan Samad	00:51:37	Croydon Harriers
357	355	Simon Brotherson	00:51:40	Queens Park Harriers
165	356	Richard Morris	00:51:42	Fulham Running Club
358	357	Richard Byrne	00:51:45	Queens Park Harriers
172	358	Florent Marrou	00:51:47	Greenwich Tritons
32	359	Luiz Custodio	00:51:48	Cambridge Harriers
393	360	Jerry Lockspeiser	00:51:49	Serpentine RC
520	361	Daniel George	00:51:52	Victoria Park H & Tower H AC
332	362	Rob Sambrooks	00:51:56	London Heathside AC
117	363	Nick Davies	00:51:56	Ealing Eagles Running Club
564	364	Gary Robinson	00:52:01	West 4 Harriers
136	365	Finbar Sheahan	00:52:08	East London Runners
236	366	John O'Shea	00:52:08	Highgate Harriers
89	367	Hugh Balfour	00:52:08	Dulwich Runners AC
60	368	Russell Pearson	00:52:10	Clapham Chasers RC
280	369	Francis O'Callaghan	00:52:11	London Frontrunners
12	370	Peter Ellis	00:52:16	Barnet & District AC
82	371	Matthew Kiernan	00:52:20	Croydon Harriers
63	372	Jonathan Small	00:52:23	Clapham Chasers RC
20	373	Chris Violet	00:52:30	Barnet & District AC
171	374	Gerry Frizzelle	00:52:33	Greenwich Tritons
137	375	Jacob Stevens	00:52:33	East London Runners
81	376	Andrew Del Nevo	00:52:38	Croydon Harriers
242	377	James Rossiter	00:52:39	Highgate Harriers
503	378	Anthony Leahy	00:52:43	Tri London
473	379	Simon Brazil	00:52:46	The Stragglers RC
384	380	James Ritchie	00:52:54	Ranelagh Harriers
103	381	Martin Kelsen	00:52:58	Dulwich Runners AC
431	382	Trevor Cummings	00:53:01	St Mary's Richmond AC
421	383	Ben Hieatt-Smith	00:53:02	South London Harriers
391	384	Henry Johnston-Ellis	00:53:03	Serpentine RC
124	385	Howard Williams	00:53:05	Ealing Eagles Running Club
415	386	Steve Clancey	00:53:11	South London Harriers
6	387	James Wilson	00:53:11	26.2 RRC
525	388	Jordan Hunter	00:53:20	Victoria Park H & Tower H AC
269	389	Robert Dufton	00:53:27	London Frontrunners
335	390	Neil Thomas	00:53:41	London Heathside AC
170	391	Harry Buckle	00:53:49	Greenwich Tritons
368	392	Tim Lewin	00:53:52	Queens Park Harriers



<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
246	393	Richard Stewart	00:53:54	Highgate Harriers
475	394	Pedro Das Gupta	00:53:57	The Stragglers RC
467	395	Simon Rubens	00:54:27	Thames Valley Harriers
263	396	Christos Bitzis-Politis	00:54:35	London Frontrunners
128	397	Peter Hatley	00:54:37	East London Runners
3	398	Paul Keddie	00:54:47	26.2 RRC
341	399	Paul Allen	00:54:55	Mornington Chasers RC
392	400	Sammy Li	00:54:57	Serpentine RC
320	401	Marco Maserati	00:55:09	London Heathside AC
85	402	Colm Porter	00:55:13	Croydon Harriers
131	403	Stuart Norris	00:55:14	East London Runners
518	404	Johnny Eveson	00:55:29	Victoria Park H & Tower H AC
16	405	Gary Randle	00:56:16	Barnet & District AC
394	406	Paul Ogden	00:56:35	Serpentine RC
279	407	Colin Munro	00:56:54	London Frontrunners
118	408	Wim De Greef	00:56:57	Ealing Eagles Running Club
105	409	Michael Mann	00:57:31	Dulwich Runners AC
149	410	Richard Seddon	00:57:45	Eton Manor AC
138	411	Michael Wilson	00:57:49	East London Runners
9	412	Dave Byrne	00:58:02	Barnet & District AC
494	413	John Rose	00:58:12	Trent Park Running Club
519	414	Joe Feltham	00:58:23	Victoria Park H & Tower H AC
284	415	Ernie Stoddart	00:58:59	London Frontrunners
173	416	Luis Mendoza	00:59:03	Greenwich Tritons
544	417	David Shortridge	00:59:06	Victoria Park H & Tower H AC
363	418	Edward Harris	00:59:09	Queens Park Harriers
132	419	Ramesh Pala	00:59:12	East London Runners
343	420	Daniel Lewis	00:59:14	Mornington Chasers RC
560	421	Adlofas Kupliauskas	00:59:44	West 4 Harriers
506	422	Gerald Akrigg	00:59:51	Victoria Park H & Tower H AC
426	423	Matthew Saunders	01:01:03	South London Harriers
376	424	Charles Tatham	01:01:30	Queens Park Harriers
313	425	Carl Heap	01:01:58	London Heathside AC
499	426	John Griffin	01:02:17	Tri London
19	427	Kevin Valaydon	01:03:01	Barnet & District AC
352	428	Catello Alberti	01:04:52	Queens Park Harriers
179	429	Vernon Thomas	01:06:24	Greenwich Tritons
306	430	Robert Gould	01:06:27	London Heathside AC
347	431	Stephen West	01:08:23	Mornington Chasers RC
37	432	Peter Hadley	01:09:42	Cambridge Harriers

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
1	Thames Valley Harriers	46
2	Highgate Harriers	54
3	Thames Hare & Hounds	66
4	London Heathside AC	102
5	Hillingdon AC	112
6	Dulwich Runners AC	137
7	Serpentine RC	148
8	Herne Hill Harriers	239
9	Victoria Park H & Tower H AC	261
10	Cambridge Harriers	273
11	Queens Park Harriers	364
12	The Stragglers RC	391
13	Fulham Running Club	392
14	Clapham Chasers RC	453
15	Blackheath & Bromley Harriers	493

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
16	Trent Park Running Club	505
17	London Frontrunners	512
18	Ranelagh Harriers	542
19	Eton Manor AC	549
20	Shaftesbury Barnet Harriers	558
21	Tri London	603
22	Barnet & District AC	613
23	Clapham Pioneers	617
24	Ealing Eagles Running Club	641
25	West 4 Harriers	709
26	26.2 RRC	794
27	South London Harriers	807
28	East London Runners	931
29	Croydon Harriers	1080
30	Mornington Chasers RC	1083

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
31	Greenwich Tritons	1163
	Dagenham 88 RC	
	Harrow AC	
	Havering AC	
	Hercules Wimbledon AC	
	Ilford AC	
	Newham & Essex Beagles AC	
	Orion Harriers	
	St Mary's Richmond AC	
	Watford Harriers	
	Woodford Green & Essex Ladies	

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
617	1	Holly Dixon	00:22:19	Cambridge Harriers
848	2	Georgia Holden	00:22:41	Queens Park Harriers
714	3	Hannah Cox	00:22:48	Fulham Running Club
635	4	Bonnie Murphy	00:23:00	Clapham Chasers RC
914	5	Emily Todd	00:23:00	Thames Valley Harriers
600	6	Rachel Brown	00:23:08	Belgrave Harriers
604	7	Olivia Papaioannou	00:23:09	Belgrave Harriers
812	8	Brogan Wallace	00:23:11	London Heathside AC
819	9	Lara Bromilow	00:23:11	Marshall Milton Keynes AC
935	10	Jessica Prior	00:23:15	Trent Park Running Club
904	11	Chloe Baker	00:23:16	Thames Valley Harriers
609	12	Jessica Keene	00:23:17	Blackheath & Bromley Harriers
834	13	Sophie Magson	00:23:21	Orion Harriers
620	14	Megan Marchant	00:23:25	Cambridge Harriers
900	15	Natalie Seymour	00:23:29	Thames Hare & Hounds
903	16	Stephanie Ainley	00:23:35	Thames Valley Harriers
794	17	Evangelista Divetain	00:23:40	London Heathside AC
766	18	Ellen Donald	00:23:43	Highgate Harriers
922	19	Eliza Hawthorn	00:23:44	The Stragglers RC
793	20	Olivia Desborough	00:23:45	London Heathside AC
605	21	Jess Saunders	00:23:46	Belgrave Harriers
934	22	Emily Jeanes	00:23:47	Trent Park Running Club
638	23	Helen Record	00:23:48	Clapham Chasers RC
598	24	Samantha Amend	00:23:51	Belgrave Harriers
894	25	Serena Carter	00:23:55	Thames Hare & Hounds
740	26	Ginte Bailey	00:24:02	Havering AC
697	27	Sarah Flanagan	00:24:07	Eton Manor AC
613	28	Isabelle Stoneham	00:24:11	Blackheath & Bromley Harriers
745	29	Claire Grima	00:24:14	Hercules Wimbledon AC
771	30	Kate Russell	00:24:18	Highgate Harriers
913	31	Jasmine Palmer	00:24:19	Thames Valley Harriers
643	32	Ruth Dervan	00:24:29	Clapham Pioneers
892	33	Claire Altmann	00:24:31	Thames Hare & Hounds
603	34	Ella-May Hards	00:24:37	Belgrave Harriers
722	35	Hazel Jackson	00:24:38	Fulham Running Club
753	36	Karen Ellison	00:24:41	Herne Hill Harriers
836	37	Jennifer Armson	00:24:42	Queens Park Harriers
634	38	Polly Milsom	00:24:43	Clapham Chasers RC
863	39	Suzy Whatmough	00:24:43	Ranelagh Harriers
772	40	Karina Thornton	00:24:44	Highgate Harriers
744	41	Albane Fery	00:24:45	Hercules Wimbledon AC
717	42	Hannah Farrow	00:24:47	Fulham Running Club
774	43	Emily Young	00:24:50	Highgate Harriers
808	44	Rachel Seckl	00:24:50	London Heathside AC
926	45	Sarah Winter	00:24:51	The Stragglers RC
884	46	Elana Dimmer	00:24:52	Shaftesbury Barnet Harriers
928	47	Alex Baird	00:24:58	Trent Park Running Club
778	48	Hannah Wells	00:25:07	Hillingdon AC
809	49	Shannon Sinclair	00:25:08	London Heathside AC

Bib	Overall Position	Name	Guntime	Team / Club
944	50	Mandy Dohren	00:25:08	Victoria Park H & Tower H AC
653	51	Madeleine Armstrong Plieth	00:25:16	Croydon Harriers
670	52	Rebecca Schulleri	00:25:17	Dulwich Runners AC
726	53	Elizabeth Pugh	00:25:17	Fulham Running Club
948	54	Jo Hall	00:25:20	Victoria Park H & Tower H AC
632	55	Katie Lysons	00:25:21	Clapham Chasers RC
671	56	Kay Sheedy	00:25:21	Dulwich Runners AC
752	57	Hannah Edwards	00:25:21	Herne Hill Harriers
949	58	Jess Hannah	00:25:22	Victoria Park H & Tower H AC
627	59	Helen Cooper	00:25:24	Clapham Chasers RC
601	60	Sarah Dewhirst	00:25:27	Belgrave Harriers
607	61	Kelsi Cornish	00:25:29	Blackheath & Bromley Harriers
746	62	Niamh Thompson	00:25:29	Hercules Wimbledon AC
947	63	Claire Fisher	00:25:35	Victoria Park H & Tower H AC
807	64	Julie Pickering	00:25:36	London Heathside AC
941	65	Jade Wright	00:25:41	Tri London
932	66	Anja Greenwood	00:25:45	Trent Park Running Club
886	67	Natasha Tanner	00:25:46	Shaftesbury Barnet Harriers
611	68	Ashley Pearson	00:25:47	Blackheath & Bromley Harriers
721	69	Seren Hughes	00:25:47	Fulham Running Club
957	70	Laura Thompson	00:25:49	Victoria Park H & Tower H AC
642	71	Rosie Clarke	00:25:50	Clapham Pioneers
713	72	Cara Coughlin	00:25:56	Fulham Running Club
847	73	Karima Harris	00:25:58	Queens Park Harriers
885	74	Elena Roncarati	00:26:00	Shaftesbury Barnet Harriers
770	75	Mia Parry	00:26:03	Highgate Harriers
924	76	Amelia Tearle	00:26:04	The Stragglers RC
747	77	Kiara Valkenburg	00:26:07	Hercules Wimbledon AC
896	78	Rebekah Edgar	00:26:07	Thames Hare & Hounds
803	79	Angelica Larkin	00:26:08	London Heathside AC
768	80	Vicky Frew	00:26:11	Highgate Harriers
673	81	Katie Styles	00:26:12	Dulwich Runners AC
816	82	Lily Woolcock	00:26:14	London Heathside AC
917	83	Sabrina Cant	00:26:14	The Stragglers RC
814	84	Genevieve Weston	00:26:18	London Heathside AC
754	85	Monika Gajek	00:26:21	Herne Hill Harriers
767	86	Louise Faherty	00:26:23	Highgate Harriers
724	87	Sophie McKeeman	00:26:23	Fulham Running Club
700	88	Jennifer Heymann	00:26:24	Eton Manor AC
942	89	Sue Bint	00:26:25	Victoria Park H & Tower H AC
758	90	Martha Reynolds	00:26:27	Herne Hill Harriers
599	91	Bethany Brown	00:26:34	Belgrave Harriers
956	92	Hannah Somani	00:26:36	Victoria Park H & Tower H AC
897	93	Vikki Filsell	00:26:38	Thames Hare & Hounds
902	94	Anrea Stehlikova	00:26:39	Thames Hare & Hounds
675	95	Clare Whitaker	00:26:40	Dulwich Runners AC
636	96	Georgina Parker	00:26:40	Clapham Chasers RC
645	97	Elizabeth Felix	00:26:40	Clapham Pioneers
789	98	Eleanor Barnes	00:26:45	London Heathside AC

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
791	99	Sara Black	00:26:49	London Heathside AC
960	100	Valerie Wong	00:26:51	Victoria Park H & Tower H AC
596	101	Katherine March	00:26:53	Barnet & District AC
962	102	Rachel Berry	00:26:56	West 4 Harriers
815	103	Ciara Williams	00:27:04	London Heathside AC
741	104	Clare Davies	00:27:16	Havering AC
703	105	Lee Milne	00:27:17	Eton Manor AC
759	106	Annes Stevens	00:27:19	Herne Hill Harriers
788	107	Tanya Addison	00:27:19	London Heathside AC
785	108	Hazel Reade	00:27:21	London Frontrunners
677	109	Lucile Burlot	00:27:22	Ealing Eagles Running Club
733	110	Miranda Frizzelle	00:27:23	Greenwich Tritons
795	111	Sara Garcia	00:27:29	London Heathside AC
866	112	Debbie Clarke	00:27:29	Serpentine RC
783	113	Erika Kulikova	00:27:34	London Frontrunners
743	114	Grace Batchelor	00:27:36	Hercules Wimbledon AC
597	115	Danielle Stapleton	00:27:37	Barnet & District AC
698	116	Eleanor George	00:27:37	Eton Manor AC
669	117	Ange Norris	00:27:38	Dulwich Runners AC
711	118	Catriona Brown	00:27:39	Fulham Running Club
769	119	Ellen Kerr	00:27:41	Highgate Harriers
659	120	Ola Balme	00:27:46	Dulwich Runners AC
856	121	Georgina Thorborn	00:27:51	Queens Park Harriers
869	122	Sophie Flanagan	00:27:52	Serpentine RC
686	123	Danielle Ramsey	00:27:53	Ealing Eagles Running Club
916	124	Sarah Burdett	00:27:54	The Stragglers RC
954	125	Claire Ross	00:28:01	Victoria Park H & Tower H AC
739	126	Jennifer Keal	00:28:04	Harrow AC
937	127	Marie Alden	00:28:08	Tri London
732	128	Marcela Arvizu	00:28:09	Greenwich Tritons
666	129	Yvette Dore	00:28:10	Dulwich Runners AC
618	130	Sophie Johnson	00:28:12	Cambridge Harriers
972	131	Chloe Smither	00:28:13	West 4 Harriers
708	132	Zoe Woodward	00:28:14	Eton Manor AC
833	133	Lydia Thomson	00:28:15	Mornington Chasers RC
625	134	Susannah Boddie	00:28:15	Clapham Chasers RC
649	135	Carmel Salvidge	00:28:16	Clapham Pioneers
966	136	Annabel Kukulski	00:28:18	West 4 Harriers
855	137	Gabrielle Smart	00:28:20	Queens Park Harriers
969	138	Sarah McIntosh	00:28:20	West 4 Harriers
801	139	Trudy Kearney	00:28:21	London Heathside AC
657	140	Leanne Moore	00:28:21	Croydon Harriers
887	141	Heidi Dann	00:28:23	South London Harriers
806	142	Morven Miller	00:28:25	London Heathside AC
674	143	Anna Thomas	00:28:27	Dulwich Runners AC
658	144	Laura Marshall	00:28:32	Croydon Harriers
590	145	Sarah Boxer	00:28:33	Barnet & District AC
859	146	Rebecca Bissell	00:28:36	Ranelagh Harriers
678	147	Caroline Crehan	00:28:39	Ealing Eagles Running Club

Bib	Overall Position	Name	Guntime	Team / Club
647	148	Holly MacAskill	00:28:41	Clapham Pioneers
911	149	Fran Lou	00:28:43	Thames Valley Harriers
895	150	Jess Davies	00:28:46	Thames Hare & Hounds
978	151	Daisy Street	00:28:51	26.2 RRC
718	152	Pippa Gledhill	00:28:52	Fulham Running Club
692	153	Chloe Millan	00:28:56	East London Runners
765	154	Natasha Cendrowicz	00:28:58	Highgate Harriers
610	155	Jenny Leng	00:29:00	Blackheath & Bromley Harriers
940	156	Gaelle Lebray	00:29:00	Tri London
943	157	Noelle Cazalis	00:29:03	Victoria Park H & Tower H AC
779	158	Sonja Astfalck	00:29:08	London Frontrunners
706	159	Jane Rukin-White	00:29:10	Eton Manor AC
720	160	Katie Gow	00:29:13	Fulham Running Club
786	161	Lucy Wilson-Shaw	00:29:14	London Frontrunners
982	162	Tracey Sheehy	00:29:16	Dagenham 88 RC
637	163	Adele Potts	00:29:21	Clapham Chasers RC
925	164	Emily Wattret	00:29:24	The Stragglers RC
936	165	Anna Sikorska	00:29:28	Trent Park Running Club
946	166	Victoria Fabbri	00:29:29	Victoria Park H & Tower H AC
777	167	Lynn Hyde	00:29:32	Hillingdon AC
661	168	Catherine Buglass	00:29:33	Dulwich Runners AC
967	169	Caroline Lewis	00:29:33	West 4 Harriers
857	170	Isobel Witt	00:29:39	Queens Park Harriers
872	171	Sarah Mackenzie	00:29:40	Serpentine RC
817	172	Ann Woulfe	00:29:41	London Heathside AC
958	173	Laura Vaccari	00:29:47	Victoria Park H & Tower H AC
873	174	Rhiannon Needham	00:29:49	Serpentine RC
846	175	Fiona Eagle	00:29:51	Queens Park Harriers
823	176	Cloudy Carnegie	00:29:54	Mornington Chasers RC
730	177	Emma Thurston	00:29:57	Fulham Running Club
851	178	Francesca Molossi-Murphy	00:29:59	Queens Park Harriers
594	179	Kathryn Ellis	00:30:01	Barnet & District AC
630	180	Anna Gibbons	00:30:03	Clapham Chasers RC
813	181	Jackie Wastell	00:30:09	London Heathside AC
923	182	Judith Russenberger	00:30:10	The Stragglers RC
641	183	Jane Marie Butler	00:30:12	Clapham Pioneers
592	184	Alison Drake	00:30:21	Barnet & District AC
955	185	Alex Sayers	00:30:25	Victoria Park H & Tower H AC
860	186	Ann Kearey	00:30:27	Ranelagh Harriers
629	187	Christine Evans	00:30:28	Clapham Chasers RC
799	188	Laura Hunt	00:30:31	London Heathside AC
842	189	Anastasia Chew	00:30:35	Queens Park Harriers
664	190	Lucy Clapp	00:30:39	Dulwich Runners AC
964	191	Joanne Kelliher	00:30:41	West 4 Harriers
756	192	Alexandra Marginean	00:30:43	Herne Hill Harriers
712	193	Rosie Cook	00:30:45	Fulham Running Club
829	194	Rafaele Lamour	00:30:47	Mornington Chasers RC
782	195	Maxine Kelly	00:30:47	London Frontrunners
776	196	Lesley Conway	00:30:49	Hillingdon AC



<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
684	197	Hayley Kandt	00:30:50	Ealing Eagles Running Club
889	198	Mellissa Oliver	00:30:51	South London Harriers
775	199	Liz Clark	00:30:52	Hillingdon AC
971	200	Yuko Saito	00:30:54	West 4 Harriers
844	201	Gillian Cross	00:31:08	Queens Park Harriers
761	202	Jessica Winfield	00:31:12	Herne Hill Harriers
870	203	Laura Fountain	00:31:12	Serpentine RC
705	204	Ruth Rose	00:31:13	Eton Manor AC
792	205	Kimberli Butler	00:31:20	London Heathside AC
840	206	Joanna Braine	00:31:20	Queens Park Harriers
800	207	Jo Irwin	00:31:25	London Heathside AC
850	208	Leanna Mailer	00:31:28	Queens Park Harriers
688	209	Anna Shierson	00:31:35	Ealing Eagles Running Club
737	210	Laure Champeix-Aslan	00:31:36	Harrow AC
841	211	Amelia Carman	00:31:44	Queens Park Harriers
699	212	Gail Hennessy	00:32:00	Eton Manor AC
723	213	Emma Less	00:32:02	Fulham Running Club
981	214	Nat Booth	00:32:02	Dagenham 88 RC
891	215	Angela Wilson	00:32:03	South London Harriers
709	216	Mary Belward	00:32:07	Fulham Running Club
781	217	Katherine Forrest	00:32:08	London Frontrunners
719	218	Mia Gomez	00:32:10	Fulham Running Club
727	219	Laura Richards	00:32:20	Fulham Running Club
868	220	Caroline Fitzgerald	00:32:23	Serpentine RC
828	221	Maki Kimura	00:32:26	Mornington Chasers RC
945	222	Gemma Dunlop	00:32:29	Victoria Park H & Tower H AC
880	223	Sophie Taylor	00:32:30	Serpentine RC
696	224	Janine Durrant	00:32:34	Eton Manor AC
983	225	Rahana Islam	00:32:43	Dagenham 88 RC
875	226	Kristin Raassum	00:32:56	Serpentine RC
784	227	Chris Reade	00:32:56	London Frontrunners
965	228	Jen Kingwill	00:33:00	West 4 Harriers
827	229	Carmen Harrington	00:33:04	Mornington Chasers RC
780	230	Seanna Fallon	00:33:07	London Frontrunners
701	231	Christina Long	00:33:07	Eton Manor AC
826	232	Collette Farnol	00:33:11	Mornington Chasers RC
662	233	Midge Cameron	00:33:15	Dulwich Runners AC
683	234	Jessica Hood	00:33:17	Ealing Eagles Running Club
687	235	Anne Sampson	00:33:20	Ealing Eagles Running Club
950	236	Sarah Knox	00:33:24	Victoria Park H & Tower H AC
874	237	Tamara Pizarro Fernandez	00:33:54	Serpentine RC
655	238	Jules Del Nevo	00:33:55	Croydon Harriers
824	239	Fiona Carr	00:34:01	Mornington Chasers RC
953	240	Lorraine Ni Annrachain	00:34:02	Victoria Park H & Tower H AC
651	241	Rebecca Spencer	00:34:04	Clapham Pioneers
681	242	Christine Elliott	00:34:10	Ealing Eagles Running Club
679	243	Una Crotty-Joyce	00:34:12	Ealing Eagles Running Club
731	244	Leyla Ari	00:34:15	Greenwich Tritons
680	245	Marie De Greef	00:34:23	Ealing Eagles Running Club

<b>Bib</b>	<b>Overall Position</b>	<b>Name</b>	<b>Guntime</b>	<b>Team / Club</b>
973	246	Edyta Wierzbowska	00:34:30	West 4 Harriers
906	247	Jia Du	00:34:45	Thames Valley Harriers
831	248	Jennifer Moore	00:34:49	Mornington Chasers RC
961	249	Lidia Aguilar	00:34:53	West 4 Harriers
931	250	Theodosia Green	00:35:01	Trent Park Running Club
631	251	Jo Greening	00:35:09	Clapham Chasers RC
621	252	Maria McDonald	00:35:12	Cambridge Harriers
648	253	Sarah Prescott	00:35:23	Clapham Pioneers
593	254	Linda Dworowski	00:35:26	Barnet & District AC
652	255	Jo Winnick	00:35:33	Clapham Pioneers
735	256	Cath Tynan	00:35:43	Greenwich Tritons
595	257	Kirsty Johnstone	00:35:50	Barnet & District AC
919	258	Lynda Chase	00:35:56	The Stragglers RC
881	259	Miwa Tonaki	00:35:59	Serpentine RC
650	260	Chloe Sellwood	00:36:13	Clapham Pioneers
915	261	Sally Boulton	00:36:35	The Stragglers RC
933	262	Christine Hawker	00:36:43	Trent Park Running Club
693	263	Hayley Dalton	00:36:57	Eton Manor AC
710	264	Claire Bracher	00:37:08	Fulham Running Club
876	265	Andrea Sanders-Reece	00:37:11	Serpentine RC
930	266	Zara Dickson	00:37:19	Trent Park Running Club
716	267	Jennie Farmer	00:37:24	Fulham Running Club
952	268	Emily Mosedale	00:37:28	Victoria Park H & Tower H AC
839	269	Lucy Birrell	00:37:30	Queens Park Harriers
660	270	Jenny Bomers	00:37:30	Dulwich Runners AC
878	271	Laura Stewart	00:37:37	Serpentine RC
589	272	Clare Boutle	00:37:37	Barnet & District AC
980	273	Rosina Salmon	00:38:03	Dagenham 88 RC
835	274	Reena Aggarwal	00:38:11	Queens Park Harriers
888	275	Maria David	00:39:06	South London Harriers
921	276	Christine Glew	00:39:10	The Stragglers RC
845	277	Sarah Dent	00:39:23	Queens Park Harriers
984	278	Timi Veerasamy	00:39:31	Dagenham 88 RC
979	279	Kaya Smith	00:40:04	Dagenham 88 RC
676	280	Claudia Aviles	00:40:05	Ealing Eagles Running Club
734	281	Lauren Porter	00:40:16	Greenwich Tritons
685	282	Bahati Kituyi	00:41:07	Ealing Eagles Running Club
690	283	Lauren Wiggins	00:41:07	Ealing Eagles Running Club
591	284	Margaret Butler	00:41:12	Barnet & District AC
976	285	Maria Cenalmor	00:41:51	26.2 RRC
849	286	Monica Kolterniak	00:42:09	Queens Park Harriers
725	287	India Pover	00:43:25	Fulham Running Club
975	288	Ann Bath	00:45:06	26.2 RRC

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
1	Belgrave Harriers	58
2	Thames Valley Harriers	63
3	London Heathside AC	89
4	Clapham Chasers RC	120
5	Highgate Harriers	131
6	Fulham Running Club	133
7	Trent Park Running Club	145
8	Thames Hare & Hounds	151
9	Blackheath & Bromley Harriers	169
10	Hercules Wimbledon AC	209
11	The Stragglers RC	223
12	Victoria Park H & Tower H AC	225
13	Queens Park Harriers	233
14	Herne Hill Harriers	267
15	Dulwich Runners AC	285

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
16	Clapham Pioneers	334
17	Eton Manor AC	336
18	Cambridge Harriers	397
19	West 4 Harriers	507
20	London Frontrunners	540
21	Barnet & District AC	540
22	Croydon Harriers	573
23	Ealing Eagles Running Club	576
24	Serpentine RC	579
25	Hillingdon AC	610
26	Tri London	637
27	Mornington Chasers RC	724
28	Greenwich Tritons	738
29	South London Harriers	829
30	Dagenham 88 RC	874

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
	26.2 RRC	
	East London Runners	
	Harrow AC	
	Havering AC	
	Marshall Milton Keynes AC	
	Orion Harriers	
	Ranelagh Harriers	
	Shaftesbury Barnet Harriers	