

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
191	1	Hannah Viner	00:21:27	Highgate Harriers	03:34
215	2	Brogan Wallace	00:21:31	London Heathside AC	03:35
291	3	Ruby Woolfe	00:21:36	Thames Hare & Hounds	03:36
202	4	Rebecca Bunting	00:22:02	London Heathside AC	03:40
2	5	Emily Moyes	00:22:27	Aldershot Farnham & DAC	03:44
288	6	Bethanie Murray	00:22:29	Thames Hare & Hounds	03:45
40	7	Megan Marchant	00:22:37	Cambridge Harriers	03:46
57	8	Helen Record	00:22:39	Clapham Chasers RC	03:47
107	9	Alice Braham	00:22:41	Ealing Eagles Running Club	03:47
28	10	Naomi Kingston	00:22:42	Blackheath & Bromley Harriers	03:47
141	11	Rose Penfold	00:22:50	Fulham Running Club	03:48
12	12	Lea Adamson	00:22:58	Belgrave Harriers	03:50
206	13	Josie Hinton	00:23:19	London Heathside AC	03:53
255	14	Suzy Whatmough	00:23:22	Ranelagh Harriers	03:54
292	15	Stephanie Ainley	00:23:27	Thames Valley Harriers	03:55
271	16	Natasha Sheel	00:23:32	Serpentine RC	03:55
293	17	Chloe Baker	00:23:34	Thames Valley Harriers	03:56
307	18	Jessica Prior	00:23:35	Trent Park Running Club	03:56
257	19	Katy Casterton	00:23:37	Serpentine RC	03:56
214	20	Rebecca Piggott	00:23:44	London Heathside AC	03:57
54	21	Tori Horrobin	00:23:45	Clapham Chasers RC	03:58
177	22	Jennifer Nandi	00:23:45	Herne Hill Harriers	03:58
254	23	Sarah Palmer	00:23:49	Ranelagh Harriers	03:58
14	24	Natalie Beadle	00:23:55	Belgrave Harriers	03:59
104	25	Polly Warrack	00:23:58	Dulwich Runners AC	04:00
186	26	Ellen Donald	00:24:02	Highgate Harriers	04:00
21	27	Sarah Riceman	00:24:12	Belgrave Harriers	04:02
36	28	Georgia Huddleston	00:24:12	Cambridge Harriers	04:02
251	29	Cecily Day	00:24:14	Ranelagh Harriers	04:02
222	30	Lara Bromilow	00:24:14	Marshall Milton Keynes AC	04:02
15	31	Bethany Brown	00:24:16	Belgrave Harriers	04:03
27	32	Jess Keene	00:24:18	Blackheath & Bromley Harriers	04:03
204	33	Nicola Graham	00:24:19	London Heathside AC	04:03
212	34	Rhian Male	00:24:23	London Heathside AC	04:04
223	35	Kat Alpe	00:24:30	Metropolitan Police AC	04:05
259	36	Victoria Crawford	00:24:30	Serpentine RC	04:05
276	37	Elana Dimmer	00:24:36	Shaftesbury Barnet Harriers	04:06
63	38	Ruth Dervan	00:24:39	Clapham Pioneers	04:07
166	39	Karen Ellison	00:24:42	Herne Hill Harriers	04:07
169	40	Kaitlin Hewitt	00:24:43	Herne Hill Harriers	04:07
47	41	Abbie Bulbulian	00:24:43	Clapham Chasers RC	04:07
217	42	Genevieve Weston	00:24:45	London Heathside AC	04:08
20	43	Olivia Papaioannou	00:24:48	Belgrave Harriers	04:08
56	44	Alice McGushin	00:24:52	Clapham Chasers RC	04:09
100	45	Kay Sheedy	00:24:55	Dulwich Runners AC	04:09
279	46	Claire Altmann	00:24:59	Thames Hare & Hounds	04:10
59	47	Francesca Stocco	00:25:02	Clapham Chasers RC	04:10
325	48	Hannah Somani	00:25:11	Victoria Park H & Tower H AC	04:12
287	49	Daisy Irving-Hyman	00:25:13	Thames Hare & Hounds	04:12
128	50	Liz Haigh	00:25:14	Eton Manor AC	04:12
170	51	Charlotte Kenyon	00:25:15	Herne Hill Harriers	04:12
207	52	Seren Hughes	00:25:15	London Heathside AC	04:12
178	53	Nikki Sturzaker	00:25:16	Herne Hill Harriers	04:13
183	54	Lucy Bather	00:25:17	Highgate Harriers	04:13
328	55	Anna Critchlow	00:25:19	West 4 Harriers	04:13
322	56	Samantha Lamb	00:25:19	Victoria Park H & Tower H AC	04:13
157	57	Claire Grima	00:25:21	Hercules Wimbledon AC	04:13

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
692	1	Ahmed Abdulle	00:34:15	Ilford AC	03:25
518	2	Edward Chuck	00:34:32	Dulwich Runners AC	03:27
747	3	Seyfu Jamaal	00:34:33	London Heathside AC	03:27
873	4	MacGregor Cox	00:35:02	Thames Hare & Hounds	03:30
620	5	Andrew Penney	00:35:16	Hercules Wimbledon AC	03:32
621	6	Fred Slemeck	00:35:18	Hercules Wimbledon AC	03:32
619	7	Edward Mallett	00:35:20	Hercules Wimbledon AC	03:32
909	8	Chris Thomas	00:35:26	Thames Valley Harriers	03:33
892	9	Michael Cameron	00:35:44	Thames Valley Harriers	03:34
742	10	George Gurney	00:35:51	London Heathside AC	03:35
885	11	Patrick Roddy	00:35:59	Thames Hare & Hounds	03:36
779	12	Taite Wallis	00:36:02	Newham & Essex Beagles	03:36
765	13	Joseph Young	00:36:07	London Heathside AC	03:37
871	14	Josh Carr	00:36:28	Thames Hare & Hounds	03:39
673	15	Sean Renfer	00:36:33	Highgate Harriers	03:39
662	16	Charlie Haywood	00:36:36	Highgate Harriers	03:40
953	17	Aaron McGrady	00:36:37	Victoria Park H & Tower H AC	03:40
594	18	Charlie Sandison	00:36:40	Fulham Running Club	03:40
512	19	Rob Armstrong	00:36:47	Dulwich Runners AC	03:41
990	20	Tom Butler	00:36:50	Shaftesbury Barnet Harriers	03:41
877	21	James Hoad	00:36:54	Thames Hare & Hounds	03:41
617	22	Finn Johnson	00:36:57	Hercules Wimbledon AC	03:42
756	23	Jem O'Flaherty	00:37:05	London Heathside AC	03:42
691	24	Matt Whitfield	00:37:10	Hillingdon AC	03:43
671	25	Henry Murdoch	00:37:13	Highgate Harriers	03:43
456	26	Chris Loudon	00:37:16	Cambridge Harriers	03:44
782	27	Oliver Bushdari	00:37:18	Orion Harriers	03:44
510	28	Phil Symonds	00:37:34	Croydon Harriers	03:45
697	29	Alex Richards	00:37:37	Ilford AC	03:46
665	30	Adam Home	00:37:41	Highgate Harriers	03:46
430	31	Robert Donohue	00:37:45	Blackheath & Bromley Harriers	03:47
895	32	James Ellis	00:37:46	Thames Valley Harriers	03:47
755	33	Oliver O'Connor	00:37:47	London Heathside AC	03:47
633	34	Joseph Fenwick	00:37:49	Herne Hill Harriers	03:47
901	35	Oliver Newton	00:37:53	Thames Valley Harriers	03:47
825	36	Nicolas Besson	00:37:54	Serpentine RC	03:47
849	37	Samuel Greenstein	00:38:01	Shaftesbury Barnet Harriers	03:48
663	38	Chris Hicks	00:38:03	Highgate Harriers	03:48
799	39	Andrew McCarron	00:38:05	Queens Park Harriers	03:49
883	40	Richard Ollington	00:38:09	Thames Hare & Hounds	03:49
939	41	Dominic Baxter	00:38:11	Victoria Park H & Tower H AC	03:49
761	42	Yann Sevestre	00:38:21	London Heathside AC	03:50
870	43	Eoin Brady	00:38:21	Thames Hare & Hounds	03:50
798	44	Alastair Matheson	00:38:24	Queens Park Harriers	03:50
872	45	Neil Chisholm	00:38:27	Thames Hare & Hounds	03:51
676	46	Farid Sousou	00:38:27	Highgate Harriers	03:51
450	47	Tom Brooke	00:38:28	Cambridge Harriers	03:51
696	48	Tom Gardner	00:38:36	Ilford AC	03:52
652	49	James Barber	00:38:42	Highgate Harriers	03:52
655	50	Daniel Brewer	00:38:43	Highgate Harriers	03:52
435	51	Alex Gibbins	00:38:45	Blackheath & Bromley Harriers	03:53
616	52	Laurence Hill	00:38:47	Hercules Wimbledon AC	03:53
679	53	Jens Sudmeier	00:38:52	Highgate Harriers	03:53
854	54	Leo Roncarati	00:38:55	Shaftesbury Barnet Harriers	03:54
442	55	Martin Richardson	00:38:57	Blackheath & Bromley Harriers	03:54
432	56	Micah Evans	00:39:01	Blackheath & Bromley Harriers	03:54
514	57	Fred Bungay	00:39:05	Dulwich Runners AC	03:55
727	58	Andy Barnes	00:39:07	London Heathside AC	03:55
667	59	Jonathan Laybourn	00:39:08	Highgate Harriers	03:55
419	60	Ed Spencer	00:39:14	Barnet & District AC	03:55

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
890	61	Mohamed Binow	00:39:16	Thames Valley Harriers	03:56
457	62	Babaker Mohammed	00:39:17	Cambridge Harriers	03:56
612	63	Dimosthenis Evangelidis	00:39:17	Hercules Wimbledon AC	03:56
732	64	Callum Coleman	00:39:19	London Heathside AC	03:56
573	65	Jack Henson	00:39:21	Eton Manor AC	03:56
748	66	Harry Kleiman	00:39:22	London Heathside AC	03:56
632	67	Joe Elliott	00:39:29	Herne Hill Harriers	03:57
529	68	Adrian Russell	00:39:30	Dulwich Runners AC	03:57
599	69	Andrew Moulden	00:39:31	Greenwich Tritons	03:57
562	70	Neil Henderson	00:39:32	Epsom & Ewell Harriers	03:57
565	71	Steve Winder	00:39:35	Epsom & Ewell Harriers	03:58
794	72	Neil Hutchison	00:39:44	Queens Park Harriers	03:58
899	73	Ryan Keane	00:39:49	Thames Valley Harriers	03:59
609	74	Kieran O'Hara	00:39:51	Havering AC	03:59
908	75	Oliver Teenan	00:39:56	Thames Valley Harriers	04:00
495	76	Douglas Aikman	00:40:07	Croydon Harriers	04:01
891	77	John Borton	00:40:10	Thames Valley Harriers	04:01
649	78	Julien Aliphath	00:40:11	Highgate Harriers	04:01
560	79	William Caruana	00:40:12	Epsom & Ewell Harriers	04:01
464	80	Martin Bell	00:40:13	Clapham Chasers RC	04:01
844	81	Niels Wagner	00:40:13	Serpentine RC	04:01
603	82	Jim Cooper	00:40:15	Harrow AC	04:02
781	83	Deelan Bushdari	00:40:15	Orion Harriers	04:02
664	84	Alex Holley	00:40:16	Highgate Harriers	04:02
842	85	Hugh Torry	00:40:17	Serpentine RC	04:02
418	86	Gary Pelosi	00:40:18	Barnet & District AC	04:02
458	87	John O'Mahony	00:40:19	Cambridge Harriers	04:02
568	88	Paul Boddey	00:40:20	Eton Manor AC	04:02
881	89	Alistair McMaster	00:40:21	Thames Hare & Hounds	04:02
960	90	Carl Selya-Hammer	00:40:22	Victoria Park H & Tower H AC	04:02
439	91	Graeme Lugar	00:40:23	Blackheath & Bromley Harriers	04:02
819	92	James Riley	00:40:25	Ranelagh Harriers	04:02
753	93	Filippe Minelle	00:40:31	London Heathside AC	04:03
426	94	Dave Adams	00:40:35	Blackheath & Bromley Harriers	04:04
812	95	Dave Lawley	00:40:38	Ranelagh Harriers	04:04
490	96	Michael White	00:40:39	Clapham Pioneers	04:04
925	97	Carl Redondo	00:40:40	Trent Park Running Club	04:04
738	98	Tom Fancett	00:40:41	London Heathside AC	04:04
532	99	Hugh Stobart	00:40:43	Dulwich Runners AC	04:04
835	100	Victor Lio	00:40:45	Serpentine RC	04:04
576	101	Ed Jenkins	00:40:46	Eton Manor AC	04:05
566	102	Samuel Anderson	00:40:48	Eton Manor AC	04:05
445	103	Blair Wilson	00:40:52	Blackheath & Bromley Harriers	04:05
864	104	Philip Coales	00:40:55	Striders of Croydon	04:06
865	105	Harry Madgwick Lawton	00:40:58	Striders of Croydon	04:06
487	106	Matthew Raeside	00:41:03	Clapham Pioneers	04:06
614	107	David Grima	00:41:04	Hercules Wimbledon AC	04:06
476	108	Rory Smith	00:41:05	Clapham Chasers RC	04:07
916	109	Pete Gregorowski	00:41:06	The Stragglers RC	04:07
581	110	James Pilch	00:41:11	Eton Manor AC	04:07
591	111	Dan Mahoney	00:41:12	Fulham Running Club	04:07
946	112	David Jones	00:41:14	Victoria Park H & Tower H AC	04:07
803	113	Sam Sutherland	00:41:16	Queens Park Harriers	04:08
980	114	James Hughes	00:41:19	Wimbledon Windmilers RC	04:08
861	115	Jono Wood	00:41:21	South London Harriers	04:08
965	116	Ben Wickham	00:41:22	Victoria Park H & Tower H AC	04:08
486	117	Reynald Pouchin	00:41:23	Clapham Pioneers	04:08
648	118	Ryan Willmott	00:41:24	Herne Hill Harriers	04:08
730	119	Ed Boden	00:41:25	London Heathside AC	04:09
898	120	Mark Humphries	00:41:27	Thames Valley Harriers	04:09

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
593	121	Stephen Mcleod	00:41:28	Fulham Running Club	04:09
639	122	Seve Loudon	00:41:30	Herne Hill Harriers	04:09
408	123	Simon Brown	00:41:31	Barnet & District AC	04:09
463	124	Geoffrey Smith	00:41:34	Cambridge Harriers	04:09
571	125	George Fernandez	00:41:39	Eton Manor AC	04:10
607	126	Declan Traynor	00:41:40	Harrow AC	04:10
806	127	Carl Assmundson	00:41:42	Ranelagh Harriers	04:10
626	128	James Brown	00:41:42	Herne Hill Harriers	04:10
808	129	Tom Cameron	00:41:42	Ranelagh Harriers	04:10
688	130	Dominic Speight	00:41:45	Hillingdon AC	04:11
588	131	Gareth Hopkins	00:41:46	Fulham Running Club	04:11
957	132	Craig Norris	00:41:48	Victoria Park H & Tower H AC	04:11
752	133	David McCormick	00:41:53	London Heathside AC	04:11
947	134	Neil Kirkham	00:41:56	Victoria Park H & Tower H AC	04:12
824	135	Simon Barrett	00:41:57	Serpentine RC	04:12
537	136	John Foxall	00:41:58	Ealing Eagles Running Club	04:12
690	137	Dan Thompson	00:42:09	Hillingdon AC	04:13
821	138	Gareth Williams	00:42:10	Ranelagh Harriers	04:13
720	139	Marius Thies	00:42:13	London Fronrunners	04:13
751	140	Jordan Marshall	00:42:15	London Heathside AC	04:13
434	141	Gregory Firth	00:42:16	Blackheath & Bromley Harriers	04:14
585	142	Krzysztof Klidzia	00:42:19	Folkestone RC	04:14
650	143	Chris Bailey	00:42:21	Highgate Harriers	04:14
642	144	Gregory Mills	00:42:24	Herne Hill Harriers	04:14
954	145	Tiago Mendes	00:42:26	Victoria Park H & Tower H AC	04:15
832	146	Glenn Hughes	00:42:27	Serpentine RC	04:15
928	147	Rob Baldock	00:42:28	Tri London	04:15
862	148	Andrew Aitken	00:42:29	Striders of Croydon	04:15
915	149	Daniel Glebocki	00:42:31	The Stragglers RC	04:15
978	150	Richard Cohen	00:42:32	Wimbledon Windmilers RC	04:15
737	151	Bedo Draskoczy	00:42:33	London Heathside AC	04:15
974	152	Aidan McGuire	00:42:34	West 4 Harriers	04:15
887	153	William Utley	00:42:35	Thames Hare & Hounds	04:16
813	154	Chris Lepine	00:42:35	Ranelagh Harriers	04:16
561	155	Martin Harris	00:42:36	Epsom & Ewell Harriers	04:16
796	156	Maciej Kolterniak	00:42:41	Queens Park Harriers	04:16
945	157	Chris James	00:42:50	Victoria Park H & Tower H AC	04:17
405	158	Max Riley-Goud	00:42:57	26.2 RRC	04:18
474	159	Thomas Owen	00:42:59	Clapham Chasers RC	04:18
683	160	Guy Green	00:43:00	Hillingdon AC	04:18
893	161	Jacques Corby-Tuech	00:43:01	Thames Valley Harriers	04:18
597	162	Emilio Mendoza	00:43:01	Greenwich Tritons	04:18
816	163	Jonathan Moore	00:43:02	Ranelagh Harriers	04:18
754	164	Adam Mitchell	00:43:03	London Heathside AC	04:18
670	165	James McAulay	00:43:03	Highgate Harriers	04:18
845	166	Philip Whitehouse	00:43:04	Serpentine RC	04:18
830	167	James Gillanders	00:43:08	Serpentine RC	04:19
858	168	Jack Harrison	00:43:09	South London Harriers	04:19
469	169	Fergus Ingledew	00:43:10	Clapham Chasers RC	04:19
471	170	Daniel Lane	00:43:13	Clapham Chasers RC	04:19
595	171	John Wray	00:43:15	Fulham Running Club	04:19
733	172	Matt Collins	00:43:16	London Heathside AC	04:20
847	173	Jonathan Boardman	00:43:17	Shaftesbury Barnet Harriers	04:20
774	174	Andy Davies	00:43:23	Mornington Chasers RC	04:20
907	175	Thomas Slater	00:43:27	Thames Valley Harriers	04:21
524	176	Alex Loftus	00:43:28	Dulwich Runners AC	04:21
837	177	Ewan Maynard	00:43:28	Serpentine RC	04:21
780	178	Luca Zangari	00:43:29	Newham & Essex Beagles	04:21
583	179	Graham White	00:43:29	Eton Manor AC	04:21
828	180	Peter Clarke	00:43:29	Serpentine RC	04:21

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
950	181	George Long	00:43:30	Victoria Park H & Tower H AC	04:21
592	182	Callum Mason	00:43:32	Fulham Running Club	04:21
401	183	Ed Francis	00:43:35	26.2 RRC	04:22
640	184	George Melville	00:43:36	Herne Hill Harriers	04:22
480	185	Sam Forrest	00:43:37	Clapham Pioneers	04:22
984	186	Simon Wright	00:43:38	Wimbledon Windmilers RC	04:22
653	187	Justin Bean	00:43:38	Highgate Harriers	04:22
637	188	Tim Kerr	00:43:39	Herne Hill Harriers	04:22
840	189	Benjamin Parkes	00:43:40	Serpentine RC	04:22
473	190	Sebastian Moulding	00:43:43	Clapham Chasers RC	04:22
553	191	Thomas Hyde	00:43:44	East London Runners	04:22
541	192	Jose Pabon	00:43:46	Ealing Eagles Running Club	04:23
584	193	Dylan Williams	00:43:47	Eton Manor AC	04:23
638	194	Jonathan Key	00:43:48	Herne Hill Harriers	04:23
460	195	David Reader	00:43:48	Cambridge Harriers	04:23
515	196	James Burrows	00:43:49	Dulwich Runners AC	04:23
437	197	Steven Hough	00:43:50	Blackheath & Bromley Harriers	04:23
759	198	Martin Potter	00:43:51	London Heathside AC	04:23
790	199	Angus Dowie	00:43:54	Queens Park Harriers	04:23
763	200	Janak Subberwal	00:43:56	London Heathside AC	04:24
564	201	James Wilson	00:43:59	Epsom & Ewell Harriers	04:24
789	202	Ayo Dada	00:44:07	Queens Park Harriers	04:25
951	203	Kevin Long	00:44:11	Victoria Park H & Tower H AC	04:25
605	204	Graeme Jones	00:44:11	Harrow AC	04:25
833	205	Raoul Huysmans	00:44:21	Serpentine RC	04:26
443	206	Ian Scott	00:44:22	Blackheath & Bromley Harriers	04:26
636	207	Muhamud Haile	00:44:24	Herne Hill Harriers	04:26
483	208	Emmet McBride	00:44:26	Clapham Pioneers	04:27
894	209	Manuel Da Silva	00:44:28	Thames Valley Harriers	04:27
589	210	Frederick Levy	00:44:29	Fulham Running Club	04:27
979	211	Matthew Haughton	00:44:38	Wimbledon Windmilers RC	04:28
521	212	Robert Hollands	00:44:40	Dulwich Runners AC	04:28
578	213	Jonathan Leith	00:44:41	Eton Manor AC	04:28
423	214	Charlie White	00:44:43	Barnet & District AC	04:28
704	215	Tim Charters	00:44:44	London Frontrunners	04:28
485	216	Will Moore	00:44:44	Clapham Pioneers	04:28
856	217	Gavin Englefield	00:44:45	South London Harriers	04:28
647	218	Ed Turner	00:44:46	Herne Hill Harriers	04:29
764	219	Valentin Valeanu	00:44:48	London Heathside AC	04:29
519	220	Joe Farrington-Douglas	00:44:50	Dulwich Runners AC	04:29
666	221	Yann Lancien	00:44:51	Highgate Harriers	04:29
711	222	Alex Hellier	00:44:51	London Frontrunners	04:29
525	223	Alastair Low-Macrae	00:45:00	Dulwich Runners AC	04:30
572	224	Jerome Francis	00:45:01	Eton Manor AC	04:30
805	225	Daniel Wong	00:45:11	Queens Park Harriers	04:31
467	226	Luke Frizoni	00:45:16	Clapham Chasers RC	04:32
453	227	Tarbo Fukazawa	00:45:18	Cambridge Harriers	04:32
744	228	Liam Hazelton	00:45:21	London Heathside AC	04:32
406	229	Neil Walker	00:45:26	Altrincham AC	04:33
523	230	Murray Humphrey	00:45:26	Dulwich Runners AC	04:33
725	231	Deng Akol	00:45:31	London Heathside AC	04:33
484	232	Andy McNaught	00:45:32	Clapham Pioneers	04:33
838	233	Jonathon Moscrop	00:45:34	Serpentine RC	04:33
917	234	Alastair Hall	00:45:37	The Stragglers RC	04:34
874	235	Chris Daniels	00:45:39	Thames Hare & Hounds	04:34
530	236	Andy Scott	00:45:41	Dulwich Runners AC	04:34
577	237	Russ Jones	00:45:42	Eton Manor AC	04:34
488	238	Dan Stuart	00:45:43	Clapham Pioneers	04:34
829	239	Ian Cook	00:45:46	Serpentine RC	04:35
784	240	Stefan Anton	00:45:53	Queens Park Harriers	04:35

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
743	241	Nick Haward	00:45:54	London Heathside AC	04:35
818	242	Neil Rae	00:45:56	Ranelagh Harriers	04:36
709	243	Denis Gorman	00:46:00	London Frontrunners	04:36
424	244	Calvin Wu	00:46:01	Barnet & District AC	04:36
839	245	Kevin Murray	00:46:02	Serpentine RC	04:36
968	246	Andy Bowen	00:46:04	West 4 Harriers	04:36
654	247	Chris Beecham	00:46:04	Highgate Harriers	04:36
628	248	Trevor Chilton	00:46:06	Herne Hill Harriers	04:37
604	249	Joe Gammell	00:46:18	Harrow AC	04:38
657	250	David Clarkson	00:46:21	Highgate Harriers	04:38
863	251	Luke Burden	00:46:24	Striders of Croydon	04:38
822	252	Carlos Arrebola	00:46:26	Serpentine RC	04:39
516	253	Mark Callaghan	00:46:27	Dulwich Runners AC	04:39
976	254	Matt Priest	00:46:29	West 4 Harriers	04:39
634	255	Andrew Georgeson	00:46:32	Herne Hill Harriers	04:39
734	256	Lee Connor	00:46:33	London Heathside AC	04:39
549	257	Karan Gadhia	00:46:35	East London Runners	04:39
400	258	Henry Carter	00:46:35	26.2 RRC	04:39
989	259	Sebastian Parris	00:46:41	Ilford AC	04:40
536	260	Harry Claxton	00:46:44	Ealing Eagles Running Club	04:40
795	261	Andrew Jackson	00:46:44	Queens Park Harriers	04:40
433	262	Steve Evenden	00:46:48	Blackheath & Bromley Harriers	04:41
762	263	Michael Smith	00:46:48	London Heathside AC	04:41
622	264	Simon Woodley	00:46:51	Hercules Wimbledon AC	04:41
929	265	Robert Carruthers	00:46:54	Tri London	04:41
478	266	Christopher Williams	00:47:03	Clapham Chasers RC	04:42
507	267	Marcos Palomares-Conde	00:47:04	Croydon Harriers	04:42
729	268	Matt Beard	00:47:10	London Heathside AC	04:43
669	269	Joseph Lowe	00:47:12	Highgate Harriers	04:43
705	270	Euan Cheyne	00:47:13	London Frontrunners	04:43
940	271	Richard Bryant	00:47:15	Victoria Park H & Tower H AC	04:43
706	272	Leon Clement	00:47:17	London Frontrunners	04:44
542	273	Harry Pearson	00:47:22	Ealing Eagles Running Club	04:44
757	274	Pep PÓmies	00:47:24	London Heathside AC	04:44
448	275	Robert Barns	00:47:26	Cambridge Harriers	04:45
493	276	Mark Constantinou	00:47:26	Collingwood AC	04:45
736	277	Steve Crowley	00:47:27	London Heathside AC	04:45
481	278	Paul Gilbertson	00:47:29	Clapham Pioneers	04:45
723	279	Julian Williams	00:47:30	London Frontrunners	04:45
489	280	Andrew Thompson	00:47:37	Clapham Pioneers	04:46
769	281	Nick Pamboris	00:47:41	Metropolitan Police AC	04:46
403	282	Gerry Hasson	00:47:45	26.2 RRC	04:47
527	283	Sum Mattu	00:47:46	Dulwich Runners AC	04:47
823	284	Abu Asad	00:47:48	Serpentine RC	04:47
786	285	John Brosnan	00:47:48	Queens Park Harriers	04:47
982	286	Philip Reeves	00:47:56	Wimbledon Windmilers RC	04:48
643	287	Robert Nagorski	00:47:56	Herne Hill Harriers	04:48
721	288	Christopher Tibbett	00:47:57	London Frontrunners	04:48
613	289	Richard Evans	00:47:58	Hercules Wimbledon AC	04:48
522	290	Jonny Hough	00:48:00	Dulwich Runners AC	04:48
552	291	Tommy Ho	00:48:07	East London Runners	04:49
681	292	Petar Zigic	00:48:09	Highgate Harriers	04:49
735	293	Justin Costley	00:48:11	London Heathside AC	04:49
582	294	Robert Sommerville	00:48:12	Eton Manor AC	04:49
770	295	Tim Pay	00:48:17	Metropolitan Police AC	04:50
497	296	Jacob Armstrong Plieth	00:48:18	Croydon Harriers	04:50
470	297	Richard Kehoe	00:48:23	Clapham Chasers RC	04:50
971	298	Duncan Grassie	00:48:24	West 4 Harriers	04:50
760	299	Benjamin Ridley-Johnson	00:48:27	London Heathside AC	04:51
811	300	Mick Lane	00:48:34	Ranelagh Harriers	04:51

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
866	301	Andy Perks	00:48:37	Striders of Croydon	04:52
538	302	Tom Irving	00:48:38	Ealing Eagles Running Club	04:52
540	303	Aleem Nasser	00:48:38	Ealing Eagles Running Club	04:52
791	304	Matthew Duckett	00:48:43	Queens Park Harriers	04:52
554	305	Amit Marks	00:48:45	East London Runners	04:53
678	306	Richard Stewart	00:48:51	Highgate Harriers	04:53
501	307	Sam Dorrans	00:49:01	Croydon Harriers	04:54
964	308	Simon Wharton	00:49:01	Victoria Park H & Tower H AC	04:54
853	309	Paul MacCarthy	00:49:10	Shaftesbury Barnet Harriers	04:55
703	310	Derwin Brennan	00:49:12	London Frontrunners	04:55
602	311	Martin Tynan	00:49:15	Greenwich Tritons	04:55
504	312	James Moore	00:49:21	Croydon Harriers	04:56
694	313	Stephen Crane	00:49:26	Ilford AC	04:57
920	314	Edwin Coutts	00:49:27	Trent Park Running Club	04:57
772	315	Daniel Berry	00:49:32	Mornington Chasers RC	04:57
506	316	Colin Oxlade	00:49:36	Croydon Harriers	04:58
973	317	David Larkam	00:49:44	West 4 Harriers	04:58
563	318	James Thomas	00:49:47	Epsom & Ewell Harriers	04:59
503	319	Matt Kiernan	00:49:59	Croydon Harriers	05:00
509	320	Mike Smalley	00:50:03	Croydon Harriers	05:00
492	321	Antony Constantinou	00:50:03	Collingwood AC	05:00
850	322	Barry Haws	00:50:05	Shaftesbury Barnet Harriers	05:01
787	323	David Campbell	00:50:06	Queens Park Harriers	05:01
596	324	Ben Guy	00:50:09	Greenwich Tritons	05:01
404	325	Paul Keddie	00:50:12	26.2 RRC	05:01
933	326	Federico Forti	00:50:12	Tri London	05:01
415	327	Kelvin Koloko	00:50:13	Barnet & District AC	05:01
675	328	Andrew Russell	00:50:15	Highgate Harriers	05:01
440	329	Matthew Maddocks	00:50:15	Blackheath & Bromley Harriers	05:01
548	330	Ashley Faria	00:50:16	East London Runners	05:02
449	331	Richard Bennett	00:50:18	Cambridge Harriers	05:02
539	332	Michael Leese	00:50:19	Ealing Eagles Running Club	05:02
567	333	John Black	00:50:20	Eton Manor AC	05:02
904	334	Simon Nixon	00:50:23	Thames Valley Harriers	05:02
508	335	Abdhul-Rahmaan Samad	00:50:32	Croydon Harriers	05:03
775	336	Tony Him	00:50:34	Mornington Chasers RC	05:03
975	337	Tom Newman	00:50:43	West 4 Harriers	05:04
827	338	Simon Caney	00:50:47	Serpentine RC	05:05
836	339	Thomas Martini	00:50:51	Serpentine RC	05:05
411	340	Phil Collington	00:50:55	Barnet & District AC	05:06
927	341	John Rose	00:50:56	Trent Park Running Club	05:06
499	342	Henry Butt	00:50:57	Croydon Harriers	05:06
926	343	Domenico Romanelli	00:50:59	Trent Park Running Club	05:06
718	344	Michael Rutherford	00:51:00	London Frontrunners	05:06
956	345	Keithly Mussington	00:51:05	Victoria Park H & Tower H AC	05:07
656	346	Pierre Chapuis	00:51:15	Highgate Harriers	05:08
800	347	Tom Moberly	00:51:20	Queens Park Harriers	05:08
717	348	Heath Rose	00:51:29	London Frontrunners	05:09
680	349	David Sutherland	00:51:36	Highgate Harriers	05:10
820	350	James Ritchie	00:51:40	Ranelagh Harriers	05:10
410	351	Paul Carter	00:51:43	Barnet & District AC	05:10
513	352	Hugh Balfour	00:51:45	Dulwich Runners AC	05:11
491	353	John Cazabon	00:51:47	Collingwood AC	05:11
914	354	Simon Brazil	00:51:49	The Stragglers RC	05:11
930	355	Alan Clark	00:51:56	Tri London	05:12
783	356	Tom Alexander	00:51:57	Queens Park Harriers	05:12
868	357	Simon Webster	00:52:01	Striders of Croydon	05:12
468	358	Alan Grant	00:52:02	Clapham Chasers RC	05:12
962	359	Robert Stockwell	00:52:06	Victoria Park H & Tower H AC	05:13
857	360	John Foss	00:52:08	South London Harriers	05:13

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
451	361	Clem Dixon	00:52:12	Cambridge Harriers	05:13
944	362	Aneirin Glyn	00:52:16	Victoria Park H & Tower H AC	05:14
963	363	Russell Toone	00:52:17	Victoria Park H & Tower H AC	05:14
707	364	Robert Dufton	00:52:23	London Frontrunners	05:14
608	365	Tony Collins	00:52:25	Havering AC	05:14
674	366	James Rossiter	00:52:29	Highgate Harriers	05:15
556	367	Jacob Stevens	00:52:33	East London Runners	05:15
855	368	Tim Underhill	00:52:37	Shaftesbury Barnet Harriers	05:16
897	369	Richard Hooley	00:52:52	Thames Valley Harriers	05:17
459	370	Richard Piggford	00:52:56	Cambridge Harriers	05:18
547	371	Calvin Bobin	00:53:15	East London Runners	05:20
598	372	Luis Mendoza	00:53:22	Greenwich Tritons	05:20
713	373	Francis O'Callaghan	00:53:27	London Frontrunners	05:21
551	374	Peter Hatley	00:53:37	East London Runners	05:22
716	375	Fernando Rodriguez-Guerra Urcelay	00:53:38	London Frontrunners	05:22
801	376	Gavin O'Sullivan	00:53:40	Queens Park Harriers	05:22
937	377	Natan Balakowski	00:53:41	Vegan Runners UK	05:22
981	378	Dean Mellows	00:53:43	Wimbledon Windmilers RC	05:22
427	379	Luigi Arcuri	00:53:46	Blackheath & Bromley Harriers	05:23
618	380	Gordon Lilly	00:53:46	Hercules Wimbledon AC	05:23
455	381	David Hunter	00:53:50	Cambridge Harriers	05:23
708	382	Nick Etherton	00:53:54	London Frontrunners	05:23
586	383	Edward Bruce	00:53:58	Fulham Running Club	05:24
741	384	Michael Gray	00:54:02	London Heathside AC	05:24
413	385	Scott Fraser	00:54:04	Barnet & District AC	05:24
972	386	Peter Jeffrey	00:54:21	West 4 Harriers	05:26
712	387	Oliver Hudson	00:54:21	London Frontrunners	05:26
412	388	Pete Ellis	00:54:24	Barnet & District AC	05:26
834	389	Sammy Li	00:54:29	Serpentine RC	05:27
768	390	Trevor Normoyle	00:54:37	Metropolitan Police AC	05:28
889	391	Richard Bell	00:54:54	Thames Valley Harriers	05:29
922	392	Luigi Gino Fantoni	00:55:03	Trent Park Running Club	05:30
402	393	Peter Grecian	00:55:19	26.2 RRC	05:32
924	394	Kai Parker	00:55:27	Trent Park Running Club	05:33
543	395	Paul Roberts	00:55:49	Ealing Eagles Running Club	05:35
546	396	Mark Worrall	00:55:55	Ealing Eagles Running Club	05:35
941	397	William Burbridge-James	00:56:05	Victoria Park H & Tower H AC	05:36
731	398	Jerome Boughton-Mills	00:56:15	London Heathside AC	05:37
785	399	Gildas Braine	00:56:36	Queens Park Harriers	05:40
421	400	Chris Violet	00:56:46	Barnet & District AC	05:41
797	401	Tim Lewin	00:56:49	Queens Park Harriers	05:41
545	402	Wei Sui	00:57:07	Ealing Eagles Running Club	05:43
557	403	Michael Wilson	00:57:10	East London Runners	05:43
702	404	Christos Bitzis-Politis	00:57:20	London Frontrunners	05:44
793	405	Edward Harris	00:57:29	Queens Park Harriers	05:45
701	406	Sait Bayrakdar	00:57:37	London Frontrunners	05:46
559	407	William Brook	00:57:53	Epsom & Ewell Harriers	05:47
526	408	Mike Mann	00:57:55	Dulwich Runners AC	05:48
409	409	David Byrne	00:57:59	Barnet & District AC	05:48
831	410	Hans Ho	00:58:28	Serpentine RC	05:51
494	411	Martin Lloyd	00:58:33	Collingwood AC	05:51
766	412	Steve Evans	00:58:53	Metropolitan Police AC	05:53
921	413	Eamonn Cullen	00:58:57	Trent Park Running Club	05:54
452	414	Paul Ford	00:59:23	Cambridge Harriers	05:56
689	415	Trevor Steeples	00:59:46	Hillingdon AC	05:59
961	416	David Shortridge	01:00:03	Victoria Park H & Tower H AC	06:00
912	417	Geoff Williamson	01:00:10	Thames Valley Harriers	06:01
693	418	Sean Costello	01:01:11	Iford AC	06:07
773	419	Eamon Byrne	01:01:21	Mornington Chasers RC	06:08
698	420	Jim Tilbrook	01:02:55	Iford AC	06:18

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
986	421	Roger Green	01:03:07	Woodford Green w Essex L	06:19
804	422	Charles Tatham	01:03:25	Queens Park Harriers	06:21
550	423	George Georgiou	01:04:24	East London Runners	06:26
454	424	Peter Hadley	01:06:07	Cambridge Harriers	06:37
935	425	Kevin Linehan	01:08:06	Tri London	06:49
601	426	Vernon Thomas	01:08:59	Greenwich Tritons	06:54

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
298	58	Rosie Vallance	00:25:23	Thames Valley Harriers	04:14
277	59	Scarlett Kent	00:25:27	Shaftesbury Barnet Harriers	04:15
140	60	Sophie McKeeman	00:25:28	Fulham Running Club	04:15
160	61	Philippa Mitchell	00:25:28	Hercules Wimbledon AC	04:15
280	62	Chloe Beckett	00:25:29	Thames Hare & Hounds	04:15
17	63	Mimi Corden-Lloyd	00:25:32	Belgrave Harriers	04:15
42	64	Josephine Philpot	00:25:38	Cambridge Harriers	04:16
7	65	Joanne Kent	00:25:39	Barnet & District AC	04:17
290	66	Andrea Stehlikova	00:25:45	Thames Hare & Hounds	04:18
38	67	Christine Lutsch	00:25:47	Cambridge Harriers	04:18
252	68	Nicola Douglas	00:25:50	Ranelagh Harriers	04:18
24	69	Jennie Butler	00:25:52	Blackheath & Bromley Harriers	04:19
285	70	Felicity Hayward	00:25:53	Thames Hare & Hounds	04:19
30	71	Ashley Pearson	00:26:06	Blackheath & Bromley Harriers	04:21
219	72	Ciara Williams	00:26:10	London Heathside AC	04:22
188	73	Louise Faherty	00:26:13	Highgate Harriers	04:22
45	74	Eleanor Andrews	00:26:16	Clapham Chasers RC	04:23
268	75	Kathryn Robertson-Arrebola	00:26:17	Serpentine RC	04:23
190	76	Mia Parry	00:26:19	Highgate Harriers	04:23
211	77	Ciera Kennedy	00:26:19	London Heathside AC	04:23
44	78	Katie Sanders	00:26:26	Cambridge Harriers	04:24
92	79	Alicja Furmanczyk	00:26:28	Dulwich Runners AC	04:25
62	80	Rosie Clarke	00:26:28	Clapham Pioneers	04:25
108	81	Talia Caspi	00:26:32	Ealing Eagles Running Club	04:25
58	82	Sarah Robertson	00:26:35	Clapham Chasers RC	04:26
201	83	Sara Black	00:26:42	London Heathside AC	04:27
320	84	Chloe Kibblewhite	00:26:42	Victoria Park H & Tower H AC	04:27
340	85	Ella Waddingham	00:26:44	Wimbledon Windmilers RC	04:27
283	86	Vikki Filsell	00:26:44	Thames Hare & Hounds	04:27
31	87	Hannah Araniello	00:26:47	Cambridge Harriers	04:28
282	88	Jessica Davies	00:26:49	Thames Hare & Hounds	04:28
249	89	Georgina Thorborn	00:26:52	Queens Park Harriers	04:29
338	90	Miriam Oliver	00:26:53	Wimbledon Windmilers RC	04:29
335	91	Sarah Hill	00:26:57	Wimbledon Windmilers RC	04:30
109	92	Caroline Crehan	00:26:58	Ealing Eagles Running Club	04:30
153	93	Clare Davies	00:27:03	Havering AC	04:31
130	94	Lee Milne	00:27:06	Eton Manor AC	04:31
246	95	Karima Harris	00:27:08	Queens Park Harriers	04:31
198	96	Hazel Reade	00:27:12	London Frontrunners	04:32
244	97	Sophie Barnard	00:27:15	Queens Park Harriers	04:33
103	98	Katie Smith	00:27:15	Dulwich Runners AC	04:33
41	99	Hayley Newman	00:27:17	Cambridge Harriers	04:33
174	100	Lauren Martin	00:27:21	Herne Hill Harriers	04:34
34	101	Susan Dixon	00:27:21	Cambridge Harriers	04:34
231	102	Cloudy Carnegie	00:27:24	Mornington Chasers RC	04:34
182	103	Nicola Audhlam-Gardiner	00:27:28	Highgate Harriers	04:35
77	104	Carmel Salvidge	00:27:32	Clapham Pioneers	04:35
99	105	Harriet Roddy	00:27:34	Dulwich Runners AC	04:36
239	106	Juliette Westbrook	00:27:35	Mornington Chasers RC	04:36
200	107	Tanya Addison	00:27:36	London Heathside AC	04:36
88	108	Ola Balme	00:27:41	Dulwich Runners AC	04:37
172	109	Holly Mammatt	00:27:47	Herne Hill Harriers	04:38
262	110	Sophie Flanagan	00:27:51	Serpentine RC	04:39
55	111	Charlotte Lydford	00:27:51	Clapham Chasers RC	04:39
194	112	Natalie Sacre	00:27:58	Kingston AC & Poly Harriers	04:40
224	113	Anna Douglas	00:27:58	Metropolitan Police AC	04:40
155	114	Stephanie Phillips	00:28:08	Havering AC	04:41

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
98	115	Ange Norris	00:28:11	Dulwich Runners AC	04:42
120	116	Jennifer Watt	00:28:15	Ealing Eagles Running Club	04:43
265	117	Rhiannon Needham	00:28:21	Serpentine RC	04:43
8	118	Sarah Moffatt	00:28:22	Barnet & District AC	04:44
136	119	Katherine Gow	00:28:23	Fulham Running Club	04:44
311	120	Lina Ambruleviciute	00:28:24	Vegan Runners UK	04:44
318	121	Faye Jeacocke	00:28:26	Victoria Park H & Tower H AC	04:44
175	122	Evie McDermott	00:28:31	Herne Hill Harriers	04:45
329	123	Rosemary Lewis	00:28:32	West 4 Harriers	04:45
213	124	Julie Pickering	00:28:40	London Heathside AC	04:47
113	125	Claire Ellison	00:28:44	Ealing Eagles Running Club	04:47
263	126	Jessica Goldsmith	00:28:46	Serpentine RC	04:48
197	127	Erika Kulikova	00:28:48	London Frontrunners	04:48
310	128	Gaelle Lebray	00:28:49	Tri London	04:48
185	129	Natasha Cendrowicz	00:28:51	Highgate Harriers	04:48
297	130	Fran Lou	00:28:52	Thames Valley Harriers	04:49
210	131	Trudy Kearney	00:28:55	London Heathside AC	04:49
135	132	Sophie Finnigan	00:28:59	Fulham Running Club	04:50
102	133	Eleanor Simmons	00:29:02	Dulwich Runners AC	04:50
209	134	Annabel Judd	00:29:04	London Heathside AC	04:51
295	135	Joy Giorgi	00:29:07	Thames Valley Harriers	04:51
91	136	Yvette Dore	00:29:11	Dulwich Runners AC	04:52
144	137	Marcela Arvizu	00:29:12	Greenwich Tritons	04:52
316	138	Anna Fiedlerova	00:29:21	Victoria Park H & Tower H AC	04:53
151	139	Jennifer Keal	00:29:22	Harrow AC	04:54
148	140	Lesley McCarthy	00:29:23	Greenwich Tritons	04:54
60	141	Katharine Waldron	00:29:29	Clapham Chasers RC	04:55
327	142	Katy Brown	00:29:47	West 4 Harriers	04:58
336	143	Bernadette Maher	00:29:48	Wimbledon Windmilers RC	04:58
4	144	Kathryn Ellis	00:29:49	Barnet & District AC	04:58
203	145	Kimberli Butler	00:29:52	London Heathside AC	04:59
208	146	Kitty Jones	00:29:56	London Heathside AC	04:59
61	147	Jane Marie Butler	00:29:58	Clapham Pioneers	05:00
65	148	Liz Felix	00:29:58	Clapham Pioneers	05:00
334	149	Claire Boynton	00:30:01	Wimbledon Windmilers RC	05:00
241	150	Verity Garcia	00:30:01	Orion Harriers	05:00
264	151	Sarah Mackenzie	00:30:03	Serpentine RC	05:01
196	152	Katherine Forrest	00:30:06	London Frontrunners	05:01
230	153	Chloe Bazlen	00:30:08	Mornington Chasers RC	05:01
1	154	Daisy Street	00:30:09	26.2 RRC	05:01
118	155	Anna Shierson	00:30:13	Ealing Eagles Running Club	05:02
131	156	Ruth Rose	00:30:14	Eton Manor AC	05:02
37	157	Maggie Illingworth	00:30:21	Cambridge Harriers	05:04
112	158	Laura Egerton	00:30:23	Ealing Eagles Running Club	05:04
181	159	Samantha Whiting	00:30:29	Herne Hill Harriers	05:05
70	160	Holly MacAskill	00:30:54	Clapham Pioneers	05:09
218	161	Caroline White	00:30:55	London Heathside AC	05:09
74	162	Cat Prowse	00:30:56	Clapham Pioneers	05:09
105	163	Liz Ainsworth	00:30:58	Ealing Eagles Running Club	05:10
273	164	Sophie Taylor	00:30:58	Serpentine RC	05:10
235	165	Emily Martyn	00:31:00	Mornington Chasers RC	05:10
216	166	Jackie Wastell	00:31:01	London Heathside AC	05:10
236	167	Stephanie Mercier	00:31:04	Mornington Chasers RC	05:11
192	168	Nichola Atkins	00:31:10	Kingston AC & Poly Harriers	05:12
272	169	Catkin Shelley	00:31:12	Serpentine RC	05:12
299	170	Nadia Whittaker	00:31:13	Thames Valley Harriers	05:12
123	171	Cindy Koon	00:31:18	East London Runners	05:13

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
233	172	Carmen Harrington	00:31:19	Mornington Chasers RC	05:13
32	173	Rose Baker	00:31:20	Cambridge Harriers	05:13
240	174	India Emery	00:31:23	Orion Harriers	05:14
138	175	Lisa Holleran	00:31:28	Fulham Running Club	05:15
84	176	Jenny Forde	00:31:28	Croydon Harriers	05:15
195	177	Kirsty Fitz-Poole	00:31:31	London Frontrunners	05:15
179	178	Ellen Walsh	00:31:45	Herne Hill Harriers	05:17
33	179	Sally Carr	00:31:48	Cambridge Harriers	05:18
238	180	Emily Morgan	00:31:51	Mornington Chasers RC	05:18
221	181	Ann Woulfe	00:31:51	London Heathside AC	05:18
234	182	Maki Kimura	00:31:56	Mornington Chasers RC	05:19
337	183	Samantha Monik	00:32:06	Wimbledon Windmilers RC	05:21
321	184	Sarah Knox	00:32:10	Victoria Park H & Tower H AC	05:22
309	185	Sarah Cakebread	00:32:17	Tri London	05:23
85	186	Rahana Islam	00:32:17	Dagenham 88 Runners	05:23
242	187	Erin Molloy	00:32:22	Orion Harriers	05:24
67	188	Grace Harding	00:32:31	Clapham Pioneers	05:25
142	189	Laura Richards	00:32:46	Fulham Running Club	05:28
119	190	Lisa Watson	00:32:51	Ealing Eagles Running Club	05:29
199	191	Julia Robinson	00:33:01	London Frontrunners	05:30
173	192	Alexandra Marginean	00:33:04	Herne Hill Harriers	05:31
69	193	Charlotte Lightowler	00:33:06	Clapham Pioneers	05:31
137	194	Alice Heath	00:33:09	Fulham Running Club	05:32
76	195	Anna Russell	00:33:10	Clapham Pioneers	05:32
187	196	Marcela Duarte	00:33:17	Highgate Harriers	05:33
133	197	Sophie Denman	00:33:20	Fulham Running Club	05:33
256	198	Katrina Capey	00:33:23	Serpentine RC	05:34
79	199	Rebecca Spencer	00:33:29	Clapham Pioneers	05:35
250	200	Carol Aikin	00:33:31	Ranelagh Harriers	05:35
117	201	Helen Pugh	00:33:34	Ealing Eagles Running Club	05:36
156	202	Clare Rudgley	00:33:40	Havering AC	05:37
35	203	Angela Ford	00:33:41	Cambridge Harriers	05:37
158	204	Angie Jenkinson	00:33:42	Hercules Wimbledon AC	05:37
101	205	Joanne Shelton	00:33:45	Dulwich Runners AC	05:37
66	206	Frances Furness	00:33:51	Clapham Pioneers	05:39
75	207	Justine Redwood	00:33:52	Clapham Pioneers	05:39
114	208	Sophie Foxall	00:33:57	Ealing Eagles Running Club	05:39
253	209	Ruth Gledhill	00:34:04	Ranelagh Harriers	05:41
83	210	Jules Del Nevo	00:34:06	Croydon Harriers	05:41
64	211	Dana Elfring	00:34:08	Clapham Pioneers	05:41
289	212	Eibhlin NÝ Bhrdaigh	00:34:10	Thames Hare & Hounds	05:42
312	213	June Barrow-Green	00:34:11	Victoria Park H & Tower H AC	05:42
305	214	Celine Goldsmith	00:34:20	Trent Park Running Club	05:43
267	215	Avril Riddell	00:34:34	Serpentine RC	05:46
232	216	Anne Caspi	00:34:36	Mornington Chasers RC	05:46
72	217	Louise Newman	00:34:39	Clapham Pioneers	05:46
331	218	Laura Winder	00:34:47	West 4 Harriers	05:48
278	219	Yasmin Anderson	00:34:58	Striders of Croydon	05:50
225	220	Becky Hedges	00:35:01	Metropolitan Police AC	05:50
71	221	Felicity Mortimer	00:35:02	Clapham Pioneers	05:50
126	222	Hayley Dalton	00:35:04	Eton Manor AC	05:51
333	223	Sally Bovill	00:35:08	Wimbledon Windmilers RC	05:51
146	224	Kate Fry	00:35:13	Greenwich Tritons	05:52
308	225	Bianca Fernandez-Clark	00:35:13	Tri London	05:52
39	226	Maria Macdonald	00:35:14	Cambridge Harriers	05:52
116	227	Suha Lagu	00:35:16	Ealing Eagles Running Club	05:53
127	228	Janine Durrant	00:35:24	Eton Manor AC	05:54

Bib	Overall Position	Name	Guntime	Team / Club	Avg pace
80	229	Jo Winnick	00:35:26	Clapham Pioneers	05:54
306	230	Christine Hawker	00:35:27	Trent Park Running Club	05:55
237	231	Jenny Moore	00:35:28	Mornington Chasers RC	05:55
110	232	Marie De Greef	00:35:39	Ealing Eagles Running Club	05:56
73	233	Sarah Prescott	00:35:48	Clapham Pioneers	05:58
302	234	Lynda Chase	00:35:49	The Stragglers RC	05:58
301	235	Sally Boulton	00:35:50	The Stragglers RC	05:58
6	236	Kirsty Johnstone	00:36:16	Barnet & District AC	06:03
341	237	Charlene Wong Min	00:36:36	Wimbledon Windmilers RC	06:06
269	238	Andrea Sanders-Reece	00:36:40	Serpentine RC	06:07
50	239	Jo Greening	00:36:53	Clapham Chasers RC	06:09
229	240	Elizabeth Aryeetey	00:36:58	Mornington Chasers RC	06:10
78	241	Chloe Sellwood	00:37:02	Clapham Pioneers	06:10
3	242	Mary Brown	00:38:13	Barnet & District AC	06:22
145	243	Jodie Cox	00:38:37	Greenwich Tritons	06:26
122	244	Victoria Charlesworth	00:38:41	East London Runners	06:27
266	245	Kim Pflaum	00:38:45	Serpentine RC	06:28
124	246	Diana Rexhepaj	00:38:49	East London Runners	06:28
247	247	Monika Kolterniak	00:38:52	Queens Park Harriers	06:29
303	248	Christine Glew	00:39:27	The Stragglers RC	06:35
314	249	Erica Brown	00:40:45	Victoria Park H & Tower H AC	06:47
339	250	Stephanie Oliver	00:41:12	Wimbledon Windmilers RC	06:52
228	251	Miriam Petovska	00:42:31	Metropolitan Police AC	07:05
150	252	Michelle Witheriff	00:44:20	Greenwich Tritons	07:23