

LONDON CROSS COUNTRY CHAMPIONSHIPS 2008

at HAMPSTEAD HEATH on 22 November 2008

Men — FINAL RESULTS

Distance = 10,000m

Pos	Name	Cat/Pos	Club	Time						
1	D Deed		Bedford & County AC	30:55	83	El J Bahradi	L	77	Queens Park Harriers	37:15
2	R Franzese		Harrow AC	31:26	84	S Fraser	L	78	Hercules Wimbledon AC	37:16
3	C Smith	L	1 Thames Valley Harriers	31:31	85	M Stapleton	L	79	Barnet & District AC	37:20
4	A Marriott		Wells City Harriers	31:41	86	M George	L	80	London Heathside	37:22
5	D Bruce	L	2 Highgate Harriers	31:56	87	M Revier	L	81	Hillingdon AC	37:26
6	J Connor	L	3 Kent AC	32:23	88	A Owen	L	82	London Heathside	37:29
7	A Inskip		Bedford & County AC	32:31	89	S Phillips	L	83	Herne Hill Harriers	37:30
8	J Saqui	L	4 Highgate Harriers	32:40	90	M Parker	L	84	Barnet & District AC	37:31
9	A Greenleaf	L	5 Winchester & District AC	32:53	91	I Gordon	L	85	Mornington Chasers	37:36
10	J Trapmore	L	6 Shaftesbury Barnet Harriers	32:57	92	S Khan	L	86	Herne Hill Harriers	37:37
11	P Tucker		Blackheath Harriers	33:01	93	MCummings	L	87	Herne Hill Harriers	37:41
12	R Phillips	L	7 Serpentine Running Club	33:10	94	A Searcy	L	88	Serpentine Running Club	37:42
13	T Elsey	L	8 Herne Hill Harriers	33:22	95	P Clinch	L	89	Ilford AC	37:44
14	N Torry	L	9 Serpentine Running Club	33:28	96	L Dooley	L	90	Metropolitan Police AC	37:47
15	B Paviour	L	10 Herne Hill Harriers	33:30	97	P Northrop	L	91	Enfield & Haringey AC	37:48
16	K Newton	L	11 Herne Hill Harriers	33:31	98	J Taylor	L	92	Barnet & District AC	37:48
17	M Muir	L	12 Ilford AC	33:36	99	P Leppard	L	93	Hillingdon AC	37:49
18	T Aldred	L	13 Highgate Harriers	33:39	100	A Watt	L	94	London Heathside	37:54
19	T Bryant	L	14 Shaftesbury Barnet Harriers	33:40	101	AMcColl	L	95	Serpentine Running Club	37:59
20	R McKinlay	L	15 Highgate Harriers	33:48	102	R Hogg	L	96	Woodford Green & Essex Ladies	38:01
21	B Wilder	L	16 Herne Hill Harriers	33:50	103	N Donovan	L	97	Unattached	38:06
22	J Brown	L	17 Metropolitan Police AC	33:53	104	D Burbridge	L	98	Highgate Harriers	38:06
23	S Benaim	L	18 Shaftesbury Barnet Harriers	33:58	105	J Ward	L	99	Herne Hill Harriers	38:08
24	JCunningham	L	19 Herne Hill Harriers	34:04	106	P Wright	L	100	Tadworth AC	38:09
25	RMann	L	20 Hillingdon AC	34:07	107	PMitchell	L	101	South London Harriers	38:12
26	RMunn	L	21 Kent AC	34:14	108	A Kelleher	L	102	Barnet & District AC	38:14
27	A Hogan	L	22 Hercules Wimbledon AC	34:20	109	DMacEnhill	L	103	Striders Of Croydon	38:17
28	J Perkins	L	23 Kingston Upon Hull AC	34:28	110	T Matthews	L	104	Wimbledon Windmilers	38:21
29	L Heard	L	24 Colchester & Tendring AC	34:30	111	S Hirons	L	105	Hillingdon AC	38:23
30	A-J Ward	L	25 Dorking & Mole Valley AC	34:36	112	D Coetzee	L	106	Hercules Wimbledon AC	38:24
31	J Clewett	L	26 Metropolitan Police AC	34:40	113	T Raynor			Mansfield Harriers	38:26
32	MBateman	L	27 Hillingdon AC	34:41	114	J Tomlin	L	107	Mornington Chasers	38:33
33	E Phillips	L	28 Serpentine Running Club	34:42	115	RMelik	L	108	Serpentine Running Club	38:36
34	J Jarvis	L	29 Herne Hill Harriers	34:45	116	A Dodd	L	109	Ealing, Southall & Middx. AC	38:40
35	A Grimsey	L	30 Kent AC	34:51	117	P Glynn	L	110	Hercules Wimbledon AC	38:47
36	T Taylor	L	31 Mornington Chasers	34:52	118	K Kemp	L	111	London Heathside	38:48
37	H Dodwell	L	32 Highgate Harriers	35:00	119	M Walker	L	112	Barnet & District AC	38:48
38	J Stead	L	33 Herne Hill Harriers	35:03	120	P Crockford	L	113	London Heathside	38:50
39	S Coombs	L	34 Herne Hill Harriers	35:08	121	I Harrison	L	114	Striders Of Croydon	38:51
40	S Martyn	L	35 Highgate Harriers	35:10	122	N Crisp	L	115	Ilford AC	38:52
41	A Reeves	L	36 Serpentine Running Club	35:11	123	J Lock	L	116	Serpentine Running Club	38:55
42	S Joyce	L	37 Orion Harriers	35:12	124	T Craggs	L	117	Mornington Chasers	39:03
43	A Robinson	L	38 Unattached	35:18	125	A Kitromilides	L	118	Mornington Chasers	39:11
44	R Batchelor		Aldershot, Farnham & Dist. AC	35:18	126	P Lazo	L	119	Kent AC	39:11
45	A Robbins	L	39 Serpentine Running Club	35:19	127	B Cobb	L	120	Serpentine Running Club	39:15
46	H Ahmed	L	40 Hercules Wimbledon AC	35:20	128	M Newton	L	121	Sutton Runners	39:21
47	H Torry	L	41 Serpentine Running Club	35:25	129	B Smith	L	122	Barnet & District AC	39:23
48	R Tuddenham	L	42 Serpentine Running Club	35:26	130	A Dickson	L	123	London Heathside	39:24
49	MMorgan	L	43 Striders Of Croydon	35:33	131	G Guthrie	L	124	Newham & Essex Beagles AC	39:36
50	C Shepherd	L	44 Woodford Green & Essex Ladies	35:35	132	C Bailey	L	125	Highgate Harriers	39:37
51	P Wallis	L	45 Victoria Park & Tower Hamlets	35:35	133	T Lebreton	L	126	Highgate Harriers	39:38
52	D Thompson	L	46 Hillingdon AC	35:40	134	T Hadlow	L	127	Kent AC	39:47
53	K Free	L	47 Metropolitan Police AC	35:43	135	W Roye	L	128	Queens Park Harriers	39:55
54	C Nicol	L	48 Thames Valley Harriers	35:47	136	L Menken	L	129	Serpentine Running Club	39:56
55	B Greene	L	49 Queens Park Harriers	35:49	137	P Carter	L	130	Barnet & District AC	40:00
56	J Kelly	L	50 Hercules Wimbledon AC	35:58	138	S Delahunty	L	131	Ealing, Southall & Middx. AC	40:04
57	P Williams	L	51 Trent Park Running Club	36:03	139	N Copas	L	132	Serpentine Running Club	40:06
58	G Stewart	L	52 London Heathside	36:10	140	C Morton	L	133	Striders Of Croydon	40:11
59	L Marshall	L	53 Mansfield Harriers	36:17	141	S Rodgers	L	134	Metropolitan Police AC	40:12
60	S Snow	L	54 Highgate Harriers	36:21	142	CMclver	L	135	Ealing, Southall & Middx. AC	40:14
61	R Eriksson	L	55 London Heathside	36:26	143	T Gascoigne	L	136	Highgate Harriers	40:16
62	L Hine	L	56 Kent AC	36:27	144	B Hutchinson	L	137	Kent AC	40:17
63	R Brown	L	57 Ealing, Southall & Middx. AC	36:28	145	S Scruton	L	138	Highgate Harriers	40:21
64	L Armitage	L	58 Kent AC	36:30	146	K Turner	L	139	Barnet & District AC	40:25
65	A Baci	L	59 Enfield & Haringey AC	36:31	147	J Waterfield	L	140	Metropolitan Police AC	40:29
66	N Daniels	L	60 Dulwich Runners	36:32	148	DMichael	L	141	Barnet & District AC	40:33
67	C Lound	L	61 Dulwich Runners	36:40	149	A Patton	L	142	Mornington Chasers	40:36
68	P Stockings	L	62 Woodford Green & Essex Ladies	36:43	150	D Ross	L	143	London Heathside	40:37
69	P Lee	L	63 Unattached	36:46	151	P Menwood	L	144	Herne Hill Harriers	40:39
70	J Dobson	L	64 Hercules Wimbledon AC	36:46	152	Nevo A Del	L	145	Croydon Harriers	40:43
71	MDaSilva	L	65 Thames Valley Harriers	36:47	153	M Henrion	L	146	Mornington Chasers	40:45
72	ESamuel	L	66 London Heathside	36:48	154	G Perkins			Unattached	40:46
73	RFanning	L	67 Serpentine Running Club	36:52	155	N Mitchell	L	147	London Heathside	40:50
74	IMacDonald	L	68 Ilford AC	36:53	156	S Soni	L	148	Queens Park Harriers	40:53
75	R Stewart	L	69 Highgate Harriers	36:58	157	S Ambrosi	L	149	Striders Of Croydon	41:01
76	L Nicholas	L	70 Ealing, Southall & Middx. AC	37:03	158	E Barrow	L	150	Herne Hill Harriers	41:02
77	J Deane	L	71 Highgate Harriers	37:06	159	P Shiel	L	151	Herne Hill Harriers	41:03
78	A Horton	L	72 Barnet & District AC	37:07	160	T McCarthy	L	152	Woodford Green & Essex Ladies	41:08
79	J Ferrard	L	73 London Heathside	37:07	161	RBell	L	153	Thames Valley Harriers	41:11
80	D McGregor	L	74 Serpentine Running Club	37:10	162	A Morton	L	154	Kent AC	41:14
81	J Arnold	L	75 Aldershot, Farnham & Dist. AC	37:12	163	P Shelley	L	155	Shaftesbury Barnet Harriers	41:15
82	R Moye	L	76 Kent AC	37:15	164	SDokic	L	156	Hillingdon AC	41:15
					165	MMann	L	157	Dulwich Runners	41:16
					166	B Plumb	L	158	Serpentine Running Club	41:17

167	T Ridley	L	159	Herne Hill Harriers	41:20	214	R Mansukhani	L	206	Serpentine Running Club	45:10
168	C Sutherland	L	160	Shaftesbury Barnet Harriers	41:23	215	G Mitchell	L	207	Serpentine Running Club	45:10
169	M Allen	L	161	KPMGRunning Club	41:27	216	J Bindman	L	208	Mornington Chasers	45:11
170	J Rae	L	162	Serpentine Running Club	41:30	217	N Skipper	L	209	London Heathside	45:15
171	F Heijbel	L	163	Mornington Chasers	41:31	218	I Sesnan	L	210	Dulwich Runners	45:19
172	D Newman	L	164	London Heathside	41:33	219	D West	L	211	Dulwich Runners	45:25
173	J O'Shea	L	165	Highgate Harriers	41:34	220	J McKenzie	L	212	Ilford AC	45:30
174	J Barretta	L	166	Dulwich Runners	41:36	221	P Rowbotham	L	213	Serpentine Running Club	45:31
175	J Gardner	L	167	Highgate Harriers	41:47	222	D Reeve	L	214	Serpentine Running Club	45:35
176	M Wadley	L	168	Serpentine Running Club	41:47	223	R Harding	L	215	Metropolitan Police AC	45:44
177	J Ainsworth	L	169	Queens Park Harriers	41:53	224	R Davies	L	216	Queens Park Harriers	45:50
178	G Newton	L	170	Tadworth AC	42:00	225	M Ross	L	217	Metropolitan Police AC	45:50
179	A Abaha	L	171	London Heathside	42:06	226	T Andrews	L	218	Serpentine Running Club	46:02
180	P Fromme	L	172	Serpentine Running Club	42:11	227	C Saunders	L	219	Serpentine Running Club	46:04
181	B Boothroyd	L	173	Metropolitan Police AC	42:13	228	S Maddison	L	220	Thames Valley Harriers	46:04
182	M Maple	L	174	Ilford AC	42:18	229	F Nolan	L	221	Queens Park Harriers	46:12
183	P Hill	L	175	Thames Valley Harriers	42:35	230	M Walker	L	222	KPMGRunning Club	46:18
184	C Oxlade	L	176	Croydon Harriers	42:38	231	T O'Donoghue	L	223	Wimbledon Windmilers	46:21
185	J Tobin	L	177	Unattached	42:43	232	T Gilbert	L	224	KPMGRunning Club	46:25
186	N Stockman	L	178	Highgate Harriers	42:48	233	J Brady	L	225	Dulwich Runners	46:27
187	D Fisher	L	179	Tadworth AC	42:48	234	J Kelly	L	226	Shaftesbury Barnet Harriers	46:30
188	N Pollok	L	180	Mornington Chasers	42:52	235	G Saxton	L	227	Mansfield Harriers	46:33
189	E King	L	181	Barnet & District AC	43:01	236	J Owen	L	228	Barnet & District AC	46:45
190	R Jenkin	L	182	Hillingdon AC	43:03	237	R Devitt	L	229	Shaftesbury Barnet Harriers	46:50
191	M Rowe	L	183	Croydon Harriers	43:16	238	S Claridge	L	230	Hillingdon AC	47:01
192	N Denning	L	184	Mornington Chasers	43:21	239	R Smith	L	231	Serpentine Running Club	47:06
193	L Olsen	L	185	Serpentine Running Club	43:23	240	S Wragg	L	232	Mansfield Harriers	47:35
194	P Lightfoot	L	186	KPMGRunning Club	43:25	241	J Tysmkas	L	233	Dulwich Runners	48:05
195	M Kizitia	L	187	Kent AC	43:30	242	A Disley	L	234	Mornington Chasers	48:27
196	S Allen	L	188	Barnet & District AC	43:32	243	H Kahaihra	L	235	Barnet & District AC	48:37
197	J Myall	L	189	Hillingdon AC	43:33	244	I Hodge	L	236	Serpentine Running Club	48:43
198	A Murray	L	190	Dulwich Runners	43:36	245	D Morley	L	237	Mornington Chasers	48:51
199	S Williams	L	191	Metropolitan Police AC	43:41	246	B Feldman	L	238	Hillingdon AC	49:32
200	K Geaney	L	192	Serpentine Running Club	43:50	247	G Homewood	L	239	Mornington Chasers	49:55
201	J Odlin	L	193	London Heathside	44:02	248	T Chen	L	240	Serpentine Running Club	50:02
202	N Keys	L	194	Enfield & Haringey AC	44:12	249	D Milsom	L	241	Hillingdon AC	51:33
203	G Edmonds	L	195	Serpentine Running Club	44:14	250	Christodoulou L	L	242	Metropolitan Police AC	51:58
204	J Grigg	L	196	Queens Park Harriers	44:16	251	A Smith	L	243	Queens Park Harriers	53:20
205	L Thomas	L	197	Queens Park Harriers	44:21	252	R Cautick	L	244	Larkfield AC	54:13
206	J Bignell	L	198	Hillingdon AC	44:22	253	A Brodie	L	245	Queens Park Harriers	54:41
207	M Saunders	L	199	South London Harriers	44:28	254	A Rodway	L	246	Unattached	55:07
208	S Lambert	L	200	Woodford Green & Essex Ladies	44:35	255	R Woodbridge	L	247	Herne Hill Harriers	55:45
209	J-L Hoes	L	201	Serpentine Running Club	44:36	256	E Campbell	L	248	Croydon Harriers	56:11
210	V Pauzers	L	202	Herne Hill Harriers	44:41	257	V Zeal	L	249	Metropolitan Police AC	56:32
211	L Burningham	L	203	London Heathside	44:54	258	Garrard A Lea	L	250	Herne Hill Harriers	56:53
212	K Brown	L	204	Croydon Harriers	44:59	259	C Vernon	L	251	Dulwich Runners	58:03
213	C Symonds	L	205	Enfield & Haringey AC	45:03	260	D Benjamin	L	252	Queens Park Harriers	1:08:59

Men - Junior — FINAL RESULTS

Distance = 10,000m

Pos	Name	Club	Time	Pos	Name	Club	Time	Pos	Name	Club	Time
1	T Bryant	L	33:40	8	I MacDonald	L	36:53	16	J Bignell	L	40:07
2	S Benaim	L	33:58	9	L Nicholas	L	37:03	17	M Revier	L	40:11
3	R Mann	L	34:07	10	J Arnold	L	37:12	18	B Smith	L	40:12
4	L Heard	L	34:30	11	M Revier	L	37:26	19	G Guthrie	L	40:13
5	A-J Ward	L	34:36	12	B Smith	L	39:23				
6	A Grimsey	L	34:51	13	G Guthrie	L	39:36				
7	L Marshall	L	36:17								

Men — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1 Highgate Harriers	51 —	5 D Bruce	8 J Saqui	18 T Aldred	20 R McKinlay
2 Herne Hill Harriers	65 —	13 T Elsey	15 B Paviour	16 K Newton	21 B Wilder
3 Serpentine Running Club	100 —	12 R Phillips	14 N Torry	33 E Phillips	41 A Reeves
4 Kent AC	128 —	6 J Connor	26 R Munn	35 A Grimsey	61 L Hine
5 Herne Hill Harriers 'B'	135 —	24 J Cunningham	34 J Jarvis	38 J Stead	39 S Coombs
6 Hillingdon AC	193 —	25 R Mann	32 M Bateman	51 D Thompson	85 M Revier
7 Hercules Wimbledon AC	195 —	27 A Hogan	45 H Ahmed	55 J Kelly	68 J Dobson
8 Metropolitan Police AC	199 —	22 J Brown	31 J Clewett	52 K Free	94 L Dooley
9 Serpentine Running Club 'B'	208 —	44 A Robbins	46 H Torry	47 R Tuddenham	71 R Fanning
10 Highgate Harriers 'B'	209 —	37 H Dodwell	40 S Martyn	59 S Snow	73 R Stewart
11 Shaftesbury Barnet Harriers	211 —	10 J Trapmore	19 T Bryant	23 S Benaim	159 P Shelley
12 London Heathside	264 —	57 G Stewart	60 R Eriksson	70 E Samuel	77 J Ferrard
13 Thames Valley Harriers	282 —	3 C Smith	53 C Nicol	69 M DaSilva	157 R Bell
14 Ilford AC	301 —	17 M Muir	72 I MacDonald	93 P Clinch	119 N Crisp
15 Barnet & District AC	343 —	76 A Horton	83 M Stapleton	88 M Parker	96 J Taylor
16 Mornington Chasers	357 —	36 T Taylor	89 I Gordon	111 J Tomlin	121 T Craggs
17 Herne Hill Harriers 'C'	370 —	87 S Phillips	90 S Khan	91 M Cummings	102 J Ward
18 Woodford Green & Essex Ladies	372 —	49 C Shepherd	67 P Stockings	100 R Hogg	156 T McCarthy
19 Serpentine Running Club 'C'	381 —	78 D McGregor	92 A Searcy	99 A McColl	112 R Melik
20 London Heathside 'B'	383 —	84 M George	86 A Owen	98 A Watt	115 K Kemp
21 Ealing, Southall & Middx. AC	384 —	62 R Brown	74 L Nicholas	113 A Dodd	135 S Delahunty
22 Kent AC 'B'	397 —	63 L Armitage	80 R Moye	123 P Lazo	131 T Hadlow
23 Striders Of Croydon	409 —	48 M Morgan	106 D MacEnhill	118 I Harrison	137 C Morton
24 Queens Park Harriers	419 —	54 B Greene	81 El J Bahradi	132 W Roye	152 S Soni
25 Highgate Harriers 'C'	435 —	75 J Deane	101 D Burbridge	129 C Bailey	130 T Lebreton
26 Dulwich Runners	462 —	65 N Daniels	66 C Lound	161 M Mann	170 J Barretta
27 Barnet & District AC 'B'	481 —	105 A Kelleher	116 M Walker	126 B Smith	134 P Carter
28 Serpentine Running Club 'D'	513 —	120 J Lock	124 B Cobb	133 L Menken	136 N Copas
29 London Heathside 'C'	542 —	117 P Crockford	127 A Dickson	147 D Ross	151 N Mitchell
30 Hillingdon AC 'B'	550 —	97 P Leppard	108 S Hirons	160 S Dokic	185 R Jenkin
31 Enfield & Haringey AC	564 —	64 A Baci	95 P Northrop	197 N Keys	208 C Symonds
32 Mornington Chasers 'B'	585 —	122 A Kitromilides	146 A Patton	150 M Henrion	167 F Heijbel
33 Herne Hill Harriers 'D'	620 —	148 P Menwood	154 E Barrow	155 P Shiel	163 T Ridley
34 Highgate Harriers 'D'	622 —	140 T Gascoigne	142 S Scruton	169 JO'Shea	171 J Gardner
35 Mansfield Harriers	633 —	58 L Marshall	110 T Raynor	230 G Saxton	235 S Wragg
36 Metropolitan Police AC 'B'	653 —	138 S Rodgers	144 J Waterfield	177 B Boothroyd	194 S Williams
37 Barnet & District AC 'C'	663 —	143 K Turner	145 D Michael	184 E King	191 S Allen
38 Serpentine Running Club 'E'	676 —	162 B Plumb	166 J Rae	172 M Wadley	176 P Fromme
39 Croydon Harriers	722 —	149 Nevo A Del	180 C Oxlade	186 M Rowe	207 K Brown
40 London Heathside 'D'	745 —	168 D Newman	175 A Abrha	196 J Odlin	206 L Burningham
41 Serpentine Running Club 'F'	785 —	188 L Olsen	195 K Geaney	198 G Edmonds	204 J-L Hoz
42 Queens Park Harriers 'B'	791 —	173 J Ainsworth	199 J Grigg	200 L Thomas	219 R Davies
43 Mornington Chasers 'C'	818 —	183 N Pollok	187 N Denning	211 J Bindman	237 A Disley
44 Dulwich Runners 'B'	848 —	193 A Murray	213 I Sesnan	214 D West	228 J Brady
45 Serpentine Running Club 'G'	852 —	209 R Mansukhani	210 G Mitchell	216 P Rowbotham	217 D Reeve
46 Hillingdon AC 'C'	867 —	192 J Myall	201 J Bignell	233 S Claridge	241 B Feldman
47 Serpentine Running Club 'H'	916 —	221 T Andrews	222 C Saunders	234 R Smith	239 I Hodge
48 Metropolitan Police AC 'C'	934 —	218 R Harding	220 M Ross	245 ChristodoulouL	251 V Zeal
49 Queens Park Harriers 'C'	972 —	224 F Nolan	246 A Smith	248 A Brodie	254 D Benjamin

LONDON CROSS COUNTRY CHAMPIONSHIPS 2008

at HAMPSTEAD HEATH on 22 November 2008

Men - Masters — FINAL RESULTS

Distance = 10,000m

Pos	Name	Club	Time						
1	A Inskip	Bedford & County AC	32:31	55	J Ainsworth	L	52	Queens Park Harriers	41:53
2	K Newton	L 1 Herne Hill Harriers	33:31	56	G Newton	L	53	Tadworth AC	42:00
3	RTuddenham	L 2 Serpentine Running Club	35:26	57	A Abrha	L	54	London Heathside	42:06
4	G Stewart	L 3 London Heathside	36:10	58	C Oxlade	L	55	Croydon Harriers	42:38
5	S Snow	L 4 Highgate Harriers	36:21	59	E King	L	56	Barnet & District AC	43:01
6	R Brown	L 5 Ealing, Southall & Middx. AC	36:28	60	R Jenkin	L	57	Hillingdon AC	43:03
7	L Armitage	L 6 Kent AC	36:30	61	L Olsen	L	58	Serpentine Running Club	43:23
8	C Lound	L 7 Dulwich Runners	36:40	62	P Lightfoot	L	59	KPMG Running Club	43:25
9	P Lee	L 8 Unattached	36:46	63	S Allen	L	60	Barnet & District AC	43:32
10	J Dobson	L 9 Hercules Wimbledon AC	36:46	64	J Myall	L	61	Hillingdon AC	43:33
11	A Horton	L 10 Barnet & District AC	37:07	65	A Murray	L	62	Dulwich Runners	43:36
12	J Ferrard	L 11 London Heathside	37:07	66	S Williams	L	63	Metropolitan Police AC	43:41
13	D McGregor	L 12 Serpentine Running Club	37:10	67	J Odlin	L	64	London Heathside	44:02
14	R Moye	L 13 Kent AC	37:15	68	L Thomas	L	65	Queens Park Harriers	44:21
15	S Fraser	L 14 Hercules Wimbledon AC	37:16	69	J Bignell	L	66	Hillingdon AC	44:22
16	M Stapleton	L 15 Barnet & District AC	37:20	70	M Saunders	L	67	South London Harriers	44:28
17	M George	L 16 London Heathside	37:22	71	S Lambert	L	68	Woodford Green & Essex Ladies	44:35
18	A Owen	L 17 London Heathside	37:29	72	J-L Hoz	L	69	Serpentine Running Club	44:36
19	M Parker	L 18 Barnet & District AC	37:31	73	V Pauzers	L	70	Herne Hill Harriers	44:41
20	A Searcy	L 19 Serpentine Running Club	37:42	74	L Birmingham	L	71	London Heathside	44:54
21	R Hogg	L 20 Woodford Green & Essex Ladies	38:01	75	K Brown	L	72	Croydon Harriers	44:59
22	P Mitchell	L 21 South London Harriers	38:12	76	J Bindman	L	73	Mornington Chasers	45:11
23	A Kelleher	L 22 Barnet & District AC	38:14	77	N Skipper	L	74	London Heathside	45:15
24	S Hirons	L 23 Hillingdon AC	38:23	78	I Sesnan	L	75	Dulwich Runners	45:19
25	T Raynor	L Mansfield Harriers	38:26	79	D West	L	76	Dulwich Runners	45:25
26	R Melik	L 24 Serpentine Running Club	38:36	80	J McKenzie	L	77	Ilford AC	45:30
27	K Kemp	L 25 London Heathside	38:48	81	P Rowbotham	L	78	Serpentine Running Club	45:31
28	P Crockford	L 26 London Heathside	38:50	82	R Davies	L	79	Queens Park Harriers	45:50
29	N Crisp	L 27 Ilford AC	38:52	83	T Andrews	L	80	Serpentine Running Club	46:02
30	B Cobb	L 28 Serpentine Running Club	39:15	84	S Maddison	L	81	Thames Valley Harriers	46:04
31	M Newton	L 29 Sutton Runners	39:21	85	F Nolan	L	82	Queens Park Harriers	46:12
32	C Bailey	L 30 Highgate Harriers	39:37	86	T O'Donoghue	L	83	Wimbledon Windmilers	46:21
33	P Carter	L 31 Barnet & District AC	40:00	87	J Brady	L	84	Dulwich Runners	46:27
34	C Morton	L 32 Striders Of Croydon	40:11	88	J Kelly	L	85	Shaftesbury Barnet Harriers	46:30
35	B Hutchinson	L 33 Kent AC	40:17	89	G Saxton	L		Mansfield Harriers	46:33
36	S Scruton	L 34 Highgate Harriers	40:21	90	J Owen	L	86	Barnet & District AC	46:45
37	K Turner	L 35 Barnet & District AC	40:25	91	R Devitt	L	87	Shaftesbury Barnet Harriers	46:50
38	D Michael	L 36 Barnet & District AC	40:33	92	S Claridge	L	88	Hillingdon AC	47:01
39	D Ross	L 37 London Heathside	40:37	93	R Smith	L	89	Serpentine Running Club	47:06
40	Nevo A Del	L 38 Croydon Harriers	40:43	94	S Wragg	L		Mansfield Harriers	47:35
41	G Perkins	L Unattached	40:46	95	J Tysmkas	L	90	Dulwich Runners	48:05
42	N Mitchell	L 39 London Heathside	40:50	96	A Disley	L	91	Mornington Chasers	48:27
43	E Barrow	L 40 Herne Hill Harriers	41:02	97	H Kahaihra	L	92	Barnet & District AC	48:37
44	T McCarthy	L 41 Woodford Green & Essex Ladies	41:08	98	I Hodge	L	93	Serpentine Running Club	48:43
45	R Bell	L 42 Thames Valley Harriers	41:11	99	B Feldman	L	94	Hillingdon AC	49:32
46	P Shelley	L 43 Shaftesbury Barnet Harriers	41:15	100	G Homewood	L	95	Mornington Chasers	49:55
47	S Dokic	L 44 Hillingdon AC	41:15	101	D Milsom	L	96	Hillingdon AC	51:33
48	M Mann	L 45 Dulwich Runners	41:16	102	A Brodie	L	97	Queens Park Harriers	54:41
49	T Ridley	L 46 Herne Hill Harriers	41:20	103	A Rodway	L	98	Unattached	55:07
50	M Allen	L 47 KPMG Running Club	41:27	104	R Woodbridge	L	99	Herne Hill Harriers	55:45
51	D Newman	L 48 London Heathside	41:33	105	E Campbell	L	100	Croydon Harriers	56:11
52	JO'Shea	L 49 Highgate Harriers	41:34	106	Garrard A Lea	L	101	Herne Hill Harriers	56:53
53	J Gardner	L 50 Highgate Harriers	41:47	107	C Vernon	L	102	Dulwich Runners	58:03
54	M Wadley	L 51 Serpentine Running Club	41:47	108	D Benjamin	L	103	Queens Park Harriers	1:08:59

LONDON CROSS COUNTRY CHAMPIONSHIPS 2008

at HAMPSTEAD HEATH on 22 November 2008

Men - London — FINAL RESULTS

Distance = 10,000m

Pos	Name	Cat/Pos	Club	Time
1	C Smith	L	1 Thames Valley Harriers	31:31
2	D Bruce	L	2 Highgate Harriers	31:56
3	J Connor	L	3 Kent AC	32:23
4	J Saqui	L	4 Highgate Harriers	32:40
5	A Greenleaf	L	5 Winchester & District AC	32:53
6	J Trapmore	L	6 Shaftesbury Barnet Harriers	32:57
7	R Phillips	L	7 Serpentine Running Club	33:10
8	T Elsey	L	8 Herne Hill Harriers	33:22
9	N Torry	L	9 Serpentine Running Club	33:28
10	B Paviour	L	10 Herne Hill Harriers	33:30
11	K Newton	L	11 Herne Hill Harriers	33:31
12	M Muir	L	12 Ilford AC	33:36
13	T Aldred	L	13 Highgate Harriers	33:39
14	T Bryant	L	14 Shaftesbury Barnet Harriers	33:40
15	R McKinlay	L	15 Highgate Harriers	33:48
16	B Wilder	L	16 Herne Hill Harriers	33:50
17	J Brown	L	17 Metropolitan Police AC	33:53
18	S Benaim	L	18 Shaftesbury Barnet Harriers	33:58
19	J Cunningham	L	19 Herne Hill Harriers	34:04
20	R Mann	L	20 Hillingdon AC	34:07
21	R Munn	L	21 Kent AC	34:14
22	A Hogan	L	22 Hercules Wimbledon AC	34:20
23	J Perkins	L	23 Kingston Upon Hull AC	34:28
24	L Heard	L	24 Colchester & Tendring AC	34:30
25	A-J Ward	L	25 Dorking & Mole Valley AC	34:36
26	J Clewett	L	26 Metropolitan Police AC	34:40
27	M Bateman	L	27 Hillingdon AC	34:41
28	E Phillips	L	28 Serpentine Running Club	34:42
29	J Jarvis	L	29 Herne Hill Harriers	34:45
30	A Grimsey	L	30 Kent AC	34:51
31	T Taylor	L	31 Mornington Chasers	34:52
32	H Dodwell	L	32 Highgate Harriers	35:00
33	J Stead	L	33 Herne Hill Harriers	35:03
34	S Coombs	L	34 Herne Hill Harriers	35:08
35	S Martyn	L	35 Highgate Harriers	35:10
36	A Reeves	L	36 Serpentine Running Club	35:11
37	S Joyce	L	37 Orion Harriers	35:12
38	A Robinson	L	38 Unattached	35:18
39	A Robbins	L	39 Serpentine Running Club	35:19
40	H Ahmed	L	40 Hercules Wimbledon AC	35:20
41	H Torry	L	41 Serpentine Running Club	35:25
42	R Tuddenham	L	42 Serpentine Running Club	35:26
43	M Morgan	L	43 Striders Of Croydon	35:33
44	C Shepherd	L	44 Woodford Green & Essex Ladies	35:35
45	P Wallis	L	45 Victoria Park & Tower Hamlets	35:35
46	D Thompson	L	46 Hillingdon AC	35:40
47	K Free	L	47 Metropolitan Police AC	35:43
48	C Nicol	L	48 Thames Valley Harriers	35:47
49	B Greene	L	49 Queens Park Harriers	35:49
50	J Kelly	L	50 Hercules Wimbledon AC	35:58
51	P Williams	L	51 Trent Park Running Club	36:03
52	G Stewart	L	52 London Heathside	36:10
53	L Marshall	L	53 Mansfield Harriers	36:17
54	S Snow	L	54 Highgate Harriers	36:21
55	R Eriksson	L	55 London Heathside	36:26
56	L Hine	L	56 Kent AC	36:27
57	R Brown	L	57 Ealing, Southall & Middx. AC	36:28
58	L Armitage	L	58 Kent AC	36:30
59	A Baci	L	59 Enfield & Haringey AC	36:31
60	N Daniels	L	60 Dulwich Runners	36:32
61	C Lound	L	61 Dulwich Runners	36:40
62	P Stockings	L	62 Woodford Green & Essex Ladies	36:43
63	P Lee	L	63 Unattached	36:46
64	J Dobson	L	64 Hercules Wimbledon AC	36:46
65	M DaSilva	L	65 Thames Valley Harriers	36:47
66	E Samuel	L	66 London Heathside	36:48
67	R Fanning	L	67 Serpentine Running Club	36:52
68	I MacDonald	L	68 Ilford AC	36:53
69	R Stewart	L	69 Highgate Harriers	36:58
70	L Nicholas	L	70 Ealing, Southall & Middx. AC	37:03
71	J Deane	L	71 Highgate Harriers	37:06
72	A Horton	L	72 Barnet & District AC	37:07
73	J Ferrard	L	73 London Heathside	37:07
74	D McGregor	L	74 Serpentine Running Club	37:10
75	J Arnold	L	75 Aldershot, Farnham & Dist. AC	37:12
76	R Moyer	L	76 Kent AC	37:15
77	El J Bahradi	L	77 Queens Park Harriers	37:15
78	S Fraser	L	78 Hercules Wimbledon AC	37:16
79	M Stapleton	L	79 Barnet & District AC	37:20
80	M George	L	80 London Heathside	37:22
81	M Revier	L	81 Hillingdon AC	37:26
82	A Owen	L	82 London Heathside	37:29
83	S Phillips	L	83 Herne Hill Harriers	37:30
84	M Parker	L	84 Barnet & District AC	37:31
85	I Gordon	L	85 Mornington Chasers	37:36
86	S Khan	L	86 Herne Hill Harriers	37:37
87	M Cummings	L	87 Herne Hill Harriers	37:41
88	A Searcy	L	88 Serpentine Running Club	37:42
89	P Clinch	L	89 Ilford AC	37:44
90	L Dooley	L	90 Metropolitan Police AC	37:47
91	P Northrop	L	91 Enfield & Haringey AC	37:48
92	J Taylor	L	92 Barnet & District AC	37:48
93	P Leppard	L	93 Hillingdon AC	37:49
94	A Watt	L	94 London Heathside	37:54
95	A McColl	L	95 Serpentine Running Club	37:59
96	R Hogg	L	96 Woodford Green & Essex Ladies	38:01
97	N Donovan	L	97 Unattached	38:06
98	D Burbridge	L	98 Highgate Harriers	38:06
99	J Ward	L	99 Herne Hill Harriers	38:08
100	P Wright	L	100 Tadworth AC	38:09
101	P Mitchell	L	101 South London Harriers	38:12
102	A Kelleher	L	102 Barnet & District AC	38:14
103	D MacEnhill	L	103 Striders Of Croydon	38:17
104	T Matthews	L	104 Wimbledon Windmilers	38:21
105	S Hirons	L	105 Hillingdon AC	38:23
106	D Coetzee	L	106 Hercules Wimbledon AC	38:24
107	J Tomlin	L	107 Mornington Chasers	38:33
108	R Melik	L	108 Serpentine Running Club	38:36
109	A Dodd	L	109 Ealing, Southall & Middx. AC	38:40
110	P Glynn	L	110 Hercules Wimbledon AC	38:47
111	K Kemp	L	111 London Heathside	38:48
112	M Walker	L	112 Barnet & District AC	38:48
113	P Crockford	L	113 London Heathside	38:50
114	I Harrison	L	114 Striders Of Croydon	38:51
115	N Crisp	L	115 Ilford AC	38:52
116	J Lock	L	116 Serpentine Running Club	38:55
117	T Craggs	L	117 Mornington Chasers	39:03
118	A Kitromilides	L	118 Mornington Chasers	39:11
119	P Lazo	L	119 Kent AC	39:11
120	B Cobb	L	120 Serpentine Running Club	39:15
121	M Newton	L	121 Sutton Runners	39:21
122	B Smith	L	122 Barnet & District AC	39:23
123	A Dickson	L	123 London Heathside	39:24
124	G Guthrie	L	124 Newham & Essex Beagles AC	39:36
125	C Bailey	L	125 Highgate Harriers	39:37
126	T Lebreton	L	126 Highgate Harriers	39:38
127	T Hadlow	L	127 Kent AC	39:47
128	W Royce	L	128 Queens Park Harriers	39:55
129	L Menken	L	129 Serpentine Running Club	39:56
130	P Carter	L	130 Barnet & District AC	40:00
131	S Delahunty	L	131 Ealing, Southall & Middx. AC	40:04
132	N Copas	L	132 Serpentine Running Club	40:06
133	C Morton	L	133 Striders Of Croydon	40:11
134	S Rodgers	L	134 Metropolitan Police AC	40:12
135	C McIver	L	135 Ealing, Southall & Middx. AC	40:14
136	T Gascoigne	L	136 Highgate Harriers	40:16
137	B Hutchinson	L	137 Kent AC	40:17
138	S Scruton	L	138 Highgate Harriers	40:21
139	K Turner	L	139 Barnet & District AC	40:25
140	J Waterfield	L	140 Metropolitan Police AC	40:29
141	D Michael	L	141 Barnet & District AC	40:33
142	A Patton	L	142 Mornington Chasers	40:36
143	D Ross	L	143 London Heathside	40:37
144	P Menwood	L	144 Herne Hill Harriers	40:39
145	Nevo A Del	L	145 Croydon Harriers	40:43
146	M Henrion	L	146 Mornington Chasers	40:45
147	N Mitchell	L	147 London Heathside	40:50
148	S Soni	L	148 Queens Park Harriers	40:53
149	S Ambrosi	L	149 Striders Of Croydon	41:01
150	E Barrow	L	150 Herne Hill Harriers	41:02
151	P Shiel	L	151 Herne Hill Harriers	41:03
152	T McCarthy	L	152 Woodford Green & Essex Ladies	41:08
153	R Bell	L	153 Thames Valley Harriers	41:11
154	A Morton	L	154 Kent AC	41:14
155	P Shelley	L	155 Shaftesbury Barnet Harriers	41:15
156	S Dokic	L	156 Hillingdon AC	41:15
157	M Mann	L	157 Dulwich Runners	41:16
158	B Plumb	L	158 Serpentine Running Club	41:17
159	T Ridley	L	159 Herne Hill Harriers	41:20
160	C Sutherland	L	160 Shaftesbury Barnet Harriers	41:23
161	M Allen	L	161 KPMG Running Club	41:27
162	J Rae	L	162 Serpentine Running Club	41:30
163	F Heijbel	L	163 Mornington Chasers	41:31
164	D Newman	L	164 London Heathside	41:33

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

165	JO'Shea	L	165	Highgate Harriers	41:34	208	JBindman	L	208	Mornington Chasers	45:11
166	J Barretta	L	166	Dulwich Runners	41:36	209	NSkipper	L	209	London Heathside	45:15
167	J Gardner	L	167	Highgate Harriers	41:47	210	ISesnan	L	210	Dulwich Runners	45:19
168	M Wadley	L	168	Serpentine Running Club	41:47	211	D West	L	211	Dulwich Runners	45:25
169	J Ainsworth	L	169	Queens Park Harriers	41:53	212	J McKenzie	L	212	Ilford AC	45:30
170	G Newton	L	170	Tadworth AC	42:00	213	P Rowbotham	L	213	Serpentine Running Club	45:31
171	A Abhra	L	171	London Heathside	42:06	214	D Reeve	L	214	Serpentine Running Club	45:35
172	PFromme	L	172	Serpentine Running Club	42:11	215	R Harding	L	215	Metropolitan Police AC	45:44
173	B Boothroyd	L	173	Metropolitan Police AC	42:13	216	R Davies	L	216	Queens Park Harriers	45:50
174	MMaple	L	174	Ilford AC	42:18	217	M Ross	L	217	Metropolitan Police AC	45:50
175	PHill	L	175	Thames Valley Harriers	42:35	218	T Andrews	L	218	Serpentine Running Club	46:02
176	C Oxlade	L	176	Croydon Harriers	42:38	219	C Saunders	L	219	Serpentine Running Club	46:04
177	JTobin	L	177	Unattached	42:43	220	S Maddison	L	220	Thames Valley Harriers	46:04
178	N Stockman	L	178	Highgate Harriers	42:48	221	F Nolan	L	221	Queens Park Harriers	46:12
179	D Fisher	L	179	Tadworth AC	42:48	222	MWalker	L	222	KPMGRunning Club	46:18
180	NPollok	L	180	Mornington Chasers	42:52	223	T O'Donoghue	L	223	Wimbledon Windmilers	46:21
181	E King	L	181	Barnet & District AC	43:01	224	T Gilbert	L	224	KPMGRunning Club	46:25
182	R Jenkin	L	182	Hillingdon AC	43:03	225	J Brady	L	225	Dulwich Runners	46:27
183	M Rowe	L	183	Croydon Harriers	43:16	226	J Kelly	L	226	Shaftesbury Barnet Harriers	46:30
184	N Denning	L	184	Mornington Chasers	43:21	227	J Owen	L	227	Barnet & District AC	46:45
185	L Olsen	L	185	Serpentine Running Club	43:23	228	R Devitt	L	228	Shaftesbury Barnet Harriers	46:50
186	P Lightfoot	L	186	KPMGRunning Club	43:25	229	S Claridge	L	229	Hillingdon AC	47:01
187	M Kizitia	L	187	Kent AC	43:30	230	R Smith	L	230	Serpentine Running Club	47:06
188	S Allen	L	188	Barnet & District AC	43:32	231	J Tysmkas	L	231	Dulwich Runners	48:05
189	J Myall	L	189	Hillingdon AC	43:33	232	A Disley	L	232	Mornington Chasers	48:27
190	A Murray	L	190	Dulwich Runners	43:36	233	H Kahaihra	L	233	Barnet & District AC	48:37
191	S Williams	L	191	Metropolitan Police AC	43:41	234	I Hodge	L	234	Serpentine Running Club	48:43
192	K Geaney	L	192	Serpentine Running Club	43:50	235	D Morley	L	235	Mornington Chasers	48:51
193	J Odlin	L	193	London Heathside	44:02	236	B Feldman	L	236	Hillingdon AC	49:32
194	N Keys	L	194	Enfield & Haringey AC	44:12	237	G Homewood	L	237	Mornington Chasers	49:55
195	G Edmonds	L	195	Serpentine Running Club	44:14	238	T Chen	L	238	Serpentine Running Club	50:02
196	J Grigg	L	196	Queens Park Harriers	44:16	239	D Milsom	L	239	Hillingdon AC	51:33
197	L Thomas	L	197	Queens Park Harriers	44:21	240	Christodoulou L	L	240	Metropolitan Police AC	51:58
198	J Bignell	L	198	Hillingdon AC	44:22	241	A Smith	L	241	Queens Park Harriers	53:20
199	M Saunders	L	199	South London Harriers	44:28	242	R Cautick	L	242	Larkfield AC	54:13
200	S Lambert	L	200	Woodford Green & Essex Ladies	44:35	243	A Brodie	L	243	Queens Park Harriers	54:41
201	J-L Hoes	L	201	Serpentine Running Club	44:36	244	A Rodway	L	244	Unattached	55:07
202	V Pauzers	L	202	Herne Hill Harriers	44:41	245	R Woodbridge	L	245	Herne Hill Harriers	55:45
203	L Burningham	L	203	London Heathside	44:54	246	E Campbell	L	246	Croydon Harriers	56:11
204	K Brown	L	204	Croydon Harriers	44:59	247	V Zeal	L	247	Metropolitan Police AC	56:32
205	C Symonds	L	205	Enfield & Haringey AC	45:03	248	Garrard A Lea	L	248	Herne Hill Harriers	56:53
206	R Mansukhani	L	206	Serpentine Running Club	45:10	249	C Vernon	L	249	Dulwich Runners	58:03
207	G Mitchell	L	207	Serpentine Running Club	45:10	250	D Benjamin	L	250	Queens Park Harriers	1:08:59

Men - London — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1	Highgate Harriers	34	—	2	D Bruce	4	J Saqui	13	T Aldred	15	R McKinlay
2	Herne Hill Harriers	45	—	8	T Elsey	10	B Pavour	11	K Newton	16	B Wilder
3	Serpentine Running Club	80	—	7	R Phillips	9	N Torry	28	E Phillips	36	A Reeves
4	Kent AC	109	—	3	J Connor	21	R Munn	30	A Grimsey	55	L Hine
5	Herne Hill Harriers 'B'	115	—	19	J Cunningham	29	J Jarvis	33	J Stead	34	S Coombs
6	Hillingdon AC	171	—	20	R Mann	27	M Bateman	45	D Thompson	79	M Revier
7	Hercules Wimbledon AC	172	—	22	A Hogan	39	H Ahmed	49	J Kelly	62	J Dobson
8	Metropolitan Police AC	177	—	17	J Brown	26	J Clewett	46	K Free	88	L Dooley
9	Serpentine Running Club 'B'	184	—	38	A Robbins	40	H Torry	41	R Tuddenham	65	R Fanning
10	Highgate Harriers 'B'	187	—	32	H Dodwell	35	S Martyn	53	S Snow	67	R Stewart
11	Shaftesbury Barnet Harriers	190	—	6	J Trapmore	14	T Bryant	18	S Benaim	152	P Shelley
12	London Heathside	240	—	51	G Stewart	54	R Eriksson	64	E Samuel	71	J Ferrard
13	Thames Valley Harriers	261	—	1	C Smith	47	C Nicol	63	M DaSilva	150	R Bell
14	Ilford AC	277	—	12	M Muir	66	I MacDonald	87	P Clinch	112	N Crisp
15	Barnet & District AC	319	—	70	A Horton	77	M Stapleton	82	M Parker	90	J Taylor
16	Mornington Chasers	332	—	31	T Taylor	83	I Gordon	104	J Tomlin	114	T Craggs
17	Herne Hill Harriers 'C'	346	—	81	S Phillips	84	S Khan	85	M Cummings	96	J Ward
18	Woodford Green & Essex Ladies	347	—	43	C Shepherd	61	P Stockings	94	R Hogg	149	T McCarthy
19	Serpentine Running Club 'C'	356	—	72	D McGregor	86	A Searcy	93	A McColl	105	R Melik
20	London Heathside 'B'	358	—	78	M George	80	A Owen	92	A Watt	108	K Kemp
21	Ealing, Southall & Middx. AC	358	—	56	R Brown	68	L Nicholas	106	A Dodd	128	S Delahunty
22	Kent AC 'B'	371	—	57	L Armitage	74	R Moyer	116	P Lazo	124	T Hadlow
23	Striders Of Croydon	383	—	42	M Morgan	100	D MacEnhill	111	I Harrison	130	C Morton
24	Queens Park Harriers	393	—	48	B Greene	75	E J Bahradi	125	W Royce	145	S Soni
25	Highgate Harriers 'C'	409	—	69	J Deane	95	D Burbridge	122	C Bailey	123	T Lebreton
26	Dulwich Runners	436	—	59	N Daniels	60	C Lound	154	M Mann	163	J Barretta
27	Barnet & District AC 'B'	454	—	99	A Kelleher	109	M Walker	119	B Smith	127	P Carter
28	Serpentine Running Club 'D'	485	—	113	J Lock	117	B Cobb	126	L Menken	129	N Copas
29	London Heathside 'C'	514	—	110	P Crockford	120	A Dickson	140	D Ross	144	N Mitchell
30	Hillingdon AC 'B'	524	—	91	P Leppard	102	S Hirons	153	S Dokic	178	R Jenkin
31	Enfield & Haringey AC	538	—	58	A Baci	89	P Northrop	190	N Keys	201	C Symonds
32	Mornington Chasers 'B'	557	—	115	A Kitromilides	139	A Patton	143	M Henrion	160	F Heijbel
33	Herne Hill Harriers 'D'	592	—	141	P Menwood	147	E Barrow	148	P Shiel	156	T Ridley
34	Highgate Harriers 'D'	594	—	133	T Gascoigne	135	S Scruton	162	JO'Shea	164	J Gardner
35	Metropolitan Police AC 'B'	625	—	131	S Rodgers	137	J Waterfield	170	B Boothroyd	187	S Williams
36	Barnet & District AC 'C'	635	—	136	K Turner	138	D Michael	177	E King	184	S Allen
37	Serpentine Running Club 'E'	648	—	155	B Plumb	159	J Rae	165	M Wadley	169	P Fromme
38	Croydon Harriers	694	—	142	Nevo A Del	173	C Oxlade	179	M Rowe	200	K Brown
39	London Heathside 'D'	717	—	161	D Newman	168	A Abhra	189	J Odlin	199	L Burningham
40	Serpentine Running Club 'F'	757	—	181	L Olsen	188	K Geaney	191	G Edmonds	197	J-L Hoes
41	Queens Park Harriers 'B'	763	—	166	J Ainsworth	192	J Grigg	193	L Thomas	212	R Davies
42	Mornington Chasers 'C'	788	—	176	N Pollok	180	N Denning	204	J Bindman	228	A Disley
43	Dulwich Runners 'B'	820	—	186	A Murray	206	I Sesnan	207	D West	221	J Brady
44	Serpentine Running Club 'G'	824	—	202	R Mansukhani	203	G Mitchell	209	P Rowbotham	210	D Reeve
45	Hillingdon AC 'C'	836	—	185	J Myall	194	J Bignell	225	S Claridge	232	B Feldman
46	Serpentine Running Club 'H'	885	—	214	T Andrews	215	C Saunders	226	R Smith	230	I Hodge
47	Metropolitan Police AC 'C'	902	—	211	R Harding	213	M Ross	236	Christodoulou L	242	V Zeal
48	Queens Park Harriers 'C'	938	—	217	F Nolan	237	A Smith	239	A Brodie	245	D Benjamin

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LONDON CROSS COUNTRY CHAMPIONSHIPS 2008

at HAMPSTEAD HEATH on 22 November 2008

Women — FINAL RESULTS (\$=non-counter)

Distance = 6000m

Pos	Name	Cat/Pos	Club	Time					
1	J Helsop	L	1 Clapham Chasers	20:07	78	M Newbery	L	68 Ealing, Southall & Middx. AC	25:39
2	C Bryson	L	2 Belgrave Harriers	20:28	79	M Thomas	L	69 Mornington Chasers	25:41
3	B Penty		City Of York	20:52	80	R Miller	L	70 London Heathside	25:43
4	B Yff		Winchester & District AC	21:04	81	K Backshell	L	71 Striders Of Croydon	25:44
5	L DaSilva	L	3 Thames Valley Harriers	21:10	82	S Swane	L	72 Herne Hill Harriers	25:46
6	CElms	L	4 Dulwich Runners	21:11	83	J Watt	L	73 London Heathside	25:54
7	E Evans	L	5 Highgate Harriers	21:14	84	M Jones	L	74 Ilford AC	26:02
8	MMcCallum		Winchester & District AC	21:25	85	V Dabhi	L	75 Newham & Essex Beagles AC	26:03
9	L Bromilow	L	6 Marshall Milton Keynes AC	21:34	86	K Mallet	L	76 Ranelagh Harriers	26:07
10	D Appleton	L	7 Havering Mayesbrook AC	21:38	87	S Miles	L	77 Hillingdon AC	26:09
11	DTatum		Colchester & Tendring AC	21:41	88	M Kimura	L	78 Mornington Chasers	26:10
12	EWaldman	L	8 London Heathside	21:49	89	L Brana	L	79 Metropolitan Police AC	26:15
13	E Patel		Winchester & District AC	21:51	90	C Grainger	L	80 Herne Hill Harriers	26:23
14	K Ellison	L	9 Herne Hill Harriers	21:52	91	S Jackson	L	81 Metropolitan Police AC	26:24
15	A Winger	L	10 Highgate Harriers	21:54	92	K Davidson	L	82 Serpentine Running Club	26:24
16	R Deegan		Oxford University AC	22:01	93	V Metcalf	L	83 Serpentine Running Club	26:26
17	S Swinhoe	L	11 London Heathside	22:06	94	J Reid	L	84 Metropolitan Police AC	26:28
18	B Haywill	L	12 London Heathside	22:07	95	F Holland	L	85 London Heathside	26:31
19	J Fanning	L	13 Serpentine Running Club	22:09	96	M Ivantsoff	L	86 Serpentine Running Club	26:33
20	F Briscoe		Coventry Godiva Harriers	22:12	97	G McFadyen	L	87 Serpentine Running Club	26:47
21	D Kennedy		Woodford Green & Essex Ladies	22:14	98	C Wyngard	L	88 Dulwich Runners	26:50
22	J Gowans	L	14 Serpentine Running Club	22:16	99	P Rutherford	L	89 Serpentine Running Club	26:58
23	J Ronaldson	L	15 Ranelagh Harriers	22:19	100	C White	L	90 London Heathside	27:00
24	A Hopkins	L	16 Ealing, Southall & Middx. AC	22:21	101	N Hopkinson	L	91 Ilford AC	27:01
25	F Kennedy	L	17 Ealing, Southall & Middx. AC	22:29	102	K Horswood	L	92 Metropolitan Police AC	27:15
26	L Wynn	L	18 Serpentine Running Club	22:36	103	F Munn	L	93 Mornington Chasers	27:16
27	N Kipps	L	19 Orion Harriers	22:44	104	C Jones	L	94 Ealing, Southall & Middx. AC	27:17
28	A Trafford	L	20 Highgate Harriers	22:49	105	E Vynmcky	L	95 London Heathside	27:18
29	Hampson-JonesR	L	21 Highgate Harriers	22:54	106	S Johnston	L	96 Metropolitan Police AC	27:20
30	OBalme	L	22 Dulwich Runners	23:02	107	S Allen	L	97 Herne Hill Harriers	27:26
31	Synnott-WellsM	L	23 Ranelagh Harriers	23:08	108	S Knox	L	98 Serpentine Running Club	27:28
32	K Gundersen	L	24 Woodford Green & Essex Ladies	23:16	109	L Pettit	L	99 Serpentine Running Club	27:29
33	S Bowers		Winchester & District AC	23:17	110	J Christie	L	100 Hillingdon AC	27:32
34	B O'Leary	L	25 Mornington Chasers	23:21	111	K Johnstone	L	101 Barnet & District AC	27:34
35	J Conn	L	26 Serpentine Running Club	23:23	112	K Hainsworth	L	102 Dulwich Runners	27:36
36	J Thomas	L	27 Woodford Green & Essex Ladies	23:24	113	? \$U Wilson	L	103 London Heathside	27:38
37	S Bailey	L	28 Highgate Harriers	23:26	114	R Weston	L	104 London Heathside	27:45
38	A Balchin	L	29 Serpentine Running Club	23:31	115	L Souness	L	105 The Stragglers	27:47
39	C Pauzers	L	30 Herne Hill Harriers	23:32	116	D Shepherd	L	106 Newham & Essex Beagles AC	28:03
40	V Dawes	L	31 Shaftesbury Barnet Harriers	23:35	117	I Wagner	L	107 The Stragglers	28:09
41	H Hoyle	L	32 Barnet & District AC	23:38	118	A Breen	L	108 Metropolitan Police AC	28:11
42	L Croxson	L	33 Serpentine Running Club	23:40	119	C Glew	L	109 The Stragglers	28:12
43	B Britchett	L	34 Woodford Green & Essex Ladies	23:41	120	S Brighton	L	110 London Heathside	28:13
44	Carritt	L	35 Highgate Harriers	23:43	121	P Fixter	L	111 Herne Hill Harriers	28:22
45	C Perry	L	36 Barnet & District AC	23:44	122	N Heron	L	112 Mornington Chasers	28:23
46	L Waldman	L	37 London Heathside	23:48	123	A DuRand	L	113 Herne Hill Harriers	28:25
47	J Weall	L	38 London Heathside	23:53	124	EMCDougall	L	114 Mornington Chasers	28:26
48	H Sharp	L	39 Herne Hill Harriers	23:55	125	L Wilson	L	115 Woodford Green & Essex Ladies	28:31
49	P Thorn	L	40 Serpentine Running Club	23:57	126	S James	L	116 Metropolitan Police AC	28:33
50	J Turner	L	41 Highgate Harriers	24:04	127	S Kier	L	117 London Heathside	28:39
51	L Vacher	L	42 Victoria Park & Tower Hamlets	24:06	128	C Steward	L	118 Dulwich Runners	28:43
52	A Openshaw	L	43 Serpentine Running Club	24:13	129	D Dryhurst	L	119 Metropolitan Police AC	28:46
53	L Wilson	L	44 Ealing, Southall & Middx. AC	24:14	130	L Chase	L	120 The Stragglers	28:52
54	A Stach-Kevitz	L	45 Newham & Essex Beagles AC	24:19	131	J Bishop	L	121 Woking AC	29:02
55	T Tory	L	46 Thames Valley Harriers	24:22	132	V Morgan	L	122 Ilford AC	29:06
56	P Thomas	L	47 Ealing, Southall & Middx. AC	24:24	133	K Levy	L	123 Serpentine Running Club	29:14
57	S Proffitt	L	48 Shaftesbury Barnet Harriers	24:26	134	S Gillam	L	124 Ilford AC	29:16
58	N Cendrowicz	L	49 Highgate Harriers	24:27	135	J Harris	L	125 Serpentine Running Club	29:28
59	M Vestlund	L	50 Serpentine Running Club	24:30	136	C Osborne	L	126 Dulwich Runners	29:31
60	N Richmond	L	51 Dulwich Runners	24:33	137	P Jones	L	127 Ilford AC	29:37
61	S Green	L	52 Metropolitan Police AC	24:47	138	J Haworth	L	128 The Stragglers	29:44
62	A-M McGraw		Woking AC	24:50	139	R Jackson	L	129 Sudbury Court RC	29:55
63	K Richardson	L	53 Havering Mayesbrook AC	24:52	140	D Morgan	L	130 Dulwich Runners	30:18
64	S Prosser	L	54 Ranelagh Harriers	24:54	141	P Asare	L	131 Metropolitan Police AC	30:20
65	S Hopper	L	55 Metropolitan Police AC	24:55	142	S Vaatz	L	132 Serpentine Running Club	30:28
66	B Nordin	L	56 Ilford AC	24:59	143	L Annable	L	133 Dulwich Runners	30:29
67	L Denison	L	57 Serpentine Running Club	25:00	144	S Vaughan		Woking AC	30:34
68	H Osborne	L	58 Serpentine Running Club	25:03	145	M Raleigh		Woking AC	30:47
69	S Yates	L	59 Wimbledon Windmilers	25:16	146	K Laforet	L	134 Serpentine Running Club	30:49
70	C Lutsch	L	60 Serpentine Running Club	25:24	147	J Akhurst	L	135 Queens Park Harriers	31:01
71	S Saqui	L	61 Highgate Harriers	25:26	148	L Keltie	L	136 Serpentine Running Club	31:05
72	? \$U Wilson	L	62 London Heathside	25:26	149	S Rowlands	L	137 Dulwich Runners	31:07
73	K Levene	L	63 London Heathside	25:28	150	A Chard	L	138 KPMG Running Club	31:20
74	R Barrow	L	64 Herne Hill Harriers	25:30	151	R Powell	L	139 Serpentine Running Club	31:23
75	K Ruez	L	65 Herne Hill Harriers	25:34	152	J Wastell	L	140 London Heathside	31:26
76	L Kippling	L	66 Ranelagh Harriers	25:35	153	M Lobefaro	L	141 Herne Hill Harriers	31:43
77	S Yates	L	67 Striders Of Croydon	25:38	154	L Connolly	L	142 Mornington Chasers	31:50

Women — TEAM RESULTS

1	Winchester & District AC	58	—	4	B Yff	8	MMcCallum	13	EPatel	33	S Bowers
2	Highgate Harriers	79	—	7	E Evans	15	A Wingler	28	A Trafford	29	Hampson-JonesR
3	London Heathside	93	—	12	EWaldman	17	S Swinhoe	18	B Haywill	46	L Waldman
4	Serpentine Running Club	102	—	19	J Fanning	22	J Gowans	26	L Wynn	35	J Conn
5	Woodford Green & Essex Ladies	132	—	21	D Kennedy	32	K Gundersen	36	J Thomas	43	B Britchett
6	Ealing, Southall & Middx. AC	158	—	24	A Hopkins	25	F Kennedy	53	L Wilson	56	P Thomas
7	Herne Hill Harriers	174	—	14	KEllison	39	C Pauzers	48	H Sharp	73	R Barrow
8	Serpentine Running Club 'B'	181	—	38	A Balchin	42	L Croxson	49	P Thorn	52	A Openshaw
9	Highgate Harriers 'B'	189	—	37	S Bailey	44	Carritt	50	J Turner	58	N Cendrowicz
10	Ranelagh Harriers	193	—	23	J Ronaldson	31	Synnott-WellsM	64	S Prosser	75	L Kipling
11	Dulwich Runners	193	—	6	CElms	30	OBalme	60	NRichmond	97	C Wyngard
12	Serpentine Running Club 'C'	264	—	59	M Vestlund	67	L Denison	68	H Osborne	70	C Lutsch
13	London Heathside 'B'	280	—	47	JWeall	72	K Levene	79	R Miller	82	J Watt
14	Mornington Chasers	301	—	34	B O'Leary	78	M Thomas	87	M Kimura	102	F Munn
15	Metropolitan Police AC	304	—	61	S Green	65	S Hopper	88	L Brana	90	S Jackson
16	Herne Hill Harriers 'B'	350	—	74	K Ruez	81	S Swane	89	C Grainger	106	S Allen
17	Serpentine Running Club 'D'	374	—	91	K Davidson	92	V Metcalf	95	M Ivantsoff	96	G McFadyen
18	Ilford AC	379	—	66	B Nordin	83	M Jones	100	N Hopkinson	130	V Morgan
19	London Heathside 'C'	409	—	94	F Holland	99	C White	104	E Vynmcky	112	R Weston
20	Metropolitan Police AC 'B'	415	—	93	J Reid	101	K Horswood	105	S Johnston	116	A Breen
21	Serpentine Running Club 'E'	444	—	98	P Rutherford	107	S Knox	108	L Pettit	131	K Levy
22	The Stragglers	473	—	113	L Souness	115	I Wagner	117	C Glew	128	L Chase
23	Woking AC	476	—	62	A-M McGraw	129	J Bishop	142	S Vaughan	143	M Raleigh
24	Dulwich Runners 'B'	509	—	111	K Hainsworth	126	C Steward	134	C Osborne	138	D Morgan
25	Serpentine Running Club 'F'	563	—	133	J Harris	140	S Vaatz	144	K Laforet	146	L Keltie

Women - Junior — FINAL RESULTS (\$=non-counter)

Distance = 6000m

Pos	Name	Club	Time
1	EWaldman	L 1 London Heathside	21:49
2	B Haywill	L 2 London Heathside	22:07
3	S Proffitt	L 3 Shaftesbury Barnet Harriers	24:26
4	K Richardson	L 4 Havering Mayesbrook AC	24:52
5	M Newbery	L 5 Ealing, Southall & Middx. AC	25:39
6	V Dabhi	L 6 Newham & Essex Beagles AC	26:03

Women - Masters — FINAL RESULTS (\$=non-counter)

Distance = 6000m

Pos	Name	Club	Time
1	CElms	L 1 Dulwich Runners	21:11
2	MMcCallum	L 1 Winchester & District AC	21:25
3	D Appleton	L 2 Havering Mayesbrook AC	21:38
4	A Wingler	L 3 Highgate Harriers	21:54
5	S Swinhoe	L 4 London Heathside	22:06
6	JRonaldson	L 5 Ranelagh Harriers	22:19
7	F Kennedy	L 6 Ealing, Southall & Middx. AC	22:29
8	OBalme	L 7 Dulwich Runners	23:02
9	Synnott-WellsM	L 8 Ranelagh Harriers	23:08
10	JConn	L 9 Serpentine Running Club	23:23
11	JThomas	L 10 Woodford Green & Essex Ladies	23:24
12	S Bailey	L 11 Highgate Harriers	23:26
13	C Pauzers	L 12 Herne Hill Harriers	23:32
14	H Hoyle	L 13 Barnet & District AC	23:38
15	B Britchett	L 14 Woodford Green & Essex Ladies	23:41
16	L Waldman	L 15 London Heathside	23:48
17	L Vacher	L 16 Victoria Park & Tower Hamlets	24:06
18	L Wilson	L 17 Ealing, Southall & Middx. AC	24:14
19	A Stach-Kevitz	L 18 Newham & Essex Beagles AC	24:19
20	T Tory	L 19 Thames Valley Harriers	24:22
21	PThomas	L 20 Ealing, Southall & Middx. AC	24:24
22	N Cendrowicz	L 21 Highgate Harriers	24:27
23	M Vestlund	L 22 Serpentine Running Club	24:30
24	NRichmond	L 23 Dulwich Runners	24:33
25	S Prosser	L 24 Ranelagh Harriers	24:54
26	B Nordin	L 25 Ilford AC	24:59
27	?\$U Wilson	L 26 London Heathside	25:26
28	K Levene	L 27 London Heathside	25:28
29	R Barrow	L 28 Herne Hill Harriers	25:30
30	L Kipling	L 29 Ranelagh Harriers	25:35
31	R Miller	L 30 London Heathside	25:43
32	K Backshell	L 31 Striders Of Croydon	25:44
33	J Watt	L 32 London Heathside	25:54
34	M Jones	L 33 Ilford AC	26:02
35	K Mallet	L 34 Ranelagh Harriers	26:07
36	M Kimura	L 35 Mornington Chasers	26:10
37	V Metcalf	L 36 Serpentine Running Club	26:26
38	F Holland	L 37 London Heathside	26:31
39	C Wyngard	L 38 Dulwich Runners	26:50
40	P Rutherford	L 39 Serpentine Running Club	26:58
41	C White	L 40 London Heathside	27:00
42	N Hopkinson	L 41 Ilford AC	27:01
43	K Horswood	L 42 Metropolitan Police AC	27:15
44	C Jones	L 43 Ealing, Southall & Middx. AC	27:17
45	E Vynmcky	L 44 London Heathside	27:18
46	S Allen	L 45 Herne Hill Harriers	27:26
47	S Knox	L 46 Serpentine Running Club	27:28
48	L Pettit	L 47 Serpentine Running Club	27:29
49	K Johnstone	L 48 Barnet & District AC	27:34
50	?\$U Wilson	L 49 London Heathside	27:38
51	R Weston	L 50 London Heathside	27:45
52	L Souness	L 51 The Stragglers	27:47
53	I Wagner	L 52 The Stragglers	28:09
54	C Glew	L 53 The Stragglers	28:12
55	S Brighton	L 54 London Heathside	28:13
56	C Steward	L 55 Dulwich Runners	28:43
57	L Chase	L 56 The Stragglers	28:52
58	J Bishop	L 57 Woking AC	29:02
59	V Morgan	L 58 Ilford AC	29:06
60	SGillam	L 59 Ilford AC	29:16
61	J Harris	L 60 Serpentine Running Club	29:28
62	C Osborne	L 61 Dulwich Runners	29:31
63	P Jones	L 62 Ilford AC	29:37
64	J Hawthorth	L 63 The Stragglers	29:44
65	R Jackson	L 64 Sudbury Court RC	29:55
66	D Morgan	L 65 Dulwich Runners	30:18
67	L Annable	L 66 Dulwich Runners	30:29
68	S Vaughan	L Woking AC	30:34
69	MRaleigh	L Woking AC	30:47
70	J Akhurst	L 67 Queens Park Harriers	31:01
71	L Keltie	L 68 Serpentine Running Club	31:05
72	S Rowlands	L 69 Dulwich Runners	31:07
73	R Powell	L 70 Serpentine Running Club	31:23
74	J Wastell	L 71 London Heathside	31:26
75	L Connolly	L 72 Mornington Chasers	31:50

at HAMPSTEAD HEATH on 22 November 2008

Women - London — FINAL RESULTS (\$=non-counter)

Distance = 6000m

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	J Helsop	L	1 Clapham Chasers	20:07	72	S Swane	L	72 Herne Hill Harriers	25:46
2	C Bryson	L	2 Belgrave Harriers	20:28	73	J Watt	L	73 London Heathside	25:54
3	L DaSilva	L	3 Thames Valley Harriers	21:10	74	M Jones	L	74 Ilford AC	26:02
4	C Elms	L	4 Dulwich Runners	21:11	75	V Dabhi	L	75 Newham & Essex Beagles AC	26:03
5	E Evans	L	5 Highgate Harriers	21:14	76	K Mallet	L	76 Ranelagh Harriers	26:07
6	L Bromilow	L	6 Marshall Milton Keynes AC	21:34	77	S Miles	L	77 Hillingdon AC	26:09
7	D Appleton	L	7 Havering Mayesbrook AC	21:38	78	M Kimura	L	78 Mornington Chasers	26:10
8	E Waldman	L	8 London Heathside	21:49	79	L Brana	L	79 Metropolitan Police AC	26:15
9	K Ellison	L	9 Herne Hill Harriers	21:52	80	C Grainger	L	80 Herne Hill Harriers	26:23
10	A Wingler	L	10 Highgate Harriers	21:54	81	S Jackson	L	81 Metropolitan Police AC	26:24
11	S Swinhoe	L	11 London Heathside	22:06	82	K Davidson	L	82 Serpentine Running Club	26:24
12	B Haywill	L	12 London Heathside	22:07	83	V Metcalf	L	83 Serpentine Running Club	26:26
13	J Fanning	L	13 Serpentine Running Club	22:09	84	J Reid	L	84 Metropolitan Police AC	26:28
14	J Gowans	L	14 Serpentine Running Club	22:16	85	F Holland	L	85 London Heathside	26:31
15	J Ronaldson	L	15 Ranelagh Harriers	22:19	86	M Ivantsoff	L	86 Serpentine Running Club	26:33
16	A Hopkins	L	16 Ealing, Southall & Middx. AC	22:21	87	G McFadyen	L	87 Serpentine Running Club	26:47
17	F Kennedy	L	17 Ealing, Southall & Middx. AC	22:29	88	C Wyngard	L	88 Dulwich Runners	26:50
18	L Wynn	L	18 Serpentine Running Club	22:36	89	P Rutherford	L	89 Serpentine Running Club	26:58
19	N Kipps	L	19 Orion Harriers	22:44	90	C White	L	90 London Heathside	27:00
20	A Trafford	L	20 Highgate Harriers	22:49	91	N Hopkinson	L	91 Ilford AC	27:01
21	Hampson-Jones R	L	21 Highgate Harriers	22:54	92	K Horswood	L	92 Metropolitan Police AC	27:15
22	O Balme	L	22 Dulwich Runners	23:02	93	F Munn	L	93 Mornington Chasers	27:16
23	Synnott-Wells M	L	23 Ranelagh Harriers	23:08	94	C Jones	L	94 Ealing, Southall & Middx. AC	27:17
24	K Gundersen	L	24 Woodford Green & Essex Ladies	23:16	95	E Vynmcky	L	95 London Heathside	27:18
25	B O'Leary	L	25 Mornington Chasers	23:21	96	S Johnston	L	96 Metropolitan Police AC	27:20
26	J Conn	L	26 Serpentine Running Club	23:23	97	S Allen	L	97 Herne Hill Harriers	27:26
27	J Thomas	L	27 Woodford Green & Essex Ladies	23:24	98	S Knox	L	98 Serpentine Running Club	27:28
28	S Bailey	L	28 Highgate Harriers	23:26	99	L Pettit	L	99 Serpentine Running Club	27:29
29	A Balchin	L	29 Serpentine Running Club	23:31	100	J Christie	L	100 Hillingdon AC	27:32
30	C Pauzers	L	30 Herne Hill Harriers	23:32	101	K Johnstone	L	101 Barnet & District AC	27:34
31	V Dawes	L	31 Shaftesbury Barnet Harriers	23:35	102	K Hainsworth	L	102 Dulwich Runners	27:36
32	H Hoyle	L	32 Barnet & District AC	23:38	103	? \$U Wilson	L	103 London Heathside	27:38
33	L Croxson	L	33 Serpentine Running Club	23:40	104	R Weston	L	104 London Heathside	27:45
34	B Britchett	L	34 Woodford Green & Essex Ladies	23:41	105	L Souness	L	105 The Stragglers	27:47
35	Carritt	L	35 Highgate Harriers	23:43	106	D Shepherd	L	106 Newham & Essex Beagles AC	28:03
36	C Perry	L	36 Barnet & District AC	23:44	107	I Wagner	L	107 The Stragglers	28:09
37	L Waldman	L	37 London Heathside	23:48	108	A Breen	L	108 Metropolitan Police AC	28:11
38	J Weall	L	38 London Heathside	23:53	109	C Glew	L	109 The Stragglers	28:12
39	H Sharp	L	39 Herne Hill Harriers	23:55	110	S Brighton	L	110 London Heathside	28:13
40	P Thorn	L	40 Serpentine Running Club	23:57	111	P Fixter	L	111 Herne Hill Harriers	28:22
41	J Turner	L	41 Highgate Harriers	24:04	112	N Heron	L	112 Mornington Chasers	28:23
42	L Vacher	L	42 Victoria Park & Tower Hamlets	24:06	113	A DuRand	L	113 Herne Hill Harriers	28:25
43	A Openshaw	L	43 Serpentine Running Club	24:13	114	EMCDougall	L	114 Mornington Chasers	28:26
44	L Wilson	L	44 Ealing, Southall & Middx. AC	24:14	115	L Wilson	L	115 Woodford Green & Essex Ladies	28:31
45	A Stach-Kevitz	L	45 Newham & Essex Beagles AC	24:19	116	S James	L	116 Metropolitan Police AC	28:33
46	T Tory	L	46 Thames Valley Harriers	24:22	117	S Kier	L	117 London Heathside	28:39
47	P Thomas	L	47 Ealing, Southall & Middx. AC	24:24	118	C Steward	L	118 Dulwich Runners	28:43
48	S Proffitt	L	48 Shaftesbury Barnet Harriers	24:26	119	D Dryhurst	L	119 Metropolitan Police AC	28:46
49	N Cendrowicz	L	49 Highgate Harriers	24:27	120	L Chase	L	120 The Stragglers	28:52
50	M Vestlund	L	50 Serpentine Running Club	24:30	121	J Bishop	L	121 Woking AC	29:02
51	N Richmond	L	51 Dulwich Runners	24:33	122	V Morgan	L	122 Ilford AC	29:06
52	S Green	L	52 Metropolitan Police AC	24:47	123	K Levy	L	123 Serpentine Running Club	29:14
53	K Richardson	L	53 Havering Mayesbrook AC	24:52	124	SGillam	L	124 Ilford AC	29:16
54	S Prosser	L	54 Ranelagh Harriers	24:54	125	J Harris	L	125 Serpentine Running Club	29:28
55	S Hopper	L	55 Metropolitan Police AC	24:55	126	C Osborne	L	126 Dulwich Runners	29:31
56	B Nordin	L	56 Ilford AC	24:59	127	P Jones	L	127 Ilford AC	29:37
57	L Denison	L	57 Serpentine Running Club	25:00	128	J Haworth	L	128 The Stragglers	29:44
58	H Osborne	L	58 Serpentine Running Club	25:03	129	R Jackson	L	129 Sudbury Court RC	29:55
59	S Yates	L	59 Wimbledon Windmilers	25:16	130	D Morgan	L	130 Dulwich Runners	30:18
60	C Lutsch	L	60 Serpentine Running Club	25:24	131	P Asare	L	131 Metropolitan Police AC	30:20
61	S Saqui	L	61 Highgate Harriers	25:26	132	S Vaatz	L	132 Serpentine Running Club	30:28
62	? \$U Wilson	L	62 London Heathside	25:26	133	L Annable	L	133 Dulwich Runners	30:29
63	K Levene	L	63 London Heathside	25:28	134	K Laforet	L	134 Serpentine Running Club	30:49
64	R Barrow	L	64 Herne Hill Harriers	25:30	135	J Akhurst	L	135 Queens Park Harriers	31:01
65	K Ruez	L	65 Herne Hill Harriers	25:34	136	L Keltie	L	136 Serpentine Running Club	31:05
66	L Kippling	L	66 Ranelagh Harriers	25:35	137	S Rowlands	L	137 Dulwich Runners	31:07
67	S Yates	L	67 Striders Of Croydon	25:38	138	A Chard	L	138 KPMG Running Club	31:20
68	M Newbery	L	68 Ealing, Southall & Middx. AC	25:39	139	R Powell	L	139 Serpentine Running Club	31:23
69	M Thomas	L	69 Mornington Chasers	25:41	140	J Wastell	L	140 London Heathside	31:26
70	R Miller	L	70 London Heathside	25:43	141	M Lobefaro	L	141 Herne Hill Harriers	31:43
71	K Backshell	L	71 Striders Of Croydon	25:44	142	L Connolly	L	142 Mornington Chasers	31:50

Women - London — TEAM RESULTS

1 Highgate Harriers	56 —	5 E Evans	10 A Wingler	20 A Trafford	21 Hampson-JonesR
2 London Heathside	68 —	8 E Waldman	11 S Swinhoe	12 B Haywill	37 L Waldman
3 Serpentine Running Club	71 —	13 J Fanning	14 J Gowans	18 L Wynn	26 J Conn
4 Ealing, Southall & Middx. AC	124 —	16 A Hopkins	17 F Kennedy	44 L Wilson	47 P Thomas
5 Herne Hill Harriers	141 —	9 K Ellison	30 C Pauzers	39 H Sharp	63 R Barrow
6 Serpentine Running Club 'B'	145 —	29 A Balchin	33 L Croxson	40 P Thorn	43 A Openshaw
7 Highgate Harriers 'B'	153 —	28 S Bailey	35 Carritt	41 J Turner	49 N Cendrowicz
8 Ranelagh Harriers	157 —	15 J Ronaldson	23 Synnott-WellsM	54 S Prosser	65 L Kippling
9 Dulwich Runners	164 —	4 C Elms	22 O Balme	51 N Richmond	87 C Wyngard
10 Woodford Green & Essex Ladies	198 —	24 K Gundersen	27 J Thomas	34 B Britchett	113 L Wilson
11 Serpentine Running Club 'C'	225 —	50 M Vestlund	57 L Denison	58 H Osborne	60 C Lutsch
12 London Heathside 'B'	241 —	38 J Weall	62 K Levene	69 R Miller	72 J Watt
13 Mornington Chasers	262 —	25 B O'Leary	68 M Thomas	77 M Kimura	92 F Munn
14 Metropolitan Police AC	265 —	52 S Green	55 S Hopper	78 L Brana	80 S Jackson
15 Herne Hill Harriers 'B'	310 —	64 K Ruez	71 S Swane	79 C Grainger	96 S Allen
16 Serpentine Running Club 'D'	334 —	81 K Davidson	82 V Metcalf	85 M Ivantsoff	86 G McFadyen
17 Ilford AC	339 —	56 B Nordin	73 M Jones	90 N Hopkinson	120 V Morgan
18 London Heathside 'C'	369 —	84 F Holland	89 C White	94 E Vynmcky	102 R Weston
19 Metropolitan Police AC 'B'	375 —	83 J Reid	91 K Horswood	95 S Johnston	106 A Breen
20 Serpentine Running Club 'E'	404 —	88 P Rutherford	97 S Knox	98 L Pettit	121 K Levy
21 The Stragglers	433 —	103 L Souness	105 I Wagner	107 C Glew	118 L Chase
22 Dulwich Runners 'B'	469 —	101 K Hainsworth	116 C Steward	124 C Osborne	128 D Morgan
23 Serpentine Running Club 'F'	519 —	123 J Harris	130 S Vaatz	132 K Laforet	134 L Keltie