

Pos	Bib	Fullname	Cat	cat Po	Club	Gun Time	Chip Time
1	307	Andrew Rayner	MSen	1	BH & B Harriers	32:34.82	32:32.37
2	344	Jacob Wiebel	MSen	2	Southampton AC	33:11.85	33:09.77
3	414	Sam Humphrey	MSen	3	VPH & TH AC	33:14.89	33:12.31
4	326	Bryn Reynolds	MSen	4	Clapham Chasers	33:34.67	33:32.48
5	417	Chris Beecham	MV40	1	Highgate Harriers	33:56.80	33:54.66
6	321	Peter Crisp	MSen	5	Newbury AC	34:23.08	34:19.81
7	424	Stephen Whiting	MV40	2	Highgate Harriers	34:36.29	34:34.05
8	171	Ben Wickham	MSen	6	VPH & TH AC	34:53.22	34:49.86
9	513	Simon Riley	MSen	7	St Albans Striders	35:00.59	34:56.62
10	312	Katie Good	FSen	1	Thames Valley H	35:29.35	35:26.27
11	448	Simon Loach	MV40	3	Kent AC	35:39.19	35:36.96
12	545	Rosalind Kieran	FSen	2	Herne hill harriers	35:40.42	35:37.19
13	501	Mark Gray	MV40	4	Standard Chartered RC	35:43.94	35:41.26
14	549	Connor Johnston	MSen	8	VPH & TH AC	35:48.13	35:44.37
15	281	Matt Molloy	MV40	5	WG&EL	36:11.06	36:08.46
16	262	Graham Bell	MSen	9	Wimb Windmiler	36:21.99	36:18.20
17	238	Matthew Young	MSen	10	Borange	36:24.62	36:18.07
18	64	Robert Tuer	MSen	11	Clapham Chasers	36:31.98	36:28.80
19	139	Gavin Evans	MV50	1	London Heathside	36:52.88	36:50.44
20	149	Michael Daniels	MV40	6	Wimb Windmiler	36:56.37	36:51.30
21	467	Peter Scannell	MSen	12	Thames Valley H	37:05.33	37:01.20
22	466	Christian Primas	MV40	7	TH Eilbeck	37:28.50	37:25.71
23	474	Peter Fenelon	MSen	13		37:51.01	37:48.07
24	192	David Mccoy	MV35	1	Reading RR	37:55.27	37:50.56
25	557	Edward Holland	MSen	14	London Frontrunners	37:58.53	37:52.06
26	387	Eric Dol	MSen	15	Herne Hill Harriers	38:20.18	38:14.92
27	288	Jonathan Moscrop	MV35	2	London Frontrunners	38:26.98	38:22.73
28	554	John Armstrong	MV35	3	Mornington Chasers	38:43.46	38:39.63
29	431	Anna Hynes	FSen	3		38:48.48	38:40.90
30	294	Peter Ranyard	MV45	1	BBC	38:56.54	38:52.11
31	430	William Amos	MV40	8		38:58.88	38:51.75
32	43	Antony Ferrari	MV45	2		39:12.31	39:07.98
33	421	Paul Wilkerson	MV55	1	Bedford & County	39:25.83	39:22.11
34	374	John Husbands	MV45	3	Thames Valley H	39:29.90	39:26.51
35	339	Anna Berdinner	FSen	4		39:33.80	39:30.58
36	530	Dermot Bryers	MSen	16		39:41.78	39:30.17
37	153	Cédric Moyen	MV35	4		39:44.18	39:39.58
38	542	Daniel OConnor	MV60	1	Queens Park Harriers	39:46.78	39:40.42
39	484	Alistair Fitch	MSen	17		39:49.78	39:39.94
40	379	Rachid Afouzar	MV35	5	Ealing Eagles	39:51.21	39:47.04
41	340	Toni Merola	MV45	4	Beckenham RC	39:54.21	39:48.37
42	504	Simon Mew	MV35	6	Standard Chartered	39:56.68	39:47.53
43	282	Mauro Morales	MV35	7		39:56.88	39:54.16
44	375	Lee Benjamin	MV50	2	Thames Valley H	40:02.07	39:59.13
45	231	A.J. Silbernagl	MV35	8	Mornington Chasers	40:05.03	40:00.54
46	39	Mike Grout	MV40	9	Benfleet RC	40:16.68	40:11.88
47	259	Leigh James	FSen	5	London Heathside	40:17.85	40:14.24
48	157	Elizabeth Stavreski	FV35	1	Thames H & H	40:20.36	40:14.72
49	561	Phil Chan	MV45	5	Great Western R	40:22.75	40:10.32
50	451	Jason Kabel	MV35	9		40:23.54	40:19.14

51	18	David Smith	MV50	3	Dulwich Park R	40:27.31	40:21.39
52	85	Joseph Lowe	MV40	10	London Frontrunners	40:28.37	40:23.73
53	541	Frank Nolan	MV55	2	Queens Park Harriers	40:46.37	40:39.90
54	324	David Beadle	MV40	11	BH & B Harriers	40:49.02	40:43.81
55	313	Stephen Newport	MV45	6		41:02.35	40:56.46
56	436	John Harrison	MV45	7	Mansfield H & AC	41:08.60	40:57.91
57	189	Nicholas Tester	MSen	18	Barnet & District	41:08.68	40:59.16
58	361	Terry Epps	MV55	3	Wymondham AC	41:11.10	41:06.20
59	31	Peter Metcalf	MV40	12	Wimb Windmiler	41:15.08	41:09.88
60	317	Gary Robinson	MV35	10	West 4 Harriers	41:15.35	41:01.17
61	578	Michael Wiggins	MSen	19		41:15.92	41:10.86
62	181	Sam Rowlands	MSen	20		41:16.64	41:06.89
63	520	Justin Coombs	MV35	11	Maidenhead AC	41:21.51	41:05.49
64	389	Miroslav Papay	MSen	21		41:25.62	41:20.14
65	211	Mark Studdart	MV40	13	Watford Joggers	41:30.83	41:22.71
66	184	Jamie Docherty	FSen	6		41:32.36	41:15.07
67	53	Rajiv Ratan	MSen	22	Edmonton RC	41:44.45	41:32.80
68	608	Christian Pietrowski	MV35	12		41:50.18	41:44.75
69	155	Chris Gatfield	MV35	13	Met Police	41:54.02	41:47.19
70	54	Amy Koerbel	FV35	2	Mornington Chasers	41:59.40	41:54.45
71	562	Falah Smdaan	MSen	23		42:06.56	42:01.60
72	429	Robert O'Rourke	MV45	8		42:14.62	42:07.34
73	156	Renato Paternollo	MV45	9	Canottieri Milano	42:16.18	42:12.63
74	15	Patrick Doyle	MV40	14	London Frontrunners	42:17.84	42:10.95
75	480	Desmond Holloway	MV40	15		42:20.96	42:14.76
76	106	Stephen Wiles	MSen	24	Royal Manor of P	42:34.57	Late Start
77	333	Phil Harvey	MV40	16		42:37.01	42:26.62
78	599	Jamie Xavier	MV35	14	East London Runners	42:37.37	42:05.72
79	277	Greg Marshall	MV55	4	Framlingham Flyers	42:37.83	No Chip
80	72	Sally Musson	FV55	1	Tonbridge AC	42:43.49	42:38.93
81	19	Bob Groves	MV45	10		42:48.00	42:38.32
82	475	Sidney Delara	MV55	5	Southampton RC	42:50.00	42:43.98
83	46	Bertie Miller	MV45	11	Queens Park Harriers	42:51.84	42:45.61
84	555	Chris Boudet	MV35	15		43:00.65	42:30.06
85	446	Joshua Dowling	MU17	1	BH & B Harriers	43:02.76	42:54.50
86	481	Eddie Lyons	MV35	16		43:07.78	42:58.52
87	456	Miles Lutwyche	MV45	12		43:11.64	42:55.88
88	353	Danny McLaughlin	MV45	13	Orpington RR	43:18.02	43:11.39
89	565	Geraldine Finucane	FSen	7		43:21.46	43:03.14
90	426	Francisco Navarro	MSen	25		43:27.98	42:57.96
91	588	Andrew Davidson	MSen	26	Les Croupiers	43:28.82	43:21.11
92	76	Andrew Coates	MV50	4		43:29.93	43:22.33
93	546	Peter Mackintosh	MSen	27		43:37.82	43:35.54
94	239	Lucy Taylor	FSen	8	Borange	43:49.25	43:38.44
95	592	Iain Isacson	MV35	17		43:51.26	43:09.18
96	94	Jeremy Langdon	MV45	14	Stragglers	43:55.85	43:42.57
97	591	Stephen Butler	MSen	28		43:57.01	43:45.18
98	454	Dan Pilling	MV40	17		44:05.64	43:49.59
99	100	Liza Williams	FV35	3	BTA	44:07.36	44:01.66
100	585	Siu Wah Kwan	MV45	15	Petts Wood Runners	44:14.54	43:59.34
101	493	Vassos Georgiadis	MV35	18		44:22.67	44:14.18

102	356	Shane Sanassy	MSen	29		44:24.18	44:09.45
103	373	Josh Ord-Hume	MV40	18	Barnes Runners	44:28.75	44:01.68
104	17	Andrea Sanders-Reece	FV55	2	Mornington Chasers	44:29.97	44:15.63
105	399	David Andrews	MV50	5		44:47.58	44:26.04
106	372	Celeste Bieber	FSen	9	Barnes Runners	44:51.92	44:24.54
107	251	Miriam Valencia	FV35	4	London Frontrunners	44:52.18	44:37.50
108	166	Matt Sparrow	MV40	19		44:52.43	44:42.11
109	331	David Womersley	MV55	6	Hyde Park Harriers	44:52.54	44:49.48
110	195	Helen Smith	FV40	1	Trail Running Assoc	44:58.55	44:28.61
111	196	Jane Keenan	FSen	10		44:58.86	44:37.89
112	461	Sam Robbins	MV35	19		44:59.08	44:48.19
113	260	Fiona Russell	FV40	2	Mornington Chasers	45:01.03	44:30.05
114	297	Blas Rodriguez	MV45	16		45:12.96	45:05.25
115	432	Alex Ralph	MSen	30		45:16.41	44:55.59
116	218	Jane Nodder	FV50	1	Mornington Chasers	45:18.66	44:57.58
117	23	Marco Di Franco	MV40	20		45:23.74	45:13.97
118	183	Elizabeth Williams	FSen	11		45:25.07	45:07.79
119	143	Jack Park	MV60	2		45:26.11	45:14.68
120	581	John Clarke	MV60	3	Barnet & District	45:32.68	45:26.88
121	198	Chelley Addis	FSen	12		45:33.67	45:23.65
122	420	Paul Hodge	MV45	17	Dulwich Runners	45:39.43	45:00.13
123	180	Martha Barnett	FSen	13	Barnet & District	45:42.57	45:19.92
124	212	Jon Green	MV45	18		45:48.56	45:24.90
125	564	Ian Cuerden	MV40	21	London Frontrunners	45:50.51	45:44.11
126	385	Chris Brown	MSen	31		45:51.98	45:43.74
127	237	Damien Wilson	MV35	20	Herne Hill Harriers	45:54.49	45:49.15
128	69	Simon Tovey	MV60	4	Cambridge Harriers	45:55.14	45:44.80
129	495	Devkee Trivedi	FSen	14		45:59.79	45:47.94
130	87	Peter Rogers	MV45	19	BH & B Harriers	46:00.71	45:14.49
131	68	Paul Townsend	MV35	21		46:01.14	45:32.28
132	449	Juliet Wilhelm	FV35	5		46:01.23	45:42.22
133	442	Belle Amooty	FSen	15	Haringey Jogging	46:03.66	45:41.17
134	535	Mike Clease	MSen	32	Calne SMarTT	46:07.51	45:56.74
135	105	Caroline White	FV50	2	London Heathside	46:08.57	46:01.51
136	44	Tom Poynton	MV35	22	Dulwich Park R	46:11.00	45:57.29
137	47	Thomas ODonoghue	MV45	20	Wimb Windmiler	46:13.72	45:56.71
138	55	Gary Homewood	MV45	21	Mornington Chasers	46:18.71	45:53.04
139	490	Michael Dyer	MV45	22		46:25.90	46:02.38
140	413	Jim Brown	MV55	7	Fairlands VS	46:27.95	46:09.07
141	25	Emmanuel Brandariz	MSen	33		46:35.04	46:04.71
142	539	John Kremer	MV45	23		46:35.85	46:13.90
143	104	Stewart Anderson	MV40	22	Ranelagh Harriers	46:37.15	46:10.78
144	328	Martin Garrett	MV55	8	Sudbury Court	46:37.52	46:27.43
145	593	Byrne Eamon	MV45	24	Mornington Chasers	46:40.34	46:03.98
146	95	Clare Cunningham	FSen	16	St Albans Striders	46:41.32	46:29.94
147	84	Fiona Maguire	FV35	6	Highgate Harriers	46:44.72	46:34.24
148	236	Kevin Pettipher	MV45	25	Dartford R R	46:47.89	46:40.81
149	508	Jeanette Mckenna	FV35	7	Standard Chartered RC	46:53.48	46:44.22
150	234	Les Marsh	MV50	6		46:56.60	46:31.95
151	550	Dave Wilson	MV65	1	Herne Hill Harriers	47:10.88	47:03.45
152	551	Kevin Mottram	MV40	23		47:13.49	46:59.53

153	455	Barry Parker	MSen	34	RRC	47:13.81	46:58.04
154	41	Marianne Gibson	FV40	3		47:21.80	47:01.21
155	271	Bernard Eggleton	MV45	26	New Eltham	47:29.34	47:07.24
156	175	Alan Davidson	MV60	5	Ranelagh Harriers	47:31.35	47:24.10
157	472	Ross Fryer	MV45	27		47:42.05	47:15.30
158	235	Deborah Patmore	FV40	4	Dartford R R	47:43.11	47:36.37
159	435	Mitch Holder-Mansfield	MU20	1		47:48.07	47:37.21
160	150	Ettore Mazzilli	MV45	28		47:51.18	47:43.76
161	286	David Wilkey	MV40	24	VPH & TH AC	47:52.70	47:29.54
162	38	Diane Suter	FV45	1		47:57.82	47:43.66
163	360	Emily Straus	FSen	17		48:02.17	47:32.40
164	359	Kevin Mullins	MSen	35		48:02.27	47:32.41
165	538	Martin Hill	MV50	7	London Heathside	48:04.10	47:56.14
166	250	Jackie Bailey	FV45	2	London Frontrunners	48:08.73	47:30.09
167	400	David Williamson	MSen	36	Windle Valley	48:08.87	47:32.95
168	302	Simon Watts	MV40	25		48:11.22	47:50.17
169	112	Steve Cable	MV45	29	Istead & Ifield	48:13.43	47:25.94
170	523	Mark Guven	MV35	23		48:14.59	48:10.85
171	422	Samantha Mcharg-Sharp	FSen	18		48:14.82	47:52.98
172	194	Mario Valcamonica	MV55	9		48:17.27	47:49.77
173	233	Yueh Hai Wong	MSen	37	Richmond RR	48:22.73	48:02.69
174	479	Sioned Morgan	FV40	5	Stragglers	48:23.99	48:09.35
175	223	David Wheaton	MSen	38		48:27.61	48:04.90
176	334	Jonathon Radley	MSen	39		48:28.46	48:17.23
177	295	Robert Curtis	MV40	26	Ranelagh Harriers	48:31.41	48:17.94
178	381	Mark Wright	MV45	30	Forest Hills	48:32.58	48:17.11
179	248	Andrew Jackson	MV45	31	Vegan Runners	48:34.98	48:24.55
180	82	Gavin Parish	MV35	24	London Heathside	48:36.98	47:55.43
181	437	Siobhan Harrison	FU20	1	AFD	48:39.34	48:28.18
182	165	Pete Crossley	MV35	25		48:39.59	48:04.72
183	388	Denis Markov	MSen	40		48:42.12	48:14.44
184	90	Caroline Driscoll	MV45	32	Braintree & Dist	48:45.27	48:29.85
185	433	Rob Jones	MV35	26	Dulwich Park R	48:45.88	48:16.24
186	563	Roy Wilson	MSen	41		48:46.47	48:32.68
187	322	Brian Parish	MV35	27	Havering 90	48:51.01	48:22.98
188	601	Anneli Collins	FV40	6	Sheen Shufflers	48:52.79	48:37.84
189	386	Pete Warren	MV70	1	Ranelagh Harriers	48:54.46	48:41.66
190	308	Nina Smith	FSen	19	Datchet Dashers	48:57.30	48:36.76
191	96	David Cunningham	MV35	28	St Albans Striders	48:59.48	48:39.41
192	337	Andy Causby	MSen	42		49:10.33	48:49.31
193	132	Sean Carey	MV40	27		49:17.27	49:01.79
194	603	Thomas Peck	MSen	43		49:19.59	48:58.29
195	365	Cathy Bunt	FV40	7		49:20.13	49:08.84
196	227	Mark Williams	MV40	28		49:20.76	49:07.27
197	177	Gavin Imrie	MV35	29	sudbury court	49:22.12	49:14.27
198	51	David Joyner	MV35	30		49:26.92	48:58.48
199	86	Stuart Clarke	MV55	10		49:27.68	49:19.26
200	118	Avril Riddell	FV55	3	Mornington Chasers	49:30.60	48:54.04
201	151	Gregory Neal	MV55	11	Watford Harriers	49:33.44	49:12.05
202	327	Abigail Vyner	FV40	8	Mornington Chasers	49:35.77	49:00.06
203	78	Marcus Allchorn	MV40	29		49:38.32	49:18.22

204	522	Steven Sumner	MSen	44		49:40.61	49:13.58
205	71	Richard Defries	MV35	31	Thrift Green Trots	49:52.79	49:43.85
206	129	Ray Clydesdale	MV35	32		49:53.49	49:37.24
207	14	Janette Cross	FV45	3	Crystal Palace Tri	49:55.83	49:24.53
208	125	Steve Platt	MV55	12	Trail Running Assoc	50:00.80	49:42.83
209	521	Emma Coombs	FSen	20	Maidenhead AC	50:01.56	49:40.01
210	404	Wendy OBrien	FSen	21	Dunmow Tri	50:10.25	49:52.12
211	463	Spencer Lee	MV40	30	Larkfield AC	50:27.14	50:04.87
212	462	Natalie Bent	FSen	22	Larkfield AC	50:27.30	50:05.40
213	320	John Monach	MSen	45		50:28.00	50:11.36
214	319	Amy Monach	FSen	23		50:28.08	50:11.61
215	269	Rafaele Lamour	FV40	9	Mornington Chasers	50:30.18	49:53.68
216	97	Julian Cluff	MV35	33		50:37.94	50:06.71
217	141	David Cripps	MV55	13		50:39.20	50:28.22
218	371	Gertrud Porter	FV60	1	Metros	50:44.59	50:20.83
219	279	Dennis Sherwood	MV45	33		50:44.61	50:26.95
220	99	Anne Roberts	FV40	10		50:50.31	50:31.32
221	453	Dominic Evans	MSen	46		50:55.12	50:12.73
222	173	Toni Griffiths	FSen	24		50:57.77	50:31.64
223	458	David Taylor	MV45	34		50:58.58	50:24.41
224	228	Matthew Stiff	MV45	35	Headington Road R	50:59.45	50:30.34
225	362	Abdul Salam	MV35	34	Mornington Chasers	51:00.32	50:39.36
226	135	Battson Elaine	FV45	4	VPH & TH AC	51:00.76	50:23.65
227	73	Carlos Hernandez Pardo	MV35	35		51:11.28	50:46.02
228	394	Elizabeth Ager	FV45	5		51:14.50	50:29.71
229	487	Joanthan Wake	MV45	36		51:17.49	51:03.54
230	309	Susan Harwood	FV50	3		51:20.50	51:04.71
231	214	Clarissa Vallat	FV35	8		51:23.92	51:11.09
232	36	Alan Oakley	MV50	8		51:29.47	50:57.02
233	24	Debbie Sims	FSen	25	Dulwich Park R	51:34.31	51:04.00
234	256	Geoff Jaspan	MSen	47		51:40.93	51:23.94
235	126	Jan Gruter	MSen	48	London Frontrunners	51:41.37	51:32.28
236	338	James Clark	MSen	49		51:48.28	51:31.29
237	477	Laura Albert	FSen	26		51:52.47	51:40.14
238	478	Jim Albert	MV50	9		51:52.92	51:40.52
239	240	Amanda Pickford	FV35	9	Synergy	51:54.54	51:21.93
240	556	John Rooff	MV35	36		51:59.55	51:25.52
241	107	Erin Wiles	FSen	27		52:03.16	51:49.58
242	548	Imke Siegerist	FV40	11		52:04.43	51:37.71
243	516	Jenny Hayward	FSen	28		52:04.78	51:40.78
244	169	Michael Dodds	MV40	31		52:06.64	51:19.78
245	351	Lucreta La Pierre	FV60	2	Dulwich Park R	52:07.05	51:54.45
246	553	Alice Sullivan	FV35	10	Mornington Chasers	52:10.75	51:33.60
247	332	Jon Scarisbrick	MV40	32		52:18.47	51:38.34
248	70	Bernard Simmons	MV60	6	Dulwich Park R	52:20.81	51:58.22
249	114	Dan Williams	MV55	14	London Heathside	52:21.35	51:50.65
250	91	Steven Bentley	MV50	10	Braintree & Dist	52:23.46	52:07.72
251	119	Gordon Valentine	MV55	15	Metros	52:29.71	52:12.70
252	491	Fiona Blanchard	FV50	4		52:44.52	52:20.44
253	350	Claire Seymour	FV35	11	Reading RR	52:44.71	52:18.86
254	142	Louise Pomeroy-Dash	FV45	6	Deal Tri	52:44.94	52:32.01

255	7	Kelly Murawski	FV35	12		52:56.43	52:37.37
256	296	Assia Christev	FV40	12		53:01.10	52:39.12
257	347	Deb Rindl	FV55	4		53:04.45	52:37.06
258	514	Angela Lewis	FV45	7	Synergy	53:06.45	52:33.28
259	447	Gareth Dowling	MV45	37		53:16.03	52:50.01
260	427	John Blisey	MSen	50		53:25.17	52:49.18
261	146	Noshib Hassan	MV35	37		53:26.29	52:50.10
262	489	Ben Riley	MV35	38		53:31.11	53:04.42
263	32	Kitty Hung	FV45	8	Comets RRC	53:35.12	53:15.70
264	33	Fidelia Hung	FV50	5		53:38.37	53:18.88
265	241	Andrea Muller	FV50	6	Wimb Windmiler	53:42.65	53:05.14
266	37	Andrew Mckay	MV35	39		53:53.12	53:16.46
267	278	Joanne Marshall	FV50	7	Framlingham Flyers	53:53.44	53:36.54
268	252	Fergal King	MV40	33		53:56.02	53:24.31
269	457	Alison Edwards	FV45	9		54:07.81	53:52.03
270	438	Sally Wilkinson	FV40	13		54:09.92	53:44.11
271	460	Virginia Middleton	FV40	14		54:34.05	53:59.38
272	267	Thomas Whitney	MV35	40	East London Runners	54:38.41	53:46.69
273	265	Frank Whitney	MV35	41		54:38.83	53:47.00
274	30	William Graham	MSen	51		54:42.25	53:56.15
275	303	Sayuri Nagano	FV35	13		54:44.15	54:11.65
276	193	David Feasey	MV45	38	Dulwich Runners	54:45.30	54:08.35
277	247	Nadine Ott	FSen	29		55:03.23	54:42.89
278	246	Andre Hollstein	MV40	34		55:03.43	54:42.98
279	63	Mohamad Kamal Hamdan	MV40	35		55:07.02	54:21.53
280	527	Simon Henley	MSen	52		55:12.13	54:31.77
281	531	Emily Foy	FSen	30		55:12.34	54:31.73
282	341	Ian Hanson	MV35	42		55:17.78	54:58.09
283	137	Charles Wood	MV40	36		55:19.90	55:03.30
284	249	Graham Swann	MV60	7	South London H	55:26.28	54:39.63
285	605	Lucy Cowling	FSen	31		55:30.43	55:04.32
286	182	Jen Rowlands	FSen	32		55:33.86	55:02.27
287	116	David Thompson	MV45	39		55:36.05	54:55.11
288	113	Stefan Laban	MV45	40		55:42.06	55:14.63
289	512	Shaun Marchant	MV45	41		55:58.04	55:33.08
290	342	Alex Yim	MV35	43		56:08.47	55:47.95
291	354	Michael Daniju	MSen	53		56:08.84	55:36.84
292	409	Antonia White	FSen	33		56:09.00	55:33.91
293	255	Sachelle Ruickbie	FSen	34		56:09.28	55:52.78
294	569	Damian Courtney	MSen	54		56:13.34	55:59.62
295	606	Ian Cowling	MSen	55		56:19.41	55:53.29
296	560	Francois Schutte	MV35	44		56:19.65	55:57.39
297	83	Alice Parish	FV35	14	London Heathside	56:23.66	55:41.69
298	144	Sarah Mccoll	FSen	35		56:25.01	55:54.09
299	568	Sandra Courtney	MV35	45	Ealing Eagles	56:31.49	56:18.08
300	450	Caroline Todman	FV50	8		56:35.28	56:13.50
301	515	Stuart Brand	MV35	46		56:42.44	56:18.71
302	268	Ayako Sato	FV35	15		56:45.54	56:23.24
303	59	Kristian Laban	MV40	37		56:49.57	56:21.31
304	306	Ben Elvin	MSen	56		56:55.80	56:31.53
305	486	Arlene Waddell	FV40	15		57:02.78	56:48.24

306	131	Kath Adamson	FV45	10	Stragglers	57:03.95	56:29.05
307	497	Viv Lawrence	MV55	16	London Frontrunners	57:18.46	56:55.40
308	377	Roger Pickles	MV55	17	Northern Vets	57:21.96	56:38.45
309	179	John Wilkinson	MV50	11		57:22.92	56:55.23
310	318	Martin Woods	MV65	2		57:25.60	56:58.45
311	443	Carole Wells	FV50	9	Metros	57:29.94	57:02.78
312	416	Katherine Gledhill	FSen	36		57:37.60	57:16.41
313	172	Michelle Baxter Wickham	FV35	16		57:40.33	56:57.70
314	209	Lucy Ferman-Moore	FV50	10		57:52.09	57:28.95
315	164	Ruth Dawson	FSen	37		57:54.09	57:22.48
316	9	Keith Bowersox	MV50	12		58:00.36	57:41.29
317	133	Max Penverne	MV45	42	London Frontrunners	58:01.29	57:41.90
318	403	Richard Ryan	MV35	47		58:01.72	57:49.48
319	134	Mike Godfrey	MV45	43	London Frontrunners	58:01.89	57:41.83
320	253	Anne De Silva	FV60	3	Wimb Windmiler	58:03.30	57:22.47
321	199	Caroline Guest	FV35	17		58:03.36	57:40.15
322	226	Claude Du Plessis	MSen	57		58:03.76	57:24.40
323	402	Sandra Kuehl	FV35	18	London Frontrunners	58:04.59	57:41.48
324	406	Aniko Hizsnyik	FSen	38		58:05.65	57:47.51
325	407	Michael Csorba	MV35	48		58:05.75	57:47.14
326	336	Lorika Strauss	FSen	39		58:13.87	57:57.37
327	452	Lyn Evans	FV55	5	London Heathside	58:22.09	57:39.80
328	75	Michael Walker	MV50	13		58:27.29	57:42.75
329	590	Susan liu	FSen	40	Dulwich Park R	58:28.62	57:58.97
330	390	Yuko Kuromi	FV45	11		58:33.22	58:00.68
331	316	Aryeh Samson	MU20	2		58:41.73	57:56.13
332	411	Edwin Bartlett	MV65	3	Vets AC	58:44.84	58:36.11
333	418	Dalya Koch	FSen	41		58:45.11	57:58.98
334	459	Philip Middleton	MV40	38		58:49.10	58:14.75
335	117	Kathryn Tytler	FV55	6	Reading RR	58:57.39	58:31.63
336	280	Georgina Jackson	FV35	19		59:03.81	58:53.92
337	244	John McGee	MV50	14		59:07.83	58:20.34
338	121	Jacqueline Bohmer-Laubis	FV45	12		59:14.94	58:37.55
339	122	Hans-Peter Laubis	MV50	15		59:15.04	58:38.30
340	370	Thomas Mccauley	MV35	49		59:18.63	58:50.31
341	329	Mary Estall	FSen	42		59:20.37	58:49.04
342	570	Marie De Guzman	FV35	20		59:30.35	59:18.21
343	571	Damon Newman	MV35	50		59:30.52	59:17.87
344	483	Thom Zwagers	MV35	51		59:37.38	59:02.35
345	300	Jennifer Lord	FSen	43		59:39.52	59:15.75
346	115	Sharon ODea	FSen	44		59:42.40	59:02.30
347	221	Baerbel Eckelmann	FV40	16		59:42.47	58:59.71
348	544	Sally Butterfield	FV40	17		59:44.85	58:59.76
349	213	Susan Williams	FV55	7		59:51.36	59:38.31
350	573	Jane Armstrong	MV35	52	Ealing Eagles	59:54.84	59:41.59
351	485	Robert Oconnell	MV50	16		59:56.53	59:28.34
352	584	Lorraine Hill	FV40	18	Ealing Eagles	59:57.37	59:24.20
353	349	Rachel Kerry	FV40	19		01:00:01.17	59:37.96
354	26	Kawahara Hisayo	FV45	13		01:00:32.02	01:00:17.75
355	415	Cordelia Sealy	FV40	20		01:00:32.08	59:53.74
356	89	Edward Driscoll	MV45	44	Braintree & Dist	01:00:42.23	01:00:24.84

357	310	Julie Dempsey	FV45	14	East Essex Tri	01:00:52.51	01:00:12.57
358	56	Robert Allen	MV35	53		01:00:55.82	Late Start
359	395	Susannah Oliver	FV35	21	Croydon Run Sis	01:00:59.36	01:00:32.81
360	152	Fany Moyen-François	FV35	22		01:01:03.52	01:00:43.89
361	412	Jordan Goodman	MV60	8		01:01:05.14	01:00:26.82
362	243	Jon Foat	MSen	58		01:01:40.48	01:00:52.45
363	92	Joseph Kingsley Bentley	MU20	3		01:01:51.26	01:01:34.62
364	264	Anthony Chin	MV50	17	London Heathside	01:01:58.03	01:01:19.78
365	27	Philippa Graham	FV45	15		01:02:04.87	01:01:20.19
366	602	Oliver Tant	MV50	18	Sheen Shufflers	01:02:19.71	01:02:04.71
367	8	Angus Dunn	MV45	45		01:02:22.11	01:01:33.99
368	496	Niamh Whelan	FSen	45		01:02:22.12	01:02:07.64
369	525	Beverley Denby	FV45	16		01:02:23.64	01:02:14.84
370	384	Dino Bozzo	MV45	46	Leeds City AC	01:02:25.35	01:01:48.66
371	20	Maria Hudson	FV40	21	Purple Patch	01:02:28.91	01:01:51.64
372	498	David Stares	MV65	4	Reading RR	01:02:33.90	01:02:09.38
373	178	Eluned Jones	FV40	22		01:02:40.49	01:02:13.37
374	524	Scot Green	MV40	39		01:02:52.11	01:02:27.03
375	305	Rachel Elvin	FSen	46		01:03:04.29	01:02:40.01
376	488	Didem Bora	FV35	23		01:03:09.45	01:03:05.58
377	537	Heather Guttery	FV50	11		01:03:18.31	01:02:32.21
378	188	Kate Sandall	FV45	17		01:03:21.23	01:02:41.09
379	257	Daljit Sidhu	MV45	47		01:03:21.76	01:03:06.53
380	301	Kiera Parkes	FV35	24		01:03:35.70	01:03:03.52
381	376	Susan Ward	FV65	1	Benfleet RC	01:03:41.31	01:02:54.79
382	368	Susan Mcdowell	FV35	25		01:03:42.18	01:03:27.77
383	49	Patrick ONeill	MV45	48		01:03:44.49	01:02:57.97
384	220	Ximena Silva	FV45	18		01:03:50.73	01:03:07.46
385	589	Richard Kirk	MSen	59	Fetch Everyone	01:03:51.82	01:03:13.89
386	230	Victoria Kirk	FSen	47		01:03:52.09	01:03:14.19
387	575	Helen Macdonald	FV35	26		01:03:52.31	01:03:19.38
388	408	Lea Bentzen	FV35	27	Primal Urban Running	01:03:54.09	01:03:35.73
389	471	Angelico Lelli	MV45	49		01:03:58.82	01:03:52.31
390	363	David Miller	MV45	50		01:04:02.90	01:03:34.17
391	287	Cheyne Mitchell	FV40	23		01:04:03.44	Late Start
392	145	Lewina Ma	FV45	19		01:04:11.42	01:03:46.92
393	410	Justine Bornstein	FV40	24		01:04:19.13	01:03:34.51
394	67	Charlie Burt	FV45	20		01:04:22.64	01:03:43.64
395	401	Lizzie Porter	FSen	48		01:04:22.86	01:03:41.59
396	232	Rong Li	FSen	49	Mornington Chasers	01:04:39.24	01:04:00.35
397	529	Suzanne Glavin	FV40	25		01:04:43.97	01:04:28.52
398	130	John Lowit	MV45	51		01:04:45.49	01:04:06.38
399	101	Veronica Carrillo	FV35	28		01:04:49.38	01:04:15.41
400	499	Diane Stares	FV65	2	Reading RR	01:04:51.86	01:04:26.06
401	111	Gillian Calliste	FV50	12	Istead & Ifield	01:04:59.37	01:04:17.06
402	147	Dale Weeks	MV60	9		01:05:03.07	01:04:43.88
403	476	Steven Rhodes	MV40	40		01:05:03.51	01:04:16.41
404	369	Jenny Winter	FV35	29		01:05:06.10	01:04:51.37
405	540	Erika Lederman	FV45	21		01:05:21.65	01:04:42.63
406	29	Bill Graham	MV50	19		01:05:23.52	01:04:37.85
407	60	Barbara Klatt	FV40	26		01:05:29.77	01:05:01.63

408	40	Tracy Bliss	FV40	27	Benfleet RC	01:05:35.57	01:04:55.58
409	355	Gemma Carey	FSen	50		01:05:47.18	01:05:18.41
410	380	Chloe Beale	FSen	51		01:06:05.14	01:05:21.98
411	108	John Williamson	MV70	2	Windle Valley	01:06:15.04	01:05:39.22
412	500	Eva Polykandrioti	FSen	52	Standard Chartered	01:06:18.14	01:05:34.30
413	16	Carolyn Garritt	FV40	28		01:06:42.63	01:06:11.46
414	190	John Prosser	MV75	1		01:06:54.91	01:06:33.17
415	254	Kathryn King	FV35	30		01:06:57.69	01:06:44.61
416	219	Nicola Brown	FV35	31		01:07:06.58	01:06:42.04
417	378	Grace Pickles	FV55	8	Northern Veteran AC	01:07:26.23	01:06:42.91
418	526	Gerard Collins	MV50	20	Pfleet Feet	01:07:28.35	01:06:55.56
419	52	Lynn Joyner	FV60	4		01:07:44.14	01:06:59.17
420	357	Rhiannon Jones	FSen	53		01:08:05.02	01:07:36.32
421	140	Sarah Kopferschmitt	FV45	22		01:08:14.23	01:07:44.84
422	572	Rachel Parkinson	FSen	54	Dulwich Park R	01:08:14.44	01:07:44.79
423	13	Clare Parkinson	FV55	9	Dulwich Park R	01:08:14.47	01:07:45.16
424	518	Josie Adams	FV50	13	Synnergy	01:08:18.52	01:07:44.69
425	74	Bronwyn Mckenna	FV45	23		01:08:25.10	01:07:40.82
426	346	William OConnor	MV65	5	Queens Park Harriers	01:08:33.92	01:07:54.42
427	57	Linda Pan	FV55	10		01:08:35.88	01:07:48.85
428	580	Duncan Brown	MV35	54		01:08:39.63	01:08:09.34
429	579	Caroline Scally	FSen	55		01:08:39.67	01:08:09.19
430	383	Brett Best	FSen	56		01:09:00.03	01:08:47.73
431	382	Rodney Hogg	MV45	52		01:09:00.09	01:08:47.64
432	110	Marjory Bluer	FV45	24	Rickmansworth R Sis	01:09:14.29	01:08:34.80
433	536	Stella Burton	FV50	14		01:09:18.57	01:09:01.10
434	216	Alistair Hopkins	MV50	21		01:09:36.25	01:09:05.54
435	200	Ingrid Bambynek	FV35	32		01:10:53.36	01:10:28.05
436	201	Petra Bambynek	FV40	29		01:10:53.37	01:10:27.86
437	242	Ashling Mcgee	FSen	57		01:11:37.96	01:10:49.79
438	245	Liz Mcgee	FU17	1		01:11:38.59	01:10:50.95
439	419	Eileen Imrie	FV50	15		01:11:46.49	01:11:08.77
440	187	Amanda Lang-Watts	FV35	33	Harlow RC	01:12:01.11	01:11:42.69
441	185	Wade Lang	MV35	55		01:12:01.53	01:11:43.65
442	596	Stephanie Chang	FSen	58		01:13:42.36	01:12:51.20
443	597	Hannah Connors	FSen	59		01:13:43.55	01:12:52.51
444	552	Rebecca Mackintosh	FSen	60		01:13:45.24	01:12:59.73
445	11	Patrick Winterbottom	MV40	41		01:14:48.10	01:14:39.08
446	158	My Hong	FV35	34		01:14:57.53	01:14:37.21
447	88	Sue Rogers	FV45	25	RRC	01:14:59.77	01:14:00.40
448	434	Jitu Savani	MV60	10		01:15:25.42	01:14:41.05
449	517	Andy Lynam	MV50	22	RunningCommentary.Net	01:16:27.02	01:15:42.75
450	77	Chris Rebbeck	MV40	42	Lingfield RC	01:16:28.79	01:15:44.25
451	61	Lesley Young	FV60	5	Dulwich Park R	01:16:45.52	01:15:57.45
452	358	Chris Munyama	FV50	16		01:16:52.26	01:14:22.26
453	217	Dee Nara	FSen	61		01:17:05.41	01:16:23.99
454	469	Peter Graham	MV45	53	100 Marathon	01:17:56.12	No Chip
455	176	Donatella Di Cillo	FV40	30		01:17:59.65	01:17:08.12
456	222	Poro Silva	FV45	26		01:18:08.92	01:17:25.71
457	205	Gillian Cunnington	FV35	35		01:18:24.75	01:17:50.03
458	607	Pauline Bowers	FV50	17	East Essex Tri	01:18:26.17	01:17:46.85

459	197	Trefor Bark	MV45	54		01:18:55.33	01:18:11.85
460	366	Pierre-Ludovic Chranuski	MSen	60	Franglish	01:18:55.89	01:18:14.46
461	609	Elaine Michaels	FV50	18	Essex Police Tri	01:19:13.93	01:18:34.59
462	10	Janine Mcmillion	FV45	27		01:19:54.35	01:19:19.67
463	473	Caroline Heindel	FV45	28		01:19:54.47	01:19:19.66
464	468	Raymond Hoyle	MV65	6	Watford Harriers	01:28:48.36	01:28:10.07
465	34	Margaret Clark	FV75	1	SCVAC	01:29:25.72	01:28:51.79