

Pos	Number	Name	Club	Cat	Time		
					h	m	s
1	362	Josselin Polini	VPH&THAC	SM	1	34	23
2	308	Richard Mcdowell	Hercules Wimbledon	SM	1	34	38
3	311	Alex Mckerrell	Eton Manor AC	SM	1	38	49
4	73	Jason Burgess	Mudstacle Machines	V40	1	39	4
5	197	Thomas Grimes	East London Runners	SM	1	39	12
6	26	Andrew Barrington	VPH&THAC	SM	1	40	40
7	291	Ross Macdonald	Mudstacle Machines	SM	1	41	21
8	70	Jason Brunnock	Mudstacle Machines	SM	1	41	32
9	445	Gary Towers	Eton Manor AC	V40	1	41	55
10	223	Gregory Hills	Dulwich Runners	SM	1	42	9
11	382	Andrew Reeves	Serpentine	V40	1	42	12
12	106	Neil Cook	VPH&THAC	V40	1	42	24
13	431	Chris Tait	East London Tri	SM	1	42	34
14	9	Samuel Anderson	Eton Manor AC	SM	1	43	9
15	244	Lee Jackson	Mudstacle Machines	SM	1	43	21
16	250	David Jones	VPH&THAC	SM	1	44	30
17	269	Simon Laver	Unaffiliated	V40	1	44	44
18	7	Gareth Allen	Orion Harriers	SM	1	44	49
19	110	James Cordwell	VPH&THAC	V40	1	45	15
20	390	Dave Rogers	Mudstacle Machines	V40	1	45	16
21	54	Alexander Boxshall	Unaffiliated	SM	1	46	35
22	302	Matibini Matibini	Leigh on Sea Striders	V40	1	47	7
23	190	Aaron Graves	Tiptree Road Runners	SM	1	48	0
24	424	Matthew Stevens	London Fields Tri Club	SM	1	48	17
25	326	Daniel Mutlow	VPH&THAC	SM	1	48	29
26	419	Neil Spicer	Leigh on Sea Striders	V40	1	48	41
27	437	Rachel Thomas	VPH&THAC	SW	1	48	51
28	52	Michele Bottone	Serpentine	V40	1	48	55
29	248	Tom Pilly	HHH	SM	1	48	56
30	280	William Linton	Unaffiliated	SM	1	49	10
31	40	Jared Bethell	Bishop's Stortford RC	SM	1	49	37
32	37	Simeon Bennett	VPH&THAC	V40	1	49	56
33	475	Neill Whittaker	East London Tri	SM	1	50	10
34	341	Dean Ovel	Leigh on Sea Striders	V40	1	51	6
35	163	Jose Ferreira	Eton Manor AC	SM	1	51	7
36	10	Jon Andueza	VPH&THAC	SM	1	52	31
37	330	Craig Norris	VPH&THAC	SM	1	53	0
38	246	Sam Jackson	Eton Manor AC	SM	1	53	15
39	162	Stephen Fabes	VPH&THAC	SM	1	53	25
40	282	Kevin Long	VPH&THAC	V40	1	53	34
41	248	Tom Pilly	HHH	SM	1	53	54
42	279	Vesa Lindberg	VPH&THAC	V40	1	53	59
43	452	James Swift	East London Tri	V50	1	54	17
44	15	Gary Bagnall	VPH&THAC	V40	1	54	50
45	252	Mike Jones	VPH&THAC	SM	1	55	29
46	128	Alex Day	East London Runners	SM	1	55	34
47	348	Billy Parr	Orion Harriers	SM	1	55	49
48	85	Adam Chapman	Bishop's Stortford RC	SM	1	56	9
49	356	Sarah Pemberton	Serpentine	SW	1	56	23
50	130	Paul Dellar	Tiptree Road Runners	V50	1	56	43
51	30	Andrew Baxter	East London Runners	V40	1	56	50
52	241	Matt Ironside	Bishop's Stortford RC	SM	1	57	7
53	83	Paul Cates	Eton Manor AC	V50	1	57	22
54	84	Rob Chaplin	Unaffiliated	V40	1	57	40

55	77	Jon Byford	Springfield Striders	V40	1	57	43
56	69	Patrick Brown	East London runners	SM	1	57	59
57	277	Frederick Levy	Fulham Running Club	SM	1	58	1
58	493	Brian Young	Lagan Valley AC	SM	1	58	8
59	349	Richard Parr	Eton Manor AC	SM	1	58	11
60	184	James Gleave	Orion Harriers	V40	1	58	17
61	255	Stuart Kelly	East London Runners	SM	1	58	22
62	145	Sam Duggan	VPH&THAC	SM	1	58	23
63	238	Adam Hutton	Springfield Striders	V40	1	58	33
64	216	Karl Hayer	London Frontrunners	V40	1	58	35
65	412	Ben Smith	Unaffiliated	SM	1	58	53
66	67	Alan Broughton	Unaffiliated	V50	1	58	58
67	24	Joe Barker	London Heathside	SM	1	59	10
68	393	Martin Rowe	Huntingdonshire AC	V50	1	59	22
69	281	Jonathan Litchfield	London Heathside	V40	1	59	40
70	139	Sophie Donges	VPH&THAC	SW	1	59	41
71	342	Sal Ozsakin	Unaffiliated	V50	1	59	42
72	93	Steven Church	Huntingdonshire AC	V40	1	59	51
73	296	Adrian Mark	London Frontrunners	SM	2	0	0
74	481	Richard Winstanley	Orion Harriers	SM	2	0	22
75	96	Kelly Clark	VPH&THAC	V35	2	0	26
76	423	Duncan Steen	VPH&THAC	SM	2	0	27
77	105	Ben Cook	Ely Runners	SM	2	0	52
78	354	Ross Payne	Ely Runners	SM	2	0	53
79	16	Giles Bailey	Eton Manor AC	SM	2	1	20
80	82	Victoria Carter	Thames Valley Harriers	V45	2	1	55
81	486	Malachy Wolohan	VPH&THAC	SM	2	1	58
82	459	Chris Vincent	London Heathside	SM	2	2	2
83	174	James Gardiner	London Fields Tri Club	SM	2	2	26
84	428	Darren Summers	Leigh on Sea Striders	V50	2	2	36
85	199	Joseph Gunn	Unaffiliated	SM	2	3	42
86	434	Mark Tempest	Orion Harriers	V50	2	4	3
87	474	Geoff Whitman	Orion Harriers	V40	2	5	3
88	275	Matthew Letley	Leigh on Sea Striders	V40	2	5	46
89	189	Glenn Gosling	Orion Harriers	V40	2	5	56
90	270	Graham Law	Orion Harriers	SM	2	6	7
91	288	John Lynch	Unaffiliated	V60	2	6	22
92	408	Chris Seymour	Mid Essex Casuals	V40	2	6	27
93	294	Natasha Mansell	Aldershot Farnham & District	SW	2	6	42
94	233	James Howlett	Eton Manor AC	SM	2	6	47
95	21	Steven Banham	Unaffiliated	SM	2	7	12
96	479	Greg Williams	Striders of Croydon	SM	2	7	22
97	177	Richard George	Serpentine	SM	2	7	25
98	6	Toby Allanson	Bishop's Stortford RC	V40	2	7	30
99	98	Leon Clement	London Frontrunners	SM	2	7	52
100	331	Liam Norris	Unaffiliated	SM	2	8	8
101	366	Sarah Pritchard	London City Athletics Club	SW	2	8	9
102	402	James Salmon	Braintree & District AC	V40	2	8	12
103	193	Chris Green	East London Runners	SM	2	8	17
104	113	Myles Coulson	Braintree & District AC	V40	2	8	20
105	123	Dave Daugirda	Eton Manor AC	V50	2	8	27
106	461	Adam Waite	London Fields Tri Club	SM	2	8	32
107	14	Cristian Ayuso	Ful-on Tri	SM	2	8	45
108	364	Vicky Presland	Great Bentley RC	V35	2	9	27
109	500	David Bradley-Jones	Portsmouth Tri	V40	2	9	28
110	3	Andy Ainger	Yoti run club	SM	2	9	40
111	100	James Collins	Unaffiliated	V40	2	9	41
112	158	Andrew Enticknap	Huntingdonshire AC	V40	2	9	42

113	290	Hannah Macdermott	Unaffiliated	SW	2	9	43
114	345	Steve Palmer	East London Tri	V40	2	9	48
115	374	Ronan Quinn	Leigh on Sea Striders	V50	2	9	49
116	221	Satu Hietanen	London Heathside	V45	2	10	0
117	46	Calvin Bobin	East London Runners	V60	2	10	2
118	157	Mark Ellis	Trent Park RC	SM	2	10	32
119	323	Rob Moore	Orion Harriers	V50	2	10	36
120	440	Paul Thompson	East London Runners	V40	2	10	49
121	268	Oliver Last	Bishop's Stortford RC	V50	2	10	53
122	142	Elizabeth Drake	London Heathside	V35	2	10	53
123	103	John Conquest	Unaffiliated	SM	2	11	3
124	137	Adam Dodds	Unaffiliated	SM	2	11	10
125	392	Andrew Roper	Unaffiliated	V40	2	11	13
126	236	Shane Hunt	Huntingdonshire AC	V50	2	11	15
127	335	Tracey Carro Noya	Serpentine	V35	2	11	18
128	44	John Black	Eton Manor AC	V60	2	11	30
129	195	Michael Green	East Essex Tri	V40	2	11	48
130	377	Robert Rayworth	East London Runners	V40	2	11	50
131	156	Mark Ellingham	Unaffiliated	V60	2	12	11
132	179	Chris Gibson	Orion Harriers	SM	2	12	32
133	116	Carel Cronenberg	VPH&THAC	V50	2	12	43
134	125	Hefin Davies	Unaffiliated	SM	2	12	58
135	56	Paul Bracken	Trent Park RC	V50	2	13	18
136	491	Zoe Woodward	Eton Manor AC	V45	2	13	20
137	74	Mark Burkett	Bishop's Stortford RC	V50	2	13	56
138	261	Stephen Kirsh	Unaffiliated	SM	2	14	23
139	417	Rob Sommerville	Eton Manor AC	V40	2	14	25
140	295	Andrew March	Trent Park RC	V50	2	14	46
141	487	Frank Womelsdorf	Serpentine	SM	2	14	48
142	314	Taryne Mcpherson	Eton Manor AC	V35	2	14	58
143	347	Rob Parfrey	Wakefield	V40	2	15	10
144	182	James Gill	Edmonton Running Club	V40	2	15	50
145	403	Monique Sapla	Nuclear Phoenix	SW	2	15	54
146	232	Nick Hout	East London Runners	V40	2	16	0
147	415	Wayne Smith	Leigh on Sea Striders	V40	2	16	7
148	34	Graeme Bell	East London Tri	V40	2	16	41
149	465	Ben Watts	Unaffiliated	SM	2	16	41
150	194	Dan Green	Orion Harriers	V40	2	16	45
151	230	Peter Horrell	Unaffiliated	SM	2	16	50
152	436	James Tharratt	Orion Harriers	SM	2	17	8
153	147	Emma Dunk	VPH&THAC	SW	2	17	17
154	439	Mark Thompson	Unaffiliated	V50	2	17	25
155	144	Ewan Duckett	Trail Runners Association	V50	2	17	27
156	115	Kelly Crawford	Huntingdonshire AC	SW	2	17	35
157	180	Henry Giddens	Unaffiliated	SM	2	17	37
158	306	Justin Mcdermott	Eton Manor AC	V40	2	17	38
159	310	Pete Mchugh	Orion Harriers	V40	2	17	40
160	53	Naomi Bourne	VPH&THAC	V45	2	17	47
161	316	Luka Melon	London Heathside	V40	2	17	57
162	432	Ellie Tait	VPH&THAC	SW	2	18	5
163	427	Jamie Stokes	Unaffiliated	V40	2	18	19
164	442	Darren Tiley	Harlow Running Club	V40	2	18	23
165	58	Gareth Bradley-Jones	Unaffiliated	V40	2	18	24
166	220	Luke Helliwell	Unaffiliated	SM	2	18	54
167	273	Steven Layton	Eton Manor AC	SM	2	19	0
168	89	Jason Cheung	Unaffiliated	SM	2	19	9
169	334	Robin Norton-Hale	VPH&THAC	V35	2	19	11
170	351	Emerson Paul	Orpington Road Runners	V40	2	19	14

171	235	John Hughes	Thorndon Runners	V50	2	19	31
172	265	Vicky Knight	Tiptree Road Runners	V35	2	19	50
173	210	Tracy Harrington	Tiptree Road Runners	V45	2	19	50
174	208	Danielle Harrington	Tiptree Road Runners	V35	2	19	51
175	169	Caroline Frith	East London Runners	V35	2	19	58
176	470	John Western	Leigh on Sea Striders	V50	2	20	44
177	297	Paul Marshall	East London Runners	SM	2	20	51
178	43	Heather Birtwistle	VPH&THAC	SW	2	21	10
179	33	Karl Bedingfield	Unaffiliated	V50	2	21	17
180	389	Paul Roche	Unaffiliated	V50	2	21	17
181	413	John Smith	Orion Harriers	V60	2	21	47
182	138	Paul Dominguez	East London Tri	V40	2	21	52
183	66	Steve Brooks	City of London Police AC	V50	2	22	8
184	206	Thomas Hardy	Unaffiliated	V40	2	22	20
185	41	Charlotte Bewley	VPH&THAC	V35	2	22	23
186	165	Zoltan Fodor	Orion Harriers	V40	2	22	36
187	430	Lee Swash	Unaffiliated	SM	2	22	37
188	168	Tim Freeland	Orion Harriers	SM	2	22	41
189	120	James Dalton	Unaffiliated	V40	2	23	4
190	327	Mary Narey	Stowmarket Striders	V45	2	23	10
191	183	Alistair Gillan	Springfield Striders	V50	2	24	1
192	29	Tim Bavister	Unaffiliated	V40	2	24	31
193	141	Pippa Dowswell	Orion Harriers	V45	2	24	35
194	80	Sean Carey	Alice Rose Running Club	V40	2	24	50
195	264	Paul Knight	Unaffiliated	V40	2	25	4
196	192	Buddy Green	Orion Harriers	SM	2	25	14
197	25	Leigh Barnett	Unaffiliated	V40	2	25	23
198	119	Jimmy Dale	East London Runners	SM	2	25	44
199	414	Tim Smith	London Fields Tri Club	SM	2	25	55
200	231	Alice Hosking	London Heathside	SW	2	26	8
201	48	Andy Bolderstone	East London Runners	V40	2	26	20
202	75	Jennifer Bushell	Ealing Eagles RC	SW	2	26	26
203	175	Julia Gardiner	Harlow Running Club	V35	2	26	41
204	375	Andrew Rawlins	Werrington joggers	V40	2	26	53
205	228	Kevin Hope	Unaffiliated	V40	2	26	54
206	170	Kate Fry	Unaffiliated	V35	2	26	57
207	111	Neil Cornelius	Hockley Trail Runners	V40	2	27	2
208	35	Suzanne Bench	East London Runners	SW	2	27	2
209	149	Nathaniel Dye	East London Runners	SM	2	27	2
210	104	Grant Conway	East London Runners	V40	2	27	2
211	401	Arran Salmon	Leigh on Sea Striders	V40	2	27	7
212	204	Aaron Hansen	Unaffiliated	SM	2	27	14
213	451	Louise Vacher	Eton Manor AC	V50	2	27	41
214	28	Gary Bartlett	Orion Harriers	V50	2	27	47
215	173	Stephen Galligan	Unaffiliated	V40	2	28	8
216	225	Gavin Hodgson	Orion Harriers	V40	2	28	27
217	62	Nicholas Brandon	Orion Harriers	V40	2	28	38
218	313	Susan McMaster	East London Tri	V35	2	28	43
219	212	Minna Harrison	VPH&THAC	V45	2	28	48
220	226	Maud Hodson	East London Runners	V45	2	28	50
221	485	Peter Wolley	Serpentine	V40	2	28	54
222	229	Leonie Hope	Unaffiliated	SW	2	28	54
223	438	Gemma Thompson	Orion Harriers	SW	2	29	10
224	185	Lee Goddard	Stowmarket Striders	V40	2	29	28
225	131	Simon Dent	Mornington Chasers	V50	2	29	51
226	355	Pasquale Pellecchia	Harlow Running Club	V60	2	29	57
227	200	Dave Hallybone	East London Runners	V40	2	30	2
228	454	Antonio Del Valle	VPH&THAC	V40	2	30	14

229	222	Clive Higdon	Springfield Striders	V50	2	30	17
230	299	Nick Martin	Unaffiliated	V40	2	30	21
231	60	Jane Bramble	East Essex Tri	V45	2	30	28
232	407	Adam Sewell	Braintree & District AC	V40	2	31	5
233	39	Joyce Berry	VPH&THAC	V45	2	31	17
234	4	Anna Aitken	Unaffiliated	SW	2	31	23
235	257	Helen Kidgell	Legh on Sea Striders	V35	2	31	24
236	293	Ewan Main	Unaffiliated	V40	2	31	31
237	418	Catharine Sowerby	Serpentine	V55	2	32	4
238	19	Shirley Ball	Bishop's Stortford RC	V55	2	32	7
239	494	Peter Young	Lagan Valley AC	V60	2	32	30
240	398	David Rutter	Bishop's Stortford RC	V50	2	32	32
241	121	Tom Dane	East London Tri	V40	2	32	36
242	472	Robbie Wishaw	Unaffiliated	SM	2	33	7
243	460	Jessica Vinluan	London Heathside	V35	2	33	22
244	462	Fiona Walker	Leigh on Sea Striders	V45	2	34	0
245	321	Kerryn Moolenschot	Unaffiliated	SW	2	34	24
246	304	Kerry Mavris	Harlow Running Club	V45	2	34	54
247	109	Mathew Coote	Unaffiliated	V40	2	35	9
248	146	Alan Duncan	Team Bighthammer OCR	SM	2	35	44
249	99	Fen Coles	Eton Manor AC	V45	2	36	0
250	97	Christopher Clarke	Biggleswade AC	V60	2	36	51
251	8	Justine Allen	Thorndon	V45	2	38	3
252	151	Susan Edwards	Cambridge Harriers	V55	2	38	33
253	300	Kat Maskell	East London Runners	V35	2	39	15
254	152	Wayne Edwards	Unaffiliated	V40	2	39	29
255	245	Mark Jackson	Mid Essex Casuals	V50	2	40	19
256	215	Inga Hayden-Cooper	Unaffiliated	V45	2	40	42
257	186	Louise Goddard	Stowmarket Striders	V35	2	40	53
258	127	Sally Dawodu-Talabi	Istead & Ifield Harriers	V45	2	41	2
259	278	Keith Limburn	Leigh on Sea Striders	V40	2	41	4
260	426	Lorna Stevenson	London Fields Tri Club	SW	2	41	25
261	181	Sarah Giles	Eton Manor AC	V35	2	41	45
262	148	Janine Durrant	Eton Manor AC	V35	2	41	45
263	243	Rahana Islam	Dagenham 88 Runners	V35	2	41	51
264	254	Mark Kelder	VPH&THAC	V40	2	42	9
265	464	Sasha Watson	Unaffiliated	SW	2	43	15
266	344	Andrew Painter	Unaffiliated	V50	2	44	1
267	260	Neil Kirsh	Vegan Runners	V50	2	45	45
268	370	Emily Pullan	Clapham Chasers	SW	2	45	50
269	178	Richard Gerrard	London Fields Tri Club	SM	2	46	4
270	242	Nazia Islam	Vegan Runners	SW	2	46	20
271	76	Jonathan Byatt	Unaffiliated	SM	2	46	53
272	447	Elaine Tribley	Springfield Striders	V55	2	47	13
273	234	Kym Hudson	Orion Harriers	V55	2	48	17
274	126	Alasdair Daw	Billericay Striders	V40	2	48	22
275	217	John Healy	East London Runners	V40	2	48	54
276	446	John Tracey	Pitsea Running Club	V50	2	49	1
277	47	Maria Boccardo	Fulham Running Club	SW	2	49	32
278	20	Stephen Ball	Bishop's Stortford RC	V60	2	50	17
279	12	Susan Archer	Tiptree Road Runners	V45	2	50	53
280	191	Paul Graves	Tiptree Road Runners	V60	2	50	53
281	498	Richard Zoers	Unaffiliated	SM	2	51	34
282	92	Sophie Church	Unaffiliated	SW	2	52	32
283	325	Firmin Moriarty	EC1	V50	2	53	39
284	380	Lesley Reader	Unaffiliated	V45	2	53	40
285	224	Octavia Hirst	Unaffiliated	SW	2	55	55
286	409	Hannah Sheikh	Dagenham 88 Runners	V35	2	56	11

287	63	Kate Brett	East London Runners	V45	2	56	32
288	399	Julian Ryland	Trent Park RC	V40	2	56	46
289	358	Steve Pettitt	Leigh on Sea Striders	V50	2	58	33
290	319	Frank Merrigan	VPH&THAC	V60	2	58	52
291	283	Harriet Lowndes	VPH&THAC	SW	2	59	41
292	484	Alexandra Wolley	Unaffiliated	SW	2	59	42
293	218	Juliet Heap	London City Athletics Club	V35	3	0	1
294	416	Andrew Smiths	Harlow Running Club	V40	3	0	2
295	385	Diana Rexhepaj	East London Runners	V45	3	0	40
296	124	Gareth Davies	East London Runners	V40	3	0	41
297	476	David Wilkey	VPH&THAC	V40	3	8	4
298	346	Jane Pannell	Eton Manor AC	V45	3	9	33
299	322	Caroline Moore	East London Runners	V55	3	9	41
300	338	Yvonne Olney	Datchet Dashers	V55	3	10	29