

**SUNDAY 9 MARCH 2014**  
**FINCHLEY '20' MILE ROAD RACE at RUISLIP**

**MEN'S RACE**

1	Michael	Crawley	Corstorphine AAC	1.	47.	02
2	Jonathan	Poole	Serpentine RC	1.	49.	03
3	Alex	Milne	Enfield & Haringey AC	1.	51.	42

**MEN'S TEAM (4-to-score)**

1	Serpentine RC	69
2	Hillingdon AC	149
3	London Heathside	178
4	St Albans Striders	193
5	Gade Valley Harriers	274
6	Dulwich Runners	389
7	Datchet Dashers	496
8	London Frontrunners	539
9	Queens Park Harriers	573
10	Metros RC	575
11	Ealing Eagles	603
12	Ranelagh Harriers	614
13	British Airways AC	733
14	Garden City Runners	745
15	Watford Joggers	755

**MEN'S MIDDLESEX CHAMPIONSHIPS**

1	Jonathan	Poole	Serpentine RC	1.	49.	03
2	Alex	Milne	Enfield & Haringey AC	1.	51.	42
3	Will	Green	Serpentine RC	1.	54.	23

**MEN'S 40 - 49 RACE**

1	Brian	Thursby-Pelham	Thames Hare & Hounds	1.	57.	04
2	Grant	Ramsay		1.	58.	57
3	Duncan	Burbidge	Highgate Harriers	2.	00.	08

**MEN'S 50 - 59 RACE**

1	Nigel	Rackham	Metros RC	1.	58.	10
2	Adrian	Mason	Barnet & District AC	2.	01.	42
3	Sanjai	Sharma	New Forest Runners	2.	13.	58

**MEN'S 60 - 69 RACE**

1	Andrew	Mansi	Hillingdon AC	2.	32.	23
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**MEN'S 70+ RACE**

1	John	Carter	Wimbledon Windmilers	3.	03.	07
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**WOMEN'S RACE**

1	Sophie	Delderfield	Vale of Aylesbury AC	2.	14.	15
2	Sarah	Williams	Shaftesbury Barnet Harriers	2.	15.	03
3	Leigh	James		2.	15.	18

**WOMEN'S TEAM (3-to-score)**

1	Harrow AC					68
2	Serpentine RC					72
3	London Heathside					108
4	Tri London					112
5	Edmonton RC					134
6	Ealing Eagles					191
7	Wimbledon Windmilers					197
8	Hillingdon AC					199
9	Metros RC					207
10	Mornington Chasers					236
11	Gade Valley Harriers					282
12	Watford Joggers					312

**WOMEN'S MIDDLESEX CHAMPIONSHIPS**

1	Helen	Gaunt	Serpentine RC	2.	15.	27
2	Catherine	Harris	Serpentine RC	2.	21.	07
3	Cathy	Jeremiah	London Heathside	2.	26.	06

**WOMEN'S 35 - 44 RACE**

1	Tina	Bailey	RRC	2.	27.	56
2	Patricia	Richardson	Tri London	2.	28.	31
3	Alison	Fish		2.	33.	41

**WOMEN'S 45 - 54 RACE**

1	Karen	Murphy	Barnet & District AC	2.	17.	17
2	Janice	Vinall		2.	38.	16
3	Odette	Messenger	Gade Valley Harriers	2.	41.	48

**WOMEN'S 55+ RACE**

1	Avril	Riddell	Mornington Chasers	2.	47.	02
2	Caroline	White	London Heathside	2.	49.	25

<b>FINCHLEY '20' RESULTS</b>
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Pos	Forename	Surname	Club	Time	Sex	Age	Mx
1	Michael	Crawley	Corstorphine AAC	1. 47. 02	M	26	
2	Jonathan	Poole	Serpentine RC	1. 49. 03	M	31	Mx
3	Alex	Milne	Enfield & Haringey AC	1. 51. 42	M	23	Mx
4	Will	Green	Serpentine RC	1. 54. 23	M	39	Mx
5	Ben	Shearer	Cambridge Harriers	1. 54. 44	M	37	
6	Robert	Wilson	Ealing Southall and Middlesex AC	1. 55. 24	M	26	Mx
7	Tim	Haughian	Windsor, Slough, Eton & Hounslow AC	1. 55. 35	M	27	Mx
8	Sean	Renfer	Thames Valley Harriers	1. 55. 50	M	25	Mx
9	Brian	Thursby-Pelham	Thames Hare & Hounds	1. 57. 04	M	42	
10	Nigel	Rackham	Metros RC	1. 58. 10	M	51	Mx
11	Rob	Foster	Datchet Dashers	1. 58. 30	M	38	
12	Alex	Horton	Barnet & District AC	1. 58. 52	M	27	
13	Grant	Ramsay		1. 58. 57	M	41	Mx
14	Nicholas	Gould	Thames Hare & Hounds	1. 59. 19	M	33	
15	Duncan	Burbidge	Highgate Harriers	2. 00. 08	M	42	Mx
16	James	Gordon	Cambridge Harriers	2. 00. 40	M	37	
17	Daniel	Higgins	Highgate Harriers	2. 01. 21	M	35	Mx
18	Carl	Selya-Hammer		2. 01. 35	M	33	
19	Robert	Tuer	Hercules Wimbledon AC	2. 01. 38	M	28	
20	Adrian	Mason	Barnet & District AC	2. 01. 42	M	50	
21	Mike	Dooley	Hillingdon AC	2. 02. 15	M	47	Mx
22	Christian	Poulton		2. 02. 49	M	48	
23	Andrew	Lawrence	Morpeth Harriers & AC	2. 03. 15	M	28	Mx
24	George	Stewart		2. 03. 34	M	45	Mx
25	Martin	Gaunt	Serpentine RC	2. 04. 07	M	31	Mx
26	Jonathan	Moscrop	London Fronrunners	2. 04. 28	M	40	Mx
27	Adam	Dunajko	St Albans Striders	2. 04. 34	M	30	
28	Gary	Warren		2. 04. 41	M	45	Mx
29	Jonathan	Ratcliffe	Herne Hill Harriers	2. 04. 55	M	46	Mx
30	Mark	Worringham	Reading Roadrunners	2. 05. 36	M	36	
31	Jim	Clark	West 4 Harriers	2. 05. 56	M	37	Mx
32	Jason	Harris	Woking AC	2. 06. 17	M	42	
33	James	Gillanders		2. 06. 30	M	35	Mx
34	Scott	Farley	Hillingdon AC	2. 06. 38	M	42	Mx
35	Giles	Hopkinson	Orion Harriers	2. 06. 42	M	44	Mx
36	Rob	Shearer	Cambridge Harriers	2. 07. 11	M	35	
37	Christopher	Pratt	Crawley AC	2. 07. 12	M	35	
38	Richard	Milner	Serpentine RC	2. 07. 37	M	28	Mx
39	William	McNulty	Mornington Chasers	2. 07. 39	M	31	Mx
40	Ben	Martin-Dye	Bracknell Forest Runners	2. 07. 46	M	44	
41	Martin	Whitworth	St Albans Striders	2. 07. 55	M	39	
42	James	Pickett	London Heathside	2. 08. 15	M	32	Mx
43	Mark	Anderson	London Heathside	2. 08. 32	M	35	Mx
44	Roger	Braybrooks	London Heathside	2. 08. 54	M	44	Mx
45	Philip	Jones	Datchet Dashers	2. 09. 00	M	48	
46	Paul	Hull	Hillingdon AC	2. 09. 06	M	47	Mx
47	Andrew	Moreton	Kent AC	2. 09. 44	M	30	
48	Simon	Connell	Hillingdon AC	2. 10. 14	M	40	Mx
49	Howard	Gold	London Heathside	2. 10. 17	M	43	Mx
50	Chris	Moseley	Wargrave Runners	2. 10. 18	M	34	
51	Marc	Henrion	Mornington Chasers	2. 10. 31	M	30	
52	Richard	Taylor	Serpentine RC	2. 10. 32	M	37	
53	Peter	Summers	Handy Cross Runners	2. 10. 37	M	47	
54	Sam	Blanshard	Hillingdon AC	2. 11. 01	M	28	Mx
55	James	Manley	Hillingdon AC	2. 11. 02	M	30	Mx

56	David	Meller		2.	11.	03	M	47	Mx
57	Mark	Harrison		2.	11.	52	M	35	Mx
58	Chris	Eland	Garden City Runners	2.	12.	06	M	45	
59	Simon	Fraser	St Albans Striders	2.	12.	10	M	28	Mx
60	Lee	Murphy	Stopsley Striders	2.	12.	36	M	24	Mx
61	Paul	Jarman	London Heathside	2.	13.	04	M	49	Mx
62	Guy	Woollett	Gade Valley Harriers	2.	13.	15	M	44	
63	Paul	Dennis	Woking AC	2.	13.	17	M	28	Mx
64	Gareth	Morris	Handy Cross Runners	2.	13.	24	M	33	Mx
65	Joel	Northcott	London Frontrunners	2.	13.	25	M	33	
66	Richard	Harry	St Albans Striders	2.	13.	43	M	38	
67	Edward	Price	Gade Valley Harriers	2.	13.	58	M	38	
68	Felix	Langley		2.	14.	01	M	32	
69	Sanjai	Sharma	New Forest Runners	2.	14.	15	M	52	
70	Colin	Braybrook	St Albans Striders	2.	14.	20	M	52	
71	Sophie	Delderfield	Vale of Aylesbury AC	2.	14.	22	F	30	
72	Jesse	Elzinga		2.	14.	28	M	35	Mx
73	Michael	Ferris	Gade Valley Harriers	2.	14.	50	M	28	
74	Steven	Boyd	Gade Valley Harriers	2.	14.	51	M	46	
75	Alan	Morris	Barnet & District AC	2.	14.	59	M	50	
76	Bill	Hawes	Gade Valley Harriers	2.	15.	03	M	47	
77	Matthew	Watt	Gade Valley Harriers	2.	15.	11	M	36	
78	Sarah	Williams	Shaftesbury Barnet Harriers	2.	15.	18	F	31	
79	John	Dowling		2.	15.	27	M	31	
80	Leigh	James		2.	15.	29	F	30	
81	Helen	Gaunt	Serpentine RC	2.	15.	37	F	34	Mx
82	Matt	Ponting		2.	15.	40	M	37	Mx
83	Dan	Charleston	Handy Cross Runners	2.	15.	54	M	40	
84	Kevin	Watson	Metros RC	2.	15.	58	M	32	
85	David	Haydon		2.	16.	01	M	33	
86	Justin	Lee	Serpentine RC	2.	16.	19	M	1	Mx
87	Liam	Hatcher	South London Harriers	2.	16.	23	M	25	
88	Jonathan	Hopkin	London Heathside	2.	16.	34	M	46	Mx
89	Dave	Dixon	Watford Joggers	2.	16.	49	M	45	Mx
90	Damien	Lane		2.	17.	02	M	45	Mx
91	Alastair	Locke	Dulwich Runners	2.	17.	05	M	31	
92	Philip	Cross	Woking AC	2.	17.	17	M	50	
93	Dave	Miller	Barnes Runners	2.	17.	20	M	41	
94	Karen	Murphy	Barnet & District AC	2.	17.	42	F	46	
95	Phil	Corbett	Vale of Aylesbury AC	2.	17.	53	M	31	Mx
96	Nathan	Taylor	Chiltern Harriers	2.	17.	57	M	42	
97	Stuart	Meiklejohn	London Heathside	2.	18.	09	M	33	
98	Duncan	Mallison	Ranelagh Harriers	2.	18.	29	M	39	Mx
99	Martin	Carmack	Serpentine RC	2.	18.	34	M	44	Mx
100	Gope	Walker		2.	18.	41	M	38	
101	Eric	Dol	Herne Hill Harriers	2.	18.	44	M	24	
102	Melanie	Edwards	Dulwich Runners	2.	18.	49	F	32	
103	Andrew	Bruce	Tri London	2.	19.	02	M	29	
104	Edwin	McCormack	Dulwich Runners	2.	19.	06	M	26	
105	Paul	Devine	Dulwich Runners	2.	19.	19	M	36	
106	Andrew	Lennard	Victoria Park Harriers & Tower Hamlets AC	2.	19.	20	M	30	Mx
107	Paul	Mercer	London Heathside	2.	19.	28	M	39	Mx
108	Colin	Overton	Ealing Eagles	2.	19.	29	M	35	Mx
109	Daniel	Watkins	Harrow AC	2.	20.	00	M	45	Mx
110	Will	Morris		2.	20.	08	M	25	
111	Rob	Cope	Dulwich Runners	2.	20.	53	M	40	
112	Eberhard	Prill	Dulwich Runners	2.	20.	53	M	51	Mx
113	Michael	Gilkes		2.	20.	58	M	40	Mx
114	Paul	Rostern	Elmbridge RR	2.	21.	07	M	47	Mx
115	Joao	Diogo	Queens Park Harriers	2.	21.	07	M	43	Mx
116	Catherine	Harris	Serpentine RC	2.	21.	08	F	24	Mx
117	Clive	Powell		2.	21.	45	M	49	Mx
118	Paul	Knechtl	British Airways AC	2.	21.	47	M	42	

119	Roger	Montgomery		2.	21.	54	M	46	
120	John	Scott	Serpentine RC	2.	22.	08	M	34	
121	Vince	Ellerby	Gade Valley Harriers	2.	22.	13	M	49	
122	Brendan	Greene	Serpentine RC	2.	22.	14	M	41	Mx
123	Helen	O'Neile	Zoom Triathlon	2.	22.	18	F	24	
124	Greg	McClure	North Belfast Harriers	2.	22.	26	M	57	
125	Simon	Wallis	Gade Valley Harriers	2.	22.	34	M	37	
126	Robert	Wardlaw		2.	22.	44	M	57	
127	Robert	Whitmarsh	Serpentine RC	2.	22.	47	M	32	Mx
128	Stephen	Finn	Hart RR	2.	22.	50	M	42	
129	Brian	Cronin		2.	22.	57	M	32	
130	Daniel	Dangoor		2.	23.	05	M	29	
131	Gez	Fallon	Stopsley Striders	2.	23.	11	M	43	Mx
132	Robert	Casserley	Garden City Runners	2.	23.	41	M	41	
133	James	Connell	London Heathside	2.	23.	48	M	41	
134	Joe	Hurley	Leighton Buzzard AC	2.	23.	59	M	55	
135	David	Cornock	Barnes Runners	2.	24.	16	M	50	
136	Joe	Garrod		2.	24.	24	M	28	Mx
137	Alex	Nicolle		2.	24.	28	M	32	Mx
138	Michael	Turney	Chiltern Harriers	2.	24.	28	M	50	
139	Michael	Hibbert		2.	24.	34	M	43	
140	Matthew	Welsh		2.	24.	36	M	30	Mx
141	Alex	Morales		2.	24.	41	M	36	Mx
142	Jessica	Pitt	Maidenhead AC	2.	24.	44	F	25	
143	Marion	Buggins		2.	24.	53	F	29	
144	Stephen	Newing	Gade Valley Harriers	2.	25.	01	M	33	
145	Chris	Kelly	British Airways AC	2.	25.	03	M	48	Mx
146	Martin	England		2.	25.	25	M	50	
147	Gildas	Braine	Queens Park Harriers	2.	25.	51	M	36	Mx
148	Dave	McLaughlin	Queens Park Harriers	2.	25.	57	M	42	Mx
149	Ben	Hodson		2.	26.	06	M	38	Mx
150	Allan	Todd	East London Runners	2.	26.	18	M	39	
151	Cathy	Jeremiah	London Heathside	2.	26.	21	F	31	Mx
152	John	Murphy	Dunstable Road Runners	2.	26.	44	M	46	
153	Neil	Aikman	Croydon Harriers	2.	26.	46	M	43	
154	Rick	Jenner	Ranelagh Harriers	2.	26.	47	M	36	Mx
155	Tom	Corbett	Ealing Eagles	2.	26.	54	M	36	Mx
156	Russell	Price	East London Runners	2.	26.	54	M	29	
157	Emily	Antcliffe	Harrow AC	2.	27.	11	F	33	Mx
158	Thomas	Martini	Ealing Eagles	2.	27.	38	M	39	Mx
159	Joe	Happe	Orion Harriers	2.	27.	43	M	44	
160	William	Blyth	Headington RR	2.	27.	56	M	45	
161	Ronan	Hoare		2.	28.	02	M	29	Mx
162	Tina	Bailey	RRC	2.	28.	27	F	42	Mx
163	Brendan	Cashman	St Albans Striders	2.	28.	31	M	25	
164	Andrew	Malyan	Hillingdon AC	2.	28.	46	M	48	Mx
165	Patricia	Richardson	Tri London	2.	28.	49	F	39	Mx
166	George	Jackson		2.	28.	54	M	50	
167	Gary	Horn		2.	29.	00	M	36	
168	Steve	Hall		2.	29.	03	M	43	Mx
169	David	Smith	Hillingdon AC	2.	29.	15	M	49	Mx
170	Elinor	East		2.	29.	16	F	29	Mx
171	Andrew	Gambier		2.	29.	33	M	43	
172	Christopher	Jeffery		2.	29.	47	M	36	
173	Allie	O'Donovan	Highgate Harriers	2.	30.	05	F	31	Mx
174	Andy	Cohen-Wray	Bedford & County AC	2.	30.	12	M	36	
175	Stephen	Plummer		2.	31.	00	M	51	Mx
176	Rhiannon	Shepherd	Southampton AC	2.	31.	43	F	24	
177	Rohan	Byles		2.	32.	10	M	29	
178	Ben	Williams		2.	32.	23	M	24	
179	Alan	Clinton		2.	32.	36	M	36	
180	Andrew	Mansi	Hillingdon AC	2.	32.	41	M	64	Mx
181	Douglas	Hobson	St Albans Striders	2.	32.	52	M	25	Mx

182	William	Wagstaff	London Heathside	2.	32.	58	M	51	Mx
183	Stewart	Anderson	Ranelagh Harriers	2.	33.	01	M	45	
184	Ania	Gabb		2.	33.	02	F	29	Mx
185	Chris	Horrihan	Wimbledon Windmilers	2.	33.	03	M	51	
186	Marco	Luna	London Heathside	2.	33.	05	M	35	Mx
187	Emerson	Paul	London Heathside	2.	33.	14	M	38	
188	Andrew	Nicholls	South Cyprus Flyers	2.	33.	19	M	52	
189	Carl	Moran	The Stragglers	2.	33.	38	M	50	Mx
190	Jon	Drake	Larkfield AC	2.	33.	41	M	41	
191	Stiofan	MacCuinn		2.	33.	51	M	29	
192	Alison	Fish		2.	33.	57	F	37	
193	Marc	Cane		2.	33.	57	M	39	Mx
194	Jennie	Roberts	Leicester Tri Club	2.	34.	09	F	37	Mx
195	Mark	Holleley		2.	34.	31	M	30	
196	Hayley	Rogerson	Orion Harriers	2.	34.	46	F	35	
197	Paul	Murphy		2.	34.	53	M	38	Mx
198	Rebecca	Edelman		2.	34.	55	F	29	
199	Steve	Paull		2.	35.	10	M	60	Mx
200	Sarah	Williams		2.	35.	14	F	25	
201	Marcus	Edwards	Watford Joggers	2.	36.	17	M	53	
202	Anita	Lee-Rubis		2.	36.	19	F	41	
203	Marian	O'Connor		2.	36.	30	F	32	Mx
204	Christopher	Pettit		2.	36.	34	M	34	Mx
205	Jeff	Mack		2.	37.	14	M	38	
206	Ivor	Vanhegan		2.	37.	18	M	32	Mx
207	Mario	Cadete		2.	37.	27	M	41	
208	Ciaran	Weldon	Watford Harriers	2.	37.	35	M	43	
209	Keegan	Ian	London Fronrunners	2.	37.	41	M	44	Mx
210	Jennifer	Finlay	Harpenden Arrows RC	2.	37.	54	F	44	
211	Amy	Concannon	Harrow AC	2.	37.	56	F	24	Mx
212	Yasuaki	Abe		2.	37.	59	M	34	Mx
213	Anthony	Plewes	Trent Park RC	2.	38.	10	M	43	Mx
214	Dave	Wise	Gade Valley Harriers	2.	38.	16	M	46	
215	Nick	de Sausmarez	London Heathside	2.	38.	23	M	48	
216	Janice	Vinall		2.	38.	25	F	54	
217	Nicholas	Stallman	Queens Park Harriers	2.	38.	38	M	28	
218	Natalie	Ruffell		2.	38.	42	M	23	
219	Tom	Miller		2.	38.	49	M	52	Mx
220	Roger	Hobbs		2.	39.	00	M	53	
221	Matthew	Fryer	Ravens, City of London	2.	39.	06	M	39	
222	Michael	Hill	Datchet Dashers	2.	39.	30	M	60	Mx
223	Kevin	Concannon	Harrow AC	2.	39.	34	M	56	Mx
224	Mikio	Sugeno		2.	39.	53	M	49	
225	Karl	Chan		2.	39.	57	M	39	Mx
226	Michael	Hessey	Harpenden Arrows RC	2.	40.	06	M	48	
227	Alan	Li		2.	40.	06	M	36	Mx
228	Christopher	Ashford		2.	40.	30	M	43	Mx
229	William	Simpson	Serpentine RC	2.	40.	49	M	52	
230	Sergio	Keshishian		2.	41.	08	M	30	
231	David	Barnes		2.	41.	12	M	50	
232	Jonathan	Arrowsmith		2.	41.	13	M	33	
233	Chris	Collins		2.	41.	48	M	31	Mx
234	Geetu	Mirpuri	Harrow AC	2.	42.	19	F	36	
235	Odette	Messenger	Gade Valley Harriers	2.	42.	24	F	46	Mx
236	Jane	Perry		2.	42.	37	F	44	Mx
237	Jamie	Myers	Queens Park Harriers	2.	43.	13	M	26	Mx
238	Julie	Norton	Trent Park RC	2.	43.	15	F	45	
239	Richard	Ruffell	British Airways AC	2.	43.	20	M	52	
240	Phillip	Weall	Hillingdon AC	2.	43.	33	M	31	Mx
241	Philip	Longhurst		2.	43.	43	M	51	Mx
242	Gregory	O'Toole		2.	43.	48	M	44	
243	Piers	Woolston	Ealing Eagles	2.	44.	06	M	53	Mx
244	Stephen	Logue	Ranelagh Harriers	2.	44.	25	M	56	

245	Martin	Bowd	Hillingdon Triathletes	2. 44. 50	M	50	Mx
246	Karen	Weir	Ranelagh Harriers	2. 44. 56	F	40	Mx
247	Andrew	Bishop	Gade Valley Harriers	2. 45. 38	M	33	
248	Carlos	da Costa		2. 45. 47	M	33	Mx
249	Paula	Legge	St Albans Striders	2. 46. 19	F	35	
250	Catherine	Doherty		2. 46. 24	M	32	Mx
251	Shahnaz	Zaidi		2. 46. 34	F	45	
252	Farah	Cottier		2. 46. 36	F	43	
253	Daniel	de Belder	Serpentine RC	2. 46. 46	M	40	
254	Rob	Stein		2. 46. 57	M	21	
255	Kenji	O'Hara		2. 47. 02	M	32	
256	Hershil	Patel	Metros RC	2. 47. 11	M	29	Mx
257	Avril	Riddell	Mornington Chasers	2. 47. 14	F	59	Mx
258	Naomi	Shinkins	Tri London	2. 47. 23	F	31	Mx
259	Jesper	Lycke	London Heathside	2. 47. 25	M	42	Mx
260	Matt	Roberts		2. 47. 32	M	23	Mx
261	Kim	Gilbert	Dunstable Road Runners	2. 47. 36	F	27	Mx
262	Ally	Brooks		2. 47. 42	F	24	Mx
263	Rachel	Byers	Winchester & District AC	2. 47. 47	F	46	
264	Fraser	Daun		2. 47. 49	M	30	Mx
265	Ross	McAlpine	Serpentine RC	2. 47. 55	M	34	Mx
266	Robert	Didd		2. 47. 56	M	44	Mx
267	Gary	Taylor		2. 47. 58	M	49	Mx
268	Cat	Lees	Datchet Dashers	2. 48. 02	F	32	
269	Jan	Hazirci	Edmonton RC	2. 48. 11	F	46	Mx
270	Steven	Towndrow		2. 48. 12	M	39	
271	Clare	Moore		2. 48. 14	F	38	
272	David	Rickus	Wimbledon Windmilers	2. 48. 28	M	42	Mx
273	Dan	Houghton	Ealing Eagles	2. 48. 40	M	40	Mx
274	Mike	Lawrence	Ealing Eagles	2. 48. 41	M	32	Mx
275	Gareth	Tucker	Barking Road Runners	2. 49. 11	M	33	
276	Victoria	Lovelock	Edmonton RC	2. 49. 25	F	42	Mx
277	Sylwia	Tokarska	Edmonton RC	2. 49. 41	F	35	Mx
278	Caroline	White	London Heathside	2. 49. 44	F	57	Mx
279	Paul	Eggleton	Dunstable Road Runners	2. 50. 11	M	57	
280	Ollie	Chadwick		2. 50. 15	M	44	
281	Katherine	Loach	Chiltern Harriers	2. 50. 27	F	52	
282	Hannah	Tobin		2. 50. 27	F	24	
283	Darren	Woods	Redhill District Royal Mail RC	2. 50. 31	M	26	
284	Michael	Curtin		2. 50. 32	M	55	
285	Jane	Higgins	London Heathside	2. 51. 04	F	31	Mx
286	Dave	Cuschieri		2. 51. 13	M	36	Mx
287	Fiona	Cameron	Trail Running Association	2. 51. 43	F	52	Mx
288	Nick	Biggane		2. 52. 08	M	41	
289	Wendy	Cope	Dunstable Road Runners	2. 52. 13	F	54	
290	Gary	Randle		2. 52. 30	M	37	
291	Mick	Prowting		2. 52. 32	M	50	
292	Trevor	Normoyle	Metropolitan Police AC	2. 52. 42	M	35	Mx
293	Mike	Smith	BBC RC	2. 52. 55	M	28	
294	Gavin	Parish	London Heathside	2. 53. 10	M	37	
295	Andrew	Taylor	Lingfield	2. 53. 21	M	48	
296	Melanie	Spencer		2. 53. 33	F	37	Mx
297	Antony	Smith		2. 54. 21	M	43	
298	Richard	Phillips	Watford Joggers	2. 54. 29	M	49	Mx
299	Craig	Sherratt	Datchet Dashers	2. 54. 35	M	42	
300	Rustum	Khedkar	Watford Joggers	2. 54. 39	M	41	Mx
301	Alison	How	Mornington Chasers	2. 54. 44	F	38	
302	Dan	Abberley		2. 54. 48	M	21	
303	Stuart	Mangan		2. 54. 59	M	43	
304	Dan	Spinks	East London Runners	2. 55. 02	M	40	Mx
305	Stuart	Borrill	Watford Joggers	2. 55. 02	M	40	
306	Caroline	Helder	Wimbledon Windmilers	2. 55. 04	F	52	Mx
307	Panos	Fellas	Watford Joggers	2. 55. 24	M	52	

308	Tracey	Tyrrell	Metros RC	2.	55.	31	F	33	
309	Robert	Didd		2.	55.	34	M	44	Mx
310	Adrian	Flack	Fitness First	2.	55.	36	M	32	Mx
311	Steven	O'Keefe		2.	55.	37	M	44	Mx
312	Claire	Morris	Ealing Eagles	2.	55.	46	F	35	Mx
313	Emily	Schmidt	Ealing Eagles	2.	55.	46	F	30	
314	Anthony	Bremner		2.	56.	03	M	28	
315	Debbie	Brown	Hillingdon AC	2.	56.	05	F	41	
316	Rajan	Uppal		2.	56.	14	M	43	
317	Richard	Cowton		2.	56.	18	M	38	
318	Olivia	Hetreed	Tri London	2.	56.	20	F	53	Mx
319	Simon	Chater		2.	56.	29	M	49	Mx
320	Darren	Gilbride	Credit Suisse Athletics Network	2.	56.	33	M	36	
321	Melissa	Milner	Serpentine RC	2.	56.	42	F	30	Mx
322	Paul	Cunningham		2.	56.	43	M	42	
323	Diana	Charles		2.	56.	44	F	45	Mx
324	Lester	Leviton		2.	56.	44	M	43	Mx
325	Paul	Wolf		2.	56.	44	M	52	Mx
326	Johanna	Sharples	St Albans Striders	2.	57.	06	F	22	
327	Graham	Porter	London Fronrunners	2.	57.	35	M	41	Mx
328	Sonny	Pear	Metros RC	2.	57.	36	M	45	Mx
329	Zoe	MacGechan		2.	57.	38	F	36	Mx
330	Lucy	Duncan	Hillingdon AC	2.	57.	41	F	39	Mx
331	David	Bennett		2.	57.	42	M	45	
332	Soraya	Bux	Handy Cross Runners	2.	57.	49	F	35	
333	Nicola	Haberland	Fairlands Valley Spartans	2.	57.	52	F	34	Mx
334	Ruth	Kent		2.	57.	58	F	33	
335	Tonic	Matika		2.	58.	02	M	41	Mx
336	Lauren	Knowler	Wimbledon Windmilers	2.	58.	25	F	26	Mx
337	Annalisa	Galluccio		2.	58.	28	F	32	
338	Scott	Walker		2.	58.	30	M	46	
339	Nina	Atherton		2.	58.	32	F	23	Mx
340	Oliver	Thorne		2.	58.	56	M	29	Mx
341	John	Wakefield		2.	58.	59	M	47	
342	Hannah	Kelly	Edmonton RC	2.	59.	02	F	40	Mx
343	Annie	Tosh	Wimbledon Windmilers	2.	59.	12	F	46	
344	Simon	Tannett		2.	59.	18	M	40	
345	James	Hickey		2.	59.	23	M	43	
346	Damian	Wright		2.	59.	36	M	38	Mx
347	Jane	Hudson	Metros RC	2.	59.	39	F	55	Mx
348	Charlotte	Bailleul	Hillingdon AC	2.	59.	56	F	30	Mx
349	Tom	Harland	Watford Joggers	3.	00.	15	M	26	Mx
350	Craig	Stephenson	Garden City Runners	3.	00.	20	M	44	Mx
351	Carla	Azavedo-George	Ealing Eagles	3.	00.	31	F	32	Mx
352	Gertrud	Porter	Metros RC	3.	00.	34	F	65	Mx
353	Nicola	Meheran		3.	01.	16	F	28	
354	Marianne	Boden		3.	01.	23	F	43	
355	Russell	Sessions	TriForce	3.	01.	27	M	33	Mx
356	Emma	Wadding		3.	01.	30	F	37	
357	Gary	Peters		3.	01.	35	M	54	
358	Ian	Hirth	St Albans Striders	3.	02.	00	M	37	
359	Manisha	Gajjar	Watford Joggers	3.	02.	07	F	42	
360	Stacy	Wicks	Ealing Eagles	3.	02.	12	F	33	
361	Charles	Garbett		3.	02.	45	M	57	
362	Stephen	Taylor	British Airways AC	3.	02.	58	M	51	
363	Nicola	Hubert		3.	02.	59	F	35	Mx
364	Adrian	Flack	Fitness First	3.	03.	07	M	32	Mx
365	Matthew	Hawkes		3.	03.	31	M	34	
366	John	Carter	Wimbledon Windmilers	3.	03.	36	M	70	
367	Emma	Goldstein		3.	03.	49	F	26	Mx
368	Posie	Doughty		3.	04.	08	F	29	Mx
369	Emiko	Kawakami		3.	04.	24	F	43	Mx
370	Agi	Palanki	London Heathside	3.	04.	43	F	36	Mx



371	Gillian	Cooper		3.	04.	50	F	28	
372	Graeme	Terry		3.	04.	54	M	26	Mx
373	Jamie	Robertson		3.	05.	08	M	36	Mx
374	Bruce	Li		3.	05.	11	M	39	
375	Lucy	Reeve		3.	05.	21	F	42	Mx
376	Lisa	Thurtle		3.	05.	46	F	48	
377	Lucy	Edward		3.	06.	06	F	37	Mx
378	Mel	McClure		3.	06.	16	F	56	Mx
379	Emily	Allchurch	Dulwich Runners	3.	06.	26	F	39	
380	Robert	Littlejohn		3.	06.	40	M	53	
381	Tom	Weatherhead	Garden City Runners	3.	07.	08	M	53	
382	Keith	McGrath	Serpentine RC	3.	07.	36	M	38	Mx
383	Rob	Hawkes		3.	07.	44	M	26	Mx
384	Mark	Lucas		3.	07.	45	M	48	
385	Thibault	Michel		3.	07.	56	M	37	Mx
386	Manuel	Stone		3.	08.	19	M	60	
387	David	Ponting		3.	08.	39	M	60	
388	Ian	Mitchell		3.	09.	05	M	47	Mx
389	Shaun	Crause	London Frontrunners	3.	09.	24	M	49	Mx
390	Natalie	Smith	Watford Joggers	3.	09.	40	F	40	
391	Alex	Rothwell	Bedford Harriers	3.	09.	53	M	53	Mx
392	Roisin	Mulroy		3.	09.	55	F	28	
393	Steve	Turner	Trent Park RC	3.	10.	07	M	49	
394	Lynda	Copson	Hillingdon AC	3.	10.	22	F	51	Mx
395	Paul	Murphy		3.	10.	59	M	32	
396	Mary	Allieu	Metropolitan Police AC	3.	11.	10	F	41	Mx
397	Sean	Breen	Sudbury Court RC	3.	11.	24	M	49	Mx
398	Eleanor	Jones	London Heathside	3.	11.	27	F	31	
399	Tim	Barlow	Queens Park Harriers	3.	11.	56	M	53	
400	Vasso	Vassiliou	Edmonton RC	3.	12.	14	M	53	Mx
401	Claire	English		3.	12.	36	M	51	
402	Michelle	Cooper		3.	12.	41	F	28	
403	Reuben	Wells		3.	13.	13	M	41	Mx
404	John	Brown	London Frontrunners	3.	13.	37	M	45	Mx
405	Mookie	Ziv		3.	13.	39	M	41	Mx
406	Hidetoshi	Honda	Team Paris Marathon	3.	13.	40	M	49	
407	Gary	Wheeler		3.	13.	45	M	43	
408	Phil	Owens		3.	14.	15	M	55	Mx
409	Koichi	Yoshida		3.	14.	23	M	38	
410	Andrea	Taylor	Hillingdon AC	3.	14.	33	F	32	
411	Ben	Worley		3.	14.	45	M	35	
412	Joshua	Tills		3.	15.	04	M	18	Mx
413	Alyson	Young	Wimbledon Windmilers	3.	15.	45	F	53	
414	Janice	Young	Hastings Runners	3.	15.	45	F	53	
415	Claire	Soares		3.	15.	55	F	35	
416	Seamus	Shanley		3.	16.	05	M	40	Mx
417	Babz	Kedge		3.	16.	43	F	36	
418	David	Cohen		3.	17.	02	M	52	Mx
419	Monika	Thaler	London Heathside	3.	17.	27	F	41	Mx
420	Sayako	Suzuki		3.	17.	55	F	36	
421	Rachel	Job	Ealing Eagles	3.	18.	03	F	35	
422	Ruth	Foley	Ealing Eagles	3.	18.	03	F	29	Mx
423	Daniel	Hindley		3.	18.	33	M	25	
424	Andy	Newing	Gade Valley Harriers	3.	18.	35	M	47	
425	Lyndsey	Browne	Hillingdon AC	3.	18.	46	F	34	Mx
426	Jacqueline	Armstrong		3.	19.	36	F	53	Mx
427	Heather	Lamont		3.	19.	38	F	51	
428	Hayley	Barry		3.	20.	03	F	26	
429	Claire	Harding		3.	20.	07	F	42	Mx
430	Tom	Pearce		3.	20.	12	M	32	
431	Anthony	Powers-Moore		3.	20.	52	M	39	Mx
432	Nabil	Hanafi		3.	20.	55	M	31	
433	Brian	Feldman	Hillingdon AC	3.	20.	57	M	67	Mx

434	Jacqueline	Mahir		3.	21.	18	F	45
435	Gary	Blackwell		3.	21.	20	M	56
436	Rhian	Davies		3.	21.	20	F	40 Mx
437	Sadie	Barron		3.	21.	55	F	39
438	Mark	Nichols	Watford Joggers	3.	22.	07	M	62
439	Rachael	Scott		3.	23.	06	F	35
440	Helen	McFarlane		3.	23.	07	F	44
441	Steve	Rosier		3.	23.	23	M	48
442	Kelly	Smyth	Gade Valley Harriers	3.	23.	24	F	39
443	Halina	Krajczewska		3.	23.	26	F	45 Mx
444	Mark	Foran		3.	23.	35	M	52 Mx
445	Andy	Ford		3.	23.	39	M	38 Mx
446	Anne Marie	Graham	Ealing Eagles	3.	23.	54	F	41
447	Stephen	Wren		3.	24.	38	M	42
448	Mark	Petford		3.	24.	42	M	26 Mx
449	Nicola	Miller	Ealing Eagles	3.	25.	39	F	35 Mx
450	Carin	Eilerts de Haan		3.	25.	54	F	68
451	Richard	Evans		3.	26.	03	M	59
452	John	Henke	Watford Joggers	3.	26.	14	M	58 Mx
453	Roisin	Heffernan	Edmonton RC	3.	27.	25	F	31 Mx
454	Tracey	Ruane	Edmonton RC	3.	27.	25	F	39
455	Michael	Ransome	Metros RC	3.	27.	31	M	64 Mx
456	Nick	Withey		3.	27.	55	M	44 Mx
457	Gavin	Imrie		3.	28.	57	M	39 Mx
458	Santosh	Kumar	Harlow RC	3.	29.	06	M	32
459	Zak	Smerczak		3.	29.	12	M	30 Mx
460	Kerstin	Luksch		3.	29.	34	F	33 Mx
461	Angela	Duncan	Hillingdon AC	3.	29.	50	F	73 Mx
462	Susie	Dutoit	Edmonton RC	3.	30.	42	F	30 Mx
463	Josephine	Hart		3.	31.	36	F	29
464	Marisa	Forbes		3.	31.	50	F	51
465	Hemal	Khanderia		3.	31.	55	M	27 Mx
466	Joanna	Allan		3.	32.	21	F	38
467	Prodromos	Sarigianis		3.	32.	30	M	44
468	Amy	Bacon		3.	33.	22	F	26
469	Tanya	Saunders	Gade Valley Harriers	3.	33.	37	F	47
470	William	Wolfson		3.	33.	37	M	27 Mx
471	Joanna	Kidd		3.	33.	39	F	32
472	Sinead	Wright		3.	34.	21	F	31
473	Danielle	Daly		3.	34.	27	F	27
474	Andrew	Neary		3.	34.	29	M	34
475	Susan	Defoe	Watford Joggers	3.	35.	15	F	54 Mx
476	Claire	Hope		3.	36.	31	F	48 Mx
477	Wendy	Levy		3.	36.	37	F	42 Mx
478	Laura	Shaw		3.	36.	48	F	47 Mx
479	Rui	O'Hara		3.	38.	08	F	32
480	Nishma	Shah		3.	38.	11	F	41 Mx
481	Wayne	Aylott	Garden City Runners	3.	38.	55	M	50 Mx
482	Joel	Valins		3.	43.	16	M	38
483	Zoe	Fiander		3.	43.	54	F	28
484	Simon	Brodin		3.	44.	00	M	41 Mx
485	Mary	Wilson	Reading Joggers	3.	48.	01	F	37
486	Ranmali	Nawaratne	Mornington Chasers	3.	48.	08	F	36 Mx
487	Sarah	Coltman	Watford Joggers	3.	48.	20	F	42
488	Sarah	Phillips		3.	50.	07	F	43
489	Catherine	Parsi	David Lloyd Pacers	3.	51.	24	F	32 Mx
490	Phyllida	Jones		3.	51.	24	F	50 Mx
491	Husain	Ashraf		3.	51.	57	M	25 Mx
492	Rebecca	Cox		3.	53.	16	F	25 Mx
493	Brenda	Athukorale		3.	53.	56	F	37 Mx
494	Jean-Sebastien	Saleem		3.	54.	38	M	36 Mx
495	Jacqueline	Reid	Metropolitan Police AC	3.	54.	51	F	47 Mx
496	Nneka	Okonta	Datchet Dashers	3.	55.	20	F	37

497	Linda	Austin	Ealing Eagles	3.	55.	49	F	53	Mx
498	Graham	Robson	Vocalink RC	3.	57.	41	M	47	Mx
499	Nicholas	Eynon-Lewis		3.	57.	56	M	49	Mx
500	Douglas	McQuaid	Watford Joggers	3.	58.	19	M	59	
501	Raquel	Russell-Ponte	Metros RC	4.	02.	29	F	71	Mx
502	Angela	Murphy	Metros RC	4.	03.	01	F	64	Mx
503	Jeremy	Hannay		4.	09.	06	M	31	Mx
504	Rosemary	Egbe	Collingwood AC	4.	13.	25	F	51	
505	Tina	Spencer		4.	20.	43	F	42	
506	Brian	Ashford	Watford Joggers	4.	23.	20	M	75	Mx