

Saturday 3 February 2007
South of England Masters Cross Country Championships
(incorporating the Middlesex Championships)
At Mad Bess Wood, Ruislip
(hosted by Hillingdon AC)

Results produced by:
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www.hillingdonac.co.uk
www.middlesexaa.org.uk
www.seaa.org.uk

Race One - Men Over 50 (10K)

					SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	Mx	Mx
					Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind
					50	55	60	65	70	75	50-59	60+
1	S	Owen	Nene V	35. 13	1							
2	B	Attwell	S Lon	35. 55	2							
3	A	Brown	E&H	36. 18	3						1	
4	D	Wythe	Wells	36. 55	4							
5	J	Leversedge	E&H	36. 59	5						2	
6	J	Kilsby	Barn	37. 03	6							
7	A	Fay	DMV	37. 04	7							
8	D	Michael	Barn	37. 08		1						
9	G	Williams	Nene V	37. 14	8							
10	C	Step toe	VoA	37. 15		2						
11	A	Miles	Hill	37. 16	9						3	
12	T	Kelly	Lon I	37. 22	10						4	
13	R	Dunne	Lon I	37. 26	11						5	
14	D	Brisco	And	37. 32	12							
15	J	Quirke	Lon I	37. 40	13						6	
16	I	Howard	Fleet	37. 44	14							
17	D	Wilcock	Barn	37. 48	15							
18	D	McGregor	Serp	37. 50	16						7	
19	M	Martin	Padd W	37. 50	17							
20	N	Morrison	Herts P	38. 09		3						
21	H	Saxby	HW	38. 16	18							
22	S	Barnshaw	AFD	38. 26	19							
23	M	Farmery	THH	38. 27	20							
24	J	Wilkins	Inv EK	38. 28		4						
25	L	Lock	Wells	38. 29	21							
26	J	Wood	AFD	38. 45	22							
27	M	Barnsdale	Nene V	39. 11	23							
28	M	Renyard	Hard	39. 17			1					
29	A	Richardson	Chilt	39. 21	24							
30	J	Quaintance	S Lon	39. 23		5						
31	M	Mann	Dulw	39. 29		6						
32	T	Salway	Nene V	39. 30		7						
33	D	McGregor	Serp	39. 40	25						8	
34	R	Davies	THH	39. 44	26							
35	S	Clark	Cant	39. 45	27							
36	P	Manly	Win	39. 45		8						
37	B	Hutchinson	Kent	39. 52	28							
38	T	Cousins	Barn	40. 05		9						
39	I	Birch	ESM	40. 09	29						9	
40	I	Richardson	Soton RC	40. 17	30							
41	M	Worthington	Head	40. 20			2					
42	A	Holford	WG&EL	40. 23	31							
43	P	Dellar	Dunst	40. 25		10						
44	R	Howalls	ESM	40. 27	32						10	
45	S	Reeves	DMV	40. 30	33							
46	D	White	Padd W	40. 31	34							
47	F	Nolan	QPH	40. 33	35						11	
48	S	Plested	ESM	40. 34		11					12	
49	T	McIntyre	Harrow	40. 35	36						13	
50	G	Newton	Tadw	40. 37			3					
51	P	Kennedy	WSEH	40. 42		12						
52	A	Stranger-Jones	Serp	40. 45			4					1
53	J	Mackenzie	Ilf	40. 54	37							
54	A	Emberson	TVH	40. 59				5				2

					SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	Mx	Mx
					Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind
					50	55	60	65	70	75	50-59	60+
55	D	Buckeridge	ESM	41. 02	38						14	
56	R	Hill	Fleet	41. 08		13						
57	A	Murray	Dulw	41. 11	39							
58	P	Cousins	Woking	41. 25	40							
59	R	Briggs	WSEH	41. 32	41							
60	M	Pigott	Gt Yar	41. 34	42							
61	D	Fisher	Tadw	41. 34	43							
62	M	Spragg	Gt Yar	41. 47			6					
63	E	Thomas	Met P	41. 54	44							
64	P	Dunne	Lon I	41. 59	45						15	
65	H	Altmann	THH	42. 03				1				
66	S	Knight	Herne H	42. 08		14						
67	S	Allen	Barn	42. 11	46							
68	P	Rand	Tadw	42. 15		15						
69	C	Simpson	Phoe	42. 18	47							
70	J	Brown	FVS	42. 25	48							
71	M	Conway	Inv EK	42. 30				2				
72	P	Stiles	E&H	42. 36	49						16	
73	M	O'Halloran	HW	42. 44	50							
74	J	Spencer-Wood	Kent	42. 48		16						
75	P	Giles	THH	42. 56			7					
76	J	Walker	Win	43. 00	51							
77	J	Falvey	ESM	43. 07	52						17	
78	N	Baker	Head	43. 14	53							
79	S	Mitchell	Dunst	43. 18	54							
80	V	Wilson	WG&EL	43. 26			8					
81	W	Pauzers	Herne H	43. 28	55							
82	M	Gardner	DMV	43. 37	56							
83	S	Keys	E&H	43. 43	57						18	
84	T	Ross	Herts P	43. 53		17						
85	J	O'Sullivan	Herne H	43. 56	58							
86	J	Shirley	Barn	43. 58		18						
87	M	Grimsdale	Wat	44. 03	59							
88	S	Maddison	TVH	44. 12		19					19	
89	P	Crane	Dunst	44. 22	60							
90	R	Bloom	Herts P	44. 28			9					
91	M	Johnson	THH	44. 45			10					
92	M	Coombes	Cant	44. 53	61							
93	R	Williams	Camb H	44. 57			11					
94	P	Harding	Vict	44. 58		20						
95	M	Coombs	Met P	44. 59	62							
96	D	Paterson	Serp	45. 09		21					20	
97	J	Brignell	Hill	45. 20	63						21	
98	N	Hemming	Croy	45. 22	64							
99	R	Smith	Serp	45. 26		22					22	
100	J	Hutchison	Hard	45. 31			12					
101	R	Long	Serp	45. 44		23					23	
102	D	Mackay	Kent	45. 47	65							
103	J	O'Dowd	Hill	45. 48	66						24	
104	R	Clark	Tadw	45. 49		24						
105	J	Fuller	Barn	45. 52			13					3
106	C	Cloke	E&H	45. 55		25					25	
107	T	Burke	Metros	45. 58		26					26	
108	A	Farrant	Cant	45. 59	67							
109	J	Owen	Barn	46. 00			14					4
110	D	Beasley	Herts P	46. 01				3				
111	M	Dixon	Herts P	46. 08			15					
112	R	Pearson	Soton RC	46. 11			16					
113	R	Bloom	Harrow	46. 12	68						27	
114	C	Antoniou	Barn	46. 15				4				
115	G	French	ESM	46. 21	69						28	
116	G	Coleman	Vict	46. 30		27						

				SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	Mx	Mx
				Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind
				50	55	60	65	70	75	50-59	60+
117	P	Grimsdale	Oxf C	46. 53	70						
118	P	Mathieson	Bexley	46. 58	71						
119	M	Hickman	Handy C	47. 05		28					
120	J	Garber	Herne H	47. 12			5				
121	D	Jewell	Hard	47. 21							
122	B	Thomas	Hill	47. 32			17				
123	T	Shaw	Hill	47. 33		29				29	5
124	J	Gallagher	Vict	47. 37				6			
125	K	Hardcastle	Win	47. 55		30					
126	J	Steed	Herts P	47. 58				1			
127	L	Wright	Camb H	48. 03			19				
128	W	Wesselly	WSEH	48. 09			20				
129	R	Shaw	FVS	48. 27		31					
130	G	Hockings	Tadw	48. 28		32					
131	G	Harrold	E&H	48. 37				7			6
132	P	Wiggins	Win	48. 40	72						
133	P	Ould	Camb H	49. 00				8			
134	K	Angell	Bexley	49. 05		33					
135	J	Mulliner	Hill	49. 11	73					30	
136	T	Brawn	Chilt	49. 28		34					
137	I	Hall	Serp	49. 33	74					31	
138	B	Feldman	Hill	49. 42			21				7
139	M	Miller	Hill	49. 58				9			8
140	J	Prowting	GCR	50. 21			22				
141	A	Keeler	ESM	51. 22	75					32	
142	W	O'Connor	QPH	51. 55			23				9
143	R	Hammond	Padd W	52. 03				10			
144	R	Lott	Chilt	52. 05		35					
145	T	Allen	GCR	52. 06			24				
146	P	Welch	Hill	52. 16		36				33	
147	P	Westlake	GCR	52. 17				2			
148	S	Hewitt	Barn	52. 54		37				34	
149	P	Thomas	VoA	53. 21				3			
150	E	Bread	Inv EK	53. 26			25				
151	T	Kimber	Barn	53. 45				11			
152	M	Freeman	FVS	53. 56	76						
153	B	Harris	Serp	54. 02				12			10
154	P	Weatherall	Camb H	54. 49	77						
155	B	Shave	Herne H	55. 13				4			
156	G	Race (disqualified)	0	01							
157	R	Van Hal	Hard	31			26				
158	R	Johnson	Hill	57. 49				5			11
159	J	Nugent	Brox	58. 36			27				
160	J	Cullingham	Read	59. 01				6			
161	S	Robinson	Tadw	59. 05		38					
162	K	Evans	Serp	62. 41				13			12
163	B	Davidson	Serp	66. 48					1		13
164	H	Lisk	QPH	72. 23			28				14
165	J	Read	Tadw	74. 23			29				

SEAA Champs M50

1	S	Owen	Nene V	35. 13
2	B	Attwell	S Lon	35. 55
3	A	Brown	E&H	36. 18

SEAA Champs M55

1	D	Michael	Barn	37. 08
2	C	Steptoe	VoA	37. 15
3	N	Morrison	Herts P	38. 09

SEAA Champs M60

1	M	Renyard	Hard	39. 17
2	M	Worthington	Head	40. 20
3	G	Newton	Tadw	40. 37

SEAA Champs M65

1	H	Altmann	THH	42. 03
2	M	Conway	Inv EK	42. 30
3	D	Beasley	Herts P	46. 01

SEAA Champs M70+

1	J	Steed	Herts P	47. 58
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Middx Champs M50-59

1	A	Brown	E&H	36. 18
2	J	Leversedge	E&H	36. 59
3	A	Miles	Hill	37. 16

Middx Champs M60+

1	A	Stranger-Jones	Serp	40. 45
2	A	Emberson	TVH	40. 59
3	J	Fuller	Barn	45. 52

SEAA Champs M50-59 Team

1	Barnet & District AC	31
2	Nene Valley Harriers	37
3	London Irish AC	40
4	Enfield & Haringey AC	72
5	Dorking & Mole Valley AC	122
6	Ealing Southall & Middx AC	126
7	Serpentine Running Club	133
8	Hillingdon AC	184
9	Dunstable Road Runners	190
10	Kent AC	190
11	Winchester & District AC	203
12	Herne Hill Harriers	205
13	Tadworth AC	207
14	Canterbury Harriers	207
15	Chiltern Harriers AC	245
16	Fairlands Valley Spartans	278

SEAA Champs M60+ Team

1	Thames Hare & Hounds	28
2	Hardley Runners	37
3	Herts Phoenix AC	46
4	Barnet & District AC	51
5	Cambridge Harriers	68
6	Hillingdon AC	84
7	Serpentine Running Club	90
8	Garden City Runners	103

Middlesex Champs M50+ Team

1	London Irish AC	32
2	Enfield & Haringey AC	41
3	Ealing Southall & Middx AC	47
4	Serpentine Running Club	51
5	Hillingdon AC	85

Race Two - Women Over 35 (6K)

	SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	Mx	Mx	Mx
	Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind
	35	40	45	50	55	60	65	35-44	45-54	55+
1	C	Diss	Herne H	21. 56						
2	J	King	Lon Hth	21. 59	1			1		
3	A	Critchlow	Lon Hth	22. 14	2			2		
4	F	Kennedy	ESM	23. 09			1		1	
5	M	Livingstone	GCR	23. 23	3					
6	C	Wheeler	Over	23. 29			2			
7	J	Laws	Barn	23. 31			1		2	
8	A	Stewart-Power	Read RR	23. 32		2				
9	A	Ridley	SB	23. 34		3		3		
10	A	Taswell	Wells	23. 39	4					
11	V	Parry	Lon Hth	23. 41	5			4		
12	P	Major	S Lon	23. 46		4				
13	C	Evans	S Lon	23. 48		5				
14	L	Marson	Nene V	23. 49			3			
15	S	Heath (W45)	SB	23. 53		6				
16	C	Bowker (W45)	Read RR	24. 05		7				
17	S	Hawkins	Inv EK	24. 10		8				
18	L	Wilson	ESM	24. 15			4		3	
19	C	Harris	GCR	24. 16		9				
20	J	Watt	Lon Hth	24. 19	6			5		

				SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	Mx	Mx	Mx
				Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind
				35	40	45	50	55	60	65	35-44	45-54	55+
21	J	Wastell	Lon Hth	24.	58			5				4	
22	P	Thomas	ESM	25.	05		10				6		
23	T	Brady	Serp	25.	08			6				5	
24	D	Kennedy	TVH	25.	24	7					7		
25	J	Copitch	Read RR	25.	27			11					
26	J	Carder (W45)	B&H	25.	29			12					
27	Y	Jones	GCR	25.	41			7					
28	R	Haining	THH	25.	49	8							
29	J	Blackmore	Swanley	25.	55			13					
30	R	Miller	Lon Hth	26.	06			8					
31	L	Maughan	Serp	26.	08	9					8		
32	V	Filsell	THH	26.	17	10							
33	G	Morgan	ESM	26.	25			9				6	
34	L	Tanner	C&T	26.	27			2					
35	V	Talbot-Rosner	Inv EK	26.	28			10					
36	A	Hester	B&H	26.	31			14					
37	C	King	FVS	26.	38			11					
38	R	Tabor	Dulw	26.	40				1				
39	C	Carie	DMV	26.	42			12					
40	K	Southall	S Lon	26.	45			15					
41	M	Lambert	Trent P	26.	49			13				7	
42	K	Balcombe	Met P	26.	54			16			9		
43	V	Warr	TVH	26.	57	11					10		
44	F	Holland	Lon Hth	26.	58			14				8	
45	R	Black	DMV	26.	58	12							
46	S	Wood	Swanley	27.	00			17					
47	J	Moorekite	Inv EK	27.	02			15					
48	S	Kah	S Lon	27.	04			18					
49	C	Fogarty	ESM	27.	06				2				1
50	C	Bolam	Hill	27.	09			19			11		
51	A	Collins	S Lon	27.	11			20					
52	A	Jeffries	Kent	27.	14			16					
53	A	Norris	TVH	27.	20			21			12		
54	C	Pardue	GCR	27.	21				3				
55	V	Metcalf	Serp	27.	21			22			13		
56	B	Ralph	Chilt	27.	25				4				
57	D	Braverman	C&C	27.	27					3			
58	S	James	Padd W	27.	29					4			
59	F	Buckingham	Padd W	27.	30	13							
60	P	Iannella	S Lon	27.	33			17					
61	S	Gardener	Vict	27.	34			18					
62	C	Emery	Padd W	27.	38			19					
63	A	Wardle	WG&EL	27.	40	14							
64	E	Batty	Inv EK	27.	46			5					
65	C	Burley	Swanley	27.	51			23					
66	S	Allen	Herne H	27.	56			24					
67	S	McGuinness (W45)	Swanley	28.	15			25					
68	G	Cammack (W45)	B&H	28.	31			26					
69	P	Rich	Serp	28.	33					1			
70	L	Powell	DMV	28.	34			6					
71	M	Collett	Tott	28.	35					5			
72	M-A	Fischer	Head	28.	38			20					
73	J	Allen	GCR	28.	42					6			
74	M	Ferriday	TVH	28.	42	15					14		
75	A	Godfrey	Vict	28.	46			21					
76	P	Fischer	Hill	28.	57			22				9	
77	K	Johnstone	Barn	29.	00			23					
78	M	Crocker	Vict	29.	00					7			
79	H	Paterson	Serp	29.	06			7				10	
80	F	Brenner	Inv EK	29.	08			24					
81	P	Wilson	FVS	29.	20	16							
82	T	Dinnage	DMV	29.	34			25					

SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	SEAA	Mx	Mx	Mx
Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind	Ind
35	40	45	50	55	60	65	35-44	45-54	55+

83	J	Mueller	Serp	29. 37	17				15		
84	C	Heemskerck	Hill	29. 41		26				11	
85	J	Farmer	Serp	29. 52			8				2
86	S	George	DMV	30. 13		27					
87	S	Rickson	Tott	30. 14	18						
88	B	Harding	Vict	30. 21		28					
89	G	Tree	Padd W	30. 23		27					
90	A	Broughton	TVH	30. 27		28			16		
91	C	Sacks	Serp	30. 29	19						
92	S	Crowley	FVS	30. 33		29					
93	L	Hutchison	Hill	30. 56		30				12	
94	B	Vogt	Serp	31. 02		31				13	
95	J	Reid	Met P	31. 09		29					
96	K	Henderson	Barn	31. 11		32					
97	F	Scott	TVH	31. 33		30			17		
98	C	Feeley	FVS	31. 37		31					
99	A	White	Padd W	31. 45		8					
100	T	Wright	Barn	31. 53		9				14	
101	M	Fitzgerald	TVH	32. 36				1			3
102	S	Carter	Barn	32. 51		32					
103	J	Van der Helstraete	Trent P	32. 56		33					
104	L	Elmore	Trent P	33. 03	20						
105	K	Davidson	TVH	33. 10			9				4
106	D	Johnstone	ESM	33. 15				2			5
107	P	Clayton	Inv EK	33. 55		10					
108	C	Wisdom	Serp	34. 12		33				15	
109	M	Sills	Serp	34. 21			10				6
110	N	Pinkerton	S Lon	34. 25			11				
111	S	Carron	TVH	35. 29	21				18		
112	R	Kay	Inv EK	35. 33			12				
113	M	Shirley	Barn	36. 12			13				

SEAA Champs W35

1	J	King	Lon Hth	21. 59
2	A	Critchlow	Lon Hth	22. 14
3	M	Livingstone	GCR	23. 23

SEAA Champs W40

1	C	Diss	Herne H	21. 56
2	A	Stewart-Power	Read RR	23. 32
3	A	Ridley	SB	23. 34

SEAA Champs W45

1	F	Kennedy	ESM	23. 09
2	C	Wheeler	Over	23. 29
3	L	Marson	Nene V	23. 49

SEAA Champs W50

1	J	Laws	Barn	23. 31
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SEAA Champs W55

1	R	Tabor	Dulw	26. 40
2	C	Fogarty	ESM	27. 06

Middx Champs W35-44

1	J	King	Lon Hth	21. 59
2	A	Critchlow	Lon Hth	22. 14
3	A	Ridley	SB	23. 34

Middx Champs W45-54

1	F	Kennedy	ESM	23. 09
2	J	Laws	Barn	23. 31
3	L	Wilson	ESM	24. 15

Middx Champs W55+

1	C	Fogarty	ESM	27. 06
2	J	Farmer	Serp	29. 52
3	M	Fitzgerald	TVH	32. 36

SEAA Champs W35-44 Team

1	London Heathside AC	13
2	Reading Road Runners	35
3	South London Harriers	44
4	Thames Valley Harriers	77
5	Brighton & Hove City AC	83
6	Swanley & District AC	87
7	Serpentine Running Club	99

SEAA Champs W45+ Team

1	Ealing Southall & Middx AC	16
2	London Heathside AC	32
3	Invicta East Kent AC	58
4	Garden City Runners	62
5	Serpentine Running Club	74
6	Dorking & Mole Valley AC	85
7	Barnet & District AC	87
8	Victory AC	97
9	Paddock Wood AC	100
10	Hillingdon AC	122

Middlesex Champs W35+ Team

1	London Heathside AC	17
2	Ealing Southall & Middx AC	34
3	Serpentine Running Club	71
4	Thames Valley Harriers	73
5	Hillingdon AC	101

Race Three - Men Over 40 (10K)

SEAA	SEAA	Mx
Ind	Ind	Ind
40	45	40-49

1	R	McCormick	Barn	34. 07	1		
2	C	Plumton	Ports	34. 19	2		
3	S	Laidler	AFD	34. 31	3		
4	T	Munt	Read	34. 40		1	
5	R	Creed	Craw	34. 49		2	
6	G	Hide	Win	34. 52	4		
7	M	Cursons	Harrow	34. 54	5		1
8	L	Armitage	Kent	34. 57	6		
9	D	Viesturs	Craw	34. 59	7		
10	V	Maughan	Herne H	35. 03	8		
11	P	Spowage	Col H	35. 06	9		
12	C	Finill	Harrow	35. 22		3	2
13	M	Tennyson	G&G	35. 25	10		
14	P	Lemmon	Lon Hth	35. 31	11		3
15	S	Masters	Wells	35. 33		4	
16	T	Harran	Herne H	35. 37		5	
17	D	Baker	S Lon	35. 45	12		
18	I	Liffen	Gt Yar	36. 01	13		
19	D	Rayner	Craw	36. 02	14		
20	M	Baron	Harrow	36. 08		6	4
21	V	Zverev	Head	36. 10	15		
22	A	Collins	S Lon	36. 10	16		
23	E	Southam	High	36. 14		7	5
24	R	Jenkin	Hill	36. 15		8	6
25	J	Ferraro	Lon Hth	36. 17	17		7
26	M	Proven	Read	36. 18		9	
27	P	Aked	Read RR	36. 21	18		
28	J	Flahive	Lon Hth	36. 25	19		8
29	B	Weber	Lon Hth	36. 26		10	9
30	R	Brown	ESM	36. 27	20		10
31	S	Bond	Read	36. 34		11	
32	A	Mason	Barn	36. 38	21		
33	A	Kelleher	Barn	36. 40		12	
34	C	Hetherington	Head	36. 42		13	
35	B	McCarthy	Trent P	36. 44	22		
36	A	Deamer	Wells	36. 45	23		
37	M	Clews	AFD	36. 47		14	
38	M	Airey	S Lon	36. 50		15	
39	M	Stapleton	Barn	36. 53		16	11
40	H	Shields	THH	36. 58	24		
41	M	Harris	Met P	37. 11		17	
42	S	Livingstone	GCR	37. 15		18	

					SEAA Ind 40	SEAA Ind 45	Mx Ind 40-49
43	B	Leigh	Tott	37. 20		19	
44	M	Lane	Met P	37. 27		20	
45	A	Millbank	Herne H	37. 32		21	
46	L	Benjamin	TVH	37. 34		22	12
47	J	Wallis	WG&EL	37. 38	25		
48	J	Blanchard	ESM	37. 42		23	13
49	A	Hoiles	Harrow	37. 47	26		14
50	A	Naylor	Kent	37. 54		24	
51	P	Gittings	Read	38. 05		25	
52	M	Barlow	Kent	38. 08	27		
53	M	Gooding	Read RR	38. 19	28		
54	A	Manning	Gt Yar	38. 20	29		
55	P	Mitchell	S Lon	38. 21	30		
56	J	Husbands	TVH	38. 24	31		15
57	P	Lee	HW	38. 28	32		
58	M	Davies	Win	38. 36	33		
59	K	Waterman	Hill	38. 41		26	16
60	T	Killilea	Lon Hth	38. 46	34		17
61	M	Lakin	Trent P	38. 47		27	
62	D	Newman	Hill	38. 48		28	18
63	D	Smith	Hill	38. 51	35		19
64	S	Kerr	Lon I	38. 56		29	20
65	C	Mann	Met P	39. 02	36		
66	K	Turner	Barn	39. 05		30	21
67	J	Griffiths	Head	39. 13		31	
68	R	Temple	WSEH	39. 16	37		
69	B	Cobb	Serp	39. 18		32	22
70	S	Scott	Kent	39. 21	38		
71	M	Parker	Barn	39. 29	39		
72	S	Hirons	Hill	39. 36	40		23
73	C	Oxlade	Brox	39. 41		33	
74	M	Ingram	TVH	40. 01	41		24
75	C	Cottell	Read RR	40. 07		34	
76	M	Hawkins	Camb H	40. 09		35	
77	R	Harding	Met P	40. 13	42		
78	J	Helmore	Gt Yar	40. 22		36	
79	C	Cheeseman	THH	40. 23		37	
80	M	Perrin	Read RR	40. 26		38	
81	K	Concannon	Harrow	40. 26		39	25
82	P	Kent	Camb H	40. 29		40	
83	A	Edwards	Trent P	40. 40	43		26
84	L	Birkby	Win	40. 42	44		
85	T	Barnes	Craw	40. 44	45		
86	G	Mayoh	Wat	40. 46	46		
87	J	Clarke	Bexley	40. 49	47		
88	K	Jones	Read RR	40. 54		41	
89	D	Stanfield	Wells	40. 57	48		
90	A	Tant	Brox	41. 03	49		
91	A	Angus	QPH	41. 10		42	27
92	N	Catlow	Tadw	41. 20		43	
93	T	Perts	Cant	41. 28		44	
94	J	Nisbet	H&H	41. 32	50		28
95	A	Hyland	Brox	41. 37	51		
96	M	Lepps	Harrow	41. 42		45	29
97	B	Fehsenfeld	W4H	41. 45		46	
98	D	Sullivan	Brox	41. 47	52		
99	R	Hooley	TVH	41. 55	53		30
100	K	Rochester	Barn	42. 03	54		
101	S	Donaghy	Herne H	42. 07	55		
102	J	Withy	Soton RC	42. 10	56		
103	A	Hall	Camb H	42. 13		47	
104	S	Johnson	Read	42. 16		48	

SEAA Ind 40	SEAA Ind 45	Mx Ind 40-49
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105	M	Wilson	TVH	42. 19		49	31
106	P	Crockford	Lon Hth	42. 20		50	32
107	S	Walker	Bexley	42. 26	57		
108	K	Winch	Bexley	42. 29		51	
109	M	Chaplin	C&C	42. 31		52	
110	P	Griffiths	Bexley	42. 44		53	
111	A	Dale	Chilt	42. 54		54	
112	M	McCarthy	Lon I	42. 57	58		33
113	J	Kavanagh	Lon I	43. 02		55	34
114	S	Dokic	Hill	43. 16		56	35
115	W	Gristwood	ESM	43. 39		57	
116	A	Roberts	VoA	43. 43	59		
117	P	Simpson	Vegan	43. 48		58	
118	S	Williams	GCR	43. 55		59	
119	J	Hicks	Cant (NS)	44. 00			
120	F	Robinson	Barn	44. 24		60	36
121	S	Manktelow	Trent P	44. 51	60		37
122	J-L	Hoez	Serp	45. 22		61	
123	R	Davies	QPH	45. 52	61		38
124	J	Francis	W4H	46. 24		62	
125	J	Tilsley	Serp	46. 30		63	39
126	S	Newark	QPH	46. 37		64	40
127	D	Robertson	Wat	46. 44		65	
128	S	Daniel	Wat	46. 45		66	
129	J	Worth	Head	47. 04	62		
130	W	Aylott	GCR	47. 18	63		
131	J	Britten	Arena	47. 25		67	
132	T	Smith	TVH	48. 07		68	41
133	M	Newell	Camb H	48. 32		69	
134	J	Hayes	Tott	49. 59		70	
135	N	Dibb	TVH	50. 34		71	42
136	F	Merrigan	VPH&TH	52. 07		72	
137	L	Davis	Tott	52. 07		73	
138	P	Hope	Met P	52. 51		74	
139	A	Brodie	QPH	53. 29		75	43

SEAA Champs M40-49 Team

1	Crawley AC	33
2	Harrow AC	39
3	Reading AC	61
4	Barnet & District AC	66
5	London Heathside AC	67
6	Herne Hill Harriers	71
7	South London Harriers	77
8	Kent AC	110
9	Headington Road Runners	122
10	Wells City Harriers	140
11	Hillingdon AC	145
12	Winchester & District AC	148
13	Great Yarmouth Road Runners	150
14	Metropolitan Police AC	150
15	Reading Road Runners	155
16	Thames Valley Harriers	176
17	Trent Park Running Club	179
18	Ealing Southall & Middx AC	193
19	Broxbourne Runners	258
20	Cambridge Harriers	261
21	Garden City Runners	289
22	London Irish AC	289
23	Bexley AC	302
24	Totton Running Club	312
25	Serpentine Running Club	314
26	Queens Park Harriers	338
27	Watford Harriers	339

SEAA Champs M40

1	R	McCormick	Barn	34. 07
2	C	Plumton	Ports	34. 19
3	S	Laidler	AFD	34. 31

SEAA Champs M45

1	T	Munt	Read	34. 40
2	R	Creed	Craw	34. 49
3	C	Finill	Harrow	35. 22

Middx Champs M40-49

1	M	Cursons	Harrow	34. 54
2	C	Finill	Harrow	35. 22
3	P	Lemmon	Lon Hth	35. 31

Middlesex Champs M40-49 Team

1	Harrow AC	21
2	London Heathside AC	27
3	Hillingdon AC	59
4	Thames Valley Harriers	81
5	Queens Park Harriers	148