

**Finchley 20 2016**  
**Provisional Results**

Queries to [events@activetrainingworld.co.uk](mailto:events@activetrainingworld.co.uk)

Pos	Name	RaceNo	Category	Club	Time	Net Time	Time Behind Categ	Time Behind Winner	GenderPos	CategPos
1	JONATHAN POOLE	400	Senior		01:48:57	01:48:57	00:00:00	00:00:00	1	1
2	JACK PARSLAW	384	Senior		01:49:08	01:49:07	00:00:11	00:00:11	2	2
3	ADY WHITWAM	522	M40	MORPETH HARRIERS & AC	01:51:09	01:51:09	00:00:00	00:02:12	3	1
4	MARTIN O'CONNELL	368	Senior	SERPENTINE RUNNING CLUB	01:53:03	01:53:02	00:04:06	00:04:06	4	3
5	MARK VARDY	500	Senior	NEWBURY AC	01:54:55	01:54:53	00:05:58	00:05:58	5	4
6	JAMES LAING	260	Senior	Hillingdon AC	01:55:08	01:55:08	00:06:11	00:06:11	6	5
7	ED DYER	140	Senior	Hillingdon AC	01:57:11	01:57:07	00:08:14	00:08:14	7	6
8	ANDREA FRAQUELLI	166	Senior	SERPENTINE RUNNING CLUB	01:58:45	01:58:44	00:09:48	00:09:48	8	7
9	ANDREW PATTERSON	386	Senior	Fairlands Valley Spartans	01:59:33	01:59:30	00:10:36	00:10:36	9	8
10	Tom Oliver	372	Senior	WINCHESTER & DISTRICT AC	02:00:00	01:59:56	00:11:03	00:11:03	10	9
11	SAM O'NEILL	373	Senior	HEADINGTON ROAD RUNNERS	02:00:28	02:00:25	00:11:31	00:11:31	11	10
12	MATTHIAS KUERT	257	Senior	SERPENTINE RUNNING CLUB	02:00:52	02:00:04	00:11:55	00:11:55	12	11
13	PAUL GAIMSTER	169	M40	VICTORIA PARK HARRIERS & TOWER HAMLETS AC	02:00:54	02:00:51	00:09:45	00:11:57	13	2
14	RICHARD TAYLOR	472	Senior	SERPENTINE RUNNING CLUB	02:01:31	02:01:30	00:12:34	00:12:34	14	12
15	ANDY BARNES	31	Senior	London Heathside	02:02:59	02:02:56	00:14:02	00:14:02	15	13
16	ALISTAIR PALMER	382	Senior	WARGRAVE RUNNERS	02:03:56	02:03:47	00:14:59	00:14:59	16	14
17	Nathan Andrews	13	M40	Wimbledon Windmilers	02:04:29	02:04:26	00:13:20	00:15:32	17	3
18	JOHN NUGUS	364	M40	SERPENTINE RUNNING CLUB	02:04:33	02:04:31	00:13:24	00:15:36	18	4
19	BEN MARTIN-DYE	299	M40	BRACKNELL FOREST RUNNERS	02:06:24	02:06:19	00:15:15	00:17:27	19	5
20	SIMON SHAW	438	M40	EALING SOUTHALL AND MIDDLESEX	02:06:50	02:06:46	00:15:41	00:17:53	20	6
21	STEVE NORRIS	360	Senior	Watford Joggers	02:07:16	02:07:12	00:18:19	00:18:19	21	15
22	JASON HARRIS	198	M40	WOKING AC	02:07:40	02:07:36	00:16:31	00:18:43	22	7
23	ANTHONY WITHSTANDLEY	533	M40	VICTORIA PARK HARRIERS & TOWER HAMLETS AC	02:07:43	02:07:40	00:16:34	00:18:46	23	8
24	DAVID KUNZMANN	258	Senior	TRENT PARK RUNNING CLUB	02:07:45	02:07:39	00:18:48	00:18:48	24	16
25	JIM ALLCHIN	8	Senior	ROAD RUNNERS CLUB	02:08:14	02:08:14	00:19:17	00:19:17	25	17
26	SERDAR CETIN	86	Senior	SERPENTINE RUNNING CLUB	02:08:23	02:08:17	00:19:26	00:19:26	26	18
27	ADAM CHAPMAN	87	Senior	BSRC	02:08:29	02:08:24	00:19:32	00:19:32	27	19
28	GEORGE STEWART	458	M40	London Heathside	02:08:37	02:08:34	00:17:28	00:19:40	28	9
29	JONATHAN SMITH	448	Senior	RANELAGH HARRIERS	02:08:58	02:08:49	00:20:01	00:20:01	29	20
30	ROBERT KNIGHT	254	Senior	VICTORIA PARK HARRIERS & TOWER HAMLETS AC	02:09:08	02:08:55	00:20:11	00:20:11	30	21
31	KEVIN WATSON	511	Senior	Metros	02:09:14	02:09:05	00:20:17	00:20:17	31	22
32	RICHARD HARRY	201	M40	St Albans Striders	02:09:27	02:09:19	00:18:18	00:20:30	32	10
33	MICHAEL FERRIS	156	Senior	MADE VALLEY HARRIERS	02:10:28	02:10:22	00:21:31	00:21:31	33	23
34	RICK JENNER	235	Senior	RANELAGH HARRIERS	02:10:40	02:10:31	00:21:43	00:21:43	34	24
35	JOHN LAWLER	265	Senior	Gade Valley Harriers	02:10:43	02:10:36	00:21:46	00:21:46	35	25
36	JAMES COOPER	105	Senior	ENFIELD & HARRINGEY AC	02:10:45	02:10:41	00:21:48	00:21:48	36	26
37	TOMOHIRO MIYAMOTO	327	Senior		02:10:49	02:10:44	00:21:52	00:21:52	37	27
38	RIEL CAROL	81	M40	Clapham Chasers	02:11:03	02:10:46	00:19:54	00:22:06	38	11
39	JASON ANDERSON	11	Senior	Fairlands Valley Spartans	02:11:10	02:11:03	00:22:13	00:22:13	39	28
40	OWEN MARSDEN	294	Senior	TRI-ANGLIA TRIATHLON CLUB	02:11:33	02:11:27	00:22:36	00:22:36	40	29
41	EDWARD PRICE	406	M40	Gade Valley Harriers	02:11:35	02:11:28	00:20:26	00:22:38	41	12
42	Jack Hambleton	191	Senior		02:11:46	02:11:39	00:22:49	00:22:49	42	30
43	ANDREW WELSHMAN	519	M40	London Heathside	02:11:51	02:11:47	00:20:42	00:22:54	43	13
44	JOEL NORTHCOTT	361	Senior	LONDON FRONTRUNNERS	02:12:00	02:10:41	00:23:03	00:23:03	44	31
45	BENN THOMAS	478	Senior	SERPENTINE RUNNING CLUB	02:12:05	02:12:03	00:23:08	00:23:08	45	32
46	NANA AGYEI	2	Senior	Watford Joggers	02:12:07	02:11:58	00:23:10	00:23:10	46	33
47	MARTIN CARMACK	80	M40	SERPENTINE RUNNING CLUB	02:12:09	02:12:02	00:21:00	00:23:12	47	14
48	DESMOND DENNING	127	M40		02:12:09	02:12:03	00:21:00	00:23:12	48	15
49	RONAN HOARE	215	Senior	MORNINGTON CHASERS	02:12:14	02:11:30	00:23:17	00:23:17	49	34
50	KEVIN BERG	44	Senior		02:12:34	02:12:30	00:23:37	00:23:37	50	35
51	COLIN OVERTON	378	Senior	Ealing Eagles	02:12:35	02:12:24	00:23:38	00:23:38	51	36
52	RICHARD SILVERTON	440	Senior		02:12:57	02:12:20	00:24:00	00:24:00	52	37
53	LEE MURPHY	343	Senior	Dunstable Road Runners	02:13:02	02:12:55	00:24:05	00:24:05	53	38
54	MARK PEDDER	393	Senior	Dunstable Road Runners	02:13:17	02:13:08	00:24:20	00:24:20	54	39
55	DAVID LAWRENCE	266	Senior		02:13:45	02:13:40	00:24:48	00:24:48	55	40
56	EDWARD HOLLAND	220	Senior	LONDON FRONTRUNNERS	02:13:53	02:13:46	00:24:56	00:24:56	56	41
57	DAVID O' SULLIVAN	366	Senior	Watford Joggers	02:13:57	02:13:47	00:25:00	00:25:00	57	42
58	BRIAN O'KEEFFE	370	Senior	SERPENTINE RUNNING CLUB	02:14:03	02:13:38	00:25:06	00:25:06	58	43
59	JOHN MRPHY	338	M40	Dunstable Road Runners	02:14:07	02:13:59	00:22:58	00:25:10	59	16
60	THOMAS CASSIDY	84	Senior	ST MARY'S RICHMOND AC	02:14:18	02:13:51	00:25:21	00:25:21	60	44
61	JAMES ALLCHIN	7	Senior	HANDY CROSS RUNNERS	02:14:28	02:13:52	00:25:31	00:25:31	61	45
62	PETER SUMMERS	462	M40	HANDY CROSS RUNNERS	02:14:50	02:14:45	00:23:41	00:25:53	62	17
63	DANIEL MCKEOWN	311	Senior	London Heathside	02:14:54	02:14:31	00:25:57	00:25:57	63	46
64	STEVE ARMSTRONG	16	M40	London Heathside	02:15:04	02:14:57	00:23:55	00:26:07	64	18
65	GAVIN EVANS	150	M50	London Heathside	02:15:10	02:15:07	00:00:00	00:26:13	65	1
66	MARK ANDERSON	12	Senior	London Heathside	02:15:24	02:15:17	00:26:27	00:26:27	66	47
67	PAUL HULL	224	M40	Hillingdon AC	02:15:48	02:15:32	00:24:39	00:26:51	67	19
68	DARREN WHITE	521	M40	BARNET & DISTRICT ATHLETICS CLUB	02:15:49	02:15:35	00:24:40	00:26:52	68	20
69	MARK JEFFORD	565	M50	ROAD RUNNERS CLUB	02:16:13	02:16:01	00:01:03	00:27:16	69	2
70	SIMON FOLEY	162	M40	TRILONDON	02:16:33	02:16:30	00:25:24	00:27:36	70	21
71	PATRICK WALDRON	503	M40	London Heathside	02:16:39	02:16:17	00:25:30	00:27:42	71	22
72	DAMIEN LANE	262	M40	Highgate Harriers	02:16:47	02:16:31	00:25:38	00:27:50	72	23
73	BRIAN ROONEY	423	M40		02:16:52	02:14:44	00:25:43	00:27:55	73	24
74	NICK BISHOP	50	M40		02:16:56	02:16:02	00:25:47	00:27:59	74	25
75	ALEX MACKULA	286	Senior		02:17:00	02:16:46	00:28:03	00:28:03	75	48
76	LUCY ASHE	18	Lady	Metros	02:17:04	02:16:55	00:00:00	00:36:52	1	1
77	MARK DELAHUNTY	550	M40	EALING SOUTHALL AND MIDDLESEX	02:17:48	02:17:33	00:26:39	00:28:51	76	26
78	GEZ FALLON	154	M40	Stopsley Striders	02:17:51	02:17:43	00:26:42	00:28:54	77	27

79 STEFFAN FORD	163 Senior	Fairlands Valley Spartans	02:17:56	02:17:44	00:28:59	00:28:59	78	49
80 DAVE MILLER	322 M40	Barnes Runners	02:18:28	02:18:21	00:27:19	00:29:31	79	28
81 VINCE ELLERBY	147 M50	Gade Valley Harriers	02:18:36	02:18:30	00:03:26	00:29:39	80	3
82 THOMAS DAVIES	124 M40		02:18:47	02:18:31	00:27:38	00:29:50	81	29
83 TOM EASTEN	142 Senior	Ealing Eagles	02:18:54	02:18:36	00:29:57	00:29:57	82	50
84 RUSSELL CASEY	83 Senior	GARDEN CITY RUNNERS	02:18:55	02:18:02	00:29:58	00:29:58	83	51
85 ANDY MOORE	330 Senior	Hillingdon AC	02:18:57	02:18:04	00:30:00	00:30:00	84	52
86 MARIO CADETE	76 M40	London Heathside	02:19:01	02:18:35	00:27:52	00:30:04	85	30
87 FRED RICHARDSON	416 Senior		02:19:19	02:18:29	00:30:22	00:30:22	86	53
88 JESSICA ROSA	424 Lady	Clapham Chasers	02:19:22	02:19:06	00:02:18	00:39:10	2	2
89 Steve Oliver	371 M50	WINCHESTER & DISTRICT AC	02:19:26	02:19:12	00:04:16	00:30:29	87	4
90 SAM PRETTY	405 Lady	Fairlands Valley Spartans	02:19:49	02:19:38	00:02:45	00:39:37	3	3
91 ALEX MORALES	331 Senior		02:19:56	02:19:30	00:30:59	00:30:59	88	54
92 CHRIS WATT	513 M40		02:19:56	02:19:47	00:28:47	00:30:59	89	31
93 ROGER MONTGOMERY	329 M40	HARPENDEN ARROWS	02:20:06	02:20:01	00:28:57	00:31:09	90	32
94 JAMES TEUTEN	476 Senior	CITY OF PORTSMOUTH ATHLETICS CLUB	02:20:25	02:19:13	00:31:28	00:31:28	91	55
95 HELEN MURRAY	346 Lady	SERPENTINE RUNNING CLUB	02:20:43	02:20:26	00:03:39	00:40:31	4	4
96 CELINE MURRAY	344 Lady	London Heathside	02:20:45	02:20:19	00:03:41	00:40:33	5	5
97 MYLES PRESTON	587 Senior	MORNINGTON CHASERS	02:21:04	02:19:42	00:32:07	00:32:07	92	56
98 JAKE SPENCER	451 Senior	London Heathside	02:21:10	02:20:30	00:32:13	00:32:13	93	57
99 PAUL MERCER	575 M40	London Heathside	02:21:25	02:20:44	00:30:16	00:32:28	94	33
100 JOSEPH MCKEOWN	312 Senior	London Heathside	02:21:43	02:21:21	00:32:46	00:32:46	95	58
101 SAM SUTHERLAND	465 Senior	Queens Park Harriers	02:21:52	02:20:47	00:32:55	00:32:55	96	59
102 PAUL DAVIES	123 Senior	Stopsley Striders	02:21:54	02:21:44	00:32:57	00:32:57	97	60
103 NATHAN POWELL	586 M40	Metros	02:21:57	02:21:31	00:30:48	00:33:00	98	34
104 ADRIAN CATHERSIDES	85 Senior	MORNINGTON CHASERS	02:22:23	02:21:01	00:33:26	00:33:26	99	61
105 GARY CLARKE	93 M40	MORNINGTON CHASERS	02:22:23	02:21:01	00:31:14	00:33:26	100	35
106 PHILIP HOGG	219 M40		02:22:25	02:22:00	00:31:16	00:33:28	101	36
107 STEPHEN PLUMMER	399 M50		02:22:56	02:22:40	00:07:46	00:33:59	102	5
108 SASHA BIRKIN	48 W35	Metros	02:23:21	02:22:56	00:00:00	00:43:09	6	1
109 ANDREW MALYAN	289 M50	Hillingdon AC	02:23:29	02:23:18	00:08:19	00:34:32	103	6
110 DOMINIC BOUD	53 M40		02:23:35	02:23:19	00:32:26	00:34:38	104	37
111 DARRYL COULTER	111 M40	Kent ac	02:23:44	02:23:33	00:32:35	00:34:47	105	38
112 OLIVER EDWARDS	554 M40		02:23:46	02:23:33	00:32:37	00:34:49	106	39
113 DOMINIC JACKSON	230 M50	London Heathside	02:23:51	02:23:28	00:08:41	00:34:54	107	7
114 KAREN MURPHY	342 W45	BARNET & DISTRICT ATHLETICS CLUB	02:23:52	02:23:37	00:00:00	00:43:40	7	1
115 ANIA GABB	168 Lady		02:24:06	02:23:37	00:07:02	00:43:54	8	6
116 STEVEN BOYD	544 M40	Gade Valley Harriers	02:24:53	02:24:33	00:33:44	00:35:56	108	40
117 MARK CORNELL	108 M50	Dunstable Road Runners	02:24:55	02:24:42	00:09:45	00:35:58	109	8
118 ANDY HARBROW	196 M40		02:25:06	02:24:26	00:33:57	00:36:09	110	41
119 ANTHONY FINCH	556 M40	TORNADOS (LONDON BRANCH)	02:25:06	02:24:43	00:33:57	00:36:09	111	42
120 SAJID KHURSHID	249 Senior		02:25:07	02:24:43	00:36:10	00:36:10	112	62
121 BRETT HUTCHINSON	564 Senior	Hillingdon AC	02:25:13	02:25:03	00:36:16	00:36:16	113	63
122 OLIVER KARGER	239 Senior		02:25:31	02:25:20	00:36:34	00:36:34	114	64
123 JAMES BIRNIE	49 M40	Gade Valley Harriers	02:25:38	02:25:07	00:34:29	00:36:41	115	43
124 STUART ARUNDEL	17 M40		02:26:35	02:25:54	00:35:26	00:37:38	116	44
125 KIERAN SANTRY	432 Senior	Ealing Eagles	02:26:39	02:26:20	00:37:42	00:37:42	117	65
126 JEN GREEN	181 W35	LONDON FRONTRUNNERS	02:26:51	02:26:25	00:03:30	00:46:39	9	2
127 JOHN CHAPMAN	89 M50	Stopsley Striders	02:26:56	02:26:48	00:11:46	00:37:59	118	9
128 DARREN ROBERTS	420 M40		02:27:00	02:26:29	00:35:51	00:38:03	119	45
129 ANDY BALL	29 Senior	Highgate Harriers	02:27:03	02:26:35	00:38:06	00:38:06	120	66
130 ALEXANDRA BAIRD	27 Lady	TRENT PARK RUNNING CLUB	02:27:07	02:26:42	00:10:03	00:46:55	10	7
131 MICK COURTNEY	112 M50	Dunstable Road Runners	02:27:19	02:27:07	00:12:09	00:38:22	121	10
132 NIGEL SULLIVAN	594 M40	BURNHAM JOGGERS	02:27:35	02:27:02	00:36:26	00:38:38	122	46
133 MASAHIKO KURAHASHI	259 M40		02:27:37	02:26:54	00:36:28	00:38:40	123	47
134 ELLIOT JONES	567 Senior		02:27:39	02:27:05	00:38:42	00:38:42	124	67
135 MARTIN MCKEE	310 M50		02:27:53	02:27:20	00:12:43	00:38:56	125	11
136 BARAKAT JASSEM	234 Senior		02:28:13	02:27:49	00:39:16	00:39:16	126	68
137 MANJIT MORE	577 Senior		02:28:14	02:27:36	00:39:17	00:39:17	127	69
138 MARK HARRISON	200 Senior		02:28:46	02:28:28	00:39:49	00:39:49	128	70
139 JENNIE ROBERTS	421 W35		02:28:46	02:28:28	00:05:25	00:48:34	11	3
140 ANDY SMITH	447 M40	Stopsley Striders	02:28:46	02:27:39	00:37:37	00:39:49	129	48
141 JONATHAN PATTERSON	390 Senior	TORNADOS (LONDON BRANCH)	02:28:50	02:28:31	00:39:53	00:39:53	130	71
142 CHRISTOPHER MORRIS	334 Senior	HANDY CROSS RUNNERS	02:29:03	02:28:00	00:40:06	00:40:06	131	72
143 BENJAMIN HODSON	218 M40		02:29:10	02:28:17	00:38:01	00:40:13	132	49
144 JOHN MORRISSEY	336 M40		02:29:14	02:29:00	00:38:05	00:40:17	133	50
145 ANDREW FISH	158 M40	BUSHEY TORNAOES	02:29:16	02:28:37	00:38:07	00:40:19	134	51
146 LLOYD DICKSON	132 Senior	WINCHESTER AND DISTRICT ATHLETICS CLUB	02:29:22	02:29:03	00:40:25	00:40:25	135	73
147 STEVE GREEN	182 M40	Fairlands Valley Spartans	02:29:23	02:29:03	00:38:14	00:40:26	136	52
148 KENNY LOWIES	571 M40	HEADINGTON ROAD RUNNERS	02:29:54	02:28:40	00:38:45	00:40:57	137	53
149 KEVIN GORMLEY	178 Senior	MORNINGTON CHASERS	02:30:59	02:30:50	00:42:02	00:42:02	138	74
150 ATSUSHI AYABE	22 Senior	TEAM PARIS MARATHON	02:31:52	02:31:46	00:42:55	00:42:55	139	75
151 NICHOLAS STALLMAN	454 Senior	Queens Park Harriers	02:31:56	02:31:40	00:42:59	00:42:59	140	76
152 ROGER CORBETT	107 M50	SERPENTINE RUNNING CLUB	02:31:57	02:29:57	00:16:47	00:43:00	141	12
153 ABI GOOCH	560 W35	Redway Runners	02:32:00	02:31:42	00:08:39	00:51:48	12	4
154 STEPHEN NEWING	353 Senior	Gade Valley Harriers	02:32:01	02:31:28	00:43:04	00:43:04	142	77
155 Darren Woods	535 Senior	Striders Of Croydon	02:32:03	02:31:30	00:43:06	00:43:06	143	78
156 SCOTT MITCHELL	326 M40	Watford Joggers	02:32:11	02:30:53	00:41:02	00:43:14	144	54
157 DANIEL SMITH	591 Senior		02:33:21	02:32:47	00:44:24	00:44:24	145	79
158 PAUL TAVENER	470 Senior	EALING SOUTHALL AND MIDDLESEX	02:33:27	02:33:12	00:44:30	00:44:30	146	80
159 JONATHAN LEVY	275 Senior		02:33:30	02:33:08	00:44:33	00:44:33	147	81
160 MONIKA NEWTON	355 W35		02:33:31	02:32:12	00:10:10	00:53:19	13	5
161 ANDREW COOK	101 M50	Gade Valley Harriers	02:33:36	02:33:04	00:18:26	00:44:39	148	13

162	CAROLINE GREENAWAY	183	W35	Hillingdon Triathletes	02:34:10	02:33:46	00:10:49	00:53:58	14	6
163	JAN GRUTER	189	Senior	LONDON FRONTRUNNERS	02:34:57	02:34:28	00:46:00	00:46:00	149	82
164	TIM SABAN	429	M40	Fairlands Valley Spartans	02:35:08	02:34:30	00:43:59	00:46:11	150	55
165	Hope Sloy	301	Lady		02:36:12	02:34:39	00:19:08	00:56:00	15	8
166	STEVEN KJAR	253	M40	SERPENTINE RUNNING CLUB	02:36:31	02:35:21	00:45:22	00:47:34	151	56
167	ANDREW MANSI	291	M60	Hillingdon AC	02:36:44	02:36:32	00:00:00	00:47:47	152	1
168	ICHIRO SUGAWARA	459	M40	Ealing Eagles	02:36:47	02:36:26	00:45:38	00:47:50	153	57
169	MATT ARCHER	14	Senior		02:36:53	02:35:12	00:47:56	00:47:56	154	83
170	SIOBHAN REDDY	588	W35	SERPENTINE RUNNING CLUB	02:36:54	02:35:45	00:13:33	00:56:42	16	7
171	ANDY NEILL	352	M40	Tring RC	02:37:27	02:36:12	00:46:18	00:48:30	155	58
172	WARREN LOVELL	283	M40	BURNHAM JOGGERS	02:37:36	02:37:04	00:46:27	00:48:39	156	59
173	DAVID THOMAS	595	M50		02:38:01	02:37:03	00:22:51	00:49:04	157	14
174	HIDEO YANAGIHARA	539	M50		02:38:04	02:37:43	00:22:54	00:49:07	158	15
175	SEAN RIVERS	419	M40	LONDON SOCIAL RUNNERS	02:38:13	02:37:03	00:47:04	00:49:16	159	60
176	JONATHAN GAWN	558	Senior	Hillingdon AC	02:38:26	02:37:46	00:49:29	00:49:29	160	84
177	IAN JOHNSO	566	M40	SERPENTINE RUNNING CLUB	02:38:51	02:37:42	00:47:42	00:49:54	161	61
178	KEVIN KNOWLES	568	M40		02:38:51	02:38:27	00:47:42	00:49:54	162	62
179	ANDY LAW	396	Senior		02:38:57	02:37:50	00:50:00	00:50:00	163	85
180	STEVE SMITH	449	Senior		02:39:07	02:38:43	00:50:10	00:50:10	164	86
181	Paul Sinton-Hewitt	443	M50	RANELAGH HARRIERS	02:39:38	02:38:47	00:24:28	00:50:41	165	16
182	GREG LAWES	264	Senior		02:40:01	02:39:30	00:51:04	00:51:04	166	87
183	ROBERT DIDD	133	M40	Hillingdon AC	02:40:20	02:40:02	00:49:11	00:51:23	167	63
184	WENDY COPE	106	W55	Dunstable Road Runners	02:40:58	02:40:19	00:00:00	01:00:46	17	1
185	KATIE GIBBONS	174	W35	Dunstable Road Runners	02:41:06	02:40:26	00:17:45	01:00:54	18	8
186	CATHERINE TWOMEY	495	W35	WATFORD HARRIERS	02:41:25	02:41:12	00:18:04	01:01:13	19	9
187	PHILLIP TURNER	494	Senior	Ealing Eagles	02:41:28	02:39:56	00:52:31	00:52:31	168	88
188	RACHEL DERVISH	551	W35		02:41:50	02:41:17	00:18:29	01:01:38	20	10
189	HERSHIL PATEL	385	Senior		02:41:58	02:40:17	00:53:01	00:53:01	169	89
190	MIKIHISA NAGAI	347	Senior		02:42:07	02:41:32	00:53:10	00:53:10	170	90
191	ALASTAIR SMITH	446	M40	Striders Of Croydon	02:42:56	02:42:23	00:51:47	00:53:59	171	64
192	IFTEKHAR HUSSAIN	225	Senior		02:43:11	02:41:54	00:54:14	00:54:14	172	91
193	MARK THORNE	483	Senior		02:43:20	02:41:50	00:54:23	00:54:23	173	92
194	RICHARD PEACHMENT	391	M40	London Heathside	02:43:27	02:41:22	00:52:18	00:54:30	174	65
195	MOHAMMED HANIF	193	Senior	Watford Joggers	02:43:28	02:42:15	00:54:31	00:54:31	175	93
196	ANDREW MURPHY	340	Senior		02:43:38	02:42:29	00:54:41	00:54:41	176	94
197	SOPHIE MILLS	323	W35	LINGFIELD RUNNING CLUB	02:43:48	02:43:15	00:20:27	01:03:36	21	11
198	TINA BAILEY	26	W35	ROAD RUNNERS CLUB	02:43:51	02:43:06	00:20:30	01:03:39	22	12
199	NICHOLAS LE NEVE FOSTER	271	Senior		02:44:14	02:43:01	00:55:17	00:55:17	177	95
200	MARCUS EDWARDS	145	M50	Watford Joggers	02:44:38	02:44:17	00:29:28	00:55:41	178	17
201	PAUL EGGLETON	146	M50	Dunstable Road Runners	02:45:13	02:44:34	00:30:03	00:56:16	179	18
202	DARIUSZ LYSZCZ	285	M40		02:45:23	02:43:36	00:54:14	00:56:26	180	66
203	KATHERINE MULHOLLAND	339	Lady	BRACKNELL FOREST RUNNERS	02:45:23	02:45:02	00:28:19	01:05:11	23	9
204	DEBBIE BROWN	65	W35	Hillingdon AC	02:45:37	02:45:09	00:22:16	01:05:25	24	13
205	LYNN WILSON	530	W55	EALING SOUTHALL AND MIDDLESEX	02:46:05	02:45:46	00:05:07	01:05:53	25	2
206	FEROZ MANSOOR	292	M40		02:46:06	02:45:30	00:54:57	00:57:09	181	67
207	LETITIA COOPER	548	Lady		02:46:19	02:45:51	00:29:15	01:06:07	26	10
208	SATU HIETANEN	211	W45	London Heathside	02:46:22	02:44:17	00:22:30	01:06:10	27	2
209	RICHARD TAYLOR	473	Senior		02:46:26	02:45:13	00:57:29	00:57:29	182	96
210	KATE WHORTON	523	W35	Wimbledon Windmilers	02:46:34	02:45:33	00:23:13	01:06:22	28	14
211	RUTH MARTIN	298	Lady		02:46:41	02:45:44	00:29:37	01:06:29	29	11
212	JAMES THOMSON	482	Senior	Gade Valley Harriers	02:47:00	02:46:12	00:58:03	00:58:03	183	97
213	STUART CLARKE	546	Senior		02:47:13	02:46:05	00:58:16	00:58:16	184	98
214	LEE BURGESS	71	M40		02:47:15	02:46:39	00:56:06	00:58:18	185	68
215	PAUL ZAK	540	Senior		02:47:45	02:46:25	00:58:48	00:58:48	186	99
216	UPIN DATTANI	120	Senior		02:47:49	02:46:35	00:58:52	00:58:52	187	100
217	IAN RUSSELL	428	Senior		02:48:01	02:47:22	00:59:04	00:59:04	188	101
218	DANNY LEVY	274	M60		02:48:03	02:47:03	00:11:19	00:59:06	189	2
219	NICK REYNOLDS	415	Senior		02:48:27	02:47:26	00:59:30	00:59:30	190	102
220	DAVE WISE	532	M40	Gade Valley Harriers	02:48:29	02:47:49	00:57:20	00:59:32	191	69
221	AISLING GRAY	180	Lady		02:48:35	02:47:57	00:31:31	01:08:23	30	12
222	CAT FOSTER	164	Lady		02:48:39	02:48:08	00:31:35	01:08:27	31	13
223	DANIELLE SMRECZAK	450	W35		02:48:41	02:47:07	00:25:20	01:08:29	32	15
224	JOHN MCCULLOCH	305	M50	Datchet Dashers	02:48:44	02:48:13	00:33:34	00:59:47	192	19
225	CATHY MARTIN	295	W35		02:48:56	02:48:43	00:25:35	01:08:44	33	16
226	DANNY FITZSIMONS	160	M50	ORION HARRIERS	02:49:16	02:48:09	00:34:06	01:00:19	193	20
227	SHARON DAVIDSON	121	W35	Purple Patch Runners	02:49:18	02:48:23	00:25:57	01:09:06	34	17
228	EDWARD WEEKES	516	Senior		02:49:22	02:47:20	01:00:25	01:00:25	194	103
229	DAVID HICKMAN	209	M40	MMKAC	02:49:24	02:48:59	00:58:15	01:00:27	195	70
230	SYLWIA TOKARSKA	488	W35	LFTC	02:49:37	02:48:58	00:26:16	01:09:25	35	18
231	SAYURI SUGAWARA	460	W45	Ealing Eagles	02:49:50	02:49:06	00:25:58	01:09:38	36	3
232	ALEXANDER MORIS	333	Senior	HANDY CROSS RUNNERS	02:50:04	02:49:01	01:01:07	01:01:07	196	104
233	MELANIE SPENCER	452	W35	Hillingdon AC	02:50:12	02:49:11	00:26:51	01:10:00	37	19
234	PRODRAMOS SARIGIANIS	433	M40		02:50:15	02:48:40	00:59:06	01:01:18	197	71
235	TED HAMILTON	192	M60	Hillingdon AC	02:50:21	02:50:10	00:13:37	01:01:24	198	3
236	ANGELA FLIGHT	161	Lady		02:50:23	02:49:16	00:33:19	01:10:11	38	14
237	HIDETOSHI HONDA	221	M50	TEAM PARIS MARATHON	02:50:23	02:48:55	00:35:13	01:01:26	199	21
238	CHARLES GARBETT	171	M50		02:50:33	02:49:21	00:35:23	01:01:36	200	22
239	JON LAYCOCK	268	M40		02:50:49	02:49:28	00:59:40	01:01:52	201	72
240	CARMEL JARMAN	231	W45	Dunstable Road Runners	02:50:50	02:50:08	00:26:58	01:10:38	39	4
241	TERESA SALAMONCZYK	430	Lady		02:51:00	02:50:01	00:33:56	01:10:48	40	15
242	JASON PRESENCE	404	M40		02:51:20	02:51:02	01:00:11	01:02:23	202	73
243	DARREN GILBRIDE	175	Senior	CREDIT SUISSE ATHLETICS NETWORK	02:51:23	02:49:16	01:02:26	01:02:26	203	105
244	KRISHNA RAJAH	412	Senior		02:51:24	02:49:43	01:02:27	01:02:27	204	106

245	MATTHEW ROBINS	422	Senior	CHILTERN HARRIERS AC	02:51:25	02:50:17	01:02:28	01:02:28	205	107
246	WILL RICHARDSON	417	Senior		02:51:32	02:50:49	01:02:35	01:02:35	206	108
247	STEPHEN HUTCHINSON	226	Senior		02:52:19	02:51:08	01:03:22	01:03:22	207	109
248	PAUL GILBERT	559	M50	RANELAGH HARRIERS	02:52:20	02:51:35	00:37:10	01:03:23	208	23
249	JOANNA LE NEVE FOSTER	270	Lady		02:52:28	02:50:55	00:35:24	01:12:16	41	16
250	DOROTHY BOGGS	51	W35	SERPENTINE RUNNING CLUB	02:52:31	02:52:08	00:29:10	01:12:19	42	20
251	STEPHANIE GROOT	188	Lady	London City Athletics Club	02:52:35	02:51:20	00:35:31	01:12:23	43	17
252	LISA PHEE	394	W35	Dunstable Road Runners	02:52:50	02:52:09	00:29:29	01:12:38	44	21
253	ANTHONY WHELAN	520	Senior		02:52:58	02:51:08	01:04:01	01:04:01	209	110
254	ADAM DRUMMOND	136	Senior	SERPENTINE RUNNING CLUB	02:52:59	02:50:59	01:04:02	01:04:02	210	111
255	VICTORIA HASLAM	204	Lady		02:52:59	02:51:10	00:35:55	01:12:47	45	18
256	ALICE HOSKING	223	Lady	London Heathside	02:53:04	02:52:21	00:36:00	01:12:52	46	19
257	DEAN KIDD	251	Senior	Gade Valley Harriers	02:53:29	02:52:46	01:04:32	01:04:32	211	112
258	ANDREW WATT	512	M40	Gade Valley Harriers	02:53:33	02:52:50	01:02:24	01:04:36	212	74
259	LUCY CAIRNEY	77	Lady		02:54:13	02:53:25	00:37:09	01:14:01	47	20
260	IAN HIRTH	561	Senior	St Albans Striders	02:54:14	02:53:19	01:05:17	01:05:17	213	113
261	AILEEN ST LEDGER	593	Lady		02:54:17	02:53:33	00:37:13	01:14:05	48	21
262	LAURENCE HYLTON	227	Senior		02:54:23	02:53:43	01:05:26	01:05:26	214	114
263	ALISON HOW	563	W35		02:54:29	02:52:31	00:31:08	01:14:17	49	22
264	ALBAN MILLAS	320	M40	Queens Park Harriers	02:54:37	02:53:32	01:03:28	01:05:40	215	75
265	VICTOR TSUI	491	Senior	SUDBURY COURT RUNNING CLUB	02:54:38	02:53:29	01:05:41	01:05:41	216	115
266	GARY STAINES	453	M40		02:54:46	02:54:11	01:03:37	01:05:49	217	76
267	LORRAINE WEBB	515	W35	Stopsley Striders	02:54:52	02:53:45	00:31:31	01:14:40	50	23
268	YVONNE O'REILLY	376	W35		02:55:11	02:53:21	00:31:50	01:14:59	51	24
269	FELICITY WESTON	598	Lady	TRENT PARK RUNNING CLUB	02:55:11	02:53:21	00:38:07	01:14:59	52	22
270	EDYTA SZOT	468	W35	London Heathside	02:55:13	02:54:46	00:31:52	01:15:01	53	25
271	PAUL HODGES	562	M50	RANELAGH HARRIERS	02:55:28	02:53:28	00:40:18	01:06:31	218	24
272	ROB POTTON	585	M40	Gade Valley Harriers	02:55:38	02:54:53	01:04:29	01:06:41	219	77
273	NATALIA UBYSZ	498	Lady	SERPENTINE RUNNING CLUB	02:55:48	02:53:51	00:38:44	01:15:36	54	23
274	STEVE HICKSON	210	M50		02:56:04	02:55:26	00:40:54	01:07:07	220	25
275	BABZ KEDGE	241	W35	Hillingdon AC	02:56:18	02:55:50	00:32:57	01:16:06	55	26
276	JAMES QUINN	408	M40	Hillingdon AC	02:56:18	02:55:49	01:05:09	01:07:21	221	78
277	DAMARIS DANIELS	117	W35	HANDY CROSS RUNNERS	02:56:27	02:55:08	00:33:06	01:16:15	56	27
278	ANDREW POPE	401	M40	Hillingdon Triathletes	02:56:48	02:55:20	01:05:39	01:07:51	222	79
279	HANS HO	213	Senior	SERPENTINE RUNNING CLUB	02:57:28	02:55:29	01:08:31	01:08:31	223	116
280	CINDY GODWIN	176	W45	Herne Hill Harriers	02:57:31	02:56:04	00:33:39	01:17:19	57	5
281	PETER BROWN	68	M40		02:57:32	02:56:59	01:06:23	01:08:35	224	80
282	MARK NICHOLLS	356	M40	Watford Joggers	02:57:33	02:56:34	01:06:24	01:08:36	225	81
283	PATRICIA MOODY	576	W45		02:57:47	02:56:38	00:33:55	01:17:35	58	6
284	JASON BRIDGEN	61	M40	Hillingdon Triathletes	02:58:09	02:56:57	01:07:00	01:09:12	226	82
285	BEVERLEY PACKWOOD	381	W35	EALING SOUTHALL AND MIDDLESEX	02:58:16	02:57:57	00:34:55	01:18:04	59	28
286	ANN BOWLES	55	W65	MARLOW STRIDERS	02:58:18	02:57:49	01:18:06	01:18:06	60	1
287	SANDRA NMABASA	579	W35		02:58:20	02:56:23	00:34:59	01:18:08	61	29
288	ALEXANDRA WATSON-USHER	597	Lady	VALLEY STRIDERS	02:58:20	02:57:01	00:41:16	01:18:08	62	24
289	CHRIS KEMP	244	M40		02:58:29	02:57:45	01:07:20	01:09:32	227	83
290	BARRY NOLAN	358	M40	Metros	02:58:29	02:57:45	01:07:20	01:09:32	228	84
291	CLAIRE SINKA	267	Lady		02:58:30	02:57:19	00:41:26	01:18:18	63	25
292	SARAH COKELL	96	W35		02:58:44	02:57:44	00:35:23	01:18:32	64	30
293	NILESH GOSWAMI	179	M50		02:59:15	02:57:10	00:44:05	01:10:18	229	26
294	ANDREW TERRY	474	Senior	Gade Valley Harriers	02:59:32	02:58:47	01:10:35	01:10:35	230	117
295	CLAIRE POWER	403	Lady		02:59:37	02:58:35	00:42:33	01:19:25	65	26
296	THOMAS ROY	425	Senior		02:59:38	02:58:36	01:10:41	01:10:41	231	118
297	Terence Buxton	74	M50	Striders Of Croydon	02:59:51	02:58:08	00:44:41	01:10:54	232	27
298	KEN TOWNSON	489	M40	London Heathside	03:01:04	03:00:35	01:09:55	01:12:07	233	85
299	SOPHIE NEGUS	350	W35		03:01:07	02:59:08	00:37:46	01:20:55	66	31
300	DEBBIE BARRY	36	W55	HARLOW RUNNING CLUB	03:01:09	02:59:28	00:20:11	01:20:57	67	3
301	EMMA PHILLPOT	584	Lady	Gade Valley Harriers	03:01:35	03:00:47	00:44:31	01:21:23	68	27
302	DEAN BRIDGES	62	M40	WESTON AC	03:01:38	02:59:19	01:10:29	01:12:41	234	86
303	SEAMUS SHANLEY	437	M40		03:02:06	02:59:59	01:10:57	01:13:09	235	87
304	HEATHER MARTINGELL	300	W45	RANELAGH HARRIERS	03:02:25	03:01:49	00:38:33	01:22:13	69	7
305	ANTHONY KENT	246	M40	Tring RC	03:02:39	03:01:23	01:11:30	01:13:42	236	88
306	JAMES BALLARD	30	Senior	ANNAPURNA RECRUITMENT	03:02:56	03:01:45	01:13:59	01:13:59	237	119
307	ANNA LIEBMANN	278	Lady	ORION HARRIERS	03:03:05	03:01:25	00:46:01	01:22:53	70	28
308	BECKY BONNETT	52	Lady	WOOTTON ROAD RUNNERS	03:03:12	03:01:09	00:46:08	01:23:00	71	29
309	MICHAEL BURKE	72	M50	WOOTTON ROAD RUNNERS	03:03:13	03:01:09	00:48:03	01:14:16	238	28
310	LAURA ASTLEY	20	W45	St Albans Striders	03:03:43	03:02:47	00:39:51	01:23:31	72	8
311	CHRISTINE ELLIOTT	555	W35	Ealing Eagles	03:03:55	03:02:27	00:40:34	01:23:43	73	32
312	SCOTT DANNIELLS	119	M40		03:04:03	03:02:03	01:12:54	01:15:06	239	89
313	DAVE CLARKE	92	M40		03:04:16	02:58:16	01:13:07	01:15:19	240	90
314	STUART COOLING	104	M40		03:04:18	03:03:18	01:13:09	01:15:21	241	91
315	SIOBHAN DALY	549	W45		03:04:34	03:03:09	00:40:42	01:24:22	74	9
316	FREDERICK KELATY	242	M40		03:05:06	03:04:06	01:13:57	01:16:09	242	92
317	PETER DOUBEN	134	M50	LONDON FRONTRUNNERS	03:05:25	03:04:58	00:50:15	01:16:28	243	29
318	GEMMA STANLEY	455	Lady		03:05:50	03:05:02	00:48:46	01:25:38	75	30
319	JIM BROWN	66	M60	Fairlands Valley Spartans	03:06:22	03:05:34	00:29:38	01:17:25	244	4
320	SARAH CUMMINS	116	W35		03:06:37	03:04:35	00:43:16	01:26:25	76	33
321	CAROL RANSOM	413	W45	St Albans Striders	03:06:43	03:05:48	00:42:51	01:26:31	77	10
322	SHARON EDGHILL	143	W45	MARSHALL MILTON KEYNES ATHLETIC CLUB	03:06:45	03:06:21	00:42:53	01:26:33	78	11
323	RACHEL GRIBBEN	185	W35	Purple Patch Runners	03:06:59	03:05:59	00:43:38	01:26:47	79	34
324	RUSSELL SESSIONS	436	Senior	ST.ALBANS STRIDERS	03:07:25	03:06:38	01:18:28	01:18:28	245	120
325	CLARE STEPHEN	457	Lady	St Albans Striders	03:07:26	03:06:39	00:50:22	01:27:14	80	31
326	LAURA FAIRBANKS	153	Lady		03:07:27	03:06:20	00:50:23	01:27:15	81	32
327	IRENE THOMAS	480	Lady	LONDON RUNNERS	03:07:35	03:05:18	00:50:31	01:27:23	82	33

328	PHILLIP TUBBS	492	M50	Dunstable Road Runners	03:07:42	03:05:54	00:52:32	01:18:45	246	30
329	ANDREW MAHER	287	M40	ST.ALBANS STRIDERS	03:07:43	03:06:47	01:16:34	01:18:46	247	93
330	KAI PARKER	582	M40	TRENT PARK RUNNING CLUB	03:07:51	03:06:30	01:16:42	01:18:54	248	94
331	DAVE LLEWELLYN	281	M50	Purple Patch Runners	03:08:20	03:07:19	00:53:10	01:19:23	249	31
332	MARY ALLIEU	10	W35	MET POLICE AC	03:08:26	03:07:10	00:45:05	01:28:14	83	35
333	LEE WILKINSON	526	Senior		03:08:29	03:07:26	01:19:32	01:19:32	250	121
334	AUSTEN SLATTERY	444	M50	Edmonton Running Club	03:08:35	03:07:56	00:53:25	01:19:38	251	32
335	MACIEJ OWCZAREK	379	Senior	Ealing Eagles	03:08:37	03:07:04	01:19:40	01:19:40	252	122
336	PETER MUTTITT	578	Senior		03:08:41	03:07:58	01:19:44	01:19:44	253	123
337	JUDITH BEARD	39	W45	St Albans Striders	03:08:53	03:07:56	00:45:01	01:28:41	84	12
338	ADAM MELLOR	315	M40	St Albans Striders	03:08:53	03:07:56	01:17:44	01:19:56	254	95
339	SONNY PEART	392	M40	Metros	03:09:00	03:07:26	01:17:51	01:20:03	255	96
340	EMMA JONES	237	Lady		03:09:04	03:07:58	00:52:00	01:28:52	85	34
341	ROSE MCGINNESS	309	W45	St Albans Striders	03:09:21	03:08:25	00:45:29	01:29:09	86	13
342	ADAM NEIDLE	351	Senior		03:09:39	03:08:28	01:20:42	01:20:42	256	124
343	PHILIP OWENS	380	M50		03:09:43	03:07:33	00:54:33	01:20:46	257	33
344	BRIAN BOWIE	543	M60	TRENT PARK RUNNING CLUB	03:10:06	03:08:11	00:33:22	01:21:09	258	5
345	GRAHAM FISK	159	M40		03:10:37	03:08:37	01:19:28	01:21:40	259	97
346	JAMES WALERYCH	504	Senior	Queens Park Harriers	03:11:28	03:10:20	01:22:31	01:22:31	260	125
347	HAZEL WILKINSON	525	Lady		03:11:28	03:09:17	00:54:24	01:31:16	87	35
348	EMILY MOSS	337	Lady		03:11:30	03:09:33	00:54:26	01:31:18	88	36
349	CARMEL JARMAN	232	M40	Dunstable Road Runners	03:11:35	03:09:50	01:20:26	01:22:38	261	98
350	VANESSA CLYNE	95	W35	ORION HARRIERS	03:11:37	03:09:57	00:48:16	01:31:25	89	36
351	BALJIT DHANDA	130	M50	Ealing Eagles	03:11:39	03:09:46	00:56:29	01:22:42	262	34
352	PAULA COOK	103	W45	Gade Valley Harriers	03:11:43	03:10:57	00:47:51	01:31:31	90	14
353	RAFAELE LAMOUR	261	W35	MORNINGTON CHASERS	03:12:37	03:11:03	00:49:16	01:32:25	91	37
354	JERZY RACZYNSKI	410	M60	Ealing Eagles	03:12:48	03:11:16	00:36:04	01:23:51	263	6
355	JAMES MARTIN	296	M40		03:12:58	03:10:39	01:21:49	01:24:01	264	99
356	SUZY BEAK	37	Lady	Gade Valley Harriers	03:13:19	03:12:28	00:56:15	01:33:07	92	37
357	SHELLEY WALSH	506	W35	Gade Valley Harriers	03:13:19	03:12:27	00:49:58	01:33:07	93	38
358	ELLEN CONLON	547	Lady	TRENT PARK RUNNING CLUB	03:13:59	03:12:05	00:56:55	01:33:47	94	38
359	NICOLE CORREIA	110	Lady		03:14:00	03:12:06	00:56:56	01:33:48	95	39
360	TRACEY RUANE	426	W35	Edmonton Running Club	03:14:00	03:13:02	00:50:39	01:33:48	96	39
361	ANITA BERWICK	45	W35	Gade Valley Harriers	03:14:52	03:14:01	00:51:31	01:34:40	97	40
362	KELLIE FRENCH	167	W35	FRENCH ANDERSON LTD	03:15:04	03:12:48	00:51:43	01:34:52	98	41
363	LAUREN BARR	34	W45		03:16:09	03:15:39	00:52:17	01:35:57	99	15
364	VICTORIA WATTS	514	W35	Ealing Eagles	03:16:12	03:14:20	00:52:51	01:36:00	100	42
365	CATHERINE TURLEY	493	W45		03:16:31	03:15:34	00:52:39	01:36:19	101	16
366	LOUISE WITTS	534	W35	SERPENTINE RUNNING CLUB	03:16:53	03:16:11	00:53:32	01:36:41	102	43
367	BETHAN CASH	545	Lady		03:17:26	03:15:27	01:00:22	01:37:14	103	40
368	JONATHAN BARR	33	M50		03:17:38	03:17:08	01:02:28	01:28:41	265	35
369	DENNIS CAREY	79	M50		03:17:42	03:16:30	01:02:32	01:28:45	266	36
370	TARA TAPPER	469	W35	London Heathside	03:17:50	03:15:44	00:54:29	01:37:38	104	44
371	KELLY BYWATERS	75	W35	Dunstable Road Runners	03:18:09	03:16:23	00:54:48	01:37:57	105	45
372	STEPHEN OTTER	377	Senior	Purple Patch Runners	03:18:46	03:17:22	01:29:49	01:29:49	267	126
373	SARAH BRINDLEY	63	W35		03:18:54	03:17:44	00:55:33	01:38:42	106	46
374	JOE NOLAN	359	M60	BRITISH AIRWAYS	03:18:57	03:17:55	00:42:13	01:30:00	268	7
375	SARAH ROGERS	589	W35		03:18:57	03:17:32	00:55:36	01:38:45	107	47
376	SAMANTHA ALLAN	6	W45	Watford Joggers	03:19:50	03:18:25	00:55:58	01:39:38	108	17
377	HECTOR MCKOY	313	M40		03:20:00	03:18:06	01:28:51	01:31:03	269	100
378	NEIL MCDONOUGH	306	Senior	Striders Of Croydon	03:20:14	03:18:29	01:31:17	01:31:17	270	127
379	EMMA NASH	349	Lady	Gade Valley Harriers	03:20:27	03:19:35	01:03:23	01:40:15	109	41
380	SAPNA SWALY	466	Lady	SUDBURY COURT RUNNING CLUB	03:20:52	03:19:37	01:03:48	01:40:40	110	42
381	Robert Powell	509	M50		03:20:56	03:19:32	01:05:46	01:31:59	271	37
382	ANTHONY ADAMS	1	M50		03:21:00	03:19:07	01:05:50	01:32:03	272	38
383	ASA OHQVIST	580	W35	SUDBURY COURT RUNNING CLUB	03:21:04	03:19:47	00:57:43	01:40:52	111	48
384	MARK CONYERS	100	M50	Queens Park Harriers	03:21:08	03:18:55	01:05:58	01:32:11	273	39
385	LUKE WALLER	505	Senior	DACORUM & TRING AC	03:21:25	03:19:08	01:32:28	01:32:28	274	128
386	PHILIPPA HOOD	222	Lady		03:21:26	03:19:31	01:04:22	01:41:14	112	43
387	EMILIE DE CLERCQ	125	Lady		03:22:33	03:20:16	01:05:29	01:42:21	113	44
388	LEILA HOBDAY	216	Lady		03:23:38	03:21:38	01:06:34	01:43:26	114	45
389	NICHOLAS BEALE	38	M60	SERPENTINE RUNNING CLUB	03:24:55	03:24:35	00:48:11	01:35:58	275	8
390	ELEANOR PEARCE	583	Lady		03:25:30	03:23:55	01:08:26	01:45:18	115	46
391	ANNA GRIFFITHS	187	W35		03:26:01	03:25:31	01:02:40	01:45:49	116	49
392	NICOLA ENGLISHBY	148	W35	Queens Park Harriers	03:26:06	03:23:51	01:02:45	01:45:54	117	50
393	SUE MCHUGH	574	W55		03:26:23	03:24:29	00:45:25	01:46:11	118	4
394	DESMOND EDWARDS	144	Senior	DULWICH RUNNERS	03:26:42	03:23:59	01:37:45	01:37:45	276	129
395	JANE EVANS	151	W45	HARLOW RUNNING CLUB	03:27:40	03:25:59	01:03:48	01:47:28	119	18
396	KIM FERNANDES	155	Lady		03:27:55	03:25:50	01:10:51	01:47:43	120	47
397	CLARE MURRAY	345	Lady		03:28:12	03:26:18	01:11:08	01:48:00	121	48
398	KIMBERLEY MERRETT	316	Lady		03:28:23	03:26:57	01:11:19	01:48:11	122	49
399	TAMSIN FINCH	157	W35	CHILTERN HARRIERS AC	03:28:39	03:26:50	01:05:18	01:48:27	123	51
400	HELEN TERRY	475	Lady	Gade Valley Harriers	03:28:42	03:27:55	01:11:38	01:48:30	124	50
401	NEIL FREDIANI	557	M50	BRITISH AIRWAYS	03:29:05	03:26:54	01:13:55	01:40:08	277	40
402	LARNA WORWOOD	538	Lady		03:30:34	03:29:32	01:13:30	01:50:22	125	51
403	LAURA MATTHEWS	302	W35		03:30:43	03:28:32	01:07:22	01:50:31	126	52
404	JON MARTIN	297	Senior		03:30:50	03:28:40	01:41:53	01:41:53	278	130
405	EMILY CRABB	114	Lady		03:31:49	03:29:38	01:14:45	01:51:37	127	52
406	KARIS THOMAS	481	Lady		03:32:13	03:31:27	01:15:09	01:52:01	128	53
407	YVETTE BURTON	73	W35	Ealing Eagles	03:35:40	03:33:26	01:12:19	01:55:28	129	53
408	JESSAL THAKKER	477	W35	Ealing Eagles	03:35:53	03:33:38	01:12:32	01:55:41	130	54
409	HEMAL KHANDERIA	248	Senior	EALING SOUTHALL AND MIDDLESEX	03:36:34	03:34:43	01:47:37	01:47:37	279	131
410	MICHELLE LEWIS	276	W35	WOOTTON ROAD RUNNERS	03:37:42	03:35:38	01:14:21	01:57:30	131	55

411 HEATHER WELHAM	517 W35	SERPENTINE RUNNING CLUB	03:39:00	03:39:00	01:15:39	01:58:48	132	56
412 EMMA RACKHAM	409 Lady	Metros	03:40:28	03:38:48	01:23:24	02:00:16	133	54
413 SHELAH SURGEY	463 W45	Dunstable Road Runners	03:43:09	03:41:23	01:19:17	02:02:57	134	19
414 LILY ROUGH	590 Lady		03:46:52	03:44:44	01:29:48	02:06:40	135	55
415 AI SHIMOHAMA	439 W35		03:47:27	03:46:49	01:24:06	02:07:15	136	57
416 ANNE GASKARTH	172 W35		03:47:30	03:46:28	01:24:09	02:07:18	137	58
417 HELEN NIX	357 W35		03:47:35	03:45:38	01:24:14	02:07:23	138	59
418 PENNY MERRETT	317 W55	RANELAGH HARRIERS	03:50:48	03:49:21	01:09:50	02:10:36	139	5
419 JASVIR SINGH MODAHER	328 M50	BRITISH AIRWAYS	03:51:53	03:50:45	01:36:43	02:02:56	280	41
420 ISOBEL SWARC	467 W35	Ealing Eagles	03:54:50	03:52:36	01:31:29	02:14:38	140	60
421 SUZY HART	202 Lady	Ealing Eagles	03:54:52	03:52:55	01:37:48	02:14:40	141	56
422 ANGELA MURPHY	341 W65	Metros	04:01:24	03:59:43	02:21:12	02:21:12	142	2
423 CLAIRE MCFAULD	307 Lady	Dunstable Road Runners	04:05:28	04:03:41	01:48:24	02:25:16	143	57
424 SARAH CORNELL	109 W45	Dunstable Road Runners	04:13:25	04:11:38	01:49:33	02:33:13	144	20
425 JAMES KAY	240 Senior		04:14:27	04:12:18	02:25:30	02:25:30	281	132
426 MARK LAYZELL	269 M40	Stopsley Striders	04:17:44	04:15:51	02:26:35	02:28:47	282	101
427 MATTHEW ORWELL	581 M40	SPRINGFIELD STRIDERS	04:17:45	04:16:23	02:26:36	02:28:48	283	102
428 RAQUEL RUSSEL PONTE	427 W65	Metros	04:20:37	04:18:57	02:40:25	02:40:25	145	3