

Pos	Time	Name	Club	Gender	Cat	Guest	G Pos	Cat Pos	Total points	Club points
1	00:27:40	Mohammed Ismail	Serpentine Running Club	M	SM	0	1	1	300	300
2	00:27:51	Johnny Suttle	Queens Park Harriers	M	SM	0	2	2	299	299
3	00:28:00	Simon Craddock	Serpentine Running Club	M	SM	0	3	3	298	298
4	00:28:59	Nathan Pask	Queens Park Harriers	M	SM	0	4	4	297	297
5	00:30:16	David P Evans	Serpentine Running Club	M	SM	0	5	5	296	0
6	00:30:46	John Foxall	Ealing Eagles Running Club	M	SM	0	6	6	295	295
7	00:30:54	Matthew Hardcastle	Serpentine Running Club	M	SM	0	7	7	294	0
8	00:30:55	John Armstrong	Mornington Chasers	M	V40	0	8	1	298	298
9	00:31:10	Alex Jeffreys	Serpentine Running Club	M	V40	0	9	2	297	297
10	00:31:17	Michael Dmitrzak	Queens Park Harriers	M	V40	0	10	3	296	296
11	00:31:18	Matt Kaufman	Ealing Eagles Running Club	M	SM	0	11	8	290	290
12	00:31:23	Nicholas Stallman	Queens Park Harriers	M	SM	0	12	9	289	289
13	00:31:57	Kemuel Dean Solomon	Serpentine Running Club	M	V50	0	13	1	303	303
14	00:32:05	Daniel Berry	Mornington Chasers	M	V50	0	14	2	302	302
15	00:32:11	Nathan Barnard	Queens Park Harriers	M	MU15	0	15	1	286	0
16	00:32:28	Ralph Dadswell	Ealing Eagles Running Club	M	V50	0	16	3	300	300
17	00:32:29	Francesco Ciocca	Serpentine Running Club	M	SM	0	17	10	284	0
18	00:32:32	Sasha Birkin	Metros	F	FV40	0	1	1	305	305
19	00:32:45	Will Simpson	Dulwich Park Runners	M	V45	0	18	1	293	293
20	00:33:19	Hope Sloly	Mornington Chasers	F	SL	0	2	1	299	299
21	00:33:32	Adrian Cathersides	Mornington Chasers	M	SM	0	19	11	282	282
22	00:33:34	Tanasheh Abrahams	Queens Park Harriers	M	SM	0	20	12	281	0
23	00:33:37	Rob Willin	Ealing Eagles Running Club	M	V55	0	21	1	300	300
24	00:33:41	Fiona Russell	Mornington Chasers	F	FV45	0	3	1	308	308
25	00:33:46	Sarah Bailey	Ealing Eagles Running Club	F	SL	0	4	2	297	297
26	00:33:50	Dave Chrissydes	Ealing Eagles Running Club	M	V40	0	22	4	284	284
27	00:33:54	John Quirke	Queens Park Harriers	M	V60	0	23	1	303	303
28	00:33:57	David Smith	Serpentine Running Club	M	V55	0	24	2	297	297
29	00:34:00	Kieran Santry	Ealing Eagles Running Club	M	SM	0	25	13	276	0
30	00:34:05	Andy Allen	Hayes & Harlington Road Runner	M	V40	0	26	5	280	280
31	00:34:07	Mike Duff	Ealing Eagles Running Club	M	V40	0	27	6	279	0
32	00:34:15	Jennifer Watt	Ealing Eagles Running Club	F	FV45	0	5	2	306	306
33	00:34:24	Kerstin Luksch	Ealing Eagles Running Club	F	FV35	0	6	1	295	0
34	00:34:28	Darren Over	Serpentine Running Club	M	V40	0	28	7	278	0
35	00:34:30	Gideon Shawyer	Ealing Eagles Running Club	M	SM	0	29	14	272	0
36	00:34:31	Ben Cale	Ealing Eagles Running Club	M	SM	0	30	15	271	0
37	00:34:32	Mark Kell	Serpentine Running Club	M	SM	0	31	16	270	0
38	00:34:38	Frank Doyle	Ealing Eagles Running Club	M	SM	0	32	17	269	0
39	00:34:52	Steve Paull	Metros	M	V60	0	33	2	293	293
40	00:34:53	Brian O'Neill	Dulwich Park Runners	M	SM	0	34	18	267	267
41	00:34:58	Paul Peasegood	Ealing Eagles Running Club	M	SM	0	35	19	266	0
42	00:35:04	Russell Hewlett	Metros	M	V40	0	36	8	270	270
43	00:35:16	Robert Heathcote	Sudbury Court	M	SM	0	37	20	264	264
44	00:35:19	Hannah Copeland	Ealing Eagles Running Club	F	FV40	0	7	2	299	299
45	00:35:28	Tony Watson	Sudbury Court	M	V55	0	38	3	283	283
46	00:35:29	Georg Isola	Mornington Chasers	M	SM	0	39	21	262	262
47	00:35:41	Jerry Bryan	Mornington Chasers	M	V55	0	40	4	281	281
48	00:35:44	Emma Hayward	Mornington Chasers	F	SL	0	8	3	293	293
49	00:35:48	Matt Winton	Queens Park Harriers	M	SM	GUEST	41	22	0	0
50	00:36:00	Jamie Galal	Queens Park Harriers	M	MU17	0	42	1	259	0
51	00:36:07	Madeleine Fforde	Queens Park Harriers	F	SL	0	9	4	292	292
52	00:36:09	David Heathcote	Sudbury Court	M	SM	0	43	23	258	258
53	00:36:17	Daniel Levy	Queens Park Harriers	M	V60	0	44	3	282	0
54	00:36:18	Phil Cairns	Ealing Eagles Running Club	M	V40	0	45	9	261	0
55	00:36:34	Ian Johnson	Serpentine Running Club	M	V45	0	46	2	265	0
56	00:36:36	Joanna Elferinck	Serpentine Running Club	F	SL	0	10	5	291	291
57	00:36:38	Danielle Smreczak	Mornington Chasers	F	FV35	0	11	2	290	290
58	00:36:39	Hans Ho	Serpentine Running Club	M	SM	0	47	24	254	0
59	00:36:43	Donna Warren	Ealing Eagles Running Club	F	FV45	0	12	3	299	299
60	00:36:55	Emily Godwin	Queens Park Harriers	F	FU20	0	13	1	288	288
61	00:36:56	Tom Poynton	Serpentine Running Club	M	V40	0	48	10	258	0
62	00:37:00	Santos Diana	Dulwich Park Runners	M	V40	0	49	11	257	257
63	00:37:01	David Carlin	Ealing Eagles Running Club	M	V50	0	50	4	266	0
64	00:37:08	Louise Plank	Ealing Eagles Running Club	F	FV40	0	14	3	292	0
65	00:37:18	Simon Hardy	Ealing Eagles Running Club	M	SM	0	51	25	250	0
66	00:37:24	Damien Heleboid	Serpentine Running Club	M	SM	0	52	26	249	0
67	00:37:35	Nick Madock-Lyon	Dulwich Park Runners	M	V45	0	53	3	258	258
68	00:37:39	Thomas Martini	Ealing Eagles Running Club	M	V40	0	54	12	252	0
69	00:37:50	Jonathan Golub	Ealing Eagles Running Club	M	V45	0	55	4	256	0
70	00:38:15	Derek Hodgson	Dulwich Park Runners	M	V60	0	56	4	270	270
71	00:38:18	Dave Nelson	Mornington Chasers	M	SM	0	57	27	244	0
72	00:38:21	Martin Garrett	Sudbury Court	M	V60	0	58	5	268	268
73	00:38:22	E Beck	Queens Park Harriers	F	SL	0	15	6	286	286
74	00:38:28	Paul Robinson	Ealing Eagles Running Club	M	V60	0	59	6	267	0
75	00:38:48	Lucy Rigg	Ealing Eagles Running Club	F	FV40	0	16	4	290	0
76	00:38:52	Charles Tatham	Queens Park Harriers	M	V50	0	60	5	256	0
77	00:38:57	Tamara Lopez	Serpentine Running Club	F	SL	0	17	7	284	284
78	00:39:03	Robert Kipling	Ealing Eagles Running Club	M	V55	0	61	5	260	0
79	00:39:06	Sue Park	Ealing Eagles Running Club	F	FV50	0	18	1	298	298
80	00:39:09	Simon Hardy	Serpentine Running Club	M	V50	0	62	6	254	0
81	00:39:11	Jean-Luc Hoesz	Serpentine Running Club	M	V55	0	63	6	258	0
82	00:39:20	David Mullany	Dulwich Park Runners	M	V55	0	64	7	257	0
83	00:39:23	Simon Godwin	Queens Park Harriers	M	V45	0	65	5	246	0
84	00:39:29	Heather Marshall	Mornington Chasers	F	FV35	0	19	3	282	0
85	00:39:32	Heather Clarke	Queens Park Harriers	F	SL	0	20	8	281	0

86	00:39:39	Sophie Barnard	Queens Park Harriers	F	FV45	0	21	4	290	290
87	00:39:42	Andrew McFarlane	Ealing Eagles Running Club	M	SM	0	66	28	235	0
88	00:39:44	John Barry	Ealing Eagles Running Club	M	V50	0	67	7	249	0
89	00:39:49	Alan Knott	Ealing Eagles Running Club	M	SM	0	68	29	233	0
90	00:39:59	Eamon Byrne	Mornington Chasers	M	V50	0	69	8	247	0
91	00:40:00	Alice Sullivan	Mornington Chasers	F	FV40	0	22	5	284	284
92	00:40:08	Mark Mulvenna	Sudbury Court	M	V50	0	70	9	246	246
93	00:40:15	Jenny Baker	Ealing Eagles Running Club	F	FV50	0	23	2	293	0
94	00:40:23	Liz Abrahams	Sudbury Court	F	FV50	0	24	3	292	292
95	00:40:33	Sophie Foxall	Ealing Eagles Running Club	F	SL	0	25	9	276	0
96	00:40:39	Kit de Heger	Sudbury Court	M	SM	GUEST	71	30	0	0
97	00:40:41	Lorraine Hill	Ealing Eagles Running Club	F	FV45	0	26	5	285	0
98	00:40:44	Phoebe Canatacuzino	Queens Park Harriers	F	SL	0	27	10	274	0
99	00:40:47	John Shaw	Hayes & Harlington Road Runner	M	V65	0	72	1	259	259
100	00:40:55	Susan Kennedy	Queens Park Harriers	F	FV50	0	28	4	288	288
101	00:41:14	Jo Walton	Queens Park Harriers	F	SL	0	29	11	272	0
102	00:41:44	Jim Buckland	Metros	M	V50	0	73	10	243	243
103	00:41:58	Danielle Howe	Queens Park Harriers	F	SL	0	30	12	271	0
104	00:42:05	Leah Buckland	Metros	F	SL	0	31	13	270	270
105	00:42:24	James Walerych	Queens Park Harriers	M	SM	0	74	31	227	0
106	00:42:25	Heidi Vickery	Ealing Eagles Running Club	F	FV35	0	32	4	269	0
107	00:42:26	Maria Gaughan	Mornington Chasers	F	FV35	0	33	5	268	0
108	00:42:37	Susan Smith	Dulwich Park Runners	F	FV60	0	34	1	292	292
109	00:42:44	Di Suter	Dulwich Park Runners	F	FV50	0	35	5	281	281
110	00:42:46	Katia Hadaschik	Dulwich Park Runners	F	FV40	0	36	6	270	270
111	00:42:50	Heather Larson	Dulwich Park Runners	F	FV35	0	37	6	264	264
112	00:42:54	Thim Engel	Ealing Eagles Running Club	M	V60	0	75	7	251	0
113	00:43:04	Nicola Englishby	Queens Park Harriers	F	FV40	0	38	7	268	0
114	00:43:10	Gordon Valentine	Metros	M	V60	0	76	8	250	250
115	00:43:12	Lisa Grover	Ealing Eagles Running Club	F	FV35	0	39	7	262	0
116	00:43:14	Emma Dyer	Dulwich Park Runners	F	SL	0	40	14	261	0
117	00:43:48	Cynthia Ong	Sudbury Court	F	FV35	GUEST	41	8	0	0
118	00:43:55	Jess Hood	Ealing Eagles Running Club	F	SL	0	42	15	259	0
119	00:44:06	George Allan	Serpentine Running Club	M	V60	0	77	9	249	0
120	00:44:08	Jo Braine	Queens Park Harriers	F	SL	0	43	16	258	0
121	00:44:08	Anne-Marie Walsh	Queens Park Harriers	F	FV50	0	44	6	272	0
122	00:44:15	Dave Harris	Dulwich Park Runners	M	V60	0	78	10	248	0
123	00:44:19	Tim Griffiths	Dulwich Park Runners	M	V55	0	79	8	242	0
124	00:44:48	Allie Collins	Ealing Eagles Running Club	F	SL	0	45	17	256	0
125	00:44:52	Paula McMahon	Dulwich Park Runners	F	FV45	0	46	6	265	265
126	00:44:53	Nicola Kerr	Serpentine Running Club	F	FV40	0	47	8	259	259
127	00:44:54	Jane Hudson	Metros	F	FV55	0	48	1	273	273
128	00:44:56	Yvonne Walker	Sudbury Court	F	FV55	0	49	2	272	272
129	00:45:02	Patricia Brady	Ealing Eagles Running Club	F	FV45	0	50	7	261	0
130	00:45:03	Ruth Tidder	Metros	F	FV45	0	51	8	260	260
131	00:45:10	James Close	Ealing Eagles Running Club	M	SM	0	80	32	221	0
132	00:45:11	Yvette Burton	Ealing Eagles Running Club	F	FV35	0	52	9	249	0
133	00:45:17	Louis Smyth	Sudbury Court	M	V55	0	81	9	240	0
134	00:45:18	Ian Fernandez	Dulwich Park Runners	M	V45	0	82	6	229	0
135	00:45:39	Denise Power	Metros	F	FV35	0	53	10	248	0
136	00:45:19	Karen Azaadi	Dulwich Park Runners	F	FV35	0	54	11	247	0
137	00:45:25	Andrew Collier	Metros	M	V50	0	83	11	233	0
138	00:45:31	Heather Welham	Serpentine Running Club	F	SL	0	55	18	246	246
139	00:45:48	Michael Limpert	Ealing Eagles Running Club	M	V55	0	84	10	237	0
140	00:47:00	Marion Rogan	Metros	F	FV65	0	56	1	275	275
141	00:47:08	Deb Biswas	Serpentine Running Club	M	SM	0	85	33	216	0
142	00:47:11	Kay Bennett	Sudbury Court	F	FV35	0	57	12	244	244
143	00:47:12	Linda Griffiths	Dulwich Park Runners	F	FV50	0	58	7	258	0
144	00:47:33	Alice Lester	Queens Park Harriers	F	FV50	0	59	8	257	0
145	00:47:39	Natasha Dodwell	Ealing Eagles Running Club	F	FV45	0	60	9	251	0
146	00:47:41	Kelli Jurgs	Ealing Eagles Running Club	F	FV35	0	61	13	240	0
147	00:47:43	Terena De Abaitua-Hind	Ealing Eagles Running Club	F	FV45	0	62	10	249	0
148	00:47:49	Nicola Forster	Ealing Eagles Running Club	F	FV40	0	63	9	243	0
149	00:47:57	John Walerych	Queens Park Harriers	M	V55	0	86	11	235	0
150	00:48:03	Phillipa Badnell	Dulwich Park Runners	F	FV45	0	64	11	247	0
151	00:48:40	Nicola Rochford	Metros	F	FV45	0	65	12	246	0
152	00:48:46	Daniella Biziato	Serpentine Running Club	F	SL	0	66	19	235	235
153	00:48:49	Terry Burke	Metros	M	V65	0	87	2	244	244
154	00:49:47	Irene Paull	Metros	F	FV55	0	67	3	254	0
155	00:50:29	Catherine Mulrenan	Ealing Eagles Running Club	F	FV40	0	68	10	238	0
156	00:52:41	Eugenia Lewis	Dulwich Park Runners	F	FV40	0	69	11	237	0
157	00:52:59	Ingrid Sierra	Queens Park Harriers	F	FV35	0	70	14	231	0
158	00:54:08	Wei Hei Kipling	Ealing Eagles Running Club	F	FV50	0	71	9	245	0
159	00:54:53	Penny Hudson	Metros	F	FV50	0	72	10	244	0
160	00:55:16	Sonja Knoll	Ealing Eagles Running Club	F	SL	0	73	20	228	0
161	00:56:38	Amanda Logan	Queens Park Harriers	F	FV40	0	74	12	232	0
162	00:56:47	Ann Ambrose	Metros	F	FV55	0	75	4	246	0
163	01:01:50	Carrie Kidd	Dulwich Park Runners	F	SL	0	76	21	225	0
164	01:01:50	Sophie Taysom	Dulwich Park Runners	F	FV40	0	77	13	229	0