

Pos	Time	Name	Club	Gender	Cat	Guest	G Pos	Cat Pos	Total points	Club points
1	00:34:21	Nigel Rackham	Metros	M	V50	0	1	1	315	315
2	00:35:08	Johnny Suttle	Queens Park Harriers	M	SM	0	2	1	299	299
3	00:35:17	Simon Craddock	Serpentine Running Club	M	SM	0	3	2	298	298
4	00:36:00	Nathan Pask	Queens Park Harriers	M	SM	0	4	3	297	297
5	00:36:12	Andrew Reeves	Serpentine Running Club	M	V45	0	5	1	306	306
6	00:36:31	Tom Corbett	Ealing Eagles Running Club	M	SM	0	6	4	295	295
7	00:36:56	Kerr Millar	Sudbury Court	M	SM	0	7	5	294	294
8	00:37:04	Richard Silverton	Mornington Chasers	M	SM	0	8	6	293	293
9	00:37:39	Myles Preston	Mornington Chasers	M	SM	0	9	7	292	292
10	00:37:49	Jose Manuel Pabon	Ealing Eagles Running Club	M	SM	0	10	8	291	291
11	00:38:11	Ryan Yoruk	Ealing Eagles Running Club	M	SM	0	11	9	290	290
12	00:38:32	Sam Sutherland	Queens Park Harriers	M	SM	0	12	10	289	289
13	00:39:06	Jay Dacey	Mornington Chasers	M	SM	0	13	11	288	288
14	00:39:11	Kemuel Dean Solomon	Serpentine Running Club	M	V50	0	14	2	302	302
15	00:39:25	Mark Grieg	Serpentine Running Club	M	SM	0	15	12	286	286
16	00:39:26	Stephen Milner	Metros	M	SM	0	16	13	285	285
17	00:39:35	Michael Dmitrzak	Queens Park Harriers	M	V40	0	17	1	289	289
18	00:39:38	John Armstrong	Mornington Chasers	M	V40	0	18	2	288	288
19	00:39:42	Nicholas Stallman	Queens Park Harriers	M	SM	0	19	14	282	282
20	00:40:11	Daniel Berry	Mornington Chasers	M	V50	0	20	3	296	296
21	00:40:14	Alan Lawrensen	Queens Park Harriers	M	SM	0	21	15	280	0
22	00:40:23	Sasha Birkin	Metros	F	FV40	0	1	1	305	305
23	00:40:42	Tom Easten	Ealing Eagles Running Club	M	SM	0	22	16	279	279
24	00:40:48	Ralph Dadswell	Ealing Eagles Running Club	M	V50	0	23	4	293	293
25	00:40:53	Adrian Cathersides	Mornington Chasers	M	SM	0	24	17	277	0
26	00:41:07	Matt Thomas	Mornington Chasers	M	SM	0	25	18	276	0
27	00:41:17	Ben Barker	Mornington Chasers	M	SM	0	26	19	275	0
28	00:41:20	Matthew Rackham	Metros	M	SM	0	27	20	274	274
29	00:41:36	Paul Scullion	Queens Park Harriers	M	SM	0	28	21	273	0
30	00:41:37	Mike Duff	Ealing Eagles Running Club	M	V40	0	29	3	277	0
31	00:41:45	Hope Sloy	Mornington Chasers	F	SL	0	2	1	299	299
32	00:41:56	Fiona Russell	Mornington Chasers	F	FV45	0	3	1	308	308
33	00:41:58	Paul Murphy	Ealing Eagles Running Club	M	V40	0	30	4	276	0
34	00:42:06	Robert Crangle	Serpentine Running Club	M	V50	0	31	5	285	285
35	00:42:13	Stewart Bowring	Queens Park Harriers	M	SM	0	32	22	269	0
36	00:42:15	Sarah Bailey	Ealing Eagles Running Club	F	SL	0	4	2	297	297
37	00:42:16	Jennifer Watt	Ealing Eagles Running Club	F	FV45	0	5	2	306	306
38	00:42:23	John Norris	Metros	M	SM	0	33	23	268	0
39	00:42:33	Matthew Turley	Ealing Eagles Running Club	M	SM	0	34	24	267	0
40	00:42:37	Tony Watson	Sudbury Court	M	V55	0	35	1	286	286
41	00:42:44	Niall Quinn	Ealing Eagles Running Club	M	SM	0	36	25	265	0
42	00:42:47	Andy Allen	Hayes & Harlington Road Runners	M	V40	0	37	5	269	269
43	00:42:54	Frank Doyle	Ealing Eagles Running Club	M	SM	0	38	26	263	0
44	00:43:15	Alex Malzer	Serpentine Running Club	M	V45	0	39	2	272	0
45	00:43:17	Nathan Barnard	Queens Park Harriers	M	MU15	0	40	1	261	0
46	00:43:24	Michael Morris	Metros	M	V45	0	41	3	270	270
47	00:43:42	Kerstin Luksch	Ealing Eagles Running Club	F	FV35	0	6	1	295	295
48	00:43:45	Graham Page	Ealing Eagles Running Club	M	SM	Guest	42	27		
49	00:44:32	Lachlan Stibbard Hawkes	Mornington Chasers	M	SM	0	43	28	258	0
50	00:44:43	Maurice Quirke	Queens Park Harriers	M	V55	0	44	2	277	0
51	00:44:49	Hannah Copeland	Ealing Eagles Running Club	F	FV40	0	7	2	299	299
52	00:44:55	Madeleine Forde	Queens Park Harriers	F	SL	0	8	3	293	293
53	00:45:41	Richard Ettenfield	Queens Park Harriers	M	SM	0	45	29	256	0
54	00:45:48	Emma Hayward	Mornington Chasers	F	SL	0	9	4	292	292
55	00:46:07	Hans Ho	Serpentine Running Club	M	SM	0	46	30	255	0
56	00:46:14	Paul Robinson	Ealing Eagles Running Club	M	V60	0	47	1	279	0
57	00:46:16	David Carlin	Ealing Eagles Running Club	M	V50	0	48	6	268	0
58	00:46:19	Danielle Smreczak	Mornington Chasers	F	FV35	0	10	2	291	291
59	00:46:23	Neil Enskat	Ealing Eagles Running Club	M	V45	0	49	4	262	0
60	00:46:28	James de Vivenot	Ealing Eagles Running Club	M	V40	0	50	6	256	0
61	00:46:44	David Heathcote	Sudbury Court	M	SM	0	51	31	250	250
62	00:47:00	David Young	Metros	M	V60	0	52	2	274	274
63	00:47:22	Simon Abery	Metros	M	V50	0	53	7	263	0
64	00:47:37	Alban Millas	Queens Park Harriers	M	V40	0	54	7	252	0
65	00:47:42	Caroline Day-Lewis	Metros	F	FV45	0	11	3	300	300
66	00:47:49	Brian O'Neill	Dulwich Park Runners	M	SM	0	55	32	246	246
67	00:47:51	Victor Tsui	Sudbury Court	M	SM	0	56	33	245	0
68	00:47:59	Lucy Rigg	Ealing Eagles Running Club	F	FV40	0	12	3	294	0
69	00:48:08	Gary Hymns	Serpentine Running Club	M	V55	0	57	3	264	0
70	00:48:10	David Bone	Ealing Eagles Running Club	M	V50	0	58	8	258	0
71	00:48:13	Robert Kipling	Ealing Eagles Running Club	M	V55	0	59	4	262	0
72	00:48:23	Marek Waszczuk	Ealing Eagles Running Club	M	V50	0	60	9	256	0
73	00:48:32	Nina Vinge-Fryer	Ealing Eagles Running Club	F	FV40	0	13	4	293	0
74	00:48:44	Tim Fryer	Ealing Eagles Running Club	M	V40	Guest	61	8	0	0
75	00:48:52	Elizabeth Adams	Ealing Eagles Running Club	F	FV55	0	14	1	307	307
76	00:48:53	Charles Tatham	Queens Park Harriers	M	V50	0	62	10	254	0
77	00:48:54	Sophie Foxall	Ealing Eagles Running Club	F	SL	0	15	5	286	0
78	00:48:55	Kathryn Harrington	Queens Park Harriers	F	FV35	0	16	3	285	285
79	00:48:56	E Beck	Queens Park Harriers	F	SL	0	17	6	284	284
80	00:48:58	Gavin Imrie	Sudbury Court	M	V40	0	63	9	243	0
81	00:49:07	Henry Dadswell	Ealing Eagles Running Club	M	MU15	0	64	2	237	0
82	00:49:13	Harriet Betteridge	Ealing Eagles Running Club	F	SL	0	18	7	283	0
83	00:49:27	Lorraine Hill	Ealing Eagles Running Club	F	FV45	0	19	4	292	0
84	00:49:46	Susan Smith	Dulwich Park Runners	F	FV60	0	20	1	306	306
85	00:49:46	David Mulanya	Dulwich Park Runners	M	V55	0	65	5	256	256
86	00:49:49	Mark Mulvenna	Sudbury Court	M	V50	0	66	11	250	250
87	00:49:51	Simon Godwin	Queens Park Harriers	M	V45	0	67	5	244	0
88	00:49:53	Martin Garrett	Sudbury Court	M	V60	0	68	3	258	258

Pos	Time	Name	Club	Gender	Cat	Guest	G Pos	Cat Pos	Total points	Club points
89	00:50:27	Heather Marshall	Mornington Chasers	F	FV35	0	21	4	280	0
90	00:50:30	Phoebe Canatacuzino	Queens Park Harriers	F	SL	0	22	8	279	279
91	00:50:51	Jim Buckland	Metros	M	V50	0	69	12	247	0
92	00:51:23	Peter Higgins	Sudbury Court	M	SM	0	70	34	231	0
93	00:51:24	John Barry	Ealing Eagles Running Club	M	V50	0	71	13	245	0
94	00:51:35	Zoe Lawton	Ealing Eagles Running Club	F	FV35	0	23	5	278	0
95	00:51:54	Rachel Hearson	Ealing Eagles Running Club	F	FV50	0	24	1	292	0
96	00:52:05	Alice Sullivan	Mornington Chasers	F	FV40	0	25	5	281	281
97	00:52:14	Clare Dunne	Dulwich Park Runners	F	FV40	0	26	6	280	280
98	00:52:18	Sjenka Leslie	Ealing Eagles Running Club	F	FV40	0	27	7	279	0
99	00:52:21	Graham Holland	Ealing Eagles Running Club	M	SM	0	72	35	229	0
100	00:52:23	Eamon Byrne	Mornington Chasers	M	V50	0	73	14	243	0
101	00:52:27	Sarah Mackenzie	Ealing Eagles Running Club	F	SL	0	28	9	273	0
102	00:52:32	Emma Jones	Queens Park Harriers	F	SL	0	29	10	272	0
103	00:52:48	Gill Morgan	Guest (ESM)	F	FV55	Guest	30	2	0	0
104	00:52:49	Jess Hood	Ealing Eagles Running Club	F	SL	0	31	11	270	0
105	00:52:55	Cynthiav Ong	Sudbury Court	F	FV35	Guest	32	6	0	0
106	00:53:14	Danielle Howe	Queens Park Harriers	F	SL	0	33	12	268	0
107	00:53:20	Leah Buckland	Metros	F	SL	0	34	13	267	0
108	00:53:20	Rebecca Allen	Mornington Chasers	F	FV35	0	35	7	266	0
109	00:54:08	Nicola Englishby	Queens Park Harriers	F	FV40	0	36	8	270	0
110	00:54:24	Alan Huddart	Ealing Eagles Running Club	M	SM	0	74	36	227	0
111	00:54:36	Sean Breen	Sudbury Court	M	V50	0	75	15	241	0
112	00:54:41	Laura Griffin	Dulwich Park Runners	F	FV40	0	37	9	269	269
113	00:54:41	Gareth Hepworth	Dulwich Park Runners	M	V45	0	76	6	235	235
114	00:54:48	Louise Hinchelwood	Queens Park Harriers	F	FV45	0	38	5	273	273
115	00:54:52	Gordon Valentine	Metros	M	V60	0	77	4	249	0
116	00:55:29	Diane Morrison	Mornington Chasers	F	FV45	0	39	6	272	0
117	00:55:48	Jane Hudson	Metros	F	FV55	0	40	3	281	281
118	00:55:53	James Close	Ealing Eagles Running Club	M	SM	0	78	37	223	0
119	00:55:57	Laura Fairbanks	Queens Park Harriers	F	SL	0	41	14	260	0
120	00:56:00	Yvonne Walker	Sudbury Court	F	FV55	0	42	4	279	279
121	00:56:04	Peter Jose	Metros	M	V65	0	79	1	252	0
122	00:56:12	Anne Nola	Metros	F	FV40	0	43	10	263	0
123	00:56:29	Glyn Watkins	Metros	M	V60	0	80	5	246	0
124	00:56:31	Kim Hassard	Metros	F	SL	0	44	15	257	0
125	00:56:35	Andrew Collier	Metros	M	V50	0	81	16	235	0
126	00:56:40	Denise Power	Metros	F	FV35	0	45	8	256	0
127	00:56:45	Lisa Emerson	Ealing Eagles Running Club	F	FV45	0	46	7	265	0
128	00:56:55	Allie Collins	Ealing Eagles Running Club	F	SL	0	47	16	254	0
129	00:57:05	Susan Kennedy	Queens Park Harriers	F	FV50	0	48	2	268	0
130	00:57:09	George Allan	Serpentine Running Club	M	V60	0	82	6	244	0
131	00:57:10	Anne-Marie Walsh	Queens Park Harriers	F	FV50	0	49	3	267	0
132	00:57:11	Dan Houghton	Ealing Eagles Running Club	M	V40	0	83	10	223	0
133	00:57:14	Amanda Martin	Queens Park Harriers	F	FV50	0	50	4	266	0
134	00:57:25	Richard Hayward	Metros	M	SM	0	84	38	217	0
135	00:58:37	Bobby Howe	Mornington Chasers	M	V70	0	85	1	251	0
136	00:58:38	Julia Allen	Metros	F	FV45	0	51	8	260	0
137	00:59:00	Jane Scoffham	Metros	F	FV60	0	52	2	274	274
138	00:59:13	Kay Bennett	Sudbury Court	F	FV35	0	53	9	248	248
139	00:59:20	John Walerych	Queens Park Harriers	M	V55	0	86	6	235	0
140	00:59:47	Nicola Rochford	Metros	F	FV45	0	54	9	257	0
141	01:00:19	Catherine Mulrenan	Ealing Eagles Running Club	F	FV40	0	55	11	251	0
142	01:00:28	Jane Wright	Ealing Eagles Running Club	F	FV55	0	56	5	265	0
143	01:00:45	Judy Rackham	Metros	F	FV55	0	57	6	264	0
144	01:01:26	Shanil Anand	Metros	M	SM	0	87	39	214	0
145	01:01:38	Alice Lester	Queens Park Harriers	F	FV50	0	58	5	258	0
146	01:02:16	Louis Smyth	Sudbury Court	M	V55	0	88	7	233	0
147	01:02:37	Rita Scollan	Sudbury Court	F	SL	0	59	17	242	242
148	01:03:50	Emma Bell	Ealing Eagles Running Club	F	SL	0	60	18	241	0
149	01:04:12	Brian Thomas	Sudbury Court	M	V55	0	89	8	232	0
150	01:04:52	Veronica Georgescu	Metros	F	FV60	0	61	3	265	0
151	01:05:10	Angela Murphy	Metros	F	FV65	0	62	1	269	269
152	01:06:28	Shadi Oshunninde	Queens Park Harriers	F	FV45	0	63	10	248	0
153	01:06:30	Ingrid Sierra	Queens Park Harriers	F	FV35	0	64	10	237	0
154	01:06:33	Lisa Dumais	Ealing Eagles Running Club	F	FV45	0	65	11	246	0
155	01:06:41	Tiziana Spotti	Metros	F	FV55	0	66	7	255	0
156	01:07:24	David Maret	Sudbury Court	M	V40	0	90	11	216	0
157	01:07:28	Ann Ambrose	Metros	F	FV55	0	67	8	254	0
158	01:07:56	Geraldine Gill	Metros	F	FV45	0	68	12	243	0
159	01:09:13	Nancy Morris	Metros	F	FV45	0	69	13	242	0
160	01:10:23	Penny Hudson	Metros	F	FV50	0	70	6	246	0
161	01:12:14	William O'Connor	Queens Park Harriers	M	V70	0	91	2	245	0
162	01:13:08	Debbie Lewis	Metros	F	FV50	0	71	7	245	0
163	01:15:00	Jo Hepworth	Dulwich Park Runners	F	FV45	0	72	14	239	239
164	01:17:03	Raquel-Russel Ponte	Metros	F	FV70	0	73	1	263	0