

Pos	Time	Name	Club	Gender	Cat	Guest	G Pos	Cat Pos	Total points	Club points
1	00:34:00	Mohammed Ismail	Serpentine Running Club	M	SM	0	1	1	300	300
2	00:34:35	Kerr Millar	QPH (Guest)	M	SM	Guest	2	2	0	0
3	00:37:18	Sam Sutherland	Queens Park Harriers	M	SM	0	3	3	298	298
4	00:38:21	Jordan Jowett	Ealing Eagles Running Club	M	SM	0	4	4	297	297
5	00:38:28	John Armstrong	Mornington Chasers	M	V40	0	5	1	301	301
6	00:38:38	Jonathan Horan	Hayes & Harlington Road Runner	M	SM	0	6	5	295	295
7	00:38:45	Alex Jeffreys	Serpentine Running Club	M	V40	0	7	2	299	299
8	00:39:17	Simon FitzMaurice	Mornington Chasers	M	SM	0	8	6	293	293
9	00:39:41	William McAvoock	Serpentine Running Club	M	V45	0	9	1	302	302
10	00:40:10	Francesco Ciocca	Serpentine Running Club	M	SM	0	10	7	291	291
11	00:40:13	Kemuel Dean Solomon	Serpentine Running Club	M	V50	0	11	1	305	305
12	00:40:18	Ian Girling	Mornington Chasers	M	SM	0	12	8	289	289
13	00:40:48	Gary Nisbet	Hayes & Harlington Road Runner	M	SM	0	13	9	288	288
14	00:40:55	Nicholas Stallman	Queens Park Harriers	M	SM	0	14	10	287	287
15	00:40:58	Ben Barker	Mornington Chasers	M	SM	0	15	11	286	286
16	00:41:03	Colin Overton	Ealing Eagles Running Club	M	SM	0	16	12	285	285
17	00:41:33	Mitesh Patel	Metros	M	SM	0	17	13	284	284
18	00:42:05	Tim Orme	Ealing Eagles Running Club	M	SM	0	18	14	283	283
19	00:42:09	Kieran Santry	Ealing Eagles Running Club	M	SM	0	19	15	282	0
20	00:42:18	John Lynch	Mornington Chasers	M	V55	0	20	1	301	301
21	00:42:24	Hope Sloy	Mornington Chasers	F	SL	0	1	1	300	300
22	00:42:31	Richard Ettenfield	Queens Park Harriers	M	SM	0	21	16	280	280
23	00:42:37	Paul Murphy	Ealing Eagles Running Club	M	V40	0	22	3	284	284
24	00:42:45	Tanashah Abrahams	Queens Park Harriers	M	SM	0	23	17	278	278
25	00:42:50	Rob Willin	Ealing Eagles Running Club	M	V55	0	24	2	297	297
26	00:43:25	Fiona Russell	Mornington Chasers	F	FV45	0	2	1	309	309
27	00:43:25	Harry Claxton	Ealing Eagles Running Club	M	V40	0	25	4	281	0
28	00:43:28	Tony Watson	Sudbury Court	M	V55	0	26	3	295	295
29	00:43:41	Simon Hardy	Ealing Eagles Running Club	M	SM	0	27	18	274	0
30	00:43:44	Jack Nisbet	Hayes & Harlington Road Runner	M	V50	0	28	2	288	288
31	00:43:46	Glen Matthews	Ealing Eagles Running Club	M	V40	0	29	5	277	0
32	00:43:51	Alex Johnston	Queens Park Harriers	M	SM	0	30	19	271	0
33	00:43:54	Rebecca Jackson	Ealing Eagles Running Club	F	SL	0	3	2	298	298
34	00:43:56	Ben Cale	Ealing Eagles Running Club	M	SM	0	31	20	270	0
35	00:43:56	Frank Doyle	Ealing Eagles Running Club	M	SM	0	32	21	269	0
36	00:44:11	Mike Duff	Ealing Eagles Running Club	M	V40	0	33	6	273	0
37	00:44:19	Steve Paull	Metros	M	V60	0	34	1	292	292
38	00:44:21	Kira King	Ealing Eagles Running Club	F	SL	0	4	3	297	297
39	00:44:26	Jamie Galal	Queens Park Harriers	M	MU17	0	35	1	266	0
40	00:44:40	Vinh Lam	Serpentine Running Club	M	SM	0	36	22	265	0
41	00:44:42	Emma Hayward	Mornington Chasers	F	SL	0	5	4	296	296
42	00:44:44	Maurice Quirke	Queens Park Harriers	M	V55	0	37	4	284	284
43	00:44:49	Francesca Cooper	Ealing Eagles Running Club	F	SL	0	6	5	295	295
44	00:44:52	David Nelson	Mornington Chasers	M	SM	0	38	23	263	0
45	00:45:00	Gary Hymns	Serpentine Running Club	M	V55	0	39	5	282	0
46	00:45:03	Doug Buckeridge	Ealing Eagles Running Club	M	V55	0	40	6	281	0
47	00:45:06	Kelly Scanlon	Ealing Eagles Running Club	F	SL	0	7	6	294	0
48	00:45:38	Brian McGrory	Metros	M	V50	0	41	3	275	275
49	00:45:41	Yvonne Linney	Ealing Eagles Running Club	F	FV40	0	8	1	298	298
50	00:45:43	Tom Poynton	Serpentine Running Club	M	V40	0	42	7	264	0
51	00:45:56	Adrian Cathersides	Mornington Chasers	M	SM	0	43	24	258	0
52	00:45:59	Henry Dadswell	Ealing Eagles Running Club	M	MU15	0	44	1	257	0
53	00:46:00	Ralph Dadswell	Ealing Eagles Running Club	M	V50	0	45	4	271	0
54	00:46:07	Michelle Tanner	Ealing Eagles Running Club	F	SL	0	9	7	292	0
55	00:46:24	Emily Godwin	Queens Park Harriers	F	SL	0	10	8	291	291
56	00:46:29	Emmanuel Betsy	Serpentine Running Club	M	SM	0	46	25	255	0
57	00:46:40	Fernando Campos	Serpentine Running Club	M	SM	0	47	26	254	0
58	00:46:44	Alban Millas	Queens Park Harriers	M	V40	0	48	8	258	0
59	00:46:50	Hans Ho	Serpentine Running Club	M	SM	0	49	27	252	0
60	00:46:57	Warwick John Fahy	Ealing Eagles Running Club	M	V40	0	50	9	256	0
61	00:46:57	Victor Tsui	Sudbury Court	M	SM	0	51	28	250	250
62	00:46:59	David Carlin	Ealing Eagles Running Club	M	V50	0	52	5	264	0
63	00:47:01	Jennifer Bushell	Ealing Eagles Running Club	F	SL	0	11	9	290	0
64	00:47:03	Santos Diana	Dulwich Park Runners	M	V40	0	53	10	253	253
65	00:47:10	Chris Jitianu	Serpentine Running Club	M	V40	0	54	11	252	0
66	00:47:27	Neil Enskat	Ealing Eagles Running Club	M	V45	0	55	2	256	0
67	00:47:36	Simon Hardy	Serpentine Running Club	M	V50	0	56	6	260	0
68	00:47:46	Paul Robinson	Ealing Eagles Running Club	M	V60	0	57	2	269	0
69	00:47:49	Amrut Shah	Serpentine Running Club	M	V40	0	58	12	248	0
70	00:47:53	Ilona Kriauzaitė	Serpentine Running Club	F	SL	0	12	10	289	289
71	00:47:55	Olivia Parker-Scott	Ealing Eagles Running Club	F	SL	0	13	11	288	0
72	00:48:01	Lucy Rigg	Ealing Eagles Running Club	F	FV40	0	14	2	292	0
73	00:48:06	David Bone	Ealing Eagles Running Club	M	V50	0	59	7	257	0
74	00:48:10	Keiren Geaney	Serpentine Running Club	M	SM	0	60	29	241	0
75	00:48:13	Alan Knott	Ealing Eagles Running Club	M	SM	0	61	30	240	0
76	00:48:17	Daisy Gladstone	Serpentine Running Club	F	SL	0	15	12	286	286
77	00:48:21	Sophie Foxall	Ealing Eagles Running Club	F	SL	0	16	13	285	0
78	00:48:29	Kathryn Harrington	Queens Park Harriers	F	FV35	0	17	1	284	284
79	00:48:32	Charles Tatham	Queens Park Harriers	M	V50	0	62	8	254	0
80	00:48:35	Jaroslav Bolek	Serpentine Running Club	M	SM	0	63	31	238	0
81	00:48:51	Caroline Day-Lewis	Metros	F	FV45	0	18	2	293	293
82	00:49:20	Lorraine Hill	Ealing Eagles Running Club	F	FV45	0	19	3	292	0
83	00:49:24	Dominic Wallace	Ealing Eagles Running Club	M	V50	0	64	9	252	0
84	00:49:30	Marzena Brachman	Ealing Eagles Running Club	F	FV35	0	20	2	281	0
85	00:49:30	Sophia Holder	Serpentine Running Club	F	FV35	0	21	3	280	280

86	00:49:34	Robert Kipling	Ealing Eagles Running Club	M	V55	0	65	7	256	0
87	00:50:01	Andrew Carpenter	Ealing Eagles Running Club	M	SM	0	66	32	235	0
88	00:50:04	Ellen Easten	Ealing Eagles Running Club	F	SL	0	22	14	279	0
89	00:50:30	Baljit Dhanda	Ealing Eagles Running Club	M	V50	0	67	10	249	0
90	00:50:36	Maciej Owczarek	Ealing Eagles Running Club	M	SM	0	68	33	233	0
91	00:50:45	Jessica Hinds	Ealing Eagles Running Club	F	SL	0	23	15	278	0
92	00:50:50	Andrea Sanders-Reece	Mornington Chasers	F	FV55	0	24	1	297	297
93	00:51:11	Mark Mulvenna	Sudbury Court	M	V50	0	69	11	247	247
94	00:51:18	Marek Waszczuk	Ealing Eagles Running Club	M	V50	0	70	12	246	0
95	00:51:29	John Shaw	Hayes & Harlington Road Runner	M	V65	0	71	1	260	260
96	00:51:32	Emma Jones	Queens Park Harriers	F	SL	0	25	16	276	276
97	00:51:37	Eamon Byrne	Mornington Chasers	M	V50	0	72	13	244	0
98	00:51:45	Tim Griffiths	Dulwich Park Runners	M	V55	0	73	8	248	248
99	00:51:51	Sophie Pitt	Ealing Eagles Running Club	F	SL	0	26	17	275	0
100	00:52:03	Paul Lang	Ealing Eagles Running Club	M	V45	0	74	3	237	0
101	00:52:15	Liz Abrahams	Sudbury Court	F	FV50	0	27	1	289	289
102	00:52:23	Madeleine Bates	Ealing Eagles Running Club	F	SL	0	28	18	273	0
103	00:52:23	Nigel Panton	Ealing Eagles Running Club	M	V60	0	75	3	251	0
104	00:52:24	Simon Stannard	Ealing Eagles Running Club	M	SM	0	76	34	225	0
105	00:52:27	Darren Loftus	Ealing Eagles Running Club	M	V45	0	77	4	234	0
106	00:52:33	Peter Higgins	Sudbury Court	M	SM	0	78	35	223	0
107	00:52:55	Dineke Austin	Ealing Eagles Running Club	F	FV60	0	29	1	297	297
108	00:52:57	Jess Hood	Ealing Eagles Running Club	F	SL	0	30	19	271	0
109	00:53:02	Adam Wakefield	Ealing Eagles Running Club	M	SM	0	79	36	222	0
110	00:53:06	Glyn Watkins	Metros	M	V60	0	80	4	246	246
111	00:53:08	Emma Dyer	Dulwich Park Runners	F	SL	0	31	20	270	270
112	00:53:14	Peter Jose	Metros	M	V65	0	81	2	250	250
113	00:53:32	Gill Morgan	Guest (ESM)	F	FV55	Guest	32	2	0	0
114	00:53:36	James Walerych	Queens Park Harriers	M	SM	0	82	37	219	0
115	00:53:42	Louise Hinchelwood	Queens Park Harriers	F	FV45	0	33	4	278	278
116	00:53:48	Jo Braine	Queens Park Harriers	F	SL	0	34	21	267	267
117	00:53:56	Sjenka Leslie	Ealing Eagles Running Club	F	FV40	0	35	3	271	0
118	00:54:00	Martin Garrett	Sudbury Court	M	V60	0	83	5	243	243
119	00:54:17	Stephanie Vaatz	Serpentine Running Club	F	FV40	0	36	4	270	270
120	00:54:33	Adrian Boylan	Queens Park Harriers	M	V55	0	84	9	237	0
121	00:55:06	Tavi Cocis	QPH (Guest)	M	SM	Guest	85	38	0	0
122	00:55:06	Alan Lawrensen	Queens Park Harriers	M	SM	0	86	39	215	0
123	00:55:13	Carmen Harrington	Mornington Chasers	F	SL	0	37	22	264	264
124	00:55:15	Trev Pask	Ealing Eagles Running Club	M	V55	0	87	10	234	0
125	00:55:16	Pauline Bishop	Metros	F	FV60	0	38	2	288	288
126	00:55:19	Yvonne Walker	Sudbury Court	F	FV55	0	39	3	282	282
127	00:55:21	Jasvir Sekhon	Ealing Eagles Running Club	F	FV45	0	40	5	271	0
128	00:55:23	Dick Overton	Ealing Eagles Running Club	M	V65	0	88	3	243	0
129	00:55:26	Mary Allieu	Sudbury Court	F	FV40	0	41	5	265	265
130	00:55:36	Alan Huddart	Ealing Eagles Running Club	M	SM	0	89	40	212	0
131	00:55:39	Lisa Emerson	Ealing Eagles Running Club	F	FV45	0	42	6	269	0
132	00:55:44	Anne Nola	Metros	F	FV40	0	43	6	263	263
133	00:56:02	Angie Buckroyd	Ealing Eagles Running Club	F	FV35	0	44	4	257	0
134	00:56:07	Jane Hudson	Metros	F	FV55	0	45	4	276	276
135	00:56:15	Gareth Hepworth	Dulwich Park Runners	M	V45	0	90	5	221	221
136	00:56:37	Lucie Godfrey	Ealing Eagles Running Club	F	FV40	0	46	7	260	0
137	00:56:43	George Allan	Serpentine Running Club	M	V60	0	91	6	235	0
138	00:57:17	Hazel Paterson	Serpentine Running Club	F	FV60	0	47	3	279	279
139	00:57:26	Anne Marie Graham	Ealing Eagles Running Club	F	FV40	0	48	8	258	0
140	00:57:35	Laura Griffin	Dulwich Park Runners	F	FV40	0	49	9	257	257
141	00:57:44	Denise Power	Metros	F	FV35	0	50	5	251	0
142	00:58:10	Angela Usange	Sudbury Court	F	FV35	0	51	6	250	250
143	00:58:29	Amanda Martin	Queens Park Harriers	F	FV50	0	52	2	264	0
144	00:58:30	Susan Kennedy	Queens Park Harriers	F	FV50	0	53	3	263	0
145	00:58:39	Terry Burke	Metros	M	V65	0	92	4	239	0
146	00:58:45	Tara Flynn	Ealing Eagles Running Club	F	FV40	0	54	10	252	0
147	00:58:46	Clare Lynch	Dulwich Park Runners	F	FV35	0	55	7	246	246
148	00:58:50	Linda Griffiths	Dulwich Park Runners	F	FV50	0	56	4	260	260
149	00:59:00	James Close	Ealing Eagles Running Club	M	SM	0	93	41	208	0
150	00:59:04	Thim Engel	Ealing Eagles Running Club	M	V60	0	94	7	232	0
151	00:59:46	Daniella Bizziato	Serpentine Running Club	F	SL	0	57	23	244	0
152	01:00:08	Andrew Collier	Metros	M	V50	0	95	14	221	0
153	01:00:17	David Maret	Sudbury Court	M	V40	0	96	13	210	0
154	01:00:20	John Walerych	Queens Park Harriers	M	V55	0	97	11	224	0
155	01:00:51	Gary Hobbs	Ealing Eagles Running Club	M	V45	0	98	6	213	0
156	01:00:51	Yvette Burton	Ealing Eagles Running Club	F	FV35	0	58	8	243	0
157	01:01:01	Jane Wright	Ealing Eagles Running Club	F	FV55	0	59	5	262	0
158	01:01:03	Tanja Williams	Ealing Eagles Running Club	F	FV35	0	60	9	241	0
159	01:01:09	Lilian Agira	Ealing Eagles Running Club	F	SL	0	61	24	240	0
160	01:01:20	Annette Sissons	Hayes & Harlington Road Runner	F	FV45	0	62	7	249	249
161	01:01:32	Marion Rogan	Metros	F	FV65	0	63	1	268	268
162	01:01:34	Nicola Forster	Ealing Eagles Running Club	F	FV40	0	64	11	242	0
163	01:01:44	Ruth Tidder	Metros	F	FV45	0	65	8	246	0
164	01:02:03	Claire Geen	Dulwich Park Runners	F	FV35	0	66	10	235	0
165	01:02:03	Katherine McCullogh	Dulwich Park Runners	F	FV35	0	67	11	234	0
166	01:02:26	Kay Bennett	Sudbury Court	F	FV35	0	68	12	233	233
167	01:02:44	Irene Paull	Metros	F	FV55	0	69	6	252	0
168	01:02:56	Catherine Mulrenan	Ealing Eagles Running Club	F	FV40	0	70	12	236	0
169	01:03:23	Juliet Shillingford	Dulwich Park Runners	F	FV55	0	71	7	250	250
170	01:03:35	Sonja Knoll	Ealing Eagles Running Club	F	SL	0	72	25	229	0
171	01:03:37	Anand Kuppa	Ealing Eagles Running Club	F	FV40	0	73	13	233	0

172	01:03:56	Teresa Anderson	Ealing Eagles Running Club	F	FV55	0	74	8	247	0
173	01:04:06	Jeremy Pitt	Ealing Eagles Running Club	M	V50	0	99	15	217	0
174	01:04:41	Angela Murphy	Metros	F	FV65	0	75	2	256	0
175	01:04:56	Marianne Morris	Serpentine Running Club	F	FV65	0	76	3	255	0
176	01:05:10	Jasmina Lazarevic	Ealing Eagles Running Club	F	FV35	0	77	13	224	0
177	01:06:07	Brian Thomas	Sudbury Court	M	V55	0	100	12	221	0
178	01:06:08	Kath Donaldson	Metros	F	FV65	0	78	4	253	0
179	01:06:29	Tiziana Spotti	Metros	F	FV55	0	79	9	242	0
180	01:06:40	Sarah Dhanda	Ealing Eagles Running Club	F	FV50	0	80	5	236	0
181	01:06:50	Kavita Raj	Dulwich Park Runners	F	FV45	0	81	9	230	0
182	01:06:50	Tabitha Lewis	Dulwich Park Runners	F	FV45	0	82	10	229	0
183	01:07:06	Sofia Ali	Queens Park Harriers	F	FV55	0	83	10	238	0
184	01:07:55	Emma Rackham	Metros	F	SL	0	84	26	217	0
185	01:08:27	Polly Rawlings	Ealing Eagles Running Club	F	FV55	0	85	11	236	0
186	01:09:02	Caroline Rush	Ealing Eagles Running Club	F	FV45	0	86	11	225	0
187	01:09:37	Raquel-Russel Ponte	Metros	F	FV70	0	87	1	249	0
188	01:09:50	Brian Kaufman	Sudbury Court	M	V70	0	101	1	235	235
189	01:13:57	Nancy Morris	Metros	F	FV45	0	88	12	223	0
190	01:17:16	Claire Moffat	Dulwich Park Runners	F	FV40	0	89	14	217	0