

Pride Run, 14th August 2010, Victoria Park, East London

<http://www.priderun2010.com>

Position	Bib	Gun Time	First Name	Surname	Age Group	Club	Chip Time
1	659	32:01	Jamal	Mohamed	M	Victoria Park Harriers	32:01
2	78	32:14	Kevin	Loundes	M	Manx Harriers	32:14
3	654	32:21	Fernando	Del Valle	M		32:21
4	341	32:29	Martyn	Bean	M	Brighton & Hove City AC	32:29
5	153	32:37	Alex	Milne	M	Enfield & Haringey AC	32:37
6	436	33:25	Sam	Humphrey	M	Victoria Park Harriers	33:25
7	70	33:29	Darren	McNeely	M	Serpentine	33:29
8	247	33:42	Martin	Malone	M	Manx Harriers	33:42
9	544	34:16	Jim	Addison	M	Beckenham	34:16
10	386	34:17	Duncan	Martin	M		34:17
11	400	34:39	Robin	Tuddenham	M40	Serpentine	34:39
12	522	34:55	Josh	Elderfield	MJ	Medway And Maidstone AC	34:55
13	999	35:34	Alice	Sunderland	F	Harrow AC	35:34
14	308	35:44	Richard	Edmonds	M40	Serpentine	35:44
15	289	35:51	James	Gillanders	M	London Frontrunners	35:51
16	342	35:58	Henry	Wilson	M	London Frontrunners	35:58
17	294	36:00	Daniel	Murphy	M	Manchester Frontrunners	36:00
18	691	36:13	Shane	Cullinan	M	London Frontrunners	36:13
19	75	36:14	Breandan	Ward	M	London Frontrunners	36:14
20	268	36:20	Philip	Eaves	M		36:20
21	653	36:55	Joel	Northcott	M	London Frontrunners	36:55
22	165	36:58	Nicholas	Copas	M40	Serpentine	36:58
23	567	37:03	Damian	Macenhill	M	Striders Of Croydon	37:03
24	5	37:07	Alex	Wall	M	Taunton AC	37:07
25	178	37:11	Oliver	Kean	M		37:11
26	642	37:13	Richard	Wonnacott	M		37:12

27	565	37:27	Joshua	Paparo	M	Serpentine	37:27
28	668	37:35	Tolly	Bradford	M		37:35
29	23	37:40	Malcolm	Pritchard	M	St Neots Riverside Runners	37:40
30	564	37:57	Elekwa	Onwuchekwa	M	Herne Hill Harriers	37:57
31	142	38:07	Adam	Davey	M	London Frontrunners	38:07
32	647	38:09	Joseph	Lowe	M40	London Frontrunners	38:09
33	63	38:31	Patrick	Doyle	M40	London Frontrunners	38:21
34	652	38:34	Robert	Thomas	M	Deal Tri Club	38:34
35	239	38:35	Greg	McClure	M50	North Belfast Harriers	38:35
36	424	38:37	Robin	McNelis	M	Ilford AC	38:36
37	657	38:37	Edmund	Whelan	M40		38:37
38	343	38:38	Paul	Moran	M	London Frontrunners	38:38
39	426	38:55	Charles	Pinkerton	M		38:52
40	161	38:56	Rob	Pitkethly	M	Victoria Park Harriers	38:56
41	419	39:04	Chris	Turner	M40	Petts Wood Runners	38:58
42	284	39:24	Richard	Robeson	M	London Frontrunners	39:24
43	199	39:27	Richard	Bielby	M40		39:26
44	908	39:31	Leigh	James	F	London Heathside	39:31
45	220	39:34	Simon	Garner	M	London Frontrunners	39:33
46	793	39:44	Emily	Gelder	F35	Dulwich Runners	39:44
47	590	39:44	Mark	Burkett	M40		39:37
48	537	39:47	Ian	Elliott	M40		39:42
49	1159	39:47	Lee	Cassingham	M		39:47
50	656	39:57	Ben	Sutton	M		39:57
51	79	39:59	Glen	Slade	M40	London Frontrunners	39:59
52	218	40:06	Derek	Clark	M40	London Frontrunners	40:02
53	331	40:10	Peter	Turner	M	North Herts Road Runners	40:10
54	253	40:11	Thomas	Aumeyr	M		40:11
55	280	40:13	Julian	Williams	M40	London Frontrunners	40:13
56	146	40:18	John	Gill	M40	Petts Wood Runners	40:13
57	22	40:31	Marc	Gummer	M	Corby AC	40:31

58	246	40:32	Dave	Richards	M40	Cambridge Harriers	40:32
59	367	40:35	Philip	Barber	M		40:35
60	586	40:38	Phil	Facey	M	Manchester Frontrunners	40:34
61	468	40:40	Toby	Keynes	M50	London Frontrunners	40:24
62	228	40:47	Glynn	McDonald	M40	London Frontrunners	40:45
63	325	40:47	Gary	Sullivan	M50	Serpentine	40:43
64	601	40:52	Tim	Vanderpump	M		40:38
65	226	40:57	Steve	Ramsay	M	London Frontrunners	40:53
66	452	41:08	Will	Bunker	M		41:05
67	631	41:14	Jun	Takagi	M		41:13
68	649	41:15	Martyn	Atkinson	M		41:14
69	168	41:16	Edward	Holland	M	London Frontrunners	41:16
70	742	41:16	Cath	Stibbs	F35	Realbuzzrunbritain.Com	41:15
71	241	41:20	Peter	Griffiths	M40	Bexley AC	41:20
72	609	41:27	Chris	Gibbons	M	London Frontrunners	40:54
73	113	41:31	Nicholas	Silk	M		41:31
74	634	41:38	Julian	Meldrum	M50	London Frontrunners	41:36
75	406	41:40	Simon	Maine	M		41:40
76	103	41:42	Ian	Jelley	M	Chester Tri	41:36
77	237	41:43	Graeme	Smith	M	Charnwood AC	41:38
78	680	41:44	Jesus	Prieto-Lloret	M		41:41
79	600	41:47	Arthur	Reilly	M		41:36
80	603	41:48	Philip	Hogg	M40		41:41
81	667	41:48	Seth	Atkin	M40	London Frontrunners	41:43
82	684	41:52	Ian	Cuerden	M40	London Frontrunners	41:52
83	258	41:55	Robert	Cope	M		41:55
84	434	41:56	John	Gardener	M50		41:54
85	418	41:58	John	Gurney	M50	Petts Wood Runners	41:51
86	1029	42:02	Helen	Smethurst	F45	London Frontrunners	42:02
87	542	42:02	Gareth	Hunt	M		41:54
88	288	42:02	Gavin	Lambert	M	London Frontrunners	41:52

89	441	42:05	Noel	Cochrane	M		42:05
90	1039	42:11	Serena	Stracey	F35	Striders Of Croydon	42:11
91	133	42:14	Peter	Thompson	M		42:01
92	29	42:19	Paul	Hanrahan	M		42:14
93	464	42:25	Michael	Laycock	M		42:22
94	346	42:32	Tony	Peters	M		42:18
95	640	42:34	Malcolm	Holmes	M	Challenge Central	42:30
96	392	42:36	Richard	Flotter	M40	Harwich Runners	42:35
97	225	42:36	Stephen	Simpson	M	London Frontrunners	42:31
98	686	42:36	Alfredo	Di Meo	M	Victoria Park Harriers	42:31
99	845	42:37	Leila	Brosnan	F35	London Frontrunners	42:35
100	673	42:38	Ben	Gill	M		42:38
101	73	42:39	Anthony	Wain	M40	Serpentine	42:30
102	183	42:39	Martin	Spence	M	London Frontrunners	42:38
103	394	42:41	Peter	Hall	M50	West 4 Harriers	42:41
104	463	42:42	Richard	Stack	M	London Frontrunners	42:41
105	757	42:44	Dawn	Saunders	F35	Bexley AC	42:44
106	1052	42:46	Amrit	Jandu	M		42:40
107	20	42:49	Aidan	Thatcher	M		42:24
108	17	42:57	Carl	Pfeiffer	M	London Frontrunners	42:33
109	354	42:57	Karim	Le Cloarec	M		42:57
110	251	42:57	Philip	Knudsen	M	London Frontrunners	42:57
111	306	43:04	Falk	Rehkopf	M40	London Frontrunners	42:59
112	470	43:05	Paul	Nelson	M40	London Frontrunners	42:46
113	215	43:05	Sunjay	Bhogal	M40	London Frontrunners	43:03
114	580	43:09	Paul	Sterland	M		42:37
115	11	43:09	Andrew	Reynolds	M		42:49
116	27	43:14	Richard	Lord	M40	Serpentine	43:12
117	608	43:15	William	Parry	M40	Sydney Frontrunners	43:10
118	674	43:17	Simon	Kelly	M		42:18
119	620	43:19	Martin	McNulty	M		43:11

120	44	43:19	Ashley	Wakeman	M		43:09
121	725	43:25	Helen	Smith	F35		43:14
122	94	43:35	Craig	Beaumont	M	London Frontrunners	43:35
123	48	43:38	Steven	Mills	M		43:38
124	313	43:40	Paul	Gardner	M	London Frontrunners	43:35
125	641	43:41	Steve	Fisher	M	London Frontrunners	43:08
126	166	43:43	Eugene	Nyunt	M		43:39
127	490	43:48	Malcolm	Edwards	M		43:48
128	349	43:49	Nicholas	Devlin	M		43:46
129	250	43:50	Martin	Heidensohn	M40	London Frontrunners	43:43
130	45	44:04	Simon	Gould	M60		44:02
131	938	44:08	Uju	Eze	F	Mornington Chasers	44:03
132	628	44:09	Matt	Clare	M	London Frontrunners	44:08
133	483	44:14	Piotr	Besmian	M		44:14
134	1006	44:16	Claire	Brown	F	Invicta East Kent AC	44:16
135	30	44:22	Martin	Carr	M		44:22
136	547	44:27	Alan	Purchase	M50	Striders Of Croydon	44:27
137	500	44:29	Anthony	Sullivan	M		44:18
138	614	44:29	Matjaz	Valencic	M		43:48
139	123	44:35	Wayne	McKiernan	M		44:29
140	18	44:35	Mark	Loder	M		44:11
141	240	44:37	Slavomir	Volek	M		44:09
142	613	44:39	Rachid	Semaoune	M		44:39
143	173	44:41	Akio	Adachi	M		44:34
144	1077	44:47	Josephine	Thompson	F	Striders Of Croydon	44:35
145	625	44:47	Paul	Wilson	M		44:16
146	559	44:49	Craig	Pont	M	Reigate Priory AC	44:33
147	825	44:50	Kadambari	Verma	F		44:33
148	216	44:50	Paul	Judd	M	London Frontrunners	44:37
149	626	44:55	Steve	Whitmore	M40	Herne Hill Harriers	44:51
150	55	44:55	Ian	MacLeod	M		44:48

151	96	44:56	David	Ballois	M40	London Frontrunners	44:45
152	599	44:56	Alexander	Ehrlich	M	Reigate Priory AC	44:56
153	593	44:58	Gerry	Gallacher	M		44:15
154	332	44:58	Richard	Keenan	M		44:34
155	574	45:01	Steven	Whyte	M		44:41
156	602	45:01	Martin	Donnelly	M		44:42
157	417	45:06	Michael	Hewson	M		44:36
158	117	45:07	Marco	Serafim	M		44:51
159	1096	45:08	Tina	Macenhill	F35	Striders Of Croydon	45:08
160	633	45:10	Anthony	Stead	M		45:00
161	678	45:10	Steven	Sawyer	M		44:49
162	1082	45:12	Rebecca	Salisbury	F		45:00
163	390	45:12	Mark	Littlewood	M		44:15
164	421	45:17	Alex	Henderson	M40		44:59
165	683	45:19	Duncan	Paterson	M40		45:10
166	672	45:22	Toby	Griffiths	M		45:16
167	553	45:23	Stuart	Rundle	M		45:13
168	730	45:25	Juliet	Redhouse	F	Victoria Park Harriers	45:18
169	195	45:27	Paul	Stanworth	M		45:06
170	368	45:28	Darren	Jones	M40		45:24
171	261	45:31	Marc	Gibbons	M		45:26
172	112	45:32	Mark	Rickard	M		45:19
173	592	45:34	Kevin	Long	M		45:20
174	698	45:35	David	Cato	M		45:18
175	679	45:39	Michael	Davies	M40	London Frontrunners	45:27
176	531	45:39	Lambros	Schizas	M		45:21
177	820	45:40	Sarah	Kilmartin	F		45:22
178	480	45:41	Matt	Wills	M		45:09
179	26	45:42	Andrew	Corti	M	London Frontrunners	45:28
180	1155	45:45	Dice	McCairn	M40		45:43
181	265	45:45	Mark	Allen	M	London Frontrunners	45:31

182	104	45:46	Kenni	Poulsen	M		45:09
183	101	45:48	Graeme	Fraser	M40		45:37
184	335	45:50	Patrick	Greene	M		45:31
185	407	45:50	Owen	Munday	M		45:50
186	1126	45:53	Jackie	Bailey	F35	London Frontrunners	45:34
187	90	45:54	Chris	Tune	M		45:19
188	750	45:55	Miriam	Valencia	F35	London Frontrunners	45:55
189	350	45:56	Lee	Cropp	M		45:56
190	196	45:57	Clifford	McDowell	M40		45:27
191	82	45:57	Robert	Airton	M50	London Frontrunners	45:56
192	682	46:03	Simon	Doe	M		45:43
193	99	46:04	Anthony	Grimley	M		45:38
194	651	46:04	Dale	Roberts	M		45:30
195	579	46:06	Rodney	Baldwin	M		45:39
196	4	46:06	James	Durance	M		45:51
197	256	46:09	Lee	Hinton	M40	Reading Roadrunners	45:57
198	512	46:11	Ricardo	Suazo	M		45:44
199	299	46:12	Lee	Knightley	M40	London Frontrunners	46:06
200	184	46:12	Peter	Luckham	M40	London Frontrunners	46:02
201	454	46:14	Rob	Kirk	M		45:45
202	523	46:16	Alden	Yap	M	Cambridge Hare And Hounds	45:27
203	545	46:18	Philip	Rankin	M		46:10
204	3	46:21	Edward	Lucas	M		46:05
205	375	46:24	Oliver	Larkin	M		46:18
206	315	46:27	Dean	Wakeling	M		46:16
207	68	46:29	Anson	Mackay	M40		46:18
208	677	46:29	Richard	Cristina	M	London Frontrunners	46:14
209	639	46:30	Phillip	Leech	M		46:17
210	499	46:31	Mark	Burgess	M50	Petts Wood Runners	46:21
211	365	46:31	Byron	Gove	M		45:42
212	116	46:32	Jack	Russell	M		46:20

213	323	46:32	Ciaran	Canavan	M	East London Runners	46:24
214	324	46:33	Lance	Fuller	M40		46:24
215	583	46:37	Matthew	Pont	M		46:26
216	327	46:39	James	Brooks	M		46:10
217	616	46:43	Jim	Brown	M		46:29
218	98	46:47	Martin	Baker	M		46:03
219	644	46:48	Ignacio	Garcia De Prado	M	Sedentaris.Cat	46:47
220	766	46:49	Kirsty	Hood	F		46:46
221	37	46:50	Wayne	Lovell	M		46:36
222	774	46:52	Charlotte	Micheli	F35		46:47
223	28	46:53	Colin	O'Connor	M		46:14
224	278	46:54	Alastair	Barr	M40	London Frontrunners	46:42
225	60	46:57	John	Denton	M40		46:39
226	428	46:57	Heino	Von Wielligh	M		46:31
227	595	46:59	Kingsley	Macey	M		46:05
228	1083	46:59	Natalie	Moser	F35		46:03
229	423	47:00	Ian	Pennington	M		46:10
230	338	47:02	Oliver	Pena	M		46:50
231	355	47:03	Michael	Thurling	M		46:29
232	646	47:05	Massimo	Bufi	M		46:46
233	127	47:06	James	Clarke	M		47:00
234	1044	47:06	Penelope	Fixter	F	Herne Hill Harriers	47:06
235	413	47:10	Sandeep	Sandhu	M		46:48
236	552	47:11	Neil	Penny	M		46:27
237	648	47:17	Robert	Von Ziegenweidt	M		47:16
238	658	47:20	Paul	Kaynes	M40		46:47
239	38	47:21	Andrew	Ellis	M40		47:21
240	24	47:23	Philip	Cox	M		47:18
241	118	47:24	Nick	Skelton	M		47:04
242	1055	47:26	Jacqui	Reid	F35	Metropolitan Police	47:26
243	543	47:28	John	Hurley	M		46:56

244	694	47:29	Herfried	Waha	M		47:28
245	619	47:31	Gary	Evans	M		46:33
246	145	47:32	Ian	Judson	M40		46:52
247	366	47:35	Greg	Pearson	M		47:35
248	385	47:35	Joseph	Barrett	M		47:32
249	1042	47:36	Sally	Adams	F35		46:54
250	1119	47:37	Elinor	Winter	F	Clapham Chasers	47:34
251	568	47:38	James	Haskey-Jones	M40	Tiptree Roadrunners	37:38
252	190	47:41	Richard	Jalowik	M40		47:36
253	388	47:43	Paul	Frost	M40	Clapham Chasers	47:28
254	279	47:50	Emil	Berleen	M	London Frontrunners	47:17
255	114	47:53	Andrew	Quartermain	M		47:10
256	687	47:55	David	Fance	M		47:03
257	399	47:57	Dean	Edney	M		47:28
258	697	48:02	Maxwell	Knight	M		47:37
259	943	48:04	Belinda	Baquero	F		47:44
260	295	48:05	David	Ruegg	M40		47:51
261	77	48:08	Conor	Devlin	M	London Frontrunners	47:55
262	255	48:11	Andy	Harvey	M40		48:08
263	563	48:12	James	Wood	M		48:09
264	555	48:15	Tim	Andrew	M		47:46
265	347	48:17	Derek	Rebuck	M40		47:59
266	109	48:18	Benjamin	Smith	M		48:09
267	910	48:19	Clare	McLaren	F35		48:01
268	6	48:20	Graham	Caws	M40		48:05
269	663	48:22	Steven	Aram	M		47:47
270	950	48:23	Val	Metcalf	F45	Serpentine	48:09
271	311	48:27	Rupert	Cresswell	M		47:57
272	617	48:27	Chris	MacDonald	M		48:16
273	902	48:29	Sue	Carter	F35	London Frontrunners	48:27
274	387	48:30	Richard	McBride	M40		48:16

275	85	48:31	Simon	Quinn	M		48:02
276	1111	48:40	Melissa	Gleave	F		48:29
277	181	48:40	Craig	Bedenham	M		48:17
278	785	48:41	Sarah	Bruce-Green	F	Kettering Town Harriers	48:38
279	1087	48:41	Lisa	O'Hara	F35		48:30
280	382	48:44	David	Denton	M40	Striders Of Croydon	48:44
281	379	48:51	Sam	Hogrefe	M		48:04
282	372	48:52	Chris	Sims	M		48:04
283	243	48:54	Martin	Reilly	M40	London Frontrunners	48:14
284	52	48:55	Terry	Cook	M50	Serpentine	48:39
285	191	48:56	Paul	Harrison	M		48:40
286	605	48:56	Russell	Hitchings	M		48:39
287	194	48:56	Dan	Menhinnitt	M		48:35
288	669	48:57	Colin	Simpson	M50		48:49
289	834	48:57	Diane	Martin	F35		48:35
290	824	48:59	Lucy	Parken	F		48:42
291	1153	49:00	Andrew	Gonsalves	M		48:36
292	927	49:03	Esther	Maniega	F35		48:58
293	650	49:05	John	Crawford	M		48:40
294	169	49:06	David	Hoole	M40		48:37
295	432	49:07	Nigel	Doyle	M		48:23
296	314	49:07	John	Vickers	M		48:42
297	643	49:09	Chris	Allison	M		48:33
298	309	49:09	Gerard	Cleary	M50		48:54
299	1151	49:10	David	Ansari	M	NPL	48:23
300	1152	49:10	Hasan	Shah	M		48:23
301	427	49:11	Andrew	Rochford	M		48:48
302	664	49:18	Gareth	Smith	M		48:53
303	393	49:20	Gary	Floate	M40	Ilford AC	49:20
304	88	49:24	Roberto	Ferrito	M		49:17
305	378	49:28	Keith	Thompson	M		48:57

306	234	49:29	Stewart	Dring	M		49:00
307	914	49:30	Lucy	Fry	F		49:04
308	13	49:30	Austin	Chessell	M	London Frontrunners	49:20
309	301	49:30	Kevin	Hall	M		48:47
310	575	49:30	Jean-Frederic	Garcia	M		48:57
311	134	49:31	Corey	Porter	M		48:42
312	676	49:31	Simon	Copsey	M50	Mornington Chasers	49:08
313	121	49:33	Eamon	McGurnaghan	M		48:57
314	1158	49:40	Aqasa	Nu	M		49:24
315	337	49:41	Tom	Williams	M		49:38
316	661	49:43	Nick	Bell	M50		49:31
317	576	49:44	Michael	Bryan-Brown	M		49:00
318	7	49:44	Richard	Angell	M		48:57
319	1034	49:44	Kirsty	Innes	F		49:20
320	41	49:45	Dean	Askew	M		48:45
321	696	49:45	Roberto	Sanchez-Vidal	M40		49:13
322	156	49:48	Philip	Kennedy	M		49:19
323	689	49:53	Jignesh	Patel	M40		48:54
324	548	49:56	Ross	Neilson	M		49:56
325	471	49:59	Kumudith	Guruge	M50	New Eltham Joggers	49:56
326	76	50:00	Florian	Binder	M		49:45
327	298	50:01	Bhavin	Taylor	M		49:48
328	170	50:04	Diarmuid	Cleary	M		49:48
329	344	50:05	Ash	Westgate	M		49:48
330	821	50:06	Lucy	McGrath	F35		49:58
331	149	50:08	Adam	Cornell	M		49:37
332	1060	50:08	Katie	Wonnacott	F		49:49
333	197	50:11	Chris	Smith	M		50:02
334	287	50:12	Peter	Hopper	M	London Frontrunners	50:00
335	1067	50:14	Rosalind	Goodfellow	F		49:55
336	81	50:15	Tim	Sander	M40		50:15

337	304	50:19	Richard	Brauch	M	London Frontrunners	50:00
338	266	50:24	Gary	Bright	M		49:34
339	429	50:28	Alistair	Crichton	M		50:10
340	699	50:29	Lukasz	Zaborowski	MJ		50:19
341	415	50:29	Adrian	Russell	M40	Woodford Green & Essex Ladies	50:15
342	283	50:29	Russell	Vandyk	M50	London Frontrunners	50:22
343	404	50:31	Jonathan	Mundy	M		50:16
344	922	50:32	Zoe	Corbett	F		50:08
345	685	50:33	Sie Liang	Lau	M	Serpentine	49:43
346	883	50:36	Yasmine	Raffoul	F		50:17
347	876	50:36	Carole	O'Leary	F35		50:03
348	630	50:37	Mark	Edwards	M40		49:44
349	91	50:41	Simon	Wright	M		50:05
350	666	50:45	Neil	Dissanayake	M		50:24
351	214	50:46	Hsien	Chew	M	London Frontrunners	50:28
352	1095	50:46	Katie	Goodrum	F	London Frontrunners	50:16
353	56	50:47	Dieter	Berends	M		50:47
354	402	50:58	Emmanuel	Vera	M	London Frontrunners	50:45
355	274	51:00	Christopher	Craig	M	London Frontrunners	50:51
356	359	51:09	Andrew	Tapp	M40		50:42
357	189	51:13	Charles	McDonald	M		50:22
358	111	51:16	Andru	Kyle	M		51:12
359	430	51:18	Cameron	Hill	M		50:59
360	106	51:18	Robert	Wynn	M		50:41
361	851	51:19	Rafaele	Lamour	F35	Mornington Chasers	50:53
362	422	51:22	Rupert	Gauntlett	M		51:05
363	1056	51:27	Rose	Hayles	F45		51:25
364	937	51:27	Sue	Watson	F55	Roadrunners	51:11
365	254	51:28	Simon	Edge	M40		50:55
366	550	51:29	Ian	O'Sullivan	M		50:56
367	438	51:30	B	McHugh	M40		50:29

368	681	51:32	Suman	Ipe	M	Ramada Encore Runners Club	51:20
369	466	51:32	Martin	Edwards	M		51:10
370	305	51:37	Robert	Larkin-Frost	M		51:21
371	416	51:39	Alain	Rozet	M	London Frontrunners	51:17
372	1068	51:40	Patty	Kostkova	F35	Tri London	51:37
373	752	51:40	Kate	Crawford	F35		50:47
374	753	51:40	Sarah	Crawford	F35		50:48
375	778	51:42	Mel	McClure	F45	Metropolitan Police	51:34
376	192	51:43	Philip	Hughes	M		51:09
377	59	51:46	Paul	Stevens	M40		51:27
378	806	51:46	Chloe	Ward	F		51:44
379	839	51:48	Jane	Scobie	F35		51:32
380	159	51:48	Michael	McHugh	M		51:35
381	632	51:50	Steve	Lonergan	M		51:08
382	62	51:54	Thomas	Stoeckle	M40		51:06
383	554	51:55	Keir	Wingrove	M40		51:22
384	65	52:01	Neil	Laidlaw	M		51:53
385	353	52:02	Nick	McGarrigle	M		51:20
386	612	52:03	Osvaldo	Da Silva	M		51:16
387	995	52:05	Grace	Ker	F		51:08
388	206	52:07	Gary	Paul	M40		51:22
389	93	52:07	Magnus	Hultberg	M		51:30
390	882	52:08	Zelinda	Demelas	F		52:07
391	692	52:09	Andrew	Austin	M		51:40
392	881	52:11	Charlotte	Bonham-Carter	F		51:37
393	219	52:12	David	Tang	M40		51:43
394	329	52:12	Jason	Taylor	M		51:14
395	857	52:15	Andrea	Erasmus	F35		51:37
396	690	52:16	Andrew	Thompson	M		52:02
397	903	52:16	Susan	Castle	F		52:12
398	665	52:17	Anthony	Psaila	M40	London Frontrunners	52:06

399	193	52:18	David	Outhwaite	M40		51:52
400	1085	52:19	Mana	Mahil	F		51:41
401	557	52:20	Alex	Duncan	M		51:41
402	135	52:23	Andy	Moroney	M		51:33
403	260	52:24	Carl	De Groot	M		52:07
404	257	52:25	Richard	Tipping	M		51:35
405	126	52:28	Richard	Groom	M50		51:55
406	570	52:30	Jeffrey	Woods	M		52:01
407	584	52:34	Scott	Neale	M		52:12
408	623	52:34	Stephen	Christie	M40		52:15
409	336	52:35	Robin	Powell	M		51:55
410	952	52:41	Natalie	Davis	F		52:17
411	403	52:42	James	Carter	M		52:34
412	953	52:42	Mindy	Carter	F		52:35
413	21	52:44	Simon	Brown	M40		52:37
414	944	52:44	Rachel	Morse	F		52:27
415	604	52:47	Gerry	McFall	M		52:29
416	157	52:52	Edward	Kitchiner	M		52:24
417	577	52:53	Elias	Daoud	M40		52:14
418	172	52:53	Paul	Gooch	M40		52:35
419	1071	52:56	Hayley	Clark	F35	RAF Runner	52:31
420	695	52:59	Martin	Lowe	M40		52:54
421	340	53:00	David	Venn	M		52:57
422	797	53:01	Alison	Grant	F		52:26
423	662	53:03	Nicolas	Caperan	M		53:01
424	1038	53:09	Amy	Rought-Brooks	F		52:36
425	1090	53:10	Amanda	Barros	F	Striders Of Croydon	53:00
426	322	53:11	Oliver	Gilbody	M		52:36
427	749	53:12	Eve	Brotzel	F		52:50
428	1109	53:15	Helen	Birch	F		52:45
429	456	53:15	Ronald	Little	M	Ramada Encore Runners Club	53:02

430	356	53:20	Joseph	Swift	M50		52:42
431	638	53:23	Richard	Marley	M40		52:37
432	213	53:24	Simon	Parr	M	London Frontrunners	52:38
433	508	53:25	Huw	Williams	M		52:44
434	975	53:26	Lydia	Chesshyre	F		53:05
435	833	53:27	Sophie	Danes	F35		53:05
436	360	53:27	Phillip	Norman	M40		53:19
437	31	53:29	Andrew	Clark	M		52:50
438	675	53:30	Karim	Lakehal	M		52:29
439	1089	53:33	Brooke	Chantler	F		52:38
440	520	53:40	Arthur	Orsborn	M		52:58
441	33	53:40	Vince	Deehan	M40		52:50
442	223	53:48	Paul	Smith	M40	London Frontrunners	53:27
443	562	53:48	Stephen	Connolly	M40		53:44
444	596	53:49	Keith	Fowler	M		52:54
445	19	53:50	Dominic	Espitalier-Noel	M		53:24
446	249	53:50	Viv	Lawrence	M50	London Frontrunners	53:29
447	296	53:51	Stuart	Mundy	M40		53:19
448	1112	53:51	Celia	Jeffreys	F		53:27
449	1123	53:55	Anna	Jonsson	F		53:31
450	269	53:57	Gary	Briggs	M		53:39
451	58	53:57	Michael	Dann	M		53:39
452	352	54:00	Mike	Hanbidge	M		53:19
453	755	54:00	Michelle	Reiman	F		53:35
454	267	54:07	James	Mack	M		53:37
455	1033	54:09	Claire	Hawdon	F		53:52
456	369	54:14	David	Haynes	M50	London Frontrunners	54:08
457	540	54:25	Jerome	Moulin	M		54:11
458	911	54:30	Lee	Goldsmith	F		53:51
459	594	54:39	Norman	Turner	M60		54:35
460	1103	54:47	Claire	Lewis-Smith	F		54:01

461	784	54:48	Denisa	Whiteson	F35		54:13
462	198	54:49	Maxx	Lundie	M		54:13
463	1116	54:49	Gemma	Baines	F		53:49
464	844	54:49	Amanda	Watts	F35		53:57
465	210	54:51	Wade	Lang	M		53:58
466	536	54:52	Tristan	Balderson	M		54:45
467	969	54:54	Julia	Woodman	F45		54:27
468	917	55:07	Victoria	Thurlby	F		54:58
469	1030	55:08	Waleke Tessa	Munthali	F		54:35
470	35	55:08	Adam	Sluggett	M		54:44
471	624	55:13	Reshmal	Shah	M		54:25
472	119	55:14	Kevin	McGhee	M		54:40
473	64	55:18	Dhanesh	Ratnaike	M		55:10
474	401	55:20	Chin Chong	Lee	M		55:06
475	272	55:24	Gary	Maxen	M		54:47
476	867	55:25	Stephanie	Simmonds	F		55:17
477	721	55:25	Julie	Pollin	F		55:02
478	42	55:26	Nick	Bain	M		55:03
479	97	55:27	Derek	Baker	M60		54:42
480	86	55:30	Russell	Lines-Jobling	M40		55:06
481	330	55:30	Claudio	Mazzetti	M		55:16
482	848	55:30	Nikki	McKnight	F35	London Frontrunners	54:59
483	847	55:30	Natalie	Alger	F	London Frontrunners	54:59
484	886	55:31	Fiona	Hannah	F		54:47
485	53	55:32	James	McGoldrick	M		55:17
486	773	55:39	Olivia	Fitzgerald	F35		55:03
487	242	55:42	Philip	Brown	M50	Bexley AC	55:36
488	333	55:43	Adam	Beaman	M		55:11
489	790	55:45	Jo	Glover	F		55:08
490	50	55:47	Marcelo	Serafim	M40		55:39
491	481	55:49	Del	Wood	M		55:16

492	351	55:53	Edward	Connell	M		55:38
493	1157	55:53	Sergey	Orlov	M40		55:08
494	478	55:54	Simon	Atherton	M		55:27
495	959	55:56	Katie	Garcia	FJ		55:56
496	900	56:02	Cerrie	Baines	F		55:02
497	930	56:06	Britt	Soeder	F		55:12
498	629	56:11	Philip	Welch	M60	Hillingdon AC	56:00
499	277	56:16	Perry	Savill	M50	London Frontrunners	56:06
500	958	56:17	Helen	Garcia	F		56:17
501	702	56:18	Tracy	Crabb	F35		55:21
502	703	56:18	Anne	Kane	F35		55:21
503	635	56:18	Paul	Driscoll	M40		55:25
504	231	56:21	Jason	Gomez	M	Serpentine	55:17
505	232	56:21	Jimmy	Baxter	MJ		55:16
506	645	56:26	Christopher	Nield	M		56:03
507	804	56:29	Anita	Oliver	F		56:29
508	376	56:30	Stephane	Soucant	M		56:23
509	787	56:31	Fiona	Parker	F		56:20
510	670	56:44	Ed	Jones	M		56:03
511	800	56:45	Jane	Easton	F		56:03
512	794	56:46	Joanne	Watson	F35		56:21
513	303	56:57	Carl	Bradley	M40		56:16
514	589	56:58	Fernando	Sebastian	M		56:38
515	1122	56:59	Raquel	Villasante	F		56:38
516	326	57:03	Akin	Yilmaz	M40		56:31
517	816	57:03	Hannah	Smith	F		56:26
518	205	57:03	Robert	Swerling	M40		56:27
519	1070	57:07	Orla	Weston	F45	Petts Wood Runners	57:04
520	154	57:08	Michael	Hooper	M40		57:03
521	781	57:10	Kate	Russell	F		56:58
522	887	57:12	Rachael	Hannah	F		56:28

523	864	57:16	Sarah	Head	F		56:40
524	1065	57:17	Helen	Wilson	F35	Metropolitan Police	56:36
525	829	57:21	Wendy	Chioza	F		56:36
526	894	57:23	Pamela	Gawler-Wright	F45		56:43
527	47	57:24	Pedro	DeSousa	M40		56:44
528	1059	57:24	Theresa	Hopkins	F		56:38
529	318	57:24	Adam	Dewhirst	M		57:15
530	561	57:25	Alexander	Coackley	M		57:15
531	271	57:25	Jerry	Rodi	M		56:50
532	585	57:26	Terry	Connolly	M		57:11
533	701	57:28	Sharon	Hall	F45		56:34
534	866	57:28	Sally	Kift	F		56:38
535	1117	57:35	Gill	Rimmer	F		57:11
536	238	57:44	Amir	Ghomshei	M	Striders Of Croydon	57:25
537	637	57:45	Paul	Suttle	M		57:18
538	837	57:46	Kristina	Johansson	F		56:50
539	1073	57:49	Claire	Harman	F		57:09
540	71	57:49	Harry	Warman	M		56:57
541	72	57:50	Kimberley	Haynes	M		56:57
542	885	57:51	Erin	Stuckey	F		57:11
543	1000	57:53	Joanna	Parish	F		57:29
544	977	57:56	Joanne	Goldsmith	F		57:18
545	693	57:58	Romano	Tetamo	M50		57:16
546	992	57:58	Maire	Vallely	F	Armagh AC	57:38
547	377	57:59	Menno	Smits	M		57:16
548	209	58:14	Andrew	Walker	M40		58:12
549	1097	58:16	Clare	Lydon	F35		57:41
550	1072	58:19	Elizabeth	Caygill	F		57:36
551	1041	58:20	Florence	Stuart-Leach	F		57:59
552	420	58:20	David	Greenslade	M40		58:20
553	1088	58:21	Beth	Wagstaff	F		58:00

554	729	58:23	Rachel	Hilton	F45	Serpentine	57:45
555	1091	58:25	Marta	Korus	F		57:36
556	762	58:26	Katherine	Hall	F35		57:51
557	895	58:27	Christina	Storrar	F		58:02
558	776	58:28	Mary	Taylor	F		58:13
559	566	58:29	Stephan	Dahl	M		57:59
560	723	58:38	Andrea	Scantlebury-Laskey	F35		57:47
561	870	58:40	Mandy-Jane	Herring	F35		58:00
562	1115	58:43	Veronika	Rull	F	Ramada Encore Runners Club	58:31
563	396	58:44	Richard	Evans	M		57:50
564	67	58:44	Mark	Burgess	M		57:50
565	811	58:53	Allison	Norris	F		58:12
566	855	58:58	Frances	Lubbe	F35	London Frontrunners	58:20
567	727	58:58	Rona	Cran	F		58:31
568	1104	58:59	Susan	Leese	F35	Victoria Park Harriers	58:30
569	1118	59:00	Menaka	Thillaiampalam	F		58:26
570	364	59:01	Eddie	Murphy	M40		58:10
571	905	59:02	Emily	Ford	F		58:38
572	363	59:02	John	Murphy	M40		58:10
573	230	59:03	James	Ditchfield	M40		58:23
574	229	59:03	Patrick	Hoy	M40		58:24
575	285	59:08	Jamie	Ward	M40	London Frontrunners	58:47
576	931	59:11	Karen	Muller	F		58:22
577	706	59:13	Erica	Turner	F		58:56
578	110	59:17	Pip	Alldrige	M		58:42
579	777	59:18	Kate	Burrows	F		59:07
580	951	59:20	Jessica	Palmer	F		58:55
581	1101	59:22	Fiona	Wan	F		58:33
582	836	59:25	Katharina	Lewis	F		58:05
583	936	59:27	Sue	Sharkey	F35		58:42
584	920	59:30	Jess	Brammar	F		59:20

585	921	59:30	Joanna	Clarke	F		59:21
586	810	59:31	Isabelle	Kita	F45	Striders Of Croydon	59:05
587	892	59:34	Suzanne	Elwick	F35	London Frontrunners	59:12
588	1040	59:43	Polly	Mair	F55		58:59
589	872	59:44	Noelle	Wilson-Smith	F35		58:58
590	769	59:45	Sarah	Patterson	F35		58:46
591	949	59:46	Louise	Humphrey	F35		58:58
592	964	59:49	Andrea	Daniels	F35		59:35
593	49	59:50	Nick	Floyd	M50		59:41
594	51	59:50	Jeff	Rose	M40		59:41
595	259	1:00:01	Munish	Chopra	M	London Frontrunners	59:13
596	946	1:00:02	Rose	Kourie	F35		59:49
597	939	1:00:07	Jade	Eccles	F		59:19
598	1099	1:00:10	Nicky	Newcombe	F		59:45
599	539	1:00:11	Paul	Gurney	M50		59:27
600	967	1:00:11	Camilla	Belich	F		59:52
601	1046	1:00:12	Caroline	Hibberd	F35		59:26
602	655	1:00:12	Lewis	Nguyen	M		59:27
603	227	1:00:12	Jim	Argent	M	London Frontrunners	59:26
604	1037	1:00:13	Rachael	Peacock	F	London Frontrunners	59:27
605	823	1:00:16	Sharon	Leslie	F35		59:25
606	504	1:00:17	Matthew	Wood	M		59:45
607	618	1:00:22	Julian	Tolan	M		59:40
608	955	1:00:22	Tory	Ion	F		59:51
609	956	1:00:23	Sandra	Wood	F		59:51
610	636	1:00:28	Seamus	MacCormaic	M40		59:32
611	581	1:00:32	Andrew	Rose	M		1:00:24
612	1079	1:00:32	Kim	Govender	F45	Benfleet Running Club	1:00:31
613	1081	1:00:33	Susan	Slack	F		1:00:16
614	962	1:00:38	Jennine	Walker	F		59:39
615	707	1:00:39	Katharine	Voss	F		1:00:21

616	761	1:00:41	Akvile	Laigoniene	F35		1:00:13
617	125	1:00:44	Glenn	Edwards	M	Serpentine	1:00:05
618	358	1:00:44	Duncan	Cruickshanks	M		1:00:05
619	158	1:00:50	Jean-Marie	Akkerman	M40		1:00:38
620	1093	1:00:57	Helen	Coleman	F35		1:00:02
621	54	1:00:58	Steven	Whiting	M		1:00:34
622	841	1:01:01	Katherine	Sladden	F		1:00:15
623	105	1:01:02	Stephen	Motion	M		1:00:25
624	878	1:01:08	Heather	Spence	F45		1:00:36
625	130	1:01:11	Bart	Govaert	M40		1:00:48
626	1100	1:01:15	Rina	Ng	F	Esporta	1:00:26
627	853	1:01:22	Shirlee	Chan	F		1:00:33
628	1086	1:01:25	Sybille	Uecker	F35		1:00:33
629	1001	1:01:27	Lorette	Runacres	F35		1:01:00
630	968	1:01:29	Claudia	Ehmke	F		1:00:30
631	263	1:01:31	Ray	Thomas	M40		1:00:44
632	1078	1:01:32	Aleksandra	Szyduk	F		1:01:29
633	1074	1:01:43	Etsuko	Ito	F		1:01:16
634	572	1:01:43	Patrick	Plunkett	M40		1:01:17
635	571	1:01:43	James	Truter	M	London Frontrunners	1:01:17
636	671	1:01:44	Matthew	Sellwood	M		1:01:12
637	1098	1:01:44	Lorraine	Stratford	F		1:01:12
638	965	1:01:45	Angeline	Teo	F		1:01:17
639	1108	1:01:47	Nisha	Patel	F		1:00:49
640	884	1:01:50	Sadhana	Patel	F35		1:01:34
641	1045	1:01:55	Sofia	Christiansen	F		1:01:35
642	743	1:01:58	Monica	Cabello	F35		1:01:14
643	918	1:02:00	Rachel	Briggs	F		1:01:09
644	1106	1:02:02	Yvonne	Miller	F		1:01:10
645	796	1:02:07	Lizzie	Cartwright	F		1:01:26
646	896	1:02:08	Monika	Sobocinska	F		1:02:08

647	1110	1:02:11	Rebecca	Greenhalgh	F		1:01:19
648	909	1:02:12	Siobhan	Lanigan	F45		1:01:59
649	989	1:02:26	Selina	Garcia	F		1:01:49
650	928	1:02:27	Natasha	Muns	F		1:01:32
651	200	1:02:30	Mark	Schomberg	M		1:01:35
652	381	1:02:32	Alex	Hornby	M40		1:01:40
653	551	1:02:33	Jaymie	Miguel	M		1:01:32
654	869	1:02:35	Rachel	Souhami	F35	Mornington Chasers	1:01:54
655	934	1:02:54	Julie	Hinge	F		1:02:15
656	726	1:02:59	Celine	Chan	F		1:02:09
657	919	1:03:10	Sharron	Rooney	F35	Women's Running Network	1:02:37
658	688	1:03:10	Leon	Clark	M		1:02:13
659	738	1:03:17	Katrin	Schlenzka	F35		1:02:30
660	1124	1:03:20	Shveta	Shah	F		1:02:23
661	747	1:03:26	M	Ward	F45		1:02:41
662	970	1:03:30	Caroline	McManus	F		1:01:43
663	139	1:03:34	Keith	Thomson	M40		1:03:05
664	889	1:03:35	Hope	Massiah	F45		1:03:32
665	177	1:03:36	Thomas	Newbury	M		1:03:36
666	292	1:03:40	Eric	Magloire	M		1:02:52
667	792	1:03:47	Sophie	Cran	F		1:03:19
668	802	1:04:01	Wendy	Pullen	F45		1:03:39
669	948	1:04:02	Joyce	Adams	F		1:03:07
670	813	1:04:03	Bertille	Calinaud	F		1:03:35
671	856	1:04:14	Merle	Laur	F		1:03:48
672	807	1:04:16	Kate	Brett	F		1:04:15
673	923	1:04:19	Lisa	Hirst	F35		1:03:28
674	961	1:04:40	Maya	Korus	F		1:03:50
675	245	1:04:49	Jordan	Lyall	MJ		1:04:11
676	842	1:04:49	Kathy	Lyall	F35		1:04:11
677	758	1:04:54	Lotte	Nickel	F		1:03:57

678	763	1:05:00	Della	Hirons	F35		1:04:02
679	890	1:05:00	Ondina	Mulundo	F35		1:04:59
680	818	1:05:02	Lexy	Merrington	F		1:04:10
681	182	1:05:03	Orlando	Capitanio	M		1:04:11
682	389	1:05:11	Sanjay	Joshi	M		1:05:04
683	1120	1:05:19	Jody	Horne	F35		1:04:48
684	765	1:05:22	Abbie	Hanks	F		1:04:46
685	775	1:05:23	Vicky	Marsham	F		1:04:46
686	801	1:05:36	Catherine	Ball	F		1:05:08
687	1084	1:05:37	Lauren	Mitchell	F		1:04:40
688	1092	1:05:48	Becky	James	F		1:05:06
689	1102	1:05:48	Faye	Rodney	F		1:05:06
690	1009	1:06:01	Katalin	Rado	F		1:05:14
691	1069	1:06:19	Sigrun M.	Wagner	F		1:06:02
692	2	1:06:19	Rick	Lines	M40		1:05:20
693	901	1:06:29	Maria	Nordgren	F35		1:06:11
694	1036	1:06:30	Tracy	Kemp	F35		1:06:20
695	1125	1:06:38	Jo	Murch	F		1:05:55
696	1107	1:06:40	Rachel	Hay	F		1:05:46
697	768	1:06:45	Catherine	Ellis	F55		1:05:58
698	843	1:07:07	Sally-Ann	Disher	F	Mornington Chasers	1:06:27
699	1121	1:07:08	Naomi	Read	F		1:06:37
700	1080	1:07:26	Janet	Slack	F45		1:07:09
701	737	1:07:27	Tanya	Shakespeare	F45		1:06:44
702	1047	1:07:32	Elaine	Burroughs	F35		1:07:10
703	817	1:07:32	Hannah	Mornement	F35		1:07:10
704	815	1:07:53	Karen	King	F45		1:07:21
705	122	1:08:06	Paul	Rye	M		1:07:31
706	1075	1:08:08	Heidi	Applegate	F		1:07:41
707	926	1:08:10	Corinnia	Burke	F35		1:08:10
708	933	1:08:11	Sarah	Reardon	F		1:08:11

709	373	1:08:14	Simon	Carter	M		1:08:11
710	971	1:08:29	Ruth	Bulgin	F		1:08:25
711	972	1:08:56	Sarah	Reynolds	F		1:08:52
712	838	1:09:10	Helena	Argyle	F		1:08:14
713	868	1:09:16	Jane	Radford	F		1:08:20
714	925	1:09:16	Maryam	Ahmad	F		1:07:24
715	924	1:09:16	Sinead	O'Gorman	F		1:07:24
716	795	1:09:17	Lucy	Mann	F		1:08:36
717	854	1:09:20	Allana	Lau	F		1:08:31
718	1026	1:09:34	Danielle	Zandonadi	F35		1:09:14
719	120	1:09:45	Paul	Cheshire	M		1:09:10
720	822	1:09:49	Lesley	Young	F55	Dulwich Park Runners	1:08:53
721	898	1:09:56	Rana	Refahi	F		1:09:56
722	734	1:10:03	Charlotte	Wong	F		1:08:42
723	262	1:10:18	John	Sotiropoulos	M40		1:09:32
724	913	1:10:32	Jennifer	Frewen	F		1:09:43
725	535	1:11:21	Richard	Carreau-Floume	M		1:10:27
726	538	1:11:21	Simon	Rees-Goddard	M40		1:10:28
727	705	1:12:49	Rachel	Geary	F35		1:11:50
728	201	1:12:56	Jason	Ball	M		1:12:12
729	1066	1:13:20	Nicola	Kivlehan	F		1:12:37
730	935	1:13:22	Amanda	Taplin	F		1:12:39
731	863	1:13:49	Alexandra	Dunmore	F35		1:13:05
732	1156	1:14:02	James	Humphreys	M		1:13:12
733	929	1:15:01	Mariana	Saraceni	F		1:14:05
734	744	1:15:02	Clare	Degenhard	F		1:13:15
735	741	1:15:03	Claire	Wilks	F		1:13:16
736	799	1:15:31	Lynne	Potter	F		1:14:35
737	1114	1:15:41	Kristin	McFetridge	F35		1:14:55
738	1113	1:15:41	Adriane	McFetridge	F35		1:14:56
739	1094	1:16:38	Jennifer	Deneey	F35		1:15:44

740	782	1:17:15	Lesley	Tubb	F45	1:16:14
741	850	1:17:27	Sylvia	McCoy	F35	1:16:28
742	739	1:18:11	Heather	McLaggan	F	1:17:48
743	1076	1:18:13	Clare	Chadwick	F	1:17:45
744	751	1:19:31	Bernardette	Boenecke	F35	1:18:35
745	942	1:21:12	Mercedes	Rodriguez Yrayzoz	F35	1:20:43
746	244	1:23:01	Deepak	Kotwani	M40	1:22:31
747	858	1:47:07	Helen	Caulfield	F35	1:46:05
748	1105	1:47:08	Deborah	Gould	F45	1:46:06
749	791	1:47:08	Lyn	Marshall	F45	1:46:06
750	788	1:47:08	Linda	Brash	F45	1:46:05
751	859	1:47:09	Stacey	Logan	F	1:46:06