

<b>Pos</b>	<b>Gun Time</b>	<b>Name</b>	<b>Team / Club</b>	<b>Sex</b>	<b>Age Group</b>
1	31:11	Simon Koros ARUSEI		M	Senior
2	35:18	Una ENGLISH	HAVERING	Fem	v40
3	35:51	Mark PENNY	CAMBRIDGE HARRIERS	M	Senior
4	35:59	Martin GILES	SUTTON RUNNERS	M	v50
5	36:09	Ben WICKHAM	VICTORIA PARK H & TH AC	M	Senior
6	36:50	Andrew TAPPIN	DULWICH PARK RUNNERS	M	Senior
7	37:00	Christopher PEREZ	RUGBY & NORTHAMPTON AC	M	Senior
8	37:06	Trent STALLARD	SERPENTINE RUNNING CLUB	M	Senior
9	37:09	Shona MCINTOSH	HUNTERS BOG TROTTERS	Fem	Senior
10	37:12	Maria HESLOP	PADDOCK WOOD AC	Fem	v40
11	38:13	Robert TUER	CLAPHAM CHASERS	M	Senior
12	38:29	Gavin EVANS	LONDON HEATHSIDE RUNNERS AC	M	v50
13	38:32	David HOLLIDGE		M	Senior
14	38:37	Paul JARMAN	LONDON HEATHSIDE RUNNERS AC	M	v45
15	38:44	Krzysztof KLIDZIA	STRIDERS OF CROYDON	M	v45
16	38:48	Rupert NASH	HUNTERS BOG TROTTERS	M	Senior
17	38:50	Kenneth HENEY	LONDON HEATHSIDE RUNNERS AC	M	Senior
18	39:12	Martin WHITTINGTON	DARTFORD RR	M	v45
19	39:37	Andy BOND		M	Senior
20	39:59	Jonathan HORSMAN	CRYSTAL PALACE TRIATHLETES	M	v45
21	40:22	Mark THOMAS	CRYSTAL PALACE TRIATHLETES	M	v45
22	40:36	Peter MACK	CRYSTAL PALACE TRIATHLETES	M	v40
23	40:38	Simon MACER WRIGHT	KENT AC	M	Senior
24	40:49	Victoria PRITCHARD	DULWICH PARK RUNNERS	Fem	v40
25	40:56	Henry ANDREWS	LONDON HEATHSIDE RUNNERS AC	M	v45
26	40:58	Malachy WOLDHAM	VICTORIA PARK H & TH AC	M	Senior
27	40:58	Michael KELLY		M	Senior
28	41:17	Richard BIDGOOD		M	Senior
29	41:31	Desmond CONNOLLY		M	v45
30	41:45	John BUCHANAN	CRYSTAL PALACE TRIATHLETES	M	Senior
31	41:54	Gerald STERLING	BLACKHEATH & BROMLEY	M	Senior
32	41:59	Mark GAYFER		M	v50
33	42:29	Jonathan CHESHIRE	HERNE HILL HARRIERS	M	Senior
34	42:35	Adam VAUGHAN		M	Senior
35	42:36	Richard ASHBY		M	Senior
36	42:58	Christopher GOODMAN		M	Senior
37	43:01	Carl HEAP	LONDON HEATHSIDE RUNNERS AC	M	v55
38	43:09	Mark BEBBINGTON		M	v50
39	43:16	John MCLOUGHLIN		M	v45
40	43:44	Spenser LANE	DULWICH PARK RUNNERS	M	v40
41	43:46	Geoff FISHER	STRAGGLERS	M	v55
42	43:54	Simon PEARSON		M	Senior
43	43:56	Danny MCLAUGHLIN	ORPINGTON RR	M	v45

44	44:05	Mary THORNELOE		Fem	Senior
45	44:10	Jaron STALLARD		M	Senior
46	44:15	Germain GAVUZZO		M	Senior
47	44:32	Trevor MOORE		M	v50
48	44:32	Nick SMITH	THORNEY RC	M	Senior
49	44:35	Brian WHITAKER		M	v40
50	44:42	Robert HOLLANDS		M	Senior
51	44:46	Joao DA COSTA		M	Senior
52	44:50	Paul MCCARTHY		M	Senior
53	45:04	Andrew HUDSON	LONDON HEATHSIDE RUNNERS AC	M	v50
54	45:17	Stephen FERRAR	BECKENHAM RC	M	v55
55	45:23	Nikki STURZAKER		Fem	v35
56	45:29	Tom GOODRICH		M	v40
57	45:40	Georgie HOLLETT	BBC RC	Fem	Senior
58	45:43	Alex IONS	DULWICH PARK RUNNERS	M	Senior
59	45:43	Alan MERCER	ORPINGTON RR	M	v45
60	45:43	Dean MACLEOD	KENT AC	M	v45
61	45:49	Alex MARTIN		M	Senior
62	46:04	Safraz ZAVAHIR		M	Senior
63	46:09	Abby PENLINGTON	HERNE HILL HARRIERS	Fem	Senior
64	46:13	Alex PRIDEAUX	WIMBLEDON WINDMILERS	M	Senior
65	46:18	Josephine THOMPSON	STRIDERS OF CROYDON	Fem	Senior
66	46:22	Cathy THOMAS	CRYSTAL PALACE TRIATHLETES	Fem	v40
67	46:26	Chris OAKES		M	v55
68	46:36	Adenekan Jojoola LIPEDE	BLACKHEATH & BROMLEY	M	Senior
69	46:36	Lisa COLLINS	CRYSTAL PALACE TRIATHLETES	Fem	Senior
70	46:43	Paul HOWLETT		M	v55
71	46:45	Gareth BELLAMY		M	Senior
72	46:53	Adam SHAHIN	CRYSTAL PALACE FUN RUNNERS	M	Senior
73	46:56	Richard YOUELL		M	v45
74	46:57	Christopher TRICKETT		M	Senior
75	47:08	Nick TRAVERS		M	v50
76	47:11	Susan SMITH	DULWICH PARK RUNNERS	Fem	v55
77	47:14	Claire PERRY		Fem	v35
78	47:23	David MULLANY	DULWICH PARK RUNNERS	M	v50
79	47:24	Lisa MCGEOGH		Fem	v35
80	47:29	Nick YATES		M	Senior
81	47:33	Jonathan ROBINSON		M	Senior
82	47:40	Kirsty MERRITT	BLACKHEATH & BROMLEY	Fem	Senior
83	47:48	Julian CRAUGHAN		M	Senior
84	47:51	David FLETCHER		M	Senior
85	48:04	Bernard Michael LANE		M	v40
86	48:27	James EVANS		M	v40
87	48:36	Bruce AYERS	CRYSTAL PALACE TRIATHLETES	M	v50
88	48:45	Louise WALKER	GREENWICH TRITONS	Fem	v35

89	48:49	Tobias PHILIPPS		M	Senior
90	48:59	Tom POYNTON	DULWICH PARK RUNNERS	M	Senior
91	49:20	Trevor BIGGS		M	v55
92	49:23	Tom SAWYER	CRYSTAL PALACE TRIATHLETES	M	Senior
93	49:25	Stephen HARRISON	STRIDERS OF CROYDON	M	Senior
94	49:27	Clare PARKINSON	DULWICH PARK RUNNERS	Fem	v55
95	49:36	Anna THOMAS	DULWICH RUNNERS	Fem	Senior
96	49:39	Claire SLIWERSKI	LONDON HEATHSIDE RUNNERS AC	Fem	Senior
97	49:56	Jason AGASS		M	v45
98	49:57	Selwyn SMITH	CRYSTAL PALACE TRIATHLETES	M	Senior
99	50:00	Andrew BATE		M	v40
100	50:14	Nigel PRESCOTT		M	v45
101	50:16	Neil SUTTON	KPMG RUNNING CLUB	M	v40
102	50:26	Frank ANDREWS		M	Senior
103	50:32	David CROCKWELL		M	v50
104	50:35	Neal CHAMBERLAIN		M	Senior
105	50:43	David STACK		M	v40
106	50:44	Stuart EADE		M	v45
107	50:47	Sue BYRNE	DULWICH PARK RUNNERS	Fem	v40
108	50:57	Michael CONWAY	INVICTA EAST KENT AC	M	v65
109	51:17	Duncan LIGHTFOOT	DERWENT AC COCKERMOUTH	M	v55
110	51:21	Audrey LIVINGSTONE	CRYSTAL PALACE TRIATHLETES	Fem	v45
111	51:23	Kim FARDELL		M	v50
112	51:23	Mad OAKES		Fem	v35
113	51:26	Natasha ROE		Fem	v40
114	51:27	Alison TUNLEY	DULWICH PARK RUNNERS	Fem	v40
115	51:37	Louise FRERICHS		Fem	Senior
116	51:49	Katie O'MALLEY		Fem	Senior
117	52:00	Barbara TOMASZCZYK	LONDON HEATHSIDE RUNNERS AC	Fem	v50
118	52:00	Susanna WOOD	DULWICH PARK RUNNERS	Fem	v35
119	52:03	Bernard SIMMONS	DULWICH PARK RUNNERS	M	v60
120	52:10	Glenn WOODHEAD	DULWICH PARK RUNNERS	M	v40
121	52:13	Matthew MOORE		M	Senior
122	52:15	Nicholas MERRITT	BLACKHEATH & BROMLEY	M	Senior
123	52:16	Ian LEWIS	CRYSTAL PALACE FUN RUNNERS	M	v45
124	52:24	Adrian WARD		M	v45
125	52:25	Joseph OGBONNA		M	v45
126	52:31	David DENTON	STRIDERS OF CROYDON	M	v50
127	52:40	Laura EVANS		Fem	Senior
128	52:47	Kathryn MCGARRY	DULWICH PARK RUNNERS	Fem	Senior
129	52:48	Stuart DAYMAN		M	Senior
130	52:54	Matthew HOBSON		M	v50
131	52:58	Dick TOOZE		M	v65
132	53:00	Timothy CHAPMAN		M	Senior
133	53:01	Tom HARDING	DULWICH PARK RUNNERS	M	v45

134	53:02	Brigit BROWN	CRYSTAL PALACE TRIATHLETES	Fem	v40
135	53:14	Simon MADDICK		M	Senior
136	53:27	Andrew DALTON		M	v50
137	53:33	Sue HARWOOD		Fem	Senior
138	53:39	Dan WILLIAMS	LONDON HEATHSIDE RUNNERS AC	M	Senior
139	53:41	Christopher CANNELL		M	v55
140	53:42	David WALTERS		M	v45
141	53:54	Neil ROBERTS	BLACKHEATH & BROMLEY	M	v40
142	53:55	Michael GUTHRIE		M	Senior
143	53:57	Rachael PORTER		Fem	Senior
144	53:58	Nathalie LOCKTON	DULWICH PARK RUNNERS	Fem	Senior
145	54:09	Victoria WARD		Fem	v35
146	54:11	Kehinde LIPEDE		Fem	v45
147	54:24	David FOX		M	v45
148	54:25	Lucy CORRIN		Fem	v40
149	54:30	Peter JARRETT		M	v55
150	54:35	Quim BOLSONI		Fem	Senior
151	54:40	Alex DU MAYNE		M	Senior
152	54:45	Michael LARKIN		M	v50
153	54:46	Cathryn JAMIESON		Fem	v45
154	54:46	Helen JARY		Fem	v45
155	54:54	Jane BOOTHROYD		Fem	v50
156	55:10	Hugh MILES		M	v45
157	55:21	Eric WEEMAELS		M	Senior
158	55:24	Mark REID		M	v40
159	55:28	Janette CROSS	CRYSTAL PALACE TRIATHLETES	Fem	v45
160	55:30	Toni FORZONI		M	v45
161	55:38	Kristine MCGUNNIGAL		Fem	Senior
162	55:39	Jill EASTY		Fem	v50
163	55:45	Jennifer GEARY	DULWICH PARK RUNNERS	Fem	v35
164	56:00	Jill DOLPHIN	HERNE HILL HARRIERS	Fem	v45
165	56:06	Charlie HAYES		Fem	Senior
166	56:07	Tania BARNETT		Fem	v35
167	56:09	Richard SOPF		M	Senior
168	56:16	Margaret PEDLER	DULWICH PARK RUNNERS	Fem	v55
169	56:26	Crispin TUCKLEY		M	v45
170	56:31	Ian SIPPIT		M	v55
171	56:44	Valerie VEAL		Fem	v60
172	56:48	Robert BROADLEY		M	Senior
173	56:49	Rachel KEARSEY	CRYSTAL PALACE FUN RUNNERS	Fem	Senior
174	56:53	Lucreta LA PIERRE	DULWICH PARK RUNNERS	Fem	v60
175	56:54	Sarah SADLER		Fem	v40
176	57:03	Anna GARRETT	CRYSTAL PALACE FUN RUNNERS	Fem	Senior
177	57:06	Owen BETHELL		M	Senior
178	57:10	Caroline SAWLE	DULWICH PARK RUNNERS	Fem	v35

179	57:27	Simon JAGO		M	v45
180	57:37	Christine THOMAS		Fem	v50
181	57:41	Hilary TUMILTY		Fem	v50
182	57:41	Vicki FONG		Fem	Senior
183	57:44	Pedro FRIAS	CRYSTAL PALACE FUN RUNNERS	M	Senior
184	57:51	Lucy FERMAN-MOORE		Fem	v50
185	57:54	Trent KINGHORN		M	Senior
186	57:54	Laura EVANS	CRYSTAL PALACE FUN RUNNERS	Fem	Senior
187	58:13	Nicole O'KEEFE		Fem	v40
188	58:14	Brian CLEMENTS	CRYSTAL PALACE FUN RUNNERS	M	v55
189	58:29	Louise DAVEY		Fem	v45
190	58:35	Resi DZIALDOW	LONDON HEATHSIDE RUNNERS AC	Fem	v50
191	58:46	Katy PEEK	CRYSTAL PALACE TRIATHLETES	Fem	v35
192	59:01	Bethan COLLINS		Fem	Senior
193	59:11	Kerry REID		Fem	Senior
194	59:14	Jeanette AITKO	DULWICH PARK RUNNERS	Fem	v55
195	59:18	Martin LOVELL		M	v50
196	59:19	Melissa ANDISON		Fem	Senior
197	59:19	James Eric SULLIVAN	BLACKHEATH & BROMLEY	M	v65
198	59:22	John RICHARDSON		M	Senior
199	59:29	Hayley BRIDGER		Fem	v35
200	59:30	Lesley TISCHLER		Fem	v40
201	59:50	Tom ANDERSON EADE		M	Senior
202	1:00:07	Yvonne HARRISON	CROYDON RUNNING SISTERS	Fem	v50
203	1:00:11	Behjat REZA	SOUTH LONDON HARRIERS	Fem	v45
204	1:00:16	Linda GRIFFITHS	DULWICH PARK RUNNERS	Fem	v45
205	1:00:18	Emma HARDY		Fem	Senior
206	1:00:22	Dominic BROOKS		M	v45
207	1:00:24	Trudy MADURO		Fem	v40
208	1:00:25	Jane FLETCHER		Fem	v35
209	1:00:28	Natalie VILLIERS	DULWICH PARK RUNNERS	Fem	v40
210	1:00:40	Lucia MINTO	CRYSTAL PALACE FUN RUNNERS	Fem	Senior
211	1:01:02	Jessica MACNEARY		Fem	Senior
212	1:01:10	Rachelle PEACOCK	DULWICH PARK RUNNERS	Fem	Senior
213	1:01:13	Edward EASTON		M	Senior
214	1:01:15	James BLEWETT		M	v45
215	1:01:32	Joanne HOOKES		Fem	v45
216	1:01:52	Philippa MELANIPHY		Fem	Senior
217	1:01:54	Philippa TUDOR		Fem	v50
218	1:01:59	Alex COODE		Fem	v45
219	1:02:04	Josie FARNSWORTH		Fem	Senior
220	1:02:13	Lauren HUGHES	DULWICH PARK RUNNERS	Fem	Senior
221	1:02:22	Claudia HARRISON		Fem	v40
222	1:02:30	Rosa GOODMAN		Fem	Senior
223	1:02:40	Paul NYE		M	v50

224	1:02:51	Katrina TAYLOR		Fem	v40
225	1:02:51	Carolyn JACK	CAMBRIDGE HARRIERS	Fem	v50
226	1:03:09	Kieran INGRAM		Fem	Senior
227	1:03:14	Yusuph OLUKEMI	SERPENTINE RUNNING CLUB	Fem	v40
228	1:03:37	Claudine BLAMEY		Fem	v35
229	1:03:43	Stephen TYLER	STRIDERS OF CROYDON	M	v55
230	1:04:23	Neil BRADY		M	v60
231	1:04:34	Polly WAIN		Fem	v40
232	1:04:54	Ernst MAISH		M	v60
233	1:05:37	David WALTER	WIMBLEDON WINDMILERS	M	v65
234	1:05:47	David COOK		M	v65
235	1:05:48	Sarah HORWOOD	CRYSTAL PALACE FUN RUNNERS	Fem	Senior
236	1:05:52	Csilla SAROSI		Fem	Senior
237	1:06:21	Trisha WALKER	CRYSTAL PALACE FUN RUNNERS	Fem	Senior
238	1:06:24	Jed TRAYNOR		M	v45
239	1:06:52	Ann BARRETT	DULWICH PARK RUNNERS	Fem	v50
240	1:06:53	Suzy MEDCALF		Fem	Senior
241	1:07:16	David WESSON		M	v50
242	1:07:18	Rachel VAUGHAN		Fem	v40
243	1:07:18	Rosie VAUGHAN		Fem	Senior
244	1:08:07	Vivien NEMES		Fem	Senior
245	1:08:15	Victoria COX		Fem	v40
246	1:08:51	Mizuyo KOMATSU		Fem	v40
247	1:09:09	Jeanna YORK		Fem	v45
248	1:09:24	Elizabeth BEGLEY	DULWICH RUNNERS	Fem	v55
249	1:09:52	Barbara TIMONEY	DULWICH PARK RUNNERS	Fem	v35
250	1:10:53	Carol WALLER	DULWICH PARK RUNNERS	Fem	v40
251	1:12:04	Karen AZAAD	DULWICH PARK RUNNERS	Fem	Senior
252	1:12:44	Matt WAIN		M	v40
253	1:14:48	Carr CARR		Fem	Senior
254	1:17:27	Jenny TRAVERS		Fem	Senior
255	1:17:40	Hazel PHELAN		Fem	Senior
256	1:19:19	Kylie CLARKE		Fem	v40
257	1:24:52	Maria ILIA		Fem	v35
258	1:25:50	Jean SUTTON		Fem	v55

<b>Chip Num</b>	<b>Chip Time</b>	<b>Chip Pos</b>
281	31:11	1
270	35:18	2
230	35:51	3
163	35:59	4
251	36:08	5
85	36:49	6
91	37:00	7
253	37:04	8
283	37:08	9
137	37:12	10
238	38:12	11
150	38:28	12
164	38:30	13
142	38:37	14
232	38:41	15
282	38:47	16
173	38:50	17
131	39:10	18
8	39:34	19
262	39:58	20
20	40:21	21
178	40:34	22
124	40:35	23
6	40:47	24
37	40:54	25
80	40:55	27
130	40:54	26
249	41:14	28
217	41:30	29
19	41:43	30
140	41:52	31
233	41:59	32
275	42:27	33
228	42:32	34
113	42:33	35
184	42:58	36
187	43:00	37
88	43:03	38
42	43:14	39
170	43:42	40
268	43:42	41
123	43:52	43
92	43:49	42

244	43:58	44
112	44:01	45
205	44:07	46
145	44:25	48
185	44:16	47
156	44:29	49
248	44:33	50
222	44:40	51
204	44:40	52
56	44:55	53
177	45:12	54
300	45:19	55
297	45:21	56
240	45:34	57
158	45:34	58
138	45:36	60
78	45:35	59
153	45:47	61
285	45:56	62
76	46:07	64
117	46:04	63
193	46:10	65
21	46:20	67
247	46:19	66
259	46:30	68
63	46:33	69
82	46:38	71
25	46:37	70
7	46:38	72
31	46:45	73
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199	47:15	78
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175	47:26	80
149	47:26	81
215	47:35	82
180	47:40	83
179	47:43	84
208	47:52	85
213	48:24	86
192	48:29	87
195	48:36	88

155	48:44	90
65	48:42	89
303	49:14	92
105	49:12	91
22	49:23	94
34	49:16	93
257	49:30	95
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18	49:47	98
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169	50:05	101
152	50:18	102
1	50:26	104
98	50:29	105
32	50:37	107
121	50:23	103
133	50:31	106
135	50:51	108
66	51:07	109
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49	51:11	110
115	51:14	113
110	51:15	114
254	51:29	115
276	51:39	116
86	51:55	119
111	51:48	118
61	51:56	120
134	51:43	117
146	52:10	124
216	52:09	123
93	52:00	121
159	52:01	122
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162	52:29	126
234	52:32	128
203	52:37	129
284	52:30	127
206	52:40	130
189	52:57	134
231	52:45	132
260	52:43	131

237	52:55	133
272	53:02	135
301	53:06	136
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104	54:05	145
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210	54:21	149
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289	54:52	156
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4	55:09	159
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290	55:33	163
136	55:26	161
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13	55:48	165
295	55:46	164
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239	55:57	167
62	56:03	168
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64	56:09	170
167	56:35	174
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148	56:32	172
68	56:42	175
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77	56:32	173
174	56:43	176
182	56:45	177
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202	56:56	178

161	57:17	179
53	57:30	183
47	57:22	180
273	57:24	181
107	57:27	182
144	57:42	186
245	57:39	185
198	57:38	184
265	57:57	188
129	57:55	187
89	58:18	189
3	58:30	191
102	58:28	190
141	58:53	192
214	59:03	196
220	59:01	194
28	59:02	195
38	59:09	197
87	58:57	193
296	59:11	199
171	59:10	198
235	59:23	200
122	59:30	201
160	59:56	202
250	1:00:02	204
84	1:00:02	205
168	59:58	203
246	1:00:03	206
48	1:00:05	207
154	1:00:16	209
69	1:00:13	208
151	1:00:24	210
132	1:00:30	211
59	1:00:55	212
11	1:01:00	213
225	1:01:10	214
188	1:01:13	215
292	1:01:40	216
43	1:01:42	218
288	1:01:41	217
23	1:01:51	219
191	1:01:59	220
116	1:01:59	221
299	1:02:19	222
109	1:02:37	224

263	1:02:39	225
27	1:02:35	223
10	1:02:56	227
274	1:02:50	226
294	1:03:22	228
196	1:03:33	229
45	1:04:15	231
125	1:04:10	230
212	1:04:49	232
166	1:05:14	233
29	1:05:28	234
201	1:05:30	235
277	1:05:49	236
106	1:06:03	237
287	1:06:03	238
293	1:06:27	239
207	1:06:45	240
75	1:07:06	243
95	1:06:55	241
97	1:06:56	242
279	1:08:04	245
2	1:07:54	244
267	1:08:28	246
190	1:08:49	247
227	1:09:10	248
256	1:09:38	249
143	1:10:28	250
33	1:11:39	251
126	1:12:20	252
51	1:14:26	253
79	1:17:04	254
224	1:17:15	255
252	1:18:54	256
128	1:24:48	257
127	1:25:46	258