

Dulwich Runners Mid Summer Relays 2023

21 June 2023 - Dulwich Park

Individual winners

1	90	Dale Seddon	04:43
2	43	Daryl Cyprien	04:44
3	90	Matt Wood	04:45

1	11	Alexa Parker	05:23
2	37	Sarah Grover	05:28
3	11	Bryony Proctor	05:35

Men

Women

Mixed

Best Teams

1	1	Kent ACF Men A	14:28
2	76	Andy's Art Attack Club Runners	14:49
3	3	Kent ACF Men C	15:17

1	11	Kent ACF Women A	16:42
2	37	HHH 3: Women A	17:04
3	13	Kent ACF Women C	18:15

1	90	Candy Racing	15:14
2	92	Crack East A	16:22
3	66	Petts Wood Runners A	16:54

Team Results

Pos	Bib	Team	Time	Cat	L1	Time	Cumul	Cat	L2	Time	Cumul	Cat	L3	Time	Cumul
1	1	Kent ACF Men A	14:28	M	Olly Buck	04:54	04:54	M	Rob Sesemann	04:48	09:42	M	Jake Simmonds	04:47	14:28
2	76	Andy's Art Attack Club Runners	14:49	M	Rob Armstrong	04:52	04:52	M	Andy Bond	05:02	09:54	M	Fred Bungay	04:55	14:49
3	90	Candy Racing	15:14	X	Dale Seddon	04:43	04:43	M	Hayley Seddon	05:47	10:30	W	Matt Wood	04:45	15:14
4	3	Kent ACF Men C	15:17	M	Che Compton	05:10	05:10	M	Richard Giles	05:18	10:28	M	Joe Hartley	04:48	15:17
5	81	Ravi's Team - London City Runners Club	15:26	M	Dominic Repin-Tutton	05:04	05:04	M	Oscar Goldsmith	05:24	10:28	M	Ravi Kumar	04:58	15:26
6	43	Kay's Quick Lads!	15:34	M	Daryl Cyprien	04:44	04:44	M	George Tovey	05:26	10:10	M	William Weyham	05:24	15:34
7	4	Kent ACF Men D	15:44	M	Jasper Jones	05:06	05:06	M	Ben Armson	05:21	10:27	M	Phil Woodford Smith	05:17	15:44
8	40	HHH 6: Men D	15:51	M	Jack Coy	05:18	05:18	M	David Phillips	05:27	10:44	M	Michael Tay	05:07	15:51
9	39	HHH 5: Men C	15:52	M	Alex Lee	05:05	05:05	M	Matt Bright	05:37	10:41	M	James Stocker	05:10	15:52
10	2	Kent ACF Men B	15:56	M	Lyndon Marfell	05:10	05:10	M	Jonathan Tipper	05:13	10:23	M	Chris Schofield	05:34	15:56
11	80	Total Football Athletic Running Club B T	16:01	M	Edward Rees	05:10	05:10	M	Stuart Rees	05:36	10:45	M	Oliver Marriot	05:16	16:01
12	61	London City Athletics Club 4	16:16	M	Cephas Mensah	05:50	05:50	M	Oliver Bellamy	05:14	11:04	M	Joshua Slingsby	05:12	16:16
13	94	Stew & the Dumplings	16:21	M	Joe Jenkinson	05:24	05:24	M	Stewart Muir	05:36	11:00	M	Giovanni Graglia	05:20	16:21
14	92	Crack East A	16:22	X	Carrie Williams	05:55	05:55	W	Jack Lancefield	05:21	11:15	M	Alec Parcell	05:07	16:22
15	5	Kent ACF Men E	16:33	M	Kieran Fitzpatrick	05:12	05:12	M	Stephan Watts	05:50	11:03	M	Josh Lennard Jones	05:30	16:33
16	6	Kent ACF Men F	16:41	M	Matthew Thomas	05:49	05:49	M	Huw Evans	05:24	11:13	M	Josh Tibbert	05:28	16:41
17	11	Kent ACF Women A	16:42	W	Bryony Proctor	05:35	05:35	W	Clare Elms	05:44	11:19	W	Alexa Parker	05:23	16:42
18	47	Crystal Palace Triathletes 3	16:47	M	Jamal Dayes	05:37	05:37	M	Isaac Griffiths	05:43	11:20	M	Gregor MacLean	05:27	16:47
19	66	Petts Wood Runners A	16:54	X	Kevin Chadwick	05:43	05:43	M	Elly Phillips	06:08	11:51	W	Steve Camacho	05:03	16:54
20	56	Hawksbrook AC A	17:00	X	Rob Mayes	05:32	05:32	M	Katie Robertson	06:20	11:52	W	Nick Clegg	05:08	17:00
21	36	HHH 2: Men B	17:02	M	Tom Irish	05:15	05:15	M	Tom Foster	05:23	10:37	M	Simon Evans	06:24	17:02
22	37	HHH 3: Women A	17:04	W	Sarah Grover	05:28	05:28	W	Helena Keenan	05:44	11:12	W	Hannah Edwards	05:52	17:04
23	72	Speedsters DR	17:17	M	Joe Farrington-Douglas	05:30	05:30	M	Matthew Ahluwalia	06:01	11:31	M	Andrew Scott	05:46	17:17
24	30	Tim Shakespeares A Midsummer Night's	17:18	M	Richard Hall-Smith	06:03	06:03	M	Andrew Chong	05:46	11:49	M	Tim Shakespeare	05:29	17:18
25	59	London City Athletics Club 2	17:29	M	Oliver Campion-Awwad	05:34	05:34	M	Mat Barber	06:09	11:43	M	James Screen	05:46	17:29
26	71	Fast + Furious	17:30	X	James Burrows	05:33	05:33	M	Libby Simpson	06:06	11:39	W	Grzegorz Galezia	05:51	17:30

27	97 Total Football A team	17:34 M	Michael Dale	05:39	05:39 M	Matt Grannell	05:37	11:16 M	Andrew Waddingham	06:17	17:34
28	19 ORR Whippets	17:38 M	Richard Hassall	06:11	06:11 M	Carl Porter	05:43	11:54 M	Gavin Kitchingham	05:44	17:38
29	48 Crystal Palace Triathletes 4	17:48 M	Mark Brown	05:55	05:55 M	Peter Kun	06:04	11:59 M	PJ Bouten	05:49	17:48
30	10 Kent ACF Men J	17:56 M	Len Reilly	06:20	06:20 M	Roger Beardsworth	05:53	12:13 M	Chris Lydon	05:43	17:56
31	79 JMRED (James Matt Rob)	18:03 M	Matt North	05:41	05:41 M	Rob steel	06:51	12:32 M	James short	05:31	18:03
32	82 Crystal Palace Dads	18:12 M	Sam Vardy	05:37	05:37 M	Tom McMahaon	06:33	12:10 M	Steve Jones	06:02	18:12
33	13 Kent ACF Women C	18:15 W	Iona Cousland	06:03	06:03 W	Amy White	06:02	12:05 W	Nesrin Sabanci	06:10	18:15
34	18 Kent ACF Mixed A	18:18 X	Alice Hales	06:38	06:38 W	Ian Ellwood	05:12	11:51 M	Tallulah Jones	06:27	18:18
35	44 Kay's Speedy Lads!	18:19 M	Eddie Favell	05:48	05:48 M	Jacob Nwaezena	06:09	11:57 M	Artur Carvalho-Jones	06:22	18:19
36	7 Kent ACF Men G	18:20 M	George Searle	06:04	06:04 M	Lucas Stickland	06:18	12:23 M	Louis Holley	05:57	18:20
37	93 Craic East B	18:21 X	Jaime Lacey Smith	05:42	05:42 M	Haley Rosentha	06:22	12:04 W	Aine Murphy	06:17	18:21
38	54 Crystal Palace Triathletes 10 - Male Juni	18:25 M	William Day	05:57	05:57 M	Harry Hibberd	06:50	12:47 M	Oliver Taplin	05:38	18:25
39	57 Hawksbrook AC B	18:29 M	Ross-Alan Stewart	06:07	06:07 M	Kieron Mulholland	06:25	12:32 M	Tom Dillin	05:58	18:29
40	8 Kent ACF Men H	18:30 M	Harry Clough	06:40	06:40 M	Alex Harris	05:21	12:01 M	Martin Morgan	06:28	18:30
41	9 Kent ACF Men I	18:33 M	John Barron	06:47	06:47 M	Adrian Dracup	05:59	12:46 M	Wayne Flanagan	05:48	18:33
42	83 Wild South West Amateurs A	18:37 X	John Burton	06:15	06:15 M	Jane Burton	06:54	13:09 W	Charlie Main	05:29	18:37
43	24 GCG (CPFR)	18:38 M	Giovanni Biagiotti	06:08	06:08 M	Chris Axon	06:43	12:51 M	George Hillman	05:47	18:38
44	53 Crystal Palace Triathletes 09 - Mixed Jur	18:42 X	Leonardo Rumball	06:05	06:05 M	Oscar Clark	06:15	12:20 M	Luna-Lucia Bouten	06:22	18:42
45	28 Dexy's Clubnight Runners (CPFR)	18:44 M	Richard Harrison	05:36	05:36 M	James Pimperton	06:40	12:17 M	Neil Vosper	06:28	18:44
46	49 Crystal Palace Triathletes 5	18:45 M	Andrew Coley	06:07	06:07 M	Chris Hail	06:12	12:19 M	Joe Dott	06:25	18:45
47	67 Petts Wood Runners B	18:46 X	Natalie Jacques	06:49	06:49 W	Melody Kane	06:04	12:53 W	Andy Robertson	05:53	18:46
48	68 Petts Wood Runners C	18:52 M	Andy Robertson	05:42	05:42 M	Andrew Squirrel	06:43	12:26 M	Kevin Chadwick	06:26	18:52
49	70 Dulwich Pbers	18:57 M	John Kazantzis	06:06	06:06 M	Cameron Timmis	06:48	12:54 M	Matthew Wright	06:03	18:57
50	98 GymVet	19:04 M	James Venn	06:14	06:14 M	Julian Day	06:24	12:38 M	Dave Cole	06:26	19:04
51	14 Kent ACF Women D	19:06 W	Victoria Cartwright	06:21	06:21 W	Sally Urquhart	06:39	13:00 W	Dee O'Brien	06:06	19:06
52	55 Crystal Palace Triathletes 11 - Male Juni	19:10 M	Callum Murray	07:00	07:00 M	Oliver Chambers	06:07	13:07 M	Otto Balaam	06:03	19:10
53	50 Crystal Palace Triathletes 6	19:11 M	Jason Clark	06:27	06:27 M	John Buchanan	06:26	12:53 M	Marcin Mazur	06:17	19:11
54	31 TMT (CPFR)	19:25 M	Thom Banks	06:37	06:37 M	Matt Lawson	06:15	12:52 M	Tom Warwick	06:33	19:25
55	77 Dashing Dulwich Ladies	19:27 W	Helen Shannon	06:14	06:14 W	Katie Smith	06:34	12:49 W	Yvette Dore	06:38	19:27
56	20 ORR Hares	19:32 X	James Willingham	05:36	05:36 M	Amanda Williams	06:40	12:15 W	Rupert McLeod	07:16	19:32
57	84 DPR Dettori	19:42 X	Tim Murray	06:16	06:16 M	Dominic Collard	06:28	12:43 M	Amanda Larrington	06:59	19:42
58	38 HHH 4: Mixed A	19:44 X	Caleb Barnes	06:25	06:25 M	Pedro Henrique	05:35	12:00 M	Ellen Walsh	07:44	19:44
59	29 Jurassic Coasters (CPFR)	19:50 X	Lucy Cartlidge	06:36	06:36 W	Ian Butler	06:44	13:20 M	Ali Monterio	06:29	19:50
60	89 Team 52	19:53 M	Billy Stack	05:23	05:23 M	David Sack	07:53	13:17 M	Feargus Stack	06:36	19:53
61	25 The Dream Team (CPFR)	19:53 M	Laurence Chase	06:20	06:20 M	Paul Mann	07:25	13:45 M	Chris Dyke	06:08	19:53
62	99 CRC	19:56 X	Aqasa Nu	05:56	05:56 M	Madeleine Matos	07:05	13:01 W	Chris Raveney	06:55	19:56
63	15 Kent ACF Women E	19:57 W	Claire Oxlade	06:08	06:08 W	Ivona Gongolova	06:47	12:55 W	Sofia Contino	07:02	19:57
64	87 DPR Buick	20:03 X	James Hewlett	05:28	05:28 M	Beth Simpson	06:52	12:21 W	Becky Furlong	07:42	20:03
65	12 Kent ACF Women B	20:12 W	Caoimhe Nic Fhogartaigh	05:37	05:37 W	Jen Berg	08:31	14:08 W	Sarah Crichton	06:05	20:12
66	58 London City Athletics Club 1	20:21 X	Jo Tillman	06:47	06:47 W	Florie Lhuillier	07:07	13:55 W	Nick Sutcliffe	06:26	20:21
67	73 Dulwich 4%	20:26 X	Emma Hatch	06:53	06:53 W	Philippa Goodhew	07:24	14:17 W	Justin Siderfin	06:09	20:26
68	52 Crystal Palace Triathletes 08 - Female Ju	20:40 W	Isla Day	07:00	07:00 W	Fatma Mellouk	07:28	14:28 W	Jasmine Mahoney	06:12	20:40
69	17 Kent ACF Women G	20:49 W	Sophie Walker	07:13	07:13 W	Eliza Pitt	06:38	13:51 W	Mei Eden Green	06:58	20:49
70	65 TUC 4	20:59 X	Rob Johnston	06:31	06:31 M	Abigail Hunt	08:22	14:52 W	Tom Powderill	06:07	20:59
71	78 Team Fullilove	21:07 X	Lucy Fullilove	07:57	07:57 W	Sam Fullilove	06:41	14:38 M	Michael Fullilove	06:28	21:07
72	69 Dulwich Runners Superstars	21:14 M	Dave West	07:29	07:29 M	Toby Irvine	06:46	14:15 M	James Gordon	06:58	21:14
73	63 TUC 2	21:15 M	Tim Sharp	05:44	05:44 M	Jack Jones	08:15	13:58 M	Alex Collinson	07:17	21:15

74	45	Crystal Palace Triathletes 1	21:22	W	Suse Fairfax	07:09	07:09	W	Kati Tully	07:03	14:13	W	Siobhan Carroll	07:10	21:22
75	60	London City Athletics Club 3	21:31	X	Andy Melrose	06:32	06:32	M	Hisayo Kawahara	07:44	14:16	W	Hayley English	07:15	21:31
76	16	Kent ACF Women F	21:43	W	Anna Delis	07:20	07:20	W	Jo Wint	07:26	14:47	W	Jo Mott	06:57	21:43
77	51	Crystal Palace Triathletes 7	21:50	M	Stuart Williams	06:42	06:42	M	Darren Stanley	07:01	13:43	M	Ron Yee	08:07	21:50
78	35	HHH 1: Men A	22:01	M	Norman Urquia	05:35	05:35	M	Richard Stansfield	06:51	12:27	M	Norman Urquia	09:34	22:01
79	100	The Renaissance Era	22:16	X	Alex Mollision	07:55	07:55	M	Carolina Nazareth	07:47	15:41	W	Kit Wallen Russell	06:34	22:16
80	74	Mums & Son On The Run	22:27	X	Austin Laylee	05:56	05:56	M	Jill Easty	08:28	14:23	W	Jane Boothroyd	08:04	22:27
81	64	TUC 3	22:43	M	Declan Seachoy	06:36	06:36	M	Anthony Hayes	07:18	13:54	M	Paul Rey-Burns	08:49	22:43
82	75	Dulwich Spirit	22:46	W	Catherine Buglass	06:44	06:44	W	Theresa Northey	07:53	14:37	W	Joanne Shelton Pereda	08:09	22:46
83	85	DPR Piggott	24:06	W	Martha Brownlow	07:58	07:58	W	Di Suter	08:43	16:41	W	Jane Duffin	07:24	24:06
84	27	Jetsam (CPFR)	24:15	X	Emma Guthrie	08:33	08:33	W	Jane Haile	07:32	16:05	W	Stephen Wright	08:10	24:15
85	33	Relay Fast Runners (CPFR)	24:33	X	Louise Phillips	07:05	07:05	W	Elisabetta Ferricchi	11:00	18:06	W	Chris Sampson	06:27	24:33
86	46	Crystal Palace Triathletes 2	25:12	W	Molly Lyy	08:57	08:57	W	Brigit Brown	08:51	17:48	W	Jane Ford	07:24	25:12
87	21	ORR Hounds	25:14	M	David Jenkins	06:57	06:57	M	Stephen Briggs	08:43	15:41	M	Ali Amanat	09:34	25:14
88	88	DPR Turner	25:43	W	Tom Harding	09:00	09:00	W	Rachel Jones	08:40	17:40	W	Ibitoru Lilley	08:04	25:43
89	62	TUC 1	26:23	X	Kim Brown	06:26	06:26	M	Lianne Warnell	12:18	18:43	W	Kate Bell	07:40	26:23
90	86	DPR Doyle	26:27	W	Oghene Aaron	08:41	08:41	W	Rachel Davies	09:49	18:31	W	Jackie Yap	07:56	26:27
91	23	Relay Legends (CPFR)	26:31	X	Viv Foster	08:50	08:50	W	Joanna Paterson	09:22	18:13	W	Chris Balmer	08:18	26:31
92	34	SGFBPG (CPFR)	26:42	X	Pat Griffin	08:38	08:38	M	Fenella Brown	09:29	18:06	W	Sophie Griffin	08:35	26:42
93	22	CPFR painkillers (CPFR)	27:56	W	Chiara Petrone	09:07	09:07	W	Nicole Pelletier	10:39	19:46	W	Billie Hamer	08:10	27:56
94	32	The Optimists (CPFR)	29:03	X	David Hamilton	10:38	10:38	M	Yvette Stanley	10:31	21:09	W	Sophie Ogunbiyi	07:54	29:03
95	26	Generation Gap (CPFR)	29:31	W	Suzanne Pink	08:51	08:51	W	Carol Hayes	10:38	19:29	W	Dominique Webb	10:02	29:31

Individual Results

Pos	Bib	Name	Time	Cat
1	90	Dale Seddon	04:43	M
2	43	Daryl Cyprien	04:44	M
3	90	Matt Wood	04:45	M
4	1	Jake Simmonds	04:47	M
5	1	Rob Sesemann	04:48	M
6	3	Joe Hartley	04:48	M
7	76	Rob Armstrong	04:52	M
8	1	Olly Buck	04:54	M
9	76	Fred Bungay	04:55	M
10	81	Ravi Kumar	04:58	M
11	76	Andy Bond	05:02	M
12	66	Steve Camacho	05:03	M
13	81	Dominic Repin-Tutton	05:04	M
14	39	Alex Lee	05:05	M
15	4	Jasper Jones	05:06	M
16	40	Michael Tay	05:07	M
17	92	Alec Parcell	05:07	M
18	56	Nick Clegg	05:08	M
19	80	Edward Rees	05:10	M
20	2	Lyndon Marfell	05:10	M
21	39	James Stocker	05:10	M

22	3 Che Compton	05:10 M
23	61 Joshua Slingsby	05:12 M
24	18 Ian Ellwood	05:12 M
25	5 Kieran Fitzpatrick	05:12 M
26	2 Jonathan Tipper	05:13 M
27	61 Oliver Bellamy	05:14 M
28	36 Tom Irish	05:15 M
29	80 Oliver Marriot	05:16 M
30	4 Phil Woodford Smith	05:17 M
31	40 Jack Coy	05:18 M
32	3 Richard Giles	05:18 M
33	94 Giovanni Graglia	05:20 M
34	92 Jack Lancefield	05:21 M
35	4 Ben Armson	05:21 M
36	8 Alex Harris	05:21 M
37	36 Tom Foster	05:23 M
38	11 Alexa Parker	05:23 W
39	89 Billy Stack	05:23 M
40	6 Huw Evans	05:24 M
41	81 Oscar Goldsmith	05:24 M
42	94 Joe Jenkinson	05:24 M
43	43 William Weyham	05:24 M
44	43 George Tovey	05:26 M
45	40 David Phillips	05:27 M
46	47 Gregor MacLean	05:27 M
47	37 Sarah Grover	05:28 W
48	6 Josh Tibbert	05:28 M
49	87 James Hewlett	05:28 M
50	83 Charlie Main	05:29 M
51	30 Tim Shakespeare	05:29 M
52	72 Joe Farrington-Douglas	05:30 M
53	5 Josh Lennard Jones	05:30 M
54	79 James short	05:31 M
55	56 Rob Mayes	05:32 M
56	71 James Burrows	05:33 M
57	2 Chris Schofield	05:34 M
58	59 Oliver Champion-Awwad	05:34 M
59	11 Bryony Proctor	05:35 W
60	38 Pedro Henrique	05:35 M
61	35 Norman Urquia	05:35 M
62	20 James Willingham	05:36 M
63	80 Stuart Rees	05:36 M
64	94 Stewart Muir	05:36 M
65	28 Richard Harrison	05:36 M
66	12 Caoimhe Nic Fhogartaigh	05:37 W
67	39 Matt Bright	05:37 M
68	47 Jamal Dayes	05:37 M

69	97 Matt Grannell	05:37 M
70	82 Sam Vardy	05:37 M
71	54 Oliver Taplin	05:38 M
72	97 Michael Dale	05:39 M
73	79 Matt North	05:41 M
74	93 Jaime Lacey Smith	05:42 M
75	68 Andy Robertson	05:42 M
76	66 Kevin Chadwick	05:43 M
77	47 Isaac Griffiths	05:43 M
78	10 Chris Lydon	05:43 M
79	19 Carl Porter	05:43 M
80	63 Tim Sharp	05:44 M
81	19 Gavin Kitchingham	05:44 M
82	37 Helena Keenan	05:44 W
83	11 Clare Elms	05:44 W
84	30 Andrew Chong	05:46 M
85	59 James Screen	05:46 M
86	72 Andrew Scott	05:46 M
87	90 Hayley Seddon	05:47 W
88	24 George Hillman	05:47 M
89	44 Eddie Favell	05:48 M
90	9 Wayne Flanagan	05:48 M
91	48 PJ Bouten	05:49 M
92	6 Matthew Thomas	05:49 M
93	61 Cephas Mensah	05:50 M
94	5 Stephan Watts	05:50 M
95	71 Grzegorz Galezia	05:51 M
96	37 Hannah Edwards	05:52 W
97	10 Roger Beardsworth	05:53 M
98	67 Andy Robertson	05:53 M
99	92 Carrie Williams	05:55 W
100	48 Mark Brown	05:55 M
101	74 Austin Laylee	05:56 M
102	99 Aqasa Nu	05:56 M
103	7 Louis Holley	05:57 M
104	54 William Day	05:57 M
105	57 Tom Dillin	05:58 M
106	9 Adrian Dracup	05:59 M
107	72 Matthew Ahluwalia	06:01 M
108	82 Steve Jones	06:02 M
109	13 Amy White	06:02 W
110	13 Iona Cousland	06:03 W
111	70 Matthew Wright	06:03 M
112	30 Richard Hall-Smith	06:03 M
113	55 Otto Balaam	06:03 M
114	67 Melody Kane	06:04 W
115	48 Peter Kun	06:04 M

116	7 George Searle	06:04 M
117	12 Sarah Crichton	06:05 W
118	53 Leonardo Rumball	06:05 M
119	14 Dee O'Brien	06:06 W
120	70 John Kazantzis	06:06 M
121	71 Libby Simpson	06:06 W
122	57 Ross-Alan Stewart	06:07 M
123	65 Tom Powdrill	06:07 M
124	49 Andrew Coley	06:07 M
125	55 Oliver Chambers	06:07 M
126	24 Giovanni Biagiotti	06:08 M
127	25 Chris Dyke	06:08 M
128	66 Elly Phillips	06:08 W
129	15 Claire Oxlade	06:08 W
130	73 Justin Siderfin	06:09 M
131	44 Jacob Nwaezenna	06:09 M
132	59 Mat Barber	06:09 M
133	13 Nesrin Sabanci	06:10 W
134	19 Richard Hassall	06:11 M
135	49 Chris Hail	06:12 M
136	52 Jasmine Mahoney	06:12 W
137	98 James Venn	06:14 M
138	77 Helen Shannon	06:14 W
139	53 Oscar Clark	06:15 M
140	83 John Burton	06:15 M
141	31 Matt Lawson	06:15 M
142	84 Tim Murray	06:16 M
143	93 Aine Murphy	06:17 W
144	97 Andrew Waddingham	06:17 M
145	50 Marcin Mazur	06:17 M
146	7 Lucas Stickland	06:18 M
147	10 Len Reilly	06:20 M
148	25 Laurence Chase	06:20 M
149	56 Katie Robertson	06:20 W
150	14 Victoria Cartwright	06:21 W
151	93 Haley Rosentha	06:22 W
152	53 Luna-Lucia Bouten	06:22 W
153	44 Artur Carvalho-Jones	06:22 M
154	98 Julian Day	06:24 M
155	36 Simon Evans	06:24 M
156	38 Caleb Barnes	06:25 M
157	57 Kieron Mulholland	06:25 M
158	49 Joe Dott	06:25 M
159	98 Dave Cole	06:26 M
160	62 Tom Brown	06:26 M
161	50 John Buchanan	06:26 M
162	58 Nick Sutcliffe	06:26 M

163	68 Kevin Chadwick	06:26 M
164	50 Jason Clark	06:27 M
165	18 Tallulah Jones	06:27 W
166	33 Chris Sampson	06:27 M
167	84 Dominic Collard	06:28 M
168	28 Neil Vosper	06:28 M
169	8 Martin Morgan	06:28 M
170	78 Michael Fullilove	06:28 M
171	29 Ali Monterio	06:29 M
172	65 Rob Johnston	06:31 M
173	60 Andy Melrose	06:32 M
174	82 Tom McMahaon	06:33 M
175	31 Tom Warwick	06:33 M
176	77 Katie Smith	06:34 W
177	100 Kit Wallen Russell	06:34 M
178	64 Declan Seachoy	06:36 M
179	89 Feargus Stack	06:36 M
180	29 Lucy Cartlidge	06:36 W
181	31 Thom Banks	06:37 M
182	17 Eliza Pitt	06:38 W
183	18 Alice Hales	06:38 W
184	77 Yvette Dore	06:38 W
185	14 Sally Urquhart	06:39 W
186	20 Amanda Williams	06:40 W
187	8 Harry Clough	06:40 M
188	28 James Pimperton	06:40 M
189	78 Sam Fullilove	06:41 M
190	51 Stuart Williams	06:42 M
191	24 Chris Axon	06:43 M
192	68 Andrew Squirrel	06:43 M
193	29 Ian Butler	06:44 M
194	75 Catherine Buglass	06:44 W
195	69 Toby Irvine	06:46 M
196	9 John Barron	06:47 M
197	15 Ivona Gongolova	06:47 W
198	58 Jo Tillman	06:47 W
199	70 Cameron Timmis	06:48 M
200	67 Natalie Jacques	06:49 W
201	54 Harry Hibberd	06:50 M
202	35 Richard Stansfield	06:51 M
203	79 Rob steel	06:51 M
204	87 Beth Simpson	06:52 W
205	73 Emma Hatch	06:53 W
206	83 Jane Burton	06:54 W
207	99 Chris Raveney	06:55 M
208	16 Jo Mott	06:57 W
209	21 David Jenkins	06:57 M

210	17 Mei Eden Green	06:58 W
211	69 James Gordon	06:58 M
212	84 Amanda Larrington	06:59 W
213	55 Callum Murray	07:00 M
214	52 Isla Day	07:00 W
215	51 Darren Stanley	07:01 M
216	15 Sofia Contino	07:02 W
217	45 Kati Tully	07:03 W
218	99 Madeleine Matos	07:05 W
219	33 Louise Phillips	07:05 W
220	58 Florie Lhuillier	07:07 W
221	45 Suse Fairfax	07:09 W
222	45 Siobhan Carroll	07:10 W
223	17 Sophie Walker	07:13 W
224	60 Hayley English	07:15 W
225	20 Rupert McLeod	07:16 M
226	63 Alex Collinson	07:17 M
227	64 Anthony Hayes	07:18 M
228	16 Anna Delis	07:20 W
229	46 Jane Ford	07:24 W
230	85 Jane Duffin	07:24 W
231	73 Philippa Goodhew	07:24 W
232	25 Paul Mann	07:25 M
233	16 Jo Wint	07:26 W
234	52 Fatma Mellouk	07:28 W
235	69 Dave West	07:29 M
236	27 Jane Haile	07:32 W
237	62 Kate Bell	07:40 W
238	87 Becky Furlong	07:42 W
239	38 Ellen Walsh	07:44 W
240	60 Hisayo Kawahara	07:44 W
241	100 Carolina Nazareth	07:47 W
242	75 Theresa Northey	07:53 W
243	89 David Sack	07:53 M
244	32 Sophie Ogunbiyi	07:54 W
245	100 Alex Mollison	07:55 M
246	86 Jackie Yap	07:56 W
247	78 Lucy Fullilove	07:57 W
248	85 Martha Brownlow	07:58 W
249	88 Ibitoru Lilley	08:04 W
250	74 Jane Boothroyd	08:04 W
251	51 Ron Yee	08:07 M
252	75 Joanne Shelton Pereda	08:09 W
253	22 Billie Hamer	08:10 W
254	27 Stephen Wright	08:10 M
255	63 Jack Jones	08:15 M
256	23 Chris Balmer	08:18 M

257	65 Abigail Hunt	08:22 W
258	74 Jill Easty	08:28 W
259	12 Jen Berg	08:31 W
260	27 Emma Guthrie	08:33 W
261	34 Sophie Griffin	08:35 W
262	34 Pat Griffin	08:38 M
263	88 Rachel Jones	08:40 W
264	86 Oghene Aaron	08:41 W
265	85 Di Suter	08:43 W
266	21 Stephen Briggs	08:43 M
267	64 Paul Rey-Burns	08:49 M
268	23 Viv Foster	08:50 W
269	26 Suzanne Pink	08:51 W
270	46 Brigit Brown	08:51 W
271	46 Molly Lyy	08:57 W
272	88 Kim Harding	09:00 W
273	22 Chiara Petrone	09:07 W
274	23 Joanna Paterson	09:22 W
275	34 Fenella Brown	09:29 W
276	21 Ali Amanat	09:34 M
277	35 Norman Urquia	09:34 M
278	86 Rachel Davies	09:49 W
279	26 Dominique Webb	10:02 W
280	32 Yvette Stanley	10:31 W
281	26 Carol Hayes	10:38 W
282	32 David Hamilton	10:38 M
283	22 Nicole Pelletier	10:39 W
284	33 Elisabetta Ferricchi	11:00 W
285	62 Lianne Warnell	12:18 W