

### Provisional Race Summary

#### All Competitors

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:50:03	GEELE, Moumin	Newham & Essex Beagles	Men (Up to 39)	1	1
2	0:50:05	OVERALL, Scott	Blackheath & Bromley Harriers AC	Men (Up to 39)	7	2
3	0:50:15	FARAH, Samatar	Newham & Essex Beagles	Men (Up to 39)	2	3
4	0:52:33	PLUMMER, Simon		Men (Up to 39)	2038	4
5	0:53:07	WILDER, Brian	Herne Hill Harriers	Men (Up to 39)	2054	5
6	0:53:29	CUNNINGHAM, Jeff	Herne Hill Harriers	Men (Up to 39)	1086	6
7	0:53:34	ALCOCK, David	Victoria Pk H's & Tower Hamlets AC	Men (Up to 39)	5	7
8	0:54:02	ELLIS, James	Clapham Chasers	Men (Up to 39)	1123	8
9	0:54:13	DETTMAR, Christopher	Headington Road Runners	Men (Up to 39)	383	9
10	0:54:31	STEWART, George	London Heathside	Men (40-44)	633	10

#### Men (Up to 39)

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:50:03	GEELE, Moumin	Newham & Essex Beagles	Men (Up to 39)	1	1
2	0:50:05	OVERALL, Scott	Blackheath & Bromley Harriers AC	Men (Up to 39)	7	2
3	0:50:15	FARAH, Samatar	Newham & Essex Beagles	Men (Up to 39)	2	3
4	0:52:33	PLUMMER, Simon		Men (Up to 39)	2038	4
5	0:53:07	WILDER, Brian	Herne Hill Harriers	Men (Up to 39)	2054	5
6	0:53:29	CUNNINGHAM, Jeff	Herne Hill Harriers	Men (Up to 39)	1086	6
7	0:53:34	ALCOCK, David	Victoria Pk H's & Tower Hamlets AC	Men (Up to 39)	5	7
8	0:54:02	ELLIS, James	Clapham Chasers	Men (Up to 39)	1123	8
9	0:54:13	DETTMAR, Christopher	Headington Road Runners	Men (Up to 39)	383	9
10	0:54:33	TRAPMORE, James	Shaftesbury Barnet Harriers	Men (Up to 39)	214	11

#### Men (40-44)

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:54:31	STEWART, George	London Heathside	Men (40-44)	633	10
2	0:55:12	WHITING, Stephen	Highgate Harriers	Men (40-44)	1542	14
3	0:55:48	POTTER, Martin	London Heathside	Men (40-44)	626	17
4	0:56:35	FERRARO, Julian	London Heathside	Men (40-44)	496	24
5	0:56:50	ABDI, Abdul-Rashid	Serpentine Running Club	Men (40-44)	1143	25
6	0:57:21	GOMEZ, Luis	Sutton Runners	Men (40-44)	1711	31
7	0:57:36	MARTIN, Calllum	Serpentine Running Club	Men (40-44)	1802	33
8	0:57:41	LOUND, Charles	Dulwich Runners AC	Men (40-44)	2029	34
9	0:58:21	DANIELS, Michael	Wimbledon Windmilers	Men (40-44)	1058	40
10	0:58:54	BURNINGHAM, Leo	London Heathside	Men (40-44)	1329	43

#### Men (45-49)

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:54:43	RACKHAM, Nigel	Metros	Men (45-49)	1453	13
2	0:55:25	LEMMON, Paul	London Heathside	Men (45-49)	646	15
3	0:57:19	HALLS, Mark	Brighton & Hove AC	Men (45-49)	756	29
4	0:58:36	GILES, Martin	Sutton Runners	Men (45-49)	552	41
5	0:58:46	DIXON, Dave	British Airways AC	Men (45-49)	1615	42
6	0:59:04	TUOHY, Tony	Dulwich Runners AC	Men (45-49)	1517	48
7	0:59:43	EVANS, Gavin	London Heathside	Men (45-49)	649	61
8	0:59:54	NEWTON, Martin	Sutton Runners	Men (45-49)	240	67
9	0:59:58	DOREY, Nick	Runnymede Runners	Men (45-49)	1446	69
10	1:00:23	HARRISON, Matt	Victoria Pk H's & Tower Hamlets AC	Men (45-49)	1325	73

**Provisional Race Summary****Men (50-59)**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:57:29	COX, Dave	Woodford Green AC and Essex Ladies	Men (50-59)	1811	32
2	0:59:20	SMYTHE, Steve	Dulwich Runners AC	Men (50-59)	1612	53
3	0:59:48	HURFORD, Mike	Mornington Chasers	Men (50-59)	683	63
4	1:00:37	HALVEY, Martin	Ranelagh Harriers	Men (50-59)	1422	75
5	1:00:54	SIRS, Nick	Exeter Harriers	Men (50-59)	1526	79
6	1:01:06	WILSON, Iain	Ranelagh Harriers	Men (50-59)	1682	84
7	1:03:26	CHAPMAN, John	Stopsley Striders	Men (50-59)	75	131
8	1:04:00	ULLIOTT, Tom	Brighton & Hove AC	Men (50-59)	1070	142
9	1:04:13	COBB, Bradley	Serpentine Running Club	Men (50-59)	880	149
10	1:04:17	LYNCH, John	Mornington Chasers	Men (50-59)	884	151

**Men (60+)**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:02:58	MANN, Michael	Dulwich Runners AC	Men (60+)	585	120
2	1:04:08	JOHNS, Arthur	Poole Runners	Men (60+)	890	146
3	1:10:54	GOLD, Howard	Heaton Harriers	Men (60+)	1886	328
4	1:11:05	MAY, Mike	Datchet Dashers	Men (60+)	976	335
5	1:11:23	WILLIAMS, Geoff	Windle Valley Runners	Men (60+)	242	346
6	1:12:47	HODGE, Hugo		Men (60+)	2069	399
7	1:13:10	MOWLE, Malcolm	Runnymede Runners	Men (60+)	759	421
8	1:13:48	SMART, David	Serpentine Running Club	Men (60+)	329	455
9	1:13:57	PRATT, John	Mornington Chasers	Men (60+)	2055	461
10	1:14:12	DENT, Chris	Windle Valley Runners	Men (60+)	1322	473

**Ladies (Up to 34)**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:56:18	BUSH, Susie	Newbury AC	Ladies (Up to 34)	4	21
2	1:01:49	KOLODZIEJ, Natalie	Serpentine Running Club	Ladies (Up to 34)	1489	94
3	1:01:59	OCONNOR, Tanya	Clapham Chasers	Ladies (Up to 34)	9022	97
4	1:02:17	HOSACK, Barbara	Winchester & District AC	Ladies (Up to 34)	1277	106
5	1:04:25	WALDMAN, Emma	London Heathside	Ladies (Up to 34)	1318	157
6	1:05:34	BANDEIRA, Sonia	Stragglers	Ladies (Up to 34)	2001	189
7	1:05:39	MEWTON, Tess		Ladies (Up to 34)	2034	190
8	1:06:22	COMISSO, Kate	Ranelagh Harriers	Ladies (Up to 34)	1268	207
9	1:06:37	O'ROURKE, Mairead	Mornington Chasers	Ladies (Up to 34)	51	212
10	1:06:51	JAMES, Leigh	Windsor Slough Eton & Hounslow AC	Ladies (Up to 34)	227	218

**Ladies (35-39)**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:59:09	EVANS, Esther	Highgate Harriers	Ladies (35-39)	1513	50
2	0:59:12	CLIFFORD, Nicole		Ladies (35-39)	157	51
3	1:00:51	SWINHOE, Sarah	London Heathside	Ladies (35-39)	1768	77
4	1:03:26	GAILLARD DE LAUBENQUE, Teresa	Dulwich Runners AC	Ladies (35-39)	381	132
5	1:04:50	IMRIE, Claire	Serpentine Running Club	Ladies (35-39)	2027	167
6	1:08:10	FOAD, Vicky	Sutton Runners	Ladies (35-39)	1246	250
7	1:08:30	BALLANCE, Anna	Wimbledon Windmilers	Ladies (35-39)	1651	257
8	1:09:17	CARTER, Victoria	Serpentine Running Club	Ladies (35-39)	1262	280
9	1:09:57	PALMER, Ella	Serpentine Running Club	Ladies (35-39)	1348	298
10	1:10:18	KOERBEL, Amy	Mornington Chasers	Ladies (35-39)	2068	312

**Provisional Race Summary****Ladies (40-44)**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:02:08	NEALON, Nicki	Huncote Harriers AC	Ladies (40-44)	6	102
2	1:02:30	CRITCHLOW, Anna	West Four Harriers	Ladies (40-44)	750	110
3	1:05:26	BALME, Ola	Dulwich Runners AC	Ladies (40-44)	1530	185
4	1:09:17	CORY, Sarah	Runnymede Runners	Ladies (40-44)	1265	279
5	1:11:21	BLOOMFIELD, Heather		Ladies (40-44)	254	343
6	1:12:27	REID, Jacqueline	Met Police Athletic Association	Ladies (40-44)	805	380
7	1:12:58	PROSSER, Sandra	Ranelagh Harriers	Ladies (40-44)	1521	410
8	1:13:07	SCHLAEPI, Louise		Ladies (40-44)	1666	417
9	1:14:08	VYNNYCKY, Emilia	London Heathside	Ladies (40-44)	1356	468
10	1:14:11	KIMURA, Maki	Mornington Chasers	Ladies (40-44)	1045	471

**Ladies (45-54)**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:59:35	ELMS, Clare	Dulwich Runners AC	Ladies (45-54)	605	60
2	1:05:12	ULLIOTT, Cathy	Brighton & Hove AC	Ladies (45-54)	1071	179
3	1:05:13	LEGGETT, Lesley	Denby Dale Travellers	Ladies (45-54)	1182	180
4	1:06:25	BROWNHILL, Alison	West Four Harriers	Ladies (45-54)	1823	209
5	1:06:40	FLYNN, Phyllis	Stragglers	Ladies (45-54)	1590	215
6	1:08:05	SHELLEY, Catkin	Serpentine Running Club	Ladies (45-54)	588	247
7	1:09:18	WALDMAN, Louise	London Heathside	Ladies (45-54)	1319	281
8	1:11:28	HANCOCK, Karen	Serpentine Running Club	Ladies (45-54)	1290	349
9	1:12:11	BYRNE, Claire		Ladies (45-54)	1807	370
10	1:12:15	THOMAS, Patricia	Ealing Southall & Middlesex AC	Ladies (45-54)	330	372

**Ladies (55+)**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:11:52	TABOR, Ros	Dulwich Runners AC	Ladies (55+)	2021	358
2	1:12:34	STEWART, Claire	Dulwich Runners AC	Ladies (55+)	1088	388
3	1:13:09	RIDDELL, Avril	Mornington Chasers	Ladies (55+)	115	420
4	1:15:26	BARBER, Elizabeth	St Albans Striders	Ladies (55+)	1610	529
5	1:15:51	POOLE, Maureen	Thames Hare & Hounds	Ladies (55+)	1916	545
6	1:20:32	BATH, Ann	26.2 Road Runners Club	Ladies (55+)	1381	762
7	1:22:53	LAMBERT, Sue	Serpentine Running Club	Ladies (55+)	363	855
8	1:23:53	GUEST, Roswitha		Ladies (55+)	1472	882
9	1:26:42	GOLD, Pamela	Heaton Harriers	Ladies (55+)	1885	979
10	1:29:10	NORTON, Anne-Lucie		Ladies (55+)	1175	1067

**All Ladies**

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1	0:56:18	BUSH, Susie	Newbury AC	Ladies (Up to 34)	4	21
2	0:59:09	EVANS, Esther	Highgate Harriers	Ladies (35-39)	1513	50
3	0:59:12	CLIFFORD, Nicole		Ladies (35-39)	157	51
4	0:59:35	ELMS, Clare	Dulwich Runners AC	Ladies (45-54)	605	60
5	1:00:51	SWINHOE, Sarah	London Heathside	Ladies (35-39)	1768	77
6	1:01:49	KOLODZIEJ, Natalie	Serpentine Running Club	Ladies (Up to 34)	1489	94
7	1:01:59	OCONNOR, Tanya	Clapham Chasers	Ladies (Up to 34)	9022	97
8	1:02:08	NEALON, Nicki	Huncote Harriers AC	Ladies (40-44)	6	102
9	1:02:17	HOSACK, Barbara	Winchester & District AC	Ladies (Up to 34)	1277	106
10	1:02:30	CRITCHLOW, Anna	West Four Harriers	Ladies (40-44)	750	110

**Provisional Race Summary****All Men**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:50:03	GEELE, Moumin	Newham & Essex Beagles	Men (Up to 39)	1	1
2	0:50:05	OVERALL, Scott	Blackheath & Bromley Harriers AC	Men (Up to 39)	7	2
3	0:50:15	FARAH, Samatar	Newham & Essex Beagles	Men (Up to 39)	2	3
4	0:52:33	PLUMMER, Simon		Men (Up to 39)	2038	4
5	0:53:07	WILDER, Brian	Herne Hill Harriers	Men (Up to 39)	2054	5
6	0:53:29	CUNNINGHAM, Jeff	Herne Hill Harriers	Men (Up to 39)	1086	6
7	0:53:34	ALCOCK, David	Victoria Pk H's & Tower Hamlets AC	Men (Up to 39)	5	7
8	0:54:02	ELLIS, James	Clapham Chasers	Men (Up to 39)	1123	8
9	0:54:13	DETTMAR, Christopher	Headington Road Runners	Men (Up to 39)	383	9
10	0:54:31	STEWART, George	London Heathside	Men (40-44)	633	10