

# Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:30:34	3035	N Taschimowitz	SHAFTESBURY BARNET HARR	101	0:36:18	2545	M Edwards	DULWICH RUNNERS AC
2	0:30:43	2721	S Abel	HIGHGATE HARRIERS	102	0:36:20	2907	S Caskey	PETERBOROUGH AC
3	0:30:58	2361	G Brunivels	ALDERSHOT FARNHAM & DA	103	0:36:20	2800	L James	LONDON HEATHSIDE AC
4	0:31:00	2720	E Janes	HERTS PHOENIX AC	104	0:36:22	3205	I Rea	WEST 4 HARRIERS
5	0:31:02	3045	S McCall	SOUTH LONDON HARRIERS	105	0:36:25	2652	M Hall	GARDEN CITY RUNNERS
6	0:31:06	3244	E Macready	WORTHING & DISTRICT HARF	106	0:36:26	2904	M Heslop	PADDOCK WOOD AC
7	0:31:18	2714	S Ward	HERNE HILL HARRIERS	107	0:36:26	3214	J Bowling	WINCHESTER & DISTRICT AC
8	0:31:41	3143	A Gibson	TONBRIDGE AC	108	0:36:33	2454	S Bealon	BLACKHEATH & BROMLEY HA
9	0:31:43	2864	C Foley-Wray	NENE VALLEY HARRIERS	109	0:36:37	2587	S Gerrie	EALING SOUTHALL & MIDDLE
10	0:31:48	2941	G Sanders	RANELAGH HARRIERS	110	0:36:38	2539	C Baglin	DULWICH RUNNERS AC
11	0:31:50	2481	C Christensen	CAMBRIDGE & COLERIDGE A	111	0:36:40	2962	H Wood	READING AC
12	0:31:53	2371	B Proctor	ALDERSHOT FARNHAM & DA	112	0:36:41	2530	R Wilby	DARTFORD HARRIERS AC
13	0:31:55	2404	R Humphreys	BEDFORD & COUNTY AC	113	0:36:45	2362	L Butt	ALDERSHOT FARNHAM & DA
14	0:31:57	2360	K Bingle	ALDERSHOT FARNHAM & DA	114	0:36:46	2755	S Gruber	INVICTA EAST KENT AC
15	0:31:58	3147	N Taylor	TONBRIDGE AC	115	0:36:52	2866	N Morgan	NENE VALLEY HARRIERS
16	0:32:00	2823	R Keane	LUTON AC	116	0:36:53	2499	A Hollingsworth	CAMBRIDGE UNIVERSITY HAI
17	0:32:06	3217	L Elliott	WINCHESTER & DISTRICT AC	117	0:36:53	2936	R Hall	RANELAGH HARRIERS
18	0:32:07	3227	C Firth	WINDSOR SLOUGH ETON & F	118	0:36:55	3053	T English	SOUTHEND ON SEA
19	0:32:08	2612	I Brinsden	EPSOM & EWELL HARRIERS	119	0:36:57	2506	W King	CHELMSFORD AC
20	0:32:12	3048	L Brenton	SOUTHAMPTON AC	120	0:36:58	2548	E Gelder	DULWICH RUNNERS AC
21	0:32:14	3050	E Monks	SOUTHAMPTON AC	121	0:36:59	3119	E Stavreski	THAMES HARE & HOUNDS
22	0:32:20	2376	R Barnes	AVON VALLEY RUNNERS	122	0:37:00	2585	J Watt	EALING EAGLES
23	0:32:26	2948	A Boniface	READING AC	123	0:37:03	2688	G Galbraith	HERCULES WIMBLEDON AC
24	0:32:42	2765	A Clements	KENT AC	124	0:37:04	3208	M McCarthy	WEST SUFFOLK AC
25	0:32:43	2524	E Stepto	CORNWALL AC	125	0:37:05	2917	Ha Hughes	POOLE AC
26	0:32:50	3036	V Walker	SHAFTESBURY BARNET HARR	126	0:37:07	2397	L Douglas	BASILDON AC
27	0:32:56	2365	L Hall	ALDERSHOT FARNHAM & DA	127	0:37:08	2998	P Keast	SERPENTINE RC
28	0:33:03	2808	R Piggott	LONDON HEATHSIDE AC	128	0:37:08	2990	T Carro Noya	SERPENTINE RC
29	0:33:04	2401	A Burgin	BEDFORD & COUNTY AC	129	0:37:10	2642	K Hassall	FOLKESTONE AC
30	0:33:08	2816	E Waldman	LONDON HEATHSIDE AC	130	0:37:10	2886	K Harbon	NORTH HERTS ROAD RUNNEF
31	0:33:10	3240	S Turvey	WOODFORD GREEN W ESSEX	131	0:37:10	2384	J Rockliffe	AVON VALLEY RUNNERS
32	0:33:12	3014	S Pemberton	SERPENTINE RC	132	0:37:12	2368	S Kent	ALDERSHOT FARNHAM & DA
33	0:33:21	2730	A Scott-Wilson	HIGHGATE HARRIERS	133	0:37:15	2743	H Wells	HILLINGDON AC
34	0:33:23	2702	K Ellison	HERNE HILL HARRIERS	134	0:37:15	2773	J Smith	KENT AC
35	0:33:23	2515	C Rose	CITY OF NORWICH AC	135	0:37:18	2706	N Lodge	HERNE HILL HARRIERS
36	0:33:26	2834	L Bromilow	MARSHALL MILTON KEYNES J	136	0:37:20	2511	N Alford	CITY OF NORWICH AC
37	0:33:36	3006	S Ludlow-Taylor	SERPENTINE RC	137	0:37:21	2372	S Shiel-Rankin	ALDERSHOT FARNHAM & DA
38	0:33:45	2867	G Mullins	NENE VALLEY HARRIERS	138	0:37:22	3038	N Gentry	SOUTH LONDON HARRIERS
39	0:33:49	3178	J Singer	VICTORIA PARK H & TOWER I	139	0:37:22	3023	B Van Wijk	SERPENTINE RC
40	0:33:52	2555	E Mace	DULWICH RUNNERS AC	140	0:37:23	2690	L Thomas	HERCULES WIMBLEDON AC
41	0:33:56	2432	M Wilkins	BELGRAVE HARRIERS	141	0:37:28	3046	J Vickers	SOUTH LONDON HARRIERS
42	0:34:01	3198	R Nicholson	WAVENEY VALLEY AC	142	0:37:33	3179	R Thomas	VICTORIA PARK H & TOWER I
43	0:34:03	3025	K Williams	SERPENTINE RC	143	0:37:33	3177	R Pitt	VICTORIA PARK H & TOWER I
44	0:34:05	3017	N Sheel	SERPENTINE RC	144	0:37:39	3194	H Johal	WATFORD HARRIERS
45	0:34:08	3030	R Gardiner	SHAFTESBURY BARNET HARR	145	0:37:48	2591	S Richardson	EALING SOUTHALL & MIDDLE
46	0:34:09	2619	A Gounelas	ETON MANOR AC	146	0:37:54	3201	A Critchlow	WEST 4 HARRIERS
47	0:34:09	2629	H Hale	EYNSHAM ROAD RUNNERS	147	0:37:55	2803	C Monahan	LONDON HEATHSIDE AC
48	0:34:10	2822	J Evans	LUTON AC	148	0:37:57	3195	H Kitchen	WATFORD HARRIERS
49	0:34:13	3113	S Hazel	THAMES HARE & HOUNDS	149	0:38:01	2939	B Morgan	RANELAGH HARRIERS
50	0:34:20	2375	H Thomas	ALDERSHOT FARNHAM & DA	150	0:38:01	2947	S Whatmough	RANELAGH HARRIERS
51	0:34:24	3222	J Meek	WINCHESTER & DISTRICT AC	151	0:38:05	3099	D Hall	STUBBINGTON GREEN RUNN
52	0:34:25	2837	N Lewycky	MARSHALL MILTON KEYNES J	152	0:38:10	2985	A Ben Gueblia	SERPENTINE RC
53	0:34:35	2393	J Kent	BARNET & DISTRICT AC	153	0:38:12	2682	A Johnson	HEADINGTON ROAD RUNNEF
54	0:34:40	3126	S Johnson	THAMES VALLEY HARRIERS	154	0:38:12	2550	E Ibell	DULWICH RUNNERS AC
55	0:34:43	2505	S Judd	CHELMSFORD AC	155	0:38:13	2801	C Jeremiah	LONDON HEATHSIDE AC
56	0:34:43	2462	C Penlington	BLACKHEATH & BROMLEY HA	156	0:38:14	2857	F Russell	MORNINGTON CHASERS RC
57	0:34:44	2805	A O'Hare	LONDON HEATHSIDE AC	157	0:38:17	2556	A Norris	DULWICH RUNNERS AC
58	0:34:45	3089	C Lathwell	STOPSLEY STRIDERS AC	158	0:38:19	2830	N Baker	MARSHALL MILTON KEYNES J
59	0:34:46	2519	H Cooper	CLAPHAM CHASERS RC	159	0:38:21	3207	C Anthony	WEST SUFFOLK AC
60	0:34:48	2774	C Stibbs	KENT AC	160	0:38:21	2551	R Johnson	DULWICH RUNNERS AC
61	0:34:51	3086	L Waterlow	ST ALBANS STRIDERS	161	0:38:24	3229	M Rigin	WINDSOR SLOUGH ETON & F
62	0:35:01	2824	C McMahon-Adie	LUTON AC	162	0:38:25	3232	J Tarrant	WOKING AC
63	0:35:05	2484	K Hedgethorne	CAMBRIDGE & COLERIDGE A	163	0:38:27	2932	E Clague	RANELAGH HARRIERS
64	0:35:06	2468	H Tregenza	BOURNEMOUTH AC	164	0:38:28	2878	L Portway	NEW ELTHAM JOGGERS
65	0:35:07	2958	N Mitchell	READING AC	165	0:38:28	2380	C Howard	AVON VALLEY RUNNERS
66	0:35:07	3100	R Lord	STUBBINGTON GREEN RUNNI	166	0:38:36	2427	C Pennock	BELGRAVE HARRIERS
67	0:35:08	2396	L Brooks	BASILDON AC	167	0:38:38	2796	S Hietanen	LONDON HEATHSIDE AC
68	0:35:09	2464	A Reed	BLACKHEATH & BROMLEY HA	168	0:38:38	3200	R Badham	WEST 4 HARRIERS
69	0:35:09	2724	E Burgess	HIGHGATE HARRIERS	169	0:38:39	3110	Jo Davies	THAMES HARE & HOUNDS
70	0:35:10	2906	S Shephard	PADDOCK WOOD AC	170	0:38:41	2744	C Williams	HILLINGDON AC
71	0:35:11	3220	M McCallum	WINCHESTER & DISTRICT AC	171	0:38:42	2807	S Ourida	LONDON HEATHSIDE AC
72	0:35:11	2709	K Moore	HERNE HILL HARRIERS	172	0:38:43	2661	J Hunt	GUILDFORD & GODALMING J
73	0:35:11	2502	G Barry	CHELMSFORD AC	173	0:38:44	2520	K Ferguson	CLAPHAM CHASERS RC
74	0:35:12	2810	S Rust	LONDON HEATHSIDE AC	174	0:38:45	2540	O Balme	DULWICH RUNNERS AC
75	0:35:14	2711	A Stevens	HERNE HILL HARRIERS	175	0:38:48	2789	R Bunting	LONDON HEATHSIDE AC
76	0:35:18	2933	M De Silva	RANELAGH HARRIERS	176	0:38:53	2593	J Ansell	EAST LONDON RUNNERS
77	0:35:20	2931	J Bailey	RANELAGH HARRIERS	177	0:38:54	3160	P Clements	TUNBRIDGE WELLS HARRIERS
78	0:35:24	2512	A Hoogmaker	CITY OF NORWICH AC	178	0:38:55	2570	S Bailey	EALING EAGLES
79	0:35:26	2614	D Norman	EPSOM & EWELL HARRIERS	179	0:38:57	2762	L Blackmore	KENT AC
80	0:35:33	2421	F Cole	BELGRAVE HARRIERS	180	0:38:58	2757	G Gavin	IPSWICH JAFFA RC
81	0:35:36	3166	S Bint	VICTORIA PARK H & TOWER I	181	0:39:00	2792	U Cartwright-Finch	LONDON HEATHSIDE AC
82	0:35:44	3047	B Brownness	SOUTHAMPTON AC	182	0:39:01	2955	A Godfrey	READING AC
83	0:35:44	2836	G Childs	MARSHALL MILTON KEYNES J	183	0:39:04	3158	L Hembury	TRING RUNNING CLUB
84	0:35:45	2467	N Sandell	BOURNEMOUTH AC	184	0:39:06	2943	M Synnott-Wells	RANELAGH HARRIERS
85	0:35:45	3043	M James	SOUTH LONDON HARRIERS	185	0:39:07	3105	R Dunlop	TAUNTON AC
86	0:35:46	2428	J Rhodes	BELGRAVE HARRIERS	186	0:39:10	2488	E Swire	CAMBRIDGE & COLERIDGE A
87	0:35:51	2953	J Folk	READING AC	187	0:39:11	2719	O Zeltner	HERNE HILL HARRIERS
88	0:35:52	2821	C Wright	LONDON HEATHSIDE AC	188	0:39:12	2395	D Stapleton	BARNET & DISTRICT AC
89	0:35:54	2529	A Johnson	DARTFORD HARRIERS AC	189	0:39:13	2613	M Ceconni	EPSOM & EWELL HARRIERS
90	0:35:57	2882	L Hodgson	NEWQUAY & PAR AC	190	0:39:14	2660	S Harrison	GUILDFORD & GODALMING J
91	0:35:57	2482	R Frake	CAMBRIDGE & COLERIDGE A	191	0:39:15	2418	M Bailey	BELGRAVE HARRIERS
92	0:36:02	2659	Y Goater	GUILDFORD & GODALMING J	192	0:39:16	2775	K Williams	KENT AC
93	0:36:03	2770	T Murphy	KENT AC	193	0:39:18	2523	D Raggett	CORNWALL AC
94	0:36:04	3037	R Coe-O'Brien	SOUTH LONDON HARRIERS	194	0:39:18	2469	J Wright	BOURNEMOUTH AC
95	0:36:05	2731	S Sheldrake	HIGHGATE HARRIERS	195	0:39:19	3175	L Morgan	VICTORIA PARK H & TOWER I
96	0:36:06	2905	T Oldershaw	PADDOCK WOOD AC	196	0:39:20	2988	J Bradley	SERPENTINE RC
97	0:36:10	3223	K Rushton	WINCHESTER & DISTRICT AC	197	0:39:22	2940	R Northmore	RANELAGH HARRIERS
98	0:36:14	2828	S Hearn	MEDWAY & MAIDSTONE AC	198	0:39:23	2363	N Fowler	ALDERSHOT FARNHAM & DA
99	0:36:17	2677	L Barker	HEADINGTON ROAD RUNNEF	199	0:39:25	2542	S Benattia	DULWICH RUNNERS AC
100	0:36:17	2903	C Day	PADDOCK WOOD AC	200	0:39:25	2379	D Hier	AVON VALLEY RUNNERS

# Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:39:26	3001	S Knox	SERPENTINE RC	301	0:43:09	3187	A Fairhurst	WARE JOGGERS
202	0:39:27	2859	H Sloly	MORNINGTON CHASERS RC	302	0:43:10	2737	L Hyde	HILLINGDON AC
203	0:39:30	3167	K Clark	VICTORIA PARK H & TOWER I	303	0:43:11	3015	C Ringrow	SERPENTINE RC
204	0:39:30	2996	K Gregory	SERPENTINE RC	304	0:43:15	3230	J Barclay	WOKING AC
205	0:39:31	2650	T Wilkinson-Begg	FOLKESTONE AC	305	0:43:16	2535	Runner 2535	DORKING & MOLE VALLEY AC
206	0:39:33	3041	P Iannella	SOUTH LONDON HARRIERS	306	0:43:17	2833	D Brent	MARSHALL MILTON KEYNES J
207	0:39:33	3171	C Evans	VICTORIA PARK H & TOWER I	307	0:43:18	3084	E Walls	ST ALBANS STRIDERS
208	0:39:41	2390	S Boxer	BARNET & DISTRICT AC	308	0:43:19	2479	I Anderson	BRIGHTON PHOENIX AC
209	0:39:47	3019	L Singer	SERPENTINE RC	309	0:43:21	3196	A Putko	WATFORD HARRIERS
210	0:39:47	2552	M Lennon	DULWICH RUNNERS AC	310	0:43:22	2969	R Chamberlain	RIVERSIDE RUNNERS ST NEOI
211	0:39:50	2916	D Dibden	POOLE AC	311	0:43:25	3151	C Coles	TRENT PARK RC
212	0:39:51	2973	L Davison	ROYSTON RUNNERS	312	0:43:26	3123	J Bass	THAMES VALLEY HARRIERS
213	0:39:58	3057	N Lagden	SOUTHEND ON SEA	313	0:43:43	2559	L Reed	DULWICH RUNNERS AC
214	0:40:01	3202	J Kingwill	WEST 4 HARRIERS	314	0:43:45	3000	M King	SERPENTINE RC
215	0:40:01	2562	E Simmons	DULWICH RUNNERS AC	315	0:43:51	2405	R Kerr	BEDFORD & COUNTY AC
216	0:40:02	2451	S Colvin	BIDFORD AAC	316	0:43:57	3162	L Mercer	TUNBRIDGE WELLS HARRIERS
217	0:40:03	2563	K Styles	DULWICH RUNNERS AC	317	0:43:58	2485	R Leah	CAMBRIDGE & COLERIDGE A
218	0:40:05	2825	J Winfield	LUTON AC	318	0:43:59	2378	F Gibbs	AVON VALLEY RUNNERS
219	0:40:07	2740	K Shockley	HILLINGDON AC	319	0:44:02	2628	T Evans	EYNHAM ROAD RUNNERS
220	0:40:08	2674	R Matson	HAVERING AC	320	0:44:03	2636	L Bamford	FARNHAM RUNNERS
221	0:40:09	3112	V Filsell	THAMES HARE & HOUNDS	321	0:44:04	3142	R Fagg	TONBRIDGE AC
222	0:40:10	2855	C Ray	MORNINGTON CHASERS RC	322	0:44:05	2733	L Conway	HILLINGDON AC
223	0:40:11	2927	M Ford	QUEENS PARK HARRIERS	323	0:44:05	2609	E Wilkinson	EAST LONDON RUNNERS
224	0:40:15	2981	F Slevin-Brown	SANDHURST JOGGERS	324	0:44:07	2768	N Hayes	KENT AC
225	0:40:18	2767	A Farrall	KENT AC	325	0:44:09	2797	J Higgins	LONDON HEATHSIDE AC
226	0:40:21	2669	R Maslen	HASTINGS AC	326	0:44:17	2543	L Clapp	DULWICH RUNNERS AC
227	0:40:24	3203	R Lewis	WEST 4 HARRIERS	327	0:44:18	2582	E Schmidt	EALING EAGLES
228	0:40:25	2452	H Colwill	BIDFORD AAC	328	0:44:23	2815	K Vinnicombe	LONDON HEATHSIDE AC
229	0:40:27	2388	N Atherton	BARNET & DISTRICT AC	329	0:44:24	3068	M Attree	ST ALBANS STRIDERS
230	0:40:28	3215	E Carter	WINCHESTER & DISTRICT AC	330	0:44:25	2760	C Palfrey	IPSWICH JAFFA RC
231	0:40:28	2995	A Eden	SERPENTINE RC	331	0:44:25	2637	J Georghiou	FARNHAM RUNNERS
232	0:40:29	2989	V Brown	SERPENTINE RC	332	0:44:26	2634	M Pritchard	FAIRLANDS VALLEY SPARTAN
233	0:40:29	3173	F Jeacocke	VICTORIA PARK H & TOWER I	333	0:44:29	2658	L Ellis	GUILDFORD & GODALMING J
234	0:40:29	2745	M Statham	HOLLAND SPORTS AC	334	0:44:29	3172	M Harrison	VICTORIA PARK H & TOWER I
235	0:40:30	2949	N Cooke	READING AC	335	0:44:31	3063	H Eastwood	SPRINGFIELD STRIDERS
236	0:40:31	2461	J Neal	BLACKHEATH & BROMLEY HA	336	0:44:32	2967	S Whalley	READING ROADRUNNERS
237	0:40:32	2817	J Wastell	LONDON HEATHSIDE AC	337	0:44:32	2557	L Pickering	DULWICH RUNNERS AC
238	0:40:33	2919	L Moore	POOLE AC	338	0:44:38	2692	H Walker	HERCULES WIMBLEDON AC
239	0:40:39	3159	M Ward	TRING RUNNING CLUB	339	0:44:39	2806	N O'Regan	LONDON HEATHSIDE AC
240	0:40:43	2686	M Crouse	HERCULES WIMBLEDON AC	340	0:44:42	2748	J Muspratt	HUNTINGDONSHIRE AC
241	0:40:43	3075	Z Lowe	ST ALBANS STRIDERS	341	0:44:46	2968	S Galloway	REIGATE PRIORY AC
242	0:40:44	2819	J Wing	LONDON HEATHSIDE AC	342	0:44:49	2517	K Carew-Robinson	CITY OF PORTSMOUTH AC
243	0:40:45	2925	E Buck	QUEENS PARK HARRIERS	343	0:44:51	3141	E Avis	TONBRIDGE AC
244	0:40:46	2871	J Cobby	NEW ELTHAM JOGGERS	344	0:44:53	2920	M Vaughan-Johncey	POOLE AC
245	0:40:47	2776	S Young	KENT AC	345	0:44:54	3104	L Wainwright	STUBBINGTON GREEN RUNN
246	0:40:49	2888	N Pitman	NORTH HERTS ROAD RUNNER	346	0:44:55	2533	L Ionasca	DORKING & MOLE VALLEY AC
247	0:40:49	2573	E Easten	EALING EAGLES	347	0:44:57	2742	M Spencer	HILLINGDON AC
248	0:40:50	2794	E Guijarro	LONDON HEATHSIDE AC	348	0:44:59	3190	L Oliver	WARE JOGGERS
249	0:40:51	2734	Z Dobbs	HILLINGDON AC	349	0:45:03	2849	R Lamour	MORNINGTON CHASERS RC
250	0:40:53	2501	B Wenman	CANTERBURY HARRIERS	350	0:45:08	3149	E Pilbeam	TOTTON RC
251	0:40:54	2621	K Malcolm	ETON MANOR AC	351	0:45:08	2604	M Hodson	EAST LONDON RUNNERS
252	0:40:56	3157	Z Redondo	TRENT PARK RC	352	0:45:11	2645	C O'Connor	FOLKESTONE AC
253	0:41:00	2725	N Cendrowicz	HIGHGATE HARRIERS	353	0:45:12	2564	R Tabor	DULWICH RUNNERS AC
254	0:41:04	2385	J Westwood	AVON VALLEY RUNNERS	354	0:45:15	2691	V Urban	HERCULES WIMBLEDON AC
255	0:41:10	2840	M Wright	MARSHALL MILTON KEYNES J	355	0:45:17	3164	J Barrow-Green	VICTORIA PARK H & TOWER I
256	0:41:11	2657	V Bingham	GUILDFORD & GODALMING J	356	0:45:25	2611	S Collins-Shirley	ELY RUNNERS
257	0:41:11	3145	L Pitcairn-Knowles	TONBRIDGE AC	357	0:45:25	2588	C Jones	EALING SOUTHALL & MIDDLE
258	0:41:14	2977	R Sturgess	ROYSTON RUNNERS	358	0:45:27	2735	P Fischer	HILLINGDON AC
259	0:41:23	3096	S Upton	STRIDERS OF CROYDON	359	0:45:30	2665	J Body	HASTINGS AC
260	0:41:32	3042	L Ingram	SOUTH LONDON HARRIERS	360	0:45:31	2922	S Swift	POOLE RUNNERS
261	0:41:32	2809	L Pinton	LONDON HEATHSIDE AC	361	0:45:32	2923	L Tidbury	POOLE RUNNERS
262	0:41:36	2465	L Price	BOURNEMOUTH AC	362	0:45:34	2666	R Clements	HASTINGS AC
263	0:41:38	2446	D Saunders	BEXLEY AC	363	0:45:39	2759	S Heath	IPSWICH JAFFA RC
264	0:41:38	2952	S Dix	READING AC	364	0:45:39	3204	S Nambassa	WEST 4 HARRIERS
265	0:41:42	2638	E Stradling	FARNHAM RUNNERS	365	0:45:42	3188	K Liddiard	WARE JOGGERS
266	0:41:44	2847	J Kemps	MORNINGTON CHASERS RC	366	0:45:46	2970	D Parr	RIVERSIDE RUNNERS ST NEOI
267	0:41:47	2779	A Farnfield	LEIGHTON BUZZARD AC	367	0:45:47	2750	E Smith	HUNTINGDONSHIRE AC
268	0:41:51	3169	G Dunlop	VICTORIA PARK H & TOWER I	368	0:45:49	3097	S Wong	STRIDERS OF CROYDON
269	0:41:51	2892	D English	NORWICH ROAD RUNNERS	369	0:45:51	3072	D Heydecke	ST ALBANS STRIDERS
270	0:41:52	2483	H Grant	CAMBRIDGE & COLERIDGE A	370	0:45:52	2602	H Harris	EAST LONDON RUNNERS
271	0:41:55	2577	Y Linney	EALING EAGLES	371	0:46:04	2521	M Pike	CLAPHAM CHASERS RC
272	0:41:56	2697	R Barrow	HERNE HILL HARRIERS	372	0:46:05	3152	T Green	TRENT PARK RC
273	0:41:59	2435	L Crane	BEXLEY AC	373	0:46:10	3004	T Lopez	SERPENTINE RC
274	0:42:00	3189	B McLees	WARE JOGGERS	374	0:46:13	2400	M Brodie	BEDFORD & COUNTY AC
275	0:42:01	3082	A Tanner	ST ALBANS STRIDERS	375	0:46:15	2567	A Golding	DUNSTABLE ROAD RUNNERS
276	0:42:02	2627	Z Woodward	ETON MANOR AC	376	0:46:19	2858	A Sanders-Reece	MORNINGTON CHASERS RC
277	0:42:03	2848	M Kimura	MORNINGTON CHASERS RC	377	0:46:22	2607	C Payaneeandee	EAST LONDON RUNNERS
278	0:42:03	2718	J Winfield	HERNE HILL HARRIERS	378	0:46:25	2771	Z Nemeckova	KENT AC
279	0:42:05	2997	G Huss	SERPENTINE RC	379	0:46:27	3021	L Stewart	SERPENTINE RC
280	0:42:06	2791	H Carmichael	LONDON HEATHSIDE AC	380	0:46:28	3054	C Frampton	SOUTHEND ON SEA
281	0:42:07	3064	R Pitman	SPRINGFIELD STRIDERS	381	0:46:31	2975	I Marriage	ROYSTON RUNNERS
282	0:42:09	3098	P Forse	STUBBINGTON GREEN RUNN	382	0:46:33	2853	H McQuarrie	MORNINGTON CHASERS RC
283	0:42:12	2772	B Shakespeare	KENT AC	383	0:46:39	2580	S Park	EALING EAGLES
284	0:42:12	2518	J Kitching	CITY OF PORTSMOUTH AC	384	0:46:41	3061	H Bateman	SPRINGFIELD STRIDERS
285	0:42:13	2639	E Whittaker-Axon	FARNHAM RUNNERS	385	0:46:42	2450	S Barnbrook	BIDFORD AAC
286	0:42:16	2799	A Howe	LONDON HEATHSIDE AC	386	0:46:45	3009	N McGlennon	SERPENTINE RC
287	0:42:24	3093	B Laurence	STRIDERS OF CROYDON	387	0:46:46	2536	V Victor	DORKING & MOLE VALLEY AC
288	0:42:31	3137	H Davies	THE STRAGGLERS RC	388	0:46:47	2474	E Pritty	BRIGHTON & HOVE AC
289	0:42:32	2814	J Vinluan	LONDON HEATHSIDE AC	389	0:46:51	2991	J Conn	SERPENTINE RC
290	0:42:34	2381	S Jeddi	AVON VALLEY RUNNERS	390	0:46:56	2842	L Connolly	MORNINGTON CHASERS RC
291	0:42:40	2901	L Hall	ORION HARRIERS	391	0:46:57	2994	R Doyle	SERPENTINE RC
292	0:42:43	2377	J Coulson	AVON VALLEY RUNNERS	392	0:46:59	3109	Je Davies	THAMES HARE & HOUNDS
293	0:42:47	2811	H Standforth	LONDON HEATHSIDE AC	393	0:47:00	2852	P Marton	MORNINGTON CHASERS RC
294	0:42:47	2850	M Lomax	MORNINGTON CHASERS RC	394	0:47:01	3095	C Storey	STRIDERS OF CROYDON
295	0:42:54	3226	V Brookling	WINDSOR SLOUGH ETON & F	395	0:47:06	3153	C Harding	TRENT PARK RC
296	0:42:57	2935	V Elbourne	RANELAGH HARRIERS	396	0:47:08	3067	S Williams	SPRINGFIELD STRIDERS
297	0:42:58	2856	A Riddell	MORNINGTON CHASERS RC	397	0:47:12	2392	K Johnstone	BARNET & DISTRICT AC
298	0:43:01	2777	N Atkins	KINGSTON AC & POLY HARRI	398	0:47:14	3192	S Rowe	WARE JOGGERS
299	0:43:03	3116	I Kriauzaitė	THAMES HARE & HOUNDS	399	0:47:19	3060	S Bannister	SPRINGFIELD STRIDERS
300	0:43:07	2466	C Rowley	BOURNEMOUTH AC	400	0:47:21	2453	K Shapland	BIDFORD AAC

# Senior Women

Pos	Time	No	Name	Club
401	0:47:23	2965	C Seymour	READING ROADRUNNERS
402	0:47:33	2900	P Dowsell	ORION HARRIERS
403	0:47:36	2874	G Eastment	NEW ELTHAM JOGGERS
404	0:47:46	2802	K Kinhelin	LONDON HEATHSIDE AC
405	0:47:57	3066	E Tribley	SPRINGFIELD STRIDERS
406	0:47:59	3062	K Chapman	SPRINGFIELD STRIDERS
407	0:48:09	3191	F Price	WARE JOGGERS
408	0:48:12	3154	J Moss	TRENT PARK RC
409	0:48:19	2980	S Kendall-Woods	SANDHURST JOGGERS
410	0:48:26	2885	J Harbon	NORTH HERTS ROAD RUNNEI
411	0:48:28	2449	S Antell	BIDFORD AAC
412	0:48:31	2538	L Annabel	DULWICH RUNNERS AC
413	0:48:33	3184	J Booker	WARE JOGGERS
414	0:48:46	2966	M Starks	READING ROADRUNNERS
415	0:48:48	2599	F Day	EAST LONDON RUNNERS
416	0:48:53	2976	L Mitchell	ROYSTON RUNNERS
417	0:48:57	2687	M De Luca	HERCULES WIMBLEDON AC
418	0:48:58	2594	L Barron	EAST LONDON RUNNERS
419	0:49:02	2689	R Hornshaw	HERCULES WIMBLEDON AC
420	0:49:02	3185	H Clark	WARE JOGGERS
421	0:49:02	3193	J Stock	WARE JOGGERS
422	0:49:05	2790	K Butler	LONDON HEATHSIDE AC
423	0:49:05	2894	L Jones	NORWICH ROAD RUNNERS
424	0:49:06	2610	R Young	EAST LONDON RUNNERS
425	0:49:14	2620	J Hall	ETON MANOR AC
426	0:49:15	2575	J Hood	EALING EAGLES
427	0:49:34	3163	C Tsang	TUNBRIDGE WELLS HARRIERS
428	0:49:36	3246	K Bonner	YEOVIL TOWN RRC
429	0:49:38	2398	H White	BEARBROOK RC
430	0:49:40	3165	E Battson	VICTORIA PARK H & TOWER H
431	0:49:42	2630	T Lawfull	EYNHAM ROAD RUNNERS
432	0:49:44	3070	C Drage	ST ALBANS STRIDERS
433	0:49:57	2992	S Day	SERPENTINE RC
434	0:50:00	3128	B Maddison	THAMES VALLEY HARRIERS
435	0:50:04	2617	R Brittle	ETON MANOR AC
436	0:50:14	2971	A Thompson	RIVERSIDE RUNNERS ST NEOT
437	0:50:17	2595	A Brown	EAST LONDON RUNNERS
438	0:50:19	2860	A Sullivan	MORNINGTON CHASERS RC
439	0:50:32	2795	A Harrow	LONDON HEATHSIDE AC
440	0:50:43	3168	P Cockman	VICTORIA PARK H & TOWER H
441	0:50:57	3074	C Jack	ST ALBANS STRIDERS
442	0:51:13	3090	A Boeswinger	STRIDERS OF CROYDON
443	0:51:24	2643	E Long	FOLKESTONE AC
444	0:51:28	2635	P Wilson	FAIRLANDS VALLEY SPARTAN
445	0:51:28	2626	C Watson	ETON MANOR AC
446	0:51:38	2913	H Williams	PITSEA RC
447	0:51:41	2615	S Acklam	ETON MANOR AC
448	0:51:48	2586	K Di Paolo	EALING SOUTHWALL & MIDDLE
449	0:52:03	2986	K Bettis	SERPENTINE RC
450	0:52:05	2605	B Kalmar	EAST LONDON RUNNERS
451	0:52:06	2600	G Foxall	EAST LONDON RUNNERS
452	0:52:19	2910	V Sinclair	PITSEA RC
453	0:52:25	3247	Anne Bath	26.2 RRC
454	0:52:32	2881	R White	NEW ELTHAM JOGGERS
455	0:52:39	2527	S Dann	DARTFORD HARRIERS AC
456	0:52:39	2528	E Ives	DARTFORD HARRIERS AC
457	0:52:50	2786	L Compton	LINGFIELD RC
458	0:52:59	2486	J Richardson	CAMBRIDGE & COLERIDGE A
459	0:53:19	2766	L Eyre	KENT AC
460	0:53:38	2758	J Haslewood	IPSWICH JAFFA RC
461	0:53:43	2389	C Boutle	BARNET & DISTRICT AC
462	0:53:50	2608	G Radford	EAST LONDON RUNNERS
463	0:53:54	3091	A Cairnie	STRIDERS OF CROYDON
464	0:53:57	2596	S Corbyn	EAST LONDON RUNNERS
465	0:54:02	2679	E Carter	HEADINGTON ROAD RUNNEF
466	0:54:24	2895	T Keeble	NORWICH ROAD RUNNERS
467	0:54:27	2798	A Hosking	LONDON HEATHSIDE AC
468	0:54:30	3182	L Slight	VICTORY AC
469	0:54:32	2649	J Whitehead	FOLKESTONE AC
470	0:54:38	2921	A Brown	POOLE RUNNERS
471	0:54:41	2909	G Harrison	PITSEA RC
472	0:54:49	2908	T Flannigan	PITSEA RC
473	0:54:54	2581	O Parker Scott	EALING EAGLES
474	0:54:54	2646	A Saunders	FOLKESTONE AC
475	0:54:56	2728	K Nandra	HIGHGATE HARRIERS
476	0:55:15	2507	S Baker	CHICHESTER RUNNERS & AC
477	0:55:17	3073	C Holloway	ST ALBANS STRIDERS
478	0:55:26	2391	M Brown	BARNET & DISTRICT AC
479	0:55:32	2963	I Liming	READING ROADRUNNERS
480	0:55:45	2606	C Moore	EAST LONDON RUNNERS
481	0:55:49	3078	C Skyrme	ST ALBANS STRIDERS
482	0:56:16	3022	S Vaatz	SERPENTINE RC
483	0:56:23	2787	T Donohue	LINGFIELD RC
484	0:56:40	2583	B Silver	EALING EAGLES
485	0:56:43	3156	C Read	TRENT PARK RC
486	0:56:55	2845	L Francis	MORNINGTON CHASERS RC
487	0:57:31	3069	K Chiton	ST ALBANS STRIDERS
488	0:58:41	2884	L Cook	NORTH HERTS ROAD RUNNEI
489	0:58:59	2603	E Hobbs	EAST LONDON RUNNERS
490	0:59:04	3092	I Kita	STRIDERS OF CROYDON
491	0:59:19	2442	G Legon	BEXLEY AC
492	0:59:20	3183	C Turner	VICTORY AC
493	0:59:26	2623	J Verrall	ETON MANOR AC
494	0:59:38	2437	B Ferebee	BEXLEY AC
495	1:00:16	3150	R Pilbeam	TOTTON RC
496	1:01:10	3131	C Munden	THAMES VALLEY HARRIERS
497	1:02:35	3180	M Crocker	VICTORY AC
498	1:03:02	2832	D Bottomley	MARSHALL MILTON KEYNES /
499	1:09:49	3181	R Sangha	VICTORY AC
500	1:27:53	3094	V Legge	STRIDERS OF CROYDON

Pos	Time	No	Name	Club
501	1:37:41	3106	R Preece	TAUNTON AC

## Team Results:

Pos	Points	Team / Club	Placings
1	56	ALDRESHOT FARNHAM & DAC	( 3 12 14 27 )
2	156	SERPENTINE RC	( 32 37 43 44 )
3	188	HERNE HILL HARRIERS	( 7 34 72 75 )
4	189	LONDON HEATHSIDE AC	( 28 30 57 74 )
5	199	HIGHGATE HARRIERS	( 2 33 69 95 )
6	236	WINCHESTER & DISTRICT AC	( 17 51 71 97 )
7	280	RANELAGH HARRIERS	( 36 52 83 158 )
8	286	READING AC	( 23 65 87 111 )
9	311	KENT AC	( 24 60 93 134 )
10	322	SOUTH LONDON HARRIERS	( 5 85 94 138 )
11	329	MARSHALL MILTON KEYNES AC	( 36 52 83 158 )
12	344	LUTON AC	( 16 48 62 218 )
13	351	CAMBRIDGE & COLERIDGE AC	( 11 63 91 186 )
14	371	DULWICH RUNNERS AC	( 40 101 110 120 )
15	372	PADDOCK WOOD AC	( 70 96 100 106 )
16	373	BELGRAVE HARRIERS	( 41 80 86 166 )
17	405	VICTORIA PARK H & TOWER H AC	( 39 81 142 143 )
18	468	BLACKHEATH & BROMLEY HARRI	( 56 68 108 236 )
19	518	AVON VALLEY RUNNERS	( 22 131 165 200 )
20	560	THAMES HARE & HOUNDS	( 49 121 169 221 )
21	601	TONBRIDGE AC	( 8 15 257 321 )
22	604	BOURNEMOUTH AC	( 64 84 194 262 )
23	632	WEST 4 HARRIERS	( 104 146 168 214 )
24	678	BARNET & DISTRICT AC	( 53 188 208 229 )
25	710	GUILDFORD & GODALMING AC	( 92 172 190 256 )
26	731	BEDFORD & COUNTY AC	( 13 29 315 374 )
27	771	HILLINGDON AC	( 133 170 219 249 )
28	818	EALING EAGLES	( 122 178 247 271 )
29	841	HERCULES WIMBLEDON AC	( 66 151 240 338 )
30	844	STUBBINGTON GREEN RUNNERS	( 123 140 242 336 )
31	846	MORNINGTON CHASERS RC	( 156 202 222 266 )
32	884	ST ALBANS STRIDERS	( 61 241 275 307 )
33	918	POOLE AC	( 125 211 238 344 )
34	998	ETON MANOR AC	( 46 251 276 425 )
35	1059	EALING SOUTHWALL & MIDDLESEX	( 109 145 357 448 )
36	1112	DARTFORD HARRIERS AC	( 89 112 455 456 )
37	1129	FOLKESTONE AC	( 129 205 352 443 )
38	1201	FARNHAM RUNNERS	( 265 285 320 331 )
39	1220	EAST LONDON RUNNERS	( 176 323 351 370 )
40	1229	BIDFORD AAC	( 216 228 385 400 )
41	1265	NEW ELTHAM JOGGERS	( 164 244 403 454 )
42	1267	ROYSTON RUNNERS	( 212 258 381 416 )
43	1274	NORTH HERTS ROAD RUNNERS	( 130 246 410 488 )
44	1288	WARE JOGGERS	( 274 301 348 365 )
45	1296	THAMES VALLEY HARRIERS	( 54 312 434 496 )
46	1308	STRIDERS OF CROYDON	( 259 287 368 394 )
47	1330	TRENT PARK RC	( 252 311 372 395 )
48	1333	IPSWICH JAFFA RC	( 180 330 363 460 )
49	1396	SPRINGFIELD STRIDERS	( 281 335 384 396 )
50	1521	BEXLEY AC	( 263 273 491 494 )
51	1630	READING ROADRUNNERS	( 336 401 414 479 )
52	1841	PITSEA RC	( 446 452 471 472 )
53	1956	VICTORY AC	( 468 492 497 499 )