

Position	Name	Time	Club	Category	Number
1	Matthew Woodman	34:28		MS	27
2	Greg Spellman	35:04	RUGBY & NORTHAMPTON AC	MV40	12
3	Liam Proudlock	35:27	LONDON HEATHSIDE	MV40	145
4	Edward Samuel	35:48	LONDON HEATHSIDE	MS	63
5	Jack Scannell	37:12	ERYRI HARRIERS	MV40	117
6	Richard Lloyd	38:06	MERCIA FELL RUNNERS	MV40	181
7	Matthew Roe	38:09		MS	165
8	Mike Prior	38:17	TRENT PARK	MV40	166
9	Joseph Lowe	38:19	HIGHGATE HARRIERS	MV40	143
10	Colin Taylor	38:23	WATFORD JOGGERS	MV50	142
11	Mark Woolf	38:44	WATFORD JOGGERS	MS	176
12	Chris Campbell	38:52		MS	41
13	Krzysztof Roman	39:03	POLICE POLAND	MV50	175
14	Daniel Sumner	39:29		MS	55
15	Mathew Crighton	39:56		MS	178
16	Raytcho Raykov	40:40		MV40	66
17	Carlo Metcalfe	40:44		MS	129
18	Lisa Webb	40:53	SHAFTESBURY BARNET HARRIERS	FV45	100
19	Robert O'Rourke	41:43		MV40	99
20	Angela Murphy	41:55		FV45	18
21	Robert Pearce	41:56		MV40	94
22	Matthew Watts	42:39		MS	95
23	Ray Clarabut	42:41		MV60	1
24	Noah Bold	43:10		MS	44
25	Theunis Botha	43:14	BECKENHAM RC	MS	157
26	Bert Louw	43:14		MS	156
27	Marc Elliott	43:47	JPMORGAN	MS	64
28	Matthew Godfrey	43:48		MS	22
29	Ronjon Chakraverty	43:50	HARPENDEN ARO RUNNERS	MV40	105
30	Wesley Smith	43:55		MV40	170
31	Daniel Quare	44:03	EDMONTON	MS	185
32	Peter Robert Smith	44:05		MV40	5
33	Mark Thompson	44:26		MV40	53
34	Stephen Rudolf	44:44	TRAIL RUNNERS ASSOCIATION	MV40	161
35	Fernando Fuente	44:57	HAVERING 90 JOGGERS	MV50	149
36	John Murphy	45:09		MV50	69
37	Alan Hathaway	45:13	ENFIELD HARRIERS	MS	133
38	Helen Stibbs	45:19		FV45	45
39	George Georgiou	45:26	EAST LONDON RUNNERS	MV40	36
40	Mick O'Leary	45:47		MV50	16
41	Nigel Hollington	46:07		MV50	107
42	Alexander Strichland	46:12		MS	186
43	Paul J Buckey	46:23	TRI-ARDER	MV50	29
44	Richard Lyness	46:27		MS	68
45	Steve Roberts	46:34	GARDEN CITY RUNNERS	MV50	97
46	James Keeley	46:46		MS	128

47 Paul Wiggett	46:53	ENFIELD	MS	134
48 Stuart Williams	47:00		MS	43
49 Iain Mitchell	47:39		MV40	54
50 Helen Thewlis	47:42		FV35	26
51 Louise Hansen	47:43		FS	92
52 Ivor Mclearnon	47:47		MV50	131
53 Judy Marchant	47:50	ETON MANOR	FV45	171
54 Alison Goodlad	48:04	ETON MANOR	FV35	47
55 Vin Patel	48:08	TRENT PARK RC	MV60	9
56 Tom Godfrey	48:31		MV50	23
57 Tony Turner	48:34		MV40	160
58 Alun Nash	48:36		MV50	150
59 Devke Trivedi	48:36		FS	126
60 Renato Losio	48:48		MS	106
61 Matthew Doughty	49:01	ENFIELD & HARINGEY AC	MV60	13
62 Paul Maher	49:05		MV60	158
63 Richard Pichelski	49:16	EDMONTON	MV50	132
64 Paul Robinson	49:20	ORION HARRIERS	MV50	154
65 Jonathan Ball	49:26	TRENT PARK	FV35	127
66 Chris Ferguson	49:30	TRAIL RUNNERS ASSOCIATION	MV40	159
67 David Smith	49:42	ROAD RUNNERS CLUB	MV50	102
68 Marc Bibaud	49:46		MV40	162
69 Malcolm Blackwood	49:53	TRENT PARK	MV60	122
70 Inga Hayden-Cooper	49:54	DAGENHAM 88 RUNNERS	FV35	4
71 Stephen Adu	49:56		MV40	180
72 Barlen Soopramanien	50:08	TRENT PARK	MV40	155
73 Melissa Embery	50:09	DAGENHAM 88RUNNERS	FV35	119
74 Christopher Thompson	50:21	TRENT PARK RC	MV50	10
75 Peter Boulton	50:44		MV60	109
76 Mark Mitchell	50:55		MS	34
77 Peter Matteson	51:19		MV40	172
78 Jason Champion	51:19		MS	136
79 Andrew Sweet	51:29		MS	179
80 Colin Cowpertwait	51:48		MS	51
81 Kevin Markwell	52:03		MV50	163
82 Ruth Colgan	52:05	WEST 4 HARRIERS	FV45	116
83 Anne Graessner	52:07		FS	67
84 Colin St. Helien	52:08		MV40	70
85 Scott Mordecai	52:16		MS	146
86 Anne Lippitt	52:17	TRENT PARK RC	FV55	7
87 Brian Ariel	52:20	BARNET	MV60	140
88 Kevin McIllelan	52:24	SERPENTINE	MV50	20
89 Martin Sculpher	52:29		MV50	86
90 Sally South	52:40	EDMONTON	FV45	91
91 Edward Bird	52:47		MV40	57
92 Philip Pearson	52:49		MV60	120
93 Mike Ireland	53:08		MS	174

94	Davis Sells	53:17	MV40	25	
95	Ade Devlin	53:28	MS	37	
96	Glenys Smith	53:34	FV45	164	
97	Martin Grey	53:55	SHAFTESBURY BARNET HARRIERS	MV60	90
98	Adeline Coker	54:07	EDMONTON	FV35	183
99	Pauline Lygo	54:12	BARNET AND DISTRICT AC	FV55	85
100	Darek Sliwa	54:17	MV40	56	
101	Michelle Hume	54:19	FS	46	
102	Adrian Day	54:22	TRENT PARK	MV50	108
103	Caroline Davis	54:28	FS	42	
104	Celia Jeffreys	54:53	FS	93	
105	John White	55:14	MS	173	
106	Christopher Archer	55:36	FAIRLANDS VALLEY SPARTANS	MV40	71
107	Louise Taylor	56:09	FV35	89	
108	Kelly Taylor	56:28	FS	135	
109	Vanessa Bush	56:44	FV35	84	
110	Sarah Maidment	56:47	FS	61	
111	Debra Skapoullis	57:07	EDMONTON	FV45	50
112	Lisa Massey	57:12	FV35	21	
113	Mary Cryer	57:18	FV45	88	
114	Catherine Robbins	57:22	FS	110	
115	Trevor Duke	57:32	TRENT PARK	MV50	121
116	Annie Bell	57:33	FV35	113	
117	Emma Fairlamb	57:37	FS	35	
118	Paul Francis	57:51	MV40	114	
119	Helen Marks	58:09	FV35	81	
120	Maria Bonorchis	58:48	FV35	2	
121	Alan Randall	58:49	MV40	58	
122	Eulene Gooden	58:50	TOTTENHAM	FV45	151
123	Hayley Auguda	58:55	FS	14	
124	Gemma Watts	59:04	FS	96	
125	Nicola Chodurek	59:20	FV45	49	
126	Christine Sutherland	59:24	HAVERING 90 JOGGERS	FV55	148
127	Andre Klanga	59:27	FS	72	
128	Alison Laurens-Bacall	60:11	FV35	77	
129	Nigel Laurens	60:11	MS	76	
130	Susanna Shouls	60:39	FV35	184	
131	Nicola Field	60:41	DAGENHAM 88 RUNNERS	FV35	118
132	Christine Barrymore	61:01	TRENT PARK RC	FV55	15
133	Wendy Pullen	61:41	FV45	115	
134	Helen Hili	61:53	FV45	104	
135	Jerome Conway	61:54	MV50	103	
136	Mary Wilson	62:11	MV50	177	
137	Ann Worthy	62:28	FV45	31	
138	Christina Williams	62:28	FV35	30	
139	Valerie Edworthy	62:35	FV35	137	
140	Jane Iordanouo	62:35	FV35	139	

141	Enda Mcginley	63:30		MV40	169
142	Alexendra Onet	65:25		FS	167
143	Ingrid Ophelia	65:55		FV35	3
144	Esome Osagie-Ovipsu	65:57		FS	6
145	Leonard Hart	66:07		MV60	147
146	Cynthia Morgan	67:50		FV45	182
147	Terry Woolley	67:53	FAIRLANDS VALLEY SPARTANS	MV60	24
148	Kirsty Page	69:56		FV35	83
149	Karen Ryan	69:56		FV45	82
150	Vicky Staines	69:56		FV35	80
151	Pat Rhodes	70:30	EDMONTON	FV55	75
152	Mandy Miller	70:31		FV45	168
153	Therese Conway	70:34	EDMONTON	FV45	74
154	Jonathan Edmonds-Brown	70:43		MS	112
155	Marian Wallace	71:18		FV45	138
156	Debbie Adams	71:57	EDMONTON	FV35	123
157	Sydney Sinwing	72:37		MV60	141
158	John Kilby	73:05		MV60	39
159	Yvonne Robinson	79:30	TOTTENHAM	FV45	152
160	Hanna Pardo	80:48		FS	124
161	Ian Pardo	80:48		MS	125
162	Magda Guzy	80:48		FS	144
163	Brian Collison	80:48	EDMONTON	MV60	130
164	Theresa Maglorie	86:00	TOTTENHAM	FV45	153