

Position	Name	Time	Club	Category	Number
1	Greg Spellman	34:51	RUGBY AND NORTHAMPTON AC	MV40	47
2	Liam Proudlock	34:53	LONDON HEATHSIDE	MV40	141
3	Benn Thomas	35:32	SERPENTINE RC	MS	29
4	Shaun Mills	37:05		MS	37
5	Herbert Buvira	37:09	ENFIELD & HARINGEY	MV40	135
6	Piotr Olchawa	37:35		MV40	48
7	Richard Macaulay	37:36	LONDON HEATHSIDE	MS	67
8	Rob Shalman	39:22	LONDON HEATHSIDE	MV40	187
9	Paul Jeffrey-Read	39:33	HARLOW RUNNING CLUB	MS	20
10	Andrew Tobin	40:11	MORNINGTON CHASERS	MV40	43
11	Peter Gibbons	40:42	SERPENTINE	MV40	12
12	Michael Ttoouli	40:52		MS	193
13	Iva Raykov	40:57	LONDON HEATHSIDE	FV35	7
14	Robert O'Rourke	41:14		MV40	19
15	David-John Daley	41:19		MS	162
16	Karen Flannery	41:21	TRENT PARK	FV35	146
17	Jacqueline Hardwick	42:02	TRENT PARK RC	FV35	52
18	Andrew Salisbury	42:36	HERTS PHOENIX AC	MV50	38
19	Nick Watson	42:37		MV50	197
20	David Tyson	42:52		MS	184
21	David Wilson	43:17		MS	139
22	Carl Dowling	43:18		MV40	66
23	Sue Gawley	43:20		FV35	198
24	Joseph Willer	43:34		MV40	8
25	Sarah Le Good	43:48		FS	196
26	George Georgiou	43:49	EAST LONDON RUNNERS	MV40	42
27	James Keeley	44:25		MS	174
28	Ian Johnson	44:33	Trent Park Running Club	MV50	71
29	Fernando Fuente	44:40	HAVERING 90	MV50	171
30	Stuart Fisher	44:41		MV40	145
31	Martin Cullen	44:51	TRENT PARK RUNNING CLUB	MV40	54
32	Angelo Larini	44:55		MV40	44
33	Peter Roll	45:03	TRENT PARK RUNNNG CLUB	MV50	50
34	Stephen Rudolf	45:04	TRAIL RUNNERS	MV50	154
35	John Mulcaw	45:05		MV40	170
36	Emilia Vynnycky	45:09	LONDON HEATHSIDE	FV35	40
37	Robert Bartlett	45:27		MV50	182
38	Rebecca Woolley	45:40	BROMSGROVE & REDDITCH A.C.	FS	65
39	Chris Notton	45:46	SERPENTINE RUNNING CLUB	MS	60
40	Jamie Appleby	45:50		MS	3
41	Elaine Christodoulou	45:52		FV55	34
42	Raymond Watts	46:05		MV40	194
43	Wesley Smith	46:13		MV40	157
44	Chas Taylor	46:18	TRENT PARK	MV60	147
45	Alison Ball	46:24	Trent Park Running Club	FV35	72
46	Francesca Healy	46:47		FS	181
47	Phil Dykins	46:48		MV50	180
48	Joanne Plumb	46:59		FV35	183
49	Nigel Hollington	47:11		MV50	148
50	Helen Thewlis	47:25		FV35	11

51 Keith Seyde	47:40		MV60	165
52 John Murphy	48:19		MV50	5
53 Sean Carey	48:27		MV40	179
54 Mark Mitchell	48:30		MS	1
55 Alison Goodlad	48:42	ETON MANORAC	FV35	57
56 Elliot Martin	49:04		MV40	186
57 Jackie Gardener	49:30		FV45	176
58 Kishan Thanawala	49:34		MS	159
59 Peter Comerford	49:36		MV50	185
60 Matthew Small	49:46		MS	140
61 Judy Marchant	49:50	ETON MANOR	FV55	136
62 David-John Maher	49:55		MV40	177
63 Stephen Baker	50:05	HARINGEY	MV50	149
64 Shahn Jones	50:08		FS	164
65 Peter Matheson	50:15		MV40	155
66 James Jones	50:16		MS	163
67 Paul Maher	50:21		MV60	178
68 James Stripe	51:07		MV40	160
69 Paul Buckley	51:12		MV50	151
70 Russell Jones	51:14		MS	36
71 Ian Fairbank	51:32		MV40	173
72 Yo Hearne	51:36		FV35	200
73 Colin St. Helien	51:40		MV40	6
74 Glenn Reynolds	51:48		MS	166
75 Gary Rokenson	51:50	GADE VALLEY HARRIERS	MV50	33
76 Martin Sculpher	51:52	TRENT PARK RUNNING CLUB	MV50	46
77 Malcolm Blackwood	51:54	TRENT PARK	MV60	175
78 Chris Brammer	52:02		MS	69
79 Colin Cowpewart	52:15		MS	4
80 Sigrid Stangl	52:35	SERPENTINE RC	FS	59
81 Francesca Vidler	52:36		FS	153
82 Kon Georgiou	52:38		MV50	144
83 John Cook	52:48	LOUGHTON ATHLETIC CLUB	MV40	17
84 Steven Hill	52:49		MS	32
85 Christine Hawker	52:54		FV45	191
86 Robert Walker	53:01		MS	134
87 Peter Mackintosh	53:15		MS	63
88 Victoria Bowden	53:25		FV35	25
89 Chris Ferguson	53:26	TRAIL RUNNERS	MV40	156
90 Anthony Naughton	53:41		MV40	62
91 John Reynolds	53:50		MV50	167
92 Janine Nathan	54:12		FV45	189
93 Neville Green	54:21		MV40	172
94 Alan Randall	54:40		MV40	2
95 Meneka Sidhu	55:00		FS	18
96 Sheila Kennedy	55:02	EAST LONDON RUNNERS	FV45	53
97 Michael Dutnall	55:35		MS	39
98 Lindsey Cook	55:40		FS	58
99 Alison Yates	56:14		FV45	195
100 Michelle Ashwell	56:16		FV35	150
101 Reg Elliot	56:58		MV50	168

102	Jane Ferraro	57:02		FV35	190
103	Janine Gilbert	58:01		FS	31
104	Sandra Elphinston	58:19		FS	70
105	Natalie Roll	58:21	TRENT PARK RUNNING CLUB	FS	49
106	Richard White	58:22		MV40	30
107	Sarah Stevens	58:45		FV35	28
108	Amy Fielding	58:46		FS	35
109	Remi Piola	58:50		MV40	161
110	Vicki Smith	58:52		FV35	56
111	John Craft	59:01		MV60	192
112	Tracey Hobbs	59:02		FV45	45
113	John Kilby	59:19		MV60	61
114	Caroline Phillips	59:26		FV35	26
115	Christine Sutherland	59:48		FV55	169
116	Kate Honeysett	59:49		FS	137
117	Rachel Duller	59:51		FS	142
118	Vikki Martin	60:04		FV35	152
119	Sarah Burgess	60:15		FV35	27
120	Gemma Watts	60:38		FS	22
121	Matthew Watts	60:39		MS	21
122	Helen Georgiou	69:45		FV45	143
123	Angela Thompson	60:55		FS	14
124	Debra Skapoullis	61:62	PURPLE PATCH RUNNERS	FV45	51
125	Patrick Norris	62:22	NORTH HERTS	MV50	188
126	Mary Wilson	62:59		FV55	138
127	Jane Thurgood	63:19		FV35	15
128	Hulya Muzammal	65:04		FV35	16
129	Julian Tracey	65:12	TRENT PARK	MV60	199