

<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Club</b>	<b>Category</b>	<b>Number</b>
1	Nicholas Copas	29:02	SERPENTINE	MV40	213
2	Dixon David	29:10	BRITISH AIRWAYS	MV40	215
3	Buvira Herbert	29:42	ENFIELD & HARINGEY	MV40	223
4	Taylor Ron	29:45		MS	225
5	Gavin Evans	30:14		MV50	120
6	Jo Green	30:16	LONDON HEATHSIDE	MV40	196
7	Jefford Mark	30:30	ROAD RUNNERS CLUB	MV40	218
8	Michael Prior	30:44	TRENT PARK	MV40	170
9	Chris Elliot	32:09	EDMONTON RC	MV50	148
10	Kevin Haynes	32:14		MS	163
11	David-John Daley	32:34		MS	177
12	Richard Mcllellan	32:37	TRI ANGLIA	MS	193
13	Kiyoshi Iwata	32:47		MV40	181
14	Philip Duggan	32:59		MS	212
15	Karen Flannery	33:10		FV35	207
16	Bryan Lewis	33:13		MS	158
17	Stewart Pepper	33:19	ENFIELD AND HARINGEY AC	MV50	152
18	Paul Martin	33:25		MS	210
19	Ross Giggins	34:41		MS	195
20	Stuart Manning	34:47	ORION HARRIERS	MV60	174
21	Malcolm Allen	35:01	TRENT PARK RC	MV50	154
22	Nicholas Skipper	35:07	LONDON HEATHSIDE	MV50	135
23	Malcolm Hart	35:09		MV50	227
24	Theresa Brady	35:10	SERPENTINE	FV45	178
25	John Trimble	35:35		MV40	204
26	Anthony Maplesden	35:45		MS	172
27	Patrick Gilmore	35:45	SERPENTINE RC	MS	139
28	Patrick Moran	35:52	TRENT PARK RUNNING CLUB	MV50	175
29	Andrea Mann	36:07	GARDEN CITY RUNNERS	FV35	189
30	N Brooks	36:38	TRENT PARK	MS	199
31	David Moscrop	36:51	GARDEN CITY RUNNERS	MV50	191
32	John Flannery	36:58	TRENT PARK	MV40	208
33	Peter Goldfinch	37:22	TRENT PARK RUNNING CLUB	MV50	153
34	John Murphy	37:31		MV50	159
35	Verralls Keith	37:39		MV50	224
36	Ivor Mclearnon	37:59		MV50	179
37	Martin Lippitt	38:11	TRENT PARK	MV50	133
38	Mick O'Leary	38:17		MV50	129
39	Lacey Jordan	38:19	SOUTHEND AC	FS	176
40	Bremner Steve	38:26		MV40	220
41	Keith Seyde	38:29		MV60	166
42	Caroline White	38:31	LONDON HEATHSIDE	FV45	136
43	Marchant Judy	38:37	ETON MANOR AC	FV45	205
44	Mark Blake	38:59		MV40	188
45	Waite Dave	39:35		MV40	219
46	Paul Durkan	39:51		MS	206

47 Sally Stewart	40:05		FV45	162
48 Labinjoh Andrew	40:11		MV40	222
49 Malcolm Blackwood	40:13	TRENT PARK	MV60	203
50 James Taggart	40:54		MV60	119
51 Catherine Sheppard	41:00	TRENT PARK RUNNING CLUB	FS	150
52 Rafaele Lamour	41:08	MORNINGTON CHASERS	FV35	161
53 Gerry Trill	41:20	ILFORD A.C.	MV50	168
54 Kevin Mclellan	41:48	SERPENTINE	MV50	192
55 Colin St. Helien	41:51		MV40	160
56 Ashwell Paul	42:02	ST ALBANS STRIDERS	MV50	217
57 Jane Roche	42:08	ETON MANOR	FV35	202
58 Peter Bulton	42:11		MV60	180
59 Anne Lippitt	42:15	TRENT PARK	FV55	132
60 Carla Khouri	42:47	THRIFT GREEN TROTTERS	FV35	190
61 Sally South	42:59	EDMONTON RUNNING CLUB	FV45	124
62 Chris Lambrou	43:52		MS	185
63 Gill Atttree	43:55	TRENT PARK	FV45	211
64 Harriet Purvis	43:55		FV45	128
65 Sheila Kennedy	44:07		FV45	155
66 Brennan Alexandra	44:38		FV35	214
67 Alan Randall	44:43		MV40	164
68 Pauline Lygo	44:56	BARNET & DISTRICT	FV55	138
69 Arjun Trivedi	45:08		MS	183
70 Mosu Jane	45:09	TRENT PARK	FV35	216
71 Mark Hughes	45:19	TRENT PARK	MS	171
72 Neil Richardson	45:33	SERPENTINE	MS	201
73 Susan Edwards	45:44	EAST LONDON RUNNERS	FV45	143
74 Saira Karim	47:05	BISHOPS STORTFORD RUNNING CLUB	FS	173
75 Susie Dutoit	47:15	EDMONTON RC	FS	197
76 Bernard Minsky	47:20	TRENT PARK	MV50	127
77 Alba Villafverte	47:40		FS	200
78 Amelie Channon	47:55		FS	147
79 Eulene Gooden	48:02	FITNESS FIRST	FV45	140
80 Caroline Harrison	48:18		FV35	198
81 Denise Harwood	48:32	BISHOPS STORTFORD	FV45	167
82 Richard Hale	48:38		MV60	187
83 Barry Charalambous	49:23	EDMONTON RC	MS	209
84 Jamie Ahnien-Hoffman	50:16	EDMONTON RC	MS	145
85 Michelle Freedman	51:10		FV35	226
86 Nicola Chodurek	52:32		FV45	144
87 Albert St Catherine	56:15		MV40	194
88 Jodie Ahnien-Hoffman	57:06	EDMONTON RC	FS	146
89 Rose Katelina	59:32		FV35	221
90 Terry Woolley	61:37	FAIRLANDS VALLEY SPARTANS	MV60	123
91 Richard Palmer	62:00		MV50	121
92 Kiri Stratis	62:00		FV35	122
93 Smita Trividi	68:57		FV45	184

94 Theresa Magloire	68:57 FITNESS FIRST	FV45	141
95 Yvonne Robinson	72:50 FITNESS FIRST	FV45	142