

## Perivale 5 - 5th December 2010

<i><b>Pos</b></i>	<i><b>Race #</b></i>	<i><b>Time</b></i>	<i><b>First Name</b></i>	<i><b>Last Name</b></i>	<i><b>Club</b></i>	<i><b>AG</b></i>
1	826	26:09	Sean	Renfer	Thames Valley Harriers	SM
2	707	26:19	Peter	Tucker	Metropolitan Police AC	SM
3	767	26:48	Simon	Riley	Metropolitan Police AC	SM
4	885	26:51	Jim	Cooper	Metropolitan Police AC	SM
5	880	27:09	Anthony	Bourne	Serpentine	SM
6	736	27:22	George	Stewart	London Heathside	M40
7	873	27:24	Darren	McNeely	Serpentine	SM
8	925	27:25	Matthew	Woodman	Unattached	SM
9	771	27:39	Robert	Jackaman	Metropolitan Police AC	SM
10	729	27:41	Ricardo	Lee	London Heathside	SM
11	900	27:48	Jamie	Taylor-Caldwell	Ealing Southall & Middlesex	U20M
12	895	27:57	Richard	Lazell	Stragglers	SM
13	843	28:05	Stuart	Beaney	Kent AC	SM
14	878	28:12	Archie	Allen-Jones	Ealing Southall & Middlesex	U20M
15	821	28:20	Stephen	Earley	Bedford & County	M40
16	791	28:25	Richard	Tomlinson	Ealing Southall & Middlesex	M40
17	933	28:36	Matt	McCabe	Unattached	SM
18	724	28:41	Kenneth	Heney	London Heathside	SM
19	841	28:45	Martin	Giles	Sutton Runners	M40
20	790	28:47	Nigel	Rowe	Metropolitan Police AC	M40
21	876	29:12	Dalton	McGuigan	Harrow AC	U20M
22	732	29:33	Marcus	Tillotson	London Heathside	SM
23	727	29:50	Gavin	Evans	London Heathside	M50
24	705	30:01	Stewart	Ellis	Braintree	SM
25	818	30:07	Mark	Woolf	Watford Joggers	SM
26	872	30:09	John	Husbands	Thames Valley Harriers	M40
27	757	30:10	Stephen	Elson	Ealing Southall & Middlesex	SM
28	741	30:11	Stephen	Oliver-Crockett	Metropolitan Police AC	M40
29	755	30:11	Laurence	Duffy	Stragglers	M50
30	721	30:23	Luke	Lazell	Metropolitan Police AC	SM
31	892	30:32	John	Knight	Metropolitan Police AC	SM
32	836	30:57	Lee	Davis	Unattached	M40
33	855	31:04	Cyril	Conreaux	Athletic Club Marcquois	SM
34	923	31:12	Alex	Leslie	Ealing Southall & Middlesex	U20M
35	739	31:15	Martin	Townsend	Woodstock Harriers	M50
36	860	31:22	Andy	Dodd	Ealing Southall & Middlesex	SM
37	734	31:23	Dominic	Jackson	London Heathside	M40
38	928	31:25	Dom	Miles	Unattached	SM
39	754	31:26	Bobby	Boothroyd	Metropolitan Police AC	SM
40	830	31:26	Errol	Ramnath	Hillingdon AC	M40
41	875	31:28	Ashlee	McGuigan	Harrow AC	SW
42	882	31:55	Martin	Mooney	Inishowen	SM
43	746	31:56	Jill	Christie	Metropolitan Police AC	SW
44	824	32:02	Leigh	James	London Heathside	SW
45	898	32:14	Michael	Duffy	Unattached	SM

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46	794	32:16	Chris	Ingram	Hillingdon AC	U20M
47	720	32:18	Jon	Hughes	Metropolitan Police AC	SM
48	911	32:20	Victoria	Carter	Serpentine	W35
49	929	32:22	Cliff	Comber	Haywards Heath	M60
50	834	32:25	Eamon	Bradley	Ealing Southall & Middlesex	M50
51	813	32:46	Richard	Brooks	Metropolitan Police AC	SM
52	744	32:54	Jo	Ravenhill	Metropolitan Police AC	SW
53	901	32:56	Alberto	Brunelli	Unattached	SM
54	819	33:01	Tom	Yates	Ealing Southall & Middlesex	SM
55	793	33:08	Michael	Ingram	Hillingdon AC	M40
56	811	33:20	Tom	Griffin	Tring RC	M60
57	833	33:22	James	O'Neill	Ealing Southall & Middlesex	M50
58	756	33:26	Liam	Phair	Metropolitan Police AC	SM
59	884	33:35	Jim	Jennings	Unattached	M40
60	718	33:36	Kevin	Concannon	Harrow AC	M50
61	779	33:44	Andrew	Coates	Unattached	M50
62	937	33:51	Sabib	Rashid	Thames Valley Harriers	U20M
63	723	34:13	Martin	Lever	Blackpool, Wyre & Fylde	M40
64	775	34:21	Nick	Marsden	Bexley AC	M40
65	846	34:29	Beata	Ochmann	Ealing Southall & Middlesex	SW
66	897	34:36	Rob	Martin	Unattached	SM
67	857	34:45	Ursula	Wilson	London Heathside	W35
68	865	34:52	Mark	Travers	Gade Valley	M40
69	797	34:59	Christine	Meek	Unattached	W45
70	749	35:06	Nick	Smith	Unattached	SM
71	861	35:13	Carol	Jones	Ealing Southall & Middlesex	W45
72	874	35:25	David	Burns	Unattached	M50
73	905	35:32	Joanne	Irwin	London Heathside	W35
74	909	35:35	Michael	Charles	Unattached	M40
75	768	35:39	Liza	Williams	BTF	W35
76	832	35:40	Sam	Samiullah	Metropolitan Police AC	M40
77	806	35:48	Steve	Barrington	Hayes And Harlington Road Runners	M40
78	918	36:10	James	Hogben	Unattached	SM
79	896	36:13	Nathan	Godleman	Queens Park	SM
80	847	36:14	Michel	Coucke	Athletic Club Marcquois	M50
81	719	36:15	John	Murphy	Unattached	M50
82	936	36:17	Louise	Foster	Metropolitan Police AC	SW
83	722	36:25	Vince	Gannon	Unattached	M40
84	745	36:28	Jamie	Collett	Metropolitan Police AC	SM
85	862	36:31	Chris	Brown	Ealing Southall & Middlesex	M50
86	908	36:49	Siana	Jones	Thames Valley Harriers	SW
87	792	36:55	Lucy	Tomlinson	Unattached	W35
88	733	37:00	Caroline	White	London Heathside	W45
89	899	37:05	Danny	Kilgannon	Unattached	SM
90	927	37:08	Martin	Sapsed	Unattached	M40

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91	820	37:13	Jacqui	Reid	Metropolitan Police AC	W35
92	740	37:20	John	Gladwin	Unattached	SM
93	916	37:27	David	Goodenough	Unattached	M40
94	922	37:32	Julia	Fitzgerald	Unattached	W35
95	915	37:54	Ellen	Loyatt	Metropolitan Police AC	W35
96	798	37:54	Keith	Freeguard	Unattached	M50
97	913	38:04	Tim	Cunningham	Ealing Southall & Middlesex	M40
98	710	38:07	Sandra	Buckton	London Heathside	W35
99	921	38:12	Ben	Spooner	Unattached	SM
100	808	38:13	Gabby	Corry	Ealing Southall & Middlesex	W35
101	919	38:15	Tom	Kerry	Unattached	SM
102	866	38:20	Greg	Neal	Watford Harriers	M50
103	879	38:33	Martin	Allen	Unattached	M50
104	932	38:37	David	Knight	Unattached	SM
105	773	38:40	Liam	Greene	Ealing Southall & Middlesex	M40
106	840	38:55	Graham	Hart	Unattached	M50
107	786	39:01	Maran	Raju	Unattached	SM
108	812	39:02	Tony	Hill	Tring RC	M60
109	776	39:04	Ted	Kimber	Barnet & District	M70
110	886	39:12	Andy	Leung	Unattached	SM
111	904	39:16	Caroline	Boyle	London Heathside	SW
112	829	39:22	Dan	Williams	London Heathside	M50
113	858	39:23	Rosemary	Thompson	Watford Joggers	W45
114	906	39:26	Gabrielle	Johnson	London Heathside	W35
115	938	39:27	Pardip	Minhas	Leyhill	M40
116	742	39:31	Harvinder	Soor	Bracknell Forest Runners	SW
117	877	39:31	Glyn	Watkins	Elmbridge Road Runners	M50
118	881	39:38	James	Taggart	London Heathside	M60
119	914	39:40	Michael	Whelan	Unattached	SM
120	893	39:48	Piers	Keenleyside	British Airways	M50
121	910	39:50	Nick	Michael	Thames Valley Harriers	M50
122	863	40:00	Jane	Harris	Ealing Southall & Middlesex	W55
123	889	40:21	Louis	Smyth	Sudbury Court	M50
124	856	40:23	Valerie	Deschamps	Athletic Club Marcquois	W35
125	708	40:29	Colin	St. Helien	Unattached	M40
126	815	40:33	Bob	Stanbook	Ealing Southall & Middlesex	M60
127	751	40:39	Martin	Cole	Metropolitan Police AC	M40
128	845	40:44	Alison	Lapper	Metropolitan Police AC	W35
129	837	40:46	Gary	Stringer	Ealing Southall & Middlesex	M40
130	864	40:48	Joe	Nolan	British Airways	M50
131	839	40:53	Michelle	Sampson	Hayes And Harlington Road Runners	SW
132	891	41:01	Gloria	Okello	Unattached	SW
133	887	41:03	Kate	Coombes	Unattached	SW
134	888	41:04	David	Bell	Ranelagh Harriers	SM
135	788	41:20	David	Heron	Tring RC	M50

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136	717	41:22	Arnold	Glickman	Purple Patch Runners	M60
137	838	41:36	Ian	Gascoigne	Unattached	M50
138	801	41:39	Sharon	Davidson	Unattached	SW
139	800	41:46	Ann	Davidson	Unattached	W55
140	920	41:48	Rebecca	Irwin	Unattached	SW
141	902	42:05	Julie	Burrows	Metropolitan Police AC	W35
142	871	42:06	Sue	Cunningham	Unattached	W45
143	935	42:06	Rachel	Hearson	Unattached	W45
144	809	42:14	Louise	Rigby	London Heathside	SW
145	912	42:33	Alison	Grist	Ealing Southall & Middlesex	W35
146	714	42:35	Philip	Welch	Hillingdon AC	M60
147	810	42:36	Tony	Lewis	London Heathside	SM
148	883	42:47	Yvette	Johnston	Metropolitan Police AC	W35
149	737	42:54	Resi	Dzialdow	London Heathside	W45
150	778	43:11	Sarah	Holroyd	Unattached	W45
151	728	43:24	Sarah	Illingworth	London Heathside	W35
152	726	43:29	Laurence	Steinpress	London Heathside	M50
153	763	43:47	Peter	Manns	Unattached	M50
154	713	43:54	Guruparan	Canagasundaram	Unattached	SM
155	825	43:57	Jane	Molloy	Watford Joggers	W45
156	715	44:30	Stuart	Warren	Unattached	SM
157	758	44:38	Sameer	Duggal	Unattached	SM
158	748	44:46	Georgina	Messer	Unattached	SW
159	934	44:50	Harry	Varatharasan	Unattached	SM
160	903	44:51	Kate	Hendry	Unattached	W55
161	769	44:52	Bob	Wallace	Watford Joggers	M60
162	844	44:54	Helen	Wilson	Metropolitan Police AC	W35
163	828	44:58	Rich	Watts	Unattached	M40
164	822	45:10	David	Wentzell	Royal Mail	M50
165	770	45:36	Frances	Chater	Watford Joggers	W55
166	831	45:58	Roderick	Hoffman	British Airways	M50
167	867	46:25	Clare	Ryland	Unattached	W35
168	765	46:57	Ralph	Brookfield	Unattached	M50
169	752	47:18	Jaime	Wentzell	Unattached	SM
170	787	47:25	Laurence	Messer	Ealing Southall & Middlesex	M60
171	930	47:34	Mike	Thompson	Unattached	M40
172	725	47:41	Carolina	Graterol	Unattached	W35
173	735	47:42	Kerry	Hastings	London Heathside	W45
174	738	47:46	Bernie	Stratford	Unattached	M50
175	802	48:14	Elspeth	Attwood	Unattached	W45
176	814	48:40	Sarah	Oldfield	Unattached	W35
177	789	48:44	Gill	Heron	Bearbrook Joggers	W45
178	917	48:47	Nicki	Kerry	Unattached	W35
179	762	48:51	Robyn	Walliser	Unattached	SW
180	852	48:58	Belinda	Mclaughlan	Unattached	W45

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181	785	49:02	Cormac	Moloney	Unattached	M40
182	835	49:04	Dorothy	Johnstone	Ealing Southall & Middlesex	W55
183	850	49:16	Tina	Perasole	Unattached	W45
184	803	49:22	Jan	Moorhouse	Unattached	W45
185	869	49:26	Anne	Carey	Unattached	W45
186	907	49:36	Berni	Jennings	Unattached	W45
187	868	49:36	Dominic	Newman	Unattached	SM
188	795	50:05	Steve	Hillier	British Airways	M50
189	853	50:59	Stuart	Mclaughlan	Unattached	M40
190	851	51:18	Carole	Coucke	Athletic Club Marcquois	W45
191	924	52:12	Sarah	Grimstone	Unattached	W45
192	926	52:12	Matthew	Batchelor	Unattached	M40
193	848	52:18	Marie Paul	Planckaert	Athletic Club Marcquois	W45
194	894	52:37	Kathryn	Keenleyside	Ealing Southall & Middlesex	W45
195	766	55:01	Moira	Brookfield	Unattached	W45
196	849	55:29	Annick	Boutten	Athletic Club Marcquois	W45
197	890	56:13	Bernice	Lovett	Unattached	W45
198	931	60:35	Camilla	Hulf	Unattached	W35
199	804	61:31	Amy	Daniels	Unattached	W35
200	781	63:18	Alex	Dhaliwal	Unattached	SM
201	823	63:33	Mike	Middleton	Serpentine	M70
202	782	74:15	Jodie	Willoughby	Unattached	SW
203	780	87:25	Ursula	Dhaliwal	Unattached	W35
204	783	87:25	Sara	Baker	Unattached	W35