

## Perivale 5 - 2nd December 2012

<b>POS</b>	<b>Race #</b>	<b>Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Club</b>	<b>Sex</b>	<b>AG</b>	<b>AG%</b>
1	558	26:11	Rob	Thompson	Hillingdon AC	M	SM	81.80%
2	397	27:10	Mohammed	Ismail	Herne Hill	M	SM	78.91%
3	487	27:39	Matthew	Woodman	Stafford Harriers	M	SM	78.83%
4	553	27:44	Dan	Madams	London Heathside	M	SM	80.79%
5	498	28:02	Stephen	Norris	Thames Valley Harriers	M	M40	83.00%
6	538	28:25	Ben	Martin-Dye	Bracknell Forest Runners	M	M40	81.25%
7	579	28:43	Robert	Tuer	Clapham Chasers	M	SM	74.29%
8	565	28:44	Conor	Kissane-Wood	Walton	M	U20M	76.78%
9	380	29:22	Gavin	Evans	London Heathside	M	M50	84.41%
10	450	29:25	Ben	Cope	Serpentine	M	SM	72.70%
11	576	29:30	Michael	Stainton	Serpentine	M	M50	83.35%
12	551	29:44	Stuart	Prestney	Halstead Road Runners	M	SM	74.80%
13	388	29:47	Jonathan	Hopkin	London Heathside	M	M40	78.72%
14	568	29:53	Joe	Saissi	Hillingdon AC	M	U20M	73.82%
16	503	29:56	Matthew	Savory	ESC D3 Triathlon	M	SM	71.27%
15	584	29:56	Richard	Taylor	Serpentine	M	SM	73.25%
17	385	30:24	Marcus	Tillotson	London Heathside	M	SM	73.71%
18	364	30:25	Mark	Westall	Bearbrook Joggers	M	SM	70.48%
19	550	30:37	Stewart	Ellis	Halstead Road Runners	M	SM	71.62%
20	389	30:47	Dominic	Jackson	London Heathside	M	M40	78.60%
21	344	30:52	Richard	Brooks	Metropolitan Police AC	M	SM	72.59%
22	552	30:59	Michael	Beard	Swindon Harriers	M	M40	72.85%
23	472	31:08	Leigh	James	London Heathside	F	SW	77.73%
24	592	31:09	Trevor	Wilson	London Heathside	M	M40	74.12%
25	547	31:16	Jo	Merlini	Unattached	M	M40	74.99%
26	541	31:32	Ben	Hagreen	Ealing Southall & Middlesex	M	SM	67.71%
27	524	31:34	Justin	O'Leary	ESC D3 Triathlon	M	SM	68.68%
28	441	31:38	Victoria	Carter	Serpentine	F	W35	79.80%
29	314	31:38	Luis	Monteiro	Unattached	M	M40	72.99%
30	335	31:42	Tom	Yates	Ealing Southall & Middlesex	M	SM	67.47%
31	501	31:47	Lee	Davis	Prince Evans	M	M40	72.10%
32	439	32:00	Niall	Quinn	Ealing Eagles	M	SM	68.52%
33	300	32:02	Fiona	Kennedy	Ealing Southall & Middlesex	F	W55	92.11%
34	412	32:05	Liam	Phair	Metropolitan Police AC	M	SM	67.27%
35	337	32:16	Peter	Drew	Ealing Southall & Middlesex	M	M40	73.81%
36	546	32:24	Henry	Andrews	London Heathside	M	M40	73.50%
37	299	32:26	Siana	Jones	Thames Valley Harriers	F	SW	74.61%
38	555	32:28	Mark	George	London Heathside	M	M40	72.21%
39	470	32:31	Mark	Studdart	Watford Joggers	M	M40	71.55%
=40	449	32:32	Amy	Cope	Serpentine	F	W35	75.16%
=40	488	32:32	Daniela	Baer	Unattached	F	W35	78.18%
42	500	32:33	Jonathan	Davis	Prince Evans	M	SM	68.33%
43	481	32:42	Martin	White	Ealing Eagles	M	SM	66.30%
44	514	32:46	John	Manning	Tring RC	M	M50	80.25%
45	366	32:47	Tom	Griffin	Tring RC	M	M60	83.85%

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46	511	33:08	Liza	Croft	Watford Harriers	F	W35	74.41%
47	340	33:11	Stuart	Franklin	Unattached	M	M40	71.77%
48	453	33:12	Karl	Atley	ESC D3 Triathlon	M	SM	66.05%
49	384	33:13	Andrew	Prystawsky	London Heathside	M	SM	64.28%
50	574	33:14	Grazina	Narviliene	Unattached	F	W35	74.55%
51	315	33:17	Harry	Morris	ESC D3 Triathlon	M	U20M	67.12%
52	343	33:22	Nick	Marsden	Bexley AC	M	M40	70.82%
53	309	33:27	John	Mckim	Ealing Southall & Middlesex	M	M40	70.64%
54	564	33:31	Ian	Carveth	ESC D3 Triathlon	M	M40	67.86%
55	517	33:36	Martin	Mckee	Unattached	M	M40	72.01%
56	336	33:40	Akira	Anzai-Jackson	Ealing Southall & Middlesex	M	U20M	65.53%
57	515	33:42	Peter	Furness	Hayes And Harlington Road Runners	M	M50	74.78%
58	320	33:48	James	O'Neill	Ealing Southall & Middlesex	M	M50	73.94%
59	304	33:51	Ralph	Lewis	Energize Fitness	M	SM	64.05%
60	406	33:53	Duncan	Blake	Unattached	M	M40	69.74%
61	292	33:57	Neil	Hilary	Unattached	M	M60	78.13%
62	479	34:00	Rafal	Tkaczyk	Vegan Runners	M	SM	64.94%
63	382	34:02	Cathy	Jeremiah	London Heathside	F	SW	71.13%
64	279	34:12	Thomas	Capper	Unattached	M	SM	63.05%
65	528	34:17	Robert	Curtis	Ranelagh Harriers	M	M40	66.84%
66	556	34:28	Steve	Mayfield	Fairlands Valley Spartans	M	M40	68.56%
67	329	34:31	Andrea	Sanders-Reece	Mornington Chasers	F	W55	87.81%
68	331	34:38	Patricia	Thomas	Ealing Southall & Middlesex	F	W45	77.94%
69	570	34:40	Andrew	Pilkington	Unattached	M	SM	62.02%
71	480	34:41	Gary	Gibbons	Bracknell Forest Runners	M	M40	65.57%
70	513	34:41	Ricardo	Varela	Unattached	M	SM	62.22%
72	319	34:44	Trevor	Normoyle	Metropolitan Police AC	M	SM	62.13%
73	310	34:47	Christine	Meek	Ealing Southall & Middlesex	F	W45	82.63%
74	447	34:49	Chris	Bentley	Serpentine	M	M40	68.40%
75	334	34:55	Ursula	Wilson	London Heathside	F	W35	71.80%
76	489	34:58	Sarah	Percival	ESC D3 Triathlon	F	W45	78.15%
77	402	34:59	Christopher	Shoebridge	Vegan Runners	M	SM	60.99%
78	536	35:00	Anthony	Austin	Ealing Eagles	M	SM	61.94%
79	353	35:05	Steve	Paull	Metros	M	M50	74.95%
81	549	35:08	Heather	Mackay	100 Marathon Club	F	SW	68.96%
80	321	35:08	Tiarnan	O'Sullivan	Energize Fitness	M	SM	60.72%
83	578	35:10	Chris	Hewertson	London Heathside	M	M40	66.67%
82	407	35:10	Gareth	Coombs	Unattached	M	M40	65.16%
84	587	35:10	Jim	Jennings	Unattached	M	M40	67.19%
85	286	35:14	Sharon	Davidson	Purple Patch Runners	F	SW	69.18%
86	422	35:22	Mervyn	Dunkley	Unattached	M	SM	61.30%
87	379	35:23	Chas	Taylor	Trent Park	M	M60	78.39%
88	525	35:27	Naomi	Prasad	Watford Joggers	F	SW	68.34%
89	387	35:48	Gavin	Parish	London Heathside	M	SM	61.25%
90	288	35:51	Keith	Fregard	ESC D3 Triathlon	M	M50	69.71%

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91	542	36:05	Elizabeth	Marchant	26.2 RRC	F	SW	67.07%
92	311	36:11	Pardip	Minhas	Unattached	M	M40	64.30%
93	368	36:25	John	Murphy	Unattached	M	M50	70.97%
94	424	36:26	Barbro	Julin	Marlow Striders	F	W45	75.94%
95	297	36:33	Carol	Jones	Ealing Southall & Middlesex	F	W55	80.73%
96	493	36:37	Dan	Noraika	ESC D3 Triathlon	M	M50	67.15%
97	475	36:40	Harvinder	Soor	Bracknell Forest Runners	F	SW	66.48%
98	502	36:40	Merlin	Harrowes	Unattached	M	U20M	61.77%
100	372	36:41	Joanne	Irwin	London Heathside	F	W35	69.33%
99	590	36:41	Martin	Sapsed	Unattached	M	M50	66.49%
101	328	36:48	Jane	Ruhland	Ealing Southall & Middlesex	F	W45	73.35%
102	370	36:48	Robert	Bowler	London Heathside	M	M50	66.82%
103	426	36:52	Simon	Burns	Unattached	M	M40	63.60%
104	532	36:56	Sophie	Feruch	Ealing Southall & Middlesex	F	SW	65.52%
105	303	36:57	Andy	Leung	Ealing Southall & Middlesex	M	M40	61.09%
106	569	37:03	Alexandra	Hewett	Unattached	F	SW	65.34%
107	496	37:03	Piers	Keenleyside	British Airways	M	M50	68.59%
108	393	37:08	Richard	Scarr	Reading Road Runners	M	M50	70.81%
109	360	37:13	Peter	Reynolds	Metros	M	M50	68.28%
110	330	37:18	Gary	Smith	Metropolitan Police AC	M	M50	65.92%
111	591	37:21	Jose	Espiritusanto	Unattached	M	M40	61.82%
112	586	37:23	Michael	Charles	Unattached	M	M40	61.30%
113	281	37:25	Anup	Chalisey	Unattached	M	SM	57.68%
114	577	37:27	Sandra	Buckton	London Heathside	F	W35	68.47%
115	478	37:30	Maran	Raju	Unattached	M	M40	64.01%
116	284	37:42	Aaron	Conlan	Energize Fitness	M	SM	56.59%
117	544	37:50	Michael	Andrews	Unattached	M	M50	65.52%
118	301	37:58	Gabrielle	Lai	ESC D3 Triathlon	F	SW	63.74%
119	305	37:58	Alun	Lloyd	Unattached	M	M60	72.40%
120	508	38:00	Jacqueline	Reid	Metropolitan Police AC	F	W45	69.44%
121	409	38:04	Heather	Martingell	Ranelagh Harriers	F	W45	70.08%
122	324	38:05	James	Priestman	Unattached	M	M40	61.56%
123	362	38:13	Graham	Hart	Metros	M	M50	68.81%
124	539	38:15	Lisa	Kirby	Unattached	F	W35	67.04%
125	516	38:16	David	Whitelam	Unattached	M	M40	59.88%
126	302	38:19	Martine	Lai	ESC D3 Triathlon	F	W45	75.99%
127	423	38:22	Gary	Stringer	Ealing Southall & Middlesex	M	M50	64.09%
128	522	38:25	Sarah	Illingworth	London Heathside	F	W35	66.20%
129	430	38:26	Paul	Richardson-Deiana	Unattached	M	SM	57.05%
130	282	38:29	Andrew	Charlwood	Unattached	M	SM	56.34%
131	289	38:34	Martin	Garrett	Sudbury Court	M	M50	68.18%
132	373	38:44	Gabrielle	Johnson	London Heathside	F	W35	66.79%
133	531	38:46	Sue	Park	Unattached	F	W45	71.37%
134	520	38:48	Paul	Farmer	Unattached	M	M40	60.90%
135	562	38:49	Rachel	Eardley	Ealing Eagles	F	SW	62.36%

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136	381	38:49	Barbara	Tomaszczyk	London Heathside	F	W45	72.17%
137	512	38:52	Alan	Keeler	Ealing Southall & Middlesex	M	M50	67.66%
138	529	38:54	Graeme	Mctait	UKnetrunner	M	M40	58.03%
139	575	38:58	Diana	Piatek	Unattached	F	SW	62.10%
140	572	39:14	Mark	Hemmings	Energize Fitness	M	SM	57.11%
141	404	39:18	Martin	Cole	Unattached	M	M50	62.57%
142	367	39:21	Tony	Hill	Tring RC	M	M60	68.61%
143	458	39:23	Tom	Kerry	Unattached	M	M40	57.75%
144	443	39:46	Rodney	Ebanks	ESC D3 Triathlon	M	SM	56.35%
145	561	39:49	Nick	Michael	Thames Valley Harriers	M	M60	66.62%
146	504	39:50	John	Soper	Prince Evans	M	SM	53.69%
147	589	39:52	John	Kenny	City of London H3 Harriers	M	M40	59.74%
148	341	39:54	Barry	Hempstead	Eastern Vets	M	M70	73.05%
149	403	40:03	Christian	Grams	Unattached	M	SM	53.27%
150	419	40:03	Martin	Thomas-Haynes	Unattached	M	M50	65.09%
151	332	40:12	Dovile	Turulyte	Energize Fitness	F	SW	60.36%
152	436	40:17	Richard	Hooke	Unattached	M	M40	59.58%
153	452	40:17	Jonathan	Glass	Unattached	M	M40	59.12%
154	298	40:32	Gareth	Jones	St Thomas's Church Hanwell	M	SM	52.65%
155	465	40:33	James	Hogben	Unattached	M	SM	52.86%
156	347	40:42	Mel	Mcclure	Metropolitan Police AC	F	W55	72.49%
157	290	40:43	Ceri	Gregory	Energize Fitness	F	SW	59.71%
158	540	40:43	Amelia	Brown	Energize Fitness	F	W35	60.29%
159	285	40:46	Gabby	Corry	Ealing Southall & Middlesex	F	W35	63.46%
160	518	40:50	Mary	Allieu	Metropolitan Police AC	F	W35	61.40%
161	463	41:01	Beverley	Packwood	Ealing Southall & Middlesex	F	W35	61.54%
162	306	41:04	David	Lovell	Royal Mail	M	M40	58.92%
163	466	41:17	Brianna	Osinski	Unattached	F	SW	58.64%
164	429	41:19	David	Stapleton	Unattached	M	M50	61.51%
165	435	41:23	Sue	Cunningham	St Thomas's Church Hanwell	F	W55	72.26%
166	533	41:40	Ian	Gascoigne	Unattached	M	M50	60.99%
167	468	41:52	Ashley	Vos	Watford Joggers	M	M50	58.73%
168	483	41:58	Kelvin	Walker	Ealing Eagles	M	M40	54.19%
169	554	41:58	Afzal	Sohaib	Ealing Eagles	M	SM	51.08%
170	573	42:10	Richard	Jones	Unattached	M	M60	65.78%
171	357	42:12	Derek	Bamforth	Metros	M	M50	61.25%
172	313	42:14	Hazel	Moloney	Unattached	F	W45	63.92%
173	346	42:20	Colin	St. Helien	Unattached	M	M50	57.61%
174	454	42:34	Kate	Webster	ESC D3 Triathlon	F	W35	57.44%
175	326	42:40	Robert	Raynor	Unattached	M	M60	63.84%
176	585	42:43	Rachel	Hearsow	Ealing Eagles	F	W45	63.97%
177	580	42:53	David	Parrott	Unattached	M	M40	53.04%
178	484	42:58	Richard	Beeston	Unattached	M	M40	55.43%
179	499	43:10	Sarah	Thupsee	Unattached	F	W35	57.72%
180	293	43:12	Natalie	Holroyd	St Thomas's Church Hanwell	F	SW	56.02%

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181	467	43:25	Jane	Welch	Watford Joggers	F	W55	68.87%
182	560	43:26	Sophie	Niblett	Unattached	F	W35	56.51%
183	476	43:28	Carole	Wisdom	Serpentine	F	W55	67.88%
184	471	43:34	Jane	Molloy	Watford Joggers	F	W45	61.96%
185	421	43:55	Jasvir Singh	Modaher	British Airways	M	M50	57.86%
186	490	44:00	Clare	Ryland	Unattached	F	W45	59.36%
187	361	44:07	Rich	Watts	Unattached	M	M40	52.33%
188	350	44:11	Aurette	White	Unattached	F	SW	54.77%
189	308	44:14	Allison	Maybrey	Unattached	F	W35	56.33%
190	451	44:17	Kerstin	Luksch	Unattached	F	SW	54.79%
191	287	44:20	Marek	Fletcher	Unattached	M	M40	50.92%
192	563	44:26	Franck	Marceteau	Unattached	M	M40	51.57%
193	295	44:38	Sarah	Holroyd	St Thomas's Church Hanwell	F	W45	61.99%
194	359	44:39	Arnold	Glickman	Purple Patch Runners	M	M60	62.12%
195	277	44:40	Edwin	Bartlett	Vets AC	M	M60	63.86%
196	374	44:59	Symond	Jacob	Unattached	M	M40	50.18%
197	437	45:12	Sindy	Singh	Unattached	F	W45	60.46%
198	491	45:14	Liz	Lowdon	Unattached	F	W45	59.68%
199	548	45:16	Gary	Collings	ESC D3 Triathlon	M	SM	47.68%
200	411	45:26	Anthony	Rodway	Unattached	M	M50	55.47%
201	581	45:29	Liam	Greene	Unattached	M	M50	53.62%
202	333	45:30	David	Wentzell	Royal Mail	M	M50	56.80%
203	386	45:41	Alice	Parish	London Heathside	F	W35	53.97%
204	582	45:42	Tony	Sparrow	Unattached	M	M40	51.71%
205	566	45:43	Alison	Fish	Unattached	F	W35	53.69%
206	571	45:48	Helen	Patterson	Unattached	F	SW	53.22%
207	534	45:58	John	Walerych	Queens Park	M	M50	55.75%
208	557	46:07	Bal	Bangard	Unattached	M	SM	46.38%
209	318	46:13	Janice	Newman	Ealing Southall & Middlesex	F	W55	77.17%
211	394	46:24	Caroline	Murphy	ESC D3 Triathlon	F	SW	52.53%
210	351	46:24	Mary	Lewis	Unattached	F	W55	64.44%
212	545	46:38	Chara	Bean	Unattached	F	SW	52.13%
213	527	47:00	Ralph	Brookfield	Unattached	M	M50	53.62%
214	294	47:24	Nigel	Holroyd	St Thomas's Church Hanwell	M	M50	52.30%
215	505	47:35	Elspeth	Attwood	Unattached	F	W55	62.01%
216	438	47:37	Anne-Maree	Thoi	Unattached	F	SW	51.19%
217	559	48:04	David	Heron	Unattached	M	M60	55.18%
218	427	48:05	David	Wiseman	Ealing Southall & Middlesex	M	M60	56.65%
219	413	48:06	Tina	Dutton	Unattached	F	W35	53.31%
220	474	48:14	Keith	Cunningham	St Thomas's Church Hanwell	M	M50	54.52%
221	354	48:33	Gary	Taylor	Hillingdon AC	M	M40	49.44%
222	583	48:34	Steve	Newell	British Airways	M	M60	58.73%
223	296	48:53	Dorothy	Johnstone	Ealing Southall & Middlesex	F	W55	70.69%
224	276	49:05	Mark	Archer	Unattached	M	M40	48.14%
225	325	49:11	Karoline	Qualmann	Unattached	F	W55	63.36%

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226	473	49:26	Roderick	Hoffman	British Airways	M	M50	50.15%
227	507	49:29	Mike	Morgan	Burnham Joggers	M	M70	61.32%
228	485	49:37	Kirsty	Montgomery	Ealing Eagles	F	SW	49.13%
229	530	49:37	Liz	Wirdnam	Unattached	F	W45	55.07%
230	434	49:58	Julie	Shaw	Unattached	F	W35	51.77%
231	526	50:14	Luis	Ibanez	Unattached	M	SM	42.47%
232	428	50:21	Leon	Green	Unattached	M	M50	48.84%
233	492	50:34	Julian	Rakowski	Unattached	M	M40	46.73%
234	316	50:55	John	Murray	Unattached	M	M60	56.02%
235	440	50:56	Catherine	Hastings Davies	Unattached	F	W45	56.43%
236	283	51:24	Richard	Clarke	Unattached	M	M50	49.03%
237	461	51:25	Moira	Brookfield	Unattached	F	W45	56.63%
238	567	51:26	Steve	Hillier	British Airways	M	M50	50.68%
239	405	53:00	Jaime	Wentzell	Unattached	M	SM	41.96%
240	521	53:58	Stephanie	Gold	Victoria Park & Tower Hamlets	F	W55	58.56%
241	444	55:08	Melissa	Goodman	ESC D3 Triathlon	F	W35	44.35%
242	477	55:09	Richard	Wisdom	Serpentine	M	M60	49.84%
243	414	55:21	Imran	Hamid	Unattached	M	SM	38.58%
244	455	57:15	Ana	Ponsonby	Unattached	F	W45	47.15%
245	425	59:30	Amy	O'Malley	Unattached	F	SW	40.67%
246	588	59:30	Anne	Holmes	Unattached	F	W55	50.94%
247	593	75:15	Patricia	Boamah-Brown	Unattached	F	U20W	33.26%