

Perivale 5 – 9th December 2007

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Category</i>	<i>Age Grade</i>	<i>Race No</i>
1	24:59	BOWDEN, Adam	Harrow	Senior Men	85.85%	43
2	26:45	MILES, Colin	Southend	Senior Men	80.18%	129
3	26:47	NEVINS, Damian	Harrow	Senior Men	80.08%	58
4	27:07	CAREY, Matthew	Harrow	Senior Men	79.10%	59
5	27:16	AGYEI, Kofi	Dulwich Runners	Men V40	83.81%	55
6	27:26	RAHIM, Mohammed	Harrow	Senior Men	78.18%	45
7	27:32	CARTER, Darryl	Iron Head Racing	Senior Men	77.90%	4
8	27:46	WYATT, Paul	Metropolitan Police	Senior Men	77.24%	16
9	28:15	COOPER, Jim	Metropolitan Police	Senior Men	75.92%	12
10	28:40	GILVETT, Daniel	South London Harriers	Senior Men	75.84%	84
11	28:52	BERG, Ty	London Heathside	Senior Men	75.31%	70
12	28:57	COX, Dave	Woodford Green	Men V50	85.41%	81
13	29:20	KNIGHT, John	Metropolitan Police	Senior Men	73.12%	14
14	29:26	ROWE, Nigel	Metropolitan Police	Men V40	77.64%	15
15	29:35	DELAHUNTY, Mark	Ealing, Southall & Middlesex	Senior Men	72.50%	1
16	29:38	SAMUEL, Edward	London Heathside	Senior Men	72.38%	7
17	29:53	McIVER, Chris	Ealing, Southall & Middlesex	Senior Men	72.25%	102
18	29:59	LOUGHNANE, Martin	London Heathside	Men V40	75.66%	106
19	30:10	ANDERSON, Richard	British Airways	Senior Men	72.07%	61
20	30:26	TILLOTSON, Marcus	London Heathside	Senior Men	70.48%	108
21	30:32	DODD, Andy	Ealing, Southall & Middlesex	Senior Men	70.25%	101
22	30:38	MULHOLLAND, Keith		Senior Men	70.02%	76
23	30:43	ANDREWS, Henry	London Heathside	Men V40	73.32%	105
24	30:47	McINTYRE, Terry	Harrow	Men V50	79.66%	44
25	30:53	BATCHELOR, Robert	Bracknell Forest Runners	Senior Men	69.91%	62
26	30:58	HENDERSON, Andrew	Serpentine Running Club	Men V40	72.73%	71
27	31:02	DERRY, Mark	London Heathside	Men V40	72.57%	126
28	31:15	PEMBROKE, John	Reading Road Runners	Senior Men	68.63%	57
29	31:28	BEANEY, Stuart		Senior Men	68.16%	117
30	31:41	PATTEN, Simon	London Heathside	Men V50	75.52%	6
31	31:46	GEORGE, Mark	London Heathside	Men V40	69.88%	56
32	31:52	HENEY, Kenneth	London Heathside	Senior Men	67.31%	5
33	32:02	PERRIN, Alex	Ealing, Southall & Middlesex	Senior Men	68.34%	128
34	32:06	LIDDALL, Mike		Men V40	71.19%	82
35	32:15	FOSTER, John	Striders of Croydon	Men V40	73.62%	54
36	32:28	MATTHEWS, Alan	Oxford City AC	Men V60	80.35%	46
37	32:38	BENJAMIN, Lee	Thames Valley Harriers	Men V40	72.75%	83
38	32:50	CAMERON, Libby	Metropolitan Police	Senior Women	72.48%	352
39	32:55	DAVIS, Lydia	Handy Cross Runners	Women V35	74.97%	330
40	33:02	PORTER, Trevor		Men V50	76.16%	125
41	33:32	EVANS, Mervyn		Men V40	66.68%	87
42	33:34	BLOOM, Ross	Harrow	Men V50	73.66%	77
43	33:35	THOMAS, Patricia	Ealing, Southall & Middlesex	Women V35	75.96%	300
44	33:42	BOWEN, Andy	West Four Harriers	Men V40	66.83%	116
45	33:45	CHIN, Anthony	London Heathside	Men V50	70.89%	37
46	33:48	BALCOMBE, James	Metropolitan Police	Senior Men	65.22%	78
47	33:55	HUDSON, Andrew	London Heathside	Men V40	70.00%	13
48	33:55	HYMNS, Gary	Serpentine Running Club	Men V50	70.55%	72
49	34:02	VALLANCE, Marcus	Ealing, Southall & Middlesex	Senior Men	63.02%	51
50	34:06	PAULL, Stephen	Metros	Men V50	72.51%	60
51	34:11	GARRETT, Martin	Sudbury Court	Men V50	72.34%	22
52	34:18	LARKAM, David	West Four Harriers	Men V40	65.66%	31
53	34:41	GOODENOUGH, David		Men V40	65.89%	119
54	34:44	JOHN, Morris		Senior Men	61.75%	33
55	34:47	SAUNDERS, Rowan	Thames Valley Harriers	Senior Men	62.94%	115
56	34:55	BAKER, Nicola	Ealing, Southall & Middlesex	Women V35	70.11%	304
57	35:19	COTTERILL, Fiona	Ealing, Southall & Middlesex	Women V35	68.77%	337
58	35:33	WILSON, Ursula	London Heathside	Women V35	67.25%	331
59	35:43	DYSON, Steven		Senior Men	60.05%	92

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60	35:46	MANERA, Claudia	Ealing, Southall & Middlesex	Women V35	70.14%	325
61	35:47	LEE, Andrew		Senior Men	59.94%	121
62	35:48	FRENCH, Graham	Ealing, Southall & Middlesex	Men V50	68.50%	32
63	35:49	DAVIDSON, Andy	South London Harriers	Men V50	66.80%	133
64	36:01	VILLATORO, Frank	Hillingdon Tri-athletes	Men V40	61.64%	88
65	36:04	KEENLEYSIDE, Piers	British Airways	Men V50	66.34%	35
66	36:07	PRICE, Andrew		Senior Men	59.39%	91
67	36:11	WEALL, Jules	London Heathside	Senior Women	65.77%	333
68	36:17	FOGARTY, Eamonn	Ealing, Southall & Middlesex	Men V60	73.32%	36
69	36:27	WALERYCH, James	Queens Park Harriers	Senior Men	58.84%	69
70	36:32	REYNOLDS, Peter	Metros	Men V50	65.49%	74
71	36:52	HOLLAND, Hannah	Ealing, Southall & Middlesex	Senior Women	64.55%	306
72	36:59	SEHIJPAL, Harmesh K	Redhill Royal Mail	Men V40	62.72%	18
73	37:14	VERRALL, Charles	London Heathside	Men V60	72.18%	8
74	37:23	JONES, Carol	Ealing, Southall & Middlesex	Women V45	72.57%	302
75	37:27	TAYLOR, Mark		Men V40	59.28%	127
76	37:29	WALSH, Mary	Ealing, Southall & Middlesex	Women V35	63.78%	303
77	37:39	RICHARDSON, Jack		Men V60	71.38%	27
78	37:42	STAGGS, Rob		Senior Men	56.89%	94
79	37:44	BOWLES, Jacqueline	Metros	Women V35	65.94%	335
80	38:04	DEEFHOLTS, Lisa	Metropolitan Police	Women V35	63.80%	371
81	38:05	BRIGHTON, Susie	London Heathside	Women V35	64.80%	332
82	38:20	REID, Jacqui	Metropolitan Police	Women V35	65.44%	310
83	38:31	MICHAEL, Nick	Thames Valley Harriers	Men V50	64.74%	73
84	38:35	WELCH, Philip	Hillingdon AC	Men V50	66.99%	104
85	38:39	CUNNINGHAM, Tim	Ealing, Southall & Middlesex	Men V40	59.57%	39
86	38:47	TOMASZCZYK, Barbara	London Heathside	Women V45	67.49%	329
87	38:53	STANBROOK, Bob	Ealing, Southall & Middlesex	Men V60	67.09%	10
88	39:07	GADD, Kevin		Senior Men	54.83%	89
89	39:07	GRIFFITHS, Peter		Men V40	57.16%	85
90	39:09	ST. HILAIRE, Marilyn	London Heathside	Women V35	65.16%	372
91	39:10	DAWSON, Elaine		Women V35	61.04%	312
92	39:11	HOWARD, Alan	Ranelagh Harriers		75.00%	53
93	39:16	BRADBURY, David		Men V50	62.45%	25
94	39:17	JONES, Emma	Metropolitan Police	Women V35	60.86%	336
95	39:30	DAVIES, Heidi	Ealing, Southall & Middlesex	Women V35	63.51%	305
96	39:33	LAPPER, Alison	Metropolitan Police	Women V35	61.41%	320
97	39:45	GASCOIGNE, Ian		Men V50	60.19%	75
98	39:48	CLAXTON, Roz	Metros	Women V35	62.51%	354
99	39:52	GORDON, David	Metros	Men V40	59.09%	109
100	39:55	JOHNSON, Fiona		Senior Women	59.62%	341
101	39:57	SMYTH, Louis	Sudbury Court	Men V50	59.89%	63
102	40:01	LAMBERT, Sue	Serpentine Running Club	Women V55	80.48%	355
103	40:06	MOLONEY, Emily	Burnham Joggers	Senior Women	59.34%	308
104	40:10	ARIEL, Brian	Barnet & District	Senior Men	54.50%	65
105	40:15	CAPON, Ian		Men V50	61.43%	130
106	428	MULVENNA, Mark	Sudbury Court	Men V40	56.89%	86
107	40:32	TOMLINSON, Lucy		Women V35	59.92%	315
108	40:38	WILLIAMS, Angela		Senior Women	58.56%	338
109	40:40	WOOLF, Steve	London Heathside	Men V50	62.98%	66
110	40:51	DAVISON, Sue	Sudbury Court	Women V45	64.07%	344
111	40:55	ALLEN, Martin		Men V50	59.44%	24
112	40:56	DAVIDSON, Sharon	Vegan Runners	Senior Women	58.14%	322
113	40:58	JACKSON, Ruth	Sudbury Court	Women V35	61.24%	357
114	41:07	TAYLOR, Andrew		Men V40	54.78%	30
115	41:23	HARRIS, Jane	Ealing, Southall & Middlesex	Women V45	68.11%	321
116	41:23	MORGAN, Mike	Burnham Joggers	Men V60	68.53%	2
117	41:37	MORRIS, Les	Enfield & Haringey	Men V60	65.90%	52
118	41:42	BANNISTER, Jason	Hayes & Harlington Road Runners	Men V40	53.24%	96

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119	41:46	BURROWS, Julie	Metropolitan Police	Senior Women	56.98%	326
120	41:48	DZIALDOW, Resi	London Heathside	Women V45	63.17%	309
121	42:04	NOTTAGE, Suzanne		Senior Women	56.57%	345
122	42:09	MORGAN, Tref	Shaftesbury Barnet	Men V50	59.69%	64
123	42:12	HILLS, Graham		Men V40	52.61%	90
124	42:15	INGLE, Sanjiv	Serpentine Running Club	Men V40	52.54%	114
125	42:47	DAVIDSON, Ann		Women V45	65.88%	319
126	42:51	KENNY, John	London City H3 Harriers	Men V40	52.56%	134
127	43:24	GLICKMAN, Arnold		Men V60	60.11%	118
128	43:26	THOMAS, Jane	London Heathside	Women V35	56.36%	351
129	43:28	CRAMER, Debbie		Senior Women	54.75%	362
130	43:39	RODWAY, Anthony	Road Runners Club	Men V40	54.39%	28
131	44:07	JOHNSTONE, Dorothy	Ealing, Southall & Middlesex	Women V55	68.77%	307
132	44:19	FLETT, Tracey		Women V45	59.06%	365
133	44:22	JULIN, Barbra	Marlow Striders	Women V45	58.48%	363
134	44:49	WENTZELL, David	Redhill Royal Mail	Men V50	54.27%	19
135	44:55	PYEMONT, Christopher		Senior Men	47.75%	21
136	45:10	HOYLAND, Tony		Senior Men	48.81%	132
137	45:39	MEECH, Victor		Men V60	58.28%	67
138	45:46	WALERYCH, John	Queens Park Harriers	Men V50	52.71%	68
139	45:48	BUSH, Tony	Harrow	Men V60	59.27%	42
140	46:29	DOWNIE, Marianne		Women V45	60.05%	323
141	46:48	BUSHNELL, Alison		Senior Women	50.85%	340
142	46:57	STAREY, Tanya		Women V35	52.56%	334
143	47:18	SANDELL, Liz		Senior Women	50.31%	339
144	47:43	McCONNELL, Phil		Men V40	49.76%	122
145	47:49	CLARKE, Dave		Senior Men	46.10%	26
146	48:24	HUGHES, Adam		Senior Men	44.31%	79
147	48:24	FLYNN, Adam		Senior Men	44.31%	95
148	48:52	PAULL, Irene	Metros	Women V45	55.52%	327
149	50:16	SAPIRENKO, Katerine		Senior Women	47.34%	314
150	51:31	PRICE, Kim		Senior Women	46.19%	346
151	51:34	STAGGS, Jason		Senior Men	41.59%	93
152	52:01	O'RIORDAN, Vera		Women V35	48.23%	313
153	53:26	EDWARDS, Tricia	Sudbury Court	Women V55	53.81%	356
154	54:03	WALES, Andrew		Senior Men	39.68%	97
155	54:28	BURROWS, Elliott		Senior Men	39.38%	98
156	54:45	BAILEY, Anne Marie	Metropolitan Police	Women V35	45.44%	328
157	55:05	GLEN, Julie		Women V35	44.44%	366
158	55:28	SIMPSON, Sam		Senior Men	38.67%	80
159	56:13	GOLDENBERG, Esme		Senior Women	42.33%	343
160	56:13	JOHNSON, Hayley		Senior Women	42.33%	342
161	56:46	THOMAS, Bev	Sudbury Court	Women V55	54.06%	358

Team Results

MEN	HARROW	8
	MET POLICE	30
	ESM	53
WOMEN	ESM	12
	LONDON HEATHSIDE	28
	MET POLICE	29