

## Perivale 5 - 4th December 2011

<b>POS</b>	<b>Race #</b>	<b>Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Club</b>	<b>AG</b>	<b>AG%</b>
1	215	26:09	Mike	Cummings	Herne Hill	SM	81.58%
2	194	26:18	Sean	Renfer	Thames Valley Harriers	SM	81.12%
3	196	26:35	Robert	Wilson	Ealing Southall & Middlesex	SM	80.25%
4	148	26:39	Rick	Weston	Serpentine	SM	80.05%
5	231	26:47	Matt	Addison	Metropolitan Police AC	SM	79.65%
6	173	27:10	Matthew	Woodman	Stafford Harriers	SM	79.80%
7	250	27:21	Nigel	Rackham	Metros	M40	88.47%
8	164	27:52	Matt	McCabe	Ealing Southall & Middlesex	SM	76.56%
9	123	28:02	Edward	Samuel	London Heathside	SM	76.99%
10	110	28:18	Justin	Phillipps	Aldershot Farnham & District	SM	78.02%
11	46	28:28	Martin	Giles	Sutton Runners	M50	85.68%
12	248	28:39	Conor	Kissane-Wood	Walton	U20M	77.97%
13	37	28:55	Stephen	Elson	Ealing Southall & Middlesex	SM	75.83%
14	236	28:59	Richard	Macaulay	London Heathside	SM	73.61%
15	1	29:19	Tom	Adams	Unattached	SM	73.62%
16	52	29:22	Kenneth	Heney	London Heathside	SM	74.22%
17	255	29:37	Chris	Bailey	Highgate	M40	81.70%
18	237	29:43	Dan	Oliver	Unattached	SM	71.85%
19	38	29:48	Gavin	Evans	London Heathside	M50	82.51%
20	219	29:56	Ben	Cope	Serpentine	SM	71.33%
21	67	29:57	Paul	Jarman	London Heathside	M40	79.52%
22	100	29:58	Steve	Oliver-Crockett	Metropolitan Police AC	M40	78.85%
23	43	30:08	Chris	Fuller	Metropolitan Police AC	M40	76.62%
24	16	30:26	Ian	Charlton	Unattached	M40	79.50%
25	137	30:40	Marcus	Tillotson	London Heathside	SM	72.52%
26	232	30:43	Erick	Masinde	Unattached	SM	69.45%
27	95	30:52	Steve	Morris	Unattached	M40	74.80%
28	244	30:54	Andy	Dodd	Ealing Southall & Middlesex	SM	69.84%
29	212	31:00	Matthew	Savory	ESC D3 Triathlon	SM	68.82%
30	179	31:02	Cyril	Conreaux	Athletic Club Marcquois	SM	72.20%
31	275	31:05	Princeton	Akpojaro	Metropolitan Police AC	M40	74.85%
32	50	31:11	Simon	Hazel	London Heathside	M40	74.04%
33	153	31:21	Tom	Yates	Ealing Southall & Middlesex	SM	68.11%
34	181	31:23	Lee	Davis	Unattached	M40	72.47%
35	10	31:27	Richard	Brooks	Metropolitan Police AC	SM	70.72%
36	235	31:33	Robert	Gaddie	Watford Joggers	M40	73.75%
37	158	31:35	David	Bell	Ranelagh Harriers	SM	69.01%
38	223	31:39	Stewart	Ellis	Braintree	SM	68.86%
39	242	31:44	Anthony	Gilling	Sunbury Dragons	M40	75.05%
40	33	31:47	Laurence	Duffy	Stragglers	M50	77.36%
41	234	31:50	Kevin	Murray	Serpentine	M50	77.87%
42	88	31:56	Joseph	Merlini	Unattached	M40	72.86%
43	2	31:59	Henry	Andrews	London Heathside	M40	73.88%
44	246	32:02	Philip	York	Ealing Southall & Middlesex	M40	75.53%
45	66	32:13	Leigh	James	London Heathside	SW	75.12%

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46	134	32:32	Mark	Studdart	Watford Joggers	M40	71.52%
47	222	32:36	Mark	George	London Heathside	M40	71.37%
48	51	32:40	Carl	Heap	London Heathside	M50	79.80%
49	48	32:53	Tom	Griffin	Tring RC	M60	82.83%
50	101	33:03	James	O'Neill	Ealing Southall & Middlesex	M50	75.00%
51	220	33:08	James	Adams	Serpentine	SM	64.70%
52	120	33:11	Gary	Rushmer	British Airways	M50	73.50%
53	249	33:20	Michael	Petersen	Unattached	SM	66.72%
54	216	33:23	Ian	Carveth	ESC D3 Triathlon	M40	67.62%
55	227	33:25	Ray	Yau	London Heathside	M40	68.06%
56	263	33:30	Peter	Drew	Unattached	M40	70.54%
57	214	33:51	John	Mckim	Ealing Southall & Middlesex	M40	69.26%
58	136	33:54	Patricia	Thomas	Ealing Southall & Middlesex	W45	78.70%
59	4	33:55	Terry	Avey	Phoenix	M60	78.20%
60	142	33:59	James	Roscoe	Ealing Eagles	SM	63.45%
61	241	34:01	Matt	Grant	Unattached	SM	62.71%
62	106	34:04	Steve	Paull	Metros	M50	76.52%
63	144	34:07	Ronan	Walsh	Unattached	SM	63.26%
64	182	34:14	Jonathan	Davis	Unattached	SM	64.50%
65	218	34:15	Amy	Cope	Serpentine	SW	71.17%
66	78	34:20	Claudia	Manera	Ealing Southall & Middlesex	W45	76.07%
67	61	34:22	Andrew	Hudson	London Heathside	M50	72.72%
68	41	34:28	Eamon	Fogarty	Ealing Southall & Middlesex	M60	81.23%
69	197	34:29	Steve	Mayfield	Fairlands Valley Spartans	M40	67.99%
70	79	34:30	Nick	Marsden	Bexley AC	M40	67.96%
71	90	34:49	Allan	Middlemast	Unattached	SM	61.27%
72	131	34:56	Sarah	Stephens	Metropolitan Police AC	SW	69.35%
73	226	35:00	Miranda	Yau	London Heathside	W35	71.19%
74	169	35:03	Andrea	Sanders-Reece	Mornington Chasers	W55	85.31%
75	109	35:06	Liam	Phair	Metropolitan Police AC	SM	61.26%
76	240	35:10	Michael	Grant	Unattached	SM	60.66%
77	253	35:26	Jim	Jennings	Unattached	M40	66.17%
78	112	35:27	Naomi	Prasad	100 Marathon Club	SW	68.29%
79	44	35:28	Martin	Garrett	Sudbury Court	M50	73.50%
80	209	35:44	Kristin	Hoogenboom	Clapham Chasers	SW	67.72%
81	87	35:54	Christine	Meek	Unattached	W45	79.04%
82	35	35:56	Iain	Edwards	Unattached	SM	61.45%
83	62	36:02	Tony	Hursey	Unattached	M40	64.57%
84	111	36:04	Dean	Pilgrim	Unattached	M40	65.52%
85	245	36:05	Peter	Jose	Metros	M60	76.18%
86	254	36:09	Simon	Stannard	Ealing Eagles	SM	59.70%
87	168	36:13	Maran	Raju	Unattached	M40	65.76%
88	166	36:16	Pardip	Minhas	RunEden	M40	63.66%
89	191	36:17	Neil	Kimberley	London Heathside	M40	62.68%
90	170	36:18	Gary	Smith	Metropolitan Police AC	M50	67.19%

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91	114	36:21	Peter	Reynolds	Metros	M50	69.33%
92	133	36:22	Gary	Stringer	Ealing Southall & Middlesex	M50	67.07%
93	261	36:29	Jose	Espiritusanto	Unattached	M40	62.81%
94	163	36:32	David	Leake	Unattached	M60	72.60%
95	217	36:37	Gemma	Greenwood	Serpentine	W35	66.78%
96	195	36:38	Linnea	Ek	Imperial College	SW	66.06%
97	31	36:41	Michael	Dooley	Unattached	M40	62.00%
98	42	36:58	Keith	Freegard	Unattached	M50	67.06%
99	178	37:00	Guillaume	Poignon	Unattached	SM	57.66%
100	116	37:01	Paul	Robinson	Bracknell Bounders	M60	71.65%
101	122	37:24	Malcolm	Salmons	Watford Joggers	M50	66.82%
102	76	37:25	Andy	Leung	Ealing Southall & Middlesex	SM	59.88%
103	19	37:40	Jamie	Collett	Metropolitan Police AC	SM	56.91%
104	159	37:45	John	Bergin	Unattached	M50	66.76%
105	143	37:49	Michael	Walsh	Stragglers	M50	65.55%
106	221	37:51	Roy	Mcdowall	London Heathside	M40	61.94%
107	273	37:56	Martin	Sapsed	Unattached	M40	63.78%
108	189	37:59	Pete	Warren	Ranelagh Harriers	M70	77.68%
109	68	38:00	Barbro	Julin	Marlow Striders	W45	71.91%
110	54	38:00	Alexandra	Hewett	Unattached	SW	63.68%
111	225	38:02	Gordon	Wilson	Royal Navy	M60	75.78%
112	199	38:04	Baljit	Dhanda	Unattached	M40	63.05%
113	113	38:07	Jacqueline	Reid	Metropolitan Police AC	W45	68.52%
114	94	38:10	Sioned	Morgan	Stragglers	W35	67.78%
115	98	38:17	John	Murphy	Unattached	M50	66.94%
116	257	38:20	Michael	Andrews	Unattached	M50	64.67%
117	64	38:24	Sarah	Illingworth	London Heathside	W35	65.74%
118	208	38:28	Martin	Allen	Unattached	M50	66.63%
119	27	38:29	Sharon	Davidson	Purple Patch Runners	SW	63.17%
120	104	38:30	Gavin	Parish	London Heathside	SM	56.61%
121	11	38:33	Andrea	Broughton	Thames Valley Harriers	W45	69.20%
122	56	38:43	Tony	Hill	Tring RC	M60	69.12%
123	167	38:47	Joe	Nolan	British Airways	M50	66.08%
124	264	38:56	Tim	Cunningham	Ealing Southall & Middlesex	M40	62.15%
125	70	39:02	Piers	Keenleyside	Ealing Southall & Middlesex	M50	64.56%
126	75	39:08	Martine	Lai	Unattached	W45	73.44%
127	174	39:11	Ian	Gascoigne	Unattached	M50	64.32%
128	149	39:15	Dan	Williams	London Heathside	M50	64.74%
129	9	39:17	Eamon	Bradley	Ealing Southall & Middlesex	M50	63.62%
130	247	39:23	Louis	Smyth	Sudbury Court	#N/A	#N/A
131	74	39:28	Lisa	Kirby	Unattached	W35	64.44%
132	77	39:31	David	Lovell	Royal Mail	M40	60.74%
133	39	39:41	Mercer	Field	Unattached	M40	57.31%
134	49	39:43	Olov	Hansen	Marlow Striders	M50	65.08%
135	162	39:46	Jane	Harris	Ealing Southall & Middlesex	W55	77.28%

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136	73	39:48	Fergal	King	Unattached	M40	56.71%
137	230	39:57	Liam	Greene	Ealing Southall & Middlesex	M40	60.56%
138	262	39:59	Stephen	Taylor	British Airways	M40	60.03%
139	188	40:00	Chris	Hall	Unattached	SM	53.95%
140	193	40:06	Jane	Hudson	Metros	W45	70.76%
141	55	40:12	Daniel	Hewitt	Unattached	M40	59.24%
142	203	40:19	Stuart	Hodgson	Unattached	M40	56.41%
143	71	40:20	John	Kenny	City of London H3 Harriers	M40	58.59%
144	22	40:21	Kate	Coombes	Unattached	SW	60.13%
145	141	40:22	Joan	Wales	Unattached	W45	70.29%
146	32	40:23	Sharon	Dooley	Ranelagh Harriers	W35	61.70%
147	172	40:25	Melissa	Priest	Ealing Eagles	SW	59.88%
148	187	40:29	Mary	Allieu	Metropolitan Police AC	W35	61.54%
149	82	40:30	Mel	Mcclure	Metropolitan Police AC	W45	71.90%
150	228	40:37	Chris	Maxwell	Unattached	M60	66.47%
151	18	40:40	Martin	Cole	Metropolitan Police AC	M50	59.97%
152	128	41:08	Colin	St. Helien	Unattached	M40	58.82%
153	21	41:19	Aaron	Conlan	Unattached	SM	51.63%
154	129	41:21	Bob	Stanbrook	Ealing Southall & Middlesex	M60	66.48%
155	259	41:33	Nick	Michael	Thames Valley Harriers	M50	63.29%
156	140	41:40	Dovile	Turulyte	Unattached	SW	58.14%
157	185	41:41	Robert	Raynor	Unattached	M60	64.77%
158	190	41:47	Roderick	Hoffman	British Airways	M50	58.85%
159	229	41:49	Dennis	Williams	Hercules Wimbledon	M60	66.95%
160	224	41:52	Ted	Kimber	Barnet & District	M70	70.48%
161	265	41:56	Kate	Hendry	Unattached	W55	71.31%
162	165	42:04	Kevin	Mclellan	Serpentine	M50	62.51%
163	26	42:16	Ann	Davidson	Unattached	W55	72.71%
164	138	42:18	Brian	Tims	Southern Counties Vets	M60	66.19%
165	83	42:22	Derek	Mcallan	Unattached	M40	55.34%
166	24	42:29	Sue	Cunningham	Unattached	W55	69.45%
167	211	42:38	Sally	South	Edmonton RC	W55	69.21%
168	268	42:57	Arna	Peric-Matthews	Unattached	W45	62.12%
169	271	43:18	John	Saddler	Unattached	M50	59.69%
170	5	43:29	Derek	Bamforth	Metros	M50	58.94%
171	272	43:44	Wayne	Harris	Unattached	M50	57.15%
172	115	43:48	Peter	Robertson	Stragglers	SM	48.94%
173	59	43:49	Sarah	Holroyd	Unattached	W45	62.36%
174	72	43:55	Tom	Kerry	Unattached	M40	51.40%
175	130	43:59	Laurence	Steinpress	London Heathside	M50	58.27%
176	121	44:09	Caroline	Russell	Unattached	W35	55.84%
177	256	44:12	Steve	Levinson	Unattached	M60	61.08%
178	177	44:13	Peter	Mclaughlan	Unattached	U20M	52.07%
179	47	44:16	Arnold	Glickman	Purple Patch Runners	M60	62.10%
180	93	44:20	Hazel	Moloney	Unattached	W45	60.18%

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181	132	44:22	Bernie	Stratford	Metropolitan Police AC	M50	56.80%
182	269	44:28	Russell	Matthews	Unattached	M50	55.75%
183	34	44:31	Resi	Dzialdow	London Heathside	W45	62.93%
184	270	44:46	Paul	Biswell	Watford Joggers	M40	52.37%
185	85	44:47	Rachel	Mcclements	Unattached	W45	61.78%
186	127	45:02	Karen	Smith	Watford Joggers	W45	58.60%
187	103	45:11	Alice	Parish	London Heathside	W35	54.33%
188	117	45:12	Anthony	Rodway	Unattached	M50	55.29%
189	65	45:15	Megan	Inglesent	Unattached	W35	57.17%
190	89	45:19	Laurence	Messer	Ealing Southall & Middlesex	M60	59.57%
191	233	45:19	Clare	Ryland	Unattached	W35	57.08%
192	186	45:23	Peter	Collins	Unattached	M40	52.07%
193	171	45:26	John	Walerych	Unattached	M50	55.93%
194	146	45:33	David	Wentzell	Royal Mail	M50	56.26%
195	239	46:30	Sarah Jane	Vanstone	Unattached	SW	52.04%
196	238	46:31	Louise	Piper	Unattached	SW	52.02%
197	175	46:46	Belinda	Mclaughlan	Unattached	W45	57.05%
198	183	46:52	Amandeep	Sangha	Unattached	SW	52.01%
199	260	46:58	Mary	Lewis	Unattached	W55	62.82%
200	147	47:02	Jaime	Wentzell	Unattached	SM	46.94%
201	266	47:06	Rachel	Walkowiak	Unattached	SW	51.51%
202	157	47:08	Elsbeth	Attwood	Unattached	W45	61.78%
203	28	47:10	Charlotte	Dawson	Unattached	SW	51.44%
204	274	47:29	Summer	Monaghan	Unattached	W35	53.16%
205	267	47:39	Lisa	White	Unattached	SW	51.02%
206	58	47:41	Nigel	Holroyd	Unattached	M50	51.57%
207	15	47:42	Ana	Castellano	Unattached	W45	54.75%
208	69	47:43	Kathryn	Keenleyside	Ealing Southall & Middlesex	W55	61.83%
209	105	47:49	Irene	Paull	Metros	W45	60.90%
210	3	48:06	Jane	Armstrong	Ealing Eagles	W35	50.84%
211	192	48:12	Jan	Moorhouse	Unattached	W45	56.00%
212	201	48:15	Ralph	Brookfield	Unattached	M50	51.80%
213	252	48:26	Mary	Ruane	Unattached	W55	63.45%
214	97	48:31	Caroline	Murphy	Unattached	SW	50.11%
215	161	48:37	Judith	Earnshaw	Ealing Eagles	W35	51.25%
216	99	48:44	Susan	Murray	Unattached	W55	67.75%
217	6	48:45	Ruthy	Bickham	Unattached	SW	49.64%
218	180	49:02	Dorothy	Johnstone	Ealing Southall & Middlesex	W55	69.40%
219	202	49:07	Philip	Bloomfield	London Heathside	M50	53.54%
220	57	49:14	Steve	Hillier	British Airways	M50	52.50%
221	25	49:16	Amy	Daniels	Unattached	W35	50.57%
222	176	49:31	Stuart	Mclaughlan	Unattached	M40	48.09%
223	107	50:21	Melissa	Goodman	Unattached	SW	48.06%
224	205	50:24	Ann	Carey	Unattached	W45	52.93%
225	206	50:42	Bernie	Jennings	Unattached	W45	53.90%

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226	251	50:55	Sarah	Oldfield	Unattached	W35	50.36%
227	124	51:01	Paul	Savage	Unattached	SM	43.92%
228	151	51:04	David	Wiseman	Ealing Southall & Middlesex	M60	52.87%
229	243	51:20	Kate	Graefe	Unattached	W35	48.03%
230	200	51:40	Moira	Brookfield	Unattached	W45	55.63%
231	207	51:41	Dominic	Newman	Unattached	SM	41.28%
232	36	51:46	Natalie	Edwards	Unattached	W35	47.23%
233	198	53:18	Penny	Hudson	Metros	W45	52.56%
234	81	53:42	Allison	Maybrey	Unattached	W35	46.14%
235	92	53:59	Cormac	Moloney	Unattached	M40	43.43%
236	125	54:56	Jenny	Scammells	Unattached	W35	44.88%
237	184	55:50	Matt	Sanford	Unattached	SM	38.83%
238	213	57:51	Catherine	Hastings Davies	Unattached	W45	49.05%
239	155	60:42	Theodora	Alexander	Unattached	W45	46.15%
240	156	1:29:56	Desiree	Alleyne	Unattached	W45	