

Perivale 5 Results - 6th December 2015

POS	Race #	Time	First Name	Last Name	Club	Loc	AG	AG%
1	295	27:04	Andrew	Pickett	Dartford Harriers		SM	79.73%
2	118	27:16	Faye	Fullerton	Havering AC		SW	88.85%
3	372	27:26	Blake	Vivian	St. Albans Striders		SM	80.48%
4	332	27:35	Simon	Shaw	Ealing Southall & Middlesex		M40	83.70%
5	103	27:55	Jon	Ellis	Ealing Southall & Middlesex		SM	77.66%
6	33	28:01	Anthony	Bourne	Horsham Blue Star / BP		SM	76.74%
7	26	28:12	Ric	Berry	West 4		M40	80.65%
8	11	28:20	David	Annetts	North Herts Road Runners		M50	86.78%
9	395	28:39	Matthew	Woodman	Stafford Harriers		SM	77.63%
10	171	28:44	James	Hughes	Ealing Southall & Middlesex		SM	74.25%
11	233	28:51	Ben	Martin-Dye	Bracknell Forest Runners		M40	81.91%
12	5	28:54	Rachid	Afouzar	Ealing Eagles		M40	79.29%
13	305	28:54	Matthew	Pye	City Of Hull		SM	73.82%
14	208	29:06	Manish	Kunwar	Ealing Southall & Middlesex		U20M	75.81%
15	348	29:32	Nick	Steel	Unattached	LM	SM	72.30%
16	21	29:46	Florjan	Bakalli	Ealing Southall & Middlesex		SM	72.44%
17	252	29:47	Andy	Moore	Unattached		SM	73.18%
18	35	29:48	Paul	Bowden	The Stragglers		SM	74.63%
19	116	29:51	Ewan	Fryatt	Ealing Eagles		SM	72.63%
20	108	29:57	Julian	Ferraro	London Heathside		M50	81.43%
21	84	30:37	Nick	Di Paolo	Ealing Southall & Middlesex		SM	70.23%
22	274	30:39	Stephen	Norris	Thames Valley Harriers		M40	77.70%
23	81	30:49	Mark	Delahunty	Ealing Southall & Middlesex		M40	74.36%
24	238	30:59	William	Mcavock	Serpentine		M40	76.27%
25	73	31:04	Ralph	Dadswell	Ealing Eagles		M50	79.15%
26	112	31:06	Kevin	Fowles	Bracknell Forest Runners		M40	74.24%
27	336	31:07	Adrian	Smith	West 4		SM	71.48%
28	318	31:09	Mark	Rose	Woking		SM	70.39%
29	388	31:11	Martin	White	Ealing Eagles		SM	70.81%
30	12	31:13	Martyn	Annetts	North Herts Road Runners		M50	78.77%
31	377	31:17	Matthew	Walker	Unattached	LM	SM	71.09%
32	392	31:27	Robert	Wilcox	Unattached		SM	67.83%
33	47	31:40	Victoria	Carter	Thames Valley Harriers		W35	81.28%
34	276	31:51	Lydia	O'Donoghue	Ealing Eagles		SW	75.98%
35	55	32:09	Dave	Cobb	West 4		M40	73.50%
36	343	32:10	Kemuel Dean	Solomon	Serpentine		M50	78.35%
37	29	32:11	Sasha	Birkin	Metros		W35	79.98%
38	20	32:18	Rachel	Badham	West 4		W35	79.69%
39	347	32:30	James	Steel	Ealing Southall & Middlesex		M40	72.71%
40	339	32:41	Paul	Smith	Unattached	LM	M40	70.64%
41	178	32:45	Leigh	James	London Heathside		SW	74.07%
42	257	32:51	Stephen	Morris	Ealing Southall & Middlesex		M40	72.50%
43	200	33:03	Billy	Kelly	Ealing Southall & Middlesex		U20M	66.75%
44	292	33:08	Liam	Phair	Metropolitan Police AC		SM	66.18%
45	42	33:13	David	Brooks	West 4		M40	69.51%
46	329	33:19	Matthew	Savory	Ealing Triathlon		SM	64.04%
47	124	33:20	Mark	George	London Heathside		M40	72.01%
48	170	33:31	Alistair	Hughes	Unattached	LM	M40	71.61%
49	98	33:33	Tom	Easten	Ealing Eagles		SM	66.79%
50	10	33:34	Nichola	Anderson	Ealing Eagles		W35	75.48%
51	91	33:40	Jason	Drake	West 4		M50	73.04%
52	313	33:52	George	Roberts	Ealing Eagles		U20M	65.14%
53	352	33:53	Paul	Tavener	Ealing Southall & Middlesex		SM	63.02%
54	299	33:57	Stephen	Plummer	Unattached		M50	73.61%

55	92	33:58	Peter	Drew	Ealing Southall & Middlesex		M50	71.80%
56	361	34:03	Charles	Trotman	Ealing Southall & Middlesex		M50	72.80%
57	263	34:05	Grazina	Narviliene	Ealing Southall & Middlesex		W35	73.83%
58	344	34:10	Javaher	Sondh	Ealing Southall & Middlesex		SM	62.93%
59	333	34:14	Christopher	Shearwood	Metros		M50	72.41%
60	201	34:15	Fiona	Kennedy	Ealing Southall & Middlesex		W55	88.81%
61	397	34:16	Malcolm	Woolsey	Ealing Southall & Middlesex		SM	63.99%
62	284	34:20	Nick	Partis	Ealing Eagles		M40	69.36%
63	286	34:24	Steve	Paull	Metros		M60	78.48%
64	390	34:26	David	Whitelam	Unattached	LM	M40	68.09%
65	131	34:33	David	Goodenough	Unattached	LM	M50	71.75%
66	277	34:34	James	O'Neill	Ealing Southall & Middlesex		M50	74.14%
67	3	34:35	Luke	Adar	Ealing Southall & Middlesex		U20M	66.57%
68	192	34:37	Michael	Jones	Unattached	LM	SM	62.34%
69	143	34:38	Peter	Hall	West 4		M50	74.63%
70	48	34:39	Ian	Carveth	Ealing Triathlon		M40	67.15%
71	50	34:43	Michael	Charles	Unattached	LM	M40	67.53%
72	218	34:46	Rose	Lewis	West 4		W45	77.89%
73	203	34:50	Maryam	Khosravi	London Heathside		SW	69.55%
74	223	34:53	Kerstin	Luksch	Ealing Eagles		W35	70.05%
75	126	35:01	Sarah	Gerrie	Ealing Southall & Middlesex		SW	69.28%
76	30	35:09	John	Blakeley	Unattached		M40	68.29%
77	234	35:11	Heather	Martin-Dye	Datchet Dashers		SW	69.24%
78	225	35:13	Jesper	Lycke	London Heathside		M40	66.07%
79	52	35:21	Harry	Claxton	Ealing Eagles		M40	64.82%
80	70	35:24	Steve	Curd	Ealing Southall & Middlesex		SM	62.83%
81	99	35:24	Rodney	Ebanks	Ealing Triathlon		M40	64.73%
82	163	35:26	Richard	Hooke	Unattached	LM	M50	69.39%
83	66	35:31	Shona	Cowper	Ealing Southall & Middlesex		SW	68.21%
84	370	35:39	Alastair	Veal	Unattached	LM	SM	62.39%
85	283	35:41	David	Parrott	Unattached	LM	M40	65.20%
86	273	35:46	Trevor	Normoyle	Metropolitan Police AC		SM	61.31%
87	142	35:48	Darren	Halford	Ealing Southall & Middlesex		M40	64.01%
88	168	35:51	Andrew	Hudson	London Heathside		M50	72.09%
89	121	35:53	Nar	Garbuja	Ealing Southall & Middlesex		SM	60.09%
90	115	35:56	Keith	Freegard	Ealing Southall & Middlesex		M50	71.32%
91	37	35:59	Robert	Bowler	London Heathside		M50	70.04%
92	167	35:59	Olivia	Howes Smith	Ealing Southall & Middlesex		W35	67.91%
93	315	36:02	Paul	Roberts	Ealing Eagles		M50	71.12%
94	224	36:03	Austin	Lumley	Unattached		M40	64.54%
95	24	36:08	Anthony	Bellis	Metros		SM	60.00%
96	214	36:12	Andy	Leung	Ealing Southall & Middlesex		M40	63.78%
97	56	36:16	Anri	Cohen	Unattached		SW	66.80%
98	380	36:17	Erica	Wallace	Ealing Southall & Middlesex		U20W	68.72%
99	207	36:25	Colin	Kirk	Ealing Southall & Middlesex		M50	69.46%
100	27	36:35	Harvinder	Bhogal	Bracknell Forest Runners		W35	67.26%
101	141	36:36	Sabrina	Hales	Shepperton Running Group		SW	65.94%
102	16	36:42	Marc	Aston-O'Donovan	Ealing Fire Station		SM	61.05%
103	345	36:42	Ian	Spencer	Datchet Dashers		M70	80.29%
104	172	36:45	Tony	Hursey	Ealing Eagles		M40	65.31%
105	272	36:47	Dan	Noraika	Ealing Triathlon		M50	68.51%
106	296	36:51	Ian	Pillinger	Shepperton Running Group		M40	64.13%
107	34	36:56	James	Bowden	Unattached		M40	61.12%
108	45	36:57	Sandra	Buckton	London Heathside		W45	70.94%
109	202	36:58	Tom	Kerry	Unattached	LM	M40	62.94%
110	180	36:58	Andrew	Jeffs	Ealing Eagles		SM	60.61%
111	280	37:01	Alan	Outten	Ealing Southall & Middlesex		M40	65.36%
112	199	37:08	Piers	Keenleyside	Ealing Eagles		M50	70.20%

113	173	37:10	Robert	Hutchinson	West 4		M50	68.96%
114	242	37:19	Wayne	Meek	Ealing Southall & Middlesex		SM	57.17%
115	187	37:20	Carol	Jones	Ealing Southall & Middlesex		W55	81.47%
116	287	37:37	Christopher	Peacock	West 4		SM	58.70%
117	383	37:41	Thomas	Weedon	Shepperton Running Group		M50	68.59%
118	379	37:42	Dominic	Wallace	Unattached	LM	M50	65.22%
119	326	37:45	Peter	Sanders	Unattached		M40	64.09%
120	174	37:45	Stephen	Hutchinson	Unattached	LM	SM	58.92%
121	317	37:47	Kumar	Roka Magar	Unattached	LM	M50	66.70%
122	398	37:52	Piers	Woolston	Ealing Eagles		M50	67.11%
123	139	37:52	Catherine	Gunnewicht	Ealing Southall & Middlesex		W45	69.93%
124	85	37:57	Lee	Diamond	Shepperton Running Group		SM	56.66%
125	249	38:00	James	Moffatt	Hillingdon Triathletes		M40	59.40%
126	63	38:06	Alexander	Connelly	Unattached		SM	55.99%
127	387	38:13	Caroline	White	London Heathside		W55	79.59%
128	79	38:19	James	De Vivenot	Ealing Eagles		M40	60.26%
129	154	38:28	Alexandra	Hewett	Ealing Triathlon		SW	63.18%
130	179	38:36	Peter	Jeffrey	West 4		M50	63.18%
131	177	38:40	Alistair	Jacob	West 4		M50	63.08%
132	105	38:44	Martin	Sapsed	Unattached		M50	64.52%
133	360	38:44	Mark	Travers	St. Albans Striders		M50	64.00%
134	311	38:47	Peter	Reynolds	Metros		M50	67.21%
135	219	38:47	Lekhraj	Limbu	Unattached		SM	55.03%
136	144	38:52	Olov	Hansen	Marlow Striders		M60	68.85%
137	298	38:54	Tammela	Platt	London Heathside		SW	62.21%
138	49	39:06	Dave	Cary	Tring RC		M50	64.99%
139	253	39:08	Emma	Moreton	Shepperton Running Group		W35	62.44%
140	331	39:08	Matthew	Searle	Unattached		M40	58.55%
141	53	39:09	Stephen	Cliff	Ealing Southall & Middlesex		M40	58.53%
142	330	39:10	Dan	Searle	Shepperton Running Group		SM	56.78%
143	58	39:10	Gary	Collings	Ealing Triathlon		SM	55.99%
144	246	39:19	Pardip Singh	Minhas	Ealing Eagles		M40	60.57%
145	186	39:20	Gabrielle	Johnson	London Heathside		W45	67.32%
146	356	39:23	Patricia	Thomas	Ealing Southall & Middlesex		W45	70.48%
147	289	39:34	Josephine	Perry	Fulham Running Club		W35	62.83%
148	83	39:38	Katie	Di Paolo	Ealing Southall & Middlesex		SW	61.21%
149	130	39:41	Yoko	Gonourie	Unattached		W45	67.46%
150	322	39:44	Jane	Ruhland	Ealing Southall & Middlesex		W45	69.85%
151	262	39:48	Sandra	Nambasa	West 4		W35	61.60%
152	62	39:58	Michael	Conlon	Unattached		M40	56.91%
153	399	39:59	Jane	Wren	Ware Joggers		W45	68.56%
154	114	40:00	Neil	Frediani	British Airways		M50	65.17%
155	95	40:08	Linda Frances	Dunne	Metros		W45	66.70%
156	241	40:12	Stacey	Mcmanus	Ealing Southall & Middlesex		W35	61.52%
157	235	40:15	John	Maxen	Shepperton Running Group		M50	63.67%
158	290	40:15	Paul	Perry	Unattached		SM	55.26%
159	389	40:19	Naomi	White	Ealing Eagles		W35	61.34%
160	102	40:19	Sue	Eedle	London Heathside		W55	75.45%
161	368	40:20	Paul	Underwood	Unattached		M40	58.59%
162	72	40:34	Henry	Dadswell	Ealing Eagles		U20M	56.75%
163	194	40:40	Richie	Jones	Unattached		SM	53.92%
164	355	40:41	Bob	Thomas	Unattached		M50	62.46%
165	138	40:42	Alison	Grist	Ealing Southall & Middlesex		W45	65.77%
166	87	40:44	Gerard	Donnelly	Unattached	LM	M60	66.87%
167	100	40:47	Jessica	Edgar	Shepperton Running Group		SW	59.34%
168	151	41:02	Larie	Hector	Ealing Southall & Middlesex		M40	56.70%
169	362	41:08	Victor	Tsui	Sudbury Court		SM	52.99%
170	310	41:09	Jacqueline	Reid	Metropolitan Police AC		W45	65.80%

171	267	41:13	Kristijan	Nikolic	Unattached		M40	54.70%
172	147	41:16	Liz	Harrison	Ealing Southall & Middlesex		W45	66.96%
173	309	41:27	Alan	Randall	Ware Joggers		M50	60.13%
174	220	41:34	Helen	Lohead	Ealing Triathlon		SW	58.20%
175	366	41:35	Simon	Turrell	Unattached	LM	M40	57.27%
176	206	41:38	Lisa	Kirby	Unattached		W45	62.96%
177	300	41:41	Louise	Prince	Ealing Southall & Middlesex		W45	62.89%
178	68	41:47	Rebecca	Crockford	Unattached		SW	57.94%
179	231	41:47	Matthew	Marchant	Unattached		SM	51.89%
180	123	41:47	Martin	Garrett	Sudbury Court		M60	64.61%
181	227	41:51	Roisin	Lynch	Ealing Southall & Middlesex		U20W	60.55%
182	226	41:52	Kay	Lydall	Unattached		W45	63.25%
183	222	41:53	David	Lovell	Redhill District RM		M50	59.19%
184	1	41:57	Elizabeth	Abrahams	Sudbury Court		W45	65.35%
185	359	41:59	Barbara	Tomaszczyk	London Heathside		W45	68.69%
186	51	42:12	Edward	Chesters	Health In Motion		M40	55.56%
187	7	42:18	Mary	Allieu	Metropolitan Police AC		W35	60.35%
188	260	42:25	John	Murphy	Unattached		M60	62.53%
189	378	42:26	Yvonne	Walker	Sudbury Court		W55	68.85%
190	205	42:35	Jen	Kingwill	West 4		W35	57.38%
191	243	42:36	Danielle	Mercey	Ealing Southall & Middlesex		W55	69.50%
192	113	42:45	Kate	Fraser	Ealing Southall & Middlesex		SW	56.98%
193	196	42:47	Declan	Keaveney	Unattached		M40	53.96%
194	319	42:50	Jamie	Ross	Unattached		M40	53.90%
195	162	42:53	Sarah	Holroyd	Ealing Southall & Middlesex		W45	66.38%
196	110	43:08	Julie	Fogg	Ware Joggers		W45	62.78%
197	353	43:09	Rebecca	Taylor	London Heathside		W35	57.95%
198	209	43:13	Phil	Lambe	Unattached		M50	56.43%
199	346	43:15	Colin	St. Helien	Unattached		M50	57.79%
200	88	43:16	Lindsay	Donoghue	Unattached		W45	60.59%
201	146	43:19	Wayne	Harris	Unattached		M50	59.67%
202	237	43:32	Mel	Mc Clure	Metropolitan Police AC		W55	69.87%
203	80	43:32	John	Deehan	Unattached	LM	M40	53.86%
204	23	43:37	Keith	Batten	Runnymede		M50	56.38%
205	244	43:44	Spencer	Millbery	Metros		SM	50.86%
206	165	43:48	Rob	Hoskins	Unattached	LM	M40	52.32%
207	152	43:52	Andrea	Hendy	Ealing Eagles		W45	63.27%
208	107	43:53	Chris	Fenton	Ealing Eagles		M40	51.44%
209	221	43:59	Alexander	Long	Shepperton Running Group		SM	49.85%
210	122	44:00	Jose Enrique	Garcia Lainez	Unattached		SM	48.87%
211	61	44:05	Chris	Conlon	Unattached		M40	51.98%
212	159	44:09	Hugo	Hodge	Unattached		M60	63.41%
213	119	44:10	Annette	Galloway	Ealing Southall & Middlesex		W45	59.95%
214	391	44:11	Emma	Whiter	Unattached		SW	54.77%
215	341	44:15	Lisa	Snell	Ealing Eagles		W35	58.17%
216	396	44:21	Stephen	Woolf	London Heathside		M60	63.13%
217	89	44:26	Tom	Donoghue	Unattached		M40	54.45%
218	229	44:31	Talat	Mahmood	Metropolitan Police AC		M40	53.50%
219	278	44:31	Sharon	O'Neill	Ealing Southall & Middlesex		SW	54.36%
220	373	44:38	James	Walerych	Queens Park		SM	47.80%
221	38	44:38	Jacqueline	Bowles	Metros		W45	59.98%
222	111	44:50	Natasha	Fogg	Ware Joggers		SW	53.98%
223	349	44:56	Sarah	Stewart	Unattached		W45	58.34%
224	191	44:57	Mark	Jones	Unattached		M40	51.36%
225	281	44:59	Ben	Parker	Unattached		SM	47.42%
226	340	45:07	Louis	Smyth	Sudbury Court		M50	57.78%
227	161	45:08	Hannah	Holliday	Unattached		SW	53.62%
228	193	45:11	Richard	Jones	Unattached	LM	M60	63.13%

229	335	45:12	Neville	Simpson	Unattached		M60	59.73%
230	365	45:14	Alison	Turrell	Ealing Southall & Middlesex		W45	58.54%
231	301	45:16	Philip	Prince	Ealing Southall & Middlesex		M50	58.09%
232	136	45:17	Chris	Griffin	Unattached	LM	M50	57.56%
233	358	45:17	Georgina	Thornton	Unattached		SW	53.57%
234	320	45:18	Steve	Ross	Unattached		SM	47.86%
235	381	45:18	Glyn	Watkins	Metros		M60	59.07%
236	39	45:19	Jason	Bowles	Metros		M40	51.34%
237	259	45:34	Sally	Murnaghan	Ealing Southall & Middlesex		W45	58.75%
238	275	45:34	Anne	Norton	Unattached		W55	73.83%
239	169	45:39	Jane	Hudson	Metros		W55	64.85%
240	93	45:47	Margaret	Duffy	Ealing Southall & Middlesex		W45	58.47%
241	213	45:49	Bridie	Lebdiri	Ealing Southall & Middlesex		W45	59.83%
242	166	45:54	Stephen	Hoskins	Unattached		SM	48.82%
243	164	45:54	Matthew	Hoskins	Unattached		SM	47.77%
244	308	46:05	Sangnuma	Rai	Unattached	LF	SW	52.51%
245	291	46:18	Sophie	Pesticcio	Ealing Southall & Middlesex		W35	54.72%
246	156	46:23	Stephanie	Hill	Unattached		W35	52.86%
247	236	46:23	Allison	Maybrey	Witney Roadrunners		W35	54.63%
248	294	46:29	Diana	Piatek	Unattached	LF	SW	52.19%
249	148	46:30	Tom	Harrison	Unattached	LM	SM	46.41%
250	248	46:34	Jasvir Singh	Modaher	British Airways		M50	55.98%
251	19	46:41	Pringla	Awale Rai	Helping You	LF	SW	51.96%
252	117	46:43	Nick	Fulford	Unattached		M50	53.06%
253	54	46:43	Helen	Clifton	Shepperton Running Group		W45	56.11%
254	323	46:44	Clare	Ryland	Ealing Southall & Middlesex	LF	W45	57.28%
255	369	46:49	Kerie	Upton	Unattached		W35	52.83%
256	204	46:50	Claire	King	Ealing Southall & Middlesex		W35	52.81%
257	90	46:52	Colette	Doran	Ranelagh Harriers		W35	54.47%
258	266	46:55	Janice	Newman	Ealing Southall & Middlesex		W55	78.88%
259	189	46:59	Jennifer	Jones	Ealing Southall & Middlesex		W45	56.98%
260	149	47:02	Suzy	Hart	Ealing Eagles		SW	51.47%
261	8	47:23	Jane	Allison	Unattached		W45	60.08%
262	258	47:23	Christine	Munden	Thames Valley Harriers		W45	54.81%
263	282	47:31	Olivia	Parker-Scott	Ealing Eagles		SW	50.93%
264	22	47:34	Derek	Bamforth	Metros		M60	55.76%
265	385	47:34	David	Wentzell	Redhill District RM		M60	55.76%
266	245	48:03	Richard	Mills	Unattached		SM	44.61%
267	216	48:18	Mary	Lewis	Unattached		W55	63.85%
268	302	48:22	Nemsari	Pun Magar	Unattached	LF	W45	54.75%
269	394	48:26	Liz	Wirdnam	Ealing Eagles		W45	58.03%
270	374	48:33	John	Walerych	Queens Park		M50	54.16%
271	216	48:44	Mary	Lewis	Unattached		W55	63.28%
272	328	48:52	Matthew	Sartin	Shepperton Running Group		SM	44.87%
273	15	48:53	Caroline	Aston-O'Donovan	Ealing Fire Station		SW	49.83%
274	60	49:15	Sarah	Coltman	Watford Joggers		W35	52.26%
275	342	49:16	Tanya	Snook	Shepperton Running Group		W35	52.24%
276	230	49:20	Keith	Manning	Unattached		M40	48.27%
277	104	49:27	Denise	English	Ealing Southall & Middlesex		W45	53.55%
278	304	49:47	Catherine	Pye	Unattached	LF	W55	58.69%
279	157	49:52	Steve	Hillier	British Airways		M60	53.66%
280	312	49:52	Chris	Roberts	Watford Joggers		W55	63.61%
281	101	49:54	Sheralyn	Edwards	Unattached	LF	W45	52.53%
282	74	49:55	Kelly	Davis	Shepperton Running Group		SW	48.60%
283	375	49:59	Don	Walkden	Unattached	LM	M60	53.07%
284	271	49:59	Joe	Nolan	British Airways		M60	53.07%
285	65	50:27	Lucy	Costello	MK Lakeside Runners		W35	49.28%
286	306	51:01	Karoline	Qualmann	Unattached	LF	W55	63.08%

287	261	51:12	Susan	Murray	Unattached		W55	67.76%
288	64	51:27	Felicity	Cooper	Unattached	LF	W35	49.62%
289	188	51:29	Hilary	Jones	Unattached	LF	W35	50.00%
290	86	51:36	Kathleen	Donaldson	Metros		W55	68.31%
291	324	51:52	Molly	Rynn O'Shea	Unattached		SW	46.66%
292	125	51:59	Veronica	Georgescu	Metros		W55	63.75%
293	400	52:07	Jane	Wright	Ealing Eagles		W55	60.01%
294	96	52:14	Tina	Dutton	Unattached		W45	50.18%
295	255	52:20	Gillian	Moroney	Ealing Eagles		SW	46.44%
296	265	52:22	Steve	Newell	British Airways		M70	56.35%
297	334	52:44	Karen	Sherry	Shepperton Running Group		W35	46.68%
298	303	52:45	Jaspreet	Puri	Unattached	LM	M40	43.12%
299	32	53:01	Aniko	Bourne	Shepperton Running Group		SW	45.84%
300	160	53:05	Sarah	Holder	Ealing Eagles		W45	49.88%
301	31	53:05	Seana	Bloomfield	Ealing Eagles		W45	49.88%
302	82	53:14	Nilu	Dewan	Unattached	LF	W35	47.60%
303	179	53:16	Peter	Jeffrey	West 4		M50	45.79%
304	134	53:20	Paula	Grahame	Unattached	LF	W55	54.78%
305	94	53:23	Lisa	Dumais	Ealing Eagles		W45	50.15%
306	247	53:25	Mirka	Miturova	Ealing Eagles		SW	45.61%
307	18	53:29	Linda	Austin	Ealing Eagles		W45	53.92%
308	279	53:57	Petra	Otto	Thorney Running Club		W55	60.53%
309	182	54:27	Ajit Kumar	Jha	Unattached	LM	SM	39.37%
310	338	54:57	Liz	Barratt	Unattached		SW	44.04%
311	4	55:04	Sandra	Adar	Unattached	LF	W45	51.04%
312	367	55:08	Michael	Twiggin	Unattached		SM	38.88%
313	269	55:20	Rangah	Niranchanan	Unattached		SW	43.84%
314	129	55:29	Stephanie	Gold	Victoria Park & Tower Hamlets		W55	58.85%
315	78	55:43	Natalie	Dawson	Ealing Southall & Middlesex		SW	43.43%
316	77	55:46	Sian	Dawe	Unattached	LF	SW	43.40%
317	393	55:47	Emma	Wilson	Highgate		SW	43.38%
318	256	56:30	Nancy	Morris	Metros		W45	45.96%
319	401	56:39	Lisa	Yip	Unattached		W35	43.46%
320	128	56:44	Arnold	Glickman	Metros		M60	50.28%
321	198	57:22	Louise	Keenan	Ealing Eagles		SW	42.37%
322	183	58:32	Bridgette	Job	Ealing Southall & Middlesex		W45	48.02%
323	59	60:02	Su	Colman	Unattached	LF	W55	58.71%
324	132	60:19	Deborah	Gorman	Ealing Southall & Middlesex		W45	46.60%
325	268	64:50	Sonia	Nimley	Unattached	LF	W35	38.57%
326	57	80:19	Jeanne	Coker	Metros		W55	52.17%