

Perivale 5 Results - 1st December 2013

POS	Race #	Time	First Name	Last Name	Club	Loc	AG	AG%
1	886	25:29	Rob	Thompson	Hillingdon AC		SM	83.75%
2	767	26:26	Jonathan	Laybourn	Highgate		SM	80.71%
3	966	26:43	Matthew	Woodman	Stafford Harriers		SM	82.07%
4	993	26:52	Jamie	Taylor-Caldwell	Ealing Southall & Middlesex		SM	79.44%
5	988	26:57	Max	Wells-Pestell	Ealing Southall & Middlesex		U20M	80.86%
6	996	27:07	Chris	Hepworth	Ealing Southall & Middlesex	LM	SM	78.70%
7	926	27:41	Pawel	Oboz	Unattached		SM	77.67%
8	783	27:52	Ben	Martin-Dye	Bracknell Forest Runners		M40	83.49%
9	623	28:17	Guy	Bowles	Unattached		M40	79.81%
10	947	28:34	Stephen	Norris	Thames Valley Harriers		M40	82.07%
11	645	28:48	Dave	Chryssides	Ealing Eagles		SM	77.80%
12	778	29:01	Larry	Mangelshot	Ware Joggers		M50	84.05%
13	687	29:07	Julian	Ferraro	London Heathside		M40	82.44%
14	965	29:12	Jonathan	Abel	Unattached		SM	73.41%
15	596	29:14	Dan	Afshar	West 4		M40	77.22%
16	701	29:26	Martin	Giles	Sutton Runners		M50	84.22%
17	949	29:28	Stewart	Ellis	Halstead Road Runners		SM	74.93%
18	668	29:34	Mark	Delahunty	Ealing Southall & Middlesex		M40	76.34%
19	685	29:37	Steve	Fell	Datchet Dashers		SM	74.04%
20	694	29:44	Simon	Fricke	Metropolitan Police AC		SM	72.58%
21	80	29:47	Daniel	Green	Unattached		SM	71.91%
22	674	29:48	Laurence	Duffy	The Stragglers		M50	83.87%
23	629	29:50	Michael	Burgess	Tring RC		M50	83.09%
24	825	29:52	Danny	Norman	26.2 RRC		SM	72.59%
25	79	29:54	Gavin	Evans	London Heathside		M50	83.59%
26	876	29:54	James	Steel	Ealing Southall & Middlesex	LM	M40	77.82%
27	921	29:57	Tom	Yates	Ealing Southall & Middlesex	LM	SM	71.57%
28	990	30:01	Stephen	Prock	Unattached		SM	71.07%
29	667	30:02	Mathieu	Davy	D3 Triathlon		SM	71.59%
30	853	30:04	Nigel	Rowe	Metropolitan Police AC		M50	81.12%
31	630	30:19	Stephen	Burgess	Unattached		U20M	75.94%
32	945	30:23	Lee	Davis	Unattached		M40	75.99%
33	967	30:30	Tony	Daglish	David Lloyd Redway Runners		M40	78.08%
34	884	30:33	Dean	Thatcher	Wargrave Runners		SM	71.34%
35	912	30:35	Trevor	Wilson	London Heathside		M40	76.08%
36	753	30:37	Fiona	Kennedy	Ealing Southall & Middlesex	LF	W55	96.70%
37	918	30:43	Paul	Woolley	Datchet Dashers		M40	73.49%
38	654	30:47	Ben	Cope	Serpentine	LM	SM	69.64%
39	742	30:54	Leigh	James	London Heathside		SW	78.34%
40	934	31:00	Mark	Pywell	Metropolitan Police AC		M40	73.37%
41	940	31:24	Jonathan	Randall	Vegan Runners		SM	68.11%
42	795	31:28	Jo	Merlini	Sunbury Dragons		M40	75.10%
43	937	31:31	Sean	Bowen	Garden City Runners		M40	76.77%
44	692	31:36	Stuart	Franklin	Beckenham		M40	75.96%
45	625	31:40	Richard	Brooks	Unattached		M40	71.28%
46	720	31:44	Simon	Hazel	London Heathside	LM	M40	73.88%
47	743	31:46	Cathy	Jeremiah	London Heathside		SW	76.26%
48	844	31:47	Steven	Ramek	26.2 RRC		M40	75.52%
49	856	31:49	Gary	Rushmer	British Airways		M50	77.91%
50	791	31:56	Luis	Monteiro	Ealing Southall & Middlesex	LM	M40	72.86%
51	673	31:57	Peter	Drew	Ealing Southall & Middlesex	LM	M40	75.12%
52	963	31:59	Richard	Waterton	Ware Joggers		SM	69.54%
53	936	32:03	Santosh	Rai	Unattached	LM	SM	67.09%
54	858	32:04	Steve	Sadler	Ware Joggers		M50	76.06%

55	594	32:11	Gary	Cummins	D3 Triathlon	LM	SM	66.29%
56	655	32:12	Amy	Cope-Balchin	Ealing Eagles	LF	W35	76.15%
57	984	32:14	Tom	Irving	Great Western Runners	LM	SM	66.19%
58	602	32:19	Karl	Atley	D3 Triathlon	LM	SM	68.32%
59	601	32:19	Henry	Andrews	London Heathside		M40	74.27%
60	995	32:23	Rajesh	Kumar	Ealing Southall & Middlesex	LM	SM	66.40%
61	973	32:24	James	Horrex	Thames Valley Harriers	LM	U20M	69.91%
62	951	32:26	Mark	George	London Heathside		M40	72.86%
63	771	32:29	Phil	Lloyd	Wimbledon Windmilers		SM	66.44%
64	927	32:30	Lee	Benjamin	Thames Valley Harriers	LM	M50	78.19%
65	837	32:33	Liam	Phair	Metropolitan Police AC		SM	66.61%
66	684	32:36	Moustafa	Fawzy	26.2 RRC		SM	66.86%
67	779	32:46	John	Manning	Tring RC		M60	80.95%
68	834	32:52	Steve	Paull	Metros		M60	80.70%
69	859	33:01	Kieran	Santry	Ealing Eagles	LM	SM	66.41%
70	695	33:01	Caroline	Frith	Unattached		W35	74.26%
71	829	33:02	Colin	Overton	Ealing Eagles	LM	SM	65.98%
72	798	33:02	Pardip	Minhas	Ealing Eagles		M40	70.98%
73	875	33:18	Simon	Stannard	Ealing Eagles	LM	SM	65.45%
74	724	33:22	Chris	Hewertson	London Heathside		M40	70.82%
75	810	33:34	Harry	Morris	Unattached	LM	U20M	68.59%
76	822	33:35	Alex	Nieora	Unattached	LM	SM	63.68%
77	817	33:36	Geoff	New	Marshall Milton Keynes		M40	71.44%
78	811	33:37	Stephen	Morris	Unattached	LM	M40	69.74%
79	755	33:43	Dilip	Bansal	Unattached	LM	U20M	64.63%
80	639	33:44	Ian	Carveth	D3 Triathlon		M40	67.93%
81	909	33:49	Chris	Williams	Ware Joggers		SM	63.58%
82	765	33:50	Jennifer	Laughton	Ealing Eagles	LF	SW	71.53%
83	784	33:58	Thomas	Martini	Ealing Eagles		SM	65.48%
84	869	33:58	Humphrey	Singer	Ealing Eagles	LM	M40	70.11%
85	878	34:04	Mark	Studdart	Watford Joggers		M40	69.36%
86	882	34:10	Evelyn	Rojas Sanchez	Unattached		W35	71.76%
87	660	34:11	Dean	Cox	Ealing Eagles		SM	62.46%
88	981	34:14	Jason	Goonery	Unattached	LM	SM	62.32%
89	793	34:16	Christine	Meek	Ealing Southall & Middlesex	LF	W45	84.15%
90	611	34:17	Steve	Barrington	Hayes And Harlington Road Runners		M40	69.46%
91	946	34:19	Jonathan	Davis	Unattached		SM	65.29%
92	900	34:22	Jennifer	Watt	Ealing Eagles	LF	W35	74.90%
93	989	34:22	Brian	Boyle	London Heathside		SM	65.20%
94	726	34:23	Neil	Hilary	Unattached		M60	77.83%
95	873	34:24	Simon	Speight	Ealing Eagles	LM	M40	69.23%
96	600	34:25	Nichola	Anderson	Ealing Eagles	LF	W35	72.65%
97	607	34:26	Peter	Baker	Ware Joggers		M50	72.58%
98	999	34:29	Armando	Lamagna	D3 Triathlon	LM	SM	64.98%
99	879	34:30	John	Sweeney	26.2 RRC		M40	67.96%
100	622	34:31	Robert	Bowler	London Heathside		M50	71.82%
101	888	34:32	Neil	Thornton	Unattached		SM	63.11%
102	39	34:37	Andrew	Mcfarlane	Ealing Eagles	LM	SM	62.96%
103	953	34:37	Ronan	Walsh	D3 Triathlon		SM	62.96%
104	781	34:42	Libby	Marchant	26.2 RRC		SW	69.74%
105	899	34:43	Tony	Watson	Sudbury Court		M50	73.82%
106	835	34:51	Sarah	Percival	D3 Triathlon	LF	W45	78.66%
107	907	34:53	David	Whitelam	Unattached	LM	M40	66.19%
108	719	34:59	Michael	Hayward	Unattached		M40	69.16%
109	617	35:08	Martin	Blacker	Ware Joggers		M40	67.26%
110	693	35:09	Keith	Freeguard	D3 Triathlon	LM	M50	71.70%
111	941	35:10	Andrea	Sanders-Reece	Mornington Chasers		W55	86.49%

112	770	35:13	Yvonne	Linney	Ealing Eagles	LF	W35	71.00%
113	855	35:16	Jane	Ruhland	Ealing Southall & Middlesex	LF	W45	76.78%
114	666	35:19	Tim	Davies	D3 Triathlon	LM	SM	62.52%
115	757	35:20	Marc	Woodcock	Ealing Eagles	LM	M40	65.85%
116	766	35:22	Andrew	Lawrence	Unattached		M40	67.34%
117	841	35:27	Naomi	Prasad	Watford Joggers		SW	68.43%
118	631	35:35	Verna	Burgess	Tring RC		W45	77.04%
119	672	35:37	Frank	Doyle	Ealing Eagles	LM	SM	60.87%
120	754	35:37	Tom	Kerry	Unattached	LM	M40	64.34%
121	852	35:43	Nick	Partis	Unattached	LM	M40	65.64%
122	840	35:44	Tammela	Platt	London Heathside		SW	67.72%
123	703	35:48	Sara	Glassman	Ealing Eagles	LF	SW	67.62%
124	919	35:52	Piers	Woolston	Ealing Eagles	LM	M50	69.68%
125	768	35:53	Andy	Leung	Ealing Southall & Middlesex	LM	M40	63.38%
126	761	35:55	Vito	Laera	A.S. AMATORI PUTIGNANO (ITALY)		M40	64.78%
127	739	35:59	Tony	Hursey	Unattached	LM	M40	65.67%
128	905	36:06	Caroline	White	London Heathside		W55	82.01%
129	807	36:12	Margaret	Moody	Vets AC		W55	91.55%
130	824	36:15	Dan	Noraika	D3 Triathlon	LM	M50	68.38%
131	725	36:15	Alexandra	Hewett	D3 Triathlon		SW	66.83%
132	734	36:19	Dan	Hookey	26.2 RRC		M40	62.15%
133	678	36:19	Rodney	Ebanks	D3 Triathlon		M40	62.15%
134	948	36:24	Beverley	Mclees	Ware Joggers		W35	70.71%
135	979	36:28	Peter	Reynolds	Metros		M50	70.28%
136	733	36:33	Richard	Hooke	Unattached	LM	M40	66.20%
137	868	36:35	Jack	Simpson	Unattached		SM	58.34%
138	749	36:48	Barbro	Julin	Marlow Striders	LF	W45	75.42%
139	626	36:51	Andrea	Broughton	Thames Valley Harriers		W45	73.48%
140	809	36:52	Claire	Morris	Ealing Eagles	LF	W35	66.28%
141	775	36:59	Jesper	Lycke	London Heathside		M40	61.96%
142	614	37:00	Carla	Bell	Ware Joggers		W45	76.94%
143	950	37:01	Danny	Hewitt	Halstead Road Runners		M40	64.84%
144	636	37:06	Phil	Cairns	Ealing Eagles	LM	M40	61.30%
145	885	37:16	Patricia	Thomas	Ealing Southall & Middlesex	LF	W45	72.66%
146	838	37:18	Louise	Piears	Ranelagh Harriers		W45	72.60%
147	849	37:20	Colin	Rees	Tring RC		M60	77.20%
148	653	37:25	Daniel	Comens	Sutton Runners		M40	60.33%
149	715	37:31	Olov	Hansen	Marlow Striders	LM	M50	70.09%
150	797	37:35	Eibhlin	Leahy	Ware Joggers	LF	SW	64.82%
151	646	37:39	Hazel	Clark	Ware Joggers		SW	64.70%
152	750	37:40	Paul	Keen	Canterbury Harriers		SM	57.86%
153	686	37:44	Chris	Fenton	Ealing Eagles	LM	SM	58.94%
154	831	37:47	Sue	Park	Ealing Eagles		W45	73.46%
155	730	37:55	Thomas	Heaword	Unattached	LM	SM	56.26%
156	923	37:57	Clive	Richardson	D3 Triathlon	LM	M40	59.48%
157	925	37:59	Jenna	Thatcher	Wargrave Runners		SW	63.71%
158	697	38:00	Martin	Garrett	Sudbury Court		M60	69.80%
159	827	38:05	Darrin	Ormston	Sutton Runners		M40	63.03%
160	998	38:07	Jackie	Reid	Metropolitan Police AC	LF	W35	64.59%
161	906	38:13	Richard	White	Tring RC		M50	68.81%
162	657	38:22	Gabby	Corry	Ealing Southall & Middlesex	LF	W45	67.68%
163	889	38:29	Barbara	Tomaszczyk	London Heathside		W45	73.04%
164	628	38:30	Samantha	Bulkeley	Unattached		W35	63.94%
165	983	38:30	Jennifer	Honeyball	Unattached		SW	62.86%
166	942	38:31	Afzal	Sohaib	Ealing Eagles	LM	SM	55.82%
167	861	38:33	Katya	Saville	Ealing Eagles		W35	63.86%
168	883	38:33	Stephen	Taylor	British Airways	LM	M50	63.27%

169	748	38:37	Peter	Jose	Metros		M60	72.50%
170	904	38:38	Emily	Moloney	Datchet Dashers		SW	62.64%
171	847	38:39	Janet	Readitt	Ware Joggers		W45	68.45%
172	756	38:41	Robert	Kipling	Ealing Eagles	LM	M50	66.64%
173	613	38:47	Bryan	Bayfield	Unattached		M40	58.54%
174	759	38:51	Malgorzata	Kucharska	Unattached	LF	W35	63.83%
175	735	38:57	Dan	Houghton	Ealing Eagles	LM	M40	57.95%
176	799	38:58	Kirstie	Mitchell	26.2 RRC		W35	62.71%
177	762	39:04	Martine	Lai	D3 Triathlon	LF	W55	74.79%
178	943	39:07	Jenny	Baker	Ealing Eagles	LF	W45	68.44%
179	620	39:08	Laura	Bowden	The Stragglers		SW	62.11%
180	891	39:08	Philip	Turley	Epsom & Ewell		M70	77.53%
181	836	39:11	Sarah	Pettefer	26.2 RRC		W45	68.32%
182	997	39:16	Julia	Gristwood	Ealing Southall & Middlesex		W45	73.44%
183	681	39:17	David	English	Unattached		SM	56.62%
184	823	39:21	Joe	Nolan	British Airways		M50	66.24%
185	637	39:27	Ben	Cale	Ealing Eagles	LM	SM	54.34%
186	713	39:28	Clare	Halfpenny	Ware Joggers		W35	63.36%
187	903	39:31	Edwin	Orchard-Lisle	Unattached		SM	53.99%
188	805	39:32	Michael	Andrews	D3 Triathlon		M50	63.75%
189	670	39:41	Gerard	Donnelly	Unattached	LM	M60	67.43%
190	647	39:42	Ernie	Clift	Unattached		M50	66.23%
191	632	39:43	Simon	Burns	Unattached	LM	M40	59.50%
192	78	39:44	Graeme	Beavers	Ealing Eagles	LM	M50	63.43%
193	717	39:45	Liz	Harrison	Unattached	LF	W45	68.12%
194	638	39:46	Siobhan	Carleton-Green	Vegan Runners		SW	60.85%
195	702	39:51	Jonathan	Glass	Unattached	LM	M40	60.23%
196	896	39:53	Robert	Waddingham	Ware Joggers		M50	65.93%
197	745	39:54	Gareth	Jones	Unattached	LM	SM	53.47%
198	737	39:59	Jane	Hudson	Metros		W45	72.12%
199	729	40:02	Roderick	Hoffman	British Airways		M50	62.43%
200	789	40:04	Mel	Mcclure	Metropolitan Police AC		W55	73.89%
201	924	40:06	Plamen	Nikolov	Ealing Eagles	LM	SM	55.88%
202	800	40:11	Stuart	Mitchell	Unattached	LM	M50	60.70%
203	975	40:16	Andy	Jessop	Unattached	LM	M40	59.14%
204	780	40:16	Jude	Manser	Ware Joggers		W55	72.56%
205	769	40:21	Kate	Liddiard	Ware Joggers		W35	61.61%
206	633	40:23	Clara	Burton	Ealing Eagles	LF	SW	59.94%
207	727	40:24	Tony	Hill	Tring RC		M60	67.42%
208	893	40:26	Alfonso	Villanueva	Unattached		SM	53.90%
209	813	40:28	John	Murphy	Unattached		M50	64.42%
210	970	40:30	Sharon	Dooley	Ranelagh Harriers		W35	62.13%
211	603	40:32	Kate	Atley	D3 Triathlon	LF	W35	60.49%
212	661	40:33	Jeremy	Cox	Unattached	LM	SM	54.45%
213	986	40:39	Gabrielle	Johnson	London Heathside		W45	63.88%
214	862	40:41	Gaby	Lai	D3 Triathlon	LF	SW	59.48%
215	972	40:41	Lucy	Duncan	Hillingdon AC		W35	61.11%
216	877	40:43	Lee	Stokes	Unattached	LM	M50	60.39%
217	854	40:44	Sam	Rowe	Ware Joggers		W45	65.72%
218	627	40:44	John	Kenny	London City H3 Harriers	LM	M40	58.93%
219	665	40:51	Sharon	Davidson	Purple Patch Runners		W35	59.82%
220	721	40:56	Rachel	Hearson	Ealing Eagles	LF	W45	66.97%
221	758	40:58	Lisa	Kirby	Unattached		W35	62.83%
222	969	41:05	Michael	Dooley	Unattached	LM	M40	56.20%
223	955	41:06	David	Parrott	Energize Fitness	LM	M40	55.75%
224	845	41:08	Anne	Ramsden	Ware Joggers		W55	76.03%
225	992	41:10	Louis	Smyth	Sudbury Court		M50	62.26%

226	959	41:12	Dovile	Turulyte	Energize Fitness	LF	SW	58.99%
227	698	41:14	Ian	Gascoigne	Unattached		M50	62.16%
228	932	41:15	Gregory	Neal	Watford Harriers		M50	63.75%
229	664	41:16	Ann	Davidson	Unattached		W55	75.79%
230	852	41:17	Phil	Smith	Ware Joggers	LM	M40	55.51%
231	732	41:17	Gary	Hook	Unattached		M40	55.51%
232	994	41:19	James	Taggart	London Heathside		M60	66.53%
233	812	41:23	Catherine	Mulrenan	Ealing Eagles	LF	W35	59.76%
234	857	41:24	Jayne	Russell	Unattached		W35	60.78%
235	597	41:25	Barbara	Allen	Datchet Dashers		W55	76.59%
236	776	41:28	Kay	Lydall	Unattached		W45	62.62%
237	938	41:32	John	Mallett	Ware Joggers		SM	53.16%
238	624	41:40	Martyn	Bradbury	Unattached	LM	SM	51.20%
239	898	41:44	Glyn	Watkins	Metros		M50	63.01%
240	908	41:48	Pamela	Wiggins	Ealing Eagles	LF	W45	68.10%
241	619	41:52	Julia	Booker	Ware Joggers		W35	59.73%
242	722	41:56	Andrea	Hendy	Ealing Eagles	LF	W45	64.57%
243	865	42:10	Sarah	Sharman	Unattached		W45	65.01%
244	902	42:10	Jane	Welch	Watford Joggers		W55	71.16%
245	917	42:11	Stephen	Woolf	London Heathside		M60	65.16%
246	894	42:24	Jenni	Viner	Ware Joggers		W55	71.74%
247	961	42:31	Assaf	Seewi	Energize Fitness	LM	SM	50.99%
248	901	42:35	Victoria	Watts	Ealing Eagles	LF	W35	58.08%
249	774	42:41	Kerstin	Luksch	Unattached	LF	SW	56.94%
250	83	42:57	Wayne	Harrison	Unattached	LM	M50	59.17%
251	980	43:07	Harriet	Betteridge	Datchet Dashers	LF	SW	56.13%
252	716	43:13	Karen	Hardy	26.2 RRC		W45	66.73%
253	709	43:13	Mike	Gray	26.2 RRC		M50	59.81%
254	81	43:20	Kate	Hendry	Unattached	LF	W55	70.19%
255	830	43:21	Beverley	Packwood	Ealing Southall & Middlesex	LF	W35	58.45%
256	971	43:22	Angela	Duncan	Hillingdon AC		W55	88.28%
257	711	43:24	Lisa	Grover	Ealing Eagles	LF	W35	56.49%
258	40	43:27	Jo	Newstead	26.2 RRC	LF	W55	67.24%
259	914	43:32	Carole	Wisdom	Serpentine		W55	68.01%
260	707	43:32	Paula	Gollop	Ware Joggers		SW	55.83%
261	773	43:35	David	Lovell	Redhill District RM		M50	55.96%
262	974	43:36	Murray	Horrex	Unattached	LM	M50	57.80%
263	788	43:43	Rachel	Mcclements	Ealing Eagles	LF	W45	64.29%
264	887	43:45	Georgina	Thornton	Unattached		SW	55.33%
265	738	43:47	Phil	Hudson	Ware Joggers		M50	59.03%
266	939	43:54	Keith	Manning	Unattached		M40	53.41%
267	802	43:56	Cormac	Moloney	Unattached		M40	54.21%
268	803	43:56	Hazel	Moloney	Unattached		W45	61.64%
269	656	44:04	Damian	Courtney	Ealing Eagles	LM	SM	49.20%
270	846	44:07	Robert	Raynor	Unattached		M60	62.31%
271	772	44:09	Helen	Lohead	D3 Triathlon		SW	54.81%
272	874	44:10	Colin	St. Helien	Unattached		M50	55.67%
273	714	44:16	Kate	Hancock	26.2 RRC		W35	56.16%
274	976	44:34	Amanda	Kersen	Unattached		W45	60.76%
275	610	44:35	Anthony	Bannister	Sutton Runners		M50	55.60%
276	960	44:36	Rukhsar	Shah	Energize Fitness	LM	M40	53.40%
277	913	44:37	Liz	Wirdnam	Ealing Eagles		W45	61.44%
278	866	44:38	Becky	Silver	Ealing Eagles		W55	68.15%
279	815	44:47	Colin	Naman	Ware Joggers		M60	60.82%
280	644	44:52	Jon	Chambers	Unattached		M40	52.67%
281	785	44:53	Sarah	Mason	Ware Joggers		SW	53.92%
282	731	44:53	Sarah	Holroyd	Unattached	LF	W45	61.84%

283	910	45:08	Cindy	Williams	Unattached	LF	W55	64.73%
284	911	45:08	Megan	Williams	Unattached	LF	SW	53.62%
285	801	45:16	Jasvir Singh	Modaher	British Airways		M50	56.62%
286	895	45:23	Margaret	Waddingham	Ware Joggers		M60	62.26%
287	818	45:37	Janice	Newman	Ealing Southall & Middlesex		W55	78.51%
288	816	45:44	Diane	Naman	Ware Joggers		W55	67.43%
289	621	45:52	Samantha	Bowden	Ware Joggers		SW	52.76%
290	710	45:55	Liam	Greene	Ealing Southall & Middlesex	LM	M50	53.55%
291	897	46:16	John	Walerych	Queens Park		M50	55.86%
292	648	46:22	James	Close	Ealing Eagles		SM	46.76%
293	871	46:29	Lisa	Snell	Ealing Eagles	LF	W35	54.51%
294	641	46:43	Ana	Castrillo	Unattached	LF	W35	54.24%
295	595	46:53	Fiona	Addison	Ealing Eagles		W35	52.30%
296	604	46:56	Elsbeth	Attwood	Unattached		W55	63.08%
297	881	46:59	Krystyna	Szpytman	Ealing Eagles	LF	W45	56.36%
298	683	47:10	Clare	Everard	Ealing Eagles	LF	W45	59.59%
299	820	47:11	Terry	Nichols	Ware Joggers		M70	61.78%
300	787	47:12	Allison	Maybrey	Witney Roadrunners		W35	52.98%
301	675	47:15	Margaret	Duffy	Unattached	LF	W45	55.48%
302	635	47:16	Wenna	Cable	Ware Joggers		SW	51.32%
303	741	47:20	Symond	Jacob	Unattached		M40	48.05%
304	843	47:21	Karoline	Qualmann	Unattached	LF	W55	66.05%
305	957	47:21	Sheryl	Ataha	Energize Fitness	LF	SW	51.23%
306	814	47:22	Katie	Murray	Ealing Eagles	LF	SW	51.21%
307	819	47:24	Linda	Newton	Ealing Eagles	LF	W45	59.30%
308	863	47:24	Jasvir	Sekhon	Ealing Eagles		W35	53.86%
309	867	47:29	David	Wentzell	Redhill District RM		M50	54.90%
310	931	47:58	Mary	Lewis	Unattached		W55	62.56%
311	676	48:00	Judith	Earnshaw	Ealing Eagles	LF	W35	52.42%
312	634	48:21	John	Butcher	Ware Joggers		M70	75.75%
313	977	48:31	Taj	Randhawa	Hillingdon AC		W35	50.36%
314	880	48:43	Amanda	Sykes	Ware Joggers		W35	52.83%
315	640	48:47	Ana	Castellano	Unattached	LF	W45	54.28%
316	933	48:54	Steve	Newell	British Airways		M60	58.94%
317	916	49:00	David	Wiseman	Ealing Southall & Middlesex	LM	M60	56.10%
318	682	49:03	Steven	Estreich	Unattached	LM	M50	51.38%
319	763	49:03	Geoff	Langston	Unattached	LM	M60	54.08%
320	688	49:17	Maureen	Fitzgerald	Thames Valley Harriers		W55	76.37%
321	82	49:27	Clare	Davies	Unattached	LF	SW	48.94%
322	786	49:50	Kal	Matharu	Hayes And Harlington Road Runners	LF	W45	52.60%
323	728	49:52	Steve	Hillier	British Airways		M50	52.73%
324	696	49:55	Petrina	Gannon	Ealing Eagles	LF	SW	48.50%
325	689	50:03	Lucy	Flintoff	Unattached		SW	48.35%
326	699	50:53	Suzy	Gaulton	Unattached		W45	55.24%
327	705	51:12	Jignesh	Gohil	Harrow AC		SM	41.67%
328	744	51:16	Dorothy	Johnstone	Ealing Southall & Middlesex	LF	W55	67.68%
329	842	51:33	Catherine	Pye	Unattached	LF	W45	55.22%
330	704	51:41	Arnold	Glickman	Purple Patch Runners		M60	54.17%
331	609	51:43	Margaret	Balfour	Ware Joggers		W55	62.23%
332	851	52:32	Katrina	Roche	Unattached		W55	56.36%
333	777	52:32	Mary	Malone	Unattached		W45	52.83%
334	833	53:06	Roderick	Paton	Unattached		M70	55.57%
335	669	53:09	Kathleen	Donaldson	Metros		W55	64.27%
336	944	53:10	Susan	Rayment	Unattached		W35	46.12%
337	706	53:18	Stephanie	Gold	Victoria Park & Tower Hamlets		W55	59.51%
338	643	53:40	Andrea	Chambers	Unattached		W35	46.08%
339	929	53:58	Emily	Humphrey	Ealing Eagles	LF	W35	45.28%

340	751	53:58	Louise	Keenan	Ealing Eagles	LF	SW	44.89%
341	794	54:21	Tracey	Melville	Ealing Eagles	LF	W45	49.82%
342	651	54:36	Su	Colman	Unattached	LF	W55	62.57%
343	915	54:58	Richard	Wisdom	Serpentine		M60	50.46%
344	608	56:13	Raymond	Baker	Unattached		M50	44.83%
345	870	57:34	Jo	Smith	Ware Joggers		W45	45.11%
346	864	58:39	Zankhana	Shah	Unattached		W35	41.66%
347	826	59:25	Shane	O'Halloran	Ealing Eagles	LM	SM	36.19%
348	848	61:40	Caroline	Reardon	Ware Joggers		W35	39.76%
349	890	64:48	Michelle	Toussaint-Bourne	Unattached		SW	37.39%

Men's Team

1	Jamie	Taylor-Caldwell	Ealing Southall & Middlesex	4
	Max	Wells-Pestell	Ealing Southall & Middlesex	5
	Chris	Hepworth	Ealing Southall & Middlesex	6
				15
2	Julian	Ferraro	London Heathside	13
	Gavin	Evans	London Heathside	25
	Trevor	Wilson	London Heathside	35
				73
3	Simon	Fricke	Metropolitan Police AC	20
	Nigel	Rowe	Metropolitan Police AC	30
	Mark	Pywell	Metropolitan Police AC	39
				89

Women's Team

1	Amy	Cope-Balchin	Ealing Eagles	4
	Jennifer	Laughton	Ealing Eagles	6
	Jennifer	Watt	Ealing Eagles	9
				19
2	Leigh	James	London Heathside	2
	Cathy	Jeremiah	London Heathside	3
	Tammela	Platt	London Heathside	18
				23
3	Fiona	Kennedy	Ealing Southall & Middlesex	1
	Christine	Meek	Ealing Southall & Middlesex	8
	Jane	Ruhland	Ealing Southall & Middlesex	15
				24