

Perivale 5 Results - 3rd December 2017

POS	Race #	Time	First Name	Last Name	Club	Loc	AG	AG%
1	146	25:22	Andy	Greenleaf	Serpentine		SM	85.92%
2	161	25:39	Mohamed	Hashi	Ealing Southall & Middlesex		SM	83.17%
3	41	25:47	Chris	Busaileh	Herne Hill		SM	83.70%
4	319	25:48	Jonathan	Poole	Serpentine		SM	84.48%
5	393	25:56	Jamie	Taylor-Caldwell	Ealing Southall & Middlesex		SM	82.26%
6	358	27:18	Simon	Shaw	Ealing Southall & Middlesex		M40	85.88%
7	87	27:27	Christopher	Dettmar	Headington RR		M40	86.76%
8	493	27:36	Matthew	Woodman	Stafford Harriers		M40	81.78%
9	224	28:03	Manish	Kunwar	Ealing Southall & Middlesex		SM	76.88%
10	105	28:04	Simon	Dunderdale	London Heathside		SM	77.66%
11	326	28:07	Santosh	Rai	Ealing Southall & Middlesex		SM	77.99%
12	264	28:18	Andrew	Mitchell	Thames Valley Harriers		M40	84.81%
13	134	28:19	Ciaran	Gavin	West 4		SM	79.13%
14	419	28:22	Ewan	Fryatt	Ealing Eagles		SM	77.30%
15	500	28:26	Peter	Flewitt	Ealing Southall & Middlesex		M40	82.46%
16	147	28:29	Paul	Gregory	Vale of Aylesbury		M60	94.78%
17	183	28:29	Jonathan	Horan	Unattached		SM	75.77%
18	380	28:36	Nick	Steel	Ealing Southall & Middlesex		SM	74.78%
19	192	28:38	James	Hughes	Ealing Southall & Middlesex		SM	74.51%
20	297	28:46	Jose Manuel	Pabon	Ealing Eagles		SM	75.77%
21	291	28:49	Stephen	Norris	Thames Valley Harriers		M40	83.96%
22	62	29:25	Tim	Cook	Watford Joggers		SM	75.61%
23	250	29:40	Ben	Martin-Dye	Datchet Dashers		M40	80.91%
24	377	29:43	Stewart	Stanton	Sutton Runners		SM	71.79%
25	4	29:50	Ricardo	Agostinho	Ealing Eagles		SM	72.67%
26	284	29:57	Kevin	Murray	Serpentine		M50	87.04%
27	75	30:09	Ralph	Dadswell	Ealing Eagles		M50	82.89%
28	90	30:30	Nick	Di Paolo	Ealing Southall & Middlesex		SM	71.08%
29	317	30:55	Stephen	Plummer	Ealing Southall & Middlesex		M50	82.19%
30	236	30:56	James	Linney	Ealing Eagles		SM	70.46%
31	64	31:05	Tom	Corbett	Ealing Eagles		M40	72.62%
32	85	31:07	Mark	Delahunty	Ealing Southall & Middlesex		M40	74.77%
33	100	31:08	Peter	Drew	Ealing Southall & Middlesex		M50	79.62%
34	368	31:08	Kemuel Dean	Solomon	Serpentine		M50	82.32%
35	409	31:19	Melissah	Gibson	Ealing Eagles		SW	77.61%
36	154	31:20	Andy	Guy	Ealing Eagles		M40	73.69%
37	230	31:35	Alex	Leslie	Ealing Southall & Middlesex		SM	67.55%
38	379	31:39	James	Steel	Ealing Southall & Middlesex		M40	75.84%
39	29	31:48	Sasha	Birkin	Metros		W45	82.43%
40	373	31:49	Allen	Spencer	Shepperton Running Group		SM	67.22%
41	249	31:50	Scott	Marlin	Bracknell Forest Runners		M40	72.53%
42	283	31:59	Paul	Murphy	Ealing Eagles		M40	71.64%
43	109	32:00	Campbell	Easton	Ealing Eagles		SM	67.19%
44	17	32:00	Rachel	Badham	West 4		W45	81.92%
45	199	32:05	Leigh	James	London Heathside		SW	75.93%
46	490	32:06	Andy	Wood	Hillingdon AC		SM	69.29%
47	91	32:07	Faisal	Din	Unattached		SM	66.42%
48	78	32:10	Ross	Davies	Shepperton Running Group		SM	69.66%
49	34	32:15	Ian	Bridges	Jetstream Tri		M40	73.84%
50	259	32:20	Luka	Melon	London Heathside		M40	69.81%
51	336	32:24	Sarah	Richardson	Ealing Southall & Middlesex		W35	78.80%
52	473	32:25	Eilidh	Wagstaff	London Heathside		SW	74.65%
53	227	32:26	Chris	Lambert	Ealing Eagles		SM	68.57%
54	140	32:31	Adam	Goodman	Slide N Ride		SM	66.12%

55	145	32:35	Duncan	Grassie	West 4		SM	66.54%
56	488	32:40	Robert	Willin	Ealing Eagles		M50	80.50%
57	369	32:46	Javaher	Sondh	Ealing Southall & Middlesex		SM	66.17%
58	39	32:49	Mike	Burnett	Unattached		M40	70.90%
59	229	32:51	Greg	Lawes	Ealing Eagles		SM	65.00%
60	389	32:59	Ian	Tanner	West 4		SM	64.68%
61	33	33:12	Andy	Bowen	West 4		M50	74.67%
62	148	33:25	Mark	Greig	Unattached		SM	64.88%
63	313	33:34	Liam	Phair	Metropolitan Police AC		SM	66.26%
64	494	33:43	Malcolm	Woolsey	Ealing Southall & Middlesex		SM	65.96%
65	116	33:48	Kevin	Falvey	Ealing Southall & Middlesex		SM	64.14%
66	137	33:49	Joel	Giuffrida	Ealing Eagles		SM	63.11%
67	37	33:51	Douglas	Buckeridge	Ealing Eagles		M60	79.06%
68	139	33:51	David	Goodenough	Unattached	LM	M50	74.45%
69	370	33:52	Howard	Sparks	Unattached	LM	M40	69.23%
70	477	33:56	Stephen	Warburton	Jetstream Tri		M50	77.49%
71	350	33:56	Jose	Santos	Dunstable RR		M40	66.52%
72	35	33:59	Richard	Brooks	Metropolitan Police AC		M40	68.47%
73	365	33:59	Callum	Smyth	Jetstream Tri		U20M	66.65%
74	231	34:11	Ian	Leslie	Ealing Southall & Middlesex		M60	77.59%
75	263	34:11	Pardip Singh	Minhas	Ealing Eagles		M40	70.78%
76	22	34:16	Dilip	Bansal	Unattached	LM	SM	62.26%
77	197	34:17	Rebecca	Jackson	Ealing Eagles		SW	70.59%
78	103	34:18	Mike	Duff	Ealing Eagles		M40	66.81%
79	23	34:19	Steve	Barrington	Shepperton Running Group		M50	71.65%
80	26	34:20	Tom	Bedwell	London Heathside		SM	64.78%
81	61	34:21	Kevin	Concannon	Harrow AC		M60	77.22%
82	121	34:24	Andrew	Fox	Metros		M50	73.26%
83	381	34:25	Sarah	Stephens	Metropolitan Police AC		W35	71.53%
84	194	34:27	Gary	Hymns	Serpentine		M60	76.99%
85	54	34:31	Simon	Clavin	Rock n Roll		SM	62.29%
86	128	34:33	Harvey	Gallagher	GoodGym		M50	72.34%
87	157	34:36	Peter	Hall	West 4		M50	76.00%
88	289	34:44	Trevor	Normoyle	Metropolitan Police AC		SM	64.03%
89	175	34:46	Gary	Hobbs	Ealing Eagles		M40	68.50%
90	307	34:47	Steve	Paull	Metros		M60	79.03%
91	104	34:48	Andrew	Duff-Miller	Unattached	LM	M40	69.53%
92	94	34:48	Nick	Dodd	London Heathside		M60	76.90%
93	275	34:53	Claire	Morris	Ealing Eagles		W35	71.27%
94	237	34:57	Yvonne	Linney	Ealing Eagles		W35	73.65%
95	111	35:05	Marcus	Edwards	Watford Joggers		M50	73.67%
96	86	35:06	Mark	Dennis	Metropolitan Police AC		SM	61.49%
97	496	35:13	David	Young	Metros		M60	77.35%
98	353	35:16	Mark	Scott	Hillingdon Triathletes		M50	70.60%
99	303	35:24	Mitesh	Patel	Metros		SM	60.68%
100	329	35:26	Ian	Reeder	Watford Joggers		M40	67.58%
101	219	35:31	Tom	Kerry	Unattached	LM	M40	66.44%
102	234	35:34	Nils-Kristian	Liborg	Ealing Eagles		SM	62.39%
103	6	35:39	Firas	Alhawat	Ealing Eagles		SM	60.76%
104	316	35:41	Tammela	Platt	London Heathside		SW	67.82%
105	276	35:46	Huw	Morris	Unattached	LM	M50	69.31%
106	126	35:49	Keith	Freegard	Ealing Southall & Middlesex		M50	72.78%
107	471	35:50	Alastair	Veal	Unattached	LM	M40	62.99%
108	44	35:56	Phil	Cairns	Ealing Eagles		M40	65.25%
109	149	35:58	Wilton	Grey	Ealing Southall & Middlesex		M60	74.40%
110	27	36:00	Katie	Belkin	London Heathside		W35	71.50%
111	223	36:04	Malgorzata	Kucharska	Ealing Eagles		W35	70.79%
112	51	36:06	Vincent	Cheung	Unattached		M40	63.47%

113	1	36:06	Inkeri	Abbotts	West 4		W45	75.94%
114	233	36:07	Rose	Lewis	West 4		W45	76.85%
115	130	36:11	Vince	Gannon	Unattached		M40	65.82%
116	480	36:12	Tony	Watson	Sudbury Court		M60	73.27%
117	66	36:13	Darren	Corsby	Unattached		M50	68.45%
118	266	36:16	James	Moffatt	Hillingdon Triathletes		M40	63.18%
119	232	36:19	Andy	Leung	Ealing Southall & Middlesex		M40	64.56%
120	80	36:26	Merilyn	Davis	Elmbridge Road Runners		W55	83.49%
121	95	36:32	Paul	Dodounou	Ealing Eagles		M40	64.18%
122	170	36:39	Michael	Hellyer	Unattached	LM	M40	61.59%
123	48	36:43	Michael	Charles	Unattached	LM	M40	64.86%
124	340	36:46	Paul	Roberts	Ealing Eagles		M50	70.90%
125	191	36:47	Timothy	Huggins	The Stragglers		M40	63.74%
126	364	36:48	Leanne	Smith	Ealing Southall & Middlesex		SW	65.78%
127	333	36:50	Peter	Reynolds	Metros		M60	72.01%
128	101	36:54	Pam	Drizen	Watford Joggers		W35	67.76%
129	14	37:07	Julien	Aussenac	Unattached		SM	57.93%
130	77	37:15	Martin	Daoud	Unattached		M50	68.22%
131	299	37:16	John	Packwood	Unattached	LM	M50	67.06%
132	418	37:20	David	Bone	Ealing Eagles		M50	68.65%
133	156	37:21	Darren	Halford	Ealing Southall & Middlesex		M40	62.29%
134	143	37:22	Nilesh	Goswami	London Heathside		M50	68.01%
135	495	37:23	Piers	Woolston	Ealing Eagles		M50	69.14%
136	45	37:23	Peter	Carroll	Jetstream Tri		M40	64.72%
137	42	37:25	Jennifer	Bushell	Ealing Eagles		SW	64.75%
138	25	37:26	Anna	Beausire	West 4		W45	77.04%
139	362	37:27	Keith	Simpson	West 4		M40	64.61%
140	483	37:34	Caroline	White	London Heathside		W55	83.25%
141	120	37:36	Federico	Forti	Unattached		SM	58.32%
142	200	37:37	Becky	Jay	Up & Running		SW	64.33%
143	73	37:38	Garry	Curtis	Ealing Eagles		M40	62.79%
144	216	37:39	Piers	Keenleyside	Ealing Eagles		M60	70.45%
145	341	37:40	Paul	Robinson	Ealing Eagles		M60	74.33%
146	204	37:45	Charlotte	Johnson	Ealing Eagles		SW	64.11%
147	74	37:46	Henry	Dadswell	Ealing Eagles		U20M	59.15%
148	356	37:47	Matthew	Searle	Shepperton Running Group		M40	61.58%
149	345	37:53	Jane	Rowden	West 4		W55	87.48%
150	273	37:59	Emma	Moreton	Shepperton Running Group		W35	64.81%
151	206	38:02	Carol	Jones	Ealing Southall & Middlesex		W55	82.23%
152	43	38:11	Paul	Caffrey	Unattached	LM	M50	66.00%
153	385	38:13	Ichiro	Sugawara	Ealing Eagles		M50	63.82%
154	400	38:19	Simon	Turrell	Ealing Southall & Middlesex		M40	63.15%
155	492	38:20	Ricky	Wood	Wimbledon Windmilers		M40	61.64%
156	88	38:21	GrcInne	Devery	Ealing Eagles		SW	63.38%
157	394	38:23	Patricia	Thomas	Ealing Southall & Middlesex		W45	74.17%
158	357	38:24	Sarah	Sharman	Watford Joggers		W45	75.10%
159	354	38:26	Dan	Searle	Shepperton Running Group		M40	58.73%
160	72	38:33	Steve	Curd	Ealing Southall & Middlesex		M40	58.55%
161	38	38:34	James	Buckland	Metros		M50	65.89%
162	13	38:42	Jonathan	Ashdown	Shepperton Running Group		SM	55.26%
163	195	38:55	Jo	Irwin	London Heathside		W45	68.04%
164	173	38:51	Lorraine	Hill	Ealing Eagles		W45	70.56%
165	56	39:02	Stephen	Cliff	Ealing Southall & Middlesex		M40	59.61%
166	475	39:09	James	Walerych	Queens Park		SM	54.49%
167	211	39:11	Hayley	Kandt	Ealing Eagles		SW	61.76%
168	193	39:18	Tony	Hursey	Ealing Southall & Middlesex		M50	62.06%
169	24	39:21	Keith	Batten	Runnymede		M50	63.51%
170	132	39:21	Martin	Garrett	Sudbury Court		M60	69.85%

171	397	39:24	Ann	Tryssoone	Freedom Tri		W45	70.36%
172	158	39:27	David	Hallson	Road Runners Club		M60	69.62%
173	253	39:29	Brian	Mcgrory	Metros		M50	64.31%
174	267	39:31	Iskandar	Mohammedi	Ealing Southall & Middlesex		M40	58.06%
175	280	39:46	John	Murphy	Shepperton Running Group		M50	62.85%
176	301	39:52	Nick	Partis	Pitshanger Park		M40	60.69%
177	282	40:05	Mark	Murphy	Shepperton Running Group		M50	61.84%
178	189	40:09	Andrew	Hudson	London Heathside		M50	65.49%
179	172	40:10	Satu	Hietanen	London Heathside		W45	65.26%
180	399	40:10	Stephanie	Tudgey	Shepperton Running Group		SW	60.25%
181	346	40:13	Jane	Ruhland	Ealing Southall & Middlesex		W45	70.78%
182	3	40:16	Elizabeth	Adams	Ealing Eagles		W55	74.52%
183	479	40:31	Lisa	Watson	Ealing Eagles		W45	64.09%
184	324	40:32	Resham	Pun Magar	Unattached	LM	M50	63.23%
185	321	40:33	David	Powlson	Ealing Eagles		M40	56.51%
186	322	40:36	Louise	Prince	Ealing Southall & Middlesex		W45	65.94%
187	274	40:40	Daniel	Morl	Shepperton Running Group		M40	56.35%
188	378	40:45	Richard	Stanwix	Ealing Eagles		M50	62.89%
189	485	40:47	Melanie	Wilcock	Shepperton Running Group		W35	60.12%
190	221	40:51	Robert	Kipling	Ealing Eagles		M60	65.51%
191	489	40:55	Martin	Wilson	Ealing Southall & Middlesex		M60	68.42%
192	484	40:57	Phil	Wigglesworth	Shepperton Running Group		M40	56.38%
193	242	41:05	Zak	Lyons	Pitshanger Park		U20M	54.37%
194	331	41:14	Amanda	Rencontre	Unattached		W45	68.17%
195	258	41:16	Kristoph	Meckle	Unattached	LM	M40	56.38%
196	112	41:18	Sue	Eedle	London Heathside		W55	75.72%
197	257	41:18	Stacey	Mcmanus	Ealing Southall & Middlesex		W35	60.55%
198	141	41:19	Kylie	Goodman	Slide N Ride		SW	58.82%
199	367	41:21	Davinder	Sohal	Ealing Southall & Middlesex		M50	62.51%
200	462	41:22	Nick	Vanson	Ealing Eagles		M60	64.12%
201	205	41:22	Rebecca	Johnson	Ealing Eagles		W35	62.22%
202	46	41:23	John	Carter	Wimbledon Windmilers		M70	73.32%
203	201	41:49	Emma	Jeffrey	Watford Joggers		W35	61.05%
204	342	41:55	Paul	Robinson	Pitshanger Park		M60	63.84%
205	83	41:55	John	Deehan	Unattached	LM	M40	56.81%
206	247	42:10	Liz	Mann	Ealing Southall & Middlesex		W45	67.51%
207	337	42:12	Lucy	Rigg	Ealing Eagles		W45	62.75%
208	76	42:25	Adele	Dalena	Ealing Eagles		W35	58.95%
209	176	42:28	Hugo	Hodge	Unattached		M60	67.17%
210	408	42:30	Suki	Gilliland	Shepperton Running Group		W45	62.31%
211	384	42:36	Gary	Stringer	Ealing Southall & Middlesex		M50	60.16%
212	262	42:42	Nicola	Miller	Ealing Eagles		W35	57.92%
213	142	42:43	Michael	Goodman	Unattached		M60	62.65%
214	391	42:45	Holly	Taylor	Unattached		SW	56.63%
215	160	42:48	Wayne	Harris	Unattached		M50	61.44%
216	382	42:52	Sarah	Stewart	Unattached		W45	62.45%
217	402	42:56	Christina	Urbanski	Ealing Eagles		SW	56.37%
218	114	42:57	Lisa	Emerson	Ealing Eagles		W45	61.65%
219	159	42:59	Olov	Hansen	Ealing Southall & Middlesex		M60	63.37%
220	481	43:03	Jane	Welch	Watford Joggers		W55	73.68%
221	30	43:06	Allison	Bloomfield	Up & Running		W35	59.72%
222	238	43:10	David	Lovell	Royal Mail		M50	58.38%
223	190	43:14	Jane	Hudson	Metros		W55	70.36%
224	107	43:20	Dawn	East	Shepperton Running Group		W35	57.70%
225	281	43:21	John	Murphy	Unattached		M60	62.28%
226	396	43:24	Angela	Tomusange	Unattached		W35	57.98%
227	499	43:29	Steve	Zoil	Unattached		M40	54.34%
228	180	43:29	Sarah	Holroyd	Ealing Southall & Middlesex		W55	67.19%

229	89	43:30	Katie	Di Paolo	Ealing Southall & Middlesex		SW	56.00%
230	295	43:41	Christina	O'Hare	Ealing Eagles		W35	57.60%
231	474	43:47	Kelsi	Wale	Ealing Eagles		SW	55.27%
232	366	43:48	Lisa	Snell	Ealing Eagles		W45	59.85%
233	302	43:53	Trevor	Pask	Ealing Eagles		M50	59.92%
234	398	43:53	Dan	Tsantilis	Unattached		M40	51.83%
235	498	43:59	Liz	Zass	The Stragglers		W55	84.14%
236	125	44:06	Neil	Frediani	British Airways		M60	60.15%
237	129	44:07	David	Gannon	Unattached		U20M	51.34%
238	243	44:10	Talat	Mahmood	Metropolitan Police AC		M40	54.78%
239	153	44:10	Catherine	Gunnewicht	Ealing Southall & Middlesex		W45	61.31%
240	371	44:11	Danijela	Spasojevic	Shepperton Running Group		W45	60.59%
241	82	44:11	James	De Vivenot	Ealing Eagles		M40	53.06%
242	166	44:16	George	Hazlewood	Unattached		M40	50.99%
243	5	44:28	Liz	Ainsworth	Ealing Eagles		W35	57.41%
244	285	44:31	Julie	Neil	Metropolitan Police AC		W35	56.92%
245	270	44:39	Hazel	Moloney	Unattached		W45	63.76%
246	298	44:43	Loredana	Pace	Watford Joggers		W35	56.27%
247	181	44:43	Jessica	Hood	Ealing Eagles		SW	54.48%
248	102	44:46	Angela	Duff	Ealing Eagles		W35	54.77%
249	84	44:46	Loraine	Deehan	Unattached	LF	W45	59.80%
250	395	44:47	Alison	Thomson	Unattached	LF	W35	57.01%
251	260	44:47	Danielle	Mercey	Ealing Southall & Middlesex		W55	67.92%
252	52	44:51	Alex	Chin-A-Fat	Unattached	LM	M60	59.14%
253	106	44:54	Craig	Dunthorne	Unattached	LM	SM	47.51%
254	323	44:55	Nemsari Kuma	Pun Magar	Unattached	LF	W55	65.91%
255	239	44:55	Lizzy	Lowdon	Unattached	LF	W45	63.38%
256	334	44:56	Kathryn	Richards	Ealing Eagles		SW	53.86%
257	228	44:57	Ann	Laurence	Unattached	LF	W45	63.33%
258	151	45:06	Lisa	Grover	Ealing Eagles		W35	55.44%
259	315	45:09	Jeremy	Pitt	Ealing Eagles		M50	55.82%
260	240	45:13	Julian	Lyons	Pitshanger Park		M50	55.27%
261	214	45:30	Matthew	Kay	Ealing Eagles		SM	46.93%
262	348	45:37	John	Saddler	Unattached	LM	M60	59.71%
263	361	45:44	Laura	Sillwood	Unattached		W35	53.61%
264	207	45:47	Jennifer	Jones	Ealing Southall & Middlesex		W45	59.88%
265	287	45:54	Janice	Newman	Ealing Southall & Middlesex		W55	83.41%
266	245	45:57	Kelly	Man	Unattached		W35	53.36%
267	300	46:16	Megan	Partis	Unattached	LF	W45	57.23%
268	486	46:34	Caroline	Wilkinson	Ealing Eagles		W35	52.65%
269	11	46:52	Asif	Anwar	Unattached		M40	48.53%
270	375	46:59	Colin	St. Helien	Unattached		M50	54.09%
271	244	47:02	Cristina	Mameli	Ealing Eagles		SW	51.79%
272	96	47:02	Lindsay	Donoghue	Unattached		W45	56.92%
273	246	47:12	Alison	Mann	Unattached		W35	54.09%
274	209	47:12	Alison	Joyce	Shepperton Running Group		W55	65.34%
275	58	47:13	Helen	Clifton	Shepperton Running Group		W45	56.70%
276	119	47:21	Kim	Fernandes	Ealing Eagles		SW	51.17%
277	292	47:34	Anne-Lucie	Norton	Unattached		W55	72.94%
278	110	47:43	Angela	Edwards	Watford Joggers		W55	63.75%
279	265	47:47	Jasvir Singh	Modaher	British Airways		M60	55.51%
280	472	47:48	Rina	Vyas	Shepperton Running Group		W35	52.64%
281	476	47:48	John	Walerych	Queens Park		M60	55.98%
282	343	47:57	Paul	Robson	Shepperton Running Group		M50	54.84%
283	251	48:02	John	Maxen	Shepperton Running Group		M50	54.27%
284	374	48:05	Ellen	Springall	Unattached	LF	W45	55.07%
285	167	48:07	Emmajean	Hearn	Skegness & District		W35	52.30%
286	168	48:08	Jimmy	Hearn	Skegness & District		M50	51.92%

287	16	48:09	Pringla	Awale Rai	Ealing Southall & Middlesex	SW	50.59%	
288	497	48:12	Teresa	Young	Metros	W55	80.82%	
289	268	48:13	Sughra	Mohammedi	Ealing Southall & Middlesex	SW	50.52%	
290	335	48:13	Jim	Richardson	Shepperton Running Group	M40	49.78%	
291	57	48:26	Tracey	Cliff	Ealing Southall & Middlesex	W45	54.12%	
292	67	48:34	James	Coward	Ealing Eagles	SM	45.46%	
293	218	48:38	Angela	Keogh	Watford Joggers	W35	51.42%	
294	182	48:45	Annick	Hooge	Ealing Southall & Middlesex	W55	67.98%	
295	351	48:48	Matthew	Sartin	Shepperton Running Group	SM	45.58%	
296	12	48:54	Jane	Armstrong	Ealing Eagles	W35	51.46%	
297	352	48:56	Catherine	Saunders	Metros	W35	51.10%	
298	65	48:59	Sylvia	Cordell	Ealing Eagles	W55	60.44%	
299	325	49:02	Catherine	Pye	Ealing Eagles	W55	61.20%	
300	271	49:12	Justin	Moore	Pitshanger Park	M40	47.65%	
301	272	49:13	Mandeep	Moore	Pitshanger Park	W45	53.80%	
302	212	49:18	Dinesh	Karunaratne	Unattached	SM	44.21%	
303	7	49:22	Sofia	Ali	Queens Park	W55	63.35%	
304	241	49:22	Minnie	Lyons	Pitshanger Park	W45	56.22%	
305	152	49:28	Nicola	Grover	Unattached	LF	SW	48.92%
306	20	49:34	Derek	Bamforth	Metros	M60	54.47%	
307	288	49:42	Barry	Nolan	Metros	M40	48.68%	
308	359	49:44	Christopher	Shearwood	Metros	M50	50.67%	
309	311	49:50	Noa	Perelmutter	Metros	W35	50.50%	
310	15	49:59	Claudia	Aviles	Ealing Eagles	SW	48.42%	
311	248	50:02	Jane	Marland	Ealing Eagles	W45	53.50%	
312	150	50:05	Linda	Grimes	Metros	W45	55.42%	
313	10	50:08	Teresa	Anderson	Ealing Eagles	W55	63.27%	
314	482	50:12	David	Wentzell	Royal Mail	M60	53.78%	
315	220	50:12	Claire	King	Ealing Southall & Middlesex	W35	49.81%	
316	347	50:13	Caroline	Rush	Ealing Eagles	W45	55.27%	
317	355	50:16	Leanne	Searle	Shepperton Running Group	W35	50.79%	
318	144	50:22	Anne Marie	Graham	Ealing Eagles	W45	51.56%	
319	344	50:29	Nicola	Rochford	Metros	W45	53.64%	
320	252	50:34	Declan	Mcgrath	Unattached	LM	SM	42.19%
321	198	50:34	Ash	Jacobs	Unattached	LM	SM	43.10%
322	261	50:36	Laurence	Messer	Ealing Southall & Middlesex	M60	56.37%	
323	383	50:40	Anne	Stott	Ealing Eagles	W55	57.66%	
324	36	50:46	Philippa	Brown	Metros	W35	48.97%	
325	330	50:58	Michael	Reid	Metros	M50	50.71%	
326	491	50:59	Peter	Wood	Unattached	M60	54.91%	
327	277	51:03	Nancy	Morris	Metros	W45	51.87%	
328	169	51:13	Rachel	Hearson	Ealing Eagles	W45	56.30%	
329	8	51:14	Lili	Alikhani	Ealing Eagles	W55	58.57%	
330	304	51:15	Emer	Pateman	Unattached	LF	W35	47.68%
331	305	51:15	Julie	Pateman	Unattached	LF	W35	49.44%
332	97	51:32	Hayley	Dougan	Unattached	LF	W35	47.58%
333	278	51:32	Catherine	Mulrenan	Ealing Eagles	W35	49.17%	
334	360	51:32	Karen	Sherry	Shepperton Running Group	W35	48.24%	
335	372	51:53	Tara	Spasojevic	Shepperton Running Group	U20W	47.15%	
336	174	51:53	Steve	Hillier	British Airways	M60	52.50%	
337	32	52:14	Kim	Bobsin	Ealing Eagles	W45	53.14%	
338	387	52:19	Michalina	Sulkowska	Unattached	SW	46.26%	
339	487	52:23	Annette	Williams	Shepperton Running Group	W45	53.66%	
340	47	52:27	Ana	Castellano	Pitshanger Park	W45	52.92%	
341	478	52:36	Maura	Watkinson	Ealing Eagles	SW	46.21%	
342	339	52:39	Louise	Roberts	Unattached	LF	SW	45.96%
343	79	53:07	Kelly	Davis	Shepperton Running Group	SW	45.86%	
344	177	53:18	Roderick	Hoffman	British Airways	M50	48.49%	

345	178	53:40	Sarah	Holder	Ealing Eagles		W45	50.46%
346	31	54:15	Seana	Bloomfield	Ealing Eagles		W45	49.91%
347	392	54:22	Janet	Taylor	Unattached		W45	52.36%
348	63	54:43	Felicity	Cooper	Ealing Eagles		W45	47.46%
349	53	55:08	Victoria	Clausen-Thue	Ealing Eagles		SW	43.89%
350	93	55:23	Tahir	Din	Unattached		M50	44.04%
351	328	55:25	Anuradha	Ramanan	Ealing Eagles		W35	44.86%
352	306	56:03	Roderick	Paton	Hillingdon Triathletes		M70	55.91%
353	296	56:27	Diane	O'Reilly	Metros		W45	46.44%
354	131	58:28	Beth	Gardiner	Ealing Eagles		W45	47.47%
355	225	58:54	Chloe	Lamb	Shepperton Running Group		SW	41.26%
356	60	59:31	Su	Colman	Unattached	LF	W55	61.16%
357	122	59:33	Gillian	Fox	Metros		W45	48.42%
358	363	60:17	Jennifer	Smith	Metros		W45	44.41%
359	92	61:08	Musarat	Din	Unattached		W45	43.32%
360	164	61:56	Douglas	Hay	Redhill District RM		M40	39.07%
361	162	70:16	Fatema	Hassan	Sudbury Court		W35	35.04%