

Perivale 5 Results - 1st December 2019

POS	Race #	Time	First Name	Last Name	Club	Loc	AG	AG%
1	59	24:54	Daniel	Cheeseman	City of York		SM	85.68%
2	480	25:24	Mohamed	Ali	Ealing Southall & Middlesex		U20M	89.17%
3	141	25:35	Mohamed	Hashi	Ealing Southall & Middlesex		SM	83.39%
4	37	26:00	Hugo	Blatge	Ealing Southall & Middlesex		SM	82.37%
5	4	26:26	Elias	Ahmed	Ealing Southall & Middlesex		U20M	83.46%
6	6	26:34	Tom	Aldred	London Heathside		M40	84.97%
7	394	26:40	Ben	Waterman	Ealing Southall & Middlesex		SM	80.00%
8	158	27:17	Jonathan	Horan	Ealing Southall & Middlesex		SM	79.89%
9	207	27:24	Tim	Lawrence	Kent AC		SM	81.17%
10	115	27:37	Ewan	Fryatt	Ealing Eagles		SM	80.53%
11	176	28:11	Elliot	Jones	Ealing Southall & Middlesex		SM	75.76%
12	400	28:11	Jack	Whitebury	Ealing Eagles		SM	75.88%
13	3	28:14	Will	Adolphy	Ealing Eagles		SM	75.56%
14	113	28:23	John	Foxall	Ealing Eagles		SM	75.75%
15	121	28:26	Ciaran	Gavin	West 4		M40	79.99%
16	32	28:30	Rich	Berry	West 4		M40	82.27%
17	13	28:42	Akira	Anzai-Jackson	Ealing Southall & Middlesex		SM	74.33%
18	317	28:44	Santosh	Rai	Ealing Southall & Middlesex		SM	77.40%
19	470	28:51	Matthew	Woodman	Stafford Harriers		M40	79.43%
20	234	29:08	Ben	Martin-Dye	Fetch Everyone		M50	83.72%
21	336	29:09	Samuel	Royle	Ealing Eagles		SM	73.37%
22	334	29:10	Tom	Rowles	Ealing Eagles		SM	74.33%
23	78	29:25	Steve	Davies	Watford Joggers		M50	82.91%
24	130	29:28	Paul	Gregory	Vale of Aylesbury		M60	93.28%
25	50	29:29	Joshua	Cardwell	Burnham Joggers		SM	72.42%
26	364	29:31	Nick	Steel	Ealing Southall & Middlesex		SM	72.84%
27	237	29:32	Ian	May	Pitshanger Park	LM	SM	72.42%
28	326	29:34	John	Robertson	Ealing Southall & Middlesex		M40	76.34%
29	127	29:34	Adam	Goodman	Ealing Southall & Middlesex		SM	73.33%
30	31	29:35	Anna	Bergsten	Unattached		SW	81.80%
31	29	29:41	Mark	Beastall	Unattached	LM	M40	76.62%
32	287	29:43	Rob	Palmer	Bearbrook RC		M40	75.96%
33	81	29:45	Mark	Delahunty	Ealing Southall & Middlesex		M40	79.43%
34	40	29:52	Andy	Bowen	West 4		M50	84.38%
35	227	29:56	Rafal	Machnik	Ealing Eagles		SM	74.30%
36	139	29:56	Sean	Hanrahan	Ealing Southall & Middlesex		SM	72.81%
37	42	30:01	Joshua	Brain	Ealing Eagles		SM	72.23%
38	187	30:04	Mark	Kencroft	Ealing Southall & Middlesex		M50	82.45%
39	133	30:05	Mathew	Gutch	Ealing Eagles		M40	75.03%
40	224	30:15	Tey	Lynn-Jones	Metropolitan Police AC		SM	70.52%
41	124	30:22	Melissah	Gibson	Ealing Eagles		W35	80.47%
42	62	30:47	Harry	Claxton	Ealing Eagles		M40	76.76%
43	239	31:02	Joseph	Mcdermott	Ealing Eagles		SM	68.92%
44	476	31:05	Will	Yates	West 4		SM	68.63%
45	71	31:06	Anna	Critchlow	West 4		W45	89.25%
46	250	31:14	Marius	Mihalescu	Unattached	LM	SM	70.21%
47	75	31:19	Ralph	Dadswell	Ealing Eagles		M50	81.15%
48	360	31:24	Kemuel	Solomon	Serpentine		M50	83.02%
49	232	31:27	Dimitrios	Mamalopoulos	Ealing Eagles		SM	68.16%
50	129	31:37	Duncan	Grassie	West 4		SM	69.35%
51	376	31:39	Bjorn	Thelin	Unattached		SM	67.93%
52	475	31:41	William	Wyatt	Ealing Southall & Middlesex		SM	67.86%
53	216	31:44	Nils-Kristian	Liborg	Ealing Eagles		M40	71.13%
54	107	31:50	Andrew	Flannery	West 4		SM	67.02%
55	55	31:51	Jacek	Cetnarski	Unattached	LM	M40	73.61%
56	111	31:51	Colin	Foster	Ealing Southall & Middlesex		SM	69.83%

57	343	31:54	Christopher	Shearwood	Metros		M50	80.34%
58	35	32:04	Sasha	Birkin	Metros		W45	83.48%
59	308	32:07	Matt	Powell	Ealing Eagles		SM	67.50%
60	77	32:09	Martin	Daoud	Ealing Southall & Middlesex		M50	80.39%
61	46	32:19	Mike	Burnett	Unattached		M40	73.12%
62	123	32:22	Sarah	Gerrie	Ealing Southall & Middlesex		W35	75.75%
63	398	32:29	Marcus	Weedon	Metros		M40	72.75%
64	95	32:30	Mike	Duff	Ealing Eagles		M40	71.59%
65	122	32:34	Alice	Germana'	Epsom & Ewell		SW	74.49%
66	103	32:36	Kevin	Falvey	Ealing Southall & Middlesex		SM	67.26%
67	48	32:37	Jennifer	Bushell	Ealing Eagles		SW	74.52%
68	171	32:41	Simon	James	Ealing Eagles		M40	71.19%
69	82	32:48	Mike	Dennison	Unattached		M60	81.59%
70	266	32:49	Stephen	Morris	Ealing Southall & Middlesex		M50	74.93%
71	388	32:51	Magdalena	Walbaum	Ealing Eagles		W35	74.64%
72	463	33:04	Robert	Willin	Ealing Eagles		M60	80.93%
73	324	33:09	Robert	Rispin	Lonely Goat RC		SM	67.09%
74	47	33:14	Yvette	Burton	Ealing Eagles		W35	74.81%
75	305	33:18	Fiona	Plain	Ealing Eagles		SW	72.67%
76	100	33:18	Laurence	Elliott	Ealing Eagles		SM	64.06%
77	18	33:27	Marc	Aston-O'Donovan	London Fire Brigade		M40	69.02%
78	93	33:28	Jason	Drake	West 4		M50	75.93%
79	210	33:35	Ian	Leslie	Ealing Southall & Middlesex		M60	80.39%
80	159	33:39	Thomas	Horrex	Thames Valley Harriers		SM	64.08%
81	301	34:00	Liam	Phair	Metropolitan Police AC		M40	66.39%
82	180	34:06	Maria	Jovani	Shaef Shifters		W35	74.87%
83	471	34:11	Darren	Woods	Striders of Croydon		SM	62.90%
84	307	34:13	Stephen	Plummer	Ealing Southall & Middlesex		M50	75.54%
85	297	34:16	Nicola	Payne	Harrow AC		SW	70.62%
86	57	34:17	Michael	Charles	Ealing Southall & Middlesex		M40	70.58%
87	189	34:22	Tom	Kerry	Unattached	LM	M40	69.84%
88	361	34:25	Javaher	Sondh	Ealing Southall & Middlesex		SM	63.71%
89	218	34:29	Gary	Lindemann	Shepperton Running Group		M40	67.47%
90	114	34:33	Caroline	Frith	East London Runners		W35	73.34%
91	223	34:37	Jem	Lynch	Unattached	LM	M40	68.80%
92	278	34:52	Trevor	Normoyle	Metropolitan Police AC		M40	64.74%
93	472	34:52	Malcolm	Woolsey	Ealing Southall & Middlesex		M40	64.74%
94	43	34:53	Mark	Brooke	Pitshanger Park	LM	M50	72.85%
95	97	34:54	Andrew	Duff-Miller	Unattached	LM	M50	70.46%
96	267	34:55	Claire	Morris	Ealing Eagles		W35	72.07%
97	208	34:57	Breege	Leane	Ealing Southall & Middlesex		W55	85.85%
98	22	34:59	Conrad	Bailey	Ealing Eagles		M40	66.83%
99	144	35:05	Clive	Heidrich	Metros		M40	67.66%
100	136	35:12	Peter	Hall	West 4		M60	76.02%
101	67	35:12	Kevin	Concannon	Harrow AC		M60	76.59%
102	102	35:15	Steven	Evans	Metropolitan Police AC		M40	64.88%
103	265	35:19	Huw	Morris	Unattached	LM	M50	71.09%
104	94	35:27	Alex	Drizen	Watford Joggers		M40	65.13%
105	465	35:27	Ian	Wimsett	Ealing Eagles		M60	76.16%
106	341	35:32	Ben	Scott	Hillingdon Triathletes		U20M	62.09%
107	396	35:35	Tony	Watson	Sudbury Court		M60	75.87%
108	381	35:37	Simon	Tucker	Pitshanger Park	LM	M50	69.04%
109	155	35:39	Paul	Hollis	Metropolitan Police AC		M40	66.28%
110	162	35:41	Olivia	Howes Smith	Ealing Southall & Middlesex		W35	69.67%
111	186	35:52	Liam	Kencroft	Ealing Southall & Middlesex		SM	59.49%
112	182	35:54	Hayley	Kandt	Ealing Eagles		SW	67.43%
113	212	36:10	Andy	Leung	Ealing Southall & Middlesex		M40	65.85%
114	214	36:13	Rose	Lewis	West 4		W45	78.60%
115	377	36:16	Patricia	Thomas	Ealing Southall & Middlesex		W55	80.56%

116	342	36:23	Mark	Scott	Hillingdon Triathletes		M50	69.85%
117	291	36:29	Nick	Partis	Pitshanger Park	LM	M50	67.40%
118	25	36:41	Dilip	Bansal	Unattached	LM	SM	58.16%
119	303	36:43	Ian	Pillinger	Shepperton Running Group		M50	66.43%
120	108	36:44	Daniel	Fletcher	Shepperton Running Group		SM	58.75%
121	44	36:53	Richard	Brooks	Metropolitan Police AC		M40	64.07%
122	188	37:01	John	Kenny	Ealing Eagles		M50	68.08%
123	72	37:01	Simon	Croyden	Ealing Eagles		M40	63.34%
124	52	37:02	Peter	Carroll	Jetstream Tri		M50	66.40%
125	183	37:05	Nicholas	Karfoot	Sudbury Court		M50	66.31%
126	235	37:05	Lynne	Maughan	Serpentine		W45	72.19%
127	473	37:14	Piers	Woolston	Ealing Eagles		M50	70.62%
128	469	37:17	Samuel	Woodcock	Ealing Southall & Middlesex		SM	59.65%
129	219	37:21	Yvonne	Linney	Ealing Eagles		W45	70.18%
130	134	37:24	Pinja	Haikka	Ealing Eagles		SW	65.14%
131	386	37:27	Hannah	Vaughan	Unattached	LF	SW	64.62%
132	295	37:29	Steve	Paull	Metros		M60	74.69%
133	354	37:35	Dermot	Smyth	Jetstream Tri		M50	68.77%
134	262	37:38	Emma	Moreton	Shepperton Running Group		W35	66.06%
135	147	37:41	Lorraine	Hill	Ealing Eagles		W45	74.59%
136	21	37:45	Abdi	Azimi	Pitshanger Park	LM	M40	60.70%
137	201	37:50	Malgorzata	Kucharska	Ealing Eagles		W45	68.64%
138	333	37:53	Jane	Rowden	West 4		W55	90.18%
139	30	38:04	Anna	Beausire	West 4		W55	77.77%
140	395	38:10	Lisa	Watson	Ealing Eagles		W45	69.38%
141	240	38:12	Brian	Mcgrory	Metros		M50	67.66%
142	56	38:14	Vicky	Chan	Ealing Eagles		W35	64.13%
143	9	38:20	Jo	Allam	Unattached		W55	78.28%
144	28	38:22	Keith	Batten	Runnymede		M50	66.23%
145	370	38:31	Lorna	Tatham	Unattached		W45	68.06%
146	246	38:39	Kristoph	Meckle	Unattached	LM	M40	61.14%
147	79	38:46	Nick	Davies	Ealing Eagles		SM	57.37%
148	167	38:47	Louise	Hutchinson	West 4		W55	80.64%
149	169	38:59	Gavin	Imrie	Sudbury Court		M40	60.14%
150	195	39:02	Robert	Kipling	Ealing Eagles		M60	69.78%
151	299	39:15	Gareth	Peers	Ealing Eagles		SM	55.53%
152	479	39:21	Adam	Zdunek	Unattached		M50	66.24%
153	387	39:23	Charlotte	Wade	Ealing Eagles		SW	61.45%
154	175	39:25	Carol	Jones	Ealing Southall & Middlesex		W55	81.64%
155	316	39:29	Paul	Quinnell	Lonely Goat RC		M40	57.60%
156	363	39:38	Ruth	Stannard	Ealing Eagles		SW	61.06%
157	254	39:42	James	Moffatt	Hillingdon Triathletes		M40	58.61%
158	327	39:43	Gregg	Robertson	Shepperton Running Group		M40	57.69%
159	311	39:46	Louise	Prince	Ealing Southall & Middlesex		W45	68.93%
160	367	39:54	Gary	Stringer	Ealing Southall & Middlesex		M50	65.33%
161	263	39:57	Daniel	Morl	Shepperton Running Group		M40	58.24%
162	353	40:01	Louis	Smyth	Sudbury Court		M60	67.47%
163	261	40:02	Dermott	Moran	UKRunChat		M40	59.49%
164	313	40:11	Helen	Pugh	Ealing Eagles		W45	65.23%
165	258	40:110	Kevin	Monaghan	Unattached	LM	M40	57.05%
166	41	40:21	Oliver	Bowers	The Stragglers		SM	52.87%
167	243	40:26	John	Mckim	Ealing Southall & Middlesex		M50	61.81%
168	166	40:28	Robert	Hutchinson	West 4		M60	65.55%
169	185	40:29	Piers	Keenleyside	Ealing Eagles		M60	66.69%
170	58	40:30	Lani	Charles	Ealing Southall & Middlesex		U20W	61.03%
171	177	40:53	Yat	Jones	Pitshanger Park	LF	W35	62.96%
172	164	40:53	Tony	Hursey	Pitshanger Park		M50	60.46%
173	24	41:00	Jenny	Baker	Ealing Eagles		W45	70.22%
174	27	41:04	Paul	Barry	Ealing Eagles		M60	70.07%

175	310	41:08	Tanisha	Prince	Ealing Southall & Middlesex		SW	58.83%
176	373	41:15	Giuseppe	Tetro	Airone della Murgia		SM	52.84%
177	330	41:22	Paul	Robinson	Ealing Eagles		M60	68.95%
178	284	41:23	David	O'Leary	Unattached	LM	SM	51.57%
179	389	41:26	Kelsi	Wale	Ealing Eagles		SW	58.42%
180	269	41:32	Valerie	Mullen	Purple Patch Runners	LF	W45	63.76%
181	270	41:32	John	Mullen	Purple Patch Runners	LM	M40	58.26%
182	222	41:37	Matt	Lunn	Pitshanger Park	LM	M50	60.05%
183	321	41:40	Jacqueline	Reid	Metropolitan Police AC		W45	68.32%
184	245	41:47	Stacey	Mcmanus	Ealing Southall & Middlesex		W35	60.64%
185	375	41:48	Jake	Tewson	Pitshanger Park	LM	U20M	53.44%
186	314	41:58	Resham Bahadur	Pun Magar	Unattached	LM	M50	62.11%
187	286	42:13	Amanda	Oliver	Ealing Eagles		W45	62.09%
188	146	42:22	Paul	Heskin	Unattached	LM	M40	57.11%
189	374	42:31	James	Tewson	Pitshanger Park	LM	M50	59.28%
190	118	42:32	Annette	Galloway	Ealing Southall & Middlesex		W45	65.26%
191	120	42:37	Martin	Garrett	Sudbury Court		M60	65.69%
192	203	42:46	Suha	Lagu	Ealing Eagles		W35	58.13%
193	273	42:46	John	Murphy	Unattached		M60	64.27%
194	371	42:48	Steve	Taylor	British Airways		M50	59.88%
195	163	42:53	Jane	Hudson	Metros		W55	72.93%
196	378	42:53	Ruth	Tidder	Metros		W45	63.14%
197	172	42:54	Steve	Jessop	West 4		M60	61.83%
198	332	42:57	Cristina	Rosa	Unattached	LF	W35	59.44%
199	259	43:00	Justin	Moore	Pitshanger Park	LM	M40	55.38%
200	335	43:13	Fiona	Rowley	Pitshanger Park	LF	W45	65.87%
201	192	43:14	Karl	King	Ealing Southall & Middlesex		M50	58.78%
202	462	43:18	Pamela	Wiggins	Ealing Eagles		W55	71.22%
203	351	43:23	Sophie	Slaughter	Unattached	LF	U20W	56.98%
204	251	43:24	Nicola	Miller	Ealing Eagles		W35	57.62%
205	238	43:25	Rachel	Mcclements	Ealing Eagles		W55	70.06%
206	384	43:28	Nigel	Vaughan	Pitshanger Park	LM	M60	61.57%
207	209	43:31	Lorraine	Leckenby	Pitshanger Park	LF	W55	72.89%
208	292	43:45	Trevor	Pask	Ealing Eagles		M60	61.17%
209	91	43:47	Cliona	Doyle	Ealing Eagles		SW	55.33%
210	204	43:50	Gurmeet	Lally	Ealing Southall & Middlesex		W55	69.39%
211	350	43:54	Singh	Sinia	Unattached		SM	51.04%
212	181	43:55	Barbro	Julin	Ealing Southall & Middlesex		W55	68.33%
213	143	44:09	Rachel	Hearson	Ealing Eagles		W55	67.06%
214	217	44:16	Ingvild	Liborg	Ealing Eagles		W35	55.39%
215	383	44:21	Penelope	Vargas	Ealing Eagles		W35	56.06%
216	392	44:24	Andrew	Walker	Unattached		SM	49.39%
217	99	44:33	Dawn	East	Shepperton Running Group		W35	56.87%
218	362	44:47	Colin	St. Helien	Unattached		M50	57.71%
219	157	44:48	Fiona	Hopwood	West 4		W55	69.81%
220	173	44:50	Rachel	Job	Ealing Eagles		W35	56.13%
221	229	44:51	Andy	Mahony	Ealing Eagles		M50	54.38%
222	228	44:51	Talat	Mahmood	Metropolitan Police AC		M50	54.82%
223	339	44:59	Lucy	Savage	Pitshanger Park	LF	W45	60.94%
224	88	45:01	Tom	Donoghue	Unattached		M50	55.52%
225	87	45:02	Lindsay	Donoghue	Ealing Southall & Middlesex		W45	60.87%
226	140	45:13	Olov	Hansen	Ealing Southall & Middlesex		M60	61.34%
227	467	45:17	Jessica	Wong	Unattached		W35	55.57%
228	329	45:20	Paul	Robinson	Pitshanger Park	LM	M60	60.09%
229	61	45:27	Alex	Chin-A-Fat	Unattached	LM	M60	59.40%
230	179	45:30	Nigel	Jones	Unattached	LM	M50	55.39%
231	117	45:33	Caro	Gallagher	Unattached	LF	W35	56.05%
232	225	45:33	Julian	Lyons	Pitshanger Park	LM	M50	55.79%
233	356	45:40	Lisa	Snell	Ealing Eagles		W45	58.62%

234	96	45:46	Angela	Duff	Ealing Eagles		W35	54.04%
235	382	45:46	Christina	Urbanski	Ealing Eagles		SW	52.89%
236	89	45:50	Conor	Donoghue	Unattached		U20M	48.74%
237	281	45:54	Lorraine	O'Donovan	Metros		W55	65.37%
238	285	45:59	Rosie	O'Leary	Unattached	LF	SW	52.63%
239	478	46:06	Liz	Zass	The Stragglers		W55	83.05%
240	352	46:17	Lisa	Slaughter	Unattached	LF	W45	60.73%
241	221	46:22	Lizzy	Lowdon	Unattached	LF	W55	63.01%
242	253	46:38	Jasvir Singh	Modaher	British Airways		M60	57.89%
243	268	46:40	Alison	Mullaley	Ealing Eagles		W45	58.74%
244	236	46:42	John	Maxen	Shepperton Running Group		M60	56.80%
245	5	46:48	Juliet	Aibangbee Mellor	Ealing Eagles		W45	57.20%
246	277	46:57	Tracey	Nobbs	Sudbury Court		W45	60.63%
247	213	47:07	Jolanta	Lewicka	Ealing Eagles		W35	52.77%
248	248	47:08	Danielle	Mercey	Ealing Southall & Middlesex		W55	66.35%
249	10	47:17	Mary	Allieu	Metropolitan Police AC		W45	56.00%
250	2	47:18	Rabindra	Adhikari	Unattached	LM	SM	47.37%
251	346	47:19	Anna	Shierson	Ealing Eagles		SW	51.14%
252	63	47:20	James	Close	Ealing Eagles		M40	47.69%
253	347	47:23	Nicola	Simons	Unattached	LF	SW	51.09%
254	320	47:28	Michael	Reid	Metros		M50	55.40%
255	290	47:38	Megan	Partis	Pitshanger Park	LF	W45	56.85%
256	170	47:39	Rebecca	Ireland	Pitshanger Park	LF	W45	59.74%
257	312	47:43	Philip	Prince	Ealing Southall & Middlesex		M60	57.08%
258	280	47:48	William	O'Connor	Queens Park		M70	64.47%
259	128	47:50	Anne Marie	Graham	Ealing Eagles		W45	55.36%
260	39	47:53	Louise	Bowden	Unattached		W45	54.23%
261	16	47:53	Fiona	Ashton	Unattached		W45	54.23%
262	73	47:54	Jason	Curtin	Unattached		M40	47.48%
263	194	47:57	Andrew	Kingham	Ealing Eagles		M50	52.12%
264	288	48:26	Emma	Palmer	Ealing Eagles		W35	51.63%
265	191	48:32	Chetan	Khatry	Queens Park		M40	47.57%
266	109	48:38	Laura	Fletcher	Shepperton Running Group		SW	49.76%
267	220	48:40	Rhiannon	Lloyd	Ealing Eagles		W35	50.82%
268	272	48:45	Soledad	Munoz	Ealing Eagles		W45	54.32%
269	174	48:49	Simon	Johnson	Ealing Eagles		M40	48.03%
270	12	48:50	Nerys	Anthony	Unattached		W35	52.28%
271	348	49:03	Laura	Sindall	Unattached	LF	SW	49.35%
272	184	49:07	Dinesh	Karunarthne	Unattached		SM	44.95%
273	349	49:08	Philip	Sindall	Ealing Southall & Middlesex		M60	56.45%
274	255	49:18	Sughra	Mohammedi	Unattached		W35	49.73%
275	20	49:19	Pringla	Awale Rai	Unattached	LF	W35	49.72%
276	101	49:24	Charlotte	Ellis	Unattached	LF	W45	55.49%
277	80	49:30	Terena	De Abaitua-Hind	Ealing Eagles		W45	55.38%
278	51	49:30	David	Carlin	Ealing Eagles		M50	51.34%
279	153	49:32	Roderick	Hoffman	British Airways		M50	53.09%
280	68	49:43	Bernie	Conway	Metros		W35	49.75%
281	126	49:45	Lydia	Goodman	Unattached	LF	SW	48.64%
282	998	49:50	Unknown	Runner	Unattached		SM	42.85%
283	289	49:58	Kwok	Pang	Unattached		SM	44.84%
284	391	50:02	Don	Walkden	Unattached	LM	M60	54.94%
285	319	50:03	Shantel	Redfern	Shepperton Running Group		W35	49.67%
286	23	50:04	Vicky	Baker	Shepperton Running Group		W35	49.94%
287	366	50:37	Anne	Stott	Ealing Eagles		W55	59.28%
288	11	50:47	Jennifer	Ansari	Ealing Eagles		W35	49.55%
289	338	50:49	Matthew	Sartin	Shepperton Running Group		M40	44.42%
290	34	50:53	Alison	Billinge	Unattached	LF	W45	56.67%
291	283	50:55	Katie	O'Leary	Unattached	LF	SW	47.53%
292	242	51:14	Gill	Mckay	Ealing Eagles		W55	58.57%

293	264	51:20	Gillian	Moroney	Ealing Eagles		W35	47.96%
294	247	51:27	James	Mendel	Pitshanger Park		SM	41.95%
295	135	51:33	Helen	Hall	Ealing Eagles		W55	63.34%
296	233	51:43	Cristina	Mameli	Ealing Eagles		W35	47.41%
297	344	51:51	Colin	Sherriff	Purple Patch Runners	LM	M60	55.01%
298	226	52:00	Minnie	Lyons	Pitshanger Park	LF	W45	54.74%
299	150	52:05	Steve	Hillier	British Airways		M60	53.26%
300	156	52:11	Annick	Hooge	Ealing Southall & Middlesex		W55	65.46%
301	14	52:14	Sarah	Ashcroft	Pitshanger Park		W45	49.72%
302	33	52:14	Sharon	Biancalana	Pitshanger Park	LF	W55	55.93%
303	368	52:15	Linda	Stringer	Unattached		W45	52.46%
304	154	52:18	Sarah	Holder	Unattached	LF	W45	53.07%
305	294	52:20	Irene	Paull	Metros		W55	61.49%
306	477	52:39	Lisa	Yip	Unattached		W35	47.79%
307	112	52:43	Valerie	Fougeres	Ealing Eagles		W35	48.83%
308	328	52:45	Fiona	Robertson	Ealing Eagles		W45	53.97%
309	151	52:54	Susan	Hinton	Ealing Eagles		W45	50.06%
310	160	53:08	Rob	Hoskins	Unattached		M40	44.47%
311	318	53:09	Emma	Randall	Unattached		W45	49.82%
312	161	53:10	Matthew	Hoskins	Unattached		M40	42.46%
313	110	53:11	Tara	Flynn	Ealing Eagles		W45	49.29%
314	205	53:16	Katharine	Lang	Ealing Eagles		W35	47.93%
315	399	53:23	Sue	Weston	Metros		W55	55.46%
316	198	53:29	Paula	Kirby	Ealing Eagles		W45	49.51%
317	106	53:41	Valerie	Flanagan	Ealing Eagles		W45	49.87%
318	256	53:46	Hazel	Moloney	Unattached		W55	54.34%
319	257	54:07	Cormac	Moloney	Unattached		M50	46.18%
320	190	54:19	Dipti	Khatry	Unattached		W45	49.28%
321	331	54:38	Nicola	Rochford	Metros		W45	50.80%
322	215	54:48	Hazel	Li	Unattached		W35	46.97%
323	36	55:14	Kate	Blake	Unattached	LF	W35	45.01%
324	468	55:31	Peter	Wood	Unattached		M60	51.38%
325	369	55:45	Michalina	Sulkowska	Unattached		SW	43.41%
326	53	55:55	Ana	Castellano	Pitshanger Park	LF	W45	50.91%
327	464	55:56	Christina	Wilson	Ealing Eagles		W45	46.87%
328	211	55:59	Jill	Leslie	Unattached	LF	W55	57.48%
329	149	56:22	Mark	Hill	Ealing Eagles		M50	43.62%
330	83	56:44	Sandy	Deol	Purple Patch Runners	LF	W45	50.18%
331	315	57:25	Nemsari Kumari	Pun Magar	Unattached	LF	W45	48.34%
332	293	57:42	Roderick	Paton	Hillingdon Triathletes		M70	56.37%
333	249	57:48	Laurence	Messer	Ealing Southall & Middlesex		M70	50.43%
334	125	58:07	Stephanie	Gold	Unattached		W55	59.70%
335	340	58:34	Carie	Schurr	Ealing Eagles		W55	50.55%
336	275	58:38	Roderick	Nathan	Pitshanger Park	LM	M60	46.46%
337	276	58:42	Susanne	Nicholls	Metros		W45	49.13%
338	38	59:14	Seana	Bloomfield	Unattached	LF	W45	46.86%
339	142	59:20	Douglas	Hay	Redhill District RM		M50	41.44%
340	345	59:25	Karen	Sherry	Shepperton Running Group		W35	42.35%
341	306	59:34	Caroline	Plummer	Unattached		W45	46.02%
342	76	59:34	Celine	Dandeh-Njie	Unattached		W35	42.86%
343	193	59:44	Ann	Kingham	Ealing Eagles		W55	50.23%
344	137	59:55	Lynn	Hall	Ealing Eagles		W55	56.15%
345	86	59:59	Carol	Diggins	Metros		W55	53.65%
346	196	60:02	Wei Hei	Kipling	Ealing Eagles		W55	49.32%
347	379	60:34	Edwina	Towey	Ealing Eagles		W55	48.88%
348	131	60:34	Linda	Grimes	Metros		W45	47.00%
349	104	61:48	Becky	Fennelly	Ealing Eagles		W45	42.02%