

PERIVALE 5 ALL-TIME RANKING - Men's sub-30 ranking

RANK	TIME	NAME	TEAM	CAT.	YEAR
1	24:36	Kebede Dereje	ETHIOPIA	SM	2002
2	24:54	Daniel Cheeseman	City of York	SM	2019
3	24:58	Jonathan Poole	Serpentine	SM	2018
4	24:59	Adam Bowden	Harrow	SM	2007
5	25:11	Mehretab Solomon	London Heathside	U20	2009
6	25:18	Shaun Collins	Enfield & Haringey	SM	2009
7	25:22	Andy Greenleaf	Serpentine	SM	2017
8	25:23	Christopher Busaileh	Herne Hill	SM	2018
9	25:24	Mohamed Ali	Ealing Southall & Mddx	U17	2019
10	25:26	Zachary Randall	Shaftesbury Barnet	SM	2016
11	25:26	David Wardle	London Irish	SM	2001
12	25:29	Rob Thompson	Hillingdon	SM	2013
13	25:35	Mohamed Hashi	Ealing Southall & Mddx	SM	2019
14	25:38	Alex Dunbar	City of Norwich	SM	2018
15	25:45	Matt Amos	Nuneaton	SM	2000
16	25:56	Jamie Taylor-Caldwell	Ealing Southall & Mddx	SM	2014
17	25:58	Ivo Zigadlo	Ealing Southall & Mddx	SM	2005
18	26:00	Hugo Blatge	Ealing Southall & Mddx	SM	2019
19	26:05	Xavier Gruot	Serpentine	SM	2018
20	26:09	Sean Renfer	TVH	SM	2010
21	26:09	Mike Cummings	Herne Hill Harriers	SM	2011
22	26:12	Tom Snape	Liverpool Pembroke Sefton	SM	1999
23	26:17	Bill Gristwood	Ealing Southall & Mddx	SM	1998
24	26:18	Hussain Jama	Ealing Southall & Mddx	SM	2008
25	26:19	Paul Cuddihy	Hillingdon	SM	2002
26	26:19	Jamal Mohamed	Newham & Essex Beagles	SM	2009
27	26:19	Peter Tucker	Metropolitan Police	SM	2010
28	26:21	Nicholas Torry	Serpentine	SM	2008
29	26:23	Clive Hensby	Woking AC	SM	1999
30	26:26	Elias Ahmed	Ealing Southall & Mddx	U20	2019
31	26:26	Jonathan Laybourn	Highgate	SM	2013
32	26:28	Andrew Reeves	Serpentine	SM	2008
33	26:32	Gabor Bajari	London Irish	SM	1999
34	26:34	Tom Aldred	London Heathside	M40	2019
35	26:35	Rob Wilson	Ealing Southall & Mddx	SM	2011
36	26:39	Rick Weston	Serpentine	SM	2011
37	26:40	Ben Waterman	Ealing Southall & Mddx	SM	2019
38	26:41	Herman Mulder	Unattached	SM	2002
39	26:41	Terry Mackin	London Irish	SM	2002
40	26:42	Martin Gaunt	Serpentine	SM	2008
41	26:43	Matt Woodman	Stafford Harriers	SM	2013
42	26:44	Kevin Thompson	London Irish	SM	1999
43	26:44	Martin Potter	London Heathside	SM	2002
44	26:45	Colin Miles	Southend	SM	2007
45	26:45	Oliver Heeks	Unattached	SM	2009
46	26:47	Damian Nevins	Harrow	SM	2007
47	26:47	Matt Addison	Metropolitan Police	SM	2011
48	26:48	Simon Riley	Metropolitan Police	SM	2010
49	26:51	Jim Cooper	Metropolitan Police	SM	2010
50	26:56	Hrunos Skorubskas	LITHUANIA	SM	2005
51	26:57	Max Wells-Pestell	Ealing Southall & Mddx	SM	2013
52	27:00	Chris Hepworth	Ealing Southall & Mddx	SM	2016

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53	27:03	Brian Cole	Royal Navy	SM	2004
54	27:04	Ty Berg	Mornington Chasers	SM	2002
55	27:04	Andrew Pickett	Dartford Harriers	SM	2015
56	27:05	Matt Flannelly	Woodford Grn & Essex L	M40	2005
57	27:07	Matthew Carey	Harrow	SM	2007
58	27:09	Anthony Bourne	Serpentine	SM	2010
59	27:10	Mohammed Ismail	Herne Hill Harriers	SM	2012
60	27:11	Ben Martin-Dye	Bracknell Forest Runners	M40	2009
61	27:14	Simon Barrett	Serpentine	SM	2008
62	27:16	Kofi Agyei	Dulwich Runners	M40	2007
63	27:17	Jonathan Horan	Ealing Southall & Mddx	SM	2019
64	27:18	Simon Shaw	Ealing Southall & Mddx	M45	2017
65	27:18	Grant Ramsay	Fairlands Valley Spartans	M40	2016
66	27:18	George Stewart	London Heathside	M40	2009
67	27:19	John Quirke	London Irish	M40	1998
68	27:19	Ronan Breen	Shaftesbury Barnet	SM	2003
69	27:20	Michael Hager	Tipton	M50	2000
70	27:21	Nigel Rackham	Metros	M45	2011
71	27:24	Darren McNeely	Serpentine	SM	2010
72	27:24	Tim Lawrence	Kent	SM	2019
73	27:26	Mohammed Rahim	Harrow	SM	2007
74	27:26	Blake Vivian	St. Albans Striders	SM	2015
75	27:27	Chris Dettmar	Headington RR	M45	2017
76	27:27	Paul Lemmon	North London	SM	1999
77	27:27	Paul Stuart-Smith	Central Park Track	SM	2000
78	27:28	Richard Holland	Woodford Grn & Essex L	M40	2002
79	27:29	Samir Haddad	Ealing Southall & Mddx	SM	2014
80	27:30	Eric Vamben	Serpentine	SM	2008
81	27:31	Michael Cates	Eton Manor	SM	1998
82	27:32	Darryl Carter	Iron Head Racing	SM	2007
83	27:35	James Preece	Herne Hill Harriers	SM	2002
84	27:37	Ewan Fryatt	Ealing Eagles	SM	2019
85	27:38	Andrew Gawne	Unattached	SM	2014
86	27:38	Lenny Shail	Coventry Godiva	U17	2006
87	27:39	Robert Jackaman	Metropolitan Police	SM	2010
88	27:41	Ricardo Suarez Lee	London Heathside	SM	2010
89	27:41	Pawel Oboz	Unattached	SM	2013
90	27:44	Peter Stainer	Metros	M40	2003
91	27:44	Dan Madams	London Heathside	SM	2012
92	27:44	Mark Guichard	100K	SM	1998
93	27:45	Stephen Kennefick	London Irish	SM	1999
94	27:45	Urban Bettag	London Heathside	SM	2005
95	27:46	Paul Wyatt	Metropolitan Police	SM	2007
96	27:49	Tom Easten	Ealing Eagles	M40	2016
97	27:52	Andy Robbins	Serpentine	SM	2008
98	27:52	Matt McCabe	Ealing Southall & Mddx	SM	2011
99	27:53	Peter Murphy	London Irish	M50	1999
100	27:53	Kevin Francis	Ware Joggers	M40	2018
101	27:54	Stephen Norris	TVH	M45	2014
102	27:55	Jon Ellis	Ealing Southall & Mddx	SM	2015
103	27:57	Richard Lazell	Stragglers	SM	2010
104	28:00	Gary Sykes	Berks Tri-Squad	SM	1999

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105	28:02	Edward Samuel	London Heathside	SM	2011
106	28:03	Julian Ferraro	London Heathside	M40	2006
107	28:03	Robert Foster	Steel City Striders	SM	2016
108	28:03	Manish Kunwar	Ealing Southall & Mddx	SM	2017
109	28:04	Simon Dunderdale	London Heathside	SM	2017
110	28:05	Tony Seakins	Colchester Harriers	M40	1999
111	28:05	Stuart Beaney	Kent	SM	2010
112	28:07	John Willoughby	QPH	M50	2002
113	28:07	Ric Berry	West 4 Harriers	M40	2016
114	28:07	Mike Claff	Salford Harriers	SM	2002
115	28:07	Santosh Rai	Ealing Southall & Mddx	SM	2017
116	28:08	Peter Flewitt	Ealing Southall & Mddx	M40	2014
117	28:09	Kevin Vose	London Irish	M40	2000
118	28:09	Dave Chrissydes	Ealing Eagles	M40	2016
119	28:11	Elliot Jones	Ealing Southall & Mddx	SM	2019
120	28:11	Jack Whitebury	Ealing Eagles	SM	2019
121	28:12	David McGregor	Serpentine	M50	2008
122	28:12	Archie Allen-Jones	Ealing Southall & Mddx	U17	2010
123	28:12	Ciaran Gavin	West 4 Harriers	SM	2014
124	28:14	Will Adolphy	Ealing Eagles	SM	2019
125	28:16	Tim Kelly	London Irish	M40	1999
126	28:16	Shugri Omar	Ealing Southall & Mddx	U17	2001
127	28:17	Guy Bowles	Unattached	M40	2013
128	28:17	Kenneth Heney	London Heathside	SM	2008
129	28:18	Andrew Mitchell	TVH	M45	2017
130	28:18	Justin Phillipps	Aldershot Farnham & District	SM	2011
131	28:20	David Annetts	North Herts Road Runners	M50	2015
132	28:20	Stephen Earley	Bedford & County	M40	2010
133	28:23	Lee Benjamin	Puma TVH	M40	2000
134	28:23	John Foxall	Ealing Eagles	SM	2019
135	28:23	Connor McIntyre	London Heathside	SM	2003
136	28:24	Brendan Greene	QPH	SM	2005
137	28:25	Richard Tomlinson	Ealing Southall & Mddx	M40	2010
138	28:25	Andrew Moraghan	Riverside Runners	SM	2009
139	28:27	Keith Turner	Barnet & District	M40	2001
140	28:28	Martin Giles	Sutton Runners	M50	2011
141	28:29	Paul Gregory	Vale of Aylesbury	M60	2017
142	28:29	Jose Manuel Pabon	Ealing Eagles	SM	2016
143	28:29	Noah Knock	Unattached	SM	2006
144	28:30	Andy Clements	Ealing Southall & Mddx	SM	1998
145	28:34	Rob Brown	Ealing Southall & Mddx	M40	2006
146	28:37	John O'Shea	Windsor SE & H	SM	2002
147	28:38	James Hughes	Ealing Southall & Mddx	SM	2017
148	28:39	Conor Kissane-Wood	Walton	U20	2011
149	28:40	Daniel Gilvett	South London	SM	2007
150	28:41	Toby Laver	Reading Roadrunners	SM	2009
151	28:42	Akira Anzai-Jackson	Ealing Southall & Mddx	SM	2019
152	28:42	James Godber	Dulwich Runners	SM	2003
153	28:43	Julian O'Donnol	Hillingdon	SM	2002
154	28:43	Robert Tuer	Clapham Chasers	SM	2012
155	28:45	Asmelash Abrha	London Heathside	M40	2004
156	28:46	Pete Warburton	Hillingdon	SM	1998

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157	28:47	Nigel Rowe	Metropolitan Police	M45	2010
158	28:47	Colin Bailey-Wood	Dulwich Runners	M40	2004
159	28:47	Chris Cavey	Ealing Eagles	SM	2014
160	28:50	Tim Grose	Victoria Park & TH	M40	2006
161	28:52	Jacob Howe	London Heathside	SM	2003
162	28:52	Paul Caulfield	West 4 Harriers	SM	2016
163	28:54	Tony Tuohy	Dulwich Runners	M40	2009
164	28:54	Rachid Afouzar	Ealing Eagles	M40	2015
165	28:54	Connor McIntyre	London Heathside	SM	2004
166	28:54	Mark Anderson	London Heathside	SM	2014
167	28:54	Matthew Pye	City Of Hull	SM	2015
168	28:55	Steve Elson	Ealing Southall & Mddx	SM	2011
169	28:55	Gordon Rainer	TRI	SM	1998
170	28:56	Steve Fell	Datchet Dashers	SM	2014
171	28:57	Dave Cox	Woodford Grn & Essex L	M50	2007
172	28:57	Sergio di Noto	London Heathside	SM	2014
173	28:59	Richard Macaulay	London Heathside	SM	2011
174	29:00	Tony Truepenney-Phillipson	Unattached	SM	2014
175	29:01	Larry Mangelshot	Ware Joggers	M50	2013
176	29:02	Dan Mengistu	Ealing Southall & Mddx	U17	2005
177	29:03	Marius Matuszewski	Unattached	SM	2006
178	29:06	James Godkin	Dulwich Runners	M45	2004
179	29:09	Lloyd Maddock	London Heathside	SM	2002
180	29:09	Sam Royle	Ealing Eagles	SM	2019
181	29:10	Tom Rowles	Ealing Eagles	SM	2019
182	29:10	Gordon Newlands	Dulwich Runners	SM	2003
183	29:11	Mark Andrews	Ealing Southall & Mddx	SM	1998
184	29:11	Wesley Atkins	Halstead Road Runners	SM	2018
185	29:12	Dalton McGuigan	Harrow	U17	2010
186	29:12	Jonathan Abel	Unattached	SM	2013
187	29:13	Ben Jones	Unattached	SM	2016
188	29:14	Dan Afshar	West 4 Harriers	M40	2013
189	29:15	Geoff Maher	West 4	SM	2018
190	29:16	Mike Goderski	Ealing Southall & Mddx	M40	1998
191	29:16	Mark Delahunty	Ealing Southall & Mddx	SM	2008
192	29:18	Trevor Jason	Woodford Grn & Essex L	M40	2002
193	29:19	Tom Adams	Unattached	SM	2011
194	29:19	Ian Tombleson	Box Hill	SM	1998
195	29:20	Jonathan Rene	North London	M40	1999
196	29:20	John Knight	Metropolitan Police	SM	2007
197	29:22	Gavin Evans	London Heathside	M50	2012
198	29:22	Brian Matthews	Unattached	M40	1999
199	29:25	Steve Davies	Watford Joggers	V50	2019
200	29:25	Tim Cook	Watford Joggers	SM	2017
201	29:25	Ben Cope	Serpentine	SM	2012
202	29:27	Andy Dodd	Ealing Southall & Mddx	SM	2008
203	29:28	Stuart Ellis	Halstead Road Runners	SM	2013
204	29:29	Ciaran McKeown	Unattached	SM	2008
205	29:29	Paul Deering	Tri Lon	SM	1998
206	29:29	Joshua Cardwell	Burnham	SM	2019
207	29:30	Michael Stainton	Serpentine	M50	2012
208	29:30	Mathieu Davy	Ealing Triathletes	SM	2014

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209	29:30	Jon Williams	Ware Joggers	SM	2014
210	29:31	Nick Steel	Ealing Southall & Mddx	SM	2019
211	29:31	Martin Loughnane	London Heathside	SM	2005
212	29:32	Laurence Duffy	Stragglers	M50	2014
213	29:32	Ian May	Windsor SE & H	SM	2019
214	29:33	Pete Summers	Handy Cross Joggers	M40	2008
215	29:33	Jonathan Guiney	London Irish	SM	2000
216	29:33	Marcus Tillotson	London Heathside	SM	2010
217	29:34	Bob Bradbury	Woking AC	M60	2014
218	29:34	John Robertson	Ealing Southall & Mddx	M40	2019
219	29:34	Adam Goodman	Ealing Southall & Mddx	SM	2019
220	29:34	Simon Patten	Muswell Hill	M40	1998
221	29:35	Ewoud Grobler	Reperagel	U20	2000
222	29:37	Chris Bailey	Highgate	M45	2011
223	29:37	Jon Kyte	Harrow	SM	2014
224	29:38	Paul Reddaway	Ware Joggers	M55	2018
225	29:39	Robert Wilcox	Stragglers	SM	2016
226	29:41	Mark Beastall	Unattached	V40	2019
227	29:43	Rob Palmer	Bearbrook	V40	2019
228	29:43	Stewart Stanton	Sutton Runners	SM	2017
229	29:43	Daniel Sixsmith	Unattached	SM	2004
230	29:43	Dan Oliver	Unattached	SM	2011
231	29:44	Michael Mann	Dulwich Runners	M55	2003
232	29:44	Stuart Prestney	Halstead Road Runners	SM	2012
233	29:44	Simon Fricke	Metropolitan Police	SM	2013
234	29:45	Wayne Cook	Colchester Harriers	M45	2018
235	29:46	Richard Steer	London Heathside	SM	2001
236	29:46	Paul Bowden	Stragglers	SM	2014
237	29:46	Florjan Bakalli	Ealing Southall & Mddx	SM	2015
238	29:47	Jonathan Hopkin	London Heathside	M40	2012
239	29:47	Matthew Pullen	Dulwich Runners	SM	2004
240	29:47	Andy Moore	Unattached	SM	2015
241	29:48	Oliver Edwards	Unattached	SM	2005
242	29:48	Luke Lazell	Metropolitan Police	SM	2009
243	29:49	Doug Buckeridge	Ealing Southall & Mddx	M40	2000
244	29:49	Graham Townser	Metros	SM	2000
245	29:50	Michael Burgess	Tring RC	M50	2013
246	29:50	Ricardo Agostinho	Ealing Eagles	SM	2017
247	29:50	Andrew Taylor	Serpentine	SM	2008
248	29:52	Chris McIver	Ealing Southall & Mddx	SM	2006
249	29:52	Danny Norman	26.2 RRC	SM	2013
250	29:52	Andy Bowen	West 4	V50	2019
251	29:53	Joe Saissi	Hillingdon	U20	2012
252	29:54	Paul Woolley	Datchet Dashers	M45	2018
253	29:54	James Steel	Ealing Southall & Mddx	M40	2013
254	29:54	David Haggart	Unattached	SM	2008
255	29:56	Rob Howells	Ealing Southall & Mddx	M40	2000
256	29:56	Mark Gordon	Unattached	M40	2003
257	29:56	Matthew Savory	Ealing Tri	SM	2012
258	29:56	Richard Taylor	Serpentine	SM	2012
259	29:56	Robert Pick	Shaftesbury Barnet	SM	1998
260	29:56	Sean Hanrahan	Ealing Southall & Mddx	SM	2019

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261	29:56	Rafal Machnik	Ealing Eagles	SM	2019
262	29:57	Kevin Murray	Serpentine	M55	2017
263	29:57	Paul Jarman	London Heathside	M45	2011
264	29:57	Tom Yates	Ealing Southall & Mddx	SM	2013
265	29:58	Steve Oliver-Crockett	Metropolitan Police	M45	2011
266	29:58	Lee Davis	Unattached	SM	2014