



301	DO'Donoghue	SerpentineRunning Club	59:22	405	P Aldridge	Reading AC	1:02:39	509	M Hall	RoystonRunners	1:05:43
302	D Huck	Windsor Slough Eton Hounslow	59:23	406	S Driscoll	Totton Running Club	1:02:39	510	R Nash	Hillingdon AC	1:05:43
303	A Wasdell	St Albans Striders	59:24	407	JO'Donnell	Hillingdon AC	1:02:39	511	A Moore	Stopsley Striders	1:05:47
304	S Aiken	Trent Park Trotters	59:33	408	N Adams	Riverside Runners	1:02:40	512	P Kent	Cambridge Harriers	1:05:48
305	N Kenchington	Bournemouth AC	59:34	409	G Hill	Royston Runners	1:02:45	513	N Lord	Garden City Runners	1:05:49
306	P Daniels	Dulwich Runners	59:35	410	J Macenhill	Striders Of Croydon	1:02:46	514	D Gearing	Havering 90 Joggers	1:05:50
307	S Livingstone	Garden City Runners	59:36	411	N Riddoch	Harlow RC	1:02:49	515	A Thompson	Thames Valley Harriers	1:05:55
308	CHobson	City Of Norwich AC	59:37	412	C Stone	Bideford AAC	1:02:51	516	A Phippard	Totton Running Club	1:05:56
309	D Bodin	Hercules Wimbleton AC	59:42	413	M Beagley	Riverside Runners	1:02:53	517	J Husband	Thames Valley Harriers	1:05:57
310	D George	Istead & Ifield Harriers	59:48	414	T Hedge	Watford Harriers	1:02:55	518	M Dix	Witney Road Runners	1:05:59
311	I Cardy	Kent AC	59:49	415	D Tibbles	Crawley AC	1:02:58	519	R Compton	Havering 90 Joggers	1:06:00
312	K Haines	Trent Park Trotters	59:49	416	J Rowden	Ranelagh Harriers	1:03:04	520	G Tucjer	Redhill & Surrey Beagles	1:06:04
313	L Crispin	Newham & Essex Beagles AC	59:49	417	R Long	City Of Portsmouth AC	1:03:05	521	G Stratford	Leighton Buzzard AC	1:06:07
314	G Dench	SerpentineRunning Club	59:50	418	PCoulson	Highgate Harriers	1:03:08	522	H Nickau	Headington Road Runners	1:06:08
315	G Collins	Wells City Harriers	59:51	419	D Hawes	Enfield & Haringey AC	1:03:10	523	A Broughton	Harlow RC	1:06:09
316	K Vallis	Alton Runners	59:52	420	LO'Hare	Barnet & District AC	1:03:10	524	R Nugent	St Albans Striders	1:06:09
317	J Desmond	The Stragglers	59:53	421	B Hawes	Gade Valley Harriers	1:03:11	525	M Jones	Harlow RC	1:06:09
318	M Waine	Southend-on-Sea AC	59:54	422	M Green	Garden City Runners	1:03:12	526	MFone	Enfield & Haringey AC	1:06:15
319	AMartins	South London Harriers	59:56	423	RRussell	Dorking & Mole Valley AC	1:03:16	527	G Woollett	Gade Valley Harriers	1:06:16
320	SPlested	Ealing, Southall & Middx. AC	59:56	424	A Murray	Dulwich Runners	1:03:17	528	R Weston	London Heathside	1:06:18
321	P Northover	North Herts Road Runners	59:59	425	D Christopher	Stopsley Striders	1:03:17	529	J Myall	Hillingdon AC	1:06:21
322	CCoates	Havering Mayesbrook AC	1:00:01	426	M Rolfe	Loughton AC	1:03:18	530	H Nahal	London Heathside	1:06:23
323	MCross	Cambridge Harriers	1:00:03	427	J Zaple	Herne Hill Harriers	1:03:20	531	J Clark	Poole Runners	1:06:25
324	N Hotson	Southampton Running Club	1:00:04	428	M Horgan	Herne Hill Harriers	1:03:21	532	ARutterford	Ely Runners	1:06:26
325	B Attwell	South London Harriers	1:00:09	429	A Zerney	Newham & Essex Beagles AC	1:03:22	533	M Willis	Swindon Striders	1:06:26
326	A Abraha	London Heathside	1:00:11	430	DPiddington	Newbury AC	1:03:23	534	A Laycock	Fairlands Valley Spartans	1:06:27
327	J James	Southampton Running Club	1:00:16	431	T Strudwick	London Heathside	1:03:23	535	J Anorve	Highgate Harriers	1:06:31
328	J Peercival	Alchester Running Club	1:00:17	432	C Thurston	Trent Park Trotters	1:03:27	536	S Daly	The Stragglers	1:06:32
329	H Dias	Kent AC	1:00:20	433	D Demoney	Ealing, Southall & Middx. AC	1:03:29	537	R Ellerby	Chiltem Harriers AC	1:06:33
330	K Quinn	Aldershot, Farnham & Dist. AC	1:00:22	434	R Davies	Queens Park Harriers	1:03:31	538	CSimpson	Phoenix AC	1:06:34
331	D Newman	London Heathside	1:00:23	435	I Meadowcroft	Headington Road Runners	1:03:32	539	J Brady	Dulwich Runners	1:06:35
332	J Lowe	Highgate Harriers	1:00:26	436	P Grounds	Poole AC	1:03:33	540	RMDonoghue	Kingston AC & Polytechnic H	1:06:36
333	H Davies	Reading AC	1:00:27	437	D Johnson	Burnham Joggers	1:03:34	541	D Pitts	Biggleswade AC	1:06:37
334	K Ivory	Riverside Runners	1:00:30	438	R Howells	Ealing, Southall & Middx. AC	1:03:35	542	D Dutton	Pitsea RC	1:06:37
335	S Ellis	Thriff Green Trotters	1:00:32	439	PMcCubbins	Serpentine Running Club	1:03:38	543	M Tedd	IF Group	1:06:38
336	MDavies	Winchester AC	1:00:34	440	T Maru	Orion Harriers	1:03:39	544	N Hemming	Croydon Harriers	1:06:39
337	D Lloyd	Thriff Green Trotters	1:00:35	441	A Moody	Medway & Maidstone AC	1:03:40	545	D Gifford	North Herts Road Runners	1:06:40
338	I Drew	Istead & Ifield Harriers	1:00:36	442	SWolton	Halstead Road Runners	1:03:41	546	S Addams	Eton Manor AC	1:06:41
339	DBrock	Orion Harriers	1:00:37	443	C Vernon	Stubbington Green Runners	1:03:43	547	K Prior	Biggleswade AC	1:06:42
340	IEDwards	Poole AC	1:00:37	444	M Eldred	Hardley Runners	1:03:47	548	PMartin	Dorking & Mole Valley AC	1:06:43
341	S Kelly	Ashford AC	1:00:38	445	R Rodie	Springfield Striders RC	1:03:49	549	DFisher	Tadworth AC	1:06:44
342	N Ponting	White Horse Harriers	1:00:39	446	PAinslie	Witney Road Runners	1:03:50	550	D Anderson	Belgrave Harriers	1:06:45
343	L Herman	Headington Road Runners	1:00:41	447	J Caymull	Springfield Striders RC	1:03:51	551	M Crawshaw	St Albans Striders	1:06:47
344	N Wasldige	Fairlands Valley Spartans	1:00:43	448	R Gale	Thriff Green Trotters	1:03:52	552	J Hutchinson	Hardley Runners	1:06:49
345	R Broadbent	Orion Harriers	1:00:45	449	N Stockman	Highgate Harriers	1:03:56	553	F Nolan	Queens Park Harriers	1:06:51
346	ADavies	SerpentineRunning Club	1:00:48	450	DMurfin	White Horse Harriers	1:03:57	554	LAustin	Orion Harriers	1:06:52
347	N Perry	Swindon Harriers	1:00:49	451	T Crossley	East Grinstead & District AC	1:04:00	555	D Hooker	Fairlands Valley Spartans	1:06:54
348	P Stockings	Woodford Green & Essex Ladies	1:00:50	452	S Page	Thurrock Harriers	1:04:01	556	A Gibbs	St Albans Striders	1:06:55
349	J Eltringham	Highgate Harriers	1:00:51	453	R Hall	Blackheath & Bromley H	1:04:05	557	R Harbon	North Herts Road Runners	1:06:56
350	PMitchell	South London Harriers	1:00:52	454	L Thomas	Queens Park Harriers	1:04:09	558	A Fay	Dorking & Mole Valley AC	1:06:56
351	CLescott	SerpentineRunning Club	1:00:57	455	SWright	Newham & Essex Beagles AC	1:04:11	559	K Reen	Erne Valley Harriers	1:06:58
352	P Wetton	Thames Valley Harriers	1:00:58	456	R Bober	Shaftesbury Barnet Harriers	1:04:14	560	P Eaton	Fairlands Valley Spartans	1:06:59
353	RAtkins	Poole AC	1:01:01	457	PFulong	Dorking & Mole Valley AC	1:04:14	561	K Adams	Eton Manor AC	1:07:00
354	R Allen	Kingston AC & Polytechnic H	1:01:01	458	PCostaldo	Trent Park Trotters	1:04:16	562	D Sweet	Billerica Striders	1:07:01
355	R Furse	Medway & Maidstone AC	1:01:02	459	G Scott	Poole Runners	1:04:20	563	RBrett	Luton AC	1:07:04
356	TLyken	Ely Runners	1:01:03	460	J Roberts	Gade Valley Harriers	1:04:22	564	A Pemberton	The Stragglers	1:07:06
357	SColeman	Thriff Green Trotters	1:01:04	461	K Ritchie	Riverside Runners	1:04:23	565	J Dowsett	Stopsley Striders	1:07:10
358	A Walker	Victory AC	1:01:05	462	PCunningham	Shaftesbury Barnet Harriers	1:04:24	566	J Tennant	Harlow RC	1:07:11
359	K Kemp	London Heathside	1:01:07	463	S Doyle	Herts Phoenix AC	1:04:24	567	RSutton	Ealing, Southall & Middx. AC	1:07:13
360	G Newton	Tadworth AC	1:01:08	464	N Taylor	Milton Keynes AC	1:04:26	568	A Hucker	Alchester Running Club	1:07:14
361	G Mokham	Bournemouth AC	1:01:09	465	DEnglish	Halstead Road Runners	1:04:27	569	K Lineham	Highgate Harriers	1:07:16
362	G Flynn	Stubbington Green Runners	1:01:11	466	M Tempest	Orion Harriers	1:04:28	570	P May	Stubbington Green Runners	1:07:18
363	A Baci	Enfield & Haringey AC	1:01:13	467	S Bryant	North Herts Road Runners	1:04:30	571	B Gristwood	Ealing, Southall & Middx. AC	1:07:23
364	M Harper	Stubbington Green Runners	1:01:13	468	SMackenzie	Harlow RC	1:04:31	572	J Carmichael	Crawley AC	1:07:25
365	M Cooper	Chelmsford AC	1:01:14	469	K Wright	Springfield Striders RC	1:04:32	573	J Grigg	Queens Park Harriers	1:07:26
366	DBaigent	Highgate Harriers	1:01:15	470	B White	Hercules Wimbleton AC	1:04:35	574	ANicoll	St Albans Striders	1:07:28
367	D Wythe	Wells City Harriers	1:01:16	471	B Arbury	Epsom & Ewell Harriers	1:04:44	575	J Wither	Southampton Running Club	1:07:29
368	H Saxby	Hercules Wimbleton AC	1:01:17	472	D McLean	Alton Runners	1:04:45	576	R Smith	Thriff Green Trotters	1:07:31
369	SHicks	Ipswich Harriers	1:01:19	473	SBrazil	The Stragglers	1:04:46	577	B Stramer	SerpentineRunning Club	1:07:32
370	R Green	Hillingdon AC	1:01:22	474	G Busch	Stopsley Striders	1:04:47	578	BCostas	The South Cyprus Flyers RC	1:07:35
371	L Broadbridge	Springfield Striders RC	1:01:25	475	P Kayley	St Albans Striders	1:04:50	579	I Owens	North Herts Road Runners	1:07:38
372	M Popov	Croydon Harriers	1:01:25	476	M Anglim	Hardley Runners	1:04:52	580	DBatten	Striders Of Croydon	1:07:41
373	SDokic	Hillingdon AC	1:01:27	477	P Wells	Watford Harriers	1:04:54	581	A Legg	Werrington Joggers	1:07:42
374	ARoberts	Fleet & Crookham AC	1:01:29	478	K McCord	Burnham Joggers	1:04:57	582	T Walpole	Bexley AC	1:07:46
375	P Mann	Dorking & Mole Valley AC	1:01:29	479	I Greenaway	Lingfield Running Club	1:04:58	583	STuffnell	Burnham Joggers	1:07:51
376	A Holmes	Fleet & Crookham AC	1:01:31	480	M Rowe	Barnet & District AC	1:04:59	584	D Proude	Lingfield Running Club	1:07:53
377	M Mann	Dulwich Runners	1:01:34	481	N Bowman	Trent Park Trotters	1:05:04	585	R Hill	Fleet & Crookham AC	1:07:55
378	G Cook	North Herts Road Runners	1:01:36	482	G Chatterton	Chelmsford AC	1:05:05	586	P Tremain	Springfield Striders RC	1:07:57
379	G Newlands	Dulwich Runners	1:01:38	483	T Inchley	Leighton Buzzard AC	1:05:07	587	P Bolitho Jones	Watford Harriers	1:08:00
380	N Brown	The Stragglers	1:01:39	484	N Bush	Redhill & Surrey Beagles	1:05:11	588	???	???	1:08:03
381	CMcAllister	Stopsley Striders	1:01:43	485	G Westley	Southampton City AC	1:05:12	589	RDerrick	St Albans Striders	1:08:06
382	R Langley	Halstead Road Runners	1:01:50	486	MAughnan	Garden City Runners	1:05:17	590	AFlick	Highgate Harriers	1:08:06
383	N Thomas	Wells City Harriers	1:01:52	487	A Ali	Thames Valley Harriers	1:05:18	591	J Shirley	Barnet & District AC	1:08:07
384	R Casey	Garden City Runners	1:01:53	488	K Saunders	Windsor Slough Eton Hounslow	1:05:19	592	D Appleby	Burnham Joggers	1:08:10
385	MRose	Croydon Harriers	1:01:53	489	M Fiander	Orion Harriers	1:05:20	593	P Gelliot	Basingstoke & Mid Hants AC	1:08:11
386	ALunn	Orion Harriers	1:01:54	490	P Flott	Brighton & Hove City AC	1:05:21	594	M Loveless	Hardley Runners	1:08:12
387	A Dodd	Ealing, Southall & Middx. AC	1:02:02	491	M Branfoot	Chelmsford AC	1:05:21	595	R Medley	Bexley AC	1:08:13
388	RRicketts	Harlow RC	1:02:05	492	G Bell	Stubbington Green Runners	1:05:23	596	MMcCabe	Maidenhead AC	1:08:15
389	J Ward	Herne Hill Harriers	1:02:07	493	M West	Southampton Running Club	1:05:25	597	T Brockington	Springfield Striders RC	1:08:16
390	E Blackmore	Hercules Wimbleton AC	1:02:08	494	P Keech	Stopsley Striders	1:05:26	598	ABridge	Southampton Running Club	1:08:17
391	J Boyd	Reading AC	1:02:09	495	M Thompson	Stopsley Striders	1:05:27	599	RBoudry	Hillingdon AC	1:08:18
392	A Archer	Istead & Ifield Harriers	1:02:12	496	CMaidment	Loughton AC	1:05:28	600	K Ross	Basingstoke & Mid Hants AC	1:08:18
393	C Beecham	Highgate Harriers	1:02:13	497	S Annett	The Stragglers	1:05:30	601	S Carmichael	Thriff Green Trotters	1:08:20
394	CLamont	Stopsley Striders	1:02:15	498	FRobinson	Barnet & District AC	1:05:31	602	L Quirico	East Grinstead & District AC	1:08:21
395	C Donald	Maidenhead AC	1:02:17	499	J Whiffin	Loughton AC	1:05:32	603	CClarke	Biggleswade AC	1:08:25
396	ARobins	St Albans Striders	1:02:19	500	J Cox	Highgate Harriers	1:05:33	604	R Temale	Windsor Slough Eton Hounslow	1:08:26
397	M Slaney	Basingstoke & Mid Hants AC	1:02:20	501	A Bradley	Harlow RC	1:05:33	605	N Harding	Poole AC	1:08:27
398	M Witi	Hamworthy Harriers	1:02:22	502	CMorton	Striders Of Croydon	1:05:34	606	PMcLaughlin	Pitsea RC	1:08:29
399	S Cable	Istead & Ifield Harriers	1:02:27	503	A Maher	St Albans Striders	1:05:37	607	CPike	Blackheath & Bromley H	1:08:30
400	N Bardsley	South London Harriers	1:02:28	504	WBennett	Orion Harriers	1:05:38	608	P Emery	South London Harriers	1:08:30
401	P Greaves	Herts Phoenix AC	1:02:29	505	S Kelleher	Bracknell AC	1:05:39	609	SWilliams	Garden City Runners	1:08:35
402	SBurke	Newbury AC	1:02:30	506	J Gueran	Royal Navy AC	1:05:41	610	SMitchell	Barnet & District AC	1:08:36
403	M Peace	Ranelagh Harriers	1:02:37	507	P Bowal	North Herts Road Runners	1:05:42	611	RPowell	Shaftesbury Barnet Harriers	1:08:37
404	A Francis	Istead & Ifield Harriers	1:02:38	508	RFoskett	Herts Phoenix AC	1:05:43	612	J Clune	Southampton City AC	1:08:38

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)  
 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight



613	TMorris	Hercules Wimbledon AC	1:08:39	676	D Foreshaw	Worthing Harriers	1:10:42	739	R Inchley	Leighton Buzzard AC	1:15:32
614	S Goodwin	Winchester AC	1:08:40	677	DFox	Erme Valley Harriers	1:10:43	740	PAiken	Ranelagh Harriers	1:15:37
615	PMattacks	Poole AC	1:08:41	678	H Khathra	Barnet & District AC	1:10:44	741	D Vine	The South Cyprus Flyers RC	1:15:41
616	ATuttle	Newbury AC	1:08:43	679	HCotter	London Irish AC	1:10:49	742	P Harding	Victory AC	1:15:42
617	RPowell	Dorking & Mole Valley AC	1:08:45	680	RSteven	Biggleswade AC	1:10:52	743	PCostas	The South Cyprus Flyers RC	1:15:44
618	BClark	Tadworth AC	1:08:46	681	DEdwards	Garden City Runners	1:10:53	744	E Campbell	Croydon Harriers	1:15:49
619	GEDmonds	Serpentine Running Club	1:08:48	682	M Charlton	Istead & Ifield Harriers	1:11:02	745	ICousins	Stopsley Striders	1:15:51
620	JWilliams	Springfield Striders RC	1:08:54	683	CBennett	Bumham Joggers	1:11:08	746	P Goldfinch	Trent Park Trotters	1:15:52
621	TWestcott	Swindon Harriers	1:08:59	684	RHowells	Luton AC	1:11:11	747	G Whelan	Southampton Running Club	1:15:55
622	C Cooper	Dorking & Mole Valley AC	1:09:01	685	K Macdonald	Watford Harriers	1:11:19	748	RNoke	Hardley Runners	1:15:59
623	D Gaskell	Basingstoke & Mid Hants AC	1:09:02	686	P Drury	Victory AC	1:11:20	749	D Crawley	Leighton Buzzard AC	1:16:08
624	RBloom	Herts Phoenix AC	1:09:04	687	L Menken	Serpentine Running Club	1:11:21	750	P Wheeler	Ashford AC	1:16:10
625	T Barclay	The Stragglers	1:09:06	688	P Taylor	Ranelagh Harriers	1:11:23	751	PDippe	Herne Hill Harriers	1:16:20
626	AFrost	Eton Manor AC	1:09:08	689	NDibb	Thames Valley Harriers	1:11:28	752	TLittlewood	Striders Of Croydon	1:16:36
627	MTuran	Trent Park Trotters	1:09:09	690	R Grace	Thames Valley Harriers	1:11:29	753	R Hooley	Thames Valley Harriers	1:17:01
628	LHowick	Horsham Blue Star Harriers	1:09:11	691	P Staunton	Southampton Running Club	1:11:35	754	T Waumsley	Windsor Slough Eton Hounslow	1:17:01
629	N Barnaby	Enfield & Haringey AC	1:09:12	692	JLock	Serpentine Running Club	1:11:41	755	T Burke	Metro RC	1:17:14
630	J Falvey	Ealing, Southall & Middx. AC	1:09:14	693	A Tremain	Winchester AC	1:11:45	756	M Wade	Blackheath & Bromley H	1:17:40
631	SCardwell	Halstead Road Runners	1:09:15	694	J Jarvis	Serpentine Running Club	1:11:52	757	D Hill	St Albans Striders	1:17:47
632	R Turner	Royston Runners	1:09:18	695	J Bignell	Hillingdon AC	1:11:58	758	DBuckeridge	Ealing, Southall & Middx. AC	1:17:55
633	RFleming	Billerica Striders	1:09:20	696	A Reynolds	Vegetarian Cycling & AC	1:12:00	759	M Doughty	Enfield & Haringey AC	1:17:59
634	K Wood	Dulwich Runners	1:09:21	697	D Routs	Southampton Running Club	1:12:07	760	N Cherry	Alchester Running Club	1:18:07
635	MRasgauski	Headington Road Runners	1:09:22	698	D Darnell	Newham & Essex Beagles AC	1:12:14	761	S Plummer	Southampton Running Club	1:18:12
636	RMoir	Lingfield Running Club	1:09:24	699	G Austin	Bexley AC	1:12:19	762	M Hughes	Hamworthy Harriers	1:18:34
637	A Hayward	Ranelagh Harriers	1:09:24	700	W Atkinson	Headington Road Runners	1:12:45	763	J Mercer	Enfield & Haringey AC	1:18:40
638	A Hall	Cambridge Harriers	1:09:26	701	A Haig	Phoenix AC	1:12:54	764	B Treadwell	Redhill & Surrey Beagles	1:18:44
639	BElkms	Totton Running Club	1:09:28	702	R Looney	London Heathside	1:12:58	765	J Adam	Leighton Buzzard AC	1:18:49
640	A Colbert	Thriff Green Trotters	1:09:29	703	D Debnam	Stopsley Striders	1:13:00	766	K Villiers	Headington Road Runners	1:18:51
641	M MacLannan	Enfield & Haringey AC	1:09:30	704	S Claridge	Hillingdon AC	1:13:03	767	P Williams	Pitsea RC	1:18:51
642	A Vince	Orion Harriers	1:09:31	705	DMilton	Springfield Striders RC	1:13:05	768	CBurke	Yaxley Runners	1:18:54
643	CHarley	Chichester Runners & AC	1:09:33	706	P Branch	Yaxley Runners	1:13:06	769	CBent	Pitsea RC	1:19:07
644	P Young	Loughton AC	1:09:36	707	G Smith	Thriff Green Trotters	1:13:08	770	W Mortimer	Royston Runners	1:19:13
645	DDrewitt	Swindon Striders	1:09:37	708	A Matthews	Watford Harriers	1:13:10	771	G Reed	Kingston AC & Polytechnic H	1:19:16
646	M Clarke	Stubbington Green Runners	1:09:38	709	A Edwards	Blackheath & Bromley H	1:13:11	772	P York	Ealing, Southall & Middx. AC	1:19:17
647	M Yorwerth	St Albans Striders	1:09:39	710	R Devitt	Shaftesbury Barnet Harriers	1:13:14	773	MMunson	Havering 90 Joggers	1:19:20
648	MDowle	Riverside Runners	1:09:43	711	S Beech	Pitsea AC	1:13:15	774	P Chivers	Alchester Running Club	1:19:37
649	G Finch	London Irish AC	1:09:45	712	J Conquest	Havering 90 Joggers	1:13:18	775	G Foden	Victory AC	1:19:44
650	CBoulet	Haslemere Border AC	1:09:46	713	N Gregory	Biggleswade AC	1:13:22	776	J O'Keefe	Thames Valley Harriers	1:19:54
651	M Annetts	North Herts Road Runners	1:09:47	714	A Roberts	Vale Of Aylesbury AC	1:13:26	777	G Yeates	Stubbington Green Runners	1:20:12
652	P Mathieson	Bexley AC	1:09:47	715	G Asher	London Heathside	1:13:29	778	N Teutin	London Irish AC	1:20:34
653	S Warner	East Grinstead & District AC	1:09:51	716	R Smith	Serpentine Running Club	1:13:33	779	K Vejdani	Lingfield Running Club	1:21:09
654	P Griffiths	Bexley AC	1:09:53	717	P Watkins	Leighton Buzzard AC	1:13:35	780	ASmith	Swindon Striders	1:21:10
655	PSimpson	Vegetarian Cycling & AC	1:09:56	718	K Winch	Bexley AC	1:13:38	781	J Britten	Arena 80 AC	1:21:35
656	IParkins	Billerica Striders	1:10:01	719	L Richardson	Stopsley Striders	1:13:46	782	CBritain	Stubbington Green Runners	1:21:56
657	S Howard	Alchester Running Club	1:10:02	720	WO Connor	Queens Park Harriers	1:13:48	783	P Bates	Pitsea RC	1:21:58
658	J Luck	Harlow RC	1:10:03	721	J McClelland	Hamworthy Harriers	1:13:50	784	T Millett	Waveney Valley	1:22:15
659	D Atkins	Dulwich Runners	1:10:04	722	J Brown	Fairlands Valley Spartans	1:13:52	785	PDutton	Fairlands Valley Spartans	1:22:25
660	M Grealy	Halstead Road Runners	1:10:08	723	T Smith	Thames Valley Harriers	1:13:54	786	G Clark	Yaxley Runners	1:22:46
661	J Snedde	White Horse Harriers	1:10:08	724	D Adams	Southampton Running Club	1:13:55	787	J Fogarty	Garden City Runners	1:22:49
662	BCoombes	Hamworthy Harriers	1:10:10	725	SSped	Poole AC	1:13:59	788	J Hayes	Totton Running Club	1:23:32
663	T Allen	Garden City Runners	1:10:19	726	P Deadman	Orion Harriers	1:14:10	789	J Tarrant	Maidenhead AC	1:23:33
664	B Lovesey	Dorking & Mole Valley AC	1:10:26	727	M Wells	Orion Harriers	1:14:17	790	A Lea Gerrard	Herne Hill Harriers	1:23:55
665	S Williams	Chelmsford AC	1:10:30	728	M Owen	Fleet & Crookham AC	1:14:34	791	A Brodie	Queens Park Harriers	1:24:42
666	B Hardman	Bumham Joggers	1:10:32	729	R Green	Shaftesbury Barnet Harriers	1:14:42	792	R Moye	Kent AC	1:25:25
667	AScogings	Swindon Striders	1:10:33	730	K Hardcastle	Winchester AC	1:14:45	793	B Imber	Dulwich Runners	1:26:11
668	M Newell	Cambridge Harriers	1:10:33	731	A Cootes	Harlow RC	1:14:53	794	G Thurgood	Yaxley Runners	1:26:32
669	P Wirtzfeld	Worthing Striders	1:10:36	732	N Lambert	Alchester Running Club	1:14:56	795	TCrowhurst	Lingfield Running Club	1:28:28
670	H Lewis	Poole Runners	1:10:37	733	S Ind	Garden City Runners	1:15:03	796	R Jones	Havering 90 Joggers	1:30:10
671	A Angus	Queens Park Harriers	1:10:38	734	R Howe	Mornington Chasers	1:15:15	797	M Cartwright	Chiltern Harriers AC	1:31:46
672	A Maycraft	Loughton AC	1:10:39	735	R Kreth	Serpentine Running Club	1:15:22	798	RSimpson	Fleet & Crookham AC	1:37:05
673	J Steed	Herts Phoenix AC	1:10:40	736	A Nicholls	The South Cyprus Flyers RC	1:15:23	799	A Griffiths	Swindon Striders	1:38:58
674	N Bush	Biggleswade AC	1:10:40	737	M Searle	Hillingdon AC	1:15:24	800	A Deaton	Werrington Joggers	1:39:25
675	R Pearson	Southampton Running Club	1:10:41	738	A Gates	Totton Running Club	1:15:31				

## Senior Men — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Newham & Essex Beagles AC	128	—	2	D Mitchinson	3	M Warmby	7	A Robinson	27	S Major	34	K Stone	55	A Barber
2	London Irish AC	171	—	5	J Downes	10	D Wardle	11	J Brooks	29	P Byrne	57	D O'Jera	59	R Maddams
3	Aldershot, Farnham & Dist. AC	194	—	12	E Robinson	17	N Anderson	22	B Stopher	42	D McCarthy	50	K Corpes	51	B Moreau
4	Bedford & County AC	202	—	1	H Lobb	6	W Levett	31	M Janes	43	D Dalmedo	53	J Lawleer	68	N Miller
5	Highgate Harriers	302	—	15	J Claeys	21	H Dodwell	48	D Fricks	54	SSnow	69	N Martyn	95	N Gold
6	Thames Hare & Hounds	379	—	28	A Weir	30	B Reynolds	37	S Wurr	89	M Gilbertson	94	A Kennis	101	D Symons
7	Blackheath & Bromley H	397	—	4	D Taylor	24	S Newport	35	R Byrne	47	B Stephenson	114	P Tucker	173	A Gibbins
8	Medway & Maidstone AC	470	—	9	B Royden	14	M Coleman	41	G Williams	80	P Curran	134	D Evans	192	A Lowther
9	Thames Valley Harriers	579	—	23	C Smith	44	A Fooks	102	M DaSilva	118	R Waters	124	G Irvine	168	G Briggs
10	Winchester AC	808	—	32	P Killingley	117	I Hardcastle	128	M Gregory	156	G Hide	160	A Woodcock	215	J Baines
11	Harrow AC	821	—	33	A Bowden	130	T Jameson	141	C Finill	151	A Wray	154	J Bignall	212	S Hunt
12	Ealing, Southall & Middx. AC	831	—	52	I Cunningham	64	A McGarva	105	J Robertson	144	P Flewitt	180	R Brown	286	M Fairbank
13	Wells City Harriers	866	—	16	A Hennessey	58	B Tickner	135	R Parfitt	153	S Masters	190	A Thomas	314	G Collins
14	Ranelagh Harriers	916	—	45	P Haarer	77	J Smith	92	P Doyle	230	P Graham	233	A Bickerstaffe	239	C Owens
15	London Heathside	931	—	98	M Potter	129	A Owen	132	P Lemmon	167	R Browne	188	J Flahive	217	E Bayne
16	Bideford AAC	960	—	18	J Ward	19	K Heywood	96	A Ingle	121	J Parkinson	295	A McClaren	411	C Stone
17	City Of Norwich AC	964	—	87	W Lincoln	110	D Beier	125	B Whitworth	139	J Quint	196	R Scotter	307	C Hobson
18	Windsor Slough Eton Hounslow	1087	—	49	R Lee	56	A Gardiner	72	T Hyne	122	S Stone	301	D Huck	487	K Saunders
19	Shaftesbury Barnet Harriers	1138	—	20	K Kyereme	26	J Trapmore	38	A VanZyl	138	F VanRensburg	455	R Bober	461	P Cunningham
20	Hillingdon AC	1165	—	123	P Cuddihy	146	A Grant	163	P Leppard	201	B Hutchinson	242	P Warburton	290	J Levison
21	South London Harriers	1191	—	66	R James	175	C Edgington	218	A Collins	226	T Ward	241	A Evans	265	D Ogden
22	Herne Hill Harriers	1217	—	8	M Normington	46	K Newton	162	S Coombes	187	T Harran	388	J Ward	426	J Zaple
23	St Albans Striders	1254	—	39	M Jubb	165	R Milne	216	C Braybrook	258	P Dymoke	274	S Clark	302	A Wasdell
24	Kent AC	1281	—	74	L Reilly	85	J Connor	205	A Farquharson	279	B Hutchinson	310	I Carly	328	H Dias
25	Serpentine Running Club	1356	—	83	B Paviour	194	R Gray	198	C Blackburn	268	D McGregor	300	D O'Donoghue	313	G Dench
26	Thrift Green Trotters	1401	—	75	R Prout	149	J Barker	248	D Delloro	259	A Butler	334	S Ellis	336	D Lloyd
27	Stubington Green Runners	1468	—	106	A Grice	203	T Duffin	204	A Ewing	231	A Simpson	361	G Flynn	363	M Harper
28	Reading AC	1519	—	78	T Bracegirdle	148	T Munt	278	T Laver	293	S Bond	332	H Davies	390	J Boyd
29	Crawley AC	1649	—	40	P Rodgers	184	T Kimber	202	R Creed	238	V Dude	414	D Tibbles	571	J Carmichael
30	Orion Harriers	1677	—	235	P Filler	245	T Wright	252	D GowSmith	263	K Julian	338	D Brock	344	R Broadbent
31	Springfield Striders RC	1696	—	62	P Dobson	76	A Coleman	298	A Mason	370	L Broadbridge	444	R Rodie	446	J Caymull
32	Dulwich Runners	1704	—	206	S Smythe	229	J Godber	289	S Loach	299	C BaileyWood	305	P Daniels	376	M Mann
33	Headington Road Runners	1772	—	200	C Hetherington	244	J Griffiths	269	R Thetford	283	D Gavahan	342	L Herman	434	I Meadowcroft
34	Herts Phoenix AC	1853	—	115	A Holt	183	N Morrison	186	A Slack	400	P Greaves	462	S Doyle	507	R Foskett
35	White Horse Harriers	1916	—	108	S McGuigan	113	J Cooke	246	P Jegou	341	N Ponting	449	D Murfin	659	J Smeddle
36	Fleet & Crookham AC	1923	—	97	A Lister	224	B Waken	270	T Price	373	A Roberts	375	A Holmes	584	R Hill
37	Watford Harriers	1979	—	107	M Adcock	161	S Tooke	236	N Harris	413	T Hedge	476	P Wells	586	P BolithoJones
38	Dorking & Mole Valley AC	2004	—	223	N Hodges	262	T Elsey	267	M Langley	374	P Mann	422	R Russell	456	P Furlong
39	Southampton Running Club	2092	—	90	I Richardson	287	M Kiddle	323	N Hotson	326	J James	492	M West	574	J Withy
40	Istead & Ifield Harriers	2102	—	264	R Pearce	309	D George	337	I Drew	391	A Archer	398	S Cable	403	A Francis
41	Riverside Runners	2135	—	243	A Williams	280	P Redden	333	K Ivory	407	N Adams	412	M Beagley	460	K Ritchie
42	Hercules Wimbledon AC	2157	—	13	D Kebede	308	D Bodin	367	H Saxby	389	E Blackmore	469	B White	611	T Morris
43	Kingston AC & Polytechnic H	2259	—	181	A Arbour	189	A Budarkiewicz	228	M Maranzano	353	R Allen	539	R McDonaggh	769	G Reed
44	Newbury AC	2273	—	251	D Wright	282	I Coxhead	296	W Lillis	401	S Burke	429	D Piddington	614	A Tuttle
45	Garden City Runners	2314	—	207	A Crosby	306	S Livingstone	383	R Casey	421	M Green	485	M Faughnan	512	N Lord
46	Barnet & District AC	2343	—	93	A Mason	266	M Parker	419	L O'Hare	479	M Rowe	497	F Robinson	589	J Shirley
47	Poole AC	2430	—	88	J Phillips	339	I Edwards	352	R Atkins	435	P Grounds	603	N Harding	613	P Mattacks
48	Croydon Harriers	2491	—	166	N Torry	285	R Langridge	371	M Popov	384	M Rowe	543	N Hemming	742	E Campbell
49	Trent Park Trotters	2607	—	303	S Aiken	311	K Haines	431	C Thurston	457	P Costaldo	480	N Bowman	625	M Truran
50	Stopsley Striders	2657	—	380	C McAllister	393	C Lamont	424	D Christopher	473	G Busch	493	P Keech	494	M Thompson
51	The Stragglers	2761	—	316	J Desmond	379	N Brown	472	S Brazil	496	S Annett	535	S Daly	563	A Pemberton
52	North Herts Road Runners	2769	—	320	P Northover	377	G Cook	466	S Bryant	506	P Bowal	544	D Gifford	556	R Harbon
53	Harlow RC	2810	—	387	R Ricketts	410	N Riddoch	467	S Mackenzie	500	A Bradley	522	A Broughton	524	M Jones
54	Halstead Road Runners	2854	—	281	G Allen	381	R Langley	441	S Wolton	464	D English	629	S Cardwell	658	M Grealy
55	Leighton Buzzard AC	2865	—	140	T May	271	J Inchley	482	T Inchley	520	G Stratford	715	P Watkins	737	R Inchley
56	Fairlands Valley Spartans	2867	—	158	S Hall	343	N Walsledge	533	A Laycock	554	D Hooker	559	P Eaton	720	J Brown
57	Hardley Runners	3098	—	291	R Kendal	443	M Eldred	475	M Anglim	551	J Hutchinson	592	M Loveless	746	R Noke
58	Enfield & Haringey AC	3328	—	362	A Baci	418	D Hawes	525	M Fone	627	N Barnaby	639	M Maclannan	757	M Doughty
59	Queens Park Harriers	3397	—	433	R Davies	453	L Thomas	552	F Nolan	572	J Grigg	669	A Angus	718	W O'Connor
60	Burnham Joggers	3430	—	436	D Johnson	477	K McCord	582	S Tuffnell	590	D Appleby	664	B Hardman	681	C Bennett
61	Havering 90 Joggers	3520	—	214	A Pecoraro	513	D Gearing	518	R Compton	710	J Conquest	771	M Munson	794	R Jones
62	Lingfield Running Club	3559	—	294	R Adams	478	I Greenaway	583	D Proud	634	R Moir	777	K Vejdani	793	T Crowhurst
63	Biggleswade AC	3748	—	540	D Pitts	546	K Prior	601	C Clarke	672	N Bush	678	R Stevan	711	N Gregory
64	Alchester Running Club	3809	—	327	J Peercival	567	A Hucker	655	S Howard	730	N Lambert	758	N Cherry	772	P Chivers
65	Bexley AC	3889	—	581	T Walpale	593	R Medley	650	P Mathieson	652	P Griffiths	697	G Austin	716	K Winch
66	Pitsea RC	4167	—	541	D Dutton	604	P McLaughlin	709	S Beech	765	P Williams	767	C Bent	781	P Bates

## Senior Men — 12 man TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Aldershot, Farnham & Dist. AC	774	—	12 E Robinson 63 S Dixon	17 N Anderson 70 T Bedford	22 B Stopher 91 P Harwood	42 D McCarthy 111 M Cartailier	50 K Corpes 119 R Batchelor	51 B Moreau 126 M Boucher
2	Highgate Harriers	1594	—	15 J Claeys 155 D Burbidge	21 H Dodwell 170 C Bailey	48 D Fricks 221 J Rogers	54 S Snow 247 A Brown	69 N Martyn 249 D Hall	95 N Gold 250 D Bickham
3	Newham & Essex Beagles AC	1939	—	2 D Mitchinson 171 A Mitchell	3 M Warmby 219 J Mohammed	7 A Robinson 227 P Larkins	27 S Major 312 L Crispin	34 K Stone 428 A Zerney	55 A Barber 454 S Wright
4	Thames Valley Harriers	2572	—	23 C Smith 199 J Sumpter	44 A Fooks 209 R Hughes	102 M DaSilva 234 S Norris	118 R Waters 351 P Wetton	124 G Irvine 486 A Ali	168 G Briggs 514 A Thompson
5	London Heathside	2714	—	98 M Potter 240 N Mitchell	129 A Owen 254 A Sweet	132 P Lemmon 276 P Crockford	167 R Browne 325 A Abraha	188 J Flahive 330 D Newman	217 E Bayne 358 K Kemp
6	London Irish AC	2794	—	5 J Downes 104 H Mulder	10 D Wardle 164 D Brennan	11 J Brooks 255 G Townsend	29 P Byrne 647 G Finch	57 D O'Jera 677 H Cotter	59 R Maddams 776 N Teutin
7	Blackheath & Bromley H	2806	—	4 D Taylor 179 G Clifford	24 S Newport 213 R Brown	35 R Byrne 253 D Hilliar	47 B Stephenson 452 R Hall	114 P Tucker 605 C Pike	173 A Gibbins 707 A Edwards
8	South London Harriers	3462	—	66 R James 275 P Scarles	175 C Edgington 318 A Martins	218 A Collins 324 B Attwell	226 T Ward 349 P Mitchell	241 A Evans 399 N Bardsley	265 D Ogden 606 P Emery
9	Ealing, Southall & Middx. AC	3541	—	52 I Cunningham 319 S Pledsted	64 A McGarva 386 A Dodd	105 J Robertson 432 D Demoney	144 P Flewitt 437 R Howells	180 R Brown 566 R Sutton	286 M Fairbank 570 B Gristwood
10	Hillingdon AC	3646	—	123 P Cuddihy 297 D Newman	146 A Grant 369 R Green	163 P Leppard 372 S Dokic	201 B Hutchinson 406 J O'Donnell	242 P Warburton 509 R Nash	290 J Levison 528 J Myall
11	St Albans Striders	4253	—	39 M Jubb 395 A Robins	165 R Milne 474 P Kayley	216 C Braybrook 502 A Maher	258 P Dymoke 523 R Nugent	274 S Clark 550 M Crawshaw	302 A Wasdell 555 A Gibbs
12	Serpentine Running Club	4367	—	83 B Paviour 345 A Davies	194 R Gray 350 C Lescott	198 C Blackburn 438 P McCubbins	268 D McGregor 576 B Stramer	300 D O'Donoghue 617 G Edmonds	313 G Dench 685 L Menken
13	Orion Harriers	4510	—	235 P Filler 385 A Lunn	245 T Wright 439 T Maru	252 D GowSmith 465 M Tempest	263 K Julian 488 M Fiander	338 D Brock 503 W Bennett	344 R Broadbent 553 L Austin
14	Thrift Green Trotters	4721	—	75 R Prout 356 S Coleman	149 J Barker 447 R Gale	248 D Delloro 575 R Smith	259 A Butler 599 S Carmichael	334 S Ellis 638 A Colbert	336 D Lloyd 705 G Smith
15	Dulwich Runners	5123	—	206 S Smythe 378 G Newlands	229 J Godber 423 A Murray	289 S Loach 538 J Brady	299 C BaileyWood 632 K Wood	305 P Daniels 657 D Atkins	376 M Mann 791 B Imber
16	Stubbington Green Runners	5169	—	106 A Grice 442 C Vernon	203 T Duffin 491 G Bell	204 A Ewing 569 P May	231 A Simpson 644 M Clarke	361 G Flynn 775 G Yeates	363 M Harper 780 C Brittain
17	Southampton Running Club	6212	—	90 I Richardson 596 A Bridge	287 M Kiddle 673 R Pearson	323 N Hotson 689 P Staunton	326 J James 695 D Roots	492 M West 722 D Adams	574 J Withy 745 G Whelan