

# The South of England Cross Country Championships at Holkham Hall, Norfolk on Saturday 27th January 2007

## Senior Men — FINAL RESULTS

Distance = 15000m

Pos	Name	Club	Time
1	P Wicks	Belgrave Harriers	45:55
2	H Lobb	Bedford & County AC	46:11
3	D Bannister	Shaftesbury Barnet Harriers	46:46
4	D Deed	Bedford & County AC	47:27
5	O Jones	Windsor Slough Eton Hounslow	47:34
6	D Mitchinson	Newham & Essex Beagles AC	47:42
7	A Robinson	Newham & Essex Beagles AC	47:45
8	W Levett	Bedford & County AC	47:47
9	N Hall	Bedford & County AC	47:48
10	R Williams	Shaftesbury Barnet Harriers	47:58
11	D Lacy	Cambridge Harriers	48:07
12	B Royden	Medway & Maidstone AC	48:38
13	O Laws	Newham & Essex Beagles AC	48:39
14	D Dalmedo	Bedford & County AC	48:54
15	L Jones	Newham & Essex Beagles AC	48:58
16	A MorganLee	Southampton Running Club	49:01
17	N Addison	Shaftesbury Barnet Harriers	49:04
18	A Barnes	Herne Hill Harriers	49:05
19	S Tompsett	Hillingdon AC	49:06
20	K Murphy	Woodford Green & Essex Ladies	49:10
21	J Connor	Kent AC	49:13
22	I Zigablo	Ealing, Southall & Middx. AC	49:13
23	R Joy	Norfolk Gazelles AC	49:15
24	I Lockett	Herne Hill Harriers	49:24
25	I Grime	Newham & Essex Beagles AC	49:37
26	K Skinner	Newham & Essex Beagles AC	49:43
27	O Edwards	Shaftesbury Barnet Harriers	49:44
28	G Saqui	Highgate Harriers	49:45
29	C Smith	Thames Valley Harriers	49:50
30	J Trapmore	Shaftesbury Barnet Harriers	49:55
31	N Miller	Bedford & County AC	49:59
32	J Rendall	Thames Hare & Hounds	50:00
33	M Ashton	Aldershot, Farnham & Dist. AC	50:02
34	B Paviour	Herne Hill Harriers	50:03
35	P Killingley	Winchester & District AC	50:04
36	A Allen	Peterborough AC	50:10
37	C Riley	Bedford & County AC	50:17
38	T Salmon	City Of Norwich AC	50:21
39	T Burke	Bedford & County AC	50:25
40	J Clarke	Newham & Essex Beagles AC	50:26
41	W Lincoln	City Of Norwich AC	50:27
42	R Gamble	Barnet & District AC	50:28
43	S Herring	Bedford & County AC	50:32
44	D Buzza	Cornwall AC	50:36
45	J Hutchins	Basingstoke & Mid Hants AC	50:38
46	N Hodges	Dorking & Mole Valley AC	50:39
47	K Robertson	Shaftesbury Barnet Harriers	50:40
48	S Kimber	Windsor Slough Eton Hounslow	50:43
49	P Sangar	Epsom & Ewell Harriers	50:43
50	R Karn	Herne Hill Harriers	50:45
51	K Newton	Herne Hill Harriers	50:48
52	M Byansi	Belgrave Harriers	50:52
53	R McCarthy	Aldershot, Farnham & Dist. AC	50:59
54	T Jackson	Shaftesbury Barnet Harriers	51:03
55	D Mulvee	Herne Hill Harriers	51:08
56	P Tucker	Blackheath & Bromley H	51:14
57	J Guilment	Phoenix AC	51:15
58	J Baker	Chichester Runners & AC	51:17
59	D Nevins	Harrow AC	51:23
60	S Ablitt	Aldershot, Farnham & Dist. AC	51:30
61	A Skorubskas	Ealing, Southall & Middx. AC	51:36
62	M Muir	Ilford AC	51:39
63	M Shone	Woodford Green & Essex Ladies	51:42
64	H Wyber	Woodford Green & Essex Ladies	51:44
65	D Clark	Thames Valley Harriers	51:50
66	J Roche	Victoria Park Harriers	51:51
67	R Prout	Chelmsford AC	51:53
68	P Dobson	Springfield Striders RC	51:56
69	A Lewis	City Of Norwich AC	52:01
70	M Legassick	Stubbington Green Runners	52:02
71	A Lowther	Medway & Maidstone AC	52:03
72	R Warner	Havering Mayesbrook AC	52:04
73	E Messer	Chelmsford AC	52:10
74	G Robinson	Garden City Runners	52:18
75	T Lenton	Norfolk Gazelles AC	52:19
76	S Rance	Reading AC	52:21
77	B Powell	Woodford Green & Essex Ladies	52:25
78	R Batchelor	Aldershot, Farnham & Dist. AC	52:25
79	T Collins	Medway & Maidstone AC	52:28
80	M Jubb	St Albans Striders	52:30
81	P Downie	Highgate Harriers	52:31
82	W Clark	Epsom & Ewell Harriers	52:34
83	J Bignall	Harrow AC	52:35
84	P Willis	Belgrave Harriers	52:38
85	W Cockerell	Belgrave Harriers	52:39
86	S Mitchell	Enfield & Haringay AC	52:49
87	N Earl	Reading AC	52:52
88	D Vaughan	Garden City Runners	52:55
89	R Kingsnorth	Orion Harriers	52:56
90	G Harris	Headington Road Runners	52:58
91	D Lewis	Shaftesbury Barnet Harriers	53:08
92	J Quint	City Of Norwich AC	53:13
93	K Hoyer	Chelmsford AC	53:13
94	M DaSilva	Thames Valley Harriers	53:32
95	J O'Neill	City Of Norwich AC	53:32
96	J Cunningham	Herne Hill Harriers	53:38
97	J Foreman	Nene Valley Harriers	53:40
98	P Sanford	Norfolk Gazelles AC	53:41
99	M Robins	Garden City Runners	53:44
100	L Hemmings	Nene Valley Harriers	53:45
101	V Zverev	Headington Road Runners	53:46
102	J Mohamed	Newham & Essex Beagles AC	53:58
103	A Cross	Bedford & County AC	54:00
104	J Elsworth	Bedford & County AC	54:01
105	C Nicol	Thames Valley Harriers	54:02
106	P Lemmon	London Heathside	54:03
107	T Kimber	Crawley AC	54:04
108	C Brogan	Woodford Green & Essex Ladies	54:08
109	J Burnett	Reading AC	54:11
110	D Shermer	Reading AC	54:12
111	T Munt	Reading AC	54:13
112	M Kipling	Thrift Green Trotters	54:14
113	M Beamish	City Of Norwich AC	54:16
114	S Musique	Reading AC	54:21
115	S Body	Bedford & County AC	54:22
116	A Reeves	Serpentine Running Club	54:26
117	M Potter	London Heathside	54:28
118	J Kimaiyo	Belgrave Harriers	54:34
119	R Goose	City Of Norwich AC	54:40
120	P Bal	South London Harriers	54:42
121	J Mann	Winchester & District AC	54:47
122	D Mason	Belgrave Harriers	54:49
123	M Branco	Serpentine Running Club	54:49
124	P Fotherby	Southampton Running Club	54:51
125	S Baldwin	Norfolk Gazelles AC	54:51
126	J Brown	Metropolitan Police AC	54:51
127	P Wallace	Chiltern Harriers AC	54:54
128	N Keys	Enfield & Haringay AC	54:59
129	C Mooney	Nene Valley Harriers	55:00
130	A Welshman	London Heathside	55:00
131	J Passmore	London Heathside	55:05
132	S Coombes	Herne Hill Harriers	55:10
133	N McGoun	Orion Harriers	55:15
134	P Norris	Harrow AC	55:19
135	D Lewis	Reading AC	55:25
136	D Rayner	Crawley AC	55:25
137	G Jones	Thames Valley Harriers	55:26
138	S Earley	Leighton Buzzard AC	55:27
139	S Prosser	Bishop's Stortford RC	55:30
140	M Armitage	Halstead Road Runners	55:34
141	I Day	Ely Runners	55:35
142	J Williams	Chelmsford AC	55:38
143	P Kenedy	The Stragglers	55:41
144	A Williams	Nene Valley Harriers	55:43
145	A Fay	Dorking & Mole Valley AC	55:45
146	J Taylor	Barnet & District AC	55:55
147	A Brown	Enfield & Haringay AC	55:58
148	A Barber	Newham & Essex Beagles AC	56:02
149	C Shephard	Woodford Green & Essex Ladies	56:04
150	C Ridley	West Suffolk AC	56:06
151	N Carroll	Cambridge & Coleridge AC	56:10
152	J Armstrong	Bexley AC	56:13
153	S Bush	Dorking & Mole Valley AC	56:15
154	J Brown	Bishop's Stortford RC	56:16
155	A Tate	Muddy Mucky Monkeys AC	56:17
156	A Bell	Cambridge University H & H	56:25
157	R Thetford	Headington Road Runners	56:32
158	J Zidek	Medway & Maidstone AC	56:35
159	T Ellacott	Belgrave Harriers	56:36
160	A Ewing	Stubbington Green Runners	56:39
161	A McNamara	Thames Hare & Hounds	56:44
162	J Kazer	Cambridge & Coleridge AC	56:45
163	C Cooke	St Edmund Pacers	56:46
164	M Clews	Aldershot, Farnham & Dist. AC	56:47
165	T Mitchell-Smith	Victoria Park Harriers	56:48
166	J Booty	Chelmsford AC	56:49

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167	J Seamack	Norfolk Gazelles AC	56:49	255	P Manson	Woodford Green & Essex Ladies	1:00:16
168	M Gore	Invicta East Kent AC	56:50	256	I Tiney	Herne Hill Harriers	1:00:21
169	P Leppard	Hillingdon AC	56:52	257	L Hurman	Headington Road Runners	1:00:24
170	H Gleave	Ranelagh Harriers	56:54	258	R Price	Southampton Running Club	1:00:25
171	C Marston	St Edmund Pacers	56:56	259	P Higham	Norfolk Gazelles AC	1:00:31
172	I Brodrick	London Heathside	56:57	260	A Collins	South London Harriers	1:00:33
173	Stuart Still	Luton AC	57:00	261	L Shiels	Bishop's Stortford RC	1:00:35
174	G Loveday	Ely Runners	57:01	262	I Marshall	Huntingdonshire AC	1:00:36
175	C Sherry	Norwich Road Runners	57:02	263	K Parfitt	North Walsham Beach Runners	1:00:37
176	G Williams	Nene Valley Harriers	57:04	264	M Howlett	Ryston Runners AC	1:00:40
177	J Brunning	Cambridge University H & H	57:05	265	M Rindle	Southampton Running Club	1:00:41
178	A Bickerstaff	Ranelagh Harriers	57:06	266	K Kemp	London Heathside	1:00:41
179	S Paddock	Thames Hare & Hounds	57:08	267	C Lamont	Stopsley Striders	1:00:42
180	A Seane	Stevenage & North Herts AC	57:13	268	I Laeson	Garden City Runners	1:00:44
181	T Parkin	Shaftesbury Barnet Harriers	57:14	269	J Malony	Trent Park Running Club	1:00:45
182	J Flahive	London Heathside	57:15	270	J Corbett	Ranelagh Harriers	1:00:48
183	M Bateman	Hillingdon AC	57:18	271	M Mann	Dulwich Runners	1:00:51
184	M Yaxley	Norfolk Gazelles AC	57:19	272	I Meadowcroft	Headington Road Runners	1:00:56
185	M Wilkins	Invicta East Kent AC	57:23	273	P Cunninghamham	Shaftesbury Barnet Harriers	1:01:00
186	M Winn Smith	Cambridge Harriers	57:23	274	C Oxlade	Broxbourne Runners	1:01:08
187	G Bagnall	Victoria Park Harriers	57:23	275	M Cates	Eton Manor AC	1:01:11
188	S Keywood	Tonbridge AC	57:29	276	A Edwards	Trent Park Running Club	1:01:11
189	K Vaughan	St Edmund Pacers	57:31	277	M Cross	Cambridge Harriers	1:01:13
190	P Cooper	Thrift Green Trotters	57:32	278	J Edgar	Serpentine Running Club	1:01:14
191	I Cumming	Woodford Green & Essex Ladies	57:34	279	A Coleman	Woodford Green & Essex Ladies	1:01:16
192	R Tuddenham	Serpentine Running Club	57:35	280	G Whelan	Southampton Running Club	1:01:19
193	D Burton	Headington Road Runners	57:37	281	P Gooding	Bedford & County AC	1:01:20
194	T Chidgey	South London Harriers	57:38	282	C Bailey	Thetford AC	1:01:21
195	A Owen	London Heathside	57:39	283	T Collins	Havering Mayesbrook AC	1:01:22
196	L Mathews	Thames Hare & Hounds	57:41	284	G Bainger	Norwich Road Runners	1:01:23
197	L Wingate	Thrift Green Trotters	57:44	285	N VanMinden	Norwich Road Runners	1:01:24
198	M Maple	Ilford AC	57:53	286	A Bain	Waveney Valley	1:01:25
199	N Charlton	Stubbington Green Runners	58:01	287	C Mann	Metropolitan Police AC	1:01:28
200	B Moore	Norwich Road Runners	58:02	288	L Broadbridge	Springfield Striders RC	1:01:30
201	L Dooley	Metropolitan Police AC	58:02	289	A Smith	Woodford Green & Essex Ladies	1:01:34
202	J Gevers	South London Harriers	58:03	290	R Price Thomas	North Walsham Beach Runners	1:01:34
203	M Summerfield	Vale Of Aylesbury AC	58:04	291	S Harries	Stopsley Striders	1:01:38
204	P Mitchell	South London Harriers	58:07	292	A Bangert	Victory AC	1:01:45
205	S Beard	Nene Valley Harriers	58:09	293	D Walker	Watford Harriers	1:01:45
206	C Merrylees	North Walsham Beach Runners	58:15	294	S Rodgers	Metropolitan Police AC	1:01:47
207	S Livingstone	Garden City Runners	58:18	295	D Robinson	Ryston Runners AC	1:01:49
208	S Nunn	Barnet & District AC	58:20	296	M Fone	Enfield & Haringay AC	1:01:56
209	P Wetton	Thames Valley Harriers	58:21	297	J Barretta	Highgate Harriers	1:01:59
210	P Smith	Norwich Road Runners	58:23	298	J Smith	Huntingdonshire AC	1:01:59
211	I Robertson	City Of Norwich AC	58:25	299	S Hunt	Huntingdonshire AC	1:01:59
212	P Cooper	Norfolk Gazelles AC	58:27	300	A Macpherson	St Edmund Pacers	1:02:03
213	J Benavides	Serpentine Running Club	58:32	301	A Reid	Metropolitan Police AC	1:02:04
214	M Fallowfield Smith	Chiltern Harriers AC	58:34	302	A Moore	Stopsley Striders	1:02:07
215	R Casey	Garden City Runners	58:35	303	A Walker	Reigate Priory AC	1:02:07
216	J Ward	Herne Hill Harriers	58:35	304	C Purse	Springfield Striders RC	1:02:08
217	S Howard	Ely Runners	58:37	305	P McCrossin	London Heathside	1:02:14
218	S Axon	Southampton Running Club	58:40	306	D Warren	Croydon Harriers	1:02:15
219	B Judge	Garden City Runners	58:41	307	C Nellins	Headington Road Runners	1:02:15
220	D Michael	Barnet & District AC	58:43	308	F Nolan	Queens Park Harriers	1:02:16
221	P Bowell	Invicta East Kent AC	58:45	309	M Ive	Ryston Runners AC	1:02:21
222	P Wyatt	Metropolitan Police AC	58:46	310	D Dixon	Watford Joggers	1:02:22
223	J Long	St Edmund Pacers	58:47	311	P Sullivan	Norwich Road Runners	1:02:26
224	P Johnson	Norfolk Gazelles AC	58:50	312	G Robinson	West 4 Harriers	1:02:27
225	J Wilkins	Invicta East Kent AC	58:51	313	K Macrossen	Ipswich Jaffa	1:02:34
226	M Sweeney	Highgate Harriers	58:51	314	S Bowen	Garden City Runners	1:02:37
227	D Kennedy	Winchester & District AC	58:54	315	A McDonald	Epsom & Ewell Harriers	1:02:40
228	T McCarthy	Woodford Green & Essex Ladies	58:56	316	I Lambert	Eton Manor AC	1:02:41
229	P Godwin	Headington Road Runners	58:57	317	M Rowe	Barnet & District AC	1:02:44
230	J Crisp	Ely Runners	58:58	318	R Hall	Blackheath & Bromley H	1:02:47
231	C Taylor	Watford Joggers	59:00	319	A Dickson	London Heathside	1:02:52
232	J Watson	Thames Hare & Hounds	59:10	320	C Goose	City Of Norwich AC	1:02:53
233	S Whittaker	Southend-on-Sea AC	59:14	321	R Ellerby	Chiltern Harriers AC	1:02:58
234	R Skillbeck	Headington Road Runners	59:15	322	D Wright	Newbury AC	1:03:02
235	J Husband	Thames Valley Harriers	59:15	323	A Holford	Woodford Green & Essex Ladies	1:03:08
236	M Green	Garden City Runners	59:16	324	S Kemp	Dorking & Mole Valley AC	1:03:09
237	M Bardwell	Epsom & Ewell Harriers	59:19	325	T Savage	Ryston Runners AC	1:03:10
238	A Simpson	Stubbington Green Runners	59:23	326	J Waterfield	Metropolitan Police AC	1:03:15
239	A Grand	Norwich Road Runners	59:27	327	A Murray	Dulwich Runners	1:03:18
240	M Parker	Metropolitan Police AC	59:30	328	D Chenery	Ipswich Jaffa	1:03:24
241	C Osmonovich	Thetford AC	59:31	329	P Bower	Thetford AC	1:03:25
242	J Griffiths	Headington Road Runners	59:35	330	D Edwards	Garden City Runners	1:03:27
243	T Hedge	Watford Harriers	59:39	331	P Breslin	Stopsley Striders	1:03:32
244	A Richardson	Huntingdonshire AC	59:44	332	K Duncan	Bishop's Stortford RC	1:03:33
245	L Pickering	Chelmsford AC	59:46	333	D Sullivan	Broxbourne Runners	1:03:35
246	A Matthews	Metropolitan Police AC	59:48	334	M Sadler	North Walsham Beach Runners	1:03:35
247	T Hutchin	Bishop's Stortford RC	59:57	335	A DelNevo	Dacorum & Tring	1:03:37
248	A Bridge	Southampton Running Club	59:59	336	D Walton	London Heathside	1:03:41
249	P Collicutt	Phoenix AC	1:00:02	337	I Richardson	Southampton Running Club	1:03:45
250	C Colbeck	Headington Road Runners	1:00:02	338	R Belsom	Ipswich Jaffa	1:03:46
251	D Shortridge	Victoria Park Harriers	1:00:07	339	R Underwood	Dorking & Mole Valley AC	1:03:57
252	J Howe	London Heathside	1:00:10	340	T Edgley	Invicta East Kent AC	1:04:03
253	A Thompson	City Of Norwich AC	1:00:13	341	R Hogg	Woodford Green & Essex Ladies	1:04:05
254	C Waugh	Chelmsford AC	1:00:15	342	R Clifford	Overton Harriers & AC	1:04:12

343	R Speck	North Walsham Beach Runners	1:04:18	434	F Robinson	Barnet & District AC	1:08:06
344	A Copp	Stopsley Striders	1:04:18	435	W Pauzers	Herne Hill Harriers	1:08:09
345	A Tant	Broxbourne Runners	1:04:18	436	J Ashby	Southampton Running Club	1:08:11
346	N Tolfrey	Victory AC	1:04:23	437	P May	Stubbington Green Runners	1:08:16
347	B Boothroyd	Metropolitan Police AC	1:04:25	438	B Halifax	Herne Hill Harriers	1:08:17
348	D Carter	Southampton Running Club	1:04:25	439	S Keys	Enfield & Haringay AC	1:08:19
349	J Murphy	Barnet & District AC	1:04:26	440	G Old	New Eltham Joggers	1:08:23
350	A Marsh	Springfield Striders RC	1:04:29	441	R Pearson	Southampton Running Club	1:08:24
351	A Hyland	Broxbourne Runners	1:04:32	442	A Reid	Stopsley Striders	1:08:28
352	B Barrett	Stopsley Striders	1:04:33	443	K Wood	Dulwich Runners	1:08:33
353	M Smith	Dorking & Mole Valley AC	1:04:37	444	J Regan	New Eltham Joggers	1:08:35
354	S Wolton	Halstead Road Runners	1:04:38	445	S Maddison	Thames Valley Harriers	1:08:35
355	J Legge	Springfield Striders RC	1:04:40	446	J ScottFrancis	West 4 Harriers	1:08:36
356	M Tempest	Orion Harriers	1:04:43	447	D Owens	Yaxley Runners	1:08:37
357	M Mitchell	Stopsley Striders	1:04:44	448	N Hemming	Croydon Harriers	1:08:40
358	P Tremain	Springfield Striders RC	1:04:48	449	J Evans	Harlow RC	1:08:49
359	A French	Bank Of England AC	1:04:50	450	P McLaughlin	Pitsea RC	1:09:03
360	J Brady	Dulwich Runners	1:04:51	451	J Bignell	Hillingdon AC	1:09:05
361	L Crispin	Newham & Essex Beagles AC	1:04:52	452	J Williams	Springfield Striders RC	1:09:09
362	A Angus	Queens Park Harriers	1:05:00	453	K Hollis	Southampton Running Club	1:09:25
363	S Dokic	Hillingdon AC	1:05:07	454	N Bush	Biggleswade AC	1:09:34
364	M Dickens	North Walsham Beach Runners	1:05:13	455	G Barron	Bishop's Stortford RC	1:09:38
365	P Keech	Stopsley Striders	1:05:14	456	G Walden	Werrington Joggers	1:09:48
366	A Martin	Invicta East Kent AC	1:05:15	457	P York	Ealing, Southall & Middx. AC	1:10:09
367	J Cooper	Invicta East Kent AC	1:05:22	458	D Damell	Newham & Essex Beagles AC	1:10:18
368	G Busch	Stopsley Striders	1:05:24	459	S Baxendale	Belgrave Harriers	1:10:22
369	A Elferink	Serpentine Running Club	1:05:25	460	P Stockings	Woodford Green & Essex Ladies	1:10:24
370	G Jenwood	Herne Hill Harriers	1:05:27	461	B Wright	Thetford AC	1:10:25
371	G Smith	Epsom & Ewell Harriers	1:05:28	462	D Roots	Southampton Running Club	1:10:26
372	M Troup	St Edmund Pacers	1:05:30	463	E Beck	Stubbington Green Runners	1:10:27
373	S Walker	Bexley AC	1:05:33	464	B Woodall	Stopsley Striders	1:10:27
374	S Mitchell	Barnet & District AC	1:05:34	465	R Gunner	Stubbington Green Runners	1:10:29
375	K Wincj	Bexley AC	1:05:37	466	A Rawlings	Werrington Joggers	1:10:33
376	D West	Dulwich Runners	1:05:37	467	C Greham	Huntingdonshire AC	1:10:34
377	S Allen	Barnet & District AC	1:05:41	468	R Williams	Huntingdonshire AC	1:10:44
378	M Read	Southampton Running Club	1:05:45	469	P Cane	New Eltham Joggers	1:10:50
379	S Hards	Springfield Striders RC	1:05:47	470	M Amis	North Walsham Beach Runners	1:10:59
380	J Hunter	Bexley AC	1:05:47	471	B Burden	Invicta East Kent AC	1:11:02
381	M Bailey	Tiptree Road Runners	1:05:47	472	P Kimber	Oxford City AC	1:11:04
382	C Young	South London Harriers	1:05:48	473	M Grimdsdale	Watford Harriers	1:11:11
383	P Shelley	Shaftesbury Barnet Harriers	1:05:52	474	D Mitchell	Epsom & Ewell Harriers	1:11:14
384	M Wisdom	New Eltham Joggers	1:05:53	475	J Doyle	Hillingdon AC	1:11:16
385	R Weston	London Heathside	1:05:53	476	M Mitchell	Watford Joggers	1:11:20
386	S Adams	Eton Manor AC	1:05:54	477	R Hardy	Luton AC	1:11:23
387	J Williams	New Eltham Joggers	1:05:55	478	P Read	Headington Road Runners	1:11:24
388	K Prior	Biggleswade AC	1:05:55	479	N Harding	Poole AC	1:11:29
389	C Burgess	Eye Community Runners	1:05:57	480	N Jarvis	Stubbington Green Runners	1:11:34
390	J Rabett	Herne Hill Harriers	1:05:58	481	N Crane	Stubbington Green Runners	1:11:37
391	R Mann	Herts Phoenix AC	1:06:07	482	C Fallaize	Vale Of Aylesbury AC	1:11:39
392	J Kingsmill	Norwich Road Runners	1:06:09	483	D Warn	Southampton Running Club	1:11:41
393	T Cory	Watford Harriers	1:06:12	484	J Clark	Springfield Striders RC	1:11:44
394	J O'Shea	Southampton Running Club	1:06:14	485	M Savage	Springfield Striders RC	1:11:46
395	N Barber	Blackheath & Bromley H	1:06:15	486	B Thomas	New Eltham Joggers	1:11:47
396	N Knights	Dereham Runners	1:06:18	487	J Leach	North Walsham Beach Runners	1:11:48
397	T Adcock	Norfolk Gazelles AC	1:06:19	488	P Branch	Yaxley Runners	1:11:57
398	K Howlett	Ryston Runners AC	1:06:21	489	P Sawko	Garden City Runners	1:12:04
399	T Sutton	Blackheath & Bromley H	1:06:24	490	B Maillardet	New Eltham Joggers	1:12:09
400	S Smith	Garden City Runners	1:06:28	491	J Worth	Headington Road Runners	1:12:11
401	D Dutchburn	Broxbourne Runners	1:06:31	492	L Thirsten	Bishop's Stortford RC	1:12:22
402	S Mason	Great Yarmouth & District AC	1:06:34	493	S Riley	New Eltham Joggers	1:12:28
403	M Ranson	Halstead Road Runners	1:06:36	494	A Carter	Halstead Road Runners	1:12:39
404	H Long	Southampton Running Club	1:06:38	495	K Unitt	New Eltham Joggers	1:12:43
405	J Falvey	Ealing, Southall & Middx. AC	1:06:41	496	D Debnam	Stopsley Striders	1:12:48
406	D Wilkie	Orion Harriers	1:06:42	497	M Newell	Cambridge Harriers	1:12:53
407	T Nichols	Royal Navy AC	1:06:44	498	C Vernon	Stubbington Green Runners	1:13:01
408	L Scott	Ryston Runners AC	1:06:45	499	J Daly	New Eltham Joggers	1:13:19
409	A Rugg	Woodford Green & Essex Ladies	1:06:48	500	C Milnes	Ryston Runners AC	1:13:25
410	P Simpson	Vegan Runners UK	1:06:48	501	K Brighty	Norwich Road Runners	1:13:35
411	T Woolridge	Watford Joggers	1:06:51	502	S McGranaghan	New Eltham Joggers	1:13:42
412	D Christopher	Stopsley Striders	1:07:03	503	I Woods	Norfolk Gazelles AC	1:13:52
413	R Powell	Shaftesbury Barnet Harriers	1:07:06	504	J Leach	New Eltham Joggers	1:14:01
414	K Murphy	Trent Park Running Club	1:07:09	505	G Foden	Victory AC	1:14:06
415	S Barber	Waveney Valley	1:07:09	506	S Walker	New Eltham Joggers	1:14:15
416	T Powell	Woodford Green & Essex Ladies	1:07:14	507	E Taylor	Belgrave Harriers	1:14:20
417	D Emmens	Ipswich Jaffa	1:07:15	508	P Hatfield	Bexley AC	1:14:22
418	S Barker	Huntingdonshire AC	1:07:15	509	L Richardson	Stopsley Striders	1:14:27
419	I Hodge	Serpentine Running Club	1:07:16	510	S Gibb	Nene Valley Harriers	1:14:41
420	M Flowerdew	Muddy Mucky Monkeys AC	1:07:19	511	S Galloway	Biggleswade AC	1:14:45
421	J Gueran	Royal Navy AC	1:07:20	512	A Scott	Werrington Joggers	1:14:57
422	A Alexander	Serpentine Running Club	1:07:24	513	C Armstrong	Southampton Running Club	1:15:04
423	I Wade	North Walsham Beach Runners	1:07:31	514	T Millett	Norwich Road Runners	1:15:15
424	J White	New Eltham Joggers	1:07:37	515	A Gordon Gray	Norfolk Gazelles AC	1:15:25
425	P Winfield	Bishop's Stortford RC	1:07:38	516	T Horrex	Norwich Road Runners	1:15:44
426	P Fullalove	Huntingdonshire AC	1:07:38	517	A Willerton	Watford Joggers	1:15:47
427	D King	Stubbington Green Runners	1:07:40	518	D Adams	Southampton Running Club	1:16:08
428	G McGurran	New Eltham Joggers	1:07:43	519	T Brawn	Chiltern Harriers AC	1:16:17
429	R Tiller	Halstead Road Runners	1:07:44	520	C Burke	Yaxley Runners	1:16:31
430	N Stockman	Highgate Harriers	1:07:49	521	G Laylee	Dulwich Runners	1:17:14
431	G Westley	Stubbington Green Runners	1:07:52	522	S Reed	Yaxley Runners	1:17:22
432	P Kent	Cambridge Harriers	1:07:54	523	L Green	Huntingdonshire AC	1:17:33
433	R Bloom	Herts Phoenix AC	1:08:03	524	D Lewis	New Eltham Joggers	1:17:38

525	D Mason	Yaxley Runners	1:17:39	540	A LeaGerrard	Herne Hill Harriers	1:21:49
526	PFla	PitseaRC	1:17:42	541	T Allen	Garden City Runners	1:22:11
527	K Angrel	Bexley AC	1:17:59	542	D Draper	Garden City Runners	1:22:18
528	PDeadman	Orion Harriers	1:18:13	543	J Keenan	Southampton Running Club	1:23:41
529	T Stone	Yaxley Runners	1:18:22	544	I Linton	Tiptree Road Runners	1:24:10
530	P Weir	Striders Of Croydon	1:18:40	545	R Jones	Havering 90 Joggers	1:26:01
531	C Jenkins	Newham & Essex Beagles AC	1:18:52	546	M Russell	Yaxley Runners	1:26:13
532	I Cousins	Stopsley Striders	1:19:21	547	D Cooper	Yaxley Runners	1:26:45
533	J Gibson	Vale Of Aylesbury AC	1:20:02	548	K Vejdami	Lingfield Running Club	1:27:03
534	A Keeler	Ealing, Southall & Middx. AC	1:20:10	549	MDunn	Headington Road Runners	1:27:34
535	M HainesEynon	Peterborough AC	1:20:41	550	MO'Callaghan	Yaxley Runners	1:30:21
536	K McGregor	Werrington Joggers	1:20:54	551	T Newcombe	Werrington Joggers	1:30:22
537	S Newland	South London Harriers	1:20:56	552	H Bulalrd	Springfield Striders RC	1:35:00
538	B Loughton	Werrington Joggers	1:20:56	553	C Hedges	North Walsham Beach Runners	1:37:45
539	K Wright	Springfield Striders RC	1:21:24				

## Senior Men — TEAM RESULTS

1	Bedford & County AC	68	—	2	H Lobb	4	D Deed	8	W Levett	9	N Hall	14	DDalmedo	31	N Miller
2	Newham & Essex Beagles AC	92	—	6	D Mitchinson	7	A Robinson	13	O Laws	15	L Jones	25	I Grime	26	K Skinner
3	Shaftesbury Barnet Harriers	134	—	3	DBannister	10	R Williams	17	N Addison	27	O Edwards	30	J Trapmore	47	K Robertson
4	Herne Hill Harriers	232	—	18	ABarnes	24	ILockett	34	BPavioir	50	R Karn	51	K Newton	55	DMulvee
5	City Of Norwich AC	448	—	38	TSalmon	41	W Lincoln	69	ALewis	92	J Quint	95	JO'Neill	113	M Beamish
6	Belgrave Harriers	462	—	1	P Wicks	52	MByansi	84	P Willis	85	W Cockerell	118	J Kimaiyo	122	D Mason
7	Woodford Green & Essex Ladies	481	—	20	K Murphy	63	MShone	64	H Wyber	77	BPowell	108	CBrogan	149	CShephard
8	Reading AC	607	—	76	SRance	87	N Earl	109	JBurnett	110	DShermer	111	T Munt	114	SMusique
9	Thames Valley Harriers	639	—	29	C Smith	65	D Clark	94	M DaSilva	105	C Nicol	137	G Jones	209	P Wetton
10	Norfolk Gazelles AC	672	—	23	R Joy	75	TLenton	98	PSanford	125	SBaldwin	167	J Seamack	184	MYaxley
11	Chelmsford AC	786	—	67	R Prout	73	EMesser	93	K Hoye	142	J Williams	166	J Booty	245	LPickering
12	London Heathside	838	—	106	PLemmon	117	M Potter	130	AWelshman	131	J Passmore	172	IBrodrick	182	J Flahive
13	Nene Valley Harriers	851	—	97	J Foreman	100	L Hemmings	129	CMooney	144	A Williams	176	G Williams	205	S Beard
14	Garden City Runners	902	—	74	G Robinson	88	D Vaughan	99	MRobins	207	SLivingstone	215	R Casey	219	B Judge
15	Headington Road Runners	1004	—	90	GHarris	101	V Zverev	157	R Thetford	193	DBurton	229	PGodwin	234	R Skillbeck
16	Southampton Running Club	1129	—	16	AMorganLee	124	PFotherby	218	SAxon	248	ABridge	258	R Price	265	MRindle
17	Barnet & District AC	1282	—	42	RGamble	146	J Taylor	208	S Nunn	220	D Michael	317	M Rowe	349	J Murphy
18	Serpentine Running Club	1291	—	116	A Reeves	123	M Branco	192	R Tuddenham	213	J Benavides	278	J Edgar	369	A Elferink
19	Metropolitan Police AC	1322	—	126	JBrown	201	L Dooley	222	P Wyatt	240	MParker	246	A Matthews	287	C Mann
20	Dorking & Mole Valley AC	1360	—	46	N Hodges	145	A Fay	153	S Bush	324	SKemp	339	R Underwood	353	M Smith
21	South London Harriers	1362	—	120	P Bal	194	T Chidgey	202	J Gevers	204	P Mitchell	260	ACollins	382	C Young
22	Norwich Road Runners	1393	—	175	C Sherry	200	B Moore	210	P Smith	239	A Grand	284	GBainger	285	N VanMinden
23	St Edmund Pacers	1418	—	163	CCooke	171	C Marston	189	KVaughan	223	J Long	300	A Macpherson	372	MTroup
24	Invicta East Kent AC	1505	—	168	M Gore	185	M Wilkins	221	P Bowell	225	J Wilkins	340	T Edgley	366	A Martin
25	Stubbington Green Runners	1525	—	70	M Legassick	160	A Ewing	199	N Charlton	238	A Simpson	427	D King	431	G Westley
26	Epsom & Ewell Harriers	1528	—	49	PSanger	82	W Clark	237	MBardwell	315	AMcDonald	371	G Smith	474	D Mitchell
27	Bishop's Stortford RC	1558	—	139	S Prosser	154	JBrown	247	T Hutchin	261	L Shiels	332	K Duncan	425	P Winfield
28	Hillingdon AC	1660	—	19	STompsett	169	P Leppard	183	MBateman	363	SDokic	451	JBignell	475	J Doyle
29	Springfield Striders RC	1723	—	68	P Dobson	288	LBroadbridge	304	CPurse	350	AMarsh	355	J Legge	358	PTremain
30	North Walsham Beach Runners	1800	—	206	C Merrylees	263	K Parfitt	290	R PriceThomas	334	MSadler	343	R Speck	364	M Dickens
31	Stopsley Striders	1887	—	267	CLamont	291	S Harries	302	AMoore	331	P Breslin	344	ACopp	352	B Barrett
32	Huntingdonshire AC	1947	—	244	A Richardson	262	IMarshall	298	J Smith	299	S Hunt	418	S Barker	426	PFullalove
33	Ryton Runners AC	1999	—	264	M Howlett	295	D Robinson	309	M Ive	325	TSavage	398	K Howlett	408	L Scott
34	Dulwich Runners	2298	—	271	M Mann	327	AMurray	360	J Brady	376	D West	443	K Wood	521	GLaylee
35	Bexley AC	2315	—	152	J Armstrong	373	SWalker	375	K Wincj	380	J Hunter	508	P Hatfield	527	K Angrel
36	New Eltham Joggers	2507	—	384	M Wisdom	387	J Williams	424	J White	428	G McGurran	440	G Old	444	J Regan
37	Yaxley Runners	3031	—	447	DOwens	488	P Branch	520	CBurke	522	S Reed	525	DMason	529	T Stone
38	Werrington Joggers	3059	—	456	GWalden	466	ARawlings	512	A Scott	536	K McGregor	538	BLoughton	551	T Newcombe

## Senior Men — TEAM RESULTS

1	Bedford & County AC	—	2	H Lobb	4	D Deed	8	W Levett	9	N Hall	14	DDalmedo	31	N Miller
2	Woodford Green & Essex Ladies	—	37	CRiley	39	T Burke	43	SHerring	103	ACross	104	J Elsworthly	115	S Body
3	London Heathside	—	20	K Murphy	63	MShone	64	H Wyber	77	BPowell	108	CBrogan	149	CShephard
4	Herne Hill Harriers	—	191	ICumming	228	T McCarthy	255	PManson	279	AColeman	289	ASmith	323	A Holford
5	Southampton Running Club	—	106	PLemmon	117	M Potter	130	AWelshman	131	J Passmore	172	IBrodrick	182	J Flahive
6	Shaftesbury Barnet Harriers	—	195	AOwen	252	J Howe	266	KKemp	305	P McCrossin	319	ADickson	336	D Walton
7	Stopsley Striders	—	18	ABarnes	24	ILockett	34	BPavioir	50	R Karn	51	K Newton	55	DMulvee
8	Headington Road Runners	—	96	J Cunningham	132	SCoombes	216	J Ward	256	ITiney	370	G Jerwood	390	J Rabett
9	Garden City Runners	—	16	AMorganLee	124	PFotherby	218	SAxon	248	ABridge	258	R Price	265	MRindle
10	Stubbington Green Runners	—	280	G Whelan	337	IRichardson	348	DCarter	378	M Read	394	JO'Shea	404	H Long
11	New Eltham Joggers	—	3	DBannister	10	R Williams	17	N Addison	27	O Edwards	30	J Trapmore	47	K Robertson
12	Norfolk Gazelles AC	—	54	T Jackson	91	D Lewis	181	TParkin	273	PCunningham	383	P Shelley	413	RPowell
13	Newham & Essex Beagles AC	—	267	CLamont	291	S Harries	302	AMoore	331	P Breslin	344	ACopp	352	B Barrett
14	Springfield Striders RC	—	357	M Mitchell	365	PKeech	368	GBusch	412	D Christopher	442	A Reid	464	B Woodall
			90	GHarris	101	V Zverev	157	R Thetford	193	DBurton	229	PGodwin	234	R Skillbeck
			242	J Griffiths	250	C Colbeck	257	L Hurman	272	IMeadowcroft	307	C Nellins	478	P Read
			74	G Robinson	88	D Vaughan	99	MRobins	207	SLivingstone	215	R Casey	219	B Judge
			236	M Green	268	ILaeson	314	SBowen	330	DEdwards	400	SSmith	489	PSawko
			70	M Legassick	160	A Ewing	199	N Charlton	238	ASimpson	427	D King	431	G Westley
			437	P May	463	E Beck	465	RGunner	480	N Jarvis	481	N Crane	498	CVernon
			384	M Wisdom	387	J Williams	424	J White	428	G McGurran	440	G Old	444	J Regan
			469	PCane	486	B Thomas	490	B Maillardet	493	SRiley	495	K Unitt	499	J Daly
			23	R Joy	75	TLenton	98	PSanford	125	SBaldwin	167	J Seamack	184	MYaxley
			212	P Cooper	224	P Johnson	259	P Higham	397	T Adcock	503	I Woods	515	AGordonGray
			6	DMitchinson	7	ARobinson	13	OLaws	15	L Jones	25	I Grime	26	K Skinner
			40	J Clarke	102	J Mohamed	148	ABarber	361	LCrispin	458	DDarnell	531	C Jenkins
			68	P Dobson	288	LBroadbridge	304	CPurse	350	AMarsh	355	J Legge	358	PTremain
			379	SHards	452	J Williams	484	J Clark	485	MSavage	539	K Wright	552	H Bulalrd