

SEAA Masters Cross Country Championships at Biggleswade on Saturday 14th December 2013

Race 1 - Men aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time				
1	224	Paul Spowage	V50 1	Colchester Harriers AC	38:06	28	297 Mick O'Sullivan	V5028 Trent Park RC	42:56
2	223	Colin Ridley	V50 2	Colchester Harriers AC	38:21	29	218 Stephen Church	V5029 City Of Norwich AC	43:10
3	213	Bruce Warren	V50 3	Brighton Phoenix	38:23	30	240 Robert Curtis	V5030 Dunstable Road Runners	43:12
4	209	Richard McCormick	V50 4	Barnet & District AC	38:24	31	234 John English	V5031 Dulwich Runners	43:20
5	236	Tony Tuohy	V50 5	Dulwich Runners	38:26	32	306 Steve Oliver	V5032 Winchester & District AC	43:24
6	301	Andrew Howey	V50 6	Tunbridge Wells Harriers	38:32	33	251 Ian Meadowcroft	V5033 Headington Road Runners	43:30
7	248	Chris Finill	V50 7	Harrow AC	38:39	34	214 Clem Dixon	V5034 Cambridge Harriers AC	44:05
8	232	Keith Miller	V50 8	David Lloyd Redway Runners	38:44	35	282 Jonathan Ainsworth	V5035 Queens Park Harriers	44:09
9	233	Dave Beaver	V50 9	Dulwich Runners	39:08	36	293 Richard Hooley	V5036 Thames Valley Harriers	44:25
10	217	Derek Brown	V5010	Chiltern Harriers	39:13	37	215 Martin Hawkins	V5037 Cambridge Harriers AC	44:35
11	249	Paul Berrett	V5011	Havering Mayesbrook AC	39:23	38	294 Adrian Thompson	V5038 Thames Valley Harriers	45:14
12	226	Robert Creed	V5012	Crawley AC	39:37	39	314 Carey Gray	V5039 Woodstock Harriers AC	45:22
13	259	Garry Ironmonger	V5013	Herne Hill Harriers	39:46	40	296 Stuart Manhtelow	V5040 Trent Park RC	45:32
14	287	Colin Braybrook	V5014	St Albans Striders	39:56	41	227 Vince Golding	V5041 Crawley AC	46:11
15	260	Victor Maughn	V5015	Herne Hill Harriers	40:01	42	230 Glen Ridout	V5042 Dartford Road Runners	47:18
16	288	Graham Foster	V5016	St Albans Striders	40:17	43	243 Patrick Bird	V5043 Garden City Runners	48:14
17	252	Andy Phelps	V5017	Headington Road Runners	40:25	44	262 Bob Burton	V5044 Hillingdon AC	49:15
18	257	Tom Conlon	V5018	Herne Hill Harriers	40:46	45	279 Patrick Marshall	V5045 Olney Runners	49:27
19	203	Timothy Butler	V5019	Barnet & District AC	40:49	46	302 Peter Simpson	V5046 Vegan Runners Uk	51:28
20	242	Stewart Pepper	V5020	Enfield And Haringey AC	41:00	47	244 Richard Sidlin	V5047 Garden City Runners	51:50
21	270	Neil Crisp	V5021	Ilford AC	41:07	48	290 ?Marc Phillips	V5048 St Albans Striders	51:56
22	235	Ebe Prill	V5022	Dulwich Runners	41:25	49	284 Tim Barlow	V5049 Queens Park Harriers	52:40
23	205	Andrew Kelleher	V5023	Barnet & District AC	42:09	50	290 ?Marc Phillips	V5050 St Albans Striders	53:51
24	204	Paul Carter	V5024	Barnet & District AC	42:31	51	265 Peter Warburton	V5051 Hillingdon AC	54:44
25	305	John Gore	V5025	Winchester & District AC	42:41	52	269 Stephen Cheal	V5052 Ilford AC	54:54
26	319	Stewart Dearman	V5026	Watford AC	42:43	53	266 Alan Wells	V5053 Hillingdon AC	1:01:59
27	228	Gary Thayre	V5027	Crawley AC	42:49				

Race 1 - Men aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time				
1	221	Robert Cheverton	V55 1	City Of Norwich AC	39:32	13	300 Robin Tremaine	V5513 Trent Park RC	43:34
2	313	Tony Pamphilon	V55 2	Woodford Green Ac W Essex L	40:09	14	254 Laurie Hurman	V5514 Headington Road Runners	44:21
3	216	Michael Bridgeland	V55 3	Chelmsford AC	40:27	15	210 Peter Ellis	V5515 Barnet & District AC	46:03
4	211	Michael Stapleton	V55 4	Barnet & District AC	40:56	16	307 Martyn West	V5516 Winchester & District AC	46:37
5	225	David Wright	V55 5	Colchester Harriers AC	41:18	17	239 Gary Sullivan	V5517 Dulwich Runners	47:36
6	311	Richard Holland	V55 6	Woodford Green Ac W Essex L	41:21	18	286 \$Maurice Hemingway	V5518 Riverside Runners AC	47:40
7	237	Chris Loizou	V55 7	Dulwich Runners	41:37	19	261 Valdis Pauzers	V5519 Herne Hill Harriers	48:10
8	276	Stephen Rolfe	V55 8	Norfolk Gazelles	41:49	20	280 Jim Russell	V5520 Pitsea RC	48:38
9	268	Andy Miles	V55 9	Hillingdon AC	42:10	21	277 Pete Thompson	V5521 Norfolk Gazelles	48:45
10	229	Dave Cook	V5510	Crawley AC	42:21	22	291 Michael Donovan	V5522 St Albans Striders	49:24
11	274	Irwin Fairclough	V5511	Newbury AC	42:26	23	299 Peter Goldfinch	V5523 Trent Park RC	52:47
12	222	Harry Knowles	V5512	City Of Norwich AC	42:29	24	281 Don Sinclair	V5524 Pitsea RC	52:50

Race 1 - Men aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time				
1	441	Stewart Thorp	V60 1	Oxford City AC	41:27	13	412 Colin Simpson	V6013 Brighton Phoenix	49:40
2	458	Steve Dodd	V60 2	Trent Park RC	42:45	14	419 Bill Crane	V6014 Dunstable Road Runners	50:05
3	408	Desmond Michael	V60 3	Barnet & District AC	42:59	15	437 Chris Priestley	V6015 North Herts Road Runners	50:55
4	440	Richard Grant	V60 4	Oxford City AC	43:03	16	450 Russell Devitt	V6016 Shaftesbury Barnet Harriers	51:18
5	436	Geoff Anderson	V60 5	Newbury AC	44:17	17	407 John Clarke	V6017 Barnet & District AC	51:40
6	417	Andy Murray	V60 6	Dulwich Runners	45:16	18	416 Roy Knight	V6018 Dartford Road Runners	51:45
7	421	Steve Plested	V60 7	Ealing Southall & Middlesex	45:56	19	411 Les Thurston	V6019 Bishops Stortford RC	53:09
8	434	Julian Spencer-Wood	V60 8	Kent AC	47:47	20	423 John Davis	V6020 Fenland RC	53:53
9	424	Colin Ewin	V60 9	Garden City Runners	48:18	21	451 Peter Haynes	V6021 Southampton AC	54:03
10	426	Kevin Byrne	V6010	Headington Road Runners	49:02	22	420 Jon Venning	V6022 Dunstable Road Runners	54:15
11	457	Malcom Allen	V6011	Trent Park RC	49:08	23	455 Simon Maddison	V6023 Thames Valley Harriers	59:20
12	445	Chris Reed	V6012	Pitsea RC	49:16				

Race 1 - Men aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time				
1	418	Michael Mann	V65 1	Dulwich Runners	43:37	8	449 Geoff Russell	V65 8 Royston Runners	49:19
2	442	John Exley	V65 2	Oxford City AC	44:40	9	456 Richard Charney	V65 9 Thames Valley Harriers	49:57
3	444	Roy Treadwell	V65 3	Oxford City AC	45:27	10	431 Tony Shaw	V6510 Hillingdon AC	53:01
4	410	Liam Ohare	V65 4	Barnet & District AC	46:09	11	438 Brian Bailey	V6511 North Herts Road Runners	58:00
5	427	Richard Bloom	V65 5	Herts Phoenix AC	46:17	12	430 Brian Feldman	V6512 Hillingdon AC	58:18
6	413	Andrew Haig	V65 6	Brighton Phoenix	47:45	13	439 Ian Sutcliffe	V6513 North Herts Road Runners	59:03
7	459	Charles Taylor	V65 7	Trent Park RC	48:57	14	425 Trace Allen	V6514 Garden City Runners	1:04:36

Race 2 - Men aged 70 to 74

Pos	Num	Name	Cat/Pos	Club	Time
1	120	Tony Brackstone	V70 1	Southern Counties Veterans AC	29:01
2	113	John Owen	V70 2	Barnet & District AC	29:14
3	111	Tony Hamilton	V70 3	Barnet & District AC	36:06
4	114	Martyn Cartwright	V70 4	Chiltern Harriers AC	38:27

Race 1 - Men (Vets) aged 50 to 59 — TEAM RESULTS

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

1 Colchester Harriers AC	29 —	1 Paul Spowage	2 Colin Ridley	26 David Wright
2 Dulwich Runners	42 —	5 Tony Tuohy	9 Dave Beaver	28 Ebe Prill
3 Barnet & District AC	49 —	4 Richard McCormick	22 Timothy Butler	23 Michael Stapleton
4 Herne Hill Harriers	51 —	14 Garry Ironmonger	16 Victor Maughn	21 Tom Conlon
5 Crawley AC	85 —	13 Robert Creed	33 Dave Cook	39 Gary Thayre
6 City Of Norwich AC	88 —	12 Robert Cheverton	35 Harry Knowles	41 Stephen Church
7 St Albans Striders	98 —	15 Colin Braybrook	18 Graham Foster	65 Michael Donovan
8 Headington Road Runners	113 —	19 Andy Phelps	45 Ian Meadowcroft	49 Laurie Hurman
9 Winchester & District AC	138 —	37 John Gore	44 Steve Oliver	57 Martyn West
10 Trent Park RC	140 —	40 Mick O'Sullivan	46 Robin Tremaine	54 Stuart Manhtelow
11 Hillingdon AC	168 —	32 Andy Miles	64 Bob Burton	72 Peter Warburton

Race 1 - Men (Vets) over 60 — TEAM RESULTS

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

1 Oxford City AC	12 —	1 Stewart Thorp	4 Richard Grant	7 John Exley
2 Trent Park RC	36 —	2 Steve Dodd	16 Charles Taylor	18 Malcom Allen
3 Barnet & District AC	40 —	3 Desmond Michael	11 Liam Ohare	26 John Clarke
4 North Herts Road Runners	92 —	24 Chris Priestley	33 Brian Bailey	35 Ian Sutcliffe

Race 2 - Men (Vets) over 70 — TEAM RESULTS

No complete teams

SEAA Masters Cross Country Championships at Biggleswade on Saturday 14th December 2013

Race 2 - Ladies aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time	
1	2	Julie Briggs	L40 1	Arena 80 AC	23:36 11	
2	9	Clare Elms	L40 2	Dulwich Runners AC	24:03 12	
3	49	Victoria Carter	L40 3	Thames Valley Harriers	25:25 13	
4	28	Juliette Minter	L40 4	Olney Runners	25:31 14	
5	21	Jude Craft	L40 5	Headington Road Runners	26:27 15	
6	23	Adrienne Hopkins	L40 6	Headington Road Runners	26:30 16	
7	30	Rosnay Patricia De	L40 7	Reading AC	26:44 17	
8	59	Moiria Craft	L40 8	Watford Harriers	26:52 18	
9	66	Sam Parkinson	L40 9	Winchester & District AC	27:03 19	
10	31	Susan Francis	L4010	Reading AC	27:06 20	
				44 Wendy Walsh	L4011 St Albans Striders	27:27
				50 Debbie James	L4012 Trent Park RC	27:31
				3 Candy Hawkins	L4013 Ashford AC	29:11
				40 Joanna Conn	L4014 Serpentine RC	29:13
				12 Louisa Pritchard	L4015 Dulwich Runners AC	29:46
				38 Sam Windebank	L4016 Riverside Runners AC	31:26
				26 Fiona Towell	L4017 Leighton Buzzard AC	33:05
				51 Jane Moss	L4018 Trent Park RC	35:34
				36 Karen Roper	L4019 Riverside Runners AC	37:04
				37 Annabel Thompson	L4020 Riverside Runners AC	37:25

Race 2 - Ladies aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time	
1	72	Joanna Kent	L45 1	Barnet & District AC	24:11 16	
2	34	Liz Hartney	L45 2	Reading AC	24:17 17	
3	62	Anna Critchlow	L45 3	West 4 Harriers	24:50 18	
4	7	Karen Murphy	L45 4	Barnet & District AC	25:21 19	
5	70	Jane Gandee	L45 5	Winchester & District AC	25:49 20	
6	54	Julia Austin	L45 6	Vale Of Aylesbury AC	26:05 21	
7	71	Michaela McCallum	L45 7	Winchester & District AC	26:23 22	
8	5	Nicola Froud	L45 8	Barnet & District AC	26:25 23	
9	53	Jane Studd	L45 9	Trent Park RC	26:35 24	
10	46	Zoe Lowe	L4510	St Albans Striders	27:10 25	
11	8	Gail Nerurkar	L4511	Brighton & Hove City AC	28:00 26	
12	14	Claudia Manera	L4512	Ealing Southall & Middlesex	28:08 27	
13	18	Maire Irlam	L4513	Fenland RC	28:35 28	
14	25	Melinda Jones	L4514	Ilford AC	29:06 29	
15	15	Patricia Thomas	L4515	Ealing Southall & Middlesex	29:51 30	
				6 Helen Hoyle	L4516 Barnet & District AC	29:53
				60 Janine Blasi	L4517 Watford Harriers	30:00
				55 Helen Bennewith	L4518 Vale Of Aylesbury AC	30:10
				19 Caroline Curtis	L4519 Folkestone RC	30:24
				56 Victoria Sheldon	L4520 Vale Of Aylesbury AC	30:28
				45 Mandy Attree	L4521 St Albans Striders	30:48
				24 Karen Cameron	L4522 Huntingdonshire AC	31:40
				57 Heather Fallaize	L4523 Vale Of Aylesbury AC	32:44
				47 Lucy Stern	L4524 St Albans Striders	32:45
				52 Christine Hawker	L4525 Trent Park RC	33:32
				29 Caroline Wallis	L4526 Pitsea RC	36:19
				16 Sharon Crowley	L4527 Fairlands Valley Spartans	38:13
				39 Michaela Ridley	L4528 Riverside Runners AC	38:22
				61 Christine Dearman	L4529 Watford Harriers	40:05

Race 2 - Ladies aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time	
1	642	Deborah Steer	L50 1	St Albans Striders	25:16 16	
2	653	Caroline Whittaker	L50 2	Watford Harriers	25:39 17	
3	655	Maureen McCarthy	L50 3	West Suffolk AC	25:54 18	
4	668	Caroline Wood	L50 4	Arena 80 AC	26:15 19	
5	652	Danielle Sanderson	L50 5	Watford Harriers	26:59 20	
6	638	Chris Costiff	L50 6	South London Harriers	27:21 21	
7	680	Helen Grant	L50 7	Cambridge & Coleridge AC	27:59 22	
8	612	Sarah Boxer	L50 8	Barnet & District AC	28:34 23	
9	686	Diane Farmer	L50 9	Eastbourne Rovers	28:39 24	
10	654	Christine Anthony	L5010	West Suffolk AC	28:51 25	
11	619	Ros Tabor	L5011	Dulwich Runners AC	29:07 26	
12	669	Jenny Brown	L5012	Ashford AC	29:18 27	
13	658	Joy Radford	L5013	Winchester & District AC	29:29 28	
14	656	Alison Fenwick	L5014	Winchester & District AC	29:35 29	
15	688	Dianne Crisp	L5015	Ilford AC	29:54 30	
				666 Jenny Hughes	L5016 Arena 80 AC	29:56
				689 Nicola Hopkinson	L5017 Ilford AC	30:54
				667 Fiona Jamie	L5018 Arena 80 AC	31:18
				670 Kirsty Johnstone	L5019 Barnet & District AC	32:13
				681 Wendy Cope	L5020 Dunstable Road Runners	33:01
				659 Madeline Vosser	L5021 Winchester & District AC	33:04
				647 Theodosia Green	L5022 Trent Park RC	33:08
				678 Sandra Morris	L5023 Bishops Stortford RC	33:16
				660 Lou Walker	L5024 Winchester & District AC	34:28
				700 Beverley Harlow	L5025 Fairlands Valley Spartans	36:36
				692 Nicki Cartwright	L5026 Riverside Runners	37:14
				687 Susan George	L5027 Fenland RC	37:33
				649 Christine Read	L5028 Trent Park RC	38:17
				651 Belinda Harding	L5029 Victory AC	40:18
				699 Mary Russell	L5030 Headington Road Runners	41:39

Race 2 - Ladies aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time	
1	683	Fiona Kennedy	L55 1	Ealing Southall & Middlesex	25:19 7	
2	645	Anna Garnier	L55 2	Thames Hare & Hounds	27:42 8	
3	641	Pam Iannella	L55 3	South London Harriers	28:09 9	
4	685	Lynn Wilson	L55 4	Ealing Southall & Middlesex	28:37 10	
5	690	Breege Nordin	L55 5	Ilford AC	28:42 11	
6	644	Liz Walls	L55 6	St Albans Striders	31:28	
				682 Anne Golding	L55 7 Dunstable Road Runners	32:34
				615 Linda Dworowski	L55 8 Barnet & District AC	33:15
				698 Caroline Wisdom	L55 9 Serpentine RC	38:10
				650 Jill Atkins	L5510 Trent Park RC	40:16
				646 Gillian Holmes	L5511 Thorney RC	43:43

Race 2 - Ladies aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	561	Celia Duncan	L60 1	West Suffolk AC	29:24
2	558	Val Sinclair	L60 2	Pitsea RC	34:40
3	697	Margaret Sills	L60 3	Serpentine RC	35:42
4	677	R DeLaBertauche	L60 4	Barnet & District AC	36:03
5	548	Teresa Flannigan	L60 5	Pitsea RC	37:01

Race 2 - Ladies aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	560	Christine Prescott	L65 1	Trent Park RC	37:27
2	505	Pam Jones	L65 2	Ilford AC	40:19

Race 2 - Ladies aged 40 to 49 — TEAM RESULTS

1	Barnet & District AC	21	—	3	Joanna Kent	6	Karen Murphy	12	Nicola Froud
2	Winchester & District AC	38	—	9	Jane Gandee	11	Michaela McCallum	18	Sam Parkinson
3	Reading AC	39	—	4	Liz Hartney	16	Rosnay Patricia De	19	Susan Francis
4	St Albans Striders	77	—	20	Zoe Lowe	21	Wendy Walsh	36	Mandy Attree
5	Vale Of Aylesbury AC	78	—	10	Julia Austin	33	Helen Bennewith	35	Victoria Sheldon
6	Trent Park RC	79	—	15	Jane Studd	22	Debbie James	42	Christine Hawker
7	Watford Harriers	98	—	17	Moirra Craft	32	Janine Blasi	49	Christine Dearman
8	Riverside Runners AC	128	—	37	Sam Windebank	45	Karen Roper	46	Annabel Thompson

Race 2 - Ladies (Vets) aged 50 to 59 — TEAM RESULTS

1	Arena 80 AC	49	—	5	Caroline Wood	21	Jenny Hughes	23	Fiona Jamie
2	Iford AC	56	—	14	Breege Nordin	20	Dianne Crisp	22	Nicola Hopkinson
3	Winchester & District AC	65	—	18	Joy Radford	19	Alison Fenwick	28	Madeline Vosser
4	Barnet & District AC	66	—	11	Sarah Boxer	25	Kirsty Johnstone	30	Linda Dworowski
5	Trent Park RC	104	—	29	Theodosia Green	37	Christine Read	38	Jill Atkins

Race 2 - Ladies (Vets) over 60 — TEAM RESULTS

No complete teams

SEAA Masters Cross Country Championships at Biggleswade on Saturday 14th December 2013

Men 40+ - Men — TEAM RESULTS

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

1 Kent AC	25 —	2 Chris Greenwood	9 Paul Griffiths	14 Stuart Beaney
2 Colchester Harriers AC	49 —	1 Adrian Mussett	13 Allen Smalls	35 Rob Gibby
3 Aldershot Farnham & District A	54 —	3 Elliot Robinson	12 Nathan Aspinall	39 Stuart Boswell
4 London Heathside AC	55 —	15 Steve Monaghan	16 George Stewart	24 Dan Madams
5 Springfield Striders	85 —	18 Paul Dobson	22 Gary Chandler	45 Mark Waine
6 Royston Runners	149 —	48 Karl Cable	50 Graham Hill	51 Richard Harrison
7 Camberley & District AC	151 —	11 Mark Symes	59 Darren Bradley	81 Richard Heddle
8 Riverside Runners	164 —	34 Paul Veitch	63 Karl Hiner	67 Paul Ridley
9 St Albans Striders	168 —	25 Graham Smith	54 Mark Taplin	89 Andrew Maher
10 Ely Runners	183 —	52 Stephen Pettitt	61 Conan Fryer	70 Stephen Howard
11 Thames Valley Harriers	185 —	49 Steve Norris	64 Richard Bell	72 Phil Wetton
12 Dulwich Runners	187 —	42 Charles Lound	66 Michael Hutchinson	79 Mark Foster
13 Barnet & District AC	195 —	58 Alan Morris	62 David Crout	75 Darren White
14 Hillingdon AC	201 —	4 Gareth Watkins	97 John Luscombe	100 Paul Martin
15 Leighton Buzzard AC	203 —	53 James Bell	68 Warren Rose	82 Nick Clay
16 Garden City Runners	205 —	56 Chris Eland	71 Sean Bowen	78 Chris Hunt
17 Chineham Park RC	210 —	60 Gus Denovan	74 James Baulch	76 John McElroy
18 Trent Park RC	218 —	33 Scott Aiken	91 John Rose	94 Martin Cullen
19 Fenland RC	237 —	65 Martin Jennings	80 Paul Griffin	92 Rod Sinnott

Men 40+ - Men aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time					
1	31	Adrian Mussett	V40 1	Colchester Harriers AC	33:50	20	97 Paul Veitch	V4020	Riverside Runners	38:25
2	72	Chris Greenwood	V40 2	Kent AC	34:01	21	30 Rob Gibby	V4021	Colchester Harriers AC	38:30
3	2	Elliot Robinson	V40 3	Aldershot Farnham & District A	34:05	22	83 Howard Gold	V4022	London Heathside AC	38:41
4	63	Gareth Watkins	V40 4	Hillingdon AC	34:10	23	34 Tim Kimber	V4023	Crawley AC	39:16
5	58	Jeff Pyrah	V40 5	Hastings AC	34:46	24	144 Mark Waine	V4024	Springfield Striders	39:21
6	20	Michael Salt	V40 6	Cambridge & Coleridge AC	35:05	25	133 Graham Hill	V4025	Royston Runners	40:15
7	59	Simon Coombes	V40 7	Herne Hill Harriers	35:09	26	132 Richard Harrison	V4026	Royston Runners	40:19
8	73	Paul Griffiths	V40 8	Kent AC	35:55	27	78 James Bell	V4027	Leighton Buzzard AC	40:38
9	1	Nathan Aspinall	V40 9	Aldershot Farnham & District A	36:24	28	16 Darren Bradley	V4028	Camberley & District AC	41:56
10	70	Stuart Beaney	V4010	Kent AC	36:32	29	26 Gus Denovan	V4029	Chineham Park RC	42:06
11	85	Steve Monaghan	V4011	London Heathside AC	36:37	30	48 Martin Jennings	V4030	Fenland RC	42:26
12	138	Andrew Reeves	V4012	Serpentine RC	37:02	31	37 Michael Hutchinson	V4031	Dulwich Runners	42:27
13	74	Phil Sanders	V4013	Kent AC	37:15	32	80 Warren Rose	V4032	Leighton Buzzard AC	42:34
14	84	Dan Madams	V4014	London Heathside AC	37:23	33	25 James Baulch	V4033	Chineham Park RC	43:35
15	150	Graham Smith	V4015	St Albans Striders	37:43	34	8 Darren White	V4034	Barnet & District AC	43:39
16	71	Paul Bell	V4016	Kent AC	37:52	35	54 Chris Hunt	V4035	Garden City Runners	44:26
17	94	Steve Barnes	V4017	Newbury AC	38:02	36	149 Andrew Maher	V4036	St Albans Striders	47:33
18	77	Stephen Throssell	V4018	Larkfield AC	38:09	37	62 John Luscombe	V4037	Hillingdon AC	52:26
19	160	Scott Aiken	V4019	Trent Park RC	38:21					

Men 40+ - Men aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time					
1	153	Ben Reynolds	V45 1	Thames Hare & Hounds	35:28	32	43 Conan Fryer	V4532	Ely Runners	42:07
2	15	David Benton	V45 2	Brighton & Hove City AC	36:13	33	9 David Crout	V4533	Barnet & District AC	42:08
3	18	Mark Symes	V45 3	Camberley & District AC	36:19	34	99 Karl Hiner	V4534	Riverside Runners	42:22
4	33	Allen Smalls	V45 4	Colchester Harriers AC	36:27	35	155 Richard Bell	V4535	Thames Valley Harriers	42:25
5	90	George Stewart	V45 5	London Heathside AC	36:44	36	100 Paul Ridley	V4536	Riverside Runners	42:32
6	142	Ian Johnston	V45 6	Shettleston Harriers	36:50	37	36 Tony Piper	V4537	Dartford Road Runners	42:38
7	146	Paul Dobson	V45 7	Springfield Striders	36:53	38	44 Stephen Howard	V4538	Ely Runners	43:06
8	164	Matthew Adcock	V45 8	Watford Harriers	37:12	39	55 Sean Bowen	V4539	Garden City Runners	43:16
9	13	Steven Herring	V45 9	Bedford & County AC	37:13	40	158 Phil Wetton	V4540	Thames Valley Harriers	43:27
10	145	Gary Chandler	V4510	Springfield Striders	37:14	41	53 Andrew Noble	V4541	Folkestone RC	43:33
11	92	Stuart Still	V4511	Luton AC	37:48	42	28 John McElroy	V4542	Chineham Park RC	44:09
12	93	Sean Beard	V4512	Nene Valley Harriers	38:06	43	14 Phillip Butson	V4543	Bishops Stortford RC	44:13
13	130	Mark Jefford	V4513	Road Runners Club	38:07	44	39 Mark Foster	V4544	Dulwich Runners	44:37
14	22	Christian Poulton	V4514	Cambridge Harriers	38:14	45	52 Paul Griffin	V4545	Fenland RC	45:02
15	75	Luke Armitage	V4515	Kent AC	38:42	46	17 Richard Heddle	V4546	Camberley & District AC	45:22
16	61	Jonathon Ratcliffe	V4516	Herne Hill Harriers	38:47	47	81 Nick Clay	V4547	Leighton Buzzard AC	45:33
17	3	Stuart Boswell	V4517	Aldershot Farnham & District A	38:51	48	140 Ian Johnson	V4548	Serpentine RC	45:40
18	69	Steve Philcox	V4518	Ilford AC	39:12	49	163 Alan Roberts	V4549	Vale Of Aylesbury AC	45:51
19	6	Darren Symes	V4519	Aldershot Farnham & District A	39:14	50	27 Rob Harrison	V4550	Chineham Park RC	45:58
20	40	Charles Lound	V4520	Dulwich Runners	39:15	51	29 Phil Norris	V4551	Chineham Park RC	46:34
21	88	Chris Hartley	V4521	London Heathside AC	39:18	52	38 Joseph Brady	V4552	Dulwich Runners	46:45
22	87	John Flahive	V4522	London Heathside AC	39:32	53	82 Jonathan Hull	V4553	Leighton Buzzard AC	47:28
23	68	Paul Holloway	V4523	Ilford AC	39:42	54	101 Keith Ritchie	V4554	Riverside Runners	47:45
24	134	Karl Cable	V4524	Royston Runners	39:50	55	162 John Rose	V4555	Trent Park RC	47:54
25	156	Steve Norris	V4525	Thames Valley Harriers	40:08	56	50 Rod Sinnott	V4556	Fenland RC	48:40
26	45	Stephen Pettitt	V4526	Ely Runners	40:27	57	157 Jason Seward	V4557	Thames Valley Harriers	49:01
27	151	Mark Taplin	V4527	St Albans Striders	40:55	58	161 Martin Cullen	V4558	Trent Park RC	49:41
28	7	James Ratcliffe	V4528	Aldershot Farnham & District A	41:10	59	98 James Bolm	V4559	Riverside Runners	50:21
29	56	Chris Eland	V4529	Garden City Runners	41:28	60	51 Mark Millinson	V4560	Fenland RC	51:17
30	5	Ray Gascoyne	V4530	Aldershot Farnham & District A	41:36	61	167 Edward Pigott	V4561	West 4 Harriers	52:50
31	10	Alan Morris	V4531	Barnet & District AC	41:45	62	95 John Tracey	V4562	Pitsea RC	53:49
						63	65 Paul Martin	V4563	Hillingdon AC	54:38