

SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

- Mens 12 Stage Stage 1 — Final Results

Pos	Name	Club	Leg Time				
1	Ben Coldray	SoutLondon	19:34	23	CheCompton	KentAc B	21:17
2	Alex Wallclark	Southamptn	19:36	24	Joe Toomey	HerculesWi	21:23
3	Glen Watts	Shaftesbur A	19:38	25	Jim Cooper	DISQUALIFIED	21:28
4	Chris Greenwood	KentAc A	19:41	26	Dan Rickards	AldershotF B	21:56
5	Oliver Fox	WellsCityH	19:48	27	James Wooldridge	LondonHeat A	21:58
6	Zekeriyas Abery	BelgraveHa A	19:55	28	Martin Rutter	ClaphamCha A	22:08
7	Luke Humphreys	Bedford&Co A	20:03	29	Pete Caton	WoodfordGr B	22:33
8	Tom Phillips	WoodfordGr A	20:04	30	James Calvert	IpswichJaf A	22:35
9	Robel Bahelbi	HighgateHa A	20:05	31	Michael Ussher	HighgateHa B	22:40
10	Alex Howard	TonbridgeA A	20:06	32	Alex Cameron	DartfordHa	22:43
11	Richard Phillips	Serpentine A	20:08	33	Daniel Hurst	Cambridge& B	22:55
12	Billy Dee	Newham&Ess A	20:19	34	Javier Gomez	Serpentine B	23:08
13	B Brucelittlewood	Blackheath	20:20	35	Erwan Weber	Bedford&Co B	23:14
14	Jamie Ashton	AldershotF A	20:23	36	Simon Messenger	HerneHillH B	23:17
15	Adrian Lowther	Medway&Mai	20:29	37	Conor Kissanewood	ThamesVall A	23:22
16	Abdishakur Nageeye	Hillingdon	20:38	38	Paul Aste	Cambridge& C	24:14
17	Julian Rendall	TonbridgeA B	20:45	39	Scott Macsephney	IpswichJaf B	24:48
18	Carl Assmundson	RanelaghHa	20:48	40	Jake Spencer	LondonHeat B	24:53
19	Dan Davies	Barnet&Dis A	20:49	41	Steve Mitchell	Istead&Ifi	25:00
20	Les Newell	OxfordCity	20:57	42	Andy Robinson	Newham&Ess B	25:01
21	Oliver Park	Cambridge& A	21:06	43	Richard Hooley	ThamesVall B	25:40
22	Sean Fitzpatrick	HerneHillH A	21:11				

- Mens 12 Stage Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Ben Brewster	Southamptn	13:13	32:49	+ 1	29	Lewis Hawkins	(HarrowAc)	15:54	37:22	- 4
2	Anthony Whiteman	Shaftesbur A	13:22	33:00	+ 1	30	Richard Park	Cambridge& B	14:37	37:32	+ 3
3	Michael Harrison	Bedford&Co A	13:00	33:03	+ 4	31	Joseph Lowe	HighgateHa B	14:57	37:37	0
4	James Bowler	KentAc A	13:26	33:07	0	32	Andrew Mcmulkin	Bedford&Co B	14:35	37:49	+ 3
5	James Stockings	WoodfordGr A	13:10	33:14	+ 3	33	Terry Back	IpswichJaf A	16:12	38:47	- 3
6	Donald Carter	TonbridgeA A	13:13	33:19	+ 4	34	Luke Parker	Serpentine B	15:44	38:52	0
7	Gary Laybourne	SoutLondon	13:46	33:20	- 6	35	Konstantin Penkov	ClaphamCha A	16:44	38:52	- 7
8	George Gathercole	AldershotF A	13:18	33:41	+ 6	36	Alexander Marks	HerneHillH B	16:13	39:30	0
9	Jonathan Laybourn	HighgateHa A	13:41	33:46	0	37	Neil Carrington	Cambridge& C	15:33	39:47	+ 1
10	Kieran Wood	Cambridge& A	12:48	33:54	+ 11	38	Jacob Howe	LondonHeat B	15:19	40:12	+ 2
11	Pete Grist	WellsCityH	14:25	34:13	- 6	39	Tony Davies	AldershotF B	18:52	40:48	- 13
12	Steve Hepples	Newham&Ess A	14:09	34:28	0	40	Dan Walsh	Istead&Ifi	15:59	40:59	+ 1
13	Miles Weatherseed	TonbridgeA B	13:44	34:29	+ 4	41	Jordan Beaumont	IpswichJaf B	16:31	41:19	- 2
14	Peter Holmes	Serpentine A	14:26	34:34	- 3	42	Louis Marriott	ThamesVall B	17:21	43:01	+ 1
15	Mike Cummings	HerneHillH A	13:24	34:35	+ 7	Fastest runners over stage 2:					
16	Niall Stewart	Medway&Mai	14:17	34:46	- 1	1	Kieran Wood	Cambridge& A	12:48		
17	Matthew Marshall	OxfordCity	14:00	34:57	+ 3	2	Michael Harrison	Bedford&Co A	13:00		
18	Andy Rayner	Blackheath	14:46	35:06	- 5	3	James Stockings	WoodfordGr A	13:10		
19	Andy Moore	Hillingdon	14:43	35:21	- 3	4	Donald Carter	TonbridgeA A	13:13		
20	Will Morris	Barnet&Dis A	14:37	35:26	- 1	5	Ben Brewster	Southamptn	13:13		
21	Tom Chandy	BelgraveHa A	15:40	35:35	- 15	6	George Gathercole	AldershotF A	13:18		
22	Barnaby Woods	HerculesWi	14:24	35:47	+ 2	7	Anthony Whiteman	Shaftesbur A	13:22		
23	David Longley	KentAc B	14:31	35:48	0	8	Mike Cummings	HerneHillH A	13:24		
24	Lars Lunqvist	RanelaghHa	15:42	36:30	- 6	9	James Bowler	KentAc A	13:26		
25	Terry Hawkey	DartfordHa	14:18	37:01	+ 7	10	Jonathan Laybourn	HighgateHa A	13:41		
26	Robert Vallance	ThamesVall A	13:43	37:05	+ 11						
27	John Flahive	LondonHeat A	15:18	37:16	0						
28	Gareth Cavell	WoodfordGr B	14:48	37:21	+ 1						

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- Mens 12 Stage Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Philip Crout	Shaftesbur A	19:39	52:39	+ 1
2	Matthew Revier	Southamptn	20:18	53:07	- 1
3	Peter Chambers	HighgateHa A	19:28	53:14	+ 6
4	Russell Bentley	KentAc A	20:17	53:24	0
5	Jack Douglas	Bedford&Co A	20:44	53:47	- 2
6	Dan Gaffney	SoutLondon	20:37	53:57	+ 1
7	Steven Connor	AldershotF A	20:17	53:58	+ 1
8	Angus Holford	WoodfordGr A	20:50	54:04	- 3
9	Daniel Bradley	TonbridgeA A	21:04	54:23	- 3
10	Chris Darling	Cambridge& A	20:40	54:34	0
11	Phil Sesemann	Blackheath	19:36	54:42	+ 7
12	Jake Waldron	Newham&Ess A	20:27	54:55	0
13	Luke Prior	WellsCityH	20:45	54:58	- 2
14	John Franklin	Serpentine A	20:26	55:00	0
15	Aaron Burgess	OxfordCity	20:55	55:52	+ 2
16	John Kettle	HerneHillH A	21:20	55:55	- 1
17	Edward Auden	BelgraveHa A	20:35	56:10	+ 4
18	James Laing	Hillingdon	21:02	56:23	+ 1
19	Michael Ellis	TonbridgeA B	21:58	56:27	- 6
20	Belal Ahmed	HerculesWi	21:12	56:59	+ 2
21	Ben Tyler	Medway&Mai	22:20	57:06	- 5
22	Calum Fraser	KentAc B	21:34	57:22	+ 1
23	Adrian Mason	Barnet&Dis A	22:51	58:17	- 3
24	James Ellis	ThamesVall A	21:24	58:29	+ 2
25	Peter Haarer	RanelaghHa	22:01	58:31	- 1
26	Andy Barnes	LondonHeat A	21:26	58:42	+ 1
27	David Branfoot	(HarrowAc)	21:29	58:51	+ 2
28	Louis Clark	WoodfordGr B	22:19	59:40	0
29	Kevin Oholleran	Cambridge& B	22:17	59:49	+ 1
30	Robert Chenery	IpswichJaf A	21:26	1:00:13	+ 3
31	David Hall	DartfordHa	24:01	1:01:02	- 6
32	Andrea Spaccatrosi	HighgateHa B	23:37	1:01:14	- 1
33	Alex Cruttenden	Serpentine B	22:44	1:01:36	+ 1
34	Dan Holmes	ClaphamCha A	23:02	1:01:54	+ 1
35	Gareth Marshall	LondonHeat B	23:30	1:03:42	+ 3
36	Jon Anderson	Cambridge& C	24:25	1:04:12	+ 1
37	Paul Jones	Istead&Iff	23:40	1:04:39	+ 3
38	James Ward	HerneHillH B	25:59	1:05:29	- 2
39	John Thorpe	IpswichJaf B	24:26	1:05:45	+ 2
40	David Ford	ThamesVall B	27:56	1:10:57	+ 2

Fastest runners over stage 3:

1	Peter Chambers	HighgateHa A	19:28
2	Phil Sesemann	Blackheath	19:36
3	Philip Crout	Shaftesbur A	19:39
4	Steven Connor	AldershotF A	20:17
5	Russell Bentley	KentAc A	20:17
6	Matthew Revier	Southamptn	20:18
7	John Franklin	Serpentine A	20:26
8	Jake Waldron	Newham&Ess A	20:27
9	Edward Auden	BelgraveHa A	20:35
10	Dan Gaffney	SoutLondon	20:37

- Mens 12 Stage Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Alex Yee	KentAc A	12:32	1:05:56	+ 3
2	Ben Rochford	Shaftesbur A	13:45	1:06:24	- 1
3	Brahma Pochee	HighgateHa A	13:33	1:06:47	0
4	William Bardsley	SoutLondon	13:21	1:07:18	+ 2
5	Abdi Mahamed	Southamptn	14:17	1:07:24	- 3
6	Massi Dendani	Bedford&Co A	13:57	1:07:44	- 1
7	Macgregor Cox	AldershotF A	13:47	1:07:45	0
8	Timothy Cobden	Cambridge& A	13:27	1:08:01	+ 2
9	Donatas Tumaitis	WoodfordGr A	13:58	1:08:02	- 1
10	Corey Death	TonbridgeA A	13:48	1:08:11	- 1
11	G Vacharopoulos	Blackheath	13:56	1:08:38	0
12	Xavier Gruot	Serpentine A	13:51	1:08:51	+ 2
13	Felix Rusby	WellsCityH	14:06	1:09:04	0
14	Rob Cole	Newham&Ess A	14:55	1:09:50	- 2
15	Toby Ralph	TonbridgeA B	13:35	1:10:02	+ 4
16	Gary Ironmonger	HerneHillH A	14:12	1:10:07	0
17	Ewan Gault	OxfordCity	14:31	1:10:23	- 2
18	Will Cockerell	BelgraveHa A	14:16	1:10:26	- 1
19	Andrew Penney	HerculesWi	13:29	1:10:28	+ 1
20	Paul Cuddihy	Hillingdon	14:46	1:11:09	- 2
21	Alex Linfield	Medway&Mai	15:12	1:12:18	0
22	Luke Armitage	KentAc B	15:46	1:13:08	0
23	Pete Bakewell	LondonHeat A	14:51	1:13:33	+ 3
24	Alan Wray	(HarrowAc)	14:59	1:13:50	+ 3
25	Manuel Dasilva	ThamesVall A	15:46	1:14:15	- 1
26	Neil Baxter	Cambridge& B	14:31	1:14:20	+ 3
27	Vaughan Ramsay	RanelaghHa	16:44	1:15:15	- 2
28	Michael Dan	HighgateHa B	14:03	1:15:17	+ 4
29	Peter Ellis	Barnet&Dis A	17:36	1:15:53	- 6
30	Adam Wade	IpswichJaf A	15:43	1:15:56	0
31	Julian Russell	WoodfordGr B	16:35	1:16:15	- 3
32	George Bright	ClaphamCha A	15:11	1:17:05	+ 2
33	Jeremy Pridmore	DartfordHa	16:04	1:17:06	- 2
34	Simon Morris	Serpentine B	16:03	1:17:39	- 1
35	Steven Green	Cambridge& C	15:01	1:19:13	+ 1
36	Keith Newton	HerneHillH B	15:14	1:20:43	+ 2
37	Gavin Parish	LondonHeat B	17:11	1:20:53	- 2
38	Marcus Boon	IpswichJaf B	16:48	1:22:33	+ 1
39	Jonathan Crowle	Istead&Iff	18:00	1:22:39	- 2
40	Scott Brewer	ThamesVall B	16:26	1:27:23	0

Fastest runners over stage 4:

1	Alex Yee	KentAc A	12:32
2	William Bardsley	SoutLondon	13:21
3	Timothy Cobden	Cambridge& A	13:27
4	Andrew Penney	HerculesWi	13:29
5	Brahma Pochee	HighgateHa A	13:33
6	Toby Ralph	TonbridgeA B	13:35
7	Ben Rochford	Shaftesbur A	13:45
8	Macgregor Cox	AldershotF A	13:47
9	Corey Death	TonbridgeA A	13:48
10	Xavier Gruot	Serpentine A	13:51

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- Mens 12 Stage Stage 5 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Owen Hind	KentAc A	19:14	1:25:10	0	26	Oliver Kean	HighgateHa B	21:25	1:36:42	+ 2
2	Mark Pearce	Shaftesbur A	20:09	1:26:33	0	27	Istvan Jacso	Cambridge& B	22:39	1:36:59	- 1
3	Robert Wilson	HighgateHa A	20:18	1:27:05	0	28	Benjamin Turley	IpswichJaf A	22:03	1:37:59	+ 2
4	James Hoad	Bedford&Co A	20:01	1:27:45	+ 2	29	Nicholas Twomey	RanelaghHa	22:54	1:38:09	- 2
5	Rob Drake	SoutLondon	20:38	1:27:56	- 1	30	Rob Wilbraham	WoodfordGr B	23:21	1:39:36	+ 1
6	Matthew Arnold	AldershotF A	20:12	1:27:57	+ 1	31	Darren White	Barnet&Dis A	23:45	1:39:38	- 2
7	Tom Beedell	WoodfordGr A	20:06	1:28:08	+ 2	32	Richard Bull	ClaphamCha A	22:48	1:39:53	0
8	Ross Tennant	Cambridge& A	20:09	1:28:10	0	33	Nick Varley	DartfordHa	24:29	1:41:35	0
9	Max Costley	Southamptn	20:59	1:28:23	- 4	34	Nick Osborn	Cambridge& C	23:21	1:42:34	+ 1
10	James West	TonbridgeA A	20:28	1:28:39	0	35	Fergus Power	HerneHillH B	22:49	1:43:32	+ 1
11	Will Fuller	Blackheath	20:09	1:28:47	0	36	Gavin Evans	LondonHeat B	24:49	1:45:42	+ 1
12	Dave Morgan	Serpentine A	20:19	1:29:10	0	37	Mark Champion	Istead&Ifi	24:29	1:47:08	+ 2
13	Matthew Dickinson	WellsCityH	20:20	1:29:24	0	38	Carl Ashton	IpswichJaf B	25:05	1:47:38	0
14	Josh Trigwell	Newham&Ess A	19:57	1:29:47	0	Fastest runners over stage 5:					
15	Paskar Owor	BelgraveHa A	19:53	1:30:19	+ 3	1	Owen Hind	KentAc A	19:14		
16	Alex Robinson	HerculesWi	20:49	1:31:17	+ 3	2	Paskar Owor	BelgraveHa A	19:53		
17	Jamie Bryant	TonbridgeA B	21:32	1:31:34	- 2	3	Josh Trigwell	Newham&Ess A	19:57		
18	Simon Fisher	OxfordCity	21:37	1:32:00	- 1	4	James Hoad	Bedford&Co A	20:01		
19	Andrew Grigg	HerneHillH A	22:45	1:32:52	- 3	5	Tom Beedell	WoodfordGr A	20:06		
20	Simon Connell	Hillingdon	22:37	1:33:46	0	6	Will Fuller	Blackheath	20:09		
21	Tom Muddiman	KentAc B	21:44	1:34:52	+ 1	7	Mark Pearce	Shaftesbur A	20:09		
22	Barry Royden	Medway&Mai	22:39	1:34:57	- 1	8	Ross Tennant	Cambridge& A	20:09		
23	Andrew Mitchell	ThamesVall A	21:23	1:35:38	+ 2	9	Matthew Arnold	AldershotF A	20:12		
24	Sean Ledger	(HarrowAc)	22:06	1:35:56	0	10	Robert Wilson	HighgateHa A	20:18		
25	Chris Hartley	LondonHeat A	22:26	1:35:59	- 2						

- Mens 12 Stage Stage 6 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Ben Hope	KentAc A	14:05	1:39:15	0	27	Martin Bright	HighgateHa B	16:25	1:53:07	- 1
2	Richard Williams	Shaftesbur A	13:04	1:39:37	0	28	Glynn Thomas	IpswichJaf A	15:33	1:53:32	0
3	Ed Hickmancasey	HighgateHa A	13:42	1:40:47	0	29	Bertie Powell	WoodfordGr B	14:18	1:53:54	+ 1
4	Ian Bailey	AldershotF A	13:10	1:41:07	+ 2	30	Alex Morgan	RanelaghHa	16:11	1:54:20	- 1
5	Tom Holden	SoutLondon	13:17	1:41:13	0	31	Rob Scott	Barnet&Dis A	16:36	1:56:14	0
6	Stephen Headley	Bedford&Co A	14:03	1:41:48	- 2	32	Connor Burford	DartfordHa	15:21	1:56:56	+ 1
7	Simon Beedell	WoodfordGr A	13:54	1:42:02	0	33	Matthew Dickinson	ClaphamCha A	17:56	1:57:49	- 1
8	Tim Corby	TonbridgeA A	13:41	1:42:20	+ 2	34	Ben Jones	Cambridge& C	15:24	1:57:58	0
9	Matthew Slater	Cambridge& A	14:17	1:42:27	- 1	35	Dan Hallam	HerneHillH B	16:13	1:59:45	0
10	Simon Barrett	Serpentine A	13:54	1:43:04	+ 2	36	James Rigby	LondonHeat B	16:36	2:02:18	0
11	Richard Webb	Blackheath	14:25	1:43:12	0	37	Christopher Bing	IpswichJaf B	17:44	2:05:22	+ 1
12	Peter Costley	Southamptn	15:40	1:44:03	- 3	38	Andrew Archer	Istead&Ifi	23:34	2:10:42	- 1
13	Nick Buckle	BelgraveHa A	13:57	1:44:16	+ 2	Fastest runners over stage 6:					
14	Mike Glover	WellsCityH	15:25	1:44:49	- 1	1	Richard Williams	Shaftesbur A	13:04		
15	Robert Tuer	HerculesWi	14:30	1:45:47	+ 1	2	Ian Bailey	AldershotF A	13:10		
16	Dan Blake	OxfordCity	14:15	1:46:15	+ 2	3	Tom Holden	SoutLondon	13:17		
17	Alex Hookway	TonbridgeA B	15:04	1:46:38	0	4	Adam Kirksmith	LondonHeat A	13:40		
18	George Choat	Newham&Ess A	16:56	1:46:43	- 4	5	Tim Corby	TonbridgeA A	13:41		
19	Nathan Bekele	HerneHillH A	14:31	1:47:23	0	6	Ed Hickmancasey	HighgateHa A	13:42		
20	Paul Leppard	Hillingdon	15:16	1:49:02	0	7	Simon Barrett	Serpentine A	13:54		
21	Cameron Payas	Medway&Mai	14:13	1:49:10	+ 1	8	Simon Beedell	WoodfordGr A	13:54		
22	Adam Kirksmith	LondonHeat A	13:40	1:49:39	+ 3	9	Nick Buckle	BelgraveHa A	13:57		
23	Richard Mathie	KentAc B	15:06	1:49:58	- 2	10	Stephen Headley	Bedford&Co A	14:03		
24	Botond Safar	ThamesVall A	15:02	1:50:40	- 1						
25	Peter Norris	(HarrowAc)	15:35	1:51:31	- 1						
26	David Barber	Cambridge& B	15:26	1:52:25	+ 1						

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- Mens 12 Stage Stage 7 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Richard Goodman	Shaftesbur A	18:59	1:58:36	+ 1
2	Ben Harding	KentAc A	20:00	1:59:15	- 1
3	Andy Maud	HighgateHa A	18:46	1:59:33	0
4	Joshua Grace	AldershotF A	19:15	2:00:22	0
5	Joe Croft	SoutLondon	20:25	2:01:38	0
6	John Eves	Bedford&Co A	20:08	2:01:56	0
7	Tom Cox	TonbridgeA A	20:22	2:02:42	+ 1
8	Daniel Steel	WoodfordGr A	20:48	2:02:50	- 1
9	Jack Bowden	Cambridge& A	21:19	2:03:46	0
10	Martin Oconnell	Serpentine A	20:58	2:04:02	0
11	MahamedMahamed	Southamptn	20:31	2:04:34	+ 1
12	Peter Tucker	Blackheath	21:25	2:04:37	- 1
13	Kris Gauson	BelgraveHa A	20:31	2:04:47	0
14	Jack Bancroft	WellsCityH	20:10	2:04:59	0
15	Dominic Kiralfi	HerculesWi	21:01	2:06:48	0
16	Maxwell Robinson	OxfordCity	21:21	2:07:36	0
17	Niall Sheehan	Newham&Ess A	21:12	2:07:55	+ 1
18	Jack Keywood	TonbridgeA B	21:56	2:08:34	- 1
19	Jeff Cunningham	HerneHillH A	21:53	2:09:16	0
20	Robert Thompson	Hillingdon	20:51	2:09:53	0
21	Jack Tyler	Medway&Mai	22:23	2:11:33	0
22	Chris Thomas	ThamesVall A	21:03	2:11:43	+ 2
23	Kimon Doulis	LondonHeat A	22:37	2:12:16	- 1
24	Ian Ellwood	KentAc B	22:23	2:12:21	- 1
25	Matt Judson	(HarrowAc)	22:28	2:13:59	0
26	Axel Finke	Cambridge& B	22:22	2:14:47	0
27	Gavin Davies	IpswichJaf A	21:59	2:15:31	+ 1
28	Ben Whitworth	WoodfordGr B	21:49	2:15:43	+ 1
29	Alex Davidson	HighgateHa B	23:05	2:16:12	- 2
30	Nicholas Impey	RanelaghHa	22:47	2:17:07	0
31	Alex Lepretre	Barnet&Dis A	21:39	2:17:53	0
32	Mick Keating	ClaphamCha A	22:30	2:20:19	+ 1
33	Lee Pretlove	Cambridge& C	22:31	2:20:29	+ 1
34	Matthew Erwood	DartfordHa	24:19	2:21:15	- 2
35	Eric Dol	HerneHillH B	24:26	2:24:11	0
36	J Litchfield	LondonHeat B	24:08	2:26:26	0
37	Brian Rogers	IpswichJaf B	27:12	2:32:34	0
38	Mark Pywell	Istead&lfi	24:49	2:35:31	0

Fastest runners over stage 7:

1	Andy Maud	HighgateHa A	18:46
2	Richard Goodman	Shaftesbur A	18:59
3	Joshua Grace	AldershotF A	19:15
4	Ben Harding	KentAc A	20:00
5	John Eves	Bedford&Co A	20:08
6	Jack Bancroft	WellsCityH	20:10
7	Tom Cox	TonbridgeA A	20:22
8	Joe Croft	SoutLondon	20:25
9	Mahamed Mahamed	Southamptn	20:31
10	Kris Gauson	BelgraveHa A	20:31

- Mens 12 Stage Stage 8 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Will Rylehodes	Shaftesbur A	13:05	2:11:41	0
2	Peter Hawkings	HighgateHa A	13:30	2:13:03	+ 1
3	Peter Lighting	KentAc A	13:59	2:13:14	- 1
4	William Davies	AldershotF A	14:00	2:14:22	0
5	Matt Bray	Bedford&Co A	13:49	2:15:45	+ 1
6	Christian Lennard	SoutLondon	14:10	2:15:48	- 1
7	Harry Paton	TonbridgeA A	13:35	2:16:17	0
8	Tony Russell	WoodfordGr A	14:06	2:16:56	0
9	Nick Beer	Cambridge& A	13:48	2:17:34	0
10	Simon Craddock	Serpentine A	14:13	2:18:15	0
11	Gus Upton	BelgraveHa A	13:36	2:18:23	+ 2
12	Michael Tanner	Southamptn	15:11	2:19:45	- 1
13	David Beadle	Blackheath	16:19	2:20:56	- 1
14	Andrew Mapstone	WellsCityH	15:58	2:20:57	0
15	Neil Fraser	HerculesWi	14:31	2:21:19	0
16	Ryan Meredith	OxfordCity	14:37	2:22:13	0
17	Alan Barnes	HerneHillH A	13:54	2:23:10	+ 2
18	Francois Turpault	Newham&Ess A	16:01	2:23:56	- 1
19	Sam Avis	TonbridgeA B	15:44	2:24:18	- 1
20	Daniel Thompson	Hillingdon	15:20	2:25:13	0
21	James Griffin	Medway&Mai	14:43	2:26:16	0
22	Robert Laing	KentAc B	14:27	2:26:48	+ 2
23	Stephen Norris	ThamesVall A	15:24	2:27:07	- 1
24	Jacob Phillips	LondonHeat A	15:17	2:27:33	- 1
25	Glen Wrightcolopy	(HarrowAc)	14:38	2:28:37	0
26	Sean Mckenna	Cambridge& B	14:42	2:29:29	0
27	Dale Robinson	IpswichJaf A	15:30	2:31:01	0
28	Tony Pamphilon	WoodfordGr B	15:21	2:31:04	0
29	John Oshea	HighgateHa B	17:35	2:33:47	0
30	Richard Holme	RanelaghHa	16:52	2:33:59	0
31	T Rischbieth	ClaphamCha A	14:22	2:34:41	+ 1
32	Jerry Bryan	Barnet&Dis A	17:23	2:35:16	- 1
33	Rodrigo Santos	Cambridge& C	16:17	2:36:46	0
34	Des Adkinson	DartfordHa	16:39	2:37:54	0
35	Damien Wilson	HerneHillH B	17:39	2:41:50	0
36	Samuel Thompson	LondonHeat B	16:36	2:43:02	0
37	John Adams	IpswichJaf B	18:38	2:51:12	0
38	Darren Harger	Istead&lfi	16:34	2:52:05	0

Fastest runners over stage 8:

1	Will Rylehodes	Shaftesbur A	13:05
2	Peter Hawkings	HighgateHa A	13:30
3	Harry Paton	TonbridgeA A	13:35
4	Gus Upton	BelgraveHa A	13:36
5	Nick Beer	Cambridge& A	13:48
6	Matt Bray	Bedford&Co A	13:49
7	Alan Barnes	HerneHillH A	13:54
8	Peter Lighting	KentAc A	13:59
9	William Davies	AldershotF A	14:00
10	Tony Russell	WoodfordGr A	14:06

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- Mens 12 Stage Stage 9 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Richard Horton	Shaftesbur A	18:50	2:30:31	0
2	Chris Rainsford	HighgateHa A	19:33	2:32:36	0
3	Neil Phillips	KentAc A	20:28	2:33:42	0
4	Jack Rowe	AldershotF A	19:51	2:34:13	0
5	Andy Hamilton	SoutLondon	20:26	2:36:14	+ 1
6	Matt Janes	Bedford&Co A	20:30	2:36:15	- 1
7	George Duggan	TonbridgeA A	20:08	2:36:25	0
8	Stephan Wenk	WoodfordGr A	20:21	2:37:17	0
9	Phil Wicks	BelgraveHa A	19:05	2:37:28	+ 2
10	Hugh Torry	Serpentine A	20:51	2:39:06	0
11	Alastair Hodges	Cambridge& A	21:44	2:39:18	- 2
12	James Smith	Southamptn	21:20	2:41:05	0
13	Sam Somerville	WellsCityH	21:06	2:42:03	+ 1
14	Daniel Kennedy	Blackheath	21:31	2:42:27	- 1
15	Frederick Slembeck	HerculesWi	21:17	2:42:36	0
16	Tegid Jones	OxfordCity	22:00	2:44:13	0
17	Robin Jones	HerneHillH A	21:46	2:44:56	0
18	Davis Filippell	Newham&Ess A	21:51	2:45:47	0
19	Greg Cole	TonbridgeA B	21:41	2:45:59	0
20	Ed Dyer	Hillingdon	22:15	2:47:28	0
21	Tewelde Menges	Medway&Mai	21:32	2:47:48	0
22	Tim Alexander	KentAc B	22:04	2:48:52	0
23	Ryan Mccrickerd	LondonHeat A	22:04	2:49:37	+ 1
24	Fahad Abdi	ThamesVall A	23:04	2:50:11	- 1

Pos	Name	Club	Leg Time	Cum Time	Time Gain
25	Harry Topham	Cambridge& B	22:05	2:51:34	+ 1
26	Richard Francis	(HarrowAc)	25:01	2:53:38	- 1
27	Steve Fraserlim	IpswichJaf A	22:52	2:53:53	0
28	Jamie Bannister	ClaphamCha A	22:26	2:57:07	+ 3
29	Dave Gilbert	HighgateHa B	24:17	2:58:04	0
30	Tim Edwards	Barnet&Dis A	23:05	2:58:21	+ 2
31	Ian Richardson	Cambridge& C	24:12	3:00:58	+ 2
32	Reuben Burford	DartfordHa	23:13	3:01:07	+ 2
33	Craig Barney	HerneHillH B	24:39	3:06:29	+ 2
34	John Mcknight	LondonHeat B	26:56	3:09:58	+ 2
35	Joe Peat	IpswichJaf B	24:43	3:15:55	+ 2
36	Mark Simmonds	Istead&Ifi	25:27	3:17:32	+ 2

Fastest runners over stage 9:

1	Richard Horton	Shaftesbur A	18:50
2	Phil Wicks	BelgraveHa A	19:05
3	Chris Rainsford	HighgateHa A	19:33
4	Jack Rowe	AldershotF A	19:51
5	George Duggan	TonbridgeA A	20:08
6	Stephan Wenk	WoodfordGr A	20:21
7	Andy Hamilton	SoutLondon	20:26
8	Neil Phillips	KentAc A	20:28
9	Matt Janes	Bedford&Co A	20:30
10	Hugh Torry	Serpentine A	20:51

- Mens 12 Stage Stage 10 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Ronan Breen	Shaftesbur A	14:12	2:44:43	0
2	Dominic Smith	HighgateHa A	13:27	2:46:03	0
3	Ellis Cross	AldershotF A	12:54	2:47:07	+ 1
4	Phil Sanders	KentAc A	13:57	2:47:39	- 1
5	Stuart Brown	TonbridgeA A	13:34	2:49:59	+ 2
6	Andrew Headley	Bedford&Co A	14:00	2:50:15	0
7	Syuart Major	SoutLondon	14:14	2:50:28	- 2
8	Harold Wyber	WoodfordGr A	13:53	2:51:10	0
9	Royston Maddams	BelgraveHa A	14:04	2:51:32	0
10	Escalantephillips	Cambridge& A	13:33	2:52:51	+ 1
11	Martin Hodgkiss	Serpentine A	14:38	2:53:44	- 1
12	Ashley Forbes	Southamptn	14:30	2:55:35	0
13	A Calvertansari	HerculesWi	15:01	2:57:37	+ 2
14	Simon Prior	WellsCityH	16:14	2:58:17	- 1
15	Dan Anderson	OxfordCity	15:17	2:59:30	+ 1
16	Jack Brotchie	HerneHillH A	14:43	2:59:39	+ 1
17	Nic Corry	Blackheath	17:34	3:00:01	- 3
18	Bruce Raeside	Newham&Ess A	14:34	3:00:21	0
19	Jordan Saul	TonbridgeA B	15:43	3:01:42	0
20	Dominic Speight	Hillingdon	15:29	3:02:57	0
21	Allen Jones	Medway&Mai	15:40	3:03:28	0
22	Adam Garcia	KentAc B	15:11	3:04:03	0
23	Pete Northall	LondonHeat A	15:28	3:05:05	0
24	Christian Nielsen	ThamesVall A	15:20	3:05:31	0
25	Curtis Wood	Cambridge& B	15:01	3:06:35	0

26	Noor Mohamoud	(HarrowAc)	14:57	3:08:35	0
27	Marc Briggs	IpswichJaf A	15:57	3:09:50	0
28	James Neave	ClaphamCha A	14:53	3:12:00	0
29	A Machinpaley	HighgateHa B	14:27	3:12:31	0
30	Paul Carter	Barnet&Dis A	16:37	3:14:58	0
31	Adam Tapley	Cambridge& C	15:25	3:16:23	0
32	Janusz Latala	DartfordHa	15:26	3:16:33	0
33	Valdis Pauzers	HerneHillH B	18:54	3:25:23	0
34	Manuel Caeiro	LondonHeat B	17:59	3:27:57	0
35	David Sancto	Istead&Ifi	16:40	3:34:12	+ 1
36	Rob Swain	IpswichJaf B	19:30	3:35:25	- 1

Fastest runners over stage 10:

1	Ellis Cross	AldershotF A	12:54
2	Dominic Smith	HighgateHa A	13:27
3	Escalantephillips	Cambridge& A	13:33
4	Stuart Brown	TonbridgeA A	13:34
5	Harold Wyber	WoodfordGr A	13:53
6	Phil Sanders	KentAc A	13:57
7	Andrew Headley	Bedford&Co A	14:00
8	Royston Maddams	BelgraveHa A	14:04
9	Ronan Breen	Shaftesbur A	14:12
10	Syuart Major	SoutLondon	14:14

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- Mens 12 Stage Stage 11 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Dan Watts	Shaftesbur A	20:22	3:05:05	0
2	Ben Noad	HighgateHa A	20:52	3:06:55	0
3	Elliot Robinson	AldershotF A	20:00	3:07:07	0
4	James Connor	KentAc A	20:17	3:07:56	0
5	Ben Cole	TonbridgeA A	19:45	3:09:44	0
6	Nick Goolab	BelgraveHa A	18:55	3:10:27	+ 3
7	Josh Lunn	Bedford&Co A	20:44	3:10:59	- 1
8	Ryan Evans	SoutLondon	20:44	3:11:12	- 1
9	Matt Gunby	WoodfordGr A	20:08	3:11:18	- 1
10	Patrick Ohare	Cambridge& A	20:50	3:13:41	0
11	Hussein Ahmed	Serpentine A	20:45	3:14:29	0
12	Richard Waldron	Southamptn	20:45	3:16:20	0
13	Richard Mcdowell	HerculesWi	21:46	3:19:23	0
14	David Mulvee	HerneHillH A	20:13	3:19:52	+ 2
15	Christian Green	WellsCityH	22:23	3:20:40	- 1
16	Julian Richardson	OxfordCity	21:13	3:20:43	- 1
17	Wayne Bell	Newham&Ess A	21:39	3:22:00	+ 1
18	Steve Pairman	Blackheath	22:44	3:22:45	- 1
19	Simon Fraser	TonbridgeA B	22:36	3:24:18	0
20	Martin Bateman	Hillingdon	21:28	3:24:25	0
21	Tom Collins	Medway&Mai	22:03	3:25:31	0
22	Tim Lawrence	KentAc B	21:44	3:25:47	0
23	Olivier Lepolain	LondonHeat A	20:59	3:26:04	0
24	Toby Clyde	ThamesVall A	21:03	3:26:34	0
25	Michael Moore	Cambridge& B	22:10	3:28:45	0
26	Jonathan Hill	(HarrowAc)	22:19	3:30:54	0
27	Bryn Reynolds	ClaphamCha A	21:27	3:33:27	+ 1
28	Ian Old	IpswichJaf A	23:45	3:33:35	- 1
29	Jonathan Deane	HighgateHa B	22:45	3:35:16	0
30	Ed Price	Barnet&Dis A	21:32	3:36:30	0
31	Craig Sharp	DartfordHa	22:29	3:39:02	+ 1
32	David Harrison	Cambridge& C	24:05	3:40:28	- 1
33	Deron Fagan	HerneHillH B	22:41	3:48:04	0
34	Tony Killilea	LondonHeat B	24:28	3:52:25	0
35	Ashley Smy	IpswichJaf B	25:38	4:01:03	+ 1
36	Matt Baxter	Istead&Ifi	27:25	4:01:37	- 1

Fastest runners over stage 11:

1	Nick Goolab	BelgraveHa A	18:55
2	Ben Cole	TonbridgeA A	19:45
3	Elliot Robinson	AldershotF A	20:00
4	Matt Gunby	WoodfordGr A	20:08
5	David Mulvee	HerneHillH A	20:13
6	James Connor	KentAc A	20:17
7	Dan Watts	Shaftesbur A	20:22
8	Ryan Evans	SoutLondon	20:44
9	Josh Lunn	Bedford&Co A	20:44
10	Richard Waldron	Southamptn	20:45
11	Hussein Ahmed	Serpentine A	20:45

- Mens 12 Stage Stage 12 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Robert Lightowler	Shaftesbur A	14:25	3:19:30	0
2	Gus Cockle	AldershotF A	12:37	3:19:44	+ 1
3	Peter Downie	HighgateHa A	14:10	3:21:05	- 1
4	Mark Hall	KentAc A	13:36	3:21:32	0
5	Chris Olley	TonbridgeA A	12:57	3:22:41	0
6	Nick Smallwood	BelgraveHa A	14:18	3:24:45	0
7	Daniel Bruynooghe	WoodfordGr A	13:38	3:24:56	+ 2
8	Billy Casserley	SoutLondon	14:01	3:25:13	0
9	Neil Miller	Bedford&Co A	14:21	3:25:20	- 2
10	Alex Eggeman	Cambridge& A	14:08	3:27:49	0
11	M Harrisontosatto	Serpentine A	14:13	3:28:42	0
12	Rob Finch	Southamptn	15:09	3:31:29	0
13	John Tayleur	HerneHillH A	14:04	3:33:56	+ 1
14	Finn Johnson	HerculesWi	14:50	3:34:13	- 1
15	Kevin Skinner	Newham&Ess A	14:18	3:36:18	+ 2
16	Andrew Deamer	WellsCityH	16:02	3:36:42	- 1
17	John Exley	OxfordCity	17:38	3:38:21	- 1
18	Joel Pope	Hillingdon	15:03	3:39:28	+ 2
19	Bryan Donnelly	Blackheath	16:46	3:39:31	- 1
20	Mark Wilkins	Medway&Mai	15:01	3:40:32	+ 1
21	George Kelly	TonbridgeA B	16:17	3:40:35	- 2
22	Ben Wolfe	LondonHeat A	14:47	3:40:51	+ 1
23	Kieron Sexton	ThamesVall A	14:18	3:40:52	+ 1
24	Len Reilly	KentAc B	15:10	3:40:57	- 2
25	Jan Rus	Cambridge& B	14:22	3:43:07	0
26	Kevin Concannon	(HarrowAc)	15:07	3:46:01	0
27	Garry Cullum	IpswichJaf A	15:50	3:49:25	+ 1
28	Tom Christopher	HighgateHa B	14:39	3:49:55	+ 1
29	Mike Hindle	ClaphamCha A	17:52	3:51:19	- 2
30	Nick Barber	Barnet&Dis A	15:56	3:52:26	0
31	Chris Biddle	DartfordHa	15:04	3:54:06	0
32	Oliver Young	Cambridge& C	15:52	3:56:20	0
33	Jon Key	HerneHillH B	15:24	4:03:28	0
34	Steve Armstrong	LondonHeat B	17:20	4:09:45	0
35	Jason Beaney	Istead&Ifi	17:12	4:18:49	+ 1

Fastest runners over stage 12:

1	Gus Cockle	AldershotF A	12:37
2	Chris Olley	TonbridgeA A	12:57
3	Mark Hall	KentAc A	13:36
4	Daniel Bruynooghe	WoodfordGr A	13:38
5	Billy Casserley	SoutLondon	14:01
6	John Tayleur	HerneHillH A	14:04
7	Alex Eggeman	Cambridge& A	14:08
8	Peter Downie	HighgateHa A	14:10
9	M Harrisontosatto	Serpentine A	14:13
10	Kieron Sexton	ThamesVall A	14:18
11	Kevin Skinner	Newham&Ess A	14:18
12	Nick Smallwood	BelgraveHa A	14:18

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Mens 12 Stage — Team Results — Final

(nn) is team position after the appropriate stage.

1 Shaftesbury Barnet Harriers 'A' 3:19:30			9 Bedford & County Ac 'A' 3:25:20		
1	Glen Watts	(3) 19:38	2	Anthony Whiteman	(2) 13:22
3	Philip Crout	(1) 19:39	4	Ben Rochford	(2) 13:45
5	Mark Pearce	(2) 20:09	6	Richard Williams	(2) 13:04
7	Richard Goodman	(1) 18:59	8	Will Rylehodes	(1) 13:05
9	Richard Horton	(1) 18:50	10	Ronan Breen	(1) 14:12
11	Dan Watts	(1) 20:22	12	Robert Lightowler	(1) 14:25
2 Aldershot Farnham & Dac 'A' 3:19:44			10 Cambridge & Coleridge Ac 'A' 3:27:49		
1	Jamie Ashton	(14) 20:23	2	George Gathercole	(8) 13:18
3	Steven Connor	(7) 20:17	4	Macgregor Cox	(7) 13:47
5	Matthew Arnold	(6) 20:12	6	Ian Bailey	(4) 13:10
7	Joshua Grace	(4) 19:15	8	William Davies	(4) 14:00
9	Jack Rowe	(4) 19:51	10	Ellis Cross	(3) 12:54
11	Elliot Robinson	(3) 20:00	12	Gus Cockle	(2) 12:37
3 Highgate Harriers 'A' 3:21:05			11 Serpentine Rc 'A' 3:28:42		
1	Robel Bahelbi	(9) 20:05	2	Jonathan Laybourn	(9) 13:41
3	Peter Chambers	(3) 19:28	4	Brahma Pochee	(3) 13:33
5	Robert Wilson	(3) 20:18	6	Ed Hickmancasey	(3) 13:42
7	Andy Maud	(3) 18:46	8	Peter Hawkings	(2) 13:30
9	Chris Rainsford	(2) 19:33	10	Dominic Smith	(2) 13:27
11	Ben Noad	(2) 20:52	12	Peter Downie	(3) 14:10
4 Kent Ac 'A' 3:21:32			12 Southampton AC 3:31:29		
1	Chris Greenwood	(4) 19:41	2	James Bowler	(4) 13:26
3	Russell Bentley	(4) 20:17	4	Alex Yee	(1) 12:32
5	Owen Hind	(1) 19:14	6	Ben Hope	(1) 14:05
7	Ben Harding	(2) 20:00	8	Peter Lighting	(3) 13:59
9	Neil Phillips	(3) 20:28	10	Phil Sanders	(4) 13:57
11	James Connor	(4) 20:17	12	Mark Hall	(4) 13:36
5 Tonbridge Ac 'A' 3:22:41			13 Herne Hill Harriers 'A' 3:33:56		
1	Alex Howard	(10) 20:06	2	Donald Carter	(6) 13:13
3	Daniel Bradley	(9) 21:04	4	Corey Death	(10) 13:48
5	James West	(10) 20:28	6	Tim Corby	(8) 13:41
7	Tom Cox	(7) 20:22	8	Harry Paton	(7) 13:35
9	George Duggan	(7) 20:08	10	Stuart Brown	(5) 13:34
11	Ben Cole	(5) 19:45	12	Chris Olley	(5) 12:57
6 Belgrave Harriers 'A' 3:24:45			14 Hercules Wimbledon Ac 3:34:13		
1	Zekeriya Abery	(6) 19:55	2	Tom Chandy	(21) 15:40
3	Edward Auden	(17) 20:35	4	Will Cockerell	(18) 14:16
5	Paskar Owor	(15) 19:53	6	Nick Buckle	(13) 13:57
7	Kris Gauson	(13) 20:31	8	Gus Upton	(11) 13:36
9	Phil Wicks	(9) 19:05	10	Royston Maddams	(9) 14:04
11	Nick Goolab	(6) 18:55	12	Nick Smallwood	(6) 14:18
7 Woodford Green W Essex Ladies 'A' 3:24:56			15 Newham & Essex Beagles Ac 'A' 3:36:18		
1	Tom Phillips	(8) 20:04	2	James Stockings	(5) 13:10
3	Angus Holford	(8) 20:50	4	Donatas Tumaitis	(9) 13:58
5	Tom Beedell	(7) 20:06	6	Simon Beedell	(7) 13:54
7	Daniel Steel	(8) 20:48	8	Tony Russell	(8) 14:06
9	Stephan Wenk	(8) 20:21	10	Harold Wyber	(8) 13:53
11	Matt Gunby	(9) 20:08	12	Daniel Bruynooghe	(7) 13:38
8 South London Harriers 3:25:13			16 Wells City Harriers 3:36:42		
1	Ben Coldray	(1) 19:34	2	Gary Laybourne	(7) 13:46
3	Dan Gaffney	(6) 20:37	4	William Bardsley	(4) 13:21
5	Rob Drake	(5) 20:38	6	Tom Holden	(5) 13:17
7	Joe Croft	(5) 20:25	8	Christian Lennard	(6) 14:10
9	Andy Hamilton	(5) 20:26	10	Syuart Major	(7) 14:14
11	Ryan Evans	(8) 20:44	12	Billy Casserley	(8) 14:01

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17 Oxford City Ac

1 Les Newell	(20) 20:57	2 Matthew Marshall	(17) 14:00
3 Aaron Burgess	(15) 20:55	4 Ewan Gault	(17) 14:31
5 Simon Fisher	(18) 21:37	6 Dan Blake	(16) 14:15
7 Maxwell Robinson	(16) 21:21	8 Ryan Meredith	(16) 14:37
9 Tegid Jones	(16) 22:00	10 Dan Anderson	(15) 15:17
11 Julian Richardson	(16) 21:13	12 John Exley	(17) 17:38

3:38:21

26 Ipswich Jaffa Rc

1 James Calvert	(30) 22:35	2 Terry Back	(33) 16:12
3 Robert Chenery	(30) 21:26	4 Adam Wade	(30) 15:43
5 Benjamin Turley	(28) 22:03	6 Glynn Thomas	(28) 15:33
7 Gavin Davies	(27) 21:59	8 Dale Robinson	(27) 15:30
9 Steve Fraserlim	(27) 22:52	10 Marc Briggs	(27) 15:57
11 Ian Old	(28) 23:45	12 Garry Cullum	(27) 15:50

'A' 3:49:25

18 Hillingdon Ac

1 Abdishakur Nageeye	(16) 20:38	2 Andy Moore	(19) 14:43
3 James Laing	(18) 21:02	4 Paul Cuddihy	(20) 14:46
5 Simon Connell	(20) 22:37	6 Paul Leppard	(20) 15:16
7 Robert Thompson	(20) 20:51	8 Daniel Thompson	(20) 15:20
9 Ed Dyer	(20) 22:15	10 Dominic Speight	(20) 15:29
11 Martin Bateman	(20) 21:28	12 Joel Pope	(18) 15:03

3:39:28

27 Highgate Harriers

1 Michael Ussher	(31) 22:40	2 Joseph Lowe	(31) 14:57
3 Andrea Spaccatrosi	(32) 23:37	4 Michael Dan	(28) 14:03
5 Oliver Kean	(26) 21:25	6 Martin Bright	(27) 16:25
7 Alex Davidson	(29) 23:05	8 John Oshea	(29) 17:35
9 Dave Gilbert	(29) 24:17	10 A Machinpaley	(29) 14:27
11 Jonathan Deane	(29) 22:45	12 Tom Christopher	(28) 14:39

'B' 3:49:55

19 Blackheath & Bromley H

1 B Brucelittlewood	(13) 20:20	2 Andy Rayner	(18) 14:46
3 Phil Sesemann	(11) 19:36	4 G Vacharopoulos	(11) 13:56
5 Will Fuller	(11) 20:09	6 Richard Webb	(11) 14:25
7 Peter Tucker	(12) 21:25	8 David Beadle	(13) 16:19
9 Daniel Kennedy	(14) 21:31	10 Nic Corry	(17) 17:34
11 Steve Pairman	(18) 22:44	12 Bryan Donnelly	(19) 16:46

3:39:31

28 Clapham Chasers Rc

1 Martin Rutter	(28) 22:08	2 Konstantin Penkov	(35) 16:44
3 Dan Holmes	(34) 23:02	4 George Bright	(32) 15:11
5 Richard Bull	(32) 22:48	6 Matthew Dickinson	(33) 17:56
7 Mick Keating	(32) 22:30	8 T Rischbieth	(31) 14:22
9 Jamie Bannister	(28) 22:26	10 James Neave	(28) 14:53
11 Bryn Reynolds	(27) 21:27	12 Mike Hindle	(29) 17:52

'A' 3:51:19

20 Medway & Maidstone Ac

1 Adrian Lowther	(15) 20:29	2 Niall Stewart	(16) 14:17
3 Ben Tyler	(21) 22:20	4 Alex Linfield	(21) 15:12
5 Barry Royden	(22) 22:39	6 Cameron Payas	(21) 14:13
7 Jack Tyler	(21) 22:23	8 James Griffin	(21) 14:43
9 Tewelde Menges	(21) 21:32	10 Allen Jones	(21) 15:40
11 Tom Collins	(21) 22:03	12 Mark Wilkins	(20) 15:01

3:40:32

29 Barnet & District Ac

1 Dan Davies	(19) 20:49	2 Will Morris	(20) 14:37
3 Adrian Mason	(23) 22:51	4 Peter Ellis	(29) 17:36
5 Darren White	(31) 23:45	6 Rob Scott	(31) 16:36
7 Alex Lepretre	(31) 21:39	8 Jerry Bryan	(32) 17:23
9 Tim Edwards	(30) 23:05	10 Paul Carter	(30) 16:37
11 Ed Price	(30) 21:32	12 Nick Barber	(30) 15:56

'A' 3:52:26

21 Tonbridge Ac

1 Julian Rendall	(17) 20:45	2 Miles Weatherseed	(13) 13:44
3 Michael Ellis	(19) 21:58	4 Toby Ralph	(15) 13:35
5 Jamie Bryant	(17) 21:32	6 Alex Hookway	(17) 15:04
7 Jack Keywood	(18) 21:56	8 Sam Avis	(19) 15:44
9 Greg Cole	(19) 21:41	10 Jordan Saul	(19) 15:43
11 Simon Fraser	(19) 22:36	12 George Kelly	(21) 16:17

'B' 3:40:35

30 Dartford Harriers Ac

1 Alex Cameron	(32) 22:43	2 Terry Hawkey	(25) 14:18
3 David Hall	(31) 24:01	4 Jeremy Pridmore	(33) 16:04
5 Nick Varley	(33) 24:29	6 Connor Burford	(32) 15:21
7 Matthew Erwood	(34) 24:19	8 Des Adkinson	(34) 16:39
9 Reuben Burford	(32) 23:13	10 Janusz Latala	(32) 15:26
11 Craig Sharp	(31) 22:29	12 Chris Biddle	(31) 15:04

3:54:06

22 London Heathside Ac

1 James Wooldridge	(27) 21:58	2 John Flahive	(27) 15:18
3 Andy Barnes	(26) 21:26	4 Pete Bakewell	(23) 14:51
5 Chris Hartley	(25) 22:26	6 Adam Kirksmith	(22) 13:40
7 Kimon Doulis	(23) 22:37	8 Jacob Phillips	(24) 15:17
9 Ryan McCrickard	(23) 22:04	10 Pete Northall	(23) 15:28
11 Olivier Lepolain	(23) 20:59	12 Ben Wolfe	(22) 14:47

'A' 3:40:51

31 Cambridge & Coleridge Ac

1 Paul Aste	(38) 24:14	2 Neil Carrington	(37) 15:33
3 Jon Anderson	(36) 24:25	4 Steven Green	(35) 15:01
5 Nick Osborn	(34) 23:21	6 Ben Jones	(34) 15:24
7 Lee Pretlove	(33) 22:31	8 Rodrigo Santos	(33) 16:17
9 Ian Richardson	(31) 24:12	10 Adam Tapley	(31) 15:25
11 David Harrison	(32) 24:05	12 Oliver Young	(32) 15:52

'C' 3:56:20

23 Thames Valley Harriers

1 Conor Kissanewood	(37) 23:22	2 Robert Vallance	(26) 13:43
3 James Ellis	(24) 21:24	4 Manuel Dasilva	(25) 15:46
5 Andrew Mitchell	(23) 21:23	6 Botond Safar	(24) 15:02
7 Chris Thomas	(22) 21:03	8 Stephen Norris	(23) 15:24
9 Fahad Abdi	(24) 23:04	10 Christian Nielsen	(24) 15:20
11 Toby Clyde	(24) 21:03	12 Kieron Sexton	(23) 14:18

'A' 3:40:52

32 Herne Hill Harriers

1 Simon Messenger	(36) 23:17	2 Alexander Marks	(36) 16:13
3 James Ward	(38) 25:59	4 Keith Newton	(36) 15:14
5 Fergus Power	(35) 22:49	6 Dan Hallam	(35) 16:13
7 Eric Dol	(35) 24:26	8 Damien Wilson	(35) 17:39
9 Craig Barney	(33) 24:39	10 Valdis Pauzers	(33) 18:54
11 Deron Fagan	(33) 22:41	12 Jon Key	(33) 15:24

'B' 4:03:28

24 Kent Ac

1 Che Compton	(23) 21:17	2 David Longley	(23) 14:31
3 Calum Fraser	(22) 21:34	4 Luke Armitage	(22) 15:46
5 Tom Muddiman	(21) 21:44	6 Richard Mathie	(23) 15:06
7 Ian Ellwood	(24) 22:23	8 Robert Laing	(22) 14:27
9 Tim Alexander	(22) 22:04	10 Adam Garcia	(22) 15:11
11 Tim Lawrence	(22) 21:44	12 Len Reilly	(24) 15:10

'B' 3:40:57

33 London Heathside Ac

1 Jake Spencer	(40) 24:53	2 Jacob Howe	(38) 15:19
3 Gareth Marshall	(35) 23:30	4 Gavin Parish	(37) 17:11
5 Gavin Evans	(36) 24:49	6 James Rigby	(36) 16:36
7 J Litchfield	(36) 24:08	8 Samuel Thompson	(36) 16:36
9 John Mcknight	(34) 26:56	10 Manuel Caeiro	(34) 17:59
11 Tony Killilea	(34) 24:28	12 Steve Armstrong	(34) 17:20

'B' 4:09:45

25 Cambridge & Coleridge Ac

1 Daniel Hurst	(33) 22:55	2 Richard Park	(30) 14:37
3 Kevin Oholleran	(29) 22:17	4 Neil Baxter	(26) 14:31
5 Istvan Jacso	(27) 22:39	6 David Barber	(26) 15:26
7 Axel Finke	(26) 22:22	8 Sean Mckenna	(26) 14:42
9 Harry Topham	(25) 22:05	10 Curtis Wood	(25) 15:01
11 Michael Moore	(25) 22:10	12 Jan Rus	(25) 14:22

'B' 3:43:07

34 Istead & Ifield Harriers

1 Steve Mitchell	(41) 25:00	2 Dan Walsh	(40) 15:59
3 Paul Jones	(37) 23:40	4 Jonathan Crowle	(39) 18:00
5 Mark Champion	(37) 24:29	6 Andrew Archer	(38) 23:34
7 Mark Pywell	(38) 24:49	8 Darren Harger	(38) 16:34
9 Mark Simmonds	(36) 25:27	10 David Sancto	(35) 16:40
11 Matt Baxter	(36) 27:25	12 Jason Beaney	(35) 17:12

4:18:49

SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

Disqualified -

Harrow Ac		3:46:01	
1 DISQUALIFIED (25) 21:28	2 Lewis Hawkins (29) 15:54		
3 David Branfoot (27) 21:29	4 Alan Wray (24) 14:59		
5 Sean Ledger (24) 22:06	6 Peter Norris (25) 15:35		
7 Matt Judson (25) 22:28	8 Glen Wrightcolopy (25) 14:38		
9 Richard Francis (26) 25:01	10 NoorMohamoud (26) 14:57		
11 Jonathan Hill (26) 22:19	12 Kevin Concannon (26) 15:07		

Incomplete Teams:

Ipswich Jaffa Rc		'B'	
1 Scott Macsephney (39) 24:48	2 Jordan Beaumont (41) 16:31		
3 John Thorpe (39) 24:26	4 Marcus Boon (38) 16:48		
5 Carl Ashton (38) 25:05	6 Christopher Bing (37) 17:44		
7 Brian Rogers (37) 27:12	8 John Adams (37) 18:38		
9 Joe Peat (35) 24:43	10 Rob Swain (36) 19:30		
11 Ashley Smy (35) 25:38			

Woodford Green W Essex Ladies		'B'	
1 Pete Caton (29) 22:33	2 Gareth Cavell (28) 14:48		
3 Louis Clark (28) 22:19	4 Julian Russell (31) 16:35		
5 Rob Wilbraham (30) 23:21	6 Bertie Powell (29) 14:18		
7 Ben Whitworth (28) 21:49	8 Tony Pamphilon (28) 15:21		

Ranelagh Harriers

1 Carl Assmundson (18) 20:48	2 Lars Lunqvist (24) 15:42		
3 Peter Haarer (25) 22:01	4 Vaughan Ramsay (27) 16:44		
5 Nicholas Twomey (29) 22:54	6 Alex Morgan (30) 16:11		
7 Nicholas Impey (30) 22:47	8 Richard Holme (30) 16:52		

Serpentine Rc

'B'			
1 Javier Gomez (34) 23:08	2 Luke Parker (34) 15:44		
3 Alex Cruttenden (33) 22:44	4 Simon Morris (34) 16:03		

Thames Valley Harriers

'B'			
1 Richard Hooley (43) 25:40	2 Louis Marriott (42) 17:21		
3 David Ford (40) 27:56	4 Scott Brewer (40) 16:26		

Bedford & County Ac

'B'			
1 Erwan Weber (35) 23:14	2 Andrew Mcmulkin (32) 14:35		

Aldershot Farnham & Dac

'B'			
1 Dan Rickards (26) 21:56	2 Tony Davies (39) 18:52		

Newham & Essex Beagles Ac

'B'			
1 Andy Robinson (42) 25:01			

Fastest of all long legs

1 Andy Maud	HighgateHa	A	18:46
2 Richard Horton	Shaftesbur	A	18:50
3 Nick Goolab	BelgraveHa	A	18:55
4 Richard Goodman	Shaftesbur	A	18:59
5 Phil Wicks	BelgraveHa	A	19:05
6 Owen Hind	KentAc	A	19:14
7 Joshua Grace	AldershotF	A	19:15
8 Peter Chambers	HighgateHa	A	19:28
9 Chris Rainsford	HighgateHa	A	19:33
10 Ben Coldray	SoutLondon		19:34

Fastest of all short legs

1 Alex Yee	KentAc	A	12:32
2 Gus Cockle	AldershotF	A	12:37
3 Kieran Wood	Cambridge&	A	12:48
4 Ellis Cross	AldershotF	A	12:54
5 Chris Olley	TonbridgeA	A	12:57
6 Michael Harrison	Bedford&Co	A	13:00
7 Richard Williams	Shaftesbur	A	13:04
8 Will Rylehodes	Shaftesbur	A	13:05
9 Ian Bailey	AldershotF	A	13:10
= James Stockings	WoodfordGr	A	13:10