

Position	Name	Club		Time
1	James McMullen	Thames Hare & Hounds	M21	46.55
2	Henry Dodwell	Highgate Harriers	M21	49.06
3	Russell Bentley	Blackheath Harriers	M21	50.27
4	Peter Hodgkinson	Ereshaw Valley RC	MU21	50.37
5	Simon Wurr	Thames Hare & Hounds	M21	52.32
6	Neil Chisholm	Thames Hare & Hounds	M21	53.14
7	Richard Kowenicki	Thames Hare & Hounds	M21	53.15
8	Adam Stirk	Guildford & Godalming AC	M21	53.39
9	Roy Scott	Springfield Striders	M21	53.43
10	Chris Beecham	Highgate Harriers	M40	54.23
11	Ewan McKay	Reigate Priory AC	M21	54.39
12	Harold Wyber	Springfield Striders	M21	55.02
13	Fraser Thompson	Independent	M21	55.06
14	John Smallwood	Cumberland Fell Runners	M21	55.26
15	Richard Scott	Highgate Harriers	M21	55.33
16	Ross Langley	Tring RC	M21	56.05
17	Ben Evans	Guildford & Godalming AC	M21	56.14
18	Thomas Midgley	Otley AC	M21	56.28
19	Mark Thompson	Independent	M21	56.32
20	Ryan Harris	Reigate Priory AC	M21	56.34
21	Matt Fellows	Southern Navigators	M21	56.35
22	Gavin Francis	Sheen Shufflers	M45	56.54
23	David Rollins	BAOC	M45	56.59
24	Dan Higgins	Highgate Harriers	M21	57.03
25	Steve Green	Thurrock Harriers	M45	57.19
26	Jonny Muir	Herne Hill Harriers	M21	57.23
27	Wesley Harrison	Serpentine RC	M21	57.25
28	Andy Ward	Guildford & Godalming AC	M21	57.47
29	Greg O'Callaghan	Tring RC	M21	58.07
30	Neil McGoun	Springfield Striders	M21	58.08
31	Nigel Bunn	Tring RC	M45	58.25
32	James Hughes	Hawk's Attack	M21	58.36
33	Adam Hayden	Independent	M21	58.48
34	Andrew Hibbert	Serpentine RC	M21	59.09
35	John Bateson	Vegan Runners	M21	59.13
36	Alastair Hodges	Independent	M21	59.22
37	Richard Kemp	Independent	M21	59.25
38	Damien Cox	Postal Orders	M21	59.37
39	Jack Scannell	Eryri Harriers	M40	59.37
40	Chris Egan	Tring RC	M45	59.44
41	Andrew Owen	London Heathside	M40	59.52
42	Marc Woodall	Guildford & Godalming AC	M21	60.00
43	Duncan Steen	Victoria Park Harriers	M21	60.04
44	Darren Jenkins	Independent	M21	60.25
45	Andy Hauser	Holmfirth Harriers AC	M55	60.36
46	Joseph Gale	Independent	M21	60.40
47	Anthony Arthur	O4 Cross Country	M21	60.48
48	Edmond Jackson	Independent	M45	60.56
49	Sarah Rollins	BAOC	W21	61.07
50	Alan Whelan	Tring RC	M45	61.09
51	James Edgar	Serpentine RC	M21	61.13
52	Robin Sanderson	Herne Hill Harriers	M21	61.20
53	Michael Burgess	Tring RC	M45	61.25
54	Peter Miles	Independent	M21	61.29
55	Matt Freake	Independent	M21	61.45
56	Mike Ashby	Sale Harriers	M21	61.48
57	Jon Marsden	Oxford City	M21	61.50
58	Steve Lowe	Blackwater Valley Runners	M50	61.50
59	Ray Butler	Bishops Stortford RC	M21	61.51
60	Adrian Savery	Clapham Chasers	M21	61.58
61	Joe Thompson	Serpentine RC	M21	61.59
62	Geoff Dillon	Independent	M21	62.14
63	Nick Williams	Tring RC	M21	62.15
64	Tim Budd	Independent	M21	62.22
65	Simon Hawkesworth	Hawk's Attack	M21	62.28
66	Darren Sutton	Springfield Striders	M40	62.34
67	Martin Priego	Postal Orders	M21	62.36
68	Gary Crone	Independent	M21	62.49
69	Andrew Shepherd	Clapham Chasers	M21	62.54
70	Adrian Lowery	Bowland Fell Runners	M40	63.01
71	Richard Johnson	Dulwich Park Runners	M21	63.03
72	Stuart Crispin	Vegetarian Athletics Club	M21	63.06
73	Ian Helm	Hawk's Attack	M40	63.12
74	Gavin Lawrence	Reigate Priory AC	M21	63.22
75	Jose Barretta	Highgate Harriers	M21	63.44
76	Grant Barnes	Dulwich Runners	M21	63.44
77	Phil Marsland	SLOW	M40	63.55
78	Nicola Barberis Negra	Serpentine RC	M21	64.00
79	Andy Sloan	PATRI	M21	64.01
80	Michael Beecher	Independent	M50	64.08
81	Jon Byford	Springfield Striders	M21	64.10
82	Nicholas Holloway	Treasury Runners	M45	64.17
83	Julian Tasker	Independent	M21	64.19
84	Hugh Balfour	Dulwich Runners	M55	64.21
85	Paul Jeggo	Springfield Striders	M50	64.23
86	Rudi Smith	Imperial College X-C Club	MU21	64.42
87	Graeme Mackay	Dorking & Mole Valley AC	M45	64.46
88	Graeme Blair	Serpentine RC	M40	64.52
89	Trevor Lark	Tring RC	M50	64.53
90	Simon Alderdice	Dorking & Mole Valley AC	M40	64.55

91	Robert Hinton	26.2 RRC	M45	65.07
92	Tim Chesher	FRA	M45	65.09
93	Natalie Kolodziej	Serpentine RC	W21	65.16
94	Rick Ansell	Tring RC	M50	65.22
95	Mark Diplock	Independent	M21	66.17
96	Jonathan Alvis	Jedi Knights	M21	66.30
97	Nick Black	Clapham Chasers	M21	66.32
98	Stephen Price	Independent	M21	66.33
99	Nick de Meyer	RG Active	M21	66.34
100	Paul Stukas	Springfield Striders	M45	66.41
101	Geoff Newton	Tadworth AC	M65	66.42
102	Jeremy Edwards	Southern Navigators	M40	66.47
103	Matthew Chenery	Herts Fire & Rescue	M21	67.07
104	Christopher Norton	Reigate Priory AC	M21	67.21
105	Adam Ford	Herts Fire & Rescue	M21	67.31
106	Tim Beale	SN	M21	67.39
107	Sarah Colbert	Springfield Striders	W40	67.45
108	Will Collins	Independent	M21	67.50
109	Chris Tate	Bishops Stortford RC	M50	68.00
110	Phil Butson	Bishops Stortford RC	M40	68.01
111	Kate Laforet	Serpentine RC	W21	68.05
112	Darren Over	Serpentine RC	M21	68.29
113	John Manning	Tring RC	M55	68.30
114	Paul Boakes	Independent	M40	68.35
115	Alan Hatvany	Sheen Shufflers	M50	68.38
116	Michael Pocock	Reigate Priory AC	M55	68.42
117	Jon Legge	Springfield Striders	M45	68.49
118	Alex Hall	Cambridge Harriers	M50	68.54
119	Peter Hamson	Tring RC	M60	68.56
120	Michael Chinn	Independent	M21	69.03
121	Jenny Hunt	Guildford & Godalming AC	W21	69.09
122	Dave Robinson	Serpentine RC	M21	69.12
123	Richard Stubbings	Worthing Harriers	M55	69.27
124	Ben Jones	Independent	M21	69.39
125	Phil Hadley	Herts Fire & Rescue	M45	69.40
126	James Raffle	Windrush Triathlon Club	M21	69.46
127	Richard Haynes	Haywards Heath Harriers	M50	69.51
128	Brandon Webb	Lingfield Running Club	M21	70.04
129	Becky Kingdon	SLOW	W21	70.11
130	Julian Catmull	Springfield Striders	M45	70.26
131	Mark Hedgecock	Independent	M40	70.33
132	Stephen Brown	Cambridge Harriers	M50	70.39
133	Stephen Shrimplin	Cambridge Harriers	M50	70.57
134	Yuzo Saito	Hercules Wimbledon	M21	71.06
135	Paul Barnes	AFC Charvil	M40	71.08
136	Edward Stott	SLOW	M21	71.19
137	Joe Gosden	Independent	M21	71.20
138	Michael Jones	Independent	M21	71.31
139	Andrew Mason	Springfield Striders	M45	71.41
140	Tony Crossley	East Grinstead AC	M55	71.51
141	Julian Farmer	SLOW	M21	71.51
142	David Taylor	Reigate Priory AC	M21	71.53
143	Robin Holmes	Hawk's Attack	M21	71.56
144	Michael Tothill	Helios harriers	M40	71.57
145	Richard Thompson	The Fell Ponies	M21	72.03
146	Katie Crowe	Serpentine RC	W21	72.09
147	Paul Ashley	Independent	M21	72.13
148	James Hill	Serpentine RC	M40	72.22
149	Jean Shotter	Holmfirth Harriers AC	W45	72.32
150	John Knapp	Epsom Oddballs	M50	72.34
151	Jason Praill	Springfield Striders	M21	72.39
152	Tim Brockington	Springfield Striders	M50	72.51
153	Ian Pateman	Cambridge Harriers	M50	72.55
154	Paul Weaving	Cumberland Fell Runners	M45	72.58
155	Jamie Chaffey	Independent	M21	72.59
156	Edward Blair	Independent	M21	73.04
157	Richard Wild	RG Active Race Team	M21	73.28
158	Phil Harris	Fittleworth Flyers	M55	73.28
159	Andrew Hall	Portsmouth Joggers	M60	73.30
160	Nick Mills	Tri London	M21	73.32
161	Lance Quirico	East Grinstead AC	M55	73.36
162	Deanna Laforet	Serpentine RC	W21	73.37
163	Ian Marshall	Cambridge Harriers	M60	73.41
164	David Field	Plumstead Runners	M50	73.45
165	Ian Moss	Dark Peak Fell Runners	M45	74.00
166	Caroline Schurmann	Dulwich Runners	W21	74.01
167	Dominic James	AFC Charvil	M40	74.16
168	Andy Deighton	Independent	M55	74.17
169	Mike Mcdonough	London Fronrunners	M21	74.22
170	Christopher Bull	Independent	M21	74.34
171	Chris Brolly	Bishops Stortford RC	M50	74.59
172	David Funnell	Worthing Harriers	M45	75.09
173	Chris Rogers	Cambridge Harriers	M40	75.12
174	Lucy Clayton	Sandhurst Joggers	W21	75.16
175	Graham Tucker	Reigate Priory AC	M55	75.26
176	Patrick Austin	Cambridge Harriers	M40	75.52
177	John Turner	Stragglers	M55	75.54
178	Jeremy Lockett	Maidenhead AC	M50	75.57
179	Joanna Gemmill	Springfield Striders	W50	75.58
180	Paul Sapsard	Reigate Priory AC	M50	76.00
181	Maresa Pitt	Haywards Heath Harriers	W21	76.01

182	Matthew Wing	Jedi Knights	M21	76.09
183	Claire Steward	Dulwich Runners	W55	76.13
184	Susan Cooper	Dulwich Runners	W21	76.14
185	Christopher Borysiewicz	SLOW	M21	76.24
186	Peter Hadley	Cambridge Harriers	M60	76.47
187	Carrie Bolton	Independent	W21	76.49
188	Stephen Ind	Elmbridge Road Runners	M55	76.54
189	Gordon Rowe	AFC Charvil	M45	77.14
190	Chris Hack	Portsmouth Joggers	M60	77.23
191	Richard Taylor	Springfield Striders	M55	77.27
192	Mark Sykes	Haywards Heath Harriers	M50	77.27
193	Magda Kwietko	Independent	W21	77.30
194	Jamie Martin	Independent	M40	77.31
195	John Walmsley	Wimborne Orienteers	M55	77.33
196	Adrian Sherriff	Bishops Stortford RC	M45	77.38
197	Neil Carter	SUFFOC	M21	77.54
198	Ian Bullock	LOK	M21	78.24
199	Jim Ferris	Independent	M21	78.26
200	Andrew Pringle	Reigate Priory AC	M45	78.27
201	Nicholas Feakins	Reigate Priory AC	M55	78.28
202	Ian McCarthy	Independent	M21	78.36
203	Rob White	Independent	M21	78.47
204	Simon Haslam	Independent	M45	79.02
205	Jamie Munk	Independent	M21	79.14
206	Les Thurston	Bishops Stortford RC	M60	79.24
207	Tim Best	East Grinstead AC	M40	79.29
208	Cathy Davis	Stragglers	W45	79.32
209	Stuart Parker	Independent	M21	79.36
210	Dougie Gray	PH3	M45	79.42
211	Alan Findlay	Bishops Stortford RC	M45	79.49
212	Nigel Clemens	Independent	M45	80.15
213	Jane Thompson	Independent	W21	80.22
214	Hazel Imeson	Tadworth AC	W50	80.24
215	Lorraine Evans	Bishops Stortford RC	W50	80.28
216	Claire Hall	Portsmouth Joggers	W55	80.55
217	Melanie Abrams	Independent	W50	80.58
218	Carolyn Lockett	Maidenhead AC	W50	81.01
219	Paul Channing	Portsmouth Joggers	M50	81.34
220	Natasha Furey	Bishops Stortford RC	W21	81.35
221	Rosie Ingram	Serpentine RC	W21	82.21
222	Peter Brown	Independent	M21	82.21
223	Robert Wyld	Dorking & Mole Valley AC	M45	82.47
224	Graham Bailey	Hawk's Attack	M21	82.59
225	David Sheppard	Independent	M21	83.02
226	Jens Gladikowski	Wimbledon Windmilers	M40	83.19
227	Cliff Gosden	Independent	M55	83.36
228	Jeff Armitage	Thames Hare & Hounds	M50	83.52
229	Laura Morgan	Victoria Park Harriers	W21	84.07
230	Annabel Hudleston	Independent	W21	84.14
231	Ian McClymont	Bishops Stortford RC	M65	84.18
232	Elaine Battson	Victoria Park Harriers	W40	84.40
233	Joanne Shelton	Dulwich Runners	W21	85.21
234	Shiona Benfield	Reigate Priory AC	W45	85.26
235	Brian Layton	Tring RC	M55	85.36
236	Ian Edmonds	Reigate Priory AC	M55	85.53
237	Antoinette Kelley	Independent	W21	86.12
238	Fiona Sutherland	Bishops Stortford RC	W50	86.13
239	Simeon Pollard	AFC Charvil	M40	86.18
240	Stephen Hickman	Ashford & District RRC	M50	86.48
241	Stuart Tuckey	Independent	M40	87.25
242	Bryn Monnery	SLOW	M21	88.32
243	Candice Siddle	Tadworth AC	W21	88.33
244	Peter Clark	Stragglers	M50	88.34
245	Emily Banting	Tadworth AC	W21	88.35
246	Zak Birks	Independent	M21	88.55
247	Mark Nichols	Watford Joggers	M55	89.50
248	Nick Badger	Independent	M21	89.50
249	Rachael Holmes	Ranelagh Harriers	W21	89.51
250	Paula Hewitt	Elmbridge Road Runners	W21	90.24
251	Peter Bates	Pitsea Running Club	M60	90.50
252	Matt Sahebjab	Hawk's Attack	M21	91.35
253	Steve Murphy	Reigate Priory AC	M50	92.14
254	Jay Willis	Independent	M45	92.21
255	Robert Sawers	Chichester Runners & AC	M45	92.31
256	Alison Smith	Tring RC	W45	93.36
257	Katie Martin	Independent	W21	94.27
258	John Gray	Independent	M60	94.28
259	Martin Greaves	Fittleworth Flyers	M50	94.44
260	Peter Chittenden	Tone Zone Runners	M70	96.21
261	Vivienne Shaw	Bishops Stortford RC	W45	96.27
262	John Mackenzie	Reigate Priory AC	M60	98.41
263	John Henke	Independent	M55	99.08
264	Paul Knight	Independent	M40	100.40
265	Ian Millard	Independent	M21	100.42
266	Ruth Holmes	SARUM	W21	104.08
267	Jo Monk	Independent	W55	104.13
268	John Gleeson	Independent	M40	121.36