January 21, 2023 RESULTS

M40

W4U)					
Pos	No.	Name	Club	Cat	Time	Behind
1st	165	James Macdonald	Cambridge Harriers	M40	00:57:25	_
2nd	271	Hugh Torry	Serpentine Running Club	M40	00:58:44	+00:01:19
3rd	287	John O'Mahony	Cambridge Harriers	M40	01:00:47	+00:03:22
4th	48	Richard Bedlow	Tring RC	M40	01:01:38	+00:04:13
5th	159	Glenn Hughes	Serpentine Running Club	M40	01:02:51	+00:05:26
6th	136	Mark Herbert	Ranelagh Harriers	M40	01:03:16	+00:05:51
7th	214	Stephen Bass	Reigate Priory Athletics Club	M40	01:03:55	+00:06:30
8th	299	Nicolas Besson	Serpentine Running Club	M40	01:04:03	+00:06:38
9th	78	William Feline	Stubbington Green Runners	M40	01:04:14	+00:06:49
10th	220	James Gillanders	Serpentine Running Club	M40	01:04:46	+00:07:21
11th	6	Simon Barnett	Tring RC	M40	01:05:02	+00:07:37
12th	105	Damien Hersey	Mole Valley Orienteers	M40	01:05:07	+00:07:42
13th	26	Tom Davies	SLOW	M40	01:05:54	+00:08:29
14th	33	Alex Loftus	Dulwich Runners AC	M40	01:06:05	+00:08:40
15th	161	Dan Horton	Moovers	M40	01:07:36	+00:10:11
16th	79	Simon Tootell		M40	01:07:54	+00:10:29
17th	253	Zoltan Fodor	Orion Harrier	M40	01:07:59	+00:10:34
18th	181	Simon Hawkesworth		M40	01:08:53	+00:11:28
19th	162	Mike Brock	Moovers	M40	01:09:22	+00:11:57
20th	193	Tom Vincent	Crystal Palace Triathletes	M40	01:09:51	+00:12:26
21st	227	Tom Raftery	Tring RC	M40	01:11:41	+00:14:16
22nd	118	Dominic Wilson		M40	01:14:10	+00:16:45
23rd	170	Erik Schrijnemaekers	Striders of Croydon	M40	01:14:34	+00:17:09
24th	121	Simon Booth		M40	01:14:42	+00:17:17
25th	100	Marcin Mazur	Crystal Palace Triathletes	M40	01:15:09	+00:17:44
26th	221	Matty Hassan		M40	01:16:06	+00:18:41
27th	272	Matthew Hearne	Serpentine Running Club	M40	01:16:41	+00:19:16
28th	117	Matthew White	Crystal Palace Triathletes	M40	01:17:29	+00:20:04
29th	226	Jonathan Moscrop	Serpentine Running Club	M40	01:17:40	+00:20:15
30th	293	Paul Bayley	Tring RC	M40	01:19:13	+00:21:48
31st	37	Jeremy Greenwood	Reigate Priory Athletics Club	M40	01:20:30	+00:23:05
32nd	44	Jon Payn	Reigate Priory Athletics Club	M40	01:22:30	+00:25:05
33rd	138	Andrew Cosmatos	Dorking & Mole Valley AC	M40	01:22:51	+00:25:26
34th	288	Nigel Davison		M40	01:23:05	+00:25:40
35th	66	James Bishop	Slipnot	M40	01:23:48	+00:26:23
36th	94	Simon Webster	Striders of Croydon	M40	01:23:50	+00:26:25
37th	49	Stephen Allport	Striders of Croydon	M40	01:23:58	+00:26:33
38th	273	Sujan Shrestha	Wimbledon Windmilers	M40	01:26:00	+00:28:35
39th	142	Neil Colquhoun	London Frontrunners	M40	01:26:11	+00:28:46
40th	182	Graham Bailey		M40	01:26:59	+00:29:34
41st	212	Trevor Ingram	Fulham Running Club	M40	01:28:16	+00:30:51
42nd	93	Mark Bennett	Striders of Croydon	M40	01:30:28	+00:33:03
43rd	187	Rob Whitmarsh		M40	01:31:49	+00:34:24
44th	34	James Farthing	YDYR	M40	01:33:24	+00:35:59
45th	58	Barnaby Haywood	Dulwich Runners AC	M40	01:34:15	+00:36:50
46th	190	Steve Bone		M40	01:36:32	+00:39:07
47th	65	Neil Harris		M40	01:36:34	+00:39:09
48th	81	Richard Powell	West Anglia Orienteering Club	M40	01:43:02	+00:45:37
49th	128	Zev Garell		M40	01:56:24	+00:58:59

January 21, 2023 RESULTS

M50

Pos	No.	Name	Club	Cat	Time	Behind
1st	39	Andrew Reeves	Serpentine Running Club	M50	01:02:55	
2nd	40	Stephen Wilkes	Bishop's Stortford RC	M50	01:04:07	+00:01:12
3rd	201	Andy Weir	Thames Hare and Hounds	M50	01:04:28	+00:01:33
4th	14	Christian Poulton	Cambridge Harriers	M50	01:04:59	+00:02:04
5th	197	Edmond Jackson	Ambleside AC	M50	01:05:09	+00:02:14
6th	102	Lachezar Nikolov		M50	01:08:26	+00:05:31
7th	194	David Symons	Thames Hare and Hounds	M50	01:08:54	+00:05:59
8th	2	Henry Keighley-Elstub	Tring RC	M50	01:08:57	+00:06:02
9th	68	Mark Brown	Crystal Palace Triathletes	M50	01:09:06	+00:06:11
10th	24	Ian Helm		M50	01:10:08	+00:07:13
11th	229	James Ritchie	Ranelagh Harriers	M50	01:10:49	+00:07:54
12th	13	Michael Thomas	Ranelagh Harriers	M50	01:12:09	+00:09:14
13th	175	Anthony Page	Reading Roadrunners	M50	01:12:53	+00:09:58
14th	173	David Leithead		M50	01:14:44	+00:11:49
15th	119	Fraser Dawson	Dorking & Mole Valley AC	M50	01:14:46	+00:11:51
16th	251	Andrew Greenstock	Stragglers	M50	01:15:07	+00:12:12
17th	250	Justin Siderfin	Dulwich Runners AC	M50	01:16:18	+00:13:23
18th	89	Chris Crazy Horse Hall	Stubbington Green Runners	M50	01:16:28	+00:13:33
19th	122	Jaran Finn	Croydon Harriers	M50	01:16:34	+00:13:39
20th	126	Andrea Ceccolini	Dulwich Runners AC	M50	01:17:01	+00:14:06
21st	21	Bruce McLaren	Ranelagh Harriers	M50	01:17:39	+00:14:44
22nd	5	Stuart Williams	Crystal Palace Triathletes	M50	01:20:07	+00:17:12
23rd	17	Benjamin Hancock		M50	01:20:17	+00:17:22
24th	259	Robert McCaffrey	Dorking & Mole Valley AC	M50	01:20:29	+00:17:34
25th	158	Malcolm Turpin	Slipnot	M50	01:20:36	+00:17:41
26th	46	Ed Clark	Slipnot	M50	01:20:38	+00:17:43
27th	252	David Sayers	Stragglers	M50	01:22:06	+00:19:11
28th	72	Gary Walsh	Sevenoaks AC	M50	01:27:19	+00:24:24
29th	152	Tim Wright		M50	01:28:08	+00:25:13
30th	177	Simon Clarkson	SLOW	M50	01:28:37	+00:25:42
31st	153	Paul Bradbury		M50	01:28:47	+00:25:52
32nd	69	Andy Collings	Tring RC	M50	01:29:18	+00:26:23
33rd	140	Kenneth MacLeod	London Frontrunners	M50	01:32:04	+00:29:09
34th	217	Pete Chandler	Wimbledon Windmilers	M50	01:41:42	+00:38:47
35th	112	Chris Fox		M50	01:45:23	+00:42:28
36th	35	Martin Smith	YDYR	M50	01:46:20	+00:43:25
37th	283	John Steele	Wimbledon Windmilers	M50	01:53:12	+00:50:17
38th	171	Bruce Gardiner		M50	01:56:18	+00:53:23
	32	Mark Foster	Dulwich Runners AC	M50	wF	
	108	Gustavo Schettino Gontijo	Fulham Running Club	M50	mF	

M60

Pos	No.	Name	Club	Cat	Time	Behind
1st	300	Martin Leat	Crystal Palace Triathletes	M60	01:11:45	
2nd	22	Graham Maynar	Cambridge Harriers	M60	01:14:18	+00:02:33
3rd	261	lan Burks	Reigate Priory Athletics Club	M60	01:15:56	+00:04:11
4th	148	Hugh Balfour	Dulwich Runners AC	M60	01:16:37	+00:04:52
5th	91	Andrew Fox	Slipnot	M60	01:16:56	+00:05:11
6th	60	Colin Jackson	Slipnot	M60	01:20:14	+00:08:29
7th	7	Clem Dixon	Cambridge Harriers	M60	01:21:04	+00:09:19
8th	225	Mike Pocock	Reigate Priory Athletics Club	M60	01:22:08	+00:10:23

January 21, 2023 RESULTS

M60

Pos	No.	Name	Club	Cat	Time	Behind
9th	265	Graham James	Stubbington Green Runners	M60	01:22:31	+00:10:46
10th	284	Robert Zietz	Striders of Croydon	M60	01:23:33	+00:11:48
11th	70	Rick Ansell	Tring RC	M60	01:23:58	+00:12:13
12th	199	Steve Wickham	Slipnot	M60	01:24:01	+00:12:16
13th	38	Marcus Atkins	Ranelagh Harriers	M60	01:25:11	+00:13:26
14th	166	David Yetton	Portsmouth Joggers	M60	01:57:50	+00:46:05

M70

Pos	No.	Name	Club	Cat	Time	Behind
1st	61	Chris Shaw	HAVOC	M70	02:23:04	

MSEN

Pos	No.	Name	Club	Cat	Time	Behind
1st	269	Maximilian Nicholls	Kent AC	MSEN	00:48:42	
2nd	277	Joseph Morwood	St George's Hospital AC	MSEN	00:49:07	+00:00:25
3rd	1	James Hoad	Thames Hare and Hounds	MSEN	00:54:24	+00:05:42
4th	282	Fred Smithers	Serpentine Running Club	MSEN	00:56:28	+00:07:46
5th	124	Matthieu Marshall	Oxford City AC	MSEN	00:56:57	+00:08:15
6th	30	Thomas Brooke	Cambridge Harriers	MSEN	00:57:00	+00:08:18
7th	242	Calum Harrington-Vogt	St George's Hospital AC	MSEN	00:58:31	+00:09:49
8th	163	Eoin Brady	Thames Hare and Hounds	MSEN	00:58:33	+00:09:51
9th	59	William Bourne		MSEN	00:58:39	+00:09:57
10th	47	Jon Phillips	Dulwich Runners AC	MSEN	00:59:52	+00:11:10
11th	248	Jack Dickenson	St George's Hospital AC	MSEN	01:00:57	+00:12:15
12th	147	James Whibberley		MSEN	01:01:04	+00:12:22
13th	50	Ross Langley	Tring RC	MSEN	01:01:06	+00:12:24
14th	116	Max Wainwright	Matlock AC	MSEN	01:01:35	+00:12:53
15th	31	Jonathan Smith	Ranelagh Harriers	MSEN	01:01:59	+00:13:17
16th	97	Harry Madgwick Lawton	Striders of Croydon	MSEN	01:02:27	+00:13:45
17th	203	Sam Bryer		MSEN	01:02:34	+00:13:52
18th	137	Anisse Ismaili	Thames Hare and Hounds	MSEN	01:03:02	+00:14:20
19th	233	James Brown	St George's Hospital AC	MSEN	01:03:24	+00:14:42
20th	104	Matthew Trueman	Dulwich Runners AC	MSEN	01:03:56	+00:15:14
21st	20	Darren Cartwright	Crystal Palace Triathletes	MSEN	01:04:35	+00:15:53
22nd	301	Yordan Kolev	SLOW	MSEN	01:04:49	+00:16:07
23rd	74	Liam Vandamme	Barts and The London Running	MSEN	01:05:07	+00:16:25
24th	42	Tarbo Fukazawa	Cambridge Harriers	MSEN	01:05:19	+00:16:37
25th	219	Dimitar Gospodinov	Reading Roadrunners	MSEN	01:06:07	+00:17:25
26th	92	Matt Mason	Horsham Joggers	MSEN	01:06:39	+00:17:57
27th	86	Andrew Shipley	Tring RC	MSEN	01:07:37	+00:18:55
28th	52	Ryan Sutton	SLOW	MSEN	01:07:41	+00:18:59
29th	71	Philip Whitehouse	Serpentine Running Club	MSEN	01:07:51	+00:19:09
30th	83	Ben Stanton	Reigate Priory Athletics Club	MSEN	01:07:56	+00:19:14
31st	57	Ed Ballard	London City AC	MSEN	01:08:14	+00:19:32
32nd	211	Robert Buchanan		MSEN	01:08:37	+00:19:55
33rd	244	Ben Ekbery	St George's Hospital AC	MSEN	01:09:05	+00:20:23
34th	183	Lee Mccarthy		MSEN	01:09:08	+00:20:26
35th	215	James Bell	Thames Hare and Hounds	MSEN	01:09:17	+00:20:35
36th	294	Will Thompson	Fulham Running Club	MSEN	01:09:27	+00:20:45
37th	150	Gregor Maclean	Crystal Palace Triathletes	MSEN	01:09:43	+00:21:01

January 21, 2023 RESULTS

MSEN

Pos	No.	Name	Club	Cat	Time	Behind
38th	3	Tim Beale	Southern Navigators	MSEN	01:09:46	+00:21:04
39th	8	Isaac Griffiths	Crystal Palace Triathletes	MSEN	01:09:48	+00:21:06
40th	146	Victor Toutlemonde		MSEN	01:09:54	+00:21:12
41st	210	Timothy Haughton	Fulham Running Club	MSEN	01:10:12	+00:21:30
42nd	218	Jonathan Bennett	Fulham Running Club	MSEN	01:10:18	+00:21:36
43rd	216	Kevin O'Gallagher	Wimbledon Windmilers	MSEN	01:10:31	+00:21:49
44th	129	Frederick Levy	Fulham Running Club	MSEN	01:10:44	+00:22:02
45th	130	Philip Coales	Striders of Croydon	MSEN	01:11:05	+00:22:23
46th	206	Matthew Luck	London City Runners	MSEN	01:11:31	+00:22:49
47th	267	Sam Pilgrim		MSEN	01:11:41	+00:22:59
48th	145	Martin Reboul	SLOW	MSEN	01:11:47	+00:23:05
49th	279	Hugh Lindsay		MSEN	01:13:03	+00:24:21
50th	291	Martyn Poore	Stubbington Green Runners	MSEN	01:13:04	+00:24:22
51st	41	Christopher Waite	SLOW	MSEN	01:13:14	+00:24:32
52nd	45	James Atkins		MSEN	01:13:17	+00:24:35
53rd	134	Robert Smillie		MSEN	01:13:46	+00:25:04
54th	202	Maxime Legrand		MSEN	01:14:25	+00:25:43
55th	109	Matt Pickles	Kidlington Running Club	MSEN	01:15:40	+00:26:58
56th	19	Jack Prosser	Richmond Canoe Club	MSEN	01:15:59	+00:27:17
57th	185	Alex Moorhouse		MSEN	01:16:04	+00:27:22
58th	107	Ned Whittle	Scoonie Hill Running Club	MSEN	01:16:13	+00:27:31
59th	204	Harry Macpherson		MSEN	01:17:25	+00:28:43
60th	164	Alexandre Beaudet		MSEN	01:18:03	+00:29:21
61st	25	Harry Mumford-Turner	London City Runners	MSEN	01:19:23	+00:30:41
62nd	257	Gary Mcdougall	Wapping Running Club	MSEN	01:19:31	+00:30:49
63rd	125	David Campbell	Queens Park Harriers	MSEN	01:19:32	+00:30:50
64th	180	John Dent		MSEN	01:19:51	+00:31:09
65th	120	Alex Marr	Dorking & Mole Valley AC	MSEN	01:20:34	+00:31:52
66th	222	David Carter	Royston Runners	MSEN	01:20:54	+00:32:12
67th	43	David Thompson		MSEN	01:20:57	+00:32:15
68th	295	Thomas Abbott		MSEN	01:24:00	+00:35:18
69th	179	George Hay		MSEN	01:25:30	+00:36:48
70th	4	Chris Lawrence	SLOW	MSEN	01:25:40	+00:36:58
71st	268	Morgan Brown	St George's Hospital AC	MSEN	01:25:41	+00:36:59
72nd	149	Rory Balfour		MSEN	01:26:16	+00:37:34
73rd	264	Darren Woods	Striders of Croydon	MSEN	01:27:01	+00:38:19
74th	234	Sam Cunningham	St George's Hospital AC	MSEN	01:27:03	+00:38:21
75th	256	Benjamin Claridge		MSEN	01:27:21	+00:38:39
76th	275	Daniel Reynolds	Wimbledon Windmilers	MSEN	01:28:05	+00:39:23
77th	155	Edward Bruce	Fulham Running Club	MSEN	01:28:16	+00:39:34
78th	16	Sean Sullivan		MSEN	01:30:04	+00:41:22
79th	296	Daniel Fricker		MSEN	01:32:38	+00:43:56
80th	131	Eli Bellezza		MSEN	01:33:07	+00:44:25
81st	189	Luke Barron		MSEN	01:33:41	+00:44:59
82nd	186	Peter Mackintosh	Serpentine Running Club	MSEN	02:00:19	+01:11:37
83rd	114	Simon Nelson		MSEN	02:07:48	+01:19:06
	172	Angus Macleod		MSEN	mF	

MU23

Pos	No.	Name	Club	Cat	Time	Behind
1st	168	Thomas Irwin	Tring RC	MU23	01:11:02	

January 21, 2023 RESULTS

MU23

Pos	No.	Name	Club	Cat	Time	Behind
2nd	106	Matthew Coudert		MU23	01:16:13	+00:05:11
3rd	245	Jim Mitchell	St George's Hospital AC	MU23	01:21:24	+00:10:22

W40

Pos	No.	Name	Club	Cat	Time	Behind
1st	51	Claire Shelley	Tring RC	W40	01:11:25	
2nd	56	Ella Waddingham	Wimbledon Windmilers	W40	01:14:59	+00:03:34
3rd	28	Ally Whitlock	Striders of Croydon	W40	01:15:22	+00:03:57
4th	75	Jillian Convey	Calder Valley Fell Runners	W40	01:17:05	+00:05:40
5th	135	Sally Minchella	Ranelagh Harriers	W40	01:17:31	+00:06:06
6th	29	Clare Fowler	Ranelagh Harriers	W40	01:17:50	+00:06:25
7th	196	Eleanor Simmons	Dulwich Runners AC	W40	01:20:35	+00:09:10
8th	213	Katherine Elmore-Jones	Fulham Running Club	W40	01:22:24	+00:10:59
9th	27	Nicola Adams	SLOW	W40	01:28:44	+00:17:19
10th	224	Sarah Yates	Serpentine Running Club	W40	01:32:06	+00:20:41
11th	62	Julie Lester	Thurrock Nomads	W40	02:00:26	+00:49:01
12th	188	Kirstin Duffy	Serpentine Running Club	W40	02:07:18	+00:55:53
13th	255	Jadwiga Brzask	Striders of Croydon	W40	02:13:11	+01:01:46
14th=	298	Michelle Klein	Striders of Croydon	W40	02:13:31	+01:02:06
14th=	254	Elsa Santana	Striders of Croydon	W40	02:13:31	+01:02:06
	73	Laura Martin Domenech	Serpentine Running Club	W40	mF	

W50

Pos	No.	Name	Club	Cat	Time	Behind
1st	143	Charlotte Cutler	Wimbledon Windmilers	W50	01:08:39	
2nd	101	Katherine Walker		W50	01:19:13	+00:10:34
3rd	115	Alison Wainwright	Dark Peak Fell Runners	W50	01:20:06	+00:11:27
4th	80	Maree Jesson		W50	01:25:19	+00:16:40
5th	154	Elaine Battson	Victoria Park Harriers and Tower	W50	01:30:28	+00:21:49
6th	160	Lulu Williams	SLOW	W50	01:30:30	+00:21:51
7th	297	Karen Lyons	Orion Harrier	W50	01:33:24	+00:24:45
8th	178	Judith Clarkson	SLOW	W50	01:52:05	+00:43:26

W60

Pos	No.	Name	Club	Cat	Time	Behind
1st	133	Claire Morgan	Wimbledon Windmilers	W60	01:37:33	
2nd	141	Gail Caruana	The Stragglers	W60	01:52:22	+00:14:49

WSEN

Pos	No.	Name	Club	Cat	Time	Behind
1st	12	Suzy Whatmough	Ranelagh Harriers	WSEN	01:04:24	
2nd	228	Becky Raftery	Tring RC	WSEN	01:04:55	+00:00:31
3rd	246	Jennifer Nandi	St George's Hospital AC	WSEN	01:08:03	+00:03:39
4th	209	Rosie Hodgson	Ambleside AC	WSEN	01:09:07	+00:04:43
5th	174	Katherine Irwin		WSEN	01:11:09	+00:06:45
6th	87	Eleanor Wainwright	Dark Peak Fell Runners	WSEN	01:11:24	+00:07:00
7th	77	Lizzie Broughton	Ranelagh Harriers	WSEN	01:11:58	+00:07:34
8th	260	Sophie McKeeman	Fulham Running Club	WSEN	01:13:24	+00:09:00

January 21, 2023 RESULTS

WSEN

Pos	No.	Name	Club	Cat	Time	Behind
9th	55	Frances Merry		WSEN	01:13:36	+00:09:12
10th	95	Andrea Stehlikova	Thames Hare and Hounds	WSEN	01:15:09	+00:10:45
11th	157	Karolina Sokolowska	Windrush Triathlon Club	WSEN	01:15:43	+00:11:19
12th	113	Marian Elliot		WSEN	01:16:33	+00:12:09
13th	276	Jemima D'Arcy	Thames Hare and Hounds	WSEN	01:17:20	+00:12:56
14th	99	Jessica Davies	Thames Hare and Hounds	WSEN	01:18:21	+00:13:57
15th	231	Laura Bampton		WSEN	01:19:21	+00:14:57
16th	90	Daisy McClements	Stubbington Green Runners	WSEN	01:20:22	+00:15:58
17th	237	Sophie Kinirons	St George's Hospital AC	WSEN	01:20:26	+00:16:02
18th	139	Georgiana Irwin	Pure Sport	WSEN	01:23:11	+00:18:47
19th	285	Claire Boynton	Wimbledon Windmilers	WSEN	01:24:05	+00:19:41
20th	270	Rachel Doody	Wimbledon Windmilers	WSEN	01:28:04	+00:23:40
21st	18	Helen Lindley		WSEN	01:32:43	+00:28:19
22nd	23	Aisling Murray	London City Runners	WSEN	01:33:04	+00:28:40
23rd	127	Ana Gomez	Serpentine Running Club	WSEN	01:33:14	+00:28:50
24th	286	Sophie Bennet	Wimbledon Windmilers	WSEN	01:33:53	+00:29:29
25th	88	Sarah Holland		WSEN	01:34:45	+00:30:21
26th	53	Eleanor Broughton	SLOW	WSEN	01:36:53	+00:32:29
27th	247	Jo Cooper	St George's Hospital AC	WSEN	01:44:56	+00:40:32
28th	238	Mary Gare	St George's Hospital AC	WSEN	01:45:01	+00:40:37
29th	236	Victoria Foster	St George's Hospital AC	WSEN	01:46:21	+00:41:57
30th	176	Marta Pallares Baron	Serpentine Running Club	WSEN	01:50:41	+00:46:17
31st	198	Alice Heath	Fulham Running Club	WSEN	01:51:16	+00:46:52
	103	Adriana Stankova	SLOW	WSEN	mF	

WU23

Pos	No.	Name	Club	Cat	Time	Behind
1st	232	Annie Mae Wright	Barts and The London Running	WU23	01:16:15	
2nd	243	Madelaine Parmar	St George's Hospital AC	WU23	01:18:34	+00:02:19
3rd	235	Hannah Carruthers	St George's Hospital AC	WU23	01:29:34	+00:13:19
4th	240	Katie McCarthy	St George's Hospital AC	WU23	01:33:28	+00:17:13
5th	239	Amy Evans	St George's Hospital AC	WU23	01:35:08	+00:18:53