			RESULTS			
Pos		Name	Club	Cat	Time	Behind
1st	41	Maximilian Nicholls	Kent AC	MSEN	00:48:54	
2nd	230	Joseph Morwood	St George's Hospital AC	MSEN	00:50:16	+00:01:22
3rd	120	Matthieu Marshall	Headington Road Runners	MSEN	00:52:12	+00:03:18
4th	194	Fred Smithers	Serpentine Running Club	MSEN	00:52:41	+00:03:47
5th	237	James Hoad	Thames Hare and Hounds	MSEN	00:52:44	+00:03:50
6th	203	Max Wainwright	Matlock AC	MSEN	00:53:28	+00:04:34
7th	228	Thomas Wright	Bexley AC	MSEN	00:53:44	+00:04:50
8th	169	Thomas Brooke	Cambridge Harriers	MSEN	00:54:19	+00:05:25
9th	298	Luke Pettit	Brighton Phoenix	MU23	00:56:08	+00:07:14
10th	268	Luke Piper	Brighton Phoenix	MSEN	00:56:22	+00:07:28
11th	93	Hugh Torry	Serpentine Running Club	M40	00:56:25	+00:07:31
12th	167	James Macdonald	Cambridge Harriers	M40	00:56:29	+00:07:35
13th	111	Tom Dobra	Thames Valley Orienteering Club	MSEN	00:56:34	+00:07:40
14th	25	Ross Macdonald	Ranelagh Harriers	MSEN	00:56:57	+00:08:03
15th	199	Matt Poole		MSEN	00:58:10	+00:09:16
16th	7	John O'Mahony	Cambridge Harriers	M40	01:00:23	+00:11:29
17th	154	James Riley	Ranelagh Harriers	M40	01:00:36	+00:11:42
18th	271	James Brown	St George's Hospital AC	MSEN	01:00:58	+00:12:04
19th	11	Sebastian Slater	Dark Peak Fell Runners	MSEN	01:01:06	+00:12:12
20th	133	James Gillanders	Serpentine Running Club	M40	01:01:15	+00:12:21
21st	165	Carl Assmundson	Victoria Park Harriers & Tower Hamlets AC	MSEN	01:01:19	+00:12:25
22nd	83	Daniel Reynolds	Wimbledon Windmilers	MSEN	01:01:20	+00:12:26
23rd	270	Ed Mawby		M40	01:01:21	+00:12:27
24th	141	Joe Killip	Ranelagh Harriers	MSEN	01:01:25	+00:12:31
25th	142	Robert Tansey	Keswick AC	M50	01:01:44	+00:12:50
26th	238	Anisse Ismaili	Thames Hare and Hounds	MSEN	01:01:50	+00:12:56
27th	186	Jon Phillips	Dulwich Runners AC	MSEN	01:01:55	+00:13:01
28th	144	Suzy Whatmough	Ranelagh Harriers	WSEN	01:02:26	+00:13:32
29th	63	Matt Mason	Horsham Joggers	MSEN	01:02:28	+00:13:34
30th	118	Nicolas Besson	Serpentine Running Club	M40	01:02:30	+00:13:36
31st	310	Jay Hillier		MSEN	01:02:37	+00:13:43
32nd	130	Harry Madgwick Lawton	Striders of Croydon	MSEN	01:02:44	+00:13:50
33rd	301	Andrew Reeves	Reigate Priory Athletics Club	M50	01:02:46	+00:13:52
34th	287	Jennifer Nandi	St George's Hospital AC	WSEN	01:02:54	+00:14:00
35th	252	Jon Ladley	Horsley Shufflers	M40	01:03:00	+00:14:06
36th	214	James Bell	Thames Hare and Hounds	MSEN	01:03:13	+00:14:19
37th	116	Elizabeth Leason	Runnymede Runners	WSEN		+00:14:23
38th	10	Himmy Lau	SLOW	MSEN	01:03:19	+00:14:25
39th	16	Philip Coales	Striders of Croydon	MSEN	01:03:23	+00:14:29
40th	216	Ben Stanton	Reigate Priory Athletics Club	MSEN	01:03:26	+00:14:32
41st	89	Geoff Smith	Cambridge Harriers	M40	01:03:40	+00:14:46
42nd	38	Tom Davies	SLOW	M40	01:03:47	+00:14:53
43rd	265	Neil Fenwick	Reigate Priory Athletics Club	M40	01:04:03	+00:15:09
44th	56	Ed Ballard	The state of the s	MSEN	01:04:08	+00:15:14
45th	92	Mark Brown	Crystal Palace Triathletes	M50	01:04:14	
46th		Alex Loftus	Dulwich Runners AC	M40	01:04:17	+00:15:23
47th		Mark Herbert	Ranelagh Harriers	M40	01:04:21	+00:15:27
48th	84	Zoltan Fodor	g	M40	01:04:23	+00:15:29
49th	22	Harry Bennett	Dulwich Runners AC	MSEN	01:04:28	+00:15:34
50th	207	Kevin O'Gallagher	Wimbledon Windmilers	MSEN	01:04:37	
51st	178	Colin Trigg	Stubbington Green Runners	M40	01:04:45	+00:15:51
52nd	303	Mindaugas Lekaveckas	DFOK	MSEN	01:04:48	+00:15:54
53rd	44	Nick Bulloch	2. 3.0	M40	01:04:51	+00:15:57
			Dulwich Runners AC			
54th	209	Eugene Cross	Dulwich Runners AC	M40	01:05:02	+00:16:0

			RESULTS			
Pos	No.	Name	Club	Cat	Time	Behind
55th	152	Edmond Jackson	Ambleside AC	M60	01:05:07	+00:16:13
56th	239	Tom Raftery	Tring RC	M40	01:05:13	+00:16:19
57th	168	Martin Filer	Striders of Croydon	M40	01:05:23	+00:16:29
58th	20	Gareth Tomlinson	Wimbledon Windmilers	M40	01:05:24	+00:16:30
59th	119	Stephen Bass	Reigate Priory Athletics Club	M40	01:05:33	+00:16:39
60th	184	Yordan Kolev	SLOW	MSEN	01:05:38	+00:16:44
61st	90	Chris Beecham	Highgate	M50	01:05:41	+00:16:47
62nd	19	Dan Horton		M40	01:05:45	+00:16:51
63rd	132	James Wright		M50	01:05:46	+00:16:52
64th	251	Ben Cameron	Fulham Running Club	M40	01:05:49	+00:16:55
65th	309	Edijs Veide	DC Vecsalacas United/ERR	MSEN	01:05:55	+00:17:01
66th	37	Thomas Crouch	Tring RC	MSEN	01:06:00	+00:17:06
67th	97	Tom Cumberlege	Crystal Palace Triathletes	M40	01:06:03	+00:17:09
68th	179	Joseph Thompson	Barts	MU23	01:06:06	+00:17:12
69th	125	Timothy Haughton	Fulham Running Club	MSEN	01:06:10	+00:17:16
70th	78	James Freeman		M40	01:06:16	+00:17:22
71st	213	Dimitar Gospodinov	Reading Roadrunners	MSEN	01:06:19	+00:17:25
72nd	99	Philip Whitehouse	Serpentine Running Club	MSEN	01:06:26	+00:17:32
73rd	3	Thomas Robertson	Horsham Joggers	MSEN	01:06:30	+00:17:36
74th	59	Fraser Dawson	Dorking & Mole Valley AC	M50	01:06:31	+00:17:37
75th	74	Jonathan Bennett	Fulham Running Club	MSEN	01:06:36	+00:17:42
76th	100	Nicholas Cooper		M40	01:06:38	+00:17:44
77th	192	Will Longhurst	Cambridge Harriers	M40	01:06:39	+00:17:45
78th	49	Isaac Griffiths	Crystal Palace Triathletes	MSEN	01:06:44	+00:17:50
79th	304	Poppy Wardley	Ambleside AC	WU23	01:06:48	+00:17:54
80th	215	Maxwell Cook		MSEN	01:06:58	+00:18:04
81st	128	Jonathan Derrick	Bishops Stortford RC	MSEN	01:07:08	+00:18:14
82nd	243	Charlotte Cutler	Wimbledon Windmilers	W50	01:07:18	+00:18:24
83rd	51	Owen Jowett		MSEN	01:07:23	+00:18:29
84th	156	Lee McCarthy		MSEN	01:07:25	+00:18:31
85th	85	Lachie Fingland		MSEN	01:07:29	+00:18:35
86th	4	Stephen Jones		M40	01:07:35	+00:18:41
87th	166	Mark Broad		M40	01:07:40	+00:18:46
88th	274	Annie Soper	St George's Hospital AC	WSEN	01:07:45	+00:18:51
89th	176	William Fenwick	Ashington Hirst Running Club	MSEN	01:07:51	+00:18:57
90th	279	Ben Ekbery	St George's Hospital AC	MSEN	01:07:53	+00:18:59
91st	113	Bryher Bowness	Clapham Chasers	WSEN	01:08:08	+00:19:14
92nd	212	Walter Buttery	Barts and The London Running Club	MU23	01:08:10	+00:19:16
93rd	6	Matthew Luck	London City Runners	MSEN	01:08:25	+00:19:31
94th	246	Tony Psge	Reading Road Runners	M50	01:08:36	+00:19:42
95th		Alan Tilling	Spinney Trail Runners	M60	01:08:38	+00:19:44
96th	143	Leo Osborn		M40	01:08:41	+00:19:47
97th	146	Jeremy Bernard		MSEN	01:08:46	+00:19:52
98th	231	Tim Fozzard	Fulham Running Club	MSEN	01:08:48	+00:19:54
99th	129	Andy Perks	Striders of Croydon	M50	01:08:52	+00:19:58
100th	76	Rebecca Di-Luzio	Calder Valley Fell Runners	W40	01:08:56	+00:20:02
101st	60	Justin Siderfin	Dulwich Runners AC	M50	01:09:22	+00:20:28
102nd	126	Crazy Horse	Stubbington Green Runners	M50	01:09:26	+00:20:32
103rd	52	Matt Pickles	Kidlington Running Club	MSEN	01:09:28	+00:20:34
104th	225	Jemima D'Arcy	5 · · · · · · · · · · · · · · · · · · ·	WSEN	01:09:52	+00:20:58
105th	28	Ryan Sutton	SLOW	MSEN	01:09:53	+00:20:59
106th	249	Steven Harris		M40	01:09:59	+00:21:05
107th	233	Sophie McKeeman	Fulham Running Club	WSEN	01:10:03	+00:21:09
108th	139	Jonathan Moscrop	Serpentine Running Club	M50	01:10:09	+00:21:15
100111	100	ochaman woodoop	Sorportano Harring Oldb	IVIOU	01.10.03	. 00.21.10

			RESULTS			
Pos	No.	Name	Club	Cat	Time	Behind
109th	183	Elliot Kortenray		MSEN	01:10:10	+00:21:16
110th	9	Oliver Edwards	SHAEF Shifters	MSEN	01:10:21	+00:21:27
111th	121	Graeme Blair	Crystal Palace Triathletes	M50	01:10:24	+00:21:30
112th	48	David Leithead		M50	01:10:29	+00:21:35
113th	57	Eleanor Wainwright	Clapham Chasers	WSEN	01:10:33	+00:21:39
114th	96	Iain Sheridan	Thames Hare and Hounds	M50	01:10:39	+00:21:45
115th	131	Debbie Pinder	Horsley Shufflers	W40	01:10:43	+00:21:49
116th	153	Dominic Ashton	Runnymede Runners	MSEN	01:10:51	+00:21:57
117th	66	Lizzie Broughton	Ranelagh Harriers	WSEN	01:10:56	+00:22:02
118th	190	Stephen Jones	Crystal Palace Fun Runners	M40	01:11:05	+00:22:11
119th	145	James Burton		M40	01:11:14	+00:22:20
120th	112	Martin Holt	Bexhill Hot Resort	M40	01:11:17	+00:22:23
121st	62	Tilly Woods	Thames Valley Orienteering Club	WSEN	01:11:34	+00:22:40
122nd	151	James Miller		MSEN	01:11:42	+00:22:48
123rd	149	Ewan Burns	Sevenoaks AC	MSEN	01:11:47	+00:22:53
124th	292	Ella Waddingham	Wimbledon Windmilers	W40	01:11:52	+00:22:58
125th	305	James Mcfarlin		M50	01:11:55	+00:23:01
126th	72	Thomas Abbott	Brentwood Running Club	MSEN	01:11:57	+00:23:03
127th	81	Jeremy Greenwood	Reigate Priory Athletics Club	M40	01:11:58	+00:23:04
128th	36	Matthew Coudert		MSEN	01:12:01	+00:23:07
129th	227	Philip Reeves	Wimbledon Windmilers	M40	01:12:16	+00:23:22
130th	24	Jack Prosser	Richmond Canoe Club	M40	01:12:17	+00:23:23
131st	30	Frances Merry		WSEN	01:12:33	+00:23:39
132nd	110	Dexter Bushell		MSEN	01:12:42	+00:23:48
133rd	33	Ian Helm	Cranleigh Runners	M50	01:12:54	+00:24:00
134th	221	Sam Lee-Gill	Richmond Canoe Club	MSEN	01:12:58	+00:24:04
135th	264	Dominic Hayward	Reigate Priory Athletics Club	MSEN	01:13:16	+00:24:22
136th	94	Victoria Crawford	Serpentine Running Club	WSEN	01:13:17	+00:24:23
137th	254	Simon Adams	Wimbledon Windmilers	M50	01:13:19	+00:24:25
138th	223	Stephen Kennefick	Striders of Croydon	M40	01:13:23	+00:24:29
139th	53	William Linton	•	MSEN	01:13:33	+00:24:39
140th	14	Thomas Walker	Richmond Canoe Club	M40	01:13:35	+00:24:41
141st	18	Graeme Hunter		MSEN	01:13:38	+00:24:44
142nd	162	Ian Burks	Reigate Priory Athletics Club	M60	01:13:43	+00:24:49
143rd		Annie Truong	Wimbledon Windmilers	WSEN	01:13:47	+00:24:53
144th		Alex Ribera-Edwards	Barts and The London Running Club	MSEN	01:13:52	+00:24:58
145th	155		Ranelagh Harriers	W40	01:13:54	+00:25:00
146th	95	Will Abson	Richmond Canoe Club	M40	01:13:57	+00:25:03
147th=	277	Hannah Carruthers	St George's Hospital AC	WSEN	01:13:58	+00:25:04
147th=	71	Vaughan Ramsay	Ranelagh Harriers	M50	01:13:58	+00:25:04
149th	26	Giles Bennett	Translagi Transla	M40	01:14:08	+00:25:14
150th	222	Maria Consuelo Kennefick	Striders of Croydon	W50	01:14:52	+00:25:58
151st	98	Katherine Elmore-Jones	Fulham Running Club	W40	01:15:05	+00:26:11
152nd	285	Nicholas Evans	St George's Hospital AC	MSEN	01:15:11	+00:26:17
153rd	15	Elly O'Connell	Richmond Canoe Club	WSEN	01:15:16	+00:26:22
154th	258	Marcin Mazur	Crystal Palace Triathletes	M40	01:15:31	+00:26:37
155th	180	Katherine Walker		W50	01:15:33	+00:26:39
156th	79	Mark Foster	Horsley Shufflers	M50	01:15:33	+00:26:39
157th	79 217		Orion Harrier	MSEN	01:15:43	+00:26:54
158th		Michael Tothill	Onon name	M50		
159th	123		Dulwich Runners AC		01:16:04 01:16:06	+00:27:10
		Hugh Balfour		M60 M40		+00:27:12
160th 161st	67 106	Simon Webster Chris Lawrence	Striders of Croydon	M40 MSEN	01:16:09 01:16:26	+00:27:15 +00:27:32
	106		SLOW			
162nd	204	Alison Wainwright	Dark Peak Fell Runners	W50	01:16:36	+00:27:42

Pos No. Name				RESULTS			
	Pos	No.	Name	Club	Cat	Time	Behind
165th 70	163rd	27	Chris Dyke	Croydon Harriers	M40	01:16:41	+00:27:47
168th	164th	1	Harry Mumford-Turner		MSEN	01:16:47	+00:27:53
167th	165th	70	Martin Fitzsimons	Richmond Canoe Club	M40	01:16:56	+00:28:02
168th 68 Graham Maynard Cambridge Harriers M60 01:17:25 +00:28:31 169th 122 Jarryd Hillhouse Best Athletics M5EN 01:18:03 +00:29:09 179th 135 John F O'Mahony Stiriders of Croydon M40 01:18:10 +00:29:31 179th 135 John F O'Mahony Stiriders of Croydon M40 01:18:10 +00:29:31 179th 257 Andrea Stehikova Thames Hare and Hounds W40 01:18:27 +00:29:38 179th 179th 170 David Carter Royston Runners M5EN 01:19:03 +00:30:30 179th 170 Javid Carter Royston Runners M5EN 01:19:03 +00:30:30 179th 291 Jeremy Knott DRONGO M5EN 01:19:04 +00:30:34 179th 291 Jeremy Knott DRONGO M5EN 01:19:05 +00:30:34 179th 291 Stantotte Adamo Barts and The London Running Club W5EN 01:19:45 +00:30:51 180th 307 Sujan Shrestha Wimbledon Windmillers M40 01:19:54 +00:30:51 181st 105 Ian Emerson Orion Harrier M40 01:19:54 +00:30:51 182th 407 Tervor Ingram Fulham Running Club M60 01:20:57 +00:32:20 185th 14 Jessica Chamberlain London City Runners M5EN 01:20:57 +00:32:20 185th 14 Jessica Chamberlain London City Runners W5EN 01:21:17 +00:32:20 185th 14 Jessica Chamberlain London City Runners W5EN 01:21:17 +00:32:20 185th 24 Nayana Jain Barts and The London Running Club W5EN 01:21:17 +00:32:20 185th 25 Clare Fowler Ranelagh Harriers W6EN 01:21:18 +00:32:34 185th 26 Clare Fowler Ranelagh Harriers W6EN 01:21:18 +00:32:34 185th 27 Nathew Long London City Runners W5EN 01:21:17 +00:32:23 185th 28 Steve Wickham Barts and The London Running Club W5EN 01:21:18 +00:32:34 185th 29 Nathew Long London City Runners W5EN 01:21:33 +00:32:34 185th 20 Craig Howard Harcules Wimbledon AC M40 01:21:34 +00:32:34 185th 20 Clare Fowler Ranelagh Harriers W6EN 01:22:34 +00:32:34 195th 28 Steve Wickham Bexhill Hot Resort M50 01:22:27 +00:33	166th	263	Ally Whitlock	Striders of Croydon	W40	01:16:59	+00:28:05
169th 122	167th	267	Claire Boynton	Wimbledon Windmilers	WSEN	01:17:01	+00:28:07
170th	168th	68	Graham Maynard	Cambridge Harriers	M60	01:17:25	+00:28:31
171st 50	169th	122	Jarryd Hillhouse	Best Athletics	MSEN	01:18:03	+00:29:09
172nd 257 Andrea Stehlikova Thames Hare and Hounds W40 01:18:32 -00:29:38 173rd 43 Marian Elliot WSEN 01:18:42 -00:29:48 174th 171 David Carter Royston Runners MSEN 01:19:07 +00:30:13 175th 234 Izzy Mckeeman Use Michael WSEN 01:19:07 +00:30:13 177th 231 Jerremy Knott DRONGO MSEN 01:19:49 +00:30:46 178th 47 Tarbo Fukazawa Cambridge Harriers MSEN 01:19:45 +00:30:48 179th 219 Chariotte Adamo Barts and The London Running Club WSEN 01:19:45 +00:31:02 181st 105 Ian Emerson Orion Harrier M40 01:20:18 +00:31:02 182rd 187 Stuart Williams Crystal Palace Triathletes M50 01:20:21 +00:31:02 182rd 197 Matthew Long London City Runners WSEN 01:22:01 +00:31:02 182rd <td>170th</td> <td>195</td> <td>John F O'Mahony</td> <td>Striders of Croydon</td> <td>M40</td> <td>01:18:10</td> <td>+00:29:16</td>	170th	195	John F O'Mahony	Striders of Croydon	M40	01:18:10	+00:29:16
173rd 43 Marian Elliot WSEN O1:18:42 +00.29:48 +00.29:48 174 hr 171 David Carter Royston Runners MSEN O1:19:03 +00.30:09 +00.30:013 +00.30:03	171st	50	Ed Clark	Bexhill Hot Resort	M50	01:18:27	+00:29:33
174th 171 David Carter Royston Runners MSEN 01:19:03 +00:30:09 175th 234 Izzy Mickeeman WSEN 01:19:07 +00:30:13 176th 241 Laura Vincent Dulwich Runners AC W40 01:19:22 +00:30:30:48 177th 291 Jeremy Knott DRONGO MSEN 01:19:42 +00:30:48 178th 47 Tarbo Fukazawa Cambridge Harriers MSEN 01:19:54 +00:30:48 180th 37 Sujan Shreesha Wimbledon Windmilers M40 01:19:54 +00:31:32 181st 105 Ian Emerson Orion Harrier M40 01:20:26 +00:31:32 182nd 187 Stuart Williams Crystal Palace Triathletes M50 01:20:23 +00:31:32 183rd 187 Hart London City Runners MSEN 01:20:24 +00:31:32 185th 114 Jessica Davies Thames Hare and Hounds WSEN 01:21:17 +00:32:23 187th 2	172nd	257	Andrea Stehlikova	Thames Hare and Hounds	W40		
175th 234 Laura Vincent	173rd	43	Marian Elliot		WSEN	01:18:42	+00:29:48
176th 241	174th	171	David Carter	Royston Runners	MSEN	01:19:03	+00:30:09
177th 291 Jeremy Knott DRONGO MSEN 01:19:40 +00:30:46 178th 47 Tarbo Fukazawa Cambridge Harriers MSEN 01:19:42 +00:30:48 179th 219 Charlotte Adamo Barts and The London Running Club WSEN 01:19:45 +00:30:51 180th 307 Sujan Shrestha Wimbledon Windmillers M40 01:20:18 +00:31:12 182nd 187 Stuart Williams Crystal Palace Triathletes M50 01:20:34 +00:31:32 183rd 297 Matthew Long London City Runners MSEN 01:20:34 +00:31:40 183rd 297 Matthew Long London City Runners WSEN 01:20:34 +00:31:40 188th 114 Jessica Chamberlain London City Runners WSEN 01:20:34 +00:31:40 186th 58 Jessica Davies Thames Hare and Hounds WSEN 01:21:11 +00:32:23 187th 242 Nayana Jain Barts and The London Running Club WSEN 01:21:18 +00:32:24 188th 39 Nicola Adams SLOW W40 01:21:38 +00:32:34 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:33 +00:32:37 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:32:34 191th 256 Madelaine Parmar St George's Hospital AC WU23 01:22:07 +00:33:11 196th 238 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:11 196th 238 Kleite McCarthy St George's Hospital AC WU23 01:22:07 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:17 +00:33:31 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:17 +00:33:31 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:32 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:32 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:32 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:32 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:32 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:35 +00:33:	175th	234	Izzy Mckeeman		WSEN	01:19:07	+00:30:13
178th 47	176th	241	Laura Vincent	Dulwich Runners AC	W40	01:19:28	+00:30:34
179th 219 Charlotte Adamo Barts and The London Running Club WSEN 01:19:45 +00:30:51	177th	291	Jeremy Knott	DRONGO	MSEN	01:19:40	+00:30:46
180th 307 Sujan Shrestha Wimbledon Windmillers M40 01:19:54 +00:31:00 181st 105 Ian Emerson Orion Harrier M40 01:20:18 +00:31:24 +00:31:24 182nd 187 Stuart Williams Crystal Palace Triathletes M50 01:20:26 +00:31:34 183rd 297 Matthew Long London City Runners MSEN 01:20:37 +00:32:03 185th 114 Jessica Chamberlain London City Runners WSEN 01:21:01 +00:32:07 186th 58 Jessica Davies Thames Hare and Hounds WSEN 01:21:17 +00:32:03 187th 242 Nayana Jain Barts and The London Running Club WSEN 01:21:18 +00:32:24 188th 39 Nicola Adams SLOW W40 01:21:38 +00:32:34 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:31 +00:32:37 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:31 +00:32:43 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:35 +00:33:01 193rd 288 Kate McCarthy St George's Hospital AC W123 01:22:07 +00:33:14 195th 235 Ellen Cameron Eschiel Hot Resort M50 01:22:15 +00:33:14 195th 235 Ellen Cameron W5EN 01:22:17 +00:33:15 199th 175 Ali Monteiro Crystal Palace Fun Runners M50 01:22:27 +00:33:34 199th 175 Ali Monteiro Crystal Palace Fun Runners M50 01:22:29 +00:33:48 201th 148 Sally Bovill Wimbledon Windmillers W5EN 01:22:38 +00:34:48 201th 148 Sally Bovill Wimbledon Windmillers W5EN 01:22:38 +00:34:03 200th 124 Simon Clarkson SLOW M50 01:22:39 +00:34:38 200th 126 Stram Bailey M60 01:24:15 +00:35:15 200th 138 Fredi Giliberti Garden City Runners M5EN 01:22:39 +00:35:15 200th 138 Fredi Giliberti Garden City Runners M5EN 01:24:39 +00:35:15 200th 138 Fredi Giliberti Garden City Runners M5EN 01:24:39 +00:35:15 200th 138 Fredi Giliberti Garden City Runners M5EN 01:24:37 +00:35:25 200th 138 Fredi Giliberti Garden City Runners M5EN 01:24:37 +00:35:25 200th 138 Fred	178th	47	Tarbo Fukazawa	Cambridge Harriers	MSEN	01:19:42	+00:30:48
181st 105 Ian Emerson Orion Harrier M40 01:20:18 +00:31:24 182nd 187 Stuart Williams Crystal Palace Triathletes M50 01:20:26 +00:31:32 183rd 297 Matthew Long London City Runners MSEN 01:20:34 +00:31:40 185th 114 Jessica Chambertain London City Runners WSEN 01:21:01 +00:32:03 186th 58 Jessica Davies Thames Hare and Hounds WSEN 01:21:17 +00:32:03 187th 242 Nayana Jain Barts and The London Running Club WSEN 01:21:18 +00:32:24 188th 39 Nicola Adams SLOW W40 01:21:38 +00:32:33 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:33 +00:32:33 199th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:32:33 199th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:3	179th	219	Charlotte Adamo	Barts and The London Running Club	WSEN	01:19:45	+00:30:51
182nd 187 Stuart Williams Crystal Palace Triathletes M50 01:20:26 +00:31:32 183rd 297 Matthew Long London City Runners MSEN 01:20:34 +00:31:40 185th 611 Trevor Ingram Fulham Running Club M40 01:20:57 +00:32:07 186th 58 Jessica Davies Thames Hare and Hounds WSEN 01:21:17 +00:32:03 187th 242 Nayana Jain Barts and The London Running Club WSEN 01:21:18 +00:32:24 188th 39 Nicola Adams SLOW W40 01:21:31 +00:32:37 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:32:33 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:36 +00:32:31 192rd 170 James Bishop Bexhill Hot Resort M40 01:22:36 +00:33:13 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13	180th	307	Sujan Shrestha	Wimbledon Windmilers	M40	01:19:54	+00:31:00
183rd 297 Matthew Long London City Runners MSEN 01:20:34 +00:31:40 184th 61 Trevor Ingram Fulham Running Club M40 01:20:57 +00:32:03 185th 114 Jessica Chamberlain London City Runners WSEN 01:21:01 +00:32:03 185th 114 Jessica Davies Thames Hare and Hounds WSEN 01:21:17 +00:32:03 187th 242 Nayana Jain Barts and The London Running Club WSEN 01:21:18 +00:32:24 188th 39 Nicola Adams SLOW W40 01:21:28 +00:32:34 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:31 +00:32:37 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:32:34 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:35 +00:33:39 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:55 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:07 +00:33:13 195th 208 Steve Wickham Bexhill Hot Resort M60 01:22:15 +00:33:31 195th 208 Steve Wickham Bexhill Hot Resort M60 01:22:27 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:29 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:29 +00:33:33 199th 175 Ali Monteiro SLOW M50 01:22:25 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 203rd 101 Tammy Caryer W40 01:23:51 +00:34:38 205th 5 Nigel Davison M50 01:24:05 +00:35:51 207th 138 Fredi Giliberti Garden City Runners M40 01:23:52 +00:35:51 207th 138 Fredi Giliberti Garden City Runners M50 01:24:15 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:39 +00:35:43 210th 136 Rick Ansell Tring RC M60 01:24:39 +00:35:43 210th 136 Rick Ansell Tring RC M60 01:24:39 +00:35:43	181st	105	Ian Emerson	Orion Harrier	M40	01:20:18	+00:31:24
184th 61 Trevor Ingram Fulham Running Club M40 01:20:57 +00:32:03 185th 114 Jessica Chamberlain London City Runners WSEN 01:21:01 +00:32:23 186th 58 Jessica Davies Thames Hare and Hounds WSEN 01:21:18 +00:32:24 188th 39 Nicola Adams SLOW W40 01:21:18 +00:32:33 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:33 +00:32:32 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:36 +00:32:42 192nd 170 James Bishop Bexhill Hot Resort M40 01:21:36 +00:32:42 192nd 170 James Bishop Bexhill Hot Resort M40 01:22:07 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:09 +00:33:31 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:10 +00:33:21 </td <td>182nd</td> <td>187</td> <td>Stuart Williams</td> <td>Crystal Palace Triathletes</td> <td>M50</td> <td>01:20:26</td> <td>+00:31:32</td>	182nd	187	Stuart Williams	Crystal Palace Triathletes	M50	01:20:26	+00:31:32
185th 114 Jessica Chamberlain London City Runners WSEN 01:21:01 +00:32:07 186th 58 Jessica Davies Thames Hare and Hounds WSEN 01:21:17 +00:32:23 187th 242 Nayana Jain Barts and The London Running Club WSEN 01:21:28 +00:32:34 188th 39 Nicola Adams SLOW W40 01:21:28 +00:32:34 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:33 +00:32:39 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:33 +00:32:32 192td 170 James Bishop Bexhill Hot Resort M40 01:21:35 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:07 +00:33:13 195th 295 Ellen Cameron WSEN 01:22:17 +00:33:14	183rd	297	Matthew Long	London City Runners	MSEN	01:20:34	+00:31:40
186th 58 Jessica Davies Thames Hare and Hounds WSEN 01:21:17 +00:32:23 187th 242 Nayana Jain Barts and The London Running Club WSEN 01:21:18 +00:32:24 188th 39 Nicola Adams SLOW W40 01:21:28 +00:32:34 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:31 +00:32:37 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:32:39 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:36 +00:32:32 192nd 170 James Bishop Bexhill Hot Resort M40 01:22:07 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:15 +00:33:13 195th 208 Steve Wickham Bexhill Hot Resort M60 01:22:15 +00:33:	184th	61	Trevor Ingram	Fulham Running Club	M40	01:20:57	+00:32:03
187th 242 Nayana Jain Barts and The London Running Club WSEN 01:21:18 +00:32:24 188th 39 Nicola Adams SLOW W40 01:21:28 +00:32:34 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:33 +00:32:33 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:32:39 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:35 +00:32:42 192nd 170 James Bishop Bexhill Hor Resort M40 01:22:07 +00:33:13 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:08 +00:33:13 195th 205 Steve Wickham Bexhill Hot Resort M60 01:22:17 +00:33:31 195th 218 Robin Holmes M50 01:22:17 +00:33:35 199	185th	114	Jessica Chamberlain	London City Runners	WSEN	01:21:01	+00:32:07
188th 39 Nicola Adams SLOW W40 01:21:28 +00:32:34 189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:31 +00:32:37 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:36 +00:32:42 192nd 170 James Bishop Bexhill Hot Resort M40 01:21:55 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:08 +00:33:14 195th 235 Ellen Cameron WSEN 01:22:10 +00:33:13 195th 208 Steve Wickham Bexhill Hot Resort M60 01:22:21 +00:33:03 198th 80 Mary-Ann Foxwell M50 01:22:22 +00:33:03 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:42 +00:33:36 200th 124	186th	58	Jessica Davies	Thames Hare and Hounds	WSEN	01:21:17	+00:32:23
189th 40 Jon Payn Reigate Priory Athletics Club M40 01:21:31 +00:32:37 190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:32:39 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:35 +00:32:42 192nd 170 James Bishop Bexhill Hot Resort M40 01:22:55 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 195th 235 Ellen Cameron WSEN 01:22:10 +00:33:16 195th 208 Stew Wickham Bexhill Hot Resort M60 01:22:15 +00:33:13 195th 208 Stew Wickham Bexhill Hot Resort M60 01:22:27 +00:33:13 195th 208 Stew Wickham Bexhill Hot Resort M60 01:22:27 +00:33:16 195th 208 Stew Wickham Bexhill Hot Resort M60 01:22:29 +00:33:31 195th	187th	242	Nayana Jain	Barts and The London Running Club	WSEN	01:21:18	+00:32:24
190th 202 Craig Howard Hercules Wimbledon AC M40 01:21:33 +00:32:39 191st 54 Clare Fowler Ranelagh Harriers W40 01:21:36 +00:32:42 192nd 170 James Bishop Bexhill Hot Resort M40 01:21:55 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:08 +00:33:16 195th 235 Ellen Cameron WSEN 01:22:10 +00:33:16 196th 208 Steve Wickham Bexhill Hot Resort M60 01:22:10 +00:33:31 197th 218 Robin Holmes M50 01:22:27 +00:33:33 198th 80 Mary-Ann Foxwell W50 01:22:29 +00:33:36 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:30 +00:33:36 200th 124 Simon Clarkson	188th	39	Nicola Adams	SLOW	W40	01:21:28	+00:32:34
191st 54 Clare Fowler Ranelagh Harriers W40 01:21:36 +00:32:42 192nd 170 James Bishop Bexhill Hot Resort M40 01:21:55 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:08 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:08 +00:33:14 195th 235 Ellen Cameron WSEN 01:22:10 +00:33:16 196th 208 Steve Wickham Bexhill Hot Resort M60 01:22:15 +00:33:31 198th 80 Mary-Ann Foxwell M50 01:22:27 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:29 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:29 +00:33:33 200th 124 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 203rd <td< td=""><td>189th</td><td>40</td><td>Jon Payn</td><td>Reigate Priory Athletics Club</td><td>M40</td><td>01:21:31</td><td>+00:32:37</td></td<>	189th	40	Jon Payn	Reigate Priory Athletics Club	M40	01:21:31	+00:32:37
192nd 170 James Bishop Bexhill Hot Resort M40 01:21:55 +00:33:01 193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:08 +00:33:14 195th 235 Ellen Cameron WSEN 01:22:15 +00:33:16 196th 208 Steve Wickham Bexhill Hot Resort M60 01:22:15 +00:33:21 197th 218 Robin Holmes M50 01:22:27 +00:33:33 198th 80 Mary-Ann Foxwell W50 01:22:29 +00:33:33 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:20 +00:33:33 199th 175 Ali Monteiro SLOW M50 01:22:42 +00:33:36 200th 124 Saily Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:04 203rd 101 Tammy Caryer W40 </td <td>190th</td> <td>202</td> <td>Craig Howard</td> <td>Hercules Wimbledon AC</td> <td>M40</td> <td>01:21:33</td> <td>+00:32:39</td>	190th	202	Craig Howard	Hercules Wimbledon AC	M40	01:21:33	+00:32:39
193rd 288 Katie McCarthy St George's Hospital AC WU23 01:22:07 +00:33:13 194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:08 +00:33:14 195th 235 Ellen Cameron WSEN 01:22:15 +00:33:16 196th 208 Steve Wickham Bexhill Hot Resort M60 01:22:15 +00:33:31 197th 218 Robin Holmes M50 01:22:27 +00:33:33 198th 80 Mary-Ann Foxwell W50 01:22:29 +00:33:35 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:30 +00:33:36 200th 124 Simon Clarkson SLOW M50 01:22:42 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:40 202nd 75 John Manning Tring RC M70 01:23:51 +00:34:04 203rd 101 Tammy Caryer W40	191st	54	Clare Fowler	Ranelagh Harriers	W40	01:21:36	+00:32:42
194th 286 Madelaine Parmar St George's Hospital AC WU23 01:22:08 +00:33:14 195th 235 Ellen Cameron WSEN 01:22:10 +00:33:16 196th 208 Steve Wickham Bexhill Hot Resort M60 01:22:15 +00:33:21 197th 218 Robin Holmes M50 01:22:27 +00:33:33 198th 80 Mary-Ann Foxwell W50 01:22:29 +00:33:35 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:30 +00:33:36 200th 124 Simon Clarkson SLOW M50 01:22:42 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:40 202nd 75 John Manning Tring RC M70 01:22:58 +00:34:04 203rd 101 Tammy Caryer W40 01:23:30 +00:34:04 204th 276 Nigel Davison M60 01:24:35 +00:34:38<	192nd	170	James Bishop	Bexhill Hot Resort	M40	01:21:55	+00:33:01
195th 235 Ellen Cameron WSEN 01:22:10 +00:33:16 196th 208 Steve Wickham Bexhill Hot Resort M60 01:22:15 +00:33:21 197th 218 Robin Holmes M50 01:22:27 +00:33:33 198th 80 Mary-Ann Foxwell W50 01:22:29 +00:33:35 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:30 +00:33:36 200th 124 Simon Clarkson SLOW M50 01:22:42 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 202nd 75 John Manning Tring RC M70 01:22:55 +00:34:01 203rd 101 Tammy Caryer W40 01:23:01 +00:34:04 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:24:05 +00:35:31	193rd	288	Katie McCarthy	St George's Hospital AC	WU23	01:22:07	+00:33:13
196th 208 Steve Wickham Bexhill Hot Resort M60 01:22:15 +00:33:21 197th 218 Robin Holmes M50 01:22:27 +00:33:33 198th 80 Mary-Ann Foxwell W50 01:22:29 +00:33:35 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:30 +00:33:36 200th 124 Simon Clarkson SLOW M50 01:22:42 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 202nd 75 John Manning Tring RC M70 01:22:58 +00:34:04 203rd 101 Tammy Caryer W40 01:23:01 +00:34:07 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24	194th	286	Madelaine Parmar	St George's Hospital AC	WU23	01:22:08	+00:33:14
197th 218 Robin Holmes M50 01:22:27 +00:33:33 198th 80 Mary-Ann Foxwell W50 01:22:29 +00:33:35 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:30 +00:33:36 200th 124 Simon Clarkson SLOW M50 01:22:42 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 202nd 75 John Manning Tring RC M70 01:22:58 +00:34:04 203rd 101 Tammy Caryer W40 01:23:01 +00:34:07 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:23:32 +00:34:38 205th 5 Nigel Davison MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:25	195th	235	Ellen Cameron		WSEN	01:22:10	+00:33:16
198th 80 Mary-Ann Foxwell W50 01:22:29 +00:33:35 199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:30 +00:33:36 200th 124 Simon Clarkson SLOW M50 01:22:42 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 202nd 75 John Manning Tring RC M70 01:22:58 +00:34:04 203rd 101 Tammy Caryer W40 01:23:01 +00:34:07 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:23:53 +00:34:59 206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Gilliberti Garden City Runners M40 01:24:15 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29	196th	208	Steve Wickham	Bexhill Hot Resort	M60	01:22:15	+00:33:21
199th 175 Ali Monteiro Crystal Palace Fun Runners MSEN 01:22:30 +00:33:36 200th 124 Simon Clarkson SLOW M50 01:22:42 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 202nd 75 John Manning Tring RC M70 01:22:58 +00:34:04 203rd 101 Tammy Caryer W40 01:23:01 +00:34:07 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:23:53 +00:34:59 206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37	197th	218	Robin Holmes		M50	01:22:27	+00:33:33
200th 124 Simon Clarkson SLOW M50 01:22:42 +00:33:48 201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 202nd 75 John Manning Tring RC M70 01:22:58 +00:34:04 203rd 101 Tammy Caryer W40 01:23:01 +00:34:07 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:23:53 +00:34:59 206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:21 208th 158 Graham Bailey M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 21th 302 Nia Brvan WSEN 01:24:38 +00:35:44 21th <	198th	80	Mary-Ann Foxwell		W50	01:22:29	+00:33:35
201st 148 Sally Bovill Wimbledon Windmilers WSEN 01:22:55 +00:34:01 202nd 75 John Manning Tring RC M70 01:22:58 +00:34:04 203rd 101 Tammy Caryer W40 01:23:01 +00:34:07 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:23:53 +00:34:59 206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:21 208th 158 Graham Bailey M60 01:24:19 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:43 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 21th 302 Nia Brvan WSEN 01:24:34 +00:35:45 213th	199th	175	Ali Monteiro	Crystal Palace Fun Runners	MSEN	01:22:30	+00:33:36
202nd 75 John Manning Tring RC M70 01:22:58 +00:34:04 203rd 101 Tammy Caryer W40 01:23:01 +00:34:07 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:23:53 +00:34:59 206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:21 208th 158 Graham Bailey M40 01:24:19 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 21th 302 Nia Brvan WSEN 01:24:38 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass<	200th	124	Simon Clarkson	SLOW	M50	01:22:42	+00:33:48
203rd 101 Tammy Caryer W40 01:23:01 +00:34:07 204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:23:53 +00:34:59 206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:21 208th 158 Graham Bailey M40 01:24:19 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02	201st	148	Sally Bovill	Wimbledon Windmilers	WSEN	01:22:55	+00:34:01
204th 276 Niamh Healy St George's Hospital AC WSEN 01:23:32 +00:34:38 205th 5 Nigel Davison M40 01:23:53 +00:34:59 206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:21 208th 158 Graham Bailey M40 01:24:19 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25 <td>202nd</td> <td>75</td> <td>John Manning</td> <td>Tring RC</td> <td>M70</td> <td>01:22:58</td> <td>+00:34:04</td>	202nd	75	John Manning	Tring RC	M70	01:22:58	+00:34:04
205th 5 Nigel Davison M40 01:23:53 +00:34:59 206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:21 208th 158 Graham Bailey M40 01:24:19 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:39 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	203rd	101	Tammy Caryer		W40	01:23:01	+00:34:07
206th 210 Chris Burns MSEN 01:24:05 +00:35:11 207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:21 208th 158 Graham Bailey M40 01:24:19 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	204th	276	Niamh Healy	St George's Hospital AC	WSEN	01:23:32	+00:34:38
207th 138 Fredi Giliberti Garden City Runners M40 01:24:15 +00:35:21 208th 158 Graham Bailey M40 01:24:19 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	205th	5	Nigel Davison		M40	01:23:53	+00:34:59
208th 158 Graham Bailey M40 01:24:19 +00:35:25 209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	206th	210	Chris Burns		MSEN	01:24:05	+00:35:11
209th 69 Rick Ansell Tring RC M60 01:24:29 +00:35:35 210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	207th	138	Fredi Giliberti	Garden City Runners	M40	01:24:15	+00:35:21
210th 109 Eli Bellezza MSEN 01:24:37 +00:35:43 211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	208th	158	Graham Bailey		M40	01:24:19	+00:35:25
211th 302 Nia Brvan WSEN 01:24:38 +00:35:44 212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	209th	69	Rick Ansell	Tring RC	M60	01:24:29	+00:35:35
212th 55 Aisling Murray London City Runners WSEN 01:24:39 +00:35:45 213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	210th	109	Eli Bellezza		MSEN	01:24:37	+00:35:43
213th 185 Michael Dooley M60 01:24:41 +00:35:47 214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	211th	302	Nia Brvan		WSEN	01:24:38	+00:35:44
214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	212th	55	Aisling Murray	London City Runners	WSEN	01:24:39	+00:35:45
214th 136 Tim Malpass Deal Tri M50 01:24:56 +00:36:02 215th 103 Andy Walton M40 01:25:19 +00:36:25	213th	185	Michael Dooley		M60	01:24:41	+00:35:47
215th 103 Andy Walton M40 01:25:19 +00:36:25	214th	136		Deal Tri	M50	01:24:56	+00:36:02
	215th				M40	01:25:19	+00:36:25
	216th	134	Gemma Dracup		WSEN	01:25:20	+00:36:26

			RESULTS			
Pos	No.	Name	Club	Cat	Time	Behind
217th	299	Tom Newman	West 4 Harriers	M40	01:25:22	+00:36:28
218th	86	Sarah Holland		WSEN	01:25:32	+00:36:38
219th	45	James Farthing	YDYR	M40	01:25:59	+00:37:05
220th	135	Colin Jackson	Bexhill Hot Resort	M60	01:26:18	+00:37:24
221st	17	Elaine Battson	Victoria Park Harriers and Tower Hamlets AC	W50	01:26:28	+00:37:34
222nd	102	Chris Hutton		M40	01:26:48	+00:37:54
223rd	193	Sandra Arias		WSEN	01:26:51	+00:37:57
224th	280	Anna Gardner	St George's Hospital AC	WSEN	01:26:54	+00:38:00
225th	226	Andrew Cook		M50	01:27:11	+00:38:17
226th	198	Sean Sullivan	West Anglia Orienteering Club	MSEN	01:27:53	+00:38:59
227th	35	Kenneth MacLeod	London Frontrunners	M50	01:28:18	+00:39:24
228th	115	Ian Hews		M50	01:28:21	+00:39:27
229th	77	Tim Wright		M50	01:28:45	+00:39:51
230th	31	John Hobson	Ranelagh Harriers	M50	01:28:48	+00:39:54
231st	177	Helen Rhodes	Royston Runners	WSEN	01:29:19	+00:40:25
232nd	159	Daniel McCarthy		MSEN	01:29:31	+00:40:37
233rd	294	Karen Lyons	Orion Harrier	W50	01:30:36	+00:41:42
234th	284	Vanessa Mocanu	St George's Hospital AC	WSEN	01:30:40	+00:41:46
235th	211	Dave Cahill		MSEN	01:30:42	+00:41:48
236th	266	Paul Terrett	Tring RC	M60	01:30:56	+00:42:02
237th	236	Gemma Halliday	Striders of Croydon	W40	01:30:59	+00:42:05
238th	282	Amy Evans	St George's Hospital AC	WU23	01:31:29	+00:42:35
239th	87	Matthew Lawley		M40	01:32:14	+00:43:20
240th	64	Mike Farmery	Thames Hare and Hounds	M70	01:32:18	+00:43:24
241st	306	Grace Mote	70aks Tri Club	WSEN	01:32:58	+00:44:04
242nd	88	Bruce Gardiner		M50	01:33:16	+00:44:22
243rd	205	Charles Leonard	Wimbledon Windmilers	M50	01:33:22	+00:44:28
244th	272	Victoria Foster	St George's Hospital AC	WSEN	01:33:24	+00:44:30
245th	182	Brian Povey		M50	01:33:28	+00:44:34
246th	46	Martin Smith	YDYR	M50	01:34:55	+00:46:01
247th	150	Louisa Smith		WSEN	01:35:14	+00:46:20
248th	160	Joe Batey		MSEN	01:35:57	+00:47:03
249th	191	Ricardo Motti	Ranelagh Harriers	M40	01:36:42	+00:47:48
250th	189	Claire Morgan	Wimbledon Windmilers	W60	01:39:02	+00:50:08
251st	137	Christina Saltmarsh		W50	01:39:49	+00:50:55
252nd	82	Chris Taylor	SLOW	M40	01:40:11	+00:51:17
253rd	269	Amy Carter		WSEN	01:41:14	+00:52:20
254th	201	Karen Beazeley	Springfield Striders	W40	01:42:15	+00:53:21
255th	281	Gemma Carruthers	St George's Hospital AC	W50	01:43:22	+00:54:28
256th	260	Valerie Place	70aks Tri Club	W60	01:50:48	+01:01:54
257th	107	Jane McTaggart		W50	01:50:50	+01:01:56
258th	13	Wonil Son		MSEN	02:12:12	+01:23:18
259th	262	Alex Flockhart	Richmond Canoe Club	M40	02:31:21	+01:42:27