January 18, 2025 RESULTS

ML	MU23						
Pos	No.	Name	Club	Cat	Time	Behind	
1st	276	Cameron White	Cheltenham and County Harriers	MU23	01:10:39		
2nd	129	Sam Clark	Cajacolina	MU23	01:24:01	+00:13:22	
3rd	136	Tommy Japes	Barts and The London Running Club	MU23	01:33:11	+00:22:32	

January 18, 2025

#### **MSEN**

RESULTS

Pos	No.	Name	Club	Cat	Time	Behin
1st	45	Ross Macdonald	Ranelagh Harriers	MSEN	00:59:01	
2nd	86	William Bourne	Clapham Chasers	MSEN	00:59:06	+00:00:0
3rd	269	Rob Corney	Reading Roadrunners	MSEN	00:59:07	+00:00:0
4th	132	Marcus Shantry	Headington Road Runners	MSEN	00:59:32	+00:00:3
5th	74	Andrew Barrington	Victoria Park Harriers and Tower Hamlets AC	MSEN	00:59:43	+00:00:4
6th	194	James Hoad	Thames Hare and Hounds	MSEN	00:59:47	+00:00:4
7th	244	Max Wainwright	Matlock AC	MSEN	01:00:30	+00:01:2
8th	154	Jon Phillips	Dulwich Runners AC	MSEN	01:00:42	+00:01:4
9th	116	Bryan Dooley	Barge Piemont Atletica	MSEN	01:00:50	+00:01:4
10th	26	William Caruana	Mole Valley Orienteers	MSEN	01:00:56	+00:01:5
11th	3	Jack Lancefield	Thames Hare and Hounds	MSEN	01:01:04	+00:02:0
12th	101	Matt Poole	Clapham Chasers	MSEN	01:01:07	+00:02:0
13th	111	Murray Humphrey	Dulwich Runners AC		01:02:26	
		James Brown	St George's Hospital AC		01:02:38	
		Sebastian Slater	Dark Peak Fell Runners		01:03:13	
		Shane Williams			01:04:03	
17th			Stridere of Crovdon		01:04:05	
		Philip Coales	Striders of Croydon Dulwich Runners AC			
		Matthew Trueman			01:04:20	
		Connor O'Pray	Headington Road Runners		01:04:21	
20th		Matt Mason	Horsham Joggers		01:04:42	
21st		Jack Bagness	Clapham Chasers		01:04:44	
		Ben Stanton	Reigate Priory Athletics Club		01:04:51	
23rd	124	lan Whiteford		MSEN	01:04:54	+00:05:5
24th	75	Dominic Ashton	Headington Road Runners	MSEN	01:05:11	+00:06:1
25th	7	Harry Madgwick Lawton	Striders of Croydon	MSEN	01:05:25	+00:06:2
26th	130	Tom Dobra	Headington Road Runners	MSEN	01:05:27	+00:06:2
27th	131	Luke Parker	Oxford University Cross Country	MSEN	01:06:05	+00:07:0
28th	259	James Whibberley		MSEN	01:06:48	+00:07:4
29th	36	James Bell	Thames Hare and Hounds	MSEN	01:07:02	+00:08:0
30th	252	Ronan Loftus	Valley Striders	MSEN	01:07:37	+00:08:3
31st	90	Lee McCarthy		MSEN	01:08:17	+00:09:1
		Alex Wright	Reigate Priory Athletics Club	MSEN	01:08:39	+00:09:3
33rd		Joseph Thompson	Barts and The London Running Club		01:08:46	
34th		Thomas Robertson	Horsham Joggers		01:08:48	
		Dudley Powell	Brighton Phoenix		01:09:39	
		Gerard Riordan	Clapham Chasers		01:09:43	
		Chris Lawrence	SLOW		01:09:47	
			SEOW		01:10:09	
		George MacDonald	Landan Frankriger			
		Andrew Doyle	London Frontrunners		01:10:15	
		Peter Hellawell	Headington Road Runners		01:10:44	
		Joe Hook			01:10:54	
		Darren Cartwright	Crystal Palace Triathletes		01:11:07	
		Alexander Vanstone	Fulham Running Club		01:11:11	
44th	119	Mark Walkem	Fulham Running Club	MSEN	01:11:13	+00:12:1
45th	185	Timothy Haughton	Fulham Running Club	MSEN	01:11:22	+00:12:2
46th	207	Marcus Forsman		MSEN	01:11:34	+00:12:3
47th	41	Paul Wateridge		MSEN	01:12:05	+00:13:0
48th	1	John Claro		MSEN	01:12:23	+00:13:2
49th	165	Tom Sharpe	Richmond Canoe Club	MSEN	01:12:25	+00:13:2
50th	97	Ryan Sutton	Ambleside AC	MSEN	01:12:26	+00:13:2
		Dan Walker			01:13:32	
		Tom Raven	West 4 Harriers		01:13:44	
		Sam Lee-Gill	Richmond Canoe Club		01:14:33	
		Thomas Readman	Tunbridge Wells Triathlon Club		01:14:45	
		Matt Pickles	-			
55th			Kidlington Running Club		01:15:04	
		James Downie	Keswick AC		01:15:21	
		George Holroyd	Thames Hare and Hounds		01:15:25	
		Ralph Rutherford Steggall			01:15:28	
59th	181	Andy Phillips	Haslemere Border AC	MSEN	01:16:17	+00:17:1

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January 18, 2025 RESULTS

### **MSEN**

Pos	No.	Name	Club	Cat	Time	Behind
60th	15	Matthew Coudert	London Heathside	MSEN	01:16:32	+00:17:31
61st	57	James Cust		MSEN	01:18:16	+00:19:15
62nd	89	Matteo Riz		MSEN	01:19:28	+00:20:27
63rd	220	Austen Lo	St George's Hospital AC	MSEN	01:22:07	+00:23:06
64th	40	Christopher Waite	SLOW	MSEN	01:22:13	+00:23:12
65th	201	Alex Austrums		MSEN	01:26:05	+00:27:04
66th	215	Sam Cunningham	St George's Hospital AC	MSEN	01:26:23	+00:27:22
67th	100	Bradley Van Benthem		MSEN	01:26:30	+00:27:29
68th	217	Nicolas De La Rocua	St George's Hospital AC	MSEN	01:27:11	+00:28:10
69th	226	Sam Austrums		MSEN	01:29:06	+00:30:05
70th	176	Arthur Mukombero	London City Runners	MSEN	01:32:59	+00:33:58
71st	71	Sean Sullivan	West Anglia Orienteering Club	MSEN	01:33:53	+00:34:52
72nd	243	Joshua Lockhart		MSEN	01:36:25	+00:37:24
73rd	245	Dominic Britton	Barts and The London Running Club	MSEN	01:39:46	+00:40:45
74th	33	Daniel Huxley	SLOW	MSEN	01:44:34	+00:45:33

January 18, 2025 RESULTS

#### M40

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Pos	No.	Name	Club	Cat	Time	Behind
1st	260	Pat Wright	Dorking & Mole Valley AC	M40	00:59:39	
2nd	273	lan Hewitt	Headington Road Runners	M40	01:00:44	+00:01:05
3rd	55	James Macdonald	Cambridge Harriers	M40	01:01:23	+00:01:44
4th	44	John O'Mahony	Cambridge Harriers	M40	01:02:21	+00:02:42
5th	79	James Riley	Ranelagh Harriers		01:02:32	
6th	66	Tom Davies	SLOW		01:04:15	
7th	42	William Feline	Stubbington Green Runners		01:04:10	
			-			
8th		Geoff Smith	Cambridge Harriers		01:06:37	
9th		James Gillanders	Serpentine Running Club		01:07:02	
10th	112	Ben Smith	Dulwich Runners AC		01:07:07	
11th	134	Kevin O'Gallagher	Wimbledon Windmilers	M40	01:07:26	+00:07:47
12th	193	Ewan McKay	Reigate Priory Athletics Club	M40	01:07:35	+00:07:56
13th	250	Gareth Tomlinson	Windmilers	M40	01:08:05	+00:08:26
14th	271	Danny Kendall	Cambridge Harriers	M40	01:08:48	+00:09:09
15th	8	Alex Loftus	Dulwich Runners AC	M40	01:10:07	+00:10:28
16th	38	Eugene Cross	Dulwich Runners AC	M40	01:11:37	+00:11:58
17th		James Adams	Guildford and Godalming AC		01:13:02	
18th	147	Peter St-Amour	Cambridge Harriers		01:14:11	
		Paul Bayley	Tring RC		01:14:53	
		Greg Tett	Horsley Shufflers		01:15:34	
		Rufus Hack	Torsley Shullers		01:15:34	
		Will Abson	Richmond Canoe Club		01:15:37	
23rd		Tom Walker	Richmond Canoe Club		01:16:00	
		Jack Prosser	Richmond Canoe Club		01:17:01	
25th	10	James Floyd	Cambridge Harriers		01:17:02	
26th	93	Martin Holt	Cajacolina	M40	01:17:34	+00:17:58
27th	146	Paul Bettridge	Serpentine Running Club	M40	01:17:35	+00:17:56
28th	51	Martin Filer	Striders of Croydon	M40	01:18:10	+00:18:37
29th	241	Simon Hawkesworth		M40	01:18:24	+00:18:45
30th	151	Jonathan Wells		M40	01:18:59	+00:19:20
31st	126	Peter Reilly	Dark Peak Fell Runners	M40	01:20:04	+00:20:25
32nd	113	Stephanie Webster	Striders of Croydon	M40	01:20:21	+00:20:42
		James Farthing	YDYR		01:22:40	
	17	Matthew White	Crystal Palace Triathletes		01:23:31	
		Finn Christianson			01:23:52	
		Dave Field			01:23:52	
37th		Ben Newsam			01:24:42	
38th		David Carter			01:27:42	
39th		Henry Clarke			01:28:00	
		Mike Pigott	Richmond Canoe Club		01:29:49	
41st	65	Nigel Davison		M40	01:31:30	+00:31:5
42nd	268	Graham Bailey		M40	01:32:21	+00:32:42
43rd	107	Tom Newman	West 4 Harriers	M40	01:33:21	+00:33:42
44th	99	Neil Carrott		M40	01:41:16	+00:41:37
45th	174	Richard Powell	West Anglia Orienteering Club			
46th		Christopher Shaw	Fulham Running Club		02:19:01	
		C				00.22

January 18, 2025

### M50

# RESULTS

Pos	No.	Name	Club	Cat	Time	Behind
1st	115	Nick Tearle	Guildford and Godalming AC	M50	01:04:22	
2nd	247	Stephen Hird	Ranelagh Harriers	M50	01:07:47	+00:03:25
3rd	228	Mark Brown	Crystal Palace Triathletes	M50	01:08:42	+00:04:20
4th	95	Andy Weir	Thames Hare and Hounds	M50	01:10:34	+00:06:12
5th	58	Christian Poulton	Cambridge Harriers	M50	01:11:18	+00:06:56
6th	69	Andrew Reeves	Reigate Priory Athletics Club	M50	01:11:19	+00:06:57
7th	127	Chris Beecham	Highgate	M50	01:12:30	+00:08:08
8th	60	David Leithead		M50	01:12:34	+00:08:12
9th	142	James Ritchie	Ranelagh Harriers	M50	01:12:41	+00:08:19
10th	235	Gower Tan	Dulwich Runners AC	M50	01:13:13	+00:08:5
11th	172	Tim Dadswell	Dorking & Mole Valley AC	M50	01:13:21	+00:08:59
12th	122	lain Sheridan	Thames Hare and Hounds	M50	01:13:24	+00:09:02
13th	135	Phil Reeves	Wimbledon Windmilers	M50	01:13:46	+00:09:24
14th	285	Tim Wright	Orion Harriers	M50	01:14:23	+00:10:0
15th		Graeme Blair	Crystal Palace Triathletes		01:15:35	
		Richard Jones			01:16:13	
		Fraser Dawson			01:16:44	
18th			Reigate Priory Athletics Club		01:17:20	
		lan Helm	Cranleigh Runners		01:17:24	
20th		Andy Perks	Striders of Croydon		01:17:29	
		Richard Goulder	Ashdown Forest Trail Runners			
		Michael Thomas	Ranelagh Harriers		01:18:59	
		Andrew Cosmatos	Dorking & Mole Valley AC		01:19:32	
		Ed Clark	Cajacolina		01:20:02	
		Chris Haynes	Cajacomia		01:20:26	
		Martin Davies	Wimbledon Windmilers		01:20:49	
27th		Michael Tothill			01:21:06	
		Chris Shaw	Ashdown Forest Trail Runners			
29th		Jon Wilson	Cambridge Harriers		01:21:41	
		Craig Howard	Hercules Wimbledon AC		01:23:44	
		Malcolm Turpin	Cajacolina		01:24:31	
		David Fleming	Cajacolina		01:25:36	
33rd		Benjamin Hancock			01:25:44	
34th		Stuart Williams	Crystal Palace Triathletes		01:26:01	
35th		Kenneth MacLeod	London Frontrunners		01:30:46	
36th	52	Tim Wright	London Frontrumers		01:30:49	
37th		Tim Malpass	Deal Tri		01:31:06	
38th		Bruce Gardiner			01:31:57	
39th		Simon Clarkson	SLOW		01:32:55	
		Jonathan Read			01:32:55	
		Robin Holmes			01:34:16	
			VDVD			
42110	110	Martin Smith	YDYR Reigate Priory Athletics Club	10120	01:38:43	+00.34:2

January 18, 2025 RESULTS

#### M60

Pos	No.	Name	Club	Cat	Time	Behind
1st	230	Edmond Jackson	Ambleside AC	M60	01:12:02	
2nd	232	Garry Meehan	Dulwich Runners AC	M60	01:17:43	+00:05:41
3rd	173	Graham Maynard	Cambridge Harriers	M60	01:19:44	+00:07:42
4th	223	Steve Wickham	Cajacolina	M60	01:25:41	+00:13:39
5th	187	Colin Jackson	Cajacolina	M60	01:26:22	+00:14:20
6th	32	Clem Dixon	Cambridge Harriers	M60	01:26:26	+00:14:24
7th	91	Graham James	Stubbington Green Runners	M60	01:28:56	+00:16:54
8th	189	Rick Ansell	Tring RC	M60	01:31:04	+00:19:02

January 18, 2025 RESULTS

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Pos	No. Nam	ne	Club	Cat	Time	Behind
1st	206 Hug	h Balfour	Dulwich Runners AC	M70	01:22:07	
2nd	114 Mike	Farmery	Thames Hare and Hounds	M70	01:45:54	+00:23:47
3rd	167 Dav	d Yetton	Portsmouth Joggers	M70	01:59:14	+00:37:07

January 18, 2025 RESULTS

### WU23

Pos	No. Name	Club	Cat	Time	Behind
1st	183 Alice Crane	Dorking & Mole Valley AC	WU23	01:01:30	
2nd	213 Katie McCarthy	St George's Hospital AC	WU23	01:22:05	+00:20:35
3rd	106 Lydia Gardiner		WU23	01:25:19	+00:23:49
4th	199 Rebecca Woodfield		WU23	01:28:34	+00:27:04
5th	177 Tahreem Sajjad	Barts and The London Running Club	WU23	01:39:46	+00:38:16

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January 18, 2025 RESULTS

### WSEN

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Pos	No.	Name	Club	Cat	Time	Behind
1st	192	Isabelle White	Southampton University Cross Country Club	WSEN	01:07:13	
2nd	214	Annie Soper	St George's Hospital AC	WSEN	01:07:49	+00:00:30
3rd	11	Poppy Wardley		WSEN	01:08:17	+00:01:04
4th	96	Elizabeth Leason	Headington Road Runners	WSEN	01:09:06	+00:01:53
5th	211	Jennifer Nandi	St George's Hospital AC	WSEN	01:10:42	+00:03:29
6th	180	Rosie Hodgson	Ambleside AC	WSEN	01:11:15	+00:04:0
7th	196	Daisy McClements		WSEN	01:13:52	+00:06:3
8th	169	Frances Merry	St Mary's Richmond AC	WSEN	01:14:01	+00:06:4
9th	261	Ria Woodfield	Dorking & Mole Valley AC	WSEN	01:16:31	+00:09:1
10th	218	Hannah Carruthers	St George's Hospital AC	WSEN	01:17:00	+00:09:4
11th	30	Bethany Caruana		WSEN	01:18:27	+00:11:1
12th	23	Elly O'Connell	Richmond Canoe Club	WSEN	01:18:52	+00:11:3
13th	128	Daphne Claisse	Headington Road Runners	WSEN	01:20:12	+00:12:5
14th	82	Jessica Davies	Thames Hare and Hounds	WSEN	01:20:29	+00:13:1
15th	85	Becca Schulleri	Dulwich Runners AC	WSEN	01:22:29	+00:15:1
16th	264	Sophie Bowerman	Clapham Chasers	WSEN	01:23:10	+00:15:5
17th	4	Georgia Jones		WSEN	01:23:32	+00:16:1
18th	13	Claire Fisher		WSEN	01:24:04	+00:16:5
19th	156	Emma Dodds	Crystal Palace Triathletes	WSEN	01:24:57	+00:17:4
20th	72	Aisling Murray		WSEN	01:25:32	+00:18:1
		Eleanor Wainwright		WSEN	01:26:10	+00:18:5
22nd	221	Anna Gardner	St George's Hospital AC	WSEN	01:26:13	+00:19:0
23rd	179	Georgia Huddleston	Cambridge Harriers	WSEN	01:26:27	+00:19:1
		Pippa Balfour	, , , , , , , , , , , , , , , , , , ,	WSEN	01:26:37	+00:19:2
		Niamh Healy	St George's Hospital AC	WSEN	01:26:40	+00:19:2
26th	47	Claire Boynton	Wimbledon Windmilers	WSEN	01:27:05	+00:19:5
27th	148	Vanessa Parker	London City Runners	WSEN	01:28:11	+00:20:5
28th	137	Bonnie Murphy	Clapham Chasers	WSEN	01:28:58	+00:21:4
		Emma Hampton		WSEN	01:29:02	+00:21:4
30th	161	Jennifer Rhodes	Tunbridge Wells Triathlon Club	WSEN	01:29:35	+00:22:2
31st	27	Chloe Dobbs	Ranelagh Harriers	WSEN	01:33:21	+00:26:0
32nd	138	Anousha Wardley	Reigate Priory Athletics Club	WSEN	01:34:12	+00:26:5
		Lottie O'Leary	5 7 -	WSEN	01:35:56	+00:28:4
		Victoria Foster	St George's Hospital AC		01:36:28	
		Helen Rhodes			01:37:38	
		Susanne Corney			01:40:38	
37th		Flo Cutts			01:43:21	
38th		Olivia Guckian			01:43:22	
		Nia Bevan			01:47:45	
		Faye Whitear	Richmond Canoe Club		01:51:16	
Jour		-	Clapham Pioneers		01:55:04	
41st					~	

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#### W40

Pos	No.	Name	Club	Cat	Time	Behind
1st	20	Rebecca Brennan	Guildford and Godalming AC	W40	01:17:56	
2nd	76	Laura Vincent	Dulwich Runners AC	W40	01:18:15	+00:00:19
3rd	133	Andrea Stehlikova	Thames Hare and Hounds	W40	01:19:24	+00:01:28
4th	28	Linda Rodriguez	Reigate Priory Athletics Club	W40	01:20:22	+00:02:26
5th	202	Clare Fowler	Ranelagh Harriers	W40	01:20:27	+00:02:31
6th	178	Elizabeth Steward		W40	01:22:06	+00:04:10
7th	78	Sally Minchella	Ranelagh Harriers	W40	01:22:08	+00:04:12
8th	92	Eleanor Simmons	Dulwich Runners AC	W40	01:22:26	+00:04:30
9th	155	Christina Dimitrov	Dulwich Runners AC	W40	01:22:55	+00:04:59
10th	175	Johanna Powell	West Anglia Orienteering Club	W40	01:27:53	+00:09:57
11th	67	Nicola Adams	SLOW	W40	01:30:35	+00:12:39
12th	263	Christy Elliott		W40	01:39:12	+00:21:16
13th	140	Silvia Delgado Ortiz	Winter Hill Runners	W40	01:46:01	+00:28:05
14th	277	Stephanie Moss	Haslemere Border AC	W40	01:48:21	+00:30:25

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### W50

Pos	No.	Name	Club	Cat	Time	Behind
1st	246	Nici Cahusac	Guildford and Godalming AC	W50	01:17:11	
2nd	265	Alison Wainwright	Dark Peak Fell Runners	W50	01:21:52	+00:04:41
3rd	238	Katherine Walker	Horsley Shufflers	W50	01:23:14	+00:06:03
4th	262	Olivia Bishton	Dulwich Runners AC	W50	01:27:17	+00:10:06
5th	270	Naomi Jarvis		W50	01:40:30	+00:23:19
6th	70	Dorte Torpe Hansen	SLOW	W50	01:43:07	+00:25:56

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RESULTS

Pos	No.	Name	Club	Cat	Time	Behind
1st	258	Claire Morgan	Wimbledon Windmilers	W60	01:42:08	
2nd	120	Anne Davies	Wimbledon Windmilers	W60	01:50:59	+00:08:51