

<u>Pos</u>	<u>Gender</u>	<u>Pos</u>	<u>Race No</u>	<u>First Name</u>	<u>Surname</u>	<u>Gender</u>	<u>Club/Team</u>	<u>Chip Time</u>	<u>Race</u>
1		1	169	Mohamed	Foustok	M		35:45	10k
2		2	170	Carl	French	M		36:24	10k
3		3	208	Richard	Lilley	M		36:27	10k
4		4	289	paul	sterland	M	Clapham Chasers	36:46	10k
5		5	302	Richard	Ward	M		37:03	10k
6		6	320	Darin	Middleton	M		37:08	10k
7		7	266	David	Ready	M	Ranelagh Harriers	37:24	10k
8		8	188	Paul	Hunt	M	Clapham Chasers	37:24	10k
9		9	307	jack	Wild	M	serpentine rc	37:26	10k
10		10	262	James	Prendergast	M		37:51	10k
11		11	146	Des	Crinion	M		37:55	10k
12		12	321	Tom	Levitt	M		38:37	10k
13		13	134	Paul	Collyer	M		38:49	10k
14		14	210	Jonathon	Lines	M		38:50	10k
15		15	107	Ben	Barker	M	mornington chasers	38:51	10k
16		16	159	David	Edwards	M		39:37	10k
17		17	211	James	Linney	M	Ealing Eagles Running Club	39:41	10k
18		1	287	Lorraine	Smyth	F	Clapham Chasers	39:55	10k

19	18	136	Dominic	Conway	M		40:06	10k
20	19	310	Paul	Wilson	M		40:08	10k
21	20	182	Daniel	Hallam	M	Herne Hill Harriers	40:09	10k
22	21	255	Mikko	Pasanen	M		40:17	10k
23	22	218	Alexandre	Manuelyan	M		40:37	10k
24	23	288	Charlie	Spence	M		40:45	10k
25	24	284	Simon	Small	M	One Element	40:47	10k
26	25	143	Tom	Cox	M		40:51	10k
27	26	305	Richard	Westlake	M		41:24	10k
28	27	161	Harry	Elliott	M		41:29	10k
29	28	290	Christian	Streit	M		41:40	10k
30	29	113	Phillip	Benns	M		42:11	10k
31	2	326	Claudia	Conway	F		42:21	10k
32	30	325	David	Stacey	M		42:35	10k
33	31	298	Heino	von Wielligh	M		42:49	10k
34	32	252	David	Palacios Piqueres	M		43:06	10k
35	33	309	Conor	Wilson	M		43:07	10k
36	3	231	Emma	Morgan	F		43:23	10k
37	34	191	Richard	James	M		43:30	10k

38	35	115	Nick	Birkett	M		44:38	10k
39	36	186	Stephen	Howell	M		44:40	10k
40	37	205	Dan	Lewis	M		44:40	10k
41	38	250	Isaiah	Osei-Baidoo	M		44:42	10k
42	39	133	Will	Cohen	M		44:47	10k
43	40	300	Richard	Wall	M	Fitnessize Running Clubs	44:53	10k
44	41	114	Stanislas	Berti	M		45:02	10k
45	42	209	Casimir	Lindberg	M		45:09	10k
46	43	190	Dominic	James	M		45:29	10k
47	44	154	Peter	Desl	M	TriPowerWimbergerhausFreistadt	45:31	10k
48	45	112	Sergio	Benis	M		45:43	10k
49	46	148	Andy	Cummings	M		45:53	10k
50	47	116	Alwyn	Bolton	M		46:02	10k
51	48	149	Sebastien	David	M		46:06	10k
52	49	145	Tim	Crew	M		46:06	10k
53	50	315	Aram	Karakashian	M	LBS: Early Career Team	46:07	10k
54	51	312	Jim	Yin	M		46:10	10k
55	52	130	Ashley	Chisholm	M		46:30	10k
56	4	297	Amelie	Von Celsing	F		46:30	10k

57	53	171	Philip	Gannon	M		46:45	10k
58	54	175	Adrian	Gruetter	M		46:50	10k
59	5	226	Grace	Mennem	F		46:50	10k
60	55	323	Eamon	McGunnaghan	M		46:52	10k
61	56	237	Christopher	Myhill	M		47:02	10k
62	57	230	Steven	Moody	M	Good Gym Race Team	47:33	10k
63	58	203	KONSTANTINOS	KOULOURIS	M		47:49	10k
64	59	236	Saheed	Mustapha	M		48:14	10k
65	6	177	Caroline	Guest	F		48:35	10k
66	60	253	Matteo	Pallini	M		48:42	10k
67	61	308	Matt	Williams	M		48:44	10k
68	62	233	GEORGIOS	MOSCHOPOULOS	M		48:47	10k
69	63	247	Michel	Omeyer	M		49:04	10k
70	7	142	Helen	Couchman	F	Herne Hill Harriers	49:06	10k
71	64	117	Danny	Brady	M		49:22	10k
72	8	219	Maria	Marco Terraes	F		49:25	10k
73	9	139	Andi	Cook	F		49:28	10k
74	65	217	Richard	Mansell	M		49:41	10k
75	66	167	Felix	Flower	M		49:44	10k

76	10	194	Jessie	Jones	F		50:08	10k
77	67	129	Ivan	Cheung	M		50:11	10k
78	68	265	andy	raimbault	M		50:11	10k
79	11	166	Ciara	Flock	F	UKRunChat Running Club	50:19	10k
80	69	135	Alexander	Conway	M		50:26	10k
81	12	195	Naomi	Jones	F		50:28	10k
82	70	244	Fuad	Ogunsanya	M		50:30	10k
83	71	118	Adam	Brand	M		50:36	10k
84	72	259	Ian	Poon	M		50:38	10k
85	73	267	Owain	Rees	M		50:47	10k
86	74	275	James	Russell	M		50:49	10k
87	13	271	Elzette	Roelofse	F		51:13	10k
88	75	254	Ian	Parkin	M		51:24	10k
89	76	213	peter	Lopez	M		51:38	10k
90	14	202	Nathalie	Klackenberg	F		51:57	10k
91	15	303	Anna	Warren	F		52:55	10k
92	77	243	Christopher	O'Driscoll	M		53:13	10k
93	16	138	Nicola	Conway	F		53:36	10k
94	17	137	Maria	Conway	F		53:55	10k

95	18	224	Clare	McCormack	F		53:55	10k
96	78	273	Seagull	Ross	M		54:03	10k
97	19	157	Abigail	Dow	F		54:03	10k
98	79	216	Ammran	Mamat	M		54:04	10k
99	80	184	Greg	Hemes	M		54:06	10k
100	20	314	Kelly	Dippenaar	F	LBS: Early Career Team	54:11	10k
101	81	278	Roy	Scivyer	M		54:21	10k
102	21	317	Rhio	Kumi	F	Project Fit	54:25	10k
103	82	183	Thomas	Harding	M		54:29	10k
104	83	296	Gianluca	Vatinno	M		54:39	10k
105	22	160	Maili	El-Ghrab	F	maili_jermo@yahoo.se	54:43	10k
106	23	282	Viviane	Simao	F		54:52	10k
107	84	207	Mark	Lewis	M		55:19	10k
108	24	227	Pascale	Michalski	F		55:32	10k
109	85	151	Simon	Davis	M	Tuffin Ferraby Taylor	55:36	10k
110	25	122	Danielle	Brown	F		55:56	10k
111	26	235	Katie	Munro	F		55:58	10k
112	86	322	Joe	Mateo	M		56:21	10k
113	27	280	Jo	Sharp	F		56:28	10k

114	28	168	Sarah	Fotheringham	F		56:28	10k
115	29	215	Dorota	Majchrzak	F	Fitnessize Running Clubs	56:42	10k
116	87	263	McCauley	Pugh	M		56:44	10k
117	30	324	Samantha	McEawlsy	F		56:57	10k
118	88	126	Johnny	Chan	M		57:12	10k
119	31	241	Niamh	O Roarke	F		57:29	10k
120	89	197	Peter	Kelly	M		57:31	10k
121	90	229	John	Mole	M		58:06	10k
122	32	147	Hayley	Crossland	F		58:07	10k
123	33	196	Sophie	Jones	F		58:21	10k
124	34	187	Ellen	Hoyle	F		58:24	10k
125	35	102	Holly	Anderson	F		58:25	10k
126	91	174	Michael	Griffiths	M		58:32	10k
127	92	125	Paul	Cartledge	M		58:32	10k
128	36	132	Kelly	Clover	F		58:34	10k
129	93	270	Robert	Robinson	M		58:36	10k
130	37	268	Lucy	Reffell	F		58:51	10k
131	38	131	Kate	Clover	F		58:58	10k
132	94	192	Andrew	Jones	M		59:08	10k

133	39	193	Emily	Jones	F		59:09	10k
134	95	319	David	McKenzie-Cook	M		59:11	10k
135	96	301	Daniel	Waller	M		59:24	10k
136	40	173	Tasha	Greenhead	F		59:28	10k
137	41	292	Hollie	Tritton	F		59:28	10k
138	97	109	Óscar	Barrios	M		59:46	10k
139	42	123	Rachel	Bush	F		59:47	10k
140	43	228	Emilia	Moilanen	F		1:00:02	10k
141	98	105	Max	Baker	M		1:00:03	10k
142	44	311	Laura	Woodhouse	F		1:00:26	10k
143	45	274	Jo	Rowley	F		1:00:35	10k
144	46	106	Kelly	Barham	F		1:01:04	10k
145	99	251	Babatunde	Oyenuga	M		1:01:36	10k
146	47	220	Violeta	Marin	F		1:01:43	10k
147	48	176	Asia	Grzebinoga	F		1:01:44	10k
148	100	272	Jeremy	Ross	M		1:01:44	10k
149	49	144	paula	crane	F	Ealing Eagles Running Club	1:02:13	10k
150	50	261	Thea	Preece Smith	F		1:02:33	10k
151	51	121	david	brooks	F	ac veterans	1:02:37	10k

152	101	198	Sean	Kerry	M		1:03:08	10k
153	52	162	Alina	Ermakova	F		1:03:08	10k
154	53	185	jo	Hillyer	F		1:03:25	10k
155	54	212	Alma	Lopez	F		1:03:26	10k
156	102	264	Mario	Queiros	M		1:03:31	10k
157	55	299	Jackie	Walbank	F		1:03:50	10k
158	56	158	Lyne	Dufault	F		1:04:43	10k
159	57	110	Leila	Bedenham	F		1:04:56	10k
160	58	119	Rachel	Breckner	F		1:05:04	10k
161	59	279	Annabel	Scopes	F		1:05:24	10k
162	60	316	Natasha	Fay	F	LBS: Early Career Team	1:06:09	10k
163	61	111	Assia	Belhaouas	F		1:07:14	10k
164	103	165	Brian	Fernandes	M		1:07:52	10k
165	104	258	Kamal	Pithadia	M		1:07:52	10k
166	62	163	Remi	Ewulo	F		1:07:55	10k
167	63	313	Michelle	Young	F		1:09:09	10k
168	105	225	Evelyn	McDermott	M		1:11:34	10k