Self-Transcendence 10M

Organised by Sri Chinmoy AC



Battersea Park, London 28th February 2015

WINNERS								
	FIRST NAM	SURNAME	CLUB	TIME	M/F	AGE		
Men U/50								
1	Martin	Dematteis		51.40	M	28		
2	Abdi	Madar	ННН	54.56	M	33		
3	Matthew	Sharp	Hercules Wimbledon	55.14	M	35		
4	Mohammed	Ismail	ННН	55.43	M	34		
5	Peter	Lighting	Kent AC	56.04	M	34		
6	James	Gordon	Cambridge harriers	56.28	M	38		
7	Andy	Hamilton		57.01	M	32		
Wome	en U/50							
1	Isobel	Everest	Biggleswade	67.21	F	42		
2	Isobel	Rea	West4 Harriers	68.30	F	38		
3	Bernadette	van Wijk	Serpentine RC	69.16	F	29		
4	Gabriela	De la Cerda		69.21	F	38		
5	Alice	Whiley	Clapham Chasers	69.34	F	23		
6	Maryann	Devally	Serpentine RC	69.56	F	45		
7	Susanne	Zibung	Serpentine	70.43	F	28		
Men \	/et 50							
1	Tony	Tuohy	Dulwich Runners AC	58.51	M	52		
2	David	Child	Kent AC	62.11	M	55		
3	Michael	Stainton	Serpentine	62.53	M	54		
Wome	en Vet 50							
1	Lesley	Levison	Hillingdon Triathletes	86.07	F	51		
2	Karin	Courtman	Dulwich Park Runners	119.02	F	55		
3								
Men \	/et 60							
1	Bruce	Grimley	Huntingdon AC	67.18	М	60		
2	John	Haines	Biggleswade	68.18	M	60		
Wome	en Vet 60							
1	Marion	Rayner	West 4 H	81.09	F	65		

ALL RESULTS BELOW

RESULTS								
RANK	NAME	SURNAME	CLUB	TIME	M/F	AGE	CATEGORY	CAT
								POS
1	Martin	Dematteis		51.40	M	28	M U/50	1
2	Abdi	Madar	ННН	54.56	M	33	M U/50	2
3	Matthew	Sharp	Hercules Wimbledon	55.14	M	35	M U/50	3
4	Mohammed	Ismail	ННН	55.43	M	34	M U/50	4
5	Peter	Lighting	Kent AC	56.04	M	34	M U/50	5
6	James	Gordon	Cambridge harriers	56.28	M	38	M U/50	6
7	Andy	Hamilton		57.01	M	32	M U/50	7
8	James	Ellis	Clapham Chasers	57.16	M	35	M U/50	8
9	David	Grima	Hercules Wimbledon AC	57.18	M	36	M U/50	9
10	Michael	Leong	Clapham Chasers	57.18	M	34	M U/50	10
11	Ryan	McCrickerd	London Heathside Runn	57.50	M	26	M U/50	11
12	David	Evans	Serpentine	58.03	M	25	M U/50	12
13	Peter	Holmes	Serpentine	58.27	M	36	M U/50	13
14	Johnny	Suttle		58.30	M	27	M U/50	14
15	Steve	Hodges		58.35	M	31	M U/50	15
16	Richard	Taylor	Serpentine	58.43	M	38	M U/50	16
17	Paul	Davies	Biggleswade	58.47	M	45	M U/50	17
18	Tony	Tuohy	Dulwich Runners AC	58.51	M	52	M O/50	1
19	George	Longworth	Hercules Wimbledon	59.19	M	27	M U/50	18
20	John	McSeveny	Victoria Park Harriers &	59.35	M	29	M U/50	19
21	Brian	O'Keeffe	Serpentine Running Clu	60.16	M	34	M U/50	20
22	Tim	Muir	Queen's Park Harriers	60.35	M	39	M U/50	21
23	Samuel	Thompson	London Heathside AC	60.51	M	26	M U/50	22
24	David	Child	Kent AC	62.11	M	55	M O/50	2
25	Michael	Wiggins		62.12	M	37	M U/50	23
26	Joel	Wiles	Epsom Oddballs RC	62.15	M	33	M U/50	24
27	Christian	Nielsen	Thames Valley Harriers	62.43	M	39	M U/50	25
28	Martin	Carmack	Serpentine	62.45	M	45	M U/50	26
29	Michael	Stainton	Serpentine	62.53	M	54	M O/50	3
30	Paul	Oxley	Belgrave Harriers	63.00	M	30	M U/50	27
31	Jason	Maloney	Trent Park	63.04	M	43	M U/50	28
32	Stephen	Thackeray	Kent AC	63.29	M	36	M U/50	29
33	mark	rose		63.35	M	36	M U/50	30
34	Oliver	Dean		64.09	M	34	M U/50	31
35	Matthew	Birch	Clapham Chasers	64.21	M	28	M U/50	32
36	Paul	Cooke	Biggleswade	64.51	M	38	M U/50	33
37	Paul	Lacey	Clapham Chasers	65.23	M	30	M U/50	34
38	Robert	Wilcox		65.31	M	23	M U/50	35
39	David	+	London City Runners	65.40	M	33	M U/50	36
40	S	Gill	Altingham	65.41	M	25	M U/50	37
41	Frank	Wood	Hercules Wimbledon	66.33	M	50	M O/50	4
42	Chris	Morton	Striders of Croydon	66.36	M	50	M O/50	5

44 Ross McLeod Clapham Chasers 67.08 1 45 Gary Robinson West 4 Harriers 67.11 1 46 Martin Quinn 67.13 1 47 Marco Mion Sevencaks AC 67.16 1 48 Bruce Grimley Huntingdon athletics clu 67.18 1 49 Isobel Everest Biggleswade 67.21 1 50 Roger Beardsworth 67.24 1 51 Andrew Milne Clapham Chasers 67.47 1 51 Andrew Milne Clapham Chasers 67.50 1 52 Damian Ings Clapham Chasers 67.50 1 53 Ian Grant Kent AC 67.56 1 54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.14 1 56 <th>N /</th> <th>44</th> <th>MILLEO</th> <th>20</th>	N /	44	MILLEO	20
45 Gary Robinson West 4 Harriers 67.11 1 46 Martin Quinn 67.13 1 47 Marco Mion Sevenoaks AC 67.16 1 48 Bruce Grimley Huntingdon athletics clu 67.18 1 49 Isobel Everest Biggleswade 67.21 1 50 Roger Beardsworth 67.24 1 51 Andrew Milne Clapham Chasers 67.47 1 51 Andrew Milne Clapham Chasers 67.50 1 52 Damian Ings Clapham Runners 67.50 1 53 Ian Grant Kent AC 67.56 1 54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.14 1 56 Niall Gaughan 68.15 1 57 Cameron		44	M U/50	38
46 Martin Quinn 67.13 1 47 Marco Mion Sevenoaks AC 67.16 1 48 Bruce Grimley Huntingdon athletics clu 67.18 1 49 Isobel Everest Biggleswade 67.21 1 50 Roger Beardsworth 67.24 1 51 Andrew Milne Clapham Chasers 67.47 1 52 Damian Ings Clapham Runners 67.50 1 53 Ian Grant Kent AC 67.56 1 54 Daniel Johnson Epsom & Ewell 68.05 1 54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.14 1 56 Niall Gaughan 68.15 1 57 Cameron Yorston Clapham Chasers 68.16 1 58 JOHN		37	M U/50	39
47 Marco Mion Sevenoaks AC 67.16 1 48 Bruce Grimley Huntingdon athletics clu 67.18 1 49 Isobel Everest Biggleswade 67.21 1 50 Roger Beardsworth 67.24 1 51 Andrew Milne Clapham Chasers 67.47 1 52 Damian Ing Clapham Runners 67.50 1 53 Ian Grant Kent AC 67.56 1 54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.14 1 56 Niall Gaughan 68.15 1 57 Cameron Yorston Clapham Chasers 68.16 1 57 Cameron Yorston Clapham Chasers 68.16 1 58 JOHN HAINES BIGGLESWADE AC 68.18 1 59		40	M U/50	40
48 Bruce Grimley Huntingdon athletics clu 67.18 1 49 Isobel Everest Biggleswade 67.21 1 50 Roger Beardsworth 67.24 1 51 Andrew Miline Clapham Chasers 67.47 1 52 Damian Ings Clapham Runners 67.50 1 53 Ian Grant Kent AC 67.56 1 54 Daniel Johnson Epsom & Ewell 68.05 1 54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.05 1 55 Alex Malzer Serpentine 68.16 1 56 Niall Gaughan 68.15 1 57 Cameron Yorston Clapham Chasers 68.16 1 59 Brendan Greene Serpentine 68.20 1 60 <td></td> <td>50</td> <td>M O/50</td> <td>6</td>		50	M O/50	6
49 Isobel Everest Biggleswade 67.21 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.24 67.25 67.24 67.25 67.24 67.25 67.24 67.25 67.24 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25 67.25		32	M U/50	41
50 Roger Beardsworth 67.24 1 51 Andrew Milne Clapham Chasers 67.47 1 52 Damian Ings Clapham Runners 67.50 1 53 Ian Grant Kent AC 67.56 1 54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.14 1 56 Niall Gaughan 68.16 1 57 Cameron Yorston Clapham Chasers 68.16 1 59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61		60	M O/60	1
51 Andrew Milne Clapham Chasers 67.47 1 52 Damian Ings Clapham Runners 67.50 1 53 Ian Grant Kent AC 67.56 1 54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.14 1 56 Niall Gaughan 68.15 1 57 Cameron Yorston Clapham Chasers 68.16 1 58 JOHN HAINES BIGGLESWADE AC 68.18 1 59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61 Pierre Papet 68.46 1 62 Darryl Coulter Kent AC 68.57 1 63 David Cull Serpentine 68.57 1 64 Jamie		42	W U/50	1
52 Damian Ings Clapham Runners 67.50 Ings 53 Ian Grant Kent AC 67.56 Ings 54 Daniel Johnson Epsom & Ewell 68.05 Ings 54 Daniel Johnson Epsom & Ewell 68.05 Ings 55 Alex Malzer Serpentine 68.14 Ings 56 Niall Gaughan 68.15 Ings 57 Cameron Yorston Clapham Chasers 68.16 Ings 58 JOHN HAINES BIGGLESWADE AC 68.18 Ings 59 Brendan Greene Serpentine 68.20 Ings 60 Isobel Rea West4 Harriers 68.30 Ings 61 Pierre Papet 68.46 Ings 62 Darryl Coulter Kent AC 68.53 Ings 63 David Cull Serpentine 68.57 Ings		54	M O/50	7
53 Ian Grant Kent AC 67.56 1 54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.14 1 56 Niall Gaughan 68.15 1 57 Cameron Yorston Clapham Chasers 68.16 1 58 JOHN HAINES BIGGLESWADE AC 68.18 1 59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61 Pierre Papet 68.46 1 62 Darryl Coulter Kent AC 68.53 1 63 David Cull Serpentine 68.57 1 64 Jamie Young 69.10 1 65 Bernadette van Wijk Serpentine RC 69.16 1 66 Guy Barrard		32	M U/50	42
54 Daniel Johnson Epsom & Ewell 68.05 1 55 Alex Malzer Serpentine 68.14 1 56 Niall Gaughan 68.15 1 57 Cameron Yorston Clapham Chasers 68.16 1 58 JOHN HAINES BIGGLESWADE AC 68.18 1 59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61 Pierre Papet 68.46 1 62 Darryl Coulter Kent AC 68.53 1 63 David Cull Serpentine 68.57 1 64 Jamie Young 69.10 1 65 Bernadette van Wijk Serpentine RC 69.16 1 66 Guy Barnard 69.19 1 67 Gabriela De la Cerda 69.21 </td <td></td> <td>41</td> <td>M U/50</td> <td>43</td>		41	M U/50	43
55 Alex Malzer Serpentine 68.14 1 56 Niall Gaughan 68.15 1 57 Cameron Yorston Clapham Chasers 68.16 1 58 JOHN HAINES BIGGLESWADE AC 68.18 1 59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61 Pierre Papet 68.46 1 62 Darryl Coulter Kent AC 68.53 1 63 David Cull Serpentine 68.57 1 64 Jamie Young 69.10 1 65 Bernadette van Wijk Serpentine RC 69.16 1 66 Guy Barnard 69.10 1 67 Gabriela De la Cerda 69.21 1 68 Rob Ellis Serpentine 69.31		35	M U/50	44
56 Niall Gaughan 68.15 1 57 Cameron Yorston Clapham Chasers 68.16 1 58 JOHN HAINES BIGGLESWADE AC 68.18 1 59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61 Pierre Papet 68.46 1 62 Darryl Coulter Kent AC 68.53 1 63 David Cull Serpentine 68.57 1 64 Jamie Young 69.10 1 65 Bernadette van Wijk Serpentine RC 69.16 1 66 Guy Barnard 69.10 1 67 Gabriela De la Cerda 69.21 1 68 Rob Ellis Serpentine AC 69.28 1 69 Doug Teesdale 69.31 1 <td></td> <td>45</td> <td>M U/50</td> <td>45</td>		45	M U/50	45
57 Cameron Yorston Clapham Chasers 68.16 1 58 JOHN HAINES BIGGLESWADE AC 68.18 1 59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61 Pierre Papet 68.46 1 62 Darryl Coulter Kent AC 68.53 1 63 David Cull Serpentine 68.57 1 63 David Cull Serpentine 68.57 1 64 Jamie Young 69.10 1 65 Bernadette van Wijk Serpentine RC 69.16 1 66 Guy Barnard 69.10 1 1 67 Gabriela De Ia Cerda 69.21 1 1 68 Rob Ellis Serpentine AC 69.28 1 69 Doug T		45	M U/50	46
58 JOHN HAINES BIGGLESWADE AC 68.18 1 59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61 Pierre Papet 68.46 1 62 Darryl Coulter Kent AC 68.53 1 63 David Cull Serpentine 68.57 1 64 Jamie Young 69.10 1 65 Bernadette van Wijk Serpentine RC 69.16 1 65 Bernadette van Wijk Serpentine RC 69.16 1 66 Guy Barnard 69.16 1 67 Gabriela De la Cerda 69.21 1 68 Rob Ellis Serpentine RC 69.28 1 69 Doug Teesdale 69.31 1 70 Ivano Maggiulli 69.31 1		33	M U/50	47
59 Brendan Greene Serpentine 68.20 1 60 Isobel Rea West4 Harriers 68.30 1 61 Pierre Papet 68.30 1 62 Darryl Coulter Kent AC 68.53 1 63 David Cull Serpentine 68.57 1 64 Jamie Young 69.10 1 65 Bernadette van Wijk Serpentine RC 69.16 1 66 Guy Barnard 69.19 1 67 Gabriela De la Cerda 69.21 1 68 Rob Ellis Serpentince AC 69.28 1 69 Doug Teesdale 69.31 1 70 Ivano Maggiulli 69.31 1 71 Alice Whiley Clapham Chasers 69.34 1 72 Maryann Devally Serpentine RC 69.56 1 <		29	M U/50	48
60 Isobel Rea West4 Harriers 68.30 61 Pierre Papet 68.46 M 62 Darryl Coulter Kent AC 68.53 M 63 David Cull Serpentine 68.57 M 64 Jamie Young 69.10 M 65 Bernadette van Wijk Serpentine RC 69.16 M 66 Guy Barnard 69.19 M 69.19 M 67 Gabriela De la Cerda 69.21 M 69.21 M 69.21 M 69.21 M 69.28 M 69.28 M 69.28 M 69.21 M 69.28 M 69.21 M 69.21 M 69.28 M 69.28 M 69.21 M <td></td> <td>60</td> <td>M O/60</td> <td>2</td>		60	M O/60	2
61 Pierre Papet 68.46 M 62 Darryl Coulter Kent AC 68.53 M 63 David Cull Serpentine 68.57 M 64 Jamie Young 69.10 M 65 Bernadette van Wijk Serpentine RC 69.16 M 66 Guy Barnard 69.19 M 67 Gabriela De la Cerda 69.21 M 68 Rob Ellis Serpentince AC 69.28 M 69 Doug Teesdale 69.31 M 70 Ivano Maggiulli 69.31 M 71 Alice Whiley Clapham Chasers 69.34 M 72 Maryann Devally Serpentine RC 69.56 M 73 DIARMUID MAC DONNE Barking Road Runners 70.03 M 74 Wayne Giddens Elmbridge Road Runner 70.32	М	42	M U/50	49
62 Darryl Coulter Kent AC 68.53 M 63 David Cull Serpentine 68.57 M 64 Jamie Young 69.10 M 65 Bernadette van Wijk Serpentine RC 69.16 M 66 Guy Barnard 69.19 M 67 Gabriela De la Cerda 69.21 M 68 Rob Ellis Serpentince AC 69.28 M 69 Doug Teesdale 69.31 M 70 Ivano Maggiulli 69.31 M 71 Alice Whiley Clapham Chasers 69.34 M 72 Maryann Devally Serpentine RC 69.56 M 73 DIARMUID MAC DONNE Barking Road Runners 70.03 M 74 Wayne Giddens Elmbridge Road Runner 70.32 M 75 Chris Scott 70.42	F	38	W U/50	2
63 David Cull Serpentine 68.57 Meg. 10 Meg. 10	М	25	M U/50	50
64 Jamie Young 69.10 65 Bernadette van Wijk Serpentine RC 69.16 66 Guy Barnard 69.19 69.19 67 Gabriela De la Cerda 69.21 69.21 68 Rob Ellis Serpentince AC 69.28 69.28 69 Doug Teesdale 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.31 69.	М	43	M U/50	51
65 Bernadette van Wijk Serpentine RC 69.16 I 66 Guy Barnard 69.19 I 67 Gabriela De la Cerda 69.21 I 68 Rob Ellis Serpentince AC 69.28 I 69 Doug Teesdale 69.31 I 70 Ivano Maggiulli 69.31 I 71 Alice Whiley Clapham Chasers 69.34 I 72 Maryann Devally Serpentine RC 69.56 I 73 DIARMUID MAC DONNE Barking Road Runners 70.03 I 74 Wayne Giddens Elmbridge Road Runner 70.32 I 75 Chris Scott 70.42 I 76 Susanne Zibung Serpentine 70.43 I 78 Charles Craven Fulham RC 71.03 I 79 David Hawley 71.09	М	33	M U/50	52
66 Guy Barnard 69.19 M 67 Gabriela De la Cerda 69.21 I 68 Rob Ellis Serpentince AC 69.28 M 69 Doug Teesdale 69.31 M 70 Ivano Maggiulli 69.31 M 71 Alice Whiley Clapham Chasers 69.34 I 72 Maryann Devally Serpentine RC 69.56 I 73 DIARMUID MAC DONNE Barking Road Runners 70.03 M 74 Wayne Giddens Elmbridge Road Runner 70.32 M 75 Chris Scott 70.42 M 76 Susanne Zibung Serpentine 70.43 I 77 David McLaughlin Queen's Park Harriers 70.49 M 79 David Hawley 71.03 M 80 Niels Rock 71.51 M	М	27	M U/50	53
67 Gabriela De la Cerda 69.21 I 68 Rob Ellis Serpentince AC 69.28 M 69 Doug Teesdale 69.31 M 70 Ivano Maggiulli 69.31 M 71 Alice Whiley Clapham Chasers 69.34 I 72 Maryann Devally Serpentine RC 69.56 I 73 DIARMUID MAC DONNE Barking Road Runners 70.03 M 74 Wayne Giddens Elmbridge Road Runner 70.32 M 75 Chris Scott 70.42 M 76 Susanne Zibung Serpentine 70.43 I 77 David McLaughlin Queen's Park Harriers 70.49 M 78 Charles Craven Fulham RC 71.03 M 79 David Hawley 71.09 M 80 Niels Rock 71.51	F	29	W U/50	3
68 Rob Ellis Serpentince AC 69.28 M 69 Doug Teesdale 69.31 M 70 Ivano Maggiulli 69.31 M 71 Alice Whiley Clapham Chasers 69.34 M 72 Maryann Devally Serpentine RC 69.56 M 73 DIARMUID MAC DONNE Barking Road Runners 70.03 M 74 Wayne Giddens Elmbridge Road Runner 70.32 M 75 Chris Scott 70.42 M 76 Susanne Zibung Serpentine 70.43 M 77 David McLaughlin Queen's Park Harriers 70.49 M 78 Charles Craven Fulham RC 71.03 M 79 David Hawley 71.09 M 80 Niels Rock 71.51 M 81 Chris Watt 72.25	М	33	M U/50	54
69 Doug Teesdale 69.31 N 70 Ivano Maggiulli 69.31 N 71 Alice Whiley Clapham Chasers 69.34 I 72 Maryann Devally Serpentine RC 69.56 I 73 DIARMUID MAC DONNE Barking Road Runners 70.03 N 74 Wayne Giddens Elmbridge Road Runner 70.32 N 75 Chris Scott 70.42 N 76 Susanne Zibung Serpentine 70.43 I 77 David McLaughlin Queen's Park Harriers 70.49 N 78 Charles Craven Fulham RC 71.03 N 79 David Hawley 71.09 N 80 Niels Rock 71.51 N 81 Chris Watt 72.05 N 82 Kirsty Wright Serpentine 72.25 N <td>F</td> <td>38</td> <td>W U/50</td> <td>4</td>	F	38	W U/50	4
70 Ivano Maggiulli 69.31 N 71 Alice Whiley Clapham Chasers 69.34 N 72 Maryann Devally Serpentine RC 69.56 N 73 DIARMUID MAC DONNE Barking Road Runners 70.03 N 74 Wayne Giddens Elmbridge Road Runner 70.32 N 75 Chris Scott 70.42 N 76 Susanne Zibung Serpentine 70.43 N 77 David McLaughlin Queen's Park Harriers 70.49 N 78 Charles Craven Fulham RC 71.03 N 79 David Hawley 71.09 N 80 Niels Rock 71.51 N 81 Chris Watt 72.05 N 82 Kirsty Wright Serpentine 72.25 N 83 Rob Ferguson Thames Valley Harriers 72.37 N 85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	М	21	M U/50	55
71 Alice Whiley Clapham Chasers 69.34 72 Maryann Devally Serpentine RC 69.56 73 DIARMUID MAC DONNE Barking Road Runners 70.03 74 Wayne Giddens Elmbridge Road Runner 70.32 75 Chris Scott 70.42 76 Susanne Zibung Serpentine 70.43 77 David McLaughlin Queen's Park Harriers 70.49 78 Charles Craven Fulham RC 71.03 79 David Hawley 71.09 80 Niels Rock 71.51 81 Chris Watt 72.05 82 Kirsty Wright Serpentine 72.25 83 Rob Ferguson Thames Valley Harriers 72.37 85 Hugh Scorgie 72.42 86 Russell Morris 72.50	М	53	M O/50	8
72MaryannDevallySerpentine RC69.5673DIARMUIDMAC DONNE Barking Road Runners70.03Maryane74WayneGiddensElmbridge Road Runner70.32Maryane75ChrisScott70.42Maryane76SusanneZibungSerpentine70.43Maryane77DavidMcLaughlinQueen's Park Harriers70.49Maryane78CharlesCravenFulham RC71.03Maryane79DavidHawley71.09Maryane80NielsRock71.51Maryane81ChrisWatt72.05Maryane82KirstyWrightSerpentine72.25Maryane83RobFergusonThames Valley Harriers72.28Maryane84JonathanAckroyd72.37Maryane85HughScorgie72.42Maryane86RussellMorris72.50Maryane	М	32	M U/50	56
73DIARMUIDMAC DONNEBarking Road Runners70.03M74WayneGiddensElmbridge Road Runner70.32M75ChrisScott70.42M76SusanneZibungSerpentine70.43M77DavidMcLaughlinQueen's Park Harriers70.49M78CharlesCravenFulham RC71.03M79DavidHawley71.09M80NielsRock71.51M81ChrisWatt72.05M82KirstyWrightSerpentine72.25M83RobFergusonThames Valley Harriers72.28M84JonathanAckroyd72.37M85HughScorgie72.42M86RussellMorris72.50M	F	23	W U/50	5
74WayneGiddensElmbridge Road Runner70.32N75ChrisScott70.42N76SusanneZibungSerpentine70.43I77DavidMcLaughlinQueen's Park Harriers70.49N78CharlesCravenFulham RC71.03N79DavidHawley71.09N80NielsRock71.51N81ChrisWatt72.05N82KirstyWrightSerpentine72.25I83RobFergusonThames Valley Harriers72.28N84JonathanAckroyd72.37N85HughScorgie72.42N86RussellMorris72.50N	F	45	W U/50	6
75 Chris Scott 70.42 N 76 Susanne Zibung Serpentine 70.43 I 77 David McLaughlin Queen's Park Harriers 70.49 N 78 Charles Craven Fulham RC 71.03 N 79 David Hawley 71.09 N 80 Niels Rock 71.51 N 81 Chris Watt 72.05 N 82 Kirsty Wright Serpentine 72.25 I 83 Rob Ferguson Thames Valley Harriers 72.28 N 84 Jonathan Ackroyd 72.37 N 85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	М	43	M U/50	57
76SusanneZibungSerpentine70.43I77DavidMcLaughlinQueen's Park Harriers70.49N78CharlesCravenFulham RC71.03N79DavidHawley71.09N80NielsRock71.51N81ChrisWatt72.05N82KirstyWrightSerpentine72.25I83RobFergusonThames Valley Harriers72.28N84JonathanAckroyd72.37N85HughScorgie72.42N86RussellMorris72.50N	М	44	M U/50	58
77 David McLaughlin Queen's Park Harriers 70.49 N 78 Charles Craven Fulham RC 71.03 N 79 David Hawley 71.09 N 80 Niels Rock 71.51 N 81 Chris Watt 72.05 N 82 Kirsty Wright Serpentine 72.25 I 83 Rob Ferguson Thames Valley Harriers 72.28 N 84 Jonathan Ackroyd 72.37 N 85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	М	40	M U/50	59
78 Charles Craven Fulham RC 71.03 N 79 David Hawley 71.09 N 80 Niels Rock 71.51 N 81 Chris Watt 72.05 N 82 Kirsty Wright Serpentine 72.25 I 83 Rob Ferguson Thames Valley Harriers 72.28 N 84 Jonathan Ackroyd 72.37 N 85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	F	28	W U/50	7
79 David Hawley 71.09 N 80 Niels Rock 71.51 N 81 Chris Watt 72.05 N 82 Kirsty Wright Serpentine 72.25 I 83 Rob Ferguson Thames Valley Harriers 72.28 N 84 Jonathan Ackroyd 72.37 N 85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	М	43	M U/50	60
80 Niels Rock 71.51 N 81 Chris Watt 72.05 N 82 Kirsty Wright Serpentine 72.25 I 83 Rob Ferguson Thames Valley Harriers 72.28 N 84 Jonathan Ackroyd 72.37 N 85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	М	52	M O/50	9
81ChrisWatt72.05N82KirstyWrightSerpentine72.25I83RobFergusonThames Valley Harriers72.28N84JonathanAckroyd72.37N85HughScorgie72.42N86RussellMorris72.50N	М	30	M U/50	61
82KirstyWrightSerpentine72.25I83RobFergusonThames Valley Harriers72.28N84JonathanAckroyd72.37N85HughScorgie72.42N86RussellMorris72.50N	М	39	M U/50	62
83RobFergusonThames Valley Harriers72.2884JonathanAckroyd72.3785HughScorgie72.4286RussellMorris72.50	М	43	M U/50	63
84 Jonathan Ackroyd 72.37 N 85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	F	33	W U/50	8
85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	М	32	M U/50	64
85 Hugh Scorgie 72.42 N 86 Russell Morris 72.50 N	М	26	M U/50	65
86 Russell Morris 72.50	М	55	M O/50	10
	М	36	M U/50	66
87 Richard James 73.36	М	42	M U/50	67
		31	M U/50	68
	M M M	55 36 42	M O/50 M U/50 M U/50	10 66 67

69 70 9 71 72 73 74	M U/50	4 -	N /	7440		ماموسالا	Ihmion	
9 71 72 73		45	M	74.16		lynch	bryan	89
71 72 73	M U/50	29	M	74.33		Prien	Max	90
72 73	W U/50	31	F	74.37	Clapham Chasers	Hooper	Aileen	91
73	M U/50	48	М	74.52		Brookes	Martin	92
	M U/50	32	M	74.52		Hunot	Jonathan	93
74	M U/50	31	M	75.11		Steele	Oliver	94
	M U/50	46	М	75.19		Sitch	Mark	95
75	M U/50	36	М	75.44		Lindfield	David	96
10	W U/50	29	F	75.52	Clapham Chasers	Kreica	Diana	97
76	M U/50	28	М	76.34	Dulwich Runners AC	Ladds	Matthew	98
11	W U/50	25	F	76.36		Davies	Stephanie	99
77	M U/50	29	М	76.52		Setters	Richard	100
78	M U/50	34	М	76.52		Tapaninaho	Kristian	101
79	M U/50	33	М	77.44		Linberry	David	102
12	W U/50	30	F	78.08		Linberry	Helen	103
3	M O/60	64	М	78.15	West 4 H	Rayner	Chas	104
4	M O/60	64	М	78.40	Brighton Phoenix	Avey	Terry	105
80	M U/50	32	М	79.06		Holmes	Dale	106
81	M U/50	30	М	79.12		powell	jon	107
11	M O/50	51	М	79.18	Barking Road Runners	Leckerman	Antony	108
13	W U/50	29	F	79.39		Barnard	Anna	109
14	W U/50	35	F	79.54		Mendonca	Sonia	110
82	M U/50	30	М	79.58		Howarth	Ben	111
15	W U/50	31	F	80.11	BearCat Running Club	Ellis	Laura	112
83	M U/50	21	М	80.20		Baez	Alex	113
16	W U/50	40	F	81.00	y	Calder Murphy	Ruth	114
1	W O/60	65	F	81.09	West 4 H	Rayner	Marion	115
84	M U/50	24	М	81.11		Davis	Callum	116
85	M U/50	43	М	81.20	Hillingdon Triathletes	Levison	John	117
17	W U/50	29	F	81.22		Niven	Fran	118
18	W U/50	25	F	81.27	Serpentine	Benoy	Anne-Marie	119
19	W U/50	31	F	81.32	Ealing Eagles Running (Kriauzaite	Ilona	120
12	M O/50	57	М	82.08	sepentine running club	Hoez	Jean-luc	121
86	M U/50	27	М	82.32		Munroe-Faure	Giles	122
87	M U/50	33	М	82.40		Tozer	Julian	123
88	M U/50	41	М	82.43		Lehmann	Paul	124
20	W U/50	47	F	83.44		Psculu	Tara	125
21	W U/50	31	F	84.00		Wickham	Liz	126
22	W U/50	27	F	85.34		Parker	Alice	127
23	W U/50	34	F	85.49	London Heathside Runn	Vinluan	Jessica	128
24	W U/50	35	F	85.50		Kostadinova	Zora	129
	W U/50	27	F	86.02	Dulwich Park Runners	Butler	Kimberli	130
25	W O/50	51	F	86.07	Hillingdon Triathletes	Levison	Lesley	131
25 1		60	М	86.19	Fulham Running Club	Grigg	John	132
	M O/60							
1	M O/60 W U/50	23	F	87.52		Boulding	Harriet	133
	W U/50 W U/50 M U/50 M U/50 M U/50 M U/50 W U/50	25 31 57 27 33 41 47 31 27 34 35 27 51	F M M M F F F F F F F F	81.27 81.32 82.08 82.32 82.40 82.43 83.44 84.00 85.34 85.49 85.50 86.02 86.07	Ealing Eagles Running (sepentine running club London Heathside Runn Dulwich Park Runners Hillingdon Triathletes	Benoy Kriauzaite Hoez Munroe-Faure Tozer Lehmann Psculu Wickham Parker Vinluan Kostadinova Butler Levison	Anne-Marie Ilona Jean-luc Giles Julian Paul Tara Liz Alice Jessica Zora Kimberli Lesley	119 120 121 122 123 124 125 126 127 128 129 130

135	Hannah	Moody		88.29	F	22	W U/50	28
136	Jeanette	Mueller	Serpentine	89.33	F	47	W U/50	29
137	David	King	Victoria Park Harriers	91.39	М	31	M U/50	89
138	Erika	Attovics		91.44	F	40	W U/50	30
139	Laura	Maroney		92.45	F	20	W U/50	31
140	Silvia	Pinheiro		92.52	F	30	W U/50	32
141	Heather	Welham	Serpentine Running Clul	93.50	F	34	W U/50	33
142	Chris	Moran		94.08	М	30	M U/50	90
143	Areej	Shabaa		94.28	F	29	W U/50	34
144	Nneka	Ikejiani		95.02	F	44	W U/50	35
145	Hannah	Lacey	Clapham Chasers	95.13	F	25	W U/50	36
146	Anna	Donovan		96.27	F	36	W U/50	37
147	Louise	Hayes		96.27	F	41	W U/50	38
148	Rajaa	Flasseur		96.30	F	39	W U/50	39
149	David	Ridley	Maidenhead AC	97.19	М	59	M O/50	13
150	Sophie	Shaul		97.22	F	25	W U/50	40
151	Tamsin	Burland	Ranelagh Harriers	99.10	F	45	W U/50	41
152	Scott Robert	Fowler	Serpentine	100.50	М	48	M U/50	91
153	Dominic	Williams		109.42	М	36	M U/50	92
154	Stephen	Brindle		115.05	М	45	M U/50	93
155	Karin	Courtman	Dulwich Park Runners	119.02	F	55	W O/50	2
156	Melis	Kip		129.41	F	26	W U/50	42

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http://www.runbritainrankings.com/user/claimhandicap.aspx

Should you have any queries then please contact Gavin Lightwood glightwood@uka.org.uk