



SRI CHINMOY marathon team

*Run and Become. Become and Run.
Run to succeed in the outer world.
Become to proceed in the inner world.*

Sri Chinmoy

SRI CHINMOY AC SELF TRANSCENDENCE 10K

Battersea Park

8.30am

Nov 30th, 2013

Dear Runners

A great turnout for our last race of 2013 - 323 runners! Nicholas Torry won the race in a scorching 30.53. Susannah Evans won the Ladies race with an impressive 37.14. Have a good winter season and we look forward to seeing you all in 2014!

Medal winners and all results below.

MEDAL WINNERS

NAME SURNAME CLUB TIME M/F Age

MEN UNDER 50

1st	Nicholas	Torry	Serpentine	30.53	M	36
2nd	Tom	Aldred	London Heathside	31.01	M	34
3rd	John	McMillan	Clapham Chasers	32.36	M	28
4th	Alex	Davy	Leeds City	32.39	M	24
5th	Andrew	Greenleaf	Winchester & District	32.39	M	31
6th	Will	Green	serpentine	32.40	M	38
7th	Rick	Weston	Serpentine	32.49	M	26

WOMEN UNDER 50

1st	Susannah	Evans	Wimbledon windmilers	37.14	F	32
2nd	Victoria	Crawford	Serpentine	37.42	F	27
3rd	Melanie	Edwards	Dulwich Runners AC	38.30	F	32
4th	Helen	Gaunt	Serpentine RC	38.34	F	34
5th	Victoria	Carter	Serpentine	38.52	F	42
6th	Rebecca	Bunting	London Heathside	39.01	F	30
7th	Erin	Whitla	Serpentine	39.20	F	26

MEN VET 50

1st	Tony	Tuohy	Dulwich Runners	35.38	M	51
2nd	Gary	Ironmonger	HHH	36.23	M	52
3rd	Eberhard	Prill	Dulwich Runners	38.34	M	51

WHEELCHAIR MEN VET 50

1st	Gary	Donald		35.46	M	58
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WOMEN VET 50

1st	Heather	Binney	Clapham Pioneers	54.03	F	52
2nd	Jacquie	Morris		1.00.01	F	51
3rd	Anita	Smreczak		1.07.04	F	52

MEN VET 60

1st	John	Witton		40.06	M	60
2nd	Terry	Eakin	Wimbledon Windmilers	40.36	M	64

WOMEN VET 60

1st	Marion	Rayner	West 4 Harriers	47.22	F	63
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OVERALL RESULTS

Pos	Name	Surname	Club	Time	M/F	Age	Cat	Cat Pos.
1	Nicholas	Torry	Serpentine	30.53	M	36	M U/50	1
2	Tom	Aldred	London Heathside	31.01	M	34	M U/50	2
3	John	McMillan	Clapham Chasers	32.36	M	28	M U/50	3
4	Alex	Davy	Leeds City	32.39	M	24	M U/50	4
5	Andrew	Greenleaf	Winchester & District	32.39	M	31	M U/50	5
6	Will	Green	serpentine	32.40	M	38	M U/50	6
7	Rick	Weston	Serpentine	32.49	M	26	M U/50	7
8	Matthew	Nutt	Wimbledon Windmilers	33.12	M	28	M U/50	8
9	Kerr	Millar	Queens Park H	33.48	M	20	M U/50	9
10	Peter	James	Clapham Chasers	33.50	M	30	M U/50	10
11	Nicola	Barberis negra	Serpentine RC	33.51	M	33	M U/50	11
12	Daniel	De Palol	SERPENTINE	34.05	M	39	M U/50	12
13	Keith	Macintosh	Wimbledon Windmilers	34.09	M	39	M U/50	13
14	Basil	Wallace	Herne Hill Harriers	34.17	M	40	M U/50	14
15	Robin	Jones	Herne Hill H	34.36	M	40	M U/50	15
16	Nicholas	Shepperd		34.39	M	39	M U/50	16
17	Paul	Cheetham	Barnes	34.47	M	41	M U/50	17
18	Simon	Barrett	Serpentine RC	34.57	M	38	M U/50	18
19	James	Gillanders	London Frontrunners	34.58	M	35	M U/50	19
20	Nathan	Smeaton	Clapham Chasers RC	35.01	M	27	M U/50	20
21	Paul	Doyle	Ranelagh Harriers	35.26	M	47	M U/50	21
22	Jon	Moscrop	London Frontrunners	35.32	M	39	M U/50	22
23	Nathan	Andrews	Wimbledon Windmilers	35.34	M	38	M U/50	23
24	Luke	Davis	Clapham Chasers	35.36	M	31	M U/50	24
25	Tony	Tuohy	Dulwich Runners	35.38	M	51	M O/50	1
26	Charlie	Rickett	Clapham Chasers	35.42	M	24	M U/50	25
27	Gary	Donald		35.46	M	58	Wheelchair	1
28	David	Craddock		35.50	M	28	M U/50	26
29	Alastair	Locke	Dulwich Runners	35.51	M	31	M U/50	27
30	Tim	Muir	Queens Park H	35.55	M	38	M U/50	28
31	Hamish	Maclean	Wimbledon Windmilers	35.59	M	31	M U/50	29

32	Peter	Holmes	serpentine rc	36.01	M	35	M U/50	30
33	Beat	Blattler	LACTV Unterstr. Zurich	36.10	M	37	M U/50	31
34	Eoghan	O'Neill	Fulham RC	36.12	M	32	M U/50	32
35	David	Evans	Serpentine RC	36.13	M	23	M U/50	33
36	Paul	Devine	Dulwich Runners	36.14	M	35	M U/50	34
37	Dan	Holmes	Clapham Chasers	36.15	M	34	M U/50	35
38	Gary	Ironmonger	HHH	36.23	M	52	M O/50	2
39	Shaun	Mills	Clapham Chasers	36.34	M	26	M U/50	36
40	Richard	Hoskins	Guildford and Godalming Athletics Clu	36.44	M	49	M U/50	37
41	Richard	Taylor	Serpentine	36.51	M	37	M U/50	38
42	Ian	Girling	Mornington Chasers	36.51	M	32	M U/50	39
43	Chris	Jones		36.52	M		M U/50	40
44	Colin	Overton	Ealing Eagles Running Club	37.09	M	35	M U/50	41
45	Susannah	Evans	Wimbledon windmilers	37.14	F	32	W U/50	1
46	Keith	Scofield	Clapham Chasers	37.16	M	35	M U/50	42
47	Craig	Horsburgh	Orion Harriers	37.29	M	33	M U/50	43
48	Sebastian	Vons	Wimbledon Windmilers	37.36	M	34	M U/50	44
49	Emilien	Chauvetet		37.42	M	20	M U/50	45
50	Victoria	Crawford	Serpentine	37.42	F	27	W U/50	2
51	David	Williams	Sutton Runners	37.45	M	42	M U/50	46
52	Maru	Rose		37.53	M	34	M U/50	47
53	Jamie	Russell	Dartford Road Runners	37.58	M	33	M U/50	48
54	Michael	Leong	Clapham Chasers	38.00	M	33	M U/50	49
55	Edwin	McCormack	Dulwich R	38.01	M	26	M U/50	50
56	Simon	Thompson		38.01	M	33	M U/50	51
57	Mike	Prior	Trent Park	38.06	M	46	M U/50	52
58	Floris	Kneefel	Serpentine	38.08	M	42	M U/50	53
59	David	Oxland	Road Runner's club	38.09	M	34	M U/50	54
60	Ben	Smithers		38.10	M	29	M U/50	55
61	Serdar	Cetin	Serpentine	38.12	M	36	M U/50	56
62	Ian	Lilley	Dulwich Runners	38.14	M	42	M U/50	57
63	Sam	Crump	dulwich runners AC	38.19	M	30	M U/50	58
64	Robert	Newnham		38.20	M	30	M U/50	59
65	Laurent	Le Mee	Serpentine	38.21	M	37	M U/50	60
66	George	Harper		38.28	M	30	M U/50	61
67	Melanie	Edwards	Dulwich Runners AC	38.30	F	32	W U/50	3
68	Eberhard	Prill	Dulwich Runners	38.34	M	51	M O/50	3
69	Helen	Gaunt	Serpentine RC	38.34	F	34	W U/50	4
70	Bobby	Walker	Cambridge Harriers	38.35	M	35	M U/50	62
71	Juan Antonio	Roman-Alonso	Clapham Chasers	38.38	M	28	M U/50	63
72	Rob	Cope	Dulwich Runners	38.45	M	40	M U/50	64
73	Alexander	Luce	Belgrave Harriers	38.46	M	49	M U/50	65
74	Joel	Wiles	Epsom Oddballs	38.51	M	31	M U/50	66
75	Victoria	Carter	Serpentine	38.52	F	42	W U/50	5
76	Manuel	Corriente	Vegetarian Cycling & AC	38.53	M	43	M U/50	67
77	Rebecca	Bunting	London Heathside	39.01	F	30	W U/50	6
78	Erin	Whitla	Serpentine	39.20	F	26	W U/50	7
79	Jacob	Denison		39.27	M	29	M U/50	68
80	Richard	Hooley	TVH	39.29	M	51	M O/50	4
81	Julia	Belyavin	Bristol & West AC	39.32	F	34	W U/50	8
82	Wai Wing	Pang	Serpentine	39.36	M	41	M U/50	69
83	Carole	Penlington	Blackheath & Bromley	39.37	F	38	W U/50	9
84	Hugh	Scorgie		39.40	M	54	M O/50	5
85	Scott	Hemmens	Serpentine	39.42	M	34	M U/50	70
86	Danny	Chalkley	Clapham Chasers	39.42	M	42	M U/50	71
87	Tom	Cheetham	Hercules Wimbledon AC	39.44	M	47	M U/50	72
88	Sam	Allpass	u/a	39.46	M	48	M U/50	73
89	Feron	Romain		39.48	M	29	M U/50	74

90	Stuart	Young		39.54	M	40	M U/50	75
91	John	Witton		40.06	M	60	M O/60	1
92	Gary	Salmon	Clapham Chasers	40.06	M	28	M U/50	76
93	David	Smith	Serpentine RC	40.10	M	55	M O/50	6
94	Samantha	Pickford	Wimbledon Windmilers	40.14	F	34	W U/50	10
95	Michael	Wiggins		40.24	M	36	M U/50	77
96	Bertie	Miller	QPH	40.26	M	50	M O/50	7
97	Theo	Baines	Serpentine	40.29	M	31	M U/50	78
98	James	Ruskin	Stragglers	40.30	M	32	M U/50	79
99	Blair	Hainsworth		40.30	M	30	M U/50	80
100	Robert	Lewis		40.32	M	28	M U/50	81
101	Hubert	Brandts		40.32	M	46	M U/50	82
102	Johnny	Amos		40.35	M	28	M U/50	83
103	Terry	Eakin	Wimbledon Windmilers	40.36	M	64	M O/60	2
104	John	English	Dulwich Runners	40.44	M	50	M O/50	8
105	Hugo	Pile		40.49	M	32	M U/50	84
106	Andy	McMillan	Windrush	40.52	M	29	M U/50	85
107	Hope	Sloly	Mornington Chasers	40.57	F	32	W U/50	11
108	Gabriela	De La Cerda		40.59	F	36	W U/50	12
109	Dara	Teesdale		41.04	M	52	M O/50	9
110	David	Cornock	Barnes Runners	41.07	M	50	M O/50	10
111	Bradley	Brown	Ilford AC	41.08	M	40	M U/50	86
112	Andrew	Ormesher	clapham chasers	41.08	M	49	M U/50	87
113	Thomas	Feist		41.11	M	28	M U/50	88
114	Darryl	Coulter		41.14	M	42	M U/50	89
115	Tina	Gray	Fulham RC	41.14	F	30	W U/50	13
116	Georg	Isola	Mornington Chasers	41.17	M	37	M U/50	90
117	Ed	Devenport		41.21	M	28	M U/50	91
118	Josh	Ord-Hume	Barnes Runners	41.26	M	42	M U/50	92
119	Laura	Denison	Serpentine	41.26	F	37	W U/50	14
120	Isabel	Ruthven	Ealing Eagles	41.35	F	23	W U/50	15
121	Simon	Pannell	Striders of Croydon	41.47	M	53	M O/50	11
122	Richard	James		41.49	M	41	M U/50	93
123	William	Taylor		41.57	M	24	M U/50	94
124	Helena	Corbin	Woking AC	41.57	F	22	W U/50	16
125	Dave	Compton		42.07	M	50	M O/50	12
126	Neil	Holmes		42.30	M	27	M U/50	95
127	Terry	Avey	brighton phoenix	42.44	M	62	M O/60	3
128	Raymond	Ngai	Wimbledon Windmilers	42.45	M	32	M U/50	96
129	Chris	Scott		42.51	M	39	M U/50	97
130	Rosalind	Lee	Serpentine	42.53	F	29	W U/50	17
131	Nicki	Scott	Comets RRC	43.12	F	31	W U/50	18
132	Alan	Dunnett		43.17	M	60	M O/60	4
133	Stephen	Cox	Wimbledon Windmilers	43.18	M	44	M U/50	98
134	Daniel	Neather		43.22	M	27	M U/50	99
135	Jamila	Rodriguez	Running Seminars	43.28	F	30	W U/50	19
136	David	Turnbull		43.31	M	28	M U/50	100
137	Richard	Brimlrow	Clapham Chasers	43.46	M	47	M U/50	101
138	Rebecca	Williamson		43.53	F	32	W U/50	20
139	Nicola	Glover	Windrush	43.55	F	31	W U/50	21
140	Elsbeth	Bisson		43.58	F	21	W U/50	22
141	George	Giannopoulos	u/a	44.05	M	39	M U/50	102
142	Ben	Barwick	Winchester & District	44.08	M	26	M U/50	103
143	Nick	Farrell		44.09	M	47	M U/50	104
144	Maurice	Sharp	Hercules Wimbledon AC	44.12	M	68	M O/60	5
145	Mike	Wheeler		44.16	M	31	M U/50	105
146	Roger	Corbett		44.18	M	50	M O/50	13
147	Alex	Paxton	u/a	44.29	M	30	M U/50	106

148	mark	travers	st albans striders	44.34	M	50	M O/50	14
149	Simon	Gould		44.39	M	65	M O/60	6
150	Sally	Williams		44.40	F	36	W U/50	23
151	Paul	Collier		44.45	M	50	M O/50	15
152	Tom	Meston		44.50	M	36	M U/50	107
153	Chris	Howe		44.51	M	26	M U/50	108
154	Steve	Phillips	Wimbledon Windmilers	44.53	M	45	M U/50	109
155	David	Maeso		44.57	M	32	M U/50	110
156	Richard	Lodge		45.02	M	25	M U/50	111
157	Chris	Jones		45.02	M	32	M U/50	112
158	Felipe	Polo		45.03	M	30	M U/50	113
159	Andrew	Roles		45.05	M	44	M U/50	114
160	Sherwood	Daniel		45.07	M	20	M U/50	115
161	Ken	Parsons	BEDFORD HARRIERS	45.09	M	47	M U/50	116
162	Ian	Mursell	VAC	45.11	M	62	M O/60	7
163	Richard	Morris	Fulham Running Club	45.11	M	39	M U/50	117
164	Claire	Morris	Ealing Eagles Running Club	45.11	F	35	W U/50	24
165	Nayan	Mistry	Wimbledon Windmilers	45.17	M	35	M U/50	118
166	TIm	Cayzer		45.20	M	35	M U/50	119
167	John	Warton	Clapham Chasers	45.21	M	50	M O/50	16
168	Piers	Woolston	Ealing Eagles Running Club	45.32	M	52	M O/50	17
169	Felipe	Garcia-Andrade	None	45.35	M	24	M U/50	120
170	Ian	Bennink	Running Seminars	45.36	M	42	M U/50	121
171	Georgina	Povey		45.39	F	35	W U/50	25
172	Tamas	Gyurka		45.42	M	28	M U/50	122
173	Kelvin	Malayapillay		45.46	M	42	M U/50	123
174	William	O'Brien		45.51	M	31	M U/50	124
175	Calum	Ruddock		45.51	M	21	M U/50	125
176	Jennifer	Rankin		45.55	F	33	W U/50	26
177	Chloe	Hawkins	Hercules Wimbledon AC	46.00	F	32	W U/50	27
178	Bruce	Chessell	Wimbledon Windmilers	46.01	M	45	M U/50	126
179	Javier	Pons		46.09	M	36	M U/50	127
180	Emily	Gibbs	Clapham Chasers	46.11	F	28	W U/50	28
181	Sophia	De Rivaz	Serpentine	46.13	F	29	W U/50	29
182	TIm	Alexander		46.41	M	30	M U/50	128
183	Yago	Cueto		46.45	M	25	M U/50	129
184	Richard	Adams		46.48	M	47	M U/50	130
185	Julie	Cornford	Wimbledon Windmilers	46.49	F	39	W U/50	30
186	Alistair	Cutler		46.57	M	23	M U/50	131
187	Dennis	Patrickson		47.04	M	33	M U/50	132
188	Mike	Bourke		47.06	M	27	M U/50	133
189	Katherine	French	Clapham Chasers	47.08	F	33	W U/50	31
190	Niels	Rock		47.20	M	37	M U/50	134
191	Marion	Rayner	West 4 Harriers	47.22	F	63	W O/60	1
192	Laura	Denham-Jones	Clapham Runners	47.22	F	47	W U/50	32
193	Stephanie	Nimmo	Wimbledon Windmilers	47.26	F	45	W U/50	33
194	Carlos	Fernandez Garcia		47.27	M	34	M U/50	135
195	Jean-Luc	Hoez	Serpentine Running Club	47.29	M	56	M O/50	18
196	Philip	Ruck		47.29	M	25	M U/50	136
197	Hugh	French	u/a	47.29	M	38	M U/50	137
198	Derek	Roebuck		47.39	M	52	M O/50	19
199	Conor	Brew		47.40	M	31	M U/50	138
200	Anthony	Ferriroli	RRC	47.52	M	45	M U/50	139
201	Katherine	Elmore-Jones		47.58	F	36	W U/50	34
202	Anne	Breivik		48.05	F	35	W U/50	35
203	Mike	Sullivan		48.10	M	37	M U/50	140
204	Andi	Hall		48.25	F	30	W U/50	36
205	Annika	Alexopoulou	Clapham Runners	48.26	F	38	W U/50	37

206	Toby	Scott	Comets RRC	48.39	M	31	M U/50	141
207	Richard	Prentice		48.41	M	28	M U/50	142
208	Natasha	Gilmour	Shaftesbury	48.47	F	20	W U/50	38
209	Peter	Radford		48.59	M	43	M U/50	143
210	Louise	Furber		49.04	F	41	W U/50	39
211	Ben	Hall		49.12	M	31	M U/50	144
212	Daniel	Lowther		49.13	M	29	M U/50	145
213	Laura	Ellis	BearCat running club	49.17	F	30	W U/50	40
214	John	Carter	Wimbledon Windmilers	49.23	M	69	M O/60	8
215	Emma	Bisgrove	Wimbledon Windmilers	49.49	F	28	W U/50	41
216	Laura	Mundy		49.51	F	26	W U/50	42
217	Alex	Sloane		50.05	M	28	M U/50	146
218	Jamie	Fox		50.22	M	36	M U/50	147
219	Gemma	Taylor	Clapham Chasers	50.30	F	26	W U/50	43
220	Katie	Kenny		50.40	F	33	W U/50	44
221	Marc	Menem		50.47	M	34	M U/50	148
222	Emma	Armitage		50.48	F	27	W U/50	45
223	Maria Giovanna	Brauzzi		50.49	F	22	W U/50	46
224	Anas	Hassan	Wimbledon Windmilers	50.49	M	43	M U/50	149
225	Lucy	Komaromy	Clapham Chasers	50.53	F	30	W U/50	47
226	Tessa	Wilson		51.01	F	46	W U/50	48
227	Colin	Ryan		51.08	M	40	M U/50	150
228	Orlav	Maher		51.09	F		W U/50	49
229	Peter	Cleghorn		51.20	M	32	M U/50	151
230	Andy	Calvert		51.32	M	32	M U/50	152
231	Gareth	Jones		51.33	M	30	M U/50	153
232	Gavin	Foxton		51.42	M	27	M U/50	154
233	Ted	Townsend	Fulham RC	51.44	M	52	M O/50	20
234	Guy	Davies		51.51	M	25	M U/50	155
235	Nathalie	Vauterim		52.09	F	45	W U/50	50
236	Robert	Higgins		52.12	M	37	M U/50	156
237	Mary	O'Brien		52.25	F	30	W U/50	51
238	Emma	Charlton		52.30	F	28	W U/50	52
239	Gemma	Brierley	Clapham Chasers	52.34	F	27	W U/50	53
240	Shona	Moth		53.01	F	40	W U/50	54
241	Kieren	Keenan		53.14	M	33	M U/50	157
242	Richard	Curen	Running Seminars	53.15	M	47	M U/50	158
243	Dave	Gironi	Serpentine	53.20	M	36	M U/50	159
244	Libby	Irwin		53.31	F	33	W U/50	55
245	David	Holland		53.31	M	25	M U/50	160
246	Jennifer	McDonagh		53.56	F	30	W U/50	56
247	Abi	Russell		54.01	F	33	W U/50	57
248	Heather	Binney	Clapham Pioneers	54.03	F	52	W O/50	1
249	Steve	Butcher		54.09	M	56	M O/50	21
250	Ron	BANERJEE		54.36	M	32	M U/50	161
251	Ryan	Shaw		54.42	M	35	M U/50	162
252	Alicia	Allen		54.51	F	30	W U/50	58
253	Carolina	Lilley	Dulwich Runners	55.26	F	40	W U/50	59
254	Rebecca	Tourangeau		55.42	F	27	W U/50	60
255	Nikki	Clements		55.53	F	28	W U/50	61
256	Sarah	Walters		55.53	F	27	W U/50	62
257	Aoife	Rafter		55.53	F	29	W U/50	63
258	Katy	Peek		56.07	F	41	W U/50	64
259	Sam	Musgrave		56.22	M	31	M U/50	163
260	Marissa	Alves		56.27	F	33	W U/50	65
261	Suzanne	White		56.31	F	33	W U/50	66
262	Ryan	Easterbrook		56.57	M	26	M U/50	164
263	Suzanne	Gibson		57.30	F	33	W U/50	67

264	Polly	Benians		57.36	F	34	W U/50	68
265	Reichberger	Miles	Running Seminars	57.47	M	42	M U/50	165
266	Sarah	Hughes		57.47	F	27	W U/50	69
267	Haley	Daniel		57.52	F	31	W U/50	70
268	Laurence	Hynes		57.52	F	42	W U/50	71
269	Sarah	Watson		57.57	F	31	W U/50	72
270	Kirsty	Alexander		57.57	F	23	W U/50	73
271	Cathryn	McAndrew		58.02	F	28	W U/50	74
272	Anne	Cheeseman		58.13	F	45	W U/50	75
273	A	Jones		58.19	M	48	M U/50	166
274	Edwin	Bartlett	Vets AC	58.20	M	69	M O/60	9
275	Kathleen	Corbett		58.28	F	48	W U/50	76
276	Rachel	Leung	Herne Hill Harriers	58.43	F	29	W U/50	77
277	Liz	Stephen		58.43	F	30	W U/50	78
278	Danielle	Morgan		58.57	F	35	W U/50	79
279	Rudolph	Stewart		59.02	M	47	M U/50	167
280	Cliona	Lawson-Wood	Comets	59.24	F	32	W U/50	80
281	Sara	Pepper		59.30	F	42	W U/50	81
282	Vanessa	Peterkin		59.30	F	40	W U/50	82
283	Philippa	Boag Sharland		59.30	F	41	W U/50	83
284	Jacqui	Williams		59.43	F	38	W U/50	84
285	bela	kovacs		59.57	M	66	M O/60	10
286	Lola	Canadas-Perez		59.57	F	37	W U/50	85
287	Jacquie	Morris		1.00.01	F	51	W O/50	2
288	Kellyann	Walsingham		1.00.05	F	43	W U/50	86
289	Ekaterina	Kobrina		1.00.23	F	24	W U/50	87
290	Justin	Woolford		1.00.40	M	26	M U/50	168
291	Kim	Tyler	Clapham Chasers	1.00.53	F	31	W U/50	88
292	C	Conran		1.00.57	F	32	W U/50	89
293	TARA	Godolphin		1.01.06	F	27	W U/50	90
294	Mohammed	Jahimi		1.01.31	M	22	M U/50	169
295	Arlene	Game		1.01.50	F	46	W U/50	91
296	Bennink-Bari	Xuemei	Running Seminars	1.01.54	F	46	W U/50	92
297	Jennifer	Holman		1.02.17	F	29	W U/50	93
298	Jessica	Charlton		1.02.19	F	24	W U/50	94
299	Miranda	Brown		1.02.30	F	28	W U/50	95
300	Alison	Horner	Comets Running Club	1.02.33	F	27	W U/50	96
301	Stephanie	Budzina		1.02.38	F	36	W U/50	97
302	Danielle	Burwood	Dartford Road Runners	1.03.14	F	28	W U/50	98
303	Suzie	Nagle		1.03.36	F	29	W U/50	99
304	Marta	Yago		1.03.36	F	36	W U/50	100
305	Emma	Beers		1.03.57	F	28	W U/50	101
306	Lucy	Smith		1.04.15	F	25	W U/50	102
307	Paul	Rigden		1.04.15	M	31	M U/50	170
308	Jo	Lewis		1.04.20	F	27	W U/50	103
309	Lucía	Manzitti		1.04.33	F	35	W U/50	104
310	Alison	Rowley		1.05.16	F	46	W U/50	105
311	Kathryn	Wares		1.07.00	F	44	W U/50	106
312	Anita	Smreczak		1.07.04	F	52	W O/50	3
313	NICOLA	BANKS		1.07.35	F	25	W U/50	107
314	Charlotte	Eady		1.07.35	F	24	W U/50	108
315	Ruth	Ingleson		1.07.35	F	23	W U/50	109
316	Louise	Pugh		1.07.39	F	24	W U/50	110
317	Felicity	Sullivan		1.07.42	F	29	W U/50	111
318	David	Goddard		1.08.21	M	27	M U/50	171
319	Aoife	Kelly		1.09.14	F	32	W U/50	112
320	Anupma	Jain		1.10.04	F	41	W U/50	113
321	Elaine	Barker		1.14.02	F	48	W U/50	114

322	Sarah	Barnard		1.14.33	F	51	W O/50	4
323	Stephen	Moroukian		1.16.18	M	33	M U/50	172