



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
10 K
Battersea Park
8am
August 4th, 2012

Dear Runners

257 runners completed the course on a fine day which turned out to be the greatest day in British Athletics with gold medals for Jessica Ennis and several others at the London 2012 Olympic Games. Our gold medalists were Chris Greenwood for the men and Alex Gounelas for the ladies. See you all soon

Trophy winners and all results below.

MEDAL WINNERS

| NAME | SURNAME | CLUB | TIME | AGE |
|------|---------|------|------|-----|
|------|---------|------|------|-----|

MEN UNDER 50

| | | | | | | |
|-----|---------|-----------|-----------------|-------|---|----|
| 1st | Chris | Greenwood | Kent AC | 32.35 | M | 38 |
| 2nd | Justin | McIntyre | | 33.31 | M | 22 |
| 3rd | James | Ellis | Clapham Chasers | 33.33 | M | 32 |
| 4th | Chris | Minns | Beckenham RC | 33.51 | M | 38 |
| 5th | Basil | Wallace | HHH | 33.59 | M | 38 |
| 6th | Matthew | Sharp | | 34.02 | M | 33 |
| 7th | Neil | Aitken | Clapham Chasers | 34.11 | M | 38 |

WOMEN UNDER 50

| | | | | | | |
|-----|--------|----------|---------------|-------|---|----|
| 1st | Alex | Gounelas | Eton Manor AC | 36.46 | F | 31 |
| 2nd | Hannah | Wylie | | 39.52 | F | 29 |
| 3rd | Tina | Gray | Fulham RC | 40.17 | F | 29 |

| | | | | | | |
|-----|-------|---------|---------------------|-------|---|----|
| 4th | Suzy | Yates | Orpington RR | 40.26 | F | 31 |
| 5th | ALICE | Squires | | 40.47 | F | 40 |
| 6th | Cara | Kayum | Striders of Croydon | 40.53 | F | 23 |
| 7th | Sarah | Cole | | 40.59 | F | 33 |

MEN VET 50

| | | | | | | |
|-----|-------|------------|---------------------|-------|---|----|
| 1st | Larry | Reehtin | | 39.07 | M | 51 |
| 2nd | John | Foster | Striders of Croydon | 39.13 | M | 53 |
| 3rd | Gary | Ironmonger | | 39.37 | M | 50 |

WOMEN VET 50

| | | | | | | |
|-----|--------|----------|-------------------------|-------|---|----|
| 1st | Kay | Bettis | Serpentine Running Club | 52.08 | F | 51 |
| 2nd | Angela | Kikugawa | Hercules Wimbledon | 53.07 | F | 50 |

MEN VET 60

| | | | | | | |
|-----|-------|-------|---------------------|-------|---|----|
| 1st | Terry | Eakin | NORTH DOWN AC | 40.36 | M | 62 |
| 2nd | Terry | Avey | brighton phoenix ac | 41.15 | M | 61 |

MEN VET 70

| | | | | | | |
|-----|--------|--------|---------------|-------|---|----|
| 1st | Philip | Turley | Epsom & Ewell | 49.46 | M | 71 |
|-----|--------|--------|---------------|-------|---|----|

OVERALL RESULTS

| Pos | Name | Surname | Club | Time | M/F | Age | Cat | Cat Pos. |
|-----|----------|---------------|-------------------------|-------|-----|-----|--------|----------|
| 1 | Chris | Greenwood | Kent AC | 32.35 | M | 38 | M U/50 | 1 |
| 2 | Justin | McIntyre | | 33.31 | M | 22 | M U/50 | 2 |
| 3 | James | Ellis | Clapham Chasers | 33.33 | M | 32 | M U/50 | 3 |
| 4 | Chris | Minns | Beckenham RC | 33.51 | M | 38 | M U/50 | 4 |
| 5 | Basil | Wallace | HHH | 33.59 | M | 38 | M U/50 | 5 |
| 6 | Matthew | Sharp | | 34.02 | M | 33 | M U/50 | 6 |
| 7 | Neil | Aitken | Clapham Chasers | 34.11 | M | 38 | M U/50 | 7 |
| 8 | Dan | Madams | London Heathside | 34.15 | M | 39 | M U/50 | 8 |
| 9 | Darren | Tanner | Clapham Chasers | 34.17 | M | 31 | M U/50 | 9 |
| 10 | Juan | Ferrer | | 35.02 | M | 34 | M U/50 | 11 |
| 11 | Robert | Tuer | Clapham Chasers | 35.05 | M | 26 | M U/50 | 12 |
| 12 | James | Gillanders | London Frontrunners | 35.22 | M | 34 | M U/50 | 13 |
| 13 | Graham | Bell | Wimbledon Windmilers | 35.22 | M | 25 | M U/50 | 14 |
| 14 | simon | Lee cresswell | Serpentine running club | 35.31 | M | 29 | M U/50 | 15 |
| 15 | james | cooper | | 35.44 | M | 30 | M U/50 | 16 |
| 16 | Rick | Weston | Serpentine | 35.54 | M | 25 | M U/50 | 17 |
| 17 | Oli | Murphy | | 36.00 | M | 23 | M U/50 | 18 |
| 18 | Hamish | Cropper | Clapham Chasers | 36.17 | M | 29 | M U/50 | 19 |
| 19 | Jonathan | Moscrop | London Frontrunners | 36.32 | M | 38 | M U/50 | 20 |
| 20 | David | Grima | Hercules Wimbledon | 36.33 | M | 33 | M U/50 | 21 |
| 21 | Keith | MacIntosh | Wimbledon Windmilers | 36.37 | M | 38 | M U/50 | 22 |
| 22 | Alex | Gounelas | Eton Manor AC | 36.46 | F | 31 | W U/50 | 1 |

| | | | | | | | | |
|----|----------|------------|--------------------------|-------|---|----|--------|----|
| 23 | ryan | woods | | 36.48 | M | 24 | M U/50 | 23 |
| 24 | Andrew | Bell | St Albans Sriders | 36.52 | M | 27 | M U/50 | 24 |
| 25 | Alex | Urban | Hercules Wimbledon | 36.58 | M | 26 | M U/50 | 25 |
| 26 | Patrick | Tweedale | | 37.05 | M | 33 | M U/50 | 26 |
| 27 | Richard | Taylor | Serpentine | 37.12 | M | 36 | M U/50 | 27 |
| 28 | Edgar | Sequeira | Beckenham Running Club | 37.32 | M | 38 | M U/50 | 28 |
| 29 | Adam | Lawrence | | 37.43 | M | 37 | M U/50 | 29 |
| 30 | Gunther | Zechmann | | 37.48 | M | 29 | M U/50 | 30 |
| 31 | Jon | Kyte | Harrow AC | 37.54 | M | 28 | M U/50 | 31 |
| 32 | Mark | Speed | | 37.58 | M | 38 | M U/50 | 32 |
| 33 | MARTIN | CARMACK | SERPENTINE RC | 38.04 | M | 42 | M U/50 | 33 |
| 34 | Danny | White | Southampton AC | 38.12 | M | 28 | M U/50 | 34 |
| 35 | Alastair | Locke | Serpentine | 38.20 | M | 30 | M U/50 | 35 |
| 36 | Simon | Ambrosi | Striders of Croydon | 38.22 | M | 34 | M U/50 | 36 |
| 37 | Ben | Smith | Rochdale | 38.34 | M | 33 | M U/50 | 37 |
| 38 | Rick | Jenner | | 38.36 | M | 35 | M U/50 | 38 |
| 39 | Peter | Holmes | Serpentine | 38.54 | M | 34 | M U/50 | 39 |
| 40 | Mark | Lee | Serpentines Running Club | 38.54 | M | 29 | M U/50 | 40 |
| 41 | Paul | Karlsen | Synergy Running Club | 38.59 | M | 34 | M U/50 | 41 |
| 42 | Kevin | James | Mid Sussex Tri Club | 39.01 | M | 37 | M U/50 | 42 |
| 43 | Larry | Reehtin | | 39.07 | M | 51 | M O/50 | 1 |
| 44 | John | Foster | Striders of Croydon | 39.13 | M | 53 | M O/50 | 2 |
| 45 | gerard | andrews | Synergy Running Club | 39.13 | M | 33 | M U/50 | 43 |
| 46 | Massimo | Passamonti | | 39.15 | M | 33 | M U/50 | 44 |
| 47 | Terrence | Tsui | | 39.26 | M | 26 | M U/50 | 45 |
| 48 | Alex | West | Serpentine Running Club | 39.28 | M | 27 | M U/50 | 46 |
| 49 | Steve | Campbell | | 39.34 | M | 44 | M U/50 | 47 |
| 50 | Michael | Leong | Clapham Chasers | 39.35 | M | 31 | M U/50 | 48 |
| 51 | Gary | Ironmonger | u/a | 39.37 | M | 50 | M O/50 | 3 |
| 52 | Scott | Hemmens | Dulwich Runners | 39.39 | M | 33 | M U/50 | 49 |
| 53 | Stephen | Massey | Striders of Croydon | 39.43 | M | 44 | M U/50 | 50 |
| 54 | Marc | Thurgood | | 39.47 | M | 49 | M U/50 | 51 |
| 55 | richard | hooley | Thames Valley Harriers | 39.51 | M | 50 | M O/50 | 4 |
| 56 | Michael | Marth | | 39.51 | M | 31 | M U/50 | 52 |
| 57 | Hannah | Wylie | u/a | 39.52 | F | 29 | W U/50 | 2 |
| 58 | Tim | Copler | | 39.53 | M | 35 | M U/50 | 53 |
| 59 | Tom | Cheetham | Hercules Wimbledon | 39.59 | M | 45 | M U/50 | 54 |
| 60 | Bob | Groves | Synergy | 39.59 | M | 50 | M O/50 | 5 |
| 61 | Prill | Eberhard | Dulwich R | 40.09 | M | 50 | M O/50 | 6 |
| 62 | Joe | Long | Synergy Running Club | 40.13 | M | 29 | M U/50 | 55 |
| 63 | Pawel | Goraj | | 40.14 | M | 29 | M U/50 | 56 |
| 64 | Tina | Gray | Fulham RC | 40.17 | F | 29 | W U/50 | 3 |
| 65 | Ben | Cope | Serpentine | 40.22 | M | 30 | M U/50 | 57 |
| 66 | Paul | Devine | Dulwich Runners | 40.25 | M | 34 | M U/50 | 58 |
| 67 | Suzy | Yates | Orpington RR | 40.26 | F | 31 | W U/50 | 4 |
| 68 | Steve | Starvis | Striders of Croydon | 40.28 | M | 40 | M U/50 | 59 |
| 69 | Terry | Eakin | NORTH DOWN AC | 40.36 | M | 62 | M O/60 | 1 |

| | | | | | | | | |
|-----|---------|----------------|------------------------|-------|---|----|--------|----|
| 70 | Chris | Morton | Striders of Croydon | 40.40 | M | 47 | M U/50 | 60 |
| 71 | ALICE | Squires | | 40.47 | F | 40 | W U/50 | 5 |
| 72 | Mark | Stewart | Serpentine | 40.50 | M | 35 | M U/50 | 61 |
| 73 | Cara | Kayum | Striders of Croydon | 40.53 | F | 23 | W U/50 | 6 |
| 74 | Michael | Lea | | 40.54 | M | 32 | M U/50 | 62 |
| 75 | Sarah | Cole | u/a | 40.59 | F | 33 | W U/50 | 7 |
| 76 | Michael | McMillan | | 41.04 | M | 29 | M U/50 | 63 |
| 77 | Jamie | Russell | Dartford Road Runners | 41.05 | M | 32 | M U/50 | 64 |
| 78 | Cath | Stibbs | Kent AC | 41.05 | F | 38 | W U/50 | 8 |
| 79 | Marta | Bagnati | Serpentine | 41.11 | F | 27 | W U/50 | 9 |
| 80 | terry | Avey | brighton phoenix ac | 41.15 | M | 61 | M O/60 | 2 |
| 81 | Stephen | Harris | Striders of Croydon | 41.16 | M | 42 | M U/50 | 65 |
| 82 | Timothy | Hodgetts | | 41.18 | M | 34 | M U/50 | 66 |
| 83 | Sheila | Regan | Letterkenny AC | 41.18 | F | 42 | W U/50 | 10 |
| 84 | David | MacDonald | | 41.21 | M | 38 | M U/50 | 67 |
| 85 | Andrew | Doughty | | 41.42 | M | 36 | M U/50 | 68 |
| 86 | Oliver | Benham | | 41.43 | M | 30 | M U/50 | 69 |
| 87 | karl | thompson | | 41.45 | M | 39 | M U/50 | 70 |
| 88 | Max | Livingstone-Lo | Serpentine | 41.49 | M | 34 | M U/50 | 71 |
| 89 | Serena | Tracey | Striders of Croydon | 41.49 | F | 37 | W U/50 | 11 |
| 90 | James | Scallan | | 41.55 | M | 31 | M U/50 | 72 |
| 91 | Andy | Dixon | Runner's World | 41.57 | M | 40 | M U/50 | 73 |
| 92 | Derek | Fowler | | 42.00 | M | 36 | M U/50 | 74 |
| 93 | Stuart | Rhodes | | 42.03 | M | 31 | M U/50 | 75 |
| 94 | Josh | Kitts | | 42.11 | M | 15 | M U/50 | 76 |
| 95 | Frank | Wood | Hercules Wimbledon | 42.15 | M | 47 | M U/50 | 77 |
| 96 | shingo | kodama | | 42.27 | M | 25 | M U/50 | 78 |
| 97 | Anthony | Chin | London Heathside | 42.33 | M | 54 | M O/50 | 7 |
| 98 | Alister | Smith | | 42.41 | M | 28 | M U/50 | 79 |
| 99 | James | Norman | Synergy Running Club | 42.45 | M | 32 | M U/50 | 80 |
| 100 | Edward | Tansey | | 43.06 | M | 23 | M U/50 | 81 |
| 101 | Robert | Tansey | | 43.06 | M | 40 | M U/50 | 82 |
| 102 | Allan | Dunnett | | 43.06 | M | 59 | M O/50 | 8 |
| 103 | Andy | Botting | | 43.10 | M | 30 | M U/50 | 83 |
| 104 | Andrew | Bright | | 43.15 | M | 28 | M U/50 | 84 |
| 105 | Curt | Clausen | New York Athletic Club | 43.17 | M | 44 | M U/50 | 85 |
| 106 | Patrick | Browne | | 43.18 | M | 30 | M U/50 | 86 |
| 107 | marco | di tullio | | 43.28 | M | 43 | M U/50 | 87 |
| 108 | Jerome | Timbrell | Quantock harriers | 43.29 | M | 40 | M U/50 | 88 |
| 109 | Ian | Galbraith | | 43.29 | M | 32 | M U/50 | 89 |
| 110 | Sarah | Dudgeon | Serpentine | 43.36 | F | 35 | W U/50 | 12 |
| 111 | Dominic | Lawrence | | 43.40 | M | 27 | M U/50 | 90 |
| 112 | Grazka | Kazmierska | u/a | 43.51 | F | 31 | W U/50 | 13 |
| 113 | Ben | Parsons | | 43.59 | M | 36 | M U/50 | 91 |
| 114 | Cheryl | Appleby | | 44.00 | F | 28 | W U/50 | 14 |
| 115 | ANDY | ROY | | 44.03 | M | 35 | M U/50 | 92 |
| 116 | Dan | Lisi | | 44.17 | M | 33 | M U/50 | 93 |

| | | | | | | | | |
|-----|-----------|-------------|----------------------|-------|---|----|--------|-----|
| 117 | Jean Luc | Hoez | | 44.30 | M | 54 | M O/50 | 9 |
| 118 | Daniel | Marrion | | 44.33 | M | 36 | M U/50 | 94 |
| 119 | Alan | Purchase | Striders of Croydon | 44.38 | M | 53 | M O/50 | 10 |
| 120 | Kenneth | McCallum | | 44.38 | M | 41 | M U/50 | 95 |
| 121 | Robert | Sandes | | 44.39 | M | 27 | M U/50 | 96 |
| 122 | Maurice | Sharp | Hercules Wimbledon | 44.42 | M | 65 | M O/60 | 3 |
| 123 | Chloe | Hawkins | Hercules Wimbledon | 44.43 | F | 31 | W U/50 | 15 |
| 124 | Hugh | Sheilds | Thames Hare & Hounds | 44.47 | M | 47 | M U/50 | 97 |
| 125 | Katie | Hill | | 44.50 | F | 29 | W U/50 | 16 |
| 126 | Terry | Robertson | | 44.51 | M | 30 | M U/50 | 98 |
| 127 | Matthew | Ovenden | | 44.53 | M | 31 | M U/50 | 99 |
| 128 | Ian | Mursell | Vets AC | 44.57 | M | 60 | M O/60 | 4 |
| 129 | Christine | Clark | NYC harriers | 45.03 | F | 42 | W U/50 | 17 |
| 130 | David | Hyden | u/a | 45.04 | M | 51 | M O/50 | 11 |
| 131 | Laura | D'Albey | Belgrave | 45.06 | F | 30 | W U/50 | 18 |
| 132 | Stephen | Berry | Serpentine | 45.13 | M | 46 | M U/50 | 100 |
| 133 | Liam | McGinty | Finn Valley | 45.34 | M | 45 | M U/50 | 101 |
| 134 | Ieva | Lobaciute | | 45.36 | F | 26 | W U/50 | 19 |
| 135 | Neil | Edwards | | 45.41 | M | 29 | M U/50 | 102 |
| 136 | W | Gateshill | | 45.46 | M | | M U/50 | 103 |
| 137 | Robert | Curtis | Ranelagh Harriers | 45.59 | M | 42 | M U/50 | 104 |
| 138 | Fiona | Watts | Synergy Running Club | 46.11 | F | 35 | W U/50 | 20 |
| 139 | Neil | Adlington | | 46.32 | M | 30 | M U/50 | 105 |
| 140 | Angus | Searcy | Serpentine | 46.43 | M | 46 | M U/50 | 106 |
| 141 | Stephen | McMillan | | 46.50 | M | 31 | M U/50 | 107 |
| 142 | Eleanor | Hall | u/a | 47.03 | F | 28 | W U/50 | 21 |
| 143 | Gavin | Gillibrand | | 47.08 | M | 38 | M U/50 | 108 |
| 144 | Nicholas | Heidenreich | | 47.22 | M | 45 | M U/50 | 109 |
| 145 | Bart | Edgar | | 47.37 | M | 28 | M U/50 | 110 |
| 146 | James | Merrett | | 47.41 | M | 34 | M U/50 | 111 |
| 147 | Adam | McConville | | 47.42 | M | 32 | M U/50 | 112 |
| 148 | lucy | fry | | 47.42 | F | 30 | W U/50 | 22 |
| 149 | Andrew | fassnidge | Mornington Chasers | 47.44 | M | 33 | M U/50 | 113 |
| 150 | Andrew | Dickens | Clapham Pioneers | 47.50 | M | 41 | M U/50 | 114 |
| 151 | Eleanor | Stringer | Herne Hill H | 47.52 | F | 28 | W U/50 | 23 |
| 152 | Sarah | Cosford | | 47.54 | F | 24 | W U/50 | 24 |
| 153 | John | Carter | Wimbledon Windmilers | 47.58 | M | 68 | M O/60 | 5 |
| 154 | Andreas | Ebert | | 48.13 | M | 48 | M U/50 | 115 |
| 155 | Ini | Ekwo | | 48.14 | M | 44 | M U/50 | 116 |
| 156 | Kumudith | Guruge | NEJ | 48.17 | M | 53 | M O/50 | 12 |
| 157 | Martin | Spence | VAC | 48.20 | M | 57 | M O/50 | 13 |
| 158 | Simon | Whitrod | Wseh | 48.25 | M | 31 | M U/50 | 117 |
| 159 | Vicky | Kitson | | 48.25 | F | 31 | W U/50 | 25 |
| 160 | Max | Goodwin | | 48.36 | M | 16 | M U/50 | 118 |
| 161 | Antoine | Kass-Iliyya | | 48.47 | M | 30 | M U/50 | 119 |
| 162 | Mark | Pacitti | | 48.48 | M | 24 | M U/50 | 120 |
| 163 | Anke | Bronius | | 48.53 | F | 33 | W U/50 | 26 |

| | | | | | | | | |
|-----|-----------|---------------|-------------------------|-------|---|----|--------|-----|
| 164 | Ross | Ferguson | | 49.02 | M | 30 | M U/50 | 121 |
| 165 | Victor | Abbey | Serpentine | 49.07 | M | 27 | M U/50 | 122 |
| 166 | Peter | Mansell-Jones | Hovie's Harriers | 49.16 | M | 31 | M U/50 | 123 |
| 167 | David | Shortridge | Victoria Park Harriers | 49.25 | M | 42 | M U/50 | 124 |
| 168 | Tim | Beaver | | 49.39 | M | 26 | M U/50 | 125 |
| 169 | Philip | Turley | Epsom & Ewell | 49.46 | M | 71 | M O/70 | 1 |
| 170 | Alison | Whitlock | | 49.48 | F | 32 | W U/50 | 27 |
| 171 | Alastair | Stewart | | 49.52 | M | 28 | M U/50 | 126 |
| 172 | Tim | Spillane | | 49.55 | M | 36 | M U/50 | 127 |
| 173 | Clare | Fisher | u/a | 49.58 | F | 27 | W U/50 | 28 |
| 174 | Steve | Bancroft | | 49.59 | M | 31 | M U/50 | 128 |
| 175 | David | Williams | | 50.20 | M | 41 | M U/50 | 129 |
| 176 | Paul | Crouch | | 50.31 | M | 31 | M U/50 | 130 |
| 177 | Elyna | CHEAM | | 50.52 | F | 28 | W U/50 | 29 |
| 178 | Mark | Stevenson | | 51.17 | M | 27 | M U/50 | 131 |
| 179 | Oriane | Auzanneau | | 51.18 | F | 28 | W U/50 | 30 |
| 180 | Roger | Fretwell | Serpentine Running Club | 51.24 | M | 52 | M O/50 | 14 |
| 181 | Katie | Driver | | 51.26 | F | 43 | W U/50 | 31 |
| 182 | Louise | Toms | | 51.32 | F | 23 | W U/50 | 32 |
| 183 | Louise | Deveney | Stragglers | 51.34 | F | 33 | W U/50 | 33 |
| 184 | Thomas | Whitney | | 51.39 | M | 35 | M U/50 | 132 |
| 185 | Vicky | Lam | Sepintine | 52.02 | F | 31 | W U/50 | 34 |
| 186 | Kay | Bettis | Serpentine Running Club | 52.08 | F | 51 | W O/50 | 1 |
| 187 | Catherine | Costley | u/a | 52.09 | F | 30 | W U/50 | 35 |
| 188 | Phoenicia | Lewis | | 52.11 | F | 28 | W U/50 | 36 |
| 189 | Elly | Martin | u/a | 52.18 | F | 30 | W U/50 | 37 |
| 190 | Andreas | Kater | | 52.29 | M | 25 | M U/50 | 133 |
| 191 | Peter | Thum-Bonanno | | 52.48 | M | 24 | M U/50 | 134 |
| 192 | Tomo | Kikugawa | | 52.55 | M | 56 | M O/50 | 15 |
| 193 | Caroline | Doran | u/a | 52.57 | F | 37 | W U/50 | 38 |
| 194 | Fred | Ashworth | | 52.58 | M | 25 | M U/50 | 135 |
| 195 | John | Wilson | Serpentine | 52.59 | M | 44 | M U/50 | 136 |
| 196 | Andrew | Rosdahl | | 53.02 | M | 31 | M U/50 | 137 |
| 197 | Angela | Kikugawa | Hercules Wimbledon | 53.07 | F | 50 | W O/50 | 2 |
| 198 | Matthew | Parr | | 53.07 | M | 40 | M U/50 | 138 |
| 199 | Louisa | Gilpin | u/a | 53.12 | F | 32 | W U/50 | 39 |
| 200 | Graeme | Nicoll | | 53.31 | M | 30 | M U/50 | 139 |
| 201 | Mia | Skelly | u/a | 53.31 | F | 27 | W U/50 | 40 |
| 202 | Gerard | Larkin | | 53.40 | M | 27 | M U/50 | 140 |
| 203 | Jennifer | Owen | | 53.49 | F | 34 | W U/50 | 41 |
| 204 | Merryn | Horneman | | 53.57 | F | 33 | W U/50 | 42 |
| 205 | Clare | Ledger | | 54.03 | F | 38 | W U/50 | 43 |
| 206 | Paul | Tibbs | Wimbledon Windmillers | 54.17 | M | 55 | M O/50 | 16 |
| 207 | GWYNETH | Woodford | | 54.32 | F | 33 | W U/50 | 44 |
| 208 | Charles | Clayton | | 54.50 | M | 37 | M U/50 | 141 |
| 209 | Bill | Smith | | 54.50 | M | 36 | M U/50 | 142 |
| 210 | Laura | Bender | | 54.51 | F | 32 | W U/50 | 45 |

| | | | | | | | | |
|-----|------------|----------------|----------------------------|-------|---|----|--------|-----|
| 211 | Jacqui | Byrne | | 54.55 | F | 39 | W U/50 | 46 |
| 212 | ANNA | ROBERTO | synergy Running Club | 55.12 | F | 38 | W U/50 | 47 |
| 213 | Stephen | Doran | | 55.28 | M | 31 | M U/50 | 143 |
| 214 | Scott | Anderson | | 55.32 | M | 38 | M U/50 | 144 |
| 215 | Dominic | Mansi | | 55.52 | M | 49 | M U/50 | 145 |
| 216 | Canan | Mounir | | 56.12 | F | 28 | W U/50 | 48 |
| 217 | ian | fitzpatrick | | 56.15 | M | 29 | M U/50 | 146 |
| 218 | James | Keen | | 56.25 | M | 29 | M U/50 | 147 |
| 219 | Simon | Wood | | 56.36 | M | 25 | M U/50 | 148 |
| 220 | Kirsty | Telford | | 56.38 | F | 34 | W U/50 | 49 |
| 221 | Ann | Farragher | | 56.48 | F | 33 | W U/50 | 50 |
| 222 | Melanie | Roberts | u/a | 56.58 | F | 40 | W U/50 | 51 |
| 223 | Emma | Edgar | | 57.36 | F | 27 | W U/50 | 52 |
| 224 | Melissa | Anderson | | 57.50 | F | 33 | W U/50 | 53 |
| 225 | Josephine | Hart | | 57.58 | F | 28 | W U/50 | 54 |
| 226 | Yianna | Papanikolaou | | 58.12 | F | 35 | W U/50 | 55 |
| 227 | Tony | Merritt | Burnham J | 58.27 | M | 72 | M O/70 | 2 |
| 228 | fernando | gioia | | 58.50 | M | 38 | M U/50 | 149 |
| 229 | Lea | Schollmeyer | | 58.59 | F | 28 | W U/50 | 56 |
| 230 | Kayre | Hylton | | 59.13 | F | 29 | W U/50 | 57 |
| 231 | Mark | Bicknell | | 59.17 | M | 38 | M U/50 | 150 |
| 232 | Lucy | Seager | | 59.22 | F | 26 | W U/50 | 58 |
| 233 | Hazel | Fallon | | 59.30 | F | 28 | W U/50 | 59 |
| 234 | Hannah | Parsons | u/a | 59.36 | F | 27 | W U/50 | 60 |
| 235 | Edwin | Bartlett | Vets AC | 59.41 | M | 68 | M O/60 | 6 |
| 236 | Joanne | Robertson | | 59.50 | F | 30 | W U/50 | 61 |
| 237 | Camille | Roegiers | | 60.10 | F | 24 | W U/50 | 62 |
| 238 | Joanna | Raskin | | 60.20 | F | 44 | W U/50 | 63 |
| 239 | Brian | Tims | Southern Vets | 60.38 | M | 67 | M O/60 | 7 |
| 240 | Virginia | Ramsden | | 60.44 | F | 40 | W U/50 | 64 |
| 241 | Sandra | Lake | Ricky running sisters | 61.20 | F | 46 | W U/50 | 65 |
| 242 | Hannah | Williams | | 61.23 | F | 30 | W U/50 | 66 |
| 243 | siobhan | Greene | | 61.27 | F | 42 | W U/50 | 67 |
| 244 | NNEKA | EGBUNIKE | | 61.29 | F | 41 | W U/50 | 68 |
| 245 | becky | groves | | 61.29 | F | 39 | W U/50 | 69 |
| 246 | Steve | Cryer | u/a | 61.36 | M | 67 | M O/60 | 8 |
| 247 | Chris | Baron | | 62.14 | M | 29 | M U/50 | 151 |
| 248 | Marko | Kautto | | 62.37 | M | 37 | M U/50 | 152 |
| 249 | Henry Phu- | Lam | | 63.44 | M | 33 | M U/50 | 153 |
| 250 | Dave | Phillips | | 63.50 | M | 38 | M U/50 | 154 |
| 251 | Susie | Cameron | | 64.52 | F | 39 | W U/50 | 70 |
| 252 | Danae | White | | 66.09 | F | 33 | W U/50 | 71 |
| 253 | Catherine | Blake | | 67.03 | F | 29 | W U/50 | 72 |
| 254 | Simon | Price | Ealing Eagles Running Club | 68.56 | M | 41 | M U/50 | 155 |
| 255 | Lynn | Kirkwood-Price | Ealing Eagles Running Club | 68.56 | F | 33 | W U/50 | 73 |
| 256 | Harriet | Harold | | 71.10 | F | 34 | W U/50 | 74 |
| 257 | Mike | Browne | Vets AC | 75.00 | M | 81 | M O/70 | 3 |