



**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**

**5K**

Battersea Park

7pm

June 3rd, 2013

**Dear Runners**

For our first Monday evening race of the summer season we had an excellent turnout -  
214 runners completed the course.

Our next race is another 5K on Monday 10th June.  
See you there ...

**MEDAL WINNERS**

**NAME SURNAME CLUB TIME M/F Age**

**MEN UNDER 50**

|     |           |           |                      |       |   |    |
|-----|-----------|-----------|----------------------|-------|---|----|
| 1st | Richard   | Kowenicki | Thames Hare Hounds   | 15.32 | M | 29 |
| 2nd | Chris     | Peach     | Herne Hill Harriers  | 15.43 | M | 27 |
| 3rd | Rick      | Weston    | Serpentine RC        | 15.44 | M | 26 |
| 4th | Frederick | Slemeck   | Hercules Wimbledon   | 15.44 | M | 23 |
| 5th | Alex      | Davy      | Leeds City AC        | 15.55 | M | 20 |
| 6th | Robert    | Tuer      | Clapham Chasers      | 16.17 | M | 27 |
| 7th | Martin    | Shore     | Thames Hare & Hounds | 16.19 | M | 37 |

**WOMEN UNDER 50**

|     |          |               |                     |       |   |    |
|-----|----------|---------------|---------------------|-------|---|----|
| 1st | Tina     | Gray          | Fulham RC           | 18.51 | F | 30 |
| 2nd | Samantha | Ludlow Taylor | Serpentine          | 19.02 | F | 31 |
| 3rd | Cara     | Kayum         | Striders of Croydon | 19.41 | F | 24 |
| 4th | Ilona    | Bagi          | Serpentine          | 19.43 | M | 31 |
| 5th | Hannah   | Fernando      | Hercules Wimbledon  | 19.50 | F | 25 |

|     |       |        |                 |       |   |    |
|-----|-------|--------|-----------------|-------|---|----|
| 6th | Frani | Heyns  |                 | 20.03 | F | 34 |
| 7th | Naomi | Prasad | Watford Joggers | 20.40 | F | 31 |

### MEN VET 50

|     |        |          |                     |       |   |    |
|-----|--------|----------|---------------------|-------|---|----|
| 1st | Keith  | Newton   | Herne Hill Harriers | 16.38 | M | 50 |
| 2nd | Kevin  | Corcoran |                     | 18.28 | M | 52 |
| 3rd | Martin | Newton   | Sutton Runners      | 18.31 | M | 51 |

### WOMEN VET 50

|     |        |               |                    |       |   |    |
|-----|--------|---------------|--------------------|-------|---|----|
| 1st | Jane   | Laws          | Barnet & District  | 19.00 | F | 52 |
| 2nd | Andrea | Sanders-Reece | Mornington Chasers | 21.04 | F | 57 |
| 3rd | Joanne | Marshall      | Serpentine RC      | 23.44 | F | 52 |

### MEN VET 60

|     |        |         |                   |       |   |    |
|-----|--------|---------|-------------------|-------|---|----|
| 1st | Philip | Jackson | Ranelagh Harriers | 22.01 | M | 63 |
| 2nd | Ian    | Mursell | Vets AC           | 22.18 | M | 61 |

### WOMEN VET 60

|     |     |      |              |       |   |    |
|-----|-----|------|--------------|-------|---|----|
| 1st | Ann | Bath | 26.2RRC/SVHC | 27.13 | F | 64 |
|-----|-----|------|--------------|-------|---|----|

### MEN VET 70

|     |       |       |                    |       |   |    |
|-----|-------|-------|--------------------|-------|---|----|
| 1st | Peter | Torre | Mornington Chasers | 31.44 | M | 71 |
|-----|-------|-------|--------------------|-------|---|----|

## OVERALL RESULTS

| Pos | Name      | Surname            | Club                 | Time  | M/F | Age | Cat    | Cat Pos. |
|-----|-----------|--------------------|----------------------|-------|-----|-----|--------|----------|
| 1   | Richard   | Kowenicki          | Thames Hare Hounds   | 15.32 | M   | 29  | M U/50 | 1        |
| 2   | Chris     | Peach              | Herne Hill Harriers  | 15.43 | M   | 27  | M U/50 | 2        |
| 3   | Rick      | Weston             | Serpentine RC        | 15.44 | M   | 26  | M U/50 | 3        |
| 4   | Frederick | Slemeck            | Hercules Wimbledon   | 15.44 | M   | 23  | M U/50 | 4        |
| 5   | Alex      | Davy               | Leeds City AC        | 15.55 | M   | 20  | M U/50 | 5        |
| 6   | Robert    | Tuer               | Clapham Chasers      | 16.17 | M   | 27  | M U/50 | 6        |
| 7   | Martin    | Shore              | Thames Hare & Hounds | 16.19 | M   | 37  | M U/50 | 7        |
| 8   | Craig     | Brown              | Biggleswade AC       | 16.26 | M   | 34  | M U/50 | 8        |
| 9   | Stephen   | Hurley             | Wimbledon Windmilers | 16.32 | M   | 29  | M U/50 | 9        |
| 10  | Stephen   | Philcox            | Ilford AC            | 16.34 | M   | 47  | M U/50 | 10       |
| 11  | Nicola    | Barberis negra     | Serpentine RC        | 16.36 | M   | 28  | M U/50 | 11       |
| 12  | Keith     | Newton             | Herne Hill Harriers  | 16.38 | M   | 50  | M O/50 | 1        |
| 13  | Robbie    | Cox                | Woodford Green       | 16.38 | M   | 31  | M U/50 | 12       |
| 14  | Daniel    | Bentley-Gouldstone | Beckenham RC         | 16.41 | M   | 28  | M U/50 | 13       |
| 15  | Adam      | Bamford            |                      | 16.45 | M   | 24  | M U/50 | 14       |
| 16  | Stuart    | Fraser             | Hercules Wimbledon   | 16.45 | M   | 46  | M U/50 | 15       |
| 17  | Jim       | Addison            | Beckenham            | 16.48 | M   | 41  | M U/50 | 16       |
| 18  | Sam       | Blanshard          |                      | 16.51 | M   | 27  | M U/50 | 17       |
| 19  | Andrew    | Ridley             |                      | 16.54 | M   | 45  | M U/50 | 18       |
| 20  | Gareth    | Creagh             | Walton AC            | 16.55 | M   | 36  | M U/50 | 19       |
| 21  | Robert    | Tansey             |                      | 16.56 | M   | 37  | M U/50 | 20       |
| 22  | Jamie     | Hogg               | Serpentine           | 17.00 | M   | 35  | M U/50 | 21       |
| 23  | Paul      | Davies             | Biggleswade AC       | 17.10 | M   | 43  | M U/50 | 22       |
| 24  | Jonathan  | Moscrop            | London Fronrunners   | 17.11 | M   | 39  | M U/50 | 23       |
| 25  | Jonny     | Miesner            |                      | 17.13 | M   | 18  | M U/50 | 24       |
| 26  | Andy      | Inglis             | cambridge harriers   | 17.15 | M   | 32  | M U/50 | 25       |
| 27  | Chris     | Ore                | Hercules Wimbledon   | 17.23 | M   | 26  | M U/50 | 26       |
| 28  | Adam      | Marcinowicz        | Clapham Chasers      | 17.25 | M   | 32  | M U/50 | 27       |
| 29  | Matthieu  | Prevot             | Clapham Chasers      | 17.28 | M   | 35  | M U/50 | 28       |

|    |           |               |                     |       |   |    |        |    |
|----|-----------|---------------|---------------------|-------|---|----|--------|----|
| 30 | Peter     | Lee           | Hercules Wimbledon  | 17.29 | M | 43 | M U/50 | 29 |
| 31 | Peter     | Holmes        | Serpentine          | 17.33 | M | 31 | M U/50 | 30 |
| 32 | Vanrisch  | Mclean        |                     | 17.38 | M | 28 | M U/50 | 31 |
| 33 | Jolyon    | Attwooll      | Serpentine RC       | 17.40 | M | 34 | M U/50 | 32 |
| 34 | Martin    | Carmack       | Serpentine          | 17.42 | M | 43 | M U/50 | 33 |
| 35 | Stuart    | Curtis        | Time Warner         | 17.45 | M | 37 | M U/50 | 34 |
| 36 | Phil      | Cope          |                     | 17.46 | M | 21 | M U/50 | 35 |
| 37 | Simon     | Loach         | Kent AC             | 17.47 | M | 43 | M U/50 | 36 |
| 38 | Angus     | Fay           | Serpentine          | 17.48 | M | 33 | M U/50 | 37 |
| 39 | Jonny     | Miesner       |                     | 17.50 | M | 18 | M U/50 | 38 |
| 40 | Raoul     | Mansukhani    | Serpentine          | 17.58 | M | 42 | M U/50 | 39 |
| 41 | Jon       | Kyte          | Harrow AC           | 17.59 | M | 29 | M U/50 | 40 |
| 42 | Damien    | Hersey        | Sutton Runners      | 18.02 | M | 30 | M U/50 | 41 |
| 43 | Andrew    | Peters        |                     | 18.09 | M | 38 | M U/50 | 42 |
| 44 | Bruce     | Cairns        |                     | 18.13 | M | 36 | M U/50 | 43 |
| 45 | Andrew    | Nippard       | Sutton Runners      | 18.14 | M | 31 | M U/50 | 44 |
| 46 | Tom       | Webb          | KENT AC             | 18.16 | M | 39 | M U/50 | 45 |
| 47 | Tom       | Moseley       |                     | 18.16 | M | 32 | M U/50 | 46 |
| 48 | Michael   | Duffy         | Mornington Chasers  | 18.17 | M | 26 | M U/50 | 47 |
| 49 | Yann      | LANCIEN       |                     | 18.19 | M | 25 | M U/50 | 48 |
| 50 | Stephane  | Schneider     | Serpentine          | 18.24 | M | 33 | M U/50 | 49 |
| 51 | Kevin     | Corcoran      |                     | 18.28 | M | 52 | M O/50 | 2  |
| 52 | Steven    | Mayers        |                     | 18.30 | M | 23 | M U/50 | 50 |
| 53 | Martin    | Newton        | Sutton Runners      | 18.31 | M | 51 | M O/50 | 3  |
| 54 | Richard   | Taylor        | Serpentine          | 18.32 | M | 37 | M U/50 | 51 |
| 55 | Edward    | Holland       | London Fronrunners  | 18.35 | M | 30 | M U/50 | 52 |
| 56 | Tina      | Gray          | Fulham RC           | 18.51 | F | 30 | W U/50 | 1  |
| 57 | Michael   | Eyre          | Serpentine          | 18.53 | M | 28 | M U/50 | 53 |
| 58 | Jane      | Laws          | Barnet & District   | 19.00 | F | 52 | W O/50 | 1  |
| 59 | Samantha  | Ludlow Taylor | Serpentine          | 19.02 | F | 31 | W U/50 | 2  |
| 60 | Frank     | Wood          | Hercules Wimbledon  | 19.03 | M | 48 | M U/50 | 54 |
| 61 | Dan       | Nichols       |                     | 19.06 | M | 30 | M U/50 | 55 |
| 62 | Hugh      | Scorgie       |                     | 19.09 | M | 53 | M O/50 | 4  |
| 63 | Keith     | Turner        | Barnet & District   | 19.12 | M | 53 | M O/50 | 5  |
| 64 | Sebastian | Amoah         | Herne Hill Harriers | 19.14 | M | 28 | M U/50 | 56 |
| 65 | Rupert    | Jacobs        | Serpentine          | 19.16 | M | 32 | M U/50 | 57 |
| 66 | James     | Stenning      | London Fronrunners  | 19.20 | M | 30 | M U/50 | 58 |
| 67 | Eric      | Dol           | Herne Hill Harriers | 19.23 | M | 23 | M U/50 | 59 |
| 68 | Neil      | Quinlan       | Serpentine          | 19.24 | M | 41 | M U/50 | 60 |
| 69 | Chris     | McCarthy      | Clapham Chasers     | 19.30 | M | 27 | M U/50 | 61 |
| 70 | Simon     | Harris        | Beckenham           | 19.32 | M | 35 | M U/50 | 62 |
| 71 | Martin    | Bright        | Highgate Harriers   | 19.34 | M | 42 | M U/50 | 63 |
| 72 | Francis   | Markey        | Serpentine          | 19.37 | M | 43 | M U/50 | 64 |
| 73 | John      | Hutchinson    |                     | 19.39 | M | 34 | M U/50 | 65 |
| 74 | Zahid     | Syed          | Time Warner         | 19.39 | M | 36 | M U/50 | 66 |
| 75 | Cara      | Kayum         | Striders of Croydon | 19.41 | F | 24 | W U/50 | 3  |
| 76 | Johnny    | Amos          |                     | 19.41 | M | 23 | M U/50 | 67 |
| 77 | Ilona     | Bagi          | Serpentine          | 19.43 | M | 31 | W U/50 | 4  |
| 78 | Chris     | Wood          |                     | 19.49 | M | 33 | M U/50 | 68 |
| 79 | Hannah    | Fernando      | Hercules Wimbledon  | 19.50 | F | 25 | W U/50 | 5  |
| 80 | Niclas    | Lundquist     |                     | 19.53 | M | 26 | M U/50 | 69 |
| 81 | Allan     | Cox           | Clapham Chasers     | 19.56 | M | 35 | M U/50 | 70 |
| 82 | Jamie     | Brown         |                     | 19.57 | M | 23 | M U/50 | 71 |
| 83 | David     | Miller        |                     | 19.59 | M | 30 | M U/50 | 72 |
| 84 | Frani     | Heyns         |                     | 20.03 | F | 34 | W U/50 | 6  |
| 85 | Derek     | Clark         | Fronrunners         | 20.06 | M | 44 | M U/50 | 73 |
| 86 | John      | Keenan        | London Fronrunners  | 20.06 | M | 40 | M U/50 | 74 |
| 87 | Diego     | Alberu        |                     | 20.17 | M | 29 | M U/50 | 75 |

|     |           |               |                       |        |   |    |        |     |
|-----|-----------|---------------|-----------------------|--------|---|----|--------|-----|
| 88  | Andrew    | Stellabross   | Time Warner           | 20.17  | M | 26 | M U/50 | 76  |
| 89  | David     | Kennington    | Time Warner           | 20.19  | M | 40 | M U/50 | 77  |
| 90  | Harry     | Thuillier     |                       | 20.19  | M | 27 | M U/50 | 78  |
| 91  | Alastair  | Mehwa         |                       | 20.27  | M | 26 | M U/50 | 79  |
| 92  | Naomi     | Prasad        | Watford Joggers       | 20.40  | F | 31 | W U/50 | 7   |
| 93  | Rob       | Meredith      |                       | 20.47  | M | 31 | M U/50 | 80  |
| 94  | Richard   | Lovell        | Time Warner           | 20.48  | M | 27 | M U/50 | 81  |
| 95  | Kenny     | McCallum      | Serpentine            | 20.55  | M | 42 | M U/50 | 82  |
| 96  | Morten    | Pettersen     |                       | 20.55  | M | 42 | M U/50 | 83  |
| 97  | Bertrand  | Bodson        |                       | 21.00  | M | 33 | M U/50 | 84  |
| 98  | Neil      | Barker        | Winchester + District | 21.0-2 | M | 49 | M U/50 | 85  |
| 99  | Nick      | Wahla         |                       | 21.04  | M | 50 | M O/50 | 6   |
| 100 | Andrea    | Sanders-Reece | Mornington Chasers    | 21.04  | F | 57 | W O/50 | 2   |
| 101 | Cal       | Lesser        |                       | 21.09  | M | 38 | M U/50 | 86  |
| 102 | Tony      | Gallagher     | Sutton Runners        | 21.17  | M | 57 | M O/50 | 7   |
| 103 | Oscar     | Mellgers      |                       | 21.24  | M | 29 | M U/50 | 87  |
| 104 | Daniel    | Haswell       |                       | 21.30  | M | 19 | M U/50 | 88  |
| 105 | Philip    | Hickson       | Fulham                | 21.40  | M | 38 | M U/50 | 89  |
| 106 | Jean-Luc  | Hoez          | Serpentine            | 21.50  | M | 55 | M O/50 | 8   |
| 107 | Charles   | Burton        |                       | 21.54  | M | 27 | M U/50 | 90  |
| 108 | Philip    | Jackson       | Ranelagh Harriers     | 22.01  | M | 63 | M O/60 | 1   |
| 109 | Laura     | Denham-Jones  | Clapham Runners       | 22.02  | F | 46 | W U/50 | 8   |
| 110 | Alison    | Nola          | Serpentine            | 22.05  | F | 44 | W U/50 | 9   |
| 111 | Phil      | Hullah        |                       | 22.05  | M | 42 | M U/50 | 91  |
| 112 | Laura     | Dalbey        | Belgrave              | 22.07  | F | 31 | W U/50 | 10  |
| 113 | Josephine | Perry         | Thames Turbo          | 22.10  | F | 32 | W U/50 | 11  |
| 114 | Alice     | Ewen          | Striders of Croydon   | 22.12  | F | 27 | W U/50 | 12  |
| 115 | Brian     | Pickles       | Serpentine RC         | 22.14  | M | 55 | M O/50 | 9   |
| 116 | Ian       | Mursell       | Vets AC               | 22.18  | M | 61 | M O/60 | 2   |
| 117 | Joseph    | McVey         |                       | 22.20  | M | 19 | M U/50 | 92  |
| 118 | Jasna     | Skroce        |                       | 22.22  | F | 33 | W U/50 | 13  |
| 119 | John      | Pratt         |                       | 22.22  | M | 37 | M U/50 | 93  |
| 120 | Simon     | Berryman      | Time Warner           | 22.23  | M | 43 | M U/50 | 94  |
| 121 | Stefano   | Vernazza      |                       | 22.23  | M | 38 | M U/50 | 95  |
| 122 | Mike      | Crilly        | Dulwich Runners       | 22.27  | M | 47 | M U/50 | 96  |
| 123 | Ian       | Hall          | Serpentine            | 22.32  | M | 60 | M O/60 | 3   |
| 124 | Kevin     | Bennett       | Time Warner           | 22.34  | M | 31 | M U/50 | 97  |
| 125 | Jan       | Noorda        |                       | 22.35  | M | 31 | M U/50 | 98  |
| 126 | Stuart    | Cole          |                       | 22.41  | M | 40 | M U/50 | 99  |
| 127 | John      | Crockford     | Gravesend             | 22.44  | M | 44 | M U/50 | 100 |
| 128 | Ben       | Wilson        |                       | 22.47  | M | 36 | M U/50 | 101 |
| 129 | Jonathan  | Chamberlain   |                       | 22.47  | M | 28 | M U/50 | 102 |
| 130 | Alan      | Davidson      | Ranelagh Harriers     | 22.51  | M | 66 | M O/60 | 4   |
| 131 | Kelly     | Grout         | Time Warner           | 22.59  | M | 42 | M U/50 | 103 |
| 132 | Stephen   | Walker        |                       | 23.08  | M | 41 | M U/50 | 104 |
| 133 | Anthony   | Scott         |                       | 23.10  | M | 50 | M O/50 | 10  |
| 134 | Lee       | Elliot        |                       | 23.21  | M | 39 | M U/50 | 105 |
| 135 | Georgina  | Codd          |                       | 23.23  | F | 26 | W U/50 | 14  |
| 136 | Steven    | McFarlane     |                       | 23.31  | M | 17 | M U/50 | 106 |
| 137 | John      | Wilson        | Serpentine            | 23.35  | M | 45 | M U/50 | 107 |
| 138 | Sarah     | Bradbury      |                       | 23.35  | F | 27 | W U/50 | 15  |
| 139 | Gemma     | Taylor        | Clapham Chasers       | 23.40  | F | 26 | W U/50 | 16  |
| 140 | Jiro      | Kanahori      |                       | 23.42  | M | 27 | M U/50 | 108 |
| 141 | Joanne    | Marshall      | Serpentine RC         | 23.44  | F | 52 | W O/50 | 3   |
| 142 | Sam       | Ainsley       |                       | 23.56  | M | 33 | M U/50 | 109 |
| 143 | Sophie    | Prosser       | Time Warner           | 23.56  | F | 22 | W U/50 | 17  |
| 144 | Laura     | Ellis         | BearCat RC            | 24.03  | F | 25 | W U/50 | 18  |
| 145 | Stephen   | Corke         |                       | 24.04  | M | 33 | M U/50 | 110 |

|     |               |                  |                       |       |   |    |        |     |
|-----|---------------|------------------|-----------------------|-------|---|----|--------|-----|
| 146 | Daisy         | Christodoulou    |                       | 24.06 | F | 24 | W U/50 | 19  |
| 147 | Brian         | Sacks            |                       | 24.10 | M | 61 | M O/60 | 5   |
| 148 | Dennis        | Williams         | Hercules Wimbledon    | 24.17 | M | 67 | M O/60 | 6   |
| 149 | Prashanta     | Aryal            |                       | 24.26 | M | 30 | M U/50 | 111 |
| 150 | Erin          | Bosul            |                       | 24.26 | F | 27 | W U/50 | 20  |
| 151 | Ruth          | Malone           |                       | 24.32 | F | 34 | W U/50 | 21  |
| 152 | Maria         | Brooks           |                       | 24.33 | F | 30 | W U/50 | 22  |
| 153 | Ben           | Johnson          |                       | 24.33 | M | 26 | M U/50 | 112 |
| 154 | David         | Deery            | Stragglers            | 24.44 | M | 37 | M U/50 | 113 |
| 155 | Roger         | Pennington       |                       | 24.46 | M | 31 | M U/50 | 114 |
| 156 | Lisa          | Forrest          | Time Warner           | 24.48 | F | 23 | W U/50 | 23  |
| 157 | Annette       | Helliwell        | Collingwood AC        | 24.50 | F | 54 | W O/50 | 4   |
| 158 | Reuben        | Ross             |                       | 24.52 | M | 20 | M U/50 | 115 |
| 159 | Gregory       | Stylski          |                       | 25.04 | M | 32 | M U/50 | 116 |
| 160 | Jamie         | Price            |                       | 25.06 | M | 36 | M U/50 | 117 |
| 161 | Ian           | James            |                       | 25.16 | M | 52 | M O/50 | 11  |
| 162 | Heidi         | Rasmussen        | Serpentine            | 25.17 | F | 37 | W U/50 | 24  |
| 163 | Amy           | Philips          |                       | 25.29 | F | 31 | W U/50 | 25  |
| 164 | Niall         | Sheehan          |                       | 25.32 | M | 36 | M U/50 | 118 |
| 165 | Matt          | Ayson            |                       | 25.35 | M | 32 | M U/50 | 119 |
| 166 | Sonia         | Edberg           |                       | 25.45 | F | 25 | W U/50 | 26  |
| 167 | Elizabeth     | Francis Edwards  |                       | 25.49 | F | 22 | W U/50 | 27  |
| 168 | Angela        | Kikugawn         | Hercules Wimbledon    | 25.50 | F | 51 | W O/50 | 5   |
| 169 | Mary          | Doumtsi          |                       | 26.05 | F | 31 | W U/50 | 28  |
| 170 | Ian           | Spence           | Vets AC               | 26.24 | M | 68 | M O/60 | 7   |
| 171 | Mike          | Downey           |                       | 26.25 | M | 22 | M U/50 | 120 |
| 172 | Robert        | Sibley           | Time Warner           | 26.27 | M |    | M U/50 | 121 |
| 173 | Andres        | Tomlin           | Time Warner           | 26.27 | M |    | M U/50 | 122 |
| 174 | Annie         | Tansey           |                       | 26.28 | F | 49 | W U/50 | 29  |
| 175 | Felicity      | Quick            | Hercules Wimbledon    | 26.28 | F | 26 | W U/50 | 30  |
| 176 | Nina          | Williams         | Saints & Sinners      | 26.31 | F | 46 | W U/50 | 31  |
| 177 | James         | Close            |                       | 26.35 | M | 46 | M U/50 | 123 |
| 178 | Jonathan Mark | Pegg             | Sutton Runners        | 26.49 | M | 48 | M U/50 | 124 |
| 179 | Heather       | Binney           | Clapham Pioneer       | 26.55 | F | 51 | W O/50 | 6   |
| 180 | Ashleigh      | Davis            |                       | 26.57 | F | 21 | W U/50 | 32  |
| 181 | Ann           | Bath             | 26.2RRC/SVHC          | 27.13 | F | 64 | W O/60 | 1   |
| 182 | Donna         | Richards         | South London Harriers | 27.39 | F | 47 | W U/50 | 33  |
| 183 | Beatrice      | Alexander-Howden |                       | 27.45 | F | 20 | W U/50 | 34  |
| 184 | Dave          | Clarke           | Stragglers            | 28.02 | M | 45 | M U/50 | 125 |
| 185 | Claire        | Whittingham      |                       | 28.13 | F | 32 | W U/50 | 35  |
| 186 | Susan         | Virtanen         |                       | 28.15 | F | 30 | W U/50 | 36  |
| 187 | Jacqueline    | Downey           |                       | 28.24 | F | 19 | W U/50 | 37  |
| 188 | Kelvin        | Kwok             |                       | 28.25 | M | 26 | M U/50 | 126 |
| 189 | Edwin         | Bartlett         | Vets AC               | 28.25 | M | 68 | M O/60 | 8   |
| 190 | Pauline       | Plunkett         |                       | 28.30 | F | 30 | W U/50 | 38  |
| 191 | Hannah        | Metcalfe         | Time Warner           | 28.31 | F | 27 | W U/50 | 39  |
| 192 | Holly         | Robinson         |                       | 28.35 | F | 30 | W U/50 | 40  |
| 193 | Zinka         | Bozovic          |                       | 28.37 | F | 22 | W U/50 | 41  |
| 194 | Georgina      | Lever            |                       | 28.46 | F | 26 | W U/50 | 42  |
| 195 | Steve         | Webb             | Hercules Wimbledon    | 28.50 | M | 61 | M O/60 | 9   |
| 196 | Melanie       | Scott            | Time Warner           | 28.59 | F | 45 | W U/50 | 43  |
| 197 | Sarah         | Rooney           |                       | 29.15 | F | 20 | W U/50 | 44  |
| 198 | Barry         | Walker           | Dulwich Runners       | 29.23 | M | 69 | M O/60 | 10  |
| 199 | Lyann         | Farrelly         | Time Warner           | 29.25 | F | 35 | W U/50 | 45  |
| 200 | Rachel        | Stevenson        | Time Warner           | 29.34 | F | 33 | W U/50 | 46  |
| 201 | Hannah        | Boan             |                       | 29.36 | F | 23 | W U/50 | 47  |
| 202 | Helena        | Peacock          | WB                    | 29.43 | F | 32 | W U/50 | 48  |
| 203 | Victoria      | Sadler           |                       | 29.50 | F | 29 | W U/50 | 49  |

|     |          |          |                      |       |   |    |        |     |
|-----|----------|----------|----------------------|-------|---|----|--------|-----|
| 204 | Veronika | Erdos    | Time Warner          | 30.30 | F | 36 | W U/50 | 50  |
| 205 | Anita    | Kinrade  |                      | 30.37 | F | 32 | W U/50 | 51  |
| 206 | Tessa    | Webb     | Time Warner          | 30.44 | F | 23 | W U/50 | 52  |
| 207 | Andrea   | Baildon  |                      | 31.14 | F | 28 | W U/50 | 53  |
| 208 | Peter    | Torre    | Mornington Chasers   | 31.44 | M | 71 | M O/70 | 1   |
| 209 | Rebecca  | Pinder   | Time Warner          | 32.56 | F | 32 | W U/50 | 54  |
| 210 | Peter    | Whiting  |                      | 33.57 | M | 25 | M U/50 | 127 |
| 211 | Laurie   | McGinlay |                      | 34.12 | F | 47 | W U/50 | 55  |
| 212 | Aoife    | Clifford |                      | 36.29 | F | 28 | W U/50 | 56  |
| 213 | Paolo    | Lattuca  | Dulwich Park Runners | 43.12 | M | 41 | M U/50 | 128 |
| 214 | Nicola   | Furze    |                      | 44.45 | F | 39 | W U/50 | 57  |