



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

July 29th, 2013

Dear Runners

217 runners completed tonight's 5K - the top 5 places all going to Serpentine RC. Fiona Kennedy ran an incredible 18.55 to win the Ladies over 50 and 3rd Lady overall.

Our next race is 10K this coming Saturday morning (August 3rd) at 8 AM. Next Monday is our second relay of the season so prepare your teams.

All results and medal winners below:

MEDAL WINNERS

| | NAME | SURNAME | CLUB | TIME | M/F | Age |
|----------------------------|----------|----------|---------------------|-------|-----|-----|
| <u>MEN UNDER 50</u> | | | | | | |
| 1st | Jonathan | Poole | Serpentine | 15.14 | M | 30 |
| 2nd | Dave | Morgan | Serpentine | 15.37 | M | 29 |
| 3rd | Richard | Phillips | Serpentine | 15.40 | M | 37 |
| 4th | Will | Green | Serpentine | 15.44 | M | 38 |
| 5th | Rick | Weston | Serpentine | 15.49 | M | 26 |
| 6th | Alex | Davy | Leeds City AC | 16.11 | M | 24 |
| 7th | John | Kettle | Herne Hill Harriers | 16.14 | M | 37 |

WOMEN UNDER 50

| | | | | | | |
|-----|----------|---------------|--------------------|-------|---|----|
| 1st | Amy | Aronson | Hercules Wimbledon | 18.19 | F | 28 |
| 2nd | Samantha | Ludlow Taylor | Serpentine | 18.43 | F | 31 |

| | | | | | | |
|-----|----------|----------|-----------------|-------|---|----|
| 3rd | Tina | Gray | Fulham RC | 19.35 | F | 30 |
| 4th | Nicola | Richmond | Dulwich Runners | 20.03 | F | 42 |
| 5th | Jaquelyn | Wright | | 20.06 | F | 46 |
| 6th | Laura | Denison | Serpentine RC | 20.10 | F | 36 |
| 7th | Phillipa | Colville | | 20.34 | F | 26 |

MEN VET 50

| | | | | | | |
|-----|----------|----------|----------------|-------|---|----|
| 1st | Martin | Newton | Sutton Runners | 19.55 | M | 51 |
| 2nd | Paul | Browning | Beckenham | 21.11 | M | 53 |
| 3rd | Jean Luc | Hoez | Serpentine | 22.05 | M | 55 |

WOMEN VET 50

| | | | | | | |
|-----|-------|---------|------------------------|-------|---|----|
| 1st | Fiona | Kennedy | Ealing Southall & Mddx | 18.55 | F | 55 |
| 2nd | Jane | Nodder | Mornington Chasers | 21.10 | F | 55 |
| 3rd | Carol | Jones | Ealing Southall & Mddx | 21.45 | F | 56 |

MEN VET 60

| | | | | | | |
|-----|-------|---------|-------------------|-------|---|----|
| 1st | Terry | Avey | Brighton Phoenix | 20.08 | M | 62 |
| 2nd | David | Hallson | Road Runners Club | 21.03 | M | 60 |

WOMEN VET 60

| | | | | | | |
|-----|-----------|---------|--------------------|-------|---|----|
| 1st | Trish | Coumbs | Collingwood AC | 27.40 | F | 69 |
| | Carmelina | Hancock | Hercules Wimbledon | 34.21 | F | 63 |

MEN VET 70

| | | | | | | |
|-----|-----|----------|---------|-------|---|----|
| 1st | Joe | Aspinall | Vets AC | 25.07 | M | 75 |
|-----|-----|----------|---------|-------|---|----|

MEN U/16

| | | | | | | |
|-----|-------|----------|--|-------|---|----|
| 1st | James | Hennessy | | 22.42 | M | 15 |
|-----|-------|----------|--|-------|---|----|

WOMEN U/16

| | | | | | | |
|-----|-----------|--------|--|-------|---|----|
| 1st | Catherine | Bryant | | 22.34 | F | 14 |
|-----|-----------|--------|--|-------|---|----|

OVERALL RESULTS

| Pos | Name | Surname | Club | Time | M/F | Age | Cat | Cat Pos. |
|-----|----------|------------|--------------------------|-------|-----|-----|--------|----------|
| 1 | Jonathan | Poole | Serpentine | 15.14 | M | 30 | M U/50 | 1 |
| 2 | Dave | Morgan | Serpentine | 15.37 | M | 29 | M U/50 | 2 |
| 3 | Richard | Phillips | Serpentine | 15.40 | M | 37 | M U/50 | 3 |
| 4 | Will | Green | Serpentine | 15.44 | M | 38 | M U/50 | 4 |
| 5 | Rick | Weston | Serpentine | 15.49 | M | 26 | M U/50 | 5 |
| 6 | Alex | Davy | Leeds City AC | 16.11 | M | 24 | M U/50 | 6 |
| 7 | John | Kettle | Herne Hill Harriers | 16.14 | M | 37 | M U/50 | 7 |
| 8 | Robbie | Cox | Woodford Green | 16.15 | M | 31 | M U/50 | 8 |
| 9 | Jack | Hillier | Wycombe Phoenix Harriers | 16.19 | M | 23 | M U/50 | 9 |
| 10 | William | Hennessy | | 16.23 | M | 18 | M U/50 | 10 |
| 11 | Neil | Reissland | South London Harriers | 16.26 | M | 48 | M U/50 | 11 |
| 12 | Neil | Aitken | Clapham Chasers | 16.32 | M | 39 | M U/50 | 12 |
| 13 | Daniel | Hale | Kent AC | 16.38 | M | 30 | M U/50 | 13 |
| 14 | Robert | Tuer | Clapham Chasers | 16.44 | M | 27 | M U/50 | 14 |
| 15 | Daniel | Gillett | South London Harriers | 16.51 | M | 43 | M U/50 | 15 |
| 16 | James | Gillanders | London Frontruners | 17.02 | M | 35 | M U/50 | 16 |
| 17 | Jonathan | Moscrop | London Frontruners | 17.08 | M | 39 | M U/50 | 17 |
| 18 | JAMIE | SMALLEY | SERPENTINE | 17.11 | M | 32 | M U/50 | 18 |
| 19 | Richard | Bidgood | Kent AC | 17.15 | M | 36 | M U/50 | 19 |

| | | | | | | | | |
|----|-----------|---------------|--------------------------------|-------|---|----|--------|----|
| 20 | Peter | Holmes | Serpentine | 17.22 | M | 35 | M U/50 | 20 |
| 21 | Christian | Nielsen | | 17.27 | M | 38 | M U/50 | 21 |
| 22 | Paul | Boschen | London Frontruners | 17.28 | M | 35 | M U/50 | 22 |
| 23 | Stephen | thackeray | Beckenham RC | 17.31 | M | 34 | M U/50 | 23 |
| 24 | Huw | Arthur | Wimbledon Windmilers | 17.36 | M | 31 | M U/50 | 24 |
| 25 | Martin | Carmack | Serpentine | 17.41 | M | 43 | M U/50 | 25 |
| 26 | Peter | Lee | Hercules W | 17.43 | M | 47 | M U/50 | 26 |
| 27 | David | Woo | Cambridge University Hare an | 17.45 | M | 32 | M U/50 | 27 |
| 28 | Justin | Greenslade | Serpentine | 17.53 | M | 42 | M U/50 | 28 |
| 29 | Tom | Moseley | | 17.59 | M | 32 | M U/50 | 29 |
| 30 | Roger | Coyle | Serpentine | 18.00 | M | 39 | M U/50 | 30 |
| 31 | Simon | Craddock | Serpentine RC | 18.00 | M | 31 | M U/50 | 31 |
| 32 | Tristan | Goodman | Highate Harriers | 18.03 | M | 19 | M U/50 | 32 |
| 33 | Ali | Bray | | 18.04 | M | 30 | M U/50 | 33 |
| 34 | Bariusc | Pozuczek | Serpentine | 18.06 | M | 37 | M U/50 | 34 |
| 35 | Richard | Harrison | Royston Runners | 18.09 | M | 44 | M U/50 | 35 |
| 36 | Martin | Gillies | West 4 Harriers | 18.10 | M | 25 | M U/50 | 36 |
| 37 | Paul | O'Neill | | 18.13 | M | 34 | M U/50 | 37 |
| 38 | Tom | Webb | Kent AC | 18.14 | M | 43 | M U/50 | 38 |
| 39 | Joel | Northcott | London Frontruners | 18.15 | M | 32 | M U/50 | 39 |
| 40 | Martyn | Annetts | North Herts RR | 18.18 | M | 48 | M U/50 | 40 |
| 41 | Amy | Aronson | Hercules Wimbledon | 18.19 | F | 28 | W U/50 | 1 |
| 42 | Simeon | Ward | aldershot farnham and district | 18.23 | M | 34 | M U/50 | 41 |
| 43 | Mark | Griffiths | | 18.25 | M | 29 | M U/50 | 42 |
| 44 | Damien | Hersey | Sutton Runners | 18.26 | M | 30 | M U/50 | 43 |
| 45 | Jarrat | Wood | | 18.42 | M | 31 | M U/50 | 44 |
| 46 | Samantha | Ludlow Taylor | Serpentine | 18.43 | F | 31 | W U/50 | 2 |
| 47 | David | Griffiths | | 18.44 | M | 30 | M U/50 | 45 |
| 48 | Laurent | Le Mee | Serpentine | 18.47 | M | 37 | M U/50 | 46 |
| 49 | Rupert | Holden | Ravens of London | 18.48 | M | 45 | M U/50 | 47 |
| 50 | Dan | Whitcombe | | 18.53 | M | 39 | M U/50 | 48 |
| 51 | Fiona | Kennedy | Ealing Southall & Mdx | 18.55 | F | 55 | W O/50 | 1 |
| 52 | Daniel | Nichols | | 18.59 | M | 30 | M U/50 | 49 |
| 53 | David | Brewer | | 19.06 | M | 49 | M U/50 | 50 |
| 54 | Eric | Dol | Herne Hill Harriers | 19.10 | M | 24 | M U/50 | 51 |
| 55 | Chris | Duffy | Serpentine | 19.12 | M | 29 | M U/50 | 52 |
| 56 | Oliver | Collis | Collingwood AC | 19.13 | M | 23 | M U/50 | 53 |
| 57 | Rupert | Jacobs | Serpentine | 19.21 | M | 32 | M U/50 | 54 |
| 58 | Simon | Thornhill | Sutton Runners | 19.22 | M | 31 | M U/50 | 55 |
| 59 | Will | Parry | London Frontruners | 19.26 | M | 45 | M U/50 | 56 |
| 60 | Tina | Gray | Fulham RC | 19.35 | F | 30 | W U/50 | 3 |
| 61 | David | Miller | | 19.41 | M | 31 | M U/50 | 57 |
| 62 | Tony | Wain | Serpentine | 19.43 | M | 49 | M U/50 | 58 |
| 63 | Chris | Bennett | | 19.49 | M | 30 | M U/50 | 59 |
| 64 | Martin | Newton | Sutton Runners | 19.55 | M | 51 | M O/50 | 1 |
| 65 | Adam | Kosa | | 19.59 | M | 34 | M U/50 | 60 |
| 66 | Nicola | Richmond | Dulwich Runners | 20.03 | F | 42 | W U/50 | 4 |
| 67 | Jaquelyn | Wright | | 20.06 | F | 46 | W U/50 | 5 |
| 68 | Mark | Blee | | 20.08 | M | 33 | M U/50 | 61 |
| 69 | Terry | Avey | Brighton Phoenix | 20.08 | M | 62 | M O/60 | 1 |
| 70 | Laura | Denison | Serpentine RC | 20.10 | F | 36 | W U/50 | 6 |
| 71 | Janno | Teelem | | 20.12 | M | 33 | M U/50 | 62 |
| 72 | K | Hodgson | | 20.13 | M | 40 | M U/50 | 63 |
| 73 | Petr | Kohel | SCV Blatna | 20.16 | M | 19 | M U/50 | 64 |
| 74 | Kenny | McCallum | Serpentine | 20.18 | M | 42 | M U/50 | 65 |
| 75 | David | Ellis | | 20.20 | M | 29 | M U/50 | 66 |
| 76 | Michael | Wiggins | | 20.28 | M | 36 | M U/50 | 67 |
| 77 | Phillipa | Colville | | 20.34 | F | 26 | W U/50 | 7 |

| | | | | | | | | |
|-----|-----------|-------------------|------------------------|-------|---|----|--------|----|
| 78 | Chris | Wood | | 20.35 | M | 34 | M U/50 | 68 |
| 79 | Mark | Kelly | | 20.37 | M | 47 | M U/50 | 69 |
| 80 | John | Keenan | London Frontruners | 20.39 | M | 41 | M U/50 | 70 |
| 81 | Isabel | Clark | | 20.44 | F | 27 | W U/50 | 8 |
| 82 | Mike | Leatherbarrow | | 20.48 | M | 38 | M U/50 | 71 |
| 83 | Tom | Meston | | 20.49 | M | 35 | M U/50 | 72 |
| 84 | Anthony | Martinez | | 20.52 | M | 35 | M U/50 | 73 |
| 85 | Terezie | Cancikova | | 20.58 | F | 28 | W U/50 | 9 |
| 86 | Gregory | Shaw | | 21.01 | M | 27 | M U/50 | 74 |
| 87 | David | Hallson | Road Runners Club | 21.03 | M | 60 | M O/60 | 2 |
| 88 | Peter | Chadwick | Stowmarket Striders | 21.08 | M | 46 | M U/50 | 75 |
| 89 | Jane | Nodder | Mornington Chasers | 21.10 | F | 55 | W O/50 | 2 |
| 90 | Paul | Browning | Beckenham | 21.11 | M | 53 | M O/50 | 2 |
| 91 | Hope | Sloly | Mornington Chasers | 21.11 | F | 31 | W U/50 | 10 |
| 92 | Stuart | Byrne | | 21.13 | M | 26 | M U/50 | 76 |
| 93 | Edward | Roberts-Beardsell | | 21.16 | M | 26 | M U/50 | 77 |
| 94 | Aidan | Daly | | 21.21 | M | 29 | M U/50 | 78 |
| 95 | Imran | Bhaloo | | 21.28 | M | 29 | M U/50 | 79 |
| 96 | Alistair | Davy | Leeds City | 21.37 | M | 64 | M O/60 | 3 |
| 97 | William | Johnson | | 21.39 | M | 33 | M U/50 | 80 |
| 98 | Marcus | Dixon | | 21.42 | M | 36 | M U/50 | 81 |
| 99 | Roger | Green | Woodford Green AC | 21.42 | M | 65 | M O/60 | 4 |
| 100 | Bob | Chart | Collingwood AC | 21.44 | M | 49 | M U/50 | 82 |
| 101 | Carol | Jones | Ealing Southall & Mddx | 21.45 | F | 56 | W O/50 | 3 |
| 102 | Charlie | Maguire-King | | 21.47 | M | 21 | M U/50 | 83 |
| 103 | Christian | Gilbert | | 21.52 | M | 29 | M U/50 | 84 |
| 104 | Charlie | Parish | not affiliated | 21.54 | M | 30 | M U/50 | 85 |
| 105 | Philip | Jackson | Ranelagh Harriers | 22.02 | M | 63 | M O/60 | 5 |
| 106 | Richard | Powell | | 22.03 | M | 44 | M U/50 | 86 |
| 107 | Camilla | Chapman | | 22.03 | F | 35 | W U/50 | 11 |
| 108 | Katie | Ferguson | Tring RC | 22.04 | F | 23 | W U/50 | 12 |
| 109 | Jean Luc | Hoez | Serpentine | 22.05 | M | 55 | M O/50 | 3 |
| 110 | Jenny | Sinfield | Collingwood AC | 22.06 | F | 37 | W U/50 | 13 |
| 111 | Ben | Richardson | | 22.14 | M | 35 | M U/50 | 87 |
| 112 | Nigel | Cooney | | 22.16 | M | 34 | M U/50 | 88 |
| 113 | John | Tracey | Pitsea RC | 22.21 | M | 48 | M U/50 | 89 |
| 114 | Brian | Pickles | Serpentine | 22.22 | M | 55 | M O/50 | 4 |
| 115 | Vratislav | Domalip | | 22.25 | M | 25 | M U/50 | 90 |
| 116 | Sean | Leach | | 22.30 | M | 33 | M U/50 | 91 |
| 117 | Chris | Daniels | | 22.33 | M | 26 | M U/50 | 92 |
| 118 | Catherine | Bryant | | 22.34 | F | 14 | W U/16 | 1 |
| 119 | David | Stelfox | Fulham RC | 22.35 | M | 34 | M U/50 | 93 |
| 120 | Alan | Collis | 26.2 | 22.38 | M | 58 | M O/50 | 5 |
| 121 | Josephine | Perry | Thames turbo | 22.39 | F | 36 | W U/50 | 14 |
| 122 | James | Hennessy | | 22.42 | M | 15 | M U/16 | 1 |
| 123 | Dan | Maskell | Vets AC | 22.52 | M | 65 | M O/60 | 6 |
| 124 | Felicity | Stevens | | 22.52 | F | 28 | W U/50 | 15 |
| 125 | Lisa | Kerr | | 22.52 | F | 31 | W U/50 | 16 |
| 126 | Claire | Turner | | 22.54 | F | 28 | W U/50 | 17 |
| 127 | Craig | Acquaye | | 22.56 | M | 30 | M U/50 | 94 |
| 128 | Stephen | Kelly | | 22.58 | M | 20 | M U/50 | 95 |
| 129 | Anastasia | Hancock | Hercules-Wimbledon | 23.00 | F | 30 | W U/50 | 18 |
| 130 | Annette | Helliwell | Collingwood AC | 23.02 | F | 54 | W O/50 | 4 |
| 131 | Brian | Sacks | | 23.07 | M | 61 | M O/60 | 7 |
| 132 | Lynn | Wilson | Ealing Southall & Mddx | 23.14 | F | 56 | W O/50 | 5 |
| 133 | Rob | Crane | | 23.16 | M | 38 | M U/50 | 96 |
| 134 | Ben | Wilson | | 23.18 | M | 40 | M U/50 | 97 |
| 135 | Luca | Allegrì | Serpentine | 23.20 | M | 42 | M U/50 | 98 |

| | | | | | | | | |
|-----|---------------|-----------|-----------------------|-------|---|----|--------|-----|
| 136 | A | Baxter | | 23.21 | M | 29 | M U/50 | 99 |
| 137 | Ian | Hall | Serpentine | 23.26 | M | 60 | M O/60 | 8 |
| 138 | Alan | Davidson | Ranelagh Harriers | 23.27 | M | 66 | M O/60 | 9 |
| 139 | Andrew | McNamara | GYDAC | 23.30 | M | 30 | M U/50 | 100 |
| 140 | Max | Holloway | | 23.36 | M | 24 | M U/50 | 101 |
| 141 | Aideen | Dunne | fulham running | 23.55 | F | 28 | W U/50 | 19 |
| 142 | Greg | Neal | Watford Harriers | 24.09 | M | 58 | M O/50 | 6 |
| 143 | Simon | Connors | | 24.21 | M | 31 | M U/50 | 102 |
| 144 | Justyna | Bieniek | dulwich runners A.C | 24.23 | F | 30 | W U/50 | 20 |
| 145 | Ruth | Cottam | Collingwood AC | 24.25 | F | 48 | W U/50 | 21 |
| 146 | Stephanie | Walton | | 24.27 | F | 25 | W U/50 | 22 |
| 147 | Ian | Mursell | Vets AC | 24.32 | M | 61 | M O/60 | 10 |
| 148 | Mike | Rundle | Wimbledon Windmilers | 24.46 | M | 68 | M O/60 | 11 |
| 149 | Steven | Hales | | 24.57 | M | 29 | M U/50 | 103 |
| 150 | Stephanie | Groot | | 25.05 | F | 26 | W U/50 | 23 |
| 151 | Joe | Aspinall | Vets AC | 25.07 | M | 75 | M O/70 | 1 |
| 152 | Jamie | Price | | 25.08 | M | 36 | M U/50 | 104 |
| 153 | Stephen | Walker | | 25.08 | M | 41 | M U/50 | 105 |
| 154 | Michael | Goodwin | Stragglers | 25.11 | M | 42 | M U/50 | 106 |
| 155 | Sarah | Prescott | Clapham Pioneers | 25.17 | F | 44 | W U/50 | 24 |
| 156 | Sarah | Newton | Serpentine | 25.19 | F | 56 | W O/50 | 6 |
| 157 | Kate | Wiggs | | 25.25 | F | 35 | W U/50 | 25 |
| 158 | Donna | Richards | South London Harriers | 25.33 | F | 47 | W U/50 | 26 |
| 159 | Hannah | Orchard | | 25.38 | F | 29 | W U/50 | 27 |
| 160 | Karen | Chart | Collingwood AC | 25.39 | F | 39 | W U/50 | 28 |
| 161 | Dave | Caseley | | 25.43 | M | 31 | M U/50 | 107 |
| 162 | Amy | Phillips | | 25.49 | F | 31 | W U/50 | 29 |
| 163 | Robin | Dickson | Thames Hare & Hounds | 25.51 | M | 70 | M O/70 | 2 |
| 164 | Agatha | Obiekwg | | 25.54 | F | 47 | W U/50 | 30 |
| 165 | Kirsty | Gosling | | 26.01 | F | 28 | W U/50 | 31 |
| 166 | Nina | Williams | Saints + Sinners | 26.04 | F | 46 | W U/50 | 32 |
| 167 | Alison | Garrow | | 26.09 | F | 31 | W U/50 | 33 |
| 168 | Chris | Brooke | Collingwood AC | 26.17 | M | 63 | M O/60 | 12 |
| 169 | Jonathan Mark | Pegg | Sutton Runners | 26.20 | M | 48 | M U/50 | 108 |
| 170 | Mike | Downey | | 26.31 | M | 26 | M U/50 | 109 |
| 171 | James | Watts | | 26.37 | M | 31 | M U/50 | 110 |
| 172 | Paul | Booth | Collingwood AC | 26.41 | M | 59 | M O/50 | 7 |
| 173 | Sally | Mant | | 26.42 | F | 35 | W U/50 | 34 |
| 174 | Graham | Bryant | | 26.52 | M | 47 | M U/50 | 111 |
| 175 | Dennis | Williams | Hercules Wimbledon | 26.54 | M | 67 | M O/60 | 13 |
| 176 | Brad | Crews | | 27.10 | M | 45 | M U/50 | 112 |
| 177 | Maria | Salata | | 27.17 | F | 29 | W U/50 | 35 |
| 178 | Leonardo | Fumarola | | 27.17 | M | 29 | M U/50 | 113 |
| 179 | Andy | Austin | | 27.18 | M | 28 | M U/50 | 114 |
| 180 | Jan | Hofmann | | 27.24 | M | 26 | M U/50 | 115 |
| 181 | Dave | Clarke | Stragglers | 27.27 | M | 45 | M U/50 | 116 |
| 182 | Alex | Chileshe | | 27.30 | M | 33 | M U/50 | 117 |
| 183 | Kylie | Russell | | 27.33 | F | 31 | W U/50 | 36 |
| 184 | Trish | Coumbs | Collingwood AC | 27.40 | F | 69 | W O/60 | 1 |
| 185 | Lily | John | | 27.44 | F | 22 | W U/50 | 37 |
| 186 | Wieska | Grajeta | | 27.50 | F | 32 | W U/50 | 38 |
| 187 | Jessica | Nielsen | | 27.57 | F | 33 | W U/50 | 39 |
| 188 | Georgina | Watson | | 27.59 | F | 27 | W U/50 | 40 |
| 189 | Steve | Webb | Hercules Wimbledon | 28.13 | M | 61 | M O/60 | 14 |
| 190 | Edwin | Bartlett | Vets AC | 28.25 | M | 69 | M O/60 | 15 |
| 191 | Oliver | Southgate | | 28.41 | M | 35 | M U/50 | 118 |
| 192 | Malgorzata | Midura | | 28.50 | F | 31 | W U/50 | 41 |
| 193 | Margaret | McCann | | 29.05 | F | 24 | W U/50 | 42 |

| | | | | | | | | |
|-----|-------------|-----------------|----------------------|-------|---|----|--------|-----|
| 194 | Yvette | du Prez | Serpentine | 29.19 | F | 39 | W U/50 | 43 |
| 195 | Rudolph | Stewart | | 29.35 | M | 47 | M U/50 | 119 |
| 196 | Deborah | Wright | | 30.14 | F | 31 | W U/50 | 44 |
| 197 | Kaye | Sullivan | | 30.14 | F | 30 | W U/50 | 45 |
| 198 | Charlie | Coles | | 30.18 | M | 33 | M U/50 | 120 |
| 199 | Marine | Sardet | | 30.32 | F | 29 | W U/50 | 46 |
| 200 | Josh | Blackham | | 30.32 | M | 27 | M U/50 | 121 |
| 201 | Mary Louise | Edwards | | 31.10 | F | 59 | W O/50 | 7 |
| 202 | Daniel | Pateman | | 31.20 | M | 28 | M U/50 | 122 |
| 203 | Joy | Williams | | 31.22 | F | 54 | W O/50 | 8 |
| 204 | Susan | McGuinness | | 31.33 | F | 29 | W U/50 | 47 |
| 205 | Karen | Bateman-Pearson | | 31.42 | F | 44 | W U/50 | 48 |
| 206 | Oliver | Heggs | | 32.08 | M | 50 | M O/50 | 8 |
| 207 | David John | Lewis | | 32.24 | M | 56 | M O/50 | 9 |
| 208 | John | Evans | | 33.15 | M | 24 | M U/50 | 123 |
| 209 | Rosemary | Egbe | Collingwood AC | 33.25 | F | 49 | W U/50 | 49 |
| 210 | Lorraine | Allwood | | 33.38 | F | 52 | W O/50 | 9 |
| 211 | Shauna | Pereira | | 34.01 | F | 29 | W U/50 | 50 |
| 212 | Clare | Parsons | | 34.14 | F | 34 | W U/50 | 51 |
| 213 | Carmelina | Hancock | Hercules Wimbledon | 34.21 | F | 63 | W O/60 | 2 |
| 214 | Priscilla | Craven | | 34.32 | F | 49 | W U/50 | 52 |
| 215 | Sandra | Kwayisi-Dokyi | independent | 38.55 | F | 23 | W U/50 | 53 |
| 216 | Olivia | Ziants | Queens Park Harriers | 39.55 | F | 51 | W O/50 | 10 |
| 217 | Lesley | Young | Dulwich Park Runners | 41.11 | F | 62 | W O/60 | 3 |