

2019 ASSEMBLY LEAGUE - RACE 1 BECKENHAM 4 APRIL 2019

Overall Results

<u>Position</u>	<u>Bib</u>	<u>Name</u>	<u>Time</u>	<u>Gender</u>	<u>Age</u>	<u>Club</u>
1	524	A McGrady	0:12:01	M	SN	Victoria Park Harriers
2	130	E Chuck	0:12:15	M	SN	Dulwich Runners
3	258	Robert Laing	0:12:44	M	40	Kent AC
4	125	A Bond	0:12:45	M	45	Dulwich Runners
5	375	R Donohue	0:12:52	M	SN	Ravens School Runners RSR
6	131	Jack Ramm	0:12:52	M	SN	Dulwich Runners
7	307	J Pontin	0:12:52	M	SN	Lloyds
8	532	Joe Dale	0:12:54	M	SN	Victoria Park Harriers
9	263	L Zurdo	0:12:58	M	20	Kent AC
10	330	R Vlardell	0:12:59	M	SN	Petts Wood
11	522	James Cordwell	0:13:01	M	40	Victoria Park Harriers
12	62	James McDonald	0:13:09	M	SN	Cambridge Harriers
13	236	Adrian Lowther	0:13:13	M	SN	Kent AC
14	227	Stuart Beaney	0:13:14	M	45	Kent AC
15	190	Alex Taylor	0:13:17	M	SN	Eton Manor
16	137	A Locke	0:13:18	M	SN	Dulwich Runners
17	442	Simon Morris	0:13:19	M	SN	Serpentine AC
18	523	David Jones	0:13:23	M	SN	Victoria Park Harriers
19	471	Matt Munro	0:13:24	M	40	SEAC
20	474	Mark mellor	0:13:25	M	SN	SEAC
21	234	Richard Giles	0:13:25	M	40	Kent AC
22	135	Steve Davies	0:13:28	M	45	Dulwich Runners
23	106	S O'Neill	0:13:30	M	SN	Dulwich Runners
24	278	Kris McCullough	0:13:32	M	SN	Lloyds
25	102	P Devine	0:13:38	M	40	Dulwich Runners
26	473	Andy Weir	0:13:39	M	50	SEAC
27	81	Andrew Green	0:13:40	M	50	Dartford RR
28	325	G Benson	0:13:43	M	SN	Petts Wood
29	101	Tom South	0:13:44	M	40	Dulwich Runners
30	189	D Williams	0:13:47	M	20	Eton Manor
31	140	Robert Hollands	0:13:52	M	SN	Dulwich Runners
32	124	James Burrows	0:13:52	M	SN	Dulwich Runners
33	244	J Weekly	0:13:54	M	20	Kent AC
34	279	Chris Tuck	0:13:55	M	SN	Lloyds
35	277	R Day	0:13:59	M	SN	Lloyds
36	127	Joe Farrington-Douglas	0:13:59	M	40	Dulwich Runners
37	378	Andy Moulden	0:13:59	M	SN	Ravens School Runners RSR
38	266	Theo Gaymes	0:13:59	M	20	Kent AC
39	36	Mark Lally	0:14:00	M	SN	Beckenham RC
40	528	S Duggan	0:14:00	M	SN	Victoria Park Harriers
41	257	C Compton	0:14:00	M	40	Kent AC
42	114	D Crinion	0:14:02	M	SN	Dulwich Runners
43	229	Jonathan Ratcliffe	0:14:06	M	50	Kent AC
44	183	Thomas Stasionis	0:14:09	M	SN	Eton Manor
45	192	Neil McGovn	0:14:10	M	SN	Eton Manor
46	515	Liam Oluiginn	0:14:10	M	SN	Victoria Park Harriers
47	476	Ben Brooks	0:14:12	M	20	SEAC
48	271	M Bridgeland	0:14:14	M	60	Lloyds
49	265	Guy Barnett	0:14:16	M	20	Kent AC
50	245	D Henley	0:14:17	M	20	Kent AC
51	337	K Chadwick	0:14:18	M	SN	Petts Wood
52	138	Elkie Mace	0:14:20	F	35	Dulwich Runners
53	272	S Darney	0:14:22	M	SN	Lloyds
54	27	Joe Robertson	0:14:23	M	20	Kent AC
55	191	George Fernandez	0:14:24	M	SN	Eton Manor
56	530	Hugh Murdoch	0:14:24	M	SN	Victoria Park Harriers
57	555	Simeon Bennett	0:14:25	M	40	Victoria Park Harriers
58	267	Olly Buck	0:14:27	M	20	Kent AC
59	253	Ben Parker	0:14:27	M	20	Kent AC

<u>Position</u>	<u>Bib</u> <u>Name</u>	<u>Time</u>	<u>Gender</u>	<u>Age</u>	<u>Club</u>
60	412 SeeWah Cheng	0:14:28	M	SN	Runhead AC
61	19 J Newcombe	0:14:29	M	SN	Beckenham RC
62	61 David Reader	0:14:31	M	45	Cambridge Harriers
63	273 Warren Diego	0:14:31	M	40	Lloyds
64	52 Ian Miller	0:14:31	M	45	Cambridge Harriers
65	108 Steve Rolfe	0:14:35	M	SN	Dulwich Runners
66	31 Calum Fraser	0:14:41	M	SN	Kent AC
67	143 Eugene Cress	0:14:45	M	SN	Dulwich Runners
68	188 J Pilch	0:14:45	M	SN	Eton Manor
69	187 James Howlett	0:14:46	M	SN	Eton Manor
70	309 T Harman	0:14:46	M	SN	Lloyds
71	238 Sarah Hanley	0:14:47	F	SN	Kent AC
72	373 S Harvey	0:14:48	M	SN	Ravens School Runners RSR
73	335 Matthew Pond	0:14:53	M	20	Petts Wood
74	334 S Pond	0:14:53	M	50	Petts Wood
75	513 Colin Jacobs	0:14:53	M	45	Victoria Park Harriers
76	128 M Miaskiewicz	0:14:56	F	SN	Dulwich Runners
77	139 Tom Wilson	0:14:58	M	40	Dulwich Runners
78	249 R Elliot	0:15:02	M	SN	Kent AC
79	274 A Whiley	0:15:05	F	SN	Lloyds
80	264 Oscar Zurdo	0:15:07	M	20	Kent AC
81	86 Sam Fullilove	0:15:07	M	SN	Dartford RR
82	121 L Collier	0:15:08	M	45	Dulwich Runners
83	276 R Lund	0:15:08	F	SN	Lloyds
84	110 Gower Tan	0:15:10	M	45	Dulwich Runners
85	53 G Maynard	0:15:12	M	55	Cambridge Harriers
86	311 Mike Murdoch	0:15:12	M	50	London Underground
87	475 nick hogwood	0:15:17	M	45	SEAC
88	411 Matt Guy	0:15:17	M	SN	Runhead AC
89	123 E Prill	0:15:21	M	55	Dulwich Runners
90	20 Ed Osborne	0:15:21	M	SN	Beckenham RC
91	516 Rebecca Fode	0:15:22	F	SN	Victoria Park Harriers
92	512 Jo Singer	0:15:22	F	45	Victoria Park Harriers
93	323 Natalie Jacques	0:15:24	F	SN	Petts Wood
94	21 Chris Lydon	0:15:26	M	55	Beckenham RC
95	333 Simon Fox	0:15:29	M	SN	Petts Wood
96	185 G White	0:15:33	M	SN	Eton Manor
97	256 Paul McCrone	0:15:35	M	50	Kent AC
98	115 Michael Fullilove	0:15:36	M	55	Dulwich Runners
99	54 L Carr	0:15:36	M	20	Cambridge Harriers
100	308 T Ayres	0:15:38	M	SN	Lloyds
101	116 Andrea Pickup	0:15:39	F	45	Dulwich Runners
102	268 Tom Carpenter	0:15:40	M	SN	Kent AC
103	380 Luke Young	0:15:40	M	SN	Ravens School Runners RSR
104	377 H Fage	0:15:42	M	20	Ravens School Runners RSR
105	336 S Dahdi	0:15:44	M	SN	Petts Wood
106	331 Daniel Selman	0:15:46	M	45	Petts Wood
107	259 S Allen	0:15:46	M	45	Kent AC
108	182 John Black	0:15:50	M	60	Eton Manor
109	239 Vicky Boyle	0:15:53	F	40	Kent AC
110	526 Ellie Tait	0:15:53	F	SN	Victoria Park Harriers
111	520 T Lashmar	0:15:54	M	40	Victoria Park Harriers
112	237 Lydia Pritchard	0:15:54	F	SN	Kent AC
113	186 Owen Espley	0:15:55	M	SN	Eton Manor
114	136 Martin Double	0:16:00	M	40	Dulwich Runners
115	60 Mark Cross	0:16:00	M	60	Cambridge Harriers
116	248 V Buck	0:16:01	F	40	Kent AC
117	83 Jay Browne	0:16:02	M	45	Dartford RR
118	22 Aurelia Osborne	0:16:03	F	40	Beckenham RC
119	243 S Fairbrass	0:16:03	F	SN	Kent AC
120	519 Simon Bonner	0:16:04	M	40	Victoria Park Harriers
121	112 L Vincent	0:16:09	F	35	Dulwich Runners
122	310 P Newton	0:16:12	M	SN	Lloyds
123	262 Lottie Hull	0:16:14	F	20	Kent AC

<u>Position</u>	<u>Bib</u> <u>Name</u>	<u>Time</u>	<u>Gender</u>	<u>Age</u>	<u>Club</u>
124	104 M Lennon	0:16:14	F	50	Dulwich Runners
125	113 Rebecca Schulleri	0:16:16	F	SN	Dulwich Runners
126	18 Anthony Chandler	0:16:17	M	50	Beckenham RC
127	107 Ola Balme	0:16:18	F	50	Dulwich Runners
128	376 G Fage	0:16:22	M	SN	Ravens School Runners RSR
129	246 Bernie Hutchinson	0:16:23	M	60	Kent AC
130	322 Dave Groom	0:16:25	M	50	Petts Wood
131	118 Ed Smyth	0:16:26	M	SN	Dulwich Runners
132	51 E Meins	0:16:30	F	SN	Cambridge Harriers
133	254 Julian Spencer-Wood	0:16:32	M	65	Kent AC
134	161 Zoe Woodward	0:16:34	F	55	Eton Manor
135	247 Keisha Dryer	0:16:37	F	SN	Kent AC
136	228 Alan Curtis	0:16:38	M	50	Kent AC
137	55 S Dixon	0:16:48	F	50	Cambridge Harriers
138	34 D Oliver	0:16:49	M	SN	Beckenham RC
139	163 J Rukin-White	0:16:51	F	SN	Eton Manor
140	329 M Elwes	0:16:51	M	50	Petts Wood
141	533 C Evans	0:16:52	F	SN	Victoria Park Harriers
142	181 Bill Bennett	0:16:52	M	60	Eton Manor
143	117 Eleanor Simmons	0:16:54	F	40	Dulwich Runners
144	28 Joanne Campbell	0:16:56	F	SN	Kent AC
145	255 N Gordon-Orr	0:16:56	M	55	Kent AC
146	11 Toni Merola	0:16:57	M	50	Beckenham RC
147	29 A Barber	0:17:03	F	50	Kent AC
148	111 L Clapp	0:17:05	F	50	Dulwich Runners
149	326 Paul Dryden	0:17:08	M	50	Petts Wood
150	529 A Trihan	0:17:12	F	35	Victoria Park Harriers
151	12 Paul Fletcher	0:17:13	M	40	Beckenham RC
152	180 D Hall	0:17:14	M	40	Eton Manor
153	120 Miles Gawthorp	0:17:15	M	45	Dulwich Runners
154	141 Kate Styles	0:17:16	F	35	Dulwich Runners
155	119 Charlotte Sanderson	0:17:17	F	SN	Dulwich Runners
156	531 Faye Jeacocke	0:17:17	F	40	Victoria Park Harriers
157	23 Jeremy Hodgen	0:17:24	M	50	Beckenham RC
158	477 Andrew Coltman	0:17:31	M	50	SEAC
159	328 A Stubbs	0:17:35	M	40	Petts Wood
160	58 Lesley McCarthy	0:17:37	F	45	Cambridge Harriers
161	261 Sophie Walker	0:17:40	F	20	Kent AC
162	85 David Farrell	0:17:47	M	60	Dartford RR
163	527 Harriet Lowndes	0:17:48	F	SN	Victoria Park Harriers
164	379 A Doherty	0:17:55	M	SN	Ravens School Runners RSR
165	133 Graham Laylee	0:18:00	M	60	Dulwich Runners
166	332 Unknown Unknown	0:18:03	Unknown	Unknown	Unknown
167	88 Jess Dando	0:18:03	F	SN	Dartford RR
168	59 Steve Brown	0:18:04	M	60	Cambridge Harriers
169	321 Gillian Sellman	0:18:06	F	45	Petts Wood
170	414 Jo Wint	0:18:07	F	35	Runhead AC
171	514 Chris Brammer	0:18:07	M	45	Victoria Park Harriers
172	517 Phillippa Carr	0:18:10	F	35	Victoria Park Harriers
173	525 Gavin Lau	0:18:11	M	SN	Victoria Park Harriers
174	158 Gary Budinger	0:18:11	M	55	Dulwich Runners
175	90 Megan Davis	0:18:12	F	SN	Dartford RR
176	159 Barrie Nicholls	0:18:14	M	65	Dulwich Runners
177	162 G Hennessy	0:18:15	F	60	Eton Manor
178	56 S Carr	0:18:16	F	45	Cambridge Harriers
179	26 Sarah Young	0:18:17	F	50	Kent AC
180	275 A Anderson	0:18:25	F	45	Lloyds
181	511 Sarah Knox	0:18:26	F	45	Victoria Park Harriers
182	134 Paul Kenmer	0:18:28	M	50	Dulwich Runners
183	327 A Mundy	0:18:28	F	55	Petts Wood
184	132 Teresea Harvey	0:18:30	F	SN	Dulwich Runners
185	33 Ted Aston	0:18:36	M	55	Kent AC
186	521 Claire Ross	0:18:46	F	35	Victoria Park Harriers
187	105 R Tabor	0:18:47	F	65	Dulwich Runners
188	15 Ken Baksh	0:18:47	M	60	Beckenham RC
189	126 C Barnard	0:18:56	F	SN	Dulwich Runners

<u>Position</u>	<u>Bib</u> <u>Name</u>	<u>Time</u>	<u>Gender</u>	<u>Age</u>	<u>Club</u>
190	999 Unknown Unknown	0:18:57	Unknown	Unknown	Unknown
191	184 J Few	0:18:59	M	70	Eton Manor
192	25 G Selway	0:19:07	F	50	Beckenham RC
193	129 Hannah Harvest	0:19:07	F	SN	Dulwich Runners
194	142 Ian Sesnan	0:19:09	M	60	Dulwich Runners
195	24 M Chandler	0:19:11	F	35	Beckenham RC
196	374 Mike Kennedy	0:19:13	M	SN	Ravens School Runners RSR
197	324 M Springett	0:19:14	M	SN	Petts Wood
198	103 Andy Murray	0:19:17	M	65	Dulwich Runners
199	109 Helen Liste	0:19:21	F	35	Dulwich Runners
200	165 J Durrant	0:19:23	F	40	Eton Manor
201	413 Sarah Tizzard	0:19:31	F	45	Runhead AC
202	472 Eszter Nagy	0:19:37	F	SN	SEAC
203	518 Amy Blackburn-Lau	0:19:48	F	35	Victoria Park Harriers
204	57 Madeline Carr	0:19:56	F	20	Cambridge Harriers
205	87 E Brown	0:20:25	F	40	Dartford RR
206	82 Paul Hooper	0:20:31	M	60	Dartford RR
207	312 Neil Roberts	0:20:31	M	45	London Underground
208	270 A Clyndes	0:20:55	F	SN	Kent AC
209	164 M Singh	0:21:15	F	40	Eton Manor
210	122 Claire Steward	0:21:15	F	65	Dulwich Runners
211	371 Neil Stacey	0:21:22	M	SN	Ravens School Runners RSR
212	235 Danny Mackay	0:21:34	M	65	Kent AC
213	89 Keith Harvey	0:21:51	M	50	Dartford RR
214	269 Z Gaffen	0:21:55	F	60	Kent AC
215	84 Lisa Campbell	0:22:13	F	45	Dartford RR
216	372 Shenel Suleyman	0:22:18	F	SN	Ravens School Runners RSR

Team Results

Mens A Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>
1	Dulwich Runners	28
2	Victoria Park Harriers	38
3	Kent AC	39
4	Lloyds	100
5	SEAC	112
6	Eton Manor	134
7	Petts Wood	160
8	Cambridge Harriers	216
9	Beckenham RC	270
10	Dartford RR	334
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12		

Womens A Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>
1	Dulwich Runners	29
2	Kent AC	37
3	Victoria Park Harriers	50
4	Cambridge Harriers	124
5	Eton Manor	147
6	Dartford RR	209
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Mens B Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>
1	Dulwich Runners	99
2	Kent AC	133
3	Victoria Park Harriers	197
4	Lloyds	231
5	Eton Manor	277
6	Petts Wood	352
7	Beckenham RC	459
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Womens B Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>
1	Kent AC	83
2	Dulwich Runners	84
3	Victoria Park Harriers	143
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Individual Age Group Results

Mens

<u>SN</u>	<u>Name, Club</u>	<u>Time</u>
1	A McGrady, Victoria Park Harriers	0:12:01
2	E Chuck, Dulwich Runners	0:12:15
3	R Donohue, Ravens School Runners R.	0:12:52
4	Jack Ramm, Dulwich Runners	0:12:52
5	J Pontin, Lloyds	0:12:52
6	Joe Dale, Victoria Park Harriers	0:12:54
7	R Vlardell, Petts Wood	0:12:59
8	James McDonald, Cambridge Harriers	0:13:09
9	Adrian Lowther, Kent AC	0:13:13
10	Alex Taylor, Eton Manor	0:13:17

<u>20</u>	<u>Name, Club</u>	<u>Time</u>
1	L Zurdo, Kent AC	0:12:58
2	D Williams, Eton Manor	0:13:47
3	J Weekly, Kent AC	0:13:54
4	Theo Gaymes, Kent AC	0:13:59
5	Ben Brooks, SEAC	0:14:12
6	Guy Barnett, Kent AC	0:14:16
7	D Henley, Kent AC	0:14:17
8	Joe Robertson, Kent AC	0:14:23
9	Olly Buck, Kent AC	0:14:27
10	Ben Parker, Kent AC	0:14:27

<u>40</u>	<u>Name, Club</u>	<u>Time</u>
1	Robert Laing, Kent AC	0:12:44
2	James Cordwell, Victoria Park Harriers	0:13:01
3	Matt Munro, SEAC	0:13:24
4	Richard Giles, Kent AC	0:13:25
5	P Devine, Dulwich Runners	0:13:38
6	Tom South, Dulwich Runners	0:13:44
7	Joe Farrington-Douglas, Dulwich Runne	0:13:59
8	C Compton, Kent AC	0:14:00
9	Simeon Bennett, Victoria Park Harriers	0:14:25
10	Warren Diego, Lloyds	0:14:31

<u>45</u>	<u>Name, Club</u>	<u>Time</u>
1	A Bond, Dulwich Runners	0:12:45
2	Stuart Beaney, Kent AC	0:13:14
3	Steve Davies, Dulwich Runners	0:13:28
4	David Reader, Cambridge Harriers	0:14:31
5	Ian Miller, Cambridge Harriers	0:14:31
6	Colin Jacobs, Victoria Park Harriers	0:14:53
7	L Collier, Dulwich Runners	0:15:08
8	Gower Tan, Dulwich Runners	0:15:10
9	nick hogwood, SEAC	0:15:17
10	Daniel Selman, Petts Wood	0:15:46

<u>50</u>	<u>Name, Club</u>	<u>Time</u>
1	Andy Weir, SEAC	0:13:39
2	Andrew Green, Dartford RR	0:13:40
3	Jonathan Ratcliffe, Kent AC	0:14:06
4	S Pond, Petts Wood	0:14:53
5	Mike Murdoch, London Underground	0:15:12
6	Paul McCrone, Kent AC	0:15:35
7	Anthony Chandler, Beckenham RC	0:16:17
8	Dave Groom, Petts Wood	0:16:25
9	Alan Curtis, Kent AC	0:16:38
10	M Elwes, Petts Wood	0:16:51

<u>55</u>	<u>Name, Club</u>	<u>Time</u>
1	G Maynard, Cambridge Harriers	0:15:12
2	E Prill, Dulwich Runners	0:15:21
3	Chris Lydon, Beckenham RC	0:15:26
4	Michael Fullilove, Dulwich Runners	0:15:36
5	N Gordon-Orr, Kent AC	0:16:56
6	Gary Budinger, Dulwich Runners	0:18:11
7	Ted Aston, Kent AC	0:18:36
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Womens

<u>SN</u>	<u>Name, Club</u>	<u>Time</u>
1	Sarah Hanley, Kent AC	0:14:47
2	M Miaskiewicz, Dulwich Runners	0:14:56
3	A Whiley, Lloyds	0:15:05
4	R Lund, Lloyds	0:15:08
5	Rebecca Fode, Victoria Park Harriers	0:15:22
6	Natalie Jacques, Petts Wood	0:15:24
7	Ellie Tait, Victoria Park Harriers	0:15:53
8	Lydia Pritchard, Kent AC	0:15:54
9	S Fairbrass, Kent AC	0:16:03
10	Rebecca Schulleri, Dulwich Runners	0:16:16

<u>20</u>	<u>Name, Club</u>	<u>Time</u>
1	Lottie Hull, Kent AC	0:16:14
2	Sophie Walker, Kent AC	0:17:40
3	Madeline Carr, Cambridge Harriers	0:19:56
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<u>35</u>	<u>Name, Club</u>	<u>Time</u>
1	Elkie Mace, Dulwich Runners	0:14:20
2	L Vincent, Dulwich Runners	0:16:09
3	A Trihan, Victoria Park Harriers	0:17:12
4	Kate Styles, Dulwich Runners	0:17:16
5	Jo Wint, Runhead AC	0:18:07
6	Phillippa Carr, Victoria Park Harriers	0:18:10
7	Claire Ross, Victoria Park Harriers	0:18:46
8	M Chandler, Beckenham RC	0:19:11
9	Helen Liste, Dulwich Runners	0:19:21
10	Amy Blackburn-Lau, Victoria Park Harriers	0:19:48

<u>40</u>	<u>Name, Club</u>	<u>Time</u>
1	Vicky Boyle, Kent AC	0:15:53
2	V Buck, Kent AC	0:16:01
3	Aurelia Osborne, Beckenham RC	0:16:03
4	Eleanor Simmons, Dulwich Runners	0:16:54
5	Faye Jeacocks, Victoria Park Harriers	0:17:17
6	J Durrant, Eton Manor	0:19:23
7	E Brown, Dartford RR	0:20:25
8	M Singh, Eton Manor	0:21:15
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<u>45</u>	<u>Name, Club</u>	<u>Time</u>
1	Jo Singer, Victoria Park Harriers	0:15:22
2	Andrea Pickup, Dulwich Runners	0:15:39
3	Lesley McCarthy, Cambridge Harriers	0:17:37
4	Gillian Sellman, Petts Wood	0:18:06
5	S Carr, Cambridge Harriers	0:18:16
6	A Anderson, Lloyds	0:18:25
7	Sarah Knox, Victoria Park Harriers	0:18:26
8	Sarah Tizzard, Runhead AC	0:19:31
9	Lisa Campbell, Dartford RR	0:22:13
10		

<u>50</u>	<u>Name, Club</u>	<u>Time</u>
1	M Lennon, Dulwich Runners	0:16:14
2	Ola Balme, Dulwich Runners	0:16:18
3	S Dixon, Cambridge Harriers	0:16:48
4	A Barber, Kent AC	0:17:03
5	L Clapp, Dulwich Runners	0:17:05
6	Sarah Young, Kent AC	0:18:17
7	G Selway, Beckenham RC	0:19:07
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<u>60</u>	<u>Name, Club</u>	<u>Time</u>
1	M Bridgeland, Lloyds	0:14:14
2	John Black, Eton Manor	0:15:50
3	Mark Cross, Cambridge Harriers	0:16:00
4	Bernie Hutchinson, Kent AC	0:16:23
5	Bill Bennett, Eton Manor	0:16:52
6	David Farrell, Dartford RR	0:17:47
7	Graham Laylee, Dulwich Runners	0:18:00
8	Steve Brown, Cambridge Harriers	0:18:04
9	Ken Baksh, Beckenham RC	0:18:47
10	Ian Sesnan, Dulwich Runners	0:19:09

<u>65</u>	<u>Name, Club</u>	<u>Time</u>
1	Julian Spencer-Wood, Kent AC	0:16:32
2	Barrie Nicholls, Dulwich Runners	0:18:14
3	Andy Murray, Dulwich Runners	0:19:17
4	Danny Mackay, Kent AC	0:21:34
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<u>70</u>	<u>Name, Club</u>	<u>Time</u>
1	J Few, Eton Manor	0:18:59
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<u>55</u>	<u>Name, Club</u>	<u>Time</u>
1	Zoe Woodward, Eton Manor	0:16:34
2	A Mundy, Petts Wood	0:18:28
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<u>60</u>	<u>Name, Club</u>	<u>Time</u>
1	G Hennessy, Eton Manor	0:18:15
2	Z Gaffen, Kent AC	0:21:55
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<u>65</u>	<u>Name, Club</u>	<u>Time</u>
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