

2019 ASSEMBLY LEAGUE - RACE 4 CRYSTAL PALACE PARK 4 JULY 2019**Overall Results**

Position	Bib Name	Time	Gender	Age	Club
1	150 E Chuck	0:15:57	M	SN	Dulwich Runners
2	124 L Laylee	0:16:02	M	20	Dulwich Runners
3	578 John Payne	0:16:06	M	SN	Victoria Park Harriers
4	155 A Bond	0:16:10	M	45	Dulwich Runners
5	158 Jack Ramm	0:16:19	M	SN	Dulwich Runners
6	348 Peter Lighting	0:16:23	M	SN	Kent AC
7	122 Buzz Shephard	0:16:25	M	40	Dulwich Runners
8	242 Adrian Lowther	0:16:26	M	SN	Kent AC
9	288 Lawrence Avery	0:16:28	M	40	Kent AC
10	267 Joseph Yee	0:16:34	M	20	Kent AC
11	265 J Hartley	0:16:41	M	SN	Kent AC
12	497 Andy Weir	0:16:47	M	50	SEAC
13	355 R Vlardell	0:16:49	M	SN	Petts Wood
14	2 D Mann	0:16:53	M	40	Dulwich Runners
15	500 Jack Brotchie	0:16:55	M	SN	SEAC
16	296 J Pontin	0:16:58	M	SN	Lloyds
17	57 Andrew Inglis	0:17:10	M	40	Cambridge Harriers
18	152 Steve Davies	0:17:11	M	45	Dulwich Runners
19	121 Tom South	0:17:15	M	40	Dulwich Runners
20	241 Jake Simmonds	0:17:18	M	SN	Kent AC
21	232 Isaac Maxwell	0:17:19	M	20	Kent AC
22	586 David Jones	0:17:19	M	SN	Victoria Park Harriers
23	244 Dave Morgan	0:17:21	M	SN	Kent AC
24	283 Calum Fraser	0:17:25	M	SN	Kent AC
25	132 E Harper	0:17:26	M	SN	Dulwich Runners
26	1 A Locke	0:17:31	M	SN	Dulwich Runners
27	491 Alan Barnes	0:17:33	M	40	SEAC
28	247 A Clements	0:17:36	F	35	Kent AC
29	50 Tim Cartwright	0:17:41	M	40	Beckenham RC
30	134 P Devine	0:17:47	M	40	Dulwich Runners
31	257 Guy Barnett	0:17:49	M	20	Kent AC
32	177 James Hutchison	0:17:51	M	SN	Eton Manor
33	280 N Phillips	0:17:54	M	SN	Kent AC
34	238 Jonathan Ratcliffe	0:17:56	M	50	Kent AC
35	398 Andy Moulden	0:17:57	M	SN	Ravens School Runners
36	175 James Pilch	0:17:57	M	SN	Eton Manor
37	585 vesa lindberg	0:17:57	M	40	Victoria Park Harriers
38	167 Simon Cottle	0:17:58	M	SN	Eton Manor
39	234 Olly Buck	0:18:00	M	20	Kent AC
40	495 David Abergale	0:18:13	M	SN	SEAC
41	574 Liam OhUiginn	0:18:14	M	SN	Victoria Park Harriers
42	276 D Ansell	0:18:15	M	SN	Kent AC
43	170 Alex Taylor	0:18:21	M	SN	Eton Manor
44	153 I Lilley	0:18:25	M	45	Dulwich Runners
45	496 Matt Munro	0:18:27	M	SN	SEAC
46	62 David Reader	0:18:30	M	45	Cambridge Harriers
47	571 laura kaye	0:18:33	F	SN	Victoria Park Harriers
48	237 M Green	0:18:36	M	50	Kent AC
49	363 G Mackay	0:18:39	M	45	Petts Wood
50	489	0:18:39	M	SN	Guests
51	147 D Crinion	0:18:40	M	SN	Dulwich Runners
52	8 G Kennedy	0:18:41	M	SN	Dulwich Runners
53	293 M Bridgeland	0:18:43	M	60	Lloyds
54	159 Joe Farrington-Douglas	0:18:43	M	40	Dulwich Runners
55	581 Mandy Dohren	0:18:46	F	40	Victoria Park Harriers
56	179 George Fernandez	0:18:46	M	SN	Eton Manor
57	582 Simeon Bennett	0:18:48	M	40	Victoria Park Harriers
58	231 R Elliot	0:18:50	M	SN	Kent AC
59	297 Dylan Hughes	0:18:51	M	40	Lloyds
60	587 jack mayger	0:18:51	M	SN	Victoria Park Harriers
61	55 Holly Dixon	0:18:51	F	SN	Cambridge Harriers
62	250 C Compton	0:18:54	M	40	Kent AC
63	285 J Weekly	0:18:59	M	20	Kent AC
64	16 Joseph Newcombe	0:19:03	M	SN	Beckenham RC
65	107 Matt Davison	0:19:06	M	SN	Dartford RR
66	146 Tom Wilson	0:19:07	M	40	Dulwich Runners
67	359 Kev Howarth	0:19:08	M	45	Petts Wood
68	48 Will Withecombe	0:19:08	M	SN	Beckenham RC
69	171 Paul Boddey	0:19:10	M	40	Eton Manor
70	169 Dylan Williams	0:19:11	M	20	Eton Manor
71	450 See Wah Cheng	0:19:13	M	SN	Runhead AC
72	392 D Kennedy	0:19:14	M	SN	Ravens School Runners
73	504 F Hagell	0:19:16	M	SN	SEAC
74	126 Paul Collyer	0:19:18	M	50	Dulwich Runners
75	287 T Murphy	0:19:18	F	40	Kent AC
76	3 M Miaskiewicz	0:19:18	F	SN	Dulwich Runners
77	584 Jo Hall	0:19:19	F	SN	Victoria Park Harriers
78	148 M Cooke	0:19:20	M	SN	Dulwich Runners
79	268 R Giles	0:19:20	M	40	Kent AC
80	358 S Pond	0:19:23	M	50	Petts Wood
81	391 S Harvey	0:19:23	M	SN	Ravens School Runners
82	284 Ben Parker	0:19:24	M	20	Kent AC
83	579 Jessica Lowe	0:19:25	F	35	Victoria Park Harriers
84	233 Sarah Hanley	0:19:26	F	SN	Kent AC
85	281 Roger Beardsworth	0:19:26	M	55	Kent AC
86	145 L Collier	0:19:26	M	45	Dulwich Runners
87	249 A Parker	0:19:29	F	SN	Kent AC
88	572 Tony Lashmar	0:19:32	M	40	Victoria Park Harriers
89	333 Mike Murdoch	0:19:35	M	50	London Underground
90	401 Amy Leach	0:19:35	F	20	Ravens School Runners
91	494 paul Doyle	0:19:41	M	50	SEAC
92	194 Sarah Flanagan	0:19:42	F	40	Eton Manor

93	49 Simon Carter	0:19:43	M	40	Beckenham RC
94	258 D Henley	0:19:44	M	20	Kent AC
95	246 Georgina Wiley	0:19:46	F	SN	Kent AC
96	173 David Cato	0:19:48	M	SN	Eton Manor
97	294 D Butler	0:19:51	M	65	Lloyds
98	176 Trevor East	0:19:52	M	40	Eton Manor
99	396 Silky Ng	0:19:52	M	SN	Ravens School Runners
100	573 Daniel George	0:19:59	M	SN	Victoria Park Harriers
101	20 Chris Lydon	0:20:02	M	55	Beckenham RC
102	235 V Buck	0:20:07	F	40	Kent AC
103	174 Dave Daugirda	0:20:08	M	55	Eton Manor
104	172 R Somerville	0:20:11	M	50	Eton Manor
105	393 Luke Young	0:20:14	M	SN	Ravens School Runners
106	129 Michael Fullilove	0:20:16	M	55	Dulwich Runners
107	575 Jo Singer	0:20:18	F	45	Victoria Park Harriers
108	332 Martin Daoud	0:20:18	M	55	London Underground
109	103 Sam Fullilove	0:20:20	M	SN	Dartford RR
110	295 Graham Hollingdale	0:20:29	M	SN	Lloyds
111	21 David Olver	0:20:34	M	SN	Beckenham RC
112	356 A Breese	0:20:35	M	40	Petts Wood
113	289 Paul Collyer	0:20:36	M	50	Kent AC
114	455 Matt Guy	0:20:39	M	SN	Runhead AC
115	361 Elliot Miller	0:20:39	M	40	Petts Wood
116	266 I Bradley	0:20:41	F	SN	Kent AC
117	236 A Farrall	0:20:41	F	45	Kent AC
118	178 Graham White	0:20:47	M	SN	Eton Manor
119	224 Sergio Gorbacous	0:20:50	M	SN	Greenwich Tritons
120	157 A Thomas	0:20:53	F	35	Dulwich Runners
121	298 P Newton	0:20:55	M	SN	Lloyds
122	366 M Elwes	0:20:57	M	50	Petts Wood
123	154 Rebecca Schulleri	0:20:58	F	SN	Dulwich Runners
124	354 Peter Fisher	0:21:00	M	45	Petts Wood
125	503 Andrew McLauchlan	0:21:01	M	40	SEAC
126	161 John Black	0:21:02	M	60	Eton Manor
127	133 A Williams	0:21:05	F	SN	Dulwich Runners
128	168 Daniel Hall	0:21:07	M	40	Eton Manor
129	569 Heather Birtwistle	0:21:09	F	SN	Victoria Park Harriers
130	269 Otilie Bright	0:21:12	F	20	Kent AC
131	7 E Prill	0:21:17	M	55	Dulwich Runners
132	286 mike richardson	0:21:18	M	65	Kent AC
133	277 Lottie Hull	0:21:20	F	20	Kent AC
134	53 Liam Carr	0:21:22	M	20	Cambridge Harriers
135	56 Susan Dixon	0:21:25	F	50	Cambridge Harriers
136	274 Gary Sullivan	0:21:28	M	60	Kent AC
137	270 Bernie Hutchinson	0:21:32	M	60	Kent AC
138	271 S Fairbrass	0:21:34	F	SN	Kent AC
139	6 Kate Styles	0:21:36	F	35	Dulwich Runners
140	15 Kate Marchant	0:21:36	F	50	Beckenham RC
141	453 Leo Hempsted	0:21:36	M	SN	Runhead AC
142	262 Julian Spencer-Wood	0:21:39	M	65	Kent AC
143	239 Alan Curtis	0:21:43	M	50	Kent AC
144	198 Jennifer Heymann	0:21:44	F	40	Eton Manor
145	254 Paul Crompton	0:21:49	M	50	Kent AC
146	290 Pawel Szynekarczuk	0:21:57	M	40	Kent AC
147	492 Karen Ellison	0:21:58	F	35	SEAC
148	275 Tommie Sang	0:21:58	M	SN	Kent AC
149	580 Emily Mosedale	0:21:58	F	40	Victoria Park Harriers
150	364 S Robson	0:21:59	M	50	Petts Wood
151	400 H Fage	0:22:05	M	20	Ravens School Runners
152	399 G Fage	0:22:05	M	SN	Ravens School Runners
153	256 A Barber	0:22:05	F	50	Kent AC
154	261 Tim Chapman	0:22:05	M	50	Kent AC
155	369 Antony Mitchell	0:22:08	M	SN	Petts Wood
156	451 Kat Law	0:22:08	M	SN	Runhead AC
157	362 Paul Haylock	0:22:08	M	SN	Petts Wood
158	253 N Gordon-Orr	0:22:27	M	55	Kent AC
159	461 Abu Asad	0:22:29	M	40	Serpentine AC
160	193 Zoe Woodward	0:22:31	F	55	Eton Manor
161	352 T Springett	0:22:39	M	50	Petts Wood
162	291 A Crawley	0:22:41	F	SN	Lloyds
163	278 Beth Shakespeare	0:22:46	F	SN	Kent AC
164	452 Jo Wint	0:22:56	M	SN	Runhead AC
165	583 C Evans	0:22:59	F	SN	Victoria Park Harriers
166	248 Andy Gardiner	0:22:59	M	60	Kent AC
167	19 Jeremy Hodgen	0:22:59	M	50	Beckenham RC
168	59 Mick Ellsmore	0:22:59	M	65	Cambridge Harriers
169	368 Claudette Lilliefelth	0:23:01	F	45	Petts Wood
170	331 Tom Morris	0:23:03	M	60	London Underground
171	60 Antonio Irranca	0:23:06	M	45	Cambridge Harriers
172	260 P Marsden	0:23:07	M	45	Kent AC
173	195 Gail Hennessy	0:23:09	F	65	Eton Manor
174	58 Martin Hawkins	0:23:11	M	55	Cambridge Harriers
175	449 Sze Kiu Yeung	0:23:13	M	SN	Runhead AC
176	123 Graham Laylee	0:23:18	M	60	Dulwich Runners
177	282 Norman Mclean	0:23:25	M	60	Kent AC
178	360 Philip Baes	0:23:37	M	45	Petts Wood
179	5 A Cox	0:23:39	M	55	Aquila
180	499 ben Clark	0:23:43	M	SN	SEAC
181	240 Katie Lang	0:23:44	F	35	Kent AC
182	454 Emily Delchar	0:23:45	M	SN	Runhead AC
183	394 A Doherty	0:23:48	M	SN	Ravens School Runners
184	51 Steve Brown	0:23:48	M	60	Cambridge Harriers
185	462 Laura Dennison	0:23:48	M	40	Serpentine AC
186	54 Sally Carr	0:23:49	F	45	Cambridge Harriers
187	196 Jane Pannell	0:23:50	F	45	Eton Manor
188	14 Melanie Burdett	0:23:50	F	40	Beckenham RC
189	493 Steve Scruton	0:23:53	M	55	SEAC
190	273 Sophie Walker	0:23:53	F	20	Kent AC

191	255 Adam Mitchenall	0:24:00	M	40	Kent AC
192	498 Martin Wood	0:24:02	M	SN	SEAC
193	463 Mark Timson	0:24:03	M	50	Serpentine AC
194	223 Lesley McCarthy	0:24:05	M	45	Greenwich Tritons
195	292 A Anderson	0:24:06	F	45	Lloyds
196	371 Chloe Weaver	0:24:07	F	SN	Petts Wood
197	402 R Clarkson	0:24:12	M	55	Ravens School Runners
198	272 Adrian Young	0:24:13	M	SN	Kent AC
199	105 Megan Davis	0:24:24	F	SN	Dartford RR
200	125 Barrie Nicholls	0:24:24	M	65	Dulwich Runners
201	166 John Few	0:24:27	M	75	Eton Manor
202	221 Jardo McCarthy	0:24:36	M	20	Greenwich Tritons
203	106 E Brown	0:24:40	F	40	Dartford RR
204	334 stevyn walder	0:24:42	M	45	London Underground
205	100 Paul Hooper	0:24:46	M	60	Dartford RR
206	365 S Robson	0:25:02	F	50	Petts Wood
207	351 A Mundy	0:25:03	F	55	Petts Wood
208	397 Mike Kennedy	0:25:09	M	SN	Ravens School Runners
209	156 Ian Sesnan	0:25:12	M	60	Dulwich Runners
210	9 Midge Cameron	0:25:16	F	50	Dulwich Runners
211	395 Reagan Monk	0:25:20	M	20	Ravens School Runners
212	456 Becca Hancock	0:25:26	M	SN	Runhead AC
213	197 Janine Durrant	0:25:32	F	40	Eton Manor
214	17 Andrew Hinds	0:25:51	M	65	Beckenham RC
215	151 Claire Steward	0:26:08	F	65	Dulwich Runners
216	367 S Regan	0:26:15	F	45	Petts Wood
217	570 Amy Blackburn-Lau	0:26:19	F	35	Victoria Park Harriers
218	568 Gavin Lau	0:26:23	M	SN	Victoria Park Harriers
219	127 Ameet Patel	0:26:24	M	50	Dulwich Runners
220	264 Caroline Ford	0:26:34	F	SN	Kent AC
221	263 Ian Ellwood	0:26:34	M	SN	Kent AC
222	160 R Tabor	0:26:43	F	65	Dulwich Runners
223	128 A Murray	0:26:43	M	65	Dulwich Runners
224	357 Anna Larnar	0:26:51	F	40	Petts Wood
225	353 M Springett	0:27:35	M	SN	Petts Wood
226	403 B Biddlecombe	0:27:46	M	60	Ravens School Runners
227	101 R Knight	0:28:13	M	65	Dartford RR
228	52 Madeline Carr	0:28:37	F	20	Cambridge Harriers
229	279 Z Gaffen	0:28:42	F	60	Kent AC
230	104 Keith Harvey	0:28:48	M	50	Dartford RR
231	18 Nicky Howard	0:29:02	F	50	Beckenham RC
232	102 mike richardson	0:29:46	M	65	Dartford RR
233	222 George McCarthy	0:30:07	M	20	Greenwich Tritons
234	370 Janice Mitchell	0:30:46	F	60	Petts Wood

Team Results

Mens A Teams

Position	Club	Score	Points
1	Dulwich Runners	12	15
2	Kent AC	33	14
3	SEAC	93	13
4	Victoria Park Harriers	101	12
4	Eton Manor	101	12
6	Petts Wood	196	10
7	Lloyds	207	9
8	Beckenham RC	233	8
9	Ravens School Runners	262	7
10	Cambridge Harriers	306	6
11	Runhead AC	405	5
12	Dartford RR	485	4

Womens A Teams

Position	Club	Score	Points
1	Victoria Park Harriers	20	15
2	Kent AC	25	14
3	Dulwich Runners	63	13
4	Eton Manor	109	12
5	Petts Wood	109	11
6			10
7			
8			
9			
10			
11			
12			

Mens B Teams

Position	Club	Score	Points
1	Dulwich Runners	58	15
2	Kent AC	75	14
3	Eton Manor	267	13
4	Victoria Park Harriers	276	12
5	SEAC	299	11
6	Petts Wood	406	10
7	Ravens School Runners	479	9
8	Beckenham RC	480	8
9	Runhead AC	575	7
10			
11			
12			

Womens B Teams

Position	Club	Score	Points
1	Kent AC	60	15
2	Victoria Park Harriers	101	14
3			13
4			
5			
6			
7			
8			
9			
10			
11			
12			

Individual Age Group Results

Mens

SN	Name_Club	Time	Points
1	E Chuck, Dulwich Runners	0:15:57	15
2	John Payne, Victoria Park Harriers	0:16:06	14
3	Jack Ramm, Dulwich Runners	0:16:19	13
4	Peter Lighting, Kent AC	0:16:23	12
5	Adrian Lowther, Kent AC	0:16:26	11
6	J Hartley, Kent AC	0:16:41	10
7	R Vlardell, Petts Wood	0:16:49	9
8	Jack Brotschie, SEAC	0:16:55	8
9	J Pontin, Lloyds	0:16:58	7
10	Jake Simmonds, Kent AC	0:17:18	6

Womens

SN	Name_Club	Time	Points
1	laura kaye, Victoria Park Harriers	0:18:33	15
2	Holly Dixon, Cambridge Harriers	0:18:51	14
3	M Miasiewicz, Dulwich Runners	0:19:18	13
4	Jo Hall, Victoria Park Harriers	0:19:19	12
5	Sarah Hanley, Kent AC	0:19:26	11
6	A Parker, Kent AC	0:19:29	10
7	Georgina Wiley, Kent AC	0:19:46	9
8	I Bradley, Kent AC	0:20:41	8
9	Rebecca Schulleri, Dulwich Runners	0:20:58	7
10	A Williams, Dulwich Runners	0:21:05	6

11	David Jones, Victoria Park Harriers	0:17:19	5	11	Heather Birtwistle, Victoria Park Harriers	0:21:09	5
12	Dave Morgan, Kent AC	0:17:21	4	12	S Fairbrass, Kent AC	0:21:34	4
13	Calum Fraser, Kent AC	0:17:25	3	13	A Crawley, Lloyds	0:22:41	3
14	E Harper, Dulwich Runners	0:17:26	2	14	Beth Shakespeare, Kent AC	0:22:46	2
15	A Locke, Dulwich Runners	0:17:31	1	15	C Evans, Victoria Park Harriers	0:22:59	1
20				20			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	
1	L Laylee, Dulwich Runners	0:16:02	10	1	Amy Leach, Ravens School Runners	0:19:35	10
2	Joseph Yee, Kent AC	0:16:34	9	2	Ottillie Bright, Kent AC	0:21:12	9
3	Isaac Maxwell, Kent AC	0:17:19	8	3	Lottie Hull, Kent AC	0:21:20	8
4	Guy Barnett, Kent AC	0:17:49	7	4	Sophie Walker, Kent AC	0:24:00	7
5	Olly Buck, Kent AC	0:18:00	6	5			
6	J Weekly, Kent AC	0:18:59	5	6			
7	Dylan Williams, Eton Manor	0:19:11	4	7			
8	Ben Parker, Kent AC	0:19:24	3	8			
9	D Henley, Kent AC	0:19:44	2	9			
10	Liam Carr, Cambridge Harriers	0:21:22	1	10			
40				35			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	Buzz Shephard, Dulwich Runners	0:16:25	10	1	A Clements, Kent AC	0:17:36	10
2	Lawrence Avery, Kent AC	0:16:28	9	2	Jessica Lowe, Victoria Park Harriers	0:19:25	9
3	D Mann, Dulwich Runners	0:16:53	8	3	A Thomas, Dulwich Runners	0:20:53	8
4	Andrew Inglis, Cambridge Harriers	0:17:10	7	4	Kate Styles, Dulwich Runners	0:21:36	7
5	Tom South, Dulwich Runners	0:17:15	6	5	Karen Ellison, SEAC	0:21:58	6
6	Alan Barnes, SEAC	0:17:33	5	6	Katie Lang, Kent AC	0:23:45	5
7	Tim Cartwright, Beckenham RC	0:17:41	4	7			
8	P Devine, Dulwich Runners	0:17:47	3	8			
9	vesa lindberg, Victoria Park Harriers	0:17:57	2	9			
10	Joe Farrington-Douglas, Dulwich Runners	0:18:43	1	10			
45				40			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	A Bond, Dulwich Runners	0:16:10	10	1	Mandy Dohren, Victoria Park Harriers	0:18:46	10
2	Steve Davies, Dulwich Runners	0:17:11	9	2	T Murphy, Kent AC	0:19:18	9
3	I Lilly, Dulwich Runners	0:18:25	8	3	Sarah Flanagan, Eton Manor	0:19:42	8
4	David Reader, Cambridge Harriers	0:18:30	7	4	V Buck, Kent AC	0:20:07	7
5	G Mackay, Petts Wood	0:18:39	6	5	Jennifer Heymann, Eton Manor	0:21:44	6
6	Kev Howarth, Petts Wood	0:19:08	5	6	Emily Mosedale, Victoria Park Harriers	0:21:58	5
7	L Collier, Dulwich Runners	0:19:26	4	7	Melanie Burdett, Beckenham RC	0:23:53	4
8	Peter Fisher, Petts Wood	0:21:00	3	8	E Brown, Dartford RR	0:24:42	3
9	Antonio Irranca, Cambridge Harriers	0:23:07	2	9	Janine Durrant, Eton Manor	0:25:51	2
10	P Marsden, Kent AC	0:23:09	1	10			
50				45			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	Andy Weir, SEAC	0:16:47	10	1	Jo Singer, Victoria Park Harriers	0:20:18	10
2	Jonathan Ratcliffe, Kent AC	0:17:56	9	2	A Farrall, Kent AC	0:20:41	9
3	M Green, Kent AC	0:18:36	8	3	Claudette Lilliefelth, Petts Wood	0:23:03	8
4	Paul Collyer, Dulwich Runners	0:19:18	7	4	Sally Carr, Cambridge Harriers	0:23:50	7
5	S Pond, Petts Wood	0:19:23	6	5	Jane Pannell, Eton Manor	0:23:50	6
6	Mike Murdoch, London Underground	0:19:35	5	6	A Anderson, Lloyds	0:24:07	5
7	paul Doyle, SEAC	0:19:41	4	7	S Regan, Petts Wood	0:26:19	4
8	R Somerville, Eton Manor	0:20:11	3	8			
9	Paul Collyer, Kent AC	0:20:36	2	9			
10	M Elwes, Petts Wood	0:20:57	1	10			
55				50			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	Roger Beardsworth, Kent AC	0:19:26	10	1	Susan Dixon, Cambridge Harriers	0:21:25	10
2	Chris Lydon, Beckenham RC	0:20:02	9	2	Kate Marchant, Beckenham RC	0:21:36	9
3	Dave Daugirda, Eton Manor	0:20:08	8	3	A Barber, Kent AC	0:22:05	8
4	Michael Fullilove, Dulwich Runners	0:20:16	7	4	S Robson, Petts Wood	0:25:03	7
5	Martin Daoud, London Underground	0:20:18	6	5	Midge Cameron, Dulwich Runners	0:25:20	6
6	E Prill, Dulwich Runners	0:21:17	5	6			
7	N Gordon-Orr, Kent AC	0:22:27	4	7			
8	Martin Hawkins, Cambridge Harriers	0:23:13	3	8			
9	A Cox, Aquila	0:23:43	2	9			
10	Steve Scruton, SEAC	0:23:53	1	10			
60				55			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	M Bridgeland, Lloyds	0:18:43	10	1	Zoe Woodward, Eton Manor	0:22:31	10
2	John Black, Eton Manor	0:21:02	9	2	A Mundy, Petts Wood	0:25:09	9
3	Gary Sullivan, Kent AC	0:21:28	8	3			
4	Bernie Hutchinson, Kent AC	0:21:32	7	4			
5	Andy Gardiner, Kent AC	0:22:59	6	5			
6	Tom Morris, London Underground	0:23:06	5	6			
7	Graham Laylee, Dulwich Runners	0:23:25	4	7			
8	Norman Mclean, Kent AC	0:23:37	3	8			
9	Steve Brown, Cambridge Harriers	0:23:48	2	9			
10	Paul Hooper, Dartford RR	0:25:02	1	10			
65				60			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	D Butler, Lloyds	0:19:51	10	1			10
2	mike richardson, Kent AC	0:21:18	9	2			
3	Julian Spencer-Wood, Kent AC	0:21:39	8	3			
4	Mick Ellsmore, Cambridge Harriers	0:23:01	7	4			
5	Barrie Nicholls, Dulwich Runners	0:24:27	6	5			
6	Andrew Hinds, Beckenham RC	0:26:08	5	6			
7				7			
8				8			
9				9			
10				10			
70				65			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1			10	1	Gail Hennessy, Eton Manor	0:23:11	10
2			9	2	Claire Steward, Dulwich Runners	0:26:15	9
3				3			8
75				70			
	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>		<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	John Few, Eton Manor	0:24:36	10	1			10
2				2			