

## SEAC BRIDGES RELAY 2023 RESULTS

The Albert Embankment 14 June 2023

## Open Teams

Position	Category	Organisation/ Club	Team Name	Team Number	Time	Vet
1	Club	Victoria Park Harriers & Tower Hamlets AC	Team A	59	0:48:19	
2	Club	Victoria Park Harriers & Tower Hamlets AC	Team B	60	0:48:50	
3	Club	London Frontrunners	London Frontrunners No. 3	3	0:50:24	
4	Club	JP Morgan	Runch Bunch	24	0:50:35	
5	Club	Woking AC	Handley's Handsome Hunks	30	0:51:43	
6	Club	Victoria Park Harriers & Tower Hamlets AC	Team C	61	0:52:46	
7	Club	West 4 Harriers	West 4 Harriers Mens 1 - The Peregrine Pacers	18	0:52:52	
8	LBH	Barclays	Barclays A	32	0:53:00	
9	Club	Victoria Park Harriers & Tower Hamlets AC	Team D	62	0:53:05	
10	LBH	Transport for London	TfL Team 1	56	0:53:41	
11	Club	Eton Manor	Eton Manor Men's A	120	0:53:46	
12	Club	London Frontrunners	London Frontrunners No. 4	4	0:53:52	
13	Club	Sutton Striders	Sutton Striders Men	40	0:54:31	
14	LBH	Morgan Stanley	MS #1	67	0:54:41	
15	Club	Victoria Park Harriers & Tower Hamlets AC	Team E	63	0:54:46	
16	LBH	EY (Ernst & Young LLP)	EY men's team 1	125	0:55:06	
17	LBH	Civil Service	Civil Service Open A Team	13	0:55:06	
18	LBH	JP Morgan	JPMorgan Open Team 4	28	0:55:10	
19	Club	West 4 Harriers	West 4 Harriers Mens 2 - Swift Sparrows	19	0:56:43	
20	Club	London Frontrunners	London Frontrunners No. 5	5	0:56:53	
21	Club	Eton Manor AC	Eton Manor Men's B	121	0:57:36	
22	LBH	BEAC	BEAC No. 47	47	0:57:40	
23	Club	London Frontrunners	London Frontrunners No. 6	6	0:57:41	Vet
24	Club	Victoria Park Harriers & Tower Hamlets AC	Team F	64	0:57:46	
25	LBH	KPMG	KPMG No. 9	9	0:57:56	
26	LBH	KPMG	KPMG No. 10	10	0:58:35	
27	LBH	BEAC	BEAC No. 45	45	0:58:38	
28	LBH	WSP	WSP A	22	0:58:47	
29	LBH	BNP Paribas	BNP Paribas Men	53	0:58:48	Vet
30	LBH	JP Morgan	JPMorgan Open Team 2	26	0:59:43	
31	Club	Victoria Park Harriers & Tower Hamlets AC	Team H	66	0:59:57	
32	LBH	Transport for London	TfL Team 2	57	1:00:28	
33	Club	West 4 Harriers	West 4 Harriers Mens 3 - Feathered Flyers	20	1:00:30	
34	Club	Victoria Park Harriers & Tower Hamlets AC	Team G	65	1:00:41	
35	LBH	Commonwealth Bank of Australia	CBA 1	1	1:00:51	
36	LBH	Bank Of America	Bank Of America	37	1:01:09	
37	LBH	Commonwealth Bank of Australia	CBA III	131	1:01:14	
38	LBH	EY (Ernst & Young LLP)	EY men's team 3	127	1:01:22	
39	Club	London Frontrunners	London Frontrunners No. 7	7	1:01:47	Vet
40	LBH	EY (Ernst & Young LLP)	EY men's team 2	126	1:02:04	
41	Club	Ealing Eagles	Flying Eagles	54	1:02:26	
42	LBH	Morgan Stanley	MS #2	68	1:02:30	
43	LBH	JP Morgan	JPMorgan Open Team 5	29	1:02:49	Vet
44	Club	London Frontrunners	London Frontrunners No. 43	43	1:03:04	
45	LBH	Commonwealth Bank of Australia	CBA 2.0	2	1:03:42	
46	LBH	EY (Ernst & Young LLP)	EY open team	128	1:03:43	
47	Club	West 4 Harriers	West 4 Harriers Mens 4 - Swifts	21	1:03:44	
48	LBH	Standard Chartered Bank	SCB team 1	38	1:04:22	
49	LBH	Newbridge Advisors	Newbridge Advisors	39	1:04:27	
50	Club	Sutton Striders	Sutton Striders Mixed	41	1:04:29	
51	LBH	Barclays	Barclays C	34	1:04:50	
52	Error	Not Declared	Not declared	52	1:06:02	
53	LBH	Morgan Stanley	MS #3	69	1:06:15	
54	LBH	KPMG	KPMG No. 11	11	1:06:21	
55	LBH	Civil Service	Civil Service Open C Team	15	1:06:23	
56	LBH	WSP	WSP B	23	1:07:00	
57	LBH	Barclays	Barclays D	35	1:07:32	
58	LBH	Greenenergy	Greenenergy	8	1:08:06	
59	LBH	Hachette Hares	Hachette Hares A	130	1:09:07	
60	LBH	Civil Service	Civil Service Open D Team	16	1:09:42	
61	LBH	Civil Service	Civil Service Open B Team	14	1:10:34	
62	Error	Not Declared	Not declared	36	1:10:35	
63	Club	London Frontrunners	London Frontrunners No. 44	44	1:10:49	
64	LBH	DBS	DBS T&M	31	1:11:16	
65	LBH	Barclays	Barclays B	33	1:11:19	
66	LBH	Hachette Hares	Hachette Hares #1	129	1:12:07	
67	LBH	JP Morgan	JPMorgan Open Team 3	27	1:13:02	
68	LBH	BEAC	BEAC No. 49	49	1:13:21	
69	LBH	BEAC	BEAC No. 51	51	1:13:36	
70	Club	West 4 Harriers	West 4 Harriers Mens 5 - Owls	42	1:13:45	
71	Club	Eton Manor	Eton Manor Legends	123	1:14:17	Vet
72	Club	Eton Manor	Eton Manor Icons	124	1:15:30	
73	LBH	BEAC	BEAC No. 46	46	1:16:01	
74	Club	Eton Manor	Eton Manor All Stars	122	1:16:15	
75	LBH	Transport for London	TfL Team 3	58	1:17:24	Vet
76	LBH	BEAC	BEAC No. 50	50	1:19:42	
77	LBH	BEAC	BEAC No. 48	48	1:21:05	
78	Club	Ealing Eagles	Soaring Eagles	55	1:22:18	Vet

**Ladies Teams**

Position	Category	Organisation	Team Name	Team Number	Time	Vet
1	Club	Victoria Park Harriers & Tower Hamlets AC	Team AA	92	0:43:20	
2	LBH	Civil Service	Civil Service Women's A Team	75	0:44:55	Vet
3	Club	West 4 Harriers	West 4 Harriers Ladies 1 - Hawk Heroes	80	0:45:46	Vet
4	Club	Victoria Park Harriers & Tower Hamlets AC	Team BB	93	0:46:47	
5	Club	London Frontrunners	London Frontrunners No. 70	70	0:47:47	Vet
6	LBH	JP Morgan	JPMorgan Ladies	84	0:48:56	
7	Club	West 4 Harriers	West 4 Harriers - Pelican Pacers	81	0:49:39	Vet
8	LBH	Civil Service	Civil Service Women's B Team	76	0:50:09	
9	Club	Sutton Striders	Sutton Striders Women	87	0:51:01	
10	LBH	Civil Service	Civil Service Women's C Team	77	0:51:30	
11	Error	Not Declared	Not declared	82	0:51:31	
12	Club	Eton Manor	Eton Manor Women's A	96	0:51:53	
13	LBH	BEAC	BEAC No. 89	89	0:52:54	
14	Club	West 4 Harriers	West 4 Harriers Ladies 4 - Raven Runners	83	0:52:59	
15	LBH	Morgan Stanley	MS #4	95	0:54:58	
16	LBH	Standard Chartered Bank	SCB Team 2	86	0:55:27	
17	Club	Victoria Park Harriers & Tower Hamlets AC	Team CC	94	0:55:27	
18	LBH	BNP Paribas	BNP Paribas Ladies	90	0:56:06	Vet
19	LBH	JP Morgan	JPMorgan Ladies team 2	25	0:56:26	
20	LBH	KPMG	KPMG No. 73	73	1:00:13	
21	Club	West 4 Harriers	West 4 Harriers Ladies 5 - Robin Racers	88	1:01:26	Vet
22	LBH	EY (Ernst & Young LLP)	EY women's team	97	1:02:30	

**Individual Men**

Position	Gender	Age Group	Organisation/ Club	Name	Bib	Time	Vet Position
1	Senior		Victoria Park Harriers & Tower Hamlets AC	Jack Bibbings	A59	0:11:59	
2	Senior		Victoria Park Harriers & Tower Hamlets AC	Nat Rowland	B60	0:11:59	
3	Vet		Victoria Park Harriers & Tower Hamlets AC	Joe Dale	D59	0:12:01	1
4	Senior		Victoria Park Harriers & Tower Hamlets AC	Joe Walker	A60	0:12:03	
5	Senior		Victoria Park Harriers & Tower Hamlets AC	Julien Lepretre	B59	0:12:05	
6	Senior		Victoria Park Harriers & Tower Hamlets AC	Nicholas Sharp	A61	0:12:09	
7	Senior		Victoria Park Harriers & Tower Hamlets AC	Dominic Baxter	C59	0:12:14	
8	Senior		London Frontrunners	Tom Watson	B3	0:12:16	
9	Senior		Woking AC	Ben Goddard	C30	0:12:17	
10	Senior		Transport for London	Henry Axon	A56	0:12:20	
11	Senior		Victoria Park Harriers & Tower Hamlets AC	Tom MacIntyre	C60	0:12:21	
12	Senior		JP Morgan	Zach Chadwick	A24	0:12:24	
13	Senior		Barclays	Fergus Johnson	A32	0:12:25	
14	Senior		Sutton Striders	Bryn Reynolds	A40	0:12:26	
15	Senior		Victoria Park Harriers & Tower Hamlets AC	William Kirk	D60	0:12:27	
16	Vet		Woking AC	John Hutchings	D30	0:12:27	2
17	Senior		Civil Service	Charlie Ogilvie	A13	0:12:29	
18	Senior		London Frontrunners	Alex Turner	A3	0:12:30	
19	Senior		London Frontrunners	Zack Mitchell	C3	0:12:37	
20	Senior		Commonwealth Bank of Australia	Fred Damas	D1	0:12:38	
21	Senior		London Frontrunners	Marius Thies	A4	0:12:39	
22	Senior		JP Morgan	Martin Richardson	D24	0:12:42	
23	Senior		EY (Ernst & Young LLP)	Jonathan Ryan	D127	0:12:45	
24	Vet		Victoria Park Harriers & Tower Hamlets AC	Stephen Fabes	B61	0:12:45	3
25	Vet		Victoria Park Harriers & Tower Hamlets AC	Gareth Evans	A62	0:12:46	4
26	Senior		Victoria Park Harriers & Tower Hamlets AC	Craig Beattie	C61	0:12:47	
27	Vet		Eton Manor	James Pilch	A120	0:12:51	5
28	Senior		Morgan Stanley	Tom Charlick	D67	0:12:59	
29	Senior		London Frontrunners	Steven Artist	D3	0:13:00	
30	Senior		West 4 Harriers	Steve Wooley	A18	0:13:04	
31	Senior		West 4 Harriers	Andrew Snook	D18	0:13:05	
32	Senior		JP Morgan	Ross May	C24	0:13:05	
33	Vet		Woking AC	David Brighton	B30	0:13:06	6
34	Senior		Victoria Park Harriers & Tower Hamlets AC	Ben Wickham	C62	0:13:07	
35	Senior		JP Morgan	Joshua Rudland-Potter	D28	0:13:13	
36	Senior		Eton Manor	Graham White	B120	0:13:14	
37	Senior		Barclays	George Mallinson	D32	0:13:14	
38	Senior		Victoria Park Harriers & Tower Hamlets AC	Jonte Shaw	A63	0:13:18	
39	Senior		London Frontrunners	Fergal Joyce	B4	0:13:19	
40	Senior		Commonwealth Bank of Australia	Ben Payne	D2	0:13:19	
41	Vet		JP Morgan	Simon Egan	A28	0:13:23	7
42	Senior		Eton Manor AC	Laurence Cox	A121	0:13:25	
43	Senior		Victoria Park Harriers & Tower Hamlets AC	Patrick Thomas	B63	0:13:26	
44	Senior		Morgan Stanley	Franck Bitard	A67	0:13:26	
45	Senior		Victoria Park Harriers & Tower Hamlets AC	Graham Atkins	D62	0:13:28	
46	Senior		Barclays	James Philpot	C32	0:13:29	
47	Vet		Victoria Park Harriers & Tower Hamlets AC	Connor Johnston	D63	0:13:31	8
48	Vet		Transport for London	Mike Boucher	C56	0:13:31	9
49	Senior		EY (Ernst & Young LLP)	Jake Robinson	A125	0:13:37	
50	Senior		Eton Manor	Dylan Williams	C120	0:13:39	
51	Senior		Sutton Striders	Zhe Wu	B40	0:13:40	
52	Senior		Victoria Park Harriers & Tower Hamlets AC	James Ingram	C64	0:13:42	
53	Senior		EY (Ernst & Young LLP)	Will Bonner	D125	0:13:42	
54	Senior		Victoria Park Harriers & Tower Hamlets AC	Matthew Ogg	B62	0:13:43	
55	Vet		Commonwealth Bank of Australia	Will Dawber	A131	0:13:44	10
56	Senior		West 4 Harriers	Matt Priest	D19	0:13:44	
57	Senior		EY (Ernst & Young LLP)	Harold Wyber	B125	0:13:46	
58	Senior		London Frontrunners	Chefo Andreo	A5	0:13:46	
59	Senior		London Frontrunners	Alfred Burton	D4	0:13:47	
60	Senior		JP Morgan	Jonathan Walton	D26	0:13:48	
61	Vet		Civil Service	Tom Spooner	B13	0:13:49	11
62	Vet		Transport for London	Krzysztof Kildzia	D56	0:13:49	12
63	Senior		West 4 Harriers	Aiden McGuire	B18	0:13:50	
64	Vet		Civil Service	Crispin Allen	C13	0:13:51	13
65	Senior		Barclays	Alex Brown	B32	0:13:52	
66	Vet		Bank Of America	Alistair McLeod	A37	0:13:53	14
67	Vet		Woking AC	Robbie Cox	A30	0:13:53	15
68	Senior		Civil Service	Dan Spillman	A15	0:13:54	
69	Vet		BNP Paribas	Chris Reeh	D53	0:13:56	16
70	Senior		Newbridge Advisors	Mathieu Breton	D39	0:13:57	
71	Vet		Victoria Park Harriers & Tower Hamlets AC	Simeon Bennett	A65	0:13:57	17
72	Vet		Morgan Stanley	Ivor Hewitt	C67	0:13:57	18
73	Vet		London Frontrunners	Giles Oliver	D6	0:13:58	19
74	Senior		BEAC	Luke Doyle	D47	0:13:58	
75	Senior		BEAC	Luke Doyle	B47	0:13:58	
76	Vet		London Frontrunners	Alex Carrington	A7	0:13:59	20
77	Vet		West 4 Harriers	Duncan Grassie	B19	0:13:59	21
78	Senior		Hachette Hares	Jonathan Sargent	D129	0:14:00	
79	Senior		WSP	Myles Hudson	C22	0:14:00	
80	Vet		Transport for London	Joseph Osakue	B56	0:14:00	22

81	Senior	EY (Ernst & Young LLP)	Nick Gill	C125	0:14:00	
82	Senior	Victoria Park Harriers & Tower Hamlets AC	Dan McPhillimey	D64	0:14:01	
83	Vet	Eton Manor	Jonathan Leith	D120	0:14:02	23
84	Senior	Victoria Park Harriers & Tower Hamlets AC	Dan McPhillimey	B66	0:14:03	
85	Senior	London Frontrunners	Nick Jobbins	D5	0:14:05	
86	Senior	KPMG	James Lowley	D9	0:14:05	
87	Senior	KPMG	Alberto Lapedriza	B9	0:14:06	
88	Senior	Standard Chartered Bank	Timothy Poston	D38	0:14:07	
89	Senior	London Frontrunners	Euan Cheyne	C4	0:14:07	
90	Senior	Morgan Stanley	Tasman Hook	A68	0:14:07	
91	Senior	JP Morgan	Rob Buchanan	B28	0:14:08	
92	Vet	London Frontrunners	Gareth Fletcher	A6	0:14:09	24
93	Senior	London Frontrunners	Tom Holmes	D44	0:14:11	
94	Senior	Sutton Striders	Mark Goldhawk	D40	0:14:11	
95	Senior	Morgan Stanley	Will Hall	D69	0:14:13	
96	Vet	West 4 Harriers	Andy Bowen	A19	0:14:14	25
97	Vet	Sutton Striders	Graham Hannay	C40	0:14:15	26
98	Vet	Victoria Park Harriers & Tower Hamlets AC	Simeon Bennett	C66	0:14:15	27
99	Vet	Ealing Eagles	Gerbrand Alkema	C54	0:14:16	28
100	Vet	Morgan Stanley	Nicholas Metson	B67	0:14:18	29
101	Senior	KPMG	John O'Hara	A10	0:14:19	
102	Senior	KPMG	Tom Mason	D10	0:14:21	
103	Senior	BEAC	Richard Gordon	A45	0:14:22	
104	Vet	London Frontrunners	Denis Gorman	B6	0:14:23	30
105	Vet	JP Morgan	Jonathan Ormerod	C28	0:14:26	31
106	Senior	London Frontrunners	Steven Turnock	C5	0:14:27	
107	Senior	EY (Ernst & Young LLP)	Harold Wyber	C128	0:14:27	
108	Senior	Commonwealth Bank of Australia	Matt Lewis	A1	0:14:29	
109	Senior	BEAC	Callum Ashworth	B45	0:14:29	
110	Senior	London Frontrunners	Paul Smith	C43	0:14:30	
111	Senior	BEAC	Seb Reyes	A47	0:14:31	
112	Senior	EY (Ernst & Young LLP)	Ben Pimley	D126	0:14:31	
113	Senior	West 4 Harriers	Shaun Melvin	A20	0:14:32	
114	Senior	Victoria Park Harriers & Tower Hamlets AC	Ben Roach	C63	0:14:32	
115	Senior	KPMG	Toby Fletcher	A9	0:14:32	
116	Vet	BNP Paribas	Laurent Jonchere	B53	0:14:33	32
117	Vet	Victoria Park Harriers & Tower Hamlets AC	David Warwick	A66	0:14:36	33
118	Senior	Eton Manor AC	Josh Dent	C121	0:14:36	
119	Senior	London Frontrunners	Dominic Addison	B5	0:14:36	
120	Vet	Barclays	Chris Burfoot	C35	0:14:37	34
121	Senior	Eton Manor	Peter Stilwell	C122	0:14:39	
122	Vet	Sutton Striders	Richard Steeples	A41	0:14:39	35
123	Senior	Transport for London	Matthew Foakes	B57	0:14:40	
124	Senior	Eton Manor	Chris O'Toole	A122	0:14:40	
125	Senior	Hachette Hares	Anthony Simnica	D130	0:14:41	
126	Senior	WSP	James Watters	A22	0:14:41	
127	Senior	KPMG	Ben Pigg	A11	0:14:42	
128	Vet	Eton Manor AC	Aaron Johnson-Chapman	B121	0:14:42	36
129	Vet	West 4 Harriers	Dave Cobb	C20	0:14:43	37
130	Senior	Barclays	Nigel Hadden	D35	0:14:44	
131	Senior	West 4 Harriers	Astyn Jones	C19	0:14:45	
132	Senior	BEAC	Iain Ramsay	C45	0:14:48	
133	Senior	JP Morgan	Mohamed Sbihi	B26	0:14:51	
134	Vet	BNP Paribas	Antoine Niot	A53	0:14:52	38
135	Senior	KPMG	Oliver Robinson	C10	0:14:53	
136	Vet	Eton Manor AC	Aaron Johnson-Chapman	D121	0:14:53	39
137	Vet	Victoria Park Harriers & Tower Hamlets AC	Oliver Jamieson	B64	0:14:54	40
138	Vet	Transport for London	Peter Lee	D57	0:14:54	41
139	Vet	WSP	Matt Draper	B22	0:14:54	42
140	Senior	Victoria Park Harriers & Tower Hamlets AC	David John Simpson	C65	0:14:56	
141	Senior	KPMG	Tom Handysides	C11	0:14:56	
142	Vet	Civil Service	Steve Norris	D13	0:14:58	43
143	Senior	BEAC	Ben Baker	D45	0:14:58	
144	Vet	Sutton Striders	Tim Lawrenson	D41	0:14:59	44
145	Senior	Hachette Hares	Matthew Everett	A129	0:15:01	
146	Senior	KPMG	James Mardon	B10	0:15:02	
147	Senior	Barclays	Chris Gregory	C33	0:15:03	
148	Vet	Morgan Stanley	Denis Mustafa	B68	0:15:03	45
149	Vet	Victoria Park Harriers & Tower Hamlets AC	Craig Norris	D61	0:15:05	46
150	Vet	JP Morgan	Marc Elliott	C29	0:15:06	47
151	Senior	Victoria Park Harriers & Tower Hamlets AC	James Hirst	A64	0:15:09	
152	Vet	London Frontrunners	Simon Garner	C6	0:15:11	48
153	Senior	WSP	Giles Mortimer	D22	0:15:11	
154	Vet	Commonwealth Bank of Australia	Tom Coghill	A2	0:15:11	49
155	Senior	London Frontrunners	GP Manalastas	B43	0:15:11	
156	Senior	Eton Manor	Owain Crispin	D124	0:15:12	
157	Senior	BEAC	Alan Castle	C47	0:15:13	
158	Vet	Transport for London	Mike Murdoch	A57	0:15:17	50
159	Vet	JP Morgan	Jeremy Pestell	A29	0:15:17	51
160	Vet	West 4 Harriers	Kevin Gardner	B20	0:15:19	52
161	Senior	Victoria Park Harriers & Tower Hamlets AC	Alan Venning	B65	0:15:19	
162	Vet	WSP	Pete Townsend	A23	0:15:20	53
163	Senior	Barclays	James Bewley	A34	0:15:20	
164	Vet	London Frontrunners	Roger Kennedy	C7	0:15:20	54
165	Vet	JP Morgan	Stuart Quinn	B29	0:15:20	55
166	Vet	West 4 Harriers	Ali Yousuf	B21	0:15:23	56
167	Senior	JP Morgan	Bradley Forbes-Cryan	C26	0:15:23	
168	Senior	EY (Ernst & Young LLP)	Eric Mare	B126	0:15:25	
169	Vet	BNP Paribas	Raphael Lastmann	C53	0:15:27	57
170	Vet	Eton Manor	Rob Somerville	C123	0:15:27	58
171	Vet	Civil Service	Nick Jones	A14	0:15:31	59
172	Senior	Morgan Stanley	Alejandro Duenas Paz	A69	0:15:36	
173	Vet	West 4 Harriers	Peter Hall	D21	0:15:37	60
174	Senior	Commonwealth Bank of Australia	Liam Sheppard	D131	0:15:37	
175	Senior	Transport for London	Damian O'Connor	C57	0:15:38	
176	Vet	Ealing Eagles	Harvey Gallagher	A54	0:15:40	61
177	Vet	Hachette Hares	Patrick Insole	A130	0:15:43	62
178	Senior	Commonwealth Bank of Australia	Daniel Esparza	C131	0:15:43	
179	Vet	WSP	Rhys Smith	C23	0:15:50	63
180	Senior	Barclays	Stephen Aikin	D34	0:15:50	
181	Senior	EY (Ernst & Young LLP)	Hugo Lyon	A127	0:15:50	
182	Senior	EY (Ernst & Young LLP)	Eric Mare	D128	0:15:52	
183	Senior	EY (Ernst & Young LLP)	Steve Pargeter	A126	0:15:54	
184	Senior	Ealing Eagles	Oliver Gildea	D54	0:15:56	
185	Vet	West 4 Harriers	Martin Peck	D20	0:15:56	64
186	Vet	Bank Of America	Simon Moore	B37	0:15:57	65
187	Senior	DBS	Chagall Caprez	A31	0:15:57	
188	Vet	Civil Service	Matthew Bollington	A16	0:15:59	66
189	Senior	Civil Service	Jacob Rose	D16	0:15:59	
190	Vet	Eton Manor	Dave Daugirda	A123	0:16:01	67
191	Senior	EY (Ernst & Young LLP)	Joe Adkins	C127	0:16:02	
192	Senior	Standard Chartered Bank	Christopher Pell	C38	0:16:06	
193	Senior	Morgan Stanley	Matthew Chan	C68	0:16:06	

194	Vet	Barclays	Marc Charlier	D33	0:16:08	68
195	Vet	London Frontrunners	Shane Cullinan	B7	0:16:09	69
196	Senior	Commonwealth Bank of Australia	Will Parker	B131	0:16:10	
197	Senior	EY (Ernst & Young LLP)	Matt Burge	C126	0:16:13	
198	Senior	BEAC	Nikolas Koch	B51	0:16:14	
199	Senior	West 4 Harriers	Tom Newman	C21	0:16:15	
200	Senior	Commonwealth Bank of Australia	Andrew Smith	C1	0:16:18	
201	Vet	London Frontrunners	Francis O'Callaghan	C44	0:16:19	70
202	Vet	London Frontrunners	Andrew Corti	D7	0:16:19	71
203	Senior	KPMG	Ticha Bire	A12	0:16:21	
204	Vet	Standard Chartered Bank	Eduard Vugmeister	A38	0:16:23	72
205	Vet	Victoria Park Harriers & Tower Hamlets AC	Tim Miller	D65	0:16:28	73
206	Senior	West 4 Harriers	Florian Kriegler	A21	0:16:30	
207	Vet	West 4 Harriers	Adolfas Kupliauskas	A42	0:16:30	74
208	Senior	Greenenergy	Callum Jones	A8	0:16:31	
209	Senior	KPMG	Ryan Asher	D11	0:16:32	
210	Senior	Newbridge Advisors	Chris Evans	B39	0:16:33	
211	Senior	EY (Ernst & Young LLP)	Jake Robinson	B128	0:16:35	
212	Senior	KPMG	Kabelo Monese	C12	0:16:36	
213	Vet	London Frontrunners	Conor Devlin	D43	0:16:37	75
214	Senior	BEAC	Chris Gynn	D51	0:16:40	
215	Senior	Barclays	James Tracey	B33	0:16:44	
216	Senior	EY (Ernst & Young LLP)	Euan Barr	B127	0:16:45	
217	Senior	London Frontrunners	Matt Hunter	A43	0:16:45	
218	Vet	Greenenergy	Jay Laverick	C8	0:16:45	76
219	Senior	EY (Ernst & Young LLP)	Dominic Kimurahebwa	A128	0:16:48	
220	Vet	Greenenergy	Andrew Maynard	D8	0:16:49	77
221	Senior	BEAC	Joshua Perers Cooke	A50	0:16:57	
222	Vet	Victoria Park Harriers & Tower Hamlets AC	Keithly Mussington	D66	0:17:03	78
223	Vet	Ealing Eagles	David Bone	C55	0:17:05	79
224	Vet	JP Morgan	Fawad Karim	D29	0:17:05	80
225	Senior	Barclays	Elliott Frith	B34	0:17:05	
226	Senior	Morgan Stanley	Robert Neulen	C69	0:17:13	
227	Senior	Morgan Stanley	Massimo Vlacanich	D68	0:17:13	
228	Senior	Barclays	Robert McDonald	B35	0:17:16	
229	Vet	Bank Of America	Damian Smith	C37	0:17:18	81
230	Vet	Civil Service	Bilal Evans	C16	0:17:24	82
231	Senior	Civil Service	Daniel Tindsley	C15	0:17:26	
232	Vet	Commonwealth Bank of Australia	Richard Braham	B1	0:17:26	83
233	Senior	WSP	Rory Cole	D23	0:17:27	
234	Vet	West 4 Harriers	Peter Jeffrey	B42	0:17:31	84
235	Senior	BEAC	John Tringham	C48	0:17:32	
236	Senior	BEAC	Dan McGing	A46	0:17:33	
237	Vet	Sutton Striders	Nigel Tyndale	C41	0:17:35	85
238	Senior	BEAC	Nigel Simmons	B49	0:17:44	
239	Vet	DBS	Lie Lam	C31	0:17:44	86
240	Senior	Standard Chartered Bank	Neil Carter	B38	0:17:46	
241	Senior	BEAC	Justin Myerson	A48	0:17:53	
242	Senior	BEAC	Cody Eddington	D46	0:18:00	
243	Senior	Greenenergy	Adam Pamilih	B8	0:18:01	
244	Senior	DBS	Chris Hargreaves	D31	0:18:05	
245	Senior	Commonwealth Bank of Australia	Mike Brain	C2	0:18:07	
246	Vet	Eton Manor	Adrian Frost	B124	0:18:08	87
247	Vet	Transport for London	John O'Brien	A58	0:18:18	88
248	Vet	Transport for London	Tom Morris	B58	0:18:24	89
249	Vet	WSP	Dermot Desmond	B23	0:18:24	90
250	Vet	JP Morgan	Charles Hewson	C27	0:18:45	91
251	Senior	Newbridge Advisors	Harry Parker	C39	0:18:54	
252	Senior	BEAC	Joe Boss	D49	0:19:13	
253	Senior	Morgan Stanley	Roshan Bhuran	B69	0:19:13	
254	Vet	Eton Manor	Geoff Nicholls	D123	0:19:15	92
255	Senior	BEAC	Eduardo Orellana	C51	0:19:17	
256	Vet	Transport for London	Alan Mundy	C58	0:19:19	93
257	Vet	DBS	Jules Moosuddee	B31	0:19:30	94
258	Vet	West 4 Harriers	John Scott-Francis	C42	0:19:48	95
259	Vet	Eton Manor	Mehboob Khan	A124	0:19:49	96
260	Senior	West 4 Harriers	James Cooley	D42	0:19:56	
261	Senior	BEAC	Colin Cairns	C46	0:20:00	
262	Senior	London Frontrunners	Steven Tomaszewski	A44	0:20:50	
263	Vet	Transport for London	Neil Roberts	D58	0:21:24	97
264	Senior	Barclays	Tony McDonnell	A33	0:23:24	
265	Vet	Ealing Eagles	Stephen Brett	D55	0:24:48	98
266	Senior	BEAC	Olawale Ayeni	D48	0:25:18	

**Individual Women**

Gender Position	Age Group	Organisation / Cub	Name	Bib	Time	Vet Position
1 Senior		JP Morgan	Lucy Reid	B24	0:12:25	
2 Vet		West 4 Harriers	Eddie Ware	C18	0:12:53	1
3 Vet		Civil Service	Natasha Sheel	A75	0:13:47	2
4 Senior		Victoria Park Harriers & Tower Hamlets AC	Jo Hall	A93	0:13:54	
5 Senior		JP Morgan	Georgina Povall	A84	0:13:56	
6 Senior		Bank Of America	Lucy Elms	D37	0:14:01	
7 Senior		Victoria Park Harriers & Tower Hamlets AC	Lydia Briggs	A92	0:14:08	
8 Senior		Victoria Park Harriers & Tower Hamlets AC	Jade Dos Santos	C92	0:14:14	
9 Vet		Victoria Park Harriers & Tower Hamlets AC	Valerie Wong	B92	0:14:58	3
10 Vet		Civil Service	Natasha Sheel	D14	0:15:00	4
11 Vet		West 4 Harriers	Anna Critchlow	C80	0:15:02	5
12 Vet		Newbridge Advisors	Delia Beddis	A39	0:15:04	6
13 Vet		West 4 Harriers	Henrietta Marsh-Smith	A80	0:15:12	7
14 Senior		KPMG	Anna Parker	C9	0:15:14	
15 Vet		Civil Service	Victoria Carter	B75	0:15:21	8
16 Senior		Civil Service	Clara Pettitt	A76	0:15:24	
17 Vet		London Frontrunners	Hazel Reade	A70	0:15:27	9
18 Vet		West 4 Harriers	Suzi Zhuang	B80	0:15:32	10
19 Senior		JP Morgan	Jessica Eddie	A26	0:15:41	
20 Vet		Civil Service	Emily Antcliffe	C75	0:15:47	11
21 Senior		Sutton Striders	Hannah-Mai Flynn	A87	0:15:47	
22 Vet		West 4 Harriers	Sarah McIntosh	B81	0:15:51	12
23 Vet		London Frontrunners	Erika Kulikova	C70	0:16:02	13
24 Senior		Eton Manor	Rachael Futo	B96	0:16:04	
25 Vet		Victoria Park Harriers & Tower Hamlets AC	Sonia Gascon Lopez	C93	0:16:06	14
26 Vet		Civil Service	Ellen van der Velden	A77	0:16:08	15
27 Senior		Civil Service	Molly Connors	C77	0:16:18	
28 Vet		London Frontrunners	Nas Allmomen	B70	0:16:18	16
29 Senior		BEAC	Clare Macallan	A89	0:16:23	
30 Vet		West 4 Harriers	Katie Brown	A81	0:16:24	17
31 Senior		JP Morgan	Eilidh Reid	B27	0:16:26	
32 Vet		JP Morgan	Agnes Debreczeni	C84	0:16:28	18
33 Vet		Ealing Eagles	Maria Fitzgerald	B54	0:16:34	19
34 Senior		Barclays	Lucy Marsh	C34	0:16:34	
35 Senior		Sutton Striders	Karen Little	B87	0:16:37	
36 Senior		Victoria Park Harriers & Tower Hamlets AC	Ammaarah Hafezi	B93	0:16:46	
37 Senior		West 4 Harriers	Grainne Cassidy	A83	0:16:47	
38 Senior		BEAC	Emily Manners	B89	0:16:52	
39 Senior		Civil Service	Rebecca Watson	B14	0:16:58	
40 Senior		Civil Service	Julia Larkin	D15	0:17:00	
41 Senior		Morgan Stanley	Rebecca Walton	A95	0:17:04	
42 Senior		Commonwealth Bank of Australia	Deborah Tan	B2	0:17:04	
43 Senior		Civil Service	Lydia Willgress-Dunn	B76	0:17:05	
44 Senior		JP Morgan	Hope Cessford	A25	0:17:13	
45 Senior		Sutton Striders	Jen Murchie	B41	0:17:16	
46 Vet		West 4 Harriers	Jane Whittaker	B83	0:17:19	20
47 Vet		West 4 Harriers	Rose Lewis	C81	0:17:24	21
48 Senior		Standard Chartered Bank	Deborah Paterson	C86	0:17:25	
49 Vet		BNP Paribas	Marilena De Luca	A90	0:17:30	22
50 Senior		Eton Manor	Corrie Monaghan	A96	0:17:32	
51 Vet		Civil Service	Rose Baker	C76	0:17:40	23
52 Senior		Hachette Hares	Grace Kelly	C130	0:17:40	
53 Senior		Morgan Stanley	Beatrice Ormerod	B95	0:17:40	
54 Senior		KPMG	Kate Bleakman	B73	0:17:52	
55 Vet		BNP Paribas	Clodagh Burke	C90	0:18:01	24
56 Senior		Civil Service	Anna Barkemeyer	B15	0:18:03	
57 Senior		BEAC	Chelsea Pankhurst	C49	0:18:04	
58 Senior		JP Morgan	Henna Patterson	A27	0:18:04	
59 Vet		Victoria Park Harriers & Tower Hamlets AC	Miry Mayer	C94	0:18:05	25
60 Senior		BEAC	Eleanor Broughton	B50	0:18:17	
61 Senior		Eton Manor	Rachel Mayer	C96	0:18:17	
62 Senior		BEAC	Fran Furness	A49	0:18:20	
63 Senior		JP Morgan	Saarah Nawaz	B84	0:18:31	
64 Vet		Victoria Park Harriers & Tower Hamlets AC	Joyce Berry	A94	0:18:35	26
65 Senior		Sutton Striders	Elise Lawrenson	C87	0:18:37	
66 Senior		Victoria Park Harriers & Tower Hamlets AC	Kate Nelson	B94	0:18:47	
67 Senior		KPMG	Amna Naseem	A73	0:18:49	
68 Senior		West 4 Harriers	Ashwariya Anam	C83	0:18:54	
69 Vet		Standard Chartered Bank	Louise Brookes	A86	0:18:54	27
70 Vet		West 4 Harriers	Jen Kingwill	B88	0:18:59	28
71 Vet		London Frontrunners	Rachel Wickham	B71	0:19:01	29
72 Senior		Civil Service	Josie Rogers	B77	0:19:05	
73 Vet		Ealing Eagles	Sophie Santry	A55	0:19:05	30
74 Senior		Standard Chartered Bank	Cat Rawsthorne	B86	0:19:08	
75 Senior		JP Morgan	Sionhan-Marie O'Connor	B25	0:19:13	
76 Senior		BEAC	Anna O'Neill	D50	0:19:30	
77 Senior		London Frontrunners	Julia Robinson	B44	0:19:30	
78 Senior		BEAC	Thomas Kotta Kyriakou	C89	0:19:39	
79 Senior		JP Morgan	Ana Hansen	D27	0:19:46	
80 Senior		EY (Ernst & Young LLP)	Tyler Wilson	A97	0:19:59	
81 Senior		Transport for London	Eka Hintaran	B91	0:19:59	
82 Senior		JP Morgan	Josephine Wratten	C25	0:20:00	
83 Senior		KPMG	Sandi Nyanda	B11	0:20:11	
84 Senior		Morgan Stanley	Clara Shapton	C95	0:20:14	
85 Senior		Civil Service	Khalida Choundhury	B16	0:20:20	
86 Senior		BEAC	Sarah Ng	B48	0:20:22	
87 Senior		BEAC	Ruth Ward	B46	0:20:28	
88 Vet		Transport for London	Daniela Bassoumba	A91	0:20:28	31
89 Senior		EY (Ernst & Young LLP)	Angharad Weatherall	C97	0:20:34	
90 Senior		Hachette Hares	Stacey Emery	B129	0:20:35	
91 Vet		BNP Paribas	Ruth Beaver	B90	0:20:35	32
92 Vet		West 4 Harriers	Jacqueline Zivkovic	C88	0:20:51	33
93 Senior		Barclays	Corinne Digdale	A35	0:20:56	
94 Vet		Hachette Hares	Lindsey Evans	B130	0:21:03	34
95 Vet		Ealing Eagles	Caroline Rush	B55	0:21:21	35
96 Senior		BEAC	Sahika Kaya	A51	0:21:25	
97 Senior		KPMG	Elizabeth Ortiz	B12	0:21:30	
98 Vet		West 4 Harriers	Alison Taylo-Beadling	A88	0:21:35	36
99 Senior		EY (Ernst & Young LLP)	Yang Liu	B97	0:21:57	
100 Vet		Eton Manor	Janet Hoskins	C124	0:22:22	37
101 Vet		London Frontrunners	Eva Kucich	A71	0:22:23	38
102 Senior		Hachette Hares	Sabah Kemp	C129	0:22:32	
103 Vet		Civil Service	Abigail Paton	C14	0:23:05	39
104 Vet		Eton Manor	Victoria Nock	D122	0:23:18	40
105 Senior		KPMG	Loretta Akuetteh	C73	0:23:33	
106 Vet		Eton Manor	Christina Watson	B123	0:23:34	41
107 Vet		Eton Manor	Joanne Joseph	B122	0:23:39	42
108 Senior		BEAC	Roberta Wong	C50	0:24:58	