

2024 ASSEMBLY LEAGUE - RACE 3 CRYSTAL PALACE PARK 6 JUNE 2024**Version 1**

Position	Bib	Name	Time	Age	Gender	Club
1	200	Nicholas Torry	0:15:36	45	Male	Kent AC
2	687	Jack Ramm	0:15:45	Senior	Male	Dulwich Runners
3	361	Jake Simmonds	0:15:59	Senior	Male	Kent AC
4	141	Fabien Whitelock	0:16:02	20	Male	Dulwich Runners
5	560	Lewis Laylee	0:16:11	Senior	Male	SEAC
6	34	Tom Brooke	0:16:23	Senior	Male	Cambridge Harriers
7	364	Guy Barnett	0:16:24	20	Male	Kent AC
8	30	Brett Baker	0:16:30	Senior	Male	Cambridge Harriers
9	680	Andy Bond	0:16:31	50	Male	Dulwich Runners
10	609	Julien Lepetre	0:16:36	Senior	Male	Victoria Park H&THAC
11	548	Ross Brown	0:16:38	Senior	Male	SEAC
12	357	Che Compton	0:16:59	45	Male	Kent AC
13	561	Tom Gifford	0:17:07	Senior	Male	SEAC
14	386	Joe Clark	0:17:10	40	Male	Lloyds RC Ravens
15	457	Harry Fage	0:17:12	20	Male	Ravens School Runners
16	136	Adrian Russell	0:17:14	45	Male	Dulwich Runners
17	368	Calum Fraser	0:17:18	Senior	Male	Kent AC
18	611	Phil Coales	0:17:25	Senior	Male	Victoria Park H&THAC
19	567	George Mallinson	0:17:33	Senior	Male	SEAC
20	372	Dave Morgan	0:17:38	40	Male	Kent AC
21	359	Rory McLaughlin	0:17:42	Senior	Male	Kent AC
22	458	Andy Moulden	0:17:43	Senior	Male	Ravens School Runners
23	575	Mike Boucher	0:17:46	40	Male	London Underground
24	569	Harold Wyber	0:17:50	Senior	Male	SEAC
25	426	Kev Howarth	0:17:53	50	Male	Petts Wood Runners
26	382	Jonathan Pontin	0:17:54	Senior	Male	Lloyds RC Ravens
27	336	Matthew Thomas	0:18:01	Senior	Male	Kent AC
28	169	George Fernandez	0:18:03	Senior	Male	Eton Manor AC
29	358	James Elderton	0:18:11	45	Male	Kent AC
30	137	Warren Keefe	0:18:12	45	Male	Dulwich Runners
31	362	Bryony Proctor	0:18:17	35	Female	Kent AC
32	344	John Gilchrist	0:18:19	Senior	Male	Kent AC
33	549	Steve Hough	0:18:20	50	Male	SEAC
34	553	Alberto Lapedriza	0:18:21	Senior	Male	SEAC
35	328	Jonathan Ratcliffe	0:18:24	55	Male	Kent AC
36	365	Arejeet Nag	0:18:27	Senior	Male	Kent AC
37	69	Thomas Macquade	0:18:28	Senior	Male	Crystal Palace
38	9	Jim Addison	0:18:29	50	Male	Beckenham RC
39	576	Krzysztof Klidzia	0:18:33	55	Male	London Underground
40	556	James Lowley	0:18:37	Senior	Male	SEAC
41	568	Robert Edwards	0:18:38	Senior	Male	SEAC
42	606	James Ingram	0:18:41	Senior	Male	Victoria Park H&THAC
43	681	Eugene Cross	0:18:43	40	Male	Dulwich Runners
44	164	Dylan Williams	0:18:47	Senior	Male	Eton Manor AC
45	67	Stewart Dabin	0:18:51	45	Male	Crystal Palace
46	66	Dan Collins	0:18:51	Senior	Male	Crystal Palace
47	682	Joe Farrington-Douglas	0:18:52	45	Male	Dulwich Runners
48	348	Joshua Lennard-Jones	0:18:56	Senior	Male	Kent AC
49	387	Russ Beard	0:18:56	45	Male	Lloyds RC Ravens
50	202	Jules Gevers	0:18:57	55	Male	Kent AC
51	168	Neil McGoun	0:18:57	40	Male	Eton Manor AC
52	338	Stephen Watts	0:19:00	45	Male	Kent AC

53	434	Melody Kane	0:19:00	Senior	Female	Petts Wood Runners
54	33	Liam Carr	0:19:01	20	Male	Cambridge Harriers
55	334	Elie Freeden	0:19:08	Senior	Female	Kent AC
56	545	Ed Hezlet	0:19:08	Senior	Male	SEAC
57	37	James Pitts	0:19:10	40	Male	Cambridge Harriers
58	13	Adam Ruff	0:19:16	Senior	Male	Beckenham RC
59	574	Damian O'Connor	0:19:19	Senior	Male	London Underground
60	598	Joseph Osakue	0:19:21	50	Male	London Underground
61	210	Harry Buckle	0:19:22	Senior	Male	Greenwich Tritons
62	599	Peter Lee	0:19:22	55	Male	London Underground
63	494	Philip Whitehouse	0:19:23	Senior	Male	Serpentine RC
64	27	Lucy Foreman	0:19:23	Senior	Female	Cambridge Harriers
65	35	Christian Poulton	0:19:29	55	Male	Cambridge Harriers
66	346	Chris Schofield	0:19:31	40	Male	Kent AC
67	345	Claire Oxlade	0:19:38	Senior	Female	Kent AC
68	385	Jess Cosson	0:19:40	Senior	Female	Lloyds RC Ravens
69	437	Kev Chadwick	0:19:43	40	Male	Petts Wood Runners
70	51	James Norrey	0:19:45	Senior	Male	Crystal Palace
71	491	Chris Notton	0:19:46	45	Male	Serpentine RC
72	354	Dee O'Brien	0:19:46	45	Female	Kent AC
73	4	Steve Moss	0:19:50	60	Male	Beckenham RC
74	55	Chris Sampson	0:19:50	Senior	Male	Crystal Palace
75	613	Simeon Bennett	0:19:52	45	Male	Victoria Park H&THAC
76	551	James Mardon	0:19:52	Senior	Male	SEAC
77	367	Jen Berg	0:19:53	Senior	Female	Kent AC
78	147	Ross Rook	0:19:57	40	Male	Dulwich Runners
79	436	Matthew Pond	0:19:59	Senior	Male	Petts Wood Runners
80	557	Anna Parker	0:20:02	Senior	Female	SEAC
81	62	Greg Moore	0:20:06	Senior	Male	Crystal Palace
82	572	Martin Daoud	0:20:18	60	Male	London Underground
83	654	Richard Hall-Smith	0:20:20	40	Male	Crystal Palace
84	38	Christine Lutsch	0:20:24	40	Female	Cambridge Harriers
85	131	Katie Smith	0:20:25	40	Female	Dulwich Runners
86	350	Lucas Stickland	0:20:28	20	Male	Kent AC
87	363	Roger Beardsworth	0:20:29	60	Male	Kent AC
88	435	Stephen Pond	0:20:30	55	Male	Petts Wood Runners
89	384	David Butler	0:20:35	70	Male	Lloyds RC Ravens
90	356	Andy Wright	0:20:41	40	Male	Kent AC
91	352	Richard Elliot	0:20:41	40	Male	Kent AC
92	76	Ian Mcgrath	0:20:42	50	Male	Dartford RR
93	366	Victoria Cartwright	0:20:43	40	Female	Kent AC
94	608	David Simpson	0:20:43	Senior	Male	Victoria Park H&THAC
95	550	Karen Ellison	0:20:44	40	Female	SEAC
96	203	Nesrin Sabanci	0:20:45	40	Female	Kent AC
97	564	William Dirkin	0:20:46	Senior	Male	SEAC
98	331	Sally Uruhart	0:20:49	Senior	Female	Kent AC
99	144	Harriet Roddy	0:20:54	Senior	Female	Dulwich Runners
100	58	Steve Jones	0:20:55	45	Male	Crystal Palace
101	337	Wayne Flanagan	0:21:02	Senior	Male	Kent AC
102	142	Rosie Murton	0:21:04	Senior	Female	Dulwich Runners
103	140	Michelle Lennon	0:21:05	55	Female	Dulwich Runners
104	431	Richard Hassall	0:21:08	40	Male	Petts Wood Runners
105	148	Olivia Bishton	0:21:09	45	Female	Dulwich Runners
106	341	Victoria Buck	0:21:10	50	Female	Kent AC
107	542	William Bardsley	0:21:13	Senior	Male	SEAC
108	165	Trevor East	0:21:15	45	Male	Eton Manor AC
109	1	Mike Reich	0:21:16	40	Male	Beckenham RC
110	5	Andy Regan	0:21:17	50	Male	Beckenham RC
111	11	Andrea Pickup	0:21:18	50	Female	Beckenham RC
112	685	Laura Vincent	0:21:22	40	Female	Dulwich Runners

113	497	Lina Ambruleviciute	0:21:23	35	Female	Serpentine RC
114	552	John O'Shea	0:21:26	60	Male	SEAC
115	355	Rob Wells	0:21:27	Senior	Male	Kent AC
116	612	Lee Butler	0:21:28	40	Male	Victoria Park H&THAC
117	565	Paul Wateridge	0:21:30	Senior	Male	SEAC
118	573	Mike Murdoch	0:21:32	55	Male	London Underground
119	429	Daniel Selman	0:21:37	50	Male	Petts Wood Runners
120	555	Victoria Carter	0:21:40	50	Female	SEAC
121	683	Laura Torry	0:21:42	45	Female	Dulwich Runners
122	563	Vendula Dohmalova	0:21:50	Senior	Female	SEAC
123	201	Martin Morgan	0:21:51	55	Male	Kent AC
124	54	Michael Higgs	0:21:52	Senior	Male	Crystal Palace
125	610	Keithly Mussington	0:21:53	65	Male	Victoria Park H&THAC
126	12	David Oliver	0:21:57	Senior	Male	Beckenham RC
127	211	Leanne Bowler	0:21:58	35	Female	Greenwich Tritons
128	28	Tom Castle	0:22:05	40	Male	Cambridge Harriers
129	7	Siobhan Burne	0:22:06	Senior	Female	Beckenham RC
130	3	Donna Mewis	0:22:08	55	Female	Beckenham RC
131	31	Susan Dixon	0:22:10	55	Female	Cambridge Harriers
132	339	Paul Crompton	0:22:11	55	Male	Kent AC
133	686	Ed Simmons	0:22:12	40	Male	Dulwich Runners
134	78	Jay Brown	0:22:13	50	Male	Dartford RR
135	145	Ola Balme	0:22:15	55	Female	Dulwich Runners
136	14	Ramon Boo	0:22:26	45	Male	Beckenham RC
137	2	Kate Marchant	0:22:34	55	Female	Beckenham RC
138	459	Gav Fage	0:22:37	45	Male	Ravens School Runners
139	231	Natasha Cendrowicz	0:22:38	50	Female	Highgate Harriers
140	657	Noemie Cavailon-Ram	0:22:39	Senior	Female	Crystal Palace
141	52	Steve Clark	0:22:40	Senior	Male	Crystal Palace
142	73	Nicola O'Doherty	0:22:44	40	Female	Crystal Palace
143	651	Andrew Wallace	0:22:50	50	Male	Crystal Palace
144	360	Jo Wint	0:22:56	40	Female	Kent AC
145	558	Kabelo Monese	0:22:56	Senior	Male	SEAC
146	81	Nicholas Johnson	0:22:58	Senior	Male	Dartford RR
147	26	Graham Maynard	0:22:59	60	Male	Cambridge Harriers
148	347	Katie Lang	0:23:04	Senior	Female	Kent AC
149	70	John Tsavalos	0:23:05	45	Male	Crystal Palace
150	349	Hugh Stickland	0:23:07	45	Male	Kent AC
151	342	Adrian Young	0:23:11	Senior	Male	Kent AC
152	605	Matt Secker	0:23:14	45	Male	Victoria Park H&THAC
153	559	Eddy Mutai	0:23:16	Senior	Male	SEAC
154	8	Steve Harman	0:23:18	45	Male	Beckenham RC
155	329	Clive Harvey	0:23:19	60	Male	Kent AC
156	650	Sian Earl	0:23:24	50	Female	Crystal Palace
157	353	Suze Spalding	0:23:24	50	Female	Kent AC
158	29	Rose Baker	0:23:25	55	Female	Cambridge Harriers
159	373	David Devlin	0:23:25	50	Male	Kent AC
160	432	Nat Jacques	0:23:26	Senior	Female	Petts Wood Runners
161	146	Tom Poynton	0:23:30	50	Male	Dulwich Runners
162	566	Emma Poole	0:23:35	Senior	Female	SEAC
163	130	Philippa Goodhew	0:23:44	35	Female	Dulwich Runners
164	129		0:23:45	0		
165	554	Ian Hammond	0:23:53	Senior	Male	SEAC
166	430	Mark Burgess	0:23:54	60	Male	Petts Wood Runners
167	32	Sally Carr	0:23:56	50	Female	Cambridge Harriers
168	143	Katie Thompson	0:23:56	40	Female	Dulwich Runners
169	496	Abigail Perry	0:23:57	Senior	Female	Serpentine RC
170	383	Alex Anderson	0:23:59	50	Female	Lloyds RC Ravens
171	340	Anna Delis	0:24:05	40	Female	Kent AC
172	543	Andrew Coltman	0:24:12	55	Male	SEAC
173	433	Alice Neal	0:24:13	50	Female	Petts Wood Runners
174	36	Vi Chu	0:24:14	45	Male	Cambridge Harriers
175	56	Adam Eldridge	0:24:35	Senior	Male	Crystal Palace
176	427	Nat Juchau	0:24:35	50	Female	Petts Wood Runners
177	684	Eleanor Simmons	0:24:44	45	Female	Dulwich Runners
178	653	Helena Wells	0:24:51	Senior	Female	Crystal Palace

179	65	Laura McLaughlin	0:24:57	Senior	Female	Crystal Palace
180	212	Louise Roper	0:25:01	Senior	Female	Greenwich Tritons
181	163	Jane Pannell	0:25:02	50	Female	Eton Manor AC
182	64	Vicky Smith	0:25:03	45	Female	Crystal Palace
183	428	Paul Munday	0:25:04	50	Male	Petts Wood Runners
184	60	Glen Keegan	0:25:09	60	Male	Crystal Palace
185	134	Jo Quantrill	0:25:17	65	Female	Dulwich Runners
186	68	John Everiss	0:25:24	60	Male	Crystal Palace
187	83	John Doyle	0:25:28	60	Male	Dartford RR
188	343	Bernie Hutchinson	0:25:39	65	Male	Kent AC
189	649	Louise Phillips	0:25:42	Senior	Female	Crystal Palace
190	570	Charlotte Austin	0:25:43	Senior	Female	SEAC
191	161	Geoff Nicholls	0:25:44	70	Male	Eton Manor AC
192	546	Martin Law	0:25:47	50	Male	SEAC
193	135	Dave West	0:26:14	65	Male	Dulwich Runners
194	577	Jamie Price	0:26:30	45	Male	London Underground
195	461	Rick Clarkson	0:26:31	60	Male	Ravens School Runners
196	332	Jo Mott	0:26:32	Senior	Female	Kent AC
197	6	Ken Baksh	0:26:38	65	Male	Beckenham RC
198	578	John O'Brien	0:26:40	55	Male	London Underground
199	80	Alex Cooper	0:26:45	50	Female	Dartford RR
200	74	Nova Matthias	0:26:50	50	Female	Crystal Palace
201	166	Janine Durrant	0:26:54	45	Female	Eton Manor AC
202	655	Joanna Thomas	0:26:55	Senior	Female	Crystal Palace
203	127	Ros Tabor	0:27:10	70	Female	Dulwich Runners
204	71	Julia Anderson	0:27:12	45	Female	Crystal Palace
205	79	Darren Rickard	0:27:13	50	Male	Dartford RR
206	656	Hannah Mendelsohn	0:27:14	Senior	Female	Crystal Palace
207	498	Katia Hadaschik	0:27:18	50	Female	Serpentine RC
208	462	Adam Doherty	0:27:19	Senior	Male	Ravens School Runners
209	72	Rebecca Noon	0:27:22	Senior	Female	Crystal Palace
210	652	Fran Bright	0:27:37	45	Female	Crystal Palace
211	547	Martin Wood	0:27:38	55	Male	SEAC
212	82	Paul Hooper	0:27:41	65	Male	Dartford RR
213	167	Tracey Taylor	0:27:50	60	Female	Eton Manor AC
214	658	Harriet T	0:28:09	Senior	Female	Crystal Palace
215	57	Emma Guthrie	0:28:15	45	Female	Crystal Palace
216	75	Catherine Langley	0:28:16	Senior	Female	Crystal Palace
217	138	Paul Keating	0:28:22	55	Male	Dulwich Runners
218	77	Roy Knight	0:28:22	70	Male	Dartford RR
219	128	Andy Murray	0:28:23	70	Male	Dulwich Runners
220	139	Claire Steward	0:28:44	70	Female	Dulwich Runners
221	61	Stephanie Davies	0:28:51	Senior	Female	Crystal Palace
222	460	Charlotte Adams	0:29:25	Senior	Female	Ravens School Runners
223	493	David Smith	0:29:39	65	Male	Serpentine RC
224	492	Diane Suter	0:29:39	60	Female	Serpentine RC
225	562	Alison Kelly	0:29:50	Senior	Female	SEAC
226	597	Neil Roberts	0:30:10	50	Male	London Underground
227	351	Zoe Gaffen	0:30:48	65	Female	Kent AC
228	495	Camilla Allwood	0:31:02	60	Female	Serpentine RC
229	53	Emma McIntyre	0:31:20	45	Female	Crystal Palace
230	335	Annabelle Hadlow	0:33:13	65	Female	Kent AC
231	59	David Hamilton	0:33:54	60	Male	Crystal Palace

Team Results

Mens A Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	23	15
2	Dulwich Runners	31	14
3	SEAC	48	13
4	Cambridge Harriers	120	12
5	Victoria Park H&THAC	137	11
6	Lloyds RC Ravens	165	10
7	London Underground	174	9
8	Crystal Palace	188	8
9	Eton Manor AC	208	7
9	Ravens School Runners	208	7
11	Beckenham RC	247	5
12	Ravens School Runners	278	4
13	Dartford RR	424	3
14		2	
15		1	

Mens B Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	85	15
2	SEAC	128	14
3	Dulwich Runners	188	13
4	Crystal Palace	296	12
5	London Underground	360	11
6	Victoria Park H&THAC	389	10
7	Cambridge Harriers	397	9
8	Beckenham RC	412	8
9	Petts Wood Runners	430	7
10			
11			
12			

Womens A Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	16	15
2	Dulwich Runners	62	14
3	SEAC	72	13
4	Cambridge Harriers	84	12
5	Beckenham RC	110	11
6	Petts Wood Runners	142	10
7	Crystal Palace	159	9
8	Serpentine RC	215	8
9			7
10			
11			
12			

Womens B Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	49	15
2	Dulwich Runners	97	14
3	Crystal Palace	229	13
4			12
5			11
6			10
7			9
8			8
9			7
10			6
11			5
12			4

Individual Age Group Results

Mens

<u>SN</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Jack Ramm, Dulwich Runners	0:15:45	10
2	Jake Simmonds, Kent AC	0:15:59	9
3	Lewis Laylee, SEAC	0:16:11	8
4	Tom Brooke, Cambridge Harriers	0:16:23	7
5	Brett Baker, Cambridge Harriers	0:16:30	6
6	Julien Lepetre, Victoria Park H&THAC	0:16:36	5
7	Ross Brown, SEAC	0:16:38	4
8	Tom Gifford, SEAC	0:17:07	3
9	Calum Fraser, Kent AC	0:17:18	2
10	Phil Coales, Victoria Park H&THAC	0:17:25	1
<u>20</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Fabien Whitelock, Dulwich Runners	0:16:02	10
2	Guy Barnett, Kent AC	0:16:24	9
3	Harry Fage, Ravens School Runners	0:17:12	8
4	Liam Carr, Cambridge Harriers	0:19:01	7
5	Lucas Stickland, Kent AC	0:20:28	6
6			5
7			4
8			3
9			2
10			1
<u>40</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Joe Clark, Lloyds RC Ravens	0:17:10	10
2	Dave Morgan, Kent AC	0:17:38	9
3	Mike Boucher, London Underground	0:17:46	8
4	Eugene Cross, Dulwich Runners	0:18:43	7
5	Neil Mcgoun, Eton Manor AC	0:18:57	6
6	James Pitts, Cambridge Harriers	0:19:10	5
7	Chris Schofield, Kent AC	0:19:31	4
8	Kev Chadwick, Petts Wood Runners	0:19:43	3
9	Ross Rook, Dulwich Runners	0:19:57	2
10	Richard Hall-Smith, Crystal Palace	0:20:20	1
<u>45</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Nicholas Torry, Kent AC	0:15:36	10
2	Che Compton, Kent AC	0:16:59	9
3	Adrian Russell, Dulwich Runners	0:17:14	8
4	James Elderton, Kent AC	0:18:11	7
5	Warren Keefe, Dulwich Runners	0:18:12	6
6	Stewart Dabin, Crystal Palace	0:18:51	5
7	Joe Farrington-Douglas, Dulwich Runners	0:18:52	4
8	Russ Beard, Lloyds RC Ravens	0:18:56	3
9	Stephen Watts, Kent AC	0:19:00	2
10	Chris Notton, Serpentine RC	0:19:46	1

Womens

<u>SN</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Melody Kane, Petts Wood Runners	0:19:00	10
2	Ellie Freedon, Kent AC	0:19:08	9
3	Lucy Foreman, Cambridge Harriers	0:19:23	8
4	Claire Oxlade, Kent AC	0:19:38	7
5	Jess Cosson, Lloyds RC Ravens	0:19:40	6
6	Jen Berg, Kent AC	0:19:53	5
7	Anna Parker, SEAC	0:20:02	4
8	Sally Urquhart, Kent AC	0:20:49	3
9	Harriet Roddy, Dulwich Runners	0:20:54	2
10	Rosie Murton, Dulwich Runners	0:21:04	1
<u>20</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1			10
2			9
3			8
4			7
5			6
6			5
7			4
8			3
9			2
10			1
<u>35</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Bryony Proctor, Kent AC	0:18:17	10
2	Lina Ambruleviciute, Serpentine RC	0:21:23	9
3	Leanne Bowler, Greenwich Tritons	0:21:58	8
4	Philippa Goodhew, Dulwich Runners	0:23:44	7
5			6
6			5
7			4
8			3
9			2
10			1
<u>40</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Christine Lutsch, Cambridge Harriers	0:20:24	10
2	Katie Smith, Dulwich Runners	0:20:25	9
3	Victoria Cartwright, Kent AC	0:20:43	8
4	Karen Ellison, SEAC	0:20:44	7
5	Nesrin Sabanci, Kent AC	0:20:45	6
6	Laura Vincent, Dulwich Runners	0:21:22	5
7	Nicola O'Doherty, Crystal Palace	0:22:44	4
8	Jo Wint, Kent AC	0:22:56	3
9	Katie Thompson, Dulwich Runners	0:23:56	2
10	Anna Delis, Kent AC	0:24:05	1

<u>50</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>	<u>45</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	Andy Bond, Dulwich Runners	0:16:31	10	1	Dee O'Brien, Kent AC	0:19:46	10
2	Kev Howarth, Petts Wood Runners	0:17:53	9	2	Olivia Bishton, Dulwich Runners	0:21:09	9
3	Steve Hough, SEAC	0:18:20	8	3	Laura Torry, Dulwich Runners	0:21:42	8
4	Jim Addison, Beckenham RC	0:18:29	7	4	Eleanor Simmons, Dulwich Runners	0:24:44	7
5	Joseph Osakue, London Underground	0:19:21	6	5	Vicky Smith, Crystal Palace	0:25:03	6
6	Ian Mcgrath, Dartford RR	0:20:42	5	6	Janine Durrant, Eton Manor AC	0:26:54	5
7	Andy Regan, Beckenham RC	0:21:17	4	7	Julia Anderson, Crystal Palace	0:27:12	4
8	Daniel Selman, Petts Wood Runners	0:21:37	3	8	Fran Bright, Crystal Palace	0:27:37	3
9	Jay Brown, Dartford RR	0:22:13	2	9	Emma Guthrie, Crystal Palace	0:28:15	2
10	Andrew Wallace, Crystal Palace	0:22:50	1	10	Emma McIntyre, Crystal Palace	0:31:20	1
<u>55</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>	<u>50</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	Jonathan Ratcliffe, Kent AC	0:18:24	10	1	Victoria Buck, Kent AC	0:21:10	10
2	Krzysztof Klidzia, London Underground	0:18:33	9	2	Andrea Pickup, Beckenham RC	0:21:18	9
3	Jules Gevers, Kent AC	0:18:57	8	3	Victoria Carter, SEAC	0:21:40	8
4	Peter Lee, London Underground	0:19:22	7	4	Natasha Cendrowicz, Highgate Harrie	0:22:38	7
5	Christian Poulton, Cambridge Harriers	0:19:29	6	5	Suze Spalding, Kent AC	0:23:24	6
6	Stephen Pond, Petts Wood Runners	0:20:30	5	6	Sally Carr, Cambridge Harriers	0:23:56	5
7	Mike Murdoch, London Underground	0:21:32	4	7	Alex Anderson, Lloyds RC Ravens	0:23:59	4
8	Martin Morgan, Kent AC	0:21:51	3	8	Alice Neal, Petts Wood Runners	0:24:13	3
9	Paul Crompton, Kent AC	0:22:11	2	9	Nat Juchau, Petts Wood Runners	0:24:35	2
10	Andrew Coltman, SEAC	0:24:12	1	10	Jane Pannell, Eton Manor AC	0:25:02	1
<u>60</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>	<u>55</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	Steve Moss, Beckenham RC	0:19:50	10	1	Michelle Lennon, Dulwich Runners	0:21:05	10
2	Martin Daoud, London Underground	0:20:18	9	2	Donna Mewis, Beckenham RC	0:22:08	9
3	Roger Beardsworth, Kent AC	0:20:29	8	3	Susan Dixon, Cambridge Harriers	0:22:10	8
4	John O'Shea, SEAC	0:21:26	7	4	Ola Balme, Dulwich Runners	0:22:15	7
5	Graham Maynard, Cambridge Harriers	0:22:59	6	5	Kate Marchant, Beckenham RC	0:22:34	6
6	Clive Harvey, Kent AC	0:23:19	5	6	Rose Baker, Cambridge Harriers	0:23:25	5
7	Mark Burgess, Petts Wood Runners	0:23:54	4	7			4
8	Glen Keegan, Crystal Palace	0:25:09	3	8			3
9	John Everiss, Crystal Palace	0:25:24	2	9			2
10	John Doyle, Dartford RR	0:25:28	1	10			1
<u>65</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>	<u>60</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	Keithly Mussington, Victoria Park H&THAC	0:21:53	10	1	Tracey Taylor, Eton Manor AC	0:27:50	10
2	Bernie Hutchinson, Kent AC	0:25:39	9	2	Diane Suter, Serpentine RC	0:29:39	9
3	Dave West, Dulwich Runners	0:26:14	8	3	Camilla Allwood, Serpentine RC	0:31:02	8
4	Ken Baksh, Beckenham RC	0:26:38	7	4			
5	Paul Hooper, Dartford RR	0:27:41	6	5			
6	David Smith, Serpentine RC	0:29:39	5	6			
7				7			
8				8			
9				9			
10				10			
<u>70</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>	<u>65</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1	David Butler, Lloyds RC Ravens	0:20:35	10	1	Jo Quantrell, Dulwich Runners	0:25:17	10
2	Geoff Nicholls, Eton Manor AC	0:25:44	9	2	Zoe Gaffen, Kent AC	0:30:48	9
3	Roy Knight, Dartford RR	0:28:22	8	3	Annabelle Hadlow, Kent AC	0:33:13	8
4	Andy Murray, Dulwich Runners	0:28:23		4			
5				5			
6				6			
7				7			
8				8			
9				9			
10				10			
<u>75</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>	<u>70</u>	<u>Name, Club</u>	<u>Time</u>	<u>Points</u>
1			10	1	Ros Tabor, Dulwich Runners	0:27:10	10
2			9	2	Claire Steward, Dulwich Runners	0:28:44	
3				3			