

2025 ASSEMBLY LEAGUE - RACE 3 CRYSTAL PALACE PARK 5 JUNE 2025**Version 3**

Position	Bib	Name	Time	Age	Gender	Club
1	300	Jake Simmonds	0:15:41	Senior	Male	Kent AC
2	125	Fabien Whitelock	0:15:43	20	Male	Dulwich Runners
3	317	Olly Buck	0:16:14	20	Male	Kent AC
4	315	Jim Allchin	0:16:15	Senior	Male	Kent AC
5	310	Matt Speed	0:16:19	Senior	Male	Kent AC
	129	Ben Howe	0:16:25	Senior	Male	Dulwich Runners
7	540	Ross Brown	0:16:33	Senior	Male	SEAC
8	325	Calum Fraser	0:16:47	Senior	Male	Kent AC
9	375	Robert Laing	0:16:48	45	Male	Kent AC
10	18	Ryan Brotherton	0:16:49	Senior	Male	Beckenham RC
11	452	Harry Fage	0:16:51	20	Male	Ravens School Runners
12	334	Chris Busaileh	0:16:51	40	Male	Kent AC
13	61	Ed Scott	0:16:52	Senior	Male	Crystal Palace
14	233	Barney Johnson	0:16:54	Senior	Male	Highgate Harriers
15	27	Kyle Hurst	0:16:54	Senior	Male	Cambridge Harriers
16	339	Sean Fitzpatrick	0:16:55	Senior	Male	Kent AC
17	331	Daniel Steel	0:16:59	40	Male	Kent AC
18	124	Toby Bond	0:17:04	20	Male	Dulwich Runners
19	107	Adrian Russell	0:17:08	45	Male	Dulwich Runners
20	121	Dylan Wymer	0:17:10	Senior	Male	Dulwich Runners
21	332	Peter Lighting	0:17:14	40	Male	Kent AC
22	114	Andy Bond	0:17:24	50	Male	Dulwich Runners
23	451	Mark Constable	0:17:27	20	Male	Ravens School Runners
24	352	Kendal Nocter	0:17:32	Senior	Male	Kent AC
25	117	Hugh Stobart	0:17:38	Senior	Male	Dulwich Runners
26	128	Matt Trueman	0:17:42	Senior	Male	Dulwich Runners
27	28	Mattia Bernadi	0:17:43	Senior	Male	Cambridge Harriers
28	130	Murray Humphrey	0:17:51	Senior	Male	Dulwich Runners
29	26	James Macdonald	0:17:56	40	Male	Cambridge Harriers
30	453	Rob Donohue	0:18:13	Senior	Male	Ravens School Runners
31	40	Steve Hodges	0:18:16	40	Male	Cambridge Harriers
32	173	George Fernandez	0:18:19	Senior	Male	Eton Manor AC
33	371	Lee Davies	0:18:21	40	Male	Kent AC
34	341	Samuel Taylor	0:18:22	40	Male	Kent AC
35	333	Chris Schofield	0:18:26	45	Male	Kent AC
36	613	Connor Johnstone	0:18:27	40	Male	Victoria Park H&THAC
37	611	James Ingram	0:18:32	Senior	Male	Victoria Park H&THAC
38	59	Richard Hall-Smith	0:18:36	40	Male	Crystal Palace
39	382	Jonathan Pontin	0:18:38	Senior	Male	Lloyds RC Ravens
40	337	Tim Arnold-Church	0:18:42	Senior	Male	Kent AC
41	350	Matthew Thomas	0:18:44	Senior	Male	Kent AC
42	346	Andy Colley	0:18:47	40	Male	Kent AC
43	615	David Hellard	0:18:49	45	Male	Victoria Park H&THAC
44	1	Jim Addison	0:18:52	50	Male	Beckenham RC
45	327	John Gilchrist	0:18:53	Senior	Male	Kent AC
46	326	Kieran Fitzpatrick	0:18:58	Senior	Male	Kent AC
47	424	Andy Tippet	0:19:00	Senior	Male	Petts Wood Runners
48	428	James Brinkley	0:19:02	45	Male	Petts Wood Runners
49	308	Luis Huesca Molina	0:19:03	Senior	Male	Kent AC
50	538	Paul Wateridge	0:19:04	Senior	Male	SEAC
51	58	Barry Morgan	0:19:05	55	Male	Crystal Palace
52	31	Jonathan Sargent	0:19:06	Senior	Male	Cambridge Harriers

53	343	Jamie Harvie	0:19:09	40	Male	Kent AC
54	112	Alex Loftus	0:19:09	45	Male	Dulwich Runners
55	320	Elie Freeden	0:19:14	Senior	Female	Kent AC
56	573	Krzysztof Klidzia	0:19:17	60	Male	London Underground
57	423	Kev Chadwick	0:19:22	40	Male	Petts Wood Runners
58	131	Mark Callaghan	0:19:31	45	Male	Dulwich Runners
59	533	Andy Weir	0:19:32	55	Male	SEAC
60	481	Chris Notton	0:19:32	50	Male	Serpentine RC
61	322	Rupert Bedford	0:19:33	Senior	Male	Kent AC
62	483	Philip Whitehouse	0:19:35	Senior	Male	Serpentine RC
63	119	Rob Mayes	0:19:38	Senior	Male	Dulwich Runners
64	328	Alex Morales	0:19:40	45	Male	Kent AC
65	323	Martin Sweeney	0:19:41	Senior	Male	Kent AC
66	118	Francesco Pinto	0:19:42	45	Male	Dulwich Runners
67	120	Ed Simmons	0:19:46	40	Male	Dulwich Runners
68	614	Simeon Bennett	0:19:47	40	Male	Victoria Park H&THAC
69	353	Mark Basson	0:19:48	40	Male	Kent AC
70	56	Chris Sampson	0:19:50	Senior	Male	Crystal Palace
71	305	Claire Oxlade	0:19:52	Senior	Female	Kent AC
72	421	Chris King	0:19:53	40	Male	Petts Wood Runners
73	374	Lin Skinner	0:19:57	45	Female	Kent AC
74	368	William Fricker	0:20:00	45	Male	Kent AC
75	307	Robert Harvey	0:20:01	45	Male	Kent AC
76	101	Sam Fender	0:20:06	20	Male	Dulwich Runners
77	379	Jonathan Froome	0:20:07	45	Male	Lloyds RC Ravens
78	314	Samuel Wilcock	0:20:08	45	Male	Kent AC
79	109	Andrea Ceccolini	0:20:10	55	Male	Dulwich Runners
80	60	Suzanne Swaine	0:20:11	40	Female	Crystal Palace
81	539	Ed Hezlet	0:20:12	Senior	Male	SEAC
82	358	Caitlin Bradley	0:20:16	Senior	Female	Kent AC
83	324	Richard Elliot	0:20:16	45	Male	Kent AC
84	427	Matthew Pond	0:20:17	Senior	Male	Petts Wood Runners
85	383	Jessica Cosson	0:20:18	Senior	Female	Lloyds RC Ravens
86	302	Len Reilly	0:20:19	60	Male	Kent AC
87	11	Austin Platt	0:20:20	55	Male	Beckenham RC
88	57	Rob Espin	0:20:21	Senior	Males	Crystal Palace
89	537	Julia Wedmore	0:20:23	Senior	Female	SEAC
90	318	Victoria Buck	0:20:24	50	Female	Kent AC
91	338	Nesrin Sabanci	0:20:27	40	Female	Kent AC
92	426	Stephen Pond	0:20:35	55	Male	Petts Wood Runners
93	330	Victoria Cartwright	0:20:38	40	Female	Kent AC
94	111	Robert Tokarski	0:20:42	45	Male	Dulwich Runners
95	571	Paul Williams	0:20:44	Senior	Male	London Underground
96	381	Anna Crawley	0:20:51	Senior	Female	Lloyds RC Ravens
97	16	Nathalie Gaudillat	0:20:52	50	Female	Beckenham RC
98	348	Andy Wright	0:20:53	40	Male	Kent AC
99	572	Martin Daoud	0:20:54	60	Male	London Underground
100	8	Andy Regan	0:20:57	50	Male	Beckenham RC
101	122	Marco Marotta	0:20:58	Senior	Male	Dulwich Runners
102	607	Esme Ingram	0:20:59	Senior	Female	Victoria Park H&THAC
103	888		0:21:02	0	0	
104	420	Richard Hassall	0:21:07	45	Male	Petts Wood Runners
105	376	David Butler	0:21:11	70	Male	Lloyds RC Ravens
106	606	David Simpson	0:21:12	Senior	Male	Victoria Park H&THAC
107	106	Katie Smith	0:21:12	45	Female	Dulwich Runners
108	603	Brian Grogan	0:21:16	Senior	Male	Victoria Park H&THAC
109	51	Stephen Jones	0:21:18	45	Male	Crystal Palace
110	309	Steven Mowl	0:21:22	40	Male	Kent AC
111	126	Grace Ingledew	0:21:26	Senior	Female	Dulwich Runners
112	616	Lee Butler	0:21:27	40	Male	Victoria Park H&THAC

113	2	Mike Reich	0:21:29	40	Male	Beckenham RC
114	17	Craig Williamson	0:21:35	60	Male	Beckenham RC
115	254	0 0	0:21:40	0	0	Highgate Harriers
116	68	Giovanni Biagiotti	0:21:42	45	Male	Crystal Palace
117	9	Pete Hanslip	0:21:45	40	Male	Beckenham RC
118	610	Jason Davies	0:21:48	40	Male	Victoria Park H&THAC
119	116	Michelle Lennon	0:21:55	55	Female	Dulwich Runners
120	62	Andrew Wallace	0:22:01	50	Male	Crystal Palace
121	14	Ramon Boo	0:22:05	50	Male	Beckenham RC
122	303	Luke Armitage	0:22:13	60	Male	Kent AC
123	340	Steve Jones	0:22:14	45	Male	Kent AC
124	456	Gavin Fage	0:22:17	45	Male	Ravens School Runners
125	306	Jules Gevers	0:22:19	55	Male	Kent AC
126	15	Ben Calascione	0:22:20	55	Male	Beckenham RC
127	52	Scott Anderson	0:22:20	45	Male	Crystal Palace
128	5	Donna Mewis	0:22:21	55	Female	Beckenham RC
129	329	Nicola Cartledge	0:22:26	45	Female	Kent AC
130	144	Katie Styles	0:22:28	40	Female	Dulwich Runners
131	425	Lucy Tippet	0:22:32	35	Female	Petts Wood Runners
132	422	Daniel Selman	0:22:34	50	Male	Petts Wood Runners
133	313	Anna Fürtjes	0:22:38	Senior	Female	Kent AC
134	489	Peter Woolley	0:22:40	45	Male	Serpentine RC
135	30	Graham Maynard	0:22:42	60	Male	Cambridge Harriers
136	608	Simon Wharton	0:22:45	55	Male	Victoria Park H&THAC
137	88	0 0	0:22:48	0	0	Dartford RR
138	7	Katie Calascione	0:22:58	50	Female	Beckenham RC
139	541	John O'Shea	0:23:02	60	Male	SEAC
140	231	Nici Audhlam-Gardiner	0:23:03	50	Female	Highgate Harriers
141	609	Rebecca Richardson	0:23:05	Senior	Female	Victoria Park H&THAC
142	321	Hugh Stickland	0:23:07	45	Male	Kent AC
143	372	Susanna Davies	0:23:10	40	Female	Kent AC
144	612	Rachel Lovell	0:23:12	35	Female	Victoria Park H&THAC
145	110	Cameron Timmis	0:23:14	50	Male	Dulwich Runners
146	127	Tom Poynton	0:23:15	50	Male	Dulwich Runners
147	490	Colleen Renihan	0:23:18	50	Female	Serpentine RC
148	87	0 0	0:23:22	0	0	Dartford RR
149	370	Jo Wint	0:23:29	40	Female	Kent AC
150	67	Noem'S Cavaillon-Ram 0	0:23:33	35	Female	Crystal Palace
151	6	Kate Marchant	0:23:42	55	Female	Beckenham RC
152	76	0 0	0:23:46	0	0	Dartford RR
153	536	Ian Hammond	0:23:49	Senior	Male	SEAC
154	3	David Oliver	0:23:50	Senior	Male	Beckenham RC
155	605	Liam Joyce	0:23:56	Senior	Male	Victoria Park H&THAC
156	115	Ola Balme	0:23:57	55	Female	Dulwich Runners
157	347	Martin Morgan	0:23:58	55	Male	Kent AC
158	69	Steve Clarke	0:24:00	Senior	Male	Crystal Palace
159	316	David Devlin	0:24:05	50	Male	Kent AC
160	351	Jennifer Lindsey	0:24:11	40	Female	Kent AC
161	86	0 0	0:24:13	0	0	Dartford RR
162	89	0 0	0:24:14	0	0	Dartford RR
163	153	Adrian Frost	0:24:19	65	Male	Eton Manor AC
164	604	Anna Fieledorava	0:24:22	35	Female	Victoria Park H&THAC
165	63	Sean Hill	0:24:24	Senior	Male	Crystal Palace
166	535	Andrew Mclauchlan	0:24:26	50	Male	SEAC
167	29	Martin Hawkins	0:24:27	60	Male	Cambridge Harriers

168	349	Suze Spalding	0:24:30	50	Female	Kent AC
169	123	Eleanor Simmons	0:24:35	45	Female	Dulwich Runners
170	77	0 0	0:24:41	0		Dartford RR
171	531	Martin Wood	0:24:43	60	Male	SEAC
172	105	Mike Mann	0:24:45	75	Male	Dulwich Runners
173	304	Rebecca Palser	0:24:52	50	Female	Kent AC
174	319	Julian Spencer-Wood	0:24:54	70	Male	Kent AC
175	380	Alex Anderson	0:25:09	50	Female	Lloyds RC Ravens
176	534	Rhiannon Hayward	0:25:11	Senior	Female	SEAC
177	53	Vicky Smith	0:25:19	45	Female	Crystal Palace
178	10	Nigel Wood	0:25:22	65	Male	Beckenham RC
179	55	Matthew Fleming	0:25:23	Senior	Male	Crystal Palace
180	54	Gaby Drinkwater	0:25:28	55	Female	Crystal Palace
181	602	Marie Chamillard	0:25:37	50	Female	Victoria Park H&THAC
182	65	Mary Lavelle	0:25:52	40	Female	Crystal Palace
183	232	Sarah Borland	0:25:54	35	Female	Highgate Harriers
184	373		0:25:57	0		
185	78	0 0	0:26:00	0		Dartford RR
186	457	Sam Baklanov	0:26:10	20	Male	Ravens School Runners
187	81	0 0	0:26:21	0		Dartford RR
188	145	Colin Frith	0:26:22	65	Male	Dulwich Runners
189	455	Rick Clarkson	0:26:27	60	Male	Ravens School Runners
190	4	Ken Baksh	0:26:33	70	Male	Beckenham RC
191	155	Geoff Nicholls	0:26:39	70	Male	Eton Manor AC
192	777		0:26:40	0		
193	491	Helen Lane	0:26:40	60	Female	Serpentine RC
194	342	Bernie Hutchinson	0:26:42	65	Male	Kent AC
195	12	Sarah Carr	0:26:46	50	Female	Beckenham RC
196	102	Dave West	0:26:52	65	Male	Dulwich Runners
197	311	Abby Clyndes	0:27:07	35	Female	Kent AC
198	104	Ros Tabor	0:27:09	70	Female	Dulwich Runners
199	84	0 0	0:27:34	0		Dartford RR
200	108	Claire Steward	0:27:37	70	Female	Dulwich Runners
201	13	Jo Jenkins	0:28:01	35	Female	Beckenham RC
202	113	Paul Keating	0:28:11	55	Male	Dulwich Runners
203	574	Neil Roberts	0:28:19	50	Male	London Underground
204	601	Gerald Akrigg	0:29:28	55	Male	Victoria Park H&THAC
205	151	Hayley Dalton	0:29:45	50	Female	Eton Manor AC
206	335	Narciso Lopez Guerrero	0:29:49	50	Male	Kent AC
207	312	James Statham	0:30:10	60	Male	Kent AC
208	454	Brian Biddlecombe	0:30:15	65	Male	Ravens School Runners
209	64	Emma McIntyre	0:30:48	45	Female	Crystal Palace
210	487	Camilla Allwood	0:31:01	65	Female	Serpentine RC
211	301	Zoe Gaffen	0:32:45	65	Female	Kent AC
212	66	Dan Collins	0:32:48	Senior	Male	Crystal Palace

Team Results

Mens A Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	13	15
2	Dulwich Runners	45	14
3	Cambridge Harriers	52	13
4	Ravens School Runners	169	12
5	Crystal Palace	171	11
6	Victoria Park H&THAC	183	10
7	SEAC	192	9
8	Petts Wood Runners	221	8
9	Beckenham RC	222	7
10	London Underground	365	6
11		5	
12		4	
13		3	
14		2	
15		1	

Mens B Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	44	15
2	Dulwich Runners	93	14
3	Petts Wood Runners	359	13
4	Victoria Park H&THAC	378	12
5	Beckenham RC	394	11
6	Crystal Palace	399	10
7	SEAC	482	9
8		8	
9		7	
10			
11			
12			

Womens A Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	11	15
2	Dulwich Runners	64	14
3	Beckenham RC	81	13
4	Victoria Park H&THAC	96	12
5	Crystal Palace	112	11
6			10
7			9
8			8
9			7
10			
11			
12			

Womens B Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	45	15
2	Dulwich Runners	161	14
3			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	Jake Simmonds, Kent AC	0:15:41	10
2	Jim Allchin, Kent AC	0:16:15	9
3	Matt Speed, Kent AC	0:16:19	8
4	Ben Howe, Dulwich Runners	0:16:25	7
5	Ross Brown, SEAC	0:16:33	6
6	Calum Fraser, Kent AC	0:16:47	5
7	Ryan Brotherton, Beckenham RC	0:16:49	4
8	Ed Scott, Crystal Palace	0:16:52	3
9	Barney Johnson, Highgate Harriers	0:16:54	2
10			1
<u>20</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Fabien Whitelock, Dulwich Runners	0:15:43	10
2	Olly Buck, Kent AC	0:16:14	9
3	Harry Fage, Ravens School Runners	0:16:51	8
4	Toby Bond, Dulwich Runners	0:17:04	7
5	Mark Constable, Ravens School Runners	0:17:27	6
6	Sam Fender, Dulwich Runners	0:20:06	5
7	Sam Baklanov, Ravens School Runners	0:26:10	4
8			3
9			2
10			1
<u>40</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Chris Busaileh, Kent AC	0:16:51	10
2	Daniel Steel, Kent AC	0:16:59	9
3	Peter Lighting, Kent AC	0:17:14	8
4	James Macdonald, Cambridge Harriers	0:17:56	7
5	Steve Hodges, Cambridge Harriers	0:18:16	6
6	Lee Davies, Kent AC	0:18:21	5
7	Samuel Taylor, Kent AC	0:18:22	4
8	Connor Johnstone, Victoria Park H&THAC	0:18:27	3
9	Richard Hall-Smith, Crystal Palace	0:18:36	2
10	Andy Colley, Kent AC	0:18:47	1
<u>45</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Robert Laing, Kent AC	0:16:48	10
2	Adrian Russell, Dulwich Runners	0:17:08	9
3	Chris Schofield, Kent AC	0:18:26	8
4	David Hellard, Victoria Park H&THAC	0:18:49	7
5	James Brinkley, Petts Wood Runners	0:19:02	6
6	Alex Loftus, Dulwich Runners	0:19:09	5
7	Mark Callaghan, Dulwich Runners	0:19:31	4
8	Alex Morales, Kent AC	0:19:40	3
9	Francesco Pinto, Dulwich Runners	0:19:42	2
10	William Fricker, Kent AC	0:20:00	1

Womens

<u>SN</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Ellie Freeden, Kent AC	0:19:14	10
2	Claire Oxlade, Kent AC	0:19:52	9
3	Caitlin Bradley, Kent AC	0:20:16	8
4	Jessica Cosson, Lloyds RC Ravens	0:20:18	7
5	Julia Wedmore, SEAC	0:20:23	6
6	Anna Crawley, Lloyds RC Ravens	0:20:51	5
7	Esme Ingram, Victoria Park H&THAC	0:20:59	4
8	Grace Ingledew, Dulwich Runners	0:21:26	3
9	Anna Fürtjes, Kent AC	0:22:38	2
10	Rebecca Richardson, Victoria Park H	0:23:05	1
<u>20</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1			10
2			9
3			8
4			7
5			
6			
7			
8			
9			
10			
<u>35</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Lucy Tippet, Petts Wood Runners	0:22:32	10
2	Rachel Lovell, Victoria Park H&THAC	0:23:12	9
3	Noemi'S Cavaillon-Ram O, Crystal Pa	0:23:33	8
4	Anna Fieledorava, Victoria Park H&TI	0:24:22	7
5	Sarah Borland, Highgate Harriers	0:25:54	6
6	Abby Clyndes, Kent AC	0:27:07	5
7	Jo Jenkins, Beckenham RC	0:28:01	4
8			3
9			2
10			1
<u>40</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Suzanne Swaine, Crystal Palace	0:20:11	10
2	Nesrin Sabanci, Kent AC	0:20:27	9
3	Victoria Cartwright, Kent AC	0:20:38	8
4	Katie Styles, Dulwich Runners	0:22:28	7
5	Susanna Davies, Kent AC	0:23:10	6
6	Jo Wint, Kent AC	0:23:29	5
7	Jennifer Lindsey, Kent AC	0:24:11	4
8	Mary Lavelle, Crystal Palace	0:25:52	3
9			2
10			1

50	Name, Club	Time	Points	45	Name, Club	Time	Points
1	Andy Bond, Dulwich Runners	0:17:24	10	1	Lin Skinner, Kent AC	0:19:57	10
2	Jim Addison, Beckenham RC	0:18:52	9	2	Katie Smith, Dulwich Runners	0:21:12	9
3	Chris Notton, Serpentine RC	0:19:32	8	3	Nicola Cartledge, Kent AC	0:22:26	8
4	Andy Regan, Beckenham RC	0:20:57	7	4	Eleanor Simmons, Dulwich Runners	0:24:35	7
5	Andrew Wallace, Crystal Palace	0:22:01	6	5	Vicky Smith, Crystal Palace	0:25:19	6
6	Ramon Boo, Beckenham RC	0:22:05	5	6	Emma McIntyre, Crystal Palace	0:30:48	5
7	Daniel Selman, Petts Wood Runners	0:22:34	4	7			4
8	Cameron Timmis, Dulwich Runners	0:23:14	3	8			3
9	Tom Poynton, Dulwich Runners	0:23:15	2	9			2
10	David Devlin, Kent AC	0:24:05	1	10			1
55	Name, Club	Time	Points	50	Name, Club	Time	Points
1	Barry Morgan, Crystal Palace	0:19:05	10	1	Victoria Buck, Kent AC	0:20:24	10
2	Andy Weir, SEAC	0:19:32	9	2	Nathalie Gaudillat, Beckenham RC	0:20:52	9
3	Andrea Ceccolini, Dulwich Runners	0:20:10	8	3	Katie Calascione, Beckenham RC	0:22:58	8
4	Austin Platt, Beckenham RC	0:20:20	7	4	Nici Audhlam-Gardiner, Highgate Har	0:23:03	7
5	Stephen Pond, Petts Wood Runners	0:20:35	6	5	Colleen Renihan, Serpentine RC	0:23:18	6
6	Jules Gevers, Kent AC	0:22:19	5	6	Suze Spalding, Kent AC	0:24:30	5
7	Ben Calascione, Beckenham RC	0:22:20	4	7	Rebecca Palser, Kent AC	0:24:52	4
8	Simon Wharton, Victoria Park H&THAC	0:22:45	3	8	Alex Anderson, Lloyds RC Ravens	0:25:09	3
9	Martin Morgan, Kent AC	0:23:58	2	9	Marie Chamillard, Victoria Park H&TH	0:25:37	2
10	Paul Keating, Dulwich Runners	0:28:11	1	10	Sarah Carr, Beckenham RC	0:26:46	1
60	Name, Club	Time	Points	55	Name, Club	Time	Points
1	Krzysztof Klidzia, London Underground	0:19:17	10	1	Michelle Lennon, Dulwich Runners	0:21:55	10
2	Len Reilly, Kent AC	0:20:19	9	2	Donna Mewis, Beckenham RC	0:22:21	9
3	Martin Daoud, London Underground	0:20:54	8	3	Kate Marchant, Beckenham RC	0:23:42	8
4	Craig Williamson, Beckenham RC	0:21:35	7	4	Ola Balme, Dulwich Runners	0:23:57	7
5	Luke Armitage, Kent AC	0:22:13	6	5	Gaby Drinkwater, Crystal Palace	0:25:28	6
6	Graham Maynard, Cambridge Harriers	0:22:42	5	6			5
7	John O'Shea, SEAC	0:23:02	4	7			4
8	Martin Hawkins, Cambridge Harriers	0:24:27	3	8			3
9	Martin Wood, SEAC	0:24:43	2	9			2
10	Rick Clarkson, Ravens School Runners	0:26:27	1	10			1
65	Name, Club	Time	Points	60	Name, Club	Time	Points
1	Adrian Frost, Eton Manor AC	0:24:19	10	1	Helen Lane, Serpentine RC	0:26:40	10
2	Nigel Wood, Beckenham RC	0:25:22	9	2			9
3	Colin Frith, Dulwich Runners	0:26:22	8	3			8
4	Bernie Hutchinson, Kent AC	0:26:42	7	4			7
5	Dave West, Dulwich Runners	0:26:52	6	5			6
6	Brian Biddlecombe, Ravens School Runners	0:30:15	5	6			
7			4	7			
8			3	8			
9			2	9			
10			1	10			
70	Name, Club	Time	Points	65	Name, Club	Time	Points
1	David Butler, Lloyds RC Ravens	0:21:11	10	1	Camilla Allwood, Serpentine RC	0:31:01	10
2	Julian Spencer-Wood, Kent AC	0:24:54	9	2	Zoe Gaffen, Kent AC	0:32:45	9
3	Ken Baksh, Beckenham RC	0:26:33	8	3			8
4	Geoff Nicholls, Eton Manor AC	0:26:39	7	4			
5			6	5			
6			5	6			
7			4	7			
8				8			
9				9			
10				10			
75	Name, Club	Time	Points	70	Name, Club	Time	Points
1	Mike Mann, Dulwich Runners	0:24:45	10	1	Ros Tabor, Dulwich Runners	0:27:09	10
2			9	2	Claire Steward, Dulwich Runners	0:27:37	9
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			
9				9			
10				10			