

2026 ASSEMBLY LEAGUE - RACE 3 CRYSTAL PALACE PARK 4 JUNE 2026**Version 2**

Position	Bib	Name	Time	Age	Gender	Club
1	544	Ross Brown	0:15:41	Senior	Male	SEAC
2	455	Harry Fage	0:16:24	20	Male	Ravens School Runners
3	604	John Payne	0:16:26	Senior	Male	Victoria Park H&THAC
4	372	Calum Fraser	0:16:34	Senior	Male	Kent AC
5	302	Joe Vis	0:16:37	Senior	Male	Kent AC
6	149	Aaron Wilson	0:16:52	Senior	Male	Dulwich Runners
7	326	Daniel Steel	0:16:55	40	Male	Kent AC
8	306	Adrian Lowther	0:16:57	40	Male	Kent AC
9	300	Robert Laing	0:16:59	45	Male	Kent AC
10	303	Barnaby Day	0:17:02	40	Male	Kent AC
11	301	Dave Morgan	0:17:07	40	Male	Kent AC
12	338	Sean Fitzpatrick	0:17:10	Senior	Male	Kent AC
13	26	James Macdonald	0:17:15	45	Male	Cambridge Harriers
14	167	Matthew Trueman	0:17:19	Senior	Male	Dulwich Runners
15	153	Murray Humphrey	0:17:19	Senior	Male	Dulwich Runners
16	130	Adrian Russell	0:17:21	45	Male	Dulwich Runners
17	331	Che Compton	0:17:28	50	Male	Kent AC
18	63	Ed Scott	0:17:34	Senior	Male	Crystal Palace
19	492	Hugh Torry	0:17:37	45	Male	Serpentine RC
20	131	Elias Awake	0:17:38	Senior	Male	Dulwich Runners
21	146	Tom Barker	0:17:42	Senior	Male	Dulwich Runners
22	134	Hugh Stobart	0:17:49	Senior	Male	Dulwich Runners
23	436	Cam Holmes-Price	0:17:51	Senior	Male	Petts Wood Runners
24	339	Peter Lighting	0:17:58	45	Male	Kent AC
25	324	Luis Huesca Molina	0:18:01	Senior	Male	Kent AC
26	148	Ollie Lamb	0:18:02	Senior	Male	Dulwich Runners
27	431	Kev Howarth	0:18:02	50	Male	Petts Wood Runners
28	425	Silky Ng	0:18:07	Senior	Male	Petts Wood Runners
29	330	Amelia Pettitt	0:18:10	Senior	Female	Kent AC
30	137	Austin Laylee	0:18:16	Senior	Male	Dulwich Runners
31	33	Duncan Hope	0:18:17	40	Male	Cambridge Harriers
32	71	Mark Quartley	0:18:18	40	Male	Crystal Palace
33	82	Stewart Dabin	0:18:20	45	Male	Crystal Palace
34	570	Mike Boucher	0:18:24	45	Male	London Underground
35	371	Matthew Thomas	0:18:25	Senior	Male	Kent AC
36	539	Alan Barnes	0:18:27	45	Male	SEAC
37	28	Jon Sargeant	0:18:27	Senior	Male	Cambridge Harriers
38	456	Mark Constable	0:18:28	20	Male	Ravens School Runners
39	491	Michelle Bottone	0:18:36	45	Male	Serpentine RC
40	421	Simon Thornhill	0:18:41	50	Male	Petts Wood Runners
41	377	Jonathan Pontin	0:18:52	Senior	Male	Lloyds RC Ravens
42	143	Sam Fender	0:18:53	Senior	Male	Dulwich Runners
43	573	Krzysztof Klidzia	0:18:54	60	Male	London Underground
44	160	Rob Emes	0:18:55	45	Male	Dulwich Runners
45	101	Barrie Seal	0:18:56	45	Male	Dartford RR
46	51	Barry Morgan	0:18:58	55	Male	Crystal Palace
47	576	Joseph Osakue	0:19:01	50	Male	London Underground
48	304	Iona Cousland	0:19:04	35	Female	Kent AC
49	435	Melody Kane	0:19:06	Senior	Female	Petts Wood Runners
50	333	Rupert Bedford	0:19:12	Senior	Male	Kent AC
51	307	Alex Robbins	0:19:16	50	Male	Kent AC
52	312	Alexa Parker	0:19:17	Senior	Female	Kent AC
53	323	Samuel Wilcock	0:19:17	45	Male	Kent AC
54	379	Russell Beard	0:19:21	50	Male	Lloyds RC Ravens
55	438	Mark Griffin	0:19:24	50	Male	Petts Wood Runners
56	575	Liam Mullings	0:19:28	Senior	Male	London Underground
57	147	Robbie Smith	0:19:30	Senior	Male	Dulwich Runners
58	27	James Pitts	0:19:35	45	Male	Cambridge Harriers
59	140	Joe Farrington-Douglas	0:19:36	45	Male	Dulwich Runners
60	327	Aisling Ahern	0:19:37	Senior	Female	Kent AC
61	60	Richard Harrison	0:19:38	40	Male	Crystal Palace
62	458	Pete Tucker	0:19:38	45	Male	Ravens School Runners
63	32	Oktawiusz Kawecki	0:19:39	Senior	Male	Cambridge Harriers
64	999	Alex Moser	0:19:39	Senior	Male	Cambridge Harriers
65	370	Victoria Cartwright	0:19:40	40	Female	Kent AC
66	368	Abdullah Kizito	0:19:41	40	Male	Kent AC
67	72	Alex Wickens	0:19:41	Senior	Male	Crystal Palace
68	138	Helen Shannon	0:19:44	40	Female	Dulwich Runners
69	154	Jan Franke	0:19:46	45	Male	Dulwich Runners
70	85	Sean Jackson	0:19:48	Senior	Male	Crystal Palace
71	150	Ed Simmons	0:19:51	45	Male	Dulwich Runners
72	151	Andy Bond	0:19:54	50	Male	Dulwich Runners
73	95	Tom Farrow	0:19:56	Senior	Male	Crystal Palace
74	603	Simeon Bennett	0:19:59	50	Male	Victoria Park H&THAC
75	132	Garry Meehan	0:20:00	60	Male	Dulwich Runners
76	55	Sam Bark	0:20:02	Senior	Male	Crystal Palace
77	373	Jules Gevers	0:20:07	55	Male	Kent AC
78	328	Lin Skinner	0:20:09	50	Female	Kent AC
79	374	Ellie Freedden	0:20:10	Senior	Female	Kent AC
80	317	Rob Harvey	0:20:10	45	Male	Kent AC
81	1	Austin Platt	0:20:11	55	Male	Beckenham RC

82	2	Matt Mason	0:20:14	40	Male	Beckenham RC
83	543	Eddy Mutai	0:20:18	Senior	Male	SEAC
84	152	Rob Meadows	0:20:19	45	Male	Dulwich Runners
85	35	Alex Rowland-Popplewell	0:20:21	Senior	Male	Cambridge Harriers
86	310	Richard Elliot	0:20:22	45	Male	Kent AC
87	318	Tom Steadman	0:20:23	45	Male	Kent AC
88	68	Sue Swaine	0:20:28	40	Female	Crystal Palace
89	133	Marco Marotta	0:20:28	Senior	Male	Dulwich Runners
90	995		0:20:29	0	0	Kent AC
91	375	Anna Crawley	0:20:29	35	Female	Lloyds RC Ravens
92	311	Nesrin Sabanci	0:20:34	40	Female	Kent AC
93	139	Sum Mattu	0:20:35	Senior	Male	Dulwich Runners
94	424	Matthew Pond	0:20:36	Senior	Male	Petts Wood Runners
95	313	James Bowler	0:20:37	45	Male	Kent AC
96	7	Jim Addison	0:20:44	50	Male	Beckenham RC
97	430	Jason Mercer	0:20:46	50	Male	Petts Wood Runners
98	53	Chris Sampson	0:20:48	Senior	Male	Crystal Palace
99	574	Gabriel Mcguigan	0:20:50	Senior	Male	London Underground
100	67	Molly Richards	0:20:51	Senior	Female	Crystal Palace
101	6	Craig Williamson	0:20:52	60	Male	Beckenham RC
102	601	Esme Ingram	0:20:54	35	Female	Victoria Park H&THAC
103	335	Ash Green	0:20:58	Senior	Male	Kent AC
104	439	Richard Hassell	0:20:58	45	Male	Petts Wood Runners
105	433	Steven Wynne	0:21:03	40	Male	Petts Wood Runners
106	422	Geraldine Schaer	0:21:05	55	Female	Petts Wood Runners
107	336	Roger Beardsworth	0:21:07	65	Male	Kent AC
108	535	Andy Weir	0:21:09	55	Male	SEAC
109	305	Len Reilly	0:21:10	60	Male	Kent AC
110	3	Andy Regan	0:21:11	55	Male	Beckenham RC
111	9	Nathalie Gaudillat	0:21:12	50	Female	Beckenham RC
112	378	Chris Tuck	0:21:15	Senior	Male	Lloyds RC Ravens
113	87	Stephen Jones	0:21:22	45	Male	Crystal Palace
114	92	Laura McLaughlin	0:21:23	Senior	Female	Crystal Palace
115	75	Matt Fleming	0:21:25	Senior	Male	Crystal Palace
116	59	Dan Krijgsman	0:21:29	40	Male	Crystal Palace
117	540	Karen Ellison	0:21:30	40	Female	SEAC
118	320	Andy Wright	0:21:30	40	Male	Kent AC
119	457	Rob Donohue	0:21:33	20	Male	Ravens School Runners
120	57	Ali Christian	0:21:35	40	Male	Crystal Palace
121	106	Ian Mcgrath	0:21:44	50	Male	Dartford RR
122	315	Stephen Jones	0:21:47	45	Male	Kent AC
123	141	Em Stainer	0:21:49	Senior	Female	Dulwich Runners
124	129	Terence Baker	0:21:52	55	Male	Dulwich Runners
125	340	Tom Joslin	0:21:54	45	Male	Kent AC
126	12	Michael Halling	0:21:56	50	Male	Beckenham RC
127	365	Nicola Papalini	0:22:00	50	Male	Kent AC
128	538	Keith Newton	0:22:04	60	Male	SEAC
129	376	Paul Brandreth	0:22:06	50	Male	Lloyds RC Ravens
130	56	Ellie Barker	0:22:07	Senior	Female	Crystal Palace
131	34	Christian Poulton	0:22:12	60	Male	Cambridge Harriers
132	426	Jamie White	0:22:15	55	Male	Petts Wood Runners
133	8	David Olver	0:22:17	Senior	Male	Beckenham RC
134	537	Chris Perry	0:22:18	55	Male	SEAC
135	299	Elizabeth Patterson	0:22:20	Senior	Female	Highgate Harriers
136	571	Mike Murdoch	0:22:21	55	Male	London Underground
137	325	Suze Spalding	0:22:22	50	Female	Kent AC
138	128	Ola Balme	0:22:27	55	Female	Dulwich Runners
139	142	Katie Styles	0:22:31	45	Female	Dulwich Runners
140	429	Steven King	0:22:32	55	Male	Petts Wood Runners
141	309	Nicola Cartlidge	0:22:32	45	Female	Kent AC
142	89	Aron Davidson	0:22:33	Senior	Male	Crystal Palace
143	169	Stephen France	0:22:35	50	Male	Dulwich Runners
144	90	Andrew Wallace	0:22:38	50	Male	Crystal Palace
145	572	Martin Daoud	0:22:39	60	Male	London Underground
146	485	Hans Ho	0:22:41	40	Female	Serpentine RC
147	459	Gavin Fage	0:22:43	45	Male	Ravens School Runners
148	111	Chris Roy	0:22:44	50	Male	Dartford RR
149	219	Kate Fry	0:22:45	45	Female	Greenwich Tritons
150	78	Scott Anderson	0:22:49	45	Male	Crystal Palace
151	536	John O'Shea	0:22:49	60	Male	SEAC
152	135	Sena Mucklow	0:22:50	Senior	Female	Dulwich Runners
153	432	Marcus Elwes	0:22:51	60	Male	Petts Wood Runners
154	11	Ramon Boo	0:22:53	50	Male	Beckenham RC
155	486	James Turner	0:23:06	45	Male	Serpentine RC
156	4	Alex Macdonald	0:23:10	45	Male	Beckenham RC
157	420	Laura Elvin	0:23:16	Senior	Female	Petts Wood Runners
158	168	Anna Smith	0:23:18	45	Female	Dulwich Runners
159	36	John Backley	0:23:20	50	Male	Cambridge Harriers
160	366	Steven Walker	0:23:23	55	Male	Kent AC
161	66	Katia Clarke	0:23:25	Senior	Female	Crystal Palace
162	334	Martin Morgan	0:23:26	55	Male	Kent AC
163	215	Louise Roper	0:23:35	35	Female	Greenwich Tritons
164	545	Kabelo Monese	0:23:37	Senior	Male	SEAC
165	144	Michelle Lennon	0:23:41	55	Female	Dulwich Runners
166	322	Derwyn Kennedy	0:23:42	45	Male	Kent AC
167	70	Neil Vosper	0:23:46	50	Male	Crystal Palace
168	136	Tom Poynton	0:23:46	50	Male	Dulwich Runners
169	232	Emma Ashman	0:23:50	20	Female	Highgate Harriers
170	81	John Tsavalos	0:23:51	50	Male	Crystal Palace
171	488	Heikki Vidgren	0:23:52	50	Female	Serpentine RC

172	91	Louise Phillips	0:23:55	35	Female	Crystal Palace
173	423	Paul Munday	0:23:56	50	Male	Petts Wood Runners
174	531	Andrew Mclauchlan	0:23:59	50	Male	SEAC
175	369	Sam Taylor	0:24:03	40	Male	Kent AC
176	110	Matthew Coady	0:24:06	Senior	Male	Dartford RR
177	30	Graham Maynard	0:24:07	60	Male	Cambridge Harriers
178	52	Steve Clark	0:24:09	Senior	Male	Crystal Palace
179	86	Kayley Rogers	0:24:11	35	Female	Crystal Palace
180	542	William Bardsley	0:24:14	Senior	Male	SEAC
181	64	Emily Poynton	0:24:17	Senior	Female	Crystal Palace
182	65	Megan Ingam	0:24:19	Senior	Female	Crystal Palace
183	102	Jonathan Wynne	0:24:19	60	Male	Dartford RR
184	602	Rachel Lovell	0:24:20	35	Female	Victoria Park H&THAC
185	530	Martin Wood	0:24:21	60	Male	SEAC
186	487	Abigail Perry	0:24:23	Senior	Female	Serpentine RC
187	332	Jo Wint	0:24:32	40	Female	Kent AC
188	79	Seth Poulter	0:24:35	40	Male	Crystal Palace
189	94	Lucy Nicholson	0:24:38	Senior	Female	Crystal Palace
190	104	Philip Tawton	0:24:53	40	Male	Dartford RR
191	437	Rosalind Butterworth	0:24:57	35	Female	Petts Wood Runners
192	490	Vinh Lam	0:24:58	45	Male	Serpentine RC
193	58	Sian Earl	0:25:02	Senior	Female	Crystal Palace
194	480	Helen Lane	0:25:04	60	Female	Serpentine RC
195	31	Clem Dixon	0:25:14	60	Male	Cambridge Harriers
196	10	Gail Arnott	0:25:20	65	Female	Beckenham RC
197	62	Glen Keegan	0:25:22	60	Male	Crystal Palace
198	381	Alex Anderson	0:25:23	50	Female	Lloyds RC Ravens
199	93	Amy Curtis	0:25:32	45	Female	Crystal Palace
200	108	Sasha Protasova	0:25:37	40	Female	Dartford RR
201	15	Doug Hazlewood	0:25:38	55	Male	Beckenham RC
202	54	Vicky Smith	0:25:40	45	Female	Crystal Palace
203	454	Adam Doherty	0:25:45	Senior	Male	Ravens School Runners
204	605	Erica Brown	0:25:47	40	Female	Victoria Park H&THAC
205	127	Mike Mann	0:25:47	75	Male	Dulwich Runners
206	600	Iris Zhao	0:25:51	Senior	Female	Victoria Park H&THAC
207	107	Paul Donaldson	0:25:54	50	Male	Dartford RR
208	427	Ian Matthews	0:26:05	45	Male	Petts Wood Runners
209	88	Gaby Drinkwater	0:26:07	55	Female	Crystal Palace
210	97	Roneeta Campbell-Butler	0:26:09	50	Female	Crystal Palace
211	5	Nigel Wood	0:26:10	70	Male	Beckenham RC
212	69	Peter Hall	0:26:15	60	Male	Crystal Palace
213	109	Dave Best	0:26:24	50	Male	Dartford RR
214	428	Edwina Cheng	0:26:27	55	Female	Petts Wood Runners
215	29	Martin Hawkins	0:26:37	60	Male	Cambridge Harriers
216	145	Louisa Pritchard	0:26:43	50	Female	Dulwich Runners
217	314	Narciso Lopez Guerrero	0:26:47	50	Male	Kent AC
218	112	Emma Brown	0:26:50	45	Female	Dartford RR
219	113	Alex Cooper	0:27:24	50	Female	Dartford RR
220	77	Grace Touzel	0:27:26	45	Female	Crystal Palace
221	73	Ameet Patel	0:27:28	60	Male	Crystal Palace
222	308	Jo Cartledge	0:27:33	Senior	Female	Kent AC
223	80	Chris Balmer	0:27:38	70	Male	Crystal Palace
224	489	David Anson	0:27:49	Senior	Male	Serpentine RC
225	76	Nova Matthias	0:27:50	55	Female	Crystal Palace
226	83	Will Osborn	0:27:54	Senior	Male	Crystal Palace
227	74	Susie Daley	0:27:56	60	Female	Crystal Palace
228	337	Bernie Hutchinson	0:28:04	65	Male	Kent AC
229	100	Darren Rickard	0:28:10	55	Male	Dartford RR
230	172	Geoff Nicholls	0:28:20	70	Male	Eton Manor AC
231	17	Deborah Ford	0:28:48	55	Female	Beckenham RC
232	103	Roy Knight	0:28:51	75	Male	Dartford RR
233	61	Frances Bright	0:29:20	45	Female	Crystal Palace
234	541	Steve Scruton	0:29:35	65	Male	SEAC
235	126	Andy Murray	0:29:39	70	Male	Dulwich Runners
236	125	Ros Tabor	0:29:45	75	Female	Dulwich Runners
237	96	Emma McIntyre	0:29:48	45	Female	Crystal Palace
238	171	Hayley Dalton	0:29:58	55	Female	Eton Manor AC
239	367	James Steatham	0:30:32	65	Male	Kent AC
240	319	Zoe Gaffen	0:30:36	70	Female	Kent AC
241	321	Beverley Kennedy	0:30:48	65	Female	Kent AC
242	483	Camilla Allwood	0:30:53	65	Female	Serpentine RC
243	316	Miki Jablkowska	0:31:10	70	Female	Kent AC
244	13	Mel Tunmore	0:31:38	45	Female	Beckenham RC
245	434	Jan Bodie	0:32:26	55	Female	Petts Wood Runners
246	170	Christina Watson	0:32:58	65	Female	Eton Manor AC
247	84	Paul Mann	0:33:00	60	Male	Crystal Palace

Team Results

Mens A Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	24	15
2	Dulwich Runners	51	14
3	Cambridge Harriers	52	13
4	Crystal Palace	126	12
4	Dulwich Runners	93	11
6	London Underground	173	10
7	Ravens School Runners	196	9
8	SEAC	202	8
9	Lloyds RC Ravens	294	7
10	Beckenham RC	315	6
11	Serpentine RC	330	5
12	Dartford RR	406	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	42	15
2	Dulwich Runners	89	14
3	Crystal Palace	246	13
4	Cambridge Harriers	303	12
5	Petts Wood Runners	305	11
6	Beckenham RC	437	10
7	SEAC	475	9
8	Dartford RR	599	8
9		7	
10			
11			
12			

Mens V50 Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Petts Wood Runners	30	15
2	Kent AC	39	14
3	Beckenham RC	67	13
4	London Underground	76	12
5	Dulwich Runners	78	11
6	SEAC	112	10
7	Crystal Palace	127	9
7	Eton Manor AC	127	8
9	Cambridge Harriers	167	7
10			
11			
12			

Womens A Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Kent AC	12	15
2	Crystal Palace	60	14
3	Dulwich Runners	73	13
4	Petts Wood Runners	91	12
5	Serpentine RC	91	11
6	Victoria Park H&THAC	159	10
7	Beckenham RC	200	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	35	15
2	Crystal Palace	142	14
3	Dulwich Runners	148	13
4			12
5			11
6			10
7			9
8			8
9			7
10			6
11			5
12			4

Womens V50 Teams

<u>Position</u>	<u>Club</u>	<u>Score</u>	<u>Points</u>
1	Dulwich Runners	44	15
2	Kent AC	48	14
3	Crystal Palace	56	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	Ross Brown, SEAC	0:15:41	10
2	John Payne, Victoria Park H&THAC	0:16:26	9
3	Calum Fraser, Kent AC	0:16:34	8
4	Joe Vis, Kent AC	0:16:37	7
5	Aaron Wilson, Dulwich Runners	0:16:52	6
6	Sean Fitzpatrick, Kent AC	0:17:10	5
7	Matthew Trueman, Dulwich Runners	0:17:19	4
8	Murray Humphrey, Dulwich Runners	0:17:19	3
9	Ed Scott, Crystal Palace	0:17:34	2
10	Elias Awake, Dulwich Runners	0:17:38	1
20			
1	Harry Fage, Ravens School Runners	0:16:24	10
2	Mark Constable, Ravens School Runners	0:18:28	9
3	Rob Donohue, Ravens School Runners	0:21:33	8
4			7
5			6
6			5
7			4
8			3
9			2
10			1
40			
1	Daniel Steel, Kent AC	0:16:55	10
2	Adrian Lowther, Kent AC	0:16:57	9
3	Barnaby Day, Kent AC	0:17:02	8
4	Dave Morgan, Kent AC	0:17:07	7
5	Duncan Hope, Cambridge Harriers	0:18:17	6
6	Mark Quartley, Crystal Palace	0:18:18	5
7	Richard Harrison, Crystal Palace	0:19:38	4
8	Abdullah Kizito, Kent AC	0:19:41	3
9	Matt Mason, Beckenham RC	0:20:14	2
10	Steven Wynne, Petts Wood Runners	0:21:03	1

Womens

<u>SN</u>	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Amelia Pettitt, Kent AC	0:18:10	10
2	Melody Kane, Petts Wood Runners	0:19:06	9
3	Alexa Parker, Kent AC	0:19:17	8
4	Aisling Ahern, Kent AC	0:19:37	7
5	Ellie Freeden, Kent AC	0:20:10	6
6	Molly Richards, Crystal Palace	0:20:51	5
7	Laura Mclaughlin, Crystal Palace	0:21:23	4
8	Em Stainer, Dulwich Runners	0:21:49	3
9	Ellie Barker, Crystal Palace	0:22:07	2
10	Elizabeth Patterson, Highgate Harrier	0:22:20	1
20			
1	Emma Ashman, Highgate Harriers	0:23:50	10
2			9
3			8
4			7
5			
6			
7			
8			
9			
10			
35			
1	Iona Cousland, Kent AC	0:19:04	10
2	Anna Crawley, Lloyds RC Ravens	0:20:29	9
3	Esme Ingram, Victoria Park H&THAC	0:20:54	8
4	Louise Roper, Greenwich Tritons	0:23:35	7
5	Louise Phillips, Crystal Palace	0:23:55	6
6	Kayley Rogers, Crystal Palace	0:24:11	5
7	Rachel Lovell, Victoria Park H&THAC	0:24:20	4
8	Rosalind Butterworth, Petts Wood Ru	0:24:57	3
9			2
10			1

45	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>	40	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Robert Laing, Kent AC	0:16:59	10	1	Victoria Cartwright, Kent AC	0:19:40	10
2	James Macdonald, Cambridge Harriers	0:17:15	9	2	Helen Shannon, Dulwich Runners	0:19:44	9
3	Adrian Russell, Dulwich Runners	0:17:21	8	3	Sue Swaine, Crystal Palace	0:20:28	8
4	Hugh Torry, Serpentine RC	0:17:37	7	4	Nesrin Sabanci, Kent AC	0:20:34	7
5	Peter Lighting, Kent AC	0:17:58	6	5	Karen Ellison, SEAC	0:21:30	6
6	Stewart Dabin, Crystal Palace	0:18:20	5	6	Hans Ho, Serpentine RC	0:22:41	5
7	Mike Boucher, London Underground	0:18:24	4	7	Jo Wint, Kent AC	0:24:32	4
8	Alan Barnes, SEAC	0:18:27	3	8	Sasha Protasova, Dartford RR	0:25:37	3
9	Michelle Bottone, Serpentine RC	0:18:36	2	9	Erica Brown, Victoria Park H&THAC	0:25:47	2
10	Rob Emes, Dulwich Runners	0:18:55	1	10			1
50	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>	45	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Che Compton, Kent AC	0:17:28	10	1	Katie Styles, Dulwich Runners	0:22:31	10
2	Kev Howarth, Petts Wood Runners	0:18:02	9	2	Nicola Cartledge, Kent AC	0:22:32	9
3	Simon Thornhill, Petts Wood Runners	0:18:41	8	3	Kate Fry, Greenwich Tritons	0:22:45	8
4	Joseph Osakue, London Underground	0:19:01	7	4	Anna Smith, Dulwich Runners	0:23:18	7
5	Alex Robbins, Kent AC	0:19:16	6	5	Amy Curtis, Crystal Palace	0:25:32	6
6	Russell Beard, Lloyds RC Ravens	0:19:21	5	6	Vicky Smith, Crystal Palace	0:25:40	5
7	Mark Griffin, Petts Wood Runners	0:19:24	4	7	Emma Brown, Dartford RR	0:26:50	4
8	Andy Bond, Dulwich Runners	0:19:54	3	8	Grace Touzel, Crystal Palace	0:27:26	3
9	Simeon Bennett, Victoria Park H&THAC	0:19:59	2	9	Frances Bright, Crystal Palace	0:29:20	2
10	Jim Addison, Beckenham RC	0:20:44	1	10	Emma McIntyre, Crystal Palace	0:29:48	1
55	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>	50	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Barry Morgan, Crystal Palace	0:18:58	10	1	Lin Skinner, Kent AC	0:20:09	10
2	Jules Gevers, Kent AC	0:20:07	9	2	Nathalie Gaudillat, Beckenham RC	0:21:12	9
3	Austin Platt, Beckenham RC	0:20:11	8	3	Suze Spalding, Kent AC	0:22:22	8
4	Andy Weir, SEAC	0:21:09	7	4	Heikki Vidgren, Serpentine RC	0:23:52	7
5	Andy Regan, Beckenham RC	0:21:11	6	5	Alex Anderson, Lloyds RC Ravens	0:25:23	6
6	Terence Baker, Dulwich Runners	0:21:52	5	6	Roneeta Campbell-Butler, Crystal Pal	0:26:09	5
7	Jamie White, Petts Wood Runners	0:22:15	4	7	Louisa Pritchard, Dulwich Runners	0:26:43	4
8	Chris Perry, SEAC	0:22:18	3	8	Alex Cooper, Dartford RR	0:27:24	3
9	Mike Murdoch, London Underground	0:22:21	2	9			2
10	Steven King, Petts Wood Runners	0:22:32	1	10			1
60	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>	55	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Krzysztof Klidzia, London Underground	0:18:54	10	1	Geraldine Schaer, Petts Wood Runne	0:21:05	10
2	Garry Meehan, Dulwich Runners	0:20:00	9	2	Ola Balme, Dulwich Runners	0:22:27	9
3	Craig Williamson, Beckenham RC	0:20:52	8	3	Michelle Lennon, Dulwich Runners	0:23:41	8
4	Len Reilly, Kent AC	0:21:10	7	4	Gaby Drinkwater, Crystal Palace	0:26:07	7
5	Keith Newton, SEAC	0:22:04	6	5	Edwina Cheng, Petts Wood Runners	0:26:27	6
6	Christian Poulton, Cambridge Harriers	0:22:12	5	6	Nova Mathias, Crystal Palace	0:27:50	5
7	Martin Daoud, London Underground	0:22:39	4	7	Deborah Ford, Beckenham RC	0:28:48	4
8	John O'Shea, SEAC	0:22:49	3	8	Hayley Dalton, Eton Manor AC	0:29:58	3
9	Marcus Elwes, Petts Wood Runners	0:22:51	2	9	Jan Bodie, Petts Wood Runners	0:32:26	2
10	Graham Maynard, Cambridge Harriers	0:24:07	1	10			1
65	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>	60	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Roger Beardsworth, Kent AC	0:21:07	10	1	Helen Lane, Serpentine RC	0:25:04	10
2	Bernie Hutchinson, Kent AC	0:28:04	9	2	Susie Daley, Crystal Palace	0:27:56	9
3	Steve Scruton, SEAC	0:29:35	8	3			8
4	James Steatham, Kent AC	0:30:32	7	4			7
5			6	5			6
6			5	6			6
7			4	7			7
8			3	8			8
9			2	9			9
10			1	10			10
70	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>	65	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Nigel Wood, Beckenham RC	0:26:10	10	1	Gail Arnott, Beckenham RC	0:25:20	10
2	Chris Balmer, Crystal Palace	0:27:38	9	2	Beverley Kennedy, Kent AC	0:30:48	9
3	Geoff Nicholls, Eton Manor AC	0:28:20	8	3	Camilla Allwood, Serpentine RC	0:30:53	8
4	Andy Murray, Dulwich Runners	0:29:39	7	4	Christina Watson, Eton Manor AC	0:32:58	7
5			6	5			6
6			5	6			6
7			4	7			7
8			3	8			8
9			2	9			9
10			1	10			10
75	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>	70	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
1	Mike Mann, Dulwich Runners	0:25:47	10	1	Zoe Gaffen, Kent AC	0:30:36	10
2	Roy Knight, Dartford RR	0:28:51	9	2	Miki Jablkowska, Kent AC	0:31:10	9
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			
9				9			
10				10			
				75	<u>Name_Club</u>	<u>Time</u>	<u>Points</u>
				1	Ros Tabor, Dulwich Runners	0:29:45	10
				2			9