

YMCA NORTH LONDON ADULT 10K

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	443	35:45	Duncan Burbidge	Highgate Harriers	Male	1	M40	1	35:45	1
2	1303	36:19	Luke Wynne	London Heathside Runners AC	Male	2	M	1	36:19	2
3	624	36:25	Mario Cadete	London Heathside Runners AC	Male	3	M40	2	36:24	3
4	565	36:25	Martin Potter	London Heathside Runners AC	Male	4	M50	1	36:25	4
5	1284	36:31	James Morrow		Male	5	M	2	36:29	5
6	188	37:06	Ed Boden		Male	6	M40	3	37:05	6
7	400	37:13	Danny Olive		Male	7	M40	4	37:11	7
8	1256	37:24	Simon Gardiner		Male	8	M	3	37:24	8
9	647	37:30	Joe Garrod	London Heathside Runners AC	Male	9	M	4	37:30	9
10	523	37:33	William Griffiths	London Heathside Runners AC	Male	10	M	5	37:33	10
11	1228	37:38	Hugo Orchard-Lisle		Male	11	M	6	37:35	11
12	266	37:40	Doug Rendle	London Heathside Runners AC	Male	12	M	7	37:40	12
13	289	37:45	Jason Maloney	Trent Park Running Club	Male	13	M40	5	37:44	13
14	847	37:48	Julian Ferraro	London Heathside Runners AC	Male	14	M50	2	37:47	14
15	1420	37:50	Nelson Wandasiewicz	London Heathside Runners AC	Male	15	M40	6	37:49	15
16	288	37:50	Matthew Cockerill	London Heathside Runners AC	Male	16	M40	7	37:50	16
17	1378	37:57	Churchman James		Male	17	M	8	37:53	17
18	746	38:15	Ella Waldman	London Heathside Runners AC	Female	1	F	1	38:15	18
19	438	38:21	David Matthew	Serpentine RC	Male	18	M40	8	38:20	19
20	733	38:25	Michael Cockings	London Heathside Runners AC	Male	19	M	9	38:23	20
21	499	38:39	Paul Beale	London Heathside Runners AC	Male	20	M40	9	38:38	21
22	1327	38:46	Ian Parry		Male	21	M40	10	38:45	22
23	1042	38:52	Gavin Evans	London Heathside Runners AC	Male	22	M50	3	38:52	23
24	932	38:55	Gareth Creagh		Male	23	M40	11	38:53	25
25	447	38:59	Alex Landau		Male	24	M	10	38:52	24
26	683	39:15	Robert Shulman	London Heathside Runners AC	Male	25	M50	4	39:14	26
27	34	39:28	Kent Valentine		Male	26	M	11	39:25	28
28	1272	39:32	Scott Taylor		Male	27	M	12	39:19	27
29	369	39:33	Jonathan Tolley		Male	28	M40	12	39:32	29
30	243	39:36	Nadi Jahangiri		Male	29	M50	5	39:33	30
31	368	39:46	Mark Anderson	London Heathside Runners AC	Male	30	M	13	39:40	31
32	537	39:51	Ed Willoughby		Male	31	M	14	39:50	32
33	27	39:58	Sam Brown		Male	32	M	15	39:55	33
34	475	39:58	Jonathan Hopkin		Male	33	M40	13	39:57	34
35	227	40:07	Grant Nicholas		Male	34	M40	14	40:07	38
36	1305	40:09	Matt Collins	London Heathside Runners AC	Male	35	M40	15	40:06	37
37	504	40:09	John Wootton		Male	36	M40	16	40:09	39
38	933	40:16	Alex O'Connor	London Heathside Runners AC	Male	37	M	16	40:04	36
39	371	40:19	Limo Hearn		Male	38	M40	17	40:13	40
40	204	40:22	Roy Manwell		Male	39	M	17	40:03	35
41	54	40:29	Amos Biegun		Male	40	M50	6	40:22	41
42	818	40:36	Glyn Owen		Male	41	M40	18	40:28	42
43	180	40:52	Paul Rowe		Male	42	M	18	40:50	44
44	536	40:52	Ed Burr		Male	43	M40	19	40:32	43
45	856	41:03	Rob Sambrooks	Synergy Running Club	Male	44	M40	20	40:59	45
46	1161	41:12	James Taverner		Male	45	M	19	41:08	48
47	1273	41:12	David Mason		Male	46	M40	21	41:06	47
48	1358	41:17	James Nichols	East London Runners	Male	47	M	20	41:01	46
49	1209	41:19	David Meilhan		Male	48	M	21	41:13	50
50	974	41:21	Richard Hewett	London Heathside Runners AC	Male	49	M50	7	41:19	52
51	1278	41:23	Grzegorz Hotala		Male	50	M	22	41:12	49
52	1322	41:24	Stewart Wilson		Male	51	M	23	41:19	53
53	1289	41:26	Barry Taylor		Male	52	M40	22	41:17	51
54	1015	41:28	Ralph Minter		Male	53	M40	23	41:25	55
55	664	41:28	Matty Hassan		Male	54	M	24	41:26	57
56	398	41:29	Natan Doron		Male	55	M	25	41:26	56
57	538	41:34	Thomas Willoughby		Male	56	M	26	41:32	59
58	238	41:36	Matthew Smeaton		Male	57	M40	24	41:32	60
59	98	41:38	Dave Morgan		Male	58	M50	8	41:27	58
60	1044	41:40	Laurence Arnold	London Heathside Runners AC	Male	59	M	27	41:20	54
61	136	41:40	Patrick Callard		Male	60	M40	25	41:38	61
62	90	41:42	Stuart Roberts		Male	61	M40	26	41:39	62
63	1224	41:45	David Musgrave	Highgate Harriers	Male	62	M40	27	41:39	63
64	67	41:47	Sara Black	London Heathside Runners AC	Female	2	F40	1	41:43	64
65	458	41:50	Raymond Yau	London Heathside Runners AC	Male	63	M40	28	41:45	65
66	1416	41:53	George Mark		Male	64	M	28	41:51	68
67	55	41:55	Ben Grace		Male	65	M40	29	41:52	69
68	285	41:55	Alex Sweet	London Heathside Runners AC	Male	66	M	29	41:53	70
69	524	41:56	Tom Griffiths	London Heathside Runners AC	Male	67	M	30	41:55	71
70	848	41:57	Maryam Khosravi	London Heathside Runners AC	Female	3	F	2	41:56	72
71	880	41:58	Karl Hughes		Male	68	M40	30	41:50	67
72	24	42:03	Peter Bacon Darwin		Male	69	M40	31	41:59	74
73	797	42:06	Will Whitaker	London Heathside Runners AC	Male	70	M	31	42:04	77
74	801	42:09	Rondo Selwyn		Male	71	M	32	42:07	79
75	392	42:09	Neil Roberts		Male	72	M40	32	41:59	75

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	1423	42:11	Eilidh Wagstaff		Female	4	F	3	41:56	73
77	1424	42:11	Chris Fischer		Male	73	M	33	42:07	78
78	315	42:12	Marcus Craven		Male	74	M40	33	41:49	66
79	1206	42:14	Brent Morris	Tri London Veterans AC	Male	75	M	34	42:12	80
80	15	42:16	Neil Thomas		Male	76	M	35	42:04	76
81	777	42:25	Steve Crowley		Male	77	M40	34	42:18	81
82	170	42:31	Clark Edwards		Male	78	M40	35	42:26	83
83	1366	42:34	Paul Thomas		Male	79	M50	9	42:31	85
84	303	42:37	Robert Crangle		Male	80	M50	10	42:34	87
85	1406	42:38	Andrew Dixon		Male	81	M40	36	42:26	82
86	638	42:40	Alex Carter-Jones		Male	82	M	36	42:38	89
87	1353	42:42	Dave Winkworth		Male	83	M	37	42:27	84
88	84	42:42	Ian Shurmer	London Heathside Runners AC	Male	84	M40	37	42:39	90
89	1258	42:49	James Morris		Male	85	M	38	42:32	86
90	705	42:51	Laurence Tickell		Male	86	M	39	42:37	88
91	160	42:53	David Westacott		Male	87	M40	38	42:51	95
92	334	42:57	Richard Fewster		Male	88	M40	39	42:53	96
93	372	43:01	Christopher Bootle		Male	89	M	40	42:58	97
94	1013	43:01	Ramon Miguel Guerona		Male	90	M	41	42:49	92
95	279	43:01	Simon Harrison	Edmonton RC	Male	91	M40	40	42:46	91
96	1408	43:07	Lewis Freeman		Male	92	M	42	42:49	93
97	1409	43:07	Luke Holmes		Male	93	M	43	42:50	94
98	901	43:09	Jonathan Dunkley		Male	94	M	44	43:06	100
99	1449	43:09	Gavin Leon		Male	95	M50	11	42:59	98
100	771	43:19	Mark Hindley		Male	96	M50	12	43:05	99
101	1283	43:23	Michael Hutcheson		Male	97	M	45	43:08	101
102	1179	43:28	Michael Bowden		Male	98	M40	41	43:13	102
103	944	43:35	Satu Hietanen	London Heathside Runners AC	Female	5	F40	2	43:29	104
104	111	43:41	John Hamilton-Brown		Male	99	M40	42	43:34	106
105	446	43:44	Louis Wallinger		Male	100	M	46	43:31	105
106	958	43:46	Tom Swinton		Male	101	M	47	43:40	107
107	709	43:48	Mike Dawson		Male	102	M40	43	43:45	110
108	684	43:49	Alex Hill		Male	103	M	48	43:48	111
109	1291	43:51	David Allenby		Male	104	M50	13	43:44	109
110	1090	43:59	Elizabeth Style		Female	6	F	4	43:43	108
111	1062	44:02	Antonia Jost		Female	7	F	5	43:50	113
112	387	44:04	Robert Fancovic		Male	105	M40	44	43:49	112
113	1232	44:04	David Hallam	London Heathside Runners AC	Male	106	M40	45	43:53	115
114	1249	44:08	Nicholas Bartlett		Male	107	M	49	44:04	119
115	811	44:12	Angelo Povoleri		Male	108	M	50	44:02	117
116	1045	44:12	Hannah Stanforth	London Heathside Runners AC	Female	8	F	6	43:51	114
117	1450	44:15	Jessie Waldman		Female	9	F	7	44:04	118
118	1039	44:17	Simon Tanner	Synergy Running Club	Male	109	M40	46	44:00	116
119	165	44:17	Roland Heap		Male	110	M	51	44:15	121
120	1037	44:32	Ben Caldwell	Edmonton RC	Male	111	M	52	44:14	120
121	21	44:32	John Riley		Male	112	M	53	44:21	123
122	342	44:35	Elliot Reed	London Heathside Runners AC	Male	113	M40	47	44:30	129
123	1202	44:37	Max Mastro		Male	114	M40	48	44:31	131
124	1089	44:37	Thomas Cookson		Male	115	M	54	44:31	130
125	690	44:38	Chris Jones		Male	116	M40	49	44:17	122
126	298	44:39	Tom Mole		Male	117	M	55	44:22	125
127	1028	44:41	Chris Morris		Male	118	M	56	44:26	126
128	1117	44:42	Graham Carter		Male	119	M50	14	44:21	124
129	639	44:44	Kirk Mcgrath		Male	120	M50	15	44:29	127
130	1032	44:46	Paul Beckley		Male	121	M40	50	44:29	128
131	1389	44:47	Aaron Clarke		Male	122	M	57	43:25	103
132	222	44:50	Peter Wellock		Male	123	M40	51	44:36	132
133	318	44:51	Carl Heap	London Heathside Runners AC	Male	124	M60	1	44:50	137
134	509	44:53	Nick Dodd	London Heathside Runners AC	Male	125	M60	2	44:51	138
135	1057	44:53	Jan Hazirci	Edmonton RC	Female	10	F50	1	44:52	140
136	1205	44:54	Austin Dwyer		Male	126	M	58	44:44	134
137	1074	44:56	Guy Merry		Male	127	M40	52	44:47	135
138	366	44:57	Kelsey Smith	Synergy Running Club	Male	128	M40	53	44:54	141
139	1332	45:00	Jamie Stokes		Male	129	M40	54	44:51	139
140	884	45:03	Martin Klein		Male	130	M50	16	44:49	136
141	959	45:06	Elizabeth Drake	London Heathside Runners AC	Female	11	F	8	45:00	148
142	1153	45:07	Sean Galvin		Male	131	M	59	44:56	144
143	1394	45:08	Chris Leach		Male	132	M	60	44:55	142
144	462	45:10	Henry Goode		Male	133	M	61	44:56	143
145	852	45:10	Jeegar Kakkad		Male	134	M	62	45:06	152
146	494	45:11	James Holding		Male	135	M	63	45:00	146
147	1134	45:13	Daniel Davies		Male	136	M	64	45:00	147
148	1017	45:14	Will Osborn	London Heathside Runners AC	Male	137	M40	55	45:07	153
149	245	45:16	Jim Curtis		Male	138	M40	56	45:04	150
150	1079	45:20	Will Lewer		Male	139	M50	17	45:11	155

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	1186	45:21	Simon Oates		Male	140	M40	57	45:02	149
152	696	45:22	Paul Sangam		Male	141	M40	58	45:04	151
153	510	45:22	Amy Luyendijk	London Heathside Runners AC	Female	12	F	9	45:17	161
154	934	45:23	Tanya Addison		Female	13	F40	3	45:13	156
155	1379	45:26	Hough Cameron		Male	142	M	65	44:43	133
156	212	45:26	Rupert Plumpton	London Heathside Runners AC	Male	143	M40	59	45:16	159
157	760	45:28	Gareth Richards		Male	144	M40	60	45:21	162
158	225	45:30	Katherine Arnull		Female	14	F	10	45:24	163
159	1282	45:31	Sabrina Stafford		Female	15	F	11	45:14	157
160	19	45:33	Stephen Whitbread		Male	145	M40	61	45:30	167
161	849	45:38	Oliver Karger		Male	146	M	66	45:33	168
162	1001	45:39	Michael Youlton		Male	147	M50	18	45:14	158
163	1198	45:41	Martin Maloney		Male	148	M	67	45:26	164
164	1080	45:46	Alex Austin		Male	149	M	68	44:59	145
165	1276	45:46	Alistair Flutter		Male	150	M40	62	45:16	160
166	53	45:47	Adam Alon		Male	151	M	69	45:30	166
167	296	45:48	Christopher Keeley		Male	152	M50	19	45:44	173
168	460	45:49	John Crisp		Male	153	M40	63	45:27	165
169	623	45:51	Laurence Russell	London Heathside Runners AC	Male	154	M	70	45:41	172
170	498	45:51	Marcus Norton		Male	155	M40	64	45:44	174
171	1082	45:54	Jane Beaman		Female	16	F40	4	45:47	177
172	954	45:55	Alex Renton	Mornington Chasers	Male	156	M	71	45:50	181
173	353	45:55	Hamish Adams		Male	157	M	72	45:36	169
174	352	45:55	Ramsay Adams		Male	158	M	73	45:36	170
175	812	45:55	Stephen Jevons		Male	159	M40	65	45:49	180
176	1165	45:57	Benjamin Lanoë		Male	160	M	74	45:46	175
177	1075	45:58	Ronan Cormacain		Male	161	M40	66	45:41	171
178	385	46:02	Mike Ttoouli		Male	162	M	75	45:09	154
179	699	46:04	Charlotte Green		Female	17	F40	5	45:48	179
180	1212	46:07	Tom Easterling		Male	163	M50	20	45:46	176
181	1456	46:08	Rhonda Munnik		Female	18	F40	6	46:02	185
182	388	46:09	Jerome Mills		Male	164	M50	21	45:56	182
183	1054	46:10	Ben Gascoyne	Clapham Chasers	Male	165	M	76	46:00	184
184	326	46:11	Clive Mawdesley		Male	166	M40	67	45:48	178
185	1137	46:13	Peter Grafton	London Heathside Runners AC	Male	167	M	77	45:58	183
186	205	46:16	Rachael Clark		Female	19	F40	7	46:04	186
187	666	46:18	James Nicholls	London Heathside Runners AC	Male	168	M	78	46:07	188
188	843	46:22	Aaron Hadley		Male	169	M	79	46:07	189
189	69	46:22	Mark Escott		Male	170	M50	22	46:15	191
190	517	46:26	Alun Nash	London Heathside Runners AC	Male	171	M50	23	46:15	192
191	740	46:27	Matt Gamble	London Heathside Runners AC	Male	172	M	80	46:20	193
192	466	46:31	Victoria Heiden		Female	20	F	12	46:07	187
193	1208	46:31	Ben Cahn		Male	173	M40	68	46:27	195
194	1169	46:34	Emilia Vynnycky	London Heathside Runners AC	Female	21	F40	8	46:22	194
195	341	46:37	Elizabeth Reed	London Heathside Runners AC	Female	22	F40	9	46:09	190
196	961	46:40	Simon Rawles		Male	174	M40	69	46:31	197
197	1203	46:41	Michelle Banks		Female	23	F	13	46:36	198
198	297	46:45	Jeremy Lindley		Male	175	M40	70	46:40	199
199	1454	46:46	Richard Emmerson		Male	176	M	81	46:42	200
200	566	46:49	Jackie Wastell	London Heathside Runners AC	Female	24	F50	2	46:43	203
201	1251	46:51	Gavin Parish	London Heathside Runners AC	Male	177	M40	71	46:42	201
202	1088	46:51	David Bull		Male	178	M40	72	46:43	202
203	898	46:53	Amira Kohler		Female	25	F40	10	46:29	196
204	979	46:55	Jack Pinnick-Gray		Male	179	M	82	46:45	205
205	1108	46:57	Charl De Villiers		Male	180	M40	73	46:44	204
206	399	46:58	Emily Callard		Female	26	F	14	46:54	209
207	1182	46:58	Oliver Heath		Male	181	M40	74	46:48	206
208	1104	46:58	Daniel Wrapson	London Heathside Runners AC	Male	182	M	83	46:49	207
209	474	47:06	Jessica Taylor		Female	27	F40	11	47:02	213
210	1362	47:09	David Barton		Male	183	M	84	46:51	208
211	641	47:11	Janet Lallysmith		Female	28	F40	12	47:08	217
212	923	47:14	Jenny Mcdonagh		Female	29	F	15	47:08	216
213	778	47:18	Paul Hewerdine		Male	184	M40	75	46:57	210
214	1365	47:19	Jan Pruijser		Male	185	M	85	47:03	214
215	435	47:20	John Magnin		Male	186	M50	24	47:10	218
216	686	47:23	Stuart Salt	London Heathside Runners AC	Male	187	M40	76	47:15	221
217	1336	47:24	Dave Groves		Male	188	M40	77	47:10	219
218	241	47:25	Jon Sen	London Heathside Runners AC	Male	189	M40	78	47:07	215
219	361	47:28	Paola Vergani		Female	30	F50	3	47:02	212
220	329	47:30	Joseph Atkinson		Male	190	M	86	47:21	224
221	1213	47:30	Katie Leach	London Heathside Runners AC	Female	31	F	16	47:15	220
222	614	47:31	John Roberts	London Heathside Runners AC	Male	191	M	87	47:25	226
223	597	47:31	Oliver Smee		Male	192	M40	79	47:25	227
224	744	47:33	James Hatt		Male	193	M40	80	47:21	223
225	247	47:34	Dan Schuster-Woldan		Male	194	M	88	47:31	231

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	1172	47:36	Julie Gilby		Female	32	F	17	47:32	232
227	845	47:39	Gavin Saint		Male	195	M40	81	47:21	225
228	290	47:41	Jamie Hirst		Male	196	M	89	47:39	237
229	1151	47:45	William Hann		Male	197	M	90	47:33	233
230	607	47:46	William Wagstaff	London Heathside Runners AC	Male	198	M50	25	46:59	211
231	1293	47:47	Bob Harding		Male	199	M50	26	47:25	228
232	1292	47:47	Phil Harding		Male	200	M50	27	47:26	229
233	74	47:48	Chris Walker		Male	201	M40	82	47:40	238
234	347	47:49	Jamie Herbert		Male	202	M40	83	47:35	235
235	171	47:49	Andrew Wright		Male	203	M40	84	47:47	240
236	953	47:51	Dario Illari		Male	204	M50	28	47:50	242
237	516	47:57	Andrew Foster	Synergy Running Club	Male	205	M40	85	47:34	234
238	72	47:59	Phil Street		Male	206	M40	86	47:19	222
239	576	48:00	Thembelani Nyathi		Male	207	M	91	47:38	236
240	448	48:03	Dominic Smith		Male	208	M40	87	47:54	243
241	543	48:04	Patrick Leahy		Male	209	M	92	47:47	241
242	412	48:06	James Coady		Male	210	M40	88	47:55	245
243	1339	48:07	Tom Rowley		Male	211	M40	89	48:02	252
244	507	48:08	Tammela Platt	London Heathside Runners AC	Female	33	F	18	48:02	253
245	1180	48:08	Louis Saldiray	Edmonton RC	Male	212	M	93	48:07	260
246	862	48:09	Tim Bavister		Male	213	M40	90	47:43	239
247	533	48:10	Nicolas Brown		Male	214	M50	29	48:03	255
248	430	48:10	Marc Wilson		Male	215	M50	30	48:01	250
249	244	48:12	Patrick McDonald		Male	216	M40	91	48:05	258
250	924	48:13	Simon Duke		Male	217	M40	92	48:04	256
251	900	48:13	Anthony Sayers		Male	218	M50	31	47:54	244
252	1023	48:16	Jacinta Leach		Female	34	F40	13	48:02	254
253	359	48:16	Rob Bernstein		Male	219	M40	93	48:10	261
254	1269	48:20	James Mitchell		Male	220	M	94	47:29	230
255	1094	48:20	James Pickford		Male	221	M40	94	48:06	259
256	854	48:22	Phillip Smith		Male	222	M40	95	48:18	265
257	858	48:22	George Shepherd		Male	223	M	95	48:12	262
258	116	48:22	Katie Belkin	London Heathside Runners AC	Female	35	F40	14	48:00	248
259	902	48:24	Jonathan Kelly		Male	224	M40	96	47:58	246
260	1227	48:27	Darrell Osborne	London Heathside Runners AC	Male	225	M40	97	48:12	263
261	1164	48:28	Filipe Cardoso		Male	226	M	96	47:58	247
262	132	48:28	David Cohen		Male	227	M50	32	48:25	273
263	1000	48:29	Sally Meacher		Female	36	F50	4	48:20	268
264	636	48:29	Molly Harrison	London Heathside Runners AC	Female	37	F	19	48:25	274
265	926	48:30	Talvinder Bains		Male	228	M	97	48:02	251
266	483	48:32	Crispin Bonham-Carter		Male	229	M40	98	48:05	257
267	674	48:36	Caroline White	London Heathside Runners AC	Female	38	F60	1	48:30	275
268	75	48:37	Kirk Leech		Male	230	M50	33	48:01	249
269	1374	48:38	Worswick Catherine		Female	39	F	20	48:14	264
270	179	48:38	Nicola Briars-Coan	London Heathside Runners AC	Female	40	F40	15	48:20	269
271	1060	48:39	Vasso Vassiliou	Edmonton RC	Male	231	M50	34	48:23	270
272	1010	48:42	Rita Moran	Edmonton RC	Female	41	F40	16	48:24	272
273	677	48:43	Christopher Gregory		Male	232	M50	35	48:41	284
274	252	48:45	Douglas Grierson		Male	233	M40	99	48:33	276
275	178	48:46	Adam Jones		Male	234	M	98	48:23	271
276	169	48:49	Tom Sweet		Male	235	M40	100	48:19	266
277	991	48:51	Tim Ibbotson		Male	236	M	99	48:33	277
278	999	48:54	Tim Jenkins		Male	237	M40	101	48:39	279
279	1304	48:56	Melissa O'Hare	Trent Park Running Club	Female	42	F40	17	48:50	291
280	379	48:57	Callum Jacobs		Male	238	M40	102	48:38	278
281	33	49:00	Steven Connor		Male	239	M60	3	48:41	285
282	43	49:00	Chris Nutt		Male	240	M40	103	48:46	287
283	1377	49:03	Churchman Natalie		Female	43	F40	18	48:39	280
284	457	49:03	Nick Jones		Male	241	M	100	48:39	281
285	578	49:04	Monica Whyte		Female	44	F40	19	48:42	286
286	1220	49:04	Joe Steel		Male	242	M	101	48:20	267
287	1087	49:07	Lottie Higgins		Female	45	F	21	48:50	290
288	1008	49:08	David Josephs	London Heathside Runners AC	Male	243	M40	104	48:55	297
289	192	49:09	Richard Morris		Male	244	M50	36	49:00	300
290	896	49:09	Paul Haberer		Male	245	M	102	48:40	282
291	1195	49:10	Richard Levy		Male	246	M40	105	48:48	289
292	485	49:12	John O'Neill	London Heathside Runners AC	Male	247	M60	4	49:07	306
293	356	49:13	Heather Rice		Female	46	F	22	48:54	295
294	1349	49:14	Iain Murray		Male	248	M50	37	48:57	298
295	789	49:14	Cameron McGeary		Male	249	M	103	49:10	309
296	1268	49:14	Penelope Graveney		Female	47	F40	20	48:55	296
297	1034	49:17	Johann Toubkiss		Male	250	M	104	48:46	288
298	805	49:18	Emma Pearce		Female	48	F50	5	48:40	283
299	878	49:20	Simon Betts		Male	251	M40	106	49:00	301
300	761	49:21	Tim Stark		Male	252	M40	107	49:18	315

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RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	792	49:21	Ben Cotton		Male	253	M40	108	49:01	302
302	788	49:22	Simon McGeary		Male	254	M40	109	49:17	314
303	599	49:22	Garrick Hamm		Male	255	M50	38	49:09	308
304	1107	49:25	John Gillott		Male	256	M50	39	49:17	313
305	679	49:27	Alex Bray		Male	257	M40	110	49:24	317
306	89	49:30	Les Garner		Male	258	M60	5	48:58	299
307	762	49:31	Nathaniel Stark		Male	259	M	105	49:29	320
308	567	49:32	Steven Murrell		Male	260	M40	111	49:05	305
309	467	49:32	Brian Donnelly		Male	261	M40	112	49:09	307
310	134	49:32	Allison Defrees		Female	49	F40	21	49:14	310
311	235	49:33	Beth Davies		Female	50	F40	22	49:04	304
312	142	49:36	Maz Poormand		Male	262	M	106	48:52	293
313	229	49:39	Carmel Sher		Female	51	F40	23	49:26	319
314	1145	49:39	Nigel Osborne		Male	263	M50	40	49:30	321
315	887	49:41	David Walker		Male	264	M50	41	49:19	316
316	824	49:42	Richard Hawting		Male	265	M	107	49:17	312
317	1257	49:42	Louis Greenwood		Male	266	M	108	49:30	322
318	1246	49:44	Jack Gibson		Male	267	M	109	49:17	311
319	1066	49:46	Mohamed Muhsin		Male	268	M40	113	49:02	303
320	198	49:47	Tim Horne		Male	269	M50	42	48:53	294
321	939	49:48	Peter Barnett		Male	270	M50	43	49:41	329
322	83	49:50	Matthew Froggatt		Male	271	M40	114	49:37	326
323	1405	49:52	Adam Seldon		Male	272	M	110	49:37	325
324	874	49:54	Austen Slattery	Edmonton RC	Male	273	M50	44	49:41	328
325	1288	49:59	Rodrigo Penha Martins		Male	274	M	111	49:54	338
326	461	50:00	Simona Marletta		Female	52	F40	24	49:35	323
327	609	50:02	Dan Pegler		Male	275	M50	45	49:50	333
328	62	50:03	Beatrice Bonello	Serpentine RC	Female	53	F40	25	49:35	324
329	306	50:05	Brendan O'Shea		Male	276	M40	115	49:45	331
330	1168	50:10	Rebecca Sweet	London Heathside Runners AC	Female	54	F	23	50:01	342
331	354	50:11	Aaron Stratford		Male	277	M	112	49:50	334
332	282	50:12	Guy Westwell		Male	278	M40	116	49:47	332
333	943	50:14	Michael Koerner		Male	279	M50	46	48:52	292
334	181	50:14	Gavin Rowe		Male	280	M	113	49:44	330
335	478	50:15	Janice Molyneux		Female	55	F40	26	50:09	350
336	1235	50:18	Bevis Jones		Male	281	M40	117	49:39	327
337	1214	50:19	Jay Bailey		Male	282	M	114	50:02	343
338	1171	50:20	Andrew Kenny	Synergy Running Club	Male	283	M	115	49:57	340
339	912	50:22	Ken Stewart	Edmonton RC	Male	284	M60	6	50:04	345
340	30	50:23	John Waters		Male	285	M50	47	49:25	318
341	528	50:26	Helen Mayer		Female	56	F60	2	49:59	341
342	1166	50:26	Clement Lanoe		Male	286	M	116	49:56	339
343	317	50:27	Dov Waterman		Male	287	M40	118	50:04	347
344	1035	50:27	Andrew Priest		Male	288	M40	119	50:02	344
345	667	50:28	Claire Sliwerski	London Heathside Runners AC	Female	57	F	24	49:53	336
346	1285	50:30	Hugo Read		Male	289	M40	120	50:14	353
347	258	50:31	Derek Longsmith		Male	290	M	117	50:05	348
348	307	50:35	Robert Benson		Male	291	M50	48	50:26	360
349	703	50:38	Rowan Swinhoe		Female	58	F40	27	50:22	358
350	378	50:38	Paul Landsman		Male	292	M	118	50:12	352
351	529	50:39	Scott Waygood		Male	293	M40	121	49:51	335
352	552	50:41	Thomas Brooks		Male	294	M	119	50:07	349
353	1041	50:42	Cameron Eтчells		Male	295	M	120	50:38	371
354	257	50:42	Robert Oliver		Male	296	M40	122	50:19	355
355	1051	50:44	Robin Parker		Male	297	M40	123	49:54	337
356	313	50:45	Dylan Pepper		Male	298	M40	124	50:32	366
357	581	50:45	Marcus Lloyd		Male	299	M50	49	50:35	368
358	1162	50:45	Elizabeth Rothenberg		Female	59	F	25	50:12	351
359	1191	50:49	Marc Laville		Male	300	M	121	50:19	356
360	1092	50:51	Aideen Fox		Female	60	F	26	50:31	364
361	1061	50:52	Aggie Minas	Edmonton RC	Female	61	F40	28	50:34	367
362	956	50:52	Andy Conway	London Heathside Runners AC	Male	301	M50	50	50:45	379
363	405	50:53	Tom Broxup		Male	302	M	122	50:36	369
364	232	50:54	Nathan Francis		Male	303	M	123	50:25	359
365	747	50:55	Robin Bootle		Male	304	M	124	50:27	362
366	425	50:58	Joseph Mole		Male	305	M40	125	50:41	374
367	92	51:00	Simon Millman		Male	306	M	125	50:47	381
368	1211	51:01	Matthew Connolly		Male	307	M	126	50:41	373
369	408	51:03	Graham Wright		Male	308	M50	51	50:39	372
370	1413	51:04	Kevin McPeake		Male	309	M	127	50:30	363
371	1328	51:05	Catherine Coulson		Female	62	F50	6	50:52	385
372	826	51:06	Mark Quinn		Male	310	M	128	50:22	357
373	549	51:09	Richard Teversham		Male	311	M50	52	50:37	370
374	1194	51:10	Paul Barwick		Male	312	M40	126	50:55	388
375	1419	51:11	Joshua Chaffin		Male	313	M40	127	50:43	375

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	879	51:11	Eleanor Fieldsend		Female	63	F	27	50:44	378
377	673	51:12	Jonathan Smith		Male	314	M40	128	50:54	387
378	627	51:12	Sue Eedle	London Heathside Runners AC	Female	64	F60	3	50:44	377
379	535	51:13	Andy Harvey		Male	315	M50	53	50:47	380
380	2	51:14	Jamie Nelson		Male	316	M40	129	50:47	382
381	1141	51:14	Rachel Taylor		Female	65	F40	29	50:32	365
382	970	51:15	Joshua Chaffin		Male	317	M40	130	50:47	383
383	962	51:16	Caireann Conlon		Female	66	F	28	50:18	354
384	604	51:17	Mark Cote		Male	318	M50	54	50:51	384
385	569	51:17	Bahir Laattoe		Male	319	M60	7	50:04	346
386	806	51:18	Christian Sailer		Male	320	M40	131	51:06	392
387	1127	51:18	Geoffrey Stanning		Male	321	M	129	50:26	361
388	628	51:25	Heather Marshall	Mornington Chasers	Female	67	F40	30	51:15	394
389	121	51:26	Ed Tytherleigh		Male	322	M	130	51:17	396
390	1070	51:30	Richard South		Male	323	M	131	51:16	395
391	1157	51:30	Ian McNamara		Male	324	M	132	51:21	398
392	736	51:32	Richard Gourlay		Male	325	M40	132	50:59	390
393	220	51:33	Aaron Williams		Male	326	M	133	50:56	389
394	1323	51:37	Joshua Marston		Male	327	M	134	50:43	376
395	470	51:38	Tim Whitwell		Male	328	M40	133	51:13	393
396	259	51:39	Joanna Elson		Female	68	F50	7	51:03	391
397	262	51:39	Tom Aslan		Male	329	M40	134	51:29	403
398	1250	51:44	Linn Westphal		Female	69	F	29	51:40	416
399	630	51:45	Premio-Eleria Gordon		Female	70	F	30	50:54	386
400	1347	51:47	Chris Peacock		Male	330	M60	8	51:33	409
401	526	51:48	Joel Hawes		Male	331	M	135	51:33	407
402	1173	51:50	Lisa John		Female	71	F50	8	51:22	399
403	1402	51:54	Nofur Fari		Male	332	M	136	51:38	413
404	256	51:55	Jerry Dunn		Male	333	M50	55	51:31	404
405	281	51:55	Simone Sorrell		Female	72	F40	31	51:45	418
406	316	51:56	Keren Querfurth		Female	73	F40	32	51:34	410
407	940	52:00	Trevor Murphy		Male	334	M50	56	51:31	405
408	671	52:02	Jim Hayes		Male	335	M50	57	51:25	402
409	767	52:08	Marion Lean		Female	74	F	31	51:39	415
410	383	52:08	Zoe Cowking		Female	75	F40	33	51:56	423
411	23	52:09	Marie Van Bourgondien		Female	76	F40	34	51:32	406
412	437	52:10	Trupti Patel		Female	77	F40	35	52:03	430
413	1139	52:12	Elena Fernandez		Female	78	F40	36	51:34	411
414	654	52:15	Daniel Russell		Male	336	M40	135	51:33	408
415	1297	52:15	Lucy Jacobson-Durham	London Heathside Runners AC	Female	79	F	32	51:38	414
416	159	52:17	Sarah-Jane Rawlings		Female	80	F40	37	51:41	417
417	1119	52:17	Jonathan Graff		Male	337	M	137	51:25	401
418	678	52:18	Alan Oakley		Male	338	M50	58	51:54	420
419	837	52:19	Daniel Furner		Male	339	M	138	51:23	400
420	1265	52:20	John Featherstone		Male	340	M40	136	52:06	432
421	463	52:20	Alex Darbyshire		Male	341	M40	137	51:52	419
422	86	52:22	Peter Quirk		Male	342	M50	59	52:09	434
423	1241	52:23	Veronica Lindsay		Female	81	F	33	51:20	397
424	875	52:26	Tim Payton		Male	343	M40	138	52:01	426
425	323	52:26	Lisa Basi		Female	82	F50	9	52:17	437
426	1130	52:27	James Kelly	London Heathside Runners AC	Male	344	M40	139	52:02	428
427	890	52:28	Michael Tringham		Male	345	M	139	52:05	431
428	122	52:30	Susannah Taylor		Female	83	F50	10	52:08	433
429	1363	52:31	David Jennings		Male	346	M50	60	51:36	412
430	755	52:31	Roberto Colizzi		Male	347	M40	140	52:19	439
431	1016	52:32	Tej Dosanjh		Male	348	M40	141	51:59	424
432	1267	52:34	Tim Graveney		Male	349	M40	142	52:14	436
433	224	52:34	J Wantman		Female	84	F40	38	52:10	435
434	390	52:35	Hamish Hendry		Male	350	M50	61	52:00	425
435	1310	52:40	Carl Spitzer		Male	351	M40	143	51:55	421
436	1071	52:42	Samuel Drake		Male	352	M40	144	52:03	429
437	1149	52:45	Samantha Nicanovich		Female	85	F	34	52:02	427
438	658	52:49	Marc Southey		Male	353	M40	145	52:26	441
439	1351	52:49	Richard Spellman		Male	354	M40	146	51:55	422
440	150	52:50	Jonathan Simmons		Male	355	M50	62	52:19	438
441	501	52:53	Tom Fawcett		Male	356	M	140	52:27	442
442	1178	52:58	Jesus Felipe		Male	357	M	141	52:50	464
443	775	52:58	Daniel MacDonald		Male	358	M40	147	52:28	443
444	278	52:59	Sarah Niblock	Synergy Running Club	Female	86	F50	11	52:35	451
445	931	52:59	Michelle Dench		Female	87	F40	39	52:53	469
446	799	53:00	Alex Ford		Female	88	F40	40	52:33	446
447	831	53:01	Angela Waplington		Female	89	F40	41	52:34	448
448	202	53:02	Joe Murphy		Male	359	M	142	52:43	458
449	542	53:02	Paul Tonkinson	London Heathside Runners AC	Male	360	M40	148	52:41	456
450	969	53:02	Rob Deering		Male	361	M40	149	52:41	457

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RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	469	53:03	Sean Mccgrail		Male	362	M50	63	52:38	452
452	35	53:05	Charly Valentine		Female	90	F40	42	52:34	449
453	793	53:06	Saleem Tejani		Male	363	M40	150	52:44	460
454	1024	53:07	Caley Sinclair-Hoyle		Male	364	M	143	52:54	471
455	1290	53:07	Owen Brennan		Male	365	M50	64	52:39	453
456	1417	53:08	Marko Balabanovic		Male	366	M40	151	52:43	459
457	948	53:08	Steven Evans		Male	367	M50	65	52:53	470
458	1146	53:09	Mirek Skrypak		Male	368	M	144	52:49	463
459	1455	53:11	Nicole Keddie		Female	91	F50	12	52:25	440
460	362	53:12	Alfred Schinkel		Male	369	M50	66	52:30	445
461	600	53:12	Edward Thomson		Male	370	M50	67	52:40	455
462	139	53:19	Russell Barnes		Male	371	M40	152	52:56	472
463	1226	53:20	Sam Patel		Female	92	F40	43	52:33	447
464	350	53:20	Naomi Shogbola		Female	93	F	35	52:34	450
465	284	53:22	Jenny Berrisford		Female	94	F40	44	52:51	466
466	910	53:23	Andrew Hall		Male	372	M40	153	52:40	454
467	246	53:23	Isabelle Pavitt		Female	95	F40	45	53:04	477
468	194	53:24	Ian Mathew		Male	373	M	145	52:29	444
469	558	53:25	Neil Goodlad		Male	374	M40	154	52:51	467
470	1009	53:26	Rebecca Borrowes		Female	96	F40	46	53:08	480
471	1189	53:26	Kelly Burgess		Female	97	F40	47	52:49	462
472	960	53:27	Susanne Dickson		Female	98	F40	48	52:57	474
473	888	53:28	Angus Taylor		Male	375	M50	68	53:15	488
474	562	53:29	Paul Ruyssevelt		Male	376	M60	9	52:52	468
475	531	53:31	William Vineall		Male	377	M40	155	53:03	476
476	66	53:32	Matt Braithwaite		Male	378	M40	156	52:57	473
477	731	53:36	Phil Mongredien		Male	379	M40	157	53:24	496
478	968	53:37	Sarah Mckenzie		Female	99	F40	49	53:17	493
479	1067	53:37	John Chamberlain		Male	380	M60	10	52:48	461
480	853	53:37	Olivier Frei		Male	381	M	146	53:08	479
481	174	53:38	Michael Fitzpatrick		Male	382	M60	11	52:59	475
482	382	53:38	Eleanor Jones		Female	100	F	36	53:26	499
483	1425	53:38	Katie Fischer		Female	101	F	37	53:31	502
484	950	53:39	Catherine Turley	Edmonton RC	Female	102	F50	13	52:50	465
485	836	53:40	Eugene McCrohan		Male	383	M50	69	53:13	485
486	253	53:41	Hilary Grierson		Female	103	F40	50	53:29	501
487	1170	53:41	Judith Ruhl	London Heathside Runners AC	Female	104	F	38	53:27	500
488	1177	53:41	Mia Clifford		Female	105	F	39	53:13	486
489	344	53:43	Tom Knott		Male	384	M50	70	53:11	482
490	358	53:43	Jackie Saull-Hunt		Female	106	F40	51	53:13	484
491	827	53:44	Samit Shah		Male	385	M	147	53:26	498
492	1176	53:44	Kay Clifford		Female	107	F40	52	53:16	490
493	1144	53:44	Sarah Duncan		Female	108	F40	53	53:10	481
494	997	53:47	Ben Ringham		Male	386	M40	158	53:12	483
495	546	53:48	Sophie Jones		Female	109	F	40	53:34	504
496	1382	53:49	Shepley Jim		Male	387	M50	71	53:06	478
497	1197	53:51	Yvonne Forward		Female	110	F40	54	53:23	495
498	619	53:51	Natalie Ker Watson		Female	111	F	41	53:14	487
499	553	53:53	Georgina Day		Female	112	F	42	53:17	494
500	250	53:54	Jonathan Morrish		Male	388	M50	72	53:44	514
501	754	53:59	Jamie Baker		Male	389	M40	159	53:36	506
502	37	54:03	Christina Appleton		Female	113	F50	14	53:16	491
503	36	54:03	Mark Appleton		Male	390	M50	73	53:17	492
504	295	54:03	Elliot Dunseath		Male	391	M40	160	53:44	515
505	1093	54:06	Nadia Ismail		Female	114	F	43	53:46	517
506	748	54:07	Matt Pitts		Male	392	M40	161	53:39	510
507	952	54:07	Malcolm Dixon		Male	393	M60	12	53:38	508
508	1306	54:08	Michele Tiley-Hill		Female	115	F40	55	53:37	507
509	951	54:09	Jd Marshall		Male	394	M	148	53:15	489
510	635	54:12	Bernard Bulaitis		Male	395	M50	74	53:46	518
511	502	54:13	Nike Siffre		Female	116	F40	56	53:40	513
512	821	54:14	Timothy Layton		Male	396	M40	162	53:26	497
513	479	54:15	Eric Langham		Male	397	M40	163	54:00	525
514	975	54:17	John Toner		Male	398	M	149	53:33	503
515	867	54:20	Mia Rikas		Female	117	F	44	53:49	519
516	1318	54:21	Tom Crispin		Male	399	M50	75	53:34	505
517	123	54:21	Richard Bareham		Male	400	M40	164	53:39	511
518	468	54:22	Kevin Knipe		Male	401	M50	76	53:57	522
519	376	54:25	Sarah Davies		Female	118	F40	57	54:06	539
520	691	54:29	Mary Battley		Female	119	F	45	53:52	521
521	1073	54:33	James Sutherland		Male	402	M	150	53:38	509
522	1058	54:33	Sarah-Jane Ladbury		Female	120	F40	58	54:04	535
523	1222	54:34	Paul Brady		Male	403	M	151	53:49	520
524	869	54:35	Shane Langan		Male	404	M	152	53:40	512
525	1277	54:36	Ann Woulfe	London Heathside Runners AC	Female	121	F	46	54:02	530

YMCA NORTH LONDON ADULT 10K

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	580	54:38	Rob Dakin		Male	405	M40	165	54:14	548
527	1370	54:38	Pantelis Michael		Male	406	M40	166	54:04	536
528	1210	54:39	Rebecca Meilhan		Female	122	F	47	53:57	523
529	1229	54:40	Jo Greengrass		Female	123	F40	59	54:03	531
530	434	54:40	Sahra Magnin		Female	124	F50	15	53:44	516
531	129	54:41	Miriam Wraight		Female	125	F	48	54:09	543
532	436	54:41	Rick Baker	London Heathside Runners AC	Male	407	M70	1	54:05	537
533	784	54:44	Simon Nathan		Male	408	M40	167	54:03	533
534	1114	54:44	Richard White		Male	409	M40	168	54:13	547
535	423	54:45	Hugh Brady		Male	410	M50	77	54:08	540
536	808	54:46	Amy Hill		Female	126	F	49	54:06	538
537	586	54:47	Henrietta East		Female	127	F	50	54:02	527
538	554	54:49	Jessica Sondhi		Female	128	F40	60	54:08	541
539	1260	54:49	Chris Atkins		Male	411	M40	169	54:00	524
540	228	54:50	David Inwald		Male	412	M50	78	54:35	557
541	1005	54:54	Damien Glackin		Male	413	M40	170	54:34	555
542	345	54:54	Martin Cruddace		Male	414	M50	79	54:02	529
543	982	54:56	Kevin McLellan	Serpentine RC	Male	415	M60	13	54:09	542
544	114	54:57	David Harding		Male	416	M50	80	54:35	556
545	1022	54:58	Sampson Djima		Male	417	M	153	54:03	532
546	1053	54:58	Chris Barton		Male	418	M40	171	54:03	534
547	155	55:01	Ben Katovsky		Male	419	M	154	54:12	546
548	908	55:02	Audrey Clarke		Female	129	F40	61	54:55	570
549	349	55:08	Stephen Ward		Male	420	M50	81	54:59	573
550	1065	55:08	Helen Paintin		Female	130	F	51	54:11	544
551	702	55:08	Joanne Dobie		Female	131	F	52	54:11	545
552	1	55:10	John Rubinstein		Male	421	M50	82	54:24	551
553	1081	55:11	Cyril Tobelem		Male	422	M	155	54:01	526
554	1021	55:11	Jeremie Tobelem		Male	423	M	156	54:02	528
555	1098	55:12	James Stripe		Male	424	M50	83	54:20	550
556	989	55:13	Andy Shaw		Male	425	M	157	54:52	567
557	1142	55:14	Gary Smith		Male	426	M50	84	54:53	569
558	1376	55:17	Vincent Eamon		Male	427	M60	14	54:39	560
559	177	55:17	Jonathan Taylor		Male	428	M40	172	54:19	549
560	563	55:18	Noemi Reiner		Female	132	F	53	54:24	552
561	45	55:18	Lizzy Emery		Female	133	F50	16	54:47	562
562	197	55:19	Jill Dougan		Female	134	F50	17	54:55	571
563	497	55:20	Laura King	Mornington Chasers	Female	135	F40	62	54:45	561
564	146	55:22	Lisa Turner		Female	136	F40	63	54:27	554
565	769	55:23	Helen Chope		Female	137	F50	18	55:04	575
566	49	55:26	Raymond Watts	London Heathside Runners AC	Male	429	M40	173	54:47	563
567	551	55:27	Stephen Brooks		Male	430	M50	85	54:50	564
568	1245	55:29	Stephanie Hofmann		Female	138	F40	64	54:25	553
569	794	55:30	Sian Fletcher		Female	139	F40	65	54:50	565
570	449	55:32	Louise Bailey		Female	140	F40	66	55:04	576
571	795	55:34	Andrew Wilson		Male	431	M40	174	54:37	558
572	276	55:35	Laura Cheng		Female	141	F	54	55:20	583
573	883	55:36	Brendan Hodges		Male	432	M50	86	54:51	566
574	776	55:39	Terry McCarthy		Male	433	M50	87	55:20	582
575	513	55:44	Rachel Scott Halls	London Heathside Runners AC	Female	142	F	55	54:52	568
576	277	55:46	Oliver Cheng		Male	434	M	158	55:32	591
577	1346	55:47	Juliane Thabuy		Female	143	F	56	54:38	559
578	320	55:48	Philip Prowse		Male	435	M50	88	55:03	574
579	1313	55:48	Daniel Smollan		Male	436	M40	175	55:13	579
580	1143	55:53	Jona Hutt		Male	437	M	159	55:10	577
581	508	55:54	Simon Mackie		Male	438	M40	176	54:57	572
582	1321	55:57	Bryony Innes		Female	144	F40	67	55:10	578
583	844	55:58	James Keane		Male	439	M	160	55:41	594
584	455	55:59	Jesper Garde		Male	440	M40	177	55:27	588
585	1259	56:04	Ben Stern		Male	441	M	161	55:15	580
586	751	56:05	Steve Ackerman		Male	442	M40	178	55:24	585
587	1373	56:05	Davies Jenny		Female	145	F40	68	55:28	589
588	1357	56:06	Richard Wilson		Male	443	M	162	55:23	584
589	742	56:06	Emily McGuire		Female	146	F40	69	55:18	581
590	859	56:09	Caroline Pisani		Female	147	F	57	55:38	593
591	249	56:11	Charles Anderson		Male	444	M50	89	55:29	590
592	922	56:12	Mark Himsworth		Male	445	M40	179	55:26	587
593	491	56:12	Barry Flanigan		Male	446	M40	180	55:45	596
594	1387	56:14	Roet Daniele		Female	148	F40	70	55:47	600
595	1183	56:15	Gary McDonagh		Male	447	M40	181	56:09	615
596	1239	56:25	Stuart Craig		Male	448	M40	182	55:37	592
597	1112	56:25	Tim Vernon		Male	449	M40	183	55:55	607
598	585	56:27	Chris Cooper		Male	450	M40	184	56:03	609
599	610	56:27	Jonathan Posner		Male	451	M60	15	56:03	610
600	1063	56:28	Busola Evans		Female	149	F40	71	55:26	586

YMCA NORTH LONDON ADULT 10K

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	871	56:28	Katie Tomlinson		Female	150	F	58	55:47	599
602	802	56:28	Matilde Laura		Female	151	F40	72	55:56	608
603	348	56:33	Adrian Thomas		Male	452	M70	2	56:05	611
604	1221	56:34	Kayleigh Fortune		Female	152	F	59	55:50	605
605	519	56:34	Berit Økvik Kvaal		Female	153	F40	73	55:42	595
606	29	56:38	Catherine Day		Female	154	F	60	56:11	620
607	99	56:38	Julia Monar		Female	155	F40	74	56:11	621
608	781	56:38	Jamie Glassman		Male	453	M40	185	56:14	622
609	394	56:40	Tara Tapper	London Heathside Runners AC	Female	156	F40	75	56:28	635
610	622	56:40	Ian Sherring		Male	454	M40	186	56:05	613
611	1106	56:41	Helen Davies		Female	157	F	61	55:48	602
612	166	56:41	Lindsey Clay		Female	158	F50	19	56:16	625
613	215	56:42	Ashley Rice		Male	455	M40	187	56:16	624
614	618	56:42	James Dark	London Heathside Runners AC	Male	456	M40	188	55:50	604
615	545	56:43	Kevin Gallichan		Male	457	M50	90	55:49	603
616	106	56:46	Rachel Hall		Female	159	F40	76	55:53	606
617	598	56:47	Polly Hamm French		Female	160	F40	77	56:24	632
618	70	56:47	Freddie Goldstone		Male	458	M	163	55:46	597
619	71	56:48	Andrew Goldstone		Male	459	M50	91	55:46	598
620	1271	56:49	Becky Tanner		Female	161	F50	20	56:10	617
621	1252	56:50	David Paul	Trent Park Running Club	Male	460	M60	16	56:11	619
622	126	56:51	Chris Hessel		Male	461	M60	17	56:19	626
623	1294	56:56	Nik Kafka		Male	462	M40	189	56:10	618
624	473	56:56	Rani Shergill		Female	162	F40	78	55:48	601
625	644	56:57	Michael Hellier		Male	463	M50	92	56:22	629
626	381	56:59	Maria Bailey		Female	163	F	62	56:26	633
627	311	57:00	Lee Marple		Male	464	M40	190	56:32	637
628	176	57:01	Jill Reading		Female	164	F50	21	56:44	643
629	1380	57:01	Heywood Elena		Female	165	F	63	56:24	631
630	292	57:04	Holly Cumberworth		Female	166	F	64	56:20	628
631	10	57:04	Melvyn Jones		Male	465	M50	93	56:32	638
632	1196	57:05	Poppy Levy		Female	167	F40	79	56:24	630
633	1371	57:06	Evans Richard		Male	466	M	164	56:28	634
634	223	57:10	Cordelia Wellock		Female	168	F40	80	56:31	636
635	1033	57:13	Lucy Horncastle		Female	169	F40	81	56:44	644
636	1185	57:18	Emily Hopkinson		Female	170	F	65	56:42	642
637	1238	57:19	Fiona Cushley		Female	171	F40	82	56:36	640
638	785	57:20	Libertine Bringas		Male	467	M50	94	56:52	646
639	1237	57:20	Nick Judd		Male	468	M60	18	56:05	612
640	1392	57:22	Alexandra Piroli		Female	172	F	66	56:14	623
641	1084	57:24	Charles Hill		Male	469	M	165	56:34	639
642	548	57:27	Monica Teversham		Female	173	F40	83	56:56	647
643	1372	57:28	Evans Josie		Female	174	F	67	56:49	645
644	695	57:29	Adam Cornish		Male	470	M	166	57:03	651
645	1109	57:32	Susan Carter		Female	175	F40	84	56:19	627
646	1274	57:33	Leo Walton		Male	471	M	167	56:09	616
647	1244	57:33	Kate Davidson		Female	176	F	68	56:09	614
648	996	57:34	Lucia Durante		Female	177	F	69	56:58	648
649	570	57:36	Yo Hearne		Female	178	F40	85	56:42	641
650	894	57:36	Poppy Ingall		Female	179	F	70	57:16	663
651	403	57:40	Romilly Greenhill	London Heathside Runners AC	Female	180	F40	86	57:07	656
652	230	57:42	Lucie Zweck		Female	181	F	71	57:14	662
653	97	57:45	Anne Saltmarsh		Female	182	F40	87	57:10	658
654	866	57:50	Kalle Rikas		Male	472	M50	95	57:19	666
655	741	57:52	Tory Sheeps		Female	183	F	72	57:16	664
656	1188	57:52	Clare Pryme	Synergy Running Club	Female	184	F	73	57:02	650
657	829	57:54	Fiona Maclellan		Female	185	F40	88	57:30	681
658	689	57:56	Tabitha Jones		Female	186	F	74	57:10	659
659	409	57:57	Imogen Wright		Female	187	F	75	57:07	655
660	860	57:58	Kaska Karwecka		Female	188	F	76	57:07	654
661	1027	58:01	Adam Solomon		Male	473	M	168	57:07	653
662	147	58:03	Duncan Wilson		Male	474	M40	191	57:22	671
663	935	58:03	Triada Pulham		Female	189	F40	89	57:32	682
664	606	58:03	Tracey Gulliford		Female	190	F40	90	57:26	675
665	909	58:05	Sylvie Kalandrikova		Female	191	F	77	57:02	649
666	707	58:05	Maud Waret		Female	192	F	78	57:41	686
667	1364	58:06	Maya Weintraub		Female	193	F	79	57:32	683
668	1242	58:07	Jake Baum		Male	475	M40	192	57:11	660
669	787	58:10	Gaia Dean		Female	194	F40	91	57:38	685
670	918	58:11	Kym Rawlings		Female	195	F40	92	57:29	678
671	1150	58:11	Kathryn Campbell	Synergy Running Club	Female	196	F	80	57:22	669
672	877	58:11	Angela Bachtler		Female	197	F40	93	57:51	690
673	308	58:12	Anita Charlesworth		Female	198	F50	22	57:13	661
674	104	58:14	Tom Hall		Male	476	M40	193	57:22	670
675	261	58:14	Jonathan Plimley		Male	477	M40	194	57:26	674

YMCA NORTH LONDON ADULT 10K

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	105	58:14	Imogen Hall		Female	199	F	81	57:22	667
677	861	58:14	Alun Morris		Male	478	M40	195	57:09	657
678	493	58:15	Sue Baker		Female	200	F50	23	57:30	680
679	25	58:15	William Roberts		Male	479	M40	196	57:26	676
680	732	58:16	Sarah Wickens		Female	201	F	82	57:25	673
681	442	58:18	Simon Goldring		Male	480	M40	197	57:18	665
682	864	58:19	Catherine Stalmanis		Female	202	F40	94	57:22	668
683	439	58:22	Michael Man		Male	481	M40	198	57:44	688
684	682	58:23	Dan McNamara		Male	482	M	169	57:56	693
685	68	58:24	Roger Black		Male	483	M50	96	57:04	652
686	1261	58:26	Lucy Turner		Female	203	F	83	57:29	679
687	687	58:27	Alex Sweetnam		Female	204	F	84	57:23	672
688	897	58:28	Clarissa Harding		Female	205	F40	95	58:04	699
689	1335	58:29	Wendy Turner		Female	206	F50	24	57:33	684
690	1307	58:39	Liban Abdimohamed		Male	484	M	170	58:10	704
691	937	58:40	Tracey Ruane	Edmonton RC	Female	207	F40	96	57:51	691
692	1342	58:41	Carrie Gibson		Female	208	F40	97	58:07	703
693	873	58:42	Miranda Padley	Edmonton RC	Female	209	F	85	57:42	687
694	496	58:43	John Short		Male	485	M40	199	58:10	705
695	1091	58:44	Manuela Hasselknippe		Female	210	F	86	58:06	702
696	1050	58:44	Becca Lewis		Female	211	F40	98	57:28	677
697	1132	58:46	Philip Steer		Male	486	M40	200	58:20	713
698	414	58:47	Angela Pollitzer		Female	212	F60	4	58:13	707
699	1359	58:48	Kafui Negedu		Male	487	M	171	57:56	694
700	1352	58:48	Stephen Darcy Murphy		Male	488	M40	201	58:48	738
701	51	58:51	Sheila Alon		Female	213	F50	25	58:04	700
702	1069	58:51	Frederic Fremion	East End Road Runners	Male	489	M	172	58:21	714
703	561	58:51	Archangelo Power		Male	490	M50	97	58:12	706
704	1345	58:51	Jerome Connor		Male	491	M50	98	58:03	696
705	39	58:52	Andrew Blantz		Male	492	M40	202	58:33	721
706	135	58:53	Julia Callard		Female	214	F40	99	58:42	731
707	118	58:54	Martin Gamage		Male	493	M50	99	58:04	698
708	737	58:55	Sarah Gourlay		Female	215	F40	100	57:46	689
709	568	58:56	Andretta Gordon		Female	216	F50	26	58:15	709
710	984	58:56	Paul Daly		Male	494	M40	203	58:06	701
711	1223	58:58	Emily Duits		Female	217	F	87	57:54	692
712	907	59:00	Lisa Tucker		Female	218	F	88	58:13	708
713	42	59:00	Vinnie Nambisan		Male	495	M40	204	58:20	712
714	321	59:02	Renata Maliniak		Female	219	F40	101	58:55	742
715	396	59:02	Susie Goodman		Female	220	F	89	58:18	710
716	1309	59:04	Alistair McGuire		Male	496	M60	19	58:03	697
717	1038	59:06	Sadiya Akram	Edmonton RC	Female	221	F	90	58:24	715
718	749	59:09	Dan Mullins		Male	497	M	173	58:40	729
719	1360	59:09	Lorraine Pichelski	Edmonton RC	Female	222	F50	27	58:19	711
720	994	59:10	Florence Lavy		Female	223	F	91	58:31	719
721	993	59:10	Jeremy Lavy		Male	498	M50	100	58:31	720
722	534	59:12	Raymond Miah		Male	499	M	174	58:33	722
723	309	59:13	Nick Charlesworth		Male	500	M50	101	58:02	695
724	798	59:14	Matt Ford		Male	501	M40	205	58:45	735
725	1324	59:14	Sophie Proops		Female	224	F	92	58:34	724
726	634	59:14	Simon Ford		Male	502	M70	3	58:46	736
727	1199	59:16	Julie Fuggle		Female	225	F	93	58:39	728
728	263	59:17	Michael Gray		Male	503	M40	206	58:29	718
729	141	59:17	Chris Chown		Male	504	M50	102	58:43	732
730	293	59:19	David Cumberworth		Male	505	M40	207	58:36	725
731	50	59:20	Sue Walker		Female	226	F40	102	58:50	739
732	213	59:21	Cleiber McCafferty		Female	227	F40	103	58:25	716
733	625	59:23	Jeannine Case		Female	228	F40	104	58:50	741
734	445	59:25	Claire Skinner		Female	229	F50	28	58:29	717
735	332	59:26	Fernando Oliveira		Male	506	M40	208	58:38	727
736	363	59:26	Chris Maeer		Male	507	M60	20	58:44	734
737	327	59:26	Neil Thompson		Male	508	M40	209	58:37	726
738	1225	59:30	Zoe Fleetwood		Female	230	F40	105	58:48	737
739	1308	59:35	Mireia Jofre-Bonet		Female	231	F50	29	58:33	723
740	825	59:36	Bo Fowler		Male	509	M40	210	58:57	744
741	701	59:37	Naomi Reynard		Female	232	F50	30	58:41	730
742	242	59:37	Claire Needham		Female	233	F50	31	59:07	749
743	355	59:38	Grace Cooper		Female	234	F	94	59:19	757
744	1338	59:40	Rachel Silver		Female	235	F	95	58:57	747
745	91	59:43	Michael Glynn		Male	510	M40	211	58:50	740
746	603	59:46	Jennifer Cote		Female	236	F40	106	59:11	750
747	451	59:46	Darren Foulkes		Male	511	M	175	58:43	733
748	681	59:46	Carolyn Whittaker	London Heathside Runners AC	Female	237	F50	32	58:55	743
749	981	59:48	Michael Woodhall		Male	512	M70	4	59:17	754
750	397	59:49	Kerrie O' Sullivan		Female	238	F40	107	59:14	751

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RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	31	59:49	Sarah Bailey		Female	239	F40	108	59:14	753
752	248	59:52	Sherie Roedling		Female	240	F40	109	59:18	756
753	1076	59:55	Ruth Cormacain		Female	241	F40	110	59:22	760
754	1048	59:55	Janet Tobin		Female	242	F40	111	59:40	776
755	930	59:58	Will Leaning		Male	513	M	176	58:57	746
756	1254	59:58	Gaia Gestri		Female	243	F40	112	58:57	745
757	779	59:58	Adam Sutcliffe		Male	514	M40	212	59:17	755
758	351	59:58	Roger Adams		Male	515	M60	21	59:39	773
759	239	59:59	Alice Parish	London Heathside Runners AC	Female	244	F40	113	59:24	764
760	346	59:59	Josh Hogan		Male	516	M	177	59:07	748
761	411	1:00:00	Victoria Phillips	London Heathside Runners AC	Female	245	F50	33	59:26	766
762	338	1:00:03	Josie Goldfinch Betts		Female	246	F	96	59:22	761
763	1040	1:00:07	Anne Etchells		Female	247	F40	114	59:35	768
764	1004	1:00:12	Tim Daniels		Male	517	M40	213	59:54	782
765	1333	1:00:13	Sophie Mass		Female	248	F	97	59:14	752
766	1014	1:00:15	Tobias Morphet		Male	518	M40	214	59:24	763
767	1383	1:00:15	Gordon Jo		Female	249	F50	34	59:41	777
768	199	1:00:15	Duncan Horne		Male	519	M50	103	59:20	758
769	734	1:00:17	Rachel Roberts		Female	250	F40	115	59:48	779
770	1384	1:00:18	Salem Lesley		Female	251	F40	116	59:49	780
771	855	1:00:21	Antonio Prezzavento		Male	520	M40	215	59:22	762
772	1006	1:00:25	Indira Varma		Female	252	F40	117	59:38	771
773	1012	1:00:25	Edward Simpson		Male	521	M40	216	59:38	770
774	1253	1:00:25	Sally Patrick		Female	253	F40	118	59:31	767
775	112	1:00:25	Rebecca Hamilton-Brown		Female	254	F40	119	59:39	775
776	574	1:00:25	David Fitzgerald		Male	522	M	178	59:25	765
777	1334	1:00:26	Lucy Jackson		Female	255	F	98	59:21	759
778	427	1:00:26	Emiko Yamaguchi		Female	256	F40	120	59:37	769
779	255	1:00:26	Charles Illingworth		Male	523	M40	217	59:39	774
780	987	1:00:29	Ruth Ryder		Female	257	F	99	59:54	783
781	988	1:00:30	Zoe Macalpine		Female	258	F40	121	59:57	784
782	615	1:00:32	Helen Pyper		Female	259	F40	122	59:59	786
783	305	1:00:35	Ruth Byrne		Female	260	F	100	59:38	772
784	117	1:00:35	Debra Godding		Female	261	F50	35	59:44	778
785	1026	1:00:38	Diane Webb		Female	262	F40	123	1:00:05	790
786	759	1:00:47	Alon Bader		Male	524	M40	218	59:53	781
787	440	1:00:49	Julie Tang		Female	263	F40	124	1:00:13	794
788	1148	1:01:01	James Cahill		Male	525	M40	219	1:00:00	788
789	87	1:01:05	Laura Pritchard		Female	264	F50	36	1:00:15	795
790	631	1:01:05	Rosamund Wright		Female	265	F	101	1:00:15	796
791	1397	1:01:06	Bonnie Pooley		Female	266	F40	125	59:58	785
792	1396	1:01:06	Peter Gobey		Male	526	M40	220	59:59	787
793	1399	1:01:06	Luke Cowley		Male	527	M	179	1:00:00	789
794	1287	1:01:09	David Simmons		Male	528	M50	104	1:00:30	803
795	26	1:01:09	Eva Morrison		Female	267	F40	126	1:00:07	791
796	1102	1:01:09	Hannah Lury		Female	268	F	102	1:00:13	793
797	1190	1:01:11	Garry Orton		Male	529	M40	221	1:00:33	804
798	286	1:01:11	Sam Chown Ahern		Female	269	F	103	1:00:37	809
799	803	1:01:12	Helen English		Female	270	F40	127	1:00:34	805
800	63	1:01:14	Matt Hall		Male	530	M40	222	1:00:29	800
801	1329	1:01:16	Ryan Monis		Male	531	M	180	1:00:43	815
802	1118	1:01:18	Annabelle Collins		Female	271	F	104	1:00:24	798
803	127	1:01:18	Duncan Ray		Male	532	M40	223	1:00:42	814
804	1154	1:01:21	Francis van Alphen		Male	533	M	181	1:00:29	802
805	1230	1:01:24	Yolanda Chichon		Female	272	F40	128	1:00:10	792
806	1275	1:01:27	Carolyn Walker		Female	273	F50	37	1:00:44	818
807	490	1:01:28	Roisin Delaney		Female	274	F40	129	1:01:00	824
808	656	1:01:28	Alan Rodney		Male	534	M60	22	1:00:34	806
809	938	1:01:28	Lisa Worley	Edmonton RC	Female	275	F40	130	1:00:39	813
810	541	1:01:28	Andy Regan		Male	535	M40	224	1:00:58	823
811	1029	1:01:29	Justin Coombs		Male	536	M50	105	1:00:38	811
812	1030	1:01:29	Gabriela Coombs		Female	276	F40	131	1:00:38	810
813	59	1:01:30	Clare Connolly		Female	277	F40	132	1:01:07	827
814	592	1:01:31	Lisa Ozsdolay		Female	278	F	105	1:00:35	808
815	814	1:01:32	Sam Fisk		Male	537	M	182	1:00:43	817
816	1046	1:01:32	Christalla Karretti		Female	279	F40	133	1:00:56	822
817	816	1:01:33	Olivia Redmond		Female	280	F	106	1:00:45	819
818	331	1:01:34	Michael Gunn		Male	538	M50	106	1:00:20	797
819	1113	1:01:36	Rachel Halliwell		Female	281	F40	134	1:00:26	799
820	817	1:01:37	Angela Bryan		Female	282	F40	135	1:00:29	801
821	1240	1:01:38	Robert Winckworth		Male	539	M	183	1:00:35	807
822	183	1:01:45	Jake Smith		Male	540	M	184	1:00:39	812
823	407	1:01:45	Sindy Lane		Female	283	F40	136	1:00:46	820
824	1163	1:01:48	Simon Rothenberg		Male	541	M	185	1:01:16	833
825	148	1:01:48	R Gregson		Male	542	M50	107	1:01:28	843

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RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
826	201	1:01:54	Stephen Millard		Male	543	M40	225	1:00:43	816
827	410	1:01:56	Anna Loughlin		Female	284	F50	38	1:01:17	837
828	685	1:01:56	Carolyn Baker		Female	285	F50	39	1:01:19	838
829	985	1:01:57	Danielle Olsen		Female	286	F40	137	1:01:10	829
830	1452	1:01:57	Lisa Finch		Female	287	F40	138	1:01:10	830
831	370	1:02:00	Becky Grey		Female	288	F	107	1:01:07	826
832	857	1:02:01	Martin Slattery		Male	544	M	186	1:01:16	835
833	577	1:02:02	Anna Blue		Female	289	F40	139	1:00:52	821
834	1083	1:02:06	Robert Hill		Male	545	M50	108	1:01:16	834
835	876	1:02:06	Kat McGrath		Female	290	F	108	1:01:23	841
836	61	1:02:09	Adam Sharples		Male	546	M60	23	1:01:17	836
837	173	1:02:12	Gareth Brahams		Male	547	M40	226	1:01:30	844
838	532	1:02:13	Ellika McAuley		Female	291	F40	140	1:01:22	840
839	738	1:02:15	David Corry		Male	548	M50	109	1:01:14	832
840	1266	1:02:19	Debi Mulroy		Female	292	F40	141	1:01:09	828
841	1325	1:02:19	Rob Luxford		Male	549	M	187	1:01:12	831
842	102	1:02:19	Tom Panton		Male	550	M40	227	1:01:01	825
843	93	1:02:24	Emmi Ventela		Female	293	F	109	1:01:25	842
844	675	1:02:25	Anthony White		Male	551	M60	24	1:01:35	846
845	302	1:02:28	Elizabeth Bryant		Female	294	F40	142	1:01:22	839
846	1381	1:02:29	Cowen Tina		Female	295	F50	40	1:01:44	852
847	1121	1:02:31	Frank Norman		Male	552	M50	110	1:01:59	856
848	158	1:02:35	Ann Dougan		Female	296	F50	41	1:01:42	851
849	917	1:02:35	Tanya Weisweiller		Female	297	F40	143	1:02:06	863
850	337	1:02:39	Clare Goldfinch		Female	298	F50	42	1:01:58	854
851	420	1:02:39	Vicky Hawkins		Female	299	F40	144	1:01:31	845
852	367	1:02:41	Helen Maestranzi		Female	300	F40	145	1:01:37	847
853	612	1:02:42	Karen Zamboni		Female	301	F	110	1:01:41	850
854	1207	1:02:43	Myron Mikulin		Male	553	M	188	1:01:41	849
855	978	1:02:45	Meera Das		Female	302	F	111	1:02:23	870
856	492	1:02:47	Danny Maher		Male	554	M60	25	1:01:38	848
857	995	1:02:51	Maureen Easting	London Heathside Runners AC	Female	303	F50	43	1:02:00	858
858	17	1:02:51	Nilesh Goswami	London Heathside Runners AC	Male	555	M50	111	1:02:01	859
859	976	1:02:53	Madeleine Gilmour		Female	304	F	112	1:02:04	861
860	1320	1:02:54	Sam Goodman		Male	556	M	189	1:02:10	865
861	1330	1:02:54	Clive Baldwin		Male	557	M40	228	1:02:08	864
862	335	1:02:55	Chris Reed		Male	558	M40	229	1:01:53	853
863	1025	1:02:55	Sally Warren		Female	305	F40	146	1:02:22	869
864	786	1:02:57	Louise Robathan		Female	306	F40	147	1:02:02	860
865	1354	1:02:58	Thomas Fenal		Male	559	M	190	1:01:59	855
866	809	1:02:58	Sylvie Agenet		Female	307	F	113	1:01:59	857
867	157	1:03:01	David Walkington		Male	560	M60	26	1:02:05	862
868	108	1:03:06	Corinne Locke		Female	308	F40	148	1:02:18	868
869	505	1:03:09	Paul Willcocks		Male	561	M50	112	1:02:11	866
870	885	1:03:15	Rob Ward		Male	562	M50	113	1:02:16	867
871	1187	1:03:20	Holly Patterson		Female	309	F40	149	1:02:25	871
872	395	1:03:21	Barney Goodman		Male	563	M	191	1:02:37	876
873	96	1:03:22	Deborah Rose		Female	310	F40	150	1:02:25	872
874	579	1:03:28	Yen Luong		Female	311	F40	151	1:02:49	878
875	1243	1:03:32	Andrea Rogers		Female	312	F40	152	1:02:35	874
876	16	1:03:33	Darren Greenberg		Male	564	M40	230	1:02:27	873
877	211	1:03:34	Androulla Kyriacou		Female	313	F50	44	1:03:18	886
878	1031	1:03:39	Manraj Basi		Male	565	M50	114	1:03:03	884
879	168	1:03:40	Mark Woods		Male	566	M40	231	1:03:00	881
880	415	1:03:44	Kate Newman		Female	314	F40	153	1:02:36	875
881	1047	1:03:48	Susie Dutoit	Edmonton RC	Female	315	F	114	1:02:47	877
882	231	1:03:48	Sandra Partington		Female	316	F50	45	1:02:55	879
883	1316	1:03:53	Jaimie Irvine		Male	567	M	192	1:02:58	880
884	564	1:03:54	Kevin Howarth		Male	568	M	193	1:03:03	883
885	402	1:03:56	Matthew Reville		Male	569	M40	232	1:03:07	885
886	916	1:04:02	Nina Kennedy	Edmonton RC	Female	317	F60	5	1:03:00	882
887	1216	1:04:31	Helen Sodfi		Female	318	F	115	1:04:03	903
888	1128	1:04:34	Julia Finnegan		Female	319	F	116	1:03:31	887
889	1129	1:04:34	Ronan Hoare	Mornington Chasers	Male	570	M	194	1:03:31	888
890	955	1:04:35	Sarah Stogdon		Female	320	F50	46	1:03:40	892
891	640	1:04:36	Geoffrey Bayley		Male	571	M60	27	1:03:34	889
892	264	1:04:37	Michelle Evans		Female	321	F	117	1:03:51	899
893	927	1:04:38	Amy Leaning		Female	322	F40	154	1:03:38	891
894	1341	1:04:39	Suzie Zuber		Female	323	F40	155	1:03:58	900
895	660	1:04:40	Clare Ludlow		Female	324	F40	156	1:04:00	901
896	591	1:04:41	Philippa Wright		Female	325	F40	157	1:03:37	890
897	750	1:04:42	Alison Gray		Female	326	F	118	1:03:42	893
898	280	1:04:45	Caroline Harrison		Female	327	F40	158	1:03:45	895
899	404	1:04:45	Jo moore		Female	328	F50	47	1:03:43	894
900	1201	1:04:50	Michael Ainger		Male	572	M60	28	1:03:47	897

YMCA NORTH LONDON ADULT 10K

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
901	632	1:04:50	Lorna Number		Female	329	F40	159	1:03:46	896
902	1368	1:04:56	Fowler Lindsay		Female	330	F50	48	1:04:13	909
903	272	1:04:58	Faye Morgan		Female	331	F	119	1:03:51	898
904	424	1:05:03	Nasreen Arain		Female	332	F40	160	1:04:09	905
905	1319	1:05:07	Thalia Walters		Female	333	F40	161	1:04:03	902
906	1386	1:05:15	Hough Martin		Male	573	M50	115	1:04:30	919
907	963	1:05:16	Arul Joseph		Male	574	M40	233	1:04:11	908
908	1263	1:05:19	Sally-Ann Elliott		Female	334	F40	162	1:04:10	906
909	1264	1:05:19	Yan Elliott		Male	575	M40	234	1:04:11	907
910	694	1:05:19	Karl Windrich		Male	576	M60	29	1:04:52	933
911	980	1:05:21	Kyle Charles		Male	577	M	195	1:04:21	913
912	573	1:05:23	Natalie Tibble		Female	335	F	120	1:04:22	914
913	815	1:05:23	Karen Blair		Female	336	F40	163	1:04:20	911
914	633	1:05:23	Kelly Mason		Female	337	F	121	1:04:07	904
915	990	1:05:24	Sarah Sproson		Female	338	F40	164	1:04:50	929
916	1099	1:05:26	Sharon Burns		Female	339	F50	49	1:04:28	916
917	1100	1:05:27	Graham Bednash		Male	578	M50	116	1:04:28	915
918	1218	1:05:28	Jan Goodman		Female	340	F60	6	1:04:51	930
919	964	1:05:29	Anna Mullen		Female	341	F40	165	1:04:18	910
920	506	1:05:33	Samantha Jones		Female	342	F50	50	1:04:40	921
921	791	1:05:37	Paul Smith		Male	579	M60	30	1:04:48	926
922	1355	1:05:37	Paul Silverman		Male	580	M70	5	1:04:21	912
923	4	1:05:38	Deepesh Thobhani		Male	581	M	196	1:04:50	927
924	1200	1:05:38	Wendy Appleby		Female	343	F50	51	1:04:29	918
925	189	1:05:40	Louise Boden		Female	344	F50	52	1:04:29	917
926	143	1:05:42	Charlotte Matthews		Female	345	F40	166	1:04:45	925
927	153	1:05:49	John Hutchings		Male	582	M70	6	1:05:12	939
928	992	1:05:49	Marcella Shkreli		Female	346	F	122	1:04:50	928
929	522	1:05:51	Astrid Griffiths		Female	347	F50	53	1:04:40	922
930	620	1:05:57	Kim Mansfield-Davies		Female	348	F40	167	1:04:41	923
931	868	1:05:57	Leanne Wenham		Female	349	F	123	1:04:37	920
932	73	1:05:57	Matt Cousins		Male	583	M40	235	1:05:51	952
933	648	1:05:58	Mahua Chaudhuri		Female	350	F50	54	1:04:53	934
934	928	1:05:58	Sara Tate		Female	351	F40	168	1:04:58	936
935	621	1:06:00	Gareth Davies		Male	584	M50	117	1:04:43	924
936	1192	1:06:02	Becky Ghani		Female	352	F40	169	1:05:04	937
937	101	1:06:09	Lucie Panton		Female	353	F40	170	1:04:51	932
938	1233	1:06:09	Zai Swan		Female	354	F40	171	1:04:51	931
939	813	1:06:10	Ian Moughton-Small		Male	585	M50	118	1:04:54	935
940	431	1:06:17	Jane Stevens		Female	355	F50	55	1:05:07	938
941	401	1:06:24	Kim Heron		Female	356	F40	172	1:05:34	945
942	310	1:06:26	Malik Ayman		Male	586	M40	236	1:05:44	950
943	872	1:06:26	Kayleigh Johnson		Female	357	F	124	1:05:26	940
944	700	1:06:30	Nicola Barron		Female	358	F40	173	1:05:33	944
945	1234	1:06:41	Rachel Platt		Female	359	F	125	1:05:42	947
946	1101	1:06:43	Charlotte Hill		Female	360	F40	174	1:05:32	943
947	710	1:06:46	Ceri Lush		Female	361	F40	175	1:05:30	941
948	1095	1:06:49	Paul Stagg		Male	587	M40	237	1:05:32	942
949	863	1:06:53	Michelle Franchi		Female	362	F50	56	1:05:55	953
950	328	1:06:53	Richard Atkinson		Male	588	M50	119	1:05:38	946
951	65	1:06:55	Gillian De La Motte		Female	363	F40	176	1:05:44	948
952	140	1:06:55	Michaela Longmore		Female	364	F40	177	1:05:44	949
953	20	1:06:59	Jeff Gitter		Male	589	M60	31	1:05:50	951
954	130	1:07:03	Tami Hoffman		Female	365	F40	178	1:06:29	961
955	1103	1:07:03	Monica Lynch	Synergy Running Club	Female	366	F50	57	1:05:57	954
956	480	1:07:06	Mihla Sibanda		Male	590	M40	238	1:06:14	956
957	1451	1:07:13	Jonathan Jacobs		Male	591	M40	239	1:06:01	955
958	441	1:07:18	Yeung Poon		Male	592	M40	240	1:06:40	966
959	120	1:07:20	Lucy Banister		Female	367	F50	58	1:06:30	962
960	12	1:07:29	Iona Grant		Female	368	F	126	1:06:26	959
961	13	1:07:29	Daniel Grant		Male	593	M	197	1:06:26	958
962	133	1:07:30	David Evans		Male	594	M50	120	1:06:23	957
963	697	1:07:31	Paula Waldron		Female	369	F50	59	1:06:28	960
964	406	1:07:35	Carlton Lane		Male	595	M	198	1:06:37	964
965	1184	1:07:41	Kate Fox		Female	370	F40	179	1:07:02	974
966	1348	1:07:41	Marcie Gatsky		Female	371	F40	180	1:07:02	975
967	1155	1:07:41	Gillian Pittaway		Female	372	F40	181	1:06:42	967
968	131	1:07:44	Angela Lawson		Female	373	F40	182	1:06:39	965
969	790	1:07:46	Jacqueline Stopforth		Female	374	F50	60	1:06:32	963
970	304	1:07:58	Shannon Lawrence		Female	375	F40	183	1:06:48	968
971	1174	1:08:01	Natalie Woodford		Female	376	F50	61	1:06:49	970
972	1085	1:08:01	Simon Brock		Male	596	M50	121	1:06:49	969
973	115	1:08:03	Lorna Harding		Female	377	F40	184	1:06:53	971
974	774	1:08:05	Corinna Wraight		Female	378	F50	62	1:07:48	983
975	128	1:08:06	Amy Simmons		Female	379	F40	185	1:07:03	976

YMCA NORTH LONDON ADULT 10K

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
976	540	1:08:08	Debbie Neal		Female	380	F50	63	1:07:17	978
977	672	1:08:14	Catherine Hayes		Female	381	F	127	1:06:59	972
978	670	1:08:15	Sue Hayes		Female	382	F50	64	1:07:01	973
979	1340	1:08:25	Duncan Tanner		Male	597	M40	241	1:07:13	977
980	488	1:08:27	Arancha Heredero		Female	383	F40	186	1:07:39	982
981	1158	1:08:31	Catherine Suttle		Female	384	F50	65	1:07:27	980
982	476	1:08:36	Ana Biosca-Peris		Female	385	F40	187	1:07:24	979
983	1115	1:08:46	Rachel Howarth		Female	386	F40	188	1:07:39	981
984	1064	1:08:50	Liz Shaw		Female	387	F50	66	1:07:58	990
985	113	1:09:00	Lisa Cristie		Female	388	F40	189	1:07:51	984
986	172	1:09:00	Elaine Odonnell		Female	389	F40	190	1:07:51	985
987	100	1:09:01	Alison Kay		Female	390	F40	191	1:07:52	986
988	1421	1:09:07	Jacquie O'Donnell		Female	391	F50	67	1:07:58	988
989	1204	1:09:09	Jacky Oliver		Female	392	F40	192	1:07:57	987
990	319	1:09:10	Eleanor Turnbull		Female	393	F	128	1:08:31	996
991	915	1:09:18	Marie Gilmour		Female	394	F50	68	1:08:29	995
992	550	1:09:21	Ainsley Stocker		Female	395	F40	193	1:07:58	989
993	487	1:09:23	Tom Tilley		Male	598	M	199	1:08:10	992
994	299	1:09:23	Louise Breuer		Female	396	F40	194	1:08:10	993
995	595	1:09:24	Chloe Goldman		Female	397	F	129	1:08:11	994
996	1302	1:09:29	Helen Goldberg		Female	398	F40	195	1:08:06	991
997	1369	1:09:38	Marshall Neil		Male	599	M50	122	1:08:54	1004
998	1343	1:09:39	Lauren Harris	Synergy Running Club	Female	399	F	130	1:08:31	997
999	1414	1:09:39	Fitzgerald Lorna		Female	400	F	131	1:08:54	1003
1000	589	1:09:48	Louise Heelan		Female	401	F	132	1:08:32	998
1001	167	1:09:49	Francis Mannion	Trent Park Running Club	Male	600	M	200	1:09:23	1013
1002	1262	1:09:50	Siobhan Murphy		Female	402	F	133	1:08:36	999
1003	1152	1:09:52	Roseann Campbell		Female	403	F	134	1:08:39	1002
1004	1072	1:09:53	Lee-Anne Van Heusden		Female	404	F40	196	1:09:14	1008
1005	839	1:09:55	Chris Jenkinson		Male	601	M	201	1:08:36	1000
1006	1375	1:09:55	Ryan Helen		Female	405	F40	197	1:09:10	1007
1007	234	1:09:56	Nick Griffin		Male	602	M50	123	1:08:58	1006
1008	840	1:09:56	Fiona McCourt		Female	406	F	135	1:08:38	1001
1009	1453	1:10:01	Erion Hystuma		Male	603	M	202	1:09:18	1010
1010	1126	1:10:01	Julian Shkreli		Male	604	M50	124	1:09:18	1011
1011	38	1:10:04	Esther Pierce		Female	407	F40	198	1:08:56	1005
1012	374	1:10:07	Dugan Jackson		Male	605	M40	242	1:09:14	1009
1013	1160	1:10:15	Rita Dobo		Female	408	F40	199	1:09:36	1016
1014	1018	1:10:31	Natalie Davis		Female	409	F50	69	1:09:27	1014
1015	184	1:10:37	Ben Fitchew		Male	606	M40	243	1:09:19	1012
1016	665	1:10:40	Sarah Hodgson		Female	410	F40	200	1:09:40	1019
1017	768	1:10:41	Alexander Wigginton		Male	607	M40	244	1:10:06	1032
1018	464	1:10:42	Julia Stannard		Female	411	F40	201	1:10:06	1033
1019	1156	1:10:42	John Crosby		Male	608	M40	245	1:09:44	1021
1020	965	1:10:45	Anna Mayers		Female	412	F	136	1:09:40	1018
1021	1003	1:10:46	Nashaba Martin		Female	413	F40	202	1:09:41	1020
1022	185	1:10:51	Lucy Nicholson		Female	414	F	137	1:09:33	1015
1023	1007	1:10:52	Una Murphy		Female	415	F60	7	1:09:39	1017
1024	386	1:10:55	Bruno Afonso		Male	609	M	203	1:09:49	1023
1025	1356	1:10:55	Renato Pereira		Male	610	M40	246	1:09:49	1024
1026	1280	1:10:59	Paula Grant		Female	416	F	138	1:09:58	1025
1027	1279	1:11:00	Krystyna Grant		Female	417	F	139	1:09:59	1026
1028	659	1:11:01	Synnove Kershaw		Female	418	F40	203	1:09:49	1022
1029	646	1:11:05	Rebecca Williams		Female	419	F	140	1:10:01	1027
1030	645	1:11:06	Jemma Jerez		Female	420	F40	204	1:10:02	1028
1031	527	1:11:17	Katy Bircher		Female	421	F40	205	1:10:03	1030
1032	544	1:11:17	Sarah Tiley-Hill		Female	422	F40	206	1:10:02	1029
1033	472	1:11:17	Anna Hill		Female	423	F40	207	1:10:03	1031
1034	637	1:11:23	Denize Levett		Female	424	F40	208	1:10:07	1034
1035	596	1:11:25	Ammara Hughes	Synergy Running Club	Female	425	F40	209	1:10:17	1038
1036	555	1:11:29	Toyin Laketu		Female	426	F	141	1:10:50	1046
1037	1122	1:11:30	Suzanne Ali		Female	427	F40	210	1:10:10	1036
1038	1124	1:11:30	Siobhan Hardy		Female	428	F	142	1:10:10	1037
1039	1123	1:11:30	Rifat Ali		Male	611	M40	247	1:10:10	1035
1040	800	1:11:35	Elena Plaiter		Female	429	F	143	1:10:31	1043
1041	364	1:11:36	Hannah Newman		Female	430	F40	211	1:10:27	1039
1042	1011	1:11:36	Ellie Haworth		Female	431	F	144	1:10:27	1040
1043	186	1:11:37	Emily Gill		Female	432	F	145	1:10:30	1042
1044	9	1:11:39	Rebecca Cutts		Female	433	F40	212	1:10:34	1044
1045	804	1:11:45	Nick Allaway		Male	612	M50	125	1:10:30	1041
1046	333	1:11:58	Anja Oliveira		Female	434	F40	213	1:10:49	1045
1047	482	1:12:02	Hannah Molyneux		Female	435	F40	214	1:10:51	1047
1048	190	1:12:09	Kivilcim Kostem		Female	436	F40	215	1:11:02	1048
1049	465	1:12:19	Maureen Elshof		Female	437	F	146	1:11:02	1049
1050	557	1:12:21	Sonja Goodlad		Female	438	F40	216	1:11:47	1056

YMCA NORTH LONDON ADULT 10K

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	1096	1:12:23	Jenny Craigen		Female	439	F40	217	1:11:06	1051
1052	1097	1:12:23	Laura Goodman		Female	440	F40	218	1:11:05	1050
1053	617	1:12:39	Katie Cavanagh		Female	441	F40	219	1:11:22	1052
1054	515	1:12:51	Anna Semmens		Female	442	F	147	1:11:34	1053
1055	384	1:12:52	Rupert Lyddon		Male	613	M40	248	1:11:38	1054
1056	301	1:12:52	Scott Morrison		Male	614	M40	249	1:11:39	1055
1057	11	1:12:58	Faghma Coetzee		Female	443	F40	220	1:12:27	1063
1058	575	1:13:01	Lucy Scanlon		Female	444	F	148	1:11:58	1057
1059	1326	1:13:11	Jude King		Female	445	F	149	1:12:04	1059
1060	838	1:13:15	Alex Norton		Male	615	M40	250	1:12:03	1058
1061	662	1:13:16	Katherine Redmond		Female	446	F	150	1:12:11	1060
1062	95	1:13:30	Ellen Clague		Female	447	F40	221	1:12:19	1061
1063	920	1:13:34	Chris Wood		Male	616	M50	126	1:12:20	1062
1064	973	1:13:57	Victoria Wood		Female	448	F	151	1:12:55	1065
1065	820	1:14:03	Steve James		Male	617	M50	127	1:13:15	1067
1066	47	1:14:07	Misha Mansoor		Female	449	F50	70	1:12:41	1064
1067	525	1:14:07	Caroline Torrance		Female	450	F50	71	1:13:08	1066
1068	254	1:14:11	Sarah Summers		Female	451	F50	72	1:13:31	1069
1069	772	1:14:16	Juliet Brown		Female	452	F50	73	1:13:20	1068
1070	182	1:15:03	Rebecca Rowe		Female	453	F	152	1:13:57	1071
1071	655	1:15:16	Diana Munyama		Female	454	F	153	1:13:55	1070
1072	739	1:15:19	Wolfie Bilsborough Smith		Female	455	F50	74	1:14:12	1072
1073	144	1:15:29	Karen Boxer		Female	456	F50	75	1:14:27	1073
1074	1401	1:15:47	Brodie Berman		Male	618	M	204	1:14:39	1074
1075	977	1:15:53	Vicky Saporta		Female	457	F40	222	1:14:47	1075
1076	1393	1:16:02	Saleem Kamal		Male	619	M	205	1:14:53	1076
1077	1131	1:16:27	Avtar Singh		Male	620	M50	128	1:15:27	1077
1078	514	1:16:50	Klaus-Dieter Rossade		Male	621	M50	129	1:15:43	1079
1079	835	1:16:58	Klaudia Badura		Female	458	F	154	1:15:39	1078
1080	200	1:17:22	Deborah Goldman		Female	459	F60	8	1:16:09	1080
1081	1410	1:17:31	Giorgiana Opritescu		Female	460	F	155	1:17:14	1086
1082	1411	1:17:31	Martyna Jozefowska		Female	461	F	156	1:17:13	1085
1083	416	1:17:59	Pauliina Malinen		Female	462	F40	223	1:17:01	1084
1084	1175	1:18:07	Michael O'Callaghan		Male	622	M50	130	1:16:56	1083
1085	834	1:18:10	Heidi Lahtinen		Female	463	F40	224	1:16:52	1081
1086	833	1:18:10	Claire Demmer		Female	464	F40	225	1:16:52	1082
1087	669	1:18:31	Ruth Garnett		Female	465	F40	226	1:17:28	1088
1088	187	1:18:40	Laurence Spurling		Male	623	M60	32	1:17:25	1087
1089	1236	1:18:58	Jo Moses		Female	466	F40	227	1:18:00	1091
1090	312	1:19:10	Beth Macmillan		Female	467	F40	228	1:17:55	1090
1091	1086	1:19:10	Emma Cattley		Female	468	F40	229	1:17:55	1089
1092	708	1:19:49	Ieva Usackyte		Female	469	F	157	1:18:32	1092
1093	283	1:21:57	Vivien Wilkinson		Female	470	F60	9	1:20:40	1093
1094	688	1:23:49	Kenneth Dan		Male	624	M40	251	1:22:35	1094
1095	1388	1:26:33	Richard Glover		Male	625	M	206	1:25:10	1095
1096	1391	1:26:34	Yohan Wanigaratne		Male	626	M	207	1:25:11	1096
1097	1135	1:27:53	Margaret Burgess		Female	471	F50	76	1:26:41	1097
1098	823	1:28:26	John Hawting		Male	627	M60	33	1:27:36	1100
1099	583	1:28:44	Chris Munyama		Female	472	F50	77	1:27:24	1098
1100	521	1:28:44	Julian Emery		Male	628	M60	34	1:27:25	1099
1101	1337	1:31:32	Madeline Young	London City Runners	Female	473	F	158	1:30:18	1101
1102	1300	1:39:51	Jane Sowden		Female	474	F50	78	1:38:40	1102
1103	477	1:39:52	Anna Sanchez		Female	475	F40	230	1:38:40	1103