

Sri Chinmoy 5K Race

Battersea Park, London

5th August 2019

HASTY HARE 5K



WINNERS

| RANK | FIRST NAME | SURNAME | CLUB | M F | TIME | AGE |
|------|------------|---------|------|-------|------|-----|
|------|------------|---------|------|-------|------|-----|

Men U/50

| | | | | | | |
|---|---------|------------|-------------------------------|------|----------|----|
| 1 | Seyfu | Jamaal | London Heathside | Male | 00:15:04 | 18 |
| 2 | Nicolas | Besson | Serpentine | Male | 00:15:08 | 38 |
| 3 | Billy | Hobbs | Tunbridge Wells Harriers | Male | 00:15:28 | 20 |
| 4 | Thomas | Clark | London Heathside | Male | 00:15:40 | 26 |
| 5 | Timothy | Bowen | dulwich runners ac | Male | 00:15:57 | 35 |
| 6 | Ryan | McCrickerd | Serpentine | Male | 00:15:59 | 30 |
| 7 | James | Hotham | Victoria Park Harriers & THAC | Male | 00:16:01 | 34 |

Women U/50

| | | | | | | |
|---|---------|-----------|-------------------|--------|----------|----|
| 1 | Emma | Davis | Ward Park Runners | Female | 00:17:01 | 33 |
| 2 | Lucie | Custance | Clapham Chasers | Female | 00:17:28 | 40 |
| 3 | Rebecca | Piggott | London Heathside | Female | 00:18:00 | 33 |
| 4 | Lisa | Rooney | Collingwood | Female | 00:18:13 | 40 |
| 5 | Millie | Barnes | London Heathside | Female | 00:18:32 | 25 |
| 6 | Sarah | Pemberton | Serpentine | Female | 00:18:36 | 33 |
| 7 | Rachel | Owen | Clapham Chasers | Female | 00:19:11 | 29 |

Men Vet 50

| | | | | | | |
|---|-------|--------|-------------------------|------|----------|----|
| 1 | Steve | Davies | Dulwich runners | Male | 00:16:51 | 50 |
| 2 | Tony | Tuohy | dulwich runners ac | Male | 00:16:53 | 57 |
| 3 | Terry | Booth | Guildford and Godalming | Male | 00:17:17 | 52 |

Women Vet 50

| | | | | | | |
|---|--------|-----------|-----------------------|--------|----------|----|
| 1 | Lucy | Woolhouse | Veterans AC London | Female | 00:19:51 | 57 |
| 2 | Emilia | Vynnycky | London Heathside | Female | 00:21:55 | 50 |
| 3 | Pippa | Major | South London Harriers | Female | 00:22:15 | 54 |

Men Vet 60

| | | | | | | |
|---|--------|---------|-----------------------|------|----------|----|
| 1 | John | Foss | South London Harriers | Male | 00:19:09 | 60 |
| 2 | Martin | Milward | Fulham Running Club | Male | 00:20:05 | 64 |

Women Vet 60

| | | | | | | |
|---|----------|-------|--------------------------|--------|----------|----|
| 1 | Caroline | White | London Heathside Runners | Female | 00:23:21 | 62 |
| 2 | Sue | Eedle | London Heathside Runners | Female | 00:24:19 | 62 |

Men Vet 70

| | | | | | | |
|---|------|------------|----------------|------|----------|----|
| 1 | John | Quaintance | South London H | Male | 00:22:59 | 70 |
|---|------|------------|----------------|------|----------|----|

Men Vet 80

| | | | | | | |
|---|-------|---------|---------|------|----------|----|
| 1 | Cliff | Collins | Vets AC | Male | 00:28:07 | 83 |
|---|-------|---------|---------|------|----------|----|

Men Under 16

| | | | | | | |
|---|---------|---------|----------------|------|----------|----|
| 1 | Brandan | Morrell | South London H | Male | 00:17:51 | 14 |
|---|---------|---------|----------------|------|----------|----|

Women Under 16

| | | | | | | |
|---|-------|---------|----------------|--------|----------|----|
| 1 | Laila | Morrell | South London H | Female | 00:23:41 | 12 |
|---|-------|---------|----------------|--------|----------|----|

ALL RESULTS BELOW

"Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 66,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36.0, your free personalised running biog page includes your current national ranking by age band and postcode, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on <http://www.runbritainrankings.com/user/claimhandicap.aspx>"

RESULTS

| RANK | FIRST NAME | SURNAME | CLUB | M F | TIME | AGE | CATEGORY | CAT. POS. |
|------|------------|-----------------|----------------------------------|--------|----------|-----|----------|-----------|
| 1 | Seyfu | Jamaal | London Heathside | Male | 00:15:04 | 18 | MU/50 | 1 |
| 2 | Nicolas | Besson | Serpentine | Male | 00:15:08 | 38 | MU/50 | 2 |
| 3 | Billy | Hobbs | Tunbridge Wells Harriers | Male | 00:15:28 | 20 | MU/50 | 3 |
| 4 | Thomas | Clark | London Heathside | Male | 00:15:40 | 26 | MU/50 | 4 |
| 5 | Timothy | Bowen | dulwich runners ac | Male | 00:15:57 | 35 | MU/50 | 5 |
| 6 | Ryan | McCrickerd | Serpentine | Male | 00:15:59 | 30 | MU/50 | 6 |
| 7 | James | Hotham | Victoria Park Harriers & THAC | Male | 00:16:01 | 34 | MU/50 | 7 |
| 8 | Jack | Ramm | Dulwich runners | Male | 00:16:02 | 30 | MU/50 | 8 |
| 9 | Aaron | Burgess | Oxford City Athletics Club | Male | 00:16:05 | 37 | MU/50 | 9 |
| 10 | Mark | Hall | kent ac | Male | 00:16:20 | 29 | MU/50 | 10 |
| 11 | Pete | Northall | London Heathside | Male | 00:16:23 | 29 | MU/50 | 11 |
| 12 | Richard | Purdy | Serpentine | Male | 00:16:23 | 37 | MU/50 | 12 |
| 13 | thomas | south | Dulwich runners | Male | 00:16:26 | 44 | MU/50 | 13 |
| 14 | Will | Pitt | Kent AC | Male | 00:16:28 | 48 | MU/50 | 14 |
| 15 | Robert | White | Buxton AC | Male | 00:16:31 | 45 | MU/50 | 15 |
| 16 | Alastair | Locke | dulwich runners ac | Male | 00:16:32 | 37 | MU/50 | 16 |
| 17 | Duncan | Lawrence | Headington | Male | 00:16:34 | 31 | MU/50 | 17 |
| 18 | James | Gillanders | Serpentine | Male | 00:16:40 | 41 | MU/50 | 18 |
| 19 | Carl | Selya-Hammer | Victoria Park Harriers & Tower H | Male | 00:16:45 | 38 | MU/50 | 19 |
| 20 | Andy | Barnes | London Heathside Runners | Male | 00:16:45 | 36 | MU/50 | 20 |
| 21 | Hassen | Bedhafi | Fulham Running Club | Male | 00:16:47 | 34 | MU/50 | 21 |
| 22 | Kieran | Barnes | Lingfield Running Club | Male | 00:16:47 | 21 | MU/50 | 22 |
| 23 | Stephen | McLeod | Fulham Running Club | Male | 00:16:48 | 30 | MU/50 | 23 |
| 24 | Steve | Davies | Dulwich runners | Male | 00:16:51 | 50 | M Vet 50 | 1 |
| 25 | Ryan | Keane | Thames Valley Harriers | Male | 00:16:51 | 28 | MU/50 | 24 |
| 26 | Paul | Devine | Dulwich runners | Male | 00:16:51 | 41 | MU/50 | 25 |
| 27 | Dan | Domeniconi | Shaef Shifters | Male | 00:16:52 | 42 | MU/50 | 26 |
| 28 | Tony | Tuohy | dulwich runners ac | Male | 00:16:53 | 57 | M Vet 50 | 2 |
| 29 | Alexander | Sweet | London Heathside | Male | 00:16:56 | 38 | MU/50 | 27 |
| 30 | Chris | Mullin | | Male | 00:16:57 | 41 | MU/50 | 28 |
| 31 | Leo | Gebbie | Fulham | Male | 00:16:57 | 25 | MU/50 | 29 |
| 32 | William | Shippin | uknetrunner | Male | 00:17:00 | 33 | MU/50 | 30 |
| 33 | Chris | Burt | Reading Road Runners | Male | 00:17:00 | 33 | MU/50 | 31 |
| 34 | Simon | Brown | London City Athletics Club | Male | 00:17:01 | 33 | MU/50 | 32 |
| 35 | Emma | Davis | Ward Park Runners | Female | 00:17:01 | 33 | W U/50 | 1 |
| 36 | Jonathan | Moscrop | Serpentine | Male | 00:17:01 | 45 | MU/50 | 33 |
| 37 | Keith | MacIntosh | Wimbledon Windmilers | Male | 00:17:03 | 45 | MU/50 | 34 |
| 38 | Daniel | Mann | Dulwich R | Male | 00:17:14 | 41 | MU/50 | 35 |
| 39 | Matt | Woodman | Stafford Harriers | Male | 00:17:16 | 42 | MU/50 | 36 |
| 40 | Terry | Booth | Guildford and Godalming | Male | 00:17:17 | 52 | M Vet 50 | 3 |
| 41 | James | Huish | Garden City R | Male | 00:17:20 | 28 | MU/50 | 37 |
| 42 | Patrick | Thomas | Hercules Wimbledon | Male | 00:17:21 | 33 | MU/50 | 38 |
| 43 | Shaun | Whelan | London Frontrunners | Male | 00:17:21 | 55 | M Vet 50 | 4 |
| 44 | William | Hudson | | Male | 00:17:24 | 25 | MU/50 | 39 |
| 45 | Andrew | Snook | | Male | 00:17:27 | 38 | MU/50 | 40 |
| 46 | Lee | Savage | reigate priory athletics club | Male | 00:17:28 | 40 | MU/50 | 41 |
| 47 | Lucie | Custance | Clapham Chasers | Female | 00:17:28 | 40 | W U/50 | 2 |
| 48 | Ben | Evans | Guildford and Godalming | Male | 00:17:28 | 40 | MU/50 | 42 |
| 49 | Rodney | McCulloch | SHAEF Shifters | Male | 00:17:35 | 33 | MU/50 | 43 |
| 50 | Tom | Bedwell | London Heathside | Male | 00:17:35 | 40 | MU/50 | 44 |
| 51 | Gary | James | | Male | 00:17:40 | 41 | MU/50 | 45 |
| 52 | Eric | Dol | Herne Hill H | Male | 00:17:43 | 30 | MU/50 | 46 |
| 53 | Scarlett | Parker | London Heathside | Male | 00:17:47 | 46 | MU/50 | 47 |
| 54 | Brandon | Morrell | South London H | Male | 00:17:51 | 14 | Junior | 1 |
| 55 | Stephen | South | Highgate Harriers | Male | 00:17:52 | 38 | MU/50 | 48 |
| 56 | Jacob | Sayers | Fulham Running Club | Male | 00:17:53 | 23 | MU/50 | 49 |
| 57 | Mark | Worrall | | Male | 00:17:59 | 33 | MU/50 | 50 |
| 58 | Rebecca | Piggott | London Heathside | Female | 00:18:00 | 33 | W U/50 | 3 |
| 59 | Niall | Gilchrist | Clapham Chasers | Male | 00:18:01 | 26 | MU/50 | 51 |
| 60 | Neil | Gow | | Male | 00:18:02 | 37 | MU/50 | 52 |
| 61 | Victor | Maughn | Herne Hill H | Male | 00:18:05 | 57 | M Vet 50 | 5 |
| 62 | Joseph | Clemoes | | Male | 00:18:05 | 36 | MU/50 | 53 |
| 63 | James | Waller | Kingfisher Triathletes | Male | 00:18:05 | 29 | MU/50 | 54 |
| 64 | Greg | Fernandes-Lawes | Ealing Eagles Running Club | Male | 00:18:06 | 30 | MU/50 | 55 |
| 65 | Nick | Leahy | | Male | 00:18:07 | 28 | MU/50 | 56 |
| 66 | William | Salt | Serpentine | Male | 00:18:08 | 29 | MU/50 | 57 |
| 67 | Anisse | Ismaili | | Male | 00:18:10 | 33 | MU/50 | 58 |
| 68 | Martin | Carmack | Serpentine | Male | 00:18:11 | 49 | MU/50 | 59 |

| | | | | | | | | |
|-----|----------|--------------|----------------------------|--------|----------|----|----------|-----|
| 69 | Jonathan | Kohler | | Male | 00:18:12 | 25 | M U/50 | 60 |
| 70 | Lisa | Rooney | Collingwood | Female | 00:18:13 | 40 | W U/50 | 4 |
| 71 | Andy | Guy | Ealing Eagles Running Club | Male | 00:18:13 | 45 | M U/50 | 61 |
| 72 | Dan | McPhilimey | Fulham Running Club | Male | 00:18:14 | 31 | M U/50 | 62 |
| 73 | Mark | Constantinou | Collingwood | Male | 00:18:23 | 55 | M Vet 50 | 6 |
| 74 | Antony | Constantinou | Collingwood | Male | 00:18:25 | 55 | M Vet 50 | 7 |
| 75 | James | Linney | Ealing Eagles Running Club | Male | 00:18:26 | 37 | M U/50 | 63 |
| 76 | Laurence | Duffy | Stragglers | Male | 00:18:27 | 59 | M Vet 50 | 8 |
| 77 | Michael | Stewart | kent ac | Male | 00:18:29 | 40 | M U/50 | 64 |
| 78 | Millie | Barnes | London Heathside | Female | 00:18:32 | 25 | W U/50 | 5 |
| 79 | Richard | Carter | stragglers, the | Male | 00:18:34 | 43 | M U/50 | 65 |
| 80 | Sarah | Pemberton | Serpentine | Female | 00:18:36 | 33 | W U/50 | 6 |
| 81 | Kieran | Santry | Ealing Eagles Running Club | Male | 00:18:37 | 42 | M U/50 | 66 |
| 82 | Tim | Sharp | kent ac | Male | 00:18:38 | 41 | M U/50 | 67 |
| 83 | Tim | Ballard | Colchester H | Male | 00:18:51 | 43 | M U/50 | 68 |
| 84 | SIMON | MOORE | Lingfield Running Club | Male | 00:18:53 | 51 | M Vet 50 | 9 |
| 85 | Shaun | Melvin | West4Harriers | Male | 00:18:56 | 35 | M U/50 | 69 |
| 86 | David | Miller | | Male | 00:19:00 | 37 | M U/50 | 70 |
| 87 | stephen | massey | Striders of Croydon | Male | 00:19:07 | 51 | M Vet 50 | 10 |
| 88 | John | Foss | South London Harriers | Male | 00:19:09 | 60 | M Vet 60 | 1 |
| 89 | Rachel | Owen | Clapham Chasers | Female | 00:19:11 | 29 | W U/50 | 7 |
| 90 | Trevor | Wilson | London Heathside | Male | 00:19:17 | 50 | M Vet 50 | 11 |
| 91 | Michael | Rooney | London City Athletics Club | Male | 00:19:17 | 40 | M U/50 | 71 |
| 92 | Ryan | Storrie | | Male | 00:19:22 | 21 | M U/50 | 72 |
| 93 | Gareth | Marshall | London Heathside Runners | Male | 00:19:25 | 37 | M U/50 | 73 |
| 94 | Rob | Jones | SHAEF Shifters | Male | 00:19:26 | 47 | M U/50 | 74 |
| 95 | Neal | Pal | | Male | 00:19:27 | 39 | M U/50 | 75 |
| 96 | James | Caven | London Heathside | Male | 00:19:30 | 28 | M U/50 | 76 |
| 97 | Simon | Webster | Striders of Croydon | Male | 00:19:35 | 40 | M U/50 | 77 |
| 98 | John | O'Mahony | Striders of Croydon | Male | 00:19:38 | 41 | M U/50 | 78 |
| 99 | Taylor | Dickinson | | Male | 00:19:41 | 30 | M U/50 | 79 |
| 100 | Jonathan | Litchfield | London Heathside Runners | Male | 00:19:43 | 44 | M U/50 | 80 |
| 101 | Kate | Rose | Clapham Chasers | Female | 00:19:44 | 28 | W U/50 | 8 |
| 102 | Ian | Anderson | London Heathside Runners | Male | 00:19:45 | 36 | M U/50 | 81 |
| 103 | Andrew | McNamara | Fulham Running Club | Male | 00:19:50 | 36 | M U/50 | 82 |
| 104 | Ed | Taylor | | Male | 00:19:50 | 33 | M U/50 | 83 |
| 105 | Lucy | Woolhouse | Veterans AC London | Female | 00:19:51 | 57 | W Vet 50 | 1 |
| 106 | daniel | catt | Clapham Chasers | Male | 00:19:53 | 44 | M U/50 | 84 |
| 107 | Chris | Dunhill | South London Harriers | Male | 00:19:53 | 45 | M U/50 | 85 |
| 108 | Roger | Corbett | Serpentine | Male | 00:19:55 | 56 | M Vet 50 | 12 |
| 109 | Kwasi | Agyei-Owusu | London Heathside | Male | 00:19:56 | 37 | M U/50 | 86 |
| 110 | Richard | Morris | Fulham | Male | 00:19:57 | 44 | M U/50 | 87 |
| 111 | Matt | Buckley | | Male | 00:20:04 | 38 | M U/50 | 88 |
| 112 | Martin | Milward | Fulham Running Club | Male | 00:20:05 | 64 | M Vet 60 | 2 |
| 113 | Isabel | Hunter | | Female | 00:20:07 | 25 | W U/50 | 9 |
| 114 | Niamh | VINCENT | Striders of Croydon | Female | 00:20:08 | 35 | W U/50 | 10 |
| 115 | Richard | Peachment | London Heathside Runners | Male | 00:20:09 | 52 | M Vet 50 | 13 |
| 116 | Chris | Twort | | Male | 00:20:12 | 47 | M U/50 | 89 |
| 117 | Nic | Mills | South London Harriers | Male | 00:20:20 | 45 | M U/50 | 90 |
| 118 | Anthony | Wilkinson | London Heathside | Male | 00:20:22 | 50 | M Vet 50 | 14 |
| 119 | David | Bates | | Male | 00:20:23 | 43 | M U/50 | 91 |
| 120 | Alex | Flack | Fulham | Female | 00:20:23 | 44 | W U/50 | 11 |
| 121 | Laura | Hunt | London Heathside | Female | 00:20:25 | 30 | W U/50 | 12 |
| 122 | thomas | cheetham | hercules wimbledon ac | Male | 00:20:30 | 52 | M Vet 50 | 15 |
| 123 | Kelly | Morgan | London Fronrunners | Female | 00:20:31 | 41 | W U/50 | 13 |
| 124 | Alex | Cowley | | Male | 00:20:32 | 28 | M U/50 | 92 |
| 125 | Imran | Ahmed | Serpentine | Male | 00:20:34 | 53 | M Vet 50 | 16 |
| 126 | Tim | Woodman | | Male | 00:20:34 | 27 | M U/50 | 93 |
| 127 | Fadi | Hayek | | Male | 00:20:36 | 39 | M U/50 | 94 |
| 128 | Adrian | Smith | West4Harriers | Male | 00:20:38 | 42 | M U/50 | 95 |
| 129 | Emily | Reichert | London Heathside | Female | 00:20:40 | 38 | W U/50 | 14 |
| 130 | David | Lunt | Danson R | Male | 00:20:43 | 54 | M Vet 50 | 17 |
| 131 | Jonathan | Chambers | Fulham | Male | 00:21:06 | 62 | M Vet 60 | 3 |
| 132 | Chris | Nugent | Guildford & Godalming | Male | 00:21:13 | 39 | M U/50 | 96 |
| 133 | Stoian | Loredana | | Female | 00:21:14 | 34 | W U/50 | 15 |
| 134 | Jonathan | Little | | Male | 00:21:14 | 45 | M U/50 | 97 |
| 135 | Mark | Kell | Serpentine | Male | 00:21:26 | 38 | M U/50 | 98 |
| 136 | Andrew | Cornish | | Male | 00:21:27 | 53 | M Vet 50 | 18 |
| 137 | Michael | Ashiotis | South London H | Male | 00:21:32 | 39 | M U/50 | 99 |
| 138 | Daniel | Wrapson | London Heathside | Male | 00:21:33 | 33 | M U/50 | 100 |
| 139 | Hongbin | Gu | | Male | 00:21:38 | 31 | M U/50 | 101 |
| 140 | Mohamed | Aly | | Male | 00:21:41 | 29 | M U/50 | 102 |

| | | | | | | | | |
|-----|-------------|------------------|----------------------------|--------|----------|----|----------|-----|
| 141 | hannah | wilkinson | Rep runners | Female | 00:21:41 | 28 | W U/50 | 16 |
| 142 | Glynn | McDonald | London Fronrunners | Male | 00:21:46 | 56 | M Vet 50 | 19 |
| 143 | John | Greene | | Male | 00:21:50 | 53 | M Vet 50 | 20 |
| 144 | Alistair | Symes | | Male | 00:21:52 | 27 | M U/50 | 103 |
| 145 | Andrew | Hudson | London Heathside Runners | Male | 00:21:53 | 61 | M Vet 60 | 4 |
| 146 | Carl | Heap | London Heathside | Male | 00:21:53 | 66 | M Vet 60 | 5 |
| 147 | Emilia | Vynnycky | London Heathside | Female | 00:21:55 | 50 | W Vet 50 | 2 |
| 148 | Jean | Tournaire | | Male | 00:22:06 | 43 | M U/50 | 104 |
| 149 | Daniel | Comens | Sutton runners | Male | 00:22:12 | 45 | M U/50 | 105 |
| 150 | Neil | Colquhoun | London Fronrunners | Male | 00:22:14 | 42 | M U/50 | 106 |
| 151 | Pippa | Major | South London Harriers | Female | 00:22:15 | 54 | W Vet 50 | 3 |
| 152 | Felicity | Carr | South London Harriers | Female | 00:22:17 | 24 | W U/50 | 17 |
| 153 | Tenille | Burnside | | Female | 00:22:17 | 28 | W U/50 | 18 |
| 154 | Nikki | Javan | Striders of Croydon | Female | 00:22:28 | 39 | W U/50 | 19 |
| 155 | Ian | McCarthy | Cambridge Harriers | Male | 00:22:31 | 63 | M Vet 60 | 6 |
| 156 | Doug | Carse | Wimbledon Windmilers | Male | 00:22:35 | 65 | M Vet 60 | 7 |
| 157 | Shun-Lai | Chan | Collingwood | Female | 00:22:35 | 49 | W U/50 | 20 |
| 158 | Andries | Spies | Sutton R | Male | 00:22:41 | 48 | M U/50 | 107 |
| 159 | John | Quaintance | South London H | Male | 00:22:59 | 70 | M Vet 70 | 1 |
| 160 | Rebecca | Sweet | London Heathside | Female | 00:23:11 | 36 | W U/50 | 21 |
| 161 | Kate | Ledin | Buxton AC | Female | 00:23:13 | 59 | W Vet 50 | 4 |
| 162 | Adrian | Hunt | | Male | 00:23:16 | 56 | M Vet 50 | 21 |
| 163 | Ana-Maria | Green | tunbridge wells harriers | Female | 00:23:19 | 52 | W Vet 50 | 5 |
| 164 | Katrina | Chandler | | Female | 00:23:20 | 38 | W U/50 | 22 |
| 165 | Caroline | White | London Heathside Runners | Female | 00:23:21 | 62 | W Vet 60 | 1 |
| 166 | Ceara | Joyce | epsom oddballs rc | Female | 00:23:22 | 50 | W Vet 50 | 6 |
| 167 | Helen | Smith | FERC | Female | 00:23:31 | 52 | W Vet 50 | 7 |
| 168 | Ernie | Stoddart | London Fronrunners | Male | 00:23:37 | 52 | M Vet 50 | 22 |
| 169 | Lizzy | Jeffries | Fulham Running Club | Female | 00:23:40 | 29 | W U/50 | 23 |
| 170 | Laila | Morrell | South London H | Female | 00:23:41 | 12 | Junior | 2 |
| 171 | Sophie | Denman | Fulham Running Club | Female | 00:23:42 | 31 | W U/50 | 24 |
| 172 | Heather | Hagis | London City Athletics Club | Female | 00:23:44 | 30 | W U/50 | 25 |
| 173 | jean-luc | hoez | serpentine running club | Male | 00:23:49 | 61 | M Vet 60 | 8 |
| 174 | Annika | Alexopoulou | Clapham Runners | Female | 00:23:52 | 43 | W U/50 | 26 |
| 175 | David | Hallson | RRC | Male | 00:23:59 | 66 | M Vet 60 | 9 |
| 176 | Jo | Irwin | London Heathside Runners | Female | 00:24:01 | 49 | W U/50 | 27 |
| 177 | Sue | Eedle | London Heathside Runners | Female | 00:24:19 | 62 | W Vet 60 | 2 |
| 178 | Darko | Calina | Sutton R | Male | 00:24:31 | 55 | M Vet 50 | 23 |
| 179 | Ed | Deal | Lonely Goats RC | Male | 00:24:34 | 43 | M U/50 | 108 |
| 180 | andy | schendel | collingwood ac | Male | 00:24:44 | 50 | M Vet 50 | 24 |
| 181 | Fraser | Henderson | | Male | 00:24:45 | 18 | M U/50 | 109 |
| 182 | Sarah | Newton | Serpentine | Female | 00:25:06 | 62 | W Vet 60 | 3 |
| 183 | Viv | Mitchell | South London Harriers | Female | 00:25:10 | 57 | W Vet 50 | 8 |
| 184 | Ian | Hall | Serpentine | Male | 00:25:24 | 66 | M Vet 60 | 10 |
| 185 | Christine | Franks | | Female | 00:25:27 | 28 | W U/50 | 28 |
| 186 | Navin | Sewak | | Male | 00:25:42 | 39 | M U/50 | 110 |
| 187 | Barry | Dearlove | Striders of Croydon | Male | 00:25:46 | 36 | M U/50 | 111 |
| 188 | Vanessa | Wheeler | Striders of Croydon | Female | 00:25:48 | 56 | W Vet 50 | 9 |
| 189 | Ashrai | Aly | | Male | 00:25:58 | 32 | M U/50 | 112 |
| 190 | James | Coode | | Male | 00:26:00 | 17 | M U/50 | 113 |
| 191 | Matthew | Rooney | | Male | 00:26:06 | 40 | M U/50 | 114 |
| 192 | NINA | TREVARTHEN | crawley saints & sinners | Female | 00:26:57 | 52 | W Vet 50 | 10 |
| 193 | Alan | Moore | | Male | 00:27:16 | 74 | M Vet 70 | 2 |
| 194 | Sarah | Byrne | collingwood ac | Female | 00:27:21 | 46 | W U/50 | 29 |
| 195 | Karen | Samuel | orpington road runners | Female | 00:27:24 | 58 | W Vet 50 | 11 |
| 196 | Mark | Taylor | | Male | 00:28:05 | 54 | M Vet 50 | 25 |
| 197 | Lily | Ash | | Female | 00:28:07 | 28 | W U/50 | 30 |
| 198 | Cliff | Collins | Vets AC | Male | 00:28:07 | 83 | M Vet 80 | 1 |
| 199 | Michael | Leigh | Hercules Wimbledon AC | Male | 00:28:55 | 75 | M Vet 70 | 3 |
| 200 | James | Clark | | Male | 00:29:12 | 39 | M U/50 | 115 |
| 201 | Peter | Olivier | | Male | 00:29:12 | 31 | M U/50 | 116 |
| 202 | Chantal | Berowsky | | Female | 00:29:12 | 30 | W U/50 | 31 |
| 203 | Hugh | McCullough | | Male | 00:29:13 | 60 | M Vet 60 | 11 |
| 204 | Alan | Davidson | Ranelagh Harriers | Male | 00:29:37 | 72 | M Vet 70 | 4 |
| 205 | Pamela | Franks | | Female | 00:29:57 | 53 | W Vet 50 | 12 |
| 206 | Rosa | Constantinou | Collingwood | Female | 00:30:21 | 51 | W Vet 50 | 13 |
| 207 | Christopher | Shaw | Fulham Running Club | Male | 00:31:30 | 40 | M U/50 | 117 |
| 208 | Rupert | Quested | Collingwood | Male | 00:32:07 | 72 | M Vet 70 | 5 |
| 209 | Peter | Torre | Vets AC | Male | 00:32:35 | 77 | M Vet 70 | 6 |
| 210 | Edwin | Bartlett | Vets AC | Male | 00:33:07 | 75 | M Vet 70 | 7 |
| 211 | Laura | Paganini | | Female | 00:35:11 | 30 | W U/50 | 32 |
| 212 | Sharon | Terry | | Female | 00:36:49 | 53 | W Vet 50 | 14 |
| 213 | Richard | Pitcarin-Knowles | Sevenoaks | Male | 00:37:10 | 86 | M Vet 80 | 2 |