

Pos	Comp No	time			
1	16	40.56	Fransisco Reis	SVAC	M55
2	47	41.20	David Crane	Surrey WC	M35
3	36	42.47	Christopher Hobbs	Ashford AC	M60
4	25	44.38	Malc Martin	Surrey WC	M55
5	49	45.29	Grazina Narviliene	Ealing & Southall	W40 L1
6	12	45.38	Mark Culshaw	Belgrave H	M45
7	37	45.39	Steve Allen	Barnet & District AC	M55
8	11	46.32	Steve Uttley	Ilford AC	M55
9	38	47.58	Penelope Cummings	AFD	W35 L2
10	3	49.44	John Ralph	Enfield HAC	M55
11	2	50.20	Maureen Noel	Belgrave H	W50 L3
12	5	52.01	Dan Maskell	Surrey WC	M65
13	26	52.13	Gary Smith c865	Enfield HAC	M55
14	30	52.16	Paul King c972	Belgrave H	M60
15	57	52.25	Lynn Jones	Enfield HAC	W50 L4
16	18	52.31	Amos Seddon	Enfield HAC	M70
17	24	52.35	Angela Martin	Surrey WC	W50 L5
18	54	52.52	Shaun Lightman	Surrey WC	M70
19	29	53.08	John Borgars	Loughton AC	M65
20	22	53.25	Anne Jones	Steyning AC	W60 L6
21	55	53.39	Joyce Crawford	Red Lodge R	W45 L7
22	44	53.40	Sue Davies	Aldershot FD	W50 L8
23	13	54.09	Ken Bobbett	Hillingdon AC	M70
24	48	54.34	Lesley Hall	Ashford AC	W55 L9
25	53	54.53	Ron Penfold	Steyning AC	M70
26	6	56.30	Jo Miles	Hillingdon AC	W60 L10
27	56	57.00	Geraldine Legon	Bexley	W55 L11
28	14	57.06	Sean Pender c1067	Enfield HAC	M60
29	9	58.16	David Hoben	Surrey WC	M60
30	20	59.20	Jenny Middleton	Hillingdon AC	W40 L12
31	10	62.45	Jon May	Enfield HAC	M60
32	23	67.47	Mick Barnbrook C661	Ilford AC	M70
33	8	68.05	Dave Ainsworth c540	Ilford AC	M65

1 Mile

51	10.16	George Wilkinson	Enfield HAC	u15
46	13.13	Adam Childs	Medway	u9

2 Miles

43	18.19	Jack Childs	Medway	u12
52	22.58	Tony Wilkinson	Unatt	M50
45	26.10	Ann Lewis	Aldershot FD	W65

3 Miles

50	41.17	Rhona Tridwell	unatt	W55
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