



Finisher	Bib	First name	Last name	Time	Cat	Club	Mx - Men	Mx - Men, Masters	Mx - Women	Mx - Women, Masters
1	41	Matthew	Rallison	00:32:15	SM	London Heathside	1			
2	234	Nicolas	Besson	00:32:24	V40	Serpentine	2	1		
3	57	Fred	Smithers	00:32:25	SM	Serpentine	3			
4	251	Joe	Dale	00:32:47	V40	Vph & Thac	4		2	
5	403	Tom	Hollis	00:33:23	SM	Lonely Goat Rc				
6	441	Daniel	Garcia Rasines	00:34:29	SM	Thames Valley H				
7	49	Ismail	Abukar	00:34:33	SM	London Heathside	5			
8	30	Finn	Maccarthy	00:34:36	SM	Shaftesbury Barnet H	6			
9	40	Isaac	Edwards	00:34:50	SM	London Heathside	7			
10	254	David	Jones	00:35:15	V40	Vph & Thac	8		3	
11	432	Curtis	Stevens	00:35:34	SM	Harrow Ac				
12	429	Gareth	Evans	00:35:39	V45	Vph & Thac				
13	214	Daniel	Nichols	00:36:26	V40	Shaftesbury Barnet H	9		4	
14	46	Marc	Cunningham	00:36:34	SM	Vph & Thac	10			
15	220	Jose	Sabroso	00:36:41	V40	London Heathside	11		5	
16	450	Nick	Andrews	00:36:49	V40	Unattached				
17	35	William	De Cothi	00:36:58	SM	London Heathside	12			
18	836	India	Frost	00:36:59	FU18	Dacorum Athletics Club				
19	50	Tim	Kerr	00:37:01	SM	Highgate Harriers	13			
20	39	Peter	Gould	00:37:09	SM	London Heathside	14			
21	56	Charlie	Edwards	00:37:13	SM	Hillingdon Ac	15			
22	833	Carole	Coulon	00:37:17	FV45	Bh & B Harriers				
23	242	Rob	Shulman	00:37:20	V55	London Heathside	16		6	
24	204	Chris	Hartley	00:37:26	V55	London Heathside	17		7	
25	448	Philip	Cohen	00:37:35	SM	Unattached				
26	28	James	Foley	00:37:39	SM	Vph & Thac	18			
27	216	Andrew	Mcgeary	00:37:47	V45	London Heathside	19		8	
28	31	Joseph	Starkey	00:37:49	SM	London Heathside	20			
29	207	Alex	Sweet	00:38:02	V40	London Heathside	21		9	
30	245	Chris	Vincent	00:38:10	V40	London Heathside	22		10	
31	29	Thomas	Charlick	00:38:25	SM	Vph & Thac	23			
32	446	Dan	Mount	00:38:35	SM	Unattached				
33	262	Stephen	Monaghan	00:38:47	V50	London Heathside	24		11	
34	414	William	Sawtell	00:39:08	SM	Hillingdon Ac				
35	229	Mark	Greig	00:39:12	V40	Queens Park Harriers	25		12	
36	223	John	Brosnan	00:39:19	V40	Queens Park Harriers	26		13	
37	827	Chiara	Borg	00:39:20	SL	London Heathside				
38	402	Pep	Pamies	00:39:29	V45	London Heathside				
39	240	Oliver	Jamieson	00:39:30	V40	Vph & Thac	27		14	
40	449	Mauro	Persic	00:39:33	V40	Vph & Thac				
41	433	Paul	Kelland	00:39:35	V60	London Heathside				
42	205	Philip	Hogg	00:39:36	V50	London Heathside	28		15	
43	440	Ian	Anderson	00:39:45	V40	Unattached				
44	45	William	Yeates	00:39:46	SM	Vph & Thac	29			
45	213	Matthew	Beard	00:39:48	V50	London Heathside	30		16	
46	152	Lily	Zechmann	00:39:54	SL	Vph & Thac			1	
47	823	Chloe	Hamard	00:40:00	SL	Vph & Thac				
48	206	Anthony	Withstandley	00:40:10	V50	Vph & Thac	31		17	
49	257	Andrew	Jackson	00:40:12	V60	Queens Park Harriers	32		18	
50	369	Alex	Baird	00:40:16	FV40	Trent Park Rc			2	
51	150	Cat	O'Shea	00:40:24	SL	Vph & Thac			3	1
52	227	Ruben	Carvajal	00:40:32	V40	Queens Park Harriers	33		19	
53	421	Callan	Jennings	00:40:50	SM	Vph & Thac				
54	452	Gavin	Benn	00:41:03	SM	Vph & Thac				
55	424	Oliver	Murray	00:41:11	V50	London Heathside				
56	42	Janak	Subberwal	00:41:16	SM	London Heathside	34			
57	239	Chris	Notton	00:41:20	V45	Serpentine	35		20	
58	246	Simon	Preuveneers	00:41:26	V45	Vph & Thac	36		21	
59	53	Adam	Couldwell	00:41:29	SM	Vph & Thac	37			
60	351	Jo	Singer	00:41:32	FV50	Vph & Thac			4	2
61	156	Sophie	Flanagan	00:41:36	SL	Serpentine			5	
62	233	Dustin	Daniel	00:42:00	V40	Queens Park Harriers	38		22	
63	37	Nick	Christie	00:42:01	SM	Queens Park Harriers	39			
64	419	Leo	Pemberton	00:42:03	V45	London Heathside				
65	258	Luc	Dinh	00:42:12	V40	Queens Park Harriers	40		23	
66	368	Hazel	Norton-Hale	00:42:15	FV40	Vph & Thac			6	3
67	357	Louise	Faherty	00:42:25	FV45	Highgate Harriers			7	4
68	444	Ruchin	Rajani	00:42:33	SM	Vph & Thac				
69	244	Jonathan	Litchfield	00:42:34	V45	London Heathside	41		24	
70	208	Edwin	Coutts	00:42:34	V45	Trent Park Rc	42		25	
71	356	Nicola	Penty-Alvarez	00:42:38	FV35	Hillingdon Ac			8	5
72	218	Paul	Maccarthy	00:42:39	V55	Shaftesbury Barnet H	43		26	
73	212	Marcus	Tillotson	00:42:47	V50	London Heathside	44		27	
74	155	Daniela	Nolan	00:42:57	SL	Queens Park Harriers			9	
75	54	James	Welch	00:42:58	SM	Queens Park Harriers	45			
76	428	Patrick	Thielemans	00:43:00	V45	Belgrave Harriers				
77	32	Jake	Kitchiner	00:43:12	SM	London Heathside	43			
78	238	Simon	Nichols	00:43:13	V50	London Heathside	47		28	
79	454	Edward	Glossop	00:43:18	SM	Unattached				
80	839	Gillian	Hughes	00:43:22	SL	Unattached				
81	51	Artie	Feeny-Willings	00:43:24	U18	London Heathside	48			
82	434	James	Glossop	00:43:27	SM	Unattached				
83	231	Trevor	Wilson	00:43:31	V50	London Heathside	49		29	
84	367	Yen	Vo	00:43:42	FV45	London Heathside			10	
85	409	Federico	Forti	00:43:45	V40	London Heathside				6
86	417	Jason	Davies	00:43:52	SM	Vph & Thac				

87	401 Frank	Womelsdorf	00:43:53 V40	Serpentine				
88	224 Mark	George	00:43:56 V55	London Heathside	50	30		
89	215 Maurice	Quirke	00:44:02 V60	Queens Park Harriers	51	31		
90	824 Minika	Newton	00:44:04 FV40	London Heathside				
91	830 Vicky	Simpson	00:44:12 FV50	Bishops Stortford Rc				
92	415 Thomas	Godec	00:44:16 V40	London Heathside				
93	361 Sarah	Bailey	00:44:21 FV50	Queens Park Harriers			11	7
94	437 Ian	Butler	00:44:25 V60	Thames H & H				
95	354 Tanya	Addison	00:44:53 FV50	London Heathside			12	8
96	366 Jessica	Vinluan	00:45:09 FV40	London Heathside			13	9
97	158 Rosa	Kirwan	00:45:18 SL	Highgate Harriers			14	
98	418 Marcus	Lloyd	00:45:28 V55	Unattached				
99	232 Keithly	Mussington	00:45:38 V65	Vph & Thac				
100	253 Piers	Harrison	00:45:50 V50	Queens Park Harriers	52	32		
101	235 Peter	Reupke	00:46:08 V55	Queens Park Harriers	53	33		
102	259 Giles	Deards	00:46:16 V50	Queens Park Harriers	54	34		
103	261 William	Burbridge-James	00:46:23 V60	Vph & Thac	55	35		
104	407 Ronald	Lopez	00:46:35 SM	Unattached				
105	425 Thomas	Miller	00:46:39 SM	Unattached				
106	409 Federico	Forti	00:46:49 V40	London Heathside				
107	438 Christopher	Greenwood	00:46:51 SM	London Heathside				
108	443 Harry	Owrid	00:46:52 SM	London Heathside				
109	209 David	Musgrave	00:47:02 V45	Highgate Harriers	56	36		
110	373 Colleen	Renihan	00:47:30 FV50	Serpentine			15	10
111	153 Alice	Young	00:47:47 SL	Vph & Thac			16	
112	442 Danny	Olive	00:47:50 V50	London Heathside				
113	410 Simon	Hardy	00:47:50 V60	Serpentine				
114	256 Stephen	Phillips	00:47:56 V50	Vph & Thac	57	37		
115	236 Marco	Maserati	00:48:12 V60	London Heathside	58	38		
116	358 Rachel	Lovell	00:48:20 FV35	Vph & Thac			17	11
117	33 Benjamin	Ridley-Johnson	00:48:32 SM	London Heathside	59			
118	828 Catherine	Jones	00:48:54 SL	London Heathside				
119	222 David	Shortridge	00:48:59 V50	Vph & Thac	60	39		
120	451 Phil	Smith	00:49:03 V65	Les Croupiers				
121	370 Valerie	Wong	00:49:16 FV35	Vph & Thac			18	12
122	436 Duncan	Ray	00:49:25 V45	Unattached				
123	221 Joe	Neanor	00:49:47 V65	Unattached	61	40		
124	822 Elsie	Delgrange	00:49:59 SL	Hillingdon Ac				
125	157 Nadia	Morris	00:50:56 SL	Queens Park Harriers			19	
126	423 Tom	Seddon	00:51:16 V40	Unattached				
127	848 Simona	Milhalikova	00:51:23 SL	Unattached				
128	435 Daniel	Taylor	00:51:39 SM	Unattached				
129	360 Anastasia	Chew	00:52:15 FV40	Queens Park Harriers			20	13
130	416 Steve	Christophi	00:52:18 SM	Unattached				
131	838 Olivia	Lukasewich	00:52:20 SL	London Heathside				
132	430 Diogo	Nunes	00:52:21 SM	Unattached				
133	840 Annabelle	Thompson	00:52:27 SL	Unattached				
134	359 Maryam	Hulme	00:52:29 FV60	Queens Park Harriers			21	14
135	404 James	Kennedy	00:54:03 SM	Unattached				
136	200 Martin	Garrett	00:54:16 V65	Sudbury Court	62	41		
137	243 Charles	Tatham	00:54:44 V60	Queens Park Harriers	63	42		
138	844 Miry	Gurevich Mayer	00:54:54 FV40	Vph & Thac				
139	364 Sarah	Newton	00:55:01 FV65	Serpentine			22	15
140	845 Leoni	Morris	00:55:15 SL	Unattached				
141	362 Nicola	Kerr	00:55:22 FV50	Vph & Thac			23	16
142	821 Marianne	Gibson	00:55:40 FV55	London Heathside				
143	412 Alun	Nash	00:56:29 V60	London Heathside				
144	202 Gerald	Akrigg	00:56:42 V55	Vph & Thac	64	43		
145	825 Nyla	Hussain	00:57:01 FV45	Serpentine				
146	837 Jenny	Gois	00:57:02 SL	Serpentine				
147	353 Anna	Feild	00:57:34 FV50	Queens Park Harriers			24	17
148	248 Chris	Peacock	00:58:09 V70	Unattached	65	44		
149	842 Sophie	Critchlow	00:58:19 FV55	Vph & Thac				
150	255 Louis	Smyth	00:59:19 V65	Sudbury Court	66	45		
151	154 Lisa	Forrester	00:59:26 SL	Queens Park Harriers			25	18
152	841 Kathryn	Donkersley	00:59:59 FV40	Unattached				
153	835 Hetty	Partington	01:00:25 FV35	Vph & Thac				
154	352 Susan	Kennedy	01:00:29 FV60	Queens Park Harriers			26	
155	847 Sujatha	Alexander	01:01:15 FV50	Unattached				
156	249 William	O'Connor	01:14:09 V75	Queens Park Harriers	67	46		

#### Middlesex Teams

##### Men - Overall

1	London Heathside	1+5+7=13
2	VPH&THAC	4+8+10=22
3	Serpentine	2+3+35=40
4	Shaftesbury Barnet	6+9+43=58
5	Queens Park	25+26+32=83

##### Men - Masters - M40

1	VPH&THAC	2+3+11=16
2	London Heathside	5+6+7=18
3	Queens Park	9+10+12=31

##### Men - Masters - M50

1	London Heathside	1+2+3=6
2	Queens Park	7+13+14=34
3	VPH&THAC	6+17+18=41

##### Women - Overall

1	VPH&THAC	1+3+4=8
2	London Heathside	10+12+13=35

3 Queens Park	9+11+19=39
4 Serpentine	5+15+22=42

**Women - Masters**

1 VPH&THAC	2+3+11=16
2 London Heathside	6+8+9=23
3 Queens Park	7+13+14=34