

1	Olesya	Golovina	Cambridge Harriers	22.04	
1	Mark	Penny	Cambridge Harriers	38.01	1st
2	Jack	Howes		39.15	2nd
3	Anthony	McGinty	Cabridge Harriers	39.52	3rd
4	Andrew	Rigglesworth		42.27	
5	Manoj	Ghale		43.11	
6	Paul	Millbank	Cambridge Harriers	43.36	
7	Julie	Backley	Cambridge Harriers	45.11	1st
8	Joesph	Smith		46.36	
9	Chris	Roy	Dartford Road Runners (	47.15	
10	Rose	Baker	Cambridge Harriers	47.19	2nd
11	Moses	Mead		47.36	
12	Chantelle	McGinty	Cambridge Harries	48.01	3rd
13	Harry	Johnson	Larkfield AC	48.09	
14	Sue	Wells		48.39	
15	Richard	Hennessey		48.49	
16	Curtis	Starkey		49.01	
17	Anthony	RUBEN	Dartford Harriers	49.13	
18	Tony	Langley		49.19	
19	Kirsty	Witt		49.26	
20	Adam	Jennings	Dartford road runners	50.54	
21	MARTIN	HAWKINS	Cambridge Harriers	54.38	

22	Gary	Witt	Bexley ac	56.12	
23	Chris	Gamblin	Deaf run club	59.53	
24	Wendy	Chan	SLGR	1.01.34	
25	Alina	Gusila		1.10.33	
26	Rima	Ghale		1.12.44	
27	Bradley	Ayrton-Jones		1.23.27	
28	Deborah	McCarthy	Istead & Ifield harriers	dns	
29	joe	peacock		dns	
30	Barry	Vickery	Victoria Park & Tower Hamlets AC	dns	
31	Angela	Griggs		dns	
193					
194					
195					
196					
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