

			5k			
	First Name	Last Name	Club	Clock F/T	Finish	Place
1	Dmitrij	Savickij	Greenwich Tritons	22.27	19.37	1st M
2	Simon	Johnson	Central Park Athletics	23.45	21.35	2nd M
3	Martyn	Hedderman	DWOT	29.57	23.47	3rd M
4	Emma	Harding	Walden Tri	25.57	24.07	1st F
5	Julie	Backley		24.46	24.46	2nd F
6	Tim	Dowling		26.13	25.03	
7	Sinead	Norris	NEJ	28.27	25.57	3rd F
8	Connor	Lynch	Central Park Athletics	28.31	26.11	
9	Lee	Harding		29.13	27.33	
10	Simon	Fitzpatrick	N/A	30.1	28.5	
11	Colin	Stannard	DWOT	38.59	35.59	
12	Callum	Boddy		37.06	36.56	
13	Jacqueline	Boddy	Swanley & District ac	38.35	38.15	
14	Heena	Gamin	Dartford Bridge Runners	40.11	38.41	
15	David	Brown		39.45	39.15	
16	Jane	Stevens	DWOT	45.32	42.12	
17	Flo	Panel-Coates		45.32	42.52	
18	Zelda	Cloete		43.46	42.56	
19	Eli	Tobias		50.15	46.45	
20	Jason	Tobias	DWOT	50.2	47	
			10k	Clock	Finish	
1	Tom	Anderson	Tri Sport Epping	40.04	36.14	1st M
2	Sergey	Chernobrivenko		40.45	36.15	2nd M
3	Frank	Buxton	Team Oxygenaddict	41.25	37.05	3rd M
4	Fred	Harrison		45.14	39.14	
5	John	Walker	Havering Tri	48.41	40.21	

6	Barry	Cusselle		46.18	41.18	
7	Carly	Woodgate		52.53	44.13	1st F
8	Jenni	Tomblin	Greenwich Tritons	53.08	45.08	2nd F
9	Mark	Milsom	DWOT	52.19	45.09	
10	Simon	Hobson	orpington road runners	53.18	46.48	
11	Claire	Mckenny			46.48	3rd F
12	Agata	Kasprzyk	Nej running club	53.49	46.49	
13	Nigel	Kent	New Eltham Joggers	54.28	47.28	
14	Trevor	Cooper	Barking Road Runners	52.28	47.48	
15	Geoffrey	Dickson	Run Through	53.18	47.58	
16	Michael	Boddy	Swanley & District ac	52.45	48.45	
17	Arthur	Dunne			49.5	
18	Cristina	Cooper	Barking Road Runners	54.45	49.55	
19	Moneil	Patel		57.45	50.05	
20	Jennifer	Neal	Nej running club	57.38	50.08	
21	Son of Craig	Gin		59.04	50.14	
22	Craig	Ward	DWOT	59.01	50.31	
23	John	Dallman	Runthrough UK	55.44	50.34	
24	Craig	Gin	DWOT	56.46	50.36	
25	Sofie	Alonzi		58.2	54.4	
26	Leah	Myles		1.01.06	54.46	
27	Tom	Hedger		1.01.06	54.56	
28	Elizabeth	Dolding		1.03.18	57.48	
29	Mary	Buxton		1.02.24	58.14	
30	Julie	Hibbard	DWOT	1.04.47	58.27	
31	Alan	Riddoch		1.15.34	1.07.44	
32	Liza	Vazifdar	None	1.18.24	1.10.14	
33	Gary	Illingworth	None	1.19.01	1.12.21	



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