

## RESULTS - MEN

		<b>Name</b>	<b>Time</b>	<b>Club</b>
Men	1 <sup>st</sup>	Phil Wicks	50:26	Belgrave Harriers
	2 <sup>nd</sup>	John Franklin	52:47	Serpentine
	3 <sup>rd</sup>	Jamie Ashton	54:07	Aldershot & Farnham District AC
	4 <sup>th</sup>	Peter Mills	54:18	Striders of Croydon
	5 <sup>th</sup>	Mark Harris	54:36	Team Trident
Over 40	1 <sup>st</sup>	Tegs Jones	56:04	Oxford City AC
	2 <sup>nd</sup>	Phil Sanders	56:57	Kent AC
	3 <sup>rd</sup>	Riel Carol	57:39	Clapham Chasers
Over 50	1 <sup>st</sup>	Derek Brown	58:46	Chiltern Harriers
	2 <sup>nd</sup>	Tony Tuohy	1:01:08	Dulwich Runners
	3 <sup>rd</sup>	Brian Kirsopp	1:02:59	Reading Roadrunners
Over 60	1 <sup>st</sup>	Paul Gregory *	57:45	Vale of Aylesbury AC
	2 <sup>nd</sup>	Dave Cox *	1:00:58	Woodford AC
	3 <sup>rd</sup>	Ian Kitching	1:03:47	South London Harriers
Over 70	1 <sup>st</sup>	Ian Spencer	1:15:03	Datchet Dashers
Teams		Alexander Miller	54:51	Datchet Dashers
		James Samson	55:16	Datchet Dashers
		David Lee	56:27	Datchet Dashers

- Over 60 – first 2 were faster than cat 50-59.

## RESULTS - LADIES

		<b>Name</b>	<b>Time</b>	<b>Club</b>
Ladies	1 <sup>st</sup>	Emily Wicks	59:13	Aldershot Farnham & District AC
	2 <sup>nd</sup>	Charlotte Firth	59:45	WSEH
	3 <sup>rd</sup>	Becky Atkinson *1	1:00:41	WSEH
Over 35	1 <sup>st</sup>	Samantha Amend *2	59:44	Belgrave Harriers
	2 <sup>nd</sup>	Julia Belyavin	1:03:33	Bristol & West AC
	3 <sup>rd</sup>	Wendy Webber	1:03:54	Marshall Milton Keynes
Over 45	1 <sup>st</sup>	Clare Elms	1:02:20	Dulwich Runners
	2 <sup>nd</sup>	Caroline Hoskins	1:04:36	Reading Roadrunners
	3 <sup>rd</sup>	Jane Blance	1:07:26	UK Net Runner
Over 55	1 <sup>st</sup>	Lesley Whiley	1:13:41	Reading Roadrunners
	2 <sup>nd</sup>	Liz Jones	1:15:02	Reading Roadrunners
	3 <sup>rd</sup>	Merilyn Davis	1:15:41	Elmbridge RRC
Over 60	1 <sup>st</sup>	Maggie Statham	1:13:18	Holland Sports AC
Teams		Caroline Hoskins	1:04:36	Reading Roadrunners
		Katy Webb	1:05:18	Reading Roadrunners
		Katherine Sargeant	1:09:29	Reading Roadrunners

\*1 4<sup>th</sup> Overall

\*2 3<sup>rd</sup> Overall