

Race 1		18:40					
1	151	Daniel	Mann	DUL	M	V40	09:53.99
2	23	Peter	Collins	HW	M	V45	10:06.92
3	37	Fiona	de Mauny	HHH	F	V35	10:08.61
4	35	Andrew	Davies	HW	M	V40	10:27.49
5	92	Richard	Murphy	LONH	M	SEN	10:27.93
6	83	Adam	May	HW	M	V35	10:31.33
7	146	Georgina	Clarke	HW	F	U15	10:32.97
8	140	Simon	Woodley	HW	M	V40	10:34.88
9	96	Cordelia	Parker	ABIAC	F	SEN	10:34.91
10	69	Paul	Johnson	SOTON	M	V55	10:37.46
11	22	Peter	Clarke	HW	M	V55	10:40.84
12	15	Katriona	Brown	AFD	F	U20	10:53.47
13	116	Steven	Stanley	EMAC	M	V55	10:57.83
14	13	Eileen	Brandley	HW	F	SEN	10:58.76
15	50	Darren	Franks	HW	M	V50	10:59.11
16	18	Kate	Carter	WW	F	V40	11:04.72
17	139	Madeleine	Wise	TONB	F	U15	11:05.40
18	122	Patrick	Thielemans	SERP	M	V40	11:10.56
DNS	38	Sidney	Delara	SOTON	M	V60	
DNS	149	Tom	Corbett	Ealing Eagles	M	V40	
DNS	150	Gina	Galbraith	HW	F	V40	
DNS	114	Jonathan	Smith	RAN	M	SEN	

Race 2		19:00					
1	43	Samuel	Evans	KEN	M	SEN	09:38.66
2	9	Bilal	Bentchakal	SD	M	U17	09:45.71
3	5	Russ	Ashford	HIGH	M	SEN	09:46.56
4	90	Christopher	Morris	HARR	M	U17	09:46.92
5	79	Sarah	Lovewell	STOKE	F	SEN	09:49.70
6	132	Andy	Waterman	VPTH	M	V35	09:52.00
7	115	Alfie	Spurle	CHIRA	M	U17	09:53.02
8	71	Neil	Kirkham	VPTH	M	SEN	09:54.39
9	127	Tony	Tuohy	DUL	M	V55	09:55.17
10	73	Stevie	Lawrence	CRO	F	SEN	09:56.03
11	16	Niamh	Brown	AFD	F	U20	09:56.31
12	81	Kirandeep	Marsh	TONB	F	SEN	09:58.21
13	57	Sarah	Grover	DACT	F	SEN	09:59.01
14	106	Graeme	Saker	TONB	M	V55	10:02.21
15	8	Samuel	Barnes	SERP	M	SEN	10:13.33
16	124	Kelly	Thorneycroft	LONH	F	SEN	10:13.48
17	39	Ellen	Downs	SALEH	F	SEN	10:13.97
18	142	Rachel	Thomas	VPTH	F	SEN	10:28.31
DNS	6	Tara	Bage	BRIPH	F	SEN	

Race 3

19:15

1	111	Martin	Shore	THH	M	V40	09:19.20
2	104	Matthew	Robertson	HHH	M	SEN	09:19.69
3	78	Sion	Lewis	LONH	M	V35	09:22.73
4	70	Richard	Jones	EASTR	M	SEN	09:24.44
5	130	Hannah	Viner	HIGH	F	SEN	09:25.23
6	59	Sophie	Harris	BEL	F	SEN	09:25.77
7	103	Lucy	Reid	TONB	F	SEN	09:26.00
8	56	Georgie	Grgec	HHH	F	SEN	09:27.53
9	64	Michael	Huntley	KACPH	M	SEN	09:30.01
10	80	Dan	Madams	TONB	M	V45	09:30.34
11	133	Chris	Wayman	Benfleet RC	M	SEN	09:30.76
12	129	Steven	Underwood	SOTON	M	SEN	09:31.14
13	136	David	Williams	SUR	M	V45	09:31.25
14	77	David	Lewin	HW	M	SEN	09:33.98
15	88	Simon	Messenger	HHH	M	SEN	09:34.03
16	24	James	Cordwell	VPTH	M	V40	09:36.02
17	3	Charlotte	Alexander	HHH	F	U17	09:37.62
18	84	Stewart	Mcandie	FRC	M	V40	09:47.80
19	89	Alex	Mills	BEL	M	SEN	09:52.87

Race 4

19:30

1	41	Charlie	Eastaugh	HW	M	SEN	08:48.98
2	54	Simon	Goldsworthy	GG	M	SEN	08:53.38
3	75	Su Min	Lee	KEN	M	SEN	08:55.97
4	105	William	Russell	HW	M	SEN	08:58.88
5	144	Emily	Hosker Thornhill	AFD	F	SEN	09:03.06
6	52	Steve	Gardner	BEL	M	SEN	09:07.29
7	65	Robbie	Hynes	HW	M	SEN	09:07.85
8	118	Naomi	Taschimowitz	SBH	F	SEN	09:09.21
9	120	Nicole	Taylor	TONB	F	SEN	09:12.41
10	85	Matt	McDaniel	GG	M	SEN	09:13.90
11	62	Alex	Hobley	HHH	M	SEN	09:18.07
12	53	Ben	Goddard	WOK	M	SEN	09:19.89
13	126	Robert	Tuer	HW	M	SEN	09:20.75
14	82	Ryan	Martin	AFD	M	U15	09:26.60
15	21	Joseph	Clark	HW	M	SEN	09:27.30
16	141	Chauncey	Edwards	ESM	M	U17	10:02.37
DNS	145	Elias	Ahmed	ESM	M	SEN	
DNS	33	Jeff	Cunningham	HHH	M	V35	
DNS	98	Ben	Paviour	HHH	M	V45	
DNS	119	Ben	Tatters	HW	M	U20	

Race 5		19:45					
1	26	Max	Costley	SOTON	M	SEN	08:41.27
2	48	Alec	Finch	Thurrock Harriers	M	SEN	08:44.67
3	51	Daniel	Gaffney	SLH	M	V35	08:46.47
4	30	Joe	Croft	SLH	M	SEN	08:48.28
5	74	Lewis	Laylee	HHH	M	SEN	08:48.76
6	25	William	Cork	BRIHC	M	SEN	08:49.63
7	10	Nick	Bester	HHH	M	SEN	08:50.41
8	123	Chris	Thomas	TVH	M	SEN	08:51.31
9	40	Jonny	Earl	HW	M	SEN	08:53.62
10	20	Samuel	Cheesman	GG	M	U20	08:56.37
11	68	Finn	Johnson	HW	M	SEN	08:59.86
12	143	Christophe	Dormenval	SOTON	M	SEN	09:02.57
13	61	Peter	Hawkings	HIGH	M	SEN	09:02.94
14	58	Xavier	Gruot	SERP	M	V35	09:06.70
15	63	Alex	Horton	BARN	M	SEN	09:08.47
16	134	Matt	Welsh	BEL	M	SEN	09:12.56
17	2	Hussein	Ahmed	HW	M	V35	09:14.60
18	91	Ben	Morton	CHIRA	M	U20	09:21.95

Race 6		20:00					
1	45	Niki	Faulkner	BEXLY	M	SEN	08:35.39
2	31	Alex	Crossland	HIGH	M	SEN	08:35.80
3	46	Terry	Fawden	HIGH	M	U20	08:37.58
4	32	Mike	Cummings	HHH	M	SEN	08:38.31
5	55	Andy	Greenleaf	SERP	M	V35	08:38.49
6	28	Sam	Costley	SOTON	M	U20	08:40.25
7	87	Rob	Mctaggart	BOURN	M	SEN	08:40.27
8	138	Robert	Wilson	HIGH	M	SEN	08:40.98
9	135	Rick	Weston	SERP	M	SEN	08:42.11
10	131	Andrew	Warburton	HHH	M	SEN	08:42.39
11	117	William	Stanley	VPTH	M	SEN	08:42.91
12	17	William	Bryan	SOTON	M	SEN	08:43.43
13	49	Sean	Fitzpatrick	KEN	M	SEN	08:43.78
14	72	Conor	Kissane-Wood	TVH	M	SEN	08:48.74
15	128	James	Turner	BRIHC	M	SEN	08:49.65
16	42	Sam	Eglen	AFD	M	SEN	08:50.88
DNS	11	Christopher	Bird	CHIRA	M	V35	
DNS	29	Howell	Craske	HW	M	SEN	
DNS	47	Stephen	Ferroni	BRIHC	M	SEN	

Race 7

20:15

1	100	Roger	Poolman	HIGH	M	SEN	08:11.63
2	107	John	Sanderson	GG	M	SEN	08:13.12
3	99	Andrew	Penney	HW	M	SEN	08:13.55
4	152	Ben	Moynihan	Auckland City Athletics	M	SEN	08:14.04
5	4	Mohamed	Ali	ESM	M	U17	08:15.02
6	102	Chris	Rainsford	HIGH	M	SEN	08:16.89
7	147	Kevin	Moore	BRIHC	M	SEN	08:19.99
8	121	Jamie	Taylor-Caldwell	ESM	M	SEN	08:20.88
9	76	Alexander	Lepretre	BARN	M	SEN	08:21.62
10	148	Tom	Austin	AFD	M	SEN	08:22.75
11	12	Ross	Braden	BB	M	SEN	08:22.92
12	101	Luke	Prior	AFD	M	SEN	08:23.52
13	113	Frederick	Slemeck	HW	M	SEN	08:25.26
14	97	Jamie	Parkinson	OUCCC	M	SEN	08:25.98
15	67	Tom	Jervis	HW	M	SEN	08:26.38
16	60	Mohamed	Hashi	ESM	M	SEN	08:27.00
17	1	Belal	Ahmed	HW	M	SEN	08:30.43
18	137	David	Wilson	THH	M	SEN	08:31.41
19	94	Damian	Nevins	HARR	M	V35	08:31.96
20	110	Philip	Sewell	AFD	M	SEN	08:33.74
21	7	Robel	Bahelbi	HIGH	M	SEN	08:45.29
DNS	93	William	Mycroft	ENFH	M	SEN	