

**Women 20km Results:**

Pos'n	First Name	Surname	Club	Start Time	Finish Time	Time Taken	MPH
=1	Josephine	Child		09:19:59	11:59:27	02:39:28	4.70
=1	Emma	Houghton		09:19:59	11:59:27	02:39:28	4.70
=3	Zoe	Greenfield	Lingfield Athletic	10:40:05	13:35:13	02:55:08	4.28
=3	Kristie	Ashton		10:40:05	13:35:13	02:55:08	4.28
5	Janine	May	New Eltham Joggers	08:33:16	11:33:25	03:00:09	4.16
6	Lucy	Burks		09:38:46	12:42:31	03:03:45	4.08
7	Rebecca	Lamb		09:39:58	12:48:40	03:08:42	3.97
8	Claire	Morgan		10:23:28	13:34:06	03:10:38	3.93
9	Jillian	Convey		09:18:04	12:29:58	03:11:54	3.91
10	Monika	Ferencz-Szabo		10:49:49	14:09:51	03:20:02	3.75
11	Susan	Biancofiore	Oxted Runners	09:40:32	13:01:17	03:20:45	3.74
12	Joanna	Power		09:40:10	13:01:17	03:21:07	3.73
13	Caroline	Coxall	Oxted Runners	09:39:51	13:01:17	03:21:26	3.72
14	Jane	Bloore		09:39:21	13:11:13	03:31:52	3.54
15	Gina	Coulson	Surrey LDWA	09:51:37	13:32:58	03:41:21	3.39
16	Helen	Gower	Rebel Runners Medway	10:15:42	14:10:48	03:55:06	3.19
17	Cheryl	Whitlock	Rebel Runners Medway	10:15:34	14:10:48	03:55:14	3.19
18	Claire	Old	Rebel Runners Medway	10:15:27	14:10:48	03:55:21	3.19
19	Laura	Pennells	Striders of Croydon	10:42:12	14:43:10	04:00:58	3.11
=20	Debbie	Wilkes		08:32:09	12:40:37	04:08:28	3.02
=20	Kath	Garrido		08:32:09	12:40:37	04:08:28	3.02
=22	Claire	Weustenraed	Advent Running	10:18:14	14:34:23	04:16:09	2.93
=22	Celia	Usero	Never Stop London	10:18:14	14:34:23	04:16:09	2.93
24	Susan	Mills	Tunbridge Wells Harriers	08:51:39	13:26:31	04:34:52	2.73
25	Jenny	Weaver		09:15:47	14:01:07	04:45:20	2.63
26	Lorraine	De Souza	COPSE	08:32:28	13:19:59	04:47:31	2.61
=27	Barbara	Bray		08:40:08	13:32:58	04:52:50	2.56
=27	Nicola	Burnett		08:40:08	13:32:58	04:52:50	2.56
=27	Pip	Steers		08:40:08	13:32:58	04:52:50	2.56
30	Sally	Styles	COPSE	09:24:11	14:21:00	04:56:49	2.53
31	Beverley	Beer		08:40:19	13:50:45	05:10:26	2.42
32	Christine	Lang		09:37:22	15:04:59	05:27:37	2.29
33	Dena	Taylor		09:37:22	15:05:24	05:28:02	2.29
34	Glynda	Mortimer	Stragglers Running Club	09:17:45	14:50:16	05:32:31	2.26
35	Karin	McCarthy		09:30:48	15:36:19	06:05:31	2.05
36	Chao	Gibbs		09:30:36	15:37:16	06:06:40	2.05
37	Quan	Yang		09:30:28	15:38:42	06:08:14	2.04
38	Eleni	Rekele		09:25:53	15:37:16	06:11:23	2.02

**Men 20km Results:**

Pos'n	First Name	Surname	Club	Start Time	Finish Time	Time Taken	MPH
1	Richard	Bushell		10:15:14	12:31:00	02:15:46	5.52
2	Robert	Westaway		10:13:34	12:31:46	02:18:12	5.43
3	Phil	Cammack		10:14:52	12:34:54	02:20:02	5.36
4	Ian	Shrimpton		10:00:43	12:31:44	02:31:01	4.97
=5	Mark	Jacobs		09:19:59	11:59:27	02:39:28	4.70
=5	James	Cooper		09:19:59	11:59:27	02:39:28	4.70
=5	Steven	Baldwin		09:19:59	11:59:27	02:39:28	4.70
8	Sam	Fisher		09:37:51	12:29:58	02:52:07	4.36
9	Peter	Cane	New Eltham Joggers	08:33:02	11:33:25	03:00:23	4.16
10	Ian	Burks		09:39:00	12:42:31	03:03:31	4.09
11	John	Diamond	COPSE	10:23:03	13:27:02	03:03:59	4.08
12	Mike	Munson	Mid Essex Casuals	09:01:20	12:06:30	03:05:10	4.05
13	Gordon	Offler		10:20:33	13:32:58	03:12:25	3.90
14	Geoffrey	Pennells	Striders of Croydon	10:42:50	14:08:55	03:26:05	3.64
15	William	Pennells	Striders of Croydon	10:42:32	14:08:55	03:26:23	3.63
16	Daniel	Jenkins	7th Orpington Cubs	09:34:09	13:09:18	03:35:09	3.49
17	David	Jenkins	Orpington Road Runners	09:34:04	13:09:18	03:35:14	3.48
18	Mark	Hobbs	Orpington Road Runners	09:33:47	13:09:18	03:35:31	3.48
19	Tim	Morris	COPSE	09:03:43	12:44:14	03:40:31	3.40
20	Michael	Hamman		09:03:43	12:44:38	03:40:55	3.39
21	Henk	Witlox		09:50:26	13:31:28	03:41:02	3.39
22	Bernard	Allen		08:50:50	12:45:55	03:55:05	3.19
23	Stuart	James	Striders of Croydon	10:42:19	14:43:10	04:00:51	3.11
24	David	Hoben		09:52:35	13:56:03	04:03:28	3.08
25	Mark	Crisp		09:04:34	13:10:30	04:05:56	3.05
26	Mark	Farmer		09:04:43	13:11:13	04:06:30	3.04
27	Stephen	Brooks		09:04:24	13:11:13	04:06:49	3.04
28	Simon	Mills	Tunbridge Wells Harriers	08:51:47	13:26:04	04:34:17	2.73
29	Laurence	Foe	London LDWA	10:05:23	14:48:52	04:43:29	2.65
30	Philip	Long		09:15:47	14:01:39	04:45:52	2.62
31	Geoffrey	Dumper	COPSE	08:40:46	13:27:50	04:47:04	2.61
=32	Andrew	Thomlinson		08:30:57	13:19:59	04:49:02	2.59
=32	Rodney	Potter		08:30:57	13:19:59	04:49:02	2.59
34	Nick	Litchfield	COPSE	09:24:11	14:21:00	04:56:49	2.53
35	Craig	Beer		08:40:26	13:50:45	05:10:19	2.42
=36	Richard	Lander		09:34:12	14:54:57	05:20:45	2.34
=36	Lib	Lander		09:34:12	14:54:57	05:20:45	2.34
38	Michael	Taylor		09:37:22	15:04:59	05:27:37	2.29
39	Graham	Mortimer	Stragglers Running Club	09:17:53	14:50:16	05:32:23	2.26
40	Phillip	Underwood	Wasp	09:44:18	15:21:22	05:37:04	2.23
41	Dave	Miller		09:44:09	15:21:22	05:37:13	2.22
42	Philip	Read		09:02:45	14:56:09	05:53:24	2.12
43	Prasad	Chandrasheker		08:19:13	14:14:54	05:55:41	2.11
44	Ramesh	Natarajan		08:19:19	14:16:04	05:56:45	2.10
45	Geoff	Hurrell		08:19:05	14:16:04	05:56:59	2.10
=46	Alex	Wood		09:49:08	15:54:20	06:05:12	2.05
=46	Christopher	Jones		09:49:08	15:54:20	06:05:12	2.05
48	Darren	Elaovad		09:50:26	18:34:31	08:44:05	1.43

**Women 35km Results:**

Pos'n	First Name	Surname	Club	Start Time	Finish Time	Time Taken	MPH
1	Mel	Frazier		08:48:29	13:01:52	04:13:23	5.18
2	Caroline	Curtis		10:04:10	14:31:27	04:27:17	4.91
=3	Sarah	Pritchard		10:12:54	15:35:14	05:22:20	4.07
=3	Chloe	Moss		10:12:54	15:35:14	05:22:20	4.07
5	Svenja	Espenhahn		10:22:54	15:46:35	05:23:41	4.05
6	Alexandra	Nemeth	Wimbledon Windmillers	07:27:56	13:08:31	05:40:35	3.85
7	Donna	McCourt		09:18:04	15:16:23	05:58:19	3.66
8	Anne	Woods	The Stragglers	09:20:07	15:19:29	05:59:22	3.65
9	Vicky	Chappell	Stragglers Running Club	09:19:44	15:21:22	06:01:38	3.63
10	Dorothy	Boggs		09:18:04	15:20:16	06:02:12	3.62
11	Kathie	Knell		08:46:15	15:04:59	06:18:44	3.47
12	Kezia	Poole		08:46:07	15:04:59	06:18:52	3.46
13	Samantha	Mattingly	Rebel Runners	08:35:09	15:02:03	06:26:54	3.39
14	Betty	Foggitt	Bromley Veterans	08:04:25	14:45:06	06:40:41	3.28
15	Debbie	Ryan	Ealing Eagles	08:02:59	15:14:28	07:11:29	3.04
16	Frances	Humphries	Essex & Herts LDWA	07:16:52	14:30:03	07:13:11	3.03
17	Nadia	Winborn	Hastings Runners	09:07:05	16:29:50	07:22:45	2.96
18	Laura	Tamlin		07:38:14	15:09:30	07:31:16	2.91
19	Say	Leddington		07:11:56	14:44:25	07:32:29	2.90
20	Dorte	Newman	Surrey LDWA	07:57:18	16:02:50	08:05:32	2.70
21	Jayne	Ward	Surrey LDWA	07:57:09	16:02:50	08:05:41	2.70
22	Jane	Fitch	Essex & Herts LDWA	07:25:53	15:39:18	08:13:25	2.66
23	Jennie	Lever		08:16:37	16:31:40	08:15:03	2.65
24	Joanna	Foy		08:16:29	16:31:40	08:15:11	2.65
25	Jane	Bates	Sussex LDWA	07:36:06	16:29:50	08:53:44	2.46
26	Kate	Coppard		07:50:48	16:55:52	09:05:04	2.41
27	Elizabeth	Symons		07:50:36	16:55:52	09:05:16	2.41
28	Sylvia	Brown		07:50:29	16:55:52	09:05:23	2.41
29	Lizzie	Harris	Sussex LDWA / Vegan Runners	08:01:08	18:15:06	10:13:58	2.14

**Men 35km Results:**

Pos'n	First Name	Surname	Club	Start Time	Finish Time	Time Taken	MPH
1	Hugh	Torry		10:20:14	14:03:35	03:43:21	5.88
2	Richard	Phillips	Serpentine Running Club	10:19:03	14:03:35	03:44:32	5.85
3	Ludovic	Maillard		09:30:04	13:14:40	03:44:36	5.84
4	Matt	Leslie		09:49:19	13:57:49	04:08:30	5.28
5	Jacob	Hussey	Plumbstead Runners	09:35:01	13:46:39	04:11:38	5.22
6	Luke	Wood	Framlington Flyers	09:34:49	13:46:39	04:11:50	5.21
7	Andrew	Noble		10:04:10	14:31:27	04:27:17	4.91
8	Zoltan	Fodor	Orion Harriers	08:30:15	13:29:52	04:59:37	4.38
9	Tom	Cornish		09:31:05	14:35:19	05:04:14	4.31
10	Mark	Parry		10:21:06	15:46:35	05:25:29	4.03
11	Ilsuk	Han	Fulham Running Club	10:19:34	15:46:35	05:27:01	4.01
12	Leonard	Martin		10:19:21	15:46:35	05:27:14	4.01
13	Tim	Ledeboer		07:27:49	13:08:31	05:40:42	3.85
14	Ian	Chappell		09:21:16	15:21:22	06:00:06	3.64
15	Lloyd	Bethell		09:09:50	15:19:29	06:09:39	3.55
16	Brenden	Poole		08:46:24	15:04:59	06:18:35	3.47
17	Rupert	Poole		08:46:31	15:05:24	06:18:53	3.46
18	Mark	Poole	LDWA	08:45:59	15:08:37	06:22:38	3.43
19	Neil	Hollands	Rebel Runners	08:35:16	15:02:03	06:26:47	3.39
20	Alastair	Caie		08:41:08	15:08:54	06:27:46	3.38
21	Nigel	Bulmer	Bromley Veterans	08:04:33	14:45:02	06:40:29	3.28
22	Stephen	Watson	Thames Valley LDWA	07:13:49	14:05:13	06:51:24	3.19
23	Dane	Ryan	Ealing Eagles	08:02:52	15:14:28	07:11:36	3.04
24	Robert	Humphries	Essex & Herts LDWA	07:16:46	14:30:03	07:13:17	3.03
25	Tim	Bedwell		07:37:50	14:54:57	07:17:07	3.00
26	Chris	Matthews	Hastings Runners	09:07:34	16:29:50	07:22:16	2.97
27	David	Bratby	Hastings Runners	09:08:08	16:37:27	07:29:19	2.92
28	Piers	Brunning	Hastings Runners	09:07:58	16:37:27	07:29:29	2.92
29	Jo	Edwards	Hastings Runners	09:07:47	16:37:27	07:29:40	2.92
30	Simon	Tamlin		07:38:14	15:09:30	07:31:16	2.91
31	Alan	Fitch	Essex & Herts LDWA	07:25:39	15:39:18	08:13:39	2.66
32	Steve	Hewitt		07:33:37	15:52:25	08:18:48	2.63
33	Andrew	Stanley		08:15:02	16:42:05	08:27:03	2.59
34	Jack	Stanley		08:14:55	16:42:05	08:27:10	2.59
35	Kim	Stanley		08:14:47	16:42:05	08:27:18	2.59
36	Andrew	Melling	Kent LDWA	07:58:21	16:26:44	08:28:23	2.58
37	Paul	Davidson	COPSE	08:20:52	17:01:14	08:40:22	2.52
38	Richard	Faircloth	Sussex 12 milers	07:33:36	16:27:16	08:53:40	2.46
39	Rob	Foster	Sussex LDWA	07:34:24	16:29:50	08:55:26	2.45
40	Graham	Brooks	Tunbridge Wells Harriers	07:34:02	16:30:56	08:56:54	2.44
41	David	Higgins		07:50:15	16:55:52	09:05:37	2.41
42	Chris	Taylor		07:32:02	17:00:09	09:28:07	2.31
43	John	Gould	COPSE	07:31:02	17:01:14	09:30:12	2.30
44	Keith	Rix	COPSE	07:32:00	17:03:38	09:31:38	2.30
45	Barry	Wilson	COPSE	07:30:51	17:03:29	09:32:38	2.29
46	Graham	Clarke	Sussex LDWA / Vegan Runners	08:01:21	18:15:06	10:13:45	2.14

Women 50km Results:												
Pos'n	First Name	Surname	Club	Start Time	Finish Time	Time Taken	MPH	No. Comp ≤10hrs	Best Time	Average Time	Slowest Time	50km Honours!
1	Lisa-Joanne	Walbridge	100 Marathon Club / LDWA	08:58:35	14:57:33	05:58:58	5.22	5	6:58	6:29	7:16	1st + EB
2	Megan	Lennox	London LDWA	08:05:23	14:54:57	06:49:34	4.58	2	6:49	7:03	7:17	PB
3	Tara	Williams	LDWA	07:36:31	14:30:45	06:54:14	4.53	8	6:54	8:04	9:28	PB
4	Jackie	Smith		07:59:22	14:57:49	06:58:27	4.48	6	6:58	7:49	8:51	PB
5	Rhiannon	Needham	Serpentine Running Club	08:03:19	15:21:22	07:18:03	4.28	1	7:18	7:18	7:18	
6	Janet	Cobby	100 Marathon Club	07:33:06	15:22:28	07:49:22	3.99	5	6:27	7:21	8:44	
7	Nina	Lambrov	Hastings Runners	07:39:40	15:30:27	07:50:47	3.98	1	7:50	7:50	7:50	
8	Louise	Hunter	Hastings Runners	07:39:20	15:30:11	07:50:51	3.98	1	7:50	7:50	7:50	
9	Samantha	Mills		07:26:29	15:22:42	07:56:13	3.94	1	7:56	7:56	7:56	
10	Christine	Howard	Billericey Striders	08:17:01	16:14:26	07:57:25	3.93	3	7:14	7:53	8:28	
11	Kim	Reed	BBN LDWA	07:10:36	15:22:28	08:11:52	3.81	2	8:11	8:38	9:04	PB
12	Charlotte	Smith	Serpentine Running Club	08:31:25	16:54:03	08:22:38	3.73	2	7:38	8:00	8:22	
13	Marta	Kunicka		07:02:54	15:34:09	08:31:15	3.67	1	8:31	8:31	8:31	
14	Susan	Bradburn		07:27:20	16:06:27	08:39:07	3.61	1	8:39	8:39	8:39	
15	Jan	O'Rourke	Kent LDWA	07:08:36	15:50:33	08:41:57	3.59	9	8:41	9:24	9:53	PB
16	Maria	Pail	100 Marathon Club	07:03:18	16:03:17	08:59:59	3.47	3	8:58	9:14	9:45	
17	Lorraine	Barry	100 Marathon Club	07:02:39	16:04:45	09:02:06	3.46	6	8:04	8:49	9:37	
18	Fiona	McNelis	100 Marathon Club	07:35:37	16:54:52	09:19:15	3.35	3	7:09	8:06	9:19	
19	Helen	Crossland	Leighton Fun Runners	07:28:43	16:50:19	09:21:36	3.34	1	9:21	9:21	9:21	
20	Jane	Macefeld	Sussex LDWA	07:21:44	17:05:02	09:43:18	3.21	1	9:43	9:43	9:43	
21	Cathryn	Row	Wessex LDWA	08:00:01	18:09:51	10:09:50	3.07					
22	Charlie	Harwood		07:07:48	17:31:19	10:23:31	3.01					
23	Jane	Roome	Tunbridge Wells Harriers	07:38:44	18:04:33	10:25:49	3.00					
=24	June	Edwards-Evans	Kent LDWA	07:38:41	18:04:33	10:25:52	3.00					
=24	Deborah	Stamp	Tunbridge Wells Harriers	07:38:41	18:04:33	10:25:52	3.00					
26	Georgina	Szombat		07:20:42	17:49:55	10:29:13	2.98					
27	Agata	Ostrowska		07:17:40	17:49:55	10:32:15	2.97					
28	Sophie	Driessens	London LDWA	07:01:01	18:11:25	11:10:24	2.80					
29	Sue	Fuller	LDWA	07:01:47	18:13:56	11:12:09	2.79					
30	Alzbeta	Benin		08:13:55	19:44:00	11:30:05	2.72					
31	Louise	Treves		07:08:14	20:54:00	13:45:46	2.27					
32	Caroline	Jack		07:08:06	20:54:00	13:45:54	2.27					
Men 50km Results:												
Pos'n	First Name	Surname	Club	Start Time	Finish Time	Time Taken	MPH	No. Comp ≤10hrs	Best Time	Average Time	Slowest Time	50km Honours!
1	David	Wakeling	COPSE	09:29:57	14:55:30	05:25:33	5.76	32	4:35	5:19	9:28	1st + Max Comp
2	Gif	Jittiwitikam	Cool as Cats go outside	10:20:03	15:46:35	05:26:32	5.74	1	5:26	5:26	5:26	
3	Mark	Denby	Surrey Walking Club & LDWA	09:09:56	14:39:25	05:29:29	5.69	3	5:29	6:03	6:29	PB
4	Andrew	Fergus		09:26:20	15:22:28	05:56:08	5.26	1	5:56	5:56	5:56	
5	Vinnie	Purdy	North Norfolk Beach Runners	08:58:48	14:57:33	05:58:45	5.23	9	5:58	6:42	8:05	PB
6	Chris	Seymour	Mid Essex Casuals	08:56:45	14:57:33	06:00:48	5.20	3	6:00	6:28	6:55	PB
7	Colin	Stark		08:56:03	14:57:33	06:01:30	5.19	7	6:01	6:49	8:04	PB
8	Jim	Lee		09:04:07	15:07:48	06:03:41	5.16	1	6:03	6:03	6:03	
9	Ian	Duxbury		08:52:38	14:57:33	06:04:55	5.14	1	6:04	6:04	6:04	
10	Fabrice	Leistner		08:45:17	14:51:14	06:05:57	5.12	6	4:44	6:08	7:32	
11	Russ	Bestley	Portsmouth Joggers	08:24:49	14:33:37	06:08:48	5.08	2	6:08	6:41	7:14	PB
12	Martin	Bacon	Portsmouth Joggers	08:24:39	14:33:37	06:08:58	5.08	2	6:08	6:42	7:15	PB
13	Steve	Alden	Mid Sussex Tri Club	09:00:34	15:17:24	06:16:50	4.98	1	6:16	6:16	6:16	
14	Kevin	James	Mid Sussex Tri Club	09:00:48	15:19:29	06:18:41	4.95	1	6:18	6:18	6:18	
15	Richard	Leahy		08:34:14	14:53:39	06:19:25	4.94	2	6:19	6:51	7:24	PB
16	Peter	Butler	Dartford Road Runners & Kent LDWA	08:33:41	14:53:13	06:19:32	4.94	1	6:19	6:19	6:19	
17	Lawrence	Wintergold	Mid Sussex Tri Club	08:59:54	15:19:29	06:19:35	4.94	1	6:19	6:19	6:19	
18	Alastair	Bloore		08:35:56	14:56:09	06:20:13	4.93	1	6:20	6:20	6:20	
19	Justin	Busby		08:58:08	15:19:29	06:21:21	4.92	2	6:21	7:08	7:56	PB
20	Chris	Offer		08:57:09	15:21:35	06:24:26	4.88	1	6:24	6:24	6:24	

Men 50km Results:												
Pos'n	First Name	Surname	Club	Start Time	Finish Time	Time Taken	MPH	No. Comp ≤10hrs	Best Time	Average Time	Slowest Time	50km Honours!
21	Chris	Denison	Dover Road Runners	08:28:50	14:53:39	06:24:49	4.87	1	6:24	6:24	6:24	
22	Rob	Jones		08:15:16	14:42:10	06:26:54	4.85	5	6:26	7:38	8:04	PB
23	Darren	Coates	Harlow	09:03:32	15:32:29	06:28:57	4.82	3	5:32	6:13	6:38	
24	Peter	Lemon	100 Marathon Club	07:44:54	14:19:28	06:34:34	4.75	6	6:25	7:01	7:28	
25	Greg	Hawkins	Littledown Harriers	07:44:37	14:19:47	06:35:10	4.74	1	6:35	6:35	6:35	
26	David	Thompson		08:43:00	15:20:16	06:37:16	4.72	5	6:37	7:04	7:17	PB
27	Robert	Weaver		08:48:18	15:32:29	06:43:11	4.65	2	6:43	8:14	9:46	PB
=28	David	Grant		09:32:00	16:17:56	06:45:56	4.62	1	6:45	6:45	6:45	
=28	Jonathan	Neville		09:32:00	16:17:56	06:45:56	4.62	1	6:45	6:45	6:45	
30	Nigel	Whitehead		08:43:00	15:31:58	06:48:58	4.58	3	6:48	7:05	7:17	PB
31	Robert	Cameron-Wood	100 Marathon Club	07:45:18	14:34:23	06:49:05	4.58	15	5:38	7:02	9:44	500km+
32	Rhys	Pippard	Serpentine Running Club	08:03:41	14:53:13	06:49:32	4.58	1	6:49	6:49	6:49	
33	Gary	Upstone	Thames Valley LDWA	07:36:53	14:30:45	06:53:52	4.53	3	6:53	7:31	8:03	PB
34	Brandon	Webb		08:11:18	15:07:48	06:56:30	4.50	9	6:49	7:34	9:46	
35	Mark	Thomson		08:34:33	15:32:46	06:58:13	4.48	1	6:58	6:58	6:58	
36	Jozef	Vrablik		08:40:08	15:41:02	07:00:54	4.45	2	7:00	7:13	7:26	PB
37	Duncan	Baber	LDWA	08:22:30	15:39:35	07:17:05	4.29	5	7:12	7:48	8:58	
38	Richard	Walburn		08:31:52	15:49:30	07:17:38	4.28	1	7:17	7:17	7:17	
39	Malcolm	Dyke	LDWA	07:30:25	14:48:05	07:17:40	4.28	6	7:17	8:09	9:09	PB
40	Frank	Womelsdorf		08:02:36	15:22:28	07:19:52	4.26	1	7:19	7:19	7:19	
41	<b>Michael</b>	<b>Thomson</b>		<b>08:52:32</b>	<b>16:13:48</b>	<b>07:21:16</b>	<b>4.25</b>	<b>10</b>	<b>5:52</b>	<b>7:09</b>	<b>8:11</b>	<b>NEW 500km</b>
42	Derek	Harrison		07:48:09	15:11:27	07:23:18	4.23	4	6:22	7:28	8:47	
43	John	Hunt	Thanet Road Runners AC	07:32:38	14:56:09	07:23:31	4.23	1	7:23	7:23	7:23	
44	Mark	Foster	Thanet Road Runners AC	07:32:18	14:58:42	07:26:24	4.20	2	7:26	8:00	8:34	PB
45	Richard	Spear	COPSE	07:59:22	15:27:24	07:28:02	4.18	24	5:14	7:04	8:51	1000km+
46	Brian	Layton	BBN LDWA	07:37:20	15:05:56	07:28:36	4.18	8	7:00	8:07	9:49	
47	Max	Woods		08:10:26	15:42:08	07:31:42	4.15	2	7:31	7:37	7:42	PB
48	Clive	Tant	Essex & Herts LDWA	08:20:07	15:58:44	07:38:37	4.09	2	7:38	8:00	8:22	PB
49	Tim	Styles	COPSE	07:59:22	15:43:01	07:43:39	4.04	24	5:17	7:06	8:43	1000km+
50	Brian	Friend	Sussex LDWA	08:44:03	16:28:35	07:44:32	4.04	1	7:44	7:44	7:44	
51	Perry	Wade		07:42:07	15:26:43	07:44:36	4.04	1	7:44	7:44	7:44	
52	Anthony	Garoner	Hastings Runners	07:40:43	15:30:55	07:50:12	3.99	1	7:50	7:50	7:50	
53	Andrew	Boulden	Kent / Essex & Herts LDWA	07:19:24	15:09:48	07:50:24	3.99	27	7:18	8:34	9:37	1000km+
54	David	Lewis		07:31:32	15:22:53	07:51:21	3.98	6	6:41	7:56	9:00	
55	David	Giles	Sussex LDWA	07:21:51	15:14:28	07:52:37	3.97	7	7:22	7:46	8:23	
56	John	Kinwan	Leighton Fun Runners	08:17:37	16:14:26	07:56:49	3.93	3	7:56	8:37	9:18	PB
57	Simon	Beasley		08:42:30	16:42:54	08:00:24	3.90	2	7:06	7:33	8:00	
58	Stephen	O'Shea		08:42:30	16:43:39	08:01:09	3.90	1	8:01	8:01	8:01	
59	Sean	Rodwell	Rebel Runners Medway	07:38:55	15:42:25	08:03:30	3.88	1	8:03	8:03	8:03	
60	Jeff	Campbell	Surrey LDWA	07:59:22	16:06:59	08:07:37	3.85	32	5:17	6:44	9:06	Max Comp
61	Tony	Hill	BBN LDWA	07:10:52	15:22:28	08:11:36	3.81	2	8:11	8:38	9:04	PB
62	Ron	Doole	Thames Valley LDWA	07:11:34	15:24:12	08:12:38	3.81	3	8:12	8:48	9:27	PB
63	Rob	Wise		07:28:34	15:42:49	08:14:15	3.79	1	8:14	8:14	8:14	
64	Matt	Jones		07:28:34	15:43:19	08:14:45	3.79	1	8:14	8:14	8:14	
65	Tim	Jury	Hastings Runners	07:40:27	15:55:19	08:14:52	3.79	3	8:14	8:59	9:47	PB
66	Matthew	Jones	Thanet Road Runners AC	07:19:00	15:41:36	08:22:36	3.73	1	8:22	8:22	8:22	
67	Mathew	Kirby		07:18:45	15:41:36	08:22:51	3.73	1	8:22	8:22	8:22	
68	David	Whitehead	LDWA	07:42:30	16:08:13	08:25:43	3.71	28	5:02	6:31	9:16	1000km+
69	Chris	Blackwell		07:03:11	15:34:38	08:31:27	3.67	1	8:31	8:31	8:31	
70	Peter	Hamson	Tring Running Club	08:30:36	17:03:29	08:32:53	3.66	9	6:35	7:39	8:32	
71	Phil	Bradburn		07:27:20	16:06:27	08:39:07	3.61	4	8:39	9:05	9:51	PB
72	Andrew	Moore		07:02:30	15:41:50	08:39:20	3.61	2	8:39	9:17	9:55	PB
73	Rob	Small	Maidstone Harriers	07:27:07	16:06:47	08:39:40	3.61	1	8:39	8:39	8:39	
74	Thomas	Hlwe		08:09:52	16:50:19	08:40:27	3.60	1	8:40	8:40	8:40	
75	Andy	Carpenter	LDWA	07:04:34	15:54:20	08:49:46	3.54	2	8:49	9:06	9:23	PB

### Men 50km Results:

	First Name	Surname	Club	Start Time	Finish Time	Time Taken	MPH	No. Comp ≤10hrs	Best Time	Average Time	Slowest Time	50km Honours!
76	Kevin	Webber		07:03:56	15:56:36	08:52:40	3.52	1	8:52	8:52	8:52	
=77	Michael	Headley	Kent LDWA	07:04:15	15:58:44	08:54:29	3.51	4	8:15	8:51	9:19	
=77	David	Thornton	Kent LDWA	07:05:25	16:00:24	08:54:59	3.50	1	8:54	8:54	8:54	
79	David	Booker	Kent LDWA	07:04:46	16:02:50	08:58:04	3.48	2	8:58	9:22	9:47	PB
80	David	Davidson	Pitsea RC	07:03:15	16:02:16	08:59:01	3.48	1	8:59	8:59	8:59	
81	Bryan	Damey	Goring Road Runners	07:02:59	16:03:17	09:00:18	3.47	6	7:59	8:44	9:00	
82	Andrew	Mallpress	Horsham Joggers	07:03:37	16:04:23	09:00:46	3.47	2	7:30	8:15	9:00	
83	Les	Lepper	Marlow Striders	07:25:02	16:35:18	09:10:16	3.41	3	8:16	9:01	9:38	
84	Neal	O'Rourke	Kent LDWA	07:08:32	16:23:08	09:14:36	3.38	17	8:48	9:20	9:51	500km+
85	Michael	Fletcher	LDWA	07:05:43	16:22:48	09:17:05	3.37	4	9:03	9:21	9:36	
86	John	Poole	LDWA	07:35:06	16:54:00	09:18:54	3.35	16	6:30	7:33	9:18	500km+
87	John	Cooper	Canterbury Harriers	07:34:38	16:54:16	09:19:38	3.35	1	9:19	9:19	9:19	
88	Luis	Broz	BBN LDWA	07:18:25	16:40:03	09:21:38	3.34	16	8:40	9:12	9:45	500km+
89	Sammy	Dawkins	LDWA	07:26:22	16:50:41	09:24:19	3.32	1	9:24	9:24	9:24	
90	Keith	Warman	Kent LDWA	07:01:35	16:26:44	09:25:09	3.32	18	7:48	9:09	9:54	500km+
91	John	Garson		07:05:02	16:32:28	09:27:26	3.30	4	9:15	9:27	9:34	
92	Jim	Catchpole	Essex & Herts LDWA	07:00:19	16:31:40	09:31:21	3.28	4	8:52	9:15	9:35	
93	Franck	Crosnier		08:28:36	18:04:48	09:36:12	3.25	1	9:36	9:36	9:36	
94	Manfred	Engler		06:36:30	16:22:48	09:46:18	3.20	1	9:46	9:46	9:46	
95	Gerry	McGovern	Little Baddow Ridge Runners	08:45:15	18:31:59	09:46:44	3.20	1	9:46	9:46	9:46	
96	Chris	Kennedy	Sussex LDWA	07:04:58	16:57:28	09:52:30	3.16	2	9:52	9:54	9:56	
97	John	Corcoran		07:00:37	17:00:35	09:59:58	3.13	1	9:59	9:59	9:59	
98	Mark	Ilisley		06:58:50	16:59:43	10:00:53	3.12	1	10:00	10:00	10:00	
99	Ali	Amanat		08:05:31	18:08:20	10:02:49	3.11	1	9:54	9:54	9:54	
100	Dick	Ockenden	COPSE	07:07:19	17:35:06	10:27:47	2.99	27	4:48	6:36	9:37	1000km+
101	Andrew	Collis		07:20:57	17:49:55	10:28:58	2.98					
102	Neil	Kaemena		07:20:35	17:49:55	10:29:20	2.98					
103	Stephen	Saville		07:20:10	17:49:55	10:29:45	2.98					
104	David	Moles	100 Marathon Club	07:24:35	18:13:56	10:49:21	2.89	1	8:46	8:46	8:46	
105	Simon	Liversidge	Met Walkers	07:00:45	18:11:25	11:10:40	2.80					
106	Pawan	Nandrajog		07:15:19	18:32:35	11:17:16	2.77					
107	William	Caterson	COPSE	07:09:26	18:37:18	11:27:52	2.73	11	6:36	7:41	9:29	500km+
=108	Mike	Mills		07:04:35	18:38:35	11:34:00	2.70	6	8:45	9:01	9:28	
=108	David	McNulty		07:04:35	18:38:35	11:34:00	2.70					
110	Phillip	Howells	100 Marathon Club	07:53:33	20:54:00	13:00:27	2.40					

### 50km Awards Key

PB	Personal Best Time
EB	Event Best Ever Time!
Max Comp	Most 50km Completions in 10 hrs or less. No one has completed all 33 in under 10 hours.
500km+	Completed 11 - 19 50km all in 10 hours or less.
1000km+	Completed 21 - 29 50km all in 10 hours or less.
1500km+	Completed 31 - 39 50km all in 10 hours or less.
NEW 500km	10 50km Completions all in 10 hours or less achieved this year. Receives special certificate listing all years and times.
NEW 1000km	20 50km Completions all in 10 hours or less achieved this year. Receives special certificate listing all years and times.
NEW 1500km	30 50km Completions all in 10 hours or less achieved this year. Receives special certificate listing all years and times.