

London Heathside Road Race Championship – Men

- WHM - Watford Half Marathon - 6/2/05
 LH5 - London Heathside 5- 6/3/05
 VP5 - Victoria Park 5 - 26/3/05
 TT10 - Thames Towpath 10 - 3/4/05
 CE10K - Crouch End 10K - 22/5/05
 SAHM - St Albans Half Marathon - 12/6/05
 H10K - Hampstead Midsummer 10K - 26/6/05
 P5 - Perivale 5 - 4/9/05
 5M Bonus - 5 Mile Bonus Points (see Table A below)
 D10K - Dulwich 10K - 9/10/05
 10K Bonus - 10K Bonus Points (see Table B below)
 CP10 - Cabbage Patch 10 - 16/9/05
 SHM - Stevenage Half Marathon - 6/11/05
 HM Bonus - Half Marathon Bonus Points (see Table C below)
 S10 – Stortford 10 – 20/11/05
 10M Bonus – 10 Mile Bonus Points (see Table D below)

Name	WHM	LH5	VP5	TT10	CE10K	SAHM	H10K	P5	5M Bonus	D10K	10K Bonus	CP10	SHM	HM Bonus	S10	10M Bonus	Total
Lloyd Maddock	30		29	30	28	30		28	24	30	22	28		26		25	330
Martin Loughnane		22		29	25	25	25	27	26		14		28	18	29	24	292
Urban Bettag			26		27	29	30	30	28		24	29					223
Laurence Steinpress			15	22	1	17		15	19	21	27	5	19	25		29	215
Anthony Miners	12	4	19	25	2		10		23		25		21	20	24	23	208
Graham Bell		10		26		22		19	25				27	27	26	26	208
Julian Ferraro	28	11	27	28					29						30	27	180
Mark George			22			21		23	27			18	24	29			164
Gavin Evans	26				22	26	23				13	25		22			157
Alan Dickson		16		27	14		21				23	24				28	153
Jacob Howe	29		28		23			29	16			26					151
Philip Bloomfield		1		23		18				20		4	18	30		22	136
Charles Swan	14				9	20	14				17	8		23			105
Andy Conway	13	13			7	19	13				18			19			102
Malcolm Hinsley					19	27	27				26						99

Name	WHM	LH5	VP5	TT10	CE10K	SAHM	H10K	P5	5M Bonus	D10K	10K Bonus	CP10	SHM	HM Bonus	S10	10M Bonus	Total
Richard Looney								16									16
Richard Steer							16										16
Oliver Hitch												14					14
Alex McGlashan												13					13
Darren Smith		7			3												10
Paul McCrossin					10												10
Daniel Barlow	8																8
Isaac Hudson					5												5
Andy Marks					1							3					4
David Sorensen		1			1												2
Martin Dop					1												1
Michael Durham					1												1
Paul Harvey					1												1
Richard Willsher					1												1
Ronan Manly					1												1
Steve Wright					1												1

Name	LH5 Time	VP5 Time	P5 Time	Improvement	5M Bonus
Anthony Burns	0:46:50	36:46		0:10:04	30
Julian Ferraro	0:34:46	29:54		0:04:52	29
Urban Bettag		30:20	0:27:45	0:02:35	28
Mark George	0:35:03	33:46	0:33:29	0:01:34	27
Martin Loughnane	0:31:05		0:29:31	0:01:34	26
Graham Bell	0:34:50		0:36:36	0:01:14	25
Lloyd Maddock	0:29:12	28:00	0:29:10	0:01:12	24
Anthony Miners	0:37:17	36:08		0:01:09	23
Harry Nuttall	0:36:33	35:56		0:00:37	22
Laurence Fryer	0:38:00	37:23		0:00:37	22
Charles Verrall	0:37:40	37:05	0:38:26	0:00:35	20

Laurence Steinpress	0:41:20	40:50	0:41:55	0:00:30	19
Andrew Hudson	0:33:53	33:27		0:00:26	18
William Gilby	0:33:33	33:16		0:00:17	17
Jacob Howe		28:12	0:28:52	-0:00:40	16
Pete Webster	0:34:15		0:35:06	-0:00:51	15

Name	CE10K Time	H10K Time	D10K Time	Improvement	10K Bonus
Simon Moore	0:42:24		0:39:56	0:02:28	30
Hugh Williams	0:51:27	0:49:28		0:01:59	29
Orlando Hill	0:49:15	0:47:29		0:01:46	28
Laurence Steinpress	0:53:20		0:51:57	0:01:23	27
Malcolm Hinsley	0:37:49	0:36:56		0:00:53	26
Anthony Miners	0:45:20	0:44:27		0:00:53	25
Urban Bettag	0:35:51	0:35:04		0:00:47	24
Alan Dickson	0:41:25	0:40:50		0:00:35	23
Lloyd Maddock	0:35:48		0:35:25	0:00:23	22
Steve Mobbs	0:41:23	0:41:03		0:00:20	21
Hassan Nahal	0:41:44	0:41:30		0:00:14	20
David Browne	0:35:07	0:35:24		-0:00:17	19
Andy Conway	0:43:29	0:43:48		-0:00:19	18
Charles Swan	0:43:19	0:43:41		-0:00:22	17
Francis Pawlowski	0:57:19	0:57:45		-0:00:26	16
Carl Heap	0:43:22	0:44:12		-0:00:50	15
Martin Loughnane	0:36:47	0:37:46		-0:00:59	14
Gavin Evans	0:37:11	0:38:16		-0:01:05	13
Charles Verrall	0:47:01		0:48:22	-0:01:21	12

Name	WHM Time	SAHM Time	SHM Time	Improvement	HM Bonus
Philip Bloomfield	2:17:10	1:58:04	2:01:42	0:19:06	30

Mark George	1:37:15	1:36:45	1:33:56	0:03:19	29
Steve Woolf	1:50:40		1:48:28	0:02:12	28
Graham Bell	1:34:36	1:33:52	1:32:37	0:01:59	27
Lloyd Maddock	1:17:56	1:18:08		-0:00:12	26
Laurence Steinpress	1:57:27	1:59:09	1:57:59	-0:00:32	25
Paul Addison	1:28:05	1:29:07		-0:01:02	24
Charles Swan	1:38:29	1:39:33		-0:01:04	23
Gavin Evans	1:22:23	1:24:35		-0:02:12	22
Francis Pawlowski	2:01:58	2:05:14		-0:03:16	21
Anthony Miners	1:42:39		1:46:59	-0:04:20	20
Andy Conway	1:39:09	1:43:57		-0:04:48	19
Martin Loughnane	1:22:27	1:28:43	1:28:14	-0:05:47	18

Name	TT10 Time	CP10 Time	S10 Time	Improvement	10M Bonus
Tim Bloomfield	1:22:03	1:15:03		0:07:00	30
Laurence Steinpress	1:33:00	1:27:27		0:05:33	29
Alan Dickson	1:09:51	1:05:50		0:04:01	28
Julian Ferraro	1:03:16		1:00:12	0:03:04	27
Graham Bell	1:10:05	1:10:29	1:08:17	0:01:48	26
Lloyd Maddock	0:58:04	0:57:48		0:00:16	25
Martin Loughnane	1:01:01		1:01:22	-0:00:21	24
Anthony Miners	1:16:23		1:16:54	-0:00:31	23
Philip Bloomfield	1:23:53	1:27:39		-0:03:46	22