

## London Heathside 5 - 2003

Position	Forename	Surname	Club	Category	Time
1	Andy	Coleman	Enfield & Haringey AC	M	24:21
2	Shane	Snow	Highgate Harriers	M	26:09
3	Knut	Hegvold	Belgrave Harriers	MV40	26:28
4	Nick	Martyn	Highgate Harriers	M	26:40
5	Martin	Potter	London Heathside	M	26:59
6	Tony	Pamphilon	Woodford Green & Essex Ladies	MV40	27:07
7	Norman	Mitchell	London Heathside	MV40	27:19
8	Andrew	Welshman	London Heathside	M	27:30
9	Bruce	Weber	London Heathside	MV40	27:39
10	Nick	Gold	Highgate Harriers	M	27:51
11	John	Clarke	Ware Joggers	M	27:53
12	Liam	Proudlock	London Heathside	M	28:33
13	Jan	Gallert	London Heathside	M	28:47
14	Tony	Seakins	Colchester Harriers	MV40	28:51
15	Nick	Mayers	London Heathside	M	28:57
16	Eddie	Bayne	London Heathside	M	29:03
17	Mark	Guichard	Road Runners Club	MV40	30:07
18	Terry	McCarthy	Woodford Green & Essex Ladies	MV40	30:09
19	Getenesh	Tamrat	Unattached	F	30:15
20	Edward	Dodwell	Reading Road Runners	MV40	30:17
21	Ian	Birch	Ealing, Southall & Middx	MV40	30:21
22	Gavin	Evans	London Heathside	MV40	30:35
23	Simon	Fulbrook	Serpentine	M	30:52
24	Bill	Birmingham	London Heathside	MV50	30:52
25	David	Hawes	Unattached	M	30:58
26	Remi	Osborne	Unattached	M	31:11
27	Stuart	Gardner	Unattached	M	31:14
28	Colette	O'Neill	British Airways AC	F	31:17
29	Enda	Stankard	London Heathside	M	31:25
30	John	Shirley	Barnet & District	MV50	31:27
31	Ken	Townson	London Heathside	M	31:32
32	Richard	Looney	London Heathside	M	31:34
33	Lenny	Thomas	Queens Park Harriers	MV40	31:48
34	Francis	Robinson	Barnet & District	MV40	31:59
35	Keith	Jordan	Unattached	M	32:04
36	Caroline	McCarthy	Unattached	F	32:08
37	Scott	Johnson	Unattached	M	32:17
38	Teresa	Scully	Unattached	FV35	32:19
39	Heather	Carson	Unattached	F	32:29
40	Nick	Cavalla	Unattached	MV40	32:32
41	Andrew	Dipple	Bridgenorth AC	MV40	32:54
42	Steve	Mobbs	Unattached	MV40	33:04
43	Charles	Verrall	London Heathside	MV50	33:24
44	Stephen	Dady	Unattached	MV50	33:27
45	Nicholas	Finlay	Unattached	MV40	33:29
46	Tim	Marlow	London Heathside	MV40	33:36
47	Huw	Morgan	Unattached	M	33:37
48	Rachel	Weston	London Heathside	FV35	33:46
49	Peter	Webster	London Heathside	MV50	33:57
50	Michael	Abrahams	Road Runners Club	MV40	33:59
51	Kenny	Blyth	Ware Joggers	MV50	34:07
52	Emily	Gelder	Unattached	F	34:08
53	Joe	Connoly	Edmonton Joggers	MV40	34:11
54	Tim	Lincoln	London Heathside	M	34:20
55	Jacqueline	Watt	London Heathside	F	34:34

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56	Oner	Anara	Unattached	M	34:37
57	Mel	Davies	Customs & Excise Sports	MV50	34:39
58	Harry	Nuttall	London Heathside	MV50	34:50
59	Neal	Marran	Unattached	M	34:58
60	Andrew	Reid	Unattached	M	35:10
61	Peter	Hanson	London Heathside	MV50	35:12
62	Anthony	Chin	London Heathside	MV40	35:13
63	Roger	Mansell	Trent Park RC	MV50	35:15
64	Indrajeet	Aich	Unattached	M	35:32
65	David	Jones	Unattached	M	35:51
66	Yvonne	Rice-Oxley	West 4 Harriers	FV45	35:56
67	Robert	Packham	Unattached	MV40	35:58
68	Andrew	Hudson	London Heathside	MV40	35:59
69	Edwin	Watkins	Trent Park RC	M	36:01
70	Matthew	Barker	London Heathside	M	36:02
71	Mark	Temple-Jones	Unattached	M	36:07
72	Jack	Wilkes	London Heathside	MV50	36:12
73	Sarah	Hinton	Unattached	F	36:17
74	Sally	Gold	Highgate Harriers	F	36:18
75	Mark	Donnarumma	Unattached	M	36:33
76	Steve	Edwards	Serpentine	MV40	36:38
77	Christine	Menzies	London Heathside	FV35	36:49
78	Russell	Fell	Handy Cross Runners	MV50	36:51
79	Philip	Welch	Hillingdon AC	MV50	36:58
80	Callum	Jacobs	Unattached	M	37:01
81	Graeme	Moir	Unattached	MV50	37:06
82	Peter	McQuillan	Unattached	MV40	37:10
83	Ian	Isted	Unattached	M	37:17
84	Ian	Isherwood	Hercules Wimbledon AC	MV50	37:24
85	Matthew	Doughty	Enfield & Haringey AC	MV50	37:27
86	Samuel	Diya	Unattached	M	37:38
87	Lizzie	Cowan	Unattached	F	37:41
88	Norbert	Read	London Heathside	MV50	37:45
89	Stephen	Conaty	Unattached	M	37:55
90	Mark	Gentry	Unattached	M	38:10
91	Nathan	Tyler	Unattached	M	38:19
92	David	Englefield	Unattached	M	38:24
93	Emma	Markwick	Unattached	FV35	38:25
94	Delwyn	Dunnett	Unattached	F	38:26
95	Mark	Young	Unattached	MV40	39:02
96	Mark	Burns	Unattached	MV40	39:15
97	Steven	Towndrow	Unattached	M	39:20
98	Anne	Black	Cheltenham Harriers	FV35	39:27
99	Abraham	Whitmore	Unattached	MV40	39:49
100	Brian	Tims	Southern Vets	MV50	40:00
101	Camil	Kocan	Enfield & Haringey AC	M	40:05
102	Brad	Smith	Unattached	M	40:06
103	Andrea	Carvalho	Unattached	F	40:37
104	Kevin	Todd	Unattached	M	40:38
105	Simon	Bates	Unattached	M	40:38
106	Paul	Surridge	Unattached	M	40:41
107	Craig	Hallett	Unattached	M	40:46
108	Andy	Sims	Unattached	M	40:50
109	Kevin	Fitzgerald	Unattached	MV40	40:53
110	Laurence	Fryer	London Heathside	MV40	40:55
111	Laurence	Steinpress	London Heathside	MV40	40:59

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112	Dennis	Spence	Unattached	MV40	41:16
113	Dan	Brooks	Unattached	M	41:16
114	Kevin	Rowe	Unattached	MV50	41:23
115	Olvind	Reklev	Unattached	M	41:24
116	Neil	Stannard	Unattached	M	41:25
117	Colin	St Helien	Unattached	MV40	41:30
118	Andi	Bridges	Unattached	M	41:30
119	Tony	Browne	Ware Joggers	MV40	41:31
120	Resi	Dzialdow	London Heathside	FV35	41:36
121	Maureen	Shirley	Barnet & District	FV45	41:39
122	John	Murphy	Unattached	MV40	41:40
123	John	Campbell	Unattached	MV50	41:43
124	Rob	Tomlinson	Unattached	MV50	41:43
125	Alan	Wells	Unattached	MV50	41:55
126	James	Fernandes	Unattached	MV40	42:01
127	Alastair	Jackson	Vets AC	MV50	42:19
128	Isobel	Chronnell	Unattached	F	42:22
129	Michael	Kendall	Unattached	MV40	42:29
130	Ruth	Cherrington	London Heathside	FV45	43:18
131	Katie	Cowan	Unattached	F	43:21
132	Philip	Maher	Unattached	M	43:31
133	Katharine	Reid	Unattached	FV35	43:56
134	Philip	Postings	Ilford AC	MV50	44:12
135	Geoff	Burgess	Unattached	M	44:13
136	Terence	Muzzell	Unattached	MV40	44:17
137	Ike	Ugbah	Unattached	M	44:21
138	Kristin	Breuss	Unattached	F	44:22
139	Tony	Burns	London Heathside	MV60	44:30
140	Sally-Ann	Patch	Unattached	FV35	44:36
141	Adrian	Norris	London Heathside	MV50	44:49
142	Sarah	Burgess	Unattached	FV35	44:51
143	Linda	Dworowski	Customs & Excise Sports	FV45	44:54
144	Byron	Hill	Unattached	MV40	45:05
145	Gillian	Forrest	Unattached	F	45:11
146	Morten	Garberg	Unattached	M	45:14
147	Norman	Wilson	Unattached	MV50	45:18
148	Miriam	Muzzell	Unattached	FV45	45:30
149	Hilary	Hunt	Unattached	F	45:51
150	Kirsty	Bangham	Stragglers	F	45:53
151	Caroline	Petras	Unattached	F	46:57
152	Alan	Meaden	Ranelagh Harriers	MV50	47:05
153	Mark	Surrey	Unattached	MV50	47:11
154	Marion	Gough	Unattached	FV35	47:36
155	Michael	Middleton	Unattached	MV50	47:36
156	Maureen	Hassell	London Heathside	FV45	47:42
157	Lesley	Buchan	Unattached	FV35	47:57
158	Neal	McKnight	Unattached	M	48:16
159	Melanie	McKnight	Unattached	F	48:16
160	Basirat	Najimodeen	Unattached	F	49:10
161	David	Meaden	Ranelagh Harriers	MV50	49:53
162	Sue	Russell	Unattached	F	50:49
163	Andy	Cockayne	Unattached	M	50:49
164	Robin	Forrest	Unattached	M	50:52
165	Richard	Bottomley	Unattached	MV40	51:02
166	Anna	Taylor	London Heathside	FV45	54:41