

London Heathside 5 - 2004

Position	Forename	Surname	Club	Category	Time
1	Najib	Hliouat	Puma TVH	M	26:41
2	Nick	Martyn	Highgate Harriers	MV40	27:00
3	Natu	Tesfai	Walthamstow AC	M	27:10
4	Phil	Coulson	Highgate Harriers	M	27:17
5	Rezen	Petros	U/A	M	27:26
6	David	McGregor	Serpentine	MV40	28:06
7	Bruce	Weber	London Heathside	MV40	28:22
8	Urban	Bettag	U/A	M	28:39
9	Nick	Mayers	London Heathside	M	28:46
10	Norman	Mitchell	London Heathside	MV40	29:12
11	Alex	Sweet	London Heathside	M	29:47
12	Richard	Kingsnorth	Enfield Runners	M	29:57
13	Liam	Proudlock	London Heathside	MV40	30:07
14	Kabir	Kemp	London Heathside	MV40	30:19
15	Brian	Corbett	U/A	M	30:38
16	Noah	Knock	U/A	M	30:42
17	Julian	Ferraro	London Heathside	M	30:48
18	David	Hawes	Enfield & Haringey AC	M	30:49
19	Patrick	Hannon	London Heathside	MV40	30:52
20	Damian	Clark	Coach	M	30:59
21	Gavin	Evans	London Heathside	MV40	31:00
22	Tony	Killilea	London Heathside	MV40	31:08
23	Stephen	Faulkner	U/A	M	31:23
24	Jamie	Luck	Harlow AC	M	24:27
25	Richard	Soar	U/A	M	31:48
26	Julian	Williams	U/A	M	31:54
27	Paul	Lovett	Serpentine	M	32:11
28	Paul	Tonkinson	U/A	M	32:22
29	Vratislav	Durech	U/A	M	32:23
30	Lenny	Thomas	Queens Park Harriers	MV40	32:29
31	Nicholas	Skipper	London Heathside	MV40	32:31
32	Tom	Metcalfe	U/A	M	32:38
33	Hassan	Nahal	London Heathside	MV40	32:43
34	Andy	Ruffy	U/A	M	32:46
35	Alan	Dickson	London Heathside	M	32:57
36	Robyn	Matson	Haverling Mayesbrook AC	F	33:12
37	Remi	Osborne	U/A	M	33:17
38	Anthony	Chin	London Heathside	MV40	33:29
39	Austin	Platt	London Heathside	M	33:48
40	William	Gilby	London Heathside	MV50	33:54
41	Steve	Edwards	Serpentine	MV40	33:57
42	Patrick	Wilson	U/A	M	33:59
43	Sean	Cranny	U/A	M	34:01
44	Michael	Abrahams	Road Runners Club	MV40	34:12
45	Peter	Thompson	U/A	M	34:24
46	Jim	Tavare	Ealing Southall & Middlesex	MV40	34:25
47	Andrew	Conway	London Heathside	MV40	34:33
48	Anthony	Procommenos	Islington Boys Club	M	34:34
49	Oner	Avara	U/A	M	34:36
50	Joe	Connolly	Edmonton Joggers	MV40	34:42
51	Carl	Heap	London Heathside	MV50	34:56
52	Mike	Revington	U/A	M	35:06
53	Steven	Bemmer	U/A	M	35:09
54	Mark	Warren	London Heathside	M	35:12
55	Michael	Evans	U/A	M	35:25

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56	Peter	Hanson	London Heathside	MV50	35:31
57	Harry	Nuttall	London Heathside	MV50	35:32
58	Tom	Attwood	U/A	M	35:33
59	Tom	Gale	Serpentine	M	35:38
60	Matthew	Doughty	Enfield & Haringey AC	MV50	35:39
61	Martin	Page	U/A	MV40	35:43
62	Nicholas	Luck	Harlow AC	M	35:46
63	Kevin	Houghton	U/A	M	35:46
64	Mark	Leftly	U/A	M	35:51
65	Sam	Jones	London Heathside	M	35:52
66	Alex	Smith	Sevenoaks AC	M	35:55
67	Abi	Sheals	Kendal AC	F	35:56
68	Sarah	Hinton	U/A	F	36:00
69	Nick	Crocker	U/A	MV40	36:00
70	Katie	Dicks	U/A	F	36:07
71	Mark	Burns	U/A	MV40	36:12
72	Paolo	Culora	U/A	M	36:18
73	Richard	Smith	Serpentine	MV50	36:22
74	Mark	Colby	U/A	MV40	36:41
75	Miroslav	Zuber	U/A	M	36:45
76	Graeme	Moir	U/A	MV50	36:51
77	Ken	Potter	Ealing Southall & Middlesex	MV50	36:56
78	Roy	French	Pitsea RC	MV50	37:02
79	Andrew	Dawson	U/A	MV40	37:12
80	Emily	Brassfield	London Heathside	F	37:13
81	Kathy	Fogarty	Ealing Southall & Middlesex	FV45	37:21
82	Osman	Hasan	London Heathside	M	37:27
83	Malcolm	French	Serpentine	MV40	37:31
84	Roger	Mansell	Trent Park Running Club	MV50	37:42
85	John	Cook	Harlow AC	M	37:43
86	Lizzie	Cowan	U/A	F	37:45
87	Yvonne	Rice-Oxley	West 4 Harriers	FV45	37:49
88	Kirsty	Sewell	U/A	F	37:50
89	Jerry	Garvey	Trent Park Running Club	MV40	37:57
90	Darren	Barlow	U/A	MV40	37:57
91	Josephine	Spiller	Serpentine	F	38:02
92	Mike	Walsh	U/A	M	38:06
93	Tom	Cullen	U/A	MV50	38:09
94	Orlando	Hill	London Heathside	MV40	38:13
95	Jeanette	Mueller	Serpentine	FV35	38:23
96	Alison	Fairhead	London Heathside	F	38:25
97	Martin	Hill	U/A	MV40	38:33
98	Olaf	Steinebach	U/A	M	39:05
99	Anthony	Miners	London Heathside	MV40	39:33
100	Jon	Knox	Serpentine	MV40	39:36
101	Dennis	Spence	U/A	MV40	39:48
102	Terry	Scott	Trent Park Running Club	MV40	39:49
103	Laurence	Steinpress	London Heathside	MV40	40:01
104	Cliff	Spence	U/A	M	40:06
105	Kristina	Smith	U/A	FV35	40:15
106	James	Sharpe	U/A	M	40:23
107	Gerry	Floyd	U/A	MV40	40:25
108	Leon	Goldsack	Deal Tri	M	40:26
109	Sam	Gullam	U/A	M	40:27
110	Francis	Pawlowski	London Heathside	MV50	40:28
111	Resi	Dzialdow	London Heathside	FV35	40:32

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112	Aline	Hobbs	U/A	FV35	40:39
113	Adrian	Day	Trent Park Running Club	MV40	40:40
114	Martin	Keegan	Runnymede Runners	MV40	40:47
115	Louis	Smith	Sudbury Court RC	MV40	40:50
116	Symond	Jacob	U/A	M	40:53
117	Geoffrey	Burgess	U/A	M	41:01
118	Kristin	Breuss	U/A	M	41:11
119	Tony	Browne	Ware Joggers	MV40	41:31
120	Matt	Clifford	U/A	M	41:40
121	Andy	Young	Serpentine	M	41:46
122	Paul	Hammick	U/A	MV40	41:54
123	Neil	Campbell	Athletics NSW	MV50	41:59
124	Philip	Maher	U/A	M	42:28
125	Philip	Bloomfield	London Heathside	MV50	42:38
126	Colin	St Helien	U/A	MV40	42:46
127	Katie	Andersen	U/A	F	42:50
128	Katarine	Deeks	U/A	F	43:02
129	Ron	Luck	Harlow AC	MV50	43:05
130	David	Duggan	U/A	M	43:06
131	Alan	Calder	Serpentine	M	43:07
132	David	Parker	U/A	M	43:30
133	Alison	Grant	U/A	FV35	43:30
134	Miriam	Muzzell	U/A	FV45	43:33
135	John	Dugdale	Barnet & District AC	MV50	43:34
136	Trish	Tean	U/A	FV35	43:45
137	Thomas	Lane	U/A	MV40	43:48
138	Arthur	Maclean	U/A	MV50	43:49
139	Linda	Dworowski	HMCE Sport	FV45	44:12
140	Rob	Tomlinson	Great Bentley RC	MV50	44:14
141	Alistair	Jackson	Veterans AC	MV50	44:20
142	Stephanie	Brooksbank	U/A	FV35	44:25
143	Adrian	Norris	London Heathside	MV50	44:27
144	Kirsty	Bangham	Stragglers	F	44:34
145	Terry	Muzzell	U/A	MV40	44:41
146	Clair	Nicholls	U/A	F	45:03
147	Jonathan	Wells	U/A	M	45:10
148	Jeremy	Oakley	U/A	M	45:11
149	Jenny	Berrisford	U/A	F	45:12
150	Paula	Waldron	London Heathside	FV35	45:26
151	Antje	Eiffler	U/A	F	45:29
152	Stephen	Whitmore	U/A	M	45:30
153	Gary	Kennedy	U/A	M	45:31
154	Nina	Williams	U/A	FV35	45:32
155	Joanne	Potts	U/A	F	45:35
156	John	Murphy	U/A	MV40	45:58
157	Donna	Simms	U/A	F	46:11
158	Chloe	McCulloch	U/A	F	46:22
159	Carolyn	Appleby	U/A	F	46:39
160	Kate	Hutchinson	U/A	F	46:39
161	Carlene	Hutchinson-Norris	London Heathside	FV45	47:09
162	Susie	Barson	U/A	FV45	48:08
163	Philip	Postings	Ilford AC	MV50	48:35
164	No Number				48:44
165	Stacey	Anyan	U/A	F	48:48
166	Elizabeth	Holbery	U/A	FV35	48:48
167	Paul	Allard	South Derbyshire Road Runners	MV40	49:55

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168	David	Allard	U/A	M	49:59
169	Anna	Bloomfield	U/A	F	50:07
170	Lesley	Buchan	U/A	FV35	50:39
171	Maggie	Lynch	Trent Park Running Club	FV45	51:13
172	Paul	Soames	U/A	M	51:28
173	Violet	Cullen	U/A	FV45	51:42
174	Ruth	Bruhns	U/A	FV45	52:09
175	Anthony	Burns	London Heathside	MV50	52:41
176	David	Sorensen	London Heathside	MV40	52:41
177	Sharon	Mone	U/A	FV35	53:42
178	Vivien	Wilkinson	U/A	FV45	57:48
179	Natalie	Bell	U/A	F	No time
180	Frazar	Norton	U/A	M	No time
181	Sarah	Bloomfield	U/A	F	No time
182	Rose	Peagram	U/A	FV35	No time