

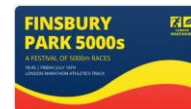
5000m

Race 1 of 7

- 1 Michael Salisbury M40 SERP 21:33.57
- 2 Yen Vo W40 21:39.00
- 3 Alun Nash M60 22:09.00
- 4 Nigel Lupton M45 22:10.89
- 5 Trudy Kearney SW LONH 22:14.54
- 6 Antonio del Valle M45 VPTH 22:21.49
- 7 Paul Williamson M55 22:23.62
- 8 Stephanie Robinson SW VPTH 22:29.77
- 9 Will David M35 22:36.28
- 10 Dereck Gondongwe M40 22:38.32
- 11 Simon Weller M50 UCK 22:48.41
- 12 Michael Gray M40 LONH 22:52.65
- 13 Peter Hurst M40 LONH 22:59.68
- 14 Carmen Cabrera Arnau SW LONH 23:03.08
- 15 Jackie Wastell W55 LONH 24:00.11
- 16 Johan De Jager M35 25:56.45
- 17 Steven Murnane M45 LONH 27:43.29

Race 2 of 7

- 1 Filipe Cardoso M40 LONH 19:37.20
- 2 Richard Gill M35 19:53.01
- 3 Elinor East W35 LONH 20:09.96
- 4 Mat Barber M40 LCAC 20:13.98
- 5 Catrin Tyler SW LONH 20:21.90
- 6 Shannon Sinclair SW LONH 20:25.13
- 7 John Brosnan John M40 QPH 20:27.01
- 8 Kani Hinshelwood SW HIGH 20:39.09
- 9 Jessica Vinluan W40 LONH 20:52.24
- 10 David Sutherland M45 HIGH 20:52.81
- 11 Leo Pemberton M40 LONH 20:53.17
- 12 Hugh Thompson M55 21:00.96
- 13 Dominic Harrison SM 21:03.33
- 14 Chris Brees SM 21:27.80
- 15 Christiana Campbell SW DUL 21:31.22
- 16 Joel Hawes SM LONH 21:33.63
- 17 Jade Dos Santos SW VPTH 21:37.18

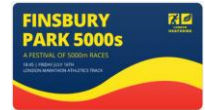


Race 3 of 7

- 1 Jonathan Halliwell M35 LONH 18:36.56
- 2 Dan Mcphilimey Dan SM VPTH 18:38.89
- 3 Steven Pennington M50 LONH 18:55.01
- 4 Mark Greig M35 QPH 18:59.04
- 5 Jonathan Shipley M45 LONH 18:59.26
- 6 Tom Griffiths SM LONH 19:09.73
- 7 Gareth Marshall M35 LONH 19:11.54
- 8 Natan Doron M35 LONH 19:15.47
- 9 Paul Mercer M45 LONH 19:16.22
- 10 Tony Killilea Tony M55 LONH 19:19.30
- 11 Celine Bradley W35 LONH 19:25.74
- 12 Matt Powell M35 EALE 19:36.24
- 13 Sara Garcia SW LONH 19:38.49
- 14 Badar Al Raisi SM VPTH 19:40.73
- 15 Eilidh Wagstaff SW LONH 19:41.42
- 16 Mark Guven M45 19:46.11
- 17 James Screen M35 LCAC 19:51.75
- 18 Eleanor Daghish SW VPTH 19:57.77
- 19 Jonathan Calver M45 19:58.30
- 20 Pete Crockford M60 LONH 20:03.81
- 21 Russell Gillett-Toone M55 VPTH 20:06.30
- 22 Julia Kelk W40 LONH 20:23.57
- 23 Fabio Espirito Santo SM LONH 23:26.79

Race 4 of 7

- 1 Jame Gillanders M40 SERP 17:49.57
- 2 James McAulay SM 17:52.17
- 3 Chris Hartley Chris M55 LONH 17:53.74
- 4 Jake Spencer M35 LONH 17:58.50
- 5 Martin Potter M50 LONH 18:15.26
- 6 Catherine Airey SW HIGH 18:24.81
- 7 Lily Woolcock SW LONH 18:26.23
- 8 Rob Shulman Rob M55 LONH 18:28.75
- 9 Kwasi Agyei-Owusu M35 LONH 18:36.30
- 10 Justin Badger Justin M55 LONH 18:36.98
- 11 Georgia Holden SW QEENH 18:39.50
- 12 Adam Lennox M35 HIGH 18:40.03
- 13 Paul Kelland M55 LONH 18:44.39
- 14 Darja Knotkova-Hanley SW LEWES 18:45.65
- 15 David Mason M50 18:49.81
- 16 Valentin Valeanu M45 LONH 19:06.12
- 17 Lisa Wenninger W35 HIGH 19:16.97



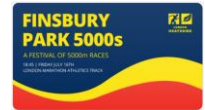
Race 5 of 7

- 1 Stephen Moss M40 TRNTP 16:52.98
- 2 Andrew Risk M35 VPTH 16:57.43
- 3 Andrew Barnes M35 LONH 17:05.56
- 4 Sarah Johnson SW TVH 17:05.63
- 5 Will Fielding Will SM LONH 17:10.44
- 6 Verity Hopkins SW TONB 17:18.05
- 7 Filippo Minelle SM LONH 17:19.98
- 8 Joseph Mckeown M35 LONH 17:20.67
- 9 Matthew Field SM LONH 17:26.86
- 10 Annie Birch SW LCAC 17:31.62
- 11 Andrew Sanders SM 17:33.08
- 12 Jonathan Abel M35 W4H 17:38.65
- 13 Gabriele Gabriele SM LONH 17:39.47
- 14 Michael Cockings M40 LONH 17:46.51
- 15 Ilia Loubenski M45 EDMON 17:53.10
- 16 Gavin Lau M35 VPTH 17:56.53
- 17 Alan Smith SM VPTH 18:00.46
- 18 John Creane M45 18:31.88
- 19 Alex Sweet M40 LONH 18:57.67

Race 6 of 7

- 1 Farid Sousou SM HIGH 15:59.32
- 2 Chris Dunn SM HIGH 16:34.56
- 3 Martin Bell SM CC 16:39.69
- 4 Fred Bungay SM DUL 16:41.67
- 5 George Clancy SM VPTH 16:45.01
- 6 Mark Mckeown Mark M35 COLCH 16:45.30
- 7 Luke Rowland SM LCAC 16:46.48
- 8 Dan Collins M35 16:47.24
- 9 Thomas Stottor SM LONH 16:47.82
- 10 Billy Cochrane SM LONH 16:52.53
- 11 Julien Tadeusz SM CC 16:56.15
- 12 Beth Hawling SW CHECH 16:57.12
- 13 Sophie Harris SW HHH 16:58.61
- 14 Charlie Osborne SM HHH 17:07.67
- 15 Jim Arrowsmith M40 TRNTP 17:10.22
- 16 Conor Brown SM LONH 17:39.35

London Heathside AC
Night of the 5000s
Finsbury Park Track 16.7.21



Race 7 of 7

- 1 Antonio Silva SM TVH 14:34.74
- 2 Michael Cameron SM TVH 14:43.99
- 3 Robel Bahelbi SM HIGH 14:52.99
- 4 Oliver Prior SM ASHFA 14:57.26
- 5 Jonathan Poole M35 SERP 14:57.87
- 6 Andrew Penney SM HW 15:09.84
- 7 Jem O'Flaherty SM LONH 15:19.20
- 8 James Wooldridge SM LONH 15:26.62
- 9 Jonny Brook MU20 SMRAC 15:29.24
- 10 Simon Schüpbach SM LONH 15:29.69
- 11 Marshall Smith SM ASHFA 15:30.06
- 12 Oliver Newton SM TVH 15:40.53
- 13 Joe Vis SM SALEH 15:41.75
- 14 Dougal Burrowes SM TRNTP 15:46.34
- 15 James Hurrell M35 LONH 15:46.55
- 16 Daniel Brewer SM HIGH 15:56.30
- 17 Joe Dale M40 VPTH 15:59.30
- 18 Stephan Fabes M40 VPTH 16:03.11
- 19 William Knight SM ASHFA 16:05.16
- 20 Kieran Morris SM LONH 16:12.29