

## London Heathside 2016 Road Race Championship – Men

WHM - Watford Half Marathon

F20 - Finchley 20

CE10k - Crouch End 10K

B3x1M - Battersea 3 x 1 Mile Relays

B5k - Battersea 5k

MX10k - Middlesex 10k

CP10 - Cabbage Patch 10

P5 - Perivale 5M

No.	Name	Age	WHM	F20	CE10k	B3x1M	B5k	MX10k	CP10	P5	Races	RBonus	Total
1	Andy Barnes	S	60	60	0	35	50	55	55	0	6	25	340
2	Kimon Doulis	S	50	0	0	35	40	50	0	0	4	25	200
3	Jonathan Litchfield	40	20	0	0	0	27	26	29	50	5	25	177
4	Gavin Evans	50	0	35	29	0	0	28	35	0	4	25	152
5	Jake Spencer	S	16	21	21	16	26	16	22	0	7	25	147
6	Gareth Marshall	S	19	0	30	25	23	25	0	0	5	25	147
7	Tom Aldred	S	0	0	0	0	0	70	70	0	2	0	140
8	Mario Cadete	40	0	22	50	33	0	35	0	0	4	0	140
9	Allan Whatmough	S	0	0	0	45	45	0	0	40	3	0	130
10	Andrew Brooker	S	0	0	60	65	0	0	0	0	2	0	125
11	Daniel McKeown	S	0	35	0	40	0	0	35	0	3	0	110
12	Adam Kirk-Smith	S	0	0	0	70	0	0	0	0	1	25	95
13	Olivier Le Polain	S	0	0	0	0	70	0	0	0	1	25	95
14	Simon Brown	S	0	0	50	0	0	40	0	0	2	0	90
15	George Stewart	40	40	50	0	0	0	0	0	0	2	0	90
16	Richard Peachment	40	12	17	8	0	8	7	12	0	6	25	89
17	Liam Hazelton	S	10	0	10	13	14	9	0	30	6	0	86
18	Simon Dunderdale	S	0	0	0	0	34	0	45	0	2	1	80
19	Nick Haward	40	28	0	0	0	0	22	28	0	3	0	78
20	Jacob Howe	40	0	0	0	22	30	0	0	0	2	25	77
21	Steve Armstrong	40	0	35	0	0	0	0	40	0	2	0	75
22	Chris 'Captain' Hartley	50	0	0	0	0	0	50	0	0	1	25	75
23	Joesph McKeown	S	0	19	0	24	28	0	0	0	3	0	71
24	Nick Dodd	50	3	0	6	17	15	16	11	0	6	0	68
25	Paul Mercer	40	0	20	27	0	21	0	0	0	3	0	68
26	Tony Killilea	50	0	0	0	38	0	0	0	0	1	25	63
27	Mark Anderson	S	24	24	14	0	0	0	0	0	3	0	62
28	Julian Ferraro	50	0	0	34	0	0	0	25	0	2	0	59
29	Sion Lewis	S	0	0	23	0	35	0	0	0	2	0	58
30	Nilesh Goswami	50	1	16	1	8	0	3	5	25	7	0	58

No.	Name	Age	WHM	F20	CE10k	B3x1M	B5k	MX10k	CP10	P5	Races	RBonus	Total
31	Philip Hogg	40	0	0	0	19	20	18	0	0	3	0	57
32	Francois Barou	40	0	0	0	0	0	0	0	55	1	0	55
33	Richard Macaulay	S	0	0	0	0	55	0	0	0	1	0	55
34	Trevor Wilson	40	0	0	15	0	18	0	19	0	3	0	52
35	Mark Jefford	50	0	0	0	25	0	25	0	0	2	0	50
36	Charles Hardy	S	0	0	0	50	0	0	0	0	1	0	50
37	Andy Welshman	40	0	45	0	0	0	0	0	0	1	0	45
38	Howard Gold	40	45	0	0	0	0	0	0	0	1	0	45
39	Martin Potter	40	0	0	45	0	0	0	0	0	1	0	45
40	Alan Smith	S	15	0	0	0	0	27	0	0	2	0	42
41	Doug Rendle		0	0	18	0	0	0	21	0	2	0	39
42	Gavin Parish	S	0	0	4	9	0	0	0	0	2	25	38
43	Luka Melon	S	0	0	0	0	0	0	0	35	1	0	35
44	Philip Duggan	40	0	0	0	0	32	0	0	0	1	2	34
45	Paul Jarman	50	32	0	0	0	0	0	0	0	1	0	32
46	Michael Cockings		0	0	13	0	0	0	17	0	2	0	30
47	Carl Heap	60	1	0	10	0	19	0	0	0	3	0	30
48	Daniel Johns	S	30	0	0	0	0	0	0	0	1	0	30
49	Matthew Cockerill	40	0	0	30	0	0	0	0	0	1	0	30
50	Jack Farley	S	0	0	0	0	0	29	0	0	1	0	29
51	Rob Shulman		0	0	0	0	0	29	0	0	1	0	29
52	Nelson Wandasiewicz	40	0	0	0	0	0	28	0	0	1	0	28
53	Patrick Waldron	40	0	28	0	0	0	0	0	0	1	0	28
54	Tom Ashby	S	0	0	0	0	24	0	0	0	1	4	28
55	Chris Shipley	S	0	0	0	27	0	0	0	0	1	0	27
56	Stuart MJ	S	0	0	0	27	0	0	0	0	1	0	27
57	Marcus Tillotson		0	0	7	0	0	0	18	0	2	0	25
58	Alex Macaulay	S	0	0	0	0	0	0	0	0	0	25	25
59	Andrew Owen		0	0	0	0	0	0	0	0	0	25	25
60	Ben Wolfe	S	0	0	0	0	0	0	0	0	0	25	25
61	Edward Adams	S	25	0	0	0	0	0	0	0	1	0	25
62	Jacob Phillips	S	0	0	0	0	0	0	0	0	0	25	25
63	James Wooldridge	S	0	0	0	0	0	0	0	0	0	25	25
64	John Flahive		0	0	0	0	0	0	0	0	0	25	25
65	John McKnight		0	0	0	0	0	0	0	0	0	25	25
66	Jonathan Hopkin		0	0	25	0	0	0	0	0	1	0	25
67	Kris Milovsorov	S	0	0	0	0	0	0	0	0	0	25	25
68	Pete Bakewell		0	0	0	0	0	0	0	0	0	25	25
69	Pete Northall	S	0	0	0	0	0	0	0	0	0	25	25
70	Ryan McCrickerd	S	0	0	0	0	0	0	0	0	0	25	25
71	Shaan Haque	S	0	0	0	0	0	0	0	24	1	0	24
72	Stephen Woolf	60	0	0	0	0	0	0	1	23	2	0	24

No.	Name	Age	WHM	F20	CE10k	B3x1M	B5k	MX10k	CP10	P5	Races	RBonus	Total
73	Michael Abrahams	60	0	0	0	0	21	0	0	0	1	3	24
74	Mark George	40	0	0	0	0	0	8	15	0	2	0	23
75	Dominic Jackson	50	0	23	0	0	0	0	0	0	1	0	23
76	Joe Derrett	40	13	0	9	0	0	0	0	0	2	0	22
77	Jesper Lycke	40	11	0	0	10	0	0	0	0	2	0	21
78	Samuel Thompson	S	21	0	0	0	0	0	0	0	1	0	21
79	Ken Townson	40	1	15	1	0	0	0	2	0	4	0	19
80	Anthony Wilkinson	40	0	0	0	0	0	19	0	0	1	0	19
81	Alun Nash	50	1	0	1	16	0	1	0	0	4	0	19
82	James Dark	40	6	0	12	0	0	0	0	0	2	0	18
83	Tony Shearer	S	18	0	0	0	0	0	0	0	1	0	18
84	Tom Bedwell	S	0	0	1	0	12	4	0	0	3	0	17
85	Henry Hamilton		0	0	17	0	0	0	0	0	1	0	17
86	Jonathan Powell	40	17	0	0	0	0	0	0	0	1	0	17
87	Mark Bailey		0	0	0	0	0	0	16	0	1	0	16
88	Roger Wagland	50	0	0	2	0	0	5	9	0	3	0	16
89	Paul Beale		0	0	16	0	0	0	0	0	1	0	16
90	Leo Pemberton		0	0	0	0	0	0	14	0	1	0	14
91	Marco Luna	S	14	0	0	0	0	0	0	0	1	0	14
92	Marco Maserati	50	0	0	0	0	0	0	13	0	1	0	13
93	Nick de Sausmarez	50	2	0	0	0	0	0	10	0	2	0	12
94	Lee Connor	40	0	0	0	0	0	12	0	0	1	0	12
95	Daniel Wrapson	S	4	0	1	0	0	0	6	0	3	0	11
96	James Connell	40	0	0	0	0	0	11	0	0	1	0	11
97	Ian Shurmer	40	0	0	11	0	0	0	0	0	1	0	11
98	Paul Tonkinson	40	0	0	0	0	0	10	0	0	1	0	10
99	Elliot Reed	40	5	0	3	0	0	2	0	0	3	0	10
100	James Felstead	40	9	0	0	0	0	0	0	0	1	0	9
101	William Wagstaff	50	0	0	0	0	0	0	8	0	1	0	8
102	John Mullee	40	8	0	0	0	0	0	0	0	1	0	8
103	Raymond Yau		0	0	0	0	0	0	7	0	1	0	7
104	Stuart Amblin	40	7	0	0	0	0	0	0	0	1	0	7
105	Steven Betts		0	0	1	0	0	0	4	0	2	0	5
106	Martin Hill		0	0	0	0	0	0	3	0	1	0	3
107	Anthony Chin	40	0	0	1	0	0	1	0	0	2	0	2
108	Raymond Watts		0	0	1	0	0	1	0	0	2	0	2
109	Bas Vlaming	S	0	0	0	0	0	1	0	0	1	0	1
110	Andrew Hudson		0	0	0	0	0	1	0	0	1	0	1
111	Andy Conway		0	0	1	0	0	0	0	0	1	0	1
112	Darrell Osborne		0	0	1	0	0	0	0	0	1	0	1
113	Greg Bell		0	0	1	0	0	0	0	0	1	0	1
114	Hassan Nahal		0	0	1	0	0	0	0	0	1	0	1

