

London Heathside 2017 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	Simon Dunderdale	S	0	35	0	60	55	45	0	60	5	25	280
2	Daniel Johns	S	0	45	0	65	0	0	55	0	3	50	215
3	Joe Garrood	S	0	25	40	0	0	27	55	0	4	50	197
4	Juan Carlos Casal Perez	S	55	70	0	0	0	50	0	0	3	0	175
5	Gavin Evans	50	0	26	39	0	43	16	0	0	4	50	174
6	Andy Barnes	S	45	0	0	45	45	0	0	0	3	0	135
7	Doug Rendle		0	0	30	24	35	0	35	0	4	0	124
8	Nick Dodd	60	0	0	10	26	0	11	29	45	5	0	121
9	Kimon Doulis	S	0	0	0	18	0	50	0	0	2	25	93
10	Michael Cockings		0	0	21	0	0	24	45	0	3	0	90
11	Pete Bakewell		0	0	0	40	50	0	0	0	2	0	90
12	Mario Cadete	40	0	28	55	0	0	0	0	0	2	0	83
13	Luke Wynne	S	0	0	55	0	0	26	0	0	2	0	81
14	Rob Shulman	50	19	32	28	0	0	0	0	0	3	0	79
15	Liam Hazelton	S	16	18	0	23	20	0	0	0	4	0	77
16	Matt Collins	40	0	0	22	0	0	25	0	0	2	25	72
17	Roger Wagland	50	20	17	0	0	0	6	27	0	4	0	70
18	Tom Aldred	S	0	0	0	0	0	70	0	0	1	0	70
19	Liam Garrett		0	0	0	0	70	0	0	0	1	0	70
20	Nilesh Goswami	50	7	0	1	17	0	1	14	30	6	0	70
21	Paul Tonkinson	40	26	0	1	0	0	17	0	0	3	25	69
22	Chris 'Captain' Hartley	50	0	0	0	0	0	40	0	0	1	25	65
23	Mark George	40	0	0	0	30	28	7	0	0	3	0	65
24	Ash Abrha	50	0	65	0	0	0	0	0	0	1	0	65
25	Nick de Sausmarez	50	9	0	0	19	19	0	16	0	4	0	63
26	Matthew Cartledge	40	25	0	0	0	0	0	35	0	2	0	60
27	Martin Potter	50	0	0	60	0	0	0	0	0	1	0	60
28	Paul Beale	40	0	35	25	0	0	0	0	0	2	0	60
29	Tom Livermore	S	60	0	0	0	0	0	0	0	1	0	60
30	Stuart MJ	S	0	0	0	35	0	0	0	0	1	25	60

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73	Jacob Phillips	S	0	0	0	0	0	0	0	0	0	25	25
74	James Wooldridge	S	0	0	0	0	0	0	0	0	0	25	25
75	John Flahive		0	0	0	0	0	0	0	0	0	25	25
76	Jonathan Hopkin		0	0	0	0	0	0	0	0	0	25	25
77	Daniel McKeown	S	0	0	0	0	0	0	0	0	0	25	25
78	John McKnight		0	0	0	0	0	0	0	0	0	25	25
79	Andrew Hudson	50	0	0	0	0	0	0	0	25	1	0	25
80	Thomas Godec		0	0	0	0	21	3	0	0	2	0	24
81	Pete Crockford		0	0	0	0	0	21	0	0	1	0	21
82	Leo Pemberton		0	0	0	0	0	0	20	0	1	0	20
83	Patrick Waldron	40	0	20	0	0	0	0	0	0	1	0	20
84	James Nicholls		0	0	1	0	0	0	18	0	2	0	19
85	Stuart Amblin	40	0	0	0	19	0	0	0	0	1	0	19
86	Paul Silverman	40	0	0	0	0	0	0	17	0	1	0	17
87	Philip McDermott		0	0	0	0	17	0	0	0	1	0	17
88	Max Deasy		0	0	0	17	0	0	0	0	1	0	17
89	Andy Naylor		0	0	0	0	16	0	0	0	1	0	16
90	Alex O'Connor		0	0	16	0	0	0	0	0	1	0	16
91	Simon Hazel	40	0	16	0	0	0	0	0	0	1	0	16
92	Matthew Picot		0	0	0	0	15	0	0	0	1	0	15
93	Alan Smith	S	0	0	0	0	0	14	0	0	1	0	14
94	Laurence Arnold		0	0	14	0	0	0	0	0	1	0	14
95	Tim Payton		0	0	0	0	0	0	13	0	1	0	13
96	Joseph Cvlemones	S	0	0	0	0	0	13	0	0	1	0	13
97	Daniel Wrapson	S	0	0	1	0	11	0	0	0	2	0	12
98	Alex Sweet		0	0	12	0	0	0	0	0	1	0	12
99	Bas Vlaming	S	0	12	0	0	0	0	0	0	1	0	12
100	Tom Haworth	S	12	0	0	0	0	0	0	0	1	0	12
101	Thomas Griffiths		0	0	11	0	0	0	0	0	1	0	11
102	Ben Montilla		0	0	0	0	10	0	0	0	1	0	10
103	Ian Shurmer	40	0	0	9	0	0	0	0	0	1	0	9
104	Jonathan Shipley	40	0	0	0	0	0	9	0	0	1	0	9
105	Alun Nash	50	6	0	1	0	0	1	0	0	3	0	8
106	David Hallan		0	0	8	0	0	0	0	0	1	0	8
107	Tim Sander	50	8	0	0	0	0	0	0	0	1	0	8
108	Elliot Reed	40	0	0	7	0	0	0	0	0	1	0	7
109	Ian Whisson	60	0	0	0	0	0	6	0	0	1	0	6
110	William Osborn		0	0	5	0	0	0	0	0	1	0	5
111	Rupert Plumpton		0	0	4	0	0	0	0	0	1	0	4
112	Laurence Russell		0	0	3	0	0	0	0	0	1	0	3
113	Peter Grafton		0	0	2	0	0	0	0	0	1	0	2
114	Neil Thomas		0	0	0	0	0	1	0	0	1	0	1

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No.	Name	Age	WHM	F20	CE10k	B3x1M	B5k	MX10k	CP10	P5	Races	RBonus	Total
1	Eilidh Wagstaff	S	45	40	40	0	55	40	55	50	7	0	285
2	Satu Hietanen	45	60	0	40	45	0	35	50	0	5	0	235
3	Sue Eedle	55	45	0	22	0	30	28	0	28	5	25	183
4	Rose Garrett		0	0	0	70	60	0	0	0	2	0	130
5	Elizabeth Drake	35	0	45	24	40	0	0	0	0	3	0	109
6	Caroline White	55	0	0	36	0	0	41	0	30	3	0	107
7	Emilia Vynnycky	45	0	0	28	0	34	34	0	0	3	0	96
8	Rebecca Piggott	S	0	0	0	0	0	70	0	0	1	25	95
9	Ella Waldman	S	0	0	60	0	0	0	0	0	1	25	85
10	Jackie Wastell		0	0	41	42	0	0	0	0	2	0	83
11	Tammela Platt		0	0	19	0	0	22	0	40	3	0	81
12	Leigh James	S	0	0	0	0	0	45	0	0	1	25	70
13	Kelly Thorneycroft		0	0	0	0	70	0	0	0	1	0	70
14	Louisa Pointon	S	0	0	0	30	35	0	0	0	2	0	65
15	Yvette Ralston		0	35	0	0	0	23	0	0	2	0	58
16	Sara Black	35	0	0	55	0	0	0	0	0	1	0	55
17	Bethany Scott		0	0	0	0	0	55	0	0	1	0	55
18	Mimi Blake		0	0	0	55	0	0	0	0	1	0	55
19	Claire Sliwerski		0	0	13	0	0	0	40	0	2	0	53
20	Katie Belkin	35	0	0	18	0	0	0	0	35	2	0	53
21	Nell Swinhoe		0	0	0	50	0	0	0	0	1	0	50
22	Monika Newton	35	0	50	0	0	0	0	0	0	1	0	50
23	Sarah Swinhoe	45	0	0	0	0	0	0	0	0	0	50	50
24	Hannah Stanforth		0	0	25	23	0	0	0	0	2	0	48
25	Maryam Khosravi		0	0	45	0	0	0	0	0	1	0	45
26	Lily Woolcock	S	0	0	0	0	45	0	0	0	1	0	45
27	Sarah Duke		0	0	0	0	0	19	0	0	1	25	44
28	Sue Rust	35	0	0	0	0	0	40	0	0	1	0	40
29	Rebecca Sweet	S	0	0	14	0	22	0	0	0	2	0	36
30	Samantha Chapman	35	35	0	0	0	0	0	0	0	1	0	35
31	Alice Hosking	S	0	0	0	0	30	0	0	0	1	0	30
32	Marianne Gibson	45	30	0	0	0	0	0	0	0	1	0	30
33	Laura Boothman		0	30	0	0	0	0	0	0	1	0	30
34	Jo Irwin		0	0	0	0	0	0	0	30	1	0	30

