

Individual Winners			
	Pos	Team	Time
#1 Men	1	47 Joe English	04:36
#2 Men	2	42 Brandon Dewar	04:37
#3 Men	3	47 Joe Vis	04:51
#1 Women	21	38 Rowen Hughes	05:12
#2 Women	44	7 Ellen Cheetham	05:25
#3 Women	60	52 Alexa Parker	05:31

Team Winners			
	Pos	Team	Time
#1 Men	1	47 Kent AC A - Male	14:22
#2 Men	2	42 Herne Hill Harriers - Male 1	14:33
#3 Men	3	77 Southwark Athletics Club A - Male	15:13
#1 Women	18	52 Kent AC A - Women	17:00
#2 Women	33	38 Herne Hill Harriers Women 2	17:51
#3 Women	38	40 Herne Hill Harriers Women 4	18:18
#1 Mixed	8	63 Petts Wood Runners A	16:02
#2 Mixed	12	5 Clapham Chasers Prawns	16:46
#3 Mixed	13	1 Bad Boy Running Club A	16:48

Team Results																
Pos	Team	Time	Cat	L1	Time	Cumul	Cat	L2	Time	Cumul	Cat	L3	Time	Cumul	Cat	
1	47 Kent AC A - Male	14:22	M	Joe Vis	04:51	04:51	M	Joe English	04:36	09:26	M	Calum Fraser	04:56	14:22	M	
2	42 Herne Hill Harriers - Male 1	14:33	M	Brandon Dewar	04:37	04:37	M	Seve Loudon	05:00	09:37	M	Andrew Warburton	04:56	14:33	M	
3	77 Southwark Athletics Club A - Male	15:13	M	Dan Grosvenor	05:08	05:08	M	Isaac Mirti	05:11	10:19	M	Etienne Dick	04:54	15:13	M	
4	85 South London Harriers A	15:18	M	Cillian Roots	05:04	05:04	M	Jasper Jones	05:15	10:18	M	Shad-Juan Bryan-Grey	05:00	15:18	M	
5	60 LCR (London City Runners)	15:27	M	Ben Santamaria	05:19	05:19	M	Aidan Williams	05:09	10:27	M	Samuel Bayliss	04:59	15:27	M	
6	75 I know but it's literally Only Running	15:48	M	Matt Hill	05:16	05:16	M	Olly Mawhinney	05:07	10:22	M	Sam Hunt	05:25	15:48	M	
7	48 Kent AC B - Male	16:00	M	Ben Hope	05:06	05:06	M	Robbie Smith	05:27	10:32	M	Jonathan Beatty	05:28	16:00	M	
8	63 Petts Wood Runners A	16:02	X	Kieran O'Doherty	05:05	05:05	M	Melody Kane	05:42	10:47	W	James Bevis	05:15	16:02	M	
9	43 Herne Hill Harriers - Male 2	16:08	M	Fintan Kearney	05:23	05:23	M	Tom Foster	05:31	10:54	M	Caleb Hathaway	05:14	16:08	M	
10	31 Dulwich Park Runners - Mind the Gap	16:35	M	James Hewlett	05:08	05:08	M	Ronnie Patel	05:45	10:53	M	Nat Lowis	05:42	16:35	M	
11	45 Herne Hill Harriers - Male 4	16:45	M	Norman Urquia	05:43	05:43	M	Eric Dol	05:18	11:01	M	James Daly	05:44	16:45	M	
12	5 Clapham Chasers Prawns	16:46	X	Jack Simpson	05:13	05:13	M	Joss Thomas	05:40	10:52	M	Abbie Bulbulian	05:54	16:46	W	
13	1 Bad Boy Running Club A	16:48	X	Claire J Hellard	06:02	06:02	W	David Hellard	05:35	11:37	M	Sam Heward	05:12	16:48	M	
14	68 Ranelagh Harriers A	16:49	M	Elliott Wells	05:51	05:51	M	James Isberg	05:15	11:07	M	Joshua Young	05:42	16:49	M	
15	13 CPFR Men's	16:57	M	Joe Cryer	05:32	05:32	M	Ali Monteiro	05:57	11:29	M	Richard Harrison	05:28	16:57	M	
16	23 CPPR1	16:58	X	Sam Vardy	05:30	05:30	M	Richard Hurley	05:35	11:04	M	Pavol Surda	05:54	16:58	M	
17	50 Kent AC D - Male	16:59	M	Chris Schofield	05:27	05:27	M	Michael Gibson	05:30	10:57	M	Steven Mowl	06:02	16:59	M	
18	52 Kent AC A - Women	17:00	W	Molly O'Connor	05:36	05:36	W	Katie Good	05:52	11:28	W	Alexa Parker	05:31	17:00	W	
19	79 Southwark Athletics Club C - Male	17:02	M	Mat Barber	06:02	06:02	M	John Davies	05:45	11:48	M	Oliver Bellamy	05:15	17:02	M	
20	8 Clapham Chasers Blister Sisters	17:08	X	Sophie Cowley	05:49	05:49	W	Ethan Leier	05:58	11:47	M	Matt Barclay	05:20	17:08	M	
21	86 South London Harriers B	17:08	X	William Weyham	05:14	05:14	M	Nesrenn Majeoud	06:26	11:40	W	Elijah Benjamin	05:28	17:08	M	
22	56 Kent AC A - Mixed	17:11	X	Claire Oxlade	05:45	05:45	W	Ian Ellwood	05:33	11:18	M	Ellie Freeden	05:54	17:11	W	
23	99 Dulwich Runners Team - Dulwich Dawdlers	17:16	M	Francesco Pinto	05:52	05:52	M	Marco Marotta	06:13	12:04	M	Peter Juggins	05:12	17:16	M	
24	49 Kent AC C - Male	17:19	M	Raymond Tedders	05:51	05:51	M	Kieran Fitzpatrick	05:30	11:20	M	Samuel Wilcock	05:59	17:19	M	

25	97 Dulwich Runners Team - Dulwich All Stars	17:20 X	Alex Loftus	05:37	05:37 M	Charles Ramsden Riley	05:34	11:12 M	Rose Lagnado	06:08	17:20 W
26	80 Southwark Athletics Club D - Male	17:22 M	Nick Screen	05:55	05:55 M	Sebastian Hubbard	05:58	11:53 M	Philip Reilly	05:29	17:22 M
27	6 Clapham Chasers Speed Demons	17:32 X	Phil Biggs	06:08	06:08 M	Harriet Blaikie	06:08	12:16 W	Rory Smith	05:17	17:32 M
28	67 Peckham Ponys	17:33 M	Cameron McNeil	05:13	05:13 M	Rich Heap	06:34	11:47 M	Sam Deane	05:46	17:33 M
29	7 Clapham Chasers Hellbenders	17:34 X	Ellen Cheetham	05:25	05:25 W	Charlotte Bailey	06:18	11:43 W	Sonny Williams	05:52	17:34 M
30	11 Crystal Palace Triathletes C	17:40 M	William Day	06:10	06:10 M	Harry Hibbard	06:19	12:29 M	Ayotunde Dauda	05:11	17:40 M
31	4 Carpe Diem Running Club B	17:44 M	Matt Weaver	05:17	05:17 M	Henry Ker	06:06	11:23 M	George Bull	06:21	17:44 M
32	66 Petts Wood 1	17:45 X	Kev Chadwick	05:40	05:40 M	Presheena Howell	06:33	12:13 W	Kieran O'Doherty	05:33	17:45 M
33	38 Herne Hill Harriers Women 2	17:51 W	Rowen Hughes	05:12	05:12 W	Hannah English	06:11	11:23 W	Karen Ellison	06:28	17:51 W
34	3 Carpe Diem Running Club A	17:58 M	Rick Pearson	05:19	05:19 M	Simon Glans	06:06	11:25 M	Brendan Maton	06:33	17:58 M
35	10 Crystal Palace Triathletes B	18:01 M	Jamal Dayes	05:21	05:21 M	Andrew Coley	05:56	11:17 M	Uli Kilian	06:44	18:01 M
36	70 It's Only Running Fast	18:02 X	Ed Bent	05:42	05:42 M	Max Bond	05:48	11:30 M	Bobby Bullingham	06:32	18:02 W
37	57 Ladywell Lynx Team A - Junior	18:10 X	Ed Pierce	05:57	05:57 M	Alice Hales	06:43	12:39 W	Matteo Watson	05:31	18:10 M
38	40 Herne Hill Harriers Women 4	18:18 W	Louise Coombes	06:22	06:22 W	Zoe Tricker	06:14	12:36 W	Rowen Hughes	05:42	18:18 W
39	44 Herne Hill Harriers - Male 3	18:20 M	Paul Enright	06:20	06:20 M	Julian Bentham	06:01	12:21 M	Mark Preskett	05:59	18:20 M
40	98 Dulwich Runners Team - The fast and the curious	18:25 M	Mark Valentine	06:15	06:15 M	Robert Tokarski	06:01	12:16 M	Sam Fender	06:08	18:25 M
41	74 It's Only Running Fast him (or her)	18:26 X	Enis Nazif	05:33	05:33 M	Christine Penney	07:24	12:57 W	Isaac Beevor	05:29	18:26 M
42	37 Herne Hill Harriers Mixed 2	18:27 X	Maude Wolstenholme	06:04	06:04 W	Jess Graham	06:34	12:38 W	Elvis Bektic	05:48	18:27 M
43	53 Kent AC B - Women	18:30 W	Sally Urquhart	06:03	06:03 W	Amy White	06:05	12:08 W	Vic Cartwright	06:22	18:30 W
44	87 Team 52	18:38 X	Billy Stack	05:15	05:15 M	David Stack	07:55	13:09 M	Feargus Stack	05:29	18:38 M
45	81 Southwark Athletics Club E - Female	18:41 W	Erin Withey	06:05	06:05 W	Rosalyn Thomson	06:17	12:22 W	Helena Page	06:19	18:41 W
46	39 Herne Hill Harriers Women 3	18:47 W	Daisy Black	06:24	06:24 W	Charlotte Spencer	06:07	12:31 W	Julia Wedmore	06:17	18:47 W
47	83 Southwark Athletics Club G - Male	18:49 M	Andy Melrose	06:15	06:15 M	Przemyslaw Hryniewicz	06:17	12:32 M	Alan Venning	06:16	18:49 M
48	34 Dulwich Runners AC (Olivia Bishton)	18:52 M	Tom Matthews	06:16	06:16 M	Sum Mattu	06:19	12:35 M	Gary Meehan	06:17	18:52 M
49	32 Dulwich Park Runners - Wrinkled Pringles	18:54 X	Angus Norton	06:13	06:13 M	Amanda Larrington	06:30	12:43 W	Derek Arnold	06:11	18:54 M
50	58 Ladywell Lynx Team B - Junior Boys	18:55 M	Ewan Willis	06:03	06:03 M	Otis Atlee	06:33	12:36 M	Mikey Crabtree	06:18	18:55 M
51	14 CPFR Women's	18:59 W	Kayley Rogers	06:05	06:05 W	Noemie Cavaillon-Ram	06:48	12:54 W	Lin Skinner	06:05	18:59 W
52	9 Crystal Palace Triathletes A	19:07 X	Emma Griffiths	06:28	06:28 W	Stuart Williams	06:46	13:15 M	Ben Bateman	05:52	19:07 M
53	12 Crystal Palace Triathletes D	19:10 M	Lehon McMahon	06:15	06:15 M	Noah Vardy	06:45	13:00 M	Louis Jones	06:09	19:10 M
54	27 Dulwich Park Runners C	19:10 M	Conor Mills	06:25	06:25 M	Ben Frankel	06:20	12:45 M	Darren Cheek	06:26	19:10 M
55	71 It's Only Running Faster	19:13 M	Matt Dungate	06:21	06:21 M	Peter Thomson	06:16	12:37 M	Doug Currie	06:36	19:13 M
56	69 It's Only Running	19:14 X	Adriana Boscaroli	05:59	05:59 W	Michelle Hunter	07:17	13:16 W	Matt Lawson	05:58	19:14 M
57	46 Herne Hill Harriers - Male 5	19:26 M	Glen Keegan	08:07	08:07 M	Jon Key	05:57	14:05 M	Brian Wilder	05:21	19:26 M
58	92 Warwick uni alumni	19:30 X	Matthew Betts	06:03	06:03 M	Tom Mansfield	06:19	12:23 M	Charlotte Day	07:07	19:30 W
59	15 Balmy Army's Back	19:31 X	Chris Sampson	05:59	05:59 M	Gaby Drinkwater	07:28	13:27 W	James Hooper	06:05	19:31 M
60	73 It's Only Running Fast her (or him)	19:41 X	Alex Daish	06:06	06:06 M	Catherine Edwards	06:59	13:05 W	Jonah Harris	06:36	19:41 M
61	95 Dulwich Runners - Team A-C-S	19:47 W	Catherine Buglass	06:25	06:25 W	Libby Simpson	06:36	13:02 W	Sena Mucklow	06:46	19:47 W
62	24 CPPR2	20:03 X	Tom McMahon	06:19	06:19 M	Unknown	07:15	13:34 W	Steven Platts	06:30	20:03 M
63	21 Loop The Loop	20:08 X	Dan Collins	05:58	05:58 M	Catherine Langley	08:06	14:04 W	Greg Moore	06:05	20:08 M
64	82 Southwark Athletics Club F - Mixed	20:14 X	Jo Tillman	06:51	06:51 W	Hisayo Kawahara	07:59	14:49 W	Daniel Vasquez	05:24	20:14 M
65	90 TUC C	20:15 M	Jeremy Sharp	06:23	06:23 M	Samuel Sharp	07:50	14:13 M	Tim Sharp	06:01	20:15 M
66	62 Bullfinch	20:19 M	Justin Girdler	06:00	06:00 M	Chris Roche	07:55	13:56 M	Jon Rippon	06:23	20:19 M
67	94 Dulwich Runners - Let Loose	20:21 X	Lucy Clapp	07:35	07:35 W	Tom Mountain	05:50	13:25 M	Tom Poynton	06:57	20:21 M
68	41 Herne Hill Harriers Mixed	20:27 X	Susie Grounds	06:53	06:53 W	Alexandra Fedina	07:48	14:40 W	Gavin Welsh	05:47	20:27 M
69	96 Dulwich Runners Team - Running in Circles	20:28 M	vineet naik	06:34	06:34 M	Ashwin Chopra	06:46	13:20 M	joshua cottom	07:07	20:28 M
70	2 Beeches Track Squad A	20:28 X	Bryn Reynolds	05:08	05:08 M	John Foss	06:52	12:00 M	Jasmine Sandalli	08:28	20:28 W
71	84 Southwark Athletics Club H - Male	20:29 M	Nick Sutcliffe	07:24	07:24 M	Joe Dalton	06:36	14:00 M	Diego Fayos	06:29	20:29 M
72	29 Dulwich Park Runners E	20:34 X	Kate Gardiner	06:19	06:19 W	David Mullany	07:12	13:31 M	Jamie Brockbank	07:03	20:34 M
73	17 MER People	20:46 X	Matthew Fleming	07:50	07:50 M	Nicola O'Doherty	07:02	14:52 W	Rob Espin	05:54	20:46 M
74	76 Rupert's Racers	20:51 X	Denise Watson	06:53	06:53 W	Martin Kelsen	06:36	13:29 M	Rupert Watson	07:21	20:51 M

75	64	Petts Wood Runners B	20:54 W	Sally Haffenden	07:03	07:03 W	Millie Haffenden	07:25	14:29 W	Chloe Haffenden	06:25	20:54 W
76	55	Kent AC D - Women	21:06 W	Jo Cartledge	06:52	06:52 W	Rebecca Palser	07:08	14:00 W	Suze Spalding	07:07	21:06 W
77	54	Kent AC C - Women	21:17 W	Gen Blanch	06:46	06:46 W	Anna Delis	07:20	14:06 W	Jo Wint	07:11	21:17 W
78	20	Sun-Cream Teas	22:08 X	Jessica Dixon	06:58	06:58 W	Viv Foster	08:38	15:36 W	Daniel Hobden	06:33	22:08 M
79	16	Mile a Minute	22:09 X	Evie Killip	07:17	07:17 W	Nova Matthias	08:23	15:40 W	Andrew Wallace	06:29	22:09 M
80	19	Ixnay on the Relay	22:12 X	Bianca Strohmann	07:06	07:06 W	Georgie Hannam	08:58	16:04 W	Aditya Raj	06:08	22:12 M
81	18	Summer Lugging	22:15 X	Chloe Millner	07:18	07:18 W	Amalia Da Silva Lima	08:44	16:02 W	Chris Dyke	06:13	22:15 M
82	91	TUC D	22:28 X	Ali Poncia	07:33	07:33 W	Jack Jones	07:14	14:47 M	Alex Collinson	07:41	22:28 M
83	65	Petts Wood Runners Team 2	22:59 M	Viral Tanna	07:46	07:46 M	Louis Strover	07:52	15:39 M	Michael Boyd.	07:20	22:59 M
84	89	TUC B	22:59 X	Shaftoe Robson	07:04	07:04 M	Anthony Hayes	07:14	14:19 M	Abigail Hunt	08:41	22:59 W
85	22	The Extra Mile	23:57 X	Emily Poynton	07:02	07:02 W	Joanna Paterson	11:12	18:15 W	Tom Farrow	05:42	23:57 M
86	33	Dulwich Park Runners - SAM	24:11 W	Susan Smith	07:53	07:53 W	AJ Cullen	07:52	15:45 W	Midge Cameron	08:26	24:11 W
87	25	Dulwich Park Runners A	24:30 W	Nicole Teszke	07:03	07:03 W	Natasha Roe	08:35	15:38 W	Mona Sharma	08:52	24:30 W
88	59	Ladywell Lynx Team C - Ladies	24:51 W	Jenny Stickland	07:57	07:57 W	Lucy Atlee	08:24	16:21 W	Jemma Jackson	08:30	24:51 W
89	26	Dulwich Park Runners B	26:26 W	Oghene Aaron	09:04	09:04 W	Blanche Armstrong	09:09	18:14 W	Katia Hadaschik	08:13	26:26 W
90	30	Dulwich Park Runners F	26:32 X	Jackie Yap	08:58	08:58 W	Niteen Sharma	09:41	18:38 M	Jenya Brown	07:54	26:32 W
91	28	Dulwich Park Runners D	27:10 W	Gillian Cavell	08:53	08:53 W	Jess Hodgson	08:42	17:36 W	Fiona Callister-Davies	09:34	27:10 W
92	72	It's Only Running Fast her	27:12 W	Lydia Paris	07:30	07:30 W	Becca Hancock	11:32	19:03 W	Julia Robinson	08:09	27:12 W
93	78	Southwark Athletics Club B - Male	11:00 M	Piotr Woloszyn	05:18	05:18 M	James Screen	05:42	11:00 M			
94	51	Kent AC E - Male	11:03 M	Rupert Bedford	05:36	05:36 M	Tim Church	05:27	11:03 M			
95	93	Woods-Meadows family team	14:22 X	Rob Meadows	06:12	06:12 M	Leanne Woods	08:10	14:22 W			
96	88	TUC A	16:44 X	Lianne Warnell	09:04	09:04 W	Alex Rossiter	07:40	16:44 M			