

Loughton

41	229	Chris	Martin	V
61	217	Mike	Rolfe	W
66	231	Craig	Veall	V
86	225	Duncan	Rayney	V
89	227	Mike	Dyson	V
111	234	Scott	Hurley	S

454**East London Runners**

7	105	Thomas	Grimes	S
70	106	Russell	Price	S
82	111	Peter	Rains	W
91	108	Michael	Wilson	W
95	107	Emmet	Fitzgibbon	S
113	999	Male	Ghost	

458**Orion**

35	298	Colin	Braybrook	W
75	299	Roger	Berry	W
85	277	Bill	Bennett	W
99	264	Paul	Williams	W
104	296	Bob	Jousiffe	W
113	999	Male	Ghost	

511**Dagenham 88**

52	535	Sam	Rahman	S
83	543	Gary	Cardnell	W
92	542	Ian	Cummins	V
110	540	Michael	Peggall	S
113	999	Male	Ghost	
113	999	Male	Ghost	

563**Enfield and Haringey**

24	84	Daire	Brennan	S
88	85	Neil	Barnaby	V
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

564**London Heathside**

24	188	Jo	Irwin	V
32	189	Gabi	Johnson	V
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

244**Orion**

31	280	Sarah	Maidment	V
34	275	Lyndsey	Jones	V
43	286	Anne	DeAsha	W
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

249**East London Runners**

30	110	Lisa	Mullen	S
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

265**Dagenham 88**

42	539	Caroline	Cummins	W
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

277**Woodford**

47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

282**Eton Manor**

63	126	Dave	Daugirda	W
73	127	Adrian	Frost	W
90	143	Steve	Adams	V
93	144	Martin	Hockey	V
97	131	Lance	Tabraham	V
106	145	Patrick	Robinson	W

522**EastLondon Runners**

82	111	Peter	Rains	W
91	108	Michael	Wilson	W
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

625**Dagenham 88**

83	543	Gary	Cardnell	W
92	542	Ian	Cummins	V
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

627**Enfield and Haringey**

88	85	Neil	Barnaby	V
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

653**Woodford**

98	504	Stuart	Phillips	W
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

663**Orion**

31	280	Sarah	Maidment	V
34	275	Lyndsey	Jones	V
43	286	Anne	DeAsha	W
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

249**Dagenham 88**

42	539	Caroline	Cummins	W
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

277**Woodford**

47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

282**Enfield and Haringey**

47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

282**East London Runners**

47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	
47	888	Female	Ghost	

282**East London Runners**

113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

678**Dagenham 88**

113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

678**Enfield and Haringey**

113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

678**Orion**

113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

678**Loughton**

113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	
113	999	Male	Ghost	

678