

SEAC BRIDGES RELAY 2023 FINAL RESULTS

The Albert Embankment 14 June 2023

Open Teams

Position	Category	Organisation/ Club	Team Name	Team Number	Time	Vet	Mixed
1	Club	Victoria Park Harriers & Tower Hamlets AC	Team A	59	0:48:19		
2	Club	Victoria Park Harriers & Tower Hamlets AC	Team B	60	0:48:50		
3	Club	London Frontrunners	London Frontrunners No. 3	3	0:50:24		
4	Club	JP Morgan	Runch Bunch	24	0:50:35		Mixed
5	Club	Woking AC	Handley's Handsome Hunks	30	0:51:43		
6	Club	Victoria Park Harriers & Tower Hamlets AC	Team C	61	0:52:46		
7	Club	West 4 Harriers	West 4 Harriers Mens 1 - The Peregrine Pacers	18	0:52:52		
8	LBH	Barclays	Barclays A	32	0:53:00		
9	Club	Victoria Park Harriers & Tower Hamlets AC	Team D	62	0:53:05		
10	LBH	Transport for London	TfL Team 1	56	0:53:41		
11	Club	Eton Manor	Eton Manor Men's A	120	0:53:46		
12	Club	London Frontrunners	London Frontrunners No. 4	4	0:53:52		
13	Club	Sutton Striders	Sutton Striders Men	40	0:54:31		
14	LBH	Morgan Stanley	MS #1	67	0:54:41		
15	Club	Victoria Park Harriers & Tower Hamlets AC	Team E	63	0:54:46		
16	LBH	EY (Ernst & Young LLP)	EY men's team 1	125	0:55:06		
17	LBH	Civil Service	Civil Service Open A Team	13	0:55:06		
18	LBH	JP Morgan	JPMorgan Open Team 4	28	0:55:10		
19	Club	West 4 Harriers	West 4 Harriers Mens 2 - Swift Sparrows	19	0:56:43		
20	Club	London Frontrunners	London Frontrunners No. 5	5	0:56:53		
21	Club	Eton Manor AC	Eton Manor Men's B	121	0:57:36		
22	LBH	BEAC	BEAC No. 47	47	0:57:40		
23	Club	London Frontrunners	London Frontrunners No. 6	6	0:57:41	Vet	
24	Club	Victoria Park Harriers & Tower Hamlets AC	Team F	64	0:57:46		
25	LBH	KPMG	KPMG No. 9	9	0:57:56		Mixed
26	LBH	KPMG	KPMG No. 10	10	0:58:35		
27	LBH	BEAC	BEAC No. 45	45	0:58:38		
28	LBH	WSP	WSP A	22	0:58:47		
29	LBH	BNP Paribas	BNP Paribas Men	53	0:58:48	Vet	
30	LBH	JP Morgan	JPMorgan Open Team 2	26	0:59:43		Mixed
31	Club	Victoria Park Harriers & Tower Hamlets AC	Team H	66	0:59:57		
32	LBH	Transport for London	TfL Team 2	57	1:00:28		
33	Club	West 4 Harriers	West 4 Harriers Mens 3 - Feathered Flyers	20	1:00:30		
34	Club	Victoria Park Harriers & Tower Hamlets AC	Team G	65	1:00:41		
35	LBH	Commonwealth Bank of Australia	CBA 1	1	1:00:51		
36	LBH	Bank Of America	Bank Of America	37	1:01:09		Mixed
37	LBH	Commonwealth Bank of Australia	CBA III	131	1:01:14		
38	LBH	EY (Ernst & Young LLP)	EY men's team 3	127	1:01:22		
39	Club	London Frontrunners	London Frontrunners No. 7	7	1:01:47	Vet	
40	LBH	EY (Ernst & Young LLP)	EY men's team 2	126	1:02:04		
41	Club	Ealing Eagles	Flying Eagles	54	1:02:26		Mixed
42	LBH	Morgan Stanley	MS #2	68	1:02:30		
43	LBH	JP Morgan	JPMorgan Open Team 5	29	1:02:49	Vet	
44	Club	London Frontrunners	London Frontrunners No. 43	43	1:03:04		
45	LBH	Commonwealth Bank of Australia	CBA 2.0	2	1:03:42		Mixed
46	LBH	EY (Ernst & Young LLP)	EY open team	128	1:03:43		
47	Club	West 4 Harriers	West 4 Harriers Mens 4 - Swifts	21	1:03:44		
48	LBH	Standard Chartered Bank	SCB team 1	38	1:04:22		
49	LBH	Newbridge Advisors	Newbridge Advisors	39	1:04:27		Mixed
50	Club	Sutton Striders	Sutton Striders Mixed	41	1:04:29		Mixed
51	LBH	Barclays	Barclays C	34	1:04:50		Mixed
52	LBH	BEAC	BEAC No. 52	52	1:06:02		Mixed
53	LBH	Morgan Stanley	MS #3	69	1:06:15		
54	LBH	KPMG	KPMG No. 11	11	1:06:21		Mixed
55	LBH	Civil Service	Civil Service Open C Team	15	1:06:23		Mixed
56	LBH	WSP	WSP B	23	1:07:00		
57	LBH	Barclays	Barclays D	35	1:07:32		Mixed
58	LBH	Greenery	Greenery	8	1:08:06		
59	LBH	Hachette Hares	Hachette Hares A	130	1:09:07		Mixed
60	LBH	Civil Service	Civil Service Open D Team	16	1:09:42		Mixed
61	LBH	Civil Service	Civil Service Open B Team	14	1:10:34		Mixed
62	LBH	Barclays	Barclays No. 36	36	1:10:35		Mixed
63	Club	London Frontrunners	London Frontrunners No. 44	44	1:10:49		Mixed
64	LBH	DBS	DBS T&M	31	1:11:16		
65	LBH	Barclays	Barclays B	33	1:11:19		
66	LBH	Hachette Hares	Hachette Hares #1	129	1:12:07		Mixed
67	LBH	JP Morgan	JPMorgan Open Team 3	27	1:13:02		Mixed
68	LBH	BEAC	BEAC No. 49	49	1:13:21		Mixed
69	LBH	BEAC	BEAC No. 51	51	1:13:36		Mixed
70	Club	West 4 Harriers	West 4 Harriers Mens 5 - Owls	42	1:13:45		
71	Club	Eton Manor	Eton Manor Legends	123	1:14:17	Vet	Mixed
72	Club	Eton Manor	Eton Manor Icons	124	1:15:30		Mixed
73	LBH	BEAC	BEAC No. 46	46	1:16:01		Mixed
74	Club	Eton Manor	Eton Manor All Stars	122	1:16:15		Mixed
75	LBH	Transport for London	TfL Team 3	58	1:17:24	Vet	
76	LBH	BEAC	BEAC No. 50	50	1:19:42		Mixed
77	LBH	BEAC	BEAC No. 48	48	1:21:05		Mixed
78	Club	Ealing Eagles	Soaring Eagles	55	1:22:18	Vet	Mixed

Ladies Teams

Position	Category	Organisation	Team Name	Team Number	Time	Vet
1	Club	Victoria Park Harriers & Tower Hamlets AC	Team AA	92	0:43:20	
2	LBH	Civil Service	Civil Service Women's A Team	75	0:44:55	Vet
3	Club	West 4 Harriers	West 4 Harriers Ladies 1 - Hawk Heroes	80	0:45:46	Vet
4	Club	Victoria Park Harriers & Tower Hamlets AC	Team BB	93	0:46:47	
5	Club	London Frontrunners	London Frontrunners No. 70	70	0:47:47	Vet
6	LBH	JP Morgan	JPMorgan Ladies	84	0:48:56	
7	Club	West 4 Harriers	West 4 Harriers - Pelican Pacers	81	0:49:39	Vet
8	LBH	Civil Service	Civil Service Women's B Team	76	0:50:09	
9	Club	Sutton Striders	Sutton Striders Women	87	0:51:01	
10	LBH	Civil Service	Civil Service Women's C Team	77	0:51:30	
11	Club	West 4 Harriers	West 4 Harriers Ladies	82	0:51:31	
12	Club	Eton Manor	Eton Manor Women's A	96	0:51:53	
13	LBH	BEAC	BEAC No. 89	89	0:52:54	
14	Club	West 4 Harriers	West 4 Harriers Ladies 4 - Raven Runners	83	0:52:59	
15	LBH	Morgan Stanley	MS #4	95	0:54:58	
16	LBH	Standard Chartered Bank	SCB Team 2	86	0:55:27	
17	Club	Victoria Park Harriers & Tower Hamlets AC	Team CC	94	0:55:27	
18	LBH	BNP Paribas	BNP Paribas Ladies	90	0:56:06	Vet
19	LBH	JP Morgan	JPMorgan Ladies team 2	25	0:56:26	
20	LBH	KPMG	KPMG No. 73	73	1:00:13	
21	Club	West 4 Harriers	West 4 Harriers Ladies 5 - Robin Racers	88	1:01:26	Vet
22	LBH	EY (Ernst & Young LLP)	EY women's team	97	1:02:30	
23	LBH	Barclays	Barclays Ladies	85	1:03:57	

Individual Men

Gender

Position Age Group

Organisation/ Club

Name

Bib

Time

Vet Position

Category

Position	Age Group	Organisation/ Club	Name	Bib	Time	Vet Position	Category
1	Senior	Victoria Park Harriers & Tower Hamlets AC	Jack Bibblings	A59	0:11:59		Club
2	Senior	Victoria Park Harriers & Tower Hamlets AC	Nat Rowland	B60	0:11:59		Club
3	Vet	Victoria Park Harriers & Tower Hamlets AC	Joe Dale	D59	0:12:01	1	Club
4	Senior	Victoria Park Harriers & Tower Hamlets AC	Joe Walker	A60	0:12:03		Club
5	Senior	Victoria Park Harriers & Tower Hamlets AC	Julien Lepretre	B59	0:12:05		Club
6	Senior	Victoria Park Harriers & Tower Hamlets AC	Nicholas Sharp	A61	0:12:09		Club
7	Senior	Victoria Park Harriers & Tower Hamlets AC	Dominic Baxter	C59	0:12:14		Club
8	Senior	London Frontrunners	Tom Watson	B3	0:12:16		Club
9	Senior	Woking AC	Ben Goddard	C30	0:12:17		Club
10	Senior	Transport for London	Henry Axon	A56	0:12:20		LBH
11	Senior	Victoria Park Harriers & Tower Hamlets AC	Tom MacIntyre	C60	0:12:21		Club
12	Senior	JP Morgan	Zach Chadwick	A24	0:12:24		Club
13	Senior	Barclays	Fergus Johnson	A32	0:12:25		LBH
14	Senior	Sutton Striders	Bryn Reynolds	A40	0:12:26		Club
15	Senior	Victoria Park Harriers & Tower Hamlets AC	William Kirk	D60	0:12:27		Club
16	Vet	Woking AC	John Hutchings	D30	0:12:27	2	Club
17	Senior	Civil Service	Charlie Ogilvie	A13	0:12:29		LBH
18	Senior	London Frontrunners	Alex Turner	A3	0:12:30		Club
19	Senior	London Frontrunners	Zack Mitchell	C3	0:12:37		Club
20	Senior	Commonwealth Bank of Australia	Fred Damas	D1	0:12:38		LBH
21	Senior	London Frontrunners	Marius Thies	A4	0:12:39		Club
22	Senior	JP Morgan	Martin Richardson	D24	0:12:42		Club
23	Senior	EY (Ernst & Young LLP)	Jonathan Ryan	D127	0:12:45		LBH
24	Vet	Victoria Park Harriers & Tower Hamlets AC	Stephen Fabes	B61	0:12:45	3	Club
25	Vet	Victoria Park Harriers & Tower Hamlets AC	Gareth Evans	A62	0:12:46	4	Club
26	Senior	Victoria Park Harriers & Tower Hamlets AC	Craig Beattie	C61	0:12:47		Club
27	Vet	Eton Manor	James Pilch	A120	0:12:51	5	Club
28	Senior	West 4 Harriers	Steve Wooley	C18	0:12:53		Club
29	Senior	Morgan Stanley	Tom Charlick	D67	0:12:59		LBH
30	Senior	London Frontrunners	Steven Artist	D3	0:13:00		Club
31	Senior	West 4 Harriers	Andrew Snook	A18	0:13:04		Club
32	Senior	West 4 Harriers	Eddie Ware	D18	0:13:05		Club
33	Senior	JP Morgan	Ross May	C24	0:13:05		Club
34	Vet	Woking AC	David Brighton	B30	0:13:06	6	Club
35	Senior	Victoria Park Harriers & Tower Hamlets AC	Ben Wickham	C62	0:13:07		Club
36	Senior	JP Morgan	Joshua Rudland-Potter	D28	0:13:13		LBH
37	Senior	Eton Manor	Graham White	B120	0:13:14		Club
38	Senior	Barclays	George Mallinson	D32	0:13:14		LBH
39	Senior	Victoria Park Harriers & Tower Hamlets AC	Jonte Shaw	A63	0:13:18		Club
40	Senior	London Frontrunners	Fergal Joyce	B4	0:13:19		Club
41	Senior	Commonwealth Bank of Australia	Ben Payne	D2	0:13:19		LBH
42	Vet	JP Morgan	Simon Egan	A28	0:13:23	7	LBH
43	Senior	Eton Manor AC	Laurence Cox	A121	0:13:25		Club
44	Senior	Victoria Park Harriers & Tower Hamlets AC	Patrick Thomas	B63	0:13:26		Club
45	Senior	Morgan Stanley	Franck Bitard	A67	0:13:26		LBH
46	Senior	Victoria Park Harriers & Tower Hamlets AC	Graham Atkins	D62	0:13:28		Club
47	Senior	Barclays	James Philpot	C32	0:13:29		LBH
48	Vet	Victoria Park Harriers & Tower Hamlets AC	Connor Johnston	D63	0:13:31	8	Club
49	Vet	Transport for London	Mike Boucher	C56	0:13:31	9	LBH
50	Senior	EY (Ernst & Young LLP)	Jake Robinson	A125	0:13:37		LBH
51	Senior	Eton Manor	Dylan Williams	C120	0:13:39		Club
52	Senior	Sutton Striders	Zhe Wu	B40	0:13:40		Club
53	Senior	Victoria Park Harriers & Tower Hamlets AC	James Ingram	C64	0:13:42		Club
54	Senior	EY (Ernst & Young LLP)	Will Bonner	D125	0:13:42		LBH
55	Senior	Victoria Park Harriers & Tower Hamlets AC	Matthew Ogg	B62	0:13:43		Club
56	Vet	Commonwealth Bank of Australia	Will Dawber	A131	0:13:44	10	LBH
57	Senior	West 4 Harriers	Matt Priest	D19	0:13:44		Club
58	Senior	EY (Ernst & Young LLP)	Harold Wyber	B125	0:13:46		LBH
59	Senior	London Frontrunners	Chefo Andreo	A5	0:13:46		Club
60	Senior	London Frontrunners	Alfred Burton	D4	0:13:47		Club
61	Senior	JP Morgan	Jonathan Walton	D26	0:13:48		LBH
62	Vet	Civil Service	Tom Spooner	B13	0:13:49	11	LBH
63	Vet	Transport for London	Krzysztof Klidzia	D56	0:13:49	12	LBH
64	Senior	West 4 Harriers	Aiden McGuire	B18	0:13:50		Club
65	Vet	Civil Service	Crispin Allen	C13	0:13:51	13	LBH
66	Senior	Barclays	Alex Brown	B32	0:13:52		LBH
67	Senior	BEAC	Chris Gynn	D52	0:13:52		LBH
68	Vet	Bank Of America	Alistair McLeod	A37	0:13:53	14	LBH
69	Vet	Woking AC	Robbie Cox	A30	0:13:53	15	Club
70	Senior	Civil Service	Dan Spillman	A15	0:13:54		LBH
71	Vet	BNP Paribas	Chris Reeh	D53	0:13:56	16	LBH
72	Senior	Newbridge Advisors	Mathieu Breton	D39	0:13:57		LBH
73	Vet	Victoria Park Harriers & Tower Hamlets AC	Simeon Bennett	A65	0:13:57	17	Club
74	Vet	Morgan Stanley	Ivor Hewitt	C67	0:13:57	18	LBH
75	Vet	London Frontrunners	Giles Oliver	D6	0:13:58	19	Club
76	Senior	BEAC	Luke Doyle	D47	0:13:58		LBH
77	Senior	BEAC	Luke Doyle	B47	0:13:58		Club
78	Vet	London Frontrunners	Alex Carrington	A7	0:13:59	20	LBH
79	Vet	West 4 Harriers	Duncan Grassie	B19	0:13:59	21	Club
80	Senior	Hachette Hares	Jonathan Sargent	D129	0:14:00		LBH
81	Senior	WSP	Myles Hudson	C22	0:14:00		LBH
82	Vet	Transport for London	Joseph Osakue	B56	0:14:00	22	LBH
83	Senior	EY (Ernst & Young LLP)	Nick Gill	C125	0:14:00		LBH
84	Senior	Victoria Park Harriers & Tower Hamlets AC	Dan McPhillimey	D64	0:14:01		Club
85	Vet	Eton Manor	Jonathan Leith	D120	0:14:02	23	Club
86	Senior	Victoria Park Harriers & Tower Hamlets AC	Dan McPhillimey	B66	0:14:03		Club
87	Senior	London Frontrunners	Nick Jobbins	D5	0:14:05		Club
88	Senior	KPMG	James Lowley	D9	0:14:05		LBH
89	Senior	KPMG	Alberto Lapedriza	B9	0:14:06		LBH
90	Senior	Standard Chartered Bank	Timothy Poston	D38	0:14:07		LBH
91	Senior	London Frontrunners	Euan Cheyne	C4	0:14:07		Club
92	Senior	Morgan Stanley	Tasman Hook	A68	0:14:07		LBH
93	Senior	JP Morgan	Rob Buchanan	B28	0:14:08		LBH
94	Vet	London Frontrunners	Gareth Fletcher	A6	0:14:09	24	Club
95	Senior	London Frontrunners	Tom Holmes	D44	0:14:11		Club
96	Senior	Sutton Striders	Mark Goldhawk	D40	0:14:11		Club
97	Senior	Barclays	Tristan Day	A36	0:14:12		LBH
98	Senior	Morgan Stanley	Will Hall	D69	0:14:13		LBH
99	Vet	West 4 Harriers	Andy Bowen	A19	0:14:14	25	Club
100	Vet	Sutton Striders	Graham Hannay	C40	0:14:15	26	Club
101	Vet	Victoria Park Harriers & Tower Hamlets AC	Simeon Bennett	C66	0:14:15	27	Club
102	Vet	Ealing Eagles	Gerbrand Alkema	C54	0:14:16	28	Club
103	Vet	Morgan Stanley	Nicholas Metson	B67	0:14:18	29	LBH
104	Senior	KPMG	John O'Hara	A10	0:14:19		LBH
105	Senior	KPMG	Tom Mason	D10	0:14:21		LBH
106	Senior	BEAC	Richard Gordon	A45	0:14:22		LBH
107	Vet	London Frontrunners	Denis Gorman	B6	0:14:23	30	Club
108	Vet	JP Morgan	Jonathan Ormerod	C28	0:14:26	31	LBH
109	Senior	London Frontrunners	Steven Turnock	C5	0:14:27		Club
110	Senior	EY (Ernst & Young LLP)	Harold Wyber	C128	0:14:27		LBH
111	Senior	Commonwealth Bank of Australia	Matt Lewis	A1	0:14:29		LBH
112	Senior	BEAC	Callum Ashworth	B45	0:14:29		LBH
113	Senior	London Frontrunners	Paul Smith	C43	0:14:30		Club
114	Senior	BEAC	Seb Reyes	A47	0:14:31		LBH
115	Senior	EY (Ernst & Young LLP)	Ben Pimley	D126	0:14:31		LBH
116	Senior	West 4 Harriers	Shaun Melvin	A20	0:14:32		Club
117	Senior	Victoria Park Harriers & Tower Hamlets AC	Ben Roach	C63	0:14:32		Club

118	Vet	BNP Paribas	Laurent Jonchere	B53	0:14:33	32	LBH
119	Vet	Victoria Park Harriers & Tower Hamlets AC	David Warwick	A66	0:14:36	33	Club
120	Senior	Eton Manor AC	Josh Dent	C121	0:14:36		Club
121	Senior	London Frontrunners	Dominic Addison	B5	0:14:36		Club
122	Vet	Barclays	Chris Burfoot	C35	0:14:37	34	LBH
123	Senior	Eton Manor	Peter Stilwell	C122	0:14:39		Club
124	Vet	Sutton Striders	Richard Steeples	A41	0:14:39	35	Club
125	Senior	Transport for London	Matthew Foakes	B57	0:14:40		LBH
126	Senior	Eton Manor	Chris O'Toole	A122	0:14:40		Club
127	Senior	Hachette Hares	Anthony Simnica	D130	0:14:41		LBH
128	Senior	WSP	James Watters	A22	0:14:41		LBH
129	Senior	KPMG	Ben Pigg	A11	0:14:42		LBH
130	Vet	Eton Manor AC	Aaron Johnson-Chapman	B121	0:14:42	36	Club
131	Vet	West 4 Harriers	Dave Cobb	C20	0:14:43	37	Club
132	Senior	Barclays	Nigel Hadden	D35	0:14:44		LBH
133	Senior	West 4 Harriers	Astyn Jones	C19	0:14:45		Club
134	Senior	BEAC	Iain Ramsay	C45	0:14:48		LBH
135	Senior	JP Morgan	Mohamed Sbihi	B26	0:14:51		LBH
136	Vet	BNP Paribas	Antoine Niot	A53	0:14:52	38	LBH
137	Senior	KPMG	Oliver Robinson	C10	0:14:53		LBH
138	Senior	BEAC	Eduardo Orellana	C52	0:14:53		LBH
139	Vet	Eton Manor AC	Aaron Johnson-Chapman	D121	0:14:53	39	Club
140	Vet	Victoria Park Harriers & Tower Hamlets AC	Oliver Jamieson	B64	0:14:54	40	Club
141	Vet	Transport for London	Peter Lee	D57	0:14:54	41	LBH
142	Vet	WSP	Matt Draper	B22	0:14:54	42	LBH
143	Senior	Victoria Park Harriers & Tower Hamlets AC	David John Simpson	C65	0:14:56		Club
144	Senior	KPMG	Tom Handysides	C11	0:14:56		LBH
145	Vet	Civil Service	Steve Norris	D13	0:14:58	43	LBH
146	Senior	BEAC	Ben Baker	D45	0:14:58		LBH
147	Vet	Sutton Striders	Tim Lawrenson	D41	0:14:59	44	Club
148	Senior	Hachette Hares	Matthew Everett	A129	0:15:01		LBH
149	Senior	KPMG	James Mardon	B10	0:15:02		LBH
150	Senior	Barclays	Chris Gregory	C33	0:15:03		LBH
151	Vet	Morgan Stanley	Denis Mustafa	B68	0:15:03	45	LBH
152	Vet	Victoria Park Harriers & Tower Hamlets AC	Craig Norris	D61	0:15:05	46	Club
153	Vet	JP Morgan	Marc Elliott	C29	0:15:06	47	LBH
154	Senior	Victoria Park Harriers & Tower Hamlets AC	James Hirst	A64	0:15:09		Club
155	Senior	Barclays	Robert Hill	D36	0:15:10		LBH
156	Vet	London Frontrunners	Simon Garner	C6	0:15:11	48	Club
157	Senior	WSP	Giles Mortimer	D22	0:15:11		LBH
158	Vet	Commonwealth Bank of Australia	Tom Coghill	A2	0:15:11	49	LBH
159	Senior	London Frontrunners	GP Manalastas	B43	0:15:11		Club
160	Senior	Eton Manor	Owain Crispin	D124	0:15:12		Club
161	Senior	BEAC	Alan Castle	C47	0:15:13		LBH
162	Senior	KPMG	John O'Hara	C9	0:15:14		LBH
163	Vet	Transport for London	Mike Murdoch	A57	0:15:17	50	LBH
164	Vet	JP Morgan	Jeremy Pestell	A29	0:15:17	51	LBH
165	Vet	West 4 Harriers	Kevin Gardner	B20	0:15:19	52	Club
166	Senior	Victoria Park Harriers & Tower Hamlets AC	Alan Venning	B65	0:15:19		Club
167	Vet	WSP	Pete Townsend	A23	0:15:20	53	LBH
168	Senior	Barclays	James Bewley	A34	0:15:20		LBH
169	Vet	London Frontrunners	Roger Kennedy	C7	0:15:20	54	Club
170	Vet	JP Morgan	Stuart Quinn	B29	0:15:20	55	LBH
171	Vet	West 4 Harriers	Ali Yousuf	B21	0:15:23	56	Club
172	Senior	JP Morgan	Bradley Forbes-Cryan	C26	0:15:23		LBH
173	Senior	EY (Ernst & Young LLP)	Eric Mare	B126	0:15:25		LBH
174	Vet	BNP Paribas	Raphael Lastmann	C53	0:15:27	57	LBH
175	Vet	Eton Manor	Rob Sommerville	C123	0:15:27	58	Club
176	Vet	Civil Service	Nick Jones	A14	0:15:31	59	LBH
177	Senior	Morgan Stanley	Alejandro Duenas Paz	A69	0:15:36		LBH
178	Vet	West 4 Harriers	Peter Hall	D21	0:15:37	60	Club
179	Senior	Commonwealth Bank of Australia	Liam Sheppard	D131	0:15:37		LBH
180	Senior	Transport for London	Damian O'Connor	C57	0:15:38		LBH
181	Vet	Ealing Eagles	Harvey Gallagher	A54	0:15:40	61	Club
182	Vet	Hachette Hares	Patrick Insole	A130	0:15:43	62	LBH
183	Senior	Commonwealth Bank of Australia	Daniel Esparza	C131	0:15:43		LBH
184	Vet	WSP	Rhys Smith	C23	0:15:50	63	LBH
185	Senior	Barclays	Stephen Aikin	D34	0:15:50		LBH
186	Senior	EY (Ernst & Young LLP)	Hugo Lyon	A127	0:15:50		LBH
187	Senior	BEAC	Nikolas Koch	B52	0:15:51		LBH
188	Senior	EY (Ernst & Young LLP)	Eric Mare	D128	0:15:52		LBH
189	Senior	EY (Ernst & Young LLP)	Steve Pargeter	A126	0:15:54		LBH
190	Senior	Ealing Eagles	Oliver Gildea	D54	0:15:56		Club
191	Vet	West 4 Harriers	Martin Peck	D20	0:15:56	64	Club
192	Vet	Bank Of America	Simon Moore	B37	0:15:57	65	LBH
193	Senior	DBS	Chagall Caprez	A31	0:15:57		LBH
194	Vet	Civil Service	Matthew Bollington	A16	0:15:59	66	LBH
195	Senior	Civil Service	Jacob Rose	D16	0:15:59		LBH
196	Vet	Eton Manor	Dave Daugirda	A123	0:16:01	67	Club
197	Senior	EY (Ernst & Young LLP)	Joe Adkins	C127	0:16:02		LBH
198	Senior	Standard Chartered Bank	Christopher Pell	C38	0:16:06		LBH
199	Senior	Morgan Stanley	Matthew Chan	C68	0:16:06		LBH
200	Vet	Barclays	Marc Charlier	D33	0:16:08	68	LBH
201	Vet	London Frontrunners	Shane Cullinan	B7	0:16:09	69	Club
202	Senior	Commonwealth Bank of Australia	Will Parker	B131	0:16:10		LBH
203	Senior	EY (Ernst & Young LLP)	Matt Burge	C126	0:16:13		LBH
204	Senior	BEAC	Thomas Carr	B51	0:16:14		LBH
205	Senior	West 4 Harriers	Tom Newman	C21	0:16:15		Club
206	Senior	Commonwealth Bank of Australia	Andrew Smith	C1	0:16:18		LBH
207	Vet	London Frontrunners	Francis O'Callaghan	C44	0:16:19	70	Club
208	Vet	London Frontrunners	Andrew Corti	D7	0:16:19	71	Club
209	Senior	KPMG	Ticha Bire	A12	0:16:21		LBH
210	Vet	Standard Chartered Bank	Eduard Vugmeister	A38	0:16:23	72	LBH
211	Vet	Victoria Park Harriers & Tower Hamlets AC	Tim Miller	D65	0:16:28	73	Club
212	Senior	West 4 Harriers	Florian Kriegler	A21	0:16:30		Club
213	Vet	West 4 Harriers	Adolfas Kupliauskas	A42	0:16:30	74	Club
214	Senior	Greenery	Callum Jones	A8	0:16:31		LBH
215	Senior	KPMG	Ryan Asher	D11	0:16:32		LBH
216	Senior	Newbridge Advisors	Chris Evans	B39	0:16:33		LBH
217	Senior	EY (Ernst & Young LLP)	Jake Robinson	B128	0:16:35		LBH
218	Senior	KPMG	Kabelo Monese	C12	0:16:36		LBH
219	Vet	London Frontrunners	Conor Devlin	D43	0:16:37	75	Club
220	Senior	BEAC	Frank Hillman	D51	0:16:40		LBH
221	Senior	Barclays	James Tracey	B33	0:16:44		LBH
222	Senior	EY (Ernst & Young LLP)	Euan Barr	B127	0:16:45		LBH
223	Senior	London Frontrunners	Matt Hunter	A43	0:16:45		Club
224	Vet	Greenery	Jay Laverick	C8	0:16:45	76	LBH
225	Senior	EY (Ernst & Young LLP)	Dominic Kimuraheba	A128	0:16:48		LBH
226	Vet	Greenery	Andrew Maynard	D8	0:16:49	77	LBH
227	Senior	BEAC	Joshua Perers Cooke	A50	0:16:57		LBH
228	Vet	Victoria Park Harriers & Tower Hamlets AC	Keithly Mussington	D66	0:17:03	78	Club
229	Vet	Ealing Eagles	David Bone	C55	0:17:05	79	Club
230	Vet	JP Morgan	Fawad Karim	D29	0:17:05	80	LBH
231	Senior	Barclays	Elliott Frith	B34	0:17:05		LBH
232	Senior	Morgan Stanley	Robert Neulen	C69	0:17:13		LBH
233	Senior	Morgan Stanley	Massimo Vlacancich	D68	0:17:13		LBH
234	Senior	Barclays	Robert McDonald	B35	0:17:16		LBH
235	Vet	Bank Of America	Damian Smith	C37	0:17:18	81	LBH
236	Vet	Civil Service	Bilal Evans	C16	0:17:24	82	LBH
237	Senior	Civil Service	Daniel Tindsley	C15	0:17:26		LBH
238	Vet	Commonwealth Bank of Australia	Richard Braham	B1	0:17:26	83	LBH
239	Senior	WSP	Rory Cole	D23	0:17:27		LBH

240 Vet	West 4 Harriers	Peter Jeffrey	B42	0:17:31	84	Club
241 Senior	BEAC	John Tringham	C48	0:17:32		LBH
242 Senior	BEAC	Dan McGing	A46	0:17:33		LBH
243 Vet	Sutton Striders	Nigel Tyndale	C41	0:17:35	85	Club
244 Senior	BEAC	Nigel Simmons	B49	0:17:44		LBH
245 Vet	DBS	Lie Lam	C31	0:17:44	86	LBH
246 Senior	Standard Chartered Bank	Neil Carter	B38	0:17:46		LBH
247 Senior	BEAC	Justin Myerson	A48	0:17:53		LBH
248 Senior	BEAC	Cody Eddington	D46	0:18:00		LBH
249 Senior	Greenenergy	Adam Pamilih	B8	0:18:01		LBH
250 Senior	DBS	Chris Hargreaves	D31	0:18:05		LBH
251 Senior	Commonwealth Bank of Australia	Mike Brain	C2	0:18:07		LBH
252 Vet	Eton Manor	Adrian Frost	B124	0:18:08	87	Club
253 Vet	Transport for London	John O'Brien	A58	0:18:18	88	LBH
254 Vet	Transport for London	Tom Morris	B58	0:18:24	89	LBH
255 Vet	WSP	Dermot Desmond	B23	0:18:24	90	LBH
256 Vet	JP Morgan	Charles Hewson	C27	0:18:45	91	LBH
257 Senior	Newbridge Advisors	Harry Parker	C39	0:18:54		LBH
258 Senior	BEAC	Joe Boss	D49	0:19:13		LBH
259 Senior	Morgan Stanley	Roshan Bhuran	B69	0:19:13		LBH
260 Vet	Eton Manor	Geoff Nicholls	D123	0:19:15	92	Club
261 Vet	Transport for London	Alan Mundy	C58	0:19:19	93	LBH
262 Vet	DBS	Jules Moosuddee	B31	0:19:30	94	LBH
263 Vet	West 4 Harriers	John Scott-Francis	C42	0:19:48	95	Club
264 Vet	Eton Manor	Mehboob Khan	A124	0:19:49	96	Club
265 Senior	West 4 Harriers	James Cooley	D42	0:19:56		Club
266 Senior	BEAC	Colin Cairns	C46	0:20:00		LBH
267 Senior	Barclays	Lis Huesca Molina	C36	0:20:30		LBH
268 Senior	London Frontrunners	Steven Tomaszewski	A44	0:20:50		Club
269 Vet	Transport for London	Neil Roberts	D58	0:21:24	97	LBH
270 Senior	Barclays	Tony McDonnell	A33	0:23:24		LBH
271 Vet	Ealing Eagles	Stephen Brett	D55	0:24:48	98	Club
272 Senior	BEAC	Olawale Ayeni	D48	0:25:18		LBH
273 Senior	KPMG	Kaushal Vyas	D12	0:31:42		LBH

Individual Women

<u>Gender</u>	<u>Position</u>	<u>Age Group</u>	<u>Organisation/ Cub</u>	<u>Name</u>	<u>Bib</u>	<u>Time</u>	<u>Vet Position</u>	<u>Category</u>
Senior	1	Senior	JP Morgan	Lucy Reid	B24	0:12:25		Club
Vet	2	Vet	Civil Service	Natasha Sheel	A75	0:13:47	1	LBH
Senior	3	Senior	Victoria Park Harriers & Tower Hamlets AC	Jo Hall	A93	0:13:54		Club
Senior	4	Senior	JP Morgan	Georgina Povall	A84	0:13:56		LBH
Senior	5	Senior	Bank Of America	Lucy Elms	D37	0:14:01		LBH
Senior	6	Senior	Victoria Park Harriers & Tower Hamlets AC	Lydia Briggs	A92	0:14:08		Club
Senior	7	Senior	Victoria Park Harriers & Tower Hamlets AC	Jade Dos Santos	C92	0:14:14		Club
Senior	8	Senior	KPMG	Anna Parker	A9	0:14:32		LBH
Vet	9	Vet	Victoria Park Harriers & Tower Hamlets AC	Valerie Wong	B92	0:14:58	2	Club
Vet	10	Vet	Civil Service	Natasha Sheel	D14	0:15:00		3 LBH
Vet	11	Vet	West 4 Harriers	Anna Critchlow	C80	0:15:02		4 Club
Vet	12	Vet	Newbridge Advisors	Delia Beddis	A39	0:15:04		5 LBH
Vet	13	Vet	West 4 Harriers	Henrietta Marsh-Smith	A80	0:15:12		6 Club
Vet	14	Vet	Civil Service	Victoria Carter	B75	0:15:21		7 LBH
Senior	15	Senior	Civil Service	Clara Pettitt	A76	0:15:24		LBH
Vet	16	Vet	London Frontrunners	Hazel Reade	A70	0:15:27		8 Club
Vet	17	Vet	West 4 Harriers	Suzi Zhuang	B80	0:15:32		9 Club
Senior	18	Senior	JP Morgan	Jessica Eddie	A26	0:15:41		LBH
Vet	19	Vet	Civil Service	Emily Antcliffe	C75	0:15:47		10 LBH
Senior	20	Senior	Sutton Striders	Hannah-Mai Flynn	A87	0:15:47		Club
Vet	21	Vet	West 4 Harriers	Sarah McIntosh	B81	0:15:51		11 Club
Vet	22	Vet	London Frontrunners	Erika Kulikova	C70	0:16:02		12 Club
Senior	23	Senior	Eton Manor	Rachael Futo	B96	0:16:04		Club
Vet	24	Vet	Victoria Park Harriers & Tower Hamlets AC	Sonia Gascon Lopez	C93	0:16:06		13 Club
Vet	25	Vet	Civil Service	Ellen van der Velden	A77	0:16:08		14 LBH
Senior	26	Senior	Civil Service	Molly Conners	C77	0:16:18		LBH
Vet	27	Vet	London Frontrunners	Nas Allmomen	B70	0:16:18		15 Club
Senior	28	Senior	BEAC	Clare Macallan	A89	0:16:23		LBH
Vet	29	Vet	West 4 Harriers	Katie Brown	A81	0:16:24		16 Club
Senior	30	Senior	West 4 Harriers	Kirsty Gray	C82	0:16:26		Club
Senior	31	Senior	JP Morgan	Eilidh Reid	B27	0:16:26		LBH
Vet	32	Vet	JP Morgan	Agnes Debreczeni	C84	0:16:28		17 LBH
Vet	33	Vet	Ealing Eagles	Maria Fitzgerald	B54	0:16:34		18 Club
Senior	34	Senior	Barclays	Lucy Marsh	C34	0:16:34		LBH
Senior	35	Senior	Sutton Striders	Karen Little	B87	0:16:37		Club
Senior	36	Senior	Victoria Park Harriers & Tower Hamlets AC	Ammaarah Hafezi	B93	0:16:46		Club
Senior	37	Senior	West 4 Harriers	Grainne Cassidy	A83	0:16:47		LBH
Senior	38	Senior	BEAC	Emily Manners	B89	0:16:52		LBH
Senior	39	Senior	Civil Service	Rebecca Watson	B14	0:16:58		LBH
Senior	40	Senior	Civil Service	Julia Larkin	D15	0:17:00		LBH
Senior	41	Senior	Morgan Stanley	Rebecca Walton	A95	0:17:04		LBH
Senior	42	Senior	Commonwealth Bank of Australia	Deborah Tan	B2	0:17:04		LBH
Senior	43	Senior	Civil Service	Lydia Willgress-Dunn	B76	0:17:05		LBH
Senior	44	Senior	JP Morgan	Hope Cessford	A25	0:17:13		LBH
Vet	45	Vet	West 4 Harriers	Anna Beausire	A82	0:17:15		19 Club
Senior	46	Senior	Sutton Striders	Jen Murchie	B41	0:17:16		Club
Vet	47	Vet	West 4 Harriers	Jane Whittaker	B83	0:17:19		20 Club
Vet	48	Vet	West 4 Harriers	Rose Lewis	C81	0:17:24		21 Club
Senior	49	Senior	Standard Chartered Bank	Deborah Paterson	C86	0:17:25		LBH
Vet	50	Vet	BNP Paribas	Marilena De Luca	A90	0:17:30		22 LBH
Senior	51	Senior	Eton Manor	Corrie Monaghan	A96	0:17:32		Club
Vet	52	Vet	Civil Service	Rose Baker	C76	0:17:40		23 LBH
Senior	53	Senior	Hachette Hares	Grace Kelly	C130	0:17:40		LBH
Senior	54	Senior	Morgan Stanley	Beatrice Ormerod	B95	0:17:40		LBH
Senior	55	Senior	West 4 Harriers	Fiona McCaffery	B82	0:17:50		Club
Senior	56	Senior	KPMG	Kate Bleakman	B73	0:17:52		LBH
Vet	57	Vet	BNP Paribas	Clodagh Burke	C90	0:18:01		24 LBH
Senior	58	Senior	Civil Service	Anna Barkemeyer	B15	0:18:03		LBH
Senior	59	Senior	BEAC	Chelsea Pankhurst	C49	0:18:04		LBH
Senior	60	Senior	JP Morgan	Henna Patterson	A27	0:18:04		LBH
Vet	61	Vet	Victoria Park Harriers & Tower Hamlets AC	Miry Mayer	C94	0:18:05		25 Club
Senior	62	Senior	BEAC	Eleanor Broughton	B50	0:18:17		LBH
Senior	63	Senior	Eton Manor	Rachel Mayer	C96	0:18:17		Club
Senior	64	Senior	BEAC	Fran Furness	A49	0:18:20		LBH
Senior	65	Senior	JP Morgan	Saarah Nawaz	B84	0:18:31		LBH
Vet	66	Vet	Victoria Park Harriers & Tower Hamlets AC	Joyce Berry	A94	0:18:35		26 Club
Senior	67	Senior	Sutton Striders	Elise Lawrenson	C87	0:18:37		Club
Senior	68	Senior	Victoria Park Harriers & Tower Hamlets AC	Kate Nelson	B94	0:18:47		Club
Senior	69	Senior	KPMG	Sofya Burbasova	A73	0:18:49		LBH
Senior	70	Senior	Barclays	Katie Savage	A85	0:18:53		LBH
Senior	71	Senior	West 4 Harriers	Ashwariya Anam	C83	0:18:54		Club
Vet	72	Vet	Standard Chartered Bank	Louise Brookes	A86	0:18:54		27 LBH
Vet	73	Vet	West 4 Harriers	Jen Kingwill	B88	0:18:59		28 Club
Vet	74	Vet	London Frontrunners	Rachel Wickham	B71	0:19:01		29 Club
Senior	75	Senior	Civil Service	Josie Rogers	B77	0:19:05		LBH
Vet	76	Vet	Ealing Eagles	Sophie Santry	A55	0:19:05		30 Club
Senior	77	Senior	Standard Chartered Bank	Cat Rawsthorne	B86	0:19:08		LBH
Senior	78	Senior	JP Morgan	Sionhan-Marie O'Connor	B25	0:19:13		LBH
Senior	79	Senior	BEAC	Monica Hawthorne	C51	0:19:17		LBH
Senior	80	Senior	BEAC	Anna O'Neill	D50	0:19:30		LBH
Senior	81	Senior	London Frontrunners	Julia Robinson	B44	0:19:30		Club
Senior	82	Senior	BEAC	Thomas Kotta Kyriakou	C89	0:19:39		LBH
Senior	83	Senior	JP Morgan	Ana Hansen	D27	0:19:46		LBH
Senior	84	Senior	Barclays	Hannah Gyi	B85	0:19:56		LBH
Senior	85	Senior	EY (Ernst & Young LLP)	Tyler Wilson	A97	0:19:59		LBH
Senior	86	Senior	Transport for London	Eka Hintaran	B91	0:19:59		LBH
Senior	87	Senior	JP Morgan	Josephine Wratten	C25	0:20:00		LBH
Senior	88	Senior	KPMG	Sandi Nyanda	B11	0:20:11		LBH
Senior	89	Senior	Morgan Stanley	Clara Shapton	C95	0:20:14		LBH
Senior	90	Senior	Civil Service	Khalida Choundhury	B16	0:20:20		LBH
Senior	91	Senior	BEAC	Sarah Ng	B48	0:20:22		LBH
Senior	92	Senior	BEAC	Ruth Ward	B46	0:20:28		LBH
Vet	93	Vet	Transport for London	Daniela Bassoumba	A91	0:20:28		31 LBH
Senior	94	Senior	EY (Ernst & Young LLP)	Angharad Weatherall	C97	0:20:34		LBH
Senior	95	Senior	Hachette Hares	Stacey Emery	B129	0:20:35		LBH
Vet	96	Vet	BNP Paribas	Ruth Beaver	B90	0:20:35		32 LBH
Senior	97	Senior	Barclays	Hanna Wilson	B36	0:20:44		LBH
Vet	98	Vet	West 4 Harriers	Jacqueline Zivkovic	C88	0:20:51		33 Club
Senior	99	Senior	Barclays	Corinne Digdale	A35	0:20:56		LBH
Vet	100	Vet	Hachette Hares	Lindsey Evans	B130	0:21:03		34 LBH
Vet	101	Vet	Ealing Eagles	Caroline Rush	B55	0:21:21		35 Club
Senior	102	Senior	BEAC	Freya Ball	A51	0:21:25		LBH
Senior	103	Senior	BEAC	Sahika Kaya	A52	0:21:26		LBH
Senior	104	Senior	KPMG	Elizabeth Ortiz	B12	0:21:30		LBH
Vet	105	Vet	West 4 Harriers	Alison Taylo-Beadling	A88	0:21:35		36 Club
Senior	106	Senior	EY (Ernst & Young LLP)	Yang Liu	B97	0:21:57		LBH
Vet	107	Vet	Eton Manor	Janet Hoskins	C124	0:22:22		37 Club
Vet	108	Vet	London Frontrunners	Eva Kucich	A71	0:22:23		38 LBH
Senior	109	Senior	Hachette Hares	Sabah Kemp	C129	0:22:32		Club
Vet	110	Vet	Civil Service	Abigail Paton	C14	0:23:05		39 LBH
Vet	111	Vet	Eton Manor	Victoria Nock	D122	0:23:18		40 Club
Senior	112	Senior	KPMG	Loretta Akuetteh	C73	0:23:33		LBH
Vet	113	Vet	Eton Manor	Christina Watson	B123	0:23:34		41 Club
Vet	114	Vet	Eton Manor	Joanne Joseph	B122	0:23:39		42 LBH
Senior	115	Senior	BEAC	Roberta Wong	C50	0:24:58		Club
Senior	116	Senior	Barclays	Hafsa Memon	C85	0:25:08		LBH
Vet	117	Vet	London Frontrunners	Sarah Marks	C71	0:26:05		43 Club