

PBs/CBs 1994 to 03/08/2013

ID	Date	Race	Posn	Name	GunTime	ChipTime	AccTime	Distance	ActualDistance	Type	PB	CB
	18/06/2013	Horton Country Park Relay	3	Richard Fox	00:08:03		00:08:03	1.45M		XC		y
	18/06/2013	Horton Country Park Relay	9	Bill Walsh	00:08:44		00:08:44	1.45M		XC		y
	18/06/2013	Horton Country Park Relay	44	Elaine Reid	00:11:28		00:11:28	1.45M		XC		y
	18/06/2013	Horton Country Park Relay	52	Melvin Trundley	00:11:33		00:11:33	1.45M		XC		y
	18/06/2013	Horton Country Park Relay	52	Trish Coombs	00:13:09		00:13:09	1.45M		XC		y
	18/06/2013	Horton Country Park Relay	53	Alison Symonds-Tayler	00:16:50		00:16:50	1.45M		XC		y
	03/04/2005	Croydon 10k	8	Dan Gillett			00:35:00	10K		ROAD	y	
	24/06/2012	Richmond 10k	28	Neil Reissland			00:35:22	10K		ROAD	y	
	20/04/1997	Spelthorne 10k		Keith Dunning			00:35:40	10K			y	
	30/06/2002	Dysart Dash	20	Dan Gillett			00:35:47	10K		ROAD	y	
	17/02/2002	26.2RRC 10k	15	Dan Gillett			00:35:53	10K		ROAD	y	
	02/02/1997	26.2 10k		Keith Dunning			00:36:06	10K		ROAD	y	
	27/06/2013	Near As Damn It 10k	1	Neil Reissland	00:36:25		00:36:25	10K	9.95K	XC		y
	24/06/2012	Richmond 10k	47	Robert Knight			00:36:37	10K		ROAD	y	
	14/11/1999	Surrey Classic 10k - Oxshott		Roger Wilkins			00:36:43	10K		ROAD		y
	24/06/2012	Richmond 10k	54	Roger Bryant			00:36:56	10K		ROAD	y	
	13/05/2012	Sutton 10k	27	Robert Knight			00:37:03	10K		ROAD	y	
	11/11/2001	Surrey Classic 10k - Oxshott	31	Dan Gillett			00:37:39	10K		ROAD	y	
	20/10/1996	Croydon 10k		Keith Dunning			00:37:42	10K		ROAD	y	
	25/07/2013	Near As Damn It 10k	3	Robert Knight	00:37:42		00:37:42	10K		XC		y
	13/05/2012	Sutton 10k	38	Roger Bryant			00:37:47	10K		ROAD	y	
	18/12/2011	Horton Country Park 10k	10	Roger Bryant			00:37:53	10K		ROAD	y	
	30/10/2011	Oxshott 10k	11	Roger Bryant			00:37:57	10K		ROAD	y	
	30/06/1996	Dysart Dash		Keith Dunning			00:38:15	10K		ROAD	y	
	20/06/2010	Richmond 10k	108	Andy Stalley			00:38:39	10K		ROAD	y	
	22/10/2000	Surrey Classic 10k - Nonsuch Pk	18	Martin Lloyd			00:38:40	10K		ROAD	y	
	17/11/1996	Brighton 10k		Matt Elnaugh			00:38:53	10K		ROAD	y	
	17/11/2002	Brighton 10k		Bob Chart			00:38:57	10K		ROAD	y	
	30/06/2002	Dysart Dash	60	Adam Strong			00:39:02	10K		ROAD	y	
	31/05/2010	D-Day 10k	24	Andy Stalley			00:39:05	10K		ROAD	y	
	21/07/2013	Elmbridge 10k	71	Richard Fox	00:39:14		00:39:14	10K		ROAD	y	
	06/11/2011	Surrey Classic Series - Nonsuch Park 10k	15	Richard Fox			00:39:16	10K		ROAD	y	
	05/05/2002	Sutton 10k	53	Adam Strong			00:39:20	10K		ROAD	y	
	26/09/2010	Cirencester 10k	40	Dave Johnson			00:39:26	10K		ROAD	y	
	16/07/2000	Elmbridge 10k	80	Martin Lloyd			00:39:26	10K		ROAD	y	
	12/02/2012	Valentine's 10k	26	Robert Knight			00:39:27	10K		ROAD	y	
	02/05/2010	Sutton 10k	58	Richard Fox			00:39:34	10K		ROAD	y	
	20/04/1997	Spelthorne 10k		Malcolm Whelan			00:39:38	10K			y	
	11/11/2001	Surrey Classic 10k - Oxshott	61	Adam Strong			00:39:39	10K		ROAD	y	
	19/07/2009	Worcester Pitchcroft 10k	23	Dave Johnson			00:39:44	10K		ROAD	y	

08/06/2009	Westonbirt 10k	30	Dave Johnson			00:39:54	10K			y	
07/11/2010	Surrey Classic 10k - Nonsuch Pk	29	Andy Stalley			00:39:56	10K	ROAD		y	
07/06/2009	Fairford 10k	15	Dave Johnson			00:39:57	10K			y	
18/12/2011	Horton Country Park 10k	21	Robert Knight			00:39:58	10K	ROAD		y	
06/11/2011	Surrey Classic Series - Nonsuch Park 10k	21	Andy Randall			00:40:00	10K	ROAD		y	
11/04/1999	Croydon 10k		Adam Strong			00:40:07	10K	ROAD		y	
16/10/2011	Croydon 10k	43	Andy Randall			00:40:11	10K	ROAD		y	
30/04/2000	Barry Jones 10k	53	Martin Lloyd			00:40:11	10K	ROAD		y	
15/02/2009	Valentine's 10k	67	Steve Cooney			00:40:12	10K	ROAD		y	
29/06/2008	Dysart Dash	82	Steve Cooney			00:40:13	10K	ROAD		y	
11/04/1999	Croydon 10k		Martin Lloyd			00:40:17	10K	ROAD		y	
17/06/2012	Epsom 10k	26	Mike Mason			00:40:21	10K	ROAD		y	
14/02/2010	Valentine's 10k	85	Richard Fox			00:40:31	10K	ROAD		y	
01/11/2009	Surrey Classic 10k - Nonsuch Pk	16	Richard Fox			00:40:33	10K	ROAD		y	
01/11/2009	Surrey Classic 10k - Nonsuch Pk	18	Andy Stalley			00:40:41	10K	ROAD			y
11/11/2001	Surrey Classic 10k - Oxshott	76	Terry Fogarty			00:40:41	10K	ROAD		y	
19/06/2011	Richmond 10k	169	Andy Randall			00:40:43	10K	ROAD		y	
27/10/1996	Surrey Classic 10k - Morden Pk		Matt Elnaugh			00:40:44	10K	ROAD		y	
14/02/2010	Valentine's 10k	94	Bill Walsh			00:40:46	10K	ROAD		y	
25/07/2013	Near As Damn It 10k	9	Dylan Wymer	00:40:49		00:40:49	10K	XC			y
18/10/2009	Croydon 10k	61	Bill Walsh			00:40:54	10K	ROAD		y	
02/02/1997	26.2 10k		Martin Lloyd			00:40:57	10K	ROAD		y	
10/07/2013	Reigate Priory 10k	30	Chris Curtis	00:41:28	00:41:23	00:41:23	10K	ROAD		y	
12/05/2013	Sutton 10k	85	Chris Curtis	00:41:37	00:41:28	00:41:28	10K	ROAD		y	
30/06/1996	Dysart Dash		Matt Elnaugh			00:41:30	10K	ROAD		y	
06/11/2005	Surrey Classic 10k - Oxshott	70	Steve Cooney			00:41:43	10K			y	
25/07/2009	Elmbridge 10k	147	Bill Walsh			00:41:50	10K	ROAD		y	
21/10/2001	Surrey Classic 10k - Nonsuch Pk	57	Adam Strong			00:41:51	10K	ROAD		y	
24/07/2005	Elmbridge 10k	167	Steve Cooney			00:41:52	10K	ROAD		y	
17/11/1996	Brighton 10k		Martin Lloyd			00:42:03	10K	ROAD		y	
12/05/2013	Sutton 10k	99	Alex Magee	00:42:19	00:42:13	00:42:13	10K	ROAD		y	
22/07/2001	Elmbridge 10k	174	Ben Cady			00:42:17	10K	ROAD		y	
13/05/2012	Sutton 10k	117	Mary James			00:42:19	10K	ROAD			y
27/10/1996	Surrey Classic 10k - Morden Pk		Martin Lloyd			00:42:34	10K	ROAD		y	
19/10/1997	Croydon 10k		Adam Strong			00:42:48	10K	ROAD		y	
22/12/1996	Surrey Classic 10k - Horton CP		Adam Strong			00:42:54	10K	ROAD		y	
30/06/2011	Near As Damn It 10k	31	Bill Walsh			00:42:54	10K	XC			y
22/07/2001	Elmbridge 10k	187	Adam Strong			00:42:56	10K	ROAD		y	
17/06/2001	National Counties 10k	123	Terry Fogarty			00:43:06	10K	ROAD		y	
13/05/2012	Sutton 10k	130	Dave Condon			00:43:13	10K	ROAD		y	
10/11/1996	Surrey Classic 10k - Oxshott		Adam Strong			00:43:22	10K	ROAD		y	
26/07/2009	Elmbridge 10k	191	Nicola Stevenson			00:43:46	10K	ROAD		y	
25/07/2010	Elmbridge 10k	209	Ray Sullivan			00:44:03	10K	ROAD		y	

25/10/2009	Surrey Classic 10k - Oxshott	46	Ray Sullivan			00:44:10	10K		ROAD	y	
27/06/1999	Dysart Dash		Doug White			00:44:18	10K		ROAD	y	
27/10/1996	Surrey Classic 10k - Morden Pk		Adam Strong			00:45:08	10K		ROAD	y	
16/12/2012	Horton 10k	62	Gary Thompson	00:45:43		00:45:43	10K		ROAD	y	
16/07/2000	Elmbridge 10k	213	Thomas Wilkie			00:46:59	10K		ROAD	y	
22/07/2001	Elmbridge 10k	314	Thomas Wilkie			00:46:59	10K		ROAD	y	
16/12/2012	Horton 10k	79	Richard Tanner	00:48:10		00:48:10	10K		ROAD	y	
13/05/2012	Sutton 10k	219	Richard Tanner			00:48:28	10K		ROAD	y	
21/11/1999	Brighton 10k		Thomas Wilkie			00:48:34	10K		ROAD	y	
27/06/1999	Dysart Dash		Thomas Wilkie			00:48:49	10K		ROAD	y	
06/11/2011	Surrey Classic Series - Nonsuch Park 10k	92	Elaine Reid			00:49:41	10K		ROAD	y	
07/11/2010	Surrey Classic 10k - Nonsuch Pk	112	Cat Gaskell			00:49:42	10K		ROAD	y	
27/03/2011	Surrey Classic 10k - Horton CP	90	Ruth Cottam			00:50:28	10K		ROAD		y
21/07/2013	Elmbridge 10k	279	Ruth Cottam	00:50:48		00:50:48	10K		ROAD		y
30/10/2011	Oxshott 10k	109	Elaine Reid			00:50:51	10K		ROAD	y	
16/10/2011	Croydon 10k	240	Annette Helliwell			00:50:58	10K		ROAD	y	
22/07/2012	Elmbridge 10k	400	Ruth Cottam			00:51:12	10K		ROAD		y
27/07/2009	Elmbridge 10k	399	Ruth Cottam			00:51:32	10K		ROAD		y
12/02/2012	Valentine's 10k	210	Annette Helliwell			00:51:45	10K		ROAD		y
13/05/2012	Sutton 10k	266	Rachel Tanner			00:51:56	10K		ROAD	y	
24/07/2011	Elmbridge 10k	399	Cat Gaskell			00:51:57	10K		ROAD		y
21/11/1999	Brighton 10k		Albert Jones			00:52:49	10K		ROAD	y	
14/02/2010	Valentine's 10k	355	Kate Langley			00:53:18	10K		ROAD	y	
25/07/2013	Near As Damn It 10k	63	Elaine Reid	00:53:25		00:53:25	10K		XC		y
19/10/1997	Croydon 10k		Michelle Quickenden			00:53:46	10K		ROAD	y	
23/06/2013	Richmond 10k	363	Alison Fox	00:54:10	00:53:49	00:53:49	10K		ROAD	y	
21/07/2013	Elmbridge 10k	316	Paul Cooper	00:53:51		00:53:51	10K		ROAD	y	
25/10/2009	Surrey Classic 10k - Oxshott	127	Kate Langley			00:54:10	10K		ROAD	y	
06/11/2011	Surrey Classic Series - Nonsuch Park 10k	125	Alison Fox			00:54:25	10K		ROAD	y	
17/02/2013	Valentine's 10k	246	Paul Cooper	00:54:31		00:54:31	10K		ROAD	y	
30/06/2011	Near As Damn It 10k	78	Cat Gaskell			00:54:37	10K		XC		y
27/06/2013	Near As Damn It 10k	78	Ruth Cottam	00:54:37		00:54:37	10K	9.95K	XC		y
03/05/2009	Sutton 10k	315	Alison Fox			00:54:40	10K		ROAD	y	
25/07/2013	Near As Damn It 10k	67	Annette Helliwell	00:54:41		00:54:41	10K		XC		y
24/06/2012	Richmond 10k	399	Lorraine Thomas			00:55:26	10K		ROAD	y	
27/07/2011	Gatton 10k	65	Cat Gaskell			00:56:09	10K		XC		y
18/12/2011	Horton Country Park 10k	153	Lorraine Thomas			00:56:33	10K		ROAD	y	
27/03/2011	Surrey Classic 10k - Horton CP	128	Lorraine Thomas			00:56:52	10K		ROAD	y	
07/11/2010	Surrey Classic 10k - Nonsuch Pk	159	Lorraine Thomas			00:57:06	10K		ROAD	y	
25/07/2013	Near As Damn It 10k	77	Paul Cooper	00:57:12		00:57:12	10K		XC		y
18/12/2011	Horton Country Park 10k	161	Gill Stalley			00:57:32	10K		ROAD	y	
30/10/2011	Oxshott 10k	163	Lorraine Thomas			00:57:40	10K		ROAD		y
03/05/2010	Esher School 10k	144	Gill Stalley			00:57:54	10K			y	

21/07/2013	Elmbridge 10k	353	Mandy Curtis	00:58:00		00:58:00	10K	ROAD	y	
17/02/2013	Valentine's 10k	285	Karen Chart	00:58:12		00:58:12	10K	ROAD	y	
12/02/2012	Valentine's 10k	320	Rupert Queded			00:58:47	10K	ROAD		y
31/10/2010	Surrey Classic 10k - Oxshott	165	Lorraine Thomas			00:58:50	10K	ROAD	y	
06/11/2011	Surrey Classic Series - Nonsuch Park 10k	150	Rupert Queded			00:59:00	10K	ROAD		y
10/10/2010	Croydon 10k	284	Lorraine Thomas			00:59:11	10K	ROAD	y	
16/12/2012	Horton 10k	141	Jim Knight	00:59:12		00:59:12	10K	ROAD	y	
12/02/2012	Valentine's 10k	331	Gill Stalley			00:59:14	10K	ROAD		y
06/11/2011	Surrey Classic Series - Nonsuch Park 10k	153	Gill Stalley			00:59:37	10K	ROAD		y
30/10/2011	Oxshott 10k	176	Gill Stalley			00:59:40	10K	ROAD		y
14/02/2010	Valentine's 10k	481	Gill Stalley			00:59:59	10K	ROAD	y	
29/06/2008	Dysart Dash	419	Lisa Shennan			01:00:19	10K	ROAD	y	
10/07/2013	Reigate Priory 10k	288	Mandy Curtis	01:00:33	01:00:20	01:00:20	10K	ROAD	y	
21/10/2012	Croydon 10k	416	Jim KNIGHT	01:01:44	01:00:44	01:00:44	10K	ROAD	y	
25/07/2013	Near As Damn It 10k	89	Jim Knight	01:01:26		01:01:26	10K	XC		y
12/05/2013	Sutton 10k	379	Maggie Swinnerton	01:03:19	01:03:00	01:03:00	10K	ROAD	y	
16/10/2011	Croydon 10k	450	Karen Weighall			01:03:15	10K	ROAD	y	
17/02/2013	Valentine's 10k	343	Nicola Tarrant	01:04:20		01:04:20	10K	ROAD	y	
12/05/2013	Sutton 10k	398	Ria Trundley	01:06:09	01:05:50	01:05:50	10K	ROAD	y	
17/02/2013	Valentine's 10k	353	Ria Trundley	01:06:25		01:06:25	10K	ROAD	y	
12/02/2012	Valentine's 10k	374	Jim Knight			01:06:31	10K	ROAD	y	
23/06/2013	Richmond 10k	425	Ria Trundley	01:07:03	01:06:41	01:06:41	10K	ROAD		y
12/05/2013	Sutton 10k	404	Michele Qualtrough	01:07:40	01:07:11	01:07:11	10K	ROAD	y	
03/05/2009	Sutton Runners 10k	379	Kate Knight			01:10:57	10K	ROAD	y	
02/11/2008	Surrey Classic 10k - Nonsuch Pk	229	Kate Knight			01:13:26	10K	ROAD	y	
12/05/2013	Sutton 10k	430	Rosemary Egbe	01:15:08	01:14:36	01:14:36	10K	ROAD	y	
21/07/2013	Elmbridge 10k	419	Kate Knight	01:14:46		01:14:46	10K	ROAD		y
26/10/2008	Surrey Classic 10k - Oxshott	226	Kate Knight			01:17:15	10K	ROAD	y	
10/07/2013	Reigate Priory 10k	337	Kate Knight	01:19:04	01:18:35	01:18:35	10K	ROAD		y
25/07/2013	Near As Damn It 10k	108	Rosemary Egbe	01:19:34		01:19:34	10K	XC		y
04/07/2012	Reigate Priory 10k		Kate Knight			01:21:03	10K	MULTI		y
27/06/2013	Near As Damn It 10k	114	Rosemary Egbe	01:22:40		01:22:40	10K	9.95K XC		y
13/05/2012	Sutton 10k	426	Jean Queded			01:24:24	10K	ROAD	y	
25/03/2005	Folkestone 10	13	Dan Gillett			00:57:26	10M	ROAD	y	
29/03/2002	Folkestone 10		Dan Gillett			00:59:12	10M	ROAD	y	
20/05/2012	Great Baddow 10	21	Robert Knight			01:00:55	10M	ROAD	y	
03/06/2001	Dorking 10	40	Keith Dunning			01:02:01	10M	ROAD	y	
12/10/2003	Great South Run		Paul Reed			01:04:00	10M	ROAD	y	
22/11/2009	Epsom 10	19	Dave Ross			01:04:10	10M	ROAD	y	
29/12/1996	Tadworth 10		Keith Dunning			01:04:15	10M	MULTI	y	
18/05/2003	Great Baddow 10		Paul Reed			01:05:01	10M		y	
06/04/1997	Chiswick Towpath 10		Martin Godleman			01:05:02	10M	ROAD	y	
18/03/2012	Tempest 10	13	Robert Knight			01:05:32	10M	ROAD	y	

05/06/2011	Dorking 10	58	Martin Lloyd			01:05:52	10M		ROAD	y	
21/11/2010	Epsom 10	41	Martin Lloyd			01:05:57	10M		ROAD	y	
24/03/2002	Woking 10		Adam Strong			01:06:10	10M		ROAD	y	
03/06/2001	Dorking 10	83	Martin Lloyd			01:06:10	10M		ROAD	y	
30/06/2013	Harry Hawkes 10	21	Richard Fox	01:06:49	01:06:43	01:06:43	10M		MULTI	y	
29/03/2013	Folkestone 10	88	Ercole LUGARI	01:06:52	01:06:48	01:06:48	10M		ROAD	y	
23/05/2010	Dorking 10	49	Andy Stalley			01:07:01	10M		ROAD	y	
10/06/2012	Dorking 10	96	Andy Randall			01:07:13	10M		ROAD	y	
09/06/2002	Dorking 10		Adam Strong			01:07:23	10M		ROAD	y	
20/11/2011	Epsom 10	64	Richard Fox			01:08:10	10M		ROAD	y	
21/11/2010	Epsom 10	65	Bill Walsh			01:08:32	10M		ROAD	y	
23/09/2001	Cabbage Patch 10	220	Adam Strong			01:08:42	10M			y	
22/11/2009	Epsom 10	48	Richard Fox			01:09:13	10M		ROAD	y	
16/02/1997	Sidcup 10		Matt Elnaugh			01:09:15	10M		ROAD	y	
04/06/2006	Dorking 10	100	Steve Cooney			01:09:34	10M		ROAD	y	
13/02/2011	Wiltshire 10	52	Nigel Wood			01:09:45	10M		ROAD	y	
02/01/2012	Tadworth 10	52	Andy Randall			01:09:48	10M		MULTI	y	
02/01/2012	Tadworth 10	53	Richard Fox			01:09:52	10M		MULTI		y
01/06/2008	Dorking 10	152	Andy Stalley			01:10:25	10M		ROAD	y	
02/06/2013	Dorking 10	130	Lisa Rooney	01:10:35	01:10:25	01:10:25	10M		ROAD	y	
07/10/2007	Wimbledon 10	77	Andy Stalley			01:13:44	10M		ROAD	y	
05/06/2005	Dorking 10	36	Melanie Johnstone			01:15:10	10M		ROAD	y	
22/11/2009	Epsom 10	114	Nicola Stevenson			01:17:28	10M		ROAD	y	
10/04/2009	Maidenhead 10	531	Graham Humphris			01:17:35	10M		ROAD	y	
21/09/2003	Epsom 10	89	Melanie Johnstone			01:18:25	10M		ROAD	y	
31/05/2009	Dorking 10	263	Nicola Stevenson			01:19:40	10M		ROAD	y	
05/12/1999	Nene Valley 10		Thomas Wilkie			01:21:07	10M			y	
10/06/2012	Dorking 10	292	Cat Gaskell			01:21:51	10M		ROAD	y	
21/11/2010	Epsom 10	189	Marc Wood			01:22:29	10M		ROAD	y	
10/06/2012	Dorking 10	313	Richard Tanner			01:23:23	10M		ROAD	y	
10/06/2012	Dorking 10	326	Ruth Cottam			01:24:37	10M		ROAD	y	
04/09/2011	Tempest 10	49	Cat Gaskell			01:24:53	10M		ROAD	y	
06/06/1999	Dorking 10		Thomas Wilkie			01:27:04	10M		ROAD	y	
02/01/2012	Tadworth 10	302	Elaine Reid			01:27:10	10M		MULTI	y	
20/11/2011	Epsom 10	207	Ruth Cottam			01:27:17	10M		ROAD	y	
11/07/1999	New Forest 10		Thomas Wilkie			01:27:17	10M			y	
05/06/2011	Dorking 10	363	Annette Helliwell			01:27:45	10M		ROAD	y	
02/06/2013	Dorking 10	378	Prisca Abalo	01:28:43	01:28:10	01:28:10	10M		ROAD	y	
21/11/2010	Epsom 10	248	Ruth Cottam			01:28:39	10M		ROAD	y	
31/05/2009	Dorking 10	445	Ruth Cottam			01:29:07	10M		ROAD	y	
21/11/2010	Epsom 10	262	Annette Helliwell			01:32:36	10M		ROAD	y	
02/01/2012	Tadworth 10	390	Ruth Cottam			01:32:44	10M		MULTI		y
03/01/2010	Tadworth 10	447	Annette Helliwell			01:33:10	10M		MULTI	y	

02/06/2013	Dorking 10	415	Alison Fox	01:33:48	01:33:15	01:33:15	10M		ROAD	y	
04/03/2012	Ostend-Bruges 10		Lorraine Thomas			01:33:20	10M		ROAD	y	
05/06/2011	Dorking 10	422	Alison Fox			01:33:59	10M		ROAD	y	
02/06/2013	Dorking 10	433	Karen Chart	01:37:19	01:36:47	01:36:47	10M		ROAD	y	
20/11/2011	Epsom 10	246	Lorraine Thomas			01:39:08	10M		ROAD	y	
18/03/2012	Tempest 10	201	Douglas Josham			01:50:01	10M		ROAD	y	
28/10/2012	Great South Run	15833	Rosemary Egbe	02:05:46		02:05:46	10M		ROAD	y	
02/06/2013	Dorking 10	480	Kate Knight	02:08:11	02:07:21	02:07:21	10M		ROAD		y
10/06/2012	Dorking 10	505	Kate Knight			02:09:27	10M		ROAD		y
07/10/2012	Sittingbourne 10	167	Rosemary Egbe	02:13:59		02:13:59	10M		ROAD	y	
23/03/1997	Banbury 15		Terry Bridger			01:42:45	15M		ROAD	y	
05/04/2009	Kingston 16	255	Bill Walsh			01:56:47	16M		ROAD	y	
15/05/2013	Beckenham Relay	15	Martin Lloyd	00:15:59		00:15:59	2.6M		ROAD		y
15/05/2013	Beckenham Relay	36	Dave Condon	00:17:37		00:17:37	2.6M		ROAD		y
26/03/2000	Worthing 20	34	Roger Wilkins			02:08:49	20M		ROAD	y	
28/03/2004	Worthing 20	55	Martin Lloyd			02:17:10	20M		ROAD	y	
13/03/2011	Gloucester 20	32	Dave Johnson			02:18:14	20M		ROAD	y	
28/03/1999	Worthing 20		Colin Wilkie			02:33:26	20M		ROAD	y	
18/03/2012	Spitfire 20	543	Cat Gaskell			03:06:42	20M		ROAD	y	
14/03/2004	Fleet Half	50	Dan Gillett			01:18:55	21.098K		ROAD	y	
03/03/2002	Camberley Half	9	Dan Gillett			01:19:00	21.098K		ROAD	y	
07/04/2013	Croydon Half	8	Robert KNIGHT	01:19:23	01:19:19	01:19:19	21.098K		ROAD	y	
13/02/2000	Wokingham Half		Roger Wilkins			01:20:45	21.098K		ROAD	y	
14/02/1999	Wokingham Half		Roger Wilkins			01:21:28	21.098K		ROAD	y	
29/11/1998	Florence Half		Roger Wilkins			01:22:06	21.098K		ROAD	y	
11/05/1997	Richmond Half		Roger Wilkins			01:23:15	21.098K		ROAD	y	
05/05/2013	Richmond Half	29	Roger Bryant	01:23:25		01:23:25	21.098K		ROAD	y	
06/02/2011	Watford Half	86	Dave Johnson			01:24:52	21.098K		ROAD	y	
22/02/2004	Sussex Beacon Half	76	Martin Lloyd			01:24:55	21.098K		MULTI	y	
16/03/1997	Hastings Half		Keith Dunning			01:27:12	21.098K		ROAD	y	
23/02/2003	Sussex Beacon Half		Bob Chart			01:27:35	21.098K		MULTI	y	
07/04/2013	Croydon Half	33	Martin LLOYD	01:27:50	01:27:42	01:27:42	21.098K		ROAD		y
19/08/2001	Burnham Beeches Half	62	Martin Lloyd			01:27:43	21.098K		ROAD	y	
18/03/2001	Hastings Half	209	Martin Lloyd			01:27:50	21.098K		ROAD	y	
21/05/2000	Richmond Half	54	Martin Lloyd			01:28:16	21.098K		ROAD	y	
16/05/2010	Richmond Half	95	Richard Fox			01:28:28	21.098K		ROAD	y	
09/02/2003	Wokingham Half		Bob Chart			01:28:35	21.098K		ROAD	y	
19/03/2000	Hastings Half	253	Martin Lloyd			01:28:45	21.098K		ROAD	y	
13/02/2000	Wokingham Half		Martin Lloyd			01:28:54	21.098K		ROAD	y	
07/11/2004	Stevenage Half	75	Paul Reed			01:29:15	21.098K			y	
20/02/2011	Brighton Half	230	Bill Walsh			01:29:23	21.098K		ROAD	y	
10/03/2013	Lydd Half	92	Ercole LUGARI	01:30:14	01:29:59	01:29:59	21.098K		ROAD	y	
11/03/2012	Silverstone Half	185	Ercole Lugari			01:30:38	21.098K		ROAD	y	

21/03/2010	Hastings Half	218	Richard Fox			01:31:13	21.098K		ROAD	y	
21/02/2010	Sussex Beacon Half	332	Richard Fox			01:31:15	21.098K		ROAD	y	
21/02/2010	Sussex Beacon Half	369	Bill Walsh			01:31:52	21.098K		ROAD	y	
22/02/2009	Sussex Beacon Half	395	Bill Walsh			01:33:32	21.098K		ROAD	y	
19/08/2001	Burnham Beeches Half	138	Terry Fogarty			01:33:35	21.098K		ROAD	y	
17/03/2002	Hastings Half	303	Adam Strong			01:33:59	21.098K		ROAD	y	
13/03/2011	Lydd Half	83	Nigel Wood			01:34:43	21.098K		ROAD	y	
16/03/1997	Hastings Half		Matt Elnaugh			01:35:18	21.098K		ROAD	y	
15/08/1999	Burnham Beeches Half		Leo Kennedy			01:35:20	21.098K		ROAD	y	
15/08/1999	Burnham Beeches Half		Paul Brooke			01:35:28	21.098K		ROAD		y
10/05/2009	Ranelagh Richmond Half	200	Richard Fox			01:35:30	21.098K		ROAD	y	
06/10/1996	Caterham Half		Martin Lloyd			01:37:11	21.098K		ROAD	y	
06/10/1996	Caterham Half		Tim Anderson			01:38:02	21.098K		ROAD	y	
15/08/1999	Burnham Beeches Half		Chris Brooke			01:38:54	21.098K		ROAD		y
07/10/2001	Caterham Hill Half	43	Adam Strong			01:39:43	21.098K		ROAD	y	
19/08/2001	Isle Of Wight Half		Adam Strong			01:39:47	21.098K			y	
14/03/1999	Hastings Half		Doug White			01:39:57	21.098K		ROAD	y	
28/02/1999	Camberley Half		Leo Kennedy			01:40:00	21.098K		ROAD	y	
14/05/2006	Richmond Half	264	Melanie Johnstone			01:40:06	21.098K		ROAD	y	
28/02/1999	Camberley Half		Doug White			01:40:20	21.098K		ROAD	y	
16/05/2010	Richmond Half	299	Nicola Stevenson			01:40:56	21.098K		ROAD	y	
13/05/2001	Richmond Half	147	Adam Strong			01:44:49	21.098K		ROAD	y	
03/03/2002	Camberley Half	165	Thomas Wilkie			01:48:10	21.098K		ROAD	y	
07/04/2013	Croydon Half	261	Jonathan SHARROCK	01:49:58	01:49:27	01:49:27	21.098K		ROAD	y	
21/05/2000	Richmond Half	149	Thomas Wilkie			01:49:59	21.098K		ROAD	y	
09/04/2000	Taunton Half Marathon	428	Thomas Wilkie			01:50:16	21.098K		ROAD	y	
05/05/2013	Richmond Half	295	Elaine Reid	01:50:24		01:50:24	21.098K		ROAD	y	
06/05/2012	Richmond Half	304	Ruth Cottam			01:50:26	21.098K		ROAD	y	
13/09/2009	Moray Half	118	Ruth Cottam			01:50:27	21.098K		ROAD	y	
07/04/2013	Croydon Half	273	Elaine REID	01:51:21	01:51:03	01:51:03	21.098K		ROAD	y	
15/08/1999	Burnham Beeches Half		Thomas Wilkie			01:51:25	21.098K		ROAD	y	
06/05/2012	Richmond Half	322	Cat Gaskell			01:51:48	21.098K		ROAD	y	
24/02/2008	Tunbridge Wells Half	753	Ruth Cottam			01:52:37	21.098K		ROAD	y	
13/09/2009	Moray Half	139	Annette Helliwell			01:53:51	21.098K		ROAD	y	
26/09/2010	Run To The Beat Half	4358	Marc Wood			01:54:24	21.098K		ROAD	y	
16/08/1998	Burnham Beeches Half	505	Thomas Wilkie			01:55:32	21.098K		ROAD	y	
07/04/2013	Croydon Half	353	Prisca ABALO	01:59:25	01:58:52	01:58:52	21.098K		ROAD	y	
07/04/2013	Paddock Wood Half	1131	Rachel Tanner	02:00:34	01:59:37	01:59:37	21.098K		ROAD	y	
16/05/2010	Richmond Half	631	Kate Langley			02:01:07	21.098K		ROAD	y	
16/05/2010	Richmond Half	632	Wendy Matlock			02:01:07	21.098K		ROAD	y	
01/04/2012	Paddock Wood Half	1364	Alison Fox			02:02:21	21.098K		ROAD	y	
21/03/2010	Hastings Half	2459	Kate Langley			02:03:05	21.098K		ROAD	y	
11/03/2012	Silverstone Half	2969	Paul Cooper			02:03:38	21.098K		ROAD	y	

30/10/2011	Barns Green Half	1035	Alison Fox			02:04:29	21.098K		ROAD	y	
26/05/2013	Edinburgh Half	3714	Karen Chart		02:06:34	02:06:34	21.098K		ROAD	y	
10/05/2009	Ranelagh Richmond Half	763	Annette Helliwell			02:06:53	21.098K		ROAD	y	
25/03/2012	Hastings Half	2399	Lorraine Thomas			02:09:11	21.098K		ROAD	y	
09/10/2011	Surrey Badger Half	367	Alison Fox			02:14:01	21.098K		XC		y
07/04/2013	Croydon Half	477	Rupert QUESTED	02:18:13	02:17:15	02:17:15	21.098K		ROAD		y
04/05/2013	Bewl Water Half	129	RUPERT QUESTED	02:18:48	02:18:36	02:18:36	21.098K		MULTI		y
07/04/2013	Croydon Half	488	Marina MURDOCH	02:21:42	02:21:10	02:21:10	21.098K		ROAD	y	
05/05/2013	Richmond Half	657	Rosemary EGBE	02:46:14		02:46:14	21.098K		ROAD	y	
16/02/2013	Dorney Race Your Pace Half	1043	Rosemary Egbe	02:49:41	02:47:12	02:47:12	21.098K		ROAD	y	
07/04/2013	Croydon Half	531	Kate KNIGHT	02:51:56	02:50:47	02:50:47	21.098K		ROAD		y
20/03/2011	Cranleigh 21	92	Martin Lloyd			02:38:31	21.1M		ROAD	y	
25/03/2012	Cranleigh 21	564	Rupert Quested			03:51:10	21.1M		ROAD	y	
15/09/1997	Sri Chinmoy 2		Keith Dunning			00:10:57	2M		ROAD	y	
09/07/2001	Sri Chinmoy 2		Thomas Wilkie			00:13:49	2M		ROAD	y	
11/09/2000	Sri Chinmoy 2		Thomas Wilkie			00:14:05	2M		ROAD	y	
07/08/2000	Sri Chinmoy 2		Thomas Wilkie			00:14:36	2M		ROAD	y	
07/07/2011	JP Morgan Corporate Challenge 3.5 Miles		Cat Gaskell			00:28:05	3.5M				y
24/07/2011	Downland 30	52	Melanie Ross			05:34:49	30M				y
23/04/2006	London Marathon	679	Dan Gillett			02:53:14	42.195K		ROAD	y	
17/04/2005	London Marathon	643	Dan Gillett			02:53:17	42.195K		ROAD	y	
16/04/2000	London Marathon	1223	Roger Wilkins			03:01:02	42.195K		ROAD	y	
18/04/2004	London Marathon	1413	Martin Lloyd			03:03:40	42.195K		ROAD	y	
27/04/2008	Shakespeare Marathon	38	Andy Stalley			03:10:03	42.195K		MULTI	y	
05/04/2009	Taunton Marathon	27	Allan Rumbles			03:10:24	42.195K		ROAD	y	
13/04/2008	London Marathon	1999	Andy Stalley			03:11:23	42.195K		ROAD	Y	
06/04/2008	Bungay Marathon	17	Andy Stalley			03:12:01	42.195K		ROAD	Y	
30/10/2011	Lausanne Marathon		Andy Randall			03:12:14	42.195K		ROAD	y	
13/04/2008	London Marathon	2150	Bob Chart			03:12:45	42.195K		ROAD	Y	
14/12/2008	Hastings Marathon	70	Steve Cooney			03:13:26	42.195K			y	
22/02/2009	Draycote Water Marathon	11	Steve Cooney			03:17:25	42.195K			y	
15/04/2012	Brighton Marathon	339	Bill Walsh			03:19:46	42.195K		ROAD	y	
12/06/2005	Edinburgh Marathon	287	Paul Reed			03:19:50	42.195K		ROAD	y	
18/04/2010	Brighton Marathon	277	Richard Fox			03:20:29	42.195K		ROAD	y	
23/04/2006	London Marathon	3627	Dave Johnson			03:23:01	42.195K		ROAD	y	
03/12/2006	Luton Marathon	93	Allan Rumbles			03:26:24	42.195K		ROAD	y	
17/10/2010	Abingdon Marathon	258	Bill Walsh			03:26:56	42.195K		ROAD	y	
14/04/2002	London Marathon	4807	Terry Fogarty			03:29:37	42.195K		ROAD	y	
27/09/2009	New Forest Marathon	76	Bill Walsh			03:32:55	42.195K		MULTI	y	
04/11/2001	Athens Marathon	253	Terry Fogarty			03:35:09	42.195K			y	
30/10/2006	Dublin Marathon	1408	Allan Rumbles			03:36:10	42.195K		ROAD	y	
16/09/2001	Sri Chinmoy Battersea Pk Marathon		Terry Fogarty			03:37:26	42.195K		ROAD	y	
01/06/2009	Cork Marathon	242	Bill Walsh			03:43:12	42.195K			y	

01/06/2009	Cork Marathon	254	Richard Fox			03:44:44	42.195K			y	
25/04/2010	London Marathon	8007	Nicola Stevenson			03:49:16	42.195K	ROAD		y	
10/09/2006	Mablethorpe Marathon	61	Melanie Johnstone			03:50:19	42.195K	ROAD		y	
04/05/2013	Bewl Water Marathon	36	BILL WALSH	03:52:28	03:52:22	03:52:22	42.195K	MULTI			y
15/05/1999	White Peaks Marathon		Doug White			03:53:12	42.195K			y	
12/06/2005	Edinburgh Marathon	1530	Melanie Johnstone			03:55:20	42.195K	ROAD		y	
26/05/2013	Edinburgh Marathon	3050	Prisca Abalo		04:02:31	04:02:31	42.195K	ROAD		y	
17/04/2005	London Marathon	10040	Melanie Johnstone			04:02:37	42.195K	ROAD		y	
01/06/2013	Kent Roadrunner Marathon	190	Ruth Cottam	04:04:29	04:04:17	04:04:17	42.195K	ROAD		y	
04/06/2012	Kent Roadrunner Marathon	109	Ruth Cottam			04:05:28	42.195K	ROAD		y	
17/09/2000	Sri Chinmoy Battersea Pk Marathon		Thomas Wilkie			04:05:30	42.195K	ROAD		y	
14/04/2002	London Marathon	13387	Rob Ling			04:05:51	42.195K	ROAD		y	
30/05/2011	Summer Liverbird Marathon Double Day 1		Dave Freeborn			04:07:00	42.195K	ROAD		y	
16/09/2007	New Forest Marathon	273	Ruth Cottam			04:13:11	42.195K	MULTI		y	
08/05/2011	Shakespeare Marathon	644	Dave Freeborn	04:14:59		04:14:59	42.195K	MULTI		y	
22/04/2012	London Marathon	14667	Cat Gaskell			04:15:05	42.195K	ROAD		y	
23/01/2011	Gloucester Marathon	257	Dave Freeborn			04:15:52	42.195K	ROAD		y	
26/05/2013	Edinburgh Marathon	4167	Elaine Reid		04:19:08	04:19:08	42.195K	ROAD		y	
27/10/2003	Dublin Marathon	3171	Melanie Johnstone			04:19:44	42.195K			y	
06/02/2000	Las Vegas Marathon		Thomas Wilkie			04:23:51	42.195K	ROAD		y	
29/01/2012	Marrakech Marathon	68	Annette Helliwell			04:28:56	42.195K	ROAD		y	
22/10/2011	Beachy Head Marathon	308	Melanie Ross			04:29:58	42.195K	XC			y
12/09/2010	Nottingham Marathon	1121	Annette Helliwell			04:35:57	42.195K	ROAD		y	
15/04/2012	Brighton Marathon	6516	Alison Fox			04:42:55	42.195K	ROAD		y	
25/04/2010	London Marathon	22719	Annette Helliwell			04:45:02	42.195K	ROAD		y	
30/06/2013	Coombe Abbey Marathon	61	Paul Cooper	04:45:43		04:45:43	42.195K	XC		y	
27/09/2009	New Forest Marathon	444	Annette Helliwell			04:51:15	42.195K	MULTI		y	
21/04/2013	London Marathon	22596	Karen Chart		04:51:28	04:51:28	42.195K	ROAD		y	
26/04/2009	Shakespeare Marathon	777	Annette Helliwell			04:53:26	42.195K	MULTI		y	
21/04/2013	London Marathon	23140	Trish Coombs		04:53:51	04:53:51	42.195K	ROAD			y
25/04/2010	London Marathon	25417	Alex King			04:55:45	42.195K	ROAD		y	
04/05/2013	Bewl Water Marathon	107	PAUL COOPER	04:56:34	04:56:25	04:56:25	42.195K	MULTI		y	
18/06/2011	The Picnic	28	Bill Walsh			04:57:46	42.195K	XC			y
31/10/2011	Dublin Marathon	9310	Rupert Quested			04:58:42	42.195K	ROAD		y	
26/05/2013	Edinburgh Marathon	7971	Rosemary Egbe		06:12:02	06:12:02	42.195K	ROAD		y	
04/12/2008	Recurring Handicap	4	Keith Dunning			00:33:06	5.33M	ROAD		y	
04/03/2010	Recurring Handicap	12	Richard Fox			00:34:24	5.33M	ROAD		y	
02/06/2011	Mob Match - Recurring Handicap	3	Martin Lloyd			00:34:40	5.33M	ROAD		y	
04/06/2009	Recurring Handicap	13	Dave Ross			00:34:45	5.33M	ROAD		y	
04/09/2009	Recurring Handicap	2	Andy Stalley			00:35:06	5.33M	ROAD		y	
04/09/2009	Recurring Handicap	4	Bill Walsh			00:35:27	5.33M	ROAD		y	
03/03/2011	Recurring Handicap	5	Martin Lloyd			00:35:31	5.33M	ROAD		y	
04/03/2010	Recurring Handicap	10	Steve Cooney			00:35:42	5.33M	ROAD		y	

04/03/2010	Recurring Handicap	13	Shaun Cooney			00:35:48	5.33M		ROAD	y	
03/06/2010	Mob Match - Recurring Handicap	8	Martin Lloyd			00:36:01	5.33M		ROAD	y	
01/09/2011	Recurring Handicap	7	Andy Randall			00:36:07	5.33M		ROAD	y	
03/12/2009	Recurring Handicap	1	Ray Sullivan			00:37:03	5.33M		ROAD	y	
05/03/2009	Recurring Handicap	17	Steve Cooney			00:38:06	5.33M		ROAD	y	
04/06/2009	Recurring Handicap	2	Graham Humphris			00:38:28	5.33M		ROAD	y	
04/06/2009	Recurring Handicap	6	Ray Sullivan			00:38:42	5.33M		ROAD	y	
04/03/2010	Recurring Handicap	6	Nicola Stevenson			00:39:33	5.33M		ROAD	y	
04/03/2010	Recurring Handicap	4	Andrew Griffin			00:39:55	5.33M		ROAD	y	
02/09/2010	Recurring Handicap	2	Cat Gaskell			00:43:22	5.33M		ROAD	y	
04/09/2009	Recurring Handicap	6	Ruth Cottam			00:43:56	5.33M		ROAD	y	
02/09/2010	Recurring Handicap	1	Annette Helliwell			00:43:58	5.33M		ROAD	y	
04/06/2009	Recurring Handicap	4	Ruth Cottam			00:44:31	5.33M		ROAD	y	
01/12/2011	Recurring Handicap	4	Elaine Reid			00:44:53	5.33M		ROAD	y	
03/06/2010	Mob Match - Recurring Handicap	25	Chris Brooke			00:45:21	5.33M		ROAD	y	
04/12/2008	Recurring Handicap	6	Ruth Cottam			00:45:37	5.33M		ROAD	y	
04/09/2009	Recurring Handicap	1	Annette Helliwell			00:46:38	5.33M		ROAD	y	
03/06/2010	Mob Match - Recurring Handicap	28	Kate Langley			00:46:50	5.33M		ROAD	y	
04/12/2008	Recurring Handicap	11	Dave Quickenden			00:47:06	5.33M		ROAD	y	
04/06/2009	Recurring Handicap	1	Amber Turan			00:47:35	5.33M		ROAD	y	
04/12/2008	Recurring Handicap	2	John Allen			00:47:43	5.33M		ROAD	y	
04/06/2009	Recurring Handicap	3	Annette Helliwell			00:48:18	5.33M		ROAD	y	
04/03/2010	Recurring Handicap	8	Kate Langley			00:48:24	5.33M		ROAD	y	
01/12/2011	Recurring Handicap	2	Gill Stalley			00:49:26	5.33M		ROAD	y	
04/09/2008	Recurring Handicap	12	Annette Helliwell			00:49:53	5.33M		ROAD	y	
01/12/2011	Recurring Handicap	3	Rupert Quedsted			00:50:47	5.33M		ROAD	y	
03/06/2010	Mob Match - Recurring Handicap	39	Gill Stalley			00:51:33	5.33M		ROAD	y	
04/03/2010	Recurring Handicap	1	Gill Stalley			00:51:34	5.33M		ROAD	y	
03/06/2010	Mob Match - Recurring Handicap	40	Rupert Quedsted			00:52:09	5.33M		ROAD	y	
01/12/2011	Recurring Handicap	13	Paul Booth			00:53:17	5.33M		ROAD	y	
04/09/2009	Recurring Handicap	5	Maja Mosegaard			00:54:29	5.33M		ROAD	y	
01/12/2011	Recurring Handicap	1	Alex Helliwell			00:56:30	5.33M		ROAD	y	
03/06/2012	Comrades Marathon	533	Dave Ross			07:24:48	56M		ROAD		y
30/05/2010	Comrades Marathon	1195	Dave Ross			08:08:26	56M		ROAD		y
29/07/2013	Self Transcendence 5k	11	Neil Reissland	00:16:26		00:16:26	5K		ROAD	y	
04/05/2013	Nonsuch Park 5k parkrun	2	Neil REISSLAND	00:16:38		00:16:38	5K		MULTI	y	
27/07/2013	Bushy 5k parkrun	4	Neil REISSLAND	00:16:42		00:16:42	5K		MULTI		y
14/04/2012	Dulwich 5k parkrun	2	Neil Reissland	00:16:48		00:16:48	5K		ROAD	y	
31/03/2012	Wimbledon Common 5k parkrun	2	Neil Reissland			00:16:50	5K		ROAD	y	
05/06/2012	Nonsuch Park 5k parkrun	3	Neil Reissland			00:16:54	5K		MULTI		y
10/03/2012	Bromley 5k parkrun	4	Neil Reissland	00:16:57		00:16:57	5K		MULTI	y	
04/06/2012	Riddlesdown 5k parkrun	1	Neil Reissland			00:16:59	5K		MULTI		y
22/10/2011	Bushy 5k parkrun	5	Neil Reissland	00:17:00		00:17:00	5K		MULTI	y	

03/09/2011	Bushy 5k parkrun	3	Neil Reissland	00:17:02		00:17:02	5K	MULTI	y	
06/05/2004	Dave Clarke 5k	10	Dan Gillett			00:17:07	5K	ROAD	y	
08/10/2011	Nonsuch Park 5k parkrun	1	Neil Reissland			00:17:07	5K	MULTI		y
04/02/2012	Roundshaw Downs 5k parkrun	2	Neil Reissland			00:17:09	5K	XC		y
04/05/2013	Nonsuch Park 5k parkrun	4	Robert KNIGHT	00:17:14		00:17:14	5K	MULTI	y	
18/05/2013	Banstead Woods 5k parkrun	1	Neil REISSLAND	00:17:17		00:17:17	5K	XC		y
20/04/2013	Riddlesdown 5k parkrun	2	Robert KNIGHT	00:17:27		00:17:27	5K	MULTI	y	
15/05/1997	Morden 5k		Keith Dunning			00:17:29	5K	ROAD	y	
15/09/2012	Nonsuch Park 5k parkrun	2	Robert Knight	00:17:35		00:17:35	5K	MULTI	y	
02/06/2012	Riddlesdown 5k parkrun	3	Robert Knight			00:17:37	5K	MULTI	y	
01/06/2013	Banstead Woods 5k parkrun	3	Robert KNIGHT	00:17:40		00:17:40	5K	XC		y
20/06/2012	Dulwich Midsummer 5k	11	Roger Bryant			00:17:44	5K	ROAD	y	
16/06/2012	Banstead Woods 5k parkrun	3	Robert Knight			00:17:50	5K	XC		y
13/08/2000	Wimbledon 5k	20	Roger Wilkins			00:17:52	5K	ROAD	y	
19/05/2012	Nonsuch Park 5k parkrun	5	Roger Bryant			00:17:55	5K	MULTI	y	
12/05/2012	Riddlesdown 5k parkrun	2	Robert Knight			00:17:56	5K	MULTI	y	
28/04/2012	Banstead Woods 5k parkrun	2	Robert Knight			00:18:00	5K	XC	y	
14/04/2012	Banstead Woods 5k parkrun	6	Robert Knight			00:18:03	5K	XC	y	
08/05/2010	Bedfont Lakes 5k parkrun	1	Richard Fox			00:18:04	5K		y	
07/04/2012	Banstead Woods 5k parkrun	2	Robert Knight			00:18:09	5K	XC	y	
06/05/2004	Dave Clarke 5k	18	Martin Lloyd			00:18:11	5K	ROAD	y	
10/03/2012	Banstead Woods 5k parkrun	1	Robert Knight			00:18:16	5K	XC	y	
24/03/2012	Banstead Woods 5k parkrun	4	Roger Bryant			00:18:16	5K	XC	y	
09/04/2011	Banstead Woods 5k parkrun	5	Roger Bryant			00:18:19	5K	XC	y	
09/05/2002	Dave Clarke 5k	18	Martin Lloyd			00:18:31	5K	ROAD	y	
17/04/2010	Roundshaw Downs 5k parkrun	2	Richard Fox			00:18:34	5K	XC	y	
25/05/2013	Roundshaw Downs 5k parkrun	1	Roger BRYANT	00:18:36		00:18:36	5K	5.06K XC		y
12/08/2001	Wimbledon 5k		Martin Lloyd			00:18:37	5K	ROAD	y	
03/03/2012	Banstead Woods 5k parkrun	4	Robert Knight			00:18:39	5K	XC	y	
18/02/2012	Banstead Woods 5k parkrun	3	Robert Knight			00:18:41	5K	XC	y	
04/02/2012	Roundshaw Downs 5k parkrun	3	Ercole Lugari			00:18:42	5K	XC	y	
10/04/2010	Roundshaw Downs 5k parkrun	7	Richard Fox			00:18:44	5K	XC	y	
11/08/2002	Wimbledon 5k		Adam Strong			00:18:45	5K	ROAD	y	
01/09/2012	Banstead Woods 5k parkrun	7	Oliver Collis	00:18:47		00:18:47	5K	XC	y	
04/02/2012	Banstead Woods 5k parkrun	6	Robert Knight			00:18:50	5K	XC	y	
07/07/2012	Banstead Woods 5k parkrun	5	Ben Barry			00:18:58	5K	XC	y	
09/05/2002	Dave Clarke 5k	21	Adam Strong			00:19:01	5K	ROAD	y	
24/07/2010	Banstead Woods 5k parkrun	8	Shaun Cooney			00:19:04	5K	XC	y	
27/12/2008	Banstead Woods 5k parkrun	4	Dave Johnson			00:19:15	5K	XC	y	
25/07/2009	Banstead Woods 5k parkrun	12	Steve Cooney			00:19:15	5K	XC	y	
21/05/2012	Self Transcendence 5k	32	Andy Randall			00:19:15	5K	ROAD	y	
21/01/2012	Riddlesdown 5k parkrun	2	Richard Fox			00:19:16	5K	MULTI		y

24/04/2010	Banstead Woods 5k parkrun	12	Shaun Cooney			00:19:16	5K		XC	y	
09/07/2011	Roundshaw Downs 5k parkrun	3	Martin Lloyd			00:19:18	5K		XC		y
13/08/2000	Wimbledon 5k	48	Martin Lloyd			00:19:19	5K		ROAD	y	
25/06/2011	Roundshaw Downs 5k parkrun	3	Martin Lloyd			00:19:20	5K		XC		y
03/01/2009	Banstead Woods 5k parkrun	5	Steve Cooney			00:19:20	5K		XC	y	
01/01/2009	Banstead Woods 5k parkrun	7	Steve Cooney			00:19:21	5K		XC	y	
02/06/2012	Banstead Woods 5k parkrun	11	Mike Mason			00:19:22	5K		XC	y	
15/05/1997	Morden 5k		Terry Bridger			00:19:22	5K		ROAD	y	
26/11/2011	Roundshaw Downs 5k parkrun	8	Andy Randall			00:19:28	5K		XC	y	
12/12/2009	Banstead Woods 5k parkrun	3	Shaun Cooney			00:19:28	5K		XC	y	
13/05/1999	Morden Park 5k		Martin Lloyd			00:19:33	5K		ROAD	y	
29/10/2011	Banstead Woods 5k parkrun	6	Robert Knight			00:19:33	5K		XC	y	
05/06/2010	Banstead Woods 5k parkrun	12	Andy Stalley			00:19:34	5K		XC	y	
22/10/2011	Roundshaw Downs 5k parkrun	4	Andy Randall			00:19:35	5K		XC	y	
22/05/2010	Banstead Woods 5k parkrun	13	Andy Stalley			00:19:35	5K		XC	y	
29/06/2013	Roundshaw Downs 5k parkrun	7	Chris CURTIS	00:19:36		00:19:36	5K		XC	y	
05/06/2012	Nonsuch Park 5k parkrun	43	Mike Mason			00:19:39	5K		MULTI		y
15/05/1997	Morden 5k		Malcolm Whelan			00:19:41	5K		ROAD	y	
01/05/2008	Dave Clarke 5k	13	Andy Stalley			00:19:43	5K		ROAD	Y	
25/07/2009	Banstead Woods 5k parkrun	18	Shaun Cooney			00:19:44	5K		XC	y	
29/06/2013	Banstead Woods 5k parkrun	15	Alex MAGEE	00:19:45		00:19:45	5K		XC	y	
09/08/2009	Belgrave 5k	86	Bill Walsh			00:19:52	5K		ROAD	y	
15/10/2011	Riddlesdown 5k parkrun	4	Shaun Cooney			00:19:52	5K		MULTI		y
08/06/2013	Lloyd Park 5k parkrun	4	Richard FOX	00:19:52		00:19:52	5K		XC		y
08/10/2011	Roundshaw Downs 5k parkrun	3	Andy Randall			00:19:58	5K		XC	y	
27/06/2013	Dulwich Midsummer 5k	46	Nigel Wood	00:20:01		00:20:01	5K		ROAD	y	
04/07/2009	Banstead Woods 5k parkrun	21	Shaun Cooney			00:20:01	5K		XC	y	
08/06/2013	Roundshaw Downs 5k parkrun	5	Chris CURTIS	00:20:06		00:20:06	5K		XC	y	
13/08/2011	Roundshaw Downs 5k parkrun	6	Andy Randall			00:20:07	5K		XC	y	
28/02/2009	Banstead Woods 5k parkrun	21	Richard Fox			00:20:07	5K		XC	y	
01/06/2013	Roundshaw Downs 5k parkrun	5	Chris CURTIS	00:20:07		00:20:07	5K		XC	y	
28/02/2009	Banstead Woods 5k parkrun	22	Bill Walsh			00:20:09	5K		XC	y	
18/05/2013	Roundshaw Downs 5k parkrun	4	Chris CURTIS	00:20:10		00:20:10	5K		XC	y	
22/06/2013	Banstead Woods 5k parkrun	12	Alex MAGEE	00:20:11		00:20:11	5K		XC	y	
11/06/2011	Roundshaw Downs 5k parkrun	7	Andy Randall			00:20:11	5K		XC	y	
09/02/2013	Dulwich 5k parkrun	24	Nigel Wood	00:20:11		00:20:11	5K		ROAD	y	
10/03/2012	Banstead Woods 5k parkrun	10	Mary James			00:20:13	5K		XC	y	
21/01/2012	Roundshaw Downs 5k parkrun	3	Dean Cooper			00:20:14	5K		XC		y
04/02/2012	Banstead Woods 5k parkrun	15	Mary James			00:20:14	5K		XC	y	
15/06/2013	Banstead Woods 5k parkrun	28	Alex MAGEE	00:20:24		00:20:24	5K		XC	y	
31/03/2012	Roundshaw Downs 5k parkrun	4	Nigel Wood			00:20:24	5K		XC	y	
27/06/2009	Banstead Woods 5k parkrun	22	Shaun Cooney			00:20:24	5K		XC	y	
18/05/2013	Banstead Woods 5k parkrun	14	Alex MAGEE	00:20:25		00:20:25	5K		XC	y	

06/06/2009	Banstead Woods 5k parkrun	23	Shaun Cooney			00:20:25	5K		XC	y	
19/03/2011	Roundshaw Downs 5k parkrun	6	Nigel Wood			00:20:26	5K		XC	y	
30/05/1999	Stevenage 5k		Colin Wilkie			00:20:29	5K		ROAD	y	
17/03/2012	Riddlesdown 5k parkrun	9	Dave Condon			00:20:29	5K		MULTI	y	
24/07/2010	Roundshaw Downs 5k parkrun	10	Andy Southern			00:20:37	5K		XC	y	
30/05/2009	Banstead Woods 5k parkrun	20	Shaun Cooney			00:20:40	5K		XC	y	
27/04/2013	Roundshaw Downs 5k parkrun	7	Chris CURTIS	00:20:43		00:20:43	5K		XC	y	
25/04/2009	Banstead Woods 5k parkrun	35	Shaun Cooney			00:20:49	5K		XC	y	
04/06/2012	Riddlesdown 5k parkrun	43	Steve Cooney			00:20:50	5K		MULTI		y
02/07/2012	Self Transcendence 5k	44	Jason Smith			00:20:52	5K		ROAD	y	
14/08/2005	Wimbledon 5k	127	Steve Cooney			00:20:52	5K		ROAD	y	
07/07/2012	Nonsuch Park 5k parkrun	29	Jason Smith			00:21:02	5K		MULTI	y	
17/07/2010	Roundshaw Downs 5k parkrun	12	Andy Southern			00:21:03	5K		XC	y	
01/05/2010	Roundshaw Downs 5k parkrun	8	Andy Southern			00:21:04	5K		XC	y	
31/07/2010	Banstead Woods 5k parkrun	25	Ray Sullivan			00:21:06	5K		XC	y	
18/05/2013	Banstead Woods 5k parkrun	23	Dave CONDON	00:21:08		00:21:08	5K		XC		y
15/01/2011	Roundshaw Downs 5k parkrun	9	Nigel Wood			00:21:09	5K		XC	y	
22/11/2008	Banstead Woods 5k parkrun	40	Shaun Cooney			00:21:10	5K		XC	y	
17/04/2010	Roundshaw Downs 5k parkrun	11	Andy Southern			00:21:11	5K		XC	y	
15/11/2008	Banstead Woods 5k parkrun	30	Shaun Cooney			00:21:14	5K		XC	y	
26/05/1997	Wells 5k		Colin Wilkie			00:21:20	5K		ROAD	y	
07/11/2009	Banstead Woods 5k parkrun	16	Ray Sullivan			00:21:20	5K		XC	y	
11/05/2013	Lloyd Park 5k parkrun	14	Nigel WOOD	00:21:21		00:21:21	5K		XC		y
05/06/2012	Nonsuch Park 5k parkrun	93	Andy Stalley			00:21:22	5K		MULTI		y
30/03/2013	Roundshaw Downs 5k parkrun	13	Chris CURTIS	00:21:28		00:21:28	5K		XC	y	
24/06/2013	Self Transcendence 5k	67	Jonathan Sharrock	00:21:29		00:21:29	5K		ROAD	y	
24/04/2010	Roundshaw Downs 5k parkrun	6	Andy Southern			00:21:37	5K		XC	y	
27/08/2011	Roundshaw Downs 5k parkrun	11	Tom Brake			00:21:40	5K		XC	y	
08/01/2011	Roundshaw Downs 5k parkrun	5	Nigel Wood			00:21:42	5K		XC	y	
13/07/2013	Preston Park 5k parkrun	52	Gary THOMPSON	00:21:43		00:21:43	5K		ROAD	y	
28/07/2012	Roundshaw Downs 5k parkrun	14	Jason Smith			00:21:49	5K		XC		y
23/06/2012	Roundshaw Downs 5k parkrun	10	John Twaddle			00:21:52	5K		XC	y	
28/07/2007	Banstead Woods 5k parkrun	31	Ray Sullivan			00:21:56	5K		XC	y	
17/03/2012	Roundshaw Downs 5k parkrun	21	Harry Helliwell			00:21:58	5K		XC	y	
21/07/2007	Banstead Woods 5k parkrun	29	Ray Sullivan			00:22:04	5K		XC	y	
04/06/2012	Riddlesdown 5k parkrun	63	Andy Stalley			00:22:09	5K		MULTI		y
06/07/2013	Roundshaw Downs 5k parkrun	17	Gary THOMPSON	00:22:11		00:22:11	5K		XC	y	
09/03/2013	Nonsuch Park 5k parkrun	33	Gary THOMPSON	00:22:17		00:22:17	5K		MULTI	y	
29/06/2013	Roundshaw Downs 5k parkrun	20	Gary THOMPSON	00:22:25		00:22:25	5K		XC		y
07/07/2012	Nonsuch Park 5k parkrun	51	Gary Thompson			00:22:27	5K		XC	y	
14/07/2007	Banstead Woods 5k parkrun	23	Ray Sullivan			00:22:28	5K		XC	y	
04/08/2008	Self Transcendence 5k		Thomas Wilkie			00:22:28	5K		ROAD	y	
08/06/2013	Roundshaw Downs 5k parkrun	22	Gary THOMPSON	00:22:30		00:22:30	5K		XC		y

30/06/2012	Roundshaw Downs 5k parkrun	14	Jason Smith			00:22:31	5K		XC	y	
09/05/2002	Dave Clarke 5k	62	Thomas Wilkie			00:22:32	5K		ROAD	y	
11/05/2013	Roundshaw Downs 5k parkrun	15	Gary THOMPSON	00:22:32		00:22:32	5K		XC		y
13/08/2000	Wimbledon 5k	95	Thomas Wilkie			00:22:34	5K		ROAD	y	
04/06/2012	Riddlesdown 5k parkrun	70	Gary Thompson			00:22:41	5K		MULTI	y	
07/07/2007	Banstead Woods 5k parkrun	34	Ray Sullivan			00:22:43	5K		XC	y	
04/07/2009	Banstead Woods 5k parkrun	58	Steve Martin			00:22:45	5K		XC	y	
02/07/2012	Self Transcendence 5k	73	Cat Gaskell			00:22:46	5K		ROAD	y	
26/05/2012	Roundshaw Downs 5k parkrun	14	Gary Thompson			00:22:49	5K		XC	y	
07/04/2012	Roundshaw Downs 5k parkrun	22	Gary Thompson			00:22:52	5K		XC	y	
04/05/2013	Roundshaw Downs 5k parkrun	24	Jonathan SHARROCK	00:22:54		00:22:54	5K		XC	y	
29/07/2013	Self Transcendence 5k	130	Annette Helliwell	00:23:02		00:23:02	5K		ROAD	y	
18/05/2013	Roundshaw Downs 5k parkrun	19	Tom CURTIS	00:23:05		00:23:05	5K		XC	y	
17/03/2012	Roundshaw Downs 5k parkrun	26	Jason Smith			00:23:07	5K		XC	y	
30/06/2007	Banstead Woods 5k parkrun	25	Ray Sullivan			00:23:09	5K		XC	y	
22/10/2011	Roundshaw Downs 5k parkrun	25	Cat Gaskell			00:23:13	5K		XC	y	
30/05/1999	Stevenage 5k		Jeremy Sandford			00:23:18	5K		ROAD	y	
22/06/2013	Nonsuch Park 5k parkrun	68	Jenny SINFIELD	00:23:21		00:23:21	5K		MULTI		y
04/05/2013	Nonsuch Park 5k parkrun	105	Nigel POINTER	00:23:25		00:23:25	5K		MULTI		y
27/04/2013	Roundshaw Downs 5k parkrun	22	Jonathan SHARROCK	00:23:28		00:23:28	5K		XC		y
11/05/2013	Roundshaw Downs 5k parkrun	21	Ben THOMPSON	00:23:29		00:23:29	5K		XC	y	
14/05/2012	Self Transcendence 5k	90	Annette Helliwell			00:23:31	5K		ROAD	y	
28/04/2012	Banstead Woods 5k parkrun	54	Jason Smith			00:23:41	5K		XC		y
09/06/2012	Banstead Woods 5k parkrun	52	Harry Bryant			00:23:45	5K		XC		y
22/10/2011	Roundshaw Downs 5k parkrun	26	Jason Smith			00:23:46	5K		XC	y	
28/07/2012	Nonsuch Park 5k parkrun	69	Nigel Pointer			00:23:46	5K		MULTI		y
31/12/2011	Roundshaw Downs 5k parkrun	25	Andy Stalley			00:23:47	5K		XC		y
08/08/2010	Wimbledon Dash 5k	149	Marc Wood			00:23:47	5K		ROAD	y	
26/05/2012	Banstead Woods 5k parkrun	54	Harry Bryant			00:23:50	5K		XC	y	
27/07/2013	Roundshaw Downs 5k parkrun	23	John HELLIWELL	00:23:51		00:23:51	5K		XC	y	
07/04/2012	Nonsuch Park 5k parkrun	60	Nigel Pointer			00:23:59	5K		MULTI		y
04/06/2012	Riddlesdown 5k parkrun	99	Cat Gaskell			00:24:00	5K		MULTI		y
11/05/2013	Roundshaw Downs 5k parkrun	25	Tom CURTIS	00:24:03		00:24:03	5K		XC	y	
01/07/2013	Self Transcendence 5k	109	Ruth Cottam	00:24:08		00:24:08	5K		ROAD	y	
05/06/2012	Nonsuch Park 5k parkrun	178	Harry Bryant			00:24:09	5K		MULTI		y
27/07/2013	Roundshaw Downs 5k parkrun	27	Annette HELLIWELL	00:24:13		00:24:13	5K		XC		y
06/04/2013	Roundshaw Downs 5k parkrun	28	Ben THOMPSON	00:24:16		00:24:16	5K		XC	y	
14/04/2012	Dulwich 5k parkrun	80	Ruth Cottam	00:24:18		00:24:18	5K		ROAD	y	
17/05/2008	Banstead Woods 5k parkrun	57	Andrea Davies			00:24:25	5K		XC	y	
10/03/2012	Roundshaw Downs 5k parkrun	36	Annette Helliwell			00:24:25	5K		XC	y	
30/03/2013	Roundshaw Downs 5k parkrun	29	Ben THOMPSON	00:24:25		00:24:25	5K		XC	y	
07/04/2012	Roundshaw Downs 5k parkrun	37	John Helliwell			00:24:27	5K		XC	y	
27/08/2011	Roundshaw Downs 5k parkrun	26	Cat Gaskell			00:24:28	5K		XC	y	

30/03/2013	Roundshaw Downs 5k parkrun	31	Tom CURTIS	00:24:29		00:24:29	5K	XC	y	
23/05/2011	Self Transcendence 5k		Annette Helliwell			00:24:37	5K	ROAD	y	
31/03/2012	Banstead Woods 5k parkrun	57	Ruth Cottam			00:24:38	5K	XC	y	
29/08/2011	Kings Head Canter 5k	124	Cat Gaskell			00:24:42	5K	ROAD		y
24/03/2012	Banstead Woods 5k parkrun	55	Ruth Cottam			00:24:44	5K	XC	y	
05/09/2009	Banstead Woods 5k parkrun	88	Ruth Cottam			00:24:45	5K	XC	y	
29/10/2011	Roundshaw Downs 5k parkrun	35	John Helliwell			00:24:47	5K	XC	y	
22/10/2011	Roundshaw Downs 5k parkrun	34	Annette Helliwell			00:24:49	5K	XC		y
01/10/2011	Roundshaw Downs 5k parkrun	35	John Helliwell			00:24:50	5K	XC	y	
17/09/2011	Roundshaw Downs 5k parkrun	27	Elaine Reid			00:24:52	5K	XC	y	
14/04/2012	Dulwich 5k parkrun	87	Prisca Abalo	00:24:54		00:24:54	5K	ROAD	y	
16/04/2011	Roundshaw Downs 5k parkrun	41	Annette Helliwell			00:24:58	5K	XC	y	
26/05/2012	Roundshaw Downs 5k parkrun	28	Ben Thompson			00:25:04	5K	XC	y	
29/06/2013	Nonsuch Park 5k parkrun	129	Paul BOOTH	00:25:09		00:25:09	5K	MULTI	y	
26/09/2009	Banstead Woods 5k parkrun	83	Wendy Matlock			00:25:09	5K	XC	y	
07/08/2010	Roundshaw Downs 5k parkrun	24	Annette Helliwell			00:25:10	5K	XC	y	
30/05/1999	Stevenage 5k		Thomas Wilkie			00:25:10	5K	ROAD	y	
27/08/2011	Roundshaw Downs 5k parkrun	31	John Helliwell			00:25:16	5K	XC	y	
01/07/2013	Self Transcendence 5k	122	Melvin Trundley	00:25:20		00:25:20	5K	ROAD	y	
11/05/2013	Roundshaw Downs 5k parkrun	28	Prisca ABALO	00:25:22		00:25:22	5K	XC		y
14/08/2011	Perseverance 5k	145	Elaine Reid			00:25:24	5K	ROAD	y	
05/02/2000	Las Vegas 5k		Thomas Wilkie			00:25:26	5K	ROAD	y	
12/09/2009	Banstead Woods 5k parkrun	66	Wendy Matlock			00:25:27	5K	XC	y	
27/04/2013	Banstead Woods 5k parkrun	82	Melvin TRUNDLEY	00:25:28		00:25:28	5K	XC	y	
07/04/2012	Roundshaw Downs 5k parkrun	44	Rachel Tanner			00:25:28	5K	XC	y	
01/06/2013	Cambridge 5k parkrun	174	Annette Helliwell	00:25:35		00:25:35	5K	MULTI		y
08/06/2013	Nonsuch Park 5k parkrun	150	Paul BOOTH	00:25:35		00:25:35	5K	MULTI	y	
24/07/2010	Roundshaw Downs 5k parkrun	37	Annette Helliwell			00:25:39	5K	XC	y	
29/07/2013	Self Transcendence 5k	160	Karen Chart	00:25:39		00:25:39	5K	ROAD	y	
24/04/2010	Banstead Woods 5k parkrun	88	Kate Langley			00:25:42	5K	XC	y	
27/07/2013	Roundshaw Downs 5k parkrun	32	Paul COOPER	00:25:42		00:25:42	5K	XC	y	
13/08/2011	Roundshaw Downs 5k parkrun	34	Elaine Reid			00:25:48	5K	XC	y	
10/04/2010	Banstead Woods 5k parkrun	77	Kate Langley			00:25:48	5K	XC	y	
25/05/2013	Nonsuch Park 5k parkrun	129	Paul BOOTH	00:25:52		00:25:52	5K	MULTI	y	
08/08/1999	Wimbledon 5k		Thomas Wilkie			00:25:56	5K	ROAD	y	
06/07/2013	Roundshaw Downs 5k parkrun	36	Ruth COTTAM	00:26:02		00:26:02	5K	XC		y
14/04/2012	Banstead Woods 5k parkrun	89	Melvin Trundley			00:26:07	5K	XC	y	
29/05/2010	Roundshaw Downs 5k parkrun	59	Annette Helliwell			00:26:08	5K	XC	y	
13/07/2013	Roundshaw Downs 5k parkrun	28	Paul COOPER	00:26:09		00:26:09	5K	XC	y	
20/02/2010	Banstead Woods 5k parkrun	60	Kate Langley			00:26:09	5K	XC	y	
25/05/2013	Nonsuch Park 5k parkrun	136	Chris BROOKE	00:26:10		00:26:10	5K	MULTI		y
05/06/2012	Nonsuch Park 5k parkrun	260	Prisca Abalo			00:26:11	5K	MULTI		y
09/07/2011	Roundshaw Downs 5k parkrun	41	John Helliwell			00:26:12	5K	XC	y	

09/06/2012	Roundshaw Downs 5k parkrun	54	Prisca Abalo			00:26:14	5K		XC		y
02/06/2012	Roundshaw Downs 5k parkrun	52	Prisca Abalo			00:26:16	5K		XC	y	
22/05/2010	Roundshaw Downs 5k parkrun	50	Annette Helliwell			00:26:18	5K		XC	y	
07/07/2012	Nonsuch Park 5k parkrun	140	Paul Cooper			00:26:19	5K		MULTI	y	
06/07/2013	Roundshaw Downs 5k parkrun	38	Paul COOPER	00:26:19		00:26:19	5K		XC		y
10/03/2012	Roundshaw Downs 5k parkrun	56	Marc Wood			00:26:23	5K		XC		y
28/07/2012	Roundshaw Downs 5k parkrun	35	Jo Parsons			00:26:28	5K		XC	y	
22/08/2009	Roundshaw Downs 5k parkrun	40	Annette Helliwell			00:26:28	5K		XC	y	
15/06/2013	Banstead Woods 5k parkrun	126	Alison FOX	00:26:30		00:26:30	5K		XC		y
23/07/2011	Roundshaw Downs 5k parkrun	52	Elaine Reid			00:26:34	5K		XC	y	
14/04/2012	Riddlesdown 5k parkrun	44	Chris Brooke			00:26:35	5K		MULTI		y
23/06/2012	Roundshaw Downs 5k parkrun	39	Paul Cooper			00:26:35	5K		XC	y	
07/11/2009	Banstead Woods 5k parkrun	79	Kate Langley			00:26:37	5K		XC	y	
31/03/2012	Roundshaw Downs 5k parkrun	49	Prisca Abalo			00:26:40	5K		XC	y	
15/06/2013	Banstead Woods 5k parkrun	130	Cat GASKELL	00:26:45		00:26:45	5K		XC		y
08/05/2010	Banstead Woods 5k parkrun	89	Gill Stalley			00:26:48	5K		XC	y	
14/04/2012	Roundshaw Downs 5k parkrun	53	Jo Parsons			00:26:51	5K		XC	y	
30/10/2010	Banstead Woods 5k parkrun	87	Stuart Stalley			00:26:55	5K		XC	y	
04/05/2013	Nonsuch Park 5k parkrun	215	Paul BOOTH	00:26:56		00:26:56	5K		MULTI	y	
26/05/2012	Roundshaw Downs 5k parkrun	50	Paul Cooper			00:27:02	5K		XC		y
18/04/2009	Banstead Woods 5k parkrun	108	Alison Fox			00:27:03	5K		XC	y	
29/06/2013	Poole 5k parkrun	308	Karen CHART	00:27:04		00:27:04	5K		MULTI	y	
02/07/2012	Self Transcendence 5k	124	Sandhya Drew			00:27:07	5K		ROAD	y	
04/04/2009	Banstead Woods 5k parkrun	106	Alison Fox			00:27:08	5K		XC	y	
01/05/2010	Banstead Woods 5k parkrun	92	Gill Stalley			00:27:08	5K		XC	y	
19/05/2012	Roundshaw Downs 5k parkrun	58	Rupert Queded			00:27:08	5K		XC	y	
03/03/2012	Roundshaw Downs 5k parkrun	49	Paul Cooper			00:27:11	5K		XC	y	
24/03/2012	Riddlesdown 5k parkrun	43	Paul Booth			00:27:12	5K		MULTI	y	
01/10/2011	Roundshaw Downs 5k parkrun	53	Rupert Queded			00:27:14	5K		XC	y	
21/05/2011	Roundshaw Downs 5k parkrun	61	Rupert Queded			00:27:16	5K		XC	Y	
20/06/2012	Dulwich Midsummer 5k	186	Sandhya Drew			00:27:20	5K		ROAD	y	
02/07/2011	Roundshaw Downs 5k parkrun	63	Elaine Reid			00:27:21	5K		XC	y	
24/10/2009	Banstead Woods 5k parkrun	69	Kate Langley			00:27:21	5K		XC	y	
28/05/2011	Roundshaw Downs 5k parkrun	50	Elaine Reid			00:27:23	5K		XC	Y	
09/04/2011	Roundshaw Downs 5k parkrun	68	Aimee Fox			00:27:24	5K		XC	y	
25/05/2013	Edinburgh 5k parkrun	225	Karen CHART	00:27:26		00:27:26	5K		ROAD	y	
01/10/2011	Roundshaw Downs 5k parkrun	54	Paul Cooper			00:27:27	5K		XC	y	
21/01/2012	Roundshaw Downs 5k parkrun	56	Paul Booth			00:27:31	5K		XC	y	
24/03/2012	Roundshaw Downs 5k parkrun	64	Prisca Abalo			00:27:32	5K		XC	y	
17/10/2009	Banstead Woods 5k parkrun	98	Kate Langley			00:27:33	5K		XC	y	
28/07/2012	Roundshaw Downs 5k parkrun	37	Alex Helliwell			00:27:34	5K		XC	y	
30/03/2013	Roundshaw Downs 5k parkrun	50	Richard RYAN	00:27:35		00:27:35	5K		XC	y	

08/06/2013	Lloyd Park 5k parkrun	84	Alison FOX	00:27:37		00:27:37	5K		XC		y
14/05/2011	Roundshaw Downs 5k parkrun	67	Elaine Reid			00:27:37	5K		XC	Y	
20/11/2010	Roundshaw Downs 5k parkrun	44	Rupert Qusted			00:27:39	5K		XC	y	
04/09/2010	Banstead Woods 5k parkrun	120	Stuart Stalley			00:27:39	5K		XC	y	
21/01/2012	Roundshaw Downs 5k parkrun	57	Lorraine Thomas			00:27:40	5K		XC	y	
15/05/2010	Roundshaw Downs 5k parkrun	59	Rupert Qusted			00:27:40	5K		XC	y	
22/06/2013	Roundshaw Downs 5k parkrun	45	Karen CHART	00:27:41		00:27:41	5K		XC		y
27/07/2013	Roundshaw Downs 5k parkrun	41	Mandy CURTIS	00:27:43		00:27:43	5K		XC	y	
06/07/2013	Roundshaw Downs 5k parkrun	47	Mandy CURTIS	00:27:44		00:27:44	5K		XC	y	
17/04/2010	Banstead Woods 5k parkrun	119	Gill Stalley			00:27:47	5K		XC	y	
01/01/2012	Nonsuch Park 5k parkrun	102	Nigel Pointer			00:27:50	5K		MULTI		y
06/04/2013	Nonsuch Park 5k parkrun	138	Paul BOOTH	00:27:51		00:27:51	5K		XC		y
08/06/2013	Roundshaw Downs 5k parkrun	66	Karen CHART	00:27:52		00:27:52	5K		XC		y
21/01/2012	Riddlesdown 5k parkrun	44	Alison Fox			00:27:56	5K		MULTI		y
07/05/2011	Roundshaw Downs 5k parkrun	65	Dominic Fox	05:17:51		00:27:57	5K		XC	Y	
21/07/2012	Roundshaw Downs 5k parkrun	59	Alex Helliwell			00:28:00	5K		XC	y	
20/04/2013	Riddlesdown 5k parkrun	99	Melvin TRUNDLEY	00:28:03		00:28:03	5K		MULTI		y
21/07/2012	Roundshaw Downs 5k parkrun	60	Nathan Thompson			00:28:03	5K		XC	y	
26/05/2012	Roundshaw Downs 5k parkrun	57	Alex Helliwell			00:28:07	5K		XC	y	
01/05/2010	Roundshaw Downs 5k parkrun	47	Rupert Qusted			00:28:07	5K		XC	y	
12/05/2012	Roundshaw Downs 5k parkrun	57	Alex Helliwell			00:28:08	5K		XC	y	
03/10/2009	Banstead Woods 5k parkrun	86	Kate Langley			00:28:12	5K		XC	y	
18/05/2013	Nonsuch Park 5k parkrun	226	Trish COOMBS	00:28:13		00:28:13	5K		MULTI		y
06/11/2010	Roundshaw Downs 5k parkrun	49	Dominic Fox			00:28:17	5K		XC	y	
06/03/2010	Banstead Woods 5k parkrun	101	Gill Stalley			00:28:19	5K		XC	y	
24/07/2010	Banstead Woods 5k parkrun	117	Stuart Stalley			00:28:19	5K		XC	y	
23/07/2011	Roundshaw Downs 5k parkrun	60	Lorraine Thomas			00:28:21	5K		XC	y	
15/05/2010	Roundshaw Downs 5k parkrun	62	Anne Flint			00:28:24	5K		XC	y	
29/06/2013	Roundshaw Downs 5k parkrun	60	Mandy CURTIS	00:28:24		00:28:24	5K		XC	y	
27/07/2013	Lloyd Park 5k parkrun	80	Emily TANNER	00:28:25		00:28:25	5K		XC	y	
29/06/2013	Poole 5k parkrun	357	Trish COOMBS	00:28:25		00:28:25	5K		MULTI		y
20/02/2010	Banstead Woods 5k parkrun	81	Gill Stalley			00:28:28	5K		XC	y	
07/07/2012	Roundshaw Downs 5k parkrun	57	Ben Nash			00:28:31	5K		XC	y	
21/07/2012	Roundshaw Downs 5k parkrun	65	Emily Tanner			00:28:31	5K		XC	y	
28/04/2012	Roundshaw Downs 5k parkrun	41	Ben Nash			00:28:32	5K		XC	y	
15/06/2013	Roundshaw Downs 5k parkrun	39	Ruby FEARON	00:28:33		00:28:33	5K		XC	y	
03/09/2011	Roundshaw Downs 5k parkrun	69	Paul Cooper			00:28:38	5K		XC	y	
05/06/2010	Roundshaw Downs 5k parkrun	50	Dominic Fox			00:28:41	5K		XC	y	
08/08/2009	Roundshaw Downs 5k parkrun	47	Callum Dunning			00:28:42	5K		XC	y	
07/04/2012	Riddlesdown 5k parkrun	52	Melvin Trundley			00:28:43	5K		MULTI	y	
02/04/2011	Roundshaw Downs 5k parkrun	76	Aimee Fox			00:28:47	5K		XC	y	
03/10/2009	Roundshaw Downs 5k parkrun	40	Alex Helliwell			00:28:52	5K		XC	y	
31/07/2010	Roundshaw Downs 5k parkrun	58	Maja Mosegaard			00:28:54	5K		XC	y	

26/03/2011	Roundshaw Downs 5k parkrun	66	Lorraine Thomas			00:28:55	5K		XC	y	
14/05/2011	Roundshaw Downs 5k parkrun	79	Paul Booth			00:28:56	5K		XC	y	
24/09/2011	Banstead Woods 5k parkrun	115	Dominic Fox			00:28:58	5K		XC		y
21/11/2009	Banstead Woods 5k parkrun	78	Gill Stalley			00:29:02	5K		XC	y	
03/03/2012	Riddlesdown 5k parkrun	54	Melvin Trundley			00:29:03	5K		MULTI	y	
31/12/2011	Nonsuch Park 5k parkrun	115	Nigel Pointer			00:29:04	5K		MULTI		y
27/07/2013	Roundshaw Downs 5k parkrun	46	Trish COOMBS	00:29:06		00:29:06	5K		XC		y
31/03/2012	Roundshaw Downs 5k parkrun	64	Ben Nash			00:29:14	5K		XC	y	
07/05/2011	Roundshaw Downs 5k parkrun	71	Elaine Reid	03:21:59		00:29:16	5K		XC	Y	
05/09/2009	Banstead Woods 5k parkrun	125	Gill Stalley			00:29:26	5K		XC	y	
06/08/2011	Roundshaw Downs 5k parkrun	57	Paul Cooper			00:29:26	5K		XC	y	
01/05/2010	Roundshaw Downs 5k parkrun	54	Dominic Fox			00:29:37	5K		XC	y	
03/07/2010	Banstead Woods 5k parkrun	118	Stuart Stalley			00:29:43	5K		XC	y	
18/05/2013	Banstead Woods 5k parkrun	139	Maggie SWINNERTON	00:29:44		00:29:44	5K		XC	y	
08/08/2009	Banstead Woods 5k parkrun	112	Gill Stalley			00:29:52	5K		XC	y	
06/07/2013	Roundshaw Downs 5k parkrun	59	Trish COOMBS	00:29:52		00:29:52	5K		XC		y
01/08/2009	Banstead Woods 5k parkrun	107	Gill Stalley			00:29:54	5K		XC	y	
30/07/2011	Roundshaw Downs 5k parkrun	59	Paul Cooper			00:29:55	5K		XC	y	
01/06/2013	Roundshaw Downs 5k parkrun	52	Trish COOMBS	00:29:56		00:29:56	5K		XC		y
06/06/2009	Banstead Woods 5k parkrun	104	Gill Stalley			00:30:01	5K		XC	y	
07/05/2011	Roundshaw Downs 5k parkrun	76	Paul Booth	03:39:09		00:30:04	5K		XC	y	
21/07/2012	Roundshaw Downs 5k parkrun	76	Trish Coombs			00:30:05	5K		XC		y
01/10/2011	Roundshaw Downs 5k parkrun	66	Trish Coombs			00:30:11	5K		XC	y	
11/05/2013	Banstead Woods 5k parkrun	130	Maggie SWINNERTON	00:30:15		00:30:15	5K		XC	y	
23/07/2011	Roundshaw Downs 5k parkrun	72	Paul Cooper			00:30:19	5K		XC	y	
17/07/2010	Roundshaw Downs 5k parkrun	70	Maja Mosegaard			00:30:20	5K		XC	y	
04/05/2013	Banstead Woods 5k parkrun	152	Maggie SWINNERTON	00:30:28		00:30:28	5K		XC	y	
18/06/2011	Roundshaw Downs 5k parkrun	65	Karen Weighall			00:30:34	5K		XC	y	
16/06/2012	Banstead Woods 5k parkrun	170	Jude Wheeler			00:30:37	5K		XC		y
24/04/2010	Roundshaw Downs 5k parkrun	58	Dominic Fox			00:30:43	5K		XC	y	
23/01/2010	Roundshaw Downs 5k parkrun	61	Dominic Fox			00:30:47	5K		XC	y	
09/04/2011	Roundshaw Downs 5k parkrun	85	Karen Weighall			00:30:47	5K		XC	y	
13/04/2013	Banstead Woods 5k parkrun	124	Maggie SWINNERTON	00:30:47		00:30:47	5K		XC	y	
11/05/2013	Nonsuch Park 5k parkrun	241	Maria LAWRENCE	00:30:48		00:30:48	5K		MULTI	y	
26/11/2011	Nonsuch Park 5k parkrun	113	John Allen			00:30:54	5K		MULTI		y
22/06/2013	Hackney Marshes 5k parkrun	49	Nicola TARRANT	00:30:55		00:30:55	5K		ROAD	y	
19/03/2011	Roundshaw Downs 5k parkrun	64	Aimee Fox			00:31:01	5K		XC	y	
06/04/2013	Banstead Woods 5k parkrun	123	Maggie SWINNERTON	00:31:02		00:31:02	5K		XC	y	
11/05/2013	Roundshaw Downs 5k parkrun	60	Janet NASH	00:31:07		00:31:07	5K		XC		y
26/03/2011	Roundshaw Downs 5k parkrun	77	Karen Weighall			00:31:09	5K		XC	y	
24/03/2012	Roundshaw Downs 5k parkrun	80	Janet Nash			00:31:10	5K		XC	y	
02/01/2010	Roundshaw Downs 5k parkrun	58	Dominic Fox			00:31:14	5K		XC	y	
14/07/2012	Riddlesdown 5k parkrun	60	Jim Knight			00:31:14	5K		MULTI		y

08/08/2009	Roundshaw Downs 5k parkrun	60	Maja Mosegaard			00:31:15	5K		XC	y	
27/06/2009	Banstead Woods 5k parkrun	133	Dominic Fox			00:31:17	5K		XC	y	
13/07/2013	Nonsuch Park 5k parkrun	228	Cristina LABUNG	00:31:23		00:31:23	5K		MULTI		y
19/11/2011	Nonsuch Park 5k parkrun	130	John Allen			00:31:29	5K		MULTI		y
01/07/2013	Self Transcendence 5k	153	Ria Trundley	00:31:46		00:31:46	5K		ROAD	y	
04/05/2013	Banstead Woods 5k parkrun	167	Maria LAWRENCE	00:31:53		00:31:53	5K		XC	y	
23/05/2009	Banstead Woods 5k parkrun	140	Gill Stalley			00:31:56	5K		XC	y	
15/06/2013	Banstead Woods 5k parkrun	199	Karen PATCHING	00:31:59		00:31:59	5K		XC	y	
27/07/2013	Bushy 5k parkrun	706	Nicola TARRANT	00:32:03		00:32:03	5K		MULTI		y
29/06/2013	Lloyd Park 5k parkrun	91	Charlie TANNER	00:32:05		00:32:05	5K		XC	y	
12/11/2011	Nonsuch Park 5k parkrun	132	John Allen	00:19:34		00:32:13	5K		MULTI		y
29/10/2011	Nonsuch Park 5k parkrun	123	John Allen			00:32:14	5K		MULTI		y
07/04/2012	Riddlesdown 5k parkrun	59	Ria Trundley			00:32:15	5K		MULTI	y	
14/04/2012	Dulwich 5k parkrun	156	Nicola Tarrant	00:32:23		00:32:23	5K		ROAD	y	
31/03/2012	Milton Keynes 5k parkrun	188	Nicola Tarrant			00:32:37	5K		MULTI	y	
04/05/2013	Roundshaw Downs 5k parkrun	81	Karen PATCHING	00:32:57		00:32:57	5K		XC		y
21/07/2012	Banstead Woods 5k parkrun	117	Maggie Swinnerton			00:33:14	5K		XC	y	
14/04/2012	Banstead Woods 5k parkrun	162	Karen Patching			00:33:19	5K		XC	y	
16/05/2009	Banstead Woods 5k parkrun	163	Gill Stalley			00:33:23	5K		XC	y	
04/05/2013	Bromley 5k parkrun	367	Nicola TARRANT	00:33:25		00:33:25	5K		MULTI		y
29/07/2013	Self Transcendence 5k	209	Rosemary Egbe	00:33:25		00:33:25	5K		ROAD	y	
01/09/2012	Fælledparken parkrun 5k parkrun	30	Rosemary Egbe	00:33:28		00:33:28	5K			y	
21/07/2012	Roundshaw Downs 5k parkrun	95	Maria Lawrence			00:33:29	5K		XC		y
27/07/2013	Bushy 5k parkrun	746	Rosemary EGBE	00:33:42		00:33:42	5K		MULTI		y
31/03/2012	Banstead Woods 5k parkrun	132	Karen Patching			00:33:47	5K		XC	y	
21/04/2012	Lloyd Park 5k parkrun	59	Maria Lawrence			00:33:49	5K		XC		y
20/04/2013	Roundshaw Downs 5k parkrun	77	Charlie TANNER	00:34:03		00:34:03	5K		XC	y	
13/07/2013	Riddlesdown 5k parkrun	104	Nicola TARRANT	00:34:10		00:34:10	5K		MULTI		y
26/06/2010	Roundshaw Downs 5k parkrun	66	Janet Quickenden			00:34:22	5K		XC	y	
09/05/2009	Banstead Woods 5k parkrun	196	Gill Stalley			00:34:25	5K		XC	y	
12/09/2009	Banstead Woods 5k parkrun	137	Janet Quickenden			00:34:27	5K		XC	y	
01/06/2013	Lloyd Park 5k parkrun	105	Charlie TANNER	00:34:41		00:34:41	5K		XC		y
04/05/2013	Lloyd Park 5k parkrun	98	Charlie TANNER	00:35:11		00:35:11	5K		XC		y
04/06/2012	Riddlesdown 5k parkrun	197	Frances Sloss			00:35:18	5K		MULTI	y	
04/06/2012	Riddlesdown 5k parkrun	197	Frances Sloss			00:35:18	5K		MULTI	y	
05/09/2009	Banstead Woods 5k parkrun	154	Janet Quickenden			00:35:40	5K		XC	y	
27/06/2009	Banstead Woods 5k parkrun	159	Janet Quickenden			00:35:45	5K		XC	y	
22/10/2011	Nonsuch Park 5k parkrun	153	Sophie Gaskin			00:35:56	5K		MULTI	y	
27/07/2013	Roundshaw Downs 5k parkrun	64	Daisy RYAN	00:36:01		00:36:01	5K		XC	y	
13/07/2013	Roundshaw Downs 5k parkrun	66	Caroline SAUNDERS	00:36:02		00:36:02	5K		XC	y	
15/06/2013	Banstead Woods 5k parkrun	235	Rosemary EGBE	00:36:30		00:36:30	5K		XC		y
06/04/2013	Old Deer Park 5k parkrun	538	Rosemary EGBE	00:36:48		00:36:48	5K		XC		y
15/10/2011	Nonsuch Park 5k parkrun	122	Sophie Gaskin			00:36:48	5K		MULTI	y	

14/04/2012	Dulwich 5k parkrun	158	Alison Symonds-Tayler	00:37:30		00:37:30	5K		ROAD	y	
13/07/2013	Roundshaw Downs 5k parkrun	71	Daisy RYAN	00:38:24		00:38:24	5K		XC	y	
07/04/2012	Roundshaw Downs 5k parkrun	104	Alison Symonds-Tayler			00:38:46	5K		XC	y	
08/10/2011	Roundshaw Downs 5k parkrun	68	Jean Quested			00:40:22	5K		XC	y	
09/10/2010	Roundshaw Downs 5k parkrun	89	Jenny Pollock			00:41:11	5K		XC	y	
01/10/2011	Nonsuch Park 5k parkrun	110	Sophie Gaskin			00:41:14	5K		MULTI		y
14/02/1999	Chessington 5		Terry Bridger			00:31:35	5M		ROAD	y	
18/05/1997	Tadworth 5		Colin Wilkie			00:34:47	5M		ROAD	y	
14/02/1999	Chessington 5		Jeremy Sandford			00:35:22	5M		ROAD	y	
06/12/1998	Victory 5		Jeremy Sandford			00:36:27	5M		ROAD	y	
21/07/2013	National Lottery Anniversary Run - 5 Miles	2720	Cat Gaskell	00:40:52		00:40:52	5M		ROAD	y	
29/04/2012	Hogsmill Ladies 5	14	Cat Gaskell			00:41:35	5M		MULTI	y	
14/02/1999	Chessington 5		Thomas Wilkie			00:43:20	5M		ROAD	y	
29/04/2012	Hogsmill Ladies 5	45	Alison Fox			00:46:15	5M		MULTI	y	
08/05/2011	Hogsmill Ladies 5	45	Alison Fox			00:46:38	5M		MULTI	y	
29/01/2012	The Perch	25	Richard Fox			00:40:56	6.06M		MULTI		y
29/01/2012	The Perch	50	Martin Lloyd			00:42:35	6.06M		MULTI		y
29/01/2012	The Perch	211	Ruth Cottam			00:53:06	6.06M		MULTI		y
29/01/2012	The Perch	324	Rupert Quested			01:02:07	6.06M		MULTI		y
28/07/2000	Wedding Day 7k	90	Martin Lloyd			00:27:58	7K			y	
28/07/2000	Wedding Day 7k	302	Thomas Wilkie			00:35:08	7K			y	
16/07/2011	Elmore 7	31	Martin Lloyd			00:44:27	7M		ROAD	y	
17/07/2010	Elmore 7	38	Andy Stalley			00:44:43	7M		ROAD	y	
13/07/2002	Elmore 7		Martin Lloyd			00:44:52	7M		ROAD	y	
18/07/2009	Elmore 7	30	Andy Stalley			00:45:59	7M		ROAD	y	
16/07/2011	Elmore 7	62	Bill Walsh			00:47:26	7M		ROAD	y	
17/07/2010	Elmore 7	87	Bill Walsh			00:48:20	7M		ROAD	y	
16/07/2011	Elmore 7	196	Cat Gaskell			00:59:00	7M		ROAD		y
17/07/2010	Elmore 7	217	Ruth Cottam			00:59:42	7M		ROAD	y	
17/07/2010	Elmore 7	235	Annette Helliwell			01:01:09	7M		ROAD	y	
16/07/2011	Elmore 7	260	Rupert Quested			01:07:02	7M		ROAD	y	
16/07/2011	Elmore 7	267	Alison Fox			01:08:20	7M		ROAD	y	
11/05/2002	Hillcrest 8k	12	Martin Lloyd			00:29:42	8K		MULTI	y	
04/07/1999	Harry Hawkes 8		Thomas Wilkie			01:05:55	8M		MULTI	y	