

Results

Richmond Park 10.4 (Men)

Position	First Name	Last Name	Gender	Category	Club	Time	Avg-Speed	Points
1	Laurence	Harding	Male			23:55	26.09 Mph	0
2	Martin	Williamson	Male	Vet	London Dynamo	23:58	26.036 Mph	0
3	Simon	Tout	Male			24:05	25.91 Mph	0
4	Alex	Wake	Male			24:05	25.91 Mph	0
5	Tom	Wrzecionowski	Male			24:31	25.452 Mph	0
6	Shaun	Kennedy	Male		Bec CC	24:36	25.366 Mph	0
7	Ben	Elliott	Male	Senior		24:40	25.297 Mph	0
8	Will	Hayter	Male		London Dynamo	24:49	25.144 Mph	0
9	Jon	Archdeacon	Male		De Laune CC	24:57	25.01 Mph	0
10	Wayne	Smith	Male			24:59	24.976 Mph	0
11	Ian	Paine	Male		London Dynamo	25:15	24.713 Mph	0
12	Uli	Kraeling	Male		Ful-on Tri	25:19	24.648 Mph	0
13	Michael	Shaw	Male		Serpentine Running Club	25:20	24.631 Mph	0
14	Anthony	Schroeder	Male			25:24	24.567 Mph	0
15	James	Hughes	Male		Bec CC	25:34	24.407 Mph	0
16	Stuart	Spies	Male		London Dynamo	25:38	24.343 Mph	0
17	Xavier	Disley	Male	Senior	...a3crg	25:46	24.217 Mph	0
18	Phil	Ember	Male			25:47	24.201 Mph	0
19	Dermot	Kealey	Male	Vet		25:58	24.031 Mph	0
20	Chris	Long	Male			26:11	23.832 Mph	0
21	Will	Horrocks	Male			26:12	23.817 Mph	0

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22	David	Bowles	Male			26:18	23.726 Mph	0
23	Michael	Valks	Male			26:19	23.711 Mph	0
24	Chris	Newman	Male			26:28	23.577 Mph	0
25	Colin	McQuistan	Male			26:35	23.473 Mph	0
26	Mike	Kaziemierski	Male			26:38	23.429 Mph	0
27	John	Coolahan	Male			26:48	23.283 Mph	0
28	Rob	Jeffroy	Male		London Dynamo	26:51	23.24 Mph	0
29	Chris	Pyne	Male		Imperial Racing Team	26:51	23.24 Mph	0
30	Damian	Poulter	Male			26:52	23.226 Mph	0
31	Simon	Church	Male	Vet	London Dynamo	26:55	23.182 Mph	0
32	David	Larkin	Male			27:00	23.111 Mph	0
33	Jake	Martin	Male			27:03	23.068 Mph	0
34	Matt	Myers	Male			27:15	22.899 Mph	0
35	Tim	Seddon	Male			27:25	22.76 Mph	0
36	Neil	Stone	Male			27:26	22.746 Mph	0
37	Thomas	Cos	Male		Clapham Chasers	27:27	22.732 Mph	0
38	Matthew	Hammond	Male			27:32	22.663 Mph	0
39	Jonathan	Hemming	Male		Addiscombe CC	27:37	22.595 Mph	0
40	Troy	Squires	Male			27:46	22.473 Mph	0
41	Chris	Scarlett	Male			27:51	22.406 Mph	0
42	Ian	Duffey	Male		London Dynamo	27:56	22.339 Mph	0
43	Daniel	White	Male		Hillingdon Triathletes	27:56	22.339 Mph	0
44	David	Freeman	Male			28:04	22.233 Mph	0
45	Clive	Newnham	Male			28:08	22.18 Mph	0
46	Stuart	Kistruck	Male			28:11	22.141 Mph	0

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47	Dominic	Staunton	Male			28:17	22.062 Mph	0
48	Ivor	Hewitt	Male		Addiscombe CC	28:20	22.023 Mph	0
49	Jason	Saunders	Male		Serpentine Running Club	28:23	21.985 Mph	0
50	David	Sidgwick	Male			28:28	21.92 Mph	0
51	David	Rose	Male			28:30	21.895 Mph	0
52	Richard	Barnes-Webb	Male			28:35	21.831 Mph	0
53	Andrew	Clark	Male		Addiscombe CC	28:37	21.805 Mph	0
54	John	Beer	Male			28:45	21.704 Mph	0
55	Jonathan	Gardner	Male		Serpentine Running Club	28:47	21.679 Mph	0
56	Toby	Blackman	Male		London Dynamo	28:49	21.654 Mph	0
57	Gavin	Loughry	Male			28:57	21.554 Mph	0
58	Mark	Teasdale	Male			28:59	21.529 Mph	0
59	Jason	Kemp	Male			29:05	21.455 Mph	0
60	Jonathan	Adams	Male		London Dynamo	29:09	21.406 Mph	0
61	Alec	Dyer	Male			29:09	21.406 Mph	0
62	Dan	Coulcher	Male			29:10	21.394 Mph	0
63	Frank	McGarry	Male		London Dynamo	29:20	21.273 Mph	0
64	Gavin	Estcourt	Male			29:24	21.224 Mph	0
65	Ramsey	Connors	Male			29:25	21.212 Mph	0
66	Craig	Smiley	Male			29:38	21.057 Mph	0
67	David	Eccles	Male		Redmon CC	29:49	20.928 Mph	0
68	Alex	Araujo	Male		London Dynamo	29:51	20.904 Mph	0
69	Steve	Fardell	Male		London Dynamo	30:03	20.765 Mph	0
70	Andy	Sturt	Male			30:09	20.696 Mph	0
71	Michael	Powell	Male		Ful-on Tri	30:10	20.685 Mph	0

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72	Wesley	White	Male			30:14	20.639 Mph	0
73	Andy	Steele	Male			30:19	20.583 Mph	0
74	Andrew	Lynch	Male		London Dynamo	30:20	20.571 Mph	0
75	Paul	Valks	Male			30:25	20.515 Mph	0
76	Mark	Sage	Male			30:30	20.459 Mph	0
77	Christopher	Robey	Male		Redmon CC	30:35	20.403 Mph	0
78	Jon	Willis	Male			30:49	20.249 Mph	0
79	Simon	Lowe	Male		De Laune CC	30:51	20.227 Mph	0
80	Mark	Green	Male			30:59	20.14 Mph	0
81	Robert	Davis	Male			31:19	19.925 Mph	0
82	Joe	Richardson	Male			31:24	19.872 Mph	0
83	Ed	Hoadley	Male			31:49	19.612 Mph	0
84	Kieran	Mahony	Male			32:39	19.112 Mph	0
85	Iain	Houston	Male		London Dynamo	32:40	19.102 Mph	0
86	Andy	Robinson	Male		Kingfisher Triathletes	33:01	18.899 Mph	0
87	Alan	Thruston	Male		Addiscombe CC	34:26	18.122 Mph	0
88	Justin	Fisher	Male			35:05	17.786 Mph	0
89	Terence	Deere	Male			35:12	17.727 Mph	0
90	Billy	Mead	Male			35:45	17.454 Mph	0
DNS	Michael	Lavelle	Male					0
DNS	Martin	Lowell	Male					0
DNS	Andrew	Harrison	Male		Serpentine Running Club			0
DNS	Richard	Connolly	Male		London Dynamo			0
DNS	Mitchell	Harris	Male					0
DNS	Tony	Tugwell	Male					0
DNS	Dave	Andrews	Male		London Dynamo			0
DNS	Chris	Harrison	Male					0
DNS	Andrew	Simms	Male					0
DNS	Alex	Smyth	Male					0
DNS	Nick	Dawson	Male					0

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DNS	Rob	Reid	Male		London Dynamo			0