



# Thames Riverside 20 (Race or Pace)

Sunday 5th March 2017 Final Results

| Finish Position | Race Number | Gun Time (hh:mm:ss) | Pace Group Start Adj. (hh:mm:ss) | Pace Group Adjusted Run Time (hh:mm:ss) | Forename  | Surname    | Gender | Club                                | Pace Group          |
|-----------------|-------------|---------------------|----------------------------------|---|-----------|------------|--------|-------------------------------------|---------------------|
| 1               | 28          | 01:54:09            |                                  | 01:54:09                                | Daniel    | Steel      | Male   | woodford green ac with essex ladies | Sub 07.00 min/miles |
| 2               | 39          | 01:56:20            |                                  | 01:56:20                                | Jake      | Waldron    | Male   | Ranelagh Harriers                   | Sub 07.00 min/miles |
| 3               | 12          | 02:03:47            |                                  | 02:03:47                                | Johnny    | Suttle     | Male   | queen's park harriers               | Sub 07.00 min/miles |
| 4               | 402         | 02:06:21            |                                  | 02:06:21                                | Gareth    | Parr       | Male   | South London Harriers               | Sub 07.00 min/miles |
| 5               | 41          | 02:07:02            |                                  | 02:07:02                                | Ben       | Rajan      | Male   |                                     | Sub 07.00 min/miles |
| 6               | 408         | 02:07:23            |                                  | 02:07:23                                | Stuart    | Macdougall | Male   | Fulham Running Club                 | Sub 07.00 min/miles |
| 7               | 3           | 02:08:03            |                                  | 02:08:03                                | Peter     | Woodhead   | Male   | Clapham Chasers                     | Sub 07.00 min/miles |
| 8               | 29          | 02:08:40            |                                  | 02:08:40                                | Sam       | O'connell  | Male   | kent ac                             | Sub 07.00 min/miles |
| 9               | 9           | 02:09:12            |                                  | 02:09:12                                | KIRIT     | PATEL      | Male   | London Fronrunners                  | Sub 07.00 min/miles |
| 10              | 43          | 02:09:25            |                                  | 02:09:25                                | Kevin     | Berg       | Male   |                                     | Sub 07.00 min/miles |
| 11              | 1           | 02:09:47            |                                  | 02:09:47                                | Martin    | Rutter     | Male   | Clapham Chasers                     | Sub 07.00 min/miles |
| 12              | 411         | 02:11:11            | 00:02:00                         | 02:09:11                                | Nicholas  | Thomas     | Male   | Fulham Running Club                 | 07.00 min/miles     |
| 13              | 32          | 02:12:00            |                                  | 02:12:00                                | Danny     | White      | Male   | Lordshill road runners              | Sub 07.00 min/miles |
| 14              | 6           | 02:12:27            |                                  | 02:12:27                                | Tom       | Darby      | Male   |                                     | Sub 07.00 min/miles |
| 15              | 25          | 02:12:29            |                                  | 02:12:29                                | Chris     | Davidson   | Male   | Elmbridge RRC                       | Sub 07.00 min/miles |
| 16              | 5           | 02:12:33            |                                  | 02:12:33                                | Jeremy    | Agnew      | Male   |                                     | Sub 07.00 min/miles |
| 17              | 24          | 02:12:59            | 00:04:00                         | 02:08:59                                | Russell   | Beard      | Male   | Clapham Chasers                     | 07.30 min/miles     |
| 18              | 51          | 02:13:08            | 00:02:00                         | 02:11:08                                | Rob       | Harkness   | Male   | Windle Valley Runners               | 07.00 min/miles     |
| 19              | 46          | 02:13:10            | 00:02:00                         | 02:11:10                                | Rose      | Penfold    | Female | Fulham Running Club                 | 07.00 min/miles     |
| 20              | 44          | 02:13:43            |                                  | 02:13:43                                | Ed        | Green      | Male   |                                     | Sub 07.00 min/miles |
| 21              | 19          | 02:13:55            |                                  | 02:13:55                                | Stewart   | Curtis     | Male   | BBC Running Club                    | Sub 07.00 min/miles |
| 22              | 15          | 02:14:37            |                                  | 02:14:37                                | Edward    | Darby      | Male   |                                     | Sub 07.00 min/miles |
| 23              | 16          | 02:14:58            | 00:02:00                         | 02:12:58                                | Paul      | Quilter    | Male   | Fulham Running Club                 | 07.00 min/miles     |
| 24              | 27          | 02:16:41            |                                  | 02:16:41                                | John      | Mehrزد     | Male   | Mornington Chasers                  | Sub 07.00 min/miles |
| 25              | 33          | 02:17:49            |                                  | 02:17:49                                | Jack      | Hambleton  | Male   | Clapham Chasers                     | Sub 07.00 min/miles |
| 26              | 42          | 02:18:10            |                                  | 02:18:10                                | Anthony   | Whelan     | Male   | 26.2 RRC                            | Sub 07.00 min/miles |
| 27              | 52          | 02:18:36            | 00:02:00                         | 02:16:36                                | Phil      | Jelly      | Male   | Windle Valley Runners               | 07.00 min/miles     |
| 28              | 40          | 02:18:47            |                                  | 02:18:47                                | Darren    | Tanner     | Male   | Clapham Chasers RC                  | Sub 07.00 min/miles |
| 29              | 56          | 02:19:21            | 00:02:00                         | 02:17:21                                | Adam      | May        | Male   | Hercules Wimbledon AC               | 07.00 min/miles     |
| 30              | 63          | 02:19:24            | 00:02:00                         | 02:17:24                                | Fergus    | Johnson    | Male   | Egdon Heath Harriers                | 07.00 min/miles     |
| 31              | 62          | 02:19:26            | 00:02:00                         | 02:17:26                                | Michael   | Smith      | Male   | orpington road runners              | 07.00 min/miles     |
| 32              | 20          | 02:20:25            |                                  | 02:20:25                                | Lee       | Pearce     | Female | South London Harriers               | Sub 07.00 min/miles |
| 33              | 55          | 02:20:25            | 00:02:00                         | 02:18:25                                | Anthony   | Pakrosnis  | Male   | BBC Running Club                    | 07.00 min/miles     |
| 34              | 8           | 02:20:26            |                                  | 02:20:26                                | Simon     | Danciger   | Male   | Wimbledon Windmilers                | Sub 07.00 min/miles |
| 35              | 50          | 02:20:46            | 00:02:00                         | 02:18:46                                | John      | Foss       | Male   | South London Harriers               | 07.00 min/miles     |
| 36              | 4           | 02:21:31            | 00:02:00                         | 02:19:31                                | Jonathan  | Beatty     | Male   | kent ac                             | 07.00 min/miles     |
| 37              | P           | 02:21:41            | 00:02:00                         | 02:19:41                                | #N/A      | #N/A       | #N/A   | #N/A                                | #N/A                |
| 38              | P           | 02:21:44            | 00:02:00                         | 02:19:44                                | #N/A      | #N/A       | #N/A   | #N/A                                | #N/A                |
| 39              | 74          | 02:23:29            | 00:04:00                         | 02:19:29                                | Josh      | Ord-Hume   | Male   | Barnes Runners                      | 07.30 min/miles     |
| 40              | 31          | 02:23:36            |                                  | 02:23:36                                | Ben       | Draper     | Male   |                                     | Sub 07.00 min/miles |
| 41              | 72          | 02:23:41            | 00:02:00                         | 02:21:41                                | Emilie    | Isaacs     | Female | Serpentine                          | 07.00 min/miles     |
| 42              | 71          | 02:23:43            | 00:04:00                         | 02:19:43                                | Andrew    | Davies     | Male   | hercules wimbledon ac               | 07.30 min/miles     |
| 43              | 66          | 02:23:51            | 00:02:00                         | 02:21:51                                | James     | Rous       | Male   | Achilles AC                         | 07.00 min/miles     |
| 44              | 2           | 02:23:57            |                                  | 02:23:57                                | Michael   | Wiggins    | Male   |                                     | Sub 07.00 min/miles |
| 45              | 67          | 02:24:34            | 00:02:00                         | 02:22:34                                | Adrian    | Brookes    | Male   | Woking AC                           | 07.00 min/miles     |
| 46              | 18          | 02:24:38            | 00:06:00                         | 02:18:38                                | Dean      | Morley     | Male   | Serpentine                          | 07.30 min/miles     |
| 47              | 70          | 02:25:16            | 00:02:00                         | 02:23:16                                | Rob       | Jones      | Male   |                                     | 07.00 min/miles     |
| 48              | 10          | 02:25:45            |                                  | 02:25:45                                | Michael   | Swarbrick  | Male   |                                     | Sub 07.00 min/miles |
| 49              | 22          | 02:25:46            | 00:04:00                         | 02:21:46                                | Ryan      | McCrickerd | Male   | Serpentine                          | 07.30 min/miles     |
| 50              | 128         | 02:26:01            | 00:04:00                         | 02:22:01                                | Caroline  | Kelly      | Female | London City Athletics Club          | 07.30 min/miles     |
| 51              | 89          | 02:26:01            | 00:04:00                         | 02:22:01                                | Chris     | Barnett    | Male   | JDRF Hawks                          | 07.30 min/miles     |
| 52              | 35          | 02:26:37            |                                  | 02:26:37                                | Leo       | Palazzuoli | Male   | Fulham Running Club                 | Sub 07.00 min/miles |
| 53              | 112         | 02:26:57            | 00:04:00                         | 02:22:57                                | James     | Coleman    | Male   | Fulham Running Club                 | 07.30 min/miles     |
| 54              | 190         | 02:27:03            | 00:08:00                         | 02:19:03                                | Sam       | O'Shea     | Male   |                                     | 08.00 min/miles     |
| 55              | 69          | 02:27:23            | 00:02:00                         | 02:25:23                                | Simon     | Viney      | Male   |                                     | 07.00 min/miles     |
| 56              | 65          | 02:28:02            | 00:02:00                         | 02:26:02                                | Dan       | Little     | Male   | Ranelagh Harriers                   | 07.00 min/miles     |
| 57              | 11          | 02:28:27            |                                  | 02:28:27                                | Stuart    | Lorberg    | Male   | NA                                  | Sub 07.00 min/miles |
| 58              | 94          | 02:28:37            | 00:04:00                         | 02:24:37                                | Nicholas  | Stallman   | Male   | Queens Park Harriers                | 07.30 min/miles     |
| 59              | 57          | 02:28:37            | 00:04:00                         | 02:24:37                                | Gildas    | Braine     | Male   | queen's park harriers               | 07.30 min/miles     |
| 60              | 86          | 02:29:27            | 00:04:00                         | 02:25:27                                | Mark      | Wingham    | Male   | Sutton runners                      | 07.30 min/miles     |
| 61              | 73          | 02:29:31            | 00:04:00                         | 02:25:31                                | Bryan     | Park       | Male   | Sutton Runners                      | 07.30 min/miles     |
| 62              | 53          | 02:29:43            | 00:02:00                         | 02:27:43                                | Chris     | Peskett    | Male   | Barnes Runners                      | 07.00 min/miles     |
| 63              | 23          | 02:29:47            |                                  | 02:29:47                                | Derek     | Green      | Male   | Clapham PiONEERS                    | Sub 07.00 min/miles |
| 64              | 104         | 02:29:53            | 00:04:00                         | 02:25:53                                | Nick      | Hayes      | Male   | Clapham Chasers                     | 07.30 min/miles     |
| 65              | 21          | 02:30:06            |                                  | 02:30:06                                | Eduard    | Egelie     | Male   | Belgrave Harriers                   | Sub 07.00 min/miles |
| 66              | 61          | 02:30:14            | 00:02:00                         | 02:28:14                                | Chris     | Cooper     | Male   | Fulham Running Club                 | 07.00 min/miles     |
| 67              | 58          | 02:31:03            | 00:02:00                         | 02:29:03                                | Graham    | Sutherland | Male   | Clapham Chasers                     | 07.00 min/miles     |
| 68              | 114         | 02:32:05            | 00:04:00                         | 02:28:05                                | Sharon    | Templeman  | Female |                                     | 07.30 min/miles     |
| 69              | 121         | 02:33:34            | 00:06:00                         | 02:27:34                                | Richard   | Dobson     | Male   | Richard Dobson                      | 07.30 min/miles     |
| 70              | 59          | 02:33:35            | 00:04:00                         | 02:29:35                                | Stewart   | Bond       | Male   | Hercules Wimbledon AC               | 07.30 min/miles     |
| 71              | 84          | 02:33:37            | 00:06:00                         | 02:27:37                                | Ange      | Norris     | Female | Dulwich runners                     | 07.30 min/miles     |
| 72              | 123         | 02:33:45            | 00:06:00                         | 02:27:45                                | Emma Jane | Montiel    | Female | City of Portsmouth Athletic Club    | 07.30 min/miles     |
| 73              | 95          | 02:33:49            | 00:06:00                         | 02:27:49                                | Geoff     | Tookey     | Male   | 26.2 RRC                            | 07.30 min/miles     |
| 74              | 105         | 02:33:51            | 00:06:00                         | 02:27:51                                | Bill      | Arnold     | Male   | South London Harriers               | 07.30 min/miles     |
| 75              | 113         | 02:34:13            | 00:04:00                         | 02:30:13                                | Julian    | Diamond    | Male   |                                     | 07.30 min/miles     |
| 76              | P           | 02:34:27            | 00:04:00                         | 02:30:27                                | #N/A      | #N/A       | #N/A   | #N/A                                | #N/A                |



# Thames Riverside 20 (Race or Pace)

Sunday 5th March 2017 Final Results

| Finish Position | Race Number | Gun Time (hh:mm:ss) | Pace Group Start Adj. (hh:mm:ss) | Pace Group Adjusted Run Time (hh:mm:ss) | Forename  | Surname        | Gender | Club                           | Pace Group          |
|-----------------|-------------|---------------------|----------------------------------|---|-----------|----------------|--------|--------------------------------|---------------------|
| 77              | 81          | 02:34:35            | 00:06:00                         | 02:28:35                                | Jack      | Dufton         | Male   | Runnymede Runners              | 07.30 min/miles     |
| 78              | 158         | 02:34:56            | 00:10:00                         | 02:24:56                                | Mark      | Hattley        | Male   | orpington road runners         | 08.00 min/miles     |
| 79              | 120         | 02:35:01            | 00:04:00                         | 02:31:01                                | Nick      | Rowe           | Male   | the stragglers rc              | 07.30 min/miles     |
| 80              | 83          | 02:35:06            | 00:06:00                         | 02:29:06                                | Phil      | Ribbins        | Male   | Windle Valley Runners          | 07.30 min/miles     |
| 81              | 103         | 02:35:07            | 00:06:00                         | 02:29:07                                | Matthew   | O'brien        | Male   |                                | 07.30 min/miles     |
| 82              | 116         | 02:35:14            | 00:04:00                         | 02:31:14                                | Justin    | Gilmore        | Male   |                                | 07.30 min/miles     |
| 83              | P           | 02:35:16            | 00:06:00                         | 02:29:16                                | #N/A      | #N/A           | #N/A   | #N/A                           | #N/A                |
| 84              | P           | 02:35:16            | 00:06:00                         | 02:29:16                                | #N/A      | #N/A           | #N/A   | #N/A                           | #N/A                |
| 85              | 68          | 02:35:27            | 00:04:00                         | 02:31:27                                | Hayley    | Manning        | Female | Clapham Chasers                | 07.30 min/miles     |
| 86              | 197         | 02:36:43            | 00:08:00                         | 02:28:43                                | Victoria  | Haslam         | Male   | 26.2 RRC                       | 08.00 min/miles     |
| 87              | 92          | 02:36:58            | 00:06:00                         | 02:30:58                                | Paul      | Barnes         | Male   |                                | 07.30 min/miles     |
| 88              | 64          | 02:37:00            | 00:02:00                         | 02:35:00                                | Jane      | Cardwell       | Female |                                | 07.00 min/miles     |
| 89              | 26          | 02:37:31            |                                  | 02:37:31                                | Neil      | Scammell       | Male   | BBC Running Club               | Sub 07.00 min/miles |
| 90              | 17          | 02:37:31            |                                  | 02:37:31                                | Brian     | Lynch          | Male   | BBC Running Club               | Sub 07.00 min/miles |
| 91              | 91          | 02:37:40            | 00:06:00                         | 02:31:40                                | Andrew    | Brenen         | Male   | Sutton runners                 | 07.30 min/miles     |
| 92              | 111         | 02:37:41            | 00:06:00                         | 02:31:41                                | Philippa  | Cates          | Female |                                | 07.30 min/miles     |
| 93              | 47          | 02:37:41            | 00:06:00                         | 02:31:41                                | Kevin     | Couchman       | Male   | ful-on tri                     | 07.30 min/miles     |
| 94              | 253         | 02:37:46            | 00:12:00                         | 02:25:46                                | Jack      | Wilkinson      | Male   |                                | 08.30 min/miles     |
| 95              | 88          | 02:39:33            | 00:08:00                         | 02:31:33                                | Natalie   | Ruffell        | Female | Clapham Chasers                | 08.00 min/miles     |
| 96              | 187         | 02:39:33            | 00:08:00                         | 02:31:33                                | Ruth      | Gloster        | Female | Clapham Chasers                | 08.00 min/miles     |
| 97              | 75          | 02:39:39            | 00:04:00                         | 02:35:39                                | Gary      | Rushmer        | Male   | British Airways Athletics Club | 07.30 min/miles     |
| 98              | 109         | 02:40:12            | 00:04:00                         | 02:36:12                                | Callum    | Kelas          | Male   |                                | 07.30 min/miles     |
| 99              | 97          | 02:40:30            | 00:06:00                         | 02:34:30                                | Emma      | Humphrey       | Female | datchet dashers                | 07.30 min/miles     |
| 100             | 171         | 02:40:50            | 00:08:00                         | 02:32:50                                | James     | Linney         | Male   | Ealing Eagles Running Club     | 08.00 min/miles     |
| 101             | 102         | 02:40:53            | 00:04:00                         | 02:36:53                                | Hedley    | Humphrey       | Male   | South London Harriers          | 07.30 min/miles     |
| 102             | 100         | 02:41:00            | 00:06:00                         | 02:35:00                                | Peter     | Hansen         | Male   | Windle Valley Runners          | 07.30 min/miles     |
| 103             | 173         | 02:42:42            | 00:08:00                         | 02:34:42                                | Gina      | Edmonds        | Female | Fulham Running Club            | 08.00 min/miles     |
| 104             | 202         | 02:42:51            | 00:08:00                         | 02:34:51                                | ALEX      | JOHNSTON       | Male   | Queens Park Harriers           | 08.00 min/miles     |
| 105             | 122         | 02:43:08            | 00:06:00                         | 02:37:08                                | Clare     | Meraz          | Female | Great Western Runners          | 07.30 min/miles     |
| 106             | 143         | 02:43:15            | 00:08:00                         | 02:35:15                                | Richard   | Gurd           | Male   | Ranelagh Harriers              | 08.00 min/miles     |
| 107             | 195         | 02:43:40            | 00:08:00                         | 02:35:40                                | Richard   | Peachment      | Male   | London Heathside Runners       | 08.00 min/miles     |
| 108             | 117         | 02:44:25            | 00:06:00                         | 02:38:25                                | Mark      | Terry          | Male   |                                | 07.30 min/miles     |
| 109             | 54          | 02:44:51            | 00:06:00                         | 02:38:51                                | Marie     | Synnot-Wells   | Female | Ranelagh Harriers              | 07.30 min/miles     |
| 110             | 251         | 02:44:55            | 00:08:00                         | 02:36:55                                | Will      | Ayrton         | Male   |                                | 08.00 min/miles     |
| 111             | 260         | 02:45:12            | 00:08:00                         | 02:37:12                                | James     | Wynne-Griffith | Male   |                                | 08.00 min/miles     |
| 112             | 145         | 02:45:25            | 00:08:00                         | 02:37:25                                | Simon     | Best           | Male   | South London Harriers          | 08.00 min/miles     |
| 113             | 414         | 02:45:30            | 00:10:00                         | 02:35:30                                | Nathaniel | Hicks          | Male   | Fulham Running Club            | 08.00 min/miles     |
| 114             | 144         | 02:45:43            | 00:08:00                         | 02:37:43                                | Kelly     | Page           | Male   | Serpentine                     | 08.00 min/miles     |
| 115             | 101         | 02:45:51            | 00:06:00                         | 02:39:51                                | Mark      | Lambert        | Male   | Windle Valley Runners          | 07.30 min/miles     |
| 116             | 124         | 02:46:49            | 00:10:00                         | 02:36:49                                | Eoghan    | Gill           | Male   |                                | 08.00 min/miles     |
| 117             | 182         | 02:46:32            | 00:08:00                         | 02:38:32                                | Ruth      | Brandon        | Female | Holme Pierrepont Running club  | 08.00 min/miles     |
| 118             | 262         | 02:46:36            | 00:08:00                         | 02:38:36                                | Rory      | Desmond        | Male   |                                | 08.00 min/miles     |
| 119             | 201         | 02:47:10            | 00:10:00                         | 02:37:10                                | Chris     | Woods          | Male   | Serpentine                     | 08.00 min/miles     |
| 120             | 136         | 02:47:22            | 00:08:00                         | 02:39:22                                | Danny     | Fitzsimons     | Male   | Orion Harriers                 | 08.00 min/miles     |
| 121             | 85          | 02:47:28            | 00:08:00                         | 02:39:28                                | Stephen   | Clancey        | Male   | South London Harriers          | 08.00 min/miles     |
| 122             | 181         | 02:47:30            | 00:08:00                         | 02:39:30                                | Ann       | Gould          | Female | Holme Pierrepont Running club  | 08.00 min/miles     |
| 123             | 153         | 02:47:33            | 00:08:00                         | 02:39:33                                | Mike      | Field          | Male   |                                | 08.00 min/miles     |
| 124             | P           | 02:47:35            | 00:08:00                         | 02:39:35                                | #N/A      | #N/A           | #N/A   | #N/A                           | #N/A                |
| 125             | 188         | 02:47:50            | 00:08:00                         | 02:39:50                                | Satu      | Hietanen       | Female | London Heathside               | 08.00 min/miles     |
| 126             | 186         | 02:47:51            | 00:08:00                         | 02:39:51                                | Nicholas  | de Sausmarez   | Male   | London Heathside               | 08.00 min/miles     |
| 127             | 258         | 02:47:58            | 00:08:00                         | 02:39:58                                | Anita     | Hedges         | Female | Sutton runners                 | 08.00 min/miles     |
| 128             | 115         | 02:48:03            | 00:08:00                         | 02:40:03                                | Claire    | Robb           | Female | Clapham Chasers                | 08.00 min/miles     |
| 129             | 98          | 02:48:06            | 00:02:00                         | 02:46:06                                | Tom       | Temple         | Male   | Salford harriers & ac          | 07.30 min/miles     |
| 130             | 236         | 02:48:23            | 00:12:00                         | 02:36:23                                | Sophia    | de Rivaz       | Female | Serpentine                     | 08.30 min/miles     |
| 131             | 231         | 02:48:23            | 00:12:00                         | 02:36:23                                | Lavinia   | Singer         | Female | Serpentine                     | 08.30 min/miles     |
| 132             | 404         | 02:48:34            | 00:08:00                         | 02:40:34                                | Daniel    | Watkins        | Male   |                                | 08.00 min/miles     |
| 133             | 162         | 02:48:38            | 00:08:00                         | 02:40:38                                | Joshua    | Watkins        | Male   | Windle Valley Runners          | 08.00 min/miles     |
| 134             | 137         | 02:48:43            | 00:08:00                         | 02:40:43                                | Pippa     | Major          | Female | South London Harriers          | 08.00 min/miles     |
| 135             | 108         | 02:48:49            | 00:10:00                         | 02:38:49                                | Jo        | Ross           | Male   |                                | 08.00 min/miles     |
| 136             | 141         | 02:48:54            | 00:10:00                         | 02:38:54                                | Marcus    | Courage        | Male   |                                | 08.00 min/miles     |
| 137             | 149         | 02:49:08            | 00:10:00                         | 02:39:08                                | Andy      | Coster         | Male   | orpington road runners         | 08.00 min/miles     |
| 138             | 183         | 02:49:26            | 00:08:00                         | 02:41:26                                | Jasper    | Welch          | Male   | Clapham Chasers                | 08.00 min/miles     |
| 139             | 134         | 02:49:37            | 00:10:00                         | 02:39:37                                | Gary      | Forde          | Male   | hercules wimbledon ac          | 08.00 min/miles     |
| 140             | 126         | 02:49:46            | 00:08:00                         | 02:41:46                                | Sam       | Wookie         | Male   | Clapham Chasers                | 08.00 min/miles     |
| 141             | P           | 02:49:47            | 00:10:00                         | 02:39:47                                | #N/A      | #N/A           | #N/A   | #N/A                           | #N/A                |
| 142             | P           | 02:50:08            | 00:10:00                         | 02:40:08                                | #N/A      | #N/A           | #N/A   | #N/A                           | #N/A                |
| 143             | 148         | 02:50:13            | 00:08:00                         | 02:42:13                                | Dominic   | Duroux         | Male   | Ealing Eagles Running Club     | 08.00 min/miles     |
| 144             | 142         | 02:51:04            | 00:08:00                         | 02:43:04                                | Steve     | Evans          | Male   |                                | 08.00 min/miles     |
| 145             | 167         | 02:51:23            | 00:10:00                         | 02:41:23                                | Frank     | Wood           | Male   | hercules wimbledon ac          | 08.00 min/miles     |
| 146             | 194         | 02:52:09            | 00:10:00                         | 02:42:09                                | Alice     | Milne          | Female |                                | 08.00 min/miles     |
| 147             | 125         | 02:52:14            | 00:10:00                         | 02:42:14                                | Ashley    | Clayden        | Male   |                                | 08.00 min/miles     |
| 148             | 301         | 02:53:08            | 00:18:00                         | 02:35:08                                | Tabtha    | Warley         | Female |                                | 09.00 min miles     |
| 149             | 163         | 02:53:21            | 00:08:00                         | 02:45:21                                | Charlotte | Johnson        | Female | Ealing Eagles Running Club     | 08.00 min/miles     |
| 150             | 403         | 02:53:21            | 00:10:00                         | 02:43:21                                | James     | Jurkiewicz     | Male   |                                | 08.00 min/miles     |
| 151             | 138         | 02:53:26            | 00:10:00                         | 02:43:26                                | Paul      | Mills          | Male   | hercules wimbledon ac          | 08.00 min/miles     |
| 152             | 77          | 02:53:41            | 00:06:00                         | 02:47:41                                | Nathalie  | Juchau         | Female | Met police                     | 07.30 min/miles     |



# Thames Riverside 20 (Race or Pace)

Sunday 5th March 2017 Final Results

| Finish Position | Race Number | Gun Time (hh:mm:ss) | Pace Group Start Adj. (hh:mm:ss) | Pace Group Adjusted Run Time (hh:mm:ss) | Forename  | Surname       | Gender | Club                       | Pace Group      |
|-----------------|-------------|---------------------|----------------------------------|---|-----------|---------------|--------|----------------------------|-----------------|
| 153             | 205         | 02:54:34            | 00:10:00                         | 02:44:34                                | Justin    | BATEMAN       | Male   | Fulham Running Club        | 08.00 min/miles |
| 154             | 159         | 02:54:41            | 00:08:00                         | 02:46:41                                | Patricia  | Greer         | Female |                            | 08.00 min/miles |
| 155             | 172         | 02:54:45            | 00:10:00                         | 02:44:45                                | Ian       | Cox           | Male   | bracknell forest runners   | 08.00 min/miles |
| 156             | 151         | 02:57:04            | 00:10:00                         | 02:47:04                                | Gary      | Robinson      | Male   | west 4 harriers            | 08.00 min/miles |
| 157             | 96          | 02:57:31            | 00:14:00                         | 02:43:31                                | Jonathan  | Walsh         | Male   |                            | 08.30 min/miles |
| 158             | 169         | 02:57:53            | 00:08:00                         | 02:49:53                                | ADRIAN    | WHATMORE      | Male   | Windle Valley Runners      | 08.00 min/miles |
| 159             | 177         | 02:57:59            | 00:12:00                         | 02:45:59                                | Gemma     | Taylor        | Female | Clapham Chasers            | 08.30 min/miles |
| 160             | 407         | 02:58:12            | 00:10:00                         | 02:48:12                                | Bradley   | Jeffery       | Male   | orpington road runners     | 08.00 min/miles |
| 161             | 79          | 02:58:15            | 00:08:00                         | 02:50:15                                | Gerard    | Longworth     | Male   |                            | 08.00 min/miles |
| 162             | 266         | 02:58:44            | 00:12:00                         | 02:46:44                                | Nigel     | Jackson       | Male   | bracknell forest runners   | 08.30 min/miles |
| 163             | 224         | 02:59:15            | 00:12:00                         | 02:47:15                                | Rebecca   | Lister        | Female | Fulham Running Club        | 08.30 min/miles |
| 164             | 243         | 02:59:41            | 00:12:00                         | 02:47:41                                | Michelle  | Tanner        | Female | Ealing Eagles Running Club | 08.30 min/miles |
| 165             | 228         | 03:00:21            | 00:12:00                         | 02:48:21                                | Nicholas  | Page          | Male   |                            | 08.30 min/miles |
| 166             | 399         | 03:00:39            | 00:12:00                         | 02:48:39                                | Robert    | Selway        | Male   |                            | 08.30 min/miles |
| 167             | 204         | 03:00:39            | 00:12:00                         | 02:48:39                                | Barney    | Greenish      | Male   |                            | 08.30 min/miles |
| 168             | 152         | 03:00:56            | 00:12:00                         | 02:48:56                                | Michele   | Chung         | Female |                            | 08.30 min/miles |
| 169             | 189         | 03:01:06            | 00:12:00                         | 02:49:06                                | Marie     | Fall          | Female | Clapham Chasers            | 08.30 min/miles |
| 170             | 255         | 03:01:16            | 00:12:00                         | 02:49:16                                | Huw       | Morris        | Male   |                            | 08.30 min/miles |
| 171             | 244         | 03:01:20            | 00:12:00                         | 02:49:20                                | Daniel    | Louw          | Male   |                            | 08.30 min/miles |
| 172             | 87          | 03:01:36            | 00:12:00                         | 02:49:36                                | Emma      | Willing       | Female | Clapham Chasers            | 08.30 min/miles |
| 173             | 154         | 03:01:41            | 00:14:00                         | 02:47:41                                | SHUN-LAI  | CHAN          | Female | collingwood ac             | 08.30 min/miles |
| 174             | 199         | 03:01:57            | 00:12:00                         | 02:49:57                                | Ana       | Gomez         | Female | Serpentine                 | 08.30 min/miles |
| 175             | 242         | 03:01:59            | 00:12:00                         | 02:49:59                                | James     | Lush          | Male   | London City Athletics Club | 08.30 min/miles |
| 176             | P           | 03:01:59            | 00:12:00                         | 02:49:59                                | #N/A      | #N/A          | #N/A   | #N/A                       | #N/A            |
| 177             | P           | 03:02:02            | 00:12:00                         | 02:50:02                                | #N/A      | #N/A          | #N/A   | #N/A                       | #N/A            |
| 178             | 139         | 03:02:41            | 00:14:00                         | 02:48:41                                | Glenn     | Matthews      | Male   | Ealing Eagles Running Club | 08.30 min/miles |
| 179             | 248         | 03:03:03            | 00:14:00                         | 02:49:03                                | Joanna    | Braine        | Female | Queen's Park Harriers      | 08.30 min/miles |
| 180             | 131         | 03:03:13            | 00:08:00                         | 02:55:13                                | Michelle  | Verbossche    | Female | Ealing Eagles Running Club | 08.00 min/miles |
| 181             | 230         | 03:03:14            | 00:14:00                         | 02:49:14                                | Toby      | Holman        | Male   |                            | 08.30 min/miles |
| 182             | 161         | 03:03:35            | 00:14:00                         | 02:49:35                                | John      | Kenny         | Male   | Ealing Eagles Running Club | 08.30 min/miles |
| 183             | 164         | 03:03:39            | 00:14:00                         | 02:49:39                                | Cara      | Russell       | Female | serpentine running club    | 08.30 min/miles |
| 184             | 285         | 03:03:41            | 00:14:00                         | 02:49:41                                | Lucy      | Rigg          | Female | Ealing Eagles Running Club | 08.30 min/miles |
| 185             | 259         | 03:03:45            | 00:14:00                         | 02:49:45                                | Katie     | Wills         | Female | South London Harriers      | 08.30 min/miles |
| 186             | P           | 03:03:47            | 00:14:00                         | 02:49:47                                | #N/A      | #N/A          | #N/A   | #N/A                       | #N/A            |
| 187             | P           | 03:04:19            | 00:14:00                         | 02:50:19                                | #N/A      | #N/A          | #N/A   | #N/A                       | #N/A            |
| 188             | 49          | 03:04:24            | 00:02:00                         | 03:02:24                                | Stephen   | Vincent       | Male   | South London Harriers      | 07.00 min/miles |
| 189             | 178         | 03:04:40            | 00:18:00                         | 02:46:40                                | Richard   | Hewson        | Male   | Elmbridge Road Runners     | 09.00 min/miles |
| 190             | 247         | 03:04:46            | 00:14:00                         | 02:50:46                                | Jo        | Tillman       | Female | London City Athletics Club | 08.30 min/miles |
| 191             | 196         | 03:04:47            | 00:14:00                         | 02:50:47                                | Andrew    | Firth         | Male   | London City Athletics Club | 08.30 min/miles |
| 192             | 238         | 03:04:50            | 00:14:00                         | 02:50:50                                | Giles     | Gray          | Male   |                            | 08.30 min/miles |
| 193             | 306         | 03:04:52            | 00:14:00                         | 02:50:52                                | Joanne    | Read          | Female | Queens Park Harriers       | 08.30 min miles |
| 194             | 132         | 03:05:44            | 00:08:00                         | 02:57:44                                | Phillip   | Snalune       | Male   | Wimbledon Windmilers       | 08.00 min/miles |
| 195             | 340         | 03:05:50            | 00:16:00                         | 02:49:50                                | Annabel   | Ballance      | Female |                            | 09.00 min/miles |
| 196             | 341         | 03:05:58            | 00:16:00                         | 02:49:58                                | James     | Warren        | Male   |                            | 09.00 min miles |
| 197             | 147         | 03:06:18            | 00:14:00                         | 02:52:18                                | Peter     | Emery         | Male   | South London Harriers      | 08.30 min/miles |
| 198             | 235         | 03:16:24            | 00:14:00                         | 03:02:24                                | Stewart   | Day           | Male   |                            | 08.30 min/miles |
| 199             | 263         | 03:06:49            | 00:12:00                         | 02:54:49                                | Martin    | Ibbotson      | Male   |                            | 08.30 min/miles |
| 200             | 166         | 03:07:30            | 00:18:00                         | 02:49:30                                | Rahim     | Mir           | Male   |                            | 09.00 min/miles |
| 201             | 212         | 03:08:00            | 00:12:00                         | 02:56:00                                | Tessa     | Morrison      | Female | Dulwich Runners AC         | 08.30 min/miles |
| 202             | 200         | 03:08:13            | 00:16:00                         | 02:52:13                                | Lucy      | Harris        | Female | Witney Road Runners        | 09.00 min/miles |
| 203             | 336         | 03:08:20            | 00:20:00                         | 02:48:20                                | Dane      | Satterthwaite | Male   |                            | 09.30 min/miles |
| 204             | 265         | 03:09:06            | 00:14:00                         | 02:55:06                                | Fabio     | Maroni        | Male   | Clapham Chasers            | 08.30 min/miles |
| 205             | 174         | 03:09:48            | 00:08:00                         | 03:01:48                                | John      | McCarthy      | Male   | Thames Valley Harriers     | 08.00 min/miles |
| 206             | 135         | 03:10:03            | 00:08:00                         | 03:02:03                                | Sachiko   | Dixon         | Female | Windle Valley Runners      | 08.00 min/miles |
| 207             | 207         | 03:10:18            | 00:16:00                         | 02:54:18                                | Paul      | Kilmartin     | Male   | bracknell forest runners   | 09.00 min/miles |
| 208             | 295         | 03:10:22            | 00:16:00                         | 02:54:22                                | Mark      | Wye           | Male   | Windle Valley Runners      | 09.00 min miles |
| 209             | 317         | 03:10:22            | 00:16:00                         | 02:54:22                                | Liz       | Pepper        | Female | Crystal Palace Fun Runners | 09.00 min miles |
| 210             | 191         | 03:10:34            | 00:08:00                         | 03:02:34                                | Mark      | Bisson        | Male   |                            | 08.00 min/miles |
| 211             | 214         | 03:10:35            | 00:16:00                         | 02:54:35                                | Claire    | Buky-Webster  | Female |                            | 09.00 min/miles |
| 212             | 274         | 03:10:39            | 00:18:00                         | 02:52:39                                | Lisa      | Richards      | Female | orpington road runners     | 09.00 min miles |
| 213             | 299         | 03:11:30            | 00:18:00                         | 02:53:30                                | Victor    | Tsui          | Male   | Sudbury Court Running Club | 09.00 min miles |
| 214             | 323         | 03:11:45            | 00:16:00                         | 02:55:45                                | Jason     | Hoad          | Male   |                            | 09.00 min miles |
| 215             | 213         | 03:11:48            | 00:12:00                         | 02:59:48                                | Kirstie   | Tew           | Female | Thames Valley Harriers     | 08.30 min/miles |
| 216             | 324         | 03:12:40            | 00:16:00                         | 02:56:40                                | Christian | Pohl          | Male   |                            | 09.00 min miles |
| 217             | 294         | 03:12:56            | 00:16:00                         | 02:56:56                                | Sean      | Carey         | Male   |                            | 09.00 min miles |
| 218             | 227         | 03:13:38            | 00:12:00                         | 03:01:38                                | Neil      | Dermott       | Female | Brighton & Hove Athletics  | 08.30 min/miles |
| 219             | 298         | 03:14:04            | 00:18:00                         | 02:56:04                                | Alban     | Millas        | Male   | Queen's Park Harriers      | 09.00 min miles |
| 220             | 176         | 03:14:06            | 00:10:00                         | 03:04:06                                | Gareth    | Lewis         | Male   |                            | 08.00 min/miles |
| 221             | 215         | 03:14:09            | 00:16:00                         | 02:58:09                                | Rhona     | Brown         | Female |                            | 09.00 min/miles |
| 222             | 283         | 03:14:51            | 00:16:00                         | 02:58:51                                | Katherine | Suttle        | Female | stragglers, the            | 09.00 min miles |
| 223             | 304         | 03:14:53            | 00:18:00                         | 02:56:53                                | Maria     | Medvedieva    | Female | London City Athletics Club | 09.00 min miles |
| 224             | 216         | 03:15:09            | 00:14:00                         | 03:01:09                                | Caroline  | Helder        | Female | Wimbledon Windmilers       | 08.30 min/miles |
| 225             | 303         | 03:15:14            | 00:16:00                         | 02:59:14                                | Ben       | Low           | Male   |                            | 09.00 min miles |
| 226             | 318         | 03:15:19            | 00:18:00                         | 02:57:19                                | Helen     | Kelsey        | Female | Epsom and Ewell Harriers   | 09.00 min miles |
| 227             | 233         | 03:15:26            | 00:10:00                         | 03:05:26                                | Jolyon    | Parsons       | Male   | hercules wimbledon ac      | 08.00 min/miles |
| 228             | 310         | 03:15:26            | 00:16:00                         | 02:59:26                                | Ashley    | Stearn        | Male   |                            | 09.00 min miles |



# Thames Riverside 20 (Race or Pace)

Sunday 5th March 2017 Final Results

| Finish Position | Race Number | Gun Time (hh:mm:ss) | Pace Group Start Adj. (hh:mm:ss) | Pace Group Adjusted Run Time (hh:mm:ss) | Forename    | Surname         | Gender | Club                       | Pace Group      |
|-----------------|-------------|---------------------|----------------------------------|---|-------------|-----------------|--------|----------------------------|-----------------|
| 229             | P           | 03:15:31            | #N/A                             | #N/A                                    | #N/A        | #N/A            | #N/A   | #N/A                       | #N/A            |
| 230             | P           | 03:15:31            | #N/A                             | #N/A                                    | #N/A        | #N/A            | #N/A   | #N/A                       | #N/A            |
| 231             | 282         | 03:15:31            | 00:16:00                         | 02:59:31                                | Kirstie     | Norgate         | Female | Clapham pioneers           | 09.00 min miles |
| 232             | 274         | 03:15:49            | 00:18:00                         | 02:57:49                                | Lisa        | Richards        | Female | orpington road runners     | 09.00 min miles |
| 233             | 278         | 03:16:02            | 00:18:00                         | 02:58:02                                | Natalie     | Hall            | Female | queen's park harriers      | 09.00 min miles |
| 234             | 272         | 03:16:04            | 00:18:00                         | 02:58:04                                | Steve       | Rigby           | Male   | South London Harriers      | 09.00 min miles |
| 235             | 232         | 03:16:09            | 00:14:00                         | 03:02:09                                | Jane        | Brealey         | Female | Marlow Striders            | 08.30 min/miles |
| 236             | P           | 03:16:16            | #N/A                             | #N/A                                    | #N/A        | #N/A            | #N/A   | #N/A                       | #N/A            |
| 237             | P           | 03:16:16            | #N/A                             | #N/A                                    | #N/A        | #N/A            | #N/A   | #N/A                       | #N/A            |
| 238             | 314         | 03:16:31            | 00:18:00                         | 02:58:31                                | Michael     | Macedo          | Male   |                            | 09.00 min miles |
| 239             | 223         | 03:17:08            | 00:12:00                         | 03:05:08                                | Michael     | Chappell        | Male   | South London Harriers      | 08.30 min/miles |
| 240             | 359         | 03:17:11            | 00:20:00                         | 02:57:11                                | Bhagwandass | Jassi           | Male   |                            | 09.30 min/miles |
| 241             | 250         | 03:18:02            | 00:14:00                         | 03:04:02                                | Jonathan    | Round           | Male   | London City Athletics Club | 08.30 min/miles |
| 242             | 312         | 03:18:21            | 00:16:00                         | 03:02:21                                | Martin      | Oldham          | Male   | London Frontrunners        | 09.00 min miles |
| 243             | 320         | 03:18:31            | 00:14:00                         | 03:04:31                                | Patrick     | Horne           | Male   |                            | 08.30 min/miles |
| 244             | 363         | 03:18:31            | 00:14:00                         | 03:04:31                                | Hayden      | Brenen          | Male   |                            | 10.00 min/miles |
| 245             | 329         | 03:19:26            | 00:20:00                         | 02:59:26                                | Angela      | Wilson          | Female | South London Harriers      | 09.30 min/miles |
| 246             | 349         | 03:19:58            | 00:16:00                         | 03:03:58                                | Emily       | Osborn          | Female | Clapham pioneers           | 09.00 min/miles |
| 247             | 410         | 03:20:15            | 00:20:00                         | 03:00:15                                | Stuart      | Robinson        | Male   |                            | 09.30 min miles |
| 248             | 296         | 03:20:39            | 00:18:00                         | 03:02:39                                | Rebecca     | Phillips        | Female | Runnymede Runners          | 09.00 min miles |
| 249             | 234         | 03:21:22            | 00:18:00                         | 03:03:22                                | Thomas      | Wright          | Male   | Runnymede Runners          | 09.00 min/miles |
| 250             | 237         | 03:21:52            | 00:16:00                         | 03:05:52                                | Andrew      | Krousti         | Male   | Windle Valley Runners      | 09.00 min/miles |
| 251             | 316         | 03:21:55            | 00:16:00                         | 03:05:55                                | Chris       | Horrigan        | Male   | Wimbledon Windmilers       | 09.00 min miles |
| 252             | 221         | 03:21:55            | 00:16:00                         | 03:05:55                                | Danny       | Levy            | Male   | queen's park harriers      | 09.00 min/miles |
| 253             | 387         | 03:22:40            | 00:20:00                         | 03:02:40                                | Victoria    | Harrison-Cook   | Female |                            | 09.30 min miles |
| 254             | 344         | 03:23:19            | 00:18:00                         | 03:05:19                                | David       | Heathcote       | Male   | Sudbury Court Running Club | 09.00 min miles |
| 255             | 291         | 03:24:16            | 00:18:00                         | 03:06:16                                | Heidi       | Vickery         | Female | Ealing Eagles Running Club | 09.00 min miles |
| 256             | 284         | 03:24:40            | 00:16:00                         | 03:08:40                                | Pam         | Clarke          | Female | Sutton runners             | 09.00 min miles |
| 257             | 335         | 03:25:14            | 00:20:00                         | 03:05:14                                | Sarah       | Mayo            | Female |                            | 09.30 min/miles |
| 258             | 289         | 03:25:14            | 00:18:00                         | 03:07:14                                | Tomoko      | KIKUCHI         | Female | Fulham Running Club        | 09.00 min miles |
| 259             | 343         | 03:26:00            | 00:20:00                         | 03:06:00                                | Stacy       | Donworth        | Female |                            | 09.30 min/miles |
| 260             | 240         | 03:26:11            | 00:18:00                         | 03:08:11                                | Daniel      | Everall         | Male   | Elmbridge Road Runners     | 09.00 min/miles |
| 261             | 184         | 03:26:28            | 00:14:00                         | 03:12:28                                | Tim         | Spencer         | Male   |                            | 08.30 min/miles |
| 262             | 405         | 03:26:34            | 00:18:00                         | 03:08:34                                | Keith       | Apps            | Male   | Runnymede Runners          | 09.00 min miles |
| 263             | 313         | 03:26:43            | 00:16:00                         | 03:10:43                                | Laura       | Tanner          | Female | BearCat                    | 09.00 min miles |
| 264             | 286         | 03:28:23            | 00:18:00                         | 03:10:23                                | Salvatore   | Ercolano        | Male   | South London Harriers      | 09.00 min miles |
| 265             | 360         | 03:29:18            | 00:20:00                         | 03:09:18                                | Alistair    | Turner          | Male   |                            | 09.30 min/miles |
| 266             | 246         | 03:29:22            | 00:18:00                         | 03:11:22                                | Nick        | Sutcliffe       | Male   | London City Athletics Club | 09.00 min/miles |
| 267             | 337         | 03:29:35            | 00:20:00                         | 03:09:35                                | Karen       | Reed            | Male   |                            | 09.30 min/miles |
| 268             | P           | 03:29:47            | 00:20:00                         | 03:09:47                                | #N/A        | #N/A            | #N/A   | #N/A                       | #N/A            |
| 269             | P           | 03:29:47            | 00:20:00                         | 03:09:47                                | #N/A        | #N/A            | #N/A   | #N/A                       | #N/A            |
| 270             | 315         | 03:29:48            | 00:16:00                         | 03:13:48                                | Lucy        | Hoare           | Female |                            | 09.00 min miles |
| 271             | 271         | 03:29:51            | 00:16:00                         | 03:13:51                                | Danielle    | Howe            | Female | queen's park harriers      | 09.00 min miles |
| 272             | 369         | 03:30:03            | 00:22:00                         | 03:08:03                                | Alicia      | Wise            | Female | Runnymede Runners          | 10.00 min/miles |
| 273             | 311         | 03:30:15            | 00:16:00                         | 03:14:15                                | Kelly       | Kowal           | Female |                            | 09.00 min miles |
| 274             | 290         | 03:30:53            | 00:16:00                         | 03:14:53                                | Andrew      | Lowdon          | Male   | Windle Valley Runners      | 09.00 min miles |
| 275             | 365         | 03:30:55            | 00:22:00                         | 03:08:55                                | Susan       | Kennedy         | Female | Queens Park Harriers       | 10.00 min/miles |
| 276             | 391         | 03:31:37            | 00:20:00                         | 03:11:37                                | Ryoko       | Nakai           | Female |                            | 09.30 min/miles |
| 277             | 302         | 03:31:43            | 00:20:00                         | 03:11:43                                | Rafael      | Campos          | Male   | eton manor ac              | 09.30 min miles |
| 278             | 209         | 03:31:54            | 00:20:00                         | 03:11:54                                | Richard     | Lock            | Male   |                            | 08.30 min/miles |
| 279             | 400         | 03:32:01            | 00:16:00                         | 03:16:01                                | David       | Sutherland      | Male   | None                       | 09.00 min miles |
| 280             | 332         | 03:33:01            | 00:20:00                         | 03:13:01                                | Gaby        | DRINKWATER      | Female | Crystal Palace Fun Runners | 09.30 min/miles |
| 281             | 353         | 03:33:34            | 00:20:00                         | 03:13:34                                | Emily       | Warburton-Brown | Female | dulwich runners ac         | 09.30 min/miles |
| 282             | 270         | 03:35:04            | 00:20:00                         | 03:15:04                                | Lucy        | Lock            | Female |                            | 09.00 min miles |
| 283             | 275         | 03:35:04            | 00:16:00                         | 03:19:04                                | Yvette      | Burton          | Female | Ealing Eagles Running Club | 09.00 min miles |
| 284             | 293         | 03:37:42            | 00:18:00                         | 03:19:42                                | Emma        | Jones           | Female | orpington road runners     | 09.00 min miles |
| 285             | 366         | 03:38:39            | 00:22:00                         | 03:16:39                                | Matthew     | Thomas          | Male   |                            | 10.00 min/miles |
| 286             | 309         | 03:40:00            | 00:18:00                         | 03:22:00                                | Suzanne     | Templer         | Male   |                            | 09.00 min miles |
| 287             | 406         | 03:40:12            | 00:20:00                         | 03:20:12                                | Encsi       | Nadas           | Female | South London Harriers      | 09.30 min/miles |
| 288             | 327         | 03:40:12            | 00:20:00                         | 03:20:12                                | Tim         | Cooke           | Male   | South London Harriers      | 09.30 min/miles |
| 289             | 333         | 03:40:20            | 00:20:00                         | 03:20:20                                | Katie       | Ling            | Female |                            | 09.30 min/miles |
| 290             | 392         | 03:40:39            | 00:22:00                         | 03:18:39                                | Toby        | Kent            | Male   | South London Harriers      | 10.00 min/miles |
| 291             | 279         | 03:41:02            | 00:18:00                         | 03:23:02                                | Tricia      | Murray          | Female | orpington road runners     | 09.00 min miles |
| 292             | 277         | 03:41:02            | 00:18:00                         | 03:23:02                                | Keir        | Rason           | Male   | orpington road runners     | 09.00 min miles |
| 293             | 300         | 03:41:10            | 00:20:00                         | 03:21:10                                | Jess        | Sturgeon        | Female |                            | 09.30 min miles |
| 294             | 398         | 03:41:18            | 00:22:00                         | 03:19:18                                | Anthony     | Alleyne         | Male   |                            | 10.00 min/miles |
| 295             | 368         | 03:41:21            | 00:22:00                         | 03:19:21                                | Lauren      | Greenberg       | Female |                            | 10.00 min/miles |
| 296             | P           | 03:41:27            | 00:22:00                         | 03:19:27                                | #N/A        | #N/A            | #N/A   | #N/A                       | #N/A            |
| 297             | P           | 03:41:27            | 00:22:00                         | 03:19:27                                | #N/A        | #N/A            | #N/A   | #N/A                       | #N/A            |
| 298             | 351         | 03:43:43            | 00:20:00                         | 03:23:43                                | Nick        | Michael         | Male   | Thames Valley Harriers     | 09.30 min/miles |
| 299             | 394         | 03:43:45            | 00:22:00                         | 03:21:45                                | Lorraine    | Crighton-Smith  | Female |                            | 10.00 min/miles |
| 300             | 252         | 03:43:48            | 00:18:00                         | 03:25:48                                | Alexander   | Williamson      | Male   |                            | 09.00 min/miles |
| 301             | 374         | 03:43:48            | 00:22:00                         | 03:21:48                                | Katie       | Ball            | Female |                            | 10.00 min/miles |
| 302             | 347         | 03:43:58            | 00:20:00                         | 03:23:58                                | Rachel      | Lonergan        | Female |                            | 09.30 min/miles |
| 303             | 390         | 03:46:49            | 00:22:00                         | 03:24:49                                | Wendy       | Ballard         | Female | Sutton runners             | 10.00 min/miles |
| 304             | 370         | 03:46:54            | 00:22:00                         | 03:24:54                                | Sally       | Bamford         | Female | Ranelagh Harriers          | 10.00 min/miles |



## Thames Riverside 20 (Race or Pace)

Sunday 5th March 2017 Final Results

| Finish Position | Race Number | Gun Time (hh:mm:ss) | Pace Group Start Adj. (hh:mm:ss) | Pace Group Adjusted Run Time (hh:mm:ss) | Forename        | Surname      | Gender | Club                           | Pace Group      |
|-----------------|-------------|---------------------|----------------------------------|---|-----------------|--------------|--------|--------------------------------|-----------------|
| 305             | 372         | 03:50:31            | 00:22:00                         | 03:28:31                                | Colette         | Doran        | Female | Ranelagh Harriers              | 10.00 min/miles |
| 306             | 386         | 03:52:02            | 00:22:00                         | 03:30:02                                | Nicola          | Englishby    | Female | Queens Park Harriers           | 10.00 min/miles |
| 307             | 397         | 03:53:15            | 00:22:00                         | 03:31:15                                | Karen           | Rogers       | Female | Sutton runners                 | 10.00 min/miles |
| 308             | 395         | 03:54:37            | 00:22:00                         | 03:32:37                                | Karen           | Wu           | Female | sweatshop running community    | 10.00 min/miles |
| 309             | 345         | 03:54:39            | 00:20:00                         | 03:34:39                                | Ania            | Rudawska     | Female | Thames Valley Harriers         | 09.30 min/miles |
| 310             | 367         | 03:59:59            | 00:22:00                         | 03:37:59                                | Patricia        | Howard       | Female | South London Harriers          | 10.00 min/miles |
| 311             | 346         | 04:06:24            | 00:20:00                         | 03:46:24                                | Rizwan          | Rauf         | Male   | Thames Valley Harriers         | 09.30 min/miles |
| 312             | 377         | 04:08:02            | 00:22:00                         | 03:46:02                                | Debbie          | Keenan       | Female | Ealing Eagles Running Club     | 10.00 min/miles |
| 313             | 308         | 04:08:34            | 00:18:00                         | 03:50:34                                | Philippa-Louise | Jay          | Female |                                | 09.00 min miles |
| 314             | 378         | 04:11:16            | 00:22:00                         | 03:49:16                                | Isobel          | Swarc        | Female | Ealing Eagles Running Club     | 10.00 min/miles |
| 315             | 383         | 04:15:04            | 00:22:00                         | 03:53:04                                | Rachael         | Clifford     | Female |                                | 10.00 min/miles |
| 316             | 409         | 04:17:13            | 00:22:00                         | 03:55:13                                | Katie           | Chamberlayne | Female |                                | 10.00 min/miles |
| 317             | 389         | 04:18:14            | 00:22:00                         | 03:56:14                                | Yvonne          | Turner       | Female |                                | 10.00 min/miles |
| 318             | 338         | 04:18:27            | 00:20:00                         | 03:58:27                                | Emma            | Kerwin       | Female | Clapham pioneers               | 09.30 min/miles |
| 319             | 376         | 04:18:27            | 00:22:00                         | 03:56:27                                | Katy            | Hubbard      | Female |                                | 10.00 min/miles |
| 320             | 381         | 04:20:20            | 00:22:00                         | 03:58:20                                | Jasvir Singh    | Modaher      | Male   | British Airways Athletics Club | 10.00 min/miles |