

**QEOP 10k race, 3rd April**  
**BMAF / VAC 10k Championships 2016**

Race No	FirstName	LastName	Pos	Time	Net Time	Gender	Gender Pos	Age	Category	Cat Pos	BMAF	BMAF Cat Pos	VAC Cat Pos	Club	Team	Team Pos
1397	Thomas	Payn	1	00:31:16	00:31:14	Male	1	36	V35 (35 - 39)	1	VAC	1	1	Run Fast	Run Fast-M55	
1165	Michael	Eccles	2	00:32:44	00:32:40	Male	2	36	V35 (35 - 39)	2	EVAC	2		Norfolk Gazelles AC		
1273	Mark	Johnson	3	00:33:01	00:32:58	Male	3	45	V45 (45 -49)	1	MMAC	1		Mansfield Harriers & AC		
1289	John	Kettle	4	00:33:34	00:33:31	Male	4	39	V35 (35 - 39)	3	VAC	3	2	Herne Hill Harriers	Herne Hill Harriers-M35	
1238	Jim	Heal	5	00:33:38	00:33:34	Male	5	28	Senior (12 - 34)	1				Serpentine Rc		
1308	Andrew	Leach	6	00:33:40	00:33:37	Male	6	52	V50 (50 -54)	1	EVAC	1		North Herts RRC	North Herts RRC-M45	1
1347	Blair	McWhirter	7	00:33:50	00:33:45	Male	7	33	Senior (12 - 34)	2				Ilford AC		
1576	Oli	Murphy	8	00:33:54	00:33:50	Male	8	27	Senior (12 - 34)	3				Ranelagh harriers		
1123	Simon	Coombes	9	00:34:13	00:34:06	Male	9	43	V40 (40 -44)	1	EVAC	1		Herne Hill Harriers	Herne Hill Harriers-M35	
1283	Mick	Keating	10	00:34:15	00:34:11	Male	10	28	Senior (12 - 34)	4				Clapham Chasers		
1499	Mark	Vaughan	11	00:34:18	00:34:14	Male	11	45	V45 (45 -49)	2	EVAC	2		North Herts RRC	North Herts RRC-M45	1
1504	Alfred	Waithaka	12	00:34:20	00:34:15	Male	12	38	V35 (35 - 39)	4						
1180	Edward	Fazakerley	13	00:34:30	00:34:24	Male	13	47	V45 (45 -49)	3	NMAC	3		Manchester Harriers & AC		
1395	Philip	Parry	14	00:34:49	00:34:44	Male	14	53	V50 (50 -54)	2	MMAC	2		Bristol & West AC		
1585	Andrew	Ridley	15	00:34:50	00:34:46	Male	15	51	V50 (50 -54)	3	VAC	3	1	Poole AC	Poole AC-M55	
1274	Ian	Johnston	16	00:34:58	00:34:54	Male	16	48	V45 (45 -49)	4	VAC		1	VAC	VAC-M55	
1233	Chris	Harry	17	00:35:04	00:34:59	Male	17	54	V50 (50 -54)	4	SWVAC			Cornwall AC		
1482	Lee	Taylor	18	00:35:07	00:35:03	Male	18	40	V40 (40 -44)	2	EVAC	2		Southend on Sea AC	Southend on Sea AC-M35	
1162	Tony	Dunn	19	00:35:13	00:35:08	Male	19	51	V50 (50 -54)	5	SWVAC			Cornwall AC		
1036	Mischa	Balen	20	00:35:22	00:35:19	Male	20	28	Senior (12 - 34)	5				ABRaS AC		
1275	Connor	Johnston	21	00:35:44	00:35:38	Male	21	33	Senior (12 - 34)	6				Victoria Park Harriers		
1320	Stuart	Macdougall	22	00:35:53	00:35:50	Male	22	31	Senior (12 - 34)	7				Bellahouston Harriers		
1548	Paul	Burton	23	00:35:55	00:35:51	Male	23	34	Senior (12 - 34)	8				Optima Racing Team		
1602	Andy	Howey	24	00:36:00	00:35:53	Male	24	53	V50 (50 -54)	6	SCVAC			Tunbridge Wells Harriers	Tunbridge Wells Harriers-M55	
1080	Michael	Bridgeland	25	00:36:07	00:36:03	Male	25	58	V55 (55 - 59)	1	EVAC	1		Chelmsford AC		
1338	James	McCann	26	00:36:14	00:36:10	Male	26	38	V35 (35 - 39)	5						
1445	Graeme	Saker	27	00:36:16	00:36:12	Male	27	54	V50 (50 -54)	7	SCVAC			Tonbridge AC	Tonbridge AC-M55	
1060	Matthew	Bland	28	00:36:21	00:36:18	Male	28	49	V45 (45 -49)	5	EVAC			Havering AC		
1019	Nigel	Arnold	29	00:36:26	00:36:21	Male	29	58	V55 (55 - 59)	2	EVAC	2		Norfolk Gazelles AC		
1179	Paul	Faulkner	30	00:36:36	00:36:30	Male	30	46	V45 (45 -49)	6	NMAC			Hallamshire Harriers Sheffield		
1601	stephen	philcox	31	00:36:36	00:36:30	Male	31	50	V50 (50 -54)	8	VAC		2	Ilford AC	Ilford AC-M45	2
1072	Mike	Boyle	32	00:36:39	00:36:35	Male	32	55	V55 (55 - 59)	3	VAC	3	1	Herne Hill Harriers	Herne Hill Harriers-M55	1
1477	Andrew	Tappin	33	00:36:57	00:36:52	Male	33	40	V40 (40 -44)	3	SCVAC	3		Aldershot Farnham & District AC		
1128	Dave	Cox	34	00:37:21	00:37:16	Male	34	62	V60 (60 - 64)	1	VAC	1	1	Woodford Green AC with Essex Ladies	Woodford Green AC with Essex Ladies-M55	
1443	James	Sadlier	35	00:37:39	00:37:31	Male	35	38	V35 (35 - 39)	6	EVAC			Peterborough AC	Peterborough AC-M55	
1250	Paul	Holloway	36	00:37:56	00:37:49	Male	36	48	V45 (45 -49)	7	VAC		2	Ilford AC	Ilford AC-M45	2
1040	Nicola	barberis negra	37	00:38:00	00:37:56	Male	37	35	V35 (35 - 39)	7	VAC		3	Serpentine Rc		
1132	Neil	Crisp	38	00:38:06	00:38:00	Male	38	53	V50 (50 -54)	9	VAC		3	Ilford AC	Ilford AC-M45	2
1045	Frankie	Barton	39	00:38:18	00:38:13	Male	39	60	V60 (60 - 64)	2	SVHC	2		Ronhill Cambuslang Harriers	Ronhill Cambuslang Harriers-M55	
1421	Glen	Richardson	40	00:38:19	00:38:13	Male	40	37	V35 (35 - 39)	8	EVAC			City of Norwich AC		
1172	Steve	Elson	41	00:38:24	00:38:17	Male	41	41	V40 (40 -44)	4	SCVAC			Ealing Southall & Middlesex AC		
1604	Tony	Pamphilon	42	00:38:26	00:38:20	Male	42	57	V55 (55 - 59)	4	VAC		2	Woodford Green AC with Essex Ladies	Woodford Green AC with Essex Ladies-M55	
1310	Dmitri	Lihhatsov	43	00:38:30	00:38:15	Male	43	27	Senior (12 - 34)	9						
1071	Alex	Boyd	44	00:38:31	00:38:17	Male	44	28	Senior (12 - 34)	10						
1505	James	Walsh	45	00:38:31	00:38:24	Male	45	47	V45 (45 -49)	8	EVAC			North Herts RRC	North Herts RRC-M45	1
1293	Terry	Knightley	46	00:38:38	00:38:32	Male	46	55	V55 (55 - 59)	5	SCVAC			Ilford AC	Ilford AC-M55	3
1456	Adrian	Sherwood	47	00:38:42	00:38:34	Male	47	50	V50 (50 -54)	10	EVAC			North Herts RRC	North Herts RRC-M45	
1428	Sam	Roberts	48	00:39:00	00:38:54	Male	48	25	Senior (12 - 34)	11				East Sutherland Athletics Club		
1592	Alex	Tylor	49	00:39:03	00:38:51	Male	49	31	Senior (12 - 34)	12				Clapham Chasers		
1032	Edward	Bailey	50	00:39:11	00:39:03	Male	50	42	V40 (40 -44)	5				st albans striders		
1454	Dan	Senior	51	00:39:13	00:39:03	Male	51	40	V40 (40 -44)	6				East London Runners		
1081	dean	bridges	52	00:39:15	00:39:10	Male	52	42	V40 (40 -44)	7				Club		

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Race No	FirstName	LastName	Pos	Time	Net Time	Gender	Gender Pos	Age	Category	Cat Pos	BMAF	BMAF Cat Pos	VAC Cat Pos	Club	Team	Team Pos
1166	James	Edgar	53	00:39:54	00:39:48	Male	53	33	Senior (12 - 34)	13				Serpentine Running Club		
1402	Mark	Pitcairn-Knowles	54	00:39:55	00:39:48	Male	54	50	V50 (50 -54)	11	SCVAC			Tonbridge AC	Tonbridge AC-M55	
1035	Steven	Baker	55	00:40:00	00:39:07	Male	55	48	V45 (45 -49)	9						
1218	Mark	Gowers	56	00:40:03	00:39:52	Male	56	55	V55 (55 - 59)	6	EVAC			Billericay Striders RC		
1152	Fabio	Dias	57	00:40:09	00:40:06	Male	57	34	Senior (12 - 34)	14				Thurrock Harriers AC		
1588	Lucy	Spencer	58	00:40:13	00:40:08	Female	1	23	Lady (12 - 34)	1						
1291	Wendy	King	59	00:40:15	00:40:04	Female	2	44	LV40 (40 - 44)	1	EVAC	1		Chelmsford AC		
1441	Tony	Rugless	60	00:40:17	00:40:01	Male	58	43	V40 (40 -44)	8						
1259	Sarah	Imbush	61	00:40:23	00:40:18	Female	3	19	Lady (12 - 34)	2				Southend on Sea AC		
1173	Tracy	English	62	00:40:25	00:40:20	Female	4	39	LV35 (35 - 39)	1	EVAC	1		Southend on Sea AC	Southend on Sea AC-F55	
1198	James	Fulton	63	00:40:30	00:40:02	Male	59	33	Senior (12 - 34)	15				ETON MANOR AC		
1353	Desmond	Michael	64	00:40:34	00:40:27	Male	60	66	V65 (65 - 69)	1	SCVAC	1		Barnet & District AC	Barnet & District AC-M65	1
1596	Stewart	Thorp	65	00:40:36	00:40:29	Male	61	64	V60 (60 - 64)	3	SCVAC	3		Oxford City AC	Oxford City AC-M55	2
1083	Martin	Bright	66	00:40:46	00:40:39	Male	62	49	V45 (45 -49)	10	VAC		3	Highgate Harriers		
1591	Roy	Treadwell	67	00:40:50	00:40:42	Male	63	68	V65 (65 - 69)	2	SCVAC	2		Oxford City AC	Oxford City AC-M55	2
1090	Michelle	Buckle	68	00:40:55	00:40:50	Female	5	40	LV40 (40 - 44)	2	MMAC	2		Newcastle Staffs AC		
1280	David	Kail	69	00:41:06	00:40:54	Male	64	22	Senior (12 - 34)	16				Newham & Essex Beagles AC		
1026	John	Auld	70	00:41:10	00:41:03	Male	65	33	Senior (12 - 34)	17				North Herts RRC		
1450	Stephane	Schneider	71	00:41:10	00:41:03	Male	66	36	V35 (35 - 39)	9				Serpentine Rc		
1108	Gareth	Charles	72	00:41:19	00:41:08	Male	67	36	V35 (35 - 39)	10						
1606	Anna	Watters	73	00:41:19	00:41:03	Female	6	25	Lady (12 - 34)	3						
1191	Martin	Ford	74	00:41:20	00:41:14	Male	68	72	V70 (70 - 74)	1	MMAC	1		Cheltenham & County Harriers		
1334	Chris	Mason	75	00:41:38	00:41:28	Male	69	66	V65 (65 - 69)	3	MMAC	3		South Derbyshire Road Runners AC	South Derbyshire Road Runners AC-M55	
1574	Lloyd	Miles	76	00:41:40	00:41:27	Male	70	48	V45 (45 -49)	11				Billericay Striders		
1178	Adair	Farrar	77	00:41:44	00:41:22	Male	71	28	Senior (12 - 34)	18						
1358	Ranjit	Modhawadia	78	00:41:45	00:41:25	Male	72	39	V35 (35 - 39)	11						
1577	Andrew	Nethercott	79	00:41:45	00:41:26	Male	73	28	Senior (12 - 34)	19						
1497	Tom	Ulliott	80	00:41:50	00:41:40	Male	74	59	V55 (55 - 59)	7	VAC		3	Brighton & Hove City AC		
1568	Andrew	Luck	81	00:41:51	00:41:35	Male	75	28	Senior (12 - 34)	20						
1127	William	Cotter	82	00:41:58	00:41:51	Male	76	44	V40 (40 -44)	9						
1357	Paul	Mockus	83	00:41:59	00:41:40	Male	77	28	Senior (12 - 34)	21						
1513	Graham	Webster	84	00:42:05	00:41:59	Male	78	64	V60 (60 - 64)	4	NMAC			Lytham St Annes RR Club		
1112	Tom	Clark	85	00:42:29	00:41:56	Male	79	28	Senior (12 - 34)	22						
1057	Peter	Binns	86	00:42:32	00:42:25	Male	80	68	V65 (65 - 69)	4	EVAC			Southend on Sea AC	Southend on Sea AC-M55	
1330	James	Marshall	87	00:42:38	00:42:27	Male	81	30	Senior (12 - 34)	23						
1571	David	McCann	88	00:42:40	00:42:22	Male	82	27	Senior (12 - 34)	24						
1039	Penny	Barber	89	00:42:42	00:42:31	Female	7	57	LV55 (55 - 59)	1	MMAC	1		Tipton Harriers	Tipton Harriers-F55	
1354	Russell	Middleton	90	00:42:45	00:42:33	Male	83	48	V45 (45 -49)	12	OPEN			Havering Athletic Club		
1378	Richard	Niemeyer	91	00:42:50	00:42:41	Male	84	34	Senior (12 - 34)	25						
1284	Katie	Kedward	92	00:42:52	00:42:40	Female	8	25	Lady (12 - 34)	4				Clapham Chasers		
1351	Russell	Mendrick	93	00:42:52	00:42:37	Male	85	28	Senior (12 - 34)	26						
1496	Catherine	Ulliott	94	00:42:53	00:42:43	Female	9	52	LV50 (50 - 54)	1	VAC	1	1	Brighton & Hove City AC		
1252	Geoffrey	Howard	95	00:42:54	00:42:40	Male	86	72	V70 (70 - 74)	2	NMAC	2		Ilkley Harriers AC		
1012	George	Andreou	96	00:42:58	00:42:38	Male	87	39	V35 (35 - 39)	12						
1117	Tom	Conlon	97	00:43:00	00:42:52	Male	88	55	V55 (55 - 59)	8	VAC			Herne Hill Harriers	Herne Hill Harriers-M55	1
1605	Tony	Harran	98	00:43:00	00:42:50	Male	89	55	V55 (55 - 59)	9	VAC			Herne Hill Harriers	Herne Hill Harriers-M55	1
1023	Lloyd	Bevan	99	00:43:02	00:42:54	Male	90	52	V50 (50 -54)	12	VAC			Serpentine Rc	Serpentine RC-M55	
1386	Charlie	Osborne	100	00:43:04	00:42:41	Male	91	28	Senior (12 - 34)	27						
1498	David	Van Reyk	101	00:43:06	00:42:56	Male	92	28	Senior (12 - 34)	28						
1133	Alistair	Crossling	102	00:43:09	00:42:54	Male	93	33	Senior (12 - 34)	29						
1049	Dave	Beattie	103	00:43:10	00:43:03	Male	94	68	V65 (65 - 69)	5	SCVAC			Crawley AC		
1368	Finbarr	Murphy	104	00:43:11	00:43:04	Male	95	37	V35 (35 - 39)	13						
1086	Jim	Brown	105	00:43:13	00:43:03	Male	96	66	V65 (65 - 69)	6	VAC		1	Woking AC	Woking AC-M55	
1105	Andrew	Catton	106	00:43:18	00:43:12	Male	97	62	V60 (60 - 64)	5	SCVAC			Ilford AC	Ilford AC-M55	3
1051	Selma	Benattia	107	00:43:34	00:43:26	Female	10	36	LV35 (35 - 39)	2				Dulwich		
1225	Peter	Hall	108	00:43:35	00:43:26	Male	98	57	V55 (55 - 59)	10	VAC			West 4 Harriers	West 4 Harriers-M55	
1141	Fergus	Daisley	109	00:43:42	00:43:18	Male	99	29	Senior (12 - 34)	30						

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1617	Chris	Bennett	110	00:43:47	00:43:31	Male	100	29	Senior (12 - 34)	31						
1237	Gerhard	Hartwig	111	00:43:50	00:43:08	Male	101	29	Senior (12 - 34)	32						
1185	Peter	Fisher	112	00:43:53	00:43:31	Male	102	46	V45 (45 -49)	13				Petts Wood Runners		
1254	Karl	Hughes	113	00:43:54	00:43:37	Male	103	46	V45 (45 -49)	14						
1309	Samuel	Leonard	114	00:43:54	00:43:35	Male	104	27	Senior (12 - 34)	33						
1530	Joy	Wright	115	00:43:59	00:43:41	Female	11	40	LV40 (40 - 44)	3	SCVAC	3		Bournemouth AC		
1298	Natasha	Lagden	116	00:44:02	00:43:56	Female	12	42	LV40 (40 - 44)	4	EVAC	4		Southend on Sea AC	Southend on Sea AC-F55	
1597	John	Exley	117	00:44:03	00:43:55	Male	105	68	V65 (65 - 69)	7	SCVAC			Oxford City AC	Oxford City AC-M55	2
1517	Lynne	Whitaker	118	00:44:06	00:43:54	Female	13	57	LV55 (55 - 59)	2	SWVAC	2		Winchester & District Ac	Winchester & District AC-F55	
1257	Tom	Hutchinson	119	00:44:11	00:43:45	Male	106	44	V40 (40 -44)	10						
1578	Chris	Ogles	120	00:44:12	00:44:00	Male	107	29	Senior (12 - 34)	34						
1189	Dave	Flitcroft	121	00:44:20	00:44:06	Male	108	52	V50 (50 -54)	13	NMAC			Bolton United Harriers & AC		
1584	Tom	Reader	122	00:44:21	00:44:21	Male	109	29	Senior (12 - 34)	35						
1391	Stephen	Parker	123	00:44:25	00:44:16	Male	110	59	V55 (55 - 59)	11	VAC			Ilford AC	Ilford AC-M55	3
1188	Cathy	Flitcroft	124	00:44:27	00:44:14	Female	14	52	LV50 (50 - 54)	2	NMAC	2		Bolton United Harriers & AC		
1217	Yuko	Gordon	125	00:44:28	00:44:12	Female	15	65	LV65 (65 - 69)	1	EVAC	1		North Herts RRC		
1255	Lilly	Hunt	126	00:44:33	00:44:23	Female	16	24	Lady (12 - 34)	5						
1343	Cat	McKelvie- Sutherland	127	00:44:35	00:44:28	Female	17	31	Lady (12 - 34)	6				Edinburgh Athletic Club		
1171	Katherine	Ellis	128	00:44:39	00:44:28	Female	18	36	LV35 (35 - 39)	3				Clapham Chasers		
1134	Steve	Crowley	129	00:44:44	00:44:27	Male	111	48	V45 (45 -49)	15						
1469	Maggie	Statham	130	00:44:46	00:44:34	Female	19	62	LV60 (60 - 64)	1	VAC	1	1	Holland Sports AC		
1077	James	Brereton	131	00:44:50	00:44:05	Male	112	26	Senior (12 - 34)	36						
1316	Margaret	Loraine	132	00:44:52	00:44:42	Female	20	60	LV60 (60 - 64)	2	NEMAA	2		Gateshead Harriers & AC		
1377	Chris	Newnham	133	00:44:52	00:44:23	Male	113	52	V50 (50 -54)	14				Amphill And Flitwick Flyers		
1260	Trevor	Imbush	134	00:44:54	00:44:41	Male	114	53	V50 (50 -54)	15						
1276	Melinda	Jones	135	00:44:58	00:44:49	Female	21	48	LV45 (45 - 49)	1	VAC	1	1	Ilford AC	Ilford AC-W45	1
1272	Kahli	Johnson	136	00:45:08	00:44:57	Female	22	41	LV40 (40 - 44)	5				Mansfield		
1540	Oliver	Barritt	137	00:45:13	00:44:53	Male	115	39	V35 (35 - 39)	14						
1135	Declan	Cullen	138	00:45:18	00:45:08	Male	116	60	V60 (60 - 64)	6				Ilford AC		
1278	LAURENCE	JONES	139	00:45:18	00:44:59	Male	117	24	Senior (12 - 34)	37						
1139	Joanna	Curtis	140	00:45:19	00:45:08	Female	23	59	LV55 (55 - 59)	3	SWVAC	3		Winchester & District Ac	Winchester & District AC-F55	
1073	Tony	Brackstone	141	00:45:23	00:45:12	Male	118	72	V70 (70 - 74)	3	SCVAC	3		SCVAC	SCVAC-M55	
1566	Mark	Lloyd	142	00:45:30	00:44:43	Male	119	26	Senior (12 - 34)	38						
1306	Graham	Laylee	143	00:45:31	00:45:22	Male	120	58	V55 (55 - 59)	12	VAC			Dulwich Runners Ac		
1385	Jeremy	Orme	144	00:45:36	00:45:14	Male	121	34	Senior (12 - 34)	39				Egdon Heath Harriers		
1183	Paul	Field	145	00:45:38	00:45:25	Male	122	61	V60 (60 - 64)	7						
1348	gerald	meah	146	00:45:39	00:45:25	Male	123	58	V55 (55 - 59)	13	EVAC			Cambridge & Coleridge AC		
1474	Catherine	Sunderland	147	00:45:39	00:45:27	Female	24	32	Lady (12 - 34)	7						
1242	Joanne	Hickling	148	00:45:48	00:45:30	Female	25	50	LV50 (50 - 54)	3						
1403	Tom	Pither	149	00:45:48	00:45:22	Male	124	27	Senior (12 - 34)	40						
1382	Liam	O'Hare	150	00:45:49	00:45:40	Male	125	67	V65 (65 - 69)	8	VAC		2	Barnet & District AC	Barnet & District AC-M65	1
1224	Kate	Hails	151	00:45:50	00:45:36	Female	26	36	LV35 (35 - 39)	4	SWVAC	2		Avon Valley Runners		
1074	Jack	Bradley	152	00:45:51	00:45:24	Male	126	24	Senior (12 - 34)	41						
1269	Andrew	Johnson	153	00:45:55	00:45:39	Male	127	72	V70 (70 - 74)	4	MMAC			Leamington Cycling & AC		
1426	Martin	Rix	154	00:46:11	00:45:23	Male	128	32	Senior (12 - 34)	42						
1538	Jorge	Arango	155	00:46:19	00:46:01	Male	129	54	V50 (50 -54)	16						
1126	Martin	Cordiner	156	00:46:24	00:45:58	Male	130	34	Senior (12 - 34)	43						
1463	Glyn	Smith	157	00:46:26	00:46:13	Male	131	70	V70 (70 - 74)	5	EVAC			Cambridge & Coleridge AC		
1176	Diane	Farmer	158	00:46:37	00:46:24	Female	27	56	LV55 (55 - 59)	4	EVAC			Eastbourne Rovers AC		
1615	Nicholas	Bingham	159	00:46:38	00:46:24	Male	132	71	V70 (70 - 74)	6	VAC		1	Barnet & District AC	Barnet & District AC-M65	1
1148	Roger	De'Ath	160	00:46:39	00:45:41	Male	133	38	V35 (35 - 39)	15						
1205	Jane	Georgiou	161	00:46:53	00:46:40	Female	28	63	LV60 (60 - 64)	3	VAC	3	2	Farnham Runners		
1004	Charmaine	Allen	162	00:47:01	00:46:22	Female	29	42	LV40 (40 - 44)	6						
1030	Arnaud	Bagbila	163	00:47:03	00:45:57	Male	134	37	V35 (35 - 39)	16						
1063	jas	Bolla	164	00:47:04	00:46:47	Female	30	43	LV40 (40 - 44)	7						
1355	yasmin	milner	165	00:47:16	00:46:43	Female	31	25	Lady (12 - 34)	8						
1145	Martin	Dawes	166	00:47:19	00:47:00	Male	135	28	Senior (12 - 34)	44						
1143	Matt	Davies	167	00:47:20	00:47:02	Unknown	1	28	Senior (12 - 34)	1						

**QEOP 10k race, 3rd April**  
**BMAF / VAC 10k Championships 2016**

Race No	FirstName	LastName	Pos	Time	Net Time	Gender	Gender Pos	Age	Category	Cat Pos	BMAF	BMAF Cat Pos	VAC Cat Pos	Club	Team	Team Pos
1212	Matthew	Gilbert	168	00:47:22	00:46:48	Male	136	29	Senior (12 - 34)	45						
1461	Derrick	Singleton	169	00:47:22	00:46:46	Male	137	50	V50 (50 -54)	17						
1512	archie	webb	170	00:47:24	00:47:16	Male	138	21	Senior (12 - 34)	46						
1555	Manuel	Ficial	171	00:47:25	00:47:05	Male	139	35	V35 (35 - 39)	17						
1295	Mutarda	Kouroma	172	00:47:25	00:46:50	Male	140	34	Senior (12 - 34)	47						
1593	Andy	Walker	173	00:47:30	00:47:08	Male	141	40	V40 (40 -44)	11						
1195	Emma	Frankal	174	00:47:32	00:47:09	Female	32	28	Lady (12 - 34)	9						
1287	Sam	Kelly	175	00:47:32	00:47:09	Female	33	38	LV35 (35 - 39)	5						
1495	Kim	Tyler	176	00:47:38	00:47:16	Female	34	34	Lady (12 - 34)	10				Clapham Chasers		
1091	martin	burholt	177	00:47:46	00:47:25	Male	142	47	V45 (45 -49)	16						
1610	Paul	Coleman	178	00:47:46	00:46:43	Male	143	26	Senior (12 - 34)	48						
1519	Des	White	179	00:47:54	00:47:37	Male	144	62	V60 (60 - 64)	8	SWVAC			Paddock Wood AC	Paddock Wood AC-M55	
1079	Henry	Bridge	180	00:47:58	00:47:13	Male	145	24	Senior (12 - 34)	49						
1522	Tyler	White	181	00:48:05	00:47:18	Male	146	37	V35 (35 - 39)	18						
1536	Francisco	Albero	182	00:48:15	00:47:20	Male	147	25	Senior (12 - 34)	50						
1614	Helena	Shalmas	183	00:48:18	00:48:06	Female	35	29	Lady (12 - 34)	11						
1600	Phil	Brennan	184	00:48:20	00:48:04	Male	148	73	V70 (70 - 74)	7	MMAC			Stratford-upon-Avon AC	Stratford-upon-Avon AC-M55	
1544	Benjamin	Brading	185	00:48:25	00:48:11	Male	149	26	Senior (12 - 34)	51						
1436	Sean	Rose	186	00:48:26	00:48:05	Male	150	28	Senior (12 - 34)	52						
1065	Lee	Bonfield	187	00:48:28	00:47:38	Male	151	31	Senior (12 - 34)	53						
1042	Charlotte	Barran	188	00:48:30	00:47:40	Female	36	42	LV40 (40 - 44)	8						
1534	Clare	Wyngard	189	00:48:30	00:48:13	Female	37	55	LV55 (55 - 59)	5	VAC		1	Dulwich Runners Ac		
1151	Marie-Anne	Dentzer	190	00:48:31	00:48:17	Female	38	31	Lady (12 - 34)	12						
1268	Arthur	Johns	191	00:48:39	00:48:28	Male	152	66	V65 (65 - 69)	9	SWVAC			Poole Runners	Poole Runners-M55	
1119	Michael	Conway	192	00:48:41	00:48:28	Male	153	75	V75+ (75 - 100)	1	SCVAC	1		Invicta East Kent AC		
1520	Phil	White	193	00:48:42	00:48:20	Male	154	29	Senior (12 - 34)	54						
1008	Karen	Allworthy	194	00:48:53	00:48:42	Female	39	58	LV55 (55 - 59)	6	VAC		2	Orion Harriers		
1140	Peter	Curtis	195	00:49:04	00:48:53	Male	155	41	V40 (40 -44)	12				Watford		
1208	Ben	Gifford	196	00:49:06	00:47:58	Male	156	51	V50 (50 -54)	18						
1453	Jon	Sen	197	00:49:09	00:48:48	Male	157	40	V40 (40 -44)	13				Nike Stratford/E20 Tigers		
1366	Shirley	Mukisa	198	00:49:16	00:48:23	Female	40	37	LV35 (35 - 39)	6						
1307	Emma	Layton	199	00:49:17	00:48:49	Female	41	24	Lady (12 - 34)	13						
1115	Michael	Collins	200	00:49:22	00:49:03	Male	158	55	V55 (55 - 59)	14						
1435	richard	rose	201	00:49:22	00:49:01	Male	159	25	Senior (12 - 34)	55						
1532	Jonathan	WRIGHT	202	00:49:26	00:48:55	Male	160	24	Senior (12 - 34)	56						
1507	Steven	Waterman	203	00:49:28	00:48:37	Male	161	36	V35 (35 - 39)	19						
1333	KRISHAN	MARWAHA	204	00:49:29	00:49:11	Male	162	42	V40 (40 -44)	14						
1010	Alex	Ambridge	205	00:49:33	00:48:49	Male	163	26	Senior (12 - 34)	57						
1582	Michael	Pugh	206	00:49:34	00:49:16	Male	164	23	Senior (12 - 34)	58						
1527	Stephen	Winston	207	00:49:34	00:48:31	Male	165	48	V45 (45 -49)	17						
1302	Nerys	Law	208	00:49:40	00:49:28	Female	42	24	Lady (12 - 34)	14				East Sutherland Athletics Club		
1612	David	Roche	209	00:49:43	00:48:52	Male	166	30	Senior (12 - 34)	59						
1271	David	Johnson	210	00:49:47	00:48:53	Male	167	34	Senior (12 - 34)	60						
1553	Michael	Dodds	211	00:50:00	00:49:42	Male	168	57	V55 (55 - 59)	15				Dulwich Runners		
1199	Egle	Gabalayte	212	00:50:01	00:49:07	Female	43	33	Lady (12 - 34)	15						
1047	Matt	Beales	213	00:50:02	00:49:32	Male	169	39	V35 (35 - 39)	20						
1319	Yaroslav	Lyulko	214	00:50:08	00:49:41	Male	170	29	Senior (12 - 34)	61						
1349	Holly	Mee	215	00:50:15	00:50:05	Female	44	25	Lady (12 - 34)	16						
1365	Matej	msf13mp@mail.wbs.ac	216	00:50:18	00:49:50	Male	171	24	Senior (12 - 34)	62						
1163	Rachel	Easter	217	00:50:23	00:50:01	Female	45	28	Lady (12 - 34)	17						
1251	Nicola	Hopkinson	218	00:50:27	00:50:18	Female	46	53	LV50 (50 - 54)	4	VAC	3	2	Ifford AC	Ifford AC-W45	1
1350	Thomas	Melhuish	219	00:50:32	00:50:18	Male	172	26	Senior (12 - 34)	63						
1305	LEE	LAWLOR	220	00:50:43	00:50:06	Male	173	40	V40 (40 -44)	15						
1416	Katie	Rant	221	00:50:44	00:50:28	Female	47	35	LV35 (35 - 39)	7						
1121	Matt	Cook	222	00:50:48	00:50:09	Male	174	37	V35 (35 - 39)	21						
1164	Ben Eastman	Eastman	223	00:50:52	00:49:56	Male	175	31	Senior (12 - 34)	64						
1392	Georgie	Parker	224	00:50:55	00:50:34	Female	48	21	Lady (12 - 34)	18						
1084	Tom	Broadbent	225	00:51:02	00:50:28	Male	176	30	Senior (12 - 34)	65						

**QEOP 10k race, 3rd April**  
**BMAF / VAC 10k Championships 2016**

Race No	FirstName	LastName	Pos	Time	Net Time	Gender	Gender Pos	Age	Category	Cat Pos	BMAF	BMAF Cat Pos	VAC Cat Pos	Club	Team	Team Pos
1103	Andrew	carter	226	00:51:09	00:50:06	Male	177	47	V45 (45 -49)	18						
1486	Alex	Thompson	227	00:51:10	00:50:09	Male	178	17	Senior (12 - 34)	66						
1537	Matteo	Angelini	228	00:51:11	00:50:58	Male	179	29	Senior (12 - 34)	67						
1196	Roger	Fretwell	229	00:51:17	00:50:39	Male	180	56	V55 (55 - 59)	16				Serpentine Running Club		
1362	William	Morley	230	00:51:18	00:50:32	Male	181	24	Senior (12 - 34)	68						
1387	Victoria	O'Sullivan	231	00:51:19	00:50:36	Female	49	50	LV50 (50 - 54)	5				Serpentine		
1297	Tim	Kyndt	232	00:51:21	00:50:14	Male	182	55	V55 (55 - 59)	17						
1620	Matt	Cutting	233	00:51:22	00:50:50	Male	183	40	V40 (40 -44)	16						
1573	Hannah	McQuarrie	234	00:51:29	00:51:12	Female	50	30	Lady (12 - 34)	19				Mornington Chasers		
1193	Robert	Fordham	235	00:51:43	00:51:24	Male	184	30	Senior (12 - 34)	69						
1290	Michal	Kicman	236	00:51:47	00:51:32	Male	185	38	V35 (35 - 39)	22						
1420	Jonny	Richards	237	00:51:48	00:51:00	Male	186	32	Senior (12 - 34)	70						
1285	Eimear	Keller	238	00:51:49	00:51:02	Female	51	29	Lady (12 - 34)	20						
1514	Eleanor	Webster	239	00:51:53	00:50:58	Female	52	25	Lady (12 - 34)	21						
1616	Steven	Platt	240	00:51:56	00:51:40	Male	187	61	V60 (60 - 64)	9						
1466	Gemma	Smyth	241	00:52:01	00:51:02	Female	53	31	Lady (12 - 34)	22						
1545	speedy	brear	242	00:52:02	00:50:54	Male	188	44	V40 (40 -44)	17						
1562	Alba	Ibarz	243	00:52:02	00:51:35	Female	54	35	LV35 (35 - 39)	8						
1557	Mathew	Harvey	244	00:52:05	00:51:45	Male	189	38	V35 (35 - 39)	23						
1599	Nicholas	Montgomery	245	00:52:06	00:51:55	Male	190	64	V60 (60 - 64)	10						
1223	Phil	Haigh	246	00:52:08	00:51:29	Male	191	27	Senior (12 - 34)	71						
1506	Lucinda	Ward	247	00:52:10	00:51:47	Female	55	37	LV35 (35 - 39)	9						
1487	Ian	Thompson	248	00:52:15	00:51:14	Male	192	46	V45 (45 -49)	19						
1478	Tom	Tapson	249	00:52:17	00:51:42	Male	193	27	Senior (12 - 34)	72						
1518	Alison	White	250	00:52:18	00:52:00	Female	56	61	LV60 (60 - 64)	4	SWVAC			Paddock Wood AC	Paddock Wood AC-F55	
1510	James	Watson	251	00:52:19	00:51:34	Male	194	26	Senior (12 - 34)	73						
1521	Thomas	White	252	00:52:19	00:51:18	Male	195	30	Senior (12 - 34)	74						
1390	Rai Bhadur Kundan Singh	Panesar	253	00:52:25	00:51:34	Male	196	22	Senior (12 - 34)	75						
1490	CHRIS	TONGUE	254	00:52:25	00:52:10	Male	197	27	Senior (12 - 34)	76						
1384	Rebecca	Omonira	255	00:52:30	00:51:47	Female	57	33	Lady (12 - 34)	23				Victoria Park Harriers		
1559	Gregory	Hudson	256	00:52:31	00:51:57	Male	198	40	V40 (40 -44)	18						
1539	Camilla	Baker	257	00:52:36	00:51:41	Female	58	29	Lady (12 - 34)	24						
1136	Andrew	Culling	258	00:52:40	00:52:08	Male	199	34	Senior (12 - 34)	77						
1142	James	Dansey	259	00:52:43	00:52:14	Male	200	32	Senior (12 - 34)	78						
1153	Christopher	Dilworth	260	00:52:48	00:52:13	Male	201	50	V50 (50 -54)	19				Thrift Green Trotters NORTH HERTS ROAD RUNNERS		
1231	Jo	Harbon	261	00:52:49	00:52:32	Female	59	51	LV50 (50 - 54)	6						
1419	Susan	Reilly	262	00:52:50	00:52:23	Female	60	41	LV55 (55 - 59)	7						
1157	Johnathan	Donno	263	00:52:53	00:52:16	Male	202	48	V45 (45 -49)	20						
1154	Tina	Dilworth	264	00:52:54	00:52:19	Female	61	45	LV45 (45 - 49)	2				Thrift Green Trotters		
1056	David	Bex	265	00:53:00	00:52:10	Male	203	53	V50 (50 -54)	20						
1210	Nick	Gilbert	266	00:53:04	00:52:18	Male	204	33	Senior (12 - 34)	79						
1590	Vicky	Tantony	267	00:53:04	00:52:42	Female	62	42	LV40 (40 - 44)	9						
1131	Dianne	Crisp	268	00:53:12	00:53:00	Female	63	53	LV50 (50 - 54)	7	VAC		3	Ilford AC	Ilford AC-W45	1
1267	Marley	Jellie	269	00:53:21	00:53:01	Female	64	29	Lady (12 - 34)	25						
1311	Kevin	Limn	270	00:53:22	00:52:37	Male	205	34	Senior (12 - 34)	80						
1554	Mark	Doerfel	271	00:53:29	00:53:05	Male	206	58	V55 (55 - 59)	18						
1256	Rachel	Hutchinson	272	00:53:29	00:53:01	Female	65	33	Lady (12 - 34)	26						
1174	Natalie	Evanson	273	00:53:34	00:53:06	Female	66	28	Lady (12 - 34)	27						
1411	Gill	Punt	274	00:53:39	00:52:49	Female	67	45	LV45 (45 - 49)	3						
1092	Jordi	Busquets	275	00:53:41	00:53:18	Male	207	37	V35 (35 - 39)	24						
1093	joan	busquets	276	00:53:41	00:53:15	Male	208	35	V35 (35 - 39)	25						
1200	Julia	Galea	277	00:53:42	00:53:24	Female	68	60	LV60 (60 - 64)	5	VAC		3	Ilford AC	Ilford AC-W55	1
1572	David	McCann	278	00:53:48	00:53:30	Male	209	27	Senior (12 - 34)	81						
1044	Christopher	Barron	279	00:53:49	00:53:07	Male	210	30	Senior (12 - 34)	82						
1399	David	Peters	280	00:53:50	00:53:34	Male	211	39	V35 (35 - 39)	26						
1088	Michael	Brown	281	00:53:55	00:53:04	Male	212	53	V50 (50 -54)	21						
1481	Clare	Taylor	282	00:53:56	00:53:10	Female	69	26	Lady (12 - 34)	28						
1356	Doug	Milsom	283	00:54:05	00:53:29	Male	213	76	V75+ (75 - 100)	2	VAC	2	1	Hillingdon AC		
1608	Caroline	Armitage	284	00:54:05	00:53:20	Female	70	50	LV50 (50 - 54)	8						

**QEOP 10k race, 3rd April**  
**BMAF / VAC 10k Championships 2016**

Race No	FirstName	LastName	Pos	Time	Net Time	Gender	Gender Pos	Age	Category	Cat Pos	BMAF	BMAF Cat Pos	VAC Cat Pos	Club	Team	Team Pos
1609	Tim	Armitage	285	00:54:05	00:53:19	Male	214	58	V55 (55 - 59)	19						
1219	Tom	Gowers	286	00:54:08	00:53:34	Male	215	16	Senior (12 - 34)	83						
1187	Martin	Flatley	287	00:54:10	00:53:36	Male	216	30	Senior (12 - 34)	84						
1483	Frederique	Tenthoff	288	00:54:10	00:53:23	Female	71	37	LV35 (35 - 39)	10						
1167	Evgenios	Efthymiou	289	00:54:13	00:53:42	Male	217	25	Senior (12 - 34)	85						
1586	Mehrdad	Safaieh	290	00:54:19	00:53:49	Male	218	36	V35 (35 - 39)	27						
1561	Josh	Hughes	291	00:54:22	00:54:03	Male	219	26	Senior (12 - 34)	86				N/A		
1314	Andrew	Lloyd	292	00:54:22	00:53:35	Male	220	32	Senior (12 - 34)	87						
1129	James	Crammond	293	00:54:29	00:53:56	Male	221	54	V50 (50 - 54)	22						
1299	Charlotte	Lane	294	00:54:30	00:53:44	Female	72	26	Lady (12 - 34)	29						
1144	Mark	Davison	295	00:54:31	00:53:53	Male	222	47	V45 (45 - 49)	21						
1479	Stephen	Taylor	296	00:54:31	00:53:53	Male	223	42	V40 (40 - 44)	19						
1587	Louisa	Slade	297	00:54:32	00:54:09	Female	73	26	Lady (12 - 34)	30						
1058	Armand	Bianco	298	00:54:33	00:53:33	Male	224	33	Senior (12 - 34)	88						
1147	Aitor	de Gea Rico	299	00:54:33	00:53:33	Male	225	33	Senior (12 - 34)	89						
1613	Francesca	Rowson	300	00:54:35	00:53:43	Female	74	24	Lady (12 - 34)	31						
1055	Kay	Bettis	301	00:54:37	00:53:58	Female	75	54	LV50 (50 - 54)	9				Serpentine Running Club		
1161	Lynnda	Dunbar	302	00:54:39	00:54:16	Female	76	43	LV40 (40 - 44)	10						
1427	Luke	Roberts	303	00:54:42	00:53:56	Male	226	22	Senior (12 - 34)	90						
1598	Marion	Arnold	304	00:54:42	00:54:09	Female	77	59	LV55 (55 - 59)	8				Bure Valley		
1099	Emily	Cannon	305	00:54:43	00:54:19	Female	78	33	Lady (12 - 34)	32						
1253	Lawrence	Hudson	306	00:54:54	00:54:02	Male	227	42	V40 (40 - 44)	20						
1089	Ida	Bruusgaard	307	00:55:10	00:54:14	Female	79	37	LV35 (35 - 39)	11						
1449	Wendy	Saunders	308	00:55:11	00:54:47	Female	80	50	LV50 (50 - 54)	10				Dagenham 88 Runners		
1186	Conor	Fitzpatrick	309	00:55:18	00:54:41	Male	228	32	Senior (12 - 34)	91						
1528	Jenny	Wood	310	00:55:27	00:54:51	Female	81	24	Lady (12 - 34)	33						
1564	Stuart	Keenan	311	00:55:29	00:54:57	Male	229	23	Senior (12 - 34)	92						
1465	Laura	Smyth	312	00:55:29	00:54:57	Female	82	30	Lady (12 - 34)	34						
1270	June	Johnson	313	00:55:33	00:55:18	Female	83	71	LV70 (70 - 74)	1	MMAC	1		Leamington Cycling & AC		
1409	Caroline	Price	314	00:55:33	00:54:36	Female	84	45	LV45 (45 - 49)	4						
1488	Hugh	Thorn	315	00:55:33	00:54:36	Male	230	46	V45 (45 - 49)	22						
1156	KAREN	DODSWORTH	316	00:55:39	00:55:23	Female	85	56	LV55 (55 - 59)	9	EVAC			North Herts RRC		
1460	MARK	SINCLAIR	317	00:55:41	00:54:26	Male	231	50	V50 (50 - 54)	23						
1471	Paul	Stocker	318	00:55:41	00:54:35	Male	232	29	Senior (12 - 34)	93						
1560	zoe	hughes	319	00:55:42	00:54:50	Female	86	33	Lady (12 - 34)	35						
1364	Alasdair	Morton	320	00:55:42	00:54:57	Male	233	31	Senior (12 - 34)	94						
1110	Nicola	Chester	321	00:55:45	00:55:28	Female	87	37	LV35 (35 - 39)	12	VAC	3	1	Ilford A.C.		
1248	Susan	Holland	322	00:55:45	00:55:15	Female	88	54	LV50 (50 - 54)	11				Istead And Ifield Harriers		
1542	James	Bell	323	00:55:47	00:54:51	Male	234	32	Senior (12 - 34)	95						
1067	Natalie	Bourne	324	00:55:48	00:55:18	Female	89	34	Lady (12 - 34)	36						
1292	Gillian	Kirk	325	00:55:52	00:55:27	Female	90	60	LV60 (60 - 64)	6						
1570	Timothy	Marshall	326	00:56:00	00:55:28	Male	235	24	Senior (12 - 34)	96						
1458	Nia	Shields	327	00:56:08	00:55:12	Female	91	45	LV45 (45 - 49)	5						
1396	Emily	Parsonage	328	00:56:12	00:55:23	Female	92	28	Lady (12 - 34)	37						
1317	Alice	Lucas	329	00:56:19	00:55:48	Female	93	28	Lady (12 - 34)	38						
1361	Danielle	Morland	330	00:56:24	00:55:50	Female	94	24	Lady (12 - 34)	39						
1401	Alex	Phillips	331	00:56:24	00:55:41	Male	236	32	Senior (12 - 34)	97						
1245	Laura	Hinton	332	00:56:25	00:55:25	Female	95	29	Lady (12 - 34)	40						
1013	Daniel	Angell	333	00:56:30	00:55:32	Male	237	32	Senior (12 - 34)	98						
1177	Nigel Farmer	Farmer	334	00:56:30	00:56:12	Male	238	53	V50 (50 - 54)	24				Marshall Milton Keynes		
1447	Robert	Sargent	335	00:56:33	00:56:18	Male	239	61	V60 (60 - 64)	11	VAC		2	Ilford AC	Ilford AC-M55	
1535	Clare	Young	336	00:56:40	00:56:17	Female	96	37	LV35 (35 - 39)	13						
1095	Oliver	Cadman	337	00:56:48	00:55:51	Male	240	34	Senior (12 - 34)	99						
1323	EDWARD	MAIN	338	00:56:49	00:56:23	Male	241	56	V55 (55 - 59)	20						
1258	Alison	Hynes	339	00:56:51	00:56:30	Female	97	39	LV35 (35 - 39)	14						
1379	Gya	Niyazi	340	00:57:09	00:56:29	Female	98	31	Lady (12 - 34)	41						
1618	Silvia	Lopez	341	00:57:13	00:56:23	Female	99	18	Lady (12 - 34)	42						
1476	Tania	Talma	342	00:57:16	00:56:22	Female	100	35	LV35 (35 - 39)	15						
1352	David	Merchant	343	00:57:18	00:56:25	Male	242	46	V45 (45 - 49)	23						
1192	Robert	Forder	344	00:57:24	00:56:46	Male	243	35	V35 (35 - 39)	28						

**QEOP 10k race, 3rd April**  
**BMAF / VAC 10k Championships 2016**

Race No	FirstName	LastName	Pos	Time	Net Time	Gender	Gender Pos	Age	Category	Cat Pos	BMAF	BMAF Cat Pos	VAC Cat Pos	Club	Team	Team Pos
1028	Paul	Ayers	345	00:57:29	00:56:25	Male	244	26	Senior (12 - 34)	100						
1221	Allyssa	Gregory	346	00:57:29	00:56:48	Female	101	41	LV40 (40 - 44)	11						
1150	Siobhan	Delany	347	00:57:37	00:57:09	Female	102	41	LV40 (40 - 44)	12						
1523	Kelly	Whittle	348	00:57:38	00:57:07	Female	103	37	LV35 (35 - 39)	16						
1300	Catherine	Lane	349	00:57:44	00:57:14	Female	104	31	Lady (12 - 34)	43						
1440	Robert	Ruffell	350	00:57:48	00:57:42	Male	245	23	Senior (12 - 34)	101						
1558	Stephen	Higgins	351	00:57:50	00:57:06	Male	246	54	V50 (50 -54)	25				Serpentine		
1533	Danny	Wright	352	00:57:53	00:57:17	Male	247	40	V40 (40 -44)	21						
1500	sue	vaughan	353	00:57:57	00:57:39	Female	105	48	LV45 (45 - 49)	6				NORTH HERTS ROAD RUNNERS		
1393	Hannah	Parkinson	354	00:58:00	00:57:00	Female	106	24	Lady (12 - 34)	44						
1296	Colleen	Krenzer	355	00:58:07	00:57:15	Female	107	47	LV45 (45 - 49)	7						
1246	ian	Hockley	356	00:58:09	00:57:38	Male	248	34	Senior (12 - 34)	102						
1137	Caroline	Cummins	357	00:58:11	00:57:22	Female	108	56	LV55 (55 - 59)	10				Dagenham 88 Runners		
1329	Thomas	Marsh	358	00:58:13	00:57:18	Male	249	29	Senior (12 - 34)	103						
1563	Daniel	Johnson	359	00:58:32	00:57:36	Male	250	31	Senior (12 - 34)	104						
1041	Jo	Barnes	360	00:58:34	00:57:45	Female	109	40	LV40 (40 - 44)	13						
1118	Clsire	Connold	361	00:58:37	00:58:12	Female	110	43	LV40 (40 - 44)	14						
1170	Nicols	Elcock	362	00:58:42	00:58:11	Female	111	31	Lady (12 - 34)	45						
1007	Jonathan	Allington	363	00:58:46	00:58:03	Male	251	26	Senior (12 - 34)	105						
1006	Paul	Allington	364	00:58:51	00:58:07	Male	252	32	Senior (12 - 34)	106				Maggie's Centres and Pancreatic Cancer Research Fund		
1541	Trevor	Bates	365	00:58:52	00:57:54	Male	253	29	Senior (12 - 34)	107						
1228	Alix	Hampson	366	00:58:52	00:58:09	Female	112	28	Lady (12 - 34)	46						
1011	Aurelie	Amrar	367	00:58:53	00:57:48	Male	254	30	Senior (12 - 34)	108						
1565	Claire	Kyndt	368	00:59:00	00:57:53	Female	113	34	Lady (12 - 34)	47						
1332	elisa	martin	369	00:59:00	00:58:34	Female	114	36	LV35 (35 - 39)	17						
1031	Gary	Bage	370	00:59:22	00:58:46	Male	255	42	V40 (40 -44)	22						
1104	Tim	Cattermoul	371	00:59:34	00:58:33	Male	256	28	Senior (12 - 34)	109						
1116	Louise	Colyer	372	00:59:34	00:58:58	Female	115	34	Lady (12 - 34)	48						
1550	Natalie	Cotts	373	00:59:34	00:58:40	Female	116	25	Lady (12 - 34)	49				London City Athletics Club		
1312	James	Linney	374	00:59:40	00:58:59	Male	257	33	Senior (12 - 34)	110				Ealing Eagles		
1313	Rhian	Linney	375	00:59:40	00:59:00	Female	117	28	Lady (12 - 34)	50				Ealing Eagles		
1462	Mike	Small	376	00:59:42	00:58:39	Male	258	57	V55 (55 - 59)	21						
1301	Jackie	LaRocca	377	00:59:52	00:59:37	Female	118	26	Lady (12 - 34)	51						
1459	Olivia	Simpson	378	00:59:52	00:59:21	Female	119	27	Lady (12 - 34)	52						
1227	Lance	Hambly	379	00:59:53	00:59:21	Male	259	27	Senior (12 - 34)	111						
1113	Helena	Clough	380	00:59:58	00:59:37	Female	120	21	Lady (12 - 34)	53						
1138	Samantha	Curnock	381	01:00:00	00:59:35	Female	121	22	Lady (12 - 34)	54						
1413	NISHANTHA	RANATUNGA	382	01:00:03	00:59:37	Male	260	38	V35 (35 - 39)	29						
1508	Andrew	Watson	383	01:00:06	00:59:22	Male	261	23	Senior (12 - 34)	112						
1034	Jordan	Bain	384	01:00:10	00:59:25	Male	262	24	Senior (12 - 34)	113						
1611	Katie	Wood	385	01:00:10	00:59:28	Female	122	40	LV40 (40 - 44)	15						
1406	Sophie	Preuss	386	01:00:29	00:59:35	Female	123	29	Lady (12 - 34)	55						
1448	Belen	Satorre Berbegal	387	01:00:29	00:59:35	Female	124	25	Lady (12 - 34)	56						
1468	Laurence	Sowerby	388	01:00:29	00:59:21	Male	263	31	Senior (12 - 34)	114						
1111	Monsoor	chowdhury	389	01:00:30	00:59:48	Male	264	43	V40 (40 -44)	23						
1318	lloyd	lynch	390	01:00:33	01:00:00	Male	265	27	Senior (12 - 34)	115						
1417	Alice	Raper	391	01:00:34	00:59:36	Female	125	31	Lady (12 - 34)	57						
1114	Joseph	Cody	392	01:00:42	01:00:09	Male	266	28	Senior (12 - 34)	116						
1371	David	Murray	393	01:00:42	01:00:01	Male	267	35	V35 (35 - 39)	30						
1367	Angela	Munday	394	01:00:58	01:00:00	Female	126	46	LV45 (45 - 49)	8						
1033	Jack	Bailey	395	01:01:03	01:00:20	Male	268	24	Senior (12 - 34)	117						
1446	Curtis	Sample	396	01:01:08	01:00:02	Male	269	30	Senior (12 - 34)	118						
1043	Jenni	Barratt	397	01:01:09	01:00:52	Female	127	28	Lady (12 - 34)	58						
1239	Amy	Heap	398	01:01:15	01:00:36	Female	128	25	Lady (12 - 34)	59						
1547	Jonathan	Brown	399	01:01:23	01:00:55	Male	270	45	V45 (45 -49)	24						
1340	michael	mcgilloway	400	01:01:31	01:01:02	Male	271	52	V50 (50 -54)	26						
1341	siobhan	mcgilloway	401	01:01:32	01:01:02	Female	129	52	LV50 (50 - 54)	12						

**QEOP 10k race, 3rd April**  
**BMAF / VAC 10k Championships 2016**

Race No	FirstName	LastName	Pos	Time	Net Time	Gender	Gender Pos	Age	Category	Cat Pos	BMAF	BMAF Cat Pos	VAC Cat Pos	Club	Team	Team Pos
1068	Lesley	Bowcott	402	01:01:33	01:00:41	Female	130	71	LV70 (70 - 74)	2	VAC	2	1	Wimbledon Windmilers	Wimbledon Windmilers-F55	
1201	Annie	gannon	403	01:01:45	01:00:56	Female	131	30	Lady (12 - 34)	60						
1407	ryan	price	404	01:01:48	01:01:10	Male	272	40	V40 (40 -44)	24						
1100	Briony	Carew	405	01:01:53	01:01:24	Female	132	33	Lady (12 - 34)	61						
1107	Eleanor	Chambre	406	01:01:55	01:01:07	Female	133	28	Lady (12 - 34)	62						
1085	Michelle	Brosnan	407	01:02:08	01:01:26	Female	134	37	LV35 (35 - 39)	18						
1018	Katherine	Armstrong	408	01:02:22	01:01:21	Female	135	33	Lady (12 - 34)	63						
1020	Ankit	Arora	409	01:02:22	01:01:30	Male	273	28	Senior (12 - 34)	119						
1381	Bill	O'Connor	410	01:02:27	01:02:03	Male	274	70	V70 (70 - 74)	8	VAC		2	Queens Park Harriers	Queens Park Harriers-M55	
1360	Angharad	Morgan	411	01:02:28	01:01:44	Female	136	26	Lady (12 - 34)	64				Ealing Eagles		
1053	Fay	Bennett	412	01:02:29	01:02:08	Female	137	28	Lady (12 - 34)	65						
1206	LISA	GIBBINS	413	01:02:44	01:02:24	Female	138	28	Lady (12 - 34)	66						
1261	Raluca	Ion	414	01:02:49	01:01:59	Female	139	38	LV35 (35 - 39)	19						
1501	Ruth	Vincent	415	01:02:52	01:01:48	Female	140	33	Lady (12 - 34)	67						
1439	Anna	Rowlands	416	01:03:21	01:02:47	Female	141	27	Lady (12 - 34)	68						
1101	Eddie	Carillo	417	01:03:36	01:02:34	Male	275	46	V45 (45 -49)	25				Run Club East		
1324	Gillian	Marais	418	01:03:37	01:03:08	Female	142	39	LV35 (35 - 39)	20						
1130	Katie	Crawford	419	01:03:46	01:03:31	Female	143	25	Lady (12 - 34)	69						
1326	Stephanie	Marrs	420	01:03:56	01:03:28	Female	144	26	Lady (12 - 34)	70						
1603	julie	gillender	421	01:04:11	01:03:48	Female	145	48	LV45 (45 - 49)	9				Ilford AC		
1277	Pam	Jones	422	01:04:14	01:03:49	Female	146	79	LV75+ (75 - 100)	1	VAC	1	1	Ilford AC	Ilford AC-W55	1
1005	Sarah	Allington	423	01:04:18	01:03:34	Female	147	33	Lady (12 - 34)	71				Maggie's Centres and Pancreatic Cancer Research Fund		
1096	Gillian	Calliste	424	01:04:18	01:03:27	Female	148	55	LV55 (55 - 59)	11				Istead & Ifield Harriers		
1327	Darren	Marsh	425	01:04:21	01:03:48	Male	276	34	Senior (12 - 34)	120						
1094	Rachel	Buswell	426	01:04:27	01:03:47	Female	149	31	Lady (12 - 34)	72						
1027	Maddy	Austin	427	01:04:34	01:03:51	Female	150	58	LV55 (55 - 59)	12						
1244	Sharon	Hillyer	428	01:04:39	01:03:40	Female	151	45	LV45 (45 - 49)	10						
1168	Chris	Elcock	429	01:04:43	01:04:06	Male	277	33	Senior (12 - 34)	121						
1216	Nigel	Goodwin	430	01:04:54	01:04:22	Male	278	62	V60 (60 - 64)	12	VAC		3	Herne Hill Harriers	Herne Hill Harriers-M55	
1412	Nina	Radivoeva	431	01:04:54	01:04:06	Female	152	26	Lady (12 - 34)	73						
1169	Edward	Elcock	432	01:05:11	01:04:36	Male	279	65	V65 (65 - 69)	10						
1197	Hannah	Frick	433	01:05:37	01:04:49	Female	153	31	Lady (12 - 34)	74						
1240	Ann	Henderson	434	01:05:38	01:04:36	Female	154	44	LV40 (40 - 44)	16				Run Club East		
1207	John	Gibson	435	01:05:47	01:04:44	Male	280	68	V65 (65 - 69)	11				Serpentine		
1184	Marie	Finnegan	436	01:05:49	01:05:21	Female	155	44	LV40 (40 - 44)	17						
1286	stephen	kelly	437	01:05:59	01:05:24	Male	281	49	V45 (45 -49)	26						
1475	Sandeep	Taak	438	01:06:01	01:05:23	Female	156	34	Lady (12 - 34)	75						
1146	Charlotte	Dawson	439	01:06:05	01:05:12	Female	157	36	LV35 (35 - 39)	21						
1315	Tania	Lopez Bran	440	01:06:15	01:05:19	Female	158	40	LV40 (40 - 44)	18						
1241	Amelia	Hendry	441	01:06:17	01:05:45	Female	159	25	Lady (12 - 34)	76						
1452	Guillemette	Seliez	442	01:06:22	01:05:16	Female	160	30	Lady (12 - 34)	77						
1359	Stephanie	Moffat	443	01:06:29	01:05:58	Female	161	24	Lady (12 - 34)	78						
1583	Kate	Rabaiotti	444	01:06:36	01:05:47	Female	162	30	Lady (12 - 34)	79						
1451	Rebecca	Seers	445	01:06:36	01:05:42	Female	163	32	Lady (12 - 34)	80						
1410	Wioleta	Prylowska-Kicman	446	01:06:41	01:06:27	Female	164	28	Lady (12 - 34)	81						
1431	Ashleigh	Robinson	447	01:06:59	01:06:20	Female	165	30	Lady (12 - 34)	82						
1432	Carrie	Robinson	448	01:07:00	01:06:20	Female	166	33	Lady (12 - 34)	83						
1429	Kate	Robertshaw	449	01:07:02	01:06:08	Female	167	32	Lady (12 - 34)	84						
1202	Helen	Garcia	450	01:07:08	01:06:38	Female	168	28	Lady (12 - 34)	85						
1619	Adam	Thompson	451	01:07:09	01:06:36	Male	282	27	Senior (12 - 34)	122						
1494	Simone	Turner	452	01:07:17	01:06:28	Female	169	27	Lady (12 - 34)	86						
1346	Kelly	McNair	453	01:07:22	01:06:41	Female	170	20	Lady (12 - 34)	87				Volunteer Services Overseas		
1209	Beverley	Gilbert	454	01:07:33	01:06:55	Female	171	33	Lady (12 - 34)	88						
1328	Adam	Marsh	455	01:07:45	01:07:09	Male	283	31	Senior (12 - 34)	123						
1442	Lisa	Russell	456	01:08:03	01:07:40	Female	172	37	LV35 (35 - 39)	22						
1418	Katie	Rees	457	01:08:04	01:07:19	Female	173	31	Lady (12 - 34)	89						
1575	Anne-Marie	Minty	458	01:08:11	01:07:16	Female	174	28	Lady (12 - 34)	90						



**QEOP 10k race, 3rd April**  
**BMAF / VAC 10k Championships 2016**

Race No	FirstName	LastName	Pos	Time	Net Time	Gender	Gender Pos	Age	Category	Cat Pos	BMAF	BMAF Cat Pos	VAC Cat Pos	Club	Team	Team Pos
1106	Joseph	Cayetano	459	01:08:27	01:07:51	Male	284	37	V35 (35 - 39)	31						
1457	Robert	Shields	460	01:08:49	01:07:52	Male	285	49	V45 (45 -49)	27						
1124	Lucy	Cooper	461	01:09:07	01:08:14	Female	175	41	LV40 (40 - 44)	19						
1433	VANESSA	ROLFE	462	01:09:27	01:08:45	Female	176	61	LV60 (60 - 64)	7				NORTH HERTS ROAD RUNNERS		
1014	Sophie	Apps	463	01:09:31	01:08:58	Female	177	27	Lady (12 - 34)	91						
1389	Craig	Owens	464	01:09:31	01:08:58	Male	286	28	Senior (12 - 34)	124						
1551	Denise	Dobson	465	01:09:35	01:08:35	Female	178	48	LV45 (45 - 49)	11						
1159	Oluwakemi	Donovan	466	01:09:41	01:09:19	Female	179	35	LV35 (35 - 39)	23						
1374	Suzanne	Natelson	467	01:09:44	01:08:38	Female	180	37	LV35 (35 - 39)	24						
1342	Anna	McHugh	468	01:09:48	01:08:49	Female	181	35	LV35 (35 - 39)	25				Shelter		
1394	Daphne	Parr	469	01:10:17	01:09:50	Female	182	55	LV55 (55 - 59)	13						
1029	Jo	Backhouse	470	01:10:18	01:09:23	Female	183	40	LV40 (40 - 44)	20						
1464	Kerry	Smith	471	01:10:34	01:10:00	Female	184	26	Lady (12 - 34)	92						
1423	Jacqueline	Riley	472	01:10:36	01:10:09	Female	185	67	LV65 (65 - 69)	2						
1222	Alexis	Guthrie	473	01:10:57	01:10:08	Female	186	32	Lady (12 - 34)	93						
1424	Gordon	Riley	474	01:11:00	01:10:34	Male	287	65	V65 (65 - 69)	12						
1264	Sophie	Jankovic	475	01:11:32	01:11:32	Female	187	37	LV35 (35 - 39)	26						
1022	Hannah	Ashley Fraser	476	01:11:53	01:11:13	Female	188	33	Lady (12 - 34)	94						
1549	Marta	Campos	477	01:11:56	01:10:56	Female	189	37	LV35 (35 - 39)	27						
1052	Bridget	Benelam	478	01:12:03	01:10:58	Female	190	35	LV35 (35 - 39)	28						
1002	Ade	Akadiri	479	01:12:06	01:11:29	Male	288	46	V45 (45 -49)	28						
1213	Jeannette	Giles	480	01:12:10	01:11:37	Female	191	77	LV75+ (75 - 100)	2	SCVAC	2		Istead & Ifield Harriers		
1046	Kim	Baxter	481	01:12:21	01:11:56	Female	192	59	LV55 (55 - 59)	14	SCVAC			Ifford AC	Ifford AC-W55	1
1408	SUSAN	PRICE	482	01:12:28	01:11:43	Female	193	36	LV35 (35 - 39)	29						
1009	Freda	Alvi	483	01:12:41	01:11:55	Female	194	39	LV35 (35 - 39)	30						
1552	Tara	Dobson-Silverton	484	01:12:58	01:12:03	Female	195	13	Lady (12 - 34)	95						
1181	Tunjay	Fehmi	485	01:13:19	01:12:14	Female	196	34	Lady (12 - 34)	96						
1515	Holly	Weir	486	01:13:20	01:12:16	Female	197	37	LV35 (35 - 39)	31				Victoria Park Harriers		
1203	Ilana	Garman	487	01:13:40	01:13:14	Female	198	55	LV55 (55 - 59)	15						
1215	Kristie	Girvan	488	01:13:45	01:13:03	Female	199	22	Lady (12 - 34)	97						
1001	Leanne	Ackrell	489	01:14:35	01:13:54	Female	200	30	Lady (12 - 34)	98						
1321	Sarah	Maclean	490	01:15:24	01:14:41	Female	201	27	Lady (12 - 34)	99						
1404	CELIA	POKE	491	01:16:56	01:16:26	Female	202	56	LV55 (55 - 59)	16						
1491	Kate	Trend	492	01:17:06	01:16:24	Female	203	37	LV35 (35 - 39)	32						
1380	Kerri	O'Brien	493	01:17:23	01:16:18	Female	204	34	Lady (12 - 34)	100						
1236	Jana	Hartwig	494	01:18:56	01:18:07	Female	205	29	Lady (12 - 34)	101						
1194	Lucie	Fournaison	495	01:20:56	01:19:50	Female	206	27	Lady (12 - 34)	102						
1175	Clarise	Faria	496	01:22:24	01:21:25	Female	207	37	LV35 (35 - 39)	33						
1569	Emma	Mann	497	01:24:16	01:23:25	Female	208	45	LV45 (45 - 49)	12						
1061	James	Bland	498	01:24:31	01:23:40	Male	289	24	Senior (12 - 34)	125						
1472	Paige	Stokes	499	01:24:32	01:23:41	Female	209	22	Lady (12 - 34)	103						
1204	Anna	George	500	01:25:39	01:24:46	Female	210	47	LV45 (45 - 49)	13						
1155	Rachel	Dilworth	501	01:27:09	01:27:09	Female	211	25	Lady (12 - 34)	104						
1097	Gemma	Cambridge	502	01:31:45	01:30:56	Female	212	29	Lady (12 - 34)	105						
1062	Rowena	Boden	503	01:33:22	01:32:39	Female	213	50	LV50 (50 - 54)	13						
1069	Alison	Bowen	504	01:34:53	01:34:12	Female	214	36	LV35 (35 - 39)	34						
1607	Andrew	Watson	505	01:35:27	01:34:42	Male	290	23	Senior (12 - 34)	126						
1509	Adam	Watson	506	01:35:28	01:34:43	Male	291	50	V50 (50 -54)	27						
1531	Aaron	Wright	507	01:37:36	01:36:56	Male	292	21	Senior (12 - 34)	127						
1003	NABEEL	ALHASSAN	508	01:41:07	01:41:07	Male	293	22	Senior (12 - 34)	128						