

Highgate Harriers Night of the 10,000m PBs Race 1

1	118	Stevens	Thomas	Cambridge & Coleridge AC	32:37.35
2	115	Nelson	Stuart	Eastern Vets AC	33:21.85
3	110	Horton	Alex	Barnet & District AC	33:25.86
4	102	Coombes	Simon	Herne Hill Harriers	33:27.72
5	119	Watt	Daniel	Tonbridge AC	33:38.34
6	111	Ince	Mark	Birmingham Running & Tri Club	33:41.33
7	120	Wright	Michael	Barnet & District AC	34:02.95
8	101	Christopher	Tom	Highgate Harriers AC	34:04.94
9	99	Lawrence	Tim	Kent AC	34:07.36
10	100	Carter	Tim	Birmingham Running & Tri Club	34:26.64
11	113	Law	John	Tunbridge Wells Harriers	34:30.48
12	106	Elsey	Tim	Herne Hill Harriers	34:48.29
13	105	Davison	Darryl	Tyne Bridge	35:20.24
14	114	Morris	Will	Barnet & District AC	35:26.41
15	107	Fegan	Danielle	Armagh AC	36:22.77
16	104	Davis	James	Vale of Aylesbury AC	36:33.71
17	117	Penty	Becky	Highgate Harriers AC	36:59.05
18	108	Gounelas	Alex	Eton Manor	37:59.48
19	103	Crawford	Victoria	Serpentine RC	38:20.92
20	98	Ballard	Dominique	Basildon AC	38:35.68
21	112	Kent	Jo	Barnet & District AC	38:39.13
22	109	Griffiths	Gail	Manx Harriers	39:31.51

Highgate Harriers Night of the 10,000m PBs Race #2

1	96	Van Haeften	Lee	Herne Hill Harriers	31:37.19
2	83	Mackay	Will	Bedford & County AC	31:40.41
3	88	Pearce	Gordon	Highgate Harriers	32:11.36
4	78	Dickinson	Matthew	Yeovil Olympiads AC	32:22.49
5	84	McMillan	John	Clapham Chasers	32:23.31
6	80	Evans	Ryan	South London Harriers	32:24.19
7	89	Rainsford	Joe	Heanor Running Club	32:24.69
8	73	Murchison	Alan	Winchester & District AC	32:29.88
9	76	Bennett	Matthew	Southampton AC	32:32.35
10	93	Sheehan	Niall	Newham & Essex	32:34.31
11	81	Kowenicki	Richard	Herne Hill Harriers	32:39.38
12	85	McTaggart	Rob	Bournemouth Poole AC	32:41.46
13	74	Bahelbi	Robel	Highgate Harriers AC	32:46.17
14	87	Muir	Malcolm	Ilford AC	32:48.36
15	94	Slemeck	Frederick	Hercules Wimbledon AC	32:48.38
16	75	Banks	Ed	Birmingham Running & Tri Club	32:48.79
17	82	Lawrence	Andrew	Morpeth Harriers & AC	32:50.82
18	86	Morgan	Dave	Serpentine Running Club	32:51.55
19	77	Burrett	Mike	Leeds City AC	33:12.29
20	97	Weston	Rick	Serpentine Running Club	33:31.39
21	90	Rimmer	Gregory	Highgate Harriers AC	33:33.97
22	95	Torry	Hugh	Serpentine Running Club	33:47.54
23	79	Dodwell	Henry	Highgate Harriers AC	34:02.07

Highgate Harriers Night of the 10,000m PBs Race #3

1	56	Fontana	Sean	Victoria Park Glasgow	30:09.21
2	49	Bailey	Ian	Aldershot Farnham & Dist AC	30:15.04
3	54	Dixon	Shaun	Highgate Harriers AC	30:16.78
4	59	Kyereme	Kojo	Shaftesbury Barnet Harriers	30:26.24
5	52	Connor	Steven	Aldershot Farnham & Dist AC	30:32.71
6	63	O'Gorman	Alexander	Stockport Harriers & AC	30:36.76
7	61	Maud	Andrew	Clapham Chasers	30:37.68
8	55	Eves	John	Bedford & County AC	31:08.07
9	50	Brown	Richard	Lincoln Wellington AC	31:15.11
10	69	Thompson	Rob	Hillingdon AC	31:17.25
11	67	Ruddy	Craig	Belgrave Harriers	31:20.87
12	51	Bull	Joshua	Derby AC	31:26.35
13	72	Greenleaf	Andy	Serpentine Running Club	31:27.09
14	62	Natali	Paolo	Achilles Club	31:29.27
15	68	Rush	Graham	Cheltenham Harriers	31:38.50
16	65	Rainsford	Chris	Heanor Running Club	31:43.53
17	53	Cornthwaite	Thomas	Blackburn Harriers & AC	31:50.70
18	66	Rojas	Kevin	Brighton & Hove City AC	31:57.22
19	71	King	Stuart	Heanor Running Club	32:09.24
20	70	McMullan	James	Thames Hare & Hounds	32:20.74
DNF	64	Poole	Jonathan	Serpentine RC	
DNS	57	Halsted	Scott	Bracknell AC	
DNS	58	Hodkinson	Peter	Notts AC	

Highgate Harriers Night of the 10,000m PBs Race #4

1	41	Pavey	Joanne	Exeter Harriers	32:11.04
2	35	Duarte	Sophie	CA BALMA(France)	32:36.32
3	123	Potter	Beth	Shaftesbury Barnet Harriers	32:45.69
4	31	Britton	Fionnuala	Eire	32:57.49
5	37	Lewandowska	Iwona	Marshall Milton Keynes AC	33:08.95
6	30	Auckland	Rhona	Banchory - Stonehaven AC	33:09.58
7	38	McCambridge	Maria	Dundrum South Dublin	33:19.43
8	40	Partridge	Lily	Aldershot Farnham & Dist AC	33:23.49
9	46	Spencer	Linda	Chichester Runners & AC	33:47.84
10	36	Jones	Tish	Belgrave Harriers	33:48.01
11	45	Small	Louise	Aldershot Farnham & Dist AC	33:50.63
12	44	Samuels	Sonia	Wallsend Harriers & AC	33:54.36
13	43	Russell	Lorna	Winchester & District AC	34:54.94
14	33	Deadman	Lauren	Havering Mayesbrook AC	34:57.28
15	32	Bruinvels	Georgie	Aldershot Farnham & Dist AC	35:15.04
16	42	Taylor	Charlotte	Nene Valley	35:22.42
DNF	34	Dixon	Alyson	Sunderland Strollers	
DNF	48	Wiker	Louise	Sweden	

Highgate Harriers Night of the 10,000m PBs Race #5

1	24	Vernon	Andy	Aldershot Farnham & Dist AC	28:26.59
2	21	Thompson	Chris	Aldershot Farnham & Dist AC	28:49.77
3	14	Mellor	Jonny	Liverpool Harriers & AC	28:52.90
4	8	Hynes	Matthew	North York Moors AC	29:20.07
5	7	Griffiths	Dewi	Swansea H	29:22.17
6	10	Lemoncello	Andrew	Fife Athletics Club	29:26.35
7	19	Thewlis	Jonathan	Notts AC	29:48.82
8	22	Thornton	Gary	Ireland/Kent AC	30:02.25
9	2	Burton	Neil	Tipton H	30:02.59
10	16	Newton	Peter	Morpeth Harriers & AC	30:06.47
11	5	Garbutt	Dan	Durham City Harriers	30:10.18
12	11	Lilly	Josh	Tipton H	30:11.47
13	4	Fitzpatrick	Thomas	Raheny Shamrock	30:24.11
14	20	Thomas	Ieuan	Cardiff AAC	30:25.27
15	23	Torry	Nicholas	Serpentine Running Club	30:25.30
16	1	McGinley	Eddie	Annadale Striders	30:26.53
17	6	Gray	Jack	Birmingham Running & Tri Club	30:44.44
18	3	Cragg	Luke	Leeds City AC	30:48.91
19	28	Wylie	Phil	Bristol & West AC	30:49.33
20	12	Maher	Brian	Kilkenny City Harriers	30:50.58
21	9	Kimpton	Ian	Luton AC	30:50.68
22	15	Murray	Gary	St Malachy's	30:54.86
DNF	13	McLeod	Ryan	Tipton H	
DNF	18	Russell	Robert	Central AC	
DNF	26	Weir	Richard	Derby AC	
DNF	27	Whittaker	Paul	Southend on Sea AC	