

triandrun Belgrave 5 km Road Race 12 August 2007 - Men's Handicap

| Pos | Race no. | Time | Name | Club | Age | H'cap | Allowance | H'cap time |
|-----|----------|---------|--------------------|---------------------|-----|-------|-----------|------------|
| 1 | 115 | 0:21:47 | Stuart Morrison | Herne Hill H | SM | 29 | 00:10:10 | 00:11:37 |
| 2 | 76 | 0:18:01 | Andrew Nippard | Sutton R | SM | 18 | 00:05:40 | 00:12:21 |
| 3 | 155 | 0:22:45 | Chris Parrott | Dorking &MV AC | SM | 28 | 00:09:44 | 00:13:01 |
| 4 | 156 | 0:26:36 | David Wilkes | Lingfield RC | M60 | 36 | 00:13:33 | 00:13:03 |
| 5 | 29 | 0:22:05 | Matthew Kiernan | Croydon H | SM | 26 | 00:08:51 | 00:13:14 |
| 6 | 84 | 0:20:06 | Justin Pritchard | Belgrave H | SM | 20 | 00:06:25 | 00:13:41 |
| 7 | 128 | 0:17:35 | Graeme Buscke | Clapham Chasers | SM | 13 | 00:03:54 | 00:13:41 |
| 8 | 35 | 0:19:03 | Sean McCarthy | Walton AC | M40 | 17 | 00:05:18 | 00:13:45 |
| 9 | 140 | 0:16:09 | Keiran White | Hercules Wimb. AC | SM | 8 | 00:02:17 | 00:13:52 |
| 10 | 150 | 0:18:29 | Darren Piper | Striders of Croydon | SM | 15 | 00:04:35 | 00:13:54 |
| 11 | 16 | 0:17:11 | Deon Coetzee | Hercules Wimb. AC | SM | 11 | 00:03:14 | 00:13:57 |
| 12 | 45 | 0:18:15 | David Rowe | Ranelagh H | SM | 14 | 00:04:15 | 00:14:00 |
| 13 | 102 | 0:18:57 | Darren Wood | Ranelagh H | SM | 16 | 00:04:57 | 00:14:00 |
| 14 | 129 | 0:19:25 | Stephen Black | Clapham Chasers | SM | 17 | 00:05:18 | 00:14:07 |
| 15 | 131 | 0:16:25 | James Fairbourn | Belgrave H | SM | 8 | 00:02:17 | 00:14:08 |
| 16 | 125 | 0:27:13 | Michael Bryant | 26.2 RRC | M60 | 35 | 00:13:03 | 00:14:10 |
| 17 | 39 | 0:16:28 | Danny Norman | Stragglers AC | SM | 8 | 00:02:17 | 00:14:11 |
| 18 | 106 | 0:21:03 | John Rawlinson | Sutton R | M50 | 21 | 00:06:49 | 00:14:14 |
| 19 | 111 | 0:19:15 | Chris Morton | Striders of Croydon | M40 | 16 | 00:04:57 | 00:14:18 |
| 20 | 30 | 0:15:42 | Tom Kingsnorth | Thames H&H | SM | 5 | 00:01:24 | 00:14:18 |
| 21 | 72 | 0:19:37 | Mick Turner | Striders of Croydon | M40 | 17 | 00:05:18 | 00:14:19 |
| 22 | 17 | 0:20:03 | Dominic Collier | 26.2 RRC | SM | 18 | 00:05:40 | 00:14:23 |
| 23 | 105 | 0:24:07 | Stephen Robinson | Tadworth AC | M60 | 28 | 00:09:44 | 00:14:23 |
| 24 | 162 | 0:18:18 | Paul Mitchell | South London H | M40 | 13 | 00:03:54 | 00:14:24 |
| 25 | 98 | 0:17:58 | Paul Rostern | Elmbridge RR | M40 | 12 | 00:03:34 | 00:14:24 |
| 26 | 9 | 0:15:50 | Graham Brook | Stragglers AC | SM | 5 | 00:01:24 | 00:14:26 |
| 27 | 36 | 0:17:05 | Nathan Mills | Ranelagh H | SM | 9 | 00:02:36 | 00:14:29 |
| 28 | 99 | 0:19:07 | Graham Shaw | Elmbridge RR | M50 | 15 | 00:04:35 | 00:14:32 |
| 29 | 138 | 0:20:57 | Peter Dry | Epsom Oddballs | M50 | 20 | 00:06:25 | 00:14:32 |
| 30 | 6 | 0:18:28 | David Batten | Striders of Croydon | M50 | 13 | 00:03:54 | 00:14:34 |
| 31 | 77 | 0:20:14 | Jim Munday | Sutton R | M50 | 18 | 00:05:40 | 00:14:34 |
| 32 | 68 | 0:17:29 | Martin Giles | Sutton R | M40 | 10 | 00:02:55 | 00:14:34 |
| 33 | 135 | 0:19:10 | Ben Jervis | Clapham Chasers | SM | 15 | 00:04:35 | 00:14:35 |
| 34 | 65 | 0:22:11 | Stephen Ind | Elmbridge RR | M50 | 23 | 00:07:36 | 00:14:35 |
| 35 | 130 | 0:17:50 | Marc Snaith | Ranelagh H | SM | 11 | 00:03:14 | 00:14:36 |
| 36 | 44 | 0:16:35 | Jim Roche | Walthamstow AC | SM | 7 | 00:01:59 | 00:14:36 |
| 37 | 132 | 0:16:00 | Malachi Byansi | Belgrave H | SM | 5 | 00:01:24 | 00:14:36 |
| 38 | 15 | 0:22:13 | Dick Clark | Tadworth AC | M60 | 23 | 00:07:36 | 00:14:37 |
| 39 | 112 | 0:18:11 | Andy Evans | South London H | M40 | 12 | 00:03:34 | 00:14:37 |
| 40 | 96 | 0:16:19 | Tim Doran | Elmbridge RR | SM | 6 | 00:01:41 | 00:14:38 |
| 41 | 47 | 0:16:03 | Nick Shasha | Walthamstow AC | SM | 5 | 00:01:24 | 00:14:39 |
| 42 | 157 | 0:18:16 | Neil Guthrie | Wimbledon W | SM | 12 | 00:03:34 | 00:14:42 |
| 43 | 2 | 0:17:00 | Neil Aitken | Clapham Chasers | SM | 8 | 00:02:17 | 00:14:43 |
| 44 | 79 | 0:21:09 | Glenn Woodman | Sutton R | M50 | 20 | 00:06:25 | 00:14:44 |
| 45 | 109 | 0:19:41 | Christopher Dean | Elmbridge RR | SM | 16 | 00:04:57 | 00:14:44 |
| 46 | 93 | 0:17:02 | Paul Graham | Stragglers AC | SM | 8 | 00:02:17 | 00:14:45 |
| 47 | 18 | 0:20:03 | Jonathan Corbett | Belgrave H | M40 | 17 | 00:05:18 | 00:14:45 |
| 48 | 78 | 0:19:21 | Steve Hutton | Tadworth AC | M50 | 15 | 00:04:35 | 00:14:46 |
| 49 | 23 | 0:21:35 | Scott Haddow | Clapham Chasers | SM | 21 | 00:06:49 | 00:14:46 |
| 50 | 83 | 0:17:06 | David Freeman | Tadworth AC | M40 | 8 | 00:02:17 | 00:14:49 |
| 51 | 153 | 0:18:23 | Howard Jones | Dorking &MV AC | M40 | 12 | 00:03:34 | 00:14:49 |
| 52 | 85 | 0:19:04 | Richard Nicholson | Elmbridge RR | SM | 14 | 00:04:15 | 00:14:49 |
| 53 | 27 | 0:15:57 | Nick Hodges | Dorking &MV AC | SM | 4 | 00:01:06 | 00:14:51 |
| 54 | 61 | 0:22:52 | Michael George | Striders of Croydon | M50 | 24 | 00:08:01 | 00:14:51 |
| 55 | 95 | 0:23:43 | Ian Isherwood | Hercules Wimb. AC | M50 | 26 | 00:08:51 | 00:14:52 |
| 56 | 32 | 0:18:27 | Gavin Lawrence | Reigate Priory AC | SM | 12 | 00:03:34 | 00:14:53 |
| 57 | 167 | 0:24:37 | Phillip Henwood | Herne Hill H | SM | 28 | 00:09:44 | 00:14:53 |
| 58 | 46 | 0:19:08 | Steve Sandham | Stragglers AC | M50 | 14 | 00:04:15 | 00:14:53 |
| 59 | 118 | 0:19:29 | Joe Brewer | 26.2 RRC | SM | 15 | 00:04:35 | 00:14:54 |
| 60 | 117 | 0:16:53 | Luis Gomez | Sutton R | M40 | 7 | 00:01:59 | 00:14:54 |
| 61 | 64 | 0:19:32 | Noel Hollingsworth | Stragglers AC | M40 | 15 | 00:04:35 | 00:14:57 |
| 62 | 52 | 0:17:52 | Peter Weir | Ranelagh H | M40 | 10 | 00:02:55 | 00:14:57 |
| 63 | 11 | 0:19:54 | Keith Brown | Croydon H | M50 | 16 | 00:04:57 | 00:14:57 |
| 64 | 104 | 0:16:57 | Mark Tennyson | Guildford & G AC | M40 | 7 | 00:01:59 | 00:14:58 |
| 65 | 87 | 0:18:13 | Paul Sweeney | Elmbridge RR | M40 | 11 | 00:03:14 | 00:14:59 |
| 66 | 113 | 0:22:35 | Paul Weir | Striders of Croydon | SM | 23 | 00:07:36 | 00:14:59 |
| 67 | 88 | 0:21:27 | Andy Lawson | unattached | SM | 20 | 00:06:25 | 00:15:02 |
| 68 | 126 | 0:17:45 | Peter Kennedy | Stragglers AC | SM | 9 | 00:02:36 | 00:15:09 |

triandrrun Belgrave 5 km Road Race 12 August 2007 - Men's Handicap

| Pos | Race no. | Time | Name | Club | Age | H'cap | Allowance | H'cap time |
|-----|----------|---------|----------------------|-------------------|-----|-------|-----------|------------|
| 69 | 134 | 0:16:16 | Paul Doyle | Ranelagh H | M40 | 4 | 00:01:06 | 00:15:10 |
| 70 | 24 | 0:26:45 | John Hanscombe | Ranelagh H | M60 | 32 | 00:11:34 | 00:15:11 |
| 71 | 60 | 0:20:29 | Khawar Zuberi | Clapham Chasers | M40 | 17 | 00:05:18 | 00:15:11 |
| 72 | 48 | 0:19:27 | Colin Simpson | Dorking &MV AC | M50 | 14 | 00:04:15 | 00:15:12 |
| 73 | 119 | 0:22:01 | Mark Simmons | 26.2 RRC | M40 | 21 | 00:06:49 | 00:15:12 |
| 74 | 34 | 0:18:09 | Trevor Maguire | Ranelagh H | M40 | 10 | 00:02:55 | 00:15:14 |
| 75 | 38 | 0:19:32 | Geoff Newton | Tadworth AC | M60 | 14 | 00:04:15 | 00:15:17 |
| 76 | 41 | 0:19:55 | Christopher Read | Ranelagh H | SM | 15 | 00:04:35 | 00:15:20 |
| 77 | 141 | 0:16:44 | Tim Eley | Herne Hill H | SM | 5 | 00:01:24 | 00:15:20 |
| 78 | 161 | 0:19:57 | Geoff Fisher | Stragglers AC | M40 | 15 | 00:04:35 | 00:15:22 |
| 79 | 149 | 0:22:21 | Martin Clark | Ranelagh H | M60 | 21 | 00:06:49 | 00:15:32 |
| 80 | 127 | 0:20:51 | Mark Vyvyan-Robinson | Tadworth AC | SM | 17 | 00:05:18 | 00:15:33 |
| 81 | 145 | 0:21:40 | David Williamson | Tadworth AC | SM | 19 | 00:06:02 | 00:15:38 |
| 82 | 101 | 0:20:39 | David Griffiths | Stragglers AC | M50 | 16 | 00:04:57 | 00:15:42 |
| 83 | 21 | 0:19:19 | Peter Giles | Hercules Wimb. AC | M60 | 12 | 00:03:34 | 00:15:45 |
| 84 | 148 | 0:25:04 | Thomas Wilkie | Collingwood AC | M50 | 27 | 00:09:17 | 00:15:47 |
| 85 | 81 | 0:24:59 | Jake Clausen | South London H | M60 | 26 | 00:08:51 | 00:16:08 |
| 86 | 86 | 0:27:44 | Roland Woodbridge | Herne Hill H | M50 | 32 | 00:11:34 | 00:16:10 |
| 87 | 13 | 0:29:13 | Mike Caudwell | Croydon H | M60 | 35 | 00:13:03 | 00:16:10 |
| 88 | 7 | 0:25:44 | Steve Blake | 26.2 RRC | SM | 27 | 00:09:17 | 00:16:27 |
| 89 | 137 | 0:19:55 | Duncan Haughey | Elmbridge RR | M40 | 11 | 00:03:14 | 00:16:41 |
| 90 | 19 | 0:31:01 | Trevor Crowhurst | Lingfield RC | M60 | 37 | 00:14:04 | 00:16:57 |
| 91 | 103 | 0:23:17 | Dennis Williams | Hercules Wimb. AC | M60 | 18 | 00:05:40 | 00:17:37 |
| 92 | 50 | 0:28:21 | Kio Vejdani | Lingfield RC | M60 | 30 | 00:10:38 | 00:17:43 |
| 93 | 143 | 0:22:23 | David Bell | Wimbledon W | M40 | 13 | 00:03:54 | 00:18:29 |
| 94 | 73 | 0:28:53 | John Sawyer | Sutton R | M50 | 17 | 00:05:18 | 00:23:35 |