

## Highgate Harriers September Open Meeting - 2019-09-11 Results

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## RESULTS

### F01 - U11 Long Jump (LJ)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 17:00

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result (wind)
1	400	Shaw, Arthur	HIGH	U11B	3.67 (0)	3.49 (0)	x (0)				<b>3.67</b> (0)
2	402	Daniel Harpal	HIGH	U11B	3.51 (0)	3.30 (0)	3.12 (0)				<b>3.51</b> (0)
3	401	Oscar Fletcher	HIGH	U11B	3.14 (0)	3.24 (0)	3.46 (0)				<b>3.46</b> (0)
4	407	Minnie Mazer	HIGH	U11G	2.91 (0)	3.13 (0)	2.90 (0)				<b>3.13</b> (0)
5	405	Elkie Baker	LONH	U11G	2.74 (0)	2.80 (0)	2.78 (0)				<b>2.80</b> (0)
6	414	Eloise Lindley	HIGH	U11G	2.80 (0)	x (0)	x (0)				<b>2.80</b> (0)
7	403	Daniel Heese	HIGH	U11B	2.77 (0)	2.60 (0)	2.74 (0)				<b>2.77</b> (0)
8	421	Unknown Athlete			2.60 (0)	2.70 (0)	- (0)				<b>2.70</b> (0)
9	404	Margaux Alvarez-Pereyre	HIGH	U11G	2.45 (0)	2.43 (0)	2.65 (0)				<b>2.65</b> (0)
10	418	Unknown Athlete			x (0)	x (0)	2.35 (0)				<b>2.35</b> (0)
11	416	Unknown Athlete			2.29 (0)	1.86 (0)	1.99 (0)				<b>2.29</b> (0)
12	420	Unknown Athlete			2.13 (0)	x (0)	- (0)				<b>2.13</b> (0)
13	409	Angelina Saliaga	HIGH	U11G	2.07 (0)	1.90 (0)	1.91 (0)				<b>2.07</b> (0)
14	408	Phoebe Ogilvie	HIGH	U11G	x (0)	2.04 (0)	1.98 (0)				<b>2.04</b> (0)
15	419	Unknown Athlete			2.02 (0)	1.86 (0)	1.48 (0)				<b>2.02</b> (0)
16	415	Unknown Athlete			x (0)	1.63 (0)	1.43 (0)				<b>1.63</b> (0)
	412	Diana Taylor	HIGH	U11G							<b>NM</b> (0)

411

Annabel Taylor

HIGH

U11G

							NM ()
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## RESULTS

### T01 - 600m (600)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 17:40

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	401	Oscar Fletcher	HIGH	U11B	1	2	2:05.29
2	400	Shaw, Arthur	HIGH	U11B	2	4	2:06.42
3	413	Henri Bruynooghe	HIGH	U11B	3	5	2:10.15
4	402	Daniel Harpal	HIGH	U11B	4	9	2:18.53
5	418	Unknown Athlete					2:18.71
6	416	Unknown Athlete					2:24.38
7	421	Unknown Athlete					2:24.84
8	403	Daniel Heese	HIGH	U11B	5	8	2:29.36
9	420	Unknown Athlete					2:43.67
	415	Unknown Athlete					DNF
	405	Elkie Baker	LONH	U11G	1	3	
	410	Ava Smith	HIGH	U11G	2	11	
	407	Minnie Mazer	HIGH	U11G	3		
	406	Martina Brechner	HIGH	U11G	4	6	
	414	Eloise Lindley	HIGH	U11G	5	1	
	404	Margaux Alvarez-Pereyre	HIGH	U11G	6		
	408	Phoebe Ogilvie	HIGH	U11G	7	7	
	409	Angelina Saliaga	HIGH	U11G	8	10	
	419	Unknown Athlete					

## RESULTS

### T02 - 75m (75)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 18:00

### Heat 1

Wind speed: -1.5

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	407	Minnie Mazer	HIGH	U11G	1	5	12.87
2	416	Unknown Athlete					13.03
3	404	Margaux Alvarez-Pereyre	HIGH	U11G	2	3	13.53
4	415	Unknown Athlete					14.97
5	419	Unknown Athlete					17.01
	412	Diana Taylor	HIGH	U11G	3	4	
	411	Annabel Taylor	HIGH	U11G	4	2	

### Heat 2

Wind speed: -1.2

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	410	Ava Smith	HIGH	U11G	1	2	12.35
2	405	Elkie Baker	LONH	U11G	2	5	12.43
3	417						12.57
4	406	Martina Brechner	HIGH	U11G	3	4	13.46
5	418	Unknown Athlete					14.29
6	409	Angelina Saliaga	HIGH	U11G	4	6	14.40
	408	Phoebe Ogilvie	HIGH	U11G	5	3	

### Heat 3

Wind speed: -1.8

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	402	Daniel Harpal	HIGH	U11B	1	3	12.03
2	400	Shaw, Arthur	HIGH	U11B	2	5	12.45
3	401	Oscar Fletcher	HIGH	U11B	3	4	12.81
4	403	Daniel Heese	HIGH	U11B	4	6	13.92
5	421	Unknown Athlete					14.49
6	420	Unknown Athlete					14.77

## RESULTS

### F02 - Discus (DT)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 18:30

#### Heat 1

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	196	Reuben Vaughan	CRO	U20M	x	46.35	x	46.57	47.31	47.91	<b>47.91</b>
2	68	Neil Griffin	WSEH	M70	x	36.48	x	x	34.90	34.46	<b>36.48</b>
3	195	Izaiah Turner	LONH	SM	-	-	28.28	34.36	x	33.80	<b>34.36</b>
4	169	Anthony Richards	HIGH	M70	x	x	34.33	x	x	x	<b>34.33</b>
5	146	Graeme Packman	BEDC	M60	31.23	29.23	x	32.56	32.61	32.49	<b>32.61</b>
6	73	Joel Hawes	LONH	SM	29.63	31.68	30.35	x	30.46	x	<b>31.68</b>
7	116	Ramzan Mohsan	NEB	U20M	28.80	28.17	x	x	26.20	26.74	<b>28.80</b>
8	171	James Rossiter	HIGH	M45	x	21.49	23.98	22.55	18.63	23.43	<b>23.98</b>

## Heat 2

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	195	Izaiah Turner	LONH	SM	34.65						34.65
2	68	Neil Griffin	WSEH	M70	34.20						34.20
3	146	Graeme Packman	BEDC	M60	31.02						31.02
4	116	Ramzan Mohsan	NEB	U20M	29.17						29.17
5	171	James Rossiter	HIGH	M45	21.43						21.43
	169	Anthony Richards	HIGH	M70	x						NM
	73	Joel Hawes	LONH	SM	x						NM
	196	Reuben Vaughan	CRO	U20M	x						NM



## RESULTS

### T03 - 100m (100)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 18:45

#### Heat 1

Wind speed: -1.5

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	207	Paul Willcox	ACH	M65	1	4	15.80
2	15	Mirit Berman	MLH	U15G	1	7	15.86
3	175	Hatixhe Saliaga	HIGH	U13G	1	2	16.64
4	212						20.33

#### Heat 2

Wind speed: -1.0

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	102	Conor Maguire	UNATT	SM	1	3	12.43
2	31	Jacob Clement	MLH	U13B	1	4	14.93
3	76	David Hinds	SERP	M65	1	2	15.01
4	53	Fleur Eltringham	LONH	U13G	1	5	15.46
5	70	Ella Mai Hancock	UNATT	U13G	2	7	15.58
	210	Hussein Zaaiter	ESM	U15B	1	6	

#### Heat 3

Wind speed: -1.8

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	88	Jayden Klein	MLH	U15B	1	2	13.73
2	110	Andrew McGeary	LONH	M40	1	4	13.76
3	142	Liina Otsalu	MLH	SW	1	7	14.31
4	86	Ashwin Jolly	SERP	M35	1	5	14.38
5	12	Benjy Bediako	LONH	U13B	1	6	14.70
	94	Stuart Leigh	SERP	M55	1	3	

#### Heat 4

Wind speed: -0.9

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	113	Neil Middleton	HIGH	M50	1	4	13.05
2	300						13.41
3	13	Tom Bedwell	LONH	M40	1	6	13.67
4	148	Scarlett Parker	LONH	M45	1	3	13.71
5	7	Efe Austinz	ILFRD	U20W	1	5	13.75
6	171	James Rossiter	HIGH	M45	2	7	13.95
	69	Mark Hall	KEN	SM	1	2	

## Heat 5

Wind speed: -0.7

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	67	Tom Graham-Watson	UDURH	SM	1	4	12.27
2	163	Ashley Reid	UNATT	M35	1	5	12.69
3	151	Silviu Piciorang	UNATT	SM	2	6	13.07
4	177	Chris Scott	ORION	M40	1	2	13.35
5	14	Michael Bense	LONH	M45	1	7	13.68
	28	Kristian Clarke	UNATT	SM	3	3	DNF

## Heat 6

Wind speed: -1.4

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	152	Rion Pierre-Forde	WSEH	SM	1	4	10.82
2	81	Olumide Isaac	WGEL	SM	2	5	10.88
3	144	Lord Owusu	ENFH	SM	3	6	11.64
4	43	Tyrell Dankwa	MMK	SM	4	2	11.83
5	179	Nat Senior	ILFRD	SM	5	3	12.10
6	112	Tom Meehan	HW	SM	6	7	12.87

## RESULTS

### F03 - Long Jump (LJ)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 19:00

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result (wind)
1	179	Nat Senior	ILFRD	SM	5.87 (0)	5.89 (0)	4.87 (0)	6.16 (0)	6.00 (0)	5.96 (0)	<b>6.16</b> (0)
2	157	Christian Pugsley	EXETH	SM	6.06 (0)	x (0)	x (0)	6.10 (0)	x (0)	x (0)	<b>6.10</b> (0)
3	99	Ugne Liuksaityte	TVH	SW	5.55 (0)	5.53 (0)	5.64 (0)	x (0)	x (0)	x (0)	<b>5.64</b> (0)
4	137	Sean Oceng-Engena	HIGH	U17M	5.23 (0)	5.44 (0)	5.14 (0)	5.47 (0)	4.83 (0)	5.00 (0)	<b>5.47</b> (0)
5	122	Etienne Munday	LONH	U15B	5.32 (0)	4.77 (0)	3.55 (0)	4.32 (0)	4.57 (0)	4.61 (0)	<b>5.32</b> (0)
6	61	Fausto Galofaro	BEL	SM	x (0)	5.08 (0)	4.85 (0)	x (0)	4.94 (0)	5.11 (0)	<b>5.11</b> (0)
7	12	Benjy Bediako	LONH	U13B	4.36 (0)	3.50 (0)	x (0)	4.00 (0)	4.22 (0)	4.20 (0)	<b>4.36</b> (0)
8	142	Liina Otsalu	MLH	SW	4.24 (0)	4.23 (0)	4.33 (0)	4.15 (0)	4.04 (0)	4.31 (0)	<b>4.33</b> (0)
9	70	Ella Mai Hancock	UNATT	U13G	3.95 (0)	3.71 (0)	3.39 (0)	x (0)	x (0)	x (0)	<b>3.95</b> (0)
10	162	Cecile Reeves	HIGH	U13G	x (0)	3.72 (0)	3.90 (0)	3.73 (0)	3.57 (0)	3.71 (0)	<b>3.90</b> (0)
11	15	Mirit Berman	MLH	U15G	3.54 (0)	3.61 (0)	x (0)	3.46 (0)	3.17 (0)	3.21 (0)	<b>3.61</b> (0)
12	53	Fleur Eltringham	LONH	U13G	x (0)	3.43 (0)	- (0)	- (0)	- (0)	- (0)	<b>3.43</b> (0)
13	175	Hatixhe Saliaga	HIGH	U13G	2.95 (0)	3.24 (0)	2.24 (0)	3.22 (0)	2.98 (0)	2.68 (0)	<b>3.24</b> (0)
	69	Mark Hall	KEN	SM							<b>NM</b> (0)
	63	Richard Gayton	FRC	SM							<b>NM</b> (0)

## RESULTS

### T04 - 1500M (1500)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 19:20

### Heat 1

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	58	Felix Fletcher	UNATT	M45	1	11	4:54.73
2	33	Paul Collyer	DUL	M50	1	17	5:00.37
3	186	Katie Stevens	AFD	SW	1	14	5:05.16
4	66	George Graham	LONH	M40	1	13	5:09.79
5	54	Fabio Espírito Santo	LONH	SM	1	9	5:10.75
6	172	Lauren Russell	HIGH	U15G	1	2	5:16.21
7	140	Danny Olive	UNATT	M45	2	4	5:16.69
8	138	Wole Odele	CAMBH	M50	2	15	5:25.54
9	108	Emma McCluskey	BARN	U15G	2	5	5:32.23
10	85	Gabrielle Johnson	HIGH	U13G	1	16	5:35.29
11	123	Hattie Munday	LONH	U13G	2	6	5:36.79
12	208	Rob Wintemute	LFRON	M60	1	3	5:42.79
13	299						5:44.34
14	8	Arthur Awenat	HIGH	U13B	1	1	5:51.61
15	176	Lily Schauer	HIGH	U13G	3	12	6:11.11
16	30	Zara Clayden	MLH	U17W	1	7	6:36.74
	210	Hussein Zaaiter	ESM	U15B	1	8	
	171	James Rossiter	HIGH	M45	3	10	

### Heat 2

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	199	Rob Walker	HIGH	M35	1	1	4:46.03
2	32	Joe Collinge	UNATT	U17M	1	2	4:46.55
3	147	Alexa Parker	KEN	SW	1	11	4:47.88
4	96	Ian Lilley	DUL	M45	1	14	4:49.02
5	167	Elizabeth Renondeau	VALER	W40	1	17	4:51.35
6	35	Miss Natalie Connor	SBH	SW	2	12	4:51.99
7	170	David Robinson	SERP	M40	1	6	4:54.65
8	182	Luca Spaccatrosi	HIGH	U15B	1	9	4:58.06
9	29	Noah Clarke	BARN	U15B	2	3	5:06.21
10	57	Georgia Finney	BARN	U15G	1	4	5:11.08
11	24	Matilda Canty	HAVAC	U15G	2	7	5:14.50
12	11	Peter Bayvel - Zayats	BARN	U13B	1	16	5:17.49
13	23	Alex Burns	HIGH	U17M	2	5	5:20.12
	192	Patrick Thielemans	SERP	M40	2	8	
	156	Philip Pryke	GG	M45	2	10	
	51	Milly Dunne	HIGH	U17W	1	13	
	100	Emma Macalister Hall	HIGH	SW	3	15	

### Heat 3

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	114	James Millett	HIGH	SM	1	4	4:20.33
2	18	Eoin Brady	HHH	SM	2	9	4:29.98
3	145	Kieran O'Hara	HAVAC	SM	3	6	4:30.15
4	198	Barnaby Walker	HIGH	SM	4	8	4:32.22
5	36	Julia Cooke	BIRCH	SW	1	5	4:32.81
6	45	Jack Davis Black	LONH	U15B	1	10	4:33.51
7	132	Johnny Nicholson	LONH	SM	5	16	4:33.84 PB!
8	16	Rich Berry	W4H	M40	1	2	4:34.20
9	91	Patrick Kyle	MORNC	U17M	1	3	4:43.62
10	103	Lucas Maher	LONH	U15B	2	14	4:48.96
11	189	Callum Sydenham	BARN	U15B	3	15	4:57.71
	184	William Stanley	VPTH	SM	6	1	
	141	Paul Opie	HIGH	U15B	4	7	
	46	Jack Davis-Black	LONH	U15B	5	11	
	50	Bedo Draskoczy	LONH	U15B	6	12	
	154	Tim Powell	SERP	SM	7	13	
	115	Morgan Mitchell	HIGH	SM	8	17	

## RESULTS

### T05 - 400m (400)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 19:40

#### Heat 1

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	54	Fabio Espírito Santo	LONH	SM	1	4	1:06.81
2	171	James Rossiter	HIGH	M45	1		1:07.72
3	49	Jason Drake	W4H	M55	1	5	1:08.12
4	298						1:09.69
5	76	David Hinds	SERP	M65	1	3	1:13.43
6	107	Ian McCarthy	CAMBH	M60	1	6	1:15.69
7	117	Claire Morris	EALE	W40	1	2	1:17.90

#### Heat 2

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	110	Andrew McGeary	LONH	M40	1	5	59.14
2	48	John Devoy	FRC	M35	1	3	1:00.67
3	14	Michael Bense	LONH	M45	1	4	1:01.67
4	136	Noelle O'Regan	LONH	SW	1	6	1:02.18
5	62	Andy Gannaway	WINCD	M55	1	2	1:03.63
6	173	Amy Rutherford	HIGH	W35	1	8	1:05.20
7	164	Christopher Reid	NEB	SM	1	7	1:08.81
	84	Mark Jefford	LONH	M50	1	1	

#### Heat 3

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	204	Remy Weinbrecht	HIGH	U15B	1	3	55.96
2	148	Scarlett Parker	LONH	M45	1	4	57.61
3	121	Zakia Mossi	BB	U17W	1	2	59.09
4	177	Chris Scott	ORION	M40	1	6	59.21
5	124	Alex Mundell	CSALS	SW	1	7	1:00.85
6	26	Amelia Casey	TVH	U20W	1	1	1:01.53
	63	Richard Gayton	FRC	SM	1	5	
	69	Mark Hall	KEN	SM	2	8	

## Heat 4

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	1	Hamed Agboke	HW	M35	1	6	53.94
2	56	Niki Faulkner	HIGH	SM	1	2	54.05
3	203	Luca Weinbrecht	HIGH	U17M	1	3	54.63
4	101	Richard Macaulay	LONH	SM	2	7	54.89
5	209	Philip Wren	RAD	SM	3	8	56.04
	103	Lucas Maher	LONH	U15B	1	1	
	135	Victor Nutakor	NEB	SM	4	4	
	128	Gilad Nachshen	SBH	U17M	2	5	

## RESULTS

### F04 - Shot Put (SP)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 20:00

#### Heat 1

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	195	Izaiah Turner	LONH	SM	11.93	11.75	x	x	x		<b>11.93</b>
2	169	Anthony Richards	HIGH	M70	11.73	x	11.61	11.75	11.88	x	<b>11.88</b>
3	116	Ramzan Mohsan	NEB	U20M	11.05	x	10.55	11.22	10.83	10.95	<b>11.22</b>
4	162	Cecile Reeves	HIGH	U13G	6.52	6.51	x	5.97	5.73	5.84	<b>6.52</b>
5	142	Liina Otsalu	MLH	SW	5.11	6.10	5.92	5.99	5.54	5.73	<b>6.10</b>
6	178	Jake Segal	MLH	U15B	6.00	5.77	5.73	5.38	5.32	5.87	<b>6.00</b>
	176	Lily Schauer	HIGH	U13G							<b>NM</b>
	171	James Rossiter	HIGH	M45							<b>NM</b>
	68	Neil Griffin	WSEH	M70							<b>NM</b>



## Heat 2

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	169	Anthony Richards	HIGH	M70	11.66						<b>11.66</b>
2	116	Ramzan Mohsan	NEB	U20M	10.29						<b>10.29</b>
3	178	Jake Segal	MLH	U15B	5.99						<b>5.99</b>
	195	Izaiah Turner	LONH	SM	x						NM
	162	Cecile Reeves	HIGH	U13G	-						NM
	142	Liina Otsalu	MLH	SW	x						NM

## RESULTS

### T06 - 5000m (5000)

Highgate Harriers September Open Meeting - 2019-09-11 START TIME: 20:00

### Heat 1

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	168	James Rhodes	SOC	SM	1	11	17:58.41
2	87	Nick Kelman	UNATT	SM	2	12	17:59.84
3	106	Rich McAleer	UNATT	SM	3	21	18:02.67
4	64	Dave Gibert	HIGH	M35	1	16	18:08.18
5	52	Owen Edwards	UNATT	SM	4	1	18:16.74
6	127	David Musgrave	HIGH	M45	1	6	18:30.19
7	34	James Connell	LONH	M45	2	2	18:31.40
8	9	Chloe Baker	TVH	SW	1	10	18:49.29
9	98	Jonathan Litchfield	LONH	M40	1	20	19:05.32
10	200	William Watt	MORNC	M45	3	9	19:37.73
11	4	Ben Amatruda	UNATT	SM	5	3	19:40.10
12	183	Steven Stanley	EMAC	M55	1	13	19:48.39
13	194	Paul Tonkinson	LONH	M45	4	5	20:10.83
14	2	Catherine Airey	HIGH	SW	2	7	20:20.17
15	187	David Sutherland	HIGH	M40	2	14	20:29.02
	25	Nicola Carniato	HIGH	M40	3	4	
	131	Simon Nichols	LONH	M45	5	8	
	211	Emma Watson	LONH	SW	3	15	
	193	Rachel Thomas	VPTH	SW	4	17	
	79	Jacob Howe	LONH	M45	6	18	
	126	Karen Murphy	BARN	W50	1	19	

## Heat 2

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	17	Xavier Blavia Xandri	UNATT	SM	1	7	16:15.02
2	104	Chris Mason	W4H	M35	1	27	16:16.57
3	38	Tom Cowling	HIGH	SM	2	15	16:35.54
4	154	Tim Powell	SERP	SM	3	3	16:36.33
5	41	Tom Crowley	HIGH	SM	4	20	16:46.29
6	165	Gideon Reid	SERP	M40	1	24	16:47.94
7	181	Shane Snow	HIGH	M50	1	5	16:54.01
8	188	Alex Sweet	LONH	M35	2	6	16:55.69
9	72	Sophie Harris	SWAN	SW	1	8	16:55.75
10	37	Mark Cottle	SBH	SM	5	10	17:00.45
11	90	Mateusz Kolodziej	W4H	SM	6	14	17:06.39
12	60	Jonny Forsyth	UNATT	M45	1	1	17:09.72
13	77	Alex Holley	HIGH	SM	7	2	17:16.09
14	159	Ashley Quinlan	AFD	SM	8	13	17:21.82
15	44	Alex Davidson	HIGH	M55	1	22	17:27.78
16	118	Simon Morris	SERP	SM	9	23	17:41.27
17	130	Daniel Nichols	BARN	M35	3	11	17:48.83
	153	James Porcas	HIGH	SM	10	4	
	134	Pete Northall	LONH	SM	11	9	
	120	Jonathan Moscrop	SERP	M45	2	12	
	158	Richard Purdy	SERP	M35	4	16	
	119	Will Morris	BARN	SM	12	17	
	65	James Gillanders	SERP	M40	2	18	
	201	Chris Wayman	BENRC	SM	13	19	
	55	Emma Fancett	LONH	SM	14	21	
	6	Russ Ashford	HIGH	M35	5	25	
	111	Sean McLaughlin	HIGH	SM	15	26	

## Heat 3

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	83	Seyfu Jamaal	LONH	U20M	1	22	14:59.84
2	205	Matt Welsh	BEL	SM	1	19	15:25.72
3	22	Nick Buckle	BEL	SM	2	10	15:26.87
4	129	Oliver Newton	TVH	SM	3	17	15:27.25
5	184	William Stanley	VPTH	SM	4	8	15:48.39
6	93	Jonathan Laybourn	HIGH	SM	5	2	15:54.35
7	197	Joost Vogel	SERP	SM	6	24	15:55.24
8	47	Darryl Davison	HIGH	M35	1	23	15:55.41
9	125	Henry Murdoch	HIGH	SM	7	13	15:57.47
10	134	Pete Northall	LONH	SM	8		15:57.63
11	161	Jack Ramm	DUL	SM	9	11	15:58.31
12	160	James Quinlan	AFD	SM	10	4	15:58.42
13	95	Sion Lewis	LONH	M35	2	3	16:00.31
14	111	Sean McLaughlin	HIGH	SM	11		16:02.36
15	89	Konstantinos Kokolas	HIGH	SM	12	26	16:02.48
16	149	Nathan Pask	NHERT	M40	1	21	16:05.65
17	206	Kieran White	HW	M40	2	6	16:07.19
18	92	David Lawrence	WATFJ	SM	13	18	16:10.91
19	42	Jeff Cunningham	HHH	M35	3	1	16:13.42
20	150	Gary Pelosi	BARN	SM	14	5	16:25.75
21	39	Robbie Cox	WGEL	M35	4	25	16:40.95
22	78	Alex Horton	BARN	SM	15	15	16:41.25
23	109	Ryan McCrickerd	SERP	SM	16	7	17:34.14
	27	Joseph Clark	HW	M35	5	9	
	74	Peter Hawkings	HIGH	SM	17	12	
	166	Sean Renfer	HIGH	SM	18	14	
	133	Steve Norris	WATFJ	M40	3	16	
	20	Danny Brewer	BB	SM	19	20	