

The River Relay - 1 September 2024

Stage 1: Boveney - Ham Lane (5.6 miles)

| Overall Overall | | | | | | | | | | | |
|-----------------|----------|-----|---------|------------------------|----------------------------|-------------------|-----------|--------|-----------|------------|------------|
| Stage | Race no. | Pos | Time | Club | Team Name | Name | Age Group | Gender | Stage Pos | Stage Time | Gender Pos |
| 1 | 241 | 1 | 0:30:54 | Ealing Eagles | Bald Eagle | Niall Gilchrist | S | M | 1 | 0:30:50 | 1 |
| 1 | 631 | 2 | 0:30:58 | Trent Park | Trent Park | Luke Barker | S | M | 2 | 0:30:58 | 2 |
| 1 | 131 | 3 | 0:33:22 | Clapham Pioneers | Team Layrn | Michael Wiggins | V | M | 3 | 0:33:22 | 3 |
| 1 | 91 | 4 | 0:34:10 | Chessington Unity | CURCrankies | Steve Ramek | V | M | 4 | 0:34:10 | 4 |
| 1 | 281 | 5 | 0:35:18 | Elmbridge Road Runners | Elmbridge 1 | Andrew Haigh | V | M | 5 | 0:35:18 | 5 |
| 1 | 511 | 6 | 0:36:01 | Stragglers | Dart | Sophie Biggs | V | F | 6 | 0:36:01 | 1 |
| 1 | 1 | 7 | 0:36:53 | 26.2 | Racing Snakes | Katherine Stacey | V | F | 7 | 0:36:53 | 2 |
| 1 | 351 | 8 | 0:37:51 | Ranelagh Harriers | Harriers 1 | Aoife Kilpatrick | V | F | 8 | 0:37:51 | 3 |
| 1 | 251 | 9 | 0:38:23 | Ealing Eagles | Imperial eagle | Kieran Santry | V | M | 9 | 0:38:23 | 6 |
| 1 | 501 | 10 | 0:38:26 | Stragglers | Dee | Mark Cannings | V | M | 10 | 0:38:26 | 7 |
| 1 | 601 | 11 | 0:38:56 | Tadworth AC | Tadworth Roadrunners | Dave Williamson | V | M | 11 | 0:38:56 | 8 |
| 1 | 231 | 12 | 0:39:46 | Dulwich Runners | Dulwich Stunners | Olivia Bishton | V | F | 12 | 0:39:46 | 4 |
| 1 | 71 | 13 | 0:39:50 | Blackbridge Bounders | Blackbridge Bounders | Andy Anstey | V | M | 13 | 0:39:50 | 9 |
| 1 | 541 | 14 | 0:39:52 | Stragglers | Tees | Libby Ferguson | V | F | 14 | 0:39:52 | 5 |
| 1 | 221 | 15 | 0:39:55 | Clapham Runners | Clapham Runners - Marvels | Perri Gentry | S | M | 15 | 0:39:55 | 10 |
| 1 | 611 | 16 | 0:39:59 | Tadworth AC | Tadworth Runroaders | Ian Matthews | V | M | 16 | 0:39:59 | 11 |
| 1 | 431 | 17 | 0:40:31 | Riddlesdown Parkrun | Dunnell Dashers | Conrad Allum | S | M | 17 | 0:40:31 | 12 |
| 1 | 21 | 18 | 0:40:40 | 26.2 | Red | James Burree | V | M | 18 | 0:40:40 | 13 |
| 1 | 81 | 19 | 0:41:18 | Chessington Unity | CURCrackerjack | Andy Tink | V | M | 19 | 0:41:18 | 14 |
| 1 | 561 | 20 | 0:41:28 | Stragglers | Humber | Simon Brazil | V | M | 20 | 0:41:28 | 15 |
| 1 | 51 | 21 | 0:41:55 | BearCat RC | Bearcat Bears | Jo Moore | V | F | 21 | 0:41:55 | 6 |
| 1 | 201 | 22 | 0:42:02 | Clapham Pioneers | Team Alexandra | Charlotte Kirkman | S | F | 22 | 0:42:02 | 7 |
| 1 | 61 | 23 | 0:42:06 | BearCat RC | Bearcat Cats | Ciaran O Donnell | V | M | 23 | 0:42:06 | 16 |
| 1 | 421 | 24 | 0:42:07 | Riddlesdown Parkrun | Sarah's Superstars | Chris Benjamin | S | M | 24 | 0:42:07 | 17 |
| 1 | 11 | 25 | 0:42:35 | 26.2 | Speedy Snails | Graeme Maisey | V | M | 25 | 0:42:35 | 18 |
| 1 | 311 | 26 | 0:42:42 | Elmbridge Road Runners | Elmbridge 4 | Julianne Sinnott | V | F | 26 | 0:42:42 | 8 |
| 1 | 571 | 27 | 0:42:42 | Stragglers | Don | Michael Trott | V | M | 27 | 0:42:42 | 19 |
| 1 | 41 | 28 | 0:42:58 | 26.2 | Blue | Rike Jones | V | F | 28 | 0:42:58 | 9 |
| 1 | 491 | 29 | 0:43:57 | Stragglers | Trent | Dean Tyler | V | M | 29 | 0:43:57 | 20 |
| 1 | 211 | 30 | 0:44:09 | Clapham Runners | Clapham Runners - Avengers | Louis Erritt | S | M | 30 | 0:44:09 | 21 |
| 1 | 591 | 31 | 0:44:52 | Stragglers | Medway | Emily Eastwood | S | F | 31 | 0:44:52 | 10 |
| 1 | 191 | 32 | 0:45:10 | Clapham Pioneers | Team Northcote | Lindsay Murray | S | F | 32 | 0:45:10 | 11 |
| 1 | 551 | 33 | 0:45:10 | Stragglers | Tyne | Ashleigh Lezard | V | F | 33 | 0:45:10 | 12 |
| 1 | 301 | 34 | 0:45:35 | Elmbridge Road Runners | Elmbridge 3 | Neil Wardle | V | M | 34 | 0:45:35 | 22 |
| 1 | 151 | 35 | 0:46:06 | Clapham Pioneers | Team Bandstand | Kirsty Deland | S | F | 35 | 0:46:06 | 13 |
| 1 | 181 | 36 | 0:46:10 | Clapham Pioneers | Team Wingate | Felicity Mortimer | S | F | 36 | 0:46:10 | 14 |
| 1 | 461 | 37 | 0:46:18 | Sheen Shufflers | The Hare and the Tortoises | Tanya Dallard | V | F | 37 | 0:46:18 | 15 |
| 1 | 271 | 38 | 0:46:19 | Ealing Eagles | White-tailed Eagle | Alison McCulloch | V | F | 38 | 0:46:19 | 16 |
| 1 | 161 | 39 | 0:46:34 | Clapham Pioneers | Team Battersea | Martin Winnick | V | M | 39 | 0:46:34 | 23 |
| 1 | 171 | 40 | 0:46:35 | Clapham Pioneers | Team Clapham | Jennie Linder | S | F | 40 | 0:46:35 | 17 |
| 1 | 531 | 41 | 0:47:03 | Stragglers | Ouse | Amy Rolston | V | F | 41 | 0:47:03 | 18 |
| 1 | 581 | 42 | 0:47:03 | Stragglers | Swale | Julie Haworth | V | F | 42 | 0:47:03 | 19 |
| 1 | 261 | 43 | 0:47:28 | Ealing Eagles | Golden Eagle | Baljit Dhanda | V | M | 43 | 0:47:28 | 24 |
| 1 | 471 | 44 | 0:47:44 | Stragglers | Severn | Duncan Scoble | V | M | 44 | 0:47:44 | 25 |

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|---|-----|----|---------|------------------------|------------------------|------------------|---|---|----|---------|----|
| 1 | 361 | 45 | 0:47:51 | Ranelagh Harriers | Harriers 2 | Carol Aikin | V | F | 45 | 0:47:51 | 20 |
| 1 | 141 | 46 | 0:47:55 | Clapham Pioneers | Team Avalon | Katherine Cook | S | F | 46 | 0:47:55 | 21 |
| 1 | 101 | 47 | 0:48:43 | Chessington Unity | CURCumbers | Greg Whiteman | V | M | 47 | 0:48:43 | 26 |
| 1 | 341 | 48 | 0:48:49 | Metros | Meandering Metros | Ruth Tidder | V | F | 48 | 0:48:49 | 22 |
| 1 | 521 | 49 | 0:48:56 | Stragglers | Derwent | Iain Bell | V | M | 49 | 0:48:56 | 27 |
| 1 | 441 | 50 | 0:50:39 | Sandhurst Joggers | Sandhurst Sloggers | Amber Powell | V | F | 50 | 0:50:39 | 23 |
| 1 | 291 | 51 | 0:50:44 | Elmbridge Road Runners | Elmbridge 2 | Franck Crosnier | V | M | 51 | 0:50:44 | 28 |
| 1 | 331 | 52 | 0:51:30 | Twickenham Rowing Club | Old Isleworth Runners | Mark Ormiston | V | M | 52 | 0:51:30 | 29 |
| 1 | 451 | 53 | 0:52:40 | Sheen Shufflers | Shufflers and Flushers | Anthony Yates | V | M | 53 | 0:52:40 | 30 |
| 1 | 31 | 54 | 0:53:26 | 26.2 | White | Dennis Brandrick | V | M | 54 | 0:53:26 | 31 |
| 1 | 621 | 55 | 0:54:04 | Team Bushy | Team Bushy | Emma Wingate | V | F | 55 | 0:54:04 | 24 |
| 1 | 481 | 56 | 0:54:17 | Stragglers | Thames | Wendy White | V | F | 56 | 0:54:17 | 25 |
| 1 | 371 | 57 | 1:08:02 | Reading Roadrunners | Whistling Rufus | John Bailey | V | M | 57 | 1:08:02 | 32 |

Stage 2: Ham Lane - Staines (4.4 miles)

| Stage | Race no. | Overall Pos | Overall Time | Club | Team Name | Name | Age Group | Gender | Stage Pos | Stage Time | Gender Pos |
|-------|----------|-------------|--------------|------------------------|----------------------------|-------------------|-----------|--------|-----------|------------|------------|
| 2 | 242 | 1 | 1:00:09 | Ealing Eagles | Bald Eagle | Molly Deely | S | F | 3 | 0:29:19 | 1 |
| 2 | 632 | 2 | 1:01:25 | Trent Park | Trent Park | Anja Greenwood | V | F | 6 | 0:30:27 | 4 |
| 2 | 132 | 3 | 1:03:23 | Clapham Pioneers | Team Layrn | Laura Collier | S | F | 5 | 0:30:01 | 3 |
| 2 | 282 | 4 | 1:04:40 | Elmbridge Road Runners | Elmbridge 1 | Zoe Cowell-Jones | V | F | 4 | 0:29:22 | 2 |
| 2 | 2 | 5 | 1:04:51 | 26.2 | Racing Snakes | Anthony Whelan | V | M | 1 | 0:27:58 | 1 |
| 2 | 512 | 6 | 1:06:46 | Stragglers | Dart | Alexis Prince | V | F | 7 | 0:30:45 | 5 |
| 2 | 352 | 7 | 1:10:37 | Ranelagh Harriers | Harriers 1 | Vaughan Ramsay | V | M | 10 | 0:32:46 | 4 |
| 2 | 252 | 8 | 1:11:41 | Ealing Eagles | Imperial eagle | Laura Egerton | V | F | 12 | 0:33:18 | 7 |
| 2 | 42 | 9 | 1:11:54 | 26.2 | Blue | Joe Chang | V | M | 2 | 0:28:56 | 2 |
| 2 | 72 | 10 | 1:13:43 | Blackbridge Bounders | Blackbridge Bounders | Clive Cheesman | V | M | 13 | 0:33:53 | 6 |
| 2 | 222 | 11 | 1:13:53 | Clapham Runners | Clapham Runners - Marvels | Eloise Lawler | S | F | 14 | 0:33:58 | 8 |
| 2 | 562 | 12 | 1:13:56 | Stragglers | Humber | Ian Hawkes | V | M | 9 | 0:32:28 | 3 |
| 2 | 12 | 13 | 1:14:49 | 26.2 | Speedy Snails | Carla Cotton | V | F | 8 | 0:32:14 | 6 |
| 2 | 92 | 14 | 1:15:00 | Chessington Unity | CURCrankies | Kev Stone | V | M | 36 | 0:40:50 | 16 |
| 2 | 502 | 15 | 1:15:42 | Stragglers | Dee | Pamela McHutcheon | V | F | 26 | 0:37:16 | 14 |
| 2 | 602 | 16 | 1:15:45 | Tadworth AC | Tadworth Roadrunners | Steve Hill | V | M | 23 | 0:36:49 | 11 |
| 2 | 202 | 17 | 1:16:27 | Clapham Pioneers | Team Alexandra | Bethany Knowles | S | F | 16 | 0:34:25 | 10 |
| 2 | 52 | 18 | 1:16:50 | BearCat RC | Bearcat Bears | Jon Lear | V | M | 17 | 0:34:55 | 7 |
| 2 | 492 | 19 | 1:16:57 | Stragglers | Trent | Fraser Wigley | V | M | 11 | 0:33:00 | 5 |
| 2 | 422 | 20 | 1:17:28 | Riddlesdown Parkrun | Sarah's Superstars | Liam Dartnell | S | M | 19 | 0:35:21 | 9 |
| 2 | 572 | 21 | 1:18:22 | Stragglers | Don | Jim Desmond | V | M | 21 | 0:35:40 | 10 |
| 2 | 592 | 22 | 1:19:50 | Stragglers | Medway | Tom Howarth | S | M | 18 | 0:34:58 | 8 |
| 2 | 542 | 23 | 1:20:39 | Stragglers | Tees | Kevin Jones | V | M | 35 | 0:40:47 | 15 |
| 2 | 82 | 24 | 1:20:42 | Chessington Unity | CURCrackerjack | Jana Goldsack | V | F | 34 | 0:39:24 | 20 |
| 2 | 62 | 25 | 1:21:08 | BearCat RC | Bearcat Cats | Andrew Kew | V | M | 31 | 0:39:02 | 14 |
| 2 | 232 | 26 | 1:21:25 | Dulwich Runners | Dulwich Stunners | Louisa Pritchard | V | F | 40 | 0:41:39 | 23 |
| 2 | 192 | 27 | 1:21:58 | Clapham Pioneers | Team Northcote | Frances Furness | S | F | 22 | 0:36:48 | 12 |
| 2 | 22 | 28 | 1:22:08 | 26.2 | Red | Lisa Kingsbury | V | F | 37 | 0:41:28 | 21 |
| 2 | 142 | 29 | 1:22:10 | Clapham Pioneers | Team Avalon | Carmel Salvidge | V | F | 15 | 0:34:15 | 9 |
| 2 | 612 | 30 | 1:22:37 | Tadworth AC | Tadworth Runroaders | Donna Dove | V | F | 44 | 0:42:38 | 27 |
| 2 | 212 | 31 | 1:23:18 | Clapham Runners | Clapham Runners - Avengers | Alice Iles | S | F | 32 | 0:39:09 | 18 |

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|---|-----|----|---------|------------------------|----------------------------|--------------------|---|---|----|---------|----|
| 2 | 172 | 32 | 1:23:43 | Clapham Pioneers | Team Clapham | Jo Winnick | V | F | 25 | 0:37:08 | 13 |
| 2 | 152 | 33 | 1:24:25 | Clapham Pioneers | Team Bandstand | Anna Russell | S | F | 28 | 0:38:19 | 16 |
| 2 | 432 | 34 | 1:24:27 | Riddlesdown Parkrun | Dunnell Dashers | Clare Quinton | V | F | 46 | 0:43:56 | 29 |
| 2 | 362 | 35 | 1:24:44 | Ranelagh Harriers | Harriers 2 | Robbie HillHouse | V | M | 24 | 0:36:53 | 12 |
| 2 | 182 | 36 | 1:25:02 | Clapham Pioneers | Team Wingate | Chris Barnes | V | M | 30 | 0:38:52 | 13 |
| 2 | 472 | 37 | 1:26:14 | Stragglers | Severn | Wendy Stokes | V | F | 29 | 0:38:30 | 17 |
| 2 | 552 | 38 | 1:26:42 | Stragglers | Tyne | Alfie Rowan | S | M | 38 | 0:41:32 | 17 |
| 2 | 272 | 39 | 1:28:07 | Ealing Eagles | White-tailed Eagle | Pam Wiggins | V | F | 41 | 0:41:48 | 24 |
| 2 | 522 | 40 | 1:28:08 | Stragglers | Derwent | Sarah Bell | V | F | 33 | 0:39:12 | 19 |
| 2 | 162 | 41 | 1:28:10 | Clapham Pioneers | Team Battersea | Emma Poole | V | F | 39 | 0:41:36 | 22 |
| 2 | 442 | 42 | 1:28:18 | Sandhurst Joggers | Sandhurst Sloggers | Claire Southerton | V | F | 27 | 0:37:39 | 15 |
| 2 | 462 | 43 | 1:28:36 | Sheen Shufflers | The Hare and the Tortoises | Julie Wilcock | V | F | 42 | 0:42:18 | 25 |
| 2 | 32 | 44 | 1:28:49 | 26.2 | White | Joanne Buckle | V | F | 20 | 0:35:23 | 11 |
| 2 | 102 | 45 | 1:31:53 | Chessington Unity | CURCumbers | Jacky Sewter | V | F | 45 | 0:43:10 | 28 |
| 2 | 302 | 46 | 1:32:02 | Elmbridge Road Runners | Elmbridge 3 | Marina Hipple | V | F | 51 | 0:46:27 | 33 |
| 2 | 262 | 47 | 1:32:32 | Ealing Eagles | Golden Eagle | Hong Yarnell | V | F | 47 | 0:45:04 | 30 |
| 2 | 532 | 48 | 1:32:49 | Stragglers | Ouse | Anne Williams | V | F | 50 | 0:45:46 | 32 |
| 2 | 292 | 49 | 1:33:17 | Elmbridge Road Runners | Elmbridge 2 | Zoe Maughan Taylor | V | F | 43 | 0:42:33 | 26 |
| 2 | 312 | 50 | 1:33:30 | Elmbridge Road Runners | Elmbridge 4 | Aileen Armstrong | V | F | 53 | 0:50:48 | 35 |
| 2 | 332 | 51 | 1:36:42 | Twickenham Rowing Club | Old Isleworth Runners | Colin Tether | V | M | 49 | 0:45:12 | 18 |
| 2 | 452 | 52 | 1:37:45 | Sheen Shufflers | Shufflers and Flushers | Katy Owen | S | F | 48 | 0:45:05 | 31 |
| 2 | 582 | 53 | 1:37:50 | Stragglers | Swale | Sophie Frame | V | F | 52 | 0:50:47 | 34 |
| 2 | 342 | 54 | 1:42:37 | Metros | Meandering Metros | Judy Rackham | V | F | 54 | 0:53:48 | 36 |
| 2 | 482 | 55 | 1:52:23 | Stragglers | Thames | Orla White | V | F | 56 | 0:58:06 | 38 |
| 2 | 622 | 56 | 2:01:58 | Team Bushy | Team Bushy | Kirsty Bangham | V | F | 57 | 1:07:54 | 39 |
| 2 | 372 | 57 | 2:02:46 | Reading Roadrunners | Whistling Rufus | Linda Booth | V | F | 55 | 0:54:44 | 37 |

Stage 3: Staines - Manor Park Shepperton (6.5 miles)

| Stage | Race no. | Overall Pos | Overall Time | Club | Team Name | Name | Age Group | Gender | Stage Pos | Stage Time | Gender Pos |
|-------|----------|-------------|--------------|------------------------|---------------------------|------------------|-----------|--------|-----------|------------|------------|
| 3 | 243 | 1 | 1:37:16 | Ealing Eagles | Bald Eagle | Jack Davey | S | M | 1 | 0:37:07 | 1 |
| 3 | 633 | 2 | 1:39:23 | Trent Park | Trent Park | Charlie Bruce | V | M | 2 | 0:37:58 | 2 |
| 3 | 133 | 3 | 1:41:45 | Clapham Pioneers | Team Layrn | Michael White | S | M | 3 | 0:38:22 | 3 |
| 3 | 3 | 4 | 1:45:22 | 26.2 | Racing Snakes | Rob Buckle | V | M | 7 | 0:40:31 | 6 |
| 3 | 513 | 5 | 1:47:13 | Stragglers | Dart | Emma Henston | V | F | 5 | 0:40:27 | 1 |
| 3 | 353 | 6 | 1:50:29 | Ranelagh Harriers | Harriers 1 | Chris Davidson | V | M | 4 | 0:39:52 | 4 |
| 3 | 283 | 7 | 1:52:54 | Elmbridge Road Runners | Elmbridge 1 | Timothy Nash | V | M | 26 | 0:48:14 | 25 |
| 3 | 253 | 8 | 1:57:27 | Ealing Eagles | Imperial eagle | Raj Patadia | S | M | 16 | 0:45:46 | 15 |
| 3 | 603 | 9 | 1:57:28 | Tadworth AC | Tadworth Roadrunners | Alastair Bloore | V | M | 8 | 0:41:43 | 7 |
| 3 | 223 | 10 | 1:57:33 | Clapham Runners | Clapham Runners - Marvels | Amram Herrera | V | M | 11 | 0:43:40 | 10 |
| 3 | 73 | 11 | 2:01:19 | Blackbridge Bounders | Blackbridge Bounders | Tom Woodard | S | M | 21 | 0:47:36 | 20 |
| 3 | 493 | 12 | 2:01:27 | Stragglers | Trent | Roy Reeder | V | M | 12 | 0:44:30 | 11 |
| 3 | 563 | 13 | 2:02:00 | Stragglers | Humber | Ian Robertson | V | M | 25 | 0:48:04 | 24 |
| 3 | 503 | 14 | 2:03:03 | Stragglers | Dee | Malcolm Fletcher | V | M | 20 | 0:47:21 | 19 |
| 3 | 13 | 15 | 2:04:30 | 26.2 | Speedy Snails | Henry Carter | V | M | 30 | 0:49:41 | 29 |
| 3 | 53 | 16 | 2:04:41 | BearCat RC | Bearcat Bears | Tom Palmer | V | M | 23 | 0:47:51 | 22 |
| 3 | 233 | 17 | 2:05:01 | Dulwich Runners | Dulwich Stunners | Garry Meehan | V | M | 9 | 0:43:36 | 8 |
| 3 | 593 | 18 | 2:05:06 | Stragglers | Medway | Steven Clelland | V | M | 15 | 0:45:16 | 14 |

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|---|-----|----|---------|------------------------|----------------------------|---------------------|---|---|----|---------|----|
| 3 | 83 | 19 | 2:05:56 | Chessington Unity | CURCrackerjack | James Bourne | V | M | 14 | 0:45:14 | 13 |
| 3 | 43 | 20 | 2:06:24 | 26.2 | Blue | Jacqueline Chang | V | F | 44 | 0:54:30 | 7 |
| 3 | 173 | 21 | 2:07:21 | Clapham Pioneers | Team Clapham | Rohan Kallicharan | V | M | 10 | 0:43:38 | 9 |
| 3 | 423 | 22 | 2:07:25 | Riddlesdown Parkrun | Sarah's Superstars | Ange Norris | V | F | 32 | 0:49:57 | 2 |
| 3 | 203 | 23 | 2:07:45 | Clapham Pioneers | Team Alexandra | Dana Elfiring | V | F | 36 | 0:51:18 | 3 |
| 3 | 143 | 24 | 2:10:03 | Clapham Pioneers | Team Avalon | Will Bunker | V | M | 24 | 0:47:53 | 23 |
| 3 | 23 | 25 | 2:10:24 | 26.2 | Red | Ed Rowland | V | M | 27 | 0:48:16 | 26 |
| 3 | 543 | 26 | 2:11:26 | Stragglers | Tees | Richard Bulkley | V | M | 35 | 0:50:47 | 33 |
| 3 | 93 | 27 | 2:11:40 | Chessington Unity | CURCrankies | Mark Short | V | M | 47 | 0:56:40 | 40 |
| 3 | 613 | 28 | 2:11:46 | Tadworth AC | Tadworth Runroaders | Akshay Kumar | V | M | 29 | 0:49:09 | 28 |
| 3 | 573 | 29 | 2:12:14 | Stragglers | Don | Simon Webb | V | M | 42 | 0:53:52 | 36 |
| 3 | 553 | 30 | 2:12:59 | Stragglers | Tyne | Chance Rowan | V | M | 17 | 0:46:17 | 16 |
| 3 | 473 | 31 | 2:12:59 | Stragglers | Severn | Dean Morley | V | M | 18 | 0:46:45 | 17 |
| 3 | 63 | 32 | 2:13:20 | BearCat RC | Bearcat Cats | Caroline Hemminsley | V | F | 37 | 0:52:12 | 4 |
| 3 | 273 | 33 | 2:15:10 | Ealing Eagles | White-tailed Eagle | Simon Stannard | V | M | 19 | 0:47:03 | 18 |
| 3 | 463 | 34 | 2:17:06 | Sheen Shufflers | The Hare and the Tortoises | JB Gaudin | S | M | 28 | 0:48:30 | 27 |
| 3 | 363 | 35 | 2:17:27 | Ranelagh Harriers | Harriers 2 | Maia Rushby | V | F | 38 | 0:52:43 | 5 |
| 3 | 433 | 36 | 2:18:51 | Riddlesdown Parkrun | Dunnell Dashers | Lee Robertson | V | M | 43 | 0:54:24 | 37 |
| 3 | 213 | 37 | 2:18:53 | Clapham Runners | Clapham Runners - Avengers | Tom Williamson | S | M | 46 | 0:55:35 | 39 |
| 3 | 443 | 38 | 2:18:57 | Sandhurst Joggers | Sandhurst Sloggers | Stephen Casey | V | M | 34 | 0:50:39 | 32 |
| 3 | 193 | 39 | 2:19:05 | Clapham Pioneers | Team Northcote | Nadine Lee | V | F | 49 | 0:57:07 | 9 |
| 3 | 153 | 40 | 2:21:10 | Clapham Pioneers | Team Bandstand | Kirstie Norgate | V | F | 48 | 0:56:45 | 8 |
| 3 | 303 | 41 | 2:22:03 | Elmbridge Road Runners | Elmbridge 3 | Oren Paynton | V | M | 33 | 0:50:01 | 31 |
| 3 | 33 | 42 | 2:22:23 | 26.2 | White | Louise Jeffreson | V | F | 40 | 0:53:34 | 6 |
| 3 | 453 | 43 | 2:22:26 | Sheen Shufflers | Shufflers and Flushers | Graham Parkins | V | M | 13 | 0:44:41 | 12 |
| 3 | 343 | 44 | 2:23:07 | Metros | Meandering Metros | Nigel Rackham | V | M | 6 | 0:40:30 | 5 |
| 3 | 183 | 45 | 2:24:09 | Clapham Pioneers | Team Wingate | Emma Burgess | V | F | 52 | 0:59:07 | 10 |
| 3 | 583 | 46 | 2:25:28 | Stragglers | Swale | Tom Haworth | S | M | 22 | 0:47:38 | 21 |
| 3 | 263 | 47 | 2:26:12 | Ealing Eagles | Golden Eagle | David Bone | V | M | 41 | 0:53:40 | 35 |
| 3 | 313 | 48 | 2:26:37 | Elmbridge Road Runners | Elmbridge 4 | Laszlo Haraszti | V | M | 39 | 0:53:07 | 34 |
| 3 | 293 | 49 | 2:28:21 | Elmbridge Road Runners | Elmbridge 2 | Chris Neilon | V | M | 45 | 0:55:04 | 38 |
| 3 | 533 | 50 | 2:31:28 | Stragglers | Ouse | Ed Randall | V | M | 50 | 0:58:39 | 41 |
| 3 | 523 | 51 | 2:31:46 | Stragglers | Derwent | Richard Steeden | V | M | 54 | 1:03:38 | 43 |
| 3 | 103 | 52 | 2:32:06 | Chessington Unity | CURCumbers | Rachel Chambers | V | F | 53 | 1:00:13 | 11 |
| 3 | 163 | 53 | 2:32:27 | Clapham Pioneers | Team Battersea | Elise Dowell | V | F | 55 | 1:04:17 | 12 |
| 3 | 333 | 54 | 2:35:25 | Twickenham Rowing Club | Old Isleworth Runners | Neil Ferrelly | V | M | 51 | 0:58:43 | 42 |
| 3 | 623 | 55 | 2:51:46 | Team Bushy | Team Bushy | Andy Wingate | V | M | 31 | 0:49:48 | 30 |
| 3 | 483 | 56 | 3:03:48 | Stragglers | Thames | Sophie Elloy | V | F | 56 | 1:11:25 | 13 |
| 3 | 373 | 57 | 3:33:46 | Reading Roadrunners | Whistling Rufus | Lorraine Bailey | V | F | 57 | 1:31:00 | 14 |

Stage 4: Manor Park Shepperton - Hurst Park (4.9 mile)

| Stage | Race no. | Overall | | Club | Team Name | Name | Age Group | Gender | Stage Pos | Stage Time | Gender Pos |
|-------|----------|---------|---------|------------------|---------------|----------------------|-----------|--------|-----------|------------|------------|
| | | Pos | Time | | | | | | | | |
| 4 | 634 | 1 | 2:09:23 | Trent Park | Trent Park | Jim Arrowsmith | V | M | 2 | 0:30:00 | 2 |
| 4 | 244 | 2 | 2:09:36 | Ealing Eagles | Bald Eagle | Nils-Kristian Liborg | V | M | 4 | 0:32:20 | 4 |
| 4 | 4 | 3 | 2:16:00 | 26.2 | Racing Snakes | Joseph Gonzalez | V | M | 3 | 0:30:38 | 3 |
| 4 | 134 | 4 | 2:17:34 | Clapham Pioneers | Team Layrn | Stacey Korsbrek | V | F | 8 | 0:35:49 | 2 |
| 4 | 514 | 5 | 2:21:18 | Stragglers | Dart | Harri Daniel | V | F | 5 | 0:34:05 | 1 |

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|---|-----|----|---------|------------------------|----------------------------|--------------------|---|---|----|---------|----|
| 4 | 284 | 6 | 2:21:40 | Elmbridge Road Runners | Elmbridge 1 | Chris Axe | V | M | 1 | 0:28:46 | 1 |
| 4 | 354 | 7 | 2:24:40 | Ranelagh Harriers | Harriers 1 | Neil Rae | V | M | 6 | 0:34:11 | 5 |
| 4 | 254 | 8 | 2:33:11 | Ealing Eagles | Imperial eagle | Thomas Martini | V | M | 7 | 0:35:44 | 6 |
| 4 | 234 | 9 | 2:40:56 | Dulwich Runners | Dulwich Stunners | Ellie Hudson | S | F | 9 | 0:35:55 | 3 |
| 4 | 54 | 10 | 2:41:45 | BearCat AC | Bearcat Bears | Romit Basu | V | M | 10 | 0:37:04 | 7 |
| 4 | 604 | 11 | 2:42:32 | Tadworth AC | Tadworth Roadrunners | Jane Munn | V | F | 34 | 0:45:04 | 16 |
| 4 | 504 | 12 | 2:43:29 | Stragglers | Dee | Andrew Howarth | V | M | 21 | 0:40:26 | 15 |
| 4 | 494 | 13 | 2:45:43 | Stragglers | Trent | June Hall | V | F | 33 | 0:44:16 | 15 |
| 4 | 564 | 14 | 2:46:10 | Stragglers | Humber | Rachel Simpson | V | F | 32 | 0:44:10 | 14 |
| 4 | 204 | 15 | 2:47:13 | Clapham Pioneers | Team Alexandra | Adam Tidey | V | M | 14 | 0:39:28 | 11 |
| 4 | 14 | 16 | 2:47:22 | 26.2 | Speedy Snails | Daisy Street | V | F | 28 | 0:42:52 | 11 |
| 4 | 144 | 17 | 2:49:56 | Clapham Pioneers | Team Avalon | Rebecca Spencer | V | F | 19 | 0:39:53 | 5 |
| 4 | 74 | 18 | 2:51:47 | Blackbridge Bounders | Blackbridge Bounders | Gemma Ali | V | F | 45 | 0:50:28 | 24 |
| 4 | 224 | 19 | 2:52:09 | Clapham Runners | Clapham Runners - Marvels | Frank Elston | V | M | 50 | 0:54:36 | 23 |
| 4 | 24 | 20 | 2:52:17 | 26.2 | Red | Peter Grecian | V | M | 25 | 0:41:53 | 17 |
| 4 | 554 | 21 | 2:52:40 | Stragglers | Tyne | David Scotten | V | M | 16 | 0:39:41 | 13 |
| 4 | 64 | 22 | 2:52:52 | BearCat RC | Bearcat Cats | Ed Palmer | V | M | 15 | 0:39:32 | 12 |
| 4 | 544 | 23 | 2:53:26 | Stragglers | Tees | Izabel Grindal | V | F | 26 | 0:42:00 | 9 |
| 4 | 474 | 24 | 2:53:44 | Stragglers | Severn | Andrew Allen | V | M | 24 | 0:40:45 | 16 |
| 4 | 174 | 25 | 2:54:37 | Clapham Pioneers | Team Clapham | Caz Day | V | F | 37 | 0:47:16 | 19 |
| 4 | 574 | 26 | 2:55:07 | Stragglers | Don | Emily Barrow | V | F | 29 | 0:42:53 | 12 |
| 4 | 274 | 27 | 2:55:37 | Ealing Eagles | White-tailed Eagle | Claire Morris | V | F | 22 | 0:40:27 | 7 |
| 4 | 84 | 28 | 2:56:18 | Chessington Unity | CURCrackerjack | Nigel Lee | V | M | 44 | 0:50:22 | 21 |
| 4 | 444 | 29 | 2:56:49 | Sandhurst Joggers | Sandhurst Sloggers | Jan Neumeister | V | M | 11 | 0:37:52 | 8 |
| 4 | 364 | 30 | 2:57:55 | Ranelagh Harriers | Harriers 2 | Rachel Revett | V | F | 23 | 0:40:28 | 8 |
| 4 | 194 | 31 | 2:58:58 | Clapham Pioneers | Team Northcote | Juliette Maurer | S | F | 20 | 0:39:53 | 6 |
| 4 | 614 | 32 | 2:59:18 | Tadworth AC | Tadworth Runroaders | Sharon Matthews | V | F | 39 | 0:47:32 | 21 |
| 4 | 304 | 33 | 3:00:05 | Elmbridge Road Runners | Elmbridge 3 | Mark Gerrard | V | M | 12 | 0:38:02 | 9 |
| 4 | 434 | 34 | 3:02:45 | Riddlesdown Parkrun | Dunnell Dashers | Sally-Anne Jackson | V | F | 31 | 0:43:54 | 13 |
| 4 | 184 | 35 | 3:03:17 | Clapham Pioneers | Team Wingate | Edd O'Neill | S | M | 13 | 0:39:08 | 10 |
| 4 | 464 | 36 | 3:04:58 | Sheen Shufflers | The Hare and the Tortoises | Louise Oppe | S | F | 42 | 0:47:52 | 23 |
| 4 | 594 | 37 | 3:06:13 | Stragglers | Medway | Merran Sell | V | F | 55 | 1:01:07 | 31 |
| 4 | 44 | 38 | 3:06:23 | 26.2 | Blue | Lizzie Wilson | V | F | 54 | 0:59:59 | 30 |
| 4 | 314 | 39 | 3:06:27 | Elmbridge Road Runners | Elmbridge 4 | Dorothy Wilkinson | V | F | 18 | 0:39:50 | 4 |
| 4 | 214 | 40 | 3:06:37 | Clapham Runners | Clapham Runners - Avengers | Katie Little | V | F | 41 | 0:47:44 | 22 |
| 4 | 34 | 41 | 3:07:53 | 26.2 | White | Andrea bennett | V | F | 35 | 0:45:30 | 17 |
| 4 | 294 | 42 | 3:08:05 | Elmbridge Road Runners | Elmbridge 2 | Zak Mansoori | V | M | 17 | 0:39:44 | 14 |
| 4 | 154 | 43 | 3:08:41 | Clapham Pioneers | Team Bandstand | Chloe Sellwood | V | F | 38 | 0:47:31 | 20 |
| 4 | 584 | 44 | 3:08:56 | Stragglers | Swale | Carl Pretorius | V | M | 30 | 0:43:28 | 18 |
| 4 | 424 | 45 | 3:11:17 | Riddlesdown Parkrun | Sarah's Superstars | Wendy Ballard | V | F | 56 | 1:03:52 | 32 |
| 4 | 94 | 46 | 3:11:20 | Chessington Unity | CURCrankies | Ann Bath | V | F | 53 | 0:59:40 | 29 |
| 4 | 164 | 47 | 3:14:42 | Clapham Pioneers | Team Battersea | Lucy Harper | S | F | 27 | 0:42:15 | 10 |
| 4 | 344 | 48 | 3:16:30 | Metros | Meandering Metros | Mumbi Keinamma | V | F | 49 | 0:53:23 | 27 |
| 4 | 534 | 49 | 3:17:48 | Stragglers | Ouse | Anne Woods | V | F | 36 | 0:46:20 | 18 |
| 4 | 454 | 50 | 3:18:29 | Sheen Shufflers | Shufflers and Flushers | Charlotte Hogben | V | F | 52 | 0:56:03 | 28 |
| 4 | 264 | 51 | 3:18:31 | Ealing Eagles | Golden Eagle | Sarah Dhanda | V | F | 47 | 0:52:19 | 26 |
| 4 | 334 | 52 | 3:23:04 | Twickenham Rowing Club | Old Isleworth Runners | John Collin | V | M | 40 | 0:47:39 | 19 |
| 4 | 524 | 53 | 3:24:25 | Stragglers | Derwent | Rob Hill | V | M | 48 | 0:52:39 | 22 |
| 4 | 104 | 54 | 3:27:29 | Chessington Unity | CURCumbers | Lee Walstow | V | M | 51 | 0:55:23 | 24 |
| 4 | 624 | 55 | 3:43:58 | Team Bushy | Team Bushy | Zoe Faiz | V | F | 46 | 0:52:12 | 25 |

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|---|-----|----|---------|---------------------|-----------------|---------------|---|---|----|---------|----|
| 4 | 484 | 56 | 4:10:25 | Stragglers | Thames | Amanda Cooper | V | F | 57 | 1:06:37 | 33 |
| 4 | 374 | 57 | 4:21:58 | Reading Roadrunners | Whistling Rufus | Andy Atkinson | V | M | 43 | 0:48:12 | 20 |

Stage 5: Hurst Park - Hawker Centre (5.2 miles)

| | | Overall | Overall | | | | | Stage | Stage | Gender | |
|-------|----------|---------|---------|------------------------|----------------------------|--------------------|-----------|--------|-------|---------|-----|
| Stage | Race no. | Pos | Time | Club | Team Name | Name | Age Group | Gender | Pos | Time | Pos |
| 5 | 635 | 1 | 2:41:14 | Trent Park | Trent Park | Tom Miller | S | M | 3 | 0:31:51 | 3 |
| 5 | 245 | 2 | 2:41:19 | Ealing Eagles | Bald Eagle | Henry Dadswell | S | M | 2 | 0:31:43 | 2 |
| 5 | 135 | 3 | 2:49:11 | Clapham Pioneers | Team Layrn | Johan Van Meeuwen | S | M | 1 | 0:31:37 | 1 |
| 5 | 5 | 4 | 2:49:13 | 26.2 | Racing Snakes | Paul Turkington | V | M | 5 | 0:33:13 | 5 |
| 5 | 515 | 5 | 2:56:32 | Stragglers | Dart | Nicky Hornzee | V | F | 8 | 0:35:14 | 1 |
| 5 | 285 | 6 | 2:59:26 | Elmbridge Road Runners | Elmbridge 1 | Ben Briody | V | M | 13 | 0:37:46 | 11 |
| 5 | 355 | 7 | 3:01:35 | Ranelagh Harriers | Harriers 1 | Alex Waldmann | V | M | 10 | 0:36:55 | 9 |
| 5 | 255 | 8 | 3:08:20 | Ealing Eagles | Imperial eagle | Harry Pearson | S | M | 7 | 0:35:09 | 7 |
| 5 | 235 | 9 | 3:17:52 | Dulwich Runners | Dulwich Stunners | Maeve Lane | S | F | 11 | 0:36:56 | 2 |
| 5 | 505 | 10 | 3:24:04 | Stragglers | Dee | Steve Baller | V | M | 27 | 0:40:35 | 20 |
| 5 | 15 | 11 | 3:24:23 | 26.2 | Speedy Snails | Michael Street | V | M | 12 | 0:37:01 | 10 |
| 5 | 205 | 12 | 3:25:30 | Clapham Pioneers | Team Alexandra | Catherine Hodge | S | F | 17 | 0:38:17 | 3 |
| 5 | 565 | 13 | 3:25:46 | Stragglers | Humber | Sonia Bandeira | V | F | 23 | 0:39:36 | 5 |
| 5 | 495 | 14 | 3:26:07 | Stragglers | Trent | Patricia Ronskley | V | F | 25 | 0:40:24 | 7 |
| 5 | 55 | 15 | 3:26:55 | BearCat RC | Bearcat Bears | Andy Bishop | V | M | 42 | 0:45:10 | 31 |
| 5 | 85 | 16 | 3:28:29 | Chessington Unity | CURCrackerjack | Simon Richardson | V | M | 4 | 0:32:11 | 4 |
| 5 | 605 | 17 | 3:29:35 | Tadworth AC | Tadworth Roadrunners | Ian Jacobs | V | M | 46 | 0:47:03 | 33 |
| 5 | 65 | 18 | 3:31:08 | BearCat RC | Bearcat Cats | John Cadogan | V | M | 16 | 0:38:16 | 14 |
| 5 | 555 | 19 | 3:31:35 | Stragglers | Tyne | Richard Bowes | V | M | 20 | 0:38:55 | 17 |
| 5 | 145 | 20 | 3:31:46 | Clapham Pioneers | Team Avalon | Hal Garland | S | M | 32 | 0:41:50 | 23 |
| 5 | 575 | 21 | 3:32:59 | Stragglers | Don | Martin Vivian | V | M | 14 | 0:37:52 | 12 |
| 5 | 275 | 22 | 3:34:09 | Ealing Eagles | White-tailed Eagle | Mike Duff | V | M | 18 | 0:38:32 | 15 |
| 5 | 475 | 23 | 3:34:15 | Stragglers | Severn | Jonathan Dickinson | V | M | 26 | 0:40:31 | 19 |
| 5 | 75 | 24 | 3:35:42 | Blackbridge Bounders | Blackbridge Bounders | Iraji Ali | V | M | 37 | 0:43:55 | 26 |
| 5 | 225 | 25 | 3:36:05 | Clapham Runners | Clapham Runners - Marvels | Loic Beylot | V | M | 38 | 0:43:56 | 27 |
| 5 | 195 | 26 | 3:36:53 | Clapham Pioneers | Team Northcote | Rob Jones | S | M | 15 | 0:37:55 | 13 |
| 5 | 545 | 27 | 3:37:17 | Stragglers | Tees | Richard Gray | V | M | 36 | 0:43:51 | 25 |
| 5 | 365 | 28 | 3:40:03 | Ranelagh Harriers | Harriers 2 | Rebecca Bissell | V | F | 33 | 0:42:08 | 10 |
| 5 | 305 | 29 | 3:41:11 | Elmbridge Road Runners | Elmbridge 3 | Nikki Nicholson | V | F | 30 | 0:41:06 | 8 |
| 5 | 35 | 30 | 3:42:12 | 26.2 | White | Nathan Lucas | S | M | 6 | 0:34:19 | 6 |
| 5 | 25 | 31 | 3:43:01 | 26.2 | Red | Owen Jones | V | M | 53 | 0:50:44 | 38 |
| 5 | 175 | 32 | 3:43:16 | Clapham Pioneers | Team Clapham | Alfie Gurney | S | M | 49 | 0:48:39 | 35 |
| 5 | 465 | 33 | 3:44:17 | Sheen Shufflers | The Hare and the Tortoises | Stephen Wilcock | V | M | 22 | 0:39:19 | 18 |
| 5 | 595 | 34 | 3:45:16 | Stragglers | Medway | Sue Hall | V | F | 21 | 0:39:03 | 4 |
| 5 | 155 | 35 | 3:45:31 | Clapham Pioneers | Team Bandstand | Paul Gilbertson | V | M | 9 | 0:36:50 | 8 |
| 5 | 185 | 36 | 3:46:31 | Clapham Pioneers | Team Wingate | Gemma Haworth | S | F | 35 | 0:43:14 | 11 |
| 5 | 435 | 37 | 3:46:46 | Riddlesdown Parkrun | Dunnell Dashers | Dylan Wymer | S | M | 39 | 0:44:01 | 28 |
| 5 | 315 | 38 | 3:46:51 | Elmbridge Road Runners | Elmbridge 4 | Sarah Sanders | V | F | 24 | 0:40:24 | 6 |
| 5 | 615 | 39 | 3:47:31 | Tadworth AC | Tadworth Runroaders | Susanna Speirs | V | F | 48 | 0:48:13 | 14 |
| 5 | 295 | 40 | 3:49:07 | Elmbridge Road Runners | Elmbridge 2 | Richard Nicholson | V | M | 29 | 0:41:02 | 22 |
| 5 | 585 | 41 | 3:49:42 | Stragglers | Swale | Josh Bates | V | M | 28 | 0:40:46 | 21 |
| 5 | 445 | 42 | 3:49:43 | Sandhurst Joggers | Sandhurst Sloggers | Clare Gallagher | V | F | 54 | 0:52:54 | 16 |

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|----------|------------|----|---------|------------------------|----------------------------|-----------------------|---|---|----|---------|----|
| 5 | 45 | 43 | 3:50:39 | 26.2 | Blue | Dave Wilson | V | M | 40 | 0:44:16 | 29 |
| 5 | 215 | 44 | 3:51:06 | Clapham Runners | Clapham Runners - Avengers | Shane Toolan | V | M | 41 | 0:44:29 | 30 |
| 5 | 345 | 45 | 3:55:22 | Metros | Meandering Metros | Christopher Shearwood | V | M | 19 | 0:38:52 | 16 |
| 5 | 165 | 46 | 3:56:12 | Clapham Pioneers | Team Battersea | Laureen O'Kane | V | F | 31 | 0:41:30 | 9 |
| 5 | 425 | 47 | 3:57:46 | Riddlesdown Parkrun | Sarah's Superstars | Midge Cameron | V | F | 44 | 0:46:29 | 12 |
| 5 | 95 | 48 | 3:58:26 | Chessington Unity | CURCrankies | Jeremy Maccelari | V | M | 47 | 0:47:06 | 34 |
| 5 | 535 | 49 | 4:08:01 | Stragglers | Ouse | Tina Sheppard | V | F | 52 | 0:50:13 | 15 |
| 5 | 455 | 50 | 4:08:21 | Sheen Shufflers | Shufflers and Flushers | Muse Berhe | S | M | 50 | 0:49:52 | 36 |
| 5 | 335 | 51 | 4:09:48 | Twickenham Rowing Club | Old Isleworth Runners | Emily Ferrelly | S | F | 45 | 0:46:44 | 13 |
| 5 | 265 | 52 | 4:12:50 | Ealing Eagles | Golden Eagle | Caroline Rush | V | F | 55 | 0:54:19 | 17 |
| 5 | 105 | 53 | 4:13:15 | Chessington Unity | CURCumbers | Danny Norman | V | M | 43 | 0:45:46 | 32 |
| 5 | 525 | 54 | 4:23:34 | Stragglers | Derwent | Sue Hobbs | V | F | 56 | 0:59:09 | 18 |
| 5 | 625 | 55 | 4:26:43 | Team Bushy | Team Bushy | Nigel Rata | V | M | 34 | 0:42:45 | 24 |
| 5 | 485 | 56 | 5:00:19 | Stragglers | Thames | Tom Eastwood | S | M | 51 | 0:49:54 | 37 |
| 5 | 375 | 57 | 5:33:17 | Reading Roadrunners | Whistling Rufus | Tom Harrison | V | M | 57 | 1:11:19 | 39 |