

London XC Championships**Parliament Hill****18/11/23****Mens**[Full Results](#)

Club Pos	Race Pos	Name	Bib	M/F	Cat	Time
1	22	Rhys Doherty	535	M	SM	40:40
2	100	Pete Gregorowski	539	M	M40	44:35
3	134	Donovan Duffy	536	M	M40	45:41
4	185	Alastair Hall	540	M	SM	47:49
5	190	James Ruskin	543	M	M40	47:55
6	218	James Bowell	529	M	M40	49:13
7	270	Steve Clelland	534	M	M40	51:42
8	328	Ted Fraser	537	M	M60	54:25
9	357	Gareth Pritchard	542	M	M50	56:26
10	377	Neil Browning	532	M	M50	58:07
11	389	Simon Brazil	531	M	M50	59:14
12	399	Andy Green	538	M	M50	01:00:22
13	422	Richard Bowes	530	M	M40	01:05:02

Womens[Full Results](#)

Club Pos	Race Pos	Name	Bib	M/F	Cat	Time
1	129	Emily Barrow	940	F	W35	31:19
2	177	Ashleigh Lezard	944	F	W45	33:31
3	181	Pamela Mchutchon	945	F	W55	33:42
4	243	Lynda Chase	941	F	W65	41:08
5	245	Chrissie Glew	942	F	W65	41:29