



# BUPA LONDON 10000 2014

25<sup>th</sup> May 2014



**Andy, Paul, Penny, Alex, Jon, Tomas**

This 6 miles / 10 kms event is run around central London taking in many of the major sights. It starts in The Mall, then via Whitehall to the Embankment. At Blackfriars the runners begin a circuit of the City via St Pauls, etc. Then back via the Embankment, and Parliament Square to finish in Birdcage Walk.

Name	Place	Place by Age	Place by gender	Age Group	Run Time
Jon	2675	238	2209	Men 45 - 49	00:49:33
Andy	5496	449	3954	Men 45 - 49	00:57:01
Alex	6146	2593	4285	Men under 40	00:58:33
Tomas	6244	2620	4329	Men under 40	00:58:45
Penny	8409	425	3209	Women 40 -44	01:04:09
Paul	12102	711	6230	Men 45 - 49	01:36:38

**Why not join the WAVES team in May 2015?** The facilities provided include complimentary massages before/after the run, and a WAVES picnic in Green Park is relaxing end to the day. The team has raised

**£1004**

**A VERY BIG THANK YOU TO EVERYONE WHO SUPPORTED THE TEAM**