

Results: NCBS Epsom 10K. 15 June 2008

Thanks for your support.

Thanks to ncbs for their continued support for the race and the important local charity – The Butterfly Appeal.

Thanks to Virgin Active for manning the vital water station of such a hot day.

Vets are listed in 10 year age bands from F35 and M40

Pos.	No.	Time	First name	Surname	Club	Cat.	Team
1	204	32.08	Benedict	Whitby	HHH	M	
2	228	32.22	Tim	Elsey	HHH	M	
3	175	33.00	Nick	Hodges	DMV	M	
4	277	33.31	Will	Clark	E&E	M	
5	308	33.42	Lee	Kemp	Waverley	M	
6	194	34.03	Ian	Johnson	Stragglers	M40	
7	224	34.26	Anthony	Jackson	Stragglers	M	
8	203	34.49	Jonathan	Stacey	Ranelagh	M	
9	226	34.57	Matthew	Morgan	Striders	M	
10	124	35.09	Carl	Plumpton	PortsmouthAC	M40	
11	205	35.26	Tom	Kingsnorth	ThamesHH	M	
12	234	35.45	James	Hartop		M	
13	157	35.53	Gavin	Harkus	ElmbridgeRR	M	
14	262	36.07	Oliver	Hasselwander		M	
15	63	36.08	Andy	Evans	SLH	M40	
16	297	36.10	Bruce	Harrold	DMV	M	
17	48	37.26	Jeffery	Butler	E&E	M40	
18	327	37.43	Trevor	Ford	Stragglers	M	
19	268	37.45	Paul	Rostern	ElmbridgeRR	M40	
20	133	37.59	Peter	Boatright	ElmbridgeRR	M40	
21	1	38.09	Carl	Fiford		M	
22	317	38.13	Tim	Charnecki		M	
23	281	38.21	Peter	Nixon	SuttonR	M40	
24	180	38.45	Ian	Dixon		M40	
25	176	38.47	Kevin	Brown	Eps Oddballs	M	
26	163	38.51	Francis	Upcott	SLH	M50	
27	241	38.59	John	Foster	Striders	M40	
28	138	39.05	John	Blake	Stragglers	M	
29	173	39.08	Gordon	Turpie	Eps Oddballs	M	
30	127	39.11	Nick	Hancock	Sutton&D	M40	
31	201	39.20	Howard	Jones	DMV	M40	
32	93	39.31	David	Shelton	E&E	M40	
33	221	39.37	Helena	Laczko	HHH	F	
34	200	39.39	Simon	Ambrosi		M	Team Skippy
35	144	39.40	David	Williamson	Tadworth AC	M40	
36	36	39.42	Wayne	Edwards	Thames Turbo	M40	
37	75	39.44	Tarquin	Barrett	Stragglers	M	
38	162	39.46	Stuart	Flack	E&E	M	Hewitt
39	279	39.50	Mark	Goodwin	Epsom Oddballs	M	
40	154	39.53	Richard	Lee-Smith	Striders	M	
41	311	39.57	John	MacDonnell		M40	
42	125	40.08	Noel	Hollingsworth	Stragglers	M40	
43	56	40.23	Geoff	Newton	Tadworth AC	M60	
44	152	40.23	Matthew	Jones	Stragglers	M	
45	305	40.29	Dominic	Collier	26.2RRC	M40	
46	139	40.31	Chris	Morton	Striders	M	
47	225	40.33	Simon	Donaghy	HHH	M40	
48	111	40.38	Martin	Cloherly	E&E	M50	
49	332	40.50	Rachel	Coe-O'Brien	SLH	F	

50	271	40.53	John	Foss		M40	
Pos.	No.	Time	First name	Surname	Club	Cat.	Team
51	216*	41.03	Daniel	Johnson		M	
52	186	41.05	Phyllis	Flynn	Stragglers	F45	
53	85	41.27	Andy	Bell		M	Hewitt
54	78	41.29	Mark	Glaister		M40	
55	11	41.40	Edmund	Barrow	HHH	M40	
56	278	41.44	Stephen	Massey	Striders	M40	
57	123	41.52	Viv	Mitchell	SLH	F45	
58	156	41.55	Gareth	George	E&E	M	
59	202	41.58	Don	Fairclough	Croydon H	M50	
60	222	41.59	Helen	Carter	HHH	F	
61	223	42.00	John	Potis	Royal Navy AC	M	
62	24	42.01	Pippa	Major	SLH	F35	
63	76	42.02	Alan	Clarke	Worthing	M50	
64	199	42.07	Helen	Furze	Windmilers	F35	
65	147	42.10	Matthew	Cross	Stragglers	M	
66	320	42.11	David	Johnson	CollingwoodAC	M	
67	239	42.13	Steve	Watkins	26.2RRC	M	
68	238	42.17	Tom	Cheetham	Hercules	M40	
69	264	42.28	Ronald	Walters		M	
70	256	42.38	Alexandra	Rees	HHH	F	
71	158	42.50	Simeon	Linger		M	
72	16	42.56	Mark	Osikoya		M	
73	145	43.00	Ian	Yates	Striders	M	
74	266	43.11	Richard	Fox		M40	
75	331	43.16	Pat	O'Brien	SLH	M50	
76	328	43.17	Steve	Duke		M40	
77	267	43.20	Bill	Walsh		M40	
78	105	43.22	Sam	Harris		M	Team Harris
79	185	43.24	Alan	Purchase	Striders	M40	
80	259	43.36	Polly	Adams	RMPAC	F35	
81	230	43.39	David	Samuel	LingfieldRC	M50	
82	178	43.52	Peter	Vasey		M	
83	146	43.54	Suzy	Yates	Striders	F	
84	122	43.58	Maggie	Stacey	26.2RRC	F35	
85	128	44.17	Kerry	Backshell	Striders	F35	
86	288	44.19	Ryan	Goodwin	Espom Oddballs	M	
87	17	44.39	Ceara	Joyce	Eps Oddballs	F35	
88	117	44.52	Jamie	Cassidy		M	
89	237	44.57	Phil	Persons		M50	
90	6	45.02	Giles	Palmer		M40	
91	323	45.04	Simon	Day		M	
92	245	45.08	Rob	Ponsford		M	
93	164	45.21	Chris	Horrigan		M40	
94	189	45.27	Clive	Naish	Ranelagh	M50	
95	244	45.48	Andrew	Goldsmith		M40	
96	84	45.55	Anthony	Dyer	Eps Oddballs	M	
97	326	45.57	Simon	Tait		M	
98	236	45.57	Carlos	Jones		M	
99	151	46.05	Steve	White	SuttonR	M50	
100	196	46.11	John	Molyneux		M50	
101	12	46.14	Rebecca	Barrow	HHH	F35	
102	159	46.19	Peter	Kidwell	Stragglers	M40	
103	300	46.26	Mark	Blackman		M	
104	113	46.30	Alison	Read		F35	
105	243	46.36	Nick	Evans		M	
106	295	46.38	Steve	Miller		M50	

Pos.	No.	Time	First name	Surname	Club	Cat.	Team
107	309	46.38	Rachel	Chennell		F35	
108	167	46.42	Pete	Teare		M	LA Fitness Dragon
109	33	46.42	Robert	Price	Stragglers	M	
110	28	46.42	Martin	Farrelly	Tadworth AC	M	
111	3	46.48	Sarah	Allen	HHH	F35	
112	177	46.53	Graeme	Brown	Eps Oddballs	M50	
113	90	46.57	Tim	Aylett	LingfieldRC	M40	
114	187	47.02	Daryn	Pahl		M	
115	136	47.05	Bruce	Dupe		M	
116	140	47.07	Harmesh	Sehijpal	Redhill Mail	M40	
117	229	47.17	Dave	Joad		M60	
118	258	47.24	Stephen	Dalton		M	
119	34	47.27	Steve	Martin	CollingwoodAC	M50	
120	142	47.33	Bill	Fuller		M	
121	314	47.35	Robert	Sim		M40	Stoneleigh Warriors
122	67	47.39	John	Jelley	DMV	M50	
123	269	47.42	Stuart	Mackenzie		M	
124	195	47.43	Anne	Molyneux		F45	
125	130	47.43	Chris	Lebeau		M60	
126	280	47.48	Susan	Boros		F	
127	110	47.49	Graham	Reid		M	
128	161	47.50	Angela	Breen	Met PoliceAC	F	
129	149	47.51	David	Denton	Striders	M40	
130	64	47.57	S P	Nevard	Eps Oddballs	M50	
131	254	47.58	Andrew	Taylor	LingfieldRC	M40	
132	240	47.59	O	Beers		M	
133	88	48.12	Martin	Norton		M	
134	39	48.17	John	Higgs		M40	Joseph Pk Trust
135	2	48.20	Alexandra	Piotrowska		F	
136	132	48.30	Karen	Farnham	Oxted R	F45	
137	316	48.40	Mark	Relf		M	Stoneleigh Warriors
138	213	48.43	Sheila	Burki		F35	
139	318	48.45	Darren	Sutton		M40	
140	15	48.53	Madelaine	Stephens		F	
141	71	48.58	Paul	Cruse	Tadworth AC	M	
142	43	49.00	Debbie	Wilkes	LingfieldRC	F45	
143	273	49.03	Adrian	Rudd		M40	
144	45	49.05	John	Voos		M50	
145	141	49.11	John	Baker	Eps Oddballs	M40	
146	208	49.12	Rosie	Brown		F35	Hewitt
147	27	49.15	Philip	Henwood	HHH	M	
148	265	49.16	Ian	Burke		M	Hewitt
149	65	49.20	Debbie	Heffernan	Eps Allsorts	F35	
150	301	49.32	Katie	Gatland		F	
151	283	49.34	Peter	Leach		M	Waitrose
152	248	49.37	Sheron	Robinson		F35	
153	181	49.38	L K	Baldwin		F	
154	339	49.41	Jay	Manloo		M40	
155	170	49.45	Gavin	Walker		M40	LA Fitness Dragon
156	153	49.47	Paul	Lee-Smith		M	
157	13	49.54	Matthew	Turner		M	
158	137	49.59	Sarah	Kennedy-Smith	E&E	F35	
159	286	50.22	Oliver	North		M	Waitrose
160	247	50.39	Phil	Garrard	Epsom Oddballs	M50	
161	21	50.42	Julie	Brazier		F35	
162	285	50.42	David	Lavender		M	Waitrose

163	296	50.51	Bryan	Jepp		M60	
Pos.	No.	Time	First name	Surname	Club	Cat.	Team
164	91	50.52	Graham	Rankin		M	
165	83	50.56	Kevin	Gibson	Eps Oddballs	M40	
166	52	50.56	Lorraine	Pickering	0	F45	
167	74	50.58	Michael	Wetherall		M	
168	321	51.05	Adam	West		M40	
169	329	51.06	Dan	Blake		M	
170	291	51.11	Didier	Lehmann	WickhamAv Strollers	M40	
171	207	51.16	Stephen	Robinson	Tadworth AC	M60	
172	103	51.24	Dean	Harris		M40	Team Harris
173	10	51.31	Heather	Kane		F45	
174	184	51.36	Matthew	Pont		M	
175	306	51.39	Andrew	Freeman		M	
176	307	51.39	Dave	Lowsdale		M50	
177	261	51.44	Thomas	Wilkie	CollingwoodAC	M50	
178	231	51.46	Tim	Lunn	26.2RRC	M40	
179	233	51.54	B	Clegg	LingfieldRC	M60	
180	87	52.01	Jonathan	Bates		M	
181	22	52.02	Penny	Hooke		F	
182	42	52.03	Dave	Wilkes	LingfieldRC	M60	
183	58	52.04	Roland	Woodbridge	HHH	M50	
184	289	52.13	Daniel	James		M	
185	282	52.19	Louise	Richmond	Eps Allsorts	F	
186	257	52.23	Christopher	Shortt	E&E	M60	
187	70	52.28	Pete	Thomas		M40	
188	219	12:00	Emma	Glasford		F35	
189	218	52.41	Karen	Swan		F45	
190	312	52.48	Nick	Moody		M40	LA Dragons
191	260	52.52	Brenda	Geldenhuku		F35	
192	40	52.53	Cathy	Devine	Windmilers	F35	
193	168	52.56	Dave	Jones		M	LA Fitness Dragon
194	274	53.01	Peter	Leslie		M	
195	303	53.12	Jaqueline	Godfrey	26.2RRC	F	
196	304	53.12	Mark	Simmons	26.2RRC	M40	
197	109	53.17	Dierk	Geen		M40	
198	165	53.21	Keir	Milligan		M	
199	227	53.23	Marie	Petreils		F	
200	150	53.25	Lisa	Adams		F45	
201	242	53.48	Laura	Evans		F	
202	284	53.50	Vikash	Sydamah		M	Waitrose
203	198	53.59	Nikki	Birt		F	
204	118	54.08	Alan	Booth		M	
205	290	54.11	Martin	Le Jeune	WickhamAv Strollers	M40	
206	338	54.12	Robb	Reeves	26.2RRC	M50	
207	319	54.21	Francis	Hendry		M40	
208	325	54.21	Suzannah	Karidis		F	
209	59	54.26	Lynne	Yeomans		F35	
210	246	54.28	Neil	Hughes		M40	
211	336	54.39	Steven	Gilbert	HM Treasury	M50	
212	315	55.04	Mike	Brake	Epsom Oddballs	M70	
213	121	55.13	David	Wentzell	Redhill Mail	M50	
214	49	55.14	Amie	Reynolds	HHH	F	
215	294	55.15	Daniel	Erasmus	BP Hellios Harriers	M	
216	35	55.17	Moira	O'Leary	E&E	F65	
217	55	55.22	Keith	Lawrence		M40	
218	293	55.30	Elma	Erasmus	BP Hellios Harriers	F	
219	335	55.31	Jane	Sharman		F	

220	61	55.31	Petra	Garton	Eps Allsorts	F35	
Pos.	No.	Time	First name	Surname	Club	Cat.	Team
221	324	55.35	Verna	Cook-Jackson		F55	
222	19	55.47	Martin	Gourlay	Striders	M40	
223	148	55.49	Lawrence	Matthews		M	
224	232	55.56	Sue	Robinson	LingfieldRC	F35	
225	191	55.57	Sarah	John		F35	
226	31	56.08	Neil	Fifoot		M	
227	337	56.09	Derren	Hayes		M	
228	220	56.32	Paul	Eastabrook	Epsom Oddballs	M50	
229	334	56.34	Jon	Howson		M	
230	276	56.44	Rebecca	Jenkins		F	
231	310	56.56	Ed	Connars	26.2RRC	M50	
232	250	56.57	Joe	Sarma		M40	
233	174	56.59	Sally	Turpie	Eps Allsorts	F35	
234	108	57.06	Debora	Camp	Eps Allsorts	F45	
235	126	57.07	Kio	Vejdani	LingfieldRC	M60	
236	20	57.09	Teresa	Lane	Eps Allsorts	F35	
237	47	57.22	Laura	Dodsworth		F35	
238	253	57.23	Alice	Humphreys		F	
239	272	57.24	Vanessa	Saunders		F	Stoneleigh Warriors
240	313	57.24	Susan	Sim		F35	Stoneleigh Warriors
241	210	57.26	Aahud	Rai	Eps Allsorts	F35	
242	298	57.29	Mick	Stemler		M	Ferndown Flyers
243	73	57.33	Kathy	Wetherall	Eps Allsorts	F45	
244	251	57.38	Ceri	Jones	Eps Allsorts	F	
245	287	57.45	Kim	Ford	Striders	F45	
246	60	58.26	Phil	Ellis	E&E	M40	
247	255	58.28	Mark	Poeti		M	
248	302	58.31	Sue	Emmett		F45	
249	37	58.36	Alan	Meaden	Ranelagh	M50	
250	322	58.40	Mark	Jackson		M40	
251	214	58.43	Donna	Dove		F	
252	30	58.46	Jonathan	Ho		M	
253	107	58.58	John	Hanscomb	Ranelagh	M70	
254	53	59.03	Janet	Budgen		F45	
255	252	59.12	Andrew	Colebrook		M	
256	46	59.12	Jasmine	Voos		F	
257	166	59.15	Alison	Attwater		F35	LA Fitness Dragon
258	8	59.32	Pauline	Maxton	Eps Allsorts	F45	
259	29	59.38	D M	Porter	Vets AC	M70	
260	333	59.51	Jim	Smith		M	
261	270	60.23	Helen	Varcoe		F35	
262	116	60.27	Zara	Vance		F	ncbs
263	129	60.30	Fee	Pooloo	Eps Allsorts	F45	
264	190	60.51	Andrew	Jones		M	
265	235	60.56	Caroline	Bellingham		F	
266	275	61.26	Nina	Pinkerton	SLH	F55	
267	169	61.30	Tina	Jones		F35	LA Fitness Dragon
268	192	61.35	Sheila	Lay	Eps Allsorts	F45	
269	57	61.37	William	Grimster	Tadworth AC	M50	
270	188	61.40	Sarah	Muller		F35	
271	104	61.45	Joe	Harris		M	Team Harris
272	179	61.55	Penny	Moss		F	
273	120	62.15	Sue	Wade	HHH	M50	
274	209	62.18	Jackie	Conway		F	
275	292	63.09	Hivan	Zgl	BP Hellios Harriers	M	
276	106	63.51	Lisa	Ellington		F45	Team Harris

277	102	63.51	Glenda	Harris		F45	Team Harris
Pos.	No.	Time	First name	Surname	Club	Cat.	Team
278	9	64.28	Sabine	Green	Eps Allsorts	F35	
279	4	64.41	Nicola	Homersham	Eps Allsorts	F45	
280	263	64.55	Steve	Johnson		M40	
281	101	65.16	Hugh	Cowley		M	House of Fraser
282	330	65.29	Lynda	Sinclair		F35	
283	249	65.42	Gill	Attwood	Eps Allsorts	F45	
284	89	65.53	Barbara	Cousens	Eps Allsorts	F35	
285	79	66.20	Andrew	Rickards		M	
286	80	66.20	Helen	Rickards		F	
287	95	67.09	Kate	Crossland		F35	House of Fraser
288	62	67.44	Joanne	Florentine	Eps Allsorts	F45	
289	183	68.20	Karen	Anderson		F	
290	171	69.38	Nikki	Carthew		F35	LA Fitness Dragon
291	299	73.55	Mark	Dorrington		M40	Ferndown Flyers
292	172	74.20	Cedric	Charlton		M60	LA Fitness Dragon
293	96	83.46	Arshad	Ozeer		M	House of Fraser
294	97	84.19	Robin	Ellis		F	House of Fraser
295	100	84.20	Hannah	Thain		F	House of Fraser
296	98	89.31	Denise	Hall		F35	House of Fraser
297	99	89.31	Linda	Thresher		F45	House of Fraser

Prizes:

Vets are given the best prize available for their finish position. For example the 1st F45 went to a runner who was in fact only 3rd F45 to finish but the other two F45s took prizes higher up the prize list.

Until last year we had not seen a winner from Herne Hill Harriers since Lesley Legget got a hat trick of wins in 1997-1999. But following Tim Eley's victory in 2007 more than a dozen runners from HHH turned out to take first place in both the men's and women's races with Tim Eley himself returning to be pipped into second by just 14 secs.

Good to see lots of old friends elsewhere in the prize list, notably the same 1 & 2 in the M40 category with Ian Johnson and Carl Plumpton both a year older but shaving seconds off their times from 2007.

Men					Women				
1	Benedict Whitby	HHH	M	32.08	1	Helena Lazcko	HHH	F	39.37
2	Tim Eley	HHH	M	32.22	2	Rachel Coe-O'Brien	SLH	F	40.50
3	Nick Hodges	DMV	M	33.00	3	Phyllis Flynn	Stragglers	F45	41.05
M40					F35				
1	Ian Johnson	Stragglers	M40	34.03	1	Viv Mitchell	SLH	F45	41.52
2	Carl Plumpton	City Portsmouth AC	M40	35.09	2	Pippa Major	SLH	F35	42.01
3	Andy Evans	SLH	M40	36.08	3	Helen Furze	Windmilers	F35	42.07
M50	Francis Upcott	SLH	M50	38.51	F45	Anne Molyneux		F45	47.43
M60	Geoff Newton	Tadworth AC	M60	40.23	F55	Moira O'Leary	E&E	F65	55.17
M70	Mike Brake	Epsom Oddballs	M70	55.04					

1st Epsom Allsort Debbie Heffernan F35 49.20

1st Epsom Oddball Kevin Brown M 38.47

Some new names in the team race and some old favourites (including the Harris family) but it was good to see the ncbs team joined by two other big names from the Epsom shopping centre, House of Fraser and Waitrose together with teams from local fitness centres. But the team from the local office of financial advisors Hewitt Associates again won the day. There is a box of beer each for Stuart Flack, Andy Bell and Rosie Brown which we will get to you.

Once again thanks for your support.

Look out for the Epsom 10 mile race on 16th November 2008 on the traditional tough course in the lanes around Epsom and Walton Downs. Entry forms already available. Send me an email.

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16/06

v2