

Race:	<b>Epsom 10 Mile Race RESULTS</b>
Venue:	<b>Epsom</b>
Date:	<b>1311/2016</b>

Thanks for supporting today's race. Special thanks to the two Vets clubs SCVAC and VAC and also 26.2 RRC and Dulwich Runners AC all of who used the event as a club championship race. Thanks to Mantle Financial Planning for their sponsorship and to all the Epsom & Ewell Harriers who marked the course, marshalled or otherwise made themselves useful during the morning.

Position	No	Time	First name	Surname	Club	Cat	Vets Clubs
1	28	52.46	Scott	Overall	Blackheath & Bromley	M	
2	101	54.52	Ollie	Garrod	Epsom & Ewell Harriers	M	
3	184	57.22	Phil	Sanders	Kent AC	M40	SCVAC
4	75	58.39	Benjamin	Hall	Clapham Chasers	M	
5	144	59.14	Ronnie	Adams		M50	
6	143	59.17	Wayne	Lashley	Dulwich Runners AC	M	
7	142	59.33	Stephen	Thackeray		M	
8	188	60.10	Fintan	Parkinson	Blackheath & Bromley	M	
9	157	60.14	Stephen	Davies	Dulwich Runners	M45	VAC
10	156	60.16	Mark	Lacey	Dulwich Runners	M	
11	15	60.33	David	Freeman	Tadworth AC	M45	
12	92	60.38	Paul	Devine	Dulwich Runners	M	
13	58	61.16	Alex	Eggs	Goodgym	M	
14	44	61.49	Alexis	Fuller		M	
15	2	61.53	Daniel	Jeffries	DMVAC	M	
16	191	61.55	Sophie	Crumly	Newbury AC	F	
17	12	61.56	Chris	Phelan	South London Harriers	M55	
18	135	62.15	Simon	Clark		M40	
19	145	62.37	Darren	Bird		M	
20	27	63.29	Ian	Lilley	Dulwich Runners	M40	
21	78	63.39	Darren	Mcneely	Elmbridge RRC	M40	
22	31	63.43	Tony	Crowder	Blackheath & Bromley	M45	
23	19	63.59	Scott	Harris		M	
24	140	64.20	Megan	De silva	Ranelagh Harriers	F	
25	48	65.23	Len	Crowder	Blackheath & Bromley	M45	
26	24	65.33	Lloid	Collier	Dulwich Runners	M40	
27	170	65.55	David	Gill	Warrington AC	M55	SCVAC
28	73	66.27	Jo	Vickers	South London Harriers	F35	
29	43	66.38	Christopher	Hutchinson	26.2 RRC	M	
30	95	66.40	Phil	Gall		M45	
31	89	67.19	Ryan	Lambrix	26.2 RRC	M	
32	194	67.21	Felix	Allen	Hercules Wimbledon	M40	
33	190	67.24	Steven	Ramer	26.2RRC	M50	
34	16	67.31	Marta	Cecconi	Epsom & Ewell Harriers	F	
35	83	67.55	Gary	Sullivan	Dulwich Runners	M55	
36	86	68.33	Stephen	Dunn	Eton Manor AC	M40	
37	176	68.49	Ebe	Prill	Dulwich Runners AC	M50	VAC
38	82	68.55	Stephen	Vincent	South London Harriers	M45	VAC
39	20	69.03	Diana	Norman	Epsom & Ewell Harriers	F40	SCVAC
40	25	69.04	Carel	Du Plessis	Epsom & Ewell Harriers	M	
41	123	69.15	Selma	Benattia	Dulwich Runners	F35	
42	96	69.26	Susan	Aldridge	Crawley AC	F40	SCVAC
43	150	69.41	Matthew	Adamson		M	

Position	No	Time	First name	Surname	Club	Cat	Vets Clubs
44	125	70.07	William	Cotter		M45	
45	160	70.09	Brett	Winch		M	
46	79	70.14	Tom	Roberts		M40	
47	30	70.19	Stuart	Easter		M	
48	186	70.50	Neville	Webb	Dulwich Runners AC	M60	SCVAC
49	153	71.15	Andy	Atkins	London Fronrunners	M45	
50	63	71.49	Jeremy	Garner	Lingfield	M40	
51	129	71.53	Marie	Synnot-Wells		F50	
52	102	72.30	Simon	Barker		M45	
53	119	72.32	Jim	Dowsett	Dulwich Runners	M40	
54	116	72.32	Paul	Keddie	26.2 RRC	M50	
55	189	72.33	John	Sweeney	26.2 RRC	M45	
56	39	73.21	Tom	Gallacher		M	
57	74	73.44	Cameron	Timmis	Dulwich Runners	M45	
58	4	73.46	Katie	Styles	Dulwich Runners	F35	
59	128	73.47	David	George	26.2 Road Runners Club	M55	
60	34	74.11	James	Ball		M	
61	76	74.15	Pippa	Major	South London Harriers	F50	VAC
62	11	74.49	Estle	Vijoen	Hercules Wimbledon	F45	
63	17	74.54	Michelle	Lennon	Dulwich Runners	F	
64	165	74.56	Vicky	Barratt	Jersey Spartan AC	F45	VAC
65	192	75.28	Jeff	Butler	Epsom & Ewell Harriers	M50	
66	122	75.34	Christopher	Mather		M40	
67	124	75.45	Matthew	Ladds	Dulwich Runners	M	
68	13	75.55	Natasha	Swan	Seaford Striders	F35	
69	137	76.22	Hideo	Takano	Dorking Mole Valley	M50	
70	115	76.48	Fiona	Askew	Dulwich Runners	F	
71	139	77.24	Michael	Street	26.2 RRC	M	
72	18	77.48	Sharmila	Franks	Epsom & Ewell Harriers	F45	
73	93	77.54	David	Lague	Crawley Saint&Sinners	M45	
74	174	78.00	Michael	Mann	Dulwich Runners AC	M65	VAC
75	85	78.02	Paul	Wallis	26.2 RRC	M45	
76	103	78.13	Keith	Brown	Croydon Harriers	M60	VAC
77	195	78.47	David	porter	Epsom Oddballs	M40	
78	23	78.50	M	Garnett		M	
79	45	79.01	Martin	Davey	Amphill&Flitwick Flyers	M55	
80	10	79.37	Peter	Dry	Epsom Oddballs	M60	
81	136	79.39	Kirstie	Mitchell	26.2 RRC	F35	
82	177	80.10	Tony	Rea	Dragons RC (Leeds)	M70	SCVAC
83	84	80.17	James	Bourke		M45	
84	65	80.32	Gemma	Taylor	Clapham Chasers	F	
85	138	80.33	Daisy	Street	26.2 RRC	F35	
86	62	80.53	Ceara	Joyce	Epsom Oddballs	F45	
87	200	80.58	Khawaja	Shahabuddin	26.2 RRC	M	
88	120	81.11	Laura	Vincent	Dulwich Runners	F	
89	196	81.14	Ellie	Williams		F	
90	54	81.15	Sara	Everett	Epsom Allsorts	F50	
91	108	81.15	Fi	Lyall	Epsom Oddballs RC	F45	
92	5	81.28	Andrea	Bennett	26.2 RRC	F50	
93	161	81.44	Andrew	Butler		M	
94	100	81.56	Michael	Gibbons	Bramhall Runners	M55	
95	90	82.25	Clare	Cummings	Dulwich Runners	F	
96	26	82.33	Michael	Warner	Woking AC	M60	
97	61	83.09	Joanne	SheltonPereda	Dulwich Runners	F40	

Position	No	Time	First name	Surname	Club	Cat	Vets Clubs
98	118	83.39	Ian	Gummery		M60	
99	181	83.44	Vanda	Cox		F55	
100	114	84.40	Katharina	Wiesemeyer		F	
101	121	85.08	Jeff	Grimes		M60	
102	197	85.09	Lesley	Williams		F50	
103	182	85.22	Paula	Bains	Kingston University	F40	
104	36	85.35	Renata	Mulerskaite		F	
105	77	85.43	Llewellyn	Allen		M	
106	88	85.45	Ellen	Lambrix	26.2 RRC	F	
107	146	85.45	Matthew	Pritchard	26.2 RRC	M40	
108	50	85.45	Petra	Garton	Epsom Oddballs	F50	
109	66	85.55	Donna	Henry	London Ravens	F45	
110	81	86.13	Isobel	Neve		F50	
111	171	86.28	Mick	Jefferies	Dragons RC (Leeds)	M65	SCVAC
112	38	86.49	Adam	Amar		M	
113	7	86.55	Barrie	Nicholls	Dulwich Runners	M60	
114	158	87.05	Sarah	Banting	Dulwich Runners	F	
115	126	87.06	Eileen	Hudson	Dartford Road Runners	M45	
116	8	87.07	Lindsey	Annable	Dulwich Runners	F45	
117	193	88.27	Sarah	Laister		F35	
118	6	88.33	John	Bennett	26.2 RRC	M50	
119	51	88.37	Kay	Atkinson		F40	
120	110	88.58	Ben	Letschka		M	
121	67	89.07	Claire	Rowe		F40	
122	152	89.18	Steve	Rosier		M50	
123	94	89.27	Greg	Whiteman	26.2 RRC	M45	
124	151	89.45	Kevin	Stone	26.2 RRC	M45	
125	111	89.46	Sue	Garnish	26.2 RRC	F45	
126	198	89.54	Rajiv	Rao		M55	
127	159	89.57	Caroline	Dawson	26.2 RRC	F50	
128	183	89.58	Amy	Burton	26.2 RRC	F40	
129	202	92.00	Sebastian	Ceglowski		M	
130	56	92.11	Richard	Belton		M40	
131	109	92.11	Stuart	Grant		M45	
132	113	92.42	Laura	Hooke	26.2 RRC	F	
133	148	92.55	Lesley	Prideaux		F50	
134	37	94.16	Gemma	Magee		F35	
135	187	94.29	Ravi	Cautick	Larkfield AC	M40	
136	104	94.35	Javier	Fuentes	26.2 RRC	M40	
137	64	94.37	Aoife	Kilpatrick	Ranelagh Harriers	F	
138	201	94.39	Adam	Hempenstal	Tadworth AC	M	
139	131	94.56	Charlotte	Goulder-Perks		F	
140	68	94.56	Liz	Bushell		F40	
141	14	94.59	Norman	Hemming	Croydon Harriers	M60	
142	29	95.27	Dennis	Brandrick	26.2 RRC	M	
143	33	95.33	Christopher	Bull		M55	
144	98	95.45	Nina	Williams	Saints & Sinners	F45	
145	147	96.07	Rachel	Saunders	Tadworth AC	F45	
146	1	96.28	John	Taylor	Hailsham H	M75	VAC SCVAC
147	60	97.20	Susan	Seale	Ranelagh Harriers	F45	
148	169	97.30	Patrick	Dobbs	Thurrock Harriers AC	M75	SCVAC
149	9	98.46	Dennis	Williams	Hercules Wimbledon	M70	VAC
150	99	98.49	Christine	Gibbons	Women Running Penarth	F55	
151	199	99.24	Daniel	Ascough	London Fire Brigade Tri	M	

Position	No	Time	First name	Surname	Club	Cat	Vets Clubs
152	22	99.24	Ian	Fry	London Fire Brigade Tri	M45	
153	72	99.58	Tim	Gray	Collingwood AC	M45	
154	46	102.10	Sarah	Milne	Striders of Croydon	F45	
155	127	102.56	Richard	Hudson	Harvel Hash House H	M50	
156	149	103.27	Jon	Prideaux		M50	
157	117	104.32	Nicki	Curling		F50	
158	21	105.17	Kelly Marie	Mason		F	
159	107	111.24	Grace	Charley	Collingwood AC	F40	
160	106	111.24	Paul	Cooper	Collingwood AC	M40	

### Prize list

We award one prize per athlete and the best prize available according to finishing position. So Vets may be given a prize in a younger Category and the next finisher in that age group will get the age category prize.

**Teams:** First three to score on aggregate positions. Dulwich Runners were very clear winners in the men's race with finishers in 6, 9 and 10<sup>th</sup> places. Dulwich women finished three runners before the host club's third finisher. But overall Epsom and Ewell had a significantly better aggregate score.

1 <sup>st</sup> Man	Scott Overall 52.46	1 <sup>st</sup> Woman	Sophie Crumly 61.55
2 <sup>nd</sup> Man	Ollie Garrod	2 <sup>nd</sup> Woman	Megan de Silva
3 <sup>rd</sup> Man	Phil Sanders	3 <sup>rd</sup> Woman	Jo Vickers
M40	Ronnie Adams	F35	Diana Norman
M50	Chris Phelan	F45	Marie Synott-Wells
M60	Neville Webb	F55	Vanda Cox
M70	Tony Rea		
Team Men	Dulwich Runners AC	Lashley / Davies / Lacey	
Team Women	Epsom & Ewell	Norman / Cecconi / Franks	