

## Epsom 10 - 2012

Thanks for your support for this year's race. For the second year running we were blessed with brilliant weather for the second half of November. Thanks also to Mantell Financial Planning for their support for the second year. Join us again the same time next year for the 50<sup>th</sup> anniversary of the first Epsom 10. Many of the mainstays in the road racing calendar of the 1960s have sadly fallen by the wayside through road developments and unsympathetic police forces but we are proud to keep the tradition of the Epsom 10 alive.

Once again we were please to host the 10 mile champs for VAC and SCVAC and we know that one or two local clubs also used the race for their champs especially Dulwich Runners with a very strong turn out.

### Prize Winners

The women from Woking AC brought a strong team to take both the women's race and the team race from Dulwich who won both last year. Last year's winner, Dulwich's Alexie Shaw, was pipped by just 4 seconds by Rose Nicholson. Pat Wright had a more comfortable 16 second margin in the Men's race. But it was very tight scoring in the men's team with the host club beating Dulwich by a single point and 26.2 RRC only a further two points behind. (Prizes in the main race are awarded in 10 year categories from M40 and F35 but for reference ages are listed in the results sheets in 5 year Cats.)

Men				Women			
1	Pat Wright	Tadworth AC	55.58	1	Rose Nicholson	Woking	64.15
2	Darren McNeely	Serpentine RC	56.14	2	Alexie Shaw	Dulwich R	64.19
3	Danny Norman	26.2 RRC	56.54	3	Sarah-Ann Mooney	Larkfield AC	65.50
M40	Steve Winder	Epsom & Ewell H	58.11	F35	Angela Carpenter	Chichester R&AC	67.09
M50	Tony Tuohy	Dulwich Runners	58.45	F45	Susannah Harrison	Woking	67.59
M60	Geoff Newton	Tadworth AC	67.35	F55	Ros Tabor	Dulwich R	72.55
M70	Chris Ford	RRC	78.50	F65	Jeannette Giles	Istead & Ifield H	108.33
Team	E&E	Steve Winder Stuart Flack Clayton Payne			Woking	Rose Nicholson Jaydee Hunt Susannah Harrison	

# RESULTS

Epsom 10 mile Race

Epsom Downs

18-Nov-2012

No.	Time	First name	Surname	Club	Cat.	Team	
1	305	55.58	Pat	Wright	Tadworth AC	M	0
2	130	56.14	Darren	McNeely	Serpentine RC	M	0
3	280	56.54	Danny	Norman	26.2 RRC	M	0
4	81	58.11	Steve	Winder	Epsom & Ewell	M40	SCVAC
5	39	58.19	Robert	Knight	Collingwood AC	M	0
6	201	58.45	Tony	Tuohy	Dulwich Runners	M50	VAC
7	283	59.34	Charles	Lound	Dulwich Runners	M45	0
8	252	59.45	Richard	Francis	Harrow AC	M50	SCVAC
9	316	60.24	Stuart	Flack	Epsom & Ewell H	M	0
10	329	60.31	Krzysztof	Klidzia	Striders Of Croydon	M45	0
11	75	60.45	Jack	Holland	26.2 RRC	M	0
12	41	60.55	Clayton	Payne	Epsom & Ewell H	M	0
13	78	60.56	Edward	Hill	Dulwich Runners	M	0
14	297	61.07	Gordon	Reid	26.2 RRC	M45	0
15	103	62.01	John	Matthews	26.2 RRC	M	0
16	282	62.18	Michael	Baggott	Woking AC	M	0
17	60	62.28	Tony	Crowder	Blackheath & Brom H	M40	0
18	138	62.41	Stewart	Rankine	0	M40	0
19	281	63.19	Richard	Turner	Serpentine	M	0
20	161	63.44	Michael	Williams	Dulwich Runners	M	0
21	46	63.49	Joseph	Chang	26.2 RRC	M	0
22	289	63.53	Steve	Smythe	Dulwich Runners	M50	VAC/SCVAC
23	35	63.54	Jeffrey	Butler	Epsom & Ewell H	M45	0
24	76	64.13	Joseph	Brady	Dulwich Runners	M45	0
25	298	64.13	Phil	Gall	SLH	M40	VAC
26	194	64.15	Rose	Nicholson	Woking Ac	F	0
27	159	64.19	Alexie	Shaw	Dulwich Runners	F	0
28	12	64.21	Neville	Webb	Dulwich R	M55	0
29	186	64.26	J	Mahoney	0	M45	0
30	25	64.36	Robert	Dick	Road Runners Club	M50	0
31	332	65.03	Paul	Mitchell	SLH	M45	0
32	239	65.04	Noel	Hollingsworth	Stragglers	M50	0
33	169	65.17	Chris	Glencross	0	M	0
34	145	65.19	Paul	Ralton	Epsom Oddballs	M40	0
35	263	65.21	Paul	Bradburn	0	M40	0
36	317	65.23	Steve	Watkins	26.2 RRC	M	0
37	197	65.34	Graeme	Mackay	Dorking & MVAC	M45	0
38	129	65.40	Paul	Devine	Dulwich Runners	M	0
39	325	65.46	Jose	Barretta	Dulwich Runners	M40	0
40	17	65.50	Sarah Anne	Mooney	Larkfield AC	F	0
41	206	66.11	Matt	Jones	Stragglers	M	0
42	254	66.13	Paul	Mckay	0	M40	SCVAC
43	170	66.20	Eberhard	Prill	Dulwich Runners	M50	0
44	262	66.28	Neil	Mcalpine	Sutton Runners	M	0
45	58	66.30	Andrew	Browning	0	M	0
46	104	66.30	Matt	Gallagher	0	M	0
47	165	66.32	Rob	Cope	Dulwich Runners	M	0
48	341	66.51	Paul	Mwanza	0	M	0
49	236	67.09	Angela	Carpenter	Chichester R&AC	F40	0
50	275	67.19	James	Carter	Epsom & Ewell H	M	0
51	307	67.23	Michael	Fullilove	Dulwich Runners	M50	0
52	269	67.31	Jaydee	Hunt	Woking	F	0
53	266	67.34	Jason	Blair	26.2 RRC	M	0

54	308	67.35	Geoff	Newton	Tadworth AC	M65	0
55	294	67.37	Philip	Stiff	SLH	M50	0
56	333	67.38	Bill	Arnold	SLH	M50	0
57	100	67.42	Melanie	Edwards	Dulwich Runners	F	0
58	119	67.55	Neil	Catchlove	0	M	0
59	222	67.59	Susanna	Harrison	Woking	F45	0
60	9	68.10	Edward	Smyth	Dulwich R	M	0
61	227	68.14	Phyllis	Flynn	The Stragglers	F50	0
62	265	68.18	Philip	Morgan	0	M40	0
63	264	68.30	Alan	Ezen	Epsom & Ewell	M	0
64	203	68.32	Robert	Hinton	26.2 RRC	M45	0
65	117	68.42	Philip	Reeves	0	M	0
66	322	68.45	Julian	Hough	0	M45	0
67	174	68.48	Gary	Sullivan	Dulwich Runners	M50	0
68	257	68.49	Graham	Mallett	Dorking & MVAC	M50	0
69	34	68.53	Frank	Wood	Hercules Wimbledon	M45	0
70	185	69.02	Andy	Zonfrillo	0	M45	0
71	301	69.30	Laurence	Smith	0	M	0
72	47	69.35	Jonathan	Chandley	Crawley AC	M45	0
73	82	69.37	D J	Hindley	0	M50	0
74	97	69.42	Jeremy	Garner	Lingfield	M	0
75	42	69.44	Mike	Mason	Collingwood AC	M	0
76	1	70.07	Michael	Mann	Dulwich R	M60	VAC
77	261	70.18	Ola	Balme	Dulwich Runners	F45	0
78	96	70.19	Nahed	Ahmed	Tullett	M	0
79	198	70.21	Rebecca	Black	Dorking & MVAC	F40	0
80	304	70.24	Tom	Clewley	David Lloyd	M	0
81	5	70.26	Andy	Murray	Dulwich R	M55	VAC
82	291	70.35	Matthew	Carroll	0	M	0
83	116	71.07	Steve	Ackroyd	Dulwich Runners	M	0
84	319	71.10	Chris	Matthews	DMVAC	M45	0
85	247	71.18	Ryan	Wakefield	Overton Harriers	M	0
86	248	71.30	Hideo	Takano	Dorking & MVAC	M45	0
87	168	71.32	Nick	Seaman	Dorking & MVAC	M50	SCVAC
88	327	71.41	Alasdair	Reisner	26.2 RRC	M	0
89	208	71.53	Jozef	Danko	Dulwich Runners	M	0
90	32	72.02	Tim	Fleming	0	M	0
91	323	72.05	Neil	Parker	26.2 RRC	M	0
92	154	72.17	Edward	Whybrow	0	M	0
93	343	72.19	Peter	Heron	0	M35	0
94	147	72.26	Gavin James	Newton	Crawley AC	M40	0
95	296	72.36	Andy	Ratcliffe	Blackwater Valley R	M	0
96	6	72.55	Ros	Tabor	Dulwich R	F60	VAC
97	45	72.56	Kim	Warner	Woking AC	M50	0
98	300	73.08	George	Beet	David Lloyd	M	0
99	330	73.18	Paul	Carter	0	M50	0
100	249	73.21	Zoe	Ashcroft	26.2 RRC	F35	0
101	207	73.23	Cameron	Timmis	Dulwich Runners	M40	0
102	328	73.33	Mark	Batchelor	Run To Live RC	M45	0
103	310	73.37	James	Small	0	M	0
104	214	73.44	David	Hallson	Road Runners Club	M55	0
105	84	73.47	Graeme	Campbell	Dulwich Runners	M	0
106	132	73.51	Alan	Freestone	Blackwater Valley R	M45	0
107	195	73.52	Nick	Hartshorn	0	M	0
108	311	73.56	Danny	Hutton	SLH	M50	0
109	80	74.00	Louise	Ionascu	Dorking & MVAC	F40	0
110	337	74.11	Peter	Dry	Stragglers	M55	0
111	245	74.21	Jack	Chivers	0	M	0

112	210	74.25	Michael	Brewer	0	M45	0
113	285	74.28	Sharon	Walker	Dorking & MVAC	F40	0
114	33	74.34	Eric	Golf	0	M50	0
115	181	74.48	Simon	Gerrard	26.2 RRC	M40	0
116	202	74.49	Vicky	Foad	Sutton Runners	F40	0
117	52	74.50	Andrew	Pringle	Reigate Priory AC	M50	0
118	243	74.59	Paul	Addie	Horsham Joggers	M	0
119	49	75.16	David	Frangé?	Stragglers	M40	0
120	171	75.24	Bob	Bell	Dulwich Runners	M55	0
121	37	75.37	David	Lague	Saints and Sinners	M40	0
122	313	75.51	Keith	Brown	Croydon Harriers	M55	VAC
123	176	75.54	Anne	Davidson	Dorking & MVAC	F50	0
124	178	75.58	David	Porter	Epsom Oddballs	M	0
125	56	76.05	Bryony	Hynd	0	F35	0
126	228	76.25	Barry	Finch	Striders Of Croydon	M60	0
127	157	76.27	Victoria	Berry	David Lloyd R	F	0
128	141	76.29	Joanne	Shelton	Dulwich Runners	F35	0
129	65	76.44	Claire	Steward	Dulwich Runners	F60	0
130	253	76.50	David	George	0	M50	0
131	114	76.51	Viv	Mitchell	SLH	F50	0
132	21	76.51	Clare	Wynyard	Dulwich R	F50	VAC
133	258	76.54	Paul	Allen	Dorking & MVAC	M55	0
134	156	76.58	Derek	Slann	David Lloyd R	M55	0
135	7	77.00	Jo	Quantrill	South London H	F55	VAC
136	318	77.12	Jane	Gibbs	0	F45	0
137	95	77.37	Matt	Pollock	Tullett	M	0
138	99	77.45	Ceara	Joyce	Epsom Oddballs	F40	0
139	55	77.53	Amanda	Rencontre	0	F45	0
140	200	77.58	Kevin	Stone	26.2 RRC	M40	0
141	91	78.00	Tracey	Sargent	0	F	0
142	121	78.01	Paul	Townsend	Vets A C	M65	VETS AC
143	277	78.01	Duncan	Irvine	Woking AC	M60	0
144	142	78.13	Elizabeth	Marchant	26.2 RRC	F	0
145	255	78.24	Julie	Nixey	Wargrave Runners	F40	0
146	107	78.35	Alex	Othon	0	M	0
147	102	78.36	James	Tregoning	0	M	0
148	273	78.41	Adam	Bryant	0	M40	0
149	219	78.46	Mukesh	Arora	0	M	0
150	164	78.50	Chris.	Ford	Road Runners Club	M70	0
151	193	78.55	Peter	Grecian	26.2 RRC	M45	0
152	187	78.57	William	Hurley	Blackwater Valley R	M55	0
153	324	78.59	Lillias	Griffiths	Epsom Oddballs	F	0
154	299	79.14	Ken	Lee	SLH	M65	0
155	43	79.24	Michael	Warner	Woking AC	M55	0
156	163	79.29	James	Phillips	Stragglers	M	0
157	338	79.32	Maggie	Stratham	Oxted runners	F55	0
158	20	79.40	Michael	Dodds	Dulwich R	M50	0
159	339	80.21	Babak	Ghantineh	Tullett	M	0
160	4	80.38	John	Chamberlain	Veterans AC	M55	VAC
161	251	80.41	Graeme	Brown	Epsom Oddballs	M55	0
162	221	80.54	Erik	Folkesson	Sevenoaks AC	M45	0
163	123	81.03	Ros	Wilson	0	F45	0
164	83	81.19	Sharmila	Franks	David Lloyd	F40	0
165	312	81.25	Neil	Hadley	0	M	0
166	241	81.38	Norman	Hemming	Croydon Harriers	M55	SCVAC
167	140	81.38	Kevin	Tallboy	0	M45	0
168	182	81.53	Robin	Jamieson	Striders Of Croydon	M65	0
169	274	81.59	Penelope	Hubbard	Sutton Runners	F50	0

170	250	82.01	Lin	Whiting	Horsham Joggers	M50	0
171	27	82.07	Christine	Farnham	Epsom All Sorts	F50	0
172	349	82.11	John	Saddler	0	M55	0
173	112	82.23	Carlos	Thompson	0	M	0
174	320	82.37	Kevin	Irvine	DMVAC	M60	0
175	212	82.51	Warwick	Bilham	0	M60	0
176	306	82.53	Julie	Chasin	26.2 RRC	F	0
177	224	82.54	Fiona	Lyall	Epsom Allsorts	F40	0
178	105	82.58	Tony	Crowder	Blackheath&Brom H	M40	0
179	302	83.00	Samantha	Mills	David Lloyd	F	0
180	26	83.01	Karen	Farnham	Epsom All Sorts	F50	0
181	230	83.15	Andrew	Clark	Reigate Priory	M	0
182	235	83.25	Joanna	Deeks	26.2 Rrc	F35	0
183	303	83.27	Sam	Payne	David Lloyd	F	0
184	29	83.31	Harriet	Hart	Epsom OB	F	0
185	30	83.31	Gerri	Hart	Epsom OB	F60	0
186	28	83.37	Malcolm	Howard	Walton AC	M65	0
187	259	83.45	Gill	Hudson	Dorking & MVAC	F55	0
188	211	83.51	Jonathan	Marsh	0	M45	0
189	153	84.07	Tristan	Armstrong	0	M	0
190	345	84.11	Amie	Hart	ABRAS	F	0
191	10	84.18	Barrie John	Nicholls	Dulwich R	M55	0
192	223	84.31	Sarah	Bell	Tadworth AC	F	0
193	160	84.35	Katie	Crowe	Dulwich Runners	F35	0
194	233	84.36	Steve	Rosier	0	M45	0
195	71	84.37	Nicholas	Le-Faye	Purple Patch R	M45	0
196	232	84.38	Sioned	Morgan	Serpentine RC	F45	0
197	144	84.41	Chris	Bean	0	M45	0
198	284	84.42	Hazel	Friend	0	F35	0
199	229	84.46	Greg	Whiteman	26.2 RRC	M40	0
200	108	84.48	Stuart	Snow	0	M	0
201	109	84.48	Andrew	Morgan	0	M	0
202	288	85.15	Lucy	Hitchinson	0	F	0
203	93	85.38	Dickie	Gladstone	Tullett	M45	0
204	215	85.41	Ella	Fisher	Striders Of Croydon	F	0
205	246	86.09	John	Shaw	Hayes & Harlington	M60	0
206	173	86.09	Ruki	Sidhwa	Dulwich Runners	F45	0
207	256	86.10	Elizabeth	Fox	0	F	0
208	158	86.12	Edel	Mclaughlin	0	F	0
209	38	86.16	Peter	Cargan	Saints and Sinners	M55	0
210	272	86.28	Lorraine	Fox-Bryant	0	F35	0
211	340	86.34	Rajiv	Rao	0	M50	0
212	18	86.36	Marion	Jakeman	Epsom & Ewell H	F60	VAC
213	226	86.46	Richard	Driscoll	0	M	0
214	120	86.58	Mary	Penfold	Istead & Ifield	F50	0
215	342	86.59	Reuben	Wells	Tonbridge	M40	0
216	209	87.00	Sara	Allen	Run To Live RC	F45	0
217	188	87.02	Malcolm	Vaughan	Woking AC	M65	0
218	220	87.17	Sara	Everett	Epsom Allsorts	F50	0
219	48	87.30	Peter	Kidwell	David Lloyd	M50	0
220	50	87.31	Paula	Bains	David Lloyd	F40	0
221	331	87.43	Jacqui	Stockham	0	F45	0
222	346	87.43	Sarah	Kennedy-Smith	0	F40	0
223	59	88.05	Steve	Laws	Epsom & Ewell	M45	0
224	125	88.09	Katherine	Catchlove	0	F	0
225	348	88.11	Sreeram	Pamidighantam	0	M	0
226	217	88.37	Graham	Williams	Ilford A/C	M70	SCVAC
227	271	88.46	Simon	Hempenstall	0	M	0

228	205	89.06	John	Bennett	26.2 RRC	M45	0
229	24	89.16	Julia	Dick	Road Runners Club	F35	0
230	122	89.29	Matthew	Pont	0	M	0
231	323	89.30	Neil	Parker	26.2 RRC	M	0
232	151	89.48	Karine	Parker	0	F40	0
233	276	89.53	Kevin	Waller	Striders of Croydon	M50	0
234	190	90.04	Lesley	Williams	Epsom Allsorts	F45	0
235	204	90.06	Andrea	Bennett	26.2 RRC	F45	0
236	237	90.14	Dave	Martin	0	M	0
237	335	90.22	Junior	Robbani	0	M	0
238	44	90.41	Ray	Smith	Woking AC	M60	0
239	79	91.03	Sue	Rowlands	Dulwich Runners	F45	0
240	189	91.28	Petra	Garton	Epsom Allsorts	F45	0
241	86	91.35	Denise	Fulton	0	F50	0
242	350	91.40	John	Dunn	0	M	0
243	292	91.41	Jon	Kutassy	0	M40	0
244	293	91.41	Julie	Baker	0	F45	0
245	73	91.44	Derick	Wilkie	26.2 RRC	M65	0
246	191	91.51	Neil	Smith	0	M45	0
247	179	92.11	Marc	Wood	Collingwood AC	M40	0
248	172	92.19	Valerie	Cooper	Reigate Priory Ac	F50	0
249	23	92.40	David	Lovell	Redhill Royal Mail	M45	0
250	131	92.44	Ravi	Cautick	Larkfield AC	M	0
251	40	92.56	Ann	Bath	26.2RRC	F60	0
252	11	93.08	Lindsey	Annable	Dulwich R	F40	0
253	196	94.33	Antonia	Norton	0	F	0
254	270	94.37	Adam	Hempenstall	0	M	0
255	36	94.46	Jane	Luxton	South London H	F55	0
256	69	94.46	Bev	Scott-Humphries	0	F45	0
257	139	94.50	William	Grimster	Tadworth AC	M60	0
258	94	94.52	Ryland	Lewer	Tullett	M	0
259	167	95.09	Gary	Brice	0	M45	0
260	177	95.09	Chris	Argyle	0	M	0
261	321	95.26	Barbara	Rodriguez	Woking	F55	0
262	19	96.47	Richard	Pitcairn-Knowles	Sevenoaks AC	M75	VAC/SCVAC
263	347	96.58	Richard	Dunston	Petts Wood R	M50	0
264	22	97.10	David	Wentzell	Redhill Royal Mail	M55	0
265	148	97.12	Alison	Fox	Collingwood AC	F45	0
266	98	97.22	Caroline	Pryor	0	F40	0
267	2	97.41	Michelle	Vernon	Dulwich R	F40	0
268	309	97.59	Jerry	O'sullivan	0	M40	0
269	88	98.37	Heather	Roberts	0	F	0
270	344	98.48	Abigail	Martin	Clapham Chasers	F	0
271	110	99.06	Deanna	Ozal	0	F	0
272	68	99.21	Sally	Padget	0	F35	0
273	61	99.38	Ian	Fulton	Runnymede R	M45	0
274	279	100.22	Michelle	Howell	0	F	0
275	74	100.32	Bryony	Bromfield	Clapham Chasers	F	0
276	260	101.10	Stephen	Street	Dulwich Runners	M50	0
277	8	101.21	David	Earl	Veterans AC	M75	VAC
278	238	102.09	Richard	Hall	0	M	0
279	14	102.11	Michael	Miller	Hillingdon AC	M70	VAC
280	31	104.15	David	Brooks	Vets A C	M70	VAC
281	334	105.00	Emma	Wheeler	0	F35	0
282	89	105.00	Sarah	Vaughan	Woking AC	F	0
283	287	105.08	Becy	Martin	Clapham Chasers	F	0
284	3	107.13	Chris	Vernon	Dulwich R	M65	0
285	234	108.33	Jeannette	Giles	Istead & Ifield H	F70	0

<b>286</b>	13	108.46	Alan	Lane	Belgrave H	M75	VAC	
<b>287</b>	315	109.46	Liz	Mason		0	F55	0
<b>288</b>	336	113.59	Stelios	Andrew		0	M45	0
<b>289</b>	162	120.33	James	Lydon		0	M	0
<b>290</b>	175	120.37	Tristan	Barnett		0	M	0
<b>291</b>	314	120.39	Kelly-Marie	Mason		0	F	0