

<b>RESULTS</b>	<b>John Cock Epsom 10</b>
<b>Epsom</b>	
<b>22-Nov-09</b>	

No.	Time	First name	Surname	Club	Cat.	Vets Club	
1	159	54.06	Jason	Simpson	SLH	M40	0
2	176	55.08	James	Savage	Stourbridge RC	M	0
3	150	55.53	Ben	Martin-Dye	Bracknell Forest Runners	M40	0
4	223	56.17	Phil	Sanger	Epsom&Ewell H	M	0
5	153	56.26	Neil	Smith	Anster Haddies	M	0
6	42	57.32	Justin	West	0	M	0
7	211	58.18	Viesturs	Dude	Crawley AC	M45	SCVAC4180
8	254	58.22	David	Freeman	Tadworth AC	M40	0
9	278	58.31	Bruce	Harrold	DorkingMV	M	0
10	237	58.41	Edmund	Kelleher	0	M	0
11	127	59.17	Gareth	Cavell	Vets AC	M40	V2618
12	242	59.49	Paul	Hone	SLH	M40	0
13	220	60.00	David	Baker	SLH	M	0
14	120	61.14	Bernie	Mulvany	0	M50	0
15	112	62.48	Danny	Norman	Stragglers	SM	0
16	215	63.04	Robert	Gill	DorkingMV	M	0
17	256	63.39	David	Williamson	Tadworth AC	M40	0
18	130	63.50	Jeffrey	Butler	Epsom & Ewell H	M40	0
19	198	64.10	David	Ross	Collingwood a.c	M40	0
20	195	64.12	Patrick	Mann	0	M	0
21	8	64.14	Charlotte	Collyer	0	F	0
22	259	64.30	Simon	Donaghuy	Herne Hill Harriers	M40	0
23	73	64.35	Stephen	Johnson	Dulwich Runners	M	0
24	201	64.45	Luke	McDonagh	26.2RRC	M	0
25	98	65.15	Walter	Hill	Crawley AC	M55	SCVAC3476
26	187	65.22	Matthew	Gallop	0	M	0
27	250	65.28	Dan	Afshar	West 4 Harriers	M	0
28	173	68.29	Claire	Donald	Purple PatchR	F50	VAC0292
29	87	66.08	Penny	Mccrabbe	0	F	0
30	124	66.26	Geoff	Newton	Tadworth AC	M60	SCVAC3987
31	118	66.29	David	Shelton	Epsom & Ewell H	M45	0
32	49	66.56	John	Foss	SLH	M50	0
33	63	67.17	David	Rowe	Ranelagh	M	0
34	231	67.22	mark	goodwin	Epsom oddballs	M	0
35	96	67.27	Marie	Synnott-Wells	Ranelagh	F45	0
36	186	67.37	Matt	Jones	Stragglers	M	0
37	75	67.45	Joe	Byrnes	0	M	0
38	107	67.55	Ronald	Vials	Barking RR	M55	VAC1241
39	92	67.57	barnaby	hopson	Epsom Oddballs	M	0
40	41	67.59	Vicky	Foad	Sutton Runners	F35	0
41	257	68.03	Frank	Wood	0	M45	0
42	82	68.06	John	Matthews	26.2RRC	M	0
43	200	68.11	Robert	Myring	Guildford&G	M	0
44	190	68.24	Vincent	Howley	Stragglers	M40	0
45	84	68.34	Paul	Hanrahan	0	M	0
46	154	68.53	Paul	Deen	Windmilers	M	0
47	52	68.57	Susanna	Harrison	Woking AC	F45	VAC2461
48	149	69.13	Richard	Fox	Collingwood AC	M40	0
49	280	69.35	Gary	Peters	DorkingMV	M40	0
50	174	69.40	William	Walsh	Collingwood AC	M45	0

	<b>No.</b>	<b>Time</b>	<b>First name</b>	<b>Surname</b>	<b>Club</b>	<b>Cat.</b>	<b>Vets Club</b>
<b>51</b>	137	69.59	Ian	Aarons		0 M	0
<b>52</b>	203	70.03	Andrew	Pengelly	26.2 RRC	M	0
<b>53</b>	119	70.07	Gerry	Smith	Epsom & Ewell H	M55	V0867
<b>54</b>	30	70.32	joe	murray		0 M	0
<b>55</b>	230	70.47	John	Colletti	Lingfield RC	M	0
<b>56</b>	23	70.48	DAVID	LAGUE	saints and sinners	M40	0
<b>57</b>	271	70.48	Nardia	Poole	Clapham Chasers	F	0
<b>58</b>	272	70.48	Alessandro	Behling		0 M	0
<b>59</b>	171	70.52	Alison	Brownhill		0 F45	V2596
<b>60</b>	108	70.54	Andrew	Lane	Stragglers	M50	0
<b>61</b>	57	71.04	Tero	Paasu		0 M	0
<b>62</b>	251	71.08	Rebecca	Black	DorkingMV	F35	0
<b>63</b>	229	71.20	martin	cloherty	Epsom&Ewell H	M55	0
<b>64</b>	122	71.31	Neil	Beard	V5 Racing	M45	0
<b>65</b>	163	71.47	Damian	Alexander		0 M	0
<b>66</b>	224	71.50	Alan	Ezen	Epsom&Ewell H	M	0
<b>67</b>	274	71.52	Philip	Morgan	Ashtead Running	M	0
<b>68</b>	15	72.27	Russell	Goodman		0 M	0
<b>69</b>	260	72.28	Alan	Dolton	Striders	M50	V1472
<b>70</b>	3	72.30	Simon	Barker		0 M	0
<b>71</b>	44	72.32	Chris	Clarke		0 M	0
<b>72</b>	132	72.35	Martin	Halling	St Albans Str	M50	0
<b>73</b>	235	72.37	Rose	Nicholson	Woking AC	F	0
<b>74</b>	188	73.09	David	Griffiths	Stragglers	M55	0
<b>75</b>	40	73.20	Mark	Yeomans		0 M40	0
<b>76</b>	91	73.28	Anne	Davidson		0 F45	0
<b>77</b>	240	73.42	George	Goodchild		0 M	0
<b>78</b>	17	73.45	Alan	Greasley		0 M40	0
<b>79</b>	88	73.49	Keith	Hylands	Hercules W	M60	0
<b>80</b>	81	73.56	Graeme	Chamberlin		0 M	0
<b>81</b>	243	74.11	Nigel	Pointer	Collingwood AC	M50	0
<b>82</b>	10	74.12	anthony	dyer	Epsom Oddballs	M	0
<b>83</b>	55	74.35	Jonathan	Wileman		0 M	0
<b>84</b>	95	74.36	Matthew	Hopkins		0 M	0
<b>85</b>	206	74.51	Lena	Thompson		0 F	0
<b>86</b>	100	75.07	Roman	Landowski		0 M50	0
<b>87</b>	273	75.16	Wendy	Fitzpatrick		0 F40	0
<b>88</b>	126	75.28	Gary	Crane	V5 Triathlon	M45	0
<b>89</b>	47	75.51	Neil	Parker	26.2RRC	M	0
<b>90</b>	194	75.51	Mark	Batchelor		0 M45	0
<b>91</b>	225	75.52	Kevin	Parker	26.2RRC	M	0
<b>92</b>	4	75.52	Jim	Brown		0 M	0
<b>93</b>	7	75.55	danny	Collyer		0 M	0
<b>94</b>	262	76.08	Chris	Hogg	Epsom & Ewell H	M	0
<b>95</b>	269	76.20	Gordon	Ritter		0 M	0
<b>96</b>	138	76.23	Duncan	Irvine	Woking A.C.	M55	0
<b>97</b>	86	76.25	Clyde	Mccrabbe		0 M	0
<b>98</b>	39	76.25	ARTHUR	WAGHORN	Saints&Sinners	M50	0
<b>99</b>	209	76.27	Richard	Hammerson	Reading RR	M65	V2629
<b>100</b>	60	76.32	Dave	Wylie	Epsom Oddballs	M60	0
<b>101</b>	241	76.39	Chris	Barkley		0 M	0
<b>102</b>	264	76.39	Tony	Reid		0 M	0
<b>103</b>	181	76.46	ALAN	ELLIS		0 M45	0
<b>104</b>	83	76.53	Aimee	Billington	26.2RRC	F	0
<b>105</b>	236	76.56	Stuart	Dodds		0 M	0
<b>106</b>	9	79.58	Mark	Cox		0 M	0

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107	35	77.01	Robin	Perkin	0	M45	0
108	128	77.11	Graeme	Brown	Epsom Oddballs	M55	0
109	59	77.16	John	TAYLOR	0	M70	SCVAC1220
110	142	77.19	Henry	Brooks	0	M40	0
111	197	77.24	Melanie	Johnstone	Collingwood a.c	F	0
112	252	77.25	Gareth	Hartwell	0	M40	0
113	268	77.26	Trevor	Mikelas	Reigate RC	M50	0
114	232	77.28	Nicola	Stevenson	Collingwood AC	F	0
115	275	77.50	Paul	Paxton	0	M50	0
116	157	78.08	Matthew	Dunn	Teignbridge Trotters	M	0
117	276	78.10	Gino	Rea	0	M	0
118	179	78.20	GAVIN	WALKER	0	M40	0
119	212	78.24	Olivier	Montfort	Dulwich Runners	M	0
120	133	78.28	Martin	Button	0	M	0
121	221	78.31	Fernando	Pina Jorge	0	M	0
122	219	78.35	Yasmine	Rose	Epsom Allsorts	F45	0
123	21	78.42	Chris	Jones	Stragglers	M	0
124	5	78.42	David	Burford	0	M	0
125	162	78.45	Helen	Alexander	0	F35	0
126	140	78.49	richard	scarr	0	M55	0
127	103	78.59	Simon	Mees	0	M45	0
128	263	79.13	Jon	Bailey	Garrats Laners	M	0
129	185	79.18	Heather	Mackay	26.2 RRC	F	0
130	69	79.24	Geoff	Kinlen	Epsom Odballs	M60	0
131	145	79.50	John	Shaw	Hayes & Harl RR	M60	0
132	193	79.52	Lesley	Williams	Epsom Allsorts	F45	0
133	65	79.52	Wiebke	Kortum	Ranelagh	F40	0
134	110	80.24	Chris	Ford	RRC	M65	0
135	79	80.30	Esther	Maniega	0	F35	0
136	66	80.41	Amanda	Rencontre	0	F40	0
137	248	80.45	Greg	Whiteman	26.2RRC	M40	0
138	234	80.58	Peter	Dry	Epsom Oddballs	M55	0
139	97	80.59	Vincent	Nottidge	0	M45	0
140	77	81.25	Steve	Blake	26.2RRC	M	0
141	249	81.39	Martin	Farrelly	Tadworth AC	M	0
142	205	81.40	Siobhan	Palmer	Shepshed RC	F	0
143	204	81.44	Michael	Palmer	East Cornwall H	M60	0
144	46	81.54	Nick	Glover	0	M	0
145	20	82.09	gary	jones	0	M45	0
146	270	82.29	Sharon	McGuinness	SAC	F45	0
147	199	82.59	Steve	Ray	Dagenham88Run	M	0
148	151	83.26	Cindy	Godwin	0	F35	0
149	253	84.18	Andy	Southern	0	M40	0
150	279	84.24	Michael	Malaspina	0	M40	0
151	129	84.25	Kryisia	Broda	Epsom AllSorts	W60	0
152	24	84.32	Deborah	Levy	0	F35	0
153	105	84.56	Ann	Bath	26.2 RRC	W60	VAC1516 SCVAC3240
154	266	84.57	Nigel	Goodwin	0	M55	0
155	93	84.58	Vanda	Cox	THH	F50	0
156	102	85.14	Gayle	Mason	0	SW	0
157	19	85.39	Esme	Ireland	Winchester&DistAC	F55	0
158	121	85.47	Pauline	Mulvany	0	W50	0
159	123	85.50	Marion	Jakeman	Epsom & Ewell H	W60	V0537
160	32	85.53	Des	O Carroll	0	M45	0
161	53	86.01	Geraldine	Lip	0	F	0
162	76	86.05	Richard	Gladstone	0	M45	0

	No.	Time	First name	Surname	Club	Cat.	Vets Club
163	12	86.25	Simon	Fullalove		0 M40	0
164	178	86.34	Irene	Leitner	Reigate Priory	F40	0
165	48	86.41	Niki	Taylor		0 F40	0
166	202	86.42	Jonathan	Carroll		0 M	0
167	37	86.42	Edward	Rowland		0 M	0
168	227	86.59	edward	clements		0 M55	0
169	228	87.00	SAI-YEE	LAM		0 F	0
170	16	87.01	Caroline	Goodrich		0 F35	0
171	33	87.23	joanne	page		0 F	0
172	245	87.36	Paul	Stone	26.2RRC	M45	0
173	164	87.38	Peter	Brown		0 M	0
174	168	87.39	Steve	Turner		0 M	0
175	255	87.42	Leonard	Apps		0 M45	0
176	72	88.06	Mandy	Brown	26.2RRC	F50	0
177	208	88.10	Claire	Williams		0 F40	0
178	210	88.13	Laura	Foster	uknetrunner.co.uk	F45	0
179	146	88.18	Amanda	Brown		0 F45	0
180	139	88.20	Peter	Tozer	26.2RRC	M60	0
181	71	88.31	Derek	Summers	26.2RRC	M55	0
182	101	88.34	David	Brown		0 M45	0
183	85	88.42	Nick	Barnes		0 M	0
184	28	88.49	Mark	McCombe		0 M40	0
185	104	88.54	Richard	Pitcairn-Knowles	Sevenoaks AC	M75	VAC0738
186	180	89.03	Angela	Heyworth		0 F	0
187	216	89.05	ANTHONY	FERRIROLI	RRC	M40	0
188	116	89.17	Judy	Davies	Epsom All Sorts	W60	0
189	111	89.21	Clair	Walsh		0 SW	0
190	258	89.33	Andrea	Howlett		0 F40	0
191	244	89.51	Kevin	Stone	26.2RRC	M40	0
192	217	89.56	Anne	Davidson	Sutton Runners	F40	0
193	109	90.23	Keith	Walker	Epsom & Ewell	M60	VAC0298
194	68	90.31	Sarah	Vaughan	Woking AC	F	0
195	141	90.34	Michael	Navin	Woking AC	M65	0
196	184	90.34	Mark	Collin		0 M	0
197	26	90.48	David	Lyon		0 M	0
198	34	91.22	Rebecca	Parry	Running4women	F35	0
199	189	92.12	Collette	Phillips		0 F40	0
200	25	92.26	JAMES	LYDON		0 M	0
201	191	92.59	Geoff	Bell		0 M55	0
202	31	93.19	Georgina	Nolan		0 F35	0
203	143	93.27	Tony	Poyser		0 M50	0
204	167	94.24	stacey	childs		0 F35	0
205	165	94.25	Dan	Williamson		0 M	0
206	170	94.35	Neil	Smith		0 M45	0
207	50	94.54	Elliott	Grant		0 M	0
208	51	94.54	Patty	Grant		0 F50	0
209	218	95.06	Petra	Garton		0 F45	0
210	54	95.13	Alison	Phillips		0 F35	0
211	99	95.13	Jane	Hoyle		0 F45	0
212	172	95.20	Darren	Flick		0 M	0
213	27	95.39	Pauline	Mackey	Stragglers	F45	0
214	117	95.48	David	Wentzell	Redhill Royal Mail	M50	0
215	247	97.36	Yvonne	Stuart		0 F55	0
216	246	97.37	Glynn		0	0 M55	0
217	1	97.45	Grace	Albury		0 F40	0
218	182	97.54	Dalton	Leong		0 M45	0

	No.	Time	First name	Surname	Club	Cat.	Vets Club
<b>219</b>	147	97.57	Kirsten	Hughes-Hallett		0 F45	0
<b>220</b>	70	98.38	Jackie	Shettle	Dorking MV	F	0
<b>221</b>	144	99.30	Joanna	Kelly		0 F	0
<b>222</b>	58	100.44	Kerri	Reid		0 F	0
<b>223</b>	69	101.36	Geoff	Kinlen	Epsom Odballs	M60	0
<b>224</b>	90	102.30	Peter	Carroll		0 M55	0
<b>225</b>	277	102.42	Dean	Chapman		0 M	0
<b>226</b>	29	107.13	Alessandra	McConville	Dulwich Runners	F35	0
<b>227</b>	94	109.58	John	Hopkins		0 M60	0
<b>228</b>	152	112.08	Mike	Mason	Sutton&DistAC	M	0
<b>229</b>	265	112.40	G	Frogley	Vets AC	M70	0
<b>230</b>	267	118.11	Marion	Mikelas	Reigate RC	F50	0
<b>231</b>	115	118.29	John	Hanscomb	Ranelagh H	M70	V0115
<b>232</b>	148	122.50	Helen	Lawson		0 F35	0
<b>233</b>	89	122.50	Margaret	Melia	Crawley AC	F	0
<b>234</b>	261	123.29	Emma	Pazi	Barking Abby	F40	0
<b>235</b>	196	127.41	Dave	Fiddler		0 M50	0

## Prize list

MEN				WOMEN			
1st	Jason Simpson	SLH	54.06	1st	Charlotte Collyer		64.14
2nd	James Savage	Stourbridge RR	55.08	2nd	Claire Donald	Purple Patch RC	65.29
3rd	Ben Martin-Dye	Bracknell Forest R	55.53	3rd	Penny McCrabbe		66.08
M40	Viesturs Dude	Crawley AC	58.18	F35	Marie Synott Wells	Ranelagh H	67.27
M50	Bernie Mulvany		61.14	F45	Susanna Harrison	Woking AC	68.57
M60	Geoff Newton	Tadworth AC	66.26	F55	Krysia Broda	Epsom Allsorts	84.25
M70	John Taylor	SCVAC	77.16				
Team	SLH	Simpson (1) Hone (12) Barker (13)		Team	Woking	Harrison (47) Nicholson (73) Vaughan (194)	

### Notes:

- Age categories are listed in 5-year bands in the results. VAC medals are awarded in 5 year categories so we have listed all Vets similarly. Race prizes are awarded in 10 year Cats.
- Vets are given the best prize available as they finish, this means that some Vets have taken prizes for a category below their actual age. The next finisher in the age group gets the category prize.
- Teams: SLH won the men's team handsomely. (The host Club Epsom & Ewell just beat Tadworth for second place). The women's team prize went much deeper into the finish order and was a closer affair. Woking AC took the prize ahead of Epsom Allsorts who were marginally better than 26.2RRC.

Thanks for your support for today's race. We slot into a place in the Calendar in late November so a bit of wind and rain are par for the course but most finishers managed to get in before the worst of the rain. The flood just after 1 mile was exceptional, but if it's any consolation it was deeper a couple of hours before the race went through and again a couple of hours after. Hope to see you next year when the race will be held on Sunday 21 November.