

# Middlesex County & Open 10K Road Race Results

- Sunday 12th September

Pos	No	Name	Club	Time	Open M	Open W	Mx M	Mx W
1	172	James Sumpter	TVH	33-17	1		1	
2	145	Tony Lashmar	VPH & TH	34-17	2		2	
3	118	Robert Datnow	TVH	34-28	3		3	
4	123	Ian Druce	Serpentine	34-45	4		4	
5	350	Bhupender Singh	Serpentine	34-49	5			
6	146	Paul Lemmon (M40)	Heathside	34-51	6		5	
7	366	Tim Wright	Orion	34-55	7			
8	150	David McGregor (M40)	Serpentine	34-59	8		6	
9	259	Alberto Erulin	Unatt	35-02	9			
10	141	Ashraff Khan	TVH	35-07	10		7	
11	147	Paul Leppard	Hillingdon	35-10	11		8	
12	129	Antonio Grant	Hillingdon	35-21	12		9	
13	144	Roger Knox	Hillingdon	35-28	13		10	
14	163	Carl Redondo	Trent Park	35-29	14		11	
15	160	David Newman (M40)	Hillingdon	35-30	15		12	
16	25	Barbara Yff	Serpentine	35-32		1		1
17	355	Barry Southin	Serpentine	35-52	16			
18	343	Jamie Seemark	Thurrock	36-05	17			
19	109	Ronan Breen	Shaftesbury	36-16	18		13	
20	334	Andrew Reeves	Serpentine	36-23	19			
21	137	Jacob Howe	Heathside	36-24	20		14	
22	253	Andrew Davies	Serpentine	36-29	21			
23	91	Louise Watson	Medway & Maid	36-47		2		
24	106	Lee Benjamin (M40)	TVH	36-48	22		15	
25	307	Martin Loughnane	Heathside	36-57	23			
26	205	Bryan Bayfield	Deal Tri	36-58	24			
27	10	Maggie Cooper (W35)	Shaftesbury	37-01		3		2
28	297	Billy King	Unatt	37-06	25			
29	177	Peter Warburton (M40)	Hillingdon	37-08	26		16	
30	16	Jane Laws (W45)	Barnet & Dist	37-13		4		3
31	164	Jonathan Rene (M40)	Heathside	37-14	27		17	
32	165	James Roche	VPH & TH	37-15	28		18	
33	149	Ian Lorigio (M40)	Serpentine	37-19	29		19	
34	155	Dave Meller	Trent Park	37-23	30		20	
35	174	Colin Thurston	Trent Park	38-17	31		21	
36	226	Miguel Branco	Serpentine	38-20	32			
37	153	Andrew Maynard (M40)	Serpentine	38-25	33		22	
38	262	Paul Fromme	Serpentine	38-48	34			
39	12	Fiona Ford	Hillingdon	38-54		5		4
40	13	Angela Howe	Heathside	38-57		6		5

41	142	Tony Killilea (M40)	Heathside	39-00	35		23
42	342	Chris Scrivener	Thurrock	39-02	36		
43	156	Simon Merritt	Trent Park	39-06	37		24
44	1	Chloe Aitken	TVH	39-28		7	6
45	173	Lennie Thomas (M40)	QPH	39-40	38		25
46	313	Francis Markey	Serpentine	39-42	39		
47	298	Reinhard Kreth	Serpentine	39-56	40		
48	169	Paul Williams	Hillingdon	40-22	41		26
49	329	Peter Procopis	Serpentine	40-26	42		
50	121	Stevan Dokic (M40)	Hillingdon	40-32	43		27
51	125	Gavin Edmonds	Serpentine	40-34	44		28
52	354	Terry Smith (M40)	Serpentine	40-37	45		
53	161	Frank Nolan (M50)	QPH	40-44	46		29
54	148	Charles Lescott	Serpentine	40-46	47		30
55	324	Niall O'Connor	Unatt	40-49	48		
56	295	Motohiro Kawai (M40)	Barnet & Dist	40-51	49		
57	117	Barry Cook (M50)	Enf & Har	40-56	50		31
58	347	Jim Sherriff	Unatt	41-04	51		
59	152	Robert Maslen (M50)	Serpentine	41-04	52		32
60	154	Brian Mayor	Trent Park	41-11	53		33
61	175	Martin Truran (M40)	Trent Park	41-14	54		34
62	22	Jane Studd (W35)	Trent Park	41-18		8	7
63	140	Neil Kapoor	Trent Park	41-20	55		35
64	23	Alison Tingle (W35)	TVH	41-22		9	8
65	256	Steve Edwards (M40)	Serpentine	41-25	56		
66	159	Patrick Moran (M50)	Trent Park	41-30	57		36
67	282	Pierre Gouin (M50)	Serpentine	41-32	58		
68	213	Reg Bestwick (M40)	Clowne Road Runners	41-33	59		
69	138	Andrew Hudson (M40)	Heathside	41-42	60		37
70	289	Matt Hunt (M40)	Unatt	41-46	61		
71	244	John Collins	Unatt	41-50	62		
72	136	Ian Hodge (M40)	Serpentine	41-51	63		38
73	356	Mads Sorensen	Serpentine	42-01	64		
74	312	Alex Malzer	Unatt	42-09	65		
75	285	Edward Hopperton	Serpentine	42-14	66		
76	362	Ben Wilson	Serpentine	42-16	67		
77	245	Charles Collinson (M40)	Unatt	42-20	68		
78	359	Robin Waterfield (M50)	Stragglers	42-22	69		
79	105	Gary Bagnall	VPH & TH	42-24	70		39
80	107	Peter Bernstein	Mornington Chasers	42-28	71		40
81	85	Jo Singer	Unatt	42-43		10	
82	331	Gregor Rapprich	Serpentine	42-57	72		
83	351	David Smart (M50)	Serpentine	43-07	73		
84	183	Matt Doughty (M50)	Enf & Har	43-08	74		41
85	110	Jelle Brons	Serpentine	43-12	75		42
86	88	Christine Stowell (W35)	Serpentine	43-20		11	

87	178	David Welch (M50)	TVH	43-29	76		43
88	166	Chris Saunders	Serpentine	43-30	77		44
89	304	Ray Lindsay (M50)	Unatt	43-31	78		
90	103	Malcolm Allen (M50)	Trent Park	43-31	79		45
91	176	Bob Wallace (M60)	Watford Joggers	43-33	80		46
92	157	Anthony Miners (M40)	Heathside	43-45	81		47
93	134	Kevin Haynes	Trent Park	43-51	82		48
94	132	Jeremy Grigg	QPH	43-57	83		49
95	294	Jamie Johnstone	Unatt	44-18	84		
96	112	Christopher Cameron-Doe (M40)	Serpentine	44-51	85		50
97	6	Ludovica Bruno (W35)	Serpentine	44-56		12	9
98	104	Andy Angus (M40)	QPH	44-58	86		51
99	337	Alastair Saint	Heathside	45-05	87		
100	19	Shanon Pearce	Trent Park	45-08		13	10
101	113	Paul Castaldo	Trent Park	45-16	88		52
102	151	Roger Mansell (M50)	Trent Park	45-32	89		53
103	238	Theodore Chen	Serpentine	45-38	90		
104	360	Charles Wild	Unatt	45-39	91		
105	67	Karen Harrison (W35)	Clowne Road Runners	45-40		14	
106	116	Steve Clayton (M50)	Trent Park	45-47	92		54
107	204	Simon Bampfylde	Serpentine	45-48	93		
108	143	Jonathan King	Serpentine	45-55	94		55
109	203	John Bailey (M50)	Herne Hill	45-59	95		
110	126	Clive Fozard (M40)	Trent Park	46-07	96		56
111	208	Stuart Beeston	Unatt	46-09	97		
112	261	Paul Flood	Serpentine	46-11	98		
113	336	Gordon Robertson (M40)	Serpentine	46-13	99		
114	251	Sam Gullam	Unatt	46-19	100		
115	243	Mark Colby (M40)	Unatt	46-20	101		
116	127	Malcolm French (M40)	Serpentine	46-26	102		57
117	170	Richard Smith (M50)	Serpentine	46-31	103		58
118	11	Zoe Dixon	Trent Park	47-00		15	11
119	4	Kate Boyle	VPH & TH	47-03		16	12
120	128	Peter Goldfinch (M40)	Trent Park	47-04	104		59
121	21	Laurey Rankin	Trent Park	47-18		17	13
122	346	James Sharpe	Serpentine	47-28	105		
123	58	Laura Denness	Serpentine	47-33		18	
124	96	Edwina Brocklesby (W55)	Serpentine	47-41		19	
125	14	Simone Kimberley (W35)	Barnet & Dist	47-42		20	14
126	283	Neil Hall (M50)	Serpentine	47-43	106		
127	357	Gerard Trill (M50)	Unatt	47-48	107		
128	70	Phil Kelvin (W45)	Serpentine	47-57		21	
129	63	Lucy Gilchrist	Unatt	48-09		22	
130	361	Gareth Williams (M40)	Unatt	48-14	108		
131	318	Lars Menken	Serpentine	48-16	109		
132	257	Jonathan Elliott (M40)	Unatt	48-17	110		

133	300	Timothy Kyndt (M40)	Unatt	48-25	111		
134	5	Rachel Brough	Serpentine	48-40		23	15
135	232	Rob Butler	Unatt	48-42	112		
136	119	Adrian Day (M40)	Trent Park	48-44	113		60
137	8	Julie Cameron- Doe	Serpentine	48-46		24	16
138	135	Bernard Hercock (M60)	Enf & Har	48-53	114		61
139	2	Anne Belchambers (W45)	Hillingdon	49-22		25	17
140	87	Josephine Spiller	Serpentine	49-40		26	
141	66	Jane Harris (W35)	Serpentine	49-50		27	
142	80	Rachel Powell (W35)	Serpentine	50-33		28	
143	315	Bill McManus (M40)	Serpentine	50-47	115		
144	246	John Cook (M50)	Odd Fellows	50-53	116		
145	92	Alexandra Weber	Unatt	50-59		29	
146	17	Pauline Lygo (W55)	Barnet & Dist)	51-44		30	18
147	9	Phillippa Cockman (W35)	VPH & TH	51-48		31	19
148	254	Neil Davies	Serpentine	51-55	117		
149	54	Jane Bailey	Serpentine	51-57		32	
150	247	John Creamer	Unatt	52-01	118		
151	68	Jo Heald	Unatt	52-06		33	
152	7	Michelle Bunce	VPH & TH	52-35		34	20
153	634	Rosie Ingram (Guest)	Serpentine	52-37			
154	368	Simon Oates	Unatt	52-51	119		
155	77	Lorraine Ophelia (W35)	Unatt	52-59		35	
156	328	Graham Powell	Unatt	52-59	120		
157	76	Frances Mudway (W55)	West Cheshire	53-15		36	
158	65	Zoe Griffiths	Unatt	53-20		37	
159	78	Angela Pelzl	Unatt	54-11		38	
160	73	Alexandra Lord	Serpentine	54-54		39	
161	57	Tracy Crichton	Unatt	55-05		40	
162	182	Perry Yates (M40)	Unatt	55-22	121		62
163	72	Claire Lewis	Unatt	55-26		41	
164	71	Nadya Labib (W35)	Serpentine	55-35		42	
165	81	Tamar Prevett	Unatt	55-57		43	
166	89	Eleanor Tillett	Unatt	55-57		44	
167	287	Robert Howard	Unatt	55-57	122		
168	364	Richard Wisdom (M50)	Serpentine	56-28	123		
169	95	Carole Wisdom (W45)	Serpentine	56-29		45	
170	64	Anna Godderick	Unatt	58-27		46	
171	69	Christine Hogben	Unatt	60-33		47	
172	365	Jason Wolfe	Unatt	60-52	124		
173	320	Peter Mills	Unatt	60-53	125		
174	62	Elizabeth Geddes	Unatt	61-21		48	
175	325	John O'Hara (M40)	Unatt	61-46	126		
176	51	Hazel Adams	Unatt	61-46		49	
177	83	Faye Richards	Unatt	61-46		50	
178	75	Chantal Markey	Serpentine	63-22		51	
179	369	Brian Pay (M40)	Unatt	65-13	127		
180	255	Robert Davies (M60)	Unatt	66-31	128		

181 133 Robert Harding (M60)	Serpentine	69-15 129	63
182 52 Lara Adeyinka (W35)	Unatt	71-10	52

**Mens Team Results :-**

1. TVH (1-3-7-15) = 26
2. Hillingdon (8-9-10-12) = 39
3. Serpentine (4-6-19-22) = 51
4. Heathside (5-14-17-23) = 59
5. Trent Park (11-20-21-24) = 76
6. QPH (25-29-49-51) = 154

**Mens Vets Teams: -**

1. Serpentine (6-19-22-32) = 79
2. Heathside (5-17-23-37) = 82
3. Trent Park (34-36-45-53) = 168

**Womens Team :-**

1. Trent Park (7-10-11-13) = 41
2. Serpentine (1-9-15-16) = 41