



## MIDDLESEX 10K ROAD CHAMPIONSHIPS - 2013

Finisher	Bib	First name	Last name	Time	Cat	Club	Mx - Men	Mx - Men, Masters	Mx - Women	Mx - Women, Masters
	1	52 Mohamud	Aadan	30:34	SM	Thames Valley H	1			
	2	41 Paul	Martelletti	30:37	SM	Vph & Th Ac	2			
	3	476 Paolo	Natali	30:48	SM	Unattached				
	4	35 Jonathan	Poole	31:17	SM	Serpentine	3			
	5	8 Shaun	Dixon	31:20	SM	Highgate Harriers	4			
	6	539 John	Gilbert	31:23	SM	Kent Ac				
	7	440 Huw	Lobb	31:50	SM	Bedford & County				
	8	5 Will	Green	32:24	SM	Serpentine	5			
	9	70 Robert	Wilson	32:44	SM	Esm	6			
	10	62 James	Laing	32:58	SM	Hillingdon Ac	7			
	11	493 Matthew	Sharp	33:02	SM	Hercules Wimb				
	12	466 Dave	Morgan	33:03	SM	Serpentine				
	13	32 Robel	Bahelbi	33:04	SM	Highgate Harriers	8			
	14	530 John	Kettle	33:27	SM	Herne Hill Harriers				
	15	23 James	Cordwell	33:36	SM	Vph & Th Ac	9			
	16	441 Rick	Weston	33:41	SM	Serpentine				
	17	27 Anupam	Das	33:44	SM	Hillingdon Ac	10			
	18	58 Bertie	Powell	33:48	SM	Wg&El	11			
	19	69 Tom	Heslop	33:50	SM	Vph & Th Ac	12			
	20	542 Paul	Bell	33:53	V40	Kent Ac				
	21	224 Dan	Madams	34:11	V40	London Heathside	13	1 (1st M40)		
	22	73 Jamie	Hogg	34:14	SM	Serpentine	14			
	23	437 Ben	Wickham	34:18	SM	Vph & Th Ac				
	24	482 Basil	Wallace	34:21	SM	Herne Hill Harriers				
	25	512 Tiago	Branco	34:22	SM	Serpentine				
	26	212 Andrew	Reeves	34:23	V40	Serpentine	15	2 (2nd M40)		
	27	412 John	Mcmillan	34:26	SM	Unattached				
	28	501 Carl	Selya-Hammer	34:28	SM	Ranelagh Harriers				
	29	68 Jamal	Mohamed	34:29	SM	Vph & Th Ac	16			
	30	420 Steve	Murtagh	34:32	V45	Harlow Rc				
	31	544 Donnatas	Tumaitis	34:33	SM	Eton Manor Ac				
	32	209 Nick	Gold	34:36	V40	Highgate Harriers	17	3 (3rd M40)		
	33	481 Oliver	Thwaites	34:41	SM	Team Bath Ac				
	34	25 Daniel	Mckeown	34:42	SM	London Heathside	18			
	35	28 Daniel	De Palol	34:45	SM	Serpentine	19			
	36	42 Tom	Livermore	34:46	SM	Unattached	20			
	37	485 Timothy	Erskine	34:49	SM	Maidstone H				
	38	30 Anthony	Hall	34:50	SM	London Heathside	21			
	39	439 Simon	Ramsay	35:22	SM	Unattached				
	40	50 Matthew	Woodman	35:28	SM	Orion Harriers	22			
	41	57 Gareth	Creagh	35:31	SM	Walton Ac	23			
	42	11 James	Gillanders	35:33	SM	London Fronrunners	24			
	43	45 David	Gilbert	35:40	SM	Highgate Harriers	25			
	44	249 Steve	Monaghan	35:43	V40	London Heathside	26	4		
	45	535 Gareth	Cavell	35:45	V45	Wg&El				
	46	13 Julian	Hazeldine	35:47	SM	Vph & Th Ac	27			
	47	483 Jose	Bilbao	35:51	SM	Vph & Th Ac				
	48	231 Chris	Hartley	35:52	V45	London Heathside	28	5		
	49	112 Katy	Webster	35:53	SL	London Heathside			1	
	50	478 Samuel	Thompson	35:59	SM	London Heathside				
	51	414 Neil	Mcgoun	36:01	SM	Orion Harriers				
	52	540 Knut	Hegvold	36:03	V50	Belgrave Harriers				
	53	494 Dave	Cox	36:04	V60	Wg&El				
	54	44 Jamie	Smalley	36:05	SM	Serpentine	29			
	55	10 Jonathan	Moscrop	36:08	SM	London Fronrunners	30			
	56	487 Justin	Greenslade	36:12	V40	Serpentine				
	57	61 Chris	Woolley	36:17	SM	Hillingdon Ac	31			
	58	524 Angus	Fay	36:20	SM	Serpentine				
	59	240 Tony	Killilea	36:23	V45	London Heathside	32	6		
	60	503 Jonny	Muir	36:23	SM	Herne Hill Harriers				
	61	3 Ian	Warren	36:24	SM	Vph & Th Ac	33			

62	37	Peter	Holmes	36:26	SM	Serpentine	34		
63	21	Alex	Weatherill	36:27	SM	London Heathside	35		
64	428	Nick	Copas	36:29	V40	Serpentine			
65	537	Eric	Paul	36:37	V50	Orion Harriers			
66	49	Michael	Dmitrzak	36:38	SM	Queens Park Harriers	36		
67	229	Julian	Ferraro	36:39	V45	London Heathside	37		7
68	484	Martin	Priego Wood	36:40	SM	Credit Suisse			
69	46	Henry	Hughes	36:42	SM	Thames Valley H	38		
70	519	Benjamin	Tolputt	36:43	SM	Serpentine			
71	262	Scott	Farley	36:43	V40	Hillingdon Ac	39		8
72	14	Richard	Turner	36:45	SM	Serpentine	40		
73	261	Mike	Dooley	36:51	V45	Hillingdon Ac	41		9
74	250	Ash	Abraha	36:52	V50	London Heathside	42		10 (1st M50)
75	22	Simon	Connell	36:54	SM	Hillingdon AC	43		
76	72	Marcus	Green	36:55	SM	Highgate Harriers	44		
77	115	Susan	Mongahan	36:56	SL	Hillingdon Ac			2
78	74	Shane	Murray	37:01	SM	Mornington Chasers	45		
79	507	Ben	Smith	37:04	SM	Rochdale H & Ac			
80	216	Robert	Shulman	37:06	V45	London Heathside	46		11
81	226	Martin	Carmack	37:09	V40	Serpentine	47		12
82	536	Victor	Sarramain	37:09	SM	Vph & Th Ac			
83	418	Sam	Vardy	37:10	SM	Unattached			
84	427	Raj	Paranandi	37:13	SM	Unattached			
85	254	Andrew	Mitchell	37:17	V40	Thames Valley H	48		13
86	545	Philip	Duggan	37:18	V40	London Heathside			
87	207	Joseph	Lowe	37:19	V40	Highgate Harriers	49		14
88	490	David P	Evans	37:20	SM	Serpentine			
89	232	Gavin	Evans	37:28	V50	London Heathside	50		15 (2nd M50)
90	253	Howard	Gold	37:33	V40	London Heathside	51		16
91	504	Gavin	Murrison	37:34	SM	Serpentine			
92	20	Chris	Hartley	37:40	SM	London Heathside	52		
93	830	Christine	Lutsch	37:49	SL	Serpentine			
94	2	Roger	Coyle	37:54	SM	Serpentine	53		
95	15	Stuart	Meiklejohn	37:59	SM	London Heathside	54		
96	201	Gary	Eaborn	38:02	V45	Serpentine	55		17
97	460	Bartosz	Porzuczek	38:03	SM	Serpentine			
98	520	Roger	Rodenbosch	38:06	SM	Serpentine			
99	548	Jarek	Olszowka	38:08	SM	Serpentine			
100	106	Tracy	Barlow	38:09	SL	Thames Valley H			3
101	18	James	Lynch	38:20	SM	London Heathside	56		
102	489	Gary	Bagnall	38:23	V40	Vph & Th Ac			
103	495	Alexandre	Bernigaud	38:27	SM	Serpentine			
104	505	Mark	Fordyce	38:30	SM	Unattached			
105	510	John	Driscoll	38:32	V40	London Heathside			
106	258	Andy	Miles	38:33	V55	Hillingdon Ac	57		18 (3rd M50)
107	824	Claire	McMahon	38:37	SL	Luton AC			
108	449	Sam	Jackson	38:41	SM	Havering Mayes Ac			
109	416	Dan	Slipper	38:44	V35	Unattached			
110	477	Rupert	Rowling	38:46	SM	Vph & Th Ac			
111	408	Farid	Sarwari	38:47	SM	Serpentine			
112	71	Daniel	O'Sullivan	38:48	SM	Vph & Th Ac	58		
113	238	David	Newman	38:49	V50	Hillingdon Ac	59		19
114	429	Gareth	Marshall	38:50	SM	Unattached			
115	453	Tim	Renshaw	38:51	SM	Serpentine			
116	213	Richard	Stewart	39:03	V40	Highgate Harriers	60		20
117	214	Jonathan	Hopkin	39:05	V45	London Heathside	61		21
118	533	David	Smith	39:12	V55	Serpentine			
119	538	Adrian	Fell	39:13	V45	Harlow Rc			
120	318	Fiona	Kennedy	39:16	FV55	Esm			4
121	26	Andrew	Dunderdale	39:18	SM	Serpentine	62		1 (1st W55)
122	836	Amy	Clements	39:22	SL	Kent Ac			
123	242	Kevin	Harris	39:23	V55	Scvac	63		22
124	817	Robyn	Matson	39:24	SL	Havering Mayes Ac			
125	255	Richard	Hooley	39:26	V50	Thames Valley H	64		23
126	471	Stephen	Brown	39:32	V40	Serpentine			
127	491	Wai	Pang	39:34	V40	Serpentine			
128	104	Cathy	Jeremiah	39:36	SL	London Heathside			5
129	67	Daren	Roscoe	39:42	SM	Hillingdon Ac	65		

130	203	Charles	Pridgeon	39:58	V45	Serpentine	66	24		
131	448	Luke	Jackson	40:00	SM	Havering Mayes Ac				
132	543	Clem	Dixon	40:01	V50	Cambridge Harriers				
133	24	Joel	Wiles	40:02	SM	Epsom Oddballs	67			
134	63	Dean	Burch	40:03	SM	Hillingdon Ac	68			
135	108	Elsbeth	Storarr	40:04	SL	London Heathside			6	
136	235	Philip	Hogg	40:07	V40	London Heathside	69	25		
137	472	Rupert	Jacobs	40:10	SM	Serpentine				
138	452	Gary	Sullivan	40:13	V55	Dulwich Runners				
139	499	Lee	Benjamin	40:17	V55	Bmc				
140	516	Greg	Bennett	40:34	V40	Thames Valley H				
141	36	Robert	Whitmarsh	40:35	SM	Serpentine	70			
142	40	Joseph	Mckeown	40:36	SM	Unattached	71			
143	479	Kevin	Long	40:38	SM	Vph & Th Ac				
144	502	Finlay	Gall	40:46	SM	Unattached				
145	324	Jo	Singer	40:48	FV40	Vph & Th Ac			7	2 (1st W35)
146	834	Susan	Bint	40:49	FV35	Vph & Th Ac				
147	251	Peter	Drew	40:50	V45	Esm	72	26		
148	508	Jeremy	Small	41:03	SM	Serpentine				
149	415	Hector	Cortes	41:05	SM	Serpentine				
150	434	Karl	Hamilton	41:10	SM	Serpentine				
151	228	David	Mitchell	41:11	V40	Unattached	73	27		
152	237	Rich	Bartlett	41:12	V45	Serpentine	74	28		
153	200	Ian	Johnson	41:13	V45	Serpentine	75	29		
154	854	Natasha	Taylor	41:20	SL	Herts Phoenix				
155	114	Rosie	Pitt	41:29	SL	Vph & Th Ac			8	
156	461	Rhys	Pullen	41:32	SM	Serpentine				
157	425	Andrew	Williams	41:37	SM	Serpentine				
158	488	Piers	Shingleton	41:39	SM	Serpentine				
159	204	Alex	Malzer	41:44	V40	Serpentine	76	30		
160	29	Nicholas	Stallman	41:46	SM	Queens Park Harriers	77			
161	486	Darren	Over	41:59	V40	Serpentine				
162	206	Anthony	Plewes	42:00	V40	Trent Park Rc	78	31		
163	34	James	Sarner	42:09	SM	Unattached	79			
164	832	Laura	Renshaw	42:19	FV35	Serpentine				
165	227	Chris	Hewertson	42:24	V45	London Heathside	80	32		
166	217	James	Richens	42:25	V40	Serpentine	81	33		
167	210	Andrew	Roberts	42:27	V60	Serpentine	82	34 (1st M60)		
168	111	Siana	Jones	42:28	SL	Thames Valley H			9	
169	475	Ian	Hollowbread	42:29	SM	Unattached				
170	257	David	Smith	42:30	V45	Hillingdon Ac	83	35		
171	511	Andrew	Richards	42:38	V40	Serpentine				
172	118	Eva	Mack	42:41	SL	Hillingdon Ac			10	
173	470	David	Walton	42:43	V50	London Heathside				
174	852	Tracey	Carro Noya	42:48	SL	Serpentine				
175	230	Richard	Charney	43:06	V60	Thames Valley H	84	36 (2nd M60)		
176	829	Bernadette	van Wijk	43:18	SL	Serpentine				
177	445	Dave	Clarke	43:28	V40	Unattached				
178	525	Tom	Curran	43:33	SM	Unattached				
179	113	Julia	Kelk	43:43	SL	London Heathside			11	
180	856	Grazka	Kazmierska	43:52	SL	Serpentine				
181	404	James	Brown	44:01	SM	Serpentine				
182	419	John	Owen	44:02	V65	Barnet & District				
183	56	Mick	Craig	44:03	SM	Serpentine	85			
184	43	Paul	Woodgate	44:06	SM	Thames Valley H	86			
185	473	Jonathan	Benham-Hermetz	44:26	SM	Unattached				
186	260	Alan	Butler	44:32	V45	Hillingdon Ac	87	37		
187	859	Emma	Mattsson-Duggan	44:33	FV35	London Heathside				
188	311	Lynne	Connolly	44:34	FV50	Mornington Chasers			12	3 (1st W45)
189	119	Hannah	Wells	44:35	SL	Hillingdon Ac			13	
190	60	Gildas	Braine	44:35	SM	Queens Park Harriers	88			
191	54	Fahad	Abdi	44:36	SM	Thames Valley H	89			
192	863	Sharon	Wright	44:40	SL	Harlow Rc				
193	33	Brian	Boyle	44:44	SM	London Heathside	90			
194	842	Rachel	Morison	44:46	SL	Vph & Th Ac				
195	323	Donna	Nash	44:56	FV45	Hillingdon Ac			14	4 (2nd W45)
196	220	Patrick	Moran	44:59	V55	Trent Park Rc	91	38		
197	509	Chris	Gregory	45:00	V50	Unattached				

198	12	Gavin	Parish	45:05	SM	London Heathside	92			
199	465	Nick	Halliday	45:13	V50	Serpentine				
200	402	Robert	Hodge	45:14	V40	Unattached				
201	205	Robert	Bowler	45:18	V50	London Heathside	93		39	
202	55	Fabrizio	Sidoli	45:23	SM	Mornington Chasers	94			
203	105	Tammela	Platt	45:41	SL	London Heathside				15
204	442	Robin	Willmott	45:45	SM	Unattached				
205	247	Peter	Frisby	45:46	V50	Vph & Th Ac	95		40	
206	865	Louise	Vacher	45:47	FV45	Eton Manor Ac				
207	302	Sandra	Ahrensfield	46:00	FV35	Serpentine			16	5 (2nd W35)
208	847	Maureen	Seguin	46:02	SL	Serpentine				
209	467	Neil	Purvis	46:10	SM	Unattached				
210	403	Tim	Sander	46:17	V45	London Heathside				
211	222	John	Fassnidge	46:18	V60	Serpentine	96		41 (3rd M60)	
212	103	Jane	Higgins	46:21	SL	London Heathside				17
213	513	Phillip	Mccubbins	46:29	V50	Serpentine				
214	218	David	Smart	46:30	V60	Serpentine	97		42	
215	259	Roberts	Burton	46:47	V50	Hillingdon Ac	98		43	
216	215	David	Hinds	46:50	V60	Serpentine	99		44	
217	850	Dorothy	Boggs	47:17	SL	Serpentine				
218	409	Dan	Ives	47:18	SM	Unattached				
219	234	Ken	Townson	47:26	V45	London Heathside	100		45	
220	451	Graham	Carson	47:32	V65	Serpentine				
221	321	Joyce	Berry	47:42	FV45	Vph & Th Ac			18	6 (3rd W45)
222	225	Martin	Garrett	47:43	V55	Sudbury Court	101		46	
223	529	Simon	Martin	47:48	SM	East London Runners				
224	208	David	Shortridge	48:00	V40	Vph & Th Ac	102		47	
225	301	Jo	Irwin	48:01	FV40	London Heathside			19	7 (3rd W35)
226	309	Sandra	Buckton	48:02	FV40	London Heathside			20	8
227	312	Catharine	Sowerby	48:05	FV50	Serpentine			21	9
228	313	Barbara	Tomaszczyk	48:06	FV50	London Heathside			22	10
229	245	Ian	Hall	48:17	V60	Serpentine	103		48	
230	474	Jovelle	Mensah	48:26	SM	Unattached				
231	462	Jesper	Lycke	48:27	V40	London Heathside				
232	454	Peter	Ely	48:31	SM	Unattached				
233	497	Nathan	Easey	48:32	SM	Unattached				
234	868	Sarah	Burns	48:34	FV35	East London Runners				
235	322	Pauline	Fischer	48:50	FV55	Hillingdon Ac			23	11 (2nd W55)
236	455	Philip	Turley	48:52	V70	Epsom & Ewell H				
237	818	Beatriz	Soden	49:07	FV35	Serpentine				
238	243	Andrew	Welsh	49:08	V55	Barnet & District	104		49	
239	444	Paul	Dennis	49:23	V40	East End Rrc				
240	867	Karen	Hancock	49:26	FV55	Serpentine				
241	463	Andrew	Gee	49:27	SM	Unattached				
242	500	Tim	Barlow	49:33	V50	Queens Park Harriers				
243	17	Lars	Menken	49:38	SM	Serpentine	105			
244	435	Manuel	Moreno	49:44	V65	Serpentine				
245	307	Sarah	Illingworth	49:57	FV40	London Heathside			24	12
246	528	Alon	Mallik	50:00	SM	Unattached				
247	813	Sally	Dawodu-Talobi	50:02	FV45	Istead & Ifield				
248	239	Roger	Fretwell	50:07	V50	Serpentine	106		50	
249	468	Dennis	Williams	50:08	V65	Hercules Wimb				
250	319	Sarah	Newton	50:09	FV55	Serpentine			25	13 (3rd W55)
251	841	Chrissy	James	50:13	SL	Unattached				
252	869	Hannah	Smith	50:15	SL	Unattached				
253	19	Fabian	Zimmer	50:31	SM	London Heathside	107			
254	838	Claire	Sliwerski	50:35	SL	London Heathside				
255	264	Nick	Michael	50:37	V60	Thames Valley H	108		51	
256	492	Peter	Duggan	50:42	SM	London Heathside				
257	252	David	Scott	50:51	V55	Unattached	109		52	
258	541	John	Allum	50:52	V45	Unattached				
259	456	Stephen	Harrison	50:55	SM	Unattached				
260	433	Charles	Falk	51:26	V40	Unattached				
261	109	Jessica	Essex	51:48	SL	Queens Park Harriers			26	
262	514	Nicholas	Taylor	52:05	SM	Unattached				
263	459	Lenneth	Sebuganda	52:06	SM	Unattached				
264	864	Mikkaila	Mckeever-Willis	52:06	SL	Unattached				
265	532	Trevor	Powell	52:44	V60	Wg&El				

266	400	David	Gironi	52:50	SM	Serpentine				
267	840	Leanne	Common	52:52	SL	Unattached				
268	469	James	Nicholls	52:55	SM	Unattached				
269	430	Nigel	Brahams	53:13	V45	Unattached				
270	310	Stephanie	Vaatz	53:26	FV35	Serpentine		27		14
271	844	Sue	Harwood	53:41	FV50	Unattached				
272	835	Sylvia	Cartmill	53:50	SL	Unattached				
273	236	Richard	Smith	53:58	V60	Serpentine	110	53		
274	411	Phil	Sanderson	54:46	V55	Serpentine				
275	436	Ronan	O'Brien	54:48	SM	Unattached				
276	822	Dargan	Anne-Marie	55:00	FV40	Unattached				
277	812	Charlotte	Factor	55:23	FV40	Unattached				
278	317	Janice	Newman	55:34	FV55	Esm			28	15
279	308	Carole	Wisdom	55:35	FV55	Serpentine			29	16
280	219	Dan	Williams	55:48	V55	London Heathside	111	54		
281	828	Louise	Cripps	55:53	FV55	London Heathside				
282	845	Diana	Leth	56:13	SL	Unattached				
283	405	Paul	Webster	56:25	V40	Unattached				
284	316	Alison	Harrow	56:50	FV40	London Heathside			30	17
285	801	Heather	Hodge	57:21	FV45	Unattached				
286	804	Stephanie	Jones	57:23	SL	Unattached				
287	821	Mary	Feeney	57:52	SL	Unattached				
288	843	Hannah	Smith	59:46	SL	Unattached				
289	806	Liz	Ives	1:00:31	SL	Unattached				
290	853	May	Cassar	1:02:04	FV55	Unattached				
291	862	Sarah	O'Donnell	1:03:29	SL	Unattached				
292	839	Niamh	Byrne	1:04:24	SL	Unattached				
293	802	Temi	Adegbemile	1:04:34	FV40	Unattached				
294	547	Alex	Martin	1:04:36	SM	Unattached				
295	805	Rebecca	Cherry	1:06:14	SL	Unattached				
296	819	Louise	Coverdale	1:07:11	SL	Unattached				
297	814	Ruth	Ansell	1:08:13	FV35	East End Rrc				
298	417	Neil	Ansell	1:08:13	SM	East End Rrc				

#### Middlesex Teams

##### Men - Overall

1	Serpentine	(3-5-14)	22
2	VPH&THAC	(2-9-12)	23
3	Highgate	(4-8-17)	29
4	Hillingdon	(7-10-31)	48
5	London Heathside	(13-18-21)	52
6	TVH	(1-37-44)	86
7	Queens Park	(36-77-88)	201

##### Men - Masters - M40

1	London Heathside	(1-4-5)	10
2	Serpentine	(2-12-17)	31
3	Highgate	(3-14-20)	37
4	TVH	(13-23-34)	70
5	Hillingdon	(8-9-83)	92

##### Men - Masters - M50

1	London Heathside	(1-2-4)	13
2	Hillingdon	(3-4-14)	21
3	Serpentine	(7-12-13)	32
4	TVH	(6-8-21)	35

##### Women - Overall

1	London Heathside	(1-5-6)	12
2	Hillingdon	(2-10-13)	25
3	VPH&THAC	(7-8-18)	33
4	Serpentine	(16-21-25)	62

##### Women - Masters

1	London Heathside	(7-8-10)	25
2	Serpentine	(5-9-13)	27