

Epsom 10 Mile Race	RESULTS
Epsom Downs	
17 November 2013	

Thanks for your support for today's race, the 50th Anniversary of the Epsom 10 first held in 1963. For the third year running we were blessed with calm conditions on Epsom Downs – something we cannot always guarantee in late November. Prize winners are listed at the end of the results. The usual one prize per runner rule applies which leads to some shuffling of Vets Cat prizes.

A special mention for Jeannette Giles who has cleaned up the F65 Cat for the past several years and had the presence of mind to move up to F75 just as the competition at F65 got a bit hotter. She managed a creditable 1 hour 50.

Teams: Epsom & Ewell men were comfortably 1st with 31 points followed by Dorking MVAC (52) and Tadworth (57).

Women: Several Clubs finished 2 runners quite early but failed to close out leaving it to the closely packed Epsom Allsorts (335 points) to take the prize. The next trio was in effect the Allsorts B team (384) with Istead and Ifield Harriers 3rd (390).

Thanks again to VAC and SCVAC for supporting the race. VAC medals will be distributed by mail.

Finally thanks to Mantle Financial Planning for their support. Also to members of Epsom & Ewell Harriers and friends for their organisational skills. If you are looking for competition in road, cross country, track or field contact us or come down to Poole Rd track, West Ewell Tuesday or Thursday.

	No.	Time	First name	Surname	Club	Cat.	Vets Clubs
1	155	58.08	Steve	Winder	Epsom And Ewell	M40	SCVAC
2	22	60.51	Stuart	Pearce	0	M	0
3	43	61.04	David	Freeman	Tadworth AC	M45	0
4	229	61.26	Ben	Peace	0	M	0
5	29	61.51	Daniel	Sullivan	0	M	0
6	30	61.53	Robert	Dick	0	M50	0
7	168	61.58	James	Adams	Guildford & GAC	M	0
8	94	62.01	Daniel	Walsh	Istead & Ifield H	M	0
9	27	63.13	Simon	Parrin	Istead & Ifield H	M	0
10	228	63.25	Stuart	Prentice	DMVAC	M	0
11	87	63.47	Duncan	Mallison	Ranelagh H	M	0
12	202	63.52	Robert	Gill	0	M40	0
13	206	63.53	Andrew	Fay	Dorking & MVAC	M55	0
14	19	64.00	Jeffrey	Butler	Epsom & Ewell H	M45	0
15	240	64.06	Simon	Boosh	Tadworth AC	M	0
16	215	64.08	Christian	Glencross	Epsom & Ewell H	M40	0
17	238	64.26	Andy	Barnes	0	M	0
18	91	64.33	Philip	Stiff	SLH	M50	0
19	66	64.38	Stefan	Krueger	Stragglers	M	0
20	70	64.45	Christopher	Sumbler	0	M	0
21	109	65.10	Danny	Norman	26.2 RRC	M	0
22	62	65.26	Simon	Rhodes	0	M	0
23	201	65.27	Mark	La frenais	26.2 RRC	M	0
24	175	65.29	Colin	High	0	M	0
25	194	65.35	Paul	Mckay	0	M40	SCVAC
26	107	65.38	Stuart	Easter	0	M	0
27	108	65.41	Victoria	Carter	Serpentine	F40	VETS AC
28	145	65.59	John	Foss	SLH	M55	0
29	44	66.09	Graham	McKay	DMVAC	M50	0
30	97	66.12	Mike	Mason	Collingwood AC	M	0

	No.	Time	First name	Surname	Club	Cat.	Vets Clubs
31	75	66.27	David	Worcester	Chichester R & AC	M60	SCVAC
32	133	67.03	Mark	Weight	26.2 RRC	M45	0
33	170	67.14	Ruth	Hutton	SLH	F45	0
34	37	67.23	Tom	Clowley	SouthamptonAC	M	0
35	100	67.33	Richard	Fox	Collingwood AC	M45	0
36	25	67.55	Clayton	Payne	E&E	M	0
37	183	68.05	Steven	Ramek	26.2 RRC	M45	0
38	164	68.14	Andy	Zonfrillo	0	M45	0
39	224	68.28	Mark	Todd	Tadworth AC	M	0
40	153	68.39	Phyllis	Flynn	Stragglers	F50	0
41	176	68.51	Simon	Caton	Epsom Oddballs	M	0
42	38	6.55	Laurence	Smith	0	M	0
43	160	68.57	Walter	Hill	Crawley AC	M60	SCVAC
44	123	69.02	Alan	Burrows	Run To Live RC	M50	0
45	50	69.06	Martin	Halling	St Albans Str	M55	0
46	203	69.32	Diana	Norman	Epsom & Ewell H	F35	SCVAC
47	98	69.54	Trevor	Edgley	Istead & Ifield H	M65	VETS AC
48	191	69.58	Paul	Barton	Paddock Wood AC	M45	SCVAC
49	116	69.59	Sarah	Campbell	Reigate Priory AC	F35	0
50	233	70.13	Mikael	Hegesippe	Sandhurst Joggers	M40	SCVAC
51	217	70.29	David	Shelton	Epsom & Ewell H	M50	0
52	21	70.39	Geoff	Newton	Tadworth AC	M65	SCVAC
53	77	70.57	David	Porter	Epsom Oddballs	M	0
54	60	71.17	Nigel	Bramley	Epsom Oddballs	M45	0
55	45	72.08	Simon	Donaghy	Collingwood AC	M45	0
56	85	72.09	Hideo	Takano	Dorking & MVAC	M45	0
57	12	72.36	David	Beattie	Crawley AC	M65	SCVAC
58	31	72.44	Andy	Ward	0	M40	0
59	219	73.01	James	Ponting	Dorking & MVAC	M	0
60	58	73.16	Mary	Stevenson	0	F45	0
61	7	73.22	Stephen	Cason	Istead & Ifield H	M55	0
62	239	73.27	Garry	Chapman	0	M40	0
63	46	73.32	Dan	Hayes	SLH	M40	0
64	20	73.36	Steve	Hutton	Tadworth AC	M55	0
65	32	73.39	Ian	Taylor	DMVAC	M45	0
66	237	73.46	John	Bleackley	0	M45	0
67	220	73.53	Ray	Kingdon	Stragglers	M50	0
68	8	73.58	Natasha	Swan	Seaford Striders	F40	0
69	186	74.22	Jane	Davies	Epsom & Ewell H	F65	0
70	2	74.37	David	Hallson	Road Runner Club	M60	0
71	196	75.35	Clare	Fraser	0	F40	0
72	96	75.35	Simon	Barker	0	M40	0
73	190	75.42	James	Owen	0	M	0
74	73	75.58	Alan	Dolton	Striders Croydon	M55	VAC & SCVAC
75	173	76.14	Ian	Massey	0	M	0
76	234	76.16	Ryan	Harrison	0	M	0
77	126	76.21	Anne	Davidson	Dorking & MVAC	F50	0
78	184	76.26	Gavin James	Newton	Crawley AC	M45	SCVAC
79	40	76.29	Louise	Ionescu	DMVAC	F40	0
80	171	76.37	Danny	Hutton	SLH	M50	0
81	204	76.39	Michael	Sutton	Mount Pleasant AC	M50	0
82	3	76.00	Jeremy	Carmichael	Crawley AC	M60	SCVAC
83	41	76.47	Sharmilla	Franks	David Lloyd	F40	0
84	59	76.55	Ceara	Joyce	Epsom Oddballs	F45	0
85	209	77.00	Grzegorz	Gacek	0	M40	0
86	132	77.03	Nigel	Green	Run To Live	M50	0
87	165	77.08	Marcus	Bell	Tadworth AC	M	0

	No.	Time	First name	Surname	Club	Cat.	Vets Clubs
88	4	77.12	Peter	Dry	The Stragglers	M55	0
89	39	77.14	Katherine	Bounds	0	F	0
90	227	77.18	Chris	Szabo-Hemmings	Sandhurst Joggers	M50	0
91	71	77.30	Damien	Retureau	0	M	0
92	34	77.30	Michael	Warner	Woking AC	M55	0
93	163	77.55	Katherine	Franklin	26.2 RRC	F	0
94	18	77.59	Michael	Conway	Invicta East Kent	M70	SCVAC
95	149	77.59	Joseph	Gambin	0	M	0
96	231	78.04	Catherine	Cashedie	0	F	0
97	223	78.06	Chris	Hall	Dorking & MVAC	M50	0
98	110	78.17	Erik	Folkesson	Sevenoaks AC	M50	0
99	214	78.36	Paul	Moakes	0	M	0
100	49	78.43	Lee Pearce	0	0	F35	0
101	148	79.13	Michael	Bradley	0	M	0
102	142	79.32	Janet	Godolphin	0	F45	0
103	151	79.34	Stuart	Overhill	Sandhurst Joggers	M	0
104	146	79.39	Emma	Bradley	0	F	0
105	208	79.58	John	Shaw	Hayes Harlington RR	M65	0
106	157	80.02	James	Phillips	Stragglers	M	0
107	124	80.21	Fiona	Lyll	Epsom Allsorts	F40	0
108	17	80.25	Viv	Mitchell	South London H	F50	0
109	188	80.52	Penny	Wilkins	Sutton Runners	F50	0
110	212	81.12	Geraldine	Hart	Epsom Allsort	F60	0
111	213	81.12	Harriet	Hart	Serpentine	F	0
112	119	81.26	Jason	Beaney	Istead & Ifield H	M50	0
113	140	81.41	Gayle	Mason	0	F35	0
114	23	81.44	Samantha	Mills	0	F	0
115	24	81.44	Jim	Mahoney	0	M45	0
116	236	81.46	Tim	Davis	0	M50	0
117	6	81.48	Susan	Beecham	Istead & Ifield H	F50	0
118	130	81.55	Christine	Farnham	Epsom Allsorts	F50	0
119	28	82.07	Vanda	Coxshall	THH	F50	0
120	162	82.44	Norman	Hemming	Croydon Harriers	M60	SCVAC
121	11	82.46	Phillip	Humphrey	0	M45	0
122	141	82.48	Emily	Godolphin	0	F	0
123	135	82.59	Laurie	Thumwood	0	M	0
124	16	83.03	James	Fitzmaurice	Sevenoaks AC	M70	SCVAC
125	104	83.08	Chris.	Ford	Road Runners Club	M70	0
126	112	83.26	Paul	Keating	Dulwich Runners AC	M45	0
127	131	83.33	Karen	Farnham	Epsom Allsorts	F50	0
128	192	83.38	Lesley	Williams	Epsom Allsorts	F45	0
129	139	83.38	Petra	Garton	Epsom Allsorts	F45	0
130	230	84.13	Sally	Dawodu-Talabi	Istead & Ifield H	F45	0
131	210	84.34	Robert	Lashley	Striders of Croydon	M50	0
132	74	84.42	Wendy	Coxshall	Bushfield Joggers	F35	0
133	134	84.42	John	Dwyer	0	M	0
134	200	84.58	Michelle	Campbell	Striders of Croydon	F40	0
135	166	85.00	Sarah	Bell	Tadworth AC	F	0
136	138	85.03	Alasdair	Coyle	Horsham Joggers	M50	0
137	216	85.10	Dawn	Davis	Fittleworth Flyers	F45	0
138	154	85.10	Kay	Atkinson	Epsom Allsorts	F40	0
139	143	85.39	Patrick	Dobbs	Thurrock Harriers	M75	SCVAC
140	115	85.48	Gavin	Englefield	0	M	0
141	1	86.32	Daryl	Lucas	Istead & Ifield H	M40	0
142	42	87.04	Kevine	Irvine	DMVAC	M60	0
143	118	87.22	Helen	Fooks	Istead & Ifield H	F40	0
144	226	87.24	Peter	Johnson	FRA	M55	0

	No.	Time	First name	Surname	Club	Cat.	Vets Clubs
145	84	87.29	Claire	Allibone		0 F40	0
146	47	87.29	Clive	Hagley	TRM	M50	0
147	207	87.47	Steve	Laws	Epsom & Ewell	M45	0
148	65	88.01	Katrin	Kroschinski	Stragglers	F	0
149	181	88.13	Karl	Daniels		0 M40	0
150	199	88.23	Paula	Bains		0 F40	0
151	33	88.25	Peter	Kidwell		0 M50	0
152	185	88.47	Malcolm	Vaughan	Woking AC	M65	0
153	81	88.58	Edel	Mclaughlin		0 F	0
154	93	89.07	Richard	Stocks		0 M	0
155	211	89.38	Michelle	Neylon		0 F	0
156	222	90.35	Catherine	Kirk		0 F	0
157	182	90.40	Jackie	Goodwin		0 F	0
158	137	90.46	Helen	West		0 F35	0
159	147	91.06	Mark	Bradley		0 M50	0
160	232	91.16	Sarah	Kennedy Smith		0 F40	0
161	218	91.23	Emma	Wheeler	Windle Valley R	F35	0
162	150	91.45	Richard	Hall		0 M	0
163	177	92.16	Kryisia	Broda	Epsom Allsorts	F60	0
164	48	92.18	Pat	Huggins	TRM	M50	0
165	72	92.25	Sarah	Pettefer	26.2 RRC	F45	0
166	36	92.44	Mark	Rendell	David Lloyd	M	0
167	221	93.03	David	Brooks	VAC	M70	VAC
168	235	93.03	Nigel	Goodwin	HHH	M55	0
169	13	93.19	Ann	Bath	26.2 RRC	F65	SCVAC & VAC
170	169	93.44	Rebecca	King		0 F35	0
171	195	94.30	Ravi	Cautick	Larkfield AC	M	0
172	53	94.40	Richard	Driscoll		0 M	0
173	159	94.43	Isabelle	Winter	Chiltern Harriers AC	F45	0
174	158	94.43	Richard	Winter		0 M40	0
175	161	94.46	Peter	Tozer	26.2 RRC	M65	0
176	10	95.25	David	Lovell	Redhill Royal Mail	M50	0
177	178	95.36	Barbara	Rodriguez	Woking AC	F55	0
178	106	95.40	Paul	Cooper	Collingwood AC	M40	0
179	105	95.48	James	Lydon		0 M40	0
180	80	96.00	Gemma	Hennessey		0 F40	0
181	189	96.11	Kate	Hicken		0 F	0
182	193	96.17	Neil	Smith		0 M50	0
183	120	96.48	Sam	Carson		0 M	0
184	121	96.49	Ian	Birdsey		0 M	0
185	172	96.51	David	Gill	Epsom Oddballs	M65	0
186	102	97.26	Kate	Hancock	26.2 RRC	F35	0
187	99	97.27	Derick	Wilkie	26.2 RRC	M65	0
188	180	98.22	Carol	Hayes	Crystal Palace Fun R	F60	0
189	26	99.04	Hannah	Beattie		0 F	0
190	198	100.30	Keith	Miles	Cambridge Harriers	M50	0
191	241	102.42	Richard	Bunning		0 M60	0
192	67	103.17	Kerstin	Mackay		0 F40	0
193	9	103.24	David	Wentzell	Redhill Royal Mail	M55	0
194	156	104.51	Jasvir Singh	Modaher	British Airways A.C	M55	0
195	113	104.59	Pauline	Mackey	Run To Live RC	F50	0
196	86	106.05	William	Grimster	Tadworth A C	M60	0
197	15	106.08	David	Lyne		0 M45	0
198	122	109.55	Nicky	Donbavand	Run To Live RC	F40	0
199	90	110.59	Jeannette	Giles	Istead & Ifield H	F75	0
200	5	113.35	Alan	Lane	Belgrave H	M75	VAC
201	101	123.31	Celia	Poke	Istead & Ifield H	F50	0

Prize Winners

1 st Man	Steve Winder	E&E	58.08	1 st Woman	Victoria Carter	Serpentine	65.41
2 nd Man	Stuart Pearce		60.51	2 nd Woman	Ruth Hutton	SLH	67.14
3 rd Man	David Freeman	Tadworth AC	61.04	3 rd Woman	Phyllis Flynn	Stragglers	68.39
M40	Robert Dick		61.53	F35	Di Norman	E&E	69.32
M50	Andrew Fay	DMVAC	63.53	F45	Mary Stevenson		73.16
M60	David Worcester	Chichester AC	66.27	F55	Jane Davis	E&E	74.22
M70	Michael Conway	Invicta E Kent	77.59	F65	Ann Bath	26.2 RRC	93.19
				F75	Jeannette Giles	Istead & Ifield	110.59
Team Men	Epsom & Ewell Harries		Steve Winder		Geoff Butler		Christian Glencross
Team Women	Epsom Allsorts		Fiona Lyall		Geraldine Hart		Christine Farnham



For the third year we are grateful to MANTLE Financial Planning for their support.

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