



# Beckenham Running Club

## 2013 Charity Trail 10K Results (Updated)

Place	Time	Name	Number	Club	Category
1	00:38:58	Edward Hill	497	Dulwich Runners Ac	MS
2	00:39:26	Jonathan Abel	544	Unattached	MS
3	00:39:41	Phil James	213	Windrush Triathlon Club	MS
4	00:39:54	David Young	457	Unattached	MS
5	00:41:17	Abbott Gilbane	597	Wee Farm Ski Team	MS
6	00:41:24	Chris Hill	232	Langport Runners	MS
7	00:41:38	Leszek Ambrozy	523	Unattached	MS
8	00:41:42	Steve Garden	209	Orpington Road Runners	MS
9	00:41:49	Ben Thomas	598	Unattached	MS
10	00:42:43	Julian Spencer-Wood	241	Kent AC	MV60
11	00:43:11	Richard Coles	481	Unattached	MS
12	00:43:17	Ola Balme	573	Dulwich Runners Ac	FV45
13	00:43:20	Steve Clark	477	Unattached	MS
14	00:43:33	Ross Moortelmans	409	Unattached	MS
15	00:43:52	Nick Stone	381	Unattached	MV40
16	00:43:59	Paul Cawley	426	Unattached	MS
17	00:44:04	James Webber	452	Unattached	MS
18	00:44:05	Paul Dawes	505	Unattached	MV40
19	00:44:09	Janet Worster	208	Windrush Triathlon Club	FV45
20	00:44:21	Steven Stockwell	389	Unattached	MS
21	00:44:50	Graeme Drysdale	437	Striders Of Croydon	MV40
22	00:44:56	David Scrimshaw	434	Unattached	MS
23	00:45:26	Iain Swatton	239	Blackheath And Bromley Harriers Athletic	MV40
24	00:45:32	Nick Flower	443	Windrush Triathlon Club	MS
25	00:45:33	Mark Booth	553	Unattached	MV50
26	00:45:44	Andy Coster	563	Orpington Road Runners	MV40
27	00:45:45	Aron Bor	418	Unattached	MS
28	00:45:45	Gary Potter	524	Unattached	MV50
29	00:45:48	Scott Spearman	417	Unattached	MS
30	00:45:49	Rod Harrington	566	Croydon Harriers	MV40
31	00:45:52	Steven Daley	564	Unattached	MV50
32	00:46:01	Tony Brown	403	Unattached	MV40
33	00:46:08	Janet Hall	512	Windrush Triathlon Club	FS
34	00:46:23	Andrew Beale	474	Unattached	MV40
35	00:46:26	Ben Meaker	226	Unattached	MS
36	00:46:36	Neil Macgregor	429	Windrush Triathlon Club	MS
37	00:46:46	David Pratt	511	Unattached	MV50
38	00:46:50	James Brian	590	Beckenham Running Club	MS
39	00:46:55	Martyn Barmby	589	Windrush Triathlon Club	MS



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Place	Time	Name	Number	Club	Category
40	00:47:01	Alexis Tobin	445	Blackheath And Bromley Harriers Athletic	MV40
41	00:47:02	Terry Avey	422	Brighton Phoenix	MV60
42	00:47:02	Nigel Wood	224	Collingwood AC	MV50
43	00:47:09	Bernadette Maher	504	Wimbledon Windmilers	FS
44	00:47:19	Robert Gregory	498	Unattached	MS
45	00:47:24	Anna Thomas	551	Dulwich Runners Ac	FS
46	00:47:29	Graham Laylee	214	Dulwich Runners Ac	MV50
47	00:47:31	David Groom	495	Unattached	MV40
48	00:47:36	Dan Harris	353	Unattached	MS
49	00:47:37	Jim Page	431	Orpington Road Runners	MV50
50	00:47:37	Roland Strobl	352	Unattached	MS
51	00:47:49	John Wilkins	490	Serpentine	MV60
52	00:47:51	Chris Pond	549	Unattached	MV50
53	00:47:55	Julian Garcia	420	Windrush Triathlon Club	MV40
54	00:48:02	Bronwyn Mayo	522	Wimbledon Windmilers	FS
55	00:48:09	Barry Martin	400	Unattached	MV40
56	00:48:12	Jackie Clarke	515	Unattached	FV45
57	00:48:20	Andrew Squirrell	539	Unattached	MV40
58	00:48:21	John Fenwick	222	Blackheath And Bromley Harriers Athletic	MV60
59	00:48:28	Michelle Lennon	558	Windrush Triathlon Club	FV45
60	00:48:40	Royston Hackett	436	Unattached	MV40
61	00:48:40	David Dinneny	439	Windrush Triathlon Club	MS
62	00:48:44	David Carton	569	Blackheath And Bromley Harriers Athletic	MV50
63	00:48:49	Nick Webb	413	Unattached	MS
64	00:48:56	Andy Gibson	560	Unattached	MV40
65	00:48:57	Mike Luchmun	231	Unattached	MS
66	00:48:58	Emanuele Vignoli	407	Crystal Palace Triathlon Club	MV40
67	00:49:04	Julie Barclay	484	Woking	FV45
68	00:49:17	Jeremy Clarke	451	Unattached	MV40
69	00:49:26	Cassandra Baldi	476	Unattached	FS
70	00:49:30	Robert Lay	218	Unattached	MV40
71	00:49:32	Steve Henning	211	Unattached	MV40
72	00:49:34	Will Bryson	351	Windrush Triathlon Club	MS
73	00:49:48	Suki Greaves	516	Unattached	FV35
74	00:49:51	Laura Cattell	371	Unattached	FS
75	00:49:54	Craig Warne	230	Unattached	MS
76	00:50:02	Oliver Pitchers	410	Unattached	MS
77	00:50:17	Robert Sefton	217	Unattached	MV40
78	00:50:20	Jamie Martin	538	Unattached	MV40



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Place	Time	Name	Number	Club	Category
79	00:50:25	Joseph Cronin	388	Unattached	MS
80	00:50:28	Neil Hemming	416	Orpington Road Runners	MV40
81	00:50:30	James Raffle	233	Windrush Triathlon Club	MS
82	00:50:32	Deborah Ward	408	Unattached	FV45
83	00:50:35	Paul Connor	517	Windrush Triathlon Club	MS
84	00:50:40	Jevgenij Kazanov	521	Unattached	MV50
85	00:50:43	Paul Weinreich	358	Trilondon	MS
86	00:50:44	Rozelle Kane	540	Unattached	FS
87	00:50:48	Clive Scammell	562	Unattached	MV50
88	00:50:59	Ian Blake	225	Unattached	MS
89	00:51:04	Nigel Bulmer	543	Blackheath And Bromley Harriers Athletic	MV40
90	00:51:07	Lindsay Kehoe	412	Highgate	FV35
91	00:51:09	Becky Laurence	509	Striders Of Croydon	FS
92	00:51:18	Laura Addis	591	Windrush Triathlon Club	FS
93	00:51:22	Mollie Pearse	399	Unattached	FS
94	00:51:22	Daniel Broughton	390	Unattached	MS
95	00:51:22	Graham Saunders	246	Unattached	MV40
96	00:51:23	Martin Ramsey	448	Unattached	MS
97	00:51:36	Andrew Lay	219	Unattached	MV40
98	00:51:41	Paul Keating	492	Dulwich Runners Ac	MV40
99	00:51:43	Tony Donaldson	387	Windrush Triathlon Club	MV50
100	00:51:44	Paul Moakes	210	Coxheath RC	MS
101	00:51:49	Glyn Tully	432	Unattached	MV50
102	00:51:56	Joanne Shelton	223	Dulwich Runners Ac	FV35
103	00:51:57	Adam Daly-Gourdialsing	557	Unattached	MS
104	00:51:57	Maia Croft	577	Unattached	FV35
105	00:52:00	Peter Laurence	510	Striders Of Croydon	MS
106	00:52:06	Ben Atherton	475	Unattached	MV40
107	00:52:08	Marie Hill	546	Unattached	FS
108	00:52:10	Eoin Skerrett	532	Unattached	MS
109	00:52:10	Ronan Keohane	366	Unattached	MS
110	00:52:28	Andrew Meredith	473	Unattached	MS
111	00:52:33	Matt Grimwood	461	Unattached	MV40
112	00:52:38	Rick Dennis	483	Unattached	MV50
113	00:52:47	Mathew Broughton	391	Unattached	MS
114	00:52:50	Claire Steward	571	Dulwich Runners Ac	FV55
115	00:52:58	Gary O'Sullivan	536	Unattached	MS
116	00:53:03	William Slack	238	Blackheath And Bromley Harriers Athletic	MV50
117	00:53:11	Martin Rowling	377	Orpington Road Runners	MV50



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Place	Time	Name	Number	Club	Category
118	00:53:12	Lisa Wood	592	Wimbledon Windmilers	FV35
119	00:53:12	Daniel James	453	Unattached	MS
120	00:53:14	Luke Hudson	442	Unattached	MS
121	00:53:22	Tony Chandler	572	Unattached	MV60
122	00:53:41	Scott Twelftree	502	Unattached	MS
123	00:53:49	Helen Golds	375	Unattached	FS
124	00:53:54	Phil Shiels	379	Unattached	MV40
125	00:53:59	James Burge	526	Momentum Health & Fitness	MS
126	00:54:11	Hannah Webb	414	Unattached	FS
127	00:54:14	Josh Saffer	427	Unattached	MS
128	00:54:20	Alec Merrett	373	Unattached	MS
129	00:54:36	Nick Porter	581	Unattached	MS
130	00:54:50	Jonathan Howgill	363	Windrush Triathlon Club	MS
131	00:55:01	Allan Whaley	594	Unattached	MV40
132	00:55:04	Jonathan Everson	441	Unattached	MS
133	00:55:07	Mirjam Nymalm	542	Unattached	FS
134	00:55:09	James Golding	234	Unattached	MS
135	00:55:11	Barry Valentine	228	Unattached	MS
136	00:55:12	Anas Hassan	520	Ww	MV40
137	00:55:17	Rajiv Rad	243	Unattached	MV50
138	00:55:17	Colin Browne	482	Unattached	MS
139	00:55:38	David Wood	593	Wimbledon Windmilers	MS
140	00:55:42	Alan O'Callaghan	446	Unattached	MS
141	00:55:48	Maria Harrison	411	Unattached	FS
142	00:55:49	Kiera Curran	501	Unattached	FS
143	00:55:50	Chris Moore	595	Unattached	MS
144	00:55:52	Nick Topliss	580	Unattached	MV60
145	00:56:04	Adrian Russell	242	Woodford Green	MV50
146	00:56:06	Megan Mackay	541	Unattached	FS
147	00:56:21	Claire Francis	599	Beckenham Running Club	FV35
148	00:56:40	Jane Hughes	386	Unattached	FV45
149	00:56:49	Ravi Cautick	206	Larkfield AC	MS
150	00:56:55	Ellen Christie	215	Windrush Triathlon Club	FS
151	00:56:56	Katharine Mote	555	Windrush Triathlon Club	FS
152	00:56:57	Sharuna Warner	586	Unattached	FS
153	00:57:10	Phil Colwell	489	Unattached	MS
154	00:57:12	Kevin Abel	531	Orpington Road Runners	MS
155	00:57:15	Vincent McLaughlin	529	Unattached	MV60
156	00:57:17	Sam Wood	406	Woolwich CC	FV35



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Place	Time	Name	Number	Club	Category
157	00:57:21	Sarah Regan	556	Unattached	FV35
158	00:57:22	Ros Turgut	513	Orpington Road Runners	FV45
159	00:57:28	Bob Jones	244	Unattached	MV50
160	00:57:42	Christopher Teverson	467	Unattached	MV40
161	00:57:43	David Grindley	245	Havering 90 Joggers	MV40
162	00:57:49	Neil Treadwell	584	Unattached	MV40
163	00:57:50	Pam Hannam	465	Unattached	FV35
164	00:57:50	Rob Burnand	207	Unattached	MV50
165	00:57:56	Seamus Murphy	547	Unattached	MV40
166	00:58:05	Katarina Murie	435	Unattached	FS
167	00:58:06	Craig Colling	361	Windrush Triathlon Club	MS
168	00:58:08	David Rose	440	Unattached	MS
169	00:58:20	John O'Dowd	468	Striders Of Croydon	MS
170	00:58:21	Della Harris	229	Petts Wood Runners	FV35
171	00:58:27	Mark Darby	487	Unattached	MV40
172	00:58:29	Lisa Thirkettle	554	Unattached	FV35
173	00:58:44	Vera Simms	485	Petts Wood Runners	FV45
174	00:58:50	Alex Salvoni	236	Unattached	MS
175	00:58:59	Chloe Gibbs	401	Unattached	FS
176	00:59:05	Andrea Miller	600	Wimbledon Windmilers	FV45
177	00:59:15	Steve Wehrle	216	Dulwich Runners Ac	MV60
178	00:59:22	Mark Cahalane	376	Unattached	MV40
179	00:59:59	Alison Ward	393	Unattached	FV45
180	01:00:03	Celine Chaplin	357	Unattached	FS
181	01:00:06	Debs Lader	380	Momentum Health & Fitness	FV45
182	01:00:13	Folly Golding	425	Unattached	FV45
183	01:00:13	Philip Tosh	355	Wimbledon Windmilers	MV40
184	01:00:29	Jonathan Lett	575	Unattached	MV40
185	01:00:29	Fiona Percival	576	Unattached	FV35
186	01:00:38	Emma Budgen	204	Unattached	FV45
187	01:00:42	Lucia Minto	220	Crystal Palace Fun Runners	FS
188	01:00:48	John Sabourin	394	Wimbledon Windmilers	MV60
189	01:00:01	Catherine Attfield	507	Unattached	FS
190	01:01:07	David Lee	212	Unattached	MV50
191	01:01:21	Paul Abel	447	Orpington Road Runners	MS
192	01:01:45	Lisa Baker	424	Unattached	FV35
193	01:01:13	Zoe Bartlett	463	Unattached	FV45
194	01:02:27	Alison Colwell	548	Unattached	FV45
195	01:02:29	Marielle Pujo	444	Unattached	FV45



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Place	Time	Name	Number	Club	Category
196	01:02:30	Rosa De Simone	405	Unattached	FV35
197	01:02:32	Simon Bartlett	464	Unattached	MV40
198	01:03:09	Martin Docherty	459	Unattached	MV50
199	01:03:29	Karen Crewe	579	Wimbledon Windmilers	FV55
200	01:03:30	Andy Bullock	227	Windrush Triathlon Club	MV40
201	01:03:32	Carly Hibberd	392	Unattached	FS
202	01:03:44	Sharuna Warner	586	Unattached	FS
203	01:03:44	Laura Halpin	585	Unattached	FS
204	01:03:55	Jae Easter	550	Unattached	FS
205	01:03:57	Sue-Ellen Hunter	503	Unattached	FS
206	01:04:47	Andreia Sangalli	478	Unattached	FV35
207	01:04:49	Caitriona Mccarthy	372	Unattached	FS
208	01:04:59	Kat George	449	Unattached	FS
209	01:05:02	Tony Burton	378	Unattached	MS
210	01:05:10	Deborah Garrity	237	Unattached	FV45
211	01:05:29	Mark Dowsing	397	Unattached	MS
212	01:05:50	Karen Samuel	565	Orpington Road Runners	FV45
213	01:06:03	Nick Baker	499	Unattached	MS
214	01:06:30	Steve Cusworth	596	Unattached	MV60
215	01:06:59	George Lisle	470	Unattached	MV50
216	01:07:10	Emma Lisle	469	Unattached	FS
217	01:07:45	Oliver Rowlands	578	Unattached	MV40
218	01:08:03	Neil Witherow	574	Unattached	MV40
219	01:09:10	Katherine Venn	537	Unattached	FS
220	01:09:35	Helen Gregory	360	Unattached	FV45
221	01:09:43	Stella Jones	508	Unattached	FV35
222	01:09:46	Tom Rivett	396	Unattached	MV40
223	01:10:13	Soo Yau	205	Wimbledon Windmilers	FV45
224	01:10:28	Rob Dawkins	235	Unattached	MV40
225	01:11:00	Amanda Cooper	240	Unattached	FV45
226	01:11:07	Helen Tracy	354	Windrush Triathlon Club	FS
227	01:12:13	Sarah Bowles	527	Unattached	FS
228	01:12:35	Lee Sharpe	588	Unattached	MV40
229	01:12:35	Toni Sharpe	587	Unattached	FV35
230	01:12:55	Leanda Pearce	438	Unattached	FV45
231	01:13:57	Jessica Booth	398	Unattached	FS
232	01:15:38	Elizabeth Docherty	458	Unattached	FV45
233	01:16:14	Trisha Walker	221	Crystal Palace Fun Runners	FS
234	01:16:24	Sally Jones	395	Wimbledon Windmilers	FV45



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Place	Time	Name	Number	Club	Category
235	01:21:21	Philip Clare	404	Unattached	MV40
236	01:26:21	Samantha Wheeler	359	Unattached	FS
237	01:32:04	Wendy Barker	493	Unattached	FV35
238	01:32:29	Tracy Peto	561	Unattached	FV35
239	01:35:18	Michael Middleton	535	Wadhurst Runners	MV60





# Beckenham Running Club

## 2013 Charity Trail 10K Results (Updated)

### Individual Prizes

Male	Name	Club	Race No.	Category	Time	Place
1st	Edward Hill	Dulwich Runners Ac	497	MS	00:38:58	1
2nd	Jonathan Abel	Unattached	544	MS	00:39:26	2
3rd	Phil James	Windrush Triathlon Club	213	MS	00:39:41	3

Male Veteran 40	Name	Club	Race No.	Category	Time	Place
1st	Nick Stone	Unattached	381	MV40	00:43:52	15

Male Veteran 50	Name	Club	Race No.	Category	Time	Place
1st	Mark Booth	Unattached	553	MV50	00:45:33	25

Male Veteran 60	Name	Club	Race No.	Category	Time	Place
1st	Julian Spencer-Wood	Kent AC	241	MV60	00:42:43	10

Female	Name	Club	Race No.	Category	Time	Place
1st	Ola Balme	Dulwich Runners Ac	573	FV45	00:43:17	12
2nd	Janet Worster	Windrush Triathlon Club	208	FV45	00:44:09	19
3rd	Janet Hall	Windrush Triathlon Club	512	FS	00:46:08	33

Female Veteran 35	Name	Club	Race No.	Category	Time	Place
1st	Suki Greaves	Unattached	516	FV35	00:49:48	73

Female Veteran 45	Name	Club	Race No.	Category	Time	Place
1st	Jackie Clarke	Unattached	515	FV45	00:48:12	56

Female Veteran 55	Name	Club	Race No.	Category	Time	Place
1st	Claire Steward	Dulwich Runners Ac	571	FV55	00:52:50	114

### Team Prizes

Mens Team	Team members	Club	Race No.	Category	Time	Place
	Phil James	Windrush Triathlon Club	213	MS	00:39:41	3
	Nick Flower	Windrush Triathlon Club	443	MS	00:45:32	24
	Neil Macgregor	Windrush Triathlon Club	429	MS	00:46:36	36

Female Team	Team members	Club	Race No.	Category	Time	Place
	Janet Worster	Windrush Triathlon Club	208	FV45	00:44:09	19
	Janet Hall	Windrush Triathlon Club	512	FS	00:46:08	33
	Michelle Lennon	Windrush Triathlon Club	558	FV45	00:48:28	59