



Beckenham Running Club

2019 Charity Trail 10K Results

Individual Prizes

Male	Name	Club	Race No.	Category	Time	Place
1st	Alex Green	Windrush Triathlon Club	69	MS	00:36:21	1
2nd	Tom Heslop	Kent AC	209	MS	00:36:51	2
3rd	Alex Hill	Windrush Triathlon Club	83	MS	00:38:12	3

Male Veteran 40	Name	Club	Race No.	Category	Time	Place
1st	Simon Thornhill	Unattached	170	MV40	00:38:23	4

Male Veteran 50	Name	Club	Race No.	Category	Time	Place
1st	Krzysztof Klidzia	Striders Of Croydon	97	MV50	00:38:50	5

Male Veteran 60	Name	Club	Race No.	Category	Time	Place
1st	Gary Sullivan	Kent AC	164	MV60	00:46:40	48

Female	Name	Club	Race No.	Category	Time	Place
1st	Susan McDonald	South London Harriers	109	FV45	00:42:15	19
2nd	Elinor Skinner	Crystal Palace Fun Runners	157	FV35	00:43:45	32
3rd	Michelle Lennon	Dulwich Runners	183	FV45	00:45:45	40

Female Veteran 35	Name	Club	Race No.	Category	Time	Place
1st	Wendy Mathie	Unattached	108	FV35	00:46:01	43

Female Veteran 45	Name	Club	Race No.	Category	Time	Place
1st	Liz Pepper	Crystal Palace Fun Runners	132	FV45	00:48:36	61

Female Veteran 55	Name	Club	Race No.	Category	Time	Place
1st	Jo Quantrill	South London Harriers	139	FV55	00:49:29	70

Team Prizes

Mens Team	Team members	Club	Race No.	Category	Time	Place
	Alex Green	Windrush Triathlon Club	69	MS	00:36:21	1
	Alex Hill	Windrush Triathlon Club	83	MS	00:38:12	3
	David Synott	Windrush Triathlon Club	165	MV40	00:41:11	12

Female Team	Team members	Club	Race No.	Category	Time	Place
	Susan McDonald	South London Harriers	109	FV45	00:42:15	19
	Victoria Radcliffe	South London Harriers	181	FV35	00:49:12	69
	Jo Quantrill	South London Harriers	139	FV55	00:49:29	70



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Place	Time	Name	Number	Club	Category
1	00:36:21	Alex Green	69	Windrush Triathlon Club	MS
2	00:36:51	Tom Heslop	209	Kent AC	MS
3	00:38:12	Alex Hill	83	Windrush Triathlon Club	MS
4	00:38:23	Simon Thornhill	170	Unattached	MV40
5	00:38:50	Krzysztof Klidzia	97	Striders Of Croydon	MV50
6	00:38:54	Ian Peachey	131	Unattached	MS
7	00:40:09	James Willingham	189	Orpington Road Runners	MV40
8	00:40:13	Ben Henshall	82	London City Athletics Club	MS
9	00:40:26	Matt Durrant	213	Greenwich Tritons	MS
10	00:40:28	Mark Brown	21	Crystal Palace Triathletes	MV50
11	00:40:30	Christopher Tuck	173	Blackheath & Bromley Harriers AC	MS
12	00:41:11	David Synott	165	Windrush Triathlon Club	MV40
13	00:41:29	Dan French	65	Unattached	MS
14	00:41:43	Conrad Young	180	Royal Navy Athletics Club	MS
15	00:41:59	Matt Doyle	50	Unattached	MS
16	00:42:00	Matt Webster	176	Grange Farm & Dunmow Runners	MS
17	00:42:02	Des Connolly	34	Unattached	MV50
18	00:42:14	Edward Simmons	153	Dulwich Runners	MS
19	00:42:15	Susan McDonald	109	South London Harriers	FV45
20	00:42:27	John McGuinness	203	Unattached	MS
21	00:42:30	Olly Osmond	125	Unattached	MV40
22	00:42:39	Andrew Kew	96	Unattached	MS
23	00:42:44	Richard Harrison	80	Unattached	MS
24	00:42:52	Richard Westlake	198	Unattached	MV50
25	00:43:05	Alexander Royan	149	Unattached	MS
26	00:43:15	Dan Gilby	66	Swanley & District AC	MS
27	00:43:17	Selwyn Smith	160	Blackheath & Bromley Harriers AC	MV40
28	00:43:25	Stephen Glackin	205	Ravens - City of London RC	MV50
29	00:43:27	Chris Finnegan	190	Unattached	MS
30	00:43:28	Ben Payton	130	Unattached	MS
31	00:43:32	Peter Talbot	166	Unattached	MS
32	00:43:45	Elinor Skinner	157	Crystal Palace Fun Runners	FV35
33	00:43:57	Adrien Fischer	60	Unattached	MS
34	00:44:07	Pete Cornish	35	Unattached	MV50
35	00:44:33	Stephen Jones	92	Crystal Palace Fun Runners	MV40
36	00:44:35	Shane Lawlor	99	Unattached	MS
37	00:44:44	Jake Pollard	137	Unattached	MV40
38	00:44:46	Mark Thomas	168	Unattached	MV50
39	00:44:50	Daniel Broughton	15	Unattached	MV40
40	00:45:45	Michelle Lennon	183	Dulwich Runners	FV45
41	00:45:51	Laurence Grafton	68	Unattached	MS



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Place	Time	Name	Number	Club	Category
42	00:46:00	Darren Cartwright	27	Crystal Palace Triathletes	MS
43	00:46:01	Wendy Mathie	108	Unattached	FV35
44	00:46:02	Jack Shakespeare	152	Unattached	MS
45	00:46:09	Nicholas Trower	172	Bromley Veterans AC	FS
46	00:46:16	Alex Pallin	126	Unattached	MS
47	00:46:18	Daniel Brown	17	Unattached	MV40
48	00:46:40	Gary Sullivan	164	Kent AC	MV60
49	00:46:47	Phil Feldman	59	Unattached	MV40
50	00:46:55	Ian Reed	142	Unattached	MV40
51	00:46:58	Colin Judge	93	Unattached	MS
52	00:47:03	Andrew Lambert	212	Bromley Veterans AC	MV50
53	00:47:20	Emma Dodds	195	Crystal Palace Triathletes	FS
54	00:47:21	Oliver Nottidge	122	Unattached	MS
55	00:47:27	Eleanor Simmons	154	Dulwich Runners	FV35
56	00:47:29	Helio Correia	36	Unattached	MV50
57	00:47:32	Claire Stagg	162	Windrush Triathlon Club	FV35
58	00:48:00	Oliver Hodder	204	Unattached	MS
59	00:48:22	Rod Harrington	76	Blackheath & Bromley Harriers AC	MV50
60	00:48:25	Andy Roles	145	Unattached	MV50
61	00:48:36	Liz Pepper	132	Crystal Palace Fun Runners	FV45
62	00:48:40	Olivia Sloan	159	Windrush Triathlon Club	FS
63	00:48:44	Chris Benstead	10	Unattached	MS
64	00:48:49	Paul Dryden	51	Petts Wood Runners	MV50
65	00:48:50	Jason Jones	191	Unattached	MV40
66	00:48:58	Graham Laylee	102	Dulwich Runners	MV60
67	00:48:59	Anne Wakefield	196	Unattached	FV35
68	00:49:03	David Mullany	118	Dulwich Park Runners	MV60
69	00:49:12	Victoria Radcliffe	181	South London Harriers	FV35
70	00:49:29	Jo Quantrill	139	South London Harriers	FV55
71	00:49:49	Fabio Faraggi	57	Unattached	MV40
72	00:50:18	Richard Earwaker	53	Unattached	MV40
73	00:50:21	Michael Allen	210	Sevenoaks AC	MV40
74	00:50:26	James Perry	133	Unattached	MS
75	00:50:28	Matthew Harrison	79	Unattached	MS
76	00:50:31	Nicholas Averre	4	Lingfield RC	MV40
77	00:50:41	Kati Pusey	138	Crystal Palace Tri	FV45
78	00:50:55	Will Tate	201	Unattached	MS
79	00:51:04	Jane Ford	62	Unattached	FV35
80	00:51:27	Monica Fisk	197	Crystal Palace Fun Runners	FS
81	00:51:34	Sinead Devine French	48	Unattached	FS
82	00:51:35	Tim Clayton	32	Unattached	MV50



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Place	Time	Name	Number	Club	Category
83	00:51:39	Mathew Broughton	16	Unattached	MV40
84	00:51:47	James Morris	117	Unattached	MV40
85	00:52:05	Harriet Glen	67	Unattached	FS
86	00:52:08	Chris Thompson	169	Unattached	MS
87	00:52:13	Alan Brown	20	Orpington Road Runners	MV40
88	00:52:18	Robin Evans	55	Tri Surrey Triathlon Club	MS
89	00:52:20	Graeme Marshall	107	Unattached	MV40
90	00:52:34	Duncan Simpson	155	Unattached	MS
91	00:52:37	Chris Brough	14	Unattached	MV60
92	00:52:42	Stuart Rapson	141	Unattached	MS
93	00:52:49	Terry Myatt	119	Unattached	MS
94	00:52:53	Jane Haile	74	Crystal Palace Fun Runners	FV45
95	00:53:01	Mhairi Nicol	121	Unattached	FV35
96	00:53:20	Lucy Ross	146	Dulwich Park Runners	FV45
97	00:53:24	Gareth Evans	207	Unattached	MS
98	00:53:24	David Mcdermott	206	Unattached	MS
99	00:53:37	Emily Nellist	120	Unattached	FV35
100	00:53:37	Anna Jackson	89	Crystal Palace Triathletes	FV35
101	00:53:44	Adrian Thear	167	York Knavesmire Harriers	MV50
102	00:53:56	Ben Woods	178	Unattached	MV40
103	00:54:09	Daniel Monham	115	Unattached	MS
104	00:54:17	Barbara Bryson	22	Unattached	FS
105	00:54:18	Tom Beirne	9	Unattached	MV40
106	00:54:28	Chris Mooney	116	Unattached	MV40
107	00:54:29	Daniel Barron	7	Striders Of Croydon	MS
108	00:54:30	Paul Croasdale	38	Dulwich Park Runners	MS
109	00:54:47	Martin Faulkner	58	Unattached	MV40
110	00:54:52	David Phillips	134	Unattached	MV50
111	00:54:54	Jonathan Tate	200	Unattached	MV50
112	00:55:03	Natasha Raggett	140	Crystal Palace Tri	FS
113	00:55:16	Catherine French	64	Unattached	FV35
114	00:55:20	Chris Balmer	6	Unattached	MV60
115	00:55:25	Barry Valentine	202	Clapham Chasers	MS
116	00:55:31	Claire Wilshaw	177	Unattached	FV45
117	00:55:49	Emma Rees	143	Unattached	FV45
118	00:55:57	David Crockwell	39	Crystal Palace Tri	MV60
119	00:55:59	Viv Mitchell	114	South London Harriers	FV55
120	00:56:12	Linda Daniel	42	Striders Of Croydon	FV55
121	00:56:16	William Slack	158	Unattached	MV60
122	00:56:33	Lucy French	192	Unattached	FV35
123	00:56:33	Glen Woodhead	184	Dulwich Park Runners	MV50



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Place	Time	Name	Number	Club	Category
124	00:56:42	Jane Boothroyd	12	Unattached	FV55
125	00:56:45	Freya Hodgetts	84	Unattached	FS
126	00:57:05	Jill Easty	61	Unattached	FV55
127	00:57:15	Benson O'Hara	124	Unattached	MV40
128	00:57:24	Helen Dannemann	43	Unattached	FV35
129	00:57:27	Ian Denning	47	Unattached	MV50
130	00:57:33	Donna Mclennan	110	Unattached	FV35
131	00:57:34	Chris Mclennan	111	Unattached	MV40
132	00:57:46	Nathan Ashworth	3	Unattached	MV40
133	00:57:48	Eugenio De Miguel	45	Unattached	MV40
134	00:58:07	Brigit Brown	18	Crystal Palace Triathletes	FV45
135	00:58:12	Tracy Sayers	151	Unattached	FV35
136	00:58:20	Lesley Mill	112	Unattached	FV45
137	00:58:24	Zoe Rocholl	144	Unattached	FV35
138	00:58:24	Luis Conceicao	33	Windrush Triathlon Club	MV40
139	00:58:43	Clare Dunne	52	Dulwich Park Runners	FV45
140	00:58:44	Chris Ince	88	Dulwich Park Runners	MV40
141	00:58:51	Julie Letts	104	Crystal Palace Fun Runners	FV45
142	00:59:10	Lauren Tones	171	Unattached	FV35
143	00:59:33	Vivienne Foster	63	Crystal Palace Fun Runners	FV45
144	00:59:52	Duncan Lightfoot	186	Oaks Blokes	MV60
145	00:59:54	Suzi Daley	41	Crystal Palace Fun Runners	FV55
146	00:59:57	David Harris	208	Dulwich Park Runners	MV60
147	01:00:01	Sue Learoyd	103	Unattached	FV45
148	01:00:19	Emily Catlow	28	Unattached	FV35
149	01:00:27	Leszek Malynicz	105	Unattached	MV50
150	01:00:39	Ian Gummery	72	Unattached	MV60
151	01:00:45	John Carter	187	Wimbledon Windmilers	MV60
152	01:00:46	Leonard Apps	182	Unattached	MV50
153	01:00:48	Jenny Campbell	199	Unattached	FV35
154	01:00:54	Pippa Moss	188	Unattached	FV45
155	01:01:07	Sara Dowling	49	Unattached	FV45
156	01:01:21	Kevin Jones	91	Unattached	MV50
157	01:01:51	Peter Jackson	90	Dulwich Runners	MV60
158	01:01:52	James Rowles	147	Blackheath & Bromley Harriers AC	MV40
159	01:02:15	Spenser Lane	98	Dulwich Park Runners	MV50
160	01:02:25	Stephen Hallam	75	Unattached	MV60
161	01:02:31	Jane Hughes	85	Unattached	FV55
162	01:03:22	David Gridley	211	Havering Joggers	MV50
163	01:03:59	Sara Carey	26	Unattached	FV45
164	01:04:02	Mumtaz Arif	2	Unattached	MS



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Place	Time	Name	Number	Club	Category
165	01:04:06	Una Palmer	127	Unattached	FV55
166	01:04:12	Karen Samuel	150	VAC	FV55
167	01:04:21	Paul Phillips	135	Unattached	MS
168	01:04:23	Stephanie Delaporte	46	Unattached	FV35
169	01:04:35	Kelly Simpson	156	Unattached	FV35
170	01:05:17	Neil Witherton	193	Unattached	MV50
171	01:05:26	Mark Cahalane	24	Unattached	MV40
172	01:06:06	Clare Griffiths	71	Goodgym Race Team	FV35
173	01:06:35	Carol Hayes	81	Unattached	FV55
174	01:07:23	Clare Marks	106	Unattached	FV35
175	01:07:26	Nicki Curling	40	Unattached	FV55
176	01:08:51	Katie Harris	77	Unattached	FV35
177	01:08:55	David Harris	78	Unattached	MV40
178	01:11:52	Pauline Kettle	95	Unattached	FV55
179	01:12:23	Tracey Hunt	86	Unattached	FV55
180	01:13:43	Amanda Cooper	214	Unattached	FV55
181	01:13:43	Maria Cahalane	25	Unattached	FV45
182	01:16:46	Stephen Tyler	174	Striders Of Croydon	MV60
183	01:19:42	Sue Witherton	194	Unattached	FV45
184	01:19:55	Carol Sullivan	163	Kent AC	FV55