



Civil Service 10K
10K Championship Race

Tuesday 12 May 2009. 2:00 pm

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
1	0:32:54	PARRY, P	MoD	Vet Men (45-49)	87.85%	130	1
2	0:33:19	PENNINGTON, G	HMRC	Vet Men (35-39)	80.95%	136	2
3	0:33:58	HALLAS, S	HMRC	Vet Men (35-39)	79.41%	66	3
4	0:34:31	SNOW, S	SPARTA	Vet Men (40-44)	80.74%	157	4
5	0:34:35	WILLIAMS, D	Minerva	Vet Men (35-39)	78.00%	185	5
6	0:34:54	ABDI, A	HO	Vet Men (40-44)	79.85%	1	6
7	0:34:58	MARKLEW, S	HMRC	Vet Men (45-49)	82.64%	103	7
8	0:35:02	McCOURT, G	MoD	Vet Men (35-39)	76.98%	107	8
9	0:35:04	CLAPP, M	HMRC	Vet Men (35-39)	76.92%	33	9
10	0:35:14	MITCHELL, J	MoD	Vet Men (35-39)	76.54%	113	10
11	0:35:19	NORRIS, S	MoD	Vet Men (40-44)	78.91%	122	11
12	0:35:40	LONGTHORPE, A	MoD	Senior Men (to age 34)	75.61%	97	12
13	0:35:46	GOODAIR, A	HASSRA	Vet Men (35-39)	75.40%	59	13
14	0:36:11	RANDALL, D	CACSSA	Vet Men (45-49)	79.88%	141	14
15	0:36:13	ASHELFORD, T	DEFRA	Vet Men (45-49)	79.80%	9	15
16	0:36:20	FOODY, P	PS	Vet Men (40-44)	76.70%	202	16
17	0:36:20	MELLOR, T	MoD	Senior Men (to age 34)	74.22%	110	17
18	0:36:22	DAVOILE, P	PS	Vet Men (50-54)	82.59%	210	18
19	0:36:37	MANN, J	Minerva	Vet Men (40-44)	76.11%	101	19
20	0:36:40	COLLINGWOOD, P	HASSRA	Vet Men (35-39)	73.56%	38	20
21	0:36:41	DONKIN, K	MoD	Vet Men (50-54)	81.88%	49	21
22	0:36:54	ANDERSON, J	HMRC	Senior Men (to age 34)	73.09%	5	22
23	0:37:21	CARNELL, J	Minerva	Vet Men (50-54)	80.41%	29	23
24	0:37:22	NORTON, A	HMRC	Senior Men (to age 34)	72.18%	123	24
25	0:37:27	PARRACK, C	HASSRA	Vet Men (45-49)	77.17%	129	25
26	0:37:27	WHITTINGTON, M	DVLA	Vet Men (45-49)	77.16%	184	26
27	0:37:47	STILEMAN, M	OS	Vet Men (40-44)	73.75%	164	27
28	0:37:55	ASSER, J	Minerva	Vet Men (40-44)	73.49%	11	28
29	0:38:01	TOMLINSON, R	MHRA	Senior Men (to age 34)	70.95%	170	29
30	0:38:02	PARKER, E	HASSRA	Vet Men (35-39)	70.92%	128	30
31	0:38:07	KEEN, P	HASSRA	Vet Men (55-59)	82.12%	90	31
32	0:38:11	HALL, R	Minerva	Senior Men (to age 34)	70.64%	65	32
33	0:38:15	ROLFE, C	PS	NDB		206	33
34	0:38:23	IRVING, G	LR	Vet Men (45-49)	75.30%	84	34
35	0:38:28	SHANKS, S	HMRC	Senior Men (to age 34)	70.12%	151	35
36	0:38:33	MOORE, M	HMRC	Vet Men (45-49)	74.97%	115	36
37	0:38:34	BURTON, R	HMRC	Vet Men (50-54)	77.88%	26	37
38	0:38:38	MATTHEWS, T	HMRC	Vet Men (35-39)	69.82%	104	38
39	0:38:42	WOOTON, P	SPARTA	Vet Men (40-44)	72.01%	191	39
40	0:38:47	STENNETT, S	HASSRA	Vet Men (45-49)	74.51%	161	40
41	0:38:50	JOHNSON, P	HASSRA	Vet Men (55-59)	80.62%	87	41
42	0:38:53	BATES, M	HASSRA	Vet Men (50-54)	77.25%	13	42
43	0:38:56	HAYWARD	PS	NDB		205	43
44	0:39:07	WITHAM, N	HASSRA	Vet Men (50-54)	76.79%	189	44
45	0:39:14	JAMIESON, K	Minerva	Vet Men (35-39)	68.75%	85	45
46	0:39:14	NELSON, M	HASSRA	Vet Men (45-49)	73.66%	118	46
47	0:39:35	TURNER, M	OS	Senior Men (to age 34)	68.13%	175	47
48	0:39:43	DAVIES, M	HMRC	Vet Men (55-59)	78.81%	47	48
49	0:39:49	CRANGLE, R	SPARTA	Vet Men (45-49)	72.58%	43	49
50	0:39:54	ALLEN, A	HASSRA	Vet Ladies (40-44)	78.22%	3	50

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51	0:39:55	VOGWELL, D	HASSRA	Senior Men (to age 34)	67.56%	176	51
52	0:40:15	ANTCLIFFE, E	DEFRA	Senior Ladies (up to 34)	74.32%	8	52
53	0:40:21	BROWN, A	PS	NDB		201	53
54	0:40:23	GILLESPIE, P	HMRC	Vet Men (45-49)	71.57%	57	54
55	0:40:52	CARTER, D	DEFRA	Vet Men (35-39)	66.00%	31	55
56	0:40:57	O'SHEA, J	Minerva	Vet Men (45-49)	70.58%	125	56
57	0:40:57	BEECHER, K	MoD	Senior Ladies (up to 34)	73.05%	14	57
58	0:41:18	KILLILEA, T	OS	Vet Men (45-49)	69.97%	93	58
59	0:41:20	BOOTH, M	LR	Vet Men (45-49)	69.92%	19	59
60	0:41:23	WHITFIELD, B	DEFRA	Senior Ladies (up to 34)	72.28%	183	60
61	0:41:28	LUND, R	DEFRA	Senior Ladies (up to 34)	72.14%	99	61
62	0:41:29	BELL, J	HASSRA	Vet Men (60+)	78.95%	15	62
63	0:41:37	SLACK, D	HASSRA	Vet Men (40-44)	66.96%	153	63
64	0:41:38	HICKMOTT, S	HASSRA	Vet Men (40-44)	66.94%	72	64
65	0:41:41	COOK, D	Minerva	Senior Men (to age 34)	64.70%	39	65
66	0:41:47	ANGLIM, M	OS	Vet Men (60+)	78.38%	6	66
67	0:41:53	HORNE, C	HASSRA	Vet Ladies (50-54)	81.24%	78	67
68	0:41:55	BROSSIER, P	OS	Senior Men (to age 34)	64.35%	23	68
69	0:42:08	WILLIAMS, R	DEFRA	Vet Men (60+)	81.72%	187	69
70	0:42:09	TAKANO, H	SPARTA	Vet Men (40-44)	66.11%	166	70
71	0:42:13	GIBSON, D	SPARTA	Senior Men (to age 34)	63.89%	56	71
72	0:42:18	WAND, R	SPARTA	Vet Men (45-49)	68.31%	180	72
73	0:42:28	JOWETT, P	CACSSA	Vet Men (40-44)	65.61%	88	73
74	0:42:32	BOWERS, S	Minerva	Vet Ladies (40-44)	73.37%	20	74
75	0:42:34	COWAN, J	HASSRA	Vet Ladies (45-49)	76.46%	41	75
76	0:42:35	HORTON, J	OS	Vet Men (50-54)	70.54%	79	76
77	0:42:40	McGONIGLE, D	DEFRA	Senior Men (to age 34)	63.22%	108	77
78	0:42:42	PURCHASE, D	PS	Vet Men (35-39)	63.16%	204	78
79	0:42:47	CORCORAN, K	LR	Vet Men (45-49)	67.54%	40	79
80	0:42:50	WARRACK, B	MoD	Vet Men (35-39)	62.96%	182	80
81	0:42:55	MULLENGER, C	FCO	Senior Ladies (up to 34)	69.71%	117	81
82	0:42:57	SQUIRES, A	OS	Senior Ladies (up to 34)	69.65%	159	82
83	0:42:58	DUNNE, M	Minerva	Vet Men (35-39)	62.77%	52	83
84	0:43:16	COX, A	MoD	Vet Men (45-49)	66.80%	42	84
85	0:43:27	BARRY, L	CACSSA	Senior Ladies (up to 34)	68.85%	12	85
86	0:43:40	SMITH, A	HASSRA	Vet Ladies (40-44)	71.47%	154	86
87	0:43:50	BROWN, A	LR	Vet Men (40-44)	63.58%	24	87
88	0:44:03	HEMBROW, R	MoD	Senior Men (to age 34)	61.23%	69	88
89	0:44:10	JEROME, H	FCO	Senior Men (to age 34)	61.07%	86	89
90	0:44:14	DUNN, I	SPARTA	Vet Men (60+)	74.03%	51	90
91	0:44:24	PUGH, S	OS	Senior Men (to age 34)	60.75%	140	91
92	0:44:24	DEMPSEY, M	HMRC	Vet Ladies (40-44)	70.29%	48	92
93	0:44:31	HENDY, R	CACSSA	Senior Men (to age 34)	60.59%	70	93
94	0:44:32	RUSLING, B	HO	Vet Ladies (45-49)	73.08%	148	94
95	0:44:41	CARISS, S	HMRC	Vet Ladies (55-59)	79.88%	28	95
96	0:44:48	BYROM, G	OS	Vet Men (35-39)	60.20%	27	96
97	0:45:10	ELSE, K	HMRC	Vet Ladies (45-49)	72.05%	53	97
98	0:45:16	BROLLY, C	HMRC	Vet Men (45-49)	63.84%	22	98

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99	0:45:33	GORDON, C	DEFRA	Vet Men (45-49)	63.45%	61	99
100	0:45:36	BLAKEY, K	HASSRA	Vet Ladies (45-49)	71.36%	17	100
101	0:45:47	WALKER, A	CPS	Vet Men (50-54)	65.60%	179	101
102	0:45:53	MITSON, R	LR	Vet Men (40-44)	60.73%	114	102
103	0:46:01	LYONS, R	MoD	Vet Men (45-49)	62.81%	100	103
104	0:46:11	RATCLIFFE, P	HMRC	Vet Men (55-59)	67.79%	142	104
105	0:46:20	REID, J	SPARTA	Vet Ladies (40-44)	67.36%	197	105
106	0:46:33	WILLIAMS, N	HASSRA	Vet Men (50-54)	64.53%	186	106
107	0:46:40	KEMP, J	MoD	Vet Men (60+)	70.17%	91	107
108	0:46:48	DUNFORD, K	HASSRA	Vet Ladies (40-44)	66.69%	50	108
109	0:46:52	HEDGES, G	OS	Senior Men (to age 34)	57.55%	68	109
110	0:47:26	WINGROVE, E	HMRC	Vet Men (60+)	69.04%	188	110
111	0:47:35	SMITH, B	HMRC	Senior Ladies (up to 34)	62.87%	155	111
112	0:48:02	WOOD, D	CACSSA	Senior Men (to age 34)	56.15%	190	112
113	0:48:08	HODGE, J	HMRC	Vet Ladies (50-54)	70.69%	75	113
114	0:48:23	TOWNSEND-HOPE, R	HASSRA	Vet Ladies (55-59)	73.78%	172	114
115	0:48:39	TUCK, C	DEFRA	Vet Ladies (40-44)	64.15%	212	115
116	0:48:54	PARK, L	LR	Vet Ladies (45-49)	66.56%	127	116
117	0:49:09	ANGLIM, T	OS	Senior Ladies (up to 34)	60.86%	7	117
118	0:49:18	NOTLEY, R	Minerva	Senior Men (to age 34)	54.71%	124	118
119	0:49:19	LAWRENSEN, G	HMRC	Vet Men (60+)	66.40%	94	119
120	0:49:27	SMITH, G	Minerva	Senior Men (to age 34)	54.55%	156	120
121	0:49:38	CARTWRIGHT, S	CACSSA	Senior Men (to age 34)	54.34%	32	121
122	0:49:41	PEAKE, C	CACSSA	Senior Men (to age 34)	54.29%	132	122
123	0:49:43	WADDINGTON, P	HMRC	Vet Men (55-59)	62.96%	177	123
124	0:49:56	SCOTT, S	SPARTA	Vet Men (50-54)	60.15%	150	124
125	0:50:09	JOYCE, A	OS	Vet Men (50-54)	59.89%	89	125
126	0:50:19	HORWILL, R	HMRC	Vet Men (55-59)	62.22%	80	126
127	0:50:30	DANIEL, L	HO	Vet Ladies (45-49)	64.45%	46	127
128	0:50:34	FOWLER, B	OS	Vet Men (60+)	64.78%	54	128
129	0:50:36	PETERS, D	CACSSA	Vet Men (35-39)	53.31%	137	129
130	0:50:41	SHEEKEY, S	Minerva	Vet Men (45-49)	57.02%	152	130
131	0:50:43	GRISTWOOD, J	SPARTA	Vet Ladies (50-54)	67.09%	64	131
132	0:51:16	THRELFELL, V	Minerva	Senior Ladies (up to 34)	58.36%	169	132
133	0:51:29	TUCKER, C	PS	Vet Ladies (35-39)	58.26%	174	133
134	0:51:29	NIBLOCK, A	Minerva	Vet Men (35-39)	52.38%	120	134
135	0:52:12	HOLLAND, S	Minerva	Vet Ladies (45-49)	62.35%	76	135
136	0:52:44	O'CALLAGHAN, M	HMRC	Vet Men (55-59)	59.37%	126	136
137	0:53:08	HOWARTH, D	MoD	Senior Men (to age 34)	50.76%	81	137
138	0:53:33	GOPAUL, A	Minerva	Vet Men (40-44)	52.04%	60	138
139	0:54:00	BHAVESH, W	PS	NDB		203	139
140	0:54:21	HOWELLS, T	DEFRA	Vet Men (35-39)	49.62%	82	140
141	0:54:48	YEARLY, L	PS	Vet Ladies (50-54)	62.09%	208	141
142	0:55:12	PAUL, M	OFT	Senior Ladies (up to 34)	54.20%	131	142
143	0:55:42	ALEXANDER, V	OS	Vet Ladies (45-49)	58.43%	167	143
144	0:55:57	DIXON, E	LR	Vet Ladies (45-49)	58.17%	209	144
145	0:56:01	KIKUGAWA, A	HO	Vet Ladies (45-49)	58.10%	92	145
146	0:57:37	BROWNE, T	CMEC	Vet Men (50-54)	52.13%	25	146
147	0:58:20	HOLMES, A	Minerva	Vet Ladies (60+)	64.48%	77	147
148	0:59:26	MAYO, P	Minerva	Senior Men (to age 34)	45.38%	105	148
149	0:59:27	MILLS, G	Minerva	Senior Ladies (up to 34)	50.32%	112	149

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150	1:03:10	ROACH, C	HMRC	Vet Ladies (40-44)	49.41%	146	150
151	1:05:57	RICHARDSON, L	HASSRA	Vet Ladies (40-44)	47.33%	145	151
152	1:08:22	FOORD, N	LR	Vet Ladies (60+)	55.01%	199	152
153	1:23:07	SPENCER, P	Minerva	Vet Men (45-49)	34.77%	158	153

There were 153 finishers in the All Competitors category.