

SEAX Trophy Saturday 12.12.09								
Fryent Country Park Kingsbury								
Women								
Pos	Name		Association	Cat	Time	Points		
1	Ella	Waldman	Middx	U20	24:20		12	
2	Beecher	Katie	CS	SW	24:32			11
3	Georgia	Bell	Middx	U17	24:48		10	
4	Sarah	Bailey	Middx	W35	25:01		9	
5	Becky	Griffith	RAF	SW	25:05	8		
6	Alice	Keane	Middx	U20	25:26		7	
7	Tess	Newton	Ldn H'side/Middx	SW	25:42			
8	Jennifer	Carson	CS	SW	25:54			6
9	Sarah	Richardson	ESM/Middx	W35	26:06			
10	Rachel	Lund	CS	SW	26:07			5
11	Diana	Kennedy	CS	SW	26:42			4
12	Helen	Davies	RAF	SW	26:49	3		
13	Jackie	Wastell	Ldn H'side/Middx	W45	26:54			
14	Hannah	Pike	RAF	SW	27:18	2		
15	Natasha	Cendrowicz	Highgate/Middx	W35	27:44			
16	Emily	Antcliffe	DEFRA/CS	SW	27:46			
17	Mandy	Meechan	RAF	SW	28:12	1		
18	Naomi	Handley	RAF	SW	29:56			
19	Katie	Doak	RAF	SW	30:26			
1	Middx		38					
2	CS		26					
3	RAF		14					

Men							
Pos	Name		Association	Cat	Time	Points	
1	Ben	Livesey	RAF	SM	24:18	18	
2	Ben	Pochee	Middx	SM	25:22		17
3	Richard	Phillips	Middx	SM	25:25		16
4	Henry	Dodwell	Middx	SM	25:26		15
5	Ryan	McKinlay	Middx	SM	24:43		14
6	Sam	Mitchell	RAF	SM	25:46	13	
7	James	Sumpster	Middx	SM	25:52		12
8	Dale	Bickham	Middx	SM	26:09		11
9	Steve	Herring	CS	M45	26:23		10
10	Alan	Turnbull	RAF	M40	26:36	9	
11	Malcolm	Eadie	CS	Vet	26:52		8
12	Mark	Cursons	Harrow/Middx	M45	27:12		
13	Dave	Cole	RAF	M45	27:19	7	
14	Alan	Wray	CS	SM	27:22		6
15	Mike	Cummings	CS	SM	28:07		5
16	Rob	Brown	ESM/Middx	M40	28:39		
17	Chris	Reeson	RAF	M40	28:52	4	
18	Carl	Thompson	RAF	M45	29:03	3	
19	Stephen	Norris	CS	M40	29:18		2
20	John	O'Shea	CS	M45	29:55		1
21	Richie	Parkins	RAF	SM	30:21		
22	Mark	Pattinson	RAF	M50	30:35		
23	Ally	Campbell	RAF	SM	31:06		
24	John	Hall	CS	M60	33:56		
25	Andres	Gopaul	CS	M40	40:56		
1	Middlesex	85					
2	CS	54					
3	RAF	32					