



LIONS CLUB OF WINSLOW

10K ROAD RACE

(Licenced by the UKA)

Sunday 23rd February 2020 10:30am



aylesbury.upandrunning.co.uk

Sponsored by Up & Running



Position	No.	Name	Club/Team	Category	Time	Age Category - Position	
1	176	Thomas	Cuthbertson	Marshall Milton Keynes AC	SM	33 : 50	SM-1
2	173	Nathan	Jones	Vale Of Aylesbury AC	SM	33 : 53	SM-2
3	103	Thomas	Dell	Marshall Milton Keynes AC	SM	34 : 36	SM-3
4	174	Carl	Tucker	Buckingham & Stowe RC	SM	37 : 02	SM-4
5	247	Tom	Ellerton	Leighton Fun Runners	SM	37 : 08	SM-5
6	11	Tate	Mayoh	Unattached	SM	37 : 52	SM-6
7	251	Matthew	Clarke	Marshall Milton Keynes AC	MV40	37 : 54	MV40-1
8	46	Ben	Tweed	Buckingham & Stowe RC	SM	38 : 15	SM-7
9	142	Tomasz	Samoluk	Unattached	SM	38 : 22	SM-8
10	217	Dermot	Martin	Bearbrook Running Club	MV40	38 : 40	MV40-2
11	126	Andrew	Johnson	Buckingham & Stowe RC	SM	38 : 41	SM-9
12	274	Roger	Seed	Vale of Aylesbury AC	MV40	38 : 47	MV40-3
13	233	Graham	Hill	Unattached	SM	38 : 53	SM-10
14	88	John	Skelton	Marshall Milton Keynes AC	MV60	38 : 55	MV60-1
15	266	Robby	Taylor	Buckingham and Stowe RC	SM	39 : 02	SM-11
16	223	Michael	Mulroy	Unattached	MV40	39 : 32	MV40-4
17	276	Dan	Smith	Buckingham and Stowe RC	SM	39 : 59	SM-12
18	19	Lewis	McBride	Unattached	SM	40 : 12	SM-13
19	214	Tim	Jones	Vale Of Aylesbury AC	MV60	40 : 50	MV60-2
20	134	Helen	Mulhall	Bearbrook Running Club	FV45	40 : 53	FV45-1
21	101	Matthew	Reeves	Unattached	SM	41 : 12	SM-14
22	97	Christopher	Noble	Brackley and District RC	MV50	41 : 30	MV50-1
23	67	Matthew	Gilbert	Leighton Fun Runners	MV40	41 : 33	MV40-5
24	93	Paul	Vincent	Unattached	MV40	41 : 42	MV40-6
25	221	Adam	Haylock	Leighton Buzzard Athletic Club	MV40	41 : 50	MV40-7
26	86	Carl	Dalkin	Unattached	MV40	41 : 54	MV40-8
27	147	Jimmy	James	Buckingham & Stowe RC	MV40	42 : 05	MV40-9
28	282	Neil	Armstrong	Buckingham and Stowe RC	SM	42 : 06	SM-15
29	228	Philip	Mead	Amphill & Flitwick Flyers RC	SM	42 : 26	SM-16
30	177	James	Powell	Bearbrook Running Club	SM	42 : 27	SM-17
31	203	David	Howells	Chiltern Harriers AC	SM	42 : 29	SM-18
32	161	Robert	Kerr	Alchester Running Club	MV60	42 : 31	MV60-3
33	198	David	Lee	Buckingham & Stowe RC	SM	42 : 43	SM-19
34	261	Katy	Young	Unattached	SF	42 : 47	SF-1
35	283	Tim	Brown	Bearbrook RC	MV40	42 : 52	MV40-10
36	293	Andrew	Milne	Unattached	MV50	42 : 53	MV50-2
37	121	Matt	Passenger	Unattached	SM	43 : 05	SM-20
38	279	Alasdair	Kerr	Alchester	MV40	43 : 09	MV40-11
39	284	David	Morris	Buckingham and Stowe RC	MV50	43 : 13	MV50-3
40	30	Keith	Hammond	Unattached	MV50	43 : 15	MV50-4
41	302	Oliver	Green	Unattached	SM	43 : 17	SM-21
42	224	Adrian	Crookes	Brackley and District RC	MV40	43 : 18	MV40-12
43	75	Ben	Spencer-Jones	Unattached	SM	43 : 25	SM-22
44	111	John	Greener	Buckingham & Stowe RC	MV50	43 : 27	MV50-5
45	237	Kingsley	Nanton	Chiltern Harriers AC	MV40	43 : 30	MV40-13
46	136	Mark	Kleanthous	Leighton Fun Runners	MV50	43 : 34	MV50-6
47	20	Eileen	McCarter	On the Run Aylesbury	FV35	44 : 04	FV35-1
48	270	Tim	Fowler	Buckingham and Stowe RC	MV50	44 : 16	MV50-7
49	3	Jonathon	White	Alchester Running Club	MV40	44 : 23	MV40-14
50	226	Tony	Barnes	Bedford Harriers AC	MV50	44 : 42	MV50-8
51	50	Amy	Inchley	Leighton Buzzard Athletic Club	FV35	44 : 44	FV35-2
52	303	Daniel	Hale	Buckingham and Stowe RC	SM	44 : 49	SM-23
53	4	Simon	Best	Alchester Running Club	MV50	44 : 51	MV50-9
54	194	Pete	Reynolds	Buckingham & Stowe RC	MV50	44 : 53	MV50-10
55	184	Trevor	Lynch	Vale Of Aylesbury AC	MV50	44 : 55	MV50-11
56	95	Matt	Gibson	Unattached	SM	44 : 58	SM-24
57	159	Steve	Thomson	Buckingham & Stowe RC	MV50	45 : 06	MV50-12
58	1	Mark	Dunne	Alchester Running Club	SM	45 : 08	SM-25
59	25	Ian	Lancaster	Alchester Running Club	MV40	45 : 15	MV40-15
60	281	James	Simons	Winslow Warriors	MV40	45 : 17	MV40-16
61	21	Richard	Edwards	Unattached	MV40	45 : 20	MV40-17
62	107	Simon	Nicol	Buckingham & Stowe RC	MV40	45 : 22	MV40-18
63	222	Katie	Haylock	Leighton Buzzard Athletic Club	FV35	45 : 27	FV35-3
64	248	Stephen	Ellerton	Leighton Fun Runners	MV50	45 : 29	MV50-13

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Position	No.	Name	Club/Team	Category	Time	Age Category - Position	
65	110	Verity	Allsopp	Unattached	FV35	45 : 33	FV35-4
66	188	Amy	Farnfield	Leighton Buzzard Athletic Club	SF	45 : 39	SF-2
67	238	Rachel	Cooke	Buckingham & Stowe RC	FV45	45 : 46	FV45-2
68	287	Jake	Sergent	Unattached	MV40	45 : 51	MV40-19
69	178	Jason	Bishop	Desborough & Rothwell Running Cl	MV40	46 : 02	MV40-20
70	38	Wayne	Gibbard	Unattached	MV40	46 : 05	MV40-21
71	255	Michael	Johnson	Bearbrook RC	MV50	46 : 11	MV50-14
72	105	Serge	Daval	Brackley and District RC	MV50	46 : 14	MV50-15
73	113	Daniel	Carter	Unattached	MV40	46 : 21	MV40-22
74	241	Shay	Harper	Buckingham & Stowe RC	MV40	46 : 25	MV40-23
75	48	Scott	Parkin	Unattached	SM	46 : 25	SM-26
76	116	Sam	Gray	Unattached	SM	46 : 44	SM-27
77	267	James	Deakin	Unattached	SM	46 : 53	SM-28
78	185	Ian	Roberts	On the Run Aylesbury	MV50	47 : 03	MV50-16
79	232	Jennifer	Lucas	Unattached	SF	47 : 17	SF-3
80	120	Steve	Smith	Unattached	MV60	47 : 36	MV60-4
81	195	Stuart	Birrell	Unattached	MV50	47 : 38	MV50-17
82	190	Rob	Lisanti	Buckingham & Stowe RC	MV50	47 : 38	MV50-18
83	125	Hugh	Jenkinson	Unattached	SM	47 : 40	SM-29
84	52	Michael	Green	Unattached	SM	47 : 50	SM-30
85	164	Kevin	Byrne	Headington RR	MV60	47 : 51	MV60-5
86	128	Wendy	Cissell	Buckingham & Stowe RC	FV35	47 : 54	FV35-5
87	191	Oliver	Bragg	Unattached	SM	48 : 15	SM-31
88	114	Neil	Pasmore	Buckingham & Stowe RC	MV40	48 : 23	MV40-24
89	187	Claire	Court	Alchester Running Club	FV35	48 : 30	FV35-6
90	41	Alan	Roberts	Vale Of Aylesbury AC	MV50	48 : 34	MV50-19
91	199	Lucy	Price	Buckingham & Stowe RC	FV35	48 : 38	FV35-7
92	298	David	O'Brien	Unattached	MV40	48 : 40	MV40-25
93	133	Anna	Fryer	Bearbrook Running Club	FV35	48 : 42	FV35-8
94	275	Jake	Derry	Unattached	SM	48 : 45	SM-32
95	85	Colin	Whittaker	Redway Runners	MV50	48 : 52	MV50-20
96	112	Louise	Follner	Brackley and District RC	SF	49 : 06	SF-4
97	196	David	Adams	Abingdon AC	MV50	49 : 11	MV50-21
98	28	Caroline	Quin	Unattached	SF	49 : 25	SF-5
99	53	LisÃ`ve	Fierens	Unattached	SF	49 : 33	SF-6
100	258	Max	Derry	Unattached	SM	49 : 39	SM-33
101	162	Caroline	Kerr	Alchester Running Club	FV55	49 : 59	FV55-1
102	206	Joe	Firth	Buckingham & Stowe RC	MV50	50 : 11	MV50-22
103	154	Adam	Watts	Unattached	MV40	50 : 25	MV40-26
104	262	Angus	Derry	Unattached	SM	50 : 45	SM-34
105	286	Lawrence	Webb	Alchester	MV50	50 : 51	MV50-23
106	272	Karen	Tincknell	Marshall Milton Keynes AC	FV35	50 : 54	FV35-9
107	278	Mark	Young	Unattached	MV40	50 : 57	MV40-27
108	253	Ciro	Ausano	Unattached	MV40	51 : 05	MV40-28
109	254	David	Henry	Buckingham and Stowe RC	MV50	51 : 24	MV50-24
110	74	Mike	Spencer-Jones	Bicester Triathlon Club	MV50	51 : 29	MV50-25
111	296	Andrew	Stephenson	Vale of Aylesbury AC	MV50	51 : 30	MV50-26
112	200	Arran	Critchley	Bicester AC	MV40	51 : 31	MV40-29
113	207	Chris	Usher	Buckingham & Stowe RC	MV60	51 : 31	MV60-6
114	297	Paul	Roebuck	Unattached	MV60	51 : 45	MV60-7
115	60	Mark	Evans	Unattached	MV40	51 : 46	MV40-30
116	66	Rebecca	Fowler	Unattached	SF	51 : 48	SF-7
117	148	Ian	Ice-ton	Buckingham & Stowe RC	MV50	51 : 53	MV50-27
118	117	Hannah	Soulsby	Buckingham & Stowe RC	FV35	52 : 00	FV35-10
119	62	Caroline	Beechey	Redway Runners	FV55	52 : 05	FV55-2
120	84	George	Godfrey	Unattached	SM	52 : 08	SM-35
121	211	Jessica	Moll	Buckingham & Stowe RC	SF	52 : 56	SF-8
122	158	Stuart	Tavener	Unattached	MV40	52 : 58	MV40-31
123	12	Chris	Hitchen	Unattached	MV50	53 : 01	MV50-28
124	285	Debbie	Morris	Buckingham and Stowe RC	FV45	53 : 10	FV45-3
125	137	Sophy	Jones	Unattached	FV35	53 : 12	FV35-11
126	265	Kevin	Newman	Unattached	MV50	53 : 18	MV50-29
127	129	Don	Cissell	Buckingham & Stowe RC	MV50	53 : 20	MV50-30
128	295	Duncan	Moll	Buckingham and Stowe RC	MV50	53 : 23	MV50-31

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129	277	Bianca Lee	Unattached	SF	53 : 38	SF-9
130	202	Jon di Paolo	Unattached	MV40	53 : 40	MV40-32
131	175	David Hall	Unattached	MV40	53 : 44	MV40-33
132	213	Tracey Edge	Alchester Running Club	FV45	53 : 48	FV45-4
133	172	Claire Maynard	Lonely Goat RC	FV45	53 : 51	FV45-5
134	122	Alasdair MacSporran	Brackley and District RC	MV40	53 : 53	MV40-34
135	192	Rebecca McGowan	Unattached	SF	53 : 55	SF-10
136	243	Michael Storer	Unattached	SM	53 : 55	SM-36
137	2	Steve Bowen	Alchester Running Club	MV50	53 : 58	MV50-32
138	118	Louis Soulsby	Unattached	MV40	54 : 00	MV40-35
139	81	Darren Stanger	Buckingham & Stowe RC	MV40	54 : 02	MV40-36
140	212	Chris Edge	Unattached	MV50	54 : 06	MV50-33
141	193	Lorna Reynolds	Unattached	FV45	54 : 06	FV45-6
142	130	Sarah Morley	Alchester Running Club	FV35	54 : 12	FV35-12
143	47	Steve Claridge	Alchester Running Club	MV40	54 : 25	MV40-37
144	245	Zac Scurlock	Unattached	SM	54 : 34	SM-37
145	65	Nik Taylor	Unattached	FV45	54 : 39	FV45-7
146	36	Suzie Snelson	Unattached	FV45	54 : 41	FV45-8
147	104	Karine Peter	Brackley and District RC	FV45	54 : 44	FV45-9
148	291	Michael Hancock	Buckingham and Stowe RC	SM	54 : 53	SM-38
149	246	Benjy Scurlock	Unattached	SM	54 : 56	SM-39
150	299	Nick Henderson	Unattached	MV40	54 : 57	MV40-38
151	102	David Basham	Alchester Running Club	MV60	54 : 58	MV60-8
152	145	Andrew Gardner	Brackley and District RC	SM	55 : 02	SM-40
153	294	Gary Gardner	Unattached	MV40	55 : 07	MV40-39
154	106	Richard McMahon	Brackley and District RC	MV50	55 : 10	MV50-34
155	225	Mark Poulton	Brackley and District RC	MV50	55 : 10	MV50-35
156	208	Stephen Thorne	Buckingham & Stowe RC	MV50	55 : 12	MV50-36
157	235	Constance Jaeggi	Unattached	SF	55 : 14	SF-11
158	144	Jeff de Jong	Unattached	MV40	55 : 28	MV40-40
159	138	Howard Jones	Unattached	MV50	55 : 42	MV50-37
160	16	Andrew Kelly	Alchester Running Club	SM	55 : 48	SM-41
161	280	Emma Nelson	Alchester	FV35	55 : 52	FV35-13
162	40	Andy Butler	Bearbrook Running Club	MV50	55 : 53	MV50-38
163	156	Lynne Cooley	Unattached	FV35	55 : 54	FV35-14
164	152	Bernadette Ballantyne	Buckingham & Stowe RC	FV35	55 : 54	FV35-15
165	56	Kathryn Herbert-Clark	Unattached	SF	56 : 05	SF-12
166	292	Leonie Usher	Buckingham and Stowe RC	SF	56 : 08	SF-13
167	37	Bianca Pia Inchley	Unattached	FV35	56 : 11	FV35-16
168	215	Rob Swan	Unattached	MV50	56 : 13	MV50-39
169	240	Melissa Rawlings	Unattached	SF	56 : 13	SF-14
170	304	Sean Allen	Unattached	SM	56 : 15	SM-42
171	98	Richard White	Tring RC	MV60	56 : 20	MV60-9
172	57	Paul Clark	Unattached	SM	56 : 20	SM-43
173	94	Steve Welfare	Alchester Running Club	MV50	56 : 22	MV50-40
174	153	Michelle Knott	Unattached	FV45	56 : 33	FV45-10
175	63	Laura Davis	Redway Runners	SF	56 : 51	SF-15
176	271	Roger Simmonds	Thame Runners	MV60	56 : 54	MV60-10
177	290	Mark Johnson	Unattached	SM	56 : 58	SM-44
178	165	Nicki Kaenzig	Unattached	FV35	57 : 03	FV35-17
179	166	Robin Kaenzig	Unattached	MV40	57 : 03	MV40-41
180	5	Colin Russell	Unattached	MV60	57 : 13	MV60-11
181	109	Trevor Jenkins	Unattached	MV60	57 : 19	MV60-12
182	146	Sonya McVeigh	Buckingham & Stowe RC	FV45	57 : 20	FV45-11
183	160	Carol Thomson	Buckingham & Stowe RC	FV45	57 : 22	FV45-12
184	244	Tim Scurlock	Unattached	MV50	57 : 27	MV50-41
185	141	Nicola Cowee	Vegan Runners UK	FV35	57 : 27	FV35-18
186	23	Garry Mayo	Bearbrook Running Club	MV60	57 : 49	MV60-13
187	242	David Storer	Marshall Milton Keynes AC	MV60	57 : 53	MV60-14
188	259	John Gunn	Unattached	MV50	58 : 02	MV50-42
189	183	Cliff Jones	Unattached	MV50	58 : 08	MV50-43
190	10	Robert Bleasdale	Unattached	SM	58 : 11	SM-45
191	301	Thomas Bailey	Unattached	SM	58 : 13	SM-46
192	64	Karl McWhirter	Unattached	MV40	58 : 20	MV40-42

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193	61	Abbie Warner	Alchester Running Club	SF	58 : 41	SF-16
194	227	Sophie Dale	Alchester Running Club	FV35	58 : 45	FV35-19
195	139	Sarah Corcoran	Bearbrook Running Club	FV45	58 : 50	FV45-13
196	230	Elizabeth Beale	Unattached	SF	59 : 09	SF-17
197	231	Darren Beale	Unattached	MV40	59 : 09	MV40-43
198	143	Judy King	Bearbrook Running Club	FV55	59 : 10	FV55-3
199	124	Amanda Webster	Unattached	SF	59 : 11	SF-18
200	209	Robert Sales	Unattached	MV60	59 : 16	MV60-15
201	87	Patrick Sibley	Unattached	MV60	60 : 21	MV60-16
202	150	Lacey Bonham	Unattached	SF	60 : 31	SF-19
203	149	Keith Bonham	Unattached	MV50	60 : 31	MV50-44
204	210	Kirsty Lander	Unattached	SF	60 : 34	SF-20
205	201	Rebecca Brookes	Unattached	SF	60 : 55	SF-21
206	157	Kathryn White	Unattached	FV45	60 : 56	FV45-14
207	205	Ben Long	Unattached	SM	61 : 05	SM-47
208	49	Cheryl Torrington	Brackley and District RC	FV45	61 : 10	FV45-15
209	73	Lisa Ward	Alchester Running Club	FV35	61 : 13	FV35-20
210	180	Hayley Goodman	Unattached	FV35	61 : 15	FV35-21
211	90	Emma Willcox	Alchester Running Club	SF	61 : 26	SF-22
212	249	Emma Haynes	Unattached	SF	61 : 34	SF-23
213	268	Martha Hoskins	Unattached	SF	61 : 40	SF-24
214	269	Nicholas Waterton	Unattached	SM	61 : 40	SM-48
215	263	Tina Derry	Unattached	FV45	61 : 46	FV45-16
216	135	Clare Kleanthous	Leighton Fun Runners	FV55	61 : 53	FV55-4
217	35	Dave Hobbs	Unattached	MV50	62 : 04	MV50-45
218	132	Louise Gostelow	Unattached	FV35	62 : 21	FV35-22
219	55	Gaynor Oliver	Unattached	FV45	62 : 33	FV45-17
220	99	Shirley White	Tring RC	FV55	62 : 34	FV55-5
221	236	Sue Zanker	Unattached	FV45	62 : 40	FV45-18
222	24	Kathryn Andrews	Alchester Running Club	FV45	62 : 53	FV45-19
223	300	Rick James	Unattached	MV50	63 : 00	MV50-46
224	127	Sally Lucas	Unattached	FV35	63 : 14	FV35-23
225	234	Kay Sellick	Unattached	FV45	63 : 21	FV45-20
226	181	Jane Humphries	Unattached	FV35	63 : 21	FV35-24
227	7	Gillian Warson	Alchester Running Club	FV55	63 : 35	FV55-6
228	71	Sally Heard	Unattached	SF	63 : 51	SF-25
229	80	Ellie Dommett	Alchester Running Club	FV35	64 : 01	FV35-25
230	34	Laura Caddick	Unattached	SF	64 : 12	SF-26
231	33	Patrick Thompson	Unattached	MV40	64 : 12	MV40-44
232	92	Helena Vincent	Unattached	FV35	64 : 23	FV35-26
233	170	Malcolm Kidby	Marshall Milton Keynes AC	MV50	64 : 52	MV50-47
234	155	Emily Andrews	Unattached	FV35	65 : 11	FV35-27
235	8	Sarah Hockley	On the Run Aylesbury	FV35	65 : 21	FV35-28
236	42	Lyndsey Spurgin	Unattached	FV35	65 : 23	FV35-29
237	257	Natasha Chamberlain	Heyford Aardvarks RC	SF	65 : 30	SF-27
238	96	Louise Gibson	Unattached	FV35	65 : 32	FV35-30
239	167	Justin Daley	Leighton Buzzard Trathalon	MV50	65 : 35	MV50-48
240	273	Caroline Colborne-Barber	Unattached	FV35	65 : 36	FV35-31
241	256	Helen Shaw	Unattached	FV55	65 : 40	FV55-7
242	239	Lucy Nichols	Unattached	FV35	65 : 43	FV35-32
243	68	Laura Radcliffe	Unattached	FV35	65 : 52	FV35-33
244	169	Emma Ward-Greenway	Unattached	SF	66 : 02	SF-28
245	168	Dale Ward-Greenway	Unattached	SM	66 : 02	SM-49
246	72	Sally Glover	Unattached	FV35	66 : 11	FV35-34
247	131	Maggie Hogg	Unattached	FV55	67 : 08	FV55-8
248	229	Phil Norman	Unattached	MV50	67 : 22	MV50-49
249	78	Gregory Neal	Watford Harriers	MV60	68 : 12	MV60-17
250	197	Claire Sawyer	Unattached	FV35	68 : 17	FV35-35
251	219	Kathleen Davies	Alchester Running Club	SF	68 : 44	SF-29
252	220	Lisa Horwood	Alchester Running Club	FV45	68 : 56	FV45-21
253	260	Jane Thorpe	Unattached	FV35	69 : 08	FV35-36
254	76	Dan Woollard	Unattached	SM	69 : 13	SM-50
255	204	Kayleigh Mott	Unattached	SF	69 : 21	SF-30
256	51	Roberta Klymchuk	Unattached	SF	70 : 48	SF-31

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257	264	Kate Newman	Unattached	FV45	71 : 38	FV45-22
258	9	Ian Norwell	Unattached	MV60	72 : 50	MV60-18
259	91	Rachel Whitehall	Unattached	FV35	72 : 59	FV35-37
260	163	Emily Samoluk	Unattached	SF	73 : 41	SF-32
261	182	Jules Jones	Unattached	FV55	74 : 40	FV55-9
262	288	Jo Davies	Unattached	FV35	74 : 48	FV35-38
263	289	Malcolm Davies	Unattached	MV40	74 : 50	MV40-45
264	79	Emma Knowles	Brackley and District RC	FV35	74 : 53	FV35-39
265	252	Teresa Casale	Unattached	FV35	74 : 59	FV35-40
266	22	Gemma Tong	On the Run Aylesbury	FV35	74 : 59	FV35-41
267	115	Hilary Kane	Unattached	FV45	75 : 41	FV45-23
268	83	Hannah Gowans	Unattached	SF	76 : 51	SF-33
269	108	Ann Palmer	Unattached	FV55	77 : 46	FV55-10
270	70	Emily Corden	Unattached	SF	78 : 57	SF-34
271	69	Alexandra Jacob	Unattached	SF	78 : 57	SF-35
272	250	Paul Grimsdale	Oxford City AC	MV60	81 : 23	MV60-19