

## SUDBURY COURT 10K - 22 May 2005

### FULL RESULTS

Position	Time	Name	Club
1	33.58	STAINER Peter	Shaftesbury Barnet Harriers
2	35.50	GREENE Brendan	Queens Park Harriers
3	38.28	STRANGER JONES Anthony	Serpentine RC
4	38.43	HOMER Mark	Unattached
5	39.00	SHELLEY Greg	Unattached
6	39.11	LIGHTFOOT Alan	Road Runners
7	39.37	MORRIS Tom	Hercules Wimbledon
8	39.45	PENNY Stephen	Metros
9	40.24	POWELL Nathan	Unattached
10	40.25	BUCK Paul	Serpentine RC
11	40.36	NOLAN Frank	Queens Park Harriers
12	41.23	McCROARY Aidan	Queens Park Harriers
13	41.33	DANIEL Steve	Watford Harriers
14	41.36	SWINGLER Val	Metros
15	41.38	HAMLET Colin	Watford Joggers
16	42.10	HADLER Lucy	Unattached
17	42.23	DANIELS Andrew	Unattached
18	42.24	PAULL Stephen	Metros
19	42.41	BODEN Paul	Unattached
20	42.44	DEELEY Stephen	Serpentine RC
21	42.47	BAMPFYLDI Simon	Serpentine RC
22	42.59	SAUNDERS Rowan	Unattached
23	43.14	SAINT Alastair	Unattached
24	43.21	BUNNER Colin	Unattached
25	43.37	DAVIES Richard	Queens Park Harriers
26	43.39	COOK Adrian	Unattached
27	43.52	KENT Paul	Unattached
28	44.07	REYNOLDS Peter	Metros
29	44.12	KEENE Huw	Serpentine RC
30	44.33	MAURER Wayne	Serpentine RC
31	44.38	NEWTON Sarah	Serpentine RC
32	44.47	ROOME Christopher	Metros
33	44.55	JONES Carol	Ealing/Southall/Middx
34	45.00	PAYNE Ian	Serpentine RC
35	45.03	SLADE Nick	Serpentine RC
36	45.03	Clock Man	Unattached
37	46.14	SCOFFHAM Alastair	Metros
38	46.18	SCREEN Hazel	Unattached
39	46.22	MUELLER Jeanette	Serpentine RC
40	46.46	O'CONNOR William	Queens Park Harriers
41	47.04	ALLAN George	Serpentine RC
42	47.06	JENNINGS Claire	Unattached
43	47.28	CULLEN Tom	Unattached
44	48.03	BAMFORTH Derek	Metros
45	48.06	DENNESS Laura	Serpentine RC
46	48.07	HALL Ian	Serpentine RC

47	48.14	MEYBURGH Jacques	Unattached
48	48.14	MEYBURGH Zelda	Unattached
49	48.52	LAVERS Ann	Unattached
50	49.02	McCUBBINS Baiso	Serpentine RC
51	49.17	TUCKER Ray	Shaftesbury Barnet Harriers
52	49.49	PORTER Gertruel	Unattached
53	50.15	BROWN David	Metros
54	50.18	BOWLES Jacqueline	Metros
55	51.01	BYCROFT Christine	Queens Park Harriers
56	51.36	WATTS Geoffrey	Unattached
57	51.50	ZABIHI Helena	Unattached
58	52.21	MIDGLEY Neil	Unattached
59	52.36	BOWLES Jason	Metros
60	53.00	SKINNER Brian	Hayes & Harlington RR
61	53.34	CLARKE Errol	Metros
62	53.46	CORCORAN Catherine	Metros
63	54.01	DAVIES Neil	Serpentine RC
64	54.06	DRON Leigh	Unattached
65	54.15	VINEY Lucy	Serpentine RC
66	54.39	BRODIE Alex	Queens Park Harriers
67	55.36	JACKSON Alistair	Veterans AC
68	55.46	WISEMAN David	Ealing/Southall/Middx
69	56.14	WALERYCH John	Queens Park Harriers
70	56.29	GARANTE Anna	Metros
71	56.38	LIGHT Dianne	Unattached
72	56.56	BANKERS Natasha	Queens Park Harriers
73	57.52	AFSAR Sophia	Unattached
74	58.12	GEORGE Vicki	Unattached
75	59.07	KING Brenda	Honiton
76	59.49	WINDOWS David	Unattached
77	60.11	VAN PRAAGM Marlise	Unattached
78	60.11	BROEKHOF Maria	Unattached
79	60.17	BARSHAM Hester	Serpentine RC
80	60.32	FRANCIS Lisa	Unattached
81	60.32	STAGG Guistina	Unattached
82	60.37	BOCOCK Ian	Metros
83	60.47	MORRIS Charlotte	Unattached
84	60.48	MORRIS Marianne	Serpentine RC
85	62.19	GARDINER William	Metros
86	62.55	COLTMAN Sarah	Metros
87	64.08	TREGONNING Barrie	Unattached
88	64.44	CULLEN Violet	Unattached
89	66.03	READ Simon	Watford Joggers
90	66.06	MORRIS Keith	Serpentine RC
91	68.02	UDUGAMPOLA Veron	Metros
92	68.14	GAITSKELL Linda	Metros
93	68.14	MURPHY Angela	Metros
94	68.30	KAPADIA Naz	Unattached
95	68.31	FRENCH Michael	Unattached
96	69.06	PATEL Janita	Unattached
97	69.08	Russell	Sudbury Court RC

**SUDBURY COURT 10K - 22 May 2005**  
**RESULTS BY CATEGORY**

<b>Male Up to 40 (M1)</b>			
Position	Time	Name	Club
1	35.50	GREENE Brendan	Queens Park Harriers
2	38.43	HOMER Mark	Unattached
3	39.00	SHELLEY Greg	Unattached
4	39.11	LIGHTFOOT Alan	Road Runners
5	39.45	PENNY Stephen	Metros
6	40.24	POWELL Nathan	Unattached
7	40.25	BUCK Paul	Serpentine RC
8	42.41	BODEN Paul	Unattached
9	42.44	DEELEY Stephen	Serpentine RC
10	42.47	BAMPFYLDI Simon	Serpentine RC
11	42.59	SAUNDERS Rowan	Unattached
12	43.14	SAINT Alastair	Unattached
13	43.21	BUNNER Colin	Unattached
14	43.37	DAVIES Richard	Queens Park Harriers
15	44.12	KEENE Huw	Serpentine RC
16	44.33	MAURER Wayne	Serpentine RC
17	45.00	PAYNE Ian	Serpentine RC
18	45.03	SLADE Nick	Serpentine RC
19	45.03	Clock Man	Unattached
20	48.14	MEYBURGH Jacques	Unattached
21	52.21	MIDGLEY Neil	Unattached
22	52.36	BOWLES Jason	Metros
23	68.31	FRENCH Michael	Unattached

<b>Female Up to 35 (F1)</b>			
Position	Time	Name	Club
1	42.10	HADLER Lucy	Unattached
2	46.18	SCREEN Hazel	Unattached
3	47.06	JENNINGS Claire	Unattached
4	48.06	DENNESS Laura	Serpentine RC
5	48.14	MEYBURGH Zelda	Unattached
6	48.52	LAVERS Ann	Unattached
7	54.15	VINEY Lucy	Serpentine RC
8	56.29	GARANTE Anna	Metros
9	56.38	LIGHT Dianne	Unattached
10	56.56	BANKERS Natasha	Queens Park Harriers
11	57.52	AFSAR Sophia	Unattached
12	58.12	GEORGE Vicki	Unattached
13	60.11	VAN PRAAGM Marlise	Unattached
14	60.11	BROEKHOF Maria	Unattached
15	60.17	BARSHAM Hester	Serpentine RC
16	60.47	MORRIS Charlotte	Unattached
17	62.55	COLTMAN Sarah	Metros
18	68.30	KAPADIA Naz	Unattached

<b>Male 40-49 (M2)</b>			
Position	Time	Name	Club
1	33.58	STAINER Peter	Shaftesbury Barnet Harriers
2	39.37	MORRIS Tom	Hercules Wimbledon
3	41.33	DANIEL Steve	Watford Harriers
4	42.23	DANIELS Andrew	Unattached
5	43.39	COOK Adrian	Unattached
6	43.52	KENT Paul	Unattached
7	44.07	REYNOLDS Peter	Metros
8	46.14	SCOFFHAM Alastair	Metros
9	48.03	BAMFORTH Derek	Metros
10	53.00	SKINNER Brian	Hayes & Harlington RR
11	53.34	CLARKE Errol	Metros
12	54.01	DAVIES Neil	Serpentine RC
13	54.39	BRODIE Alex	Queens Park Harriers
14	56.14	WALERYCH John	Queens Park Harriers
15	59.49	WINDOWS David	Unattached
16	66.03	READ Simon	Watford Joggers

<b>Female 35-49 (F2)</b>			
Position	Time	Name	Club
1	41.36	SWINGLER Val	Metros
2	44.38	NEWTON Sarah	Serpentine RC
3	44.55	JONES Carol	Ealing/Southall/Middx
4	46.22	MUELLER Jeanette	Serpentine RC
5	49.02	McCUBBINS Baiso	Serpentine RC
6	50.18	BOWLES Jacqueline	Metros
7	51.01	BYCROFT Christine	Queens Park Harriers
8	51.50	ZABIHI Helena	Unattached
9	53.46	CORCORAN Catherine	Metros
10	54.06	DRON Leigh	Unattached
11	60.32	FRANCIS Lisa	Unattached
12	60.32	STAGG Guistina	Unattached
13	68.14	GAITSKELL Linda	Metros
14	69.06	PATEL Janita	Unattached

<b>Female 50 - 59 (F3)</b>			
Position	Time	Name	Club
1	49.49	PORTER Gertruel	Unattached
2	60.48	MORRIS Marianne	Serpentine RC
3	68.14	MURPHY Angela	Metros

<b>Female 60 Plus (F4)</b>			
Position	Time	Name	Club
1	59.07	KING Brenda	Honiton
2	64.44	CULLEN Violet	Unattached

<b>Male 50-59 (M3)</b>			
Position	Time	Name	Club
1	40.36	NOLAN Frank	Queens Park Harriers
2	41.23	McCROARY Aidan	Queens Park Harriers
3	41.38	HAMLET Colin	Watford Joggers
4	42.24	PAULL Stephen	Metros
5	47.04	ALLAN George	Serpentine RC
6	47.28	CULLEN Tom	Unattached
7	48.07	HALL Ian	Serpentine RC
8	50.15	BROWN David	Metros
9	51.36	WATTS Geoffrey	Unattached
10	55.46	WISEMAN David	Ealing/Southall/Middx
11	60.37	BOCOCK Ian	Metros

<b>Male 60 plus (M4)</b>			
Position	Time	Name	Club
1	38.28	STRANGER JONES Anthony	Serpentine RC
2	44.47	ROOME Christopher	Metros
3	46.46	O'CONNOR William	Queens Park Harriers
4	49.17	TUCKER Ray	Shaftesbury Barnet Harriers
5	55.36	JACKSON Alistair	Veterans AC
6	62.19	GARDINER William	Metros
7	64.08	TREGONNING Barrie	Unattached
8	66.06	MORRIS Keith	Serpentine RC
9	68.02	UDUGAMPOLA Veron	Metros
10	69.08	Russell	Sudbury Court RC