

BENNETT'S GATE BAKERIES HARROW 10km ROAD RACE at Hatch End, Saturday April 22nd 1989

Mens Results

v-vet over 40

vv-vet over 50

1	P. O'Brien (Old Gayts)	29.38	51	G. Faulds (Milton Keynes)	32.41
2	A. Catton (Ilford)	29.41	52	D. Walton (North London)	32.47
3	K. Hayes (Milton Keynes)	29.45	53	S. Holland (Hastings)	32.50
4	T. Jackson (Hillingdon)	29.52	54	P. Biddlecombe (North London)	32.51
5	T. Maher (London Irish)	30.03	55	F. Cooney (Serpentine)	32.52
6	S. Kerr (Enfield)	30.15	56	K. Evans (Barking)	32.53
7	S. Tobin (Swansea)	30.21	57	S. Clayton (Shaftsbury)	33.04
8	D. Woods (New Zealand)	30.24	58	S. Scruton (Highgate)	33.06
9	P. Froggatt (Solihull & SH)	30.26	59	D. Pitt (T.V.H.)	33.10
10	J. Zaple (Exeter)	30.28	60	S. Crawte (Aldershot)	33.11
11	T. Nash (Blackheath)	30.40	61	R. Long (Portsmouth)	33.15
12	S. Bone (Aldershot)	30.44	62	J. Kennedy (Serpentine)	33.16
13	P. Ingvorsen (Ilford)	30.53	63	J. Ferguson (North London)	33.17
14	J. Stratton (Highgate)	30.57	64	P. Williams (Hercules W)	33.22
15	J. Quirke (London Irish)	31.01	65	F. Thorneycroft-Smith (Hilln)	33.26
16	M. Puddifoot (Shaftsbury)	31.04	66	R. Pannell (Bristol)	33.27 vv
17	D. Chapman (Fareham)	31.07	67	J. Baker (Nene Valley)	33.28
18	R. Hudson (Aldershot)	31.10	68	D. Draper (Stopsley)	33.29
19	E. Marnion (Haringey)	31.11	69	W. Morrison (Vauxhall)	33.30 v
20	M. Green (Old Gayts)	31.13 v	70	G. Cox (Old Gayts)	33.31
21	R. Johnston (Serpentine)	31.25	71	A. Hoiles (Old Gayts)	33.35
22	T. Davies (Aldershot)	31.28 vv	72	T. Gassett (Metros)	33.38
23	J. Broe (Shaftsbury)	31.31	73	A. Packham (Shaftsbury)	33.38
24	M. Oursons (Old Gayts)	31.33	74	T. Sargent (London Irish)	33.39
25	M. Askew (Serpentine)	31.39	75	T. Ryan (North London)	33.39 vv
26	K. Falvey (Hillingdon)	31.40	76	N. Flint (Old Gayts)	33.50
27	K. Bassett (Q.P.H.)	31.42	77	R. Baker (Aldershot)	33.54
28	J. Barker (Jarrow & Hebburn)	31.44	78	P. Illing (Watford)	33.59
29	G. Large (Reading)	31.45	79	R. Graham (Windsor)	34.00 v
30	P. Murphy (London Irish)	31.46 v	80	D. Patterson (Serpentine)	34.01
31	M. Crouch (Milton Keynes)	31.48	81	M. Herring (Ilford)	34.01 v
32	A. Evans (S.L.H.)	31.55	82	B. Leach (Hillingdon)	34.03 v
33	P. Martin (Hillingdon)	31.57	83	M. Smith (Tonbridge)	34.04
34	P. Hayes (Aldershot)	31.58	84	I. Birch (Metros)	34.05
35	S. Faulkner (Highgate)	32.00	85	P. Talbot (Hillingdon)	34.05
36	S. Burton (North London)	32.01	86	B. Osborne (Verlea)	34.11
37	D. Clark (Verlea)	32.03 v	87	J. Ayton (Highgate)	34.11
38	P. Holland (North London)	32.05	88	D. Haughney (Vauxhall)	34.16 v
39	S. Bell (Watford)	32.07	89	R. Freeman (Wycombe)	34.17
40	G. Wootton (Thurrock)	32.09 v	90	J. Finlay (Fife)	34.19
41	R. Swann (Basingstoke)	32.16	91	R. Burke (Kingston Poly)	34.20
42	D. Powter (Edmonton)	32.18	92	D. Perry (Epping)	34.21
43	S. Littlewood (Hercules W)	32.20	93	E. Thorpe (un.)	34.22 v
44	J. Lamont (Shaftsbury)	32.23	94	R. Feeney (Old Gayts)	34.22
45	D. Coates (Ilford)	32.24	95	L. Zone (Burnham)	34.23
46	J. James (Reading)	32.25	96	T. Morris (Hercules Wimb)	34.23
47	J. Morgan (Watford)	32.26	97	R. Porter (Verlea)	34.34 v
48	G. Piper (Ilford)	32.27	98	T. Williams (Belgrave)	34.37
49	P. Carpenter (Bedford)	32.30	99	J. McKeown (Verlea)	34.41
50	P. Arnold (Aldershot)	32.34	100	J. Hehir (Serpentine)	34.47

101	M. Dawson (North London)	34.50		151	P. Berkhold (Old Gayts)	36.30	
102	M. Orton (Watford)	34.51		152	D. Selby (Hillingdon)	36.32	
103	P. Moran (Ealing & Southall)	34.53		153	R. Franklin (T.V.H.)	36.37	vv
104	A. Rhodes (Edmonton)	34.55	v	154	A. Higgs (Old Gayts)	36.38	v
105	R. Francis (Metros)	34.58		155	M. Kettlewell (Hillingdon)	36.40	
106	R. Christopher (Loughborough)	34.58		156	J. Davis (Verlea)	36.41	v
107	P. Freeman (Ealing & S)	35.02	vv	157	S. O'Sullivan (Milton K)	36.44	
108	S. Dillon (London Irish)	35.04	v	158	B. Sheehan (Eastleigh)	36.46	
109	J. Curry (Watford)	35.06		159	T. Meldrum (Dr. Challoners)	36.47	
110	J. West (Q.P.H.)	35.07		160	A. Mitchell (Biggleswade)	36.48	v
111	M. Heald (Chelmsford)	35.07		161	M. Rogers (un.)	36.51	
112	C. Egleton (L.R.R.C.)	35.08	v	162	D. Wraight (Ealing & S)	36.55	vv
113	M. Jones (Verlea)	35.13		163	S. Webb (Hercules Wimb)	36.56	
114	J. Dawlings (L.R.R.C.)	35.19		164	D. Knox (Old Gayts n/s)	37.06	
115	J. Camprubi (Metros)	35.20		165	A. Benjamin (North London)	37.06	v
116	R. Brockway (Vauxhall)	35.20	v	166	M. Aherne (Q.P.H.)	37.10	
117	J. Morris (Bow Street)	35.21		167	P. Hoon (Hillingdon)	37.15	
118	K. Lavery (Hillingdon)	35.22		168	M. Foster (Belgrave)	37.18	
119	J. Galvan (Muswell Hill)	35.27		169	L. Parmenter (Luton)	37.19	
120	G. White (Bedford)	35.28		170	I. Sesnal (Dulwich)	37.20	
121	D. Rowland (Bearbrook)	35.29		171	P. Haydock (un.)	37.23	
122	D. Huck (Spenborough)	35.30		172	P. Maguire (L.T. Met Rly)	37.23	
123	P. Claridge (Vauxhall)	35.31		173	G. Hymns (Serpentine)	37.32	
124	P. Collins (Shaftsbury)	35.32		174	M. Grey (Shaftsbury)	37.33	v
125	D. Thomson (Shaftsbury)	35.32		175	C. Maughan (Vauxhall)	37.33	
126	S. Wilson (Leighton Buzzard)	35.32		176	M. Rosato (North London)	37.34	
127	P. Orchard (Shaftsbury)	35.32	v	177	E. Bradley (Q.P.H.)	37.38	v
128	H. Ridgwell (Walthamstow)	35.37	v	178	P. Cunliffe (Windsor)	37.47	
129	R. Higgs (Serpentine)	35.40	vv	179	N. Webb (Old Gayts)	37.49	
130	R. Maughan (Aberdeen Univ)	35.44		180	C. Ashley (Hillingdon)	38.00	v
131	J. Taylor (Eastbourne Gold S)	35.49	v	181	P. Fitzgerald (L.R.R.C.)	38.03	v
132	S. Copey (RAF Northolt)	35.51		182	M. Navin (Woking)	38.04	v
133	T. Smeaton (Old Gayts)	35.51		183	D. Thorogood (North London)	38.07	
134	J. Clare (Blackheath)	35.52	v	184	P. Weeks (Chesham)	38.09	
135	V. Hancock (Hercules Wimb)	35.56	v	185	B. West (Vauxhall)	38.19	v
136	R. Dooley (Vauxhall)	35.58		186	S. Parrott (London Irish)	38.19	
137	A. Simmonds (Bearbrook)	36.00		187	C. Heyes (Stevenage)	38.20	
138	A. Tindle (Bow Street)	36.03		188	J. Marshall (Southern Vets)	38.30	v
139	N. Cole (Verlea)	36.04		189	D. Reap (Hillingdon)	38.34	
140	A. Jelly (Aldershot)	36.05	vv	190	P. Sibley (L.R.R.C.)	38.36	v
141	K. Townsend (Epping)	36.06		191	G. Russell (Denby Dale)	38.36	v
142	A. Hood (Southport Waterloo)	36.10		192	M. Lockyer (Tiverton)	38.40	
143	G. Roe (Leighton Buzzard)	36.10		193	G. Archer (Hillingdon)	38.41	vv
144	D. Black (Ealing & S)	36.12		194	K. MacDonald (Bow Street)	38.43	
145	R. Gould (Wessex)	36.18	vv	195	R. Lee (Watford)	38.45	v
146	A. Cooper (Serpentine)	36.20		196	S. Finlay (Chesham)	38.47	v
147	D. Joyce (Pitsea)	36.22		197	P. Elston (RAF Northolt)	38.48	
148	S. Sharp (Vauxhall)	36.26		198	R. Martin (Hillingdon)	38.52	v
149	M. Fahy (Bow Street)	36.28		199	R. Snowdon (Old Gayts)	38.55	
150	S. Brooks (Serpentine)	36.29		200	J. Bilisland (Old Gayts)	38.56	

201	G. Wilson (Metros)	38.58	v	251	V. Holden (un.)	41.40	v
202	L. Johnson (un.)	39.04		252	V. Griffin (un.)	41.43	v
203	G. Dussert (un.)	39.04		253	R. Bond (un.)	41.46	
204	S. Stauffenberg (un.)	39.04		254	M. Walsh (un.)	41.48	
205	A. Fox (Metros)	39.11		255	I. Britten (un.)	41.50	
206	A. Cox (un.)	39.16		256	P. Berg (L.R.R.C.)	42.06	
207	P. Barnett (un.)	39.17		257	R. Szymczak (Metros)	42.34	
208	R. Turvey (Milton Keynes)	39.18		258	Howard (Watford)	42.47	
209	N. Aalen (L.R.R.C.)	39.19		259	J. Greatorex (un.)	42.54	
210	G. Pels (Ilford)	39.20	vv	260	T. Dolland (un.)	43.06	vv
211	B. Feldman (L.R.R.C.)	39.21	v	261	E. Bamford (Hillingdon)	43.07	vv
212	M. Searle (Hillingdon)	39.25		262	G. Bernstein (Q.P.H.)	43.11	v
213	R. Barnett (un.)	39.25	v	263	M. Fox (Shaftsbury)	43.19	
214	R. Bushby (Bow Street)	39.25		264	A. Solomon (un.)	43.33	v
215	S. Flood (Bow Street)	39.28		265	D. Kent (Fairlands Valley)	43.34	
216	T. Hunter (un.)	39.30		266	A. Thomson (Fairlands V)	43.35	
217	D. Walker (un.)	39.31		267	W. Sacks (Shaftsbury)	43.42	vv
218	M. Paice (Walthamstow)	39.32		268	P. Mason (Bearbrook)	43.43	
219	M. Wilde (Baling & S)	39.36		269	T. Medd (Bearbrook)	43.45	
220	G. Cummins (Thames H & H)	39.40	v	270	P. Howard (un.)	43.46	
221	C. Hislop (Ilford)	39.49	v	271	Heath (Serpentine)	43.47	
222	J. Adam (Leighton Buzzard)	39.51	v	272	D. McLigue (un.)	43.52	
223	F. McLachlan (Tonbridge)	39.53		273	D. Bryant (un.)	43.56	vv
224	M. Floutier (Chiltern)	39.55		274	P. Smith (Old Gayts)	44.05	
225	D. Davis (Q.P.H.)	40.02	v	275	P. O'Callaghan (un.)	44.06	
226	G. Gibbs (un.)	40.17		276	T. Braverman (Cambridge & C)	44.07	v
227		40.18		277	P. Holpin (L.R.R.C.)	44.07	
228	J. Simmonds (Metros)	40.25		278	C. Elliff (Metros)	44.20	
229	S. Moore (Serpentine)	40.27		279	J. Davis (un.)	44.24	
230	M. Capwell (Royal Sutton C)	40.30	vv	280	G. Knox (Hillingdon)	44.25	vv
231	J. Davern (un.)	40.33		281	P. Cursors (Old Gayts)	44.52	vv
232	W. Grumitt (un.)	40.39		282	R. Tucker (L.R.R.C.)	44.52	v
233	S. Lunt (Cumberland)	40.40		283	T. Selman (Shaftsbury)	44.57	
234	S. O'Keefe (un.)	40.46		284	T. Bond (un.)	45.01	
235	A. Coker (Hillingdon)	40.52		285	A. Pipe (un.)	45.02	
236	A. Nicolaou (Milton K)	40.55		286	M. Young (un.)	45.09	
237	D. Jones (Ilford)	40.55	vv	287	G. Neal (un.)	45.33	
238	T. Clark (un.)	41.02		288	S. Evans (un.)	45.35	
239	A. Jackson (Veterans)	41.05	v	289	M. Stone (Baling & S)	45.38	
240	J. Hattersley (un.)	41.07		290	J. McCrann (un.)	46.13	
241	I. Brixley (Serpentine)	41.07		291	M. Sutton (un.)	46.23	
242	M. McClaran (un.)	41.14		292	B. Bond (un.)	46.28	v
243	S. Lowe (Serpentine)	41.16		293	E. Marthinsen (L.R.R.C.)	46.29	v
244	C. Collins (L.R.R.C.)	41.21	vv	294	A. Turner (un.)	46.32	
245	M. Minita (un.)	41.22	v	295	M. Spence (un.)	46.33	
246	K. Jones (Vauxhall)	41.23	vv	296	P. West (un.)	46.34	
247	M. Hopper (un.)	41.24		297	A. Hill (un.)	46.35	v
248	V. Gillick (Shaftsbury)	41.35	vv	298	M. Hickman (Southern Vets)	46.47	v
249	A. Hassell (North London)	41.37	v	299	P. Mason (un.)	47.20	
250	M. Neimann (Leeds University)	41.38		300	F. Taylor (un.)	47.29	

301	S. Carpenter (un.)	47.51		<u>Team Result</u>	
302	A. Seddon (Elmbridge)	47.52		1 Aldershot	86
303	S. Mitchell (un.)	48.10		2 Ilford	108
304	D. Armitage (un.)	48.21		3 Old Gaytonians	115
305	P. Wallis (un.)	48.24		4 London Irish	124
306	N. Toll (un.)	48.34		5 Hillingdon	128
307	P. Smith (Fairlands Valley)	48.45	v	6 Shaftsbury	140
308	B. Rich (L.R.R.C.)	48.51		7 Serpentine	163
309	J. O'Felton (un.)	48.53		8 North London	180
310	T. Angel (un.)	49.05		9 Highgate	194
311	G. Kempson (L.R.R.C.)	49.14		10 Milton Keynes	242
312	K. West (un.)	49.26		11 Watford	266
313	A. Hollingsworth (un.)	49.31		12 Verlea	319
314	R. Ball (un.)	50.01		13 Aldershot "B"	327
315	D. Nemunis (un.)	50.03		14 Hercules Wimbledon	338
316	J. Hewlett (Watford)	50.23	vv	15 Old Gayts "B"	374
317	I. Hunt (Epsom & Ewell)	50.58		16 Metros	376
318	J. Keane (un.)	51.20		17 Vauxhall	396
319	J. Roberts (un.)	51.24	v	18 North London "B"	404
320	S. Roberts (un.)	51.24	v	19 Hillingdon "B"	437
321	D. Davey (un.)	51.28		20 Shaftsbury "B"	449
322	P. Michallet (un.)	51.43		21 Serpentine "B"	455
323	D. Wilson (un.)	51.46		22 Queens Park	480
324	R. Morgan (un.)	51.51		23 Ealing & Southall	516
325	L. Singh (un.)	51.51		24 Vauxhall "B"	544
326	S. Meldrum (un.)	52.50	v	25 L.R.R.C.	597
327	J. Sewell (un.)	53.21		26 Bow Street	598
328	F. Durham (un.)	53.53	v	27 Old Gayts "C"	683
329	D. Barter (un.)	55.04		28 Hillingdon "C"	691
330	D. West (un.)	55.44		29 Ilford "B"	749
331	M. Cooke (un.)	55.51		30 Serpentine "C"	793
332	R. Stevens (un.)	56.12		31 Bearbrook	795
333	L. Hood (un.)	56.56		32 Hillingdon "D"	838
334	C. O'Sullivan (un.)	57.38		33 Watford "B"	878
335	M. Hill (un.)	60.13		34 Metros "B"	891
336	J. Briggs (Bow Street)	62.54		35 L.R.R.C. "B"	920
337	J. Williams (Playback)	64.44		36 Shaftsbury "C"	952
338	A. Woodward (L.R.R.C.)	65.18		37 L.R.R.C. "C"	1163
339	I. Brown (un.)	65.43			

Old Gaytonians A.C. Forthcoming Promotions

Tues 20th June Open Graded Meeting inc. 1 mile  
 Tues 18th July Open Graded Meeting inc. 800m 3000m  
 Sun 13th August Open Graded Meeting inc. 800m 1500m 5000m  
 Sat 21st October Hatch End "5" Mile Road Race

(all including female races except 5000m)

for details write to: Dennis Orme, 12 Warden Avenue, Harrow, Middx, HA2 9JW  
 enclosing a S.S.A.E.

Ladies Results

v-vet 0/35

1	H. Baxter (Highgate)	35.38
2	L. Hall (Ashford)	36.27
3	J. Groves (L.O.A.C.)	36.31
4	J. Harrop (Burnham)	37.12
5	S. Rowland (Ranelagh)	37.22
6	L. Lake (Aldershot)	37.45
7	L. Kirk (Wessex)	38.16
8	R. Shield (Luton)	39.41
9	A. Moran (Q.P.H.)	39.57
10	C. McCarthy (Q.P.H.)	40.03
11	D. Howse (Burnham)	40.10
12	J. King (Luton)	40.21
13	V. Culshaw (Ranelagh)	40.23
14	E. Hodnett (Highgate)	41.14 v
15	C. Hardy (Burnham)	41.17
16	J. Hatherall (Bow Street)	41.47 v
17	M. Swindles (Metros)	42.20 v
18	K. Large (Reading)	42.30
19	M. Cole (Ealing & S)	42.42
20	K. Mallett (Ealing & S)	42.50
21	C. Markham (Serpentine)	43.39
22	B. Case (Ealing & S)	44.15
23	K. Wilson (Stopsley)	44.21
24	F. Lawlor (Pactrac)	44.30
25	H. Fotherby (Ranelagh)	44.35 v
26	J. Newman (Ealing & S)	44.38 v
27	D. Faulkner (Highgate)	45.06
28	J. Bristow (Serpentine)	45.08
29	P. Jones (Ilford)	45.08 v
30	L. Elliott (un.)	45.27
31	C. Brixley (Serpentine)	45.44 v
32	D. Brockway (Vauxhall)	45.50
33	C. Hunter (un.)	46.41
34	G. McBride (Metros)	46.42
35	A. Crofts (un.)	46.53
36	K. Willis (un.)	46.57
37	M. Hassell (North London)	47.07
38	L. Nield (un.)	47.14
39	S. Suffield (Metros)	47.49 v
40	L. Smith (un.)	50.06
41	G. Noyes (Epping)	50.07
42	H. McDonald (Q.P.H.)	50.12
43	F. Leslie (Serpentine)	51.13
44	S. Woods (un.)	51.13
45	C. Van Bassen (un.)	51.46
46	M. Brooks (Serpentine)	51.47 v
47	S. Stuart (Celtic)	52.03
48	L. Arstell (Bow Street)	52.48
49	R. Betts (First National St)	53.21
50	S. Robson (East London Tri)	53.40

51	K. Walls (un.)	54.19
52	S. Woodroff (un.)	55.54
53	H. Milligan (un.)	55.54
54	L. France (un.)	56.24
55	N. Hyde (un.)	56.48
56	T. Lewis (un.)	57.11
57	K. Meechan (un.)	57.13
58	F. Peacock (un.)	57.13
59	A. Meyer (un.)	57.40
60	H. Benington (un.)	57.40
61	G. Meechan (un.)	61.30
62	B. Farr (un.)	61.31 v
63	S. James (Bow Street)	62.54
64	F. Roden (Fiona's Flyers)	62.55
65	D. Hodgskin (Playback)	67.21

Team Result

1	Highgate	42
2	Ranelagh	43
3	Ealing & Southall	61
4	Queens Park	61
5	Serpentine	80
6	Metros	90

5km fun run men

1	A. Weller (Shaftsbury)	16.50 v
2	G. Bicknell (Old Gayts)	17.17
3	A. Wheeler (L.R.R.C.)	18.23
4	D. Domoney (Shaftsbury)	18.46
5	G. Collett (Hillingdon)	19.07
6	D. Evers (Metros)	20.13 vv
7	P. Gibbs (un.)	20.17
8	M. Atkins (un.)	20.46
9	T. Crompton (Beacon School)	20.50
10	S. Maytum (Beacon School)	20.50
11	R. Alderson (Beacon School)	21.56
12	B. Simpson (Serpentine)	22.04
13	P. Hathaway (un.)	23.22
14	J. Murphy (Shaftsbury)	23.51 v
15	P. Cunliffe (Windsor)	24.08
16	R. Hewitt (Shaftsbury)	24.21 v
17	R. Watson (Beacon School)	26.38
18	J. Sandys-Lindsay (Beacon S)	26.51
19	R. Amar (Beacon School)	31.02
20	K. Shanahan (un.)	31.11
21	D. Pallant (un.)	32.21

5km fun run ladies

1	K. Hathaway (un.)	23.22
2	P. Otto (Metros)	25.10 v
3	C. Roberts (un.)	27.51
4	A. Symmonds (un.)	27.58
5	K. Shanahan (un.)	27.59
6	T. Shanahan (un.)	31.11
7	E. Blackler (un.)	33.35