

HARROW 10km ROAD RACE supported by RUNNERSWORLD at Hatch End, Harrow, April 20th 1991

Mens Result		v - vet over 40	vv - vet over 50
1	G. Rizzo (Nene Valley)	29.25 (rec)	51 J. Oglin (North London) 32.54
2	A. Jackson (Hillingdon)	30.02	52 G. Wootton (Thurrock) 32.55 v
3	P. Bettridge (Havering)	30.12	53 P. Gregory (Bearbrook) 32.58
4	K. Dumbleton (Shaftesbury)	30.15	54 A. Wong (Muswell Hill) 32.59
5	T. Maher (London Irish)	30.28	55 R. Kindersley (Serpentine) 33.02
6	D. Dymond (Exeter)	30.39	56 P. Graham (Verlee) 33.06
7	N. Gemmell (Southampton)	30.40	57 T. Gassett (Metros) 33.10
8	J. Zepke (Exeter)	30.43	58 A. Deighton (Old Gayts) 33.22
9	P. O'Brien (Old Gayts)	30.53	59 M. Morgan (S.L.H.) 33.34
10	A. Pritchard (Barnet)	31.05	60 A. Richardson (Wycombe) 33.38
11	G. Floate (Woodford Green)	31.07	61 B. Sainsbury (un.) 33.42
12	S. Goss (Exeter)	31.08	62 D. Manning (Met Police) 33.45
13	P. Simons (Shaftesbury)	31.09	63 A. Deglish (Vauxhall) 33.46 v
14	M. Cursons (Old Gayts)	31.13	64 D. Bradley (Exeter) 33.47
15	B. Nugent (London Irish)	31.17	65 A. Packham (Shaftesbury) 33.48
16	M. Simpson (Hounslow)	31.18	66 F. Cooney (West 4) 33.54
17	I. Legg (Aldershot)	31.21	67 P. McTigue (S.L.H.) 33.55
18	M. Hurd (Witney)	31.23 v	68 K. Kirby (North London) 33.56
19	K. Gavin (Aldershot)	31.24	69 R. Gammon (Wycombe) 34.00
20	S. Kerr (London Irish)	31.26	70 D. Haughney (Vauxhall) 34.05 vv
21	J. Quirke (London Irish)	31.28	71 J. Rene (North London) 34.06
22	A. Evans (S.L.H.)	31.29	72 L. Sewkins (Southend) 34.09 v
23	N. Flint (Old Gayts)	31.33	73 T. Ford (Grantham) 34.11
24	R. Campbell (Newham)	31.43	74 D. Parsons (Oxford City) 34.14 v
25	E. Cunningham (Aldershot)	31.48 v	75 S. Rowland (Ranelagh) 34.23 v
26	P. Doran (Muswell Hill)	31.49	76 D. Walton (North London) 34.26
27	J. Orr (London Irish)	31.49	77 S. Crewte (Aldershot) 34.27
28	A. Robinson (Chelmsford)	31.51	78 P. Kemp (Watford) 34.29 v
29	M. Adcock (Watford)	31.52	79 R. Young (Stragglers) 34.29
30	N. Keely (Nene Valley)	31.53	80 K. Kemp (Muswell Hill) 34.30
31	R. Gaine (Colchester Joggers)	31.54	81 B. Tickner (Seaford) 34.30 v
32	D. Rodwell (Wycombe)	31.54	82 M. Botter (un.) 34.34
33	P. Groves (S.L.H.)	31.56	83 M. Cochrane (Nene Valley) 34.35
34	R. Johnston (West 4)	32.10	84 S. Bird (Ranelagh) 34.36
35	M. Duff (Aldershot)	32.13 v	85 S. Jakeman (Leeds City) 34.39
36	B. O'Neill (Aldershot)	32.17 v	86 M. Wilson (Hillingdon Tri.) 34.40
37	M. Rimmer (un.)	32.23	87 M. Beakhouse (North London) 34.44
38	S. Bell (Watford)	32.24	88 J. Ferguson (North London) 34.45
39	M. Lepps (Old Gayts)	32.28	89 M. Walters (Watford) 34.53
40	A. Hoiles (Old Gayts)	32.29	90 R. Powell (Shaftesbury) 34.54
41	R. Frew (Lasswade)	32.30	91 I. Trotter (Stragglers) 34.57
42	J. Willoughby (Q.P.H.)	32.34 v	92 D. Paterson (Serpentine) 35.02 v
43	T. Seekins (Colchester Jog.)	32.36	93 S. O'Sullivan (Milton Keynes) 35.03
44	M. Green (Old Gayts)	32.38 v	94 A. Weller (Shaftesbury) 35.06 v
45	S. Faulkner (Highgate)	32.39	95 N. Mitchell (North London) 35.10
46	M. Thomas (Poole)	32.39	96 N. Stevens (Boxhill) 35.11
47	P. Beauvais (Ranelagh)	32.40	97 C. Noon (Milton Keynes) 35.13
48	P. Biddlecombe (North London)	32.44	98 D. Selby (Hillingdon) 35.15
49	G. Whitson (Ranelagh)	32.46	99 N. Young (Hercules Wimbledon) 35.17
50	N. Smith (Oxford City)	32.53	100 F. Zelaya (Herne Hill) 35.18

101	C. Murphy (London Irish)	35.19	151	K. Spiers (Finch Coasters)	37.30 v
102	J. Ayton (Highgate)	35.20	152	M. Sutton (un.)	37.30
103	T. Oldfield (Watford)	35.21 v	153	D. Reap (Hillingdon)	37.33
104	N. Kearsy (Muswell Hill)	35.29	154	J. Morley (un.)	37.34
105	R. Black (Shaftesbury)	35.33 v	155	A. Marshall (Hallamshire)	37.48
106	C. Egleton (Capital)	35.35 v	156	C. Maughan (Vauxhall)	37.49 v
107	I. Burks (Muswell Hill)	35.37	157	P. Chapman (Bracknell)	37.54 v
108	J. Watts (Aldershot)	35.40	158	J. Simmonds (Metros)	37.58
109	K. Waterman (un.)	35.41	159	M. Likeman (un.)	37.59
110	R. Gordon (Old Gayts)	35.42	160	P. Vincent (Shaftesbury)	38.08
111	D. Surrey (Shaftesbury)	35.43 vv	161	M. Foster (Rowheath)	38.10
112	M. Kelly (Old Gayts)	35.48	162	D. Matthews (Q.P.H.)	38.27
113	C. Heyes (Stevensage)	35.50	163	D. Norton (Finch Coasters)	38.28
114	M. Hughes (Potteries Mart'n)	35.53	164	L. Blackwood (Aldershot)	38.32 v
115	A. Furze (Cambridge H.)	35.54	165	I. Manners (un.)	38.41
116	T. Earle (North London)	35.55	166	J. Bond (Hillingdon)	38.48
117	P. Haarer (Ranelagh)	35.57	167	B. Gubbins (Watford)	38.49 v
118	Ward	36.02	168	R. Devitt (Shaftesbury)	38.51 v
119	P. Biernacki (North London)	36.04 v	169	R. Perry (S.L.H.)	38.54
120	W. Whitman (Watford)	36.08 vv	170	C. Walker (Shaftesbury)	38.55 vv
121	J. Kelly (Shaftesbury)	36.18	171	K. Morris (un.)	38.58
122	N. Smithers (Greenford)	36.28	172	J. Mason (Hallamshire)	39.05
123	R. Little (Watford)	36.29 v	173	S. Hay (St. Albans Striders)	39.09
124	R. Foskett (Verlea)	36.32	174	P. Sudwell (un.)	39.10
125	D. Frampton (Metros)	36.33	175	D. Mulkern (Chesham)	39.11 vv
126	R. Wall (un.)	36.34	176	J. O'Gorman (Milton Keynes)	39.12 vv
127	P. Lemmon (North London)	36.35	177	P. Sacares (un.)	39.19
128	R. Porter (Verlea)	36.36 v	178	P. Hughes (Watford)	39.23 vv
129	M. Bagot (un.)	36.37	179	J. Gately (Watford)	39.32 v
130	T. Edwards (Dulwich)	36.40 v	180	D. Benjamin (Q.P.H.)	39.34
131	T. Gallagher (un.)	36.41	181	A. Laker (Witney)	39.38 v
132	M. Kettlewell (Hillingdon)	36.42	182	P. Deering (un.)	39.42
133	J. O'Shea (London Irish)	36.42	183	R. Townsend (Herne Hill)	39.43
134	M. Shannon (London Irish)	36.43	184	D. Boyes (Northampton)	39.45 vv
135	C. Bone (un.)	36.43	185	W. Clapham (Blackheath)	39.55 vv
136	N. Fitzgerald (un.)	36.43	186	A. Werhaftig (Hillingdon Tri)	39.59 v
137	A. Sayers (Ranelagh)	36.48	187	T. Marlow (un.)	40.00
138	G. Roberts (Poole)	36.49	188	L. Nicholls (Heinz 57)	40.02 v
139	D. Desborough (North London)	36.50 vv	189	J. Adam (Leighton Buzzard)	40.03 v
140	S. Appleton (Millocarian)	36.50 v	190	R. Manton (Muswell Hill)	40.10 v
141	R. Clark (Watford)	36.53 v	191	J. Taylor (Eastbourne)	40.19 vv
142	G. Brown (Poole)	36.58 v	192	M. French (Serpentine)	40.20
143	M. Sesay (Shaftesbury)	37.02	193	R. Beedell (Chesham)	40.21
144	J. Hickie (North London)	37.08	194	T. Ockenden (Shaftesbury)	40.22 v
145	G. Foster (un.)	37.10	195	C. Rees (Wycombe)	40.23 v
146	D. Brown (Metros)	37.11 v	196	R. Whyman (Metros)	40.24 vv
147	T. Gaughen (Q.P.H.)	37.16	197	P. Gallagher (Handy Cross)	40.26
148	S. Oldfield (Hallamshire)	37.20	198	J. Aspinall (Herne Hill)	40.33 vv
149	M. McQueen (Shaftesbury)	37.21	199	P. Welch (Hillingdon)	40.40 v
150	H. Loveridge (Seaford)	37.29 vv	200	A. Bates (North London)	40.45

201	P. Langston (un.)	40.47	251	J. Atmore (un.)	43.54
202	M. Foren (un.)	40.49	252	A. Samuels (un.)	43.55
203	R. Kraushaar (Old Gayts)	40.53 v	253	G. Newitt (un.)	43.59
204	D. Saxby (Leighton Buzzard)	40.58 vv	254	M. Tanner (un.)	44.06
205	P. Lewis (Cambridge H.)	41.10 v	255	A. Murray (un.)	44.19
206	G. Bonds (un.)	41.11	256	E. Garrard (Borehamwood)	44.21 vv
207	S. O'Keefe (Hillingdon)	41.15	257	C. Hirst (Hatch End F.C.)	44.26
208	N. Webb (Old Gayts)	41.19	258	M. Skelton (Hastings)	44.38 vv
209	K. Oakley (Stragglers)	41.20	259	S. Hookes (Chesham)	44.44
210	T. Bush (Old Gayts)	41.27 v	260	D. Swan (Harrow/Wembley Post)	44.52
211	M. Godden (Metros)	41.29 v	261	T. Sams (un.)	44.53
212	M. Shields (un.)	41.37	262	D. Couchman (Jolly Trotters)	44.59 v
213	I. Boyd (un.)	41.42	263	G. Neal (Watford)	45.01
214	C. Pretley (R.A.F.)	41.44 v	264	J. Grimes (un.)	45.05
215	C. Hill (Serpentine)	41.48	265	W. Webb (un.)	45.33 v
216	M. Stenhouse (un.)	41.50	266	J. Cosby (un.)	45.35
217	J. O'Mara (Northampton)	41.51 vv	267	F. McKenna (un.)	45.48 v
218	T. Hale (un.)	42.02 v	268	P. Swain (un.)	46.00
219	D. Austin (un.)	42.03 v	269	W. Sacks (Shaftesbury)	46.20 vv
220	M. Leonard (un.)	42.04	270	M. Upton (un.)	46.29
221	S. Kelly (un.)	42.08	271	M. Fox (Shaftesbury)	46.30 v
222	R. Fletcher (un.)	42.14	272	C. Lord (un.)	46.39
223	P. French (Met Police)	42.16 v	273	L. Steinpress (North London)	46.54
224	H. Hunter (Jolly Trotters)	42.17	274	L. Doran (Muswell Hill)	47.09
225	R. Fuell (un.)	42.18	275	R. Frake (Pitsea)	47.20 v
226	D. Hays (North London)	42.18 vv	276	A. Evans (un.)	47.24
227	D. Howlett (Wycombe)	42.20	277	W. Huntingford (un.)	47.41 v
228	J. Devern (un.)	42.21	278	R. Llewellyn (Finch Coasters)	47.42 v
229	T. Pierce (Hallamshire)	42.35 v	279	M. Nicholls (un.)	48.39
230	M. Wells (Amersham/Chesham C)	42.37 v	280	G. Johnson (Serpentine)	48.53 v
231	S. Roy (un.)	42.37	281	P. McKenna (un.)	49.05 v
232	A. Green (St. Albans Str.)	42.40	282	M. Ulrich (EMI Joggers)	49.33
233	S. Izzard (Watford)	42.42 vv	283	K. Blackett (Jolly Trotters)	49.34
234	F. Lombardelli (un.)	42.43	284	D. Wright (un.)	49.35
235	M. Nuttal (Hallamshire)	42.45	285	J. Keane (un.)	49.37
236	R. King (un.)	42.46	286	I. Geddes (R.A.F.)	49.42 vv
237	A. Jackson (Veterans)	42.53 v	287	C. George (Jolly Trotters)	51.11
238	D. Furlong (Hatch End F.C.)	42.54	288	F. Buyn (un.)	51.32
239	C. Borner (EMI Joggers)	43.12	289	B. Carter (First National)	53.07
240	T. Casey (Heinz 57)	43.13 v	290	J. Barber (Jolly Trotters)	55.36
241	N. Rowlinson (Runners Need)	43.14			
242	B. Bohan (un.)	43.15			
243	M. Woods (EMI Joggers)	43.17			
244	E. Marthinsen (Capital)	43.17 v			
245	R. Tucker (Capital)	43.18 v			
246	R. Collins (un.)	43.19			
247	D. Davis (Q.P.H.)	43.21 v			
248	J. Salisbury (EMI Joggers)	43.36 v			
249	M. Wilson (Ealing & S)	43.37 v			
250	B. Jackson (Metros)	43.53 vv			

Mens Team Result

1	London Irish	61	5	15	20	21
2	Old Gaytonians	85	9	14	23	39
3	Exeter	90	6	8	12	64
4	Aldershot	95	17	19	25	35
5	Shaftesbury	172	4	13	65	90
6	South London H.	181	22	33	59	67
7	Watford	234	29	38	78	89
8	North London	238	48	51	68	71
9	Old Gayts "B"	252	40	44	58	110
10	Ranelagh	255	47	49	75	84
11	Muswell Hill	264	26	54	80	104
12	North London "B"	346	76	87	88	95
13	Wycombe	356	32	60	69	195
14	London Irish "B"	380	27	101	119	133
15	Hillingdon	385	2	98	132	153
16	Aldershot "B"	385	36	77	108	164
17	Shaftesbury "B"	431	94	105	111	121
18	Metros	486	57	125	146	158
19	Watford "B"	487	103	120	123	141
20	North London "C"	526	116	127	139	144
21	Queens Park H.	531	42	147	162	180
22	Serpentine	554	55	92	192	215
23	Shaftesbury "C"	620	143	149	160	168
24	Hallamshire	704	148	155	172	229
25	Old Gaytonians "C"	733	112	203	208	210
26	Watford "C"	757	167	178	179	233
27	Shaftesbury "D"	904	170	194	269	271
28	EMI Joggers	1012	239	243	248	282
29	Jolly Trotters	1056	224	262	283	287

Old Gaytonians A.C. forthcoming promotions:

Tuesday June 11th Open Graded Track & Field
 Tuesday July 9th Open Graded Track & Field
 Sunday August 18th Open Graded Track & Field
 Sunday November 17th Hatch End "5" Mile Road Race

for details write to: Dennis Orme, 12 Warden Avenue, Harrow, Middx, HA2 9LW

The Harrow 10km was sponsored by RUNNERSWORLD, the specialist runners shop in Rayners Lane, Harrow, and also assisted by Asics.

10km Fastest Mens Times:

29.25	G. Rizzo (Nene Valley)	1991
29.27	M. Williams (Shaftesbury)	1988
29.34	A. Catton (Ilford)	1986
29.36	M. White (Aldershot)	1986
29.38	A. Beattie (Luton)	1986
	P. O'Brien (Old Gayts)	1989
29.45	K. Penny (Cambridge H.)	1987
	K. Hayes (Milton Keynes)	1989
29.49	M. Philpott (Hillingdon)	1987
29.50	G. Spring (Luton)	1985

10km Fastest Ladies Times:

33.48	C. Mihailovic (Birchfield)	1988
34.11	G. Penny (Cambridge H.)	1987
35.38	H. Baxter (Highgate)	1989
35.52	A. Briscoe (White Horse)	1986
35.54	E. Davies (Les Croupiers)	1988
36.04	T. Ball (Wessex)	1987
36.27	L. Hall (Ashford)	1989
36.31	J. Groves (L.O.A.C.)	1989
36.45	J. Harrop (Burnham Joggers)	1988
37.05	H. Pratt (Bingley)	1984

Ladies Results

v - veteran

1	A. Parry (Ranelagh)	37.09
2	F. Brown (Shaftesbury)	37.37
3	A. Moran (Middx Ladies)	37.37
4	D. Tomlinson (Ranelagh)	38.00
5	C. Owen-Thomas (Chesham)	38.23
6	R. Macdonald (Wycombe)	39.25
7	M. McGeorge (Witney)	39.38
8	S. Rowland (Ranelagh)	40.14 v
9	K. Ramsey (Charnwood)	40.36
10	C. Tunstall (Ranelagh)	41.18
11	J. Mitchell (Shaftesbury)	41.26 v
12	J. Smith (un.)	41.30
13	S. Davison (Serpentine)	41.37
14	F. Smith (North London)	41.40
15	M. Cole (Ealing & S)	42.44
16	L. Wilson (Ealing & S)	43.38
17	F. Zelaya (Herne Hill)	43.40
18	B. Westwood (Serpentine)	44.41
19	D. Pratley (un.)	45.10
20	K. Badacsanyi (un.)	46.27
21	H. Wescombe (un.)	46.28
22	H. Rotherby (Ranelagh)	46.31 v
23	C. George (un.)	46.41
24	A. Louis (Q.P.H.)	46.46
25	G. McBride (Metros)	47.01
26	H. Luxford (Wycombe)	47.43
27	J. Brown (Poole)	47.58 v
28	A. Woolsey (un.)	48.01
29	K. Qualmann (Vale Farm)	48.01 v
30	R. Campbell (Southern Vets)	48.08 v
31	L. Ribbans (Ranelagh)	48.59
32	K. Fogerty (Ealing & S)	49.16 v
33	T. Ainger (un.)	49.42
34	J. Reed (un.)	50.16
35	S. Suffield (Metros)	50.26 v
36	M. Holliday (Ranelagh)	50.30
37	C. Frempton (Metros)	50.33
38	R. Betts (First National)	50.50 v
39	J. King (Ealing & S)	51.06 v
40	G. Marr (Abbey Runners)	51.34
41	N. Mason (un.)	51.49
42	B. Angear (un.)	52.56
43	L. Ingleton (un.)	52.56
44	S. Wilson (un.)	53.19
45	T. Goodhew (Watford)	55.10
46	A. Bibi (un.)	60.20
47	B. Appleton (un.)	73.18

Ladies Team Result

1	Ranelagh	13	1	4	8
2	Ranelagh "B"	63	10	22	31
3	Ealing & Southall	63	15	16	32
4	Metros	97	25	35	37