



Evesham Vale 10k Race 12th July 2009 – Full Results

Prizes

Please note that if a runner won a prize as first, second or third overall, then the age category prize goes to the next fastest.

First men

Number	Name	Club	Time
564	Richard Malin	Bromsgrove and Redditch	33:55
660	John Parker	University of Gloucester	34:00
1	Gary Payne	George Eliot Striders	34:25

First ladies

Number	Name	Club	Time
153	Emma Gooderham	Malvern Joggers	38:03
623	Annie Baumber	Civil Service Sports Club	39:33
517	Jacqui Phillips	Kidderminster & Stourport AC	41:42

Age categories

Men Winners

Category	Number	Name	Club	Time
Junior	494	Daniel Webb	Unattached	37:52
40 – 49	547	Stephen Powell	Unattached	36:02
50 – 59	473	Chris Taylor	Evesham Vale RC	37:55
60 - 69	206	Cliff Thornton	Tyndale Harriers	41:39
70 +	448	John Huggins	Midland Masters	52:43

Lady Winners

Category	Number	Name	Club	Time
Junior		Not contested		
35 - 44	563	Jeanette Malin	Bromsgrove & Redditch	42:37
45 - 54	401	Heather Rees	Sportstest.co.uk	42:13
55 - 64	482	Christine Sedman-Smith	Kidderminster & Stourport AC	45:21
65+	171	Doriann Brass	Washlands Womens	74:45

Team prize - Men

Bromsgrove and Redditch			
564	Richard Malin		33:55
304	Simon Lanckham		36:32
274	Kevin Lanckham		36:36
403	Gavin Moorhead		39:35

Team Prize - Ladies

Malvern Joggers			
153	Emma Gooderham		38:03
438	Maria Liviero		45:26
283	Julie Marshall		46:27



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Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
1	564	Richard	Malin	M	42	Bromsgrove and Redditch	00:33:55
2	660	John	Parker	M	36	University of Gloucester	00:34:00
3	1	Garry	Payne	M	52	George Eliot Striders	00:34:25
4	130	Phillip	Gould	M	31	Kenilworth Runners	00:34:31
5	293	Chris	Davies	M	22	Worcester AC	00:35:42
6	547	Stephen	Powell	M	42	n/a	00:36:02
7	398	David	Randall	M	48	Cheltenham&County Harriers	00:36:21
8	269	Tristan	Robilliard	M	30	Guernsey AC	00:36:31
9	304	Simon	Lanckham	M	18	Bromsgrove and Redditch	00:36:32
10	274	Kevin	Lanckham	M	43	Bromsgrove and Redditch	00:36:36
11	585	James	Darcy	M	44	Silson Joggers	00:37:10
12	217	Ivan	Pawluk	M	46	Worcester AC	00:37:20
13	232	Daniel	Harris	M	33	n/a	00:37:36
14	357	Nick	Hooper	M	44	Black Pear Joggers	00:37:43
15	494	Daniel	Webb	M	16	n/a	00:37:52
16	473	Chris	Taylor	M	54	Evesham Vale Running Club	00:37:55
17	187	Dave	Ferrier	M	34	Eynsham Road Runners	00:37:57
18	638	Tom	Burr	M	30	n/a	00:37:58
19	153	Emma	Gooderham	F	38	Malvern Joggers	00:38:03
20	509	Paul	Beechey	M	34	n/a	00:38:13
21	626	Darren	Bradley	M	43	Ron Hill Cambuslang	00:38:20
22	257	Cameron	Jefford	M	46	n/a	00:38:30
23	532	Chris	Longley	M	45	n/a	00:38:31
24	407	Richard	Ralphs	M	39	n/a	00:38:34
25	327	Ned	Lammas	M	44	Evesham Vale Running Club	00:39:08
26	496	Mark	Cusack	M	38	Malvern Joggers	00:39:12
27	20	Paul	Lockyer	M	34	Tewkesbury A.C	00:39:31
28	623	Annie	Baumber	F	28	Civil service sports club	00:39:33
29	403	Gavin	Moorhead	M	29	Bromsgrove and Redditch	00:39:35
29	540	Daniel	Owen	M	16	Cheltenham&County Harriers	00:39:35
31	675	Matthew	Bailey	M	35	Black Pear Joggers	00:39:39
32	546	Mark	Pigford	M	39	n/a	00:39:40
33	425	Dave	Parkin	M	37	n/a	00:39:50
34	420	Mark	Zikking	M	39	Evesham Vale Running Club	00:39:59
35	647	Hamish	Gordon	M	22	n/a	00:40:10
36	537	Thomas	Forrester	M	37	Worcester AC	00:40:15
37	340	John	Peacock	M	56	evesham Vale Running Club	00:40:18
38	467	David	Halford	M	34	n/a	00:40:19
39	233	Iain	Jennings	M	32	n/a	00:40:21
40	132	Nigel	Tillott	M	46	Tewkesbury A.C	00:40:26
41	109	Jonathan	Green	M	48	Malvern Joggers	00:40:30
42	382	Andy	Norman	M	54	n/a	00:40:32
43	136	Mark	Francis	M	52	Stratford A C	00:40:34
44	421	Andy	Maybury	M	43	Black Pear Joggers	00:40:39
45	92	Neil	Smith	M	45	n/a	00:40:43
45	611	Simon	Waters	M	24	Tewkesbury A.C	00:40:43
47	318	William	Russell	M	15	Evesham Vale Running Club	00:40:44
48	411	Mark	Appleton	M	20	Bromsgrove and Redditch	00:40:48
49	400	Mark	Butcher	M	21	n/a	00:41:12
50	612	Simon	Beck	M	19	n/a	00:41:18
50	317	Kevin	Miles	M	38	n/a	00:41:18

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Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
52	321	Zbignicw	Stasik	M	41	n/a	00:41:23
53	566	Richard	Hands	M	37	Northbrook AC	00:41:28
54	268	Sam	Dowding	M	28	n/a	00:41:32
54	41	Neil	Herron	M	46	Black Pear Joggers	00:41:32
56	207	Tim	Heslop	M	41	Evesham Vale Running Club	00:41:35
57	545	David	Graham-Kevan	M	39	n/a	00:41:36
58	206	Cliff	Thornton	M	62	Tynedale Harriers	00:41:39
59	517	Jacqui	Phillips	F	42	Kidderminster & Stourport AC	00:41:42
60	508	Adrian	Mawby	M	39	Leamington C+A	00:41:49
61	604	Kurt	Dusterhoff	M	36	Evesham Vale Running Club	00:41:50
62	560	Andrew	Stokes	M	27	n/a	00:41:57
63	609	Daniel	Barnes	M	18	n/a	00:42:00
63	552	James	Wilson	M	30	Almost Athletes	00:42:00
65	43	Edward	Collier	M	52	Almost Athletes	00:42:01
66	518	Mick	Monaghan	M	62	Worcester AC	00:42:04
67	401	Heather	Rees	F	47	sportstest.co.uk	00:42:13
67	409	Daniel	Woodgate	M	34	n/a	00:42:13
69	526	Daniel	Webb	M	36	Tewkesbury A.C	00:42:19
70	668	Andrew	Daniel	M	32	n/a	00:42:23
71	197	Jonathan	Dodds	M	28	Brat Club	00:42:28
72	182	Steve	Anderson	M	47	Tewkesbury A.C	00:42:30
73	330	Emma	Gill	F	33	BTA	00:42:37
73	563	Jeanette	Malin	F	42	Bromsgrove and Redditch	00:42:37
75	680	Teri	Thompson	F	42	Black Pear Joggers	00:42:40
76	290	Martin	Lilley	M	33	n/a	00:42:43
77	287	Graham	Cramp	M	43	Malvern Joggers	00:42:45
78	222	Jack	Hincks	M	21	n/a	00:42:46
79	215	John	Willette	M	52	n/a	00:42:47
80	166	Lyndon	Bird	M	41	n/a	00:42:49
80	525	Nick	Broom	M	19	n/a	00:42:49
80	87	Matt	Grove	M	37	Macclesfield Harriers	00:42:49
80	373	Andy	Talbot	M	50	n/a	00:42:49
80	669	Andrew	Williamson	M	18	Road Runners Club	00:42:49
85	575	Alison	Bagnall	F	42	Stratford A C	00:42:51
85	620	Bob	Pope	M	46	Worcester AC	00:42:51
87	436	Andrew	Carter	M	54	n/a	00:42:54
88	693	Clive	Andrews	M	42	n/a	00:42:55
89	625	Carl	Flint	M	51	Malvern Joggers	00:42:57
89	296	Adam	Hucklesby	M	28	n/a	00:42:57
91	683	Terance	Bedington	M	59	Worcester AC	00:42:58
92	670	Mark	Williamson	M	50	Road Runners Club	00:43:02
93	26	Benjamin	Griffin	M	31	Evesham Vale Running Club	00:43:11
93	588	Phil	Taylor	M	46	Kidderminster & Stourport AC	00:43:11
95	652	Wayne	Cox	M	29	n/a	00:43:17
95	556	Neil	Robbie	M	42	Black Pear Joggers	00:43:17
97	531	Wayne	Barnett	M	34	Evesham Vale Running Club	00:43:22
97	557	Kristian	Williams	M	23	Haddenham Runners	00:43:22
99	37	Andy	McCoombes	M	50	Bourton Roadrunners	00:43:24
100	685	Ian	Hughes	M	42	Tewkesbury A.C	00:43:25
101	522	James	Apps	M	37	Malvern Joggers	00:43:31
102	240	Dawn	compton	F	44	n/a	00:43:34



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Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
103	383	Austen	Stanley	M	37	n/a	00:43:36
104	88	Jonathan	Roberts	M	49	n/a	00:43:39
105	201	Paul	Burman	M	48	n/a	00:43:42
106	156	Mike	Roberts	M	27		00:43:47
107	504	Oliver	Booth	M	15	n/a	00:43:58
108	599	Andrew	Notley	M	43	n/a	00:44:08
109	577	Laurence	Phillips	M	40	n/a	00:44:10
110	662	Andy	Dallow	M	42	Forest of Dean	00:44:11
111	98	Pete	Matthews	M	29	Kenilworth Runners	00:44:12
112	161	John	Turner	M	65	Stratford A C	00:44:15
113	243	Andy	Duffy	M	37	n/a	00:44:17
114	595	Matthew	Dignum	M	34	n/a	00:44:18
115	51	Charles	Bamford	M	32	Brat Club	00:44:21
115	93	Mark	Bennett	M	47	n/a	00:44:21
115	558	Robert	French	M	42	n/a	00:44:21
118	333	Paul	Pitts	M	42	n/a	00:44:22
119	581	Michelle	Laws	F	40	Tewkesbury A.C	00:44:23
120	516	Mark	Phillips	M	39	Cobra R.C	00:44:24
121	520	James	Upton	M	22	n/a	00:44:29
122	648	Wessel	Van Niekerk	M	28	n/a	00:44:31
123	661	Norman	Ashmore	M	53	n/a	00:44:32
124	515	Charlotte	Whorton	F	18	Kidderminster & Stourport AC	00:44:35
125	203	Darren	Pepper	M	30	n/a	00:44:37
126	539	Jasper	Trevenyan	M	38	n/a	00:44:41
127	618	Simon	Willington	M	51	Stourbridge R.C	00:44:48
128	396	Zara	Blower	F	22	Evesham Vale Running Club	00:44:57
129	352	Carl	Anthony	M	38	Malvern Joggers	00:44:59
130	449	Allan	Coldicott	M	52	Stratford A C	00:45:02
131	348	Phil	Brennan	M	66	Stratford A C	00:45:04
131	349	Stephen	Ludlow	M	49	Evesham Vale Running Club	00:45:04
133	58	Simon	Hewitt	M	45	n/a	00:45:05
134	11	Paul	Shrimpton	M	30	Evesham Vale Running Club	00:45:06
135	319	Christopher	Hanson	M	37	n/a	00:45:13
136	149	David	Maundrell	M	35	Stratford A C	00:45:14
137	587	Richard	Gilbert	M	55	Almost Athletes	00:45:15
138	249	Phillip	Jackson	M	59	Malvern Joggers	00:45:17
139	289	Robert	Ayres	M	41	n/a	00:45:18
140	216	Jon	Freeman	M	39	n/a	00:45:19
140	112	Robert	Jordan	M	43	Tewkesbury A.C	00:45:19
142	347	Nicholas	Hargrave	M	41	n/a	00:45:21
142	482	Christine	Sedman-Smith	F	61	Kidderminster & Stourport AC	00:45:21
144	634	Richard	Anderson	M	34	n/a	00:45:22
144	208	Simon	Finch	M	33	n/a	00:45:22
144	637	Matt	Hammett	M	25	n/a	00:45:22
147	438	Maria	Liviero	F	46	Malvern Joggers	00:45:26
148	53	Carol	Cowley	F	58	Tewkesbury A.C	00:45:36
149	211	Luke	Watkins	M	21	Stratford A C	00:45:40
150	395	David	Blower	M	51	Leamington C+A	00:45:42
150	667	Clive	Smith	M	64	Centurian	00:45:42
152	507	Nigel	Lee	M	55	Newcastle(staffs)AC	00:45:49
153	653	Ben	Lewis	M	26	n/a	00:45:50
154	691	Ian	Hobby	M	40	n/a	00:45:51
155	529	Alexander	Brown	M	36	n/a	00:45:55



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Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
156	277	Jason	Burton	M	39	Leamington C+A	00:45:57
157	262	Glenn	Pardoe	M	37	Evesham Vale Running Club	00:46:01
158	602	Robert	Gould	M	64	n/a	00:46:02
159	690	Richard	Wright	M	31	n/a	00:46:05
160	452	Rachel	Grove	F	36	Macclesfield Harriers	00:46:06
161	303	Tarlochan	Gill	M	39	Centurion Running Club	00:46:07
162	286	Ian	Fretwell	M	57	n/a	00:46:12
163	655	Ben	Arnold	M	36	n/a	00:46:15
163	654	Guy	Lewis	M	29	n/a	00:46:15
165	505	Michael	Slowik	M	47	n/a	00:46:16
166	559	Ryan	Stokes	M	24	n/a	00:46:19
167	469	John	Sterry	M	47	Black Pear Joggers	00:46:20
168	371	Peter	Adams	M	54	n/a	00:46:22
169	275	Shelley	Oliver	F	27	n/a	00:46:23
169	568	Christine	Stratton	F	37	n/a	00:46:23
171	65	Bertrand	Emond	M	42	n/a	00:46:24
172	283	Julie	Marshall	F	38	Malvern Joggers	00:46:27
172	69	Noel	Wonfor	M	56	Black Pear Joggers	00:46:27
174	594	David	Lane	M	40	n/a	00:46:30
175	591	Michael	Denman	M	29	n/a	00:46:35
175	265	Mike	Fogden	M	31	n/a	00:46:35
177	430	Michael	Johnson	M	30	n/a	00:46:36
178	306	Geoffrey	Jones	M	64	Worcester AC	00:46:37
179	530	Leigh	Bichard	M	38	Tewkesbury A.C	00:46:40
179	191	Nigel	Poultney	M	52	n/a	00:46:40
181	345	Paul	Perry	M	40	Stratford A C	00:46:41
182	384	Stephen	Sutton	M	47	Royal Sutton A.C	00:46:44
183	548	Dan	Klaiber	M	17	n/a	00:46:47
184	477	Richard	Banks	M	38	n/a	00:46:48
184	276	Lee	Oliver	M	33	n/a	00:46:48
186	392	Phil	Spiers	M	34	n/a	00:46:53
187	157	Alison	Bayliss	F	44	n/a	00:46:54
188	175	Dean	Hands	M	41	n/a	00:46:57
189	506	Karen	Matthews	F	31	n/a	00:47:07
189	178	Michael	Strain	M	44	n/a	00:47:07
191	466	Kevin	Dean	M	46	n/a	00:47:11
192	624	Steve	Roode	M	44	Malvern Joggers	00:47:14
193	365	Christopher	Attwood	M	34	n/a	00:47:16
194	455	Christopher	Barker	M	58	Malvern Joggers	00:47:22
195	628	Alfie	Lavery	M	19	n/a	00:47:25
196	6	Pete	Clark	M	39	n/a	00:47:27
197	101	Doug	Hill	M	56	n/a	00:47:30
198	85	Mark	Wilson	M	33	Almost Athletes	00:47:33
199	380	David	Hibbitt	M	61	Worcester AC	00:47:43
200	179	Rob	Dowse	M	24	n/a	00:47:51
200	569	Richard	Palmer	M	17	Evesham Vale Running Club	00:47:51
200	688	Guy	Palmer	M	38	n/a	00:47:51
200	402	Mark	Walton	M	41	Bromsgrove and Redditch	00:47:51
204	700	Linzi	Lewis-Painter	F	37	Evesham Vale Running Club	00:47:59
204	90	Duncan	Taylor	M	33	Almost Athletes	00:47:59
206	627	Paul	Fulham	M	48	n/a	00:48:02
207	561	Tracey	Jones	F	42	Bromsgrove and Redditch	00:48:19
208	181	Diane	Wynne	F	44	Vegan Runners U.K	00:48:21



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209	454	Paul	Griffiths	M	38	n/a	00:48:22
210	48	Stacey	Bamford	F	30	Brat Club	00:48:28
210	422	Spencer	Hopkins	M	42	n/a	00:48:28
210	694	James	Ingley	M	43	n/a	00:48:28
213	610	Tom	Morris	M	51	n/a	00:48:30
214	23	Ian	Morgan	M	33	n/a	00:48:32
215	528	Caroline	Cresswell	F	43	Kidderminster & Stourport AC	00:48:33
216	131	Dave	Boyd	M	42	n/a	00:48:35
216	137	Paul	Fensome	M	46	n/a	00:48:35
218	663	Mike	McGowan	M	43	n/a	00:48:38
219	111	Alex	Thomson	M	27	n/a	00:48:40
220	404	Leonard	Quartly	M	67	Bromsgrove and Redditch	00:48:44
221	75	Nick	Cresswell	M	35	n/a	00:48:51
222	676	Garry	o'neill	M	54	n/a	00:48:55
223	282	Maggie	Sugden	F	40	n/a	00:49:04
224	322	Anneke	Loader	F	35	Malvern Joggers	00:49:05
225	456	Kevin	Harrison	M	49	n/a	00:49:06
226	97	Ros	Matthews	F	33	Kenilworth Runners	00:49:08
227	573	Daniel	Theo	M	40	n/a	00:49:10
228	367	John	Bishop	M	38	Eynsham Road Runners	00:49:11
229	437	Duncan	Cresswell	M	31	Malvern Joggers	00:49:13
230	571	Eddie	Murphy	M	26	n/a	00:49:17
231	534	Barry	Willis	M	45	n/a	00:49:18
232	666	Andrew	Norris	M	62	Amazing Feet Running Club	00:49:20
233	24	Jonathan	Grove	M	33	n/a	00:49:22
234	158	Alan	Rennie	M	51	n/a	00:49:23
235	702	James	Fleck	M	32	n/a	00:49:26
236	590	Richard	Barnes	M	51	Road Runners Club	00:49:29
236	701	Christopher	Freestone	M	37	n/a	00:49:29
238	435	Tim	Bird	M	38	n/a	00:49:31
238	643	Thomas	Noble	M	16	n/a	00:49:31
240	364	Stuart	Dewdney	M	48	n/a	00:49:33
241	550	Ian	Jones	M	37	n/a	00:49:35
242	307	Catherine	Houghton	F	37	n/a	00:49:37
242	202	Dave	Lewis	M	59	n/a	00:49:37
244	665	Steve	Ollis	M	45	Malvern Joggers	00:49:41
244	553	Sharon	Smith	F	59	n/a	00:49:41
246	212	Graham	Watkins	M	65	Stratford A C	00:49:43
247	5	Peter	Robertson	M	27	n/a	00:49:45
247	39	David	Sefton	M	52	n/a	00:49:45
247	103	Graham	Wallis	M	35	n/a	00:49:45
250	418	Tim	Gisbourne	M	37	n/a	00:49:47
251	385	Liz	Edwards	F	39	n/a	00:49:49
252	343	Les	Knowles	M	40	Almost Athletes	00:49:50
253	91	Michael	Oliver	M	47	Stratford A C	00:49:51
254	360	Gavin	Beresford	M	25	n/a	00:49:53
254	633	Ian	Crossley	M	45	n/a	00:49:53
256	180	Adrian	Wynne	M	41	Vegan Runners U.K	00:49:55
257	565	Tom	Langrick	M	37	n/a	00:50:00
258	285	Alan	Hobby	M	43	n/a	00:50:06
259	27	Annette	Brown	F	61	n/a	00:50:11
259	221	Emma	Watts	F	23	n/a	00:50:11



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261	677	Joy	Brookes	F	42	n/a	00:50:12
262	167	Richard	Ludlow	M	33	n/a	00:50:13
263	266	Martin	Strangwood	M	54	n/a	00:50:16
264	62	Daniel	Yoxall	M	23	n/a	00:50:17
265	644	Jonathan	Langston	M	38	n/a	00:50:18
266	687	Amanda	Kerr	F	28	Bath Athletics	00:50:21
267	486	Jane	Haslam	F	47	n/a	00:50:25
267	697	Jo	Rich	F	55	Evesham Vale Running Club	00:50:25
269	659	Jacquie	Wright	F	49	n/a	00:50:29
270	631	Kate	Sutton	F	28	n/a	00:50:32
271	598	Andrius	Papucka	M	21	Evesham Vale Running Club	00:50:34
272	597	Andrius	Dadonas	M	28	Evesham Vale Running Club	00:50:37
273	159	Samantha	Caseley	F	23		00:50:38
274	219	Richard	Leeman	M	45	n/a	00:50:45
275	38	Rebecca	Barningham	F	33	n/a	00:50:49
276	47	Helen	Taylor	F	40	n/a	00:50:52
277	148	Yvonne	Priestman	F	63	Bromsgrove and Redditch	00:50:53
278	311	Peter	Rayner	M	34	n/a	00:50:55
279	489	Rosie	Brooks	F	22	Black Pear Joggers	00:50:57
280	162	Andrew	Turner	M	33	stratford A C	00:51:00
281	80	Phillip	Molyneux	M	45	n/a	00:51:01
281	154	Debbie	Russell	F	38	n/a	00:51:01
283	429	Nik	Thompson	M	39	n/a	00:51:02
284	503	Tina	Butler	F	25	Kenilworth Runners	00:51:04
284	431	Tim	Holmes	M	37	n/a	00:51:04
286	480	Christopher	Doherty	M	45	n/a	00:51:09
287	54	Mandie	Bird	F	42	n/a	00:51:15
288	381	Mark	Griffiths	M	36	n/a	00:51:26
289	491	Dariusz	Glodek	M	33	n/a	00:51:27
290	299	Gillian	McCann	F	52	Malvern Joggers	00:51:31
290	432	Andrew	Russell	M	47	Westbury Harriers	00:51:31
292	231	Sara	Turner	F	29	Evesham Vale Running Club	00:51:32
293	295	Ian	Denham	M	44	n/a	00:51:33
294	127	Aaron	Smith	M	23	n/a	00:51:34
295	60	Joanna	Sellick	F	39	n/a	00:51:39
296	170	James	Cox	M	45	n/a	00:51:40
296	354	Joanne	Sowerby	F	38	Droitwich A.C	00:51:40
296	199	Nick	Walker	M	40	n/a	00:51:40
299	394	Carol	Blower	F	47	Leamington C+A	00:51:42
300	246	Rachel	Willetts	F	52	Droitwich A.C	00:51:47
301	378	Sarah	Pender	F	31	n/a	00:51:48
302	82	Lisa	Dallisson	F	38	n/a	00:51:50
302	193	Gareth	Edwards	M	29	n/a	00:51:50
304	645	Chris	Fresson	M	21	n/a	00:51:54
305	351	James	Seabrook	M	40	n/a	00:51:55
306	194	Allison	Phillips	F	44	Droitwich A.C	00:51:57
307	629	Pete	Lowen	M	58	n/a	00:52:01
308	632	Amarnita	Houten	F	44	n/a	00:52:02
309	218	Nicholas	Bates	M	22	n/a	00:52:03
310	630	Simon	Adams	M	33	n/a	00:52:04
311	622	Greer	Batty	F	49	Stourbridge R.C	00:52:05
311	617	Peter	Reeves	M	44	Sparkhill Harriers	00:52:05
313	83	Stephen	Cullen	M	44	n/a	00:52:07



Evesham Vale 10k Race 12th July 2009 – Full Results

Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
314	393	Hannah	Lackenby	F	23	Springfield Striders	00:52:08
315	186	Gemma	Ferrier	F	32	Eynsham Road Runners	00:52:09
315	234	Stephen	Woodcock	M	47	n/a	00:52:09
317	570	Mark	Williams	M	48	n/a	00:52:14
318	227	Alan	Davis	M	52	n/a	00:52:20
319	498	Gary	Smith	M	28	n/a	00:52:22
320	709	David	More	M	51	Wyre Forest	00:52:24
321	239	Neil	Dick	M	43	n/a	00:52:25
322	708	Ben	Reid	M	29	Tewkesbury A.C	00:52:27
323	443	Andrew	Beaton	M	36	n/a	00:52:28
324	442	Lindy	Beaton	F	46	n/a	00:52:30
325	241	Richard	Horsley	M	39	n/a	00:52:31
326	331	Claire	Matelet-Allberry	F	36	n/a	00:52:33
327	621	Keith	Harman	M	56	n/a	00:52:37
328	70	Ian	Brown	M	56	n/a	00:52:38
328	226	Craig	Trust	M	28	n/a	00:52:38
330	147	Dale	Ballard	M	36	n/a	00:52:40
331	448	John	Huggins	M	77	Midland Masters	00:52:43
331	686	Anita	Tyler	F	38	Droitwich A.C	00:52:43
331	350	Ian	Vickers	M	20	Evesham Vale Running Club	00:52:43
331	535	Suzanne	Wright	F	34	n/a	00:52:43
335	600	Robert	Hale	M	60	Evesham Vale Running Club	00:52:46
335	399	Jennifer	Sitch	F	35	n/a	00:52:46
337	8	Clive	Daws	M	55	n/a	00:52:47
337	205	Lisa	Looker	F	40	Evesham Vale Running Club	00:52:47
339	272	Carl	Hartley	M	41	Almost Athletes	00:52:55
339	524	Ian	Wiggins	M	41	n/a	00:52:55
341	523	Dave	Dawe	M	37	n/a	00:53:02
342	671	Robert	Cleary	M	24	n/a	00:53:05
343	460	Danny	Bostock	M	24	n/a	00:53:07
344	374	Matthew	Perfect	M	33	n/a	00:53:08
345	40	Ruth	Morgan	F	43	Black Pear Joggers	00:53:10
346	445	Helen	Hemming	F	35	n/a	00:53:13
347	474	Debbie	Crisp	F	46	Stratford A C	00:53:17
348	614	David	Bugg	M	43	n/a	00:53:18
348	584	Kathryn	Deaner	F	34	Stratford A C	00:53:18
350	495	Kerry	Millis	F	30	n/a	00:53:24
350	544	Avril	Munday	F	54	Black Pear Joggers	00:53:24
352	416	Andrea	Bailey	F	41	Evesham Vale Running Club	00:53:26
352	332	Eric	Bromage	M	64	Malvern Joggers	00:53:26
352	679	Adam	Millis	M	33	n/a	00:53:26
352	439	Dan	Piercy	M	24	n/a	00:53:26
352	104	Kate	Williams	F	42	n/a	00:53:26
357	681	Annie	Foster	F	32	n/a	00:53:28
357	260	Phil	Webb	M	41	n/a	00:53:28
359	300	Liz	McCann	F	20	Malvern Joggers	00:53:32
360	288	Dawne	Ayres	F	32	n/a	00:53:34
361	86	Ann	Tarry	F	49	Evesham Vale Running Club	00:53:35
362	278	Kate	Adkins	F	31	n/a	00:53:42
362	279	Rob	Adkins	M	39	n/a	00:53:42
362	280	Paul	Berry	M	30	n/a	00:53:42
365	412	Ruth	Vickers	F	21	n/a	00:53:47
366	28	Helen	Neal	F	36	Barton & District A C	00:53:50



Evesham Vale 10k Race 12th July 2009 – Full Results

Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
367	379	Derek	Goodman	M	54	malvern Joggers	00:53:52
367	650	Claire	Sojka	F	24	n/a	00:53:52
369	483	Carolyn	Earley	F	51	Royal Sutton A.C	00:53:56
370	273	Alison	Snow	F	45	n/a	00:53:58
371	142	Tina	Reed	F	46	n/a	00:54:03
372	707	John	McHugh	M	50	n/a	00:54:04
373	141	Simon	Ballinger	M	42	Dudley & Kingswinford	00:54:07
373	470	Stuart	Collins	M	30	n/a	00:54:07
373	34	Jennie	Hands	F	32	n/a	00:54:07
373	471	Jamie	Lysek	M	35	n/a	00:54:07
377	672	John	Strange	M	61	Telford Harriers	00:54:11
378	698	Sandie	Harwood	F	40	Tewkesbury A.C	00:54:13
379	74	Faye	Gillman	F	39	n/a	00:54:16
380	538	Richard	Oakley	M	44	n/a	00:54:18
381	541	Keith	Kerwin	M	33	n/a	00:54:21
382	73	Mark	Stanford	M	29	n/a	00:54:26
383	55	Emma	Attwood	F	33	n/a	00:54:28
383	185	Roger	Davis	M	49	n/a	00:54:28
383	173	Tony	Pickering	M	41	n/a	00:54:28
386	49	Rosalba	Lusted	F	31	n/a	00:54:29
387	107	Rupert	Thompson	M	38	n/a	00:54:30
388	102	Kerrie	Wallis	F	34	n/a	00:54:32
389	551	Stuart	Munday	M	54	n/a	00:54:34
389	150	Clive	Searle	M	49	n/a	00:54:34
391	472	Christopher	Seeney	M	58	Stratford A C	00:54:45
392	589	Martin	Workman	M	52	Almost Athletes	00:54:46
393	320	Chris	Miller	M	50	n/a	00:54:47
394	99	Colin	Child	M	68	Swindon Striders	00:54:48
395	46	Michael	Ward	M	73	Tewkesbury A.C	00:54:52
396	608	Celia	Barradell	F	49	n/a	00:54:57
396	84	Lorraine	Malcolm	F	37	n/a	00:54:57
398	706	Monica	Freeman	F	43	CLC Striders	00:54:58
399	310	Bharat	Panchal	M	34	Black Pear Joggers	00:55:02
400	375	Tony	Perfect	M	66	n/a	00:55:06
400	35	Davina	Phillips	F	39	n/a	00:55:06
402	592	Frank	Carenza	M	49	n/a	00:55:09
402	358	Nicholas	Stanley	M	46	n/a	00:55:09
404	377	David	Bendy	M	18	n/a	00:55:10
405	2	Nikki	Holden	F	57	Evesham Vale Running Club	00:55:11
406	312	Jo	Heritage	F	37	Evesham Vale Running Club	00:55:13
406	338	M	Stephens	M	47	n/a	00:55:13
406	339	Janet	Whiles	F	47	n/a	00:55:13
409	434	Nigel	Braithwaite	M	46	n/a	00:55:14
410	457	Christopher	Wolfe	M	36	n/a	00:55:15
411	413	Louise	Gearey	F	36	Evesham Vale Running Club	00:55:18
412	30	David	Settle	M	42	n/a	00:55:20
413	619	Stephen	Flynn	M	52	n/a	00:55:23
414	415	Helena	Darcy-Cope	F	37	n/a	00:55:25
414	414	Lynne	Hinson	F	40	n/a	00:55:25
416	251	Darren	Higgins	M	40	n/a	00:55:26
416	533	Jeremy	Palmer	M	47	Evesham Vale Running Club	00:55:26
418	368	Jane	Bishop	F	39	Eynsham Road Runners	00:55:27
418	313	Kerry	Bridgwater	F	43	n/a	00:55:27



Evesham Vale 10k Race 12th July 2009 – Full Results

Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
420	328	Peter	Carbery	M	38	n/a	00:55:30
421	417	Rachel	Blakeman	F	41	Evesham Vale Running Club	00:55:35
421	15	Trudi	Morris	F	40	n/a	00:55:35
423	281	Nicola	Dusterhoff	F	34	Evesham Vale Running Club	00:55:37
424	465	Jonathan	Teague	M	45	Tewkesbury A.C	00:55:38
425	326	Lucy	Biltcliffe	F	40	Evesham Vale Running Club	00:55:40
425	63	Karen	Rowley	F	51	Evesham Vale Running Club	00:55:40
427	165	Jacqueline	Fowler	F	46	n/a	00:55:41
427	106	Phillip	Ralph	M	38	n/a	00:55:41
429	464	Lesley	Keighley	F	57	Massey Ferguson	00:55:42
430	259	Roger	Deakins	M	64	n/a	00:55:45
430	616	Doug	Richards	M	61	University of Birmingham	00:55:45
432	527	Nicola	Webb	F	33	Tewkesbury A.C	00:55:48
433	459	Arthur	Safe	M	69	Cobra R.C	00:55:51
433	64	Carole	Ward	F	47	n/a	00:55:51
435	230	Keith	Regan	M	33	n/a	00:56:09
436	447	William	Wake	M	40	n/a	00:56:11
437	72	Kate	Gibson	F	36	n/a	00:56:12
437	67	Jo	Sinclair	F	31	n/a	00:56:12
439	423	Tessa	Bailey	F	44	Evesham Vale Running Club	00:56:17
439	346	Andrew	Gardner	M	45	n/a	00:56:17
441	108	Tracey	Thompson	F	36	n/a	00:56:24
442	603	Tony	Gulliver	M	64	n/a	00:56:27
443	514	Andrew	Savage	M	33	n/a	00:56:33
444	601	Richard	Phillips	M	74	Cheltenham&County Harriers	00:56:34
445	461	Sieglinde	Holley	F	47	Evesham Vale Running Club	00:56:36
445	344	Charlotte	Knowles	F	32	Almost Athletes	00:56:36
445	642	Sarah	Noble	F	46	n/a	00:56:36
448	692	Karen	Storey	F	45	n/a	00:56:44
449	225	Catherine	Anderson	F	37	n/a	00:56:46
449	656	Judith	Taylor	F	43	Evesham Vale Running Club	00:56:46
451	493	Andrew	Hallam	M	41	n/a	00:56:48
452	397	Amanda	Robertshaw	F	41	Black Pear Joggers	00:56:52
452	713	John	Vann	M	37	n/a	00:56:52
454	405	Danielle	Cox	F	38	n/a	00:56:55
455	664	Andrew	Booth	M	52	Road Runners Club	00:56:57
456	160	Lynne	Williams	F	38	n/a	00:56:59
457	224	Beverley	Hicks	F	51	Worcester AC	00:57:06
458	267	William	Chalmers	M	63	Black Pear Joggers	00:57:13
459	292	Joanne	Norman	F	29	n/a	00:57:15
460	362	Michael	Connor	M	56	n/a	00:57:16
461	68	Nicola	Perry	F	42	n/a	00:57:18
462	337	Dean	Asker	M	39	n/a	00:57:19
462	390	Kate	Sergent	F	57	Stratford A C	00:57:19
464	446	Abbe	Humphreys	F	45	Northbrook AC	00:57:23
465	13	Jennifer	Grigg	F	29	n/a	00:57:30
466	146	Wayne	Harkins	M	29	n/a	00:57:41
467	125	Sue	Ablett	F	58	n/a	00:57:43
468	406	Samantha	Witthford	F	35	n/a	00:57:46
469	542	Dawn	Hyde	F	58	Angels R.C	00:57:47
470	579	Elaine	Chambers	F	56	Stourbridge A.C	00:57:48
470	580	John	Harris	M	55	Stourbridge A.C	00:57:48
472	113	Sally	Jordan	F	42	Tewkesbury A.C	00:57:49



Evesham Vale 10k Race 12th July 2009 – Full Results

Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
473	389	Kate	Mitchell	F	22	n/a	00:57:51
474	451	Peter	Clark	M	55	n/a	00:57:52
475	79	Julia	Molyneux	F	41	Reading Road Runners	00:57:53
476	7	Karl	Marshall	M	44	n/a	00:57:56
476	335	Becky	Miers	F	39	n/a	00:57:56
478	586	Ian	Langdell	M	38	n/a	00:57:58
479	21	Angela	Hunt	F	40	Black Pear Joggers	00:58:04
480	164	Elaine	Childs	F	27	n/a	00:58:06
481	657	Erika	Blott	F	29	Malvern Joggers	00:58:11
482	607	Tim	Brown	M	28	n/a	00:58:12
483	119	James	Child	M	54	n/a	00:58:14
483	554	Phillip	Dobbins	M	43	n/a	00:58:14
485	605	Rob	Mullen	M	37	n/a	00:58:16
485	444	Beverley	Warwick	F	50	n/a	00:58:16
487	261	Rachel	Stubbs	F	39	Malvern Joggers	00:58:17
488	176	Paul	Neale	M	31	n/a	00:58:20
488	177	Julie	Neale	F	30	n/a	00:58:20
490	50	Sue	Tarran	F	44	Black Pear Joggers	00:58:25
491	238	Gordon	Fraser	M	45	n/a	00:58:31
492	695	Jo	Rollutt	F	47	Ashbourne Running Club	00:58:34
493	476	Nick	Ingram	M	57	n/a	00:58:36
494	567	Angela	Hands	F	41	Northbrook AC	00:58:38
494	658	Andrew	Smith	M	54	n/a	00:58:38
496	263	Jared	Robinson	M	19	n/a	00:58:41
497	510	Mike	Hudson	M	57	UK net runner	00:58:52
498	391	John	Butler	M	64	Stratford A C	00:58:54
499	213	Tony	Preece	M	68	n/a	00:59:10
500	684	Peter	Gorham	M	57	Bromsgrove and Redditch	00:59:11
501	359	Naomi	Beresford	F	25	n/a	00:59:15
501	254	Lucy	DeGaris	F	33	n/a	00:59:15
501	255	Matthew	DeGaris	M	34	n/a	00:59:15
504	220	Sarah	Willetts	F	45	n/a	00:59:16
505	462	Adrian	Head	M	16	n/a	00:59:21
506	242	Sarah	Barrell	F	28	n/a	00:59:27
507	426	Amanda	Piper	F	33	Black Pear Joggers	00:59:29
508	200	Kathryn	Brewster	F	24	Almost Athletes	00:59:32
508	678	Alex	Kear	M	31	Black Pear Joggers	00:59:32
510	613	Sarah-Jayne	Blight	F	31	n/a	00:59:34
511	168	Jo	Hale	F	38	Reigate Priory Athletics	00:59:37
512	536	Rebecca	Mcabbin	F	22	n/a	00:59:38
512	521	Sarah-Jane	Preedy	F	22	n/a	00:59:38
514	649	Laura	Vickers	F	54	n/a	00:59:41
515	284	Amanda	Wilkes	F	31	n/a	00:59:47
516	361	Joanne	Moyse	F	39	Northbrook AC	00:59:48
517	174	Sarah	Maude	M	45	n/a	00:59:55
518	138	Ross	Cameron	M	28	n/a	01:00:08
519	376	Peter	Bendy	M	54	n/a	01:00:12
519	302	Maxine	Harrison	F	44	n/a	01:00:12
519	316	Mary	Zollman	F	56	n/a	01:00:12
522	256	Simon	Coupe	M	46	n/a	01:00:17
522	329	Taposhi	Croft	F	37	n/a	01:00:17
524	646	Tracey	Righton	F	44	n/a	01:00:20
525	36	Judith	Everett	F	43	n/a	01:00:21



APPLIED PRINCIPLES

Accountability, Traceability & Stability



Where's your Nature Valley?



Evesham Vale 10k Race 12th July 2009 – Full Results

Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
526	133	Anna	Dinsdale	F	26	n/a	01:00:35
527	120	Charmaine	Mitchell	F	38	n/a	01:00:36
528	501	John	Parker	M	73	n/a	01:00:38
529	192	Janet	Poultney	F	51	n/a	01:00:41
530	25	Ruth	Griffin	F	30	Evesham Vale Running Club	01:00:49
531	543	Stephanie	Fox	F	38	Angels R.C	01:00:50
532	139	Christopher	Sibley	M	27	n/a	01:00:51
532	140	Kelly	Williams	F	27	n/a	01:00:51
534	71	Stuart	Gibson	M	35	n/a	01:00:53
535	511	Melanie	Webb	F	35	n/a	01:00:59
536	468	Joanne	Little	F	39	Almost Athletes	01:01:02
537	463	Jo	Keyte	F	47	n/a	01:01:04
538	172	Alan	Allchurch	M	43	Civil service sports club	01:01:11
539	356	Jonathan	Clark	M	36	n/a	01:01:15
540	59	Andrew	Belcher	M	41	n/a	01:01:22
540	291	Anna	Harvey	F	36	n/a	01:01:22
542	250	Frank	Doherty	M	59	Sparkhill Harriers	01:01:30
543	42	Robin	Heaney	M	57	Evesham Vale Running Club	01:01:40
543	386	Natasha	Watkins	F	31	Stratford A C	01:01:40
545	223	Paul	Collins	M	42	n/a	01:01:47
545	478	Marianne	Maisey	F	45	Black Pear Joggers	01:01:47
547	704	Wesley	Reid	M	31	Tewkesbury A.C	01:01:52
548	636	Elly	Smith	F	44	Tewkesbury A.C	01:01:53
549	210	Bob	Eaton	M	53	Centurion Running Club	01:02:04
549	209	Trudy	Leach	F	45	Centurion Running Club	01:02:04
551	94	Debbie	Worstar	F	41	Almost Athletes	01:02:10
552	18	Clive	Woodward	M	49	n/a	01:02:11
553	189	Martin	Broome	M	46	n/a	01:02:26
554	214	Catherine	Millar	F	54	n/a	01:02:31
554	61	Janet	Tugwell	F	55	n/a	01:02:31
556	353	Gill	Bourton	F	48	Tewkesbury A.C	01:02:33
557	512	Jean	Chapman	F	51	n/a	01:02:40
558	703	Susan	Young	F	44	n/a	01:02:53
559	549	Heather	Rook	F	38	Black Pear Joggers	01:03:00
560	129	Jon	Hartshorne	M	42	n/a	01:03:07
561	440	Alex	Moran	M	32	n/a	01:03:08
562	143	Les	Reed	M	47	n/a	01:03:18
563	188	Jane	Field	F	45	n/a	01:03:28
564	195	Gary	Mills	M	43	n/a	01:03:44
564	196	Sarah	Mills	F	41	n/a	01:03:44
566	453	Rachel	Griffiths	F	33	n/a	01:04:06
566	492	Kay	Searle	F	43	n/a	01:04:06
566	387	Helen	Shaw	F	36	n/a	01:04:06
566	388	Ann	Williams	F	33	n/a	01:04:06
570	513	Elaine	Cleverdon	F	63	n/a	01:04:17
571	66	Julie Ann	Forman	F	58	n/a	01:04:19
572	152	Sheila	Davis	F	50	n/a	01:04:28
573	705	Jessica	Blake	F	38	n/a	01:04:41
574	128	Wendy	Mills	F	40	n/a	01:05:17
574	124	Caroline	Ogg	F	31	n/a	01:05:17
576	56	Amanda	Cooper	F	37	n/a	01:05:19
576	57	Allison	Godfrey	F	40	n/a	01:05:19
578	32	David	Muirhead	M	42	n/a	01:05:41

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APPLIED PRINCIPLES

Accountability. Traceability & Stability



Where's your Nature Valley?



Evesham Vale 10k Race 12th July 2009 – Full Results

Position	No	First Name	Family Name	M/F	Age	Club	Finish Time
579	17	Jackie	Clark	F	41	n/a	01:05:46
579	410	Victoria	Johnstone	F	37	n/a	01:05:46
581	419	Nikki	Jay	F	38	Evesham Vale Running Club	01:06:21
582	248	Judith	Livingston	F	36	n/a	01:06:28
583	12	Edwin	Jarvis	M	37	n/a	01:06:42
584	441	Emma	Firth	F	26	n/a	01:06:50
584	247	Mary	Hughes	F	57	Evesham Vale Running Club	01:06:50
586	485	Harriet	Saker	F	31	n/a	01:07:10
587	450	Linda	Clark	F	45	n/a	01:07:18
588	424	Bob	Bailey	M	52	n/a	01:08:05
589	408	Katrina	Stephens	F	36	Tewkesbury A.C	01:08:10
590	169	Eve	Austen	F	55	Black Pear Joggers	01:08:35
591	10	Ian	Jarvis	M	44	n/a	01:09:28
592	163	Lynn	McCall	F	32	n/a	01:09:41
592	126	Jude	Rodrigues	M	43	n/a	01:09:41
594	258	Jean	Deakins	F	61	n/a	01:09:44
595	696	Ali	Shorer	F	33	n/a	01:10:03
595	582	Patrick	Twist	M	56	n/a	01:10:03
597	484	James	Saker	M	31	n/a	01:10:09
598	596	Simon	Whitshead	M	45	n/a	01:10:16
599	427	Jayne	Mottram	F	48	n/a	01:10:40
600	155	Stephanie	Enterlin	F	41	n/a	01:10:43
601	481	Margueritte	Bayley	F	57	n/a	01:11:08
602	499	Lorraine	Middleburgh	F	52	n/a	01:11:16
603	77	Robert	Saddington	M	69	n/a	01:12:05
604	171	Doriann	Brass	F	67	Washlands Woman Runners	01:14:45
605	19	Kerry	Woodward	F	26	n/a	01:15:09
606	674	Rowan	Bailey	F	28	Black Pear Joggers	01:17:02
607	606	Allam	Brown	M	62	n/a	01:17:13
608	33	Catherine	Muirhead	F	37	n/a	01:18:02
609	305	Ron	Smith	M	77	Worcester AC	01:21:45
610	689	Joan	Brown	F	57	Washland Women Runners	01:23:00
611	635	Elly	Stokes	F	29	n/a	01:23:32
612	76	Phillippa	Saddington	F	42	Washlands Woman Runners	01:24:07

Colin Tether
Race Director
14 July 2009

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