

The PSUK 10 Mile Championship at Llandudno on Wednesday 16th September 2009

PSUK 10 Mile — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time					
1	Peter Tucker		Metropolitan	54:15	85	Steve Lelliot	V40 34	Kent	1:07:51
2	Ben Gamble		Staffordshire	54:50	86	Helen Mountney	L 6	Leicestershire	1:08:04
3	Jim Cooper		Metropolitan	55:54	87	Gary Zoller	V40 35	Norfolk	1:08:13
4	Joel Clewett		Metropolitan	56:28	88	Justin Frost		Devon & Cornwall	1:08:13
5	James Brown		Metropolitan	57:22	89	Mark Evans	V40 36	Gt Manchester Police Ac	1:08:17
6	Kieran Rowlands		Lancashire	58:10	90	James Corrigan		Gt Manchester Police Ac	1:08:19
7	Nigel Bedell	V40 1	West Yorkshire	58:13	91	Kelvin Berton		West Mercia	1:08:27
8	Ryan Maxwell		Psnl	58:17	92	Paul Shanahan	V50 7	Avon & Somerset	1:08:34
9	David Hall		West Mercia	58:21	93	Anthony Price	V40 37	West Midlands	1:08:37
10	Karl Webster		Derbyshire	58:52	94	Nigel Braun	V40 38	Staffordshire	1:08:40
11	Terry Fowler	V40 2	Metropolitan	58:59	95	Kelly Morgan	L 7	South Wales	1:08:46
12	Steve Cockrell		Norfolk	59:02	96	John Pollock	V50 8	Strathclyde	1:08:48
13	Simon Newton		West Yorkshire	59:08	97	Harvey Rose		West Midlands	1:08:56
14	Rhys Peters		Metropolitan	59:10	98	Paul Clifford		Metropolitan	1:08:59
15	Paul Allen	V40 3	Hertfordshire	59:13	99	Andy Lakeland		South Yorkshire	1:09:03
16	Woerkon Vincent Van		Cheshire	59:27	100	Bryan Lawton	V40 39	Gt Manchester Police Ac	1:09:06
17	Darren Riley	V40 4	West Midlands	59:34	101	Kate Armstrong	L45 1	Cambridgeshire	1:09:11
18	Malcolm Fowler	V40 5	Cheshire	59:44	102	Martin Arnold	V40 40	Metropolitan	1:09:13
19	Ian Phillips		Derbyshire	59:49	103	Victoria Ison	L 9	Staffordshire	1:09:16
20	Mark Penny		Kent	59:56	104	Rod Graham	V50 9	Lancashire	1:09:19
21	Kyle Greig		Grampian	59:58	105	Dan Meaney	V50 10	Hertfordshire	1:09:24
22	Andrew McGhee		Strathclyde	1:00:13	106	Gavin Phillip	V40 41	Lothian & Borders	1:09:32
23	Michael Harvey	V40 6	Fife	1:00:20	107	Matt Oldham		Gt Manchester Police Ac	1:09:40
24	Phil West		Northamptonshire	1:00:26	108	Kevin Concannon	V50 11	Metropolitan	1:09:41
25	Karl Free		Metropolitan	1:00:31	109	Caroline Walsh	L 10	Metropolitan	1:09:51
26	Tony Rickman		Hampshire	1:01:16	110	Steve Kyte	V40 42	Northumbria	1:09:55
27	Ioan Williams		Gwent	1:01:28	111	Douglas Grant	V40 43	Psnl	1:09:58
28	Rob Jackaman		Metropolitan	1:01:37	112	Andy Shepherd		Hertfordshire	1:10:23
29	Mick Lane	V40 7	Metropolitan	1:01:43	113	Martin Wood	V50 12	Lincolnshire	1:10:37
30	Christine Howard	L35 1	Derbyshire	1:01:53	114	Derek Walker		Essex	1:10:41
31	Toni Kott	V50 1	Lothian & Borders	1:01:56	115	Andrew Belshaw		Psnl	1:10:51
32	John Pretty		Strathclyde	1:02:04	116	Pete Crisp		Thames Valley	1:10:55
33	Dave Fulton	V40 8	Gt Manchester Police Ac	1:02:06	117	John Kearns	V40 44	Leicestershire	1:11:00
34	Mick Bond	V50 2	Essex	1:02:10	118	Paul Anderson		Nottinghamshire	1:11:11
35	Duncan Malloy	V40 9	Leicestershire	1:02:15	119	John Jackson	V40 45	Essex	1:11:14
36	Nigel Rowe	V40 10	Metropolitan	1:02:36	120	Don English	V50 13	Essex	1:11:16
37	Tony Forder	V40 11	Metropolitan	1:02:42	121	David Mitchell	V50 14	Strathclyde	1:11:18
38	Natalie Farrow	L 2	Humberside	1:02:47	122	Bill Smith	V40 46	Fife	1:11:22
39	Myles Robertson	V40 12	Cheshire	1:02:49	123	Bobby Boothroyd		Metropolitan	1:11:24
40	Dave Rayfield	V40 13	Northamptonshire	1:02:54	124	Gordon Nellies	V50 15	Fife	1:11:30
41	Steve Jones	V40 14	Norfolk	1:03:07	125	Gary Goacher	V40 47	Derbyshire	1:11:33
42	Des Michael	V50 3	Hertfordshire	1:03:09	126	Neil Coppack	V40 48	North Wales	1:11:34
43	Peter Murtagh	V40 15	Psnl	1:03:23	127	Alison Wylie	L 11	Lothian & Borders	1:11:35
44	James Johnson		Devon & Cornwall	1:03:25	128	Adrian Backhouse	V40 49	Staffordshire	1:11:39
45	Sarah Simmons	L 3	West Midlands	1:03:43	129	Gillian Duncan	L35 2	Lothian & Borders	1:11:55
46	Iain Taylor	V40 16	Central Scotland	1:03:46	130	Ian Mawdesley		Metropolitan	1:11:56
47	Craig Jones		North Wales	1:03:48	131	Sarah Green	L 13	Metropolitan	1:12:00
48	David McMillan	V50 4	Derbyshire	1:03:54	132	Libby Cameron	L 14	Metropolitan	1:12:08
49	Chris Meir	V40 17	Staffordshire	1:03:58	133	Huw Trainor		North Wales	1:12:16
50	Andy Pilling	V40 18	Gt Manchester Police Ac	1:04:03	134	Samantha Bell	L35 3	Northamptonshire	1:12:25
51	Alex Daniels		Devon & Cornwall	1:04:08	135	Kevin Chippendale	V50 16	West Yorkshire	1:12:29
52	Aaron Parker		Kent	1:04:14	136	Sally Broome	L35 4	Gwent	1:12:37
53	Paul Wyatt		Metropolitan	1:04:20	137	Kendra White	L35 5	Cleveland	1:12:41
54	Dan Appleby		Gt Manchester Police Ac	1:04:34	138	Barry Frost	V50 17	Devon & Cornwall	1:12:43
55	Justin Maxwell		Psnl	1:04:41	139	Ken Willis	V50 18	Northamptonshire	1:12:46
56	Luke Lazell		Metropolitan	1:04:46	140	Steve Ingleby	V40 50	West Midlands	1:12:47
57	Stewart Jones	V50 5	Gt Manchester Police Ac	1:04:50	141	Liz Kooper	L35 6	South Yorkshire	1:12:54
58	Iain Wedge	V40 19	Cheshire	1:04:51	142	Katrina Kemp	L45 2	Leicestershire	1:12:59
59	Tim Brooks	V40 20	Devon & Cornwall	1:04:51	143	Bob Hind	V50 19	North Wales	1:13:00
60	Mike Griffin		Devon & Cornwall	1:04:54	144	Dru Baker		Central Scotland	1:13:06
61	Tom Prytherch		North Wales	1:05:06	145	Alex Potter	L 20	West Yorkshire	1:13:14
62	Dianne Lauder	L 4	Lothian & Borders	1:05:16	146	Denis Nelson	V40 51	Lancashire	1:13:16
63	Gary Durham	V50 6	South Yorkshire	1:05:18	147	Charles Quaeay	V40 52	Essex	1:13:18
64	Ben Mabon		Surrey	1:05:45	148	Veronica Singleton	L45 3	Hertfordshire	1:13:18
65	Graeme Gow	V40 21	Lothian & Borders	1:05:50	149	Tim James		South Wales	1:13:43
66	Steven Fleck	V40 22	Thames Valley	1:06:02	150	Mathew Rogers		Kent	1:13:52
67	Andy Blaize		Northamptonshire	1:06:05	151	Malcolm Knight	V50 20	Avon & Somerset	1:13:56
68	Adam Baines		Lancashire	1:06:18	152	Richie Eccles	V40 53	North Wales	1:13:59
69	Neil Hunt		West Midlands	1:06:27	153	Karlynn Forsyth	L 22	Strathclyde	1:14:05
70	Leon Ricketts		West Yorkshire	1:06:30	154	Rachel Love	L35 7	Humberside	1:14:09
71	Robert Gregory	V40 23	Leicestershire	1:06:34	155	Roger Bond		Fife	1:14:14
72	Derek Lodge	V40 24	Lancashire	1:06:41	156	John Mackenzie	V50 21	Essex	1:14:17
73	Jim Buttleman	V40 25	Hertfordshire	1:06:45	157	Luisa Brana	L 24	Metropolitan	1:14:19
74	Claire Thompson	L 5	Strathclyde	1:06:53	158	Sophie Clement	L 25	West Midlands	1:14:21
75	John Diffey	V40 26	South Wales	1:06:57	159	Steven Miller		Fife	1:14:30
76	Mike Brooks	V40 27	Lothian & Borders	1:06:58	160	Phil Fortun		Staffordshire	1:14:31
77	Ian Baggott	V40 28	Devon & Cornwall	1:07:02	161	Ian Jackson	V40 54	Derbyshire	1:14:31
78	Nigel Cook	V40 29	Kent	1:07:14	162	Ross Morley-Trapnell	V40 55	Devon & Cornwall	1:14:35
79	Princeton Akpojaro	V40 30	Metropolitan	1:07:19	163	Peter Laddiman	V50 22	Norfolk	1:14:45
80	Stuart Dinwoodie	V40 31	Wiltshire	1:07:20	164	Kevin Loftus	V50 23	Derbyshire	1:14:47
81	Don Kenyon	V40 32	North Wales	1:07:31	165	Jo Church	L35 8	Devon & Cornwall	1:14:48
82	Sean Bunn	V40 33	Northamptonshire	1:07:33	166	Jacqui Reid	L35 9	Metropolitan	1:14:54
83	Ed McNeill		Cambridgeshire	1:07:42	167	Gary Corns		Gt Manchester Police Ac	1:14:55
84	Leo Glendon		Dorset	1:07:43	168	Nick Brown	V40 56	North Wales	1:15:10

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13	Simon Newton		West Yorkshire	59:08	98	Matt Oldham		Gt Manchester Police Ac	1:09:40
14	Rhys Peters		Metropolitan	59:10	99	Kevin Concannon	V50 11	Metropolitan	1:09:41
15	Paul Allen	V40 3	Hertfordshire	59:13	100	Steve Kyte	V40 42	Northumbria	1:09:55
16	Woerkon Vincent Van		Cheshire	59:27	101	Douglas Grant	V40 43	Psnl	1:09:58
17	Darren Riley	V40 4	West Midlands	59:34	102	Andy Shepherd		Hertfordshire	1:10:23
18	Malcolm Fowler	V40 5	Cheshire	59:44	103	Martin Wood	V50 12	Lincolnshire	1:10:37
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21	Kyle Greig		Grampian	59:58	106	Pete Crisp		Thames Valley	1:10:55
22	Andrew McGhee		Strathclyde	1:00:13	107	John Kearns	V40 44	Leicestershire	1:11:00
23	Michael Harvey	V40 6	Fife	1:00:20	108	Paul Anderson		Nottinghamshire	1:11:11
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38	Dave Rayfield	V40 13	Northamptonshire	1:02:54	123	Steve Ingleby	V40 50	West Midlands	1:12:47
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41	Peter Murtagh	V40 15	Psnl	1:03:23	126	Denis Nelson	V40 51	Lancashire	1:13:16
42	James Johnson		Devon & Cornwall	1:03:25	127	Charles Quaeay	V40 52	Essex	1:13:18
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44	Craig Jones		North Wales	1:03:48	129	Mathew Rogers		Kent	1:13:52
45	David McMillan	V50 4	Derbyshire	1:03:54	130	Malcolm Knight	V50 20	Avon & Somerset	1:13:56
46	Chris Meir	V40 17	Staffordshire	1:03:58	131	Richie Eccles	V40 53	North Wales	1:13:59
47	Andy Pilling	V40 18	Gt Manchester Police Ac	1:04:03	132	Roger Bond		Fife	1:14:14
48	Alex Daniels		Devon & Cornwall	1:04:08	133	John Mackenzie	V50 21	Essex	1:14:17
49	Aaron Parker		Kent	1:04:14	134	Steven Miller		Fife	1:14:30
50	Paul Wyatt		Metropolitan	1:04:20	135	Phil Fortun		Staffordshire	1:14:31
51	Dan Appleby		Gt Manchester Police Ac	1:04:34	136	Ian Jackson	V40 54	Derbyshire	1:14:31
52	Justin Maxwell		Psnl	1:04:41	137	Ross Morley-Trapnell	V40 55	Devon & Cornwall	1:14:35
53	Luke Lazell		Metropolitan	1:04:46	138	Peter Laddiman	V50 22	Norfolk	1:14:45
54	Stewart Jones	V50 5	Gt Manchester Police Ac	1:04:50	139	Kevin Loftus	V50 23	Derbyshire	1:14:47
55	Iain Wedge	V40 19	Cheshire	1:04:51	140	Gary Corns		Gt Manchester Police Ac	1:14:55
56	Tim Brooks	V40 20	Devon & Cornwall	1:04:51	141	Nick Brown	V40 56	North Wales	1:15:10
57	Mike Griffin		Devon & Cornwall	1:04:54	142	Chris Goodman		Surrey	1:15:11
58	Tom Prytherch		North Wales	1:05:06	143	Campbell Petrie		Strathclyde	1:15:15
59	Gary Durham	V50 6	South Yorkshire	1:05:18	144	Billy Braidwood	V50 24	Lothian & Borders	1:15:28
60	Ben Mabon		Surrey	1:05:45	145	Dave McConville	V40 57	Gt Manchester Police Ac	1:15:38
61	Graeme Gow	V40 21	Lothian & Borders	1:05:50	146	Don Pearson	V40 58	Devon & Cornwall	1:15:53
62	Steven Fleck	V40 22	Thames Valley	1:06:02	147	Pete Lucas		City Of London	1:16:26
63	Andy Blaize		Northamptonshire	1:06:05	148	Roger Newson	V50 25	Kent	1:16:26
64	Adam Baines		Lancashire	1:06:18	149	Owain Llewellyn		North Wales	1:16:27
65	Neil Hunt		West Midlands	1:06:27	150	Dave Mills	V40 59	Hampshire	1:16:41
66	Leon Ricketts		West Yorkshire	1:06:30	151	Steve Adelsberg	V50 26	Kent	1:16:42
67	Robert Gregory	V40 23	Leicestershire	1:06:34	152	Lee Bailey		North Wales	1:16:43
68	Derek Lodge	V40 24	Lancashire	1:06:41	153	Scott Lloyd		Cambridgeshire	1:16:44
69	Jim Buttleman	V40 25	Hertfordshire	1:06:45	154	Tony Harper	V50 27	Derbyshire	1:16:57
70	John Diffey	V40 26	South Wales	1:06:57	155	Nik Ward		Humbly Grove	1:17:11
71	Mike Brooks	V40 27	Lothian & Borders	1:06:58	156	Andrew Williams		Gwent	1:17:23
72	Ian Baggott	V40 28	Devon & Cornwall	1:07:02	157	Steve Broadbent	V50 28	Lancashire	1:17:34
73	Nigel Cook	V40 29	Kent	1:07:14	158	Paul Forster	V50 29	Merseyside	1:17:47
74	Princeton Akpojaro	V40 30	Metropolitan	1:07:19	159	Graeme Kay	V50 30	Devon & Cornwall	1:17:48
75	Stuart Dinwoodie	V40 31	Wiltshire	1:07:20	160	William Stephenson	V40 60	Lothian & Borders	1:17:59
76	Don Kenyon	V40 32	North Wales	1:07:31	161	Phil Wynes	V50 31	Hertfordshire	1:18:00
77	Sean Bunn	V40 33	Northamptonshire	1:07:33	162	David Needham	V60 1	South Yorkshire	1:18:02
78	Ed McNeill		Cambridgeshire	1:07:42	163	Mark Hobson		North Wales	1:18:20
79	Leo Glendon		Dorset	1:07:43	164	Ian Sullivan	V40 61	South Wales	1:18:22
80	Steve Lelliot	V40 34	Kent	1:07:51	165	Derek Nichols	V50 32	Hampshire	1:18:28
81	Gary Zoller	V40 35	Norfolk	1:08:13	166	John Macinnes	V50 33	Strathclyde	1:18:32
82	Justin Frost		Devon & Cornwall	1:08:13	167	Steve Plumb	V40 62	Leicestershire	1:18:57
83	Mark Evans	V40 36	Gt Manchester Police Ac	1:08:17	168	Steve Quinn		Gt Manchester Police Ac	1:19:05
84	James Corrigan		Gt Manchester Police Ac	1:08:19	169	Chris Hanson		West Midlands	1:19:34
85	Kelvin Berton		West Mercia	1:08:27	170	Robert Mawhood	V50 34	South Yorkshire	1:19:38

171 James Sheate	V40 63 Wiltshire	1:19:59	208 Neil Edwards	V40 82 Lancashire	1:25:24
172 Mark Churton	V40 64 Staffordshire	1:20:13	209 Liam O'Brian	V40 83 North Wales	1:25:29
173 Tony Benjamin	V40 65 Essex	1:20:19	210 Gordon Thomson	V40 84 Strathclyde	1:26:02
174 Gavin Timms	Essex	1:20:22	211 Pete Bryan	V50 40 Essex	1:26:12
175 Eddie Murfin	V60 2 Lincolnshire	1:20:24	212 Bob Hope	V50 41 Lothian & Borders	1:26:40
176 Andrew Sayers	V60 3 Avon & Somerset	1:20:25	213 Ian Hughes	V60 4 North Wales	1:26:48
177 Paul Scarlett	Psni	1:20:35	214 Martyn Webb	V40 85 Gwent	1:27:20
178 Bobby Stevens	V40 66 Lothian & Borders	1:21:02	215 Dave Wood	V40 86 Gt Manchester Police Ac	1:27:27
179 Mel Moore	V40 67 Kent	1:21:02	216 Kevin Clark	V40 87 North Wales	1:27:39
180 Richard Collyer	V40 68 Norfolk	1:21:10	217 Joel Brooks	Dorset	1:27:54
181 Dan Poole	Wiltshire	1:21:12	218 Paul Goffey	Cheshire	1:28:40
182 Alan McGill	V40 69 Derbyshire	1:21:27	219 John Cooper	V50 42 Kent	1:29:02
183 John Forsyth	V50 35 Lothian & Borders	1:21:29	220 Dave Watkinson	V50 43 Lancashire	1:29:19
184 Andrew Evans	V40 70 Gt Manchester Police Ac	1:21:34	221 Dave Chapman	V60 5 West Midlands	1:29:20
185 Colin Prosser	V40 71 Gwent	1:21:52	222 Darren Alderson	V40 88 Cambridgeshire	1:29:24
186 Bill Sneddon	V40 72 Lothian & Borders	1:22:00	223 Chris Nightingale	V40 89 Cheshire	1:29:24
187 Tyrone Broome	V40 73 Gwent	1:22:00	224 Rob White	V50 44 Cleveland	1:30:45
188 Richard Baldwin	V40 74 Hampshire	1:22:04	225 John Dougan	V40 90 Fife	1:31:38
189 Kevin Richards	V40 75 Devon & Cornwall	1:22:05	226 Bill Murray	V60 6 Lancashire	1:31:51
190 Stuart Altoft	V40 76 Humberside	1:22:29	227 Keith Tween	West Midlands	1:32:34
191 Eddie Strange	Wiltshire	1:22:33	228 Ryan Brown	Strathclyde	1:32:37
192 Chris Brier	V50 36 Hampshire	1:22:35	229 Craig Ellis	Gwent	1:33:03
193 Mark Braithwaite	V40 77 Wiltshire	1:22:36	230 Daniel Stoten	Essex	1:33:32
194 Jason Carr	Cheshire	1:22:44	231 Peter Hern	V60 7 Hertfordshire	1:36:56
195 Dave Wilkinson	V50 37 Lancashire	1:22:49	232 Carl Jones	Wiltshire	1:37:12
196 James Bentley	V50 38 Gt Manchester Police Ac	1:22:55	233 Mark Baines	V40 91 Cleveland	1:37:17
197 Guy Heyes	Gt Manchester Police Ac	1:23:02	234 Lee Stephens	Gwent	1:37:42
198 Ken Huddart	Leicestershire	1:23:22	235 Milan Desai	V40 92 Hampshire	1:38:02
199 B Jacks-Robson	North Wales	1:23:44	236 Ian Body	V40 93 Merseyside	1:38:27
200 Dave Ainsworth	V40 78 Wiltshire	1:23:50	237 Aid O'Brian	Merseyside	1:38:44
201 Joslyn Clarke	Gwent	1:24:02	238 Gary Morewood	V50 45 South Yorkshire	1:40:47
202 Mike Flower	Norfolk	1:24:09	239 Julian Goodchild	V40 94 City Of London	1:41:02
203 Steve Roberts	V40 79 North Wales	1:24:17	240 Ben Cooke	Cheshire	1:41:20
204 Rob Kirman	North Wales	1:24:25	241 Peter Lawley	V50 46 Bedfordshire	1:43:52
205 Greg Roulston	V50 39 Hampshire	1:24:32	242 Jim Perks	V40 95 Dorset	1:49:00
206 Stephen New	V40 80 Gwent	1:24:43	243 Roger Owen	V60 8 Staffordshire	1:51:41
207 Neil Pattison	V40 81 Humberside	1:24:51	244 Mick Hill	V50 47 West Midlands	1:52:41

PSUK 10 Mile - Men — TEAM RESULTS

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2 Cheshire	126 —	16 Woerkon Vincent	18 Malcolm Fowler	37 Myles Robertson	55 Iain Wedge
3 Gt Manchester Police Ac	184 —	32 Dave Fulton	47 Andy Pilling	51 Dan Appleby	54 Stewart Jones
4 Derbyshire	189 —	10 Karl Webster	19 Ian Phillips	45 David McMillan	115 Gary Goacher
5 Northamptonshire	202 —	24 Phil West	38 Dave Rayfield	63 Andy Blaize	77 Sean Bunn
6 Psni	202 —	8 Ryan Maxwell	41 Peter Murtagh	52 Justin Maxwell	101 Douglas Grant
7 Devon & Cornwall	203 —	42 James Johnson	48 Alex Daniels	56 Tim Brooks	57 Mike Griffin
8 West Yorkshire	206 —	7 Nigel Bedell	13 Simon Newton	66 Leon Ricketts	120 Kevin Chippendale
9 Hertfordshire	220 —	15 Paul Allen	40 Des Michael	69 Jim Buttleman	96 Dan Meaney
10 Kent	222 —	20 Mark Penny	49 Aaron Parker	73 Nigel Cook	80 Steve Lelliot
11 Lancashire	233 —	6 Kieran Rowlands	64 Adam Baines	68 Derek Lodge	95 Rod Graham
12 Strathclyde	253 —	22 Andrew McGhee	31 John Pretty	89 John Pollock	111 David Mitchell
13 Staffordshire	253 —	2 Ben Gamble	46 Chris Meir	88 Nigel Braun	117 Adrian Backhouse
14 West Midlands	259 —	17 Darren Riley	65 Neil Hunt	87 Anthony Price	90 Harvey Rose
15 Lothian & Borders	259 —	30 Toni Kott	61 Graeme Gow	71 Mike Brooks	97 Gavin Phillip
16 Norfolk	270 —	12 Steve Cockrell	39 Steve Jones	81 Gary Zoller	138 Peter Laddiman
17 North Wales	294 —	44 Craig Jones	58 Tom Prytherch	76 Don Kenyon	116 Neil Coppack
18 Essex	356 —	33 Mick Bond	104 Derek Walker	109 John Jackson	110 Don English
19 Leicestershire	375 —	34 Duncan Malloy	67 Robert Gregory	107 John Kearns	167 Steve Plumb
20 Fife	381 —	23 Michael Harvey	112 Bill Smith	114 Gordon Nellies	132 Roger Bond
21 South Yorkshire	483 —	59 Gary Durham	92 Andy Lakeland	162 David Needham	170 Robert Mawhood
22 Hampshire	529 —	26 Tony Rickman	150 Dave Mills	165 Derek Nichols	188 Richard Baldwin
23 Gwent	555 —	27 Ioan Williams	156 Andrew Williams	185 Colin Prosser	187 Tyrone Broome
24 Wiltshire	618 —	75 Stuart Dinwoodie	171 James Sheate	181 Dan Poole	191 Eddie Strange

PSUK 10 Mile - Men (Vets) — TEAM RESULTS

1 Metropolitan	21 —	2 Terry Fowler	7 Mick Lane	12 Nigel Rowe
2 Cheshire	43 —	5 Malcolm Fowler	14 Myles Robertson	24 Iain Wedge
3 Hertfordshire	51 —	3 Paul Allen	17 Des Michael	31 Jim Buttleman
4 Gt Manchester Police Ac	54 —	9 Dave Fulton	22 Andy Pilling	23 Stewart Jones
5 Lothian & Borders	68 —	8 Toni Kott	27 Graeme Gow	33 Mike Brooks
6 Leicestershire	96 —	11 Duncan Malloy	29 Robert Gregory	56 John Kearns
7 West Midlands	116 —	4 Darren Riley	44 Anthony Price	68 Steve Ingleby
8 Northamptonshire	121 —	15 Dave Rayfield	39 Sean Bunn	67 Ken Willis
9 Essex	125 —	10 Mick Bond	57 John Jackson	58 Don English
10 Devon & Cornwall	125 —	25 Tim Brooks	34 Ian Baggott	66 Barry Frost
11 Fife	127 —	6 Michael Harvey	60 Bill Smith	61 Gordon Nellies
12 Staffordshire	130 —	21 Chris Meir	45 Nigel Braun	64 Adrian Backhouse
13 Norfolk	134 —	16 Steve Jones	41 Gary Zoller	77 Peter Laddiman
14 Lancashire	149 —	30 Derek Lodge	49 Rod Graham	70 Denis Nelson
15 Derbyshire	157 —	20 David McMillan	62 Gary Goacher	75 Ian Jackson
16 Kent	158 —	35 Nigel Cook	40 Steve Lelliot	83 Roger Newson
17 North Wales	170 —	38 Don Kenyon	63 Neil Coppack	69 Bob Hind
18 Strathclyde	200 —	46 John Pollock	59 David Mitchell	95 John Macinnes
19 South Yorkshire	215 —	26 Gary Durham	92 David Needham	97 Robert Mawhood
20 Avon & Somerset	217 —	43 Paul Shanahan	72 Malcolm Knight	102 Andrew Sayers
21 Wiltshire	251 —	37 Stuart Dinwoodie	98 James Sheate	116 Mark Braithwaite
22 Hampshire	290 —	84 Dave Mills	94 Derek Nichols	112 Richard Baldwin
23 Gwent	342 —	109 Colin Prosser	111 Tyrone Broome	122 Stephen New

The PSUK 10 Mile Championship at Llandudno on Wednesday 16th September 2009

PSUK 10 Mile - Ladies — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time
1	Christine Howard	L35 1	Derbyshire	1:01:53
2	Natalie Farrow	L 2	Humberside	1:02:47
3	Sarah Simmons	L 3	West Midlands	1:03:43
4	Dianne Lauder	L 4	Lothian & Borders	1:05:16
5	Claire Thompson	L 5	Strathclyde	1:06:53
6	Helen Mountney	L 6	Leicestershire	1:08:04
7	Kelly Morgan	L 7	South Wales	1:08:46
8	Kate Armstrong	L45 1	Cambridgeshire	1:09:11
9	Victoria Ison	L 9	Staffordshire	1:09:16
10	Caroline Walsh	L 10	Metropolitan	1:09:51
11	Alison Wylie	L 11	Lothian & Borders	1:11:35
12	Gillian Duncan	L35 2	Lothian & Borders	1:11:55
13	Sarah Green	L 13	Metropolitan	1:12:00
14	Libby Cameron	L 14	Metropolitan	1:12:08
15	Samantha Bell	L35 3	Northamptonshire	1:12:25
16	Sally Broome	L35 4	Gwent	1:12:37
17	Kendra White	L35 5	Cleveland	1:12:41
18	Liz Kooper	L35 6	South Yorkshire	1:12:54
19	Katrina Kemp	L45 2	Leicestershire	1:12:59
20	Alex Potter	L 20	West Yorkshire	1:13:14
21	Veronica Singleton	L45 3	Hertfordshire	1:13:18
22	Karlynn Forsyth	L 22	Strathclyde	1:14:05
23	Rachel Love	L35 7	Humberside	1:14:09
24	Luisa Brana	L 24	Metropolitan	1:14:19
25	Sophie Clement	L 25	West Midlands	1:14:21
26	Jo Church	L35 8	Devon & Cornwall	1:14:48
27	Jacqui Reid	L35 9	Metropolitan	1:14:54
28	Rachael Drummond	L 28	Lothian & Borders	1:15:28
29	Helen Kerr	L 29	Psnr	1:15:53
30	Janine Fallon	L 30	Lancashire	1:16:16
31	Lizzie Bonell	L 31	Kent	1:16:34
32	Lorraine Paterson	L35 10	Humberside	1:16:59
33	Suzanne Tagg	L35 11	Gwent	1:17:02
34	Clare McAvoy	L 34	Central Scotland	1:17:31
35	Kirsty Baird	L35 12	Central Scotland	1:18:16
36	Deborah Wilne	L35 13	Staffordshire	1:18:21
37	Karen Mather	L45 4	Gt Manchester Police Ac	1:19:12
38	Rachel Allen	L 38	Gwent	1:19:18
39	Marie McDonald	L35 14	Gt Manchester Police Ac	1:19:35
40	Laura Smith	L 40	Fife	1:19:56
41	Angela Breen	L 41	Metropolitan	1:20:03
42	Sally Mason	L 42	Fife	1:20:14
43	Gabby Waring	L45 5	North Wales	1:20:26
44	Lindsay Rust	L 44	South Yorkshire	1:21:30
45	Sam Johnston	L 45	Metropolitan	1:21:41
46	Yvie Johnson	L 46	North Wales	1:21:50
47	Anna Gaches	L 47	West Yorkshire	1:21:52
48	Lynne Rogers	L 48	Strathclyde	1:21:55
49	Caroline Rogers	L 49	Lothian & Borders	1:22:00
50	Laura Lawler	L35 15	Lancashire	1:22:09
51	Fiona McDonald	L 51	Derbyshire	1:22:14
52	Sally Youden	L 52	Northumbria	1:22:17
53	Naomi Owen	L 53	Staffordshire	1:22:37
54	Melanie Williams	L45 6	North Wales	1:22:41
55	Karen Horswood	L45 7	Metropolitan	1:22:57
56	Sarah Hern	L 56	Hertfordshire	1:23:07
57	Melanie Siddall	L45 8	West Yorkshire	1:23:31
58	Joanna Wilson	L 58	Fife	1:23:53
59	Judy Mills	L45 9	Avon & Somerset	1:24:05
60	Clare Davenport	L35 16	Staffordshire	1:24:12
61	Sarah James	L 61	Metropolitan	1:24:26
62	Heather Mitchell	L45 10	West Yorkshire	1:24:48
63	Julie Lovatt	L35 17	Staffordshire	1:24:52
64	Sian Beck	L 64	North Wales	1:25:01
65	Pam Grant	L45 11	North Wales	1:25:10
66	Suzanne Mullen	L 66	Strathclyde	1:25:30
67	Molly Williams	L45 12	Gwent	1:25:39
68	Ginette Smith	L45 13	Gt Manchester Police Ac	1:25:51
69	Kate Dunnigan	L 69	Lothian & Borders	1:25:56
70	Tracey Marshall	L35 18	West Yorkshire	1:25:58
71	Nicola Barnes	L35 19	Lancashire	1:26:07
72	Gemma Beattie	L 72	Strathclyde	1:26:38
73	Tracy Nicholls	L 73	Kent	1:26:50
74	Su Bookless-Browne	L35 20	Devon & Cornwall	1:27:37
75	Sally Zerk	L35 21	Gwent	1:27:55
76	Joanne Lee	L 76	Northamptonshire	1:27:58
77	Gail Balfour	L 77	Hampshire	1:28:06
78	Alison Lapper	L35 22	Metropolitan	1:28:45
79	Madeleine Moutrie	L45 14	Northamptonshire	1:29:35
80	Claire Scammell	L 80	Hampshire	1:29:48
81	Frances Williams	L35 23	South Wales	1:30:21
82	Donna Jones	L35 24	North Wales	1:31:31
83	Jill Sharpe	L45 15	Leicestershire	1:32:25
84	Sonia Marsh	L 84	Wiltshire	1:32:43
85	Kath McReady	L35 25	Cambridgeshire	1:32:56
86	Suzanne Richares	L 86	Gwent	1:33:03
87	Emma Spencer	L 87	Leicestershire	1:37:41
88	Caroline Dames	L35 26	Lothian & Borders	1:38:44
89	Wendy Gilham	L35 27	Kent	1:40:30
90	Caroline Filmer	L 90	Kent	1:40:49
91	Cheryl Lord	L35 28	North Wales	1:41:45
92	Terri Gover	L35 29	Lothian & Borders	1:42:37
93	Penny Fuller	L45 16	Wiltshire	1:42:52
94	Andrea Evans	L35 30	Merseyside	1:42:59
95	Rachel Archer	L 95	Northumbria	1:43:20
96	Karen Hughes	L35 31	South Yorkshire	1:43:25
97	Jenny Massie	L 97	Cambridgeshire	1:44:59
98	Angie Lewin-Tomkins	L45 17	Leicestershire	1:45:16
99	Sue Harrison	L45 18	Lancashire	1:46:08
100	Hazel Taylor	L35 32	Norfolk	1:46:35
101	Gwen Williams	L35 33	Hampshire	1:48:23
102	Alex Spargo	L 102	Wiltshire	1:52:56
103	Michelle Dinwoodie	L35 34	Wiltshire	1:54:55
104	Joanne Weller	L 104	Hertfordshire	1:59:59

PSUK 10 Mile - Ladies — TEAM RESULTS

1 Lothian & Borders	27 —	4 Dianne Lauder	11 Alison Wylie	12 Gillian Duncan
2 Metropolitan	37 —	10 Caroline Walsh	13 Sarah Green	14 Libby Cameron
3 Humberside	57 —	2 Natalie Farrow	23 Rachel Love	32 Lorraine Paterson
4 Strathclyde	75 —	5 Claire Thompson	22 Karlyn Forsyth	48 Lynne Rogers
5 Gwent	87 —	16 Sally Broome	33 Suzanne Tagg	38 Rachel Allen
6 Staffordshire	98 —	9 Victoria Ison	36 Deborah Wilne	53 Naomi Owen
7 Leicestershire	108 —	6 Helen Mountney	19 Katrina Kemp	83 Jill Sharpe
8 West Yorkshire	124 —	20 Alex Potter	47 Anna Gaches	57 Melanie Siddall
9 Fife	140 —	40 Laura Smith	42 Sally Mason	58 Joanna Wilson
10 North Wales	143 —	43 Gabby Waring	46 Yvie Johnson	54 Melanie Williams
11 Gt Manchester Police Ac	144 —	37 Karen Mather	39 Marie McDonald	68 Ginette Smith
12 Lancashire	151 —	30 Janine Fallon	50 Laura Lawler	71 Nicola Barnes
13 South Yorkshire	158 —	18 Liz Kooper	44 Lindsay Rust	96 Karen Hughes
14 Northamptonshire	170 —	15 Samantha Bell	76 Joanne Lee	79 Madeleine Moutrie
15 Hertfordshire	181 —	21 Veronica Singleton	56 Sarah Hern	104 Joanne Weller
16 Cambridgeshire	190 —	8 Kate Armstrong	85 Kath McReady	97 Jenny Massie
17 Kent	193 —	31 Lizzie Bonell	73 Tracy Nicholls	89 Wendy Gilham
18 Hampshire	258 —	77 Gail Balfour	80 Claire Scammell	101 Gwen Williams
19 Wiltshire	279 —	84 Sonia Marsh	93 Penny Fuller	102 Alex Spargo

PSUK 10 Mile - Ladies (Vets) — TEAM RESULTS

1 Gwent	48 —	5 Sally Broome	14 Suzanne Tagg	29 Molly Williams
2 Gt Manchester Police Ac	65 —	17 Karen Mather	18 Marie McDonald	30 Ginette Smith
3 Staffordshire	68 —	16 Deborah Wilne	25 Clare Davenport	27 Julie Lovatt
4 North Wales	68 —	19 Gabby Waring	21 Melanie Williams	28 Pam Grant
5 Metropolitan	69 —	12 Jacqui Reid	22 Karen Horswood	35 Alison Lapper
6 West Yorkshire	80 —	23 Melanie Siddall	26 Heather Mitchell	31 Tracey Marshall
7 Lothian & Borders	88 —	3 Gillian Duncan	41 Caroline Dames	44 Terri Gover
8 Leicestershire	95 —	8 Katrina Kemp	39 Jill Sharpe	48 Angie Lewin-Tomkins
9 Lancashire	101 —	20 Laura Lawler	32 Nicola Barnes	49 Sue Harrison

The PSUK 10 Mile Championship at Llandudno on Wednesday 16th September 2009

PSUK 10 Mile - Minor Forces — FINAL RESULTS

Pos	Name	Club	Time	Pos	Name	Club	Time
1	Steve Cockrell	Norfolk	59:02	34	Andrew Williams	Gwent	1:17:23
2	Kyle Greig	Grampian	59:58	35	Mark Hobson	North Wales	1:18:20
3	Michael Harvey	V40 1 Fife	1:00:20	36	James Sheate	V40 13 Wiltshire	1:19:59
4	Phil West	Northamptonshire	1:00:26	37	Eddie Murfin	V60 1 Lincolnshire	1:20:24
5	Ioan Williams	Gwent	1:01:28	38	Richard Collyer	V40 14 Norfolk	1:21:10
6	Dave Rayfield	V40 2 Northamptonshire	1:02:54	39	Dan Poole	Wiltshire	1:21:12
7	Steve Jones	V40 3 Norfolk	1:03:07	40	Colin Prosser	V40 15 Gwent	1:21:52
8	Iain Taylor	V40 4 Central Scotland	1:03:46	41	Tyrone Broome	V40 16 Gwent	1:22:00
9	Craig Jones	North Wales	1:03:48	42	Eddie Strange	Wiltshire	1:22:33
10	Tom Prytherch	North Wales	1:05:06	43	Mark Braithwaite	V40 17 Wiltshire	1:22:36
11	Andy Blaize	Northamptonshire	1:06:05	44	B Jacks-Robson	North Wales	1:23:44
12	Derek Lodge	V40 5 Lancashire	1:06:41	45	Dave Ainsworth	V40 18 Wiltshire	1:23:50
13	Stuart Dinwoodie	V40 6 Wiltshire	1:07:20	46	Joslyn Clarke	Gwent	1:24:02
14	Don Kenyon	V40 7 North Wales	1:07:31	47	Mike Flower	Norfolk	1:24:09
15	Sean Bunn	V40 8 Northamptonshire	1:07:33	48	Steve Roberts	V40 19 North Wales	1:24:17
16	Ed McNeill	Cambridgeshire	1:07:42	49	Rob Kirman	North Wales	1:24:25
17	Leo Glendon	Dorset	1:07:43	50	Stephen New	V40 20 Gwent	1:24:43
18	Gary Zoller	V40 9 Norfolk	1:08:13	51	Liam O'Brian	V40 21 North Wales	1:25:29
19	Martin Wood	V50 1 Lincolnshire	1:10:37	52	Ian Hughes	V60 2 North Wales	1:26:48
20	Bill Smith	V40 10 Fife	1:11:22	53	Martyn Webb	V40 22 Gwent	1:27:20
21	Gordon Nellies	V50 2 Fife	1:11:30	54	Kevin Clark	V40 23 North Wales	1:27:39
22	Neil Coppack	V40 11 North Wales	1:11:34	55	Joel Brooks	Dorset	1:27:54
23	Huw Trainor	North Wales	1:12:16	56	Darren Alderson	V40 24 Cambridgeshire	1:29:24
24	Ken Willis	V50 3 Northamptonshire	1:12:46	57	Rob White	V50 6 Cleveland	1:30:45
25	Bob Hind	V50 4 North Wales	1:13:00	58	John Dougan	V40 25 Fife	1:31:38
26	Dru Baker	Central Scotland	1:13:06	59	Craig Ellis	Gwent	1:33:03
27	Richie Eccles	V40 12 North Wales	1:13:59	60	Carl Jones	Wiltshire	1:37:12
28	Roger Bond	Fife	1:14:14	61	Mark Baines	V40 26 Cleveland	1:37:17
29	Steven Miller	Fife	1:14:30	62	Lee Stephens	Gwent	1:37:42
30	Peter Laddiman	V50 5 Norfolk	1:14:45	63	Julian Goodchild	V40 27 City Of London	1:41:02
31	Pete Lucas	City Of London	1:16:26	64	Peter Lawley	V50 7 Bedfordshire	1:43:52
32	Lee Bailey	North Wales	1:16:43	65	Jim Perks	V40 28 Dorset	1:49:00
33	Scott Lloyd	Cambridgeshire	1:16:44				

PSUK 10 Mile - Minor Forces — TEAM RESULTS

1	Northamptonshire	36	—	4	Phil West	6	Dave Rayfield	11	Andy Blaize	15	Sean Bunn
2	North Wales	55	—	9	Craig Jones	10	Tom Prytherch	14	Don Kenyon	22	Neil Coppack
3	Norfolk	56	—	1	Steve Cockrell	7	Steve Jones	18	Gary Zoller	30	Peter Laddiman
4	Fife	72	—	3	Michael Harvey	20	Bill Smith	21	Gordon Nellies	28	Roger Bond
5	Gwent	120	—	5	Ioan Williams	34	Andrew Williams	40	Colin Prosser	41	Tyrone Broome
6	Wiltshire	130	—	13	Stuart Dinwoodie	36	James Sheate	39	Dan Poole	42	Eddie Strange

PSUK 10 Mile - Minor Forces — FINAL RESULTS

Pos	Name	Club	Time	Pos	Name	Club	Time
1	Kate Armstrong	L45 1 Cambridgeshire	1:09:11	16	Pam Grant	L45 4 North Wales	1:25:10
2	Samantha Bell	L35 1 Northamptonshire	1:12:25	17	Molly Williams	L45 5 Gwent	1:25:39
3	Sally Broome	L35 2 Gwent	1:12:37	18	Sally Zerk	L35 6 Gwent	1:27:55
4	Kendra White	L35 3 Cleveland	1:12:41	19	Joanne Lee	L 19 Northamptonshire	1:27:58
5	Suzanne Tagg	L35 4 Gwent	1:17:02	20	Madeleine Moutrie	L45 6 Northamptonshire	1:29:35
6	Clare McAvoy	L 6 Central Scotland	1:17:31	21	Donna Jones	L35 7 North Wales	1:31:31
7	Kirsty Baird	L35 5 Central Scotland	1:18:16	22	Sonia Marsh	L 22 Wiltshire	1:32:43
8	Rachel Allen	L 8 Gwent	1:19:18	23	Kath McReady	L35 8 Cambridgeshire	1:32:56
9	Laura Smith	L 9 Fife	1:19:56	24	Suzanne Richares	L 24 Gwent	1:33:03
10	Sally Mason	L 10 Fife	1:20:14	25	Cheryl Lord	L35 9 North Wales	1:41:45
11	Gabby Waring	L45 2 North Wales	1:20:26	26	Penny Fuller	L45 7 Wiltshire	1:42:52
12	Yvie Johnson	L 12 North Wales	1:21:50	27	Jenny Massie	L 27 Cambridgeshire	1:44:59
13	Melanie Williams	L45 3 North Wales	1:22:41	28	Hazel Taylor	L35 10 Norfolk	1:46:35
14	Joanna Wilson	L 14 Fife	1:23:53	29	Alex Spargo	L 29 Wiltshire	1:52:56
15	Sian Beck	L 15 North Wales	1:25:01	30	Michelle Dinwoodie	L35 11 Wiltshire	1:54:55

PSUK 10 Mile - Minor Forces — TEAM RESULTS

1	Gwent	16	—	3	Sally Broome	5	Suzanne Tagg	8	Rachel Allen
2	Fife	33	—	9	Laura Smith	10	Sally Mason	14	Joanna Wilson
3	North Wales	36	—	11	Gabby Waring	12	Yvie Johnson	13	Melanie Williams
4	Northamptonshire	41	—	2	Samantha Bell	19	Joanne Lee	20	Madeleine Moutrie
5	Cambridgeshire	51	—	1	Kate Armstrong	23	Kath McReady	27	Jenny Massie
6	Wiltshire	77	—	22	Sonia Marsh	26	Penny Fuller	29	Alex Spargo