

1990 Folkestone 10 Mile Race Result Page 1

Pos	Time	Num	Catgy	Name	Club
<i>See note at end about actual course length.</i>					
1	47.42	690	M	Goldring, James	Woodford Green AC
2	47.43	887	M	Girling, Andy	Invicta East Kent
3	48.26	886	M	Hamilton, Ian	
4	49.27	668	M	Brice, Paddy	Cambridge University
5	49.30	691	M	Webb, Gary	Ilford AC
6	49.44	844	M	Beagley, Martin	South Kent Harriers
7	50.23	574	M	Wallace, Stuart	Milton Keynes AC
8	50.42	787	M	Davies, David	Maidstone Harriers
9	50.48	817	M	Clarke, John	Epping Runners
10	51.15	641	M	Noon, Alan	Hastings Runners
11	51.41	839	M V40	Watson, Barry	South Kent Harriers
12	51.43	967	M	Rackstraw, Stuart	Forbanks AC
13	51.44	541	M	Sellman, Nigel	Hastings Runners
14	51.45	913	M V40	Home, Simon	Maidstone Harriers
15	51.47	903	M	Bowles, Kevin	Ashford&District RR
16	51.48	581	M	Brodie, Andrew	Medway AC
17	51.50	705	M	Penny, Steve	Forbanks AC
18	52.00	794	M	Wallace, Stuart	Colchester&Tendring
19	52.02	895	M	Oliver, Ian	GEC Avionics
20	52.16	634	M	Phillips, Russell	GEC Avionics
21	52.17	389	M V40	Rouse, Martyn	Invicta East Kent
22	52.24	684	M V40	Cheeseaman, Richard	Maidstone Harriers
23	52.50	544	M	Fenn, Matthew	Newcastle Poly AC
24	52.54	884	M V40	Smyth, Bob	
25	53.01	005	M	Copps, Brendan	GEC Avionics
26	53.02	938	M	Finn, Patrick	Medway AC
27	53.12	809	M V40	Reidy, Michael	Paddock Wood AC
28	53.15	354	M	Funnell, Jonathan	Hastings Runners
29	53.32	717	M	Bostock, Derek	
30	53.34	867	M	McMeeking, Andrew	
31	53.37	877	M	Gale, John	Medway AC
32	53.41	348	M	Rugg, Michael	Pitsea Running Club
33	53.51	952	M V40	Herrington, Trevor	Thanet Road Runners
34	53.59	649	M	Gray, David	Maidstone Harriers
35	54.17	836	M	Dugan, Derek	Folkestone AC
36	54.42	382	M	Dean, Robbie	Invicta East Kent
37	54.46	539	M	Cadey, Keith	Hastings Runners
38	54.48	500	M	Turner, John	Blackheath Harriers
39	54.48	882	M	Holland, Steve	hastings AC
40	54.49	385	M	Reynolds, Steven	Deal Striders
41	54.50	807	M V40	Balch, Michael	Hastings AC
42	54.50	979	M	Bowling, Roy	South Kent harriers
43	54.56	870	M	Hughes, Nigel	South Kent Harriers
44	55.06	933	M V40	McNeill, Jack	Ashford AC
45	55.07	643	M	Williams, Gareth	
46	55.09	825	M V40	Jenkins, Glyn	Thanet Road Runners
47	55.10	869	M	Crichton, Robin	South Kent Harriers
48	55.13	013	M	Thomas, Stephen	
49	55.14	954	M	Rose, Chris	
50	55.38	945	M	Nethercott, Barry	Harringey AC
51	55.51	655	M V40	White, Mervyn	Paddock Wood AC
52	55.54	546	M	Dolden, Nicholas	Dartford Harriers
53	55.58	971	M	McGilvray, Don	Dartford Harriers
54	56.11	714	M	Tyler, Sean	Hastings Runners
55	56.12	525	M	Titley, Paul	Gravesend RR & AC
56	56.12	848	M	Carlson, Anthony	Wolves Poly
57	56.19	793	M	Moss, David	Folkestone AC
58	56.22	531	M V40	Cozens, Roy	Dartford Harriers
59	56.24	008	M V40	Turner, John	Ely Runners
60	56.40	513	M	Burt, Kevin	Maidstone Harriers
61	56.49	669	M	Heydinger, Van	Folkestone AC
62	56.53	387	M	Cornish, Mark	
63	56.53	591	M	Henry, Darren	Blackheath Harriers
64	56.54	625	M	Timas, John	Dover Road Runners
65	56.57	505	M	Savvides, Simon	Folkestone AC

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Pos	Time	Num	Catgy	Name	Club
66	57.04	868	M V40	Smith, Dennis	Deal Striders
67	57.10	537	M	Rippin, Graham	
68	57.15	874	M	Gillett, Andrew	Folkestone AC
69	57.22	798	M	Cross, David	North Kent Tri Club
70	57.27	797	M	Waters, Keith	Dover Road Runners
71	57.29	783	M	McCarthy, Christopher	
72	57.30	561	M V40	Branchett, Andrew	Invicta East Kent
73	57.36	363	M V40	Chapman, Michael	Thanet Road Runners
74	57.40	549	M	Middleton, Jamie	Ashford&District RR
75	57.43	946	M V40	Manuel, Clive	Ashford AC
76	57.46	709	M	Duckworth, Julian	
77	57.52	922	M	Learmonth, William	Invicta East Kent
78	57.53	980	M V40	Hughes, Jim	Ashford AC
79	57.55	654	M	Eve, Michael	Ashford&District RR
80	58.06	577	M V40	Court-Boran, Michael	Hastings Runners
81	58.10	540	M	Fursey, Robert	
82	58.14	725	M V40	Skerrett, Ian	Folkestone AC
83	58.14	991	M	Marshall, Simon	Hastings Runners
84	58.17	842	M V40	Swann, Graham	South London Harrier
85	58.25	792	M	Davison, Robert	Invicta East Kent
86	58.30	405	F	Hall, Lesley	Ashford AC
87	58.49	372	M V50	Baker, David	Dartford Harriers
88	58.50	780	M V40	Maguire, James	North London AC
89	58.51	370	M V40	Francis-Darby, Roger	Deal Striders
90	58.52	847	M	Jones, Stephen	Thanet Road Runners
91	58.54	587	M	Pettman, David	Thanet Road Runners
92	58.58	929	M	Strutt, Paul	Gt Bentley Joggers
93	59.04	665	M V40	Silk, Robert	Deal Striders
94	59.04	559	M V50	Macmillan, Ian	Invicta East Kent
95	59.06	617	M	Horne, Stephen	Dover Road Runners
96	59.07	716	M	Wade, Michael	
97	59.07	352	M V40	Weller, Robert	Forbanks AC
98	59.10	361	M	Parkinson, Andrew	Deal Striders
99	59.12	790	M	Chapman, Denis	Maidstone Harriers
100	59.12			Unknown	
101	59.17	953	M	Townley, Christopher	
102	59.17	715	M	Hill, David	Swanley&District AC
103	59.18	664	M V40	Earnshaw, Steve	
104	59.18	475	F	Giles, Sue	Folkestone AC
105	59.19	699	M V40	Smith, Michael	Aldington Arrows
106	59.22	803	M	Taylor, Mark	Crowborough AC
107	59.23	810	M	Rink, Dennis	Cambridge Harriers
108	59.28	804	M	Fallon, Dennis	Paddock Wood AC
109	59.29	662	M V40	Hilder, Stephen	Maidstone Harriers
110	59.30	983	M	Fry, Clifford	Ashford AC
111	59.31	605	M	Bowen, Tim	Hastings Runners
112	59.32	993	M V40	Marshall, John	Sthern Counties Vet
113	59.33	683	M	Hinas, Roy	
114	59.47	939	M	Richardson, Mark	hastings Runners
115	59.54	931	M V40	Twemley, Colin	
116	59.57	692	M	Philpot, Michel	Thanet Road Runners
117	60.02	706	M	Neaves, Barrie	Maidstone Harriers
118	60.03	990	M	Roberts, James	South Kent Harriers
119	60.04	883	M	Colton, John	Met Police
120	60.10	663	M	Roussel, Paul	Hastings Lifeline
121	60.11	344	M	Newing, Trevor	
122	60.12	934	M	Hoare, Kenneth	
123	60.13	009	M	Cullern, Paul	Cambridge Harriers
124	60.18	512	M V50	Kavanagh, John	Blackheath Harriers
125	60.24	397	M V50	Gonsalves, Frank	Ashford&District RR
126	60.29	950	M V40	Kingsland, Brian	Invicta East Kent
127	60.30	806	M	Wilding, Robert	Paddock Wood AC
128	60.30	362	M	Foulton, A	
129	60.30	831	M V40	Simmons, Chris	Hastings Runners
130	60.30	364	M V40	Taylor, Ivan	Gravesend RR & AC

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Pos	Time	Num	Catgy	Name	Club
131	60.38	996	M	Huyton, Stephen	M Forces
132	60.39	571	M V40	Staines, Michael	London Road Runners
133	60.40	911	M V40	Kurse, Alfred	Hastings Runners
134	60.40	762	M	Cave, Richard	
135	60.40	369	M V40	Smith, David	Deal Striders
136	60.46	503	M	Durey, Anthony	Dartford Harriers
137	60.49	865	M	Heath, Trevor	South Kent Harriers
138	60.51	399	M	Medlicott, Toby	Ashford&District RR
139	60.52	977	M	Golledge, Niel	Forbanks AC
140	60.52	960	M	Holman, John	
141	60.55	861	M V40	Davidson, Alan	Haslemere Border AC
142	60.58	365	M	Hodges, Steve	Ashford&District RR
143	60.59			Unknown	
144	61.05	371	M V40	Lindsay, Patrick	Gravesend RR & AC
145	61.12	875	M	Warren, David	
146	61.14	735	M V40	Elkin, Denis	
147	61.16	652	M	Harding, Paul	Cambridge Harriers
148	61.19	440	F V40	Bowler, Karen	Arena 80 AC
149	61.21	864		Hoben, David	Philips City Strider
150	61.23	657	M	Goldsack, Leon	Deal Striders
151	61.27	673	M V40	Brazier, Michael	Hastings Runners
152	61.29	334	M V40	Pullen, Graham	Holland Sports AC
153	61.35	878	M V40	Glading, Malcolm	Gt Bentley Joggers
154	61.40	596	M	Hall, Nick	Hastings Runners
155	61.42	808	M	Wales, Nigel	Ashford AC
156	61.45	345	M V50	Robinson, Peter	Ashford AC
157	61.46	351	M	Wisdon, Peter	Forbanks AC
158	61.48	722	M V50	Roome, Michael	Dover Road Runners
159	61.53	459	F	Travers, Shelagh	Ashford&District RR
160	61.53	779	M	Horne, Graham	Bedford Harriers
161	61.58	670	M V40	Bowler, Tim	Hailsham Harriers
162	61.58	356	M V50	Heffernan, Patrick	Tunbridge Wells Rnrs
163	62.01	982	M	Berry, Peter	Thanet Road Runners
164	62.02	391	M	Wright, Paul	London Road Runners
165	62.04	383	M	Hill, Denis	
166	62.14	871	M	Timms, Arthur	Folkestone AC
167	62.16	854	M	Coates, Howard	
168	62.18	930	M V40	Nugent, David	Gt Bentley Joggers
169	62.19	679	M	Harrison, David	Ashford&District RR
170	62.19	932	M V40	Green, David	Forbanks AC
171	62.24	339	M V40	Rush, Peter	Ashford&District RR
172	62.25	778	M V50	Keeley, David	Forbanks AC
173	62.31	595	M	Montague, Peter	Stragglers
174	62.33	601	M V40	Sackett, Derek	Thanet Road Runners
175	62.38	014	M	Smith, Steven	Ashford&District RR
176	62.41	686	M	Sutherland, Iain	Kent Police AC
177	62.42	889	M V40	Brown, Robert	Edmonton
178	62.44	813	M	Pole, Richard	
179	62.44	478	F	Halstead, Pat	drtford Harriers
180	62.50	827	M	Preston, Edmund	HM Forces
181	62.50	682	M	Elliott, Richard	Paddock Wood AC
182	62.55	628	M	Hine, Christopher	
183	62.58	590	M	Reed, Raymond	Ashford&District RR
184	62.59	858	M	Williams, Chris	
185	63.00	016	M	Garrard, Boyd	
186	63.03	615	M V40	Adams, Robert	
187	63.04	772	M	Hargraves, I	
188	63.08	921	M	Robson, Adrian	Mid Atlantic AC
189	63.10	734	M	Goldsmith, Mike	Thanet Road Runners
190	63.12	523	M V40	Braverman, Terry	Cambridge&Coleridge
191	63.18	823	M	Chatwin, Terry	
192	63.22	696	M	Mitchell, Martin	Aldington Arrows
193	63.23	511	M V50	Mayatt, Job	Medway AC
194	63.27	759	M	Connor, Paul	Barnet & District AC
195	63.28	553	M V50	Northcroft, David	Cranbrook RC

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Pos	Time	Num	Catgy	Name	Club
196	63.33	896	M V40	Bauckham, Robert	Gravesend RR & AC
197	63.36	805	M V40	Stevenson, Peter	Dover Road Runners
198	63.37	701	M	Taylor, Brian	Lingfield Park RC
199	63.40	379	M	Hoez, Jean Luc	London Road Runners
200	63.41	630	M	Marsh, Nicholas	Invicta East Kent
201	63.48	976	M	Stagg, Steve	Deal Tri Squad
202	63.48	015	M	Moore, Tim	
203	63.52	781	M V40	Gaston, Paul	Steyning AC
204	63.57	999	M	Smith, Andy	
205	63.58	603	M V60	Booth, Gordon	Forbanks AC
206	64.00	910	M	Bolton, Jon	Gt Bentley Joggers
207	64.05	995	M V40	Stokes, John	Dartford Harriers
208	64.12	533	M	Forbes, Ian	
209	64.14	897	M	Gannon, Paul	Paddock Wood AC
210	64.14	685	M V50	Arlett, Bob	
211	64.16	764	M	Hancock, Roy	London Road Runners
212	64.17	481	F	Appleby, Bonny	Invicta East Kent
213	64.18	386	M V40	Burrows, Andrew	
214	64.19	532	M	Bogle, John	
215	64.23	767	M	Skivington, Ian	
216	64.25			Unknown	
217	64.28	902	M	O'Brien, Charles	Aldington Arrows
218	64.28	857	M V40	Elford, Anthony	
219	64.30	904	M	Griffiths, Richard	Ashford&District RR
220	64.32	906	M	Reeve, Peter	Gt Bentley Joggers
221	64.33	507	M V50	Saiz, Ramon	Medway AC
222	64.36	944	M V40	London, Michael	North Kent Tri
223	64.38	343	M V40	Totterdell, Graham	Dover Road Runners
224	64.40	849	M V50	Owen, Dennis	Invicta East Kent
225	64.40	392	M	Coles, Philip	Ashford&District RR
226	64.40	667	M V40	Feltham, Robert	Guildford Harriers
227	64.40	330	M	Randall, Simon	Maidstone Harriers
228	64.42	341	M V40	Jackson, Alistair	Veterans AC
229	64.42	421	F	Fraser, Jane	Invicta East Kent
230	64.42	681	M	Gear, Nick	Holland & Oxted AC
231	64.42	956	M	Wallis, Robert	
232	64.44	927	M	Carpenter, Michael	Sittingbourne Strid
233	64.48	515	M	Williams, Maurice	
234	64.52	597	M	Harris, Phill	Serpentine RC
235	64.56	555	M V40	Walton, Barry	Kingsnorth Harriers
236	64.58	840	M V40	Ford, David	Meadowside Runners
237	65.00	885	M	Hann, Gary	Arena 80 AC
238	65.01	675	M	Solly, Alan	Aylesham Road Runne
239	65.01	612	M	Turner, Matt	
240	65.02	526	M	Melvin, Trevor	
241	65.02	866	M V40	Flack, Maurice	HM Forces
242	65.07	429	F V40	Garrett, Myra	Thanet Road Runners
243	65.10	548	M V40	Bunch, Andrew	
244	65.14	928	M V40	Painter, Dave	Medway AC
245	65.15	909	M V50	Jennings, David	Dover Road Runners
246	65.18	635	M V40	Benstead, Roland	Ashford&District RR
247	65.19	336	M V40	Bartlett, Edwin	London Road Runners
248	65.24	789	M	Westland, Peter	
249	65.24	572	M	Chaplin, Peter	London Road Runners
250	65.25	633	M	Fullbrook, Richard	
251	65.31	375	M V40	Millen, David	Holland & Oxted AC
252	65.36	974	M	Cornish, Alex	Woodstock Runners
253	65.40	404	F V50	Smith, Mollie	
254	65.40	879	M V40	Rowley, Tony	
255	65.40	632	M V40	Wray, Lionel	Deal Striders
256	65.44	353	M V40	Funnell, David	Hastings Runners
257	65.45	761	M	Stretten, Paul	Hastings Runners
258	65.48	333	M V50	Wills, Michael	Deal Striders
259	65.55	891	M V40	French, Colin	Paddock Wood AC
260	65.59	853	M	Harper, Dave	

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Pos	Time	Num	Catgy	Name	Club	Pos	Time	Num	Catgy	Name	Club
261	66.00	674	M V40	Laundon, Graham	Southn Counties VAC	326	68.42	710	M V40	White, Graham	Thanet Road Runners
262	66.01	357	M	Shale, Terry	Thanet Road Runners	327	68.43	786	M V50	Stammers, Dennis	
263	66.08	602	M	Bunton, Paul		328	68.44	788	M	Stevens, Mick	
264	66.09	942	M V40	Potter, Kenneth		329	68.45	908	M	Gill, Dennis	
265	66.12	723	M V40	Henley, Desmond	Ashford&District RR	330	68.46	366	M	Spice, David	Ashford&District RR
266	66.13	703	M	Boulter, John		331	68.47	629	M V40	Burchett, Paul	
267	66.14	915	M	Sandford, Mark		332	68.48	594	M	Freeman, Ian	Dartford Harriers
268	66.20	782	M V40	White, Robert		333	68.48	598	M V40	McCullie, John	Swanley &District AC
269	66.21	729	M	Thomas, William	HM Forces	334	68.55	955	M	Mercer, Jim	
270	66.23	622	M	Hancock, Dr J A		335	68.55	892	M V40	Bacon, John	
271	66.25	529	M	Halstead, Robert	Swanley&District AC	336	68.58	970	M	Berry, Robert	
272	66.30	395	M V40	Robinson, Dave	Hastings Runners	337	68.58	774	M	Garcia, Bob	Gravesend RR & AC
273	66.31	998	M V40	Spelling, Alan		338	69.00	918	M V40	Davison, Ian	Dover Road Runners
274	66.32	757	M	Wilkins, Robin		339	69.01	881	M	Gerloff, Michael	London Road Runners
275	66.39	504	M V40	Crawley, Allan	Ashford&District RR	340	69.01	852	M	Cirket, Adrian	
276	66.39	575	M	White, John		341	69.08	438	F	Winch, Lisa	Thanet Road Runners
277	66.42	604	M	Calder, Tim	Saracen Runners	342	69.10	521	M V50	Abbott, Colin	Dover Road Runners
278	66.44	393	M V40	Sharp, David	Orion Harriers	343	69.12	811	M V40	Langer, Peter	
279	66.48			Unknown. Shields?		344	69.15	469	F	Taylor, Angela	Thanet Road Runners
280	66.52	518	M	Richardson, Mark		345	69.17	355	M	Exall, Andrew	
281	66.53	327	M V50	Bennett, Raymond		346	69.19	434	F	Maddison-Roberts, M	Hastings Runners
282	66.54	975	M	Blythe, Tony		347	69.23	968	M	Randall, John	Southampton Univ
283	66.55	994	M	Spanton, Edward		348	69.29	943	M	Francis, David	
284	66.57	613	M V40	Garrett, Tony	Bexley Borough AC	349	69.31	987	M V40	Barnard, Andrew	Deal Striders
285	66.57	648	M V40	Renwick, Roger	Thanet Road Runners	350	69.37	770	M V40	Francis, Roger	Gravesend RR & AC
286	66.59	566	M	Mitten, Graham		351	69.38	376	M	Burkett, Robert	
287	67.01	653	M V40	Shelley, Brian		352	69.39	377	M	Sluman, Mark	
288	67.04	700	M V50	Crowhurst, Trevor	Lingfield Park RC	353	69.39	963	M	Ward, Ian	
289	67.07	600	M	Simpson, Peter		354	69.48	962	M	Cowan, Christopher	
290	67.07	845	M	Birbeck, Paul	HM Forces	355	69.53	766	M	Geaney, Con	
291	67.11	919	M V50	Boyle, Stephen	Deal Striders	356	69.55	689	M V50	Saunders, Roger	Hastings Runners
292	67.15	916	M V40	Brown, Raymond	Maidstone Harriers	357	70.02	822	M V50	Smith, Alan	Invicta East Kent
293	67.20	917	M	Wilkins, Martin		358	70.07	812	M V50	Crampton, Ken	
294	67.21	550	M V40	Middleton, Robert	Ashford&District RR	359	70.14	406	F V40	Spice, Susan	Ashford&District RR
295	67.25	416	F V40	Morrison, Wendy	Buxton AC	360	70.15	914	M	Bidder, Paul	
296	67.28	374	M V50	Collins, Rex	London Road Runners	361	70.16	765	M	Browlich, Stephen	
297	67.29	501	M	Butler, John		362	70.18	924	M V50	Dadson, Peter	
298	67.30	329	M V40	Lambert, James	Thamesere Trotters	363	70.20	381	M	Baker, John	Dover Road Runners
299	67.32	965	M V40	Swain, Roy	Crowborough AC	364	70.22	888	M V50	Johnson, Don	Aylesham Road Rnrs
300	67.38	661	M V40	Langdon, Patrick	Hastings Runners	365	70.23	328	M V40	North, Peter	Sittingbourne Strdrs
301	67.39	796	M	Chappell, Paul	Lingfield RC	366	70.24	926	M	Joiner, James	
302	67.41	514	M	Willis, Keith		367	70.25	846	M V40	Cocks, Geoffrey	Thanet Road Runners
303	67.44	496	F	Skinner, Lesley		368	70.28	978	M	Long, Stephen	
304	67.46	940	M	Wells, Lee	Hastings Runners	369	70.29	711	M	Arthur, Nigel	Deal Striders
305	67.47	947	M	Solomans, Paul	Thanet Road Runners	370	70.29	003	M	Richards, Sean	
306	67.51	935	M	Platt, Colin	Dover Road Runners	371	70.35	567	M	Green, Kenneth	
307	67.53	969	M	Sedgwick, Alan	Dover Keep Fit	372	70.36	490	F	Gratton, Debi	Invicta East Kent
308	67.55	843	M V50	Sampson, David	Hastings Runners	373	70.37	347	M V60	Smith, Maurice	Aylesham Road Runner
309	67.56	992	M	Hicks, Tony		374	70.38	905	M V50	Faithfull, Ron	Belgrave Harriers
310	68.11	776	M	Maclean, Stuart	Hastings Runners	375	70.40	923	M V40	Brifea, John	Blackheath harriers
311	68.15	959	M V40	Luck, Marcus		376	70.40	961	M V40	Steenison, Colin	Bishops Stortford
312	68.17	949	M	Forder, Gary	GAC	377	70.40	543	M V40	James, Peter	
313	68.19	981	M	Eastough, Guy	Sri Chinmoy	378	70.41	457	F	Lach, Barbara	
314	68.20	337	M V50	Brown, Leslie	Veterans AC	379	70.56	456	F	Hogben, Gillian	
315	68.21	599	M	Valentine, Mark	Gravesend RR & AC	380	71.00	730	M	Andree, Graham	HM Forces
316	68.24	390	M	Thomson, George	Folkestone AC	381	71.02	898	M V40	Padfield, Tim	Dover Road Runners
317	68.24	465	F V40	Addrison, Anne	Hastings Runners	382	71.04	698	M	Wallis, Mark	Aldington Arrows
318	68.25	727	M V40	Fullerton, James	Dartford Harriers	383	71.05	492	F V40	Hall, Pauline	
319	68.32	856	M V40	Wire, Michael	Folkestone AC	384	71.06	486	F V40	Pierce, Pearl	
320	68.33	626	M V40	Blackwell, David	Meadowside Runners	385	71.08	948	M	Rule, Martin	Thanet Road Runners
321	68.34	588	M	Lewins, Stuart		386	71.08	899	M	Padfield, Michael	Dover Road Runners
322	68.35	608	M	Wilson, Robert		387	71.08	920	M V40	Carolan, Malcolm	
323	68.35	760	M V40	Tozer, Peter	London Road Runners	388	71.13	439	F	Bell, Julie	Folkestone AC
324	69.35	659	M V50	Elkington, William	Maidstone Harriers	389	71.16	536	M V40	Austin-Walker, John	Thamesere Trotters
325	68.41	502	M V50	Russell, Joseph	Sevenoaks AC	390	71.20	829	M	Hannebery, Peter	

1990 Folkestone 10 Mile Race Result					Page 7
Pos	Time	Num	Catgy	Name	Club
391	71.24	972	M	Chapman, Darryl	
392	71.31	563	M V50	Summers, Norman	Dartford Harriers
393	71.35	695	M V40	Har-Ewen, Raphael	Tunbridge Wells Rnrs
394	71.40	607	M V40	Fitzpatrick, Shaun	Herne Hill Harriers
395	71.44	647	M	Butcher, Brian	Deal Tri Squad
396	71.45	494	F	Phillips, Lynn	GEC Avionics
397	71.46	542	M	Bidois, Richard	
398	71.49	436	F	Langdon, Hilary	Hastings Runners
399	71.57	418	F	Adey, Vanessa	Hastings Runners
400	72.00	850	M V40	Lewis, Michael	
401	72.10	450	F V40	Lindsey, Valerie	Paddock Wood AC
402	72.12	480	F V40	Pearce, Sandy	Invicta East Kent
403	72.28	988	M V40	Tams, Edward	
404	72.32	340	M	Handley, David	Portsmouth Joggers
405	72.37	941	M	Bhagwanji, Chandraka	
406	72.38	958	M	Eassoms, Chris	MPAC
407	72.39	912	M	Wise, Larry	Gt bentley Joggers
408	72.39	006	M V40	Bell, Malcolm	
409	72.42	627	M	Martin, Kevin	
410	72.46	582	M	Grover, James	Thamesmere Trotters
411	72.47	495	F	Caps, Marylou	
412	72.52	862	M	Crawford, James	
413	72.53	011	M	Skinner, Roy	Thanet Road Runners
414	72.56	800	M	Fordyce, Alex	
415	72.58	338	M V40	Holland, Edward	Hastings Runners
416	73.01	758	M	Watson, Nick	
417	73.03	645	M	Richardson, Thomas	
418	73.05	332	M	Brunger, Stephen	
419	73.06	702	M	Dunkley, Peter	
420	73.12	733	M	Capeling, Stuart	Paddock Wood AC
421	73.16	562	M	Beckett, Paul	
422	73.18	380	M V50	Lloyd, Ron	Cambridge Harriers
423	73.23	010	M	Wells, Mark	Hastings Runners
424	73.26	447	F V40	Ashenden, Susan	Hastings Runners
425	73.34	367	M V50	Baker, John	London Road Runners
426	73.36	863	M V50	Burnett, Kevin	Philips City Strider
427	73.40	937	M V40	Reynolds, Bill	
428	73.44	901	M	Irwin, Robert	Mekdowside Runners
429	73.45	360	M	Brawn, Adrian	Ashford&District RR
430	73.45	610	M V50	Blain, Tony	Ashford&District RR
431	73.48	431	F V40	Marsh, Pat	
432	73.58	580	M	Tuvey, Malcolm	
433	74.02	720	M V40	Coe, Christopher	
434	74.05	687	M V50	Bantick, Granville	
435	74.06	712	M	Ward, Maurice	
436	74.07	573	M V40	Edworthy, Michael	
437	74.10	004	M	Hume, Christopher	
438	74.18	666	M V40	West, Roger	
439	74.27	880	M V40	Halain, Bob	Redshank Runners
440	74.28	936	M	Joyce, Tony	London Road Runners
441	74.30	951	M	Epson, Joseph	Invicta East Kent
442	74.31	585	M	Hammond, Reginald	
443	74.32	763	M	Coleman, Paul	
444	74.54	732	M V50	Warman, John	Hastings Runners
445	74.56	455	F	Moss, Mary	Gravesend RR & AC
446	74.56	658	M V40	Redsell, Maurice	Gravesend RR & AC
447	74.58	719	M V40	Ward, Brian	Ashford AC
448	75.00	785	M V50	Smith, Ken	
449	75.02	893	M V50	Burke, Patrick	Deal Striders
450	75.06	444	F	Elliott, Jeanette	Paddock Wood AC
451	75.06	576	M	Cockcroft, Peter	Paddock Wood AC
452	75.19	463	F	Gaunt, Jane	Gravesend RR & AC
453	75.20	417	F	Reeves, Claire	Ashford&District RR
454	75.30	640	M V40	Moss, William	
455	75.37	713	M	Barker, Tony	Aldington Arrows

1990 Folkestone 10 Mile Race Result					Page 8
Pos	Time	Num	Catgy	Name	Club
456	75.39	415	F V40	Barney, Alexandra	
457	75.46	506	M	O'Neill, Spencer	Folkestone AC
458	75.50	660	M	Spector, David	Hash House Harriers
459	75.53	768	M	Hall, Peter	
460	75.57	957	M V40	Robinson, Terry	Bishops Stortford
461	76.04	624	M	Rooney, Paul	HM Forces
462	76.06	589	M V40	Shelvey, Robert	Thanet Road Runners
463	76.16	482	F	Smith, Jo	Thanet Road Runners
464	76.19	821	M V40	Hall, Ian	Thanet Road Runners
465	76.27	876	M	Medhurst, James	
466	76.27	474	F	Davies, Linda	
467	76.28	584	M V50	Morgan, Raymond	
468	76.46	609	M V40	Hulme, Ken	Team Oxfam
469	76.47	618	M	Howes, Timothy	
470	76.49	524	M V40	Palmer, Keith	London Road Runners
471	76.51	973	M	Kay, Alasdair	
472	76.55	485	F V40	Jones, Vanessa	Paddock Wood AC
473	76.56	489	F	Ward, Sara	Maidstone Harriers
474	76.57	427	F	Wing, Julia	Allhallows Harriers
475	77.01	966	M	Davy, Kevin	
476	77.06	801	M	Green, Roger	London Road Runners
477	77.08	837	M	Gander, Clifford	Hastings Runners
478	77.09	832	M	Gander, Calvin	Hastings Runners
479	77.16	697	M V40	Leader, Peter	Aldington Arrows
480	77.21	676	M	Coomber, Garry	Hastings Runners
481	77.28	445	F	Baker, Judith	Gravesend RR & AC
482	77.31	620	M	Mills, Michael	
483	77.45	448	F V50	Taylor, Joan	Lingfield Park RC
484	77.49	433	F	Proudlove, Sharon	Medway AC
485	78.08	907	M	George, Trevor	Gt bentley Joggers
486	78.12	708	M V50	Bryson, Colin	
487	78.26	830	M	Hennebery, John	
488	78.27	331	M	Hodges, Peter	Hastings Runners
489	78.31	472	F	Colquhoun-Flannery, M	
490	78.38	726	M V50	Watts, William	
491	78.42	986	M	Barton, James	
492	78.43	671	M	Scott, Jon	
493	78.43	547	M	Cross, Kevin	
494	79.00	841	M	Parker, Christopher	
495	79.00	777	M	Berman, David	
496	79.08	424	F	Reed, Sandra	Ashford&District RR
497	79.10	984	M	Telfer, Ian	Runnyweade Runners
498	79.20	428	F V40	Last, Sue	Ashford&District RR
499	79.50	834	M V40	Hargreaves, Alan	Dover Road Runners
500	80.07	688	M V40	Gurr, Anthony	
501	80.17	833	M V50	Constant, Roger	
502	80.21	422	F	Lennard, Julie	
503	80.48	452	F	Watts, Paula	
504	80.52	413	F	Grenstreet, Wendy	Invicta East Kent
505	80.52			Unknown	
506	80.52	964	M	Rule, Stephen	
507	80.59	611	M V50	Fursey, George	
508	81.00	373	M V50	Griffin, Brian	Hastings AC
509	81.04	493	F V40	Bell, Ann	
510	81.08	466	F	Kent, Claire	Serpentine RC
511	81.31	860	M	Dudley, Leslie	
512	81.51	818	M V40	Allison, John	
513	82.11	552	M V50	Power, David	Hastings Runners
514	82.27	528	M	Tong, Robert	London Road Runners
515	82.27	527	M V40	Richards, Alan	London Road Runners
516	82.29	989	M	Elcock, Edward	
517	82.47	593	M	Perman, David	Paddock Wood AC
518	82.54	471	F V50	Akerman, Erica	Woodstock Runners
519	83.05	925	M V40	Ruck, Graham	Ashford&District RR
520	83.30	568	M V50	Spooner, John	Garden City Joggers

Pos	Time	Num	Catgy	Name	Club
521	83.38	460	F	Miller, Carolyn	
522	83.38	468	F V40	Hall, Karen	Thanet Road Runners
523	83.59	680	M V50	Burt, William	
524	84.08	592	M V40	Ellis, Christopher	
525	84.25	437	F	Gillett, Susan	Hastings Lifeline
526	84.25	815	M	Turner, Vincent	Hastings Lifeline
527	84.27	636	M	McNiff, Alan	London Road Runners
528	85.11	855	M V40	Coombes, David	
529	85.44	335	M V50	Chance, Edward	Deal Striders
530	85.50	890	M	Wing, Stephen	Allhallows Harriers
531	85.51	442	F V40	Fuller, Pauline	
532	85.52	441	F V40	Baker, Gina	Hastings Runners
533	85.53	672	M	Baker, Nigel	Hastings Runners
534	86.23	569	M V40	Pain, Richard	
535	86.46	479	F	Smith, Dawn	
536	86.47	693	M V50	Stracey, Leonard	
537	87.03	487	F V40	London, Linda	North Kent Tri
538	87.08	824	M	Burt, Cliff	
539	87.20	707	M	Shipp, John	
540	87.22	435	F V40	Redsell, Penny	Gravesend RR & AC
541	87.46	554	M	Truman, D J	
542	88.19	755	M	Pettyfer, Ian	
543	88.47	534	M	Swan, Simon	
544	88.49	784	M	Marston, Melvyn	Met Police
545	88.57	423	F V40	Shelvey, Gaynor	Thanet Road Runners
546	89.03	449	F	Arthur, Brenda	Deal Striders
547	89.07	694	M V40	Sim, Walter	London Road Runners
548	89.14	430	F V40	Adsetts, Carol	
549	89.27	483	F	Coniam, Linda	Ashford&District RR
550	89.27	484	F	Farmer, Jennifer	Ashford&District RR
551	89.29	488	F	Wells, Carol	Hastings Runners
552	89.30	426	F V40	Knight, Jenifer	
553	89.31	985	M	Ackroyd, Lee	
554	89.31	491	F	McLennan, Jane	
555	90.39	408	F V50	Crawley, Mary	Cambridge Harriers
556	90.43	407	F V50	Lloyd, Pauline	Cambridge Harriers
557	91.13	476	F V40	Lavender, Linda	
558	91.13	412	F V40	Greenstreet, Stella	Thanet Road Runners
559	91.40	724	M V40	Fox, John	
560	91.59	900	M V50	Wood, Geoffrey	Ashford&District RR
561	92.04	638	M V40	Humphries, Paul	Paddock Wood AC
562	93.08	007	M V40	Larkins, Alan	
563	94.13	425	F V40	Green, Stephanie	
564	94.38	497	F V40	Wilkinson, Diana	London Road Runners
565	94.38	012	M V40	Sims, Martin	London Road Runners
566	94.59	458	F V50	McNeill, Margaret	Dover Road Runners
567	95.02	464	F V50	Petken, Joan	Dover Road Runners
568	96.35	453	F V40	Nyss, Valerie	Hastings Runners
569	97.30	394	M V40	Greenwood, Peter	Invicta East Kent
570	97.30	477	F	Northcott, Sheena	
571	99.18	997	M V50	Monk, Leslie	
572	103.49	470	F	Cooper, Vivien	Ashford AC
573	105.00	826	M	Woodruff, Sidney	HM Forces

We apologise for the short course. The start time was fixed to avoid high tide, but crashing waves at Sandgate caused by freak winds before the race resulted in conditions too dangerous for racing. We hope you understand why we had to do this, and we are now already reviewing the course to avoid the tricky first section of promenade, and we guarantee we will take all steps necessary to provide an accurate course for 1991.

The actual distance ran was 9.426 miles.

For 5 minute/mile pace, you should add 2 mins 52 secs.  
 " 6 " " " " " " 3 mins 26 secs.  
 " 7 " " " " " " " 4 mins 01 secs.  
 " 8 " " " " " " " 4 mins 35 secs.

We're also sorry for any delay for late entries. We had a record entry this year, with twice as many as normal entering on the day. We were pleased to see you all, but you did all come at once! Next year we will streamline our entry procedures to speed things up.

Despite the 'Friday the 13th' problems (including the rain!), we hope you enjoyed your run, and we promise the hiccups won't reoccur.

Yours in sport, Folkestone Athletic Club.

1990 Folkestone 2 Mile Junior Race Result Page 1					
Pos	Time	Num	Catgy	Name	Club
1	10.52	560	M 15	Denyer, Simon	Folkestone AC
2	11.06	605	M 14	Reidy, Graham	Tonbridge AC
3	11.07	611	M 15	Woodhouse, Christoph	Gt Bentley Joggers
4	11.24	602	M 14	Stevenson, Alastair	Dover Road Runners
5	11.34	563	M 13	Cowell, Matthew	Hastings AC
6	11.41	591	M 15	Widnall, Alan	
7	11.43	623	M 13	Kay, Martin	Invicta East Kent
8	11.57	632	M 15	Hicks, Lloyd	
9	12.03	636	M 15	Pamfret, Tony	
10	12.05	614	M 13	Glading, Carl	Gt Bentley Joggers
11	12.14	608	M 11	Dillon, Freddie	Tonbridge AC
12	12.16	679	F 14	Hawkes, Erica	Crawley AC
13	12.27	643	M 14	Gray, Ivan	GEC Avionics
14	12.29	625	M 12	Hopkins, Joel	Enfield Harriers
15	12.33	638	M 15	Fordyce, David	
16	12.38	576	M 12	Cullum, Andrew	
17	12.41	622	M 14	Garcia, Ian	Gravesend RR & AC
18	12.42	571	M 11	Luik, David	Buxton AC
19	12.43	594	M 14	Denyer, Stuart	Sevenoaks AC
20	12.43	595	M 12	Denyer, Matthew	Sevenoaks AC
21	12.43	648	M 15	Bauchat, Samuel	
22	12.48	566	M 11	Dadd, Joshua	GEC Avionics
23	12.58	582	M 14	Langdon, James	
24	12.59	640	M 13	Hall, David	
25	13.00	713	F 12	Howes, Kim	Folkestone AC
26	13.01	609	M 13	Cocks, Nolan	
27	13.03	600	M 11	Fallon, Steven	Paddock Wood AC
28	13.08	630	M 12	Hill, Paul	Invicta East Kent
29	13.12	626	M 10	Hopkins, Liam	
30	13.13	634	M 10	Chapman, Mark	
31	13.14	603	M 11	Wilding, Gregory	Paddock Wood AC
32	13.16	613	M 9	Glading, Matthew	Gt Bentley Joggers
33	13.23	572	M 13	Luik, Matthew	Buxton AC
34	13.24	607	M 10	Coles, Justin	Tonbridge AC
35	13.28	604	M 14	Wilding, Mark	Paddock Wood AC
36	13.30	675	F 13	Reidy, Louise	Tonbridge AC
37	13.30	730	F 10	Lindsey, Karen	Paddock Wood AC
38	13.32	627	12	Farmer, Guy	Ashford&District RR.
39	13.34	618	M 12	Bacon, Michael	
40	13.46	678	F 13	Francis, Lauren	Folkestone AC
41	13.57	680	F 13	Caldwell, Clair	Folkestone AC
42	13.59	616	M 12	McCormick, William	
43	14.05	579	M 12	Cornish, Alex	
44	14.06	685	F 12	Grover, Kelly	Thamesmere Trotters
45	14.07	558	M 10	Wisdon, Glenn	
46	14.12	588	M 11	Har-Ewen, Jonathan	Tunbridge Wells Rnrs
47	14.15	580	M 11	Sparrow, Peter	St Michaels School
48	14.17	718	F 11	Luik, Naomi	Buxton AC
49	14.24	629	M 10	White, George	Paddock Wood AC
50	14.30	559	M 10	Verrill, Jonathan	Dover Road Runners
51	14.35	565	M 11	Williams, Gareth	
52	14.39	635	M 9	Chapman, Lewis	
53	14.44	567	M 11	Greenstreet, Gavin	Invicta East Kent
54	14.50	644	M 11	Spanton, Matthew	
55	14.54	601	M 10	Stevenson, Ashley	Dover Road Runners
56	14.56	575	M 12	Turner, Benjamin	
57	14.57	564	M 9	Williams, Rhys	
58	14.59	615	M 10	McCormick, Alex	
59	15.01	721	F 11	Kitchen, Hannah	St Michaels School
60	15.06	617	M 11	Plumridge, James	Invicta East Kent
61	15.10	569	M 10	Greenstreet, Ryan	
62	15.10	568	M 10	Greenstreet, Russell	
63	15.13	672	F 12	Chapman, Clare	
64	15.19	570	M 12	Sutton, Derek	
65	15.25	683	F 10	Jones, Sadie	Paddock Wood AC

1990 Folkestone 2 Mile Junior Race Result Page 2						
Pos	Time	Num	Catgy	Name	Club	
66	15.32	684	F 10	Grover, Louise		Thamesmere Trotters
67	15.33	641	M 9	Sluman, Philip		
68	15.33	642	M 10	Tridgell, Oliver		
69	15.48	682	F 9	Hopkins, Katie		
70	15.53	639	M 10	Hall, James		
71	15.59	585	M 9	Scott, Nicholas		
72	16.00	649	M 12	Coombes, Matthew		
73	16.02	610	M 9	Cocks, Neilson		
74	16.02	637	M 13	Winch, Matthew		
75	16.15	631	M 10	Forder, Darren		G/A/C
76	16.16	647	M 9	Lloyd, Nicholas		
77	16.17	596	M 11	Marston, Paul		
78	16.18	612	M 10	Warren, Andrew		
79	16.20	681	F 10	Briffa, Caron		
80	16.20	671	F 10	Marston, Marisa		
81	16.22	650	M 9	Jacobs, Daniel		
82	16.23	686	F 11	Forder, Amanda		G/A/C
83	16.24	628	M 11	Robinson, Paul		
84	16.25	621	M 9	Wood, Steven		
85	16.42	720	F 10	Smyth, Nicola		
86	16.45	583	M 11	Langdon, Richard		
87	17.12	620	M 10	Plant, Jonathon		
88	17.27	729	F 9	Wilson, Lucy		
89	17.30	673	F 10	Chapman, Lucy		
90	17.37	590	M 9	Coleman, Christopher		
91	17.39	715	F 14	Crawley, Andrea		Ashford&District RR
92	17.43	561	M 9	Sharp, Ian		
93	17.47	687	F 14	Stacey, Claudia		
94	17.48	633	M 12	Hicks, Leigh		
95	17.50	619	M 9	Bacon, Andrew		
96	17.59	733	F 14	Lipscomb, Claire		
97	18.10	676	F 9	Simmons, Gemma		
98	18.14	646	M	Lloyd, Anthony		
99	18.38	606	M 9	Langer, Peter		
100	18.41	587	M 11	Elliott, Martin		Paddock Wood AC
101	18.55	725	F 9	Bell, Carolyn		Seabrook School
102	18.56	599	N 11	Green, David		
103	18.58	714	F 14	Sharp, Caroline		
104	20.38	719	F 12	James, Sally		
105	21.58	726	F 9	Har-Ewen, Katie		Tunbridge Wells Rnr:
106	22.34	624	M 12	Briffa, Jon		
107	23.13	727	F 14	Dale, Juliet		
108	23.13	728	F 11	Shipp, Lindsay		