



Updated 2-01-06

## LAURISTON/HW 7 MILE ROAD RACE ALL-TIME LIST as at 30 December 2006

## Men

1	Richard Ward	Belgrave	34:40	2003
2	Larry Mathews	THH/Salford	34:59	1999
3	Hugh Brasher	Hounslow	35:13	1990
4=	Tom Hearle	Scotland	35:15	1992
<b>4=</b>	<b>John McFarlane</b>	<b>THH</b>	<b>35:15</b>	<b>2006</b>
6	Steve Stockwell	HW	35:20	1992
7	Pete Williams	HW	35:33	1990
8	Alistair Miller	HW	35:38	1993
9	Grenville Tuck	HW	35:44	1990
10=	Andy Thomas	THH	35:49	1992
10=	Jeremy Watson	THH	35:49	1992
12	Andy Weir	THH	35:50	2003
13	Wayne Oxborough	THH	35:59	1998
14	Jeremy Bradley	Oxford Un	36:07	1999
15	Johan Hesle	Norway	36:12	1991
16	Paul New	HW	36:13	1992
17	Stuart Littlewood	HW	36:14	1990
18	Pete Stenning	HW	36:14	1991
19	Ray Owens	Ranelagh	36:21	1990
20	Chris Hughes	THH, M40	36:23	1992
21	Pete Barratt	Woking	36:24	1991
22	Ray Thompson	HW	36:36	1993
23	Kevin Jennings	HW	36:40	1994 (Jan)
24	Ray Ward	Hunters BT	36:47	2003
25	Mark Critchlow	Ranelagh	36:48	1992
26	Simon Wurr	THH	36:56	2001
27	Tom Kingsnorth	Bristol & W/THH	36:58	2005 (Dec)
28	Tim Beer	Sutton	37:00	1999
29	Gervaise King	HW, U20	37:09	1991
30	Richard Xerri	HW	37:12	1999
31	Eric Thomas	SLH, M40	37:17	1999
32	Mike Farmery	THH, M40	37:26	1993
33	Simon Ingall	HW	37:30	1992
34	Dave Symons	THH	37:32	2005 (Jan)
35	Matthew Bryant	THH, U20	37:36	1992
36	Darryl McDonald	Ranelagh	37:37	2000 (Dec)
37	John Rooney	HW	37:46	1993
38	John Mather	Belgrave	37:48	1990
39	Vic Maughn	HHH, M40	37:55	2005 (Dec)
40	Aidan Brennan	Sutton	37:56	1994 (Dec)
41	Dennis Williams	HW, M45	38:03	1992
42	Marco Ciglia	HW, M40	38:08	1990

[Home](#)[Up](#)

43	Mike Fuller	HW, M45	38:11	1990
44	Matt Wakefield	THH	38:12	2000 (Jan)
45	Paul Buckley	Soton RC	38:12	2001
46	Dave Hill	THH, M40	38:15	1992
47	Chris Cheeseman	THH	38:26	1992
U20				
1	Gervaise King	HW	37:09	1991
2	Matthew Bryant	THH	37:36	1992
<b>3</b>	<b>Alex Bruce-Littlewood</b>	<b>HW, U17</b>	39:12	<b>2006</b>
4	Chris Coles	HW	40:59	2000 (Jan)
5	Adam Przedzimirski	HW	41:12	2005 (Dec)
6	Craig Farr	HW	41:54	2001
7	Neil Fraser	HW	42:12	2005 (Dec)
8	John Howorth	AFD	42:40	2000 (Dec)
U17				
<b>1</b>	<b>Alex Bruce-Littlewood</b>	<b>HW</b>	39:12	<b>2006</b>
2	Damien Robertson	HW, U15	44:01	2003
<b>3</b>	<b>Deyan Knespl</b>	<b>HW</b>	44:49	<b>2006</b>
4	Ben Saxby	HW	46:16	2003
5	Lance Power	HW	50:59	2003
U15				
1	Damien Robertson	HW	44:01	2003
M40				
1	Chris Hughes	THH	36:23	1992
2	Mark Critchlow	West 4 H	36:50	2000 (Dec)
3	Eric Thomas	SLH	37:17	1999
4	Mike Farmery	THH	37:26	1993
5	Vic Maughn	HHH	37:55	2005 (Dec)
6	Dennis Williams	HW, M45	38:03	1991
7	Marco Ciglia	HW	38:08	1990
8	Mike Fuller	HW, M45	38:08	1990
9	Stuart Littlewood	HW	38:13	1994 (Jan)
10	Dave Hill	THH	38:15	1992
11	Vince Hancock	HW	38:42	1991
12	Ian Trotter	THH	39:09	1996
13	Simon Ingall	HW	39:12	1994 (Dec)
14	Grenville Tuck	HW, M45	39:21	1999
15	Steve Sinnott	HW	39:24	2001
16	Martin Jones	HW	39:52	2000 (Jan)
17	Gary Blessing	HW	39:59	2005 (Dec)
18	Martin O'Halloran	HW	40:11	1999
19	Terry O'Neil	VPH, M45	40:13	1999
20	Gerard Crispie	SoC	40:30	2001
21	Martin Miller	HW	40:38	1992

22	Dave Huck	WSEH	40:41	2001
M45				
1	Dennis Williams	HW	38:03	1991
2	Mike Fuller	HW	38:08	1990
3	Marco Ciglia	HW	38:41	1993
4	Ray Marriott	SLH	38:59	2005 (Jan)
5	Grenville Tuck	HW	39:21	1999
6	Simon Ingall	HW	39:34	2000 (Jan)
7	Vince Hancock	HW, M50	39:53	1996
8	Stuart Littlewood	HW	40:07	1999
9	Steve Badgery	HW, M50	40:12	2000 (Dec)
10	Terry O'Neill	VPH	40:13	1999
11	Liam O'Hare	Barnet, M50	40:16	1999
M50				
1	Vince Hancock	HW	39:53	1996
2	Steve Badgery	HW	40:12	2000 (Dec)
3	Dennis Williams	HW	40:13	1996
4	Liam O'Hare	Barnet	40:16	1999
5	Keith Spacie	THH	40:30	1992
6	Marco Ciglia	HW	42:08	2000 (Jan)
7	Tony Stone	Belgrave	42:29	1992
8	Jeremy Denny	THH	42:57	1993
9	Stuart Littlewood	HW	42:57	2002
10	Mike Fuller	HW	43:06	1996
11	Hugh Saxby	HW	43:17	2005 (Dec)
12	Dave Mitchell	E&E	43:23	2000 (Jan)
13	John Wasbrough	Belgrave	44:00	1992
M55				
1	Vince Hancock	HW	40:30	2000 (Dec)
2	Keith Spacie	THH	40:33	1993
3	Marco Ciglia	HW	43:01	2002
4	Bob McDonough	K&P	44:02	2002
5	Dennis Williams	HW	44:03	2001
6	John Phelan	HW	44:10	1994 (Jan)
7	Martin Miller	Chichester R	44:15	2003
8	Mike Worthington	THH	44:57	2001
9	Alan Turner	HW	45:10	2000 (Jan)
10	Jeremy Denny	THH	45:37	1996
11	John Thomas	HW, M60	45:37	2000 (Dec)
12	Don Brown	Sutton, M60	46:15	1994
13	Paul Roche	HW	47:09	2002
14	Frank Carpenter	THH	47:18	1998
15	Mike Fuller	HW	48:20	2000 (Jan)
16	Steve Crawte	AFD	48:32	2003
17	Fred Green	HW	48:59	2003

18 John Wasbrough	Belgrave	49:31	1998
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## M60

1 Keith Spacie	THH	44:41	2000 (Jan)
2 John Thomas	HW	45:37	2000 (Dec)
3 Don Brown	Sutton	46:15	1994 (Jan)
4 Dennis Williams	HW	46:39	2005 (Dec)
5 Frank Carpenter	THH	47:37	2000 (Jan)
6 Jeremy Denny	THH	47:58	2000 (Jan)
7 Bob McDonough	K&P	48:40	2005 (Dec)
8 Jeffery Gordon	THH	49:51	1996
<b>9 Alan Turner</b>	<b>HW</b>	<b>50:00</b>	<b>2006</b>
10 David Walsh	THH	50:46	2005 (Dec)
11 Mike Fuller	HW	51:06	2005 (Dec)

## M65

1 Keith Spacie	THH	44:00	2000 (Dec)
2 Jeffery Gordon	THH	53:25	2000 (Dec)
3 Bill Clapham	Blackheath H	54:08	2000 (Jan)
4 Jan Hildreth	THH	54:38	1998
5 John Trotter	THH, M70	57:24	1994 (Jan)
6 Anthony Eady	THH	58:11	2005 (Dec)

## M70

1 Bill Clapham	Blackheath H	57:11	2001
2 John Trotter	THH	57:24	1994 (Jan)
<b>3 Jeffery Gordon</b>	<b>THH</b>	<b>61:28</b>	<b>2006</b>

## Women

1 Ann Critchlow	London Heathside	41:00	2000 (Dec)
2 Estle Viljoen	HW	42:38	1999
<b>3 Naomi Warner</b>	<b>THH</b>	<b>43:08</b>	<b>2006</b>
4 Meredith Pannett	Dulwich R	44:37	2000 (Jan)
5 Kate Symons	THH	45:07	2005 (Jan)
6 Heather Savage	HHH	46:02	2003
7 Mary Loftus	Dulwich R	46:10	2000 (Jan)
8 Sally Dawson	HHH, W35	47:01	2000 (Dec)
9 Sarah Allen	HHH, W40	50:07	2005 (Jan)
10 C Wood	THH	50:14	2000 (Dec)
11 N Pabst	Unatt	50:26	2000 (Dec)
12 Madeline Watson	THH, W35	50:45	1999
<b>13 Madeline Ansell</b>	<b>THH</b>	<b>50:59</b>	<b>2006</b>
<b>14 Nicky Atkins</b>	<b>K&amp;P, W40</b>	<b>51:24</b>	<b>2006</b>
<b>15 Bernie Cavanagh</b>	<b>HHH, W45</b>	<b>52:02</b>	<b>2006</b>
<b>16 Nicola Craig</b>	<b>HW, W45</b>	<b>52:13</b>	<b>2006</b>
17 F Lohman	THH, W35	54:17	2001
18 B Norris	B&H, W35	56:45	1990
19 Carmelina Hancock	HW, W40	56:53	1996

<b>20 Marina Knespl</b>	<b>HW, W45</b>	57:18	<b>2006</b>
21 Ingrid Southorn	Unatt, W35	59:35	2005 (Dec)
21 Emma Crawford	Unatt	59:35	2005 (Dec)

## U20W

<b>1 Medena Knespl</b>	<b>HW</b>	48:22	<b>2006</b>
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## W35

1 Sally Dawson	HHH	47:01	2000 (Dec)
2 Sarah Allen	HHH, W40	50:07	2005 (Jan)
3 Madeline Watson	THH	50:45	1999
4 F Lohman	THH	54:17	2001
5 B Norris	Brighton & H	56:45	1990
6 Carmelina Hancock	HW, W40	56:53	1996
7 Ingrid Southorn	Unatt	59:35	2005 (Dec)

## W40

1 Sarah Allen	HHH	50:07	2005 (Jan)
<b>2 Nicky Atkins</b>	<b>K&amp;P</b>	51:24	<b>2006</b>
3 Carmelina Hancock	HW	56:53	1996

## W45

<b>1 Bernie Cavanagh</b>	<b>HHH</b>	52:02	<b>2006</b>
<b>2 Nicola Craig</b>	<b>HW</b>	52:13	<b>2006</b>
<b>3 Marina Knespl</b>	<b>HW</b>	57:18	<b>2006</b>

## W50

1 Carmelina Hancock	HW	59:42	2001
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Performances in **bold** set on December 30, 2006

Race first held in 1990. Event cancelled in 1995 (Dec) due to severe icy condition

 [Top](#) [Home](#) 

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