



## **Leith Hill Action Group – 10k race report**

**What an amazing day! With 113 runners making it to the start plus 5 walkers, it made for a fantastic race. The end was incredibly exciting with a tight finish seeing Alan Baker completing the course in 42:12, just pipping Dominic Darbyshire for the win, who completed it in 42:17. Well done Alan!**



**Congratulations also go to Caroline Pleasence, the first woman home who completed the course in 48:49, finishing 14<sup>th</sup> overall and smiling all the way to the finish.**



**The weather was kind to us with some lovely sunshine, making the already fabulous scenery look even more stunning. So many people came back saying what a beautiful route it was and what a great event. Particularly pleasing for us was how many comments we got about what a well-marked route it was and it was certainly a big relief not to lose anyone along the way!**

**Not unlike the Grand National, we unfortunately had a couple of fallers and we have to say a big well done to them both for being such heroes in battling on and finishing the race despite some very sore looking cuts, bruises and swellings.**

**Before we mention the results, we have to say some thank yous. A race like this could not have been put on without the support and generosity of spirit shown by a very large number of people.**



In no particular order, a huge thank you to all the marshalls for giving up their time to make this event happen and for being so cheerful in the process. You are absolute troopers.

[Back to Life](#), a fantastic team of first aiders, provided first aid cover for us free of charge, giving up their precious free time to do so. You were amazingly organised and a lovely bunch of people and we were very lucky to have your support. I'm sure the runners who received treatment from you are especially grateful. So a big thanks!

[All about triathlons](#) is a brilliant company run by two of the most lovely chaps you could ever hope to meet – Rory and Toby. They provided so much advice to me in organising this race and not to mention a sympathetic ear when I was stressing out in the weeks before! They provided all of the equipment we used – arrows, signs, megaphone, high vis vests, race numbers and drinks barrels – and some we didn't use – km markers (sorry about that)! We couldn't have done this without them so thank you both. And if you enjoyed our race, you'll love the events they organise. In particular, they're organising an event called [The Hurt](#) in the Hurtwood in Peaslake next Saturday 7 July (and also again on 29 September) – a 12k (or 24k) trail run through woodland. They are also organising the [Hard as Snails race](#) on 8 September – a 10k cross country run along the North Downs in Surrey – with all proceeds going to the Surrey Wildlife Trust. Hopefully, they'll see some of you there.

[Wolvens Country Stores](#) doesn't normally open on a Sunday but they were very supportive of our cause and opened especially for us so that runners could use their toilet and store their bags, as well as purchase refreshments at the end. They also liaised with other



business users to ensure more toilet facilities were available and that free sports massages were provided; and they also set up the marquee for registration. They are a lovely, friendly pair who go out of their way to help their customers and we are so grateful for their support – thanks chaps!

Laurence Matthews of Manor Farm provided us with the car parking facilities, as did the [Wotton Hatch](#) pub. Thanks to both.

And last but not least, our thanks go to each and every one of you that took part to make it such a special event. We are aware that some of you took up running just to support our cause; a number of you raised sponsorship; some friends and family came to support us (it was lovely for us to see your friendly faces even though we couldn't spend much time with you... you know who you are); and others of you came because you're amazing runners and were keen to undertake the challenge. Whatever the reason, we are incredibly grateful to you all. All of this means that we think that we have raised in excess of £2,000 for the [Leith Hill Action Group](#), which is an absolutely brilliant result! More than £1,600 was raised from entrant fees alone. If those of you who have raised sponsorship could drop us an email at [lhag@hotmail.co.uk](mailto:lhag@hotmail.co.uk) just to let us know how much you think you've raised, we'll announce the definitive run total in our next [newsletter](#). Thanks all!

So now, onto the bit you've all been waiting for... the results!

Firstly, the full list of results:

Categories:

Under-21: M21, F21

21-34: M35, F35

35-44: M45, F45

45-54: M55, F55

55+: MVet, FVet



<b>Position</b>	<b>Number</b>	<b>Mins</b>	<b>Secs</b>	<b>Surname</b>	<b>First name</b>	<b>Category</b>
1	225	42	12	Baker	Alan	M35
2	617	42	17	Darbyshire	Dominic	M35
3	667	42	28	Saxby	Rod	M55
4	621	43	07	Dyson	Chris	M35
5	699	43	50	Law	Simon	M55
6	610	44	13	Bush	Steve	M55
7	622	44	31	Earl	Dennis	M45
8	656	44	39	Murray	William	M35
9	695	45	03	McCaffrey	Robert	M55
10	207	45	07	Morris	Gareth	M35
11	696	45	36	Morgan	Phillip	M45
12	694	46	08	Arbury	William	M55
13	677	46	36	Smith	Ben	M35
14	214	48	49	Pleasence	Caroline	F35
15	215	48	55	Chapman	Ryan	M21
16	624	49	00	Elliott	Jason	M45
17	203	49	06	Gray	Colin	M55
18	211	49	32	Martin	Patrick	MVet
19	681	49	38	Stubbings	Richard	MVet
20	631	50	06	Harris	Phil	MVet
21	627	50	17	Froggatt	Christian	M45
22	639	50	25	Ionascu	Louise	F45
23	206	50	54	Lay	Robert	M45
24	655	51	08	Miller	Peter	M45
25	224	51	15	Stringer	Richard	M45
26	685	51	25	Ward	Paul	M45
27	642	51	30	Kelly	Brendan	M55
28	674	51	34	Sissons	Helen	F35
29	693	51	38	Hopkins	Peter	MVet
30	689	51	39	Wilson	Geoff	MVet
31	668	51	43	Schlaepfi	Louise	F55
32	691	51	47	Court	Caroline	F35
33	227	51	50	Engilsaa	Okka	M55
34	641	51	51	Keating	Seamus	M55
35	603	51	51	Bartlett	Laura	F35
36	201	51	52	Theaker	Andrew	M35
37	219	52	50	Highland	Theo	M35
38	634	52	51	Havard	Mike	M55
39	669	52	56	Schuchter	Samantha	F45
40	647	53	05	Lennon	Fred	M55
41	657	53	28	Owen	Chris	M45
42	205	53	53	Lay	Andrew	M55
43	660	53	56	Pemberton	Gareth	MVet
44	680	54	09	Somers	Luke	M35
45	208	55	29	Light	Michael	M55
46	650	55	50	Madeley	Paul	M35
47	640	55	53	Josserand	Antoine	M35



48	635	55	57	Holdway	Alison	F45
49	659	56	03	Palmer	Matt	M45
50	602	56	07	Baker	Andrew	M45
51	632	56	20	Harrold	Louisa	F35
52	608	56	27	Brown	Graeme	MVet
53	230	56	45	Palmer	Danny	M35
54	209	56	55	Light	Ron	M55
55	678	56	56	Smith	Mark	MVet
56	212	56	58	Irvine	Kevin	MVet
57	613	57	00	Comyn	Paul	MVet
58	213	57	03	Hickman	Janet	F55
59	649	57	14	Maddock	Andy	M55
60	605	57	21	Brennan	Rebecca	F45
61	607	57	34	Bird	Dominic	M35
62	648	57	41	Mackrell	William	MVet
63	688	58	03	Wilbourn	David	M55
64	216	58	19	Sissons	Rebecca	FVet
65	210	58	23	Howson	Stephen	M55
66	204	58	25	Wadsworth	Keith	MVet
67	600	58	25	Ambridge	Richard	M45
68	687	58	34	Weeden	Jayne	F45
69	697	58	39	Jelly	John	MVet
70	664	58	54	Pocock	Charlotte	F35
71	636	58	56	Hughes	Simon	M45
72	682	59	11	Turner	Craig	M45
73	620	59	12	Duffield	Matthew	M45
74	673	59	23	Simonis	Daniel	M45
75	611	60	38	Chapman	George	M55
76	638	60	47	Hughes	Tom	M21
77	637	60	55	Hughes	Stephen	M55
78	684	60	59	Vaughan	Sarah	F35
79	671	61	14	Sedgwick	Rob	M45
80	665	61	41	Roper	Graham	M55
81	229	62	01	Murphy	Danny	M35
82	626	62	07	Flinders	Ian	M55
83	223	62	54	Lonsdale	David	MVet
84	612	63	24	Chaytor	Joanna	F45
85	619	64	32	Duffield	Amanda	F45
86	228	64	40	Gardner	Martin	M35
87	654	65	19	Mellet	Maggie	F45
88	698	65	46	Waugh	David	MVet
89	606	66	23	Bolton	Mark	M55
90	628	66	34	Gamble	Catherine	F55
91	616	66	47	Dalgleish	Bruce	M55
92	675	67	08	Skilton	Tony	M55
93	601	70	00	Ashwood	Miranda	F55
94	625	70	35	Flinders	Felicia	F55
95	662	70	35	Penman	Jon	M45



96	652	71	05	McGinn	Sarah	F35
97	692	71	57	Cannon	Cathy	F55
98	645	72	09	Knight	Angela	F55
99	614	72	13	Cook	Dawn	F45
100	618	72	13	Dodds	Elaine	FVet
101	221	73	25	Taylor	Nicola	F45
102	658	73	51	Page	Jennifer	F35
103	651	73	52	Mason	Ella	F45
104	220	73	52	Plaskett	Anne	F35
105	679	74	55	Smith	Natalie	F21
106	683	74	55	Upton	Emma	F35
107	672	77	43	Sharples	Zahra	F55
108	217	79	01	Davison	Grace	F35
109	218	79	01	Davison	Kit	M35
110	686	79	05	Watson	Keith	M55
111	629	85	09	Gillings	Simon	M55
112	202	86	15	Waugh	Jane	FVet
113	226	87	09	Ledgerwood	Emmeline	F45
Walker	609	N/A	N/A	Brown	Liz	F55
Walker	623	N/A	N/A	Eberle	Juliet	FVet
Walker	661	N/A	N/A	Pemberton	Jane	F55

## And by category...

### Female Under-21

Category	Race	Position	Name	Number	Mins	Secs
		1	105 Natalie Smith	679	74	55

### Female 21-34

Category	Race	Position	Name	Number	Mins	Secs
		1	14 Caroline Pleasence	214	48	49
		2	28 Helen Sissons	674	51	34
		3	32 Caroline Court	691	51	47
		4	35 Laura Bartlett	603	51	51
		5	51 Louisa Harrold	632	56	20
		6	70 Charlotte Pocock	664	58	54
		7	78 Sarah Vaughan	684	60	59
		8	96 Sarah McGinn	652	71	05
		9	102 Jennifer Page	658	73	51
		10	104 Anne Plaskett	220	73	52
		11	106 Emma Upton	683	74	55
		12	108 Grace Davison	217	79	01



## Female 35-44

Category	Race					
Position	Position	Name	Number	Mins	Secs	
1	22	Louise Ionascu	639	50	25	
2	39	Samantha Schuchter	669	52	56	
3	48	Alison Holdway	635	55	57	
4	60	Rebecca Brennan	605	57	21	
5	68	Jayne Weeden	687	58	34	
6	84	Joanna Chaytor	612	63	24	
7	85	Amanda Duffield	619	64	32	
8	87	Maggie Mellett	654	65	19	
9	99	Dawn Cook	614	72	13	
10	101	Nicola Taylor	221	73	25	
11	103	Ella Mason	651	73	52	
12	113	Emmeline Ledgerwood	226	87	09	

## Female 45-54

Category	Race					
Position	Position	Name	Number	Mins	Secs	
1	31	Louise Schlaepfi	668	51	43	
2	58	Janet Hickman	213	57	03	
3	90	Catherine Gamble	628	66	34	
4	93	Miranda Ashwood	601	70	00	
5	94	Felicia Flinders	625	70	35	
6	97	Cathy Cannon	692	71	57	
7	98	Angela Knight	645	72	09	
8	107	Zahra Sharples	672	77	43	
9	Walker	Jane Pemberton	661	N/A	N/A	
10	Walker	Liz Brown	609	N/A	N/A	

## Female Veteran

Category	Race					
Position	Position	Name	Number	Mins	Secs	
1	64	Rebecca Sissons	216	58	19	
2	100	Elaine Dodds	618	72	13	
3	112	Jane Waugh	202	86	15	
4	Walker	Juliet Eberle	623	N/A	N/A	

## Male Under-21

Category	Race					
Position	Position	Name	Number	Mins	Secs	
1	15	Ryan Chapman	215	48		
2	76	Tom Hughes	638	60		





## Male 21-34

Category	Race					
Position	Position	Name	Number	Mins	Secs	
1	1	Alan Baker	225	42	12	
2	2	Dominic Darbyshire	617	42	17	
3	4	Chris Dyson	621	43	07	
4	8	William Murray	656	44	39	
5	10	Gareth Morris	207	45	07	
6	13	Ben Smith	677	46	36	
7	36	Andrew Theaker	201	51	52	
8	37	Theo Highland	219	52	50	
9	44	Luke Somers	680	54	09	
10	46	Paul Madeley	650	55	50	
11	47	Antoine Josserand	640	55	53	
12	53	Danny Palmer	230	56	45	
13	61	Dominic Bird	607	57	34	
14	81	Danny Murphy	229	62	01	
15	86	Martin Gardner	228	64	40	
16	109	Kit Davison	218	79	01	

## Male 35-44

Category	Race					
Position	Position	Name	Number	Mins	Secs	
1	7	Dennis Earl	622	44	31	
2	11	Phillip Morgan	696	45	36	
3	16	Jason Elliott	624	49	00	
4	21	Christian Froggatt	627	50	17	
5	23	Robert Lay	206	50	54	
6	24	Peter Miller	655	51	08	
7	25	Richard Stringer	224	51	15	
8	26	Paul Ward	685	51	25	
9	41	Chris Owen	657	53	28	
10	49	Matt Palmer	659	56	03	
11	50	Andrew Baker	602	56	07	
12	67	Richard Ambridge	600	58	25	
13	71	Simon Hughes	636	58	56	
14	72	Craig Turner	682	59	11	
15	73	Matthew Duffield	620	59	12	
16	74	Daniel Simonis	673	59	23	
17	79	Rob Sedgwick	671	61	14	
18	95	Jon Penman	662	70	35	



## Male 45-54

Category	Race					
Position	Position	Name	Number	Mins	Secs	
1	3	Rod Saxby	667	42	28	
2	5	Simon Law	699	43	50	
3	6	Steve Bush	610	44	13	
4	9	Robert McCaffrey	695	45	03	
5	12	William Arbury	694	46	08	
6	17	Colin Gray	203	49	06	
7	27	Brendan Kelly	642	51	30	
8	33	Okka Engilsaa	227	51	50	
9	34	Seamus Keating	641	51	51	
10	38	Mike Havard	634	52	51	
11	40	Fred Lennon	647	53	05	
12	42	Andrew Lay	205	53	53	
13	45	Michael Light	208	55	29	
14	54	Ron Light	209	56	55	
15	59	Andy Maddock	649	57	14	
16	63	David Wilbourn	688	58	03	
17	65	Stephen Howson	210	58	23	
18	75	George Chapman	611	60	38	
19	77	Stephen Hughes	637	60	55	
20	80	Graham Roper	665	61	41	
21	82	Ian Flinders	626	62	07	
22	89	Mark Bolton	606	66	23	
23	91	Bruce Dalgleish	616	66	47	
24	92	Tony Skilton	675	67	08	
25	110	Keith Watson	686	79	05	
26	111	Simon Gillings	629	85	09	

## Male Veteran

Category	Race					
Position	Position	Name	Number	Mins	Secs	
1	18	Patrick Martin	211	49	32	
2	19	Richard Stubbings	681	49	38	
3	20	Phil Harris	631	50	06	
4	29	Peter Hopkins	693	51	38	
5	30	Geoff Wilson	689	51	39	
6	43	Gareth Pemberton	660	53	56	
7	52	Graeme Brown	608	56	27	
8	55	Mark Smith	678	56	56	
9	56	Kevin Irvine	212	56	58	
10	57	Paul Comyn	613	57	00	
11	62	William Mackrell	648	57	41	
12	66	Keith Wadsworth	204	58	25	
13	69	John Jelly	697	58	39	
14	83	David Lonsdale	223	62	54	
15	88	David Waugh	698	65	46	



And finally, you can find some great photos of the race [here](#).

Charlotte Nolan

*On behalf of the Leith Hill Action Group*