

Sri Chinmoy 3 Mile 8th May 2017

no.	Name	club	cat	Time
447	Paul Hughes	Abingdon A.C	SM	15.59
290	Benedict Pollard	Eynsham	V40	17.09
292	Kenny Lowies	Headington	V50	17.34
258	James Messer	Oxford Uni Press	V40	17.49
286	Mark Lewy	Abingdon A.C	V50	17.56
287	Howard Waller	Oxford City	V50	17.59
294	Tom Ball	U/A	V40	18.01
285	Kent Dixon	Abingdon A.C	V40	18.15
268	Kevin Hennessy	St Clare's	V40	18.21
291	John Harvey	Abingdon A.C	V50	18.29
449	Paul Skip	U/A	V50	18.40
42	Julian Moore	Abingdon A.C	V50	18.43
500	Lucrezia Portiguatti	St Clare's	JW	18.50
503	Sunder Ianniello	St Clare's	JM	19.08
284	Craig Lewis	Abingdon A.C	V50	19.09
288	John Clargo	Headington	V50	19.32
502	James Houghton	St Clare's	JM	19.32
431	Mike Maguire	Road Runners	V50	19.33
448	Dan Wymer	Witney	SM	19.46
293	Andy Phelps	Headington	V50	19.58
277	Lucy Shelton	Abingdon A.C	SW	20.07
282	John Nisbet	U/A	V60	20.10
295	Alan Roberts	Vale of Aylesbury	V50	20.47
281	Neville Baker	MRR	V60	21.22
289	John Newton	Abingdon A.C	V40	21.25
44	Andrew Lockhart	U/A	V50	21.28
279	Liz Bedford	Abingdon A.C	WV40	22.11
31	Gwyneth Hueter	Oxford City	WV50	22.35
257	Stuart Watton	Abingdon A.C	V40	23.06
297	Pete Stepney	Abingdon A.C	V50	23.08
55	Jeremy Lugg	U/A	V50	23.10
272	Abigail Waldock	Abingdon A.C	SW	23.13
43	Anton Andersen	U/A	V50	23.14
278	Lucie Brownsill	U/A	WV40	23.26
276	Gina Lodowski	Abingdon A.C	WV50	23.58
283	Graham Norris	Headington	V60	24.20
432	Liz French	Alchester	WV40	24.39
274	Patricia Wilson	Abingdon A.C	WV50	24.52
501	Avery Woodruff	St Clare's	JW	25.13
41	Chris Smith	U/A	V40	25.45
273	Maria Hamilton	Abingdon A.C	WV50	26.00
256	John Styles	Abingdon A.C	V50	26.12
275	Emma Moore	Abingdon A.C	WV50	27.38

208	Maggie Shepley	Abingdon A.C	WV40	28.54
54	Martin Reynolds	Oxford City	V60	32.36
296	Kit Villiers	Headington	V70	33.34
450	Paul Grimsdale	Oxford City	V60	33.34
280	Nigel Lambert	Alchester	V70	dnf

Grand Prix Categories

	Club	Time	GP Points	
Junior Men				
	Sunder Ianniello	St Clare's	19.08	3
	James Houghton	St Clare's	19.32	2

Senior Men				
	Paul Hughes	Abingdon A.C	15.59	3
	Dan Wymer	Witney	19.46	2

V40 Men				
	Benedict Pollard	Eynsham	17.09	5
	James Messer	Oxford Uni Press	17.49	4
	Tom Ball	U/A	18.01	3
	Kent Dixon	Abingdon A.C	18.15	2
	Kevin Hennessy	St Clare's	18.21	1
	John Newton	Abingdon A.C	21.25	0.5
	Stuart Watton	Abingdon A.C	23.06	0.5
	Chris Smith	U/A	25.45	0.5

V50 Men				
	Kenny Lowies	Headington	17.34	5
	Mark Lewy	Abingdon A.C	17.56	4
	Howard Waller	Oxford City	17.59	3
	John Harvey	Abingdon A.C	18.29	2
	Paul Skip	U/A	18.40	1
	Julian Moore	Abingdon A.C	18.43	0.5
	Craig Lewis	Abingdon A.C	19.09	0.5
	John Clargo	Headington	19.32	0.5
	Mike Maguire	Road Runners	19.33	0.5
	Andy Phelps	Headington	19.58	0.5
	Alan Roberts	Vale of Aylesbury	20.47	0.5
	Andrew Lockhart	U/A	21.28	0.5
	Pete Stepney	Abingdon A.C	23.08	0.5

Jeremy Lugg	U/A	23.10	0.5
Anton Anderson	U/A	23.14	0.5
John Styles	Abingdon A.C	26.12	0.5

V60 Men

John Nisbet	U/A	20.10	5
Neville Baker	MRR	21.22	4
Graham Norris	Headington	24.20	3
Martin Reynolds	Oxford City	32.36	2
Paul Grimsdale	Oxford City	33.34	1

V70 Men

Kit Villiers	Headington	33.34	3
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Junior Women

Lucrezia Portiguatti	St Clare's	18.50	3
Avery Woodruff	St Clare's	25.13	2

Senior Women

Lucy Shelton	Abingdon A.C	20.07	3
Abigail Waldock	Abingdon A.C	23.13	2

V40 Women

Liz Bedford	Abingdon A.C	22.11	4
Lucie Brownsill	U/A	23.26	3
Liz Bench	Abingdon A.C	24.39	2
Meggie Shepperley	Abingdon A.C	28.54	1

V50 Women

Gwyneth Hueter	Oxford City	22.35	5
Gina Lodowski	Abingdon A.C	23.58	4
Patricia Wilson	Abingdon A.C	24.52	3
Maria Hamilton	Abingdon A.C	26.00	2
Emma Moore	Abingdon A.C	27.38	1