

<b>Epsom 10 Results 21/11/2010</b>
<b>21/11/2010</b>

	<b>No.</b>	<b>Time</b>	<b>First name</b>	<b>Surname</b>	<b>Club</b>	<b>Cat.</b>	<b>Vets Club Champs</b>
1	93	56:17	Ben	Evans	Guildford &GAC	M	0
2	41	56:59	Justin	Phillipps	Aldershot F&D	M	0
3	226	56:59	Anthony	Jackson	Stragglers	M	0
4	183	57:34	Gareth	Cavell	Woodford Gr AC	M40	VAC
5	107	57:43	Stephen	Murtagh	Harlow RC	M45	SCVAC
6	216	57:54	Graham	Hewett	Dorking MV AC	M	0
7	181	58:28	David	Freeman	Tadworth AC	M40	0
8	367	58:46	Phil	Sanger	Epsom & Ewell H	M	0
9	85	58:58	David	Williamson	Tadworth AC	M40	0
10	195	59:37	Mike	Page	Tonbridge AC	M	0
11	214	59:41	Lucy	Macalister	Thames HH	F	0
12	101	59:43	Terence	Knightley	Ilford AC	M50	SCVAC
13	302	60:16	Stuart	Flack	Epsom & Ewell H	M	0
14	251	60:42	Peter	Lee	Hercules Wimbl	M40	VAC
15	109	61:11	Brian	Maillardet	New Eltham Joggers	M	0
16	18	61:12	Rose	Nicholson	Woking	F	0
17	351	61:14	Ian	Kitchine	SLH	M50	0
18	14	61:24	Tony	Crowder	Blackheath & Brom	M40	0
19	135	61:42	Timothy	Wilkes	Tadworth AC	M45	0
20	194	62:30	Neil	O'Donnell	Woking AC	M	0
21	233	62:35	Iain	Macara	0	M	0
22	169	62:45	Jeffrey	Butler	Epsom & Ewell H	M45	0
23	268	63:01	Michael	Baggott	Woking AC	M	0
24	60	63:02	Ian	Dixon	0	M40	0
25	8	63:22	Jon	Alexander	Serpentine	M	0
26	76	63:30	Darren	Bird	0	M	0
27	10	60:34	Dominic	Collier	26.2 RRC	M40	0
28	51	63:40	Joseph	Brewer	26.2 RRC	M	0
29	75	63:50	Barnaby	Hopson	Epsom Oddballs	M	0
30	184	63:52	John	Sandhu	0	M40	0
31	352	63:58	Bernie	Mulvany	0	M50	0
32	316	64:09	John	Foss	SLH	M50	0
33	191	64:18	Simon	Donaghan	Herne Hill H	M45	0
34	285	64:47	Richard	Baggott	Woking AC	M	0
35	148	64:54	Charlotte	Collyer	-	F	0
36	39	64:57	Jim	spooner	0	M45	0
37	66	65:01	Walter	Hill	Crawley AC	M55	SCVAC
38	116	65:50	Geoff	Newton	Tadworth AC	M65	SCVAC
39	232	65:54	Lawrie	Baker	Woking AC	M	0
40	357	65:56	Matthew	King	0	M	0
41	204	65:57	Martin	Lloyd	Collingwood AC	M50	0
42	283	66:22	Peter	Mills	Tadworth AC	M	0
43	329	66:24	Stephen	Watkins	26.2 RRC	M	0
44	323	66:48	Graeme	Mackay	DMVAC	M40	0
45	94	66:55	Garga	Chamberlain	Sri Chinmoy AC	M40	0
46	338	66:56	Alan	Ezen	Epsom & Ewell H	M	0
47	328	66:57	Ruth	Hutton	SLH	F45	0
48	150	67:00	David	Shelton	Epsom & Ewell H	M45	0
49	361	67:21	Mark	Herbert	Ranelagh H	M	0
50	20	67:25	Susanna	Harrison	Woking	F45	VAC

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51	147	67;26	Andrew	Pengelly	26.2 RRC	M40	0
52	182	67;36	Sarah Anne	Mooney	Larkfield AC	F	0
53	131	68;00	Joseph	Chang	26.2 RRC	M	0
54	343	68;02	Ronald	Vialls	Barking Road Runners	M50	VAC
55	327	68;03	Frank	Wood	Hercules Wimbl	M40	0
56	168	68;12	Kevin	Jones	Reading RR	M50	0
57	314	68;13	Zoe	West	Epsom & Ewell H	F35	0
58	165	68;16	Don	Currie	Hailsham H	M45	0
59	36	68;18	Jonathan	Neal	26.2 RRC	M	0
60	259	68;22	Susie	Macara	Serpentine	F	0
61	345	68;24	Mark	Goodwin	Epsom Oddballs	M	0
62	128	68;25	Trevor	Edgley	Invicta EK AC	M60	SCVAC
63	11	68;26	David	Pimm	RRC	M50	VAC
64	70	68;28	Daniel	Thornton		0 M	0
65	72	68;32	Bill	Walsh	Collingwood AC	M45	0
66	5	68;33	Alan	Dolton	Striders	M50	VAC
67	325	68;55	Chris	Wigby	Fittleworth Flyers	M50	0
68	170	69;05	Graham	Ball	Wimbledon W	M60	VAC
69	177	69;22	Phyllis	Flynn	Stragglers	F45	0
70	236	69;27	Martin	Halling	St Albans Str	M50	0
71	149	69;34	Steve	Hutton	Tadworth AC	M55	0
72	152	69;47	Gerald	Smith	Epsom & Ewell H	M60	VAC
73	346	70;01	Nick	Sheppard		0 M	0
74	238	70;22	Alan	Lewis		0 M	0
75	293	70;29	Andy	Zonfrillo		0 M45	0
76	158	70;37	David	Cato	-	M	0
77	163	70;45	Gary	Vaughan	-	M	0
78	179	70;51	Michael	Barrett	Newport RC	M45	0
79	311	71;11	Stephen	Cooney	Collingwood AC	M40	0
80	363	71;22	Adam	Hecquet	Elaladge	M	0
81	62	71;24	Phil	Nicolle		0 M	0
82	348	71;29	Wendy	Fitzpatrick		0 F40	0
83	105	71;35	Roman	Landowski	-	M50	0
84	227	71;39	Chris	Hall	Dorking MV AC	M45	0
85	322	71;54	Rebecca	Black	DMVAC	F35	0
86	84	71;56	Tero	Paasu		0 M	0
87	237	72;03	Bruce	Mclaren		0 M40	0
88	47	72;05	Alan	Burrows		0 M40	0
89	365	72;08	G	Locts	Serpentine	M	0
90	154	72;15	Julia	Lewis	-	F35	0
91	339	72;21	Chloe	Sinclair	Epsom & Ewell H	F	0
92	326	72;35	Michael	Brewer		0 M40	0
93	43	72;44	Alan	Cowan	Istead & Ifield H	M50	0
94	269	72;50	Ryan	Meredith		0 M	0
95	98	72;51	David	Lague	Saint&Sinners	M40	0
96	140	72;52	Bryan	Newman	Walthamstow AC	M55	SCVAC
97	229	72;56	Jackie	Maclannan		0 F	0
98	354	73;01	Danny	Collys		0 M	0
99	130	73;10	Paul	Townsend	Veterans AC	M60	VAC
100	45	73;19	Joe	Bertorelli	SLH	M45	0
101	331	73;22	Dan	Haynes	SLH	M	0
102	324	73;27	James	Farmer		0 M	0
103	124	73;35	Lee	Davies	Ranelagh H	M	0
104	172	73;37	Tim	Ridgway	-	M	0
105	349	73;42	Adam	Acland	Thames Turbo Tri	M	0
106	341	73;47	Julian	Hough		0 M40	0
107	173	73;53	Ramona	Thevenet-Smith	Woking AC	F50	0

	No.	Time	First name	Surname	Club	Cat.	Vets Club Champs
108	335	74:08	A	Wohanka		0 F	0
109	167	74:11	Viv	Mitchell	South London H	F45	0
110	190	74:18	Anne	Swift		0 F40	0
111	258	74:19	Michael	Holden	Stragglers	M60	0
112	288	74:48	Martin	Gould	Elmbridge R	M	0
113	162	74:48	Colin	Large	Elmbridge R	M50	0
114	28	74:53	Natasha	Swan	Seaford Striders	F35	0
115	15	74:56	Patrick	Dobbs	Thurrock Harriers	M70	SCVAC
116	287	75:01	Polly	Adams	RM of Portland AC	F45	0
117	151	75:02	John C	Thomas	Corby AC	M70	VAC
118	198	75:06	Janine	Pieterse		0 F35	0
119	155	75:08	Annette	Feakes	Hailsham H	F35	0
120	123	75:17	Michelle	Davies	Ranelagh H	F	0
121	199	75:22	Jonathan	Pettit		0 M40	0
122	215	75:24	Peter	Dry	RRC	M55	0
123	67	75:36	Joe	Murray		0 M	0
124	356	75:39	Wendy	Needham		0 M40	0
125	90	75:41	Zoe	Ashcroft	26.2 RRC	F35	0
126	92	75:42	Rus	Loome		0 M45	0
127	279	75:51	Anthony	Dyer	Epsom Oddballs	M	0
128	106	75:59	Keith	Scudamore	Burnham Joggers	M65	SCVAC
129	306	76:05	Adrian	Smith		0 M	0
130	202	76:22	Gary	Chappell		0 M	0
131	201	76:22	Emily	Dale		0 F	0
132	157	76:41	Ceara	Joyce	Epsom Odd Balls	F40	0
133	185	76:47	Siobhan	McDonnell	Guildford &GAC	F	0
134	275	76:48	Gordon	Ritter		0 M	0
135	100	76:48	Amanda	Rencontre	-	F45	0
136	332	76:59	Andrew	Pringle	Reigate Priory AC	M40	0
137	54	77:11	Zac	Casey		0 M	0
138	136	77:20	Dave	Wylie	Epsom Oddballs	M65	0
139	243	77:32	Tim	Hudson		0 M	0
140	64	77:34	Lillias	Griffiths	Thames HH	F	0
141	48	77:34	James	Lewry		0 MK	0
142	353	77:37	Peter	Johnson	FRA	M50	0
143	32	77:41	Phill	Dean		0 M45	0
144	118	77:42	Stephen	Harris	-	M40	0
145	262	77:46	Hugh	Etherton		0 M	0
146	73	77:47	Dave	Rhodes	Orpington RRC	M45	0
147	176	77:59	Alice	Tozer	-	F	0
148	189	78:01	Nigel	Pointer	Collingwood AC	M50	0
149	40	78:06	Laura	Roberts	26.2 RRC	F35	0
150	248	78:18	Vanda	Cox	Thames HH	F50	0
151	103	78:21	Nichola	Atkins	Kingston & Poly	F45	VAC
152	133	78:29	David	Gibson	Woking AC	M	0
153	88	78:48	Adam	Jarosz	Sutton Runners	M45	0
154	25	78:51	Simon	Barker		0 M	0
155	83	78:54	Paul	Turner		0 M	0
156	156	79:03	Dave	Newland	South London H	M65	SCVAC
157	19	79:06	Gerald	Baron	Larkfield AC	M55	0
158	137	79:08	Norman	Hemming	Croydon H	M55	0
159	71	79:11	Simon	Gerrard	26.2 RRC	M	0
160	186	79:13	Dale	Askew		0 M	0
161	61	79:17	Mike	Hall		0 M40	0
162	368	79:17	N.O.	Number		0 M	0
163	246	79:21	Mark	Hutchings	Striders	M45	0
164	175	79:23	John	Shaw	Hayes & Harlington RR	M60	0

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165	234	79;24	Alasdair	Coyle	Horsham J	M45	0
166	360	79;30	Stephen	Munford		0 M	0
167	209	79;33	Stephen	Hobbs	Ripley RC	M40	0
168	355	79;36	Martin	Farrelly		0 M	0
169	330	79;43	Paul	Hart	Epsom Oddballs	M50	0
170	273	79;43	Geraldine	Hart	Epsom Allsorts	F60	VAC
171	159	79;47	Richard	Hammerson	Reading RR	M65	VAC
172	197	79;52	Peter	Cargan	Saints & Sinners	M55	0
173	299	80;05	Tim	Prout		0 M	0
174	219	80;12	Lorcan	Woods		0 M40	0
175	272	80;13	Tracey	Kilkenny	Wandle	M	0
176	309	80;14	Steve	Collard		0 M50	0
177	303	80;22	Jude	Mcgonigal		0 F35	0
178	121	80;40	Harmesh K	Sehijpal	Redhill Royal Mail	M45	0
179	46	81;10	Scott	Holmes		0 M	0
180	270	81;12	Yasmine	Rose	Epsom Allsorts	F45	0
181	203	81;28	Simon	Lister		0 M	0
182	2	81;37	Samuel	Ratnage		0 M	0
183	305	81;50	Ravi	Cautick	Larkfield AC	M	0
184	3	82;08	Kieran	Lee		0 M	0
185	362	82;09	Steve	Rieby	SLH	M40	0
186	318	82;22	Kevin	Irvine	DMVAC	M50	0
187	265	82;26	Arlo	Risby		0 M	0
188	333	82;27	Anthony	Somors		0 M40	0
189	267	82;29	Marc	Wood	Collingwood AC	M	0
190	110	82;33	Marion	Jakeman	Epsom & Ewell H	F60	VAC
191	342	82;35	Charlotte	Mason	Epsom & Ewell H	F	0
192	358	82;38	Alan	Collis	26.2 RRC	M50	0
193	224	82;50	Charles	Wild		0 M	0
194	255	82;54	Ian	Owen		0 M40	0
195	297	83;13	Lesley	Williams	Epsom Allsorts	F45	0
196	218	83;21	Steven	Thorn		0 M	0
197	366	83;28	Lorna	Hardy	Epsom Allsorts	F55	0
198	206	83;30	James	Green		0 M	0
199	205	83;30	Luke	Hudson		0 M	0
200	222	83;41	Kevin	Stone	26.2 RRC	M40	0
201	99	83;44	Natalie	Randell	26.2 RRC	F	0
202	261	83;46	Masafumi	Kunori		0 M	0
203	17	83;52	Peter	Godbee	Swanley & Dist AC	M60	SCVAC
204	278	83;54	Dave	Rodacan		0 M40	0
205	91	83;56	Simon	Morris		0 M55	0
206	114	83;58	Julie	Unitt	New Etham Joggers	F50	0
207	313	84;14	David	Freeborn	Collingwood AC	M	0
208	144	84;15	David	Rhodes	-	M65	0
209	9	84;23	Jane	Burston	Serpentine	F	0
210	134	84;27	James	Small	-	M	0
211	174	84;30	Andy	Smith	Woking AC	M45	0
212	298	84;36	Neil	Sunderland	26.2 RRC	M50	0
213	300	84;39	Steve	Laws		0 M45	0
214	119	84;43	Graham	Williams	Ilford AC	M70	SCVAC
215	55	84;45	Bunty	Rance		0 F35	0
216	253	84;59	Neil	Hadley		0 M	0
217	350	85;24	Kathy	Banner		0 F40	0
218	34	85;30	Matthew	Pritchard	26.2 RRC	M	0
219	37	85;32	Lee	Maxwell		0 M	0
220	33	85;33	Paul	Cownley		0 M40	0
221	132	85;33	Jacqueline	Chang	26.2 RRC	F	0

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222	263	85;45	Kelly	Bird	Orpington RR	F40	0
223	307	85;57	Tim	Davis	0	M45	0
224	26	86;04	Sue	Garnish	26.2 RRC	F40	0
225	96	86;06	Bernard	Eggleton	New Eltham J	M45	0
226	192	86;08	Steve	Driscoll	0	M	0
227	208	86;12	Carlos	Thompson	0	M40	0
228	301	86;29	Stephen	Russell	0	M45	0
229	289	86;37	Keith	Miles	Cambridge H	M45	0
230	97	86;48	Darrell	Purvis	0	M40	0
231	21	86;54	Gary	Harding	0	M40	0
232	69	86;59	Peter	Hutchinson	Essex RRC	M60	0
233	244	87;05	Stuart	Williams	Hayes & Harl RR	M45	0
234	50	87;20	Vincent	Nottidge	0	M45	0
235	245	87;22	Ian	Cairns	0	M50	0
236	217	87;30	James	Furlong	0	M	0
237	235	87;31	Dave	Summerfield	0	M40	0
238	334	87;44	Hubert	Johnson	0	M40	0
239	113	87;46	Gayle	Mason	-	F35	0
240	27	87;58	Andrea	Bennett	26.2 RRC	F45	0
241	138	88;05	Nina	Williams	Saints & Sinners	F40	0
242	225	88;17	Zoe	Wingfield	26.2 RRC	F	0
243	344	88;20	Trudy	Kuhn	SLH	F50	0
244	312	88;20	Valerie	Cooper	Epsom Oddballs	F45	0
245	256	88;21	Stuart	Broughton	0	M	0
246	257	88;21	Krysta	Munford	0	F	0
247	1	88;22	Derick	Wilkie	26.2 RRC	M60	0
248	221	88;39	Ruth	Cottam	Collingwood AC	F45	0
249	111	88;54	Richard	Pitcairn-Knowles	Sevenoaks AC	M75	VAC + SCVAC
250	220	90;08	Emma	Woods	0	F40	0
251	77	90;11	Ray	Smith	New Eltham J	M55	0
252	129	90;17	Dave	Lovell	-	M45	0
253	264	90;24	Tony	Smalley	0	M45	0
254	56	90;48	Diana	Dolce	0	F	0
255	315	90;48	Matthew	Hammer	0	M	0
256	336	91;03	Morven	Groves	0	F	0
257	337	91;03	Russell	Groves	0	M	0
258	359	91;14	Jo	Pacte	0	F35	0
259	304	91;17	Douglas	White	Collingwood AC	M60	0
260	196	91;23	Glen	Marley	0	M50	0
261	290	92;07	Louis	Netter	0	M	0
262	223	92;36	Annette	Helliwell	Collingwood AC	F50	0
263	241	92;52	Anthony	Cowell	0	M	0
264	274	92;54	Julie	Law	Guildford&GAC	F45	0
265	291	93;30	Petra	Garton	0	F45	0
266	347	93;48	Paul	Upton	New Eltan Joggers	M	0
267	276	93;55	Letizia	Cossu	0	F	0
268	78	93;56	Janet	Smith	New Eltham J	F45	0
269	240	95;27	Silke	Elvery	0	F40	0
270	120	95;33	David	Wentzell	Redhill Royal Mail	M55	0
271	317	95;34	Glen	Darley	Epsom Oddballs	M	0
272	44	96;04	Margaret	Cowan	Istead & Ifield H	F45	0
273	188	96;06	Melissa	Burns	Dolce	F	0
274	187	96;06	David	Smaile	Dolce	M	0
275	31	96;13	Lizabete	Ponte	0	F35	0
276	7	96;16	Paula	Tomlinson	0	F	0
277	364	96;36	Kanwal	Kaur	0	F	0
278	102	97;10	Alison	Phillips	-	F35	0

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<b>279</b>	57	97;10	Niki	Taylor	Ashtead RC	F40	0
<b>280</b>	139	97;17	Clair	Walsh	-	F35	0
<b>281</b>	24	97;30	James	Cooke		0 M	0
<b>282</b>	266	97;40	Martin	Bell		0 M45	0
<b>283</b>	213	97;42	Jim	Ward		0 M45	0
<b>284</b>	52	97;57	Jane	Hoyle	Ashtead RC	F45	0
<b>285</b>	242	98;04	Pauline	Mackey	Stragglers	F45	0
<b>286</b>	310	98;15	Fiona	Lyall	Epsom Allsorts	F35	0
<b>287</b>	308	98;15	Rebecca	Maunder		0 F	0
<b>288</b>	82	98;38	Joanna	Forster		0 F	0
<b>289</b>	193	98;49	Mark	Flamingier		0 M	0
<b>290</b>	65	98;52	James	Lydon		0 M	0
<b>291</b>	277	99;14	Lorraine	Thomas	Collingwood AC	F35	0
<b>292</b>	126	99;59	David	Earl	Veterans AC	M75	VAC
<b>293</b>	127	100;33	Alan	Lane	Belgrave H	M75	VAC
<b>294</b>	210	100;38	Barbara	Rossouw		0 F50	VAC
<b>295</b>	211	100;55	Kate	Davidson		0 F	0
<b>296</b>	212	100;56	Guy	Davidson		0 M	0
<b>297</b>	22	101;09	Simon	Frusher		0 M40	0
<b>298</b>	53	101;39	Stephen	Tyler	Striders	M55	0
<b>299</b>	112	101;48	Zoe	Hocking	Epsom Allsorts	F45	0
<b>300</b>	292	102;20	Alison	Nicolle		0 F40	0
<b>301</b>	254	102;52	David	Crowcombe		0 M45	0
<b>302</b>	296	103;02	Nicole	Wileman		0 F40	0
<b>303</b>	280	103;02	Christine	Dyer		0 F40	0
<b>304</b>	160	103;39	Martyn	Greaves	Fittleworth Flyers	M50	0
<b>305</b>	340	104;00	Phil	Mackey	ARG	M40	0
<b>306</b>	95	104;15	Kokila	Chamberlain	Sri Chinmoy AC	F40	0
<b>307</b>	180	104;34	Colin	Stent		0 M	0
<b>308</b>	320	105;56	Liz	Mason		0 F55	0
<b>309</b>	319	105;59	Jacqui	Harding		0 F	0
<b>310</b>	247	109;02	Mike	Gray	26.2 RRC	M50	0
<b>311</b>	239	112;27	Amanda	Lewis		0 F	0
<b>312</b>	42	114;49	Elizabeth	Wood		0 F	0
<b>313</b>	104	117;57	S	Wiseman	-	F60	0
<b>314</b>	249	119;26	Leanne	Barnes		0 F	0
<b>315</b>	250	119;26	Kathryn	Withers		0 F	0
<b>316</b>	143	124;20	James	Fitzmaurice	Sevenoaks AC	M65	SCVAC
<b>317</b>	321	131;24	Kelly-Marie	Mason		0 F	0
<b>318</b>	230	139;30	Kate	Knight	Collingwood AC	F50	

Thanks for your support of today's race, the 47<sup>th</sup> year of the Epsom 10. It's always a risk to be on the Downs in late November but compared to last year's howling winds the weather was fairly kind to us. Hope you enjoyed the race. Vets are listed in the results in 5 year age Cats for the benefit of VAC and SCVAC. Once again we welcome both Vets Clubs who use the Epsom 10 as their Club 10 mile Champs.

On the other hand it was good to see some younger runners coming through with no Vets in the first 3 men or women for the first time in a long time. There were some good performances in the Women's race where last year's winner Charlotte Collyer got close to last year's time but had to settle for 3<sup>rd</sup> place with winner Lucy Mcalister finishing just inside the hour and Rose Nicholson taking more than 11 minutes off her 2009 time for 2<sup>nd</sup>. Prize list is overpage.

Epsom & Ewell Harriers has been organising track, field, road and cross country athletics for all ages in the Borough since 1890. If you want to join in come down to the track at Poole Rd West Ewell any Tuesday / Thursday evening.

**Prizes in the Epsom 10 2010 went to:**

(Where a higher value prize is still available Vets will be 'promoted' to a younger age group)

Men				Women			
1	Ben Evans	Guildfor & G AC	56:17	1	Lucy Macalister	Thames H&H	59:41
2	Justin Phillipps	AFD	56:59	2	Rose Nicholson	Woking AC	61:12
3	Anthony Jackson	Stragglers	56:59	3	Charlotte Collyer		64:54
M40	Gareth Cavell	Woodford Gr. AC	57:34	F35	Ruth Hutton (F45)	SLH	66:57
M50	Terry Knightly	Ilford AC	59:43	F45	Susanna Harrison	Woking AC	67:25
M60	Geoff Newton	Tadworth AC	65:50	F55	Geraldine Hart	Epsom Allsorts	79:43
M70	Patrick Dobbs	Thurrock Harriers	74:56				

Those of you who remember our old Club mate please spare another thought for John Cock. John was a stalwart of the road running scene in the south of England for many years including a record number of finishes in the London – Brighton ultra race. And he was the driving spirit behind the Epsom 10 for decades before he passed away during 2009.

We will be back again in deep November 2011 with the 48<sup>th</sup> year of the Epsom 10. .

Finally, I promised to give a shout for the teenage cancer trust who still have places for sponsored runners in the Brighton Marathon, 10 April 2011. Check out [www.teenagecancertrust.org/brightonmarathon](http://www.teenagecancertrust.org/brightonmarathon)