

Long Ashton 10k

10k road race

Sunday 3 May 2009. 9:30 am

Provisional Results for All Competitors in finish order.

| Place | Time | Name | Team | Race Age Category | Race | Race |
|-------|---------|---------------------------|---------------------------|-------------------|------|------|
| 1 | 0:32:02 | JOHNSON, Michael | Cardiff Athletic | Senior Men | 98 | 1 |
| 2 | 0:35:57 | HART, Matt | Bristol & West AC | Senior Men | 106 | 2 |
| 3 | 0:36:14 | THOMAS, Bart | Chippenham Harriers | Senior Men | 96 | 3 |
| 4 | 0:36:58 | ADAMS, Neville | Bristol & West AC | Senior Men | 119 | 4 |
| 5 | 0:38:25 | HAM, Ken | Thornbury Running Club | V40 Men | 97 | 5 |
| 6 | 0:38:35 | WATKINS, Gavin | Great West Runners | Senior Men | 175 | 6 |
| 7 | 0:39:35 | MACPHERSON, Craig | Unattached | Senior Men | 11 | 7 |
| 8 | 0:39:44 | BAILEY-GARD(JNR), Jullian | Westbury Harriers | Senior Men | 76 | 8 |
| 9 | 0:39:55 | WARD, Peter | Unattached | Senior Men | 177 | 9 |
| 10 | 0:40:09 | HOOPER, Ray | Westbury Harriers | V50 Men | 10 | 10 |
| 11 | 0:40:16 | GOLDING, Robyn | Westbury Harriers | Senior Ladies | 171 | 11 |
| 12 | 0:40:20 | COBLEY, Luke | Unattached | Senior Men | 178 | 12 |
| 13 | 0:40:24 | VILE, Martin | Unattached | V40 Men | 152 | 13 |
| 14 | 0:40:28 | SEARLE, Mark | Bitton Road runners | Senior Men | 59 | 14 |
| 15 | 0:40:30 | KENNEDY, Peter | Town and Country Harriers | Senior Men | 71 | 15 |
| 16 | 0:40:32 | HAMBLIN, Jamie | Somer Athletic Club | Senior Men | 121 | 16 |
| 17 | 0:40:58 | NOBLE, Adrian | Weston Athletic Club | V40 Men | 110 | 17 |
| 18 | 0:41:26 | MOLLOY, Marc | Unattached | Senior Men | 173 | 18 |
| 19 | 0:41:44 | SKEATES, Adrian | Bitton Road runners | V50 Men | 72 | 19 |
| 20 | 0:42:02 | MOLLOY, Simon | Unattached | Senior Men | 134 | 20 |
| 21 | 0:42:03 | SOPER, Nick | Unattached | Senior Men | 44 | 21 |
| 22 | 0:42:04 | LUCAS, Ian | Unattached | Senior Men | 109 | 22 |
| 23 | 0:42:08 | HARRIS, Keith | Great West Runners | V50 Men | 128 | 23 |
| 24 | 0:42:16 | TOWNSEND, Terry | Bristol & West AC | V60 Men | 120 | 24 |
| 25 | 0:42:35 | SMITH, Elizabeth | Westbury Harriers | Senior Ladies | 20 | 25 |
| 26 | 0:43:31 | ROBINSON, John | Unattached | Senior Men | 156 | 26 |
| 27 | 0:43:48 | SHIELDS, Dominic | San Domenico Road Runners | V40 Men | 107 | 27 |
| 28 | 0:43:56 | BAGGIO, Carlo | Unattached | Senior Men | 164 | 28 |
| 29 | 0:43:57 | STEWART, Jim | Unattached | V60 Men | 52 | 29 |
| 30 | 0:44:03 | STANLEY, Evan | Unattached | V40 Men | 147 | 30 |
| 31 | 0:44:04 | SINGER, Ann | Portishead Running Club | Senior Ladies | 135 | 31 |
| 32 | 0:44:08 | GAMBICCHIA, Tony | Somer Athletic Club | V50 Men | 122 | 32 |
| 33 | 0:44:13 | REES, Bart | Portishead Running Club | V40 Men | 143 | 33 |
| 34 | 0:44:14 | RICHARDS, Chris | Unattached | Senior Men | 138 | 34 |
| 35 | 0:44:15 | BAGGIO, Jayme | Unattached | Senior Ladies | 165 | 35 |
| 36 | 0:44:29 | SOPER, Luke | Unattached | Senior Men | 45 | 36 |
| 37 | 0:44:30 | HARGREAVES, John | Great West Runners | V50 Men | 7 | 37 |
| 38 | 0:44:32 | PALMER, Michael | Unattached | Senior Men | 125 | 38 |
| 39 | 0:44:33 | BASTOW, Michael | Town and Country Harriers | V40 Men | 108 | 39 |
| 40 | 0:44:35 | BUXTON, Martyn | Unattached | V40 Men | 69 | 40 |
| 41 | 0:44:46 | LEE, Rob | Unattached | Senior Men | 105 | 41 |
| 42 | 0:44:58 | SHELDON, Jon | Unattached | Senior Men | 148 | 42 |
| 43 | 0:45:04 | MILLARD, Paul | Unattached | Senior Men | 14 | 43 |
| 44 | 0:45:16 | SONI, Rajan | Unattached | V40 Men | 126 | 44 |
| 45 | 0:45:20 | BAGGIO, Beverley | Somer Athletic Club | V40 Ladies | 163 | 45 |
| 46 | 0:45:25 | LANGFORD, Jo | Somer Athletic Club | Senior Ladies | 104 | 46 |
| 47 | 0:45:29 | BOND, Andrew | Unattached | V40 Men | 49 | 47 |
| 48 | 0:45:33 | WALLACE, Neil | Clevedon Athletic Club | V40 Men | 79 | 48 |
| 49 | 0:45:40 | HARRIS, Mike | Westbury Harriers | V50 Men | 102 | 49 |
| 50 | 0:46:06 | BRITTAN, Andrew | Avon Valley Runners | V40 Men | 63 | 50 |
| 51 | 0:46:19 | NICHOLLS, Mike | Team Bath | V50 Men | 88 | 51 |
| 52 | 0:46:25 | LUXTON, Gareth | Unattached | Senior Men | 34 | 52 |
| 53 | 0:46:32 | COWLEY, John | Unattached | Senior Men | 141 | 53 |
| 54 | 0:46:35 | BURDETT, David | Unattached | Senior Men | 155 | 54 |
| 55 | 0:46:38 | FENTON, Terry | Great West Runners | V40 Men | 8 | 55 |
| 56 | 0:46:39 | PRATER, Ben | Unattached | Senior Men | 23 | 56 |
| 57 | 0:46:39 | BEACON, Miles | Unattached | Senior Men | 22 | 57 |

* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com *

Results produced by Nailsea Running Club. Printed by Nailsea Running Club on 3 May 2009

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Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|---------------------|---------------------------|--------------------------|-------------|-------------|
| 58 | 0:46:44 | CAMERON, Gordon | Unattached | V40 Men | 136 | 58 |
| 59 | 0:46:45 | SMITH, Brian | Unattached | V60 Men | 100 | 59 |
| 60 | 0:46:47 | ROWLAND, Tony | Unattached | Senior Men | 74 | 60 |
| 61 | 0:46:48 | HILL, Adrian | Empire Sports | V40 Men | 149 | 61 |
| 62 | 0:46:52 | WINSTONE, Patrick | Town and Country Harriers | V40 Men | 4 | 62 |
| 63 | 0:47:20 | COWELL, David | Weston Athletic Club | V40 Men | 24 | 63 |
| 64 | 0:47:31 | BROOKE, Stephen | Unattached | V40 Men | 145 | 64 |
| 65 | 0:47:44 | HARVEY, Lee | Unattached | Senior Men | 65 | 65 |
| 66 | 0:47:55 | HOWARD, Andy | Unattached | Senior Men | 162 | 66 |
| 67 | 0:48:00 | EWING, Andy | Unattached | V40 Men | 130 | 67 |
| 68 | 0:48:09 | FOREMAN, Peter | Great West Runners | V50 Men | 53 | 68 |
| 69 | 0:48:24 | BARWISE, Dan | Unattached | Senior Men | 139 | 69 |
| 70 | 0:48:25 | GREEN, Steve | Unattached | V40 Men | 167 | 70 |
| 71 | 0:48:28 | MULLINS, Jason | Unattached | V40 Men | 117 | 71 |
| 72 | 0:48:45 | BINNS, Geoff | Clevedon Athletic Club | V50 Men | 137 | 72 |
| 73 | 0:48:55 | FERGUSON, Johnathan | Unattached | V40 Men | 46 | 73 |
| 74 | 0:48:58 | MCMURRAN, Brian | Unattached | V50 Men | 1 | 74 |
| 75 | 0:49:08 | CANN, Paul | AVS Tri | V50 Men | 64 | 75 |
| 76 | 0:49:15 | FRAMPTON, Simon | Great West Runners | V60 Men | 54 | 76 |
| 77 | 0:49:26 | TOMKINS, Sandra | Unattached | V40 Ladies | 153 | 77 |
| 78 | 0:49:38 | MARTIN, Mike | Unattached | V50 Men | 123 | 78 |
| 79 | 0:49:39 | AVERY, Brenda | Chepstow Harriers | V50 Ladies | 161 | 79 |
| 80 | 0:49:40 | O'KEEFE, Alex | Westbury Harriers | Senior Men | 41 | 80 |
| 81 | 0:49:42 | MOORE, Ben | Unattached | Senior Men | 116 | 81 |
| 82 | 0:49:44 | WILSON, Lee | Unattached | Senior Men | 68 | 82 |
| 83 | 0:49:56 | CULLUM, Michael | Westbury Harriers | V40 Men | 83 | 83 |
| 84 | 0:49:56 | WILSON, Jonathan | Unattached | V40 Men | 84 | 84 |
| 85 | 0:50:03 | CHAMBERS, Darren | Unattached | V40 Men | 35 | 85 |
| 86 | 0:50:07 | PROSSER, Colin | Chepstow Harriers | V40 Men | 140 | 86 |
| 87 | 0:50:15 | PHIPPS, Susan | Unattached | V50 Ladies | 12 | 87 |
| 88 | 0:50:21 | CLARK, Polly | Unattached | Senior Ladies | 176 | 88 |
| 89 | 0:50:23 | LEE, Robert | Unattached | V40 Men | 112 | 89 |
| 90 | 0:50:24 | HUGHES, Richard | Westbury Harriers | V40 Men | 151 | 90 |
| 91 | 0:50:26 | NUTTALL, Elizabeth | Unattached | Senior Ladies | 133 | 91 |
| 92 | 0:50:32 | GREEN, John | Unattached | V40 Men | 58 | 92 |
| 93 | 0:50:40 | CLARKE, Richard | Unattached | V40 Men | 75 | 93 |
| 94 | 0:50:40 | KEYS-TOYER, Tom | Unattached | Senior Men | 66 | 94 |
| 95 | 0:51:30 | FITSALL, Trevor | Unattached | Senior Men | 144 | 95 |
| 96 | 0:51:33 | MOLLOY, Tony | Unattached | V50 Men | 129 | 96 |
| 97 | 0:52:03 | LOWE, Jerry | Unattached | V60 Men | 9 | 97 |
| 98 | 0:52:14 | SHAW, Tilly | Unattached | Senior Ladies | 5 | 98 |
| 99 | 0:52:20 | BARNES, Rich | Road Runners | V50 Men | 113 | 99 |
| 100 | 0:52:26 | SCALLAN, Dickie | Town and Country Harriers | V50 Men | 174 | 100 |
| 101 | 0:52:33 | JOHNSON, Hayley | Unattached | Senior Ladies | 99 | 101 |
| 102 | 0:52:34 | FEGREDO, June | Unattached | V50 Ladies | 127 | 102 |
| 103 | 0:52:39 | AMY, Alison | Unattached | Senior Ladies | 159 | 103 |
| 104 | 0:52:46 | WEEKS, Lyndon | Unattached | Senior Men | 77 | 104 |
| 105 | 0:52:51 | FOLEY, Linda | Portishead Running Club | V40 Ladies | 124 | 105 |
| 106 | 0:53:09 | GRANT, Paul | Unattached | Senior Men | 114 | 106 |
| 107 | 0:53:18 | COLBOURNE, George | Fry Club Joggers | V60 Men | 146 | 107 |
| 108 | 0:53:27 | AMY, Christina | West Wight Road Runners | V50 Ladies | 55 | 108 |
| 109 | 0:53:33 | COLEMAN, Richard | Unattached | V40 Men | 62 | 109 |
| 110 | 0:53:45 | GREEN, Paul | Unattached | V40 Men | 94 | 110 |
| 111 | 0:53:47 | BOOTH, Adam | Unattached | Senior Men | 168 | 111 |
| 112 | 0:54:00 | GREENSLADE, Matt | Unattached | Senior Men | 73 | 112 |
| 113 | 0:54:01 | SANIGAR, Jamie | Unattached | Senior Men | 166 | 113 |
| 114 | 0:54:04 | MORRISON, Shaun | Unattached | V40 Men | 169 | 114 |
| 115 | 0:54:08 | COWELL, Lesley | Weston Athletic Club | V40 Ladies | 25 | 115 |
| 116 | 0:54:10 | HARRISON, Andy | Unattached | V60 Men | 17 | 116 |
| 117 | 0:54:10 | MILNE, David | Unattached | V40 Men | 101 | 117 |

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|-------------------|-------------------------|--------------------------|-------------|-------------|
| 118 | 0:54:24 | BESWICK, Nigel | Unattached | V40 Men | 31 | 118 |
| 119 | 0:54:33 | RANDALL, Dave | Unattached | Senior Men | 179 | 119 |
| 120 | 0:54:36 | BERTHAM, James | Westbury Harriers | Senior Men | 82 | 120 |
| 121 | 0:54:40 | JACKSON, Amy | Unattached | Senior Ladies | 160 | 121 |
| 122 | 0:54:55 | CAMPBELL, Robert | Unattached | V40 Men | 57 | 122 |
| 123 | 0:55:03 | LOCKETT, Chris | Unattached | V50 Men | 170 | 123 |
| 124 | 0:55:06 | PARSONS, Steve | Great West Runners | V60 Men | 111 | 124 |
| 125 | 0:55:08 | SMAILES, Neil | Unattached | Senior Men | 87 | 125 |
| 126 | 0:55:08 | PAICE, NICOLA | Hogweed Trotters | V40 Ladies | 92 | 126 |
| 127 | 0:55:17 | O'BRIEN, John | Unattached | V40 Men | 81 | 127 |
| 128 | 0:55:40 | LEE, Chris | Unattached | V40 Men | 115 | 128 |
| 129 | 0:55:50 | AMY, Brian | West Wight Road Runners | V60 Men | 56 | 129 |
| 130 | 0:56:02 | NUELL, Richard | Portishead Running Club | V50 Men | 103 | 130 |
| 131 | 0:56:03 | KEMPLE, Terry | Great West Runners | V50 Men | 6 | 131 |
| 132 | 0:56:09 | KASFIKIS, Cindy | Unattached | Senior Ladies | 26 | 132 |
| 133 | 0:56:29 | REES, Roderick | Unattached | V60 Men | 172 | 133 |
| 134 | 0:56:36 | GARLAND, Richard | Unattached | Senior Men | 61 | 134 |
| 135 | 0:57:22 | PARTRIDGE, Sue | Unattached | Senior Ladies | 19 | 135 |
| 136 | 0:57:36 | NUTTALL, Julian | Unattached | Senior Men | 132 | 136 |
| 137 | 0:57:45 | HICKS, Philip | Unattached | V50 Men | 60 | 137 |
| 138 | 0:58:23 | CLARK, Sharon | Unattached | V40 Ladies | 131 | 138 |
| 139 | 0:58:31 | GREEN, Joe | Unattached | Senior Men | 70 | 139 |
| 140 | 0:58:36 | COOMBS, Malcolm | | V40 Men | 158 | 140 |
| 141 | 0:59:17 | MORRISH, Alan | Unattached | V40 Men | 80 | 141 |
| 142 | 1:00:09 | CLARK, Peter | Unattached | V50 Men | 154 | 142 |
| 143 | 1:00:27 | COOK, Paul | Unattached | V40 Men | 48 | 143 |
| 144 | 1:00:56 | ILES, Matt | Unattached | Senior Men | 47 | 144 |
| 145 | 1:01:30 | LAING, George | Great West Runners | V50 Men | 180 | 145 |
| 146 | 1:01:43 | WALDRON, Lesley | Unattached | Senior Ladies | 30 | 146 |
| 147 | 1:01:43 | WALDRON, Emily | Unattached | Senior Ladies | 38 | 147 |
| 148 | 1:02:22 | BROWN, Steven | Unattached | V50 Men | 157 | 148 |
| 149 | 1:03:26 | HILL, Becky | Unattached | Senior Ladies | 150 | 149 |
| 150 | 1:04:58 | PASSEY, Anthony | Unattached | V60 Men | 16 | 150 |
| 151 | 1:05:29 | LAMBERT, Jane | Unattached | V40 Ladies | 142 | 151 |
| 152 | 1:05:38 | BRADFORD, Kate | Unattached | V40 Ladies | 118 | 152 |
| 153 | 1:05:52 | WEEKS, Rachel | Unattached | Senior Ladies | 78 | 153 |
| 154 | 1:06:43 | BATES, Alison | Unattached | Senior Ladies | 28 | 154 |
| 155 | 1:09:48 | BENSON, Jennifer | Unattached | Senior Ladies | 37 | 155 |
| 156 | 1:09:48 | DEAN, Philip | Unattached | Senior Men | 36 | 156 |
| 157 | 1:13:14 | TEAGUE, NICOLA | Unattached | Senior Ladies | 91 | 157 |
| 158 | 1:13:15 | BEAUVOIS, BASTIEN | Unattached | Senior Men | 90 | 158 |
| 159 | 1:16:36 | BEED, Rosemary | Unattached | V50 Ladies | 95 | 159 |

There were 159 finishers in the All Competitors category.