

LONG ASHTON 10k 2003					
No	Time	Name 1	Name 2	Category	Club
294	33.54	Andrew	Hawkins	M	Swindon Harriers
230	35.09	Robin	Nash	MV40	Westbury Harriers
233	35.23	Dennis	Walmsley	MV40	Bourton RR
350	36.34	Jonathan	Bamber	MV40	GWR
242	37.07	Alex	Copping	M	City of Bath
20	37.23	Graham	Merfield	MV40	1066
180	37.28	Martin	Shapland	M	Tiverton Harriers
232	37.37	Chris	Vaunden	M	Clevedon AC
259	37.37	Kevin	Sparey	MV40	Avon Valley Runners
234	37.43	Stephen	Duddell	MV40	GWR
319	37.44	Gavin	Watkins	M	GWR
223	37.50	Robert	Gordon	M	Westbury Harriers
258	38.10	Duncan	Pearson	M	U/A
15	38.12	Annabel	Granger	F	Bristol AC
262	38.34	Dukes	Dukes	M	Les Croupiers
195	38.57	Ray	Hooper	MV40	Westbury Harriers
281	38.59	Warren	Gamblin	MV40	U/A
285	39.03	Athan	Glover	M	U/A
270	39.05	David	Coales	M	City of Bath
373	39.11	Mark	Wilkins	MV40	TACH
42	39.19	Keith	Harris	MV40	GWR
213	39.57	Martin	Collins	M	Muddy Mucky Munkeys
183	39.58	Carin	Hume	F	Sevenoaks AC
308	40.00	Mark	Witt	MV40	Worcester AC
244	40.10	Christopher	Pinchbeck	M	WAC
269	40.29	T	Lewis	MV40	WAC
370	40.34	Ian	Hoare	M	Bitton Road Runners
257	40.54	Peter	Hawkins	MV40	GWR
25	41.05	Bill	Atkinson	MV50	Clevedon AC
3	41.10	Michael	Jillians	MV50	City of Bath
40	41.19	Kevin	Rawlings	M	Bitton Road Runners
272	41.31	Mark	Williams	M	Thornbury RC
38	41.35	Robyn	Edwards	F	Westbury Harriers
358	41.38	Mike	Weir	MV40	U/A
241	41.44	Emma	Castle	F	GWR
239	41.45	Neale	Jarrett	M	WAC
321	41.48	Peter	Lewis	MV40	U/A
368	41.50	Robin	Gilbert	MV40	Merrywood Old Boys
204	41.56	Sian	Monahan	FV40	Bristol AC
283	41.58	Ian	Carpenter	MV50	WAC
224	42.07	Mike	Clark	MV40	Westbury Harriers
35	42.13	Shaun	Callaghan	M	WAC
238	42.18	Steve	Watts	MV40	Calne RC
355	42.24	Christopher	Kula-Prezwanski	MV40	Westbury Harriers
316	42.30	John	Diffey	M	Les Croupiers
255	42.32	Steven	Wylde	MV40	U/A
34	42.37	Harry	Clayton	MV60	Bristol AC
231	42.38	Colin	Lee	MV40	WAC
317	42.42	Andrew	Diffey	M	U/A

187	42.54	Andy	Abel	MV40	U/A
400	43.13	Steve	Bell	MV40	TACH
209	43.16	Shilly	Sharma	MV40	U/A
240	43.22	Mark	Ginty	MV40	Kingswood Tri
227	43.25	Ben	Keene	M	U/A
292	43.34	Martin	Vile	M	U/A
41	43.37	Andrew	Kirby	MV40	GWR
173	43.52	Nick	Spoull	M	U/A
5	43.56	John	Hargreaves	MV50	GWR
178	43.57	Desmond	Jones	MV40	NRC
186	44.00	Kevin	Summers	MV40	U/A
23	44.18	Richard	Stockham	MV40	U/A
31	44.27	Andrew	Wright	M	GWR
327	44.27	Trevor	Twinem	MV40	Bitton Road Runners
293	44.42	David	Mouncey	MV40	U/A
379	44.43	John	Russell	M	U/A
250	44.44	Michael	Sheenhan	MV40	U/A
322	44.52	Heather	McInnes-Raffan	F	U/A
175	44.56	Andy	Copeland	M	U/A
17	44.57	Chris	Smart	MV40	RRC
381	45.00	Paul	Kilcoyne	MV40	U/A
380	45.01	Nicky	Bushell	F	U/A
278	45.14	Nigel	Barker	MV40	GWR
196	45.16	Jo	Webb	F	Bitton Road Runners
386	45.18	Gary	Mendham	MV40	U/A
28	45.20	Dave	Austin	M	Bristol AC
207	45.30	Steve	Goulder	MV40	U/A
181	45.38	Claire	Sapwell	F	North Norfolk Beach Runners
211	45.46	Paul	Blythman	MV50	U/A
193	46.06	Mark	Vowles	M	U/A
275	46.20	Simon	Ward	M	U/A
206	46.24	Ian	Street	MV50	GWR
286	46.27	Paul	Fuller	MV50	U/A
8	46.28	James	Page	M	U/A
192	46.29	Stephen	Moore	M	U/A
374	46.33	Christine	Richards	FV40	U/A
176	46.46	John	Canning	MV60	Westbury Harriers
347	46.54	Amanda	Meechan	F	RAFFAA
297	47.00	Chris	Long	MV40	U/A
385	47.04	Janine	Mendham	FV40	U/A
330	47.09	Sarah	Swaysland	F	U/A
169	47.14	Shaun	Fairley	M	NRC
359	47.16	Russell	Dite	M	U/A
205	47.27	Mark	Hanson	MV40	U/A
236	47.30	Nick	Bailey	M	U/A
279	47.42	Michael	Bull	MV40	GWR
190	47.43	Simon	Ody	M	U/A
354	47.51	Simon	Gardiner	M	U/A
311	47.53	Alan	Clarke	MV50	U/A
247	47.55	Jeremy	Lowe	MV50	Park Finishers
2	48.00	George	Colbourne	MV60	Fry Club Joggers
280	48.00	Judith	Gamblin	FV40	U/A

265	48.02	Roger	Jones	MV40	U/A
276	48.02	Nicky	Rowlands	M	WAC
338	48.05	Phil	Collinson	MV40	U/A
267	48.08	Dave	Bardle	F	U/A
339	48.10	Rosemary	Barber	FV50	Avon Valley Runners
10	48.20	Sebastian	Talavera	M	U/A
324	48.20	Richard	Churchill	M	GWR
19	48.25	Susan	Phipps	FV40	U/A
243	48.47	Michael	Martin	MV40	Park Finishers
383	48.49	Philip	Henley	M	U/A
372	48.54	Robert	Emery	MV40	Hogweed Trotters
189	49.00	Ray	Haughton	M	U/A
194	49.08	Nigel	Ridler	MV40	Minehead RC
248	49.10	James	Caldwell	M	U/A
185	49.11	David	Baldwin	MV40	U/A
256	49.13	Chris	Dawes	M	LRR
218	49.22	Robert	Evans	MV50	U/A
21	49.26	Emma	Gordon	F	Westbury Harriers
245	49.30	Helen	Wilson	F	U/A
27	49.37	John	Vinicombe	MV50	Bitton Road Runners
335	49.40	Sara	Thackray	FV40	U/A
366	49.50	Mervyn	McGowan	MV40	U/A
375	49.56	Terry	Kemple	MV50	U/A
228	49.57	Allen	Gear	MV40	U/A
315	50.02	Andrea	Tidball	F	U/A
217	50.05	Richard	Scallan	MV40	U/A
252	50.05	Johanna	Jay	FV60	Westbury Harriers
277	50.11	Roger	Pook	MV60	Park Finishers
229	50.14	Andy	Morris	M	U/A
251	50.14	Maureen	Coffey	FV50	Westbury Harriers
392	50.14	Simon	Ablitt	MV40	U/A
398	50.19	Peter	Adcock	MV40	U/A
4	50.26	Simon	Frampton	MV50	GWR
219	50.30	John	Scadding	MV40	GWR
210	50.42	Rachel	Gillies	F	U/A
198	50.45	Richard	Goodman	MV40	U/A
197	50.55	John	Osborne	M	U/A
246	50.58	Richard	Croft	M	U/A
302	50.59	Paul	Martin	MV40	U/A
201	51.10	Stephen	Chapman	MV50	U/A
174	51.11	Trish	Kabau	FV40	U/A
221	51.28	Terry		MV50	U/A
184	51.41	Paul	Hutchings	MV40	U/A
182	52.01	Neil	Folland	MV40	U/A
346	52.05	Malcolm	Jewell	M	U/A
337	52.33	Donald	Meechan	MV50	U/A
212	52.47	John	Cooksey	MV50	U/A
399	52.51	Len	Baggs	MV50	U/A
313	52.53	Shaun	Burns	MV40	U/A
7	52.56	Richard	Eames	M	U/A
364	52.57	Matt	Wheeler	M	U/A
208	53.08	Karen	Logan	FV40	U/A

254	53.13	Rob	Palmer	M	U/A
284	53.13	Sophie	Clarke	F	U/A
282	53.15	Stuart	Moul	MV40	U/A
9	53.21	Damian	Talavera	M	U/A
171	53.25	Matthew	Hoghton	M	Tatters
328	53.25	Alison	Plews	F	U/A
172	53.26	Lynette	Blanchard	FV40	U/A
301	53.29	Andrew	Vincent	M	U/A
357	53.32	Chris	Jenner	MV40	U/A
384	53.33	Susannah	Broomfield	F	U/A
32	53.35	Hugh	Brown	MV40	U/A
304	53.37	Christopher	Gadd	MV40	U/A
333	53.40	Cliff	Spence	M	U/A
253	53.45	John	Flanagan	MV50	U/A
314	53.54	Jonathan	Holdsworth	M	U/A
1	54.06	Peter	Edbrook	MV40	U/A
312	54.09	Alison	Sherwin	FV40	U/A
371	54.10	Kim	Huxtable	MV40	U/A
260	54.15	Steve	Chippett	MV50	NRC
37	54.16	Gilda	Baikovitch	FV40	Bitton Road Runners
216	54.31	Gary	Peacey	M	U/A
16	54.43	Karen	Thynne	FV40	U/A
188	55.18	Lorraine	Askill	FV40	U/A
266	55.28	Steven	Stone	MV50	Park Finishers
287	55.31	Carole	Bishop	FV50	Thornbury RC
179	55.33	Mike	Wilkey	MV40	Marshfield Runners
203	55.35	Jonathan	Moore	M	U/A
264	55.40	Laura	Abbott	FV40	U/A
329	56.17	Howard	Taylor	MV40	Hogweed Trotters
220	56.36	John	Western	MV50	U/A
290	56.49	Michael	Green	MV50	U/A
307	57.07	Luke	Evans	M	U/A
222	57.14	Dave	Tiley	M	U/A
396	57.18	Kathleen	Docherty	F	U/A
289	57.41	Julie	Green	F	U/A
274	57.46	Pamela	Kearns	F	U/A
11	57.55	Sue	Baic	FV40	TACH
268	58.07	Frank	Burke	MV40	Park Finishers
320	58.10	Matthew	Twohigg	M	U/A
340	58.28	John	Cozens	M	U/A
341	58.28	Claire	Etherington	F	U/A
363	58.35	James	Tomkies	M	U/A
332	58.39	Moya Ann	Church	FV50	GWR
33	59.20	Sarah	Nash	F	U/A
273	59.25	Nicola	Lee-Browne	FV40	U/A
170	59.39	Rebecca	Dainton	F	U/A
249	59.39	Anne	Jenner	FV40	GWR
215	59.41	Eve-Marie	Miller	F	U/A
367	59.42	Katie	Bradford	F	U/A
300	59.48	Sandra	Bowhay	F	U/A
331	60.11	Annette	Jones	F	U/A
318	60.12	Vicky	Dowden	F	U/A

362	60.12	Kath	Gouldon	F	U/A
296	60.18	Alison	Vyas	FV40	U/A
376	60.40	David	Bailey	MV60	Serpentine RC
237	60.46	Callum	McKenzie	M	U/A
226	60.55	Linda	Davies	FV40	U/A
200	61.08	Carmen	Ramos	F	U/A
360	61.29	John	Walkey	MV50	U/A
395	61.44	Robert	Galpin	M	U/A
271	61.49	Anthony	Passey	MV50	Road Runners Club
191	62.49	Mark	Vick	M	U/A
352	62.50	Will	Hampson	M	U/A
361	62.50	Linda	Halliman	FV40	U/A
303	62.58	Martin	Davies	MV50	U/A
351	63.16	Michael	Perry	M	U/A
353	63.17	Iain	Cronin	M	U/A
177	64.51	Cherie	Williams	F	U/A
261	65.46	Sophie	Fox	F	U/A
263	65.46	Henny	Fordham	FV40	U/A
393	66.26	Richard	Penny	MV50	U/A
326	67.06	Sarah	Leong	F	U/A
345	67.06	Tamlyn	Jewell	F	U/A
305	67.54	Jane	Hadler	F	U/A
214	67.55	Anita	Hancorn	F	NRC
394	68.04	Sarah	Maccall	F	U/A
39	68.25	David	Braithwaite	MV50	U/A
199	68.39	Fong Ling	Goodman	FV40	U/A
348	69.35	George	Ladds	M	U/A
344	70.21	Jennie	Broome	F	U/A
225	70.43	Andrea	Richards	F	U/A
202	72.49	Jane	Hutchinson	F	NRC
342	77.07	Ann Marie	Purnell	F	U/A
343	77.07	Claire	Brooker	F	U/A
6	DNS/F	Paul	Burdon	M	U/A
12	DNS/F	Roger	Cooper	MV50	Saltford Staggerers
13	DNS/F	Russell	Forsbrook	M	Cheltenham Harriers
14	DNS/F	Patrick	Winstone	MV40	TACH
18	DNS/F	Mark	Pillinger	M	U/A
22	DNS/F	Richard	Griffiths	M	WAC
24	DNS/F	Steve	Parsons	MV60	GWR
26	DNS/F	Tony	Sperrin	MV50	WAC
29	DNS/F	Mark	Dickinson	MV40	Bristol AC
30	DNS/F	Neil	Maston	MV40	Avon & Somerset Police
36	DNS/F	Lee	Hanks	M	Bitton Road Runners
43	DNS/F	Sharon	Hemming	FV40	GWR
288	DNS/F	Simon	Lund	M	WAC
291	DNS/F	Chris	Bailey	MV40	Highgate Harriers
295	DNS/F	Philip	Blackwell	M	U/A
298	DNS/F	Martin	Dixon	MV40	U/A
299	DNS/F	Tim	Gardner	MV40	U/A
306	DNS/F	Douglas	Macmillan	MV50	U/A
309	DNS/F	Tom	Gayle	M	Serpentine RC
310	DNS/F	Kira	Weissman	F	U/A

323	DNS/F	Harry	Bentley	M	U/A
325	DNS/F	Kin	Leong	M	U/A
334	DNS/F	Jo	Davis	F	U/A
336	DNS/F	Valerie	Meechan	FV50	Angels RC
349	DNS/F	Anthony	Vallario	MV40	Port Talbot Harriers
356	DNS/F	Jonathan	Tanner	MV50	U/A
365	DNS/F	Simon	Wooton	M	Severn AC
369	DNS/F	Sheridan	Selwood	F	U/A
377	DNS/F	Paul	Glennie	MV40	GWR
378	DNS/F	Aileen	Brown	F	GWR
382	DNS/F	Melissa	Hinton	F	U/A
387	DNS/F	Suzie	Davidson-Kelly	F	U/A
388	DNS/F	Richard	Barnes	MV40	RRC
389	DNS/F	Paul	Coyne	M	U/A
390	DNS/F	Hayley	Coyne	F	U/A
391	DNS/F	Ryan	Holbrook	M	U/A
397	DNS/F	Lizzie	Mair	F	U/A