

Ironwood Challenge 2016
Ironwood Challenge 2016

Sunday 28 February 2016. 11:00 am

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>Pace min/Km</i>	<i>Race</i>	<i>Race</i>
1	0:41:04	HANSON, Luke		All Men	04:06.4	192	1
2	0:41:30	TABBERNER, Sam	Unattached	All Men	04:09.0	126	2
3	0:42:55	PRICHARD, Joseph	Unattached	All Men	04:17.5	98	3
4	0:43:44	WITHERS, David	Unattached	All Men	04:22.4	153	4
5	0:43:49	POOLE, William	Bristol & West AC	All Men	04:22.9	97	5
6	0:43:55	PHILLIPS, Daryl	Bristol & West AC	All Men	04:23.5	95	6
7	0:44:21	GRANGER, Annabel	Bristol & West AC	V40F	04:26.1	49	7
8	0:44:25	ROBERTS, Pete	Unattached	V40M	04:26.5	103	8
9	0:45:02	HARGREAVES, James	Westbury Harriers	All Men	04:30.2	54	9
10	0:45:10	COUSINS, David	Southville Running Club	All Men	04:31.0	167	10
11	0:45:30	GRANT, Andrew	Town and Country Harriers	V50M	04:33.0	154	11
12	0:46:16	WATERS, David	Bitton Road runners	V40M	04:37.6	156	12
13	0:46:18	LEE, Robert	Pac-Tri	All Men	04:37.8	69	13
14	0:46:25	ENGLEDEW, David	Bristol & West AC	V50M	04:38.5	36	14
15	0:46:46	JEFFERSON, Paul	Bristol & West AC	V40M	04:40.6	173	15
16	0:46:51	COLLINS, Phil	Clevedon Athletic Club	V40M	04:41.1	21	16
17	0:47:02	WHARTON, Nicholas	Bad Tri	V40M	04:42.2	136	17
18	0:47:26	GOULD, Brendan	Great West Runners	All Men	04:44.6	47	18
19	0:47:29	WHEDDON, Peter	Bad Tri	V50M	04:44.9	170	19
20	0:48:07	ABRAHAM, Tom	Clevedon Athletic Club	All Men	04:48.7	1	20
21	0:48:11	JEWELL-DAVIES, Terry	Westbury Harriers	V50M	04:49.1	105	21
22	0:48:38	WOOD, Steve	Clevedon Athletic Club	V40M	04:51.8	140	22
23	0:49:26	HOPES, Chris	Southville Running Club	V50M	04:56.6	62	23
24	0:49:48	WILSON, Andy	Hydrographic Harriers	V40M	04:58.8	179	24
25	0:50:00	MORGAN, Niki	Chepstow Harriers	V40F	05:00.0	149	25
26	0:50:26	MEECH, Laura	Clevedon Athletic Club	All Ladies	05:02.6	80	26
27	0:50:35	SMART, Jeremy	Somer Athletic Club	V40M	05:03.5	158	27
28	0:50:37	JENNINGS, Gary	Bristol & West AC	V50M	05:03.7	157	28
29	0:50:38	HALL, Ciaran	Unattached	All Men	05:03.8	52	29
30	0:50:47	CREBER, Andy	Chepstow Harriers	V50M	05:04.7	150	30
31	0:50:57	TURNER, Russell	Pac-Tri	V40M	05:05.7	131	31
32	0:51:13	ANDERSON, John	Shapwick Runners	V40M	05:07.3	177	32
33	0:51:20	DENNIS, Mark	Unattached	All Men	05:08.0	171	33
34	0:51:23	BRITTEN, Marianne	Bristol & West AC	All Ladies	05:08.3	11	34
35	0:51:25	GRAY, Andy	Vegan Runners	V40M	05:08.5	51	35
36	0:51:43	HALE, Ross	Bitton Road runners	V50M	05:10.3	143	36
37	0:52:01	PADDOCK, Rob	Unattached	V40M	05:12.1	180	37
38	0:52:20	WILSON, Fiona	Ellis Brigham AR	All Ladies	05:14.0	178	38
39	0:52:21	ATTWOOD, Clive	Westbury Harriers	V50M	05:14.1	148	39
40	0:52:24	NEWMAN, Paul	Somer Athletic Club	V50M	05:14.4	87	40
41	0:52:33	FOYLE, Rachel	Town and Country Harriers	V40F	05:15.3	41	41
42	0:52:45	GRANT, Stephen	Bristol & West AC	V50M	05:16.5	50	42
43	0:52:54	GEORGE, David	Westbury Harriers	V60M	05:17.4	142	43
44	0:53:01	JOSEPH, Spencer	Southville Running Club	V50M	05:18.1	184	44
45	0:53:05	BLANNING, Samuel	Southville Running Club	All Men	05:18.5	182	45
46	0:53:09	COOK, Daniel	Southville Running Club	All Men	05:18.9	164	46
47	0:53:10	MYERS, Malindi	Unattached	V40F	05:19.0	86	47
48	0:53:14	JONES, Rhys	Unattached	All Men	05:19.4	64	48
49	0:53:23	COCKLEY, Fleur	Bristol & West AC	V40F	05:20.3	19	49
50	0:53:53	ENGLEDEW, Alison	Bristol & West AC	V50F	05:23.3	35	50
51	0:53:59	KARTHAUSER, Mike	Southville Running Club	V40M	05:23.9	66	51
52	0:54:13	COX, Yvonne	Unattached	V50F	05:25.3	26	52
53	0:54:17	SALTER, Maggie	Bristol & West AC	V50F	05:25.7	110	53
54	0:54:40	GIBBISON, Tom	Unattached	All Men	05:28.0	45	54
55	0:54:55	SCORER, Tom	Unattached	All Men	05:29.5	152	55
56	0:54:56	MILLWARD, Russ	Emmersons Green RC	V40M	05:29.6	186	56
57	0:55:08	GAMBICCHIA, Tony	Somer Athletic Club	V50M	05:30.8	44	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 28 February 2016

Page 1 of 3

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>Pace min/Km</i>	<i>Race</i>	<i>Race</i>
58	0:55:24	LARMOUR, Matthew	Southville Running Club	All Men	05:32.4	172	58
59	0:56:20	ELKINS, Annie	Southville Running Club	All Ladies	05:38.0	169	59
60	0:56:33	STONE, Kate	Unattached	All Ladies	05:39.3	122	60
61	0:56:34	HOOPER, Katie	North Somerset AC	All Ladies	05:39.4	61	61
62	0:57:03	DOGGRELL, Alice	Bristol & West AC	All Ladies	05:42.3	32	62
63	0:57:08	MILNE, David	Unattached	V40M	05:42.8	191	63
64	0:57:29	COX, Nigel	Bitton Road runners	V50M	05:44.9	25	64
65	0:57:43	HARRIS, Mike	Westbury Harriers	V60M	05:46.3	147	65
66	0:57:45	FOLEY, Linda	Portishead Running Club	V50F	05:46.5	160	66
67	0:58:07	HILL, Libby	Unattached	All Ladies	05:48.7	57	67
68	0:58:12	JENNINGS, Nick	Southville Running Club	V40M	05:49.2	163	68
69	0:58:22	O'BRIEN, Matthew	Unattached	All Men	05:50.2	92	69
70	0:58:36	LOVERN, Teresa	Somer Athletic Club	V60F	05:51.6	70	70
71	0:58:52	WINSTONE, Patrick	Town and Country Harriers	V50M	05:53.2	145	71
72	0:59:11	MARTIN, Michael	Portishead Running Club	V60M	05:55.1	159	72
73	0:59:14	BAKER, Mark	Clevedon Athletic Club	V40M	05:55.4	181	73
74	0:59:34	CHARLES, Nick	Bad Tri	V40M	05:57.4	17	74
75	0:59:36	AVERY, Ricki		V50M	05:57.6	165	75
76	0:59:38	JONES, Desmond	Nailsea Running Club	V60M	05:57.8	166	76
77	0:59:41	PRITCHARD, Lisa	Unattached	All Ladies	05:58.1	99	77
78	0:59:44	RICHARDS, Annabelle	Unattached	V40F	05:58.4	161	78
79	0:59:45	MEDCROFT, Dave	Unattached	V40M	05:58.5	79	79
80	0:59:48	EVANS, Heidi	Town and Country Harriers	V40F	05:58.8	37	80
81	0:59:51	FAGG, Andy	Town and Country Harriers	V60M	05:59.1	40	81
82	0:59:52	FAGG, Catherine	Town and Country Harriers	V60F	05:59.2	39	82
83	1:00:16	GILES, David	Town and Country Harriers	V60M	06:01.6	146	83
84	1:00:24	ELKINS, Warwick	Southville Running Club	All Men	06:02.4	168	84
85	1:00:44	COOPER, John	Southville Running Club	V60M	06:04.4	23	85
86	1:00:48	BATES, Isabel	Bristol & West AC	All Ladies	06:04.8	151	86
87	1:00:55	TAYLOR, Cath	Portishead Running Club	V40F	06:05.5	127	87
88	1:01:00	PETTITT, Kate	Unattached	All Ladies	06:06.0	94	88
89	1:01:09	RYMER, Kris	Dursley Running Club	All Men	06:06.9	109	89
90	1:01:17	RICHARDS, Sally	Clevedon Athletic Club	V40F	06:07.7	185	90
91	1:01:19	PAYNE, Bobby	Unattached	All Men	06:07.9	93	91
92	1:01:35	WITHERS, Emma	Bristol & West AC	V40F	06:09.5	176	92
93	1:01:39	SMITH, Andrew	Southville Running Club	All Men	06:09.9	115	93
94	1:01:45	HOLT, R	Unattached	V40M	06:10.5	60	94
95	1:02:07	SHAW, Tilly	Town and Country Harriers	All Ladies	06:12.7	175	95
96	1:02:07	EVANS, Georgina	This Mum Runs	V40F	06:12.7	38	96
97	1:02:16	ROSCOE, Jane	Portishead Running Club	V50F	06:13.6	106	97
98	1:02:18	DE VRIES, Corrie		All Ladies	06:13.8	31	98
99	1:02:29	SMITH, Rachael	Unattached	All Ladies	06:14.9	117	99
100	1:02:33	MCALLISTER, Ruth	Unattached	All Ladies	06:15.3	75	100
101	1:03:04	CARR, Tim	Westbury Harriers	V40M	06:18.4	15	101
102	1:03:18	MEDCROFT, Isobel	Bristol & West AC	All Ladies	06:19.8	78	102
103	1:03:21	LEWIS, Jemma	Clevedon Athletic Club	All Ladies	06:20.1	195	103
104	1:03:28	NORRIS, Chris	Unattached	All Men	06:20.8	183	104
105	1:03:29	STEWART, Sarah	Bristol & West AC	All Ladies	06:20.9	121	105
106	1:03:30	JORDAN, Emma	Bad Tri	All Ladies	06:21.0	65	106
107	1:03:31	FULLER, Michael	Unattached	All Men	06:21.1	43	107
108	1:03:46	HOLT, Syndia	Unattached	All Ladies	06:22.6	59	108
109	1:03:54	WHITE, Jed	Unattached	V40M	06:23.4	138	109
110	1:04:39	CARTER-BROWN, Nick	Unattached	V40M	06:27.9	16	110
111	1:04:50	BORN, Gail	Unattached	V40F	06:29.0	10	111
112	1:04:52	COLLARD, Robert	Unattached	All Men	06:29.2	20	112
113	1:04:53	SAYER, Tim	Unattached	V40M	06:29.3	111	113
114	1:04:55	KERRY, Michael	Unattached	All Men	06:29.5	67	114
115	1:05:55	REDWOOD, Stewart	Southville Running Club	V40M	06:35.5	155	115
116	1:05:57	PROSSER, Colin	Chepstow Harriers	V50M	06:35.7	100	116
117	1:06:02	MCNAMARA, Sarah	Emmersons Green RC	V40F	06:36.2	174	117

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

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>Pace min/Km</i>	<i>Race</i>	<i>Race</i>
118	1:06:12	DALEY, Marc	Unattached	All Men	06:37.2	29	118
119	1:06:37	HOSKINS, Niall	Southville Running Club	V60M	06:39.7	63	119
120	1:06:45	BACON, Suzie	Unattached	All Ladies	06:40.5	3	120
121	1:07:01	STERLAND, Rod	Town and Country Harriers	V60M	06:42.1	120	121
122	1:07:02	BRUCE, Phillip	Unattached	All Men	06:42.2	12	122
123	1:07:08	HUXTABLE, Jackie	Pac-Tri	V50F	06:42.8	190	123
124	1:07:19	O'BRIEN, John	Great West Runners	V50M	06:43.9	91	124
125	1:08:32	STREATFIELD, Jane	Unattached	V40F	06:51.2	124	125
126	1:08:46	MESSENGER, Mike	Kingswood Tri	V40M	06:52.6	81	126
127	1:08:47	GOUDE, Andrea	Bristol & West AC	V40F	06:52.7	46	127
128	1:08:57	HOULDEN, Chris	Portishead Running Club	V40M	06:53.7	162	128
129	1:09:12	SIMMS, Clare	Unattached	V40F	06:55.2	113	129
130	1:09:25	MADGE, Annette	Unattached	V50F	06:56.5	71	130
131	1:09:39	THOMAS, Lisa May	Unattached	V40F	06:57.9	128	131
132	1:09:42	HUXTABLE, Jamie	Pac-Tri	V40M	06:58.2	188	132
133	1:09:55	BROWN, Wendy	Bad Tri	V40F	06:59.5	187	133
134	1:10:24	WHITAKER, Sarah Louise	Long Ashton	All Ladies	07:02.4	137	134
135	1:11:06	RUSSELL, Charlotte	Unattached	All Ladies	07:06.6	108	135
136	1:11:16	THRAVES, Carolyn	Dursley Running Club	All Ladies	07:07.6	129	136
137	1:11:31	MILKINS, Sam	Town and Country Harriers	V40F	07:09.1	82	137
138	1:11:41	WALTERS, Lisa	This Mum Runs	V40F	07:10.1	133	138
139	1:11:47	FRY, Alison	Unattached	V40F	07:10.7	42	139
140	1:11:51	CUSACK, Kat	Bad Tri	All Ladies	07:11.1	28	140
141	1:11:58	CAREY, Julie	Clevedon Athletic Club	V40F	07:11.8	14	141
142	1:12:02	MASON, Nicole	Pac-Tri	V40F	07:12.2	189	142
143	1:12:55	SHERRATT, Rachael	This Mum Runs	All Ladies	07:17.5	112	143
144	1:13:37	BAGGS, Len	Unattached	V60M	07:21.7	5	144
145	1:14:34	BEWLEY, Catherine	Unattached	All Ladies	07:27.4	8	145
146	1:14:58	STRACHAN, Helen	Unattached	All Ladies	07:29.8	123	146
147	1:15:02	QUINN, Yvonne	Unattached	V40F	07:30.2	101	147
148	1:15:08	MEDCROFT, Ruth	Hogweed Trotters	All Ladies	07:30.8	77	148
149	1:15:12	NUELL, Richard	Portishead Running Club	V60M	07:31.2	89	149
150	1:16:07	SMITH, Annie	Clevedon Athletic Club	V50F	07:36.7	116	150
151	1:16:43	CLARK, Rosie	Unattached	V50F	07:40.3	18	151
152	1:16:46	ALEXANDER, Sarah	Unattached	V40F	07:40.6	2	152
153	1:17:53	LOWE, Jeremy	Unattached	V60M	07:47.3	144	153
154	1:18:25	POOL, Philip	Nailsea Running Club	V50M	07:50.5	96	154
155	1:19:53	SIMPSON, Nick	Unattached	V40M	07:59.3	114	155
156	1:20:32	GARLAND, Rachael	Unattached	All Ladies	08:03.2	193	156
157	1:20:32	O'DRISCOLL, Mella	Environment Agency Harriers	All Ladies	08:03.2	194	157
158	1:22:41	WAKEHAM, Helen	Unattached	V40F	08:16.1	132	158
159	1:24:24	WELCH, Emma	Unattached	V40F	08:26.4	135	159

There were 159 finishers in the All Competitors category.