

**LA 10k**  
**Long Ashton 10k**

Sunday 2 May 2010. 9:30 am

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Race	Race
1	0:36:49	THOMAS, Bart	Chippenham Harriers	Senior Men	344	1
2	0:37:51	ROONEY, John	Nailsea Running Club	Senior Men	246	2
3	0:38:29	CLARK, Pete	Weston Athletic Club	Senior Men	342	3
4	0:39:10	KULA-PRZEWANSKI, Adam	Westbury Harriers	Senior Men	328	4
5	0:39:34	BAKER, Alan	Clevedon Athletic Club	Senior Men	345	5
6	0:39:40	KINSEY, Gwen	Severn AC	Senior Ladies	269	6
7	0:39:41	HAM, Ken	Thornbury Running Club	MV40	219	7
8	0:40:23	GOLDING, Robyn	Westbury Harriers	Senior Ladies	349	8
9	0:40:34	EDWARDS, Greg		Senior Men	337	9
10	0:40:45	GEORGE, David		MV50	311	10
11	0:41:15	MACPHERSON, Craig	Westbury Harriers	Senior Men	348	11
12	0:41:20	BREWER, Mark		Senior Men	204	12
13	0:41:24	PRICE, Darren		Senior Men	306	13
14	0:41:52	JENNINGS, Gary		MV50	285	14
15	0:42:04	LAM, Samuel		MV40	329	15
16	0:42:11	SNOW, Westleigh		Senior Men	313	16
17	0:42:42	WEIR, Mike		MV50	263	17
18	0:42:50	GROGAN, Leion		Senior Men	323	18
19	0:42:51	MERRICK, Simon		MV40	291	19
20	0:43:15	WILLCOX, Michael	Great West Runners	MV60	331	20
21	0:43:27	HOPES, Peter	Bitton Road runners	MV40	290	21
22	0:43:33	VOLLER, Sophie	Westbury Harriers	Senior Ladies	357	22
23	0:43:34	JELLISS, Stuart		Senior Men	340	23
24	0:43:35	O'CONNOR, Kev		MV40	260	24
25	0:43:36	SMITH, William		Senior Men	300	25
26	0:44:23	CHICK, Tamsin	Westbury Harriers	Senior Ladies	351	26
27	0:44:25	HARRIS, Josh	Weston Athletic Club	Senior Men	274	27
28	0:44:27	GOUGH, Chris	Weston Athletic Club	MV40	319	28
29	0:44:37	HARGREAVES, John	Great West Runners	MV50	325	29
30	0:44:42	WITT, Mark	Malvern Joggers	MV50	213	30
31	0:44:51	REES, Bart	Portishead Running Club	MV40	240	31
32	0:45:03	CLEARY, Debbie	Westbury Harriers	Senior Ladies	227	32
33	0:45:13	NAUGHTON, Aidan	Westbury Harriers	MV40	350	33
34	0:45:30	DUFFIELD, Helen	Chepstow Harriers	Senior Ladies	320	34
35	0:45:35	WINSTONE, Patrick	Town and Country Harriers	MV40	217	35
36	0:45:41	HENLEY, Philip		MV40	275	36
37	0:45:46	EWING, Andy	Clevedon Athletic Club	MV50	321	37
38	0:46:07	HARRIS, Mike	Westbury Harriers	MV50	206	38
39	0:46:13	TWINEM, Trevor	Bitton Road runners	MV50	289	39
40	0:46:14	CASWELL, Mark		Senior Men	305	40
41	0:46:15	THORNE, Sarah	Westbury Harriers	Senior Ladies	330	41
42	0:46:27	FLETCHER, Paul	Westbury Harriers	Senior Men	292	42
43	0:46:34	HINCHLIFFE, John	Weston Athletic Club	MV50	254	43
44	0:46:40	FENTON, Terry	Great West Runners	MV50	264	44
45	0:46:48	SPENCER, Joseph	Southville Running Club	MV40	353	45
46	0:46:54	MANN, Steve	Great West Runners	MV50	338	46
47	0:46:55	LEE, Robert		MV40	309	47
48	0:47:02	HURCUM, Charlie	Portishead Running Club	Senior Ladies	266	48
49	0:47:08	STOCKHAM, Richard	Nailsea Running Club	MV50	359	49
50	0:47:15	KNIGHT, David		Senior Men	234	50
51	0:47:19	GRANT, Andrew		MV40	327	51
52	0:47:20	GARRETT, Andy		Senior Men	298	52
53	0:47:30	CHARLTON, Claire	Chippenham Harriers	Senior Ladies	251	53
54	0:47:31	MEAD, Kim	Bitton Road runners	MV50	223	54
55	0:47:36	AINSWORTH, Paul	Southville Running Club	Senior Men	358	55
56	0:47:59	FERGUSON, Johnathan		MV40	221	56
57	0:48:35	O'HARE, Mark	Portishead Running Club	MV40	314	57

\* RaceMaster98 from Sport Systems +44(0)870 5123 [www.sportsystems.co.uk](http://www.sportsystems.co.uk) Webresults on [www.runnerswebuk.com](http://www.runnerswebuk.com) \*  
Results produced by Nailsea Running Club. Printed by Nailsea Running Club on 2 May 2010

**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	0:48:57	DAVIS, Matthew		Senior Men	235	58
59	0:49:06	HISCOCK, Gareth	Weston Athletic Club	MV40	286	59
60	0:49:26	DARE, Gary		Senior Men	238	60
61	0:49:48	MCMURRAN, Brian		MV50	210	61
62	0:49:57	BROOK, Andrew	Bitton Road runners	MV50	312	62
63	0:50:02	O'KEEFE, Alex	Westbury Harriers	Senior Men	283	63
64	0:50:09	MORRIS, Rupert		Senior Men	346	64
65	0:50:11	FRAMPTON, Simon	Great West Runners	MV60	209	65
66	0:50:19	JOHNSON, Hayley		Senior Ladies	304	66
67	0:50:28	HOWARD, Robert		Senior Men	315	67
68	0:50:46	MARTIN, Michael	Portishead Running Club	MV50	226	68
69	0:50:46	FOLEY, Linda	Portishead Running Club	FV40	317	69
70	0:51:01	CLARK, James		Senior Men	239	70
71	0:51:05	WILSON, Jonathan		MV40	261	71
72	0:51:09	KEMPLE, Terry	Great West Runners	MV50	229	72
73	0:51:20	WILKINS, Adrian		MV40	303	73
74	0:51:20	WILKINS, Sarah		FV40	302	74
75	0:51:27	BENNETT, Chris	Great West Runners	MV50	294	75
76	0:51:32	JONES, Roger		MV50	248	76
77	0:51:46	ADCOCK, Peter		MV50	205	77
78	0:51:54	GEAR, Allen		MV50	255	78
79	0:52:12	DAVIS, Hazel	Ashford AC	FV40	301	79
80	0:52:20	GAINES, Annette		Senior Ladies	332	80
81	0:52:22	FORD, Katharine		Senior Ladies	333	81
82	0:52:31	MILES, Andrew		MV40	354	82
83	0:52:35	EVANS, Pete		MV60	326	83
84	0:52:45	TAYLOR, David	Westbury Harriers	MV40	310	84
85	0:53:00	SCADDING, John	Great West Runners	MV50	355	85
86	0:53:13	MILNE, David		MV40	307	86
87	0:53:19	OAKES, Teresa	Moti	FV40	341	87
88	0:53:27	BROWN, Hugh		MV50	271	88
89	0:53:27	MILES, Rachel		Senior Ladies	243	89
90	0:53:36	MORRISH, Alan	Unattached	MV40	343	90
91	0:53:45	BAGGS, Len		MV60	216	91
92	0:54:16	HAWKINS, Paul	Bad Tri	MV50	268	92
93	0:54:23	LOVELL, Faye		FV50	335	93
94	0:54:26	PALMER, Rob		MV40	318	94
95	0:54:27	HOWARD, Patricia		Senior Ladies	316	95
96	0:54:36	KNIGHT, Peter		Senior Men	250	96
97	0:54:52	COOPER, Tony	Burnham Harriers	MV50	336	97
98	0:54:56	COLBOURNE, George	Fry Club Joggers	MV60	218	98
99	0:55:02	SPENCER, Emma		Senior Ladies	296	99
100	0:55:07	EVANS, Robert		MV60	356	100
101	0:55:14	O'BRIEN, John		MV40	225	101
102	0:55:26	ROBBINS, Gordon	Bitton Road runners	MV60	334	102
103	0:55:30	LOWE, Jeremy		MV60	249	103
104	0:55:34	HARRIS, Anita		FV40	259	104
105	0:55:53	MILES, David		MV40	244	105
106	0:56:02	YARDLEY, Leanne		Senior Ladies	280	106
107	0:56:38	YOUNG, Darren		Senior Men	347	107
108	0:56:45	TOUSSANT, Nigel		MV40	360	108
109	0:57:14	DAVIES, Juliet		FV40	265	109
110	0:57:40	TREASURE, Dominic		MV40	362	110
111	0:58:01	CARTER, Hazel		Senior Ladies	220	111
112	0:58:31	DUNSTAN, Hayley	Westbury Harriers	Senior Ladies	339	112
113	0:58:39	HICKS, Philip	Running Forever RC	MV50	200	113
114	0:58:48	CLARK, Peter		MV50	352	114
115	0:58:57	TUCKER, David		MV50	363	115
116	0:59:10	MOORE, Mark		Senior Men	299	116
117	0:59:28	NUELL, Richard	Portishead Running Club	MV50	308	117

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118	1:01:12	BUSH, Carly		Senior Ladies	242	118
119	1:01:28	DUNN, Tracey		Senior Ladies	241	119
120	1:02:03	SAEED, Fayela		Senior Ladies	322	120
121	1:02:03	FERRIS, Anna		Senior Ladies	324	121
122	1:02:40	RANDELL, Dave		MV40	361	122
123	1:03:23	BRADFORD, Kate	Womens Running Network	FV40	233	123
124	1:03:23	BARTLETT, Pete	Weston Athletic Club	MV40	288	124
125	1:03:44	KULA, Helen	Westbury Harriers	FV50	236	125
126	1:06:41	HAWKINS, Linda		FV50	267	126
127	1:08:02	MILLS, Leona		Senior Ladies	258	127
128	1:10:12	WEBB, Stephen		MV60	224	128
129	1:11:46	DAVIES, Martin		MV60	262	129

There were 129 finishers in the All Competitors category.