

Portishead Running Club

# 2009 Multi-terrain 10k Provisional Results

September 20th 2009



Position	Number	Time	Name	Category	Pace / km	Pace / mile
1	272	0h 35m 38s	Julian Emery	MV40	03:33	05:44
2	274	0h 36m 48s	Paul Holley	MV40	03:40	05:55
3	61	0h 37m 38s	Matthew Evans	Senior male	03:45	06:03
4	222	0h 38m 19s	Richard Smith	MV40	03:49	06:10
5	302	0h 39m 13s	Andy Sparks	Senior male	03:55	06:18
6	28	0h 39m 26s	Ross Campbell	Senior male	03:56	06:21
7	296	0h 39m 33s	Calum Chesire	Senior male	03:57	06:22
8	3	0h 39m 36s	Ken Ham	MV40	03:57	06:22
9	285	0h 39m 42s	Mark Searle	MV40	03:58	06:23
10	194	0h 40m 04s	Scott Campbell	Senior male	04:00	06:27
11	203	0h 40m 13s	Terry Jewell-Davies	MV40	04:01	06:28
12	57	0h 40m 36s	Bradley Fowler	Senior male	04:03	06:32
13	227	0h 40m 49s	Adrian Noble	MV40	04:04	06:34
14	279	0h 41m 08s	Shaun Callaghan	MV40	04:06	06:37
15	169	0h 41m 15s	Ben Andrews	Senior male	04:07	06:38
16	255	0h 42m 00s	Peter Belcher	Senior male	04:12	06:45
17	186	0h 42m 13s	Tyrone James	Senior male	04:13	06:47
18	240	0h 42m 24s	Clive Attwood	MV50	04:14	06:49
19	205	0h 42m 38s	Chris Street	MV50	04:15	06:51
20	262	0h 42m 44s	Mathew Dorn	Senior male	04:16	06:52
21	166	0h 42m 57s	Matt Washburn	Senior male	04:17	06:54
22	233	0h 43m 04s	Paul House	MV40	04:18	06:56
23	136	0h 43m 24s	Keith Taylor	MV40	04:20	06:59
24	75	0h 43m 34s	Jon Sheldon	Senior male	04:21	07:00
25	175	0h 43m 56s	Naomi Eaton	Senior female	04:23	07:04
26	304	0h 44m 00s	Matthew Wright	Senior male	04:24	07:05
27	242	0h 44m 11s	Ian Janes	Senior male	04:25	07:06
28	156	0h 44m 12s	Matt Lonsdale	Senior male	04:25	07:07
29	87	0h 44m 37s	Mike Dorney	Senior male	04:27	07:11
30	239	0h 44m 52s	Terry Welch	MV60	04:29	07:13
31	8	0h 44m 58s	Lucy Richens	Senior female	04:29	07:14
32	278	0h 45m 06s	Michael Hill	Senior male	04:30	07:15
33	202	0h 45m 19s	Thomas Smith	Senior male	04:31	07:17
34	294	0h 45m 27s	Thomas Parsons	Senior male	04:32	07:19
35	164	0h 45m 45s	Neil Bird	Senior male	04:34	07:22
36	26	0h 45m 49s	Clifford Wallis	MV40	04:34	07:22
37	114	0h 45m 55s	Kes Aleknavicius	MV50	04:35	07:23
38	92	0h 45m 58s	Martin Hince	Senior male	04:35	07:24
39	111	0h 46m 10s	Julian Mussett	MV40	04:37	07:26
40	159	0h 46m 11s	Alan Winn	MV40	04:37	07:26
41	247	0h 46m 15s	Holly Mortimer	Senior female	04:37	07:26

Position	Number	Time	Name	Category	Pace / km	Pace / mile
42	232	0h 46m 26s	John Hargreaves	MV50	04:38	07:28
43	178	0h 46m 37s	Christopher Dachtler	MV50	04:39	07:30
44	101	0h 46m 39s	Ian Boniface	MV40	04:39	07:30
45	179	0h 46m 40s	Glynn Evans	MV50	04:40	07:30
46	103	0h 46m 42s	Ian Callaghan	Senior male	04:40	07:31
47	96	0h 47m 01s	Rob Glover	Senior male	04:42	07:34
48	181	0h 47m 10s	James Oakes	Senior male	04:43	07:35
49	47	0h 47m 14s	Terry Fenton	MV50	04:43	07:36
50	277	0h 47m 15s	Andrew Jackson	MV40	04:43	07:36
51	21	0h 47m 20s	Kieron Hall	Senior male	04:44	07:37
52	56	0h 47m 26s	Nigel Osborne	MV40	04:44	07:38
53	248	0h 47m 31s	Mark Kurpyta	MV40	04:45	07:39
54	218	0h 47m 37s	Alison Ramsey	Senior female	04:45	07:40
55	125	0h 47m 41s	David Cowell	MV40	04:46	07:40
56	146	0h 47m 55s	Brian Edgar	MV50	04:47	07:42
57	131	0h 44m 55s	Tina Robinson	FV35	04:29	07:13
58	132	0h 47m 55s	James Robinson	MV40	04:47	07:42
59	249	0h 47m 58s	Paul Fouracre	MV40	04:47	07:43
60	39	0h 48m 00s	Adrian Clay	MV40	04:48	07:43
61	38	0h 48m 00s	Andy Barrett	MV50	04:48	07:43
62	54	0h 48m 41s	Kim Huxtable	MV50	04:52	07:50
63	220	0h 48m 42s	Philip Hoskins	MV40	04:52	07:50
64	252	0h 48m 44s	Roger Mann	MV40	04:52	07:50
65	173	0h 48m 52s	Stuart Haynes	Senior male	04:53	07:52
66	250	0h 48m 54s	Mike Harris	MV50	04:53	07:52
67	263	0h 48m 58s	Richard Stockham	MV50	04:53	07:53
68	189	0h 49m 03s	David Shattock	MV40	04:54	07:53
69	273	0h 49m 06s	Michael Martin	MV50	04:54	07:54
70	288	0h 49m 08s	Danny Joseph	Senior male	04:54	07:54
71	30	0h 49m 23s	Gareth Hiscock	MV40	04:56	07:57
72	188	0h 49m 32s	Andrew Martin	MV40	04:57	07:58
73	104	0h 49m 34s	David Knight	Senior male	04:57	07:58
74	238	0h 49m 37s	Richard Smith	Senior male	04:57	07:59
75	172	0h 49m 42s	Bridget Hall	FV45	04:58	08:00
76	137	0h 49m 48s	John Hinchliffe	MV50	04:58	08:01
77	245	0h 49m 50s	Gary Juleff	MV40	04:59	08:01
78	177	0h 49m 52s	Pamela Withers	FV45	04:59	08:01
79	287	0h 50m 09s	Angela Copeland	Senior female	05:00	08:04
80	138	0h 50m 18s	Tobias Hinchliffe	Senior male	05:01	08:05
81	208	0h 50m 22s	Simon Sleight	Senior male	05:02	08:06
82	253	0h 50m 34s	Christian Saxleff	MV40	05:03	08:08
83	291	0h 50m 42s	Jamie Sanigar	Senior male	05:04	08:09
84	243	0h 50m 50s	Lee Wright	Senior male	05:05	08:11
85	45	0h 50m 58s	Bill Charnock	MV60	05:05	08:12
86	86	0h 51m 01s	Mike Vowles	MV50	05:06	08:12
87	230	0h 51m 03s	Paul Sell	Senior male	05:06	08:13
88	295	0h 51m 20s	Adam Boothy	Senior male	05:08	08:15
89	226	0h 51m 30s	Mike Potter	MV40	05:09	08:17

Position	Number	Time	Name	Category	Pace / km	Pace / mile
90	217	0h 51m 40s	John Grounds	Senior male	05:10	08:19
91	170	0h 51m 44s	Richard Scott	MV40	05:10	08:19
92	171	0h 51m 45s	Marc Whiting	MV40	05:10	08:20
93	196	0h 51m 46s	Colin Wadey	MV40	05:10	08:20
94	251	0h 51m 47s	Richard Baker	Senior male	05:10	08:20
95	107	0h 51m 50s	Suzanne Davey	FV35	05:11	08:20
96	2	0h 51m 58s	Neil Smailes	Senior male	05:11	08:22
97	118	0h 52m 06s	Nick Moss	Senior male	05:12	08:23
98	276	0h 52m 07s	Tony Williams	MV40	05:12	08:23
99	?	0h 52m 10s	Unidentified Unidentified	Senior male	05:13	08:24
100	195	0h 52m 20s	Shelley Wadey	FV35	05:14	08:25
101	162	0h 52m 25s	Lynette Blanchard	FV45	05:14	08:26
102	135	0h 52m 30s	David Gascoigne	MV40	05:15	08:27
103	167	0h 52m 39s	Michael Ash	Senior male	05:15	08:28
104	193	0h 52m 40s	Philippe Garang	Senior male	05:16	08:28
105	27	0h 52m 45s	Jeremy Lowe	MV60	05:16	08:29
106	264	0h 52m 48s	Alan Wilcox	MV40	05:16	08:30
107	149	0h 52m 50s	Jonathan Whittle	MV40	05:17	08:30
108	275	0h 53m 04s	Dylan Gosiewski	Senior male	05:18	08:32
109	224	0h 53m 06s	Elaine Heyes	FV45	05:18	08:33
110	290	0h 53m 07s	Elizabeth Nuttall	Senior female	05:18	08:33
111	289	0h 00m 00s	James Bowley	Senior male	00:00	00:00
112	74	0h 00m 00s	Andy Teagle	Senior male	00:00	00:00
113	229	0h 00m 00s	Michael Coupe	MV70	00:00	00:00
114	13	0h 53m 24s	Matthew Rowcliffe	Senior male	05:20	08:35
115	120	0h 53m 26s	Martin Morgan	MV50	05:20	08:36
116	225	0h 51m 31s	Mark Gardner	MV40	05:09	08:17
117	228	0h 51m 32s	Ian Shillcock	MV40	05:09	08:17
118	190	0h 53m 44s	Richard Lucas	Senior male	05:22	08:39
119	180	0h 53m 47s	Rachel Evans	Senior female	05:22	08:39
120	19	0h 53m 56s	Tessa Connolly	FV35	05:23	08:41
121	185	0h 00m 00s	Sandra Lawrence	FV35	00:00	00:00
122	182	0h 00m 00s	Teresa Oakes	FV45	00:00	00:00
123	271	0h 00m 00s	Christopher Elliott	MV40	00:00	00:00
124	234	0h 00m 00s	Birgitte Timmins	FV45	00:00	00:00
125	298	0h 54m 11s	Debbie Lawlor	FV35	05:25	08:43
126	145	0h 54m 13s	Davide Sarta	MV40	05:25	08:43
127	121	0h 54m 19s	Christie Cooper	Senior female	05:25	08:44
128	113	0h 54m 30s	Carol Aleknavicius	FV45	05:27	08:46
129	65	0h 54m 40s	Stephen Gilpin	MV40	05:28	08:48
130	237	0h 54m 41s	Rob Emony	MV40	05:28	08:48
131	176	0h 54m 42s	Emma Hopkins	Senior female	05:28	08:48
132	98	0h 54m 44s	Paul Tipton	MV40	05:28	08:48
133	4	0h 54m 46s	David Robshaw	MV60	05:28	08:49
134	124	0h 54m 47s	Lesley Cowell	FV35	05:28	08:49
135	17	0h 55m 02s	Heather Mountcastle	FV35	05:30	08:51
136	154	0h 55m 06s	Mark Wood	MV40	05:30	08:52
137	213	0h 55m 10s	Nick Hand	Senior male	05:31	08:53

Position	Number	Time	Name	Category	Pace / km	Pace / mile
138	112	0h 55m 15s	Chris Barnes	Senior male	05:31	08:53
139	153	0h 55m 22s	Karen Owen	FV35	05:32	08:54
140	97	0h 55m 31s	Jayne Thomas	Senior female	05:33	08:56
141	12	0h 55m 36s	Jane Rowcliffe	FV45	05:33	08:57
142	265	0h 55m 40s	Bridget Harvey	Senior female	05:34	08:57
143	199	0h 55m 45s	Mark Cornish	MV40	05:34	08:58
144	207	0h 56m 01s	Kate Maliphant	FV45	05:36	09:01
145	286	0h 56m 03s	Steve Tasker	MV40	05:36	09:01
146	32	0h 56m 05s	Paul Oaten	MV50	05:36	09:01
147	110	0h 56m 16s	Dale Bean	Senior male	05:37	09:03
148	268	0h 56m 19s	Andrew Gibbons	MV40	05:37	09:04
149	14	0h 56m 22s	Len Baggs	MV60	05:38	09:04
150	119	0h 56m 26s	Reggie Chard	Senior male	05:38	09:05
151	160	0h 56m 31s	Ruth Ruck	FV35	05:39	09:06
152	259	0h 56m 51s	Chris Bennett	MV50	05:41	09:09
153	299	0h 56m 56s	Tracey Cook	FV35	05:41	09:10
154	50	0h 56m 57s	Susan Low	FV45	05:41	09:10
155	303	0h 56m 58s	Monica Parker	FV35	05:41	09:10
156	280	0h 57m 11s	Alan Townsend	MV60	05:43	09:12
157	10	0h 57m 13s	Carol Lowrey	FV45	05:43	09:12
158	73	0h 57m 53s	Maggie Gibbs	FV45	05:47	09:19
159	269	0h 58m 03s	Emma Powell	FV35	05:48	09:20
160	83	0h 58m 08s	Sarah Steer	Senior female	05:48	09:21
161	284	0h 58m 12s	Andrew Jones	Senior male	05:49	09:22
162	212	0h 58m 40s	Bill Dixon	MV60	05:52	09:26
163	25	0h 58m 41s	Annette Whitchurch	FV45	05:52	09:26
164	46	0h 59m 02s	Matt Iles	Senior male	05:54	09:30
165	76	0h 59m 04s	Carly Powell	Senior female	05:54	09:30
166	1	0h 59m 06s	Jo Smailes	FV35	05:54	09:31
167	174	0h 59m 07s	Antonia Hyman	Senior female	05:54	09:31
168	292	0h 59m 09s	Neil Rutter	MV40	05:54	09:31
169	191	1h 00m 25s	Nicola Thomson	FV35	06:02	09:43
170	192	1h 00m 46s	Lyn Harding	FV45	06:04	09:47
171	214	1h 00m 48s	Katie Hand	Senior female	06:04	09:47
172	267	1h 00m 56s	Scott Parker	Senior male	06:05	09:48
173	41	1h 00m 58s	Amanda Swannell	FV45	06:05	09:49
174	266	1h 01m 09s	Sabrina Fudge	Senior female	06:06	09:50
175	139	1h 01m 23s	Peter Clark	MV50	06:08	09:53
176	144	1h 01m 41s	Charlotte Conroy	Senior female	06:10	09:55
177	150	1h 01m 54s	Helen Shields	Senior female	06:11	09:58
178	40	1h 02m 02s	Martin Braine	Senior male	06:12	09:59
179	219	1h 02m 07s	Peter Bartlett	MV40	06:12	10:00
180	24	1h 02m 44s	Angie Seddon	FV45	06:16	10:06
181	216	1h 02m 44s	Michael King	MV60	06:16	10:06
182	261	1h 02m 45s	Samantha Dorn	FV35	06:16	10:06
183	241	1h 03m 14s	Anthony Fifield	Senior male	06:19	10:10
184	5	1h 03m 28s	Sarah Perry	Senior female	06:20	10:13
185	116	1h 03m 30s	Debbie Chadburn	FV35	06:21	10:13

Position	Number	Time	Name	Category	Pace / km	Pace / mile
186	134	1h 04m 08s	Jackie Cahill	FV35	06:24	10:19
187	300	1h 04m 17s	Jackie Garrett	FV35	06:25	10:21
188	301	1h 04m 17s	Bridget Bennett	FV35	06:25	10:21
189	91	1h 04m 51s	Martin King	MV50	06:29	10:26
190	215	1h 04m 53s	Mary-Ann Iles	FV55	06:29	10:26
191	231	1h 06m 08s	Christopher Edwards	MV50	06:36	10:38
192	151	1h 06m 25s	Andrew Bessant	Senior male	06:38	10:41
193	200	1h 06m 36s	Sarah Mason	FV35	06:39	10:43
194	201	1h 06m 37s	Rodders Freemantle	MV40	06:39	10:43
195	152	1h 06m 56s	Glynis Moss	FV35	06:41	10:46
196	143	1h 08m 02s	Francesca Day	FV35	06:48	10:57
197	77	1h 08m 22s	Laura Clark	Senior female	06:50	11:00
198	53	1h 08m 28s	Alison Huxtable	FV45	06:50	11:01
199	36	1h 08m 29s	Christine Raggett	FV45	06:50	11:01
200	7	1h 08m 42s	Steve Tucker	Senior male	06:52	11:03
201	6	1h 08m 42s	Christine Tucker	FV55	06:52	11:03
202	31	1h 08m 43s	Liz Davy	FV45	06:52	11:03
203	147	1h 08m 44s	Rachel Gill	FV35	06:52	11:04
204	106	1h 08m 47s	Peter Rudd	MV50	06:52	11:04
205	157	1h 10m 13s	Andrew Smith	MV60	07:01	11:18
206	42	1h 10m 38s	Johanna Herrod	FV45	07:03	11:22
207	197	1h 10m 46s	Louise Gilbert	FV45	07:04	11:23
208	18	1h 11m 28s	Belinda Dachtler	FV45	07:08	11:30
209	44	1h 13m 01s	Charlotte Wyatt	Senior female	07:18	11:45
210	140	1h 13m 20s	Linda Clark	FV45	07:20	11:48
211	117	1h 13m 43s	Stephen Farrow	Senior male	07:22	11:52
212	33	1h 13m 44s	Robert Oaten	Senior male	07:22	11:52
213	34	1h 13m 44s	Mary Oaten	FV45	07:22	11:52
214	35	1h 13m 46s	Lisa Griffiths	Senior female	07:22	11:52
215	108	1h 13m 56s	Peter Davey	Senior male	07:23	11:54
216	109	1h 13m 57s	Jo Bean	Senior female	07:23	11:54
217	184	1h 15m 18s	Cath Taylor	FV35	07:31	12:07
218	155	1h 15m 19s	Simon Hicks	Senior male	07:31	12:07
219	187	1h 15m 20s	Jan Cannon	FV35	07:32	12:07
220	88	1h 15m 58s	Felicity Grounds	FV35	07:35	12:13
221	93	1h 19m 15s	Jenna Mitchell	Senior female	07:55	12:45
222	64	1h 21m 26s	Eleanor Clarke	Senior female	08:08	13:06
223	63	1h 21m 27s	Gary Clarke	MV40	08:08	13:06