

H3O Pro Castle Combe 10k - Race 2

Sorted on Laps

10k Gun Time

Castle Combe 10.000 Km

Gun Time

16/08/2009 11:30

Race (1 Laps) started at 11:37:19

Pos	No.	Name	Class	Club	Total Tm	Avg. Speed	Diff
1	334	Phil Holland	Msen	Olney Runners	33:50.617	17.729	
2	150	Gary O'Brien	Msen	Swindon Harriers	34:10.108	17.560	19.491
3	135	Thomas Fewster	Msen	Great Western	34:22.199	17.457	31.582
4	141	Michael Towler	Mjun	Avon Valley Runners	34:49.595	17.228	58.978
5	108	Jo Wilkinson	Fsen	Bedford and County AC	34:58.124	17.158	1:07.507
6	62	Phil Lucker	Msen	Bristol and West AC	35:00.670	17.137	1:10.053
7	136	Mike Smith	MV40	Bourton RoadRunners	35:31.959	16.886	1:41.342
8	325	Francis Hale	MV40	Norwich Road Runners	35:50.729	16.739	2:00.112
9	138	Wayne Ellis	Msen	Bitton Road Runners	36:53.789	16.262	3:03.172
10	93	John Stoddart	Msen	Bath Uni Tri	37:45.179	15.893	3:54.562
11	118	Kevin Dykes	Msen	Oxford	37:47.996	15.873	3:57.379
12	115	Lucy Flanner	Fsen	Solihull and Small Heath	37:48.454	15.870	3:57.837
13	143	Mike Rose	Msen		37:59.233	15.795	4:08.616
14	44	Bill Graham	MV50	Bitton Road Runners	38:21.768	15.640	4:31.151
15	3	Stewart Avery	Msen	Avon Valley Runners	38:27.868	15.599	4:37.251
16	64	Glenn Lyons	MV40		38:29.221	15.590	4:38.604
17	117	Bart Thomas	Mjun	Chippenham Harriers	38:49.653	15.453	4:59.036
18	127	Carl Gilmour	MV40	Hayhotfooters	38:51.488	15.441	5:00.871
19	25	Mark Curtis	MV40	Thornbury Running Club	38:59.801	15.386	5:09.184
20	92	Martin Stalley	MV40	Bitton RR	39:04.995	15.352	5:14.378
21	65	Trevor Macarthur	Msen		39:17.735	15.269	5:27.118
22	57	Kevin Knights	Msen		39:22.200	15.240	5:31.583
23	121	Jane Khan	Fsen	Westbury Harriers	39:49.017	15.069	5:58.400
24	111	Jane Wassell	FV40	Cirencester AC	39:51.752	15.052	6:01.135
25	100	Geraint Torrington	Msen	Westbury Harriers	40:17.047	14.894	6:26.430
26	81	Andrew Procter	Msen		40:46.229	14.717	6:55.612
27	124	Graham Howell	Msen		40:57.605	14.648	7:06.988
28	122	Hamid Khan	Msen	Westbury Harriers	41:31.507	14.449	7:40.890
29	58	Quentin Laidlaw	MV40		41:40.290	14.398	7:49.673
30	13	Sean Bosworth	Msen		41:42.286	14.387	7:51.669
31	120	Hannah Lankenau - Devey	Fsen	Chippenham Harriers	41:47.695	14.356	7:57.078
32	52	Matt Holloway	Msen	British Army	42:04.331	14.261	8:13.714
33	335	Michael Hill	Msen	Team Bath	42:08.560	14.237	8:17.943
34	96	Tim Synge	MV40	Westbury Harriers	42:08.750	14.236	8:18.133
35	60	Ricky Lee	Msen	Wiltshire Police	42:17.660	14.186	8:27.043
36	31	Bob Depledge	MV50	South West Veterans AC	42:18.064	14.184	8:27.447
37	133	Richard Hewes	Msen		42:22.819	14.158	8:32.202
38	112	Ian Callaghan	Msen		42:25.171	14.144	8:34.554
39	42	Jon Giddings	Msen	Hickey's Harriers	42:27.806	14.130	8:37.189
40	104	Laura Warren	Fsen		42:46.323	14.028	8:55.706
41	28	Jeff Davies	MV60	South West Vets AC	42:52.507	13.994	9:01.890
42	34	Stephen Fletcher	MV40		43:08.163	13.909	9:17.546

Margin of Victory	Avg. Speed	Best Lap Tm	Best Speed	Best Lap by
19.491	17.729	-	-	-

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43	10	Richard Beech	Msen	Les Croupiers	43:20.367	13.844	9:29.750
44	113	Tim Bainbridge	Msen		43:25.784	13.815	9:35.167
45	22	Doug Cload	Msen		43:51.803	13.679	10:01.186
46	18	David Bush	MV40		44:02.082	13.626	10:11.465
47	129	Gary Cross	Msen		44:04.813	13.612	10:14.196
48	63	Andrew Ludbrook	Msen		44:09.571	13.587	10:18.954
49	82	David Proffitt	MV50	Newport Harriers	44:10.388	13.583	10:19.771
50	145	Michael Bright	Msen	Chippenham Harriers	44:15.675	13.556	10:25.058
51	139	Mike Taylor	MV50	Bitton Road Runners	44:21.493	13.526	10:30.876
52	89	Patrick Slavin	MV60	Bitton Road Runners	44:27.859	13.494	10:37.242
53	47	Laurence Griffin	Msen		44:32.739	13.469	10:42.122
54	78	Jason Parks	Msen		44:52.709	13.369	11:02.092
55	116	Helene Saluer	Fsen		44:54.358	13.361	11:03.741
56	54	Dominic Hurford	Msen	Hogweed Trotters	45:03.640	13.315	11:13.023
57	79	Michael Pook	MV50	Road Runners Club	45:30.376	13.185	11:39.759
58	53	Peter Hopes	MV40	Bitton Road Runners	45:59.070	13.048	12:08.453
59	114	Jonh James	MV60	Solihull & Small Heath	46:01.062	13.038	12:10.445
60	30	Karen Dawkins	FV50	Bitton Road Runners	46:05.457	13.018	12:14.840
61	55	Mark Jeffries	MV40	Chepstow Harriers	46:32.235	12.893	12:41.618
62	109	Ali Atkinson	FV40	Avon Valley Runners	46:39.235	12.861	12:48.618
63	86	Ian Rogers	MV40		46:44.653	12.836	12:54.036
64	140	Matt Bradley	Msen		46:51.852	12.803	13:01.235
65	16	Lauren Bryant-Jefferies	Fsen	Frome Running Club	47:02.847	12.753	13:12.230
66	131	Simon Jones	Msen		47:29.432	12.634	13:38.815
67	330	Andrew Stapleton	Msen		47:36.768	12.602	13:46.151
68	130	Martin Matthews	MV40		47:38.384	12.595	13:47.767
69	149	Jake Harris	Msen		47:42.818	12.575	13:52.201
70	326	David Earley	MV50	Avon Valley Runners	48:03.992	12.483	14:13.375
71	97	Alice Thomas	Fjun	Cirencester	48:07.611	12.467	14:16.994
72	45	Claire Graham	FV40	Bitton Road runners	48:22.168	12.405	14:31.551
73	137	Sergio Mudrak	MV50	Chippenham Harriers	48:25.324	12.391	14:34.707
74	103	John Wariner	MV40		48:36.504	12.344	14:45.887
75	110	Kathy Kinsey	FV40	Avon Valley Runners	48:49.643	12.288	14:59.026
76	1	Emma Angove	Fsen	Corsham Running Club	48:51.593	12.280	15:00.976
77	85	John Redmond	Msen		48:53.579	12.272	15:02.962
78	119	Malcolm Knight	MV60	Newbury AC	48:57.230	12.256	15:06.613
79	80	Graeme Price	Msen		49:17.649	12.172	15:27.032
80	6	Christopher Badcock	Msen		49:23.454	12.148	15:32.837
81	21	Ernest Clift	MV50		49:48.248	12.047	15:57.631
82	46	Stephen Gregory	Msen		49:51.619	12.034	16:01.002
83	90	Clare Sparks	Fsen	Corsham Running Club	50:12.079	11.952	16:21.462
84	132	Bruce Storrie	Msen		50:20.665	11.918	16:30.048

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85	101	Susan Turner	FV40		50:33.430	11.868	16:42.813
86	327	Darren Jago	MV40		50:51.414	11.798	17:00.797
87	328	Richard Lake	MV40	FSSAA	50:55.395	11.782	17:04.778
88	43	Simon Goff	Msen		51:09.877	11.727	17:19.260
89	59	Junior Latiff	Msen		51:16.752	11.701	17:26.135
90	331	Allan Burnett	MV50		51:32.080	11.643	17:41.463
91	36	Colin French	MV50		51:59.736	11.539	18:09.119
92	95	Simon Sveder-Cain	Msen		52:02.124	11.531	18:11.507
93	77	Gerard Newman	MV50	Stroud and District AC	52:17.239	11.475	18:26.622
94	68	Rebecca Mann	Fsen		52:31.926	11.422	18:41.309
95	61	Mark Lucas	MV40		52:31.936	11.422	18:41.319
96	134	Zoe James	Fsen	Bitton Road Runners	53:01.714	11.315	19:11.097
97	102	Daniel Ward	Msen		53:02.598	11.312	19:11.981
98	128	Emma Lambert	Fsen		53:48.984	11.149	19:58.367
99	144	Kate Walters	Fsen	Chippenham Harriers	54:12.269	11.069	20:21.652
100	99	Barbara Thomas	FV50	Cirencester	54:13.372	11.065	20:22.755
101	84	Janice Rambridge	FV60	Team Bath AC	54:45.589	10.957	20:54.972
102	329	James Lock	Msen		55:00.224	10.908	21:09.607
103	40	Chapman Gary	Msen		55:41.180	10.775	21:50.563
104	7	Raymond Baker	MV50		55:44.105	10.765	21:53.488
105	123	David Flemington	MV50	Thornbury AC	56:32.696	10.611	22:42.079
106	14	Toni Bowskill	Fsen		56:40.712	10.586	22:50.095
107	49	Jason Harrison	Msen		57:26.707	10.445	23:36.090
108	105	Katie Warren	Fsen		57:48.726	10.378	23:58.109
109	15	Gary Brown	Msen		58:00.286	10.344	24:09.669
110	107	Jonathan Whiteman	Msen		58:03.458	10.335	24:12.841
111	67	Ron Major	MV60		58:14.789	10.301	24:24.172
112	125	Fiona Hamilton	Fsen	Calne Running Club	58:15.884	10.298	24:25.267
113	126	Douglas Hamilton	MV40	Calne Running Club	58:18.702	10.290	24:28.085
114	27	Emelie Davies	Fsen		58:30.333	10.255	24:39.716
115	33	Debbie Ellis	FV40	Bath University	58:32.722	10.248	24:42.105
116	75	Clare Molyneux	Fsen		58:32.769	10.248	24:42.152
117	72	Ian Mckay	Msen		58:50.058	10.198	24:59.441
118	37	Jackie Fripp	Fsen		59:16.299	10.123	25:25.682
119	39	Kelly Gaffney	Fsen	N.E.W.T	59:59.191	10.002	26:08.574
120	73	Fiona McWilliam	Fsen		1:00:35.247	9.903	26:44.630
121	71	Louise McKay	FV40		1:01:03.643	9.826	27:13.026
122	91	Seema Srivastava	Fsen		1:01:09.062	9.812	27:18.445
123	70	Elizabeth McGivern	Fsen	Sole Sisters	1:01:09.096	9.812	27:18.479
124	94	Katarina Sveder-Cain	Fsen	Hogweed Trotters	1:01:36.814	9.738	27:46.197
125	56	Jenny Kitchen	FV40		1:01:42.045	9.724	27:51.428
126	83	Alison Pudney	Fsen		1:01:44.387	9.718	27:53.770

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Pos	No.	Name	Class	Club	Total Tm	Avg. Speed	Diff
127	5	Jimmy Badcock	Msen		1:01:49.905	9.704	27:59.288
128	4	Benjamin Badcock	Msen		1:01:50.248	9.703	27:59.631
129	19	Nikki Capp	Fsen		1:01:55.361	9.690	28:04.744
130	50	Chloe Hibbert	Fsen	Cardiff Uni AC	1:01:59.572	9.679	28:08.955
131	147	Paul Buckingham	Msen		1:02:06.286	9.661	28:15.669
132	148	Ashley Fudge	Msen		1:02:06.483	9.661	28:15.866
133	106	Tara Watts	Fsen		1:02:35.798	9.585	28:45.181
134	74	Giles Meredith	Msen	www.runnersforum.co.uk	1:03:39.519	9.425	29:48.902
135	332	Hilary Thornton	Fsen		1:03:39.706	9.425	29:49.089
136	17	Lynette Buckland	Fsen		1:04:14.330	9.340	30:23.713
137	48	Tony Griffith	MV70	Avon Valley Runners	1:08:58.776	8.698	35:08.159
138	333	Carl Whitley	Msen	Runners Forum	1:09:19.695	8.654	35:29.078
139	35	Nicola Foster	Fsen		1:10:10.118	8.551	36:19.501
140	24	Philippa Crocker	FV40	Kingswood Tri Club	1:11:19.470	8.412	37:28.853
141	26	Mulcock David	MV60		1:13:02.251	8.215	39:11.634

Not classified ()

DNF	20	John Chesworth	Msen		25:13.578	23.785	DNF
DNF	142	Richard James Ayling	Msen	Avon Valley Runners		-	DNF
DNF	146	Sean Buckingham	Msen			-	DNF

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