Back in a Flash 5km
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Wednesday 2 September 2009. 7:00 pm

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/Km	Race	Race
1	0:16:50	FULFORD, Andy	Swindon Harriers	Senior Male	03:22.0	2385	1
2	0:16:58	O'BRIEN, Gary	Swindon Harriers	Senior Male	03:23.6	2387	2
3	0:17:03	BLACKMORE, Matthew	Swindon Striders	Senior Male	03:24.6	2436	3
4	0:17:10	BAMPTON, Heath	Swindon Harriers	Vet Male 40	03:26.0	2421	4
5	0:17:46	IND, Andrew	Marlborough RC	Senior Male	03:33.2	2449	5
6	0:17:47	GREEN, Simon	Wootton Bassett Hounds	Vet Male 40	03:33.4	2416	6
7	0:17:59	SMITH, Kevin	Swindon Harriers	Vet Male 40	03:35.8	2420	7
8	0:18:04	LILLIS, Wayne	Newbury	Vet Male 40	03:36.8	2318	8
9	0:18:05	BILLETT, John	Swindon Striders	Senior Male	03:37.0	2388	9
10	0:18:14	FOX, Chris	Swindon Tri Club	Senior Male	03:38.8	2445	10
11	0:18:25	PAGE, Dave	Wootton Bassett Hounds	Senior Male	03:41.0	2415	11
12	0:18:30	BERRY, Jason	Swindon Harriers	Senior Male	03:42.0	2302	12
13	0:18:32	BRADLEY, Roger	Woodstock Harriers	Vet Male 40	03:42.4	2379	13
14	0:18:39	COOKE, Jason	White Horse Harriers	Senior Male	03:43.8	2447	14
15	0:18:40	BUSH, Adam		Senior Male	03:44.0	2393	15
16	0:18:40	COOKE, Brian	Wootton Bassett Hounds	Senior Male	03:44.0	2417	16
17	0:18:41	TOWNSEND, Martin	Swindon Harriers	Senior Male	03:44.2	2426	17
18	0:18:46	ROSBOTHAM, Kevin		Vet Male 40	03:45.2	2432	18
19	0:18:50	JACOBS, Kate	Swindon Harriers	Senior Female	03:46.0	2404	19
20	0:18:53	DANIELS, Jason	Highworth R C	Senior Male	03:46.6	2354	20
21	0:18:59	MATTHEWS, Ben		Senior Male	03:47.8	2473	21
22	0:19:02	GILDER, Peter	Swindon Striders	Senior Male	03:48.4	2407	22
23	0:19:03	VINTEN, Daniel		Senior Male	03:48.6	2333	23
24	0:19:18	RAWLINS, Simon	Wootton Bassett Hounds	Vet Male 40	03:51.6	2442	24
25	0:19:20	PRINGLE, Neil	Swindon Striders	Vet Male 50	03:52.0	2365	25
26	0:19:39	SIMMONDS, Tamsin	Swindon Harriers	Senior Female	03:55.8	2444	26
27	0:19:41	THORP, Stewart	Oxford City AC	Vet Male 50	03:56.2	2395	27
28	0:19:45	COOK, Steve	Swindon Striders	Vet Male 50	03:57.0	2389	28
29	0:19:53	JOHNS, Arthur	Poole Runners	Vet Male 60	03:58.6	2380	29
30	0:20:02	TUNE, Michael	Swindon Harriers	Vet Male 40	04:00.4	2399	30
31	0:20:06	WALEGA, Jan	Jan United	Senior Male	04:01.2	2480	31
32	0:20:08	GASKILL, Brynn	Highworth R C	Vet Male 40	04:01.6	2452	32
33	0:20:11	PARKER, Jayne	Swindon Tri Club	Senior Female	04:02.2	2460	33
34	0:20:16	CAMPBELL, Jason	Highworth R C	Senior Male	04:03.2	2429	34
35	0:20:24	WOJEWODKA, Rychard	Jan United	Senior Male	04:04.8	2479	35
36	0:20:26	FRANCIS, Susan	Reading AC	Vet Female 35	04:05.2	2320	36
37	0:20:42	WILTSHIRE, Corin	Swindon Striders	Vet Male 40	04:08.4	2370	37
38	0:20:56	PARSONS, David	Swindon Striders	Senior Male	04:11.2	2454	38
39	0:21:00	SWEENEY, Peter	Swindon Striders	Vet Male 40	04:12.0	2405	39
40	0:21:02	MCINTOSH, Graham	Jan United	Senior Male	04:12.4	2478	40
41	0:21:05	TERRY, Roland	Team Roland	Senior Male	04:13.0	2476	41
42	0:21:07	CLOKE, Simon	Chippenham Harriers	Senior Male	04:13.4	2402	42
43	0:21:13	STRANGE, Edward	Swindon Striders	Senior Male	04:14.6	2345	43
44	0:21:14	PHILLIPS, Carole	Swindon Striders	Vet Female 45	04:14.8	2364	44
45	0:21:20	DILL, John	Swindon Harriers	Vet Male 40	04:16.0	2419	45
46	0:21:32	FRENCH, Richard	Swindon Harriers	Vet Male 40	04:18.4	2373	46
47	0:21:34	NAYLOR, James	Little Eaton Hornets	Vet Male 50	04:18.8	2386	47
48	0:21:38	HEELEY, Philip		Senior Male	04:19.6	2394	48
49	0:21:39	GARRETT, Mark		Senior Male	04:19.8	2481	49
50	0:21:44	WATKINS, Paul	Wootton Bassett Hounds	Vet Male 50	04:20.8	2463	50
51	0:21:48	FAIRBRASS, Nick	University of Portsmouth	Senior Male	04:21.6	2377	51
52	0:21:55	PARISH, Daniel	Cove Joggers	Senior Male	04:23.0	2391	52
53	0:21:56	OSBORN, Roger	Swindon Harriers	Vet Male 60	04:23.2	2408	53
54	0:21:59	WESTCOTT, Timmy	Swindon Harriers	Vet Male 50	04:23.8	2466	54
55	0:22:20	STACK, Kerry	Swindon Harriers	Vet Male 40	04:28.0	2309	55
56	0:22:24	MCBETH, Caroline	Swindon Striders	Vet Female 45	04:28.8	2384	56

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/Km	Race	Race
57	0:22:28	BUCKINGHAM, Anna	Wootton Bassett Hounds	Senior Female	04:29.6	2477	57
58	0:22:30	SHEPPARD, Gary	Highworth R C	Vet Male 40	04:30.0	2434	58
59	0:22:30	RENDALL, Mike	Highworth R C	Vet Male 40	04:30.0	2344	59
60	0:22:36	BENT, Andy	Wootton Bassett Hounds	Vet Male 40	04:31.2	2418	60
61	0:22:43	PRESTON, David	Sun Inn Warriors	Senior Male	04:32.6	2450	61
62	0:22:47	BARRIBALL, Stuart		Senior Male	04:33.4	2458	62
63	0:22:52	HUGHES, James		Vet Male 40	04:34.4	2392	63
64	0:22:58	MARIA, Henry	Swindon Striders	Senior Male	04:35.6	2456	64
65	0:22:59	CROSS, Neil	Highworth R C	Vet Male 40	04:35.8	2472	65
66	0:23:06	DIXON, Pete	Highworth R C	Senior Male	04:37.2	2462	66
67	0:23:12	SIMMONDS, John	Swindon Striders	Vet Male 50	04:38.4	2428	67
68	0:23:19	OSMAN, Jim	Blackheath & Bromley Harriers	Senior Male	04:39.8	2323	68
69	0:23:21	BARKER, Alison	Swindon Harriers	Senior Female	04:40.2	2313	69
70	0:23:25	WHITE, Stephen	B P Helios Harriers	Vet Male 40	04:41.0	2348	70
71	0:23:27	HARRISON, Ken	Swindon Harriers	Vet Male 50	04:41.4	2455	71
72	0:23:31	MCGARRELL, David	Highworth R C	Vet Male 40	04:42.2	2315	72
73	0:23:33	CUTURA, Sascha	Colchester Harriers	Senior Male	04:42.6	2440	73
74	0:23:39	WOOLLOCK, Stephen	Colchester Harriers	Vet Male 40	04:43.8	2427	74
75	0:23:47	HARRIS, Peter	Slinn Allstars	Senior Male	04:45.4	2425	75
76	0:24:06	LINSLEY, Kelvin		Vet Male 50	04:49.2	2362	76
77	0:24:20	MCLAREN, Mark		Vet Male 40	04:52.0	2369	77
78	0:24:22	RHODES, Steve	Highworth R C	Vet Male 50	04:52.4	2461	78
79	0:24:23	COCKS-MCCRACKEN, Sara	Highworth R C	Vet Female 35	04:52.6	2371	79
80	0:24:23	BREWER, Sue	Highworth R C	Vet Female 35	04:52.6	2314	80
81	0:24:24	ROOT, Martin	Swindon Striders	Senior Male	04:52.8	2376	81
82	0:24:31	GRIMSDALE, Paul	Oxford City AC	Vet Male 50	04:54.2	2397	82
83	0:24:35	LAWTON, David	Swindon Harriers	Vet Male 40	04:55.0	2437	83
84	0:24:40	BRITTEN, Sharon		Vet Female 35	04:56.0	2446	84
85	0:24:44	HALL, Richard		Vet Male 50	04:56.8	2467	85
86	0:24:44	O'CONNELL, Sue	Swindon Harriers	Vet Female 45	04:56.8	2353	86
87	0:24:44	PALMER, Mark		Vet Male 50	04:56.8	2464	87
88	0:24:45	WELLS, Sarah	Swindon Striders	Senior Female	04:57.0	2482	88
89	0:24:56	SMITH, Chris	Swindon Harriers	Senior Male	04:59.2	2310	89
90	0:25:14	BECKWITH, Clare		Senior Female	05:02.8	2390	90
91	0:25:16	WILSON, Judith	Trail Runners Association	Vet Female 55	05:03.2	2398	91
92	0:25:17	TARLING, Becky		Vet Female 35	05:03.4	2470	92
93	0:25:20	ARIES, Kevin	Highworth R C	Vet Male 50	05:04.0	2451	93
94	0:25:21	WHARTON, Amy	Sunderland Strollers	Senior Female	05:04.2	2341	94
95	0:25:26	COLLEY, Vinny	Highworth R C	Vet Female 45	05:05.2	2465	95
96	0:25:32	MARTIN, Peter	Highworth R C	Vet Male 60	05:06.4	2457	96
97	0:25:39	TAYLOR-FREEGARD, Dawn		Senior Female	05:07.8	2381	97
98	0:25:42	MONTAGUE, Shaun		Senior Male	05:08.4	2423	98
99	0:25:44	GRAHAM, NEIL	Highworth R C	Senior Male	05:08.8	2453	99
100	0:25:47	GRIFFIN, Alex	Swindon Harriers	Senior Female	05:09.4	2468	100
101	0:25:49	GILBERT, Barry	Wadhurst Runners	Vet Male 60	05:09.8	2400	101
102	0:25:52	WADEY, Phil	UKnetRunner	Vet Male 40	05:10.4	2431	102
103	0:25:54	BENNETT, Al	Swindon Striders	Vet Male 40	05:10.8	2410	103
104	0:25:58	HUTTON, Plum	Highworth R C	Senior Male	05:11.6	2448	104
105	0:25:59	STRINGER, Nick		Senior Male	05:11.8	2356	105
106	0:26:17	TUCKER, Alastair		Senior Male	05:15.4	2349	106
107	0:26:18	BAKER, Paula		Vet Female 35	05:15.6	2355	107
108	0:26:19	O'DELL, Wendy		Vet Female 55	05:15.8	2351	108
109	0:26:21	BAILEY, Robin		Vet Male 40	05:16.2	2433	109
110	0:26:29	SMITH, Darren	Highworth R C	Senior Male	05:17.8	2368	110
111	0:26:50	DICKSON, Amanda		Senior Female	05:22.0	2375	111
112	0:26:54	SEARLE, Caroline	Highworth R C	Senior Female	05:22.8	2383	112
113	0:26:56	WARING, Susan		Vet Female 35	05:23.2	2471	113
114	0:26:58	O'BRIEN, Peter	Highworth R C	Vet Male 70	05:23.6	2401	114
115	0:27:14	SELWOOD, Andrew	Slinn Allstars	Vet Male 40	05:26.8	2900	115
116	0:27:23	NESS, Emily	Highworth R C	Senior Female	05:28.6	2406	116

Swindon 10k 22nd Nov 2009

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/Km	Race	Race
117	0:27:48	GREGORY, Louise		Senior Female	05:33.6	2422	117
118	0:27:51	WEBSTER, Kathy	Highworth R C	Vet Female 35	05:34.2	2469	118
119	0:28:14	WILKINS, Richard		Vet Male 40	05:38.8	2332	119
120	0:28:28	VAN ROOYEN, Arno		Senior Male	05:41.6	2441	120
121	0:28:29	FITZGIBBON, Katie	Highworth R C	Vet Female 35	05:41.8	2396	121
122	0:28:30	CHIDSEY, Victoria		Vet Female 35	05:42.0	2339	122
123	0:28:44	BURKE, Alison	Run Swindon	Senior Female	05:44.8	2367	123
124	0:28:57	STEWART, Jillian		Vet Female 45	05:47.4	2430	124
125	0:29:06	HARRIS, Derek		Senior Male	05:49.2	2340	125
126	0:29:13	TATUM, Margaret	Slinn Allstars	Vet Female 35	05:50.6	2403	126
127	0:29:17	HUGHES, Richard		Vet Male 40	05:51.4	2336	127
128	0:29:17	HUGHES, Debra		Vet Female 45	05:51.4	2337	128
129	0:29:35	BAKER, Liz		Vet Female 35	05:55.0	2303	129
130	0:29:43	CLIFFORD, Karen	bassett bounders	Senior Female	05:56.6	2414	130
131	0:29:54	WALLIS, Annabel	Cricklade Womens Running Network	Vet Female 35	05:58.8	2443	131
132	0:30:41	ACKARY, Estelle		Senior Female	06:08.2	2321	132
133	0:31:05	CROSS, Carl	Highworth R C	Vet Male 40	06:13.0	2439	133
134	0:31:24	BOLTON, Terri	bassett bounders	Vet Female 35	06:16.8	2413	134
135	0:31:34	GARRETT, Jill		Vet Female 35	06:18.8	2357	135
136	0:31:46	CHURCHWARD, Mel	Slinn Allstars	Vet Female 35	06:21.2	2409	136
137	0:31:52	JARRETT, Melanie		Vet Female 35	06:22.4	2459	137
138	0:31:53	BIRCH, Rowena		Senior Female	06:22.6	2305	138
139	0:32:03	ENGLISH, Anne	Slinn Allstars	Vet Female 45	06:24.6	2435	139
140	0:32:12	COX, Pam	Slinn Allstars	Vet Female 35	06:26.4	2412	140
141	0:32:26	JEFFREY, Sandra	Slinn Allstars	Vet Female 45	06:29.2	2372	141
142	0:32:33	MONTGOMERY, Julie	Slinn Allstars	Vet Female 35	06:30.6	2411	142
143	0:32:39	OSLAND-GODFREY, Nicky		Vet Female 35	06:31.8	2322	143
144	0:33:10	MILLER, Vicki	Slinn Allstars	Vet Female 35	06:38.0	2346	144
145	0:33:11	PRICTOR, Caroline	Slinn Allstars	Vet Female 35	06:38.2	2317	145
146	0:33:14	STRATTON, Lisa	Slinn Allstars	Senior Female	06:38.8	2327	146
147	0:33:15	WAKEFIELD, Michael	Slinn Allstars	Vet Male 40	06:39.0	2475	147
148	0:33:23	SCOTT, Vivien		Vet Female 45	06:40.6	2304	148
149	0:33:30	BESFORD, Susan		Vet Female 45	06:42.0	2424	149
150	0:34:43	TUCKER, Sarra	Swindon Harriers	Vet Female 35	06:56.6	2350	150
151	0:34:44	MAKSYMIUK, Gabriela		Senior Female	06:56.8	2352	151
152	0:35:00	SMITH, Maxine		Vet Female 45	07:00.0	2343	152
153	0:35:00	SMITH, Ian		Vet Male 40	07:00.0	2342	153
154	0:35:14	BENNETT, Gary		Vet Male 40	07:02.8	2474	154
155	0:35:42	PEARCE, Emma	Cricklade Womens Running Network	Senior Female	07:08.4	2359	155
156	0:35:42	LANKESTER, Claire	Cricklade Womens Running Network	Vet Female 35	07:08.4	2378	156
157	0:36:17	KAMSTRA, Gerrit		Vet Male 40	07:15.4	2438	157

There were 157 finishers in the All Competitors category.