



# IRONWOOD CHALLENGE 2023

Sunday 26 February

| Place | Time  | Name                      | Club                          | Category      | Race no |
|-------|-------|---------------------------|-------------------------------|---------------|---------|
| 1     | 38:02 | BAKER, Alan               | North Somerset Athletics Club | VM40          | 81      |
| 2     | 38:41 | WILLIAMS, Gareth          | Southville Running Club       | Senior Male   | 163     |
| 3     | 38:47 | SACKVILLE HAMILTON, Henry |                               | Senior Male   | 86      |
| 4     | 38:54 | BARNES, Matthew           | Southville Running Club       | VM40          | 17      |
| 5     | 39:52 | MILNES, Mike              |                               | Senior Male   | 168     |
| 6     | 40:12 | WILLATTS, Edmund          |                               | Senior Male   | 36      |
| 7     | 40:23 | LARGE, Iain               |                               | Senior Male   | 219     |
| 8     | 40:35 | MIDDLEDITCH, Alex         | BADDOCS SARC                  | VM40          | 118     |
| 9     | 41:00 | FRANKLIN, Matthew         |                               | Senior Male   | 76      |
| 10    | 41:18 | LANGFORD, Tim             |                               | Senior Male   | 95      |
| 11    | 41:45 | DUCKER, Mark              | Southville Running Club       | VM40          | 58      |
| 12    | 41:52 | PIKE, Neil                |                               | VM40          | 245     |
| 13    | 41:57 | MARCHANT, Simon           | Southville Running Club       | VM40          | 83      |
| 14    | 42:35 | HUMPHREYS, David          | Southville Running Club       | Senior Male   | 26      |
| 15    | 43:49 | NEWBY, Christopher        | Great Western Runners         | VM50          | 200     |
| 16    | 43:52 | PYKE, Mark                | BADDOCS SARC                  | VM50          | 65      |
| 17    | 44:12 | WOODLEY, Joe              | Southville Running Club       | Senior Male   | 149     |
| 18    | 44:49 | BARNES, Tom               |                               | VM40          | 217     |
| 19    | 44:53 | CROCKER, Matt             | Clevedon AC                   | VM40          | 196     |
| 20    | 45:00 | LEACH, Daniel             |                               | Senior Male   | 7       |
| 21    | 45:11 | COOMBES, Paul             | Southville Running Club       | VM40          | 40      |
| 22    | 45:18 | MARSHALL, Matt            | Southville Running Club       | VM40          | 23      |
| 23    | 45:33 | LOVELL, Darren            |                               | VM50          | 229     |
| 24    | 45:59 | STOCKALL, Pete            | Southville Running Club       | VM40          | 39      |
| 25    | 46:00 | RUSHTON, Adam             |                               | Senior Male   | 212     |
| 26    | 46:06 | ATTWOOD, Jacob            |                               | Senior Male   | 125     |
| 27    | 46:08 | WHITEHOUSE, Chris         | Southville Running Club       | VM40          | 215     |
| 28    | 46:13 | LUMBER, Adam              | Southville Running Club       | VM40          | 29      |
| 29    | 46:28 | BORN, Cosmo               | Good Gym Race Team            | Senior Male   | 230     |
| 30    | 46:39 | GALE, James               | Southville Running Club       | Senior Male   | 24      |
| 31    | 46:45 | VOLLER, Sophie            | Westbury Harriers             | VF40          | 37      |
| 32    | 47:10 | MORGAN, Niki              | Chepstow Harriers             | VF50          | 175     |
| 33    | 47:28 | CHAPMAN, Laura            | Jesmond Joggers               | Senior Female | 156     |
| 34    | 47:38 | WEARN, Rowan              |                               | VF40          | 202     |
| 35    | 47:44 | GARNETT, Matt             | Good Gym Race Team            | Senior Male   | 226     |
| 36    | 48:08 | WILKINS, Mark             |                               | VM60          | 119     |
| 37    | 48:20 | ADAMS, Scott              |                               | Senior Male   | 216     |
| 38    | 48:22 | NIKOU, Elena              |                               | Senior Female | 126     |
| 39    | 48:24 | CARMEN, James             | Cambridge Harriers            | VM40          | 177     |
| 40    | 48:26 | PALMER, Matt              | Portishead Running Club       | Senior Male   | 1       |
| 41    | 48:27 | CHAUDHURI, Faisal         | Southville Running Club       | Senior Male   | 114     |
| 42    | 48:32 | BRIDGER, Darren           |                               | VM40          | 66      |
| 43    | 48:36 | HIDDLESTON, Thomas        |                               | Senior Male   | 207     |
| 44    | 48:43 | TAYLOR, Xavier            | Portishead Running Club       | Senior Male   | 10      |
| 45    | 48:45 | BECKER, Paul              | Good Gym Race Team            | VM50          | 144     |
| 46    | 48:47 | WALKER, Ian               |                               | VM40          | 241     |
| 47    | 48:50 | DENING, Ed                | Southville Running Club       | VM40          | 16      |
| 48    | 49:15 | HOPES, Chris              | Southville Running Club       | VM50          | 69      |
| 49    | 49:31 | BLANNING, Samuel          | Southville Running Club       | Senior Male   | 19      |
| 50    | 49:42 | BATTY, Jim                | TACH                          | Senior Male   | 254     |
| 51    | 50:02 | IRELAND, Mark             | Portishead Running Club       | VM50          | 5       |



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| Place | Time  | Name                | Club                         | Category      | Race no |
|-------|-------|---------------------|------------------------------|---------------|---------|
| 52    | 50:08 | BUSSELL, Matthew    | Long Ashton Running Group    | VM40          | 222     |
| 53    | 50:16 | LEE, Rob            | PAC Tri                      | VM40          | 117     |
| 54    | 50:25 | BUTLER, Adam        |                              | Senior Male   | 55      |
| 55    | 50:27 | HOWARD, John        | Langport Runners             | VM50          | 146     |
| 56    | 50:34 | CREBER, Andy        | Chepstow Harriers            | VM60          | 176     |
| 57    | 50:37 | GILL, Jon           | Portishead Running Club      | VM40          | 2       |
| 58    | 51:20 | LEACH, Julian       | Portishead Running Club      | VM40          | 128     |
| 59    | 51:27 | LINDSAY, Malcolm    | Southville Running Club      | Senior Male   | 18      |
| 60    | 51:29 | MERRETT, Luke       | Town and Country Harriers    | Senior Male   | 236     |
| 61    | 51:37 | HOLLEBON, Reuben    | Southville Running Club      | Senior Male   | 12      |
| 62    | 51:44 | HALSTEAD, Daniel    | Portishead Running Club      | VM40          | 4       |
| 63    | 51:53 | OLIVER, Alex        | SGS College Athletics Club   | Senior Female | 115     |
| 64    | 51:54 | EVANS, Rhodri       |                              | VM40          | 46      |
| 65    | 52:04 | SOWRY, Heather      |                              | VF40          | 110     |
| 66    | 52:24 | HAWKINS, Stephen    | Lonely Goat RC               | VM50          | 71      |
| 67    | 52:30 | MCNAMARA, Karen     |                              | VF40          | 178     |
| 68    | 52:35 | PEMBERTON, Emma     | Town and Country Harriers    | Senior Female | 188     |
| 69    | 52:38 | PEARCE, Richard     | Southville Running Club      | VM40          | 28      |
| 70    | 52:54 | KAPPEL, Sarah       | Good Gym Race Team           | Senior Female | 194     |
| 71    | 52:58 | WHARTON, Sam        | Running Forever Running Club | VF40          | 164     |
| 72    | 53:10 | COX, Yvonne         |                              | VF60          | 232     |
| 73    | 53:14 | PATTEN, Sophie      | Southville Running Club      | Senior Female | 87      |
| 74    | 53:18 | BROUGHTON, Adam     |                              | Senior Male   | 68      |
| 75    | 53:20 | SALTER, Maggie      | Westbury Harriers            | VF60          | 94      |
| 76    | 53:31 | BOSTOCK, Marc       | Weston Athletic Club         | VM40          | 70      |
| 77    | 53:43 | TAYLOR, Alan        | Weston Athletic Club         | VM50          | 123     |
| 78    | 53:47 | BROOKS, Elizabeth   | Portishead Running Club      | Senior Female | 27      |
| 79    | 53:50 | WARING, Simon       | Up & Running                 | VM50          | 130     |
| 80    | 53:53 | WILLIAMS, Rebecca   | Westbury Harriers            | Senior Female | 240     |
| 81    | 53:54 | BRAGG, Eddie        | Portishead Running Club      | VM40          | 25      |
| 82    | 53:55 | PATTEN, Andrew      |                              | VM40          | 42      |
| 83    | 54:06 | JENNINGS, Gary      | Bristol & West AC            | VM60          | 214     |
| 84    | 54:56 | GRIMLEY, Kevin      | Southville Running Club      | VM50          | 170     |
| 85    | 55:25 | ARNOLD, Emelie      | This Mum Runs                | VF40          | 8       |
| 86    | 55:27 | LEWIS, Samuel       | Southville Running Club      | VM40          | 90      |
| 87    | 55:44 | BROWN, Peter        | West Bay Harriers            | VM60          | 143     |
| 88    | 55:48 | HOFFEN, Kate        | Westbury Harriers            | VF50          | 38      |
| 89    | 55:55 | WELLER, Ashley      | PAC Tri                      | VM40          | 98      |
| 90    | 55:56 | TURNER, Greg        | Southville Running Club      | VM40          | 13      |
| 91    | 55:57 | BARBER, Jamie       | Southville Running Club      | Senior Male   | 11      |
| 92    | 56:01 | CANTELLLO, Sonya    | Portishead Running Club      | VF40          | 3       |
| 93    | 56:08 | PORTER, Beth        |                              | Senior Female | 139     |
| 94    | 56:21 | BOUILLET, Aude      | SRC Westbury                 | VF40          | 108     |
| 95    | 56:31 | RICE, Gavin         |                              | VM60          | 253     |
| 96    | 56:36 | WELCH, Colin        | Nailsea Running Club         | VM60          | 182     |
| 97    | 56:42 | PIERPOINT, Lara     |                              | Senior Female | 167     |
| 98    | 56:45 | GARRETT, Andy       |                              | VM50          | 116     |
| 99    | 57:20 | FLANAGHAN, Lynda    |                              | Senior Female | 198     |
| 100   | 57:22 | ROBINSON, Charlotte | Southville Running Club      | Senior Female | 106     |
| 101   | 57:24 | CHANNON, Mark       |                              | VM40          | 60      |
| 102   | 57:25 | REEVE, Hannah       | Southville Running Club      | VF40          | 41      |



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| Place | Time  | Name               | Club                        | Category      | Race no |
|-------|-------|--------------------|-----------------------------|---------------|---------|
| 103   | 57:30 | BROOKS, Caroline   | Portishead Running Club     | VF50          | 186     |
| 104   | 57:31 | UPSHON, Fran       | Sweatshop Running Community | Senior Female | 107     |
| 105   | 57:32 | LAMMEY, Rachael    | Southville Running Club     | VF40          | 206     |
| 106   | 57:35 | DAVIES , Victoria  | Great Western Runners       | VF40          | 129     |
| 107   | 57:36 | CHAPMAN, Jenny     |                             | Senior Female | 160     |
| 108   | 57:37 | LE, Ivy            |                             | VF40          | 150     |
| 109   | 57:38 | ORCHARD, Emma-Jane | Westbury Harriers           | VF40          | 33      |
| 110   | 57:39 | PRICE, Alex        |                             |               | 247     |
| 111   | 57:40 | CONNOLLY, Shane    | Weston Athletic Club        | VM50          | 75      |
| 112   | 57:42 | MILWARD, Nicky     |                             |               | 246     |
| 113   | 57:43 | HALLIWELL , Janek  | Clevedon AC                 | Senior Male   | 67      |
| 114   | 58:23 | ARMSTRONG, Katy    | Langport Runners            | VF50          | 142     |
| 115   | 58:37 | WALLER, Phillip    |                             | VM50          | 162     |
| 116   | 59:00 | RICHARDS, Anabelle |                             | VF50          | 255     |
| 117   | 59:20 | KARTHAUSER, Mike   | Southville Running Club     | VM40          | 234     |
| 118   | 59:37 | OAKES, Teresa      | Southville Running Club     | VF50          | 154     |
| 119   | 59:39 | HAYES, Mark        | Southville Running Club     | VM40          | 187     |
| 120   | 59:48 | PATEL, Kelan       |                             |               | 249     |
| 121   | 59:53 | ORME, Judy         | Portishead Running Club     | VF60          | 64      |
| 122   | 59:59 | PEASE, Laura       | Southville Running Club     | Senior Female | 20      |
| 123   | 60:00 | FOX, Hayley        | Southville Running Club     | Senior Female | 14      |
| 124   | 60:03 | CARROLL, Rob       |                             | VM60          | 96      |
| 125   | 60:08 | RICHARDS, Sally    | Clevedon AC                 | VF40          | 61      |
| 126   | 60:14 | CARROLL, Sian      |                             | Senior Female | 97      |
| 127   | 60:15 | HOWELLS, Kevin     | Weston Athletic Club        | VM50          | 80      |
| 128   | 60:17 | EVANS, Huw         |                             |               | 248     |
| 129   | 60:31 | STEEL, Tim         |                             | Senior Male   | 148     |
| 130   | 60:33 | STEEL, Rob         |                             | Senior Male   | 135     |
| 131   | 60:38 | NEAL-HOPES, Tim    | Southville Running Club     | VM50          | 77      |
| 132   | 60:39 | HALL, Paula        | Clevedon AC                 | VF50          | 56      |
| 133   | 60:53 | READY, Oliver      | Southville Running Club     | Senior Male   | 30      |
| 134   | 60:56 | HUNTER, Paul       | Southville Running Club     | Senior Male   | 101     |
| 135   | 60:58 | VON, Clara         | Southville Running Club     | Senior Female | 51      |
| 136   | 60:59 | SHEAHAN, Ben       | Long Ashton Running Group   | VM50          | 62      |
| 137   | 61:09 | JONES, Tamera      | Bristol & West AC           | VF50          | 54      |
| 138   | 61:42 | BRIGGS, Jack       |                             |               | 250     |
| 139   | 61:43 | DALLAS, Katharine  | North Bristol Running Group | VF50          | 74      |
| 140   | 61:50 | HOLMES, Bardie     | Portishead Running Club     | VF60          | 174     |
| 141   | 61:51 | CARR, Tim          | Westbury Harriers           | VM50          | 49      |
| 142   | 61:53 | JONES, Sharon      |                             | VF50          | 201     |
| 143   | 62:41 | MARR, Victoria     |                             | VF40          | 242     |
| 144   | 62:51 | THOMSON, Jenny     | Southville Running Club     | Senior Female | 192     |
| 145   | 63:01 | LEVIONNOIS, Be     | Southville Running Club     | Senior Female | 223     |
| 146   | 63:23 | MURRAY, Claire     |                             | VF40          | 252     |
| 147   | 63:38 | HARRIS, Mike       | Westbury Harriers           | VM60          | 48      |
| 148   | 64:09 | WEBB, Nicolas      | Lliswerry Runners           | VM40          | 213     |
| 149   | 64:13 | CLARK, Helen       | Bitton Road Runners         | VF40          | 181     |
| 150   | 64:21 | GILES, David       | Town and Country Harriers   | VM60          | 44      |
| 151   | 64:49 | COX, Becky         |                             | Senior Female | 231     |
| 152   | 64:54 | GRIFFITHS, Emily   | Town and Country Harriers   | Senior Female | 211     |
| 153   | 65:10 | TRACEY, Hannah     | Town and Country Harriers   | Senior Female | 127     |



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Sunday 26 February

| Place | Time  | Name                 | Club                      | Category      | Race no |
|-------|-------|----------------------|---------------------------|---------------|---------|
| 154   | 65:21 | EVANS, Heidi         | Town and Country Harriers | VF40          | 134     |
| 155   | 65:21 | RICHARDSON, Amy      |                           | Senior Female | 138     |
| 156   | 65:35 | WITHERS, Julia       | Weston Athletic Club      | VF50          | 205     |
| 157   | 66:27 | FLANAGHAN, Kevin     |                           | VM60          | 199     |
| 158   | 66:40 | STERLAND, Rod        | Town And Country Harriers | VM60          | 109     |
| 159   | 66:41 | NEAL-HOPES, Louise   | Southville Running Club   | VF50          | 78      |
| 160   | 66:47 | SCOTT, Lindsay       |                           | Senior Female | 161     |
| 161   | 66:48 | HARRISON, Claire     | Town and Country Harriers | Senior Female | 208     |
| 162   | 66:53 | ATTWOOD, Clive       | Westbury Harriers         | VM60          | 124     |
| 163   | 67:01 | HUNTER, Barbara      | Southville Running Club   | VF50          | 133     |
| 164   | 67:27 | GREGORY, Sean        |                           | VM50          | 237     |
| 165   | 67:41 | CHILDS, Emily        |                           | Senior Female | 122     |
| 166   | 67:45 | HEARN, Richard       |                           | VM50          | 235     |
| 167   | 68:00 | GOULD, Sarah         | Westbury Harriers         | VM40          | 47      |
| 168   | 68:04 | REDWOOD, Stewart     | Southville Running Club   | VM50          | 224     |
| 169   | 68:10 | WOODROFFE, Rachael   | Southville Running Club   | Senior Female | 22      |
| 170   | 68:21 | LEARMONTH, Gary      | Running Punks             | VM50          | 82      |
| 171   | 68:27 | JADY, Mel            |                           | VF50          | 233     |
| 172   | 68:55 | WATSON, Karen Louise | Vegan Runners             | VF50          | 195     |
| 173   | 69:07 | RONALD, Katie        |                           | VF50          | 225     |
| 174   | 69:08 | PEASE, Diane         | Southville Running Club   | VF60          | 169     |
| 175   | 69:09 | LEE, Wayne           |                           | VM40          | 189     |
| 176   | 69:12 | LEE, Corrie          |                           | VF40          | 244     |
| 177   | 69:43 | EDWARDS, Matt        |                           | VM40          | 190     |
| 178   | 70:34 | PHILLIPS, Helen      | Southville Running Club   | VF40          | 99      |
| 179   | 70:40 | JAMES, Richard       |                           | Senior Male   | 221     |
| 180   | 70:42 | HILTON, Ruth         |                           | Senior Female | 251     |
| 181   | 71:17 | WRIDE, Paul          |                           | VM50          | 112     |
| 182   | 71:41 | BOUND, Mel           | This Mum Runs             | VF40          | 203     |
| 183   | 71:41 | SPYCHALA, Dorota     |                           | VF40          | 239     |
| 184   | 71:43 | HAYNES, Lesley       |                           | VF40          | 88      |
| 185   | 72:14 | EVANS, Kate          |                           | VF40          | 43      |
| 186   | 73:31 | FOUNTAIN, Hannah     |                           | VF40          | 204     |
| 187   | 74:42 | ANDREWS, Vanessa     | Weston Athletic Club      | VF50          | 173     |
| 188   | 75:00 | BARTLETT, Pete       | Weston Athletic Club      | VM60          | 113     |
| 189   | 75:25 | CLUTTERBUCK, Ann     | Weston Athletic Club      | VF50          | 238     |
| 190   | 75:28 | WILLIAMS, Jon        |                           | VM50          | 191     |
| 191   | 75:30 | GIDDINGS, Richard    | Good Gym Race Team        | VM40          | 120     |
| 192   | 75:30 | DOWSETT, Kim         | Good Gym Race Team        | Senior Female | 147     |
| 193   | 75:30 | SLEE, Chloe          | Good Gym Race Team        | Senior Female | 171     |
| 194   | 75:30 | PRIEST, Danica       | Good Gym Race Team        | Senior Female | 197     |
| 195   | 75:47 | SRIVASTAVA, Seema    | Westbury Harriers         | VF40          | 32      |
| 196   | 75:47 | RANSOM, Christina    | This Mum Runs             | VF40          | 45      |
| 197   | 75:48 | OAKES, Robert        | Southville Running Club   | VM60          | 172     |
| 198   | 76:47 | PICKLES, Julian      |                           | VM40          | 243     |
| 199   | 76:59 | HARDY, Nikki         |                           | VF50          | 100     |
| 200   | 77:01 | BATH, Jacqueline     |                           | VF50          | 155     |
| 201   | 77:04 | WARD, Sarah          |                           | VF50          | 136     |
| 202   | 77:04 | WILKINSON, Alison    |                           | VF50          | 137     |
| 203   | 77:06 | HADDON, Mrs          |                           | VF40          | 184     |
| 204   | 78:24 | CONWAY, Wendy        |                           | VF60          | 52      |



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Sunday 26 February

| Place | Time   | Name                | Club                    | Category      | Race no |
|-------|--------|---------------------|-------------------------|---------------|---------|
| 205   | 78:24  | BLUNT, Caroline     | PAC Tri                 | VF50          | 53      |
| 206   | 78:28  | STAPLE, Lucy        |                         | VF40          | 227     |
| 207   | 78:50  | DAVIES, Rita        | Great Western Runners   | VF60          | 132     |
| 208   | 79:02  | GARDNER, Alice      | Chew Valley Snails      | VF40          | 89      |
| 209   | 79:03  | STRACHAN, Helen     |                         | VF40          | 85      |
| 210   | 79:06  | SPINNEY, Annabelle  | Chew Valley Snails      | VF40          | 84      |
| 211   | 79:09  | SPEAK, Kate         |                         | VF40          | 131     |
| 212   | 82:12  | SPEAK, Katherine    | Moor Road Runners       | Senior Female | 220     |
| 213   | 83:44  | MOLLOY, Julie       | Good Gym Race Team      | VF50          | 180     |
| 214   | 83:58  | HOUSTON, Melissa    | Southville Running Club | VF40          | 105     |
| 215   | 84:23  | WRIGHT, Alison      | PAC Tri                 | VF50          | 158     |
| 216   | 84:24  | ILES, Martin        |                         | VM50          | 159     |
| 217   | 85:05  | GOLDSTONE, Maryanne |                         | Senior Female | 63      |
| 218   | 86:48  | LYNAM, Michelle     | Weston Athletic Club    | VF50          | 152     |
| 219   | 86:57  | WILLIAMS, Caroline  | Weston Athletic Club    | VF60          | 151     |
| 220   | 87:01  | LEWIS, Gordon       | Bitton Road Runners     | VM60          | 218     |
| 221   | 87:34  | PARR, Pat           | Great Western Runners   | VF60          | 183     |
| 222   | 89:39  | MCLELLAN, Drew      | Southville Running Club | VM40          | 15      |
| 223   | 107:59 | BRAITHWAITE, David  | Southville Running Club | VM60          | 153     |