

**CHRISTMAS FOREST FIVE RACE - RESULTS**  
**SUNDAY 7 DECEMBER 2008**

<b>POSITION</b>	<b>NO</b>	<b>NAME</b>	<b>CLUB</b>	<b>CATEGORY</b>	<b>TIME</b>
1	158	ROB GORDON	FODAC	M	28.17
2	76	MICK BALLANTYNE	U/A	M40	29.26
3	155	FREEK VAN ARKEL	FODAC	M UNDER 20	30.46
4	135	MARK HARVEY	CHEPSTOW HARRIERS	M	31.08
5	96	ROGER CHAMBERLAIN	SRI CHIMONEY	M40	31.52
6	141	WILLIAM NEW	CHELTENHAM HARRIERS	M UNDER 20	32.02
7	68	DAVID HORNE	U/A	M	32.26
8	175	ALISTAIR WAKEFIELD	GLOUCESTER AC	M	32.31
9	167	LAURA KENT	CHELTENHAM HARRIERS	F	32.33
10	74	DAVID FROST	PARK BRYN BACH RC	M40	32.41
11	44	EARL SMITH	U/A	M	32.43
12	78	DAVID WOOD	DURSLEY & DISTRICT	M40	33.07
13	133	DAVID LOWTHIAN	SEVERN	M40	33.14
14	93	ASHLEY COOKE	HEREFORD COURIERS	M50	33.44
15	53	PETER WILLIAMS	ALMOST ATHLETES	M	34.19
16	160	DAVID ADAMS	CHELTENHAM HARRIERS	M40	34.24
17	86	ANDREW NORMAN	U/A	M50	34.28
18	47	SIMON CLEMENT	ALMOST ATHLETES	M40	34.48
19	156	MATT CREED	CHEPSTOW HARRIERS	M	35.10
20	173	PHIL DELANEY	U/A	M	35.12
21	139	ANDY STOTT	CHEPSTOW HARRIERS	M40	35.33
22	188	DALE MIDWINTER	ALMOST ATHLETES	M40	35.39
23	181	MICHAEL WOOD	CHELTENHAM HARRIERS	M40	35.40
24	161	JEREMY COWEN	CHEPSTOW HARRIERS	M	35.54
25	92	ALISON COOKE	HEREFORD COURIERS	F45	36.03
26	88	ANDREW PROCTOR	U/A	M	36.17
27	184	STEVE BROWN	CHELTENHAM HARRIERS	M50	36.20
28	97	DOMINIC SHIELAS	SAN DOMENICO	M40	36.27
29	45	GORDON SMILLIE	U/A	M40	36.58
30	142	PAUL NEW	CHELTENHAM HARRIERS	M40	37.13
31	151	JIM STEWART	U/A	M60	37.31

32	89	LORNA SHAW	CHEPSTOW HARRIERS	F45	37.32
33	152	DAVID SPACKMAN	GLOUCESTER	M60	37.52
34	52	STEPHEN WILLIAMS	ALMOST ATHLETES	M50	38.04
35	67	STEPHANE PETTER	U/A	M	38.17
36	176	ANDY DALLOW	FODAC	M	38.19
37	61	MARK FOYN	NIDD VALLEY ROAD RUNNERS	M40	38.55
38	84	HADRIAN GWILLIAM	TORFAEN	M	39.03
39	136	LOU SUMMERS	CHEPSTOW HARRIERS	F35	39.05
40	134	JIM STORRAR	U/A	M40	39.10
41	87	GLENN JONES	U/A	M	39.20
42	157	SUE ASHTON	CHEPSTOW HARRIERS	F45	39.39
43	79	MARK CHIMLEY	GMC	M	39.53
44	179	ROGER WINMILL	U/A	M40	39.54
45	62	PETER BLAKEMAN	GLOS MOUNTAINEERING	M50	39.56
46	138	GILL STOTT	CHEPSTOW HARRIERS	F45	39.58
47	46	ANDY BARRETT	U/A	M50	40.00
48	49	KELLY SHARE	U/A	F	40.14
49	146	LIZ MCGILL	U/A	F	40.23
50	140	RICK FINCH	CHEPSTOW HARRIERS	M60	40.31
51	185	PETER NEALE	U/A	M40	41.04
52	166	GARY HURCOMBE	U/A	M50	41.15
53	149	JAMES RIDLEY	U/A	M40	42.04
54	145	DEBORAH SOUTHGATE	ANGELS	F45	42.32
55	143	GRAHAM BENNETTO	U/A	M40	42.50
56	99	IAN STORRAR	U/A	M40	42.56
57	159	EMMA GORDON	FODAC	F35	43.02
58	56	ALISON BEAK	U/A	F35	43.06
59	85	DAVID SHORE	U/A	M UNDER 20	43.19
60	187	ANTHONY FISHER	ALMOST ATHLETES	M70	43.49
61	154	SUE STIRRUPS	U/A	M45	44.12
62	59	VICKI MORGAN	FODAC	F35	44.36
63	148	CRAIG FENNELL	U/A	M40	44.39
64	98	ROB SUMMERS	U/A	M40	44.44
65	50	IAN WILLS	U/A	M40	44.49
66	144	PETE EVANS	U/A	M60	45.15
67	77	LISA BALLANTYNE	U/A	F35	45.38

68	147	DAVID MCGILL	U/A	M	46.00
69	178	ROBERT WAINWRIGHT	GMC	M50	46.00
70	150	SARAH DERNIS	DULWICH RUNNERS	F35	46.24
71	83	SUSAN COOK	U/A	F35	46.36
72	65	CHRIS ADAMS	CHEPSTOW HARRIERS	M40	46.42
73	73	TONY BIRD	GMC	M50	46.49
74	94	KEVIN SANDERS	IVANHOE RC	M50	47.18
75	95	JUDITH SANDERS	IVANHOE RC	F45	47.18
76	182	HESTER DAVIS	ALMOST ATHLETES	F	47.33
77	91	PAMELA SUTER	ABER STRIDERS	F35	47.56
78	171	HELEN BOWN	ANGELS	F45	48.04
79	64	ANDREW COOK	U/A	M40	48.24
80	174	JOSIE THOMAS	U/A	F	48.30
81	183	DANIEL NYHAN	ALMOST ATHLETES	M	48.36
82	70	PHIL NAGL	U/A	M	48.46
83	168	ROWENA POLLACK	FODAC	F	48.58
84	170	WENDY NICHOLSON	FODAC	F45	48.58
85	153	CLAIRE PITCHER	U/A	F	49.13
86	69	GRAEME WATT	U/A	M	49.47
87	82	KATY POWELL	U/A	F	49.47
88	137	ALISON FORD	U/A	F45	50.38
89	60	NICOLA HALL	FODAC	F45	50.40
90	169	C-L BRADY	FODAC	F35	50.44
91	172	LOUISE PAGE	ANGELS	L35	51.35
92	90	LYNDA JAMES	ABER STRIDERS	F35	51.57
93	162	DAWN HYDE	ANGELS	F55	52.03
94	41	JANET MORGAN	FODAC	F45	52.32
95	186	MELVVIO POWELL	U/A	M40	52.49
96	164	CAROLE READER	U/A	F55	55.04
97	165	MARY LEYDEN	FODAC	F45	55.15
98	75	WENDY AYRTON	U/A	F35	55.17
99	177	ILSE FERWERDA	U/A	F35	57.32
100	180	DEBBIE BISHOP	ALMOST ATHLETES	F45	59.42
101	163	CHRIS ELLIS	ANGELS	F55	60.38