

Self-Transcendence 3 x 1 Mile Relay

Eastville Park, Bristol

22 July 2014

Finishing Position	Race Number	Team Name / Name	Club	Splits	Time Category	Category	Place *
1	39	BRECON NEARLY KILLED ME			14:51	Men	1st
	39A	Grainer, Ross	Bristol & West AC	4:53			
	39B	McKenna, Jarlath	Bristol & West AC	4:54			
	39C	Bialogonski, Maciej	Bristol & West AC	5:04			
2	52	B52S			15:32	Men	2nd
	52A	Fryer, Mark	Southville RC	5:13			
	52B	Hickman, Andy	Southville RC	5:09			
	52C	Burns, Matt	Southville RC	5:10			
3	34	TEAM SHEPPARDS			15:44	Family	1st
	34A	Burgess, Stuart	Unattached	5:28			
	34B	Burgess, Josiah	Unattached	5:21			
	34C	Sheppard, Olly	Team Bath	4:55			
4	44	3 AMIGOS			15:52	Men	3rd
	44A	Hughes, Gary	Team Bath	5:07			
	44B	Phillips, Robin	Westbury Harriers	5:19			
	44C	Palmer, Chris	Westbury Harriers	5:26			
5	46	BRISTOL & WEST FUN RUNNERS			16:21	Men	
	46A	Whittaker, Alex	Bristol & West AC	5:03			
	46B	Wright, Andrew	Bristol & West AC	5:52			
	46C	McQuade, Ciaran	Bristol & West AC	5:26			
6	43	BRISTOL & WEST 2ND			16:31	Men	
	43A	Burley, Mark	Bristol & West AC	5:30			
	43B	Pantlin, Charlie	Bristol & West AC	5:28			
	43C	Watkins, Tom	Bristol & West AC	5:33			
7	36	FRAMPTON HARRIERS			16:58	Men	
	36A	Bidwell, Jason	Bristol & West AC	5:39			
	36B	Sellars, Bruce	Bristol & West AC	5:52			
	36C	Bennett, Nick	Bristol & West AC	5:27			
8	45	GWR MENS			17:01	Men	
	45A	Cox, John	Great Western Runners	5:47			
	45B	Kropacsy, Marcus	Great Western Runners	5:57			
	45C	Mason, Paul	Great Western Runners	5:17			

9	49	SOUTHVILLE SLACKERS			17:04 Men	
	49A	Webb, Pete	Southville RC	5:54		
	49B	O'Boyle, Kevin	Southville RC	5:34		
	49C	Deaton, Paul	Southville RC	5:36		
10	53	IFTIN			17:06 Men / Non-c	1st **
	53A	Ali, Mukhtar	Unattached	5:11		
	53B	Osman, Mohamed	Unattached	5:41		
	53C	Farhan, Duco	Unattached	6:14		
11	47	BRISTOL & NAILSEA			17:40 Mixed	1st
	47A	Chance, Greg	Bristol & West AC	5:27		
	47B	Lakin, Marie	Bristol & West AC	6:55		
	47C	Rooney, John	Nailsea RC	5:18		
12	37	PIMP MY SREIDE			17:53 Men	
	37A	Kanaris, Daniel	Unattached	7:07		
	37B	Blakeney, Stephem	Great Western Runners	5:40		
	37C	Campbell, Scott	Westbury Harriers	5:06		
13	55	TEAM GAV			18:05 Men	
	55A	Watkins, Gavin	Great Western Runners	5:50		
	55B	Watkins, Gavin	Great Western Runners	5:56		
	55C	Watkins, Gavin	Great Western Runners	6:19		
14	51	GWR LADIES			18:11 Women	1st
	51A	Ellis, Lucy	Great Western Runners	6:14		
	51B	Dicks, Kelly	Great Western Runners	5:59		
	51C	Kingsland, Helen	Great Western Runners	5:58		
15	38	3 OF A KIND			18:28 Women	2nd
	38A	Coleman, Jane	Bristol & West AC	6:33		
	38B	Joliffe, Clare	Bristol & West AC	5:52		
	38C	Everitt, Sarah	Bristol & West AC	6:03		
16	24	TEAM 1 - TEAM ENERGISED GAIN THE EDGE			18:52 Mixed / Non	2nd **
	24A	Kay, Lottie	Unattached	6:23		
	24B	Wright Hider, Gwil	Unattached	5:34		
	24C	Wood, John	Unattached	6:55		
17	33	THE SUN SHINES			19:21 Mixed	
	33A	Owen, Paul	Bristol & West AC	6:12		
	33B	Moore, Emily	Bristol & West AC	6:33		
	33C	Crofts, Olivia	Bristol & West AC	6:36		
18	42	BRISTOL & WEST 1			19:56 Mixed	
	42A	Nutt, Mike	Bristol & West AC	6:39		

	42B	Wilcox, Alan	Bristol & West AC	6:12		
	42C	Williams, Megan	Bristol & West AC	7:05		
19	48	BEST BUDDIES			19:56	Women 3rd
	48A	Joliffe, Emma	Bristol & West AC	6:41		
	48B	Allan, Tracy	Bristol & West AC	6:37		
	48C	Anstey, Henrietta	Bristol & West AC	6:38		
20	30	TEAM 7 - TEAM ENERGISED QUICK MIX			20:15	Mixed
	30A	Hurst, Michele	Unattached	6:03		
	30B	Wright Hider, Gwil	Unattached	7:27		
	30C	Burke, Wilf	Thornbury RC	6:45		
21	32	TEAM 9 - TEAM ENERGISED BUSINESS ATHLETES			21:05	Mixed / Non-Club
	32A	Haylett, Pip	Unattached	6:30		
	32B	Cole, Rich	Unattached	8:03		
	32C	Hurst, Mike	Unattached	6:32		
22	54	YOU'LL BE LUCKY			21:22	Men
	54A	Nuell, Richard	Portishead RC	8:03		
	54B	Lozano, antonio	Unattached	6:03		
	54C	Guest, David	Westbury Harriers	7:16		
23	35	HOT TODDIES			22:25	Vets 1st
	35A	Salter, Maggie	Bristol & West AC	7:15		
	35B	Colman, Robert	Bristol & West AC	6:57		
	35C	Butterly, Andy	Bristol & West AC	8:13		
24	26	TEAM 3 - TEAM ENERGISED MEN			22:31	Men / Non-club
	26A	Barber, Dave	Unattached	7:21		
	26B	Dominey, Russell	Unattached	7:00		
	26C	O'Brien, John	Unattached	8:10		
25	40	A WALK IN THE PARK			22:45	Mixed
	40A	Jones, Ian	Unattached	8:01		
	40B	Redmond, Vanessa	Town and Country Harriers	8:38		
	40C	Redmond, Lucas	Unattached	6:06		
26	41	TEAM 160			23:38	Mixed
	41A	Taylor-Morris, Paul	Bristol & West AC	8:07		
	41B	Watson, Karen	Bristol & West AC	7:31		
	41C	Kenington, Rich	Bristol & West AC	8:00		
27	25	TEAM 2 - TEAM ENERGISED NICHOLS			25:14	Family / Non-club
	25A	Nichols, Phil	Unattached	7:05		
	25B	Nichols, Max	Unattached	8:19		
	25C	Nichols, Su	Unattached	9:50		

28	28	TEAM 5 - TEAM ENERGISED JEFFORD & CO			26:06 Family / non-club
	28A	Jefford, Toby	Unattached	9:35	
	28B	Jefford, Lucy	Unattached	9:34	
	28C	Jefford, Darren	Unattached	6:57	
29	27	TEAM 4 - JAN, KATH & MEL TING			30:45 Women / Non-club
	27A	Burke, Jan	Unattached	11:36	
	27B	Doherty, Kath	Unattached	8:20	
	27C	Gilbert, Mel	Unattached	10:49	
30	29	TEAM 6 - TEAM ENERGISED INSIDE OUT			32:22 Women / Non-club
	29A	Hendry, Sue	Unattached	9:41	
	29B	Woolf, Kalpna	Unattached	11:09	
	29C	O'Brien, Dee	Unattached	11:32	
31	31	TEAM 8 - TEAM ENERGISED THE POSSIBLES			33:04 Mixed / Non-club
	31A	Tubb, Simon	Unattached	12:00	
	31B	Hansen, Tina	Unattached	15:14	
	31C	Haylett, Pip	Unattached	5:50	

* Medal places only

** Change in medal category order from those announced on the night.

Results compiled by Rasmivan Collinson 25/07/14