

**Wistanstow Walk 2013
Finishers List**

	No	Name	Kempton 6 miles	Clun 11.5 miles	Bishops Castle 17.5 miles	Plowden 22 miles	Finish Wistanstow 26 miles
1	52	John Taylor	1.05	1.55	2.56	3.44	4.38
1	114	Lucy Aphramor	1.04	1.58	2.56	3.44	4.38
1	128	Calvin Wright	1.05	1.55	2.56	3.45	4.38
4	99	Garry Dean	1.06	1.59	3.02	3.49	4.48
5	153	Tim Parker	1.05	1.59	3.09	3.58	5.04
6	154	Darren Nicholson	1.17	2.15	3.35	4.16	5.07
7	115	Emma Wareham	1.10	2.08	3.15	4.07	5.09
8	102	Alison Hartshorne	1.10	2.07	3.18	4.10	5.16
9	25	Derek McIntosh	1.10	2.08	3.16	4.10	5.20
9	73	Gareth Jones	1.10	2.07	3.18	4.12	5.20
11	126	Alistair Dean	1.05	2.02	3.18	4.12	5.30
12	171	Janet Jeffreys	1.17	2.16	3.35	4.27	5.31
13	151	Ian Bytheway	1.17	2.22	3.35	4.27	5.32
14	14	Mark Bayliss	1.17	2.20	3.35	4.34	5.37
14	61	Joan Clarke	1.17	2.16	3.35	4.33	5.37
16	13	Louise Dermont	1.17	2.20	3.35	4.34	5.38
17	127	Dave Nichols	1.15	2.12	3.30	4.28	5.44
18	18	Graham Spencer	1.21	2.25	3.48	4.48	5.58
18	19	Dianne Spencer	1.21	2.25	3.48	4.48	5.58
18	21	Bill Heath	1.20	2.25	3.47	4.48	5.58
21	165	Russell Mapp	1.07	2.18	3.46	4.48	6.01
21	166	Jane Mapp	1.07	2.18	3.46	4.48	6.01
23	155	Anthony Trow	1.18	2.19	3.39	4.45	6.09
23	156	Jason Norgrove	1.18	2.19	3.39	4.45	6.09
25	76	Jonathan Collier	1.21	2.26	3.57	4.59	6.21
25	84	Steve Hayward	1.21	2.26	3.57	4.59	6.21
27	42	James Treverton	1.17	2.25	3.55	5.05	6.25
28	74	Rob Williams	1.17	2.25	3.55	5.05	6.27
29	145	Michael Cook	1.21	2.31	4.20	5.25	6.39
30	168	Neil Collins	1.32	2.55	4.30	5.34	6.44
31	162	Sarah Swaysland	1.44	2.59	4.32	5.36	6.52
31	163	Andy Barnes	1.44	2.59	4.32	5.36	6.52
33	121	Dave Spurling	1.32	2.49	4.24	5.34	6.58
34	26	Caroline Prentice	1.46	3.02	4.45	5.54	7.08
34	28	Steve Adams	1.46	3.02	4.45	5.54	7.08
36	124	Stephanie Mackey	1.39	2.55	4.32	5.41	7.13
37	88	Jane Webb	1.44	3.05	4.49	6.00	7.24
37	100	Julia Dean	1.44	3.05	4.49	6.00	7.24
39	150	Neil Bromley	1.45	3.03	4.42	5.57	7.30
40	97	Darren Sadd	1.43	3.02	4.50	6.04	7.45
40	125	Mal Hall	1.43	3.02	4.50	6.04	7.45
42	108	David Andrew	1.55	3.06	4.58	6.22	7.58
43	1	Veritie Yates	2.00	3.30	5.34	6.54	8.07
44	16	Rachel Downes	1.54	3.24	5.21	6.45	8.10

Position	No	Name	Kempton 6 miles	Clun 11.5 miles	Bishops Castle 17.5 miles	Plowden 22 miles	Finish Wistanstow 26 miles
44	17	Brian Downes	1.54	3.24	5.21	6.45	8.10
46	91	John Broadhead	1.59	3.28	5.29	6.54	8.33
47	2	Keith Yates	2.00	3.30	5.34	7.11	8.37
48	176	Joe Hall	1.57	3.24	5.20	6.57	8.40
48	177	Stuart Jones	1.57	3.24	5.20	6.57	8.40
48	178	Richard Johnson	1.57	3.24	5.20	6.57	8.40
48	180	Peter Griffiths	1.57	3.24	5.20	6.57	8.40
48	182	Stephen Barnfield	1.57	3.24	5.20	6.57	8.40
53	104	Jerry Gould	2.04	3.36	5.48	7.11	8.45
53	105	Linda Gould	2.04	3.37	5.48	7.11	8.45
55	122	Andrew Gilbertson	1.59	3.36	5.42	7.10	8.48
55	123	Gill Howe	1.59	3.36	5.42	7.10	8.48
57	66	Chris Preece	2.03	3.38	5.49	7.24	8.52
57	148	Vicky Andrews	1.53	3.24	5.41	7.09	8.52
57	149	Edward Andrews	1.53	3.24	5.41	7.09	8.52
57	152	Christine Bishop	2.05	3.37	5.48	7.11	8.52
61	54	Lisa Rowley	2.03	3.36	5.49	7.24	8.55
62	55	Graham Rowley	2.03	3.36	5.49	7.24	8.56
63	11	Nick Garavini	2.12	3.52	6.14	7.30	9.02
63	98	Neil Penney	1.57	3.31	5.47	7.15	9.02
63	130	Keith Burgess	1.57	3.31	5.48	7.16	9.02
63	131	Sally Barnett	1.56	3.28	5.48	7.16	9.02
67	62	Diane Forbes	2.06	3.41	5.47	7.17	9.06
67	63	Gill Boulton	2.05	3.41	5.47	7.17	9.06
69	96	Michael Pool	1.57	3.31	5.38	7.15	9.07
70	58	Phil Langford	2.04	3.38	5.49	7.24	9.08
70	59	Amanda Langford	2.04	3.38	5.49	7.24	9.08
70	65	Rebecca Preece	2.03	3.37	5.49	7.24	9.08
73	129	Ron Voyce	2.04	3.45	5.49	7.22	9.12
74	6	Phil Stevens	1.59	3.36	5.49	7.25	9.19
74	15	Tony Francis	1.59	3.36	5.49	7.25	9.19
74	119	Carol Bickerstaffe	2.04	3.39	5.56	7.29	9.19
74	120	David Rymer	2.04	3.39	5.56	7.29	9.19
78	110	Ben Wright	2.13	3.58	6.19	7.52	9.20
78	144	H. P. Farmer	2.13	3.58	6.19	7.52	9.20
80	140	Liz Shanklin	2.09	3.46	6.04	7.33	9.25
81	81	Miriam Lawley	2.06	3.45	6.07	7.37	9.26
82	71	Stephen Smith	2.04	3.38	6.05	7.37	9.28
82	72	Jason Smith	2.04	3.38	5.50	7.37	9.28
82	82	Tracey Gibbons	2.06	3.45	6.07	7.37	9.28
82	159	Mel Kapitanec	2.07	3.48	6.07	7.38	9.28
82	160	Jan Kapitanec	2.07	3.48	6.07	7.38	9.28
87	50	Steven Cox	2.15	3.54	6.05	7.38	9.35
87	68	Angela Batho	2.15	3.54	6.05	7.38	9.35

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89	7	Carolyn Fox	2.15	3.55	6.08	7.45	9.37
89	8	Clare Harland	2.15	3.55	6.08	7.45	9.37
89	9	Helen Pool	2.15	3.55	6.08	7.45	9.37
92	181	Andrew Barnfield	2.17	3.57	6.16	7.55	9.41
93	69	Sarah Hall	2.19	4.00	6.17	7.55	9.43
93	173	Annette Martin Jones	2.19	4.00	6.17	7.55	9.43
93	175	Geoff Hall	2.18	3.57	6.16	7.55	9.43
93	188	Kath Perkins	2.18	4.00	6.17	7.55	9.43
97	85	Peter Cooke	2.04	3.37	6.05	7.42	9.47
97	86	Ian Hughes	2.04	3.37	6.05	7.41	9.47
97	87	Lauren Hughes	2.04	3.37	6.05	7.41	9.47
97	187	Maddy Morris	1.55	3.37	6.05	7.42	9.47
101	106	Emily Westall	2.13	3.58	6.19	7.59	9.48
101	107	Nicola Froggatt	2.13	3.58	6.19	7.59	9.48
101	109	Edward Corbett	2.13	3.58	6.19	7.59	9.48
101	111	Tiffany Corbett	2.15	3.58	6.19	7.59	9.48
105	39	Chris McMahon	2.19	4.07	6.45	8.13	10.06
106	77	Janet Pitt Lewis	2.09	3.48	6.07	7.55	10.10
106	78	Neil Fullwood	2.10	3.50	6.07	7.56	10.10
108	79	Jon Challinor	2.11	4.02	6.22	8.07	10.21
108	80	Wendy Challinor	2.11	4.02	6.22	8.07	10.21
110	10	Joanne Garavini	2.12	3.52	6.15	7.53	10.27
110	12	Dick Savage	2.12	3.52	6.15	7.53	10.27
112	113	Carol Davies	2.20	4.07	6.52	8.41	10.53
112	117	Jayne Hughes	2.20	4.07	6.52	8.41	10.53
112	142	Jane Carroll	2.20	4.07	6.52	8.41	10.53
112	158	Sally Hayward	2.20	4.07	6.52	8.41	10.53
116	70	David John	2.14	4.04	6.57	8.42	10.55
117	33	John Taylor	2.20	4.27	7.35	9.40	11.56
117	48	Rob Fielding	2.28	4.27	7.35	9.40	11.56
	167	Ann Kirby-Collins	1.32	2.55	4.30		
	146	Alison Pauling	1.52	3.19	5.24		
	147	Tim Pauling	1.52	3.19	5.24		
	141	Geoff Kinlen	2.05	3.41	5.47		
	22	Tom Cooley	2.17	4.04	6.20		
	23	Finn Galtress	2.17	4.04	6.20		
	186	Carol Morris	1.55	3.37	6.20		
	51	Mary Cox	2.33	4.42	7.35		
	92	Helen Humphreys	2.33	4.42	7.35		
	38	Vince Wallace	2.20	4.27	8.15		
	185	Sue Rose	2.33	4.42	8.15		
	170	Les Smith	1.22	2.31			
	89	Sue Green	1.44	3.16			
	90	Sue Whittingham	1.44	3.16			

Position	No	Name	Kempton 6 miles	Clun 11.5 miles	Bishops Castle 17.5 miles	Plowden 22 miles	Finish Wistanstow 26 miles
	103	Gwyn Harris	1.44	3.16			
	35	Mick Huffer	2.10	3.48			
	36	Hazel Huffer	2.10	3.48			
	136	Meryl Jones-Williams	2.09	3.48			
	137	Clare Lancette-Edwards	2.08	3.48			
	139	Jacqui Williams	2.08	3.48			
	132	Helen Groom	2.11	4.01			
	133	Cathy Booth	2.11	4.01			
	134	Susan Jones	2.09	4.01			
	135	Angela Gwilliam	2.13	4.08			
	138	Rachel Morris	2.13	4.08			
	34	Hayley Hughes	2.17	4.12			
	64	Caroline Morris	2.16	4.12			
	67	Sally Newton	2.13	4.12			
	75	Yvonne Williams	2.13	4.15			
	183	Jan Clarke	2.35	4.19			
	184	Sarah Howells-Ford	2.35	4.19			
	44	Conrad Mallinson	2.49	5.25			
	27	Ian Hughes	2.49	5.30			
	43	Heike Mallinson	2.49	5.30			
	47	Cymone Hughes	2.49	5.30			
	189	John Taylor	2.49				
	190	Jean Taylor	2.49				

Well done everyone, thank you for entering the Wistanstow Challenge Walk (Tour des Marches) we hope that you enjoyed it, once again we know that some of you exceeded your personal goals.

We managed to arrange the weather again!

As always spirits seemed to be high with lots of stories of people pulling together to help each other along, which is what it's all about.

If any of you have any tales to tell please get in touch. We gathered a few comments at the end which we will place onto the website.

During the next week or so the South Shropshire Journal will carry some pictures and a small report. Pictures will also appear at some point on

www.wistanstowwalk.blogspot.com

The organisers would like to thank, Britpart Ltd, Craven Arms; Outdoor Depot, Church Stretton; Woods Brewery, Wistanstow; Wenlock Water, Wolverton; John Taylor & Son (Painters & Decorators), Ludlow; Hough & Son (Butchers), Church Stretton; Spar, Craven Arms; The Plough Inn, Wistanstow; The Inkspot (Printers), Ludlow; The 49er Fish & Chips, Craven Arms; the landowners and the Firefighters at Clun and Bishop's Castle for their support and assistance. If you visit any of these places please thank them.

The first finishers were John Taylor (Newport) Lucy Aphramor (Church Stretton) and Calvin Wright (Shrewsbury) who sped around in 4hrs 38mins.

Lucy's time is the quickest ever by a lady beating the 5.00 hrs set by Lisa Garside last year, not that we do records in the LDWA you understand! Lucy was followed by Emma Wareham (Cross Houses) 5.09 and Alison Hartshorne (All Stretton) in 5.16.

The ladies really seem to come into their own at Wistanstow taking 8 of the first 20 places. They also accounted for a large proportion of the entry, please tell us what you like about our event, is it the toilets? ☺

20 men managed to complete within 6hrs 30mins, and 13 ladies made it within 7hrs 30mins.

We had no less than 3 John Taylor's taking part, one in the first group, one in the final group and one who completed 6 miles. Well done to all! ☺

Finally a plea for help, we desperately need more helpers, especially at the start, if you think you may like to put something back or know of someone who could assist please let us know.

Hopefully we (you) have raised a bit of money for a good cause (to be decided) in the Parish and the Firefighters Charity, and hopefully we can do it all again next year! See you then.

The Organisers.

Statistics	
Entries	191
Non Starters	36
Starters	155
26 Mile Completions	118
18 Mile Completions	11
12 Mile Completion	24
6 Mile Completion	2