

MAXXIS SCODY Sunshine Series Rd 1 Cross Country

U11 Boys

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			
473	Tyson Stevens	Gold Coast	06:25	06:50				1	13:15	2	
472	Rohann Irving	Day	06:35	07:02				2	13:37	2	00:22
471	Remy Morton	Gold Coast	06:38	09:37				3	16:15	2	03:00
470	Nicholas Pinnell	Day	09:41	08:27				4	18:08	2	04:53

U11 Girls

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			
480	Annie Pittendrigh	Day	06:41	06:58				1	13:39	2	00:24

U13 Boys

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			
368	Ben Forbes	Kenmore	04:43	05:01	05:06			1	14:50	3	
367	Caspian Snoswell	D'Aguilar	04:48	05:25	05:33			2	15:47	3	00:57
363	Lachlan Hickey	Day	05:19	05:31	05:25			3	16:15	3	01:26
360	Dhugald Snow	Kenmore	05:16	05:55	05:45			4	16:56	3	02:06
365	Jordon Daniels	S S Rats	05:19	07:06	07:04			5	19:29	3	04:39
366	Andrew Bieniewicz	S S Rats	06:07	07:36	07:18			6	21:00	3	06:10
364	Lachlan Cook	Gold Coast	06:52	07:24	07:11			7	21:27	3	06:37
362	Fraser McLauchlan	Day	08:06	08:27	08:60			8	25:33	3	10:43
361	Alex Wright		09:30	10:38	12:50			9	32:57	3	18:07

Elite Women

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			
34	Imogen Smith		24:20	26:47	23:53			1	1:14:60	3	1:00:10
31	Erica Oldfield	NRG	24:18	26:51	25:32			2	1:16:41	3	1:01:51
32	Erin Stoklaga	NRG	25:59	28:03	28:29			3	1:22:31	3	1:07:41

Elite Women

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category Place	Time	Laps	Lap Time Down
30	Tanya Britton	TRC	27:51	29:13	30:56			4	1:28:00	3	1:13:10

U17 Men

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category Place	Time	Laps	Lap Time Down
226	Kieran Poole	S S Rats	23:55	25:20	27:24			1	1:16:39	3	1:01:49
224	Adam Smith	Kenmore	24:28	28:25	29:32			2	1:22:26	3	1:07:36
222	Steven Holm	TRC	27:01	30:13	29:52			3	1:27:06	3	1:12:16
225	Sam Judd	Gold Coast	28:09	30:54	29:05			4	1:28:08	3	1:13:18
227	Alex Straw	Day	29:01	29:58	29:33			5	1:28:33	3	1:13:43
223	Ben Dixon	Kenmore	28:53	39:09	1:08:38			6	2:16:40	3	2:01:50
228	Tom Meechan	S S Rats	DNF	DNF					DNF	1	

U15 Men

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category Place	Time	Laps	Lap Time Down
323	Richard Cook	Gold Coast	27:22	29:25				1	56:47	2	43:32
321	Jared Oldfield	Day	28:42	29:25				2	58:07	2	44:52
325	Carl Winn	Bush Range	28:44	30:01				3	58:45	2	45:30
333	Samuel Manson	Gold Coast	28:11	30:46				4	58:57	2	45:42
329	Ben Gierke	TRC	30:01	31:51				5	1:01:52	2	48:37
327	Stephen Moodie	St Pauls	32:25	32:60				6	1:05:24	2	52:09
322	Alex Skippen	S S Rats	30:31	38:04				7	1:08:35	2	55:19
324	Christopher Magwood	S S Rats	33:24	36:05				8	1:09:29	2	56:14
326	Ryan Carrier	TRC	38:15	41:20				9	1:19:36	2	1:06:21
332	Berv Stewart	Day	42:44	48:04				10	1:30:48	2	1:17:33
328	Aaron Shillington	D'Aguilar	45:23	1:14:49				11	2:00:12	2	1:46:57
330	Jim O'Sullivan	Ashgrove	57:17	DNF	DNF				DNF	2	

Master Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category		Laps	Lap Time Down
								Place	Time		
404	Dave Gilbert	Gap	23:05	24:36	24:38			1	1:12:20	3	57:30
411	Mark Evans	TRC	23:58	25:59	25:31			2	1:15:28	3	1:00:38
420	Stewart Cumming		24:23	25:58	26:09			3	1:16:31	3	1:01:41
403	Ian Holm	TRC	25:00	25:54	26:53			4	1:17:47	3	1:02:57
400	Robert Henderson	TRC	24:21	26:37	28:11			5	1:19:09	3	1:04:19
280	Jack Weitenberg	Gold Coast	30:04	24:28	25:19			6	1:19:51	3	1:05:01
413	John Travers	Kenmore	24:41	27:03	28:28			7	1:20:12	3	1:05:23
416	Nicholas Taylor	Gold Coast	24:57	27:33	27:58			8	1:20:29	3	1:05:39
418	Keith Jarrott	S S Rats	25:39	27:35	27:35			9	1:20:49	3	1:05:59
409	Grant Ford	D'Aguilar	27:10	26:42	27:13			10	1:21:06	3	1:06:16
405	Paul Cook	TRC	26:44	28:12	27:51			11	1:22:48	3	1:07:58
406	John Forbes	Kenmore	27:50	27:49	27:19			12	1:22:59	3	1:08:09
414	Rick Whitehead	Kenmore	26:48	28:54	27:47			13	1:23:29	3	1:08:39
415	Paul Grubner	Day	27:33	29:55	29:38			14	1:27:06	3	1:12:17
408	Lindsay McPherson	Gap	29:37	30:54	30:58			15	1:31:30	3	1:16:40
419	James Morris	S S Rats	28:42	32:29	31:29			16	1:32:40	3	1:17:50
417	Jeff Shillington	D'Aguilar	29:13	32:54	33:35			17	1:35:41	3	1:20:52
410	Michael Noble	TRC	31:32	34:25	39:54			18	1:45:51	3	1:31:01
412	Barry Harvey	Day	35:55	37:52	41:04			19	1:54:51	3	1:40:01
401	Shane Musgrove	Day	34:37	DNF	DNF				DNF	2	
402	Reg Byrne	Day	33:15	41:03	DNF	DNF			DNF	3	

Super Master Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category		Laps	Lap Time Down
								Place	Time		
72	Alan Mumford	S S Rats	22:30	22:40	23:13			1	1:08:23	3	53:33
60	Kevin Jones	TRC	22:27	22:48	23:32			2	1:08:47	3	53:57
67	Andy McNaught	Day	22:43	24:42	24:23			3	1:11:48	3	56:58
69	Greg Carr	TRC	23:35	25:54	26:13			4	1:15:42	3	1:00:52
70	Leigh Christenson	S S Rats	25:14	26:37	26:49			5	1:18:39	3	1:03:49
71	Robert Rhodes	Kenmore	26:03	29:14	28:43			6	1:24:00	3	1:09:10
76	Gary Poole	S S Rats	27:25	28:30	28:50			7	1:24:45	3	1:09:55
63	Mark Meyers	Day	26:42	29:16	29:25			8	1:25:23	3	1:10:34
66	Jeff Brooks		32:55	27:11	28:14			9	1:28:20	3	1:13:30

Super Master Men

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			Down
65	William Bartleet	Day	28:23	29:46	31:18			10	1:29:27	3	1:14:37
62	Brian Biga	S S Rats	28:27	30:20	31:20			11	1:30:06	3	1:15:16
64	Alf Cerwea	Bush Range	28:17	31:35	44:46			12	1:44:38	3	1:29:48
68	Kerry Noyes	Day	38:35	43:20	44:56			13	2:06:51	3	1:52:01
61	Ken Mullally		36:57	38:49				14	1:15:46	2	1:02:31

C Men

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			Down
137	Glen Murphy	Day	24:04	25:30	24:55			1	1:14:30	3	59:40
670	Lee Stariha	TRC	24:14	26:06	25:35			2	1:15:56	3	1:01:06
126	David Wenck	Day	23:51	25:41	27:18			3	1:16:51	3	1:02:01
119	Lee Winn	Bush Range	25:06	26:30	26:38			4	1:18:15	3	1:03:25
113	Shawn Reed	TRC	25:19	27:01	26:57			5	1:19:17	3	1:04:27
100	Cary Browne	Kenmore	26:14	26:27	26:49			6	1:19:30	3	1:04:40
115	Erin Smith	Day	25:55	27:29	27:02			7	1:20:26	3	1:05:36
116	Brendon Pearce	Day	25:59	26:54	27:46			8	1:20:39	3	1:05:49
101	Norman Doyle	North Bris	25:09	27:39	28:51			9	1:21:39	3	1:06:49
125	Michael Corcoran	Day	27:09	26:44	27:48			10	1:21:41	3	1:06:51
128	Rodney Gibson	Kenmore	26:37	28:33	29:35			11	1:24:45	3	1:09:55
674	Richard Mulligan	Day	28:17	27:45	29:19			12	1:25:21	3	1:10:31
121	Damien Petfield	Bundaberg	28:11	27:55	29:15			13	1:25:22	3	1:10:32
118	Mathew Pavli	Day	28:18	27:40	29:29			14	1:25:27	3	1:10:37
117	Angus McGarva	S S Rats	28:14	27:50	29:25			15	1:25:29	3	1:10:39
133	Lee Murphey	Dirt Slave	29:18	27:37	28:53			16	1:25:48	3	1:10:58
145	Craig Shepperson	Ipswich	27:31	29:01	29:31			17	1:26:03	3	1:11:13
671	Michael Burley	Day	31:10	26:45	28:15			18	1:26:10	3	1:11:20
122	Peter York	Toowoomba	28:07	28:52	29:16			19	1:26:15	3	1:11:25
114	Ryan Myler	Toowoomba	28:18	28:09	30:06			20	1:26:33	3	1:11:43
661	Daniel Faccio	Day	27:30	29:58	30:35			21	1:28:02	3	1:13:12
103	Dave Grantley	Gold Coast	28:00	29:51	30:56			22	1:28:47	3	1:13:57
105	Marty Demangone	Day	30:23	26:50	31:56			23	1:29:09	3	1:14:19
660	Sandy Dolley	Day	30:48	28:07	30:36			24	1:29:31	3	1:14:41
120	Richard Bartlett	Day	28:16	27:31	34:48			25	1:30:35	3	1:15:45

C Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category Place	Time	Laps	Lap Time Down
124	Peter Barron	S S Rats	28:17	29:13	33:12			26	1:30:42	3	1:15:52
135	Joshua Gowty		31:05	27:21	32:19			27	1:30:45	3	1:15:55
662	Paul Codina	Ipswich	28:22	31:15	31:12			28	1:30:49	3	1:15:59
129	Frank Kenny	North Bris	31:05	27:45	32:13			29	1:31:03	3	1:16:13
110	John Pinnell	TRC	31:04	29:17	31:34			30	1:31:55	3	1:17:05
141	Cameron Taylor	Day	31:11	31:10	31:30			31	1:33:51	3	1:19:01
144	Alain Hilfiker	Day	31:11	30:15	35:07			32	1:36:34	3	1:21:44
102	Laurence Mooney	Day	31:09	30:50	34:37			33	1:36:36	3	1:21:46
104	David Pannell	TRC	31:13	31:34	33:56			34	1:36:43	3	1:21:53
111	Nick Aristoteli	Day	31:12	31:38	34:36			35	1:37:26	3	1:22:36
669	James Moss	Day	31:13	32:47	33:40			36	1:37:40	3	1:22:50
136	Nick Boyle	Day	28:26	31:35	37:45			37	1:37:47	3	1:22:57
663	Karl Moffitt	TRC	31:10	29:49	36:50			38	1:37:48	3	1:22:58
108	Michael Kingston	TRC	31:13	33:22	33:16			39	1:37:51	3	1:23:01
143	Andrew Seeley	Bush Range	29:43	28:50	40:13			40	1:38:47	3	1:23:57
664	Nigel Kee		33:43	32:56	32:17			41	1:38:57	3	1:24:07
130	Michael Kornacki	Day	31:13	33:15	34:60			42	1:39:28	3	1:24:38
665	Damien Gardiner	Day	33:41	33:37	32:18			43	1:39:37	3	1:24:47
139	Shannon Duggan	Kenmore	28:16	38:10	34:37			44	1:41:03	3	1:26:13
672	Chris Byron	Gold Coast	31:12	32:51	37:02			45	1:41:05	3	1:26:15
667	Tim Binns	Day	33:45	33:30	35:04			46	1:42:19	3	1:27:29
106	Mark Hannam	TRC	31:50	32:43	38:11			47	1:42:44	3	1:27:54
132	Steven Krajc	Dirt Slave	32:54	36:17	37:37			48	1:46:49	3	1:31:59
123	Mathew Noyes	Day	33:51	37:39	36:00			49	1:47:30	3	1:32:40
134	Leonard Moroney	Dirt Slave	34:47	38:22	38:16			50	1:51:25	3	1:36:36
127	Julian Velusquez	Day	34:50	38:51	41:43			51	1:55:24	3	1:40:34
112	Greg Hickey	Day	34:37	38:40	42:45			52	1:56:02	3	1:41:12
668	Aan Jaminon	Day	39:07	40:22	44:58			53	2:04:26	3	1:49:36
666	Andrew Whitby	Day	42:35	42:08				54	1:24:42	2	1:11:27
131	Marc Wright	Day	50:03	56:19				55	1:46:22	2	1:33:07
140	Cameron Lucas	Day	32:52	DNF	DNF				DNF	2	
142	Duncan Rich	Day	45:53	DNF	DNF				DNF	2	
673	Kery Johnson	Day	40:27	DNF	DNF				DNF	2	
107	Drew Edbrooke	Day	35:44	DNF	DNF				DNF	2	
138	Stuart Bushell		31:06	DNF	DNF				DNF	2	

B Women

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			Down
649	Jayne Ryeland	Bush Range	27:07	28:18				1	55:25	2	42:10
646	Lindy McNaught	Day	28:05	30:42				2	58:47	2	45:32
647	Danah Wood	Ipswich	28:60	30:22				3	59:22	2	46:07
650	Allison Davies	Ipswich	31:13	32:36				4	1:03:49	2	50:34
643	Lisa McGarva		31:50	35:26				5	1:07:16	2	54:01
641	Annette Musgrove	Day	34:55	34:06				6	1:09:01	2	55:46
642	Alison Forbes	Kenmore	32:56	36:38				7	1:09:33	2	56:18
651	Debbie Hard	Kenmore	32:54	39:30				8	1:12:24	2	59:08
640	Kay Todd	TRC	36:55	37:35				9	1:14:30	2	1:01:15
648	Clare Sellers	S S Rats	39:48	41:07				10	1:20:55	2	1:07:40
645	Nicole Keily	Day	DNF	DNF					DNF	1	

U17 Women

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			Down
452	Cailin Carrier	TRC	31:40	30:42	37:55			1	1:40:17	3	1:25:27
451	Ellen Blackmore	S S Rats	35:22	39:38				2	1:14:60	2	1:01:45
450	Alice Adams	Day	46:44	1:00:20				3	1:47:04	2	1:33:49

U15 Women

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			Down
460	Lucy Stirling	Kenmore	31:53					1	31:53	1	

Elite Men

ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category	Time	Laps	Lap Time
								Place			Down
8	Christopher White	FFast	21:20	21:43	21:09	25:46	21:10	1	1:51:08	5	
3	Daniel Hallem	Gold Coast	20:16	21:02	21:34	25:55	22:43	2	1:51:31	5	00:23
6	Andrew Mallett	D'Aguilar	20:35	22:32	21:55	25:06	21:42	3	1:51:50	5	00:42
2	Brett Stevens	Gold Coast	20:19	22:05	20:57	26:31	22:58	4	1:52:51	5	01:44

Elite Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category		Laps	Lap Time Down
								Place	Time		
1	Andrew Wilcher	S S Rats	20:54	21:36	20:53	26:27	23:44	5	1:53:35	5	02:27
10	David Harder	Day	21:00	22:43	22:47	25:49	23:37	6	1:55:56	5	04:49
4	Rod Harding	Day	21:53	22:46	23:23	26:37	23:31	7	1:58:10	5	07:02
14	Adrian Proietti	Day	21:35	23:18	25:24	25:27	24:60	8	2:00:44	5	09:36
15	Scott Finlay	D'Aguilar	22:16	24:18	26:14	24:16	24:53	9	2:01:56	5	10:49
5	Craig Saunders		23:38	23:43	25:43	24:26	24:44	10	2:02:14	5	11:06
7	Jeremy Davis	Ashgrove	21:21	23:53	31:10	32:16	30:28	11	2:19:07	5	27:60
16	Ben Nicol	S S Rats	22:06	23:20	26:09	DNF	DNF		DNF	4	
12	Craig Eather		24:59	26:27	29:20	DNF	DNF		DNF	4	

U19 Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category		Laps	Lap Time Down
								Place	Time		
52	Mat Callow	Kenmore	21:34	22:23	23:05	25:06		1	1:32:08	4	
50	Andrew Lockhart	Lifecycle	23:20	24:40	27:21	27:15		2	1:42:36	4	10:28
54	Geoffrey Kubler	Day	24:16	25:02	28:11	25:50		3	1:43:20	4	11:12
53	Scott Matthies	S S Rats	24:58	26:45	30:28	31:27		4	1:53:38	4	21:30
51	Roshin Sidhu	Gold Coast	26:56	29:29	34:56	34:06		5	2:05:27	4	33:19

B Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category		Laps	Lap Time Down
								Place	Time		
161	Daniel Radford	S S Rats	21:59	22:25	24:30	23:19		1	1:32:14	4	00:06
175	Matthew Faehrmann	Day	22:19	22:59	24:25	22:43		2	1:32:24	4	00:17
168	Russell Davies	Ipswich	21:58	23:06	25:03	23:28		3	1:33:35	4	01:27
163	Evan Rasmussen	Bundaberg	22:57	23:34	25:39	23:54		4	1:36:04	4	03:57
160	Aaron Maunder	TRC	22:24	23:09	26:08	25:10		5	1:36:52	4	04:44
174	Kirk Brown		22:43	23:43	26:07	25:20		6	1:37:53	4	05:45
172	Shaun O'Brien		22:40	25:30	26:55	23:28		7	1:38:33	4	06:25
176	Todd Webster		22:22	24:53	27:11	24:56		8	1:39:23	4	07:15
169	Mark Passier	Kenmore	23:19	25:00	28:07	26:41		9	1:43:06	4	10:58
173	Christopher Myatt	Day	22:44	28:11	29:48	26:44		10	1:47:27	4	15:19

B Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category		Laps	Lap Time Down
								Place	Time		
165	Jason Gibson	Kenmore	23:21	25:27	30:37	29:02		11	1:48:27	4	16:19
166	Daniel McNab	Day	24:59	26:40	30:55	28:30		12	1:51:03	4	18:55
170	Dean Dyer	Day	25:15	27:31	33:55	30:42		13	1:57:23	4	25:15
164	Brendan Sellers	S S Rats	28:24	34:03	32:57			14	1:35:25	3	1:20:35
167	Ben Hughes	Day	DNF	DNF					DNF	1	
171	Hayden Lester	Ashgrove	23:01	DNF	DNF				DNF	2	
162	Ryan Kearns	Day	22:55	DNF	DNF				DNF	2	

Vet Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category		Laps	Lap Time Down
								Place	Time		
273	Paul Adams	Gap	21:57	23:09	25:29	23:45		1	1:34:20	4	02:12
286	Matt Christmas	Day	21:37	23:30	26:08	24:07		2	1:35:22	4	03:14
289	Justin Claridge	TRC	23:46	24:17	26:01	24:03		3	1:38:07	4	05:59
270	Henry Engelbrecht	Hillbillie	23:30	24:23	26:30	24:21		4	1:38:44	4	06:36
287	Kelvin Moncrieff	S S Rats	23:28	24:04	26:45	25:52		5	1:40:09	4	08:01
276	Jeff Toohey	Bush Range	22:44	23:47	27:04	27:19		6	1:40:54	4	08:46
274	Darren Perry	TRC	23:39	24:53	27:20	25:32		7	1:41:23	4	09:16
292	Robbie Gould	Day	23:43	25:06	28:01	25:44		8	1:42:34	4	10:26
275	Scott Clarke		24:14	24:59	28:00	26:07		9	1:43:20	4	11:12
296	Vaughan Caseley	Day	24:49	25:44	27:57	25:09		10	1:43:39	4	11:32
284	Peter Winfield	S S Rats	24:47	25:44	27:54	26:27		11	1:44:53	4	12:45
290	Jayson Headridge	Ipswich	24:03	25:35	28:49	26:38		12	1:45:05	4	12:57
294	Justin Whelan	Bush Range	24:51	26:37	29:01	26:29		13	1:46:59	4	14:51
277	Steve Perry	Day	23:44	25:51	29:13	28:40		14	1:47:28	4	15:21
271	Jim Robinson	TRC	25:21	28:18	30:13	28:56		15	1:52:48	4	20:40
285	Tony Carson	TRC	23:52	24:59	29:32	34:52		16	1:53:15	4	21:08
295	Ben Madden	Day	27:30	29:11	33:48	27:32		17	1:58:01	4	25:53
293	Peter Janssen	Kenmore	27:46	27:59	33:14	34:21		18	2:03:20	4	31:12
283	Mark Sanzaro	Gold Coast	27:14	32:05	35:24	32:04		19	2:06:46	4	34:38
282	Steven Linnell	Gold Coast	27:16	32:04	35:24	32:04		20	2:06:48	4	34:40
278	Benjamin Wilson	SYDBMA	28:46	32:15	34:16	32:22		21	2:07:40	4	35:32
279	Nick Westwood	Day	31:50	37:25	38:41	36:25		22	2:24:21	4	52:13
297	Tod Parker		34:17	DNF	DNF				DNF	2	

Vet Men											
ID	Name	Club	Lap 1	Leg 2	Leg 3	Leg 4	Leg 5	Category Place	Time	Laps	Lap Time Down
291	Jason Tinnock	FFast	24:36	28:47	DNF	DNF			DNF	3	
298	Clinton Bebb	D'Aguilar	42:42	31:18	DNF	DNF			DNF	3	
281	Jordon Vogel	Gold Coast	23:27	26:50	DNF	DNF			DNF	3	
288	Nicholas Marentis	S S Rats	23:41	23:55	29:25	DNF	DNF		DNF	4	
299	Sean Doyle	Ipswich	23:03	23:57	29:52	DNF	DNF		DNF	4	

Two Wheel Promotions