

First Chance 10k 2023 Results - 08/01/2023

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	14	Shaun	Antell	Bideford AAC	MSen	0:30:55
2	473	Ben	Neale	Tavistock AC	MSen	0:32:20
3	689	Sam	Wordley	North Devon Athletics Club	MSen	0:32:23
4	136	Jim	Cole	Tavistock Run Project	MV40	0:32:51
5	36	Jamie	Barnett	Teignbridge Trotters	MSen	0:33:03
6	313	Sam	Hopton	South West Road Runners	MSen	0:33:17
7	374	David	Knapman	Sidmouth Running Club	MV40	0:33:21
8	699	Sam	Larkham	Tavistock AC	MSen	0:33:26
9	670	Oliver	White	Exmouth Harriers	MSen	0:33:35
10	168	Gareth	Davies	South West Road Runners	MSen	0:33:41
11	244	Ben	Gerrish	Torbay Tri Club	MSen	0:34:12
12	323	Jason	Hurford	Torbay Tri Club	MSen	0:34:16
13	536	Tom	Radley	Western Tempo	MSen	0:34:34
14	137	Matt	Cole	Torbay Tri Club	MSen	0:34:48
15	249	Gwylm	Gibson	South West Road Runners	MSen	0:34:52
16	44	Joe	Beaton	Tavistock AC	MSen	0:35:14
17	92	Nick	Bruce-White	South West Road Runners	MV40	0:35:17
18	206	Richard	Ezra-Ham	Tamar Trotters	MSen	0:35:18
19	225	Hamish	Fletcher-Cooney	South West Road Runners	MSen	0:35:36
20	283	Joel	Heatley	South West Road Runners	MV40	0:35:37
21	507	Ethan	Pavey	South West Road Runners	MSen	0:36:06
22	648	Mike	Wall	Plymouth Musketeers RC	MSen	0:36:19
23	545	Luke	Reed	Pure Endurance Triathletes	MV40	0:36:23
24	443	Rosie	Mew	South West Road Runners	FSen	0:36:28
25	528	Jamie	Pullinger	South West Road Runners	MSen	0:36:41
26	698	Shaun	Yeoman		MSen	0:36:45
27	337	Scott	Jamieson	Exmouth Harriers	MV40	0:37:04
28	47	Jody	Bee	South West Road Runners	MV40	0:37:05
29	490	Joe	Osborne	South West Road Runners	MSen	0:37:09
30	235	Matt	Frost	Axe Valley Runners	MSen	0:37:23
31	318	Jamie	Howard	South West Road Runners	MV45	0:37:29
32	502	Jon	Parkinson	Torbay Tri Club	MV55	0:37:49
33	12	Sam	Andrews	Tiverton Harriers	MSen	0:37:52
34	597	Dominic	Spayne	Exeter Harriers	MV40	0:37:53
35	24	James	Ayre	Tiverton Harriers	MV40	0:37:55
36	173	Marc	Day		MSen	0:37:58
37	421	John	Terry		MV45	0:37:58
38	603	Ross	Stevens	South West Road Runners	MSen	0:38:00
39	642	Ash	Voralia	South West Road Runners	MSen	0:38:01
40	664	Grainne	Whelehan		FSen	0:38:05
41	561	Don	Rufus	South West Road Runners	MV40	0:38:10
42	297	Victoria	Hill	South West Road Runners	FV40	0:38:11
43	31	Howard	Bailey	Exeter Harriers	MSen	0:38:18
44	50	James	Benham	South West Road Runners	MV40	0:38:26
45	515	Alistair	Peers	Tavistock AC	MV40	0:38:30
46	224	Tom	Fletcher		MSen	0:38:41

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
47	322	Scott	Hunter	South West Road Runners	MSen	0:38:45
48	223	Naomi	Flanagan	Torbay Tri Club	FSen	0:38:50
49	198	Mike	Ellis	Bodmin Dragons Tri Club	MV45	0:38:53
50	302	Jason	Hockridge	South West Road Runners	MV40	0:38:57
51	615	Thomas	Synge-Curtis		MSen	0:39:03
52	641	Tim	Vialls	South West Road Runners	MV60	0:39:05
53	99	Gary	Burman	Torbay Tri Club	MV40	0:39:06
54	140	Stephen	Collier	South West Road Runners	MV45	0:39:07
55	263	Gideon	Griffiths		MSen	0:39:18
56	182	Steve	Donnelly	Torbay Tri Club	MV40	0:39:20
57	366	Nathan	Kidd		MSen	0:39:22
58	35	Jeff	Bardell	South West Road Runners	MV40	0:39:33
59	26	James	Bacon		MSen	0:39:42
60	697	Martin	Yeo	Greenbow Running Club	MSen	0:39:44
61	522	Jon	Pressling	Torbay Tri Club	MV40	0:39:46
62	213	Nigel	Fenn	Torbay Tri Club	MV45	0:39:48
63	476	Catherine	Newman	Exmouth Harriers	FV60	0:39:50
64	564	James	Saunders	Teignbridge Trotters	MV60	0:39:50
65	542	David	Rayfield	Erme Valley Harriers	MV55	0:39:52
66	186	William	Duckworth		MSen	0:39:55
67	659	Mark	West	Tavistock AC	MV50	0:39:57
68	237	Matthew	Fry	Cullompton Crawlers	MSen	0:39:58
69	336	Ryan	Jakeman		MSen	0:40:00
70	514	Richard	Pedrick	Vegan Runners UK	MSen	0:40:03
71	124	Lewis	Cholerton	Torbay Tri Club	MSen	0:40:11
72	217	Kevin	Fine	Torbay AAC	MSen	0:40:15
73	485	James	O'Brien	South West Road Runners	MSen	0:40:20
74	638	Andrew	Tucker	Commando Crawlers	MSen	0:40:23
75	395	James	Liggatt		MSen	0:40:26
76	405	James	Long	Teignbridge Trotters	MSen	0:40:29
77	675	Laura	Wilby	Torbay Tri Club	FSen	0:40:34
78	355	Ellen	Keast		FSen	0:40:37
79	446	Theo	Miller		MSen	0:40:38
80	73	Hannah	Bown	Exmouth Harriers	FV40	0:40:40
81	142	Mark	Colombini	Torbay Tri Club	MV40	0:40:42
82	273	Grant	Harvey	Tavistock AC	MV40	0:40:44
83	158	Matthew	Cundell	Plymouth Harriers	MSen	0:40:46
84	341	Emma	Jefferys	Torbay Tri Club	FSen	0:40:48
85	455	James	Moffett	Torbay Tri Club	MV40	0:40:53
86	256	Robert	Mann		MSen	0:40:59
87	191	Elizabeth	Dyson	Haldon Trail Runners	FSen	0:41:03
88	41	Stuart	Batten	South Devon AC	MV45	0:41:10
89	328	Tom	Hutton	Torbay Tri Club	MV50	0:41:21
90	519	Will	Phillips	Cornwall AC	MSen	0:41:23
91	483	David	Nightingale	TOTTON RC	MV50	0:41:39
92	74	Martin	Brace	Tiverton Harriers	MV50	0:41:41
93	161	Marc	Curtis	Tavistock AC	MV50	0:41:54
94	417	Andy	MacMillan	Dawlish Coasters	MV55	0:42:05

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
95	234	Victoria	France		FSen	0:42:06
96	15	Helen	Anthony	Teignbridge Trotters	FV40	0:42:07
97	636	Andrew	Trigg	Erme Valley Harriers	MV60	0:42:16
98	388	Martin	Lascelles	Vegan Runners UK	MV65	0:42:18
99	379	Ian	Lamerton	Plymstock Road Runners	MV50	0:42:20
100	691	Hannah	Worth	Tavistock AC	FV40	0:42:24
101	264	Ian	Gronwalt	St Austell Running Club	MV55	0:42:24
102	335	Preecha	Intamart	Riviera Racers	MV40	0:42:28
103	139	Ian	Collacott	Tavistock AC	MV40	0:42:35
104	560	Ryan	Rudge	Torbay Tri Club	MV40	0:42:38
105	387	Lin	Lascelles	Vegan Runners UK	FV55	0:42:41
106	1	Richard	Stone	South West Road Runners	MV40	0:42:50
107	320	Lucy	Hughes	Tiverton Harriers	FSen	0:43:01
108	525	Kirsty	Prowse	Devon & Somerset FRS	FSen	0:43:04
109	53	Claudine	Benstead	Okehampton RC	FV60	0:43:07
110	202	David	Engledew	Erme Valley Harriers	MV60	0:43:08
111	339	Jenny	Jeeves	Tavistock AC	FV55	0:43:11
112	42	Elliot	Batty	Exeter Triathlon Club	MSen	0:43:14
113	486	Terry	O'Brien		MV65	0:43:14
114	194	Charles	Edmonds	Dawlish Coasters	MV40	0:43:18
115	480	Geoff	Nicholls	Greenbow Running Club	MV65	0:43:20
116	5	Paul	Adnett	Just Jog Bideford	MV45	0:43:22
117	438	Jim	Medhurst	Bere Alston Trekkers	MV40	0:43:24
118	300	Jonathan	Hiscoke	South Devon AC	MSen	0:43:30
119	107	Claudia	Carlyon	Newquay & Par AC	FSen	0:43:35
120	427	Ian	Mcclean	Torbay Tri Club	MV55	0:43:39
121	167	Christopher	Davies		MV45	0:43:44
122	16	Lucy	Argall		FSen	0:43:45
123	131	Joe	Clarke		MSen	0:43:54
124	509	Jo	Pearce	South West Road Runners	FV50	0:43:57
125	550	Adam	Roberts	Bodmin Dragons Tri Club	MV40	0:43:57
126	28	Steven	Badcott		MV50	0:43:58
127	372	Shaun	Kirk	South Devon AC	MV55	0:43:58
128	367	David	Kilgore	Storm Plymouth	MV45	0:44:00
129	384	Becky	Langman	Torbay Tri Club	FSen	0:44:03
130	683	Richard	Wilson	Torrington AAC	MV55	0:44:03
131	157	Nicholas	Cull	Torbay Tri Club	MSen	0:44:04
132	512	Ruth	Pearce		FSen	0:44:08
133	602	Caroline	Steven	Tavistock AC	FV55	0:44:11
134	33	Kate	Baldock	Torbay Tri Club	FV40	0:44:12
135	424	Kate	Maslin		FV40	0:44:13
136	488	Helen	Orme	Tavistock AC	FV45	0:44:14
137	571	Robert	Scovell	South West Road Runners	MV45	0:44:15
138	463	Simon	Moore		MV45	0:44:18
139	662	Mandy	Wheeler	Teignbridge Trotters	FV50	0:44:24
140	317	Jenny	Hourigan	Torbay Tri Club	FSen	0:44:27
141	570	Dominic	Scotting	South West Road Runners	MSen	0:44:27
142	503	Dominic	Parnell	Tamar Trotters	MSen	0:44:31

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143	646	Erin	Templeman	Greenbow Running Club	FSen	0:44:31
144	162	Josh	Curtis-Hale	Crediton Running Network	MSen	0:44:40
145	392	Alan	Ledger	Tiverton Harriers	MV40	0:44:42
146	423	Christopher	Martin	Torbay Tri Club	MV40	0:44:44
147	289	Allan	Herdman	Tavistock AC	MV70	0:44:44
148	563	Rachel	Sanders	Exmouth Harriers	FSen	0:44:46
149	532	Stuart	Queen	Run Venture Running Club	MV45	0:44:49
150	66	Kerry	Board	Axe Valley Runners	FV45	0:44:51
151	521	Nicholas	Pope		MV45	0:44:53
152	359	Mat	Kelly	Pure Endurance Triathletes	MSen	0:44:53
153	544	Jenny	Reay	Exmouth Harriers	FV60	0:44:53
154	362	Alan	Kember	Teignbridge Trotters	MV65	0:44:55
155	680	Rebecca	Williams	South West Road Runners	FSen	0:44:58
156	65	Anthea	Board	Haldon Trail Runners	FV55	0:45:02
157	257	Rob	Graham	South West Road Runners	MV45	0:45:03
158	391	Ruby	Lawrence	RunFitRunFast	FSen	0:45:04
159	674	Jon	Wigley		MV60	0:45:09
160	128	Jay	Clark		MSen	0:45:11
161	513	Mark	Peck		MSen	0:45:16
162	214	Alister	Ferguson	South West Road Runners	MSen	0:45:17
163	688	Jacki	Woon	Teignbridge Trotters	FV55	0:45:23
164	472	Barry	Neal	Erme Valley Harriers	MV40	0:45:25
165	459	Sean	Monger	South West Road Runners	MV50	0:45:34
166	252	Ayesha	Gillespie	Tamar Trotters	FSen	0:45:38
167	280	Ian	Hayward	Torbay AAC	MV60	0:45:38
168	17	Dave	Arnold	Exeter Vegans	MV55	0:45:55
169	270	Matthew	Harris	Run Fit Run Fast	MV40	0:46:01
170	553	Nick	Robinson	Torbay AAC	MV45	0:46:02
171	81	Claire	Brittan		FSen	0:46:05
172	325	Stephen	Hussey		MV55	0:46:14
173	524	Steve	Price		MV45	0:46:20
174	9	Graeme	Anderson	Greenbow Running Club	MSen	0:46:24
175	155	Lisa	Cruise	South West Road Runners	FSen	0:46:27
176	144	Luke	Compton		MSen	0:46:30
177	79	Graeme	Bridle	Bad Boy Running	MSen	0:46:31
178	452	Andrew	Mitchell	Erme Valley Harriers	MV50	0:46:33
179	430	Douglas	McCombie	Riviera Racers	MSen	0:46:39
180	562	Sam	Runnalls		MSen	0:46:53
181	546	Jonathan	Rich	South West Road Runners	MV55	0:46:54
182	572	Iaen	Sell	Torbay AAC	MV60	0:46:56
183	354	Mike	Kay	South West Road Runners	MV55	0:47:07
184	301	Michael	Hockey	Plymouth Musketeers RC	MV40	0:47:11
185	255	Kevin	Goodwin		MSen	0:47:11
186	655	Claire	Watkins	Okehampton RC	FV45	0:47:13
187	288	Peter	Henderson	Torbay AAC	MSen	0:47:14
188	51	Jemma	Bennett	Teignbridge Trotters	FSen	0:47:15
189	199	Debbie	Elphick	Teignbridge Trotters	FSen	0:47:17
190	637	Elliott	Trotman		MSen	0:47:24

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191	109	Jenna	Carr		FV40	0:47:26
192	589	Abigail	Skyrme-Jones		FSen	0:47:32
193	115	Carlos	Castillo	Tavistock AC	MV50	0:47:41
194	210	Darrell	Farley	Axe Valley Runners	MV55	0:47:43
195	183	Rachael	Doonan	Plymstock Road Runners	FV50	0:47:44
196	13	Walter	Andrews	Tiverton Harriers	MV65	0:47:46
197	38	Claire	Bartholomew		FSen	0:47:46
198	189	Richard	Dutton	Dawlish Coasters	MV40	0:47:47
199	253	Rosie	Glazier	South West Road Runners	FSen	0:47:47
200	383	Vince	Langdon	South Devon AC	MV50	0:47:49
201	361	Martin	Kelman		MV50	0:47:52
202	331	Martin	Hynes	Launceston Road Runners	MV65	0:47:55
203	64	Katie	Blythe		FSen	0:47:59
204	330	Jaine	Hynes	Launceston Road Runners	FV55	0:48:05
205	489	Helen	Ormerod		FSen	0:48:05
206	479	David	Nicholls	South West Road Runners	MSen	0:48:07
207	419	Kate	Marriott		FU20	0:48:13
208	227	Richard	Flower		MV40	0:48:13
209	645	Francesca	Walker	Erme Valley Harriers	FSen	0:48:16
210	68	Lucie	Bonney		FSen	0:48:21
211	40	Peter	Bates		MV55	0:48:22
212	500	Richard	Parker	Exeter Triathlon Club	MV50	0:48:28
213	350	Lewis	Jones	South West Road Runners	MV70	0:48:36
214	340	Keven	Jeffery		MV50	0:48:39
215	495	Lisa	Palin		FSen	0:48:41
216	193	Mark	Eatough	South West Road Runners	MSen	0:48:45
217	587	Siobhain	Sincock		FSen	0:48:48
218	254	Holly	Godsland	Riviera Racers	FSen	0:48:51
219	281	Pete	Hayward	Torbay Tri Club	MV60	0:48:55
220	654	Dani	Waters	South Devon AC	FSen	0:49:01
221	222	Daryl	Fitzpatrick		MSen	0:49:03
222	310	Sharon	Hooper		FV55	0:49:04
223	585	Heidi	Simms	South West Road Runners	FSen	0:49:04
224	598	Claire	Spurrell		FSen	0:49:05
225	30	Christopher	Bailey	Storm Plymouth	MV45	0:49:09
226	7	Neil	Agnew	Okehampton RC	MV55	0:49:17
227	46	Martin	Beddow		MV55	0:49:20
228	444	Andy	Middlebrooke		MV45	0:49:21
229	290	Francesca	Herdman		FSen	0:49:25
230	291	Harry	Herdman		MSen	0:49:25
231	251	Matt	Gilbert		MU20	0:49:30
232	371	Peter	Kingsland		MV50	0:49:31
233	451	Andrea	Mitchell	Erme Valley Harriers	FV50	0:49:48
234	177	Evie	Diamond		FSen	0:49:53
235	586	David	Sims	Lutzy Lopers	MV55	0:49:57
236	6	Sarah	Adnett	Just Jog Bideford	FV45	0:50:02
237	558	Simon	Ruddlesden		MV45	0:50:02
238	21	Tom	Atwill		MSen	0:50:11

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239	656	Carrie	Webb	Blackwater Valley Runners	FV50	0:50:14
240	396	Cheryl	Littlewood	Plymouth Musketeers RC	FSen	0:50:14
241	232	Robert	Foster	South Devon AC	MSen	0:50:15
242	201	Alison	Engledew	Erme Valley Harriers	FV60	0:50:16
243	610	Charlie	Sumner	Exeter Triathlon Club	MV60	0:50:17
244	160	Jeffrey	Curd	Tiverton Harriers	MV55	0:50:20
245	61	Suzi	Blackett	Axe Valley Runners	FV40	0:50:23
246	389	Hedges	Laura		FSen	0:50:23
247	250	Clive	Gilbert	Sidmouth Running Club	MV50	0:50:27
248	154	Sara Jane	Crozier	Torbay AAC	FV50	0:50:35
249	380	Callum	Lamont	South West Road Runners	MV55	0:50:35
250	181	Kirsten	Dolby	Bad Boy Running	FSen	0:50:36
251	103	Steve	Bush	Plymouth Musketeers RC	MV50	0:50:37
252	284	Julie	Hedges	South West Road Runners	FV60	0:50:38
253	123	Kevin	Chiswell	Storm Plymouth	MV55	0:50:46
254	491	John	Outhwaite		MV70	0:50:51
255	614	Tim	Synge	Teignbridge Trotters	MV55	0:50:51
256	541	Joanna	Randall	Teignbridge Trotters	FSen	0:50:52
257	436	Terence	Mcwilliams	South West Road Runners	MV70	0:50:53
258	552	Tracey	Roberts	Riviera Racers	FV50	0:50:53
259	653	Antony	Waters	South Devon AC	MV45	0:50:54
260	364	Nicki	Kerswill		FV50	0:50:55
261	511	Rachel	Pearce		FSen	0:50:56
262	303	Sarah	Holland	Tavistock AC	FV45	0:51:01
263	471	James	Nash	South Devon AC	MSen	0:51:03
264	400	Nicholas	Lloyd	Chagford Running Club	MV55	0:51:04
265	681	Rachael	Wilsher	Lonely Goat RC	FV55	0:51:08
266	422	Chris	Marshall	Torbay AAC	MSen	0:51:10
267	294	Edward	Higgins		MV40	0:51:10
268	55	Kirsty	Bickell	Greenbow Running Club	FV50	0:51:11
269	152	Jonathan	Cowling	Torbay Tri Club	MV40	0:51:12
270	242	Ffion	George		FSen	0:51:12
271	497	Harry	Panayides		MSen	0:51:13
272	48	Kerry	Bell	South Devon AC	FV60	0:51:14
273	625	Sophie	Thomson	Torbay AAC	FSen	0:51:27
274	607	David	Storkey		MV50	0:51:28
275	184	Emma	Dooney		FV40	0:51:33
276	25	Simon	Ayres		MV40	0:51:37
277	176	Roz	Debenham	South West Road Runners	FV40	0:51:42
278	694	Steve	Wright	South Devon AC	MV50	0:51:53
279	106	Liz	Cane		FV40	0:51:56
280	565	Roger	Saunders	Honiton RC	MV65	0:51:58
281	373	Becky	Knapman	Sidmouth Running Club	FV40	0:52:03
282	119	Don	Cawthera	Sidmouth Running Club	MV60	0:52:04
283	393	Christopher	Lee		MV45	0:52:09
284	569	Cory	Schultze	Axe Valley Runners	MSen	0:52:10
285	617	Mark	Tait	South West Road Runners	MV50	0:52:11
286	90	Sam	Brown		MSen	0:52:12

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287	370	Stephen	King	Tiverton Harriers	MV60	0:52:14
288	100	Alan	Burns	South West Road Runners	MV45	0:52:20
289	626	Andrew	Thorne	Okehampton RC	MV50	0:52:25
290	134	Richard	Coker		MSen	0:52:27
291	20	Patricia	Atkins	Teignbridge Trotters	FV55	0:52:28
292	478	Jonathan	Newman		MV45	0:52:30
293	327	Katie	Hutton		FV45	0:52:34
294	376	Tony	Knight		MV60	0:52:39
295	59	Andrew	Bishop	Run Fit Run Fast	MSen	0:52:40
296	304	George	Holman	South Devon AC	MSen	0:52:43
297	272	Deb	Hart	Teignbridge Trotters	FV60	0:52:49
298	52	Steve	Bennett		MV40	0:52:59
299	88	Hannah	Brown	Women on the Run	FSen	0:52:59
300	668	Elaine	White	D.A.A.C.	FV45	0:53:01
301	271	Cassandra	Harrison	Torbay AAC	FV45	0:53:03
302	666	Alison	White	Exmouth Harriers	FV65	0:53:18
303	386	Guy	Henderson	South Devon AC	MV60	0:53:25
304	93	Howie	Bruger		MV50	0:53:25
305	413	Susan	Lyle	Brixham Harriers	FV60	0:53:30
306	80	Corinne	Bright	Teignbridge Trotters	FV45	0:53:36
307	229	Jennifer	Ford		FSen	0:53:37
308	449	Dan	Milner	South West Road Runners	MV50	0:53:38
309	679	Louise	Williams		FV40	0:53:44
310	520	Lily	Pinckney		FV45	0:53:47
311	231	Eric	Foster	Dawlish Coasters	MV65	0:53:50
312	618	Joseph	Tarrant		MSen	0:53:51
313	454	Stephen	Moakes	Tiverton Harriers	MV45	0:53:56
314	516	Amanda	Perry	South West Road Runners	FV55	0:54:02
315	334	Sam	Ingram	Sidmouth Running Club	MV40	0:54:09
316	404	Tom	Locke		MSen	0:54:11
317	402	Jamie	Locke		MSen	0:54:11
318	523	Callum	Price	Teignbridge Trotters	MSen	0:54:17
319	67	Helene	Bond		FV55	0:54:22
320	165	Sarah	Davey		FV50	0:54:32
321	693	James	Wright		MV55	0:54:35
322	684	Nicole	Winn		FSen	0:54:37
323	239	Tony	Gale	South West Road Runners	MV70	0:54:38
324	261	Joe	Grenham		MV60	0:54:41
325	426	Carly	Wardle	Plymouth Musketeers RC	FSen	0:54:42
326	347	Geoff	Jones		MV50	0:54:43
327	377	Laura	Lake	Plymouth Musketeers RC	FSen	0:54:43
328	122	Robyn	Chard-Maple	Cullompton Crawlers	FSen	0:54:46
329	72	Stephen	Bowes		MV45	0:54:50
330	591	Donna	Smith	South West Road Runners	FV60	0:54:56
331	98	Julian	Budd	South West Road Runners	MV55	0:54:57
332	493	Victoria	Ovens		FSen	0:55:01
333	458	Catherine	Monger	South West Road Runners	FV50	0:55:05
334	549	Janet	Ritchie	Carn Runners	FV60	0:55:13

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
335	279	Amanda	Hawkrigg		FV45	0:55:17
336	533	Laura	Quick	Riviera Racers	FSen	0:55:20
337	133	Kelvin	Coker	Storm Plymouth	MSen	0:55:21
338	682	Kate	Wilson	Okehampton RC	FV55	0:55:24
339	127	Jane	Clark		FV40	0:55:25
340	3	Alexander	Adams		MSen	0:55:28
341	207	Sean	Fahy		MV45	0:55:38
342	616	Caroline	Tait	South West Road Runners	FV55	0:55:39
343	357	Martha	Keats		FSen	0:55:43
344	474	Lucy	Nelson	Riviera Racers	FV55	0:55:48
345	527	Hannah	Pullinger		FSen	0:55:49
346	321	Mary	Humphries	Tiverton Harriers	FV70	0:55:49
347	190	Serena	Dyer	South West Road Runners	FV45	0:55:57
348	170	Michael	Davies		MV65	0:55:57
349	368	Katy	King		FV50	0:56:00
350	531	Helen	Quartly		FV40	0:56:01
351	246	Angie	Gibbings		FV50	0:56:02
352	439	Kate	Medhurst	Bere Alston Trekkers	FV40	0:56:17
353	37	Ann	Barriball	Launceston Road Runners	FV50	0:56:17
354	596	Sophie	Sobey		FSen	0:56:23
355	277	Kathryn	Hawken		FV40	0:56:24
356	118	Deb	Cawthera	Sidmouth Running Club	FV55	0:56:27
357	634	Charlotte	Tozer		FSen	0:56:27
358	663	Maria	Whelan		FV45	0:56:32
359	574	Ian	Sharrock	Torbay AAC	MV70	0:56:42
360	498	Anne	Parfitt-Rogers		FSen	0:56:44
361	508	Rod	Payne	Teignbridge Trotters	MV65	0:56:48
362	62	Sonia	Blundell		FV45	0:56:52
363	630	Andrew	Tinkler		MV65	0:56:58
364	10	Keith	Anderson	Teignbridge Trotters	MV70	0:57:02
365	360	Lisa	Kelman		FV50	0:57:10
366	200	Ben	England	South West Road Runners	MSen	0:57:11
367	604	Chris	Stock	South West Road Runners	MV40	0:57:12
368	208	Tony	Fahy	Tiverton Harriers	MV60	0:57:17
369	461	Mary	Moore	Crediton Running Network	FV45	0:57:18
370	510	Kirsty	Pearce	Bovey Valley Runners	FV50	0:57:19
371	69	Natalie	Bonney		FV40	0:57:19
372	555	Kate	Rogers	Tavistock AC	FV60	0:57:20
373	86	Amy	Brown	Dawlish Coasters	FSen	0:57:24
374	34	Lynda	Banbury		FV60	0:57:25
375	420	Chris	Marsden	Lonely Goat RC	MV55	0:57:26
376	577	Vikki	Shinn		FV40	0:57:36
377	203	Lucy	Evans	Teignbridge Trotters	FV45	0:57:37
378	594	Kienan	Smyth		MSen	0:57:37
379	595	Michael	Smyth		MV65	0:57:40
380	91	Stephanie	Brown		FSen	0:57:41
381	588	Thomas	Sizer		MV40	0:57:43
382	543	Simon	Raynor		MSen	0:57:44

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
383	578	Sally	Shoolbraid	Bovey Valley Runners	FV60	0:57:45
384	415	Tom	Mack		MV45	0:57:49
385	416	Annie	Macklin		FV55	0:57:52
386	293	Irene	Hewings	Torbay AAC	FV65	0:57:52
387	609	Nichola	Strevens	Dartmouth AAC	FV55	0:58:02
388	622	Daniel	Thistlethwaite		MV65	0:58:02
389	535	Clodagh	Raddon		FV45	0:58:09
390	282	Tessa	Hearfield	Torbay AAC	FV65	0:58:12
391	538	Georgina	Ramm		FSen	0:58:13
392	276	Ryan	Hauerslev		MSen	0:58:15
393	352	Alice	Kay		FSen	0:58:16
394	534	Lisa	Radcliffe		FV45	0:58:21
395	601	Martin	Sterry	South West Road Runners	MV45	0:58:29
396	606	Emma	Storey	runblandford	FV50	0:58:31
397	462	Ryan	Moore	South West Road Runners	MSen	0:58:32
398	85	Adrian	Brown	Launceston Road Runners	MV45	0:58:35
399	298	Vicky	Hinchliffe		FV55	0:58:39
400	117	Nikki	Counce	Riviera Racers	FSen	0:58:42
401	477	Jessica	Newman		FV40	0:58:42
402	504	Linda	Parsons	Torbay Tri Club	FV55	0:58:46
403	647	Andrea	Wall	Torbay Tri Club	FV60	0:58:52
404	568	Trudy	Saxton	South West Road Runners	FV60	0:58:54
405	175	Jenny	Debenham	South West Road Runners	FV40	0:59:02
406	397	Sara	Liversidge		FSen	0:59:02
407	247	Laraine	Gibbins	Dawlish Coasters	FV55	0:59:03
408	390	Laura	Law	Teignbridge Trotters	FSen	0:59:18
409	314	Peter	Horrell		MV65	0:59:25
410	475	Catherine	Newman		FV40	0:59:31
411	329	Jason	Hyde	Plymouth Falconers	MV45	0:59:44
412	351	Neil	Jordain	South Devon AC	MV45	0:59:46
413	4	Gary	Adderley		MV55	0:59:48
414	678	Abigail	Williams		FV50	0:59:48
415	102	Fiona	Bush		FSen	0:59:49
416	78	Tosca	Brewer		FSen	0:59:50
417	358	Stephen	Keats		MV55	0:59:52
418	89	Ray	Brown	Torbay AAC	MV75	0:59:53
419	178	Rui	Dias		MSen	1:00:04
420	349	Jane	Jones		FV55	1:00:08
421	411	Rachael	Luxton	Okehampton RC	FV45	1:00:09
422	311	Daniel	Hope		MU20	1:00:09
423	369	Liana	King	South West Road Runners	FV40	1:00:13
424	8	Phil	Allen	RunFitRunFast	MV45	1:00:19
425	434	Naoko	Mckinnon	Torbay Tri Club	FV60	1:00:25
426	132	Jack	Clutterbuck	South West Road Runners	MSen	1:00:26
427	410	Di	Luckhurst		FV60	1:00:26
428	665	James	While		MV40	1:00:31
429	608	Marian	Stratton	Tavistock AC	FV60	1:00:31
430	600	Helen	Stanway	Torbay Tri Club	FSen	1:00:35

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
431	365	Emma	Kessie	Heavitree running group	FV40	1:00:36
432	445	Tracey	Middleton		FV55	1:00:37
433	428	Valerie	Mcclean	Torbay Tri Club	FV55	1:00:44
434	343	Rachel	Johns	South West Road Runners	FV45	1:00:53
435	557	Sarah	Ruddlesden		FV45	1:00:58
436	292	David	Hewet	Torbay Tri Club	MV45	1:01:02
437	150	Heather	Coverdale	South Devon AC	FV60	1:01:08
438	130	Dean	Clarke		MSen	1:01:36
439	592	Geoff	Smith	South West Road Runners	MV60	1:01:54
440	326	Debbie	Hutchings	Riviera Racers	FV60	1:01:58
441	204	Laura	Evenden	RunFitRunFast	FV45	1:02:00
442	431	Sarah	McConnell	Women on the Run	FV55	1:02:08
443	687	Wendy	Woods	Women on the Run	FV55	1:02:28
444	346	Bernadette	Jones	Bridport Runners	FV50	1:02:30
445	599	Sarah	Stanbury	Women on the Run	FSen	1:02:32
446	627	Sue	Thorne	South West Road Runners	FV60	1:02:33
447	197	Oliver	Elliott		MV40	1:02:34
448	378	Scott	Lakin		MV40	1:02:35
449	245	Linda	Gethin	South West Road Runners	FV55	1:02:42
450	398	Amelie	Lloyd	Chagford Running Club	FU20	1:02:45
451	295	Jade	Hill		FSen	1:02:58
452	639	Martin	Venning	Launceston Road Runners	MV70	1:03:02
453	305	Mark	Holman	South Devon AC	MV60	1:03:15
454	241	Gordon	Gee	Tiverton Harriers	MV50	1:03:16
455	584	Nicky	Simmons	Brixham Harriers	FV50	1:03:16
456	219	John	Finney	Torbay Tri Club	MV60	1:03:19
457	230	Edward	Foreman		MSen	1:03:20
458	266	Vincent	Hall	South West Road Runners	MSen	1:03:21
459	105	Laura	Butlin	Riviera Racers	FV40	1:03:21
460	262	Joanna	Griffin	Teignbridge Trotters	FV55	1:03:23
461	429	Gary	McCombe	Lonely Goat RC	MV40	1:03:24
462	278	Molly	Hawker		FSen	1:03:30
463	700	Daniel	Zillwood	Lonely Goat RC	MV45	1:03:31
464	540	Rachel	Ramsden		FV40	1:03:33
465	209	Sophie	Farleigh		FV45	1:03:35
466	121	Lucy	Chard-Maple		FSen	1:03:37
467	353	Christina	Kay	Torbay Tri Club	FV55	1:03:40
468	657	Roger	Webb	South Devon AC	MV65	1:03:41
469	482	Rachel	Nicholls		FV40	1:03:43
470	518	Charlotte	Philippou	Torbay AAC	FSen	1:03:47
471	77	Will	Brandon	Vegan Runners UK	MV55	1:03:49
472	394	Lisa	Lewis	Tamar Trotters	FV45	1:03:50
473	260	Shona	Gregory	Tiverton Harriers	FSen	1:03:54
474	113	Rachel	Carter	Torbay Tri Club	FSen	1:04:01
475	212	Jacquelyn	Faulkner	Plymstock Road Runners	FV45	1:04:06
476	125	Bill	Christie	Plymstock Road Runners	MV60	1:04:07
477	319	Nicola	Huckerby	Bovey Valley Runners	FV55	1:04:22
478	435	Carol	McSweeney		FV40	1:04:23

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
479	672	Siri	White		FV40	1:04:24
480	18	Wendy	Aspland		FV50	1:04:25
481	138	Michelle	Coles	South Devon AC	FV45	1:04:27
482	274	Karen	Harvey		FV55	1:04:38
483	333	Matthew	Iles		MV55	1:04:49
484	171	Sally	Davies		FV70	1:05:10
485	356	Richard	Keatley	Teignbridge Trotters	MV40	1:05:12
486	185	Catherine	Drinakll		FSen	1:05:16
487	576	Kay	Shillabeer	Teignbridge Trotters	FV45	1:05:25
488	412	Jean	Lyle	South Devon AC	FV70	1:05:40
489	673	Carol	Whitton		FV65	1:05:39
490	556	Lois	Rowlands	Okehampton RC	FV55	1:05:47
491	112	Maria	Carter		FSen	1:05:48
492	153	Rob	Crew		MV45	1:05:52
493	505	Vic	Parsons	Torbay AAC	FV40	1:06:02
494	166	Black	David	Bovey Valley Runners	MV55	1:06:14
495	363	Angela	Kerr	Axe Valley Runners	FV65	1:06:17
496	205	Victoria	Evison	Okehampton RC	FV40	1:06:33
497	75	Alex	Bradfield		FSen	1:06:35
498	57	Angela	Bingham	Dawlish Coasters	FV55	1:06:37
499	114	Rebecca	Case		FV40	1:06:38
500	324	Lizzie	Hurford	Torbay Tri Club	FSen	1:06:41
501	442	Michelle	Meredith		FSen	1:06:42
502	437	Alana	Medforth	South West Road Runners	FSen	1:06:45
503	342	Mark	Jelley	South West Road Runners	MV55	1:06:49
504	56	Kirsty	Bidder	UKRunChat Running Club	FV40	1:06:54
505	567	Martin	Saxton	South West Road Runners	MV60	1:07:09
506	403	Justin	Locke	Storm Plymouth	MV45	1:07:21
507	228	Alison	Ford	South Devon AC	FV60	1:07:35
508	621	Robert	Taylor		MV65	1:08:05
509	159	Sharon	Cundell		FV50	1:08:25
510	401	Vanina	Lloyd	Chagford Running Club	FV50	1:08:48
511	468	Sarah	Mulvaney	Launceston Road Runners	FV45	1:09:10
512	487	Caroline	Oakford	Women on the Run	FV55	1:09:12
513	32	Sabrina	Baily	Women on the Run	FV65	1:09:17
514	338	Lynne	Jeary	Women on the Run	FV60	1:09:18
515	579	David	Short	Plymouth Falconers	MV60	1:09:30
516	267	Paul	Harbour	Plymouth Falconers	MV40	1:09:30
517	312	Kerry	Hope		FV40	1:09:36
518	111	Fiona	Carse		FV45	1:09:42
519	580	Claire	Shucksmith	Yeovil Town RRC	FV45	1:09:45
520	566	Becky	Saxton		FSen	1:09:57
521	686	Lyn	Wonnacott	Women on the Run	FV60	1:10:08
522	268	Sharon	Hardy	Yeovil Town RRC	FV50	1:10:12
523	399	Gemma	Lloyd	South West Road Runners	FSen	1:10:14
524	559	Amy	Ruderham		FSen	1:10:27
525	196	Annie	Elliott		FV45	1:10:34
526	97	Emily	Budd		FV40	1:10:35

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
527	658	Kassie	West	South Devon AC	FSen	1:10:35
528	169	Hannah	Davies		FV40	1:10:51
529	101	Dennis	Burrell	Carn Runners	MV75	1:10:54
530	39	Charlotte	Batchelor	Brixham Harriers	FV45	1:11:23
531	70	Kate	Boot	South West Road Runners	FSen	1:11:25
532	188	Rachel	Durrant		FV40	1:11:34
533	19	Karen	Atkins		FV50	1:11:39
534	501	Stephanie	Parker	Exeter Triathlon Club	FV50	1:11:40
535	306	Teresa	Holmes	Teignbridge Trotters	FV65	1:11:42
536	218	Brenda	Finney	Torbay Tri Club	FV60	1:11:44
537	285	Barbara	Hedley	Balsall Common Run Club	FV70	1:11:58
538	611	Sarah	Sweatman	Torbay Tri Club	FV45	1:12:01
539	612	Stuart	Sweatman		MV45	1:12:02
540	484	Tracey	Nightingale	TOTTON RC	FV50	1:12:13
541	676	Les	Wilkinson		FV55	1:12:49
542	440	Dene	Medland	Tavistock AC	FV60	1:12:49
543	696	Kate	Yates		FV50	1:12:56
544	179	Dawn	Dixon	Storm Plymouth	FV45	1:13:47
545	499	Andrew	Park	Torbay AAC	MV70	1:14:21
546	116	Jacqueline	Caught		FV45	1:15:07
547	624	Vanessa	Thompson		FV50	1:15:07
548	126	Claire	Church	Yeovil Town RRC	FV50	1:15:39
549	156	David	Cubberley	South Devon AC	MV60	1:15:55
550	547	Katy	Richards		FSen	1:16:22
551	650	Julie	Ward		FV70	1:17:13
552	460	Tamsin	Moor		FSen	1:17:14
553	258	Brenda	Grant	South Devon AC	FV70	1:17:20
554	456	Rebecca	Moloney		FSen	1:17:26
555	685	Janet	Withers		FV45	1:17:27
556	211	Claire	Farrar	Teignbridge Trotters	FV40	1:17:35
557	695	Mandy	Wykes	Brixham Harriers	FV45	1:17:37
558	496	Sara	Palmer	Torbay Tri Club	FV55	1:18:59
559	195	Vicki	Ellery		FSen	1:19:37
560	651	Simon	Warner		MV50	1:19:38
561	220	Ruth	Fishleigh		FSen	1:19:39
562	661	Sara	Weymouth		FV65	1:21:26
563	316	Andy	Houghton	Tavistock AC	MV75	1:22:24
564	677	Abbie	Williams		FSen	1:24:23
565	29	Steve	Badge		MV55	1:24:23
566	332	Helen	Iles		FV55	1:24:29
567	467	Iona	Mulligan		FV45	1:29:05
568	526	Janet	Pryor		FV55	1:29:09
569	146	Louise	Cook		FSen	1:29:24
570	649	Emma-Jayne	Ward		FV40	1:29:58