

Crediton Crunch 10k 2023 Results - 14/05/2023

| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Surname</u>  | <u>Club</u>                      | <u>Cat</u> | <u>Time h:m:s</u> |
|------------|------------|-------------|-----------------|----------------------------------|------------|-------------------|
| 1          | 168        | Michal      | Lesniak         | South Molton Strugglers          | MS         | 0:39:02           |
| 2          | 167        | Simon       | Minting         | Exmouth Harriers                 | MV40       | 0:39:28           |
| 3          | 175        | Hamish      | Fletcher-Cooney | South West Road Runners          | MS         | 0:40:00           |
| 4          | 102        | Jamie       | Howard          | South West Road Runners          | MV40       | 0:40:52           |
| 5          | 134        | Thomas      | Whitworth       |                                  | MS         | 0:41:00           |
| 6          | 169        | Howard      | Bailey          | Exeter Harriers                  | MS         | 0:41:11           |
| 7          | 97         | Edward      | Pickering       | South West Road Runners          | MV50       | 0:41:48           |
| 8          | 166        | David       | Everitt         |                                  | MV40       | 0:42:05           |
| 9          | 132        | Howard      | Williams        |                                  | MV40       | 0:42:21           |
| 10         | 73         | Lawrence    | Schneck         | Greenbow Running Club            | MV40       | 0:42:59           |
| 11         | 176        | Scott       | Hunter          | South West Road Runners          | MS         | 0:43:26           |
| 12         | 165        | Andrew      | Balfour         |                                  | MS         | 0:43:34           |
| 13         | 100        | Jason       | Hockridge       | South West Road Runners          | MV40       | 0:43:48           |
| 14         | 63         | Simon       | White           | Tiverton Harriers                | MV50       | 0:43:52           |
| 15         | 92         | Stephen     | Collier         | South West Road Runners          | MV40       | 0:44:07           |
| 16         | 153        | Ben         | Phillipson      |                                  | MS         | 0:44:44           |
| 17         | 51         | Tim         | Vials           | South West Road Runners          | MV60       | 0:45:27           |
| 18         | 152        | Hannah      | Richards        | Exeter University Triathlon Club | FS         | 0:45:40           |
| 19         | 80         | Jimmy       | Joy             | Exmouth Harriers                 | MV60       | 0:45:56           |
| 20         | 99         | Chris       | Simm            | City Of Salisbury AR & RC        | MV40       | 0:46:16           |
| 21         | 54         | Simon       | Rickard         | Scotch Egg Cycling Society       | MV40       | 0:46:18           |
| 22         | 31         | Paul        | Stevens         | DSFRS running club               | MV40       | 0:46:23           |
| 23         | 159        | Joseph      | Arkle           |                                  | MV40       | 0:46:29           |
| 24         | 107        | Bob         | Pearce          | Torrington AAC                   | MV60       | 0:46:44           |
| 25         | 113        | Justin      | Cudmore         | South West Road Runners          | MV40       | 0:47:48           |
| 26         | 42         | Ian         | Hayward         | Torbay AAC                       | MV60       | 0:48:05           |
| 27         | 62         | Alex        | Simpson         |                                  | MV30       | 0:48:19           |
| 28         | 158        | Ben         | Gooding         |                                  | MS         | 0:48:30           |
| 29         | 65         | Ross        | Stevens         | South West Road Runners          | MV30       | 0:48:42           |
| 30         | 173        | Ian         | Ripper          | Okehampton RC                    | MV60       | 0:48:55           |
| 31         | 105        | David       | Read            |                                  | MV40       | 0:49:13           |
| 32         | 108        | Louise      | Reynolds        | South West Road Runners          | FV40       | 0:49:22           |
| 33         | 110        | Daniel      | Snell           |                                  | MV40       | 0:49:25           |
| 34         | 19         | Claire      | Watkins         | Okehampton RC                    | FV40       | 0:49:31           |
| 35         | 27         | Robert      | Dymond          | South West Road Runners          | MV50       | 0:49:32           |
| 36         | 104        | Suzie       | Tosh            | South West Road Runners          | FV40       | 0:49:42           |
| 37         | 13         | Barry       | Frost           | South West Road Runners          | MV60       | 0:49:49           |
| 38         | 116        | Adam        | Stobbs          | Exeter Harriers                  | MV50       | 0:49:50           |
| 39         | 98         | Ian         | Pang            | South West Road Runners          | MV50       | 0:50:06           |
| 40         | 139        | Chris       | Plant           |                                  | MV40       | 0:50:15           |
| 41         | 119        | Justin      | Jones           |                                  | MV40       | 0:50:24           |
| 42         | 109        | Robert      | Foster          | South Devon AC                   | MS         | 0:50:29           |
| 43         | 118        | Joe         | Langman         |                                  | MS         | 0:50:35           |
| 44         | 115        | Ian         | White           | South West Road Runners          | MV50       | 0:50:51           |
| 45         | 79         | Shaun       | Kirk            | South Devon AC                   | MV50       | 0:50:59           |
| 46         | 89         | Martin      | Willmington     |                                  | MV40       | 0:51:30           |
| 47         | 128        | Chris       | Sharp           | South West Road Runners          | MV40       | 0:51:42           |
| 48         | 161        | James       | Moxon           |                                  | MS         | 0:52:01           |
| 49         | 2          | Ian         | Theedom         |                                  | MS         | 0:52:02           |
| 50         | 45         | Josh        | Fry             |                                  | MS         | 0:52:07           |
| 51         | 71         | Mark        | Peck            |                                  | MS         | 0:52:07           |
| 52         | 130        | Mike        | Kay             | South West Road Runners          | MV60       | 0:52:22           |
| 53         | 81         | Jeremy      | Goddard         | South Devon AC                   | MV50       | 0:52:27           |
| 54         | 101        | Andrew      | Coates          | South West Road Runners          | MS         | 0:52:42           |
| 55         | 50         | Kate        | O'Brien         |                                  | FS         | 0:53:04           |
| 56         | 47         | Justin      | Offer           | ERNEST JACKSON                   | MV50       | 0:53:07           |
| 57         | 127        | Gemma       | Barnett         |                                  | FS         | 0:53:20           |
| 58         | 146        | Stephen     | Lysaczenko      | Quantock Orienteers              | MV60       | 0:53:31           |
| 59         | 94         | Robert      | Stephenson      |                                  | MV60       | 0:53:38           |
| 60         | 144        | Walter      | Andrews         | Tiverton Harriers                | MV60       | 0:53:53           |
| 61         | 32         | Sarah       | Stevens         |                                  | FV40       | 0:53:54           |
| 62         | 5          | Ben         | Jordan          |                                  | MS         | 0:53:55           |
| 63         | 95         | Jessica     | Hutchens        |                                  | FV50       | 0:54:08           |
| 64         | 66         | Rosie       | Glazier         | South West Road Runners          | FS         | 0:54:12           |
| 65         | 20         | Muireann    | Maguire         |                                  | FV40       | 0:54:13           |
| 66         | 143        | Richy       | Wynd            |                                  | MV40       | 0:54:19           |

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|------------|------------|-------------|------------------------|----------------------------|------------|-------------------|
| 67         | 106        | Ann         | Lonie                  | Torrington AAC             | FV50       | 0:54:40           |
| 68         | 145        | Tim         | Jones                  | North Devon RRC            | MV70       | 0:54:44           |
| 69         | 56         | Nicholas    | Smith                  | Launceston Road Runners    | MV40       | 0:54:45           |
| 70         | 64         | Rose        | Partridge              | Tiverton Harriers          | FV50       | 0:55:11           |
| 71         | 133        | Mark        | Eatough                | South West Road Runners    | MS         | 0:55:31           |
| 72         | 70         | Charles     | Hedley                 |                            | MS         | 0:55:45           |
| 73         | 75         | Scott       | Brimilcombe            |                            | MV40       | 0:56:10           |
| 74         | 83         | Robert      | Ashman                 |                            | MS         | 0:56:13           |
| 75         | 82         | Emily       | Hutchens               |                            | FS         | 0:56:22           |
| 76         | 171        | Mark        | Hutchens               |                            | MV50       | 0:56:23           |
| 77         | 150        | Martin      | Rose                   |                            | MV40       | 0:56:42           |
| 78         | 29         | Becky       | Denley                 |                            | FS         | 0:57:01           |
| 79         | 170        | Andy        | Rogers                 | Scotch Egg Cycling Society | MV50       | 0:57:17           |
| 80         | 68         | Kerry       | Bell                   | South Devon AC             | FV60       | 0:57:21           |
| 81         | 177        | Rebecca     | Hayes                  | Crediton Running Network   | FS         | 0:57:30           |
| 82         | 96         | Lewis       | Jones                  | South West Road Runners    | MV70       | 0:57:42           |
| 83         | 148        | James       | Nash                   | South Devon AC             | MS         | 0:57:50           |
| 84         | 40         | Bryn        | Truscott               | South West Road Runners    | MV60       | 0:58:02           |
| 85         | 163        | Leah        | Rogers                 | Exeter Triathlon Club      | FV50       | 0:58:09           |
| 86         | 142        | Alice       | Astbury                |                            | FS         | 0:58:12           |
| 87         | 15         | James       | Jordan                 |                            | MV40       | 0:58:30           |
| 88         | 172        | Emma        | Richards               | Torrington AAC             | FV50       | 0:58:33           |
| 89         | 117        | Harriet     | Hunter                 |                            | FS         | 0:58:47           |
| 90         | 69         | Zoe         | Woodbridge             |                            | FV50       | 0:59:07           |
| 91         | 9          | Jonathan    | Major                  | South West Road Runners    | MV40       | 0:59:16           |
| 92         | 33         | Michael     | Wood                   | ERNEST JACKSON             | MS         | 0:59:33           |
| 93         | 147        | Ella        | Gale                   |                            | FS         | 0:59:43           |
| 94         | 30         | Susan       | Willoughby             |                            | FS         | 0:59:55           |
| 95         | 91         | Daniel      | Hope                   |                            | MS         | 1:00:06           |
| 96         | 34         | Caroline    | Gentry                 |                            | FV50       | 1:00:51           |
| 97         | 129        | Andrew      | Thorne                 | Okehampton RC              | MV50       | 1:00:54           |
| 98         | 123        | Tony        | Gale                   | South West Road Runners    | MV70       | 1:00:59           |
| 99         | 111        | Mark        | Hussell                | Tiverton Harriers          | MV50       | 1:00:59           |
| 100        | 126        | Megan       | Richards               |                            | FV50       | 1:01:02           |
| 101        | 53         | Phill       | Stamp                  | Scotch Egg Cycling Society | MV50       | 1:01:17           |
| 102        | 1          | Claire      | Theedom                |                            | FS         | 1:01:24           |
| 103        | 16         | Julian      | Budd                   | South West Road Runners    | MV50       | 1:01:26           |
| 104        | 114        | Alissa      | Haward                 |                            | FV40       | 1:01:56           |
| 105        | 160        | Josephine   | Bindloss Gibb          | South Molton Strugglers    | FV60       | 1:01:59           |
| 106        | 74         | Amelia      | Mcdowall               |                            | FS         | 1:02:48           |
| 107        | 112        | Paul        | Hughes                 |                            | MV60       | 1:02:55           |
| 108        | 6          | Kate        | Povey                  |                            | FV40       | 1:03:27           |
| 109        | 124        | Angela      | Tarr                   |                            | FV50       | 1:04:02           |
| 110        | 149        | Anne-Marie  | Stringer               |                            | FV40       | 1:04:45           |
| 111        | 93         | Nicki       | Ashworth               |                            | FV50       | 1:04:50           |
| 112        | 77         | John        | Truman                 | Quay to Fitness            | MV40       | 1:05:21           |
| 113        | 78         | Wendy       | Grinney                |                            | FV40       | 1:05:22           |
| 114        | 10         | Maria       | Whelan                 |                            | FV40       | 1:05:31           |
| 115        | 11         | Richard     | Flower                 |                            | MV40       | 1:05:31           |
| 116        | 4          | Hannah      | Fee                    |                            | FV40       | 1:05:38           |
| 117        | 162        | Lynda       | Garcia                 | South West Road Runners    | FV50       | 1:05:56           |
| 118        | 18         | Denise      | Pichler                | South West Road Runners    | FV50       | 1:05:57           |
| 119        | 57         | Wendy       | Page                   |                            | FV70       | 1:07:19           |
| 120        | 37         | Tim         | Daubney                | ERNEST JACKSON             | MV60       | 1:07:53           |
| 121        | 28         | Estelle     | Skinner                |                            | FV40       | 1:07:59           |
| 122        | 58         | Kate        | Tilley                 |                            | FV40       | 1:08:09           |
| 123        | 136        | Heather     | Coverdale              | South Devon AC             | FV60       | 1:08:17           |
| 124        | 164        | Lucy        | Tucker                 |                            | FS         | 1:09:05           |
| 125        | 157        | Shane       | Morgan                 |                            | MV50       | 1:09:06           |
| 126        | 131        | Natalie     | Searle                 |                            | FV40       | 1:09:11           |
| 127        | 72         | Sarah       | Bailey                 |                            | FS         | 1:09:43           |
| 128        | 122        | Emily       | Blake                  |                            | FV40       | 1:09:45           |
| 129        | 141        | Graham      | Simpole                |                            | MV50       | 1:10:18           |
| 130        | 44         | Hils        | Fry                    |                            | FV50       | 1:10:24           |
| 131        | 35         | Joanna      | Niezabitowska- Stevens | ERNEST JACKSON             | FV40       | 1:10:40           |
| 132        | 36         | Jason       | Stevens                |                            | MV50       | 1:10:51           |
| 133        | 22         | Stuart      | Moss                   |                            | MV40       | 1:11:05           |
| 134        | 151        | Victoria    | Albrighton             |                            | FV40       | 1:12:26           |

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|------------|------------|-------------|----------------|----------------------------------|------------|-------------------|
| 135        | 14         | Charlotte   | Waller         |                                  | FS         | 1:12:45           |
| 136        | 59         | Roger       | Webb           | South Devon AC                   | MV60       | 1:13:11           |
| 137        | 3          | Abby        | Payne          |                                  | FV40       | 1:13:43           |
| 138        | 125        | Kate        | Carter         |                                  | FV40       | 1:14:05           |
| 139        | 41         | Sarah       | Finch          | South West Road Runners          | FV50       | 1:14:15           |
| 140        | 155        | Matt        | Swain          |                                  | MV40       | 1:14:17           |
| 141        | 154        | Rachael     | Swain          |                                  | FS         | 1:14:17           |
| 142        | 38         | Joanna      | Andrew         | ERNEST JACKSON                   | FV40       | 1:14:36           |
| 143        | 60         | Sarah       | Hands-Ledger   | Crediton Running Network         | FS         | 1:15:05           |
| 144        | 46         | Hilary      | Collins        | Women on the Run                 | FV60       | 1:16:27           |
| 145        | 23         | Becky       | Saxton         |                                  | FS         | 1:16:59           |
| 146        | 61         | Alison      | Ford           | South Devon AC                   | FV60       | 1:17:43           |
| 147        | 88         | Sylvia      | Lum            |                                  | FS         | 1:18:58           |
| 148        | 140        | Catherine   | Aronson        |                                  | FV50       | 1:19:09           |
| 149        | 135        | Sally       | Shephard       |                                  | FV50       | 1:19:10           |
| 150        | 90         | Kerry       | Hope           |                                  | FV40       | 1:19:27           |
| 151        | 87         | David       | Cubberley      | South Devon AC                   | MV60       | 1:22:10           |
| 152        | 24         | Louise      | Cook           |                                  | FS         | 1:29:46           |
| 153        | 52         | Gary        | Cregan         |                                  | MV50       | DNF               |
| 154        | 7          | Jamie       | Dawe           |                                  | MS         | DNS               |
| 155        | 8          | Gemma       | Jordan         |                                  | FS         | DNS               |
| 156        | 12         | Richard     | Hill           | South West Road Runners          | MV50       | DNS               |
| 157        | 17         | Alice       | Osborne        | Crediton Running Network         | FV50       | DNS               |
| 158        | 21         | Helen       | Frow           |                                  | FV50       | DNS               |
| 159        | 25         | Mark        | Abrahams       |                                  | MS         | DNS               |
| 160        | 26         | Stephen     | Treize         | Kirton Hash House Harriers       | MV60       | DNS               |
| 161        | 39         | Danni       | Meyer          | Heavitree running group          | FV50       | DNS               |
| 162        | 43         | Ciaran      | Jones          |                                  | MS         | DNS               |
| 163        | 48         | Kevin       | Hagley         | South West Road Runners          | MV60       | DNS               |
| 164        | 49         | Mark        | Screech        | Orcs (Off Road and Coastal Runni | MV50       | DNS               |
| 165        | 55         | William     | Gallois        |                                  | MV50       | DNS               |
| 166        | 67         | Daniel      | Weeks          |                                  | MV40       | DNS               |
| 167        | 76         | Nikki       | Wilkins        | Kirton Hash House Harriers       | FV50       | DNS               |
| 168        | 84         | Jody        | Jinks          |                                  | FS         | DNS               |
| 169        | 85         | Poppy       | Clarke         |                                  | FS         | DNS               |
| 170        | 86         | Lysa        | Ralph          |                                  | FV50       | DNS               |
| 171        | 103        | Amy         | Bond           |                                  | FS         | DNS               |
| 172        | 120        | Hannah      | Lapka          | South West Road Runners          | FV40       | DNS               |
| 173        | 121        | Nicholas    | Einchcomb      | South West Road Runners          | MV60       | DNS               |
| 174        | 137        | Vicky       | Martin         |                                  | FV40       | DNS               |
| 175        | 138        | William     | Jerrold        |                                  | MV40       | DNS               |
| 176        | 156        | Sophie      | Brewer         | South West Road Runners          | FS         | DNS               |
| 177        | 174        | Richard     | Stone          | South West Road Runners          | MV40       | DNS               |