



Bideford 10K
16th May, 2010

Sponsored by Devonshire Pine Ltd and R T Marke & Co
Raising funds for Childrens Hospice South West

Pos	No.	First Name	Surname	Club	Cat	Time	Cat Pos
1	244	Shaun	Antell	North Devon Road Runners	SM	32 49	1
2	568	Mark	Jenkin	Bideford AAC	SM	32 52	2
3	41	Lee	Turner	Torbay AC	SM	33 07	3
4	153	Adam	Carlson	Torbay AC	SM	33 57	4
5	555	Dan	Mapp	Bideford AAC	M20	34 34	1
6	374	Matthew	Clark	South West Road Runners	SM	34 39	5
7	558	Peter	Hockin	Bideford AAC	M45	35 01	1
8	420	Alan	Ryder	Erme Valley Harriers	M45	35 26	2
9	367	Martin	Colwill	Bideford AAC	M40	35 31	1
10	333	Chris	Champion	Tavistock AC	M40	35 47	2
11	269	Mark	Batchelor	South Molton Strugglers	M40	36 05	3
12	517	Andrew	Ingle	Bideford AAC	SM	36 23	6
13	57	Jo	Meek	Tavistock AC	SL	36 32	1
14	473	George	Speak	Tavistock AC	M20	36 48	2
15	286	Kevin	Reed	Unattached	SM	36 54	7
16	306	Steve	Groombridge	Tavistock AC	M55	37 02	1
17	85	Roger	Voaden	Okehampton RC	M40	37 10	4
18	162	Ami	Yetton	Plymouth Harriers	SL	37 11	2
19	375	Jamie	Hogg	Unattached	SM	37 18	8
20	207	Nigel	Fenn	Torbay AC	SM	37 24	9
21	50	Gary	Suggate	Bideford AAC	SM	37 33	10
22	516	Chris	Stone	Bideford AAC	M40	37 38	5
23	594	David	Hawes	Unattached	SM	37 41	11
24	76	Simon	Goodman	South Molton Strugglers	SM	37 48	12
25	116	Barrie	Huxtable	Bideford AAC	SM	37 58	13
26	154	Gary	Vernon	Launceston Road Runners	SM	38 01	14
27	131	Bruce	Wathen	South West Road Runners	SM	38 01	15
28	597	Bill	O'Donnell	Bideford AAC	M45	38 02	3
29	92	Chris	Sanders	North Devon Road Runners	SM	38 07	16
30	67	Aaron	Richmond	North Devon Road Runners	SM	38 32	17
31	443	Gavin	Punchard	Okehampton RC	M40	38 34	6
32	415	Phil	Burden	Unattached	SM	38 38	18
33	389	Kevin	Fine	Torbay AC	SM	38 39	19
34	560	Ian	Tennant	Bideford AAC	SM	38 45	20
35	337	Jack	Oliver	Bideford AAC	M20	38 48	3
36	271	Robin	Ewings	Tiverton Harriers	SM	38 48	21
37	110	Walter	Andrews	Tiverton Harriers	M50	38 56	1
38	398	Alex	Rogers	Minehead RC	M20	38 59	4
39	557	Steven	Turner	Bideford AAC	M40	39 00	7
40	566	Paul	Cottle	Unattached	M40	39 02	8
41	36	Stephen	Wilbraham	Torbay AC	M40	39 09	9
42	247	Martin	Brace	Tiverton Harriers	M40	39 10	10
43	163	James	Woodhouse	Unattached	M45	39 15	4
44	251	Robert	Waters	Torrington AAC	SM	39 21	22
45	228	Steven	Vitali	Bideford AAC	SM	39 23	23
46	327	Bryan	Friend	Okehampton RC	M40	39 24	11
47	164	Caroline	Hewitt	Tiverton Harriers	W45	39 30	1
48	3	Mark	Rice	South West Road Runners	M45	39 37	5
49	585	Ian	Waldron	South Molton Strugglers	M50	39 50	2
50	317	Jimmy	Murray	Bideford AAC	SM	39 51	24
51	588	John Gordon	Gordon	Royal Engineers	SM	39 56	25
52	313	Stuart	Philps	Bideford AAC	M40	40 01	12
53	319	Marilyn	Blair	Torrington AAC	W50	40 03	1
54	119	Ian	Snow	Torrington AAC	M55	40 07	2
55	457	Jim	Jennings	Torrington AAC	M60	40 12	1
56	554	Chloe	Felton	Tiverton Harriers	SL	40 15	3
57	379	Chris	Roberts	Unattached	SM	40 18	26
58	527	Sue	Walker	Okehampton RC	W40	40 19	1
59	277	Andrew	Woollacott	North Devon Road Runners	M45	40 25	6

60	206 Wendy	Urban	Torbay AC	W45	40	39	2
61	480 Garry	Dymond	Torrington AAC	M45	40	49	7
62	410 Richard	White	Torbay AC	M45	40	51	8
63	284 Vicky	Skelton	North Devon Road Runners	W40	40	53	2
64	467 Tim	Felton	Tiverton Harriers	M55	40	55	3
65	436 Richard	Hobbs	Unattached	SM	41	10	27
66	245 David	Mugliston	Okehampton RC	M40	41	13	13
67	307 Jamie	Bond	Tiverton Harriers	M45	41	13	9
68	352 Colin	Lane	Unattached	SM	41	16	28
69	414 Serane	Burd	Womens Running Network	SL	41	18	4
70	297 Ian	Gooding	Torrington AAC	SM	41	27	29
71	166 Stephen	Sirdefield	Tiverton Harriers	M45	41	29	10
72	232 Mark	Gilbert	Bideford AAC	M50	41	32	3
73	364 Martyn	Dudley	Unattached	SM	41	36	30
74	438 Paul	Holman	Unattached	SM	41	43	31
75	129 James	Burnside	Unattached	M20	41	50	5
76	108 Tim	Peters	Torbay AC	SM	42	02	32
77	336 Daniel	Brewer	Unattached	SM	42	04	33
78	514 Andy	Warner	Bideford AAC	M40	42	06	14
79	542 Nick	Chapman	Unattached	SM	42	10	34
80	452 Andrew	Gill	Unattached	SM	42	10	35
81	416 Matt	Redmore	Unattached	SM	42	11	36
82	124 Carl	James	North Devon Road Runners	SM	42	14	37
83	330 Roger	Harris	Unattached	M45	42	18	11
84	547 Stuart	Burgess	Unattached	SM	42	19	38
85	308 Nick	Bond	Tiverton Harriers	M20	42	28	6
86	234 Caroline	Steven	Launceston Road Runners	W40	42	29	3
87	160 Iain	Soutar	Unattached	SM	42	35	39
88	68 Andrew	Mather	Unattached	M45	42	37	12
89	9 Lucy	Westcott	Springfield Striders	SL	42	45	5
90	298 Howard	Bidmead	Tiverton Harriers	M50	42	48	4
91	411 Steve	Clifford	Unattached	M50	42	51	5
92	553 Stuart	Bown	Unattached	SM	42	52	40
93	552 Mike	Erith	Tavistock AC	M60	42	53	2
94	385 Jack	Blight	Bideford AAC	M20	42	55	7
95	105 Jenny	Mills	Launceston Road Runners	W60	42	56	1
96	230 Fred	Kelland	Unattached	M50	42	58	6
97	349 Benjamin	Woodward	Unattached	M20	42	59	8
98	567 Matthew	Beamish	Unattached	SM	43	02	41
99	281 Andy	Fraser	Tiverton Harriers	SM	43	06	42
100	325 John	Osborne	Launceston Road Runners	M60	43	07	3
101	72 Tracey	Hulland	South Molton Strugglers	W35	43	08	1
102	390 Sean	Macauley	Unattached	M40	43	10	15
103	262 Will	Sherlock	North Devon Road Runners	M40	43	11	16
104	170 Glynn	Hughes	Torbay AC	M40	43	14	17
105	370 Greg	Fine	Torbay AC	M55	43	14	4
106	538 Robert	Pullen	Bideford AAC	M45	43	15	13
107	299 Jasmine	Finney	Bude Rats	W20	43	21	1
108	499 Maurice	Cockwill	Bideford AAC	M60	43	25	4
109	595 Alec	McLaren	Bideford AAC	M50	43	35	7
110	135 Dale	Wilson	Bideford AAC	M20	43	36	9
111	142 Steve	Selley	Tiverton Harriers	M45	43	36	14
112	475 Mervyn	Rice	Okehampton RC	M50	43	38	8
113	353 Wayne	Jeens	Torrington AAC	SM	43	38	43
114	369 Tony	Ambrose	Unattached	SM	43	41	44
115	295 Bill	Siviter	Bideford AAC	M45	43	44	15
116	365 Nigel	Warner	Unattached	M45	43	47	16
117	598 Robert	Wilkins	North Devon Road Runners	M40	43	48	18
118	582 Andrew	Hadfield	Unattached	SM	43	48	45
119	382 Richard	Harding	Unattached	M20	43	49	10
120	252 Beth	Temple-Thurston	Torrington AAC	W35	44	00	2
121	26 Jean-Marie	Street	Torrington AAC	W35	44	01	3
122	498 Steve	Sanders	Bideford AAC	M45	44	03	17
123	128 Gavin	Burnside	Unattached	M40	44	04	19
124	536 Robert	Faulkner	Unattached	M20	44	06	11
125	111 David	Brown	Truro	M40	44	11	20
126	378 Sean	Jack	Bude Rats	M50	44	13	9
127	213 Raymond	Wilson	Torbay AC	M60	44	15	5
128	130 Alex	Burnside	Unattached	M20	44	16	12
129	145 Darren	Lawman	Bude Rats	SM	44	20	46
130	189 Robert	Hudson	Running Forever Running Club	M40	44	21	21

131	459	Steph	Olliffe	Torrington AAC	W40	44	22	4
132	180	Julie	Towers	Launceston Road Runners	W45	44	27	3
133	231	John	Dean	Tiverton Harriers	M55	44	34	5
134	210	Paul	Smale	Unattached	M40	44	47	22
135	120	Godfrey	Osborne	North Devon Road Runners	M45	44	54	18
136	339	Mike	Kearney	Unattached	M40	44	55	23
137	117	Michael	Gammon	North Devon Road Runners	SM	44	55	47
138	465	Rob	Floyd	Bideford AAC	M40	44	56	24
139	564	Jo	Bedler	Bideford AAC	W35	44	57	4
140	259	Tony	Gambicchia	Somer AC	M50	44	58	10
141	530	Rhian	Evans	Unattached	SL	45	04	6
142	10	Richard	Westcott	South Molton Strugglers	M60	45	09	6
143	413	Kathryn	Hough	South West Road Runners	W45	45	10	4
144	287	Simon	Theakston	Bude Rats	M40	45	10	25
145	424	Jane	Cann	Bude Rats	SL	45	12	7
146	144	David	Chanter	Tavistock AC	M55	45	18	6
147	589	Steven	Hill	Unattached	M45	45	22	19
148	573	Jorg	Gawrisch	Bideford AAC	M45	45	23	20
149	167	Keith	Hoadley	Torrington AAC	M45	45	23	21
150	583	Balthasar	Zimmermann	Droste-runningteam	M20	45	24	13
151	71	Phil	Pennington	South Molton Strugglers	M45	45	32	22
152	205	Kevin	Ballard	Unattached	M40	45	38	26
153	406	Andrew	Parkinson	Unattached	M20	45	41	14
154	591	Guy	Cologne-Brookes	Unattached	M20	45	44	15
155	466	Paul	Wilson	Bideford AAC	M40	45	45	27
156	175	Alan	Littlejohns	Launceston Road Runners	M60	45	48	7
157	98	Ian	MacKenzie	Unattached	M65	45	50	1
158	455	Samantha	Stevenson	Womens Running Network	SL	45	54	8
159	502	Paul	Sturtridge	Bideford AAC	M55	46	00	7
160	376	Tim	Lane	Bideford AAC	M40	46	03	28
161	242	Phil	Hayes	uknetrunner.co.uk	M50	46	05	11
162	509	Karen	Smyth	Unattached	W35	46	07	5
163	8	Tom	Elson	Unattached	SM	46	12	48
164	194	Tony	Parker	Unattached	M55	46	12	8
165	197	Dan	Sanders	Unattached	M40	46	15	29
166	218	Terry	Field	Unattached	M65	46	15	2
167	168	Leslie	Reed	Unattached	M55	46	17	9
168	490	Sue	Pennington	Bideford AAC	W35	46	18	6
169	279	Philip	Harper	Torrington AAC	M45	46	19	23
170	123	Angela	Martin	Bude Rats	W40	46	23	5
171	136	Glen	Wilbraham	Unattached	SM	46	27	49
172	237	John	Bills	Tavistock AC	M60	46	29	8
173	449	Jason	Price	Unattached	SM	46	32	50
174	140	Gary	Chater	Launceston Road Runners	M40	46	34	30
175	351	Sarah	Thomson	Exeter Harriers	W20	46	37	2
176	77	Paul	Brayley	South Molton Strugglers	SM	46	38	51
177	28	Alison	Migliorini-Stubbs	Bude Rats	W40	46	39	6
178	32	Max	Spence	Bude Rats	M40	46	41	31
179	405	Wayne	Goodenoven	Unattached	SM	46	42	52
180	229	Phil	Kelland	Mile High Club	M40	46	50	32
181	233	Michael	Carpenter	Launceston Road Runners	M55	46	54	10
182	42	Amanda	Perry	Womens Running Network	W45	47	07	5
183	448	Graham	Kivell	Bideford AAC	M50	47	08	12
184	222	Emma	Jackson	Womens Running Network	W20	47	11	3
185	90	Martin	Lee	Unattached	SM	47	14	53
186	198	Daniel	Dumas	Bude Rats	M40	47	27	33
187	396	David	Hyde	Torbay AC	M65	47	33	3
188	300	Andy	Burgess	Unattached	SM	47	35	54
189	183	Michael	Jaras	Tiverton Harriers	M65	47	36	4
190	97	Rachael	MacKenzie	Unattached	W40	47	37	7
191	357	Paul	Lovejoy	Unattached	SM	47	38	55
192	6	Jim	Wiley	Unattached	SM	47	38	56
193	149	Chris	Wain	Unattached	SM	47	40	57
194	508	Debbie	Bidmead	Tiverton Harriers	W45	47	42	6
195	340	Jo-Anne	Fletcher	Okehampton RC	W35	47	47	7
196	350	Mark	Woodward	Unattached	M40	47	48	34
197	250	Paul	Marshall	Tavistock AC	M55	47	51	11
198	93	Samantha	Beare	Womens Running Network	SL	47	51	9
199	225	Johndon Rise	Donovan	Torbay AC	M55	47	54	12
200	294	Becky	Bayet	Womens Running Network	W40	47	55	8
201	525	Emma	Bartrop	Bude Rats	W35	47	55	8

202	482	Andy	Glover	Bideford AAC	M55	47	55	13
203	576	Rebecca	Hill	Bideford AAC	W40	47	58	9
204	523	Katy	Kernahan	Torrington AAC	SL	48	02	10
205	296	Emma	Gooding	Torrington AAC	W35	48	04	9
206	246	Adrian	Wroe	Unattached	M45	48	07	24
207	533	Peter	Poazley	Tavistock AC	M50	48	09	13
208	240	Derek	Hicks	Bere Alston Trekkers	M55	48	10	14
209	578	Cy	Margieson	Unattached	SM	48	17	58
210	577	Simon	Payne	Unattached	SM	48	20	59
211	329	Andy	Walter	Bideford AAC	M50	48	29	14
212	534	Terry	Byrne	Yeovil Town Road Runners	M50	48	29	15
213	355	Emma	Smale	Unattached	SL	48	29	11
214	519	Stephen	Puttick	Unattached	SM	48	29	60
215	147	Nik	Whalley	South Molton Strugglers	SM	48	33	61
216	354	David	Dark	Bideford AAC	M50	48	34	16
217	391	Mark	Ridge	Unattached	SM	48	34	62
218	25	Robert	Reynolds	Unattached	SM	48	36	63
219	543	Kevin	Thompson	Dawlish Coasters	M55	48	41	15
220	52	Brian	Stacey	Unattached	M60	48	46	9
221	48	Tessa	Hearfield	Torbay AC	W50	48	51	2
222	494	Lee	Abdul	Unattached	SM	48	55	64
223	302	Shaun	Grinter	Unattached	SM	48	58	65
224	506	Nigel	Laws	Torrington AAC	SM	48	59	66
225	335	Carol	Davies	Bideford AAC	W45	49	08	7
226	219	Ken	Howick	Unattached	M45	49	12	25
227	486	Martin	Rawle	Unattached	M45	49	13	26
228	62	Duncan	Crake	Dawlish Coasters	SM	49	14	67
229	289	Andrew	Oke	Bideford AAC	M45	49	17	27
230	332	Andrew	Alcock	Tavistock AC	M45	49	18	28
231	563	Graham	Macdonald	North Devon Road Runners	M60	49	20	10
232	430	David	Parish	Unattached	M45	49	23	29
233	432	Geoff	Edwards	Unattached	M45	49	25	30
234	292	Alwyn	Pickard	South Molton Strugglers	M70	49	33	1
235	311	Mark	Palmer	Bideford AAC	M40	49	33	35
236	293	Elaine	Fields	South Molton Strugglers	W35	49	35	10
237	451	Andy	Latter	Bude Rats	M50	49	36	17
238	363	Jenny	Barnett	Womens Running Network	SL	49	37	12
239	507	David	Way	Unattached	M50	49	39	18
240	65	Sarah	Oades	Unattached	W35	49	42	11
241	209	Christine	Smale	Unattached	W40	49	42	10
242	596	Fran	Roode	North Devon Road Runners	SL	49	45	13
243	315	Aggie	Clinch	North Devon Road Runners	W50	49	47	3
244	421	Angie	Handforth	Erme Valley Harriers	W60	49	49	2
245	151	Philip	Megicks	Bere Alston Trekkers	M50	49	53	19
246	176	Linda	Philippoli	Torbay AC	W45	49	53	8
247	275	Tim	Heal	Tavistock AC	M45	49	54	31
248	278	Michael	Harper	Torrington AAC	M20	49	56	16
249	520	Sam	Sainty	Unattached	W40	49	59	11
250	593	Kathryn	Guard	Bideford AAC	SL	50	00	14
251	223	Alan	Patrick	Bideford AAC	M60	50	06	11
252	47	Irene	Hewings	Torbay AC	W50	50	15	4
253	510	Louise	Olding	Unattached	SL	50	20	15
254	373	Melanie	Quick	Unattached	SL	50	21	16
255	463	Eric	Barber	Torbay AC	M70	50	21	2
256	165	Kevin	O'Mahoney	Launceston Road Runners	M65	50	25	5
257	30	Sarah	Burnard	Bude Rats	W35	50	27	12
258	78	Bridget	Funnell	Bude Rats	W55	50	28	1
259	470	Sandy	Fish	Unattached	W50	50	36	5
260	426	David	Wenman	Torrington AAC	M45	50	36	32
261	16	Steve	Kerslake	Unattached	M40	50	40	36
262	18	Andy	Stone	Unattached	SM	50	41	68
263	159	David	Anderson	Torrington AAC	M55	50	43	16
264	305	Jon	Cryer	Unattached	M55	50	44	17
265	450	Lorrie	Woolgar	Bideford AAC	W45	50	48	9
266	70	John	Sandwell	Unattached	M40	50	49	37
267	462	Christopher	Daniel	Unattached	M45	50	50	33
268	157	Eugene	Bonner	South West Road Runners	M50	50	56	20
269	574	Joss	Wyre	Unattached	SL	50	57	17
270	383	James	Hine	Unattached	SM	50	58	69
271	256	Philippa	Baker	Launceston Road Runners	W50	50	59	6
272	493	Emma	Whitehouse	Unattached	SL	51	00	18

273	193	Keely	Reed	Unattached	SL	51	04	19
274	392	Jonathan	Lawrence	South Molton Strugglers	M55	51	13	18
275	161	Nic	Hole	Unattached	SL	51	16	20
276	33	Anne	Lucas	Torbay AC	W60	51	17	3
277	434	Roy	Dear	Unattached	M40	51	23	38
278	343	Marie	Smith	Unattached	SL	51	27	21
279	495	Tracey	Wilson	Bideford AAC	W40	51	29	12
280	384	Paul	Homewood	Unattached	SM	51	30	70
281	481	Michael	Newcombe	Torrington AAC	SM	51	32	71
282	272	Georgina	Green	Womens Running Network	W35	51	34	13
283	491	Keith	Prescott	Torrington AAC	M60	51	39	12
284	584	Rachel	Margieson	Unattached	W35	51	55	14
285	587	Jim	McCormack	Unattached	M45	51	58	34
286	362	Daniel	Stanbury	Unattached	SM	52	00	72
287	54	Kathryn	Edwards	Unattached	W45	52	04	10
288	29	Ellen	Hall	Bude Rats	W45	52	09	11
289	235	Zoe	Sims	Unattached	SL	52	13	22
290	133	Sadie	Davies	Bideford AAC	W35	52	13	15
291	469	Keith	Powell	Unattached	M45	52	15	35
292	483	Daniel	Simmonds	Unattached	M45	52	18	36
293	215	Chrstitine	Davey	Womens Running Network	W55	52	20	2
294	264	Karen	Lister	Womens Running Network	W40	52	25	13
295	453	Hayley	Smith	Okehampton RC	SL	52	32	23
296	571	Jayne	West	Okehampton RC	SL	52	33	24
297	43	Emma	Butt	Torbay AC	SL	52	33	25
298	476	Wendy	Shambrook	Torrington AAC	W35	52	34	16
299	575	Tim	Richards	North Devon Road Runners	M55	52	36	19
300	397	Trevor	Godley	Minehead RC	M65	52	36	6
301	395	Jane	Watts	Bideford AAC	W35	52	39	17
302	372	Miles	Hamer	Unattached	SM	52	40	73
303	492	Christopher	Parr	Unattached	SM	52	41	74
304	192	Andrew	Webbe	Unattached	SM	52	44	75
305	141	Chris	Williams	Unattached	SM	52	45	76
306	37	Colin	Wilson	Torbay AC	M60	52	45	13
307	191	Louise	Tuttle	Unattached	SL	52	46	26
308	347	Katrina	Dearson	Womens Running Network	W40	52	49	14
309	248	Ralph	Elmes	Bere Alston Trekkers	M60	52	51	14
310	270	Julie	Colman	South Molton Strugglers	SL	52	51	27
311	5	Jayne	McKenzie Smith	South Molton Strugglers	W45	52	53	12
312	503	John	Iethaby	Minehead RC	M70	52	56	3
313	56	Kristy	Webbe	Bideford AAC	SL	52	58	28
314	241	Michaela	Hillman	Unattached	W45	53	01	13
315	433	Lisa	Rogers	North Devon Road Runners	W35	53	04	18
316	181	Eileen	Sanders	Womens Running Network	W50	53	07	7
317	79	Roger	Nosworthy	Bude Rats	M60	53	11	15
318	513	Liz	Warner	Bideford AAC	W40	53	18	15
319	423	David	Weeks	Unattached	M55	53	20	20
320	44	Peter	Mander	Launceston Road Runners	M70	53	20	4
321	101	Katie	Headon	Unattached	SL	53	22	29
322	461	Paul	Currie	Bude Rats	M50	53	25	21
323	586	Christopher	Cann	Unattached	M55	53	27	21
324	137	David	Eldridge	Unattached	SM	53	32	77
325	394	Matthew	Lawrence	South Molton Strugglers	M20	53	35	17
326	345	Graham	Yarwood	Unattached	M60	53	40	16
327	427	Claire	Tinlin	Womens Running Network	SL	53	41	30
328	572	Mechelle	Williams	Bideford AAC	W45	53	41	14
329	258	Kim	Gilbert	Unattached	M50	53	45	22
330	273	Kevin	Edwards	Unattached	M45	53	52	37
331	401	Sandra	Gynn	Launceston Road Runners	W40	53	52	16
332	402	Joanne	Williams	Launceston Road Runners	W35	53	58	19
333	532	Steve	Tricker	Unattached	SM	54	02	78
334	171	Lii	Raudsep	Unattached	SL	54	13	31
335	474	Katy	Speak	Okehampton RC	W45	54	17	15
336	407	Louise	Upton	Unattached	W35	54	19	20
337	326	Eric	Locke	Unattached	M60	54	22	17
338	187	Mick	Foster	Launceston Road Runners	M65	54	24	7
339	127	Nick	Grief	Unattached	M50	54	25	23
340	312	Sarah	Tate	Bideford AAC	W35	54	40	21
341	188	Patsy	Lambrechts	Launceston Road Runners	W45	54	50	16
342	195	Roy	Bennett	Unattached	M55	54	52	22
343	592	Marcus	Duerden	Unattached	SM	54	55	79

344	431 Lynsey	Ayres	Unattached	SL	54	56	32
345	559 Doug	Jenkin	Bideford AAC	M50	54	57	24
346	381 Nick	Harding	Unattached	SM	55	01	80
347	288 Kathy	Williams	Bere Alston Trekkers	W35	55	02	22
348	199 Anthony	Merrett	Bideford AAC	M60	55	03	18
349	155 Laura	Hawken	Unattached	SL	55	03	33
350	338 Jeanne	Hellyer	Unattached	SL	55	07	34
351	106 Jo	Barlow	Torbay AC	W40	55	08	17
352	249 Helene	Bond	Womens Running Network	W40	55	09	18
353	497 Amanda	Bosher	Bideford AAC	W35	55	10	23
354	371 Jane	Stanley	Unattached	W55	55	13	3
355	172 Janet	Lathom	Launceston Road Runners	W50	55	16	8
356	418 Alisha	Kaliciak	Womens Running Network	W35	55	17	24
357	344 Vanessa	Knowles	Womens Running Network	W45	55	18	17
358	1 Brian	Parker	Unattached	M45	55	20	38
359	348 Anthony	Martin	Bideford AAC	M55	55	21	23
360	518 Sean	Day	Unattached	M40	55	26	39
361	204 Neil	Love	Tavistock AC	SM	55	27	81
362	238 Lesley	Cowie	Tavistock AC	W45	55	28	18
363	570 Bruce	Clarke	Unattached	M45	55	28	39
364	122 Samantha	Baddick	Womens Running Network	W20	55	33	4
365	304 Jo	Pye	Minehead RC	W45	55	35	19
366	511 Eric	Hubber	Bideford AAC	M75	55	36	1
367	425 Amanda	Andrews	Torrington AAC	W40	55	40	19
368	73 Karen	Bowes	Unattached	W45	55	42	20
369	63 Magnus	Proctor	Unattached	M50	55	43	25
370	441 Sarah	Martin	Womens Running Network	W20	55	43	5
371	549 Liz	Roberts	Bideford AAC	W35	55	44	25
372	545 Jessica	Lynes	Bude Rats	W45	55	45	21
373	341 Jane	Page	Bere Alston Trekkers	W40	55	51	20
374	366 Julie	Barriball	Launceston Road Runners	W40	55	53	21
375	419 Claire	Bannister	Unattached	SL	55	57	35
376	200 Alison	Thomas	Hayle Runners	W35	55	59	26
377	528 Jess	Gierke	Torrington AAC	W40	55	59	22
378	478 Stef	Fox Adcock	Bideford AAC	W35	56	01	27
379	35 Michael	Timms	Bude Rats	M50	56	02	26
380	556 Fiona	Eckford	Unattached	W45	56	08	22
381	104 Esther	Brunati-Taylor	Okehampton RC	W40	56	09	23
382	156 Judith	Bonner	Womens Running Network	W45	56	09	23
383	496 Marie	Jones	Bideford AAC	W35	56	11	28
384	220 Neil	Fisher	Torbay AC	M40	56	13	40
385	447 Dawn	Jeffries	Unattached	SL	56	21	36
386	66 Jon	Hibberd	Great Western Runners	M55	56	25	24
387	468 Suzanne	Garland	Unattached	W35	56	26	29
388	51 Lysie	Suggate	Unattached	SL	56	29	37
389	276 Marion	Prideaux	Unattached	W45	56	31	24
390	107 Gerald	Barlow	Torbay AC	M45	56	33	40
391	143 Ann-Marie	Chater	Launceston Road Runners	W40	56	35	24
392	239 Doty	Allan	Bere Alston Trekkers	W45	56	58	25
393	102 John	Richardson	Unattached	M65	57	03	8
394	515 Tina	Place	Womens Running Network	W40	57	05	25
395	46 Jacqueline	Williams	Womens Running Network	W40	57	06	26
396	177 Doug	Smith	Launceston Road Runners	M60	57	16	19
397	440 Tanya	White	Unattached	W45	57	16	26
398	227 Michelle	Bright	Bideford AAC	SL	57	18	38
399	226 Clive	Bright	Bideford AAC	M45	57	18	41
400	331 Helen	Alcock	Tavistock AC	W45	57	20	27
401	61 Jason	Muxworthy	Nailsea Running Club	M40	57	21	41
402	322 Joanna	Day	Unattached	SL	57	26	39
403	221 Mark	Poulsom	Unattached	M40	57	26	42
404	20 Stephen	Walford	Unattached	SM	57	29	82
405	550 Kerry	Ware	Unattached	SL	57	37	40
406	540 Lauren	Gray	Unattached	SL	57	38	41
407	487 Debra	Lacey	Unattached	W35	57	41	30
408	505 Vicki	Gordon	Unattached	W40	57	42	27
409	565 Michael	Sharpe	Forever Running Club Taunton	M60	57	57	20
410	74 Vicky	McDonald	Womens Running Network	W40	58	04	28
411	484 Sue	Thorne	Unattached	W40	58	05	29
412	190 Melanie	Coulstock	Unattached	W40	58	14	30
413	24 Laura	Bennett	Unattached	SL	58	19	42
414	500 Michael	McGrory	Unattached	M45	58	19	42

415	132 Lynn	Hardy	Womens Running Network	W40	58	28	31	
416	243 Michelle	Hayes	Unattached	W45	58	34	28	
417	388 Mark	Garland	Unattached	SM	58	44	83	
418	590 Julie	Stevens	Unattached	W40	58	47	32	
419	14 Sue	Gallear	Unattached	W40	58	49	33	
420	539 Ian	Webbe	Unattached	M60	58	50	21	
421	380 Steven	Chavasse	Unattached	M45	58	52	43	
422	224 Laura	Tucker	Unattached	W45	58	54	29	
423	291 Tamsin	Taylor	Tavistock AC	W35	58	56	31	
424	254 Tracey	Pope	Womens Running Network	W50	58	59	9	
425	201 Karen	Mather	Unattached	W35	58	59	32	
426	301 Kirsty	Burgess	Unattached	W35	59	00	33	
427	435 Julie	Laing	Womens Running Network	W50	59	06	10	
428	22 Martin	Campling	Unattached	SM	59	08	84	
429	94 Kevin	Titmus	Unattached	M45	59	08	44	
430	17 Cheryll	Leach	Launceston Road Runners	W60	59	10	4	
431	152 Rebecca	Sargent	Bere Alston Trekkers	W45	59	11	30	
432	75 Maggie	Cornforth	Womens Running Network	W65	59	12	1	
433	529 Angus	Cotley	Unattached	M45	59	14	45	
434	169 Bev	Tarry	Sidmouth Running Club	W60	59	14	5	
435	260 Ann	Hutchinson	Minehead RC	W50	59	16	11	
436	442 Amanda	Adams	South Molton Strugglers	W45	59	21	31	
437	15 Tracey	Kerslake	Unattached	W40	59	30	34	
438	561 Neil	Grills	Unattached	SM	59	32	85	
439	23 Charlotte	Marston	Unattached	W35	59	35	34	
440	445 Sally	Benson	Tavistock AC	W35	59	39	35	
441	4 Stuart	Busby	Unattached	SM	59	44	86	
442	541 Gillian	Gilbert	Unattached	W50	59	47	12	
443	408 Anji	Saltmarsh	Unattached	W35	59	52	36	
444	544 Natalie	Perrett	Dorset Doodlers	SL	59	52	43	
445	112 Dianne	Cooper	Unattached	W45	1	00	04	32
446	356 Rachel	Lovejoy	Unattached	SL	1	00	16	44
447	109 Andrea	Wall	Torbay AC	W45	1	00	20	33
448	81 Henrey	Osborne	Unattached	M40	1	00	22	43
449	148 Sarah	Bolt	Launceston Road Runners	W35	1	00	24	37
450	236 Sara	Fleischman	Womens Running Network	SL	1	00	25	45
451	309 Sarah	Holmwood	Unattached	SL	1	00	35	46
452	404 Shane	Furlong	Unattached	SM	1	00	35	87
453	489 Jeanette	Collett	Okehampton RC	W45	1	00	41	34
454	393 Debbie	Vinnicombe	Womens Running Network	W50	1	00	41	13
455	88 Hayley	Eastman	Unattached	SL	1	00	44	47
456	255 Debbie	White	Unattached	W40	1	00	46	35
457	458 Marion	Witham	Teignbridge Trotters	W55	1	00	53	4
458	173 Donna	Marriott	North Devon Road Runners	W35	1	00	55	38
459	125 Elisabeth	Hipkins	Womens Running Network	W35	1	01	04	39
460	178 Valerie	Harris	Bude Rats	SL	1	01	15	48
461	290 Lynda	Fairall	Womens Running Network	W40	1	01	18	36
462	126 Claire	Littlejohns	Womens Running Network	W35	1	01	22	40
463	488 Julie	Mahoney	Bideford AAC	SL	1	01	25	49
464	551 Judith	O'Carroll	Unattached	SL	1	01	37	50
465	521 Diana	Bissell	Bideford AAC	W45	1	01	37	35
466	55 Martin	Morgan	Unattached	SM	1	01	40	88
467	485 Paddy	Fox	Unattached	W40	1	01	41	37
468	314 Deborah	Allan	Ware Joggers	W55	1	01	46	5
469	428 Karen	Mayne	Womens Running Network	W40	1	01	47	38
470	91 Kate	Robinson	Unattached	W35	1	01	50	41
471	282 Charlotte	Waters	Unattached	SL	1	01	52	51
472	19 Penny	Harris	Womens Running Network	W40	1	01	59	39
473	318 Robbie	Murray	Bideford AAC	M20	1	01	59	18
474	328 Annette	Wilson	Unattached	W35	1	02	00	42
475	59 Pauline	Roberts	Looe Pioneers	W50	1	02	11	14
476	11 Nina	McLoughlin	Unattached	SL	1	02	16	52
477	283 Hannah	Waters	Unattached	SL	1	02	26	53
478	446 Sara	Miles	North Devon Triathletes	W35	1	02	29	43
479	12 Suzanne	Smith	Womens Running Network	W35	1	02	30	44
480	562 Susan	O'Grady	North Devon Road Runners	W50	1	02	36	15
481	524 Nicola	Huxtable	Womens Running Network	W40	1	02	36	40
482	526 Julia	Stevens	Womens Running Network	W40	1	02	36	41
483	84 Rachel	Baker	Okehampton RC	SL	1	02	46	54
484	429 Kay	Smale	Womens Running Network	W35	1	02	56	45
485	535 Alan	Davies	Bideford AAC	M60	1	02	57	22

486	103	Jessica	Corcoran	Okehampton RC	W35	1	02	57	46
487	211	Kaye	Allen	Bideford AAC	W45	1	03	13	36
488	87	Carol	Moss	Unattached	W50	1	03	20	16
489	86	Alan	Moss	Cheddar Runners	M55	1	03	20	25
490	546	Julie	Day	Unattached	W40	1	03	21	42
491	342	Sue	McManus	Womens Running Network	W40	1	03	28	43
492	69	Petra	Bracken	Unattached	W35	1	03	34	47
493	212	Kay	Eastwood	Bideford AAC	W60	1	03	37	6
494	257	Stephanie	Stanley	Unattached	W40	1	03	49	44
495	21	Joanna	Morrish	Womens Running Network	W35	1	03	49	48
496	280	Ann	Woodhouse	Tavistock AC	W60	1	03	50	7
497	477	Helen	Tuffin	Unattached	W40	1	03	54	45
498	13	Graham	Brooks	Unattached	SM	1	04	02	89
499	412	Karen	Farrington	Unattached	W45	1	04	37	37
500	196	Carol	Edgington	Womens Running Network	W55	1	04	37	6
501	579	Carly	Heard	Unattached	W20	1	04	37	6
502	580	Steve	Colwill	Unattached	SM	1	04	37	90
503	146	Christine	Robertshaw	Womens Running Network	W45	1	04	39	38
504	2	Anne	Benham-Clarke	Unattached	W45	1	04	44	39
505	316	Julia	Williamson	Womens Running Network	W40	1	04	46	46
506	121	Sheree	Southworth	Womens Running Network	W40	1	04	46	47
507	334	Karole	Champion	Unattached	W45	1	05	00	40
508	522	Gillian	Lawrence	Bideford AAC	W55	1	05	01	7
509	27	Hayley	Wignall	Unattached	SL	1	05	02	55
510	479	Allison	Whiteley	Unattached	W40	1	05	02	48
511	208	Georgie	Owen	Unattached	W20	1	05	04	7
512	158	Katie	Southworth	Unattached	W40	1	05	14	49
513	179	Amy	Hawkes	Unattached	W40	1	05	14	50
514	399	Susan	Standford	Womens Running Network	W45	1	05	14	41
515	113	Marie	Cooper	Unattached	W20	1	05	18	8
516	422	Angela	Weeks	Teignbridge Trotters	W65	1	05	19	2
517	537	Angela	Davies	Bideford AAC	W55	1	05	38	8
518	324	Geoff	Day	Unattached	M50	1	06	18	27
519	501	Martyn	Hill	Unattached	M40	1	06	21	44
520	323	Rosie	Day	Unattached	W20	1	06	32	9
521	471	Becky	Crump	Unattached	SL	1	06	36	56
522	472	Richard	Bennett	Unattached	SM	1	06	47	91
523	80	Melanie	Sacree	Bude Rats	W45	1	06	47	42
524	64	Ann	Venning	Launceston Road Runners	W55	1	06	53	9
525	34	Alison	Timms	Bude Rats	W45	1	06	58	43
526	377	Emma	Brimacombe	Unattached	SL	1	07	15	57
527	266	Andrew	Greenslade	Unattached	M45	1	07	15	46
528	439	Katie	Jewell	Unattached	SL	1	07	45	58
529	460	Stephen	Selwood	Unattached	M45	1	08	01	47
530	95	Cathy	Farenden	Unattached	W40	1	08	28	51
531	386	Samantha	Crowsley	North Devon Road Runners	W40	1	08	40	52
532	387	Mark	Crowsley	North Devon Road Runners	M45	1	08	40	48
533	185	Samantha	Bunting	Unattached	W40	1	08	43	53
534	186	Rachael	O'Dell	Okehampton RC	SL	1	08	43	59
535	253	Heidi	Doone	Unattached	W40	1	08	56	54
536	409	Maggie	Dixon	Unattached	W50	1	08	56	17
537	115	Helen	Medland	Bude Rats	W50	1	09	38	18
538	203	Adele	Lindfors	Womens Running Network	SL	1	10	15	60
539	581	Charlotte	Armstrong-Ring	Womens Running Network	SL	1	10	44	61
540	368	Susan	Catto	Bere Alston Trekkers	W50	1	11	32	19
541	82	Beverley	Cox	Womens Running Network	W40	1	11	34	55
542	504	Liz	Oke	Bideford AAC	W65	1	11	42	3
543	321	Anne	Day	Unattached	W50	1	12	05	20
544	214	Heather	Horton	Unattached	W50	1	12	05	21
545	464	Frank	Dunlop	Bideford AAC	M60	1	12	23	23
546	512	Sarah	Butler	Unattached	SL	1	14	22	62
547	360	Gillian	Courtenay	Unattached	W35	1	14	33	49
548	100	John	Burtoft	Unattached	SM	1	14	33	92
549	99	Jo	Burtoft	Unattached	SL	1	14	33	63
550	58	Leila	Eastman	Unattached	W35	1	14	53	50
551	265	Paul	Cross	Unattached	SM	1	14	59	93
552	263	Allan	Lister	Runbritain.com	SM	1	14	59	94
553	174	Pam	Paddon	Bideford AAC	W65	1	20	07	4

Senior Men's Teams

1 M. Jenkin, D. Mapp, A. Ingle, G. Suggate

Bideford AAC

40 pts

2	L. Turner, A. Carlson, N. Fenn, K. Fine	Torbay AC	60 pts
3	S. Antell, C. Sanders, A. Richmond, C. James	North Devon Road Runners	142 pts
4	B. Huxtable, I. Tennant, S. Vitali, J. Murray	Bideford AAC 'B'	154 pts
5	R. Waters, I. Gooding, W. Jeens, N. Laws	Torrington AAC	451 pts
6	S. Goodman, P. Brayley, N. Whalley, M. Lawrence	South Molton Strugglers	740 pts

Senior Ladies' Teams

1	S. Burd, S. Stevenson, E. Jackson	Womens Running Network	411 pts
2	J. Finney, J. Cann, V. Harris	Bude Rats	712 pts
3	S. Beare, J. Barnett, C. Tinlin	Womens Running Network 'B'	763 pts
4	K. Guard, K. Webbe, M. Bright	Bideford AAC	961 pts
5	H. Smith, J. West, R. Baker	Okehampton RC	1074 pts
6	S. Baddick, S. Martin, S. Fleischman	Womens Running Network 'C'	1184 pts

Veterans Teams

1	P. Hockin, M. Colwill, C. Stone, B. O'Donnell	Bideford AAC	66 pts
2	R. Voaden, G. Punchard, B. Friend, D. Mugliston	Okehampton RC	160 pts
3	W. Andrews, M. Brace, T. Felton, J. Bond	Tiverton Harriers	210 pts
4	S. Turner, S. Philips, M. Gilbert, A. Warner	Bideford AAC 'B'	241 pts
5	C. Champion, S. Groombridge, M. Erith, D. Chanter	Tavistock AC	265 pts
6	S. Wilbraham, R. White, G. Hughes, G. Fine	Torbay AC	312 pts

Ladies Veterans Teams

1	M. Blair, B. Temple-Thurston, J. Street, .	Torrington AAC	294 pts
2	C. Steven, J. Mills, J. Towers, .	Launceston Road Runners	313 pts
3	J. Bedler, S. Pennington, R. Hill, .	Bideford AAC	510 pts
4	W. Urban, T. Hearfield, L. Philippoli, .	Torbay AC	527 pts
5	A. Martin, A. Migliorini-Stubbs, E. Bartrop, .	Bude Rats	548 pts
6	S. Walker, J. Fletcher, K. Speak, .	Okehampton RC	588 pts

Ladies Overall

1	57 Jo	Meek	Tavistock AC	SL	36	32
2	162 Ami	Yetton	Plymouth Harriers	SL	37	11
3	164 Caroline	Hewitt	Tiverton Harriers	W45	39	30
4	319 Marilyn	Blair	Torrington AAC	W50	40	3
5	554 Chloe	Felton	Tiverton Harriers	SL	40	15
6	527 Sue	Walker	Okehampton RC	W40	40	19
7	206 Wendy	Urban	Torbay AC	W45	40	39
8	284 Vicky	Skelton	North Devon Road Runners	W40	40	53
9	414 Serane	Burd	Womens Running Network	SL	41	18
10	234 Caroline	Steven	Launceston Road Runners	W40	42	29

M20

1	555 Dan	Mapp	Bideford AAC	M20	34	34
2	473 George	Speak	Tavistock AC	M20	36	48
3	337 Jack	Oliver	Bideford AAC	M20	38	48
4	398 Alex	Rogers	Minehead RC	M20	38	59
5	129 James	Burnside	Unattached	M20	41	50
6	308 Nick	Bond	Tiverton Harriers	M20	42	28

M40

1	367 Martin	Colwill	Bideford AAC	M40	35	31
2	333 Chris	Champion	Tavistock AC	M40	35	47
3	269 Mark	Batchelor	South Molton Strugglers	M40	36	5
4	85 Roger	Voaden	Okehampton RC	M40	37	10
5	516 Chris	Stone	Bideford AAC	M40	37	38
6	443 Gavin	Punchard	Okehampton RC	M40	38	34

M45

1	558 Peter	Hockin	Bideford AAC	M45	35	1
2	420 Alan	Ryder	Erme Valley Harriers	M45	35	26
3	597 Bill	O'Donnell	Bideford AAC	M45	38	2
4	163 James	Woodhouse	Unattached	M45	39	15
5	3 Mark	Rice	South West Road Runners	M45	39	37

6	277 Andrew	Woollacott	North Devon Road Runners	M45	40	25
M50						
1	110 Walter	Andrews	Tiverton Harriers	M50	38	56
2	585 Ian	Waldron	South Molton Strugglers	M50	39	50
3	232 Mark	Gilbert	Bideford AAC	M50	41	32
4	298 Howard	Bidmead	Tiverton Harriers	M50	42	48
5	411 Steve	Clifford	Unattached	M50	42	51
6	230 Fred	Kelland	Unattached	M50	42	58
M55						
1	306 Steve	Groombridge	Tavistock AC	M55	37	2
2	119 Ian	Snow	Torrington AAC	M55	40	7
3	467 Tim	Felton	Tiverton Harriers	M55	40	55
4	370 Greg	Fine	Torbay AC	M55	43	14
5	231 John	Dean	Tiverton Harriers	M55	44	34
6	144 David	Chanter	Tavistock AC	M55	45	18
M60						
1	457 Jim	Jennings	Torrington AAC	M60	40	12
2	552 Mike	Erith	Tavistock AC	M60	42	53
3	325 John	Osborne	Launceston Road Runners	M60	43	7
4	499 Maurice	Cockwill	Bideford AAC	M60	43	25
5	213 Raymond	Wilson	Torbay AC	M60	44	15
6	10 Richard	Westcott	South Molton Strugglers	M60	45	9
M65						
1	98 Ian	Mackenzie	Unattached	M65	45	50
2	218 Terry	Field	Unattached	M65	46	15
3	396 David	Hyde	Torbay AC	M65	47	33
4	183 Michael	Jaras	Tiverton Harriers	M65	47	36
5	165 Kevin	O'Mahoney	Launceston Road Runners	M65	50	25
6	397 Trevor	Godley	Minehead RC	M65	52	36
M70						
1	292 Alwyn	Pickard	South Molton Strugglers	M70	49	33
2	463 Eric	Barber	Torbay AC	M70	50	21
3	503 John	Iethaby	Minehead RC	M70	52	56
4	44 Peter	Mander	Launceston Road Runners	M70	53	20
M75						
1	511 Eric	Hubber	Bideford AAC	M75	55	36
W20						
1	299 Jasmine	Finney	Bude Rats	W20	43	21
2	351 Sarah	Thomson	Exeter Harriers	W20	46	37
3	222 Emma	Jackson	Womens Running Network	W20	47	11
4	122 Samantha	Baddick	Womens Running Network	W20	55	33
5	441 Sarah	Martin	Womens Running Network	W20	55	43
6	579 Carly	Heard	Unattached	W20	1	4
W35						
1	72 Tracey	Hulland	South Molton Strugglers	W35	43	8
2	252 Beth	Temple-Thurston	Torrington AAC	W35	44	0
3	26 Jean-Marie	Street	Torrington AAC	W35	44	1
4	564 Jo	Bedler	Bideford AAC	W35	44	57
5	509 Karen	Smyth	Unattached	W35	46	7
6	490 Sue	Pennington	Bideford AAC	W35	46	18
W40						
1	527 Sue	Walker	Okehampton RC	W40	40	19
2	284 Vicky	Skelton	North Devon Road Runners	W40	40	53

3	234	Caroline	Steven	Launceston Road Runners	W40	42	29
4	459	Steph	Olliffe	Torrington AAC	W40	44	22
5	123	Angela	Martin	Bude Rats	W40	46	23
6	28	Alison	Migliorini-Stubbs	Bude Rats	W40	46	39

W45

1	164	Caroline	Hewitt	Tiverton Harriers	W45	39	30
2	206	Wendy	Urban	Torbay AC	W45	40	39
3	180	Julie	Towers	Launceston Road Runners	W45	44	27
4	413	Kathryn	Hough	South West Road Runners	W45	45	10
5	42	Amanda	Pery	Womens Running Network	W45	47	7
6	508	Debbie	Bidmead	Tiverton Harriers	W45	47	42

W50

1	319	Marilyn	Blair	Torrington AAC	W50	40	3
2	48	Tessa	Hearfield	Torbay AC	W50	48	51
3	315	Aggie	Clinch	North Devon Road Runners	W50	49	47
4	47	Irene	Hewings	Torbay AC	W50	50	15
5	470	Sandy	Fish	Unattached	W50	50	36
6	256	Philippa	Baker	Launceston Road Runners	W50	50	59

W55

1	78	Bridget	Funnell	Bude Rats	W55	50	28
2	215	Chrstitine	Davey	Womens Running Network	W55	52	20
3	371	Jane	Stanley	Unattached	W55	55	13
4	458	Marion	Witham	Teignbridge Trotters	W55	1	0 53
5	314	Deborah	Allan	Ware Joggers	W55	1	1 46
6	196	Carol	Edgington	Womens Running Network	W55	1	4 37

W60

1	105	Jenny	Mills	Launceston Road Runners	W60	42	56
2	421	Angie	Handforth	Erme Valley Harriers	W60	49	49
3	33	Anne	Lucas	Torbay AC	W60	51	17
4	17	Cheryll	Leach	Launceston Road Runners	W60	59	10
5	169	Bev	Tarry	Sidmouth Running Club	W60	59	14
6	212	Kay	Eastwood	Bideford AAC	W60	1	3 37

W65

1	75	Maggie	Cornforth	Womens Running Network	W65	59	12
2	422	Angela	Weeks	Teignbridge Trotters	W65	1	5 19
3	504	Liz	Oke	Bideford AAC	W65	1	11 42
4	174	Pam	Paddon	Bideford AAC	W65	1	20 7

Results should be available on www.bidefordaac.co.uk by mid-afternoon