



Bideford 10K 15th May, 2011

**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	8	Steve	Gallienne	Bideford AAC	SM	32 51	1
2	17	Shaun	Antell	Bristol & West AC	SM	33 03	2
3	224	Lee	Turner	Unattached	SM	33 58	3
4	584	Fred	Tasker	North Devon RR	SM	34 04	4
5	276	Chris	Sabine	Tamar Trotters	M40	34 20	1
6	303	Andrew	Ingle	Bideford AAC	SM	34 23	5
7	380	Ross	Macdonald	North Devon RR	SM	34 48	6
8	544	Dan	Rodgers	Launceston RR	SM	35 04	7
9	29	Mark	Batchelor	South Molton Strugglers	M40	35 05	2
10	50	Aaron	Richmond	North Devon RR	SM	35 19	8
11	197	Ian	Gooding	Torrington AAC	SM	35 21	9
12	315	Martin	Colwill	Bideford AAC	M40	35 46	3
13	445	John	Shapland	North Devon RR	M55	36 06	1
14	330	Andrew	Stay	Unattached	SM	36 17	10
15	477	Vicky	Pincombe	Unattached	W35	36 24	1
16	274	Kerry	Roberts	Tiverton Harriers	M50	36 32	1
17	89	Roger	Voaden	Okehampton RC	M45	36 38	1
18	488	Tony	Vesty	North Devon RR	M45	36 44	2
19	240	Kevin	Marshall	Launceston RR	M45	37 10	3
20	32	Michael	Ayre	North Devon RR	SM	37 25	11
21	150	Gary	Suggate	Bideford AAC	SM	37 28	12
22	261	Mark	Hutcheson	Bude Rats	M45	37 44	4
23	372	Lucy	Kelvey	Newquay Running Club	W35	38 11	2
24	318	Martin	Brace	Tiverton Harriers	M40	38 12	4
25	320	Robin	Ewings	Tiverton Harriers	SM	38 14	13
26	371	Graham	Hodgson	Newquay Road Runners	M45	38 19	5
27	517	Robert	Waters	Torrington AAC	SM	38 43	14
28	220	Ami	Yetton	Plymouth Harriers	SL	38 45	1
29	33	Simon	Goodman	South Molton Strugglers	SM	38 48	15
30	30	David	Pickering	Unattached	M45	39 09	6
31	360	Caroline	Hewitt	Tiverton Harriers	W45	39 21	1
32	118	Tim	Walpot	Unattached	M20	39 31	1
33	302	Mike	Baker	Bath Amphibians	SM	39 32	16
34	514	Sean	Macauley	Unattached	M40	39 33	5
35	555	Matt	Redmore	North Devon Tri	SM	39 34	17
36	475	Gary	Herbert	Unattached	M40	39 36	6
37	464	James	Powell	Unattached	M40	39 47	7
38	222	Walter	Andrews	Tiverton Harriers	M50	39 55	2
39	563	Marc	Course	Unattached	SM	39 57	18
40	204	Jamie	Blackman	Bideford AAC	SM	40 00	19
41	87	Steve	Choules	North Devon AC	M45	40 09	7
42	539	Paul	Johnson	Unattached	SM	40 22	20
43	305	Simon	Hammond	Bude Rats	M40	40 27	8
44	262	Bryan	Friendship	Okehampton RC	M40	40 29	9
45	132	Leigh	James	Windsor Slough Eton & Houns	SL	40 34	2
46	101	Jamie	Bond	Tiverton Harriers	M45	40 37	8
47	264	Serane	Burd	Tiverton Harriers	SL	40 38	3
48	510	Charlie	Davis	Bideford AAC	M40	40 41	10
49	310	Andrew	Woollacott	North Devon RR	M45	40 49	9
50	129	Karen	Skye	Okehampton RC	W35	40 51	3
51	460	Jack	Blight	Bideford AAC	M20	40 57	2
52	206	Richard	Coombes	Bideford AAC	M45	40 57	10
53	375	Howard	Bidmead	Tiverton Harriers	M50	41 01	3
54	300	Simon	Bawden	Unattached	M40	41 05	11
55	374	Dominic	Scotting	Launceston RR	SM	41 10	21
56	248	Matthew	Teague	Unattached	SM	41 14	22
57	565	Tim	Jones	North Devon RR	M55	41 18	2
58	467	David	Mugliston	Okehampton RC	M40	41 26	12
59	486	Lee	Bradley	Unattached	M40	41 32	13

60	367	Jasmine	Finney	Bude Rats	W20	41	39	1
61	265	James	Woodhouse	Unattached	M45	41	44	11
62	31	Stephen	Sirdefield	Tiverton Harriers	M45	41	47	12
63	250	Steve	Selley	Tiverton Harriers	M45	41	55	13
64	427	Kieran	Jewell	Bideford AAC	M20	42	07	3
65	518	Sarah	Kenworthy	Unattached	SL	42	08	4
66	344	Mark	Curtis	Unattached	SM	42	15	23
67	287	Chris	Simpson	South Molton Strugglers	SM	42	16	24
68	550	Thomas	Cawsey	Bideford AAC	M20	42	18	4
69	214	Carl	James	Norht Devon RR	SM	42	31	25
70	358	Paul	Bowden	Unattached	M50	42	36	4
71	193	Caroline	Steven	Tavistock AC	W40	42	37	1
72	77	Rebecca	Mingo	Tavistock AC	SL	42	40	5
73	382	Steve	Martin	Bude Rats	M45	42	43	14
74	476	Helen	Heard	Bude Rats	W35	42	50	4
75	509	Kelvin	Groves	Unattached	SM	42	50	26
76	119	Luc	Walpot	Unattached	M45	42	51	15
77	429	David	Twine	Tavistock AC	M55	42	56	3
78	316	Paul	Jennings	Bideford AAC	M50	43	01	5
79	80	Brian	Wiles	Launceston RR	M60	43	05	1
80	370	Dale	Wilson	Bideford AAC	SM	43	21	27
81	181	Catherine	Fewings	Torbay AAC	W45	43	24	2
82	238	Paul	Sturtridge	Bideford AAC	M55	43	25	4
83	247	Keith	Hoadley	Torrington AAC	M45	43	25	16
84	47	Richard	Connett	South Molton Strugglers	SM	43	29	28
85	578	Steve	Sanders	Bideford AAC	M50	43	33	6
86	169	Adrian	Prust	Unattached	SM	43	40	29
87	366	Sean	Jack	Bude Rats	M50	43	43	7
88	53	Tracey	Hulland	South Molton Strugglers	W40	43	47	2
89	501	Ian	Taylor	Unattached	SM	43	48	30
90	398	Joanna	Colebrook	Unattached	SL	43	49	6
91	347	Mark	Ogden	North Devon RR	M45	43	53	17
92	449	Kirstin	Phippard	Okehampton RC	SL	44	01	7
93	212	Jason	Fern	Unattached	M40	44	02	14
94	213	Sarah	May	Unattached	W40	44	02	3
95	278	Stephen	Williams	Unattached	SM	44	07	31
96	580	Mark	Hawes	Tiverton Harriers	SM	44	20	32
97	342	Andrew	Virgin	Bude Rats	SM	44	24	33
98	577	Don	Marsh	Bideford AAC	M45	44	26	18
99	156	Julie	Towers	Launceston RR	W45	44	29	3
100	387	Alastair	Watt	Okehampton RC	SM	44	30	34
101	56	Neil	Parsons	Unattached	SM	44	32	35
102	527	Michael	Gammon	North Devon RR	SM	44	37	36
103	349	Paul	Olliffe	Unattached	SM	44	38	37
104	170	Shaun	Grinter	Unattached	SM	44	43	38
105	244	Godfrey	Osborne	North Devon RR	M45	44	44	19
106	266	David	Stone	Unattached	M40	44	45	15
107	54	Robin	Potter	Bideford AAC	SM	44	51	39
108	491	Alastair	Peake	Unattached	M40	44	52	16
109	551	Jo	Bedler	Bideford AAC	W35	44	53	5
110	440	Graham	Crump	Unattached	M45	44	53	20
111	537	Paul	Smale	Unattached	M40	44	54	17
112	361	Jane	Cann	Bude Rats	SL	44	55	8
113	364	Sabine	McLean-Thorne	Bude Rats	SL	44	56	9
114	465	James	Manning	Hayle Runners	SM	44	59	40
115	82	Adam	Curtis	Unattached	SM	45	03	41
116	242	Leslie	Reed	Unattached	M55	45	05	5
117	255	Angela	Martin	Bude Rats	W40	45	10	4
118	456	Wayne	Goodenough	Unattached	SM	45	10	42
119	234	Paul	Brayley	South Molton Strugglers	SM	45	12	43
120	243	Jinny	Street	Torrington AAC	W35	45	13	6
121	45	Gary	Webber	North Devon RR	M40	45	18	18
122	585	Neil	Williams	Plymouth Musketeers R C	M40	45	18	19
123	102	Nick	Bond	Tiverton Harriers	M20	45	19	5
124	130	Lucy	Skye	Okehampton RC	SL	45	20	10
125	323	Stephen	Edwards	Unattached	SM	45	23	44
126	260	John	Dean	Tiverton Harriers	M55	45	24	6
127	121	Paul	Goswell	Unattached	M40	45	24	20
128	466	Simon	Oliver	North Devon RR	M50	45	25	8
129	570	Kenneth	Roulstone	Unattached	M50	45	27	9
130	481	Katie	Littlejohns	Unattached	W20	45	27	2

131	511 Paul	Morris	Hayle	SM	45	46	45
132	422 Emilia	Treml	Unattached	SL	45	56	11
133	245 Samantha	Stevenson	North Devon RR	SL	45	58	12
134	474 Steph	Olliffe	Torrington AAC	W40	46	02	5
135	257 Toby	Haigh	Unattached	SM	46	09	46
136	396 Kim	Scutchings	Unattached	SL	46	10	13
137	196 Emma	Gooding	Torrington AAC	W35	46	11	7
138	84 Michael R	Bryant	Unattached	M50	46	15	10
139	461 Alan	Nicol	North Devon RR	M50	46	18	11
140	288 Tom	Hickford	Unattached	SM	46	23	47
141	281 Brian	Hanks	South Molton Strugglers	SM	46	25	48
142	167 Rob	Prouten	Unattached	SM	46	26	49
143	143 Daniel	Stanbury	Unattached	SM	46	32	50
144	205 Julia	Stacey	Tiverton Harriers	SL	46	34	14
145	184 Derek	Hicks	Bere Alston Trekkers	M55	46	39	7
146	442 Jason	Price	Unattached	SM	46	41	51
147	485 Marie	Smith	Unattached	W35	46	41	8
148	207 Gary	Chater	Tavistock AC	M45	46	43	21
149	279 Tony	Parker	Unattached	M55	46	47	8
150	376 Colin	Williams	North Devon RR	SM	46	49	52
151	581 Michael	Harper	Torrington AAC	M20	46	53	6
152	489 Nigel	Laws	Torrington AAC	SM	46	54	53
153	526 Chelsea	Crawshaw	Unattached	W20	46	58	3
154	531 Frank	Biederman	North Devon RR	SM	47	02	54
155	472 Andrew	Houghton	Tavistock AC	M65	47	02	1
156	420 Sarah-Jane	Mackenzie-Shapland	Unattached	SL	47	03	15
157	162 Lorna	Bond	Tiverton Harriers	W35	47	10	9
158	5 Kajal	Bailey	North Devon AC	SL	47	14	16
159	568 Rose	Partridge	Unattached	W40	47	15	6
160	542 Shaun	Brailey	Unattached	SM	47	16	55
161	190 Marc	Austin	Unattached	SM	47	17	56
162	560 Rob	Floyd	Bideford AAC	M40	47	18	21
163	78 Alan	Littlejohns	Launceston RR	M60	47	18	2
164	273 Anthony	Munn	Unattached	M45	47	21	22
165	368 Stephanie	Wade	Womens Running Network	W45	47	23	4
166	383 Isobel	Waterhouse	Bude Rats	W45	47	23	5
167	535 Robert	Oke	Unattached	M45	47	23	23
168	124 Claire	Comber	Unattached	W45	47	26	6
169	457 Phil	Kelland	Mile High Club	M40	47	37	22
170	171 Stuart	Catto	Unattached	SM	47	40	57
171	583 Justin	Duerden	Unattached	SM	47	41	58
172	354 Jane	Jackson	Okehampton RC	W55	47	42	1
173	65 Ian	Mackenzie	Unattached	M65	47	44	2
174	297 Simon	Payne	North Devon RR	SM	47	47	59
175	569 Elaine	Fields	South Molton Strugglers	W35	47	54	10
176	286 Wayne	Jeens	South West Road Runners	SM	48	07	60
177	225 Michael	Newcombe	Torrington AAC	SM	48	11	61
178	180 Mark	Fishleigh	Unattached	SM	48	12	62
179	530 David	Dark	Bideford AAC	M50	48	13	12
180	195 Emma	Little	Unattached	SL	48	15	17
181	436 Kate	Rogers	Tavistock AC	W50	48	17	1
182	161 Mark	Ridge	Unattached	SM	48	25	63
183	378 Aggie	Clinch	North Devon RR	W55	48	30	2
184	138 Tim	Felton	Tiverton Harriers	M55	48	33	9
185	139 Emily	Felton	Tiverton Harriers	SL	48	33	18
186	301 Sarah	Street	Bath Amphibians	SL	48	42	19
187	508 Gerard	O'Boyle	Tiverton Harriers	M60	48	54	3
188	10 Peter	Thorp	Launceston RR	M50	48	56	13
189	39 Martin	Rawle	Unattached	M45	48	58	24
190	567 Adrian	Wroe	Unattached	M45	48	59	25
191	536 Andrew	Wilson	Bideford AAC	SM	49	02	64
192	574 Stephen	Puttick	Unattached	SM	49	06	65
193	513 Lisa	Baxter	Launceston RR	W35	49	08	11
194	192 Michael	Carpenter	Launceston RR	M55	49	15	10
195	186 Trish	Merrett	Hayle Runners	W40	49	20	7
196	73 Jim	Gray	Unattached	M45	49	20	26
197	435 James	Murray	Unattached	SM	49	22	66
198	430 Jonathan	Murray	Unattached	M55	49	22	11
199	512 Jonathan	Lawrence	South Molton Strugglers	M55	49	23	12
200	437 Philip	Harper	Unattached	M50	49	24	14
201	428 Graham	Macdonald	North Devon RR	M60	49	28	4

202	548	Luke	Tucker	Unattached	SM	49	33	67
203	254	Calvin	Leach	Unattached	SM	49	33	68
204	131	Nicki	Barrass	Unattached	W45	49	33	7
205	174	Philip	Megicks	Bere Alston Trekkers	M50	49	36	15
206	67	Andy	Peel	Unattached	M40	49	39	23
207	145	Sarah	Oades	Unattached	W35	49	49	12
208	496	Tim	Lane	Bideford AAC	M40	49	57	24
209	227	Karen	Lister	Tiverton Harriers	W40	49	58	8
210	524	Tara	Horrell	Bideford AAC	W40	50	00	9
211	400	Matthew	Retter	Unattached	SM	50	04	69
212	271	Lesley	Maclaren	St Austell	SL	50	11	20
213	556	Graham	Kivell	Bideford AAC	M50	50	16	16
214	385	Robert	Waterhouse	Bude Rats	M50	50	20	17
215	384	Paul	Currie	Bude Rats	M50	50	20	18
216	96	Marilyn	Cooper	Okehampton RC	W55	50	23	3
217	168	Lynsey	Ayres	Unattached	SL	50	26	21
218	151	Lynsie	Suggate	Unattached	SL	50	26	22
219	128	Achim	Nestel	Unattached	SM	50	29	70
220	91	Amy	Roberts	Torbay AAC	SL	50	33	23
221	482	Carol	Davies	Bideford AAC	W50	50	42	2
222	24	Amber	Saltmarsh	Unattached	W35	50	43	13
223	272	David	Meardon	Unattached	M45	50	44	27
224	520	Steven	Peddle	Unattached	SM	50	49	71
225	553	Caroline	Ellis	Bideford AAC	W45	50	50	8
226	328	Jon	Cryer	Unattached	M55	50	56	13
227	211	Kate	Trees	Unattached	W45	50	59	9
228	215	Ray	Goodright	East Cornwall Harriers	M60	51	00	5
229	239	Karen	Mahoney	East Cornwall Harriers	W40	51	01	10
230	452	Neil	Young	Unattached	SM	51	16	72
231	12	Wendy	Shambrook	Torrington AAC	W40	51	16	11
232	231	Sadie	Davies	Unattached	W35	51	18	14
233	351	Mandy	Sanders	Torrington AAC	W40	51	26	12
234	479	Natasha	Johnston	Unattached	W35	51	27	15
235	109	Mogsy	Ford	Bude Rats	W45	51	28	10
236	353	Philippa	Baker	Launceston RR	W55	51	33	4
237	306	William	Wallace	Minehead Running Club	M50	51	37	19
238	199	Nick	Phillips	Unattached	SM	51	37	73
239	4	David	Eldridge	Unattached	SM	51	38	74
240	352	Chris	Williams	Unattached	SM	51	38	75
241	235	Helen	Medland	Bude Rats	W55	51	41	5
242	44	Colin	Slocombe	Unattached	SM	51	42	76
243	117	Alan	Rowe	Honiton RC	M60	51	44	6
244	108	Kevin	O'Mahoney	Launceston RR	M70	51	45	1
245	552	Christopher	Deleon	Unattached	SM	51	46	77
246	379	Emma	Butt	Torbay AAC	SL	51	55	24
247	495	Stuart	Hills	Striders of Croydon	M55	52	05	14
248	492	Phil	Hayes	uknetrunner.co.uk	M50	52	09	20
249	36	Jon	Petts	Unattached	M45	52	11	28
250	187	Graham	Merrett	Hayle Runners	M50	52	12	21
251	157	Gavin	Brown	Unattached	SM	52	13	78
252	88	Tracey	Choules	North Devon AC	W40	52	14	13
253	446	Paul	Homewood	North Devon RR	SM	52	15	79
254	313	Claire	Pitcher	Tavistock AC	W45	52	18	11
255	314	Adrian	Pitcher	Tavistock AC	M55	52	18	15
256	417	James-Robin	Buckland	Unattached	SM	52	19	80
257	506	Stephanie	Hulford	Unattached	W40	52	21	14
258	55	Sue	Pascoe	Erme Valley Harriers	W35	52	24	16
259	373	Andrew	Oke	Bideford AAC	M45	52	24	29
260	490	Sandra	Gynn	Launceston RR	W40	52	25	15
261	454	Amy	Hawkes	Unattached	W40	52	27	16
262	579	Jon	Gibbons	Bideford AAC	SM	52	27	81
263	3	Nick	Bellfield	Unattached	M40	52	28	25
264	541	Saran	Millyard	Womens Running Network	W35	52	30	17
265	543	Sue	Grigg	Womens Running Network	W50	52	31	3
266	458	Helen	Milne	Mile High Club	SL	52	34	25
267	76	Andy	Jeffs	Unattached	M50	52	34	22
268	334	Alan	Patrick	Bideford AAC	M60	52	39	7
269	469	Jane	Jones	Okehampton RC	W45	52	40	12
270	92	Bonnie	Latimer	Plymstock Road Runners	SL	52	43	26
271	267	Wendy	Dale	North Devon RR	W45	52	47	13
272	389	Jo	Sloan	Unattached	SL	52	50	27

273	572 Sandra	Baker	Unattached	W55	53	00	6
274	37 Jim	McCormack	Unattached	M45	53	03	30
275	284 Nicola	Morris	Torrington AAC	W50	53	08	4
276	319 Karen	Grant	North Devon RR	W45	53	09	14
277	14 Nicola	Blight	Torrington AAC	SL	53	11	28
278	75 James	Williams	Unattached	SM	53	12	82
279	470 Trevor	Godley	Minehead Running Club	M65	53	20	3
280	338 Sean	Day	North Devon RR	M40	53	26	26
281	426 Ashley	Clements	Unattached	M45	53	27	31
282	335 Eileen	Sanders	Womens Running Network	W50	53	30	5
283	59 Myra	Mckay	Erme Valley Harriers	W60	53	30	1
284	494 Chris	Hancock	Okehampton RC	M40	53	31	27
285	142 Mark	Brown	Unattached	M40	53	31	28
286	505 Chris	Rogers	Teignbridge Trotters	SM	53	40	83
287	604 Kellie	Edwards	Bideford AAC	SL	53	44	29
288	369 Simon	Quey	Unattached	SM	53	44	84
289	164 Tessa	Gorin	Unattached	SL	53	45	30
290	425 Katy	Speak	Okehampton RC	W45	53	45	15
291	547 Adrian	Scarrett	Unattached	SM	53	46	85
292	246 Helene	Bond	Unattached	W45	53	47	16
293	23 Roy	Bennett	Unattached	M55	53	51	16
294	41 Michaela	Hillman	Torrington AAC	W45	53	55	17
295	202 Janet	Lathom	Launceston RR	W55	54	03	7
296	311 Ian	Cobbedick	Unattached	SM	54	06	86
297	350 Marion	Prideaux	Launceston RR	W50	54	07	6
298	295 Oliver	Nicholson	Unattached	SM	54	09	87
299	79 Karen	Bowes	Unattached	W45	54	19	18
300	554 James	Bratt	Unattached	SM	54	22	88
301	94 Sarah	Hadley	Unattached	SL	54	30	31
302	251 Chris	Chislett	Carn Runners	SM	54	31	89
303	498 John	Lethaby	Minehead Running Club	M75	54	39	1
304	216 Lesley	Edwards	Unattached	W55	54	40	8
305	559 Sam	Stone	Unattached	SM	54	44	90
306	519 Oliver	Rolls	Unattached	SM	54	44	91
307	343 Sally	Gostick	Bude Rats	W35	54	49	18
308	540 Mike	Bishop	Unattached	SM	54	54	92
309	355 Miles	Hamer	Unattached	SM	54	54	93
310	504 Kevin	Hibbert	Unattached	SM	55	04	94
311	499 Daniele	Sharland	Unattached	SL	55	05	32
312	153 Abby	Metherell	Unattached	SL	55	08	33
313	324 Claire	Gee	Unattached	W35	55	12	19
314	134 Nicola	Mitchell	North Devon RR	W35	55	13	20
315	135 Gary	Mitchell	Unattached	M40	55	15	29
316	333 Julie	Barriball	Launceston RR	W45	55	15	19
317	566 Tim	Richards	North Devon RR	M55	55	17	17
318	83 Caroline	Shapland	South Molton Strugglers	SL	55	19	34
319	545 Lynton	Allen	Unattached	SM	55	20	95
320	290 Alison	Little	Womens Running Network	W40	55	31	17
321	49 Sophie	Whiteley	Unattached	W20	55	31	4
322	448 Jane	Watts	Bideford AAC	W40	55	32	18
323	48 Rebecca	Chappell	Womens Running Network	SL	55	36	35
324	549 Tanya	Marrow	South Molton Strugglers	W35	55	38	21
325	557 Charlotte	Waters	Unattached	SL	55	40	36
326	473 Sheila	Houghton	Tavistock AC	W60	55	42	2
327	52 Graham	Yarwood	Unattached	M60	55	46	8
328	392 Candace	Jewell	Unattached	W35	55	48	22
329	393 Alison	Stone	Unattached	W45	55	50	20
330	237 Susannah	Robertson	Unattached	W35	55	50	23
331	582 Leanne	Ford	Unattached	SL	55	55	37
332	571 Bernard	Baker	Unattached	M60	55	55	9
333	71 Peter	Mander	Launceston RR	M70	55	59	2
334	62 Tessa	Anns	Unattached	W40	55	59	19
335	356 Rachel	Lovejoy	Launceston RR	SL	56	00	38
336	386 Mary	Rostock	Womens Running Network	W35	56	00	24
337	443 Sarah	Kirby	Unattached	W35	56	04	25
338	421 Andrew	Mackenzie-Shapland	Unattached	SM	56	06	96
339	176 Liz	Fielder	Womens Running Network	W35	56	08	26
340	533 Diana	Bissell	Bideford AAC	W45	56	19	21
341	112 Sue	Gallear	Unattached	W40	56	22	20
342	397 Sarah	Hale	Unattached	SL	56	24	39
343	444 Steve	Davies	Unattached	M55	56	34	18

344	407	Katie	Pratt	Unattached	SL	56	41	40
345	140	Jason	Muxworthy	Unattached	M40	56	49	30
346	253	Lorraine	Davies	Unattached	W35	56	50	27
347	125	Lisa	Drew	Unattached	W40	56	50	21
348	146	Joyce	Mulholland	North Devon RR	W55	56	51	9
349	348	Jane	Stanley	Unattached	W55	57	00	10
350	228	Sam	Charlton	Unattached	W40	57	00	22
351	325	Eric	Pope	Unattached	M70	57	07	3
352	497	Eric	Hubber	Bideford AAC	M75	57	10	2
353	403	Stephanie	Horner	Unattached	SL	57	12	41
354	365	Jillian	Harris	Unattached	SL	57	19	42
355	401	Simon	Morris	Bedford Harriers	SM	57	21	97
356	203	Rowena	Wilson	Bude Rats	W45	57	22	22
357	113	David	Anderson	Torrington AAC	M55	57	24	19
358	478	Charmaine	Firmin	Bideford AAC	W50	57	25	7
359	275	Lisa	Cetinkaya	Unattached	SL	57	26	43
360	468	Catherine	Williams	Bideford AAC	SL	57	28	44
361	43	Dianne	Reynolds	Womens Running Network	W60	57	28	3
362	258	Kate	Greenaway	Bude Rats	SL	57	35	45
363	105	Cathy	Farmer	Unattached	W40	57	37	23
364	107	Ria	Cutler	Unattached	SL	57	40	46
365	6	Jackie	Chapman	Launceston RR	W45	57	46	23
366	447	Claire	Bannister	Unattached	SL	57	46	47
367	152	Debra	Lake	Bideford AAC	W40	57	50	24
368	309	Claire	Bone	Bideford AAC	W45	57	50	24
369	432	Carole	Newbould	Unattached	W45	57	51	25
370	576	Wayne	Bennett	Unattached	SM	57	54	98
371	241	Lavinia	Marshall	Launceston RR	W55	57	56	11
372	345	Kim	Curtis	Unattached	SL	57	58	48
373	346	Dawn	Jeffries	Unattached	SL	57	58	49
374	289	Patsy	Bennett	BATS	W50	58	00	8
375	230	Karen	Watts	Unattached	SL	58	10	50
376	341	Glen	Martin	Bideford AAC	M75	58	18	3
377	586	Caroline	Erickson	Plymouth Musketeers R C	W40	58	19	25
378	390	Adam	Christopher	Unattached	SM	58	21	99
379	397	Sarah	Hale	Unattached	SL	58	23	51
380	388	Carole	Cornwall	Okehampton RC	W40	58	25	26
381	280	Desiree	Young	Unattached	SL	58	27	52
382	269	Penny	Clapham	Teign Valley R.C.	W60	58	28	4
383	450	Simon	Willan	Unattached	SM	58	33	100
384	282	Michael	McGroy	Unattached	M50	58	37	23
385	103	Helen	Gwynne	Womens Running Network	W50	58	39	9
386	528	Sara	Wills	North Devon RR	W40	58	49	27
387	218	Sally	Pope	North Devon RR	W55	58	55	12
388	149	Terry	Pike	North Devon AC	M50	58	59	24
389	521	Shannon	Pile	Unattached	M20	59	00	7
390	42	Emma-Lisa	Cunnington	Okehampton RC	W35	59	02	28
391	337	Michelle	Bright	Bideford AAC	W35	59	04	29
392	336	Clive	Bright	Bideford AAC	M45	59	04	32
393	137	Jon	Hibberd	South Molton Strugglers	M55	59	06	20
394	173	Ellyn	Megicks	Unattached	W20	59	07	5
395	90	Rachel	Baker	Okehampton RC	W35	59	08	30
396	98	Jason	Hardwill	Unattached	SM	59	10	101
397	9	Amy	Hill	Unattached	SL	59	11	53
398	455	Susan	Standford	Womens Running Network	W45	59	12	26
399	201	Sarah	Bolt	Launceston RR	W35	59	18	31
400	538	Christine	McGhee	Plymouth Harriers	W50	59	21	10
401	398	Joanna	Colebrook	Unattached	SL	59	22	54
402	104	Charlotte	Luckett	Unattached	SL	59	26	55
403	97	Hannah	Wood	Unattached	SL	59	32	56
404	136	Rachel	Scholes	South Molton Strugglers	W35	59	33	32
405	114	Cathy	Farenden	South Molton Strugglers	W40	59	34	28
406	175	Rebecca	Sargent	Bere Alston Trekkers	W45	59	34	27
407	419	Stephen	Morris	Unattached	M40	59	39	31
408	61	Tracey	Kerslake	Unattached	W40	59	41	29
409	27	Claire	Burnell	Unattached	W40	59	43	30
410	26	Anna	Buck	Unattached	SL	59	44	57
411	120	Claire	Hay	Unattached	SL	59	48	58
412	404	James	Garnett	Unattached	SM	59	48	102
413	60	Suzanne	Smit	Unattached	W35	59	49	33
414	229	Rachel	Cock	Unattached	W40	59	53	31

415	232	Catherine	Douse	Unattached	W35	59	53	34	
416	307	Sam	Steer	Unattached	W35	59	54	35	
417	321	Susan	O'Grady	North Devon RR	W50	59	55	11	
418	522	Peggy	Crome	Unattached	W65	1	00	03	1
419	523	Jackie	Lovatt	Unattached	W40	1	00	07	32
420	198	Julia	Williamson	Womens Running Network	W40	1	00	07	33
421	221	David	Griffiths	Unattached	M50	1	00	12	25
422	172	Jo	Wadman	Unattached	SL	1	00	15	59
423	13	Sean	Phillips	Unattached	SM	1	00	18	103
424	38	Heather	Berry	Unattached	W35	1	00	20	36
425	395	Jamie	Morris	Unattached	SM	1	00	26	104
426	493	Michelle	Hayes	Unattached	W45	1	00	29	28
427	85	Stephanie	Ham	Unattached	SL	1	00	30	60
428	194	Maggie	Cornforth	Womens Running Network	W65	1	00	30	2
429	503	Toni-Jane	Buckeridge	Unattached	W35	1	00	32	37
430	93	Natasha	Acres	Unattached	W35	1	00	42	38
431	363	Charlotte	Armstrong-Ring	Womens Running Network	SL	1	00	44	61
432	362	Melissa	Hutchings	Launceston RR	SL	1	00	51	62
433	525	Tom	Bond	Unattached	SM	1	00	51	105
434	19	Kathryn	Cann	Unattached	W35	1	00	54	39
435	18	Charlotte	Wonnacott	Unattached	SL	1	00	55	63
436	317	Helen	Colwill	Bideford AAC	W40	1	00	56	34
437	72	Amy	Andrews	Unattached	SL	1	01	08	64
438	100	Martin	Morgan	Unattached	SM	1	01	23	106
439	558	Jenny	Stone	North Devon RR	W65	1	01	38	3
440	564	Helen	Hales	Unattached	W35	1	01	47	40
441	359	Hazel	Rucki	Unattached	SL	1	01	49	65
442	183	Shelley	Marshall	Bude Rats	W40	1	01	49	35
443	141	Claire	Cutler	Unattached	W35	1	02	06	41
444	561	Katie	Lake	Motcombe Running Club	W35	1	02	24	42
445	562	Matthew	Lake	Unattached	SM	1	02	24	107
446	110	Chris	Cloke	Unattached	SM	1	02	25	108
447	111	Catherine	Cloke	Unattached	W35	1	02	25	43
448	575	Katherine	Floyd	Unattached	W40	1	02	26	36
449	398	Joanna	Colebrook	Unattached	SL	1	02	30	66
450	532	Gillian	Lawrence	Bideford AAC	W55	1	02	34	13
451	433	Lizzie	Friendship	Unattached	W45	1	02	34	29
452	74	Jennifer	Prince	Unattached	SL	1	02	34	67
453	327	Joanna	Brades	Womens Running Network	W40	1	02	54	37
454	21	Louisa	Roberts	Unattached	SL	1	03	07	68
455	296	Anne	Jenkins	Womens Running Network	W65	1	03	07	4
456	304	Lynne	Nancekivell	Womens Running Network	W35	1	03	21	44
457	179	Wayne	Harrison	Unattached	M40	1	03	24	32
458	326	Dawn	Nott	Womens Running Network	W40	1	03	25	38
459	507	Pat	Pike	Forever Running, Taunton	W65	1	03	29	5
460	308	Ann	Dallyn	Barnstaple	W55	1	03	37	14
461	148	Ann	Woodhouse	Tavistock AC	W65	1	03	37	6
462	7	Nadia	Maddick	Unattached	W35	1	03	38	45
463	603	Frances	Teague	Unattached	W40	1	03	41	39
464	381	Donna	Marriott	North Devon RR	W35	1	03	43	46
465	64	Lesley	Meeds	Womens Running Network	W45	1	04	08	30
466	200	Michelle	Harding	Unattached	SL	1	04	12	69
467	1	Lisette	Coombe	Unattached	W45	1	04	33	31
468	210	Stephanie	Stanley	Unattached	W40	1	04	43	40
469	22	Jacqui	Couch	Torrington AAC	W40	1	04	43	41
470	270	Hazel	Maclaren	Womens Running Network	W45	1	04	48	32
471	285	Sheree	Southworth	Unattached	W40	1	04	48	42
472	573	Wendy	Sillifant	Unattached	W35	1	04	49	47
473	277	Debbie	Vinnicombe	Unattached	W50	1	05	00	12
474	480	Rebecca	Garnsworthy	Unattached	W35	1	05	02	48
475	411	Phil	Lacey	Unattached	SM	1	05	03	109
476	409	Ben	Duhig	Unattached	SM	1	05	16	110
477	546	Petra	Bracken	Unattached	W35	1	05	23	49
478	223	Rachael	O'Dell	Okehampton RC	SL	1	05	48	70
479	86	Megan	Chaplin	Womens Running Network	SL	1	06	00	71
480	99	Silvia	Gonzalez	Womens Running Network	SL	1	06	00	72
481	219	Stephanie	Pope	Forever Running, Taunton	SL	1	06	04	73
482	357	Alan	Catto	Bere Alston Trekkers	M55	1	06	19	21
483	252	Chris	Hedges	Unattached	SM	1	06	23	111
484	163	Susan	Catto	Bere Alston Trekkers	W55	1	06	31	15
485	399	Sarah	Evetts	Unattached	SL	1	06	49	74

486	529 Jill	Garner	Unattached	W35	1	07	09	50
487	441 Richard	Bennett	Unattached	SM	1	07	10	112
488	438 Becky	Crump	Unattached	SL	1	07	11	75
489	160 Louise	Riddick	Unattached	W20	1	07	20	6
490	462 Kim	Jenkin	Unattached	SL	1	07	29	76
491	463 Doug	Jenkin	Bideford AAC	M50	1	07	29	26
492	25 Tracey	Found	Torrington AAC	W35	1	07	31	51
493	188 Niall	Merrett	Unattached	SM	1	07	37	113
494	189 Alice	Beard	Unattached	SL	1	07	37	77
495	259 Tammie	Brayley	Womens Running Network	W35	1	07	45	52
496	331 Gideon	Bell	Unattached	SM	1	07	48	114
497	332 Andrea	Clegg	Unattached	W35	1	07	49	53
498	329 Simon	De Burgh	Unattached	SM	1	07	50	115
499	500 Donna	Knight	Womens Running Network	W45	1	07	50	33
500	34 Nicol	Cleverdon	Womens Running Network	SL	1	08	00	78
501	182 Jill	Hayward	Womens Running Network	W50	1	08	00	13
502	293 Katy	Graham	Womens Running Network	SL	1	08	09	79
503	424 Athena	Clements	Unattached	SL	1	08	33	80
504	423 Stuart	Clements	Unattached	M50	1	08	33	27
505	416 Althea	Hancock	Unattached	W40	1	08	38	43
506	414 Helen	Symons	Unattached	SL	1	08	38	81
507	340 Tracey	Burridge	North Devon RR	W40	1	08	39	44
508	339 Margaret	Beades	Unattached	W60	1	08	41	5
509	322 Paul	Mingo	Unattached	SM	1	08	42	116
510	408 Chantelle	Brett	Unattached	SL	1	08	59	82
511	155 Penny	Harris	Womens Running Network	W40	1	09	03	45
512	292 Debbie	Bryant	Okehampton RC	W40	1	09	16	46
513	294 Tracey	Webber	Okehampton RC	W40	1	09	16	47
514	405 Rachelle	Cloke	Unattached	SL	1	09	17	83
515	406 Gemma	Copp	Unattached	SL	1	09	17	84
516	299 Nicole	Payne	Unattached	W20	1	09	37	7
517	106 Yvonne	Gilbert	Unattached	W50	1	09	52	14
518	166 April	Warren	Unattached	SL	1	10	12	85
519	439 Frances	Ash	Unattached	W65	1	10	14	7
520	291 Catherine	Hawkins	South Molton Strugglers	W35	1	10	26	54
521	58 Fred	Grimwood	Unattached	M60	1	10	53	10
522	208 Vicki	Davis	Unattached	W45	1	11	09	34
523	209 Yvonne	Hill	Unattached	W50	1	11	09	15
524	57 Heidi	Plater	Unattached	W40	1	11	12	48
525	312 Jessica	Lynes	Bude Rats	W45	1	11	21	35
526	283 Nicola	Hammond	Bude Rats	W40	1	11	21	49
527	158 Donna	Riddick	Unattached	W45	1	11	33	36
528	165 Jo	Herman	Unattached	W40	1	11	33	50
529	415 Helen	Garrett	Unattached	W40	1	13	02	51
530	534 Frank	Dunlop	Bideford AAC	M60	1	13	02	11
531	16 Nicola	Kingston	Torrington AAC	W35	1	13	15	55
532	15 Stephanie	Stacey	Torrington AAC	W50	1	13	18	16
533	233 Nicola	Sparrey	Unattached	W40	1	13	23	52
534	144 Peter	Mumby	Unattached	M60	1	14	18	12
535	487 Liz	Oke	Bideford AAC	W65	1	14	31	8
536	402 Vicky	Johns	Unattached	W20	1	18	53	8
537	453 Annette	Joyce	Bideford AAC	W60	1	19	38	6
538	123 Jadwiga	Karniewicz	Bideford AAC	W60	1	21	01	7
539	418 Toni	Cox	Unattached	SM	1	21	03	117
540	410 Steve	Tricker	Unattached	SM	1	21	49	118
541	226 Allan	Lister	Unattached	SM	1	22	00	119
542	431 Pam	Paddon	Bideford AAC	W65	1	29	29	9
543	391 Adam	Bott	Ridgeway Runners	SM	1	30	07	120
544	413 David	Harris	Unattached	M40	1	30	19	33
545	412 Debbie	McKenzie	Unattached	W35	1	31	46	56

Senior Men's Teams

1	S. Gallienne, A. Ingle, G. Suggate, J. Blackman	Bideford AAC	68 pts
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Senior Ladies' Teams

1	J. Finney, J. Cann, S. McLean-Thorne	Bude Rats	285 pts
2	S. Burd, J. Stacey, E. Felton	Tiverton Harriers	376 pts
3	K. Phippard, L. Skye, R. O'Dell	Okehampton RC	694 pts
4	C. Armstrong-Ring, M. Chaplin, S. Gonzalez	Womens Running Network	1390 pts

Veterans Teams

1	K. Roberts, M. Brace, W. Andrews, J. Bond	Tiverton Harriers	124 pts
2	J. Shapland, T. Vesty, A. Woollacott, T. Jones	North Devon RR	137 pts
3	M. Colwill, C. Davis, R. Coombes, P. Jennings	Bideford AAC	190 pts
4	M. Hutcheson, S. Hammond, S. Martin, S. Jack	Bude Rats	225 pts
5	H. Bidmead, S. Sirdefield, S. Selley, J. Dean	Tiverton Harriers 'B'	304 pts
6	R. Voaden, B. Friendship, D. Mugliston, C. Hancock	Okehampton RC	403 pts

Ladies Veterans Teams

1	H. Heard, A. Martin, I. Waterhouse, .	Bude Rats	357 pts
2	J. Street, S. Olliffe, E. Gooding, .	Torrington AAC	391 pts
3	C. Hewitt, L. Bond, K. Lister, .	Tiverton Harriers	397 pts
4	K. Skye, J. Jackson, M. Cooper, .	Okehampton RC	438 pts
5	C. Steven, K. Rogers, C. Pitcher, .	Tavistock AC	506 pts
6	J. Towers, L. Baxter, P. Baker, .	Launceston RR	528 pts

Ladies Overall

1	477 Vicky	Pincombe	Unattached	W35	36	24
2	372 Lucy	Kelvey	Newquay Running Club	W35	38	11
3	220 Ami	Yetton	Plymouth Harriers	SL	38	45
4	360 Caroline	Hewitt	Tiverton Harriers	W45	39	21
5	132 Leigh	James	Windsor Slough Eton & Houns	SL	40	34
6	264 Serane	Burd	Tiverton Harriers	SL	40	38
7	129 Karen	Skye	Okehampton RC	W35	40	51
8	367 Jasmine	Finney	Bude Rats	W20	41	39
9	518 Sarah	Kenworthy	Unattached	SL	42	8
10	193 Caroline	Steven	Tavistock AC	W40	42	37

M20

1	118 Tim	Walpot	Unattached	M20	39	31
2	460 Jack	Blight	Bideford AAC	M20	40	57
3	427 Kieran	Jewell	Bideford AAC	M20	42	7
4	550 Thomas	Cawsey	Bideford AAC	M20	42	18
5	102 Nick	Bond	Tiverton Harriers	M20	45	19
6	581 Michael	Harper	Torrington AAC	M20	46	53

M40

1	276 Chris	Sabine	Tamar Trotters	M40	34	20
2	29 Mark	Batchelor	South Molton Strugglers	M40	35	5
3	315 Martin	Colwill	Bideford AAC	M40	35	46
4	318 Martin	Brace	Tiverton Harriers	M40	38	12
5	514 Sean	Macauley	Unattached	M40	39	33
6	475 Gary	Herbert	Unattached	M40	39	36

M45

1	89 Roger	Voaden	Okehampton RC	M45	36	38
2	488 Tony	Vesty	North Devon RR	M45	36	44
3	240 Kevin	Marshall	Launceston RR	M45	37	10
4	261 Mark	Hutcheson	Bude Rats	M45	37	44
5	371 Graham	Hodgson	Newquay Road Runners	M45	38	19
6	30 David	Pickering	Unattached	M45	39	9

M50

1	274 Kerry	Roberts	Tiverton Harriers	M50	36	32
2	222 Walter	Andrews	Tiverton Harriers	M50	39	55
3	375 Howard	Bidmead	Tiverton Harriers	M50	41	1
4	358 Paul	Bowden	Unattached	M50	42	36
5	316 Paul	Jennings	Bideford AAC	M50	43	1
6	578 Steve	Sanders	Bideford AAC	M50	43	33

M55

1	445 John	Shapland	North Devon RR	M55	36	6
2	565 Tim	Jones	North Devon RR	M55	41	18

3	429 David	Twine	Tavistock AC	M55	42	56
4	238 Paul	Sturtridge	Bideford AAC	M55	43	25
5	242 Leslie	Reed	Unattached	M55	45	5
6	260 John	Dean	Tiverton Harriers	M55	45	24

M60

1	80 Brian	Wiles	Launceston RR	M60	43	5
2	78 Alan	Littlejohns	Launceston RR	M60	47	18
3	508 Gerard	O'Boyle	Tiverton Harriers	M60	48	54
4	428 Graham	Macdonald	North Devon RR	M60	49	28
5	215 Ray	Goodright	East Cornwall Harriers	M60	51	0
6	117 Alan	Rowe	Honiton RC	M60	51	44

M65

1	472 Andrew	Houghton	Tavistock AC	M65	47	2
2	65 Ian	Mackenzie	Unattached	M65	47	44
3	470 Trevor	Godley	Minehead Running Club	M65	53	20

M70

1	108 Kevin	O'Mahoney	Launceston RR	M70	51	45
2	71 Peter	Mander	Launceston RR	M70	55	59
3	325 Eric	Pope	Unattached	M70	57	7

M75

1	498 John	Lethaby	Minehead Running Club	M75	54	39
2	497 Eric	Hubber	Bideford AAC	M75	57	10
3	341 Glen	Martin	Bideford AAC	M75	58	18

W20

1	367 Jasmine	Finney	Bude Rats	W20	41	39
2	481 Katie	Littlejohns	Unattached	W20	45	27
3	526 Chelsea	Crawshaw	Unattached	W20	46	58
4	49 Sophie	Whiteley	Unattached	W20	55	31
5	173 Ellyn	Megicks	Unattached	W20	59	7
6	160 Louise	Riddick	Unattached	W20	7	20

W35

1	477 Vicky	Pincombe	Unattached	W35	36	24
2	372 Lucy	Kelvey	Newquay Running Club	W35	38	11
3	129 Karen	Skye	Okehampton RC	W35	40	51
4	476 Helen	Heard	Bude Rats	W35	42	50
5	551 Jo	Bedler	Bideford AAC	W35	44	53
6	243 Jinny	Street	Torrington AAC	W35	45	13

W40

1	193 Caroline	Steven	Tavistock AC	W40	42	37
2	53 Tracey	Hulland	South Molton Strugglers	W40	43	47
3	213 Sarah	May	Unattached	W40	44	2
4	255 Angela	Martin	Bude Rats	W40	45	10
5	474 Steph	Olliffe	Torrington AAC	W40	46	2
6	568 Rose	Partridge	Unattached	W40	47	15

W45

1	360 Caroline	Hewitt	Tiverton Harriers	W45	39	21
2	181 Catherine	Fewings	Torbay AAC	W45	43	24
3	156 Julie	Towers	Launceston RR	W45	44	29
4	368 Stephanie	Wade	Womens Running Network	W45	47	23
5	383 Isobel	Waterhouse	Bude Rats	W45	47	23
6	124 Claire	Comber	Unattached	W45	47	26

W50

1	436 Kate	Rogers	Tavistock AC	W50	48	17
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2	482 Carol	Davies	Bideford AAC	W50	50	42
3	543 Sue	Grigg	Womens Running Network	W50	52	31
4	284 Nicola	Morris	Torrington AAC	W50	53	8
5	335 Eileen	Sanders	Womens Running Network	W50	53	30
6	350 Marion	Prideaux	Launceston RR	W50	54	7

W55

1	354 Jane	Jackson	Okehampton RC	W55	47	42
2	378 Aggie	Clinch	North Devon RR	W55	48	30
3	96 Marilyn	Cooper	Okehampton RC	W55	50	23
4	353 Philippa	Baker	Launceston RR	W55	51	33
5	235 Helen	Medland	Bude Rats	W55	51	41
6	572 Sandra	Baker	Unattached	W55	53	0

W60

1	59 Myra	Mckay	Erme Valley Harriers	W60	53	30	
2	473 Sheila	Houghton	Tavistock AC	W60	55	42	
3	43 Dianne	Reynolds	Womens Running Network	W60	57	28	
4	269 Penny	Clapham	Teign Valley R.C.	W60	58	28	
5	339 Margaret	Beades	Unattached	W60	1	8	41
6	453 Annette	Joyce	Bideford AAC	W60	1	19	38

W65

1	522 Peggy	Crome	Unattached	W65	1	0	3
2	194 Maggie	Cornforth	Womens Running Network	W65	1	0	30
3	558 Jenny	Stone	North Devon RR	W65	1	1	38
4	296 Anne	Jenkins	Womens Running Network	W65	1	3	7
5	507 Pat	Pike	Forever Running, Taunton	W65	1	3	29
6	148 Ann	Woodhouse	Tavistock AC	W65	1	3	37