



## Bideford 10 Miler 9th October, 2011

**Sponsored by Devonshire Pine Ltd and  
R.T. Marke & Co., Chartered Accountants,  
Raising money for the North Devon Hospice**

Pos	No.	First Name	Surname	Club	Cat	Time	Cat Pos
1	166	Steve	Gallienne	Bideford AAC	SM	53	51
2	184	David	Cutler	South Molton Strugglers	SM	58	56
3	31	John	Shapland	North Devon Road Runners	M55	59	23
4	22	Milan	Goc	Sidmouth Running Club	SM	1 00	35
5	110	James	Murray	Bideford AAC	M40	1 02	02
6	156	Gary	Suggate	Bideford AAC	M40	1 03	09
7	190	Steve	Hay	Torrington AAC	M50	1 03	53
8	63	Pickering	David	Unattached	M45	1 03	53
9	175	Mitchell	Benjamin	Bude Rats	SM	1 04	09
10	135	Jamie	Blackman	Bideford AAC	SM	1 04	48
11	152	Sean	Macauley	North Devon Tri	M40	1 05	33
12	154	Jon	Irwin	North Devon Tri	SM	1 05	33
13	103	Jamie	Bond	Tiverton Harriers	M45	1 06	33
14	141	David	Stone	Unattached	M40	1 07	13
15	21	Serane	Burd	Tiverton Harriers	W35	1 07	20
16	81	Stuart	Philps	Bideford AAC	M45	1 07	21
17	76	Andrew	Isaac	Unattached	M40	1 08	54
18	146	James	Burnside	Unattached	M20	1 09	08
19	43	Gavin	Burnside	Unattached	M45	1 09	11
20	137	Charlie	Davis	Bideford AAC	M45	1 09	22
21	114	Raith	Ackland	Unattached	SM	1 09	34
22	136	Paul	Bowden	Bude Rats	M50	1 09	36
23	56	Sabine	McLean-Thorne	Bude Rats	SL	1 09	37
24	165	Phil	Spencer	Tiverton Harriers	M45	1 09	53
25	138	Andrew	Pearson	Bideford AAC	M40	1 09	57
26	139	Roger	Harris	Unattached	M45	1 10	05
27	28	Jon	Helyer	Hydrographic Harriers	M40	1 10	20
28	108	Darren	Peters	Unattached	SM	1 10	52
29	157	Steve	Selley	Tiverton Harriers	M50	1 11	22
30	36	John	Kavanagh	SWRR	M45	1 11	41
31	30	Jason	Fern	Unattached	M40	1 11	57
32	85	Kelvin	Groves	Unattached	SM	1 12	06
33	29	Sarah	May	Unattached	W40	1 12	28
34	66	Keith	Belt	South Devon AC	M65	1 12	33
35	100	Rob	Prouten	UKA	SM	1 12	37
36	173	James	Woodhouse	Unattached	M45	1 12	48
37	144	Luke	Jarman	Unattached	SM	1 12	54
38	82	Paul	Sturtridge	Bideford AAC	M55	1 13	13
39	77	Nick	Warren	Unattached	SM	1 15	22
40	87	Chris	Sowden	Unattached	M65	1 15	44
41	188	Gareth	Horrell	Unattached	SM	1 16	00
42	155	Sandy	Fish	Fetch Everyone	W50	1 16	14
43	142	Martin	Pettifer	Unattached	SM	1 16	17
44	151	Wayne	Goodenough	Unattached	SM	1 16	25
45	61	Detlef	Schoenfeld	Okehampton Running Club	M45	1 16	25
46	9	Mark	Jeffries	Forest of Dean	M40	1 17	10
47	80	Peter	Taylor	Plymouth Coasters	M45	1 17	37
48	35	Joanna	Boon	Running Forever Running Club	SL	1 17	57
49	70	Graham	Crump	Unattached	M45	1 18	08
50	64	Carol	Austin	Sparkhill Harriers	W45	1 18	14
51	48	Trev	Bryan	North Devon Road Runners	M50	1 18	21
52	125	Paul	Olliffe	Unattached	M40	1 18	42
53	147	Rebecca	Mudd	Launceston Road Runners	SL	1 19	02
54	140	Andy	Houghton	Tavistock AC	M65	1 19	12
55	9999	Unknown	Runner	Unattached	SM	1 19	58
56	111	Robbie	Murray	Bideford AAC	M20	1 20	23
57	16	Nigel	Smale	Unattached	M45	1 20	25
58	32	Simon	Paddon	North Devon Road Runners	M40	1 20	40
59	174	Arron	Baker	Unattached	SM	1 20	55

60	167 Wayne	Fennell	North Devon Road Runners	SM	1	20	55	18
61	172 Adrian	Farmer	Unattached	SM	1	20	55	19
62	104 Stephanie	Wade	England Athletics	W45	1	21	07	2
63	168 Julie	Hedges	South West Road Runners	W45	1	21	32	3
64	127 Michael	Woodland	Erme Valley Harriers	M55	1	21	32	3
65	69 Chris	Wain	Unattached	SM	1	22	10	20
66	148 Michael	Carpenter	Launceston Road Runners	M60	1	22	13	1
67	26 Glenda	Edwards	Les Croupiers	W45	1	22	33	4
68	176 Adrian	Colwill	Bideford AAC	SM	1	22	43	21
69	185 Jason	Price	Unattached	SM	1	23	00	22
70	171 Paul	Madge	South West Road Runners	M50	1	23	41	5
71	49 Norris	Kington	Cornwall AC	M70	1	23	53	1
72	107 Ken	Howick	Unattached	M45	1	24	00	14
73	25 Marilyn	Cooper	Okehampton Running Club	W55	1	24	21	1
74	134 Don	Marsh	Bideford AAC	M45	1	24	31	15
75	164 John	Kinsman	North Devon Road Runners	M40	1	25	04	12
76	42 Andy	Walter	Bideford AAC	M50	1	25	05	6
77	24 Charlotte	Davis	Unattached	SL	1	25	05	4
78	23 Sam	Saintey	Unattached	W40	1	25	08	2
79	163 Clair	Hutchings	Unattached	W35	1	25	19	2
80	116 Michael	Whitecross	Unattached	M50	1	25	39	7
81	128 Seema	Shah	Unattached	SL	1	25	39	5
82	158 Aggie	Clinch	North Devon Road Runners	W55	1	27	08	2
83	78 Emma	Pearcy	South West Road Runners	SL	1	27	47	6
84	129 Peter	Kneil	North Devon Road Runners	M40	1	27	55	13
85	84 Joanne	Camies	Okehampton Running Club	W40	1	27	57	3
86	44 Abby	Metherell	Okehampton Running Club	SL	1	28	07	7
87	74 Simon	Wright	Unattached	SM	1	28	09	23
88	73 Stephen	Puttick	Unattached	SM	1	28	09	24
89	113 Helene	Bond	Crediton Running Network	W45	1	28	12	5
90	33 Anthony	Merrett	Bideford AAC	M60	1	28	15	2
91	123 Sandra	Baker	Unattached	W55	1	28	33	3
92	161 Tara	Cousins	Unattached	W35	1	28	41	3
93	126 Liz	Ash	Okehampton Running Club	W35	1	28	55	4
94	46 Jane	Jones	Okehampton Running Club	W45	1	28	55	6
95	79 Andrew	Oke	Bideford AAC	M45	1	28	59	16
96	18 Richard	Flaxman	Unattached	SM	1	29	15	25
97	55 Eric	Locke	North Devon Road Runners	M60	1	29	21	3
98	13 Nicola	Mitchell	North Devon Road Runners	W40	1	29	48	4
99	160 David	Eveleigh	Exmouth Harriers	M55	1	30	28	4
100	51 Ruth	Henry	North Devon Road Runners	W45	1	30	33	7
101	6 Ann	Rouse	Unattached	W35	1	30	57	5
102	180 Martin	Norman	Unattached	SM	1	31	03	26
103	99 Michael	Newcombe	Torrington AAC	SM	1	31	39	27
104	169 Adrian	Pitcher	Tavistock AC	M55	1	31	43	5
105	115 Claire	Pitcher	Tavistock AC	W45	1	31	43	8
106	149 Katy	Speak	Okehampton Running Club	W45	1	31	44	9
107	112 Derrick	Elston	Unattached	M50	1	32	07	8
108	153 Paul	Tappenden	Unattached	M55	1	32	31	6
109	130 Lisa	Cetinkaya	Bideford AAC	SL	1	33	00	8
110	20 Lesley	Edwards	Unattached	W55	1	33	00	4
111	181 Charlotte	Lockett	Unattached	SL	1	33	26	9
112	145 Graham	Yarwood	Unattached	M60	1	33	42	4
113	37 Tessa	Anns	Bideford AAC	W40	1	33	50	5
114	45 Lora	Medland	Okehampton Running Club	SL	1	34	24	10
115	96 Pauline	Pyke	Torrington AAC	W40	1	34	41	6
116	10 Stephanie	Ham	North Devon Road Runners	SL	1	34	52	11
117	132 Anna	Lacey	Unattached	W35	1	35	17	6
118	133 Jenny	Gibbons	Unattached	W35	1	35	17	7
119	122 Bernie	Baker	Unattached	M60	1	35	28	5
120	72 Lisa	Drew	Unattached	W40	1	35	28	7
121	1 Sean	Phillips	Unattached	M40	1	35	30	14
122	162 Anna	Buck	Unattached	SL	1	35	47	12
123	159 Claire	Burnell	Unattached	W40	1	35	48	8
124	91 Christopher	Horrell-Jones	Unattached	SM	1	35	53	28
125	89 Michelle	Bright	Bideford AAC	W35	1	36	13	8
126	88 Clive	Bright	Bideford AAC	M45	1	36	13	17
127	150 Shane	Furlong	Unattached	SM	1	37	26	29
128	170 Eric	Pope	Unattached	M70	1	37	54	2
129	124 Paul	Cleaver	Unattached	M55	1	38	13	7
130	101 Tony	Dyer	North Devon Road Runners	M70	1	38	23	3
131	52 Amy	Andrews	Bideford AAC	SL	1	38	25	13

132	191 Jo	Hedderly	Bideford AAC	W35	1	38	28	9
133	179 Rachel	Lovejoy	Launceston Road Runners	SL	1	38	33	14
134	97 Jane	Stanley	Unattached	W55	1	39	10	5
135	27 Nick	Edwards	Les Croupiers	M50	1	39	30	9
136	95 Julie	Laing	Unattached	W50	1	39	53	2
137	39 Jacqui	Couch	Torrington AAC	W40	1	39	56	9
138	65 Lesley	Adams	Axe Valley Runners	W55	1	39	59	6
139	93 Alison	Holliday	Okehampton Running Club	W35	1	40	16	10
140	98 Cathy	Carey	Okehampton Running Club	SL	1	40	16	15
141	19 Julian	Wills	Unattached	SM	1	40	18	30
142	15 Suzanne	Gallear	Unattached	W40	1	41	16	10
143	143 David	Griffiths	Unattached	M50	1	41	41	10
144	109 Sarah	Ford	Unattached	W40	1	41	42	11
145	75 Sam	Charlton	Unattached	W40	1	41	42	12
146	71 Steven	Penna	Unattached	M40	1	41	43	15
147	119 Kim	Borer	Unattached	SL	1	42	22	16
148	131 Sarah	Stanley-Wright	Unattached	W40	1	43	06	13
149	47 Tracey	Kerslake	Unattached	W40	1	43	57	14
150	187 Bob	Burton	Plymstock Road Runners	M50	1	44	04	11
151	121 Wendy	Sillifant	Unattached	W35	1	44	06	11
152	41 Tracey	Found	Torrington AAC	W35	1	44	37	12
153	92 Ann	Dallyn	Barnstaple WRC	W55	1	44	59	7
154	106 Kirsty	Walker	Unattached	W35	1	45	25	13
155	105 Rebecca	Garnsworthy	Unattached	W35	1	45	25	14
156	4 Caroline	Wingrove	Unattached	W50	1	47	31	3
157	182 Sue	McManus	Unattached	W40	1	48	28	15
158	183 Sheree	Southworth	Unattached	W40	1	48	28	16
159	189 Jane	Carroll	Devon & Cornwall Police	W35	1	48	34	15
160	86 Katie	Thompson	Unattached	SL	1	48	44	17
161	14 Ann	Woodhouse	Tavistock AC	W65	1	49	58	1
162	40 Nancy	Cavey	Unattached	W35	1	51	09	16
163	177 Fizz	Radford	Unattached	W40	1	51	13	17
164	178 Joe	Knight	Unattached	SM	1	51	15	31
165	11 Lesley	Cuthbert	Unattached	W45	1	51	21	10
166	186 Donna	Knight	Womens Running Network	W45	1	51	21	11
167	117 Stephanie	Stacey	Torrington AAC	W50	1	56	19	4
168	34 Mel	Cox	Torrington AAC	W50	1	56	19	5
169	57 Yvonne	Hill	Unattached	W50	1	56	29	6
170	58 Vicki	Davis	Unattached	W50	1	56	29	7
171	120 Liz	Oke	Bideford AAC	W70	2	01	24	1
172	118 Annette	Joyce	Bideford AAC	W60	2	34	31	1
173	38 Pam	Paddon	Bideford AAC	W70	2	34	31	2

#### Senior Men's Teams

1	S. Gallienne, J. Blackman, R. Murray, A. Colwill	Bideford AAC	135 pts
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#### Ladies' Teams

1	A. Metherell, L. Medland, C. Carey	Okehampton Running Club	340 pts
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#### Veterans Teams

1	J. Murray, G. Suggate, S. Philips, C. Davis	Bideford AAC	47 pts
2	J. Shapland, T. Bryan, S. Paddon, J. Kinsman	North Devon Road Runners	187 pts
3	A. Pearson, P. Sturtridge, D. Marsh, A. Walter	Bideford AAC 'B'	213 pts

#### Ladies Veterans Teams

1	M. Cooper, J. Camies, L. Ash	Okehampton Running Club	251 pts
2	A. Clinch, N. Mitchell, R. Henry,	North Devon Road Runners	280 pts
3	J. Jones, K. Speak, A. Holliday	Okehampton Running Club 'B'	339 pts
4	T. Anns, M. Bright, J. Hedderly	Bideford AAC	370 pts
5	P. Pyke, J. Couch, T. Found	Torrington AAC	404 pts
6	L. Oke, A. Joyce, P. Paddon	Bideford AAC 'B'	516 pts

#### Ladies Overall

1	21 Serane	Burd	Tiverton Harriers	W35	1	7	20	
2	56 Sabine	McLean-Thorne	Bude Rats	SL	1	9	37	
3	29 Sarah	May	Unattached	W40	1	12	28	
4	155 Sandy	Fish	Fetch Everyone	W50	1	16	14	
5	35 Joanna	Boon	Running Forever Running Club	SL	1	17	57	

6	64 Carol	Austin	Sparkhill Harriers	W45	1	18	14
7	147 Rebecca	Mudd	Launceston Road Runners	SL	1	19	2
8	104 Stephanie	Wade	England Athletics	W45	1	21	7
9	168 Julie	Hedges	South West Road Runners	W45	1	21	32
10	26 Glenda	Edwards	Les Croupiers	W45	1	22	33

#### M20

1	146 James	Burnside	Unattached	M20	1	9	8
2	111 Robbie	Murray	Bideford AAC	M20	1	20	23

#### M40

1	110 James	Murray	Bideford AAC	M40	1	2	2
2	156 Gary	Suggate	Bideford AAC	M40	1	3	9
3	152 Sean	Macauley	North Devon Tri	M40	1	5	33
4	141 David	Stone	Unattached	M40	1	7	13
5	76 Andrew	Isaac	Unattached	M40	1	8	54
6	138 Andrew	Pearson	Bideford AAC	M40	1	9	57

#### M45

1	63 Pickering	David	Unattached	M45	1	3	53
2	103 Jamie	Bond	Tiverton Harriers	M45	1	6	33
3	81 Stuart	Philps	Bideford AAC	M45	1	7	21
4	43 Gavin	Burnside	Unattached	M45	1	9	11
5	137 Charlie	Davis	Bideford AAC	M45	1	9	22
6	165 Phil	Spencer	Tiverton Harriers	M45	1	9	53

#### M50

1	190 Steve	Hay	Torrington AAC	M50	1	3	53
2	136 Paul	Bowden	Bude Rats	M50	1	9	36
3	157 Steve	Selley	Tiverton Harriers	M50	1	11	22
4	48 Trev	Bryan	North Devon Road Runners	M50	1	18	21
5	171 Paul	Madge	South West Road Runners	M50	1	23	41
6	42 Andy	Walter	Bideford AAC	M50	1	25	5

#### M55

1	31 John	Shapland	North Devon Road Runners	M55		59	23
2	82 Paul	Sturtridge	Bideford AAC	M55	1	13	13
3	127 Michael	Woodland	Erme Valley Harriers	M55	1	21	32
4	160 David	Eveleigh	Exmouth Harriers	M55	1	30	28
5	169 Adrian	Pitcher	Tavistock AC	M55	1	31	43
6	153 Paul	Tappenden	Unattached	M55	1	32	31

#### M60

1	148 Michael	Carpenter	Launceston Road Runners	M60	1	22	13
2	33 Anthony	Merrett	Bideford AAC	M60	1	28	15
3	55 Eric	Locke	North Devon Road Runners	M60	1	29	21
4	145 Graham	Yarwood	Unattached	M60	1	33	42
5	122 Bernie	Baker	Unattached	M60	1	35	28

#### M65

1	66 Keith	Belt	South Devon AC	M65	1	12	33
2	87 Chris	Sowden	Unattached	M65	1	15	44
3	140 Andy	Houghton	Tavistock AC	M65	1	19	12

#### M70

1	49 Norris	Kington	Cornwall AC	M70	1	23	53
2	170 Eric	Pope	Unattached	M70	1	37	54
3	101 Tony	Dyer	North Devon Road Runners	M70	1	38	23

#### M75

No Qualifiers

**W20**  
No Qualifiers

**W35**

1	21 Serane	Burd	Tiverton Harriers	W35	1	7	20
2	163 Clair	Hutchings	Unattached	W35	1	25	19
3	161 Tara	Cousins	Unattached	W35	1	28	41
4	126 Liz	Ash	Okehampton Running Club	W35	1	28	55
5	6 Ann	Rouse	Unattached	W35	1	30	57
6	132 Anna	Lacey	Unattached	W35	1	35	17

**W40**

1	29 Sarah	May	Unattached	W40	1	12	28
2	23 Sam	Saintey	Unattached	W40	1	25	8
3	84 Joanne	Camies	Okehampton Running Club	W40	1	27	57
4	13 Nicola	Mitchell	North Devon Road Runners	W40	1	29	48
5	37 Tessa	Anns	Bideford AAC	W40	1	33	50
6	96 Pauline	Pyke	Torrington AAC	W40	1	34	41

**W45**

1	64 Carol	Austin	Sparkhill Harriers	W45	1	18	14
2	104 Stephanie	Wade	England Athletics	W45	1	21	7
3	168 Julie	Hedges	South West Road Runners	W45	1	21	32
4	26 Glenda	Edwards	Les Croupiers	W45	1	22	33
5	113 Helene	Bond	Crediton Running Network	W45	1	28	12
6	46 Jane	Jones	Okehampton Running Club	W45	1	28	55

**W50**

1	155 Sandy	Fish	Fetch Everyone	W50	1	16	14
2	95 Julie	Laing	Unattached	W50	1	39	53
3	4 Caroline	Wingrove	Unattached	W50	1	47	31
4	117 Stephanie	Stacey	Torrington AAC	W50	1	56	19
5	34 Mel	Cox	Torrington AAC	W50	1	56	19
6	57 Yvonne	Hill	Unattached	W50	1	56	29

**W55**

1	25 Marilyn	Cooper	Okehampton Running Club	W55	1	24	21
2	158 Aggie	Clinch	North Devon Road Runners	W55	1	27	8
3	123 Sandra	Baker	Unattached	W55	1	28	33
4	20 Lesley	Edwards	Unattached	W55	1	33	0
5	97 Jane	Stanley	Unattached	W55	1	39	10
6	65 Lesley	Adams	Axe Valley Runners	W55	1	39	59

**W60**

1	118 Annette	Joyce	Bideford AAC	W60	2	34	31
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**W65**

1	14 Ann	Woodhouse	Tavistock AC	W65	1	49	58
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**W70**

1	120 Liz	Oke	Bideford AAC	W70	2	1	24
2	38 Pam	Paddon	Bideford AAC	W70	2	34	31