



## Bideford 10K 13th May, 2012

**Sponsored by Devonshire Pine Ltd, R T Marke & Co & Tarka Springs  
Raising funds for Childrens Hospice South West**

| Pos | No. | First Name | Surname        | Club                     | Cat | Time  | Cat Pos |
|-----|-----|------------|----------------|--------------------------|-----|-------|---------|
| 1   | 563 | Kevin      | Heywood        | Bideford AAC             | SM  | 30 43 | 1       |
| 2   | 1   | Shaun      | Antell         | North Devon Road Runners | SM  | 32 03 | 2       |
| 3   | 390 | Andrew     | Ingle          | Bideford AAC             | SM  | 32 56 | 3       |
| 4   | 304 | Mark       | Batchelor      | South Molton Strugglers  | M40 | 34 28 | 1       |
| 5   | 524 | Ross       | Macdonald      | North Devon Road Runners | SM  | 34 39 | 4       |
| 6   | 534 | Michael    | Ayre           | North Devon Road Runners | SM  | 35 49 | 5       |
| 7   | 413 | John       | Shapland       | North Devon Road Runners | M55 | 35 53 | 1       |
| 8   | 251 | Chris      | Gill           | Tiverton Harriers        | SM  | 35 55 | 6       |
| 9   | 249 | Roger      | Voaden         | Okehampton Running Club  | M45 | 36 19 | 1       |
| 10  | 145 | Gary       | Suggate        | Bideford AAC             | M40 | 36 23 | 2       |
| 11  | 584 | Kerry      | Roberts        | Tiverton Harriers        | M50 | 36 28 | 1       |
| 12  | 244 | Ami        | Yetton         | Plymouth Harriers        | SL  | 36 49 | 1       |
| 13  | 165 | Keith      | Shapland       | North Devon Road Runners | SM  | 37 02 | 7       |
| 14  | 8   | Thomas     | Stokes         | South West Road Runners  | SM  | 37 05 | 8       |
| 15  | 529 | Steve      | Babb           | Newquay Road Runners     | M45 | 37 12 | 2       |
| 16  | 90  | James      | Pugsley        | Bideford AAC             | M20 | 37 28 | 1       |
| 17  | 226 | Toby       | White Chambers | Unattached               | SM  | 37 29 | 9       |
| 18  | 480 | Jamie      | Blackman       | Bideford AAC             | SM  | 37 31 | 10      |
| 19  | 408 | Adrian     | Watts          | Unattached               | M40 | 37 40 | 3       |
| 20  | 28  | Graham     | Collins        | Minehead Running Club    | SM  | 37 52 | 11      |
| 21  | 284 | Joshua     | Dooley         | Unattached               | SM  | 37 56 | 12      |
| 22  | 357 | Mike       | Hansen         | Erme Valley Harriers     | M50 | 38 11 | 2       |
| 23  | 542 | Mark       | Hutcheson      | Bude Rats                | M45 | 38 12 | 3       |
| 24  | 129 | Simon      | Goodman        | South Molton Strugglers  | M40 | 38 17 | 4       |
| 25  | 489 | Steven     | Turner         | Bideford AAC             | M40 | 38 27 | 5       |
| 26  | 215 | Justin     | Smith          | Plymouth Harriers        | SM  | 38 28 | 13      |
| 27  | 62  | Paul       | Stevens        | Unattached               | SM  | 38 45 | 14      |
| 28  | 250 | Andrew     | Vernon         | Okehampton Running Club  | M40 | 38 50 | 6       |
| 29  | 538 | Andrew     | Woollacott     | North Devon Road Runners | M45 | 38 53 | 4       |
| 30  | 569 | Kieran     | Jewell         | Unattached               | M20 | 39 05 | 2       |
| 31  | 268 | Derek      | Page           | South Molton Strugglers  | M55 | 39 14 | 2       |
| 32  | 111 | James      | Fay            | Unattached               | M20 | 39 31 | 3       |
| 33  | 391 | Barrie     | Huxtable       | Bideford AAC             | SM  | 39 33 | 15      |
| 34  | 289 | Andy       | Fraser         | Tiverton Harriers        | SM  | 39 35 | 16      |
| 35  | 589 | Andrew     | Pearson        | Bideford AAC             | M40 | 39 39 | 7       |
| 36  | 393 | Bryan      | Friend         | Okehampton Running Club  | M45 | 39 44 | 5       |
| 37  | 56  | Frank      | Reay           | South Devon AC           | M50 | 39 52 | 3       |
| 38  | 465 | Martin     | Brace          | Tiverton Harriers        | M40 | 40 07 | 8       |
| 39  | 490 | Jasmine    | Finney         | Bude Rats                | W20 | 40 15 | 1       |
| 40  | 519 | Ben        | Brend          | Unattached               | M20 | 40 26 | 4       |
| 41  | 395 | David      | Garcia         | Unattached               | M40 | 40 29 | 9       |
| 42  | 559 | David      | Mugliston      | Okehampton Running Club  | M40 | 41 09 | 10      |
| 43  | 66  | Mark       | Hill           | Unattached               | SM  | 41 17 | 17      |
| 44  | 521 | Daniel     | Brewer         | Bideford AAC             | SM  | 41 20 | 18      |
| 45  | 361 | Steve      | Martin         | Bude Rats                | M45 | 41 23 | 6       |
| 46  | 528 | Stephen    | King           | South West Road Runners  | M40 | 41 26 | 11      |
| 47  | 335 | Richard    | Makinson       | South West Road Runners  | M40 | 41 30 | 12      |
| 48  | 580 | Neil       | Marke          | Bideford AAC             | M45 | 41 34 | 7       |
| 49  | 385 | Steve      | Choules        | North Devon AC           | M45 | 41 44 | 8       |
| 50  | 581 | Kelvin     | Banbury        | Ivanhoe Runners          | SM  | 41 45 | 19      |
| 51  | 306 | Alec       | McLaren        | Bideford AAC             | M55 | 41 48 | 3       |
| 52  | 134 | Kevin      | Ballard        | Unattached               | M40 | 42 07 | 13      |
| 53  | 155 | Tom        | Elson          | Unattached               | SM  | 42 11 | 20      |
| 54  | 560 | Richard    | Potter         | Unattached               | SM  | 42 15 | 21      |
| 55  | 537 | Joe        | Davies         | Unattached               | SM  | 42 19 | 22      |
| 56  | 396 | Paul       | Jennings       | Bideford AAC             | M50 | 42 20 | 4       |
| 57  | 88  | Toby       | Haigh          | Bude Rats                | M40 | 42 23 | 14      |
| 58  | 464 | Raith      | Ackland        | North Devon Road Runners | SM  | 42 24 | 23      |
| 59  | 592 | Billy      | Pearce         | Bideford AAC             | M20 | 42 32 | 5       |

|     |     |           |            |                          |     |    |    |    |
|-----|-----|-----------|------------|--------------------------|-----|----|----|----|
| 60  | 230 | Arron     | Kearney    | Unattached               | SM  | 42 | 24 | 24 |
| 61  | 412 | Paul      | Bowden     | Bude Rats                | M50 | 42 | 29 | 5  |
| 62  | 478 | Stuart    | Philps     | Bideford AAC             | M45 | 42 | 46 | 9  |
| 63  | 301 | Brian     | Wiles      | Launceston Road Runners  | M65 | 42 | 55 | 1  |
| 64  | 574 | Tony      | Ambrose    | Unattached               | SM  | 42 | 57 | 25 |
| 65  | 449 | John      | Kavanagh   | South West Road Runners  | M45 | 43 | 02 | 10 |
| 66  | 587 | Gary      | Yendole    | Unattached               | SM  | 43 | 17 | 26 |
| 67  | 323 | Daniel    | Stanbury   | Unattached               | SM  | 43 | 19 | 27 |
| 68  | 415 | Kathryn   | Guard      | Bideford AAC             | SL  | 43 | 19 | 2  |
| 69  | 259 | Adam      | Whateley   | Unattached               | M40 | 43 | 21 | 15 |
| 70  | 476 | Marie     | Smith      | Unattached               | W35 | 43 | 30 | 1  |
| 71  | 255 | Simon     | Scotthorne | Unattached               | M45 | 43 | 33 | 11 |
| 72  | 593 | Jo        | Bedler     | Bideford AAC             | W35 | 43 | 34 | 2  |
| 73  | 502 | Andy      | Glover     | Bideford AAC             | M55 | 43 | 40 | 4  |
| 74  | 99  | Levi      | Colvin     | Bideford AAC             | M20 | 43 | 44 | 6  |
| 75  | 348 | David     | Twine      | Tavistock AC             | M55 | 43 | 45 | 5  |
| 76  | 517 | Keith     | Hoadley    | Torrington AAC           | M45 | 43 | 49 | 12 |
| 77  | 366 | Shaun     | Grinter    | Unattached               | SM  | 43 | 50 | 28 |
| 78  | 407 | David     | Moulder    | South West Road Runners  | M55 | 43 | 52 | 6  |
| 79  | 223 | Rob       | Shallcross | Unattached               | SM  | 43 | 56 | 29 |
| 80  | 298 | Alistair  | Gaskell    | Unattached               | SM  | 43 | 59 | 30 |
| 81  | 266 | Adam      | Buckeridge | North Devon Road Runners | SM  | 44 | 00 | 31 |
| 82  | 493 | Mark      | Clements   | Unattached               | SM  | 44 | 01 | 32 |
| 83  | 405 | Wayne     | Goodenough | Unattached               | SM  | 44 | 04 | 33 |
| 84  | 69  | Peter     | Westmacott | Unattached               | M45 | 44 | 04 | 13 |
| 85  | 212 | Paul      | Slade      | Unattached               | SM  | 44 | 07 | 34 |
| 86  | 423 | Stephen   | Skinner    | Unattached               | SM  | 44 | 11 | 35 |
| 87  | 424 | Andrew    | Daniel     | Unattached               | M40 | 44 | 14 | 16 |
| 88  | 326 | Richard   | Connett    | South Molton Strugglers  | SM  | 44 | 21 | 36 |
| 89  | 463 | Naomi     | Cox        | Torrington AAC           | W35 | 44 | 22 | 3  |
| 90  | 148 | Michael R | Bryant     | Unattached               | M50 | 44 | 24 | 6  |
| 91  | 491 | Tom       | Swatton    | Unattached               | SM  | 44 | 25 | 37 |
| 92  | 3   | Chris     | Murrin     | South Molton Strugglers  | M40 | 44 | 31 | 17 |
| 93  | 142 | Tim       | Theobald   | Teignbridge Trotters     | M55 | 44 | 37 | 7  |
| 94  | 389 | Robert    | Pullen     | Unattached               | M50 | 44 | 42 | 7  |
| 95  | 599 | Steve     | Hammond    | Bideford AAC             | M50 | 44 | 43 | 8  |
| 96  | 130 | Valentin  | Bumbul     | North Devon Road Runners | SM  | 44 | 45 | 38 |
| 97  | 409 | Graham    | Crump      | Unattached               | M50 | 44 | 47 | 9  |
| 98  | 535 | Nick      | Marriott   | Unattached               | SM  | 44 | 51 | 39 |
| 99  | 411 | Paul      | Sturtridge | Bideford AAC             | M60 | 44 | 54 | 1  |
| 100 | 572 | Mike      | Kestle     | Newquay Road Runners     | M55 | 44 | 56 | 8  |
| 101 | 274 | Paul      | Kinsman    | Unattached               | M40 | 44 | 57 | 18 |
| 102 | 312 | Peter     | Kirby      | Teignbridge Trotters     | M60 | 45 | 02 | 2  |
| 103 | 601 | Steve     | Sanders    | Bideford AAC             | M50 | 45 | 04 | 10 |
| 104 | 104 | Trev      | Bryan      | North Devon Road Runners | M50 | 45 | 08 | 11 |
| 105 | 588 | Jane      | Jackson    | Okehampton Running Club  | W55 | 45 | 09 | 1  |
| 106 | 299 | Paul      | Woods      | Unattached               | M40 | 45 | 19 | 19 |
| 107 | 447 | Sandy     | Fish       | Fetch Everyone           | W50 | 45 | 25 | 1  |
| 108 | 443 | Tanya     | Tucker     | Unattached               | SL  | 45 | 26 | 3  |
| 109 | 280 | Clive     | Bright     | Bideford AAC             | M45 | 45 | 27 | 14 |
| 110 | 479 | Adrian    | Colwill    | Bideford AAC             | SM  | 45 | 29 | 40 |
| 111 | 437 | Amy       | Kiteley    | Tavistock AC             | SL  | 45 | 38 | 4  |
| 112 | 340 | Paul      | Marshall   | Tavistock AC             | M55 | 45 | 41 | 9  |
| 113 | 540 | Lorraine  | Clements   | Bideford AAC             | W50 | 45 | 43 | 2  |
| 114 | 229 | Simon     | Overney    | Dsfrs Running Club       | M45 | 45 | 43 | 15 |
| 115 | 507 | Robert    | Mummery    | North Devon Road Runners | M45 | 45 | 49 | 16 |
| 116 | 497 | Andy      | Burgess    | Running Forever RC       | M40 | 45 | 51 | 20 |
| 117 | 95  | Emma      | Little     | Unattached               | SL  | 45 | 54 | 5  |
| 118 | 515 | Emma      | Gooding    | Torrington AAC           | W35 | 46 | 03 | 4  |
| 119 | 364 | John      | Carter     | South Molton Strugglers  | M55 | 46 | 06 | 10 |
| 120 | 596 | Jeremy    | Johnson    | Unattached               | SM  | 46 | 08 | 41 |
| 121 | 219 | James     | Corry      | Unattached               | SM  | 46 | 09 | 42 |
| 122 | 370 | Daniel    | Suss       | Unattached               | SM  | 46 | 17 | 43 |
| 123 | 140 | Steve     | Theobald   | Unattached               | SM  | 46 | 20 | 44 |
| 124 | 25  | Dan       | Sanders    | Unattached               | M40 | 46 | 20 | 21 |
| 125 | 243 | Rachael   | MacKenzie  | Unattached               | W40 | 46 | 21 | 1  |
| 126 | 438 | David     | Stanton    | Bideford AAC             | SM  | 46 | 39 | 45 |
| 127 | 234 | Debbie    | Bidmead    | Tiverton Harriers        | W45 | 46 | 43 | 1  |
| 128 | 511 | Richard   | Harris     | Unattached               | SM  | 46 | 47 | 46 |
| 129 | 319 | David     | Leworthy   | Unattached               | M40 | 46 | 52 | 22 |
| 130 | 227 | Dave      | Lunnon     | Unattached               | SM  | 46 | 53 | 47 |

|     |                |                |                          |     |    |    |    |
|-----|----------------|----------------|--------------------------|-----|----|----|----|
| 131 | 363 Ian        | Boyd           | Unattached               | M40 | 47 | 10 | 23 |
| 132 | 297 Harrison   | Honan          | Unattached               | SM  | 47 | 28 | 48 |
| 133 | 27 Justin      | Smyth          | Unattached               | SM  | 47 | 34 | 49 |
| 134 | 240 Alan       | Littlejohns    | Launceston Road Runners  | M65 | 47 | 36 | 2  |
| 135 | 260 Raymond    | Summerfield    | South West Veterans AC   | M65 | 47 | 37 | 3  |
| 136 | 498 Neil       | Pennington     | Bideford AAC             | M40 | 47 | 39 | 24 |
| 137 | 461 Lynsey     | Ayres          | Unattached               | SL  | 47 | 42 | 6  |
| 138 | 594 Andrew     | Mort           | Bideford AAC             | SM  | 47 | 44 | 50 |
| 139 | 144 Lysie      | Suggate        | Unattached               | W35 | 47 | 46 | 5  |
| 140 | 433 Gary       | Montague       | Bideford AAC             | SM  | 47 | 47 | 51 |
| 141 | 600 Gerard     | O'Boyle        | Tiverton AC              | M60 | 47 | 47 | 3  |
| 142 | 509 Justin     | Duerden        | Unattached               | SM  | 47 | 48 | 52 |
| 143 | 117 Graham     | Watts          | Unattached               | M45 | 47 | 50 | 17 |
| 144 | 49 Christopher | Leonard        | Bitton Road Runners      | M50 | 47 | 50 | 12 |
| 145 | 518 Helen      | Narraway       | South West Road Runners  | W45 | 47 | 51 | 2  |
| 146 | 531 Jason      | Price          | Unattached               | SM  | 47 | 52 | 53 |
| 147 | 121 Jim        | Gray           | Unattached               | M50 | 47 | 54 | 13 |
| 148 | 351 Steve      | Reynolds       | Unattached               | M40 | 47 | 55 | 25 |
| 149 | 458 Liam       | Reynolds       | Unattached               | SM  | 47 | 57 | 54 |
| 150 | 510 Jim        | Bridges        | Unattached               | M55 | 48 | 09 | 11 |
| 151 | 256 Elaine     | Fields         | South Molton Strugglers  | W35 | 48 | 11 | 6  |
| 152 | 553 Michael    | Newcombe       | Torrington AAC           | SM  | 48 | 11 | 55 |
| 153 | 488 Kevin      | Newcombe       | Unattached               | SM  | 48 | 12 | 56 |
| 154 | 261 Jane       | Jones          | Okehampton Running Club  | W45 | 48 | 15 | 3  |
| 155 | 549 Louise     | Olding         | Unattached               | W35 | 48 | 25 | 7  |
| 156 | 548 Cy         | Margieson      | Unattached               | SM  | 48 | 35 | 57 |
| 157 | 202 Matthew    | Retter         | Unattached               | SM  | 48 | 43 | 58 |
| 158 | 444 Claire     | Cockbain       | South West Road Runners  | W40 | 48 | 47 | 2  |
| 159 | 242 Ian        | Mackenzie      | Unattached               | M65 | 48 | 50 | 4  |
| 160 | 286 Stephen    | Pitcher        | Unattached               | M45 | 49 | 00 | 18 |
| 161 | 294 Stuart     | Hills          | Striders of Croydon      | M55 | 49 | 02 | 12 |
| 162 | 158 Lara       | Rippon         | Unattached               | SL  | 49 | 03 | 7  |
| 163 | 238 Samantha   | Wilson-Hammond | Unattached               | W35 | 49 | 05 | 8  |
| 164 | 374 Raymond    | Hawkins        | Unattached               | SM  | 49 | 22 | 59 |
| 165 | 520 Gavin      | Chadwick       | Rolls Royce harriers     | SM  | 49 | 23 | 60 |
| 166 | 321 Vismantas  | Laucys         | Unattached               | SM  | 49 | 25 | 61 |
| 167 | 70 Brett       | Chadwick       | Unattached               | M50 | 49 | 27 | 14 |
| 168 | 196 Mike       | Bishop         | Unattached               | M40 | 49 | 33 | 26 |
| 169 | 9 Stuart       | Eley           | Unattached               | SM  | 49 | 33 | 62 |
| 170 | 469 Paul       | Homewood       | North Devon Road Runners | SM  | 49 | 38 | 63 |
| 171 | 468 Graham     | Kivell         | Bideford AAC             | M50 | 49 | 39 | 15 |
| 172 | 378 Paul       | Currie         | Bude Rats                | M50 | 49 | 39 | 16 |
| 173 | 153 Ray        | Coles          | Bude Rats                | M55 | 49 | 43 | 13 |
| 174 | 486 Alan       | Cox            | Bideford AAC             | M60 | 49 | 45 | 4  |
| 175 | 401 Ben        | Beel           | Unattached               | SM  | 49 | 47 | 64 |
| 176 | 61 David       | Lee            | Unattached               | SM  | 49 | 49 | 65 |
| 177 | 232 Caroline   | Shapland       | South Molton Strugglers  | W35 | 49 | 50 | 9  |
| 178 | 570 Adrian     | Wroe           | Unattached               | M45 | 50 | 01 | 19 |
| 179 | 501 Liz        | Warner         | Bideford AAC             | W40 | 50 | 04 | 3  |
| 180 | 45 Sarah       | Oades          | Unattached               | W35 | 50 | 04 | 10 |
| 181 | 568 Andy       | Warner         | Bideford AAC             | M45 | 50 | 06 | 20 |
| 182 | 81 Grant       | Parker         | Unattached               | SM  | 50 | 07 | 66 |
| 183 | 318 Chris      | Taylor         | Unattached               | SM  | 50 | 07 | 67 |
| 184 | 225 Chris      | Hill           | Unattached               | M55 | 50 | 08 | 14 |
| 185 | 79 Blake       | Trafford       | Unattached               | M45 | 50 | 09 | 21 |
| 186 | 307 Stephen    | Hardy          | Unattached               | M45 | 50 | 11 | 22 |
| 187 | 6 Mike         | Taylor         | Unattached               | M40 | 50 | 14 | 27 |
| 188 | 336 David      | Cottingham     | Unattached               | M55 | 50 | 16 | 15 |
| 189 | 327 Chris      | Rogers         | Teignbridge Trotters     | SM  | 50 | 20 | 68 |
| 190 | 455 Marcus     | Duerden        | Unattached               | SM  | 50 | 25 | 69 |
| 191 | 541 Tim        | Lane           | Bideford AAC             | M40 | 50 | 27 | 28 |
| 192 | 342 Philippa   | Baker          | Launceston Road Runners  | W55 | 50 | 27 | 2  |
| 193 | 338 Ellen      | Hall           | Bude Rats                | W45 | 50 | 28 | 4  |
| 194 | 248 Neil       | Grills         | Unattached               | SM  | 50 | 38 | 70 |
| 195 | 523 Graham     | Macdonald      | North Devon Road Runners | M60 | 50 | 40 | 5  |
| 196 | 400 Megan      | Ashton         | Unattached               | SL  | 50 | 41 | 8  |
| 197 | 305 Julie      | Colman         | South Molton Strugglers  | SL  | 50 | 42 | 9  |
| 198 | 156 Sarah      | Tate           | Unattached               | W35 | 50 | 44 | 11 |
| 199 | 359 Carol      | Hansen         | Erme Valley Harriers     | W45 | 50 | 48 | 5  |
| 200 | 376 Tom        | Tregaskes      | Unattached               | SM  | 50 | 50 | 71 |
| 201 | 257 James      | Williams       | Unattached               | SM  | 50 | 51 | 72 |

|     |     |           |              |                             |     |    |    |    |
|-----|-----|-----------|--------------|-----------------------------|-----|----|----|----|
| 202 | 435 | Vinny     | Bott         | Bideford AAC                | SM  | 50 | 51 | 73 |
| 203 | 143 | James     | Hine         | Unattached                  | SM  | 50 | 56 | 74 |
| 204 | 122 | Mark      | Ridge        | Unattached                  | SM  | 50 | 58 | 75 |
| 205 | 472 | Mike      | Robinson     | Unattached                  | SM  | 50 | 59 | 76 |
| 206 | 291 | Emma      | Smale        | Unattached                  | SL  | 51 | 06 | 10 |
| 207 | 577 | Linda     | Eastmond     | Bideford AAC                | W45 | 51 | 09 | 6  |
| 208 | 7   | Stephanie | White        | Unattached                  | W40 | 51 | 11 | 4  |
| 209 | 450 | David     | Anderson     | Torrington AAC              | M60 | 51 | 12 | 6  |
| 210 | 107 | Philip    | Mair         | Unattached                  | SM  | 51 | 12 | 77 |
| 211 | 431 | Mark      | Palmer       | Bideford AAC                | SM  | 51 | 13 | 78 |
| 212 | 141 | Rob       | Stuckey      | Unattached                  | M40 | 51 | 20 | 29 |
| 213 | 86  | Andrew    | Webbe        | Unattached                  | SM  | 51 | 22 | 79 |
| 214 | 561 | Deborah   | Cunningham   | Okehampton Running Club     | W45 | 51 | 25 | 7  |
| 215 | 328 | Andrew    | Oke          | Bideford AAC                | M50 | 51 | 25 | 17 |
| 216 | 78  | Steve     | Gardiner     | Unattached                  | SM  | 51 | 26 | 80 |
| 217 | 419 | Rob       | Holland      | Unattached                  | SM  | 51 | 33 | 81 |
| 218 | 102 | Brian     | Cutler       | Unattached                  | M40 | 51 | 36 | 30 |
| 219 | 118 | Stella    | Lee          | Unattached                  | SL  | 51 | 42 | 11 |
| 220 | 131 | Charlotte | Harris       | Unattached                  | SL  | 51 | 43 | 12 |
| 221 | 220 | Joy       | Hooper       | Unattached                  | W50 | 51 | 44 | 3  |
| 222 | 585 | Wayne     | Stapleton    | Unattached                  | M40 | 51 | 46 | 31 |
| 223 | 4   | Stephen   | Moakes       | Unattached                  | SM  | 51 | 48 | 82 |
| 224 | 441 | Aaron     | Rinder       | North Devon Road Runners    | M45 | 51 | 49 | 23 |
| 225 | 341 | Steve     | Skinner      | Unattached                  | SM  | 51 | 53 | 83 |
| 226 | 334 | Kristy    | Webbe        | Bideford AAC                | SL  | 51 | 53 | 13 |
| 227 | 247 | Judy      | Moule        | Unattached                  | W35 | 51 | 53 | 12 |
| 228 | 57  | Ryan      | Collins      | Unattached                  | SM  | 51 | 54 | 84 |
| 229 | 474 | Lee       | Stacey       | Unattached                  | SM  | 51 | 57 | 85 |
| 230 | 457 | Tiffany   | Cutler       | Unattached                  | SL  | 52 | 04 | 14 |
| 231 | 157 | Sadie     | Davies       | Unattached                  | W35 | 52 | 22 | 13 |
| 232 | 578 | Caroline  | Ellis        | Bideford AAC                | W45 | 52 | 27 | 8  |
| 233 | 258 | Lisa      | Cetinkaya    | Unattached                  | SL  | 52 | 28 | 15 |
| 234 | 550 | James     | Murray       | Bideford AAC                | M40 | 52 | 30 | 32 |
| 235 | 303 | Myra      | McKay        | Erme Valley Harriers        | W60 | 52 | 32 | 1  |
| 236 | 499 | Carol     | Davies       | Bideford AAC                | W50 | 52 | 33 | 4  |
| 237 | 380 | Jonathan  | Cryer        | Unattached                  | M55 | 52 | 37 | 16 |
| 238 | 91  | Kevin     | Down         | Unattached                  | SM  | 52 | 40 | 86 |
| 239 | 231 | Vicky     | Murphy       | Plymouth Harriers           | SL  | 52 | 43 | 16 |
| 240 | 94  | Mark      | Rhead        | Unattached                  | M45 | 52 | 48 | 24 |
| 241 | 375 | Miles     | Hamer        | Unattached                  | SM  | 52 | 50 | 87 |
| 242 | 420 | Karen     | Grant        | North Devon Road Runners    | W45 | 52 | 55 | 9  |
| 243 | 387 | Tracey    | Choules      | North Devon AC              | W45 | 52 | 59 | 10 |
| 244 | 221 | James     | Hooper       | Unattached                  | M40 | 53 | 03 | 33 |
| 245 | 362 | Adam      | Davis        | Unattached                  | SM  | 53 | 07 | 88 |
| 246 | 459 | Sarah     | Haigh        | Okehampton Running Club     | W35 | 53 | 10 | 14 |
| 247 | 253 | Patricia  | Martin       | Bideford AAC                | W45 | 53 | 11 | 11 |
| 248 | 365 | Clifford  | Luffingham   | Unattached                  | SM  | 53 | 17 | 89 |
| 249 | 546 | Tracey    | Acres        | Unattached                  | W45 | 53 | 19 | 12 |
| 250 | 381 | Karen     | Hall         | Unattached                  | W40 | 53 | 19 | 5  |
| 251 | 496 | Kate      | Burns        | Unattached                  | W40 | 53 | 23 | 6  |
| 252 | 330 | Lesley    | Edwards      | Unattached                  | W55 | 53 | 32 | 3  |
| 253 | 89  | Rowena    | Wilson       | Bude Rats                   | W45 | 53 | 32 | 13 |
| 254 | 558 | David     | Wicken       | Unattached                  | M40 | 53 | 33 | 34 |
| 255 | 204 | Joanna    | Sloan        | Unattached                  | SL  | 53 | 34 | 17 |
| 256 | 262 | Jane      | Watts        | Bideford AAC                | W40 | 53 | 35 | 7  |
| 257 | 154 | Suzi      | Arnold       | Tiverton Woman's Running Gr | W40 | 53 | 36 | 8  |
| 258 | 332 | Lisa      | Rogers       | Unattached                  | W35 | 53 | 38 | 15 |
| 259 | 436 | Kieran    | Hodge        | Bideford AAC                | SM  | 53 | 39 | 90 |
| 260 | 356 | Michaela  | Hillman      | Torrington AAC              | W45 | 53 | 40 | 14 |
| 261 | 33  | Janet     | Lathom       | Launceston Road Runners     | W55 | 53 | 41 | 4  |
| 262 | 85  | Gary      | Petherbridge | Unattached                  | SM  | 53 | 50 | 91 |
| 263 | 579 | Mac       | Gray         | Unattached                  | M45 | 53 | 51 | 25 |
| 264 | 273 | Mark      | Gierke       | Unattached                  | M40 | 53 | 52 | 35 |
| 265 | 21  | Roy       | Bennett      | Unattached                  | M60 | 53 | 54 | 7  |
| 266 | 197 | Craig     | Smith        | Unattached                  | M40 | 53 | 54 | 36 |
| 267 | 454 | Chris     | Hearn        | Unattached                  | SM  | 53 | 56 | 92 |
| 268 | 263 | Clare     | Mactaggart   | Unattached                  | W40 | 54 | 00 | 9  |
| 269 | 283 | Sean      | Phillips     | Unattached                  | M40 | 54 | 05 | 37 |
| 270 | 50  | Andrea    | Huxley       | Unattached                  | W35 | 54 | 10 | 16 |
| 271 | 13  | Samantha  | Barnbrook    | Unattached                  | SL  | 54 | 18 | 18 |
| 272 | 445 | Phil      | Corbin       | Unattached                  | M45 | 54 | 19 | 26 |

|     |               |                |                               |     |    |    |     |
|-----|---------------|----------------|-------------------------------|-----|----|----|-----|
| 273 | 290 David     | Dark           | Bideford AAC                  | M50 | 54 | 20 | 18  |
| 274 | 295 Paul      | Tappenden      | Unattached                    | M55 | 54 | 23 | 17  |
| 275 | 526 Ruth      | Macdonald      | Unattached                    | W55 | 54 | 26 | 5   |
| 276 | 428 Lee       | Childs         | Bideford AAC                  | SM  | 54 | 28 | 93  |
| 277 | 427 Neil      | Armstrong      | Bideford AAC                  | SM  | 54 | 32 | 94  |
| 278 | 135 Michelle  | Perry          | Unattached                    | W45 | 54 | 40 | 15  |
| 279 | 211 Colin     | Theobald       | Unattached                    | SM  | 54 | 41 | 95  |
| 280 | 169 Rebecca   | Smith          | Unattached                    | W35 | 54 | 45 | 17  |
| 281 | 185 Candace   | Jewell         | Bideford AAC                  | W35 | 54 | 46 | 18  |
| 282 | 481 Graham    | Yarwood        | Unattached                    | M65 | 54 | 46 | 5   |
| 283 | 11 Shane      | Furlong        | Unattached                    | SM  | 54 | 52 | 96  |
| 284 | 23 David      | Eldridge       | Bideford AAC                  | SM  | 54 | 58 | 97  |
| 285 | 10 Peter      | Mander         | Launceston Road Runners       | M70 | 54 | 58 | 1   |
| 286 | 508 Valerie   | Bitmead        | North Devon Road Runners      | W55 | 54 | 59 | 6   |
| 287 | 506 Sophie    | Mummery        | North Devon Road Runners      | SL  | 55 | 01 | 19  |
| 288 | 184 Alison    | Stone          | Unattached                    | W45 | 55 | 09 | 16  |
| 289 | 80 Stacey     | Gould          | Unattached                    | SL  | 55 | 17 | 20  |
| 290 | 59 Lisa       | Gordon         | Unattached                    | SL  | 55 | 22 | 21  |
| 291 | 113 Lucy      | Porte          | Unattached                    | SL  | 55 | 24 | 22  |
| 292 | 440 Daniel    | Barnes         | Bideford AAC                  | SM  | 55 | 25 | 98  |
| 293 | 552 Tim       | Richards       | Unattached                    | M60 | 55 | 35 | 8   |
| 294 | 77 Sian       | Barten         | Unattached                    | W40 | 55 | 41 | 10  |
| 295 | 383 Jenny     | Gibbons        | Unattached                    | W35 | 55 | 47 | 19  |
| 296 | 358 Anna      | Lacey          | Unattached                    | W35 | 55 | 48 | 20  |
| 297 | 272 Jess      | Gierke         | Torrington AAC                | W40 | 55 | 49 | 11  |
| 298 | 547 Rachel    | Lovejoy        | Launceston Road Runners       | SL  | 55 | 51 | 23  |
| 299 | 314 Charlotte | Armstrong-Ring | Run Barnstaple                | SL  | 55 | 53 | 24  |
| 300 | 514 Beki      | Simmons        | Okehampton Running Club       | W35 | 55 | 56 | 21  |
| 301 | 543 Jane      | Hutcheson      | Bude Rats                     | W50 | 55 | 58 | 5   |
| 302 | 136 Annie     | Finding        | Bude Rats                     | W55 | 56 | 02 | 7   |
| 303 | 179 Luke      | Hook           | Unattached                    | SM  | 56 | 10 | 99  |
| 304 | 180 Ben       | Petman         | Unattached                    | SM  | 56 | 11 | 100 |
| 305 | 84 Stefan     | Johns          | Unattached                    | SM  | 56 | 14 | 101 |
| 306 | 285 Lii       | Raudsep        | Unattached                    | SL  | 56 | 15 | 25  |
| 307 | 384 Dave      | Gibbons        | Unattached                    | M40 | 56 | 28 | 38  |
| 308 | 527 Keeley    | Sowden         | Unattached                    | SL  | 56 | 30 | 26  |
| 309 | 526 Ruth      | Macdonald      | Unattached                    | W55 | 56 | 35 | 8   |
| 310 | 439 Richard   | Cutler         | Bideford AAC                  | M40 | 56 | 36 | 39  |
| 311 | 425 Jonathan  | Stanton        | Bideford AAC                  | SM  | 56 | 37 | 102 |
| 312 | 473 Susan     | Standford      | Unattached                    | W45 | 56 | 39 | 17  |
| 313 | 320 Ian       | Webbe          | Unattached                    | M60 | 56 | 42 | 9   |
| 314 | 371 Lynette   | Luxton         | Okehampton Running Club       | W35 | 56 | 44 | 22  |
| 315 | 277 Steven    | Wilson         | Bude Rats                     | SM  | 56 | 46 | 103 |
| 316 | 239 Leila     | Reay           | Unattached                    | W60 | 56 | 47 | 2   |
| 317 | 206 Phil      | Lacey          | Unattached                    | SM  | 56 | 51 | 104 |
| 318 | 516 Steve     | Davies         | Unattached                    | M55 | 56 | 54 | 18  |
| 319 | 331 Visvaldas | Kulakauskas    | Unattached                    | SM  | 56 | 58 | 105 |
| 320 | 100 Ria       | Cutler         | Unattached                    | SL  | 57 | 02 | 27  |
| 321 | 58 Penny      | Peters         | Unattached                    | SL  | 57 | 06 | 28  |
| 322 | 446 Emma      | Hill           | South Molton Strugglers       | W35 | 57 | 11 | 23  |
| 323 | 475 Richard   | Woodhouse      | RAF Brampton/Wyton            | M40 | 57 | 16 | 40  |
| 324 | 487 Jonathan  | Beech          | Unattached                    | SM  | 57 | 24 | 106 |
| 325 | 532 Paul      | Cleaver        | Annapolis Striders            | M55 | 57 | 25 | 19  |
| 326 | 392 Christine | McGhee         | Plymouth Harriers             | W55 | 57 | 26 | 9   |
| 327 | 132 Andzej    | Skindel        | Unattached                    | SM  | 57 | 31 | 107 |
| 328 | 16 Jennifer   | Layton         | Run England                   | SL  | 57 | 34 | 29  |
| 329 | 14 Louise     | Chaffe         | Unattached                    | SL  | 57 | 36 | 30  |
| 330 | 214 Debra     | Lake           | Bideford AAC                  | W40 | 57 | 39 | 12  |
| 331 | 512 Claire    | Bone           | Unattached                    | W45 | 57 | 39 | 18  |
| 332 | 573 Paul      | Mingo          | Bere Alston Trekkers          | M40 | 57 | 50 | 41  |
| 333 | 276 Alison    | Mead           | Unattached                    | W35 | 57 | 50 | 24  |
| 334 | 275 Nick      | Rowell         | Unattached                    | M40 | 57 | 52 | 42  |
| 335 | 217 Chris     | Luxton         | Unattached                    | SM  | 57 | 56 | 108 |
| 336 | 556 Lesley    | Cowie          | Tavistock AC                  | W45 | 57 | 58 | 19  |
| 337 | 55 Sharon     | Crump          | Izzy's Running Club, Crediton | W40 | 57 | 58 | 13  |
| 338 | 22 Patsy      | Lambrechts     | Launceston Road Runners       | W50 | 58 | 10 | 6   |
| 339 | 350 Liz       | Wilson         | Bude Rats                     | W45 | 58 | 16 | 20  |
| 340 | 388 Paul      | McCarthy       | Unattached                    | M40 | 58 | 27 | 43  |
| 341 | 513 Geraldine | Bishop         | Bideford AAC                  | W35 | 58 | 29 | 25  |
| 342 | 71 Tony       | Tanton         | Unattached                    | M50 | 58 | 32 | 19  |
| 343 | 270 Joyce     | Mulholland     | North Devon Road Runners      | W55 | 58 | 37 | 10  |

|     |               |               |                             |     |    |    |     |     |
|-----|---------------|---------------|-----------------------------|-----|----|----|-----|-----|
| 344 | 67 Sarah      | Butler        | Unattached                  | SL  | 58 | 39 | 31  |     |
| 345 | 337 Spencer   | Pratt         | Unattached                  | M40 | 58 | 40 | 44  |     |
| 346 | 448 Glen      | Martin        | Bideford AAC                | M75 | 58 | 45 | 1   |     |
| 347 | 466 Sarah     | Ruscombe-King | Unattached                  | W45 | 58 | 49 | 21  |     |
| 348 | 562 Mags      | Zaharia       | Torrington AAC              | W40 | 58 | 51 | 14  |     |
| 349 | 292 Jane      | Broom         | Unattached                  | W55 | 58 | 52 | 11  |     |
| 350 | 246 Melanie   | Lambert       | Unattached                  | W40 | 58 | 52 | 15  |     |
| 351 | 421 John      | Lethaby       | Minehead Running Club       | M75 | 58 | 58 | 2   |     |
| 352 | 74 Dawn       | Jeffries      | Unattached                  | W35 | 58 | 59 | 26  |     |
| 353 | 73 Kim        | Curtis        | Unattached                  | SL  | 59 | 00 | 32  |     |
| 354 | 53 Lorraine   | Phillips      | Unattached                  | SL  | 59 | 02 | 33  |     |
| 355 | 201 Stephanie | Horner        | Unattached                  | SL  | 59 | 03 | 34  |     |
| 356 | 36 Amy        | Saunders      | Unattached                  | SL  | 59 | 04 | 35  |     |
| 357 | 151 Marie     | Westcott      | Unattached                  | W40 | 59 | 08 | 16  |     |
| 358 | 582 Nichola   | Joslin        | North Devon Road Runners    | SL  | 59 | 09 | 36  |     |
| 359 | 482 Ken       | House         | South Devon AC              | M75 | 59 | 11 | 3   |     |
| 360 | 530 Kate      | Wood          | Bideford AAC                | W35 | 59 | 14 | 27  |     |
| 361 | 432 Paul      | Anscombe      | Bideford AAC                | SM  | 59 | 16 | 109 |     |
| 362 | 430 Carl      | Armstrong     | Bideford AAC                | SM  | 59 | 18 | 110 |     |
| 363 | 442 Karen     | Watts         | Unattached                  | SL  | 59 | 19 | 37  |     |
| 364 | 467 Pauline   | Claridge      | Unattached                  | W55 | 59 | 20 | 12  |     |
| 365 | 477 Lynne     | Guilfoyle     | Unattached                  | W35 | 59 | 21 | 28  |     |
| 366 | 207 Lorraine  | Howe          | Unattached                  | W45 | 59 | 24 | 22  |     |
| 367 | 576 Jane      | Gray          | Unattached                  | W45 | 59 | 29 | 23  |     |
| 368 | 168 Joanne    | Kaufman-Hill  | Run Barnstaple              | W45 | 59 | 30 | 24  |     |
| 369 | 564 Derrick   | Elston        | Unattached                  | M50 | 59 | 35 | 20  |     |
| 370 | 267 Tj        | Buckridge     | Unattached                  | W35 | 59 | 37 | 29  |     |
| 371 | 170 Dean      | Kendall       | Unattached                  | SM  | 59 | 38 | 111 |     |
| 372 | 557 Fiona     | Townsend      | Unattached                  | W35 | 59 | 39 | 30  |     |
| 373 | 324 Rikki     | Stapley       | Unattached                  | SM  | 59 | 46 | 112 |     |
| 374 | 175 Catherine | Bellew        | Unattached                  | SL  | 59 | 46 | 38  |     |
| 375 | 174 Alex      | McKean        | Unattached                  | SL  | 59 | 47 | 39  |     |
| 376 | 42 Sarah      | Ware          | Unattached                  | W35 | 59 | 48 | 31  |     |
| 377 | 429 Steven    | Bennett       | Bideford AAC                | SM  | 59 | 48 | 113 |     |
| 378 | 495 Kelly     | swatton       | Unattached                  | SL  | 59 | 48 | 40  |     |
| 379 | 492 Anthony   | Ward          | Bude Rats                   | M45 | 59 | 54 | 27  |     |
| 380 | 597 Kate      | McKinnel      | Unattached                  | W45 | 1  | 00 | 03  | 25  |
| 381 | 565 Anna      | Buck          | Unattached                  | SL  | 1  | 00 | 05  | 41  |
| 382 | 404 Jackie    | Chapman       | Launceston Road Runners     | W45 | 1  | 00 | 06  | 26  |
| 383 | 149 Clare     | Jones         | Womens Running Network Br   | W35 | 1  | 00 | 09  | 32  |
| 384 | 146 Helen     | Gwynne        | Women on the Run            | W50 | 1  | 00 | 11  | 7   |
| 385 | 209 Hannah    | Blaney        | Unattached                  | W35 | 1  | 00 | 15  | 33  |
| 386 | 186 Emma      | Seymour-Sloan | Unattached                  | SL  | 1  | 00 | 17  | 42  |
| 387 | 224 Emma      | Smith         | Unattached                  | SL  | 1  | 00 | 20  | 43  |
| 388 | 46 Kara       | Pincombe      | Unattached                  | W40 | 1  | 00 | 23  | 17  |
| 389 | 264 Jodie     | Crawford      | Unattached                  | SL  | 1  | 00 | 23  | 44  |
| 390 | 164 Anna      | Woodward      | Tiverton Woman's Running Gr | W35 | 1  | 00 | 27  | 34  |
| 391 | 555 Athena    | Clements      | Unattached                  | SL  | 1  | 00 | 32  | 45  |
| 392 | 554 Stuart    | Clements      | Unattached                  | M50 | 1  | 00 | 39  | 21  |
| 393 | 24 Clare      | Dawson        | Unattached                  | W35 | 1  | 00 | 40  | 35  |
| 394 | 279 Michelle  | Bright        | Bideford AAC                | W35 | 1  | 00 | 43  | 36  |
| 395 | 200 Kayleigh  | Parkhouse     | Unattached                  | SL  | 1  | 00 | 43  | 46  |
| 396 | 199 Charlotte | Perry         | Unattached                  | SL  | 1  | 00 | 45  | 47  |
| 397 | 203 Jamie     | Morris        | Unattached                  | SM  | 1  | 00 | 45  | 114 |
| 398 | 316 Liz       | Peach         | Tiverton Woman's Running Gr | SL  | 1  | 00 | 58  | 48  |
| 399 | 187 Adam      | Christopher   | Unattached                  | SM  | 1  | 00 | 58  | 115 |
| 400 | 235 Lisa      | Curtis        | Unattached                  | W45 | 1  | 01 | 01  | 27  |
| 401 | 551 Samantha  | Pontin        | Bideford AAC                | W40 | 1  | 01 | 14  | 18  |
| 402 | 228 Robert    | Rofe          | Unattached                  | SM  | 1  | 01 | 15  | 116 |
| 403 | 265 Lianne    | Milis         | Unattached                  | SL  | 1  | 01 | 16  | 49  |
| 404 | 35 Lauren     | Sevieri       | Unattached                  | SL  | 1  | 01 | 18  | 50  |
| 405 | 76 Katie      | Thompson      | Unattached                  | SL  | 1  | 01 | 30  | 51  |
| 406 | 75 Kelvin     | Groves        | Unattached                  | SM  | 1  | 01 | 32  | 117 |
| 407 | 360 Susan     | Carter        | South Molton Strugglers     | W50 | 1  | 01 | 35  | 8   |
| 408 | 43 Martin     | Morgan        | Bideford AAC                | SM  | 1  | 01 | 38  | 118 |
| 409 | 101 Claire    | Cutler        | Unattached                  | W35 | 1  | 01 | 38  | 37  |
| 410 | 208 Gemma     | Copp          | Unattached                  | SL  | 1  | 01 | 39  | 52  |
| 411 | 30 Kate       | Kilburn       | South Molton Strugglers     | SL  | 1  | 01 | 41  | 53  |
| 412 | 566 Ruth      | Snell         | Unattached                  | W35 | 1  | 01 | 43  | 38  |
| 413 | 216 Hannah    | Bennett       | Unattached                  | SL  | 1  | 01 | 43  | 54  |
| 414 | 26 Ian        | Lawrence      | Unattached                  | M40 | 1  | 01 | 44  | 45  |

|     |                 |             |                             |     |   |    |    |     |
|-----|-----------------|-------------|-----------------------------|-----|---|----|----|-----|
| 415 | 494 Sam         | Steer       | Unattached                  | W35 | 1 | 01 | 45 | 39  |
| 416 | 183 Katie       | Pratt       | Bideford AAC                | SL  | 1 | 01 | 45 | 55  |
| 417 | 339 Sara        | Small       | Unattached                  | W40 | 1 | 01 | 46 | 19  |
| 418 | 218 Tania       | Holdcroft   | Unattached                  | W40 | 1 | 01 | 49 | 20  |
| 419 | 462 Claire      | Lindsay     | Unattached                  | W45 | 1 | 01 | 50 | 28  |
| 420 | 311 Catherine   | Douse       | Unattached                  | W35 | 1 | 01 | 51 | 40  |
| 421 | 452 Rachel      | Cock        | Unattached                  | W40 | 1 | 01 | 53 | 21  |
| 422 | 503 Julia       | Williamson  | South Molton Strugglers     | W45 | 1 | 01 | 54 | 29  |
| 423 | 167 Deborah     | Mills       | Unattached                  | SL  | 1 | 01 | 57 | 56  |
| 424 | 64 Beth         | May         | Unattached                  | SL  | 1 | 02 | 00 | 57  |
| 425 | 178 Vikki       | Copp        | Unattached                  | SL  | 1 | 02 | 03 | 58  |
| 426 | 44 Caroline     | Summers     | North Devon Road Runners    | SL  | 1 | 02 | 04 | 59  |
| 427 | 20 Christopher  | Moakes      | Unattached                  | SM  | 1 | 02 | 04 | 119 |
| 428 | 456 Stephanie   | Westlake    | Unattached                  | W50 | 1 | 02 | 07 | 9   |
| 429 | 590 Peggy       | Hooper      | Unattached                  | W60 | 1 | 02 | 11 | 3   |
| 430 | 591 Abigail     | Orr         | Unattached                  | W35 | 1 | 02 | 14 | 41  |
| 431 | 418 Rachel      | Holland     | Unattached                  | SL  | 1 | 02 | 16 | 60  |
| 432 | 453 Lois        | Vickers     | Unattached                  | W60 | 1 | 02 | 16 | 4   |
| 433 | 399 Julia       | Stevens     | Run Barnstaple              | W40 | 1 | 02 | 23 | 22  |
| 434 | 522 Jacqui      | Couch       | Torrington AAC              | W40 | 1 | 02 | 23 | 23  |
| 435 | 19 David        | Chapple     | Unattached                  | M40 | 1 | 02 | 25 | 46  |
| 436 | 343 Donna       | Marriott    | North Devon Road Runners    | W35 | 1 | 02 | 27 | 42  |
| 437 | 254 Hannah      | Piper       | Unattached                  | SL  | 1 | 02 | 30 | 61  |
| 438 | 302 Sue         | Smith       | Unattached                  | W50 | 1 | 02 | 30 | 10  |
| 439 | 213 Claire      | Whale       | Tiverton Woman's Running Gr | SL  | 1 | 02 | 45 | 62  |
| 440 | 172 Sarah       | Holmwood    | Unattached                  | SL  | 1 | 03 | 00 | 63  |
| 441 | 300 Michael     | McGrory     | Unattached                  | M50 | 1 | 03 | 06 | 22  |
| 442 | 133 Julia       | Stuckey     | Unattached                  | W45 | 1 | 03 | 06 | 30  |
| 443 | 500 Toby        | Mottram     | Unattached                  | M60 | 1 | 03 | 12 | 10  |
| 444 | 483 Jacky       | Walters     | Unattached                  | W45 | 1 | 03 | 12 | 31  |
| 445 | 123 Helen       | Trapnell    | Unattached                  | SL  | 1 | 03 | 13 | 64  |
| 446 | 126 Lucy        | Levick      | Unattached                  | SL  | 1 | 03 | 24 | 65  |
| 447 | 382 Sarah       | Wood        | Hayle Runners               | SL  | 1 | 03 | 24 | 66  |
| 448 | 114 Helen       | Chaplin     | Unattached                  | W35 | 1 | 03 | 30 | 43  |
| 449 | 115 Lisa        | Winter      | Unattached                  | W35 | 1 | 03 | 47 | 44  |
| 450 | 325 Michelle    | Stapley     | Unattached                  | W35 | 1 | 03 | 47 | 45  |
| 451 | 352 Faye        | Hedden      | Unattached                  | W35 | 1 | 03 | 47 | 46  |
| 452 | 347 Faye Louise | Hackett     | Unattached                  | W35 | 1 | 03 | 51 | 47  |
| 453 | 346 Stephanie   | Seely       | Unattached                  | W35 | 1 | 03 | 56 | 48  |
| 454 | 40 Suzanne      | Lawson      | Unattached                  | SL  | 1 | 04 | 00 | 67  |
| 455 | 65 Jane         | Woodman     | Unattached                  | SL  | 1 | 04 | 14 | 68  |
| 456 | 2 Kate          | Murrin      | South Molton Strugglers     | W40 | 1 | 04 | 14 | 24  |
| 457 | 127 Catherine   | Sibbald     | Unattached                  | SL  | 1 | 04 | 18 | 69  |
| 458 | 124 Lindsay     | Hodder      | Unattached                  | W40 | 1 | 04 | 19 | 25  |
| 459 | 188 Karina      | Cox         | Unattached                  | SL  | 1 | 04 | 31 | 70  |
| 460 | 245 Lydia       | Perry       | Tiverton Woman's Running Gr | SL  | 1 | 04 | 47 | 71  |
| 461 | 210 Tracey      | Burridge    | North Devon Road Runners    | W40 | 1 | 04 | 48 | 26  |
| 462 | 82 Stacey       | Turner      | Unattached                  | SL  | 1 | 04 | 50 | 72  |
| 463 | 83 Hayley       | Perry       | Unattached                  | SL  | 1 | 05 | 16 | 73  |
| 464 | 434 Gary        | Tanton      | Bideford AAC                | SM  | 1 | 05 | 18 | 120 |
| 465 | 471 Sergejus    | Korobanovas | Unattached                  | SM  | 1 | 05 | 18 | 121 |
| 466 | 333 Ann         | Woodhouse   | Tavistock AC                | W65 | 1 | 05 | 21 | 1   |
| 467 | 182 Holly       | Carter      | Unattached                  | W40 | 1 | 05 | 27 | 27  |
| 468 | 397 Sue         | Fair        | Unattached                  | W60 | 1 | 05 | 31 | 5   |
| 469 | 485 Lucy        | Horrell     | Unattached                  | SL  | 1 | 05 | 37 | 74  |
| 470 | 152 Jane        | Sandiford   | Unattached                  | W45 | 1 | 05 | 56 | 32  |
| 471 | 583 Maria       | Martin      | Bude Rats                   | W40 | 1 | 06 | 28 | 28  |
| 472 | 309 Anthony     | Merret      | Bideford AAC                | M60 | 1 | 06 | 46 | 11  |
| 473 | 60 Bev          | Taylor      | Unattached                  | W45 | 1 | 06 | 48 | 33  |
| 474 | 128 Alice       | Jackson     | Bideford AAC                | W20 | 1 | 06 | 58 | 2   |
| 475 | 160 Samantha    | Fook        | Unattached                  | SL  | 1 | 07 | 09 | 75  |
| 476 | 402 Stephanie   | Stacey      | Torrington AAC              | W50 | 1 | 07 | 37 | 11  |
| 477 | 147 Caroline    | Suliauskas  | Unattached                  | W40 | 1 | 07 | 48 | 29  |
| 478 | 595 Tracey      | Found       | Torrington AAC              | W35 | 1 | 07 | 59 | 49  |
| 479 | 52 Kate         | King        | Unattached                  | W40 | 1 | 08 | 23 | 30  |
| 480 | 571 Susan       | Shrimpton   | Unattached                  | W60 | 1 | 08 | 48 | 6   |
| 481 | 329 Nicola      | Sparrey     | Unattached                  | W40 | 1 | 08 | 48 | 31  |
| 482 | 222 Gemma       | Rosewell    | Unattached                  | SL  | 1 | 08 | 53 | 76  |
| 483 | 544 Julie       | Danson      | Unattached                  | W45 | 1 | 08 | 54 | 34  |
| 484 | 422 Graham      | Johns       | Unattached                  | M45 | 1 | 09 | 00 | 28  |
| 485 | 38 Kim          | Keenor      | Unattached                  | SL  | 1 | 09 | 02 | 77  |

|     |               |            |                          |     |   |    |    |    |
|-----|---------------|------------|--------------------------|-----|---|----|----|----|
| 486 | 159 Gordon    | Back       | Unattached               | M45 | 1 | 09 | 04 | 29 |
| 487 | 237 Margaret  | Beades     | North Devon Road Runners | W60 | 1 | 09 | 31 | 7  |
| 488 | 191 Holly     | Meredith   | Unattached               | SL  | 1 | 09 | 33 | 78 |
| 489 | 205 Jayne     | McClure    | Unattached               | SL  | 1 | 09 | 37 | 79 |
| 490 | 349 Tina      | Oseman     | Unattached               | W40 | 1 | 09 | 45 | 32 |
| 491 | 198 Sharon    | Smith      | Unattached               | W40 | 1 | 10 | 01 | 33 |
| 492 | 47 Dick       | Croft      | Unattached               | M65 | 1 | 10 | 29 | 6  |
| 493 | 68 Natalie    | Toogood    | Unattached               | SL  | 1 | 10 | 57 | 80 |
| 494 | 193 Rachelle  | Stevens    | Unattached               | SL  | 1 | 11 | 14 | 81 |
| 495 | 505 Liz       | Oke        | Bideford AAC             | W65 | 1 | 11 | 27 | 2  |
| 496 | 353 Gemma     | Melhuish   | Unattached               | SL  | 1 | 11 | 28 | 82 |
| 497 | 137 Suzanne   | Coleman    | Unattached               | W40 | 1 | 12 | 01 | 34 |
| 498 | 398 Judy      | Blee       | Bude Rats                | W40 | 1 | 12 | 01 | 35 |
| 499 | 315 Hayley    | Thompson   | Bude Rats                | W35 | 1 | 12 | 01 | 50 |
| 500 | 368 Charlene  | Manning    | Unattached               | SL  | 1 | 12 | 30 | 83 |
| 501 | 575 Kate      | Beel       | Unattached               | W50 | 1 | 12 | 32 | 12 |
| 502 | 403 Stacey    | Soby       | Unattached               | W20 | 1 | 12 | 49 | 3  |
| 503 | 39 Lucy       | Boyen      | Unattached               | SL  | 1 | 12 | 50 | 84 |
| 504 | 484 Christine | Horrell    | Unattached               | W60 | 1 | 13 | 26 | 8  |
| 505 | 72 Kelsey     | Thornton   | Unattached               | SL  | 1 | 13 | 34 | 85 |
| 506 | 460 Anne      | Berriman   | Hayle Runners            | W60 | 1 | 13 | 48 | 9  |
| 507 | 369 Susie     | Mackintosh | Hayle Runners            | W40 | 1 | 14 | 20 | 36 |
| 508 | 504 Annette   | Joyce      | Bideford AAC             | W60 | 1 | 15 | 08 | 10 |
| 509 | 406 John      | Pucknell   | Unattached               | M45 | 1 | 15 | 33 | 30 |
| 510 | 293 Julia     | Fuery      | Bideford AAC             | W40 | 1 | 16 | 39 | 37 |
| 511 | 367 Jo        | Simpson    | Unattached               | W35 | 1 | 17 | 29 | 51 |
| 512 | 41 Heather    | Stone      | Unattached               | W40 | 1 | 17 | 49 | 38 |
| 513 | 317 Karen     | Nancarrow  | Hayle Runners            | W40 | 1 | 19 | 15 | 39 |
| 514 | 176 Althea    | Hancock    | Unattached               | W40 | 1 | 19 | 15 | 40 |
| 515 | 177 Suzanne   | Crouch     | Unattached               | W45 | 1 | 19 | 42 | 35 |
| 516 | 138 Sally     | Hodge      | Unattached               | W35 | 1 | 19 | 42 | 52 |
| 517 | 173 Chantelle | Brett      | Unattached               | SL  | 1 | 21 | 08 | 86 |
| 518 | 194 Debbie    | McKenzie   | Unattached               | W35 | 1 | 38 | 05 | 53 |
| 519 | 195 Cathy     | Jones      | Unattached               | W45 | 1 | 38 | 05 | 36 |
| 520 | 189 Kelly     | Quance     | Unattached               | SL  | 1 | 38 | 05 | 87 |

#### Senior Men's Teams

|   |   |                              |         |
|---|---|------------------------------|---------|
| 1 | S. Antell, R. Macdonald, M. Ayre, K. Shapland     | North Devon Road Runners     | 26 pts  |
| 2 | K. Heywood, A. Ingle, J. Pugsley, J. Blackman     | Bideford AAC                 | 38 pts  |
| 3 | B. Huxtable, D. Brewer, B. Pearce, L. Colvin      | Bideford AAC 'B'             | 210 pts |
| 4 | R. Ackland, A. Buckeridge, V. Bumbul, P. Homewood | North Devon Road Runners 'B' | 405 pts |
| 5 | A. Colwill, D. Stanton, A. Mort, G. Montague      | Bideford AAC 'C'             | 514 pts |
| 6 | V. Bott, M. Palmer, K. Hodge, L. Childs           | Bideford AAC 'D'             | 948 pts |

#### Senior Ladies' Teams

|   |                                   |                             |          |
|---|-----------------------------------|-----------------------------|----------|
| 1 | K. Guard, K. Webbe, K. Pratt      | Bideford AAC                | 710 pts  |
| 2 | S. Mummery, N. Joslin, C. Summers | North Devon Road Runners    | 1071 pts |
| 3 | L. Peach, C. Whale, L. Perry      | Tiverton Woman's Running Gr | 1297 pts |

#### Veterans Teams

|   |  |                         |         |
|---|--|-------------------------|---------|
| 1 | R. Voaden, A. Vernon, B. Friend, D. Mugliston  | Okehampton Running Club | 115 pts |
| 2 | G. Suggate, S. Turner, A. Pearson, N. Marke    | Bideford AAC            | 118 pts |
| 3 | M. Batchelor, S. Goodman, D. Page, C. Murrin   | South Molton Strugglers | 151 pts |
| 4 | M. Hutcheson, S. Martin, T. Haigh, P. Bowden   | Bude Rats               | 186 pts |
| 5 | S. King, R. Makinson, J. Kavanagh, D. Moulder  | South West Road Runners | 236 pts |
| 6 | A. McLaren, P. Jennings, S. Philips, A. Glover | Bideford AAC 'B'        | 242 pts |

#### Ladies Veterans Teams

|   |  |                         |         |
|---|--|-------------------------|---------|
| 1 | J. Bedler, L. Clements, L. Warner, .   | Bideford AAC            | 364 pts |
| 2 | N. Cox, E. Gooding, M. Hillman, .      | Torrington AAC          | 467 pts |
| 3 | J. Jackson, J. Jones, D. Cunningham, . | Okehampton Running Club | 473 pts |
| 4 | E. Fields, C. Shapland, E. Hill, .     | South Molton Strugglers | 650 pts |
| 5 | L. Eastmond, C. Ellis, C. Davies, .    | Bideford AAC 'B'        | 675 pts |
| 6 | E. Hall, R. Wilson, J. Hutcheson, .    | Bude Rats               | 747 pts |

#### Ladies Overall

|   |         |        |                   |    |  |    |    |
|---|---------|--------|-------------------|----|--|----|----|
| 1 | 244 Ami | Yetton | Plymouth Harriers | SL |  | 36 | 49 |
|---|---------|--------|-------------------|----|--|----|----|



|    |             |         |                         |     |    |    |
|----|-------------|---------|-------------------------|-----|----|----|
| 2  | 490 Jasmine | Finney  | Bude Rats               | W20 | 40 | 15 |
| 3  | 415 Kathryn | Guard   | Bideford AAC            | SL  | 43 | 19 |
| 4  | 476 Marie   | Smith   | Unattached              | W35 | 43 | 30 |
| 5  | 593 Jo      | Bedler  | Bideford AAC            | W35 | 43 | 34 |
| 6  | 463 Naomi   | Cox     | Torrington AAC          | W35 | 44 | 22 |
| 7  | 588 Jane    | Jackson | Okehampton Running Club | W55 | 45 | 9  |
| 8  | 447 Sandy   | Fish    | Fetch Everyone          | W50 | 45 | 25 |
| 9  | 443 Tanya   | Tucker  | Unattached              | SL  | 45 | 26 |
| 10 | 437 Amy     | Kiteley | Tavistock AC            | SL  | 45 | 38 |

#### M20

|   |            |         |              |     |    |    |
|---|------------|---------|--------------|-----|----|----|
| 1 | 90 James   | Pugsley | Bideford AAC | M20 | 37 | 28 |
| 2 | 569 Kieran | Jewell  | Unattached   | M20 | 39 | 5  |
| 3 | 111 James  | Fay     | Unattached   | M20 | 39 | 31 |
| 4 | 519 Ben    | Brend   | Unattached   | M20 | 40 | 26 |
| 5 | 592 Billy  | Pearce  | Bideford AAC | M20 | 42 | 32 |
| 6 | 99 Levi    | Colvin  | Bideford AAC | M20 | 43 | 44 |

#### M40

|   |            |           |                         |     |    |    |
|---|------------|-----------|-------------------------|-----|----|----|
| 1 | 304 Mark   | Batchelor | South Molton Strugglers | M40 | 34 | 28 |
| 2 | 145 Gary   | Suggate   | Bideford AAC            | M40 | 36 | 23 |
| 3 | 408 Adrian | Watts     | Unattached              | M40 | 37 | 40 |
| 4 | 129 Simon  | Goodman   | South Molton Strugglers | M40 | 38 | 17 |
| 5 | 489 Steven | Turner    | Bideford AAC            | M40 | 38 | 27 |
| 6 | 250 Andrew | Vernon    | Okehampton Running Club | M40 | 38 | 50 |

#### M45

|   |            |            |                          |     |    |    |
|---|------------|------------|--------------------------|-----|----|----|
| 1 | 249 Roger  | Voaden     | Okehampton Running Club  | M45 | 36 | 19 |
| 2 | 529 Steve  | Babb       | Newquay Road Runners     | M45 | 37 | 12 |
| 3 | 542 Mark   | Hutcheson  | Bude Rats                | M45 | 38 | 12 |
| 4 | 538 Andrew | Woollacott | North Devon Road Runners | M45 | 38 | 53 |
| 5 | 393 Bryan  | Friend     | Okehampton Running Club  | M45 | 39 | 44 |
| 6 | 361 Steve  | Martin     | Bude Rats                | M45 | 41 | 23 |

#### M50

|   |               |          |                      |     |    |    |
|---|---------------|----------|----------------------|-----|----|----|
| 1 | 584 Kerry     | Roberts  | Tiverton Harriers    | M50 | 36 | 28 |
| 2 | 357 Mike      | Hansen   | Erme Valley Harriers | M50 | 38 | 11 |
| 3 | 56 Frank      | Reay     | South Devon AC       | M50 | 39 | 52 |
| 4 | 396 Paul      | Jennings | Bideford AAC         | M50 | 42 | 20 |
| 5 | 412 Paul      | Bowden   | Bude Rats            | M50 | 42 | 29 |
| 6 | 148 Michael R | Bryant   | Unattached           | M50 | 44 | 24 |

#### M55

|   |           |          |                          |     |    |    |
|---|-----------|----------|--------------------------|-----|----|----|
| 1 | 413 John  | Shapland | North Devon Road Runners | M55 | 35 | 53 |
| 2 | 268 Derek | Page     | South Molton Strugglers  | M55 | 39 | 14 |
| 3 | 306 Alec  | McLaren  | Bideford AAC             | M55 | 41 | 48 |
| 4 | 502 Andy  | Glover   | Bideford AAC             | M55 | 43 | 40 |
| 5 | 348 David | Twine    | Tavistock AC             | M55 | 43 | 45 |
| 6 | 407 David | Moulder  | South West Road Runners  | M55 | 43 | 52 |

#### M60

|   |            |            |                          |     |    |    |
|---|------------|------------|--------------------------|-----|----|----|
| 1 | 411 Paul   | Sturtridge | Bideford AAC             | M60 | 44 | 54 |
| 2 | 312 Peter  | Kirby      | Teignbridge Trotters     | M60 | 45 | 2  |
| 3 | 600 Gerard | O'Boyle    | Tiverton AC              | M60 | 47 | 47 |
| 4 | 486 Alan   | Cox        | Bideford AAC             | M60 | 49 | 45 |
| 5 | 523 Graham | Macdonald  | North Devon Road Runners | M60 | 50 | 40 |
| 6 | 450 David  | Anderson   | Torrington AAC           | M60 | 51 | 12 |

#### M65

|   |             |             |                         |     |    |    |
|---|-------------|-------------|-------------------------|-----|----|----|
| 1 | 301 Brian   | Wiles       | Launceston Road Runners | M65 | 42 | 55 |
| 2 | 240 Alan    | Littlejohns | Launceston Road Runners | M65 | 47 | 36 |
| 3 | 260 Raymond | Summerfield | South West Veterans AC  | M65 | 47 | 37 |
| 4 | 242 Ian     | Mackenzie   | Unattached              | M65 | 48 | 50 |
| 5 | 481 Graham  | Yarwood     | Unattached              | M65 | 54 | 46 |

|            |              |            |                          |     |   |    |    |
|------------|--------------|------------|--------------------------|-----|---|----|----|
| 6          | 47 Dick      | Croft      | Unattached               | M65 | 1 | 10 | 29 |
| <b>M70</b> |              |            |                          |     |   |    |    |
| 1          | 10 Peter     | Mander     | Launceston Road Runners  | M70 |   | 54 | 58 |
| <b>M75</b> |              |            |                          |     |   |    |    |
| 1          | 448 Glen     | Martin     | Bideford AAC             | M75 |   | 58 | 45 |
| 2          | 421 John     | Lethaby    | Minehead Running Club    | M75 |   | 58 | 58 |
| 3          | 482 Ken      | House      | South Devon AC           | M75 |   | 59 | 11 |
| <b>W20</b> |              |            |                          |     |   |    |    |
| 1          | 490 Jasmine  | Finney     | Bude Rats                | W20 |   | 40 | 15 |
| 2          | 128 Alice    | Jackson    | Bideford AAC             | W20 | 1 | 6  | 58 |
| 3          | 403 Stacey   | Soby       | Unattached               | W20 | 1 | 12 | 49 |
| <b>W35</b> |              |            |                          |     |   |    |    |
| 1          | 476 Marie    | Smith      | Unattached               | W35 |   | 43 | 30 |
| 2          | 593 Jo       | Bedler     | Bideford AAC             | W35 |   | 43 | 34 |
| 3          | 463 Naomi    | Cox        | Torrington AAC           | W35 |   | 44 | 22 |
| 4          | 515 Emma     | Gooding    | Torrington AAC           | W35 |   | 46 | 3  |
| 5          | 144 Lysie    | Suggate    | Unattached               | W35 |   | 47 | 46 |
| 6          | 256 Elaine   | Fields     | South Molton Strugglers  | W35 |   | 48 | 11 |
| <b>W40</b> |              |            |                          |     |   |    |    |
| 1          | 243 Rachael  | MacKenzie  | Unattached               | W40 |   | 46 | 21 |
| 2          | 444 Claire   | Cockbain   | South West Road Runners  | W40 |   | 48 | 47 |
| 3          | 501 Liz      | Warner     | Bideford AAC             | W40 |   | 50 | 4  |
| 4          | 7 Stephanie  | White      | Unattached               | W40 |   | 51 | 11 |
| 5          | 381 Karen    | Hall       | Unattached               | W40 |   | 53 | 19 |
| 6          | 496 Kate     | Burns      | Unattached               | W40 |   | 53 | 23 |
| <b>W45</b> |              |            |                          |     |   |    |    |
| 1          | 234 Debbie   | Bidmead    | Tiverton Harriers        | W45 |   | 46 | 43 |
| 2          | 518 Helen    | Naraway    | South West Road Runners  | W45 |   | 47 | 51 |
| 3          | 261 Jane     | Jones      | Okehampton Running Club  | W45 |   | 48 | 15 |
| 4          | 338 Ellen    | Hall       | Bude Rats                | W45 |   | 50 | 28 |
| 5          | 359 Carol    | Hansen     | Erme Valley Harriers     | W45 |   | 50 | 48 |
| 6          | 577 Linda    | Eastmond   | Bideford AAC             | W45 |   | 51 | 9  |
| <b>W50</b> |              |            |                          |     |   |    |    |
| 1          | 447 Sandy    | Fish       | Fetch Everyone           | W50 |   | 45 | 25 |
| 2          | 540 Lorraine | Clements   | Bideford AAC             | W50 |   | 45 | 43 |
| 3          | 220 Joy      | Hooper     | Unattached               | W50 |   | 51 | 44 |
| 4          | 499 Carol    | Davies     | Bideford AAC             | W50 |   | 52 | 33 |
| 5          | 543 Jane     | Hutcheson  | Bude Rats                | W50 |   | 55 | 58 |
| 6          | 22 Patsy     | Lambrechts | Launceston Road Runners  | W50 |   | 58 | 10 |
| <b>W55</b> |              |            |                          |     |   |    |    |
| 1          | 588 Jane     | Jackson    | Okehampton Running Club  | W55 |   | 45 | 9  |
| 2          | 342 Philippa | Baker      | Launceston Road Runners  | W55 |   | 50 | 27 |
| 3          | 330 Lesley   | Edwards    | Unattached               | W55 |   | 53 | 32 |
| 4          | 33 Janet     | Lathom     | Launceston Road Runners  | W55 |   | 53 | 41 |
| 5          | 526 Ruth     | Macdonald  | Unattached               | W55 |   | 54 | 26 |
| 6          | 508 Valerie  | Bitmead    | North Devon Road Runners | W55 |   | 54 | 59 |
| <b>W60</b> |              |            |                          |     |   |    |    |
| 1          | 303 Myra     | McKay      | Erme Valley Harriers     | W60 |   | 52 | 32 |
| 2          | 239 Leila    | Reay       | Unattached               | W60 |   | 56 | 47 |
| 3          | 590 Peggy    | Hooper     | Unattached               | W60 | 1 | 2  | 11 |
| 4          | 453 Lois     | Vickers    | Unattached               | W60 | 1 | 2  | 16 |
| 5          | 397 Sue      | Fair       | Unattached               | W60 | 1 | 5  | 31 |
| 6          | 571 Susan    | Shrimpton  | Unattached               | W60 | 1 | 8  | 48 |

|   |         | <b>W65</b> |  |              |     |   |    |    |  |
|---|---------|------------|--|--------------|-----|---|----|----|--|
| 1 | 333 Ann | Woodhouse  |  | Tavistock AC | W65 | 1 | 5  | 21 |  |
| 2 | 505 Liz | Oke        |  | Bideford AAC | W65 | 1 | 11 | 27 |  |