

# BIDEFORD AAC 2013 10 MILER



## RESULTS

Position	Race Time	Race #	Forename	Surname	Category	Club
1	00:53:29	220	Shaun	Antell	Msenior	Bideford AAC
2	00:54:18	77	Mark	Ryall	Msenior	Victoria park & tower hamlets
3	00:54:47	361	Dan	Rodgers	Msenior	Launceston Road Runners
4	00:55:41	180	Ronnie	Richmond	Msenior	Bideford AAC
5	00:59:54	203	Jordan	Morant	Msenior	Hayle Running Club
6	01:00:09	49	Brendan	Patton	Msenior	Unattached
7	01:00:41	127	Scott	Abraham	M40	Hayle Running Club
8	01:00:54	101	Keith	Shapland	Msenior	Bideford AAC
9	01:01:10	141	John	Shapland	M60	Bideford AAC
10	01:01:12	5	Mike	Dowrick	M40	Hayle Running Club
11	01:01:13	244	Gary	Suggate	M40	Bideford AAC
12	01:01:23	72	Serane	Stone	F35	Tiverton Harriers
13	01:01:43	142	Daniel	Costello	MU20	Hayle Running Club
14	01:02:03	277	Robin	Phillips	Msenior	Westbury Harriers
15	01:02:19	287	James	Pugsley	Msenior	Bideford AAC
16	01:02:22	156	Jo	Meek	F35	Tavistock Athletic Club
17	01:02:24	60	Stephen	Gentle	Msenior	Okehampton Running Club
18	01:02:32	340	Steve	Babb	M45	Newquay Road Runners
19	01:02:34	62	Carl	Mott	Msenior	Unattached
20	01:02:47	333	Chris	Stone	M45	Bideford AAC
21	01:03:22	177	Robert	Kelly	Msenior	Okehampton Running Club
22	01:03:38	94	Ami	Yetton	Fsenior	Plymouth Harriers
23	01:03:41	280	James	Murray	M40	Bideford AAC
24	01:04:02	113	Stuart	Creech	Msenior	Minehead Running Club
25	01:04:20	28	Brent	Colvin	M40	Bideford AAC
26	01:04:25	342	Phil	Bolt	M45	Cornwall AC
27	01:04:47	362	Steve	Hay	M55	Torrington AAC
28	01:04:50	338	Tony	Vesty	M50	North Devon Road Runners
29	01:05:15	38	Paul	Morgan	Msenior	South Molton Strugglers
30	01:05:21	265	Andrew	Vernon	M45	Okehampton Running Club
31	01:05:24	299	Mark	Maton	Msenior	Running Forever RC
32	01:05:34	129	Martin	Brace	M40	Tiverton Harriers
33	01:05:42	285	Brian	Andrew	Msenior	Bideford AAC
34	01:05:44	100	Arron	Kearney	Msenior	Bideford AAC
35	01:06:09	321	Steve	Turner	M45	Bideford AAC
36	01:06:36	274	Robin	Ewings	M40	Tiverton Harriers
37	01:06:38	313	Daniel	Brewer	Msenior	Bideford AAC
38	01:06:39	126	Lee	Bradley	M40	Unattached
39	01:06:49	224	Andrew	Manning	M40	Unattached
40	01:07:22	81	Mike	Welch	Msenior	Tiverton Harriers
41	01:07:27	289	Sarah	Morwood	Fsenior	Bere Alston Trekkers
42	01:07:31	249	Mark	Heffernan	M40	Unattached
43	01:07:37	162	Malcolm	Roberts	M60	St Austell Running Club
44	01:07:38	239	Andrew	Pearson	M40	Bideford AAC
45	01:07:39	320	Dan	Butler	Msenior	Bideford AAC
46	01:07:42	242	Gavin	Burnside	M45	North Devon Road Runners
47	01:08:10	337	Will	Richardson	Msenior	Royal Marines
48	01:08:16	149	Kelvin	Groves	Msenior	Bideford AAC
49	01:08:52	254	Steve	Choules	M50	North Devon AC
50	01:08:56	41	Stephen	Sirdefield	M50	Tiverton Harriers
51	01:08:59	256	Joe	Lockey	Msenior	Unattached
52	01:09:08	1	Cy	Margieson	Msenior	Bideford AAC
53	01:09:17	352	Mary	Menon	Fsenior	Unattached
54	01:09:35	88	Linsey	Birghall	Fsenior	Victoria park harriers

Position	Race Time	Race #	Forename	Surname	Category	Club
55	01:10:04	300	Jason	Shipton	M40	Tavistock Athletic Club
56	01:10:12	326	Phil	Spencer	M45	Tiverton Harriers
57	01:10:15	253	David	Moulder	M55	South West Road Runners
58	01:10:18	349	Ian	Wallace	Msenior	Unattached
59	01:10:33	281	Robbie	Murray	MU20	Bideford AAC
60	01:10:35	246	Graham	Newton	M60	Axe Valley Runners
61	01:10:37	314	Martyn	Knight	Msenior	South Molton Strugglers
62	01:10:39	240	Roger	Harris	M50	Unattached
63	01:10:43	155	Michael	White	Msenior	Unattached
64	01:10:47	288	Simon	Wright	Msenior	Bideford AAC
65	01:10:48	309	Chris	Murrin	M45	South Molton Strugglers
66	01:11:00	8	Stuart	Bown	Msenior	Unattached
67	01:11:03	124	Ian	Kevern	M45	Unattached
68	01:11:14	286	Chris	Johns	M40	Unattached
69	01:11:29	186	Kent	Watson	M45	Erme Valley Harriers
70	01:11:31	182	Don	Murray	M40	Unattached
71	01:11:41	228	Tim	Felton	M55	Tiverton Harriers
72	01:11:44	343	Suzy	Bosustow	F40	Cornwall AC
73	01:11:49	310	Stuart	May	M40	Okehampton Running Club
74	01:11:52	114	Mark	Hussell	M40	Tiverton Harriers
75	01:12:00	346	Ryan	Collins	Msenior	North Devon Triathletes
76	01:12:07	335	Andrew	Wilson	Msenior	Bideford AAC
77	01:12:09	86	Jean-Paul	Quertier	M40	Okehampton Running Club
78	01:12:11	3	Dave	Green	M40	Unattached
79	01:12:31	328	Jon	Meek	M45	Tavistock Athletic Club
80	01:12:32	334	Jason	Emery	M40	Unattached
81	01:12:39	233	Paul	Jennings	M50	Bideford AAC
82	01:12:56	75	Les	Reed	M55	Unattached
83	01:12:59	165	Rob	Prouten	M40	Mud Crew Trail Runners
84	01:13:06	183	Clive	Bright	M50	Bideford AAC
85	01:13:11	308	Richard	Allin	Msenior	Unattached
86	01:13:15	24	Kyle	Robinson	Msenior	Unattached
87	01:13:20	48	Richard	Cutler	M40	Unattached
88	01:13:33	250	Angela	Martin	F40	Bude Rats
89	01:13:43	306	Adrian	Clarke	M40	Horwood Harriers
90	01:13:58	143	Justin	Duerden	Msenior	Unattached
91	01:14:06	263	Derek	Page	M55	South Molton Strugglers
92	01:14:11	216	Chris	Taylor	Msenior	Bideford AAC
93	01:14:13	190	Debbie	Bidmead	F45	Tiverton Harriers
94	01:14:14	353	Dan	Bryant	Msenior	Unattached
95	01:14:17	19	Tracey	Hulland	F40	South Molton Strugglers
96	01:14:34	251	Andy	Houghton	M65	Tavistock Athletic Club
97	01:14:36	214	Tony	Gale	M60	South West Road Runners
98	01:14:38	20	Philip	Pennington	M45	South Molton Strugglers
99	01:14:58	163	Charlotte	Arthur	F45	Unattached
100	01:15:00	207	Steph	Olliffe	F45	Torrington AAC
101	01:15:03	201	Wayne	Stapleton	M40	Torrington AAC
102	01:15:05	304	Lloyd	James	M45	Horwood Harriers
103	01:15:21	84	Laura	Giles	Fsenior	Unattached
104	01:15:37	166	Wayne	Fennell	M40	North Devon Road Runners
105	01:15:44	192	Raymond	Summerfield	M65	South West Veterans AC
106	01:15:49	268	Andy	Glover	M55	Bideford AAC
107	01:15:52	345	Mike	Kestle	M60	Newquay Road Runners
108	01:16:05	359	Per	Hampton	M45	North Devon AC
109	01:16:07	191	Graham	Crump	M50	Unattached
110	01:16:16	79	Nick	Hall	M40	Unattached
111	01:16:19	316	Mike	Bishop	M40	Bideford AAC
112	01:16:43	293	Pat	Coates	F55	Newquay Road Runners
113	01:16:50	40	Andy	Smith	Msenior	Unattached
114	01:16:56	105	Richard	Hindle	M40	Unattached
115	01:16:58	200	Nick	Day	M50	Torrington AAC
116	01:17:00	258	Sam	Beare	Fsenior	South West Road Runners

Position	Race Time	Race #	Forename	Surname	Category	Club
117	01:17:10	169	Tom	Beddow	Msenior	Unattached
118	01:17:11	204	Martin	Beddow	M45	Unattached
119	01:17:17	237	Alan	Nicol	M50	North Devon Road Runners
120	01:17:23	130	Pete	Kirby	M60	Teignbridge Trotters
121	01:17:39	117	Adam	Watson	Msenior	Unattached
122	01:17:46	290	Kathryn	Kyle	F35	North Devon Road Runners
123	01:17:58	85	Scott	Collett	Msenior	Unattached
124	01:18:01	154	Daniel	Stanbury	Msenior	Unattached
125	01:18:08	229	Amy	Alford	Fsenior	Bideford AAC
126	01:18:15	160	Clare	Suss	F40	South West Road Runners
127	01:18:31	330	Terry	Loker	Msenior	Unattached
128	01:18:34	311	Simon	Bowen	M45	Crediton Running Network
129	01:18:37	27	Sara	Carter	F40	Bideford AAC
130	01:18:39	51	Jason	Ewing	M40	Okehampton Running Club
131	01:18:44	151	Nick	Masters	M45	Hayle Running Club
132	01:18:44	104	Patrick	Broome	M45	Unattached
133	01:18:46	315	Sarah	Burns	F35	East London Runners
134	01:18:48	146	Cathy	Thorne	F40	Tiverton Harriers
135	01:19:00	294	Peter	Kneil	M45	North Devon Road Runners
136	01:19:17	133	Paul	Metherall	M50	Unattached
137	01:19:21	350	Julie	Hedges	F50	South West Road Runners
138	01:19:30	89	Ron	Foord	M50	RFRC
139	01:19:33	55	Nick	Rice	M40	Unattached
140	01:19:37	215	Paul	Madge	M50	South West Road Runners
141	01:19:38	206	Elaine	Fields	F40	South Molton Strugglers
142	01:19:43	336	Craig	Bellew	Msenior	Unattached
143	01:19:44	225	Michael	Newcombe	M40	Torrington AAC
144	01:19:47	305	Dominic	Smallwood	Msenior	Unattached
145	01:20:05	339	Robert	Penfold	M50	Unattached
146	01:20:07	120	Mark	Richardson	M40	Unattached
147	01:20:08	276	Patrick	McGuinness	M65	North Devon Road Runners
148	01:20:10	98	Ellen	Hall	F45	Bude Rats
149	01:20:10	52	Michael	Woodland	M60	Erme Valley Harriers
150	01:20:12	196	Adrian	Wroe	M50	Unattached
151	01:20:19	267	Graham	Kivell	M55	Unattached
152	01:20:20	266	Jane	Jackson	F55	Okehampton Running Club
153	01:20:35	347	Stuart	Wilson	M50	Unattached
154	01:20:40	270	David	Risdon	Msenior	Unattached
155	01:21:04	175	Malcolm	Warrington	Msenior	Unattached
156	01:21:13	252	Mark	Reeve	M40	Unattached
157	01:21:25	324	John	Lillis	M65	Newquay Road Runners
158	01:21:34	282	Ken	Howick	M50	Unattached
159	01:21:35	202	Paul	Williams	M40	Unattached
160	01:21:51	255	Samantha	Benham	Fsenior	Unattached
161	01:22:13	44	Steven	Jackson	M50	Mud Crew Trail Runners
162	01:22:16	354	Richard	Bosher	M45	Unattached
163	01:22:17	236	Barbara	Nicol	F45	North Devon Road Runners
164	01:22:21	187	Dave	Eadie	M45	Torrington AAC
165	01:22:22	138	Sarah	Tate	F35	Unattached
166	01:22:22	245	Lynsie	Suggate	F35	Unattached
167	01:22:30	134	Trevor	Williams	M70	Tavistock Athletic Club
168	01:22:30	83	Lisa	Cetinkaya	Fsenior	Bideford AAC
169	01:22:37	210	Sally	Dunn	F40	Bere Alston Trekkers
170	01:22:37	331	Grant	Lawrence	M40	Bere Alston Trekkers
171	01:22:48	312	Michael	Chipperfield	Msenior	Bere Alston Trekkers
172	01:22:55	260	David	Dark	M50	Unattached
173	01:23:01	170	Jose	Brinkmann	M40	Unattached
174	01:23:03	70	Richard	Kemp	M45	Tiverton Harriers
175	01:23:06	360	Kerry	Dodsworthy	Fsenior	Unattached
176	01:23:11	232	Alan	Cox	M60	Bideford AAC
177	01:23:17	150	Richard	Lawrence	Msenior	Unattached
178	01:23:27	103	Jane	Jones	F50	Okehampton Running Club

Position	Race Time	Race #	Forename	Surname	Category	Club
179	01:23:43	325	David	Crowther	M50	Unattached
180	01:24:01	108	Sadie	Davies	F35	North Devon Triathletes
181	01:24:03	50	Rebecca	Ewing	F35	Okehampton Running Club
182	01:24:04	82	Keri	Quertier	F35	Okehampton Running Club
183	01:24:04	42	Kayleigh	Bromell	Fsenior	Unattached
184	01:24:05	348	Danielle	Fulford-Brown	F50	Okehampton Running Club
185	01:24:05	67	Abby	Metherell	F35	Okehampton Running Club
186	01:24:10	176	Claire	Kelly	Fsenior	Okehampton Running Club
187	01:24:18	140	Malcolm	Hutchings	M55	Running Forever RC
188	01:24:19	319	Helen	McKenzie	Fsenior	Unattached
189	01:24:20	109	Karl	McKenzie	Msenior	Unattached
190	01:24:23	297	David	Lee	Msenior	Unattached
191	01:24:30	317	Paul	Coles	M45	Unattached
192	01:24:31	355	David	Cottingham	M60	Unattached
193	01:24:42	295	Lisa	Gordon	Fsenior	Torrington AAC
194	01:24:57	303	Jasmine	Ayres	F40	Unattached
195	01:25:03	32	Christine	Le Flem	F65	Tavistock Athletic Club
196	01:25:05	283	Tessa	Anns	F40	Unattached
197	01:25:08	121	Rob	Murr	M55	Running Forever RC
198	01:25:19	227	Mary	Humphries	F60	Tiverton Harriers
199	01:25:22	43	Tobias	Rankin	M40	Bere Alston Trekkers
200	01:25:27	116	Marcus	Duerden	M40	Unattached
201	01:25:34	322	Brian	Welham	M50	Okehampton Running Club
202	01:25:40	26	Suzi	Arnold	F40	Trull Troggers
203	01:25:46	9	Leaha	Davey	Fsenior	Bideford AAC
204	01:25:49	69	Karen	Lister	F45	Tiverton Harriers
205	01:26:01	128	Ben	Wright	Msenior	Unattached
206	01:26:06	112	Tash	Compton	F35	Running Forever RC
207	01:26:06	230	Ruth	Henry	F50	North Devon Road Runners
208	01:26:12	332	Julie	Page	F40	Bere Alston Trekkers
209	01:26:14	248	Chris	Fulford-Brown	M55	Okehampton Running Club
210	01:26:25	179	Kate	Rogers	F55	Tavistock Athletic Club
211	01:26:30	188	Nicola	Kinsman	F35	Unattached
212	01:26:32	118	David	Eldridge	M40	Bideford AAC
213	01:26:33	243	Julian	Wallace	M40	Unattached
214	01:26:35	145	Pauline	Pyke	F45	Torrington AAC
215	01:26:43	164	Jason	Sharman	M40	Unattached
216	01:27:01	358	Jason	Price	M40	Unattached
217	01:27:08	296	Stuart	Ayres	Msenior	Unattached
218	01:27:23	211	Rachel	Gibson	F40	Tiverton Harriers
219	01:27:28	199	Luke	Messinger	Msenior	Unattached
220	01:27:36	152	Gary	Chater	M45	Tavistock Athletic Club
221	01:27:43	153	Ann-marie	Chater	F45	Tavistock Athletic Club
222	01:27:43	135	Claire	Pitcher	F45	Tavistock Athletic Club
223	01:27:44	136	Adrian	Pitcher	M55	Tavistock Athletic Club
224	01:27:53	357	Liz	Wilson	F50	Bude Rats
225	01:28:02	259	Kristy	Webbe	Fsenior	Bideford AAC
226	01:28:07	307	Colin	Mitchell	M40	Bideford AAC
227	01:28:12	37	Keith	McNeill	M50	South Molton Strugglers
228	01:28:14	217	Jonathan	Cryer	M55	Unattached
229	01:28:15	18	Chris	Colby	Msenior	Unattached
230	01:28:42	2	Rose	Cashmore	F35	Unattached
231	01:28:50	231	Richard	Palmer	Msenior	Bideford AAC
232	01:29:15	272	Tim	Jones	M60	North Devon Road Runners
233	01:29:32	323	Lorrie	Woolgar	F50	Bideford AAC
234	01:29:34	273	Mark	Phillips	M45	Unattached
235	01:29:41	327	John	Gammon	M70	North Devon Road Runners
236	01:29:43	110	Anthony	Merrett	M65	Bideford AAC
237	01:29:49	208	Steve	Densham	M45	Unattached
238	01:29:56	39	Paul	Fryer	F35	Unattached
239	01:30:05	185	Michaela	Hillman	F45	Torrington AAC
240	01:30:10	161	Deborah	Cunningham	F45	Okehampton Running Club

Position	Race Time	Race #	Forename	Surname	Category	Club
241	01:30:15	65	Roy	Bennett	M60	Unattached
242	01:30:17	23	Helen	Robinson	Fsenior	Unattached
243	01:30:17	17	Shelley	Colby	Fsenior	Unattached
244	01:30:24	174	Anna	Dalzell	F40	Unattached
245	01:30:31	71	Sally	Moore	F55	Tiverton Harriers
246	01:30:35	172	Vanessa	Knowles	F50	Tiverton Harriers
247	01:30:41	261	Ian	Webbe	M60	Unattached
248	01:31:08	205	Catherine	Douse	F35	Unattached
249	01:31:12	351	Steve	Heywood	M55	Bideford AAC
250	01:31:15	298	Helene	Bond	F45	Crediton Running Network
251	01:31:19	91	Tricia	Harrison	F55	South West Veterans AC
252	01:31:19	193	Phil	Lacey	Msenior	Bideford AAC
253	01:31:25	92	John	Windemer	M60	Tavistock Athletic Club
254	01:31:25	275	Paul	Blackmore	M40	Unattached
255	01:31:27	292	Kim	Jenkin	Fsenior	Bideford AAC
256	01:31:33	329	Paul	Tappenden	M55	Unattached
257	01:31:57	223	Annie	Foot	F65	Tiverton Harriers
258	01:32:04	131	Lesley	Edwards	F55	Unattached
259	01:32:17	195	Amanda	Bosher	F40	Unattached
260	01:32:27	341	Lynne	Marshall	F40	Chatty Paces
261	01:32:40	123	Jane	Stanley	F60	Unattached
262	01:32:46	212	Dave	Anderson	M60	Torrington AAC
263	01:33:12	226	Kate	Kilburn	F35	South Molton Strugglers
264	01:33:21	221	Jess	Gierke	F40	Unattached
265	01:33:28	271	Sarah	Richardson	F35	Unattached
266	01:33:33	68	Teresa	Butchers	F60	Tiverton Harriers
267	01:33:37	238	Kate	Burns	F40	Unattached
268	01:33:56	344	Claire	Fox	F40	Chatty Paces
269	01:33:57	284	Marsh	Pullen	Msenior	Unattached
270	01:34:02	262	Charlotte	Armstrong-ring	Fsenior	Run Barnstaple
271	01:34:20	218	Victoria	Williams	F55	Tiverton Harriers
272	01:35:03	132	Catherine	Hunt	Fsenior	Unattached
273	01:35:44	158	Graham	Yarwood	M65	Unattached
274	01:35:50	137	Mark	Rhead	M45	North Devon Road Runners
275	01:35:53	144	Jackie	Chapman	F50	Launceston Road Runners
276	01:35:54	34	Ross	Dennis	Msenior	South Molton Strugglers
277	01:36:04	6	Alison	Little	F45	Chatty Paces
278	01:36:13	209	Mags	Zaharia	F40	Torrington AAC
279	01:36:32	235	Julia	Stevens	F45	Unattached
280	01:37:20	25	Clare	Gardner	F40	Unattached
281	01:37:23	278	Linda	O'Shaughnessy	F40	Westbury Harriers
282	01:37:41	301	Luke	Healy	M40	Unattached
283	01:38:41	291	Darryn	Allsopp	M40	Unattached
284	01:38:56	122	Claire	Lynch	Fsenior	Unattached
285	01:39:29	29	Teresa	Marsh	F45	Unattached
286	01:39:32	219	Sarah	Thorne	F40	Unattached
287	01:39:35	184	Michelle	Bright	F35	Bideford AAC
288	01:40:12	269	Julia	Glover	F45	South Molton Strugglers
289	01:40:16	13	Bruce	Evans	Msenior	Unattached
290	01:40:16	12	Saran	Millyard	F35	Unattached
291	01:40:57	66	Keeley	Hewett	Fsenior	Torrington AAC
292	01:42:19	234	Tony	Dyer	M70	North Devon Road Runners
293	01:42:29	356	Steven	Wilson	Msenior	Bude Rats
294	01:42:33	111	Richard	Woolley	M50	Unattached
295	01:43:13	279	Paul	Cloke	M45	Unattached
296	01:43:24	247	Diane	Newton	F60	Axe Valley Runners
297	01:43:32	31	Nicky	Young	F45	Unattached
298	01:43:43	173	Debbie	Vinnicombe	F55	Unattached
299	01:43:50	213	Philip	Grigg	M40	Unattached
300	01:44:10	194	Paul	Garnsey	M50	Unattached
301	01:44:48	22	Keirai	Burton	FU20	Torrington AAC
302	01:45:07	47	Helen	Campbell	Fsenior	Unattached

Position	Race Time	Race #	Forename	Surname	Category	Club
303	01:46:02	57	Jacqui	Couch	F40	Torrington AAC
304	01:46:03	76	Tracey	Found	F35	Torrington AAC
305	01:46:24	157	Lynsey	Southern	F40	Unattached
306	01:46:24	119	Laura	Williams	Fsenior	Unattached
307	01:46:42	106	Emily	Harmer	F40	Unattached
308	01:46:42	15	Kerry	Tyas	F35	Chatty Paces
309	01:47:42	257	Stephanie	Stacey	F50	Torrington AAC
310	01:48:03	181	Miriam	Norburn	F35	Unattached
311	01:48:38	4	Heidi	Plater	F40	Chatty Paces
312	01:49:54	16	Susan	Lee	F55	Chatty Paces
313	01:49:54	222	Charlie	Lee	F35	Chatty Paces
314	01:51:18	241	William	Dearnley	M70	Unattached
315	01:51:18	99	Jennifer	Prince	Fsenior	Unattached
316	01:52:32	115	Gill	Madge	F40	Unattached
317	01:58:47	61	Tracey	Williams	F40	Torrington AAC
318	01:58:47	59	Keely	Flather	F35	Torrington AAC
319	02:00:10	14	Rebecca	Davis	F35	Chatty Paces
320	02:00:19	159	Pamela	Harvey	F40	Unattached
321	02:01:13	318	Patricia	Seabrook	F65	Unattached