

2013 Bideford 10K Results



Pos	Bib	First name	Last name	Club	Cat	Time	Cat Pos.
1	361	Shaun	Antell	Bideford AAC	SM	00:32:30	1
2	195	Lee	Turner	Torbay AAC	SM	00:34:07	2
3	568	Chris	Sabine	Tamar Trotters	M40	00:34:25	1
4	460	Ian	Gooding	Tamar Trotters	SM	00:34:25	3
5	526	Ronnie	Richmond	Bideford AAC	SM	00:34:55	4
6	101	Thomas	Stokes	South West RR	SM	00:35:32	5
7	475	Carl	Mott		SM	00:35:39	6
8	316	James	Stewart		SM	00:35:57	7
9	283	Chris	Stone	Bideford AAC	M45	00:36:24	1
10	121	Peter	Braund		SM	00:36:31	8
11	293	Gary	Suggate	Bideford AAC	M40	00:36:33	2
12	418	Adrian	Watts		M40	00:36:37	3
13	181	Scott	Braunton	Bideford AAC	MU20	00:36:48	1
14	410	Charlie	Morgan		MU20	00:37:06	2
15	213	ROGER	VOADEN	Okehampton RC	M45	00:37:08	2
16	537	Michael	Grist	Poole runners	M50	00:37:18	1
17	262	James	Pugsley	Bideford AAC	MU20	00:37:20	3
18	205	Robert	Kelly	Okehampton RC	SM	00:37:22	9
19	429	Keith	Shapland	Bideford AAC	SM	00:37:34	10
20	247	Mike	Clark	S Molton Strugglers	M40	00:37:37	4
21	172	Paul	Crease	Okehampton RC	M40	00:38:08	5
22	300	Mark	Hutcheson	Bude Rats	M45	00:38:26	3
23	550	Steve	Hay	Torrington AAC	M50	00:38:28	2
24	222	Paul	Morgan	S Molton Strugglers	SM	00:38:30	11
25	558	Elliot	Macdonald		SM	00:38:33	12
26	249	Ami	Yetton	Plymouth Harriers	SF	00:38:38	1
27	206	ANDREW	VERNON	Okehampton RC	M45	00:38:39	4
28	150	David	Trelease		SM	00:38:43	13
29	548	Richard	Moule		M40	00:38:45	6
30	552	Jon	irwin		M40	00:38:46	7
31	578	Jamie	Blackman	Bideford AAC	SM	00:38:53	14
32	348	Steven	Turner	Bideford AAC	M40	00:39:00	8
33	90	Matthew	Essery		MU20	00:39:08	4
34	303	Paul	Cottle		M40	00:39:11	9
35	510	Kieran	Jewell		MU20	00:39:17	5
36	216	Gavin	Punchard	Okehampton RC	M45	00:39:18	5
37	509	Martyn	Levien		MU20	00:39:19	6
38	171	Thomas	Allan		SM	00:39:23	15
39	345	Jasmine	Finney	Bude RATS	SF	00:39:24	2
40	390	Adrian	Vernon	Okehampton RC	M40	00:39:34	10
41	332	Mark	Maton	Running Forever Runni	SM	00:39:34	16
42	277	Steve	Martin	Bude Rats	M45	00:39:35	6
43	428	Daniel	Bazzard		SM	00:39:39	17
44	497	Daniel	Brewer	Bideford AAC	SM	00:39:41	18

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Pos	Bib	First name	Last name	Club	Cat	Time	Cat Pos.
45	226	Bryan	Friend	Okehampton RC	M45	00:39:45	7
46	533	Andrew	Manning		M40	00:39:50	11
47	573	Chris	Hammond	Bude Rats	M40	00:40:01	12
48	81	Serane	Stone	Tiverton Harriers	F35	00:40:01	1
49	564	Clare	Hodgson	SWRR	SF	00:40:03	3
50	25	Barrie	Huxtable	Bideford AAC	SM	00:40:24	19
51	347	Derek	Page		M55	00:40:29	1
52	166	Steve	Choules	North Devon AC	M45	00:40:49	8
53	333	Brian	Andrew	Bideford AAC	SM	00:40:55	20
54	141	Linsey	Birghall	victoria park harrier	SF	00:40:56	4
55	339	Richard	Coombes		M50	00:40:56	3
56	488	Wayne	Withey	Devon & Som Fire	M45	00:40:57	9
57	46	Darren	Smith		SM	00:41:00	21
58	91	MARK	RICE	SWRR	M50	00:41:02	4
59	305	Gavin	Burnside	North Devon RR	M45	00:41:05	10
60	466	Billy	Pearce	Bideford AAC	MU20	00:41:14	7
61	77	Arron	Kearney		SM	00:41:16	22
62	371	Stuart	Bown		SM	00:41:26	23
63	15	Matthew	Teague		SM	00:41:30	24
64	155	Jon	Vooght		SM	00:41:37	25
65	464	Gary	Ashelford		M45	00:41:58	11
66	328	Simon	Bawden		M40	00:42:06	13
67	175	Ross	Waite		SM	00:42:14	26
68	250	Keith	Hoadley	Torrington AAC	SM	00:42:15	27
69	565	Cy	Margieson	Bideford AAC	SM	00:42:21	28
70	311	Daniel	Stanbury		SM	00:42:25	29
71	232	Paul	Phelps	Tamar Trotters	M45	00:42:25	12
72	567	David	Moulder	South West RR	M55	00:42:26	2
73	102	Chris	Tucker	Bude RATS	SM	00:42:26	30
74	148	Chris	Johns		M40	00:42:29	14
75	193	Trevor	French		M40	00:42:31	15
76	431	Jean-Paul	Quertier	Okehampton RC	M40	00:42:35	16
77	480	Maggie	Hunt	Fetch Everyone	F55	00:42:37	1
78	325	Paul	Jennings	Bideford AAC	M50	00:42:39	5
79	242	Stuart	Philps	Bideford AAC	M45	00:42:45	13
80	423	Paul	Miller	Crediton Running Net	M40	00:42:56	17
81	174	Steve	Edwards		SM	00:42:59	31
82	22	Steven	Hill	North Devon Tri	M45	00:43:00	14
83	53	SIMON	SCOTTHORNE		M45	00:43:00	15
84	366	Mike	Beattie		M60	00:43:02	1
85	318	Gary	Spivey	Crediton Running Net	SM	00:43:03	32
86	284	Catherine	Parkinson	Torbay AAC	F45	00:43:05	1
87	556	Lee	Evans		SM	00:43:07	33
88	529	Jon	Cheung		SM	00:43:09	34

2013 Bideford 10K Results



Pos	Bib	First name	Last name	Club	Cat	Time	Cat Pos.
89	355	Michael	R Bryant	Highworth R.C	M50	00:43:11	6
90	551	Harry	Stevens		MU20	00:43:12	8
91	457	Samantha	Stevenson	North Devon RR	SF	00:43:14	5
92	164	Dave	Green		M40	00:43:19	18
93	395	Thomas	Cawsey	Bideford AAC	SM	00:43:30	35
94	536	Kathryn	Guard	Bideford AAC	SF	00:43:31	6
95	331	MARK	SUMNER		M40	00:43:39	19
96	393	PETER	RIGLER	Bideford AAC	M50	00:43:40	7
97	372	Matt	Barnett		SM	00:43:54	36
98	450	Darren	Evans		SM	00:43:55	37
99	86	Andrew	Samuel		M50	00:44:01	8
100	363	Daniel	Zillwood	Crediton Running Net	SM	00:44:01	38
101	50	Julie	Towers	Launceston RR	F50	00:44:02	1
102	382	Sean	Jack	Bude Rats	M50	00:44:04	9
103	320	Darren	Mayne		SM	01:44:04	39
104	482	Steven	Thorne	Devon & Som Fire	M45	00:44:06	16
105	349	Steve	Clark		SM	00:44:07	40
106	427	Paul	Diffey	Bude Rats	M50	00:44:09	10
107	44	Scott	Collett		SM	00:44:22	41
108	123	Michael	White		SM	00:44:23	42
109	521	Daniel	Butler		SM	00:44:24	43
110	234	Fiona	Phelps	Tamar Trotters	F45	00:44:26	2
111	439	Andy	Glover	Bideford AAC	M55	00:44:26	3
112	334	Marie	Smith		F35	00:44:27	2
113	165	Phil	Moore		SM	00:44:29	44
114	107	Alex	Mabey	Bude Rats	SM	00:44:30	45
	154	Dan	Tregaskes		M45	00:44:33	17
115	359	Michael	Newcombe	Torrington AAC	M40	00:44:37	20
116	288	Amelia	Hall	Torbay AAC	F45	00:44:40	3
117	419	Daniel	Manning	Bideford AAC	MU20	00:44:40	9
118	92	Conrad	Allen		M45	00:44:43	18
119	297	Lorraine	Clements	Bideford AAC	F50	00:44:44	2
120	454	Wayne	Stapleton	Torrington AAC	M40	00:44:48	21
121	321	Justin	Duerden		SM	00:44:52	46
122	74	Nigel	Downes		M45	00:44:54	19
123	313	GRAHAM	CRUMP		M50	00:44:59	11
124	389	Peter	Covington		SM	00:45:06	47
125	437	Hugh	Apperley		M50	00:45:07	12
126	443	Adam	George		M40	00:45:08	22
127	486	Stephen	Pitcher		M45	00:45:09	20
128	200	Steph	Olliffe	Torrington AAC	F45	00:45:12	4
129	185	Rob	Hill		SM	00:45:13	48
130	449	Graham	Turner		M45	00:45:13	21
131	407	Tony	Gale	SWRR	M60	00:45:24	2

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132	224	Gary	Chater	Tavistock AC	M45	00:45:25	22
133	518	Simon	Wright	Bideford AAC	SM	00:45:38	49
134	259	Emma	Scott	Tiverton Harriers	F45	00:45:39	5
135	540	Andrew	Wilson	Bideford AAC	SM	00:45:39	50
136	63	Debbie	Bidmead	Tiverton Harriers	F45	00:45:48	6
137	471	CHRIS	HANCOCK		M50	00:45:51	13
138	442	Ashley	Jewell	Bideford AAC	SM	00:45:53	51
139	35	Phil	Pennington	S Molton Strugglers	M45	00:45:54	23
140	542	Matthew	Pilsbury	Launceston RR	SM	00:45:54	52
141	286	Ray	Coles	Bude Rats	M55	00:46:03	4
142	143	Wayne	Fennell		M40	00:46:06	23
143	146	Angela	Walter	North Devon RR	F45	00:46:08	7
144	453	Chris	Beighton	Launceston RR	M45	00:46:08	24
145	463	Paul	Kinsman		M45	00:46:10	25
146	240	Jo-Anne	Fletcher		F35	00:46:15	3
147	327	Simon	Theakston	Bude Rats	M45	00:46:13	26
148	524	Richard	Cutler		M40	00:46:17	24
149	26	Paul	Meardon		SM	00:46:26	53
150	576	Peter	Jennings		M45	00:46:26	27
151	270	Mathew	Williamson		SM	00:46:45	54
152	307	Emma	Sizmur	Okehampton RC	SF	00:46:46	7
153	310	Daisy	Adams	S Molton Strugglers	SF	00:46:53	8
154	3	Levi	Colvin	Bideford AAC	MU20	00:46:57	10
155	36	Tracey	Hulland	S Molton Strugglers	F40	00:46:59	1
156	562	Mike	Bishop	Bideford AAC	M40	00:47:00	25
157	476	Phil	Kelland		M40	00:47:02	26
158	511	Daniella	Jewell	Bideford AAC	FU20	00:47:13	1
159	217	Rachael	Mackenzie		F40	00:47:14	2
160	99	Melanie	Cage		F35	00:47:22	4
161	144	Kevin	Constant		M55	00:47:23	5
162	553	David	Cottingham		M55	00:47:24	6
163	535	Rachel	Margieson		F35	00:47:25	5
164	377	Sarah	Gale	Tiverton Harriers	SF	00:47:27	9
165	409	Ian	Tithecott		SM	00:47:27	55
166	473	David	Lee		SM	00:47:32	56
167	183	Robert	Penfold		M50	00:47:33	14
168	151	Elaine	Fields	S Molton Strugglers	F40	00:47:33	3
169	426	Jan	Behnke		M55	00:47:34	7
170	403	Candace	Jewell	Bideford AAC	F35	00:47:35	6
171	285	James	Walsh		SM	00:47:38	57
172	295	Bruce	Gardner	Bideford AAC	M55	00:47:40	8
173	557	Gerard	O'Boyle		M60	00:47:41	3
174	490	Adrian	Wroe		M50	00:47:49	15
175	350	Nick	Cleaver	Bude Rats	M55	00:47:51	9

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176	469	Matt	Fletcher		SM	00:47:51	58
177	119	David	Lincoln		SM	00:47:57	59
178	157	Matt	Cort		SM	00:47:57	60
179	160	Percy	Jeans	Crediton Running Net	M50	00:48:10	16
180	75	Rollo	Mcgrath	Bude Rats	M50	00:48:13	17
181	312	Claire	Comber		F45	00:48:14	8
182	28	Miranda	Nugent		F40	00:48:15	4
183	241	Adam	Knight	Launceston RR	MU20	00:48:14	11
184	435	Claire	Gillard	newton abbot a c	F50	00:48:25	3
185	338	Chris	Taylor		SM	00:48:28	61
186	128	Nat	Banbury	NDAC	F40	00:48:29	5
187	422	Ellen	Hall	Bude RATs	F45	00:48:32	9
188	111	Jackie	Webster		F40	00:48:35	6
189	51	Peter	Thorp	Launceston RR	M50	00:48:35	18
190	190	Vismantas	Laucys		SM	00:48:37	62
191	506	Sadie	Davies	North Devon Tri	F35	00:48:38	7
192	335	Tom	Wood		SM	00:48:39	63
193	273	Robert	Cheetham		M50	00:48:46	19
194	40	Simon	Steer		M40	00:48:47	27
195	56	Christopher	Leonard	bitton road runners	M50	00:48:50	20
196	432	Amber	Saltmarsh	Bideford AAC	F35	00:49:00	8
197	577	Lisa	Evans	North Devon RR	F45	00:49:04	10
198	417	Steve	Bennett		M50	00:49:06	21
199	414	Katie	Littlejohns	Okehampton RC	SF	00:49:10	10
200	177	Jane	Jones	Okehampton RC	F50	00:49:12	4
201	271	David	Eldridge	bideford AAC	M40	00:49:12	28
202	336	Kristy	Webbe	Bideford AAC	SF	00:49:14	11
203	376	Andy	Latter	Bude Rats	M55	00:49:24	10
204	484	Lee	Stacey		SM	00:49:28	64
205	82	Paul	Coles		M45	00:49:29	28
206	192	Leila	Reay	Bude Rats	F60	00:49:33	1
207	468	Graham	Ward		M40	00:49:35	29
208	563	Geraldine	Bishop	Bideford AAC	F35	00:49:41	9
209	549	David	Dark		M50	00:49:45	22
210	122	Lynsey	Goss		SF	00:49:47	12
211	477	Helen	Milne		SF	00:49:48	13
212	458	Liz	Warner	Bideford AAC	F40	00:49:52	7
213	465	Matt	Figes	Bideford AAC	M40	00:49:54	30
214	43	Claire	Buchanan		F35	00:49:58	10
215	184	Caroline	Shapland	S Molton Strugglers	F35	00:49:59	11
216	503	Terry	Bowden	Bideford AAC	SM	00:49:59	65
217	79	Matthew	Bowerman	North Devon RR	SM	00:50:04	66
218	253	Marcus	Duerden		M40	00:50:05	31
219	319	Helen	Bellew		FU20	00:50:05	2

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220	258	Megan	Hughes		FU20	00:50:08	3
221	260	Adam	Watson		SM	00:50:08	67
222	13	Steve	Skinner		SM	00:50:10	68
223	543	Jade	Pilsbury	Launceston RR	SF	00:50:10	14
224	538	Carol	Davies	Bideford AAC	F50	00:50:11	5
225	351	Chris	Williams	Bideford AAC	M40	00:50:14	32
226	120	Leaha	Davey	Bideford AAC	SF	00:50:17	15
227	507	Alan	Littlejohns	Launceston RR	M65	00:50:19	1
228	246	David	Way	Okehampton RC	M55	00:50:24	11
229	114	Emma	Pearcy	South West RR	SF	00:50:24	16
230	445	Hannah	Philpott	Bude Rats	SF	00:50:25	17
231	375	Chris	Aylen	Okehampton RC	M50	00:50:28	23
232	472	Lisa	Gordon	Torrington AAC	SF	00:50:29	18
233	252	Mike	Walsh		SM	00:50:35	69
234	400	Abby	Metherell	Okehampton RC	F35	00:50:35	12
235	430	Keri	Quertier	Okehampton RC	F35	00:50:36	13
236	367	Samantha	Benham		SF	00:50:45	19
237	413	Janet	Ritchie	Carn Runners	F50	00:50:48	6
238	566	Tessa	Anns		SF	00:50:51	20
239	522	Ian	Hitching	Dorset Doodlers	M45	00:50:52	29
240	513	Vicky	Fieldhouse		F50	00:50:52	7
241	237	Max	Bodimeade		M50	00:50:54	24
242	314	Andrew	Oke	Bideford AAC	M50	00:50:56	25
243	357	Kimberley	Stone	Torrington AAC	F35	00:51:09	14
244	528	Ciara	Heeney		SF	00:51:10	21
245	405	STEPHEN	WILLIAMS		SM	00:51:11	70
246	302	Sarah	Oades		F40	00:51:13	8
247	290	Graham	Watts	Bideford AAC	M50	00:51:14	26
248	499	Andy	Walter	Bideford AAC	M50	00:51:22	27
249	266	Daniel	Davie		SM	00:51:24	71
250	214	Michaela	Hillman	Torrington AAC	F45	00:51:26	11
251	236	Nick	Bellfield		M45	00:51:27	30
252	145	Charlotte	Constant		SF	00:51:27	22
253	397	Carl	McCauley		SM	00:51:29	72
254	275	Penelope	Glaister		SF	00:51:31	23
255	571	Mark	Richardson		M40	00:51:33	33
256	342	Tanya	marrow	S Molton Strugglers	F35	00:51:36	15
257	84	Mark	Jeffries		M45	00:51:38	31
258	94	Michelle	Willocks-Watts		F40	00:51:48	9
259	343	Ali	Gilbert		SM	00:51:48	73
260	199	Pauline	Pyke	Torrington AAC	F45	00:51:51	12
261	60	Andrea	Huxley		F35	00:51:53	16
262	296	Catherine	Gardner	Bideford AAC	F45	00:51:55	13
263	559	Graham	Macdonald		M60	00:51:57	4

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264	315	Alex	Belverstone		SM	00:52:13	74
265	47	John	Cragg		M40	00:52:17	34
266	459	Brett	Robinson		SM	00:52:17	75
267	525	Richard	Woolf		M50	00:52:21	28
268	163	Jasmine	Ayres		F40	00:52:25	10
269	116	Lisa	Rogers		F40	00:52:29	11
270	294	Paul	Sturtridge	Bideford AAC	M60	00:52:30	5
271	243	John	McGhee	Plymouth Harriers	M60	00:52:31	6
272	387	Stephanie	Rakhshani		SF	00:52:32	24
273	531	David	Weeks		M45	00:52:37	32
274	411	Derrek	Elston		M50	00:52:41	29
275	381	Sally-Anne	Clark		SF	00:52:42	25
276	322	Mark	Coombe		SM	00:52:45	76
277	358	Liz	Wilson	Bude Rats	F45	00:52:48	14
278	39	Lee	Williams		SM	00:52:49	77
279	167	Tracey	Choules	North Devon AC	F45	00:52:59	15
280	481	Margaret	Zaharia	Torrington AAC	F40	00:53:04	12
281	287	Annie	Finding	Bude Rats	F60	00:53:13	2
282	337	Ian	Webbe		M60	00:53:14	7
283	394	David	Hunt		SM	00:53:19	78
284	378	Paula	Labdon		F40	00:53:20	13
285	161	Mary	Bryant jeans	Crediton Running Net	FU20	00:53:21	4
286	251	Charlotte	Worby		SF	00:53:24	26
287	546	Judy	Moule		F35	00:53:24	17
288	516	Deborah	Cunningham	Okehampton RC	F45	00:53:27	16
289	391	Helena	Clements		F40	00:53:27	14
290	399	KEITH	PRESCOTT	Torrington AAC	M60	00:53:32	8
291	301	Mark	Paterson		M40	00:53:33	35
292	304	Jenny	Barnett		SF	00:53:36	27
293	467	Sophie	Pearce	Bideford AAC	SF	00:53:37	28
294	470	Sharon	Cloak	Bideford AAC	F40	00:53:37	15
295	441	Dave	Pickard	Launceston RR	M50	00:53:38	30
296	83	Eileen	Sanders	Tiverton Harriers	F50	00:53:42	8
297	344	Phil	Lacey	Bideford AAC	SM	00:53:42	79
298	515	David	Wenman		M45	00:53:53	33
299	440	Linda	Pickard	Launceston RR	F50	00:53:53	9
300	534	Jane	Watts	Bideford AAC	F40	00:53:53	16
301	402	Beki	Simmons	Okehampton RC	F35	00:53:57	18
302	504	Jenny	Gibbons		F40	00:53:57	17
303	508	Joy	Hooper		F50	00:53:58	10
304	379	Wendy	Abbott	Okehampton RC	F40	00:53:59	18
305	306	Jon	Cryer		M55	00:54:04	12
306	532	Tim	Richards		M60	00:54:05	9
307	179	David	Anderson	Torrington AAC	M60	00:54:07	10

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308	401	ANDREA	SMALE		F40	00:54:08	19
309	136	Jacqui	Couch	Torrington AAC	F40	00:54:14	20
310	168	Sarah	Davey		F40	00:54:17	21
311	398	Joanne	Kaufman-Hill		F45	00:54:21	17
312	299	Jane	Hutcheson	Bude Rats	F50	00:54:23	11
313	27	Mary	Zarrett		F50	00:54:24	12
314	276	Katrina	Mack		F35	00:54:28	19
315	127	Richard	Hudson		M40	00:54:30	36
316	87	Ann	Barriball		F40	00:54:34	22
317	561	Michael	Gilmore	Bideford AAC	M70	00:54:38	1
318	505	Dave	Gibbons		M40	00:54:42	37
319	483	Jason	McGinnes		SM	00:54:49	80
320	245	Shane	Furlong		SM	00:54:51	81
321	386	Karen	Grant	North Devon RR	F50	00:54:55	13
322	133	Justin	Beckley		M40	00:55:04	38
323	201	Tom	Berry		MU20	00:55:12	12
324	461	Jo	Wing	S Molton Strugglers	F35	00:55:15	20
325	215	Lesley	Edwards		F55	00:55:17	2
326	218	Ian	MacKenzie		M65	00:55:19	2
327	433	Jess	Gierke		F40	00:55:23	23
328	514	Amanda	Andrews		F45	00:55:25	18
329	55	Joanne	Garmory	Bude Rats	F35	00:55:27	21
330	364	Joanne	Zillwood	Crediton Running Net	F35	00:55:32	22
331	268	Mimi	Stapley		F35	00:55:33	23
332	374	Graham	Yarwood		M65	00:55:34	3
333	272	Tania	Cheetham		F50	00:55:37	14
334	279	Kate	Burns		F40	00:55:40	24
335	495	Glen	Martin	Bideford AAC	M75	00:55:42	1
336	434	Kim	Curtis		SF	00:55:50	29
337	115	Hannah	Blaney		F35	00:55:50	24
338	420	Jennifer	Pope		SF	00:55:57	30
339	370	Susan	Standford		F45	00:55:57	18
340	170	Jane	Stanley		F60	00:55:58	3
341	257	Laura	Ritchie		F40	00:56:00	25
342	239	Kate	Simpson		SF	00:56:00	31
343	227	Brogan	Couch	Torrington AAC	FU20	00:56:01	5
344	198	Tia	Shambrook	Torrington AAC	FU20	00:56:03	6
345	103	James	Ebsworthy		SM	00:56:04	82
346	124	Paul	Slade		SM	00:56:08	83
347	452	Jo	Beighton	Launceston RR	F40	00:56:09	26
348	100	Cathy	Farmer		F40	00:56:12	27
349	424	Zoe	Parnell	North Devon RR	SF	00:56:17	32
350	231	Kate	Anderson		F40	00:56:20	28
351	233	Bryn	Anderson		M40	00:56:21	39

2013 Bideford 10K Results



Pos	Bib	First name	Last name	Club	Cat	Time	Cat Pos.
352	512	Alison	Holliday	Okehampton RC	F35	00:56:21	25
353	269	Rikki	Stapley		SM	00:56:21	84
354	52	Hayley	Thorp	Launceston RR	SF	00:56:22	33
355	62	Terry	Pike	North Devon Athletics	M50	00:56:30	31
356	448	Mark	Phillips		M45	00:56:31	34
357	447	Paul	Blackmore		M40	00:56:31	40
358	478	Julia	Browne	Fetch Everyone	F45	00:56:33	20
359	225	Charlene	Manning		SF	00:56:37	34
360	41	Celina	Sherwin		SF	00:56:39	35
361	309	Geoffrey	Adams	S Molton Strugglers	M45	00:56:40	35
362	196	Kim	Jenkin	Bideford AAC	SF	00:56:41	36
363	362	Henry	Burrows	North Devon RR	MU20	00:56:44	13
364	187	Sarah	Brown		F35	00:56:45	26
365	19	Heather	Berry		F35	00:56:46	27
366	104	Andy	Berry		M45	00:56:47	36
367	211	Catherine	Douse		F35	00:56:48	28
368	186	Mathew	Tucker		SM	00:56:49	85
369	487	Tracey	Mills	Okehampton RC	F45	00:56:57	21
370	191	Laura	Sumskiene		SF	00:56:58	37
371	147	Shelley	Marshall	Bude Rats	F40	00:56:59	29
372	159	Lorraine	Jennings	Bude Rats	F40	00:57:05	30
373	110	Jemma	Webster		FU20	00:57:05	7
374	61	Rose	Cashmore		F35	00:57:07	29
375	444	Jennefer	Whitley	North Devon RR	SF	00:57:13	38
376	97	Kit	Davis		SM	00:57:17	86
377	298	Darryn	Allsopp		M40	00:57:19	41
378	130	Claire	Holm		F35	00:57:20	30
379	194	Andrea	Davies	Torrington AAC	F45	00:57:23	22
380	451	Beverley	Dennis	Okehampton RC	SF	00:57:23	39
381	425	Natalie	King		SF	00:57:24	40
382	69	Kerri	Sealy	Bude Rats	SF	00:57:40	41
383	541	Feehan	Paul		SM	00:57:41	87
384	209	Sian	Barten		F40	00:57:44	31
385	212	Neil	Partridge		M40	00:57:46	42
386	555	Katherine	Floyd	Bideford AAC	F40	00:57:48	32
387	244	Christine	McGhee	Plymouth Harriers	F55	00:57:50	3
388	106	Sarah	Snell		F35	00:57:50	31
389	117	STACEY	TURNER		SF	00:58:02	42
390	95	Peter	La Broy		M45	00:58:05	37
391	45	Richard	Dalton		SM	00:58:05	88
392	501	Jonathan	Stanton	Bideford AAC	SM	00:58:06	89
393	575	Steven	Wilson	bude rats	SM	00:58:08	90
394	37	Rachel	Nestel		SF	00:58:16	43
395	38	Achim	Nestel		M40	00:58:17	43

2013 Bideford 10K Results



Pos	Bib	First name	Last name	Club	Cat	Time	Cat Pos.
396	570	Sarah	Richardson		F35	00:58:18	32
397	118	Keith	Powell		M50	00:58:18	32
398	76	Andrea	Downing		F35	00:58:21	33
399	498	Susanne	Kersey		F40	00:58:23	33
400	21	John	Smith		SM	00:58:26	91
401	281	Gail	Lake		F45	00:58:32	23
402	280	Andy	Peel		M40	00:58:32	44
403	32	Ewan	RIDDICK		SM	00:58:32	92
404	416	Caroline	Bennett		F50	00:58:33	15
405	93	KARen	Allen	Bude Rats	F40	00:58:41	34
406	446	Julia	Glover	S Molton Strugglers	F45	00:58:46	24
407	560	Ruth	Macdonald		F55	00:58:56	4
408	24	Lorraine	Phillips		SF	00:58:56	44
409	72	Leanna	Brown		SF	00:58:58	45
410	189	Wayne	Green		SM	00:59:04	93
411	474	Karen	Partridge		F35	00:59:10	34
412	530	Katie	Simpkins		F45	00:59:14	25
413	544	Gillian	Gilbert		F50	00:59:15	16
414	388	Lesley	Cowie	Tavistock AC	F50	00:59:16	17
415	354	Anthony	Adderley		SM	00:59:17	94
416	173	Claire	Feehan		SF	00:59:20	46
417	539	Eric	Hubber	Bideford AAC	M75	00:59:24	2
418	324	Michelle	Bright	Bideford AAC	F35	00:59:26	35
419	323	Clive	Bright	Bideford AAC	M50	00:59:27	33
420	105	Suzanne	Gilbert		F35	00:59:29	36
421	156	Peter	Middleton		M55	00:59:31	13
422	108	Faye	Hedden		F35	00:59:33	37
423	554	Caroline	Bennett	S Molton Strugglers	F40	00:59:33	35
424	20	Kara	Pincombe		F40	00:59:40	36
425	438	Abigail	Orr		F35	00:59:41	38
426	261	Neil	Millen		M45	00:59:42	38
427	380	Doug	Grover		M40	00:59:45	45
428	182	Maria	Penfold		FU20	00:59:50	8
429	292	Michael	McGrory		M50	00:59:52	34
430	291	Anthea	Puttick		F35	00:59:54	39
431	569	Carole	Cornwall	Okehampton RC	F45	00:59:55	26
432	8	Melanie	Naylor		SF	00:59:57	47
433	140	Janet	Wells		F40	01:00:09	37
434	139	Adam	Wells		M40	01:00:09	46
435	265	Clare	Dawson		F35	01:00:25	40
436	178	Rachel	Holland		F35	01:00:26	41
437	485	Tony	Edwards		M40	01:00:27	47
438	129	Steve	Taylor		M40	01:00:29	48
439	254	Fay	Duerden		SF	01:00:33	48

2013 Bideford 10K Results



Pos	Bib	First name	Last name	Club	Cat	Time	Cat Pos.
440	131	Stephanie	Gillard		SF	01:00:37	49
441	228	Steve	Hall	Chiltern Harriers AC	M40	01:00:38	49
442	496	Kate	Hudnott		F35	01:00:38	42
443	282	Kathryn	Cann		F40	01:00:48	38
444	353	Pedrick	Nicola	Okehampton RC	F35	01:00:50	43
445	360	Sharon	Crump	Izzy's Running Club	F40	01:00:51	39
446	153	Ross	Dennis	S Molton Strugglers	SM	01:00:53	96
447	517	Emmi	Wilson	Bude Rats	SF	01:00:55	50
448	30	Alison	White		SF	01:00:56	51
449	436	Gordon	Back		M45	01:00:58	39
450	149	Jack	friendship	S Molton Strugglers	MU20	01:00:58	14
451	238	John	Simpson		M55	01:01:00	14
452	223	Toby	Mottram		M60	01:01:07	11
453	572	Nicola	Begg		F35	01:01:14	44
454	356	Tracey	Burridge	North Devon RR	F40	01:01:16	40
455	396	Catherine	Hunt		SF	01:01:16	52
456	89	Lisa	Gillard	Crediton Running Net	F40	01:01:18	41
457	9	Roxanne	Dawson		SF	01:01:23	53
458	207	Tim	Robinson		M50	01:01:26	35
459	208	Pat	Robinson		F50	01:01:27	18
460	197	Wendy	Shambrook	Torrington AAC	F40	01:01:34	42
461	520	Stephanie	Stacey	Torrington AAC	F50	01:01:35	19
462	341	William	Dearnley		M65	01:01:40	5
463	308	Amanda	Adams	S Molton Strugglers	F45	01:01:44	27
464	502	Steven	Bennett		SM	01:01:44	97
465	415	Terry	Palmer		M65	01:01:46	6
466	66	David	Griffiths		M55	01:01:47	15
467	16	Sarah	James		F40	01:01:54	43
468	14	Sally	Hodge		F35	01:01:57	45
469	289	Sharon	Box		F40	01:01:59	44
470	479	Deborah	Latter		F45	01:02:25	28
471	204	Margie	Summers		F60	01:03:21	4
472	85	Cheryll	Leach	Launceston RR	F65	01:03:22	1
473	162	Sally	Bryant	Crediton Running Net	F50	01:03:24	20
474	462	Sarah	Fennell	bude rats	SF	01:03:31	54
475	491	Michael	Turner	North Devon RR	M70	01:03:33	2
476	368	Rhian	Johnson	Tavistock AC	F65	01:03:33	2
477	369	Jackie	Ralph	Tavistock AC	F60	01:03:33	5
478	203	Jane	Sandiford		F45	01:03:47	29
479	169	Liz	Peach		F40	01:04:10	45
480	221	Stephen	Dean		SM	01:04:38	98
481	330	Anthea	Clements		SF	01:04:40	55
482	329	Stuart	Clements		M55	01:04:48	16
483	132	Julie	Andrews-Picillo		F45	01:04:57	30

2013 Bideford 10K Results



Pos	Bib	First name	Last name	Club	Cat	Time	Cat Pos.
484	392	Ann	Woodhouse	Tavistock AC	F65	01:05:01	3
485	88	Claire	Jennings		F40	01:05:06	46
486	31	Jessica	Collyer		SF	01:05:20	56
487	547	Keeley	Gough		SF	01:05:34	57
488	545	Kimberley	Pickett		SF	01:05:59	58
489	80	Mark	Cotten		SM	01:05:59	99
490	352	Nicola	Cook	Okehampton RC	F35	01:06:04	46
491	17	Dick	Croft		M70	01:06:06	3
492	219	Faye Louise	Hackett		F35	01:06:07	47
493	220	Stephanie	Sealey		F35	01:06:35	48
494	152	Hilary	Jones	Crediton Running Net	F50	01:06:46	21
495	326	Margaret	Beades	North Devon RR	F60	01:07:10	6
496	346	Donna	Leach	Izzy's Running Club	F45	01:07:11	31
497	96	Katie	Elworthy	Crediton Running Net	F35	01:07:32	49
498	373	Clare	Labroy		F45	01:07:40	32
499	176	Rebecca	Mountford	North Devon RR	SF	01:07:40	59
500	574	Carol	Tye		F45	01:08:00	33
501	54	Ann	Venning	Launceston RR	F60	01:08:07	7
502	126	KELLY	HUDSON		F40	01:08:13	47
503	98	JO	POLHILL	BUDE RATS	F35	01:08:14	50
504	383	Chrissie	Osborne		SF	01:08:44	60
505	384	Sam	Heard		SF	01:08:44	61
506	58	Beverley	Lawson	Crediton Running Net	F50	01:08:46	22
507	59	Steve	Knott	Crediton Running Net	M50	01:08:46	36
508	412	Liz	Oke	Bideford AAC	F70	01:08:55	1
509	455	Gemma	Rosewell		SF	01:09:51	62
510	68	Ed	Meardon		SM	01:09:57	100
511	67	Lucy	Meardon		F35	01:10:33	51
512	202	Sarah Jane	McLellan		SF	01:10:36	63
513	64	Marion	Braund	Crediton Running Net	F55	01:10:37	5
514	113	Sam	Emptage	Crediton Running Net	F35	01:11:01	52
515	278	Katie	Pope		SF	01:11:47	64
516	18	Lorraine	Guscott	Okehampton RC	SF	01:11:48	65
517	255	Debbie	Bryant	Okehampton RC	F40	01:11:49	48
518	12	Lara	Rippon		SF	01:12:26	66
519	33	Kim	Keenor		SF	01:12:58	67
520	274	Heather	Stone		F40	01:13:26	49
521	11	Suzanne	Coleman		F40	01:13:29	50
522	523	Wendy	Humphreys	Tiverton Womens Run	F50	01:13:46	23
523	263	Ollie	Hill		SM	01:14:14	101
524	408	Laura	Manley		SF	01:17:06	68
525	404	Marie	Dunphy		SF	01:17:06	69
526	138	Jadwiga	Karniewicz	Bideford AAC	F60	01:21:02	8
527	137	Anthony	Merrett	Bideford AAC	M60	01:21:05	12