

## TEAM RESULTS

Pos	Club / Team	Team Cat	Name1	1M	Name2	2M	Name3	4M	Name4	5M	Name5	6.2M	Name6	8M	Overall	Cat Pos
1	Exeter Harriers	M - 18 - 39	Sam Mills	0:04:41	Pete Heckles	0:10:46	Dom Spayne	0:22:14	Rob Mann	0:28:04	Joachim Tranvag	0:32:36	Simon Fox	0:42:20	<b>2:20:41</b>	1
2	Exeter Harriers Vet 40	M - 40 - 49	Jon Hague	0:04:59	Francis Malone-Lee	0:10:48	Steve Goss	0:22:49	Francis Malone-Lee	0:29:04	Jon Hague	0:36:06	Adam Johnson	0:47:13	<b>2:30:59</b>	1
3	Axe Valley Runners 1	M - 40 - 49	Duncan Staddon	0:04:49	Lee Moran	0:11:34	Matt Orsman	0:23:20	Luke Reed	0:30:17	Duncan Staddon	0:34:41	Rob Collier	0:47:33	<b>2:32:14</b>	2
4	Tavistock A.C Team 1	Mixed	Emma Ryder	0:05:09	Jodi Fisk	0:12:13	James Armstrong	0:25:24	Ian Collacott	0:31:19	Edward Horn	0:36:04	Neil Barkell	0:44:06	<b>2:34:15</b>	1
5	South West Road Runners MV40-49	M - 40 - 49	Jamie Howard	0:05:06	Jamie Howard	0:11:14	Paul Stidworthy	0:24:22	Edward Pickering	0:28:46	Don Rufus	0:37:34	Nick Bruce-White	0:48:05	<b>2:35:07</b>	3
6	Plymouth plodders	M - 18 - 39	Luke gibbons	0:04:56	James Saunders	0:12:16	Matt Shipping	0:23:05	James Saunders	0:30:45	Dave Shephard	0:35:40	Scott Mansfield	0:51:19	<b>2:38:01</b>	2
7	Honiton Running Club Mixed	Mixed	Emile Padmore	0:06:11	Joshua Foundling-Hawker	0:11:41	Adam Rooke	0:25:28	Kevin Hawker	0:29:29	Nick Silkstone	0:36:36	Mark Jeffreys	0:49:22	<b>2:38:47</b>	2
8	Plymouth Plodders 2	M - 18 - 39	James Saunders	0:05:26	Scott Mansfield	0:11:27	Dan Chubb	0:26:17	Darren Clarke	0:30:59	Luke Gibbons	0:37:30	Matt shipping	0:49:05	<b>2:40:44</b>	3
9	Axe Valley Runners	M - 18 - 39	Joel Seward	0:05:18	Terry Emmett	0:10:53	Jason Potter	0:28:40	Max Richardson	0:32:48	Lee Moran	0:37:30	Terry Emmett	0:47:29	<b>2:42:38</b>	4
10	Trackstars	F - 18 - 34	Marika Dowse	0:07:31	Sam Beare	0:15:28	Lauren Burd	0:26:33	Ali Mcewing	0:30:35	Helen Anthony	0:42:27	Serane Stone	0:50:29	<b>2:53:03</b>	1
11	South West Road Runners - Ekiden	M - 18 - 39	Hamish Fletcher-Cooney	0:04:54	David Nicholls	0:13:27	Karl Schultze	0:27:59	Richard Stone	0:36:17	Edward Shaw	0:41:38	Hamish Fletcher-Cooney	0:49:30	<b>2:53:45</b>	5
12	The White Family	Mixed	Alison White	0:07:56	Des White	0:12:50	Oliver White	0:22:43	Alison White	0:42:25	Des White	0:44:20	Oliver White	0:46:08	<b>2:56:22</b>	3
13	Torbay AC v40	M - 40 - 49	Martyn Breslan	0:06:10	Brian Lewis	0:13:22	Brian Lewis	0:27:25	Martyn Breslan	0:36:46	Nick Robinson	0:44:20	Steve Weeks	0:58:32	<b>3:06:35</b>	4
14	Greenbow Men	M - 18 - 39	Greg Mimms	0:06:34	Darren Thomas	0:13:44	Kieran Watkins	0:30:00	Rab Churchill	0:36:40	Matt Olczak	0:45:51	Paul Sprake	0:54:06	<b>3:06:55</b>	6
15	SWRR Magic Mixers	Mixed	Julie Hedges	0:06:45	Chris Sharp	0:13:15	Louise Reynolds	0:28:02	Andy Macmillan	0:36:20	Adam Bilcock	0:39:50	Ian White	1:04:43	<b>3:08:55</b>	4
16	Torbay AAC 2	M - 50 - 59	Peter Hart	0:06:31	Mark Smith	0:13:56	Mark Smith	0:29:52	Peter Hart	0:35:17	Paul Frissen	0:48:04	Anthony Raine	0:56:41	<b>3:10:21</b>	1
17	Torbay AAC - SM	M - 18 - 39	Joshua Crozier	0:06:10	Kevin McGovern	0:12:58	Shaun Andrew	0:29:57	Adam Taylor	0:37:19	Anthony Raine	0:42:01	Kevin McGovern	1:03:16	<b>3:11:41</b>	7
18	Lockdown Running Buddies	Mixed	Sarah Ellis	0:10:26	Janet Withers	0:20:46	Gareth Mason	0:26:32	Sophie Goodwin-Hughes	0:46:30	David Goodwin-Hughes	0:44:57	Jeff Bardell	0:52:48	<b>3:21:59</b>	5
19	SWRR V45 ladies in lockdown	F - 45 - 54	Julie Hill	0:07:43	Caroline Tait	0:14:41	Donna Smith	0:30:16	Jules Pring	0:38:56	Tracey Connor	0:50:48	Julie Hedges	1:00:44	<b>3:23:08</b>	1
20	Greenbow Alabama	Mixed	Martin Yeo	0:05:22	Matt Bonnell	0:16:18	Paul Astridge	0:30:11	Eddie Stevens	0:44:13	Steve Western	0:45:56	Amy Ellis	1:01:44	<b>3:23:44</b>	6
21	Torbay AAC 3	F - 45 - 54	Deb Webber	0:07:48	Hayley Ratcliffe	0:14:54	Anne Ward	0:32:13	Anita Merritt	0:44:46	Sara Crozier	0:50:13	Betsy Bebbington	0:56:22	<b>3:26:16</b>	2
22	Axe Valley Runners 3	M - 60+	David Cook	0:06:36	Bob Carter	0:16:02	Kevin Feeney	0:32:21	Phil Bayliss	0:43:02	Steve Lewis	0:51:57	Graham Newton	0:58:04	<b>3:28:02</b>	1
23	SWRR Chickpeas	F - 18 - 34	Laura Nicholls	0:06:45	Eleanor Lang	0:17:31	Katie Williams	0:36:26	Jenny Debenham	0:39:55	Naomi Shaw	0:45:43	Roz Debenham	1:05:36	<b>3:31:56</b>	2
24	It Runs in the Family	Mixed	Lily-H Pope	0:09:33	Gavin Connor	0:16:52	Julia Fish	0:33:42	Nicolas Pope	0:36:47	Tracy Connor	0:51:12	Gavin Connor	1:04:27	<b>3:32:33</b>	7
25	Axe Valley Runners F55 A	F - 55+	Sarah Shepley	0:07:57	Eleanor Wood	0:14:43	Angela Kerr	0:31:40	Sarah Shepley	0:44:57	Angela Kerr	0:50:22	Eleanor Wood	1:03:00	<b>3:32:39</b>	1
26	Axe Valley Runners 2	M - 40 - 49	Hayden Boehm	0:06:49	Mark Spraggs	0:14:26	Shaun Vinnicombe	0:36:10	Stephen Croucher	0:46:14	Mark Spraggs	0:50:23	Hayden Boehm	1:00:01	<b>3:34:03</b>	5
27	Howton Trotters	Mixed	Kate Robbins	0:08:30	Rachel Cobby	0:16:54	Spencer Cobby	0:33:31	Matthew Batty	0:40:09	Alice Wimberley	0:52:57	Kit Reynolds	1:03:16	<b>3:35:17</b>	8
28	Axe Valley Runners F35	F - 35 - 44	Vicki Wraight	0:07:32	Jo Orsman	0:16:51	Vicki Wraight	0:33:52	Sam Tooze	0:42:03	Katharine Moran	0:55:06	Kerry Board	1:00:00	<b>3:35:24</b>	1
29	Honiton Running Club Ladies 1	F - 35 - 44	Rachel Mandrupson	0:09:37	Juliet Hall	0:17:28	Pip Vanham	0:37:49	Rachel Hennessey	0:40:25	Paula Ferris	0:50:10	Judy Davey	1:00:59	<b>3:36:28</b>	2
30	Honiton Running Club Mens	M - 40 - 49	Howard Bidmead	0:07:12	Luke Holway	0:15:25	Shane Hudd	0:32:26	Tim Pepper	0:43:46	Roger Saunders	0:51:45	Tim Wigram	1:06:18	<b>3:36:52</b>	6
31	Okehampton RC	F - 45 - 54	Claudine Benstead	0:06:08	Jacqueline Rice	0:17:44	Michelle Luddington	0:37:44	Michelle Luddington	0:44:04	Lucinda Walsh	0:54:42	Claudine Benstead	0:59:08	<b>3:39:30</b>	3
32	Fun on Friday	F - 45 - 54	Rose Elliot	0:07:54	Ann Smythe	0:19:16	Amanda Perry	0:33:05	Julie Payne	0:39:43	Catherine Hilton	0:56:53	Di Norman	1:07:15	<b>3:44:06</b>	4
33	Torbay AAC 1	F - 55+	Jan Barrett	0:07:52	Irene Hewings	0:16:56	Debbie Drake	0:33:25	Mary Schoeneberg	0:43:26	Jan Barrett	0:54:55	Janine Callard	1:07:58	<b>3:44:32</b>	2
34	Axe Valley Runners F45A	F - 45 - 54	Bec Davey	0:07:47	Sam Miller	0:16:02	Mandy Harris	0:36:07	Emma Ricahrdson	0:43:11	Julia Conway	0:50:48	Sarah Herfert	1:10:46	<b>3:44:41</b>	5
35	Palfrey Pacers	Mixed	Lynn Travis	0:12:03	Sarah Crabb	0:21:58	Kay Crawford	0:37:08	Scott Palfrey	0:39:45	Peter Ferlie	0:57:16	Scott Walker	0:57:22	<b>3:45:32</b>	9
36	Greenbow running club - Team Green	F - 35 - 44	Vera Carter	0:10:05	Holly Howson	0:17:09	Emily Kaye	0:33:04	Liz Wilson	0:45:09	Jess Mills	0:52:51	Kelly Lawson	1:08:41	<b>3:46:59</b>	3
37	Torbay AAC MV55	M - 50 - 59	Andy Phillipou	0:08:03	Glen Hawkins	0:15:52	Darren Barrett	0:32:03	Darren Barrett	0:40:16	Glen Hawkins	0:54:13	Andy Phillipou	1:16:45	<b>3:47:12</b>	2
38	Torbay Athletic Club	Mixed	Anna Andrew	0:08:57	Alma Ruiz	0:18:10	Alma Ruiz	0:34:53	Shaun Andrew	0:39:36	Karen Frissen	0:49:25	Anna Andrew	1:19:47	<b>3:50:48</b>	10
39	Tokyo Harriers	Mixed	Taro Agui	0:04:57	Shiori Yamada	0:23:28	Sakumi Matsuo	0:30:51	Kazuko Shinozaki	0:52:05	Kozue Okuyama	1:02:32	Masako Katase	1:03:27	<b>3:57:20</b>	11
40	Mostly swrr	Mixed	Hayley sterry	0:10:21	Martin Sterry	0:19:38	Ryan moore	0:44:20	Martin Sterry	0:51:02	Ethan sterry	0:40:52	Simon bunday	1:17:37	<b>4:03:50</b>	12
41	SWRR Allsorts	Mixed	Lawrence Atherton	0:06:41	Olivia Chalk	0:25:46	Linda Gethin	0:40:28	Russ Penberthy	0:45:27	Lee Cusick	0:53:20	Anita Atherton	1:17:36	<b>4:09:18</b>	13
42	Fit2run Devon 2	F - 45 - 54	Tracey Anders	0:11:05	Hayley Bignell	0:16:49	Lucy Hall	0:35:59	Mandi Robson	0:46:49	Vanessa Zelman	1:05:17	Alison Richards	1:13:28	<b>4:09:27</b>	6

43	Torbay AAC - Amateur Slow Coache	Mixed	Mark Luscombe	0:09:03	Mark Luscombe	0:19:25	Anita Ley	0:33:45	Tas Felstead	0:49:50	Michele Sandhu	1:01:00	Gemma Radcliffe	1:22:00	<b>4:15:03</b>	14
44	Heavitree Team 2	Mixed	Caz Daley	0:18:55	Cheryl Kroll	0:20:27	Emma Brennan	0:42:26	Jimmy Heaver	0:45:19	Chris Southcott	0:51:53	Arabella Greatorex	1:16:50	<b>4:15:50</b>	15
45	Fit2run Devon	F - 35 - 44	Nicola Dukes	0:11:09	Vanessa Williams	0:23:29	Jennifer Dukes	0:38:31	Helen Flint	0:51:52	Micheala Snell	0:55:13	Justine Sutton	1:16:01	<b>4:16:15</b>	4
46	Axe Valley Runners F45 B	F - 45 - 54	Denise Burges	0:09:12	Margaret Pearce	0:14:23	Margaret Pearce	0:29:20	Natalie McNeice	0:49:41	Gill Day	1:09:21	Carolyn Nation	1:25:03	<b>4:17:00</b>	7
47	Cully Ladies #team3	F - 18 - 34	Claire Vickery	0:10:48	harriet midgley	0:16:55	Liz Richards	0:37:54	Alicia Parr	1:04:33	Phaedra Leveridge	1:03:35	Max Pontin	1:05:31	<b>4:19:16</b>	3
48	Heavitree team 4	Mixed	Eva brennan	0:13:20	Barney grubb	0:23:41	David French	0:40:16	Ciaran brennan	0:41:14	Phil gater	0:52:56	Lisa Iannon	1:30:00	<b>4:21:27</b>	16
49	Cully Ladies #2	F - 18 - 34	Hana White	0:12:39	Claire Knighton	0:33:52	Ffion Griffiths	0:36:00	Sarah Geijsels	0:42:36	Sandra Fletcher	1:00:02	Jennie Hamer	1:20:30	<b>4:25:39</b>	4
50	Not Fast Just Furious	F - 35 - 44	MARY DAYMOND	0:14:22	KAREN MacMILLAN	0:21:01	SARAH TAFFLER	0:36:06	MELLY PERKIN	1:00:38	LEANNE PERKINS	0:55:26	CLAIRE CHALK	1:19:55	<b>4:27:28</b>	5
51	Team Mimms	Mixed	Leah Mimms	0:10:45	Mollie Mimms	0:33:40	Shelley Oman	0:45:11	Greg Mimms	0:40:34	Karen Mimms	1:13:35	Greg Mimms	1:10:13	<b>4:33:58</b>	17
52	Axe Valley Runners F55 B	F - 55+	Maxine Sweetman	0:11:54	Shirley Salter	0:19:49	Diane Newton	0:44:39	Susan Wall	0:50:57	Emma Ellyn	1:04:19	Lesley Adams	1:23:26	<b>4:35:04</b>	3
53	School Gates Mummies - HRG	F - 18 - 34	Denise Kromhout	0:13:11	Sharn Newman	0:22:31	Sonya Fleming	0:33:49	Sadie Nash	1:01:03	Emma Spiller	1:07:16	Suze Kaye	1:18:50	<b>4:36:40</b>	5
54	Hill's Angels	Mixed	Lucie Ridgeway	0:10:10	Pilar Fernandez	0:23:53	Natalie Mallon	0:48:09	Laura Greenhill	0:48:33	Vicki Hayman	0:59:29	Rich Hill	1:27:46	<b>4:38:00</b>	18
55	Heavitree Team 9	Mixed	Wendy Carter	0:11:15	Hannah Odgers	0:22:18	Cara Kaya	0:45:53	Laura Swanton	0:50:38	Laura Greenhill	1:00:03	Bridget	1:30:05	<b>4:40:12</b>	19
56	Team Five - HRG	Mixed	Melinda Burge	0:09:42	Hayley Heaver	0:22:43	Petra Aubert	0:42:26	Heather Fitzsimmons	1:02:40	Donna White	1:14:00	Martin Brint	1:10:00	<b>4:41:31</b>	20
57	Heavitree team 7	Mixed	Pete ferlie	0:08:22	Paul currey	0:24:45	Becky drew cull	0:48:02	Rachel ford	1:00:01	Emma kessie	1:00:01	Arabella Greatorex	1:20:23	<b>4:41:34</b>	21
58	Cully Ladies #5	Mixed	Kirsty Barker	0:07:51	Kayleigh Moore	0:18:29	Karl King	1:10:00	Gemma Parish	0:50:01	Sandra Fletcher	1:07:22	Greg Richards	1:11:18	<b>4:45:01</b>	22
59	Heavitree Team 6	Mixed	Bekki Slowley	0:13:10	Jo Black	0:17:26	Emma Kessie	0:37:04	Pilar Fernandez	0:55:40	Bev Ashe	1:12:23	Rich Hill	1:30:58	<b>4:46:41</b>	23
60	Cully Ladies Team 1	F - 18 - 34	Beckie Stephens	0:14:48	Chelsea Bird	0:30:27	Emma Mingo	0:37:00	Hatti Keeling	0:54:43	Charley Keirle	1:04:02	Robyn Warwick	1:29:59	<b>4:50:59</b>	6
61	Cully Ladies #4	F - 18 - 34	Tanya Pugsley	0:10:36	Emily White	0:15:35	Amy Alford	1:11:24	India Chambers	1:16:40	Georgia Berry	1:01:00	Sian Thomas	1:12:39	<b>5:07:54</b>	7
62	Heavitree mixed team 1	Mixed	Eadee heaver	0:20:09	Ines Fernandez	0:23:53	Sarah Parkhouse	0:31:25	Catherine Bartle	0:47:49	Jessica Prince	1:59:47	Ros Vincent	1:43:22	<b>5:46:25</b>	24