



# FAST FRIDAY 10K

7th April 2023

[As per UKA rule 165.24 finish times rounded up to the nearest full second.](#)

[Guidance on GPS distance and time recording.](#)

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	59	00:32:08	00:03:13	Jim Cole	M40+	1	TAVISTOCK RUN PROJECT	89%
2	99	00:32:13	00:03:13	Simon Fox	MSen	1	EXETER HARRIERS	84%
3	189	00:32:38	00:03:16	Ben Neale	M35+	1	TAVISTOCK ATHLETICS CLUB	85%
4	33	00:32:51	00:03:17	Alexander Braybrooke	MSen	2	CITY OF STOKE AC	82%
5	289	00:33:54	00:03:23	Oliver White	M35+	2	EXMOUTH HARRIERS AAC	82%
6	135	00:34:02	00:03:24	Jason Hurford	MSen	3	TORBAY TRI	80%
7	56	00:34:05	00:03:25	Drew Clark	MSen	4	PRECISION HYDRATION	79%
8	92	00:34:25	00:03:26	Terry Emmett	M40+	2	AXE VALLEY RUNNERS	83%
9	249	00:34:29	00:03:27	Andrew Sims	MSen	5	EAST CORNWALL HARRIERS	78%
10	48	00:34:30	00:03:27	Miko Cadeddu	MSen	6	SOUTH WEST ROAD RUNNERS	79%
11	279	00:34:57	00:03:30	Ben Tull	MSen	7	SOMERSET RC TRI	77%
12	153	00:34:59	00:03:30	James Kelly	MSen	8	EXMOUTH HARRIERS AAC	77%
13	1	00:35:00	00:03:30	PACE - Callum Crawford	PACE 35	1	SHUT UP LEGS	#N/A
14	40	00:35:07	00:03:31	Mark Budge	MSen	9		77%
15	213	00:35:41	00:03:34	Alex Peyton Jones	M40+	3	TAVISTOCK RUN PROJECT	81%
16	224	00:35:43	00:03:34	Luke Reed	M40+	4	PURE ENDURANCE TRIATHLETE!	81%
17	260	00:35:47	00:03:35	Luke Stannus	MU17	1	OKEHAMPTON RUNNING CLUB	80%
18	211	00:35:58	00:03:36	Ross Penney	M35+	3	PLYMOUTH HARRIERS	77%
19	46	00:35:58	00:03:36	Steve Burrows	M45+	1		84%
20	303	00:36:28	00:03:39	Shaun Yeoman	M35+	4		77%
21	20	00:36:31	00:03:39	Alec Bain	MSen	10		74%

22	132	00:36:42	00:03:40	Jamie Howard	M45+	2	SOUTH WEST ROAD RUNNERS	80%
23	161	00:36:46	00:03:41	Katie Knowles	F50+	1	NEWQUAY ROAD RUNNERS	83%
24	150	00:36:52	00:03:41	Nikki Kelly	F50+	2	TAVISTOCK ATHLETICS CLUB	82%
25	254	00:36:57	00:03:42	Neil Smith	M35+	5	TAUNTON AC	76%
26	256	00:37:08	00:03:43	Molly Smith	F50+	3	NORFOLK GAZELLES	82%
27	112	00:37:11	00:03:43	Jonny Hall	M35+	6	EXETER HARRIERS	74%
28	202	00:37:16	00:03:44	Jon Parkinson	M55+	1	TORBAY TRI CLUB	86%
29	206	00:37:24	00:03:44	Ethan Pavey	MSen	11	SOUTH WEST ROAD RUNNERS	72%
30	287	00:37:49	00:03:47	Matthew Wheeler	M50+	1	WESTON ATHLETIC CLUB	83%
31	138	00:37:50	00:03:47	Scott Jamieson	M40+	5	EXMOUTH HARRIERS AAC	77%
32	32	00:37:54	00:03:47	Hayden Bond	MSen	12	TAVISTOCK AC	71%
33	241	00:38:03	00:03:48	John Scott	M55+	2	NEWQUAY ROADRUNNERS	85%
34	186	00:38:20	00:03:50	Michael Musgrove	M50+	2	EXMOUTH HARRIERS	83%
35	128	00:38:35	00:03:52	Jason Hockridge	M40+	6	SOUTH WEST ROAD RUNNERS	75%
36	144	00:38:36	00:03:52	Amy Jones	F40+	1	SOUTH WEST ROAD RUNNERS	83%
37	122	00:39:05	00:03:55	Matthew Hewer	M40+	7	AXE VALLEY RUNNERS	75%
38	83	00:39:11	00:03:55	Martin Downer	M40+	8	GOOLE VIKING STRIDERS	74%
39	232	00:39:13	00:03:55	John Rostron	M35+	7	SOUTH WEST ROAD RUNNERS	70%
40	235	00:39:15	00:03:56	Don Rufus	F40+	2	SOUTH WEST ROAD RUNNERS	82%
41	236	00:39:16	00:03:56	Corin Russell	MSen	13	TAVISTOCK AC	69%
42	304	00:39:16	00:03:56	James Saunders	M60+	1	TEIGNBRIDGE TROTTERS	85%
43	265	00:39:17	00:03:56	Serane Stone	F45+	1	BIDEFORD AAC	84%
44	89	00:39:30	00:03:57	Mike Ellis	M45+	3	BODMIN DRAGONS TRIATHLON	76%
45	61	00:39:32	00:03:57	Stephen Collier	M45+	4	SOUTH WEST ROAD RUNNERS	76%
46	286	00:39:34	00:03:57	Mark West	M50+	3	TAVISTOCK AC	78%
47	133	00:39:43	00:03:58	Alan Hughes	M50+	4	EXETER TRI CLUB	77%
48	267	00:39:45	00:03:59	Tom Synge-Curtis	M35+	8	ARMY	70%
49	276	00:39:48	00:03:59	Ashley-Frazer Trudgeon	MSen	14	TAUNTON AC	67%
50	52	00:39:49	00:03:59	James Cartlidge	M35+	9	PLYMOUTH HARRIERS	69%
51	103	00:39:52	00:03:59	Bethan Gay	F50+	4	CORNWALL AC	76%
52	21	00:39:53	00:03:59	Jeff Bardell	M40+	9	SOUTH WEST ROAD RUNNERS	72%
53	2	00:39:56	00:04:00	PACE - Dominic Spayne	PACE 40	1	SHUT UP LEGS	#N/A
54	101	00:40:02	00:04:00	Laura Fricker	F35+	1	WESTON ATHLETIC CLUB	77%

55	220	00:40:09	00:04:01	David Rayfield	M55+	3	ERME VALLEY HARRIERS	81%
56	169	00:40:19	00:04:02	Martin Lloyd	M40+	10	HEREFORD COURIERS	73%
57	193	00:40:23	00:04:02	Cathy Newman	F60+	1	EXMOUTH HARRIERS	97%
58	176	00:40:29	00:04:03	Kevin Manvill	M55+	4	TIVERTON HARRIERS	80%
59	18	00:40:33	00:04:03	Steve Babb	M55+	5	NEWQUAY ROAD RUNNERS	80%
60	116	00:40:35	00:04:04	Hannah Havelock-Allan	FSen	5	WESTERN TEMPO	75%
61	162	00:40:55	00:04:05	Samantha Lake	F40+	3	TAVISTOCK AC	79%
62	24	00:41:03	00:04:06	Stuart Batten	M45+	5	TORBAY TRI CLUB	73%
63	44	00:41:08	00:04:07	Tom Burridge	MSen	15		66%
64	117	00:41:11	00:04:07	Niall Hawkins	M45+	6		72%
65	60	00:41:23	00:04:08	Ian Collacott	M40+	11	TAVISTOCK ATHLETICS CLUB	69%
66	264	00:41:25	00:04:09	Richard Stone	M40+	12	SOUTH WEST ROAD RUNNERS	70%
67	75	00:41:35	00:04:10	Nia Davies	F50+	1	WESTON AC	84%
68	243	00:41:39	00:04:10	John Shapland	M70+	1	BIDEFORD AAC	88%
69	72	00:41:44	00:04:10	Matthew Cundell	MSen	16	PLYMOUTH HARRIERS	64%
70	102	00:41:46	00:04:11	Matthew Fry	MSen	17	CULLOMPTON CRAWLERS	64%
71	53	00:41:52	00:04:11	Daniel Case	M35+	10	PLYMOUTH MUSKETEERS RC	66%
72	293	00:41:55	00:04:12	Samuel White	M40+	13	RUN FIT RUN FAST	69%
73	108	00:41:55	00:04:12	Antony Green	M50+	5	WESTON ATHLETIC CLUB	75%
74	230	00:41:57	00:04:12	Rodney Rikhotso	MSen	18	GREENBOW RUNNING CLUB	65%
75	246	00:42:04	00:04:12	Tim Sibley	M50+	6	AXE VALLEY RUNNERS	74%
76	284	00:42:11	00:04:13	Jamie Webb	M45+	7	0	70%
77	47	00:42:17	00:04:14	Craig Butler	M50+	7	EXMOUTH HARRIERS	74%
78	66	00:42:21	00:04:14	Mike Crawford	M45+	8	COPAC	70%
79	73	00:42:25	00:04:15	Marc Curtis	M50+	8	TAVISTOCK AC	75%
80	173	00:42:27	00:04:15	Andy Macmillan	M55+	6	DAWLISH COASTERS	75%
81	201	00:42:34	00:04:15	Joanne Page	F35+	2	OKEHAMPTON RUNNING CLUB	72%
82	210	00:42:42	00:04:16	Richard Pedrick	M35+	11	VEGAN RUNNERS UK	66%
83	111	00:42:54	00:04:17	Matthew Grzenda	M45+	9		69%
84	164	00:43:06	00:04:19	Ian Lamerton	M50+	9	PLYMSTOCK ROAD RUNNERS	74%
85	139	00:43:07	00:04:19	Jenny Jeeves	F55+	1	TAVISTOCK ATHLETIC CLUB	85%
86	188	00:43:07	00:04:19	Barry Neal	M40+	14	ERME VALLEY HARRIERS	67%
87	19	00:43:08	00:04:19	Steven Badcott	M50+	10		74%

88	130	00:43:09	00:04:19	Charlie Holman	MU17	2		66%
89	160	00:43:09	00:04:19	Duncan Knight	M50+	11	TEIGNBRIDGE TROTTERS	72%
90	257	00:43:19	00:04:20	Scott Smith	M35+	12	LONELY GOAT RC	64%
91	107	00:43:26	00:04:21	Rob Graham	M45+	10	SOUTH WEST ROAD RUNNERS	69%
92	121	00:43:30	00:04:21	Allan Herdman	M70+	2	TAVISTOCK AC	84%
93	136	00:43:31	00:04:21	Alan Hutchings	M55+	7	LONELY GOAT RC	76%
94	231	00:43:34	00:04:21	Gemma Roberts	F35+	3	BODMIN DRAGONS TRIATHLON	71%
95	147	00:43:36	00:04:22	Jimmy Joy	M60+	2	EXMOUTH HARRIERS AAC	78%
96	127	00:43:41	00:04:22	Jon Hiscoke	M35+	13	TORBAY TRI	63%
97	288	00:43:50	00:04:23	Mandy Wheeler	F50+	2	TEIGNBRIDGE TROTTERS	78%
98	212	00:43:51	00:04:23	Mike Peters	M60+	3	NORTH DEVON ROAD RUNNERS	77%
99	194	00:43:51	00:04:23	Geoff Nicholls	M65+	1	GREENBOW RUNNING CLUB	80%
100	214	00:44:00	00:04:24	Ami Peyton Jones	F40+	4	PLYMOUTH HARRIERS	72%
101	228	00:44:08	00:04:25	Simon Rickard	M45+	11	SCOTCH EGG CYCLING SOCIETY	68%
102	90	00:44:10	00:04:25	Rebecca Ellis	F40+	5	BODMIN DRAGONS TRIATHLON	72%
103	222	00:44:16	00:04:26	Jenny Reay	F60+	2	EXMOUTH HARRIERS AAC	94%
104	95	00:44:20	00:04:26	Alistair Ferguson	M35+	14	SOUTH WEST ROAD RUNNERS	63%
105	39	00:44:26	00:04:27	Nathan Budd	M35+	15	EXMOUTH HARRIERS AAC	62%
106	238	00:44:30	00:04:27	Rachel Sanders	FSen	6		68%
107	70	00:44:32	00:04:27	Justin Cudmore	M45+	12		68%
108	299	00:44:35	00:04:28	Jacki Woon	F55+	2	TEIGNBRIDGE TROTTERS	87%
109	152	00:44:37	00:04:28	Mat Kelly	M35+	16	PURE ENDURANCE	63%
110	163	00:44:43	00:04:28	Alice Lake	FSen	7		68%
111	216	00:44:56	00:04:30	Jack Plumer	MU20	1		63%
112	3	00:45:00	00:04:30	PACE - Langdon Williams	PACE 45	1	SHUT UP LEGS	#N/A
113	118	00:45:01	00:04:30	Ian Hayward	M60+	4	TORBAY AAC	75%
114	294	00:45:09	00:04:31	Jon Wigley	M60+	5		75%
115	175	00:45:13	00:04:31	Ellie Mallinson	FSen	8		67%
116	69	00:45:14	00:04:31	Lisa Cruise	FSen	9	SOUTH WEST ROAD RUNNERS	67%
117	88	00:45:22	00:04:32	Ashley Elliott	FSen	10	EAST CORNWALL HARRIERS	67%
118	183	00:45:25	00:04:32	Sean Monger	M50+	12	SOUTH WEST ROAD RUNNERS	70%
119	262	00:45:26	00:04:33	Ethan Sterry	MSen	19	SOUTH WEST ROAD RUNNERS	59%
120	84	00:45:32	00:04:33	Sam Duffy	MSen	20	GREENBOW RUNNING CLUB	59%

121	240	00:45:36	00:04:34	Alex Sanderson	MSen	21		59%
122	196	00:45:41	00:04:34	Helen Orme	F45+	2	TAVISTOCK AC	73%
123	141	00:45:41	00:04:34	Andrew Johnson	M55+	8	EXMOUTH HARRIERS	72%
124	119	00:45:46	00:04:35	Chris Hayward	M35+	17		62%
125	307	00:45:58	00:04:36	Sam Phillips	MSen	22	HONITON RUNNING CLUB	58%
126	148	00:46:18	00:04:38	Michael Kay	M60+	6	SOUTH WEST ROAD RUNNERS	72%
127	278	00:46:20	00:04:38	Kevin Tucker	M35+	18		59%
128	91	00:46:28	00:04:39	Debbie Elphick	F35+	4	TEIGNBRIDGE TROTTERS	66%
129	209	00:46:36	00:04:40	Mark Peck	M35+	19		60%
130	131	00:46:39	00:04:40	Jade Hopton	FSen	11	SOUTH WEST ROAD RUNNERS	65%
131	170	00:46:43	00:04:40	Katie Lowe	F40+	6	NORTH DEVON ROAD RUNNERS	68%
132	203	00:46:56	00:04:42	Cathy Parkinson	F55+	3	TORBAY TRI CLUB	80%
133	221	00:47:02	00:04:42	Chris Read	MSen	23	GREENBOW RUNNING CLUB	58%
134	38	00:47:07	00:04:43	Hannah Brown	FSen	12	HONITON RUNNING CLUB	64%
135	195	00:47:14	00:04:43	James O'Brien	MSen	24	SOUTH WEST ROAD RUNNERS	58%
136	292	00:47:33	00:04:45	Emma White	F45+	3	TAVISTOCK AC	65%
137	182	00:47:42	00:04:46	Daniella Monger	FSen	13	QUEEN MARY UNIVERSITY RUNNERS	64%
138	225	00:47:43	00:04:46	Graham Reynolds	M60+	7	TORBAY TRI CLUB	70%
139	242	00:47:56	00:04:48	Kathy Seymour	F50+	3	LONELY GOAT RC	72%
140	26	00:48:04	00:04:48	Isabelle Beech	FSen	14		63%
141	217	00:48:06	00:04:49	David Prestwich	M45+	13		63%
142	167	00:48:07	00:04:49	Corey Leisk	MSen	25		56%
143	143	00:48:27	00:04:51	Debbie Jones	F50+	4	VEGAN RUNNERS	73%
144	82	00:48:33	00:04:51	John Dowell	M55+	9		68%
145	140	00:48:38	00:04:52	Matthew Jeffery	MSen	26		55%
146	291	00:48:39	00:04:52	Emma White	F35+	5	EXMOUTH HARRIERS AAC	63%
147	25	00:48:54	00:04:53	Martin Beddow	M55+	10		67%
148	110	00:49:02	00:04:54	Joe Grenham	M60+	8		69%
149	268	00:49:03	00:04:54	Mark Tait	M50+	13	SOUTH WEST ROAD RUNNERS	65%
150	43	00:49:17	00:04:56	Dan Burnett	MSen	27		54%
151	248	00:49:18	00:04:56	Kate Simons	F40+	7		64%
152	277	00:49:20	00:04:56	Hannah Tucker	F40+	8		64%
153	306	00:49:21	00:04:56	Lee Cusick	M55+	11	SWRR	65%

154	81	00:49:24	00:04:56	Emma Dooney	F40+	9	RUN FIT RUN FAST	65%
155	197	00:49:29	00:04:57	Mark Orme	M50+	14	TAVISTOCK AC	64%
156	50	00:49:32	00:04:57	Jon Capps	M40+	15		58%
157	51	00:49:33	00:04:57	Kate Capps	F40+	10	BRACKLEY RUNNING CLUB	64%
158	191	00:49:47	00:04:59	Jonathan Newman	M45+	14		59%
159	124	00:49:51	00:04:59	Edward Higgins	M40+	16		57%
160	205	00:50:04	00:05:00	Mike Partridge	M55+	12		65%
161	296	00:50:09	00:05:01	Peter Williams	M50+	15		63%
162	4	00:50:16	00:05:02	PACE - Andy Moore	PACE 50	1	SHUT UP LEGS	#N/A
163	17	00:50:20	00:05:02	Carol Austin	F60+	3	AXE VALLEY RUNNERS	79%
164	223	00:50:28	00:05:03	Paul Reed	M50+	16		63%
165	85	00:50:55	00:05:06	Samantha Durston	F35+	6		61%
166	166	00:50:56	00:05:06	Christopher Lee	M50+	17		60%
167	142	00:50:58	00:05:06	Warren Jones	M40+	17	DSFRS RUNNING CLUB	56%
168	244	00:51:19	00:05:08	Paul Sharples	M65+	2	TEIGNBRIDGE TROTTERS	69%
169	269	00:51:26	00:05:09	Caroline Tait	F55+	4	SOUTH WEST ROAD RUNNERS	73%
170	239	00:51:32	00:05:09	Kevin Sanders	M55+	13		64%
171	96	00:51:37	00:05:10	Gerard Fitzgibbon	M70+	3	OKEHAMPTON RC	74%
172	199	00:51:57	00:05:12	Victoria Ovens	F35+	7		60%
173	165	00:52:00	00:05:12	Callum Lamont	M55+	14	SOUTH WEST ROAD RUNNERS	63%
174	31	00:52:01	00:05:12	Kirsty Bickell	F50+	5	GREENBOW RUNNING CLUB	67%
175	16	00:52:07	00:05:13	Patricia Atkins	F55+	5	TEIGNBRIDGE TROTTERS	72%
176	22	00:52:24	00:05:14	Vicki Bartlett	F35+	8		59%
177	55	00:52:50	00:05:17	Dave Chanter	M70+	4	TAVISTOCK RUN PROJECT	69%
178	42	00:52:51	00:05:17	Lauren Burd	FSen	15		57%
179	27	00:53:00	00:05:18	Jane Beech	F55+	6		71%
180	290	00:53:20	00:05:20	Alison White	F65+	1	EXMOUTH HARRIERS	83%
181	28	00:53:34	00:05:21	Julie Belshaw	F50+	6	SOUTH WEST ROAD RUNNERS	65%
182	283	00:53:54	00:05:23	Chris Watson	M50+	18	0	57%
183	237	00:53:55	00:05:23	Neil Rutley	M60+	9	TEIGNBRIDGE TROTTERS	62%
184	261	00:53:58	00:05:24	Brett Stepto	M45+	15	CORNWALL AC	56%
185	97	00:54:01	00:05:24	Thomas Foley	M45+	16		55%
186	41	00:54:08	00:05:25	Alice Burbidge	F40+	11		58%

187	187	00:54:18	00:05:26	James Nash	MSen	28	SOUTH DEVON AC	50%
188	98	00:54:30	00:05:27	Kate Foley	F45+	4	0	60%
189	258	00:54:39	00:05:28	Kienan Smyth	M40+	18		52%
190	181	00:54:42	00:05:28	Catherine Monger	F50+	7	SOUTH WEST ROAD RUNNERS	64%
191	86	00:54:46	00:05:29	Serena Dyer	F45+	5		60%
192	76	00:54:48	00:05:29	Mary Daymond	F60+	4	SOUTH WEST ROAD RUNNERS	72%
193	14	00:54:51	00:05:29	Chris Andrews	M60+	10	TEIGNBRIDGE TROTTERS	63%
194	275	00:54:51	00:05:29	Sharon Sharples	F55+	7	TEIGNBRIDGE TROTTERS	67%
195	273	00:54:52	00:05:29	Mike Timbury	M50+	19		56%
196	155	00:54:54	00:05:29	Emma Kessie	F40+	12		58%
197	171	00:54:54	00:05:29	Hannah Mackay	FSen	16		55%
198	251	00:54:57	00:05:30	Andrew Sims	M55+	15	EAST CORNWALL HARRIERS	49%
199	178	00:55:03	00:05:30	Elizabeth Michaelson	F55+	8	EXMOUTH HARRIERS	68%
200	219	00:55:19	00:05:32	Bridget Privett	F55+	9	ERME VALLEY HARRIERS	66%
201	145	00:55:22	00:05:32	Geoff Jones	M50+	20		57%
202	226	00:55:23	00:05:32	Alix Reynolds	F40+	13	TORBAY TRI CLUB	57%
203	5	00:55:23	00:05:32	PACE - Mat Costin	PACE 55	1	SHUT UP LEGS	#N/A
204	67	00:55:50	00:05:35	Eamon Crowe	M55+	16	TEIGNBRIDGE TROTTERS	59%
205	106	00:55:53	00:05:35	Sarah Goodman	F40+	14	BRIXHAM HARRIERS	56%
206	172	00:56:02	00:05:36	Annie Macklin	F55+	10		69%
207	154	00:56:08	00:05:37	Angela Kerr	F65+	2	AXE VALLEY RUNNERS	77%
208	207	00:56:19	00:05:38	Rod Payne	M65+	3	TEIGNBRIDGE TROTTERS	63%
209	245	00:56:27	00:05:39	Lucy Shipley	F35+	9		54%
210	113	00:56:32	00:05:39	Carol Hansen	F60+	5	ERME VALLEY HARRIERS	69%
211	252	00:56:59	00:05:42	Bob Small	M75+	1	TEIGNBRIDGE TROTTERS	69%
212	13	00:57:26	00:05:45	Keith Anderson	M70+	5	TEIGNBRIDGE TROTTERS	66%
213	115	00:57:36	00:05:46	Sam Harrod Booth	F50+	8	RUNNING FOREVER RC	60%
214	151	00:57:36	00:05:46	Anna Kelly	FSen	17	TAVISTOCK ATHLETICS CLUB	53%
215	15	00:57:50	00:05:47	Nicki Ashworth	F55+	11		63%
216	250	00:57:56	00:05:48	Karen Sims	F55+	12	EAST CORNWALL HARRIERS	64%
217	271	00:58:30	00:05:51	Eleanor Taylor	F60+	6	TEIGNBRIDGE TROTTERS	70%
218	104	00:58:38	00:05:52	Maggie Gellersjo	F35+	10	SOUTH WEST ROAD RUNNERS	53%
219	192	00:59:00	00:05:54	Catherine Newman	F45+	6		55%

220	159	00:59:02	00:05:54	Jan Kirkham	F65+	3	-	75%
221	146	00:59:18	00:05:56	Bernadette Jones	F50+	9		60%
222	45	00:59:22	00:05:56	Martin Burrow	M45+	17		51%
223	36	00:59:27	00:05:57	Nicky Brimicombe	F50+	10	BRIXHAM HARRIERS	60%
224	263	00:59:28	00:05:57	Chris Stock	M40+	19	SOUTH WEST ROAD RUNNERS	49%
225	298	00:59:28	00:05:57	Ruth Wilson	FSen	18		51%
226	177	00:59:29	00:05:57	Becky Meaton	F50+	11		58%
227	114	00:59:30	00:05:57	Laura Michelle Harding	F40+	15		54%
228	400	00:59:38	00:05:58	PACE - Martin Sterry	PACE 60	1	SHUT UP LEGS	#N/A
229	259	00:59:43	00:05:58	Victoria Spencer	F50+	12		58%
230	190	01:00:07	00:06:01	Katie Newberry	FSen	19		51%
231	229	01:00:07	00:06:01	Daniel Ridge	M35+	20		47%
232	234	01:00:53	00:06:05	George Royle	M40+	20		47%
233	54	01:01:14	00:06:07	Leanne Case	F40+	16	PLYMOUTH MUSKETEERS RC	53%
234	227	01:01:53	00:06:11	Charlie Richards	MSen	29		43%
235	174	01:02:00	00:06:12	Christie Madge	FSen	20		49%
236	300	01:02:28	00:06:15	Mark Wotton	M60+	11	TEIGNBRIDGE TTOTTERS	55%
237	109	01:03:22	00:06:20	Susan Greenwood	F50+	13	ACRE STREET RUNNERS	56%
238	305	01:03:34	00:06:21	Fiona Zhang	FSen	21	0	48%
239	134	01:04:04	00:06:24	Chris Hughes	M35+	21		43%
240	272	01:04:05	00:06:24	Jacqueline Theakston-Thomas	F40+	17		50%
241	137	01:04:15	00:06:26	Matthew Iles	M55+	17		50%
242	71	01:04:17	00:06:26	Amy Cudmore	F40+	18		49%
243	77	01:04:43	00:06:28	Nicola Dean	F50+	14	BRIXHAM HARRIERS	54%
244	399	01:05:00	00:06:30	PACE - Rich Hill	PACE 65	1	SHUT UP LEGS	#N/A
245	12	01:06:01	00:06:36	Matt Abbott	MSen	30		41%
246	78	01:07:07	00:06:43	Anne Devlin	F60+	7		61%
247	23	01:07:19	00:06:44	Charlotte Batchelor	F45+	7	BRIXHAM HARRIERS	50%
248	123	01:07:58	00:06:48	Anna Higgins	F35+	11		46%
249	184	01:10:38	00:07:04	Margarita Moore	FSen	22	YEOVIL TOWN RRC	43%
250	208	01:11:32	00:07:09	David Pearce	M60+	12	UP AND RUNNING TORBAY	47%
251	11	01:11:50	00:07:11	Becky Abbott	F35+	12	0	43%
252	157	01:12:26	00:07:15	Ross King	M35+	22		39%



253	93	01:12:45	00:07:16	Bob Fairclough	MSen	31		37%
254	266	01:14:07	00:07:25	Samantha Summers	F40+	19	AXE VALLEY RUNNERS	44%
255	302	01:14:14	00:07:25	Mandy Wykes	F50+	15	BRIXHAM HARRIERS	46%
256	94	01:16:04	00:07:36	Claire Farrar	F40+	20	TEIGNBRIDGE TROTTERS	42%
257	10	01:16:09	00:07:37	Kim Abbott	FSen	23		40%