



POWER RUN HALDON

FULL & LITE RACES

14th October 2023

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

Pos	No	Distance	Time	Name	Cat	Cat Rank	Club
1	559	Full	0:50:59	Oliver White	M35+	1	
2	560	Full	0:62:30	Laura Wilby	FSen	1	TORBAY TRI
3	514	Full	0:62:56	Justin Cudmore	M45+	1	SOUTH WEST ROAD RUNNERS
4	519	Full	0:62:59	Nicholas Einchcomb	M60+	1	SOUTH WEST ROAD RUNNERS
5	551	Full	0:63:10	Mark Saunders	M45+	2	
6	537	Full	0:63:33	Alex Mayne	M45+	3	
7	538	Full	0:64:59	Ian Peter Mcclean	M55+	1	TORBAY TRI CLUB
8	545	Full	0:65:47	Richard Pedrick	M35+	2	VEGAN RUNNERS UK
9	547	Full	0:67:34	Christopher Powlesland	MSen	1	
10	515	Full	0:67:47	Matt Day	M50+	1	FORDY RUNS
11	516	Full	0:68:31	Jason Dearden-Watts	M45+	4	
12	535	Full	0:69:59	Alexander M	MSen	2	
13	549	Full	0:69:59	Owen Richards	M35+	3	
14	531	Full	0:70:07	Shaun Kirk	M55+	2	SOUTH DEVON ATHLETIC CLUB
15	558	Full	0:70:12	Dani Waters	F35+	1	SOUTH DEVON AC
16	543	Full	0:71:20	Helen Orme	F45+	1	TAVISTOCK AC
17	520	Full	0:71:26	Tom Evans	MSen	3	
18	517	Full	0:71:48	Matthew Duree	M50+	2	
19	509	Full	0:72:01	Helen Chapell	F50+	1	TORBAY TRIATHLON
20	552	Full	0:72:10	Robert Scovell	M45+	5	SOUTH WEST ROAD RUNNERS
21	508	Full	0:72:58	Simon Bryce	M40+	1	
22	501	Full	0:73:26	Maria Anthony	F55+	1	CHEPSTOW HARRIERS
23	541	Full	0:73:35	Geoff Nicholls	M65+	1	GREENBOW RUNNING CLUB
24	561	Full	0:74:03	Karen Williams	F40+	1	VEGAN RUNNERS UK
25	544	Full	0:74:56	Ann Pearce	F50+	2	TORRINGTON AAC
26	527	Full	0:75:44	Alan Johnson	M55+	3	LONELY GOAT RC
27	554	Full	0:76:19	Dale Stringer	M35+	4	
28	521	Full	0:77:08	Annabel Frost	FSen	2	
29	533	Full	0:78:52	Maria Lock	F50+	3	
30	553	Full	0:79:47	Emma Steele	F40+	2	
31	503	Full	0:81:11	Deborah Bertram	F50+	4	
32	518	Full	0:81:40	Sarah Edwards	F40+	3	
33	502	Full	0:81:40	Julian Baird	M45+	6	
34	512	Full	0:82:07	Lisa Crossman	F50+	5	
35	550	Full	0:82:53	Leah Rogers	F50+	6	EXETER TRI CLUB
36	548	Full	0:83:40	Duncan Reeves	M45+	7	
37	524	Full	0:83:47	Ellie Howes	FSen	3	
38	522	Full	0:84:00	Shay Garrigan	MU20	1	
39	504	Full	0:84:07	Kirsty Bickell	F50+	7	GREENBOW RUNNING CLUB
40	529	Full	0:84:13	Ann Jones	F60+	1	
41	556	Full	0:84:57	Andy Tinkler	M65+	2	GHANDY RUNNING CLUB
42	546	Full	0:85:58	Cherry Powell	F55+	2	SOUTH DEVON ATHLETIC CLUB
43	530	Full	0:85:58	Neil Jordain	M45+	8	SOUTH DEVON AC
44	536	Full	0:86:13	Vicki Mair	F45+	2	
45	503	Full	0:86:58	Deborah Bertram	F50+	8	
46	505	Full	0:89:13	Helene Bond	F55+	3	LONELY GOAT RC
47	506	Full	0:89:14	Julie Box	F60+	2	CREDITON RUNNING NETWORK
48	525	Full	0:98:48	Tanya Hunt	F45+	3	
49	562	Full	1:42:39	Meg Wright	F35+	2	
50	542	Full	1:42:39	William Nowell	MSen	4	
51	511	Full	1:45:53	James Childs	MSen	5	
52	555	Full	1:55:21	Jacky Theedom	F65+	1	LONELY GOAT RC

Pos	No	Distance	Time	Name	Cat	Cat Rank	Club
1	222	Lite	0:31:07	Nicky Savill	FSen	1	SOUTH WEST ROAD RUNNERS
2	212	Lite	0:32:11	Theo Miller	MSen	1	
3	225	Lite	0:33:46	John Shapland	M70+	1	BIDEFORD AAC
4	215	Lite	0:34:12	Bob Pearce	M60+	1	TORRINGTON AAC
5	230	Lite	0:34:52	Caroline Steven	F55+	1	TAVISTOCK ATHLETIC CLUB
6	178	Lite	0:35:07	Steven Badcott	M50+	1	
7	192	Lite	0:36:06	Ynon Gablinger	M50+	2	
8	240	Lite	0:36:09	Ethan Wright	MU17	1	0
9	208	Lite	0:36:09	Isla Mayne	FU17	1	EXETER HARRIERS ATHLETICS CLUB
10	213	Lite	0:37:15	Paige Murphy	FSen	2	
11	243	Lite	0:38:42	Sandra Lusty	F45+	1	0
12	218	Lite	0:39:33	Laura Rich	F35+	1	
13	205	Lite	0:39:35	Mat Kelly	M35+	1	PURE ENDURANCE TRIATHLETES
14	179	Lite	0:39:49	Richard Bagwell	M50+	3	
15	239	Lite	0:39:59	David Wright	M40+	1	0
16	248	Lite	0:40:11	Felicity Knell	F40+	1	0
17	244	Lite	0:41:04	Caro Isaac	F60+	1	0
18	202	Lite	0:41:04	Chris Isaac	M60+	2	
19	197	Lite	0:42:44	Sam Hawken	MSen	2	
20	183	Lite	0:43:42	Chloe Chart	F40+	2	
21	245	Lite	0:43:51	Thomas Ward	M35+	2	0
22	228	Lite	0:43:57	Vicky Smallridge	F40+	3	
23	234	Lite	0:44:01	Stuart White	M40+	2	
24	221	Lite	0:44:42	Sam Runnalls	M35+	3	
25	199	Lite	0:45:47	Alice Hodgson	FSen	3	
26	185	Lite	0:46:09	Ross Collinge	M35+	4	
27	235	Lite	0:47:04	Niki White	F45+	2	
28	236	Lite	0:47:12	Lee White	M45+	1	
29	214	Lite	0:47:48	Raylene Parsons	F40+	4	FREMINGTON TRAILBLAZERS
30	186	Lite	0:47:51	Amy Cudmore	F40+	5	SWRR
31	231	Lite	0:47:56	Claire Toze	F40+	6	
32	180	Lite	0:48:34	Felicity Bagwell	FSen	4	
33	207	Lite	0:48:47	Claire Leslie	F40+	7	
34	232	Lite	0:48:57	Lisa Venn	F45+	3	
35	220	Lite	0:49:09	Rowan Sky	F45+	4	
36	209	Lite	0:49:10	Albie Mayne	MU20	1	
37	175	Lite	0:49:19	Bev Holloway	F50+	1	
38	241	Lite	0:50:35	Rhiannon Morley	FSen	5	
39	242	Lite	0:50:36	Mya McKnight	OU17	1	
40	193	Lite	0:51:06	Donald Govan	M50+	4	
41	206	Lite	0:51:13	Jenny King	F40+	8	
42	233	Lite	0:51:13	Emma Whitcher	F35+	2	
43	189	Lite	0:51:13	Rebecca Davies	F40+	8	
44	246	Lite	0:51:18	Vikki Moye	F45+	5	
45	247	Lite	0:51:18	David Allard	M50+	5	
46	182	Lite	0:52:31	Kate Brown	F55+	2	
47	227	Lite	0:52:56	Emma Simmons	F45+	6	
48	184	Lite	0:53:04	Libby Collier	FSen	6	
49	219	Lite	0:53:16	Neil Riches	M60+	3	
50	195	Lite	0:54:06	Linda Harley	F55+	3	
51	211	Lite	0:55:21	Katrina McGeever	F40+	10	
52	237	Lite	0:56:04	Jenn Whitehorn	F40+	11	
53	177	Lite	0:56:24	Robert Andrews	M75+	1	Q2F.
54	217	Lite	0:56:59	John Pethick	M55+	1	
55	216	Lite	0:56:59	Lorraine Pethick	F35+	3	
56	187	Lite	0:57:02	Hannah Davies	F40+	12	GHANDY RUNNING CLUB
57	210	Lite	0:57:23	Clare Mayne	F45+	7	
58	198	Lite	0:57:56	Charlotte Hawkins	F45+	8	EXETER TRIATHLON CLUB
59	181	Lite	0:58:20	Derek Blackford	M50+	6	MAVERICK RUNNERS
60	204	Lite	0:58:20	Sian Jones	F40+	13	
61	191	Lite	0:58:33	Amy Francis Carter	FSen	7	
62	226	Lite	0:60:07	Lorraine Shaw	F40+	14	
63	196	Lite	0:69:41	Bethan Harris	F55+	4	VEGAN RUNNERS UK