

**Torbay 5 Bays 10k**

**Sunday 18th August 2019**

Place	Name		Club	Age	Time
1	Adam	Holland	Tavistock AC	SM	42:31:00
2	John	Wadelin	Ereash Valley RC	M40	43:54:00
3	Peter	Monaghan	Torbay AC	M50	44:15:00
4	Matthew	Brown	Romsey Road Runners	SM	44:45:00
5	Alexander	Walters		SM	45:15:00
6	Matthew	Dalton	Riviera Racers	M45	46:32:00
7	Darren	John	Dorridge RC	SM	47:57:00
8	Ross	Perkins		SM	48:02:00
9	Carla	Haines	Plymstock Road Runners	SF	49:36:00
10	Colin	Peters	SDAC	M50	49:49:00
11	Matthew	Smith	Torbay AC	SM	50:21:00
12	Robert	Ledger		M40	50:33:00
13	Matt	Aplin		M40	50:34:00
14	Rob	Sweet		M40	51:30:00
15	Jamie	Brown		SM	51:40:00
16	Sam	Gray	Lonely Goat RC	SM	51:42:00
17	Jerry	Hocking	Torbay Tri	M45	51:52:00
18	Lewis	Keywood	KPR	SM	52:04:00
19	Naomi	Flanagan	Torbay Tri	SF	52:05:00
20	Darren	Whittington		SM	52:07:00
21	Andy	Newcombe	Erme Valley Harriers	M40	52:11:00
22	Kelsham	Hanna	Southampton AC	M50	52:28:00
23	Mike	Deeley		M55	52:36:00
24	Joe	Lovell		SM	52:55:00
25	Marc	Walpot	South Devon AC	M50	53:10:00
26	Michael	Tossell	Storm Plymouth	SM	53:48:00
27	Ray	Lawrence		M45	54:06:00
28	David	Carroll		M55	54:07:00
29	Jack	Arundel	Storm Plymouth	SM	54:13:00
30	Lauren	Knox	Storm Plymouth	SF	54:13:00
31	Neal	Downer	Torbay Tri	M50	54:40:00
32	Simon	Johnson	Lonely Goat RC	M45	54:46:00
33	Wendy	Urban	Torbay Tri	F55	54:58:00
34	Peter	Hart		M40	55:14:00
35	Marc	Jones	SDAC	M45	55:19:00
36	Alexander	Pollard		SM	55:45:00
37	Damian	Dunne	plymouth musketeers	M45	55:48:00
38	Alice	Beverly		SF	55:49:00
39	Malcolm	Nelson	Riviera Racers	M45	55:59:00
40	Dan	Case	plymouth musketeers	SM	56:03:00
41	Stephen	Collier	South West Road Runners	M40	56:13:00
42	Fiona	Holden	TORBAY ATHLETIC CUB	F50	57:26:00
43	Richard	Bishop	Exmouth Harriers	M50	57:48:00
44	Nigel	Frampton		M50	58:14:00
45	Niel	Ford		SM	58:24:00
46	Paul	Dean	Teignbridge Trotters	M50	58:42:00
47	Paul	Bettesworth		SM	59:02:00

48	Elliott	Hinton		SM	59:20:00
49	Andy	MacMillan	South West Road Runners	M50	59:22:00
50	David	Maxwell	Torbay AC	M50	59:32:00
51	Rob	Beard		M45	60:05:00
52	Ryan	Bradfield		SM	60:20:00
53	Ben	Epps	Haldon Trail Runners	M45	60:29:00
54	Robert	Bromige		M55	60:53:00
55	Nik	Langdon-Ward	Brixham Harriers	M45	60:55:00
56	Rachel	Lee	EVRC	SF	60:59:00
57	David	Nicholls	South West Road Runners	SM	61:22:00
58	Johan	Minty		F40	61:27:00
59	John	Outhwaite		M65	61:28:00
60	Serena	Jwy	SDAC	F40	61:29:00
61	Chris	Barron		SM	61:32:00
62	James	Donovan	Teignbridge Trotters	M55	61:33:00
63	Gordon	Bain		SM	61:41:00
64	Russell	Beck		M45	61:42:00
65	Nicky	Putman		F45	61:46:00
66	Karen	Eccles	Plymouth Harriers	F55	61:46:00
67	Paul	Ricketts	Riviera Racers	M40	62:04:00
68	Jonathan	Hadley	Plymouth Harriers	SM	62:08:00
69	Luke	Carswell		M45	62:43:00
70	Dan	Pomeroy		SM	63:01:00
71	John	Currie		M40	63:29:00
72	Tim	Synge	westbury harriers	M55	63:50:00
73	Felix	Bromige		SM	64:06:00
74	Tim	Burgess		M50	64:11:00
75	Alison	Engledew	Erme Valley Harriers	F60	64:19:00
76	Andrew	Carpenter		M50	64:25:00
77	Paul	Tozer		M55	64:33:00
78	Patrick	Hourigan		M55	64:34:00
79	Giles	Staines		SM	64:38:00
80	Jenny	Debenham		SF	64:45:00
81	Christian	Akers		M45	64:47:00
82	Luke	Maker		SM	64:51:00
83	Matt	Tidey		M40	64:56:00
84	Robert	Wright		SM	64:58:00
85	Tom	Stephenson		SM	65:07:00
86	Graham	Bowpitt	Denmead Striders	M50	65:41:00
87	Ben	Reed	Riviera Racers	SM	65:56:00
88	Gail	Glazer		F40	65:58:00
89	Sally	Greenslade		F50	66:19:00
90	Dave	Harris		SM	66:37:00
91	Kav	Solder	Torbay AAC	SF	66:39:00
92	Paul	Curtis	Andy's Man Club	M40	66:43:00
93	Chris	Martin		SM	67:13:00
94	Richard	Harris	Kpr	SM	67:22:00
95	Jennifer	West	Tamar Trail Runners	F45	67:48:00
96	Tracey	Tidey		SF	67:56:00
97	Ray	Brown	Torbay AC	M70	68:06:00

<b>98</b>	Sue	Holloway	Kpr	SF	<b>68:12:00</b>
<b>99</b>	Tanya	Alexander	Holbeton Harriers	SF	<b>68:18:00</b>
<b>100</b>	Will	Brandon	Teign Valley Hash Harriers	M50	<b>68:47:00</b>
<b>101</b>	Ian	Leedham		M45	<b>68:59:00</b>
<b>102</b>	Darren	Alden		SM	<b>69:06:00</b>
<b>103</b>	Pete	Shorland		M55	<b>69:09:00</b>
<b>104</b>	James	Regan		M55	<b>69:13:00</b>
<b>105</b>	Ian	Sharrock	Torbay AC	M65	<b>69:15:00</b>
<b>106</b>	Dave	Russ		SM	<b>69:23:00</b>
<b>107</b>	Victoria	Oliphant	Steel City Striders	SF	<b>69:26:00</b>
<b>108</b>	Richard	Keatley	Teignbridge Trotters	M40	<b>69:30:00</b>
<b>109</b>	Jason	Wyatt	lonely goat running club	M40	<b>69:37:00</b>
<b>110</b>	Matthew	Carroll		SM	<b>69:41:00</b>
<b>111</b>	Tracey	Roberts		F45	<b>69:57:00</b>
<b>112</b>	Luke	Rendle	Riviera Racers	SM	<b>69:58:00</b>
<b>113</b>	Jane	Morey		F50	<b>70:00:00</b>
<b>114</b>	Naoko	McKinnon	Exeter Tri Club	F60	<b>70:10:00</b>
<b>115</b>	Jenny	Hourigan	Torbay Tri Club	SF	<b>70:17:00</b>
<b>116</b>	Claire	Cornish	South Devon Athletics Club	SF	<b>71:09:00</b>
<b>117</b>	Rachel	Irish	SDAC	F45	<b>71:53:00</b>
<b>118</b>	Vicky	Endean	Keywood Preston Runners	SF	<b>72:04:00</b>
<b>119</b>	Roger	Webb	South Devon A/C	M65	<b>72:08:00</b>
<b>120</b>	Chris	Lockett	Bitton Road Runners	M60	<b>72:21:00</b>
<b>121</b>	Michael	Goodwin		M70	<b>72:43:00</b>
<b>122</b>	Helen	Ambler		F40	<b>73:00:00</b>
<b>123</b>	Richard	Pidsley		M50	<b>73:05:00</b>
<b>124</b>	Chantal	Harp		SF	<b>73:15:00</b>
<b>125</b>	Tessa	Hearfield	Torbay AC	F60	<b>73:19:00</b>
<b>126</b>	Chad	Nelson	Riviera Racers	SM	<b>73:20:00</b>
<b>127</b>	Laura	Nicholls	South West Road Runners	SF	<b>73:22:00</b>
<b>128</b>	Shaun	Gibbs		M40	<b>73:28:00</b>
<b>129</b>	Paul	Williams	Vegan Runners UK	M50	<b>73:31:00</b>
<b>130</b>	Neil	Whitehouse		M45	<b>73:35:00</b>
<b>131</b>	Mark	Nolan		M50	<b>73:37:00</b>
<b>132</b>	Clarissa	Freeborn		SF	<b>73:47:00</b>
<b>133</b>	James	Newton		M40	<b>73:59:00</b>
<b>134</b>	Stuart	Chadwick	Riviera Racers	M35	<b>74:22:00</b>
<b>135</b>	Nicki	Ashworth		F50	<b>75:07:00</b>
<b>136</b>	Louise	Hart		SF	<b>75:09:00</b>
<b>137</b>	Phillip	Vine		M40	<b>75:10:00</b>
<b>138</b>	Lewis	Newbould		SM	<b>75:19:00</b>
<b>139</b>	Sophie	Down		SF	<b>75:24:00</b>
<b>140</b>	Paul	McDonnell	Lonely Goat RC	SM	<b>75:56:00</b>
<b>141</b>	Frances	Wadelin	Erewash Valley RC	F40	<b>75:58:00</b>
<b>142</b>	Sara	Keatley		F55	<b>76:00:00</b>
<b>143</b>	Jo	Wolf		SF	<b>76:07:00</b>
<b>144</b>	Howard	Bruce		M50	<b>76:07:00</b>
<b>145</b>	Jess	Prior		SF	<b>76:10:00</b>
<b>146</b>	Simon	Verrall		M45	<b>76:37:00</b>
<b>147</b>	Lauren	Gerrard		SF	<b>76:48:00</b>

<b>148</b>	Charlotte	Sortwell	Yaxley Runners and Joggers	SF	<b>78:25:00</b>
<b>149</b>	Beth	Main		SF	<b>78:26:00</b>
<b>150</b>	Marco	Motta		SM	<b>78:37:00</b>
<b>151</b>	Sharon	Sharples		F50	<b>78:37:00</b>
<b>152</b>	Paul	Sharples		M60	<b>78:59:00</b>
<b>153</b>	Samantha	Froggatt	Torbay Tri Club	F40	<b>79:47:00</b>
<b>154</b>	Sean	Brown	Kpr	SM	<b>79:48:00</b>
<b>155</b>	Tracy	Bond		F45	<b>79:53:00</b>
<b>156</b>	Sonia	Stevens	KPR	F40	<b>80:36:00</b>
<b>157</b>	Dave	Wills		M40	<b>81:20:00</b>
<b>158</b>	Patrick	McMahon		M50	<b>81:52:00</b>
<b>159</b>	Clare	Pullen		F45	<b>81:53:00</b>
<b>160</b>	Stephanie	Dodds		SF	<b>81:54:00</b>
<b>161</b>	Amanda	Holley	Riviera Racers	F40	<b>81:55:00</b>
<b>162</b>	Jenny	Mansell	Riviera Racers	F40	<b>81:55:00</b>
<b>163</b>	Katie	Brock	Rivera Races	SF	<b>82:14:00</b>
<b>164</b>	Cameron	Mann	UKrunchat	SM	<b>82:35:00</b>
<b>165</b>	Laura	Holland		SF	<b>82:44:00</b>
<b>166</b>	Lara	Allen-Mepham		SF	<b>83:24:00</b>
<b>167</b>	Simon	Hodgson		M45	<b>83:25:00</b>
<b>168</b>	Kasia	Hodgson		F40	<b>84:00:00</b>
<b>169</b>	Graham	Pearce		M45	<b>84:21:00</b>
<b>170</b>	Stuart	Mullan		M60	<b>84:52:00</b>
<b>171</b>	Daniel	Hughes	Bognor Regis Runners	M45	<b>85:01:00</b>
<b>172</b>	Amy	Wills	Keyword Preston Runners	SF	<b>85:03:00</b>
<b>173</b>	Alison	Brace	Ali's Army	F50	<b>85:06:00</b>
<b>174</b>	Corinna	Ball	Keyword Preston Runners	SF	<b>85:06:00</b>
<b>175</b>	Michelle	Gilson		F45	<b>85:07:00</b>
<b>176</b>	Kelvin	Peatd	Honiton RC	M55	<b>84:40:00</b>
<b>177</b>	David	Vigg		M45	<b>85:58:00</b>
<b>178</b>	Debbie	Gorrod		F70	<b>86:00:00</b>
<b>179</b>	Kelly	Higgs	Kingfisher Harriers	SF	<b>86:07:00</b>
<b>180</b>	Richard	Easthope		M60	<b>86:07:00</b>
<b>181</b>	Sarah	Yorke		F55	<b>86:08:00</b>
<b>182</b>	Zilpah	Walton	Teignbridge Trotters	F60	<b>86:23:00</b>
<b>183</b>	Jose	Pritchard		F65	<b>86:50:00</b>
<b>184</b>	David	Cubberley	South Devon Athletic Club	M55	<b>87:10:00</b>
<b>185</b>	Susan	Toyne		F40	<b>88:37:00</b>
<b>186</b>	Joanne	Martin	Keyword Preston Runners	SF	<b>90:05:00</b>
<b>187</b>	Phoebe	Mytton	Keywoods Preston Runners	F40	<b>90:06:00</b>
<b>188</b>	Pip	Morley	Kpr	F50	<b>91:16:00</b>
<b>189</b>	Becky	Ross	Kpr	F40	<b>92:19:00</b>
<b>190</b>	Angela	Allen	Torbay Tri	F50	<b>93:23:00</b>
<b>191</b>	Annabel	Ford		SF	<b>94:21:00</b>
<b>192</b>	Jill	Liardet	Keyword Preston Runners	F50	<b>94:47:00</b>
<b>193</b>	Anita	Newcombe	Riviera Racers	F60	<b>95:43:00</b>
<b>194</b>	Sophie	Vinter		SF	<b>95:44:00</b>
<b>195</b>	Phil	Vinter		M40	<b>96:14:00</b>
<b>196</b>	Louise	Mason		F40	<b>96:18:00</b>
<b>197</b>	Steph	Crawford	Kpr	SF	<b>96:33:00</b>

<b>198</b>	Jodi	Ledsam		SF	<b>98:54:00</b>
<b>199</b>	Kitty	Heardman		F55	<b>98:55:00</b>
<b>200</b>	Giles	Heardman		M50	<b>98:57:00</b>
<b>201</b>	Vicki	Crispin		SF	<b>100:07:00</b>
<b>202</b>	Nicola	Scott		SF	<b>100:16:00</b>
<b>203</b>	Ben	Rochester	Andy's Man Club	SM	<b>101:31:00</b>
<b>204</b>	Edward	Mann		SM	<b>101:32:00</b>
<b>205</b>	Kate	Olver		SF	<b>102:13:00</b>
<b>206</b>	Tracey-Louise	Fletcher	Womens Wellbeing Club	F40	<b>103:44:00</b>
<b>207</b>	Julie	Matthews	Keyword Preston Runners	F60	<b>103:45:00</b>
<b>208</b>	Johanne	Calvert		F50	<b>104:35:00</b>
<b>209</b>	Craig	Rowbury-Harrison	Andy's Man Club	SM	<b>105:16:00</b>
<b>210</b>	Adam	Fletcher	Andys man club	SM	<b>118:47:00</b>
<b>211</b>	Denise	Streeter		F65	<b>119:18:00</b>
<b>212</b>	Frederique	Moussaoui	Keyword Preston Runners	F50	<b>119:20:00</b>