

# RUN FIT RUN 5

Sunday 16th February 2025

| Finishing Position | Finishing Time | Race Number | Participant - First Name | Participant - Last Name | Club                           | Gender | Age Category | Gender Position | Age Category Position |
|--------------------|----------------|-------------|--------------------------|-------------------------|--------------------------------|--------|--------------|-----------------|-----------------------|
| 1                  | 00:26:56       | 212         | Luke                     | Stannus                 | Okehampton RC                  | Male   | MU18         | 1               | 1                     |
| 2                  | 00:26:58       | 101         | Andrew                   | Chambers                |                                | Male   | MV40         | 2               | 1                     |
| 3                  | 00:27:34       | 135         | Ewan                     | Dix                     |                                | Male   | M            | 3               | 1                     |
| 4                  | 00:28:31       | 171         | Sam                      | Larkham                 | Tavistock AC                   | Male   | MV40         | 4               | 2                     |
| 5                  | 00:29:21       | 119         | Josh                     | Coyne                   |                                | Male   | M            | 5               | 2                     |
| 6                  | 00:29:26       | 164         | Steve                    | Jones                   | City of Plymouth Athletic Club | Male   | M            | 6               | 3                     |
| 7                  | 00:29:32       | 231         | Freddie                  | Whybrow                 |                                | Male   | MU18         | 7               | 2                     |
| 8                  | 00:29:57       | 88          | Allister                 | Bristow                 | Erme Valley Harriers           | Male   | MV50         | 8               | 1                     |
| 9                  | 00:30:02       | 137         | Connor                   | Duffin                  | Tavistock AC                   | Male   | MU18         | 9               | 3                     |
| 10                 | 00:30:16       | 222         | Pete                     | Waumsley                | Tamar Trotters                 | Male   | MV50         | 10              | 2                     |
| 11                 | 00:30:24       | 226         | Langdon                  | Williams                | Exmouth Harriers               | Male   | MV55         | 11              | 1                     |
| 12                 | 00:30:42       | 201         | Reuben                   | Sebag-Montefiore        | Tavistock Athletics Club       | Male   | MU18         | 12              | 4                     |
| 13                 | 00:31:07       | 228         | Marcus                   | Wills                   | Plymouth Triathlon club        | Male   | MV40         | 13              | 3                     |
| 14                 | 00:31:17       | 139         | Hollie                   | Fitzgerald              | Run Fit Run Fast               | Female | F            | 1               | 1                     |
| 15                 | 00:31:44       | 165         | Jonathan                 | Kappes                  | Launceston Road Runners        | Male   | MV55         | 14              | 2                     |
| 16                 | 00:31:49       | 98          | Peter                    | Burbridge               |                                | Male   | MV45         | 15              | 1                     |
| 17                 | 00:32:45       | 64          | Mark                     | Bolt                    | City of Plymouth Athletic Club | Male   | MV45         | 16              | 2                     |
| 18                 | 00:32:50       | 211         | Stephen                  | Sincock                 | Okehampton RC                  | Male   | MV65         | 17              | 1                     |
| 19                 | 00:32:58       | 197         | Mark Patrick             | Roelink                 | Amazing Feet Running Club      | Male   | MV60         | 18              | 1                     |
| 20                 | 00:33:07       | 178         | Sarah                    | May                     | Bideford AAC                   | Female | FV50         | 2               | 1                     |
| 21                 | 00:33:21       | 56          | Claudine                 | Benstead                | Okehampton RC                  | Female | FV65         | 3               | 1                     |
| 22                 | 00:33:31       | 131         | Conor David              | Davies                  |                                | Male   | M            | 19              | 4                     |
| 23                 | 00:34:09       | 152         | Helen                    | Harbottle               | South Molton Strugglers        | Female | FV55         | 4               | 1                     |
| 24                 | 00:34:16       | 216         | Paul                     | Sweeney                 | City of Plymouth Athletic Club | Male   | MV40         | 20              | 4                     |
| 25                 | 00:34:16       | 145         | Maddy                    | Geen                    | Greenbow Running Club          | Female | F            | 5               | 2                     |
| 26                 | 00:34:20       | 144         | Andrew                   | Geen                    | Bradworthy Runners             | Male   | MV65         | 21              | 2                     |
| 27                 | 00:34:32       | 224         | Samuel                   | White                   | Run Fit Run Fast               | Male   | MV40         | 22              | 5                     |
| 28                 | 00:34:41       | 160         | Sam                      | Hortopp                 |                                | Male   | M            | 23              | 5                     |
| 29                 | 00:34:49       | 128         | Tom                      | Cushing                 | Run Fit Run Fast               | Male   | M            | 24              | 6                     |
| 30                 | 00:34:51       | 215         | Andrew                   | Swales                  |                                | Male   | MV40         | 25              | 6                     |
| 31                 | 00:34:59       | 162         | Jenny                    | Jeeves                  | Tavistock AC                   | Female | FV55         | 6               | 2                     |
| 32                 | 00:35:14       | 204         | John                     | Shapland                | Bideford AAC                   | Male   | MV70         | 26              | 1                     |
| 33                 | 00:35:23       | 159         | Peter                    | Hinton                  |                                | Male   | MV55         | 27              | 3                     |



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| 34                 | 00:35:51       | 170         | Paul                     | Kinsman                 | Bude Rats (Run and Tri) | Male   | MV55         | 28              | 4                     |
| 35                 | 00:35:52       | 232         | Archie                   | Neale                   |                         | Male   | MU18         | 29              | 5                     |
| 36                 | 00:35:52       | 233         | Arthur                   | Norton                  |                         | Male   | MU18         | 30              | 6                     |
| 37                 | 00:36:11       | 81          | Jack                     | Brain                   |                         | Male   | M            | 31              | 7                     |
| 38                 | 00:36:11       | 184         | Johnathan                | Norton                  |                         | Male   | MV50         | 32              | 3                     |
| 39                 | 00:36:22       | 174         | Cheryl                   | Littlewood              | Storm Plymouth          | Female | F            | 7               | 3                     |
| 40                 | 00:36:44       | 105         | Steve                    | Cox                     | Tavistock AC            | Male   | MV55         | 33              | 5                     |
| 41                 | 00:36:46       | 179         | Peter                    | McAughey                | Launceston Road Runners | Male   | MV55         | 34              | 6                     |
| 42                 | 00:37:03       | 193         | Martyn                   | Prouse                  | (no club)               | Male   | MV45         | 35              | 3                     |
| 43                 | 00:37:12       | 158         | Allan                    | Herdman                 | Tavistock AC            | Male   | MV70         | 36              | 2                     |
| 44                 | 00:37:13       | 5           | James                    | Alexander               |                         | Male   | MV40         | 37              | 7                     |
| 45                 | 00:37:17       | 196         | Megan                    | Rodgers                 |                         | Female | F            | 8               | 4                     |
| 46                 | 00:37:29       | 207         | Emma                     | Shaw                    | Bodmin Running Club     | Female | FV40         | 9               | 1                     |
| 47                 | 00:37:47       | 173         | Louise                   | Littlejohns             |                         | Female | FV50         | 10              | 2                     |
| 48                 | 00:37:53       | 147         | Julie                    | Gosney                  |                         | Female | FV40         | 11              | 2                     |
| 49                 | 00:37:58       | 209         | Louisa                   | Shaw                    | Run Fit Run Fast        | Female | FV40         | 12              | 3                     |
| 50                 | 00:38:05       | 205         | Karen                    | Shapland                | Bideford AAC            | Female | FV40         | 13              | 4                     |
| 51                 | 00:38:12       | 62          | Fiona                    | Blackwell               | (no club)               | Female | F            | 14              | 5                     |
| 52                 | 00:38:14       | 208         | Jim                      | Shaw                    |                         | Male   | MV45         | 38              | 4                     |
| 53                 | 00:38:30       | 182         | Sarah                    | Myford                  | Bodmin Running Club     | Female | FV60         | 15              | 1                     |
| 54                 | 00:39:20       | 25          | Ryan                     | Barry                   |                         | Male   | M            | 39              | 8                     |
| 55                 | 00:39:25       | 188         | Tess                     | Palmer                  | Operation Enrichment    | Female | F            | 16              | 6                     |
| 56                 | 00:39:29       | 90          | Liz                      | Bristow                 | Erme Valley Harriers    | Female | FV50         | 17              | 3                     |
| 57                 | 00:39:30       | 92          | Ceri                     | Bryant                  | Run Fit Run Fast        | Female | F            | 18              | 7                     |
| 58                 | 00:39:35       | 220         | Jason                    | Turner                  | Bradworthy Runners      | Male   | MV50         | 40              | 4                     |
| 59                 | 00:39:54       | 138         | Richard                  | Eales                   |                         | Male   | MV40         | 41              | 8                     |
| 60                 | 00:40:12       | 217         | Jane                     | Taylor                  | Egdon Heath Harriers    | Female | FV50         | 19              | 4                     |
| 61                 | 00:40:42       | 8           | Claire                   | Brittan                 | Run Fit Run Fast        | Female | F            | 20              | 8                     |
| 62                 | 00:40:28       | 13          | Simon                    | Ayres                   |                         | Male   | MV45         | 42              | 5                     |
| 63                 | 00:40:32       | 185         | Kate                     | O'Brien                 |                         | Female | F            | 21              | 9                     |
| 64                 | 00:40:43       | 168         | Becky                    | Kingdon                 |                         | Female | FV40         | 22              | 5                     |
| 65                 | 00:41:03       | 43          | Annette                  | Beilby                  | Run Fit Run Fast        | Female | FV45         | 23              | 1                     |
| 66                 | 00:41:29       | 130         | Mike                     | Dauncey                 | Bradworthy Runners      | Male   | MV60         | 43              | 2                     |



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|--------------------|----------------|-------------|--------------------------|-------------------------|--------------------------|--------|--------------|-----------------|-----------------------|
| 67                 | 00:41:35       | 177         | Nicky                    | Maguire                 | Tavistock Athletics Club | Female | FV50         | 24              | 5                     |
| 68                 | 00:41:54       | 24          | Ann                      | Barriball               | Launceston Road Runners  | Female | FV50         | 25              | 6                     |
| 69                 | 00:42:01       | 210         | Anthony                  | Shearer                 | Tavistock AC             | Male   | MV70         | 44              | 3                     |
| 70                 | 00:42:32       | 143         | David                    | Garrett                 | Holsworthy Running Club  | Male   | MV55         | 45              | 7                     |
| 71                 | 00:42:38       | 169         | Lindsey                  | Kinsman                 |                          | Female | FV50         | 26              | 7                     |
| 72                 | 00:43:07       | 221         | Catriona                 | Ward Sell               | Launceston Road Runners  | Female | F            | 27              | 10                    |
| 73                 | 00:43:16       | 180         | Amanda                   | Mcowan-White            |                          | Female | FV45         | 28              | 2                     |
| 74                 | 00:43:59       | 190         | Samantha                 | Parsons                 |                          | Female | FV50         | 29              | 8                     |
| 75                 | 00:44:00       | 214         | Matilda                  | Stockdale               |                          | Female | FU18         | 30              | 1                     |
| 76                 | 00:44:11       | 192         | Kim                      | Prescott                |                          | Female | FV65         | 31              | 2                     |
| 77                 | 00:44:14       | 149         | Leesa                    | Grainger                |                          | Female | F            | 32              | 11                    |
| 78                 | 00:44:14       | 132         | Paul                     | Davies                  |                          | Male   | MV40         | 46              | 9                     |
| 79                 | 00:44:16       | 195         | Mary                     | Roberts                 | Okehampton RC            | Female | FV50         | 33              | 9                     |
| 80                 | 00:44:22       | 154         | Holly                    | Hartnell                |                          | Female | F            | 34              | 12                    |
| 81                 | 00:44:32       | 150         | Ian                      | Grimes                  | Launceston Road Runners  | Male   | MV70         | 47              | 4                     |
| 82                 | 00:44:36       | 79          | Natalie                  | Bonney                  | Run Fit Run Fast         | Female | FV45         | 35              | 3                     |
| 83                 | 00:44:53       | 97          | Alice                    | Burbidge                | Run Fit Run Fast         | Female | FV40         | 36              | 6                     |
| 84                 | 00:44:55       | 225         | Les                      | Wilkinson               | Tavistock AC             | Female | FV60         | 37              | 2                     |
| 85                 | 00:44:57       | 206         | Sarah                    | Sharland                | Run Fit Run Fast         | Female | F            | 38              | 13                    |
| 86                 | 00:45:12       | 230         | Zoe                      | Young                   |                          | Female | FV40         | 39              | 7                     |
| 87                 | 00:45:16       | 91          | Claire                   | Anthony                 | Run Fit Run Fast         | Female | FV45         | 40              | 4                     |
| 88                 | 00:45:23       | 141         | Chris                    | Fulford-Brown           | Okehampton RC            | Male   | MV70         | 48              | 5                     |
| 89                 | 00:46:06       | 176         | Richard                  | Mackrory                | Running Forever RC       | Male   | MV70         | 49              | 6                     |
| 90                 | 00:46:32       | 134         | Rachael                  | Decieco                 | Run Fit Run Fast         | Female | FV50         | 41              | 10                    |
| 91                 | 00:46:37       | 142         | Jemma                    | Gale                    |                          | Female | F            | 42              | 14                    |
| 92                 | 00:46:38       | 191         | Caitlin                  | Piper                   |                          | Female | F            | 43              | 15                    |
| 93                 | 00:46:43       | 127         | Tom                      | Cunningham              |                          | Male   | MV40         | 50              | 10                    |
| 94                 | 00:47:18       | 123         | Claire                   | Cunningham              |                          | Female | FV40         | 44              | 8                     |
| 95                 | 00:47:27       | 18          | Robin                    | Barnes                  |                          | Male   | MV40         | 51              | 11                    |
| 96                 | 00:47:27       | 58          | Jo                       | Bindloss Gibb           | South Molton Strugglers  | Female | FV70         | 45              | 1                     |
| 97                 | 00:47:44       | 194         | Janet                    | Ritchie                 | Carn Runners             | Female | FV60         | 46              | 3                     |
| 98                 | 00:48:21       | 133         | Nicky                    | Deane-Simmons           |                          | Female | FV65         | 47              | 3                     |
| 99                 | 00:49:56       | 153         | George                   | Harding                 |                          | Male   | M            | 52              | 9                     |



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|--------------------|----------------|-------------|--------------------------|-------------------------|----------------------------------|--------|--------------|-----------------|-----------------------|
| 100                | 00:50:06       | 172         | Janet                    | Lathom                  | Launceston Road Runners          | Female | FV65         | 48              | 4                     |
| 101                | 00:50:38       | 213         | Karen                    | Stockdale               |                                  | Female | FV45         | 49              | 5                     |
| 102                | 00:50:45       | 186         | Nicola                   | Orchard                 | Bradworthy Runners               | Female | FV50         | 50              | 11                    |
| 103                | 00:50:51       | 175         | Gabrielle                | Lyons                   | Launceston Road Runners          | Female | FV60         | 51              | 4                     |
| 104                | 00:50:58       | 200         | Justina                  | Sebag-Montefiore        |                                  | Female | F            | 52              | 16                    |
| 105                | 00:51:33       | 156         | Lorraine                 | Hawkins                 | Launceston Road Runners          | Female | FV55         | 53              | 3                     |
| 106                | 00:56:56       | 129         | Julia                    | Dauncey                 | Bradworthy Runners               | Female | FV60         | 54              | 5                     |
| 107                | 00:59:11       | 157         | Karen                    | Hemmings                | Bradworthy Runners               | Female | FV45         | 55              | 6                     |
| 108                | 01:00:20       | 163         | Lynn                     | Jones                   | Plymouth Musketeers Running Club | Female | FV65         | 56              | 5                     |
| 109                | 01:06:43       | 223         | Kathryn                  | Weaver-Gore             | Plymouth Musketeers Running Club | Female | FV60         | 57              | 6                     |
| 110                | 01:06:44       | 234         | David                    | Parish                  | Run Fit Run Fast                 | Male   | M            | 53              | 10                    |

