

Bude Lifeboat run 2019

Overall Results

Place	Bib	Name	Club	Gender	Pos	AG	Pos	Time
Bude_Lifeboat_run_2019								
1.	89	Daniel Romeril		M	(1.)	Male 30-34	(1.)	36:46
2.	119	Samuel Yearling	Plymouth Harriers	M	(2.)	Male 15-19	(1.)	36:55
3.	268	Keith Shapland	Bideford AAC	M	(3.)	Male 35-39	(1.)	36:59
4.	427	James Kirton	Truro Running Club	M	(4.)	Male 30-34	(2.)	37:25
5.	436	Tom Carthey	Falmouth RRC	M	(5.)	Male 35-39	(2.)	37:38
6.	222	Mike Clark	South Molton Strugglers	M	(6.)	Male 45-49	(1.)	38:08
7.	131	Garry Suggate	Bideford AAC	M	(7.)	Male 45-49	(2.)	38:34
8.	214	Sam Priday	Okehampton RC	M	(8.)	Male 15-19	(2.)	38:52
9.	419	Olivia Stones	Leigh Harriers & AC	F	(1.)	Female 15-19	(1.)	39:06
10.	325	Darren Evans	Launceston Road Runners	M	(9.)	Male 35-39	(3.)	39:12
11.	322	Edward Horn	Launceston Road Runners	M	(10.)	Male 30-34	(3.)	39:13
12.	272	Gary Blight	Bideford AAC	M	(11.)	Male 40-44	(1.)	39:39
13.	192	Jeremy Brown	Bude Rats (Run and Tri)	M	(12.)	Male 45-49	(3.)	39:46
14.	162	Hayden Bond	Okehampton RC	M	(13.)	Male 25-29	(1.)	39:58
15.	76	Richard Foster		M	(14.)	Male 45-49	(4.)	40:19
16.	400	Larry Newton		M	(15.)	Male 40-44	(2.)	40:23
17.	297	Shaun Woodhead	Bideford AAC	M	(16.)	Male 40-44	(3.)	40:27
18.	336	Robert Standing	Truro Running Club	M	(17.)	Male 45-49	(5.)	40:38
19.	438	Daren Mark Havey	East Cornwall Harriers	M	(18.)	Male 40-44	(4.)	40:52
20.	82	Mark Curtis	Bideford AAC	M	(19.)	Male 40-44	(5.)	41:10
21.	250	Daniel Benford		M	(20.)	Male 20-24	(1.)	41:16
22.	398	David Wills	Falmouth RRC	M	(21.)	Male 35-39	(4.)	41:18
23.	416	Jason Parks	St Austell Running Club	M	(22.)	Male 35-39	(5.)	41:21
24.	224	Nick Percival	Bradworthy Runners	M	(23.)	Male 55-59	(1.)	41:23
25.	74	Mark Knight	Launceston Road Runners	M	(24.)	Male 30-34	(4.)	41:26
26.	349	Mark Clements		M	(25.)	Male 30-34	(5.)	41:29
27.	223	Chris Stone	Bideford AAC	M	(26.)	Male 50-54	(1.)	41:46
28.	318	Dominic Scotting	Torrington AAC	M	(27.)	Male 30-34	(6.)	42:15
29.	355	Nicholas Giles		M	(28.)	Male 35-39	(6.)	42:17
30.	179	Peter Coates	Torrington AAC	M	(29.)	Male 35-39	(7.)	42:27
31.	127	Chris Fuller	Bideford AAC	M	(30.)	Male 35-39	(8.)	42:29
32.	337	Euan Kernahan	Torrington AAC	M	(31.)	Male 15-19	(3.)	42:45
33.	418	Naomi Baker	Launceston Road Runners	F	(2.)	Female 20-24	(1.)	42:45
34.	290	Ben Harding	East Cornwall Harriers	M	(32.)	Male 35-39	(9.)	42:48
35.	285	Richard Smith		M	(33.)	Male 50-54	(2.)	42:48
36.	395	Matthew Stringer	Launceston Road Runners	M	(34.)	Male 25-29	(2.)	43:05
37.	99	Samuel Wood	Torrington AAC	M	(35.)	Male 35-39	(10.)	43:07
38.	75	Anthony Lambert	Launceston Road Runners	M	(36.)	Male 45-49	(6.)	43:07
39.	5	Tim Twiggs	Mounds Bay Harriers	M	(37.)	Male 50-54	(3.)	43:19
40.	239	Graham Bryant	Okehampton RC	M	(38.)	Male 30-34	(7.)	43:28
41.	184	Gary Vernon		M	(39.)	Male 45-49	(7.)	43:43
42.	65	Matt East	Bideford AAC	M	(40.)	Male 40-44	(6.)	43:53
43.	340	Chris Ullman	East Cornwall Harriers	M	(41.)	Male 45-49	(8.)	44:00
44.	408	Robin Watson	Falmouth RRC	M	(42.)	Male 55-59	(2.)	44:07
45.	299	Barrie Cardew	Carn Runners	M	(43.)	Male 60-64	(1.)	44:37
46.	376	Luke Mclean	Mounds Bay Harriers	M	(44.)	Male 35-39	(11.)	44:39
47.	429	Kaye Patterson	East Cornwall Harriers	F	(3.)	Female 30-34	(1.)	44:42
48.	445	Hannah Astley		F	(4.)	Female 40-44	(1.)	44:51
49.	421	Revis Crowle	East Cornwall Harriers	F	(5.)	Female 55-59	(1.)	45:00

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Place	Bib	Name	Club	Gender	Pos	AG	Pos	Time
50.	312	Ian Blythe	Bradworthy Runners	M	(45.)	Male 35-39	(12.)	45:04
51.	208	Mathew Henderson	St Austell Running Club	M	(46.)	Male 30-34	(8.)	45:10
52.	120	Michael Yearling		M	(47.)	Male 45-49	(9.)	45:11
53.	359	Raymond Hawkins		M	(48.)	Male 25-29	(3.)	45:23
54.	393	Claire Mensing	Truro Running Club	F	(6.)	Female 45-49	(1.)	45:24
55.	46	Wayne Stapleton	Torrington AAC	M	(49.)	Male 45-49	(10.)	45:29
56.	81	Jo Bedler	Bideford AAC	F	(7.)	Female 45-49	(2.)	45:31
57.	333	Eleanor Dixon	Newquay Road Runners	F	(8.)	Female 40-44	(2.)	45:34
58.	380	Andy Cloke	Bude Rats (Run and Tri)	M	(50.)	Male 45-49	(11.)	45:37
59.	36	David Bates		M	(51.)	Male 65-69	(1.)	45:50
60.	406	Mike Tunney	Bude Rats (Run and Tri)	M	(52.)	Male 50-54	(4.)	45:52
61.	309	Thomas Swatton		M	(53.)	Male 30-34	(9.)	45:56
62.	116	Neil Helson		M	(54.)	Male 45-49	(12.)	46:07
63.	136	Brian Andrews	Bideford AAC	M	(55.)	Male 35-39	(13.)	46:09
64.	198	Mandy Gibson	Looe Pioneers Running	F	(9.)	Female 40-44	(3.)	46:09
65.	77	Dave Barker	Fremington Trailblazers	M	(56.)	Male 50-54	(5.)	46:10
66.	265	Nigel Reddicliffe	Launceston Road Runners	M	(57.)	Male 50-54	(6.)	46:15
67.	291	Julian Spencer	Truro Running Club	M	(58.)	Male 50-54	(7.)	46:21
68.	413	Christopher Heywood		M	(59.)	Male 55-59	(3.)	46:35
69.	303	Darren Curtis		M	(60.)	Male 45-49	(13.)	46:36
70.	313	Robin Ross		M	(61.)	Male 35-39	(14.)	46:36
71.	220	Keith Hoadley	Torrington AAC	M	(62.)	Male 55-59	(4.)	46:39
72.	258	Matt Allan	Camelford Up and Running	M	(63.)	Male 35-39	(15.)	46:54
73.	420	Marilyn Blair	Torrington AAC	F	(10.)	Female 55-59	(2.)	47:00
74.	344	Karen Walters	Newquay Road Runners	F	(11.)	Female 45-49	(3.)	47:03
75.	177	Pam Solomon	PB Running Club	F	(12.)	Female 55-59	(3.)	47:10
76.	17	Paul Gwynne	MudCrew Running	M	(64.)	Male 50-54	(8.)	47:11
77.	425	Ian Gower	Tring RC	M	(65.)	Male 50-54	(9.)	47:14
78.	205	Ross Lawry	St Austell Running Club	M	(66.)	Male 40-44	(7.)	47:14
79.	140	Steven Martin		M	(67.)	Male 40-44	(8.)	47:17
80.	30	Paul Adnett	Just Jog Bideford	M	(68.)	Male 40-44	(9.)	47:17
81.	443	Peter Allen	Newquay Road Runners	M	(69.)	Male 60-64	(2.)	47:22
82.	374	Ben Jarram	Launceston Road Runners	M	(70.)	Male 30-34	(10.)	47:24
83.	37	Adam Jones		M	(71.)	Male 35-39	(16.)	47:40
84.	449	Anna Tanner		F	(13.)	Female 35-39	(1.)	47:42
85.	450	Ian Shute		M	(72.)	Male 40-44	(10.)	47:47
86.	218	Nick Harrison	Launceston Road Runners	M	(73.)	Male 40-44	(11.)	47:49
87.	108	Martin Hynes	Launceston Road Runners	M	(74.)	Male 65-69	(2.)	47:59
88.	257	Sam Allan	Camelford Up and Running	F	(14.)	Female 35-39	(2.)	48:04
89.	50	Andrew Jeffery	Just Jog Bideford	M	(75.)	Male 50-54	(10.)	48:05
90.	68	Jo Biederman	Fremington Trailblazers	F	(15.)	Female 40-44	(4.)	48:08
91.	11	Jamie Mead	Just Jog Bideford	M	(76.)	Male 50-54	(11.)	48:15
92.	55	Robert Curtis	Bude Rats (Run and Tri)	M	(77.)	Male 40-44	(12.)	48:30
93.	204	Jenny Bryant	Tavistock AC	F	(16.)	Female 50-54	(1.)	48:33
94.	358	Frazer Mountford	Newquay Road Runners	M	(78.)	Male 35-39	(17.)	48:35
95.	261	Martin Brooks		M	(79.)	Male 50-54	(12.)	48:37
96.	149	Julie Harrison		F	(17.)	Female 40-44	(5.)	48:39
97.	254	Aedan Lethbridge		M	(80.)	Male 15-19	(4.)	48:41
98.	240	Michael Egginton	East Cornwall Harriers	M	(81.)	Male 55-59	(5.)	48:43
99.	166	John Binns	Okehampton RC	M	(82.)	Male 55-59	(6.)	48:43

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Place	Bib	Name	Club	Gender	Pos	AG	Pos	Time
100.	49	Amy Hawkes	Bideford AAC	F	(18.)	Female 50-54	(2.)	48:48
101.	331	Cody Brobin	Newquay Road Runners	M	(83.)	Male 15-19	(5.)	48:52
102.	180	Steph Olliffe	Torrington AAC	F	(19.)	Female 50-54	(3.)	48:52
103.	273	Natasha Cornish	Just Jog Bideford	F	(20.)	Female 45-49	(4.)	48:53
104.	24	Rachael Wilsher	Bodmin Road Runners	F	(21.)	Female 55-59	(4.)	48:54
105.	422	Sharon Daw	ECH	F	(22.)	Female 50-54	(4.)	48:59
106.	33	Laura Hobbs	Torrington AAC	F	(23.)	Female 40-44	(6.)	49:03
107.	221	Karen Vallance	Okehampton RC	F	(24.)	Female 45-49	(5.)	49:05
108.	203	Paul Burrow		M	(84.)	Male 40-44	(13.)	49:09
109.	326	Mark Jones	Launceston Road Runners	M	(85.)	Male 40-44	(14.)	49:10
110.	328	Tracy McKenzie	Newquay Road Runners	F	(25.)	Female 40-44	(7.)	49:23
111.	54	Michelle Bright	Bideford AAC	F	(26.)	Female 40-44	(8.)	49:31
112.	124	Ian Burges	Widemouth Coastal	M	(86.)	Male 30-34	(11.)	49:32
113.	324	Sarah Hill	Newquay Road Runners	F	(27.)	Female 45-49	(6.)	49:32
114.	437	Alex Coley	East Cornwall Harriers	M	(87.)	Male 20-24	(2.)	49:33
115.	346	Rachael Thomas	Cornwall AC	F	(28.)	Female 45-49	(7.)	49:35
116.	186	Emma Dean	Okehampton RC	F	(29.)	Female 40-44	(9.)	49:36
117.	347	Ella Williams	Newquay Road Runners	F	(30.)	Female 40-44	(10.)	49:40
118.	110	Tim Nicholls		M	(88.)	Male 50-54	(13.)	49:40
119.	345	Steve Elson	PB Running Club	M	(89.)	Male 45-49	(14.)	49:41
120.	123	Thomas Devenney		M	(90.)	Male 40-44	(15.)	49:48
121.	284	Steve Horsfield		M	(91.)	Male 45-49	(15.)	49:50
122.	96	Andy North	Fremington Trailblazers	M	(92.)	Male 60-64	(3.)	49:52
123.	48	Peter McAughey	Launceston Road Runners	M	(93.)	Male 45-49	(16.)	49:56
124.	199	Abby Williams	Okehampton RC	F	(31.)	Female 40-44	(11.)	49:59
125.	286	Stuart Seymour-Smith	Holsworthy Running Club	M	(94.)	Male 55-59	(7.)	50:04
126.	109	Jaine Hynes	Launceston Road Runners	F	(32.)	Female 50-54	(5.)	50:07
127.	129	Ashley Jewell	Bideford AAC	M	(95.)	Male 35-39	(18.)	50:10
128.	278	Janine Davage		F	(33.)	Female 35-39	(3.)	50:22
129.	350	Kelly Woodfine-Beard	Newquay Road Runners	F	(34.)	Female 35-39	(4.)	50:37
130.	40	Paul Barnes	Bradworthy Runners	M	(96.)	Male 55-59	(8.)	50:40
131.	426	Amy Williams	East Cornwall Harriers	F	(35.)	Female 35-39	(5.)	50:45
132.	366	Sarah Worth	Launceston Road Runners	F	(36.)	Female 40-44	(12.)	50:57
133.	45	Ian McMahon	Bradworthy Runners	M	(97.)	Male 60-64	(4.)	50:57
134.	194	Nigel Grant	Bude Rats (Run and Tri)	M	(98.)	Male 55-59	(9.)	50:58
135.	292	Katie Spencer	Truro Running Club	F	(37.)	Female 45-49	(8.)	51:08
136.	373	Jenna Sleeman	Camelford Up and Running	F	(38.)	Female 30-34	(2.)	51:09
137.	306	Raymond Coles	Stibb Stompers	M	(99.)	Male 65-69	(3.)	51:11
138.	34	Candace Jewell	Bideford AAC	F	(39.)	Female 40-44	(13.)	51:14
139.	53	Clive Bright	Bideford AAC	M	(100.)	Male 55-59	(10.)	51:15
140.	95	Clive Cox		M	(101.)	Male 55-59	(11.)	51:20
141.	274	Kathy Jeffery		F	(40.)	Female 30-34	(3.)	51:36
142.	435	Michelle Steele	Newquay Road Runners	F	(41.)	Female 35-39	(6.)	51:37
143.	134	Jane Stedman	100 Marathon Club	F	(42.)	Female 55-59	(5.)	51:49
144.	18	Emily Hartman	Bude Rats (Run and Tri)	F	(43.)	Female 35-39	(7.)	51:53
145.	448	Holly Shute		F	(44.)	Female 15-19	(2.)	51:58
146.	178	Andrew Solomon	PB Running Club	M	(102.)	Male 55-59	(12.)	51:59
147.	423	Ben Towe		M	(103.)	Male 45-49	(17.)	52:00
148.	365	Les Graves	Newquay Road Runners	M	(104.)	Male 60-64	(5.)	52:04
149.	160	Hayley Jollow	Bradworthy Runners	F	(45.)	Female 40-44	(14.)	52:07

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Place	Bib	Name	Club	Gender	Pos	AG	Pos	Time
150.	368	Andrew Lucas	MudCrew Running	M	(105.)	Male 50-54	(14.)	52:12
151.	238	Jo Bradford	Okehampton RC	F	(46.)	Female 45-49	(9.)	52:14
152.	52	Chris Lawson		M	(106.)	Male 35-39	(19.)	52:18
153.	229	LeeAnn Taylor		F	(47.)	Female 40-44	(15.)	52:19
154.	234	Tim Sleeman		M	(107.)	Male 50-54	(15.)	52:28
155.	332	Mele Kent	Newquay Road Runners	F	(48.)	Female 45-49	(10.)	52:34
156.	314	Mike Baldwin	Hayle Runners	M	(108.)	Male 55-59	(13.)	52:40
157.	41	Leigh Newcombe	Just Jog Bideford	M	(109.)	Male 45-49	(18.)	52:41
158.	69	Andy Berry	Launceston Road Runners	M	(110.)	Male 40-44	(16.)	52:47
159.	287	Joanne Garmory		F	(49.)	Female 45-49	(11.)	53:03
160.	67	Marty Barnfield		M	(111.)	Male 45-49	(19.)	53:06
161.	43	Jon Gibbons	Just Jog Bideford	M	(112.)	Male 40-44	(17.)	53:10
162.	19	Edwina Stevenson	Bideford AAC	F	(50.)	Female 55-59	(6.)	53:11
163.	264	Lisa Berry-Waite	Just Jog Bideford	F	(51.)	Female 20-24	(2.)	53:16
164.	138	Antony Boardman		M	(113.)	Male 45-49	(20.)	53:17
165.	156	Malcolm Jones	Launceston Road Runners	M	(114.)	Male 60-64	(6.)	53:19
166.	113	Bruce Paton		M	(115.)	Male 45-49	(21.)	53:37
167.	175	Ben Rogers		M	(116.)	Male 35-39	(20.)	53:58
168.	118	Nicholas Morse	Mounts Bay Harriers	M	(117.)	Male 60-64	(7.)	54:00
169.	101	Paul Vincent	Just Jog Bideford	M	(118.)	Male 50-54	(16.)	54:01
170.	351	Michael Reed	Bodmin Road Runners	M	(119.)	Male 50-54	(17.)	54:07
171.	243	Tim Lane	Bideford AAC	M	(120.)	Male 50-54	(18.)	54:11
172.	158	Lee Morris		M	(121.)	Male 45-49	(22.)	54:12
173.	342	Diane Warren	Hayle Runners	F	(52.)	Female 60-64	(1.)	54:18
174.	190	Jackie Dawes	Okehampton RC	F	(53.)	Female 50-54	(6.)	54:27
175.	305	Andrew Ross	Bodmin Road Runners	M	(122.)	Male 55-59	(14.)	54:29
176.	304	Clare Mckee	Bodmin Road Runners	F	(54.)	Female 40-44	(16.)	54:29
177.	151	David Eldridge	Bideford AAC	M	(123.)	Male 45-49	(23.)	54:31
178.	397	Andrew Poole		M	(124.)	Male 40-44	(18.)	54:32
179.	228	Chris Underwood		M	(125.)	Male 40-44	(19.)	54:42
180.	341	Lucy Hewitt	Newquay Road Runners	F	(55.)	Female 50-54	(7.)	54:45
181.	16	Benjamin Symons	Just Jog Bideford	M	(126.)	Male 30-34	(12.)	54:53
182.	27	Sarah Adnett	Just Jog Bideford	F	(56.)	Female 40-44	(17.)	54:57
183.	369	Dawn Acaster	Launceston Road Runners	F	(57.)	Female 40-44	(18.)	55:02
184.	259	Adrian Brown	Launceston Road Runners	M	(127.)	Male 40-44	(20.)	55:02
185.	103	Heather Stacey	Holsworthy Running Club	F	(58.)	Female 30-34	(4.)	55:05
186.	122	Jo Northey	Launceston Road Runners	F	(59.)	Female 45-49	(12.)	55:06
187.	384	Dave Allan	Camelford Up and Running	M	(128.)	Male 45-49	(24.)	55:07
188.	63	Nicholas Carey	Bodmin Road Runners	M	(129.)	Male 40-44	(21.)	55:07
189.	217	Kelly Sargent	Launceston Road Runners	F	(60.)	Female 40-44	(19.)	55:09
190.	396	Juliet Stewart	Truro Running Club	F	(61.)	Female 50-54	(8.)	55:13
191.	430	Nicky Blythe	Bradworthy Runners	F	(62.)	Female 35-39	(8.)	55:18
192.	383	Amanda Burden	Launceston Road Runners	F	(63.)	Female 40-44	(20.)	55:18
193.	432	Richard Abbott	Holsworthy Running Club	M	(130.)	Male 45-49	(25.)	55:25
194.	83	Claire Barlow	Bodmin Road Runners	F	(64.)	Female 40-44	(21.)	55:27
195.	363	Peter Drew	Carn Runners	M	(131.)	Male 70+	(1.)	55:43
196.	414	Wayne Caff	Newquay Road Runners	M	(132.)	Male 45-49	(26.)	55:48
197.	247	Jessica Marsh	Bude Rats (Run and Tri)	F	(65.)	Female 40-44	(22.)	55:50
198.	319	Anna Gough		F	(66.)	Female 45-49	(13.)	56:05
199.	189	Geoffrey Russell	Just Jog Bideford	M	(133.)	Male 50-54	(19.)	56:07

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200.	412	Jane Stephens	PB Running Club	F	(67.)	Female 50-54	(9.)	56:09
201.	225	Vicky Percival	Bradworthy Runners	F	(68.)	Female 50-54	(10.)	56:09
202.	399	Jackie Cope	Falmouth RRC	F	(69.)	Female 60-64	(2.)	56:16
203.	60	Steve Trenner		M	(134.)	Male 65-69	(4.)	56:22
204.	339	Rian Jones		M	(135.)	Male 20-24	(3.)	56:29
205.	249	Carly Cutts Hammond	Just Jog Bideford	F	(70.)	Female 35-39	(9.)	56:30
206.	66	Christopher	Bude Rats (Run and Tri)	M	(136.)	Male 60-64	(8.)	56:33
207.	10	Michaela Hillman	Torrington AAC	F	(71.)	Female 50-54	(11.)	56:41
208.	212	Diana Bellamy		F	(72.)	Female 40-44	(23.)	56:47
209.	288	Mary Roberts	Launceston Road Runners	F	(73.)	Female 45-49	(14.)	56:52
210.	280	David Wilcox	Truro Running Club	M	(137.)	Male 40-44	(22.)	56:56
211.	193	Suzanne Brown		F	(74.)	Female 50-54	(12.)	56:58
212.	12	Angela Beaumont	Just Jog Bideford	F	(75.)	Female 20-24	(3.)	57:00
213.	132	Alison Blackman	Bideford AAC	F	(76.)	Female 30-34	(5.)	57:12
214.	364	Karen Masters	Newquay Road Runners	F	(77.)	Female 45-49	(15.)	57:17
215.	308	Jack Gibson	Camelford Up and Running	M	(138.)	Male 25-29	(4.)	57:26
216.	251	Jane Jackson	Okehampton RC	F	(78.)	Female 60-64	(3.)	57:27
217.	252	Lu Walsh	Okehampton RC	F	(79.)	Female 45-49	(16.)	57:30
218.	388	Bob Willcocks	Falmouth RRC	M	(139.)	Male 60-64	(9.)	57:31
219.	343	Elizabeth Yeo		F	(80.)	Female 30-34	(6.)	57:50
220.	85	Sam Nichols		F	(81.)	Female 45-49	(17.)	58:05
221.	154	Michael Cousins		M	(140.)	Male 50-54	(20.)	58:08
222.	353	Simon Tonkin		M	(141.)	Male 50-54	(21.)	58:11
223.	281	Anna Pascoe	MudCrew Running	F	(82.)	Female 35-39	(10.)	58:15
224.	201	Jacqueline Rice	Okehampton RC	F	(83.)	Female 55-59	(7.)	58:20
225.	434	Philip Beale	Just Jog Bideford	M	(142.)	Male 65-69	(5.)	58:23
226.	38	Mark Screech	Just Jog Bideford	M	(143.)	Male 45-49	(27.)	58:24
227.	269	Gemma Steele	Bideford AAC	F	(84.)	Female 30-34	(7.)	58:28
228.	106	Jenny Cameron	Bideford AAC	F	(85.)	Female 25-29	(1.)	58:28
229.	25	Jackie Lockyer	Bradworthy Runners	F	(86.)	Female 50-54	(13.)	58:31
230.	161	Jeremy Jollow	Bradworthy Runners	M	(144.)	Male 55-59	(15.)	58:34
231.	381	Des Evans	Newquay Road Runners	M	(145.)	Male 70+	(2.)	58:49
232.	71	Julie Pilkington	Just Jog Bideford	F	(87.)	Female 55-59	(8.)	58:50
233.	107	Mary Pool	Just Jog Bideford	F	(88.)	Female 60-64	(4.)	58:50
234.	195	David Stevens	Just Jog Bideford	M	(146.)	Male 55-59	(16.)	58:55
235.	334	Lorraine Brown	Truro Running Club	F	(89.)	Female 45-49	(18.)	58:57
236.	163	Jacky Tyler	Bodmin Road Runners	F	(90.)	Female 60-64	(5.)	59:05
237.	78	Janet Lathom	Launceston Road Runners	F	(91.)	Female 60-64	(6.)	59:14
238.	410	Barry Drew	Carn Runners	M	(147.)	Male 70+	(3.)	59:17
239.	80	Zoe Buse	Bodmin Road Runners	F	(92.)	Female 45-49	(19.)	59:19
240.	219	Victoria Harrison	Launceston Road Runners	F	(93.)	Female 40-44	(24.)	59:22
241.	271	Susan Standgord		F	(94.)	Female 50-54	(14.)	59:23
242.	102	Ian Ringer	Bodmin Road Runners	M	(148.)	Male 70+	(4.)	59:28
243.	211	Kevin Hogarth		M	(149.)	Male 60-64	(10.)	59:29
244.	283	Jennie Hayes	Torrington AAC	F	(95.)	Female 55-59	(9.)	59:29
245.	157	Georgina Kelly		F	(96.)	Female 35-39	(11.)	59:38
246.	61	Ray Goodright	East Cornwall Harriers	M	(150.)	Male 70+	(5.)	59:41
247.	409	Geoff Panter		M	(151.)	Male 40-44	(23.)	59:43
248.	262	Tracy Mellor	Crediton Running Network	F	(97.)	Female 50-54	(15.)	59:49
249.	241	Liz Egginton	East Cornwall Harriers	F	(98.)	Female 50-54	(16.)	59:51

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Overall Results

Place	Bib	Name	Club	Gender	Pos	AG	Pos	Time
250.	84	Zoe Gladwell		F	(99.)	Female 40-44	(25.)	59:54
251.	401	Steven Jenkin	Cornwall AC	M	(152.)	Male 45-49	(28.)	59:55
252.	202	Joanne Burrow	Okehampton RC	F	(100.)	Female 35-39	(12.)	59:59
253.	185	Geraldine Walter	Okehampton RC	F	(101.)	Female 45-49	(20.)	1:00:00
254.	352	Alison Beare		F	(102.)	Female 55-59	(10.)	1:00:05
255.	145	Derrick Elston		M	(153.)	Male 55-59	(17.)	1:00:08
256.	348	Rebecca Wise	Launceston Road Runners	F	(103.)	Female 40-44	(26.)	1:00:15
257.	98	Fran Long	Hayle Runners	F	(104.)	Female 55-59	(11.)	1:00:15
258.	2	Verity Lamerton	Just Jog Bideford	F	(105.)	Female 45-49	(21.)	1:00:17
259.	56	Nicola Cann	Just Jog Bideford	F	(106.)	Female 25-29	(2.)	1:00:20
260.	88	Jane Richardson	Okehampton RC	F	(107.)	Female 70+	(1.)	1:00:22
261.	90	Lisa Adamson	South Molton Strugglers	F	(108.)	Female 45-49	(22.)	1:00:25
262.	44	Nicky Hedden		F	(109.)	Female 40-44	(27.)	1:00:26
263.	367	David Wilton	Falmouth RRC	M	(154.)	Male 60-64	(11.)	1:00:28
264.	100	Steve Beer		M	(155.)	Male 55-59	(18.)	1:00:35
265.	327	Naomi Flower	Newquay Road Runners	F	(110.)	Female 25-29	(3.)	1:00:36
266.	141	Graham Smith	Falmouth RRC	M	(156.)	Male 55-59	(19.)	1:00:36
267.	378	Andrew Mansfield	Camelford Up and Running	M	(157.)	Male 45-49	(29.)	1:00:39
268.	169	Mike Bawden	Carn Runners	M	(158.)	Male 60-64	(12.)	1:00:41
269.	330	James Penhaligon	Newquay Road Runners	M	(159.)	Male 30-34	(13.)	1:00:43
270.	182	Viki Hayer		F	(111.)	Female 40-44	(28.)	1:00:43
271.	159	Mark Nesbitt	Hartland Hillbillies	M	(160.)	Male 55-59	(20.)	1:00:53
272.	323	Adam Walters	Newquay Road Runners	M	(161.)	Male 35-39	(21.)	1:00:56
273.	59	Emily Linton		F	(112.)	Female 35-39	(13.)	1:01:06
274.	389	Michelle Higgs		F	(113.)	Female 35-39	(14.)	1:01:13
275.	165	Merryn Allen	Bradworthy Runners	F	(114.)	Female 35-39	(15.)	1:01:17
276.	73	Ray Clarke		M	(162.)	Male 45-49	(30.)	1:01:20
277.	213	Melanie Priday	Okehampton RC	F	(115.)	Female 45-49	(23.)	1:01:21
278.	402	Matt Payne		M	(163.)	Male 40-44	(24.)	1:01:44
279.	126	Katy Speak	Okehampton RC	F	(116.)	Female 55-59	(12.)	1:01:51
280.	242	Susan Rescorl	Bodmin Women's RC	F	(117.)	Female 55-59	(13.)	1:01:52
281.	300	Paul Weston		M	(164.)	Male 35-39	(22.)	1:01:55
282.	196	Rebecca Simmons	Okehampton RC	F	(118.)	Female 40-44	(29.)	1:01:57
283.	70	Maria Haisman	Launceston Road Runners	F	(119.)	Female 50-54	(17.)	1:01:57
284.	424	Rebecca Towe		F	(120.)	Female 40-44	(30.)	1:01:59
285.	21	David Gayton	Fremington Trailblazers	M	(165.)	Male 45-49	(31.)	1:02:00
286.	20	Lizzie Gayton	Fremington Trailblazers	F	(121.)	Female 45-49	(24.)	1:02:00
287.	174	Nicola Emmett	Launceston Road Runners	F	(122.)	Female 40-44	(31.)	1:02:01
288.	235	Karen Limon	Crediton Running Network	F	(123.)	Female 50-54	(18.)	1:02:06
289.	233	Andrea Sleeman	Holsworthy Running Club	F	(124.)	Female 45-49	(25.)	1:02:06
290.	114	Emma Lowden	Just Jog Bideford	F	(125.)	Female 45-49	(26.)	1:02:47
291.	227	Mick Gates		M	(166.)	Male 50-54	(22.)	1:02:47
292.	13	Kirsten Bowie		F	(126.)	Female 50-54	(19.)	1:02:59
293.	354	Victoria Holt	Launceston Road Runners	F	(127.)	Female 35-39	(16.)	1:03:07
294.	117	Philippa Baker	Launceston Road Runners	F	(128.)	Female 60-64	(7.)	1:03:08
295.	176	Emma Jeffery	Just Jog Bideford	F	(129.)	Female 40-44	(32.)	1:03:12
296.	405	Kirsty Gamage		F	(130.)	Female 45-49	(27.)	1:03:15
297.	320	Mick Williams		M	(167.)	Male 55-59	(21.)	1:03:16
298.	335	Andrew Brown		M	(168.)	Male 55-59	(22.)	1:03:17
299.	440	Merwyn Quick	Launceston Road Runners	F	(131.)	Female 40-44	(33.)	1:03:52

Bude Lifeboat run 2019

Overall Results

Place	Bib	Name	Club	Gender	Pos	AG	Pos	Time
300.	307	Jane Walter	Bradworthy Runners	F	(132.)	Female 50-54	(20.)	1:03:59
301.	35	Robert Ireton		M	(169.)	Male 50-54	(23.)	1:04:05
302.	310	Rebecca Robson	Camelford Up and Running	F	(133.)	Female 40-44	(34.)	1:04:06
303.	172	Lorrie Woolgar	Fremington Trailblazers	F	(134.)	Female 55-59	(14.)	1:04:07
304.	279	Derek Pearse		M	(170.)	Male 70+	(6.)	1:04:11
305.	130	Gill Aze-Thomas	Launceston Road Runners	F	(135.)	Female 45-49	(28.)	1:04:14
306.	403	Simon Heard		M	(171.)	Male 40-44	(25.)	1:04:34
307.	226	Kate Dudman	Bodmin Women's RC	F	(136.)	Female 40-44	(35.)	1:04:36
308.	94	Alison Cox	Bodmin Women's RC	F	(137.)	Female 55-59	(15.)	1:04:38
309.	133	Carole Cornwall	Okehampton RC	F	(138.)	Female 50-54	(21.)	1:04:46
310.	197	Hannah Woods	Okehampton RC	F	(139.)	Female 45-49	(29.)	1:04:49
311.	128	Sarah Pile	Just Jog Bideford	F	(140.)	Female 40-44	(36.)	1:04:57
312.	417	Becky Parker		F	(141.)	Female 35-39	(17.)	1:05:00
313.	15	Jenny Symons	Just Jog Bideford	F	(142.)	Female 30-34	(8.)	1:05:00
314.	23	Jonathan Vincent	Just Jog Bideford	M	(172.)	Male 30-34	(14.)	1:05:03
315.	245	Sandra Lidiard	Bodmin Women's RC	F	(143.)	Female 45-49	(30.)	1:05:12
316.	121	Andrew Sillifant		M	(173.)	Male 35-39	(23.)	1:05:15
317.	104	Katie Lang	Just Jog Bideford	F	(144.)	Female 35-39	(18.)	1:05:21
318.	444	Sharon Tamblyn	Bodmin Women's RC	F	(145.)	Female 55-59	(16.)	1:05:30
319.	173	Cathrine Gardner	Bideford AAC	F	(146.)	Female 50-54	(22.)	1:05:33
320.	26	Steph Cook		F	(147.)	Female 35-39	(19.)	1:05:34
321.	263	Natalie Rogers	RAW Run Away Women	F	(148.)	Female 40-44	(37.)	1:05:35
322.	244	Ruth Bushell	Okehampton RC	F	(149.)	Female 55-59	(17.)	1:05:37
323.	31	Debbie Stokes	Bradworthy Runners	F	(150.)	Female 55-59	(18.)	1:05:38
324.	356	Margaret Wade	Carn Runners	F	(151.)	Female 65-69	(1.)	1:06:16
325.	115	John Jardine		M	(174.)	Male 45-49	(32.)	1:06:25
326.	64	Eliza Carey	Bodmin Road Runners	F	(152.)	Female 45-49	(31.)	1:06:29
327.	386	Michael Brereton	Camelford Up and Running	M	(175.)	Male 35-39	(24.)	1:06:34
328.	317	Sarah Richardson	Bradworthy Runners	F	(153.)	Female 40-44	(38.)	1:06:35
329.	394	Jamie Cooper		M	(176.)	Male 45-49	(33.)	1:06:37
330.	256	Jon Cryer		M	(177.)	Male 65-69	(6.)	1:06:38
331.	266	Nina Bond	Looe Pioneers Running	F	(154.)	Female 30-34	(9.)	1:06:41
332.	207	Suzanne Gratton		F	(155.)	Female 50-54	(23.)	1:06:50
333.	329	Sally Bowden	Newquay Road Runners	F	(156.)	Female 55-59	(19.)	1:06:51
334.	164	Pamela Harvey	Torrington AAC	F	(157.)	Female 45-49	(32.)	1:06:55
335.	253	Anne-Marie Lethbridge		F	(158.)	Female 45-49	(33.)	1:07:17
336.	282	Deirdre Smith	Bodmin Road Runners	F	(159.)	Female 50-54	(24.)	1:07:25
337.	230	Margaret Ginger		F	(160.)	Female 40-44	(39.)	1:07:45
338.	442	Martin Venning	Launceston Road Runners	M	(178.)	Male 65-69	(7.)	1:07:47
339.	404	Katie Payne		F	(161.)	Female 35-39	(20.)	1:07:59
340.	170	Kathryn Volkelt-Igoe	Okehampton RC	F	(162.)	Female 60-64	(8.)	1:08:18
341.	6	Bec Palmer	Camelford Up and Running	F	(163.)	Female 30-34	(10.)	1:08:36
342.	415	Jane Caff	Newquay Road Runners	F	(164.)	Female 55-59	(20.)	1:08:43
343.	144	Garry Bayliss		M	(179.)	Male 60-64	(13.)	1:08:44
344.	137	David Albans	Lincoln & District Runners	M	(180.)	Male 60-64	(14.)	1:08:52
345.	47	Bridget Stapleton		F	(165.)	Female 40-44	(40.)	1:08:56
346.	428	Irene Woods		F	(166.)	Female 45-49	(34.)	1:09:11
347.	1	Michelle Skipp		F	(167.)	Female 50-54	(25.)	1:09:39
348.	112	Sarah Styles-Power		F	(168.)	Female 55-59	(21.)	1:09:44
349.	277	Penny Lown	Bude Rats (Run and Tri)	F	(169.)	Female 55-59	(22.)	1:09:53

Bude Lifeboat run 2019

Overall Results

Place	Bib	Name	Club	Gender	Pos	AG	Pos	Time
350.	433	Kim Kendall	Just Jog Bideford	F	(170.)	Female 35-39	(21.)	1:10:15
351.	321	Tristan Williams		M	(181.)	Male 30-34	(15.)	1:10:17
352.	270	Lesley Taphouse	Bodmin Road Runners	F	(171.)	Female 55-59	(23.)	1:10:17
353.	79	Alison williams	Just Jog Bideford	F	(172.)	Female 55-59	(24.)	1:10:22
354.	382	Michelle Kitney-Baker	Newquay Road Runners	F	(173.)	Female 45-49	(35.)	1:10:25
355.	390	Jennie Massey	Hayle Runners	F	(174.)	Female 55-59	(25.)	1:10:42
356.	361	Christina Lake	Falmouth RRC	F	(175.)	Female 60-64	(9.)	1:10:54
357.	22	Joanne Bailey	Launceston Road Runners	F	(176.)	Female 45-49	(36.)	1:11:06
358.	51	Lisa Barker		F	(177.)	Female 25-29	(4.)	1:11:09
359.	431	Nicola Kenmir		F	(178.)	Female 30-34	(11.)	1:11:10
360.	371	Lizzie Milbank		F	(179.)	Female 20-24	(4.)	1:11:26
361.	168	Elizabeth Haworth	Bradworthy Runners	F	(180.)	Female 65-69	(2.)	1:11:36
362.	248	Nina Barham	Just Jog Bideford	F	(181.)	Female 50-54	(26.)	1:11:46
363.	143	Victoria Clarke	Hartland Hillbillies	F	(182.)	Female 45-49	(37.)	1:11:48
364.	188	Ann Collins	Just Jog Bideford	F	(183.)	Female 45-49	(38.)	1:12:44
365.	14	Donna Anderson	Just Jog Bideford	F	(184.)	Female 40-44	(41.)	1:12:44
366.	4	Adrian Bolt	Truro Running Club	M	(182.)	Male 50-54	(24.)	1:12:53
367.	9	Julia Fuery	Just Jog Bideford	F	(185.)	Female 45-49	(39.)	1:12:58
368.	301	Sara Keeley		F	(186.)	Female 30-34	(12.)	1:13:09
369.	237	Claire Sprague	Okehampton RC	F	(187.)	Female 40-44	(42.)	1:13:49
370.	338	Katie Sherjan	Okehampton RC	F	(188.)	Female 40-44	(43.)	1:13:49
371.	93	Andrea Vincent	Just Jog Bideford	F	(189.)	Female 50-54	(27.)	1:14:34
372.	147	Janet White	Okehampton RC	F	(190.)	Female 65-69	(3.)	1:14:43
373.	58	Steve Heywood	Bideford AAC	M	(183.)	Male 60-64	(15.)	1:14:45
374.	42	Katy Hart		F	(191.)	Female 40-44	(44.)	1:14:45
375.	57	Becky Rowledge		F	(192.)	Female 35-39	(22.)	1:14:45
376.	441	Jasmine Vallance		F	(193.)	Female 25-29	(5.)	1:14:56
377.	153	Tobias Gilkes		M	(184.)	Male 25-29	(5.)	1:14:56
378.	139	Julie Bolitho	Mounts Bay Harriers	F	(194.)	Female 50-54	(28.)	1:15:37
379.	446	David Banbury		M	(185.)	Male 55-59	(23.)	1:15:55
380.	447	Rosie Trevains	Bodmin Women's RC	F	(195.)	Female 30-34	(13.)	1:15:56
381.	3	Teresa Kirk		F	(196.)	Female 45-49	(40.)	1:16:23
382.	375	Kirsty Davis		F	(197.)	Female 40-44	(45.)	1:16:56
383.	29	Anne Polet	Just Jog Bideford	F	(198.)	Female 55-59	(26.)	1:16:57
384.	411	Carole Drew	Carn Runners	F	(199.)	Female 70+	(2.)	1:17:22
385.	357	Steven Lawrence	Falmouth RRC	M	(186.)	Male 60-64	(16.)	1:17:33
386.	92	Anita Rayer	Bradworthy Runners	F	(200.)	Female 55-59	(27.)	1:17:36
387.	232	Fiona Porter	Okehampton RC	F	(201.)	Female 60-64	(10.)	1:18:31
388.	392	David Garrard	Falmouth RRC	M	(187.)	Male 70+	(7.)	1:19:02
389.	311	Andree Carter	Bradworthy Runners	F	(202.)	Female 60-64	(11.)	1:19:03
390.	231	Sarah Bell	Okehampton RC	F	(203.)	Female 60-64	(12.)	1:19:08
391.	377	Kathryn Thomas	Cornwall AC	F	(204.)	Female 40-44	(46.)	1:19:45
392.	276	Lisa Goddard		F	(205.)	Female 50-54	(29.)	1:20:34
393.	316	Joanne Bilkey		F	(206.)	Female 30-34	(14.)	1:20:54
394.	236	Eric Hubber		M	(188.)	Male 70+	(8.)	1:23:26
395.	91	Lesley Taylor	Bradworthy Runners	F	(207.)	Female 50-54	(30.)	1:28:18
396.	206	Nicola Hallman		F	(208.)	Female 45-49	(41.)	1:32:16

Number of records: 396