



POWER RUN 5-10MILE

POWDERHAM CASTLE

6th April 2024

Pos	No	Distance	Time	Name	Cat	Cat Rank	Club
1	29	10m	1:02:10	Ben Neal	MSen	1	TAVISTOCK ATHLETIC CLUB
2	706	10m	1:11:57	Joshua Sale	MSen	2	EXMOUTH HARRIERS AAC
3	682	10m	1:13:35	Theo Miller	MSen	3	
4	698	10m	1:14:08	Jon Presling	M40+	1	TORBAY TRI CLUB
5	725	10m	1:17:00	Ino Van Der Heijden	MSen	4	
6	738	10m	1:17:16	Karl Williamson	M40+	2	
7	675	10m	1:17:37	Alex Mayne	M40+	3	
8	688	10m	1:17:41	Carl Nelson	MSen	5	
9	665	10m	1:18:30	Paul Knight	M40+	4	
10	11	10m	1:19:52	Damian Dunne	M50+	1	PLYMOUTH MUSKETEERS
11	701	10m	1:19:57	Julian Ridgley	M50+	2	
12	602	10m	1:20:12	Alan Ashford	M50+	3	
13	661	10m	1:20:23	Jimmy Joy	M60+	1	EXMOUTH HARRIERS AAC
14	606	10m	1:21:27	Martin Brace	M50+	4	TIVERTON HARRIERS
15	630	10m	1:22:19	James Foster	MSen	6	GREENBOW RUNNING CLUB
16	695	10m	1:22:26	Colin Peters	M50+	5	SOUTH DEVON ATHLETIC CLUB
17	692	10m	1:22:57	Richard Pedrick	MSen	7	VEGAN RUNNERS UK
18	616	10m	1:24:29	Matthew Cropp	MSen	8	VENTURA RUNNERS
19	720	10m	1:24:30	Stewart Taylor	M40+	5	OKEHAMPTON RUNNING CLUB
20	621	10m	1:24:56	Jason Dearden-Watts	M40+	6	CRANBROOK RUNNING CLUB
21	604	10m	1:26:27	Matthew Ball	M50+	6	PLYMOUTH HARRIERS
22	717	10m	1:26:53	Adam Stobbs	M50+	7	EXETER HARRIERS
23	691	10m	1:27:16	Mark Peck	MSen	9	
24	658	10m	1:27:52	David Jarvis	M40+	7	

25	713	10m	1:28:30	Hazel Shears	FSen	1	LANGPORT RUNNERS
26	681	10m	1:28:38	Doug Meehan	M40+	8	
27	730	10m	1:29:22	Nick Warren	M40+	9	HALDON TRAIL RUNNERS
28	668	10m	1:29:38	Nick Little	M50+	8	DAWLISH COASTERS
29	657	10m	1:30:08	Jenny James	F40+	1	
30	693	10m	1:30:12	Mathieu Peligry	MSen	10	
31	620	10m	1:30:22	Matthew Day	M50+	9	FORDY RUNS
32	648	10m	1:31:15	John Holland	M40+	10	
33	617	10m	1:31:51	Jeffrey Curd	M50+	10	TIVERTON HARRIERS
34	728	10m	1:31:57	Carole Walters	F60+	1	TAVISTOCK ATHLETIC CLUB
35	651	10m	1:32:02	Elwyn Howell	M60+	2	NORTH HERTS ROAD RUNNERS
36	721	10m	1:32:14	Daniel Thomson	MSen	11	FROME RUNNING CLUB
37	642	10m	1:32:37	Lloyd Hart	MSen	12	
38	662	10m	1:32:57	Michael Kay	M60+	3	SOUTH WEST ROADRUNNERS
39	679	10m	1:33:38	Jennifer Mears	FU20	1	CHAGFORD RUNNERS
40	712	10m	1:34:18	Ron Seward	M70+	1	AXE VALLEY RUNNERS
41	644	10m	1:34:52	Jonathan Harvey.	MSen	13	HALDON TRAIL RUNNERS
42	676	10m	1:34:52	Douglas Mccombe	MSen	13	EXMOUTH HARRIERS AAC
43	605	10m	1:36:21	Wayne Baxter	M40+	11	SOUTH WEST ROAD RUNNERS
44	736	10m	1:36:28	Nick Wilkinson	M50+	11	
45	704	10m	1:36:36	Max Roach	MSen	15	GRO WELLNESS
46	702	10m	1:37:23	Daniel Rigby	MSen	16	
47	718	10m	1:37:25	Alex Stremtan	MSen	17	
48	636	10m	1:37:35	Mark Glew	M50+	12	
49	734	10m	1:37:40	Mark West	M50+	13	TAVISTOCK ATHLETIC CLUB
50	732	10m	1:37:41	Shaun West	F50+	1	
51	729	10m	1:37:49	Carl Ward	M50+	14	TAUNTON C
52	647	10m	1:38:04	Michael Hockey	M40+	12	PLYMOUTH MUSKETEERS
53	610	10m	1:38:38	Patricia Chavez Torres	F40+	2	THAMESMEAD RUNNING CLUB
54	722	10m	1:38:39	Richard Thorley	MSen	18	GREENBOW
55	15	10m	1:39:34	Hannah Baker	FSen	2	Running For Ever
56	671	10m	1:39:34	Chris Manley	MSen	19	RUNNING FOREVER RUNNING CLUB TAUNTON
57	607	10m	1:39:39	Dawn Carrah	F60+	2	AXE VALLEY RUNNERS
58	670	10m	1:41:11	Anne Macfarlane	F60+	3	DUMFRIES RUNNING CLUB

59	667	10m	1:41:35	Nadine Lee	F50+	2	TORBAY AAC
60	649	10m	1:43:12	Katie Holman	FSen	3	DAWLISH COASTERS
61	703	10m	1:44:37	Rodney Rikhotso	MSen	20	GREENBOW RUNNING CLUB
62	743	10m	1:45:23	Michelle Wyatt	F50+	3	
63	641	10m	1:45:35	Cassandra Harrison	F40+	3	TORBAY TRI
64	731	10m	1:46:06	Luke Weekes	MSen	21	
65	604	10m	1:46:12	Matthew Ball	M50+	15	PLYMOUTH HARRIERS
66	683	10m	1:46:12	Lucy Millings	FSen	4	
67	690	10m	1:46:15	Faye Parry	F40+	4	
68	737	10m	1:46:34	Ike Wilkinson	MU20	1	
69	608	10m	1:46:38	Kristen Castle	FSen	5	
70	609	10m	1:46:49	Chloe Chart	F40+	5	
71	32	10m	1:47:53	Melanie Turner	F40+	6	0
72	685	10m	1:48:23	Paul Mooney	M50+	16	
73	674	10m	1:48:33	Beth Matthews	FSen	6	GREENBOW
74	640	10m	1:48:35	David Harrison	M70+	2	
75	680	10m	1:48:36	Tony Mears	M50+	17	
76	633	10m	1:48:59	Laraine Gibbins	F50+	4	DAWLISH COASTERS
77	639	10m	1:50:08	Emma Hark	FSen	7	
78	735	10m	1:50:25	Alison White	F60+	4	EXMOUTH HARRIERS AAC
79	613	10m	1:50:33	Linda Clayton	F40+	7	
80	696	10m	1:50:40	Debbie Pinhey	F40+	8	
81	601	10m	1:50:46	Merryn Allen	F40+	9	BRADWORTHY RUNNERS
82	35	10m	1:53:12	Leanne Reeves	FSen	8	RIVERIA RACERS
83	711	10m	1:54:09	Steve Selley	M60+	4	
84	689	10m	1:54:10	Mark Ottman	M60+	5	UP AND RUNNING
85	714	10m	1:54:56	Estelle Skinner	F40+	10	DAWLISH COASTERS
86	708	10m	1:56:13	Sarah Saunders	F40+	11	
87	519	10m	1:56:22	Hilary Preece	F50+	5	ISLWYN RUNNING CLUB
88	672	10m	1:56:42	Rachel Marks	F40+	12	RIVIERA RACERS
89	727	10m	1:57:01	Garry Wallace	M60+	6	STEVENAGE PHOENIX RUNNING CLUB
90	5	10m	2:00:49	Cheryl Dunn	FSen	9	TEIGNBRIDGE TROTTERS
91	646	10m	2:02:53	Jennifer Hirons	F50+	6	
92	618	10m	2:03:10	Gemma Davidson	F40+	13	

93	666	10m	2:03:10	Philip Lacey	M50+	18	
94	673	10m	2:03:47	Catherine Matthews	F40+	14	HALDON RAIL RUNNERS
95	663	10m	2:04:55	Charley Keirle	F40+	15	
96	656	10m	2:05:19	Dean James	M50+	19	
97	637	10m	2:05:52	Sue Grigg	F60+	5	WOMEN ON THE RUN
98	624	10m	2:05:54	Ruth Dorset	F60+	6	
99	687	10m	2:06:36	Vikki Moye	F40+	16	
100	600	10m	2:06:36	David Allard	M50+	20	
101	629	10m	2:07:26	Rosie Fitzpatrick	FSen	10	
102	654	10m	2:07:35	Matthew Iles	M50+	21	
103	650	10m	2:08:24	Becky Holmes	F50+	7	
104	626	10m	2:11:07	Tina Duckitt	F60+	9	HONITON RUNNING CLUB
105	707	10m	2:11:43	Shirley Salter	F60+	7	AXE VALLEY RUNNERS
106	724	10m	2:21:40	Kateryna Topor	F40+	17	
107	726	10m	2:21:55	Susan Wall	F60+	8	AXE VALLEY RUNNERS
108	715	10m	2:21:56	Liz Slade	F50+	8	AXE VALLEY RUNNERS
Pos	No	Distance	Time	Name	Cat	Cat Rank	Club
1	472	5m	0:30:47	Henry Irvine	MSen	1	DAWLISH COASTERS
2	14	5m	0:33:27	Hamish Fletcher-Cooney	MSen	2	SOUTH WEST ROAD RUNNERS
3	47	5m	0:34:39	Howard Bailey	MSen	3	EXETER HARRIERS
4	543	5m	0:35:40	Nicky Savill	FSen	1	SOUTH WEST ROAD RUNNERS
5	539	5m	0:37:25	Kate Saddler	FSen	2	DAWLISH COASTERS
6	404	5m	0:37:33	Cait Apps	FSen	3	
7	506	5m	0:38:38	Elke Morgan	FSen	4	
8	742	5m	0:40:18	Tom Woodd	M40+	1	
9	546	5m	0:40:25	John Shapland	M70+	1	BIDEFORD AAC
10	498	5m	0:41:38	Isla Mayne	FU20	1	EXETER HARRIERS
11	532	5m	0:42:52	Rupert Ricks	MSen	4	
12	500	5m	0:42:52	Oliver McLaren	MSen	4	
13	490	5m	0:43:30	Nicholas Lloyd	M60+	1	CHAGFORD RUNNERS
14	407	5m	0:43:57	Steven Badcott	M50+	1	
15	488	5m	0:44:07	Taylor Lawson	MSen	6	GREENBOW RUNNING CLUB
16	507	5m	0:44:13	Steve Morgan	M60+	2	EXMOUTH HARRIERS
17	446	5m	0:44:35	Rachel Garland-Irvine	FSen	5	DAWLISH COASTERS

18	550	5m	0:44:48	Elliot Smith	MSen	7	
19	522	5m	0:45:19	Roman Radecki	M40+	2	
20	558	5m	0:45:25	Alice Thomas	FSen	6	EXMOUTH HARRIERS
21	710	5m	0:45:29	Iaen Sell	M60+	3	TORBAY AAC
22	653	5m	0:46:35	Lydia Hughes	F40+	1	
23	496	5m	0:46:37	Ross Maynard	MSen	8	
24	464	5m	0:46:45	Shaun Heard	M50+	2	BRADWORTHY RUNNERS
25	741	5m	0:46:59	Josie Wood	FSen	7	
26	740	5m	0:46:59	Alex Wood	MSen	9	
27	533	5m	0:47:19	Kat Ridler-Murray	F40+	2	
28	551	5m	0:47:29	Andrew Smith	MSen	10	
29	541	5m	0:47:30	Rachel Sanders	FSen	8	SOUTH WEST ROAD RUNNERS
30	669	5m	0:47:55	Maria Lock	F50+	1	
31	442	5m	0:47:56	Eric Foster	M60+	4	DAWLISH COASTERS
32	415	5m	0:48:04	Matt Bray	MSen	11	
33	416	5m	0:49:06	Mike Bray	M50+	3	PORTLADE HEDGEHOPPERS
34	449	5m	0:49:07	Holly Godsland	FSen	9	RIVIERA RACERS
35	426	5m	0:49:24	Dave Chanter	M70+	2	TAVISTOCK RUN PROJECT
36	487	5m	0:49:27	Kelly Lawson	F40+	3	GREENBOW RUNNING CLUB
37	514	5m	0:49:37	Victoria Packer	F40+	4	
38	479	5m	0:49:43	Lewis Jones	M70+	3	SOUTH WEST ROAD RUNNERS
39	494	5m	0:49:58	Ian Marshalsea	M40+	3	
40	421	5m	0:50:16	Paul Catteau	M60+	5	
41	439	5m	0:50:17	Lucy Epps	FU20	2	
42	436	5m	0:50:24	Hannah Dearden-Watts	F40+	5	CRANBROOK RUNNING CLUB
43	660	5m	0:50:31	Ann Jones	F60+	1	
44	461	5m	0:50:38	Georgina Hayman	FSen	10	
45	462	5m	0:50:38	Jordan Hayman	MSen	12	
46	565	5m	0:50:44	Carly Warren	FSen	11	DAWLISH COASTERS
47	554	5m	0:50:53	Donna Stone	F40+	6	HONITON RUNNING CLUB
48	555	5m	0:50:53	Jasmine Stone	FSen	12	HONITON RUNNING CLUB
49	430	5m	0:51:12	Amy Cox	F40+	7	
50	414	5m	0:51:26	Abbie Birch	FSen	13	BRADWORTHY RUNNERS
51	463	5m	0:51:26	Karen Heard	F50+	2	BRADWORTHY RUNNERS

52	443	5m	0:51:42	Katie Foster	F40+	8	
53	489	5m	0:51:55	Paula Little	F50+	3	DAWLISH COASTERS
54	542	5m	0:51:58	Roger Saunders	M60+	6	HONITON RUNNING CLUB
55	643	5m	0:52:18	Gemma Harvey	FSen	14	
56	563	5m	0:52:18	Sarah Vizor	F50+	4	DAWLISH COASTERS
57	455	5m	0:52:30	Ian Grimes	M70+	4	LAUNCESTON ROAD RUNNERS
58	503	5m	0:52:59	Amy Mifsud	FSen	15	
59	431	5m	0:53:16	Amelia Currans	FSen	16	
60	403	5m	0:53:20	Sally Amphlett	F60+	2	BOVEY VALLEY RUNNERS
61	512	5m	0:53:30	Joshua Opokua	MSen	13	
62	559	5m	0:53:41	Claire Todd	F40+	9	
63	518	5m	0:53:46	Karen Powlesland	F50+	5	
64	547	5m	0:54:00	Ian Sharrock	M70+	5	TORBAY AAC
65	484	5m	0:54:01	Helen Kula-Przezowski	F60+	3	TAVISTOCK AC
66	497	5m	0:54:02	Albie Mayne	MU20	1	EXETER HARRIERS
67	510	5m	0:54:04	Ian Nelson	M50+	4	
68	405	5m	0:54:28	David Ashbery	F60+	4	
69	560	5m	0:54:45	Danyyil Topor	MSen	14	
70	468	5m	0:54:51	Linda Hoe	F70+	1	EXMOUTH HARRIERS
71	723	5m	0:54:52	Andrew Tiltman	M50+	5	
72	429	5m	0:55:19	Maxine Commings	F40+	10	
73	545	5m	0:55:37	Fiona Seward	F60+	5	AXE VALLEY RUNNERS
74	531	5m	0:55:41	Emily Rickard	FSen	17	
75	516	5m	0:56:04	Karl Peters	M50+	6	
76	427	5m	0:56:14	Jackie Chapman	F60+	6	LAUNCESTON ROAD RUNNERS
77	437	5m	0:56:21	Gregory Dove	M50+	7	RIVIERA RACERS
78	467	5m	0:56:45	Cheryl Hills	F50+	6	DAWLISH COASTERS
79	574	5m	0:57:03	Carey Wreford	F40+	11	TRI-HARDS LADIES EXMOUTH
80	454	5m	0:57:09	Rebecca Green	FSen	18	
81	419	5m	0:57:36	Tim Browning	M40+	4	
82	424	5m	0:57:40	Carla Chalk	F60+	7	
83	470	5m	0:57:41	Kate Hurley	F40+	12	
84	45	5m	0:57:48	Tim Ridgman	MSen	15	0
85	408	5m	0:57:57	Magdalena Bak	FSen	19	

86	521	5m	0:57:57	Magdalena Radecka	F40+	13	
87	495	5m	0:58:00	Laura Mason	FSen	20	DAWLISH COASTERS
88	401	5m	0:58:31	Nigel Acheson	M50+	8	
89	557	5m	0:58:40	Susan Taylor	F60+	8	RIVER VALLEY RUNNERS
90	622	5m	0:58:43	Linda Diggines	F60+	9	DAWLISH COASTERS
91	536	5m	0:58:45	Apryl Rodgers	F40+	14	
92	540	5m	0:58:50	Lisa Sale	F60+	10	
93	423	5m	0:59:03	Bryony Chalcraft	F40+	15	
94	448	5m	0:59:34	Tracey Glenister	F50+	7	
95	486	5m	0:59:39	Janet Lathom	F60+	11	LAUNCESTON ROAD RUNNERS
96	517	5m	0:59:44	Melanie Powell	F40+	16	DAWLISH COASTERS
97	561	5m	0:59:53	Claire Toze	F40+	17	
98	480	5m	1:00:20	Simon Judge	M40+	5	
99	568	5m	1:00:46	Christine Williams	F70+	2	TAUNTON AC
100	566	5m	1:00:50	Shaun Webber	M50+	9	
101	509	5m	1:00:56	Sophie Nedelec	FSen	21	
102	417	5m	1:01:05	Vicky Bressington	F50+	8	
103	562	5m	1:01:06	Fiona Upton	F50+	9	
104	572	5m	1:01:42	Lorrie Woolgar	F60+	12	FREMINGTON TRAILBLAZERS
105	612	5m	1:01:59	Natalie Clarke	F40+	18	
106	705	5m	1:02:00	Charlotte Harriet Roberts	F40+	19	
107	529	5m	1:02:13	Lynsey Reynolds	F40+	20	
108	482	5m	1:02:18	Marta Killey	F60+	13	RIVIERA RACERS
109	530	5m	1:02:23	Jane Richardson	F70+	3	OKEHAMPTON RC
110	473	5m	1:02:24	Shannon Izod	FSen	22	DAWLISH COASTERS
111	459	5m	1:02:45	Anita Harrison	F70+	4	TEIGN VALLEY
112	425	5m	1:02:59	Louise Chancellor	F50+	10	STEVENAGE PHOENIX RUNNING CLUB
113	538	5m	1:03:12	Harri Rowan	FSen	23	
114	520	5m	1:03:20	Julia Proctor	F50+	11	
115	456	5m	1:03:57	Lynn Hardy	F50+	12	FREMINGTON TRAILBLAZERS
116	567	5m	1:04:03	Catherine Whalley	FSen	24	
117	556	5m	1:04:27	Ann Sullivan	F60+	14	HALDON TRAILBLAZERS
118	677	5m	1:04:49	Katrina Mcgeever	F40+	21	
119	678	5m	1:05:16	Sean Mcgleenan	M60+	7	DUMFRIES RUNNING CLUB

120	544	5m	1:05:23	Hannah Selley-Day	FSen	25	
121	485	5m	1:05:29	Clare Lamburn	F50+	13	
122	569	5m	1:05:29	Sarah Willoughby	F50+	13	
123	418	5m	1:05:33	Sue Brigden	F60+	15	TEAM BATH ATHLETICS CLUB
124	635	5m	1:05:33	Maisie-Lee Gillett	FSen	26	
125	457	5m	1:05:47	Linda Harley	F50+	15	
126	445	5m	1:05:57	Terry Fullick	M60+	8	TIVERTON HARRIERS
127	553	5m	1:06:46	James Spayne	MSen	16	
128	402	5m	1:07:14	Hannah Acheson	FSen	27	
129	432	5m	1:07:15	Carole Dart	F60+	16	NORTH DEVON ROAD RUNNERS
130	444	5m	1:07:18	Amy Francis-Carter	FSen	28	
131	483	5m	1:07:22	Helen Knowles	F50+	16	NORTH DEVON RUNNING CLUB
132	499	5m	1:08:14	Clare Mayne	F40+	22	
133	413	5m	1:08:53	Sara Bates	F60+	17	UP AD RUNNING TORBAY
134	513	5m	1:08:53	Mandy Ottman	F60+	17	UP AND RUNNING TORBAY
135	412	5m	1:10:23	Joanna Bateman	F40+	23	
136	534	5m	1:10:51	Ellie Rigden	F40+	24	
137	504	5m	1:10:51	Penny Mooney	F50+	17	
138	450	5m	1:11:31	Jan Golding	F50+	18	
139	552	5m	1:11:32	Suzanne Smith	F60+	19	TRI-HARDS EXMOUTH
140	526	5m	1:11:32	Teresa Rayfield	F60+	19	TRI-HARDS LADIES EXMOUTH
141	447	5m	1:11:32	Helen Gillett	F50+	19	
142	451	5m	1:11:47	Alison Goody	F50+	20	FREMINGTON TRAILBLAZERS RUNNING CLUB
143	438	5m	1:11:47	Sharon Doyle	F50+	20	FREMINGTON TRAILBLAZERS RUNNING CLUB
144	548	5m	1:12:09	Lorraine Shaw	FSen	29	
145	460	5m	1:13:12	Claire Hawes	F60+	21	ALMOST ATHLETES
146	7	5m	1:13:53	Victoria Hales	F60+	22	TEIGNBRIDGE TROTTERS
147	511	5m	1:14:20	Catherine Newell	F50+	22	LONELY GOAT RC
148	694	5m	1:15:19	Darren Petch	M40+	6	TEIGNBRIDGE TROTTERS
149	411	5m	1:15:25	Susan Banham	F60+	23	TEIGN VALLEY
150	502	5m	1:16:18	Laura Menzies	F40+	25	BRADWORTHY RUNNERS
151	469	5m	1:16:34	Linda Howell	F60+	24	STEVENAGE STRIDERS
152	476	5m	1:16:48	Carol Jones	FSen	30	
153	477	5m	1:16:48	Laura Bond-Stevenson	FSen	30	

154	440	5m	1:18:02	Claire Farrar	F40+	26	TEIGNBRIDGE TROTTERS
155	435	5m	1:18:27	Fiona Dean	F50+	23	UP AND RUNNING TORBAY
156	535	5m	1:18:36	Frances Robinson	F60+	25	UP AND RUNNING TORBAY
157	410	5m	1:18:57	Sue Balcombe	F60+	26	UP AND RUNNING TORBAY
158	481	5m	1:20:31	Claire Keast	F50+	24	
159	492	5m	1:20:40	Mandy Lucas	F60+	27	WOMEN ON THE RUN