

Ivybridge 10K 2023

Prize Winners

Men					
1	1	402 Jim	Cole	Tavistock Run Project	32:32
2	2	433 Ben	Doonan		35:11
3	3	478 Matthew	Gilvear	Erme Valley Harriers	35:12
M40					
1	7	840 Alex	Peyton Jones	Tavistock Run Project	36:15
2	13	680 Grant	Harvey	Tavistock AC	38:02
M45					
1	6	459 Simon	Fitze	Erme Valley Harriers	36:13
2	11	694 Steven	Hill	Plymouth Harriers	37:11
M50					
1	44	857 Anthony	Raine	Torbay AAC	42:32
2	46	787 Zane	Steers	Dawlish Coasters	42:38
M55					
1	9	332 Graham	Bale	Plymstock Road Runners	36:35
M60					
1	22	392 Andrew	Charles	Plymouth Harriers	39:17
M65					
1	68	728 Alan	Kember	Teignbridge Trotters	44:23
Women					
1	8	450 Rebecca	Ezra Ham	Tamar Trotters	36:33
2	21	460 Naomi	Flanagan	Torbay Tri Club N/A	39:12
3	26	918 Serane	Stone	Bideford AAC	40:07
F35					
1	30	774 Charlene	Matthews	Storm Plymouth	40:57
2	34	448 Sally	Erith		41:22
F40					
1	49	470 Laura	Gannon		42:47
2	51	316 Helen	Anthony	Teignbridge Trotters	42:57
F45					
1	41	287 Melanie	Brooks		42:07
2	96	684 Jennifer	Hayes		46:42
F50					
1	148	391 Helen	Chapell		49:37
F55					
1	115	494 Jo	Gundle		47:46
F60					
1	91	368 Jane	Bremner	Tamar Trotters	46:06

Male Teams

1	Erme Valley Harriers	
	Matthew	Gilvear
	Simon	Fitze
	Charlie	Milward

2	Plymouth Harriers	
	Steven	Hill
	Andrew	Charles
	David	Morris

Female Teams

1	Storm Plymouth	
	Charlene	Matthews
	Lauren	Knox
	Georgie	Farr

2	Teignbridge Trotters	
	Helen	Anthony
	Debbie	Elphick
	Jacki	Woon