

Ivybridge 10K 2024

Results

| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Surname</u> | <u>Club</u> | <u>Cat</u> | <u>Time</u> |
|------------|------------|-------------|----------------|-------------------------|------------|-------------|
| 1 | 481 | Oliver | Thorogood | South West Road Runners | SM | 33:05 |
| 2 | 331 | Ceri | Rees | | M50 | 34:16 |
| 3 | 376 | Kairn | Stone | City Of Plymouth AC | M45 | 34:49 |
| 4 | 501 | James | Dwyer | | SM | 35:14 |
| 5 | 114 | Richard | Edwards | | SM | 35:18 |
| 6 | 172 | Ronnie | Haynes | Erme Valley Harriers | M40 | 35:21 |
| 7 | 464 | Tom | Wraight | | M40 | 35:22 |
| 8 | 516 | Jason | Hurford | Torbay Tri Club | SM | 35:27 |
| 9 | 526 | Alex | Peyton Jones | Tavistock Run Project | M40 | 35:39 |
| 10 | 66 | Chris | Casey | | SM | 36:14 |
| 11 | 203 | Brett | Jones | | M45 | 36:31 |
| 12 | 21 | Graham | Bale | Plymstock RR | M55 | 36:40 |
| 13 | 548 | Simon | Fitze | Erme Valley Harriers | M45 | 36:49 |
| 14 | 63 | James | Cartlidge | Plymouth Harriers | SM | 36:55 |
| 15 | 478 | David | Weir | City Of Plymouth AC | SM | 37:25 |
| 16 | 453 | Ollie | Parker | | SM | 37:32 |
| 17 | 182 | Steve | Hill | Plymouth Harriers | M50 | 37:39 |
| 18 | 261 | Lloyd | Milbourn | | SM | 37:42 |
| 19 | 437 | Alex | Wood | | SM | 38:27 |
| 20 | 189 | David | Hooton | Clapham Chasers | SM | 38:28 |
| 21 | 219 | Dominic | Laphorn | | SM | 38:45 |
| 22 | 41 | Scott | Bonner | | SM | 38:49 |
| 23 | 463 | Daniel | Case | Plymouth Musketeers | SM | 38:49 |
| 24 | 404 | Charlotte | Walker | Tavistock AC | SF | 38:50 |
| 25 | 138 | Milan | Goc | SWRR | M45 | 38:51 |
| 26 | 179 | Lee | Herbert | Plymouth Musketeers | M45 | 38:54 |
| 27 | 470 | Chris | Prall | Erme Valley Harriers | M40 | 39:07 |
| 28 | 398 | Andrew | Tucker | | SM | 39:15 |
| 29 | 7 | Simon | Anderson | City Of Plymouth AC | M60 | 39:17 |
| 30 | 158 | Garry | Harding | | M40 | 39:19 |
| 31 | 396 | Paddy | Trinder | | M45 | 39:29 |
| 32 | 268 | David | Morris | Plymouth Harriers | SM | 39:50 |
| 33 | 483 | David | Rosser | | M40 | 39:54 |
| 34 | 214 | Lauren | Knox | Storm Plymouth | SF | 40:19 |
| 35 | 371 | Neil | Squires | | M45 | 40:27 |
| 36 | 358 | Jake | Selley | | SM | 40:33 |
| 37 | 351 | Don | Rufus | South West Road Runners | M45 | 40:35 |
| 38 | 115 | Craig | Erickson | Plymouth Harriers | SM | 40:43 |
| 39 | 552 | Damian | Dunne | Plymouth Musketeers | M50 | 40:50 |
| 40 | 79 | Tom | Clark | | SM | 41:06 |
| 41 | 343 | Chris | Robinson | | M40 | 41:12 |
| 42 | 309 | Ravi | Pandy | Storm Plymouth | M50 | 41:16 |
| 43 | 175 | Christopher | Hedges | Plymouth Harriers | SM | 41:20 |
| 44 | 257 | Ian | McWass | Plymouth Harriers | M40 | 41:21 |
| 45 | 528 | Stephen | Burns | City Of Plymouth AC | M60 | 41:31 |
| 46 | 245 | Richard | Maunder | | M45 | 41:31 |
| 47 | 540 | Justin | Frost | Plymouth Musketeers | M45 | 41:38 |
| 48 | 4 | David | Allen | | SM | 41:39 |
| 49 | 525 | Luke | Hennessey | | SM | 41:40 |
| 50 | 513 | Simon | Chapman | Erme Valley Harriers | M55 | 41:42 |
| 51 | 124 | Craig | Follett | | SM | 41:44 |
| 52 | 169 | George | Hayes | | SM | 41:55 |
| 53 | 324 | Chris | Puertas | Plymouth Harriers | M55 | 42:04 |
| 54 | 485 | Harry | Hall | | SM | 42:06 |

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|-----|-----|----------|-----------|-------------------------|-----|-------|
| 55 | 452 | Ben | Payne | Plymouth Harriers | SM | 42:08 |
| 56 | 142 | Mark | Greaves | Plymstock RR | M40 | 42:11 |
| 57 | 434 | Toby | Wilson | | SM | 42:19 |
| 58 | 256 | Sean | Mctaggart | | SM | 42:32 |
| 59 | 119 | Kevin | Fine | Torbay AAC | SM | 42:38 |
| 60 | 13 | Jack | Arundel | Storm Plymouth | SM | 42:50 |
| 61 | 502 | Mark | Thomas | | M45 | 43:01 |
| 62 | 136 | Molly | Gilbey | City Of Plymouth AC | SF | 43:15 |
| 63 | 454 | Aaron | Shepherd | | SM | 43:20 |
| 64 | 553 | Michael | Gallacher | | M50 | 43:23 |
| 65 | 518 | Ryan | Medland | | M40 | 43:29 |
| 66 | 29 | Daniel | Baugh | Storm Plymouth | SM | 43:31 |
| 67 | 554 | Neil | Vingoe | | M50 | 43:39 |
| 68 | 493 | David | Kilgore | Storm Plymouth | M45 | 43:47 |
| 69 | 36 | George | Benton | | SM | 43:52 |
| 70 | 370 | Ian | Squires | City Of Plymouth AC | M45 | 43:52 |
| 71 | 522 | Jasmine | Bannister | | SF | 44:22 |
| 72 | 60 | Peter | Burbridge | | M40 | 44:28 |
| 73 | 199 | Geraint | Johns | | SM | 44:30 |
| 74 | 440 | Mark | Woolcock | | M45 | 44:38 |
| 75 | 150 | Thomas | Gurry | | SM | 44:49 |
| 76 | 9 | Marie | Arding | | SF | 44:55 |
| 77 | 48 | Matt | Bradley | | M50 | 44:56 |
| 78 | 542 | Colin | Hughes | Plymouth Musketeers | M40 | 44:59 |
| 79 | 227 | Brendan | Lightfoot | | M45 | 45:06 |
| 80 | 28 | Kevin | Baskott | | M55 | 45:08 |
| 81 | 517 | Jenny | James | | F40 | 45:11 |
| 82 | 405 | Hannah | Walker | Tavistock AC | SF | 45:17 |
| 83 | 253 | Richard | Mckee | | SM | 45:21 |
| 84 | 101 | Matthew | Day | Fordy Runs Running Club | M50 | 45:31 |
| 85 | 391 | David | Thomson | | M60 | 45:52 |
| 86 | 87 | Michelle | Cooper | Plymouth Harriers | F35 | 45:57 |
| 87 | 96 | Ayden | Cutland | | SM | 45:58 |
| 88 | 243 | Toby | Marks | | SM | 46:00 |
| 89 | 532 | Lucas | Hennessey | | SM | 46:03 |
| 90 | 340 | Sarah | Robbins | Plymouth Harriers | SF | 46:13 |
| 91 | 55 | Adrian | Brown | | M40 | 46:17 |
| 92 | 209 | Rebecca | Kealy | | SF | 46:21 |
| 93 | 224 | Curtis | Legrice | | SM | 46:27 |
| 94 | 364 | Mark | Sinclair | Plymouth Musketeers | M55 | 46:36 |
| 95 | 201 | Andrew | Johnson | Exmouth Harriers | M60 | 46:44 |
| 96 | 171 | Paul | Hayes | | M45 | 46:48 |
| 97 | 32 | Vincent | Bean | | SM | 46:50 |
| 98 | 429 | Peter | Williams | | M55 | 46:53 |
| 99 | 435 | Stuart | Witty | | M50 | 47:02 |
| 100 | 537 | Rebecca | Lee | Erme Valley Harriers | F40 | 47:05 |
| 101 | 251 | Matthew | Casey | | SM | 47:07 |
| 102 | 207 | Michael | Jones | Teignbridge Trotters | M50 | 47:10 |
| 103 | 451 | Alex | Hooker | | SM | 47:16 |
| 104 | 246 | Isabella | May | City Of Plymouth AC | SF | 47:27 |
| 105 | 130 | Ian | Gardner | | M50 | 47:35 |
| 106 | 269 | Joseph | Murphy | Storm Plymouth | M55 | 47:42 |
| 107 | 399 | Jason | Shipton | Launceston RR | M50 | 47:46 |
| 108 | 122 | Simon | Flood | | M50 | 47:49 |
| 109 | 231 | Jane | Ling | Plymstock RR | F45 | 47:50 |
| 110 | 524 | Nick | Hargraves | | SM | 47:56 |
| 111 | 105 | Sean | Doogan | Plymstock RR | M50 | 48:00 |
| 112 | 446 | Craig | Young | | SM | 48:03 |
| 113 | 88 | Michael | Cork | | M65 | 48:04 |

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|-----|-----|----------|--------------------|---------------------|-----|-------|
| 114 | 50 | Jane | Bremner | Tamar Trotters | F60 | 48:05 |
| 115 | 523 | Sara | Tapp | | F50 | 48:07 |
| 116 | 129 | Karine | Gallais-Montgomery | | F50 | 48:09 |
| 117 | 447 | Karen | Young | | F35 | 48:09 |
| 118 | 438 | Simon | Woodhouse | | M50 | 48:10 |
| 119 | 46 | Richard | Bowen | Plymouth Harriers | M55 | 48:12 |
| 120 | 62 | Steven | Carter | Plymouth Harriers | M50 | 48:12 |
| 121 | 186 | Michael | Hockey | Plymouth Musketeers | M40 | 48:14 |
| 122 | 164 | James | Hartridge | Torbay AAC | M60 | 48:26 |
| 123 | 416 | Lisa | West | Storm Plymouth | F35 | 48:29 |
| 124 | 308 | Brendan | Palmer | Storm Plymouth | M45 | 48:36 |
| 125 | 204 | Charlie | Jones | | SM | 48:43 |
| 126 | 313 | Robert | Paterson | | SM | 48:44 |
| 127 | 103 | Jack | Diggle | | SM | 48:45 |
| 128 | 188 | Niels | Hoetmer | Riviera Racers | SM | 48:48 |
| 129 | 262 | Ben | Miles | | SM | 48:49 |
| 130 | 14 | Richard | Atkinson | Plymouth Harriers | M55 | 48:50 |
| 131 | 151 | Simon | Hague | Storm Plymouth | M45 | 48:54 |
| 132 | 397 | David | Trott | | SM | 48:55 |
| 133 | 360 | Nick | Shapland | | M50 | 48:56 |
| 134 | 506 | Mark | Kessell | Storm Plymouth | M60 | 48:56 |
| 135 | 316 | Helen | Perry-Smith | Plymouth Coasters | SF | 48:56 |
| 136 | 274 | James | Newman | Plymouth Musketeers | SM | 48:59 |
| 137 | 456 | David | Lynch | | SM | 49:16 |
| 138 | 457 | Ben | Deer | | M40 | 49:16 |
| 139 | 252 | Sam | McGregor | | SM | 49:27 |
| 140 | 403 | Ben | Upfold | | SM | 49:29 |
| 141 | 198 | Fred | Jenkins | Instinctive Sports | M60 | 49:33 |
| 142 | 420 | Paul | Whitmore | Storm Plymouth | M40 | 49:34 |
| 143 | 544 | Brad | Coles | | M50 | 49:37 |
| 144 | 443 | Amie | Worth | | F35 | 49:39 |
| 145 | 5 | Jenny | Anderson | | SF | 49:40 |
| 146 | 539 | Carly | Wardle | Plymouth Musketeers | F35 | 49:40 |
| 147 | 549 | Shane | Howard | Plymouth Harriers | SM | 49:41 |
| 148 | 176 | Duncan | Hefford | | SM | 49:44 |
| 149 | 543 | Lydia | Stone | | F35 | 49:47 |
| 150 | 193 | Michael | Hughes | Storm Plymouth | M60 | 49:49 |
| 151 | 132 | Max | Geddes | | SM | 49:51 |
| 152 | 222 | Peter | Leary | | M60 | 49:53 |
| 153 | 39 | Matt | Bloomfield | | SM | 49:55 |
| 154 | 43 | James | Borne | | M40 | 50:00 |
| 155 | 482 | Joe | Howells | | SM | 50:01 |
| 156 | 477 | Ross | Doney | | SM | 50:01 |
| 157 | 250 | Ed | Mcclure | | SM | 50:04 |
| 158 | 116 | Claire | Faithfull | | SF | 50:05 |
| 159 | 34 | Nicola | Bennett | | SF | 50:06 |
| 160 | 272 | Thomas | Nelder | | SM | 50:11 |
| 161 | 271 | Robert | Nelder | | M55 | 50:11 |
| 162 | 467 | James | Naven | | SM | 50:15 |
| 163 | 30 | Peter | Bazley | Tavistock AC | M65 | 50:22 |
| 164 | 551 | Felicity | Knell | | F40 | 50:23 |
| 165 | 148 | James | Gulliver | | SM | 50:26 |
| 166 | 149 | Kristina | Gulliver | | F35 | 50:26 |
| 167 | 109 | Deborah | Drake | Dawlish Coasters | F55 | 50:28 |
| 168 | 380 | Jack | Talton | | SM | 50:36 |
| 169 | 8 | James | Ansell | | SM | 50:48 |
| 170 | 323 | Ivor | Pudner | Looe Pioneers RC | M55 | 51:07 |
| 171 | 108 | William | Downing | | SM | 51:08 |
| 172 | 460 | Brian | Law | Lonely Goat RC | M55 | 51:12 |

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| 173 | 514 | Ben | Field | Plymouth Harriers | SM | 51:15 |
| 174 | 160 | Carl | Harp | | M55 | 51:16 |
| 175 | 408 | Hannah | Walters | Tavistock Run Project | SF | 51:21 |
| 176 | 383 | Alice | Taylor | | SF | 51:25 |
| 177 | 362 | Anthony | Shearer | Tavistock AC | M65 | 51:26 |
| 178 | 187 | Bee | Hodgson | | F35 | 51:34 |
| 179 | 361 | Hannah | Shead | | F45 | 51:35 |
| 180 | 225 | Beth | Leighton | | SF | 51:35 |
| 181 | 344 | Ben | Robson-Burrell | | SM | 51:36 |
| 182 | 125 | Rosie | Forbes | | F35 | 51:37 |
| 183 | 412 | Luke | Weekes | | SM | 51:40 |
| 184 | 541 | Matthew | Kemp | | M40 | 51:50 |
| 185 | 165 | Jonathan | Harvey | | SM | 52:00 |
| 186 | 162 | Samantha | Harte-Latremouille | Bere Alston Trekkers | F45 | 52:04 |
| 187 | 260 | Tom | Meatyrd | | SM | 52:07 |
| 188 | 82 | Tracyann | Cole | | F55 | 52:08 |
| 189 | 330 | Emma | Reece | Riviera Racers | F50 | 52:08 |
| 190 | 259 | Charlie | Meatyrd | | SF | 52:09 |
| 191 | 131 | Rebekah | Gatling | | SF | 52:12 |
| 192 | 527 | Beverley | Tyson | | F40 | 52:15 |
| 193 | 350 | Nicholas | Rowland | | SM | 52:21 |
| 194 | 488 | Miranda | Burke | Plymouth Harriers | F55 | 52:25 |
| 195 | 448 | Diego | Zamora | | M40 | 52:30 |
| 196 | 363 | Edward | Simpson | | SM | 52:34 |
| 197 | 98 | Matthew | Lamont | | SM | 52:35 |
| 198 | 449 | Angela | Best | | F45 | 52:37 |
| 199 | 333 | Peter | Reville | | M45 | 52:41 |
| 200 | 240 | James | Mann | Plymstock RR | SM | 52:42 |
| 201 | 217 | Maggie | Lamerton | Plymouth Musketeers | F50 | 52:43 |
| 202 | 184 | Laura | Hoare | | SF | 52:46 |
| 203 | 357 | Phil | Scott | | M40 | 52:57 |
| 204 | 534 | David | Howard | | M55 | 52:59 |
| 205 | 335 | Sophie | Richards | | SF | 53:03 |
| 206 | 27 | Ann | Barriball | Launceston RR | F50 | 53:04 |
| 207 | 515 | Hannah | Parsons | | F40 | 53:05 |
| 208 | 147 | Tom | Gullis | | SM | 53:13 |
| 209 | 73 | Kevin | Chiswell | Storm Plymouth | M60 | 53:14 |
| 210 | 407 | Nancey | Walker | | F40 | 53:16 |
| 211 | 374 | Jeffrey | Stephenson | | M60 | 53:22 |
| 212 | 550 | Paul | Elliott | | M45 | 53:23 |
| 213 | 265 | Carl | Mills | | M45 | 53:24 |
| 214 | 64 | Michelle | Cartlidge | Plymouth Harriers | F35 | 53:25 |
| 215 | 84 | William | Collier | | SM | 53:51 |
| 216 | 180 | Dan | Hill | | SM | 53:55 |
| 217 | 394 | Dean | Trice | | M55 | 54:01 |
| 218 | 307 | John | Palmer | | M55 | 54:03 |
| 219 | 140 | Rocco | Gough | | SM | 54:06 |
| 220 | 497 | Debora | Cornish | Storm Plymouth | F55 | 54:16 |
| 221 | 500 | Simon | Richards | | SM | 54:23 |
| 222 | 319 | Owen | Plant | | SM | 54:24 |
| 223 | 44 | Helen | Boulden | Plymstock RR | SF | 54:26 |
| 224 | 436 | Stuart | Wood | | M40 | 54:30 |
| 225 | 37 | Gary | Bishop | Plymouth Harriers | M50 | 54:35 |
| 226 | 421 | Mark | Widgery | | M40 | 54:37 |
| 227 | 509 | Lewin | Dumper | Storm Plymouth | M60 | 54:40 |
| 228 | 53 | Claire | Brighton | | F50 | 54:41 |
| 229 | 121 | Barrie | Fitzpatrick | | M55 | 54:42 |
| 230 | 213 | Lee | Kirk | | M45 | 54:43 |
| 231 | 302 | Gavin | O'Riley | | M50 | 54:44 |

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|-----|-----|------------|-------------|---------------------|-----|-------|
| 232 | 433 | Ian | Wills | | M50 | 54:45 |
| 233 | 17 | Sam | Bailey | | M40 | 54:46 |
| 234 | 402 | Jason | Tuvey | Plymouth Harriers | M40 | 54:46 |
| 235 | 183 | Jasmin | Hladkij | | SF | 54:46 |
| 236 | 18 | Abigail | Baker | | SF | 54:49 |
| 237 | 388 | Ming Min | Teh | | SF | 54:51 |
| 238 | 12 | James | Artingstall | | SM | 54:55 |
| 239 | 365 | Sarah-Jane | Sinclair | Plymouth Musketeers | F55 | 54:56 |
| 240 | 212 | Lucy | Kerr | | F35 | 55:08 |
| 241 | 152 | Kieron | Hall | | SM | 55:10 |
| 242 | 428 | Martin | Williams | | M50 | 55:12 |
| 243 | 519 | Alan | Mckeever | | M55 | 55:15 |
| 244 | 123 | Joanne | Foley | | F40 | 55:17 |
| 245 | 76 | Lorenzo | Cladi | | M40 | 55:19 |
| 246 | 133 | Neil | Geddes | | M45 | 55:20 |
| 247 | 450 | Kate | Foley | South Devon AC | F45 | 55:20 |
| 248 | 49 | Steve | Bree | | M55 | 55:23 |
| 249 | 417 | Daniel | Westlake | | SM | 55:27 |
| 250 | 373 | Marianne | Stephen | | F40 | 55:30 |
| 251 | 317 | Alex | Pickstone | | F40 | 55:35 |
| 252 | 110 | Brennan | Drewitt | | M40 | 55:40 |
| 253 | 486 | Callum | Langford | Storm Plymouth | SM | 55:40 |
| 254 | 474 | Nigel | Selley | | M65 | 55:43 |
| 255 | 277 | Jeff | Nicks | | M55 | 55:44 |
| 256 | 174 | Lottie | Hearnden | | SF | 55:45 |
| 257 | 328 | Vanessa | Ratcliffe | | F35 | 55:46 |
| 258 | 326 | Daniel | Puleston | | SM | 55:50 |
| 259 | 144 | Paul | Griffin | | M55 | 55:54 |
| 260 | 221 | Kristian | Law | | SM | 55:55 |
| 261 | 52 | James | Briggs | | M55 | 56:02 |
| 262 | 349 | Emma | Rowe-Jones | | SF | 56:05 |
| 263 | 375 | Naomi | Stitson | | SF | 56:21 |
| 264 | 546 | Oliver | Jones | | M45 | 56:23 |
| 265 | 510 | Sarah | Head | | F35 | 56:25 |
| 266 | 58 | Lynda | Budd | | F45 | 56:25 |
| 267 | 177 | Kate | Hefford | | SF | 56:26 |
| 268 | 226 | Anita | Ley | | F55 | 56:37 |
| 269 | 154 | Nichole | Hancock | | F45 | 56:37 |
| 270 | 342 | Shaun | Roberts | | SM | 56:42 |
| 271 | 167 | Kelly | Hawkey | | F50 | 56:45 |
| 272 | 244 | Gary | Martin | Plymouth Musketeers | M50 | 56:46 |
| 273 | 234 | Alex | Longworth | | M55 | 56:48 |
| 274 | 264 | Lucy | Millings | | SF | 56:51 |
| 275 | 83 | Alex | Collard | | M40 | 56:52 |
| 276 | 90 | Paul | Courtney | | M40 | 56:54 |
| 277 | 278 | Mark | Norgate | | M55 | 56:56 |
| 278 | 190 | Adam | Horne | | SM | 57:01 |
| 279 | 275 | Mervyn | Nicholas | | M60 | 57:09 |
| 280 | 538 | Tanya | Alexander | | F40 | 57:12 |
| 281 | 24 | Jasmine | Barker | | SF | 57:26 |
| 282 | 25 | Kevin | Barker | | M45 | 57:26 |
| 283 | 155 | Kim | Hannaford | | SF | 57:30 |
| 284 | 279 | Sandra | Northcott | Looe Pioneers RC | F45 | 57:34 |
| 285 | 249 | Rebecca | Mccallum | Storm Plymouth | F35 | 57:35 |
| 286 | 424 | Derren | Wilkie | Storm Plymouth | M50 | 57:36 |
| 287 | 40 | Kate | Boardman | Riviera Racers | SF | 57:36 |
| 288 | 75 | Anna | Cicotti | Riviera Racers | SF | 57:36 |
| 289 | 461 | Nigel | Swan | | SM | 57:40 |
| 290 | 280 | Sophie | Norton | | SF | 57:40 |

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|-----|-----|-----------|--------------|----------------------|-----|---------|
| 291 | 273 | Darryl | Newman | Lonely Goat RC | M50 | 57:41 |
| 292 | 107 | Michaela | Dorrian | | F35 | 57:44 |
| 293 | 51 | Philip | Briant | | M55 | 57:46 |
| 294 | 10 | Peter | Armstrong | Plymouth Harriers | SM | 57:51 |
| 295 | 521 | Lucy | Thomas | | SF | 57:57 |
| 296 | 134 | Charlotte | Geeves | | SF | 57:58 |
| 297 | 146 | Jasmine | Growdon | | F35 | 58:38 |
| 298 | 338 | Stuart | Riley | Plymouth Musketeers | M50 | 58:42 |
| 299 | 220 | Charles | Larner Longe | | SM | 58:43 |
| 300 | 445 | Kirsty | Wraight | | F40 | 58:46 |
| 301 | 393 | James | Tohill | | M50 | 58:46 |
| 302 | 206 | Kris | Jones | Plymouth Musketeers | M40 | 58:49 |
| 303 | 531 | Kate | Byrom | | F35 | 58:52 |
| 304 | 141 | Rachel | Govan | | F35 | 58:58 |
| 305 | 473 | Carrick | Capon | | SM | 58:59 |
| 306 | 2 | Matthew | Akerman | | M40 | 58:59 |
| 307 | 71 | Helen | Childs | Storm Plymouth | F50 | 59:00 |
| 308 | 72 | Louisa | Chisholm | Looe Pioneers RC | F40 | 59:02 |
| 309 | 94 | Hannah | Currie | Plymouth Musketeers | SF | 59:19 |
| 310 | 441 | Annabel | Worley | | SF | 59:26 |
| 311 | 442 | David | Worley | | SM | 59:26 |
| 312 | 77 | Adam | Clark | | SM | 59:36 |
| 313 | 127 | Nicola | Fowler | Storm Plymouth | F40 | 59:39 |
| 314 | 430 | Trevor | Williams | | M65 | 59:44 |
| 315 | 111 | Ellie-May | Dunne | Plymouth Musketeers | SF | 59:53 |
| 316 | 395 | Travis | Trice | | SM | 59:56 |
| 317 | 205 | Kevin | Jones | | SM | 1:00:07 |
| 318 | 476 | Denise | Betty | | F35 | 1:00:18 |
| 319 | 480 | Steve | Betty | | M60 | 1:00:19 |
| 320 | 120 | Gemma | Fisher | | F40 | 1:00:22 |
| 321 | 20 | Becky | Bale | Plymstock RR | F50 | 1:00:22 |
| 322 | 346 | Lauren | Rockey | | SF | 1:00:25 |
| 323 | 484 | Jamie | Smith | | SM | 1:00:27 |
| 324 | 345 | Dean | Rockey | Storm Plymouth | M55 | 1:00:28 |
| 325 | 356 | Charlie | Scantlebury | | SF | 1:00:29 |
| 326 | 439 | Michelle | Woodward | | F35 | 1:00:38 |
| 327 | 469 | Dylan | Hall | | SM | 1:00:40 |
| 328 | 468 | Matthew | Pickles | | SM | 1:00:41 |
| 329 | 67 | Gail | Casey | | F55 | 1:00:42 |
| 330 | 425 | Judith | Wilkinson | Tamar Trotters | F60 | 1:00:49 |
| 331 | 347 | Cherry | Roddy | | F35 | 1:00:50 |
| 332 | 458 | Mark | Workman | Erme Valley Harriers | M50 | 1:00:51 |
| 333 | 377 | Andy | Stoner | | SM | 1:00:52 |
| 334 | 113 | Jude | Eaton | | SF | 1:00:53 |
| 335 | 385 | Will | Taylor | | SM | 1:00:53 |
| 336 | 185 | Chloe | Hoatson | Plymouth Musketeers | F40 | 1:00:54 |
| 337 | 310 | Jess | Parffrey | | F45 | 1:00:55 |
| 338 | 341 | Jennifer | Roberts | | F40 | 1:01:23 |
| 339 | 422 | Jodie | Wild | | F40 | 1:01:26 |
| 340 | 270 | Jennifer | Neil | | F35 | 1:01:28 |
| 341 | 372 | Jennifer | Stemp | | F40 | 1:01:32 |
| 342 | 239 | Holly | Manigan | | F40 | 1:01:32 |
| 343 | 354 | Jo | Sardella | | F50 | 1:01:44 |
| 344 | 65 | Leanne | Case | Plymouth Musketeers | F45 | 1:01:52 |
| 345 | 401 | Samantha | Turner | Plymouth Musketeers | F55 | 1:01:52 |
| 346 | 258 | Rebecca | Mcwass | Plymouth Harriers | F40 | 1:01:57 |
| 347 | 202 | Sally | Johnston | | F60 | 1:02:00 |
| 348 | 418 | Joanne | White | Lonely Goat RC | F45 | 1:02:10 |
| 349 | 378 | Melanie | Swainsbury | | F40 | 1:02:15 |

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|-----|-----|------------|------------|----------------------|-----|---------|
| 350 | 235 | Claire | Johns | | F35 | 1:02:26 |
| 351 | 216 | Teresa | Lakeman | | F60 | 1:02:29 |
| 352 | 459 | Vicki | Mair | | F45 | 1:02:32 |
| 353 | 91 | Bethany | Crane | | SF | 1:02:34 |
| 354 | 92 | Martin | Crane | | M55 | 1:02:35 |
| 355 | 329 | Jane | Rea | | F60 | 1:02:41 |
| 356 | 99 | Michael | Davies | | M60 | 1:02:44 |
| 357 | 135 | Robert | Gilbertson | | M65 | 1:02:44 |
| 358 | 238 | Marisa | Macleod | | F40 | 1:02:45 |
| 359 | 159 | Kevin | Harold | | M60 | 1:03:09 |
| 360 | 336 | Carol | Richards | | F35 | 1:03:26 |
| 361 | 427 | Barry | Williams | Plymouth Coasters | M60 | 1:03:31 |
| 362 | 496 | Lauren | Guest | | F35 | 1:03:35 |
| 363 | 400 | Dona | Turner | Plymouth Musketeers | F45 | 1:03:39 |
| 364 | 490 | Amanda | Dyke | | F50 | 1:03:40 |
| 365 | 503 | Naoko | Mckinnon | | F60 | 1:03:42 |
| 366 | 230 | Heather | Lilley | | F35 | 1:03:46 |
| 367 | 520 | Caitlin | Hodges | Storm Plymouth | SF | 1:03:50 |
| 368 | 215 | Viola | Kontos | | F40 | 1:03:52 |
| 369 | 70 | Dawn | Childs | Storm Plymouth | F50 | 1:03:54 |
| 370 | 11 | Jo | Arnold | | F50 | 1:03:55 |
| 371 | 337 | Miranda | Rickard | | F40 | 1:04:01 |
| 372 | 406 | Hazel | Walker | Tavistock AC | F50 | 1:04:06 |
| 373 | 194 | Alex | Hunt | | M45 | 1:04:07 |
| 374 | 128 | Jacqueline | Frewin | Erme Valley Harriers | F60 | 1:04:09 |
| 375 | 392 | Brenda | Thorne | Instinctive Sports | F60 | 1:04:15 |
| 376 | 487 | Sue | Law | Erme Valley Harriers | F45 | 1:04:17 |
| 377 | 321 | Jordan | Pocock | | SM | 1:04:28 |
| 378 | 54 | Russell | Brighton | | M50 | 1:04:35 |
| 379 | 38 | Jacqueline | Bloomfield | | F35 | 1:04:36 |
| 380 | 303 | Gina | O'Riley | | F45 | 1:04:43 |
| 381 | 47 | Cheryl | Boxall | Storm Plymouth | F50 | 1:04:52 |
| 382 | 530 | Finn | O'Brien | | SM | 1:04:58 |
| 383 | 166 | Kim | Harvey | | SF | 1:05:06 |
| 384 | 242 | Sara | Mansfield | | SF | 1:05:10 |
| 385 | 232 | Mark | Lobb | Storm Plymouth | M55 | 1:05:10 |
| 386 | 332 | Mark | Rescorl | | M40 | 1:05:22 |
| 387 | 462 | Shaun | Tapper | | SM | 1:05:28 |
| 388 | 22 | Sharron | Barclay | | F60 | 1:05:35 |
| 389 | 426 | Alasdair | Williams | | SM | 1:05:39 |
| 390 | 284 | Jennifer | Oatway | Plymouth Harriers | F40 | 1:05:48 |
| 391 | 348 | Hannah | Rogers | | SF | 1:05:55 |
| 392 | 181 | Emma | Hill | | F35 | 1:05:59 |
| 393 | 254 | David | Mckillop | | M55 | 1:06:06 |
| 394 | 15 | Ellen | Babb | | SF | 1:06:13 |
| 395 | 196 | Alison | Jeffery | Storm Plymouth | F55 | 1:06:17 |
| 396 | 163 | Jennie | Hartley | | SF | 1:06:19 |
| 397 | 466 | Jay | Hall | | SM | 1:06:35 |
| 398 | 178 | Claire | Herbert | Plymouth Musketeers | F50 | 1:06:38 |
| 399 | 1 | Mike | Adams | | SM | 1:06:42 |
| 400 | 535 | Sharon | Mcdonald | | F55 | 1:06:54 |
| 401 | 512 | Karen | Pomfret | | F60 | 1:06:55 |
| 402 | 282 | Charlotte | Nowak | | F35 | 1:07:01 |
| 403 | 320 | Louise | Platt | | F35 | 1:07:17 |
| 404 | 57 | Tom | Buckingham | | SM | 1:07:26 |
| 405 | 475 | Megan | Lawrence | | SF | 1:07:27 |
| 406 | 306 | Elliott | Palmer | | SM | 1:07:32 |
| 407 | 305 | Colin | Palmer | Storm Plymouth | M40 | 1:07:33 |
| 408 | 97 | Jess | Danby | | SF | 1:07:33 |

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| 409 | 547 | Alison | Moffatt | | F60 | 1:07:36 |
| 410 | 465 | Michael | Wilton | | M60 | 1:07:36 |
| 411 | 301 | Ian | O'Dowd | | M40 | 1:07:39 |
| 412 | 499 | Bryan | King | Plymouth Musketeers | M65 | 1:07:51 |
| 413 | 31 | Sarah-Louise | Bean | | F35 | 1:07:52 |
| 414 | 23 | Ben | Barker | | SM | 1:08:02 |
| 415 | 248 | Emma | Mcardle | Plymouth Harriers | F45 | 1:08:03 |
| 416 | 195 | Hannah | Iley | | SF | 1:08:17 |
| 417 | 369 | Julie | Spencer | Storm Plymouth | F60 | 1:08:25 |
| 418 | 505 | Jane | Dowrick | Storm Plymouth | F55 | 1:08:26 |
| 419 | 283 | Ivor | Oatway | | M40 | 1:08:28 |
| 420 | 472 | Paul | Barker | | M45 | 1:08:30 |
| 421 | 419 | Laura | Whitemore | Storm Plymouth | SF | 1:08:31 |
| 422 | 35 | Jon | Benton | | M45 | 1:08:33 |
| 423 | 352 | Karl | Runciman | Riviera Racers | M45 | 1:08:38 |
| 424 | 334 | Phillip | Reynolds | | SM | 1:08:47 |
| 425 | 536 | Elizabeth | Buckman | Plymouth Musketeers | F45 | 1:08:49 |
| 426 | 498 | Louise | King | Plymouth Musketeers | F60 | 1:08:49 |
| 427 | 86 | Harriett | Cooper | | SF | 1:08:55 |
| 428 | 281 | Hannah | Notman | | SF | 1:09:01 |
| 429 | 494 | Beverley | Nation | | F60 | 1:09:03 |
| 430 | 511 | Caroline | Anthony | | F45 | 1:09:13 |
| 431 | 161 | Natalie | Harrison | Storm Plymouth | F55 | 1:09:18 |
| 432 | 455 | Millie | Walton | | SF | 1:09:18 |
| 433 | 507 | Andrea | Anstey | Storm Plymouth | F40 | 1:09:18 |
| 434 | 314 | Gary | Patrick | | M50 | 1:09:18 |
| 435 | 471 | Harriet | Hunt | | SF | 1:09:30 |
| 436 | 218 | Greg | Lang | | SM | 1:09:36 |
| 437 | 56 | Kevin | Brown | | M60 | 1:09:37 |
| 438 | 233 | Justin | Locke | Storm Plymouth | M45 | 1:10:13 |
| 439 | 81 | Jo | Coish | | F50 | 1:10:18 |
| 440 | 85 | Dave | Connell | Plymouth Harriers | M65 | 1:10:34 |
| 441 | 384 | Heather | Taylor | Storm Plymouth | F45 | 1:10:37 |
| 442 | 359 | Hannah | Selley-Day | | F35 | 1:10:56 |
| 443 | 533 | Dennis | Hall | South West Road Runners | M60 | 1:11:24 |
| 444 | 366 | Maddie | Southall | Looe Pioneers RC | SF | 1:11:27 |
| 445 | 415 | Joanne | Welch | Storm Plymouth | F60 | 1:11:41 |
| 446 | 104 | Helen | Dinham | Storm Plymouth | F50 | 1:11:42 |
| 447 | 236 | Davina | Macdougall | | F50 | 1:12:18 |
| 448 | 409 | Sarah | Watmore | | F35 | 1:12:27 |
| 449 | 210 | Laura | Keith | Plymouth Harriers | SF | 1:12:44 |
| 450 | 80 | Sandy | Cluney | | F50 | 1:13:03 |
| 451 | 247 | Nichola | Maybee | | F40 | 1:13:16 |
| 452 | 312 | Lisa | Parr | Plymouth Harriers | F50 | 1:13:24 |
| 453 | 423 | Emma | Wildman | Plymouth Harriers | F50 | 1:13:23 |
| 454 | 153 | Lucy | Hamlyn | | SF | 1:13:27 |
| 455 | 78 | Lauren | Clark | | SF | 1:13:34 |
| 456 | 143 | Julie | Gregory | Looe Pioneers RC | F55 | 1:13:52 |
| 457 | 19 | Tracey | Baker | | F55 | 1:13:59 |
| 458 | 157 | Marie | Hanson | | F40 | 1:14:35 |
| 459 | 137 | Lorraine | Giles | Storm Plymouth | F60 | 1:14:39 |
| 460 | 266 | Marissa | Milton | | F50 | 1:15:17 |
| 461 | 229 | Emily | Lilley | | F45 | 1:15:40 |
| 462 | 431 | Isabelle | Willis | | SF | 1:15:55 |
| 463 | 16 | Simon | Bagshaw-Bale | | SM | 1:16:03 |
| 464 | 492 | Leah | Dyke | | SF | 1:16:31 |
| 465 | 491 | James | Dyke | | M45 | 1:16:31 |
| 466 | 367 | Louise | Sowden | | SF | 1:16:34 |
| 467 | 508 | Kathleen | Williams | Storm Plymouth | F50 | 1:17:12 |

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| 468 | 411 | Kathryn | Weaver-Gore | Plymouth Musketeers | F60 | 1:17:17 |
| 469 | 311 | Stephen | Parnell | | M60 | 1:17:30 |
| 470 | 355 | Len | Saxty | | M65 | 1:18:03 |
| 471 | 117 | Rob | Felwick | | M60 | 1:18:03 |
| 472 | 145 | Ryan | Griffiths | | M55 | 1:18:04 |
| 473 | 112 | Bill | Durante | | SM | 1:18:07 |
| 474 | 325 | Peter | Pugh | | SM | 1:18:07 |
| 475 | 61 | Erin | Burnett | | SF | 1:19:24 |
| 476 | 26 | Ellie | Barnes | | SF | 1:19:25 |
| 477 | 390 | Matthew | Thomas | | SM | 1:19:25 |
| 478 | 200 | Lynn | Johns | | F50 | 1:20:14 |
| 479 | 33 | Claire | Behenna | Plymouth Harriers | F40 | 1:21:51 |
| 480 | 489 | Becki | Lane | Storm Plymouth | F50 | 1:26:10 |
| 481 | 339 | Kelly | Robbins | Storm Plymouth | F40 | 1:26:10 |
| 482 | 495 | Vanessa | Carter | | SF | 1:26:12 |
| 483 | 318 | Hellen | Plant | Storm Plymouth | F45 | 1:26:14 |
| 484 | 504 | Clare | Collings | Storm Plymouth | SF | 1:26:14 |
| 485 | 387 | Bryonie | Taylor-Green | | F50 | 1:29:01 |
| 486 | 386 | Kayleigh | Taylor | | SF | 1:29:57 |
| 487 | 42 | Cathryn | Bonney | Storm Plymouth | F45 | 1:38:35 |

