



Hameldown Hammer

26th Febuary 2023

Results



| Position | Number | Name | Lastname | Category | Chip Time | Club |
|----------|--------|----------|-------------|----------|------------|-------------------------------|
| 1 | 117 | Simon | MIDDLETON | MV40 | 01:38:12.5 | |
| 2 | 167 | Daniel | THOMAS | M | 01:41:40.5 | Bridport Runners |
| 3 | 49 | James | FINN | M | 01:42:31.8 | |
| 4 | 162 | Lewis | SMITH | M | 01:46:01.3 | Mendip triathlon running club |
| 5 | 136 | Chris | PRALL | MV40 | 01:46:36.4 | Erme Valley Harriers |
| 6 | 1 | Benjamin | AKYOL | M | 01:47:30.5 | |
| 7 | 40 | Ged | DESFORGES | MV40 | 01:48:05.7 | (no club) |
| 8 | 159 | Ollie | SIDEBOTHAM | M | 01:48:43.4 | |
| 9 | 4 | Graham | BALE | MV50 | 01:49:13.1 | Plymstock Road Runners |
| 10 | 88 | Jan | KUKRAL | M | 01:49:23.5 | Clifton Running Club |
| 11 | 133 | Tom | POLAND | MV40 | 01:49:41.0 | Okehampton RC |
| 12 | 78 | Caradoc | JONES | M | 01:50:25.4 | |
| 13 | 154 | Robert | SELWAY | M | 01:50:34.9 | London Heathside |
| 14 | 72 | Barry | HUDSON | MV50 | 01:50:36.1 | The Orcs |
| 15 | 75 | Roland | HUNTER | MV40 | 01:52:06.9 | Chagford Running Club |
| 16 | 65 | Edward | HANDS | MV40 | 01:52:15.1 | |
| 17 | 175 | Carla | TUNNICLIFFE | F | 01:52:24.5 | Plymstock Road Runners |
| 18 | 115 | Nick | METSON | MV40 | 01:52:52.5 | |
| 19 | 53 | Wes | FREWIN | M | 01:52:53.6 | |
| 20 | 29 | Steve | CLOOK | MV50 | 01:52:57.4 | |
| 21 | 151 | Lee | SALTER | MV40 | 01:53:35.5 | |
| 22 | 106 | Katie | MCCULLAGH | F | 01:54:21.6 | |
| 23 | 84 | Eddie | KINGDOM | M | 01:55:15.0 | -Individual- |
| 24 | 14 | Elise | BOTT | F | 01:55:15.6 | |
| 25 | 184 | Steven | WATERS | M | 01:55:24.6 | Clapham Chasers |
| 26 | 150 | Rob | SALMON | MV40 | 01:57:56.1 | OuterEdge |
| 27 | 47 | Richard | EZRA-HAM | M | 01:57:59.4 | Tamar Trotters |
| 28 | 181 | Derrick | WARREN | M | 01:58:01.9 | Plymstock Road Runners |
| 29 | 131 | Nick | PHILLIPS | MV50 | 01:59:09.4 | |
| 30 | 141 | Matthew | RENDLE | MV40 | 01:59:14.7 | |
| 31 | 191 | Harry | WILKINS | M | 01:59:29.2 | |
| 32 | 128 | William | PAXTON | M | 01:59:41.1 | Clifton Running Club |
| 33 | 120 | Carl | MORGAN | MV40 | 02:00:45.7 | |
| 34 | 193 | Oliver | WOOLCOTT | M | 02:00:59.6 | |
| 35 | 195 | George | WORLE | M | 02:01:00.8 | |
| 36 | 80 | James | KELLY | M | 02:01:37.9 | |
| 37 | 87 | Ruben | KON | M | 02:01:55.0 | |
| 38 | 112 | Paul | MERCHANT | MV40 | 02:02:47.7 | Exeter Triathlon Club |
| 39 | 2 | Nathan | ARSCOTT | M | 02:04:02.5 | |
| 40 | 32 | Samuel | COOMBS | M | 02:04:55.0 | Nailsea Running Club |
| 41 | 152 | Alex | SCARLETT | M | 02:04:55.2 | |
| 42 | 10 | Greg | BARTLETT | M | 02:04:59.0 | |
| 43 | 21 | Dan | BROWN | M | 02:08:47.9 | |
| 44 | 157 | Nick | SHAW | M | 02:08:48.2 | (no club) |
| 45 | 46 | Heather | EVE | FV40 | 02:09:05.4 | Torbay AAC |
| 46 | 183 | Tim | WARRENER | M | 02:09:49.4 | (no club) |
| 47 | 73 | Phillip | HUGHES | MV40 | 02:10:17.5 | |
| 48 | 98 | Cameron | LUND | M | 02:10:21.9 | London City Athletics Club |
| 49 | 199 | William | YOUNG | M | 02:10:22.8 | Haldon Trail Runners |
| 50 | 163 | Jason | STEVENS | MV40 | 02:10:23.5 | -Individual- |
| 51 | 171 | Bertie | TRAILL | M | 02:10:25.3 | Danum Harriers |
| 52 | 129 | Mark | PENDREY | M | 02:10:32.2 | Running Punks |
| 53 | 94 | Sam | LEWIS | M | 02:10:40.3 | |



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|-----|-----|-----------|-----------------|------|------------|----------------------------------|
| 54 | 176 | Robin | TYLER | MV40 | 02:10:46.1 | |
| 55 | 164 | Adam | STOBBS | MV50 | 02:10:46.5 | Exeter Harriers |
| 56 | 28 | Ali | CHAMPION | F | 02:10:49.1 | |
| 57 | 196 | Oliver | WRIGHT | M | 02:12:45.0 | |
| 58 | 178 | Alistair | VINES | M | 02:12:55.6 | |
| 59 | 103 | David | MATHIAS | M | 02:13:10.2 | |
| 60 | 174 | Tor | TUCKEY | F | 02:13:31.0 | |
| 61 | 8 | Jon | BANNER | MV40 | 02:13:31.1 | (no club) |
| 62 | 144 | Matt | ROBBINS | M | 02:13:35.5 | |
| 63 | 68 | Ian | HAYWARD | MV60 | 02:13:50.0 | Torbay AAC |
| 64 | 192 | James | WINNIFRITH | MV50 | 02:13:57.9 | Tonbridge Athletics Club |
| 65 | 148 | Alex | ROWELL | M | 02:15:14.1 | |
| 66 | 168 | Euan | TIPPEN | M | 02:15:26.7 | |
| 67 | 118 | Mark | MILES | M | 02:15:38.6 | -Individual- |
| 68 | 187 | Jane | WEATHERILL | FV40 | 02:15:49.4 | Crafthole Running & Powerlifting |
| 69 | 67 | Thomas | HAYNES | M | 02:15:51.2 | |
| 70 | 99 | Harvey | LUPTON | M | 02:16:45.7 | |
| 71 | 109 | Connor | MCNAIR | M | 02:17:04.4 | |
| 72 | 186 | Martin | WATTS | MV40 | 02:17:29.4 | Bideford AAC |
| 73 | 22 | Andrew | BRYDEN | M | 02:17:51.6 | (no club) |
| 74 | 182 | Nutarisa | WARREN | F | 02:17:58.9 | (no club) |
| 75 | 16 | Sam | BRENNAN | M | 02:18:00.8 | Bishop's Stortford |
| 76 | 70 | Mark | HOOPER | MV40 | 02:18:03.6 | Running Forever RC |
| 77 | 55 | Joe | GASS | MV50 | 02:18:47.6 | |
| 78 | 110 | Jennifer | MEARS | FV40 | 02:18:53.0 | |
| 79 | 116 | Karl | MEYERHOFF | MV40 | 02:19:06.8 | (no club) |
| 80 | 135 | Becky | PRALL | FV40 | 02:19:08.1 | Erme Valley Harriers |
| 81 | 63 | Dean | HALLESY | MV40 | 02:19:25.0 | |
| 82 | 130 | Alex | PHILLIPS | MV40 | 02:19:26.3 | |
| 83 | 121 | Matt | MULCRONE | MV50 | 02:19:54.2 | |
| 84 | 60 | Mell | GREEN | FV50 | 02:19:55.9 | |
| 85 | 26 | Matthew | CARPENTER | M | 02:20:51.2 | |
| 86 | 25 | Alastair | CAIRNS | MV40 | 02:21:17.5 | |
| 87 | 97 | Matthew | LUMLEY | M | 02:21:49.5 | -Individual- |
| 88 | 107 | Callum | MCCULLOUGH | M | 02:22:06.7 | Plymouth Triathlon Club |
| 89 | 96 | Rachel | LONGTHORPE | FV50 | 02:22:33.8 | Torbay Tri Club |
| 90 | 197 | John | YELLAND | MV40 | 02:22:40.0 | Mad Hatter Sports Events |
| 91 | 140 | Charlotte | REID | F | 02:22:48.0 | |
| 92 | 20 | Adam | BROOKS | M | 02:23:06.8 | OuterEdge Running |
| 93 | 125 | Jeremy | PANNELL | MV40 | 02:23:09.0 | |
| 94 | 119 | Josh | MONK | M | 02:24:00.0 | 'Runny Runs' |
| 95 | 89 | Emma | LADDS | F | 02:24:06.6 | |
| 96 | 35 | David | CROWTHER | MV60 | 02:24:25.0 | Bideford AAC |
| 97 | 180 | Jack | WARNE | M | 02:24:41.6 | |
| 98 | 79 | Adam | KEFFORD | M | 02:24:52.2 | |
| 99 | 194 | Richard | WOOLLACOTT | M | 02:25:07.6 | |
| 100 | 52 | Katie | FOSTER | F | 02:25:08.2 | |
| 101 | 165 | Tim | SYNGE | MV50 | 02:25:16.4 | Teignbridge Trotters |
| 102 | 15 | Rachel | BOWER | FV50 | 02:25:57.5 | Chagford Running Club |
| 103 | 137 | Fran | PRATT | F | 02:26:13.8 | Town and Country Harriers |
| 104 | 37 | Craig | DAVIES | M | 02:26:44.6 | |
| 105 | 105 | Leila | MATTHEWS | FV40 | 02:27:30.1 | plymouth musketeers RC |
| 106 | 86 | Nathaniel | KNOX CARTWRIGHT | MV40 | 02:28:00.5 | Lonely Goat RC |
| 107 | 5 | Adrian | BALL | MV40 | 02:28:15.2 | |



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| 108 | 161 | Nicholas | SMITH | MV40 | 02:28:26.9 | Launceston Road Runners |
| 109 | 101 | Molly | MARVIN | F | 02:28:43.5 | Okehampton RC |
| 110 | 102 | Sarah | MARVIN | FV50 | 02:28:43.7 | Okehampton RC |
| 111 | 134 | Lydia | POOLE | FV40 | 02:29:06.7 | Truro Running Club |
| 112 | 198 | Gary | YOUNG | MV50 | 02:29:22.0 | Egdon Heath Harriers |
| 113 | 179 | Eleanor | WALSH | F | 02:29:41.7 | |
| 114 | 45 | Ben | EPPS | MV40 | 02:30:10.0 | Haldon Trail Runners |
| 115 | 71 | Peter | HOUGHTON | MV50 | 02:30:43.9 | Exeter Triathlon Club |
| 116 | 108 | Ali | MCKNIGHT | M | 02:30:51.0 | |
| 117 | 142 | Carl | REYNOLDS | MV50 | 02:31:50.3 | Brixham Harriers |
| 118 | 189 | Michael | WHITE | MV40 | 02:32:10.4 | (no club) |
| 119 | 69 | John | HOLLAND | MV40 | 02:32:20.4 | (no club) |
| 120 | 44 | Hans | EDWARDS | MV50 | 02:32:21.0 | Torbay Tri Club |
| 121 | 127 | Katie | PARTRIDGE | F | 02:32:23.1 | |
| 122 | 132 | Alan | PINCH | MV50 | 02:33:16.4 | (no club) |
| 123 | 122 | Joseph | MURPHY | MV50 | 02:33:32.7 | Storm Plymouth |
| 124 | 57 | Anna | GOCHER | F | 02:34:11.8 | Bovey Valley Runners |
| 125 | 42 | Deborah | DRAKE | FV50 | 02:34:32.6 | Dawlish Coasters |
| 126 | 124 | Matthew | OLCZAK | MV40 | 02:34:40.3 | Greenbow Running Club |
| 127 | 56 | Nick | GERAGHTY | MV40 | 02:35:09.7 | (no club) |
| 128 | 31 | Kevin | COOKE | MV40 | 02:36:49.0 | Yeovil town road running club |
| 129 | 24 | Michael | BURNS | M | 02:37:05.0 | |
| 130 | 36 | James | DAVEY | M | 02:37:08.6 | |
| 131 | 19 | Elaine | BRODBIN | F | 02:37:31.7 | |
| 132 | 13 | Suzie | BLANCHE | FV40 | 02:37:41.8 | FREMINGTON Trail Blazers |
| 133 | 17 | Nigel | BREWER | MV40 | 02:38:23.8 | |
| 134 | 38 | Jackie | DAY | FV50 | 02:38:30.1 | |
| 135 | 23 | Brian | BURDEN | MV40 | 02:38:32.7 | (no club) |
| 136 | 169 | Andrew | TODD | M | 02:38:44.9 | Risca Tri |
| 137 | 51 | Jodie | FOSTER | FV40 | 02:39:49.1 | (no club) |
| 138 | 61 | Naomi | GREENWOOD | F | 02:39:56.6 | |
| 139 | 170 | Freya | TOMLINSON | F | 02:40:01.6 | |
| 140 | 33 | Ella | COWEN | F | 02:40:40.2 | (no club) |
| 141 | 111 | Victoria | MERCER | F | 02:40:54.3 | |
| 142 | 90 | Katy | LAMPARD | FV40 | 02:41:42.3 | |
| 143 | 146 | Mike | ROBERTS | MV60 | 02:42:47.8 | Mad Hatters |
| 144 | 100 | Toby | MANFIELD | M | 02:43:32.0 | -Individual- |
| 145 | 166 | Kevin | TAYLOR | MV60 | 02:43:40.1 | Ryston Runners |
| 146 | 9 | Lily | BARR | F | 02:44:08.9 | |
| 147 | 114 | Peter | MERRETT | MV60 | 02:44:19.8 | |
| 148 | 77 | Margitta | JOLLIFFE | FV50 | 02:45:00.2 | Chagford Runners |
| 149 | 50 | Catherine | FLEMING | FV40 | 02:45:41.6 | Chagford Running Club |
| 150 | 185 | Michael | WATSON | MV40 | 02:46:14.2 | Lonely Goat RC |
| 151 | 62 | Sam | HALL | M | 02:47:37.2 | |
| 152 | 139 | Kathleen | RAWLINSON | FV50 | 02:49:10.1 | Chagford Running Club |
| 153 | 30 | Ed | CONDON | MV40 | 02:49:14.5 | |
| 154 | 104 | Catherine | MATTHEWS | FV40 | 02:49:32.7 | Haldon Trail Runners |
| 155 | 85 | Kate | KNILL | FV40 | 02:50:17.2 | (no club) |
| 156 | 145 | Glyn | ROBERTS | MV50 | 02:50:51.6 | Team Zulu |
| 157 | 138 | Helen | RALPH | FV60 | 02:55:49.9 | Tamar Trotters |
| 158 | 82 | Rebecca | KENNEDY-BRUYNE | FV40 | 02:56:56.0 | Bovey Valley Runners |
| 159 | 160 | Beverley | SMITH | FV40 | 02:57:14.8 | Egdon Heath Harriers |
| 160 | 76 | Emily | JEACOCK | F | 02:58:22.9 | -Individual- |
| 161 | 81 | Hilary | KENNEDY | FV60 | 03:00:21.1 | Brixham Harriers |



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| 162 | 149 | Anna | SABARTES | FV50 | 03:04:47.6 | |
| 163 | 7 | Matthew | BALL | M | 03:12:06.0 | |
| 164 | 158 | Sophie | SHEEHAN | FV40 | 03:12:13.9 | Weston Athletic Club |
| 165 | 172 | Sue | TREMLET | FV50 | 03:13:18.1 | Teignbridge Trotters |
| 166 | 123 | Karen | O'BRIEN | FV50 | 03:13:18.6 | Teignbridge Trotters |
| 167 | 173 | David | TRIGG | M | 03:13:24.0 | |
| 168 | 177 | Linda | VILLAGE | FV50 | 03:16:09.0 | Brixham Harriers |
| 169 | 54 | Samantha | GALVIN | FV50 | 03:24:37.2 | |
| 170 | 27 | Jo | CARVIN | FV40 | 03:25:53.5 | |