



Lundy

2nd July 2023

Results



Position	Number	Name	Lastname	Chip Time	Category	Club	Chip Time
1	13	Graham	BALE	01:41:49.4	MV50	Plymstock Road Runners	01:41:49.4
2	116	Jamie	HOWARD	01:46:01.7	MV40	South West Road Runners	01:46:01.7
3	68	Chris	DAVIS	01:47:41.5	MV40		01:47:41.5
4	66	Sam	DAVIS	01:49:23.3	M		01:49:23.3
5	214	Paul	STEVENS	01:51:22.9	MV40	St Austell Athletes Running Club	01:51:22.9
6	46	Lucy	CARTWRIGHT	01:52:19.5	F	Exeter Triathlon Club	01:52:19.5
7	142	Jaron	LLOYD	01:54:55.9	M	Llisbury Runners	01:54:55.9
8	129	James	KELLY	01:55:19.7	M		01:55:19.7
9	28	Jonathan	BOLLAND	01:55:50.5	M		01:55:50.5
10	165	Thomas	MCKEE	01:57:50.0	MV40	The ORC's	01:57:50.0
11	196	Murray	ROSS	01:59:37.8	M		01:59:37.8
12	59	Nate	CROSBY	01:59:58.0	M		01:59:58.0
13	138	Chris	LEWIS	02:00:30.8	MV40		02:00:30.8
14	52	Stephen	COLLIER	02:00:58.9	MV40	South West Road Runners	02:00:58.9
15	248	Matthew	WHITE	02:01:50.7	M		02:01:50.7
16	179	Matt	PENNEYCARD	02:02:25.6	MV40	Chew Valley Men	02:02:25.6
17	161	Shane	MATHEWS	02:02:42.5	MV40	Stroud District Athletics Club	02:02:42.5
18	195	Paul	ROSE	02:03:20.3	M		02:03:20.3
19	209	Paul	SHERWOOD	02:03:20.5	MV50	Exeter Tri Club	02:03:20.5
20	105	Josh	HARRIS	02:03:52.7	MV50	Lonely Goat RC	02:03:52.7
21	171	Harry	NOAD	02:06:03.5	M		02:06:03.5
22	253	Charlie	WITHERS	02:06:45.2	MV40	South West Road Runners	02:06:45.2
23	41	Richard	BUCKLEY	02:08:03.9	MV40		02:08:03.9
24	118	Ibrahim Khaleel	IBRAHIM	02:10:05.0	M		02:10:05.0
25	98	Angela	GOODWIN	02:10:40.6	FV40		02:10:40.6
26	242	Matt	WALMSLEY	02:10:58.4	MV40	South West Road Runners	02:10:58.4
27	115	Simon	HOVELL	02:11:56.5	MV40	Exeter Triathlon Club	02:11:56.5
28	206	Hazel	SHEARS	02:12:37.9	F	Langport Runners	02:12:37.9
29	32	Sean	BOWEN	02:13:12.8	MV50	Garden City Runners	02:13:12.8
30	164	Kevin	MCALEER6	02:13:18.4	MV60	Thames Valley Harriers	02:13:18.4
31	192	Malcolm	RITCHIE	02:14:57.3	MV40		02:14:57.3
32	84	John	EVETTS	02:17:14.0	MV60	Havering '90 Joggers	02:17:14.0
33	74	Janusz	DROGOMIRECKI	02:17:14.2	M		02:17:14.2
34	175	Jo	PEARCE	02:17:20.0	FV50	South West Road Runners	02:17:20.0
35	44	Moises	CANO REYES	02:18:19.5	M		02:18:19.5
36	167	Gareth	NETTLETON	02:20:06.1	MV40	Chew Valley Men	02:20:06.1
37	182	Kate	PERRY	02:21:24.4	F		02:21:24.4
38	205	Jamie	SEYMOUR	02:21:36.8	M		02:21:36.8
39	193	Ben	RIX	02:22:07.3	M		02:22:07.3
40	135	Alicia	LEAL	02:22:29.0	FV40	North Devon RRC	02:22:29.0
41	249	Ollie	WHITE	02:23:06.6	M		02:23:06.6
42	197	Andrew	ROWE	02:25:32.3	MV40		02:25:32.3
43	198	Matthew	ROWE	02:25:33.4	MV40	Bideford AAC	02:25:33.4
44	38	Jon	BROOKES	02:25:54.3	M		02:25:54.3
45	26	Helard	BISHTON	02:26:05.9	M		02:26:05.9
46	99	Martin	GOODWIN	02:27:37.1	MV40		02:27:37.1
47	73	Chris	DOYLE	02:27:52.6	MV60	Finch Coasters	02:27:52.6
48	217	Richard	STONE	02:28:03.3	MV40	South West Road Runners	02:28:03.3
49	88	Stuart	FELIX	02:29:54.4	MV50	Rhondda Valley Runners	02:29:54.4
50	78	Marc	EBANKS	02:30:08.1	MV50		02:30:08.1
51	113	Pete	HAWKINS	02:30:54.1	MV50		02:30:54.1
52	202	Emily	SAVAGE	02:30:54.8	F		02:30:54.8
53	168	Eleanor	NEWMAN	02:31:26.0	F		02:31:26.0



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54	224	Ewan	TAYLOR	02:31:27.5	MV40		02:31:27.5
55	140	Leah	LEWIS	02:32:01.3	F		02:32:01.3
56	203	Jeff	SCARLE	02:32:21.6	MV40		02:32:21.6
57	8	Russell	AVENS	02:33:16.3	MV40	Cherwell Runners & Joggers	02:33:16.3
58	76	Mark	DUNSTAN	02:33:16.3	MV40		02:33:16.3
59	244	Richard	WEATHERLY	02:33:16.7	MV40	Rudgwick Ultras and Me	02:33:16.7
60	54	Daniel	COMBES	02:33:22.9	M		02:33:22.9
61	104	Ian	HARDAKER	02:33:39.3	MV60		02:33:39.3
62	103	James	HANLAN	02:34:24.8	MV40		02:34:24.8
63	211	Claire	SPENCER	02:34:39.9	FV40	Overton Harriers and AC	02:34:39.9
64	6	Gareth	ASKEY	02:35:04.2	MV40	Garden City Runners	02:35:04.2
65	134	Sam	LAWRENCE	02:35:20.9	M		02:35:20.9
66	152	Anne Marie	LUEB	02:36:41.2	FV50		02:36:41.2
67	77	Alex	DZIURZYNSKI	02:37:01.7	MV40	Bideford AAC	02:37:01.7
68	109	Caroline	HARRISON	02:37:13.5	F		02:37:13.5
69	102	Lina	HAINES	02:37:31.2	F	Farnham Runners	02:37:31.2
70	83	Peter	EVERITT	02:37:46.9	MV40	Westy Crew	02:37:46.9
71	45	Ross	CARPENTER	02:37:47.1	MV40	Westy Crew	02:37:47.1
72	186	Justin	POCKNELL	02:37:51.3	MV50	Caerleon Running Club	02:37:51.3
73	185	Milo	PLATTS	02:38:31.1	M		02:38:31.1
74	184	Conall	PLATTS	02:38:32.3	MV50		02:38:32.3
75	148	Vincent	LOVELAND	02:38:56.3	MV60	JBR Run & Tri	02:38:56.3
76	90	Karine	GALLAIS-MONTGOMERY	02:39:40.3	FV50		02:39:40.3
77	85	Charlotte	EYDEN	02:39:53.5	FV40		02:39:53.5
78	123	Paul Christian	JONES	02:39:54.8	MV40		02:39:54.8
79	208	Chris	SHEPPARD	02:39:56.0	M		02:39:56.0
80	93	Catherine	GIBBS	02:40:40.1	F		02:40:40.1
81	95	Jamie	GIBBS	02:40:42.9	MV40		02:40:42.9
82	131	Luke	KNIGHT	02:40:50.2	M	Havering 90 Joggers	02:40:50.2
83	183	Dave	PITT	02:41:14.6	M	Bideford Blues	02:41:14.6
84	177	Cris	PECK	02:41:40.3	MV50	Tamar Trotters	02:41:40.3
85	255	Hannah	YONG	02:41:50.0	F		02:41:50.0
86	133	Stephen	LAMB	02:41:58.5	MV50		02:41:58.5
87	251	Claire	WINFIELD	02:42:00.5	FV50	Launceston Road Runners	02:42:00.5
88	39	Chris	BROWN	02:42:31.2	MV40	Henfield Joggers	02:42:31.2
89	158	Nikki	MANNERS	02:42:32.6	FV40		02:42:32.6
90	30	Steve	BOLLAND	02:42:55.7	MV50		02:42:55.7
91	29	Matt	BOLLAND	02:42:56.3	M		02:42:56.3
92	256	Zosia	YOUNG	02:43:28.2	FV40	Lonely Goat RC	02:43:28.2
93	258	Archie	CROPPER	02:43:30.6	M		02:43:30.6
94	121	Phil	JOHNSON	02:44:47.4	MV50	Cheddar Running Club	02:44:47.4
95	252	Ralph	WINTER	02:44:54.0	MV50	Exeter Triathlon Club	02:44:54.0
96	75	John	DUNNETT	02:45:25.5	MV60		02:45:25.5
97	15	Mike	BARNARD	02:46:40.8	MV60	Finch Coasters	02:46:40.8
98	231	Freya	TOMLINSON	02:47:07.2	F		02:47:07.2
99	150	Vanessa	LOWE	02:49:04.5	FV50	Holbeton Runners	02:49:04.5
100	31	Emma	BOOBYER	02:49:28.3	FV40		02:49:28.3
101	132	Steff	LAMB	02:50:36.7	F		02:50:36.7
102	62	Sam	DALY	02:50:40.7	F		02:50:40.7
103	86	Tanguy	FABLET	02:51:23.9	MV40	BADTri	02:51:23.9
104	226	Aline	TEMPREMENT	02:51:25.6	F		02:51:25.6
105	55	Michael	COUSINS	02:51:52.0	MV50		02:51:52.0
106	172	Danielle	NOBLET	02:52:20.2	F		02:52:20.2
107	122	Lucie	JONES	02:52:30.0	FV40		02:52:30.0



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108	125	Simon	JONES	02:52:30.4	MV50		02:52:30.4
109	181	Emma	PERRY	02:52:43.4	FV40	Somerset RC Tri	02:52:43.4
110	119	Philip	IRELAND	02:53:36.6	MV50		02:53:36.6
111	19	Alan	BENNETT	02:54:52.3	MV60		02:54:52.3
112	212	Philippa	STATTER	02:56:45.6	FV40		02:56:45.6
113	22	Rachel	BILBOE	02:56:46.0	FV40	Badrats	02:56:46.0
114	5	Lucy	ASHTON	02:56:46.2	F	Chew Valley Snails	02:56:46.2
115	60	Damien	CROXTON	02:56:46.2	MV40		02:56:46.2
116	188	Pippa	PRENDERGAST-COATES	02:56:47.2	F		02:56:47.2
117	110	Paul	HARRISON	02:57:00.7	MV40		02:57:00.7
118	180	Mark	PERCIVAL	02:57:16.0	M		02:57:16.0
119	71	Ellie	DIMOND	02:57:18.2	F		02:57:18.2
120	187	Aidan	PRENDERGAST	02:57:34.3	MV50		02:57:34.3
121	106	Sarah	HARRIS	02:57:42.4	FV40	Lonely Goat RC	02:57:42.4
122	160	Mark	MARSHALL	02:58:21.9	MV50		02:58:21.9
123	100	Kate	GREEN	02:58:23.3	FV50	Wye Valley Runners	02:58:23.3
124	127	Jess	JONES	02:59:03.0	FV50		02:59:03.0
125	146	Ester	LOPEZ RODRIGUEZ	02:59:22.7	F		02:59:22.7
126	81	Dawn	ENGLISH	02:59:24.9	FV40		02:59:24.9
127	48	Tina	CARTWRIGHT	02:59:37.0	FV60	Ludlow Runners	02:59:37.0
128	199	Stephen	RUCKLIDGE	02:59:53.0	MV50		02:59:53.0
129	27	Davina	BLANCHARD	03:00:05.3	FV50	South West Road Runners	03:00:05.3
130	69	Shaun	DE CLANCY	03:01:04.6	MV60		03:01:04.6
131	63	Kat	DARBY	03:01:07.6	F		03:01:07.6
132	240	Natasha	WAGGETT	03:02:04.1	FV50		03:02:04.1
133	254	Lucy	WOOLLEY	03:02:06.8	FV50		03:02:06.8
134	1	Samantha	ABRAMS	03:02:11.0	FV40	Sedgemoor Striders	03:02:11.0
135	259	Alice	MIGNAUD	03:03:23.8	FV50		03:03:23.8
136	227	Meena	THATHU	03:03:47.0	FV40	Finch Coasters	03:03:47.0
137	101	Joanna	GRIFFIN	03:03:58.0	FV50	Teignbridge Trotters	03:03:58.0
138	250	Amy	WHITESIDE	03:06:38.0	F	Let Me Jog Your Dog	03:06:38.0
139	37	Lucy	BROOK	03:06:39.6	FV40	Let Me Jog Your Dog	03:06:39.6
140	222	Peter	TASSART	03:07:24.1	MV50	Peter Tassart	03:07:24.1
141	47	Peter	CARTWRIGHT	03:07:53.3	MV60	Ludlow Runners	03:07:53.3
142	18	Becky	BATES	03:08:03.2	F		03:08:03.2
143	2	Demetrie	ALLARD	03:09:42.3	MV40	Gillingham Trotters	03:09:42.3
144	126	Gareth	JONES	03:10:11.0	MV50		03:10:11.0
145	223	Rebecca	TATON	03:10:53.5	FV50		03:10:53.5
146	201	Jamie	SANDERSON	03:10:54.1	MV40		03:10:54.1
147	67	Steve	DAVIS	03:11:06.8	MV50		03:11:06.8
148	233	Bryan	TONKIN	03:11:48.3	MV50	Swindon Harriers	03:11:48.3
149	154	Jayne	LYNDS	03:11:58.5	FV50		03:11:58.5
150	155	Will	LYNDS	03:12:00.2	MV50	Trigs & Trago	03:12:00.2
151	92	Liz	GAYTON	03:12:15.2	FV50		03:12:15.2
152	120	Amelia	JEPHSON	03:12:48.8	F		03:12:48.8
153	49	Jennifer	CHAMBERS	03:12:50.5	F	Running Forever RC	03:12:50.5
154	143	Jake	LOEWENDAHL	03:13:35.3	MV70		03:13:35.3
155	190	Helen	RALPH	03:13:46.6	FV60	Tamar Trotters	03:13:46.6
156	178	Fiona	PECK	03:13:48.5	FV50	Tamar Trotters	03:13:48.5
157	200	John	RUSSELL	03:14:40.2	MV60		03:14:40.2
158	70	Damon	DENNIS	03:14:46.0	MV50	Lawrence House Museum	03:14:46.0
159	10	Joseph	AVIS	03:14:47.0	M		03:14:47.0
160	9	Anna	AVIS	03:14:47.5	F		03:14:47.5
161	145	Jo	LOMAS	03:14:49.7	FV50		03:14:49.7



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162	51	Rob	CLOSE	03:15:07.8	MV40		03:15:07.8
163	210	Alexandra	SMITH	03:18:09.0	FV40	Caerleon Running Club	03:18:09.0
164	163	Colette	MAUNDER	03:18:34.6	FV50	Gillingham Trotters	03:18:34.6
165	213	Kate	STEVENS	03:19:37.5	FV40	St Austell Running Club	03:19:37.5
166	61	John	CUSACK	03:19:56.0	MV40	Minster Milers	03:19:56.0
167	91	Sam	GASH	03:20:15.2	FV50		03:20:15.2
168	56	Roy	COUZENS	03:21:21.4	MV60		03:21:21.4
169	114	Kimberley	HILL	03:22:10.3	F		03:22:10.3
170	139	Giles	LEWIS	03:22:10.5	MV50		03:22:10.5
171	4	Felicity	ARIES	03:22:40.3	FV60	Eryri Harriers	03:22:40.3
172	238	Emily	VINING	03:23:45.7	FV40	Running Forever RC	03:23:45.7
173	239	Gerald	VINING	03:23:46.1	MV40		03:23:46.1
174	236	Sally	TOYE	03:24:19.8	FV60	Ludlow runners	03:24:19.8
175	12	Becky	BALE	03:24:54.5	FV50		03:24:54.5
176	176	Kelvin	PEARD	03:25:52.3	MV60	Lonely Goat RC	03:25:52.3
177	232	Sophie	TOMLINSON	03:26:02.1	F		03:26:02.1
178	96	Chloe Ann	GLENCROSS	03:26:02.8	F		03:26:02.8
179	16	Nicola	BARRY	03:26:29.9	FV50		03:26:29.9
180	108	Casey	HARRIS	03:27:24.4	F		03:27:24.4
181	107	Molly	HARRIS	03:27:25.0	F		03:27:25.0
182	153	Royce	LYE	03:27:41.0	MV50	Lonely Goat RC	03:27:41.0
183	230	Stuart	TIDD	03:27:56.2	MV60	Havering 90 Joggers	03:27:56.2
184	159	Vickie	MARGETTS	03:28:07.9	FV40	Lonely Goat RC	03:28:07.9
185	247	Derek	WELLMAN	03:28:08.8	MV50		03:28:08.8
186	7	Michelle	ATTWOOD	03:28:37.8	FV50	Badrats	03:28:37.8
187	229	Debbie	THORPE	03:28:55.6	F	Riviera Racers	03:28:55.6
188	189	James	PROWSE	03:28:56.9	MV40		03:28:56.9
189	241	Alex	WALKER	03:29:56.8	F		03:29:56.8
190	57	Neil	CRANIDGE	03:30:27.6	MV50	Dorset Doodlers RC	03:30:27.6
191	243	Jane	WARD	03:30:27.7	FV50	Dorset Doodlers RC	03:30:27.7
192	42	Kelly	BURGESS	03:31:02.6	FV50		03:31:02.6
193	246	Raji	WEBBER	03:31:25.6	FV40		03:31:25.6
194	151	Jackie	LUDLOW	03:32:02.6	FV50	Havering 90 Joggers	03:32:02.6
195	94	Claire	GIBBS	03:32:23.4	FV50	Chard Road Runners	03:32:23.4
196	166	Anne	MINFORD	03:32:42.0	FV60		03:32:42.0
197	117	Nicky	HUDSON	03:33:16.0	FV40	ORC's	03:33:16.0
198	36	Derek	BROADRIBB	03:33:21.9	MV50	ORC's	03:33:21.9
199	35	Darren	BRIDLE	03:34:30.6	MV40	The Orcs	03:34:30.6
200	204	Mark	SCREECH	03:35:18.2	MV50	The Orcs	03:35:18.2
201	207	Karen	SHEARS	03:35:19.4	FV60	wells city harriers	03:35:19.4
202	216	Susan	STEWART	03:35:24.3	F	Kingswood Triathlon Club	03:35:24.3
203	220	Sue	SYKES	03:35:36.1	FV60		03:35:36.1
204	191	Karen	RICHARDS	03:35:41.5	FV50		03:35:41.5
205	170	Jo	NICHOLSON	03:37:53.5	FV50	B&S Running Club	03:37:53.5
206	144	Olivia	LOEWENDAHL	03:38:44.3	FV70		03:38:44.3
207	64	Elizabeth	DAVIES	03:39:03.3	FV60		03:39:03.3
208	33	Daniel	BRADFORD-JONES	03:41:10.2	M		03:41:10.2
209	97	Ella	GLENCROSS	03:41:10.2	F		03:41:10.2
210	219	Paul	STRONGE	03:46:11.9	MV60		03:46:11.9
211	149	Nick	LOWE	03:47:15.2	MV60		03:47:15.2
212	137	Guy	LEVELL	03:50:00.3	MV40		03:50:00.3
213	20	Stephanie	BENNETT	03:53:18.6	F	Plymouth Musketeers Running Club	03:53:18.6
214	23	Elizabeth	BIRD	03:53:48.5	FV40		03:53:48.5
215	162	Kevin	MATTHEWS	03:57:00.2	MV50		03:57:00.2



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216	141	Sooly	LI	03:57:00.7	FV50		03:57:00.7
217	130	Catherine	KIRBY	04:02:13.5	FV40		04:02:13.5
218	221	Huey	TAN	04:12:52.2	F		04:12:52.2
219	136	Jia Yi	LEE	04:12:55.1	F		04:12:55.1
DNF	43	Jenny	CAMPBELL RITCHIE	01:30:45.9	F		01:30:45.9
DNF	58	Dawn	CROOK-RICHARDS	02:16:30.4	FV50	Canix UK	02:16:30.4
DNF	228	Hazel	THOMAS	04:10:25.2	FV60		04:10:25.2