



Lundy

14th July 2024

Results



Position	Number	Name	Lastname	Category	Club	Chip Time
1	36	Stephen	BUCKLE	MV40	St Albans Striders	01:37:29.7
2	187	Christopher	PECK	MV40	Egdon Heath Harriers	01:40:06.1
3	268	Luke	WILLIAMS	M		01:55:04.5
4	224	Martin	SHOOTS	MV50	Minehead RC	01:57:50.8
5	49	Laura	CLEMENTS	F		02:00:24.9
6	193	Anna	PHILPS	F	Purbeck Runners	02:02:37.9
7	156	Kevin	MARSHALL	MV60	Launceston Road Runners	02:05:15.6
8	6	Rebecca	ANNELLS	F		02:06:11.0
9	103	Ben	HANNEN	MV40	Chiltern Harriers AC	02:06:17.2
10	179	Robert	NORTHOVER	MV40		02:07:55.8
11	3	David	ALLISON	MV60	North York Moors AC	02:08:13.4
12	262	Matthew	WHITE	M		02:10:45.4
13	86	Lloyd	FOX	MV50	Fordy Runs Running Club	02:11:44.2
14	68	Chris	DEAN	MV40	Warley Woods Pacers	02:12:22.6
15	175	Lisa	MOYES	FV40		02:13:08.2
16	113	James	HENDRY	M		02:14:56.0
17	26	Steve	BRADLEY	MV50		02:15:23.5
18	56	India	COOK	F	Eastleigh Running Club	02:16:11.5
19	29	Harrison	BRIGGS	M		02:16:21.3
20	137	Phil	KOKOSZKA	M		02:16:25.8
21	203	Thomas	REES	MV40		02:17:45.8
22	236	Martin	STURLEY-HAYES	MV40		02:17:48.6
23	98	Donna	GRIFFITHS	FV40		02:18:33.3
24	226	Mark	SINGLETON	MV50		02:18:35.8
25	126	Peter	JAMES	MV50	Launceston Road Runners	02:19:27.8
26	171	Bryan	MORLEY	MV50		02:19:42.1
27	112	Richard	HEAP	MV50	Clapham Chasers	02:20:00.6
28	160	Alys	MATHEW	FV40	Clapham Chasers	02:20:11.8
29	83	Chris	FARROW	M		02:22:06.2
30	211	Matthew	ROWE	MV40	Bideford AAC	02:22:09.6
31	210	Andrew	ROWE	MV50		02:22:11.6
32	154	Luke	MANNERINGS	M		02:22:18.0
33	64	Josh	CUMMINS	MV40		02:22:43.8
34	65	John	CUNNINGHAM	MV40		02:23:02.3
35	119	Edd	HOGAN	MV40	Ledbury & District Harriers	02:23:10.7
36	121	Sam	HUDSPITH	M		02:23:53.3
37	134	Claire	KING	FV50	Fremington Trailblazers	02:24:22.5
38	27	Glenn	BREED	MV40		02:24:31.7
39	243	Louise	THOMAS	FV50	Fremington Trailblazers	02:24:39.2
40	87	Elinor	FROMANT	F		02:24:46.7
41	149	Richard	LUPO	MV50	Cotswold Allrunners	02:26:20.4
42	13	Russell	BARLING	MV40		02:26:31.3
43	265	Craig	WILLIAMS	MV50	New York Flyers	02:26:58.7
44	227	Jonathan	SKINNER	M	Hucclecote Harriers	02:27:54.8
45	62	Michael	CRUSE	MV40		02:28:38.4
46	164	Conall	MCNALLY	M	Belgrave Harriers	02:29:28.5
47	182	Russ	ORAM	MV50		02:29:47.1
48	124	Richard	JACKSON	MV50	Axe Valley Runners	02:30:17.1
49	234	Michael	STOKES	MV50	Chasewater Triathlon Club	02:31:19.4
50	78	Megan	ELLIS	F		02:32:44.0
51	247	Lilly	TIAN	F		02:32:45.5
52	10	Hannah	ASQUITH	FV40	Tring Running Club	02:33:00.5
53	61	Christian	CRAWFURD	MV40		02:33:22.7



Lundy

14th July 2024

Results



Position	Number	Name	Lastname	Category	Club	Chip Time
54	196	Christopher	POWLESLAND	M		02:33:55.2
55	100	Steve	GRUNDY	M	Coopers	02:34:56.1
56	145	Mandy	LEWIS	FV40		02:35:00.2
57	23	Lowri	BOWEN	FV40		02:35:10.6
58	54	Russell	COLLINS	M	West Bromwich Harriers	02:35:30.3
59	4	Shelley	ANDERSON	FV50		02:35:43.8
60	153	Tobi	MALE	MV40		02:35:58.1
61	143	Benjamin	LESLIE	M		02:35:59.8
62	41	Iain	CARDNELL	MV40		02:36:08.1
63	252	Paul	TRACE	MV40		02:36:21.6
64	57	Philip	COOMBES	MV60		02:36:37.5
65	195	Michael	PINCH	MV40		02:36:57.6
66	97	Annette	GRIFFITHS	FV60		02:37:26.9
67	118	James	HODGSON	MV40		02:37:28.5
68	204	Emma	RICHARDS	FV50	Torrington AAC	02:40:29.8
69	108	Barbara	HATREY	FV50		02:40:43.3
70	116	James	HILLS	MV40	Leaping salmon	02:41:09.1
71	215	Becky	SARSON-HOAD	F		02:41:25.1
72	120	Gary	HOLFORD	MV60		02:41:51.9
73	44	Sarah	CHAMBERLAIN	FV50		02:41:52.0
74	72	Darin	DODD	MV50		02:42:25.6
75	66	Ferdinando	D'ANNA	MV40	Burnham Joggers	02:42:46.2
76	169	Elizabeth	MOORE	FV50		02:42:56.9
77	235	Sarah	STOYLE	F		02:44:45.7
78	130	Nicola	KELLY	FV60	Exmouth Harriers	02:45:25.3
79	46	Sally	CHATTERTON	FV50		02:45:36.9
80	75	Chris	DREW	MV40		02:45:50.0
81	181	Martin	O'MEARA	MV40		02:46:20.3
82	185	Mollie	PEARSE	F		02:46:21.0
83	74	Jo	DOWNS	FV50	Camelford up and running	02:47:30.5
84	16	Mike	BENDING	MV60		02:47:39.5
85	59	Chris	COOPER	MV50		02:48:12.1
86	188	Joanne	PEPPER	FV40	Fremington Trailblazers	02:50:44.1
87	257	Steffan	WEBB	MV60		02:50:45.0
88	202	Adam	REED	MV40	Fulham Running Club	02:51:11.0
89	206	Jess	RIDOUT	FV40	Fulham Running Club	02:51:12.9
90	63	Charlotte	CUMMINS	FV40	North Devon RRC	02:51:24.2
91	180	Charles	OAKLEY	MV40		02:51:42.6
92	11	Kate	AUSTIN	F		02:52:44.5
93	39	Michael	CALLAGHAN-MARTIN	MV50	Torrington AAC	02:53:24.9
94	7	Ian	ASHELFORD	M	Torrington AAC	02:53:25.0
95	205	Thomas	RICHARDS	FV40	St Albans Striders	02:54:09.0
96	194	Gethn	PICKARD	M		02:54:25.7
97	76	Tony	DUCK	MV60	Newbury AC	02:54:29.0
98	12	Caroline	BAMFORD	FV60	Hungerford Hares	02:54:30.3
99	33	Ria	BROADBENT	FV40		02:54:39.8
100	60	Leah	COUTTS	FV40		02:54:40.0
101	238	Bridget	SWALES	FV50	Fremington Trailblazers	02:54:41.8
102	5	Ben	ANDREW	M		02:55:32.6
103	253	Tor	TUCKEY	F		02:55:33.4
104	111	Lesley	HAYNES	FV40		02:55:37.6
105	15	Matthew	BENDING	MV50	B&S Running Club	02:55:42.6
106	28	David	BREWSTER	MV50	Stowmarket Striders RC	02:55:45.5



Lundy

14th July 2024

Results



Position	Number	Name	Lastname	Category	Club	Chip Time
107	58	Alex	COOPER	MV40	Lavender Heights	02:55:59.6
108	82	Gary	FARRELL	M	Leaping salmons	02:56:02.5
109	144	Matthew	LESLIE	MV40		02:56:38.5
110	132	Hayden	KENYON	M		02:56:51.9
111	133	Isaac	KENYON	M		02:56:52.7
112	55	Dominic	COOK	MV50		02:58:01.4
113	222	Ness	SELLARS	FV40		02:58:33.8
114	274	Sarah	YOUNG	FV40		02:58:36.5
115	251	Claire	TOWNSEND	FV40	RNLI Newhaven Lifeboat	02:59:42.4
116	9	Anna	ASHWELL	FV50	Tring Running Club	03:01:30.3
117	69	Anne-Marie	DELROSA	FV50	Cotswold Allrunners	03:01:30.3
118	201	Lucy	PROCTER	FV50	SPFit Sherborne	03:02:14.6
119	240	Helga	TAYLOR	FV50	Cotswold Allrunners	03:02:43.8
120	138	Torquil	LANDEN	MV60		03:03:51.4
121	212	David	ROWLEY	MV70		03:04:20.4
122	256	Edward	WATSON	M		03:04:49.2
123	131	Peter	KELLY	MV60		03:05:48.8
124	220	David	SEABROOK	MV50		03:07:29.7
125	117	Stewart	HOAD	MV50		03:07:32.2
126	80	Rachel	ENGLAND	FV40		03:07:34.2
127	45	Greg	CHAMBERS	MV50		03:08:13.4
128	37	Stephanie	BUDD	F		03:08:48.2
129	140	Ross	LARNER	MV40		03:08:51.7
130	142	Sue	LEAR	FV50	Cotswold Allrunners	03:09:25.4
131	96	Dominic	GREENSLADE	M		03:09:41.9
132	221	Catherine	SEALE	F		03:09:42.5
133	159	Shell	MASSEY	F	Fordy Runs Running Club	03:09:47.6
134	102	Fiona	HANCOCK	FV50		03:09:49.3
135	173	David	MOUNTAIN	MV40	Exmouth Harriers	03:10:13.1
136	174	Emma	MOUNTAIN	FV40		03:10:13.5
137	146	Rebecca	LONGDEN	FV40		03:11:09.6
138	261	Emellia	WHITE	F		03:11:09.6
139	115	Sarah	HILL	FV50	Newquay Road Runners	03:12:19.7
140	263	Steve	WHITE	MV60	Eastleigh Running Club	03:12:19.9
141	79	Amie	EMPTAGE	F		03:12:48.1
142	2	Shona	ALLFORD	FV40		03:12:48.9
143	48	Lottie	CLARK	F		03:14:31.8
144	151	Jessica	MACPHAIL	F		03:14:32.5
145	176	Lara	NECREWS	FV40		03:16:13.8
146	258	Mike	WEST	MV40		03:16:16.2
147	141	Lizzi	LEACH	F		03:16:16.2
148	166	Karl	MEYERHOFF	MV50	Leaping salmons	03:16:17.8
149	91	Anne	GLEED	FV40		03:16:58.0
150	104	Alan	HARENAPE	MV50	100 Marathon Club	03:17:17.2
151	105	Michelle	HARENAPE	FV50	100 Marathon Club	03:17:18.9
152	81	James	EPHRAUMS	MV60	N1 Triathlon Club	03:17:24.7
153	89	Tom	FYNMORE	M		03:17:56.4
154	122	Alison	HUME	FV50	Almost Athletes	03:18:50.0
155	92	Marcia	GONSALVES-THOMPSON	FV50	Cotswold Allrunners	03:18:59.5
156	123	Rob	HUME	MV60	Almost Athletes	03:19:04.9
157	24	Nicola	BOWMAN	FV40		03:20:14.4
158	84	Melanie	FELDMAN	FV50		03:20:41.0
159	233	Sharon	STEVENS	FV50		03:21:00.3



Lundy

14th July 2024

Results



Position	Number	Name	Lastname	Category	Club	Chip Time
160	148	Steve	LUCAS	MV60		03:21:03.7
161	219	Paul	SCULLION	MV40	Chase Harriers	03:21:16.2
162	125	Emma	JAMES	FV50	Launceston Road Runners	03:21:16.4
163	94	Dawn	GREEN	FV50		03:21:34.6
164	213	John	RUSSELL	MV60		03:22:09.1
165	275	Leah	WALKER	F		03:22:13.8
166	255	Timothy	WALKER	MV60		03:22:15.5
167	266	Ellen	WILLIAMS	F		03:23:50.7
168	42	Carolyn	CASWELL	FV50		03:24:00.1
169	158	Christianne	MARTIN	FV40		03:25:16.3
170	192	Helen	PHILLIPS	FV50	Running Forever RC	03:25:44.3
171	47	Lisa	CHRISTEN	FV50	Cotswold Allrunners	03:25:51.9
172	1	Ian	ADDISON	MV50		03:25:57.0
173	114	Tim	HERD	MV50		03:25:58.0
174	259	Zoe	WEST	FV40		03:26:30.3
175	101	Andrew	HALL	MV40		03:26:31.4
176	237	Stuart	SUTHERLAND	MV50		03:27:00.4
177	93	Lucy	GRAY	FV50		03:27:26.3
178	90	Anne	GARNISH	FV50	Chew Valley Snails	03:27:33.1
179	157	Lavinia	MARSHALL	FV70	Launceston Road Runners	03:27:51.9
180	135	Stephanie	KING	FV50	Croft Ambrey RC	03:28:04.7
181	161	Alice	MAXWELL WILLIAMS	F		03:28:35.7
182	269	Owain	WILLIAMS	M		03:28:38.6
183	99	Sarah	GRIFFITHS	F		03:29:49.2
184	245	Sarah	THOMSON	FV40		03:32:14.7
185	129	Laura	JONES	FV50	Run Things Run Club	03:33:44.0
186	239	Eloise	TAYLOR	F		03:34:10.1
187	77	Joseph	DURKIN	M		03:34:10.3
188	214	Annie	SAMPSON	F		03:34:22.9
189	246	Livia	THORPE	F		03:34:23.4
190	110	Sarah	HAYES	FV50		03:36:31.1
191	17	Nigel	BENNETT	MV50	Holme Pierrepont RC	03:36:57.1
192	223	Sophie	SHELDRAKE	F		03:37:56.7
193	248	Andrew	TIETJEN	MV40		03:38:01.4
194	52	Toni	COLLIER	FV40	Fordy Runs Running Club	03:38:04.8
195	186	Coralie	PEARSON	FV40	Almost Athletes	03:38:05.0
196	73	James	DOEL	MV50	Eastleigh Running Club	03:39:07.4
197	109	Paul	HAWKSWORTH	MV50		03:41:40.7
198	249	Siobhan	TINDALL	F	Just Jog Bideford	03:41:40.7
199	189	Tim	PERKINS	MV50	Almost Athletes	03:42:35.6
200	232	Adele	STEPTOE	FV60	Almost Athletes	03:42:36.3
201	191	Ali	PHILLIPS	FV60		03:43:13.2
202	51	Catherine	COLLEYPRIEST	FV40	Cr@p Tri	03:44:31.7
203	19	Tracey	BENTON	FV50	Burnham-on-Sea Harriers	03:45:24.2
204	18	Mark	BENTON	MV50	Burnham-on-Sea Harriers	03:45:24.4
205	267	Graham	WILLIAMS	MV50	Warley Woods Pacers	03:45:30.2
206	244	Stephen	THOMPSETT	MV50	Heathfield Road Runners	03:46:52.9
207	8	Lucy	ASHTON	F		03:47:31.3
208	231	Clair	SPEAR	FV40		03:47:31.3
209	228	Nicola	SMART	FV40		03:49:22.1
210	43	Neil	CASWELL	MV50		03:49:23.3
211	67	Ceinwen	DAVIES	FV40	Almost Athletes	03:50:06.0
212	163	Samantha	MCGRATH	FV50	Almost Athletes	03:50:06.9



Lundy

14th July 2024

Results



Position	Number	Name	Lastname	Category	Club	Chip Time
213	162	Dave	MCGRATH	MV60	Almost Athletes	03:50:08.1
214	242	Steve	TAYLOR	MV50	Almost Athletes	03:50:08.6
215	273	Sandra	WRIGHT	FV60	Eastleigh Running Club	03:50:38.7
216	225	Paul	SIDAWAY	MV60	Eastleigh Running Club	03:50:40.7
217	127	Charlotte	JAMIESON	FV60	Almost Athletes	03:54:59.3
218	260	Ant	WHITAKER	MV50		03:55:23.7
219	172	Bridget	MOSELEY	FV60	TROTS	03:55:23.8
220	136	Catherine	KIRBY	FV40		03:55:46.4
221	216	John	SAYLE	MV50		03:57:30.5
222	71	Rachel	DIXON	F		04:02:16.2
223	271	Kirsty	WRIGHT	FV40		04:02:33.9
224	276	Shena	LAWRENCE	F		04:04:03.3
225	178	Rachael	NOLAN	FV40	Almost Athletes	04:14:23.5