

Ladies 10K - sponsored by Sibelco
 Ipplepen Cricket Club: 10 Km
 Sunday 22-Sep-2024 at 10:00
 Organised by: Teignbridge Trotters

Race Results

Pos	Bib	Name	Cat	Club	Race Time	Gender Pos	Cat Pos
1	70	Atsede GIDEY	F Senior	Exmouth Harriers	00:38:24	1	1
2	124	Lauren KNOX	F Senior	Storm Plymouth	00:40:43	2	2
3	32	Olivia CARTHEW	F Senior	Newquay & Par Ac	00:41:28	3	3
4	196	Kate SADDLER-IRVINE	F Senior	Dawlish Coasters	00:41:57	4	4
5	26	Melanie BROOKS	F V45	Teignbridge Trotters	00:42:14	5	1
6	253	Chloe WEEKS	F Senior	Teignbridge Trotters	00:42:18	6	5
7	156	Catherine NEWMAN	F V60	Exmouth Harriers	00:42:44	7	1
8	160	Elizabeth NUTTALL	F V45	Teignbridge Trotters	00:43:16	8	2
9	233	Phoebe TIMSON	F Junior	City Of Plymouth Ac	00:43:42	9	1
10	182	Jenny REAY	F V65	Exmouth Harriers	00:44:03	10	1
11	151	Freya MORRISSEY	F V35	Teignbridge Trotters	00:44:20	11	1
12	20	Anthea BOARD	F V60	Haldon Trail Runners	00:47:13	12	2
13	40	Suzanne CONLON	F Senior	Yeovil Town Rrc	00:47:27	13	6
14	218	Lydia STIMSON	F Senior	Exmouth Harriers	00:47:34	14	7
15	193	Nikki ROWBOTTOM	F V55	Yeovil Town Rrc	00:48:17	15	1
16	189	Lucy ROBBIE	F V40	Unattached	00:48:46	16	1
17	177	Sophia QUINLAN	F Senior	Unattached	00:49:16	17	8
18	228	Kelly THOMAS	F V45	Exmouth Harriers	00:49:21	18	3
19	210	Pippa SLADE	F V40	Unattached	00:49:55	19	2
20	227	Alice THOMAS	F Senior	Exmouth Harriers	00:50:16	20	9
21	201	Vicky SCROWSTON	F V45	Yeovil Town Rrc	00:50:35	21	4
22	141	Sarah Jayne MATTHEWS	F V55	Unattached	00:50:40	22	2
23	68	Rachel GARLAND-IRVINE	F Senior	Dawlish Coasters	00:50:58	23	10
24	39	Deanna COLES	F Senior	Yeovil Town Rrc	00:51:13	24	11
25	77	Ann GRACE	F V45	Yeovil Town Rrc	00:51:41	25	5
26	91	Helen HART	F V50	Hart Road Runners	00:51:57	26	1
27	92	Katie HARVIE	F Senior	Torbay Aac	00:52:06	27	12
28	216	Emma START	F V50	Bovey Valley Runners	00:52:15	28	2
29	250	Nutarisa WARREN	F V35	Haldon Trail Runners	00:52:51	29	2
30	170	Helen PERRY-SMITH	F Senior	Plymouth Coasters	00:53:09	30	13
31	214	Claire SORENSEN	F V40	Exmouth Harriers	00:53:11	31	3
32	29	Sarah BURTON	F V55	Unattached	00:53:28	32	3
33	4	Eyvoll ASTON	F V50	Teignbridge Trotters	00:53:44	33	3

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Pos	Bib	Name	Cat	Club	Race Time	Gender Pos	Cat Pos
34	191	Sarah ROBINSON	F V45	Plymouth Musketeers Running Club	00:53:58	34	6
35	65	Ella GALE	F Senior	Unattached	00:54:28	35	14
36	10	Hannah BARLEY	F Senior	Unattached	00:54:34	36	15
37	200	Tasmin SCHOFIELD	F Senior	Unattached	00:54:37	37	16
38	263	Kate WILLIAMSON	F V40	Teignbridge Trotters	00:54:47	38	4
39	260	Sarah WIDNELL	F V50	Unattached	00:55:05	39	4
40	22	Becca BRACHER	F Senior	Unattached	00:55:10	40	17
41	98	Laura HOARE	F V35	Unattached	00:55:16	41	3
42	270	Clare YOUNGMAN	F V55	Teignbridge Trotters	00:55:18	42	4
43	257	Alison WHITE	F V65	Exmouth Harriers	00:55:22	43	2
44	165	Olivia PALMER	F V45	Unattached	00:55:27	44	7
45	240	Julia TYSOE	F V55	Unattached	00:55:41	45	5
46	52	Kay DOUGLAS	F V65	Exmouth Harriers	00:55:52	46	3
47	53	Pamela DUNCAN	F V60	Unattached	00:56:00	47	3
48	126	Laura LAW	F Senior	Teignbridge Trotters	00:56:09	48	18
49	172	Alex PICKSTONE	F V40	Unattached	00:56:28	49	5
50	258	Trudi WHITE	F V40	Unattached	00:56:30	50	6
51	197	Joanna SAMUEL	F V50	Yeovil Town Rrc	00:56:33	51	5
52	154	Helen NESBITT	F V40	Yeovil Town Rrc	00:56:44	52	7
53	75	Sally GODBER	F V40	Unattached	00:56:54	53	8
54	37	Caroline CLARK	F V50	Teignbridge Trotters	00:56:55	54	6
55	25	Corinne BRIGHT	F V45	Teignbridge Trotters	00:56:55	55	8
56	194	Priya ROWJEE	F V40	Unattached	00:56:59	56	9
57	272	Molly PIMM	F Senior	Torbay Tri Club	00:57:17	57	19
58	118	Laura KILDUFF	F V40	Bovey Valley Runners	00:57:31	58	10
59	217	Jessica STEVENS	F V35	Unattached	00:57:31	59	4
60	142	Jessica McDOWELL	F Junior	Unattached	00:57:34	60	2
61	150	Claire MORRISSEY	F Senior	Plymouth Musketeers Running Club	00:57:41	61	20
62	180	Shelley RATTLEDGE	F V45	Teignbridge Trotters	00:57:41	62	9
63	62	Jodie FOSTER	F V45	Unattached	00:57:42	63	10
64	183	Jade REID	F Senior	Teignbridge Trotters	00:57:44	64	21
65	125	Sarah LANE	F V35	Unattached	00:57:44	65	5
66	144	Linda MEMBURY	F V55	Yeovil Town Rrc	00:57:50	66	6
67	209	Jessica SLADE	F V40	Unattached	00:57:59	67	11
68	23	Linda BRACHER	F V55	Unattached	00:58:00	68	7
69	73	Chantelle GLANFIELD	F Senior	Unattached	00:58:02	69	22
70	164	Victoria PACKER	F V40	Unattached	00:58:04	70	12
71	96	Tessa HEARFIELD	F V65	Torbay Aac	00:58:21	71	4
72	100	Anna HOLMES	F V40	Unattached	00:58:26	72	13
73	94	Louise HAWKINS	F V35	Unattached	00:58:38	73	6

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Pos	Bib	Name	Cat	Club	Race Time	Gender	Cat Pos
74	45	Hannah COX	F Senior	Unattached	00:58:51		74 23
75	268	Rebecca BARONS	F Senior	Unattached	00:58:57		75 24
76	229	Chloe THOMPSON	F Senior	Unattached	00:59:00		76 25
77	116	Nicki KERSWILL	F V55	Unattached	00:59:00		77 8
78	12	Dawn BEARNE	F V35	Unattached	00:59:07		78 7
79	231	Sophie THOMSON	F Senior	Teignbridge Trotters	00:59:11		79 26
80	83	Joanna GRIFFIN	F V55	Teignbridge Trotters	00:59:11		80 9
81	175	Gemma PYLE	F V35	Unattached	00:59:19		81 8
82	121	Kim KNIGHT	F V50	Teignbridge Trotters	00:59:20		82 7
83	207	Sally SHOOLBRAID	F V60	Bovey Valley Runners	00:59:35		83 4
84	203	Shaz SHARPLES	F V55	Teignbridge Trotters	00:59:38		84 10
85	101	Bev HOLMES	F V65	Unattached	00:59:40		85 5
86	261	Louise WIGHTMAN	F V40	Cranbrook Running Club	01:00:02		86 14
87	67	Lynda GARCIA	F V60	South West Road Runners	01:00:06		87 5
88	249	Izzy WARREN	F V45	Unattached	01:00:13		88 11
89	235	Amanda TRAVERS	F V55	Yeovil Town Rrc	01:00:17		89 11
90	14	Rowan BIRD	F V50	Unattached	01:00:18		90 8
91	251	Rhiannon WAUGH-BAKER	F Senior	Teignbridge Trotters	01:00:26		91 27
92	215	Phaedre STALLARD	F V35	Unattached	01:00:27		92 9
93	159	Victoria NORRISH	F V35	Unattached	01:00:29		93 10
94	82	Kate GRIBBLE	F Senior	Unattached	01:00:30		94 28
95	256	Kim WHITBY	F V40	Riviera Racers	01:00:32		95 15
96	106	Mary HUMPHRIES	F V70+	Tiverton Harriers	01:00:34		96 1
97	143	Clare McLAUGHLIN	F V40	Unattached	01:00:38		97 16
98	21	Tony McCANN	F V50	Exmouth Harriers	01:00:43		98 9
99	19	Sarah BLANCHARD	F V55	Teignbridge Trotters	01:00:44		99 12
100	192	Clare CORNISH	F V45	Unattached	01:00:55		100 12
101	167	Lucy PAYNE	F V70+	Teignbridge Trotters	01:01:06		101 2
102	179	Rachel RAMSDEN	F V40	Unattached	01:01:12		102 17
103	274	Mary NEAL	F V60	Unattached	01:01:22		103 6
104	171	Caroline PICK	F V60	Unattached	01:01:32		104 7
105	133	Joanna LONGHURST	F V35	Unattached	01:02:03		105 11
106	61	Sarah FOREY	F V50	Bovey Valley Runners	01:02:08		106 10
107	99	Linda HOE	F V70+	Exmouth Harriers	01:02:18		107 3
108	69	Becky GEORGE	F V55	Teignbridge Trotters	01:02:24		108 13
109	56	Emma EMPSON	F Senior	Unattached	01:02:28		109 29
110	81	Katie GREENAWAY	F V35	Unattached	01:02:30		110 12
111	155	Lesley NESBITT	F V70+	Yeovil Town Rrc	01:02:30		111 4
112	161	Kayleigh O'BRIEN	F V35	Unattached	01:02:32		112 13
113	85	Kirsty HALL	F V40	Unattached	01:02:48		113 18

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Pos	Bib	Name	Cat	Club	Race Time	Gender	Cat Pos
114	204	Melanie SHEEHAN	F V35	Teignbridge Trotters	01:03:04		114 14
115	46	Melanie COX	F V60	Yeovil Town Rrc	01:03:07		115 8
116	153	June MOULE	F V60	Yeovil Town Rrc	01:03:10		116 9
117	169	Kirsty PEARCE	F V50	Bovey Valley Runners	01:03:12		117 11
118	110	Rebecca JOHNSON	F V35	Plymouth Musketeers Running Club	01:03:15		118 15
119	244	Harriett WAKLEY	F V35	Unattached	01:03:25		119 16
120	275	Anna DUNN	F V40	Women On The Run	01:03:27		120 19
121	140	Laura MASON	F V35	Unattached	01:03:29		121 17
122	35	Lucy CATHERALL	F Senior	Unattached	01:03:48		122 30
123	34	Helen CATHERALL	F V55	Unattached	01:03:49		123 14
124	176	Nicola QUICK	F V55	Cranbrook Running Club	01:03:56		124 15
125	213	Gemma SMITH	F V40	Unattached	01:04:02		125 20
126	181	Anna RAWLES	F V55	Heavitree & Wonford Running Club	01:04:06		126 16
127	74	Cindy GLENDENNING	F V50	Unattached	01:04:13		127 12
128	7	Lucy AYLING	F Junior	Teignbridge Trotters	01:04:15		128 3
129	135	Claire LYONS	F V45	Teignbridge Trotters	01:04:15		129 13
130	58	Lucy EVANS	F V45	Teignbridge Trotters	01:04:18		130 14
131	166	Linda PARSONS	F V55	Torbay Tri Club	01:04:19		131 17
132	242	Dawn VINECOMBE-ELLIOTT	F V40	Unattached	01:04:20		132 21
133	157	Rachel NICHOLLS	F V40	Unattached	01:04:35		133 22
134	205	Becky SHERING	F Senior	Unattached	01:04:41		134 31
135	145	Elise MILDEN-WILLMER	F Senior	Plymouth Musketeers Running Club	01:04:48		135 32
136	238	Dona TURNER	F V45	Plymouth Musketeers Running Club	01:04:49		136 15
137	5	Clare ATKINSON	F V40	Plymouth Musketeers Running Club	01:04:55		137 23
138	89	Rachel HARRISON	F Senior	Unattached	01:04:57		138 33
139	55	Dawn DYER	F V65	Plymouth Musketeers Running Club	01:05:02		139 6
140	243	Deborah VINNICOMBE	F V65	Unattached	01:05:08		140 7
141	38	Sue COLBOURNE	F V65	Unattached	01:05:08		141 8
142	246	Louise WARD	F V55	Yeovil Town Rrc	01:05:10		142 18
143	113	Suzanne JONES	F V60	Unattached	01:05:18		143 10
144	136	Sallie MALT	F V65	Unattached	01:05:23		144 9
145	105	Lucy HUMPHRIES	F V45	Unattached	01:05:23		145 16
146	119	Liana KING	F V40	South West Road Runners	01:05:53		146 24
147	66	Samantha GALVIN	F V55	Teignbridge Trotters	01:05:55		147 19
148	27	Sam BRYAN	F V55	Unattached	01:06:02		148 20
149	225	Sara TAYLOR	F V45	Unattached	01:06:02		149 17
150	49	Rebecca DECARTERET	F V45	Unattached	01:06:11		150 18
151	130	Susan HORNE	F V35	Unattached	01:06:14		151 18
152	152	Rachael MOTHERWELL	F V50	Bovey Valley Runners	01:06:31		152 13
153	198	Shaaron SANDERSON	F V60	Unattached	01:06:33		153 11

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Pos	Bib	Name	Cat	Club	Race Time	Gender	Cat Pos
154	226	Sue TAYLOR	F V65	Unattached	01:06:43		154 10
155	222	Nicky SWANN	F V50	Teignbridge Trotters	01:06:43		155 14
156	86	Alison HANNAFORD-HILL	F V45	Unattached	01:06:44		156 19
157	88	Claire HARRISON	F V50	Bovey Valley Runners	01:06:58		157 15
158	108	Alison JEFFERY	F V55	Storm Plymouth	01:07:11		158 21
159	230	Georgina THOMPSON	F V50	Storm Plymouth	01:07:12		159 16
160	202	Andrea SEAR	F V55	Unattached	01:07:15		160 22
161	31	Sue CAMPLING	F V55	Bovey Valley Runners	01:07:58		161 23
162	8	Hannah BAILEY	F V35	Unattached	01:08:12		162 19
163	1	Helen ADAMSON	F V50	Unattached	01:08:31		163 17
164	234	Christine TOUT	F V40	Erme Valley Harriers	01:08:39		164 25
165	134	Sue LOWTON	F V55	Unattached	01:08:49		165 24
166	16	Jill BISHOP	F V65	Bovey Valley Runners	01:08:59		166 11
167	273	Charlie WHITEFOOT	F Senior	Bovey Valley Runners	01:09:00		167 34
168	206	Kay SHILLABEER	F V50	Teignbridge Trotters	01:09:04		168 18
169	112	Rachael JONES	F Senior	Yeovil Town Rrc	01:09:09		169 35
170	103	Karen HOPKINS	F V45	Storm Plymouth	01:09:12		170 20
171	79	Jenny GRAY	F V40	Unattached	01:09:15		171 26
172	11	Shannon BAYS	F V40	Plymouth Coasters	01:09:19		172 27
173	265	Janette WILTON	F V40	Unattached	01:09:26		173 28
174	245	Lauren WALL	F Senior	Unattached	01:09:27		174 36
175	43	Helen CORY	F V50	Unattached	01:09:50		175 19
176	87	Anita HARRISON	F V70+	Teign Valley Running Club	01:10:01		176 5
177	9	Emma BARLEY	F Senior	Unattached	01:10:02		177 37
178	59	Brenda FINNEY	F V60	Torbay Tri Club	01:10:17		178 12
179	190	Jasmine ROBINSON	F Senior	Plymouth Musketeers Running Club	01:10:22		179 38
180	57	Irene ENVY	F V60	Plymouth Musketeers Running Club	01:10:26		180 13
181	168	Jessica PEARCE	F V35	Unattached	01:10:41		181 20
182	184	Hayley REYNOLDS	F V35	Unattached	01:10:43		182 21
183	129	Sandra LEVETT	F V60	Yeovil Town Rrc	01:10:45		183 14
184	173	Carol POLLARD	F V70+	East Cornwall Harriers	01:10:53		184 6
185	132	Katja LOLKE	F V50	Teignbridge Trotters	01:11:23		185 20
186	223	Nia TAMAYO	F Senior	Unattached	01:11:42		186 39
188	271	Elsa BROWN	F Junior	Unattached	01:11:47		188 4
187	212	Angie SMITH	F V60	Storm Plymouth	01:11:47		187 15
189	269	Aimee WOOLLACOTT	F Junior	Unattached	01:11:47		189 5
190	18	Julie SPENCER	F V60	Storm Plymouth	01:11:53		190 16
191	262	Lisa WILLIAMS	F V45	Instinctive Sports	01:11:57		191 21
192	109	Susanne JERVIS	F V55	Teignbridge Trotters	01:12:03		192 25
193	64	Maria FROOD	F V40	Cranbrook Running Club	01:12:04		193 29

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Pos	Bib	Name	Cat	Club	Race Time	Gender Pos	Cat Pos
194	252	Julie WEBB	F V60	Teignbridge Trotters	01:12:07	194	17
195	188	Sally RIDEOUT	F V45	Unattached	01:12:14	195	22
196	254	Joanne WELCH	F V60	Storm Plymouth	01:12:27	196	18
197	219	Kate STONE	F V50	Unattached	01:12:47	197	21
198	123	Alison KNIGHT-DAVIES	F V35	Heavitree & Wonford Running Club	01:13:02	198	22
199	139	Lalita MARSH	F Senior	Unattached	01:13:10	199	40
200	50	Sarah DELORME	F V45	Plymouth Coasters	01:13:30	200	23
201	111	Marie JONES	F V70+	Unattached	01:13:44	201	7
202	80	Stacey GREEN	F V40	Yeovil Town Rrc	01:14:12	202	30
203	131	Leticia LILL	F Senior	Unattached	01:14:25	203	41
204	54	Katie DURRELL	F V50	Unattached	01:15:01	204	22
205	158	Nicola NOLAN	F V40	Unattached	01:15:02	205	31
206	187	Mel RICHARDS	F V45	Unattached	01:15:50	206	24
207	224	Tia TARR	F V35	Teignbridge Trotters	01:15:56	207	23
208	95	Lauren HAYTER	F Senior	Unattached	01:16:17	208	42
209	237	Gill TUCKER	F V70+	Storm Plymouth	01:16:38	209	8
210	71	Lorraine GILES	F V65	Storm Plymouth	01:17:08	210	12
211	149	Margarita MOORE	F Senior	Yeovil Town Rrc	01:17:45	211	43
212	102	Teresa HOLMES	F V65	Teignbridge Trotters	01:18:03	212	13
213	78	Emma GRAINGER	F V70+	Sidmouth Running Club	01:19:52	213	9
214	93	Sinead HAUGH	F V35	Unattached	01:19:53	214	24
215	42	Charlie COOPER	F V45	Unattached	01:20:02	215	25
216	28	Cath BURT	F V50	Unattached	01:20:07	216	23
217	137	Sally MANSFIELD	F V40	Bovey Valley Runners	01:20:14	217	32
218	264	Michelle WILSON	F Senior	Teignbridge Trotters	01:20:48	218	44
219	30	Denise BYRD	F V65	Yeovil Town Rrc	01:21:26	219	14
220	84	Alison GRIFFITHS	F V55	Yeovil Town Rrc	01:22:18	220	26
221	36	Claire CHURCH	F V55	Yeovil Town Rrc	01:22:18	221	27
222	51	Melita DODGE	F V70+	Yeovil Town Rrc	01:22:21	222	10
223	255	Sara WEYMOUTH	F V65	Unattached	01:22:28	223	15
224	195	Fiona RUTLEY	F V55	Unattached	01:24:02	224	28
225	47	Sarah COX	F V55	Unattached	01:25:07	225	29
226	186	Leigh RHODES	F V50	Unattached	01:25:48	226	24
227	162	Jill O'SULLIVAN	F V60	Unattached	01:25:48	227	19
229	247	Megan WARDLE	F Junior	Unattached	01:26:03	229	6
228	239	Ruth TURNER	F V40	Unattached	01:26:03	228	33
230	104	Michelle HUGHES	F V55	Storm Plymouth	01:26:14	230	30
231	120	Fiona KIRK	F V40	Unattached	01:26:46	231	34
232	114	Rowan KEMBLE	F V55	Bovey Valley Runners	01:28:10	232	31
233	241	Ros VINCENT	F V60	Women On The Run	01:28:33	233	20

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Pos	Bib	Name	Cat	Club	Race Time	Gender Pos	Cat Pos
234	48	Dawn CROFT	F V45	Unattached	01:28:34	234	26
235	63	Tracey FRANKUM	F V55	Unattached	01:33:27	235	32