

## Results

31/12/2023

Final Countdown 2023

Place	Finish Time	Race number	Forename	Surname	Cat	Club
1	0:41:21	186	Simon	Minting	MV40	Exmouth Harriers AAC
2	0:41:57	108	James	Green	MV40	Axe Valley Runners
3	0:44:46	248	Lawrence	Schneck	MV50	Greenbow Running Club
4	0:45:14	257	Chris	Spreadbury	MV35	
5	0:45:32	178	Richard	Mccollum	MV45	
6	0:45:41	204	Darren	Ould	SM	
7	0:46:33	272	Andrew	Swales	MV35	
8	0:47:01	153	James	Kelly	SM	Exmouth Harriers AAC
9	0:47:25	296	Pete	Waumsley	MV50	Tamar Trotters
10	0:47:54	135	Jamie	Howard	MV45	South West Road Runners
11	0:47:57	123	Niall	Hawkins	MV45	Sidmouth Running Club
12	0:48:10	159	Lauren	Knox	SF	Storm Plymouth
13	0:48:11	74	Nate	Crosby	SM	
14	0:48:20	33	Oliver	Blakeman	SM	
15	0:48:23	220	Archie	Phillips	SM	
16	0:49:02	81	Ellie	Debenham	FV40	South West Road Runners
17	0:50:07	298	Steve	Weeks	MV45	Teignbridge Trotters
18	0:50:20	255	Andrew	Snook	MV40	Axe Valley Runners
19	0:50:40	207	Joanne	Page	FV35	Okehampton RC
20	0:50:43	66	Stephen	Collier	MV45	South West Road Runners
21	0:50:57	152	Andrew	Kelly	MV55	
22	0:51:14	208	Christopher	Parker	MV40	
23	0:51:51	9	Alan	Ashford	MV55	
24	0:51:55	38	Martin	Brace	MV50	
25	0:51:59	101	Benjamin	Gilbert	MV35	
26	0:52:00	210	Keith	Paul	MV55	Taunton AC
27	0:52:48	300	Jeremy	Westmore	MV50	Erme Valley Harriers
28	0:52:55	240	Corey	Rogers	SM	
29	0:53:31	62	Ali	Clarke	FV45	
30	0:53:38	197	Malcolm	Nelson	MV50	Riviera racers
31	0:53:42	129	Jamie	Holland	MV45	
32	0:53:45	151	Molly	Kelly	SF	
33	0:53:55	61	Kyson	Chugg	MV35	
34	0:54:12	251	Edward	Shaw	MV40	South West Road Runners
35	0:54:46	112	Thomas	Gurry	SM	
36	0:55:12	166	Mike	Leworthy	MV40	
37	0:55:23	111	Yannick	Grundy	SM	Minster Milers
38	0:55:40	263	Claire	Stone	FV45	Ocean Lake Tri
39	0:55:56	312	Eleanor	Wood	FV65	Axe Valley Runners
40	0:56:13	318	Mederic	Zubrug	SM	
41	0:56:18	261	Isabelle	Stoate	FV35	
42	0:56:32	70	Russell	Cramer	SM	
43	0:56:38	250	Naomi	Shaw	FV40	South West Road Runners
44	0:56:46	273	Tom	Swatridge	MV40	
45	0:57:25	17	Steven	Badcott	MV55	Lonely Goat Athletics Club
46	0:57:29	191	Joseph	Murphy	MV55	Storm Plymouth
47	0:57:58	53	Deb	Cawthera	FV55	Sidmouth Running Club
48	0:58:05	179	Iain	Mcgregor	MV35	
49	0:58:15	304	Matt	Whisker	MV45	Taunton AC
50	0:58:33	215	Mark	Peck	MV35	

51	0:58:43	195	Carl	Nelson	SM	
52	0:59:06	150	Sean	Keaney	MV50	Lonely Goat Athletics Club
53	0:59:06	308	Karen	Williams	FV40	
54	0:59:17	319	Madison	Zubrug	SF	
55	0:59:18	44	Sam	Broad	MV60	Haldon Trail Runners
56	0:59:56	306	Ian	White	MV50	South West Road Runners
57	1:00:01	8	Maria	Anthony	FV55	Chepstow Harriers
58	1:00:02	244	Mark	Saunders	MV45	
59	1:00:04	264	Richard	Stone	MV40	South West Road Runners
60	1:00:08	82	Dan	Devlin	MV40	Running Forever RC
61	1:00:36	307	Bryony	Wilde	SF	
62	1:01:20	37	Leigh	Boxall	FV40	Maverick Runners
63	1:01:51	46	Simon	Bunday	MV60	Haldon Trail Runners
64	1:01:53	125	Alex	Hill	MV45	JLP RC
65	1:01:55	172	Alan	Macdonald-Brown	MV50	
66	1:01:57	54	Don	Cawthera	MV60	
67	1:02:00	95	David	Fletcher	MV45	
68	1:02:20	19	Sarah	Barham	FV60	3M Gorseinon Road Runners
69	1:02:29	258	Emma	Steele	FV40	
70	1:03:14	69	Amy	Cradden	SF	
71	1:03:14	270	Owen	Sutton	SM	
72	1:03:18	164	Hania	Lee	FV45	Maverick Runners
73	1:03:20	224	Ian	Please	MV55	
74	1:03:21	225	Chris	Poole	MV55	
75	1:03:31	227	Nick	Presdee	MV50	Mendip TRC
76	1:03:33	223	Jessica	Please	SF	
77	1:03:37	171	Louise	Lowry	FV45	Mendip TRC
78	1:03:44	194	Patryk	Nelkowski	SM	
79	1:03:55	94	Andrew	Ferguson	MV55	Truro Running Club
80	1:03:56	310	Matt	Wintle	MV45	
81	1:04:34	185	Steve	Miller-Ratcliffe	MV50	
82	1:04:38	13	John	Atkinson	MV45	
83	1:04:47	182	Clare	Melbourne	FV35	Honiton Running Club
84	1:04:47	198	Mark	Newson	MV55	Honiton RC
85	1:04:55	295	Becks	Watson	FV35	
86	1:04:59	98	Brett	Furze	MV50	
87	1:05:01	316	Ryan	York	MV50	Storm Plymouth
88	1:05:29	43	Sue	Brigden	FV65	Team Bath Athletics Club
89	1:05:51	5	Tanya	Alexander	FV40	Holbeton Harriers
90	1:05:52	320	Vincent	Zubrug	SM	
91	1:05:53	155	Rebecca	Kennedy-Bruyneels	FV40	
92	1:05:54	233	Maurice	Raymont	MV45	Bovey Valley runners
93	1:06:30	103	Rosie	Glazier	SF	South West Road Runners
94	1:06:36	282	Suzie	Tosh	FV45	South West Road Runners
95	1:06:37	283	Pete	Tosh	MV45	South West Road Runners
96	1:06:47	15	Simon	Ayres	MV45	
97	1:06:54	196	Lucy	Nelson	FV55	Riviera racers
98	1:06:58	102	Sarah	Ginsberg	FV55	Sidmouth Running Club
99	1:07:00	292	Garon	Watkin	MV35	
100	1:07:02	131	Katie	Holman	SF	Dawlish Coasters
101	1:07:03	138	Shaun	Hurrell	MV50	
102	1:07:08	147	Ruth	Johnson	FV55	Teignbridge Trotters
103	1:07:19	121	Zoe	Harp	FV35	Axe Valley Runners

104	1:07:20	120	Rob	Harp	MV35	
105	1:07:23	87	Christine	Farnham	FV60	
106	1:07:31	259	Debra	Stevens	SF	South West Road Runners
107	1:07:32	107	Emma	Green	FV50	
108	1:07:41	239	Leah	Rogers	FV50	Exeter Triathlon Club
109	1:08:16	289	Pete	Wannell	MV40	
110	1:08:17	206	Lewie	Oxley	MV35	
111	1:08:33	18	Alexa	Baker	FV50	
112	1:08:33	202	Ruth	O'Neale	FV45	
113	1:08:35	168	David	Lockwood	MV40	
114	1:08:36	141	Liz	Jacobs	FV40	
115	1:09:00	314	Vicki	Wraight	FV40	Axe Valley Runners
116	1:09:04	146	Beccy	Johnson	FV40	
117	1:09:05	237	Janet	Ritchie	FV60	Carn Runners
118	1:09:14	97	Jodie	Foster	FV45	
119	1:09:15	7	Tristan	Andrews	MV40	
120	1:09:18	11	Kate	Askew	SF	Washington Running Club
121	1:09:28	253	Chloe	Smith	FV35	
122	1:09:28	205	Hannah	Overton	FV35	
123	1:09:29	86	Liz	Evans	FV35	
124	1:09:30	236	Samuel	Richards	SM	
125	1:09:31	88	Karen	Farnham	FV60	
126	1:09:36	35	Helene	Bond	FV55	
127	1:09:50	49	Mandi	Burroughs	FV60	Fit 2 Run
128	1:10:10	89	Rob	Falconer	MV40	
129	1:10:16	60	Scott	Chown	MV50	Sidmouth Running Club
130	1:10:19	232	Ferne	Raybould	FV45	Brixham Harriers
131	1:10:20	149	Nikita	Kay	SF	
132	1:10:32	80	Jenny	Debenham	FV40	South West Road Runners
133	1:10:36	113	Rob	Habbeshaw	MV35	
134	1:10:41	266	Emma	Storey	FV50	Cranbrook Running Club
135	1:10:52	309	Katie	Williams	SF	South West Road Runners
136	1:11:09	276	Allen	Taylor	MV50	Teignbridge Trotters
137	1:11:17	71	Leanne	Crawford	FV40	
138	1:11:49	31	Erin	Black	FV40	
139	1:11:57	219	Andy	Philippou	MV60	Torbay AAC
140	1:12:21	115	Brett	Haines	MV50	
141	1:12:32	28	Jennifer	Bennett	SF	
142	1:12:33	58	Molly	Chiswell	SF	
143	1:12:33	137	Paul	Hughes	MV60	
144	1:12:34	148	Lisa	Johnson-Flemming	FV50	Maverick Runners
145	1:12:34	145	Warren	Johnson	MV50	Maverick Runners
146	1:12:44	126	Jane	Hirons	FV55	
147	1:12:55	222	Daniel	Pidgeon	SM	
148	1:12:59	247	Trudy	Saxton	FV60	South West Road Runners
149	1:13:14	288	Martyn	Walker	MV45	
150	1:13:42	214	Stephen	Peart	MV55	
151	1:14:10	303	Christian	Wheeler	SM	
152	1:14:11	302	Dorota	Wheeler	FV35	
153	1:14:46	271	Justine	Sutton	FV50	Fit 2 Run
154	1:14:53	160	Maja	Kroeger	FV55	
155	1:14:54	269	Paul	Sutton	MV50	
156	1:15:02	265	Mark	Storey	MV50	Cranbrook Running Club

157	1:16:08	281	Sophie	Tomlinson	SF	
158	1:16:08	116	Nigel	Harding	MV60	
159	1:16:19	286	Melanie	Turner	FV40	
160	1:16:20	106	Joanne	Gosling	FV40	
161	1:16:22	73	Louise	Crocker	FV55	
162	1:17:03	2	Neil	Abraham	MV50	
163	1:17:24	226	Helen	Prescott	FV45	Running Forever RC
164	1:17:25	173	Louise	Mackley	FV55	Running Forever RC
165	1:17:29	246	Martin	Saxton	MV60	South West Road Runners
166	1:17:30	221	Denise	Pichler	FV55	South West Road Runners
167	1:17:34	275	Caroline	Tait	FV55	South West Road Runners
168	1:17:48	234	Adam	Rejzl	MV40	
169	1:17:49	245	Becky	Saxton	SF	
170	1:17:52	124	Sandra	Haynes	FV55	Looe Pioneers Running Club
171	1:17:57	180	Naoko	Mckinnon	FV65	
172	1:17:59	218	Steve	Pettifer	MV45	
173	1:18:02	79	Mary	Daymond	FV60	South West Road Runners
174	1:18:12	229	Abby	Raddon	SF	
175	1:18:23	34	Frazer	Bolt	MV60	
176	1:18:31	142	Judith	Jeeves	FV60	Ogmore Phoenix Runners
177	1:18:44	1	Becky	Abbott	FV35	
178	1:18:49	290	Christie	Ward	FV50	
179	1:19:03	109	Laura	Greenhill	FV50	
180	1:19:05	30	Angela	Bingham	FV55	
181	1:19:09	139	Faye	Hussey	FV65	Fit 2 Run
182	1:19:09	317	Vanessa	Zalman	FV55	Fit 2 Run
183	1:19:10	170	Sarah	Louise May	SF	
184	1:19:12	24	Wendy	Barratt	FV55	South West Road Runners
185	1:19:23	211	Lucy	Payne	FV70	
186	1:19:23	212	Rod	Payne	MV65	
187	1:19:24	96	Helen	Flint	FV55	Fit 2 Run
188	1:19:24	252	Anna	Sheinman	SF	
189	1:19:30	313	Mark	Wotton	MV60	Teignbridge Trotters
190	1:19:43	140	Sarah	Jackson	FV45	Exeter Triathlon Club
191	1:19:44	249	Sue	Scott	FV60	
192	1:19:49	157	Felicity	King	FV60	Fit 2 Run
193	1:19:58	14	Sam	Austin	FV55	
194	1:20:28	105	Michael	Goodwin	MV70	
195	1:21:11	284	Claire	Tucker	FV45	
196	1:21:12	92	Lizzie	Fay	FV35	
197	1:21:18	192	Rob	Murr	MV65	Running Forever RC
198	1:21:35	183	Jane	Miles	FV50	
199	1:21:36	305	Clare	White	FV40	Storm Plymouth
200	1:21:58	242	Carla	Sachse	SF	
201	1:22:00	27	Ruth	Beck	FV50	
202	1:22:03	117	Dean	Harding	SM	
203	1:22:10	200	Anita	O'Connor	FV55	
204	1:22:11	201	Kev	O'Connor	MV55	Plymouth Musketeers RC
205	1:22:12	75	Fiona	Cross	FV40	
206	1:22:13	76	Matt	Cross	MV45	
207	1:22:13	48	Emma	Burrough	SF	
208	1:22:32	235	Alison	Richards	FV55	Fit 2 Run
209	1:22:40	177	Caragh	Mathew	FV45	Running Forever RC

210	1:22:55	190	Beth	Mowlam	FV40	
211	1:23:12	55	Bryony	Chalcraft	FV40	
212	1:24:06	294	Janet	Watson	FV70	Carn Runners
213	1:24:11	299	Louisa	Westlake	FV50	Storm Plymouth
214	1:24:39	209	Dot	Patrick	FV45	Storm Plymouth
215	1:24:40	52	Kathryn	Carroll	FV65	
216	1:24:59	193	Clare	Muxlow	FV40	Lonely Goat Athletics Club
217	1:25:20	16	Regina	Babinska	FV70	
218	1:25:21	279	Kathryn	Thompson	FV40	Axe Valley Runners
219	1:25:26	181	Sarah	Mcquarry	FV45	
220	1:25:29	68	Sara	Cooksley	FV50	
221	1:25:54	122	Charlotte	Hawkins	FV45	
222	1:25:56	78	Becci	Dawe	FV40	
223	1:26:14	133	Kerry	Hope	FV40	
224	1:26:14	29	Linda	Bent	FV45	
225	1:26:48	277	Jacky	Theedom	FV65	
226	1:27:31	26	Amanda	Bealing	FV50	
227	1:27:59	23	Claire	Barlow	FV45	Bodmin Road Runners
228	1:29:05	134	Carol	Hounsell	FV45	
229	1:29:06	293	Sarah	Watkins	FV60	
230	1:29:11	104	Tracey	Glenister	FV50	
231	1:29:20	143	Sharon	Jenkins	FV55	Tri-Hards
232	1:29:25	315	Carey	Wreford	FV45	Tri Harder
233	1:29:25	216	Sacha	Pemberthy	FV55	Tri Hards
234	1:29:53	174	Susie	Mann	FV45	
235	1:29:54	189	Anna	Morgan	FV35	
236	1:31:28	65	Ann	Cole	FV65	Sidmouth Running Club
237	1:32:19	12	Abigail	Askew	SF	Minster Milers
238	1:32:50	169	Rodney	Lockyer	MV70	
239	1:33:01	85	Tanya	Downes	FV50	
240	1:33:44	158	Vanessa	Knowles	MV60	
241	1:33:44	287	Deborah	Vinnicombe	FV65	
242	1:34:11	165	Rebecca	Levitt	SF	
243	1:35:54	21	Elin	Barham	SF	
244	1:35:55	22	Ffion	Barham	SF	
245	1:35:59	20	David	Barham	MV55	3M Gorseinon Road Runners
246	1:36:28	59	Sarah	Choak	FV55	Carn Runners
247	1:37:14	128	Graham	Hole	MV50	
248	1:37:19	230	Sean Barrie	Rafton	MV50	
249	1:37:20	285	Nicky	Tucker	FV45	
250	1:38:47	156	Emma	Kessie	FV40	Heavitree Running Club
251	1:38:47	217	Melanie	Perkin	FV50	South West Road Runners
252	1:39:54	256	Jane	Southern	FV60	Storm Plymouth
253	1:39:55	83	Dawn	Dixon	FV45	Storm Plymouth
254	1:41:14	187	Paul	Mitchell	MV55	
255	1:49:46	10	Hilary	Askew	FV60	Crewkerne Running Club
256	1:52:38	262	Chris	Stolworthy	MV55	
257	1:54:04	67	Louise	Cook	SF	