

## Results

## Final Countdown 10k

2024

Place	Finish Time	Forename	Surname	Cat	Club	Award	Cat place
1	00:37:49	Tom	Merson	MV35	Exmouth Harriers AAC	1st Male	1
2	00:39:39	Sam	Husband	SM	Greenbow Running Club	2nd Male	1
3	00:39:47	Joel	Heatley	MV40	South West Road Runners	3rd Male	1
4	00:40:40	Colin	Densham	MV35	South West Road Runners		2
5	00:41:44	Josh	Coyne	SM			2
6	00:42:04	Andrew	Snook	MV40	Axe Valley Runners		2
7	00:42:37	Max	Chantrey	MV35	DSFRS Running Club		3
8	00:42:54	Archie	Phillips	SM	Guildford & Godalming AC		3
9	00:43:41	Lawrence	Schneck	MV50	Greenbow Running Club	1st MV50	1
10	00:43:47	Oliver	Blakeman	SM			4
11	00:44:20	Darren	Ould	SM			5
12	00:44:43	Richard	Mccollum	MV45		1st Mv45	1
13	00:45:11	Alistair	Webb	MV35	Serpentine Running Club		4
14	00:45:17	Martyn	Densham	MV35	South West Road Runners		5
15	00:45:21	Ellie	Dominey	FV40	N1 Tri Club.	1st Female	1
16	00:45:28	Mike	Gleeson	MV50	Swansea Harriers		2
17	00:45:47	Ellie	Debenham	FV40	South West Road Runners	2nd Female	2
18	00:46:04	Colin	Wells	MV45			2
19	00:46:14	Stephanie	Cade	SF		3rd Female	1
20	00:46:41	Jake	Mcaulay	SM			6
21	00:48:15	Danny	Yank	MV45			3
22	00:48:20	Ben	Smye	SM			7
23	00:48:26	Kristyna	Cade	SF			2
24	00:48:41	Molly	Kelly	SF			3
25	00:48:43	Russell	Cramer	SM			8
26	00:49:10	Claire	Watkins	FV50	Okehampton RC	1st FV50	1
27	00:49:16	Mike	Waddington	MV55		1st MV55	1
28	00:50:01	Will	Hammett	SM			9
29	00:50:06	John	Bennett	MV45	Honiton Running Club		4
30	00:50:06	Nicholas	Couch	MV50	Honiton Running Club		3
31	00:50:29	Ed	Shaw	MV40	South West Road Runners		3
32	00:50:33	Ali	Clarke	FV45		1st FV45	1
33	00:50:36	Jason	Potter	MV35			6
34	00:51:17	Hannah	Wells	FV35		1st FV35	1
35	00:51:34	Marjolaine	Briscoe	SF			4
36	00:52:15	Alexander	Becker	SM	Lawley Running Club		10
37	00:52:29	Graham	Mullin	MV50	Exmouth Harriers AAC		4
38	00:52:36	Craig	Davies	MV35	Torbay AAC		7
39	00:52:38	Mark	Newson	MV55	Honiton Running Club		2
40	00:52:48	Greg	Bartlett	SM			11
41	00:52:48	Ben	Flower	SM	Torbay Tri		12
42	00:52:51	Dan	Rook	MV35			8
43	00:53:04	Tony	Miller	SM			13
44	00:53:19	Jeanette	Mcfadzean	FV55	South West Road Runners	1st FV55	1
45	00:53:23	Alan	Cade	MV60		1st MV60	1
46	00:53:25	Jordan	Brigden	SM			14
47	00:54:07	Paul	Riley	MV55			3
48	00:54:11	Ryan	Cartlidge	SM			15
49	00:54:37	Daisy	Hornby-Peters	SF			5
50	00:54:54	Adam	Ferris	MV45			5
51	00:54:58	Mike	Peck	MV35			9
52	00:55:01	Steven	Badcott	MV55	Lonely Goat Athletics Club		4
53	00:55:02	Naomi	Shaw	FV40	South West Road Runners		3
54	00:55:03	Wayne	Baxter	MV40	South West Road Runners		4

55	00:55:21	Becci	Carter	FV35			2
56	00:55:22	Ed	Jones	MV35			10
57	00:55:27	Jason	Blackmore	MV55	Bridport Runners		5
58	00:55:28	Aaron	Williams	MV40			5
59	00:55:31	Matthew	Jarvis	SM	Fleet & Crookham AC		16
60	00:55:40	Carole	Walters	FV60	Tavistock AC	1st FV60	1
61	00:56:08	Nick	Robinson	MV50	Torbay AAC		5
62	00:56:34	Sue	Smye	FV60			2
63	00:56:36	Peter	Brown	MV70	Bridport Runners	1st MV70	1
64	00:56:36	Amy	Cradden	SF			6
65	00:56:37	Owen	Sutton	SM			17
66	00:56:39	Joseph	Murphy	MV55	Storm Plymouth		6
67	00:56:55	Mike	Humphreys	MV40			6
68	00:57:46	Christina	Pugsley	FV45	Tiverton Harriers		2
69	00:58:09	Tim	Synge	MV60	Teignbridge Trotters		2
70	00:58:10	Ta	Peters	FV35			3
71	00:58:17	Stephen	Brinklow	MV45			6
72	00:58:18	Barbara	Kenneally	SF			7
73	00:58:29	Nigel	Maeer	MV40			7
74	00:58:46	Lara	Couch	SF			8
75	00:58:52	Roz	Debenham	FV40	South West Road Runners		4
76	00:58:54	Eric	Foster	MV70	Dawlish Coasters		2
77	00:59:15	Robert	Huntington	MV65	Sidmouth Running Club	1st MV65	1
78	00:59:27	Ian	Markwick	MV55			7
79	00:59:28	Sarah	Markwick	FV40	Erme Valley Harriers		5
80	00:59:43	David	Lockwood	MV40			8
81	00:59:48	Paul	Evison	MV70	Okehampton RC		3
82	00:59:55	Sarah	Barham	FV60	3M Gorseinon Road Runners		3
83	00:59:57	Lorna	Hilkene	FV45			3
84	00:59:57	Paul	Parmenter	MV55	Running Forever Running Club		8
85	01:00:06	Emma	Rathbone	FV45	Running Forever RC		4
86	01:00:21	Will	Robson	SM			18
87	01:00:21	Kimberley	Giles	SF			9
88	01:00:22	Alice	Oliver	SF			10
89	01:00:30	Thomas	Hunter	SM			19
90	01:00:49	Paul	Harrison	MV60	Tiverton Harriers		3
91	01:01:07	Peter	Marr	MV55			9
92	01:01:27	Emma	Thorne	FV45			5
93	01:01:28	Shaun	Watts	MV50	100 Marathon Club		6
94	01:01:33	Jim	Danks	MV65			2
95	01:01:37	Lee	Cosgrove	MV35			11
96	01:01:53	Jenny	Debenham	FV45	South West Road Runners		6
97	01:01:58	Nicola	Kelly	FV60	Exmouth Harriers		4
98	01:01:58	Mark	Storey	FV55	Cranbrook Running Club		2
99	01:02:07	Gareth	Horrocks	MV40	Launceston Road Runners		9
100	01:02:21	Simon	Bunday	MV65	Haldon Trail Runners		3
101	01:02:34	Charlotte	Bacon	SF			11
102	01:02:43	Helen	Boiling	FV55	Victory AC		3
103	01:02:43	Alyson	Rook	FV35			4
104	01:02:44	Jennifer	Mears	SF			12
105	01:02:44	Jacqui	Betts	FV60			5
106	01:02:48	Aaron	King	MV35			12
107	01:02:49	Vicki	Duckmanton	SF			13
108	01:02:51	Hannah	Brown	FV35			5
109	01:03:01	Darren	King	MV45			7
110	01:03:03	Tristan	Andrews	MV45	Riviera Racers		8
111	01:03:04	Polly	Cochrane	SF			14

112	01:03:05	Louise	Bennett	FV40	Honiton Running Club	6
113	01:03:06	Paula	Ferris	FV45	Honiton Running Club	7
114	01:03:11	Jodie	Foster	FV45		8
115	01:03:18	Natalie	Creese	FV40	Cranbrook Running Club	7
116	01:03:41	Emma	Biswas	FV45	Running Forever Running Club	9
117	01:03:44	Amy	Cox	FV45	Budleigh Runners	10
118	01:03:58	Suzie	Tosh	FV45	South West Road Runners	11
119	01:03:59	Pete	Tosh	MV45	South West Road Runners	9
120	01:04:00	Rob	Harp	MV35	Axe Valley Runners	13
121	01:04:02	Riley Elijah	Northfield	SM		20
122	01:04:15	Caitlin	O'Brien	SF		15
123	01:04:20	Chris	Cooper	MV45		10
124	01:04:21	Dom	Rowe	MV50	Yeovil Town RRC	7
125	01:04:22	Graeme	Ford	MV45		11
126	01:04:23	Eva	Lee	SF	Maverick Runners	16
127	01:04:24	Hania	Lee	FV45	Maverick Runners	12
128	01:04:48	Christine	Farnham	FV60	Sidmouth Running Club	6
129	01:04:53	Richard	Coffey	MV55	Ware Joggers	10
130	01:05:00	Lyndsey	Hookway	FV40	Run Fit Run Fast	8
131	01:05:11	Karen	Farnham	FV60	Sidmouth Running Club	7
132	01:05:20	Ian	White	MV50	South West Road Runners	8
133	01:05:25	Nigel	Newbery	MV65		4
134	01:05:26	Geoff	Brigden	MV50		9
135	01:05:27	Steve	Mackay	MV55		11
136	01:05:38	Kat	Humphreys	FV35	Tiverton Harriers	6
137	01:05:38	Josie	Hambly	FV35	Tiverton Harriers	7
138	01:05:50	Ruth	O'Neale	FV45		13
139	01:06:10	Paul	Sutton	MV55		12
140	01:06:21	Pearl	Barnes	FV55	Okehampton RC	4
141	01:06:31	Adele	Girdwood	FV60	Axe Valley Runners	8
142	01:06:33	Sue	Hornby	FV55		5
143	01:06:45	Libby	Smith	SF		16
144	01:06:56	Phil	West	MV55		13
145	01:06:56	Suzy	Lloyd	FV45		14
146	01:06:58	Nicola	Aindow	FV50		2
147	01:07:07	Kirsty	Clarke	SF		17
148	01:07:08	Huw	Hennessy	MV65		5
149	01:07:25	Gill	Riley	FV50		3
150	01:07:49	Millie	Quinn	SF		18
151	01:07:54	Jeremy	Goddard	MV50		10
152	01:08:04	Emily	Hardingham	SF	Sidmouth Running Club	19
153	01:08:10	Ruth	Johnson	FV60	Teignbridge Trotters	9
154	01:08:11	Laura	Walton	FV40	Exmouth Harriers AAC	9
155	01:08:48	Victoria	Victoria Packer	FV40		10
156	01:09:24	Jane	Hamilton	FV45		15
157	01:09:32	Sascha	Welsh	FV40		11
158	01:09:33	Justine	Sutton	FV50	Fit 2 Run	4
159	01:09:48	Ferne	Raybould	FV45	Fordy Runs	16
160	01:09:56	Fiona	Bromley	SF		20
161	01:09:58	Stephen	Peart	MV55	Greenbow Running Club	13
162	01:10:04	Emma	Smith	SF		21
163	01:10:07	Brigid	Mceleney-Smith	FV60	Sidmouth Running Club	10
164	01:10:10	Andrea	Hammond	FV45		17
165	01:10:22	Jenny	Archer	FV40		12
166	01:10:22	Phillip	Martin	MV45		12
167	01:10:23	Lauren	Struszczak	SF		22
168	01:10:26	Frances	Noble	FV35		8

169	01:10:36	Jessica	Ronayne	FV40			13
170	01:10:50	Helen	Brenton	FV55			6
171	01:10:59	Leah	Rogers	FV50	Exeter Triathlon Club		5
172	01:11:03	Geoff	Panter	MV45			13
173	01:11:10	Liz	Evans	FV35			9
174	01:11:10	Liz	Jacobs	FV40			14
175	01:11:20	Cath	Brenton	FV40	Axe Valley Runners		15
176	01:11:22	Jane	Hirons	FV60			11
177	01:11:32	Emma	Storey	FV50	Cranbrook Running Club		6
178	01:11:38	Jacqui	Northfield	FV50			7
179	01:11:39	Jay	Northfield	MV55			14
180	01:12:13	Sue	Taylor	FV65		1st FV65	1
181	01:12:18	Zoe	Harp	FV35	Axe Valley Runners		10
182	01:13:02	Darren	Bridle	MV45	The ORCS		14
183	01:13:02	Verity	Hookway	FV55	The ORCS		7
184	01:13:21	Emily	Baker	FV45			18
185	01:14:11	Ann	Hunter	FV45	None		19
186	01:14:24	Jill	Obrien	FV50			8
187	01:14:25	Ray	O'Brien	MV50			11
188	01:14:27	Angela	Bingham	FV55			8
189	01:14:28	Louise	Mackley	FV55	Running Forever Running Club		9
190	01:14:32	Naoko	Mckinnon	FV65	Torbay tri club		2
191	01:14:57	Amy	Mifsud	FV35			11
192	01:14:59	Mark	Wotton	MV60	Teignbridge Trotters		4
193	01:15:30	Lottie	Hazell	SF			23
194	01:15:31	Deb	Hazell	FV60			12
195	01:15:50	Susie	Mann	FV45			20
196	01:16:31	Katy	Brookfield	FV45			21
197	01:16:39	Charlotte	Downes	SF			24
198	01:16:41	Sean	Brown	MV40			10
199	01:16:43	Jay	Porter	SM			21
200	01:16:59	Adam	Duffin	MV55			15
201	01:17:15	Harry	Higgs	SM			22
202	01:17:16	Phaedra	Leveridge	SF	Cranbrook Running Club		25
203	01:17:17	Abigail	Woollett	SF	Cranbrook Running Club		26
204	01:17:19	Wendy	Barratt	FV55	South West Road Runners		10
205	01:17:35	Lottie	Stephens-Hodge	FV50			9
206	01:17:41	Marzena	Strzalkowska	FV40			16
207	01:17:45	Debbie	Thorpe	FV35	Riviera Racers		12
208	01:17:52	Rebecca	Levitt	SF			27
209	01:17:52	Chloe	Thompson	SF			28
210	01:18:04	Grant	Mcgill	MV60			5
211	01:18:34	Andrew	Philippou	MV60	Torbay AAC		6
212	01:18:37	Tanya	Raymond	FV50			10
213	01:18:37	Jo	Duffin	FV50			11
214	01:18:47	Louise	Treloggen	FV60			13
215	01:18:52	Linda	Page	FV55			11
216	01:19:26	Lucy	Gooding	FV35	Okehampton RC		13
217	01:19:27	Susanne	Westgate	FV60	Teignbridge Trotters		14
218	01:19:31	Mark	West	MV55			16
219	01:19:44	George	Brown	SM			23
220	01:20:02	Maja	Kroeger	FV55			12
221	01:20:18	Beccy	Johnson	FV40			17
222	01:20:19	Alexa	Baker	FV50			12
223	01:20:20	Hazel	Wade	FV45			22
224	01:20:30	Tanya	Downes	FV50	Running Forever Running Club		13
225	01:20:44	Heidi	Miller-Ratcliffe	FV55			13

226	01:20:45	Deb	Cawthera	FV55			14
227	01:20:47	Don	Cawthera	MV60			7
228	01:20:57	Julia	Russell	SF			29
229	01:21:10	Hayley	Milne	FV35			14
230	01:21:45	Kevin	Hazell	MV60			8
231	01:22:01	Jacqueline	Toop	FV55			15
232	01:22:02	Claire	Justice	FV50			14
233	01:22:02	Ellen	Hunter	SF			30
234	01:22:18	Rachel	Vowles	FV55			16
235	01:22:38	Siwan	Tyack	FV45			23
236	01:23:02	Angela	Latchem	FV40			18
237	01:23:10	Steve	Wood	MV55			17
238	01:23:36	Ffion	Barham	SF			31
239	01:23:36	Nia	Jones	SF			32
240	01:23:50	Nicky	Edwards	MV70	Wells City Harriers		4
241	01:24:30	Charlotte	Hawkins	FV45	Exeter Triathlon Club		24
242	01:24:35	Becci	Dawe	FV40			19
243	01:24:36	Neil	Abraham	MV50			12
244	01:24:41	Deborah	Gorrod	FV75		1st FV75	1
245	01:24:42	Emily	Prince	SF			33
246	01:24:44	Sophie	Leach	FV35	Bad Boy Running Club		15
247	01:25:06	Lorinda	Turner	FV35			16
248	01:25:21	Pamela	Beattie	FV70	Running Forever Running Club	1st FV70	
249	01:27:07	Jo	Ford	FV45			25
250	01:27:24	Elin	Barham	SF			34
251	01:27:25	David	Barham	MV60	3M Gorseinon Road Runners		9
252	01:27:44	Kerry	Hope	FV40	Crediton Running Network		20
253	01:29:34	Caroline	Kolek	FV55	Women on the Run		17
254	01:29:36	Nicky	Mcgill	FV50			15
255	01:30:58	Anna	Morgan	FV35			17
256	01:31:22	Paul	Mitchell	MV55			18
257	01:31:55	Michael	Chant	MV65			6
258	01:36:12	Paula	Tapp	FV55	Storm Plymouth		18
259	01:36:12	Kathleen	Williams	FV50	Storm Plymouth		16
260	01:36:15	Cheryl	Boxall	FV50	Storm Plymouth		17
261	01:36:16	Jane	Southern	FV60	Storm Plymouth		15
262	01:39:03	Jenny	Adams	FV75	Wells City Harriers		2
263	01:46:42	Victoria	Symons	SF			35
264	01:46:42	December	Payne	SF	Storm Plymouth		36