

2025

Final Countdown 10k

Place	Finish Time	Race number	Forename	Surname	Cat	Club	
1	00:43:22	168	James	Kelly	SM	Exmouth Harriers	1st Male
2	00:45:25	26	Ollie	Blakeman	SM		2nd Male
3	00:45:51	207	Carl	Nelson	MV35		3rd Male
4	00:46:07	23	Joshua	Bishop	MV35	Exmouth Harriers AAC	
5	00:46:53	306	Colin	Wells	MV45		
6	00:46:54	255	Chris	Small	MV35		
7	00:47:14	214	Darren	Ould	SM		
8	00:47:27	280	Owen	Sutton	SM		
9	00:47:41	185	Kevin	Lofts	MV50	Torbay AAC	
10	00:47:50	84	Ellie	Debenham	FV40	South West Road Runners	1st Female
11	00:47:58	121	Milan	Goc	MV45	South West Road Runners	
12	00:49:25	165	Amy	Jones	FV45	South West Road Runners	2nd Female
13	00:49:51	183	Chris	Lewis	MV40		
14	00:49:55	260	Ben	Smye	SM		
15	00:50:13	169	Charles	Kennerley	MV45	Axe Valley Runners	
16	00:50:15	87	Martyn	Densham	MV35	South West Road Runners	
17	00:50:31	40	Marjolaine	Briscoe	SF		3rd Female
18	00:50:45	246	Will	Robson	SM		
19	00:50:48	156	Emily	Hunter	SF		
20	00:50:50	115	Benjamin	Gilbert	MV35		
21	00:51:35	265	Zane	Steers	MV50	Dawlish Coasters	
22	00:51:40	179	Robert	Lay	MV50		
23	00:52:58	15	Jenny	Barnett	FV40		
24	00:53:19	150	Jack	Horgan	SM		
25	00:53:23	305	Hannah	Wells	FV35		
26	00:53:38	273	Claire	Stone	FV45	Larkfield A.C.	
27	00:53:41	52	Ryan	Cartlidge	SM		
28	00:53:46	123	Gary	Grant	MV55		
29	00:53:58	97	Matthew	Duree	MV55		
30	00:54:17	69	Sammy	Coleman	FV35	Fremington Trailblazers RC	
31	00:54:27	191	Sarah	Markwick	FV45		
32	00:54:47	39	Steve	Brinklow	MV45		
33	00:55:10	231	Jay	Porter	SM	Riviera Racers	
34	00:55:12	311	Matt	Whale	MV55		
35	00:55:18	86	Simon	Denny	MV55	Exmouth Harriers AAC	
36	00:55:20	22	Kathryn	Bishop	FV35	Exmouth Harriers AAC	
37	00:55:22	271	Jacqui	Stokes	FV45	Axe Valley Runners	
38	00:55:30	76	Russell	Cramer	SM		
39	00:55:39	290	Darren	Thomas	MV50		
40	00:55:41	319	Jacob	Worthington	SM		
41	00:55:43	64	Alison	Clarke	FV45		
42	00:55:45	318	Roger	Worthington	MV60	Sidmouth Running Club	
43	00:55:50	314	Alastair	Wilson	MV45	Exeter Triathlon Club	
44	00:56:08	210	Alice	Nicholls	SF	Exmouth Harriers	
45	00:56:15	228	Tania	Peters	FV35	Sidmouth Running Club	
46	00:56:27	238	Anthony	Raine	MV55	Torbay AAC	
47	00:56:36	98	Sophie	Dyer	SF	Chard Road Runners	
48	00:56:41	184	Nicholas	Lloyd	MV60		
49	00:56:47	68	Celia	Cohen	FV45		
50	00:56:50	116	Madison	Gilbert	SF		
51	00:57:00	312	Matt	Whisker	MV50	Taunton AC	
52	00:57:08	103	Rob	Ferry	MV40		
53	00:57:18	282	Simon	Swift	MV55		
54	00:57:50	82	Jon	Dand	MV35		
55	00:58:01	245	Nick	Robinson	MV50	Torbay AAC	

56	00:58:04	259	Sue	Smye	FV65	
57	00:58:06	144	Tin	Head	MV55	
58	00:58:10	176	Aaron	Langley	MV35	
59	00:58:13	258	Emma	Smith	SF	
60	00:58:18	217	Paul	Parmenter	MV55	Running Forever Running Club
61	00:58:20	140	Rebecca	Harrison-Stokes	SF	
62	00:58:21	239	Emma	Rathbone	FV45	Running Forever Running Club
63	00:58:30	263	Trina	Stacey	FV50	
64	00:58:31	206	Joseph	Murphy	MV55	
65	00:58:39	303	Anthony	Weaver	MV50	
66	00:58:44	174	Rhia	Knowlson	FV45	
67	00:59:06	18	Wayne	Baxter	MV40	South West Road Runners
68	00:59:09	172	Aaron	King	MV35	Axe Valley Runners
69	00:59:12	134	Andrew	Harden	MV40	
70	00:59:38	33	Jonathan	Bowker	MV35	
71	00:59:40	268	Rebecca	Stevens	FV55	Honiton Running Club
72	00:59:41	227	Tim	Pepper	MV50	Honiton RC
73	00:59:42	131	Peter	Haley	MV50	
74	00:59:47	142	Rebecca	Hayes	FV35	Crediton Running Network
75	00:59:49	163	Emma	Jones	SF	
76	00:59:52	19	Jane	Beech	FV55	
77	00:59:54	175	Steff	Lamb	SF	
78	00:59:55	81	Sam	Daly	FV40	
79	00:59:58	205	Sarah	Morgan	FV35	Running Forever Running Club
80	01:00:01	164	Debbie	Jones	FV50	South West Road Runners
81	01:00:51	291	Lucinda	Thompson	SF	
82	01:00:55	249	Dom	Rowe	MV50	Yeovil Town RRC
83	01:00:56	73	Paul	Cooper	MV50	Ilfracombe Running Club
84	01:01:19	5	Fiona	Aldworth	FV35	
85	01:01:20	67	Richard	Coffey	MV55	Ware Joggers
86	01:01:21	66	Katie	Cochran	FV35	
87	01:01:22	57	John	Cheffings	MV40	
88	01:01:23	45	Sean	Brown	MV40	
89	01:01:23	294	Guillermo	Tononi	MV40	
90	01:01:31	298	Tracy	Walters	FV45	Taunton AC
91	01:01:44	252	Claire	Salter	FV45	
92	01:01:47	173	Becky	Kingdon	FV40	
93	01:01:49	9	Ian	Ashelford	MV35	Torrington AAC
94	01:01:54	60	Scott	Chown	MV50	Sidmouth Running Club
95	01:01:57	147	Lorna	Hilkene	FV50	
96	01:01:59	50	Mark	Bysouth	MV40	Taunton AC
97	01:02:05	257	Roz	Smith	SF	
98	01:02:27	41	Victoria	Broadhurst	FV50	
99	01:02:29	77	Natalie	Creese	FV40	Cranbrook Running Club
100	01:02:30	180	Nadine	Lee	FV55	Torbay AAC
101	01:02:33	296	Chris	Vicary	MV55	
102	01:02:37	157	Robert	Huntington	MV65	Sidmouth Running Club
103	01:03:02	195	Jennifer	Mears	SF	
104	01:03:03	85	Jenny	Debenham	FV45	South West Road Runners
105	01:03:18	24	Emma	Biswas	FV45	Running Forever Running Club
106	01:03:30	284	Tim	Synge	MV60	Teignbridge Trotters
107	01:03:36	286	Iain	Taggart	MV55	Budleigh Runners
108	01:03:40	220	Robert	Pask	MV55	Grantham Running Club
109	01:03:47	292	Emma	Thorne	FV45	
110	01:03:53	43	Toby	Brown	MV60	Burnham On Sea Harriers
111	01:03:58	222	Julie	Payne	FV60	
112	01:04:00	247	Alyson	Rook	FV40	
113	01:04:05	287	Catherine	Tapp	FV45	Tiverton Harriers

114	01:04:17	12	Sarah	Barham	FV60	3M Gorseinon Road Runners
115	01:04:18	28	Debs	Bond	FV40	
116	01:04:27	202	Stephen	Moakes	MV45	Tiverton Harriers
117	01:04:39	182	Eva	Lee	SF	Maverick Runners
118	01:04:43	181	Hania	Lee	FV45	Maverick Runners
119	01:05:17	199	Steve	Miller-Ratcliffe	MV55	
120	01:05:25	47	Simon	Bunday	MV65	
121	01:05:38	99	Sarah	Edwards	FV45	
122	01:05:39	196	Jim	Medhurst	MV45	Bere Alston Trekkers
123	01:05:40	167	Nicola	Kelly	FV60	Exmouth Harriers AAC
124	01:05:50	102	Christine	Farnham	FV60	Sidmouth Running Club
125	01:05:51	61	Jacob	Churchill	SM	
126	01:05:52	162	Ami	Jewell	SF	
127	01:05:52	113	Izaak	Frost	SM	
128	01:06:00	197	Peter	Meister	MV60	
129	01:06:16	27	Helen	Boiling	FV55	Victory AC
130	01:06:26	74	Lara	Couch	SF	
131	01:06:27	154	Michael	Humphreys	MV45	The ORCS
132	01:06:41	187	Steve	Mackay	MV55	
133	01:06:53	7	Tristan	Andrews	MV45	Riviera Racers
134	01:06:54	110	Jodie	Foster	FV45	
135	01:07:22	101	Karen	Farnham	FV60	Sidmouth Running Club
136	01:07:42	229	Tamsin	Phelvin	FV45	Tiverton Harriers
137	01:07:47	186	Louise	Lowry	FV50	Mendip TRC
138	01:07:48	233	Nicholas	Presdee	MV55	Mendip TRC
139	01:08:04	118	Adele	Girdwood	FV60	Axe Valley Runners
140	01:08:28	75	Amy	Cox	FV45	
141	01:08:39	124	Philip	Greedy	MV45	
142	01:08:59	243	Janet	Ritchie	FV60	Carn Runners
143	01:09:20	63	Kirsty	Clarke	SF	
144	01:10:03	152	Tim	Humpage	MV45	
145	01:10:23	277	Steven	Sugden	MV65	
146	01:10:24	198	Amy	Mifsud	FV40	
147	01:10:25	153	Alastair	Humphrey	MV40	
148	01:10:25	30	Giles	Boon	MV40	
149	01:10:26	20	Kelly	Beutner	FV35	
150	01:10:27	48	Gavin	Burns	MV65	
151	01:10:36	127	Naomi	Greenwood	SF	
152	01:10:43	254	Sarah	Shaw	FV45	
153	01:10:53	270	Lizzie	Stjohn	FV40	Crediton Running Network
154	01:10:56	208	Jessica	Newman	FV40	Erme Valley Harriers
155	01:11:11	218	Cathy	Parmenter	FV55	Running Forever Running Club
156	01:11:12	213	Ruth	O'Neale	FV50	
157	01:11:26	325	Peta	Goodman	FV55	
158	01:11:27	289	Geri	Terry	FV45	Honiton Running Club
159	01:11:27	240	Jenny	Rawlins	FV50	
160	01:11:31	308	Sascha	Welsh	FV45	Minster Milers
161	01:11:38	10	Nicola	Ashworth	FV55	
162	01:11:46	192	Madeleine	Marsh	FV45	
163	01:11:47	79	Lisa	Crossman	FV50	
164	01:12:00	35	Linda	Bracher	FV55	
165	01:12:01	190	Ian	Markwick	MV55	
166	01:12:09	36	Sue	Brigden	FV65	Team Bath Athletics Club
167	01:12:10	293	Gary	Thurston	MV60	
168	01:12:12	264	Rachel	Statton	FV40	
169	01:12:37	209	Debbie	Newson	FV50	
170	01:12:37	285	Emma	Taggart	FV50	
171	01:12:41	170	Ceri-Ann	Kinch	FV40	

172	01:12:42	31	Stuart	Botting	MV45	
173	01:12:54	244	Luke	Robinson	MV35	
174	01:12:55	324	Beata	Zuchowska - N	FV40	Yeovil Town RRC
175	01:13:06	212	Frances	Noble	FV35	
176	01:13:07	83	Kenan	Davies	MV40	
177	01:13:11	225	Stephen	Pear	MV55	Greenbow Running Club
178	01:13:15	135	Zoe	Harp	FV35	Axe Valley Runners
179	01:13:16	136	Rob	Harp	MV35	Axe Valley Runners
180	01:13:18	11	Katie	Baker	FV45	
181	01:13:19	310	Lucy	Westwood	FV40	Torbay AAC
182	01:13:21	112	Sarah	Frost	FV45	
183	01:13:25	275	Emma	Storey	FV50	Cranbrook Running Club
184	01:13:30	71	Rachel	Collins	FV40	Torbay AAC
185	01:13:42	143	Naomi	Hayter	SF	
186	01:13:56	315	Naomi	Wilson	FV40	
187	01:14:00	281	Noah	Sutton	SM	
188	01:14:01	278	Justine	Sutton	FV50	
189	01:14:06	307	Gordon	Wells	MV55	
190	01:14:33	274	Mark	Storey	MV55	Cranbrook Running Club
191	01:14:38	241	Tanya	Raymond	FV50	
192	01:14:38	95	Jo	Duffin	FV55	
193	01:14:40	92	Ruth	Dorset	FV60	
194	01:14:41	119	Martyn	Glover	MV65	Cranbrook Running Club
195	01:14:56	54	Bryony	Chalcra	FV45	
196	01:15:12	117	Joanna	Gilderthorp	FV50	
197	01:15:13	279	Paul	Sutton	MV55	
198	01:15:14	3	Linda	Aird	FV65	North Herts Road Runners
199	01:15:15	297	Josh	Walls	SM	
200	01:15:30	37	Geoff	Brigden	MV50	
201	01:15:31	108	Graeme	Ford	MV45	Honiton RC
202	01:15:59	70	Christopher	Colley	MV45	Alton Runners
203	01:16:50	188	Louise	Mackley	FV55	Running Forever Running Club
204	01:17:05	34	Becky	Box	FV45	Honiton Running Club
205	01:17:09	32	Sally	Bowey	FV55	Honiton Running Club
206	01:17:10	148	Kasia	Hodgson	FV50	
207	01:17:13	16	Wendy	Barratt	FV60	South West Road Runners
208	01:17:18	46	Ruth	Bryant	FV60	
209	01:17:24	53	Roisin	Catney	FV50	
210	01:17:47	25	Alexandra	Blagden	FV50	Crediton Running Network
211	01:17:48	250	Caroline	Rowe	FV40	
212	01:17:51	151	Jan	Horrell	FV60	
213	01:17:58	55	Mark	Chambers	MV60	
214	01:18:16	49	Mandi	Burroughs	FV60	Fit 2 Run
215	01:18:17	122	Lucy	Gooding	FV35	Okehampton RC
216	01:18:20	96	Adam	Duffin	MV55	
217	01:18:49	80	Malcolm	Dalrymple-Hay	MV55	
218	01:18:51	235	Sophie	Price	SF	
219	01:19:02	267	Lottie	Stephens-Hod	FV50	
220	01:19:17	234	Lucy	Preston	SF	
221	01:19:31	262	Simon	Squance	MV55	
222	01:19:32	321	Carey	Wreford	FV45	
223	01:19:35	236	Emily	Prince	SF	Sidmouth Running Club
224	01:19:37	2	Nicola	Aindow	FV50	
225	01:19:39	29	Celine	Bonnet	FV50	Torbay AAC
226	01:20:01	194	Grant	Mcgill	MV60	
227	01:20:17	302	Janet	Watson	FV70	Carn Runners
228	01:20:21	21	Angela	Bingham	FV55	
229	01:20:25	106	Lauren	Fletcher	SF	

230	01:20:44	320	Mark	Wotton	MV65	Teignbridge Trotters
231	01:20:58	216	Linda	Page	FV60	
232	01:21:58	62	Sarah	Clapham	FV55	Sidmouth Running Club
233	01:23:54	44	Ruth	Brown	FV55	Burnham On Sea Harriers
234	01:24:07	149	Lucia	Hofstetter	SF	Sidmouth Running Club
235	01:24:53	230	Andy	Philippou	MV60	Torbay AAC
236	01:25:07	200	Heidi	Miller-Ratcliffe	FV55	
237	01:25:09	78	Zoe	Crockett	SF	Axe Valley Runners
238	01:25:10	253	Caitlin	Scully	SF	
239	01:25:29	125	Elizabeth	Green	FV65	Women on the Run
240	01:26:38	6	Dylan	Allport	SM	
241	01:26:58	141	Glen	Hawkins	MV60	Torbay AAC
242	01:26:59	91	Annamarie	Dorrington	FV50	Honiton Running Club
243	01:27:42	130	Courtney	Haley	SF	
244	01:27:43	17	Richard	Barwick	MV40	
245	01:27:44	129	Charlotte	Haley	FV45	
246	01:27:45	301	Sharron	Ware	FV60	
247	01:27:47	166	Claire	Justice	FV50	
248	01:27:48	295	Jacqueline	Toop	FV55	
249	01:27:49	256	Stephanie	Smith	FV50	
250	01:27:51	58	Dã©Borah	Chevalier	FV35	
251	01:27:51	266	Sarah	Steggles	FV50	
252	01:28:06	269	Laura	Stiven	SF	
253	01:28:07	132	Sam	Hamilton	SM	
254	01:28:16	237	Magdalena	Rog	FV40	
255	01:28:20	211	Gosia	Niedzwiedzka	FV40	
256	01:28:25	111	Jess	Francis	FV45	
257	01:29:16	14	Ffion	Barham	SF	
258	01:29:16	13	David	Barham	MV60	3M Gorseinon Road Runners
259	01:30:54	276	Hayley	Stupples	FV35	
260	01:30:57	4	Steph	Alder	FV55	Bovey Valley Runners
261	01:30:58	317	Justin	Worsey	MV50	
262	01:34:46	59	Sarah	Choak	FV55	Carn Runners
263	01:35:27	160	Serge	Janssens	MV65	Ealing Eagles Running Club
264	01:35:44	193	Nicky	Mcgill	FV50	
265	01:37:43	109	Jo	Ford	FV45	Honiton Running Club
266	01:37:44	145	Victoria	Henwood	FV50	
267	01:38:33	128	Bee	Grunow	FV45	Storm Plymouth
268	01:38:34	309	Louisa	Westlake	FV50	Storm Plymouth
269	01:39:08	201	Paul	Mitchell	MV55	
270	01:40:25	215	Georgina	Owen	FV40	
271	01:40:26	261	Jane	Southern	FV65	Storm Plymouth
272	01:40:50	204	Margarita	Moore	SF	Yeovil Town RRC
273	01:40:50	104	Andrew	Fielding	MV35	
274	01:41:31	120	Lorraine	Glover	FV60	Cranbrook Running Club
275	01:46:08	226	Sacha	Pemberthy	FV55	
276	01:46:09	161	Sharon	Jenkins	FV55	