

2025

Final Countdown 10k

Place	Finish Time	Forename	Surname	Cat	Club	
1	00:43:22	James	Kelly	SM	Exmouth Harriers	1st Male
2	00:45:25	Ollie	Blakeman	SM		2nd Male
3	00:45:51	Carl	Nelson	MV35		3rd Male/1st MV35
4	00:46:07	Joshua	Bishop	MV35	Exmouth Harriers AAC	
5	00:46:53	Colin	Wells	MV45		1st MV45
6	00:46:54	Chris	Small	MV35		
7	00:47:14	Darren	Ould	SM		
8	00:47:27	Owen	Sutton	SM		
9	00:47:41	Kevin	Lofts	MV50	Torbay AAC	1st MV 50
10	00:47:50	Ellie	Debenham	FV40	South West Road Runners	1st Female/1st FV40
11	00:47:58	Milan	Goc	MV45	South West Road Runners	
12	00:49:25	Amy	Jones	FV45	South West Road Runners	2nd Female/1st FV45
13	00:49:51	Chris	Lewis	MV40		1st MV 40
14	00:49:55	Ben	Smye	SM		
15	00:50:13	Charles	Kennerley	MV45	Axe Valley Runners	
16	00:50:15	Martyn	Densham	MV35	South West Road Runners	
17	00:50:31	Marjolaine	Briscoe	SF		3rd Female
18	00:50:45	Will	Robson	SM		
19	00:50:48	Emily	Hunter	SF		
20	00:50:50	Benjamin	Gilbert	MV35		
21	00:51:35	Zane	Steers	MV50	Dawlsh Coasters	
22	00:51:40	Robert	Lay	MV50		
23	00:52:58	Jenny	Barnett	FV40		
24	00:53:19	Jack	Horgan	SM		
25	00:53:23	Hannah	Wells	FV35		1st FV35
26	00:53:38	Claire	Stone	FV45	Larkfield A.C.	
27	00:53:41	Ryan	Cartlidge	SM		
28	00:53:46	Gary	Grant	MV55		1st MV55
29	00:53:58	Matthew	Duree	MV55		
30	00:54:17	Sammy	Coleman	FV35	Fremington Trailblazers RC	
31	00:54:27	Sarah	Markwick	FV45		
32	00:54:47	Steve	Brinklow	MV45		
33	00:55:10	Jay	Porter	SM	Riviera Racers	
34	00:55:12	Matt	Whale	MV55		
35	00:55:18	Simon	Denny	MV55	Exmouth Harriers AAC	
36	00:55:20	Kathryn	Bishop	FV35	Exmouth Harriers AAC	
37	00:55:22	Jacqui	Stokes	FV45	Axe Valley Runners	
38	00:55:30	Russell	Cramer	SM		
39	00:55:39	Darren	Thomas	MV50		
40	00:55:41	Jacob	Worthington	SM		
41	00:55:43	Alison	Clarke	FV45		
42	00:55:45	Roger	Worthington	MV60	Sidmouth Running Club	1st MV60
43	00:55:50	Alastair	Wilson	MV45	Exeter Triathlon Club	
44	00:56:08	Alice	Nicholls	SF	Exmouth Harriers	
45	00:56:15	Tania	Peters	FV35	Sidmouth Running Club	
46	00:56:27	Anthony	Raine	MV55	Torbay AAC	
47	00:56:36	Sophie	Dyer	SF	Chard Road Runners	
48	00:56:41	Nicholas	Lloyd	MV60		
49	00:56:47	Celia	Cohen	FV45		
50	00:56:50	Madison	Gilbert	SF		

51	00:57:00	Matt	Whisker	MV50	Taunton AC	
52	00:57:08	Rob	Ferry	MV40		
53	00:57:18	Simon	Swift	MV55		
54	00:57:50	Jon	Dand	MV35		
55	00:58:01	Nick	Robinson	MV50	Torbay AAC	
56	00:58:04	Sue	Smye	FV65		1st FV65
57	00:58:06	Tin	Head	MV55		
58	00:58:10	Aaron	Langley	MV35		
59	00:58:13	Emma	Smith	SF		
60	00:58:18	Paul	Parmenter	MV55	Running Forever Running Club	
61	00:58:20	Rebecca	Harrison-Stoke	SF		
62	00:58:21	Emma	Rathbone	FV45	Running Forever Running Club	
63	00:58:30	Trina	Stacey	FV50		1st FV50
64	00:58:31	Joseph	Murphy	MV55		
65	00:58:39	Anthony	Weaver	MV50		
66	00:58:44	Rhia	Knowlson	FV45		
67	00:59:06	Wayne	Baxter	MV40	South West Road Runners	
68	00:59:09	Aaron	King	MV35	Axe Valley Runners	
69	00:59:12	Andrew	Harden	MV40		
70	00:59:38	Jonathan	Bowker	MV35		
71	00:59:40	Rebecca	Stevens	FV55	Honiton Running Club	1st FV55
72	00:59:41	Tim	Pepper	MV50	Honiton RC	
73	00:59:42	Peter	Haley	MV50		
74	00:59:47	Rebecca	Hayes	FV35	Crediton Running Network	
75	00:59:49	Emma	Jones	SF		
76	00:59:52	Jane	Beech	FV55		
77	00:59:54	Steff	Lamb	SF		
78	00:59:55	Sam	Daly	FV40		
79	00:59:58	Sarah	Morgan	FV35	Running Forever Running Club	
80	01:00:01	Debbie	Jones	FV50	South West Road Runners	
81	01:00:51	Lucinda	Thompson	SF		
82	01:00:55	Dom	Rowe	MV50	Yeovil Town RRC	
83	01:00:56	Paul	Cooper	MV50	Ilfracombe Running Club	
84	01:01:19	Fiona	Aldworth	FV35		
85	01:01:20	Richard	Coffey	MV55	Ware Joggers	
86	01:01:21	Katie	Cochran	FV35		
87	01:01:22	John	Cheffings	MV40		
88	01:01:23	Sean	Brown	MV40		
89	01:01:23	Guillermo	Tononi	MV40		
90	01:01:31	Tracy	Walters	FV45	Taunton AC	
91	01:01:44	Claire	Salter	FV45		
92	01:01:47	Becky	Kingdon	FV40		
93	01:01:49	Ian	Ashelford	MV35	Torrington AAC	
94	01:01:54	Scott	Chown	MV50	Sidmouth Running Club	
95	01:01:57	Lorna	Hilkene	FV50		
96	01:01:59	Mark	Bysouth	MV40	Taunton AC	
97	01:02:05	Roz	Smith	SF		
98	01:02:27	Victoria	Broadhurst	FV50		
99	01:02:29	Natalie	Creese	FV40	Cranbrook Running Club	
100	01:02:30	Nadine	Lee	FV55	Torbay AAC	
101	01:02:33	Chris	Vicary	MV55		
102	01:02:37	Robert	Huntington	MV65	Sidmouth Running Club	1st MV65
103	01:03:02	Jennifer	Mears	SF		

104	01:03:03	Jenny	Debenham	FV45	South West Road Runners	
105	01:03:18	Emma	Biswas	FV45	Running Forever Running Club	
106	01:03:30	Tim	Synge	MV60	Teignbridge Trotters	
107	01:03:36	Iain	Taggart	MV55	Budleigh Runners	
108	01:03:40	Robert	Pask	MV55	Grantham Running Club	
109	01:03:47	Emma	Thorne	FV45		
110	01:03:53	Toby	Brown	MV60	Burnham On Sea Harriers	
111	01:03:58	Julie	Payne	FV60		1st FV60
112	01:04:00	Alyson	Rook	FV40		
113	01:04:05	Catherine	Tapp	FV45	Tiverton Harriers	
114	01:04:17	Sarah	Barham	FV60	3M Gorseinon Road Runners	
115	01:04:18	Debs	Bond	FV40		
116	01:04:27	Stephen	Moakes	MV45	Tiverton Harriers	
117	01:04:39	Eva	Lee	SF	Maverick Runners	
118	01:04:43	Hania	Lee	FV45	Maverick Runners	
119	01:05:17	Steve	Miller-Ratcliffe	MV55		
120	01:05:25	Simon	Bunday	MV65		
121	01:05:38	Sarah	Edwards	FV45		
122	01:05:39	Jim	Medhurst	MV45	Bere Alston Trekkers	
123	01:05:40	Nicola	Kelly	FV60	Exmouth Harriers AAC	
124	01:05:50	Christine	Farnham	FV60	Sidmouth Running Club	
125	01:05:51	Jacob	Churchill	SM		
126	01:05:52	Ami	Jewell	SF		
127	01:05:52	Izaak	Frost	SM		
128	01:06:00	Peter	Meister	MV60		
129	01:06:16	Helen	Boiling	FV55	Victory AC	
130	01:06:26	Lara	Couch	SF		
131	01:06:27	Michael	Humphreys	MV45	The ORCS	
132	01:06:41	Steve	Mackay	MV55		
133	01:06:53	Tristan	Andrews	MV45	Riviera Racers	
134	01:06:54	Jodie	Foster	FV45		
135	01:07:22	Karen	Farnham	FV60	Sidmouth Running Club	
136	01:07:42	Tamsin	Phelvin	FV45	Tiverton Harriers	
137	01:07:47	Louise	Lowry	FV50	Mendip TRC	
138	01:07:48	Nicholas	Presdee	MV55	Mendip TRC	
139	01:08:04	Adele	Girdwood	FV60	Axe Valley Runners	
140	01:08:28	Amy	Cox	FV45		
141	01:08:39	Philip	Greedy	MV45		
142	01:08:59	Janet	Ritchie	FV60	Carn Runners	
143	01:09:20	Kirsty	Clarke	SF		
144	01:10:03	Tim	Humpage	MV45		
145	01:10:23	Steven	Sugden	MV65		
146	01:10:24	Amy	Mifsud	FV40		
147	01:10:25	Alastair	Humphrey	MV40		
148	01:10:25	Giles	Boon	MV40		
149	01:10:26	Kelly	Beutner	FV35		
150	01:10:27	Gavin	Burns	MV65		
151	01:10:36	Naomi	Greenwood	SF		
152	01:10:43	Sarah	Shaw	FV45		
153	01:10:53	Lizzie	Stjohn	FV40	Crediton Running Network	
154	01:10:56	Jessica	Newman	FV40	Erme Valley Harriers	
155	01:11:11	Cathy	Parmenter	FV55	Running Forever Running Club	
156	01:11:12	Ruth	O'Neale	FV50		

157	01:11:26	Peta	Goodman	FV55	
158	01:11:27	Geri	Terry	FV45	Honiton Running Club
159	01:11:27	Jenny	Rawlins	FV50	
160	01:11:31	Sascha	Welsh	FV45	Minster Milers
161	01:11:38	Nicola	Ashworth	FV55	
162	01:11:46	Madeleine	Marsh	FV45	
163	01:11:47	Lisa	Crossman	FV50	
164	01:12:00	Linda	Bracher	FV55	
165	01:12:01	Ian	Markwick	MV55	
166	01:12:09	Sue	Brigden	FV65	Team Bath Athletics Club
167	01:12:10	Gary	Thurston	MV60	
168	01:12:12	Rachel	Statton	FV40	
169	01:12:37	Debbie	Newson	FV50	
170	01:12:37	Emma	Taggart	FV50	
171	01:12:41	Ceri-Ann	Kinch	FV40	
172	01:12:42	Stuart	Botting	MV45	
173	01:12:54	Luke	Robinson	MV35	
174	01:12:55	Beata	Zuchowska - M	FV40	Yeovil Town RRC
175	01:13:06	Frances	Noble	FV35	
176	01:13:07	Kenan	Davies	MV40	
177	01:13:11	Stephen	Pearl	MV55	Greenbow Running Club
178	01:13:15	Zoe	Harp	FV35	Axe Valley Runners
179	01:13:16	Rob	Harp	MV35	Axe Valley Runners
180	01:13:18	Katie	Baker	FV45	
181	01:13:19	Lucy	Westwood	FV40	Torbay AAC
182	01:13:21	Sarah	Frost	FV45	
183	01:13:25	Emma	Storey	FV50	Cranbrook Running Club
184	01:13:30	Rachel	Collins	FV40	Torbay AAC
185	01:13:42	Naomi	Hayter	SF	
186	01:13:56	Naomi	Wilson	FV40	
187	01:14:00	Noah	Sutton	SM	
188	01:14:01	Justine	Sutton	FV50	
189	01:14:06	Gordon	Wells	MV55	
190	01:14:33	Mark	Storey	MV55	Cranbrook Running Club
191	01:14:38	Tanya	Raymond	FV50	
192	01:14:38	Jo	Duffin	FV55	
193	01:14:40	Ruth	Dorset	FV60	
194	01:14:41	Martyn	Glover	MV65	Cranbrook Running Club
195	01:14:56	Bryony	Chalcraft	FV45	
196	01:15:12	Joanna	Gilderthorp	FV50	
197	01:15:13	Paul	Sutton	MV55	
198	01:15:14	Linda	Aird	FV65	North Herts Road Runners
199	01:15:15	Josh	Walls	SM	
200	01:15:30	Geoff	Brigden	MV50	
201	01:15:31	Graeme	Ford	MV45	Honiton RC
202	01:15:59	Christopher	Colley	MV45	Alton Runners
203	01:16:50	Louise	Mackley	FV55	Running Forever Running Club
204	01:17:05	Becky	Box	FV45	Honiton Running Club
205	01:17:09	Sally	Bowey	FV55	Honiton Running Club
206	01:17:10	Kasia	Hodgson	FV50	
207	01:17:13	Wendy	Barratt	FV60	South West Road Runners
208	01:17:18	Ruth	Bryant	FV60	
209	01:17:24	Roisin	Catney	FV50	

210	01:17:47	Alexandra	Blagden	FV50	Crediton Running Network
211	01:17:48	Caroline	Rowe	FV40	
212	01:17:51	Jan	Horrell	FV60	
213	01:17:58	Mark	Chambers	MV60	
214	01:18:16	Mandi	Burroughs	FV60	Fit 2 Run
215	01:18:17	Lucy	Gooding	FV35	Okehampton RC
216	01:18:20	Adam	Duffin	MV55	
217	01:18:49	Malcolm	Dalrymple-Hay	MV55	
218	01:18:51	Sophie	Price	SF	
219	01:19:02	Lottie	Stephens-Hod	FV50	
220	01:19:17	Lucy	Preston	SF	
221	01:19:31	Simon	Squance	MV55	
222	01:19:32	Carey	Wreford	FV45	
223	01:19:35	Emily	Prince	SF	Sidmouth Running Club
224	01:19:37	Nicola	Aindow	FV50	
225	01:19:39	Celine	Bonnet	FV50	Torbay AAC
226	01:20:01	Grant	Mcgill	MV60	
227	01:20:17	Janet	Watson	FV70	Carn Runners
228	01:20:21	Angela	Bingham	FV55	
229	01:20:25	Lauren	Fletcher	SF	
230	01:20:44	Mark	Wotton	MV65	Teignbridge Trotters
231	01:20:58	Linda	Page	FV60	
232	01:21:58	Sarah	Clapham	FV55	Sidmouth Running Club
233	01:23:54	Ruth	Brown	FV55	Burnham On Sea Harriers
234	01:24:07	Lucia	Hofstetter	SF	Sidmouth Running Club
235	01:24:53	Andy	Philippou	MV60	Torbay AAC
236	01:25:07	Heidi	Miller-Ratcliffe	FV55	
237	01:25:09	Zoe	Crockett	SF	Axe Valley Runners
238	01:25:10	Caitlin	Scully	SF	
239	01:25:29	Elizabeth	Green	FV65	Women on the Run
240	01:26:38	Dylan	Allport	SM	
241	01:26:58	Glen	Hawkins	MV60	Torbay AAC
242	01:26:59	Annamarie	Dorrington	FV50	Honiton Running Club
243	01:27:42	Courtney	Haley	SF	
244	01:27:43	Richard	Barwick	MV40	
245	01:27:44	Charlotte	Haley	FV45	
246	01:27:45	Sharron	Ware	FV60	
247	01:27:47	Claire	Justice	FV50	
248	01:27:48	Jacqueline	Toop	FV55	
249	01:27:49	Stephanie	Smith	FV50	
250	01:27:51	Dã©Borah	Chevalier	FV35	
251	01:27:51	Sarah	Steggles	FV50	
252	01:28:06	Laura	Stiven	SF	
253	01:28:07	Sam	Hamilton	SM	
254	01:28:16	Magdalena	Rog	FV40	
255	01:28:20	Gosia	Niedzwiedzka	FV40	
256	01:28:25	Jess	Francis	FV45	
257	01:29:16	Ffion	Barham	SF	
258	01:29:16	David	Barham	MV60	3M Gorseinon Road Runners
259	01:30:54	Hayley	Stupples	FV35	
260	01:30:57	Steph	Alder	FV55	Bovey Valley Runners
261	01:30:58	Justin	Worsey	MV50	
262	01:34:46	Sarah	Choak	FV55	Carn Runners

1st FV70

263	01:35:27	Serge	Janssens	MV65	Ealing Eagles Running Club
264	01:35:44	Nicky	Mcgill	FV50	
265	01:37:43	Jo	Ford	FV45	Honiton Running Club
266	01:37:44	Victoria	Henwood	FV50	
267	01:38:33	Bee	Grunow	FV45	Storm Plymouth
268	01:38:34	Louisa	Westlake	FV50	Storm Plymouth
269	01:39:08	Paul	Mitchell	MV55	
270	01:40:25	Georgina	Owen	FV40	
271	01:40:26	Jane	Southern	FV65	Storm Plymouth
272	01:40:50	Margarita	Moore	SF	Yeovil Town RRC
273	01:40:50	Andrew	Fielding	MV35	
274	01:41:31	Lorraine	Glover	FV60	Cranbrook Running Club
275	01:46:08	Sacha	Pemberthy	FV55	
276	01:46:09	Sharon	Jenkins	FV55	