

2013 RATs Race Results

Sunday 22nd December – The Scrooge

Jasmine Finney – 1:23:09 – 1st Lady

Sarah Tonkin – 2:03:12

Karen Snelson – 2:12:38

Sunday 22nd December – Torrington Christmas Caper

Mark Hutcheson – 1:06:01

Steve Martin – 1:07:05

Chris Tucker – 1:11:59

Paul Kinsman – 1:15:10

Steven Hutchinson – 1:16:15

Angela Martin – 1:18:40

Ray Coles – 1:19:37

Ellen Hall – 1:22:17

Sean Jack – 1:30:29

Annie Finding – 1:41:18

Steve Wilson – 1:42:52

Alex Hutcheson – 1:49:32

Sunday 8th December – North Devon Cross Country – Arlington Court

Angela Martin – 3rd in Ladies race

Sunday 24th November – Bicton Blister – 11 miles

Angela Martin – 1:27:55

Ray Coles – 1:30:29

Annie Finding 1:57:17

Sunday 17th November – Drogo 10

Mark Hutcheson – 1:13:08 – 1st in Cat

Andy Virgin – 1:24:50

Ray Coles – 1:30:34

Isobel Waterhouse – 1:36:25

Sarah Miller – 1:46:27

Karen Snelson – 1:46:34

Sarah Tonkin – 1:49:03

Annie Finding – 1:57:50

Alex Hutcheson – 1:59:22

Drogo10A special mention was made at the prize giving for the great turnout by the Ratties – well done all

Sunday 17th November – Gliddon & Squire Cross Country

Angela Martin – 5th in Ladies Race

Sunday 10th November – Remembrance Day Run

Rememb 2 Rememb 1 Final Race on this years Cornish Multi Terrain Series

Ray Coles – 33:35 – 1st in Cat

Nick Cleaver – 38:10

Annie Finding – 43:29

Special congratulations should go to Ray, Nick, Annie and Steve Wilson for each completing the Cornwall Multi Terrain Race Series with the following results :

Annie Finding – 3rd in Category

Ray Coles 4th in Category

Steve Wilson – 5th in Category

Nick Cleaver – 8th in Category

Sunday 3rd November – Bideford 10m

Angela Martin – 1:13:33 – 2nd in Cat

Ellen Hall – 1:20:10

Liz Wilson – 1:27:53

Steve Wilson 1:42:29

Special congratulation also to Angela, Ellen and Liz for finishing as the 3rd Ladies Vet Team

Sunday 3rd November – Plymouth 10k

Chris Tucker – 43:23

Sunday 27th October – South Molton Struggle

Ray Coles – 1:02:33 – 3rd in Cat

Annie Finding – 1:17:33 – 2nd in Cat

Steve Wilson – 1:18:19

Sunday 20th October – Great Birmingham Run Half Marathon

Hester Lacey – 2:29:55 – 1st Half Marathon

Sunday 20th October – Eden Marathon

Tim Adams – 4:46:59

Sunday 20th October – Eden Half Marathon

Ellen Hall – 1:53:27

Karen Snelson – 2:06:37

Sarah Tonkin – 2:06:44

Sunday 20th October – Exmoor Stumble

Ray Coles – 1:06:08 – 2nd in Cat

Annie Finding – 1:20:00 – 1st in Cat

Sunday 20th October – Palma Marathon

Mark Hutcheson – 3:09:25

Basie Van Rensberg – 3:44:15

Alison Migliorini-Stubbs – 4:21:20

Jane Hutcheson – 5:12:22

Sunday 20th October – Palma Half Marathon

Jo Garmory – 2:07:58 – 1st Half Marathon

Susan Van Rensberg – 2:23:24

Sunday 13th October – Wadebridge Triathlon

A great turn out of Rats for the last event in this years Cornwall Triathlon Series. Also the first Triathlon for Adam Kent and Sarah North.

Wade1

Swim	Cycle	Run	Total
Mark Hutcheson		9:28	44:13 19:07 1:14:45
Alex Mabey	6:46	48:14	22:13 1:19:48
Adam Kent	7:22	49:52	19:52 1:20:17
Steve Martin	10:27	49:24	20:42 1:23:06
Max Spence	7:59	50:35	24:36 1:25:37
Paul Diffey	10:27	52:27	22:24 1:28:36
Steve Pitcher	11:27	54:56	24:39 1:34:55
Sarah North	9:14	57:00	25:31 1:36:39
Hannah Philpott		10:13	1:03:35 26:06 1:43:39

Steve looking very happy after his cycle - not sure about the glasses though

Steve looking very happy after his cycle – not sure about the glasses though

Sunday 13th October – Exeter Great West Run – Half Marathon

Karen Snelson – 2:07:25

Saturday 12th October – Bideford Bay 50km

In her first ultra run Angela Martin had a great outing finishing the hilly 50km between Hartland and Bideford in 6hr 24mins to finish 5th in the ladies race.

Saturday 12th October – Mouth to Mouth 10k

A great event as normal – won this year by Pete Devenport and Jasmine Finney

Mouth1

Mouth2

Peter Devenport 42:29 – 1st Overall

Jasmine Finney 48:40 – 1st Female and 2nd overall

Richard Swan-Piper 50:03 – 3rd Male

Chris Tucker 53:46

Helen Heard 54:57 – 2nd Female

Ray Coles 57:26

Simon Messum 57:43

Rollo McGrath 57:49

Isobel Waterhouse 59:05 – 2nd in Cat

Ellen Hall 60:15

Sarah Miller 63:43

Rob Waterhouse 67:49

Liz Wilson 68:33

Annie Finding 70:25

See the full results here[Mouth to Mouth 2013](#)

Sunday 6th October – North Devon Cross Country – Kingsley College

Angela Martin finished 6th in the Ladies race and Dave Lee and Steve Wilson finished in 8th and 22nd places.

Sunday 29th September – Doone Run

Ray commented that this was 'Probably the hardest 10 miles I've ever done. The first half (normally the second half) was also probably the best views I've ever had.'

Ray Coles 1:42:00 – 2nd in Cat

Liz Wilson 1:56:54

Karen Snelson 2:02:42

Annie Finding 2:05:43 – 2nd in Cat.

Sarah Tonkin 2:16:31

Full Results at - <http://www.northdevonroadrunners.com/>

Doon9

Sunday 29th September – Siblyback Lake Triathlon

A couple of early morning Rats made it to Siblyback Lake for the 7:30am start in the 9th race of the Cornwall Triathlon Series. Distances – 750m swim, 20k cycle, 5k run.

Mark Hutcheson – Swim – 17:07, Transition 1 – 1:24, Cycle – 45:23, Transition 2 – 1:01, Run – 19:12, Total 1hr 24 min 8 secs – 2nd in Cat

Steve Martin – Swim 22:52, Transition 1 – 2:23, Cycle – 52:59, Transition 2 – 1:18, Run – 22:11, Total – 1hr 41 min 45 secs

Sunday 29th September – Berlin Marathon

John Greenaway – 3hr 43min 40 secs

Tuesday 24th September – Guess you finish time Handicap

Handicap 2

Here are the results of the Guess Your Finish Time Handicap over the ‘accurately’ measured 5 mile route ==> Handicap Results September1.xls 2013

Congratulations to Shelley for Winning the Handicap finishing exactly on her predicted time.

Also well done Pete for a new course record

Sunday 22nd September – Plymouth Armada Half Marathon

The first Plymouth Armada Half marathon took place over the weekend taking in the spectacular Plym Valley and Saltram Park.

Angela Martin – 1:41:04 – 3rd in Cat

Sunday 15th September – Great North Run

A great PB for Angela on her second visit to the Great North Run.

Angela Martin – 1:34:13

North 1 Angela on another PB – how many Magners before falling over !

Sunday 15th September – Bristol Half Marathon

Andy Virgin – 1:36:28

Hannah Philpott – 2:10:44

Sunday 15th September – Truro Half Marathon

On a new route from previous years with a couple new off road miles and some additional hills added for good measure.

Mark Hutcheson – 1:29:39

Steve Martin – 1:36:27

Steve Pitcher – 1:44:23

Andy Latter – 2:11:56

Alex Hutcheson – 2:11:56

Saturday 14th September – Landkey 10k Codden Hill Challenge

A new race this year – started from Landkey and ran up the front of Codden Hill and then went down the back only to come up to the top a second time. The view was the same both time so not sure why!

Ray Coles – 53:18

Annie Finding – 1:06:13

Saturday 14th September – Shoreline Quadrathlon

Great performance from the Ratties team comprising of:

Swim 800m ish – Andy Virgin – 16:51

Cycle 40k ish (plus T1 and T2) – Dan Bedford (Guest) – 57:31

Kayak 10k ish – Steve Pitcher – 1:13:54

Run 10k ish – Sean Jack – 42:04

Overall time of 3:10:11

Quad3

Paul Diffey also had a great run around the 10k as part of the Old Gits Team completing in 42:24

A few pictures from the day

Sunday 8th September – Perranporth Triathlon

800m – 1000m surf swim from a mass start on Perranporth beach

35k cycle on the hills around Perranporth

7.5k run along some spectacular beach shoreline and cliff scenery

Andy Virgin - Swim – 15:21, Trans 1 – 1:08, Cycle – 1:17:23

Trans 2 – 0:44, Run – 33:50

Sunday 8th September – Torrington Back in 5 – 5 miles

Angela Martin – 36:29 – 2nd Lady, 1st in Cat

Sean Jack – 37:09 – 2nd in Cat

Steve Wilson – 49:40

Ang and Sean with their prizes after the race – well done !

Torri 5

Sunday 1st September – Treggy 7 – 7 miles

Sean Jack – 52:11

Ray Coles – 55:11

Annie Finding – 1:05:31 – 2nd in Cat

Sarah Tonkin - 1:05:49

Karen Snelson – 1:10:47

Seven Wilson – 1:14:05

Treggy 1 Treggy 2

Sunday 25th August – Tuska Sprint Triathlon

Andy Virgin – 01:13:13

Sunday 25th August – Bideford Sprint Triathlon

Alex Mabey – 01:22:11

Saturday 24th August – Trelissick – 10k

Steven Wilson- 01:03:20

Annie Finding – 01:05:17

Saturday 17th August – Roseland August Trail Race – 32 miles

Stephen Pitcher – 06:17:14

Sunday August 11th – St Clether 4.5 miles

Ray Coles – 35 Mins

Annie Finding – 42 Mins – 1st lady

Sunday 4th August – Indian Queens Half Marathon

Kate Greenaway – 02:00:56

Liz Wilson – 02:02:21

Shelly Marshall – 02:10:14

Saturday 28th July – Stithians Standard Triathlon

Mark Hutcheson – 02:25:57

Max Spence – 02:40:25

Thursday 24th July – Tywardreath Trotter – 7 miles

Ray Coles – 00:55:10

Angela Martin – 00:59:23

Nick Cleaver – 01:01:22

Steve Wilson – 1:10:18

Annie Finding – 01:10:47

Thursday 18th July – Tavistock Town Relays

3 Bude Rats teams at this years Tavi Town Relays – each team member running 1.1 mile with 4 members in each team :

Tavy 3

Senior Team :

Adam Kent – 00:06:03

Andy Virgin – 00:06:10

Chris Tucker – 00:06:34

Steven Wilson – 00:07:37

Very Senior Team

Mark Hutcheson – 00:06:03

Stephen Pitcher – 00:06:14

Max Spence – 00:06:20

Sean Jack – 00:06:46

Ladies Team

Jasmine Finney 00:06:07

Heidi Redman 00:06:21

Sarah North 00:08:01

Hannah Philpott 00:08:20

Tavy 2Tavy 1

Sunday 14th July – Pyworthy – 10k

Hosted by our local celebrity....

Pyworthy Challenge 1

Andy Virgin – 00:43:26

Richard Swann-Piper – 00:44:09

Chris Tucker – 00:46:31

Sean Jack – 00:46:56

Alex Mabey – 00:47:32

Ray Coles – 00:47:59

Ellen Hall – 00:52:13

Nick Cleaver – 00:52:25

Rollo McGrath – 00:52:49

Andy Latter – 00:57:01

Liz Wilson – 00:59:59

Annie Finding – 01:03:08

Judy Blee – 01:08:56

Shelley Marshall – 01:08:56

Sunday 14th July – Bodmin Sprint Triathlon

Mark Hutcheson – 01:16:35 – 1st in cat

Max Spence – 01:29:49

Stephen Pitcher – 01:33:59

Tuesday 9th July – Summer Turkey Trot – 4 miles

Heidi Redman – 00:28:24 – 3rd in Cat

Thursday 4th July – Boconnoc – 5 miles

Jasmine Finney – 00:34:17- 2nd Female

Ray Coles – 00:40:20

Melanie Cage – 00:42:17

Nick Cleaver – 00:43:28

Steve Wilson – 00:48:46

Annie Finding – 00:50:14 – 3rd in Cat

Saturday 30th June – Mont Blanc Marathon

Mark Hutcheson – 05:16:00

Mont Blanc Finish

Saturday 30th June – Bude Sprint Triathlon

Andy Virgin – 01:08:35

Wayne Van Rensberg – 01:10:03

Alex Mabey – 01:14:17

Paul Diffey – 01:18:19

Saturday 23rd June – Lanhyrock – 10 miles

Some problems with the route led to the course being about 3 miles shorter than planned, so here are the times for the 7 miles or so:

Jasmine Finney – 00:52:38 – 3rd Female

Adam Kent – 00:56:02

Ray Coles – 01:02:32

Nick Cleaver – 01:06:23

Liz Wilson – 01:09:09

Sarah North – 01:14:02

Annie Finding – 01:15:24

Steve Wilson – 01:30:05

Tuesday 19th June – Meet Your Max – 7 miles

Jasmine Finney – 00:53:24 – 2nd Female

Heidi Redman – 00:59:48

Ray Coles – 01:01:57

Nick Cleaver – 01:12:59

Annie Finding – 01:20:49

Steve Wilson – 01:27:04

Karen Snelson – 01:30:54

Wednesday 9th June – Bude Lifeboat Run – 6 miles

As always a favourite Rats event:

Mark Hutcheson – 00:37:46 – 1st in Cat

Dave Lee – 00:39:08 – 3rd in Cat

Jasmine Finney – 00:39:45 – 1st Lady overall

Adam Kent – 00:41:33

Chris Tucker – 00:42:53

Heidi Redman – 00:43:45 – 1st in Cat

Stephen Pitcher – 00:45:05

Ray Coles – 00:45:14

Max Spence – 00:46:01

Ellen Hall – 00:47:54 – 3rd in Cat

Melanie Cage – 00:48:20 – 3rd in Cat

Nick Cleaver – 00:48:25

Rollo McGrath – 00:49:00

Leila Reay – 00:49:24 – 1st in Cat

Andy Latter – 00:49:41

Liz Wilson – 00:52:00

Sarah North – 00:52:35

Joanne Garmory – 00:53:26

Annie Finding – 00:53:47 – 3rd in Cat

Steve Wilson – 00:55:13

Hannah Philpott – 00:55:22

Alex Hutcheson – 00:56:00

Shelley Marshall – 00:56:34

Judy Blee – 00:59:53

Tina Collins – 01:05:30

Sunday 9th June – Ruby Run Half Marathon

Mark Hutcheson – 01:27:43

Alex Mabey – 01:44:31

Sean Jack – 01:48:13

Ellen Hall – 01:53:20 1st in Category

Nick Cleaver – 01:53:49

Alex Hutcheson – 02:12:56

Steve Wilson – 02:13:07

Ruby Run relay team – 1st - Liz Wilson, Shelley Marshall, Annie Finding, Jo Garmory, Emi Wilson, Ray Coles

RubyRun1

Tuesday 5th June – Cubert 5

Jasmine Finney - 00:32:06 – 2nd in Category

Max Spence – 00:37:48

Sunday 2nd June – Outlaw Half Marathon

In his first Half Ironman a fantastic effort by Steven Pitcher to finish in 06:55:03

Sunday 2nd June – Helston Sprint Triathlon

Another of the Cornwall Triathlon Series events – 400m pool swim, 23k cycle and a 5k run:

Mark Hutcheson – 01:22:32 – 3rd in Category

Max Spence – 01:32:41

Sunday 19th May – St Austell Half Marathon

A great turnout for the Rats for this hilly and mostly off road Half Marathon:

Mark Hutcheson – 01:35:08

Nick Cleaver – 02:04:10

Ray Coles – 02:04:10

Steven Wilson – 02:26:06

Annie Creo – 02:27:28

Annie Finding – 02:27:28 – 3rd in Category

Alex Hutcheson – 02:33:02

St A 7

Sunday 12th May – Bideford 10k

20130512Bideford00

The weather may have deteriorated during the day but the enthusiasm and enjoyment grew as each of us finished! Fantastic turnout of RATs, RAT relations and friends. I doubt that there have been so many RATs running along Bideford Quay since the middle of the 18th century. In total we had 12 top ten category finishes. CongRATulations to everyone who competed and a big thank you to all the rodent relatives that turned out to support. A very special CongRATulations must go to the 8 Zero to 10 runners (3 now members) who also ran amongst us!

With so many of us (several running their first 10k (first race even)) there must be someone who would like to share their thoughts and memories of the day. There is plenty of room on the gallery page amongst the photos so please send me your thoughts (just one line from everyone would be great!) info@buderats.co.uk

Mark Hutcheson – 00:38:26 3rd in Cat.

Jasmine Finney – 00:39:24 2nd overall and Cat.

Steve Martin – 00:39:35

Chris Hammond – 00:40:01

Chris Tucker – 00:42:26

Sean Jack – 00:44:04

Paul Diffey – 00:44:09

Alex Mabey – 00:44:30

Stephen Pitcher – 00:45:09

Ray Coles – 00:46:03

Simon Theakston – 00:46:13

Melanie Cage – 00:47:22

Nick Cleaver – 00:47:51

Rollo Mcgrath – 00:48:13

Ellen Hall – 00:48:32

Andy Latter – 00:49:24

Leila Reay – 00:49:33 1st in Cat.

Hannah Philpott – 00:50:25

Liz Wilson – 00:52:48

Annie Finding – 00:53:13 2nd in Cat.

Alex Hutcheson – 00:54:23
Joanne Garmory – 00:55:27
Shelley Marshall – 00:57:05
Lorraine Jennings – 00:57:05
Kit Davis – 00:57:17 (Friend of RATs)
Kerri Sealy – 00:57:40 (Zero to 10k)
Peter Labroy – 00:58:05 (Zero to 10k)
Steven Wilson – 00:58:08
Andrea Downing – 00:58:21 (Zero to 10k)
Karen Allen – 00:58:41 (Zero to 10k)
Janet Wells – 01:00:09 (Zero to 10k)
Emmi Wilson – 01:00:55
Sarah Fennell – 01:03:31
Clare Labroy – 01:07:40 (Friend of RATs)
Jo Polhill – 01:08:14

Team Results

Senior Ladies – 2nd place

Jasmine Finney, Hannah Philpott, Kerri Sealey

Male Vets – 3rd place

Mark Hutcheson, Steve Martin, Chris Hammond, Sean Jack

Male Vets – 5th place

Paul Diffey, Ray Coles, Simon Theakston, Nick Cleaver

Apologies to anyone who feels their times are misreported. It's taken the organisers 3 days to correct all their errors and several runners who should have been given awards on the day have missed out.

Full results at <http://www.bidefordaac.co.uk/index.htm>

A few pictures from the day

Sunday 5th May – Liskeard Triathlon – Sprint Distance

About 250 competitors. The official distances for each discipline were;

swim – 400m (16 lengths), cycle – 11.8 miles, run – 5.1k.

Mark Hutcheson

swim – 8'59 – T1 – 1'19 – cycle – 37'03 – T2 – 0'49 – run – 17'35

Total – 1hr 5min 46secs

Max Spence

swim – 7'17 – T1 – 2'20 – cycle – 45'05 – T2 – 1'19 – run – 23'06

Total – 1hr 19min 7secs

Emma Bartrop

swim – 8'29 – T1 – 2'57 – cycle – 45'46 – T2 – 0'50 – run – 21'37

Total – 1hr 19min 39secs

Jess Lynes

swim – 7'29 – T1 – 1'32 – cycle – 53'41 – T2 – not recorded – run – 25'31

Total – 1hr 28min 14secs

Full results at <http://www.carrickleisureservices.org.uk/default.aspx?page=586>

Sunday 5th May – Hartland Hartbreaker – 8 and 17 mile

201305068Hartland21

17 Mile Results

Bridget Funnell – 3:40:24 1st in Cat

Joanne Barraclough – 3:44:16

Fionagh Harding – 4:01:06 3rd in Cat

Roger Nosworthy – 4:10:45 2nd in Cat

8 Mile Results

Ray Coles – 1:28:23 1st in Cat

Liz Wilson – 1:41:24 3rd in Cat

Annie Finding – 1:46:44 1st in Cat

Steve Wilson – 1:53:14

Full results at <http://www.hartlandhartbreaker.com/enter-online/results-2013>

A few pictures from the day

Friday 3rd May – Torrington Round The Tree

Steve Wilson – 25:37

Full results at <http://www.pitchero.com/clubs/torringtonaac/news/round-the-tree-2013-results-941587.html>

Sunday 28th April – Plymouth's half Marathon

20130428Plymouth01

Adam Kent – 1:30:33

Chris Tucker – 1:39:56

Sarah North – 1:56:20

Sarah Fennell – 2:30:41 (1st Half Marathon)

Full results at https://www.raceplus.co.uk/raceplus-index.php?content=1&event_id=PLYM13

A few pictures from the day

Sunday 28th April – Arlington Court Canter – 10k

20130428Arlington01

Ray Coles – 51:28 – 3rd in Cat

Nick Cleaver – 54:28

Liz Wilson – 58:50

Annie Finding – 1:02:46 – 1st in Cat

Steve Wilson – 1:04:40

Full results at <http://www.northdevonroadrunners.com/pages/race-results-2013.html>

A few pictures from the day

Sunday 21st April – Trail de l’Odet – 13.5 or 26km

26km results

Bridget Funnell – 03:15:30

Roger Nosworthy – 03:36:31

Full results at

http://trailedelodet.free.fr/j/index.php?option=com_content&view=article&id=254&Itemid=300

Sunday 21st April – London Marathon

Sabine McLean-Thorne – 04:42:36

Tuesday 16 April – Spring Handicap race

This was the highest turnout so far with 31 runners including a good number of personal bests around this 5 mile route. Great to see several new members and guests also giving it a go.

CongRATulations this time, go to Leila Reay for being the first back to the Pitch & Putt Hut, who not only significantly improved her time but is also the first RAT to achieve a Gold Standard time in the recently started Bude RATs Awards Schemes. If this all sounds double dutch to you, please take a look at the 2013 Awards page.

Our thanks also go to Adam Kent and Sarah North this time, for finishing within 2 seconds of their handicap time.

The evening concluded with everyone toasting the recent marriage of Chris Tucker and Sarah Fennell. So CongRATulations to you too. Our final thanks must go to the Mark Hutcheson for calculating the handicaps and organising the start and finish. Full handicap results are here.

Sunday 7 April – Paris Marathon

Steve Martin – 03:09:35

Mark Hutcheson – 03:14:02

Helen Heard – 03:29:07

Ang Martin – 03:35:09

Mark Ward – 03:55:23

Pienaar Van Rensburg – 04:01:51

Alex Hutcheson – 04:40:40

Susan Van Rensburg – 05:03:17

Maria Martin – 05:38:05

A Paris Marathon blog for your enjoyment

<http://www.dcrainmaker.com/2013/04/paris-marathon-report-2.html>

Sunday 7 April – 5 Tors – 1st leg 2013 Cornish Multi Terrain Race Series

20130407-5TorsGrp

Nick Cleaver – 01:26:14

Ray Coles – 01:26:18

Steve Wilson – 01:39:17

Annie Finding – 01:46:53 3rd in Cat

2013 MTRS Results after 1 Event

A few pictures and some comments on the day

Monday 1 April – Bude Charity Fun Run

20130401EasterMonday

5k Results – Rats

Dave Lee – 20.59 1st Male

Mark Hutcheson – 21.35 3rd Male

George Hooper – 22.34 1st u/18 Male

Chris Heard – 24.01

Sean Jack – 24.20

Ray Coles – 25.12

Ellen Hall – 25.59 1st Female

Nick Cleaver – 26.49

Sarah Curtis – 27.57 3rd Female

Annie Creo – 28.34

Lorraine Jennings – 29.49

Liz Wilson – 29.58

Shelley Marshall – 30.12

Annie Finding – 30.20

Steve Wilson – 31.32

Joseph Trewin – 33.45 3rd u/18 M

Tina Collins – 36.51

Jo Polhill – 38.52

Wilf Gaye – 41.10

Matt Hodgson -

5k Results – Beginners Class

Andrea Downing – 32.52

Peter LaBroy – 34.19

Charlotte Diffey – 36.45

Verity Lawson – 36.52

Janet Wells – 38.26

Hannah Daniel – 38.26

Tina Oseman – 39.41

1k Results

Toby Biggs – 4.25 2nd 10/u m

Sascha Mees – 4.36 1st 12/u f

Isabel Sobey – 4.37 2nd 12/u f

Ella Henry-Brock – 4.47 1st 10/u f

Tilly Daniel – 5.01 3rd 12/u f

Maddie Old – 5.04 1st 8/u f

William Hooper – 5.07

Holly Shute – 5.20

Sophie Shute – 5.32 2nd 10/u f

Poppy Jennings – 5.36 3rd 8/u f

Adam Diffey – 5.38

Imogen Lee – 6.08

Chaya Brown – 8.04

5k Results

1k Results

More Pictures and Report

Sunday 24 March -Tavistock Half Marathon

Steve Wilson – 02:06:50

Full Results

Sunday 10 March – Grizzly

2013-Grissly

Soup sales up! – Ice cream sales down!

Steve Martin 03:06:30

Wayne Van Rensburg 03:20:24

Jasmine Finney 03:26:13 1st in cat.

Helen Heard 03:29:29 3rd in cat.

Mark Ward 03:39:11

Isobel Waterhouse 03:53:58 5th in cat.

Alison Migliorini Stubbs 04:08:15

Sarah Curtis 04:08:20

Roger Nosworthy 04:22:25 5th in cat.

Joanne Barraclough 04:28:13

Katie Davis 04:44:09

Nick Cleaver 04:47:26

Fionagh Harding 05:56:05

2013GrizzlyGirls

Some of the Grizzly Girls, plus 1!

Sunday 3rd March – 11th Caballo Blanco Ultra Marathon

Aka Copper Canyons Ultra

* 50 Miles with 1 in 4 ..2 & 3 mile climbs

* Over 500 competitors.

* Well over 50% of the field dnf.

* Over 40 deg's at times.

* Machine guns at every check point

* Would we do it again? Yes, absolutely!

Roger Nosworthy 13:42:25

Bridget Funnell 13:42:25 23 Female Overall

Sunday 3rd March – Bath Half Marathon

Max Spence 1:53:18

Tim Adams 2:38:14

Sunday 3rd March – Bideford Half Marathon

201303BidefordH1

Wayne Van Rensburg 1.26.41

Adam Kent 1.33.43

Chris Tucker 1.37.30

Sean Jack 1.39.53

Pienaar Van Rensburg 1.40.42

Alex Mabey 1.42.20

Ellen Hall 1.45.44 – 5th in Cat.

Sarah North 1.48.24

Andy Latter 1.57.21

Alex Hutcheson 2.03.15

Steve Wilson 2.06.05

Anna Briggs 2.07.39

Susan Van Rensburg 2.09.41

Sunday 24 February – Kinetic-One Chilly Duathlon

Castle Combe, Chippenham

James Miller

Run1/Pos 11:47/26 T1 00:46 Bike/Pos 24:09/13 T2 01:19 Run2/Pos 12:15/20 Ttl 50:17 16th/6th in cat

Chris Hammond

Run1/Pos 12:04/36 T1 01:05 Bike/Pos 25:20/25 T2 01:38 Run2/Pos 13:21/57 Ttl 53:29.8 32nd/11th in cat

Full results at <http://www.dbmax.co.uk/assets/results/1195/original/WEB00004.html?1361716983>

Sunday 24 February – Cornwall Fire & Rescue Service

Half Marathon – Lanhydrock House

Mark Hutcheson 1:33:06

Pienaar Van Rensburg 1:48:50

Isobel Waterhouse 1:53:37

Robert Waterhouse 2:02:56

Joanne Barraclough 2:03:00

Alex Hutcheson 2:21:32

Susan Van Rensburg 2:22:55

Sunday 27 January – Braunton 10 miles

Alex Mabey 1:23:14

Ellen Hall 1:26:07 2nd in Cat

Steve Wilson 1:44:02

Full results at <http://www.northdevonroadrunners.com/pages/race-results-2013.html>

Sunday 20 January – First Chance 10k – Exeter

Max Spence 46:00

Sarah Fennell 1:04:24

Full results at <http://www.firstchance10k.co.uk/results.php>