

# 2014 RATs Race Results

Saturday 27th December - Tamar Lakes Parkrun – 5km

Jason Stephens – 19:16

Phill Aldis 21:35

Sunday 21st December – Torrington Christmas Caper – 9m

Mark Hutcheson – 1:09:59 – 1st in cat

Chris Tucker – 1:15:38

Paul Corthine 1:19:27

Stephen Hutchison – 1:22:32 – 1st in cat

Andy Virgin – 1:23:00

Stephen Pitcher – 1:25:10

Nathan Lyon – 1:30:09

Ellen Hall – 1:30:54 – 2nd in cat

Rollo McGrath – 1:36:04

Claire Neal – 1:40:11

Caper1

Saturday 20th December – Lanhydrock Parkrun – 5km

Phil Aldis – 22:15

Saturday 20th December - Tamar Lakes Parkrun – 5km

Jason Stephens – 19:30

Saturday 13th December – Lanhydrock Parkrun – 5km

Phil Aldis – 22:52

Saturday 13th December – Tamar Lakes Parkrun – 5km

Jason Stephens – 19:30

Sunday 7th December – Race For Wildlife 7

Stephen Hutchinson – 56:44

Isobel Waterhouse – 59:44

Saturday 6th December – Ashton Court Parkrun

Phil Aldis – 22:28

Saturday 29th November – Lanhydrock Parkrun

Phil Aldis – 22:07

Sunday 16th November – Drogo 10

Mark Hutcheson - 1:15:01

Phil Aldis – 1:23:30

Mark Ward – 1:24:31

Isobel Waterhouse – 1:36:30

Ellen Hall – 1:36:31

Robert Waterhouse – 1:38:18

Karen Snelson – 1:49:36

Jo Garmory – 1:55:46

Alex Hutcheson – 2:03:30

drogo1

Saturday 8th November – Tamar Lakes Parkrun – 5k

Chris Tucker – 20:45

Nick Cleaver – 23:53

Rollo McGrath – 24:03

Dan Allen – 25:53

Tuesday 4th November – Club Handicap ‘Guess you own Time’ – 5 Miles

Overall winner was Kelvin Moyes – guessing within 2 seconds of his finishing time.

[Click here for full results](#) -> Handicap Results November 2014 xls

Sunday 2nd November – Plymouth 10k

Chris Tucker – 42:25

Sunday 2nd November – Kernow Killer

Stephen Pitcher, Paul Kinsman, Richard Swann-Piper with friend Paul Collins completed in this 9ish mile muddy obstacle course.

Sunday 2nd November – Bideford 10m

Mark Hutcheson – 1:05:56 – 1st in Cat

Wayne Van-Rensberg – 1:08:23

Kelvin Moyse – 1:15:20

Robert Ireton – 1:24:28

Alex Hutcheson – 1:33:28

Francesca Carofiglio – 1:34:36

Saturday 1st November – Tamar Lakes Parkrun – 5k

Jason Stephens – 19:52

Saturday 25th October – Tamar Lakes Parkrun 5k

Jason Stephens – 19:32

Chris Tucker – 20:55

Sunday 19th October – Exmoor Stagger 15.3m

Mark Hutcheson – 2:47:06

Sunday 19th October – Exeter Great West Half Marathon

Toby Haigh – 1:46:28

Liz Wilson – 2:06:03

Karen Snelson – 2:14:22

Sunday 19th October – Eden Half Marathon

Shelley Marshall – 2:19:51

Saturday 18th October Tamar Lakes Parkrun 5k

Jason Stephens – 20:30

Sunday 12th October – Yorkshire Marathon

Mark Ward – 3:34 – a PB at the youthful age of 50

Sunday 11th October – Tamar Lakes Parkrun 5k

Steve Martin - 19:41

Paul Corthine – 20:08

Rollo McGrath – 23:27

Sarah Miller – 25:25

Claire Neal – 25:25

Shelley Marshall – 26:46

Sunday 5th October – Cardiff Half Marathon

Ellen Hall – 1:45:51

Sunday 28th September – Barnstaple Marathon

Mark Hutcheson – 3:16:07

Steve Martin – 3:23:59

Sunday 28th September – Barnstaple Half Marathon

Toby Haigh – 1:40:32

Alex Hutcheson – 2:06:55

Saturday 27th September – Men's Health Survival of the Fittest

Another obstacle course event this time in the more urban environment of Cardiff. Well done to Paul Kinsman and Stephen Pitcher.

Saturday 27th September – Tuff Enuff

Several Rats took part in this extreme obstacle course resulting in a wide selection of bruises – Well done to Paul Corthine, Kelvin Moyse, Claire Neal and Lucy Ann Bone.

Sunday 21st September – Bude Pirate Run

A great turnout for our own Bude Pirate Run with 80 runners on the start line.

DSC\_0022

Paul Corthine – 1:03:02

Richard Swann-Piper – 1:03:38

Andy Cloke -1:08:46

Stephen Hutchinson – 1:12:10

Nathan Lyon – 1:15:28

Rollo McGrath – 1:16:49

Isobel Waterhouse – 1:17:24

Rob Waterhouse – 1:20:36

Sean Jack – 1:23:01

Jo Garmory – 1:24:05

Robert Ireton – 1:25:28

Sarah Miller – 1:26:52

Lucy Bone – 1:26:56

Shelley Marshall – 1:33:48

Saturday 20th September – Shoreline Quadrathon

The event starts with an 800 m sea swim, a double loop within Summerleaze bay, protected by the breakwater. Next a 30 km cycle following the coast road to Widemouth, Wanson Mouth and Millook

before meeting the A39 at Wainhouse Corner and returning to Bude. Then a 10 km Kayak paddle, which is a double loop of the Bude canal. And finally a 10 km run along the canal towpath to Helebridge, following the marked footpath across the fields to Widemouth and returning to Bude via the coastal path.

Local Bude Rat Chris Hammond came in 3rd Individual in an over time of 2:54:25

In the Relay event, Bude Rats had Alex Mabey in the swim and Steve Martin on the run come in 2nd in a sprint finish to the Relay winners.

Sunday 14th September – Truro Half Marathon

Mark Hutcheson – 1:30:57

Shelley Marshall – 2:12:15

Alex Hutcheson – 2:17:24

Sunday 14th September – Doone Run – 10 miles multi Terrain

Sarah Tonkin – 2:00:26

Karen snelson – 2:00:36

Sunday 7th September – Bridgewater Half Marathon

Steaven Beckett – 2:08:54

Sunday 7th September – Treggy 7

Steve Martin – 48:02

Stephen Hutchinson – 52:55 – 2nd in Cat

Sean Jack – 53:16

Kelvin Moyes – 53:31

Nathan Lyon – 57:50

Saturday 30th August – Oke Croak – approx 10 miles

Andy Cloke – 1:48:10

Stephen Hutchinson – 1:50:09

Saturday 23rd August – Matterhorn Ultracs – 46k and some hills

Mark Hutcheson – 8 hrs 6 mins

Saturday 23rd August – Trelissick 10k

Stephen Hutchinson – 49:04 – 1st in Cat

Isobel Waterhouse – 51:41 – 2nd in Cat

Rob Waterhouse – 58:15

Karen Snelson – 1:01:09

Sarah Tonkin – 1:01:31

Sunday 17th August – Tough Mudder

Tough Mudder is a 10-12 mile obstacle course designed to test all-around strength, stamina, teamwork, and mental grit. Tough Mudder is Probably the Toughest Event on the Planet – according to Tough Mudder.

Heidi Redman and Paul Kinsman both took part in Sundays event in separate teams – well done !

Saturday 16th August – Roseland August Trail Races

Black Rat (32 miles) – Steve Martin – 8:20:25

Red Rat (20 Miles) – Nick Cleaver – 5:10:26

Sunday 3rd August – Indian Queens Half Marathon

Mark Hutcheson – 1:27:57 – 2nd in Cat

Richard Swann-Piper – 1:31:26

Stephen Hutchinson – 1:41:24 – 2nd in Cat

Nathan Lyon – 1:50:24

Isobel Waterhouse – 1:51:58

Ellen Hall – 1:52:25

Sarah Miller – 2:01:54

Claire Neal – 2:05:15

Karen Snelson – 2:08:07

Shelly Marshall – 2:09:08

Liz Wilson – 2:09:08

Alex Hutcheson – 2:15:27

Most of the Rats running at Indian Queens

Most of the Rats running at Indian Queens

Sunday 27th July – Torrington Triathlon

Chris Hammond – 1:29:14 – 3rd in Cat

Paul Corthine – 1:49:46

Sean Jack – 1:52:28

Saturday 26th July – Tywardreath Trotter

Stephen Hutchinson – 56:28 – 1st in Cat

Isobel Waterhouse – 1:00:39 – 1st in Cat

Rob Waterhouse – 1:05:17

Karen Snelson – 1:08:04

Francesca Carofigio – 1:12:49

Sunday 20th July – Magnificent 7

Shelly Marshall – 1:16:15

Thursday 17th July – Tavistock Town Relays

Great relays race around the scenic park in the center of Tavistock – 4 people per team each running a 1.1 mile loop.

Senior Mens Team – 23:53 (Peter Devenport – 4:57, Adam Kent – 6:07,

Paul Corthine – 6:09, Nick Gillett – 6:40)

Mens Vet Team A – 24:38 (Richard Swann-Piper – 5:56, Steve Martin – 6:05,

Mark Hutcheson – 6:00, Chris Tucker – 6:37)



Mens Vet Team B – 27:22 (Mark Ward – 6:08, Rollo McGrath – 7:01,  
Stephen Pitcher – 6:41, Rob Waterhouse – 7:32)

Female Vets Team – 31:07 (Sarah Tonkin – 8:07, Karen Snelson – 8:01,  
Isobel Waterhouse – 7:20, Ellen Hall – 7:39)

Relays1Relays2

Sat/Sun 12th/13th July – Saunders Lakeland Mountain Marathon

Starting in Deepdale competitors fanned out through Grisedale and up and over Helvellyn, before dropping down towards the top end of Thirlmere for the overnight camp. Sunday started with an initial steep climb back out from Thirlmere before returning over the Helvellyn ridge back to the finish.

Stephen Hutchinson paired with his son John completed the Harter Fell Category in a Total of 09:52:14 (Saturday 5:50:06, Sunday 4:02:08)

Fri/Sat/Sun 11th/12th/13th July – The Long Course Weekend

On the Friday entrants took part in the full 2.4 mile swim on North Beach, Tenby.

Saturday saw the contestants take things a little easier, with a 112 mile sportive taking you through some of the most picturesque areas of South Pembrokeshire.

The final day of the weekend, Sunday, sees the contestants take on the 26.2 mile marathon between Tenby and Pembroke.

Alex Mabey – Swim – 50:08, Cycle – 6:23:53, Run – 3:51:10, Total 11:06:32

A fantastic achievement by Alex over a very tiring weekend.

Thursday 3rd July – Boconnoc 5

Richard Swann-Piper – 35:37 – 3rd in Cat

Stephen Hutchinson – 39:28 – 2nd in Cat

Paul Kinsman – 40:22

Special congratulations to Stephen for completing 4 of the 5 races in the Cornwall Multi Terrain Series for 2014, finishing 1st in his Category.

Sunday 29th June – North Devon AONB Marathon

Mark Hutcheson – 3:55:40 – 1st in Cat

Sunday 29th June – Wadebridge Triathlon

Steve Martin – 1:23:41

Sunday 22nd June – Shoreline Bude Triathlon

Chris Hammond – 1:06:20 – 3rd in Cat

Alex Mabey – 1:09:47

Adam Kent – 1:13:42

Paul Diffey – 1:18:58

Sean Jack – 1:22:09

Dan Allen – 1:23:43

Sarah North – 1:30:55

Sunday 22nd June – Lanhydrock 10M

Stephen Hutchinson – 1:20:09 – 2nd in Cat

Wednesday 18th June – Meet Your Max 7 Miles

Stephen Hutchinson – 59:38 – 3rd in Cat

Sunday 15th June – Falmouth Triathlon

Chris Hammond – 1:18:38

Saturday 14th June – Sticker 5M

Peter Devenport – 29:56

Saturday 14th June – The Big Cornwall Run – 17.3 miles

Mark Hutcheson – 2:00:10 – 1st Overall

Wayne Van Rensburg – 2:19:23

Mark Ward – 2:26:00

Wednesday 11th June – Bude Lifeboat Run – 6 miles

A fab turnout of Rats, with many of our newer members taking part.

Special congratulations to Jasmine – 1st Lady and to Pete, Mark, Steve and Adam for winning the Team Prize.

Lifeboat1

Peter Devenport- 36:46 Ellen Hall – 48:45

Jasmine Finney – 37:03 Sarah North – 51:50

Mark Hutcheson – 38:23 Jo Garmory – 52:38

Steve Martin – 38:30 Stephen Abbots – 53:04

Adam Kent – 38:41 Lucy Bone – 54:03

Richard Swann-Piper – 39:18 Liz Wilson – 56:03

Chris Hammond – 39:42 Karen Thomas – 56:43

Chris Tucker – 40:25 Steven Beckett – 58:41

George Hooper – 41:02 Steve Wilson – 59:19

Paul Kinsman – 44:16 Francesca Carofigio – 1:05:09

Sean Jack – 44:31 Karen Bradshaw – 1:06:23

Rollo McGrath – 47:29 Shelly Marshall – 1:06:23

Andy Latter – 47:33

Sunday 8th June – Ruby Run Half Marathon

A great day of for the Ratties, with several personal best times recorded

Ruby 1

Mark Hutcheson – 1:25:40

Chris Tucker – 1:37:49

Alex Mabey – 1:38:03

Paul Corthine – 1:45:47

Nathan Lyon – 1:48:40

Andy Latter – 1:50:25

Ellen Hall – 1:52:47

Sarah Tonkin – 2:00:26

Nick Gillett – 2:00:38

Shelly Marshall – 2:03:05

Jo Garmory – 2:04:19

Claire Neal – 2:07:17

Karen Snelson – 2:08:14

Liz Wilson – 2:09:30

Steve Wilson – 2:24:52

Sunday 1st June – Helston Triathlon

Chris Hammond – 1:15:42 – 3rd in Cat

Sunday 1st June – Pru Health Super Sprint Triathlon London

Stephen Pitcher – 59:47

Sunday 18th May – Imerys Half Marathon

Mark Hutcheson – 1:33:35 – 1st In Cat

Stephen Hutchinson – 1:52:48 – 2nd in Cat

Mark Ward – 1:58:38

Sunday 18th May – Bodmin Sprint Triathlon

Chris Hammond – 1:11:57

Steve Martin – 1:24:11

Sunday 11th May – Bideford 10k

Jasmine Finney – 38:21 First Lady

Adam Kent – 39:05

Mark Hutcheson – 40:37 3rd in Category

Chris Tucker – 42:06

Andy Cloke – 43:18

Paul Corthine – 43:38

Andy Latter – 47:26

Rollo Mcgrath – 48:28

Sarah North – 51:14

Shelley Marshall – 54:03

Claire Neal – 54:53

Liz Wilson – 55:54

Karen Snelson – 55:57

Laura Midelton – 1:00:31

Alex Hutcheson – 1:00:35

Lucy Zoestig – 1:05:13

Katherine Bradshaw – 1:09:08

Margaret Trower – 1:13:50

Jo Drummer – 1:13:50

Bideford 1

Saturday 10th May – Taunton Flyer – 100k Sportive

In preparation for his ever nearing Charity ride, Sean Jack took part in his first ever Sportive completing the 100k cycle in just over 4 hours

Saturday 10th May – Rat Race Dirty Weekend

The Full Mucker Dirty Weekend course is 20 miles of off-road running with 20 zones of obstacles, totalling some 200 obstacles across the full course.

Paul Kinsman – 6:24:44

Steve Pitcher – 7:43:34

Sunday 4th May - Hartland Heartbreaker – 17 Miles

Richard Swann-Piper – 2:56:50

Alex Mabey – 3:11:18

Angela Martin – 3:25:07

Andy Virgin – 3:28:11

Melanie Cage – 3:36:33

Nick Cleaver – 3:56:56

Andy Latter – 3:58:59

Sunday 4th May – Hartland Heartbreaker – 8 Miles

Paul Kinsman – 1:23:01

Rollo McGrath – 1:30:04

Ray Coles – 1:31:54

Karen Snelson – 1:44:42

Liz Wilson – 1:48:17

Annie Finding – 2:00:20

Sarah Tonkin – 2:00:21

Steve Wilson – 2:05:58

Friday 2nd May – Torrington Round the Tree Race

Steve Wilson – 29:55

Sunday 27th April – Enys 10k

Peter Devenport - 36:01 – 3rd Overall

Sunday 27th April – Plymouth Half Marathon

Adam Kent – 1:34:10

Chris Tucker – 1:37:49

Nick Gillett – 1:50:56

Rob Waterhouse – 1:53:18

Sarah North – 1:58:08

Karen Snelson – 2:06:21

Jo Garmory – 2:11:15

James Cann – 2:35:52

Sarah Middleton – 2:35:52

Sunday 27th April – Liskeard Triathlon

Chris Hammond – 1:00:55

Steve Martin – 1:13:20

Sunday 27th April – Madrid Marathon

Mark Hutcheson 3:04:46

Basie Van Rensburg – 3:47:07

Alex Hutcheson – 4:55:13

Sunday 27th April – Madrid 10k

Susan Van Rensburg – 1:07:24

Tuesday 22nd April – Guess Your Time Handicap 5 Miles

April Hcap1

Congratulations to the following winners :

1st – Sarah North

2nd – Pete Devenport

3rd – Ellen Hall

Please click here for full results—> [Handicap Results April 2014 xls](#)April Hcap2

Sunday 13th April – London Marathon

Steve Martin – 3:01:57

Jasmine Finney – 3:12:04

Sunday 6th April – Brighton Marathon

Toby Haigh – 3:41:20

Sunday 6th April – Taunton Half Marathon

Nathan Lyon – 1:50:35

Saturday 5th April – Siblyback 10K

Paul Klinsman – 47:26

Sunday 30th March – Tavy 13

Mark Hutcheson – 1:28:24 – 1st In Category

Adam Kent – 1:36:57

Alex Mabey – 1:43:36

Ellen Hall – 1:55:24

Rollo McGrath – 1:56:34

Sarah North – 1:57:46

Liz Wilson – 2:11:06 – 3rd in Category

Alex Hutcheson – 2:12:55

Congratulations also to Ellen, Sarah and Liz for coming in as Second Ladies Team

Tavi1

Sunday 30th March – Arlington Court Canter – 10k

Steve Wilson – 1:16:54

Saturday 22nd March – The Dark

A Half Marathon Distance race run in the Dark at Cardinham Woods.

Jasmine Finney – 1:51:43 – 1 st Lady

Melanie Cage – 2:29:20

Nick Cleaver – 2:44:02



Dark 1

Sunday 9th March – The Grizzly

Another fine turnout with 10 Rats taking on the hilly and muddy 20 mile challenge.

Steve Martin – 3:09:21

Wayne Van Rensberg – 3:37:37

Steve Pitcher – 3:38:44

Chris Tucker – 3:39:44

Ellen Hall – 3:47:29

Basie Van Rensberg – 3:48:33

Melanie Cage – 4:05:07

Alison Migliorini-Stubbs – 4:08:50

Alex Mabey – 4:09:01

Nick Clever – 4:20:35

grizzly 2Grizzly 1

Sunday 2nd March – Bideford Half Marathon

A great turn out from the Ratties for this early season Half Marathon – a number of personal best times and several making their first appearance in a Rat Vest – well done everyone.

Mark Hutcheson – 1:25:18

Jasmine Finney – 1:27:13

Richard Swann-Pipper – 1:29:52

Adam Kent – 1:30:11

Chris Tucker – 1:35:04

Steve Pitcher – 1:36:29

Paul Diffey – 1:37:23

Sean Jack – 1:37:57

Toby Haigh – 1:39:43

Alex Mabey – 1:40:45

Paul Kinsman – 1:45:32

Nathan Lyon – 1:47:20

Nick Gillett – 1:52:52

Nicola Johns – 1:59:44

Alex Hutcheson – 2:05:34

Katie Hudson – 2:09:22

Steve Wilson – 2:18:07

Sunday 23rd February – Bodmin Fire and Rescue Half Marathon

Jasmine Finney – 1:31:50 First Lady Overall

Mark Hutcheson – 1:32:20

Isobel Waterhouse – 1:55:46

Sarah Miller – 2:05:54

Karen Snelson – 2:14:48

Alex Hutcheson – 2:24:28

Steve Wilson – 2:46:22

Bodmin 1

Sunday 16th February – Exeter Half Marathon

Max Spence – 1:59:37

Sunday 2nd February – Fulfords 5

Ray Coles – 37:46

Annie Finding – 45:20

Sunday 19th January – Storm Force 10

Ray Coles – 1:19:50

Annie Finding – 1:41:04

Sunday 12th January – Gliddon & Squire Cross Country

Angela Martin – 2 in Ladies Race

Well done Angela for also finishing 3rd Lady in the Series.

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 1Treggy 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](mailto: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](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](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 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>