

2010 RATs Race Results

12th December '10 RATs Christmas Fun Run

30th October '10 Sourton Scramble

Jas, Sabine, Ang, Brian, Rog and Bridge turned out for yet another new course set see event report for this race on the fringes of Dartmoor (10.7k).

It was a baptism of fire for Sabine, as it was her first ever race but she is a natural and did really well.

Brian was first Rat home with a fantastic time of 52:11

Jasmine 53:22

Sabine 60:17

Bridget 60:44

Ang 61:51

Rog 63:03

This course was tougher than last year, good run Rats

[See event report]

17th October '10 'The Weavers Down Assault'

Irene, Jess and Bridge travelled to Hampshire to take part.

There should have been a clue in the fact that it was held at Longmoor Army camp!!

Most of the other competitors were fit young corporate teams

with bikes that cost as much as a Cornish holiday home. The girls

had put themselves into the first wave start - so not too long to panic.

The race started with a 3-4k run through the woods that the army use for tank training and war games - a very sandy course with some monster hills that have bigger cousins in the Sahara Desert. Then straight into the transition area to start the first cycle - a thrilling 15k course, with masses of hills, jumps, berms, switchbacks, and drop offs, then immediately another 5k run to the lakes where the inflatable kayaks were waiting.

see more detailsBenefitting from all the Drambuie training, the girls knelt as if they were in a Canadian canoe and powered through the course overtaking 7 teams. Then a third 5(ish)K run back to transition for the final 15k bike course.

A lot more confident 2nd time around, the girls thoroughly enjoyed the cycle before tackling the final stage, The Assault Course, which included crawling under a heavy cargo net and climbing over 'The Wall'

Adventure racing is such fun, working together as a team on a course that you are told about last minute....

[More Adventure Race details]

10th October '10 Eden Half & Full Marathon

Half Marathon

Demelza Menlove-Platt 2.07.14

Joanne Barraclough 2.10.05

Mogsy Ford 2.21.52

Susan Van Rensburg 2.23.13

Full Marathon

Wayne Van Rensburg 3.43.37

Pienaar Van Rensburg 4.12.46

Well done everyone who took part in the Eden races, which were a real test on strength and stamina. If you like hills, this is the one for you.

3rd October '10 Bideford 10 Miler

A great effort from all our Rats

The conditions were wet and chilly so they all produced really good times considering;

Jasmine and Helen getting on the podium, Rob Shaw running strong

with Darren and Helen proving their training is working

Well done folks

Rob Shaw 1.06.17 18th - 8th in category

Jasmine Finney 1.10.04 37th - 1st in category

(3rd female overall)

Helen Heard 1.13.25 58th - 3rd in category

Darren Lawman 1.18.39 81st - 21st in category

Ellen Hall 1.24.42 132nd - 8th in category

[More photos in the gallery]

3rd October '10 Marjon's Adventure Race

Rog, Bridge and Jessica Lynes had a blast!

Each team had to cycle/run/navigate to 40 plus checkpoints, gaining points for each success

Rog did the wall climb and abseil, Jess and Bridge did the 2,000m row.

They were placed 3rd out of 10 mixed teams and 19th out of 50 overall.

Now they're convinced that adventure racing is the way to go, especially as they didn't come in last!

[More Adventure Race details]

19th September '10 Great North Run

Half Marathon Newcastle to Gateshead 54000 runners!

Mark Ward 1hr 54 min

"I finished in a pedestrian 1 hr 54 minutes but succeeded in my primary objective which was crossing the line with my brother.

Neither of us was going to do a PB but we hadn't anticipated how crowded the road would be.

As a spectacle and experience it was superb, but it's more of a fast procession than a race.

Am I glad I did it? Yes. Would I do it again? No."

Morag (Mogsy) Ford

"Time 2:11:13 but stopped on the way to talk to people about the charity we ran for -

Had a fab race - best GNR ever :) - running with The Baton was inspirational -

it's the handle from a military stretcher used in Afghanistan -

we stopped on the way for people to hold it and tell them about

its message of support for the armed forces -

I found running and holding The Baton my legs just weren't tired! When you're holding something that's been so directly involved on the battlefield sore feet don't matter.

Alan Rowe MBE founded the charity and is my running buddy"

www.thebaton.co.uk

Shoreline Awesome Foursome Quadrathlon

18th September '10

Rob Shaw 7th - 2.51.53 swim/22.34 bike/54.56 kayak/53.22 run/39.31

Simon Hammond 8th - 2.52.35 swim/23.16 bike/56.10 kayak/49.05 run/42.36

RATs Chairman pips RATs President (and organiser of the Shoreline

Quadrathlon) on Saturday 18th September. In perfect conditions

and a calm sea/canal these two battled each other in 4 disciplines

with Rob just coming out on top after nearly 3hrs - Well done Guys

Also taking part were:

Jasmine Finney 33rd - 3.25.50 swim/21.50 bike/1.13.24 kayak/1.04.00 run/44.19

Another great effort from a young lady with no fear

Paul/Neil/Bryce/Roger - 3.27.05 swim/31.37 bike/1.02.42 kayak/1.01.46 run/49.18

Great effort by the wise ones!!

[More photos in the gallery]

Seniors National Surf Life Saving Championships

Weekend of 11/12 September '10 Tolcarne Beach

Jasmine Finney (in yellow cap at the start) 2K run 1st

"Over the weekend it was tough competing against the more experienced and peaked athletes - in testing conditions with swells as big as 7 feet.

Clubs from all over the UK competed including a new club from Brighton and from North Norfolk and various clubs from Wales.

I won the 2K run. It was against the tide and the sand was firm so I decided to run in bare feet. The race felt really quick and fast; one of the most enjoyable runs I've done. I won by quite a distance - it was a thrill to win :)"

See full report

12th September '10 Perranporth Triathlon

A real toughie - 800m surf swim, followed by a 38km hilly bike route (including twice up the heart-stoppingly steep St. Georges Hill), topped off with a 7.5km beach & cliff run.

Rob Shaw 2.06.09

Swim: 21.22 Bike: 1.12.47 Run: 29.38

12th September '10 Fowey River Triathlon

Max Spence 2.29.18

"Fowey went well, great experience. Really hard work as expected. I came in 58th position with overall time of 2.29. Splits were 650m swim 12.05, cycle 29k in 1.13.05 and finally run 12k in 1.04.08. The run was a real heartbreaker with no less than four half mile steep climbs to endure! Even the downhill sections were so steep that you were slapping your feet in order to brake yourself. It was awful although I will probably reapply for next year! It was a fun, well organised event with a little boat trip across the estuary to Polruan at day break to drop off your bike and kit and I enjoyed the nervous banter as we realised just how far the swim was."

5th September '10 Bristol Half Marathon

I finished the Bristol half marathon in 1 hour 35 minutes knocking over 5 min off my PB.

I look a lot better on the finish line than I felt!

Mark Ward 1.35.27

5th September '10 Padstow Triathlon

The exciting race location of Harlyn Bay is just a stones throw from Padstow.

This beautiful venue offers excellent sea swimming conditions, a flat(ish) fast out and back bike course and a breath taking coastal run.

Simon Hammond 2.35.34

Swim: 1.5Km 21.22 Bike: 40Km 1.12.47 Run: 10Km 29.38

5th September '10 Treggy 7

Max Spence 57.16

8th August '10 London Triathlon

(Mogsy) Morag Ford

Olympic distance - Great time 3.04.51

13th out of 38 in her Category

Awesome achievement for her first triathlon - Well Done - Go Girl!!

8th August '10 Bude to Bideford cycle (& back)

Splat the RAT - outward leg 3.20.43 (inc chain jam)

accompanied by 11 other RATs [See event report]

11th July '10 New Forest 10 Miler

(Mogsy) Morag Ford 1.33.18

Lovely run through the New Forest - really hot - Cool Horse Brass Medal

27th June '10 Bude Shoreline Triathlon

Great sunny day for this event, shame the sea didn't want to be calm - with a strong current and big waves, the swim was always going to be tough.

First was the swim from the canal gates towards the anchored boats and then onto the marker buoy near barrel rock; well the waves and swell were really tough approaching the buoy and many swimmers took 3 or more attempts to get around it. Some swimmers had to be pulled out as the conditions were getting dangerous. Swimming for home tired then running up to the beach and into the transitions zone, find your bikes and make your way off to Widemouth.

We had four foot down zones on the cycle which were well organised by BudeRats stewards and straight forward for the cyclists. The Bike race seemed to be over very quickly and all the riders were working really hard. Approaching Bude there was one more foot down at the mini roundabout and then along the Strand and into the transition zone again, park your bikes and then off up the hill again around Bude centre and down to the canal, back by the Falcon along the Strand again and run into the finish in Summerleaze which was really well supported by the public and, as always, Bill Kneebone in the commentary area.

Rob Shaw, Sean Jack,

Andy Latter, Jasmine Finney

and Will Stroudley all braved the conditions.

Times

Rob Shaw 1.05.38

- 3rd in Mens Vets 40

Sean Jack 1.22.10

Andy Latter 1.37.48

Jasmine Finney 1.18.71

winner in her class

- Female Youth

Will Stroudley 1.27.41

- Male Youth section

Well done to Simon Hammond and Shoreline Extreme Sports for their well organised event

27th June '10 Lanhydrock 10 miles

The hilliest 10 miles you could cover

Max Spence 1hr 25min

19th June '10 Sticker 5 miles

Max Spence 36.33 Well done Max

16th June '10 Bude Lifeboat Run 2010

A fine summer Wednesday evening for the Bude Lifeboat 6 mile off road race at Bude Rugby Club. 10 Rats took up the Challenge.

Congratulations to all who took part.

Jasmine Finney running well again being the first rat home 39.14

Sean (Sick Note) Jack 40.33

Great run from Max Spence 41.28

Angela Martin (I hate hills) 43.30

Alison Migliorini-Stubbs (I love hills) 44.06

Helen Heard (I didn't enjoy that!) 44.57

Andy Latter (I'm back) 47.16

Ellen Hall 49.24 Well Done

Helen Medland 51.23 Well Done

Joanne Barraclough 51.24 Well Done

Many Thanks to Launceston Road Runners for putting on this event - well run - well done

[See event report]

13th June '10 Ruby Run Half Marathon

Andrew Medland 1.26.09 Well done

Darren Lawman 1.45.58 PB

Daniel Dumas 1.49.15 PB

Val Harris 2.22.11 Well done

12th June '10 Shoreline Junior Triathlon

This was the second year for Bude's Junior Triathlon

but with a big change to the route from last year's event.

[See report and picture]

8th June '10 Cubert 5 miles

Max Spence 36.26

16th May '10 Bideford 10k

Jasmine Finney 43.21 1st in her Category (W20)

Sean Jack 44.13

Darren Lawman 44.20
Simon Theakston 45.10
Jane Cann 45.12
Angela Martin 46.23
Alison Migliorini-Stubbs 46.39
Max Spence 46.41
Daniel Dumas 47.27
Emma Bartrop 47.55
Andy Latter 49.36
Sarah Burnard 50.27
Bridget Funnell 50.28 1st in her Category (W55)
Ellen Hall 52.09
Roger Nosworthy 53.11
Paul Currie 53.25
Jessica Lynes 55.45
Michael Timms 56.02
Valerie Harris 1.01.15
Melanie Sacree 1.06.47
Alison Timms 1.06.58
Helen Medland 1.09.38

Ladies Team

J.Finney, J.Cann, V.Harris 2nd

Ladies Veterans Teams

J.Finney, A.Martin, A.Migliorini-Stubbs 5th

Showery day to start with but conditions for this race were good, running away from Bideford was sheltered but on the turn home there was a fairly strong wind at times trying to slow you. Well done to Jasmine Finney for her first major RATs run and also winning her category, also well done to those of you who took part in your first road race, lets hope you enjoyed it enough to do more.

7-9th May '10 Drambuie Challenge

Jess, Isobell, Irene, Bridget all the teams

The Drambluie Rinse team came 7th out of 15 international all male teams
(just one other young girl in one team), and were 3rd out of the 6 British teams.

"Totally awesome !!! we finished so much higher than we could ever have wished for!"

Eventually there will be our video on the Drambluie website
but they have thrown together a short one for youtube
which gives a few glimpses of our team [see video]

[See Bridget's report]

Some more pictures will be published here shortly.

8th May '10 Morwenstow Community Centre 10k Silver Jubilee run

Ali Migliorini-Stubbs winning the female category

7 Rats turned out on a chilly afternoon to support the Morwenstow Community Centre 10k Silver Jubilee run..

First Rat home was Mark Ward in 44.36 (3rd overall)

Sean Jack 47:09

Ali Migliorini-Stubbs 49:38 (1st Female)

Alex Ward achieved a personal best with a time of 49.40

Ang Martin 49:59 (2nd Female)

Roger Nosworthy 57:08

[See event report]

2nd May '10 The Great West Run (Exeter half marathon)

Valerie Harris 2.27

29th April - 5th May '10 100 mile West Highland Way

Several Rats took to the Scottish Highlands, to walk the 100 mile West Highland Way, starting on Thursday 29th April and finishing 3rd May.

Rats included in the 10 person group were Isobel Waterhouse, Irene Thomson, Vicky Innes, Nicola Hammond, Hilary Curtis.

25th April '10 Virgin London Marathon

Andrew Medland 2.58.52

Bridget Funnell 4.08.29

Sean Jack 4.14.11

Sarah Barnard 4.37.49

Roger Nosworthy 4.44.17

Sean's running journey - message and interview

25th April '10 Truro River Race

Some Water Rats / Surf Boat girls won the womens' event

Emma Bartrop, Sue Roper and Jessica Lynes were part of the winning 4-person crew

24th April '10 Trail de l'Odét - Ergué Gabéric

Congratulations to Alex Ward finishing as second 'cadet' in the 12k; He was the youngest entrant and finished the 12k in 1.05.12, placed 101st of the 279 starters;

Mark Ward completed the 34k in 3.33.52, placed 79 out of 123 starters.

Mark's comment:

"Didier advised that 'I might get my feet wet'; ... "

See Mark's report

This very scenic trail (12k, 23k or 34k) will happen again in April next year.

18th April '10 Tavy Half Marathon

Sean Jack 1.41.24 (105)

Max Spence 2.02.05

16-18th April '10 British Colledge National Championships

Jasmine Finney travelled to Loughborough to take part and came 15th out of 86 competitors in her race.

7th March '10 Bideford Half Marathon

Congratulations to Andrew Medland finishing third; Great effort - RAT on the podium;

also to Sean, Simon and Andy for new PBs for age.

Names, times and (positions):

Andrew Medland 1.12.45 (3) Sean Jack 1.38.13 (191)

Simon Theakston 1.40.04 (222) Andy Latter 1.47.14 (363)

Sarah Burnard 1.50.51 (427) Emma Bartrop 2.03.32 (642)

Jessica Lynes 2.06.43 (485) Sue Roper 2.08.35 (709)

Total Starting 893 - well done Bideford AAC

Bideford Half was raced in really good conditions, a little cold at the start but once the race started conditions were great for running.

7th March '10 Grizzly

Rob Shaw 2.58 (70) Mark Ward 3.41 (494)

Total of 1500 runners. Hope you have had a wash - well done.

7th March '10 Bath Half Marathon

Ali Migliorini-Stubbs 1.47 Max Spence 1.47 Great effort.