Bude RATs (Run and Tri) Club Championships

1st November 2022 - 31st October 2023

20 points for 1st RAT, 19 points for 2nd RAT etc with minimum 10 points (best 8 races)

Position	MALE	Age Category	Total Points	Cornish Marathon	Bideford 10	Drogo 10	Cornish Mob Match	Torrington Christmas Caper	Storm Force 10	Newquay 10K	Looe 10	Bideford Half Marathon	Grizzly	Falmouth Half Marathon	Trepolpen Seythin 10K	An Resek Hellys	The Bodmin Beast	Hartland Hartbreaker 5ish	Hartland Hartbreaker 18ish	Trevornick 10K	Bideford 10K	Saltash Half Marathon	IMERYS Half Marathon	IMERYS Marathon	Bude Lifeboat Run	Sticker 5	Truro Trail	Boconnoc 5	Magnificent 7	Turkey Trot	Tywardreath Trotter	Indian Queens Half Marathon	Treggy 7	Bude Pirate Run	Truro Half Marathon	Barnstaple Half Marathon	Barnstaple Marathon	Tywarnhayle 10K	Eden Project Marathon	Eden Project Half Marathon
	Handicap Distance			M	10M	10M	10K	10K	10M	10K	10K	HM	HM	HM	10K	10M	M	10M	HM	10K	10K	HM	HM	M	10K	10K	10K	10K	10K	10K	10K	HM	10K	10K	HM	HM	M	10K	M	HM
	Expected Race Date			06-11-22	06-11-22	13-11-22	27-11-22	18-12-22	22-01-23	05-02-23	26-02-23	05-03-23	05-03-23	12-03-23	25-03-23	09-04-23	23-04-23	30-04-23	30-04-23	30-04-23	07-05-23	07-05-23	14-05-23	14-05-23	14-06-23	17-06-23	21-06-23	27-06-23	02-07-23	05-07-23	29-07-23	06-08-23	03-09-23	10-09-23	17-09-23	24-09-23	24-09-23	08-10-23	15-10-23	15-10-23
				GP13					GP1	GP2	GP3			GP4	MTRS4	GP5				GP6			MTRS5		MTRS6	GP7	MTRS7	MTRS8	GP8	GP9	MTRS1	GP10	GP11	MTRS2	GP12			MTRS3		
1	ALDIS, Phil	M60-64																																						
1	BROWN, Jez	M50-54																																						
1	CHIVERS, Phil	M60-64																																						
1	CLEAVER, Nick	M65-69																																						
1	CLOKE, Andy	M45-49																																						
1	COLWILL, Stuart	M50-54																																						
1	CORTHINE, Paul	M35-39																																						
1	CURTIS, Bob	M40-44																																						
1	DAVIS, Andrew	M40-44																																						
1	DIFFEY, Paul	M55-59																																						
1	DOWLING, Simon	M50-54																																						
1	DUTTON, Bernard	M70+																																						
1	FINN, Simon	M40-44																																						
1	GARDINER, Nigel	M55-59																																						
1	GRANT, Nigel	M60-64																																						
1	HARPER, Craig	M45-49																																						
1	HARPER, Simon	M60-64																																						
1	HARRIS, Steven	M55-59																																						
1	HODGSON, Matt	M45-49																																						
1	HUTCHINSON, Stephen	M70+																																						
1	JACK, Sean	M60-64																																						
1	LOCKYER, Stuart	M55-59																																						
1	MATTHEWS, Mark	M55-59																																						
1	MCGRATH, Rollo	M60-64																																						
1	MENLOVE-PLATT, Chris	M65-69																																						
1	MURPHY, Martin	M50-54																																						
1	NORMAN, Colin	M60-64																																						
1	READ, Matt	MU35																																						
1	ROBSON, Jed	M35-39																																						
1	ROGERS, Ben	M40-44																																						
1	ROONEY, James	M60-64																																						
1	SHANNON, Martin	M55-59																																						
1	SKIPP, Paul	M55-59																																						
1	SMITH, Alan	M40-44																																						
1	STEYN, Michael	M40-44																																						
1	TUNNEY, Mike	M55-59																																						
1	WEGHOFER, Joe	MU35																																						
1	WILLIAMS, Paul	M35-39																																						
1	WILLSHIRE, Simon	M50-54																																						

Bude RATs (Run and Tri) Club Championships

1st November 2022 - 31st October 2023

20 points for 1st RAT, 19 points for 2nd RAT etc with minimum 10 points (best 8 races)

Position	FEMALE	Age Category	Total Points	Cornish Marathon	Bideford 10	Drogo 10	Cornish Mob Match	Torrington Christmas Caper	Storm Force 10	Newquay 10K	Looe 10	Bideford Half Marathon	Grizzly	Falmouth Half Marathon	Trepolpen Seythin 10K	An Resek Hellys	The Bodmin Beast	Hartland Hartbreaker 9ish	Hartland Hartbreaker 18ish	Trevornick 10K	Bideford 10K	Saltash Half Marathon	IMERYS Half Marathon	IMERYS Marathon	Bude Lifeboat Run	Sticker 5	Truro Trail	Boconnoc 5	Magnificent 7	Turkey Trot	Twwardreath Trotter	Indian Queens Half Marathon	Treggy 7	Bude Pirate Run	Truro Half Marathon	Barnstaple Half Marathon	Barnstaple Marathon	Tywarnhayle 10K	Eden Project Marathon	Eden Project Half Marathon
Handicap Distance				M	10M	10M	10K	10K	10M	10K	10K	HM	HM	HM	10K	10M	M	10M	HM	10K	10K	HM	HM	M	10K	10K	10K	10K	10K	10K	10K	HM	10K	10K	HM	HM	M	10K	M	HM
Expected Race Date				06-11-22	06-11-22	13-11-22	27-11-22	18-12-22	22-01-23	05-02-23	26-02-23	05-03-23	05-03-23	12-03-23	25-03-23	09-04-23	23-04-23	30-04-23	30-04-23	30-04-23	30-04-23	07-05-23	07-05-23	14-05-23	14-05-23	14-06-23	17-06-23	21-06-23	27-06-23	02-07-23	05-07-23	29-07-23	06-08-23	03-09-23	10-09-23	17-09-23	24-09-23	24-09-23	08-10-23	15-10-23	15-10-23
1	ALEXANDER, Jane	F60-64		GP13					GP1	GP2	GP3			GP4	MTRS4	GP5				GP6			MTRS5		MTRS6	GP7	MTRS7	MTRS8	GP8	GP9	MTRS1	GP10	GP11	MTRS2	GP12			MTRS3		
1	BAKER, Paula	F50-54																																						
1	BLATCHFORD, Jessica	F40-44																																						
1	BOLT, Karen	F55-59																																						
1	BOVER, Annie	F40-44																																						
1	BRIARD, Lois	F40-44																																						
1	BROWN, Suzanne	F55-59																																						
1	CANN, Sarah	F35-39																																						
1	CHAPMAN, Charlotte	FU35																																						
1	CONGDON, Mandy	F50-54																																						
1	COOLEY, Helen	F40-44																																						
1	CORNEY, Tammy	F45-49																																						
1	DARWIN, Helen	F45-49																																						
1	DEVLIN, Anna	F55-59																																						
1	ECCOTT, Laura	F35-39																																						
1	EMMETT, Nicola	F45-49																																						
1	FINN, Colleen	F40-44																																						
1	HALL, Kate	F40-44																																						
1	HARTMAN, Emily	F40-44																																						
1	HILTON, Karen	F50-54																																						
1	LUND, Lisa	F45-49																																						
1	MCGRATH, Chloe	FU35																																						
1	PATES, Kate	F40-44																																						
1	PERRY, Frankie	FU35																																						
1	PHILLIPS, Natalie	F40-44																																						
1	QUINN, Kathryn	F55-59																																						
1	REAY, Leila	F70+																																						
1	SAMARA, Konstantina	F45-49																																						
1	SHARP, Jenny	F60-64																																						
1	SHENNAN, Lynda	F55-59																																						
1	SMITH, Sue	F60-64																																						
1	SNELSON, Karen	F50-54																																						
1	STEYN, Maryl	F40-44																																						
1	STOKES, Liz	F40-44																																						
1	STRONG, Claire	F40-44																																						
1	TAME, Lisa	F40-44																																						
1	TANNER, Lora	F40-44																																						
1	WATERHOUSE, Isobel	F55-59																																						
1	WOODLAND, Sarah	F45-49																																						