

2012 RATs Race Results

Sunday 23 December – Torrington Christmas Caper

Pete Devenport 59:55 5th in cat and overall Sam Kingscott 1:03:28

Mark Hutcheson 1:10.19 Sean Jack 1:18:30

Chris Tucker 1:19:14 Bridget Funnell 1:27:54 1st Over 55

Roger Nosworthy 1:34:40

A few pictures here.

Tuesday 11 December Handicap Run

Another good turnout of 24 RATs for the 2 lap, 5 mile winter handicap race around Flexbury. Despite adjustments to handicaps after the September race, several runners still managed to run significantly inside their Handicap time. So the training really works! Once again these will be suitably adjusted for the next outings. CongRATulations this time to Shelley Marshall being the first back to the Pitch & Putt Hut. While nobody returned exactly in their estimated times, our thanks go to Jo this time for finishing within 7 seconds of hers. Full results are here.

Sunday 25 November – Bicton Blister 10mile (actually very close to 11M)

Caroline Hobbs 1:39:44 (Friend of RATs, this was Carolines first race but no photos!)

Bridget Funnell 1:44:50 2nd in cat.

Roger Nosworthy 1:47:15 4th in cat.

On a spectacular but very flooded course with many thigh deep mud and water crossings....Perfect!

Sunday 18 November – Drogo 10

Mark Hutcheson 1hr 13min 12 secs

Paul Bowden 1hr 30mins 7 secs

Alex Hutcheson 2hr 2 mins 13 secs

Sunday 11 November – Remembrance Run 4.2m Beach run

Last leg 2012 Cornish Multi Terrain

Jas Finney 29:30 1st Female. 1st in cat. Helen Heard 32:27 2nd Female. 1st in cat.

Heidi Redman 33:01 1st U/40 2nd in cat. Sabine Maclean-Thorne 34:52 3rd in cat.

Ang Martin 35:31 4th in cat. Bridget Funnell 38:27 2nd in cat.

1st Female Team on the day Jas, Helen, Heidi, Sabine

After 10 events (top 6 scores count) Bude RATs ladies have finished with 5 of the top 25 places! Katie finished 2nd in category. Helen finished 1st in category dropping only 2 points. Becky finished 7th in category. Ang finished joint 2nd in category only 6 points behind the category winner who had a maximum 600 points. Bridge finished 2nd in category dropping only 7 points and only 3 points behind the category winner. Bude Rats Female team finished joint 2nd dropping just 5 points and only 2 points behind the winning team, St Austell.

It's also worthy of note that Jas was only able to compete in 4 events but was the 1st female in all of them. Watch out 2013! All our ladies deserve a hearty conGRATulations for their dedication throughout the series and it's time for the men to step up and show their metal! The official calendar for 2013 isn't available yet but will be posted on Forthcoming Events as soon as it is Final results for the series are here. A few pictures are here.

Sunday 4 November – The ING New York City Marathon

After many months of hard training, RAT John Greenaway headed off to NY to run the NY city Marathon. The athletes were assured the event would go ahead despite the terrible natural disaster 'Sandy' that had battered New York the previous week.

Huge disappointment when, a little over 36 hours before the start, the event was cancelled. John along with over 20,000 other determined athletes weren't going to leave without having completed the task they were there for... So they ran 6 and a bit laps of central park to complete their very own New York Marathon.

It might not have been The 'ING' marathon but there are many words that you could tack on in front of ING...excitING? engagING?

Well done John, this was a real adventure and an event that will go down in history, a true test of self motivation, grit and determination without the help of gel/water stations and the crowd to pull you along.

There was no official 2012 winner but 20 thousand plus un-official winnersJob done!

Sunday 4 November – Plymouth City 10k

Chris Tucker 44:01 – 1st 10k race Sarah Fennell 1:06:22 – PB

2012Plymouth10k

The start time was a challenge – getting up to have breakfast early enough, and to make it to Plymouth by 8.15am! But we both had a great time, really enjoyed it and are planning our next event already!

CongRATulations to both of you for your first event with the RATs.

Sunday 4 November – Bideford 10-Miler

Sabine McLean-Thorne 1:16:15 1st in Category

Full results available here http://www.bidefordaac.co.uk/images/Bide_10M_2012.pdf

Saturday 3 November – Sourton Scramble

Helen Heard 51:37 3rd Female Steve Martin 53:46

Ang Martin 55:53 Ray Coles 59:34

Andy Mounce 59:43 Nick Cleaver 59:54

Bridget Funnel 62:29 1st in category Ellen Hall 63:50

Annie Finding 70:39

2012-11-sourton

Look at those smiles. What a difference a hot drink and bacon roll make!

The sun always shines on the RATEous – Well it did on Saturday. It was still cold and the ground still muddy but in between the rain and the hail, the sky cleared and the sun shone for the critical hour between 11:00 and 12:00. CongRATulations to Andy for his first event with the RATs.

Full Results, official race report and photos are(will be) here:
<https://sites.google.com/site/sourtonscramble/>

Sunday 28 October South Molton Struggle 8ml

Annie Finding 1:15:40 – 1st in category

20121028SouthMolton

Annie writes ... One lone aging RAT at the South Molton Struggle

Race very well organised, good signage to the car parking area, no queues for the ladies, very friendly encouraging marshals even in the damp & cool conditions, 2 water stops & 2 jelly baby stops!

The course consisted of roads & footpaths of varying degrees of steepness & muddiness & the puddles were a joy to behold, just no way to avoid them. (My socks went in the shower with me when I got home.)

Anyway I managed to "struggle" my way round the course without stopping, except to climb a couple of styles & gingerly cross a very slippery wooden bridge. Will definitely do it again next year.

Full results are here.

Sunday 21 October Birmingham Half Marathon

2012-10-BirmHalf-1

Nick Cleaver 1:51:23 Becky Stopher 2:11:00

Sunday 21 October Tavy 7

Steve Martin 51:03 Paul Bowden 51:52 – 3rd in cat.

Ang Martin 52:06 – 2nd in cat. Ray Coles 56:06

Annie Finding 1:04:22 – 2nd in cat.

Full results are here.

Sunday 14 October Race for Wildlife

9th leg 2012 Cornish Multi Terrain

Jas Finney 40:16 1st Female. 1st in cat. Helen (over 40) Heard 44:23 2nd in cat.

Ang Martin 46:15 Sabine Maclean-Thorne 46:27

Bridget Funnell 51:34 2nd in cat. Katie Davis 53:44

Roger Nosworthy 56:03

1st Female Team Jas, Helen, Ang, Sabine

After 9 events (top 6 scores count) the stage is set. In the female open category Bude RATS still hold 5 of the top 19 places! Katie Davis is now 2nd in category, but not out of danger yet! Helen Heard

is now 1st in category and can't be knocked off the top. Becky Healey is 4th in the same category as Helen with others on her heels. Ang Martin is joint 1st but with little room to manoeuvre. Bridge Funnell is 2nd in category but there's danger looming in third place. Bude Rats Female team came 1st on the day and are now 3rd over all. A top 3 place is not guaranteed yet.

The final event in the series is hosted by Mounts Bay Harriers in Penzance. Sunday 11th Nov 'Remembrance Run' 4.2 Mile Beach Run. start 11am. (registration from 9.30) The full calendar is available via Forthcoming Events. Full results after 9 events are here. A few pictures are here.

Saturday 13 October – The Mouth to Mouth

Rob Shaw 48:53 – race winner Wayne Van Rensburg 51:46 – 2nd in cat.

Andy Virgin 56:04 Steve Martin 56:13

Paul Duffey 56:56 Isobel Waterhouse 60:44 – 3rd female

Ray Coles 62:27 Pienaar Van Rensburg 63:08

Emma Bartrop 63:17 – 2nd in cat. Simon Theakston 66:31

Daniel Dumas 68:30 Fionagh Harding 70:07

Andy Latter 71:12 Annie Finding 74:41 – 2nd in cat.

Full results are available here. First pictures are here.

Sunday 23 September Our own Great RATs Run

22'ish miler

Mark Hutcheson 3:06 1st overall Sabine McLean-Thorne 3:50 2nd Lady

Joanne Barraclough 4:46 Joint 3rd Lady Katie Davis 4:46 Joint 3rd Lady

12'ish miler

Toby Haig 1:53 Andy Virgin 2:06

Paul Bowden 2:06:04 Steve Martin 2:07

Helen Heard 1st Lady 2:07 Ellen Hall 2nd Lady 2:28

Full results, stories, photos, and extra information are all available on the Great RATs Run page

Sunday 16 September Great North Run & Junior Great North Run

Great North Run

Ang Martin 1:37:18

Junior Great North Run – 4k

Holly Martin 17:39

Lee Martin 18:45

Sunday 16 September Truro Half Marathon

Mark Hutcheson 1hr 26min 33

Paul Bowden 1hr 40mins 08

Alex Hutcheson 2hr 12mins 17

A well organised event starting in the centre of Truro. The route does a short loop of the main streets then heads along the river and a cycle path through some scenic wooded and riverside areas before returning to a flat finish in the centre. Both Alex and Paul had done the race in 2011 and described it as slightly undulating – having run it again this year their opinions have been revised somewhat, but would still recommend it as a lovely route.

Tuesday 10 September Handicap Run

A good turnout of 26 RATs for last night's 5 mile handicap race. Clearly there are some 'ringers' in the club as many runners were well inside their Handicap time. Obviously these will be suitably adjusted for the next Handicap race. CongRATulation to Loraine Jennings on being the first back to the Pitch & Putt Hut. Many thanks this time to Mica, Alex and Annie who all finished within 2 seconds of the estimated times. Full results are here.

Saturday 8 September – The Awesome Foursome

2012 World Cup Quadrathlon

4 RATs took part in pairs and the results look like this

Names	Swim	Cycle	Canoe	Run	Overall Time	Position
Simon Hammond and Lee Sampson	0:24:30	0:51:45	0:48:15	0:44:01	2:48:31	5
Brett Higham and Chris Hammond	0:22:33	1:00:21	0:47:29	0:41:15	2:51:38	6
Nicola Hammond and Sean Jack	0:27:10	1:06:15	1:02:02	0:46:02	3:21:29	33
Emma Bartrop and Sue Roper	0:24:54	1:13:17	1:00:34	1:01:05	3:39:50	42

Full Results are available here.

Wednesday 5 September The Sourton Tors Fell Race

2.6M Straight up and down

Helen (last day of u/40) Heard 24:49 First lady and 1st in Cat

Bridget Funnell 28:00 First in o/55

Roger Nosworthy 31:29 First in o/60

15 hardy souls took to the hills at Sourton (and 15 made it back). Not content with being first lady and first in category, Helen also broke last years ladies course record. Full results and a run report are available [here](#).

Sunday 2 September The Treggy 7

Steve Martin 51:17

Sunday 2 September Torrington Back in 5 Race

Ang Martin 36:44 Paul Bowden 37:15

Sean Jack 37:31 Steve Wilson 43:46

Sunday 25 August Trelissick 10k

8th leg 2012 Cornish Multi Terrain

Jas Finney 47:31 1st Female & 1st in Category Helen Heard 53:57 1st in Category

Ang Martin 55:33 3rd in Category Bridget Funnell 59:35 1st in Category

Becky Healey 1:02:23 Katie Davis 1:05:12

Roger Nosworthy 1:09:12 2nd in Category

After 8 events (top 6 scores count) the stage is set for an exciting finish -

In the female open category Bude RATS hold 5 of the top 19 places – Read on!

Katie Davis (6 scores) is still 1st in category, but not out of danger yet! Becky Healey (6 scores) is 3rd in category in a hotly contested group Helen Heard (5 scores) is 4th in the same category as Becky but with a race in hand could make it to the top. Ang Martin (6 scores) is 2nd in category and on paper can still make it to the top! Bridge Funnell (6 scores) is still 1st in category but it's not over yet. Bude Rats Female team came 2nd on the day and are now 4th over all. A top 3 place is possible with the right results in the last 2 events.

The final 2 events in the series are both hosted by Mounts Bay Harriers in Penzance. Sunday 14th Oct 'Race for Wildlife' 10k. Start 10.30. Enter on line, it's expensive on the day. Sunday 11th Nov 'Remembrance Run' 4.2 Mile Beach Run. start 11am. (registration from 9.30) The full calendar is available via Forthcoming Events. Full results after 8 events are here. A few pictures are here.

Sunday 18 August R.A.T. Roseland August Trail

32, 20 or 11 miles

20 miles – Red run

Fionagh Harding 04:59:04 Jo Barraclough 05:09:14

Katie Davis 05:37:13 Paul George 06:27:49

Alex Hutcheson 06:32:37

32 miles – Black run

Mark Hutcheson 05:37:27 Becky Healey 07:27:36

Bridget Funnell 07:39:14 Roger Nosworthy 08:26:19

Katie joins the R.A.T. race and tells us about it [here](#)

Sunday 12 August Sidmouth Festival Run

Seniors

Steve Martin 50:03 Ang Martin 55:38

Juniors

Holly Martin 1st Girl home, 2nd overall

Sunday 12 August St Clether Church Walk and Fun Run

A very select 12 runners (including 3 RATs) started this very hilly, hot race that we think was about 4.6 miles. There were no numbers and no official times but we think the approximate times are as follows -

Ray Coles @37min Liz Wilson @40min 2nd Lady Annie Finding @45min

I'm hoping to get a full list of runners and some photos. Meanwhile, amongst the small group of adoring fans,

I found another guest poet who has kindly prepared the following. Extract from Lord Mayscone's RATty V

This story shall the good RAT teach their RATlets;
And Clether Cletherian shall ne'er go by,
From this day to the ending of the world,
But we in it shall be remember'd;
We 3, we happy 3, we band of RATs;
For those to-day that sheds their sweat with me
Shall be in my RATpack; be they ne'er so vile,
This day shall gentle their condition:
And RATs in Bude now a-bed
Shall think themselves accursed they were not here,
And hold their rat tails cheap whiles any speaks
That run with us upon Saint Clether's day.

Saturday 28 July Tywardreath Trotter 7M

7th leg 2012 Cornish Multi Terrain Race Series

Helen Heard 53:43 2nd in cat Ang Martin 53:43 2nd in cat

Becky Healey 1:01:15 Bridget Funnell 1:01:18 1st in cat

Katie Davis 1:03:39

Holly Martin ran in the u/16 Fun Run, finishing 2nd girl overall even though her category was u/12

After 7 events – Ang Martin is 4th over all and 2nd in Cat. Becky Healey is 8th over all and 2nd in Cat. Katie Davis is 9th over all and 1st in Cat. Bridge Funnell 19th over all is 2nd in Cat. Bude Rats are also 4th Female team over all. The next event (8th) in the series is the Trelissick 10k on Saturday 25th August.

The full calendar is available via [Forthcoming Events](#). Full results after 7 events are [here](#).

Tuesday 24 July Summer Handicap Run

Great turnout for the 5 mile Handicap Run this evening – 28 runners in total and nobody got completely lost! Congratulation to Gary Lowson on being the first back to the Pitch & Putt Hut. Many thanks to Heidi for finishing in exactly her estimated time. Full results are here.

Thursday 19 July – Tavy Town Relay

Bude RATs 'strutting their stuff' with several teams. The full results, both senior and junior can be accessed via this link <http://www.tavistockathletics.com/relays/index.htm> I will filter out our results over the next couple of days and add them to this site

Sunday 15 July – Bristol Harbourside Sprint Triathlon

Jim Miller – 3rd in category, 19th overall, total time:1:08:32

swim: 13:01, t1:1:24, bike:32:06, t2:1:31, run:20:30

(Jim would have qualified for the Worlds with these results!)

Sunday 15 July – The Pyworthy Challenge

10k'ish Adults. 3k 12-15yrs. 1.5k 11yrs & under

Full results for all three events are available - here.

A couple of pictures from Ang with a big gap for some words are - here.

Bude RATs results are as follows

10k Results

Mark Hutcheson	39:27	Chris Heard	43:22
Helen Heard	44:06 – 2nd Lady. 1st in Cat.	Paul Bowden	44:39
Sean Jack	45:40	Ray Coles	49:42
Nick Cleaver	51:06	Ellen Hall	51:30
Anthony Ward	52:30	Andy Latter	52:30
Liz Wilson	54:19	Steve Wilson	54.50
Alex Hutcheson	55:12	Annie Finding	55:23
Helen Medland	55:24	Judy Blee	1:00:30

3k 12-15yrs Results

Georgia Higham 13:29 – 1st Girl Joe Marshall-Evans 14:10

Leisha Bond 14.28 Samantha Dalton-Ginn 14:53

1.5k 11yrs & under Results

William Blee 6:04 Toby Biggs 6:22

Holly Martin 6:24 – 1st Girl Patrick Faulkner 6:41

Eleanor Theakston 7:39 Jessica Biggs 7:42

Tilly Daniel 7:53 Timon Chapman 7:57

Joseph Faulkner 7:58 Maddie Old 8:10

Kyle Brown 8:20 Dylan Theakston 8:21

Phoebe Boundy 8:54 Sam Heard 10:22 – Almost a RAT

Maya Schiffer 10:51 – Almost a RAT Chaya Brown 12:03

Sunday 8 July – Dartmoor Reservoir Kanter – 24+ miles

Sarah Tonkin, Roger Nosworthy & Bridget Funnell, all completed the distance well within the allocated time.

Sunday 8 July – Bideford Triathlon – 600m river swim, 23.5k cycle, 5k run

Helen Heard 1:28:05 – 4th in cat Katie Davis 1:34:58

Lara Trewin 1.36.27 Sean Jack 1:36:43

Sunday 8 July – Fingle Dash 10k – 7.8 miles!

Steve Martin 1:06:32 – 3rd Male Ang Martin 1:12:14 – 1st Female and 7th overall

Some thoughts on the days events from Steve and Ang are here

Sunday 8 July – Big Cornwall Swim – 3.8km open water

Andy Virgin 57:28 – 6th overall

Sunday 1 July – Shoreline Bude Triathlon

Name	Swim	Cycle	Run	Total	Overall
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Position	Category	Position
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Andy Virgin	08:52.00	35:02.50	23:17.75	01:09:12.60	29	12
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Sean Jack	13:17.00	38:45.55	24:28.70	01:18:28.15	83	8
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Jeff Cherrington	13:18.0	40:02.15	24:26.15	01:19:48.80	96	27
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Emma Bartrop	13:44.00	42:19.60	26:33.45	01:27:08.35	135	5
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Team – Pick n Mix

RATs Sarah Miller & Helen Heard

and Mel Bardsley TBA TBA TBA TBA TBA TBA

Team – 33

RATs Isobel & Rob Waterhouse

and Tom Dickinson TBA TBA TBA TBA TBA TBA

We don't know if we will ever get times for the relay teams

Sunday 24 June – Lanhydrock 10mile

6th leg 2012 Cornish Multi Terrain Race Series

Helen Heard 1:16:40 3rd Female, 1st in cat Ang Martin 1:23:15 2nd in cat

Bridget Funnell 1:32:33 2nd in cat Becky Healey 1:34:15

Katie Davis 1:35:05 Max Spence 1:37:34

After 6 events – Ang Martin is 7th over all and 2nd in Cat. Becky Healey is 10th over all and 2nd in Cat. Katie Davis is 11th over all and 1st in Cat. Bridge Funnell 21st over all is 3rd in Cat. Bude Rats are also 3rd Female team over all. The next event (7th) in the series is Tywardreath Trotter 7mile on July 28th. Organisers Tywardreath + St. A. The full calendar is available via Forthcoming Events. Full results after 6 events, are here.

Sunday 24 June – North Devon Coastal Marathon

Mark Hutcheson 3:49:44 2nd in cat

Wednesday 20 June – Meet your Max

5th leg 2012 Cornish Multi Terrain Race Series

Helen Heard 58:57 Becky Healey 1:06:39

Bridge Funnell 1:07:59 Katie Davis 1:13:24

Jo Barraclough 1:17:22 Sarah Tonkin 1:19:59

After 5 events – Katie Davis is 13th over all and 1st in Cat. Ang Martin is 9th over all and 2nd in Cat. Becky Healey is 11th over all and 3rd in Cat. Bridge Funnell is 3rd in Cat. Bude Rats are also 3rd Female team over all. The full calendar is available via Forthcoming Events. Full results after 5 events, are here.

Sunday 17 June – Wimbleball Half Ironman

Rob Shaw 05:38:15 – Swim 00:31:49 / Cycle 03:10:15 / Run 01:48:32

Wednesday 13 June – Bude Lifeboat Run

4th leg 2012 Cornish Multi Terrain Race Series

Mark Hutcheson 38:16 Jasmine Finney 39:26 1st Lady
Steve Martin 40:33 Helen Heard 42:53 2nd in Cat
Andy Virgin 43:10 Paul Bowden 44:23
Ang Martin 45:22 2nd in Cat Ali Migliorini-Stubbs 46:30
Max Spence 46:45 Paul Collins 47:40
Paul Currie 47:46 Ray Coles 49:15
Anthony Ward 49:28 Andy Latter 50:26
Becky Healey 50:34 Leila Reay 50:45 1st in Cat
Katie Davis 50:55 Paul George 51:39
Sarah Tonkin 53:52 Helen Medland 54.44
Alex Hutcheson 55:14 Annie Finding 55:53

After 4 events – Katie Davis is 1st in Cat. Ang Martin is 2nd in Cat. Bridge Funnell is 2nd in Cat. Leila Reay is joint 2nd in Cat. Becky Healey is 4th in Cat. The full calendar is available via Forthcoming Events. Full results after 4 events, are here. A few pictures followed by my thoughts on the evening, are here

Sunday 10 June – Ruby Run Half Marathon

Mark Hutcheson 1:25:43 Chris Heard 1:35:51
Helen Heard 1:36:22 1st local Lady Fiona Timms 1:50:54
Ellen Hall 1:53:46 Basie Van Rensburg 1:56:04
Wayne Van Rensburg 1:56:05 Penny Timms 1:56:35
Alex Hutcheson 2:01:39 Michael Timms 2:09:57
Susan Van Rensburg 2:13:34 Alison Timms 2:29:28

Saturday 9 June – Around the Roseland Adventure Race

Bridget Funnell 3:56:15 Sarah Tonkin 4:05:50
Jo Barraclough 4:32:20 Roger Nosworthy 4:56:00
Lara Trewin & Katie Davis 3:54:50 Paul Collins & Steve Pitcher 4:12:40

I'm not going to explain these results. Paul Collins & Steve Pitcher and Lara Trewin & Katie Davis entered as teams. Sarah Tonkin, Jo Barraclough, Bridget Funnell and Roger Nosworthy entered as

singles. Full results are available via download from <http://www.nearwaterevents.co.uk/around-roseland-adventure-race>

Katie explains it all here something about 8 Go Adventuring...

Sunday 3 June – Plymouth Half Marathon

Steve Martin 1:33:25 Becky Stopher 2:17:25 Hayley Thompson 2:49:53

Sunday 20 May – Marazion Standard Triathlon

Jim Miller – 3rd in category, 7th overall, total time: 2:45:14

swim 33:12. bike 1:25:59. run 43:44.

Sunday 20 May – St Austell Half Marathon

3rd leg 2012 Cornish Multi Terrain Race Series

Mark Hutcheson 1:31:49 Basie Van Rensburg 1:55:47

Ang Martin 1:55:49 Bridget Funnell 2:03:53

Becky Healey 2:11:49 Katie Davis 2:15:00

Alex Hutcheson 2:27:23 Susan Van Rensburg 2:27:23

2012StAustell01

The 1 mile Fun Run (girls) was won by Holly Martin in an amazing time of 6:03 (doesn't sound like much fun to me!)

The Bude RATs Ladies Team came 3rd on the day and is now 3rd after 3 events. Ang Martin is now 2nd in her category and 5th in the open category. Bridget is 3rd in her category. Sarah Curtis is still 3rd in her category although not competing here today. The next event in the series is the Bude Lifeboat Run on Wednesday 13 June. The full calendar is available via Forthcoming Events. Full results after 3 events are here

Katie writes ... One small step for RATs, one giant leap for RATkind

Sunday 20 May – Upper Tamar Lakes, Kilkhampton

5k fun run – 10k Adults run

5k Results

Oscar Lee 2nd over all Ella Brock 1st girl 3rd over all Tilly Daniel 2nd girl

Timon Chapman Saul Barraclough Joseph Trewin

10k Results

Sarah Curtis 48:27 5th over all 1st Lady Paul Collins 49:41 Ali Migliorini-Stubbs
50:00

Paul Currie 51:48 Ray Coles 52:45 Ellen Hall 52:53

Lara Trewin 54:24 Andy Latter 54:24 Fionagh Harding 56:05

Helen Medland 58:50 Annie Finding 58:50 Jo Barraclough 1:00:18

Photos from the day and poet Monroe C. Daly, remembers Lake Tamar, Cornwallshire, Englandland here

Sunday 13 May Bideford 10km

Mark Hutcheson 38:12 (3rd in cat.) Jasmine Finney 40:15 (2nd over all, 1st in cat.)

Steve Martin 41:23 Toby Haigh 42:23

Paul Bowden 42:29 Paul Currie 49:39

Ray Coles 49:43 Ellen Hall 50:28 (4th in cat.)

Rowena Wilson 53:32 Alex Hutcheson 55:58

Annie Finding 56:02 Steven Wilson * 56:46

Leila Reay 56:47 (2nd in cat.) Liz Wilson 58:16

Anthony Ward 59:54 Maria Martin 1:06:28

Judy Blee * 1:12:01 Haley Thompson * 1:12:01

* First 10k for Bude RATs. CongRATulations to all!

Times are from the Bideford website. Full results including a new course record can be found at http://www.bidefordaac.co.uk/bide_10K_2012.pdf

Thoughts and photos from the day are here

Sunday 6th May Bocconoc 5 – 2nd leg 2012 Cornish Multi Terrain Race Series

Sarah Curtis 42:53 (4th in category) Angela Martin 43:07 (3rd in category and a nice trophy)

Becky Healy 46:45 Sarah Tonkin 48:53

Holly Martin was 5th girl in the fun run

The Bude Rats Team came 6th on the day and is now 4th after 2 events. The next event in the series is the St. Austell Half on May 20th. The full calendar is available via Forthcoming Events.

Full results after 2 events are here and Ang's thoughts on the day are here

Sunday 6th May Great West Run – Half Marathon

Sabine Mclean-Thorne - 1:35:33 (9th female) Toby Haigh - 1:36:21 John Greenaway - 1:37:15

Rowena writes... The Great West Run was lovely for me – I was a spectator!

The stadium start and finish really made it feel like a professional event and was a great place to see/photograph people start and come in, in the comfort of the stand, or the grass. Toby said the feel of the track beneath trainers was a real boost to running that last lap too.

It was a lovely sunny day and we weren't sure how many RATs were there, but I cheered as I saw 3 come in about 3 minutes apart. Apparently the course turned out to be a bit more hilly than Toby expected and although there were plenty of facilities and it was well organised there, be sure to arrive in plenty of time if you go next year because the parking was a nightmare – all the roads that you need to get into the area are shut for the race!

Sunday 6th May North Dorest Village Marathon

Lara Trewin - 4:07:47

Don't keep us waiting too long for your reflections on the day Lara

Sunday 29th April Cornwall 'Tor'

Just to let everyone know, I did take part in the Cornwall TOR on Sunday. However, the extreme weather conditions caused me to withdraw from the race at Tintagel after doing 25 miles in a strong headwind, driving rain and what was described as a temperature of 2 degrees . I was too wet and cold to continue and for my own safety I made the sensible decision not to proceed. Ellen Hall

Sunday 22nd April London Marthon

Mark Hutcheson 3:12:32 Helen Heard 3:27:31 Becky Healey 4:18:38

Alex Hutcheson 4:39:35 Jo Barraclough 4:47:24

It's time to spill the beans Alex – How did Mark beat you ?

Saturday 21 April Le Trail de l'Odét, Ergué Gabéric

Isobel 26.5km 3:15:58 Rob 12km 1:15:50

The French Connection – Isobel's full report is here

Sunday 15th April Tavy 13

One lonely RAT

Paul Bowden 1:35:22

Monday 9th April Easter Monday Charity Fun Run

In aid of The League of Friends of Stratton Hospital

CongRATulations to everyone that took part or supported the day and particular congrATulations to all the winners. Full results in PDF format and can be downloaded from here plus additional report from here

Sunday 1st April 5 Tors – 1st leg 2012 Cornish Multi Terrain Race Series

Bridget Funnell 1:39:36 Sarah Curtis 1:40:44

Angela Martin 1:45:15 Roger Nosworthy 1:54:48

Katie Davis 1:58:46

To find out how Light-foot, Raging Bull, She's no (April) Fool, Finally Katie and a chap

with no nick name got on click here and full results are here

Sunday 25th March Sainsbury's Sport Relief Mile

Late news has come in confirming that several RATs were seen competing in the Sainsbury's Sport Relief Mile events. There are no official times but we understand that Liz Wilson won the ladies 6 mile race and that Terri, Hayley and Ian all competed in the 1 mile race. Further rumours are that Ian has claimed the winning time of 5mins 34secs after knocking a few mums and toddlers into the canal to get them out of his way! However rumour also has it that Ian took ten minutes to get to the front – go figure!

Sunday 11th March Bath Half Marathon

Max Spence 1:54:54 Tim Adams 2:01:08 Mary Willow 2:02:48

A story of paramedics, the 'boob bus' and a rooftop Jacuzzi [Read Tim's report](#)

Sunday 11th March The Grizzly, Seaton

2012-Griz-001 From a spectator's perspective this was a beautiful day for a stroll along the cliffs or sitting on the promenade in the glorious sunshine watching the muddy parade of Grizzly finishers. But despite the high temperature the RATs put on an excellent show, including a couple of significant improvements on last years times. My hands are quite sore after all that clapping. Well done RATties

However from a runners perspective... "20-ish muddy, hilly, boggy, beachy miles of the multiest-terrain running experience you will find this side of the end of time." [View Katie's report and more photos](#)

Mark Hutcheson 2:54:59 Ben Mitchell 2:57:12 Helen Heard 3:16:53

Steve Martin 3:25:18 James Cann 3:25:20 Sean Jack 3:30:43

Wayne Van Rensburg 3:32:11 Mark Ward 3:34:32 Sabine McLean-Thorne 3:36:50

Basie Van Rensburg 3:39:57 John Greenaway 3:41:29 Brian Lakeland 3:58:51

Bridget Funnell 4:01:59 Isobel Waterhouse 4:06:13 Becky Healey 4:18:14

Jo Barraclough 4:18:21 Deb Fox 4:21:19 Rob Waterhouse 4:21:21

Andy Virgin 4:25:39 Sarah Tonkin 4:41:54 Katie Davis 4:45:38

Roger Nosworthy 4:55:10 Avril Sainsbury * 5:12:47

(* Friend of RATs)

Alex Hutcheson & Susan Van Rensburg. After a promising first half, Alex and Susan made it to mile 18 in about 4hrs 40 mins before they had to withdraw for medical reasons.

John Greenaway raised over £1,000 for local charity The League of Friends of Stratton Hospital – Well done John

4th March '12 Bideford Half Marathon

A great early season for the Ratties

- several 'personal bests' recorded among the following times:

Ben Mitchell * 1:21:35 Mark Hutcheson 1:24:20 Paul Bowden 1:32:18

Helen Heard 1:33:00 Chris Heard 1:33:00 Sean Jack 1:36:08

Toby Haigh 1:38:27 Sabine McLean-Thorne 1:38:49 Max Spence 1:47:56

Lara Trewin 1:54:23 Alex Hutcheson 2:09:00 Susan Van Rensberg 2:09:18

(* First half marathon – well done)

26th February '12 Cornwall Fire & Rescue Service Half Marathon

Mark Hutcheson 1:29:06 Helen Heard 1:38:59 Sean Jack 1:42:55

Mark Ward 1:43:00 Andy Virgin * 1:52:18 Bridget Funnell 2:01:36

Joanne Barraclough 2:01:36 Rebecca Healey 2:04:04 Lara Trewin 2:06:58

Sarah Tonkin 2:17:00 Alex Hutcheson 2:25:38 Susan Van Rensberg 2:25:39

(* First half marathon – well done)

12th February '12 Exeter Half Marathon

Sabine Maclean-Thorne 1:36:13 Max Spence 1:46:10

29th January '12 Braunton 10

Paul Bowden 1:14:12

15th January '12 Riverside Rollick Thornbury, Bristol

Andy Virgin 1:14:38 Sally Gostick 1:34:23

8th January '12 First Chance 10k

Sabine Mclean-Thorne 42:21 4th in cat 11th lady over all

Jo Polhill 67:11

Sabine writes....After a festive period of eating a lot and some not so routine training, running a 'fast' 10k in early January is a little daunting. However the course was flat and took you along the canal and quay which was pleasant scenery. There were also many supportive spectators cheering you on all along the route. The race involved running around a loop of about 3k twice and the distances were clearly marked which enabled you to pace your run well for a good time.