

2015 RATs Race Results

Brown Willy Run

For those not familiar with the event, it's a well signed informal run (not a race unless you want to make it one!) of about 7 miles, mostly on open moorland, which may be wet, slippery, boggy or frozen, and it's steep in places! No race numbers or times, but a great turnout and start to 2015 from the RATs.

Storm force 10

Stephen Hutchinson- 1hr 15.34 (5th vet 60-64)

Princes parkrun, Liverpool, 3/1/15

Phil Aldis- 21.56

Lanhydrock Parkrun 10/1/15

Phil Aldis 22.39

Tamar Lakes Parkrun 24/1/15

Peter Devenport- 17.11

Jason Stephens- 18.58

New Course record for Peter there on his first Parkrun attempt & a new PB for Jason.

Lanhydrock Parkrun 24/1/15

Phil Aldis- 22.05

Tamar Lakes Parkrun 31/01/15

Sean Jack- 23.01 Rollo Mcgrath-24.43

PB for Sean coming 2nd overall, on his second appearance since return from injury.

Lanhydrock Parkrun 31/01/15

Phil Aldis- 22.53

Tamar Lakes Parkrun 8/2/15

Jason Stephens- 18.53 Kelvin Moyse- 20.31 Rollo McGrath- 22.38 Paul Kinsman- 23.39 New PB's for Rollo and Jason & great first Parkruns for Kelvin & Paul.

Tamar Lakes Parkrun 14/2/15

Jason Stephens- 19.14 Chris Tucker- 20.44 Sean Jack- 22.12 Paul Kinsman- 22.15 Another 1st place finish for Jason, as he continues his fine Parkrun form. New PB's for all the other RATS, with Paul knocking over a minute over last weeks time.

Tamar Lakes Parkrun 21/2/15

Kelvin Moyse- 20.18 Dave Lee- 20.53 Paul Kinsman- 22.09 All three RATS made new PB's at this weeks Parkrun, well done lads!

Fire & Rescue Half Marathon, Lanhydrock 22/2/15

Mark Hutcheson – 1hr 32min 33 secs Phil Aldis – 1hr 41min 53 secs. Simon Burke- 1hr 49min 44secs

Tamar Lakes Parkrun 28/2/15

Jason Stephens- 18.52 Paul Kinsman- 21.31 Parkrun regulars Jason and Paul came home 1st and 4th place respectively this week, both clocking new PB's along the way.

Camel Trail "The Big Run" 1/3/15

Phil Aldis- 2hours 9minutes.

17.5 miles along the Camel Trail. No official timing at this years event but Phil clocked a great time on his longest run to date!

The Grizzly 1/3/15

20 Boggy, hilly, beach ridden miles over in Seaton. A RATS favourite! Best described by those who took part this year: Mark- "Don't rush, just let the hills and mud come and get you" Stephen- The Grizzly, it doesn't matter if you come 1st...in the middleor last...you can say "I finished" (just!) Andy- " My legs were replaced by lead by mile 8 & didn't get any better-I get the impression the organisers don't like runners! Never again. Until next year. Nathan- We Came, we saw, we conquered, we got the t-shirt! (even if it was pink'ish) Kelvin- (Picture caption) "This was not a good point in the race for me!" Karen- It was a very quiet journey home!

Mark Hutcheson-2.53.09 Kelvin Moyes- 3.32.00 Wayne Van Rensburg- 3.39.25 Pienaar Van Rensburg- 3.40.49 Andy Cloke-3.45.07 Stephen Pitcher-3.49.36 Nathan Lyon-3.56.47 Sarah Tonkin-4.49.10 Karen Snelson-4.49.12

Guess Your Time Handicap 03/03/15

Congratulations to Phil Aldis for having the best guess – 15 seconds from his estimated time. For full results click here.....Handicap Results March 2015

Bideford Half Marathon 8/3/15

The rain fell, but all RATS came home in one piece! Led in by a great run from Toby.1st time representing RATS for Victoria and Sue, & a 1st Half Marathon for Steaven Pb's for Claire and Lucy over the distance all added up to a great day for the club. Toby Haigh- 1.37.26 Chris Tucker-1.37.58 Sean Jack- 1.40.41 Rollo- 1.54.24 Lucy Bone-1.55.27 Claire Neal- 1.56.22 Victoria Urquhart- 1.59.25 Sue Smith-2.06.01 Steaven Beckett- 2.06.22 IMG_1444

Lanhydrock Parkrun 13/3/15

Phil Aldis- 21.58 Congratulations to Phil for setting a new PB at Lanhydrock and breaking his personal goal of going under 22 minutes. While picking up 1st in his age group along the way.

Tavy 13 22/3/13

Francesca Carofiglio- 2hr 17mins

Fran's 1st half Marathon. In her own words: Certainly a race time to beat but a day to remember! Weather couldn't have been any better, great route and stunning views. Tough hills after mile 4 up to the highest point at mile 8...but then a pretty flat/downhill last 3 miles. A big thank you to all the people who sent me their support!

An Res Ten Miler 28/3/15

Stephen Hutchinson 1.19.27 3rd Place in Cat for Stephen, in this round four race of the Grand Prix race series.

O'Hagans 5k (New Zealand)

Phil Aldis 20.18 Phil kept on racing while on his recent travels and managed to pick up a new PB. In his own words: For a laugh I did a 5K run in New Zealand on 31st March – pancake flat around Auckland Harbour and flat out hard work – it made Tamar Lakes Parkrun look hilly. The highest climb was a 3 inch pavement! I got my best 5K time of 20.18

Lanhydrock Parkrun 18/4/15

1st in CAT for Phil and a new Course PB for him along the way.

Minions 5 Tors

Phil Aldis 1.12.31 Mark Ward 1.13.59 Stephen Hutchinson 1.18.17 Rob Waterhouse 1.28.51

Plymouth Half Marathon 19/4/15

Steve Martin 1.33.55 Chris Tucker 1.36.11 Karen Snelson 2.03.21

A field of nearly 4000 runners this year! Big race atmosphere in the Sunshine at Plymouth as the race started and then finished up on the Hoe. Well done to Karen for her New Half Marathon PB.

London Marathon 26/04/15

Mark hutcheson- 3hr 36 seconds. Isobel Waterhouse- 3hr 52 Minutes. Excellent runs from Both Mark & Isobel in this years London Marathon saw them both achieve good for age times. Well done RATS!

Hartland Hartbreaker 3/05/15

Kelvin Moyse 3.25.16 Sean Jack 3.30.03 Alex Mabey 3.34.28 Nick Cleaver 4.05.48 Nathan Lyon 3.45.17 Andy Latter 4.05.48

Torrington 'Round the tree' 8/05/15

Mark Hutcheson- 18 Minutes 32 seconds An excellent run from Mark saw him claim 5th place overall and a 2nd in age Category (+ wine!), in this race, with a rather Hilly Finish!

White Horse Hardmoors 3/05/15

Mark Ward- 3hr 16 Mark made the journey 'up North' to take on the trail half Marathon with his Brother. A 16 mile Circular route on a truly wet and soggy day!

The Trevornick 10 miles 10/05/15

Stephen Hutchinson- 1hr 22mins 53 seconds. A 2nd in category for Stephen + a great time recorded.

The Bideford 10k 10/05/15

Mark Hutcheson 39.13 Paul Courtine 40.04 Chris Tucker 41.37 Kelvin Moyse 41.44 Nick Cleaver 46.43 Rollo 47.16 Claire Neal 51.06 Leila Reay 51.37 Rowena Wilson 54.09 Sarah Cann 1.02.35 Karen Moon

1.05.16 Liz Harkness 1.05.23 Melissa Lyon 1.16.18 Nicole Rowland 1.16.30 Nicola Evans 1.17.00 Michelle Welsh 1.17.12

A 1st in CAT for Leila and a runners up spot for Mark,as he led the RATS home on the day. Several PB's and excellent individual performances added up to a great day for the club.

Tamar Lake Parkrun 16/05/15

Rollo Mcgrath- 22.32 Well done to Rollo after training and racing well in recent weeks managed to set a new PB for himself at Tamar Lakes.

Chagford 2 Hills

Peter Devenport – 27.00 – 1st overall

Fairfield Horseshoe race

Mark Hutcheson- 1hr 50 mins 1 second Mark ran in the 49th Horseshoe fell race,a tough challenge with an overall 920 metres of ascent! 10 miles, and in his own words- "Twas much harder than running our coastal path!"

Imerys Half Marathon 17/05/15

Phil Aldis 1.43.00 Stephen Hutchinson 1.50.14

Tamar Lake Parkrun 23/05/15

Paul Corthine 19.07 Nathan Lyon 22.56 Chris Tucker 23.40 Clare Neal 25.09 Karen Snelson 26.10 Francesca Carofiglio 26.40 Sarah Tonkin 27.01 Karen L Moon 31.06

Great turnout at this weeks parkrun-in the sunshine. New PB's for Paul (race win too),Clare,Karen & karen Moon-and Chris set himself a new Pushchair time to beat

Hutton Roof Fell Race 23/05/15 – 7 miles

Mark Hutcheson 1:02:01

Ilkley Trail Race 25/05/15 – 7 miles

Mark Hutcheson 49:23

Cubert 5 – 30/05/2015

Stephen Hutchinson – 35:52

Meet Your Max 7 – 17/06/2015

Phil Aldis – 55.13 Stephen Hutchinson – 59.49

Tamar Lakes Parkrun – 20/06/2015

A new PB again for Phil Aldis in 20.31

Chew Valley 10k 21/06/2015

Rowena Wilson 57.53

Lanhydrock 10 – 21/06/2015

Very scenic route around the grounds of Lanhydrock house. Phil and Stephen had some issues with navigation but still an enjoyable run. Peter Devenport – 1.03.26 Mark Hutcheson – 1.09.07 Phil Aldis – 1.22.50 Stephen Hutchinson – 1.24.31 Tina Green – 1.40.44

Bude Triathlon – 28/06/2015

Paul Diffey – 1.15.23

North Devon Coastal Marathon – 28/06/2018

Mark Hutcheson – 3hr 33 mins

Boconnoc 5 – 30/06/2015

Peter Devonport – 30.41 – 4th (again) Richard Swann-Piper – 36.51 Phil Aldis – 39.26 Paul Kinsman – 39.33

Chamford Challenge 8 – 04/07/2015

Mark Hutcheson – 1.03.01

Race for Life 10k – 05/07/2015

Lisa Doolan – 58.46

Tavistock Town Relays – 16/07/2015

Rats sent four teams down to Tavistock this year for the relay races held in the town-fast becoming a RATS Favourite! Some great individual performances from everyone. 3rd Place for the mens Vets team capped off the night. Men's Senior- Peter 5.09 Kelvin 6.07 Paul 5.53 Richard 6.17 Total 23.26 Men's Vets A- Richard 5.53 Mark H 5.55 Chris 6.24 Harvey 6.08 Total 24.20 Men's Vets B- Andy 6.44 Rollo 6.57 Paul K 6.16 Rob 7.05 Total 27.02 Ladies Senior Claire 7.42 Jacqui 9.29 karen 8.05 Lucy 7.42 Total 32.58

Great Fun....more teams next year please!

Haytor Heller – 6 miles – 18/07/2015

Mark Hutcheson – 48.29

Magnificent 7 – 19/07/2015

Peter Devonport – 45.00 Stephen Hutchinson – 54.55

Tywardreath Trotter – 25/07/2015

Stephen Hutchinson – 55.09 – 1st in Cat Harvey Richmond – 51.55

Indian Queens Half Marathon 2/08/2015

Paul Corthine 1.29.55 Stephen Hutchinson 1.41.30 Toby Haigh 1.42.54 Shelley Marshall 2.19.21

Brighton & Hove Parkrun 8/08/2015

Rowena Wilson 25.52 New PB for Rowena,well done!

Roseland August Trail Races – 15/08/2015

Black Rat (32 miles) – Steve Martin – 7.33.12 Red Rat (20 miles) – Mark Hutcheson – 3:16:53

Trelissick 10k – 22/08/2015

Stephen Hutchinson – 52.03 – 1st in Cat

Torbay 10k – 23/08/2015

Rowena Wilson – 55.10

Oke Croak – 10m – 29/08/2015

Stephen Hutchinson – 1.48.27 – 2nd in Cat

Treggy 7 – 06/09/2015

Stephen Hutchinson – 53.54 – 2nd in Cat

Pirate Run 13/09/2015

[Click here for Full Results 2015](#)

Bude Shoreline Quadrathon – 19/09/2015

Mark Ward – completed the 4 elements of this challenging event in 3hr 29m

Rat Race Man VS Mountain 5/09/2015

Kelvin Moyse 4hr's 38 minutes Kelvin came back from Injury and managed to knock a whole hour off of last years time. uphill all the way!

Truro Half Marathon – 21/09/2015

Stephen Hutchinson – 1.45.27 – 1st in Cat

Barnstaple Half Marathon 27/09/2015

Sarah Cann 2.26.38 Alex Hutcheson 2.09.48 Elly Harwood 2.07.57 Rob Waterhouse 2.01.58 Isobel Waterhouse 1.51.22 rsz_self

Barnstaple Marathon 27/09/2015

Shelley Marshall 5.21.40 Nathan Lyon 5.00.13 Karen Snelson 4.53.55 Sarah Tonkin 4.28.56 Claire Neal 4.26.06 Kelvin Moyse 4.08.36 Toby Haigh 3.50.26 Chris Tucker 3.48.58 Steve Martin 3.29.38 Mark Hutcheson 3.07.31 Sarah, Karen & Claire picked up 3rd placed ladies team in the Marathon-amazing effort & a proud moment for the RATS!

Cardiff Half Marathon 4/10/2015

Phil Aldis 1.34.24 A new PB for Phil, representing the RATS in Wales.

Newquay 10k 4/10/2015

Rowena Wilson 57.51

San Donato di Lecce 10k 4/10/2015

Francesca Carofiglio 59.40 Fran representing the RATS Over in Italy!

Dartington Duathlon (10k/40k/5k) – 18/10/2015

Tina Squire – 3.10.00

Exeter Great West Run Half Marathon – 18/10/2015

Mark Hutcheson – 1.28.00 Robert Ireton – 1.54.41 Victoria Urquhart – 2.02.37 Karen Snelson – 2.05.46 Alex Hutcheson – 2.12.02

Eden Marathon 18/10/2015

David Andrewartha 4hr 3 minutes

Bristol to Bath Marathon 25/10/2015

Phil Aldis 3.32.04 David Andrewartha 3.47.55 Two RATS flying the flag for us in Bristol Well done Lads!

Tavy 7 – 25/10/2015

Ellen Hall – 1.01.17

Bideford Ten miler -1/11/2015

Kelvin Moyse 1.09.47 Chris Tucker 1.10.14 Toby haigh 1.13.44 Sean Jack 1.17.45 Harvey Richmond 1.19.54 Elly Harwood 1.29.13 Jools Trotter 1.34.54 Michelle Teague 1.39.00 Becky Stirk 1.39.50 Hatty Crothall 1.40.07 Sue Crocker-White 1.40.45 Jane Wardlow 1.40.52 Sarah Cann 1.44.18 Karen Moon 1.47.44 Amy Scott 1.48.31

Mounts Bay Remembrance run 8/11/2015

Phil Aldis 37.25 David Andrewartha 39.07

Plymouth 10k 15/11/2015

Amy Scott 1hr 3mins Rowena Wilson 56.19 Toby Haigh 45.49

Amy, running in her first 10k for the RATS.

Drogo 10 15/11/2015

Phil 1:22:53

Caroline 1:33:06

Heidi 1:34:43

Simon 1:38:57

Elly 1:46:29

A really good muddy run with fantastic efforts from all RATS involved-Plenty of Hills thrown in along the way!

Great to have Simon & Caroline Representing the club for the first time here.

Cornish Marathon 15/11/2015

David Andrewartha 3.57.39

Falmouth Mob Match 22/11/2015

The Falmouth Mob Match is a 5 mile road race on a undulating course with breathtaking views around Pendennis Point, Swanpool and Gyllyngvase beach.

David Andrewartha 35.03

Race for wildlife 06/12/2015

Phil Aldis 54.15 Another race in the Cornish multi terrain series for Phil,7.3ish miles of mainly road,with some cross country thrown in!

Marazion Santa Race 13/12/2015

David Andrewartha 11.59 In Daves own words: Being dressed as santa you can't really say it was a race although there were lots of serious runners on Marazion beach.It was only 1.6 miles across the beach.The time was 11.59 . David was first overall in this event-Well done!

Avon Valley 10k 20/12/2015

David Andrewartha 48.20 knee deep in water, mud, very hilly farmland and horrendous amounts of cow manure.It was the toughest race I've done all year and I absolutely stank!Loved it.

Torrington Xmas Caper 20/12/2015

One of the RATS faves! 10ish miles of proper multi terrain 'fun'

Paul Corthine- 1.12.54

Mark Hutcheson-1.13.46

Paul Kinsman-1.17.11

Phil Aldis-1.18.07

Chris Tucker-1.18.18

Harvey Robert'Richmond-1.19.52

Andy Cloake-1.21.34

Sean Jack-1.28.46

Claire Neal-1.40.22

Karen Lisa Moon-2.00.49