

Bude RATs Results for 2022

Plym Trail ½ Marathon – 8 Jan 2022

3	1:46:46	Maryl Steyn – 1 st Lady
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Dirty Devil Off-Road Duathlon – 22 January 2022 (5K Run – 22K Cycle – 5K Run)

10	1:52:36	Jeremy Brown
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Arc of Attrition – 28/29 Jan 2022

	29:21:19	Simon Finn
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Newquay 10k – 6 Feb 2022

589	1:03:32	Emma Edwards
659	1:09:01	Mark Matthews

Canicross 5K (Bodmin) – 6 Feb 2022

13	25:13	Lara Trewin (1 st FV40)
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Grizzly – 6 March 2022

	Gun	Chip	
774	4:28:53	4:28:32	Simon Willshire
775	4:28:53	4:28:32	Emily Hartman

Bideford ½ Marathon – 6 March 2022

	Gun	Chip	
530	2:03:03	2:02:25	Lisa Lund
612	2:10:03	2:09:16	Jane Alexander

Duchy 20 – 6 March 2022

	Gun	Chip	
75	3:16:21	3:16:08	Annie Bover
78	3:18:59	3:18:46	Paul Skipp

Donut Duathlon Paignton (5k run/15k cycle/2.5k run)– 20 March 2022

19	55:13	Jeremy Brown
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KVK Solo Race – 2 April 2022

58	2:37:28	Michael Steyn
72	2:44:00	Maryl Steyn
73	2:44:28	Alan Smith

An Res Helly 10K – 10 April 2022

	Gun	Chip	
213	1:29:21	1:29:05	Stephen Hutchinson

Trevornick 10K – 1 May 2022

188	54:22	54:10	Stephen Hutchinson
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Hartland Heartbreaker – May 2022 – Full Mileage Finishers

5	2:49:58	2:49:56	Andy Davis
27	3:17:43	3:17:33	Michael Steyn
31	3:23:01	3:22:52	Nigel Grant
124	4:07:39	4:07:24	Annie Bover
133	4:10:37	4:10:18	Sean Jack
141	4:16:39	4:16:18	Simon Willshire
142	4:16:39	4:16:20	Emily Hartman

Hartland Heartbreaker – 1 May 2022 – 17 mile finishers

78	3:53:52	3:53:27	Karen Hilton
79	3:53:52	3:53:26	Lisa Tame
80	3:53:52	3:53:32	Stuart Colwill
81	3:53:52	3:53:26	Simon Finn
117	4:06:39	4:06:11	Jeremy Brown
118	4:06:39	4:06:11	Suzanne Brown
130	4:10:05	4:09:36	Fionagh Harding

Bideford 10K – 8 May 2022

78	43:50	43:45.6	Michael Steyn
238	51:48	51:35.2	Maryl Steyn
297	53:46	53:15.4	Nigel Gardiner
318	54:36.5	54:09	Leila Reay (2 Nd FV70)
390	57:51	57:23	Jane Alexander
441	1:00:01	59:22.1	Lois Briard
457	1:01:17	1:00:29	Fiona Jollow
473	1:02:02.9	1:01:25	Lora Tanner
484	1:02:48.6	1:02:23.9	Claire Strong
642	1:21:31.9	1:20:53.6	Simon Harper

Imry's Trail Marathon – 15 May 2022

61	5:24:29	5:24:37	Ben Rogers
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Imry's Trail Half Marathon – 15 May 2022

8	1:37:13	1:37:14	Andrew Davis
82	2:14:27	2:14:31	Stephen Hutchinson (2 nd MV70)
145	2:36:54	2:37:01	Nicola Emmett

Race The Tide – Long Half Marathon (15.5 miles) – 21 May 2022

14	2:25:48	Jeremy Brown
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Race The Tide – Watery Woodland Trail (8.5 miles) – 21 May 2022

55	1:35:45.22	Suzanne Brown
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Abutre Skyrace (26.5K) – 28 May 2022

10	4:22:52.5	Michael Steyn
11	4:22:52.5	Maryl Steyn (1 st FV40)

Mudcrew Extreme Traverse (92.7 miles) – 28 May 2022

	26:33:09	Stuart Colwill
	26:33:21	Simon Finn

Polzeath 10k – 10 June 2022

31	54:25	Alan Smith
45	56:42	Paul Corthine
50	57:40	Laura Eccott
58	59:57	Robert Curtis
79	1:03:52	Colleen Finn
80	1:03:52	Claire Strong
113	1:10:33	James Rooney
120	1:15:03	Nicola Emmett
121	1:15:04	Ben Rogers
133	1:19:58	Helen Darwin

2 Castles 10K – 12 June 2022

	Chip	Gun	
495	50:03	50:42	Nigel Grant

Bude Lifeboat Run – 15 June 2022

		Chip	Gun
19	Andy Davis	0:40:44	0:40:45
28	Jeremy Brown	0:42:29	0:42:30
57	Craig Harper	0:45:49	0:45:58
83	Andy Cloke	0:48:25	0:48:33
86	Josephine Marinho	0:48:35	0:48:40
95	Stuart Colwill	0:49:21	0:49:25
107	Laura Eccott	0:50:52	0:50:56
110	Nigel Grant	0:51:16	0:51:20
118	Claire Strong	0:51:54	0:51:57
152	Stuart Lockyer	0:54:56	0:55:06
153	Nigel Gardiner	0:54:53	0:55:08
155	James Rooney	0:55:13	0:55:19
156	Jess Marsh	0:55:06	0:55:21
164	Ben Rogers	0:56:10	0:56:17
224	Paula Wilkinson	1:02:24	1:02:38
228	Nicola Emmett	1:02:41	1:02:47
238	Lois Briard	1:03:21	1:03:29
240	Lora Tanner	1:03:27	1:03:34
255	Charlotte Chapman	1:04:41	1:04:48
264	Fiona Jollow	1:05:03	1:05:27
316	Chris Underwood	1:10:52	1:10:59
344	Emma Edwards	1:16:04	1:16:25
a.k.	Sam Nichols	1:25:42	1:25:42

Ocean Trails Tsunami Runs – 18 June 2022

7.5 miles

1	1:01:06.2	Andrew Davis
2	1:19:16.8	Phil Kinsman

Marathon

16	6:50:08.4	Annie Bover
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Truro Trail – 22 June 2022

		Chip	Gun
10	Andy Davis	45:20	45:21
111	Stephen Hutchison (1 st MV 70)	1:03:11	1:03:18

Boconnoc 5 – 29 June 2022

10	Andy Davis	34:22	34:24
54	Robert Curtis	43:08	43:12
55	Laura Eccott	43:17	43:20
68	Stephen Hutchinson	46:12	46:17
71	Lisa Tame	47:13	47:19
77	James Rooney	48:36	48:43
85	Karen Hilton	49:53	50:00
101	Lora Tanner	53:00	53:05

Mag7 – 3 July 2022

121	James Rooney	1:03:12	1:03:31
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Tywardreath Trotter – 30 July 2022

Nigel Grant 00:59:43
Stuart Lockyer 01:01:18
Stephen Hutchinson 01:02:44
James Rooney 01:04:30

Indian Queens Half Marathon – 7 August 2022

Craig Harper 01:46:34
Stephen Hutchinson 01:56:03
Nigel Gardiner 01:58:20
Ben Rogers 02:01:54
James Rooney 02:07:59

Plymouth Olympic triathlon - 28th August 2022

Craig Harper 2:55:27
5th overall, 1st in age group

Treggy 7 – 4 September 2022

Andrew Davis 00:46:46
Craig Harper 00:50:57
Ben Rogers 00:56:49
Nigel Grant 00:56:57
Sean Jack 00:57:42
Robert Curtis 00:57:44
James Rooney 00:58:38
Stephen Hutchinson 00:59:52
Stuart Lockyer 01:00:47
Nicola Emmett 01:06:24

Bude Pirate Run - 11 September 2022

Andrew Davis 1:00:37
Matt Read 1:05:58
Mark Wilson 1:07:38
Ben Rogers 1:18:33
Joe Weghofer 1:21:51

Nick Cleaver 1:25:10
James Rooney 1:26:35
Nicola Emmett 1:30:57
Paul Williams 1:38:14
Paula Wilkinson 1:40:28
Lois Briard 1:41:40
Lora Tanner 1:41:40
Suzanne Brown 1:44:37
Helen Cooley 1:51:49

Truro Half – 18 September 2022

Ben Rogers 01:57:39
James Rooney 01:59:15
Nicola Emmett 02:18:19
Charlotte Chapman 02:30:37

Warhorse 10K - 18 September 2022

Annie Bover 53:45:00

European Cross Triathlon Championships Bilbao – 22nd September 2022

Craig Harper 2:32:37

Storm Force 10 Road Race – 9 October 2022

Jeremy Brown 01:07:53
Craig Harper 01:11:56
Stephen Hutchinson 01:23:38
James Rooney 01:25:47

Tywarnhayle 10k – 9 October 2022

Andrew Davis 0:45:52
Craig Harper 0:50:07
Matt Read 0:50:24
Jeremy Brown 0:54:00
Michael Steyn 00:54:26
Stephen Hutchinson 1:01:23
Stuart Lockyer 1:04:11
Suzanne Brown 1:15:30

Eden Half Marathon – 18 October 2022

Annie Bover 2:02:58

Eden Marathon – 18 October 2022

Ben Rogers 04:29:52

Drogo 10 – 13 November 2022

Simon Willshire 01:54:51
Emily Hartman 01:54:51

Lobster Lollop 10k – 19 November 2022

Annie Bover 53.26

World Olympic triathlon championships Abu Dhabi - Nov 26th 2022

Craig Harper 2:16:96

14th in age group

Torrington Christmas Caper – 18 December 2022

Craig Harper 01:11:07

Joe Weghofer 01:25:00

Stephen Hutchinson 01:25:07

James Rooney 01:26:43

Annie Bover 01:32:45

Paula Wilkinson 01:42:42

Karen Hilton 01:43:32

Annie Creo 01:43:33

Nick Cleaver 01:43:33

Maryl Steyn 01:44:45

Anna Devlin 02:06:53