

**NEWTON ABBOT LADIES 10k****19th September 2004**

<b>Pos</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Pace</b>	<b>Race No.</b>
1	0:40:01	URBAN, Wendy	Torbay AC	F40	06:26.3	123
2	0:41:06	THORN, Alison	Womens Running Network	Ladies	06:36.7	119
3	0:41:10	SWIFT, Jaine	Womens Running Network	F35	06:37.4	183
4	0:41:13	FELTON, Chloe	Tiverton Harriers	Ladies	06:37.9	250
5	0:41:59	HITCHENS, Emma	South West Road Runners	Ladies	06:45.3	117
6	0:42:06	REAY, Jenny	Exmouth Harriers	F45	06:46.4	7
7	0:42:33	KNIGHT, Hollie	Vale Royal AC	Ladies	06:50.7	228
8	0:42:46	NEVILLE, Anna	Womens Running Network	Ladies	06:52.8	51
9	0:43:04	TIMMS, Jenny	Exmouth Harriers	Ladies	06:55.7	91
10	0:43:20	WHITE, Elaine	Womens Running Network	Ladies	06:58.3	182
11	0:43:43	HEWINGS, Carrie-anne	Newton Abbot AC	Ladies	07:02.0	11
12	0:43:51	SCHOLFIELD, Bridget	Teignbridge Trotters	F35	07:03.3	220
13	0:44:10	ASTON, Eyvoll	Teignbridge Trotters	Ladies	07:06.3	64
14	0:44:21	ROWE, Julie	Axe Valley Runners	F40	07:08.1	160
15	0:44:25	HEWINGS, Sue	Newton Abbot AC	F40	07:08.8	12
16	0:44:27	THOMAS, Catherine	Womens Running Network	Ladies	07:09.1	109
17	0:44:31	DARBY, Anne	Newton Abbot AC	F50	07:09.7	126
18	0:44:40	DUPAIN, Hannah	Exmouth Harriers	Ladies	07:11.2	71
19	0:45:16	HALL, Amelia	South West Road Runners	F35	07:17.0	18
20	0:45:29	WARREN, Debbie	South Devon AC	Ladies	07:19.1	118
21	0:45:51	YOUNGMAN, Clare	Teignbridge Trotters	F35	07:22.6	242
22	0:46:09	LISTER, Jenny	Torbay AC	F45	07:25.5	209
23	0:46:28	ROGERS, KATE	City of Plymouth AC	F45	07:28.5	267
24	0:46:56	KELSEY, Louise	Tamar Trotters	Ladies	07:33.0	77
25	0:47:18	FRENCH, Stef	Exmouth Harriers	Ladies	07:36.6	10
26	0:47:27	GABBOTT, Sue		F35	07:38.0	205
27	0:47:39	SHARLAND, Sharon	Womens Running Network	F45	07:40.0	93
28	0:47:44	DABBS, Linda	Newton Abbot AC	F35	07:40.8	172
29	0:47:45	TEED, Dawn	Exmouth Harriers	F40	07:40.9	27
30	0:47:49	CHEW, Shelby	Womens Running Network	F45	07:41.6	141
31	0:47:50	BURGESS, Cathy	Womens Running Network	F35	07:41.7	92
32	0:47:51	GEORGE, Becky	Teignbridge Trotters	F35	07:41.9	73
33	0:48:02	ROSS, Stephanie	Teignbridge Trotters	F40	07:43.7	268
34	0:48:07	BROWN, Sue	Teignbridge Trotters	F40	07:44.5	246
35	0:48:31	BENNETT, Michelle	Body Active Personal Training	Ladies	07:48.3	155
36	0:48:37	HEDGES, Julie	South West Road Runners	F40	07:49.3	253
37	0:48:47	PROCTOR, Julia	Womens Running Network	F35	07:50.9	124
38	0:48:57	BARTLETT, Jo		F35	07:52.5	252
39	0:49:02	EDEN, Ann	Newton Abbot AC	F40	07:53.3	193
40	0:49:10	TREWIN, Sue		F40	07:54.6	28
41	0:49:49	ANSON, Frances	Exmouth Harriers	F45	08:00.9	98
42	0:49:54	KEENE, Sara	Angels Running Club	F35	08:01.7	269
43	0:49:56	EVANS, Angela	Teignbridge Trotters	F40	08:02.0	54
44	0:50:05	MEADEN, Joanne	Torbay AC	F40	08:03.5	208
45	0:50:18	PERRY, Amanda	Womens Running Network	F40	08:05.6	42
46	0:50:23	SMYTH, Anne	Womens Running Network	F50	08:06.4	41
47	0:50:26	GUILBERT, Thelma	Brixham Harriers	F55	08:06.8	138
48	0:50:31	LUCAS, Anne	Torbay AC	F55	08:07.6	131
49	0:50:39	LOCK, Maria	Exmouth Harriers	Ladies	08:08.9	238
50	0:50:40	MILLER, Emma	Newton Abbot AC	Ladies	08:09.1	265
51	0:50:43	GEE, Samantha	Teignbridge Trotters	Ladies	08:09.6	26
52	0:50:51	D'APRANO, Gia	Teignbridge Trotters	F45	08:10.9	96
53	0:50:51	WISEMAN, Peggy	Womens Running Network	F50	08:10.9	260
54	0:50:52	PINE, Alison	Tamar Trotters	F35	08:11.0	234
55	0:50:52	COCK, Fiona		F35	08:11.0	69
56	0:50:57	DUPAIN, Emma	Exmouth Harriers	Ladies	08:11.8	161
57	0:51:03	TUCKER, Janet	Womens Running Network	F50	08:12.8	4
58	0:51:18	YOUNG, Barbara		F50	08:15.2	245

59	0:51:23	SIMONS, Jenny	Womans Running Network	F40	08:16.0	90
60	0:51:36	HOLLAND, Heather	Womans Running Network	F40	08:18.1	89
61	0:51:37	BILCOCK, Heather		F35	08:18.3	31
62	0:51:41	CAPELING, Candy	Tavistock AC	Ladies	08:18.9	19
63	0:51:44	EARP, Gael	South Cheshire Harriers	F40	08:19.4	29
64	0:51:46	DOWSE, Marika	South West Road Runners	F35	08:19.7	169
65	0:51:52	KENNEDY, Jane		F45	08:20.7	20
66	0:51:59	WRIGHT, Diz	Womens Running Network	F35	08:21.8	200
67	0:52:19	DUCKER, Vanessa	Womens Running Network	Ladies	08:25.0	217
68	0:52:21	SAUNDERS, Vicki	Womens Running Network	F35	08:25.3	254
69	0:52:25	POOLE, Margaret		F50	08:26.0	67
70	0:52:35	GILLARD, Claire	Newton Abbot AC	F40	08:27.6	158
71	0:52:50	WOODALL, Sallianne	Womens Running Network	F40	08:30.0	198
72	0:52:57	LEO, Michelle	Womens Running Network	F35	08:31.1	175
73	0:53:03	CAUNTER, Tina	Teignbridge Trotters	F45	08:32.1	243
74	0:53:10	VALBUENA, Janet		Ladies	08:33.2	255
75	0:53:15	TARRY, Beverley	Womens Running Network	F55	08:34.0	1
76	0:53:33	KHAN, Elizabeth	Womens Running Network	Ladies	08:36.9	22
77	0:53:37	HINDLE, Janice	Newton Abbot AC	F60	08:37.6	110
78	0:53:47	ELLIOTT, Helen		Ladies	08:39.2	248
79	0:53:48	HEARFIELD, Tessa	Torbay AC	F45	08:39.3	149
80	0:53:48	BARLOW, Jo	Torbay AC	F35	08:39.3	194
81	0:53:57	JONES, Hannah	Exmouth Harriers	Ladies	08:40.8	70
82	0:54:22	FOOT, Annie	Womens Running Network	F55	08:44.8	115
83	0:54:24	CAUNTER, Janice	Teignbridge Trotters	F35	08:45.1	244
84	0:54:26	BURFORD, Sarah		F40	08:45.5	177
85	0:54:26	FICE, Heather		F40	08:45.5	256
86	0:54:32	GOLDSMITH, Karen	Womens Running Network	F40	08:46.4	176
87	0:54:33	DICKERSON, Edwina	Angels Running Club	F50	08:46.6	181
88	0:54:40	CLAREY, Clare	Womens Running Network	F40	08:47.7	15
89	0:54:40	POOK, Tanya	Womens Running Network	F35	08:47.7	170
90	0:54:48	HAYES, Caroline	Teignbridge Trotters	F35	08:49.0	159
91	0:54:59	BALDWIN, Sharon		Ladies	08:50.8	137
92	0:55:12	COOPER, Ruth		F45	08:52.9	8
93	0:55:16	BATEMAN, Jane	Exmouth Harriers	F50	08:53.5	106
94	0:55:27	DYER, Lisa	Womens Running Network	F35	08:55.3	232
95	0:55:28	KEEVES, Abbi	Womens Running Network	Ladies	08:55.4	61
96	0:55:32	WATKINS, Isobel	Womens Running Network	F45	08:56.1	102
97	0:55:33	WARDLE, Liz	Womens Running Network	Ladies	08:56.2	144
98	0:55:46	BRACHER, Linda		F35	08:58.3	76
99	0:55:49	MELBOURNE, Loui		F35	08:58.8	274
100	0:55:50	CLARK, Jo		F40	08:59.0	145
101	0:55:53	VICKERIDGE, Catherine	Womens Running Network	Ladies	08:59.5	147
102	0:56:03	THORNE, Brenda		F45	09:01.1	63
103	0:56:16	SUMMERFIELD, Kathryn	Womens Running Network	F55	09:03.2	47
104	0:56:17	NEWMAN, Sasha	Exmouth Harriers	F40	09:03.3	192
105	0:56:20	COOPER, Marie	Womens Running Network	Ladies	09:03.8	271
106	0:56:32	BECKER, Joanna	Womens Running Network	F40	09:05.7	53
107	0:56:36	CLAPHAM, Penny	Womens Running Network	F55	09:06.4	6
108	0:56:38	CARRODUS, Muriel	Womens Running Network	F45	09:06.7	120
109	0:56:44	CAVEN, Hannah		Ladies	09:07.7	132
110	0:56:50	DAVIES, Rebekah	Teignbridge Trotters	Ladies	09:08.6	222
111	0:56:53	GRADY, Siobhan		F35	09:09.1	150
112	0:56:54	SIMPSON, Carmel		F35	09:09.3	151
113	0:57:07	NOBILE, Francesca		Ladies	09:11.4	199
114	0:57:23	HYDON, Alison		Ladies	09:13.9	49
115	0:57:28	VICKERY, Sarah	Exeter Golf & Country Club	Ladies	09:14.7	156
116	0:57:28	BABBAGE, Clare	Exeter Golf & Country Club	Ladies	09:14.7	197
117	0:57:28	MANSFIELD, Samantha	Tamar Trotters	F35	09:14.7	235
118	0:57:28	EDWARDS, Katherine	Womens Running Network	F40	09:14.7	74
119	0:57:35	EDMUNDS, Pat	Axe Valley Runners	F60	09:15.9	114
120	0:57:35	WRIGHT, Della		F35	09:15.9	168

121	0:57:37	SAUNDERSON, Gill	Exmouth Harriers	F40	09:16.2	167
122	0:57:51	ALDRIDGE, Jacqueline	Womens Running Network	F50	09:18.4	58
123	0:57:55	VINCENT, Helen	Exmouth Harriers	F35	09:19.1	275
124	0:57:57	RULE, Claire	Tamar Trotters	Ladies	09:19.4	188
125	0:58:02	WARD, Lorna	Womens Running Network	F35	09:20.2	164
126	0:58:13	DAVIS, Christine		Ladies	09:22.0	146
127	0:58:13	CARROLL, Amy		Ladies	09:22.0	113
128	0:58:20	ROWE, Trudi	DML Running Club	Ladies	09:23.1	59
129	0:58:20	HODGE, Bee	South West Road Runners	F45	09:23.1	257
130	0:58:29	SUGDEN, Jean	instinctive Sports	F45	09:24.6	82
131	0:58:32	TURNER, Jane		F40	09:25.0	216
132	0:58:33	MOULDER, Liz	Womens Running Network	F45	09:25.2	66
133	0:58:33	BROWNE, Julia		F35	09:25.2	226
134	0:58:51	JUNIPER, Heather	Womens Running Network	F50	09:28.1	187
135	0:58:51	THORNE, Gill	Womens Running Network	F55	09:28.1	125
136	0:58:53	HICKS, Ardene	Womans Running Network	F40	09:28.4	88
137	0:59:05	RIVE, Christine	Womens Running Network	F50	09:30.3	33
138	0:59:07	BOWMAN, Sharon		F35	09:30.7	68
139	0:59:10	NEWPORT-TUCKER, Veronica	Womens Running Network	F35	09:31.2	171
140	0:59:28	HOBBINS, Teresa	Plymstock Road Runners	F40	09:34.0	30
141	0:59:34	LEE, Liz		F55	09:35.0	133
142	0:59:36	ALLEN, Helen	Womens Running Network	Ladies	09:35.3	37
143	0:59:36	LOGAN, Lorna	Womens Running Network	Ladies	09:35.3	203
144	0:59:42	BLACKBURN, Sue		Ladies	09:36.3	101
145	0:59:48	WATERER, Margaret	Womens Running Network	F50	09:37.3	36
146	0:59:52	BRYAN, Marie	Plymstock Road Runners	F35	09:37.9	264
147	0:59:53	BRADBURY, Sue	Womens Running Network	F40	09:38.1	236
148	0:59:55	PABLO, Helene	Womens Running Network	F35	09:38.4	55
149	1:00:23	COOK, Kirsty		Ladies	09:42.9	202
150	1:00:32	JACKSON, Debbie		Ladies	09:44.3	251
151	1:00:35	HINC, Nina	Womens Running Network	F40	09:44.8	135
152	1:00:35	HARTSHORNE, Pauline	Womens Running Network	F45	09:44.8	16
153	1:00:37	WILLIAMS, Victoria	Womens Running Network	F50	09:45.1	225
154	1:00:37	SELLAR, Linda		F45	09:45.1	227
155	1:00:55	WHALE, Sonia	Womens Running Network	F35	09:48.0	56
156	1:01:07	HAYMAN, Julie	Womens Running Network	F35	09:50.0	211
157	1:01:07	MADDICKS, Maggie	Womens Running Network	F35	09:50.0	206
158	1:01:18	SHUTTLEWORTH, Teena	Teignbridge Trotters	Ladies	09:51.7	249
159	1:01:22	BRACKLEY, Denise	Womens Running Network	F35	09:52.4	75
160	1:01:23	BOWSER, Tracey		F35	09:52.5	240
161	1:01:26	IRONSIDE-SMITH, Deborah	Womens Running Network	F35	09:53.0	103
162	1:01:27	PETERS, Shirley		F45	09:53.2	86
163	1:01:35	KNIGHT, Joanne	Womens Running Network	F35	09:54.5	34
164	1:01:42	NESBITT, Sarah	Womens Running Network	F45	09:55.6	162
165	1:01:52	BOND, Helen	Tavistock AC	Ladies	09:57.2	107
166	1:01:56	MITCHELMORE, Vikki		Ladies	09:57.9	210
167	1:01:59	SAGET, Julie Anne		F35	09:58.3	21
168	1:02:07	GARDNER, Julie	Tamar Trotters	Ladies	09:59.6	130
169	1:02:21	PARKER, Gail		F35	10:01.9	212
170	1:02:24	BROWNING, Penny	Womens Running Network	F40	10:02.4	81
171	1:02:31	WILLIAMS, Jo	Womens Running Network	F35	10:03.5	2
172	1:02:34	MAYES, Joanna	Womens Running Network	F35	10:04.0	261
173	1:02:34	CAUNTER, Nicola	Womens Running Network	F50	10:04.0	195
174	1:02:51	BARRELL, Erica		F45	10:06.7	233
175	1:03:00	MEECHAN, Valerie	Angels Running Club	F55	10:08.2	97
176	1:03:09	DANIEL, Maggie	Teignbridge Trotters	F40	10:09.6	122
177	1:03:11	BARR, Annabel	Womens Running Network	F45	10:09.9	153
178	1:03:11	GILL, Joanne	Womens Running Network	Ladies	10:09.9	111
179	1:03:21	DOHOO, Bridget	Womens Running Network	F35	10:11.5	154
180	1:03:32	ALLINSON, Lesley		F35	10:13.3	237
181	1:03:32	HALLAM, Carey		F35	10:13.3	174
182	1:03:34	ROWE, Cath	Launceston Road Runners	Ladies	10:13.6	72

183	1:03:53	TREWEEK, Gillian	Womens Running Network	F40	10:16.7	136
184	1:04:02	GARVEY, Julie	Womens Running Network	F40	10:18.1	178
185	1:04:05	TUITE, Joanne		Ladies	10:18.6	173
186	1:04:20	WHITE, Joanne		Ladies	10:21.0	94
187	1:04:26	MOSS, Tracy	Womens Running Network	F35	10:22.0	270
188	1:04:31	OKE, Liz	Bideford AAC	F60	10:22.8	241
189	1:04:32	DOIDGE, Sue		F40	10:23.0	229
190	1:04:32	DYER, Stephanie		F35	10:23.0	276
191	1:04:41	DERRICK, Sonja		Ladies	10:24.4	143
192	1:04:50	WARNE, Ruth		Ladies	10:25.9	273
193	1:04:53	SIMS, Rosemary		F40	10:26.3	100
194	1:04:57	CAMPBELL, Alyson		Ladies	10:27.0	163
195	1:04:57	COOK, Rachel		Ladies	10:27.0	152
196	1:05:00	CHATER, Ann-marie	Launceston Road Runners	F35	10:27.5	87
197	1:05:03	MARSHALL, Lavinia		F50	10:27.9	9
198	1:05:06	DAW, Julie	University Of Plymouth	F35	10:28.4	219
199	1:05:10	CHRISTEN, Amanda		F50	10:29.1	191
200	1:05:16	ORCHARD, Alison	Womens Running Network	F50	10:30.0	185
201	1:05:27	STAMP, Susie	Womens Running Network	F40	10:31.8	190
202	1:05:35	MACKAY, Sarah	Womens Running Network	Ladies	10:33.1	230
203	1:05:38	SHILLINGFORD, Liz	South West Road Runners	Ladies	10:33.6	189
204	1:05:41	SANDALL, Clare	Tamar Trotters	Ladies	10:34.1	129
205	1:06:00	BLOOMFIELD, Jill	Angels Running Club	F50	10:37.1	95
206	1:06:04	CHURCHER, Clare		Ladies	10:37.8	157
207	1:06:21	JOHNSTON, Elizabeth	Womens Running Network	F40	10:40.5	214
208	1:06:22	CURTIN, Sarah	Plymstock Road Runners	Ladies	10:40.7	239
209	1:06:56	HUNT, Tracey		Ladies	10:46.1	247
210	1:07:28	WILMSHURST, Bernice		F45	10:51.3	3
211	1:07:39	PHILPOTT, Deirdre		F50	10:53.0	112
212	1:07:58	TRYLSKA, Maria	Womens Running Network	F35	10:56.1	184
213	1:08:09	BURLINSON, Majorie	Angels Running Club	F50	10:57.9	65
214	1:08:46	COLLETT, Jeanette		F40	11:03.8	224
215	1:09:03	BAKER, Steph	Tamar Trotters	Ladies	11:06.6	196
216	1:09:05	CROMBIE, Sally	Womens Running Network	F40	11:06.9	84
217	1:09:11	HARDING, Susan	Womens Running Network	F50	11:07.9	128
218	1:09:11	DONALDSON, Ann	Womens Running Network	Ladies	11:07.9	140
219	1:09:14	O'CONNELL, Pat	Tamar Trotters	F35	11:08.3	259
220	1:09:15	GEDYE, Rosie	Womens Running Network	F45	11:08.5	218
221	1:09:15	FRAYN, Elizabeth	Womens Running Network	Ladies	11:08.5	263
222	1:09:36	WHITEMORE, Deborah	Womens Running Network	Ladies	11:11.9	127
223	1:09:55	TUFFNELL, Julie	Tamar Trotters	F40	11:14.9	258
224	1:10:00	CURTIN-MAGGS, Sandra		F35	11:15.7	231
225	1:10:22	HART, Sarah	Angels Running Club	F50	11:19.3	134
226	1:10:30	COOPER, Audrey	Womens Running Network	Ladies	11:20.6	262
227	1:11:05	SIMS, Jean		F40	11:26.2	23
228	1:11:05	RAMSDEN, Fiona	Womens Running Network	F35	11:26.2	13
229	1:12:27	YOUNG, Lisa	Womens Running Network	F35	11:39.4	121
230	1:12:43	MAYNE, Maureen	Womens Running Network	F50	11:42.0	204
231	1:12:43	WILLIAMS, Monica	Womens Running Network	F60	11:42.0	116
232	1:13:33	STEWART, Darylle	Angels Running Club	F35	11:50.0	99
233	1:13:46	AMOS, Nicci		F35	11:52.1	40
234	1:13:46	HARRILL, Dawn	Bitton Road Runners	F35	11:52.1	38
235	1:14:13	YERLETT, Esmee	Womens Running Network	F45	11:56.4	50
236	1:14:14	RICHARDS, Amanda	Womens Running Network	F35	11:56.6	104
237	1:14:16	DASILVA, Selina	Womens Running Network	F45	11:56.9	179
238	1:14:18	TOUT, Sarah	Womens Running Network	F40	11:57.2	272
239	1:30:02	LANGRIDGE, Joy		F55	14:29.1	266
240	1:42:34	ADAMS, Grace	Teignbridge Trotters	F60	16:30.1	221