

Sidmouth 4 Trigs 2023 Results

POSITION	NAME	CATEGORY	CLUB	Time
1	Kelly Samuel	MSEN	Exmouth Harriers	02:09:15
2	Green James	M40	Axe Vale Runners	02:17:09
3	Kelly James	MSEN	Exmouth Harriers	02:22:36
4	Lenton Tim	M45	Axe Vale Runners	02:25:08
5	Nicholas Justin	M45	Climb Southwest	02:34:20
6	Goc Milan	M40	South West Road Runners	02:34:27
7	Ashby Justin	M50	N1 Tri club	02:35:16
8	Meek Jo	W40	Tavistock AC	02:36:31
9	Lavender Andrew	MSEN	Climb South West trail team	02:40:58
10	Crease Paul	M50	Okehampton	02:41:36
11	Frost Oliver	M45	Wells City Harriers	02:41:49
12	Everson Richard	M60	South West Road Runners	02:42:33
13	Turner Christopher	MSEN	Oakhampton RC	02:42:52
14	Howard Jamie	M45	South West Road Runners	02:44:08
15	Parrott David	MSEN	Climb South West	02:45:19
16	Silkstone Nicholas	MSEN	Honiton Running Club	02:45:26
17	Collier Robert	M50	Axe Vale Runners	02:46:02
18	Summerhayes Richard	M55	Sidmouth Running Club	02:48:05
19	Williams Jason	MSEN		02:48:25
20	Elliott Oliver	MSEN	Yeovil Town RRC	02:48:49
21	Taylor Mike	M50		02:56:36
22	Ritchie Alan	M50		02:57:59
23	Hill Graham	M55		02:59:08
24	Thomson Richard	MSEN		03:00:30
25	Anderson Jake	M50		03:02:06
26	Harris Josh	M50	Lonely Goat	03:02:06
27	Dunn Andrew	M45	Bristol and West AC	03:03:45
28	Andrews Ian	M55		03:07:36
29	Thomas Will	M45		03:07:55
30	Hall Antony	M40	Sidmouth Running Club	03:09:50
31	Jackson Richard	M45	Axe Vale Runners	03:10:21
32	Brook Katherine	W40		03:11:06
33	Teed Paul	M40		03:11:06
34	Pady Rupert	M50	Axe Vale Runners	03:12:58
35	Eyre Karen	W50	Axe Vale Runners	03:13:19
36	Dunford Michael	M45		03:14:30
37	Barnard Martin	M40	Sidmouth Running Club	03:15:45
38	Brown Jake	M40	NI Tri Club	03:15:45
39	Forrer Jim	M40	Sidmouth Running Club	03:15:45
40	Walton Ross	M40	Sidmouth Running Club	03:19:17
41	Board Kerry	W45	Axe Vale Runners	03:19:24
42	Brock Emilie	W40	Axe Vale Runners	03:19:24

43	Ryan Colin	M60	Sidmouth Running Club	03:20:02
44	Scovell Robert	M45	South West Road Runners	03:21:05
45	Stevens Ross	MSEN	South West Road Runners	03:21:05
46	Pearce Jo	W50	South West Road Runners	03:21:09
47	Chipping David	M40	Sidmouth Running Club	03:21:50
48	Davey Simon	M55	Axe Vale Runners	03:24:10
49	Hayes Susan	W45	Axe Vale Runners	03:24:10
50	West Andrew	M60	Axe Vale Runners	03:24:10
51	Wood Eleanor	W65	Axe Vale Runners	03:24:10
52	Bartholomew Claire	WSEN		03:25:06
53	Smith Andrew	M50	NorthOwram Pumas RC	03:25:14
54	Dean Lee	M50		03:26:23
55	Willis Sean	M50		03:26:23
56	Busby Chantal	W50	Ilkley Harriers	03:26:50
57	Harris Adrian	M60	Sidmouth Running Club	03:27:23
58	Womersley-westlake Grah	M40	Sidmouth Running Club	03:29:42
59	Adkin Robert Michael	M40	Axe Vale Runners	03:29:59
60	Wakely Paul	M40	Exeter Tri	03:29:59
61	Rowe Peter	M50	Haldon Triail Runners	03:31:57
62	Rowarth Jack	MSEN	Sidmouth Running Club	03:33:28
63	Webb Louise	W50	Bovey Valley runners Club	03:34:07
64	Watkins Jessicar	WSEN	Sidmouth Running Club	03:34:33
65	King Richard	M55	Sidmouth Running Club	03:35:34
66	Andrews Sarah	W50		03:42:34
67	Campbell Robert Scott	M45		03:42:34
68	Gilbert Christopher Peter	M45	East Cornwall Harriers	03:42:34
69	Welland Mark	M50	Sidmouth Running Club	03:42:34
70	Norton Mark	M55	Sidmouth Running Club	03:42:50
71	King David	M65	Sidmouth Running Club	03:47:17
72	Haines Steve	M65	Axe Vale Runners	03:49:50
73	Roberts Nicola	WSEN		03:49:50
74	Roberts Warwick	MSEN		03:49:50
75	Haywood Ian	M50		03:55:50
76	Stamp Micheal	M50		03:55:50
77	Seabrook Isobel	WSEN		04:00:06
78	Seabrook Melissa	WSEN		04:00:14
79	Masters Ronnie	M45	Sidmouth Running Club	04:01:21
80	Andow Mark	M50	Sidmouth Running Club	04:04:42
81	McDonald Becky	WSEN	Sidmouth Running Club	04:04:42
82	Moul Stuart	M60	Sidmouth Running Club	04:04:42
83	Reeve Paul	M50	Sidmouth Running Club	04:04:42
84	Netherton Antonia	W50		04:06:14
85	Combe Thomas	MSEN	Sidmouth Primery Sch	04:07:09
86	Spraggon Alex	MSEN	Sidmouth Primery Sch	04:07:09
87	Trim Jessica	WSEN	Sidmouth Primery Sch	04:07:09
88	Keast Robert	M65	Exmouth Harriers	04:08:06

89	Reynolds Louise	W45	South West Road Runners	04:09:53
90	Stevens Debra	WSEN	South West Road Runners	04:09:53
91	Tosh Suzie	W45	South West Road Runners	04:09:53
92	White Ian	M50	South West Road Runners	04:09:53
93	Hylton Ben	MSEN		04:09:54
94	Hylton Neville	M55	Sidmouth Running Club	04:09:54
95	McMahon Susannah	WSEN		04:09:54
96	Sheppard Graham	M60	Sidmouth Running Club	04:19:11
97	Hatchard Lisa	W45	Exmouth Harriers	04:20:11
98	Kelly Nicola	W55	Exmouth Harriers	04:20:11
99	McCann Amanda	W50	Exmouth Harriers	04:20:11
100	Green Mell	W50		04:21:14
101	Wade Stephanie	W55	Vegan Runners	04:21:15
102	Bowles Ella	W60	Teignbridge Trotters	04:37:51
103	Garrick Naomi	W50	Sidmouth Running Club	04:39:30
104	Palmer David	M55	Sidmouth Running Club	04:42:44
105	Stewart Ian	M45		04:42:44
106	Horne Adrian Neil	M50	Sidmouth Running Club/Primery	04:46:31
107	Rosser Stephen	M60		04:48:42
108	Keast John	M60	Sidmouth Running Club	04:52:48
109	Lovell Sophie	WSEN		04:52:48
110	Baker Abigail	WSEN	Perbeck runners	04:54:18
111	White Jenny	W45	Perbeck	04:54:18
112	Wright David	M50	Sidmouth Running Club	04:55:32
113	Keast Cathy	W60	Sidmouth Running Club	05:01:59
114	Palmer Helen	W55	Sidmouth Running Club	05:01:59
115	Harbor Graham	M50	Ashburton Hash House Harriers	05:12:02
116	Baker Alexa	W50	<u>Sidmouth Running Club</u>	05:15:54
117	Luke Clare	WSEN	Sidmouth Running Club	05:15:54
118	Salter Kerry	W50	Sidmouth Running Club	05:15:54
119	Watkins Sarah	W60	Sidmouth Running Club	05:15:54
120	Collins-Board Lee	M50		05:36:25
121	Moss David	M50		05:36:25
122	Smith Ben	M45	Sidmouth Primery Sch	05:36:25