

Ladies 10k 2026 - 28 June 2026 10:00:00 - 10 km



Individual Results

Pos	Bib	Name	Gen	Gen Pos	Cat	Cat Pos	Club	Gun Time	Chip Time	Min/ Mile
1.	110	Lauren KNOX	F	1.	FSen	1.	Storm Plymouth	39:15	39:15	6:18
2.	149	Chloe OLFORD	F	2.	FSen	2.	Teignbridge Trotters	42:09	42:08	6:46
3.	82	Rose HARVIE	F	3.	FSen	3.	Newquay Road Runners	45:20	45:16	7:17
4.	220	Chloe WEEKS	F	4.	FSen	4.	Teignbridge Trotters	45:30	45:30	7:19
5.	205	Freya TOMLINSON	F	5.	FSen	5.	Dawlish Coasters	46:05	46:05	7:24
6.	72	Sophie GILVEAR	F	6.	FU18	1.	Erme Valley Harriers	46:19	46:19	7:27
7.	98	Lucy JAMES	F	7.	FV35	1.	South West Road Runners	46:49	46:48	7:31
8.	85	Jennifer HAYES	F	8.	FV50	1.	Erme Valley Harriers	47:17	47:12	7:36
9.	232	Marnie WOODLEY	F	9.	FV45	1.	Teignbridge Trotters	47:28	47:27	7:38
10.	169	Sarah RANDALL	F	10.	FV35	2.		47:35	47:30	7:39
11.	34	Helen CHAPELL	F	11.	FV55	1.	Erme Valley Harriers	48:11	48:06	7:45
12.	129	Kate MASLIN	F	12.	FV45	2.	Torbay Tri Club	48:25	48:25	7:47
13.	190	Emma SMITH	F	13.	FSen	6.	Haldon Trail Runners	48:35	48:30	7:48
14.	144	Elizabeth NUTTALL	F	14.	FV50	2.	Teignbridge Trotters	49:10	49:07	7:54
15.	16	Anthea BOARD	F	15.	FV60	1.	Haldon Trail Runners	49:13	49:09	7:55
16.	209	Wendy URBAN	F	16.	FV60	2.	Torbay Tri Club	49:27	49:25	7:57
17.	26	Kelly BRUMHEAD	F	17.	FV45	3.	Plymouth Musketeers Running Club	49:55	49:49	8:01
18.	162	Susanna PRATT	F	18.	FV35	3.	Teignbridge Trotters	50:10	50:10	8:04
19.	196	Kathryn STEEMSON	F	19.	FV50	3.	Teignbridge Trotters	50:13	50:11	8:04
20.	103	Hayley KELLY	F	20.	FSen	7.	Exmouth Harriers	50:21	50:20	8:06
21.	195	Emma START	F	21.	FV50	4.	Bovey Valley Runners	50:42	50:38	8:09
22.	76	Laura GOODSPEED	F	22.	FV40	1.	Plymouth Harriers	50:50	50:50	8:10
23.	126	Sarah MARKWICK	F	23.	FV45	4.		51:04	51:01	8:13
24.	24	Catherine BROWN	F	24.	FV50	5.	Storm Plymouth	51:25	51:21	8:16
25.	119	Rebecca LEE	F	25.	FV45	5.	Erme Valley Harriers	51:27	51:22	8:16
26.	32	Michelle CARTLIDGE	F	26.	FV40	2.	Plymouth Harriers	51:42	51:42	8:19
27.	88	Kate HEATON	F	27.	FV35	4.	Teignbridge Trotters	51:43	51:37	8:19
28.	152	Rebecca PARRY	F	28.	FSen	8.		52:02	52:01	8:22
29.	188	Pippa SLADE	F	29.	FV40	3.		52:20	52:19	8:25
30.	160	Amy PIKE	F	30.	FSen	9.	Bovey Valley Runners	53:12	53:06	8:33
31.	213	Francesca WALKER	F	31.	FSen	10.	Erme Valley Harriers	53:20	53:14	8:34
32.	166	Kelly RAINBOW	F	32.	FV35	5.		53:21	53:18	8:35
33.	105	Victoria PRESTON	F	33.	FV35	6.		53:45	53:43	8:38
34.	56	Alison ENGLEDEW	F	34.	FV65	1.	Erme Valley Harriers	53:49	53:43	8:39
35.	134	Rebecca MCCALLUM	F	35.	FV35	7.	Storm Plymouth	53:50	53:44	8:39
36.	121	Sophie LITTLE	F	36.	FSen	11.		54:16	54:08	8:43
37.	89	Julie HEDGES	F	37.	FV60	3.	South West Road Runners	54:18	54:09	8:44
38.	122	Cheryl LITTLEWOOD	F	38.	FV35	8.	Fordy Runs Running Club	54:22	54:18	8:44
39.	159	Perdi PIERCY	F	39.	FSen	12.		54:28	54:20	8:45
40.	223	Clare WHITE	F	40.	FV45	6.	Storm Plymouth	54:35	54:27	8:46
41.	3	Eyvoll ASTON	F	41.	FV50	6.	Teignbridge Trotters	54:39	54:36	8:47
42.	86	Jess HAYES	F	42.	FSen	13.	Teignbridge Trotters	54:42	54:39	8:48
43.	168	Joanna RANDALL	F	43.	FV40	4.	Teignbridge Trotters	54:51	54:44	8:49
44.	61	Kate FOLEY	F	44.	FV45	7.	South Devon AC	54:56	54:52	8:50
45.	20	Jane BREMNER	F	45.	FV65	2.	Tamar Trotters	55:00	54:55	8:51
46.	17	Natalie BONNEY	F	46.	FV45	8.		55:33	55:29	8:56
47.	109	Charlotte KNIGHT	F	47.	FSen	14.	Teignbridge Trotters	55:40	55:34	8:57
48.	93	Laura HOLLOWAY	F	48.	FSen	15.		55:41	55:38	8:57
49.	5	Sophie BALLARD	F	49.	FU18	2.		55:46	55:45	8:58
50.	170	Shelley RATTLEDGE	F	50.	FV45	9.	Teignbridge Trotters	55:53	55:51	8:59
51.	227	Kate WILLIAMSON	F	51.	FV40	5.	Teignbridge Trotters	55:54	55:50	8:59
52.	164	Maryann PRISK	F	52.	FV40	6.		56:46	56:45	9:08
53.	176	Hannah ROSE	F	53.	FV45	10.	Storm Plymouth	56:50	56:49	9:08

Individual Results



Pos	Bib	Name	Gen	Gen Pos	Cat	Cat Pos	Club	Gun Time	Chip Time	Min/ Mile
54.	79	Rachael GROVES	F	54.	FV45	11.		56:56	56:52	9:09
55.	55	Tracy ELPHICK	F	55.	FV50	7.	Teignbridge Trotters	57:07	57:04	9:11
56.	18	Steph BOOTH	F	56.	FV35	9.		57:07	57:03	9:11
57.	250	Claire GILLARD	F	57.	FV65	3.	Teignbridge Trotters	57:22	57:18	9:13
58.	94	Maddie HOWARTH	F	58.	FSen	16.		57:23	57:17	9:14
59.	100	Sarah JOHNSON	F	59.	FV40	7.	Maverick Runners	57:25	57:14	9:14
60.	137	Andrea MITCHELL	F	60.	FV55	2.	Erme Valley Harriers	57:36	57:29	9:16
61.	104	Nicola KELLY	F	61.	FV60	4.	Exmouth Harriers	57:36	57:34	9:16
62.	21	Clare YOUNGMAN	F	62.	FV55	3.	Teignbridge Trotters	57:43	57:38	9:17
63.	1	Emma ALEE	F	63.	FV45	12.	Plymouth Musketeers Running Club	57:50	57:32	9:18
64.	187	Lynne SKINNER	F	64.	FV45	13.		57:55	57:54	9:19
65.	63	Jodie FOSTER	F	65.	FV45	14.	Riviera Racers	58:05	58:01	9:20
66.	163	Helen PRESTON	F	66.	FV40	8.	Lonely Goat RC	58:12	57:56	9:21
67.	39	Amber CULL	F	67.	FV40	9.		58:13	57:48	9:22
68.	43	Liza DIBBLE	F	68.	FV60	5.		58:21	58:14	9:23
69.	36	Caroline CLARK	F	69.	FV55	4.	Teignbridge Trotters	58:51	58:44	9:28
70.	101	Georgia JONES	F	70.	FSen	17.		58:58	58:45	9:29
71.	156	Michelle PENWELL	F	71.	FV40	10.		59:00	58:58	9:29
72.	229	Josephine WOLF	F	72.	FV35	10.	Riviera Racers	59:01	58:58	9:29
73.	165	Sophie PUTT	F	73.	FV45	15.		59:22	59:15	9:33
74.	117	Tabi LEDNOR	F	74.	FU18	3.		59:30	59:18	9:34
75.	41	Kelly DEAN	F	75.	FV40	11.	Teignbridge Trotters	1:00:10	1:00:08	9:40
76.	216	Izzy WARREN	F	76.	FV50	8.		1:00:22	1:00:17	9:42
77.	50	Cheryl DUNN	F	77.	FSen	18.	Teignbridge Trotters	1:00:23	1:00:16	9:42
78.	153	Sarah PAVIOUR	F	78.	FV35	11.	South Devon AC	1:00:25	1:00:16	9:43
79.	198	Freya SULLIVAN	F	79.	FU18	4.		1:00:40	1:00:23	9:45
80.	73	Rachel GLASSCO	F	80.	FV40	12.	Women on the Run	1:00:41	1:00:23	9:45
81.	128	Catherine MARTIN	F	81.	FV40	13.	South West Road Runners	1:01:04	1:00:57	9:49
82.	184	Shaz SHARPLES	F	82.	FV60	6.	Teignbridge Trotters	1:01:22	1:01:15	9:52
83.	120	Susan LEEDHAM	F	83.	FV35	12.		1:01:41	1:01:35	9:55
84.	248	Clare HEAD	F	84.	FV50	9.		1:01:47	1:01:26	9:56
85.	11	Rebecca BEEVERS	F	85.	FSen	19.	Teignbridge Trotters	1:02:06	1:01:43	9:59
86.	118	Char LEE	F	86.	FSen	20.	Teignbridge Trotters	1:02:07	1:02:01	9:59
87.	10	Ilona BAUGHAN	F	87.	FV65	4.	Bovey Valley Runners	1:02:26	1:02:13	10:02
88.	203	Sophie THOMSON	F	88.	FSen	21.	Teignbridge Trotters	1:02:30	1:02:28	10:03
89.	174	Janet RITCHIE	F	89.	FV60	7.	Carn Runners	1:02:35	1:02:30	10:04
90.	207	Laura TRAVERS	F	90.	FV55	5.		1:02:39	1:02:23	10:04
91.	206	Christine TOUT	F	91.	FV45	16.	Erme Valley Harriers	1:02:56	1:02:49	10:07
92.	114	Deb SKINNER	F	92.	FV65	5.	Teignbridge Trotters	1:02:59	1:02:46	10:08
93.	147	Yvonne ODELL	F	93.	FV65	6.	South Devon AC	1:03:02	1:02:55	10:08
94.	67	Tracey GARLAND	F	94.	FV55	6.	Storm Plymouth	1:03:06	1:02:55	10:09
95.	199	Larissa SULLIVAN	F	95.	FV45	17.	Bovey Valley Runners	1:03:11	1:02:54	10:10
96.	142	Lisa NICKELS	F	96.	FV45	18.		1:03:12	1:02:57	10:10
97.	51	Emma DUNNE	F	97.	FV45	19.	Plymouth Musketeers Running Club	1:03:20	1:03:02	10:11
98.	214	Karen WALKER	F	98.	FV50	10.	Storm Plymouth	1:03:23	1:03:12	10:12
99.	106	Alison KENEFICK	F	99.	FV50	11.		1:03:40	1:03:27	10:14
100.	47	Anna DOBKOWSK	F	100.	FV45	20.		1:03:49	1:03:44	10:16
101.	157	Gemma PETCH	F	101.	FV40	14.	Dawlish Coasters	1:03:50	1:03:41	10:16
102.	92	Cheryl HILLS	F	102.	FV55	7.	Dawlish Coasters	1:03:56	1:03:42	10:17
103.	154	Lucy PAYNE	F	103.	FV70+	1.	Teignbridge Trotters	1:04:03	1:03:53	10:18
104.	171	Francesca READ	F	104.	FV70+	2.		1:04:16	1:03:57	10:20
105.	141	Lucy NELSON	F	105.	FV60	8.	Riviera Racers	1:04:22	1:04:12	10:21
106.	145	Dawn O'CONNOR	F	106.	FV65	7.		1:04:26	1:04:02	10:22
107.	66	Samantha GALVIN	F	107.	FV55	8.	Teignbridge Trotters	1:04:28	1:04:14	10:22
108.	233	Jo WOODS	F	108.	FV50	12.		1:04:38	1:04:30	10:24
109.	113	Chantelle LANE	F	109.	FV50	13.		1:04:42	1:04:27	10:24
110.	59	Gemma FISHER	F	110.	FV40	15.	Storm Plymouth	1:04:43	1:04:31	10:24

Individual Results



Pos	Bib	Name	Gen	Gen Pos	Cat	Cat Pos	Club	Gun Time	Chip Time	Min/ Mile
111.	68	Katie GIBBS	F	111.	FV40	16.	Teignbridge Trotters	1:05:11	1:05:10	10:29
112.	226	Katie WILLIAMS	F	112.	FV35	13.	Teignbridge Trotters	1:05:12	1:05:10	10:29
113.	46	Dawn DIXON	F	113.	FV50	14.	Storm Plymouth	1:05:17	1:05:06	10:30
114.	161	Claire POLLENDINE	F	114.	FV50	15.		1:05:20	1:05:01	10:30
115.	155	Hanah PENMAN	F	115.	FV40	17.	Storm Plymouth	1:05:27	1:05:16	10:31
116.	124	Debbie LYON	F	116.	FV45	21.	Storm Plymouth	1:05:51	1:05:39	10:35
117.	49	Anna DUNN	F	117.	FV40	18.	Women on the Run	1:06:05	1:05:46	10:37
118.	28	Amelia Florence BUMBY	F	118.	FU18	5.		1:06:12	1:06:04	10:39
119.	29	Karen BUMBY	F	119.	FV45	22.		1:06:12	1:06:04	10:39
120.	130	Laura MASON	F	120.	FV35	14.		1:06:20	1:06:06	10:40
121.	186	Clair SIMMONDS	F	121.	FV45	23.		1:06:23	1:06:17	10:40
122.	74	Rachel GLYNN	F	122.	FV40	19.		1:06:39	1:06:27	10:43
123.	150	Ruth ONEALE	F	123.	FV50	16.		1:06:39	1:06:26	10:43
124.	212	Isheya VOISEY DAVIE	F	124.	FSen	22.		1:06:43	1:06:20	10:44
125.	81	Carol HANSEN	F	125.	FV60	9.	Erme Valley Harriers	1:06:50	1:06:42	10:45
126.	19	Bridget BOURGOING	F	126.	FV60	10.		1:07:01	1:06:58	10:47
127.	181	Lisa SANDFORD	F	127.	FV35	15.	Teignbridge Trotters	1:07:09	1:06:54	10:48
128.	35	Melanie CHAPLIN	F	128.	FV50	17.	Bovey Valley Runners	1:07:12	1:06:58	10:48
129.	200	Paula TAPP	F	129.	FV55	9.	Storm Plymouth	1:07:12	1:06:51	10:48
130.	23	Hannah GEESON	F	130.	FSen	23.		1:07:23	1:07:05	10:50
131.	237	Vicki MELDRUM-DUNN	F	131.	FV45	24.	Plymouth Musketeers Running Club	1:07:32	1:07:15	10:52
132.	215	Samantha WARBURTON	F	132.	FV40	20.		1:07:40	1:07:21	10:53
133.	249	Joanna GRIFFIN	F	133.	FV55	10.		1:07:53	1:07:33	10:55
134.	219	Rebecca WEARE	F	134.	FV50	18.		1:07:59	1:07:41	10:56
135.	13	Jayne BIRBECK	F	135.	FV60	11.	Teignbridge Trotters	1:08:08	1:07:58	10:57
136.	192	Deborah SOMMERFELD	F	136.	FV50	19.		1:08:08	1:07:54	10:57
137.	222	Catherine WHALLEY	F	137.	FSen	24.		1:08:22	1:08:04	11:00
138.	112	Tracy LAMBERT	F	138.	FV60	12.		1:08:27	1:08:14	11:00
139.	210	Laura VENTON	F	139.	FV40	21.	Okehampton RC	1:08:32	1:08:23	11:01
140.	33	Holly CAVILL	F	140.	FSen	25.		1:08:40	1:08:31	11:03
141.	64	Christine FRY	F	141.	FV50	20.		1:08:43	1:08:34	11:03
142.	58	Susan FARR	F	142.	FV60	13.	Storm Plymouth	1:08:48	1:08:31	11:04
143.	45	Helen DINHAM	F	143.	FV50	21.	Storm Plymouth	1:08:48	1:08:31	11:04
144.	132	Lucy MAUNDER	F	144.	FV45	25.		1:08:50	1:08:38	11:04
145.	12	Sarah BILLINGS	F	145.	FV45	26.		1:08:50	1:08:38	11:04
146.	38	Amanda COX	F	146.	FSen	26.	Bovey Valley Runners	1:09:35	1:09:26	11:11
147.	65	Laura FULLER	F	147.	FV40	22.	Dawlish Coasters	1:09:40	1:09:26	11:12
148.	54	Liz EASTER	F	148.	FV60	14.	Dawlish Coasters	1:09:40	1:09:18	11:12
149.	131	Eloise MATTHEWS	F	149.	FSen	27.		1:09:43	1:09:28	11:13
150.	127	Lalita MARSH	F	150.	FV35	16.		1:09:48	1:09:33	11:13
151.	2	Imogen ANDERSON	F	151.	FV35	17.		1:10:24	1:10:16	11:19
152.	78	Becky GREAVES	F	152.	FSen	28.	Storm Plymouth	1:10:30	1:10:12	11:20
153.	202	Georgina THOMPSON	F	153.	FV55	11.	Storm Plymouth	1:10:41	1:10:20	11:22
154.	111	Amanda LACEY	F	154.	FV60	15.	Teignbridge Trotters	1:10:56	1:10:41	11:24
155.	8	Linda BARNES	F	155.	FV60	16.		1:11:02	1:10:39	11:25
156.	53	Jessica EARLE	F	156.	FU18	6.		1:11:05	1:10:54	11:26
157.	133	Claire MCBRIDE	F	157.	FV35	18.		1:11:06	1:11:06	11:26
158.	70	Marcia GILBERT	F	158.	FV55	12.		1:11:10	1:10:54	11:27
159.	228	Maryanne WILLS	F	159.	FV40	23.		1:11:35	1:11:24	11:31
160.	146	Jackie OAKINS	F	160.	FV70+	3.		1:11:36	1:11:17	11:31
161.	108	Mellony KIRBY	F	161.	FV45	27.	Bovey Valley Runners	1:11:45	1:11:32	11:32
162.	97	Karen JACKSON	F	162.	FV60	17.	Washlands Women Runners	1:12:04	1:11:40	11:35
163.	138	Tracy MOSS	F	163.	FV55	13.		1:12:04	1:11:40	11:35
164.	201	Tracey TAYLOR	F	164.	FV50	22.	Teignbridge Trotters	1:12:12	1:11:58	11:37
165.	135	Samruddhi MEDANKAR	F	165.	FSen	29.		1:12:12	1:11:56	11:37
166.	234	Lottie WOODS	F	166.	FSen	30.		1:12:17	1:12:00	11:37
167.	180	Amy S	F	167.	FSen	31.		1:12:17	1:12:02	11:37

Individual Results



Pos	Bib	Name	Gen	Gen Pos	Cat	Cat Pos	Club	Gun Time	Chip Time	Min/ Mile
168.	140	Jennifer NEIL	F	168.	FV40	24.		1:12:33	1:12:22	11:40
169.	96	Vicky JACKMAN	F	169.	FV35	19.		1:12:37	1:12:15	11:41
170.	235	Isabelle WOULFE	F	170.	FU18	7.		1:12:57	1:12:47	11:44
171.	183	Pip SHANKLIN	F	171.	FSen	32.	Teignbridge Trotters	1:12:57	1:12:57	11:44
172.	178	Trudi ROWE	F	172.	FV55	14.	Erme Valley Harriers	1:12:58	1:12:48	11:44
173.	25	Hannah BROWN	F	173.	FV40	25.		1:12:59	1:12:49	11:44
174.	57	Irene ENVY	F	174.	FV60	18.	Plymouth Musketeers Running Club	1:13:10	1:12:52	11:46
175.	31	Sue CAMPLING	F	175.	FV60	19.	Bovey Valley Runners	1:13:55	1:13:40	11:53
176.	123	Janine LIZUT	F	176.	FSen	33.	Storm Plymouth	1:14:58	1:14:37	12:03
177.	71	Jane DOWRICK	F	177.	FV60	20.	Storm Plymouth	1:16:01	1:15:41	12:13
178.	80	Nicola HAGUE	F	178.	FV45	28.	Storm Plymouth	1:16:01	1:15:42	12:13
179.	62	Alison FORD	F	179.	FV60	21.	South Devon AC	1:16:09	1:15:46	12:15
180.	231	Sally WOODHOUSE	F	180.	FV50	23.	Teignbridge Trotters	1:16:26	1:16:21	12:17
181.	22	Shirley BROKENSHAW	F	181.	FV70+	4.		1:17:06	1:16:56	12:24
182.	236	Katrina ZAPLE	F	182.	FV60	22.		1:17:47	1:17:36	12:30
183.	185	Kay SHILLABEER	F	183.	FV50	24.	Teignbridge Trotters	1:17:51	1:17:35	12:31
184.	177	Sarah ROSS	F	184.	FV60	23.	Launceston Road Runners	1:17:51	1:17:41	12:31
185.	224	Laura WHITE	F	185.	FV40	26.		1:18:07	1:17:46	12:34
186.	40	Hannah DAVIES	F	186.	FV45	29.	Torbay Tri Club	1:18:20	1:18:04	12:36
187.	136	Ellie MELMOTH	F	187.	FV45	30.		1:19:55	1:19:43	12:51
188.	91	Debby HILL	F	188.	FV65	8.		1:20:19	1:19:55	12:55
189.	218	Helen WAY	F	189.	FV50	25.		1:20:20	1:19:55	12:55
190.	48	Sam DOUGLAS	F	190.	FV45	31.		1:20:52	1:20:36	13:00
191.	30	Emma CAMPBELL	F	191.	FV45	32.		1:23:40	1:23:18	13:27
192.	182	Tracey SCOTT	F	192.	FV55	15.		1:23:41	1:23:18	13:27
193.	189	Debbie SMITH	F	193.	FV55	16.		1:23:41	1:23:37	13:27
194.	4	Helen BAKER	F	194.	FV60	24.		1:23:42	1:23:18	13:28
195.	14	Margaret BLACKMORE	F	195.	FV70+	5.	Storm Plymouth	1:23:57	1:23:37	13:30
196.	221	Joanne WELCH	F	196.	FV60	25.	Storm Plymouth	1:23:57	1:23:35	13:30
197.	99	Lynn JOHNS	F	197.	FV55	17.	Storm Plymouth	1:25:19	1:24:59	13:43
198.	225	Kathleen WILLIAMS	F	198.	FV50	26.	Storm Plymouth	1:25:20	1:25:20	13:43
199.	95	Michelle HUGHES	F	199.	FV55	18.	Storm Plymouth	1:25:29	1:25:10	13:45
200.	148	Wendy OLDHAM	F	200.	FV65	9.	Storm Plymouth	1:29:15	1:28:54	14:21
201.	173	Mel RICHARDSON	F	201.	FV55	19.		1:39:31	1:39:08	16:00
202.	52	Karen DYER	F	202.	FV45	33.		1:39:31	1:39:27	16:00
203.	87	Sandra HAYNES	F	203.	FV55	20.	Girls that Jeff	1:39:38	1:39:16	16:01
204.	172	Jo RICHARDS	F	204.	FV55	21.		1:39:38	1:39:17	16:02

Finished:204, DNF:0 Total:204

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