

## 10k Gold Medal

Position	Full name	Club	Time
1	Andrew McIntosh	Sphinx AC	00:42:31
2	Ellie Davies	Sphinx AC	00:45:00
3	Wayne Preece	Clwb Rhedeg Maesteg	00:48:47
4	Beth Green		00:49:24
5	Nick Glover		00:50:58
6	James Pither	Just Run Taunton	00:52:05
7	Louise Olding		00:52:44
8	Wayne harris	Just Jog Bideford	00:53:03
9	Stephen Moakes	Tiverton Harriers	00:56:05
10	Elizabeth Sorensen	Just Run Taunton	00:56:13
11	Alexander Cooper		00:56:39
12	Andrew Snowball		00:58:16
13	Andy Inch		00:58:30
14	Damian Fletcher		01:00:33
15	Cathy Woodcock		01:00:49
16	Nigel Worth		01:02:56
17	Kate Cleave		01:04:00
18	Julie Bendle		01:04:38
19	Claire Cardoo		01:06:34
20	Debbie Green		01:06:49
21	Lee Derrick	Running Forever Running Club	01:07:00
22	Andre Pollard	Bude Rats (Run and Tri)	01:08:22
23	Victoria Woolf		01:13:05
24	Marco Oliveira	Fremington Trailblazers	01:13:38
25	Mike Timbury		01:16:32
26	Nina Barham	Just Jog Bideford	01:19:17
27	Anna Rossiter		01:21:00
28	Emily Rossiter	North Devon Triathletes	01:23:13
29	Cherry Taylor		01:29:00
30	Haley Hartley		01:29:00
31	Lucy Rossiter		01:48:00
32	Steven Chapman		02:20:00

## 10 Mile Gold Medal

Position	Full name	Club	Time
1	Andrew McIntosh	Sphinx AC	01:13:00
2	Ellie Davies	Sphinx AC	01:16:00
3	Lee Derrick	Running Forever Running Club	01:20:00
4	Louise Olding		01:27:06
5	Jenny Pilkington	Fremington trailblazers	01:37:00
6	Kate Cleave		01:37:00
7	Andy Inch		01:37:27
8	Heidi Miller-Ratcliffe		01:39:32
9	Nigel Worth		01:44:02
10	Debbie Green	Ilfracombe running club	01:45:02
11	Damian Fletcher		01:46:00
12	Jodie Wilson	0	01:53:13
13	Sandra Northcott		01:59:33
14	Danni Meyer		01:59:47
15	Antonia Rance		02:09:48
16	Russell Lee	Cambridge Triathlon Club	03:30:05
17	Steven Chapman		04:32:19

## Half Marathon Gold Medal

Position	Full name	Club	Time
1	Brett Bader		01:26:30
2	Andrew McIntosh	Sphinx AC	01:36:00
3	Ellie Davies	Sphinx AC	01:38:00
4	John Sleep	Bideford AAC	01:59:22
5	Alexander Cooper		02:02:38
6	Mark Lee		02:03:44
7	Andrew James		02:06:40
8	Damian Fletcher		02:06:53
9	Paul Barnes	Bradworthy Runners	02:07:58
10	Jenny Pilkington	Fremington TrailBlazers	02:08:00
11	Andy Inch		02:09:40
12	Kate Cleave		02:12:00
13	Debbie Green		02:19:34
14	Chris Ward	Taunton Running Club	02:21:01
15	Nigel Worth		02:21:19
16	Nina Barham	Just Jog Bideford	02:47:08
17	Emily Rossiter	North Devon Triathletes	02:57:00
18	Suzanne Brown	Bude Rats (Run and Tri)	02:58:30
19	Sean Daly		04:58:47
20	Antonia Rance		00:00:00
21	Jessica Swann-Piper		00:00:00