

SW 4 Stage Relays 2017 Results

Pos	Num	Team Name	Cat	Runner 1		Runner 2		Runner 3		Runner 4		Total	
				Name	Time	Name	Time	Name	Time	Name	Time		
1	92	Cornwall AC	MU18	Kristof Klimek	9 54	Samuel Goodchild	10 39	Jacob Milligan	11 9	Edward Mitchell	11 20	43	2
2	87	Avon Valley Runners A	MU18	Max Davis	9 43	Rob Warner	11 25	Callum Whithers	11 16	Niall Thorne	10 48	43	12
3	1	Cornwall AC	F	Heidi Tregenza	10 50	Amy Sole	11 17	Donna Raggett	11 45	Emma Stepto	10 35	44	27
4	97	North Devon Athletic Club	MU13	Adam Leworthy	11 00	Dylan Dayman	11 17	William Pengelly	11 34	George Thomas	12 30	46	21
5	93	Cornwall AC	FU18	Grace Brock	10 27	Katie Hughes	11 27	Imogin Wood	11 53	Katie Walker	12 49	46	36
6	11	South West Road Runners	F	Fiona German	12 14	Nicky Savill	11 20	Lucy Commander	11 42	Alex Cutts	11 23	46	39
7	89	Avon Valley Runners	MU13	Jack Webb	11 9	Dan Wood	11 3	Callum Slade	13 18	Tom Marks	11 39	47	9
8	5	Erme Valley Harriers	FV35	Emma Lake	12 23	Alison Thorne	11 14	Sarah Hirons	12 26	Cleo Perry	11 12	47	15
9	91	Cornwall AC	FU13	Masie Luke	11 9	Abigail Jose	11 51	Catherine Groves	13 1	Rebecca Benney	12 21	48	22
10	95	Erme Valley Harriers	MU18	Liam Hallows	11 11	Ben Bristow	14 12	James Scantlebury	12 51	Joe Battershill	10 29	48	43
11	6	Newton Abbot AC	F	Tilly Woods	12 28	Lottie Woods	13 49	Annabelle Evans	11 42	Martha Neal	11 25	49	24
12	7	Avon Valley Runners	F	Pippa Brewer	12 12	Holly Newman	12 46	Anna Spiers	13 9	Leah Sartain	12 8	50	15
13	8	Avon Valley Runners	FV45	Jo Mumford	12 25	Sue Jeddi	13 58	Jill Westwood	13 8	Diane Hier	12 18	51	49
14	88	Avon Valley Runners B	MU18	Louis	11 4	Ethan Bolter	13 54	Luke Slade	13 56	Josh Thorne	13 8	52	2
15	2	Wells City Harriers	F	Amy D'Arcy	12 20	Lucy Pittard	14 17	Hannah Graham	13 21	Caitlin Carnegie	12 12	52	10
16	4	Tiverton Harriers	NS	Chloe Felton	12 29	Caroline Hewitt	13 25	Chloe Felton	13 21	Caroline Hewitt	13 24	52	39
17	12	South West Road Runners	FV35	Julie Hedges	12 37	Jemma Marsh	12 50	Liz Nuttall	13 6	Alison German	14 32	53	5
18	94	Erme Valley Harriers	NS	Anna Lake	14 21	Maisie Smith	13 27	Liz Bowden	13 42	Becky Lee	13 47	55	17
19	96	North Devon Athletic Club	FU13	Lotte Taylor	13 3	Abbi Oscroft	12 41	Dotty Boldaro	14 50	Maisie Ayres	14 47	55	21
20	90	Avon Valley Runners	FU13	Freya Bufcass	11 36	Daisy Davis	14 56	Jorja Warner	16 59	Sophie Moore	12 41	56	12
21	9	South Molton Stugglers	F	Lucy Goodman	13 14	Sally Greenslade	14 44	Georgia Ainsworth	15 44	Juliette Hodge	13 33	57	15
22	10	South Molton Stugglers	FV35	Tracey Pennington	13 15	Bridget Hardy	15 43	Karen Bowden	15 6	Jo Bradley	15 46	59	50
23	99	North Devon Athletic Club	MU15	Alex Walker	10 54	Hamish James	10 10	Sid Boldaro	11 41	0	Incomplete		
23	100	North Devon Athletic Club	FU18	Evee May Banbury	10 57	Eliza Banbury	12 33	Millie Ayres	12 40	0	Incomplete		
25	14	Exeter Harriers	NS	Lauren Coleman	12 31	0		0		0	Incomplete		
Women													
Winners		Cornwall AC	F	Heidi Tregenza	10 50	Amy Sole	11 17	Donna Raggett	11 45	Emma Stepto	10 35	44	27
2nd Overall		South West Road Runners	F	Fiona German	12 14	Nicky Savill	11 20	Lucy Commander	11 42	Alex Cutts	11 23	46	39
3rd Overall		Erme Valley Harriers	FV35	Emma Lake	12 23	Alison Thorne	11 14	Sarah Hirons	12 26	Cleo Perry	11 12	47	15
1st Open Team		Cornwall AC	F	Heidi Tregenza	10 50	Amy Sole	11 17	Donna Raggett	11 45	Emma Stepto	10 35	44	27
1st FV35 Team		Erme Valley Harriers	FV35	Emma Lake	12 23	Alison Thorne	11 14	Sarah Hirons	12 26	Cleo Perry	11 12	47	15
1st FV45 Team		Erme Valley Harriers	FV35	Emma Lake	12 23	Alison Thorne	11 14	Sarah Hirons	12 26	Cleo Perry	11 12	47	15

	Junior Males																
	Winners	Cornwall AC	MU18	Kristof Klimek	9	54	Samuel Goodchild	10	39	Jacob Milligan	11	9	Edward Mitchell	11	20	43	2
	2nd Overall	Avon Valley Runners A	MU18	Max Davis	9	43	Rob Warner	11	25	Callum Whithers	11	16	Niall Thorne	10	48	43	12
	3rd Overall	North Devon Athletic Club	MU13	Adam Leworthy	11	00	Dylan Dayman	11	17	William Pengelly	11	34	George Thomas	12	30	46	21
	1st Open Team	Cornwall AC	MU18	Kristof Klimek	9	54	Samuel Goodchild	10	39	Jacob Milligan	11	9	Edward Mitchell	11	20	43	2
	1st U15 Team	North Devon Athletic Club	MU15	Alex Walker	10	54	Hamish James	10	10	Sid Boldaro	11	41	0	Incomplete			
	1st U13 Team	North Devon Athletic Club	MU13	Adam Leworthy	11	00	Dylan Dayman	11	17	William Pengelly	11	34	George Thomas	12	30	46	21
	Junior Females																
	Winners	Cornwall AC	FU18	Grace Brock	10	27	Katie Hughes	11	27	Imogin Wood	11	53	Katie Walker	12	49	46	36
	2nd Overall	Cornwall AC	FU13	Masie Luke	11	9	Abigail Jose	11	51	Catherine Groves	13	1	Rebecca Benney	12	21	48	22
	3rd Overall	North Devon Athletic Club	FU13	Lotte Taylor	13	3	Abbi Oscroft	12	41	Dotty Boldaro	14	50	Maisie Ayres	14	47	55	21
	1st Open Team	Cornwall AC	FU18	Grace Brock	10	27	Katie Hughes	11	27	Imogin Wood	11	53	Katie Walker	12	49	46	36
	1st U15 Team	North Devon Athletic Club	FU13	Lotte Taylor	13	3	Abbi Oscroft	12	41	Dotty Boldaro	14	50	Maisie Ayres	14	47	55	21
	1st U13 Team	Cornwall AC	FU13	Masie Luke	11	9	Abigail Jose	11	51	Catherine Groves	13	1	Rebecca Benney	12	21	48	22

SW 6 Stage Relays 2017 Results

Pos	Num	Team Name	Cat	Runner 1		Runner 2		Runner 3		Runner 4		Runner 5		Runner 6		Total
				Name	Time	Name	Time	Name	Time	Name	Time	Name	Time	Name	Time	
1	108	Avon Valley Runners A	M	Mike Towler	9 36	Rich Ayling	9 35	Dominic Beddis	10 9	Pete Slade	10 20	Dan Shepherd	9 57	Mike Rose	9 55	59 32
2	102	Wells City Harriers	M	Ed Stahl	9 46	Johnny Ellis	10 26	George Mallinson	10 47	Matt Cole	10 11	Michael Bliss	9 40	Sam Sommerville	9 26	60 16
3	103	Exmouth Harriers	M	Michael Robinson	10 9	Ryan Snell	10 11	Michael Musgrove	10 23	Marc Cox	10 14	Adam Miller	10 9	James Palmer	9 49	60 55
4	101	Cornwall AC	M	Tom Slattery	9 41	Andrew Warden	10 9	Paul Sole	10 45	Craig Salamone	10 26	Andrew Eddison	10 50	Callum Jones	9 24	61 15
5	115	Exeter Harriers	M	Howard Bailey	10 47	Mark Cowan	10 48	Tom Burman	10 18	Callum Crawford	9 54	Dave Phillips	13 10	Rob Mann	9 22	64 19
6	116	St Austell	M	Rich Shirley	11 29	Dan Alsop	10 32	James Cutlan	10 40	Paul Maskell	10 1	Brett Jackson	11 13	Jamie Masters	10 49	64 44
7	113	South West Road Runners	NS	James Benham	10 39	David Wilson	10 47	Gareth Davies	10 34	TC Chulu	10 19	James Benham	11 34	Gareth Davies	10 58	64 51
8	109	Avon Valley Runners B	M	Ian Mckee	10 58	Pete Dyer	11 24	Tim Lowrie	11 32	Rich Harding	11 2	Joby Hobbs	10 24	Daniel Piper	10 57	66 17
9	107	Erme Valley Harriers	M	Martin Battershill	11 8	Ewan Lake	11 30	Nick Bristow	11 7	Mike Hoskin	12 5	Ali Bristow	10 38	Nathan Brown	9 59	66 27
10	105	Tiverton Harriers	M	Christian Hewitt	10 40	Rory Carr	10 54	Alan Ledger	12 16	Martin Shapland	10 38	Simon White	10 46	Kerry Roberts	11 31	66 45
11	114	South West Road Runners	MV50	Tim Vials	11 6	Andy Jones	11 49	Jim Durston	12 11	Paul Thomas	11 15	Nick Einchcomb	11 40	Richard Everson	11 13	69 14
12	104	Exmouth Harriers	M	Jason Drew	9 47	Peter Belcher	10 52	Terry Mackie	12 7	Ray Elston	14 1	Hugh Marsden	11 46	Lee Elston	14 17	72 50
13	110	Avon Valley Runners	MV40	David Mudford	12 16	Tony Dunford	12 11	Simon Reeves	12 56	Phil Harding	12 55	Frank Lamerton	12 37	Robin Mark Schols	11 20	74 15
14	111	South Molton Strugglers	M	Paul Cooke	10 20	Mathew Tapp	10 55	Ian Wallace	11 59	Grant parker	11 51	Paul Brayley		Mathew Waldron		Incomplete
14	112	South Molton Strugglers	MV50	Sid Kyle	12 52	Jon Carter	15 51	Ted Townsend	14 46	Tony Collyer	17 15	Phil Pennington		Andrew Samuel		Incomplete
Men																
Winners	Avon Valley Runners A	M	Mike Towler	9 36	Rich Ayling	9 35	Dominic Beddis	10 9	Pete Slade	10 20	Dan Shepherd	9 57	Mike Rose	9 55	59 32	
2nd Overall	Wells City Harriers	M	Ed Stahl	9 46	Johnny Ellis	10 26	George Mallinson	10 47	Matt Cole	10 11	Michael Bliss	9 40	Sam Sommerville	9 26	60 16	
3rd Overall	Exmouth Harriers	M	Michael Robinson	10 9	Ryan Snell	10 11	Michael Musgrove	10 23	Marc Cox	10 14	Adam Miller	10 9	James Palmer	9 49	60 55	
1st Open Team	Avon Valley Runners A	M	Mike Towler	9 36	Rich Ayling	9 35	Dominic Beddis	10 9	Pete Slade	10 20	Dan Shepherd	9 57	Mike Rose	9 55	59 32	
1st MV40 team	Avon Valley Runners	MV40	David Mudford	12 16	Tony Dunford	12 11	Simon Reeves	12 56	Phil Harding	12 55	Frank Lamerton	12 37	Robin Mark Schols	11 20	74 15	
1st MV50 Team	South West Road Runners	MV50	Tim Vials	11 6	Andy Jones	11 49	Jim Durston	12 11	Paul Thomas	11 15	Nick Einchcomb	11 40	Richard Everson	11 13	69 14	