



SOUTH DEVON 3K RELAYS RESULTS

FRIDAY 7TH AUGUST 2026



Position	Team #	Team Name	Category	Runner A		Runner B		Runner C		Runner D		TOTAL TIME
				Name	Time	Name	Time	Name	Time	Name	Time	
1	101A	Plymouth Harriers	SM	James Cartlidge	00:09:30	Chris Agnew	00:09:37	Will Cole	00:09:43	Jack Dee	00:08:33	00:37:23
2	73A	Teignbridge Trotters	SM	Alex Duff	00:09:36	Benj Akyol	00:09:39	Ben Elphick	00:10:32	Donald Brooks	00:09:35	00:39:22
3	111A	City of Plymouth	J	Lucus Sweeney	00:09:28	Jack Penney	00:10:21	James Luscombe	00:10:21	William Luscombe	00:10:01	00:40:11
4	127A	Torbay Tri	SM	Jason Hurford	00:09:31	Matt Giles	00:10:17	Steve Waters	00:10:36	Matt Edmondson	00:09:48	00:40:12
5	104A	Plymouth Harriers	M40	Gary Booth	00:09:40	David Morris	00:10:06	Iain McWass	00:10:34	Raymond Tew	00:10:04	00:40:24
6	95A	Erme Valley Harriers	SM	Nigel Grottick	00:10:26	Peter Allen	00:09:49	Adam Griffiths	00:10:16	Ben Bristow	00:09:54	00:40:25
7	118A	Chafing the Dream	MIX	Laura Wilby	00:10:37	Naomi Flanagan	00:10:27	Ben Gerrish	00:09:17	Jon Pressling	00:10:12	00:40:33
8	105A	SWWR	MIX	Jamie Howard	00:10:03	Emma Dixon	00:11:15	Laura Macro	00:10:14	Joel Heatley	00:09:41	00:41:13
9	110A	City of Plymouth	SF	Molly Shorey	00:11:09	Phoebe Timson	00:10:45	Elsie Goodspeed	00:10:09	Annabel Arnold	00:09:44	00:41:47
10	109A	City of Plymouth	SM	Daniel Newman	00:10:15	David Goodspeed	00:10:19	Ross Penney	00:10:48	Simon Anderson	00:10:31	00:41:53
11	139A	Torbay Terrapins Boys	J	Josh Parkinson	00:10:27	George Evans	00:10:06	George Tucker	00:11:09	George Evans	00:10:16	00:41:58
12	102A	Plymouth Harriers	SM	Ben Payne	00:10:32	Chris Hedges	00:10:29	Matthew Cundell	00:10:43	Ben Payne	00:10:18	00:42:02
13	126	Torbay Tri	M50	Matthew Heiney	00:10:20	Jon Parkinson	00:11:00	Andy Longthorpe	00:10:38	Adharand Finn	00:10:13	00:42:11
14	135	Storm Mix Up	MIX	Lauren Knox	00:10:23	Jack Arundel	00:10:54	David Kilgore	00:11:03	Lauren May Knox	00:10:33	00:42:53
15	78	Teignbridge Trotters	M50	Roger Easterbrook	00:10:22	Steve Weeks	00:10:47	Duncan Knight	00:11:01	Julian Scanes	00:10:59	00:43:09
16	92	Honiton RC	M50	Mike Mears	00:11:14	Kevin Hawker	00:11:12	Justin James	00:11:10	Adrian Lane	00:09:50	00:43:26
17	81	Teignbridge Trotters	SF	Chloe Weeks	00:10:44	Mel Brooks	00:11:11	Helen Anthony	00:11:14	Chloe Olford	00:10:28	00:43:37
18	129	Torbay Tri	M40	Dave Brown	00:11:02	Bradley Price	00:10:49	Steve Donnelly	00:11:21	Paul Whithead	00:10:30	00:43:42
19	93	Honiton RC	MIX	Nick Silkstone	00:10:42	Hannah Dingle	00:12:10	Carla Gill	00:11:31	Matt Hollings	00:09:54	00:44:17
20	137	Agony of de Feet	MIX	Deborah Howland	00:12:57	Lewis Hull	00:10:58	Alex Wales	00:10:31	Alexander Walters	00:10:38	00:45:04
21	134	SWRR	M40	Ed Shaw	00:11:06	James Benham	00:10:40	Richard Stone	00:12:12	Stephen Collier	00:11:32	00:45:30
22	96	Erme Valley Harriers	M40	Barry Neal	00:11:46	Stuart Witty	00:11:32	Tom Davies	00:11:37	Nigel Grottick	00:10:49	00:45:44
23	74	Teignbridge Trotters	SM	JJ Girow	00:10:49	Conor Mellamphy	00:11:57	Ben Tampkins	00:11:51	Ed Mills	00:11:25	00:46:02
24	91	Greenbow RC	SM	Sam Husband	00:09:02	Elliot Dearsly	00:12:50	Alan Terry	00:12:38	Gareth Carey-Jones	00:12:05	00:46:35
25	113	Dawlish Coasters	MIX	Brad Good	00:12:17	Ben Hudson	00:12:38	Zane Steers	00:11:34	Freya Tomlinson	00:11:23	00:47:52
26	122	Torbay Tri	F40	Debbie Burman	00:12:13	Katie Maslin	00:12:32	Kate Baldock	00:12:11	Vicky Tester	00:11:30	00:48:26
27	132	Mile High	M60	Robin Watson	00:11:18	Christopher Martin	00:13:23	Michael Chapman	00:12:52	Nick Martin	00:10:58	00:48:31
28	97	Erme Valley Harriers	M50	Andy Chappell	00:12:25	Dave Rayfield	00:11:43	Dave Engledew	00:11:41	Andy Mitchell	00:12:50	00:48:39
29	90	Greenbow RC	SM	Sam Duffy	00:11:40	Rodney Rikhotso	00:11:58	Stephen Peart	00:12:59	Justin Wylie	00:12:07	00:48:44
30	76	Teignbridge Trotters	SM	Michael Border	00:12:03	David Prestwich	00:12:26	Alex Lyons	00:13:35	Ryan Astbury	00:10:50	00:48:54

31	130	Torbay Tri	M40	Dave Rippin	00:12:52	Paul Channing	00:11:54	Chris Martin	00:12:08	Jerry Hocking	00:12:11	00:49:05
32	94	Honiton RC	MIX	Jay Sweetman	00:11:31	Emma Davey	00:12:40	Jenny Rawlins	00:14:05	Ben Stone	00:10:58	00:49:14
33	98	Erme Valley Harriers	SF	Sophie Gillvear	00:11:39	Becky Lee	00:13:23	Emma Lake	00:12:22	Jess Ashworth	00:11:53	00:49:17
34	140	SDAC	J	Josh Lane	00:11:36	Louis Ryder	00:15:51	Roux Tucker	00:11:13	Carlos Clarke	00:10:40	00:49:20
35	85	Teignbridge Trotters	F50	Liz Nuttall	00:11:49	Tracy Elphick	00:12:49	Lucy Evans	00:13:14	Mandy Wheeler	00:12:04	00:49:56
36	138	The Forches Cross Dropo	MIX	Bobby Treweek	00:11:33	Martha Lloyd	00:12:09	Thuza Whittemore	00:14:00	Carl Bennett	00:12:21	00:50:03
37	125	Torbay Tri	M50	Ian Dabbs	00:11:52	Chris Tye	00:12:51	Stuart Sweatman	00:13:10	Steve Hill	00:12:11	00:50:04
38	115	Riviera Racers	MIX	Marcus Ford	00:12:48	Dale Hamilton	00:12:27	Alexis Wiseman	00:12:42	Nicola Stanbury	00:12:09	00:50:06
39	79	Teignbridge Trotters	M50	Graydon Widdocombe	00:11:08	Allen Taylor	00:13:29	Andy Fox	00:12:44	Nigel Barnett	00:13:00	00:50:21
40	112	City of Plymouth	MIX	Jacob Sweeney	00:11:35	Hugo Cole	00:11:29	Margot Goodspeed	00:12:04	Stephen Blackford	00:15:31	00:50:39
41	114	Together Socks	SM	Tom Stephenson	00:10:13	Geoff Brittain	00:13:27	Viv Brooks	00:14:06	Jen Mansell	00:13:04	00:50:50
42	103	Plymouth Harriers	SM	Matthew Cundell	00:12:19	Chris Pearn	00:12:00	Matt Spooner	00:12:54	Peter Armstrong	00:13:58	00:51:11
43	88	Greenbow RC	MIX	Lianna Parker-carn	00:15:02	Taylor Lawson	00:10:51	Kelly Lawson	00:14:26	Owen Lawson	00:11:09	00:51:28
44	106	Plymouth Harriers	F40	Suzy Spooner	00:12:33	Nic Lilley	00:13:47	Michelle Cartlidge	00:12:27	Laura Goodspeed	00:12:44	00:51:31
45	100	Plymouth Harriers	M50	Leigh Robinson	00:14:15	Chris Jelliman	00:11:50	Terry Bartlett	00:13:41	Chris Puertas	00:12:08	00:51:54
46	131	Dave's Dudes	MIX	Sue Hanson	00:14:31	Kelsey Sheridan	00:15:44	James Moffett	00:11:22	Dave Hampton	00:10:18	00:51:55
47	136	Torbay Terrapins Junior	J	Rene Webb	00:12:34	Jessica Herbert	00:12:58	Katie Herbert	00:13:16	Pheobe Baldock	00:13:53	00:52:41
48	99	Erme Valley Harriers	F50	Liz Bristow	00:13:11	Andrea Mitchell	00:13:41	Alison Engledew	00:13:29	Helen Chappell	00:12:24	00:52:45
49	123	Torbay Tri	SF	Beth Neal	00:11:41	Ellie Turvy	00:14:57	Molly Pimm	00:13:39	Katie Porter	00:12:32	00:52:49
50	75	Teignbridge Trotters	SM	Callum Price	00:13:15	Callum Bevis	00:12:18	Jamie Moore	00:13:51	Jayden Taylor	00:13:39	00:53:03
51	124	Torbay Tri	M60	Graham Reynolds	00:13:21	Clive Price	00:13:06	Andrew Kilner	00:14:39	Paul Tozer	00:12:44	00:53:50
52	128	Torbay Tri	SM	Jon Hiscoke	00:11:28	Dave Hewitt	00:15:43	Howard Brugge	00:14:30	Jon Hiscoke	00:12:11	00:53:52
53	89	Greenbow RC	MIX	Emily Webb	00:14:11	Joe Durston	00:11:15	Molly Mimms	00:15:55	Greg Mimms	00:12:54	00:54:15
54	107	Plymouth Harriers	SF	Kayleigh Swann	00:14:18	Sarah Robins	00:13:10	Emily Bigger	00:14:42	Sarah Robbins	00:13:06	00:55:16
55	142	Cool Runnings	SM	Andy Tinkler	00:14:37	Emerson Hilton	00:16:08	Dale Metcalf	00:12:55	Scott Sweet	00:11:45	00:55:25
56	133	SWRR	M50	Lee Cusick	00:13:33	Lewis Jones	00:13:42	Paul Barter	00:14:44	Ian White	00:13:31	00:55:30
57	82	Teignbridge Trotters	SF	Laura Holland	00:12:20	Jade Reid	00:14:14	Cheryl Brenda	00:14:05	Rachel Thorn	00:14:56	00:55:35
58	80	Teignbridge Trotters	M60	Alan Kember	00:12:23	Eric Moore	00:14:09	Kevin Besford	00:15:52	Derek Skinner	00:13:20	00:55:44
59	86	Teignbridge Trotters	F50	Lucy Evans	00:13:30	Claire Youngman	00:14:38	Corinne Bright	00:14:29	Kim Knight	00:13:33	00:56:10
60	141	Knees for Speed	SF	Niamh Parchment	00:14:06	Ferne Raybould	00:14:26	Katie Bradshaw	00:14:29	Maisie Drake	00:13:41	00:56:42
61	119	Torbay Tri	F50	Anne Fairey	00:14:36	Cathy Parkinson	00:14:02	Linda Parsons	00:15:38	Wendy Urban	00:12:37	00:56:53
62	117	Riviera Racers	SM	Neil Jordain	00:14:01	Karl Runciman	00:15:55	Scott Cooper	00:14:10	Alex Johnson	00:13:24	00:57:30
63	116	Riviera Racers	SF	Kirsty Clarke	00:13:22	Eliska Kapralova	00:16:35	Holly Godslan	00:13:27	Jane Rowell	00:14:31	00:57:55
64	77	Teignbridge Trotters	M40	Adam Doherty	00:14:50	Neil Tampkins	00:14:45	Bruce Campbell	00:13:42	Pete Aston	00:15:20	00:58:37
65	84	Teignbridge Trotters	F40	Michelle Doherty	00:16:02	Katie Gibbs	00:15:17	Claire Lyons	00:14:19	Jo Randall	00:13:10	00:58:48
66	83	Teignbridge Trotters	SF	Sam Galvin	00:15:35	Alice Nicholls	00:11:59	Sue Tremlett	00:15:49	Lucy Payne	00:16:41	01:00:04
67	108	Plymouth Harriers	F40	Karen Blakemore	00:13:34	Lyns Pollard	00:14:04	Jess Hardy	00:18:34	Nic Lilley	00:14:07	01:00:19
68	87	Teignbridge Trotters	F60	Pat Atkins	00:14:21	Claire Gillard	00:14:46	Sarah Blanchard	00:15:41	Deb Skinner	00:15:46	01:00:34
69	120	Torbay Tri	F50	Chantelle Lane	00:14:40	Sue Hayes	00:16:09	Heather Maddocks	00:17:05	Jo Atkins	00:13:50	01:01:44
70	121	Torbay Tri	F40	Cassandra Pressling	00:14:28	Sarah Sweetman	00:16:05	Hannah Davies	00:18:26	Katie Giles	00:14:22	01:03:21
71	143	Four Strides Ahead	F40	Helen Brenton	00:15:45	Sarah Ryder	00:17:36	Celine Bonnet	00:16:29	Becci Dawe	00:17:15	01:07:05
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PRIZE

	Team Name	Team #	Total Time
Junior First Team			
J	City of Plymouth	111	00:40:11
Senior Male			
SM	Plymouth Harriers	101	00:37:23
Senior Female			
SF	City of Plymouth	110	00:41:47
Male V40			
M40	Plymouth Harriers	104	00:40:24
Female V40			
F40	Torbay Tri	122	00:48:26
Male V50			
M50	Torbay Tri	126	00:42:11
Female V50			
F50	Teignbridge Trotters	85	00:49:56
Male V60			
M60	Mile High	132	00:48:31
Female V60			
F60	Teignbridge Trotters	87	01:00:34
Male V70+			
M70			
Female V70+			
F70			
Mixed			
Mix	Chafing the Dream	118	00:40:33