



ARRIVAL WAVE TIMES

PLEASE TAKE CAREFUL NOTE OF YOUR ALLOCATED ARRIVAL TIME WHICH IS STATED BELOW. THIS IS THE TIME YOU NEED TO ARRIVE AT REGISTRATION ON THE DAY (NOT THE TIME YOU WILL SET OFF ONTO THE COURSE!)

IF YOU ARE TAKING PART WITH ONE OF THE TEAMS LISTED BELOW, BUT DID NOT STATE THIS WHEN YOU REGISTERED, PLEASE TURN UP AT THE SAME TIME AS THE REST OF YOUR TEAM.

IF YOU ARE NOT TAKING PART WITH A TEAM LISTED BELOW, PLEASE ARRIVE AT THE TIME STATED UNDER THE 'INDIVIDUALS' SCHEDULE



ARRIVAL WAVE TIMES

TEAM SCHEDULE

ALPHA - 10:00 SPONSORS ONLY

Wollens
Parker
Simpkins Edwrds
Pure Dental
Stannp
WSG
C-Tec
Lycette Care
Torch Vets
Smurfit Westrock
TP Pumps
Trees for Good Causes
Vertu
Accord
Smurfit Westrock Atlas

BRAVO - 10:20

Barnstaple NPT
The Weight Is Over, Academy
Girls Who Run
Summit Squad
Chantal Law Fitness
North Devon Hockey Club
Wooda warriors
Lampard Legends
#mispentyouth
Nurition Zone Roundswell
Aquila Financial Management Ltd
Mudlarks
Deeper shade of syn
KAD Team

CHARLIE - 10:40

Hospice Hero's
TEAM A.C.E
AvengHERS
Work it
G4
Karie's Health and Fitness
Costa Crusaders
Ovey Achievers
Ben & Sara
The Manors Muddy Renegades
North Devon Homes

DELTA - 11:00

NDDH Ophthalmology
Department - Dean Gale
N3 4 Life
Purple Warriors
Street Crew
Inspired but creaky
Kingsley Kippers
Agony of de-feet
TVHC Legends
Team Lambscombe
Steel Muscles, Unbreakable
Tenacity
Elevate Gang
Striped Tomato
Double A
Lynton AFC
Devon Roller Derby
Holsworthy Vikings
The Tarka Titans
Kaiomi
Game Changers Okehampton
Team Mayhem!

ECHO - 11:20

Seldons Solicitors
The Pethericks
Work it warriors
The Russells are unbreakable
The Boutport street Squad
Barum Barracudas
Function Fitness 25
Jackson's
Vicky's Vikings
Two Little Ducks
Muddy Buddies
Torrington Rugby Club
PureGym Barnstaple

FOXTROT 11:40

Team drake
Drake team
Inappropriate.inc
No Training
Teamy Team
Double Trouble
Mojo Sisters
Ollie, Alisha and Lewis
Clueless Commandos
Romeezy
The mudley crew
The Weedys
The breakable duo
The physio crew
Team light blue
Nicky's Ninjas
SEA Boys
Total Chaos
Team DMF
Bluecoat Buddies
Boot laces
Chivenor Netters

INDIVIDUAL SCHEDULE

BRAVO 10:20

Rebecca Lidstone-Brown

Joe Grace

Kevin Hall

Siobhan Weston

Emma Trueman

Helen Chambers

Ruth Robinson

Stephanie Sherwood

Emily Hull

Leslyn James

Rachel Walker

Sarah Taylor

Clare Green

Kirsty Starmer

Paul Woods

Jo Crookes-West

Jane Roddy

Andrew Evans

Nikki Baxter

Tracey Cubbon

Christopher Cubbon

Charlotte Mortimer-Wallace

Rosemary Wills

Lillie Houle

Keira Hayter

Helen Isaac

Kirsty Galliver

Carl Davies

Colin White

Susan Wheaton

Nayomie Cook Worth

Ayushi Sharma

Glen Preece

Madelyn Durrant

CHARLIE - 10:40

Andrew Tomlinson

Damo Harris

Michelle Harding

Sandra Harlow

Sarah Banger

Rebecca Giddy

Jennifer Stoner

Lindsey Bullock

Sophie Pengilly

Jennifer Boucher

Harriet Jarvis

Stephen Tollafield

Anna Stopes

Amy Battle

Cate Oliver

Sharon Johnson

Victoria Shaddick

Lee Evans

Rachel Evans

Jonathan Edwards

Kate Williams

Lauren Bowden

Anna Hickman

John Peel

James Thomas

Luke Guppy

Lizzy Laight

Dan Wilson

Mandy Robbins

Charles Nixon

Phillip Young

Laura Crossey

Quyen Tran

Becky Scourfield

Megan Scourfield

William Slater

Matthew Peters

Jack Fish

Neal Carter

INDIVIDUAL SCHEDULE

DELTA - 11:00

Stephanie Stanley
Tracey Cox
Siaan Thompson
Tracie Clarke
Sian Davis
Chloe Prouse
Kristi Golding
Joe Golding
Tommy Doyle
Mark Dorman
Leanne Pugsley
David Chumbley
Mike Levick
Timothy Broxholme
Alex Esplin
David Magnuson
Lauren Teeling
James Raymont
Lee Bird
Alex Knight
Lewis Stevens
Nancy Rollinson

ECHO - 11:20

Julie Darch
William James
Charlie Pocock
Andy Sparks
Lewis Glover
Emma Hyland
Steph Munday
Rebecca Dymond
Wayne Morris
Tracey Frost
Carol Steeples
Chloe Spearman
Deborah Freeman
Wendy Crompton
Emma Ross
Josh Gater
Jude Turner
Leanne Olnier
Alex Harrison
Ben Morgan
Erik Nilsson

Nicola Mitchell
Anna Hickman
Courney Gratton
Monika Cerneviciute
Melanie Golfsmith-Aston

FOXTROT - 11:40

Marie Dunphy
Francesca Sanders
Zoe Oliver
Kearney Young
Alex Wright
Lily Brace
Scott Wallace
Kim Wallace
Sean Shapland
Kirsteen Sutton
Hayley Spitzer
Craig Newcombe
Rachael Ward
Rachael Courtney
Jack Broom
Antonia Horrell
Matt Morgan
Kirun Weston

Norman Semple
Karis Halsey
Jake Bricknell
Christopher Scoins
Dom Stacey
Pete Norman
Emily Pickering
Luke Barrett
Andrew Schuster
Ruby Fenlon
Aaron Pilkington
Aaron Blake
Jade Harris
Sarah Fuller
Keely Hayton
Jess Edwards
Anca Bolocan
Rachael Rice