



# Exeter 3K

Monday 20th November 2017

## A RACE - RESULTS

Pos	Race No	Time	Name	Cat	Club	Predicted Time
1	640	9.10	Sam Hopton	M-Sen	South West Road Runners	9:00:00
2	641	9.15	Elliot Moran	M-U17	Exeter Harriers	9:05:00
3	659	9.18	Adam Holland	M-Sen	Tavistock AC	9:57:00
4	639	9.28	Tc Chulu	M-U20	Swrr	9:00:00
5	642	9.38	Ollie Thorogood	M-Sen	Aberystwyth Ac	9:30:00
6	644	9.42	Tim Pratt	M-Sen	Teignbridge Trotters	9:50:00
7	645	10.03	Toby Hooper	M-U20	Newton Abbot Athletics Club	9:50:00
8	654	10.04	Miko Cadeddu	M-Sen	-	10:30:00
9	650	10.06	Alexander Bly	M-U20	Torbay Athletics	10:00:00
10	656	10.12	Martyn Breslan	M-35+	Torbay Ac	10:30:00
11	651	10.17	Garry Smart	M-50+	Teignbridge Trotters	10:10:00
12	652	10.31	Katie Syngé	F-Sen	Exeter Harriers	10:15:00
13	658	10.34	Charlie Hague	M-U13	Exeter Harriers	0:00:00
14	657	10.36	Serane Stone	F-40+	Tiverton Harriers	10:30:00
15	648	10.54	Paul Hindle	M-35+	Newton Abbot Ac	10:00:00
16	655	10.59	Alison Thorn	F-40+	Erme Valley Harriers	10:30:00



David Lloyd

CLUBS



exeter college



## B RACE - RESULTS

Pos	Race No	Time	Name	Cat	Club	Predicted Time
1	662	10.19	Edward Pickering	M-40+	South West Road Runners	10:40:00
2	664	10.20	Tim Landy	M-Sen	South West Road Runners	10:45:00
3	672	10.37	Adam Hennesy	M-Sen	Honiton Rc	11:26:00
4	661	10.42	Cameron Bryson	M-U15	Exeter	10:30:00
5	647	10.47	Charlie Arnold	M-U15	Honiton Running Club - Juniors	11:00:00
6	667	10.49	Pierre Terlinden-Ruhl	M-Sen	Exeter University Ac	11:00:00
7	663	10.51	Nicky Savill	F-Sen	South West Road Runners	10:45:00
8	666	10.52	John Garrity	M-M45	Exmouth Harriers	11:00:00
9	678	10.59	Simon Chant	M-40+	Exeter Triathlon Club	11:30:00
10	670	11.08	James Everidge	M-Sen	South West Road Runners	11:15:00
11	668	11.09	Brian Sansom	M-50+	Exmouth Harriers	11:10:00
12	680	11.19	Steve Lang	M-60+	South West Veterans Ac	11:30:00
13	669	11.21	Alan Ledger	M-35+	Tiverton Harriers	11:11:00
14	679	11.26	Alistar Ferguson	M-Sen	Swrr	11:30:00
15	671	11.32	Fiona German	F-U20	Swrr	11:20:00
16	677	11.32	Paul Parker	M-35+		11:30:00
17	682	12.04	Des White	M-60+	Exmouth Harriers Aac	11:36:00
18	673	12.14	Gary Watson	M-60+	Teignbridge Trotters	11:30:00
19	665	12.28	Courtney Howard	F-U20	Exeter Harriers	11:00:00

## C RACE - RESULTS

Pos	Race No	Time	Name	Cat	Club	Predicted Time
1	693	10.36	Richard Potter	M-35+	Tiverton Harriers	12:00:00
2	700	11.18	Xavier Bly	M-U13	Torbay	12:00:00
3	698	11.24	Sam Gammon	M-U13	Honiton Running Club	12:00:00
4	696	11.29	Martin Mceneny	M-50+	Haldon Trail Runners	12:00:00
5	688	11.30	Jim Durston	M-50+	South West Road Runners	12:00:00
6	683	11.34	Richard Bishop	M-50+	Exmouth Harriers Aac	11:40:00
7	691	11.37	Lauren Burd	F-U17	Tiverton Harriers	12:00:00
8	694	11.39	Kieran Ferris	M-Sen	Southwest Road Runners	12:00:00
9	689	11.39	Andy Macmillan	M-50+	South West Road Runner	12:00:00
10	686	11.43	Hannah Bown	F-35+	Exmouth Harriers	11:45:00
11	692	11.44	Naomi Flanagan	F-Sen	Torbay Aac	12:00:00
12	697	11.48	Lachlan Rooney	M-U20	Swrr	12:00:00
13	703	11.49	Olli Smith	M-U15	Exeter Tri	0:00:00
14	685	11.52	Richard Stone	M-35+	South West Road Runners	11:45:00
15	687	11.55	Ian Mortimer	M-50+		11:45:00
16	702	12.02	Andrew Johnson	M-50+	Exmouth Harriers	12:15:00
17	701	12.06	Dan Bly	M-45+	Unaffiliated	12:00:00
18	684	12.21	Stephen Wilbraham	M-45+	Torbay Athletic Club	11:45:00
19	699	12.32	Emma White	F-Sen	Exmouth Harriers	12:00:00

## D RACE - RESULTS

Pos	Race No	Time	Name	Cat	Club	Predicted Time
1	717	11.29	Zachary Harland	M-U17	Swrr	13:00:00
2	712	11.36	Duncan Knight	M-45+	Teignbridge Trotters	13:00:00
3	707	11.45	Kevin Butt	M-40+	Tiverton Harriers	12:30:00
4	710	12.15	Rob Sweet	M-40+		12:30:00
5	714	12.25	Dominic Harrower	M-U20	South West Road Runners	13:00:00
6	713	12.28	Michael Thomas	M-U18	Honiton Running Club	13:00:00
7	705	12.29	Jeffrey Curd	M-50+	Tiverton Harriers	12:30:00
8	711	12.31	Clive Osmond	M-55+	Les Croupiers	12:50:00
9	706	12.36	Julie Hedges	F-55+	South West Road Runners	12:30:00
10	709	12.39	Josie Ratcliff	F-U17	Torbay Aac	12:30:00
11	719	12.41	Nathan Luxton	M-Sen	Wednesday Wobblers	13:30:00
12	725	12.41	Lewis Jones	M-65+	South West Road Runners	13:00:00
13	715	12.42	Karen Cook	F-60+	Swrr	13:00:00
14	716	13.02	Jenny Reay	F-55+	0.00	13:00:00
15	718	13.15	Bob Small	M-65+	Newton Abbot Ac	13:25:00
16	722	13.23	Freya Richold	F-U17	South West Road Runners	13:30:00
17	721	13.29	Jack Plumer	M-U13	South West Road Runners	13:30:00
18	723	13.52	Eamon Crowe	M-50+	Teignbridge Trotters	13:30:00
19	724	14.20	Alison White	F-60+	Exmouth Harriers Aac	13:50:00

## E RACE - RESULTS

Pos	Race No	Time	Name	Cat	Club	Predicted Time
1	734	12.26	Finn Upsher	M-U13	Honiton Running Club	14:30:00
2	720	12.30	Mia Ractliff	F-U13	Torbay Aac	13:30:00
3	727	12.37	Steve Cain	M-35+	South West Road Runners	14:00:00
4	731	12.39	Suzie Tosh	F-40+	South West Road Runners	14:00:00
5	739	13.01	Daniel Vayle	M-35+	South West Military Fitness	15:00:00
6	736	13.15	Kim Knight	F-45+	Teignbridge Trotters	15:00:00
7	740	13.19	Piper Leisk	F-U13	Honiton Juniors	15:00:00
8	730	13.21	Gareth Dow	M-50+	Swrr	14:00:00
9	729	13.26	Hayley Ratcliff	F-50+	Torbay Aac	14:00:00
10	735	13.58	Sara Jane Crozier	F-45+	Torbay Aac	14:35:00
11	728	14.34	Kathryn Hough	F-55+	South West Road Runners	14:00:00
12	747	15.42	Tina Caunter	F-55+	Teignbridge Trotters	15:00:00
13	742	15.45	Bethany Sampson	F-U17	South West Road Runners	15:30:00
14	744	15.46	Edward Brain	M-U15		16:00:00

## UNDER 11 MILE

Pos	Race No	Time	Name	Cat	Club	Predicted Time
1	755	6.09	Eli Baker-Pike	M-U11	Exeter Harriers	U11
2	751	6.12	Thomas Brown	M-U11	Exeter Harriers	U11
3	767	6.19	Rory Oram-Evennett	M-U11	Exeter Harriers	U11
4	765	6.22	Daisy Rowe	F-U11	Exeter Harriers	U11
5	758	6.24	Tamara Dow	F-U11	Exeter Harriers	U11
6	753	6.28	Aidan Bown	M-U11		U11
7	761	6.36	George Smith	M-	Exeter Tri Club	U11
8	764	6.37	Olivia Steer	F-U11	Exeter Tri Club	U11
9	766	6.46	Benjamin Rogers	M-U11	Newton Abbot	U11
10	759	6.47	Harriet Wragg	F-U11	Exeter Harriers	U11
11	763	6.48	Ruby Woodman	F-U11		U11
12	762	6.57	Oliver Woodman	M-U11		U11
13	768	7.08	Archie Oram-Evennett	M-U11	Exeter Harriers	U11
14	750	7.23	Evan Slater	M-U11		U11
15	749	7.23	Dominic Lawrence	M-U11		U11
16	754	8.01	Toby Brain	M-U11		U11
17	752	8.02	Niamh Tosh	F-U11	South West Road Runners	U11