



RUN EXE SUMMER 5k SERIES

Round 1 : Tuesday 4th April 2017

RESULTS

| Pos | No | Time | Name | Cat | Cat Rank | Club | Spot Prize |
|-----|-----|---------|--------------------|------|----------|-------------------------|---------------------------|
| 1 | 370 | 0:15:45 | Jake Smith | MU20 | 1 | Exeter Harriers | |
| 2 | 353 | 0:16:25 | Callum Crawford | MSen | 1 | Exeter Harriers | Le Prix de la combativité |
| 3 | 367 | 0:16:27 | Ollie Thorogood | MSen | 2 | Aberystwyth Ac | |
| 4 | 349 | 0:16:39 | Ian Tyson | M35+ | 1 | Torbay AC | |
| 5 | 374 | 0:16:46 | Francis Malone-Lee | M35+ | 2 | 0 | |
| 6 | 372 | 0:16:55 | Ollie Caute | MU17 | 1 | Exeter Harriers | |
| 7 | 363 | 0:17:03 | Peter Monaghan | M50+ | 1 | Torbay AC | |
| 8 | 361 | 0:17:11 | Tc Chulu | MU17 | 2 | Swrr | |
| 9 | 380 | 0:17:15 | Thomas Burman | MSen | 3 | Exeter Harriers | |
| 10 | 397 | 0:17:33 | James Benham | M35+ | 3 | SWRR | |
| 11 | 357 | 0:17:36 | Langdon williams | M45+ | 1 | SWRR | |
| 12 | 366 | 0:17:41 | Callum Aldous | MSen | 4 | Chichester Westgate Tri | |
| 13 | 369 | 0:17:42 | Matthew Menary | MSen | 5 | Haldon Trail Runners | |
| 14 | 382 | 0:17:50 | Michal Leswiak | MSen | 6 | SWRR | |
| 15 | 335 | 0:17:53 | Kieran Quinn | M35+ | 4 | South West Road Runners | |
| 16 | 373 | 0:17:54 | Alex Crump | MSen | 7 | Haldon Trail Runners | |
| 17 | 423 | 0:18:01 | Joe Osborne | MSen | 8 | Haldon Trail Runners | |
| 18 | 411 | 0:18:09 | Sam Yearling | MU15 | 1 | Erme Valley Harriers | |
| 19 | 391 | 0:18:18 | Peter Heckles | MSen | 9 | Teignbridge Trotters | |
| 20 | 422 | 0:18:23 | Adam Hennessey | MSen | 10 | Honiton Rc | |
| 21 | 352 | 0:18:27 | Matt Prisk | MSen | 11 | Exeter Harriers | |
| 22 | 355 | 0:18:28 | Charlie Arnell | FSen | 1 | Torbay AC | Yes |
| 23 | 368 | 0:18:28 | William Daly | MU17 | 3 | Honiton Rc | |
| 24 | 376 | 0:18:38 | Alison Thorn | F40+ | 1 | Erme Valley Harriers | |
| 25 | 360 | 0:18:43 | Steve Crowley | M40+ | 1 | Exeter Tri | |
| 26 | 419 | 0:18:44 | Ian Lea | M40+ | 2 | 0 | |
| 27 | 378 | 0:18:44 | Ben Stone | M35+ | 5 | Tiverton Harriers | |
| 28 | 326 | 0:18:47 | Cleo Perry | F40+ | 2 | Erme Valley Harriers | |
| 29 | 386 | 0:18:49 | Cameron Lamount | MSen | 12 | 0 | |

*If you've won a spot prize it will be available for collection at rd 2 on the 2nd May



David Lloyd

CLUBS



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|----|-----|---------|-------------------|------|----|-------------------------|-----|
| 30 | 392 | 0:18:49 | Nicky Savill | FSen | 2 | SWRR | |
| 31 | 371 | 0:18:51 | Martin Brace | M45+ | 2 | Tiverton Harriers | |
| 32 | 354 | 0:18:52 | Tony Arnell | M50+ | 2 | Torbay AC | |
| 33 | 342 | 0:19:07 | Simon Powell | M35+ | 6 | MudCrew | |
| 34 | 400 | 0:19:14 | David Wilson | M35+ | 7 | SWRR | |
| 35 | 305 | 0:19:15 | Harry German | MU20 | 2 | SWRR | |
| 36 | 418 | 0:19:16 | Nathan White | MSen | 13 | Haldon Trail Runners | |
| 37 | 345 | 0:19:17 | Anthony Stephens | MSen | 14 | 0 | |
| 38 | 410 | 0:19:20 | Roger Atkinson | M45+ | 3 | Haldon Trail Runners | |
| 39 | 365 | 0:19:21 | Ioan Davies | MU20 | 3 | 0 | |
| 40 | 358 | 0:19:21 | Ian Lynch | M55+ | 1 | Haldon Trail Runners | |
| 41 | 408 | 0:19:30 | Brian Sanson | M50+ | 3 | Exmouth Harriers | |
| 42 | 340 | 0:19:33 | Steve Martin | M40+ | 3 | 0 | |
| 43 | 395 | 0:19:35 | James Bingham | M35+ | 8 | SWRR | Yes |
| 44 | 387 | 0:19:42 | Graeme Whalen | M35+ | 9 | SWRR | |
| 45 | 377 | 0:19:45 | Ross Pine | M35+ | 10 | Dawlish Coasters | |
| 46 | 348 | 0:19:47 | Charlotte Burrows | FSen | 3 | Haldon Trail Runners | |
| 47 | 341 | 0:19:48 | Allan Herdman | M60+ | 1 | Tavistock AC | |
| 48 | 379 | 0:19:54 | Jasmine Stone | FU13 | 1 | Tiverton Harriers | |
| 49 | 396 | 0:19:57 | Alistair Ferguson | MSen | 15 | SWRR | |
| 50 | 320 | 0:20:04 | Barry Frost | M55+ | 2 | SWRR | |
| 51 | 330 | 0:20:08 | Annabelle Evans | FU20 | 1 | Newton Abbot | |
| 52 | 334 | 0:20:16 | Hannah Bown | F35+ | 1 | Exmouth harriers | |
| 53 | 409 | 0:20:17 | Melanie Brooks | F40+ | 3 | Dawlish Coasters | |
| 54 | 417 | 0:20:20 | Dan Grey | M35+ | 11 | Haldon Trail Runners | |
| 55 | 316 | 0:20:23 | Benjamin Thomson | MSen | 16 | 0 | |
| 56 | 325 | 0:20:25 | Jim Durston | M50+ | 4 | South West Road Runners | |
| 57 | 405 | 0:20:27 | Rob Graham | M40+ | 4 | SWRR | |
| 58 | 314 | 0:20:35 | Alan Ledger | M35+ | 12 | Tiverton Harriers | |
| 59 | 306 | 0:20:39 | Fiona German | FU17 | 1 | SWRR | Yes |
| 60 | 351 | 0:20:45 | Rob Sweet | M40+ | 5 | 0 | |
| 61 | 389 | 0:20:53 | Richard Kemp | M45+ | 4 | Tiverton Harriers | |
| 62 | 403 | 0:20:53 | Will Spencer | MU17 | 4 | Tiverton Harriers | |
| 63 | 393 | 0:20:55 | Steve Lang | M60+ | 2 | SW Vets Ac | |
| 64 | 402 | 0:21:02 | Phil Spencer | M50+ | 5 | Tiverton Harriers | |
| 65 | 324 | 0:21:04 | Anthea Board | F50+ | 1 | Haldon Trail Runners | |
| 66 | 300 | 0:21:06 | Des White | M60+ | 3 | Exmouth Harriers AAC | |
| 67 | 424 | 0:21:07 | Jake Chan | MSen | 17 | SWRR | |
| 68 | 344 | 0:21:11 | Andrew Johnson | M50+ | 6 | Exmouth Harriers | |
| 69 | 312 | 0:21:14 | Emilie Lewis | F35+ | 2 | 0 | |
| 70 | 359 | 0:21:20 | Ian Dabbs | M45+ | 5 | Exeter Tri | |
| 71 | 331 | 0:21:37 | Jeffrey Curd | M50+ | 7 | Tiverton Harriers | |
| 72 | 420 | 0:21:39 | Matthew Gauld | M40+ | 6 | 0 | |



David Loyd
CLUBS



exeter college



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|-----|-----|---------|-------------------|------|----|-------------------------|---------------------------|
| 73 | 310 | 0:21:41 | Charles Lee | M35+ | 13 | 0 | |
| 74 | 388 | 0:21:49 | Lewis Jones | M65+ | 1 | SWRR | |
| 75 | 375 | 0:21:53 | Paula Hawkins | F40+ | 4 | 0 | Le Prix de la combativité |
| 76 | 356 | 0:21:56 | Jenny Reay | F55+ | 1 | Exeter Tri | |
| 77 | 318 | 0:22:00 | Callum Lamont | M50+ | 8 | SWRR | |
| 78 | 383 | 0:22:04 | Gary Brenton | M45+ | 6 | Torbay AC | |
| 79 | 385 | 0:22:13 | Nicholas Pope | M40+ | 7 | 0 | |
| 80 | 364 | 0:22:19 | Linda Dabbs | F45+ | 1 | Exeter Tri | |
| 81 | 421 | 0:22:20 | Karen Cook | F55+ | 2 | SWRR | |
| 82 | 412 | 0:22:23 | Len Oconnel | MSen | 18 | Tiverton Harriers | |
| 83 | 399 | 0:22:24 | David Phillips | M60+ | 4 | Exeter Harriers | |
| 84 | 401 | 0:22:27 | Julie Towers | F55+ | 3 | Launceston RR | |
| 85 | 336 | 0:22:29 | Tim Synge | M50+ | 9 | Westbury Harriers | |
| 86 | 415 | 0:22:31 | Rob Pollard | M35+ | 14 | 0 | |
| 87 | 381 | 0:22:36 | Dave Moulder | M60+ | 5 | SWRR | Yes |
| 88 | 313 | 0:22:42 | Nigel Eagling | M65+ | 2 | Truro | |
| 89 | 398 | 0:22:44 | Kathryn Steenson | F40+ | 5 | Teignbridge Trotters | |
| 90 | 329 | 0:22:54 | Tobias Murphy | MU17 | 5 | 0 | |
| 91 | 384 | 0:22:57 | Emma Gilboy | F40+ | 6 | Torbay AC | |
| 92 | 332 | 0:22:58 | Andrew Joiner | MSen | 19 | Vegan Runners (UK) | |
| 93 | 407 | 0:23:30 | Andrew Place | MSen | 20 | Exmouth Harriers | |
| 94 | 390 | 0:23:48 | Simon Gilboy | M45+ | 7 | Torbay Ac | |
| 95 | 319 | 0:24:01 | Peter Bunyan | M65+ | 3 | South West Vets AC | |
| 96 | 328 | 0:24:03 | Michael Murphy | M40+ | 8 | 0 | |
| 97 | 404 | 0:24:13 | Bob Small | M65+ | 4 | Newton Abbot Ac | |
| 98 | 413 | 0:24:17 | Nicki Ashworth | F45+ | 2 | 0 | Yes |
| 99 | 311 | 0:24:37 | Sarah Moffat | FSen | 4 | South West Road Runners | |
| 100 | 337 | 0:24:39 | Mike Colloby | M55+ | 3 | 0 | |
| 101 | 333 | 0:24:43 | Andrew Drake | MSen | 21 | 0 | |
| 102 | 346 | 0:24:47 | Kate Rogers | F55+ | 4 | Tavistock AC | |
| 103 | 338 | 0:25:11 | Karen Brewer | F45+ | 3 | 0 | |
| 104 | 362 | 0:25:18 | Stuart Drake | MSen | 22 | 0 | |
| 105 | 301 | 0:25:20 | Alison White | F60+ | 1 | Exmouth Harriers AAC | |
| 106 | 309 | 0:25:36 | Yusra-Zara Salman | FSen | 5 | South West Road Runners | |
| 107 | 339 | 0:26:12 | Matt Bonnell | M40+ | 9 | 0 | |
| 108 | 327 | 0:26:33 | Rod Payne | M60+ | 6 | Teignbridge Trotters | |
| 109 | 394 | 0:27:04 | Hayley Toy | F40+ | 7 | 0 | Yes |
| 110 | 414 | 0:27:29 | Alison Hydon | F40+ | 9 | 0 | |
| 111 | 308 | 0:29:01 | Sam Appleby | MU20 | 4 | 0 | |
| 112 | 307 | 0:29:01 | Alexander Reader | MU17 | 6 | 0 | |
| 113 | 322 | 0:31:13 | Amanda Harrison | F40+ | 11 | 0 | |
| 114 | 323 | 0:31:13 | Scott Harrison | M45+ | 8 | 0 | |
| 115 | 347 | 0:31:49 | Jeanette Allen | F35+ | 3 | 0 | |



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| 116 | 321 | 0:31:49 | Shelley Kelly | F40+ | 13 | 0 |
| 117 | 416 | 0:32:17 | Anne-Marie Baker | F45+ | 4 | 0 |

