



RUN EXE SUMMER 5k SERIES

Round 5 : Tuesday 4th August 2015

RESULTS

Pos	No	Time	Name	Cat	Club	Spot Prize
1	414	0:15:46	James Baker	M 35+	Chichester Runners AAC	
2	498	0:16:08	Neil Barkell	M Sen	Tavistock AC	
3	416	0:16:16	Joe Monk	M U20	Blackburn Harriers	
4	306	0:16:33	Peter Monaghan	M 50+	Torbay AC	
5	292	0:16:47	Alan Ryder	M 50+	Plymouth Musketeers	
6	346	0:16:49	Simon Minting	M Sen	Exmouth Harriers	
7	387	0:16:59	Langdon Williams	M 45+	0	
8	421	0:17:34	James Cockcroft	M Sen	Haldon Trail Runners	
9	271	0:17:38	Nick Casey	M 45+	Crediton Running Network	
10	280	0:17:42	Christian Hewitt	M U20	Tiverton Harriers	
11	432	0:17:42	Miles Woolnough	M Sen	SWRR	
12	243	0:17:43	James Bamber	M 40+	0	
13	297	0:17:50	Darren Powell	M 40+	South West Road Runners	
14	494	0:17:54	Nick Seccombe	M Sen	Okehampton	
15	419	0:17:59	Roger Voaden	M 45+	Okehampton RC	Yes
16	402	0:18:01	Milan Goc	M 35+	South West Road Runners	
17	248	0:18:06	Jan Dolezel	M Sen	Haldon Trail Runners	
18	427	0:18:10	Paddy Trinder	M 35+	Erme Valley Harriers	
19	431	0:18:12	Alison McEwing	F Sen	Erme Valley Harriers	
20	434	0:18:13	Ian Lea	M 35+	0	
21	253	0:18:17	Jamie Tinniswood	M 35+	Tiverton Harriers	
22	254	0:18:18	Chris Dupain	M Sen	Exmouth Harriers	
23	249	0:18:21	Peter Belcher	M 40+	Haldon Trail Runners	
24	207	0:18:24	David Trelease	M Sen	0	
25	433	0:18:32	Alex Crump	M Sen	Haldon Trail Runners	Yes
26	318	0:18:36	Rory Carr	M 35+	Tiverton Harriers	
27	273	0:18:38	Shaun McKernan	M U15	Torbay AC	
28	212	0:18:42	Serane Stone	F 35+	Tiverton Harriers	
29	233	0:18:44	Martyn Ellis	M 35+	Torbay Ac	
30	229	0:18:50	Jamie Barnett	M U20	Teignbridge Trotters	
31	286	0:18:54	Harry German	M U17	SWRR	
32	409	0:19:00	Chris Ridler	M Sen	0	
33	428	0:19:04	Nathan White	M 35+	Haldon Trail Runners	

*If you've won a spot prize it will be available for collection at rd 6 in (only).

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34	378	0:19:05	Alison Thorn	F	40+	Erme Valley Harriers	
35	415	0:19:14	Ian Lynch	M	50+	Haldon Trail Runners	
36	274	0:19:15	Mike Pearce	M	Sen	SWRR	
37	277	0:19:17	Alister Ferguson	M	Sen	SWRR	
38	391	0:19:26	Simon Swift	M	45+	Erme Valley Harriers	
39	488	0:19:38	Rob Graham	M	35+	SWRR	
40	340	0:19:41	Martin McEneny	M	45+	Haldon Trail Runners	
41	276	0:19:46	Hannah Bown	F	35+	Exmouth Harriers	Yes
42	337	0:19:54	Stuart May	M	45+	Okehampton Running Club	
43	217	0:19:56	Charlotte Weedon	F	Sen	Haldon Trail Runners	
44	429	0:19:58	Craig Churchill	M	35+	Teignbridge Trotters	
45	197	0:20:02	Alan Ledger	M	35+	Tiverton Harriers	
46	389	0:20:05	Barry Frost	M	55+	South West Road Runners	
47	241	0:20:07	Katherine Humphreys	F	Sen	Tiverton	
48	423	0:20:11	Jim Durston	M	45+	SWRR	
49	200	0:20:12	Phoebe Killen	F	U17	Exeter Harriers	
50	181	0:20:19	Martin Havill	M	55+	Exeter Harriers	
51	260	0:20:21	Karen Cook	F	55+	SWRR	
52	440	0:20:22	Mike Feighan	M	45+	SWRR	
53	302	0:20:24	Andrew Johnson	M	50+	Exmouth Harriers	
54	348	0:20:31	Phil Davey	M	55+	0	Yes
55	320	0:20:34	Paul Carr	M	35+	0	
56	266	0:20:39	Phil Spencer	M	50+	Tiverton Harriers	
57	386	0:21:05	Dave Moulder	M	55+	South West Road Runners	
58	313	0:21:09	Will Spencer	M	U15	Tiverton Harriers	
59	403	0:21:11	Daniel Ahl	M	45+	0	
60	426	0:21:20	Jenny Reay	F	55+	0	
61	203	0:21:22	Stephen Wilbraham	M	45+	Torbay Athletic Club	
62	424	0:21:25	Fiona German	F	U17	SWRR	
63	439	0:21:26	Peter Wand	M	50+	Stroud AC	
64	407	0:21:30	Tim Theobald	M	60+	Teignbridge Trotters	
65	247	0:21:30	Mark De Souza	M	45+	0	
66	390	0:21:31	Lewis Jones	M	65+	South West Road Runners	
67	226	0:21:36	Julie Hedges	F	50+	SWRR	
68	213	0:21:37	Lauren Burd	F	U15	0	
69	182	0:21:52	William Aczel	M	U17	0	Yes
70	239	0:21:56	Julie Towers	F	50+	Launceston Road Runners	
71	420	0:21:59	Jamie McEneny	M	U15	0	
72	354	0:22:18	Alastair Dunn	M	Sen	Erme Valley Harriers	
73	411	0:22:29	Lee Taylor	M	35+	0	
74	413	0:22:30	Jennifer Burton	F	40+	SWRR	
75	291	0:22:31	Angela Handforth	F	65+	South West Vets Ac	
76	183	0:22:31	Tracy Bennett	F	40+	SWRR	
77	438	0:22:35	Will Ahl	M	U13	0	
78	436	0:22:36	Matthew Ahl	M	U13	0	
79	308	0:22:37	Nigel Barnet	M	40+	Teignbridge Trotters	

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80	201	0:22:39	James Wilbraham	M Sen	0	
81	375	0:22:50	Amanda Perry	F 50+	South West Road Runners	
82	267	0:22:53	Amelia Hall	F 45+	Torbay AC	
83	425	0:23:10	Charles Mossman	M 65+	Crediton Running Network	
84	430	0:23:12	Bob Small	M Sen	Newton Abbot AC	
85	435	0:23:18	Helen Kirby	F 35+	0	
86	422	0:23:23	Kate Greenhaigh	F Sen	0	Yes
87	437	0:23:24	Ben Ahl	M 40+	0	
88	298	0:23:26	Jennie Roberts	F 40+	Teignbridge Trotters	
89	221	0:23:34	Peter Bunyan	M 60+	0	
90	196	0:23:53	Hylda Stewart	F 55+	Clydesdale Harriers	
91	405	0:24:10	Tim Gray	M 45+	Collingwood AC	
92	490	0:24:22	Liz Prokorowicz	F 35+	Haldon Trail Runners	
93	240	0:24:37	Yusra-Zara Salman	F Sen	Nike Run Club	
94	205	0:24:59	Tamsin Phelvin	F 35+	Tiverton Harriers	
95	278	0:25:11	Nigel Dupain	M 60+	Exmouth Harriers	
96	393	0:25:23	Karl Smith	M Sen	0	
97	208	0:25:44	Samantha Townsend	F 35+	0	
98	236	0:25:49	Eileen Sanders	F 55+	Tiverton Harriers	
99	441	0:25:51	Dave Eveleigh	M 60+	Exmouth	Yes
100	237	0:25:58	Beverley Holloway	F 40+	SWRR	
101	418	0:26:41	Margaret Jarvis	F 60+	Okehampton RC	
102	332	0:26:41	Adam Cleaver	M Sen	0	
103	417	0:26:42	Vicky Church	F Sen	0	
104	324	0:29:12	Libby Burd	F U13	0	
105	199	0:29:29	Emma Hughes	F Sen	0	
106	316	0:29:32	Jim Wyatt	M 65+	Exmouth Harriers	
107	211	0:30:20	Anne-Marie Baker	F 40+	0	
108	347	0:30:59	Les Turner	M 65+	Exmouth Harriers	
109	410	0:34:33	Nicola Green	F 50+	0	Yes
110	406	0:34:33	Shelley Kelly	F 35+	0	



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The poster features a purple background with a collage of three images: a male runner in a yellow tank top, a large crowd of runners, and a person in a blue and yellow uniform. The text is white and purple.