



RUN EXE SUMMER 5k SERIES

Round 3 : Tuesday 7th June 2016

RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club	Spot Prize
1	509	0:15:34	Dan Mapp	MSen	1	Bideford AAC	
2	617	0:15:43	Jake Smith	MU20	1	Axe Valley Runners/ Exeter Harriers	
3	716	0:15:50	Zach Nolan	MSen	2	Exeter Uni AC	
4	695	0:16:04	Joachim Tranvag	MSen	3	Exeter Uni / Rindal IL	
5	508	0:16:17	Robert Mann	MSen	4	University of Exeter	
6	701	0:16:22	Andrew Ingle	M35+	1	Bideford AAC	
7	596	0:16:51	Christian Hewitt	MSen	5	Tiverton Harriers	
8	718	0:17:10	Oliver Teenan	MSen	6	Exeter Uni Tri Club	
9	723	0:17:14	Andrew Vallance	M35+	2	Okehampton Running Club	
10	584	0:17:27	Peter Fletcher	MSen	7	Exmouth Harriers	
11	652	0:17:29	Martin Pearce	M35+	3	0	
12	720	0:17:31	Henry Hart	MU20	2	Teignbridge Trotter	
13	537	0:17:34	Langdon Williams	M45+	1	SWRR	
14	550	0:17:35	Jamie Barnett	MU20	3	Teignbridge Trotters	
15	675	0:17:42	Timothy Colebrook	MSen	8	0	
16	707	0:17:43	Geoff Davey	M40+	1	Teignbridge Trotters	
17	530	0:17:44	Jan Dolezel	MSen	9	Haldon Trail Runners	
18	624	0:17:48	Matthew Menary	MSen	10	Haldon Trail Runners	
19	630	0:18:00	Kevin Woodard	MSen	11	Teignbridge Trotters	
20	541	0:18:03	Jamie Tinniswood	M35+	4	Tiverton Harriers	
21	715	0:18:07	Roger Voaden	M50+	1	Okehampton Running Club	
22	583	0:18:12	James Benham	MSen	12	SWRR	
23	678	0:18:15	colin peters	M50+	2	SDAC	Yes
24	520	0:18:18	Serane Stone	F35+	1	Tiverton harriers	
25	539	0:18:19	Jon Garrity	M45+	2	Exmouth Harriers	
26	491	0:18:21	TC Chulu	MU17	1	South West Road Runners	
27	523	0:18:23	David Trelease	MSen	13	Orcombe Trotters	
28	579	0:18:24	Martyn Ellis	M35+	5	Mavericks	
29	662	0:18:28	Joe Osborne	MSen	14	0	
30	535	0:18:29	Peter Belcher	M40+	2	Royal Marines	

*If you've won a spot prize it will be available for collection at rd 4 on the 5th July



ENTRIES NOW OPEN

31	627	0:18:34	Callum Aldous	MSen	15	Chichester Westgate Triathlon Club	
32	580	0:18:39	Alison McEwing	F35+	2	Erme Valley Harriers	
33	510	0:18:43	Shaun Mckernan	MU17	2	Torbay Athletics Club	
34	721	0:18:47	Geoff Hill	M40+	3	Okehampton Running Club	
35	512	0:18:49	Catherine Newman	F50+	1	Exmouth Harriers	
36	542	0:18:55	Martin Brace	M45+	3	Tiverton Harriers	
37	576	0:18:57	Nicky Savill	FSen	1	SWRR	
38	710	0:19:00	Peter Heckles	MSen	16	Teignbridge Trotters	
39	722	0:19:05	Chris Turner	MSen	17	Okehampton Running Club	
40	653	0:19:06	Alison Thorn	F40+	1	Erme Valley Harriers	
41	717	0:19:08	Brian Sansom	M50+	3	Exmouth Harriers	Yes
42	697	0:19:09	Allan Herdman	M60+	1	Tavistock AC	Le Prix de la combativité
43	633	0:19:13	James Sellek	MU17	3	0	
44	595	0:19:18	Nathan White	M35+	6	Haldon Trail Runners	
45	730	0:19:20	Anthony Campbell	M40+	4	0	
46	582	0:19:39	Alister Ferguson	MSen	18	SWRR	
47	712	0:19:47	Stuart May	M45+	4	Okehampton Running Club	
48	600	0:19:51	Jaine Swift	F45+	1	Erme Valley Harriers	
49	531	0:19:52	Steve Lang	M60+	2	South West Vets AC	
50	702	0:19:53	Will Carrodus	MSen	19	0	
51	601	0:19:53	Simon Swift	M45+	5	Erme Valley Harriers	
52	677	0:19:54	Michael Hansen	M55+	1	Erme Valley Harriers	
53	689	0:19:56	Mark Heywood	M40+	5	0	
54	592	0:19:57	Richard Bishop	M45+	6	Exmouth Harriers	
55	499	0:20:00	Harry German	MU20	4	SWRR	
56	719	0:20:02	Craig Churchill	M35+	7	Teignbridge Trotters	
57	727	0:20:05	James Williamson	MSen	20	Hunters Bog Trotters (Edinburgh)	
58	619	0:20:08	Suzy Rushforth	F40+	2	SWRR	Yes
59	708	0:20:10	Jordan Ewing	MU20	5	0	
60	513	0:20:14	Richard Pedrick	MSen	21	South West Road Runners	
61	540	0:20:16	Stephen Sirdefield	M50+	4	Tiverton Harriers	
62	656	0:20:18	Benjamin Thorn	MU17	4	Erme Valley Harriers	
63	496	0:20:25	Barry Frost	M55+	2	SWRR	
64	621	0:20:26	Jim Durston	M50+	5	South West Road Runners	
65	647	0:20:28	Charlotte Burrows	FSen	2	Haldon Trail Runners	
66	639	0:20:32	Walter Andrews	M55+	3	Tiverton Harriers	
67	661	0:20:37	Huey Pearce	MU13	1	0	
68	704	0:20:38	Ian Thomas	M45+	7	Dartmouth Amateur Athletics Club	
69	507	0:20:42	Alan Ledger	M35+	8	Tiverton Harriers	
70	724	0:20:43	Martin Havill	M60+	3	Exeter Harriers	
71	714	0:20:45	Maggie Hunt	F55+	1	FERC	Yes
72	568	0:20:47	Bob Minting	M65+	1	Blackheath & Bromley	
73	713	0:20:52	James Morrison	M35+	9	Tiverton Harriers	

Exeter's
great west run

**Sign up
now!**



**Sunday 16th
October
2016**




74	599	0:20:55	Joanna Edwards	F50+	2	Erme Valley Harriers	
75	534	0:20:56	Matthew Dominey	M35+	10	SWRR	
76	585	0:21:04	Jonathan Major	M35+	11	0	
77	625	0:21:07	Chloe Fox	FSen	3	South west road runners	
78	629	0:21:11	Janet Sealy	F40+	3	0	
79	703	0:21:14	David Twine	M60+	4	Tavistock	
80	525	0:21:23	Stephen Wilbraham	M45+	8	Torbay Athletic Club	
81	735	0:21:26	Paul Carr	M35+	12	0	
82	609	0:21:27	Ashley Jones	MSen	22	University of Exeter Triathlon Club	
83	527	0:21:34	Steve Selley	M50+	6	Honiton Rc	
84	659	0:21:35	Jo Pearce	F45+	2	SWRR	
85	574	0:21:35	Gary Watson	M55+	4	Teignbridge Trotters	Yes
86	484	0:21:40	William Aczel	MU17	5	0	
87	564	0:21:45	Lewis Jones	M65+	2	SWRR	
88	731	0:21:48	Phil Bates	M45+	9	Torbay AC	
89	616	0:21:52	Tim Syngé	M50+	7	Westbury Harriers	
90	548	0:21:52	Nigel Barnett	M40+	6	Teignbridge Trotters	
91	646	0:21:54	Richard Stone	M35+	13	SWRR	
92	672	0:21:56	Andrew Houghton	M70+	1	Tavistock Athletics	
93	705	0:21:57	Astrid Thomas	FU15	1	Dartmouth Amateur Athletics Club	
94	620	0:22:00	Andrew Johnson	M50+	8	Exmouth Harriers	
95	737	0:22:02	Dan Salt	M40+	7	Erme Valley Harriers	
96	597	0:22:16	Graham Napper	M50+	9	SWRR	
97	519	0:22:19	Jasmine Stone	FU13	1	Exeter Harriers	
98	581	0:22:31	Karen Cook	F55+	2	SWRR	
99	528	0:22:33	Tracy Bennett	F40+	4	SWRR	
100	492	0:22:34	Gavin Connor	M35+	14	South West Road Runners	
101	504	0:22:37	Hannah Jones	F40+	5	Teignbridge Trotters	
102	553	0:22:39	Mark De Souza	M50+	10	0	
103	700	0:22:44	Richard Golesworthy	M60+	5	0	
104	631	0:22:49	Tracey Oxborough	F50+	3	Tavistock Athletic Club	
105	680	0:22:58	Dan Tofield	MSen	23	0	
106	618	0:23:14	Callum Lamont	M50+	11	SWRR	
107	698	0:23:16	Lotta Savola	FSen	4	Torbay Athletic Club	Yes
108	736	0:23:38	Noah Salt	MU13	2	Newton Abbot Athletics Club	
109	682	0:23:39	Ben Ridley	MSen	24	0	
110	728	0:23:45	Amy Williamson	FSen	5	Hunters Bog Trotters	
111	673	0:24:56	Becky Edge	FSen	6	0	
112	671	0:24:57	Dave Eveleigh	M60+	6	Exmouth Harriers	
113	590	0:24:59	Nicki Ashworth	F45+	3	0	
114	500	0:25:05	Alison German	F40+	6	SWRR	
115	594	0:25:18	Rose Elliott	F45+	4	SWRR	
116	734	0:25:21	Sara Jane Crozier	F45+	5	Torbay AAC	

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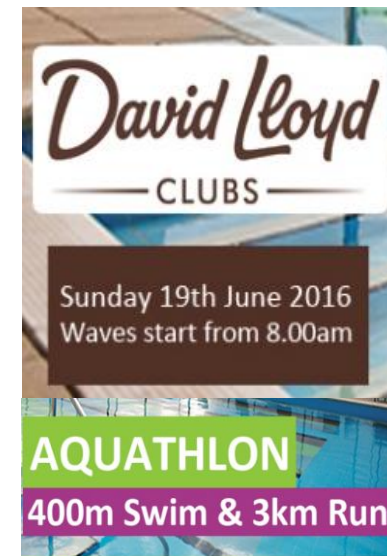


 InStep



ENTRIES NOW OPEN

117	709	0:25:30	Eleanor Taylor	F55+	3	Teignbridge Trotters	
118	563	0:25:31	Laura Rogers	FSen	7	Tavistock AC	
119	562	0:25:32	Kate Rogers	F55+	4	Tavistock AC	
120	676	0:25:35	Carol Hansen	F50+	4	Erme Valley Harriers	
121	518	0:25:58	Yusra-Zara Salman	FSen	8	South West Road Runners	
122	690	0:26:02	Erika Smith	FSen	9	0	
123	681	0:26:05	Luke Simpson	MSen	25	0	
124	683	0:26:09	Lee Potter	M40+	8	0	
125	711	0:26:28	Michael Alsworth	M65+	3	100 Marathon Club	
126	685	0:26:34	Patrick Moore	M55+	5	0	
127	732	0:26:38	Rod Payne	M60+	7	Teignbridge Trotters	
128	692	0:26:45	Franzi Marwede	FSen	10	0	
129	686	0:26:51	Chun Chan	MSen	26	0	
130	733	0:27:00	Lucy Payne	F60+	1	Teignbridge Trotters	
131	706	0:27:35	Sara Collman	F35+	3	Teignbridge Trotters	Yes
132	725	0:27:55	Mairi Cumming	FSen	11	0	
133	726	0:27:56	Peter Burgon	MSen	27	0	
134	696	0:27:59	Bethany Sampson	FU17	1	South West Road Runners	
135	729	0:28:07	Jodie Griffiths	FSen	12	0	
136	691	0:28:21	Simon Beer	M35+	15	0	
137	699	0:30:24	Sam Read	FSen	12	0	
138	578	0:32:16	Jim Wyatt	M70+	2	Exmouth Harriers	
139	694	0:33:51	Emily Dore	FSen	12	0	
140	679	0:33:52	Carley Dore	FSen	12	0	
141	606	0:33:54	Brenda Grant	F60+	2	South Devon	Le Prix de la combativité



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