



# RUN EXE SUMMER 5k SERIES

Round 5 : Tuesday 2nd August 2016

## RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club	Spot Prize
1	808	0:15:20	Tom Merson	MSen	1	Exmouth Harriers	
2	508	0:16:03	Robert Mann	MSen	2	University of Exeter	
3	565	0:16:07	Sam Hopton	MSen	3	SWRR	
4	791	0:16:44	Philip Eccleston	M35+	1	Burnden Road Runners	
5	538	0:16:48	Peter Monaghan	M50+	1	Torbay AC	
6	570	0:16:49	Simon Minting	MSen	4	Exmouth Harriers	
7	596	0:16:58	Christian Hewitt	MSen	5	Tiverton Harriers	
8	593	0:17:00	Mike Musgrove	M45+	1	Exmouth Harriers	
9	645	0:17:01	Ollie Thorogood	MU20	1	Aberystwyth AC	
10	584	0:17:02	Peter Fletcher	MSen	6	Exmouth Harriers	
11	795	0:17:03	Ryan Snell	M35+	2	0	
12	630	0:17:06	Kevin Woodard	MSen	7	Teignbridge Trotters	
13	802	0:17:14	Daryl Milford	M40+	1	Maverick Runners	
14	537	0:17:27	Langdon Williams	M45+	2	SWRR	
15	809	0:17:30	Martin Colwill	M45+	3	Bideford AAC	
16	516	0:17:32	Tim Pratt	MSen	8	Teignbridge Trotters	
17	550	0:17:36	Jamie Barnett	MU20	2	Teignbridge Trotters	Yes
18	652	0:17:37	Martin Pearce	M35+	3	0	
19	541	0:17:47	Jamie Tinniswood	M35+	4	Tiverton Harriers	
20	583	0:17:53	James Benham	MSen	9	SWRR	
21	530	0:17:56	Jan Dolezel	MSen	10	Haldon Trail Runners	
22	669	0:17:57	Ian Lea	M35+	5	0	
23	715	0:18:00	Roger Voaden	M50+	2	Okehampton Running Club	
24	806	0:18:01	Robert Kelly	M35+	6	Okehampton Running Club	
25	491	0:18:06	TC Chulu	MU17	1	South West Road Runners	
26	784	0:18:08	Julian Cabrera	M45+	4	SWRR	
27	523	0:18:08	David Trelease	MSen	11	Orcombe Trotters	
28	535	0:18:14	Peter Belcher	M40+	2	Royal Marines	
29	771	0:18:23	Ben Edwards	MSen	12	0	
30	520	0:18:27	Serane Stone	F35+	1	Tiverton harriers	

\*If you've won a spot prize it will be available for collection at rd 6 on the 6th Sept



31	807	0:18:30	Nick Seccombe	MSen	13	Okehampton Running Club	
32	493	0:18:35	Gareth Davies	MSen	14	South West Road Runners	
33	510	0:18:37	Shaun Mckernan	MU17	2	Torbay Athletics Club	
34	811	0:18:41	Kerry Roberts	M55+	1	Tiverton Harriers	
35	763	0:18:47	Dominic Spayne	MSen	15	Mavericks	Yes
36	666	0:18:49	Sam Yearling	MU15	1	Erme Valley Harriers	
37	542	0:19:17	Martin Brace	M45+	5	Tiverton Harriers	
38	499	0:19:24	Harry German	MU20	3	SWRR	
39	588	0:19:24	Scott Hunter	MSen	16	SWRR	
40	816	0:19:26	Henry Hamilton	MSen	17	London Heathside AC	
41	717	0:19:29	Brian Sansom	M50+	3	Exmouth Harriers	
42	697	0:19:41	Allan Herdman	M60+	1	Tavistock AC	
43	531	0:19:45	Steve Lang	M60+	2	South West Vets AC	
44	582	0:19:45	Alister Ferguson	MSen	18	SWRR	
45	738	0:19:48	Benjamin Thomson	MSen	19	0	
46	810	0:19:55	Jason Steele	MSen	20	0	
47	655	0:19:58	Melanie Brooks	F40+	1	Dawlish Coasters	
48	496	0:19:59	Barry Frost	M55+	2	SWRR	Le Prix de la combativité
49	489	0:20:06	Lauren Burd	FU17	1	Tiverton Harriers	
50	799	0:20:15	Steve Martin	M40+	3	0	
51	513	0:20:20	Richard Pedrick	MSen	21	South West Road Runners	
52	529	0:20:22	Ian Lynch	M50+	4	Haldon Trail Runners	
53	647	0:20:22	Charlotte Burrows	FSen	1	Haldon Trail Runners	
54	712	0:20:26	Stuart May	M45+	6	Okehampton Running Club	
55	525	0:20:29	Stephen Wilbraham	M45+	7	Torbay Athletic Club	
56	621	0:20:32	Jim Durston	M50+	5	South West Road Runners	
57	786	0:20:36	Chris Sharp	M35+	7	SWRR	
58	714	0:20:43	Maggie Hunt	F55+	1	FERC	
59	804	0:20:45	Andy MacMillan	M45+	8	SWRR	
60	668	0:20:46	Timothy Battershall	M35+	8	0	
61	713	0:20:55	James Morrison	M35+	9	Tiverton Harriers	
62	798	0:21:00	Tilly Woods	FU20	1	Newton Abbot AC	
63	599	0:21:07	Joanna Edwards	F50+	1	Erme Valley Harriers	Yes
64	534	0:21:08	Matthew Dominey	M35+	10	SWRR	
65	527	0:21:10	Steve Selley	M50+	6	Honiton Rc	
66	757	0:21:20	Geoff Woods	M50+	7	Newton Abbot AC	
67	498	0:21:25	Fiona German	FU17	2	SWRR	
68	790	0:21:28	Daniel Ahl	M45+	9	Bangkok Warriors	
69	484	0:21:29	William Aczel	MU17	3	0	
70	649	0:21:36	Des White	M60+	3	Exmouth Harriers	
71	572	0:21:39	Rose Partridge	F45+	1	Tiverton Harriers	
72	812	0:21:42	David Maxwell	M50+	8	Torbay AAC	
73	555	0:21:51	Julie Towers	F50+	2	Launceston Road Runners	

**Exeter's**  
great west run

**Sign up  
now!**



**Sunday 16th  
October  
2016**




74	635	0:21:54	Louise Gentry	F35+	2	Teignbridge Trotters	
75	490	0:21:58	Jake Chan	MSen	22	0	
76	564	0:21:59	Lewis Jones	M65+	1	SWRR	
77	767	0:22:04	Nick Robinson	M40+	4	Torbay AAC	
78	817	0:22:11	Pete Hayward	M55+	3	Teignbridge Trotters	
79	646	0:22:12	Richard Stone	M35+	11	SWRR	
80	698	0:22:14	Lotta Savola	FSen	2	Torbay Athletic Club	Yes
81	597	0:22:23	Graham Napper	M50+	9	SWRR	
82	616	0:22:24	Tim Synge	M50+	10	Westbury Harriers	
83	504	0:22:26	Hannah Jones	F40+	2	Teignbridge Trotters	Le Prix de la combativité
84	700	0:22:33	Richard Golesworthy	M60+	4	0	
85	805	0:22:42	Helen Colwill	F45+	2	Bideford AAC	
86	785	0:22:47	Kevin Jennings	M55+	4	Iwasoramrunner	
87	782	0:22:49	Craig McGuire	MSen	23	Torbay AAC	
88	780	0:23:05	Keith Simpson	M50+	11	Torbay AAC	
89	618	0:23:20	Callum Lamont	M50+	12	SWRR	
90	553	0:23:30	Mark De Souza	M50+	13	0	
91	522	0:23:31	Suzie Tosh	F40+	3	South West Road Runners	
92	800	0:23:34	Rob Edwards	M60+	5	Sidmouth Running Club	
93	736	0:24:01	Noah Salt	MU13	1	Newton Abbot Athletics Club	
94	793	0:24:25	Robert Richards	M50+	14	0	
95	803	0:24:29	Tom Hodgson	MSen	24	0	
96	590	0:24:31	Nicki Ashworth	F45+	3	0	
97	654	0:24:42	Kathryn Steemson	F40+	4	Teignbridge Trotters	
98	758	0:24:44	Lottie Woods	FU17	3	Newton Abbot AC	
99	774	0:24:57	Robert Powell	MSen	25	0	
100	562	0:24:59	Kate Rogers	F55+	2	Tavistock AC	
101	734	0:25:02	Sara Jane Crozier	F45+	4	Torbay AAC	
102	500	0:25:14	Alison German	F40+	5	SWRR	
103	650	0:25:28	Alison White	F60+	1	Exmouth Harriers	
104	709	0:25:37	Eleanor Taylor	F55+	3	Teignbridge Trotters	
105	814	0:25:37	Laura Nicholls	FSen	3	0	
106	518	0:25:46	Yusra-Zara Salman	FSen	4	South West Road Runners	
107	563	0:27:09	Laura Rogers	FSen	5	Tavistock AC	
108	797	0:27:40	Liz Wilson	F50+	3	Greenbow	Yes
109	815	0:27:40	Emmi Wilson	FSen	6	0	
110	813	0:30:25	Sarah Midgeley	FSen	7	0	



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