



RUN EXE SUMMER 5k SERIES

Round 4 : Tuesday 5th July 2016

*If you've won a spot prize it will be available for collection at rd 5 on the 2nd Aug

RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club	Spot Prize
1	801	0:15:56	Neal Russell	MSen	1	Royal Marines Running Association	
2	565	0:16:27	Sam Hopton	MSen	2	SWRR	
3	495	0:16:53	Martin Edwards	MSen	3	Bideford AAC	
4	570	0:17:05	Simon Minting	MSen	4	Exmouth Harriers	
5	765	0:17:20	Adam Miller	M40+	1	Exmouth Harriers	
6	645	0:17:23	Ollie Thorogood	MU20	1	Aberystwyth AC	
7	537	0:17:23	Langdon Williams	M45+	1	SWRR	
8	530	0:17:31	Jan Dolezel	MSen	5	Haldon Trail Runners	
9	516	0:17:38	Tim Pratt	MSen	6	Teignbridge Trotters	
10	749	0:17:41	Andy Bryce	MSen	7	Royal Marines Running Association	
11	761	0:17:42	Matt Pitson	M35+	1	Okehampton Running Club	
12	652	0:17:44	Martin Pearce	M35+	2	0	
13	583	0:18:06	James Benham	MSen	8	SWRR	
14	669	0:18:08	Ian Lea	M35+	3	0	
15	541	0:18:10	Jamie Tinniswood	M35+	4	Tiverton Harriers	
16	493	0:18:12	Gareth Davies	MSen	9	South West Road Runners	
17	491	0:18:15	TC Chulu	MU17	1	South West Road Runners	
18	511	0:18:16	Michael Miners	M35+	5	Erme Valley Harriers	
19	678	0:18:17	Colin Peters	M50+	1	SDAC	
20	580	0:18:18	Alison McEwing	FSen	1	Erme Valley Harriers	
21	745	0:18:21	Kieran Quinn	M35+	6	South West Road Runners / Royal Marines	
22	523	0:18:23	David Trelease	MSen	10	Orcombe Trotters	
23	771	0:18:27	Ben Edwards	MSen	11	0	Yes
24	710	0:18:30	Peter Heckles	MSen	12	Teignbridge Trotters	
25	773	0:18:31	Rory Carr	M35+	7	Tiverton Harriers	
26	784	0:18:32	Julian Cabrera	M45+	2	SWRR	
27	520	0:18:34	Serane Stone	F35+	1	Tiverton harriers	
28	501	0:18:34	Milan Goc	M35+	8	South West Road Runners	
29	788	0:18:36	Byron McKinney	M40+	2	Tiverton Harriers	
30	512	0:18:46	Catherine Newman	F50+	1	Exmouth Harriers	



31	514	0:18:51	Cleo Perry	F40+	1	Erme Valley Harriers	
32	588	0:18:53	Scott Hunter	MSen	13	SWRR	
33	510	0:18:56	Shaun Mckernan	MU17	2	Torbay Athletics Club	
34	542	0:19:01	Martin Brace	M45+	3	Tiverton Harriers	
35	763	0:19:02	Dominic Spayne	MSen	14	Mavericks	
36	770	0:19:05	Alexandra Cutts	F35+	2	SWRR	
37	576	0:19:05	Nicky Savill	FSen	2	SWRR	
38	712	0:19:31	Stuart May	M45+	4	Okehampton Running Club	
39	582	0:19:32	Alistair Ferguson	MSen	15	SWRR	Le Prix de la combativité
40	598	0:19:41	Mike Pearce	MSen	16	0	
41	717	0:19:42	Brian Sansom	M50+	2	Exmouth Harriers	
42	531	0:19:47	Steve Lang	M60+	1	South West Vets AC	Yes
43	655	0:19:48	Melanie Brooks	F40+	2	Dawlish Coasters	
44	666	0:19:55	Sam Yearling	MU15	1	Erme Valley Harriers	
45	488	0:19:56	Rupert Broomby	M40+	3	Haldon Trail Runners	
46	489	0:19:58	Lauren Burd	FU17	1	Tiverton Harriers	
47	619	0:19:58	Suzy Rushforth	F40+	3	SWRR	Yes
48	513	0:20:03	Richard Pedrick	MSen	17	South West Road Runners	
49	760	0:20:06	Matthew Gauld	M40+	4	0	
50	600	0:20:07	Jaine Swift	F45+	1	Erme Valley Harriers	
51	496	0:20:09	Barry Frost	M55+	1	SWRR	
52	525	0:20:11	Stephen Wilbraham	M45+	5	Torbay Athletic Club	
53	621	0:20:12	Jim Durston	M50+	3	South West Road Runners	
54	660	0:20:16	Hannah Bown	F35+	3	Exmouth Harriers	
55	507	0:20:20	Alan Ledger	M35+	9	Tiverton Harriers	
56	499	0:20:23	Harry German	MU20	2	SWRR	
57	768	0:20:34	Garry Hooker	M45+	6	Torbay AAC	
58	776	0:20:40	Will Spencer	MU17	3	Tiverton Harriers	
59	625	0:20:43	Chloe Fox	FSen	3	South west road runners	
60	714	0:20:48	Maggie Hunt	F55+	1	FERC	
61	713	0:20:51	James Morrison	M35+	10	Tiverton Harriers	
62	769	0:20:52	Louise Hooker	FSen	4	Torbay AAC	
63	492	0:20:52	Gavin Connor	M35+	11	South West Road Runners	
64	775	0:20:54	Phil Spencer	M50+	4	Tiverton Harriers	
65	786	0:20:54	Chris Sharp	M35+	12	SWRR	
66	629	0:20:56	Janet Sealy	F40+	4	0	Yes
67	540	0:20:58	Stephen Sirdefield	M50+	5	Tiverton Harriers	
68	781	0:20:59	Jo Bedler	F40+	5	Bideford AAC	
69	564	0:21:09	Lewis Jones	M65+	1	SWRR	
70	639	0:21:12	Walter Andrews	M55+	2	Tiverton Harriers	
71	490	0:21:14	Jake Chan	MSen	18	0	
72	738	0:21:16	Benjamin Thomson	MSen	19	0	
73	659	0:21:17	Jo Pearce	F45+	2	SWRR	

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great west run

**Sign up
now!**



**Sunday 16th
October
2016**




74	498	0:21:21	Fiona German	FU17	2	SWRR	
75	649	0:21:24	Des White	M60+	2	Exmouth Harriers	
76	620	0:21:26	Andrew Johnson	M50+	6	Exmouth Harriers	
77	484	0:21:32	William Aczel	MU17	4	0	
78	587	0:21:37	Julie Hedges	F50+	2	SWRR	
79	790	0:21:46	Daniel Ahl	M45+	7	Bangkok Warriors	
80	572	0:21:50	Rose Partridge	F45+	3	Tiverton Harriers	
81	597	0:21:53	Graham Napper	M50+	7	SWRR	
82	779	0:21:54	Christy Worthington	M40+	5	Bideford AAC	
83	783	0:21:56	Sara Colvin	F45+	4	Bideford AAC	Yes
84	737	0:22:04	Dan Salt	M40+	6	Erme Valley Harriers	
85	585	0:22:06	Jonathan Major	M35+	13	0	
86	555	0:22:08	Julie Towers	F50+	3	Launceston Road Runners	
87	569	0:22:11	Richard Kemp	M45+	8	Tiverton Harriers	
88	782	0:22:13	Craig McGuire	MSen	20	Torbay AAC	
89	505	0:22:16	Scott Jordan	M40+	7	Exmouth harriers	
90	615	0:22:19	Nick Potbury	M45+	9	South West Road Runners	
91	581	0:22:20	Karen Cook	F55+	2	SWRR	
92	698	0:22:34	Lotta Savola	FSen	5	Torbay Athletic Club	
93	767	0:22:36	Nick Robinson	M40+	8	Torbay AAC	
94	759	0:22:37	Colin Greenslade	M45+	10	0	
95	618	0:22:46	Callum Lamont	M50+	8	SWRR	
96	528	0:22:46	Tracy Bennett	F40+	6	SWRR	
97	744	0:22:49	Eric Foster	M60+	3	Dawlish Coasters	
98	785	0:22:49	Kevin Jennings	M55+	3	Iwasoramrunner	
99	780	0:22:52	Keith Simpson	M50+	9	Torbay AAC	
100	755	0:22:55	Charles Mossman	M65+	2	Crediton Running Network	
101	747	0:23:07	Lawrence Atherton	M50+	10	South west road runners	
102	736	0:23:08	Noah Salt	MU13	1	Newton Abbot Athletics Club	
103	640	0:23:11	Glenn Wood	M50+	11	East Cornwall Harriers	
104	787	0:23:23	Aidan Bown	MU13	2	Exeter Tri Club	
105	762	0:23:27	Catherine Holt	F40+	7	0	
106	764	0:23:33	Nicholas Spayne	M55+	4	Mavericks	
107	522	0:23:34	Suzie Tosh	F40+	8	South West Road Runners	Le Prix de la combativité
108	534	0:23:41	Matthew Dominey	M35+	14	SWRR	
109	774	0:24:24	Robert Powell	MSen	21	0	
110	650	0:24:33	Alison White	F60+	1	Exmouth Harriers	
111	743	0:24:36	Janet Foster	F60+	2	Dawlish Coasters	
112	638	0:24:38	Sarah Horton	F45+	5	Plymouth Coasters	
113	746	0:24:43	Martin Brint	M40+	9	0	
114	734	0:24:46	Sara Jane Crozier	F45+	6	Torbay AAC	
115	766	0:24:57	John Kavanagh	M50+	12	SWRR	
116	758	0:25:11	Lottie Woods	FU17	3	Newton Abbot AC	



117	671	0:25:21	Dave Eveleigh	M60+	4	Exmouth Harriers	
118	590	0:25:26	Nicki Ashworth	F45+	7	0	
119	789	0:25:38	Genevieve Ahl	F45+	8	0	
120	750	0:25:57	Jonathan Holloway	MSen	22	0	Yes
121	754	0:26:15	Daniel Warner	MSen	23	0	
122	518	0:26:19	Yusra-Zara Salman	FSen	6	South West Road Runners	
123	772	0:26:23	Jim Mouat	M65+	3	Haldon Trail Runners	
124	778	0:26:41	Laura Greenhill	F45+	9	0	
125	751	0:27:10	Johnny Hooper	M35+	15	0	
126	748	0:27:15	Bethany Sampson	FU15	1	South west road runners	
127	756	0:27:55	Victoria Legon-Taylor	F35+	4	0	
128	753	0:28:32	Hope Lloyd	FSen	7	0	
129	752	0:28:51	Shaun Alexander	M45+	11	0	
130	777	0:28:51	Mattie Richardson	F35+	5	0	
131	742	0:29:08	Lizzie Wilkinson	F45+	10	Serpentine RC	
132	741	0:29:08	Kevan Wilkinson	M55+	5	Serpentine RC	
133	578	0:31:48	Jim Wyatt	M70+	1	Exmouth Harriers	

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