

EXETER 10K RESULTS

a CITY RUNS promotion

Wednesday 29th July 2015

We would like to acknowledge the support of all the marshals, officials, volunteers and runners without the this event wouldn't happen!

Pos	Race No	Time	Surname	First Name	Cat	Club
1	904	31:39	Wylie	Phil	M 35+	CHELTENHAM HARRIERS
2	905	32:13	Gilby	Johnny	M 35+	DERBY AC
3	906	32:16	Fox	Oliver	M U20	WELLS CITY HARRIERS
4	908	32:40	Hadera	Berihu	M Sen	EXMOUTH HARRIERS
5	523	35:24	Bee	Jody	M 35+	SWRR
6	752	36:36	Musgrove	Michael	M 45+	EXMOUTH HARRIERS
7	788	36:48	Ramsden	Adam	M 40+	
8	537	36:51	Blackman	Jamie	M Sen	BIDEFORD AAC
9	820	37:37	Shapland	Keith	M 35+	BIDEFORD AAC
10	787	37:53	Ramsden	Clive	M 35+	PLYMOUTH HARRIERS
11	525	37:55	Benham	James	M Sen	SOUTH WEST ROAD RUNNERS
12	909	38:00	Finney	Jasmine	F Sen	BRISTOI & WEST AC
13	545	38:02	Brace	Martin	M 45+	TIVERTON HARRIERS
14	864	38:18	Trinder	Paddy	M 35+	ERME VALLEY HARRIERS
15	581	38:19	Colvin	Brent	M 40+	
16	735	38:27	Mcewing	Alison	F Sen	ERME VALLEY HARRIERS
17	741	38:28	Davies	Gareth	M Sen	SOUTH WEST ROAD RUNNERS
18	595	38:32	Coyne	Samuel	M Sen	
19	707	38:40	Crew	John	M Sen	SOUTH WEST ROAD RUNNERS
20	863	39:00	Trelease	David	M Sen	
21	844	39:03	Stone	Serane	F 35+	TIVERTON HARRIERS
22	716	39:06	Popham	Steve	M 40+	SOUTH WEST ROAD RUNNERS
23	622	39:22	Ellis	Martyn	M 35+	
24	600	39:29	Crump	Alex	M Sen	HALDON TRAIL RUNNERS
25	855	39:31	Thorn	Alison	F 40+	ERME VALLEY HARRIERS
26	856	40:07	Murray	James	M 45+	NEWQUAY ROAD RUNNERS
27	851	40:33	Taylor	Ollie	M U17	
28	739	40:39	Miners	Michael	M 35+	PLYMOUTH MUSKETEERS
29	842	41:06	Stephens	Anthony	M Sen	
30	793	41:14	Reynolds	Alan	M 45+	
31	734	41:17	Mceneny	Martin	M 45+	HALDON TRAIL RUNNERS
32	651	41:20	Hampton	Matthew	M 45+	ALMOST ATHLETES

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Sunday 18th October 2015
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33	757	41:36	Newman	Alan	M 60+	PADDOCK WOOD AC
34	879	41:47	Webber	Simon	M 55+	EAST CORNWALL HARRIERS
35	891	42:01	Wightman	Chris	M Sen	
36	783	42:07	Prince	Michael	M 35+	
37	579	42:09	Collins	Scott	F Sen	
38	563	42:11	Cann	Gemma	F Sen	
39	625	42:15	Essex	Fergus	M U17	TEAM BATH ATHLETICS CLUB
40	620	42:17	Durston	Jim	M 45+	SOUTH WEST ROAD RUNNERS
41	548	42:22	Bradley	Aiden	M Sen	
42	775	42:24	Pedrick	Richard	M Sen	
43	776	42:30	Perkins	Chris	M 35+	
44	584	42:32	Connett	Richard	M 35+	SOUTH MOLTON STRUGGLERS
45	608	42:34	Denson	Simon	M 45+	RUNNING FOREVER RUNNING CLUB
46	708	42:45	Ledger	Alan	M 35+	TIVERTON HARRIERS
47	768	43:03	Zaple	James	M 55+	HERNE HILL HARRIERS
48	586	43:05	Cook	Karen	F 55+	SWRR
49	680	43:20	Humphreys	Katherine	F Sen	TIVERTON HARRIERS
50	731	43:21	Masters	Nick	M 45+	HAYLE RUNNERS
51	693	43:28	Kidman	Wayne	M Sen	
52	652	43:30	Fox	Chloe	F Sen	SOUTH WEST ROAD RUNNERS
53	630	43:34	Flynn	Mark	M 45+	
54	605	43:40	Davey	Phil	M 55+	
55	564	43:53	Carr	Paul	M 35+	
56	923	43:55	Havill	Martin	M 55+	EXETER HARRIERS
57	807	43:55	Rudling	Nick	M Sen	
58	576	44:11	Clements	Ian	M Sen	
59	910	44:17	Caswell	John	M 55+	SOUTH WEST ROAD RUNNERS
60	885	44:19	Whalen	Graeme	M Sen	
61	529	44:20	Beresford	Neil	M Sen	
62	886	44:23	Whitaker	Anthea	F 50+	HALDON TRAIL RUNNERS
63	682	44:27	Hussey	Stephen	M 45+	
64	583	44:42	Compton	Luke	M Sen	
65	531	44:43	Biederman	Frank	M 40+	NORTH DEVON ROAD RUNNERS
66	704	44:49	Knowles	Kennie	M Sen	
67	762	44:51	Nuttall	Elizabeth	F 35+	SWRR
68	717	45:20	Lowe	Kane	M Sen	
69	506	45:26	Andrews	Jim	M 50+	PLYMOUTH MUSKETEERS
70	621	45:37	Dymond	Robert	M 40+	
71	890	45:39	Whittaker	Stuart	M 40+	
72	504	45:43	Alcock	Timothy	M 45+	
73	663	45:48	Hedges	Julie	F 50+	SOUTHWEST ROADRUNNERS
74	911	45:58	Fine	Greg	M 60+	TORBAY ATHLETIC CLUB
75	692	46:02	Kestle	Mike	M 60+	NEWQUAY ROAD RUNNERS

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Round Five
Tuesday 4th Aug
7.30pm Start

Enter - 'Online' or 'On The Night'

76	766	46:08	Outhwaite	John	M	60+	
77	797	46:10	Roberts	Simon	M	Sen	
78	532	46:11	Biederman	Jo	F	35+	
79	702	46:15	Kitchin	Jonathan	M	Sen	
80	816	46:18	Scovell	Robert	M	35+	SWRR
81	511	46:27	Bacon	Richard	M	Sen	
82	594	46:30	Coyne	Stuart	M	40+	
83	524	46:33	Belt	Keith	M	65+	SOUTH DEVON AC
84	834	46:35	Sprague	Ian	M	45+	
85	627	46:54	Evans	Ben	M	35+	
86	892	46:57	Wigram	Tim	M	40+	HAYLE RUNNER
87	684	46:58	Isaac	Chris	M	50+	
88	722	46:59	Major	Jonathan	M	35+	SOUTH WEST ROAD RUNNERS
89	769	47:00	Parker	Mike	M	50+	
90	618	47:05	Duquef	Clement	M	Sen	
91	526	47:12	Bennett	Tracy	F	40+	SWRR
92	624	47:18	England	Adam	M	Sen	
93	623	47:18	England	Tish	F	40+	
94	781	47:22	Price	Natasha	F	Sen	
95	901	47:28	Yarde	Rob	M	Sen	
96	541	47:36	Bornet	Tom	M	Sen	HONITON RC
97	681	47:37	Hurles	Thomas	M	35+	
98	561	47:38	Campion	Rob	M	40+	
99	888	47:48	White	Des	M	60+	PADDOCK WOOD AC
100	571	47:51	Chant	Simon	M	35+	
101	728	47:55	Martin	Matthew	M	35+	
102	796	48:02	Rickard	Miranda	F	35+	
103	786	48:08	Radnor	Charlotte	F	Sen	OKEHAMPTON RUNNING CLUB
104	522	48:21	Beckett	Frances	F	Sen	
105	512	48:24	Bagwell	Mark	M	Sen	
106	897	48:34	Wood	Glenn	M	50+	EAST CORNWALL HARRIERS
107	593	48:40	Pearn	Jason	M	40+	0
108	648	48:51	Hales	Autumn	F	Sen	
109	580	48:51	Colvin	Sara	F	40+	BIDEFORD AAC
110	628	48:59	Evans	Kirsty	F	Sen	
111	751	49:13	Murray	Nick	M	Sen	
112	859	49:15	Tosh	Suzie	F	35+	
113	616	49:21	Driver	Andrew	M	35+	
114	826	49:22	Small	Bob	M	65+	NEWTON ABBOT AC
115	922	49:29	Betty	Mark	M	0	0
116	845	49:31	Storkey	David	M	45+	
117	753	49:51	Naish	Dave	M	65+	SOUTH DEVON ATHLETIC CLUB
118	577	49:51	Cole	David	M	45+	

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Sunday 18th October 2015
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119	721	49:52	Macaulay	Emily	F Sen	TEAM EXETER LIBRARY
120	536	49:52	Blackman	Joseph	M 40+	
121	599	49:55	Cruise	Lisa	F Sen	
122	785	49:58	Qualter	Gary	M 45+	
123	653	50:09	Hancock	Alec	M Sen	
124	780	50:13	Price	Lewis	M 35+	
125	631	50:22	Foley	Joanne	F Sen	PLYMOUTH MUSKETEERS
126	784	50:24	Puttick	Raymond	M 55+	
127	874	50:31	Waldrom	Emma	F Sen	
128	833	50:32	Spoerer	Simon	M 55+	
129	686	50:36	James	Sue	F 60+	
130	774	50:37	Payne	Jon	M 40+	
131	649	50:43	Halsey	Adam	M 35+	FITFORLIFEPIILATES
132	505	50:51	Allen	Karen	F Sen	BIDEFORD AAC
133	530	51:05	Best	Angela	F 35+	
134	749	51:09	Muggeridge	Stephen	M Sen	
135	732	51:29	Mayne	Lizzie	F 35+	
136	761	51:32	Nogas	Krzysztof	M Sen	
137	883	51:33	Welch-Thornto	James	M Sen	
138	840	51:34	Staplehurst	John	M 55+	
139	513	51:38	Bailey	Peter	M 45+	
140	727	51:43	Martin	Bonnie	F 45+	
141	819	51:47	Sell	Iaen	M 55+	
142	709	51:57	Lee	Charles	M 35+	
143	724	51:58	Manley	Kirsty	F Sen	TIVERTON HARRIERS
144	828	51:59	Smith	Andrew	M Sen	
145	507	52:00	Arkell	Tim	M 35+	
146	588	52:04	Cooper	Marilyn	F 60+	OKEHAMPTON RUNNING CLUB
147	815	52:27	Scott	Rachel	F 45+	PLYMOUTH MUSKETEERS
148	746	52:28	Morrison	Jason	M 40+	
149	678	52:31	Hughesdon	Helen	F 55+	
150	609	52:37	Denson	Lisa	F 45+	
151	824	52:41	Slade	Julia	F 40+	
152	558	52:50	Burgess	Tim	M 45+	
153	792	52:50	Regan	James	M 50+	
154	848	52:55	Tattersall	Helen	F 40+	
155	827	53:01	Smith	Jane	F 40+	
156	698	53:02	King	Darren	M 35+	PLYMOUTH MUSKETEERS
157	550	53:02	Brian	Mick	M 40+	PLYMOUTH MUSKETEERS
158	695	53:06	Kilby	Gareth	M 35+	
159	674	53:17	Howden	Alex	M 40+	
160	810	53:29	Salman	Yusra-Zara	F Sen	
161	733	53:31	Taghdissian	James	M Sen	

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7.30pm Start

Enter - 'Online' or 'On The Night'

162	803	53:36	Roper	Carolyn	F	35+	
163	534	53:44	Bishop	Fiona	F	55+	WOKING
164	645	53:47	Greenhill	Laura	F	40+	
165	502	53:48	Adams	Tom	M	Sen	
166	861	54:04	Townsend	Sam	F	35+	
167	852	54:19	Thomas	Paul	M	35+	
168	544	54:23	Brace	Alison	F	45+	
169	676	54:30	Hudson	Keith	M	55+	
170	560	54:35	Butler	Karl	M	Sen	
171	765	54:36	Ortiz-Aginagal	Ager	M	Sen	
172	546	54:36	Bradbury	Gabrielle	F	40+	
173	699	54:44	King	Louise	F	50+	PLYMOUTH MUSKETEERS
174	700	54:44	King	Bryan	M	60+	
175	872	54:46	Vine	Michael	M	60+	
176	528	54:46	Bennett	Louise	F	Sen	
177	673	54:54	Hourigan	Patrick	M	50+	
178	802	54:58	Rogers	Lucy	F	Sen	
179	870	55:12	Vayle	Dan	M	35+	
180	791	55:13	Read	Philip	M	45+	
181	549	55:16	Brain	Charlotte	F	Sen	
182	668	55:25	Hinchliffe	Josie	F	Sen	
183	813	55:26	Sanders	Eileen	F	55+	
184	899	55:26	Woodgates	Erin	F	Sen	GREENBOW RUNNING CLUB
185	619	55:33	Durley	Clayton	M	35+	
186	847	55:33	Sutherland	Nik	M	45+	
187	841	55:35	Steele	Gemma	F	Sen	
188	551	55:42	Bright	Corinne	F	40+	
189	730	55:54	Mason	Colin	M	50+	
190	835	55:56	Spry	Will	M	U17	
191	880	56:12	Webber	Rebekah	F	35+	
192	554	56:14	Brush	Adam	M	Sen	
193	592	56:16	Cousins	Joanne	F	Sen	
194	538	56:25	Blythe	Kirsten	F	Sen	CHIROPRACTIC MATTERS
195	884	56:25	Wellman	Kim	F	35+	
196	718	56:34	Lucas	Anne	F	65+	TORBAY ATHLETIC CLUB
197	610	56:34	Dinning	Megan	F	Sen	
198	867	56:36	Tupper	Sarah	F	Sen	SOUTH WEST ROAD RUNNERS
199	755	56:38	Newman	Catherine	F	35+	
200	756	56:38	Newman	Jonathan	M	35+	
201	893	56:40	Wills	Heidi	F	35+	OKEHAMPTON RUNNING CLUB
202	590	56:42	Cornwall	Carole	F	45+	OKEHAMPTON RUNNING CLUB
203	568	56:43	Challinor	Helen	F	40+	
204	831	56:45	Snowdon	Neil	M	45+	

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Sunday 18th October 2015
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205	547	56:51	Bradbury	Colin	M 40+	
206	882	56:55	Howe	Sue	F 50+	0
207	566	57:31	Cashmore	Julie	F 50+	
208	650	57:31	Hamer	Dan	M 45+	
209	602	57:36	Cumes	Aaron	M 35+	
210	806	57:49	Royle	Janine	F Sen	
211	782	57:49	Priestley	Kirsty	F 35+	
212	830	57:50	Snowdon	Lara	F Sen	
213	809	57:51	Sadler	Laura	F Sen	
214	770	57:51	Parrish	Andrew	M Sen	
215	823	57:52	Shields	Beverley	F 35+	
216	772	57:56	Payne	Nicola	F 35+	
217	921	58:22	Tuckett	Richard	M Sen	0
218	670	58:22	Holloway	Beverley	F 40+	SWRR
219	696	58:26	King	Liana	F Sen	SOUTH WEST ROAD RUNNERS
220	540	58:30	Bolton	Suzie	F 35+	0
221	818	58:32	Seaman	Eunice	F 60+	
222	817	58:32	Seaman	Tim	M 60+	
223	688	58:33	Joiner	Andrew	M Sen	
224	799	58:46	Robinson	Emma	F Sen	WELLINGBOROUGH & DISTRICT AC
225	665	58:52	Hester	Nigel	M 50+	
226	703	58:56	Knight	Sarah	F Sen	
227	895	58:58	Winser	Jason	M 45+	
228	613	59:16	Doran	John	M 40+	
229	612	59:16	Doran	Marie	F 40+	
230	871	59:20	Vennells	Louise	F 35+	
231	737	59:27	Mcsweeney	Carol	F Sen	
232	573	59:30	Cheeseworth	Lee	F 35+	
233	629	59:34	Evison	Sarah	F 35+	
234	862	59:42	Toy	Hayley	F 40+	
235	838	59:53	Stamp	Elena	F Sen	
236	801	60:15	Rogers	Annabelle	F Sen	
237	804	60:20	Rose	Nick	M Sen	
238	508	60:20	Audin	Katherine	F Sen	
239	860	60:40	Town	Calvin	M 65+	
240	516	60:41	Baker	Claire	F 35+	
241	843	60:46	Stevens	Colette	F 45+	MICHELMORES RUNNING CLUB
242	597	60:59	Crew	Rob	M 35+	
243	578	61:02	Coleman	Matthew	M 35+	
244	562	61:05	Campion	Christine	F Sen	
245	632	61:24	Fowler	Bekki	F Sen	
246	682	61:24	Hussey	Stephen	M 45+	
247	589	61:28	Cooper	Toby	M 50+	SOUTH MOLTON STRUGGLERS

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7.30pm Start

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248	898	61:51	Woodgates	David	M 35+	
249	553	61:59	Brooke	Jennifer	F Sen	
250	812	62:01	James	Alison	F 40+	
251	646	62:09	Gurney	Paul	M 40+	
252	747	62:09	Moyes	Charlotte	F 35+	HAYLE RUNNER
253	742	62:12	Moore	Celia	F 45+	AWESOME ATHLETIC
254	669	62:24	Hodge	Jo	F 40+	
255	839	62:30	Stansbury	Michael	M 60+	
256	760	62:35	Nield	Lauren	F U20	
257	689	62:47	Jones	Jamie	F Sen	
258	677	63:09	Hughes	Emma	F Sen	
259	611	63:09	Dodd	Laura	F Sen	
260	509	63:10	Auerback	Margaret	F 65+	RANELAGH
261	745	63:14	Morrison	Jennifer	F 35+	
262	794	63:46	Rice	Emily	F Sen	
263	517	64:20	Bamber	Colette	F Sen	
264	777	64:21	Pike	Georgina	F Sen	
265	759	64:24	Nield	Adrian	M 40+	
266	637	64:47	George	Amy	F Sen	
267	658	64:50	Harris	Sue	F 45+	
268	725	65:11	Marshall	Rachel	F 35+	
269	798	65:11	Robins	Lisa	F Sen	
270	501	65:15	Adams	Lynda	F 40+	
271	634	65:26	Frost	Kerri	F Sen	
272	601	65:26	Crystal	Lucy	F 40+	
273	743	65:53	Moore	Kate	F Sen	
274	607	65:55	Davey	Catherine	F 40+	
275	705	65:57	Knowles	Sally	F Sen	
276	587	65:59	Cook	Lorna	F Sen	
277	825	66:04	Slocombe	Dave	M 50+	OKEHAMPTON RC
278	881	66:38	Welchman	Cathie	F 65+	RUNNING FOREVER RC
279	821	66:43	Shaw	Liz	F 35+	MICHELMORES
280	671	66:44	Holyoak	Mel	F 35+	MICHELMORES RUNNING CLUB
281	726	66:56	Martin	Sunnie	F Sen	
282	701	67:00	King	Alistair	M 50+	
283	719	67:08	Lumber	Eleanor	F Sen	
284	800	67:08	Roden	Helen	F 35+	
285	567	67:14	Cashmore	Dean	M 50+	
286	615	67:18	Drew	Sandy	F 40+	
287	572	67:57	Chapman	Kim	M 55+	
288	857	69:32	Tilbury	Adam	M 35+	
289	789	69:32	Ranachan	Hayley	F Sen	
290	585	69:51	Conway	Kate	F 35+	

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291	763	69:58	O'Hagan	Wendy	F 50+	
292	659	69:58	Harris	Sophie	F Sen	
293	514	70:00	Bailey	Dan	M 35+	
294	865	70:18	Trippier	Jacqueline	F 40+	
295	738	70:18	Mills	Natalie	F 35+	
296	660	70:54	Hart	Darren	M 35+	
297	515	71:08	Baines	Becky	F 40+	
298	667	71:34	Hinchliffe	Steve	M 60+	SOUTH MOLTON STRUGGLERS
299	654	72:21	Hardy	Jan	F 55+	
300	655	72:21	Hardy	Mark	M 45+	
301	729	72:26	Maryniak	Malgorzata	F 35+	
302	710	74:23	Lee	Rebecca	F Sen	EXETER LIBRARY
303	556	75:02	Bucknell	Sam	F Sen	
304	570	75:31	Smith	Daniel	M Sen	
305	575	75:45	Cleeve	David	M Sen	
306	723	75:53	Major	Chantalle	F 40+	
307	778	76:16	Pike	Claire	F 35+	
308	795	76:16	Richards	Becky	F Sen	
309	712	76:26	Liu	Laura	F 35+	
310	896	76:52	Winser	Karen	F 40+	
311	877	78:21	Walsh	Helen	F 45+	

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