



3RD APRIL 2015

FAST FRIDAY 10K RESULTS

a CITYRUNS promotion

Pos	No	Time	Name	Cat	Club
1	146	0:33:33	Snook, Colin	M35+	Cornwall Ac
2	13	0:33:59	Battershill, William	M20	Erme Valley Harriers
3	152	0:35:14	Stepto, Emma	F40+	Cornwall Ac
4	166	0:35:44	Waumsley, Pete	M40+	Tamar Trotters
5	135	0:37:05	Sawford, Paul	M45+	Carn Runners
6	124	0:37:20	Powell, Darren	M40+	South West Road Runners
7	26	0:37:25	Bristow, Jack	MSen	University Of Exeter Tri Club
8	93	0:37:29	Knowles, Kennie	MSen	
9	51	0:37:31	Drage, Richard	M55+	Tavistock Ac
10	165	0:37:45	Warren, Rupert	M45+	
11	137	0:37:52	Scott, Jonny	M45+	
12	67	0:38:08	Gregg, Paul	M45+	Tamar Trotters
13	162	0:38:30	Vials, Tim	M50+	South West Road Runners
14	50	0:39:20	Drage, Owen	MSen	Tavistock Ac
15	161	0:39:26	Veitch, Douglas	M45+	South Devon Ac
16	106	0:39:35	Maunder, Richard	M35+	Plymouth Tri Club
17	19	0:39:45	Benham, James	MSen	South West Road Runners
18	130	0:40:09	Raggett, Donna	F40+	Cornwall Ac
19	53	0:40:22	Ellis, Martyn	M35+	
20	120	0:40:29	Payne, Mark	M45+	South West Road Runners
21	154	0:40:57	Sumner, Chris	MSen	
22	49	0:41:01	Down, Barry	MSen	
23	171	0:41:11	White, Nathan	M35+	Haldon Trail Runners
24	101	0:41:13	Maclaren, Donald	M55+	Mud Crew Trail Runners
25	179	0:41:14	Webster, Graham	M60+	Lytham Stannes Road Runners
26	87	0:42:15	Johns, Chris	M45+	
27	98	0:42:26	Barratt, Daniel	MU20	0
28	96	0:42:37	Ledger, Alan	M35+	
29	97	0:42:49	Leslie, Laura	F50+	Bournville Harriers
30	88	0:43:04	Jones, Jimmy	MSen	
31	28	0:43:42	Brown, David	M45+	St Petrocs Dragons Tri Club
32	73	0:43:44	Hammond, Steve	M35+	
33	103	0:43:49	Mangham, Robbie	MSen	
34	17	0:44:01	Beattie, Michael	M65+	0
35	175	0:44:42	Woodhouse, Adrian	M35+	Erme Valley Harriers
36	95	0:45:02	Lawson, Joshua	MSen	
37	178	0:45:08	Cook, Karren	F55+	South West Road Runners
38	48	0:45:12	Dowell, John	M50+	
39	114	0:45:20	Murray, Nick	MSen	0
40	18	0:45:34	Beckerleg, Chris	MSen	
41	116	0:45:38	Nadaud, Julia	F35+	St Austell Running Club
42	44	0:45:45	Cropp, Matthew	MSen	
43	141	0:46:05	Shepherd, Brendan	MSen	
44	66	0:46:15	Gregg, Louise	F40+	
45	108	0:46:36	Mcfadyen, Michael	MSen	
46		0:46:46			
47	40	0:46:50	Cooper, Simon	MSen	
48	136	0:46:54	Scanlon, Emer	F45+	
49	61	0:46:59	Geary, David	M40+	
50	142	0:47:17	Smith, Andrew	MSen	
51	107	0:48:06	Mccarthy, Paul	M40+	Yaxley Runners



#RunExe5k

Round One
Tuesday 14th April
7.00pm Start



Rd 1: 14th April, *7pm
Rd 2: 5th May, 7.30pm
Rd 3: 2nd June, 7.30pm
Rd 4: 7th July, 7.30pm
Rd 5: 4th Aug, 7.30pm
Rd 6: 1st Sept *7pm

52	74	0:48:14	Hancock, Paul	M35+	
53	153	0:48:34	Stewart, Hylda	F55+	Clydesdale Harriers
54	55	0:48:46	Follett, Tony	M40+	Uknetrunner.Co.Uk
55	113	0:48:51	Morgan, Angharad	FSen	None
56	52	0:49:05	Prowse, Chris	MSen	0
57	82	0:49:05	Ireland, Kirsty	FSen	Plymouth Musketeers
58	176	0:49:42	Woodland, Michael	M60+	Erme Valley Harriers
59	20	0:49:56	Blackford, Derek	M40+	Teignbridge Trotters
60	60	0:50:23	Fuller, Darrell	M45+	
61	43	0:50:27	Cropp, David	M55+	
62	91	0:50:53	Kessie, Emma	FSen	Run England Coach
63	34	0:51:02	Calvert, Catherine	F35+	
64	147	0:51:03	Oakley, Gareth	MSen	
65	16	0:51:15	Bazeley, Sarah	F45+	St Austell
66	59	0:52:03	Fuller, Clare	F40+	St Petrocs Dragons
67	25	0:52:18	Braide, Philip	M60+	
68	32	0:52:35	Butler, Mark	MSen	
69	168	0:52:48	White, Alison	F60+	Paddock Wood Ac
70	30	0:52:53	Brown, Sarah	FSen	Sidmouth Running Club
71	109	0:53:09	Milne, Steve	MSen	Team Bath Ac
72	45	0:53:27	Crump, Kevin	M60+	
73	23	0:53:30	Boardman, Diane	FSen	Truro Running Club
74	158	0:53:35	Tremlett, Sue	F50+	
75	63	0:53:37	Gray, John	M40+	
76	75	0:53:56	Harwood, Jessica	FSen	
77	27	0:54:00	Brocklebank, David	MSen	
78	172	0:54:07	White, Vanessa	F35+	
79	122	0:54:11	Perks, Louise	FSen	
80	64	0:54:22	Greene, Carly	FSen	Dawlish Coasters
81	58	0:54:27	French, Chris	MSen	
82	65	0:54:34	Greenhill, Laura	F40+	
83	138	0:55:01	Scott, Rachel	F45+	Plymouth Musketeers Rc
84	174	0:55:08	Wilson, Caroline	FSen	
85	118	0:55:11	Newman, Catherine	F35+	
86	31	0:55:22	Burke, Donna	F50+	Plymouth Musketeers R C
87	76	0:55:42	Hatter, Ilke	F40+	
88	134	0:55:56	Salman, Yusra-Zara	FSen	
89	102	0:56:05	Maclaren, Lesley	FSen	
90	157	0:56:06	Thomas, Michael	M35+	
91	126	0:56:42	Prowse, Robert	M50+	
92	89	0:57:01	Jowitt, Rachael	FSen	
93	177	0:57:16	Young, Nicola	F50+	
94	85	0:57:46	Jenkin, Jacqueline	F65+	Cornwall Ac
95	86	0:57:46	Jenkin, Richard	M65+	
96	125	0:57:52	Preston, Helen	FSen	
97	164	0:58:33	Warner, Nicola	F35+	
98	62	0:58:47	Goulden, Gemma	FSen	
99	35	0:58:52	Campbell, Rachael	F45+	
100	37	0:58:54	Clark, Phill	MSen	
101	80	0:59:16	Howard, Kate	F55+	Plymouth Musketeers
102	132	0:59:18	Robinson, Emma	FSen	Wellingborough & District Ac
103	100	0:59:38	Luxton, Clive	M35+	
104	149	1:00:11	Stansbury, Michael	M60+	
105	12	1:00:22	Barratt, Frances	F50+	Torrington Aac
106	83	1:00:49	James, Josephine	FSen	Bodmin Woman'S Running Club
107	99	1:00:55	Lewington, Kelly	FSen	
108	57	1:01:22	Fox, Joanne	F35+	South West Road Runners
109	15	1:02:31	Bays, Shannon	FSen	
110	14	1:01:33	Bays, Lorna	F50+	Plymouth Coasters



NIKE RUNNING
by sweatshop

EXERCISE
consulting limited
SCIENCE



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111	90	1:01:48	Kemp, John	M50+	
112	155	1:02:00	Symons, Trevor	M55+	
113	150	1:02:15	Stapleton, Megan	FU20	Torrington Aac
114	151	1:02:15	Stapleton, Wayne	M40+	
115	84	1:03:56	Jardine, Clare	F45+	Tamar Trotters
116	70	1:05:03	Guest, Hannah	FU20	
117	69	1:05:03	Guest, Alan	M45+	
118	156	1:05:39	Tamblyn, Claire	F35+	
119	11	1:05:44	Alford, Jennie	F35+	
120	170	1:05:53	White, Kim	F40+	
121	128	1:06:02	Radford, Fizzy	F40+	
122	129	1:06:02	Radford, Sophia	F40+	
123	173	1:06:50	Whitley, Alice	FSen	
124	38	1:07:37	Clark, Vicki	F35+	
125	139	1:09:28	Selley, Mandy	F50+	
126	169	1:20:45	Hodges, Carole	F60+	Bootys Ladies North Petherton

