



14TH APRIL 2017

# FAST FRIDAY 10K RESULTS

a CITYRUNS promotion




**#RunExe5k**  
**MONTHLY**  
**APRIL UNTIL SEPT**  
 TUESDAY EVENINGS AT  
 EXWICK PLAYING FIELDS  
 EXETER  
**CITY-RUNS.CO.UK**

Pos	No	Time	Name	Name	Gender-Age Cat	Cat Rank	Club
1	255	0:31:30	Phil	<b>Wylie</b>	M35+	1	Cheltenham Harriers
2	20	0:32:42	Philip	<b>Bridge</b>	MSen	1	WELLS CITY HARRIERS
3	221	0:33:15	James	<b>Thie</b>	M35+	2	CARDIFF AC
4	254	0:33:43	Jamie	<b>Palmer</b>	M45+	1	Exmouth Harriers
5	232	0:34:05	Lee	<b>Turner</b>	M40+	1	TORBAY AAC
6	207	0:34:34	Ryan	<b>Snell</b>	M35+	3	EXMOUTH HARRIERS
7	68	0:34:48	Robert	<b>Ellis</b>	MSen	2	EXMOUTH HARRIERS
8	227	0:34:50	Ollie	<b>Thorogood</b>	MSen	3	ABERYSTWYTH AC
9	163	0:34:56	Simon	<b>Minting</b>	MSen	4	EXMOUTH HARRIERS
10	90	0:36:12	Stuart	<b>Hall</b>	M50+	1	DSFRS RUNNING CLUB
11	211	0:36:28	Emma	<b>Stepito</b>	F45+	1	CORNWALL AC
12	165	0:36:35	Peter	<b>Monaghan</b>	M50+	2	TORBAYAC
13	241	0:37:00	Howard	<b>Williams</b>	M40+	2	
14	160	0:37:19	Matthew	<b>Menary</b>	MSen	5	HALDON TRAIL RUNNERS
15	30	0:37:21	Miko	<b>Cadeddu</b>	MSen	6	-
16	112	0:37:44	Jason	<b>Hurford</b>	MSen	7	TORBAY ATHLETIC
17	170	0:38:16	Joe	<b>Osborne</b>	MSen	8	HALDON TRAIL RUNNERS
18	97	0:38:26	Peter	<b>Heckles</b>	MSen	9	TEIGNBRIDGE TROTTERS
19	226	0:38:45	Alison	<b>Thorn</b>	F40+	1	ERME VALLEY HARRIERS
20	162	0:38:45	Michael	<b>Miners</b>	M35+	4	ERME VALLEY HARRIERS
21	50	0:38:48	Alex	<b>Crump</b>	MSen	10	HALDON TRAIL RUNNERS
22	183	0:38:53	Tim	<b>Pratt</b>	MSen	11	
23	236	0:39:06	Douglas	<b>Webb</b>	MSen	12	PLYMOUTH HARRIERS
24	35	0:39:19	Shaun	<b>Carthew</b>	M40+	3	ST PETROCS DRAGONS TRI CLUB
25	225	0:39:21	Vikki	<b>Thompson</b>	FSen	1	HALDON TRAIL RUNNERS
26	46	0:39:25	Dale	<b>Cooper</b>	M35+	5	
27	179	0:39:29	Cleo	<b>Perry</b>	F40+	2	ERME VALLEY HARRIERS
28	200	0:39:47	Nicky	<b>Savill</b>	FSen	2	SOUTH WEST ROAD RUNNERS
29	201	0:40:09	Paul	<b>Sawford</b>	M50+	3	CARN RUNNERS

30	104	0:40:12	Jerry	Hocking	M40+	4	TORBAY AC
31	239	0:40:18	Nathan	White	M35+	6	HALDON TRAIL RUNNERS
32	216	0:40:32	Ben	Stone	M35+	7	TIVERTON HARRIERS
33	186	0:40:42	Donna	Raggett	F45+	2	CORNWALL AC
34	23	0:40:45	Ben	Bradford	M35+	8	
35	38	0:42:07	Simon	Chant	M40+	5	
36	234	0:42:15	Harry	Vicary	MSen	13	
37	65	0:42:57	Jim	Durstun	M50+	4	SOUTH WEST ROAD RUNNERS
38	131	0:43:01	Alan	Ledger	M35+	9	TIVERTON HARRIERS
39	194	0:43:02	Adam	Rooke	M40+	6	
40	141	0:43:04	Donald	Maclaren	M55+	1	
41	260	0:43:21	Anthea	Board	F50+	1	HALDON TRAIL RUNNERS
42	29	0:43:23	Daniel	Butterworth	MSen	14	RIVIERA RACERS
43	144	0:43:27	Andy	Macmillan	M45+	2	SOUTH WEST ROAD RUNNERS
44	78	0:43:38	Ynon	Gablinger	M45+	3	
45	108	0:43:45	Courtney	Howard	FU20	1	EXETER HARRIERS
46	81	0:44:05	Fiona	German	FU20	2	SWRR
47	247	0:44:12	Tilly	Woods	FU20	3	NEWTON ABBOT AC
48	37	0:44:20	Jake	Chan	MSen	15	SOUTH WEST ROAD RUNNERS
49	73	0:44:28	Paul	Fletcher	M35+	10	WESTBURY HARRIERS
50	40	0:44:34	James	Clarke	MU20	1	
51	125	0:44:56	Ashley	Jones	MSen	16	
52	66	0:45:10	Julian	Easton	M35+	11	
53	169	0:45:21	Elizabeth	Nuttall	F40+	3	SWRR
54	42	0:45:28	Stephen	Collier	M40+	7	SOUTH WEST ROAD RUNNERS.
55	126	0:45:29	Lewis	Jones	M65+	1	
56	87	0:45:38	Louise	Gregg	F45+	3	TAMAR TROTTERS
57	150	0:45:54	Nathan	Mayne	M35+	12	
58	187	0:46:00	Sarah	Randall	FSen	3	
59	45	0:46:01	Karen	Cook	F55+	1	SWRR
60	95	0:46:27	Paula	Hawkins	F40+	4	
61	217	0:46:33	Richard	Stone	M35+	13	SOUTH WEST ROAD RUNNERS
62	16	0:46:33	Edward	Bidder	M35+	13	UKRC EXETER
63	233	0:46:44	Daniel	Vayle	M35+	15	
64	256	0:46:53	Roger	Saunders	M60+	1	0
65	244	0:46:56	Glenn	Wood	M50+	5	GLENN WOOD
66	133	0:47:01	Charles	Lee	M35+	16	
67	2	0:47:26	Jim	Andrews	M55+	2	PLYMOUTH MUSKETEERS
68	259	0:47:35	Chris	Robinson	F35+	1	0



David Loyd

CLUBS



exeter college



69	171	0:48:04	Jen	<b>Palfrey</b>	FSen	4	
70	28	0:48:11	David	<b>Brown</b>	M50+	6	ST PETROCS DRAGONS TRI CLUB
71	80	0:48:15	David	<b>Geary</b>	M45+	4	
72	32	0:48:22	Katy	<b>Campbell</b>	F40+	5	HONITON RC
73	182	0:48:26	Rob	<b>Pollard</b>	M35+	17	
74	229	0:48:29	Suzie	<b>Tosh</b>	F40+	6	SOUTH WEST ROAD RUNNERS
75	98	0:48:38	Lee	<b>Hedges</b>	MSen	17	
76	214	0:48:55	Ethan	<b>Sterry</b>	MU20	2	
77	53	0:48:57	Pat	<b>Date</b>	M45+	5	PAT DATE
78	76	0:49:02	Darrell	<b>Fuller</b>	M45+	6	ST PETROCS DRAGONS
79	60	0:49:30	John	<b>Dowell</b>	M50+	7	
80	155	0:49:44	Siân	<b>Mcphee</b>	FSen	5	
81	4	0:49:47	Lawrence	<b>Atherton</b>	M50+	8	SOUTH WEST ROAD RUNNERS
82	54	0:49:48	Tom	<b>Davies</b>	MSen	18	HOLME PIERREPONT
83	72	0:49:48	Natasha	<b>Findlay</b>	F35+	2	
84	159	0:49:48	David	<b>Meakin</b>	MSen	18	
85	191	0:49:54	Fleur	<b>Ricklin</b>	F35+	3	TORBAY AAC
86	238	0:49:54	Alison	<b>White</b>	F60+	1	EXMOUTH HARRIERS
87	27	0:50:07	Hannah	<b>Brown</b>	FSen	6	TIVERTON HARRIERS
88	89	0:50:22	Dennis	<b>Hall</b>	M55+	3	
89	55	0:50:35	Gregory	<b>Dewhurst</b>	MSen	20	
90	242	0:50:40	Raymond	<b>Wilson</b>	M65+	2	TORBAY ATHLETIC CLUB
91	205	0:50:45	Craig	<b>Smith</b>	MSen	21	PLYMOUTH COASTERS
92	99	0:50:56	Rachel	<b>Hennessey</b>	FSen	7	HONITON RC
93	258	0:51:02	Maria	<b>James</b>	FSen	8	0
94	246	0:51:04	Lottie	<b>Woods</b>	FU20	4	NEWTON ABBOT AC
95	85	0:51:12	Graham	<b>Gover</b>	M60+	2	
96	24	0:51:14	Nicky	<b>Brenton</b>	F45+	4	
97	67	0:51:29	Rose	<b>Elliot</b>	F45+	5	SWRR
98	204	0:51:33	David	<b>Smith</b>	M45+	7	
99	77	0:51:41	Clare	<b>Fuller</b>	F45+	6	
100	228	0:51:47	Jamie	<b>Tooze</b>	M40+	8	
101	127	0:51:49	Mike	<b>Kay</b>	M50+	9	
102	193	0:51:51	Kate	<b>Rogers</b>	F55+	2	TAVISTOCK AC
103	48	0:51:54	Hayley	<b>Cozens</b>	FSen	9	PLYMOUTH HARRIERS
104	3	0:51:58	Nicki	<b>Ashworth</b>	F45+	7	
105	219	0:52:11	Caroline	<b>Tait</b>	F50+	2	
106	106	0:52:13	Sarah	<b>Horton</b>	F45+	8	PLYMOUTH COASTERS
107	212	0:52:35	Brett	<b>Stepho</b>	M40+	9	CORNWALL AC



108	164	0:52:39	Sarah	Moffat	FSen	10	SOUTH WEST ROAD RUNNERS
109	208	0:53:41	Chloe	Startup	FSen	12	
110	9	0:52:49	Jenna	Banat	FSen	11	
111	223	0:52:50	Phil	Thomas	M35+	18	
112	167	0:52:51	James	Mouat	M65+	3	HALDON TRAILRUNNERS
113	149	0:52:59	Lizzie	Mayne	F35+	4	TEAM IBIKE MOTION
114	237	0:53:01	Vanessa	White	F40+	7	
115	13	0:53:16	Sarah	Bazeley	F45+	9	ST AUSTELL
116	21	0:54:25	Matt	Bonnell	M40+	10	
117	154	0:54:29	Mark	Mcphee	M35+	19	
118	195	0:54:49	George	Royle	M35+	20	
119	245	0:54:52	Erin	Woodgates	F35+	5	
120	180	0:54:54	Martin	Perry	M40+	11	
121	196	0:54:55	Yusra-Zara	Salman	FSen	13	SOUTH WEST ROAD RUNNERS
122	101	0:55:19	Kirsty	Hil	F35+	6	
123	202	0:55:22	Trudy	Saxton	F55+	3	SWRR
124	84	0:55:27	Laraine	Gibbins	F50+	3	DAWLISH COASTER
125	156	0:55:31	Abi	Mcrae	F35+	7	BRIXHAM HARRIERS
126	15	0:55:33	Julie	Belshaw	F45+	10	
127	253	0:55:43	Nicky	Young	F50+	4	
128	257	0:55:45	May	Argyle	FSen	14	0
129	119	0:55:52	Maxine	James	F45+	11	
130	224	0:55:53	Andy	Thompson	M45+	8	
131	130	0:55:56	Emma	Kessie	F35+	8	
132	166	0:55:56	Ryan	Moore	MSen	22	GREENBOW RUNNING CLUB
133	44	0:56:32	Hilary	Collins	F60+	2	SOUTH WEST ROAD RUNNERS
134	107	0:57:01	Sheila	Houghton	F65+	1	TAVISTOCK ATHLETIC CLUB
135	243	0:57:22	Colin	Wilson	M65+	4	TORBAY ATHLETIC CLUB
136	249	0:57:53	James	Wride	M35+	21	
137	58	0:58:01	John	Doran	M40+	12	
138	57	0:58:01	Marie	Doran	F45+	12	
139	213	0:58:26	Martin	Sterry	M40+	13	GREENBOW RUNNING CLUB
140	71	0:58:26	Alison	Fewins	F35+	9	
141	206	0:58:33	Debbie	Snape	F45+	13	
142	248	0:58:35	Nicola	Woodward	F45+	14	
143	181	0:58:38	Tim	Peters	M40+	14	TORBAY. A C
144	174	0:58:40	Rachel	Parkes	F35+	10	
145	33	0:55:55	Catherine	Carter	F50+	5	
146	142	0:59:01	Lesley	Maclaren	FSen	15	



147	192	0:59:22	Emma	Robinson	FSen	16	WELLINGBOROUGH & DISTRICT AC
148	157	0:59:30	Rosie	Mctigue	FSen	17	
149	198	0:59:37	Claire	Saunders	F40+	8	
150	105	0:59:51	Philip	Hodgson	MSen	23	
151	175	0:59:53	David	Payne	M40+	15	
152	122	0:59:59	Jacqueline	Jenkin	F65+	2	
153	121	0:60:00	Richard	Jenkin	M65+	5	CAC
154	115	0:60:21	Alison	Hydon	F40+	9	
155	230	0:60:31	John	Treadwell	M55+	4	
156	52	0:61:00	Graham	Cullen	MSen	24	N/A
157	74	0:61:26	Amanda	Ford	F45+	15	
158	161	0:61:26	Hannah	Milton	FSen	18	
159	139	0:61:26	Ruth	Lyon	FSen	18	
160	75	0:61:50	Christopher	French	MSen	25	
161	185	0:61:57	Gemma	Radcliffe	F35+	11	TORBAY ATHLETIC CLUB
162	220	0:62:02	Mark	Tait	M45+	9	
163	118	0:63:06	Mrs	James	F40+	10	
164	184	0:63:06	Penny	Pyne	F35+	12	
165	51	0:63:11	Amy	Cudmore	F35+	13	ST THOMAS GAZELLES
166	203	0:63:31	Lisa	Shepherd	F40+	11	
167	102	0:63:38	Rebecca	Hill	F45+	16	
168	147	0:63:46	Sarah	Manfield	F40+	12	
169	59	0:63:54	Claire	Dore	FSen	20	
170	12	0:64:09	Louise	Barton	F35+	14	
171	114	0:64:14	Lizzie	Hurford	FSen	21	THHN
172	92	0:64:19	Christopher	Hammond	MSen	26	
173	197	0:64:27	Bethany	Sampson	FU20	5	SOUTH WEST ROAD RUNNERS
174	91	0:64:29	Krista	Hammond	FSen	22	
175	132	0:64:46	Julie	Lee	F40+	13	
176	79	0:65:02	Kim	Gardiner	F40+	14	TORRINGTON RUNNING CLUB
177	172	0:66:10	Karen	Palmer	F50+	6	
178	26	0:66:41	Sarah	Bright	F40+	15	TORRINGTON AAC
179	128	0:67:33	Cara	Kaya	F40+	16	
180	209	0:67:39	Paul	Steer	M45+	10	
181	152	0:68:22	Clare	Mcmahon	F50+	7	
182	153	0:68:22	Patrick	Mcmahon	M50+	10	
183	215	0:68:26	Louise	Stokes	F45+	17	TEIGNBRIDGE TROTTERS
184	8	0:69:00	Anne Marie	Baker	F45+	18	
185	88	0:69:22	Anita	Gutteridge	F45+	19	NORTH DEVON ROAD RUNNERS



186	123	0:69:22	Maggie	Jones	F65+	3	
187	151	0:69:41	Katrina	Mcgeever	F35+	15	
188	129	0:70:04	Lauren	Kent	FSen	23	
189	70	0:70:28	Lizzy	Farwell	FSen	24	
190	235	0:70:49	Nadine	Watson	F40+	17	
191	11	0:71:01	Claire	Barsby	F35+	16	
192	176	0:71:11	Dan	Pengelly	M35+	22	PLYMOUTH SPORTS CHARITY
193	199	0:71:20	Joni	Saunders	F40+	18	
194	86	0:71:28	Brenda	Grant	F60+	3	SOUTH DEVON
195	250	0:71:52	Diane	Wylie	F35+	17	
196	34	0:72:48	Emily	Carter	FSen	25	
197	137	0:75:20	Steve	Lovell	M50+	11	
198	61	0:76:09	Dee	Dowie	F55+	4	WOMEN ON THE RUN
199	103	0:77:42	Karen	Hill	F50+	8	

