



RUN EXE SUMMER 5k SERIES

Round 1 : Tuesday 5th April 2016

RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club	Spot Prize
1	509	0:15:37	Dan Mapp	MSen	1	Bideford AAC	
2	565	0:15:55	Sam Hopton	MSen	2	SWRR	
3	508	0:16:12	Robert Mann	MSen	3	University of Exeter	
4	570	0:16:46	Simon Minting	MSen	4	Exmouth Harriers	
5	596	0:16:47	Christian Hewitt	MSen	5	Tiverton Harriers	
6	575	0:16:49	James Reeves	MSen	6	SWRR	
7	593	0:16:54	Mike Musgrove	M45+	1	Exmouth Harriers	
8	538	0:16:56	Peter Monaghan	M50+	1	Torbay AC	
9	495	0:17:04	Martin Edwards	MSen	7		
10	584	0:17:09	Peter Fletcher	MSen	8	Exmouth Harriers	
11	544	0:17:10	Michael Lesniak	MSen	9	SWRR	
12	550	0:17:15	Jamie Barnett	MU20	1	Teignbridge Trotters	
13	537	0:17:27	Langdon Williams	M45+	2	SWRR	
14	577	0:17:29	David Rosser	MSen	10	Haldon Trail Runners	Yes
15	536	0:17:36	Darren Osmond	MSen	11	0	
16	535	0:17:41	Peter Belcher	M40+	1	Royal Marines/Haldon Trail Runners	
17	530	0:17:51	Jan Dolezel	MSen	12	Haldon Trail Runners	
18	516	0:17:52	Tim Pratt	MSen	13	Teignbridge Trotters	
19	532	0:17:54	James Bamber	M40+	2	0	
20	515	0:17:57	Joseph Perry	MU15	1	Erme Valley Harriers	
21	556	0:17:59	Alex Crump	MSen	14	Haldon Trail Runners	Le Prix de la combativité
22	493	0:18:03	Gareth Davies	MSen	15	South West Road Runners	
23	520	0:18:05	Serane Stone	F35+	1	Tiverton harriers	
24	539	0:18:06	Jon Garrity	M45+	3	Exmouth Harriers	
25	541	0:18:06	Jamie Tinniswood	M35+	1	Tiverton Harriers	
26	501	0:18:08	Milan Goc	M35+	2	South West Road Runners	
27	579	0:18:23	Martyn Ellis	M35+	3	Mavericks	
28	580	0:18:24	Alison McEwing	F35+	2	Erme Valley Harriers	
29	523	0:18:25	David Trelease	MSen	16	Orcombe Trotters	Yes

*If you've won a spot prize it will be available for collection at rd 2 on the 3rd May



30	511	0:18:27	Michael Miners	M35+	4	Erme Valley Harriers	
31	573	0:18:28	Alfie Flatters	MSen	17	0	
32	533	0:18:28	Ellie Dominey	FSen	1	SWRR	
33	589	0:18:31	Becky Fagg	FSen	2	Exmouth Harriers	
34	549	0:18:33	Helen Anthony	F35+	3	Teignbridge Trotters	
35	583	0:18:36	James Benham	MSen	18	SWRR	
36	512	0:18:37	Catherine Newman	F50+	1	Exmouth Harriers	
37	514	0:18:37	Cleo Perry	F40+	1	Erme Valley Harriers	
38	510	0:18:54	Shaun Mckernan	MU17	1	Torbay Athletics Club	
39	595	0:18:56	Nathan White	M35+	5	Haldon Trail Runners	
40	588	0:18:59	Scott Hunter	MSen	19	SWRR	
41	529	0:19:02	Ian Lynch	M50+	2	Haldon Trail Runners	
42	542	0:19:07	Martin Brace	M45+	4	Tiverton Harriers	
43	576	0:19:08	Nicky Savill	FSen	3	SWRR	
44	557	0:19:20	Harvey Thompson	MU17	2	Exeter Harriers	
45	491	0:19:23	TC Chulu	MU17	3	South West Road Runners	Yes
46	503	0:19:25	Ben grubb	M40+	3	0	
47	582	0:19:25	Alistair Ferguson	MSen	20	SWRR	
48	558	0:19:30	Madeleine Roche	FU17	1	Exeter Harriers	
49	598	0:19:32	Mike Pearce	MSen	21	0	
50	526	0:19:34	Phoebe Killen	FU20	1	Exeter Harriers	
51	498	0:19:45	Fiona German	FU17	2	SWRR	
52	591	0:19:48	Rob Graham	M40+	4	SWRR	
53	488	0:19:52	Rupert Broomby	M40+	5	Haldon Trail Runners	
54	531	0:19:57	Steve Lang	M60+	1	South West Vets AC	
55	601	0:20:10	Simon Swift	M45+	5	Erme Valley Harriers	
56	600	0:20:11	Jaine Swift	F45+	1	Erme Valley Harriers	Yes
57	540	0:20:11	Stephen Sirdefield	M50+	3	Tiverton Harriers	
58	571	0:20:12	Joe Rosser	MSen	22	0	
59	543	0:20:12	Anthony Raine	M45+	6	Torbay AAC	
60	517	0:20:18	Mike Roberts	M35+	6	Mavericks	
61	489	0:20:23	Lauren Burd	FU17	3	Tiverton Harriers	Le Prix de la combativité
62	566	0:20:24	Katherine Humphreys	FSen	4	Tiverton Harriers	
63	496	0:20:34	Barry Frost	M55+	1	SWRR	
64	554	0:20:35	Andrew Lewis	MSen	23	Orcombe Trotters	
65	534	0:20:36	Matthew Dominey	M35+	7	SWRR	
66	497	0:20:43	Richard Gentry	M50+	4	Teignbridge Trotters	
67	585	0:20:45	Jonathan Major	M35+	8	0	
68	568	0:20:46	Bob Minting	M65+	1	Blackheath & Bromley	
69	525	0:20:48	Stephen Wilbraham	M45+	7	Torbay Athletic Club	
70	485	0:20:49	James Bingham	M35+	9	0	
71	564	0:20:50	Lewis Jones	M65+	2	SWRR	
72	592	0:20:53	Richard Bishop	M45+	8	Exmouth Harriers	



73	599	0:20:58	Joanna Edwards	F50+	2	Erme Valley Harriers	
74	524	0:20:59	Anthea Whitaker	F50+	3	Haldon Trail Runners	
75	499	0:21:01	Harry German	MU20	2	SWRR	
76	574	0:21:19	Gary Watson	M55+	2	Teignbridge Trotters	
77	561	0:21:22	Dave Moulder	M55+	3	SWRR	
78	505	0:21:25	Scott Jordan	M40+	6	Exmouth harriers	
79	569	0:21:26	Richard Kemp	M45+	9	Tiverton Harriers	
80	519	0:21:34	Jasmine Stone	FU13	1	Exeter Harriers	Yes
81	560	0:21:39	Callum Green	MSen	24	0	
82	527	0:21:43	Steve Selley	M50+	5	Honiton Rc	
83	506	0:21:46	David King	M60+	2	South West Vets AC	
84	572	0:21:49	Rose Partridge	F45+	2	Tiverton Harriers	
85	567	0:22:01	Helen Kirby	F35+	4	Tiverton Harriers	
86	528	0:22:02	Tracy Bennett	F40+	2	SWRR	
87	492	0:22:03	Gavin Connor	M35+	10	South West Road Runners	
88	548	0:22:33	Nigel Barrett	M40+	7	Teignbridge Trotters	
89	587	0:22:33	Julie Hedges	F50+	4	SWRR	
90	581	0:22:34	Karen Cook	F55+	1	SWRR	
91	555	0:22:35	Julie Towers	F50+	5	Launceston Road Runners	
92	553	0:22:41	Mark De Souza	M50+	6	0	
93	521	0:22:42	Tim Theobald	M60+	3	Teignbridge Trotters	
94	547	0:22:46	Gwyneth Hueter	F55+	2	Oxford City AC	
95	486	0:22:59	Simon Blyth	M35+	11	0	
96	597	0:23:06	Graham Napper	M50+	7	SWRR	
97	484	0:23:19	William Aczel	MU17	4	0	
98	603	0:23:28	Laura Cole	FSen	5	SWRR	
99	504	0:23:41	Hannah Jones	F40+	3	Teignbridge Trotters	
100	494	0:23:49	Hannah Dennis	FSen	6	0	
101	545	0:23:56	Jennie Roberts	F40+	4	Teignbridge Trotters	
102	590	0:23:58	Nicki Ashworth	F45+	3	0	Yes
103	490	0:24:19	Jake Chan	MSen	25	0	
104	602	0:24:24	Liz Prozpowicz	F35+	5	Haldon Trail Runners	
105	487	0:24:36	Ciaran Brennan	MSen	26	0	
106	604	0:24:39	Elaine Mathews	FSen	7	0	
107	594	0:24:45	Rose Elliott	F45+	4	SWRR	
108	522	0:24:54	Suzie Tosh	F40+	5	South West Road Runners	
109	500	0:25:16	Alison German	F40+	6	SWRR	
110	518	0:25:22	Yusra-Zara Salman	FSen	8	South West Road Runners	
111	563	0:25:28	Laura Rogers	FSen	9	Tavistock AC	
112	551	0:25:40	Kirsty Manley	FSen	10	Tiverton Harriers	
113	562	0:25:41	Kate Rogers	F55+	3	Tavistock AC	
114	546	0:26:35	Alex Howden	M45+	10	0	
115	559	0:27:28	Liam Dushynsky	MSen	27	Honiton Rc	



116	586	0:27:57	Hayley Toy	F40+	7	0	
117	578	0:31:45	Jim Wyatt	M70+	1	Exmouth Harriers	Yes
118	552	0:34:44	Duncan Jenkerson	M70+	2	Oxford City AC	

