



# RUN EXE SUMMER 5k SERIES

Round 4 : Tuesday 4th July 2017

## RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club	Spot Prize
1	581	0:15:30	Andrew Chambers	MSen	1	0	
2	566	0:15:42	Philip Bridge	MSen	2	Wells City Harriers	
3	571	0:16:04	Sam Hopton	MSen	3	SWRR	
4	374	0:16:05	Francis Malone-Lee	M35+	1	0	
5	560	0:16:21	Robert Ellis	MSen	4	Exmouth Harriers	
6	353	0:16:21	Callum Crawford	MSen	4	Exeter Harriers	
7	509	0:16:26	Gwylm Gibson	MSen	6	SWRR	
8	582	0:16:43	Tim Watson	M40+	1	0	
9	573	0:16:52	Simon Minting	MSen	7	Exmouth Harriers	
10	361	0:16:55	Tc Chulu	MU17	1	Swrr	
11	546	0:17:01	Stephen Goss	M45+	1	Bristol and West AC	
12	372	0:17:08	Ollie Caute	MU17	2	Exeter Harriers	
13	542	0:17:12	Ryan Snell	M35+	2	0	
14	485	0:17:28	Jordan Hewitt	MSen	8	0	
15	397	0:17:33	James Benham	M35+	3	SWRR	
16	541	0:17:35	Thomas Whitworth	MSen	9	0	
17	369	0:17:45	Matthew Menary	MSen	10	Haldon Trail Runners	
18	411	0:17:48	Sam Yearling	MU15	1	Erme Valley Harriers	
19	554	0:17:51	Shaun Mckernan	MU17	3	Torbay Athletic Club	
20	549	0:17:55	KATIE SYNGE	FSen	1	CHARWOOD AC	
21	391	0:18:00	Peter Heckles	MSen	11	Teignbridge Trotters	
22	538	0:18:06	Robert Kelly	M35+	4	Okehampton Running Club	
23	335	0:18:12	Kieran Quinn	M35+	5	South West Road Runners	
24	563	0:18:15	Geoffrey Hill	M40+	2	Okehampton Running Club	Yes
25	368	0:18:17	William Daly	MU17	4	Honiton Rc	

\*If you've won a spot prize it will be available for collection at rd 5 on the 1st Aug



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26	470	0:18:21	Jan Dolezel	M35+	6	Haldon Trail Runners	
27	448	0:18:23	Harry Mills	MSen	12	Exeter harriers	
28	479	0:18:26	Dominic Spayne	M35+	7	Maverick Runners	
29	539	0:18:28	Graham Bryant	MSen	13	Okehampton running club	
30	580	0:18:38	Julian Cabrera	M50+	1	SWRR	
31	355	0:18:39	Charlie Arnell	FSen	2	Torbay AC	
32	376	0:18:43	Alison Thorn	F40+	1	Erme Valley Harriers	
33	423	0:18:52	Joe Osborne	MSen	14	Haldon Trail Runners	
34	352	0:19:01	Matt Prisk	MSen	15	Exeter Harriers	
35	567	0:19:01	Vikki Thompson	FSen	3	Haldon Trail Runners	
36	392	0:19:08	Nicky Savill	FSen	4	SWRR	
37	354	0:19:12	Tony Arnell	M50+	2	Torbay AC	
38	373	0:19:12	Alex Crump	MSen	16	Haldon Trail Runners	
39	305	0:19:12	Harry German	MU20	1	SWRR	
40	570	0:19:29	Neil Castree	M45+	2	Maverick Runners	Yes
41	358	0:19:36	Ian Lynch	M55+	1	Haldon Trail Runners	
42	569	0:19:37	Richard Pedrick	MSen	17	SWRR	
43	410	0:19:38	Roger Atkinson	M45+	3	Haldon Trail Runners	
44	408	0:19:40	Brian Sanson	M50+	3	Exmouth Harriers	
45	559	0:19:42	Matthew Amesbury	M35+	8	0	
46	464	0:19:48	Chris Chappell	M50+	4	Teignbridge Triers	
47	320	0:19:49	Barry Frost	M55+	2	SWRR	
48	396	0:19:51	Alistair Ferguson	MSen	18	SWRR	
49	314	0:19:59	Alan Ledger	M35+	9	Tiverton Harriers	
50	555	0:20:06	Simon Mugglestone	M55+	3	Bristol & West	
51	579	0:20:08	Rory Barrow	MSen	19	0	
52	574	0:20:18	Jonathan Major	M35+	10	SWRR	
53	514	0:20:19	Martin McEneny	M45+	4	Haldon Trail Runners	
54	377	0:20:21	Ross Pyne	M35+	11	Dawlish Coasters	
55	556	0:20:26	Richard Bishop	M50+	5	Exmouth Harriers	
56	564	0:20:31	Andy Macmillan	M45+	5	SWRR	
57	504	0:20:31	Ethan Sterry	MU20	2	Greenbow running club	
58	344	0:20:38	Andrew Johnson	M50+	6	Exmouth Harriers	
59	445	0:20:43	Jeff Bardell	M35+	12	0	Yes
60	325	0:20:45	Jim Durston	M50+	7	South West Road Runners	
61	552	0:20:47	Stephen Wilbraham	M45+	6	Torbay Athletic Club	
62	523	0:20:48	Craig Hobson	M40+	3	Teignbridge Trotters	
63	300	0:20:53	Des White	M60+	1	Exmouth Harriers AAC	
64	306	0:20:53	Fiona German	FU17	1	SWRR	



Exeter's  
great west run

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65	324	0:20:58	Anthea Board	F50+	1	Haldon Trail Runners	
66	517	0:21:04	John Caswell	M60+	2	SWRR	
67	489	0:21:14	Jo Pearce	F45+	1	SWRR	
68	476	0:21:17	Nick Robinson	M40+	4	Torbay AAC	
69	351	0:21:23	Rob Sweet	M40+	5	0	
70	543	0:21:24	Neil Sproats	M40+	6	0	
71	533	0:21:27	Josiah Mayled	MSen	20	0	
72	402	0:21:29	Phil Spencer	M50+	8	Tiverton Harriers	
73	427	0:21:33	Richard Stone	M35+	13	South West Road Runners	
74	558	0:21:34	Nigel Barnett	M45+	7	Teignbridge Trotters	Yes
75	420	0:21:40	Matthew Gauld	M40+	7	0	
76	312	0:21:42	Emilie Lewis	F35+	1	0	
77	388	0:21:43	Lewis Jones	M65+	1	SWRR	
78	577	0:21:58	Dan Pomeroy	MSen	21	0	
79	389	0:21:58	Richard Kemp	M45+	8	Tiverton Harriers	
80	302	0:22:03	Hannah Jones	F40+	2	Teignbridge Trotters	
81	512	0:22:03	Zane Steers	M45+	9	Maverick Runners	
82	562	0:22:10	Stewart Wareing	M40+	8	0	
83	421	0:22:11	Karen Cook	F55+	1	SWRR	
84	576	0:22:12	Daniel Ahl	M45+	10	Bangkok Bangers	
85	310	0:22:17	Charles Lee	M35+	14	0	
86	356	0:22:18	Jenny Reay	F55+	2	Exeter Tri	
87	412	0:22:19	Len Oconnel	M60+	3	Tiverton Harriers	
88	364	0:22:25	Linda Dabbs	F45+	2	Exeter Tri	
89	336	0:22:28	Tim Synge	M50+	9	Westbury Harriers	
90	513	0:22:32	Nick Smith	MSen	22	Sidmouth Running Club	
91	426	0:22:39	Stephen Collier	M40+	9	SWRR	
92	331	0:22:41	Jeffrey Curd	M50+	10	Tiverton Harriers	
93	578	0:22:49	Colin Greenslade	M45+	11	0	
94	565	0:22:50	Clare McKenna	F35+	2	Maverick runners	Yes
95	534	0:23:09	Suzie Tosh	F40+	3	South west road runners	
96	572	0:23:28	Fleur Ricklin	F35+	3	Torbay AAC	
97	436	0:23:37	Rob Edwards	M60+	4	Sidmouth Running Club	
98	319	0:23:46	Peter Bunyan	M65+	2	South West Vets AC	
99	311	0:23:54	Sarah Moffat	FSen	5	South West Road Runners	
100	404	0:23:58	Bob Small	M65+	3	Newton Abbot Ac	
101	438	0:24:01	Kellie Delve	FSen	6	0	
102	417	0:24:16	Dan Grey	M35+	15	Haldon Trail Runners	
103	468	0:24:17	Hania Lee	F35+	4	Mavericks Runners	



David Lloyd

CLUBS



Exeter's  
great west run

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104	309	0:24:19	Yusra-Zara Salman	FSen	6	South West Road Runners	
105	557	0:24:22	Alison German	F45+	3	SWRR	
106	481	0:24:28	Jim Mouat	M70+	1	Haldon Trail Runners	
107	413	0:24:34	Nicki Ashworth	F45+	3	0	
108	532	0:24:50	Phil Thomas	M35+	15	South West Road runners	
109	301	0:25:00	Alison White	F60+	1	Exmouth Harriers AAC	
110	526	0:25:06	Caroline Tait	F50+	2	SWRR	Yes
111	496	0:25:09	Dave Eveleigh	M60+	5	Exmouth Harriers	
112	528	0:25:30	Rose Elliott	F45+	3	SWRR	
113	575	0:25:42	Genevieve Ahl	F45+	3	0	
114	531	0:25:50	Asilah Jarrald	F35+	4	Honiton running club	
115	545	0:26:25	Finn Sproats	MU20	3	0	
116	561	0:26:32	Laraine Gibbins	F50+	2	Dawlish Coasters	
117	553	0:26:42	Mark Tait	M45+	12	0	
118	394	0:26:58	Hayley Toy	F40+	4	0	
119	431	0:28:15	Ryan Moore	MSen	23	Greenbow Running Club	
120	537	0:28:24	Geoffrey Harcombe	M55+	4	Crediton Running Network	
121	548	0:28:28	emma Wilton-Dunn	F35+	4	0	
122	568	0:28:33	Hillary Collins	F60+	1	SWRR	
123	435	0:29:12	Richard Hill	M45+	12	Heavitree Running Group	
124	321	0:29:45	Shelley Kelly	F40+	4	0	
125	432	0:29:53	Hylida Stewart	F55+	3	Clydesdale Harriers	
126	540	0:30:33	Ryan Lucas	MSen	23	0	
127	536	0:30:37	Sarah Slack	FSen	6	Heavitree running group	
128	547	0:30:37	Kate Neal	FSen	6	Heavitree running group	
129	535	0:30:38	Donna White	F35+	4	Heavitree running club	
130	433	0:32:56	Kevin Partridge	M45+	12	0	Le Prix de la combativité
131	500	0:33:48	Nichola Martin	F40+	4	Heavitree Running Club	
132	441	0:37:10	Erica Clatworthy	F35+	4	0	Le Prix de la combativité



