



RUN EXE SUMMER 5k SERIES

Round 6 : Tuesday 5th September 2017

RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club
1	619	0:16:00	Henry Irvine	MSen	1	0
2	627	0:16:10	Adam Holland	MSen	2	Tavistock AC
3	374	0:16:11	Francis Malone-Lee	M35+	1	0
4	632	0:16:13	Jordan Andrews	MSen	3	Plymouth Harriers
5	636	0:16:31	Donald Brooks	M35+	2	Maverick Runners
6	465	0:16:53	Jamie Barnett	MU20	1	Teignbridge Trotters
7	631	0:17:05	Kevin Woodard	MSen	4	Teignbridge Trotters
8	490	0:17:18	Will Austin	MU20	2	0
9	479	0:17:25	Dominic Spayne	M35+	3	Maverick Runners
10	361	0:17:48	Tc Chulu	MU17	1	Swrr
11	367	0:17:49	Ollie Thorogood	MSen	5	Aberystwyth Ac
12	391	0:17:55	Peter Heckles	MSen	6	Teignbridge Trotters
13	612	0:18:03	Miko Cadeddu	MSen	7	0
14	423	0:18:05	Joe Osborne	MSen	8	Haldon Trail Runners
15	411	0:18:09	Sam Yearling	MU15	1	Erme Valley Harriers
16	587	0:18:10	Thomas Curtis	MSen	9	0
17	549	0:18:10	KATIE SYNGE	FSen	1	CHARNWOOD AC
18	608	0:18:13	Thomas Bayley	MU20	3	0
19	618	0:18:17	Dan Savage	M50+	1	0
20	355	0:18:18	Charlie Arnell	FSen	2	Torbay AC
21	353	0:18:19	Callum Crawford	MSen	10	Exeter Harriers
22	448	0:18:20	Harry Mills	MSen	11	Exeter harriers
23	580	0:18:20	Julian Cabrera	M50+	2	SWRR
24	485	0:18:22	Jordan Hewitt	MSen	12	0
25	454	0:18:32	Elizabeth Dyson	FSen	3	Haldon Trail Runners
26	451	0:18:40	Tim Landy	MSen	13	South West Road Runners
27	376	0:18:48	Alison Thorn	F40+	1	Erme Valley Harriers
28	617	0:18:51	Sian Temple	FU20	1	Newquay & Parr
29	419	0:18:53	Ian Lea	M40+	1	0
30	628	0:18:53	Martha Neal	FSen	4	Newton Abbot Ac



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#Exeter3k & U11 Mile
MONDAY 20th NOVEMBER 7PM

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Seeded Races
= Suitable for all speeds!

31	354	0:18:57	Tony Arnell	M50+	3	Torbay AC
32	630	0:18:57	Jon Garrity	M45+	1	Exmouth Harriers
33	508	0:19:05	Jay Andrews	MSen	14	Tiverton Harriers
34	400	0:19:09	David Wilson	M35+	4	SWRR
35	392	0:19:14	Nicky Savill	FSen	5	SWRR
36	365	0:19:30	Ioan Davies	MU20	4	0
37	358	0:19:37	Ian Lynch	M55+	1	Haldon Trail Runners
38	305	0:19:40	Harry German	MU20	5	SWRR
39	408	0:19:42	Brian Sanson	M50+	4	Exmouth Harriers
40	314	0:19:44	Alan Ledger	M35+	5	Tiverton Harriers
41	424	0:19:47	Jake Chan	MSen	15	SWRR
42	409	0:19:50	Melanie Brooks	F40+	2	Dawlish Coasters
43	396	0:19:51	Alistair Ferguson	MSen	16	SWRR
44	341	0:19:59	Allan Herdman	M60+	1	Tavistock AC
45	334	0:19:59	Hannah Bown	F35+	1	Exmouth harriers
46	629	0:20:06	Tim Pratt	MSen	17	Teignbridge Trotters
47	634	0:20:06	Tilly Woods	FU20	2	Newton Abbot Ac
48	512	0:20:11	Zane Steers	M45+	2	Maverick Runners
49	596	0:20:15	Graydon Widdicombe	M40+	2	Teignbridge Trotters
50	579	0:20:19	Rory Barrow	MSen	18	0
51	540	0:20:19	Ryan Lucas	MSen	18	0
52	320	0:20:30	Barry Frost	M55+	2	SWRR
53	403	0:20:35	Will Spencer	MU17	2	Tiverton Harriers
54	514	0:20:36	Martin McEneny	M45+	3	Haldon Trail Runners
55	344	0:20:39	Andrew Johnson	M50+	5	Exmouth Harriers
56	638	0:20:45	Bradley Hewitt	MSen	20	Tiverton Harriers
57	325	0:20:49	Jim Durston	M50+	6	South West Road Runners
58	427	0:20:50	Richard Stone	M35+	6	South West Road Runners
59	517	0:20:53	John Caswell	M60+	2	SWRR
60	417	0:21:00	Dan Grey	M35+	7	Haldon Trail Runners
61	351	0:21:09	Rob Sweet	M40+	3	0
62	300	0:21:18	Des White	M60+	3	Exmouth Harriers AAC
63	312	0:21:33	Emilie Lewis	F35+	2	0
64	388	0:21:34	Lewis Jones	M65+	1	SWRR
65	393	0:21:37	Steve Lang	M60+	4	SW Vets Ac
66	624	0:21:37	Simon Sherlock	M35+	8	Maverick Runners
67	359	0:21:37	Ian Dabbs	M45+	4	Exeter Tri
68	585	0:21:40	Ian Russell	M45+	5	Heavitree Running
69	402	0:21:43	Phil Spencer	M50+	7	Tiverton Harriers
70	489	0:21:44	Jo Pearce	F45+	1	SWRR
71	398	0:21:53	Kathryn Steenson	F40+	3	Teignbridge Trotters
72	622	0:22:00	Ian Temple	M50+	8	0
73	415	0:22:03	Rob Pollard	M35+	9	0

Exeter's great west run

15TH OCTOBER 2017



#Exeter3k & U11 Mile
MONDAY 20th NOVEMBER 7PM

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Seeded Races
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74	336	0:22:04	Tim Syngé	M50+	9	Westbury Harriers
75	594	0:22:06	Julie Hedges	F55+	1	SWRR
76	302	0:22:09	Hannah Jones	F40+	4	Teignbridge Trotters
77	331	0:22:13	Jeffrey Curd	M50+	10	Tiverton Harriers
78	426	0:22:13	Stephen Collier	M40+	4	SWRR
79	635	0:22:22	Emma White	FSen	6	Exmouth Harriers
80	421	0:22:32	Karen Cook	F55+	2	SWRR
81	364	0:22:36	Linda Dabbs	F45+	2	Exeter Tri
82	399	0:22:54	David Phillips	M60+	5	Exeter Harriers
83	620	0:23:03	Rosie Glazier	FSen	7	South West Road Runners
84	614	0:23:08	Allister Bristow	M45+	6	Erme valley harriers
85	613	0:23:08	Liz Bowden	F40+	5	Erme valley harriers
86	438	0:23:10	Kellie Delve	FSen	8	0
87	404	0:23:17	Bob Small	M65+	2	Newton Abbot Ac
88	633	0:23:38	John Fowler	M50+	11	South West Road Runners
89	623	0:24:15	Alison Temple	F50+	1	0
90	621	0:24:30	Ben Bristow	MU15	2	Erme Valley Harriers
91	301	0:24:49	Alison White	F60+	1	Exmouth Harriers AAC
92	496	0:24:51	Dave Eveleigh	M60+	6	Exmouth Harriers
93	637	0:25:01	Laura Nicholls	FSen	9	South West Road Runners
94	468	0:25:22	Hania Lee	F35+	3	Mavericks Runners
95	309	0:25:28	Yusra-Zara Salman	FSen	10	South West Road Runners
96	414	0:26:44	Alison Hydon	F40+	6	0
97	626	0:27:16	Jason Hyde	M40+	5	Plymouth musketeers
98	435	0:27:49	Richard Hill	M45+	7	Heavitree Running Group
99	432	0:27:56	Hylde Stewart	F55+	3	Clydesdale Harriers
100	609	0:28:04	Mark Jelley	M50+	12	SWRR
101	321	0:29:19	Shelley Kelly	F40+	7	0
102	433	0:31:13	Kevin Partridge	M45+	8	0



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WE ARE ROAD RUNNING



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