



RUN EXE SUMMER 5k SERIES

Round 3 : Tuesday 2nd June 2015

RESULTS

Pos	No	Time	Name	Cat	Club	Spot Prize
1	322	0:15:58	Beriho Hadera	M Sen	Exmouth Harriers	
2	259	0:16:11	Jason Drew	M U20	Bristol & West AC	
3	339	0:16:18	Kevin Squibb	M 40+	Tiverton Harriers	
4	489	0:16:20	Matt Hawkroft	M Sen	0	
5	498	0:16:22	Neil Barkell	M Sen	Tavistock AC	
6	280	0:16:35	Christian Hewitt	M U20	Tiverton Harriers	
7	306	0:16:36	Peter Monaghan	M 50+	Torbay AC	
8	204	0:16:37	Francis Malone-Lee	M 35+	0	
9	256	0:16:47	Shaun Johnson	M U20	Exeter Harriers	
10	244	0:16:48	Jody Bee	M 35+	SWRR	
11	360	0:16:56	Steph McCall	F Sen	Exeter University AC	Course Record
12	346	0:17:00	Simon Minting	M Sen	Exmouth Harriers	
13	352	0:17:03	Mike Musgrove	M 45+	Exmouth Harriers	
14	355	0:17:05	Peter Fletcher	M Sen	Exmouth Harriers	
15	361	0:17:10	David Rosser	M Sen	Haldon Trail Runners	
16	497	0:17:10	Adharanand Finn	M 40+	Torbay AC	
17	292	0:17:13	Alan Ryder	M 50+	Plymouth Musketeers	YES
18	334	0:17:31	Tim Pratt	M Sen	Teignbridge Trotters	
19	243	0:17:32	James Bamber	M 40+	0	
20	271	0:17:34	Nick Casey	M 45+	Crediton Running Network	
21	356	0:17:37	Paul Dowling	M 35+	0	
22	297	0:17:56	Darren Powell	M 40+	South West Road Runners	
23	343	0:17:58	Martin Exley-Deane	M 55+	Tavistock AC	
24	494	0:17:59	Nick Seccombe	M Sen	Okehampton	
25	230	0:18:08	Kerry Roberts	M 50+	Tiverton Harriers	YES
26	222	0:18:12	Paul Thomas	M 55+	SWRR	
27	248	0:18:23	Jan Dolezel	M Sen	Haldon Trail Runners	
28	495	0:18:24	Naomi Flanagan	F Sen	South Devon AC	
29	254	0:18:32	Chris Dupain	M Sen	Exmouth Harriers	
30	326	0:18:35	Matthew Player	M 35+	0	
31	253	0:18:38	Jamie Tinniswood	M 35+	Tiverton Harriers	

*If you've won a spot prize it will be available for collection at rd 4 in (only).

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Exeter's great west run

Sunday 18th October 2015
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32	224	0:18:42	David Lobb	M Sen	East Cornwall Harriers	
33	212	0:18:42	Serane Stone	F 35+	Tiverton Harriers	
34	229	0:18:44	Jamie Barnett	M U20	Teignbridge Trotters	
35	233	0:18:44	Martyn Ellis	M 35+	Torbay Ac	
36	318	0:19:06	Rory Carr	M 35+	Tiverton Harriers	
37	285	0:19:09	Martyn Breslan	M 35+	Torbay AC	
38	499	0:19:10	Alice Rogers	F Sen	Tavistock AC	YES
39	359	0:19:14	Aiden Bradley	M Sen	0	
40	263	0:19:16	Harvey Thompson	M U15	Exeter Harriers	
41	245	0:19:22	Steve Lang	M 60+	South West Vets AC	
42	287	0:19:30	Ben White	M Sen	Exmouth Harriers	
43	197	0:19:35	Alan Ledger	M 35+	Tiverton Harriers	
44	273	0:19:38	Shaun McKernan	M U15	Torbay AC	
45	488	0:19:38	Rob Graham	M 35+	SWRR	
46	277	0:19:43	Alistair Ferguson	M Sen	SWRR	YES
47	340	0:19:45	Martin McEneny	M 45+	Haldon Trail Runners	
48	349	0:19:49	Mike Mears	M 40+	N1 Tri Club	
49	269	0:19:51	Madeleine Roche	F U17	Exeter Harriers	
50	180	0:20:01	Nicky Savill	F Sen	SWRR	
51	487	0:20:14	Nick Bridge	M 35+	0	
52	302	0:20:15	Andrew Johnson	M 50+	Exmouth Harriers	
53	257	0:20:20	Scott Jordan	M 40+	Exmouth Harriers	
54	266	0:20:24	Phil Spencer	M 50+	Tiverton Harriers	
55	202	0:20:24	Andrea Matthews-Stroud	F 40+	0	
56	337	0:20:29	Stuart May	M 45+	Okehampton Running Club	
57	260	0:20:31	Karen Cook	F 55+	SWRR	
58	200	0:20:45	Phoebe Killen	F U17	Exeter Harriers	
59	320	0:20:48	Paul Carr	M 35+	0	
60	362	0:20:52	Scott Hunter	M Sen	SWRR	YES
61	241	0:20:54	Katherine Humphreys	F Sen	Tiverton	
62	348	0:20:58	Phil Davey	M 55+	0	
63	351	0:21:02	Phil Bates	M 45+	Torbay AC	
64	358	0:21:05	Neil Edwards	M 40+	0	
65	313	0:21:17	Will Spencer	M U15	Tiverton Harriers	
66	328	0:21:29	Emma White	F Sen	Exmouth Harriers	
67	182	0:21:31	William Aczel	M U17	0	
68	493	0:21:33	Jim Zaple	M 55+	Herne Hill Harriers	
69	342	0:21:39	Andrew Houghton	M 65+	Tavistock AC	
70	264	0:21:41	Michelle Ellis	F 35+	Exeter Harriers	
71	201	0:21:47	James Wilbraham	M Sen	0	
72	291	0:21:56	Angela Handforth	F 65+	South West Vets Ac	
73	226	0:22:04	Julie Hedges	F 50+	SWRR	
74	247	0:22:08	Mark De Souza	M 45+	0	

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75	239	0:22:13	Julie Towers	F 50+	Launceston Road Runners	YES
76	492	0:22:21	Matthew Baker	M 35+	0	
77	344	0:22:21	Tracey Oxborough	F 50+	Tavistock AC	
78	367	0:22:33	Niki Davies	F 40+	SWRR	
79	341	0:22:40	Jenny Blythe	F 45+	0	
80	354	0:22:41	Alastair Dunn	M Sen	0	
81	350	0:22:47	Alan Tate	M 55+	Avon Valley Runners	
82	335	0:22:52	Hannah Jones	F 40+	Teignbridge Trotters	
83	183	0:23:01	Tracy Bennett	F 40+	SWRR	YES
84	308	0:23:15	Nigel Barnet	M 40+	Teignbridge Trotters	
85	282	0:23:18	Nicki Ashworth	F 45+	0	
86	213	0:23:23	Lauren Burd	F U15	0	
87	196	0:23:41	Hylde Stewart	F 55+	Clydesdale Harriers	
88	298	0:23:53	Jennie Roberts	F 40+	Teignbridge Trotters	
89	209	0:23:53	Amanda Rowlings	F 45+	Newton Abbot AC	
90	275	0:24:09	Andy Bown	M 40+	0	
91	278	0:24:10	Nigel Dupain	M 60+	Exmouth Harriers	
92	353	0:24:13	Joseph Reynolds	M 45+	0	
93	490	0:24:17	Liz Prokorowicz	F 35+	Haldon Trail Runners	
94	363	0:24:41	Finlay Davies	M U13	0	
95	364	0:24:41	Del Pitcher	M 45+	0	
96	262	0:25:04	Angela Thompson	F 45+	Teign Valley	
97	240	0:25:09	Yusra-Zara Salman	F Sen	Nike Run Club	YES
98	223	0:25:10	Kate Rogers	F 55+	Tavistock AC	
99	205	0:25:11	Tamsin Phelvin	F 35+	Tiverton Harriers	
100	486	0:25:16	Rose Elliott	F 40+	SWRR	
101	366	0:25:46	Alner Glyn	M Sen	Royal Marines	
102	496	0:25:49	Michelle Pang	F 45+	SWRR	
103	236	0:26:01	Eileen Sanders	F 55+	Tiverton Harriers	
104	336	0:26:10	Gareth Griggs	M 35+	0	
105	333	0:26:17	Scott Taylor	M 50+	0	
106	216	0:26:21	Alison Hydon	F 35+	0	
107	345	0:26:23	Mike Keep	M 70+	Exmouth Harriers	
108	365	0:27:17	Joe Davies	M U13	0	
109	191	0:27:22	Ruth Douglas	F 40+	0	
110	332	0:27:42	Adam Cleaver	M Sen	0	
111	316	0:29:30	Jim Wyatt	M 65+	Exmouth Harriers	
112	324	0:29:46	Libby Burd	F U13	0	YES
113	211	0:30:07	Anne-Marie Baker	F 40+	0	
114	491	0:31:14	Lutzy	F 50+	0	
115	357	0:31:40	Emma Jones	F Sen	SWRR	
116	347	0:31:58	Les Turner	M 65+	Exmouth Harriers	
117	220	0:37:13	Dennis Comissar	M 65+	Torbay	

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