



RUN EXE SUMMER 5k SERIES

Round 4 : Tuesday 7th July 2015

RESULTS

Pos	No	Time	Name	Cat	Club	Spot Prize
1	400	0:14:53	Phil Wylie	M 35+	Cheltenham	
2	306	0:16:39	Peter Monaghan	M 50+	Torbay AC	
3	280	0:16:46	Christian Hewitt	M U20	Tiverton Harriers	
4	346	0:16:52	Simon Minting	M Sen	Exmouth Harriers	YES
5	383	0:16:54	Daryl Milford	M 40+	Maverick Runners	
6	292	0:16:55	Alan Ryder	M 50+	Plymouth Musketeers	
7	387	0:17:01	Langdon Williams	M 45+	0	
8	388	0:17:10	Michael Lesniak	M Sen	South West Road Runners	
9	395	0:17:26	Martin Colwill	M 45+	Bideford AAC	
10	384	0:17:30	Kieran Crewes	M U20	Maverick Runners	
11	271	0:17:34	Nick Casey	M 45+	Crediton Running Network	
12	334	0:17:50	Tim Pratt	M Sen	Teignbridge Trotters	
13	248	0:17:50	Jan Dolezel	M Sen	Haldon Trail Runners	
14	252	0:17:52	James Benham	M Sen	SWRR	
15	243	0:17:55	James Bamber	M 40+	0	YES
16	401	0:18:01	Gareth Davies	M Sen	South West Road Runners	
17	385	0:18:02	Duncan Taylor	M Sen	0	
18	402	0:18:05	Milan Goc	M 35+	South West Road Runners	
19	207	0:18:05	David Trelease	M Sen	0	
20	382	0:18:13	Rich Middleton	M Sen	Exmouth Harriers	
21	249	0:18:14	Peter Belcher	M 40+	Haldon Trail Runners	
22	317	0:18:17	Julian Cabrera	M 45+	SWRR	
23	250	0:18:17	Martin Brace	M 45+	Tiverton Harriers	
24	254	0:18:18	Chris Dupain	M Sen	Exmouth Harriers	YES
25	222	0:18:26	Paul Thomas	M 55+	SWRR	
26	229	0:18:27	Jamie Barnett	M U20	Teignbridge Trotters	
27	253	0:18:28	Jamie Tinniswood	M 35+	Tiverton Harriers	
28	381	0:18:35	Cathy Newman	F 50+	Exmouth Harriers	
29	273	0:18:38	Shaun McKernan	M U15	Torbay AC	
30	263	0:18:40	Harvey Thompson	M U15	Exeter Harriers	
31	318	0:18:50	Rory Carr	M 35+	Tiverton Harriers	
32	212	0:18:55	Serane Stone	F 35+	Tiverton Harriers	
33	233	0:18:57	Martyn Ellis	M 35+	Torbay Ac	

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

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Sunday 18th October 2015
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34	285	0:19:07	Martyn Breslan	M	35+	Torbay AC	
35	378	0:19:19	Alison Thorn	F	40+	Erme Valley Harriers	YES
36	274	0:19:29	Mike Pearce	M	Sen	SWRR	
37	286	0:19:29	Harry German	M	U17	SWRR	
38	377	0:19:30	David Wilson	M	Sen	South West Road Runners	
39	277	0:19:34	Alistair Ferguson	M	Sen	SWRR	
40	391	0:19:39	Simon Swift	M	45+	Erme Valley Harriers	
41	386	0:19:40	Dave Moulder	M	55+	South West Road Runners	
42	314	0:19:44	Steve Clark	M	Sen	0	
43	180	0:19:44	Nicky Savill	F	Sen	SWRR	
44	269	0:19:45	Madeleine Roche	F	U17	Exeter Harriers	
45	338	0:19:47	Roger Atkinson	M	45+	Haldon Trail Runners	
46	197	0:19:51	Alan Ledger	M	35+	Tiverton Harriers	
47	340	0:19:53	Martin McEneny	M	45+	Haldon Trail Runners	
48	276	0:19:53	Hannah Bown	F	35+	Exmouth Harriers	
49	257	0:20:21	Scott Jordan	M	40+	Exmouth Harriers	YES
50	302	0:20:28	Andrew Johnson	M	50+	Exmouth Harriers	
51	241	0:20:29	Katherine Humphreys	F	Sen	Tiverton	
52	389	0:20:37	Barry Frost	M	55+	South West Road Runners	
53	348	0:20:40	Phil Davey	M	55+	0	
54	200	0:20:41	Phoebe Killen	F	U17	Exeter Harriers	
55	260	0:20:42	Karen Cook	F	55+	SWRR	
56	380	0:20:46	Joanna Edwards	F	45+	Erme Valley Harriers	
57	390	0:21:02	Lewis Jones	M	65+	South West Road Runners	
58	399	0:21:04	Huey Pearce	M	U13	0	
59	313	0:21:08	Will Spencer	M	U15	Tiverton Harriers	
60	266	0:21:14	Phil Spencer	M	50+	Tiverton Harriers	
61	398	0:21:16	Jo Pearce	F	40+	South West Road Runners	
62	201	0:21:16	James Wilbraham	M	Sen	0	
63	403	0:21:33	Daniel Ahl	M	45+	0	YES
64	309	0:21:45	Richard Kemp	M	45+	Tiverton Harriers	
65	350	0:21:52	Alan Tate	M	55+	Avon Valley Runners	
66	182	0:21:56	William Aczel	M	U17	0	
67	362	0:21:58	Scott Hunter	M	Sen	SWRR	
68	226	0:22:05	Julie Hedges	F	50+	SWRR	
69	392	0:22:12	Tony Follett	M	40+	UKnetrunner	
70	291	0:22:14	Angela Handforth	F	65+	South West Vets Ac	
71	213	0:22:15	Lauren Burd	F	U15	0	
72	344	0:22:21	Tracey Oxborough	F	50+	Tavistock AC	
73	397	0:22:24	Dan Grey	M	Sen	Haldon Trail Runners	
74	404	0:22:26	Jonathan Major	M	35+	South West Road Runners	
75	239	0:22:47	Julie Towers	F	50+	Launceston Road Runners	
76	267	0:22:51	Amelia Hall	F	45+	Torbay AC	
77	278	0:22:57	Nigel Dupain	M	60+	Exmouth Harriers	
78	183	0:23:09	Tracy Bennett	F	40+	SWRR	
79	298	0:23:17	Jennie Roberts	F	40+	Teignbridge Trotters	



29.07.15 - 7.00pm

VOLUNTEERS

NEEDED...

CAN YOU HELP?

**WE'LL HAPPILY PROVIDE
A FREE ENTRY TO
ANOTHER EVENT.**

**If you can...please email
mail@city-runs.co.uk**

80	275	0:23:26	Andy Bown	M 40+	0	
81	196	0:23:32	Hylde Stewart	F 55+	Clydesdale Harriers	
82	375	0:23:38	Amanda Perry	F 50+	South West Road Runners	YES
83	490	0:24:17	Liz Prokorowicz	F 35+	Haldon Trail Runners	
84	221	0:24:29	Peter Bunyan	M 60+	0	
85	205	0:24:55	Tamsin Phelvin	F 35+	Tiverton Harriers	
86	393	0:24:58	Karl Smith	M Sen	0	
87	240	0:25:15	Yusra-Zara Salman	F Sen	Nike Run Club	
88	208	0:25:33	Samantha Townsend	F 35+	0	
89	372	0:25:49	Simon Ward	M Sen	0	
90	223	0:26:03	Kate Rogers	F 55+	Tavistock AC	
91	332	0:26:12	Adam Cleaver	M Sen	0	
92	236	0:26:33	Eileen Sanders	F 55+	Tiverton Harriers	
93	379	0:27:09	Antje Hirschmiller	F 35+	0	
94	374	0:27:10	Heather Kay	Fe 40+	0	
95	373	0:27:25	Elizabeth Hancox	Fe Sen	0	
96	394	0:27:31	Jonathan Munday	M 45+	0	
97	396	0:28:11	Esther McPhee	F 35+	0	YES
98	316	0:29:12	Jim Wyatt	M 65+	Exmouth Harriers	

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