

# THE RUN EXE SUMMER 5k SERIES



RD 3: Tuesday 4th August 2010

Organised by: **IRONBRIDGE RUNNER EVENTS LTD**

Position	Race No	Time	Name	Cat	Club
1	160	16.15	Matthew Clarke	SM	Swrr
2	120	16.16	Steve Goss	M40	Exeter Harriers
3	152	16.27	Jake Walderon	SM	Swrr
4	130	16.56	Sam Jackson	SM	0
5	121	17.27	Gavin Mark	SM	0
6	141	17.31	Daryl Milford	SM	Teignbridge Trotters
7	131	17.49	Andrew Vallance	SM	Okehampton Rc
8	33	17.52	Paul Thomas	M50	Swrr
9	63	18.01	Stuart Norgate	SM	RN / RM Tri Club
10	150	18.08	David Everitt	SM	0
11	137	18.17	Lucy Commander	SF	Swrr
12	118	18.24	Dominic Langley	SM	0
13	94	18.33	Tony Symons	M45	Tavistock Ac
14	132	18.50	Robin Ewings	SM	Tiverton Harriers
15	145	19.05	William Winter	SM	0
16	136	19.06	Russell Cleave	SM	Torbay Ac
17	146	19.12	Cathy Newman	F45	Exmouth Harriers
18	62	19.21	Alister Ferguson	SM	SWRR
19	19	19.24	Neil Lawson	M55	SWRR
20	119	19.26	Jim Zaple	M50	Herne Hill
21	37	19.29	Karen Cook	F50	Swrr
22	4	19.36	Neil Castree	SM	0
23	57	19.40	Andrew Johnson	M45	Exmouth Harriers
24	34	19.44	Serane Burd	SF	Wrn
25	58	20.03	Lewis Jones	M60	SWRR
26	69	20.12	Steve Selley	M45	Tiverton Harriers
27	133	20.12	Matthew Dominey	SM	Swrr
28	139	20.21	Andy Fraser	SM	Tiverton Harriers
29	126	20.26	Mervyn Rice	M50	Okehampton Rc
30	125	20.29	Anthony Binns	M50	Swrr
31	3	20.32	David King	M55	Sw Vets Ac
32	138	20.33	John Dean	M55	Tiverton Harriers
33	67	20.40	Caroline Steven	F40	Launceston RR
34	153	20.41	Cameron Souter-Frost	SM	Exeter Harriers
35	159	20.50	Jennifer Burton	F35	Swrr
36	122	20.59	Tim Houghton	SM	0
37	18	21.01	Jim Durston	M40	SWRR
38	111	21.43	Neil Edwards	M40	0
39	16	21.47	Mike Erith	M60	Tavistock Ac
40	102	21.50	Gary Chater	M40	Launceston RR

41	56	21.51	Mike Atkins	M50	Swrr
42	128	22.05	Craig Churchill	SM	Teignbridge Trotters
43	147	22.11	John Caswell	M50	Swrr
44	77	22.12	Amanda Salmon	F35	0
45	129	22.22	Martin Shapre	SM	0
46	127	22.31	Grey Miller	M40	Okehampton Rc
47	149	22.36	John Caunter	M55	Teignbridge Trotters
48	134	22.46	Kathryn Hough	M45	Swrr
49	144	23.10	Michael Carpenter	M55	Lauceston RR
50	124	23.15	Andy Houghton	M60	Tavistock Ac
51	17	23.42	Kate Rogers	F50	Tavistock Ac
52	25	23.43	Sarah Ridout	SF	Wrn
53	81	23.53	Ian McFarlane	M45	0
54	74	23.57	Jim Wyatt	M65	Exmouth hariers
55	154	24.15	Tony Follett	SM	Uk Net Runner
56	5	24.59	Kerrie Potter	F35	0
57	148	25.17	Tina Caunter	F50	Teignbridge Trotters
58	158	25.30	Rebecca Whear	SF	Exeter Tri Club
59	123	25.47	Shelia Houghton	F55	Tavistock Ac
60	76	25.48	Nina Mansell	F35	Wrn
61	40	25.55	Mark Waddicor	M70	Swrr
62	49	27.42	Sarah Balmes	F45	0
63	89	28.09	Mike Stansbury	M55	0
64	140	28.30	Michelle Hayes	F45	0
65	36	28.31	Phil Hayes	M50	Uk Net Runner
66	143	29.31	Katy Deithrick	SF	0
67	42	30.05	Hilary Allen	F60	Wrn
68	142	30.52	Robbie Bullett	M40	0
69	52	30.57	Sarah Beacock	F45	WRN
70	24	31.09	Claire Fitzgerald	F35	Wrn
71	156	32.56	Megan Barnsley	SF	0
72	155	32.57	Emma Woodlock	F40	0
73	151	32.59	Katy Boddy	SF	0
74	157	32.59	Lousie Crathorne	F35	0





