

# THE RUN EXE SUMMER 5k SERIES



RD 4: Tuesday 1st September 2009

Organised by: **IRONBRIDGE RUNNER EVENTS LTD**

Position	Race No	Time	Name	Cat	Club
1	635	14.58	Kevin Heywood	Sm	Bideford Ac
2	652	15.02	Tom Merson	Sm	Bristol & West
3	648	15.37	Kairn Stone	Sm	NEB
4	640	16.04	Steve Gallienne	Sm	Bristol & West
5	580	16.10	James Bellward	Sm	Swrr
6	643	16.12	Sam Hopton	Sm	Swrr
7	634	16.14	Andrew Ingle	Sm	Bideford Ac
8	641	16.23	Ashley Humphreys	Sm	Torbay Ac
9	535	16.52	Richard Drage	M50	Tavistock Ac
10	655	17.00	Mike Feighan	M40	Exeter Harriers
11	536	17.10	Tony Symons	M45	Tavistock Ac
12	638	17.16	Stephen Gentle	Sm	East Cornwall Harriers
13	646	17.17	Luke Reed	Sm	Axe Valley
14	647	17.31	Paul Rose	M20	0
15	642	17.33	Lee Salter	Sm	Ironbridge Runner All Stars
16	576	17.42	Cairlos Payan	Sm	Exmouth Harriers
17	661	17.54	Jessica Purbrick	Sf	0
18	514	18.12	Andrew Smith	M20	Tiverton harriers
19	523	18.17	Paul Flitney	Sm	Exeter Harriers
20	534	18.27	Heather Fell	Sf	Tavistock Ac
21	662	18.48	Alistair Pollard	Sm	0
22	520	19.01	Andrew Haydon	M40	Swrr
23	650	19.03	Chris Keefe	M20	Axe Valley
24	562	19.06	Andrew Johnson	M45	Exmouth Harriers
25	507	19.09	Felicity Elliott	Sf	Swrr
26	596	19.15	Caroline Hewitt	F45	Tiverton Harriers
27	521	19.16	Alsitair Ferguson	Sm	Swrr
28	623	19.37	Lewis Jones	M55	Swrr
29	633	19.46	James Zaple	M50	Exeter Harriers
30	504	19.48	Karen Cook	F50	Swrr
31	558	19.56	Caroline Steven	F40	Launceston RR
32	637	20.09	Jim Durston	M40	Swrr
33	644	20.12	Daniel Murdoch	Sm	0
34	629	20.16	Mark Stevens	Sm	St Albans
35	649	20.21	Stuart Write	Sm	0
36	645	20.31	John Kavanagh	M45	Swrr
37	595	20.49	Jason Hopton	M20	0
38	585	20.54	Brian O'Donovan	Sm	0
39	639	21.29	Matthew Wightman	Sm	0
40	564	21.31	Niel Edwards	Sm	0
41	515	21.43	John Caunter	M55	Teignbridge Trotters
42	524	21.51	Robert Millward	M60	Swrr
43	654	21.58	Nicki Ashworth	F40	Wrn
44	589	22.00	James Payne	Sm	0
45	594	22.05	Gary Charter	M40	Launceston Rc
46	630	22.07	Simon Taylor	M40	0

47	656	22.08	Phil Chivers	M45	0
48	591	22.16	Alwyn Pickard	M65	South Molton Strugglers
49	560	22.17	Michael Carpenter	M55	Launceston RR
50	568	22.49	Catherine Cannon	Sf	Swrr
51	636	23.09	Roger Brewer	M55	Exeter Tri
52	616	23.13	Keith Bowles	M60	Tavistock Ac
53	525	23.50	Daniel Mcaloon	Sm	0
54	553	24.05	Dave Eveleigh	M55	Exmouth Harriers
55	505	25.20	Mark Waddicor	F65	Swrr
56	522	25.40	Martin Allott	Sm	0
57	657	25.43	Tina Caunter	F50	Teignbridge Trotters
58	658	26.08	Nina Mansell	F35	0
59	614	26.39	Jennifer Elliot	F45	0
60	586	26.46	Stephen Romansy	Sm	0
61	631	26.51	Kathryn Emmerson	F60	Newton Abbot
62	571	27.03	Stuart Maudling	Sm	0
63	632	27.55	Angus Cottey	M45	0
64	659	28.15	Lisa Degregorta	Sf	0
65	660	28.46	Adam Allford	Sm	0
66	530	30.03	Hilary Allen	F60	Wrn
67	599	30.33	Sarah Beacock	F45	0
68	651	31.24	Emily Wolshaw	Sf	0
69	653	31.24	Sarah Dawhins	Sf	0
70	628	31.43	Dennis Comissar	M60	South Devon

