

THE RUN EXE SUMMER 5k SERIES



RD 1: Tuesday 5th July 2011

Organised by: IRONBRIDGE RUNNER EVENTS LTD

Posit	Race No	Time	Name	Cat	Club
1	64	15.36	Shaun Antell	SM	Bristol & West
2	91	16.36	Gavin Mantle	SM	0
3	74	16.43	Arran Tocknell	SM	Torbay Ac
4	57	16.52	Laurence Bolam	SM	Sidmouth Ac
5	37	16.53	Owain Evans	SM	SWRR
6	52	16.57	Mike Feighan	M45	Exeter Harriers
7	26	17.20	Daryl "Tarquin" Milford	SM	Teignbridge Trotters
8	47	17.39	Kerry Roberts	M50	Tiverton Harriers
9	50	17.47	Declan McCarthy	M45	City of Derry Spartans
10	42	18.00	Ian Langler	SM	Teignbridge Trotters
11	95	18.02	Milan Goc	SM	Sidmouth Rc
12	24	18.03	Nick Stevens	SM	Teignbridge Trotters
13	93	18.17	Christian Hewitt	SM	0
14	89	18.17	David Hawes	SM	0
15	76	18.21	Russell Cleave	SM	Torbay Ac
16	81	18.32	Paul Raven	M40	Exeter Tri
17	38	18.34	Harvey Saunders	SM	0
18	56	18.38	Andy Jones	M45	SWRR
19	41	18.42	Nicholas Einchcomb	M45	SWRR
20	54	18.51	Robin Ewings	M40	Tiverton Harriers
21	79	18.56	Ian Lea	SM	0
22	75	18.59	Jason Hopton	SM	0
23	90	19.03	Anna Allen	SF	0
24	49	19.09	Martin Brace	M40	Tiverton Harriers
25	98	19.15	Alistair Ferguson	SM	SWRR
26	33	19.19	Neil Castree	M40	Exeter Tri
27	92	19.19	Caroline Hewitt	F45	0



**CLOTHING
SALE
NOW ON
IN-STORE**



**SWRR CLUB
KIT SALE**

EVERY THING 1/2 PRICE
**while stock lasts



<http://www.ironbridgerunner.co.uk/shop/home.php?cat=27>

EXETER 10K

Wednesday 17th August 2011

**Using SWRR First Chance 10K Course

**2 LAP TRAFFIC FREE COURSE
WHICH IS PANCAKE FLAT!!!**

**ON FOOT PATHS & CYCLE PATHS AROUND THE
RIVER EXE AND EXETER CANAL**

http://www.city-runs.co.uk/letourofexeter/img/open10k_entryform.pdf

MR F'S BARGAIN

Nike Mayfly - Super Lightweight Racing Shoe



RRP £20.00 **NOW...JUST £10.00**

<http://www.ironbridgerunner.co.uk/shop/product.php?productid=750&cat=4&page=1>

28	65	19.21	Neil Lawson	M55	SWRR
29	20	19.29	Jim Zapple	M50	Herne Hill
30	45	19.33	Ellie Sutcliffe	SF	Exmouth Harriers
31	23	19.42	Martin McEneny	M40	0
32	44	19.45	Matthew Amesbury	SM	0
33	78	19.49	Karen Cook	F50	SWRR
34	53	19.59	Steve Selly	M45	Tiverton Harriers
35	72	20.22	Jim Durston	M45	SWRR
36	77	20.28	John Norton	SM	0
37	31	20.28	Gary Clark	M40	Teignbridge Trotters
38	43	20.37	Gary Watson	M50	Teignbridge Trotters
39	17	20.49	Roger Hales	M45	Teignbridge Trotters
40	55	20.55	Peter Royle	SM	Teignbridge Trotters
41	30	21.04	Ivor Ough	M55	0
42	88	21.07	Emma Stoebotham	SF	Teignbridge Trotters
43	21	21.13	Mandy Wheeler	F35	SWRR
44	25	21.15	Matt Vahiboglu	SM	SWRR
45	19	21.26	Dan Morley	SM	Exmouth Harriers
46	29	21.41	Dave Chanter	M55	Tavistock Ac
47	14	21.51	Roger Rowe	M65	Exmouth Harriers
48	73	21.54	Neil Edwards	SM	0
49	83	22.08	Mark Keast	M55	Sidmouth Rc
50	94	22.11	Dave Portch	M45	SWRR
51	99	22.24	Catherine Cannon	SF	0
52	85	22.31	Eszter Fuhrmann	SF	0
53	87	22.36	Robert Puty	M55	0
54	66	22.43	John Caunter	M55	Teignbridge Trotters
55	51	22.55	David Eveleigh	M55	Exmouth Harriers
56	16	23.07	Kevin Tregale	M50	0
57	67	23.17	Tony Follett	M55	Uk Netrunner
58	22	23.22	Steph Hills	SF	0
59	84	23.25	Lesley Roberts	F40	Sidmouth Rc
60	27	23.28	Lee Ballinger	M40	0
61	28	23.49	Sharon Bowman	F45	Teignbridge Trotters
62	59	23.54	Andrew Johnson	M45	Exmouth Harriers
63	32	24.07	Caroline Calrk	F40	Teignbridge Trotters
64	58	24.22	Graham Napper	M45	0
65	39	24.36	Colin Earp	M60	South Cheshire Harriers
66	97	25.00	Nicholas Pope	SM	0
67	96	25.04	Tracey Bennett	F35	SWRR
68	71	25.10	Paul De'Athe	M65	SWRR
69	48	25.14	Jim Wyatt	M65	Exmouth Harriers
70	36	25.41	Kerrie Potter	F35	0

71	35	25.48	Tim Brooks	M45	0
72	70	26.05	Emily Macaulay	SF	Springfield Striders
73	34	26.11	Phillipa Frewin	F45	0
74	46	26.26	Bronwen Hill	F35	Road Runners Club
75	82	26.42	William Valentine	M60	Torbay Ac
76	18	26.55	Paul Hurley	M40	0
77	62	27.29	Emma Richardson	SF	SWRR
78	40	29.15	Gael Earp	F45	NSRRA
79	86	29.27	Anne Lansworhty	F45	Sidmouth Rc
80	60	30.21	Hilary Allen	F60	0
81	61	30.26	Lousie Rye	F45	0
82	68	30.27	Fiona Bohan	SF	0
83	69	30.27	Emily Allan	SF	0
84	63	31.17	Carolyn Purslow	F45	0
85	80	31.31	Hazel Davey	F45	0
86	15	35.47	Dennis Commisar	M65	South Devon



