

THE RUN EXE SUMMER 5k SERIES



RD 3: Tuesday 6th September 2011

Organised by: **IRONBRIDGE RUNNER EVENTS LTD**

OVERALL SERIES STANDINGS WILL BE AVAILABLE LATER THIS WEEK

Posit	Race No	Time	Name	Cat	Club
1	64	15.15	Shaun Antell	SM	Bristol & West
2	168	15.17	Tom Merson	SM	Bristol & West
3	197	16.32	Ashley Humpreys	SM	Exeter Harriers
4	26	16.37	Daryl "Tarquin" Milford	SM	Teignbridge Trotters
5	463	16.46	Gavin Mantle	SM	0
6	170	16.48	David Wilkinson	M45	Exeter Harriers
7	57	16.51	Laurence Bolam	SM	Sidmouth Ac
8	172	16.52	Matthew Lewis	SM	Wells City Harriers
9	461	17.31	Stuart McLay	SM	Haldon Trail Runners
10	178	17.33	Howard Bailey	SM	Exeter Harriers
11	179	17.44	Jamie Palmer	M40	Exmouth Harriers
12	42	17.46	Ian Langler	SM	Teignbridge Trotters
13	81	17.48	Paul Raven	M40	Exeter Tri
14	188	17.50	Russell Hart	SM	Torbay Ac
15	79	18.04	Ian Lea	SM	0
16	95	18.17	Milan Goc	SM	Sidmouth Rc
17	47	18.21	Kerry Roberts	M50	Tiverton Harriers
18	159	18.26	Jon Garrity	M40	0
19	171	18.40	Anna Lewis	SF	Wells City Harriers
20	75	18.49	Jason Hopton	SM	0
21	133	19.00	Martin Havill	M55	Exeter Harriers
22	117	19.01	Clare Hodgson	SF	0
23	54	19.01	Robin Ewings	M40	Tiverton Harriers
24	90	19.12	Anna Allen	SF	0
25	78	19.20	Karen Cook	F50	SWRR
26	189	19.21	Guy Bennett	SM	Sidmouth Rc
27	155	19.27	Russell Cleave	SM	Torbay Ac

IRONBRIDGE RUNNER
LATEST OFFERS & EVENTS

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THE FORCE 10K



& FUN RUN

Sunday 11th
September
2011

28	199	19.28	Matthew Amesbury	SM	0
29	187	19.30	Stephen Wilberham	M40	Torbay Ac
30	181	19.31	Neil Downer	M45	South Devon Ac
31	55	19.32	Peter Royle	SM	Teignbridge Trotters
32	198	19.33	Neil Lawson	M55	0
33	180	19.34	David Stome	M40	0
34	92	19.37	Caroline Hewitt	F45	0
35	184	19.53	Lewis Jones	M60	SWRR
36	183	19.54	John Crocker	M45	Teignbridge Trotters
37	135	19.55	Stuart Parkes	SM	Torbay Ac
38	98	20.05	Alistair Ferguson	SM	SWRR
39	59	20.10	Andrew Johnson	M45	Exmouth Harriers
40	138	20.20	Ivan Jeary	M40	Uk Net Runner
41	194	20.27	Jim Durston	M45	SWRR
42	464	20.33	Nick Eaves	SM	Striders of Croydon
43	177	20.44	John Kavanagh	M45	SWRR
44	460	20.48	Tom Woodman	M40	0
45	21	20.49	Mandy Wheeler	F35	SWRR
46	14	20.50	Roger Rowe	M65	Exmouth Harriers
47	196	20.50	Iain Burns	M50	Sidmouth Rc
48	191	20.57	Daniel Heggs	M50	Trail Running Association
49	192	21.05	Tracy Elphick	F35	Teignbridge Trotters
50	16	21.26	Kevin Tregale	M50	0
51	193	21.50	Nathan Elphick	M40	Teignbridge Trotters
52	66	21.59	John Caunter	M55	Teignbridge Trotters
53	51	22.19	David Eveleigh	M55	Exmouth Harriers
54	173	22.27	John Drennan	M55	South Devon Ac
55	102	22.28	Nicola Davies	F40	Exeter Tri
56	131	22.30	Mike Atkins	M50	SWRR
57	458	22.40	Andrew Robertson	M50	0
58	459	22.52	Karen Robertson	F45	Bedford Harriers
59	185	22.57	Fran Montiganani	SF	0
60	462	22.58	Sarah Schntte	SF	Teignbridge Trotters
61	174	23.04	Roger Webb	M55	South Devon Ac
62	97	23.08	Nicholas Pope	SM	0
63	28	23.23	Sharon Bowman	F45	Teignbridge Trotters
64	32	23.42	Caroline Calrk	F40	Teignbridge Trotters
65	96	23.45	Tracey Bennett	F35	SWRR
66	182	24.01	Rachel Williams	F45	South Devon Ac
67	103	24.21	Graeme Baker	M70	Teignbridge Trotters
68	130	24.26	Tricia Harrison	F55	SWVAC
69	113	24.26	Marilyn Cooper	F55	Okehampton RC
70	176	24.42	Steve Waddington	M60	South Devon Ac

<http://www.ironbridgerunnerevents.co.uk/wukro/>



<http://www.hodgsonsportsmassage.co.uk>



<http://www.ironbridgerunner.co.uk/shop/product.php?productid=756&cat=114&page=1>



71	35	25.02	Tim Brooks	M45	0
72	456	25.14	Tina Caunter	F50	Teignbridge Trotters
73	34	25.18	Phillipa Frewin	F45	0
74	127	25.41	Bev Holloway	F35	0
75	169	26.28	Lucy Payne	F55	0
76	195	26.58	Tony Gray	M55	0
77	153	27.52	Manda Stone	F45	0
78	190	27.57	Sarah Dean	F45	Trail Running Association
79	457	28.08	Roy Shave	M55	Run England
80	126	28.56	Polly Chancellor	F35	0
81	61	29.38	Lousie Rye	F45	0
82	80	31.50	Hazel Davey	F45	0
83	152	32.56	Rosie Stone	SF	0
84	465	36.10	Mora Anderson	F40	Run England
85	466	36.10	Sally Turner	F45	0

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



The advertisement features the logo for South West Road Runners (SWRR) on the left, which includes a stylized runner silhouette and the text 'SOUTH WEST ROAD RUNNERS'. To the right, the text 'SWRR CLUB' is displayed in large, bold, yellow letters on a black background, with 'KIT SALE' below it in the same style. At the bottom, the text 'EVERY THING 1/2 PRICE' is written in red, with '***while stock lasts' underneath. A circular red stamp on the right side contains the text 'IBR BARGAIN'.