

# RUN EXE SUMMER 5k SERIES

IRONBRIDGE RUNNER EVENTS promotion



## STANDINGS

\* SCORING BEST 3 TIMES FROM 4 ROUNDS

\*\* WE WILL POST OUT PRIZE VOUCHERS THE WEEK AFTER THE FINAL RACE.

Pos	Race No	Time	Name	Cat	Club	
59	47	25.49	0.017928 Bev Holloway	F35		0
67	47	25.59	0.018044 Bev Holloway	F35		0
70	47	25.59	00:25:59 Bev Holloway	F35		0

01:17:47

Pos	Race No	Time	Name	Cat	Club	
48	11	23:27	0.016285 Deirdre Molly	F40		0
63	11	23:00	0.015972 Deirdre Molly	F40		0
49	11	22:35	0.015683 Deirdre Molly	F40		0
66	11	22:56	00:22 Deirdre Molly	F40		0

01:08:31

46	29	22:58	00:22 Nicki Ashworth	F40	Haldon Trail Runners	3rd
61	29	22:48	00:22 Nicki Ashworth	F40	Haldon Trail Runners	
54	29	23:06	00:23 Nicki Ashworth	F40	Haldon Trail Runners	

01:08:52

36	50	21:45	0.015104 Jo Pearce	F40	SWRR	1st
57	114	21:13	0.014734 Jo Pearce	F40	SWRR	
55	114	21:40	00:21:40 Jo Pearce	F40	SWRR	

01:04:38

Pos	Race No	Time	Name	Cat	Club	
24	59	20:34	0.014282 Caroline Hewitt	F45	Tiverton Harriers	1st
42	59	20:17	0.014086 Caroline Hewitt	F45	Tiverton Harriers	
32	59	20:07	0.01397 Caroline Hewitt	F45	Tiverton Harriers	
39	59	19:59	00:19:59 Caroline Hewitt	F45	Tiverton Harriers	

01:20:57

Pos	Race No	Time	Name	Cat	Club	
30	16	20:54	00:20 Maggie Hunt	F50	FERC	1st
53	16	20:52	00:20 Maggie Hunt	F50	FERC	
44	16	21:11	00:21 Maggie Hunt	F50	FERC	

01:02:57

58	65	25.38	0.017801 Tina Caunter	F50	Teignbridge Trotters	2nd
60	161	25.03	0.017396 Tina Caunter	F50	Teignbridge Trotters	
69	161	25.56	0.018009 Tina Caunter	F50	Teignbridge Trotters	

1:16:37

Pos	Race No	Time	Name	Cat	Club	
35	99	19:48	0.01375 Karen Cook	F55	SWRR	1st
29	99	19:42	0.013681 Karen Cook	F55	SWRR	
34	99	19:43	0.821528 Karen Cook	F55	SWRR	

Pos	Race No	Time	Name	Cat	Club	
6	60	17:16	0.011991 Christian Hewitt	M20	Tiverton Harriers	1st
6	60	16:57	0.011771 Christian Hewitt	M20	Tiverton Harriers	
3	60	16:51	0.011701 Christian Hewitt	M20	Tiverton Harriers	
11	60	17:40	0.736111 Christian Hewitt	M20	Tiverton Harriers	

Pos	Race No	Time	Name	Cat	Club	
25	46	20:35	0.014294 Andrew Johnson	SM	Exmouth Harriers	3rd
52	46	20:52	0.014491 Andrew Johnson	SM	Exmouth Harriers	
34	46	20:15	0.014063 Andrew Johnson	SM	Exmouth Harriers	
47	46	20:38	00:20:38 Andrew Johnson	SM	Exmouth Harriers	

01:01:28

19	40	19:53	0.013808	Martin Brace	M40	Tiverton Harriers	<b>2nd</b>
34	40	19:43	0.013692	Martin Brace	M40	Tiverton Harriers	
27	40	19:03	0.013229	Martin Brace	M40	Tiverton Harriers	

**00:58:39**

16	27	19:25	0.013484	Martin McEneny	M40	Haldon Trail Runners	<b>1st</b>
26	27	19:13	0.013345	Martin McEneny	M40	Haldon Trail Runners	
22	27	19	0.013194	Martin McEneny	M40	Haldon Trail Runners	
30	27	19:24	00:19:24	Martin McEneny	M40	Haldon Trail Runners	

**00:57:37**

Pos	Race No	Time	Name	Cat	Club		
27	57	20:44	0.014398	Andrew Rodda	M45	SWRR	<b>3rd</b>
46	57	20:31	0.014248	Andrew Rodda	M45	SWRR	
35	57	20:21	0.014132	Andrew Rodda	M45	SWRR	

**01:01:36**

4	36	16:38	0.011551	David Wilkinson	M45	Exeter Harriers	<b>1st</b>
3	36	16:45	0.011632	David Wilkinson	M45	Exeter Harriers	
5	36	16:56	00:16:56	David Wilkinson	M45	Exeter Harriers	

**00:50:19**

15	87	17:57	0.012465	James Woolf	M45		0 <b>2nd</b>
8	87	17:33	0.012188	James Woolf	M45		0
17	87	18:08	00:18:08	James Woolf	M45		0

**00:53:38**

32	34	21:14	0.014745	Jim Durston	M45	SWRR	<b>4th</b>
51	34	20:45	0.01441	Jim Durston	M45	SWRR	
38	34	20:37	0.014317	Jim Durston	M45	SWRR	
46	34	20:30	00:20:30	Jim Durston	M45	SWRR	

**01:01:52**

22	6	20:29	0.014225	John Kavanagh	M45	SWRR	<b>5th</b>
56	6	21:12	0.014722	John Kavanagh	M45	SWRR	
50	6	20:58	00:20:58	John Kavanagh	M45	SWRR	

**01:02:39**

Pos	Race No	Time	Name	Cat	Club		
8	23	17:46	0.012338	Kerry Roberts	M50	Tiverton Harriers	<b>1st</b>
16	23	18:01	0.012512	Kerry Roberts	M50	Tiverton Harriers	
11	23	17:42	0.012292	Kerry Roberts	M50	Tiverton Harriers	
13	23	17:44	00:17:44	Kerry Roberts	M50	Tiverton Harriers	

**00:53:12**

42	25	22:43	0.015775	Kevin Tregale	M50		0 <b>2nd</b>
62	25	22:49	0.015845	Kevin Tregale	M50		0
52	25	22:58	0.015949	Kevin Tregale	M50		0

**01:08:30**

Pos	Race No	Time	Name	Cat	Club		
49	120	20:39	0.01434	Dave Eveleigh	M55	Exmouth Harriers	<b>3rd</b>
45	120	21:14	0.014745	Dave Eveleigh	M55	Exmouth Harriers	
48	120	20:43	00:20:43	Dave Eveleigh	M55	Exmouth Harriers	

**01:02:36**

28	15	20:50	0.013947	Dave Moulder	M55	SWRR	<b>2nd</b>
50	15	20:41	0.014363	Dave Moulder	M55	SWRR	
37	15	20:30	0.013924	Dave Moulder	M55	SWRR	
40	15	20:08	00:20:08	Dave Moulder	M55	SWRR	

**01:00:52**

12	85	17:45	0.012326	John Shapland	M55	North Devon RR	<b>1st</b>
7	85	17:31	0.012164	John Shapland	M55	North Devon RR	
18	85	18:15	00:18:15	John Shapland	M55	North Devon RR	

**00:53:31**

Pos	Race No	Time	Name	Cat	Club		
41	5	22:18	0.015486	Peter Kirby	M60	Teignbridge Trotters	<b>1st</b>
67	5	23:13	0.016123	Peter Kirby	M60	Teignbridge Trotters	
63	5	22:42	00:22:42	Peter Kirby	M60	Teignbridge Trotters	

**01:08:13**

Pos	Race No	Time	Name	Cat	Club		
64	26	26.36	0.018472	Peter Mander	M70	Launceston RR	<b>1st</b>
70	26	26.22	0.01831	Peter Mander	M70	Launceston RR	
72	26	26.53	00:26:53	Peter Mander	M70	Launceston RR	

**0:52:58**

Pos	Race No	Time	Name	Cat	Club	
15	7	19:09	0.013299 Alexandra Cutts	SF	SWRR	1st
23	7	19:03	0.013229 Alexandra Cutts	SF	SWRR	
25	7	19:08	00:19:08 Alexandra Cutts	SF	SWRR	
<b>00:57:20</b>						
61	51	26.01	0.018067 Avril Swain	SF		0 3rd
81	51	26	0.018067 Avril Swain	SF		0
65	51	25.39	0.017813 Avril Swain	SF		0
<b>01:17:41</b>						
62	45	26.01	0.018067 Kerry Murch	SF		0 2nd
80	45	25.59	0.018044 Kerry Murch	SF		0
66	45	25.39	0.017813 Kerry Murch	SF		0
<b>01:17:39</b>						
Pos	Race No	Time	Name	Cat	Club	
29	121	19:25	0.013484 Alister Ferguson	SM	SWRR	8th
26	121	19:29	0.01353 Alister Ferguson	SM	SWRR	
36	121	19:48	00:19:48 Alister Ferguson	SM	SWRR	
<b>00:58:42</b>						
14	8	18:05	0.012558 Geoff Davey	SM	Teignbridge Trotters	5th
14	8	17:57	0.012465 Geoff Davey	SM	Teignbridge Trotters	
16	178	18:07	00:18:07 Geoff Davey	SM	Teignbridge Trotters	
<b>00:54:09</b>						
8	102	17:32	0.012176 Howard Baliey	SM	Exeter Harriers	3rd
6	133	17:13	0.011956 Howard Baliey	SM	Exeter Harriers	
7	199	17:11	00:17:11 Howard Baliey	SM	Exeter Harriers	
<b>00:51:56</b>						
14	124	17:05	0.011863 Ian Lea	SM		0 4th
16	124	18:15	0.012674 Ian Lea	SM		0
12	124	17:42	00:17:42 Ian Lea	SM		
<b>00:53:02</b>						
18	68	19:53	0.013808 James Bell	SM		0 10th
39	68	20:01	0.0139 James Bell	SM		0
30	68	19:49	0.013762 James Bell	SM		0
32	68	19:36	00:19:36 James Bell	SM		0
<b>00:59:18</b>						
7	54	17:24	0.012083 James Prentice	SM	SWRR	2nd
4	107	16:49	0.011678 James Prentice	SM	SWRR	
6	54	17:09	00:17:09 James Prentice	SM	SWRR	
<b>00:51:22</b>						
9	24	18:02	0.012523 Jan Dolezel	SM	Haldon Trail Runners	6th
19	24	18:33	0.012882 Jan Dolezel	SM	Haldon Trail Runners	
17	24	18:27	0.012813 Jan Dolezel	SM	Haldon Trail Runners	
22	24	18:43	00:18:43 Jan Dolezel	SM	Haldon Trail Runners	
<b>00:55:02</b>						
57	66	25.32	0.017731 Jon Newman	SM		0 13th
73	66	24.22	0.016921 Jon Newman	SM		0
58	66	24.11	0.016794 Jon Newman	SM		0
68	66	24.47	0:24:47 Jon Newman	SM		0
<b>01:13:20</b>						
41	127	20:01	0.0139 Mark McPhee	SM		0 9th
28	143	19:34	0.013588 Mark McPhee	SM	Exeter Tri	
26	193	19:17	00:19:17 Mark McPhee	SM	Exeter Tri	
<b>00:58:52</b>						
30	89	19:32	0.013565 Nathan White	SM	Haldon Trail Runners	7th
21	89	18:59	0.013183 Nathan White	SM	Haldon Trail Runners	
27	89	19:21	00:19:21 Nathan White	SM	Haldon Trail Runners	
<b>00:57:52</b>						
4	165	16:52	0.011713 Stephen Buckley	SM	SWRR	1st
5	71	17:01	0.011817 Stephen Buckley	SM	SWRR	
4	202	16:54	00:16:54 Stephen Buckley	SM	SWRR	
<b>00:50:47</b>						
47	69	23:13	0.016123 Tom Bonnet	SM	Honiton Rc	12th
57	69	23:49	0.016539 Tom Bonnet	SM	Honiton Rc	
65	69	22:51	00:22:51 Tom Bonnet	SM	Honiton Rc	
<b>01:09:53</b>						
21	43	20.25	00:20:25 Rob Graham	SM	SWRR	11th

40	43	20.49	00:20:49	Rob Graham	SM	SWRR
44	43	20.29	00:20:29	Rob Graham	SM	SWRR

**01:01:43**