

RUN EXE SUMMER 5k SERIES

IRONBRIDGE RUNNER EVENTS promotion

Round 1 - Wednesday 6th June 2012



PROVISIONAL RESULTS

Pos	Race No	Time	Name	Cat	Club
1	17	15.06	Johnny Gilby	SM	Derby Ac
2	35	15.22	Shaun Antell	SM	Bristol & West Ac
3	56	16.24	Matt Clarke	SM	0
4	36	16.38	David Wilkinson	M45	Exeter Harriers
5	71	17.01	Stephen Burgley	SM	SWRR
6	60	17.16	Christian Hewitt	M20	Tiverton Harriers
7	54	17.24	James Prentice	SM	SWRR
8	23	17.46	Kerry Roberts	M50	Tiverton Harriers
9	24	18.20	Jan Dolezel	SM	Haldon Trail Runners
10	28	18.22	Steve Baker	M50	Tamar Trotters
11	1	18.25	Martyn Breslan	SM	Torbay Ac
12	49	18.27	Ian Pang	M45	SWRR
13	30	18.39	Miles Woolnough	M20	SWRR
14	8	18.50	Geoff Davey	SM	Teignbridge Trotters
15	7	19.09	Alexandra Cutts	SF	SWRR
16	27	19.25	Martin McEneny	M40	Haldon Trail Runners
17	44	19.43	Stuart Hooppell	SM	0
18	68	19.53	James Bell	SM	0
19	40	19.53	Martin Brace	M40	Tiverton Harriers
20	20	20.05	Russell Wheeler	M40	0
21	43	20.25	Rob Graham	SM	SWRR
22	6	20.29	John Kavanagh	M45	SWRR
23	63	20.34	Steve Selley	M50	Tiverton Harriers
24	59	20.34	Caroline Hewitt	F45	Tiverton Harriers
25	46	20.35	Andrew Johnson	SM	Exmouth Harriers
26	55	20.42	Ken Lamont	M45	Exeter Tri
27	57	20.44	Andrew Rodda	M45	SWRR
28	15	20.50	Dave Moulder	M55	SWRR
29	13	20.54	Andrew Spry	SM	0
30	16	20.54	Maggie Hunt	F50	FERC
31	4	21.05	Ian Finch	SM	0
32	34	21.14	Jim Durston	M45	SWRR
33	52	21.18	Richard Westgate	M55	SWRR

RUN CITY RUN
Great Places to run across the UK

Enter your postcode: Find me a run

www.city-runs.co.uk

log on and **FIND GREAT running routes across the UK**

UP-LOAD YOUR OWN ROUTES FOR YOUR FELLOW RUNNERS TO ENJOY

There are also a variety of detailed training plans for beginners through to experienced runners from Olympian Anthony Whiteman

www.city-runs.co.uk

contact: mail@city-runs.co.uk

community partner www.runinengland.co.uk

<http://www.city-runs.co.uk>

IRONBRIDGE RUNNER
LATEST OFFERS & EVENTS

FOLLOW OUR PODCAST

Mr F and Kevin Fahey discuss the latest Westcountry running news.

An Endurance Talk Production

<http://endurancetalk.podbean.com/>

34	14	21.33	Sam Beare	SF	SWRR
35	41	21.39	Peter Royle	SM	Teignbridge Trotters
36	50	21.45	Jo Pearce	M40	SWRR
37	21	21.50	Neil Pallant	M40	Teignbridge Trotters
38	32	21.59	Craig Churchill	SM	Teignbridge Trotters
39	70	22.05	Catherine Cannon	SF	SWRR
40	67	22.07	Gareth Griggs	SM	0
41	5	22.18	Peter Kirby	M60	Teignbridge Trotters
42	25	22.43	Kevin Tregale	M50	0
43	19	22.43	Nicola Davies	F40	Exeter Tri
44	9	22.50	Greg Miller	M45	Okehampton Rc
45	3	22.56	Raoul Grantham	M45	Brantree & District Ac
46	29	22.58	Nicki Ashworth	F40	Haldon Trail Runners
47	69	23.13	Tom Bonnet	SM	Honiton Rc
48	11	23.27	Deirdre Molly	F40	0
49	10	23.38	Joanne Haynes	F40	Teignbridge Trotters
50	62	23.42	Helen Narraway	F45	SWRR
51	53	23.48	Lesley Westgate	F55	Maiden Newton Runners
52	33	24.20	Hilary Collins	F55	SWRR
53	12	24.41	Jamie Collard	SM	0
54	42	25.03	Keith Daniels	M55	0
55	18	25.04	Marilyn Cooper	F55	Okehampton Rc
56	64	25.10	Emily Macaulay	SF	Springfiled Striders
57	66	25.32	Jon Newman	SM	0
58	65	25.38	Tina Caunter	F50	Teignbridge Trotters
59	47	25.49	Bev Holloway	F35	0
60	61	25.56	Kathryn Johnston	SF	0
61	51	26.01	Avril Swain	SF	0
62	45	26.01	Kerry Murch	SF	0
63	22	26.09	Sarah Seymour	SF	Teignbridge Trotters
64	26	26.36	Peter Mander	M70	Launceston RR
65	2	27.00	Darren Luxton	SM	0
66	58	27.11	Jim Wyatt	M65	Exmouth Harriers
67	65	27.26	Ian McFarlane	M45	0
68	48	27.41	Michelle Pang	F45	SWRR
69	37	27.55	Glenn Jarvis	M65	Teignbridge Trotters
70	39	28.56	Polly Chancellor	F40	0
71	38	30.02	Hilary Allen	F60	SWRR
72	72	32.02	Kate Brewer	SF	0
73	31	33.13	Lynda Adams	F35	0

IRONBRIDGE RUNNER



VALID ON ALL SPORTS NUTRITION

WWW.IRONBRIDGERUNNER.CO.UK

TEL: 01392 436383



COME AND RECORD YOUR PERSONAL BESTS ON OUR PB PILLAR INSTORE

FREE ENERGY GEL FOR EVERY PB!!!