



#NY5 RACE RESULTS

SUNDAY 5th JANUARY 2020

MILE 5

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	Age Graded
1	135	0:24:22	00:04:52	Tom Merson	MSen	1	EXMOUTH HARRIERS	89%
2	124	0:24:33	00:04:55	Andrew Chambers	MSen	2	BRISTOL & WEST	87%
3	123	0:25:13	00:05:03	Phil Wylie	M40+	1	CHELTENHAM HARRIERS	90%
4	57	0:27:03	00:05:25	Adam Holland	MSen	3	TAVISTOCKAC	79%
5	132	0:27:16	00:05:27	Keith Shapland	M40+	2	BIDEFORD AAC	83%
6	104	0:27:57	00:05:35	Matthew Shipping	MSen	4		77%
7	61	0:29:06	00:05:49	Jamie Howard	M40+	3	SWRR	79%
8	107	0:29:10	00:05:50	Julian Smith	M35+	1	RIVIERA RACERS	75%
9	108	0:29:30	00:05:54	Dominic Spayne	M35+	2	EXETER HARRIERS	75%
10	131	0:29:30	00:05:54	David Brown	M35+	2	TORBAY TRI	75%
11	111	0:29:47	00:05:57	Serane Stone	F40+	1		86%
12	51	0:30:18	00:06:04	Sonny Harvey	MSen	5	TORBAY AC	70%
13	116	0:30:27	00:06:05	Shaun Vanstone	MSen	6	SOUTH WEST ROAD RUNNERS	71%
14	105	0:30:58	00:06:12	Stephen Sincock	M55+	1	OKEHAMPTON RC	85%
15	98	0:31:35	00:06:19	Adam Rooke	M40+	4	HONITON RUNNING CLUB	73%
16	130	0:31:37	00:06:19	Kerry Roberts	M55+	2	TIVERTON HARRIERS	82%
17	133	0:31:39	00:06:20	Scott Hunter	M35+	4	SWRR	69%
18	110	0:31:46	00:06:21	Ethan Sterry	MU20	1	SOUTH WEST ROAD RUNNERS	69%
19	55	0:31:52	00:06:22	Victoria Hill	F35+	1	SOUTH WEST ROAD RUNNERS	78%
20	13	0:32:09	00:06:26	Jeff Bardell	M35+	5	0	70%
21	2	0:32:23	00:06:29	PACER - Stevie G	M50+	1	GOSSY'S GAZELLES	75%
22	66	0:32:23	00:06:29	Ivan Jeary	M45+	1	UKNETRUNNER	75%
23	114	0:32:32	00:06:30	Philip Thomas	M40+	5		71%
24	17	0:32:40	00:06:32	Hannah Bown	F40+	2	EXMOUTH HARRIERS	77%

25	48	0:32:44	00:06:33	Matthew Grzenda	M40+	6	PLYMOUTH MUSKETEERS RC	70%
26	79	0:33:16	00:06:39	Jonathan Major	M40+	7	SOUTH WEST ROAD RUNNERS	68%
27	31	0:33:22	00:06:40	Michelle Cowley	FSen	1	SOUTH DEVON AC	73%
28	60	0:34:05	00:06:49	Fraser House	MSen	7	SOUTH WEST ROAD RUNNERS	63%
29	14	0:34:14	00:06:51	Claudine Benstead	F60+	1	OAKHAMPTON R C	91%
30	67	0:34:38	00:06:56	Christopher Johns	M50+	2		70%
31	34	0:34:41	00:06:56	Doug Dale	M50+	3	EXMOUTH HARRIERS	71%
32	30	0:34:43	00:06:57	Martin Cortvriend	M65+	1	PRESTATYN RC	81%
33	127	0:34:48	00:06:58	John Caswell	M60+	1	SWRR	78%
34	27	0:34:52	00:06:58	Stephen Collier	M40+	8	SOUTH WEST ROAD RUNNERS.	66%
35	94	0:34:55	00:06:59	Frank Reay	M55+	3	TORBAY TRI	74%
36	19	0:34:57	00:06:59	Lauren Burd	FU20	1	TIVERTON HARRIERS	70%
37	118	0:35:00	00:07:00	Jamie Vittles	M40+	9	0	65%
38	3	0:35:05	00:07:01	PACER - Gareth Thomas	MSen	8	SOUTH WEST ROAD RUNNERS	61%
39	115	0:35:07	00:07:01	Benjamin Thomson	MSen	9	0	61%
40	42	0:35:10	00:07:02	Alister Ferguson	MSen	10	SOUTH WEST ROAD RUNNERS	61%
41	65	0:35:14	00:07:03	Tom Hutton	M45+	2	TORBAY TRI	68%
42	122	0:35:32	00:07:06	Charlie Withers	M40+	10	SOUTHWEST ROAD RUNNERS	64%
43	68	0:35:39	00:07:08	Andrew Johnson	M55+	4	EXMOUTH HARRIERS	72%
44	89	0:35:49	00:07:10	Cathy Parkinson	F50+	1	TORBAY TRI	81%
45	46	0:36:35	00:07:19	Rosie Glazier	FSen	2	SOUTH WEST ROAD RUNNERS	66%
46	120	0:36:38	00:07:20	Des White	M65+	2	EXMOUTH HARRIERS	76%
47	41	0:36:49	00:07:22	Paul Evison	M65+	3	OKEHAMPTON R C	76%
48	45	0:36:55	00:07:23	Ynon Gablinger	M45+	3	0	66%
49	128	0:37:02	00:07:24	Martin Beddow	M50+	4	0	67%
50	18	0:37:22	00:07:28	Simon Bryce	M35+	6		59%
51	53	0:37:27	00:07:29	Maria Neale	FSen	3	HEAVITREE RUNNING GROUP	65%
52	69	0:37:35	00:07:31	Matthew Johnson	MSen	11	0	57%
53	129	0:37:36	00:07:31	Tom Beddow	MSen	12	0	57%
54	84	0:37:39	00:07:32	Steve Morgan	M60+	2	EXMOUTH HARRIERS AAC	72%
55	12	0:37:41	00:07:32	Karen Baddeley	F55+	1	TORBAY AC	81%
56	134	0:38:58	00:07:48	Alice Robinson	FSen	4	LONELY GOAT RC	62%
57	56	0:39:01	00:07:48	Craig Hobson	M45+	4	NEWTON ABBOT AC	61%

58	121	0:39:09	00:07:50	Anna Whittaker	F35+	2	0	63%
59	93	0:39:19	00:07:52	Emma Ray	F40+	3	TEIGNBRIDGE TROTTERS	65%
60	112	0:39:36	00:07:55	Tim Synge	M55+	5	WESTBURY HARRIERS	65%
61	64	0:39:36	00:07:55	Alan Hutchings	M55+	5	0	64%
62	4	0:39:59	00:08:00	PACER - Darren Thomas	M40+	11	GREENBOW RUNNING CLUB	56%
63	25	0:40:03	00:08:01	Michael Clark	M40+	12	0	56%
64	40	0:41:06	00:08:13	Andy Evans	M55+	7	EXETER TRI CLUB	63%
65	10	0:41:32	00:08:18	Lawrence Atherton	M55+	8	SOUTH WEST ROAD RUNNERS	62%
66	74	0:41:43	00:08:21	Aidan King	M50+	5		59%
67	16	0:41:55	00:08:23	Matt Bonnell	M45+	5	GREENBOW RUNNING CLUB	56%
68	26	0:42:05	00:08:25	Alison Cobbin	F35+	3		58%
69	9	0:42:27	00:08:29	Andrew Ashford	M55+	9		60%
70	33	0:42:36	00:08:31	Lisa Cruise	FSen	5	SOUTH WEST ROAD RUNNERS	57%
71	63	0:42:40	00:08:32	Phil Hudd	MSen	13		50%
72	90	0:42:59	00:08:36	Simon Pepper	M45+	6		55%
73	36	0:43:16	00:08:39	Becky Denley	FSen	6		56%
74	39	0:43:43	00:08:45	Rose Elliott	F45+	1	SOUTH WEST ROAD RUNNERS	62%
75	70	0:43:45	00:08:45	John Kavanagh	M55+	10	SOUTH WEST ROAD RUNNERS	59%
76	125	0:44:40	00:08:56	Goff Welchman	M65+	4	TIVERTON HARRIERS	65%
77	73	0:44:51	00:08:58	Caroline King	F55+	2		65%
78	21	0:44:52	00:08:58	Rebecca Carpenter	F40+	4		57%
79	97	0:44:54	00:08:59	Jessica Riches	FSen	7		54%
80	5	0:45:00	00:09:00	PACER - Heidi Simms	FSen	8	SOUTH WEST ROAD RUNNERS	54%
81	80	0:45:16	00:09:03	Phil May	M45+	7		52%
82	23	0:46:25	00:09:17	Claire Chalk	F50+	2	SOUTH WEST ROAD RUNNERS	59%
83	137	0:47:10	00:09:26	Marie Jones	F70+	1	DARTMOUTH	78%
84	35	0:47:59	00:09:36	Hayley Denham	F40+	5		54%
85	96	0:48:03	00:09:37	Jane Richardson	F70+	2	OKEHAMPTON RC	76%
86	100	0:48:13	00:09:39	Bridget Sealey	F35+	4		52%
87	87	0:49:00	00:09:48	Asun Orio	NB40+	1		51%
88	77	0:49:16	00:09:51	Julie Lee	F45+	2		53%
89	15	0:49:21	00:09:52	Sonia Blundell	F40+	6		52%
90	85	0:49:37	00:09:55	Vic Morgan	M60+	3		55%

91	82	0:49:43	00:09:57	Simon Mitchell	M55+	11	HEAVITREE RUNNING GROUP	52%
92	43	0:49:44	00:09:57	Pilar Fernandez-Gonzalez	F45+	3	HEAVITREE RUNNING GROUP	52%
93	103	0:49:49	00:09:58	Lisa Shepherd	F45+	4		53%
94	47	0:49:50	00:09:58	Laura Greenhill	F45+	5		54%
95	6	0:49:58	00:10:00	PACER - Martin Sterry	M45+	8	SOUTH WEST ROAD RUNNERS	47%
96	32	0:50:16	00:10:03	Wendy Crockford	F50+	3		55%
97	78	0:50:36	00:10:07	Ray Lewis	M70+	1	EXMOUTH HARRIERS	59%
98	101	0:50:38	00:10:08	Emma Seamark	FSen	9		48%
99	49	0:52:01	00:10:24	Shaun Harbord	M60+	4	SOUTH MOLTON STRUGGLERS	52%
100	58	0:52:04	00:10:25	Teresa Holmes	F60+	2	TEIGNBRIDGE TROTTERS	63%
101	126	0:52:41	00:10:32	Cathie Welchman	F70+	3	TIVERTON HARRIERS	69%
102	106	0:52:44	00:10:33	David Skinner	M70+	2	SIDMOUTH RUNNING CLUB	57%
103	62	0:52:46	00:10:33	Lyndsay Howell	F35+	5		47%
104	136	0:53:54	00:10:47	Calvin Town	M70+	3	0	55%
105	38	0:54:00	00:10:48	Gill Efish	F40+	7		46%
106	7	0:54:53	00:10:59	PACER - Rich Hill	M50+	6	HEAVITREE RUNNING GROUP	45%
107	102	0:58:01	00:11:36	Carol Sene	F55+	3	WOMEN ON THE RUN	52%
108	83	0:58:40	00:11:44	Margarita Moore	FSen	10	RUNNING FOR TIME	41%
109	117	0:60:27	00:12:05	Ros Vincent	F55+	4	WOMEN ON THE RUN	48%
110	44	0:61:09	00:12:14	Heather Fitzsimmons	F55+	5		48%
111	109	0:61:25	00:12:17	Machala Starkey	FSen	11		40%
112	20	0:61:25	00:12:17	Kelly Cann	FSen	11		39%
113	11	0:64:54	00:12:59	Lisa Austin	F40+	8		40%
114	92	0:65:15	00:13:03	Holly Rawlings	FSen	13		37%
115	50	0:65:17	00:13:03	Nicki Hart	F45+	6	WOMEN ON THE RUN	41%
116	52	0:65:41	00:13:08	Karen Hayes	F55+	6	WOMEN ON THE RUN	44%