



RUN EXE SUMMER 5k SERIES

Round 1 : Tuesday 10th April 2018

RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club	Spot Prize
1	331	0:15:59	Ben Neale	MSen	1	Tavistock Run Project	
2	352	0:16:00	Oliver Smart	MU17	1	Trp	
3	379	0:16:09	Jamie Barnett	MSen	2	Teignbridge Trotters	
4	410	0:16:13	Adam Holland	MSen	3	Tavistock AC	
5	424	0:16:22	Sam Hopton	MSen	4	SWRR	
6	284	0:16:30	Callum Crawford	MSen	5	Exeter Harriers	
7	321	0:16:38	Johnny Livingstone	MU15	1	Exeter Harriers	
8	400	0:16:52	Berihu Hadera	MSen	6	Exmouth Harriers	
9	342	0:16:53	Tim Pratt	MSen	7	Teignbridge Trotters	
10	384	0:16:56	Ollie Thorgood	MSen	8	SWRR	
11	383	0:17:02	Peter Monaghan	M50+	1	Torbay AC	
12	330	0:17:11	Elliot Moran	MU20	1	Exeter Harriers	
13	414	0:17:40	Dominic Spayne	M35+	1	Maverick Runners	
14	404	0:17:41	Oliver Capps	MU15	2	Exeter Harriers	
15	388	0:17:43	Tc Chulu	MU20	2	SWRR	
16	343	0:17:43	Matt Prisk	MSen	9	Exeter Harriers	
17	418	0:17:52	Charlie Arnell	FSen	1	Torbay AC	
18	399	0:17:57	Harry Mills	MSen	10	Exeter Harriers	
19	353	0:17:59	Edward Smart	MU17	2	Trp	
20	377	0:18:10	Shaun Yeoman	MSen	11	Maverick Runners	
21	397	0:18:12	Howard Bailey	MSen	12	Exeter Harriers	
22	362	0:18:15	Jacob Thomas-Hegarty	MU17	3	Tavistock Run Project	
23	420	0:18:25	Jamie Howard	M40+	1	SWRR	Yes
24	408	0:18:56	Nicky Savill	FSen	2	SWRR	
25	385	0:18:57	Martha Neal	FSen	3	Newton Abbott AC	
26	390	0:19:00	Serane Stone	F40+	1	Tiverton Harriers	
27	389	0:19:17	Jon Garrity	M45+	1	Exmouth Harriers	
28	340	0:19:29	Richard Pedrick	MSen	13	South West Road Runners	
29	426	0:19:31	Simon Chant	M40+	2	Exeter Triathlon	

*If you've won a spot prize it will be available for collection at rd 2 on the 1st May



30	324	0:19:34	Adam Main	M35+	2	Greenbow Running Club	
31	316	0:19:38	Vincent Langdon	M50+	2	South Devon Ac	
32	325	0:19:40	Hugh Marsden	M55+	1	Exmouth Harriers	
33	365	0:19:43	Shaun Vanstone	MSen	14		
34	281	0:19:47	Rab Churchill	M35+	3	Greenbow	
35	407	0:19:48	Ash Voralia	MSen	15	0	Yes
36	300	0:19:48	Dan Grey	M35+	4	South West Road Runners	
37	364	0:19:55	Steve Toomey	MSen	16	Exmouth Harriers	
38	412	0:19:58	Simon Swift	M50+	3	Erme Valley Harriers	
39	401	0:19:58	Ana Caterina Silva Goncalves	FSen	4	Exmouth Harriers	
40	327	0:20:04	Mustafa Mohammed	MSen	17		
41	406	0:20:08	Alister Ferguson	MSen	18	SWRR	
42	333	0:20:13	Chloe Olford	FU17	1	Newton Abbot	
43	334	0:20:17	Paul Parker	M35+	5	Exeter Harriers	
44	392	0:20:24	Zane Steers	M45+	2	Maverick Runners	
45	355	0:20:31	Ethan Sterry	MU20	3	Greenbow Running Club	
46	437	0:20:38	Christian Robinson	M35+	6	Teignbridge Trotters	
47	423	0:20:41	Del Pitcher	M45+	3	Route 2 Endurance	
48	345	0:20:47	Simon Rickard	M40+	3		
49	387	0:20:49	Fiona German	FU20	1	SWRR	
50	415	0:20:56	Rob Graham	M40+	4	SWRR	
51	396	0:21:03	Craig Week	M35+	7	0	
52	434	0:21:06	William Daly	MU20	4	Exeter Harriers	
53	438	0:21:11	Rory Barrow	MSen	19	0	Yes
54	323	0:21:12	Nathan Luxton	MSen	20	Tiverton Harriers	
55	391	0:21:12	Lauren Burd	FU20	2	Tiverton Harriers	
56	287	0:21:13	Julian Easton	M40+	5	Greenbow Running Club	
57	363	0:21:14	Benjamin Thomson	MSen	21		
58	319	0:21:15	Emilie Lewis	F35+	1	Swrr	
59	311	0:21:20	Hannah Jones	F40+	2	Teignbridge Trotters	
60	425	0:21:21	Martin Havill	M60+	1	Exeter Harriers	
61	374	0:21:22	Daniel Williams	MU13	1	Tiverton Harriers	
62	276	0:21:23	Anthea Board	F50+	1	Haldon Trail Runners	
63	344	0:21:28	Chris Randall	M55+	2		
64	295	0:21:31	Ynon Gablinger	M45+	4		
65	373	0:21:34	Des White	M60+	2	Exmouth Harriers Aac	
66	380	0:21:35	Pete Hayward	M55+	3	Teignbridge Trotters	
67	413	0:21:36	Joanna Edwards	F50+	2	Erme Valley Harriers	
68	336	0:21:39	Ian Partridge	M40+	6	South West Road Runners	
69	322	0:21:45	Sam Low	MSen	22		
70	427	0:21:48	Louise Hempstead	F40+	3	Exmouth Harriers	
71	347	0:21:51	Ian Russell	M45+	5	Greenbow	
72	371	0:21:55	Darren Westlake	M40+	7	Bristol And West Ac	



73	428	0:21:58	Kate Baker	F35+	2	Exmouth Harriers	
74	398	0:21:59	Claire McKenna	F35+	3	Maverick Runners	
75	305	0:22:18	Susan Hill	F55+	1	Exmouth Harriers	
76	318	0:22:31	Charles Lee	M40+	8		
77	339	0:22:40	Luke Pascoe	MU13	2	Exeter Harriers	
78	403	0:22:46	Jonno Johnson	M50+	4	SWRR	
79	285	0:22:48	Jeff Curd	M50+	5	Tiverton Harriers	
80	402	0:22:51	Karen Cook	F60+	1	SWRR	
81	386	0:23:03	Sarah Pike	F40+	4	Teignbridge Trotters	
82	361	0:23:14	Darren Thomas	M40+	9	Greenbow Running Club	
83	303	0:23:17	Jane Hardacre	F50+	3	South West Veterans Ac	
84	405	0:23:28	David Moulder	M60+	3	SWRR	
85	288	0:23:32	Yvonne Farrell	FSen	5		Yes
86	326	0:23:33	Greg Mimms	MSen	23	Greenbow Running Club	
87	286	0:23:36	Emma Dooney	F35+	4	Tavistock Run Project	
88	332	0:23:36	Matthew Olczak	M35+	8		
89	278	0:23:38	Hannah Brown	FSen	6	Tiverton Harriers	
90	417	0:23:42	Nick Spayne	M60+	4	Maverick Runners	
91	382	0:23:44	Peter Bunyan	M65+	1	South West Veterans Ac	
92	337	0:23:45	Philip Pascoe	M40+	10		
93	395	0:23:55	Graham Neal	M55+	4	Newton Abbott AC	
94	338	0:24:04	Toby Pascoe	MU15	3	Exeter Harriers	
95	297	0:24:05	Rosie Glazier	FSen	7	Swrr	
96	429	0:24:08	Sara Crocier	F50+	4	Torbay AC	
97	290	0:24:11	Steven Forrester	M40+	11	Quay2Fitness	
98	277	0:24:22	Maria Board	F35+	5		
99	436	0:24:25	Harry Theron	MSen	24	0	
100	421	0:24:26	Nicola Davies	F45+	1	Route 2 Endurance	
101	381	0:24:33	Laraine Gibbins	F50+	5	Dawlish Coasters	
102	351	0:24:36	Hugh Slater	M35+	9	South Devon Athletic Club	
103	283	0:24:37	Beth Court	F40+	5		
104	422	0:24:37	Yusra-Zara Salman	FSen	8	SWRR	
105	293	0:24:39	Julia Fuell	F35+	6	Maverick Runners	
106	433	0:24:40	Jemima Daly	FU13	1	Honiton Running Club	
107	435	0:24:41	Rebecca Hall	FSen	9	0	
108	299	0:24:47	Louise Green	F50+	6		
109	349	0:24:52	Mike Sharpe	MSen	25		
110	368	0:24:53	Jonathan Weighell	M40+	12	Tiverton Harriers	
111	274	0:24:54	Simon Agnew	MSen	26	Heavitree Running Group	
112	313	0:25:00	Emily Kaye	F40+	6	Greenbow Running Club	
113	317	0:25:03	Kelly Lawson	F40+	7	Greenbow Running Club	Yes
114	411	0:25:05	Daniel Town	MSen	27	0	
115	296	0:25:08	Lynda Garcia	F50+	7	South West Road Runners	



116	393	0:25:32	Hamish Renton	M45+	6	Torbay Tri	
117	430	0:25:34	Kay Douglas	F60+	2	0	
118	360	0:25:39	Dawn Teed	F55+	2	Exmouth Harriers	
119	372	0:25:56	Alison White	F60+	3	Exmouth Harriers Aac	
120	376	0:26:24	Liz Wilson	F50+	8	Greenbow	
121	291	0:26:30	Katie Foster	FSen	10		
122	298	0:26:43	Lynne Govier	F50+	9	Q2F	Yes
123	419	0:26:54	Alison Cobbin	FSen	11	0	
124	302	0:26:59	Dennis Hall	M55+	5		
125	294	0:26:59	Terry Fullick	M55+	5	Tiverton Harriers	
126	329	0:27:00	Ryan Moore	MSen	28	Greenbow Running Club	
127	356	0:27:21	Martin Sterry	M40+	13	Greenbow Running Club	
128	369	0:27:29	Liz Wells	F35+	7		
129	431	0:28:31	Gillian Gratton	FSen	12	0	
130	432	0:28:36	Joe Daly	M45+	7	Honiton Running Club	
131	409	0:28:38	Mark Brown	M50+	6	0	
132	354	0:28:38	Sarah Stanbury	FSen	13	Women On The Run	
133	370	0:28:39	Kim West	FSen	14	Women On The Run	
134	375	0:28:59	Kirstin Williams	F35+	8		
135	304	0:29:03	Richard Hill	M45+	8	Heavitree Running Group	
136	308	0:29:41	Chloe Howard	FU20	3		
137	357	0:29:51	Hylda Stewart	F55+	3	Clydesdale Harriers	
138	314	0:30:05	Shelley Kelly	F40+	8		
139	312	0:30:13	Cara Kaya	F40+	9	Greenbow Running Club	
140	367	0:31:11	Judy Warwick	F45+	2	Women On The Run	
141	282	0:31:22	Sue Costello	F60+	4		
142	289	0:31:26	Alison Fewins	F35+	9	Heavitree Running Group	
143	341	0:31:26	Sarah Plowman	F45+	3	Heavitree Running Group	
144	416	0:32:42	Heather Fitzsimmons	F50+	10	0	
145	394	0:35:15	Max Renton	MU13	3	Torbay AC	Yes
146	366	0:38:34	Ros Vincent	F50+	11	Women On The Run	