



RUN EXE SUMMER 5k SERIES

Round 3 : Tuesday 5th June 2018

*If you've won a spot prize it will be available for collection at rd 4

RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club	Spot Prize
1	536	0:15:10	Tom Merson	MSen	1	Exmouth Harriers	
2	410	0:15:43	Adam Holland	MSen	2	Tavistock AC	
3	284	0:16:04	Callum Crawford	MSen	3	Exeter Harriers	
4	508	0:16:06	Ben Holmes	MSen	4	Exeter University	
5	379	0:16:18	Jamie Barnett	MSen	5	Teignbridge Trotters	
6	522	0:16:26	Tim Watson	M40+	1	Bristol AC	
7	532	0:16:43	Steve Fletcher	MSen	6	Plymouth Harriers	
8	383	0:16:47	Peter Monaghan	M50+	1	Torbay AC	
9	414	0:16:57	Dominic Spayne	M35+	1	Maverick Runners	
10	518	0:16:57	Stephen Goss	M45+	1	Bristol And West Ac	
11	527	0:17:00	Mike Musgrove	M45+	2	0	
12	343	0:17:19	Matt Prisk	MSen	7	Exeter Harriers	
13	418	0:17:31	Charlie Arnell	FSen	1	Torbay AC	
14	514	0:17:32	Matthew Menary	MSen	8	Haldon Trail Runners	
15	470	0:17:35	Katie Synge	FSen	2	0	
16	472	0:17:36	Alex Crump	MSen	9	Haldon Trail Runners	
17	530	0:17:38	Langdon Williams	M50+	2	Exmouth Harriers	
18	399	0:17:41	Harry Mills	MSen	10	Exeter Harriers	
19	475	0:17:48	Peter Heckles	M35+	2	Exeter Harriers	
20	549	0:17:55	Miko Cadeddu	MSen	11	SWRR	
21	397	0:17:56	Howard Bailey	MSen	12	Exeter Harriers	
22	521	0:17:59	Ben Stone	M35+	3	Exeter Harriers	
23	533	0:18:02	Mike Lesniak	MSen	13	South Molton Strugglers	YES
24	512	0:18:08	Edward Pickering	M45+	3	South West Road Runners	
25	340	0:18:34	Richard Pedrick	MSen	14	South West Road Runners	
26	390	0:18:37	Serane Stone	F40+	1	Tiverton Harriers	
27	365	0:18:39	Shaun Vanstone	MSen	15	South West Road Runners	
28	385	0:18:42	Martha Neal	FSen	3	Newton Abbott AC	
29	389	0:18:45	Jon Garrity	M45+	4	Exmouth Harriers	



David Lloyd

CLUBS



30	324	0:18:49	Adam Main	M35+	4	Greenbow Running Club	
31	525	0:18:52	Andrew Vernon	M50+	3	Okehampton	
32	544	0:18:54	Andy Thompson	M50+	4	0	
33	407	0:19:13	Ash Voralia	MSen	16	0	
34	490	0:19:15	David Wilson	M35+	5	SWRR	
35	535	0:19:16	Jan Dolezel	MSen	17	Haldon Trail Runners	
36	412	0:19:22	Simon Swift	M50+	5	Erme Valley Harriers	
37	531	0:19:23	Mike Pearce	MSen	18	SWRR	
38	524	0:19:26	John Shapland	M65+	1	Bideford AC	
39	529	0:19:30	Harry German	MU20	1	SWRR	YES
40	423	0:19:31	Del Pitcher	M45+	5	Route 2 Endurance	
41	519	0:19:34	Wayne Trump	M45+	6	Honiton Running Club	
42	503	0:19:35	James Everdge	MSen	19		
43	300	0:19:38	Dan Grey	M35+	6	South West Road Runners	
44	483	0:19:39	James Morrison	M40+	2	Tiverton Harriers	
45	492	0:19:39	Will Spencer	MU20	2	Tiverton Harriers	
46	355	0:19:39	Ethan Sterry	MU20	2	Greenbow Running Club	
47	548	0:19:42	Scott Hunter	MSen	20	SWRR	
48	325	0:19:44	Hugh Marsden	M55+	1	Exmouth Harriers	
49	547	0:19:48	Adam Paulley	M35+	7	Black Pear Joggers	
50	465	0:19:49	Chloe Fox	FSen	4	South West Road Runners	
51	406	0:19:50	Alistair Ferguson	MSen	21	SWRR	
52	456	0:19:52	Darren Powell	M45+	7	South West Road Runners	
53	515	0:19:58	Andy Harvey	M35+	8	0	
54	468	0:19:58	Steve Lang	M60+	1	South West Veterans Ac	
55	516	0:20:02	Dominic Stacey	M40+	3	Swrr	
56	502	0:20:08	Sonny Harvey	MSen	22	Torbay Ac	
57	486	0:20:11	Hannah Bown	F35+	1	Exmouth Harriers	
58	292	0:20:17	Barry Frost	M55+	2	Swrr	
59	479	0:20:18	Richard Bishop	M50+	6	Exmouth Harriers	
60	534	0:20:21	Adam Drzyzga	MSen	23	0	
61	364	0:20:22	Steve Toomey	MSen	24	Exmouth Harriers	
62	373	0:20:25	Des White	M60+	2	Exmouth Harriers Aac	
63	323	0:20:26	Nathan Luxton	MSen	25	Tiverton Harriers	
64	391	0:20:27	Lauren Burd	FU20	1	Tiverton Harriers	
65	345	0:20:30	Simon Rickard	M40+	4		
66	460	0:20:34	Mark Newson	M50+	7	Honiton Running Club	
67	520	0:20:36	Martin McEneny	M50+	8	Haldon Trail Runners	
68	509	0:20:38	Alan Ledger	M35+	9	Tiverton Harriers	
69	481	0:20:44	Kieran Ferris	MSen	26	SWRR	
70	477	0:20:50	Ryan Lucas	MSen	27	0	
71	319	0:20:50	Emilie Lewis	F35+	2	Swrr	
72	392	0:20:56	Zane Steers	M45+	8	Maverick Runners	



73	537	0:21:02	Helen Kirby	F40+	2	Tiverton Harriers	
74	276	0:21:04	Anthea Board	F50+	1	Haldon Trail Runners	
75	371	0:21:11	Darren Westlake	M40+	5	Bristol And West Ac	
76	510	0:21:13	Kate Maslin	F35+	3	Hedge End Running Club	
77	374	0:21:14	Daniel Williams	MU13	1	Tiverton Harriers	
78	523	0:21:17	Karen Shapland	F35+	4	Bideford AC	
79	310	0:21:18	Andrew Johnson	M50+	9	Exmouth Harriers	
80	485	0:21:26	Aidan Bown	MU13	2	Exmouth Harriers	
81	543	0:21:32	Joanne Page	F50+	5	Okehampton	
82	344	0:21:32	Chris Randall	M55+	3		
83	488	0:21:36	Jemma Marsh	F45+	1	SWRR	
84	476	0:21:37	Ian White	M45+	9	SWRR	
85	403	0:21:45	Jonno Johnson	M50+	10	SWRR	
86	511	0:21:46	Julie Hedges	F55+	1	Southwest Roadrunners	YES
87	517	0:21:49	Simon Ruddlesden	M40+	6		
88	287	0:21:53	Julian Easton	M40+	7	Greenbow Running Club	
89	339	0:21:55	Luke Pascoe	MU13	3	Exeter Harriers	
90	336	0:21:57	Ian Partridge	M40+	8	South West Road Runners	
91	538	0:22:00	Suzie Tosh	F40+	3	SWRR	
92	491	0:22:05	Phil Spencer	M50+	11	Tiverton Harriers	
93	495	0:22:08	Paul Carr	M35+	10	0	
94	546	0:22:12	Ian Page	M60+	3	South West Vets	
95	405	0:22:12	David Moulder	M60+	3	SWRR	
96	311	0:22:14	Hannah Jones	F40+	4	Teignbridge Trotters	
97	436	0:22:18	Harry Theron	MSen	28	0	YES
98	338	0:22:19	Toby Pascoe	MU15	1	Exeter Harriers	
99	303	0:22:31	Jane Hardacre	F50+	2	South West Veterans Ac	
100	539	0:22:36	Ken Lamont	M50+	12	SWRR	
101	455	0:22:44	Tim Synge	M55+	4	Westbury Harriers	
102	513	0:22:46	Stephen Collier	M40+	9	South West Road Runners	
103	417	0:22:49	Nick Spayne	M60+	5	Maverick Runners	
104	285	0:22:51	Jeff Curd	M50+	13	Tiverton Harriers	
105	361	0:22:55	Darren Thomas	M40+	10	Greenbow Running Club	
106	402	0:22:55	Karen Cook	F60+	1	SWRR	
107	288	0:23:01	Yvonne Farrell	F50+	6		
108	290	0:23:04	Steven Forrester	M40+	11	Quay2Fitness	
109	501	0:23:13	Bob Small	M70+	1	Teignbridge Trotters	
110	421	0:23:13	Nicola Davies	F45+	2	Route 2 Endurance	
111	297	0:23:16	Rosie Glazier	F50+	7	Swrr	
112	277	0:23:20	Maria Board	F35+	5		
113	318	0:23:21	Charles Lee	M40+	12		
114	346	0:23:23	Darren Roberts	M45+	10	Uk Runchat Exeter	YES
115	435	0:23:27	Rebecca Hall	F50+	8	0	



116	542	0:23:33	Jo Bradford	F45+	3	Okehampton
117	433	0:23:46	Jemima Daly	FU13	1	Honiton Running Club
118	458	0:23:50	Aled Gethin	M55+	5	0
119	299	0:23:55	Louise Green	F50+	3	
120	326	0:23:55	Greg Mimms	MSen	29	Greenbow Running Club
121	274	0:24:27	Simon Agnew	MSen	30	Heavitree Running Group
122	368	0:24:37	Jonathan Weighell	M40+	13	Tiverton Harriers
123	540	0:24:39	Caroline Tait	F50+	4	SWRR
124	293	0:24:45	Julia Fuell	F35+	6	Maverick Runners
125	459	0:24:50	Sharon Wells	F50+	5	Honiton Running Club
126	360	0:24:53	Dawn Teed	F55+	2	Exmouth Harriers
127	545	0:25:00	Karen Gear	F35+	7	South West Vets
128	382	0:25:00	Peter Bunyan	M65+	2	South West Veterans Ac
129	541	0:25:01	Mark Tait	M45+	11	SWRR
130	376	0:26:04	Liz Wilson	F50+	6	Greenbow
131	443	0:26:08	Jenna Banat	FSen	9	YES
132	294	0:26:09	Terry Fullick	M55+	6	Tiverton Harriers
133	528	0:26:32	John Drennan	M60+	6	South Devon AC
134	444	0:26:46	George Royle	M35+	11	
135	304	0:27:12	Richard Hill	M45+	12	Heavitree Running Group
136	431	0:27:31	Gillian Gratton	FSen	10	0
137	493	0:27:43	Rachael Oldfield	F35+	8	Maverick Runners
138	357	0:27:46	Hylda Stewart	F55+	3	Clydesdale Harriers
139	370	0:27:54	Kim West	FSen	11	Women On The Run
140	291	0:27:58	Katie Foster	FSen	12	
141	526	0:28:34	Lotte Smith	F50+	7	Okehampton
142	496	0:28:49	Rachael Brown	F35+	9	0
143	309	0:28:52	Mark Jelley	M50+	14	South West Road Runners
144	375	0:28:54	Kirstin Williams	F35+	10	
145	498	0:30:24	Lyn Wonnacott	F55+	4	Women On The Run
146	314	0:30:26	Shelley Kelly	F40+	5	
147	367	0:31:12	Judy Warwick	F45+	4	Women On The Run
148	416	0:33:32	Heather Fitzsimmons	F50+	8	0
149	366	0:35:40	Ros Vincent	F50+	8	Women On The Run