

CITY RUNS | EVENTS: EXETER 10K RESULTS

Wednesday 18th July 2018

We would like to acknowledge the support of all the marshals, officials, volunteers and runners without the this event wouldn't happen!

Pos	Race No	Time	Name	Cat	Cat Pos	Club
1	840	32:35	Phil Bridge	MSen	1	South West Road Runners
2	923	33:56	Robert Ellis	MSen	2	Exmouth Harriers
3	912	34:27	William Dax	MSen	3	Tavistock Athletics Club
4	1073	35:12	Peter Monaghan	M50+	1	Torbayac
5	1245	35:33	Miles Woolnough	MSen	4	South West Road Runners
6	1114	35:48	Matt Prisk	MSen	5	Exeter Harriers
7	868	35:52	Mike Clark	M45+	1	South Molton Strugglers
8	1165	36:09	Dominic Spayne	M35+	1	Maverick Runners
9	882	36:17	Langdon Williams	M50+	2	Exmouth Harriers
10	1056	36:47	James Mckibbin	MSen	6	South Molton Strugglers
11	981	36:59	Peter Heckles	M35+	2	Exeter Harriers
12	1233	37:29	Robert Williams	MSen	7	Plymouth Harriers
13	1202	37:37	Connor Trerise	MU20	1	Cornwall Ac
14	1248	37:41	Shaun Yeoman	MSen	8	Maverick Runners
15	890	37:46	Alex Crump	MSen	9	Haldon Trail Runners
16	856	37:51	Miko Cadeddu	MSen	10	South West Road Runners
17	1123	37:54	Luke Reed	M35+	3	Pure Endurance Triathletes
18	1022	38:13	Tim Landy	MSen	11	South West Road Runners
19	1164	38:19	Richard Ham	MSen	12	Team H Running Plymouth
20	1210	38:26	Tim Vials	M55+	1	South West Road Runners
21	1150	38:35	Matthew Shipping	MSen	13	
22	1140	38:50	Nicholas Saunders	M35+	4	
23	810	38:56	Howard Bailey	MSen	14	
24	1050	38:58	Richard Mccollum	M40+	1	
25	985	39:02	Matthew Hewer	M35+	5	Axe Valley Runners
26	915	39:04	Chris Dupain	MSen	15	Exmouth Harriers
27	1089	39:11	Joe Osborne	MSen	16	Haldon Trail Runners
28	1194	39:15	Andy Thompson	M50+	3	
29	1190	39:27	Graham Bryant	M40+	2	Okehampton Running Club
30	1208	39:36	Shaun Vanstone	MSen	17	South West Road Runners
31	826	39:39	James Blight	M35+	6	Tamar Trotters
32	1132	39:45	John Rostron	MSen	18	
33	999	39:50	Jamie Howard	M40+	3	Swrr
34	952	39:52	Benjamin Gerrish	MSen	19	N/A
35	1249	40:35	Tim Dodwell	MSen	20	
36	1170	40:42	Matthew Steele	M40+	4	
37	1300	40:46	Harry Morgan	MSen	21	Itchen Spitfires
38	1059	40:57	Mike Mears	M45+	2	
39	891	40:58	Alasdair Cunningham-Smith	M50+	4	
40	972	41:00	Lee Harris	M40+	5	
41	1228	41:19	Des White	M60+	1	Exmouth Harriers Aac
42	835	41:22	Hannah Bown	F35+	1	Exmouth Harriers
43	911	41:23	Ed Dumbleton	M40+	6	Okehampton Running Club
44	939	41:26	Chloe Fox	FSen	1	South West Road Runners
45	830	41:36	Hayden Bond	MSen	22	Okehampton Running Club
46	1052	41:37	Scott Hunter	MSen	23	South Wesr Road Runners
47	858	41:39	Amy Carey-Jones	F35+	2	South West Road Runners
48	930	41:43	Alister Ferguson	MSen	24	South West Road Runners
49	1189	41:51	Matthew Teague	M40+	7	
50	922	41:52	Neil Edwards	M45+	3	

51	1101	41:53	Mike Pearce	MSen	25	Swrr
52	1020	41:55	Ian Lamerton	M50+	5	South West Veterans' Ac
53	1103	41:58	Guy Petersen	M45+	4	Tamar Trotters
54	824	42:00	Richard Bishop	M50+	6	Exmouth Harriers
55	1043	42:01	Neil Marke	M55+	2	Bideford Aac
56	884	42:18	Stephen Cox	M45+	5	Launceston Road Runners
57	916	42:19	Jim Durston	M50+	7	South West Road Runners
58	988	42:24	Victoria Hill	F35+	3	South West Road Runners
59	1177	42:27	Rebecca Stobart	FSen	2	Cornwall Ac
60	918	42:32	Jack Eade	MSen	26	
61	818	42:35	Jo Bedler	F40+	1	Bideford Aac
62	936	42:43	Richard Foster	M45+	6	Launceston Road Runners
63	914	43:19	Paul Dunning	M45+	7	
64	1008	43:21	Andrew Johnson	M55+	3	Exmouth Harriers
65	885	43:37	Stuart Coyne	M45+	8	
66	1051	43:47	Martin Mceneny	M50+	8	Haldon Trail Runners
67	1195	43:53	Benjamin Thomson	MSen	27	
68	1107	43:55	Chris Plant	M40+	8	Nps
69	1149	43:57	Simon Sherlock	M35+	7	Maverick Runners
70	954	44:14	Mark Glew	M50+	9	
71	1084	44:18	Benjamin Ogden	M35+	8	Exmouth Harriers
72	968	44:25	Tom Haigh	MSen	28	
73	862	44:41	Jake Chan	MSen	29	South West Road Runners
74	1173	44:58	Ethan Sterry	MU20	2	
75	805	44:58	Graeme Anderson	MSen	30	Exeter Run Social
76	977	44:59	Martin Havill	M60+	2	Exeter Harriers
77	979	45:08	Paula Hawkins	F40+	2	Exmouth Harriers
78	1041	45:20	Jonathan Major	M35+	9	South West Road Runners
79	932	45:24	Kieran Ferris	MSen	31	South West Road Runners
80	1009	45:25	Jonno Johnson	M50+	10	South West Road Runners
81	1254	45:31	Lewis Jones	M65+	1	South Wesr Road Runners
82	1081	45:35	Mark Newson	M50+	11	Honiton Running Club
83	1197	45:40	Suzie Tosh	F40+	3	South West Road Runners
84	1179	45:49	Lee Hedges	MSen	32	0
85	1102	45:50	Anna Whittaker	F35+	4	
86	873	46:07	Ian White	M45+	9	South West Road Runners
87	1176	46:13	Paul Stidworthy	M35+	10	South West Road Runners
88	859	46:25	Paul Carr	F35+	5	
89	994	46:28	Rebecca Hodge	F45+	1	Dartmouth Aac
90	811	46:28	Kate Baker	F35+	6	Exmouth Harriers
91	990	46:39	Susan Hill	F55+	1	Exmouth Harriers
92	1135	46:41	Chris Russell	M40+	9	
93	801	46:55	Neil Adger	M50+	12	South West Road Runners
94	1219	47:08	Greg Ward	M45+	10	
95	1091	47:13	Richard Oster	M35+	11	
96	812	47:15	Matt Baker	MSen	33	Chard Road Runners
97	886	47:16	Jacob Coyne	MSen	34	
98	875	47:17	Amy Colwill	FSen	3	
99	816	47:17	David Bates	M60+	3	
100	971	47:18	Phillip Hargreaves	MSen	35	Greenbow Running Club
101	880	47:22	Mark Cooper-Haime	M45+	11	
102	1206	47:25	Karen Vallance	F45+	2	Okehampton Running Clun
103	836	47:29	Jo Bradford	F45+	3	Okehampton Running Club
104	1204	47:30	Ieva Tyler	FSen	4	
105	889	47:40	Lisa Cruise	FSen	5	
106	893	47:42	Ian Dabbs	M45+	12	Maverick Runners
107	934	47:50	Sarah Fletcher	F45+	4	Exmouth Running Belles
108	1131	47:58	Brian Roper	M40+	10	
109	1250	48:18	Karen Cook	F60+	1	Swrr

110	1048	48:21	Ben Mayo	MSen	36	
111	1014	48:34	Mike Kestle	M65+	2	Newquay Road Runners
112	1077	48:42	Richard Morton	M65+	3	Tamar Trotters
113	1204	48:43	Ieva Tyler	FSen	6	
114	1169	48:43	Rachel Steele	F45+	5	Maverick Runners
115	921	48:44	Rob Edwards	M65+	4	Sidmouth Rc
116	806	48:47	Tim Arkell	M40+	11	
117	1255	48:47	Sue England	F35+	7	0
118	1036	48:50	Lorna Lucien	F50+	1	Plymouth Harriers
119	970	48:57	Jane Hardacre	F50+	2	Swvac
120	1045	48:59	Rhiannon Masters	FSen	7	
121	1040	48:59	Alex Macdonald	MSen	37	
122	1065	49:06	Luke Miller	MSen	38	
123	849	49:08	Peter Bunyan	M65+	5	South West Veterans Ac
124	976	49:11	Jessica Harwood	FSen	8	
125	1155	49:11	Heidi Simms	FSen	8	South West Road Runners
126	1192	49:13	Darren Thomas	M40+	12	Greenbow Running Club
127	1054	49:16	Paul Mcguire	MSen	39	
128	1232	49:22	David Wilcox	M40+	13	Truro Running Club
129	1093	49:35	Danielle Page	FSen	10	Newton Abbot Ac
130	1010	49:39	Chris Jones	MSen	40	
131	883	49:45	Graham Cox	M40+	14	Maverick Runners
132	1068	49:48	Greg Mimms	MSen	41	Greenbow Running Club
133	1258	49:53	Martin Stephens	M35+	12	Greenbow Running Club
134	1198	49:54	Lynn Travis	F55+	2	Women On The Run
135	1242	49:54	Jonathan Wood	MSen	42	
136	1039	50:08	Mark Maccormack	M35+	13	
137	917	50:10	Laura Nicolls	FSen	11	South West Road Runners
138	1128	50:21	Simon Roberts	MSen	43	
139	1025	50:23	Kelly Lawson	F40+	4	Greenbow Running Club
140	1148	50:25	Andy Hard	M40+	15	Maverick Runners
141	1145	50:28	Michelle Selley	F45+	6	Honiton Running Club
142	1088	50:44	Nicola Ormshaw	F45+	7	
143	1026	50:48	Charles Lee	M40+	16	
144	1124	50:55	James Regan	M50+	13	
145	1184	50:56	Sally Surrey	FSen	12	
146	1012	51:04	Michael Kay	M55+	4	Swrr
147	1044	51:05	Matthew Martin	M40+	17	
148	984	51:07	David Hettle	MSen	44	
149	1213	51:07	Rebecca Walker	F35+	8	
150	1006	51:15	Gareth John	M35+	14	
151	943	51:18	Lee Frost	M35+	15	
152	1003	51:23	Margaret Jarvis	F60+	2	Okehampton R C
153	995	51:25	Paul Hodge	M45+	13	
154	802	51:26	Simon Agnew	MSen	45	Heavitree Running Group
155	960	51:26	James Greene	MU20	3	
156	959	51:28	Patrick Greene	M45+	14	
157	949	51:31	Sarah Geijsels	FSen	13	
158	944	51:38	Julia Fuell	F35+	9	Maverick Runners
159	819	51:51	Francesca Bellasis	FSen	14	
160	962	51:55	Simon Greenslade	M55+	5	
161	967	51:57	Steve Hagley	M50+	14	
162	1180	51:59	James Stone	M40+	18	
163	850	52:08	Tim Burgess	M45+	15	
164	1138	52:08	Keith Salter	M40+	19	
165	1129	52:11	Daniel Robson	MSen	46	
166	942	52:13	Chris French	M35+	16	
167	1222	52:17	Chris Watson	M45+	16	N/A
168	846	52:20	Hannah Brown	FSen	15	Tiverton Harriers

169	1137	52:21	Yusra-Zara Salman	FSen	16	South West Road Runners
170	807	52:22	Peter Armstrong	MSen	47	
171	1141	52:25	Steve Saunders	M50+	15	Sidmouth Running Club
172	997	52:25	Sarah Horton	F45+	8	Plymouth Coasters
173	867	52:29	Emma Clark	F35+	10	Looe Pioneers
174	1028	52:31	Hania Lee	F40+	5	
175	1162	52:38	Kavita Solder	FSen	17	Woodford Green And Essex Ladies Ac
176	1115	52:41	Ben Watmuff	M35+	17	
177	978	52:59	James Hawkins	M50+	16	
178	1235	53:08	Colin Williams	M50+	17	N/A
179	1092	53:10	Rebecca Pace	FSen	18	
180	986	53:11	Wesley Hill	M45+	17	
181	844	53:12	Ricky Brown	M50+	18	
182	933	53:18	Ged Fitzgibbon	M65+	6	Okehampton Running Club
183	828	53:25	Adam Bojkowski	M40+	20	
184	887	53:37	Lucy Craven	FSen	19	Exmouth Harriers
185	1207	53:49	Wally Van Laarhoven	F45+	9	Gvac Veldhoven
186	1220	53:50	Sarah Ware	F45+	10	Fremington Trailblazers
187	1191	53:56	Colin Templeton	MSen	48	
188	900	53:59	Mike Davies	M35+	18	
189	906	54:14	Jo Dibsedale	F45+	11	
190	1021	54:15	Dawn Lamerton	F50+	3	
191	1071	54:30	Bob Mitchell	M65+	7	
192	832	54:31	Ryan Borkowski	MU20	4	
193	879	54:49	Samantha Cooper	F35+	11	
194	1027	54:52	Gareth Lee	M40+	21	Maverick Runners
195	831	55:05	Matt Bonnell	M40+	22	Greenbow Running Club
196	924	55:06	Gabrielle Essame	FSen	20	
197	1229	55:13	Lisa Whitfield	F35+	12	
198	1230	55:14	Stuart Whitfield	M45+	18	
199	1058	55:15	Carol Mcsweeney	F35+	13	
200	1090	55:16	Teresa O'Shea	F45+	12	
201	1004	55:21	Ivan Jeary	M45+	19	Uknetrunner
202	1121	55:23	James Read	MSen	49	N/A
203	1057	55:26	Ben Mcphie	M40+	23	
204	1246	55:30	Jenny Worbey	FSen	21	
205	919	55:48	Jo Earlam	F50+	4	Sidmouth Running Club
206	1238	55:48	Zoe Willmott	F35+	14	
207	1099	55:52	Lindsey Pattinson	FSen	22	
208	822	55:53	Keith Biggs	M55+	6	
209	1134	55:54	Neil Rowntree	M40+	24	
210	905	55:57	Becky Denley	FSen	23	
211	1241	56:07	Bryce Wilson	MSen	50	
212	820	56:07	Lucy Myton	F35+	15	South West Road Runners
213	1072	56:10	Polly Mogridge	FSen	24	
214	800	56:11	Lisa Adamson	F45+	13	North Devon Road Runners
215	987	56:13	Katie Williams	FSen	25	South West Road Runners
216	973	56:14	Steven Harry	M35+	19	
217	983	56:20	Jenny Herrod	FSen	26	
218	950	56:21	Maggie Gellersjo	FSen	27	
219	941	56:24	Tyrone France	MSen	51	
220	1083	56:24	Jacob Oconnor	MSen	51	Thc
221	1226	56:26	Liz Westlake	F50+	5	
222	1096	56:30	Heather Palmer	FSen	28	
223	1119	56:31	Kirsten Rapp	FSen	29	
224	1239	56:35	Susan Willoughby	FSen	30	
225	897	56:47	Marie Darbey	F40+	6	
226	1042	56:47	Anna Maker	F35+	16	
227	860	57:07	Karen Carter	FSen	31	

228	969	57:12	Lisa Hancock	FSen	32	
229	1066	57:22	Jamie Mills	MSen	53	
230	838	57:26	Daniel Brenchley	MSen	54	
231	1109	57:37	Mark Pollard	M55+	7	
232	903	57:38	Amanda Day	F40+	7	
233	1100	57:40	Gayle Peacock	F40+	8	
234	1187	57:42	Jane Tanner	F45+	14	
235	1203	57:54	Jo-Anne Turner	F40+	9	Okehampton Running Club
236	1130	58:00	Mike Rodwell	M45+	20	Flybe
237	1074	58:01	Mary Moore	F45+	15	
238	1217	58:03	Mandy Ward	F50+	6	Honiton Rc
239	1142	58:09	Nadine Schaefer	F40+	10	
240	945	58:19	Terry Fullick	M55+	8	Tiverton Harriers
241	1002	58:25	Sarah Jarrett	F35+	17	
242	1017	58:27	Louise King	F50+	7	Plymouth Musketeers
243	1147	58:39	John Sharples	M65+	8	Sidmouth Running Club
244	894	58:41	Tamsin Felstead	F35+	18	
245	1256	58:46	Vic Morgan	M60+	4	
246	996	59:02	Sara Hope	F45+	16	
247	1001	59:02	Craig Jamieson	M40+	25	
248	1112	59:18	Helen Preston	F35+	19	
249	1224	59:21	Sharon Wells	F50+	8	Honiton Running Club
250	1000	59:29	Elaine James	F40+	11	Greenbow Running Club
251	1172	59:29	Martin Sterry	M40+	26	Greenbow Running Club
252	1018	59:38	Bryan King	M65+	9	
253	833	59:43	Cheryl Boulton	F45+	17	
254	881	59:44	Cathy Cornish	FSen	33	
255	1030	59:45	Lisa Littlechild	F35+	20	
256	1161	59:51	Lara Snowdon	FSen	34	
257	1201	60:11	Catherine Trerise	F45+	18	Cornwall Ac
258	845	60:26	Mark Brown	M50+	19	
259	1163	60:41	Hannah Somers	FSen	35	Greenbow Running Club
260	1079	60:43	Jane Mulcahy	F35+	21	
261	857	61:01	Kelly Cann	FSen	36	
262	964	61:13	Bethany Gribble	FU17	1	
263	1159	61:13	Daisy Smith	FU17	1	
264	803	61:13	Lily Alford	FU17	1	
265	1015	61:20	Caitlin Khan	FU17	4	
266	1181	61:21	Caitlin Gravenor-Howells	FSen	37	
267	1120	61:36	Andrew Rapps	MSen	55	
268	931	61:37	James Ferguson	M65+	10	South West Road Runners
269	1215	61:39	Rebecca Walker	FSen	38	
270	878	61:48	Toby Cooper	F50+	9	South Molton Struglers
271	1175	62:31	Colette Stevens	F45+	19	
272	877	62:42	Sara Cooksley	F45+	20	Plymouth Harriers
273	815	62:42	Terry Bartlett	M55+	9	Plymouth Harriers
274	1034	62:44	James Lovell	MSen	56	N/A
275	975	62:55	Carolyn Hartwell	F55+	3	
276	1214	63:11	Kayleigh Walker	FSen	39	
277	1168	63:31	Jon Stanford	M40+	27	
278	1146	63:32	Carol Sene	F55+	4	Women On The Run
279	1108	63:32	Gemma Plant	F40+	12	
280	1240	63:39	Raymond Wilson	M70+	1	Torbay Athletic Club
281	961	63:40	Laura Greenhill	F45+	21	
282	1218	63:52	Christie Ward	F45+	22	Sidmouth Running Club
283	1237	63:53	Katie-Sarah Willing	FSen	40	
284	1209	63:55	Louise Vennells	F40+	13	
285	829	64:00	Lucy Bomford	F45+	23	Women On The Run
286	1151	64:13	Laura Shooter	FSen	41	

287	827	64:16	Margaret Blyth	F60+	3	Exe Couch Runner
288	1152	64:16	Stephen Shooter	M55+	10	
289	947	64:17	Ellie Gardner	FSen	42	
290	909	64:20	Richard Doyle	M45+	21	
291	1126	64:24	Becky Richards	F35+	22	
292	872	64:35	Louise Cole	F35+	23	
293	927	64:37	Alyson Evans	FSen	43	
294	1111	64:37	Sarah Powlesland	FSen	43	
295	1113	64:43	Sarah Prior	F45+	24	Tavistock Athletics Club
296	1200	64:55	Kathryn Tremlett	FSen	45	
297	1122	65:08	Daniel Reed	M40+	28	
298	1110	65:08	Sarah Popham	F40+	14	
299	1079	65:29	Jane Mulcahy	F35+	24	
300	870	65:37	Adele Clayton	F40+	15	
301	1193	65:44	Jean Thomas	F55+	5	South West Vets Ac
302	1183	65:54	Brenda Stuckey	F55+	6	
303	1216	65:54	Paula Summerfield Walters	F50+	10	Lonely Goat Rc
304	1166	65:58	Eloise Spensley	FSen	46	
305	1244	66:02	Amanda Woodhams	F45+	25	
306	1005	66:06	Emma Jeffery	F45+	26	
307	1117	66:17	Gemma Radcliffe	F35+	25	Torbay Athletic Club
308	1154	66:22	Nina Sidney-Wicks	F40+	16	
309	817	66:34	Jenny Bayliss	FSen	47	
310	907	66:45	Linda Diggines	F60+	4	
311	1007	66:55	Natalie Johnson	FSen	48	
312	1188	67:01	Penny Taylor	F55+	7	Tavistock Ac
313	946	67:06	Laura Gamblin	F35+	26	
314	910	67:11	Larkin Duelge	F35+	27	
315	991	67:14	Janice Hindley	F55+	8	
316	871	67:16	Paul Cleaver	M60+	5	Abu Dhabi Striders
317	963	67:16	Gemma` Gregory	FSen	49	
318	1156	67:53	Debbie Simpson	F50+	11	
319	843	68:52	Samantha Brown	F35+	28	
320	834	69:34	Frances Bowler	F45+	27	
321	1157	69:36	Emma Slee	F35+	29	
322	1023	70:26	Adam Langley	MSen	57	
323	853	70:30	Michelle Butler	F35+	30	
324	898	70:47	Nicky Davey	F40+	17	
325	998	70:47	Joanne How	F40+	17	
326	1013	71:41	Amy Kemp	F35+	31	Crediton Running Network
327	1160	72:07	Kate Smith	FSen	50	
328	808	73:08	Fiona Ashley	F60+	5	
329	1106	73:15	Rebecca Pike	FSen	51	
330	1211	73:56	Ros Vincent	F50+	12	Women On The Run
331	1082	74:09	Gill Northey	F55+	9	N/A
332	1029	74:09	Sally Lipscombe	F50+	13	Tavistock Athletic Club
333	1037	75:11	Ria Luscombe	F35+	32	
334	1136	75:16	Emma Rutherford	F35+	33	
335	929	75:29	Claire Farrar	F40+	19	
336	855	75:29	Gillian Buxton	F45+	28	
337	1031	80:06	Emmy Lloyd	F55+	10	
338	940	82:33	Jacqui Frain	F45+	29	