



Exeter 3K

Monday 19th November 2018

A RACE - RESULTS

Pos	Race No	Time	Name	Gen Cat	Club	Predicted Time
1	1	9.25	Adam Holland	M Sen	TAVISTOCK	9:00:00
2	5	9.36	Christian Hewitt	M Sen	TIVERTON HARRIERS	9:30:00
3	3	9.42	Tom Brew	M U20	TAVISTOCK	8:55:00
4	6	9.59	Oliver Woodmason	M U17	CITY OF PLYMOUTH	9:41:00
5	10	10.01	Owen Astington	M Sen	RUNNING FOR TIME	10:00:00
6	7	10.03	Charlie Hague	M U13	EXETER HARRIERS	10:00:00
7	4	10.06	Mark Taylor	M Sen	EXETER UNIVERSITY ATHLETICS C	9:20:00
8	12	10.12	Edward Pickering	M 45+	SOUTH WEST ROAD RUNNERS	10:20:00
9	8	10.23	David Wilson	M 35+	SOUTH WEST ROAD RUNNERS	10:00:00
10	16	10.25	Jonathan Hague	M 40+	EXETER HARRIERS	10:30:00
11	17	10.29	Katie Jemima Synge-Cui	F Sen	HEREFORD COURIERS	10:30:00
12	9	10.32	James Woolf	M 50+	SWRR	10:00:00
13	13	10.37	Serane Stone	F 40+	TIVERTON HARRIERS	10:30:00
14	20	10.38	Simon Witts	M Sen		10:40:00
15	15	10.40	Rob Gammon	M 40+		10:30:00
16	14	10.41	Glenn Wilson	M Sen	HALDON TRAIL RUNNERS	10:30:00
17	11	10.47	Paul Hindle	M 35+	NEWTON ABBOT	10:20:00
18	19	10.54	Dave Stephenson	M 35+	0.00	10:40:00
19	18	10.57	Cameron Bryson	M U15	EXETER	10:30:00



David Lloyd

CLUBS



exeter college



B RACE - RESULTS

Pos	Race No	Time	Name	Gen Cat	Club	Predicted Time
1	21	10.42	Jasmine Stone	F U15	EXETER HARRIERS	10:40:00
2	29	10.45	Sebastien Castineira	M Sen	EXETER UNIVERSITY ATHLETICS C	11:00:00
3	22	10.49	Nicky Savill	F Sen	SOUTH WEST ROAD RUNNERS	10:43:00
4	25	10.53	Iona Farquharson	F U13	TORBAY	11:00:00
5	39	10.55	Nathan Luxton	M Sen	TIVERTON HARRIERS	0:00:00
6	28	10.56	Bobbu East	M Sen		11:00:00
7	24	10.57	Helen Southcott	F 35+	MAIDEN NEWTON RUNNERS	10:55:00
8	23	11.06	Helen Anthony	F 40+	TEIGNBRIDGE TROTTERS	10:50:00
9	27	11.12	Ali Hill	M Sen		11:00:00
10	38	11.18	Dan Grey	M Sen	SOUTH WEST ROAD RUNNERS	0:00:00
11	37	11.31	Adam Rooke	M 40+		12:00:00
12	36	11.32	Hannah Bown	F 40+	EXMOUTH HARRIERS	11:50:00
13	34	11.35	Jim Durston	M 50+	SOUTH WEST ROAD RUNNERS	11:40:00
14	32	11.35	Alan Ledger	M 35+	TIVERTON HARRIERS	11:30:00
15	40	11.38	Kieran Ferris	M Sen	SOUTH WEST ROAD RUNNERS	0:00:00
16	33	11.39	John Shapland	M 65+	BIDEFORD AAC	11:35:00
17	31	11.40	Lauren Burd	F U20	TIVERTON HARRIERS	11:30:00
18	58	12.10	Michael Thomas	M U15		12:30:00
19	35	12.16	Ian Mortimer	M 50+		11:50:00

C RACE - RESULTS

Pos	Race No	Time	Name	Gen Cat	Club	Predicted Time
1	47	11.08	Oliver Smith	M U15	EXETER TRI CLUB	12:00:00
2	45	11.14	Luke Pascoe	M U13	EXETER HARRIERS	12:00:00
3	46	11.20	Toby Pascoe	M U15	EXETER HARRIERS	12:00:00
4	42	11.20	Matt Pacey-Adair	M Sen		12:00:00
5	44	11.44	Mark Phillips	M Sen		12:00:00
6	48	11.47	Paul Sprake	M 40+	GREENBOW RUNNING CLUB	12:00:00
7	43	12.10	Tom Baker	M Sen		12:00:00
8	49	12.15	Louise Reynolds	F 40+	SOUTHWEST ROAD RUNNERS	12:00:00
9	50	12.20	Dave Moulder	M 60+	SOUTH WEST ROAD RUNNERS	12:01:00
10	51	12.26	Andrew Johnson	M 55+	EXMOUTH HARRIERS	12:15:00
11	59	12.27	John Caswell	M 60+	SWRR	12:30:00
12	53	12.38	Jonno Johnson	M 50+	SWRR	12:30:00
13	61	12.50	Jeffrey Curd	M 50+	TIVERTON HARRIERS	12:30:00
14	54	12.58	Mia Ratcliff	F U13	TORBAY AAC	12:30:00
15	56	13.09	Geoff Littler	M Sen		12:30:00
16	57	13.11	Lewis Jones	M 65+	SWRR	12:30:00

D RACE - RESULTS

Pos	Race No	Time	Name	Gen Cat	Club	Predicted Time
1	70	11.55	Jacob Holland	M U13	TAVISTOCK ATHLETIC CLUB	13:00:00
2	71	12.01	Tom Stoppard	M U15	NAAC	13:00:00
3	72	12.24	Matt Harmer	M Sen		13:00:00
4	66	12.25	Karen Shapland	F 35+	BIDEFORD AAC	13:00:00
5	63	12.28	Aidan Bown	M U13	EXMOUTH HARRIERS	12:48:00
6	77	12.31	Andy Simmons	M 45+	TA1 2HP	14:00:00
7	64	12.38	Tim Synge	M 55+	WESTBURY HARRIERS	12:50:00
8	62	13.04	Jane Hardacre	F 50+	SOUTH WEST VETS AC	12:45:00
9	68	13.16	Oliver Mortimer	M U17		13:00:00
10	67	13.18	Karen Cook	F 60+	SWRR	13:00:00
11	78	13.26	Oliver Johnson	M U13	SOUTH WEST ROAD RUNNERS	14:00:00
12	79	13.41	Bethan Rowe	F Sen	CHAGFORD RUNNERS	14:00:00
13	74	13.57	Jamie Robertson	M Sen		13:30:00
14	80	14.09	Keira Quinn	F U13	TORBAY AAC	14:00:00
15	75	14.18	Hayley Ratcliff	F 50+	TORBAY AAC	13:45:00
16	73	15.05	Hylida Stewart	F 60+	CLYDESDALE HARRIERS	13:30:00

E RACE - RESULTS

Pos	Race No	Time	Name	Gen Cat	Club	Predicted Time
1	83	12.32	Isla Bryson	F U13	EXETER TRI CLUB	14:00:00
2	96	12.51	Arthur Mccauley	M U13	NEWTON ABBOT	17:00:00
3	82	12.54	Freddie Sowden	M U13	TIVERTON HARRIERS	14:00:00
4	86	12.55	Freddie Tancock	M U13	TIVERTON HARRIERS	14:50:00
5	90	13.15	Ruben Kirby	M U13	TIVERTON HARRIERS	15:00:00
6	93	13.27	James Mccauley	M 40+		16:00:00
7	95	13.49	Chris Stoppard	M 40+		16:00:00
8	88	14.00	George Smith	M U13	EXETER TRI CLUB	15:00:00
9	85	14.16	Greg Mimms	M Sen	GREENBOW RUNNING CLUB	14:30:00
10	84	14.31	Sarah Holland	F 40+	0.00	14:30:00
11	89	14.41	David Pearce	M 55+		15:00:00
12	87	14.48	Tom Pearce	M Sen		15:00:00
13	94	15.06	Piper Leisk	F U15	HONITON RUNNING CLUB (JUNIOR)	16:00:00
14	69	15.09	Olivia Chalk	F U15	SWRR	13:00:00
15	97	15.11	Gemma Lamming	F Sen		18:00:00
16	91	15.19	Kate Rogers	F 60+	TAVISTOCK ATHLETIC CLUB	15:30:00
17	92	16.26	Grace Bennett	F Sen		16:00:00
18	100	17.39	David Skinner	M 70+	SIDMOUTH RC	20:00:00
19	101	20.19	Ros Vincent	F 50+	WOMEN ON THE RUN	20:00:00

UNDER 11 - RESULTS

Pos	Race No	Time	Name	Gen	Cat	Club	Predicted Time
1	115	5.53	Daisy Rowe		F	U11 EXETER HARRIERS	
2	102	6.13	Olivia Steer		F	U11 EXETER HARRIERS	
3	109	6.16	Paige Quinn		F	U11 TORBAY A C	
4	119	6.26	Dylan Travers		M	U11 EXETER TRIATHLON CLUB	
5	111	6.41	Oliver Johnson		M	U11 SOUTH WEST ROAD RUNNERS	
6	104	6.52	Edward Belshaw		M	U11 SWRR	
7	113	6.59	Freddie Stoppard		M	U11 NAAC	
8	114	7.09	Olive Mccauley		F	U11 NEWTON ABBOT	
9	110	7.11	Jacob Hardy		M	U11 SOUTH WEST RUNNERS	
10	103	7.15	Joseph Steer		M	U11 EXETER HARRIERS	
11	116	7.21	Bertie Rowe		M	U11 EXETER HARRIERS	
12	117	7.39	Tommy Pickering		M	U11	
13	107	7.41	Ellis Bown		M	U11 EXMOUTH	
14	108	7.54	Poppy Chalk		F	U11 SWRR	
15	106	7.56	Niah Bown		F	U11 EXMOUTH HARRIERS	
16	112	9.08	Daisie Holland-Rose		F	U11 NONE	
17	30	9.22	Eva Weston		F	U13 #TEAMHOLLAND	