



# Exeter 3K

Monday 18th November 2019

## C RACE - RESULTS

Pos	Race No	Time	Name	Cat	Club	Predicted Time
1	40	10:52	James Larkin	MU15	Torbay Athletic Club	11:45:00
2	41	11:02	Adam Rooke	M40+	Honiton Running Club	11:45:00
3	47	11:26	Paul Sprake	M40+	Greenbow Running Club	12:00:00
4	55	11:40	Thomas Ward	MU13	Torbay Ac	12:30:00
5	48	11:45	Leigh Powell	M40+		12:00:00
6	49	11:58	Jim Durston	M50+	South West Road Runners	12:00:00
7	50	12:13	Des White	M65+	Exmouth Harriers Aac	12:00:00
8	43	12:16	Lauren Burd	FU20	Tiverton Harriers	12:00:00
9	45	12:17	Louise Reynolds	F40+	South West Road Runners	12:00:00
10	52	12:18	Aidan Bown	MU13	Exmouth Harriers	12:30:00
11	57	12:20	Steve Jones	M50+	South West Road Runners	12:30:00
12	42	12:26	Lauren Carr	FU13	South Devon Athletic	12:00:00
13	51	12:34	George Smith	MU13	Exeter Tri Club	12:00:00
14	56	12:41	Gordon Stephen	MSen	Greenbow	12:30:00
15	54	12:52	Andrew Johnson	M55+	Exmouth Harriers	12:30:00
16	44	13:20	Kav Solder	FSen	Torbay Aac	12:00:00
17	53	13:41	Lisa Hatchard	F45+	Exmouth Harriers	12:30:00
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**HALDON**  
**JINGLE BELL RUN**  
**5km & 10km Options**

Sunday 15th December | 9am Start  
Our **FESTIVE RACE** in the beautiful setting of **Haldon Forest**.

Minimum Age: 5k - 13years // 10k - 15 years old  
\*Limited capacity and is expected to sell out.

Sunday 5th January 2020

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5 Miles - 8800 yards  
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