



25TH MARCH 2016

FAST FRIDAY 10K RESULTS

a CITYRUNS promotion



Pos	No	Time	Name	Gender-Age Cat	Cat Rank	Club
1	475	0:31:07	Wylie, Phil	M35+	1	Cheltenham Harriers
2	284	0:32:17	Evans, Luke	MSen	1	Bristol & West
3	216	0:32:17	Battershill, William	MU20	1	Erme Valley Harriers
4	232	0:32:43	Bridge, Phil	MU20	2	Exeter Uni
5	340	0:33:00	Hutchens, Jack	MSen	2	North Devon Ac
6	437	0:33:12	Smith, Jake	MU20	3	Exeter Harriers
7	398	0:33:51	Palmer, Jamie	M45+	1	Exmouth Harriers
8	212	0:34:16	Awde, David	MSen	3	Bristol & West
9	357	0:34:17	Larkin, Arron	MSen	4	Rotherham Harriers
10	369	0:34:18	Mann, Robert	MSen	5	Exeter Harriers
11	454	0:34:50	Turner, Lee	M35+	2	Torbay Aac
12	413	0:35:15	Reeves, James	MSen	6	South West Road Runners
13	381	0:35:22	Minting, Simon	MSen	7	Exmouth Harriers
14	387	0:35:37	Musgrove, Michael	M45+	2	Exmouth Harriers
15	407	0:35:54	Piercy, Sarah	F35+ WC	1 Wheelchair	
16	211	0:36:09	Ashby, Justin	M45+	3	Sidmouth Running Club
17	467	0:36:22	Woodard, Kevin	MSen	8	Teignbridge Trotters
18	477	0:36:29	Young, Anthony	MSen	9	
19	262	0:37:05	Davey, Geoff	M40+	1	Teignbridge Trotters
20	481	0:37:55	Ramsden, Clive	M40+	2	0
21	246	0:37:57	Caute, Ollie	MU20	4	Axe Valley Runners/N1 Tri Club
22	329	0:38:45	Hocking, Jerry	M40+	3	Torbay Ac
23	406	0:38:49	Pickering, Edward	M40+	4	
24	281	0:38:51	Ellis, Martyn	M35+	3	Torbay
25	452	0:38:54	Trelease, David	MSen	10	
26	210	0:39:11	Aldous, Callum	MSen	11	Chichester Westgate Triathlon Club
27	295	0:39:27	French, Martin	M40+	5	Plymouth Musketeers
28	325	0:39:33	Herdman, Allan	M60+	1	Tavistock Ac
29	213	0:39:51	Bagnall, Dan	MSen	12	

30	374	0:40:19	Mcewing, Alison	F50+	1	Erme Valley Harriers
31	463	0:40:23	White, Nathan	M35+	4	Haldon Trail Runners
32	404	0:40:38	Phillips, Alan	M35+	5	
33	336	0:41:03	Hurford, Jason	MSen	13	Thhn
34	322	0:41:06	Hawkrigg, Daniel	M35+	6	
35	276	0:41:07	Durston, Jim	M50+	1	South West Road Runners
36	428	0:41:16	Savill, Nicky	F50+	2	South West Road Runners
37	365	0:41:46	Maclaren, Donald	M55+	1	Mud Crew Trail Runners
38	299	0:41:52	Gauld, Matthew	M35+	7	
39	422	0:41:59	Sandall, Richard	M40+	6	
40	274	0:42:07	Dudley, Martyn	M40+	7	
41	251	0:42:10	Clews, John	MSen	14	South West Road Runners
42	403	0:42:11	Perring, Chris	MSen	15	Hydro Harriers
43	231	0:42:27	Bradley, Aiden	MSen	16	Exeter Wheelers
44	417	0:42:47	Rudling, Nick	MSen	17	
45	401	0:42:59	Peoples, Fleur	F50+	3	
46	257	0:43:00	Cooper, Simon	MSen	18	
47	441	0:43:10	Spence, Walter	M35+	8	
48	473	0:43:19	Woods, Tilly	FU20	1	Newton Abbot Ac
49	345	0:43:26	Karas, Hannah	F50+	4	Exeter Uotc
50	223	0:43:30	Biederman, Frank	M45+	4	North Devon Road Runners
51	370	0:43:37	Manning, Kevin	M45+	5	
52	440	0:44:11	Smith, Tony	M45+	6	Axe Valley Runners
53	241	0:44:31	Campbell, Bruce	M45+	7	Teignbridge Trotters
54	402	0:44:34	Perkins, Chris	M35+	9	
55	343	0:44:35	Jones, Lewis	M65+	1	South West Road Runners
56	248	0:44:47	Chant, Simon	M35+	10	
57	224	0:44:50	Biederman, Jo	F35+	1	
58	462	0:44:58	Whitaker, Anthea	F50+	1	Haldon Trail Runners
59	229	0:45:19	Bornet, Tom	MSen	19	Honiton Running Club
60	312	0:45:13	Hair, Sherrie	F35+	2	Honiton Running Club
61	361	0:45:39	Lewis, Brian	M40+	8	Torbay Athletic Club
62	470	0:45:48	Woods, Geoff	M50+	2	Newton Abbot Ac
63	459	0:46:06	Wearing, Chris	MSen	20	
64	214	0:46:17	Barnett, Jenny	F50+	5	
65	346	0:46:25	Kay, Michael	M50+	3	
66	324	0:46:30	Hedges, Julie	F50+	2	Southwest Roadrunners
67	207	0:46:31	Adger, Neil	M50+	4	
68	443	0:46:45	Stone, Richard	M35+	11	South West Road Runners



#RunExe5k
MONTHLY
APRIL UNTIL SEPT
 TUESDAY EVENINGS AT
 EXWICK PLAYING FIELDS
 EXETER
CITY-RUNS.CO.UK



#RunExeRelays
4x4Km
Friday 20th May 2016



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69	320	0:46:48	Hawkins, Mark	M50+	5	None
70	234	0:46:53	Brown, David	M45+	8	St Petrocs Dragons Tri Club
71	358	0:47:01	Lee, Charles	M35+	12	
72	227	0:47:21	Blakesley, Peter	M55+	2	Teignbridge Trotters
73	483	0:47:25	Audin, K	F55+	6	0
74	218	0:47:28	Beattie, Mike	M65+	2	Plymouth Harriers
75	388	0:47:29	Nadaud, Julia	F35+	3	St Austell Running Club
76	364	0:48:06	Macaulay, Emily	F55+	7	Springfield Striders Rc
77	255	0:48:28	Cook, Karen	F55+	1	South West Road Runners
78	317	0:48:34	Harrower, Timothy	M45+	9	
79	293	0:48:35	France, Victoria	F55+	8	Run Torbay - Slippers To Trainers
80	253	0:48:46	Collier, Stephen	M40+	9	
81	419	0:48:57	Rudling, Tobias	MU20	5	
82	444	0:48:57	Sugden, Charlotte	F55+	9	Clc Striders
83	323	0:48:59	Hayward, Pete	M55+	3	Teignbridge Trotters
84	250	0:49:17	Clay, Mark	M40+	10	
85	338	0:49:23	Hurles, Thomas	M35+	13	
86	460	0:49:27	Webber, Hanna	F35+	4	
87	220	0:49:40	Bennett, David	M40+	11	Plymouth Musketeers
88	427	0:49:40	Saunders, Mike	M55+	21	Plymouth Musketeers Rc
89	424	0:49:41	Sargent, Peter	M65+	3	Newquay Road Runners
90	353	0:49:54	Kidson, Beverley	F55+	2	Okehampton Running Club
91	264	0:49:58	De Souza, Mark	M50+	6	
92	228	0:49:59	Blyth, Simon	M35+	14	
93	261	0:50:15	Czapiewska, Maggie	FU20	2	Torbay Aac
94	258	0:50:19	Counsell, Emma	F55+	10	Euotc Harriers
95	446	0:50:23	Tanner, Jane	F40+	1	
96	314	0:50:34	Handforth, Angela	F65+	1	
97	430	0:50:44	Shepherd, Brendan	M55+	22	
98	321	0:50:52	Hawkrigg, Amanda	F40+	2	
99	425	0:50:56	Saunders, Emma	F55+	11	0
100	308	0:51:01	Green, Rebecca	F35+	5	Axe Valley Runners
101	285	0:51:10	Eyden, Charlotte	F35+	6	0
102	272	0:51:13	Driver, Andrew	M35+	15	
103	378	0:51:17	Middleton, Tony	M50+	7	
104	350	0:51:21	Kessie, Emma	F35+	7	
105	296	0:51:21	Fuller, Clare	F45+	1	St Petrocs Dragons
106	249	0:51:37	Civill-Holt, Lauren	F55+	12	
107	414	0:51:45	Roberts, Jennie	F40+	3	Teignbridge Trotters



108	267	0:52:20	Doonan, Anthony	M65+	4	Erme Valley Harriers
109	291	0:52:30	Follett, Tony	M40+	12	Uknetrunner
110	355	0:52:37	King, Trystan	M40+	13	
111	436	0:52:44	Smith, Craig	MSen	23	Plymouth Coasters
112	242	0:52:53	Campbell, Katy	F35+	8	Honiton Running Club
113	283	0:52:58	Evans, Dan	MSen	24	
114	380	0:53:07	Miller, Samantha	F45+	2	
115	245	0:53:08	Caunter, Tina	F55+	3	Teignbridge Trotters
116	408	0:53:09	Pike, Harriet	FU20	3	0
117	315	0:53:11	Harrison, Cassandra	F35+	9	Torbay Athletic Club
118	372	0:53:14	Massey, Anthony	M50+	8	
119	362	0:53:15	Lockwood, Jayne	F45+	3	Swrr
120	451	0:53:16	Tosh, Suzie	F40+	4	
121	400	0:53:20	Pearce, David	M50+	9	
122	360	0:53:25	Leete, Pia	F45+	4	
123	217	0:53:39	Bazeley, Sarah	F45+	5	St Austell
124	363	0:53:46	Luckham, Matt	M40+	14	Bere Alston Trekkers
125	445	0:53:53	Sugden, Steven	M55+	4	
126	453	0:54:09	Tremlett, Sue	F50+	3	
127	349	0:54:19	Kelley, Darren	MSen	25	
128	313	0:54:30	Hancox, Ruth	FSen	13	Hyde Park Harriers
129	456	0:54:30	Wallbank, Craig	MSen	26	
130	429	0:54:50	Scott, Rachel	F45+	6	Plymouth Musketeers
131	479	0:55:50	Zatorski, Lukasz	MSen	27	
132	269	0:55:56	Doran, Marie	F45+	7	
133	468	0:55:58	Woodgates, Erin	F35+	10	
134	348	0:56:05	Keep, Mike	M65+	5	Exmouth Harriers
135	268	0:56:11	Doran, John	M40+	15	
136	438	0:56:15	Smith, Jane	F40+	5	
137	394	0:56:19	Nogas, Krzysztof	M35+	16	
138	273	0:56:19	Dubec, Olivia	FSen	14	
139	461	0:56:21	Webber, Rebekah	F35+	11	
140	254	0:56:22	Collman, Sara	F35+	12	Teignbridge Trotters
141	392	0:56:32	Newman, Jonathan	M35+	17	
142	240	0:56:33	Cain, Gemma	FSen	15	
143	331	0:56:34	Hodgson, Donna	FSen	16	
144	482	0:56:34	Hill, Sam	FSen	16	0
145	247	0:56:55	Chan, Jake	MSen	28	
146	472	0:56:59	Woods, Lottie	FU20	4	Newton Abbot Ac



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147	373	0:57:22	Mavris, Kerry	F40+	6	Harlow Running Club
148	366	0:57:31	Maclaren, Lesley	FSen	18	
149	318	0:57:32	Hatter, Ilke	F40+	7	
150	238	0:57:35	Brown, Sarah	FSen	19	Sidmouth Running Club
151	399	0:57:47	Parkes, Rachel	F35+	13	
152	415	0:57:50	Rockey, Suzi	FSen	20	Sidmouth
153	278	0:58:02	Eales, Megan	FSen	21	
154	298	0:58:09	Fuller, Lucy Jo	FU20	5	
155	397	0:58:13	Palmer, Heather	MSen	29	
156	433	0:58:13	Shipping, Matthew	MSen	29	Plymouth Tri Club
157	391	0:58:16	Newman, Catherine	F35+	14	
158	376	0:58:21	Mclaughlin, Claire	F45+	8	
159	287	0:58:22	Fewins, Alison	F35+	15	
160	478	0:58:47	Young, Nicky	F50+	4	
161	265	0:58:48	Dixon, Abigail	F40+	8	
162	418	5:84:59	Rudling, Phil	M45+	11	
163	416	0:59:07	Rook, Emily	FSen	22	
164	371	0:59:26	Manning, Sarah	F45+	9	
165	411	0:59:27	Pyne, Penny	F35+	16	
166	244	0:59:32	Castle, Kristen	FSen	23	
167	480	0:59:42	Billyard, Jo	F55+	4	0
168	450	0:60:01	Tinkler, Rebecca	FU20	6	
169	435	0:60:01	Smith, Alan	M55+	5	
170	455	0:60:07	Vennells, Louise	F35+	17	
171	382	0:60:29	Moffat, Sarah	FSen	24	
172	288	0:60:30	Field, Andrew	M40+	16	
173	289	0:60:31	Field, Maria	F40+	9	Exeter Harriers
174	266	0:60:36	Dodd, Laura	FSen	25	
175	226	0:60:50	Blakesley, Angela	F50+	5	
176	434	0:61:35	Smeaton, Sally	F50+	6	
177	304	0:61:36	Grant, Amanda	F50+	7	
178	239	0:61:40	Brush, Adam	MSen	31	
179	405	0:61:41	Phipps, Sarah	FSen	26	
180	337	0:61:46	Hurford, Lizzie	FSen	27	
181	431	0:61:53	Shepherd, Lisa	F40+	10	
182	243	0:61:54	Carter, Catherine	F50+	8	
183	465	0:61:58	Winser, Jason	M45+	10	
184	277	0:62:01	Dushynsky, Liam	MSen	32	Honiton Running Club
185	263	0:62:05	Davies, Lynn	F40+	11	

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 **InStep**
PART OF THE 2016 CHAMPIONSHIP

186	286	0:62:15	Fernandez-Molina, Irel	F35+	18	
187	333	0:62:52	Hopper, Barry	M65+	6	Instinctive Sports Rc Plymouth
188	259	0:63:05	Cudmore, Amy	F35+	19	St Thomas Gazelles!
189	395	0:63:24	Norris, Helen	F40+	12	Erme Valley Harriers
190	447	0:63:56	Tarr, Erica	FSen	28	Plymouth Musketeers
191	442	0:64:48	Stansbury, Michael	M60+	2	
192	280	0:65:23	Elliott, Katie	F40+	13	Running Forever
193	279	0:65:23	Elliott, Jamie	M40+	17	
194	432	0:65:49	Shere, Phillippa	F35+	20	
195	311	0:65:52	Guest, Hannah	FU20	7	
196	359	0:66:21	Lee, Julie	F40+	14	
197	409	0:68:25	Platt, Victoria	FSen	29	
198	426	0:69:07	Saunders, Joni	F40+	15	
199	457	0:69:52	Walters, Paula	F50+	9	
200	303	0:70:16	Graham, Dean	M35+	18	
201	215	0:70:22	Barrett, Jayde	FSen	30	
202	282	0:70:22	Endley, Jack	MSen	33	
203	439	0:71:33	Smith, Janet	F50+	10	Sole Sisters North Bristol
204	476	0:72:48	Yates, Aimee	FSen	31	
205	305	0:74:02	Grant, Brenda	F60+	1	South Devon Ac
206	474	0:74:32	Wylie, Diane	F35+	21	
207	294	0:80:53	Freeman, Lexi	FSen	32	
208	466	0:81:16	Winser, Karen	F40+	16	



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