



RUN EXE SUMMER 5k SERIES

Round 4 : Tuesday 3rd July 2018

RESULTS

Pos	No	Time	Name	Cat	Cat Rank	Club	Spot Prize
1	284	0:16:23	Callum Crawford	MSen	1	Exeter Harriers	
2	384	0:16:44	Ollie Thorgood	MSen	2	SWRR	
3	572	0:17:19	Annabel Gummow	FSen	1	Winchester and District	
4	566	0:17:26	Charlie Arnold	MU15	1	Honiton	
5	343	0:17:28	Matt Prisk	MSen	3	Exeter Harriers	
6	530	0:17:30	Langdon Williams	M50+	1	Exmouth Harriers	
7	560	0:17:45	Tom Whitworth	MSen	4	0	
8	514	0:17:56	Matthew Menary	MSen	5	Haldon Trail Runners	
9	475	0:18:00	Peter Heckles	M35+	1	Exeter Harriers	
10	399	0:18:01	Harry Mills	MSen	6	Exeter Harriers	
11	397	0:18:22	Howard Bailey	MSen	7	Exeter Harriers	
12	569	0:18:26	Richard McCollum	M40+	1	0	
13	574	0:18:28	Keith Littlewood	M45+	1	Barnsley Athletic Club	
14	389	0:18:31	Jon Garrity	M45+	2	Exmouth Harriers	
15	553	0:18:32	Scott Jamieson	M35+	2	Royal Navy AC	
16	408	0:18:46	Nicky Savill	FSen	2	SWRR	
17	390	0:18:49	Serane Stone	F40+	1	Tiverton Harriers	
18	535	0:19:12	Jan Dolezel	MSen	8	Haldon Trail Runners	
19	571	0:19:15	Molly Shorey	FU13	1	Plymouth AC	
20	554	0:19:23	Graham Bryant	MSen	9	Okehampton RC	
21	412	0:19:29	Simon Swift	M50+	2	Erme Valley Harriers	
22	524	0:19:36	John Shapland	M65+	1	Bideford AC	
23	583	0:19:37	Melanie Brook	F40+	2	Dawlish Coasters	YES
24	492	0:19:43	Will Spencer	MU20	1	Tiverton Harriers	
25	529	0:19:45	Harry German	MU20	2	SWRR	
26	325	0:19:46	Hugh Marsden	M55+	1	Exmouth Harriers	
27	323	0:19:48	Nathan Luxton	MSen	10	Tiverton Harriers	
28	575	0:19:50	Ed Dumpleton	M40+	2	Okehampton running club	
29	465	0:19:51	Chloe Fox	FSen	3	South West Road Runners	

*If you've won a spot prize it will be available for collection at rd 5



30	316	0:19:54	Vincent Langdon	M50+	3	South Devon Ac	
31	479	0:20:04	Richard Bishop	M50+	4	Exmouth Harriers	
32	565	0:20:05	Carolyn Vorbeck	FU17	1	Tavistock Athletic Club	
33	373	0:20:20	Des White	M60+	1	Exmouth Harriers Aac	
34	292	0:20:24	Barry Frost	M55+	2	Swrr	
35	509	0:20:26	Alan Ledger	M35+	3	Tiverton Harriers	
36	391	0:20:27	Lauren Burd	FU20	1	Tiverton Harriers	
37	552	0:20:27	Amy Carey-Jones	F35+	1	South West Road Runners	
38	468	0:20:28	Steve Lang	M60+	2	South West Veterans Ac	
39	551	0:20:30	Phoebe Killen	FU20	2	Exeter Harriers	YES
40	406	0:20:32	Alister Ferguson	MSen	11	SWRR	
41	486	0:20:37	Hannah Bown	F35+	2	Exmouth Harriers	
42	573	0:20:41	Andy Johnson	M55+	3	Dawlish Coasters	
43	374	0:20:46	Daniel Williams	MU13	1	Tiverton Harriers	
44	481	0:20:52	Kieran Ferris	MSen	12	SWRR	
45	319	0:20:58	Emilie Lewis	F35+	3	Swrr	
46	371	0:21:06	Darren Westlake	M40+	3	Bristol And West Ac	
47	425	0:21:08	Martin Havill	M60+	3	Exeter Harriers	
48	336	0:21:14	Ian Partridge	M40+	4	South West Road Runners	
49	567	0:21:17	Alfie Gibbins	MU13	2	Honiton Running Club	
50	457	0:21:23	Richard Stone	M35+	4	South West Road Runners	
51	310	0:21:27	Andrew Johnson	M50+	5	Exmouth Harriers	
52	476	0:21:38	Ian White	M45+	3	SWRR	
53	355	0:21:40	Ethan Sterry	MU20	3	Greenbow Running Club	
54	276	0:21:41	Anthea Board	F50+	1	Haldon Trail Runners	
55	339	0:21:44	Luke Pascoe	MU13	3	Exeter Harriers	
56	297	0:21:50	Rosie Glazier	FSen	4	Swrr	
57	488	0:21:52	Jemma Marsh	F45+	1	SWRR	
58	578	0:21:58	Walter Andrews	M60+	4	Tiverton Harriers	
59	344	0:22:01	Chris Randall	M55+	4		
60	347	0:22:02	Ian Russell	M45+	4	Greenbow	
61	582	0:22:04	Kathryn Steemson	F45+	2	Teignbridge Trotters	
62	538	0:22:17	Suzie Tosh	F40+	3	SWRR	
63	337	0:22:28	Philip Pascoe	M40+	5		
64	491	0:22:30	Phil Spencer	M50+	6	Tiverton Harriers	
65	581	0:22:33	Stephen Boulton	M50+	7	SWRR	
66	562	0:22:34	Ben Totten	MU15	2	Honiton Running Club	
67	380	0:22:42	Pete Hayward	M55+	5	Teignbridge Trotters	
68	305	0:22:50	Susan Hill	F55+	1	Exmouth Harriers	
69	285	0:23:02	Jeff Curd	M50+	8	Tiverton Harriers	
70	550	0:23:11	Kerry Bell	F55+	2	South Devon AC	
71	402	0:23:15	Karen Cook	F60+	1	SWRR	
72	559	0:23:26	Roger Saunders	M60+	5	Honiton Running Club	



73	542	0:23:38	Jo Bradford	F45+	3	Okehampton	
74	435	0:23:40	Rebecca Hall	FSen	5	0	
75	288	0:23:55	Yvonne Farrell	FSen	6		
76	274	0:24:17	Simon Agnew	MSen	13	Heavitree Running Group	
77	349	0:24:30	Mike Sharpe	MSen	14		
78	458	0:24:36	Aled Gethin	M55+	6	0	
79	422	0:24:39	Yusra-Zara Salman	FSen	7	SWRR	
80	541	0:24:47	Mark Tait	M45+	5	SWRR	
81	579	0:25:01	Jim Movat	M70+	1	Haldon Trail Runners	
82	540	0:25:01	Caroline Tait	F50+	2	SWRR	
83	555	0:25:02	Louise Bennett	FSen	8	None	
84	576	0:25:13	Julie Belshaw	F45+	4	South west road runners	
85	381	0:25:19	Laraine Gibbins	F50+	3	Dawlish Coasters	
86	360	0:25:40	Dawn Teed	F55+	3	Exmouth Harriers	YES
87	291	0:25:46	Katie Foster	FSen	9		
88	296	0:25:49	Lynda Garcia	F50+	4	South West Road Runners	
89	577	0:25:58	Geraldine Walter	F45+	5	Okehampton Running Club	
90	558	0:26:11	Paul Whitmarsh	M50+	9	South West Road Runners	
91	453	0:26:15	Ceri-ann Kinch	F35+	4	0	
92	580	0:26:18	John Kavanagh	M55+	7	SWRR	
93	294	0:26:47	Terry Fullick	M55+	8	Tiverton Harriers	
94	561	0:27:01	Skye Symons	FU13	2	Honiton juniors running club	
95	357	0:27:25	Hylde Stewart	F55+	4	Clydesdale Harriers	
96	556	0:27:47	Maicey Bennett	FU13	3	Honiton Running Club	
97	370	0:28:04	Kim West	FSen	10	Women On The Run	YES
98	568	0:28:12	Emma Pollard	FU13	4	Honiton Running Club	
99	564	0:28:22	Beth Sampson	FU20	3	South West Road Runners	
100	354	0:28:28	Sarah Stanbury	FSen	11	Women On The Run	
101	309	0:28:47	Mark Jelley	M50+	10	South West Road Runners	
102	557	0:30:14	Geoffrey Harcombe	M55+	9	Crediton Running Network	
103	498	0:30:34	Lyn Wonnacott	F55+	5	Women On The Run	
104	416	0:32:17	Heather Fitzsimmons	F50+	5	0	
105	367	0:33:01	Judy Warwick	F45+	6	Women On The Run	
106	366	0:36:31	Ros Vincent	F50+	6	Women On The Run	

