

# EXETER HALF RESULTS

a IRONBRIDGE RUNNER EVENTS promotion

Sunday 14th February 2012

## PROVISIONAL RESULTS

Pos	Race No	Time	Name	Cat	Club
1	277	1:15:09	Martyn Bean	SM	Brighton & Hove City AC
2	233	1:16:53	Andrew Vallance	SM	Okehampton RC
3	224	1:17:25	PAUL GREGG	M45	TAMAR TROTTERS
4	89	1:17:56	Daryl 'Tarquin' Milford	SM	Teignbridge Trotters
5	323	1:19:17	Roger Voaden	M45	Okehampton
6	226	1:19:20	Clive Ashurst	SM	Weston AC
7	308	1:20:57	Mark Davis	SM	Redhill Road Runners
8	228	1:21:03	Steven Brookes	M45	tamar trotters
9	239	1:21:42	DAVE HARDIMAN	M45	CHARD ROAD RUNNERS
10	316	1:22:06	Tim Vials	M45	South West Road Runners
11	187	1:22:52	Rich Horswell	SM	Hayle Runners
12	6	1:23:05	Stuart Creech	SM	Mlnehead Running Club
13	94	1:23:09	James Murray	M40	Bideford AAC
14	87	1:23:25	Lance Mason	M50	Teignbridge Trotters
15	211	1:23:38	James Dwyer	SM	
16	279	1:23:40	Wavell Vigers	M40	Teignbridge Trotters
17	320	1:24:26	Luke Reed	SM	Axe Valley Runners
18	109	1:24:29	Ellie Sutcliffe	SF	Exmouth Harriers
19	80	1:24:50	Ross Stacey	SM	
20	194	1:24:54	Matt Curtis	SM	Hayle Runners
21	114	1:25:51	Simon Tucker	SM	South West Road Runners
22	309	1:26:32	Jamie Shewbrook	SM	Tamar Trotters
23	25	1:26:51	Geoff Davey	SM	Bitton road runners
24	265	1:26:59	Mark Templar	M45	Clevedon AC
25	63	1:26:59	James Blight	SM	Tamar Trotters
26	288	1:27:10	Raith Ackland	SM	north devon road runners
27	202	1:27:19	Adam Taylor	SM	Looe Pioneers
28	23	1:27:25	Joe De Silva	U20	
29	220	1:27:31	Andrew Penney	M40	Teign Valley Running Club
30	272	1:27:52	Andrew Ellins	M40	Somerset RC Tri
31	322	1:27:54	Bryan Friend	M45	Okehampton Running Club
32	84	1:27:59	Ian McClean	M45	South Devon AC
33	231	1:28:26	Christopher Dupain	SM	Exmouth Harriers

IRONBRIDGE RUNNER  
LATEST OFFERS & EVENTS

IRONBRIDGE RUNNER



EXETER'S RUNNING AUTHORITY

EXTENSIVE PRODUCT RANGE

RUNNING GAIT ANALYSIS

EVENTS

RUNNING GROUPS

INDEPENDENT ADVICE

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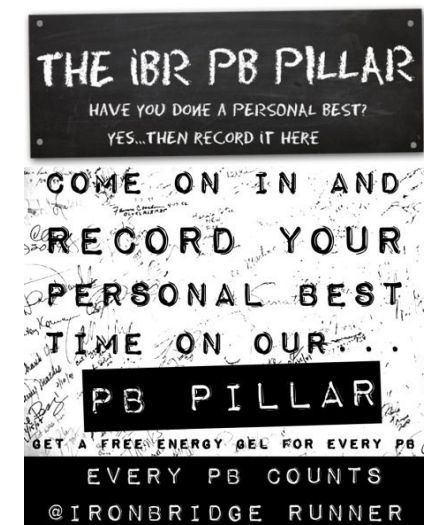
34	268	1:28:33	Nick Hayden	SM	Falmouth Road Runners
35	151	1:28:46	Simon Boobyer	SM	Teignbridge Trotters
36	56	1:29:39	Paul Allen	SM	Yeovil Town RRC
37	14	1:29:48	Kris Ward	SM	
38	240	1:30:24	NEIL MARKE	M45	BIDEFORD AAC
39	254	1:30:29	Michael Duckmanton	SM	
40	76	1:31:22	Ivan Jeary	M40	UKnetrunner
41	326	1:31:51	Wendy Urban	F45	Torbay AAC
42	275	1:32:01	Stephen Lee	SM	Hermitage Harriers
43	325	1:32:05	James Robson	SM	South West Road Runners
44	52	1:32:29	Chris Johns	M40	
45	79	1:32:54	Paul Giles	SM	
46	173	1:32:57	CHRIS GOUGH	M40	WESTON ATHLECTIC CLUB
47	101	1:33:04	Graham Reeves	SM	Honiton Running Club
48	137	1:33:17	Jim Durston	M45	south west road runners
49	160	1:33:37	Andy Crock	M55	Trail Running Association
50	280	1:34:16	Tim Synge	M45	Westbury Harriers
51	72	1:34:19	Martin Havill	M55	Exeter Harriers
52	174	1:34:30	Keith Belt	M65	south devon ac
53	157	1:34:39	Patrick Munn	M45	
54	130	1:34:58	Jo Porter	F35	Running Forever RC
55	155	1:35:04	Guy Loader	SM	
56	154	1:35:13	Stephen Foreman	U20	
57	210	1:35:28	REBECCA MUDD	SF	launceston road runners
58	20	1:35:33	Steven Mahoney	SM	
59	150	1:35:49	Emma Sidebotham	SF	Teignbridge Trotters
60	255	1:35:51	Sarah May	F40	
61	24	1:35:51	Adam Rooke	SM	0.00
62	245	1:35:55	Kevin Tregale	M50	
63	179	1:36:05	Gary Clark	M40	Teignbridge Trotters
64	149	1:36:06	Neil Edwards	M40	
65	292	1:36:10	Alastair Peake	SM	
66	40	1:36:13	Sabine McLean-Thorne	SF	Bude Rats
67	217	1:36:18	Mark Hutchins	M45	Teignbridge Trotters
68	171	1:36:20	Ian Honnor	M50	
69	43	1:36:26	Emma Dupain	SF	Exmouth Harriers
70	33	1:36:35	Ian Trevis	SM	
71	243	1:36:37	Mark Hamling	M50	Teignbridge Trotters
72	289	1:36:43	Mike Kestle	M55	Newquay Road Runners
73	225	1:36:43	LOUISE KELSEY	F40	TAMAR TROTTERS
74	26	1:36:46	Martin Beddow	M45	
75	64	1:36:48	Michael Bonning	M45	Michelmores Running Club
76	139	1:36:50	Mark Ogden	M50	North Devon Road Runners
77	112	1:36:59	David Stone	M40	



<http://endurancetalk.podbean.com/>



<http://www.hodgsonsportsmassage.co.uk>



78	242	1:37:03	Jo Bedler	F35	Bideford AAC
79	86	1:37:12	Jonathan Major	SM	South West Road Runners
80	256	1:37:25	Jason Fern	M40	
81	176	1:37:32	Lee Crocker	SM	east cornwall harriers
82	100	1:37:34	Amanda Perry	F45	South West Road Runners
83	164	1:37:42	Richard Staunton	M40	Running Forever Running Club
84	195	1:37:49	Lisa Maskell	SF	Hayle Runners
85	125	1:37:57	Ben Ridley	SM	
86	200	1:38:10	James Matthews-Stroud	SM	
87	126	1:38:17	Lorraine McNulty	SF	Nike+ Exeter
88	21	1:38:18	Catherine Philp	F40	SWRR
89	39	1:38:18	Louise Tyrrell	SF	
90	209	1:38:22	David APPLETON	SM	Instinctive Sports
91	253	1:38:22	Craig Young	SM	
92	142	1:38:41	Steven Jackson	M50	UKnetrunner.co.uk
93	77	1:38:47	Paul Jennings	M50	Bideford AAC
94	9	1:38:59	Simon Niles	M40	
95	207	1:39:00	Sarah Collins	SF	Wimbledon Windmilers
96	42	1:39:01	Ben White	SM	Exmouth Harriers
97	186	1:39:02	Laura Alm	F40	Okehampton Running Club
98	169	1:39:15	ROB BROMIGE	M45	
99	95	1:39:29	Robbie Murray	U20	Bideford AAC
100	237	1:39:29	Robert Mitchell	M55	
101	282	1:39:33	Amy Sole	SF	
102	73	1:39:42	Catherine Hilton	F35	South West Road Runners
103	99	1:40:45	Halcyon Pughe	F60	Women on the Run
104	295	1:40:55	Janet Watson	F55	Falmouth Road Runners
105	54	1:41:07	Tom Baker	SM	
106	127	1:41:10	Craig Churchill	SM	Teignbridge Trotters
107	65	1:41:14	David Brown	M45	Truro Running Club
108	146	1:41:18	Simon Hallett	SM	
109	166	1:41:25	James Uren	SM	
110	161	1:41:37	Ashley Clear	SM	
111	307	1:41:38	Jamie Town	SM	DSFRS Running Club
112	167	1:41:46	Jacki Woon	F45	Teignbridge Trotters
113	257	1:41:46	Steve Howlett	SM	Brixham Harriers
114	124	1:41:56	Peter Royle	SM	Teignbridge Trotters
115	175	1:42:17	Peter Bollom	M50	Okehampton
116	41	1:42:18	Jethro White	U20	
117	302	1:42:36	Allan Green	M55	Almost Athletes
118	145	1:42:38	Andrew Smith	M50	
119	236	1:42:38	Philip Pearce	M50	
120	7	1:43:41	Laura Swanton	SF	
121	262	1:43:04	Catherine Cannon	SF	South West Road Runners

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122	104	1:43:20	Thomas Roland	SM	
123	92	1:43:24	Christopher Moss	SM	
124	315	1:43:34	Jessica Gallagher	SF	
125	37	1:43:36	David Roberts	SM	
126	60	1:43:47	Eleanor Barber	F35	
127	247	1:43:51	Marc Jones	SM	south devon athletic club
128	45	1:43:59	Lee Rowe	M40	
129	229	1:44:31	Alun Gwernan-Jones	M45	
130	250	1:44:35	Chris Squire	M40	
131	291	1:44:40	Simon Toms	SM	
132	273	1:44:41	Miranda Burke	F40	Plymouth Harriers
133	327	1:44:50	Matt Smith	SM	
134	260	1:45:16	Susannah Attwell	F40	
135	81	1:45:22	Alan Littlejohns	M60	Launceston Road Runners
136	203	1:45:44	Neil Johnson	SM	
137	283	1:46:05	Mary Shepro	SF	
138	102	1:46:10	Max Spence	M40	Bude Rats
139	163	1:46:21	Robert Fullard	SM	
140	319	1:46:23	Becky George	F45	Teignbridge Trotters
141	249	1:46:32	Nicola MacPhail	F40	Plymouth Harriers
142	162	1:46:35	James Clayden	SM	
143	293	1:46:35	Simon Bunday	M50	
144	123	1:46:48	David Gebbie	M45	
145	8	1:46:49	Tony Follett	SM	uknetrunner.co.uk
146	252	1:47:01	MARCIA MACEY	F50	PLYMOUTH HARRIERS
147	93	1:47:12	Stephanie Moss	F35	Tiverton Harriers
148	299	1:47:20	Paul Madge	M50	South West Road Runners
149	191	1:47:26	Brian Wellham	M45	Okehampton Running Club
150	214	1:47:34	Neil Pallant	M40	Teignbridge Trotters
151	147	1:47:44	Adele Foxwell	F35	axe valley runners
152	148	1:47:44	Sharon Rooke	F35	axe valley runners
153	192	1:47:51	Janet Sealy	F35	
154	113	1:47:54	Garry Sutherland Mackay	M40	
155	248	1:48:11	Joanne Jenkins	F45	Plymouth Harriers
156	251	1:48:37	Nicola Bray	F45	Plymouth Harriers
157	177	1:48:55	John Godden	SM	
158	284	1:49:00	Ryan Rudge	SM	south devon athletic club
159	213	1:49:18	Michael Carpenter	M60	Launceston r r
160	122	1:49:49	Duncan Stone	SM	
161	271	1:49:50	Sharon Bowman	F45	Teignbridge Trotters
162	215	1:50:00	Amy Cox	SF	
163	296	1:50:10	Sarah Choak	F40	Falmouth Road Runners
164	267	1:50:35	Louise Edwards	F40	Michelmores Running Club
165	75	1:50:46	Peter Hughes	M55	Axe Valley Runners

166	108	1:51:30	Jon Sparks	M50	Running Forever Running Club
167	111	1:51:33	Sasha Stead	F40	
168	324	1:51:38	Katie Smyth	SF	0.00
169	269	1:52:11	Sean Hayden	SM	Falmouth Road Runners
170	133	1:52:18	Keving Besford	M50	Teignbridge Trotters
171	17	1:52:50	Michael Goodwin	M60	
172	208	1:53:03	Jeremy Moore	SM	
173	303	1:53:35	Rebecca Grost	SF	
174	317	1:53:39	Kristian Tomblin	M40	
175	85	1:53:43	Valerie McClean	F40	South Devon AC
176	44	1:53:53	Paul Jefferson	M45	
177	301	1:54:04	Guy Roberts	SM	Teignbridge Trotters
178	96	1:54:21	Dave Mutter	M60	Axe Valley Runners
179	53	1:54:43	Steve Collins	M40	Wimbledon Windmilers
180	88	1:54:51	James Menzies	M40	Serpentine
181	153	1:54:56	Keith Foreman	M50	Reigate Priory AC
182	259	1:54:56	Gretchen Oldland	F45	Crediton
183	281	1:55:00	Natalie Hunt	SF	
184	12	1:55:05	John Barrett	M65	south devon ac
185	287	1:55:24	Michael Gammon	SM	North Devon Road Runners
186	230	1:55:37	Jonathon Whittaker	SM	
187	103	1:55:55	Michael Roberts	M60	Plymouth Harriers
188	156	1:56:13	Nicki Ashworth	F40	HTR
189	266	1:56:52	Jane Tanner	F40	
190	310	1:57:05	Jonathan Picken	M40	
191	1	1:57:08	Martin Dobson	SM	
192	4	1:57:14	Victoria Siddle	F35	
193	2	1:57:31	Mel Holyoak	F35	Michelmores Running Club
194	66	1:57:31	Bethan Child	SF	Michelmores Running Club
195	311	1:57:56	Lisa Jeffery	F40	South Devon Athletics Club
196	330	1:58:40	Jan Shilton	F50	
197	141	1:58:47	Michael Parker	M40	
198	140	1:59:21	George Coxon	M50	
199	50	1:59:22	Kathryn Johnston	SF	
200	38	1:59:26	Hils Fry	F40	
201	120	1:59:35	Richard Brown	M50	
202	118	1:59:35	Liz Gavrilenko	F40	
203	11	1:59:53	David Payne	SM	
204	13	1:59:54	Phil Hodgson	SM	
205	55	2:00:28	Emily Goupillon	SF	
206	105	2:01:00	Clare Ruddy	F35	
207	189	2:01:25	Bridget Pascoe	F50	
208	218	2:01:29	Gayle Vaughan	SF	
209	264	2:01:41	Hugh Bellamy	M45	

210	190	2:01:41	Michaela Hillman	F45	Torrington AAC
211	193	2:02:01	Tim Hartley	M55	Teignbridge Trotters
212	329	2:02:10	Ian Aldridge	M55	
213	116	2:02:56	Sheena Vowles	SF	
214	232	2:03:03	Peta Aspden	F35	Running Forever
215	22	2:03:16	Kate Andrews	SF	
216	110	2:03:28	Michael Stansbury	M60	
217	16	2:03:36	Alison Whitford	SF	
218	98	2:03:40	Emily Pickthall	F20	
219	15	2:04:22	Seth Whitford	SM	
220	83	2:04:32	Emily Macaulay	SF	Springfield Striders
221	328	2:05:10	Cherry Powell	F45	
222	3	2:05:13	GAIL PARKER	F40	
223	36	2:05:33	Katrina Duignan	F45	Teignbridge Trotters
224	47	2:06:08	Stephanie Merchant	SF	
225	216	2:06:11	Sharon Hutchins	F35	Teignbridge Trotters
226	276	2:06:33	Yanina Pelegri-Fairfax	F35	Running forever
227	274	2:06:40	Pamela Mintoft	F35	
228	90	2:07:19	Katherine Morton	SF	
229	131	2:08:11	Paula Charity	F35	
230	227	2:08:55	Daniel Mcaloon	SM	swrr-nike running
231	117	2:09:05	Sophie Mortimer	F40	
232	172	2:09:12	Simon Ruddlesden	SM	
233	221	2:09:59	Debbie Masding	F45	
234	180	2:10:12	Tony Gray	M55	
235	74	2:10:21	Jack Holder	U20	
236	49	2:11:36	Hazel Yanney	F35	
237	48	2:11:36	Andrew McNinch	M60	
238	197	2:11:50	Sian Emmett	SF	IIF Group
239	222	2:11:50	Maureen Emmett	F50	IIF Group
240	181	2:13:33	Manda Stone	F45	
241	321	2:13:54	Sue Tremlett	SF	
242	285	2:14:21	Nick Unstead	M55	
243	201	2:14:28	Lauraine Charnley	F40	
244	91	2:15:13	Daisy Maugouber	SF	
245	258	2:15:46	Geoff Hudd	M70	
246	212	2:16:23	Dawn Gould	F35	
247	331	2:18:44	Glen Palmer	SM	
248	294	2:18:44	Lindsey Palmer	SF	
249	306	2:19:38	Amanda Gale	F40	women on the run
250	28	2:19:39	Charlotte Harrison	SF	
251	152	2:19:40	Angela Bleasdale	SF	
252	244	2:20:15	Katy Edmondson	SF	
253	119	2:20:42	Kate Brown	F40	

254	68	2:21:05	James Danbury	SM	
255	61	2:25:08	Andrew Betteridge	SM	
256	10	2:26:03	Joanna Eveleigh	F35	
257	300	2:27:08	Maria Trylska	F45	
258	234	2:27:26	Lita Vallance	F35	Okehampton RC
259	159	2:27:26	Jim Bennett	M70	Tamar Trotters
260	199	2:28:01	Peter Morton	SM	
261	198	2:28:01	Sophie chatfield	SF	
262	32	2:31:12	Nurhasmiza Sazalli	SF	
263	106	2:31:52	Adrian Ryder	M45	
264	5	2:34:40	Trevor Cope	M55	Exmouth Harriers
265	297	2:36:00	Caroline Harris	F40	
266	298	2:36:00	Nancy Fearn	SF	
267	184	2:53:53	Louise Raggett	F35	
268	318	2:53:58	Mette Pausegard	SF	

