

THE RUN EXE SUMMER 5k SERIES



RD 2: Tuesday 2nd August 2011

Organised by: IRONBRIDGE RUNNER EVENTS LTD

Posit	Race No	Time	Name	Cat	Club
1	107	14.57	Tom Merson	SM	Bristol & West Ac
2	64	15.17	Shaun Antell	SM	Bristol & West
3	108	15.35	Steve Gallienne	SM	Bideford AAC
4	129	16.36	Berihu Tesfay	SM	Exmouth Harriers
5	105	16.39	Steve Goss	M40	Bristol & West Ac
6	139	16.42	Gavin Mantle	SM	0
7	151	16.50	Stuart McLay	M45	Vetrans Ac
8	115	17.01	Mike Musgrove	M40	Exmouth Harriers
9	37	17.02	Owain Evans	SM	SWRR
10	26	17.04	Daryl "Tarquin" Milford	SM	Teignbridge Trotters
11	132	17.15	Adharanand Finn	SM	0
12	42	18.09	Ian Langler	SM	Teignbridge Trotters
13	89	18.09	David Hawes	SM	0
14	81	18.13	Paul Raven	M40	Exeter Tri
15	157	18.25	Tim Vials	M45	SWRR
16	163	18.28	Luke Reed	SM	Axe Valley Runners
17	79	18.30	Ian Lea	SM	0
18	155	18.33	Russell Cleave	SM	Torbay Ac
19	117	18.39	Clare Hodgson	SF	0
20	45	18.45	Ellie Sutcliffe	SF	Exmouth Harriers
21	75	18.58	Jason Hopton	SM	0
22	54	19.11	Robin Ewings	M40	Tiverton Harriers
23	119	19.12	Peter Rigler	SM	Tipton Harriers
24	159	19.17	Jon Garrity	M40	0
25	149	19.20	Simon Allchurch	SM	0
26	90	19.22	Anna Allen	SF	0
27	109	19.24	William Barnes	M45	0

IRONBRIDGE RUNNER
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An Eudurance Talk Production

<http://www.city-runs.co.uk/exeter10k>

EXETER 10K

Wednesday 17th August 2011

**Using SWRR First Chance 10K Course

2 LAP TRAFFIC FREE COURSE
WHICH IS PANCAKE FLAT!!!

ON FOOT PATHS & CYCLE PATHS AROUND THE
RIVER EXE AND EXETER CANAL

28	133	19.32	Martin Havill	M55	Exeter Harriers
29	23	19.34	Martin McEneny	M40	0
30	78	19.35	Karen Cook	F50	SWRR
31	110	19.40	Walter Andrews	M50	Tiverton Harriers
32	161	19.42	Joshua Richardson	SM	0
33	98	19.43	Alistair Ferguson	SM	SWRR
34	123	19.45	Eleen Harrison	SF	Bristol University
35	101	19.58	Stephen Sirdefield	M45	Tiverton Harriers
36	53	20.05	Steve Selly	M45	Tiverton Harriers
37	135	20.14	Stuart Parkes	SM	Torbay Ac
38	140	20.18	Mark McPhee	SM	0
39	77	20.20	John Norton	SM	0
40	72	20.27	Jim Durston	M45	SWRR
41	59	20.34	Andrew Johnson	M45	Exmouth Harriers
42	31	20.35	Gary Clark	M40	Teignbridge Trotters
43	14	20.49	Roger Rowe	M65	Exmouth Harriers
44	138	20.56	Ivan Jeary	M40	Uk Net Runner
45	25	21.01	Matt Vahiboglu	SM	SWRR
46	125	21.05	Mervyn Rice	M55	Okehampton
47	19	21.09	Dan Morley	SM	Exmouth Harriers
48	21	21.10	Mandy Wheeler	F35	SWRR
49	30	21.12	Ivor Ough	M55	0
50	144	21.20	Daniel Ahl	M40	0
51	167	21.23	Gareth Griggs	SM	0
52	29	21.27	Dave Chanter	M55	Tavistock Ac
53	104	21.33	John Caswell	M55	SWRR
54	112	21.37	Andrew Spiller	M40	0
55	73	21.53	Neil Edwards	SM	0
56	118	22.00	Craig Churchill	SM	Teignbridge Trotters
57	165	22.08	Saul Greenland	SM	Teignbridge Trotters
58	164	22.08	Catherine Cannon	SF	SWRR
59	22	22.25	Steph Hills	SF	0
60	116	22.34	Paul Banes	SM	Teignbridge Trotters
61	100	22.40	John Grennan	M55	South Devon Ac
62	134	22.41	Nicki Ashworth	F40	Haldon Trail Runners
63	51	22.43	David Eveleigh	M55	Exmouth Harriers
64	160	22.45	Dominic Richardson	M50	0
65	131	22.50	Mike Atkins	M50	SWRR
66	16	22.53	Kevin Tregale	M50	0
67	67	22.58	Tony Follett	SM	Uk Netrunner
68	145	23.02	Caroline Gentry	F40	SWRR
69	102	23.16	Nicola Davies	F40	Exeter Tri
70	87	23.34	Robert Puty	M55	0

<http://www.ironbridgerunnerevents.co.uk/wukro/>



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



<http://www.ironbridgerunner.co.uk/shop/product.php?productid=756&cat=114&page=1>



71	162	23.37	Mark Cary	SM	Axe Valley Runners
72	124	23.41	Chris Hancock	M40	Okehampton
73	28	23.50	Sharon Bowman	F45	Teignbridge Trotters
74	103	24.03	Graeme Baker	M70	Teignbridge Trotters
75	58	24.09	Graham Napper	M45	0
76	97	24.15	Nicholas Pope	SM	0
77	137	24.23	Daniel Mcaloon	SM	SWRR
78	130	24.31	Tricia Harrison	F55	SWVAC
79	136	24.47	Jessica Parkes	SF	Teignbridge Trotters
80	96	24.49	Tracey Bennett	F35	SWRR
81	113	24.55	Marilyn Cooper	M55	Okehampton RC
82	148	25.06	Amy Gilbert	SF	0
83	82	25.10	William Valentine	M60	Torbay Ac
84	35	25.19	Tim Brooks	M45	0
85	18	25.41	Paul Hurley	M40	0
86	62	26.00	Emma Richardson	SF	SWRR
87	146	26.03	Amanda Hawkrigg	F35	0
88	127	26.06	Bev Holloway	F35	0
89	166	26.25	Graham Lawler	M60	East Cheshire Harriers
90	106	27.06	Lucy Payne	F55	Teignbridge Trotters
91	114	27.23	Nicola Musgrove	F35	Exmouth Harriers
92	46	27.30	Bronwen Hill	F35	Road Runners Club
93	150	27.49	Denise McLay	F45	0
94	153	28.44	Manda Stone	F45	0
95	120	29.01	Keiron Walesby	SM	0
96	121	29.01	Lucy Brook	SF	0
97	122	29.01	Rebecca Davies	SF	0
98	143	29.13	Roy Shake	M55	Run In England
99	126	29.20	Polly Chancellor	F35	0
100	60	29.37	Hilary Allen	F60	0
101	61	30.17	Lousie Rye	F45	0
102	80	30.50	Hazel Davey	F45	0
103	156	31.58	Sarah Bracock	F45	0
104	158	33.02	Alison Taylor	F45	0
105	152	34.28	Rosie Stone	SF	0
106	154	34.44	Emma Pendle	F35	0
107	141	35.39	KatrinaDann	SF	0
108	142	35.39	Lucy Stanton	SF	0
109	128	35.59	Jane Baldina	F40	0
110	111	37.02	Margaret Janet Bray	F55	0

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