



30TH MARCH 2018

FAST FRIDAY 10K RESULTS

a CITYRUNS promotion

Pos	No	Time	Name	Name	Gender-Age Cat	Cat Rank	Club
1	152	0:31:20	Tom	Merson	MSen	1	Exmouth Harriers
2	115	0:32:59	Adam	Holland	MSen	2	Tavistock Harriers
3	102	0:33:33	Berihu	Haderia	MSen	3	Exmouth Harriers
4	20	0:33:42	Jamie	Barnett	MSen	4	
5	119	0:34:00	Sam	Hopton	MSen	5	SWRR
6	156	0:34:53	Peter	Monaghan	M50+	1	TORBAYAC
7	163	0:35:29	Mike	Musgrove	M45+	1	EXMOUTH HARRIERS
8	223	0:35:40	Dominic	Spayne	M35+	1	MAVERICK RUNNERS
9	52	0:36:07	Jonny	Colaco	M45+	2	NEWQUAY ROAD RUNNERS
10	181	0:36:09	Jon	Pressling	M35+	2	TORBAY TRI
11	174	0:36:26	Jon	Parkinson	M50+	2	TORBAY
12	243	0:36:27	Heidi	Tregenza	FSen	1	CORNWALL AC
13	236	0:36:47	Katie	Synge	FSen	2	
14	227	0:37:02	Emma	Stepto	F45+	1	CORNWALL AC
15	153	0:37:03	Daryl	Milford	M45+	3	MAVERICK RUNNERS
16	25	0:37:12	Jody	Bee	M35+	3	SWRR
17	101	0:37:23	Paul	Gregg	M50+	3	TAMAR TROTTERS
18	232	0:37:42	Ben	Stone	M35+	4	TIVERTON HARRIERS
19	267	0:37:47	Shaun	Yeoman	MSen	6	MAVERICK RUNNERS
20	203	0:37:57	Paul	Sawford	M50+	4	CARN RUNNERS
21	178	0:38:48	Colin	Peters	M50+	5	
22	118	0:38:49	Ben	Hooppell	MSen	7	
23	80	0:38:49	Nicholas	Einchcomb	M55+	1	SOUTH WEST ROAD RUNNERS
24	14	0:38:51	Simon	Baker	MSen	8	TEIGNBRIDGE TROTTERS
25	143	0:38:51	Alex	Macdonald	MSen	8	
26	81	0:38:52	James	Everidge	MSen	10	
27	68	0:39:01	Tom	Davies	M35+	5	HOLME PIERREPONT RUNNING CLUB
28	133	0:39:09	Samantha	Lake	F35+	1	TAVISTOCK RUN PROJECT
29	122	0:39:10	Ivan	Jeary	M45+	4	UKNETRUNNER



30	170	0:39:29	Ruby	Orchard	F35+	2	CORNWALL AC
31	82	0:39:46	William	Fanthorpe	MSen	11	
32	176	0:40:08	Chris	Perring	MSen	12	HYDROGRAPHIC HARRIERS
33	48	0:40:25	Simon	Chant	M40+	1	EXETER TRIATHLON CLUB
34	45	0:40:48	Gary	Burman	M35+	6	SOUTH DEVON ATHLETIC CLUB
35	96	0:41:02	Catherine	Gonzales	FSen	3	Exmouth Harriers
36	132	0:41:21	Melissa	King	FSen	4	NEWQUAY ROAD RUNNERS
37	256	0:41:22	Mandy	Wheeler	F45+	2	TEIGNBRIDGE TROTTERS
38	168	0:41:30	James	Nicholas	M35+	7	RUNNING FOREVER RUNNING CLUB
39	84	0:41:32	Rob	Ferguson	MSen	13	COLCHESTER HARRIERS AC
40	41	0:41:44	Melanie	Brooks	F40+	1	DAWLISH COASTERS
41	39	0:41:55	Nick	Bristow	M45+	5	ERME VALLEY HARRIERS
42	222	0:41:56	David	Snook	M35+	8	
43	77	0:42:02	Ed	Dumpleton	M40+	2	OKEHAMPTON
44	131	0:42:36	Josh	King	MSen	14	
45	185	0:42:47	Donna	Raggett	F45+	3	CORNWALL AC
46	233	0:42:50	Charlotte	Sugden	FSen	5	HEADINGTON ROADRUNNER
47	74	0:42:56	Neil	Downer	M50+	6	TORBAY TRI CLUB
48	196	0:43:15	Christian	Robinson	M35+	9	TEIGNBRIDGE TROTTERS
49	35	0:43:23	Anthea	Board	F50+	1	HALDON TRAIL RUNNERS
50	228	0:43:24	Ethan	Sterry	MU20	1	GREENBOW RUNNING CLUB
51	214	0:43:39	Derek	Skinner	M55+	2	TEIGNBRIDGE TROTTERS
52	265	0:43:42	Jacki	Woon	F50+	2	TEIGNBRIDGE TROTTERS
53	197	0:43:44	Nick	Robinson	M40+	3	TORBAY AAC
54	58	0:43:47	Gavin	Connor	M35+	10	SOUTH WEST ROAD RUNNERS
55	31	0:43:53	Edward	Bidder	M35+	11	UK RUNCHAT EXETER
56	194	0:44:07	Simon	Rickard	M40+	4	
57	159	0:44:10	Richard	Moss	M40+	5	
58	254	0:44:25	Craig	Weeks	M35+	12	
59	92	0:44:35	Ynon	Gablinger	M45+	6	
60	255	0:44:43	Darren	Westlake	M40+	6	BRISTOL & WEST AC
61	231	0:44:48	Richard	Stone	M35+	13	SOUTH WEST ROAD RUNNERS
62	145	0:44:50	Donald	Maclaren	M55+	3	
63	192	0:44:50	Mark	Rice	M45+	7	
64	184	0:44:54	Sam	Quick	MSen	15	
65	258	0:44:55	Des	White	M60+	1	EXMOUTH HARRIERS AAC
66	59	0:45:00	Sarah	Pike	F40+	2	TEIGNBRIDGE TROTTERS
67	78	0:45:01	Julian	Easton	M40+	7	GREENBOW RUNNING CLUB
68	51	0:45:03	Colette	Clements	F35+	3	NEWQUAY ROAD RUNNERS



69	151	0:45:06	Tom	Meatyrd	MSen	16	
70	206	0:45:07	Charlie	Scott	FSen	6	N/A
71	108	0:45:13	Pete	Hayward	M55+	4	TEIGNBRIDGE TROTTER
72	130	0:45:17	Nicola	Kelly	FSen	7	SWANSEA UNIVERSITY ATHLETICS CLUB
73	200	0:45:19	Neil	Rutley	M55+	5	TEIGNBRIDGE TROTTERS
74	34	0:45:22	Peter	Blakesley	M55+	6	TEIGNBRIDGE TROTTERS
75	106	0:45:41	Paula	Hawkins	F40+	3	EXMOUTH HARRIERS
76	211	0:45:42	Paul	Sharples	M60+	2	
77	53	0:45:55	Stephen	Collier	M40+	8	SOUTH WEST ROAD RUNNERS
78	21	0:45:56	Nigel	Barnett	M45+	8	TEIGNBRIDGE TROTTERS
79	225	0:46:04	Kathryn	Steemson	F45+	4	TEIGNBRIDGE TROTTERS
80	201	0:46:05	Bon	Rymel	MSen	17	TEIGNBRIDGE TROTTERS
81	150	0:46:09	Ian	McClean	M55+	7	
82	209	0:46:11	Scott	Sharland	MSen	18	NORTH DEVON ROAD RUNNERS
83	270	0:46:18	Lewis	Jones	M65+	1	SWRR
84	100	0:46:29	Louise	Gregg	F45+	5	
85	105	0:46:43	Cassandra	Harrison	F40+	4	TORBAY ATHLETICS CLUB
86	199	0:46:56	Paul	Rudkin	M40+	9	NORTHERN MASTERS
87	49	0:47:06	Lauren	Civill-Holt	FSen	8	
88	30	0:47:07	Stephen	Bennett	M55+	8	
89	264	0:47:08	Glenn	Wood	M50+	7	EAST CORNWALL HARRIERS
90	136	0:47:12	Charles	Lee	M40+	10	
91	62	0:47:14	Michael	Craig	M35+	14	GREENBOW RUNNING CLUB
92	60	0:47:16	Karen	Cook	F60+	1	SOUTH WEST ROAD RUNNERS
93	66	0:47:36	Justin	Cudmore	M40+	11	
94	43	0:47:39	Ross	Buckler	MSen	19	
95	42	0:47:46	David	Brown	M50+	8	ST PETROCS DRAGONS TRI CLUB
96	11	0:47:51	Neil	Adger	M50+	9	SOUTH WEST ROAD RUNNERS
97	172	0:47:55	Joanne	Page	FSen	9	
98	75	0:48:00	Debbie	Drake	F50+	3	TORBAY AAC
99	107	0:48:00	Ian	Hayward	M55+	9	TORBAY AAC
100	91	0:48:09	Darrell	Fuller	M45+	9	ST PETROCS DRAGON
101	134	0:48:12	Charlotte	Lane	F40+	5	0
102	217	0:48:25	David	Smith	M45+	10	
103	46	0:48:48	Martin	Burrow	M40+	12	
104	128	0:49:03	Mike	Kay	M55+	10	SOUTH WEST ROAD RUNNERS
105	242	0:49:22	Suzie	Tosh	F40+	6	SOUTH WEST ROAD RUNNERS
106	235	0:49:32	Rob	Sweet	M40+	13	
107	171	0:49:43	John	Orchard	M55+	11	



108	88	0:49:52	Chris	French	MSen	20	
109	63	0:49:59	Sara	Crozier	F45+	6	TORBAY AAC
110	146	0:50:00	Rhiannon	Masters	FSen	10	
111	224	0:50:25	Nicholas	Spayne	M60+	3	MAVERICKS
112	44	0:50:42	Peter	Bunyan	M65+	2	SOUTH WEST VETS AC
113	38	0:50:51	Nicky	Brenton	F45+	7	ST PETROC DRAGONS TRIATHLON CLUB
114	240	0:50:59	David	Taylor	M70+	1	TEIGNBRIDGE TROTTERS
115	173	0:51:03	Danielle	Page	FU20	1	NEWTON ABBOT ATHLETICS CLUB
116	89	0:51:08	Julia	Fuell	F35+	4	
117	164	0:51:27	Brett	Naylor	M35+	15	
118	73	0:51:29	Emma	Donovan	F35+	5	TEIGNBRIDGE TROTTERS
119	257	0:51:43	Alison	White	F60+	2	EXMOUTH HARRIERS AAC
120	90	0:51:50	Clare	Fuller	M45+	11	ST PETROCS DRAGONS
121	94	0:51:56	Laraine	Gibbins	F50+	4	DAWLISH COASTERS
122	271	0:51:59	Mel	Holyoak	F40+	7	UAT
123	76	0:52:09	Juliet	Dubieniec	FSen	11	
124	93	0:52:09	Lynda	Garcia	F50+	5	SOUTH WEST ROAD RUNNERS
125	142	0:52:12	Emily	Macaulay	F35+	6	SPRINGFIELD STRIDERS RC
126	246	0:52:26	Helen	Tully	FSen	12	
127	244	0:52:43	Sue	Tremlett	F55+	1	TEIGNBRIDGE TROTTERS
128	28	0:52:55	Bethan	Bennett	FSen	13	NORTH DEVON ROAD RUNNERS
129	112	0:52:58	Wesley	Hill	M45+	12	
130	158	0:52:59	Garry	Moore	MSen	21	
131	64	0:53:01	Lisa	Cruise	FSen	14	
132	190	0:53:02	Emma	Ray	F40+	8	TEIGNBRIDGE TROTTERS
133	239	0:53:07	Caroline	Tait	F50+	6	SOUTH WEST ROAD RUNNERS
134	18	0:53:11	David	Barham	M50+	10	
135	157	0:53:16	Ryan	Moore	MSen	22	GREENBOW RUNNING CLUB
136	226	0:53:27	Brett	Stepito	M40+	14	CORNWALL AC
137	72	0:53:39	Rachel	Dixon	F40+	9	
138	160	0:53:49	Sylvia	Moss	F40+	10	
139	29	0:53:50	Caroline	Bennett	F55+	2	
140	83	0:53:54	Mike	Feighan	M50+	11	SOUTH WEST ROAD RUNNERS
141	111	0:54:09	Kirsty	Hill	F35+	7	
142	238	0:54:09	Mark	Tait	M45+	13	SOUTH WEST ROAD RUNNERS
143	36	0:54:15	Matt	Bonnell	M40+	15	GREENBOW RUNNING CLUB
144	26	0:54:16	Julie	Belshaw	F45+	8	SOUTH WEST ROAD RUNNERS
145	22	0:54:26	Sarah	Bazeley	F50+	7	ST AUSTELL
146	187	0:54:39	Sarah	Randall	FSen	15	



147	213	0:55:17	Heidi	Simms	FSen	16	SOUTH WEST ROAD RUNNERS
148	16	0:55:30	Graham	Baker	M75+	1	TEIGNBRIDGE TROTTERS
149	121	0:55:54	Andy	Jacobsen	M50+	12	
150	147	0:55:59	Elisabeth	Matthews	FSen	17	
151	141	0:56:03	Mark	Luscombe	M40+	16	TORBAY AAC
152	70	0:56:21	Becky	Denley	FSen	18	
153	261	0:56:22	Susan	Willoughby	FSen	19	
154	263	0:56:40	Raymond	Wilson	M70+	2	TORBAY ATHLETIC CLUB
155	167	0:56:42	Catherine	Newman	F40+	11	
156	216	0:56:42	Jane	Smith	F40+	11	
157	218	0:56:43	Richard	Smith	M45+	14	
158	229	0:56:53	Martin	Sterry	M40+	17	GREENBOW RUNNING CLUB
159	47	0:56:53	Catherine	Carter	F50+	8	
160	179	0:57:42	Karen	Pickering	F35+	8	
161	273	0:57:42	Amy	Jones	FSen	20	UAT
162	32	0:58:05	Beth	Blackwell	FSen	21	
163	269	0:58:13	Bethany	Sampson	F17+	1	SWRR
164	124	0:58:24	Jacqueline	Jenkin	F70+	1	CORNWALL AC
165	125	0:58:25	Richard	Jenkin	M70+	3	
166	198	0:58:39	George	Royle	M35+	16	
167	17	0:58:40	Jenna	Banat	FSen	22	
168	114	0:58:42	Philip	Hodgson	MSen	23	
169	24	0:59:01	Clare	Bedford	FSen	23	
170	253	0:59:01	Rebekah	Webber	F35+	9	
171	169	0:59:07	Rachael	Oldfield	F35+	10	MAVERICK RUNNERS
172	208	0:59:11	Carol	Sene	F55+	3	WOMEN ON THE RUN
173	144	0:59:25	Lesley	Maclaren	FSen	24	
174	166	0:59:30	Jonathan	Newman	M40+	18	
175	259	0:59:38	Alice	Whitley	FSen	25	
176	272	0:60:02	Penny	Pyne	F35+	11	UAT
177	210	0:60:03	Sharon	Sharples	F50+	9	TEIGNBRIDGE TROTTERS
178	123	0:60:15	Emma	Jeffery	F40+	13	
179	250	0:60:16	Katrina	Vollentine	F45+	9	
180	56	0:60:22	Hilary	Collins	F60+	3	SWRR
181	19	0:60:43	Sarah	Barham	F50+	10	3M GORSEINON ROAD RUNNERS
182	116	0:60:52	Teresa	Holmes	F60+	4	TEIGNBRIDGE TROTTERS
183	33	0:61:58	Matthew	Blackwell	MSen	24	
184	85	0:62:35	Irene	Fernandez-Molina	F35+	12	
185	140	0:63:19	Donna	Luckett	FSen	26	

 **hodgson**
sports massage

EXERCISE
consulting limited
SCIENCE

David Lloyd
CLUBS

Primary
Energise

exeter college

 **runbritain**
WE ARE ROAD RUNNING

UKA | UNITED KINGDOM ATHLETICS



#RunExe5k

MONTHLY
APRIL UNTIL SEPT

TUESDAY EVENINGS AT
EXWICK PLAYING FIELDS
EXETER

CITY-RUNS.CO.UK

186	99	0:63:29	Laura	Greenhill	F45+	10	
187	65	0:63:38	Amy	Cudmore	F35+	13	ST THOMAS GAZELLES
188	71	0:63:46	Esta	Dinnis	FSen	27	
189	212	0:64:27	Lisa	Shepherd	F45+	11	
190	205	0:64:40	Helen	Scholey	F40+	14	
191	204	0:64:40	Maria	Scholey	F35+	14	
192	220	0:66:00	Lynne	Smith	F50+	11	
193	262	0:66:06	Zoe	Willmott	F35+	15	
194	165	0:66:07	Faye	Newbery	F35+	16	
195	40	0:66:38	Sophie	Brittain	FSen	28	
196	191	0:67:48	Paul	Rendell	M65+	3	
197	195	0:68:49	Alius	Rimavicius	M35+	17	
198	67	0:68:50	Alison	Daniels	F45+	12	
199	180	0:68:56	Eleanor	Potter	FSen	29	
200	207	0:71:20	Annette	Selby	F40+	15	
201	110	0:72:40	Keren	Hele	FSen	30	
202	109	0:72:41	Andrew	Hele	MSen	25	
203	117	0:73:37	Emma	Hookway	FSen	31	
204	266	0:74:39	Viv	Yates	F65+	1	NDRR
205	127	0:74:48	Margaret	Jones	F70+	2	NORTH DEVON ROAD RUNNERS
206	230	0:75:53	Louise	Stokes	F45+	13	TEIGNBRIDGE TROTTERS
207	219	0:76:18	Carl	Smith	M50+	13	
208	249	0:77:46	Ros	Vincent	F50+	12	NEWCOURT RUNNING GROUP
209	103	0:84:10	Paula	Hall	F45+	14	