

Age UK Exeter 10K 2019

Results

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	161	Sam	Hopton	South West Road Runners	SM	35:43
2	213	Adam	Caunter		SM	36:57
3	163	Jamie	Howard	South West Road Runners	M40	37:10
4	312	Nathan	Sheehy	Exmouth Harriers	M45	37:25
5	39	Nick	Bruce-White	South West Road Runners	SM	37:38
6	237	Lee	Moran		M40	38:09
7	62	Robert	Collier	Axe Valley Runners	M45	38:29
8	357	Tim	Vialls	South West Road Runners	M55	38:58
9	46	Craig	Butler	Exmouth Harriers	M45	39:51
10	171	Scott	Hunter	South West Road Runners	SM	40:23
11	5	Robert	Ansell		SM	40:49
12	292	Adam	Rooke	Honiton RC	M40	41:13
13	23	Colin	Bickerstaff		M45	42:01
14	208	Anthony	Lock		M55	42:01
15	123	Scott	Green		M40	42:07
16	168	Simon	Hughes		SM	42:12
17	154	Malcolm	Hilton		M50	42:28
18	106	Chloe	Fox	South West Road Runners	F35	42:37
19	126	Matthew	Grzenda	mouth Musketeers Running C	M40	42:50
20	394	Tristan	Woolnough		SM	43:30
21	132	Tom	Hamilton-Williams		M40	43:37
22	93	Kieran	Ferris	South West Road Runners	SM	43:48
23	49	Miles	Carrigan		SM	44:04
24	184	Ashley	Jones		SM	44:13
25	157	Jennifer	hodgins		F35	44:15
26	343	Benjamin	Thomson		SM	44:24
27	122	Rob	Graham	South West Road Runners	M40	44:43
28	170	Rich	Humphreys		SM	44:47
29	326	Richard	Stone	South West Road Runners	SM	44:51
30	72	Lisa	Cruise	South West Road Runners	SF	44:51
31	348	suzie	Tosh	South West Road Runners	F40	45:13
32	92	Karen	Eyre	Axe Valley Runners	F45	45:50
33	398	Robert	Wylie		M40	45:57
34	193	Richard	Kerr		M50	46:33
35	40	Richard	Bull		M50	46:36
36	301	Kevin	Sanders		M50	46:52
37	100	Mark	Flynn	Good Vibes	M45	46:54
38	399	Sarah	Yates		F45	46:57
39	101	Steven	Forrester		M40	47:09
40	84	William	Duckworth		SM	48:06
41	197	Mike	Kingsley		M50	49:04
42	324	Richard	Stevinson		55	49:08
43	103	Eric	Foster	Dawlish Coasters	M65	49:21
44	31	Carlos Javier	Braojos Quintana		SM	49:30
45	371	Josie	Wheeler		F35	50:26
46	390	Alex	Wood		M40	50:26
47	221	Suzie	Masterman		F35	50:39
48	231	rob	Miller		SM	50:40
49	245	Alex	Myers		M40	50:51
50	236	Jason	Moore		M45	50:51
51	116	Aled	Gethin		M55	50:53
52	8	Lawrence	Atherton	South West Road Runners	M55	50:57
53	351	John	Truman		M40	50:59

54	164	Tony	Howell	South West Road Runners	M45	51:00
55	293	Simon	Rowland	Running Forever RC	M50	51:06
56	145	Ross	Hawkins		M50	51:08
57	63	Hannah	Collier		SF	51:20
58	127	Stephen	Hagley		M55	51:29
59	247	Mark	Napier		F55	51:37
60	18	Julie	Belshaw	South West Road Runners	F45	51:41
61	142	Freddie	Hawkins		M50	51:43
62	143	Bertie	Hawkins		SM	51:42
63	304	Mike	Saywell		SM	51:49
64	372	Maria	Whelan		F40	51:52
65	296	Dave	Russ		SM	52:06
66	128	Rebecca	Hall		SF	52:14
67	108	William	Foxwell		SM	52:16
68	144	Rena	Hawkins		F50	52:21
69	110	Samantha	Fraser		SF	52:23
70	347	Owen	Tomlinson		SM	52:28
71	310	Jack	Smith		SM	52:30
72	335	Caroline	Tait	South West Road Runners	F50	52:31
73	329	Lauren	Stroulger		F35	52:33
74	137	Charlotte	Harrison		SF	52:38
75	337	Albertina	Teague		F45	52:42
76	27	Agnes	Bobon		F35	52:43
77	89	James	Eustice	South West Road Runners	SM	53:04
78	210	Eleanor	Loughlin		SF	53:04
79	341	Alex	Thomas	Good Vibes	SM	53:05
80	196	Matthew	King		SM	53:12
81	298	Yusra-Zara	Salman	South West Road Runners	SF	53:16
82	375	Clare	Whitworth		SF	53:18
83	374	Naomi	White		SF	53:18
84	28	Matt	Bonnell		M45	53:27
85	299	Keith	Salter		M45	53:29
86	162	Pete	Horrell		M60	53:37
87	118	Michael	Goodwin		M65	53:47
88	104	Janet	Foster	Dawlish Coasters	F60	53:59
89	125	Tom	Gribble	Launceston Road Runners	SM	54:05
90	222	Peter	McAughy	Launceston Road Runners	M45	54:05
91	273	Jules	Pring	South West Road Runners	F45	54:11
92	81	Andrew	Dodd		M50	54:24
93	361	Lee	Walters		SM	54:36
94	26	Susan	Bliss		F55	54:48
95	216	Jill	Malpass		SF	54:51
96	207	Chris	Lock		M45	54:53
97	392	Erin	Woodgates		F35	54:54
98	239	Abbie	Morrow		SF	55:00
99	334	Mark	Tait	South West Road Runners	M50	55:11
100	315	Graham	Simpole		M50	55:30
101	25	Jenni	Bindon		F35	55:41
102	199	Jane	Lanigan		F50	55:43
103	345	Elizebeth	Thornton		SF	55:44
104	140	Emily	Hasson-Chapman		SF	55:45
105	309	Steve	Selley		M55	56:14
106	307	Michelle	Selley	Honiton RC	F45	56:15
107	17	Ian	Bell		M60	56:15
108	204	Vic	Leslie		F35	56:16
109	321	Simon	Spoerer		M60	56:23
110	165	Angie	Hubbard		F45	56:30

111	316	Callum	Skelley	Team Tozers	SM	56:46
112	250	Alex	Oldfield		SM	56:47
113	234	Sarah	Moffat	South West Road Runners	SF	56:49
114	192	Jess	Kenyon		SF	56:56
115	59	Isabel	Clayton		F35	57:01
116	397	Naomi	Wright		SF	57:01
117	295	Simon	Ruddlesden		M40	57:02
118	294	Sarah	Ruddlesden		F40	57:03
119	230	Bob	Middleton		M55	57:04
120	136	susie	Harris		F50	57:07
121	349	Molly	Traish		SF	57:07
122	58	Sarah	Clarke		F35	57:08
123	4	Megan	Andrews	Team Tozers	SF	57:09
124	233	Grace	Mitchell-Kilpatrick		SF	57:19
125	350	Jane	Trollope		F45	57:24
126	53	Rachel	Carter		F35	57:31
127	377	David	Wigmore		SM	57:37
128	376	Harriet	Wigmore		SF	57:38
129	88	Corrine	Ellis		SF	57:39
130	218	Cameron	Mann		SM	57:40
131	277	Sarah	Reynolds	Fit 2 Run	F50	57:41
132	109	Nicole	Franks		SF	57:42
133	288	Lucy	Roberts		SF	57:50
134	94	Simon	Fisher		SM	57:53
135	385	Alice	Wimberley	South West Road Runners	SF	57:58
136	60	Alison	Cobbin		F35	57:59
137	366	Kevin	Webb		SM	58:02
138	149	Paloma	Hermoso		F35	58:13
139	150	Ines	Hermoso		SF	58:13
140	99	Megan	Flower		SF	58:17
141	98	Jemma	Flower		SF	58:17
142	198	Lisa	Knight		F40	58:20
143	332	Gillian	Tabor		F40	58:22
144	333	Richard	Taffler		M50	58:24
145	114	Maggie	Gellersjo	Exeter College Running Club	SF	58:33
146	175	Liz	Jacobs		F35	58:43
147	380	Fiona	Williams		F50	58:44
148	139	Helen	Harvie		F50	58:49
149	205	Helen	Lidbury		SF	58:55
150	327	Lucie	Stoneman		SF	59:05
151	80	Philippa	Dix		F50	59:05
152	166	Samantha	Huddart		F35	59:11
153	263	Russ	Penberthy	South West Road Runners	M40	59:11
154	291	Cristina	Rodriguez Cristobal		SF	59:15
155	71	Debbie	Cross		F50	59:19
156	346	Christy	Thurlow		F40	59:19
157	146	Rachael	Haydon	Okehampton RC	SF	59:22
158	97	William	Flint		M40	59:25
159	370	Samantha	Wheeler		SF	59:32
160	229	Becky	Meaton		F45	59:36
161	352	Clare	Turner	Fit 2 Run	F50	59:36
162	284	Daniel	Rigler		M45	59:40
163	189	Suzanne	Kay		F35	59:44
164	369	Kim	West	Women on the Run	F35	59:44
165	265	Sarah	Pickering		F40	59:52
166	400	Richard	Hill		M50	59:55
167	355	Paul	Vernalls		SM	1:00:04

168	178	Keith	Jeram	Crediton Running Network	F75	1:00:05
169	266	Sam	Pickering		SM	1:00:07
170	16	Miguel	Baztan		SM	1:00:15
171	30	Emma	Bradshaw	Brixham Harriers	SF	1:00:15
172	167	Fiona	Hughes		SF	1:00:15
173	260	Kirsty	Payne		F35	1:00:17
174	44	Bryony	Bushell		F45	1:00:17
175	131	Jennie	Hamer		SF	1:00:25
176	209	Heather	Lockwood		F40	1:00:35
177	225	Sarah	McConnell		F50	1:00:43
178	367	Chloe	Webber		F45	1:00:55
179	124	Kiley	Green		F35	1:00:59
180	358	Katrina	Vollentine		F45	1:01:05
181	283	Esta	Rigler		F35	1:01:10
182	24	Kirsty	Bidder		F35	1:01:16
183	186	Ceri	Jones		M55	1:01:23
184	220	Lavinia	Marshall		F65	1:01:25
185	115	Linda	Gethin	South West Road Runners	F50	1:01:30
186	191	Amy	Kemp	Crediton Running Network	F40	1:01:30
187	68	Rob	Crew		M40	1:01:32
188	173	Charlotte	Ives		F40	1:01:32
189	317	Rowena	Slyfield	Crediton Running Network	F35	1:01:37
190	121	Hugh	Graham		SM	1:01:42
191	378	Hannah	Willard		SF	1:01:42
192	303	Martin	Saxton	South West Road Runners	M55	1:01:50
193	56	Caroline	Cheeseman		F35	1:02:00
194	34	Shona	Bristow		F45	1:02:06
195	318	Jake	Smith		SM	1:02:08
196	155	Anna	Hinton		F45	1:02:26
197	395	Angi	Wren		F40	1:02:32
198	269	Tracy	Piper		F40	1:02:32
199	251	Catherine	Oldfield		SF	1:02:45
200	249	George	Oldfield		SM	1:02:46
201	286	Sam	Riley		SM	1:02:49
202	285	Helen	Riley		F35	1:02:49
203	107	Richard	Foxwell		M75	1:02:55
204	32	Sophie	Brewer		SF	1:02:55
205	36	Katie	Broom		SF	1:03:06
206	211	Ruth	Lowe		SF	1:03:24
207	15	Natalie	Barlow		F35	1:03:25
208	13	Hannah	Baker		F35	1:03:25
209	242	Jane	Mulcahy		F40	1:03:33
210	243	James	Mulcahy		M40	1:03:33
211	330	Stephen	Stroulger		M40	1:03:33
212	3	Robert	Andrews		M70	1:03:34
213	83	Nancy	Dowling		F65	1:03:43
214	386	Deborah	Winship	Women on the Run	F50	1:03:44
215	75	Justin	Daddow		M45	1:03:49
216	195	Liana	King	South West Road Runners	F35	1:03:53
217	190	Cara	Kaya	Greenbow RC	F40	1:04:13
218	9	Nicole	Baglow		SF	1:04:18
219	264	Melly	Perkin	South West Road Runners	F45	1:04:21
220	153	Laura	Hill		F35	1:04:23
221	117	Phillippa	Goodwin		F55	1:04:49
222	280	Lucy	Rickson		F45	1:04:52
223	70	Sarah	Crook		F35	1:05:06
224	262	Rachel	Pebworth		F35	1:05:06

225	259	Rachel	Payne		SF	1:05:24
226	201	Susan	Lavis	Good Vibes	F50	1:05:25
227	373	Tabitha	Whitcombe		SF	1:05:38
228	340	Gudrun	Thomas		F50	1:05:53
229	6	Cristiana	Argaseala		SF	1:05:58
230	203	Terri	Lendon		F45	1:06:06
231	77	Megan	Denning		SF	1:06:11
232	96	Victoria	Fletcher		SF	1:06:13
233	279	Sian	Rice		SF	1:06:13
234	365	Jeni	Watts		F40	1:06:15
235	254	Lara	Osborne		SF	1:06:16
236	226	Nige	McEwen		M70	1:06:22
237	272	Daisy	Potter		SF	1:06:33
238	342	Katie	Thomas	Good Vibes	F35	1:06:36
239	156	Janet	Hoare		F65	1:06:40
240	69	Naomi	Cronk	South West Road Runners	F35	1:06:42
241	50	David	Carroll		M55	1:06:42
242	356	Sharon	Vialls	South West Road Runners	F50	1:06:47
243	111	Kylie	Fraser-Gooding	Exeter College Running Club	F35	1:06:52
244	313	Laura	Shooter		SF	1:06:53
245	314	Stephen	Shooter		M55	1:06:54
246	206	Lisa	Lock		SF	1:06:59
247	76	Christopher	Dafter	Exeter College Running Club	SM	1:07:00
248	238	Emma	Morgan		F35	1:07:06
249	95	Trish	Fisher	Fit 2 Run	F45	1:07:06
250	147	Ruth	Hayman		F45	1:07:17
251	362	Robyn	Walton		SF	1:07:17
252	354	Sarah	Tydings		SF	1:07:23
253	396	Ali	Wright		SF	1:07:26
254	223	Hazel	McCabe		F45	1:07:33
255	202	Fern	Leach		SF	1:07:46
256	322	Megan	Steer		SF	1:07:52
257	323	Gary	Steer		M45	1:07:52
258	278	Hannah	Reynolds	Lonely Goat RC	F35	1:07:56
259	302	Abigail	Sarony		SF	1:07:58
260	389	Kate	Wood		F50	1:08:06
261	158	Marie	Holt		F50	1:08:06
262	388	Lyn	Wonnacott		F60	1:08:07
263	381	David	Wills	Good Vibes	M60	1:08:18
264	133	Linda	Harley		F50	1:08:46
265	364	Judy	Warwick		F50	1:08:58
266	102	Katie	Foster		F35	1:09:02
267	393	Richard	Woollacott		SM	1:09:02
268	120	Katherine	Govier		F35	1:09:04
269	35	Elaine	Brodbin		SM	1:09:04
270	176	Lynne	Jeary		F55	1:09:29
271	232	Jasmine	Milton		SF	1:09:30
272	379	Katie	Williams		SF	1:09:32
273	281	Jade	Ridler		SF	1:09:33
274	289	Daniel	Roberts		SM	1:09:33
275	1	Tracey	Anders	Fit 2 Run	F50	1:10:06
276	382	Dawn	Wills	Good Vibes	F60	1:10:10
277	182	Jo	Jones	Women on the Run	F55	1:10:12
278	67	Eve	Craske		F40	1:10:26
279	79	Julie	Dickson		F45	1:10:26
280	308	Mandy	Selley		F55	1:10:30
281	384	Raymond	Wilson	Torbay AAC	M70	1:10:43

282	248	Barbora	Nemeckova		SF	1:11:03
283	319	Courtney	Snell		SF	1:11:34
284	82	Dee	Dowie	Women on the Run	F55	1:11:37
285	256	Clare	Palmer		F40	1:11:40
286	141	Claire	Hawker		F40	1:11:51
287	2	Emma	Andersons		SF	1:11:56
288	20	Beccy	Benham		SF	1:12:01
289	57	James	Pay		SM	1:12:01
290	7	Beverley	Ashe		F60	1:12:07
291	194	Rachel	Kidd	Vegan Runners UK	F40	1:12:15
292	353	Les	Turner	Exmouth Harriers	M75	1:12:20
293	268	Pat	Pike		F75	1:12:29
294	52	Mary	Carter		F55	1:13:06
295	112	Michelle	Garrett-Martin		F40	1:13:10
296	311	Martin	Shaw		SM	1:13:15
297	12	Hannah	Baker		SF	1:13:37
298	78	Anne	Devlin		F55	1:14:40
299	138	Tony	Harvey		M55	1:14:45
300	214	Karen	MacMillan	South West Road Runners	F55	1:15:01
301	200	Tania	Lant		F40	1:15:10
302	64	Hannah	Conway		F40	1:15:10
303	244	Lorraine	Murray		F35	1:16:23
304	51	Liz	Carroll		F55	1:16:32
305	43	Denise	Burges		F45	1:17:42
306	10	Sabrina	Baily		F60	1:17:43
307	113	Catherine	Geddes		F50	1:17:44
308	300	Jayne	Sanders		F50	1:17:53
309	338	Rebecca	Thayre		F40	1:18:42
310	276	Victoria	Redler		F35	1:19:07
311	160	Suzy	Hope		F35	1:19:36
312	42	Erasmio	Buonomo		M50	1:19:36
313	48	Charlotte	Callaway		SF	1:20:27
314	274	Janet	Pryor	Brixham Harriers	F50	1:21:59
315	240	Judy	Moule		F45	1:21:59
316	212	Mandy	Lucas		F55	1:22:45
317	275	Lesley	Rawlings		F60	1:23:15
318	305	Teri-Ann	Saywell		F35	1:24:17
319	187	Rachel	Jowett		F35	1:25:10
320	65	Millicent	Cooke		SF	1:25:59
321	185	Gemma	Jones		F35	1:26:00
322	359	Pichaya	Waiprib		SF	1:28:25
323	360	Warunee	Waiprib		F60	1:30:00
324	14	Rachel	Baker		F45	1:30:54
325	169	Meg	Hughes	Good Vibes	SF	1:32:26
326	306	Vicky	Scott-Hake	Good Vibes	F35	1:32:27
327	41	Victoria	Bulley		SF	1:39:22
328	267	Yasmin	Pike		SF	1:39:37