

# Karen Hall Ottery 10K 2010

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Club</i>	<i>Age Category</i>	<i>Minutes / Mile</i>	<i>Race Number</i>
1	00:34:32	Mark Cowen	Exeter Harriers	SM	05:33	173
2	00:36:10	Jake Waldren	South West Road Runners	SM	05:49	70
3	00:37:18	Milan Goc	Sidmouth Running Club	SM	06:00	66
4	00:37:55	Paul Thomas		M50	06:06	135
5	00:38:27	Brian Charters	Exeter Harriers	M40	06:11	138
6	00:39:06	Ross Boulton		SM	06:18	123
7	00:39:41	Malcolm Bayer	Sidmouth Running Club	M50	06:23	68
8	00:39:56	Rob Gammon		SM	06:26	95
9	00:41:07	Roo Rosenwald		SM	06:37	177
10	00:41:30	Graham Mullin		SM	06:41	169
11	00:41:42	Jonathan Samuel	Elmbridge Road Runners Club	M40	06:43	46
12	00:41:44	Paul Davey	Honiton Running Club	M40	06:43	60
13	00:41:56	James Berry		SM	06:45	157
14	00:42:34	Lewis Jones	South West Road Runners	M60	06:51	160
15	00:42:41	Guy Bennett	Sidmouth Running Club	SM	06:52	196
16	00:42:45	Karen Cook	South West Road Runners	F50	06:53	67
17	00:42:46	Jim Durston	South West Road Runners	M40	06:53	131
18	00:42:52	Julian Gigg		M40	06:54	134
19	00:42:52	Richard Harris	Honiton Running Club	M50	06:54	219
20	00:43:15	Naomi Garrick	Sidmouth Running Club	F40	06:58	212
21	00:43:33	Matthew Dominey	South West Road Runners	SM	07:01	78
22	00:43:50	Jessica Watkins	Sidmouth Running Club	SF	07:03	83
23	00:44:35	Trevor Heath		SM	07:10	37
24	00:44:41	Steve Davey	Honiton Running Club	M40	07:11	165
25	00:44:42	Brendan Hooper		SM	07:12	93
26	00:44:43	Nathan Talbot		SM	07:12	45
27	00:44:47	Roger Saunders	Honiton Running Club	M50	07:12	180
28	00:45:19	Neil Argyle		M40	07:18	184
29	00:45:36	George Chalstrey	Sidmouth Running Club	M60	07:20	128
30	00:45:45	Jeremy Wilson		M40	07:22	72
31	00:45:53	Oliver Prout		SM	07:23	203
32	00:45:57	Julie Payne	Womens Running Network	F40	07:24	10
33	00:46:03	Joshua Dale		SM	07:25	213
34	00:46:08	Wayne Stewart		SM	07:25	218
35	00:46:12	Judy Davey	Honiton Running Club	F40	07:26	166
36	00:46:24	Iain Burns	Sidmouth Running Club	M50	07:28	200
37	00:46:26	John Burgess	Honiton Running Club	M60	07:28	186
38	00:46:33	Mike Atkins	South West Road Runners	M50	07:29	20
39	00:47:00	Marc Keast		M50	07:34	154
40	00:47:05	Dan Bedford		SM	07:35	113
41	00:47:10	Alex Smith		SM	07:35	223
42	00:47:17	Andrew Sayers	Axe Valley Runners	M60	07:37	35
43	00:47:28	Nick Harris		SM	07:38	112
44	00:47:34	Jarrod Brown	Honiton Running Club	SM	07:39	127
45	00:47:36	Nick Bradley-Carter	Honiton Running Club	M50	07:40	31
46	00:47:56	Luke Hall		SM	07:43	193
47	00:47:59	Ben Foley		SM	07:43	25
48	00:48:00	Keiran Johnson		SM	07:43	172
49	00:48:14	Trudi Smith	South West Road Runners	SF	07:46	88
50	00:48:15	Giles Pearson		SM	07:46	155
51	00:48:16	Andrew Thomas		SM	07:46	168
52	00:48:18	Colin Flood	Sidmouth Running Club	M60	07:46	8
53	00:48:22	Kevin Sexton		SM	07:47	100
54	00:48:31	Lesley Roberts	Sidmouth Running Club	F40	07:48	79
55	00:48:44	Chris Gunningham		SM	07:51	120
56	00:48:47	Polly Burns	Sidmouth Running Club	SF	07:51	201

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57	00:48:49	Siân Molloy	Womens Running Network	F40	07:51	38
58	00:48:51	Stewart Vincent		M40	07:52	75
59	00:48:52	Mark Tierney		M40	07:52	209
60	00:48:53	Pippa Westall	Honiton Running Club	F40	07:52	216
61	00:48:56	Paul Sherwood		SM	07:53	167
62	00:48:58	Bill Jordan		M60	07:53	110
63	00:49:05	Richard Autherson		M40	07:54	197
64	00:49:17	Claire Hellier		SF	07:56	74
65	00:49:19	Nigel Down		M40	07:56	1
66	00:49:22	Katie Casper		SF	07:57	17
67	00:49:23	Shaun Tipton	Sidmouth Running Club	M40	07:57	161
68	00:49:24	Corinna Stephens	Sidmouth Running Club	SF	07:57	84
69	00:49:30	William Valentine	Torbay AC	M60	07:58	3
70	00:49:42	Nigel Boulton		M40	08:00	122
71	00:49:43	Gail Furness	South West Road Runners	F40	08:00	32
72	00:49:44	Graham Stout		M40	08:00	107
73	00:49:49	Nick Grahame		M50	08:01	182
74	00:50:03	Victoria O Conner		SF	08:03	217
75	00:50:06	Neil Rutter	Sidmouth Running Club	M40	08:04	108
76	00:50:09	John Hamill	Stragglers	M50	08:04	43
77	00:50:12	Glen Locky		M50	08:05	139
78	00:50:19	Chris James		M40	08:06	90
79	00:50:25	Matthew Hall		SM	08:07	151
80	00:50:30	Brian Gosling	Sidmouth Running Club	M60	08:08	24
81	00:50:49	Nicholas Wray		M40	08:11	215
82	00:51:01	Jane Hemsworth	Sidmouth Running Club	F50	08:13	62
83	00:51:01	John Chesters	Sidmouth Running Club	M50	08:13	181
84	00:51:05	Jennie Sleeman	Honiton Running Club	F50	08:13	185
85	00:51:07	Sally Martin		SF	08:14	85
86	00:51:08	Richard Martin		SM	08:14	92
87	00:51:21	Terry Hearnshaw		SM	08:16	153
88	00:51:23	Susam Holmes		SF	08:16	194
89	00:51:30	Mark Seward	Sidmouth Running Club	M40	08:17	176
90	00:51:39	Richard Bowker		M40	08:19	144
91	00:51:41	Graham Rooms	Devon and Somerset Fire and Re	M40	08:19	171
92	00:51:46	Aj Gosal		M50	08:20	170
93	00:51:46	Laura Pyle		SF	08:20	147
94	00:51:47	Alan Rowe	Honiton Running Club	M50	08:20	158
95	00:52:04	Richard Hedger	Sidmouth Running Club	M40	08:23	145
96	00:52:09	Tracey Stone	Axe Valley Runners	SF	08:24	30
97	00:52:09	Christopher Lewis		SM	08:24	56
98	00:52:10	Ruth Bryant	Womens Running Network	F40	08:24	115
99	00:52:14	Sabine Taylor		SF	08:24	50
100	00:52:31	Alex Hart		SM	08:27	114
101	00:52:36	Jeff Abbott		SM	08:28	41
102	00:52:41	Peter O Conner		M50	08:29	220
103	00:52:42	Kevin Keighery		M40	08:29	202
104	00:52:42	Kyle Hall		SM	08:29	58
105	00:52:43	Bruce Odlin	Sidmouth Running Club	M60	08:29	47
106	00:52:53	Andrew Cureton		M40	08:31	59
107	00:52:59	Tony Follett		SM	08:32	191
108	00:53:03	Andrew Hall		M40	08:32	189
109	00:53:09	Tracey Turner		F40	08:33	11
110	00:53:10	Lucie Casper		F40	08:33	16
111	00:53:12	Becky Robson	Sidmouth Running Club	SF	08:34	136
112	00:53:19	Emma Regan		SF	08:35	28

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113	00:53:19	Peter Regan		M60	08:35	27
114	00:53:30	Joe Willis		SM	08:37	118
115	00:53:34	Claire Seidelin		F50	08:37	179
116	00:53:34	Eloise Seidelin		SF	08:37	178
117	00:53:35	Kerri-Ann Upham		SF	08:37	9
118	00:53:47	Tony Whiteley	Honiton Running Club	M40	08:39	156
119	00:54:07	Peter Bentley		SM	08:43	192
120	00:54:09	Paul Parnell		M40	08:43	7
121	00:54:23	Lynda Hawkins	Sidmouth Running Club	F40	08:45	91
122	00:54:37	Kevin Creton		M60	08:47	143
123	00:55:03	Deborah Scott		F40	08:52	71
124	00:55:09	Antony Martin		SM	08:53	48
125	00:55:11	Barry Chapman	Sidmouth Running Club	M60	08:53	53
126	00:55:11	Rachel Burrow	Sidmouth Running Club	F40	08:53	22
127	00:55:14	Mark Olliff		SF	08:53	149
128	00:55:17	Linda Harley		F40	08:54	207
129	00:55:20	Craig Gibbons		SM	08:54	104
130	00:55:27	Alan Hemsworth	Sidmouth Running Club	M50	08:55	61
131	00:55:34	Sarah Watkins	Sidmouth Running Club	F40	08:57	82
132	00:55:35	Fiona Powell		F40	08:57	214
133	00:55:53	Andy Bell		M40	09:00	224
134	00:55:55	Rachael Down	Womens Running Network	F40	09:00	12
135	00:56:01	Diana Barker	Womens Running Network	F50	09:01	76
136	00:56:02	Jason Gunningham		SM	09:01	119
137	00:56:04	Joanna Earlam	Womens Running Network	F40	09:01	206
138	00:56:07	Lesley Hook	Sidmouth Running Club	F50	09:02	19
139	00:56:34	Susie Ashleigh-Thomas	Teignbridge Trotters	F60	09:06	34
140	00:56:35	Gemma Baldry		SF	09:06	42
141	00:56:47	Hayley Spiller		SF	09:08	36
142	00:57:08	Louise Brown	Sidmouth Running Club	F50	09:12	52
143	00:57:09	Carole Newbold	Womens Running Network	F40	09:12	26
144	00:57:10	Laura Milton	Womens Running Network	SF	09:12	18
145	00:57:19	Dianne Reynolds	Womens Running Network	F60	09:13	29
146	00:57:22	Lee Spurway		SM	09:14	198
147	00:57:57	Wendy Barratt		F40	09:20	51
148	00:58:01	Jim Ephraums		M50	09:20	129
149	00:58:13	Joanna Broderick	Womens Running Network	SF	09:22	63
150	00:58:29	Martin Powell		SM	09:25	152
151	00:58:41	Anne Ephraums	Honiton Running Club	F40	09:27	130
152	00:58:43	Samantha Swift		F40	09:27	183
153	00:59:02	Alan Woodgates		SM	09:30	146
154	00:50:02	Martin Shaw		SM	08:03	89
155	00:59:10	Janet Bird		F50	09:31	6
156	00:59:23	Zoe Blackmore		SF	09:33	81
157	00:59:36	Eve Blackmore		SF	09:36	80
158	00:59:43	Blake Bleasley		SM	09:37	121
159	01:00:00	Georgina Percival		SF	09:39	159
160	01:00:04	Helen House	Womens Running Network	F50	09:40	49
161	01:00:11	Kate Brown		F40	09:41	86
162	01:00:12	Cathrine Tancock		F40	09:41	87
163	01:00:13	Samuel Watts		SM	09:41	124
164	01:00:20	Deborah Dunsford	Womens Running Network	F40	09:43	5
165	01:00:28	Angela Howells	Teignbridge Trotters	F50	09:44	33
166	01:00:46	Greg Ward		M40	09:47	188
167	01:00:47	John Sharples		M50	09:47	187
168	01:00:54	Emma Grainger	Womens Running Network	F50	09:48	13

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169	01:00:59	Jackie Kirby		F50	09:49	77
170	01:01:05	Helen Gwynne	Womens Running Network	F50	09:50	109
171	01:01:28	Celia Dean		F40	09:54	98
172	01:01:28	Rebecca Gammon		SF	09:54	96
173	01:01:35	Anne Langworthy	Sidmouth Running Club	F40	09:55	137
174	01:01:37	Helen Olliff		SF	09:55	148
175	01:02:19	Christine Hellier		F40	10:02	23
176	01:02:19	Blanka Obornik	Honiton Running Club	F40	10:02	125
177	01:02:29	Rosy Ahmet		SF	10:03	211
178	01:02:29	Nicole Sexton	Sidmouth Running Club	SF	10:03	199
179	01:02:44	Mike Waldren		M50	10:06	69
180	01:02:45	Sauan Lewis		F40	10:06	208
181	01:02:49	Tracey Strawbridge		F40	10:07	162
182	01:03:11	Vicky Whitworth		F40	10:10	132
183	01:03:12	Mick Whitworth		M40	10:10	133
184	01:03:31	Emily Powell		SF	10:13	150
185	01:03:44	Deborah Bennett	Sidmouth Running Club	F50	10:15	195
186	01:04:31	Josh Podbury		SM	10:23	204
187	01:04:39	Rachael Bond		SF	10:24	117
188	01:04:40	Sean Harris		M40	10:24	116
189	01:04:42	Paul Venn-Dunn		M60	10:25	15
190	01:05:10	Ian Rowland		SM	10:29	222
191	01:05:11	Hannah Golder		SF	10:29	221
192	01:05:12	Maria Hodson		F40	10:30	140
193	01:05:34	Jude Bassett		F40	10:33	99
194	01:05:50	Samantha Gilronan		SF	10:36	40
195	01:05:50	Liz Johnson		SF	10:36	205
196	01:06:14	Juliet Nelson	Womens Running Network	F40	10:40	190
197	01:07:32	Gwendoline Odeluga	Sidmouth Running Club	SF	10:52	210
198	01:07:34	Chris Gooding		SM	10:52	126
199	01:08:37	Charles Kay		M40	11:03	97
200	01:09:17	Graham Pidgeon		M40	11:09	65
201	01:09:17	Paul Booth		M40	11:09	94
202	01:09:18	Scott Gibbons		M40	11:09	103
203	01:09:18	Robin Perryman		M50	11:09	64
204	01:09:19	Kevin Tooze		M50	11:09	57
205	01:09:19	Abbi Skelly		SF	11:09	175
206	01:11:01	Alex Leo		SM	11:26	174
207	01:14:07	Mary Jackson		SF	11:56	142
208	01:14:07	Jane Down	Womens Running Network	SF	11:56	2
209	01:15:21	Nolwenn Luke		SF	12:08	21
210	01:16:47	Peter Bird		M40	12:21	106
211	01:17:32	Elisabeth Bruce		SF	12:29	101
212	01:28:07	Harry Moore	Axe Valley Runners	M70	14:11	164
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