

OKEHAMPTON RUNNING CLUB

July 2017 Results

	Time	Race Pos	Club Pos	Age Cat	Age Cat Pos
01-07-17 Exeter Riverside parkrun					
Jane Richardson	0:28:56	169	1	FV65	-
02-07-17 Littledown Marathon					
Roger Voaden	3:26:44	12	1	MV50	3
04-07-17 Run Exe 5K Summer Series					
Robert Kelly	0:18:06	22	1	SM	-
Geoffrey Hill	0:18:15	24	2	MV40	-
Graham Bryant	0:18:28	29	3	SM	-
08-07-17 Barnstaple parkrun					
Margaret Jarvis	0:26:27	63	1	FV60	-
Jane Richardson	0:29:07	96	2	FV65	-
08-07-17 Lydford Dash 5					
Andrew Vernon	0:33:52	2	1	MV45	-
Chris Turner	0:36:13	7	2	SM	-
Tracey Mills	0:49:40	28	3	FV50	-
Danielle Fulford-Brown	0:53:13	34	4	FV50	-
Rachel Holland	0:54:27	35	5	FV35	-
Janet White	0:58:00	39	6	FV65	-
08-07-17 Tamar Lakes parkrun					
John Binns	0:22:07	15	1	MV50	-
09-07-17 Cosdon Hill Fell Race					
Robert Hicks	0:33:26	1	1	SM	-
Paul Crease	0:33:56	2	2	MV45	-
Robert Kelly	0:35:23	4	3	SM	-
Mike Baker	0:43:39	7	4	MV50	-
Robert Richards	0:51:18	12	5	MV50	-
Andy Collyer	0:53:42	15	6	MV40	-
Charlotte Collyer	0:53:45	16	7	FV40	-
Emma Dean	0:55:09	18	8	FV40	-
Jason Ewing	0:55:16	20	9	MV45	-
Gill Spinney	0:57:19	23	10	FV45	-
Philip Read	0:59:09	24	11	MV50	-
Janet White	1:12:11	25	12	FV65	-
14-07-17 Chudleigh Carnival Road Race					
Roger Voaden	0:35:12	13	1	MV50	-
Paul Carter	0:35:54	16	2	MV50	-
John Binns	0:42:24	77	3	MV50	-
15-07-17 Exeter Riverside parkrun					
Ray Lawrence	0:19:09	13	1	MV45	-
Sarah Marvin	0:22:51	66	2	FV40	-

15-07-17 Haytor Heller

Robert Hicks	0:46:50	13	1	SM	-
Paul Crease	0:48:28	18	2	MV45	-
Christine Fritsch	1:12:46	185	3	FV40	-
Katy Speak	1:21:45	238	4	FV50	-
Carole Cornwall	1:22:21	244	5	FV45	-

15-07-17 Tamar Lakes parkrun

John Binns	0:22:37	17	1	MV50	-
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19-07-17 Exeter 10k

Ed Dumpleton	0:43:15	64	1	MV40	8
Sarah Marvin	0:47:21	120	2	FV40	6
Jackie Dawes	0:50:32	168	3	FV45	4
Daniella Bryant	1:14:41	372	4	SL	54

22-07-17 Bryn Bach parkrun

Sarah Marvin	0:22:38	24	1	FV40	-
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22-07-17 Tamar Lakes parkrun

Ray Lawrence	0:19:45	4	1	MV45	-
Anne Binns	0:27:48	53	2	FV50	-
John Binns	0:27:49	54	3	MV50	-

29-07-17 Exeter Riverside parkrun

Jane Richardson	0:28:26	175	1	FV65	-
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29-07-17 Tamar Lakes parkrun

John Binns	0:22:54	19	1	MV50	-
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29-07-17 Wallace parkrun

Ed Dumpleton	0:20:44	10	1	MV40	-
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30-07-17 Six Moor Miles

Margaret Jarvis	1:04:49	183	1	FV60	-
Janet White	1:15:31	257	2	FV65	-

Tavistock Town Relays Results**Thursday 17th July 2017 4 x 1.1miles****Okehampton RC Old Gits**

Geoff Hill	5:12
Andy Vallance	5:38
Rob Kelly	5:42
Rob Hicks	5:28
Time:	22:07

Position 4th

Okehampton RC Senior Men

Graham Bryant	5:19
Ed Dumpleton	6:14
Monika Richards	7:05
Paul Crease	5:39
Time:	24:17

Position 14th