

# OKEHAMPTON RUNNING CLUB

## July 2018 Results

	Time	Race Pos	Club Pos	Age Cat	Age Cat Pos
<b>01-07-18 Run in the Park</b>					
Jo Page	0:22:16	4	1	SL	1
Sarah Marvin	0:22:30	6	2	FV45	1
Deborah Cunningham	0:29:18	19	3	FV50	1
<b>03-07-18 Exeter 5K</b>					
Graham Bryant	0:19:23	20	1	SM	9
Ed Dumpleton	0:19:50	28	2	MV40	2
Jo Bradford	0:23:38	73	3	FV45	3
Geraldine Walter	0:25:58	89	4	FV45	5
<b>04-07-18 I Move London Relay 10 k</b>					
Jo Page	1:10:20	-	1	SL	-
<b>07-07-18 Exeter Riverside parkrun</b>					
Jane Richardson	0:31:46	176	1	FV65	2
<b>07-07-18 Tamar Lakes parkrun</b>					
John Binns	0:23:28	22	1	MV50	3
Anne Binns	0:27:36	52	2	FV50	5
<b>08-07-18 Cosdon Hill Fell Race</b>					
Robert Hicks	0:29:27	2	1	SM	2
Paul Crease	0:33:36	5	2	MV45	1
Roger Voaden	0:40:31	12	3	MV50	2
Jason Ewing	0:48:49	18	4	MV45	6
Jo Page	0:49:09	19	5	SL	1
Jean-Paul Quertier	0:51:20	22	6	MV45	9
Philip Read	0:51:35	23	7	MV50	4
Ruth Bushell	1:02:23	30	8	FV50	1
Janet White	1:04:21	34	9	FV65	1
Kathryn Volkelt-Igoe	1:05:53	35	10	FV60	2
<b>08-07-18 Lakeland Ultimate Trails Challenge 55k</b>					
Christine Fritsch	10:18:45	249	1	FV45	-
Jane Jackson	10:18:45	250	2	FV60	1
<b>08-07-18 Lundy Half Marathon</b>					
Jo-Anne Turner	3:12:55	161	1	FV40	-
Philip Turner	3:12:56	162	2	MV40	-
<b>14-07-18 Exeter Riverside parkrun</b>					
Jane Richardson	0:29:19	173	1	FV65	1
<b>14-07-18 Lulworth Cove Half Marathon</b>					
Gill Spinney	2:37:33	130	1	FV45	-
Katy Speak	3:20:25	244	2	FV55	-
Carole Cornwall	3:20:25	245	3	FV50	-
Ruth Bushell	3:20:25	246	4	FV50	-
<b>14-07-18 Lulworth Cove Ultra</b>					
Robert Richards	8:36:47	34	1	MV50	-

**14-07-18 Lydford Dash 5**

Robert Hicks	0:30:45	4	1	SM	4
Hugh Robinson	0:32:42	5	2	MV40	1
Andrew Vernon	0:34:20	11	3	MV50	2
Jo Page	0:39:16	19	4	SL	3
Tom Andrew	0:42:21	26	5	SM	-0
Christine Fritsch	0:47:45	38	6	FV45	2
Janet White	1:00:34	52	7	FV65	2

**14-07-18 Tamar Lakes parkrun**

John Binns	0:22:42	21	1	MV50	4
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**15-07-18 Care for Kids Barnstaple 10k**

Hayden Bond	0:42:45	18	1	SM	-
Jo Page	0:45:04	28	2	SL	1
Karen King	0:49:43	53	3	FV40	3

**15-07-18 Honiton Triathlon**

Paul Jelly	1:22:24	118	1	MV40	39
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**16-07-18 Salwick Scorcher 7 in 7 Marathons**

Roger Voaden	3:20:06	1	1	MV50	1
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**17-07-18 Salwick Scorcher 7 in 7 Marathons**

Roger Voaden	3:27:59	1	1	MV50	1
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**17-07-18 I Move London Relay 10 k**

Hugh Robinson	0:49:45	-	1	MV40	-
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**18-07-18 Exeter 10k**

Graham Bryant	0:39:27	29	1	SM	-
Ed Dumpleton	0:41:23	43	2	MV40	6
Hayden Bond	0:41:36	45	3	SM	-
Karen Vallance	0:47:25	102	4	FV45	2
Jo Bradford	0:47:29	103	5	FV45	3
Margaret Jarvis	0:51:23	152	6	FV60	2
Ged Fitzgibbon	0:53:18	182	7	MV65	6
Philip Turner	0:57:54	235	8	MV40	-

**18-07-18 Salwick Scorcher 7 in 7 Marathons**

Roger Voaden	3:58:40	2	1	MV50	1
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**19-07-18 Salwick Scorcher 7 in 7 Marathons**

Roger Voaden	4:46:09	4	1	MV50	1
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**20-07-18 Salwick Scorcher 7 in 7 Marathons**

Roger Voaden	4:07:10	6	1	MV50	2
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**21-07-18 Salwick Scorcher 7 in 7 Marathons**

Roger Voaden	3:50:32	5	1	MV50	2
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**21-07-18 Tamar Lakes parkrun**

MaryCarol De Zutter	0:30:19	55	1	FV45	3
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**21-07-18 Concord parkrun**

John Binns	0:22:29	22	1	MV50	4
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**21-07-18 Exeter Riverside parkrun**

Jane Richardson	0:28:54	215	1	FV65	1
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**21-07-18 Haytor Heller**

Robert Hicks	0:44:33	7	1	SM	1
Hayden Bond	0:56:14	50	2	SM	-
Jo Page	0:58:05	60	3	SL	3
Tom Andrew	1:01:36	84	4	SM	-
Emma Dean	1:03:41	94	5	FV40	2
Jason Ewing	1:03:42	95	6	MV45	-
Christine Fritsch	1:09:39	144	7	FV45	-
Jane Jackson	1:11:24	153	8	FV60	1

**22-07-18 I Move London Relay 10 k**

Jo Bradford	1:07:32	-	1	FV45	-
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**22-07-18 Run in the Park**

Andrew Vernon	0:19:21	3	1	MV50	1
Sarah Marvin	0:22:24	5	2	FV45	1

**22-07-18 Salwick Scorcher 7 in 7 Marathons**

Roger Voaden	4:24:44	8	1	MV50	4
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**28-07-18 Chumleigh Fair Open Road Race**

Hayden Bond	0:13:38	2	1	SM	-
Jo Page	0:15:12	-	2	SL	1

**28-07-18 Exeter Riverside parkrun**

Jane Richardson	0:30:08	259	1	FV65	3
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**28-07-18 Lee Valley Velo Park 10 k**

Mike Westland	0:52:14	35	1	MV60	2
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**28-07-18 Runners against rubbish**

Carole Cornwall			1	FV50	
Katy Speak			2	FV55	

**28-07-18 Tamar Lakes parkrun**

MaryCarol De Zutter	0:30:03	56	1	FV45	2
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**28-07-18 Tywardreath Trotter**

Tom Andrew	0:57:30	115	1	SM	-
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**29-07-18 Something Wild Trail Running HM**

Jo Page	2:06:58	15	1	SL	1
Margaret Jarvis	2:59:05	48	2	FV60	1
Christine Fritsch	2:59:07	49	3	FV45	6

**29-07-18 Something Wild Trail Running Marathon**

Gill Spinney	4:58:09	25	1	FV45	1
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# Tavistock Town Relays Results

Thursday 19th July 2018 4 x 1.1miles

## ORC VET LADIES A

Sarah Marvin	6:41
Karen King	7:32
Karen Vallance	7:08
Joanne Bradford	7:14

Time:	28:36
Position	8 <sup>th</sup>
Cat Pos	2nd

## ORC VET LADIES B

Anne Binns	7:41
Jane Jackson	7:55
Kathryn Volkelt-Igoe	8:36
Sarah Marvin	7:03

Time	31:16
Position	15 <sup>th</sup>
Cat Pos	8th

## ORC MIX & MATCH

John Binns	6:38
Louisa Jayne	10:56
Jaqueline Rice	8:28
Mike Westland	7:19

Time:	33:21
Position	44 <sup>th</sup>
Cat Pos	19th

## ORC VET MEN A

Rob Kelly	5:43
Paul Carter	5:58
Andy Vallance	5:43
Andrew Vernon	5:59

Time:	23:23
Position	9th
Cat Pos	2nd

## ORC VET MEN B

Hugh Robinson	5:39
Alec Robinson	6:05
Ed Dumbleton	6:11
Steve Gentle	5:47

Time:	23:43
Position	11 <sup>th</sup>
Cat Pos	4th

## ORC SENIOR MEN

Graham Bryant	5:39
Hayden Bond	6:00
Tom Andrew	6:34
George Haskell	6:06

Time:	24:20
Position	15 <sup>th</sup>
Cat Pos	10th