OKEHAMPTON RUNNING CLUB

September 2019 Results

	Time	Race Pos	Club Pos	Age Cat	Age Cat Pos
01-09-19 Bridgewater 10 K					
Geoffrey Hill	0:36:37	5	1	MV40	-
Claudine Benstead	0:41:29	21	2	FV60	--
01-09-19 Bridgewater Half Marathon					
Robert Kelly	1:20:26	10	1	SM	7
Andrew Vallance	1:23:53	17	2	MV40	7
Paul Carter	1:26:02	26	3	MV50	3
01-09-19 Run in the Park					
Matthew Richards	0:20:20	1	1	JM	1
Sarah Marvin	0:22:42	5	2	FV45	1
Robert Hicks	0:26:09	11	3	MV40	-
Charlotte Lynch	0:37:41	33	4	FV55	-
01-09-19 Treggy 7					
Andrew Vernon	0:47:07	30	1	MV50	2
Jane Richardson	1:11:53	337	2	FV65	1
04-09-19 Sourton Tors Race					
Paul Crease	0:21:34	3	1	MV45	1
Matthew Richards	0:22:35	7	2	JM	1
Mervyn Rice	0:26:13	13	3	MV60	1
Christine Fritsch	0:30:01	16	4	FV45	1
Janet White	0:39:55	22	5	FV65	3
06-09-19 Porthtowan 10k Summer Session Beach Race					
Jeremy Tandy	0:49:41	7	1	MV45	-
Jo Page	0:55:45	24	2	SL	1
07-09-19 Eden Project parkrun					
Jo Page	0:23:17	62	1	SL	1
Jeremy Tandy	0:23:18	63	2	MV45	4
07-09-19 Exeter Riverside parkrun					
Claudine Benstead	0:19:58	41	1	FV60	1
Jane Richardson	0:27:31	235	2	FV65	1
07-09-19 Tamar Lakes parkrun					
Richard Pike	0:28:50	37	1	MV65	4
Anne Binns	0:31:27	49	2	FV50	1
John Binns	0:31:27	50	3	MV55	7
08-09-19 Bude Pirate Run					
Jeremy Tandy	0:58:47	8	1	MV45	2
Jo Page	1:07:51	28	2	SL	1
Lu Walsh	1:31:48	133	3	FV45	-
Margaret Jarvis	1:33:56	149	4	FV60	2
Rachael Hayden	1:58:12	210	5	SL	-
Katie Sherjan	1:59:03	213	6	FV40	-

10-09-19 Run Exe 5K Summer Series

Jeremy Tandy	0:17:54	15	1	MV45	2
Steve Sincock	0:18:50	32	2	MV55	2
Jo Page	0:19:58	59	3	SL	1
Claudine Benstead	0:20:08	61	4	FV60	2
Paul Evison	0:22:23	95	5	MV65	4
Jo Bradford	0:23:07	101	6	FV45	5
Jackie Dawes	0:24:07	110	7	FV50	1
Jane Richardson	0:27:15	130	8	FV65	1

14-09-19 Dartmoor Trail 12 K

Jessica Corcoran	2:20:22	84	1	FV45	-
Claire Sprague	2:20:22	85	2	FV40	-

14-09-19 Dartmoor Trail Ultra

Robert Richards	8:24:26	39	1	MV55	-

14-09-19 Exeter Riverside parkrun

Claudine Benstead	0:19:57	28	1	FV60	1
Sarah Marvin	0:22:26	73	2	FV45	1
Jane Richardson	0:26:48	205	3	FV65	1

14-09-19 Exmouth parkrun

Robert Kelly	0:16:54	2	1	SM	1

14-09-19 Killerton parkrun

Jo Page	0:22:44	53	1	SL	2

14-09-19 Night Jar 5 M

Tom Andrew	0:40:55	7	1	SM	-
Philip Read	0:42:24	8	2	MV50	1
Philip Turner	0:54:15	45	3	MV45	-
Jo-Anne Turner	0:54:15	46	4	FV40	-
Jane Jackson	0:54:19	47	5	FV60	-
Derek Jackson	0:54:19	48	6	MV60	-

14-09-19 Night Jar 9.5 M

Hayden Bond	1:04:04	3	1	SM	-
Angus Farrelly	1:33:27	28	2	MV40	-

14-09-19 Tamar Lakes parkrun

Richard Pike	0:28:41	57	1	MV65	5
Anne Binns	0:30:28	72	2	FV50	5
John Binns	0:30:33	73	3	MV55	5

14-09-19 Tamar Trails parkrun

Jeremy Tandy	0:22:59	9	1	MV45	3

14-09-19 What Came Before

Angus Farrelly	0:27:35	8	1	MV40	-
Jane Jackson	0:33:23	23	2	FV60	-
Derek Jackson	0:33:23	24	3	MV60	-

17-09-19 ORC Time Trial

Geoffrey Hill	0:04:39	1	279	MV40	1
Robert Kelly	0:04:54	2	294	SM	1
Andrew Vallance	0:05:05	3	305	MV40	2
Steve Sincock	0:05:28	4	328	MV55	1
Jo Page	0:05:50	5	350	SL	1
Paul Evison	0:06:17	6	377	MV65	1

21-09-19 Grey Mare's Trail Race 5 K

Jane Jackson	0:49:21	63	1	FV60	1

21-09-19 Exeter Riverside parkrun

Claudine Benstead	0:19:56	31	1	FV60	1
Sarah Marvin	0:28:24	230	2	FV45	7

21-09-19 Lanhydrock 10

Tracey Mills	1:01:50	183	1	FV50	-
Carole Cornwall	1:01:50	184	2	FV50	-
Katy Speak	1:01:51	185	3	FV55	-

21-09-19 Ring Of Steall Skyrace

Gill Spinney	7:58:47	559	1	FV45	4
Christine Fritsch	8:44:15	641	2	FV45	7

22-09-19 Swindon Half Marathon

Roger Voaden	1:25:45	56	1	MV50	5
Geoffrey Hill	1:26:07	58	2	MV40	-
Michelle Ody	2:20:37	1544	3	FV40	-
Liam Keen	2:20:57	1549	4	SM	-

22-09-19 War Horse 10 K

David Bates	0:49:29	13	1	MV65	4
Lu Walsh	1:00:16	81	2	FV45	-
Carron Holmes	1:03:11	102	3	FV45	-
Jane Jones	1:04:25	107	4	FV55	-
Katy Speak	1:04:26	108	5	FV55	-
Jackie Rice	1:05:40	117	6	FV55	-
Michelle Luddington	1:10:49	139	7	FV55	-
Janet White	1:16:36	182	8	FV65	-

22-09-19 Winchester Half Marathon

Jane Richardson	2:19:20	1083	1	FV65	1

28-09-19 Barnstaple parkrun

Karen Gear	0:24:46	54	1	FV35	4
Jo Page	0:24:47	55	2	SL	1

28-09-19 Exeter Riverside parkrun

Claudine Benstead	0:20:14	30	1	FV60	1

28-09-19 Lee Valley Velo Park 10 k

Mike Westland	0:49:48	22	1	MV60	1

28-09-19 Tamar Lakes parkrun

Tom Andrew	0:24:57	36	1	SM	4

29-09-19 Barnstaple Marathon

Robert Kelly	2:51:04	1	1	SM	1
Andrew Vallance	3:02:56	6	2	MV40	2
Paul Carter	3:17:25	27	3	MV50	3
Roger Voaden	3:17:28	28	4	MV50	4
Graham Bryant	3:24:15	34	5	SM	-
Katie Littlejohns	3:27:19	38	6	SL	1
Karen Vallance	3:48:22	72	7	FV45	6
Andrew Thorne	3:55:52	92	8	MV50	-
Emma Dean	3:59:02	101	9	FV40	7

29-09-19 Barnstaple Half Marathon

Steve Sincock	1:27:01	19	1	MV55	2
Jo Page	1:31:11	31	2	SL	1
Claudine Benstead	1:33:35	42	3	FV60	1
Margaret Jarvis	1:59:30	221	4	FV60	2

29-09-19 Exmouth 10 K

Jane Richardson	0:57:53	240	1	FV65	-
Vicky Bond	0:59:06	259	2	FV45	-
Vanessa Keast	1:08:14	418	3	FV40	-
Lynsey King	1:11:46	448	4	FV40	-
Cheryl King	1:11:47	449	5	FV45	-
Jo Teixeira	1:11:47	450	6	FV40	-