

# LOCAL RACES RESULTS ROUNDUP

Some 2011 South West Road Runner performances in local races  
(Club members must enter and run races as a SWRR to appear)



Exmouth GWR Five -- 1st Ladies team, 1st Men Vet team  
Exmouth GWR Five -- Lucy Commander 1st lady, Karen Cook 1st FV50  
Hestercombe Humdinger -- Karen Cook 1st FV50  
Grizzly Cub Run -- Adrian Brennan 1st MV60, Jan Taylor 1st FV45  
Redruth Westward L XC -- Paul Thomas 1st MV50, Dave Phillips 1st MV55  
Taunton Half Marathon -- Davina Blanchard 1st FV40  
Tavy 13 1/2 marathon -- Shaun Parkin 3rd overall  
Honiton Hippo -- Paul Thomas 2nd overall, Richard Everson 5th overall  
Arlington Court Canter -- Karen Cook 1st FV50  
Haldon Heartbeat -- Shaun Parkin 5th overall, Emma Hitchins 1st Lady  
Bampton to Tiverton -- Karen Cook 1st FV50  
Great West Run -- Lucy Commander 1st Lady, Karen Cook 1st FV50  
Great West Run -- Women A and B teams 1st & 2nd, Men team 2nd  
Exterminator -- Mandy Wheeler 1st FV35, Karen Cook 1st FV45, Paul Thomas 1st MV50  
Ivybridge 10k -- Lewis Jones 1st MV60  
Halls Ottery 10k -- Owen Evans 3rd overall, Karen Cook 1st lady, Paul Thomas 1st MV50  
Plymouth Half Marathon -- Emma Hitchins 1st FV40  
Run in the Wild -- Paul Thomas 1st MV50  
Michelmores 5k -- Karen Cook 1st FV50, Neil Lawson 1st MV50  
Torbay Half Marathon -- Karen Cook 1st FV50  
Killerton Kanter -- Philip Schnepf 1st MV60  
Beat the Bus -- Karen Cook 1st FV50  
Erme Valley Relays -- 1st Ladies team, 1st MV60 team  
Run Exe 5k rd 1 -- Neil Lawson 1st MV55, Karen Cook 1st FV50, Mandy Wheeler 1st FV35  
Wellington Ten 10k -- Karen Cook 1st Lady  
Chudleigh -- Owen Evans 4th o/all, Karen Cook 1st FV50, Neil Lawson 1st MV55, Lewis Jones 1st MV60  
Haytor Heller -- 1st Ladies team, 1st Mens team



## Devon A A gold medals 2011

Half Marathon -- Vanessa Smith FV35, John Kavanagh MV45  
5,000m track -- Rob Millward MV60

