

Frank Elford Sports Westward League - Exeter
Sunday 4th December

U11 Boys (37 Finishers)

Sam Travers	27th	6.39
Daniel Adderley	37th	8.08

U13 Girls (36 Finishers)

Olivia Travers	10th	11.19	8th Team
Anna Lake	19th	12.12	
Ella Isaias	28th	12.46	

U13 Boys (42 Finishers)

James Scantlebury	29th	11.23	10th Team
Sam Oakshott	31st	11.25	
Hary Cane	32nd	11.29	

U15 Boys (25 Finishers)

Ben Bristow	25th	21.19	11th Team
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U17 Men (23 Finishers)

Joe Perry	20th	18.06	8th Team
Liam Hallows	23rd	19.29	

Senior Women (141 Finishers)

Emma Lake	11th (2nd V40)	18.48	20th Team
Kate Medicott	82nd (9th V45)	22.35	
Linda Bracher	94th (12th V45)	23.05	7th
Katy Mogridge	127th (8th V50)	27.07	Vet Team

Senior Men (164 Finishers)

Owen Parkin	25th	30.05	16th Team
Andy Perry	79th (8th V45)	33.38	
Ewan Lake	105th (19th V40)	36.03	12th
Russell Mogridge	117th (12th V50)	36.35	Vet Team
David Church	141st	40.56	
Ken Summers	147th (5th V60)	41.38	

Devon Cross Country Champs.

U13 Girls (23 Finishers)

Olivia Travers	6th
Anna Lake	10th
Ella Isaias	18th

U13 Boys (25 Finishers)

James Scantlebury	18th
Sam Oakshott	19th
Hary Cane	20th

U15 Boys (15 Finishers)

Ben Bristow	15th
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U17 Men (15 Finishers)

Liam Hallows	15th
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U20 Men (5 Finishers)

Owen Parkin	2nd
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Senior Women (28 Finishers)

Emma Lake	2nd (1st V40)	3rd Team
Kate Medicott	22nd (6th V45)	
Linda Bracher	25th (8th V45)	3rd
Katy Mogridge	28th (1st V50)	Vet Team

Senior Men (45 Finishers)

Andy Perry	26th (4th V45)
Ewan Lake	29th (7th V45)
Russell Mogridge	33rd (5th V50)
David Church	39th (5th V35)
Ken Summers	42nd (4th V65)