



FAST FRIDAY 10K

12th December 2020

[As per UKA rule 165.24 finish times rounded up to the nearest full second.](#)

[Guidance on GPS distance and time recording.](#)

Pos	No	Adj time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	3	00:32:06	00:03:13	Ben Neale	M35+	1	Tavistock Run Project	85%
2	6	00:32:24	00:03:14	Sam Hopton	MSen	1	South West Road Runner	83%
3	4	00:32:33	00:03:15	Robert Ellis	M35+	2	Exmouth Harriers	84%
4	10	00:33:01	00:03:18	Tom Heal	MU20	1	Taunton AC	85%
5	40	00:33:14	00:03:19	Simeon Bates	MSen	2	Exeter Harriers	81%
6	79	00:33:30	00:03:21	Tim Gordon	MSen	3	0	80%
7	37	00:33:31	00:03:21	Keith Shapland	M40+	1	Bideford AAC	85%
8	12	00:33:40	00:03:22	Wayne Loveridge	MSen	4	Chard road runners	81%
9	21	00:33:57	00:03:24	Archie Walton	MSen	5	Taunton AC	79%
10	15	00:34:08	00:03:25	William Trew	M40+	2	Chippenham Harriers	84%
11	18	00:34:25	00:03:26	Oliver Oldfield	MSen	6	0	78%
12	9	00:34:28	00:03:27	Luke Hamley	MU20	2	North Devon Athletic Club	81%
13	17	00:34:45	00:03:29	Oliver White	M35+	3	Exmouth Harriers	79%
14	2	00:35:10	00:03:31	George De Bolla	MSen	7	Knowle and Dorridge RC	76%
15	39	00:35:14	00:03:31	Kirsteen Welch	FSen	1	Exeter Harriers	86%
16	38	00:35:28	00:03:33	Rob Williams	M35+	4	Plymouth Harriers	78%
17	11	00:35:32	00:03:33	Ed Porter	MSen	8	0	76%
18	16	00:35:32	00:03:33	Scott Jamieson	M40+	3	Exmouth Harriers	81%
19	5	00:35:43	00:03:34	Ben Hawkins	MSen	9	Taunton AC	75%
20	19	00:35:46	00:03:35	Duncan Staddon	M40+	4	Axe Valley runners	81%
21	25	00:35:55	00:03:35	Terry Emmett	M35+	5	Axe Valley Runners	79%
22	24	00:36:01	00:03:36	Corin Russell	MSen	10	Tavistock Run Project	75%
23	23	00:36:27	00:03:39	Peter Heckles	M35+	6	Exeter Harriers	76%
24	48	00:36:40	00:03:40	Sam Luxa	M35+	7	0	75%
25	27	00:36:41	00:03:40	James Mckibbin	MSen	11	Ndac	73%
26	32	00:36:41	00:03:40	Elle Twentyman	FSen	2	Taunton AC	83%
27	22	00:36:51	00:03:41	Hannah Taunton	FSen	3	Taunton AC	82%
28	35	00:36:57	00:03:42	Matt Wheeler	M35+	8	Watchet whippets	74%
29	76	00:37:00	00:03:42	Harry Waugh	MSen	12	0	73%
30	29	00:37:03	00:03:42	Jonathan Hall	MSen	13	Exeter Harriers	73%
31	28	00:37:10	00:03:43	Chris Murphy	MSen	14	SWRR	73%
32	26	00:37:13	00:03:43	Kate Drew	FSen	4	Taunton AC	82%
33	49	00:37:19	00:03:44	Michael Lambourne	MU20	3	Exeter Harriers	74%
34	57	00:37:24	00:03:44	Matthew Orsman	M40+	5	Axe Valley Runners	78%
35	238	00:37:29	00:03:45	Scott Hunter	M35+	9	South West Road Runners	74%
36	43	00:37:30	00:03:45	Darren Roose	M40+	6	Newquay road runners	77%
37	34	00:37:53	00:03:47	Alice Murray-Gourlay	FSen	5	0	80%
38	64	00:38:08	00:03:49	Chris Turner	MSen	15	Okehampton RC	71%
39	63	00:38:12	00:03:49	Nicholas Bristow	M45+	1	Erme Valley Harriers	79%
40	56	00:38:21	00:03:50	Alison Mcewing	FSen	6	Erme valley harriers	79%
41	69	00:38:35	00:03:52	Joel Seward	MSen	16	Axe Valley Runners	70%
42	74	00:38:43	00:03:52	Lee Moran	M40+	7	Axe Valley Runners	74%
43	36	00:38:48	00:03:53	David Hooton	MSen	17	0	69%
44	75	00:39:05	00:03:55	Jo Meek	F40+	1	Winchester & District AC	82%
45	53	00:39:08	00:03:55	Ethan Sterry	MSen	18	South west road runners	69%
46	51	00:39:11	00:03:55	Paddy Trinder	M45+	2	Erme valley harriers	75%
47	50	00:39:35	00:03:58	Annabel Granger	F45+	1	Bristol & west	84%
48	52	00:39:40	00:03:58	Harry Harding	MSen	19	0	68%
49	66	00:39:42	00:03:58	Craig Whitmore	M50+	1	Taunton AC	77%
50	78	00:39:51	00:03:59	Howard Baily	MSen	20	Exeter Harriers	68%
51	41	00:39:56	00:04:00	Matthew Grzenda	M40+	8	Plymouth Musketeers RC	73%
52	112	00:40:07	00:04:01	Dominic Spayne	M35+	10	Exeter Harriers	70%
53	93	00:40:07	00:04:01	Lorna Spayne	F35+	1	Bad Boy Running Club	77%
54	59	00:40:20	00:04:02	Hannah Bown	F40+	2	Exmouth Harriers	79%
55	110	00:40:29	00:04:03	Charlotte Walker	FU17	1	Tavistock AC	78%
56	106	00:40:34	00:04:03	Matthew Day	M45+	3	Teignbridge Trotters	74%

57	82	00:40:48	00:04:05	Alex Munro	M40+	9	0	70%
58	42	00:41:02	00:04:06	Emma Headley	FSen	7	Clapham Chasers	74%
59	70	00:41:29	00:04:09	Talia Sullivan	FU20	1	City of Plymouth athletics club	74%
60	77	00:41:34	00:04:09	Hannah Smith	FSen	8	Tavistock Run Project	73%
61	91	00:41:56	00:04:12	James Saddler	MSen	21	0	65%
62	92	00:42:02	00:04:12	Steve Baker	M60+	1	Tamar Trotters	82%
63	96	00:42:10	00:04:13	Claudine Benstead	F60+	1	Okehampton Rc	94%
64	126	00:42:33	00:04:15	Lawrence Schneck	M45+	4	Greenbow Running Club	70%
65	121	00:42:45	00:04:16	Des White	M65+	1	Exmouth Harriers	82%
66	83	00:42:58	00:04:18	Peter Aggett	M50+	2	Tiverton harriers	72%
67	98	00:43:00	00:04:18	Alistair Ferguson	MSen	22	SWRR	63%
68	94	00:43:23	00:04:20	Christopher Chappell	M55+	1	0	74%
69	95	00:43:26	00:04:21	Kieran Ferris	MSen	23	South West Road Runners	62%
70	89	00:43:32	00:04:21	Nick Brazier	MSen	24	Running Forever RC	62%
71	132	00:43:49	00:04:23	Barry Frost	M60+	2	SWRR	78%
72	134	00:44:22	00:04:26	Stevie Potter	FSen	9	Chard Road Runners	68%
73	140	00:44:25	00:04:27	Paul Adnett	M40+	10	0	66%
74	113	00:44:29	00:04:27	Stuart Webster	M45+	5	South West Road Runners	68%
75	101	00:44:31	00:04:27	Charlotte Brown	FU20	2	Taunton Athletics Club	69%
76	81	00:44:33	00:04:27	Richard Stone	M40+	11	South West Road Runners	64%
77	100	00:44:51	00:04:29	Helen Orme	F45+	2	Tavistock Ac	73%
78	239	00:44:55	00:04:30	Rod Foot	M45+	6	0	67%
79	124	00:45:17	00:04:32	Wendy Urban	F55+	1	Torbay Tri	83%
80	103	00:45:34	00:04:33	Steve Matthews	M55+	2	0	72%
81	87	00:45:38	00:04:34	Emma Lake	F45+	3	Erme Valley Harriers	71%
82	97	00:45:40	00:04:34	Chris Sharp	M35+	11	Exmouth Harriers	62%
83	199	00:45:41	00:04:34	David King	M65+	2	South West Vets AC	78%
84	133	00:45:42	00:04:34	James Higgins	MSen	25	South West Road Runners	60%
85	146	00:45:49	00:04:35	Kate Marriott	FU20	3	exeter harriers	68%
86	109	00:45:49	00:04:35	Rob Brown	M50+	3	Taunton AC	68%
87	136	00:45:52	00:04:35	Leon Woodman	MSen	26	Greenbow	59%
88	149	00:46:19	00:04:38	Jenny Bryant	F50+	1	Tavistock	76%
89	131	00:46:33	00:04:39	Simon Moore	M45+	7	0	63%
90	161	00:46:40	00:04:40	Jenny Reay	F60+	2	Exmouth Harriers	86%
91	135	00:46:50	00:04:41	Jeffrey Curd	M55+	3	Tiverton Harriers	68%
92	128	00:46:54	00:04:41	Craig Hobson	M45+	8	Torbay Tri Club	64%
93	125	00:47:22	00:04:44	Lewis Jones	M70+	1	Southwestroadrunners	78%
94	186	00:47:25	00:04:45	Jonathan Newman	M40+	12	0	61%
95	156	00:47:32	00:04:45	Ian Dabbs	M50+	4	0	65%
96	148	00:47:34	00:04:45	Mike Kay	M55+	4	South West Road Runners	68%
97	151	00:47:36	00:04:46	Phil Adderley	M45+	9	erme valley harriers	62%
98	137	00:47:57	00:04:48	Catherine Chatfield	FSen	10	0	63%
99	142	00:47:57	00:04:48	Paul Evison	M65+	3	Okehampton Running Club	74%
100	177	00:47:58	00:04:48	Angie Burkey	F40+	3	Newquay road runners	66%
101	160	00:48:06	00:04:49	Alison Roose	F40+	4	Newquay road runners	67%
102	165	00:48:20	00:04:50	Lisa Gower	F50+	2	Tri Logic cornwall	71%
103	190	00:48:27	00:04:51	Robert Wells	M45+	10	0	62%
104	172	00:48:36	00:04:52	Nicki Leadbetter	F45+	4	0	68%
105	152	00:48:37	00:04:52	Callum Lamont	M55+	5	South West Road Runners	66%
106	157	00:48:38	00:04:52	Anna Lake	FU17	2	0	65%
107	176	00:48:45	00:04:52	John Outhwaite	M65+	4	0	74%
108	102	00:48:45	00:04:52	Matthew Golding	M40+	13	City of Plymouth Athletics Club	59%
109	194	00:48:50	00:04:53	Andrew Johnson	M55+	6	Exmouth Harriers	67%
110	123	00:49:17	00:04:56	Sarah Holland	F45+	5	Tavistock AC	67%
111	155	00:49:38	00:04:58	Linda Dabbs	F50+	3	Exeter Tri Club	71%
112	179	00:49:44	00:04:58	Ruth Terry	FSen	11	Erme Valley Harriers	61%
113	159	00:49:55	00:05:00	Sarah Adnett	F40+	5	Just Jog	65%
114	189	00:49:59	00:05:00	Alice Bevan	F35+	2	0	61%
115	169	00:50:04	00:05:00	Hannah Kirkman	F50+	4	Running Forever RC	72%
116	141	00:50:08	00:05:01	Jim Andrews	M55+	7	PLYMOUTH MUSKETEERS	66%
117	138	00:50:24	00:05:02	Keith Belt	M75+	1	south devon ac	78%
118	192	00:50:42	00:05:04	Mark Bevan	M40+	14	0	56%
119	180	00:50:48	00:05:05	Debbie Drake	F55+	2	Torbay AAC	73%
120	163	00:51:13	00:05:07	Angela Kerr	F65+	1	Axe Valley Runners	82%
121	168	00:51:17	00:05:08	Nicholas Spayne	M60+	3	0	66%
122	170	00:51:17	00:05:08	Neil Hayes	M50+	5	Brixham Harriers	62%
123	191	00:51:18	00:05:08	Anu Partanen-Wells	F45+	6	0	65%

124	158	00:51:30	00:05:09	Hania Lee	F40+	6	Maverick Runners	62%
125	181	00:51:47	00:05:11	Helen Kula-Przewanski	F60+	3	Tavistock A.C.	77%
126	222	00:52:35	00:05:15	Simon Barrett	M55+	8	Instinctive Sports Run Runners	63%
127	218	00:52:49	00:05:17	Glen Hawkins	M55+	9	Torbay AC	61%
128	195	00:53:28	00:05:21	Margaret Jarvis	F65+	2	Okehampton RC	79%
129	183	00:53:31	00:05:21	Kelli-Ann Hodgson	F45+	7	0	61%
130	221	00:54:15	00:05:26	Ruth Lamont	FSen	12	0	56%
131	111	00:54:32	00:05:27	Lisa Cruise	FSen	13	South west road runners	56%
132	205	00:54:35	00:05:28	Emily Faircloth	F40+	7	Erme Valley Harriers	59%
133	184	00:55:00	00:05:30	Dave Plummer	M65+	5	South West Veterans AC	65%
134	164	00:55:14	00:05:31	Caroline Whelan	F40+	8	Torbay Athletics Club	57%
135	193	00:56:46	00:05:41	Martin Shelton	M45+	11	0	53%
136	223	00:57:00	00:05:42	Eleanor Nicholson	FSen	14	0	53%
137	214	00:57:06	00:05:43	Lindsay Wilkes	FSen	15	0	53%
138	185	00:57:27	00:05:45	Catherine Newman	F40+	9	0	55%
139	203	00:57:48	00:05:47	Gordon Wells	M50+	6	0	54%
140	201	00:57:49	00:05:47	Dan Rigler	M45+	12	0	51%
141	204	00:57:56	00:05:48	Mark Chambers	M55+	10	0	55%
142	178	00:58:25	00:05:50	Steven Sugden	M60+	4	0	59%
143	188	00:58:30	00:05:51	Ann Barriball	F45+	8	Launceston Road Runners	57%
144	228	01:00:12	00:06:01	Jessica Scullion	FSen	16	0	51%
145	217	01:00:42	00:06:04	Suzi Rockey	FSen	17	Sidmouth	50%
146	227	01:01:48	00:06:11	Stephanie Bennett	FSen	18	Plymouth Musketeers	49%
147	219	01:03:58	00:06:24	Martin Saxton	M60+	5	South West Road Runners	52%
148	237	01:04:37	00:06:28	Emma Dunphy	F40+	10	0	49%
149	211	01:04:38	00:06:28	Jeff Tremayne	M45+	13	0	47%
150	230	01:08:38	00:06:52	Laurence Walbrugh	MSen	27	0	40%
151	229	01:08:38	00:06:52	Elizabeth Hurford	FSen	19	0	44%
152	215	01:09:05	00:06:54	Sophie Leach	FSen	20	Exeter College Running Club	44%
153	232	01:23:28	00:08:21	Kathryn Weaver-Gore	F60+	4	Plymouth Musketeers RC	47%
154	235	01:25:05	00:08:31	Lynn Jones	F65+	3	0	50%
155	240	01:25:06	00:08:31	John Drennan	M65+	6	South Devon Ac	41%