



POWER RUN 10K

19th September 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	Wave	Time	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	2	1PM	3136	00:31:36	00:03:10	Phil Wylie	M40+	1	Power Run Ambassadors	91%
2	5	1PM	3152	00:31:52	00:03:11	Andrew Peat	M35+	1	Birchfield Harriers	88%
3	31	1PM	3258	00:32:58	00:03:18	Chris Rimmer	MSen	1	Tavistock Run Project	83%
4	1	1PM	3339	00:33:39	00:03:22	James Rodgers	MSen	2	North Somerset Ac	80%
5	4	1PM	3344	00:33:44	00:03:22	Oliver Randall	MSen	3	Southend Athletics Club	80%
6	6	1PM	3350	00:33:50	00:03:23	Adam Quinn	MSen	4		79%
7	30	1PM	3407	00:34:07	00:03:25	Jim Cole	M35+	2	Tavistock Run Project	82%
8	11	1PM	3426	00:34:26	00:03:27	Dave Angell	M35+	3	Mile High	80%
9	8	1PM	3502	00:35:02	00:03:30	Aaron Benney	M35+	4	Mile High	80%
10	7	1PM	3511	00:35:11	00:03:31	Callum Gillett	MSen	5	Reading Ac	76%
11	9	1PM	3536	00:35:36	00:03:34	Callum Crawford	MSen	6	Exeter Harriers	75%
12	33	1PM	3544	00:35:44	00:03:34	Matthew Shipping	MSen	7		76%
13	38	1PM	3548	00:35:48	00:03:35	Keith Shapland	M40+	2	Bideford Aac	80%
14	12	1PM	3607	00:36:07	00:03:37	Miko Cadeddu	MSen	8	South West Road Runners	75%
15	34	1PM	3640	00:36:40	00:03:40	Jonathan Hall	MSen	9	Exeter Harriers	74%
16	37	1PM	3647	00:36:47	00:03:41	Kirsteen Welch	FSen	1	Sidmouth Running Club	82%
17	17	1PM	3652	00:36:52	00:03:41	Nick Bruce-White	M40+	3	Swrr	78%
18	13	1PM	3655	00:36:55	00:03:42	Paul Sole	M40+	4	Cornwall Ac	78%
19	25	1PM	3659	00:36:59	00:03:42	Hayden Bond	MSen	10	Tavistock Run Project	73%
20	16	1PM	3717	00:37:17	00:03:44	Michael Musgrove	M50+	1	Exmouth Harriers	83%
21	20	1PM	3723	00:37:23	00:03:44	Shaun Yeoman	M35+	5		74%
22	32	1PM	3745	00:37:45	00:03:47	Corin Russell	MSen	11	Tavistock Run Project	72%

23	15	1PM	3747	00:37:47	00:03:47	Martin Colwill	M50+	2	Bideford Aac	83%
24	22	1PM	3747	00:37:47	00:03:47	James Blight	M35+	6	Tamar Trotters	74%
25	19	1PM	3823	00:38:23	00:03:50	Serane Stone	F40+	1	Tiverton Harriers	84%
26	36	11.45AM	3830	00:38:30	00:03:51	Ruby Orchard	F35+	1	Pb Running Club	81%
27	18	1PM	3838	00:38:38	00:03:52	Emma Stepto	F50+	1	Cornwall Ac	89%
28	35	1PM	3909	00:39:09	00:03:55	Craig Hopkins	M40+	5	Pontypool And District Runners	75%
29	21	1PM	3918	00:39:18	00:03:56	Don Rufus	M40+	6	South West Road Runners	73%
30	26	1PM	3937	00:39:37	00:03:58	Sonny Harvey	MSen	12	Plymouth Harriers	68%
31	62	11.45AM	4031	00:40:31	00:04:03	Lloyd Harvey-Bryant	MSen	13		66%
32	127	10AM	4051	00:40:51	00:04:05	Daniel Jones	MSen	14	Tiverton Harriers	66%
33	95	11.45AM	4155	00:41:55	00:04:12	Matthew Grzenda	M40+	7	Plymouth Musketeers Rc	69%
34	68	11.45AM	4157	00:41:57	00:04:12	Ben Timpson	MSen	15	Minehead Rc	65%
35	74	11.45AM	4225	00:42:25	00:04:15	Andy Spry	M40+	8		69%
36	27	1PM	4237	00:42:37	00:04:16	Jason Hockridge	M40+	9	South West Road Runners	67%
37	66	11.45AM	4244	00:42:44	00:04:16	Hannah Smith	FSen	2	Tavistock Run Project	71%
38	90	11.45AM	4250	00:42:50	00:04:17	Carl Draine	M45+	1	Totton Rc	69%
39	23	1PM	4254	00:42:54	00:04:17	Amy Sole	FSen	3	Cornwall Ac	71%
40	69	11.45AM	4256	00:42:56	00:04:18	Claudine Benstead	F60+	1	Okehampton R C	94%
41	61	11.45AM	4300	00:43:00	00:04:18	Chris Hayward	M35+	7		65%
42	29	1PM	4314	00:43:14	00:04:19	Matthew Jeffery	MSen	16	Storm	62%
43	63	11.45AM	4341	00:43:41	00:04:22	Rob Sweet	M45+	2		68%
44	77	11.45AM	4344	00:43:44	00:04:22	Elizabeth Bebbington	F55+	1	Torbay Aac	85%
45	72	11.45AM	4400	00:44:00	00:04:24	Ivan Jeary	M45+	3	Uk Netrunner	69%
46	70	11.45AM	4407	00:44:07	00:04:25	Lauren Burd	FU20	1	Tiverton Harriers	69%
47	96	11.45AM	4453	00:44:53	00:04:29	Simon Moore	M40+	10		65%
48	93	11.45AM	4455	00:44:55	00:04:30	Martin Cortvriend	M65+	1	Prestatyn Running Club	80%
49	76	11.45AM	4511	00:45:11	00:04:31	Jane Hardacre	F55+	2	South West Vets Ac	82%
50	89	11.45AM	4518	00:45:18	00:04:32	Connor Thompson	MSen	17		60%
51	105	11.45AM	4528	00:45:28	00:04:33	Chris Jones	M50+	3		68%
52	78	11.45AM	4534	00:45:34	00:04:33	Richard Stone	M40+	11	South West Road Runners	62%
53	81	11.45AM	4547	00:45:47	00:04:35	Tony Logan	M45+	4	Bridport Runners	64%
54	84	11.45AM	4549	00:45:49	00:04:35	Doug Dale	M50+	4		68%
55	104	11.45AM	4551	00:45:51	00:04:35	Anna Whittaker	F35+	2		68%

56	79	11.45AM	4626	00:46:26	00:04:39	Leon Woodman	MSen	18		58%
57	80	11.45AM	4635	00:46:35	00:04:40	Jim Marshall	M55+	1		69%
58	88	11.45AM	4650	00:46:50	00:04:41	Jenny Reay	F60+	2	Exmouth Harriers	86%
59	102	11.45AM	4659	00:46:59	00:04:42	David Nicholls	MSen	19	South West Road Runners	58%
60	99	11.45AM	4711	00:47:11	00:04:43	Verity Potts	FSen	4	University Of The West Of Englar	64%
61	125	10AM	4739	00:47:39	00:04:46	Rachael Jarman	F40+	2		68%
62	98	11.45AM	4752	00:47:52	00:04:47	Lisa West	FSen	5		64%
63	83	11.45AM	4754	00:47:54	00:04:47	Steve Morgan	M60+	1	Exmouth Harriers	72%
64	97	11.45AM	4756	00:47:56	00:04:48	Mark Bullard	M45+	5	Plymouth Harriers	62%
65	75	11.45AM	4835	00:48:35	00:04:52	Kate Maslin	F35+	3	South Devon Ac	64%
66	85	11.45AM	4858	00:48:58	00:04:54	Gareth Griggs	M40+	12		60%
67	82	11.45AM	4905	00:49:05	00:04:55	Sally Bower	F50+	2		74%
68	86	11.45AM	5025	00:50:25	00:05:03	John Morris	M60+	2	Lytchett Manor Striders	66%
69	103	11.45AM	5041	00:50:41	00:05:04	Laura Nicholls	FSen	6	South West Road Runners	60%
70	137	10AM	5048	00:50:48	00:05:05	Alex Buley	MSen	20		53%
71	158	10AM	5117	00:51:17	00:05:08	Emma Clark	F35+	4	Looe Pioneers	60%
72	121	10AM	5237	00:52:37	00:05:16	Andrew Johnson	M55+	2	Exmouth Harriers	62%
73	100	11.45AM	5237	00:52:37	00:05:16	James May	MSen	21		51%
74	126	10AM	5240	00:52:40	00:05:16	Gemma Steele	FSen	7	Bideford Aac	58%
75	138	10AM	5250	00:52:50	00:05:17	David Cockcroft	M65+	2		67%
76	136	10AM	5256	00:52:56	00:05:18	Amy Llewellyn	FSen	8		57%
77	150	10AM	5320	00:53:20	00:05:20	Matthew Lockey	MSen	22		51%
78	131	10AM	5333	00:53:33	00:05:21	Chris Stoppard	M40+	13		54%
79	130	10AM	5358	00:53:58	00:05:24	Jane Clark	F40+	3		58%
80	129	10AM	5429	00:54:29	00:05:27	James Spayne	M35+	8	Bad Boy Running Club	50%
81	134	10AM	5502	00:55:02	00:05:30	Nichole Hancock	F40+	4		58%
82	132	10AM	5547	00:55:47	00:05:35	Rhys Davies	M35+	9		49%
83	142	10AM	5615	00:56:15	00:05:37	Colin Matthews	M55+	3		57%
84	87	11.45AM	5627	00:56:27	00:05:39	Peter Sargent	M75+	1	South West Vets Ac	70%
85	152	10AM	5636	00:56:36	00:05:40	Chris Adams	M55+	4	Running Forever Running Club	57%
86	149	10AM	5702	00:57:02	00:05:42	Claire Drainey	F45+	1	Totton Running Club	58%
87	124	10AM	5739	00:57:39	00:05:46	Bridget Sealey	F40+	5		54%
88	153	10AM	5822	00:58:22	00:05:50	Sarah Pickering	F45+	2		56%

89	151	10AM	5857	00:58:57	00:05:54	Siobhan Myles	F35+	5		53%
90	133	10AM	5907	00:59:07	00:05:55	Lee Tozer	M55+	5		55%
91	64	11.45AM	5941	00:59:41	00:05:58	Eleanor Morris	FSen	9		51%
92	144	10AM	6002	01:00:02	00:06:00	Jack Helliard	M35+	10	Almost Athletes	46%
93	140	10AM	6009	01:00:09	00:06:01	Jeremy Parsons	M70+	1		63%
94	128	10AM	6043	01:00:43	00:06:04	Sarah Matthews	F50+	3	Egdon Heath Harriers	59%
95	143	10AM	6307	01:03:07	00:06:19	Charlotte Matthews	FSen	10		48%
96	141	10AM	6641	01:06:41	00:06:40	Vic Morgan	M60+	3		52%
97	139	10AM	6922	01:09:22	00:06:56	David French	M40+	14	Heavitree Running Group	42%
98	159	10AM	7101	01:11:01	00:07:06	Claire Farrar	F40+	6		45%
99	147	10AM	7421	01:14:21	00:07:26	Calvin Town	M70+	2	Power Run	51%
100	155	10AM	8131	01:21:31	00:08:09	Kathryn Weaver-Gore	F60+	3	Plymouth Musketeers	48%
101	146	10AM	8149	01:21:49	00:08:11	John Drennan	M65+	3	South Devon Athletic Club	43%
102	154	10AM	8626	01:26:26	00:08:39	Shaun Harbord	M60+	4		40%
103	157	10AM	8726	01:27:26	00:08:45	Lynn Jones	F60+	4	Plymouth Musketeers R. C	48%