



POWER RUN 5K

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	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	183	2.30PM	00:15:27	00:03:05	Johnny Livingstone	MU20	1	Exeter Harriers	87%
2	181	2.30PM	00:15:34	00:03:07	Flynn Jennings	MU20	2	Bideford Aac	87%
3	182	2.30PM	00:15:38	00:03:08	Alex Parsons	MU20	3	Team Bath Ac	86%
4	226	2.30PM	00:16:05	00:03:13	Mark Jenkin	M40+	1	Bideford Aac	86%
5	187	2.30PM	00:16:10	00:03:14	Jordan Andrews	MSen	1	Tavistock Run Project	80%
6	3	2.30PM	00:16:29	00:03:18	Alex Tripp	MSen	2		79%
7	185	2.30PM	00:16:31	00:03:18	Martin Edwards	MSen	3	Bideford Aac	79%
8	227	2.30PM	00:16:34	00:03:19	Nathan Goddard	MU20	4	Shaftesbury Barnet Harriers	81%
9	188	2.30PM	00:16:36	00:03:19	James Cutlan	MSen	4	Cornwall Ac	79%
10	222	2.30PM	00:16:42	00:03:20	Adam Tango Holland	MSen	5	Tavistock Ac	78%
11	192	2.30PM	00:16:43	00:03:21	Matthew Verran	MSen	6	Les Croupiers	77%
12	211	2.30PM	00:16:56	00:03:23	Alan Baker	M40+	2	Southville Running Club	81%
13	212	2.30PM	00:16:58	00:03:24	Rob Elphick	MSen	7		76%
14	184	2.30PM	00:17:01	00:03:24	Adam Peacock	MSen	8	Bromsgrove And Redditch	76%
15	194	2.30PM	00:17:01	00:03:24	Robert Mann	MSen	8	Exeter Harriers	76%
16	190	2.30PM	00:17:17	00:03:27	William Cheek	MU20	5	North Somerset Ac	77%
17	239	2.30PM	00:17:26	00:03:29	Oliver White	M35+	1	Exmouth Harriers	76%
18	203	2.30PM	00:17:30	00:03:30	Alan Livingstone	M50+	1		86%
19	230	2.30PM	00:17:32	00:03:30	Alexander Ford	MSen	10	Exeter University Athletics Club	74%
20	213	2.30PM	00:17:36	00:03:31	Jack Wilkinson	MU20	6	North Somerset Athletics Club	76%
21	196	2.30PM	00:17:39	00:03:32	Ellie Wallace	FSen	1	North Somerset Athletics Club	84%
22	205	2.30PM	00:17:54	00:03:35	Tamara Beach	FSen	2	Cornwall Athletics Club	83%

23	201	2.30PM	00:17:57	00:03:35	Seamus Sheard	MSen	11	Exeter Uni Triathlon Club	72%
24	228	2.30PM	00:17:57	00:03:35	David Brown	M35+	2	Torbay Tri Club	75%
25	221	2.30PM	00:18:07	00:03:37	Phil Cook	M50+	2		82%
26	198	2.30PM	00:18:11	00:03:38	Elle Twentyman	FSen	3	Buxton Ac	81%
27	225	2.30PM	00:18:14	00:03:39	Esmee Wood	FSen	4		81%
28	200	2.30PM	00:18:16	00:03:39	Louie Brunsdon	MU17	1	North Somerset Ac	76%
29	204	2.30PM	00:18:26	00:03:41	Scarlett Livingstone	FU17	1	Exeter Harriers	84%
30	206	2.30PM	00:18:26	00:03:41	Duncan McLauchlan	M35+	3	Les Croupiers	74%
31	214	2.30PM	00:18:26	00:03:41	Andrew Staples	MSen	12	Taunton Ac	70%
32	215	2.30PM	00:18:27	00:03:41	Raymond Tew	M45+	1	Plymouth Harriers	77%
33	210	2.30PM	00:18:30	00:03:42	Howard Bailey	MSen	13	Exeter Harriers	70%
34	207	2.30PM	00:19:00	00:03:48	Freya Spruit	FU20	1	Team Bath Ac	80%
35	229	2.30PM	00:19:06	00:03:49	Simon Pocock	M40+	3	Camberley	73%
36	208	2.30PM	00:19:36	00:03:55	David Trelease	M35+	4		69%
38	241	3.15PM	00:19:38	00:03:56	Luke Rigler	MSen	14	Bideford Aac	66%
39	243	3.15PM	00:20:01	00:04:00	Adam Rooke	M40+	4	Honiton Running Club	70%
40	266	3.15PM	00:20:12	00:04:02	Brian Sansom	M55+	1	Exmouth Harriers	77%
37	217	2.30PM	00:20:16	00:04:03	Richard Petty	MSen	15		64%
41	251	3.15PM	00:20:16	00:04:03	Des White	M65+	1	Exmouth Harriers	84%
42	245	3.15PM	00:20:30	00:04:06	Steve Baker	M60+	1	Tamar Trotter	80%
43	248	3.15PM	00:20:34	00:04:07	Peter Aggett	M50+	3	Tiverton Harriers	72%
44	250	3.15PM	00:20:54	00:04:11	Charlotte Walker	FU17	2	Tavistock Ac	74%
45	244	3.15PM	00:21:01	00:04:12	Peter Rigler	M55+	2	Bideford Aac	74%
46	253	3.15PM	00:23:12	00:04:38	Hannah Walker	FU17	3	Tavistock Ac	67%
47	254	3.15PM	00:23:52	00:04:46	Simon Toms	M40+	5	Brixham Harriers	59%
48	272	3.15PM	00:24:34	00:04:55	Shaun Mears	M40+	6		57%
49	252	3.15PM	00:24:49	00:04:58	Hannah Brown	FSen	5	Honiton Running Club	60%
50	148	3.15PM	00:24:59	00:05:00	Catherine Tapp	F40+	1		62%
51	269	3.15PM	00:25:12	00:05:02	Janis Meyers	MSen	16	Stt Spartan Team Taunton	51%
52	135	3.15PM	00:25:22	00:05:04	Stephen Moakes	M40+	7	Tiverton Harriers	55%
53	255	3.15PM	00:26:03	00:05:13	Alison White	F65+	1	Exmouth Harriers	79%
54	268	3.15PM	00:26:20	00:05:16	Marlena Nadolska	F35+	1	Stt Spartan Team Taunton	57%
55	271	3.15PM	00:29:15	00:05:51	Rich Hill	M50+	4	Heavitree Running Group	51%

56	257	3.15PM	00:30:34	00:06:07	Goff Welchman Welchman	M70+	1	Tiverton Harriers	58%
57	261	3.15PM	00:32:11	00:06:26	Cathie Welchman	F70+	1	Tiverton Harriers	70%