



FAST FRIDAY 10K

2nd April 2021

[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	Race	Wave
1	120	00:32:29	00:03:15	Ben Holmes	MSen	1	Exeter Harriers	83%	10K	A1
2	76	00:32:32	00:03:15	Simon Fox	MSen	2	Exeter Harriers	83%	10K	A1
3	81	00:32:43	00:03:16	Ollie Thorogood	MSen	3	South West Road Runners	82%	10K	A1
4	77	00:32:52	00:03:17	Ben Lloyd	MSen	4	Yeovil Olympiads	82%	10K	A1
5	75	00:33:35	00:03:22	Ben Tull	MSen	5	Taunton Ac	80%	10K	A1
6	83	00:33:42	00:03:22	Wayne Loveridge	MSen	6	Chard Roar Runners	81%	10K	A1
7	79	00:34:04	00:03:24	Crawford Callum	MSen	7	Exeter Harriers	79%	10K	A1
8	78	00:34:06	00:03:25	James Cutlan	MSen	8	Cornwall Ac	80%	10K	A1
9	85	00:34:16	00:03:26	Benjamin Haines	M45+	1	Weston Ac	86%	10K	A1
10	87	00:34:53	00:03:29	Simon Minting	M35+	1	Exmouth Harriers	80%	10K	A1
11	121	00:35:01	00:03:30	Thomas Humphrey	MSen	9	South West Road Runners	78%	10K	A1
12	80	00:35:14	00:03:31	Toby Garrick	MSen	10	Sidmouth Running Club	77%	10K	A1
13	89	00:35:20	00:03:32	James Kelly	MSen	11	Exmouth Harriers	76%	10K	A1
14	90	00:35:31	00:03:33	Matthew Shipping	MSen	12		76%	10K	A1
15	82	00:35:50	00:03:35	Rob Elphick	MSen	13	University Of Plymouth Athletics	75%	10K	A1
16	88	00:35:51	00:03:35	Peter Monaghan	M55+	1	Torbay Ac	90%	10K	A1
17	86	00:35:53	00:03:35	Oliver White	M35+	2	Exmouth Harriers	76%	10K	A1
18	104	00:35:53	00:03:35	Francis Colledge	M35+	2	South West Road Runners	76%	10K	A1
19	100	00:35:56	00:03:36	Stuart Hall	M55+	2	Dsfrs Running Club	90%	10K	A1
20	98	00:35:56	00:03:36	Jody Bee	M40+	1	Swrr	80%	10K	A1
21	97	00:36:02	00:03:36	Hamish Fletcher-Cooney	MSen	14	South West Road Runners	75%	10K	A1
22	95	00:36:06	00:03:37	Jack Broom	MSen	15	Axe Valley	75%	10K	A1
23	123	00:36:07	00:03:37	Ben Oman	M40+	2	Devon & Somerset Fire And Res	80%	10K	A1
24	116	00:36:10	00:03:37	Terry Emmett	M35+	4	Axe Valley Runners	78%	10K	A1
25	94	00:36:14	00:03:37	Nick Bruce-White	M40+	3	Swrr	79%	10K	A1
26	99	00:36:27	00:03:39	Darren Osmond	M35+	5		76%	10K	A1
27	119	00:36:27	00:03:39	Miko Cadeddu	MSen	16	Swrr	74%	10K	A1
28	114	00:36:39	00:03:40	Finn Graham-Ahearne	MSen	17	Langdon Fc	73%	10K	A1
29	92	00:37:21	00:03:44	Elle Twentyman	FSen	1	Taunton Ac	81%	10K	A1
30	106	00:37:38	00:03:46	Simon Patterson	M45+	2	Tac	79%	10K	A1
31	109	00:37:42	00:03:46	Samantha Antell	FSen	2	Bideford Aac	81%	10K	A1
32	108	00:37:43	00:03:46	Serane Stone	F40+	1	Tiverton Harriers	86%	10K	A1
33	136	00:38:15	00:03:49	Howard Bailey	MSen	18	Exeter Harriers	71%	10K	A2
34	112	00:38:18	00:03:50	Robert Collier	M50+	1	Axe Valley Runners	81%	10K	A1
35	117	00:38:28	00:03:51	Alison Mcewing	FSen	3	Erme Valley Harriers	79%	10K	A1
36	105	00:38:39	00:03:52	Nicholas Bristow	M45+	3	Erme Valley Harriers	78%	10K	A1
37	101	00:38:41	00:03:52	Tom Priest	MSen	19	Pure Endurance	71%	10K	A1
38	113	00:38:42	00:03:52	Matthew Wheeler	M50+	2	Weston Athletic Club	80%	10K	A1
39	182	00:38:43	00:03:52	Andrew Spy	M40+	4		76%	10K	A2
40	102	00:38:46	00:03:53	Scott Hunter	M35+	6	South West Road Runners	72%	10K	A1
41	110	00:38:54	00:03:53	Steven Crowley	M40+	5	Exeter Tri Club	75%	10K	A1
42	134	00:39:00	00:03:54	Liam Whyte	M35+	7	Chard Road Runners	71%	10K	A2
43	103	00:39:03	00:03:54	Stephen Powell	M40+	6	Weston Athletic Club	74%	10K	A1
44	174	00:39:26	00:03:57	Susan Duncan	F40+	2	Weston Athletic Club	79%	10K	A2
45	135	00:39:46	00:03:59	Matt Hewer	M40+	7	Axe Valley Runners	73%	10K	A2
46	175	00:39:50	00:03:59	Tom Chugg	M40+	8	St Austell Running Club	72%	10K	A2
47	122	00:40:07	00:04:01	Emma Stepto	F50+	1	Cornwall Ac	86%	10K	A1
48	171	00:40:11	00:04:01	Steve Babb	M55+	3	Newquay Roadrunners	80%	10K	A2
49	107	00:40:14	00:04:01	Katie Olding	FSen	4	Exeter Harriers	75%	10K	A1
50	169	00:40:22	00:04:02	Lui Graham-Ahearne	MSen	20		67%	10K	A2
51	118	00:40:24	00:04:02	Alison Thorn	F45+	1	Erme Valley Harriers	82%	10K	A1
52	151	00:40:27	00:04:03	Kieran Ferris	MSen	21	South West Road Runners	66%	10K	A2
53	144	00:40:33	00:04:03	Des White	M65+	1	Exmouth Harriers Ac	88%	10K	A2
54	179	00:40:43	00:04:04	Gary Burman	M35+	8	Torbay Tri Club	69%	10K	A2
55	139	00:40:44	00:04:04	Hannah Bown	F40+	3	Exmouth Harriers	78%	10K	A2
56	170	00:40:50	00:04:05	Julian Scanes	M50+	3	Teignbridge Trotters	76%	10K	A2
57	131	00:40:51	00:04:05	Alistair Peers	M40+	9	Tavistock Ac	70%	10K	A2
58	172	00:41:01	00:04:06	Harry Morgan	MSen	22		66%	10K	A2
59	168	00:41:17	00:04:08	Matthew Grzenda	M40+	10	Plymouth Musketeers Rc	71%	10K	A2
60	176	00:41:21	00:04:08	Olivia Elliott	FSen	5	Weston Athletics Club	73%	10K	A2
61	156	00:41:26	00:04:09	Nikki Kelly	FSen	6	Tavistock Athletics Club	73%	10K	A2

62	133	00:41:31	00:04:09	Andrew Saunders	M35+	9	Rfrc	67%	10K	A2
63	146	00:41:40	00:04:10	Nick Brazier	MSen	23	Running Forever Rc	64%	10K	A2
64	147	00:41:43	00:04:10	Rob Sweet	M45+	4		71%	10K	A2
65	152	00:41:55	00:04:12	Andy Middlebrooke	M45+	5	Exercise Science Consulting Ltd	70%	10K	A2
66	154	00:41:55	00:04:12	Stephen Collier	M45+	5	South West Road Runners.	70%	10K	A2
67	132	00:42:00	00:04:12	James Saunders	M55+	4	Teignbridge Trotter	78%	10K	A2
68	158	00:42:07	00:04:13	Richard Stone	M40+	11	South West Road Runners	68%	10K	A2
69	141	00:42:13	00:04:13	Jeff Bardell	M40+	12		67%	10K	A2
70	226	00:42:37	00:04:16	Victoria France	F35+	1		72%	10K	B1
71	181	00:42:38	00:04:16	Claudine Benstead	F60+	1	Oakhamton R C	93%	10K	A2
72	180	00:42:47	00:04:17	Matthew Walmsley	M35+	10	South West Road Runners	65%	10K	A2
73	137	00:43:03	00:04:18	Alistair Ferguson	MSen	24	Swrr	63%	10K	A2
74	149	00:43:07	00:04:19	Nathan White	M40+	13	Haldon Trial Runners	66%	10K	A2
75	155	00:43:24	00:04:20	Nick Robinson	M45+	7	Torbay Ac	69%	10K	A2
76	157	00:43:44	00:04:22	Jonathan Mill	M40+	14	Exmouth Harriers	67%	10K	A2
77	225	00:43:56	00:04:24	Ian Pinhey	M40+	15		65%	10K	B1
78	159	00:44:01	00:04:24	Chris Sharp	M40+	16	Exmouth Harriers	65%	10K	A2
79	161	00:44:09	00:04:25	Iwan Davies	MSen	25		62%	10K	A2
80	173	00:44:22	00:04:26	Adam Rooke	M40+	17	South West Road Runners	66%	10K	A2
81	153	00:44:42	00:04:28	Jane Hardacre	F55+	1	South West Vets Ac	83%	10K	A2
82	224	00:44:47	00:04:29	Peter Henderson	M35+	11	Torbay Athletic Club	62%	10K	B1
83	163	00:44:51	00:04:29	Neil Adams	M40+	18	Chard Road Runners	65%	10K	A2
84	248	00:45:07	00:04:31	Christopher Melley	M35+	12	Taunton Just Run	62%	10K	B2
85	223	00:45:16	00:04:32	Wendy Urban	F55+	2	Torbay Tri	83%	10K	B1
86	188	00:45:24	00:04:32	Kevin MCGovern	M35+	13	Torbay Aac	61%	10K	B1
87	186	00:45:45	00:04:34	Darren Thomas	M45+	8		64%	10K	B1
88	162	00:45:47	00:04:35	Andrew Place	MSen	26	Exmouth Harriers	59%	10K	A2
89	164	00:46:03	00:04:36	Connor Thompson	MSen	27	None	58%	10K	A2
90	185	00:46:04	00:04:36	Tom Beddow	MSen	28		59%	10K	B1
91	211	00:46:06	00:04:37	James Spayne	M35+	14	Bad Boy Running Club	60%	10K	B1
92	142	00:46:07	00:04:37	Philip Paddick	M40+	19	Wells City Harriers	62%	10K	A2
93	199	00:46:08	00:04:37	Keith Smalldon	M40+	20		63%	10K	B1
94	201	00:46:34	00:04:39	David King	M65+	2	South West Vets Ac	76%	10K	B1
95	205	00:46:41	00:04:40	Andrew Johnson	M55+	5	Exmouth Harriers	70%	10K	B1
96	143	00:46:45	00:04:40	Jack Dickenson	MU20	1	Chard Road Runners	59%	10K	A2
97	191	00:46:59	00:04:42	Justin Cole	M50+	4	Tac	65%	10K	B1
98	160	00:46:59	00:04:42	Ashley Spurrell	MSen	29	Chard Road Runners	57%	10K	A2
99	190	00:47:03	00:04:42	Suzy Cole	F45+	2	Taunton Athletic Club	71%	10K	B1
100	228	00:47:15	00:04:44	Jenny Reay	F60+	2	Exmouth Harriers	85%	10K	B1
101	192	00:47:35	00:04:46	Tim Synge	M55+	6	Westbury Harriers	68%	10K	B1
102	221	00:47:56	00:04:48	Molli Riley	FSen	7		63%	10K	B1
103	212	00:48:00	00:04:48	Mike Feighan	M55+	7	Swrr	67%	10K	B1
104	202	00:48:26	00:04:51	Joe Dickson	M50+	5	Swrr	64%	10K	B1
105	165	00:48:37	00:04:52	Richard Bull	M50+	6		65%	10K	A2
106	240	00:49:12	00:04:55	Sharon Dixon	F50+	2		72%	10K	B2
107	208	00:49:20	00:04:56	John Outhwaite	M65+	3		74%	10K	B1
108	204	00:49:28	00:04:57	Lewis Jones	M70+	1	Southwestroadrunners	75%	10K	B1
109	203	00:49:30	00:04:57	Carrie Webb	F45+	3	Blackwater Valley Runners	69%	10K	B1
110	195	00:49:36	00:04:58	Martin Beddow	M55+	8		64%	10K	B1
111	206	00:49:42	00:04:58	Jules Pring	F45+	4	South West Road Runners	67%	10K	B1
112	244	00:49:46	00:04:59	David Brown	M55+	9		64%	10K	B2
113	215	00:50:13	00:05:01	Sara Crozier	F50+	3	Torbay Aac	71%	10K	B1
114	197	00:50:25	00:05:03	Rhian Huxtable	M45+	9	Mavericks Runners	59%	10K	B1
115	227	00:50:34	00:05:03	Debbie Pinhey	F35+	2		61%	10K	B1
116	216	00:50:35	00:05:03	Rachel Hennessey	F35+	3	Honiton Rc	61%	10K	B1
117	91	00:50:59	00:05:06	Scott Jamieson	M40+	21	Exmouth Harriers	57%	10K	A1
118	210	00:51:05	00:05:07	Jim Andrews	M60+	1	Plymouth Musketeers	65%	10K	B1
119	241	00:51:07	00:05:07	Mark Crussell	M40+	22		56%	10K	B2
120	207	00:51:35	00:05:10	Alison Davidson	F45+	5		64%	10K	B1
121	222	00:51:44	00:05:10	Claire Rochelle	FSen	8		59%	10K	B1
122	259	00:51:49	00:05:11	Naomi Garrick	F50+	4		68%	10K	B2
123	253	00:51:49	00:05:11	Glen Hawkins	M55+	10	Torbay Aac	63%	10K	B2
124	209	00:51:54	00:05:11	Angela Kerr	F65+	1	Axe Valley Runners	81%	10K	B1
125	276	00:52:12	00:05:13	Natasha Waggett	F50+	5		69%	10K	B2
126	247	00:52:25	00:05:15	Martin Shelton	M45+	10	Greenbow Rc	58%	10K	B2
127	242	00:52:27	00:05:15	Shaleen Summers	F40+	4	Weston Athletic Club	61%	10K	B2
128	217	00:52:45	00:05:17	Cassandra Harrison	F40+	5	Torbay Athletics Club	61%	10K	B1
129	245	00:52:50	00:05:17	Darrell Fuller	M50+	7		59%	10K	B2
130	196	00:52:54	00:05:17	Julie Gilbert	F50+	6	Just Run Taunton	65%	10K	B1
131	246	00:53:01	00:05:18	Clare Fuller	F50+	7		65%	10K	B2
132	277	00:53:34	00:05:21	Pascal Coulon	M45+	11	Portishead Running Club	55%	10K	B2
133	249	00:54:19	00:05:26	Hannah Webber	F40+	6		58%	10K	B2
134	278	00:54:42	00:05:28	Richard Cole	M55+	11		59%	10K	B2

135	279	00:55:08	00:05:31	Lucy Fuller	F50+	9		55%	10K	B2
136	268	00:55:25	00:05:32	Bethan Bennett	F50+	10	North Devon Road Runners	55%	10K	B2
137	258	00:55:55	00:05:35	Lesley Westgate	F65+	2	Taunton Ac	77%	10K	B2
138	254	00:56:55	00:05:41	Wayne Brooks	M45+	12		54%	10K	B2
139	264	00:57:02	00:05:42	Anna Kelly	F50+	11	Tavistock Athletics Club	53%	10K	B2
140	251	00:58:06	00:05:49	Nicky Brenton	F50+	8	Lonely Goats	61%	10K	B2
141	252	00:58:06	00:05:49	Julie Oxenham	F45+	6	Bodmin Road Runners	58%	10K	B2
142	261	00:58:46	00:05:53	Caroline Bennett	0	1	North Devon Road Runners	68%	10K	B2
143	140	00:58:58	00:05:54	Scott Knight	M40+	23	Teignbridge Trotters	49%	10K	A2
144	250	00:59:06	00:05:55	Helen Preston	F35+	4	Lonely Goat	52%	10K	B2
145	257	00:59:11	00:05:55	Amy Cudmore	F40+	7		53%	10K	B2
146	256	00:59:53	00:05:59	Becky Dobbs	F35+	5		52%	10K	B2
147	214	01:00:13	00:06:01	Samuel Adams	MSen	30	Na	45%	10K	B1
148	281	01:01:22	00:00:00	Pip Vanham	F40+	8	Honiton Rc	53%	10K	B2
149	263	01:02:09	00:06:13	Wendy Crockford	F50+	9		57%	10K	B2
150	269	01:04:47	00:06:29	Liz Paddick	F40+	9	Wells City Harriers	49%	10K	B2
151	280	01:04:57	00:06:30	Elizabeth Sprules	F35+	6		47%	10K	B2
152	255	01:07:33	00:06:45	Lisa Shepherd	F45+	7		50%	10K	B2
153	270	01:08:37	00:06:52	Martin Kerr	M70+	2	Axe Valley Runners	54%	10K	B2
154	272	01:11:40	00:07:10	Karen Gough	F50+	10	Team Gough	49%	10K	B2
155	282	01:11:40	00:07:10	Lynda Gough	F45+	8		47%	10K	B2
156	274	01:17:08	00:07:43	Kate Scrivener	F45+	9		43%	10K	B2
157	275	01:17:08	00:07:43	Ann Marie Presswell	F45+	9		44%	10K	B2