



TURN & BURN 5K

20th MAY 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
1	5	00:15:25	00:03:05	Ollie Thorogood	MSen	1	South West Road Runners	84%
2	93	00:15:25	00:03:05	Simon Fox	MSen	1	Exeter Harriers	84%
3	125	00:15:32	00:03:06	Tim Gordon	MSen	3	0	83%
4	96	00:15:45	00:03:09	Robert Ellis	M35+	1	Exmouth Harriers	84%
5	6	00:15:49	00:03:10	Joe Beaton	MU20	1	Tavistock Ac	84%
6	10	00:16:24	00:03:17	Thomas Humphrey	MSen	4	South West Road Runners	80%
7	8	00:16:26	00:03:17	Steve Fletcher	MSen	5	Plymouth Harriers	79%
8	126	00:16:39	00:03:20	Charlie Hague	MU15	1	Exeter Harriers	85%
9	92	00:16:45	00:03:21	Miko Cadeddu	MSen	6	SWRR	78%
10	98	00:16:48	00:03:22	Jamie Pullinger	MSen	7	SWRR	77%
11	97	00:16:57	00:03:23	James Watson	M45+	1	Taunton AC	85%
12	121	00:17:00	00:03:24	Jame Heal	M45+	2	TAC	85%
13	15	00:17:02	00:03:24	Jody Bee	M40+	1	SWRR	81%
14	12	00:17:07	00:03:25	Phil Burden	M40+	2	Taunton AC	82%
15	14	00:17:14	00:03:27	Michal Lesniak	MSen	8	South Molton Strugglers	75%
16	27	00:17:15	00:03:27	Joel Seward	MSen	9	Axe Valley Runners	75%
17	16	00:17:17	00:03:27	Kate Drew	FSen	1	Taunton AC	86%
18	22	00:17:17	00:03:27	Terry Emmett	M35+	2	Axe Valley Runners	78%
19	7	00:17:24	00:03:29	Hayden Bond	MSen	10	Okehampton RC	74%
20	20	00:17:31	00:03:30	Ritchie Durrant	MSen	11	Pure Endurance Triathletes	74%
21	31	00:17:32	00:03:30	Chris Murphy	MSen	12	South West Road Runners	74%
22	124	00:17:33	00:03:31	Richard Ham	M45+	3	Tanar Trotters	83%
23	40	00:17:37	00:03:31	Martin Colwill	M50+	1	Bideford AAC	87%
24	36	00:17:40	00:03:32	Finlay Downes	MU17	1	Wells City Harriers	80%
25	19	00:17:41	00:03:32	Scott Jamieson	M40+	3	Exmouth Harriers	78%
26	30	00:17:44	00:03:33	Andrew Staples	MSen	13	Taunton AC	73%
27	43	00:17:49	00:03:34	David Brown	M35+	3	Torbay Tri	75%
28	13	00:17:50	00:03:34	Philip Roberts	M40+	4	Taunton AC	79%
29	25	00:17:51	00:03:34	Edward Pickering	M45+	4	South West Road Runners	81%
30	29	00:17:52	00:03:34	Matthew Orsman	M40+	5	Axe Valley Runners	79%
31	28	00:17:54	00:03:35	Esmee Wood	FSen	2		83%
32	127	00:17:56	00:03:35	Scott Hunter	M35+	4	South West Road Runners	74%
33	17	00:17:58	00:03:36	Joe Osborne	MSen	14	SWRR	73%
34	38	00:17:59	00:03:36	Simon Patterson	M45+	5	Tac	79%
35	41	00:18:04	00:03:37	Lee Hooper	M35+	5		73%
36	42	00:18:05	00:03:37	Serane Stone	F40+	1	Tiverton Harriers	87%
37	50	00:18:06	00:03:37	Ash Voralia	M35+	6	South West Road Runners	74%
38	35	00:18:06	00:03:37	James Benham	M35+	6	SWRR	75%
39	24	00:18:06	00:03:37	Michael Musgrove	M50+	2	Exmouth Harriers	83%
40	46	00:18:13	00:03:39	Paul Thomas	M60+	1	South West Road Runners	89%
41	123	00:18:15	00:03:39	Rebecca Ezra	FSen	3	Tamar Trotters	81%
42	32	00:18:15	00:03:39	Luke Reed	M40+	6	Pure Endurance Triathletes	75%
43	47	00:18:16	00:03:39	Craig Whitmore	M50+	3	Taunton AC	81%
44	54	00:18:39	00:03:44	Emma Kiernan	FSen	4	Taunton AC	79%
45	56	00:18:45	00:03:45	Samuel Weekes	M50+	4		79%
46	49	00:18:47	00:03:45	Gary Burman	M40+	7	Torbay Tri Club	73%
47	122	00:18:53	00:03:47	Howard Bailey	MSen	15	Exeter Harriers	69%
48	44	00:18:57	00:03:47	Alison Thorn	F45+	1	Erme Valley Harriers	85%
49	45	00:19:01	00:03:48	Victoria Hill	F40+	2	SWRR	80%
50	48	00:19:05	00:03:49	Martha Neal	FSen	5	Newton Abbot AC	78%
51	57	00:19:09	00:03:50	Daniel Jones	MSen	16	Tiverton Harriers	68%

52	68	00:19:14	00:03:51	James Spayne	M35+	8	Bad Boy Running Club	69%
53	95	00:19:20	00:03:52	Elizabeth Dyson	F50+	6	Haldon Trail Runners	77%
54	58	00:19:27	00:03:53	Des White	M65+	1	Exmouth Harriers	88%
55	72	00:19:29	00:03:54	Kieran Ferris	MSen	17	South West Road Runners	66%
56	55	00:19:30	00:03:54	Krzysztof Piglowski	M35+	9		69%
57	61	00:19:36	00:03:55	Nicole Avery	F50+	7	Taunton AC	76%
58	70	00:19:41	00:03:56	Richard Stone	M40+	8	South West Road Runners	70%
59	71	00:19:42	00:03:56	Becky Davies	F50+	8	South West Road Runners	75%
60	59	00:19:47	00:03:57	Hannah Bown	F40+	3	Exmouth Harriers	78%
61	67	00:19:51	00:03:58	Adam Rooke	M45+	6	South West Road Runners	71%
62	100	00:19:56	00:03:59	Clare Cowen	F50+	9	Exeter Harriers	74%
63	52	00:19:57	00:03:59	Alan Ward	M35+	10	Exeter Tri Club	66%
64	66	00:20:00	00:04:00	Luca Cadeddu	M35+	11		67%
65	99	00:20:20	00:04:04	Adrian Strawbridge	MSen	18	Axe Valley Runners	63%
66	63	00:20:24	00:04:05	Emily Brown	F50+	10	Exeter Tri Club	73%
67	64	00:20:26	00:04:05	Jason Potter	MSen	19	Axe valley runners	64%
68	74	00:20:43	00:04:09	Katie Oboyle	F50+	11		72%
69	80	00:20:47	00:04:09	Alicia Regan	F50+	12	SouthWestRoadRunners	71%
70	73	00:21:05	00:04:13	Jo Pearce	F50+	1	SWRR	80%
71	128	00:21:06	00:04:13	Chris Fuoco	M45+	7		69%
72	81	00:21:33	00:04:19	Katherine Trevatt	F50+	13		69%
73	82	00:21:57	00:04:23	Jenny Reay	F60+	1	Exmouth Harriers	90%
74	84	00:22:05	00:04:25	Helen Colwill	F50+	2	Bideford AAC	76%
75	86	00:22:32	00:04:30	Andrew Johnson	M55+	1	Exmouth Harriers	69%
76	87	00:23:28	00:04:42	Roz Debenham	F35+	1	South West Road Runners	65%
77	90	00:23:29	00:04:42	Jenny Debenham	F40+	4	South West Road Runners	66%
78	89	00:25:06	00:05:01	Nick Spayne	M60+	2		66%
79	91	00:26:25	00:05:17	Alison White	F65+	1	Exmouth Harriers	79%