



# RUN EXE 5K

Round 1 - 22 June 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	2	00:15:25	00:03:05	Ollie Thorogood	MSen	1	South West Road Runners	84%
2	1	00:15:28	00:03:06	Simon Fox	MSen	2	Exeter Harriers	84%
3	9	00:16:00	00:03:12	Steve Fletcher	MSen	3	Plymouth Harriers	81%
4	7	00:16:03	00:03:13	Paul Grieve	MSen	4		81%
5	11	00:16:04	00:03:13	Thomas Humphrey	MSen	5	South West Road Runners	82%
6	5	00:16:16	00:03:15	Callum Crawford	MSen	6	Exeter Harriers	79%
7	6	00:16:23	00:03:17	Edward Smart	MSen	7	Tavistock Run Project	80%
8	3	00:16:26	00:03:17	Ben Lloyd	MSen	8	Wells City Harriers	79%
9	16	00:16:27	00:03:17	Jamie Pullinger	MSen	9	South West Road Runners	78%
10	15	00:16:31	00:03:18	Phil Burden	M40+	1	Taunton AC	85%
11	10	00:16:34	00:03:19	Luke Passmore	MSen	10		78%
12	25	00:16:35	00:03:19	Sam Hopton	MSen	11	South West Road Runners	78%
13	12	00:16:38	00:03:20	Oliver White	M35+	1	Exmouth Harriers	80%
14	20	00:16:41	00:03:20	Alex Crump	MSen	12	South West Road Runners	78%
15	13	00:16:43	00:03:21	Miko Cadeddu	MSen	13	SWRR	78%
16	8	00:16:45	00:03:21	Andrew Drake	M35+	2	Bristol and west	80%
17	26	00:16:48	00:03:22	Joel Seward	MSen	14	Axe Valley Runners	77%
18	46	00:16:49	00:03:22	Rob Mann	MSen	15	Exeter Harriers	77%
19	29	00:16:52	00:03:22	Terry Emmett	M40+	2	Axe Valley Runners	81%
20	45	00:16:59	00:03:24	Kirsteen Welch	FSen	1	Sidmouth RC	87%
21	24	00:17:04	00:03:25	Charlie Weston	MSen	16		76%
22	18	00:17:06	00:03:25	Jonathan Hall	MSen	17	Exeter Harriers	76%
23	28	00:17:17	00:03:27	Duncan Staddon	M40+	3		80%
24	31	00:17:19	00:03:28	Finlay Downes	MU15	1	Wells City Harriers	82%
25	34	00:17:20	00:03:28	Francis Colledge	M35+	3	South West Road Runners	76%
26	21	00:17:26	00:03:29	Peter Monaghan	M55+	1	Torbay AC	89%
27	23	00:17:28	00:03:30	Philip Roberts	M40+	4	Taunton AC	81%
28	22	00:17:32	00:03:30	Scott Jamieson	M40+	5	Exmouth Harriers	79%
29	30	00:17:34	00:03:31	Andrew Staples	MSen	18	Taunton AC	74%
30	71	00:17:37	00:03:31	David Brown	M35+	4	Torbay Tri Club	77%
31	27	00:17:38	00:03:32	Chris Murphy	MSen	19	South West Road Runners	74%
32	37	00:17:45	00:03:33	James Benham	M35+	5	SWRR	76%
33	33	00:17:47	00:03:33	Thomas Whitworth	MSen	20		73%
34	36	00:17:47	00:03:33	Richard Jones	MSen	20		73%
35	41	00:17:51	00:03:34	Nick Casey	M50+	1	South West Road Runners	83%
36	39	00:17:53	00:03:35	Ash Voralia	M35+	6	South West Road Runners	75%
37	32	00:18:03	00:03:37	Edward Pickering	M45+	1	South West Road Runners	80%
38	40	00:18:04	00:03:37	Luke Reynolds	MU20	1	Newton Abbot AC	73%
39	61	00:18:10	00:03:38	Dominic Spayne	M35+	7	Exeter Harriers	75%
40	38	00:18:13	00:03:39	Sammy Antell	FSen	2	Bideford AAC	81%
41	70	00:18:13	00:03:39	Howard Bailey	MSen	22	Exeter Harriers	71%
42	44	00:18:20	00:03:40	Simon Patterson	M45+	2	TAC	78%
43	152	00:18:20	00:03:40	Scott Hunter	M35+	8	SWRR	73%
44	57	00:18:21	00:03:40	Paul Tweedie	M40+	6		76%
45	60	00:18:21	00:03:40	Brett Stevens	MSen	23		70%
46	78	00:18:22	00:03:40	Richard Drage	M60+	1	Tavistock AC	89%
47	53	00:18:25	00:03:41	Paul Thomas	M60+	2	South West Road Runners	88%
48	52	00:18:41	00:03:44	Serane Stone	F40+	1	Tiverton Harriers	84%

49	59	00:18:48	00:03:46	Emma Kiernan	FSen	3	Taunton AC	79%
50	58	00:18:56	00:03:47	Martha Neal	FSen	4	Newton Abbot AC	78%
51	43	00:19:06	00:03:49	Simon Scotthorne	M55+	2	Lonely Goat Running Club	81%
52	63	00:19:08	00:03:50	Richard Petty	MSen	24		67%
53	51	00:19:10	00:03:50	David Wilkinson	M55+	3		82%
54	79	00:19:13	00:03:51	James Ayre	M35+	9	Tiverton Harriers	70%
55	42	00:19:14	00:03:51	Tom Davies	M35+	10	Holme Pierrepont Running Club	70%
56	62	00:19:26	00:03:53	Ethan Turner	MU15	2	Taunton AC	73%
57	80	00:19:28	00:03:54	George Pemberton	MU15	3		75%
58	67	00:19:32	00:03:54	Des White	M65+	1	Exmouth Harriers	87%
59	76	00:19:34	00:03:55	Alfie Gibbins	MU17	1		71%
60	81	00:19:39	00:03:56	Byron McKinney	M45+	3	Tiverton Harriers	73%
61	55	00:19:42	00:03:56	Gareth Espin	M35+	11		67%
62	92	00:19:43	00:03:57	Claudine Benstead	F60+	1	Okehampton R C	98%
63	86	00:19:44	00:03:57	Adrian Cornford	M60+	3	Crewkerne RC	83%
64	73	00:19:46	00:03:57	Steven Turner	M50+	2	Bideford AAC	76%
65	68	00:19:48	00:03:58	Hannah Bown	F40+	2	Exmouth Harriers	78%
66	104	00:19:51	00:03:58	Olly Morris	MU15	4		73%
67	83	00:19:55	00:03:59	Steve Baker	M60+	4		83%
68	93	00:19:57	00:03:59	Craig Butler	M50+	3	Exmouth Harriers	75%
69	75	00:19:58	00:04:00	Richard Stone	M40+	7	South West Road Runners	69%
70	95	00:19:58	00:04:00	Adam Paulley	M35+	12		68%
71	66	00:20:06	00:04:01	Nicole Avery	FSen	5	Taunton Athletics Club	74%
72	72	00:20:07	00:04:01	Mat Kelly	M35+	13		66%
73	74	00:20:11	00:04:02	Adam Rooke	M45+	4	South West Road Runners	70%
74	103	00:20:15	00:04:03	Alistair Ferguson	M35+	14	SWRR	65%
75	64	00:20:33	00:04:07	Jos Jones	M40+	8	Exmouth Harriers	68%
76	90	00:20:36	00:04:07	Lorna Spayne	F35+	1	Bad Boy Running Club	74%
77	87	00:21:00	00:04:12	Barry Frost	M60+	5	SouthWestRoadRunners	78%
78	65	00:21:09	00:04:14	James Spayne	M35+	15		63%
79	127	00:21:27	00:04:17	Harry Evans	MU13	1		69%
80	97	00:21:33	00:04:19	Craig Hobson	M45+	5	Torbay Tri Club	67%
81	118	00:21:37	00:04:19	Charlie Wheeler	MU13	2		69%
82	89	00:21:38	00:04:20	Katie O'Boyle	FSen	6		69%
83	96	00:21:43	00:04:21	Jenny Reay	F60+	2		91%
84	91	00:21:47	00:04:21	Jane Hardacre	F55+	1	South West Vets AC	84%
85	101	00:21:48	00:04:22	Hannah Jones	F45+	1		74%
86	88	00:22:03	00:04:25	Russell Holloway	M45+	6		65%
87	106	00:22:05	00:04:25	Georgianna Thorn	FU20	1		68%
88	94	00:22:06	00:04:25	Andrew Place	MSen	25	Exmouth Harriers	59%
89	107	00:22:13	00:04:27	Andrew Johnson	M55+	4	Exmouth Harriers	71%
90	102	00:22:19	00:04:28	Ralph Winter	M45+	7		65%
91	112	00:22:21	00:04:28	Claire Guthrie	FSen	7	South West Road Runners	66%
92	105	00:22:27	00:04:29	Andrew Mann	M40+	9		61%
93	116	00:22:31	00:04:30	Lewis Jones	M70+	1	SWRR	79%
94	143	00:22:35	00:04:31	Laura D'Allen	F35+	2		66%
95	129	00:22:37	00:04:31	Max Spiller	MU13	3		66%
96	98	00:22:39	00:04:32	Mike Chipping	M65+	2	Bristol & West	77%
97	119	00:22:42	00:04:32	Becky Taviner	FU17	1		68%
98	108	00:22:54	00:04:35	Paul Evison	M65+	3		75%
99	110	00:22:57	00:04:35	Ron Seward	M70+	2	Axe Valley Runners	77%
100	122	00:23:13	00:04:39	Tim Synge	M55+	5	westbury harriers	68%
101	111	00:23:18	00:04:40	Callum Lamont	M55+	6	South West Road Runners	66%
102	124	00:23:20	00:04:40	Geoff Jones	M50+	4		65%
103	115	00:23:27	00:04:41	Keith Belt	M75+	1	South Devon AC	81%
104	113	00:23:33	00:04:43	Roz Debenham	F40+	3	SWRR	65%
105	114	00:23:44	00:04:45	Jenny Debenham	F40+	4	South West Road Runners	65%
106	131	00:23:45	00:04:45	Kelly Lawson	F40+	5		66%
107	125	00:24:26	00:04:53	Nick Spayne	M60+	6		67%

108	138	00:24:43	00:04:57	William Cadle	MSen	26		52%
109	121	00:24:52	00:04:58	Helen Kula-Przezowski	F60+	3	Tavistock AC	78%
110	149	00:24:59	00:05:00	Harry Branch	MU15	5	0	58%
111	126	00:25:24	00:05:05	Tim Lane	M50+	5		59%
112	130	00:25:48	00:05:10	Alison White	F65+	1	Exmouth Harriers	81%
113	151	00:26:17	00:05:15	Jimmy Zaple	M60+	7	0	63%
114	136	00:26:31	00:05:18	Mia Morris	FU13	1		63%
115	145	00:26:41	00:05:20	Ella Spiller	FU13	2		61%
116	150	00:26:53	00:05:23	Ava Leach	FU15	1	0	59%
117	135	00:27:06	00:05:25	Liz Wilson	F55+	2		69%
118	141	00:27:41	00:05:32	Bernadette Jones	F50+	1		61%
119	137	00:28:04	00:05:37	Goff Welchman	M70+	3	Tiverton Harriers	64%
120	139	00:28:27	00:05:41	Jane Richardson	F70+	1	Okehampton RC	81%
121	146	00:28:44	00:05:45	Oliver Triner	MU13	4		53%
122	132	00:28:45	00:05:45	Megan Shaw	FU15	2		56%
123	148	00:28:54	00:05:47	Lucy Welch	FU15	3		55%
124	140	00:29:23	00:05:53	Beverley Holloway	F45+	2	SWRR	56%
125	84	00:32:57	00:06:35	Jack Hodder	MU13	5		45%
126	144	00:33:37	00:06:43	Cathie Welchman	F70+	2	Tiverton Harriers	67%