



# EXETER 10K

## 2021 DAY 1&2 COMBINED RESULTS

[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	348	00:32:46	00:03:17	Simeon Bates	MSen	1		83%
2	343	00:32:48	00:03:17	Simon Fox	MSen	2	Exeter harriers	82%
3	342	00:32:52	00:03:17	Ben Holmes	MSen	3	Exeter Harriers	82%
4	347	00:33:03	00:03:18	Callum Crawford	MSen	4	Exeter Harriers	81%
5	350	00:33:07	00:03:19	Tim Gordon	MSen	5	Exeter Triathlon Club	81%
6	501	00:33:58	00:03:24	Donald Brooks	M40+	1	Torbay Triathlon	86%
7	345	00:34:10	00:03:25	Robert Ellis	M35+	1	Exmouth Harriers	80%
8	355	00:34:27	00:03:27	Liam Nicholls	MSen	6	Tavistock Run Project	78%
9	351	00:34:32	00:03:27	Benjamin Haines	M45+	1	Weston Athletic Club	85%
10	353	00:34:39	00:03:28	Toby Garrick	MSen	7	Sidmouth Running Club	78%
11	352	00:34:41	00:03:28	Oliver White	M35+	2	Exmouth Harriers	80%
12	358	00:34:54	00:03:29	Luke Passmore	MSen	8		78%
13	502	00:34:56	00:03:30	Dan Alsop	M40+	2	St Austell Running Club	83%
14	364	00:35:18	00:03:32	Jack Broom	MSen	9	Axe Valley	76%
15	494	00:35:28	00:03:33	Jo Pavey	F45+	1	Exeter Harriers	94%
16	361	00:35:47	00:03:35	Chris Selman	M35+	3	Weston Athletic Club	79%
17	374	00:35:59	00:03:36	Joel Seward	MSen	10	Axe Valley Runners	75%
18	357	00:36:04	00:03:36	Miko Cadeddu	MSen	11	SWRR	75%
19	359	00:36:43	00:03:40	Peter Monaghan	M55+	1	torbayac	88%
20	369	00:36:49	00:03:41	Chris Murphy	MSen	12	South West Road Runners	74%
21	368	00:37:20	00:03:44	Andrew Staples	MSen	13	Taunton AC	72%
22	372	00:37:21	00:03:44	Thomas Whitworth	MSen	14		72%

23	360	00:37:31	00:03:45	Simon Brice	M35+	4	Bristol and West AC	74%
24	503	00:37:32	00:03:45	Scott Jamieson	M40+	3	Exmouth Harriers	77%
25	389	00:37:33	00:03:45	Nick Casey	M50+	1	South West Road Runners	82%
26	367	00:37:40	00:03:46	Ryan Holdford	MSen	15	Torbay AAC	72%
27	375	00:37:45	00:03:47	Robert Collier	M50+	2	Axe Valley Runners	82%
28	398	00:38:15	00:03:49	Dominic Spayne	M35+	5	Exeter Harriers	74%
29	386	00:38:16	00:03:50	Paul Tweedie	M40+	4		75%
30	373	00:38:33	00:03:51	Alison McEwing	FSen	1	Erme Valley harriers	79%
31	511	00:38:34	00:03:51	Matthew Wheeler	M50+	3	Weston AC	80%
32	504	00:38:38	00:03:52	Howard Bailey	MSen	16	Exeter Harriers	70%
33	509	00:38:46	00:03:53	Marcus Albano	M40+	5	Taunton Athletes Club	74%
34	362	00:38:58	00:03:54	Joe Osborne	MSen	17	SWRR	70%
35	510	00:39:06	00:03:55	Serane Stone	F40+	1	Tiverton Harriers	83%
36	391	00:39:09	00:03:55	Sonny Harvey	MSen	18	Plymouth Harriers	69%
37	387	00:39:17	00:03:56	Philip Thomas	M40+	6		75%
38	383	00:39:26	00:03:57	Emma Stepto	F50+	1	Cornwall AC	88%
39	384	00:39:32	00:03:57	Matt Hower	M40+	7	Axe Valley Runners	73%
40	388	00:39:39	00:03:58	Des White	M65+	1	Exmouth Harriers	90%
41	380	00:39:42	00:03:58	Michael Gallacher	M45+	2	Plymouth triathlon club	76%
42	381	00:39:49	00:03:59	Susan Duncan	F40+	2	Weston Athletic Club	79%
43	492	00:39:49	00:03:59	Stephen Powell	M40+	8	Weston Athletic Club	72%
44	518	00:39:49	00:03:59	Alex MacDonald	MSen	19		68%
45	514	00:40:01	00:04:00	Samuel Weekes	M50+	4		77%
46	521	00:40:03	00:04:00	Oliver Tilling	M40+	9		71%
47	382	00:40:08	00:04:01	Emma Kiernan	FSen	2	Taunton AC	76%
48	376	00:40:16	00:04:02	Nick Bristow	M45+	3	Erme valley harriers	76%
49	512	00:40:17	00:04:02	Simon Patterson	M45+	4	Tac	74%
50	396	00:40:23	00:04:02	Ben Phillips	MSen	20		67%
51	517	00:40:42	00:04:04	Daniel Jones	MSen	21	Tiverton Harriers	67%
52	385	00:40:48	00:04:05	Amy Jones	F40+	3	Swrr	77%
53	508	00:40:48	00:04:05	David Rosser	M35+	6	Haldon Trail Runners	69%
54	412	00:40:54	00:04:05	Matt Frost	MSen	22		66%
55	378	00:41:01	00:04:06	Stephen Wiles	M40+	10	Egdon Heath harriers	70%

56	513	00:41:02	00:04:06	John Sole	M40+	11	Cornwall AC	69%
57	418	00:41:36	00:04:10	Claudine Benstead	F60+	1	Okehampton R C	96%
58	399	00:42:02	00:04:12	James Saunders	M55+	2	Teignbridge Trotters	79%
59	395	00:42:13	00:04:13	Jack Eade	MSen	23		64%
60	519	00:42:13	00:04:13	Dan Prettejohn	MSen	23	Sidmouth Running Club	65%
61	539	00:42:16	00:04:14	John Shapland	M65+	2	Bideford AAC	85%
62	523	00:42:17	00:04:14	Stephen Collier	M45+	5	South West Road Runners	70%
63	400	00:42:21	00:04:14	Nicole Avery	FSen	3	Taunton athletics club	72%
64	392	00:42:23	00:04:14	Paul Jacobson	MSen	25		64%
65	405	00:42:25	00:04:15	Mark Thomas	M50+	5	Lonely Goat RC	74%
66	406	00:42:28	00:04:15	Tim Sibley	M50+	6	Axe Valley Runners	73%
67	409	00:42:29	00:04:15	Richard Stone	M40+	12	South West Road Runners	67%
68	515	00:42:48	00:04:17	Clive Ramsden	M45+	6		69%
69	527	00:43:05	00:04:19	James Ayre	M35+	7	Tiverton Harriers	65%
70	506	00:43:09	00:04:19	Scott Mansfield	MSen	26		63%
71	390	00:43:10	00:04:19	Charlotte Walker	FU17	1	Tavistock AC	74%
72	427	00:43:23	00:04:20	Alister Ferguson	M35+	8	swrr	63%
73	459	00:43:28	00:04:21	Lukasz Chrobok	MSen	27		62%
74	411	00:43:34	00:04:21	Peter Wiles	M35+	9	Royal manor of Portland ac	64%
75	545	00:43:40	00:04:22	Alastair Lawrie	M45+	7		68%
76	416	00:43:49	00:04:23	Mat Kelly	M35+	10	Pure Endurance	63%
77	524	00:44:03	00:04:24	Carl Draine	M45+	8	Totton RC	68%
78	431	00:44:19	00:04:26	Geoff Nicholls	M60+	1		78%
79	417	00:44:51	00:04:29	Brian Sansom	M55+	3		73%
80	530	00:44:59	00:04:30	Nikki Guiver	F50+	2	Yeovil Town RRC	80%
81	531	00:45:10	00:04:31	Dean Delahaye	MSen	28		60%
82	525	00:45:28	00:04:33	David Snook	M35+	11	Exmouth Harriers	62%
83	535	00:45:37	00:04:34	Simon Rickard	M45+	9	N/a	68%
84	516	00:45:39	00:04:34	Daniel Chubb	MSen	29		59%
85	520	00:45:41	00:04:34	Kieran Ferris	MSen	30	South West Road Runners	59%
86	554	00:45:49	00:04:35	Helen Wright	F40+	4	Ilfracombe	69%
87	540	00:46:03	00:04:36	Simon Rowbottom	M60+	2	Yeovil Town RRC	74%
88	444	00:46:03	00:04:36	Antony Smith	M50+	7	Axe Valley Runners	68%

89	526	00:46:11	00:04:37	Adam Rooke	M45+	10	South West Road Runners	64%
90	433	00:46:13	00:04:37	Andrew Johnson	M55+	4	Exmouth Harriers	71%
91	413	00:46:19	00:04:38	Nathan Kitchen	M45+	11	Cornwall Athletic Club	65%
92	447	00:46:19	00:04:38	Eleanor Wood	F60+	2	Axe Valley Runners	90%
93	567	00:46:21	00:04:38	Tony Reeves	M50+	8	Diamond Runners Rushden	66%
94	430	00:46:24	00:04:38	Fraser House	MSen	31		58%
95	538	00:46:45	00:04:41	Katie Oboyle	FSen	4		64%
96	425	00:46:46	00:04:41	Kerry Board	F45+	2	Axe Valley Runners	70%
97	422	00:46:47	00:04:41	Karen Eyre	F50+	3	Axe valley Runners	73%
98	426	00:46:53	00:04:41	Lisa Cruise	FSen	5	South west road runners	65%
99	534	00:47:08	00:04:43	Justin Cole	M50+	9	Taunton Athletic Club	65%
100	536	00:47:47	00:04:47	Laura Rodriguez Blanco	F40+	5		64%
101	443	00:47:51	00:04:47	Georgina Reed	F40+	6		66%
102	441	00:47:53	00:04:47	Kevin Garner	M60+	3	Running Forever	72%
103	549	00:48:00	00:04:48	Martin Beddow	M55+	5		63%
104	580	00:48:07	00:04:49	Doug Dale	M50+	10		67%
105	495	00:48:13	00:04:49	Mike Kay	M55+	6	SWRR	68%
106	548	00:48:20	00:04:50	Ron Seward	M70+	1	Axe Valley Runners	67%
107	429	00:48:38	00:04:52	Richard Bull	M50+	11		65%
108	550	00:48:44	00:04:52	Jim Andrews	M60+	4	Plymouth Musketeers RC	62%
109	455	00:48:56	00:04:54	Tim Burgess	M50+	12		64%
110	446	00:49:00	00:04:54	Ken Howick	M55+	7	-	68%
111	559	00:49:04	00:04:54	Dean Barrett	M55+	8	Tamar Trotters	74%
112	450	00:49:06	00:04:55	Sara Crozier	F50+	4	Torbay AAC	73%
113	544	00:49:18	00:04:56	Phil Adderley	M45+	12	Erme Valley Harriers	65%
114	449	00:49:29	00:04:57	Helen Chapell	F50+	5		70%
115	532	00:49:30	00:04:57	Gavin Connor	M40+	13	Southwest Road Runners	60%
116	440	00:49:49	00:04:59	Neil Adger	M55+	9	South West Road Runners	65%
117	570	00:49:49	00:04:59	Martin Shelton	M45+	13		74%
118	467	00:49:50	00:04:59	Isabelle Rennocks	FSen	6	N/a	61%
119	547	00:49:53	00:04:59	David King	M65+	3	South West Vets AC	58%
120	461	00:49:57	00:05:00	John Outhwaite	M65+	4		73%
121	551	00:49:57	00:05:00	Charles Massey	M65+	4	South West Veterans AC	67%

122	555	00:49:58	00:05:00	Julia Conway	0	1	Axe Valley Runners	71%
123	560	00:50:09	00:05:01	Emma Clark	F35+	1	Looe Pioneers	62%
124	456	00:50:12	00:05:01	Jennie Scott	F40+	7		63%
125	566	00:50:18	00:05:02	David Hunter	M45+	14	Royal Manor of Portland AC	69%
126	452	00:50:31	00:05:03	Roz Debenham	F40+	8	South West Road Runners	62%
127	424	00:50:36	00:05:04	Lisa Palin	F35+	2	SWRR	61%
128	542	00:50:46	00:05:05	Tom Beddow	MSen	32		57%
129	558	00:50:51	00:05:05	Jonathan Weighell	M40+	14	Tiverton Harriers	57%
130	448	00:50:54	00:05:05	Geoff Fraser	M60+	5		66%
131	561	00:50:54	00:05:05	Terry McWilliams	M65+	6	South West Road Runners	67%
132	543	00:51:00	00:05:06	Keith Belt	M75+	1	south devon ac	59%
133	469	00:51:07	00:05:07	John Staplehurst	M60+	6		67%
134	438	00:51:21	00:05:08	Bob Small	M70+	2	Teignbridge Trotters	74%
135	564	00:51:21	00:05:08	Mike Allen	M40+	15	Ocean city running club	63%
136	562	00:51:30	00:05:09	Eloise Morgan	FSen	7		56%
137	578	00:51:36	00:05:10	Catherine Tapp	F40+	9	Tiverton Harriers	72%
138	451	00:51:40	00:05:10	Jenny Debenham	F40+	10	South West Road Runners	61%
139	577	00:51:40	00:05:10	Ged Fitzgibbon	M70+	3	Okehampton Running Club	62%
140	408	00:51:49	00:05:11	James Spayne	M35+	12	Bad Boy Running Club	53%
141	481	00:51:54	00:05:11	Caitlin Smith	FU20	1	Axe Valley Runners	59%
142	458	00:52:21	00:05:14	Caragh Mellitt	F45+	3		63%
143	600	00:52:36	00:05:16	Stephen Moakes	M40+	16	Tiverton Harriers	51%
144	463	00:52:44	00:05:16	Chris Watson	M45+	15	N/a	58%
145	587	00:52:48	00:05:17	Kelly Lawson	F40+	11	Greenbow running club	75%
146	460	00:52:54	00:05:17	Mark MacCormack	M40+	17		54%
147	605	00:53:00	00:05:18	Louise Green	F55+	1	Q2F	69%
148	572	00:53:11	00:05:19	Kelly Keatley	F40+	12	Cranbrook Running Club	60%
149	593	00:53:25	00:05:20	Michael White	M40+	18		64%
150	565	00:53:43	00:05:22	Claire Rochelle	FSen	8		56%
151	604	00:53:44	00:05:22	Lee Cunnington	MSen	33		50%
152	453	00:54:39	00:05:28	Naomi Garrick	F50+	6	Sidmouth Running Club	64%
153	594	00:54:47	00:05:29	Samantha Fraser	FSen	9		52%
154	465	00:54:53	00:05:29	Alison White	F65+	1	Exmouth Harriers	78%

155	661	00:54:56	00:05:30	Jimmy Zaple	M60+	7	Exeter Harriers	55%
156	471	00:55:02	00:05:30	Lucy Nelson	F55+	2	Riviera Racers	67%
157	466	00:55:05	00:05:31	Kirsty Bickell	F50+	7		62%
158	483	00:55:07	00:05:31	Mike Davies	M35+	13		51%
159	632	00:55:14	00:05:31	Annabel Frost	FSen	10		55%
160	575	00:55:15	00:05:32	Howard Brugge	M45+	16	Torbay Tri Club	55%
161	583	00:55:23	00:05:32	Robert Thomas	M50+	13		56%
162	480	00:55:33	00:05:33	Claudia Abanco	F35+	3		55%
163	472	00:55:40	00:05:34	Rebecca Watts	F40+	13		58%
164	585	00:56:18	00:05:38	Liz Michaelson	F55+	3	Exmouth Harriers	65%
165	601	00:56:40	00:05:40	Sean Barrie Rafton	M50+	14	Ocean city Running Club	54%
166	591	00:57:01	00:05:42	Andrew Joiner	M35+	14		57%
167	579	00:57:09	00:05:43	Philip Sourbut	M60+	8	Greenbow Running Club	60%
168	607	00:57:16	00:05:44	Nicole Brown	FSen	11		53%
169	584	00:57:24	00:05:44	Claire Drainey	F45+	4	Totton Running Club	56%
170	482	00:57:35	00:05:46	Samantha Miller	F50+	8	Axe Valley Runners	63%
171	589	00:57:53	00:05:47	Mark Chambers	M55+	10		52%
172	470	00:58:05	00:05:48	Goff Welchman	M70+	4	Tiverton Harriers	64%
173	468	00:58:24	00:05:50	Maggie Gellersjo	F35+	4	Southwest road runners	53%
174	613	00:58:27	00:05:51	Mark Khan	M55+	11		48%
175	608	00:58:37	00:05:52	Dave Ashbery	M60+	9	Tri Energy	57%
176	612	00:58:48	00:05:53	Liz Loly	F40+	14		57%
177	475	00:58:56	00:05:54	Pete Hodges	M35+	15	GoodGym Race Team	47%
178	606	00:59:08	00:05:55	Peter Horrell	M60+	10		55%
179	454	00:59:34	00:05:57	Terry Field	M75+	2	-	67%
180	620	00:59:43	00:05:58	Alyson Evans	FSen	12		54%
181	618	01:00:13	00:06:01	Frazer Bolt	M55+	12		57%
182	596	01:00:19	00:06:02	Kate De Burgh	FSen	13		50%
183	576	01:00:23	00:06:02	James Stone	M45+	17		49%
184	598	01:00:49	00:06:05	Helen Preston	F35+	5	Lonely Goat	51%
185	592	01:00:55	00:06:05	Carly Olczak	F40+	15		52%
186	623	01:01:37	00:06:10	Jane Richardson	F70+	1	Okehampton RC	77%
187	631	01:01:53	00:06:11	Heather Simmons	F35+	6	Axe Valley Runners	50%

188	588	01:02:09	00:06:13	Gordon Wells	M50+	15		49%
189	563	01:03:06	00:06:19	Ralph Winter	M45+	18		53%
190	616	01:04:06	00:06:25	Charley Winter	FSen	14		49%
191	624	01:05:04	00:06:30	Kirstie Faust	F45+	5		46%
192	476	01:05:14	00:06:31	Vic Morgan	M65+	7		54%
193	609	01:05:46	00:06:35	Natalie Marsh	F35+	7	Maverick Runners	47%
194	493	01:06:01	00:06:36	Dennis Hall	M60+	11	South West Road Runners	51%
195	639	01:06:27	00:06:39	Lorraine Ricketts	F50+	9	Cranbrook Running Club	52%
196	478	01:06:29	00:06:39	Jackie Faulkner	F45+	6	Plymstock Road Runners	49%
197	479	01:06:30	00:06:39	Bill Christie	M60+	12	Plymstock Road Runners	50%
198	487	01:06:57	00:06:42	Liana King	F35+	8	South West Road Runners	47%
199	474	01:07:05	00:06:42	Cathie Welchman	F70+	2	Tiverton Harriers	69%
200	645	01:08:18	00:06:50	Mike Thorne	MSen	34		40%
201	646	01:09:26	00:06:57	Melanie Hickles	F50+	10	Ilfracombe Running Club	51%
202	621	01:09:50	00:06:59	Scott Rowsell	M40+	19		42%
203	630	01:09:51	00:06:59	Emma Brennan	F35+	9	Heavitree Running Club	45%
204	626	01:10:24	00:07:02	Martin Saxton	M60+	13	South West Road Runners	47%
205	644	01:10:25	00:07:03	Elaine Mason	F45+	7		48%
206	642	01:10:26	00:07:03	Clare Norris	F55+	4		54%
207	629	01:11:23	00:07:08	Janet Morgan	F60+	3		55%
208	622	01:12:45	00:07:16	Debbie Simpson	F50+	11	Cranbrook Running Club	50%
209	650	01:14:06	00:07:25	Peter Addison	M50+	16		43%
210	488	01:18:44	00:07:52	Jon Scott	M35+	16		35%
211	649	01:24:18	00:08:26	Kevin Bastable	M50+	17	South Molton Strugglers	37%
212	653	01:24:30	00:08:27	Jenn Whitehorn	F35+	10		37%
213	655	01:24:31	00:08:27	Ordel Gillson	F40+	16		38%