



# RUN EXE 5K

Round 1 - 5th April 2022

[As per UKA rule 165.24 finish times rounded up to the nearest full second.](#)

[Guidance on GPS distance and time recording.](#)

Pos	Bib	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	101	00:15:46	00:03:09	Nathan Goddard	MU20	1	Exeter University Athletics Club	84%
2	93	00:16:03	00:03:13	Luke Passmore	MSen	1		81%
3	66	00:16:05	00:03:13	Donald Brooks	M40+	1	Torq	87%
4	95	00:16:13	00:03:15	Martin Edwards	MSen	2	Bideford Aac	80%
5	121	00:16:16	00:03:15	Thomas Humphrey	MSen	3	South West Road Runners	81%
6	82	00:16:23	00:03:17	Jamie Pullinger	MSen	4	South West Road Runners	79%
7	104	00:16:28	00:03:18	Paul Grieve	MSen	5		79%
8	7	00:16:36	00:03:19	Callum Crawford	MSen	6	Exeter Harriers	78%
9	124	00:16:38	00:03:20	Will Austin	MSen	7		78%
10	97	00:16:40	00:03:20	Mawgan Andrew	MSen	8	Taunton Ac	78%
11	65	00:16:45	00:03:21	Clive Stephenson	M50+	1		90%
12	89	00:16:49	00:03:22	Lee Hooper	M35+	1		79%
13	15	00:17:20	00:03:28	Edward Pickering	M45+	1	South West Road Runners	84%
14	57	00:17:29	00:03:30	Ben Tull	MSen	9	Taunton Ac	74%
15	81	00:17:32	00:03:30	Jamie Howard	M40+	2	South West Road Runners	80%
16	69	00:17:46	00:03:33	Freya Woodhead	FU15	1	Bideford Aac	88%
17	26	00:17:49	00:03:34	Howard Bailey	MSen	10	Exeter Harriers	73%
18	87	00:17:53	00:03:35	Kirstie Booth	F40+	1	Taunton Ac	88%
19	1	00:17:58	00:03:36	Adam Hunt	MSen	11		72%
20	22	00:18:02	00:03:36	George Pemberton	MU15	1		79%
21	118	00:18:03	00:03:37	Shaun Woodhead	M45+	2	Bideford Aac	79%
22	107	00:18:08	00:03:38	Richard Pedrick	M35+	2	Vegan Runners Uk	74%
23	68	00:18:15	00:03:39	Ffion Higginson	FSen	1	Exeter University Athletics Club	81%
24	39	00:18:16	00:03:39	Matt Frost	MSen	12	Axe Valley Runners	71%
25	116	00:18:16	00:03:39	Sammy Antell	FSen	2	Bideford Aac	81%
26	80	00:18:24	00:03:41	James Riste	MSen	13	Taunton Ac	70%
27	102	00:18:26	00:03:41	Nick Bristow	M45+	3	Erme Valley Harriers	79%
28	83	00:18:34	00:03:43	Jason Hockridge	M40+	3	South West Road Runners	75%
29	27	00:18:36	00:03:43	James Ayre	M35+	3	Tiverton Harriers	73%
30	98	00:18:39	00:03:44	Michael Greenacre	MSen	14	Tavistock Ac	70%
31	117	00:18:40	00:03:44	Serane Stone	F45+	1	Tiverton Harriers	85%
32	67	00:18:46	00:03:45	Ethan Sterry	MSen	15	South West Road Runners	69%
33	52	00:18:46	00:03:45	Amy Jones	F40+	2	South West Road Runners	83%
34	109	00:18:54	00:03:47	Rob Clutterbuck	MSen	16		69%
35	49	00:18:55	00:03:47	Alfie Gibbins	MU17	1	Honiton Running Club	72%
36	62	00:18:57	00:03:47	Chris Rowley	MSen	17		68%
37	4	00:18:59	00:03:48	Andrew Barnard	M45+	4		76%
38	53	00:19:01	00:03:48	Andrew Vernon	M50+	2	Okehampton Running Club	79%
39	44	00:19:02	00:03:48	Olly Morris	MU15	2		75%
40	48	00:19:06	00:03:49	Adam Bevins	M35+	4	Langport Runners	71%
41	16	00:19:07	00:03:49	Edward Stevens	M35+	5		69%
42	28	00:19:15	00:03:51	James Overton	M35+	6		70%
43	13	00:19:17	00:03:51	Daniel Jones	MSen	18	Tiverton Harriers	68%
44	63	00:19:21	00:03:52	Chris Shakya	M35+	7	Greenbow Running Club	69%
45	79	00:19:45	00:03:57	Jaden Rigler	MU17	2	Bideford Aac	70%
46	54	00:19:52	00:03:58	Andy Macmillan	M50+	3	Dawlish Coasters	77%
47	96	00:19:57	00:03:59	Mat Kelly	M35+	8	Pure Endurance Triathletes	67%
48	20	00:20:00	00:04:00	PACE - Steve Goss	M0	1	PACER	#N/A
49	45	00:20:13	00:04:03	Oscar Purchase	MU13	1		74%
50	75	00:20:15	00:04:03	Harry Evans	MU15	3	Honiton Running Club	72%
51	51	00:20:17	00:04:03	Alicia Regan	FSen	3	South West Road Runners	73%
52	108	00:20:30	00:04:06	Rob Brown	M50+	4	Taunton Ac	74%
53	115	00:20:34	00:04:07	Samantha Lake	F40+	3	Tavistock Athletic Club	76%
54	77	00:20:34	00:04:07	Isla Mayne	FU15	2	Exeter Harriers	78%
55	19	00:20:34	00:04:07	Finnan Driscoll	MU13	2		72%
56	72	00:20:44	00:04:09	Hannah Bown	F40+	4	Exmouth Harriers	75%
57	47	00:21:02	00:04:12	Sophie-May Luxton	FU17	1	Okehampton Rc	73%
58	21	00:21:14	00:04:15	Geoff Nicholls	M60+	1		78%
59	60	00:21:17	00:04:15	Charlotte Brown	FU20	1	Taunton Ac	70%
60	123	00:21:18	00:04:16	Jordan Hewitt	MSen	19		61%
61	38	00:21:26	00:04:17	Lyra Webb	FU13	1	Dorchester	76%
62	119	00:21:31	00:04:18	Simon Swift	M50+	5	Erme Valley Harriers	71%
63	24	00:21:36	00:04:19	Greg Mimms	M35+	9	South West Veterans Ac	62%
64	59	00:21:41	00:04:20	Chantelle Saunders	FSen	4		68%
65	61	00:21:44	00:04:21	Chloe Fox	F35+	1	South West Road Runners	70%
66	33	00:21:58	00:04:24	Jos Jones	M45+	5	Exmouth Harriers	65%
67	41	00:22:03	00:04:25	Mia Morris	FU13	2		74%
68	6	00:22:06	00:04:25	Barry Frost	M60+	2	South West Roads Runners	75%
69	40	00:22:16	00:04:27	Max Spiller	MU15	4		65%
70	78	00:22:16	00:04:27	Jade Hopton	FSen	5	0	67%
71	14	00:22:21	00:04:28	Des White	M65+	1	Exmouth Harriers	77%
72	36	00:22:22	00:04:28	Lily Purchase	FU15	3		70%
73	31	00:22:43	00:04:33	Jeffrey Curd	M55+	1	Tiverton Harriers	68%
74	84	00:23:06	00:04:37	Jenny Reay	F60+	1	Exmouth Harriers	86%
75	73	00:23:15	00:04:39	Hannah Brown	FSen	6	N1 Triathlon Club	64%
76	34	00:23:18	00:04:40	Kelly Lawson	F40+	5		68%

77	113	00:23:41	00:04:44	Roz Debenham	F40+	6	Swrr	65%
78	74	00:23:42	00:04:44	Hannah Webber	F40+	7	0	65%
79	91	00:23:42	00:04:44	Lizzi Stevenson	F50+	7	Bideford Aac	62%
80	11	00:23:43	00:04:45	Chloe Phare	FU13	3		70%
81	55	00:23:51	00:04:46	Anna Newman	FU13	4		70%
82	8	00:23:55	00:04:47	Callum Lamont	M55+	2	South West Roads Runners	65%
83	64	00:23:57	00:04:47	Christopher Hammond	M35+	10		55%
84	110	00:24:08	00:04:50	Robbie Newman	M40+	4		57%
85	88	00:24:38	00:04:56	Krista Hammond	F35+	2	0	61%
86	25	00:24:39	00:04:56	Harry Branch	MU15	5		58%
87	35	00:24:41	00:04:56	Kirsty Bickell	F50+	1		68%
88	114	00:24:51	00:04:58	Ryan Davies	M35+	11		55%
89	56	00:24:57	00:04:59	Becky Taviner	FU17	2	Honiton Running Club	62%
90	46	00:25:15	00:05:03	Russell Whealen	M35+	12	Greenbow Running Club	53%
91	32	00:25:15	00:05:03	Jenny Debenham	F40+	8	South West Road Runners	61%
92	42	00:25:17	00:05:03	Nigel Baker	M70+	1	Running Forever	70%
93	111	00:25:25	00:05:05	Rod Payne	M65+	2	Teignbridge Trotters	67%
94	58	00:25:47	00:05:09	Caitlin Moss	F50+	8		57%
95	17	00:25:58	00:05:12	Ella Spiller	FU15	4		62%
96	18	00:26:02	00:05:12	Fay Driscoll	FU13	5		63%
97	3	00:26:22	00:05:16	Alison White	F65+	1	Exmouth Harriers	80%
98	103	00:26:43	00:05:21	Nicola Ashworth	F50+	2		66%
99	90	00:26:58	00:05:24	Linda Bracher	F50+	3	Erme Valley Harriers	65%
100	76	00:27:25	00:05:29	Imogen Clarke	FU13	6	Honiton Running Club	61%
101	29	00:27:39	00:05:32	Jane Whitcombe	F45+	2	Lonely Goat Rc	60%
102	122	00:28:27	00:05:41	Wendy Aspland	F50+	4		61%
103	100	00:28:39	00:05:44	Millie Vicente	F50+	9		52%
104	23	00:29:24	00:05:53	Goff Welchman	M70+	2	Tiverton Harriers	61%
105	112	00:30:28	00:06:06	Ros Vincent	F55+	1	Women On The Run	60%
106	9	00:32:17	00:06:27	Cathie Welchman	F70+	1	Tiverton Harriers	71%