



FAST FRIDAY 10K

15th 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	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	9	00:31:15	00:03:08	Tom Merson	M35+	1	Exmouth Harriers	88%
2	101	00:31:39	00:03:10	Simon Fox	MSen	1	Exeter Harriers	85%
3	93	00:32:01	00:03:12	Robert Ellis	M35+	2	Exmouth Harriers	86%
4	75	00:34:13	00:03:25	James Cutlan	M35+	3	Cornwall Ac	80%
5	67	00:34:16	00:03:26	Callum Crawford	MSen	2	Exeter Harriers	78%
6	41	00:34:27	00:03:27	Jack Broom	MSen	3	Axe Valley	78%
7	257	00:34:28	00:03:27	Owen Walpole	MSen	4	Sunderland Harriers & Ac	78%
8	175	00:34:29	00:03:27	Matthew Murt	M35+	4	Rajamangala Runners	81%
9	156	00:34:31	00:03:27	Richard Lee-Wright	M35+	5	Tiverton Harriers	81%
10	118	00:34:38	00:03:28	Tom Heslop	MSen	5	Kent Ac	78%
11	33	00:34:52	00:03:29	Darren Bishop	M40+	1	Pontypridd Roadents Ac	81%
12	221	00:34:58	00:03:30	Joel Seward	MSen	6	Axe Valley Runners	77%
13	1	00:34:58	00:03:30	Phil Wylie	PACE 35	1	0	#N/A
14	145	00:35:05	00:03:31	James Kelly	MSen	7	Exmouth Harriers Aac	77%
15	128	00:35:07	00:03:31	Lee Hooper	M35+	6	Not Attached	79%
16	194	00:35:41	00:03:34	Alex Peyton Jones	M40+	2	Tavistock Run Project	80%
17	191	00:35:47	00:03:35	Adam Payne	M35+	7	Pontypridd Roadents Ac	78%
18	122	00:35:54	00:03:35	Jamie Hill	MSen	8	Jh Running	75%
19	70	00:36:03	00:03:36	Alex Crump	MSen	9	South West Road Runners	75%
20	158	00:36:09	00:03:37	Sam Luxa	M35+	8		77%
21	169	00:36:12	00:03:37	peter monaghan	M55+	1	Torbayac	90%

22	195	00:36:18	00:03:38	Edward Pickering	M45+	1	South West Road Runners	84%
23	253	00:36:29	00:03:39	Chris Turner	MSen	10	Okehampton Rc	74%
24	228	00:36:31	00:03:39	Dominic Spayne	M40+	3	Exeter Harriers	78%
25	246	00:36:33	00:03:39	Daniel Thrift	MSen	11	Pontypridd Roadents Ac	74%
26	131	00:36:35	00:03:40	Jamie Howard	M40+	4	South West Road Runners	80%
27	147	00:36:39	00:03:40	adam Kidson	MSen	12	Exeter Harriers	74%
28	185	00:36:48	00:03:41	Ben Oman	M40+	5		80%
29	63	00:36:52	00:03:41	Ian Connock	MSen	13	Weston Ac	74%
30	113	00:36:53	00:03:41	Stuart Hall	M55+	2	Dsfrs	88%
31	223	00:36:58	00:03:42	Nathan Sheehy	M45+	2	Exmouth Harriers Aac	81%
32	205	00:37:05	00:03:42	Luke Reynolds	MSen	14	Exeter University Athletics Club	73%
33	268	00:37:18	00:03:44	Matthew Wheeler	M50+	1	Weston Athletic Club	84%
34	138	00:37:33	00:03:45	Richard Jones	MSen	15		72%
35	62	00:37:35	00:03:46	William Collins	M35+	9	Taunton Ac	73%
36	35	00:37:36	00:03:46	James Blight	M35+	10	Tamar Trotters	75%
37	120	00:37:53	00:03:47	Geoffrey Hill	M45+	3	Patchacott Flyers (Runtogether C	79%
38	112	00:37:58	00:03:48	Jonathan Hall	MSen	16	Exeter Harriers	72%
39	52	00:38:29	00:03:51	Sean Childs	M50+	2	Royal Navy Athletics Club	80%
40	232	00:38:33	00:03:51	Emma Stepto	F50+	1	Cornwall Ac	91%
41	104	00:38:37	00:03:52	Matt Frost	MSen	17	Axe Valley Runners	70%
42	161	00:38:39	00:03:52	Kevin Manvill	M55+	3	Tiverton Harriers	83%
43	234	00:38:41	00:03:52	Ethan Sterry	MSen	18	South West Road Runners	70%
44	216	00:38:42	00:03:52	John Rostron	M35+	11		71%
45	40	00:38:47	00:03:53	Nicholas Bristow	M45+	4	Erme Valley Harriers	79%
46	21	00:38:57	00:03:54	Naomi Aylwin	FSen	1	Bristol & West Ac	78%
47	126	00:39:19	00:03:56	Jason Hockridge	M40+	6	Swrr	73%
48	60	00:39:21	00:03:56	Stephen Collier	M45+	5	South West Road Runners	76%
49	49	00:39:22	00:03:56	Simon Chant	M45+	6	Exeter Triathlon Club	75%
50	95	00:39:25	00:03:56	Daryl Emery	M35+	12	Somer Ac	72%
51	85	00:39:26	00:03:57	Simon Dimmock	MSen	19	Axe Valley Runners	69%
52	45	00:39:27	00:03:57	Craig Butler	M50+	3	Exmouth Harriers Aac	79%
53	140	00:39:37	00:03:58	Daniel Jones	MSen	20	Tiverton Harriers	69%
54	2	00:39:42	00:03:58	Miko Cadeddu	PACE 40	1	0	#N/A

55	244	00:39:54	00:03:59	Philip Thomas	M45+	7		74%
56	127	00:39:58	00:04:00	Pawel Holy	M45+	8		74%
57	29	00:40:02	00:04:00	Stuart Batten	M45+	9	South Devon Athletic Club	74%
58	94	00:40:03	00:04:00	Mike Ellis	M45+	10	Bodmin Dragons Triathlon Club	74%
59	279	00:40:29	00:04:03	James Woolf	M50+	4	South West Road Runners	78%
60	222	00:40:49	00:04:05	John Shapland	M65+	1	Bideford Aac	89%
61	204	00:41:00	00:04:06	Oli Reynolds	MSen	21		65%
62	24	00:41:00	00:04:06	Jeff Bardell	M40+	7		70%
63	245	00:41:12	00:04:07	Andrew Thomas	MSen	22		65%
64	160	00:41:12	00:04:07	Steven Mahoney	M40+	8	Tamar Trotters	69%
65	51	00:41:15	00:04:07	George Chapman	MSen	23		65%
66	179	00:41:23	00:04:08	Cathy Newman	F60+	1	Exmouth Harriers Aac	95%
67	30	00:41:34	00:04:09	James Benham	M40+	9	South West Road Runners	68%
68	248	00:41:35	00:04:10	Ben Timpson	M35+	13	Running Forever Rc	66%
69	12	00:41:37	00:04:10	Peter Aggett	M50+	5	Tiverton Harriers	75%
70	74	00:41:41	00:04:10	Marc Curtis	M50+	6	Tavistock Ac	75%
71	237	00:41:49	00:04:11	Ross Stevens	M35+	14	South West Road Runners	67%
72	269	00:41:57	00:04:12	Jet White	MSen	24		64%
73	202	00:41:57	00:04:12	Ben Reed	M35+	15	Torbay Tri	67%
74	165	00:42:25	00:04:15	Sean McTaggart	MSen	25		64%
75	97	00:42:36	00:04:16	Alistair Ferguson	M35+	16	South West Road Runners	65%
76	38	00:42:47	00:04:17	Nick Brazier	MSen	26	Running Forever Rc	63%
77	102	00:42:50	00:04:17	Victoria France	F35+	1		72%
78	18	00:42:57	00:04:18	Kevin Ashworth	M50+	7	South Devon Athletic Club	73%
79	116	00:43:06	00:04:19	Jack Harvey	MSen	27		62%
80	37	00:43:13	00:04:19	Tom Bornet	M35+	17	Honiton Rc	64%
81	201	00:43:18	00:04:20	Rich Rawnsley	M40+	10	Rugby Triathlon Club	66%
82	226	00:43:20	00:04:20	Hannah Smith	FSen	2	Tavistock Run Project	70%
83	193	00:43:29	00:04:21	Mike Peters	M60+	1	Overton Harriers	77%
84	238	00:43:35	00:04:22	Richard Stone	M40+	11	South West Road Runners	66%
85	91	00:43:45	00:04:23	Charles Edmonds	M40+	12	Dawlish Coasters	67%
86	239	00:43:46	00:04:23	Adrian Strawbridge	M40+	13	Axe Valley Runner	66%
87	272	00:43:55	00:04:24	Des White	M65+	2	Exmouth Harriers	82%

88	136	00:44:06	00:04:25	Andrew Johnson	M55+	4	Exmouth Harriers Aac	74%
89	149	00:44:09	00:04:25	Myshola Kirkham	F40+	1		72%
90	277	00:44:17	00:04:26	Charlie Withers	M40+	14	South West Road Runners	66%
91	14	00:44:24	00:04:26	Alex Appleby	M35+	18		62%
92	182	00:44:28	00:04:27	Geoff Nicholls	M60+	2	Greenbow Running Club	78%
93	218	00:44:35	00:04:28	Karl Schultze	MSen	28	South West Road Runners	61%
94	208	00:44:37	00:04:28	Simon Rickard	M45+	11		67%
95	124	00:44:38	00:04:28	Katie Hine	F40+	2	Torbay Tri	71%
96	135	00:44:45	00:04:29	Jenny Jeeves	F50+	2	Tavistock Ac	81%
97	212	00:44:50	00:04:29	Nick Robinson	M45+	12	Torbay Aac	67%
98	64	00:44:51	00:04:29	Katie Coult	F35+	2	South West Road Runners	69%
99	119	00:45:02	00:04:30	James Higgins	M35+	19	Swrr	61%
100	261	00:45:02	00:04:30	Danielle waters	F35+	3	South Devon Ac	68%
101	250	00:45:03	00:04:30	Sam Tremlett	MU20	1		61%
102	3	00:45:04	00:04:30	Scott Hunter	PACE 45	1	0	#N/A
103	188	00:45:06	00:04:31	Joanne Page	F35+	4	Okehampton Running Club	68%
104	36	00:45:07	00:04:31	Kerry Board	F45+	1	Axe Valley Runners	74%
105	92	00:45:15	00:04:31	Rebecca Ellis	F40+	3	Bodmin Dragons Triathlon Club	70%
106	197	00:45:54	00:04:35	Catherine Powell	F40+	4	Pontypridd Roadents Ac	70%
107	260	00:46:00	00:04:36	Antony Waters	M45+	13	South Devon Ac	64%
108	100	00:46:06	00:04:37	Chloe Fox	F35+	5	South West Road Runners	67%
109	198	00:46:14	00:04:37	Steve Price	M45+	14	Exeter Tri Club	66%
110	178	00:46:15	00:04:38	James Newman	MSen	29	Plymouth Musketeers Rc	58%
111	172	00:46:19	00:04:38	Ian Mortimer	M50+	8		68%
112	206	00:46:24	00:04:38	Jonathan Rich	M55+	5	South West Road Runners	69%
113	220	00:46:24	00:04:38	Iaen Sell	M60+	3	Torbay Aac	73%
114	72	00:46:29	00:04:39	Justin Cudmore	M45+	15	Justin Cudmore	64%
115	66	00:46:56	00:04:42	Stuart Coyne	M50+	9		66%
116	171	00:47:03	00:04:42	Steve Morgan	M65+	3	Exmouth Harriers Aac	74%
117	69	00:47:17	00:04:44	Lisa Cruise	FSen	3	South West Road Runners	64%
118	111	00:47:19	00:04:44	Jamie Hadwin	M35+	20	Jh Running	59%
119	42	00:47:34	00:04:45	David Brown	M55+	6		67%
120	154	00:47:45	00:04:46	Vincent Langdon	M50+	10	South Devon Ac	66%

121	144	00:47:56	00:04:48	Mike Kay	M55+	7	South West Road Runners	69%
122	77	00:48:11	00:04:49	Alison Davidson	F45+	2	Lonely Goat Rc	69%
123	270	00:48:20	00:04:50	Emma White	F35+	6	Exmouth Harriers	64%
124	108	00:48:37	00:04:52	Rosie Glazier	FSen	4	South West Road Runners	63%
125	164	00:48:40	00:04:52	Ian Goalfar McFarlane	M55+	8	Utopian Sport	67%
126	183	00:48:59	00:04:54	Nicola Noble	F35+	7		63%
127	180	00:49:04	00:04:54	Jonathan Newman	M40+	15		60%
128	174	00:49:13	00:04:55	Rachel Murt	F35+	8		63%
129	115	00:49:23	00:04:56	Cassandra Harrison	F45+	3	Torbay Athletic Club	66%
130	151	00:49:26	00:04:57	Sam Kirkwood	M35+	21		56%
131	155	00:49:28	00:04:57	Ruby Lawrence	FSen	5	Run Fit Run Fast	61%
132	157	00:49:28	00:04:57	Stuart Loly	M45+	16	Riviera Racers	60%
133	170	00:49:36	00:04:58	john moorhouse	M60+	4	Meltham	70%
134	79	00:49:50	00:04:59	Saffron Day	FSen	6		61%
135	262	00:49:53	00:04:59	Carrie Webb	F50+	3	Blackwater Valley Runners	69%
136	166	00:49:56	00:05:00	Clare Melbourne	F35+	9	Honiton Rc	62%
137	114	00:49:58	00:05:00	Christopher Hammond	M35+	22		55%
138	133	00:49:59	00:05:00	Tim Isaac	M40+	16		58%
139	82	00:50:03	00:05:00	roz debenham	F40+	5	Swrr	63%
140	130	00:50:09	00:05:01	Andrew Houghton	M75+	1	Tavistock Ac	80%
141	4	00:50:14	00:05:01	Andy Moore	PACE 50	1	0	#N/A
142	20	00:50:41	00:05:04	Tom Atwill	M35+	23	South Devon Athletic Club	55%
143	163	00:50:44	00:05:04	Douglas McCombie	MSen	30	Riviera Racers	53%
144	90	00:51:09	00:05:07	Samantha Durston	F35+	10		61%
145	99	00:51:20	00:05:08	Katie Foster	F35+	11		60%
146	236	00:51:25	00:05:08	Debra Stevens	FSen	7	South West Road Runners	59%
147	192	00:51:27	00:05:09	Jessica Perriss	F45+	4	Riviera Racers	65%
148	186	00:51:37	00:05:10	john outhwaite	M70+	1		71%
149	68	00:51:48	00:05:11	Sara Crozier	F50+	4	Torbay Aac	70%
150	17	00:51:49	00:05:11	Laura Ashworth	F45+	5	South Devon Athletic Club	63%
151	76	00:52:03	00:05:12	Laura Dallen	F35+	12		59%
152	31	00:52:07	00:05:13	Matilda Bennett	FU17	1		61%
153	107	00:52:15	00:05:14	Julie Gilbert	F50+	5	Just Run Taunton	67%

154	233	00:52:20	00:05:14	Brett Stepto	M45+	17	Cornwall Ac	57%
155	32	00:52:21	00:05:14	Kirsty Bickell	F50+	6	Greenbow Running Club	66%
156	125	00:52:22	00:05:14	Sarah Hine	F40+	6	Torbay Tri	62%
157	258	00:52:36	00:05:16	Tony Warc	M50+	11		59%
158	230	00:52:45	00:05:17	Elise Spicer	FSen	8		58%
159	48	00:52:51	00:05:17	Shaun Callaghan	M55+	9		62%
160	210	00:53:17	00:05:20	Tracey Roberts	F50+	7	Riviera Racers	64%
161	146	00:53:20	00:05:20	Angela Kerr	F65+	1	Axe Valley Runners	80%
162	103	00:53:21	00:05:20	Annabel Frost	FSen	9		57%
163	39	00:53:31	00:05:21	Angela Brinicombe	F65+	2	Launceston Road Runners	79%
164	73	00:53:39	00:05:22	Gazza Cummins	F50+	8	0	66%
165	190	00:53:44	00:05:22	Bretti Paxton	FSen	10	Pontypridd Roadents Ac	57%
166	274	00:54:02	00:05:24	Kate Wilson	F55+	1	Okehampton Rc	71%
167	249	00:54:18	00:05:26	Pete Tosh	M40+	17		54%
168	273	00:54:29	00:05:27	Karen Williams	F40+	7	0	58%
169	141	00:54:33	00:05:27	Neil Jordain	M40+	18	South Devon Ac	54%
170	105	00:54:40	00:05:28	Maggie Gellersjo	F35+	13	South West Road Runners	56%
171	25	00:54:54	00:05:29	Simon Barrett	M60+	5	Instinctive Sport Fun Runners	61%
172	98	00:55:03	00:05:30	Ged Fitzgibbon	M70+	2	Okehampton Rc	68%
173	80	00:55:04	00:05:30	Paul Dean	M55+	10	Brixham Harriers	59%
174	189	00:55:05	00:05:31	Phil Parsons	M50+	12	Brixham Harriers	57%
175	173	00:55:08	00:05:31	Caitlin Moss	FSen	11		55%
176	5	00:55:38	00:05:34	Fern Dymond	PACE 55	1	0	#N/A
177	56	00:56:09	00:05:37	Alison Cobbin	F35+	14		55%
178	213	00:56:19	00:05:38	Suzi Rockey	F35+	15	Sidmouth Running Club	54%
179	16	00:56:21	00:05:38	Nicola Ashworth	F50+	9		64%
180	26	00:56:49	00:05:41	Ann Barriball	F45+	6	Launceston Road Runners	60%
181	241	00:57:07	00:05:43	Caroline Tait	F55+	2	South West Road Runners	65%
182	83	00:57:08	00:05:43	Jenny Debenham	F40+	8	South West Road Runners	56%
183	217	00:57:25	00:05:45	Marco Scala	M50+	13	Sg Djk Hattersheim	54%
184	181	00:57:33	00:05:45	Catherine Newman	F40+	9		56%
185	121	00:57:38	00:05:46	Rich Hill	M50+	14	South West Road Runners	55%
186	200	00:58:28	00:05:51	Kasia Ratcliffe	FSen	12		52%

187	203	00:58:44	00:05:52	Sarah Reynolds	F55+	3	Fit2Run	62%
188	65	00:58:48	00:05:53	Heather Coverdale	F60+	2	South Devon Athletic Club	69%
189	168	00:58:49	00:05:53	Greg Mimms	M35+	24	Greenbow Running Club	48%
190	58	00:59:29	00:05:57	Michelle Coles	F45+	7	South Devon Athletic Club	55%
191	207	00:59:53	00:05:59	Jane Richardson	F70+	1	Okehampton Rc	80%
192	6	01:00:01	00:06:00	Martin Sterry	PACE 60	1	0	#N/A
193	247	01:00:54	00:06:05	Mike Timbury	M50+	15		50%
194	81	01:01:11	00:06:07	Nicola Dean	F50+	10	Brixham Harriers	56%
195	152	01:01:47	00:06:11	Lee Kulec-Elston	M40+	19	None	47%
196	148	01:01:55	00:06:11	Liana King	F40+	10	South West Road Runners	51%
197	254	01:02:07	00:06:13	Pip Vanham	F45+	8	Honiton Rc	52%
198	263	01:02:24	00:06:14	Goff Welchman	M70+	3	Tiverton Harriers	60%
199	225	01:03:29	00:06:21	Nicky Simmons	F50+	11	Brixham Harriers	55%
200	28	01:03:54	00:06:23	Charlotte Batchelor	F45+	9	Brixham Harriers	52%
201	96	01:04:09	00:06:25	Victoria Evison	F40+	11	Okehampton Running Club	50%
202	44	01:04:35	00:06:28	Melinda Burge	F40+	12	Heavitree And Wonford Running	49%
203	7	01:04:39	00:06:28	Matt Bonnell	PACE 65	1	0	#N/A
204	256	01:05:37	00:06:34	Laurence Walbrugh	M35+	25		42%
205	132	01:05:39	00:06:34	Lizzie Hurford	FSen	13	Torbay Tri Club	46%
206	264	01:05:51	00:06:35	Cathie Welchman	F70+	2	Tiverton Harriers	72%
207	276	01:06:05	00:06:36	Deborah Winship	F50+	12	South West Road Runners	54%
208	46	01:07:39	00:06:46	Chloe Cadeddu	FSen	14		45%
209	265	01:07:39	00:06:46	Louise Wells	F40+	13		47%
210	209	01:08:18	00:06:50	Chloe Roberts	FSen	15	Runfitrunfast	44%
211	219	01:09:30	00:06:57	Andrea Sear	F50+	13	Woman On The Run	51%
212	137	01:09:52	00:06:59	Sian Jones	F35+	16		44%
213	34	01:09:53	00:06:59	Derek Blackford	M50+	16	Maverick Runners	44%
214	280	01:13:57	00:07:24	Lyn Wonnacott	F60+	3	Women On The Run	55%
215	177	01:15:23	00:07:32	Anita Newcombe	F60+	4	Riviera Racers	55%
216	71	01:16:30	00:07:39	David Cubberley	M60+	6	South Devon Athletic Club	44%
217	47	01:17:48	00:07:47	Caroline Caldwell	F55+	4	Women On The Run	49%