



# RUN EXE 5K

Round 2 - 2nd May 2022

[As per UKA rule 1.65.24 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	162	00:15:58	00:03:12	Jamie Barnett	MSen	1	Teignbridge Trotters	81%
2	66	00:16:09	00:03:14	Donald Brooks	M40+	1	Torq	87%
3	104	00:16:19	00:03:16	Paul Grieve	MSen	2		80%
4	130	00:16:34	00:03:19	Terry Emmett	M40+	2	Axe Valley Runners	82%
5	127	00:16:35	00:03:19	Ben Tull	MSen	3	Taunton AC	78%
6	125	00:16:43	00:03:21	Rich Shelley	M50+	1	Plymstock Road Runners	89%
7	160	00:16:48	00:03:22	Luke Reed	M40+	3	Pure Endurance Triathletes	82%
8	147	00:16:51	00:03:22	Joel Seward	MSen	4	Axe Valley Runners	77%
9	65	00:16:54	00:03:23	Clive Stephenson	M50+	2		89%
10	43	00:17:07	00:03:25	Oliver White	M35+	1	Exmouth Harriers	77%
11	164	00:17:18	00:03:28	Ryan Gibbons	MSen	5	0	76%
12	81	00:17:35	00:03:31	Jamie Howard	M40+	4	South West Road Runners	80%
13	1	00:17:46	00:03:33	Adam Hunt	MSen	6		73%
14	22	00:17:46	00:03:33	George Pemberton	MU15	1		80%
15	26	00:17:49	00:03:34	Howard Bailey	MSen	7	Exeter Harriers	73%
16	166	00:17:52	00:03:34	Peter Monaghan	M55+	1	Torbay Ac	87%
17	136	00:17:52	00:03:34	Sam Crowther	MSen	8	Exeter University Athletics Club	72%
18	67	00:18:00	00:03:36	Ethan Sterry	MSen	9	South West Road Runners	72%
19	168	00:18:00	00:03:36	PACE - Miko	M0	1	PACER	#N/A
20	39	00:18:04	00:03:37	Matt Frost	MSen	10	Axe Valley Runners	72%
21	148	00:18:05	00:03:37	Matt Powell	M40+	5	Burnham on sea harriers	77%
22	173	00:18:24	00:03:41	Pawel Holy	M45+	1	0	77%
23	144	00:18:30	00:03:42	Ben Osmond	MU17	1	Torbay Athletic Club	74%
24	163	00:18:32	00:03:42	Ben Farrow	M40+	6	South West Road Runners	75%
25	138	00:18:40	00:03:44	Richard Petty	MSen	11	0	69%
26	126	00:18:45	00:03:45	Craig Butler	M50+	3	Exmouth Harriers AAC	80%
27	149	00:18:50	00:03:46	Stanley Wood	MU15	2	Okehampton Running Club	75%
28	48	00:18:51	00:03:46	Adam Bevins	M35+	2	Langport Runners	72%
29	137	00:18:55	00:03:47	Preecha Intamart	M40+	7	Riviera Racers	72%
30	49	00:19:00	00:03:48	Alfie Gibbins	MU17	2	Honiton Running Club	72%
31	16	00:19:08	00:03:50	Edward Stevens	M35+	3		69%
32	134	00:19:10	00:03:50	Niall Hawkins	M40+	8	Sidmouth Running Club	73%
33	28	00:19:15	00:03:51	James Overton	M35+	4		70%
34	155	00:19:16	00:03:51	Amie Walker	FSen	1	North Devon Athletics Club	77%
35	13	00:19:23	00:03:53	Daniel Jones	MSen	12	Tiverton Harriers	68%
36	174	00:19:26	00:03:53	Catherine Newman	F60+	1	Exmouth Harriers	98%
37	45	00:19:29	00:03:54	Oscar Purchase	MU13	1		76%
38	115	00:19:45	00:03:57	Samantha Lake	F40+	1	Tavistock Athletic Club	79%
39	96	00:19:46	00:03:57	Mat Kelly	M35+	5	Pure Endurance Triathletes	68%
40	79	00:19:47	00:03:57	Jaden Rigler	MU17	3	Bideford Aac	70%
41	170	00:19:50	00:03:58	John Shapland	M65+	1	Bideford AAC	88%
42	139	00:19:52	00:03:58	Nick Brazier	MSen	13	Running Forever RC	65%
43	20	00:19:56	00:03:59	PACE - Steve Goss	M0	2	PACER	#N/A
44	53	00:20:18	00:04:04	Andrew Vernon	M50+	4	Okehampton Running Club	74%
45	72	00:20:24	00:04:05	Hannah Bown	F40+	2	Exmouth Harriers	77%
46	77	00:20:41	00:04:08	Isla Mayne	FU15	1	Exeter Harriers	77%
47	159	00:20:43	00:04:09	Christopher Melley	M35+	6	0	65%
48	150	00:20:45	00:04:09	Claudine Benstead	F60+	2	ORC running club	95%
49	47	00:21:12	00:04:14	Sophie-May Luxton	FU17	1	Okehampton Rc	72%
50	119	00:21:13	00:04:15	Simon Swift	M50+	5	Erme Valley Harriers	72%
51	78	00:21:17	00:04:15	Jade Hopton	FSen	2	0	70%
52	6	00:21:23	00:04:17	Barry Frost	M60+	1	South West Roads Runners	77%
53	21	00:21:32	00:04:18	Geoff Nicholls	M60+	2		77%
54	171	00:21:39	00:04:20	Andrew Johnson	M55+	2	Exmouth Harriers AAC	72%
55	14	00:22:04	00:04:25	Des White	M65+	2	Exmouth Harriers	78%
56	36	00:22:12	00:04:26	Lily Purchase	FU15	2		71%
57	175	00:22:16	00:04:27	Jenny Reay	F60+	3	Exmouth Harriers	90%
58	24	00:22:20	00:04:28	Greg Mimms	M35+	7	South West Veterans Ac	60%
59	10	00:22:27	00:04:29	Charlie Wheeler	MU15	3		65%
60	167	00:22:30	00:04:30	Alec Kiff	MSen	14	0	58%
61	145	00:22:34	00:04:31	Suzanne Spiller	F40+	3	Honiton Running Club	69%
62	73	00:22:36	00:04:31	Hannah Brown	FSen	3	N1 Triathlon Club	65%
63	140	00:22:42	00:04:32	Eli Baker-Pike	MU15	4	Honiton Running Club	63%
64	31	00:22:44	00:04:33	Jeffrey Curd	M55+	3	Tiverton Harriers	68%
65	128	00:22:45	00:04:33	Paul Evison	M65+	3	Okehampton Running Club	77%
66	41	00:22:46	00:04:33	Mia Morris	FU13	1		72%
67	30	00:22:53	00:04:35	Jay Sweetman	M40+	9	Honiton Rc	60%
68	113	00:23:09	00:04:38	Roz Debenham	F40+	4	Swrr	66%
69	34	00:23:10	00:04:38	Kelly Lawson	F40+	5		68%
70	74	00:23:50	00:04:46	Hannah Webber	F40+	6	0	65%
71	8	00:23:57	00:04:47	Callum Lamont	M55+	4	South West Roads Runners	65%
72	32	00:24:03	00:04:49	Jenny Debenham	F40+	7	South West Road Runners	64%

73	11	00:24:19	00:04:52	Chloe Phare	FU13	2		68%
74	169	00:24:36	00:04:55	Simon Ruddlesden	M45+	2	0	59%
75	35	00:24:49	00:04:58	Kirsty Bickell	F50+	1		68%
76	2	00:25:04	00:05:01	Alex Yapp	MU13	2		61%
77	25	00:25:26	00:05:05	Harry Branch	MU15	5		56%
78	146	00:25:34	00:05:07	Kate Wilson	F55+	1	Okehampton rc	73%
79	42	00:25:37	00:05:07	Nigel Baker	M70+	1	Running Forever	69%
80	90	00:26:05	00:05:13	Linda Bracher	F50+	2	Erme Valley Harriers	67%
81	111	00:26:14	00:05:15	Rod Payne	M65+	4	Teignbridge Trotters	65%
82	3	00:26:24	00:05:17	Alison White	F65+	1	Exmouth Harriers	80%
83	103	00:26:47	00:05:21	Nicola Ashworth	F50+	3		66%
84	165	00:27:47	00:05:33	Jane Richardson	F70+	1	Okehampton Running Club	84%
85	76	00:28:03	00:05:37	Imogen Clarke	FU13	3	Honiton Running Club	59%
86	133	00:28:05	00:05:37	Jan Kirkham	F65+	2	0	76%
87	152	00:28:29	00:05:42	Jeremy Parsons	M70+	2	Old Geezers	64%
88	29	00:28:29	00:05:42	Jane Whitcombe	F45+	1	Lonely Goat Rc	58%
89	23	00:28:58	00:05:48	Goff Welchman	M70+	3	Tiverton Harriers	62%
90	129	00:30:26	00:06:05	Victoria Evison	F40+	8	Okehampton Running Club	51%
91	100	00:30:56	00:06:11	Millie Vicente	F5en	4		48%
92	143	00:31:10	00:06:14	Helen Ainsworth	F55+	2	0	58%
93	9	00:32:30	00:06:30	Cathie Welchman	F70+	2	Tiverton Harriers	71%
94	131	00:34:50	00:06:58	Heather Fitzsimmons	F55+	3	0	53%
95	37	00:36:46	00:07:21	Lucy Prosser	F35+	1		41%
96	12	00:36:46	00:07:21	Claire King	F40+	9		42%