RUN EXE 5K

Round 3 - 7th June 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	82	00:16:21	00:03:16	Jamie Pullinger	MSen	1	South West Road Runners	79%
2	104	00:16:29	00:03:18	Paul Grieve	MSen	2		79%
3	130	00:16:37	00:03:19	Terry Emmett	M40+	1	Axe Valley Runners	82%
4	43	00:16:39	00:03:20	Oliver White	M35+	1	Exmouth Harriers	80%
5	220	00:16:41	00:03:20	Phil Burden	M40+	2	Taunton AC	84%
6	147	00:16:53	00:03:23	Joel Seward	MSen	3	Axe Valley Runners	77%
7	224	00:16:57	00:03:23	Robert Mann	MSen	4	CONNECTPlus Triathlon Team	76%
8	215	00:17:03	00:03:25	Miko Cadeddu	MSen	5	South West Road Runners	77%
9	160	00:17:07	00:03:25	Luke Reed	M40+	3	Pure Endurance Triathletes	80%
10	194	00:17:14	00:03:27	hayden bond	MSen	6	Tavistock AC	75%
11	15	00:17:16	00:03:27	Edward Pickering	M45+	1	South West Road Runners	85%
12	205	00:17:18	00:03:28	Jody Bee	M40+	4	SWRR	80%
13	208	00:17:22	00:03:28	Jonathan Hall	MSen	7	Exeter Harriers	75%
14	1	00:17:29	00:03:30	Adam Hunt	MSen	8		74%
15	227	00:17:33	00:03:31	Shaun Yeoman	M35+	2	0	77%
16	221	00:17:38	00:03:32	Richard Jones	MSen	9	0	74%
17	22	00:17:39	00:03:32	George Pemberton	MU15	1		80%
18	26	00:17:40	00:03:32	Howard Bailey	MSen	10	Exeter Harriers	74%
19	188	00:18:00	00:03:36	Eevee Banbury	FSen	1	0	82%
20	181	00:18:03	00:03:37	Charlie Kemp	MSen	11	0	71%
21	226	00:18:09	00:03:38	Sam Ponter	MU20	1	Taunton AC	73%
22	39	00:18:15	00:03:39	Matt Frost	MSen	12	Axe Valley Runners	71%
23	67	00:18:19	00:03:40	Ethan Sterry	MSen	13	South West Road Runners	71%
24	107	00:18:20	00:03:40	Richard Pedrick	M35+	3	Vegan Runners Uk	73%
25	27	00:18:27	00:03:41	James Ayre	M35+	4	Tiverton Harriers	73%
26	16	00:18:44	00:03:45	Edward Stevens	M35+	5		71%
27	126	00:18:45	00:03:45	Craig Butler	M50+	1	Exmouth Harriers AAC	80%
28	28	00:18:45	00:03:45	James Overton	M35+	6		72%
29	206	00:18:50	00:03:46	Joe Greenhalgh	MSen	14	0	69%
30	187	00:18:56	00:03:47	David Wilson	M40+	5	South West Road Runners	73%
31	190	00:18:57	00:03:47	Faith Taylor-Tippett	FSen	2	Erme Valley Harriers	78%
32	212	00:19:00	00:03:48	Liam Dingle	MSen	15	0	68%
33	178	00:19:05	00:03:49	Alison Thorn	F45+	1	Erme Valley Harriers	86%
34	115	00:19:11	00:03:50	Samantha Lake	F40+	1	Tavistock Athletic Club	81%
35	200	00:19:15	00:03:51	Jan Dolezel	M40+	6	Haldon Trail Runners	71%
36	155	00:19:20	00:03:52	Amie Walker	FSen	3	North Devon Athletics Club	77%
37	44	00:19:34	00:03:55	Olly Morris	MU15	2		73%
38	179	00:19:39	00:03:56	Ben Timpson	M35+	7	Running Forever RC	67%
39	13	00:19:43	00:03:57	Daniel Jones	MSen	16	Tiverton Harriers	66%
40	170	00:19:46	00:03:57	John Shapland	M65+	1	Bideford AAC	88%
41	96	00:19:47	00:03:57	Mat Kelly	M35+	8	Pure Endurance Triathletes	68%
42	202	00:19:49	00:03:58	Jeff Bardell	M40+	7	South West Road Runners	69%
43	183	00:19:56	00:03:59	Chris Shakya	M35+	9	Pure endurance triathletes	67%
44	75	00:19:58	00:04:00	Harry Evans	MU15	3	Honiton Running Club	73%
45	20	00:20:01	00:04:00	PACE - Steve Goss	M0	1	PACER	#N/A
46	231	00:20:06	00:04:01	Theo Miller	MSen	17	-	64%
47	222	00:20:14	00:04:03	Richard Stone	M40+	8	South West Road Runners	68%
48	54	00:20:21	00:04:04	Andy Macmillan	M50+	2	Dawlish Coasters	75%
49	189	00:20:29	00:04:06	Emma Cockcroft	FSen	4	0	73%
50	150	00:20:29	00:04:06	Claudine Benstead	F60+	1	ORC running club	96%
51	211	00:20:30	00:04:06	Leanne Glover	FSen	5	Bideford Amateur Athletic Club	72%
52	72	00:20:31	00:04:06	Hannah Bown	F40+	2	Exmouth Harriers	76%
53	24	00:20:53	00:04:11	Greg Mimms	M35+	10	South West Veterans Ac	64%
54	140	00:21:01	00:04:12	Eli Baker-Pike	MU15	4	Honiton Running Club	68%
55	38	00:21:02	00:04:12	Lyra Webb	FU13	1	Honiton Rc	77%
56	119	00:21:03	00:04:13	Simon Swift	M50+	3	Erme Valley Harriers	72%
57	176	00:21:03	00:04:13	Alec Kiff	MSen	18	0	62%
58	78	00:21:04	00:04:13	Jade Hopton	FSen	6	0	71%
59	233	00:21:05	00:04:13	PACE - Sam	M0	2	PACER	#N/A
60	21	00:21:21	00:04:16	Geoff Nicholls	M60+	1		78%
61	204	00:21:23	00:04:17	Jim Durston	M55+	1	South West Road Runners	72%
62	177	00:21:28	00:04:18	Alex Mayne	M40+	9	0	66%
63	218	00:21:35	00:04:19	Noah Keatley	MU13	1	Honiton Running Club	71%
64	214	00:21:36	00:04:19	Mark McPhee	M40+	10	Exeter Triathlon Club	65%
65	6	00:21:39	00:04:20	Barry Frost	M60+	2	South West Roads Runners	76%
66	40	00:21:46	00:04:21	Max Spiller	MU15	5		67%
67	182	00:21:50	00:04:22	Charlotte Brown	FU20	1	Taunton AC	68%
68	193	00:21:54	00:04:23	Hamish Terry	MU15	6	Honiton Running Club	66%
69	171	00:21:59	00:04:24	Andrew Johnson	M55+	2	Exmouth Harriers AAC	71%
70	175	00:22:11	00:04:26	Jenny Reay	F60+	2	Exmouth Harriers	90%
71	19	00:22:14	00:04:27	Finnan Driscoll	MU13	2		67%
72	73	00:22:17	00:04:27	Hannah Brown	FSen	7	N1 Triathlon Club	66%

73	77	00:22:21	00:04:28	Isla Mayne	FU15	1	Exeter Harriers	71%
74	145	00:22:23	00:04:29	Suzanne Spiller	F40+	3	Honiton Running Club	69%
75	120	00:22:28	00:04:30	Stephen Morgan	M65+	2	Exmouth Harriers	75%
76	128	00:22:34	00:04:31	Paul Evison	M65+	3	Okehampton Running Club	77%
77	31	00:22:36	00:04:31	Jeffrey Curd	M55+	3	Tiverton Harriers	69%
78	41	00:22:51	00:04:34	Mia Morris	FU13	2		71%
79	216	00:22:59	00:04:36	Miley Lake	FU15	2	0	69%
80	36	00:23:04	00:04:37	Lily Purchase	FU15	3		68%
81	34	00:23:07	00:04:37	Kelly Lawson	F40+	4		68%
82	14	00:23:09	00:04:38	Des White	M65+	4	Exmouth Harriers	75%
83	209	00:23:15	00:04:39	Karen Baddeley	F60+	3	Torbay Athletic Club	82%
84	225	00:23:16	00:04:39	Ron Seward	M70+	1	Axe Valley Runners	77%
85	32	00:24:04	00:04:49	Jenny Debenham	F40+	5	South West Road Runners	64%
86	217	00:24:09	00:04:50	Noah Pemberton	MU13	3	Honiton RC	62%
87	56	00:24:27	00:04:53	Becky Taviner	FU17	1	Honiton Running Club	63%
88	35	00:24:36	00:04:55	Kirsty Bickell	F50+	1		68%
89	25	00:24:47	00:04:57	Harry Branch	MU15	7		57%
90	11	00:24:48	00:04:58	Chloe Phare	FU13	3		67%
91	42	00:25:34	00:05:07	Nigel Baker	M70+	2	Running Forever	69%
92	111	00:25:38	00:05:08	Rod Payne	M65+	5	Teignbridge Trotters	66%
93	146	00:25:45	00:05:09	Kate Wilson	F55+	1	Okehampton rc	72%
94	192	00:25:54	00:05:11	George Hair	MU13	4	Honiton Running Club	59%
95	180	00:26:08	00:05:14	Caroline Tait	F55+	2	South West Road Runners	69%
96	90	00:26:13	00:05:15	Linda Bracher	F50+	2	Erme Valley Harriers	66%
97	17	00:26:17	00:05:15	Ella Spiller	FU15	4		61%
98	3	00:26:25	00:05:17	Alison White	F65+	1	Exmouth Harriers	80%
99	18	00:26:27	00:05:17	Fay Driscoll	FU13	4		62%
100	103	00:26:47	00:05:21	Nicola Ashworth	F50+	3		66%
101	186	00:27:44	00:05:33	Clodagh Raddon	F45+	2	0	60%
102	29	00:28:03	00:05:37	Jane Whitcombe	F45+	3	Lonely Goat Rc	59%
103	165	00:28:10	00:05:38	Jane Richardson	F70+	1	Okehampton Running Club	83%
104	219	00:28:24	00:05:41	Peter Horrell	M60+	3	0	59%
105	76	00:28:33	00:05:43	Imogen Clarke	FU13	5	Honiton Running Club	58%
106	213	00:28:33	00:05:43	Luke Holway	M55+	4	Honiton Running Club	54%
107	100	00:28:44	00:05:45	Millie Vicente	FSen	8		52%
108	199	00:29:44	00:05:57	James Lake	M40+	11	0	47%
109	203	00:30:30	00:06:06	Jess Withers	FU20	2	0	49%
110	232	00:31:00	00:06:12	Victoria Evison	F40+	6	Okehampton Running Club	50%
111	9	00:31:40	00:06:20	Cathie Welchman	F70+	2	Tiverton Harriers	73%