



RUN EXE 5K

Round 4 - 5th July 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	43	0:16:40	00:03:20	Oliver White	M35+	1	Exmouth Harriers	80%
2	293	0:16:48	00:03:22	William Fielding	MSen	1	Hillingdon Athletics Club	78%
3	255	0:16:51	00:03:22	Ian Tyson	M40+	1	Torbay Tri Club	83%
4	205	0:17:00	00:03:24	Jody Bee	M40+	2	SWRR	82%
5	136	0:17:31	00:03:30	Sam Crowther	MSen	2	Exeter University Athletics Club	74%
6	237	0:17:36	00:03:31	Ash Voralia	M35+	2	South West Road Runners	76%
7	227	0:17:54	00:03:35	Shaun Yeoman	M35+	3	0	75%
8	39	0:18:00	00:03:36	Matt Frost	MSen	3	Axe Valley Runners	72%
9	26	0:18:03	00:03:37	Howard Bailey	MSen	4	Exeter Harriers	72%
10	22	0:18:25	00:03:41	George Pemberton	MU15	1		77%
11	252	0:18:36	00:03:41	Fiona German	FSen	1	South West Road Runners	80%
12	67	0:18:40	00:03:44	Ethan Sterry	MSen	5	South West Road Runners	69%
13	206	0:18:42	00:03:44	Joe Greenhalgh	MSen	6	0	70%
14	27	0:18:48	00:03:46	James Ayre	M35+	4	Tiverton Harriers	72%
15	44	0:18:57	00:03:47	Olly Morris	MU15	2		75%
16	49	0:19:00	00:03:48	Alfie Gibbins	MU17	1	Honiton Running Club	72%
17	251	0:19:07	00:03:49	Faith Taylor-Tippett	FSen	2	Erme Valley Harriers	78%
18	238	0:19:11	00:03:50	Ben Osmond	MU17	2	Torbay Athletics	71%
19	28	0:19:12	00:03:50	James Overton	M35+	5		71%
20	13	0:19:19	00:03:52	Daniel Jones	MSen	7	Tiverton Harriers	68%
21	45	0:19:23	00:03:53	Oscar Purchase	MU13	1		77%
22	115	0:19:24	00:03:53	Samantha Lake	F40+	1	Tavistock Athletic Club	80%
23	258	0:19:27	00:03:53	James Woolf	M55+	1	South West Road Runners	79%
24	96	0:19:27	00:03:53	Mat Kelly	M35+	6	Pure Endurance Triathletes	69%
25	53	0:19:34	00:03:55	Andrew Vernon	M50+	1	Okehampton Running Club	77%
26	202	0:19:35	00:03:55	Jeff Bardell	M40+	3	South West Road Runners	70%
27	273	0:19:38	00:03:56	Nik Haynes	M40+	4	Midlife Crisis Gladiators	71%
28	239	0:19:45	00:03:57	Byron Mckinney	M45+	1	Tiverton Harriers	73%
29	79	0:19:50	00:03:58	Jaden Rigler	MU17	3	Bideford Aac	70%
30	54	0:19:58	00:04:00	Andy Macmillan	M50+	2	Dawlish Coasters	76%
31	139	0:20:14	00:04:03	Nick Brazier	MSen	8	Running Forever RC	64%
32	222	0:20:22	00:04:04	Richard Stone	M40+	5	South West Road Runners	68%
33	292	0:20:26	00:04:05	Tony Arnell	M55+	2	0	77%
34	150	0:20:27	00:04:05	Claudine Benstead	F60+	1	ORC running club	96%
35	72	0:20:29	00:04:06	Hannah Bown	F40+	2	Exmouth Harriers	76%
36	231	0:20:30	00:04:06	Theo Miller	MSen	9	-	63%
37	240	0:20:36	00:04:07	Charlie Withers	M40+	6	South West Road Runners	68%
38	170	0:20:46	00:04:09	John Shapland	M65+	1	Bideford AAC	84%
39	274	0:20:48	00:04:10	Noah Keatley	MU13	2	Honiton Running Club	74%
40	277	0:20:48	00:04:10	Paul Keatley	M40+	7	0	66%
41	268	0:21:04	00:04:13	Luca Gorton	MU17	4	0	66%
42	140	0:21:12	00:04:14	Eli Baker-Pike	MU15	3	Honiton Running Club	67%
43	264	0:21:14	00:04:15	Kevin Grainger	M55+	3	0	72%
44	77	0:21:28	00:04:18	Isla Mayne	FU15	1	Exeter Harriers	74%
45	284	0:21:28	00:04:18	Sam Withers	MU20	1	0	63%
46	38	0:21:30	00:04:18	Lyra Webb	FU13	1	Honiton Rc	76%
47	6	0:21:33	00:04:19	Barry Frost	M60+	1	South West Roads Runners	76%
48	171	0:21:39	00:04:20	Andrew Johnson	M55+	4	Exmouth Harriers AAC	72%
49	175	0:21:45	00:04:21	Jenny Reay	F60+	2	Exmouth Harriers	92%
50	235	0:21:48	00:04:22	Alister Ferguson	M35+	7	SWRR	61%
51	30	0:21:49	00:04:22	Jay Sweetman	M40+	8	Honiton Rc	63%
52	263	0:21:53	00:04:23	Kerry Board	F45+	1	Axe Valley Runners	74%
53	24	0:21:56	00:04:23	Greg Mimms	M35+	8	South West Veterans Ac	61%
54	21	0:21:56	00:04:23	Geoff Nicholls	M60+	2		76%
55	270	0:22:06	00:04:25	Mahni Clear	MU17	5	0	62%
56	40	0:22:08	00:04:26	Max Spiller	MU15	4		66%
57	249	0:22:10	00:04:26	Ella Bond	FU13	2	Honiton Running Club	73%
58	78	0:22:13	00:04:27	Jade Hopton	FSen	3	0	67%
59	145	0:22:14	00:04:27	Suzanne Spiller	F40+	3	Honiton Running Club	70%
60	36	0:22:39	00:04:32	Lily Purchase	FU15	2		69%
61	19	0:22:48	00:04:34	Finnan Driscoll	MU13	3		65%
62	193	0:22:54	00:04:35	Hamish Terry	MU15	5	Honiton Running Club	63%
63	128	0:22:57	00:04:35	Paul Evison	M65+	2	Okehampton Running Club	76%
64	14	0:23:05	00:04:37	Des White	M65+	3	Exmouth Harriers	75%
65	225	0:23:17	00:04:39	Ron Seward	M70+	1	Axe Valley Runners	77%
66	282	0:23:19	00:04:40	Rosie Glazier	FSen	4	South West Road Runners	64%
67	41	0:23:21	00:04:40	Mia Morris	FU13	3		70%
68	248	0:23:24	00:04:39	Elke Morgan	FSen	5	EUTriC	64%
69	31	0:23:26	00:04:41	Jeffrey Curd	M55+	5	Tiverton Harriers	66%
70	244	0:23:37	00:04:43	Daniella Monger	FSen	6	0	63%

71	34	0:23:37	00:04:43	Kelly Lawson	F40+	4		67%
72	8	0:23:38	00:04:44	Callum Lamont	M55+	6	South West Roads Runners	66%
73	216	0:23:38	00:04:44	Miley Lake	FU15	3	0	68%
74	290	0:23:40	00:04:44	Taylor Anderson	MU13	4	Honiton Juniors Running Club	65%
75	113	0:23:40	00:04:44	Roz Debenham	F40+	5	Swrr	65%
76	32	0:23:47	00:04:45	Jenny Debenham	F40+	6	South West Road Runners	65%
77	285	0:24:00	00:04:48	Sean Monger	M50+	3	0	63%
78	294	0:24:38	00:04:56	Zoe Woodbridge	F50+	1	0	71%
79	11	0:24:44	00:04:57	Chloe Phare	FU13	4		67%
80	267	0:24:45	00:04:57	Lily Fordham	FU13	5	Honiton Juniors Running Club	67%
81	272	0:24:54	00:04:59	Mohammed Alrashidi	MSen	10	0	52%
82	169	0:24:56	00:04:59	Simon Ruddlesden	M45+	2	0	58%
83	35	0:24:59	00:05:00	Kirsty Bickell	F50+	2		67%
84	281	0:25:10	00:05:02	Roger Saunders	M65+	4	Honiton Running Club	69%
85	17	0:26:05	00:05:13	Ella Spiller	FU15	4		61%
86	217	0:26:11	00:05:14	Noah Pemberton	MU13	5	Honiton RC	57%
87	76	0:26:13	00:05:15	Imogen Clarke	FU13	6	Honiton Running Club	63%
88	243	0:26:13	00:05:15	Daniel Clarke	M40+	9	0	52%
89	90	0:26:36	00:05:19	Linda Bracher	F50+	3	Erme Valley Harriers	65%
90	18	0:26:43	00:05:21	Fay Driscoll	FU13	7		61%
91	3	0:27:06	00:05:25	Alison White	F65+	1	Exmouth Harriers	78%
92	236	0:27:31	00:05:30	Angela Kerr	F65+	2	Axe Valley Runners	76%
93	103	0:27:48	00:05:34	Nicola Ashworth	F50+	4		63%
94	29	0:28:24	00:05:41	Jane Whitcombe	F45+	2	Lonely Goat Rc	58%
95	254	0:28:33	00:05:43	Grace Jeans	FU13	8	Honiton Running Club	58%
96	266	0:29:21	00:05:52	Liana King	F40+	7	South West Road Runners	52%
97	100	0:29:32	00:05:54	Millie Vicente	FSen	7		50%
98	242	0:29:36	00:05:55	Clare Everitt	F55+	1	Lonely Goat RC	60%
99	219	0:29:39	00:05:56	Peter Horrell	M60+	3	0	56%
100	260	0:30:02	00:06:00	Jeremy Parsons	M70+	2	Old Geezers	61%
101	247	0:31:04	00:06:13	Deborah Winship	F50+	5	South West Road Runners	56%
102	241	0:31:38	00:06:20	Claire Hawes	F65+	3	ALMOST ATHELETES	68%
103	9	0:33:28	00:06:42	Cathie Welchman	F70+	1	Tiverton Harriers	69%
104	23	0:33:28	00:06:42	Goff Welchman	M70+	3	Tiverton Harriers	53%
105	276	0:33:52	00:06:46	Oli Clarke	MU20	2	0	39%
106	250	0:39:43	00:07:56	Emma Sturgess	FSen	8	0	37%
107	283	0:39:43	00:07:55	Sam Moss	MSen	11	0	33%
108	259	0:46:34	00:09:19	Janet Swift	F55+	2	Launceston Road Runners	39%