



# EXETER 10K

Wednesday 13th 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	102	00:34:19	00:03:26	Josh Fathers	MSen	1	Army Triathlon Association	79%
2	235	00:34:47	00:03:29	Thomas Humphries	M35+	1	SWRR	79%
3	225	00:35:01	00:03:30	Tom Wraight	M35+	2		80%
4	224	00:35:26	00:03:33	Toby De Gruchy	MSen	2	Sidmouth Running Club	76%
5	183	00:35:45	00:03:35	Richard Lee-Wright	M35+	3	Tiverton Harriers	78%
6	103	00:35:55	00:03:35	Joshua Benford	MSen	3		75%
7	149	00:35:58	00:03:36	Michael Lambourne	MU20	1	Exeter Harriers	76%
8	2	00:36:38	00:03:40	Adam Hunt	MSen	4		74%
9	214	00:36:43	00:03:40	Steve Burrows	M45+	1		82%
10	178	00:37:24	00:03:44	Raymond Tew	M45+	2	Tavistock Run Project	81%
11	191	00:37:36	00:03:46	Rosie Hattersley	FSen	1	South West Road Runners	81%
12	81	00:37:45	00:03:47	Howard Bailey	MSen	5	Exeter Harriers	72%
13	164	00:38:00	00:03:48	Paddy Trinder	M45+	3		78%
14	139	00:38:11	00:03:49	Matt Frost	MSen	6	Axe Valley Runners	70%
15	8	00:38:20	00:03:50	Alison Mcewing	F35+	1	Erme Valley Harriers	80%
16	142	00:38:39	00:03:52	Matt Robinson	MSen	7	Chard Road Runners	70%
17	3	00:38:48	00:03:53	Adrian Lane	M45+	4	Honiton Running Club	78%
18	144	00:39:08	00:03:55	Matthew Hwer	M40+	1	Axe Valley Runners	74%
19	196	00:39:09	00:03:55	Sam Andrews	M35+	4	Tiverton Harriers	70%
20	107	00:39:14	00:03:55	Julian Smith	M35+	5	Torbay Tri	72%
21	101	00:39:22	00:03:56	Joseph Hornsby	MSen	8	Teignbridge Trotters	69%
22	66	00:39:29	00:03:57	Fiona German	FSen	2	Swrr	77%
23	64	00:39:38	00:03:58	Ethan Sterry	MSen	9	South West Road Runners	68%
24	153	00:39:40	00:03:58	Milan Goc	M40+	2	South West Road Runners V40	73%
25	91	00:39:51	00:03:59	James Saddler	M35+	6		69%
26	26	00:39:58	00:04:00	Becky Davies	FSen	3	South West Road Runners	76%
27	186	00:39:59	00:04:00	Rob Sweet	M45+	5		75%
28	252	00:40:00	00:04:00	Dominic Spayne	0	1	Pace 40mins	#N/A
29	113	00:40:05	00:04:01	Kevin Manvill	M55+	1	Tiverton Harriers	80%
30	10	00:40:10	00:04:01	Alison Thorn	F45+	1	Erme Valley Harriers	84%
31	111	00:40:23	00:04:02	Keith Tout	M35+	7	South West Road Runners	69%
32	121	00:40:36	00:04:04	Lawrence Schneck	M45+	6	Greenbow Running Club	75%
33	151	00:40:40	00:04:04	Mike Ellis	M45+	7	Bodmin Dragons Triathlon Club	74%
34	95	00:40:42	00:04:04	Jeff Bardell	M40+	3	South West Road Runners	70%
35	104	00:40:52	00:04:05	Joshua Sale	MSen	10	Exmouth Harriers	66%
36	207	00:40:56	00:04:06	Simon Bradshaw	M35+	8		67%
37	49	00:41:00	00:04:06	Daniel Jones	M35+	9	Tiverton Harriers	67%
38	184	00:41:06	00:04:07	Richard Petty	MSen	11		65%
39	223	00:41:17	00:04:08	Tim Isaac	M40+	4		71%
40	58	00:41:18	00:04:08	Dean Jones	M45+	8	Vegan Runners Uk	73%
41	182	00:41:20	00:04:08	Richard Stone	M40+	5	South West Road Runners	70%
42	68	00:41:22	00:04:08	Garrie Edwards	M45+	9	Dawlish Coasters	72%
43	114	00:41:35	00:04:10	Kevin McGovern	M35+	10	Torbay Aac	67%
44	90	00:41:35	00:04:10	James O'Brien	MSen	12	South West Road Runners	66%
45	230	00:41:42	00:04:10	Victoria France	F35+	2		74%
46	170	00:41:46	00:04:11	Peter Aggett	M50+	1	Tiverton Harriers	75%
47	27	00:42:13	00:04:13	Becky Tovey	F35+	3	Chard Road Runners	74%
48	40	00:42:13	00:04:13	Chris Norris	M40+	6		67%
49	143	00:42:26	00:04:15	Matthew Grzenda	M45+	10		70%
50	46	00:42:49	00:04:17	Claudine Benstead	F60+	1	Okehampton R C	94%
51	19	00:43:54	00:04:23	Andrew Trigg	M60+	1	Erme Valley Harriers	76%
52	38	00:43:58	00:04:24	Chris Hedges	M35+	11		62%
53	208	00:44:28	00:04:27	Simon Moore	M45+	11		67%
54	97	00:44:40	00:04:28	Joanne Page	F35+	4	Okehampton Running Club	69%
55	70	00:44:42	00:04:28	Geoff Nicholls	M65+	1	Greenbow Running Club	78%
56	132	00:44:54	00:04:29	Mario Tyszecki	M35+	12	Star Solutions Engineering	63%
57	220	00:44:55	00:04:30	Suzie Tosh	F45+	2	Swrr	73%
58	87	00:44:57	00:04:30	Jake Lloyd	M35+	13	None	62%
59	133	00:44:59	00:04:30	Mark Peck	M35+	14		61%
60	192	00:45:03	00:04:30	Rustam Karanjia	MSen	13		60%
61	253	00:45:10	00:04:31	Simon Chant	0	2	Pace 45mins	#N/A
62	140	00:45:13	00:04:31	Matt Giles	M35+	15		62%
63	63	00:45:14	00:04:31	Emma Clark	F35+	5	Looe Pioneers	69%
64	98	00:45:33	00:04:33	John Holland	M40+	7		64%
65	13	00:45:52	00:04:35	Amanda Hemelik	FSen	4	Bovey Valley Runners	66%
66	215	00:45:54	00:04:35	Steve Price	M45+	12		66%
67	67	00:46:22	00:04:38	Frank Kelsall	M40+	8	South West Road Runners	62%
68	82	00:46:26	00:04:39	Ian Edwards	M45+	13	Norfolk Gazelles Ac	65%
69	53	00:46:35	00:04:40	Davi Arnold	M55+	2		71%
70	156	00:46:39	00:04:40	Neil Edwards	M50+	2		67%
71	71	00:47:13	00:04:43	Geoffrey Hayward	M35+	16	Cranbrook Running Club	60%
72	60	00:47:22	00:04:44	Elizabeth Dyson	F35+	6	Haldon Trail Runners	65%

73	203	00:47:34	00:04:45	Sarah Robbins	FSen	5		64%
74	4	00:47:47	00:04:47	Alan Hutchings	M55+	3	Lonely Goat Rc	69%
75	65	00:48:00	00:04:48	Fiona Claxton	FSen	6		63%
76	213	00:48:03	00:04:48	Steve Oxborrow	M35+	17		59%
77	193	00:48:30	00:04:51	Ruth Addison	FSen	7		63%
78	188	00:48:44	00:04:52	Ron Seward	M70+	1	Axe Valley Runners	76%
79	167	00:49:05	00:04:55	Paul Evison	M65+	2	Okehampton Running Club	74%
80	84	00:49:19	00:04:56	Isabella Watts	FSen	8		62%
81	51	00:49:23	00:04:56	Daniella Monger	FSen	9		61%
82	138	00:49:24	00:04:56	Matt Bloomfield	MSen	14		54%
83	119	00:49:33	00:04:57	Laura Nicholls	F35+	7	South West Road Runners	62%
84	17	00:49:36	00:04:58	Andrew Sims	M55+	4	East Cornwall Harriers	65%
85	221	00:49:49	00:04:59	Terry McWilliams	M70+	2	South West Road Runners	74%
86	99	00:49:52	00:04:59	John Staplehurst	M60+	2	John Staplehurst	69%
87	18	00:50:00	00:05:00	Andrew Mitchell	M50+	3		62%
88	237	00:50:00	00:05:00	David Howard	M50+	3	Holberton Harriers	61%
89	89	00:50:01	00:05:00	James Childs	MSen	15		54%
90	109	00:50:01	00:05:00	Karen Williams	F40+	1	Unattached	63%
91	255	00:50:02	00:05:00	Damian Grinter	0	3	Pace 50mins	#N/A
92	236	00:50:04	00:05:00	Ian Fussell	M55+	5	0	64%
93	206	00:50:28	00:05:03	Sean Monger	M50+	5		62%
94	185	00:50:34	00:05:03	Rob Pugh	MSen	16		53%
95	72	00:50:35	00:05:03	George Baker	MSen	17		53%
96	78	00:50:42	00:05:04	Heidi Simms	F35+	8	South West Road Runners	60%
97	128	00:50:45	00:05:05	Luke Compton	MSen	18		54%
98	168	00:51:04	00:05:06	Pawel Bak	M35+	18		55%
99	232	00:51:08	00:05:07	Walter Andrews	M60+	3	Tiverton Harriers	68%
100	217	00:51:43	00:05:10	Stuart Brooks	M60+	4		66%
101	171	00:51:53	00:05:11	Peter Bunyan	M70+	3		71%
102	41	00:51:56	00:05:12	Chris Southcott	M50+	6		61%
103	134	00:51:57	00:05:12	Martin Brint	M45+	14	Q2F.	58%
104	23	00:52:01	00:05:12	Annabel Frost	FSen	10		58%
105	59	00:52:12	00:05:13	Douglas Langton	MSen	19	0	51%
106	120	00:52:23	00:05:14	Laurien Van De Weijer	FSen	11		58%
107	12	00:52:31	00:05:15	Ally Parker	F45+	3		65%
108	31	00:52:39	00:05:16	Caragh Mellitt	F45+	4		64%
109	115	00:52:39	00:05:16	Kirsty Bickell	F50+	1	Greenbow Running Club	66%
110	36	00:52:52	00:05:17	Charlene Occena	FSen	12		57%
111	125	00:53:18	00:05:20	Lindsey Pattinson	F35+	9	South West Road Runners	58%
112	24	00:53:19	00:05:20	Anthony Dalton	M45+	15	Athlone Tc	57%
113	176	00:53:24	00:05:20	Phoebe Hall	FSen	13		57%
114	76	00:53:38	00:05:22	Grzegorz Lisiewicz	M35+	19		53%
115	130	00:54:03	00:05:24	Marco Mussini	M45+	16		55%
116	223	00:54:06	00:05:25	Tim Isaac	M40+	9		54%
117	93	00:54:19	00:05:26	Jared Evans	MSen	20		50%
118	116	00:54:35	00:05:28	Kirsty Walker	F35+	10	Dawlish Coasters	57%
119	162	00:54:45	00:05:28	Oliver Mitchell	MU17	1		52%
120	254	00:54:55	00:05:30	Fern Rice	0	4	Pace 55mins	#N/A
121	21	00:55:00	00:05:30	Ann Barriball	F45+	5	Launceston Road Runners	59%
122	20	00:55:11	00:05:31	Angela Kerr	F65+	1	Axe Valley Runners	78%
123	187	00:55:13	00:05:31	Robert Pozarowski	MSen	21		49%
124	200	00:55:17	00:05:32	Samantha Brown	F35+	11		56%
125	62	00:55:19	00:05:32	Emily Macaulay	F40+	2	Running Forever Rc	57%
126	16	00:55:24	00:05:32	Andrea Mitchell	F50+	2		64%
127	48	00:55:31	00:05:33	Daisy Pickles	FSen	14	Macclesfield Harriers & Ac	55%
128	228	00:55:51	00:05:35	Victoria Ashworth	FSen	15		54%
129	33	00:55:59	00:05:36	Catherine Monger	F50+	3		62%
130	166	00:56:10	00:05:37	Paul Chinn	M60+	5	Tavistock Ac	59%
131	202	00:56:37	00:05:40	Sarah Edmonds	F35+	12	Dawlish Coasters	55%
132	146	00:56:38	00:05:40	Megan Dinning	FSen	16		54%
133	181	00:56:44	00:05:40	Rebecca Probert	F45+	6		60%
134	117	00:56:53	00:05:41	Laraine Gibbins	F55+	1	Dawlish Coasters	66%
135	85	00:56:58	00:05:42	Jack Greenslade	MSen	22		48%
136	108	00:57:18	00:05:44	Karen Sims	F55+	2	East Cornwall Harriers	64%
137	177	00:57:23	00:05:44	Rachel Daw	FSen	17		53%
138	25	00:57:26	00:05:45	Artjoms Portnojs	MSen	23		47%
139	218	00:57:54	00:05:47	Sue Tremlett	F55+	3	Teignbridge Trotters	67%
140	234	00:58:19	00:05:50	Dennis Hall	M60+	6	SWRR	58%
141	205	00:58:26	00:05:51	Scott Johnstone	MSen	24	Plymouth Musketeers	47%
142	75	00:58:27	00:05:51	Gordon Thomson	M45+	17		51%
143	77	00:58:29	00:05:51	Hannah Bagshaw-Bale	FSen	18		52%
144	127	00:59:16	00:05:56	Louise Rowland	F40+	3		54%
145	219	00:59:20	00:05:56	Suzanne Kay	F40+	4	Q2F	53%
146	44	00:59:28	00:05:57	Christopher Younger	M45+	18		51%
147	194	00:59:32	00:05:57	Ruth Wilson	FSen	19		51%
148	180	00:59:35	00:05:58	Rebecca Meaton	F50+	4		58%
149	39	00:59:43	00:05:58	Chris Houlden	M50+	7		52%
150	256	01:00:00	00:06:00	Martin Sterry	0	5	Pace 60mins	#N/A
151	161	01:00:05	00:06:01	Niki Iveson	F40+	5	Dh Runners	53%
152	112	01:00:06	00:06:01	Kev Iveson	M40+	10	Dh Runners	48%
153	1	01:00:32	00:06:03	Abby Parker	FSen	20		50%
154	30	01:01:35	00:06:09	Bob Small	M70+	4	Teignbridge Trotters	63%
155	122	01:01:42	00:06:10	Lee Tozer	M60+	7		54%

156	136	01:01:45	00:06:10	Mary O'Shea Hayward	F40+	6		51%
157	135	01:01:50	00:06:11	Martin Venning	M70+	5	Launceston Road Runners	61%
158	238	01:01:52	00:06:11	Jason Hyde	M45+	19	Axe Valley Runners	48%
159	126	01:02:05	00:06:13	Lisa Littlechild	F40+	7	Goodgym Exeter	52%
160	106	01:02:32	00:06:15	Julia Richards	F35+	13		50%
161	150	01:02:33	00:06:15	Michelle Perring	F35+	14		49%
162	145	01:02:36	00:06:16	Matthew Smale	M50+	8		51%
163	163	01:02:47	00:06:17	Olivia Slade	FSen	21		49%
164	9	01:03:32	00:06:21	Alison Ramsden	F35+	15		48%
165	165	01:03:49	00:06:23	Paloma Hermoso	F40+	8	Women On The Run	49%
166	118	01:04:03	00:06:24	Laura Bale	FSen	22		47%
167	74	01:04:34	00:06:27	Goff Welchman	M70+	6	Tiverton Harriers	58%
168	37	01:04:39	00:06:28	Chloe Howard	FSen	23		47%
169	229	01:04:45	00:06:29	Victoria Evison	F40+	9	Okehampton Running Club	49%
170	257	01:05:00	00:06:30	Rich Hill	0	6	Pace 65mins	#N/A
171	148	01:05:46	00:06:35	Mia Alexander	FSen	24		46%
172	83	01:05:47	00:06:35	Iona Stokes	FSen	25	Tom Perry	46%
173	124	01:06:16	00:06:38	Linda Harley	F50+	5		55%
174	204	01:06:45	00:06:41	Sarah Walker	F40+	10		48%
175	137	01:07:39	00:06:46	Mary Black	F60+	2	Bovey Valley Runners	61%
176	55	01:07:45	00:06:46	David Black	M55+	6	Bovey Valley Runners	48%
177	28	01:07:47	00:06:47	Bee Wilkins	F50+	6		51%
178	22	01:07:48	00:06:47	Anna Jones	F50+	7		52%
179	34	01:09:40	00:06:58	Cathie Welchman	F70+	1	Tiverton Harriers	68%
180	169	01:10:13	00:07:01	Pete Leahy	M55+	7	Apex Endurance Uae	46%
181	43	01:11:13	00:07:07	Christine Ripley	F60+	3	Torbay Tri	57%
182	73	01:17:21	00:07:44	Gergely Balazs	MSen	25		35%
183	212	01:17:22	00:07:44	Stephen Every	M55+	8		42%
184	54	01:17:29	00:07:45	David Balcombe	M60+	8		44%
185	131	01:22:44	00:08:16	Margarita Moore	FSen	26	Lonely Goat Rc	37%
186	231	01:25:29	00:08:33	Victoria Meredith	FSen	27		35%
187	42	01:26:03	00:08:36	Christina Williams	FSen	28	0	35%
188	147	01:35:21	00:09:32	Megan Myer	FSen	29		32%