



RUN EXE 5K

Round 5 - 2nd August 2022



UNITED KINGDOM ATHLETICS

[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	302	0:15:34	00:03:07	Ollie Thorogood	M5en	1	South West Road Runners	83%
2	312	0:15:42	00:03:08	Jordan Andrews	M5en	2	Tavistock Run Project	83%
3	66	0:16:22	00:03:16	Donald Brooks	M40+	1	Torq	86%
4	309	0:16:25	00:03:17	Gareth Davies	M5en	3	South West Road Runners	79%
5	303	0:16:28	00:03:18	Matthew Mccullagh	M5en	4	South West Road Runners	78%
6	104	0:16:39	00:03:20	Paul Grieve	M5en	5		78%
7	313	0:16:49	00:03:22	Jason Hurford	M5en	6	Torbay Tri	78%
8	317	0:16:54	00:03:23	Chris Murphy	M35+	1	South West Road Runners	78%
9	43	0:16:57	00:03:23	Oliver White	M35+	2	Exmouth Harriers	78%
10	301	0:16:58	00:03:24	Michael Lambourne	MU20	1	Exeter Harriers Athletics Club	78%
11	205	0:17:02	00:03:24	Jody Bee	M40+	2	SWRR	81%
12	215	0:17:04	00:03:25	Miko Cadeddu	M5en	7	South West Road Runners	76%
13	65	0:17:09	00:03:26	Clive Stephenson	M50+	1		88%
14	326	0:17:14	00:03:27	Alex Peyton Jones	M40+	3	Tavistock Run Project	80%
15	325	0:17:21	00:03:28	James Benham	M40+	4	South West Road Runners	79%
16	322	0:17:24	00:03:29	Dominic Spayne	M40+	5	Exeter Harriers	78%
17	227	0:17:26	00:03:29	Shaun Yeoman	M35+	3	0	77%
18	306	0:17:33	00:03:31	Ethan Pavey	M5en	8	South West Road Runners	74%
19	298	0:17:38	00:03:32	Christopher Oliveira	MU15	1	North Devon Athletics Club	80%
20	305	0:17:39	00:03:32	Rosie Hattersley	F5en	1	South West Road Runners	84%
21	26	0:17:40	00:03:32	Howard Bailey	M5en	9	Exeter Harriers	74%
22	237	0:17:46	00:03:33	Ash Voralia	M35+	4	South West Road Runners	76%
23	39	0:17:49	00:03:34	Matt Frost	M5en	10	Axe Valley Runners	73%
24	321	0:17:51	00:03:34	David Brown	M40+	6	Torbay Tri	82%
25	44	0:17:58	00:03:36	Olly Morris	MU15	2		79%
26	181	0:18:08	00:03:38	Charlie Kemp	M5en	11	0	71%
27	67	0:18:18	00:03:40	Ethan Sterry	M5en	12	South West Road Runners	71%
28	27	0:18:20	00:03:40	James Ayre	M35+	5	Tiverton Harriers	74%
29	307	0:18:28	00:03:42	Nicky Savill	F5en	2	South West Road Runners	80%
30	251	0:18:42	00:03:44	Faith Taylor-Tippett	F5en	3	Erme Valley Harriers	79%
31	310	0:18:43	00:03:45	Emma Kiernan	F5en	4	Taunton	79%
32	330	0:18:55	00:03:47	Philip Thomas	M45+	1	0	75%
33	115	0:19:04	00:03:49	Samantha Lake	F40+	1	Tavistock Athletic Club	82%
34	53	0:19:15	00:03:51	Andrew Vernon	M50+	2	Okehampton Running Club	79%
35	13	0:19:16	00:03:51	Daniel Jones	M5en	13	Tiverton Harriers	68%
36	341	0:19:19	00:03:52	Richard Harrison	M50+	3	Selby Striders	78%
37	16	0:19:30	00:03:54	Edward Stevens	M35+	6		68%
38	333	0:19:32	00:03:54	Byron Mckinney	M45+	2	Tiverton Harriers	74%
39	54	0:19:37	00:03:55	Andy Macmillan	M50+	4	Dawlish Coasters	78%
40	347	0:19:40	00:03:56	Garry Randall	M45+	3	0	74%
41	222	0:19:42	00:03:56	Richard Stone	M40+	7	South West Road Runners	70%
42	20	0:19:59	00:04:00	PACE - Steve Goss	M0	1	PACER	#N/A
43	238	0:20:00	00:04:00	Ben Osmond	MU17	1	Torbay Athletics	68%
44	4	0:20:05	00:04:01	Andrew Barnard	M45+	4		72%
45	300	0:20:11	00:04:02	Alan Brown	MU20	2	0	65%
46	170	0:20:16	00:04:03	John Shapland	M65+	1	Bideford AAC	86%
47	150	0:20:16	00:04:03	Claudine Benstead	F60+	1	ORC running club	97%
48	332	0:20:17	00:04:03	Sarah Dooley	F45+	1	Reading Roadrunners	79%
49	328	0:20:28	00:04:06	Lucy Watkinson	F40+	2	Pure endurance triathletes	76%
50	350	0:20:37	00:04:07	Harry Mills	M35+	7	Exeter Harriers	64%
51	79	0:20:48	00:04:10	Jaden Rigler	MU17	2	Bideford Aac	67%
52	316	0:20:51	00:04:10	Lucy Hughes	F35+	1	Tiverton Harriers	72%
53	311	0:20:55	00:04:11	Luke Rigler	M5en	14	0	62%
54	318	0:21:03	00:04:13	Joanne Page	F35+	2	Okehampton rc	72%
55	6	0:21:05	00:04:13	Barry Frost	M60+	1	South West Roads Runners	78%
56	21	0:21:13	00:04:15	Geoff Nicholls	M60+	2		78%
57	335	0:21:24	00:04:17	Gavin Thomas	M45+	5	york knavesmire harriers	68%
58	339	0:21:26	00:04:17	Jo Pearce	F50+	1	SWRR	80%
59	324	0:21:34	00:04:19	Ami Peyton Jones	F40+	3	Plymouth Harriers	71%
60	119	0:21:39	00:04:20	Simon Swift	M50+	5	Erme Valley Harriers	70%
61	140	0:21:43	00:04:21	Eli Baker-Pike	MU15	3	Honiton Running Club	65%
62	216	0:21:45	00:04:21	Miley Lake	FU15	1	0	73%
63	295	0:21:48	00:04:22	Rob Graham	M45+	6	SWRR	66%
64	171	0:21:52	00:04:22	Andrew Johnson	M55+	1	Exmouth Harriers AAC	71%
65	47	0:22:11	00:04:26	Sophie-May Luxton	FU17	1	Okehampton Rc	69%
66	14	0:22:15	00:04:27	Des White	M65+	2	Exmouth Harriers	78%
67	30	0:22:28	00:04:30	Jay Sweetman	M40+	8	Honiton Rc	61%
68	78	0:22:35	00:04:31	Jade Hopton	F5en	5	0	66%
69	128	0:22:43	00:04:33	Paul Evison	M65+	3	Okehampton Running Club	77%
70	338	0:23:03	00:04:37	Sara Harrison	F50+	2	Selby Striders	74%
71	31	0:23:09	00:04:38	Jeffrey Curd	M55+	2	Tiverton Harriers	67%
72	315	0:23:13	00:04:39	Rosie Glazier	F5en	6	South West Road Runners	64%

73	24	0:23:15	00:04:39	Greg Mimms	M35+	8	South West Veterans Ac	57%
74	225	0:23:32	00:04:42	Ron Seward	M70+	1	Axe Valley Runners	76%
75	336	0:23:36	00:04:43	Paul Denton	M50+	6	Tri Hards Gents Exmouth	62%
76	8	0:23:39	00:04:44	Callum Lamont	M55+	3	South West Roads Runners	66%
77	348	0:23:43	00:04:45	Heidi Simms	F35+	3	SWRR	63%
78	41	0:23:45	00:04:45	Mia Morris	FU13	1		69%
79	34	0:24:02	00:04:48	Kelly Lawson	F40+	4		65%
80	35	0:25:09	00:05:02	Kirsty Bickell	F50+	3		67%
81	349	0:25:34	00:05:07	Adrian Clarke	M50+	7	0	59%
82	11	0:25:45	00:05:09	Chloe Phare	FU13	2		65%
83	308	0:26:02	00:05:12	Alistair Allen	MSen	15	Exeter Harriers	50%
84	25	0:26:06	00:05:13	Harry Branch	MU15	4		54%
85	90	0:26:39	00:05:20	Linda Bracher	F50+	4	Erme Valley Harriers	65%
86	346	0:27:19	00:05:28	Bob Small	M70+	2	Teignbridge Trotters	68%
87	334	0:28:28	00:05:42	Rebecca Thomas	F45+	2	0	58%
88	23	0:28:44	00:05:45	Goff Welchman	M70+	3	Tiverton Harriers	62%
89	219	0:29:29	00:05:54	Peter Horrell	M60+	3	0	56%
90	29	0:29:39	00:05:56	Jane Whitcombe	F45+	3	Lonely Goat Rc	56%
91	232	0:30:54	00:06:11	Victoria Evison	F40+	5	Okehampton Running Club	51%
92	319	0:31:06	00:06:13	Micky Hickman	F35+	4	0	48%
93	344	0:32:32	00:06:30	Hylida Stewart	F60+	2	clydesdale harriers	61%
94	276	0:33:02	00:06:36	Oli Clarke	MU20	3	0	40%
95	9	0:33:15	00:06:39	Cathie Welchman	F70+	1	Tiverton Harriers	69%