



RUN EXE 5K

Round 6 - 6th September 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	302	00:15:31	00:03:06	Ollie Thorogood	MSen	1	South West Road Runners	83%
2	66	00:16:19	00:03:16	Donald Brooks	M40+	1	Torq	86%
3	43	00:16:27	00:03:17	Oliver White	M35+	1	Exmouth Harriers	81%
4	358	00:16:36	00:03:19	Gwylm Gibson	MSen	2	South West Road Runners	79%
5	65	00:17:13	00:03:27	Clive Stephenson	M50+	1		88%
6	22	00:17:14	00:03:27	George Pemberton	MU15	1		82%
7	1	00:17:26	00:03:29	Adam Hunt	MSen	3		75%
8	325	00:17:37	00:03:31	James Benham	M40+	2	South West Road Runners	78%
9	298	00:17:39	00:03:32	Christopher Oliveira	MU15	2	North Devon Athletics Club	80%
10	44	00:17:54	00:03:35	Olly Morris	MU15	3		79%
11	353	00:17:55	00:03:35	Adrian Lane	M45+	1	Honiton Running Club	81%
12	26	00:18:00	00:03:36	Howard Bailey	MSen	4	Exeter Harriers	73%
13	67	00:18:12	00:03:38	Ethan Sterry	MSen	5	South West Road Runners	71%
14	39	00:18:30	00:03:42	Matt Frost	MSen	6	Axe Valley Runners	70%
15	27	00:18:41	00:03:44	James Ayre	M35+	2	Tiverton Harriers	73%
16	354	00:18:43	00:03:45	Harry Morgan	MSen	7	Aldershot Farnham & District AC	69%
17	28	00:18:45	00:03:45	James Overton	M35+	3		72%
18	115	00:18:52	00:03:46	Samantha Lake	F40+	1	Tavistock Athletic Club	83%
19	330	00:18:55	00:03:47	Philip Thomas	M45+	2	0	75%
20	238	00:18:57	00:03:47	Ben Osmond	MU17	1	Torbay Athletics	72%
21	231	00:18:57	00:03:47	Theo Miller	MSen	8		68%
22	7	00:18:59	00:03:48	PACE - Callum Crawford	M0	1	PACER	#N/A
23	107	00:19:03	00:03:49	Richard Pedrick	M35+	4	Vegan Runners Uk	70%
24	45	00:19:04	00:03:49	Oscar Purchase	MU13	1		78%
25	361	00:19:10	00:03:50	Byron Mckinney	M45+	3	Tiverton Harriers	75%
26	16	00:19:13	00:03:51	Edward Stevens	M35+	5		69%
27	202	00:19:16	00:03:51	Jeff Bardell	M40+	3	South West Road Runners	71%
28	53	00:19:16	00:03:51	Andrew Vernon	M50+	2	Okehampton Running Club	78%
29	49	00:19:31	00:03:54	Alfie Gibbins	MU17	2	Honiton Running Club	70%
30	72	00:19:35	00:03:55	Hannah Bown	F40+	2	Exmouth Harriers	80%
31	96	00:19:36	00:03:55	Mat Kelly	M35+	6	Pure Endurance Triathletes	69%
32	126	00:19:41	00:03:56	Craig Butler	M50+	3	Exmouth Harriers AAC	76%
33	222	00:19:53	00:03:59	Richard Stone	M40+	4	South West Road Runners	70%
34	20	00:19:58	00:04:00	PACE - Steve Goss	M0	2	PACER	#N/A
35	377	00:20:05	00:04:01	Katie Coult	F35+	1	South West Road Runners	75%
36	150	00:20:11	00:04:02	Claudine Benstead	F60+	1	ORC running club	98%
37	77	00:20:19	00:04:04	Isla Mayne	FU15	1	Exeter Harriers	79%
38	177	00:20:24	00:04:05	Alex Mayne	M40+	5	0	69%
39	357	00:20:35	00:04:07	David Friskin	MSen	9	plymouth musketeers	63%
40	274	00:20:46	00:04:09	Noah Keatley	MU13	2	Honiton Running Club	74%
41	140	00:20:50	00:04:10	Eli Baker-Pike	MU15	4	Honiton Running Club	68%
42	360	00:21:00	00:04:12	Neil Collins	M45+	4	EXMOUTH HARRIERS	68%
43	21	00:21:05	00:04:13	Geoff Nicholls	M60+	1		79%
44	119	00:21:23	00:04:17	Simon Swift	M50+	4	Erme Valley Harriers	71%
45	339	00:21:24	00:04:17	Jo Pearce	F50+	1	SWRR	80%
46	120	00:21:25	00:04:17	Stephen Morgan	M65+	1	Exmouth Harriers	78%
47	47	00:21:34	00:04:19	Sophie-May Luxton	FU17	1	Okehampton Rc	71%
48	378	00:21:42	00:04:20	Lucy Walker	FSen	1	South West Road Runners	68%
49	364	00:21:45	00:04:21	Jimmy Joy	M60+	2	Exmouth Harriers AAC	75%
50	171	00:21:49	00:04:22	Andrew Johnson	M55+	1	Exmouth Harriers AAC	72%
51	15	00:21:59	00:04:24	Edward Pickering	M45+	5	South West Road Runners	67%
52	175	00:22:05	00:04:25	Jenny Reay	F60+	2	Exmouth Harriers	90%
53	14	00:22:10	00:04:26	Des White	M65+	2	Exmouth Harriers	78%
54	249	00:22:38	00:04:32	Ella Bond	FU13	1	Honiton Running Club	72%
55	40	00:22:39	00:04:32	Max Spiller	MU15	5		64%
56	193	00:22:48	00:04:34	Hamish Terry	MU15	6	Honiton Running Club	64%
57	128	00:22:48	00:04:34	Paul Evison	M65+	3	Okehampton Running Club	76%
58	41	00:22:56	00:04:35	Mia Morris	FU13	2		71%
59	56	00:22:58	00:04:36	Becky Taviner	FU17	2	Honiton Running Club	67%
60	315	00:23:04	00:04:37	Rosie Glazier	FSen	2	South West Road Runners	64%
61	73	00:23:10	00:04:38	Hannah Brown	FSen	3	N1 Triathlon Club	64%
62	113	00:23:12	00:04:38	Roz Debenham	F40+	3	Swrr	66%

63	38	00:23:12	00:04:38	Lyra Webb	FU13	3	Honiton Rc	70%
64	216	00:23:15	00:04:39	Miley Lake	FU15	2	0	69%
65	78	00:23:22	00:04:40	Jade Hopton	FSen	4	0	64%
66	31	00:23:29	00:04:42	Jeffrey Curd	M55+	2	Tiverton Harriers	66%
67	32	00:23:38	00:04:44	Jenny Debenham	F40+	4	South West Road Runners	66%
68	64	00:23:46	00:04:45	Christopher Hammond	M35+	7		56%
69	34	00:23:58	00:04:48	Kelly Lawson	F40+	5		66%
70	225	00:24:21	00:04:52	Ron Seward	M70+	1	Axe Valley Runners	73%
71	35	00:24:28	00:04:54	Kirsty Bickell	F50+	2		69%
72	362	00:24:47	00:04:57	Elizabeth Lanning	FU17	3	0	63%
73	25	00:25:17	00:05:03	Harry Branch	MU15	7		56%
74	290	00:25:21	00:05:04	Taylor Anderson	MU13	3	Honiton Juniors Running Club	60%
75	355	00:25:27	00:05:05	Charles Lanning	M55+	3	0	60%
76	169	00:26:13	00:05:15	Simon Ruddlesden	M45+	6	0	55%
77	90	00:26:16	00:05:15	Linda Bracher	F50+	3	Erme Valley Harriers	66%
78	11	00:26:37	00:05:19	Chloe Phare	FU13	4		63%
79	17	00:26:42	00:05:20	Ella Spiller	FU15	3		60%
80	18	00:26:47	00:05:21	Fay Driscoll	FU13	5		61%
81	3	00:26:51	00:05:22	Alison White	F65+	1	Exmouth Harriers	79%
82	369	00:27:57	00:05:35	Hannah Venning	FSen	5	0	53%
83	76	00:28:48	00:05:46	Imogen Clarke	FU13	6	Honiton Running Club	58%
84	319	00:29:32	00:05:54	Micky Hickman	F35+	2	0	51%
85	232	00:30:10	00:06:02	Victoria Evison	F40+	6	Okehampton Running Club	52%
86	23	00:30:39	00:06:08	Goff Welchman	M70+	2	Tiverton Harriers	58%
87	9	00:32:31	00:06:30	Cathie Welchman	F70+	1	Tiverton Harriers	71%
88	219	00:32:32	00:06:30	Peter Horrell	M60+	3	0	51%