



# RUN EXE 5K

Round 1 - 18th April 2023

[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	120	00:16:06	00:03:13	Jamie Pullinger	MSen	1	SOUTH WEST ROAD RUNNERS	80%
2	35	00:16:14	00:03:15	Donald Brooks	M45+	1	TORQ FITNESS	87%
3	75	00:16:14	00:03:15	Sam Hopton	MSen	2	SOUTH WEST ROAD RUNNERS	81%
4	108	00:16:51	00:03:22	Alice Murray-Gourlay	FSen	1	TAUNTON AC	88%
5	115	00:16:58	00:03:24	Ethan Pavey	MSen	3	SOUTH WEST ROAD RUNNERS	76%
6	154	00:16:59	00:03:24	Oliver White	M35+	1	EXMOUTH HARRIERS AAC	79%
7	68	00:17:00	00:03:24	Joel Heatley	M40+	1	SOUTH WEST ROAD RUNNERS	81%
8	46	00:17:00	00:03:24	Megan Davis	FSen	2	NEWQUAY ROAD RUNNERS	87%
9	107	00:17:20	00:03:28	Chris Murphy	M35+	2	SOUTH WEST ROAD RUNNERS	76%
10	37	00:17:21	00:03:28	Nick Bruce-White	M40+	2	SOUTH WEST ROAD RUNNERS	80%
11	118	00:17:28	00:03:30	Edward Pickering	M50+	1	SOUTH WEST ROAD RUNNERS	84%
12	66	00:17:29	00:03:30	Jonathan Hall	M35+	3	EXETER HARRIERS ATHLETICS C	75%
13	88	00:17:30	00:03:30	Katie Knowles	FSen	3	NEWQUAY ROAD RUNNERS	85%
14	155	00:17:34	00:03:31	Thomas Whitworth	MSen	4		75%
15	77	00:17:39	00:03:32	Jamie Howard	M45+	2	SOUTH WEST ROAD RUNNERS	80%
16	97	00:17:45	00:03:33	Robert Mann	MSen	5	N/A	73%
17	60	00:17:47	00:03:33	Theo Glew	MU15	1	TORBAY AAC	82%
18	101	00:17:54	00:03:35	Richard Mccollum	M45+	3	SPEEDO GONZALES	80%
19	122	00:17:57	00:03:35	Oscar Purchase	MU15	2	EXETER HARRIERS	81%
20	123	00:17:58	00:03:36	Paige Quinn	FU15	1	TORBAY AAC	89%
21	3	00:17:59	00:03:36	Pace - 18min	0	1	Shut Up Legs	#N/A
22	45	00:18:12	00:03:38	Leo Dallmeier Cottle	MU13	1	EXETER HARRIERS	82%
23	161	00:18:13	00:03:39	Michael Musgrove	M50+	2	EXMOUTH HARRIERS	84%
24	71	00:18:16	00:03:39	Jordan Hewitt	MSen	6	TIVERTON HARRIERS	71%
25	138	00:18:17	00:03:39	Ethan Sterry	MSen	7	SOUTH WEST ROAD RUNNERS	71%
26	31	00:18:19	00:03:40	Kirstie Booth	F45+	1	TAUNTON AC	87%
27	64	00:18:27	00:03:41	Joe Greenhalgh	MSen	8		71%
28	39	00:18:30	00:03:42	Nick Casey	M50+	3	SOUTH WEST ROAD RUNNERS	82%
29	82	00:18:42	00:03:44	Daniel Jones	M35+	4	TIVERTON HARRIERS	70%
30	25	00:18:44	00:03:45	Howard Bailey	MSen	9	EXETER HARRIERS	70%
31	157	00:18:47	00:03:45	Stanley Wood	MU17	1	OKEHAMPTON RUNNING CLUB	74%
32	116	00:18:56	00:03:47	Richard Petty	MSen	10		68%
33	129	00:18:56	00:03:47	Lawrence Schneck	M45+	4	GREENBOW RUNNING CLUB	77%
34	89	00:18:59	00:03:48	Samantha Lake	F40+	1	TAVISTOCK ATHLETICS CLUB	83%
35	27	00:19:07	00:03:49	Andrew Barnard	M45+	5	TIVERTON HARRIERS	77%
36	134	00:19:07	00:03:49	Alex Snell	M40+	3	TORBAY AAC	71%
37	43	00:19:11	00:03:50	Oliver Cowan	M40+	4	THE GREEN RUNNERS	71%
38	67	00:19:15	00:03:51	Gavin Harris	M35+	5	GREENBOW RUNNING CLUB	69%
39	133	00:19:24	00:03:53	Leon Snell	MU13	2	TORBAY AAC	77%
40	109	00:19:26	00:03:53	Cathy Newman	F60+	1	EXMOUTH HARRIERS	100%
41	53	00:19:29	00:03:54	Oscar Eve	MU17	2	TORBAY AAC	71%
42	160	00:19:29	00:03:54	Kerry Roberts	M60+	1	TIVERTON HARRIERS	84%
43	99	00:19:32	00:03:54	Alex Mayne	M45+	6		73%
44	148	00:19:34	00:03:55	Andrew Vernon	M50+	4	OKEHAMPTON RUNNING CLUB	78%
45	96	00:19:41	00:03:56	Andy Macmillan	M55+	1	DAWLISH COASTERS	78%
46	33	00:19:46	00:03:57	Hannah Bown	F40+	2	EXMOUTH HARRIERS	80%
47	86	00:19:48	00:03:58	Marlow Kirby	MU13	3	TORBAY AAC	77%
48	61	00:19:55	00:03:59	Rob Graham	M45+	7	SOUTH WEST ROAD RUNNERS	72%
49	73	00:19:57	00:03:59	Charlie Holman	MU17	3		69%
50	5	00:19:59	00:04:00	Pace - 20min	0	2	Shut Up Legs	#N/A
51	127	00:20:09	00:04:02	Rodney Rikhotso	MSen	11	GREENBOW RUNNING CLUB	65%
52	50	00:20:12	00:04:02	Sam Duffy	MSen	12	GREENBOW RUNNING CLUB	64%
53	47	00:20:12	00:04:02	Joseph Dean	MU17	4	HONITON RUNNING CLUB	69%
54	21	00:20:17	00:04:03	Alistair Allen	MSen	13	EXETER HARRIERS	64%
55	28	00:20:18	00:04:04	John Bennett	M45+	8	HONITON RUNNING CLUB	71%
56	100	00:20:19	00:04:04	Isla Mayne	FU15	2	EXETER HARRIERS ATHLETICS C	77%
57	79	00:20:21	00:04:04	Lucy Hughes	F35+	1	TIVERTON HARRIERS	73%
58	158	00:20:24	00:04:05	Ronan Yeo	MSen	14		63%
59	84	00:20:27	00:04:05	Jimmy Joy	M60+	2	EXMOUTH HARRIERS AAC	80%
60	131	00:20:29	00:04:06	John Shapland	M70+	1	BIDEFORD AAC	86%
61	95	00:20:33	00:04:07	Sophie Luxton	FU20	1	OKEHAMPTON RUNNING CLUB	74%

62	94	00:20:36	00:04:07	Gwilym Lewis	MU15	3	TORBAY AAC	69%
63	140	00:20:40	00:04:08	Jasmine Stone	FU20	2	TAUNTON AC	72%
64	69	00:20:49	00:04:10	Jason Henderson	M50+	5	NEWQUAY & PAR AC	73%
65	142	00:20:59	00:04:12	Simon Swift	M55+	2	ERME VALLEY HARRIERS	73%
66	125	00:21:03	00:04:13	Jenny Reay	F60+	2	EXMOUTH HARRIERS AAC	96%
67	150	00:21:04	00:04:13	Lucy Walker	FSen	4	SOUTH WEST ROAD RUNNERS	70%
68	52	00:21:05	00:04:13	Heather Eve	F45+	2	TORBAY AAC	75%
69	130	00:21:05	00:04:13	Karl Schultze	MSen	15	SOUTH WEST ROAD RUNNERS	62%
70	44	00:21:06	00:04:13	Graham Cox	M45+	9	MAVERICK RUNNERS	68%
71	135	00:21:13	00:04:15	Marcus Somercloud	MSen	16	GREENBOW RUNNING CLUB	61%
72	119	00:21:18	00:04:16	Nicholas Pope	M45+	10		68%
73	103	00:21:24	00:04:17	Alasdair Moffett	M35+	6	HONITON RC	63%
74	137	00:21:25	00:04:17	Gareth Spuhler	M45+	11		67%
75	55	00:21:33	00:04:19	Barry Frost	M60+	3	SOUTH WEST ROAD RUNNERS	77%
76	74	00:21:36	00:04:19	Jade Hopton	FSen	5	SOUTH WEST ROAD RUNNERS	69%
77	110	00:21:43	00:04:21	Geoff Nicholls	M65+	1	GREENBOW RUNNING CLUB	77%
78	62	00:21:45	00:04:21	Aubrey Green	MU15	4	HONITON RUNNING CLUB JUNI	65%
79	36	00:21:45	00:04:21	Hannah Brown	FSen	6	HONITON RUNNING CLUB	68%
80	80	00:21:46	00:04:21	Andrew Johnson	M55+	3	EXMOUTH HARRIERS AAC	73%
81	59	00:21:48	00:04:22	Mark Glew	M55+	4		70%
82	7	00:21:48	00:04:22	Pace - 22min	0	3	Shut Up Legs	#N/A
83	126	00:22:02	00:04:24	Louise Reynolds	F45+	3	SOUTHWEST ROAD RUNNERS	72%
84	49	00:22:10	00:04:26	Paul Denton	M50+	6	TRI HARDS GENTS EXMOUTH	67%
85	104	00:22:17	00:04:27	Sean Monger	M50+	7	SOUTH WEST ROAD RUNNERS	68%
86	30	00:22:23	00:04:29	Ella Bond	FU15	3	HONITON RC	71%
87	147	00:22:42	00:04:32	Eliza Turner	FU13	1	HONITON RC	72%
88	145	00:23:12	00:04:38	Mark Tait	M50+	8	SOUTH WEST ROAD RUNNERS	66%
89	22	00:23:18	00:04:40	Walter Andrews	M65+	2	TIVERTON HARRIERS	72%
90	48	00:23:31	00:04:42	Roz Debenham	F40+	3	SOUTH WEST ROAD RUNNERS	65%
91	58	00:23:34	00:04:43	Rosie Glazier	FSen	7	SOUTH WEST ROAD RUNNERS	63%
92	93	00:23:35	00:04:43	Kelly Lawson	F45+	4	GREENBOW RUNNING CLUB	67%
93	91	00:23:47	00:04:45	Elizabeth Lanning	FU17	1	HONITON RUNNING CLUB JUNI	64%
94	121	00:23:54	00:04:47	Lily Purchase	FU17	2	HONITON RC	65%
95	9	00:23:56	00:04:47	Pace - 24min	0	4	Shut Up Legs	#N/A
96	90	00:24:22	00:04:52	Callum Lamont	M55+	5	SOUTH WEST ROAD RUNNERS	64%
97	144	00:24:41	00:04:56	Caroline Tait	F55+	1	SOUTH WEST ROAD RUNNERS	74%
98	32	00:24:41	00:04:56	Clara Bowles	FU20	3	TAVISTOCK AC	61%
99	29	00:24:43	00:04:57	Kirsty Bickell	F50+	1	GREENBOW RUNNING CLUB	69%
100	40	00:24:43	00:04:57	Charlie Churchill	MU15	5		57%
101	41	00:24:47	00:04:57	Craig Churchill	M45+	12	TEIGNBRIDGE TROTTER	57%
102	156	00:24:52	00:04:58	Stephen Wilbraham	M55+	6	TORBAY TRI CLUB	62%
103	102	00:25:16	00:05:03	Hamish Mckechnie	MU15	6	HONITON RUNNING CLUB	57%
104	98	00:25:20	00:05:04	Imogen Matthews	FU13	2	HONITON RUNNING CLUB JUNI	64%
105	146	00:25:34	00:05:07	Oliver Triner	MU15	7	HONITON RUNNING CLUB JUNI	57%
106	117	00:25:42	00:05:08	Chloe Phare	FU13	3	HONITON RUNNING CLUB JUNI	63%
107	124	00:25:59	00:05:12	Hayley Ratcliff	F55+	2	TORBAYAAC	69%
108	132	00:26:05	00:05:13	Bob Small	M75+	1	TEIGNBRIDGE TROTTERS	73%
109	78	00:26:16	00:05:15	Ben Hudson	M35+	7		50%
110	24	00:26:20	00:05:16	Eleanor Atkinson	FSen	8	SOUTH WEST ROAD RUNNERS	56%
111	136	00:26:37	00:05:19	Nicholas Spayne	M65+	3		63%
112	152	00:26:43	00:05:21	Alison White	F65+	1	EXMOUTH HARRIERS	81%
113	87	00:26:52	00:05:22	Steve Kirby	M45+	13	LONELY GOAT RC	53%
114	113	00:27:19	00:05:28	Keir Osborne	MU13	4	HONITON RUNNING CLUB	56%
115	23	00:27:29	00:05:30	Nicola Ashworth	F55+	2		65%
116	56	00:27:32	00:05:30	Javier Fuentes-Hermoso	MU15	8		53%
117	70	00:27:32	00:05:30	Paloma Hermoso	F40+	4	WOMEN ON THE RUN	56%
118	141	00:27:40	00:05:32	Lewis Stone	MSen	17		47%
119	81	00:28:41	00:05:44	Bernadette Jones	F50+	2		61%
120	63	00:29:12	00:05:50	Faber Green	MU13	4	HONITON RUNNING CLUB JUNI	51%
121	76	00:29:34	00:05:55	Peter Horrell	M65+	3		57%
122	72	00:30:39	00:06:08	Jack Hodder	MU15	8	HONITON RUNNING CLUB JUNI	46%
123	151	00:30:53	00:06:11	Goff Welchman	M70+	2	TIVERTON HARRIERS	59%
124	114	00:31:16	00:06:15	Jeremy Parsons	M70+	2	OLD GEEZERS	60%