



RUN EXE 5K

Round 2 - 2nd May 2023

[As per UKA rule 1.65.24 finish times rounded up to the nearest full second.](#)

[Guidance on GPS distance and time recording.](#)

Pos	Bib	Adj time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	198	00:15:21	00:03:04	Ben Neale	M35+	1	TAVISTOCK ATHLETICS CLUB	87%
2	35	00:16:02	00:03:12	Donald Brooks	M45+	1	TORQ FITNESS	88%
3	154	00:16:04	00:03:13	Oliver White	M35+	2	EXMOUTH HARRIERS AAC	83%
4	183	00:16:12	00:03:14	Matthew James	MSen	1	EXETER UNIVERSITY ATHLETICS CLUB	80%
5	175	00:16:18	00:03:16	Miko Cadeddu	MSen	2	SOUTH WEST ROAD RUNNERS	80%
6	195	00:16:30	00:03:18	Tom Maloney	MSen	3	HERCULES WIMBLEDON	79%
7	106	00:16:53	00:03:23	Olly Morris	MU17	1	EXETER HARRIERS	82%
8	68	00:16:59	00:03:24	Joel Heatley	M40+	1	SOUTH WEST ROAD RUNNERS	81%
9	107	00:17:05	00:03:25	Chris Murphy	M35+	3	SOUTH WEST ROAD RUNNERS	77%
10	37	00:17:06	00:03:25	Nick Bruce-White	M40+	2	SOUTH WEST ROAD RUNNERS	82%
11	202	00:17:09	00:03:26	William Ralston	MSen	4	VALE OF AYLESBURY AC	75%
12	77	00:17:13	00:03:27	Jamie Howard	M45+	2	SOUTH WEST ROAD RUNNERS	82%
13	60	00:17:15	00:03:27	Theo Glew	MU15	1	TORBAY AAC	84%
14	155	00:17:17	00:03:27	Thomas Whitworth	MSen	5		76%
15	167	00:17:21	00:03:28	Isaac Bate	MSen	6	EXETER UNIVERSITY ATHLETICS CLUB	74%
16	200	00:17:22	00:03:28	Inca Padfield	FSen	1	EXETER UNIVERSITY ATHLETICS CLUB	85%
17	190	00:17:31	00:03:30	Charlie Kemp	MSen	7		74%
18	217	00:17:34	00:03:31	Ben Whicher	MSen	8	EXETER UNIVERSITY ATHLETICS CLUB	73%
19	162	00:17:40	00:03:32	Steve Adams	M50+	1	EXETER HARRIERS	84%
20	199	00:17:41	00:03:32	James Overton	M40+	3		77%
21	122	00:17:45	00:03:33	Oscar Purchase	MU15	2	EXETER HARRIERS	82%
22	138	00:17:46	00:03:33	Ethan Sterry	MSen	9	SOUTH WEST ROAD RUNNERS	73%
23	174	00:17:47	00:03:33	Gary Burman	M40+	4	TORBAY TRI	78%
24	134	00:17:57	00:03:35	Alex Snell	M40+	5	TORBAY AAC	76%
25	45	00:18:01	00:03:36	Leo Dallmeier Cottle	MU13	1	EXETER HARRIERS	83%
26	57	00:18:04	00:03:37	Fiona German	FSen	2	SOUTH WEST ROAD RUNNERS	82%
27	71	00:18:05	00:03:37	Jordan Hewitt	MSen	10	TIVERTON HARRIERS	72%
28	101	00:18:07	00:03:37	Richard Mccollum	M45+	3	SPEEDO GONZALES	79%
29	182	00:18:09	00:03:38	Scott Hunter	M35+	4	SOUTH WEST ROAD RUNNERS	75%
30	25	00:18:12	00:03:38	Howard Bailey	MSen	11	EXETER HARRIERS	72%
31	194	00:18:13	00:03:39	Alex Macdonald	MSen	12	GREENBOW RUNNING CLUB	72%
32	161	00:18:19	00:03:40	Michael Musgrove	M50+	2	EXMOUTH HARRIERS	83%
33	39	00:18:24	00:03:41	Nick Casey	M50+	3	SOUTH WEST ROAD RUNNERS	82%
34	82	00:18:37	00:03:43	Daniel Jones	M35+	5	TIVERTON HARRIERS	71%
35	180	00:18:51	00:03:46	Mia Edwards	FU20	1	BRIGHTON PHOENIX/ EXETER UNI	79%
36	34	00:18:51	00:03:46	Joshua Bradley-Reece	MU17	2	TORQUAY AAC	74%
37	177	00:18:51	00:03:46	Stephen Collier	M45+	4	SOUTH WEST ROAD RUNNERS	76%
38	128	00:18:53	00:03:47	Sam Russell	MSen	13	ELY RUNNERS	69%
39	54	00:18:55	00:03:47	Bethan Everson	FSen	3	ELY RUNNERS	78%
40	109	00:19:03	00:03:49	Cathy Newman	F60+	1	EXMOUTH HARRIERS	102%
41	4	00:19:04	00:03:49	Pace - 19min	0	1	Shut Up Legs	#N/A
42	165	00:19:04	00:03:49	Jeff Bardell	M40+	6	SOUTH WEST ROAD RUNNERS	73%
43	172	00:19:08	00:03:50	Daisy Brooke	FU20	2	EXETER UNIVERSITY ATHLETICS CLUB	78%
44	214	00:19:11	00:03:50	Alice Watson	FSen	4	SOUTH WEST ROAD RUNNERS	77%
45	178	00:19:16	00:03:51	Richard Cottle	M55+	1	SOUTH WEST ROAD RUNNERS	81%
46	160	00:19:21	00:03:52	Kerry Roberts	M60+	1	TIVERTON HARRIERS	84%
47	53	00:19:28	00:03:54	Oscar Eve	MU17	3	TORBAY AAC	72%
48	99	00:19:30	00:03:54	Alex Mayne	M45+	5		73%
49	133	00:19:31	00:03:54	Leon Snell	MU13	2	TORBAY AAC	76%
50	83	00:19:33	00:03:55	Holly Jones	FSen	5	ERME VALLEY HARRIERS	76%
51	127	00:19:38	00:03:56	Rodney Rikhotso	MSen	14	GREENBOW RUNNING CLUB	67%
52	96	00:19:38	00:03:56	Andy Macmillan	M55+	2	DAWLISH COASTERS	78%
53	210	00:19:45	00:03:57	Richard Stone	M40+	7	SOUTH WEST ROAD RUNNERS	71%
54	220	00:19:47	00:03:57	Theo Miller	MSen	15	0	65%
55	5	00:19:48	00:03:58	Pace - 20min	0	2	Shut Up Legs	#N/A
56	26	00:19:51	00:03:58	Steve Baker	M65+	1	TAMAR TROTTERS	84%
57	123	00:19:51	00:03:58	Paige Quinn	FU15	1	TORBAY AAC	80%
58	203	00:19:51	00:03:58	Ella Richards	FU13	1	NEWTON ABBOT AC	82%
59	168	00:19:55	00:03:59	Claudine Benstead	F60+	2	OKEHAMPTON RC	100%
60	50	00:19:58	00:04:00	Sam Duffy	MSen	16	GREENBOW RUNNING CLUB	65%
61	216	00:19:59	00:04:00	Greg Wheildon	MSen	17		66%
62	197	00:20:03	00:04:01	Barry Neal	M40+	8	ERME VALLEY HARRIERS	70%
63	192	00:20:07	00:04:01	Oceana Lindgren	FU15	2		78%
64	131	00:20:08	00:04:02	John Shapland	M70+	1	BIDEFORD AAC	88%
65	187	00:20:16	00:04:03	Noah Keatley	MU13	3	HONITON RUNNING CLUB	75%
66	171	00:20:29	00:04:06	Nick Brazcliffe	MSen	18	RUNNING FOREVER RC	63%
67	119	00:20:31	00:04:06	Nicholas Pope	M45+	6		71%
68	213	00:20:33	00:04:07	Erin Templeman	FSen	6	GREENBOW RUNNING CLUB	72%
69	130	00:20:36	00:04:07	Karl Schultze	MSen	19	SOUTH WEST ROAD RUNNERS	64%
70	84	00:20:38	00:04:08	Jimmy Joy	M60+	2	EXMOUTH HARRIERS AAC	79%
71	28	00:20:38	00:04:08	John Bennett	M45+	7	HONITON RUNNING CLUB	70%
72	189	00:20:39	00:04:08	Mat Kelly	M35+	6	PURE ENDURANCE	66%
73	44	00:20:40	00:04:08	Graham Cox	M45+	8	MAVERICK RUNNERS	70%
74	21	00:20:41	00:04:08	Alistair Allen	MSen	20	EXETER HARRIERS	63%
75	188	00:20:41	00:04:08	Paul Keatley	M40+	9		67%
76	135	00:20:42	00:04:08	Marcus Somercloud	MSen	21	GREENBOW RUNNING CLUB	62%
77	179	00:20:47	00:04:09	Mike Crawford	M45+	9	CITY OF PLYMOUTH ATHLETICS CLUB	68%

78	184	00:20:48	00:04:10	Hannah Jones	F45+	1		79%
79	137	00:20:57	00:04:11	Gareth Spuhler	M45+	10		69%
80	100	00:20:57	00:04:11	Isla Mayne	FU15	3	EXETER HARRIERS	75%
81	125	00:20:59	00:04:12	Jenny Reay	F60+	3	EXMOUTH HARRIERS AAC	97%
82	6	00:21:02	00:04:12	Pace - 21min	0	3	Shut Up Legs	#N/A
83	52	00:21:03	00:04:13	Heather Eve	F45+	2	TORBAY AAC	75%
84	74	00:21:11	00:04:14	Jade Hopton	FSen	7	SOUTH WEST ROAD RUNNERS	70%
85	110	00:21:14	00:04:15	Geoff Nicholls	M65+	2	GREENBOW RUNNING CLUB	79%
86	207	00:21:19	00:04:16	Mia Slesser	FSen	8	EXETER UNIVERSITY ATHLETICS CLUB	69%
87	55	00:21:21	00:04:16	Barry Frost	M60+	3	SOUTH WEST ROAD RUNNERS	78%
88	219	00:21:25	00:04:17	Suzi Tosh	F45+	3	SOUTH WEST ROAD RUNNERS	76%
89	126	00:21:36	00:04:19	Louise Reynolds	F45+	4	SOUTHWEST ROAD RUNNERS	74%
90	62	00:21:40	00:04:20	Aubrey Green	MU15	3	HONITON RUNNING CLUB JUNIORS	65%
91	104	00:21:40	00:04:20	Sean Monger	M50+	4	SOUTH WEST ROAD RUNNERS	70%
92	176	00:21:45	00:04:21	Nicholas Clifton	MSen	22	HALDON TRAIL RUNNERS	60%
93	30	00:21:45	00:04:21	Ella Bond	FU15	4	HONITON RC	73%
94	147	00:21:47	00:04:21	Eliza Turner	FU13	2	HONITON RC	75%
95	59	00:21:48	00:04:22	Mark Glew	M55+	3		70%
96	164	00:21:52	00:04:22	Rhiannon Annandale	FSen	9	SOUTH WEST ROAD RUNNERS	68%
97	36	00:21:56	00:04:23	Hannah Brown	FSen	10	HONITON RUNNING CLUB	67%
98	7	00:21:57	00:04:23	Pace - 22min	0	4	Shut Up Legs	#N/A
99	80	00:22:14	00:04:27	Andrew Johnson	M55+	4	EXMOUTH HARRIERS AAC	72%
100	181	00:22:18	00:04:28	Kevin Grainger	M55+	5		69%
101	193	00:22:37	00:04:31	Elizabeth Lindgren	FU17	1		68%
102	22	00:22:37	00:04:31	Walter Andrews	M65+	3	TIVERTON HARRIERS	74%
103	166	00:22:45	00:04:33	Sally Barrett	FSen	11	ARMY TRIATHLON ASSOCIATION	65%
104	105	00:22:52	00:04:34	Mia Morris	FU15	5	EXETER HARRIERS	70%
105	145	00:22:57	00:04:35	Mark Tait	M50+	5	SOUTH WEST ROAD RUNNERS	66%
106	196	00:23:03	00:04:37	Kate Medicott	F55+	1	ERME VALLEY HARRIERS	78%
107	58	00:23:06	00:04:37	Rosie Glazier	FSen	12	SOUTH WEST ROAD RUNNERS	64%
108	163	00:23:09	00:04:38	Mohammed Alrashidi	MSen	23		56%
109	121	00:23:09	00:04:38	Lily Purchase	FU17	2	HONITON RC	67%
110	91	00:23:14	00:04:39	Elizabeth Lanning	FU17	3	HONITON RUNNING CLUB JUNIORS	66%
111	204	00:23:17	00:04:39	Simon Ruddlesden	M45+	11		62%
112	48	00:23:18	00:04:40	Roz Debenham	F40+	1	SOUTH WEST ROAD RUNNERS	66%
113	156	00:24:12	00:04:50	Stephen Wilbraham	M55+	6	TORBAY TRI CLUB	63%
114	212	00:24:19	00:04:52	Becky Taviner	FU20	3	HONITON RUNNING CLUB	62%
115	29	00:24:37	00:04:55	Kirsty Bickell	F50+	1	GREENBOW RUNNING CLUB	69%
116	144	00:24:43	00:04:57	Caroline Tait	F55+	2	SOUTH WEST ROAD RUNNERS	74%
117	146	00:24:52	00:04:58	Oliver Triner	MU15	4	HONITON RUNNING CLUB JUNIORS	58%
118	102	00:24:55	00:04:59	Hamish Mckechnie	MU15	5	HONITON RUNNING CLUB	58%
119	211	00:24:57	00:04:59	Ken Summers	M70+	2	ERME VALLEY HARRIERS	72%
120	92	00:24:58	00:05:00	Caroline Lavis	F75+	1	YATE AND SODBURY STRIDERS/ HOGWEED TROTTERS	99%
121	124	00:25:16	00:05:03	Hayley Ratcliff	F55+	3	TORBAYAAC	71%
122	117	00:25:20	00:05:04	Chloe Phare	FU13	3	HONITON RUNNING CLUB JUNIORS	64%
123	218	00:25:25	00:05:05	Kate Wilson	F55+	4	OKEHAMPTON RC	74%
124	42	00:25:31	00:05:06	Imogen Clarke	FU13	4	HONITON JUNIORS RUNNING CLUB	64%
125	78	00:25:43	00:05:09	Ben Hudson	M35+	7		51%
126	136	00:26:17	00:05:15	Nicholas Spayne	M65+	4		64%
127	206	00:26:23	00:05:17	Peter Sargent	M75+	1	SOUTH WEST VETS A.C.	75%
128	152	00:26:50	00:05:22	Alison White	F65+	1	EXMOUTH HARRIERS	80%
129	70	00:26:50	00:05:22	Paloma Hermoso	F40+	2	WOMEN ON THE RUN	57%
130	56	00:26:50	00:05:22	Javier Fuentes-Hermoso	MU15	6		54%
131	23	00:27:17	00:05:27	Nicola Ashworth	F55+	5		65%
132	81	00:27:47	00:05:33	Bernadette Jones	F50+	2		63%
133	139	00:27:50	00:05:34	Chris Stock	M40+	10	SOUTH WEST ROAD RUNNERS	51%
134	113	00:28:37	00:05:43	Keir Osborne	MU13	4	HONITON RUNNING CLUB	53%
135	151	00:29:06	00:05:49	Goff Welchman	M70+	3	TIVERTON HARRIERS	62%
136	76	00:29:43	00:05:57	Peter Horrell	M65+	5		56%
137	72	00:30:18	00:06:04	Jack Hodder	MU15	7	HONITON RUNNING CLUB JUNIORS	47%
138	63	00:30:48	00:06:10	Faber Green	MU13	5	HONITON RUNNING CLUB JUNIORS	48%
139	114	00:31:12	00:06:14	Jeremy Parsons	M70+	4	OLD GEEZERS	60%
140	215	00:33:51	00:06:46	Cathie Welchman	F70+	1	TIVERTON HARRIERS	69%