



# RUN EXE 5K

Round 3 - 6 June 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	Adj time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	224	00:14:38	00:02:56	Shaun Antell	M35+	1	BIDEFORD AAC	91%
2	237	00:15:31	00:03:06	Jim Cole	M40+	1	TRP	89%
3	154	00:16:08	00:03:14	Oliver White	M35+	2	EXMOUTH HARRIERS AAC	83%
4	271	00:16:21	00:03:16	Liam Nicholls	M5en	1	CORNWALL AC	79%
5	259	00:16:24	00:03:17	Thomas Humphrey	M35+	3	SOUTH WEST ROAD RUNNERS	81%
6	175	00:16:33	00:03:19	Miko Cadeddu	M5en	2	SOUTH WEST ROAD RUNNERS	79%
7	272	00:16:50	00:03:22	Oliver Oldfield	M5en	3	TAMAR TROTTERS	77%
8	250	00:16:53	00:03:23	Hamish Fletcher-Cooney	M5en	4	SOUTH WEST ROAD RUNNERS	77%
9	106	00:17:00	00:03:24	Olly Morris	MU17	1	EXETER HARRIERS ATHLETICS CLUB	82%
10	155	00:17:03	00:03:25	Thomas Whitworth	M5en	5		77%
11	268	00:17:04	00:03:25	Sebastian Munday	M5en	6	EXETER HARRIERS	76%
12	115	00:17:08	00:03:26	Ethan Pavey	M5en	7	SOUTH WEST ROAD RUNNERS	75%
13	243	00:17:10	00:03:26	Ross Duerden	M35+	4	CORNWALL ATHLETIC CLUB	77%
14	37	00:17:11	00:03:26	Nick Bruce-White	M40+	2	SOUTH WEST ROAD RUNNERS	81%
15	229	00:17:12	00:03:26	James Benham	M40+	3	SOUTH WEST ROAD RUNNERS	80%
16	248	00:17:13	00:03:27	Richard Ezra-Ham	M5en	8	TAMAR TROTTERS	75%
17	234	00:17:14	00:03:27	Steve Burrows	M45+	1		84%
18	200	00:17:17	00:03:27	Inca Padfield	F5en	1	EXETER UNIVERSITY ATHLETICS CLUB	86%
19	34	00:17:22	00:03:28	Joshua Bradley-Reece	MU17	2	TORQUAY AAC	80%
20	118	00:17:24	00:03:29	Edward Pickering	M50+	1	SOUTH WEST ROAD RUNNERS	85%
21	286	00:17:26	00:03:29	Ash Voralia	M35+	5	SOUTH WEST ROAD RUNNERS	78%
22	233	00:17:32	00:03:30	Alastair Burden	M5en	9		74%
23	66	00:17:33	00:03:31	Jonathan Hall	M35+	6	EXETER HARRIERS ATHLETICS CLUB	75%
24	122	00:17:35	00:03:31	Oscar Purchase	MU15	1	EXETER HARRIERS	82%
25	249	00:17:40	00:03:32	Rebecca Ezra-Ham	F5en	2	TAMAR TROTTERS	84%
26	60	00:17:40	00:03:32	Theo Glew	MU15	2	TORBAY AAC	82%
27	222	00:17:42	00:03:32	Holly Andrews	F5en	3	TRURO RUNNING CLUB	84%
28	57	00:17:44	00:03:33	Fiona German	F5en	4	SOUTH WEST ROAD RUNNERS	83%
29	101	00:17:45	00:03:33	Richard Mccollum	M45+	2	SPEEDO GONZALES	81%
30	199	00:17:47	00:03:33	James Overton	M40+	4		77%
31	257	00:17:48	00:03:34	Tom Howourth	M5en	10	EXETER HARRIERS	73%
32	138	00:17:49	00:03:34	Ethan Sterry	M5en	11	SOUTH WEST ROAD RUNNERS	72%
33	273	00:17:50	00:03:34	Christopher Oliveira	MU17	3	NORTH DEVON ATHLETIC CLUB	78%
34	194	00:17:55	00:03:35	Alex Macdonald	M5en	12	GREENBOW RUNNING CLUB	73%
35	264	00:18:00	00:03:36	Grace Leyland	F5en	5	HERNE HILL HARRIERS	82%
36	262	00:18:03	00:03:37	Harry Kendall	MU17	4		77%
37	244	00:18:08	00:03:38	Mia Edwards	F5en	6	BRIGHTON PHOENIX/ EXETER UNI	82%
38	39	00:18:15	00:03:39	Nick Casey	M50+	2	SOUTH WEST ROAD RUNNERS	83%
39	276	00:18:24	00:03:41	Millie Porter	F5en	7	EXETER UNIVERSITY ATHLETICS CLUB	80%
40	245	00:18:27	00:03:41	John English	M40+	5		76%
41	157	00:18:27	00:03:41	Stanley Wood	MU17	5	OKEHAMPTON RUNNING CLUB	75%
42	25	00:18:28	00:03:42	Howard Bailey	M5en	13	EXETER HARRIERS	71%
43	251	00:18:31	00:03:42	Matthew Gilbert	MU20	1	EXETER UNIVERSITY ATHLETICS CLUB	71%
44	280	00:18:37	00:03:43	Bronwen Stratton- Thomas	F5en	8	EXETER UNIVERSITY ATHLETICS CLUB	79%
45	161	00:18:40	00:03:44	Michael Musgrove	M50+	3	EXMOUTH HARRIERS	82%
46	236	00:18:41	00:03:44	Lucy Coad	F5en	9	SOUTH WEST ROAD RUNNERS	79%
47	82	00:18:46	00:03:45	Daniel Jones	M35+	7	TIVERTON HARRIERS	70%
48	282	00:18:47	00:03:45	Alison Thorn	F45+	1	ERME VALLEY HARRIERS	88%
49	238	00:18:48	00:03:46	Ben Cooper	M5en	14	EXETER UNIVERSITY ATHLETICS CLUB	69%
50	256	00:18:49	00:03:46	Jason Hockridge	M40+	6	SOUTH WEST ROAD RUNNERS	75%
51	67	00:18:49	00:03:46	Gavin Harris	M35+	8	GREENBOW RUNNING CLUB	71%
52	214	00:18:50	00:03:46	Alice Watson	F5en	10	SOUTH WEST ROAD RUNNERS	79%
53	148	00:18:54	00:03:47	Andrew Vernon	M50+	4	OKEHAMPTON RUNNING CLUB	81%
54	283	00:18:55	00:03:47	Keith Tout	M35+	9	SOUTH WEST ROAD RUNNERS	72%
55	4	00:18:56	00:03:47	Pace - 19min	0	1	Shut Up Legs	#N/A
56	203	00:18:56	00:03:47	Ella Richards	FU13	1	NEWTON ABBOT AC	86%
57	246	00:19:00	00:03:48	Gareth Espin	M35+	10		70%
58	129	00:19:01	00:03:48	Lawrence Schneck	M45+	3	GREENBOW RUNNING CLUB	77%
59	192	00:19:01	00:03:48	Oceana Lindgren	FU15	1		83%
60	226	00:19:13	00:03:51	Ben Austin	M5en	15	TAMAR TROTTERS	67%
61	109	00:19:10	00:03:50	Cathy Newman	F60+	1	EXMOUTH HARRIERS	101%
62	269	00:19:11	00:03:50	Scarlett Muscott	FU15	2	TORBAY ATHLETICS CLUB	83%
63	178	00:19:19	00:03:52	Richard Cottle	M55+	1	SOUTH WEST ROAD RUNNERS	81%
64	177	00:19:19	00:03:52	Stephen Collier	M45+	4	SOUTH WEST ROAD RUNNERS	75%
65	89	00:19:22	00:03:52	Samantha Lake	F40+	1	TAVISTOCK ATHLETICS CLUB	81%
66	127	00:19:25	00:03:53	Rodney Rikhotso	M5en	16	GREENBOW RUNNING CLUB	68%
67	210	00:19:27	00:03:53	Richard Stone	M40+	7	SOUTH WEST ROAD RUNNERS	72%
68	267	00:19:30	00:03:54	Byron Mckinney	M45+	5	TIVERTON HARRIERS	74%
69	165	00:19:31	00:03:54	Jeff Bardell	M40+	8	SOUTH WEST ROAD RUNNERS	71%
70	28	00:19:33	00:03:55	John Bennett	M45+	6	HONITON RUNNING CLUB	74%
71	252	00:19:34	00:03:55	Jasmine Gray	F5en	11	TAVISTOCK AC	76%
72	86	00:19:36	00:03:55	Marlow Kirby	MU13	1	TORBAY AAC	78%
73	266	00:19:36	00:03:55	Isaac Malton	MU13	1	SWRR	78%
74	220	00:19:39	00:03:56	Theo Miller	M5en	17	0	66%
75	47	00:19:44	00:03:57	Joseph Dean	MU17	6	HONITON RUNNING CLUB	71%
76	281	00:19:46	00:03:57	Philip Thomas	M45+	7		72%
77	216	00:19:47	00:03:57	Greg Wheildon	M5en	18		66%
78	241	00:19:47	00:03:57	Nacho De La Barrera	M5en	18		65%
79	239	00:19:51	00:03:58	Justin Cudmore	M45+	8	SOUTH WEST ROAD RUNNERS	73%
80	5	00:19:56	00:03:59	Pace - 20min	0	2	Shut Up Legs	#N/A

81	278	00:20:00	00:04:00	Alicia Regan	FSen	12	SOUTH WEST ROAD RUNNERS	74%
82	50	00:20:03	00:04:01	Sam Duffy	MSen	20	GREENBOW RUNNING CLUB	65%
83	94	00:20:09	00:04:02	Gwilym Lewis	MU15	3	TORBAY AAC	70%
84	231	00:20:13	00:04:03	Martin Brace	M50+	5	TIVERTON HARRIERS	75%
85	171	00:20:15	00:04:03	Nick Brazcliffe	MSen	21	RUNNING FOREVER RC	64%
86	213	00:20:17	00:04:03	Erin Templeman	FSen	13	GREENBOW RUNNING CLUB	73%
87	131	00:20:18	00:04:04	John Shapland	M70+	1	BIDEFORD AAC	87%
88	168	00:20:24	00:04:05	Claudine Benstead	F60+	2	OKEHAMPTON RC	98%
89	227	00:20:27	00:04:05	Hannah Beare	FSen	14		72%
90	33	00:20:31	00:04:06	Hannah Bown	F40+	2	EXMOUTH HARRIERS	77%
91	130	00:20:40	00:04:08	Karl Schultze	MSen	22	SOUTH WEST ROAD RUNNERS	63%
92	189	00:20:42	00:04:08	Mat Kelly	M35+	11	PURE ENDURANCE	65%
93	219	00:20:48	00:04:10	Suzi Tosh	F45+	2	SOUTH WEST ROAD RUNNERS	78%
94	275	00:20:54	00:04:11	Jack Plumer	MU20	2		65%
95	6	00:21:00	00:04:12	Pace - 21min	0	3	Shut Up Legs	#N/A
96	74	00:21:07	00:04:13	Jade Hopton	FSen	15	SOUTH WEST ROAD RUNNERS	71%
97	235	00:21:08	00:04:14	Chris Calvert	M35+	12	SOUTH WEST ROAD RUNNERS	63%
98	125	00:21:10	00:04:14	Jenny Reay	F60+	3	EXMOUTH HARRIERS AAC	96%
99	142	00:21:11	00:04:14	Simon Swift	M55+	2	ERME VALLEY HARRIERS	73%
100	110	00:21:14	00:04:15	Geoff Nicholls	M65+	1	GREENBOW RUNNING CLUB	79%
101	62	00:21:15	00:04:15	Aubrey Green	MU15	4	HONITON RUNNING CLUB JUNIORS	67%
102	254	00:21:30	00:04:18	Jake Heath	M40+	9	HONITON RC	64%
103	126	00:21:42	00:04:20	Louise Reynolds	F45+	3	SOUTHWEST ROAD RUNNERS	73%
104	255	00:21:47	00:04:21	Rosie Hellings	FSen	16	PLYMOUTH TRIATHLON CLUB	68%
105	30	00:21:47	00:04:21	Ella Bond	FU15	3	HONITON RC	73%
106	225	00:21:50	00:04:22	Gail Aspden	F50+	1		81%
107	7	00:21:52	00:04:22	Pace - 22min	0	4	Shut Up Legs	#N/A
108	104	00:21:56	00:04:23	Sean Monger	M50+	6	SOUTH WEST ROAD RUNNERS	69%
109	274	00:21:57	00:04:23	Cathy Parkinson	F55+	1	TORBAY TRIATHLON CLUB	85%
110	59	00:22:22	00:04:28	Mark Glew	M55+	3		69%
111	80	00:22:32	00:04:30	Andrew Johnson	M55+	4	EXMOUTH HARRIERS AAC	71%
112	22	00:22:39	00:04:32	Walter Andrews	M65+	2	TIVERTON HARRIERS	74%
113	58	00:22:47	00:04:33	Rosie Glazier	FSen	17	SOUTH WEST ROAD RUNNERS	65%
114	242	00:23:01	00:04:36	Emma Dooney	F40+	3	RUN FIT RUN FAST	68%
115	164	00:23:12	00:04:38	Rhiannon Annandale	FSen	18	SOUTH WEST ROAD RUNNERS	64%
116	247	00:23:12	00:04:38	Paul Evison	M70+	2	OKEHAMPTON RC	76%
117	270	00:23:14	00:04:39	Jonathan Newman	M45+	9		61%
118	105	00:23:17	00:04:39	Mia Morris	FU15	4	EXETER HARRIERS ATHLETICS CLUB	69%
119	230	00:23:26	00:04:41	Katherine Bishop	FSen	19	SOUTH WEST ROAD RUNNERS	63%
120	260	00:23:33	00:04:43	Geoff Jones	M55+	5		65%
121	48	00:23:57	00:04:47	Roz Debenham	F40+	4	SOUTH WEST ROAD RUNNERS	64%
122	93	00:23:59	00:04:48	Kelly Lawson	F45+	4	GREENBOW RUNNING CLUB	66%
123	211	00:24:18	00:04:52	Ken Summers	M70+	3	ERME VALLEY HARRIERS	74%
124	90	00:24:45	00:04:57	Callum Lamont	M55+	6	SOUTH WEST ROAD RUNNERS	63%
125	29	00:24:51	00:04:58	Kirsty Bickell	F50+	2	GREENBOW RUNNING CLUB	68%
126	78	00:24:57	00:04:59	Ben Hudson	M35+	13		53%
127	42	00:25:06	00:05:01	Imogen Clarke	FU13	2	HONITON JUNIORS RUNNING CLUB	65%
128	124	00:25:10	00:05:02	Hayley Ratcliff	F55+	2	TORBAYAAC	71%
129	102	00:25:31	00:05:06	Hamish Mckechnie	MU15	5	HONITON RUNNING CLUB	57%
130	146	00:25:49	00:05:10	Oliver Triner	MU15	6	HONITON RUNNING CLUB JUNIORS	56%
131	136	00:25:54	00:05:11	Nicholas Spayne	M65+	3		65%
132	117	00:25:54	00:05:11	Chloe Phare	FU13	3	HONITON RUNNING CLUB JUNIORS	63%
133	232	00:26:00	00:05:12	Linda Bracher	F55+	3	ERME VALLEY HARRIERS	69%
134	240	00:26:02	00:05:12	Mary Daymond	F60+	4	SOUTH WEST ROAD RUNNERS	73%
135	287	00:26:29	00:05:18	Robin Williams	M35+	14	SOUTH WEST ROAD RUNNERS	50%
136	285	00:26:29	00:05:18	Vanda Van Der Linden	F60+	5	SOUTH WEST ROAD RUNNERS	73%
137	70	00:26:43	00:05:21	Paloma Hermoso	F40+	5	WOMEN ON THE RUN	58%
138	56	00:26:44	00:05:21	Javier Fuentes-Hermoso	MU15	7		54%
139	23	00:27:05	00:05:25	Nicola Ashworth	F55+	4		66%
140	141	00:27:12	00:05:26	Lewis Stone	MSen	23		48%
141	152	00:27:26	00:05:29	Alison White	F65+	1	EXMOUTH HARRIERS	79%
142	81	00:28:02	00:05:36	Bernadette Jones	F50+	3		62%
143	113	00:28:10	00:05:38	Keir Osborne	MU13	3	HONITON RUNNING CLUB	54%
144	63	00:28:11	00:05:38	Faber Green	MU13	4	HONITON RUNNING CLUB JUNIORS	53%
145	139	00:28:20	00:05:40	Chris Stock	M40+	10	SOUTH WEST ROAD RUNNERS	50%
146	263	00:29:46	00:05:57	Liana King	F40+	6	SOUTH WEST ROAD RUNNERS	52%
147	151	00:32:01	00:06:24	Goff Welchman	M70+	4	TIVERTON HARRIERS	56%