



RUN EXE 5K

Round 4 - 4 July 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	476	0:15:09	00:03:02	Josh Benford	MSen	1	BIDEFORD AAC	85%
2	494	0:15:21	00:03:04	Simon Fox	MSen	2	EXETER HARRIERS	85%
3	506	0:15:36	00:03:07	Jacob Landers	MSen	3	TAMAR TROTTERS	83%
4	237	0:15:40	00:03:08	Jim Cole	M40+	1	TRP	88%
5	120	0:16:05	00:03:13	Jamie Pullinger	MSen	4	SOUTH WEST ROAD RUNNERS	80%
6	154	0:16:16	00:03:15	Oliver White	M35+	1	EXMOUTH HARRIERS AAC	82%
7	518	0:16:28	00:03:18	Hamish Rae	MSen	5	TEIGNBRIDGE TROTTERS	78%
8	248	0:16:52	00:03:22	Richard Ezra-Ham	MSen	6	TAMAR TROTTERS	77%
9	122	0:16:55	00:03:23	Oscar Purchase	MU15	1	EXETER HARRIERS	86%
10	107	0:17:10	00:03:26	Chris Murphy	M35+	2	SOUTH WEST ROAD RUNNERS	77%
11	34	0:17:13	00:03:27	Joshua Bradley-Reece	MU17	1	TORQUAY AAC	81%
12	68	0:17:14	00:03:27	Joel Heatley	M40+	2	SOUTH WEST ROAD RUNNERS	80%
13	483	0:17:19	00:03:28	Callum Crawford	MSen	7	EXETER HARRIERS	75%
14	155	0:17:20	00:03:28	Thomas Whitworth	MSen	8		76%
15	77	0:17:24	00:03:29	Jamie Howard	M45+	1	SOUTH WEST ROAD RUNNERS	81%
16	477	0:17:27	00:03:29	Joshua Burd	MU20	1		76%
17	249	0:17:30	00:03:30	Rebecca Ezra-Ham	FSen	1	TAMAR TROTTERS	85%
18	500	0:17:33	00:03:31	Simon Hastings	M35+	3	LONELY GOAT RC	77%
19	31	0:17:36	00:03:31	Kirstie Booth	F45+	1	TAUNTON AC	90%
20	118	0:17:51	00:03:34	Edward Pickering	M50+	1	SOUTH WEST ROAD RUNNERS	83%
21	519	0:17:52	00:03:34	Jacob Robinson	MU17	2	CITY OF PLYMOUTH ATHLETIC CLUB	77%
22	526	0:17:57	00:03:35	Katie Synge-Curtis	FSen	2	ROYAL NAVY	83%
23	39	0:17:59	00:03:36	Nick Casey	M50+	2	SOUTH WEST ROAD RUNNERS	84%
24	17	0:17:59	00:03:36	Pace - 18min	0	1	Shut Up Legs	#N/A
25	535	0:18:02	00:03:36	Joe Osborne	M35+	4	SWRR	73%
26	138	0:18:05	00:03:37	Ethan Sterry	MSen	9	SOUTH WEST ROAD RUNNERS	71%
27	498	0:18:09	00:03:38	Chris Gill	M40+	3	TIVERTON HARRIERS	77%
28	496	0:18:12	00:03:38	Matt Frost	MSen	10	AXE VALLEY RUNNERS	71%
29	194	0:18:12	00:03:38	Alex Macdonald	MSen	10	GREENBOW RUNNING CLUB	72%
30	493	0:18:21	00:03:40	Naomi Flanagan	F35+	1	TORBAY TRI CLUB	82%
31	501	0:18:22	00:03:40	Emma Jefferys	FSen	3	TORBAY TRI CLUB	81%
32	475	0:18:24	00:03:41	Joseph Argall	MSen	12		70%
33	25	0:18:24	00:03:41	Howard Bailey	MSen	12	EXETER HARRIERS	71%
34	82	0:18:25	00:03:41	Daniel Jones	M35+	5	TIVERTON HARRIERS	72%
35	283	0:18:26	00:03:41	Keith Tout	M35+	6	SOUTH WEST ROAD RUNNERS	74%
36	521	0:18:29	00:03:42	Nicky Savill	FSen	4	SOUTH WEST ROAD RUNNERS	80%
37	525	0:18:33	00:03:43	Rob Sweet	M45+	2		78%
38	527	0:18:36	00:03:43	Paul Thomas	M60+	1	SOUTH WEST ROAD RUNNERS	89%
39	161	0:18:43	00:03:45	Michael Musgrove	M50+	3	EXMOUTH HARRIERS	81%
40	123	0:18:45	00:03:45	Paige Quinn	FU15	1	TORBAY AAC	85%
41	246	0:18:47	00:03:45	Gareth Espin	M35+	7		71%
42	203	0:18:48	00:03:46	Ella Richards	FU13	1	NEWTON ABBOT AC	87%
43	523	0:18:51	00:03:46	Oliver Smyth	MU20	2		70%
44	256	0:18:54	00:03:47	Jason Hockridge	M40+	4	SOUTH WEST ROAD RUNNERS	74%
45	266	0:18:54	00:03:47	Isaac Malton	MU13	1	SWRR	81%
46	220	0:18:54	00:03:47	Theo Miller	MSen	14	0	68%
47	512	0:18:56	00:03:47	Lewis Mill	M35+	8	TAVISTOCK RUN PROJECT	71%
48	178	0:18:57	00:03:47	Richard Cottle	M55+	1	SOUTH WEST ROAD RUNNERS	82%
49	269	0:19:04	00:03:49	Scarlett Muscott	FU15	2	TORBAY ATHLETICS CLUB	84%
50	192	0:19:19	00:03:52	Oceana Lindgren	FU15	3		81%
51	489	0:19:25	00:03:53	Jack Eade	MSen	15		67%
52	533	0:19:31	00:03:54	Dave Wunderle	MSen	16		66%
53	148	0:19:31	00:03:54	Andrew Vernon	M50+	4	OKEHAMPTON RUNNING CLUB	78%
54	89	0:19:32	00:03:54	Samantha Lake	F40+	1	TAVISTOCK ATHLETICS CLUB	81%
55	129	0:19:34	00:03:55	Lawrence Schneck	M45+	3	GREENBOW RUNNING CLUB	75%
56	109	0:19:37	00:03:55	Cathy Newman	F60+	1	EXMOUTH HARRIERS	99%
57	18	0:19:37	00:03:55	Pace - 19.30min	0	2	Shut Up Legs	#N/A
58	530	0:19:38	00:03:56	Tim Vialls	M60+	2	SOUTH WEST ROAD RUNNERS	82%
59	86	0:19:38	00:03:56	Marlow Kirby	MU13	2	TORBAY AAC	78%
60	524	0:19:40	00:03:56	David Snook	M40+	5	EXMOUTH HARRIERS	69%
61	514	0:19:42	00:03:56	Peter Moyse	M40+	6	TAVISTOCK RUN PROJECT	69%
62	281	0:19:43	00:03:57	Philip Thomas	M45+	4		72%
63	127	0:19:51	00:03:58	Rodney Rikhotso	MSen	17	GREENBOW RUNNING CLUB	66%
64	239	0:19:54	00:03:59	Justin Cudmore	M45+	5	SOUTH WEST ROAD RUNNERS	73%
65	235	0:19:55	00:03:59	Chris Calvert	M35+	9	SOUTH WEST ROAD RUNNERS	67%
66	160	0:19:57	00:03:59	Kerry Roberts	M60+	3	TIVERTON HARRIERS	82%
67	216	0:20:03	00:04:01	Greg Wheildon	MSen	18		65%
68	511	0:20:09	00:04:02	David Middlehurst	MSen	19	EXMOUTH HARRIERS AAC	65%
69	73	0:20:10	00:04:02	Charlie Holman	MU17	3		68%
70	99	0:20:10	00:04:02	Alex Mayne	M45+	6		70%
71	96	0:20:11	00:04:02	Andy Macmillan	M55+	2	DAWLISH COASTERS	76%
72	61	0:20:14	00:04:03	Rob Graham	M45+	7	SOUTH WEST ROAD RUNNERS	71%
73	231	0:20:27	00:04:05	Martin Brace	M50+	5	TIVERTON HARRIERS	75%
74	69	0:20:32	00:04:06	Jason Henderson	M50+	6	NEWQUAY & PAR AC	74%
75	130	0:20:32	00:04:06	Karl Schultze	MSen	20	SOUTH WEST ROAD RUNNERS	64%
76	47	0:20:40	00:04:08	Joseph Dean	MU17	4	HONITON RUNNING CLUB	67%
77	119	0:20:42	00:04:08	Nicholas Pope	M45+	8		70%
78	95	0:20:44	00:04:09	Sophie Luxton	FU20	1	OKEHAMPTON RUNNING CLUB	73%
79	531	0:20:46	00:04:09	Lucy Westoby	FSen	5	SOUTHWEST ROAD RUNNERS	71%
80	19	0:20:51	00:04:10	Pace - 21min	0	3	Shut Up Legs	#N/A

81	168	0:20:51	00:04:10	Claudine Benstead	F60+	2	OKEHAMPTON RC	96%
82	484	0:20:54	00:04:11	Mike Crawford	M45+	9	CITY OF PLYMOUTH ATHLETICS CLUB	68%
83	219	0:20:55	00:04:11	Suzi Tosh	F45+	2	SOUTH WEST ROAD RUNNERS	77%
84	50	0:21:01	00:04:12	Sam Duffy	MSen	21	GREENBOW RUNNING CLUB	62%
85	532	0:21:03	00:04:13	Ian White	M50+	7	SWRR	71%
86	53	0:21:07	00:04:13	Oscar Eve	MU17	5	TORBAY AAC	66%
87	492	0:21:07	00:04:13	Alister Ferguson	M35+	10	SOUTH WEST ROAD RUNNERS	63%
88	84	0:21:12	00:04:14	Jimmy Joy	M60+	4	EXMOUTH HARRIERS AAC	77%
89	103	0:21:18	00:04:16	Alasdair Moffett	M35+	11	HONITON RC	63%
90	482	0:21:31	00:04:18	Neil Collins	M45+	10	EXMOUTH HARRIERS	66%
91	495	0:21:32	00:04:18	Chloe Fox	F35+	2	SOUTH WEST ROAD RUNNERS	71%
92	74	0:21:33	00:04:19	Jade Hopton	FSen	6	SOUTH WEST ROAD RUNNERS	69%
93	62	0:21:42	00:04:20	Aubrey Green	MU15	2	HONITON RUNNING CLUB JUNIORS	65%
94	193	0:21:45	00:04:21	Elizabeth Lindgren	FU17	1		70%
95	125	0:21:45	00:04:21	Jenny Reay	F60+	3	EXMOUTH HARRIERS AAC	93%
96	225	0:21:48	00:04:22	Gail Aspden	F50+	1		81%
97	534	0:21:58	00:04:24	Harry Morgan	MSen	22	ALDERSHOT FARNHAM & DISTRICT	59%
98	513	0:21:58	00:04:24	Steve Morgan	M65+	1	EXMOUTH HARRIERS AAC	77%
99	505	0:22:03	00:04:25	Michael Kay	M60+	5	SOUTH WEST ROAD RUNNERS	73%
100	487	0:22:09	00:04:26	Kevin Doyle	M35+	12	EXMOUTH HARRIERS AAC	60%
101	52	0:22:23	00:04:29	Heather Eve	F45+	3	TORBAY AAC	71%
102	164	0:22:24	00:04:29	Rhiannon Annandale	FSen	7	SOUTH WEST ROAD RUNNERS	66%
103	479	0:22:24	00:04:29	Carlos Castillo	M50+	8	TAVISTOCK AC	67%
104	20	0:22:25	00:04:29	Pace - 22.30min	0	4	Shut Up Legs	#N/A
105	142	0:22:26	00:04:29	Simon Swift	M55+	3	ERME VALLEY HARRIERS	68%
106	105	0:22:33	00:04:31	Mia Morris	FU15	4	EXETER HARRIERS ATHLETICS CLUB	71%
107	510	0:22:36	00:04:31	Douglas Mccombie	MSen	23	RIVIERA RACERS	57%
108	503	0:22:39	00:04:32	Chris Jelliman	M55+	4	PLYMOUTH HARRIERS	68%
109	80	0:22:52	00:04:34	Andrew Johnson	M55+	5	EXMOUTH HARRIERS AAC	70%
110	528	0:22:58	00:04:36	Neil Thompson	M35+	13		58%
111	145	0:23:03	00:04:37	Mark Tait	M50+	9	SOUTH WEST ROAD RUNNERS	66%
112	247	0:23:05	00:04:37	Paul Evison	M70+	1	OKEHAMPTON RC	76%
113	480	0:23:14	00:04:39	Holly Clements	F40+	2	EXMOUTH HARRIERS	66%
114	488	0:23:21	00:04:40	Jim Durston	M55+	6	SOUTH WEST ROAD RUNNERS	67%
115	522	0:23:26	00:04:41	Ron Seward	M70+	2	AXE VALLEY RUNNERS	77%
116	104	0:23:43	00:04:45	Sean Monger	M50+	10	SOUTH WEST ROAD RUNNERS	64%
117	102	0:23:50	00:04:46	Hamish Mckechnie	MU15	3	HONITON RUNNING CLUB	61%
118	504	0:23:58	00:04:48	Scott Jordan	M50+	11	EXMOUTH HARRIERS AAC	62%
119	90	0:24:06	00:04:49	Callum Lamont	M55+	7	SOUTH WEST ROAD RUNNERS	65%
120	48	0:24:16	00:04:51	Roz Debenham	F40+	3	SOUTH WEST ROAD RUNNERS	63%
121	146	0:24:16	00:04:51	Oliver Triner	MU15	4	HONITON RUNNING CLUB JUNIORS	60%
122	42	0:24:19	00:04:52	Imogen Clarke	FU13	2	HONITON JUNIORS RUNNING CLUB	67%
123	93	0:24:29	00:04:54	Kelly Lawson	F45+	4	GREENBOW RUNNING CLUB	65%
124	41	0:24:39	00:04:56	Craig Churchill	M45+	11	TEIGNBRIDGE TROTTER	58%
125	144	0:24:41	00:04:56	Caroline Tait	F55+	1	SOUTH WEST ROAD RUNNERS	74%
126	211	0:24:45	00:04:57	Ken Summers	M70+	3	ERME VALLEY HARRIERS	73%
127	117	0:24:48	00:04:58	Chloe Phare	FU13	3	HONITON RUNNING CLUB JUNIORS	66%
128	98	0:24:51	00:04:58	Imogen Matthews	FU13	4	HONITON RUNNING CLUB JUNIORS	66%
129	481	0:25:07	00:05:01	Jack Clutterbuck	MSen	24	SOUTH WEST ROAD RUNNERS	52%
130	32	0:25:12	00:05:02	Clara Bowles	FU20	2	TAVISTOCK AC	60%
131	29	0:25:30	00:05:06	Kirsty Bickell	F50+	2	GREENBOW RUNNING CLUB	67%
132	141	0:26:52	00:05:22	Lewis Stone	MSen	25		48%
133	70	0:27:00	00:05:24	Paloma Hermoso	F40+	4	WOMEN ON THE RUN	57%
134	152	0:27:04	00:05:25	Alison White	F65+	1	EXMOUTH HARRIERS	80%
135	23	0:27:41	00:05:32	Nicola Ashworth	F55+	2		65%
136	113	0:30:22	00:06:04	Keir Osborne	MU13	3	HONITON RUNNING CLUB	50%
137	151	0:30:52	00:06:10	Goff Welchman	M70+	4	TIVERTON HARRIERS	59%
138	63	0:31:10	00:06:14	Faber Green	MU13	4	HONITON RUNNING CLUB JUNIORS	48%
139	517	0:34:12	00:06:50	Melanie Perkin	F50+	3	SOUTH WEST ROAD RUNNERS	49%