



RUN EXE 5K

Round 5 - 1st August 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	580	00:15:02	00:03:00	Joshua Rowe	MSen	1	CORNWALL AC	86%
2	554	00:15:07	00:03:01	Sam Goodchild	MSen	2	CORNWALL ATHLETIC CLUB	85%
3	558	00:15:10	00:03:02	Josh Hasson	MSen	3	BIDEFORD AAC	85%
4	586	00:15:12	00:03:02	Ollie Thorogood	MSen	4	SOUTH WEST ROAD RUNNERS	85%
5	589	00:15:14	00:03:03	Tom Webb	MU17	1	WELLS CITY HARRIERS	91%
6	550	00:15:45	00:03:09	Michael Eccles	M40+	1	BURE VALLEY HARRIERS	89%
7	154	00:15:50	00:03:10	Oliver White	M35+	1	EXMOUTH HARRIERS AAC	84%
8	120	00:16:01	00:03:12	Jamie Pullinger	MSen	5	SOUTH WEST ROAD RUNNERS	81%
9	106	00:16:23	00:03:17	Olly Morris	MU17	2	EXETER HARRIERS ATHLETICS CLUB	85%
10	549	00:16:33	00:03:19	Toby De Gruchy	MSen	6	EXETER HARRIERS	78%
11	578	00:16:37	00:03:19	Ross Pascoe	MSen	7	CORNWALL AC	78%
12	551	00:16:45	00:03:21	Billy Eccles	MU17	3	BURE VALLEY HARRIERS	83%
13	571	00:16:50	00:03:22	Gruff Matthew	MSen	8	BLACKPOOL WYRE AND FYLDE AC	77%
14	584	00:17:00	00:03:24	Luke Stannus	MU17	4	OKEHAMPTON RUNNING CLUB	81%
15	37	00:17:01	00:03:24	Nick Bruce-White	M40+	2	SOUTH WEST ROAD RUNNERS	82%
16	122	00:17:01	00:03:24	Oscar Purchase	MU15	1	EXETER HARRIERS	85%
17	68	00:17:06	00:03:25	Joel Heatley	M40+	3	SOUTH WEST ROAD RUNNERS	80%
18	1	00:17:07	00:03:25	Pace - 17min	0	1	Shut Up Legs	#N/A
19	155	00:17:15	00:03:27	Thomas Whitworth	MSen	9		76%
20	123	00:17:16	00:03:27	Paige Quinn	FU15	1	TORBAY AAC	93%
21	598	00:17:19	00:03:28	Alex Crump	MSen	10	SWRR	75%
22	543	00:17:26	00:03:29	David Brown	M40+	4	TORBAY TRI	79%
23	535	00:17:26	00:03:29	Joe Osborne	M35+	2	SWRR	76%
24	229	00:17:29	00:03:30	James Benham	M40+	5	SOUTH WEST ROAD RUNNERS	79%
25	138	00:17:33	00:03:31	Ethan Sterry	MSen	11	SOUTH WEST ROAD RUNNERS	74%
26	500	00:17:34	00:03:31	Simon Hastings	M35+	3	LONELY GOAT RC	77%
27	591	00:17:39	00:03:32	Mike Wilkinson	MSen	12		74%
28	593	00:17:42	00:03:32	Shaun Yeoman	M35+	4		77%
29	77	00:17:44	00:03:33	Jamie Howard	M45+	1	SOUTH WEST ROAD RUNNERS	80%
30	585	00:17:45	00:03:33	John Terry	M45+	2		81%
31	540	00:17:46	00:03:33	Jody Bee	M40+	6	SWRR	79%
32	536	00:17:52	00:03:34	James Ayre	M40+	7	TIVERTON HARRIERS	76%
33	2	00:18:01	00:03:36	Pace - 18min	0	2	Shut Up Legs	#N/A
34	25	00:18:01	00:03:36	Howard Bailey	MSen	13	EXETER HARRIERS	73%
35	64	00:18:02	00:03:36	Joe Greenhalgh	MSen	14		73%
36	194	00:18:03	00:03:37	Alex Macdonald	MSen	15	GREENBOW RUNNING CLUB	73%
37	539	00:18:05	00:03:37	Eevee Banbury	FSen	1		82%
38	597	00:18:06	00:03:37	Jon Scott	M40+	8	0	76%
39	594	00:18:08	00:03:38	Gemma Collier	F35+	1	SEVERN AC	83%
40	557	00:18:14	00:03:39	Harry Harding	MSen	16		72%
41	283	00:18:14	00:03:39	Keith Tout	M35+	5	SOUTH WEST ROAD RUNNERS	74%
42	199	00:18:16	00:03:39	James Overton	M40+	9		75%
43	3	00:18:19	00:03:40	Pace - 18.30min	0	3	Shut Up Legs	#N/A
44	582	00:18:23	00:03:41	Seamus Sheard	MSen	17		70%
45	82	00:18:24	00:03:41	Daniel Jones	M35+	6	TIVERTON HARRIERS	72%
46	576	00:18:28	00:03:42	Chloe Olford	FSen	2	TEIGNBRIDGE TROTTERS	80%
47	71	00:18:35	00:03:43	Jordan Hewitt	MSen	18	TIVERTON HARRIERS	70%
48	129	00:18:38	00:03:44	Lawrence Schneck	M45+	3	GREENBOW RUNNING CLUB	79%
49	246	00:18:49	00:03:46	Gareth Espin	M35+	7		71%
50	266	00:18:49	00:03:46	Isaac Malton	MU13	1	SWRR	81%
51	118	00:18:54	00:03:47	Edward Pickering	M50+	1	SOUTH WEST ROAD RUNNERS	78%
52	133	00:18:58	00:03:48	Leon Snell	MU13	2	TORBAY AAC	78%
53	134	00:18:59	00:03:48	Alex Snell	M40+	10	TORBAY AAC	72%
54	567	00:19:06	00:03:49	Oliver Kirkland	M50+	2	BIRMINGHAM RUNNING ATHLETICS & TRIATHLON CLUB	79%
55	157	00:19:08	00:03:50	Stanley Wood	MU17	5	OKEHAMPTON RUNNING CLUB	73%
56	569	00:19:09	00:03:50	Kevin Manvill	M55+	1	TIVERTON HARRIERS	82%
57	67	00:19:11	00:03:50	Gavin Harris	M35+	8	GREENBOW RUNNING CLUB	70%
58	587	00:19:14	00:03:51	Laura Wakeham	FSen	3	TORBAY TRI	77%
59	581	00:19:14	00:03:51	Simon Scotthorne	M55+	2	LONELY GOAT RUNNING CLUB	82%
60	73	00:19:15	00:03:51	Charlie Holman	MU17	6		71%
61	203	00:19:19	00:03:52	Ella Richards	FU13	1	NEWTON ABBOT AC	84%
62	583	00:19:26	00:03:53	Jessica Smith	FSen	4	TORBAY TRI	76%
63	160	00:19:29	00:03:54	Kerry Roberts	M60+	1	TIVERTON HARRIERS	84%
64	96	00:19:31	00:03:54	Andy Macmillan	M55+	3	DAWLISH COASTERS	79%
65	570	00:19:36	00:03:55	Matt Mason	M35+	9		69%
66	545	00:19:36	00:03:55	Craig Butler	M50+	3	EXMOUTH HARRIERS AAC	77%
67	47	00:19:38	00:03:56	Joseph Dean	MU17	7	HONITON RUNNING CLUB	71%
68	148	00:19:40	00:03:56	Andrew Vernon	M50+	4	OKEHAMPTON RUNNING CLUB	77%
69	281	00:19:43	00:03:57	Philip Thomas	M45+	4		72%
70	574	00:19:49	00:03:58	Agata Obidowicz	F35+	2		76%
71	239	00:19:56	00:03:59	Justin Cudmore	M45+	5	SOUTH WEST ROAD RUNNERS	73%
72	210	00:19:57	00:03:59	Richard Stone	M40+	11	SOUTH WEST ROAD RUNNERS	70%
73	4	00:19:57	00:03:59	Pace - 20min	0	4	Shut Up Legs	#N/A
74	165	00:20:00	00:04:00	Jeff Bardell	M40+	12	SOUTH WEST ROAD RUNNERS	69%
75	33	00:20:06	00:04:01	Hannah Bown	F40+	1	EXMOUTH HARRIERS	78%
76	542	00:20:07	00:04:01	Ellis Bown	MU13	3	EXETER HARRIERS	76%
77	50	00:20:17	00:04:03	Sam Duffy	MSen	19	GREENBOW RUNNING CLUB	64%
78	484	00:20:18	00:04:04	Mike Crawford	M45+	6	CITY OF PLYMOUTH ATHLETICS CLUB	70%
79	168	00:20:19	00:04:04	Claudine Benstead	F60+	1	OKEHAMPTON RC	98%
80	564	00:20:21	00:04:04	Caitlin Keaney	FU20	1	NEWQUAY AND PAR	74%
81	119	00:20:22	00:04:04	Nicholas Pope	M45+	7		71%
82	213	00:20:23	00:04:05	Erin Templeman	FSen	5	GREENBOW RUNNING CLUB	73%
83	130	00:20:31	00:04:06	Karl Schultze	MSen	20	SOUTH WEST ROAD RUNNERS	64%
84	235	00:20:40	00:04:08	Chris Calvert	M35+	10	SOUTH WEST ROAD RUNNERS	65%
85	53	00:20:43	00:04:09	Oscar Eve	MU17	8	TORBAY AAC	67%
86	84	00:20:55	00:04:11	Jimmy Joy	M60+	2	EXMOUTH HARRIERS AAC	78%
87	95	00:20:57	00:04:11	Sophie Luxton	FU20	2	OKEHAMPTON RUNNING CLUB	72%
88	599	00:20:58	00:04:12	A Hooe	M35+	11	0	65%

89	74	00:20:59	00:04:12	Jade Hopton	F50+	6	SOUTH WEST ROAD RUNNERS	71%
90	588	00:21:10	00:04:14	Lorna Watts	F40+	2	BIDEFORD AAC	73%
91	126	00:21:14	00:04:15	Louise Reynolds	F45+	1	SOUTH WEST ROAD RUNNERS	75%
92	5	00:21:28	00:04:18	Pace - 21.30min	0	5	Shut Up Legs	#N/A
93	555	00:21:34	00:04:19	Jaeda Goodman	F45+	2	BOURNVILLE HARRIERS	77%
94	225	00:21:37	00:04:19	Gail Aspden	F50+	1		82%
95	538	00:21:38	00:04:20	Kate Baldock	F40+	3	TORBAY TRI CLUB	72%
96	547	00:21:47	00:04:21	Gavin Connor	M40+	13	SOUTH WEST ROAD RUNNERS	65%
97	52	00:21:51	00:04:22	Heather Eve	F45+	3	TORBAY AAC	73%
98	100	00:22:02	00:04:24	Isla Mayne	FU15	2	EXETER HARRIERS ATHLETICS CLUB	71%
99	99	00:22:03	00:04:25	Alex Mayne	M45+	8		64%
100	556	00:22:13	00:04:27	Kevin Goodwin	MSen	21		58%
101	544	00:22:16	00:04:27	Michael Butler	M55+	4	GREENBOW RUNNING CLUB	71%
102	573	00:22:17	00:04:27	Steve Morgan	M65+	1	EXMOUTH HARRIERS AAC	76%
103	80	00:22:25	00:04:29	Andrew Johnson	M55+	5	EXMOUTH HARRIERS AAC	71%
104	110	00:22:41	00:04:32	Geoff Nicholls	M65+	2	GREENBOW RUNNING CLUB	74%
105	58	00:22:46	00:04:33	Rosie Glazier	F50+	7	SOUTH WEST ROAD RUNNERS	65%
106	105	00:22:49	00:04:34	Mia Morris	FU15	3	EXETER HARRIERS ATHLETICS CLUB	70%
107	104	00:23:16	00:04:39	Sean Monger	M50+	5	SOUTH WEST ROAD RUNNERS	65%
108	247	00:23:18	00:04:40	Paul Evison	M70+	1	OKEHAMPTON RC	76%
109	563	00:23:32	00:04:42	Scott Jordan	M50+	6	EXMOUTH HARRIERS AAC	63%
110	90	00:23:46	00:04:45	Callum Lamont	M55+	6	SOUTH WEST ROAD RUNNERS	66%
111	260	00:23:54	00:04:47	Geoff Jones	M55+	7		64%
112	145	00:23:55	00:04:47	Mark Tait	M50+	7	SOUTH WEST ROAD RUNNERS	64%
113	546	00:23:56	00:04:47	Tracy Connor	F50+	2	SOUTH WEST ROAD RUNNERS	70%
114	93	00:24:10	00:04:50	Kelly Lawson	F45+	4	GREENBOW RUNNING CLUB	66%
115	91	00:24:26	00:04:53	Elizabeth Lanning	FU17	1	HONITON RUNNING CLUB JUNIORS	63%
116	117	00:24:44	00:04:57	Chloe Phare	FU13	2	HONITON RUNNING CLUB JUNIORS	66%
117	41	00:24:48	00:04:58	Craig Churchill	M45+	9	TEIGNBRIDGE TROTTER	57%
118	40	00:24:56	00:04:59	Charlie Churchill	MU15	2		57%
119	144	00:24:57	00:04:59	Caroline Tait	F55+	1	SOUTH WEST ROAD RUNNERS	74%
120	592	00:25:09	00:05:02	Malcolm Woodman	M60+	3	REIGATE PRIORY AC	64%
121	156	00:25:10	00:05:02	Stephen Wilbraham	M55+	8	TORBAY TRI CLUB	61%
122	29	00:25:12	00:05:02	Kirsty Bickell	F50+	3	GREENBOW RUNNING CLUB	67%
123	595	00:25:26	00:05:05	Charles Lanning	M55+	9		61%
124	42	00:26:30	00:05:18	Imogen Clarke	FU13	3	HONITON JUNIORS RUNNING CLUB	61%
125	103	00:26:31	00:05:18	Alasdair Moffett	M35+	12	HONITON RC	51%
126	141	00:26:52	00:05:22	Lewis Stone	MSen	22		48%
127	70	00:27:01	00:05:24	Paloma Hermoso	F40+	4	WOMEN ON THE RUN	57%
128	152	00:27:18	00:05:28	Alison White	F65+	1	EXMOUTH HARRIERS	79%
129	56	00:27:52	00:05:34	Javier Fuentes-Hermoso	MU15	3		52%
130	81	00:28:58	00:05:48	Bernadette Jones	F50+	4		60%
131	151	00:29:28	00:05:54	Goff Welchman	M70+	2	TIVERTON HARRIERS	61%
132	596	00:29:46	00:05:57	Martin Venning	M70+	3	LAUNCESTON ROAD RUNNERS	62%
133	552	00:31:26	00:06:17	Victoria Evison	F40+	5	OKEHAMPTON RUNNING CLUB	50%
134	566	00:32:02	00:06:24	Dominic Kirkland	MU15	4		44%
135	541	00:35:23	00:07:05	Lucy Benton	F45+	5		47%
136	215	00:37:03	00:07:25	Cathie Welchman	F70+	1	TIVERTON HARRIERS	63%