



# RUN EXE 5K

Round 6 - 5th September 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	154	0:16:13	00:03:15	Oliver White	M35+	1	EXMOUTH HARRIERS AAC	82%
2	120	0:16:19	00:03:16	Jamie Pullinger	M5en	1	SOUTH WEST ROAD RUNNERS	79%
3	35	0:16:20	00:03:16	Donald Brooks	M45+	1	TORQ FITNESS	87%
4	106	0:16:35	00:03:19	Olly Morris	MU17	1	EXETER HARRIERS ATHLETICS CLUB	84%
5	294	0:16:40	00:03:20	Jason Hurford	M5en	2	TORBAY TRI	79%
6	296	0:16:41	00:03:20	Luke Roberts	M5en	3		77%
7	107	0:16:50	00:03:22	Chris Murphy	M35+	2	SOUTH WEST ROAD RUNNERS	78%
8	37	0:16:51	00:03:22	Nick Bruce-White	M40+	1	SOUTH WEST ROAD RUNNERS	83%
9	598	0:16:53	00:03:23	Alex Crump	M5en	4	SWRR	77%
10	16	0:16:56	00:03:23	Pace - 17.00min	0	1	Shut Up Legs	#N/A
11	299	0:17:07	00:03:25	Luke Hayes	MU15	1	ERME VALLEY HARRIERS	83%
12	277	0:17:08	00:03:26	Luke Pascoe	MU20	1	EXETER HARRIERS	79%
13	68	0:17:08	00:03:26	Joel Heatley	M40+	2	SOUTH WEST ROAD RUNNERS	80%
14	123	0:17:12	00:03:26	Paige Quinn	FU15	1	TORBAY AAC	93%
15	66	0:17:25	00:03:29	Jonathan Hall	M35+	3	EXETER HARRIERS ATHLETICS CLUB	76%
16	540	0:17:26	00:03:29	Jody Bee	M40+	3	SWRR	80%
17	170	0:17:36	00:03:31	Hugh Lea	M45+	2	0	82%
18	228	0:17:38	00:03:32	Luke Reynolds	M5en	5	MSEN	73%
19	77	0:17:39	00:03:32	Jamie Howard	M45+	3	SOUTH WEST ROAD RUNNERS	80%
20	290	0:17:40	00:03:32	Sam Swift	M5en	6	ERME VALLEY HARRIERS	73%
21	122	0:17:42	00:03:32	Oscar Purchase	MU15	2	EXETER HARRIERS	82%
22	535	0:17:43	00:03:33	Joe Osborne	M35+	4	SWRR	74%
23	159	0:17:44	00:03:33	Oliver Weedon	M5en	7		73%
24	478	0:17:49	00:03:34	Jacob Robinson	MU17	2	CITY OF PLYMOUTH ATHLETIC CLUB	77%
25	597	0:17:50	00:03:34	Jon Scott	M40+	4	0	77%
26	173	0:17:51	00:03:34	Ross Stevens	M40+	5	SOUTH WEST ROAD RUNNERS	76%
27	258	0:17:54	00:03:35	Joe Argall	M5en	8		72%
28	134	0:17:55	00:03:35	Alex Snell	M40+	6	TORBAY AAC	76%
29	18	0:17:58	00:03:36	Pace - 18.00min	0	2	Shut Up Legs	#N/A
30	25	0:18:02	00:03:36	Howard Bailey	M5en	9	EXETER HARRIERS	73%
31	57	0:18:09	00:03:38	Fiona German	F5en	1	SOUTH WEST ROAD RUNNERS	82%
32	288	0:18:16	00:03:39	Scott Jamieson	M40+	7	EXMOUTH HARRIERS	77%
33	253	0:18:17	00:03:39	Callum Young	M5en	10	ROASTWORKS COFFEE CO RUN CLUB	71%
34	209	0:18:20	00:03:40	Victoria Hill	F40+	1	SOUTH WEST ROAD RUNNERS	85%
35	138	0:18:24	00:03:41	Ethan Sterry	M5en	11	SOUTH WEST ROAD RUNNERS	70%
36	490	0:18:25	00:03:41	Holly Reid	FU17	1	CITY OF PLYMOUTH ATHLETICS CLUB	83%
37	101	0:18:30	00:03:42	Richard Mccollum	M45+	4	SPEDO GONZALES	77%
38	82	0:18:32	00:03:42	Daniel Jones	M35+	5	TIVERTON HARRIERS	71%
39	71	0:18:36	00:03:43	Jordan Hewitt	M5en	12	TIVERTON HARRIERS	70%
40	266	0:18:39	00:03:44	Isaac Malton	MU13	1	SWRR	82%
41	223	0:18:41	00:03:44	Phil Reynolds	M50+	1	TEIGNBRIDGE TROTTERS	81%
42	185	0:18:42	00:03:44	Chloe Olford	Sen	1	TEIGNBRIDGE TROTTERS	79%
43	283	0:18:43	00:03:45	Keith Tout	M35+	6	SOUTH WEST ROAD RUNNERS	72%
44	133	0:18:44	00:03:45	Leon Snell	MU13	2	TORBAY AAC	79%
45	129	0:18:51	00:03:46	Lawrence Schneck	M45+	5	GREENBOW RUNNING CLUB	78%
46	203	0:18:55	00:03:47	Ella Richards	FU13	1	NEWTON ABBOT AC	86%
47	157	0:18:58	00:03:48	Stanley Wood	MU17	3	OKEHAMPTON RUNNING CLUB	73%
48	19	0:18:59	00:03:48	Pace - 19.00min	0	3	Shut Up Legs	#N/A
49	276	0:19:01	00:03:48	Millie Porter	F5en	2	EXETER UNIVERSITY ATHLETICS CLUB	78%
50	281	0:19:02	00:03:48	Philip Thomas	M45+	6		75%
51	148	0:19:05	00:03:49	Andrew Vernon	M50+	2	OKEHAMPTON RUNNING CLUB	80%
52	89	0:19:20	00:03:52	Samantha Lake	F40+	2	TAVISTOCK ATHLETICS CLUB	81%
53	38	0:19:27	00:03:53	James O'Brien	M35+	7	SOUTH WEST ROAD RUNNERS	68%
54	267	0:19:30	00:03:54	Byron Mckinney	M45+	7	TIVERTON HARRIERS	74%
55	28	0:19:30	00:03:54	John Bennett	M45+	7	HONITON RUNNING CLUB	74%
56	244	0:19:31	00:03:54	Dan Pomeroy	M5en	13	0	67%
57	295	0:19:32	00:03:54	Melanie Brooks	F45+	1		84%
58	165	0:19:33	00:03:55	Jeff Bardell	M40+	8	SOUTH WEST ROAD RUNNERS	71%
59	300	0:19:37	00:03:55	George Hayes	MU17	4	ERME VALLEY HARRIERS	70%
60	289	0:19:43	00:03:57	Serane Stone	F45+	2	BIDEFORD AAC	82%
61	34	0:19:44	00:03:57	Joshua Bradley-Reece	MU17	5	TORQUAY AAC	71%
62	239	0:19:44	00:03:57	Justin Cudmore	M45+	9	SOUTH WEST ROAD RUNNERS	74%
63	545	0:19:45	00:03:57	Craig Butler	M50+	3	EXMOUTH HARRIERS AAC	77%
64	67	0:19:47	00:03:57	Gavin Harris	M35+	8	GREENBOW RUNNING CLUB	67%
65	216	0:19:50	00:03:58	Greg Wheildon	M5en	14		66%
66	60	0:19:53	00:03:59	Theo Glew	MU15	3	TORBAY AAC	73%
67	160	0:19:53	00:03:59	Kerry Roberts	M60+	1	TIVERTON HARRIERS	82%
68	20	0:19:59	00:04:00	Pace - 20.00min	0	4	Shut Up Legs	#N/A
69	178	0:19:59	00:04:00	Richard Cottle	M55+	1	SOUTH WEST ROAD RUNNERS	78%
70	486	0:20:08	00:04:02	Adam Foster	MU15	4	NORTH DEVON ATHLETICS CLUB	72%
71	491	0:20:23	00:04:05	Jonathan Mill	M45+	10	0	70%
72	213	0:20:31	00:04:06	Erin Templeman	F5en	3	GREENBOW RUNNING CLUB	72%
73	297	0:20:32	00:04:06	Anna Douglas	F5en	4		72%
74	33	0:20:33	00:04:07	Hannah Bown	F40+	3	EXMOUTH HARRIERS	77%
75	485	0:20:34	00:04:07	Adam Holland	MU13	3	TORBAY AAC	72%
76	265	0:20:34	00:04:07	Elliot Batty	M5en	15	0	63%
77	130	0:20:44	00:04:09	Karl Schultze	M5en	16	SOUTH WEST ROAD RUNNERS	63%
78	484	0:20:47	00:04:09	Mike Crawford	M45+	11	CITY OF PLYMOUTH ATHLETICS CLUB	68%
79	125	0:20:49	00:04:10	Jenny Reay	F60+	1	EXMOUTH HARRIERS AAC	97%
80	292	0:20:51	00:04:10	Ana Goncalves	F5en	5	EXMOUTH HARRIERS AAC	71%
81	119	0:20:52	00:04:10	Nicholas Pope	M45+	12		70%
82	53	0:20:56	00:04:11	Oscar Eve	MU17	6	TORBAY AAC	67%
83	225	0:20:57	00:04:11	Gail Aspden	F50+	1		84%
84	219	0:20:58	00:04:12	Suzi Tosh	F45+	3	SOUTH WEST ROAD RUNNERS	77%
85	99	0:20:59	00:04:12	Alex Mayne	M45+	13		68%

86	210	0:21:01	00:04:12	Richard Stone	M40+	9	SOUTH WEST ROAD RUNNERS	66%
87	84	0:21:02	00:04:12	Jimmy Joy	M60+	2	EXMOUTH HARRIERS AAC	78%
88	291	0:21:05	00:04:13	Jenny Hourigan	FSen	6		70%
89	94	0:21:07	00:04:13	Gwilym Lewis	MU15	5	TORBAY AAC	67%
90	47	0:21:10	00:04:14	Joseph Dean	MU17	7	HONITON RUNNING CLUB	66%
91	131	0:21:15	00:04:15	John Shapland	M70+	1	BIDEFORD AAC	83%
92	142	0:21:17	00:04:15	Simon Swift	M55+	2	ERME VALLEY HARRIERS	72%
93	126	0:21:20	00:04:16	Louise Reynolds	F45+	4	SOUTHWEST ROAD RUNNERS	74%
94	79	0:21:28	00:04:18	Lucy Hughes	F35+	1	TIVERTON HARRIERS	70%
95	74	0:21:29	00:04:18	Jade Hopton	FSen	7	SOUTH WEST ROAD RUNNERS	69%
96	100	0:21:36	00:04:19	Isla Mayne	FU15	2	EXETER HARRIERS ATHLETICS CLUB	73%
97	52	0:21:40	00:04:20	Heather Eve	F45+	5	TORBAY AAC	73%
98	235	0:21:42	00:04:20	Chris Calvert	M35+	9	SOUTH WEST ROAD RUNNERS	62%
99	191	0:21:50	00:04:22	Mahni Clear	MU20	2	0	62%
100	205	0:21:55	00:04:23	Lucy Walker	FSen	8	SOUTH WEST WATER	68%
101	261	0:22:04	00:04:25	Christopher Hammond	M35+	10	0	61%
102	556	0:22:13	00:04:27	Kevin Goodwin	MSen	17		59%
103	62	0:22:23	00:04:29	Aubrey Green	MU15	6	HONITON RUNNING CLUB JUNIORS	63%
104	168	0:22:25	00:04:29	Claudine Benstead	F60+	2	OKEHAMPTON RC	89%
105	104	0:22:26	00:04:29	Sean Monger	M50+	4	SOUTH WEST ROAD RUNNERS	68%
106	169	0:22:28	00:04:30	Jenny Hayes	F45+	6	ERME VALLEY HARRIERS	72%
107	58	0:22:47	00:04:33	Rosie Glazier	FSen	9	SOUTH WEST ROAD RUNNERS	65%
108	110	0:22:49	00:04:34	Geoff Nicholls	M65+	1	GREENBOW RUNNING CLUB	74%
109	80	0:22:54	00:04:35	Andrew Johnson	M55+	3	EXMOUTH HARRIERS AAC	69%
110	105	0:23:13	00:04:39	Mia Morris	FU15	3	EXETER HARRIERS ATHLETICS CLUB	69%
111	474	0:23:42	00:04:44	Jago Hayes	MU13	4	MU13	65%
112	59	0:23:50	00:04:46	Mark Glew	M55+	4		64%
113	247	0:23:53	00:04:47	Paul Evison	M70+	2	OKEHAMPTON RC	74%
114	211	0:24:10	00:04:50	Ken Summers	M70+	3	ERME VALLEY HARRIERS	75%
115	22	0:24:12	00:04:50	Walter Andrews	M65+	2	TIVERTON HARRIERS	69%
116	93	0:24:23	00:04:53	Kelly Lawson	F45+	7	GREENBOW RUNNING CLUB	65%
117	91	0:24:24	00:04:53	Elizabeth Lanning	FU17	2	HONITON RUNNING CLUB JUNIORS	63%
118	293	0:24:44	00:04:57	Jenny Debenham	F40+	4	SOUTH WEST ROAD RUNNERS	63%
119	164	0:24:44	00:04:57	Rhiannon Annandale	FSen	10	SOUTH WEST ROAD RUNNERS	60%
120	156	0:24:56	00:04:59	Stephen Wilbraham	M55+	5	TORBAY TRI CLUB	62%
121	153	0:25:17	00:05:03	Des White	M65+	3	EXMOUTH HARRIERS	69%
122	17	0:25:18	00:05:04	Pace - 25.00min	0	5	Shut Up Legs	#N/A
123	284	0:25:21	00:05:04	Linda Bracher	F55+	1	ERME VALLEY HARRIERS	70%
124	29	0:25:38	00:05:08	Kirsty Bickell	F50+	2	GREENBOW RUNNING CLUB	66%
125	279	0:25:53	00:05:11	Pam Duncan	F60+	3		74%
126	141	0:25:56	00:05:11	Lewis Stone	MSen	18		50%
127	117	0:26:07	00:05:13	Chloe Phare	FU13	2	HONITON RUNNING CLUB JUNIORS	62%
128	41	0:26:35	00:05:19	Craig Churchill	M45+	14	TEIGNBRIDGE TROTTER	53%
129	40	0:26:35	00:05:19	Charlie Churchill	MU15	7		53%
130	42	0:27:00	00:05:24	Imogen Clarke	FU13	3	HONITON JUNIORS RUNNING CLUB	60%
131	103	0:27:00	00:05:24	Alasdair Moffett	M35+	11	HONITON RC	50%
132	70	0:28:10	00:05:38	Paloma Hermoso	F40+	5	WOMEN ON THE RUN	55%
133	56	0:28:10	00:05:38	Javier Fuentes-Hermoso	MU15	8		51%
134	499	0:30:14	00:06:03	Julia Foster	F50+	3	0	58%
135	63	0:31:45	00:06:21	Faber Green	MU13	5	HONITON RUNNING CLUB JUNIORS	47%
136	114	0:32:19	00:06:28	Jeremy Parsons	M70+	4	OLD GEEZERS	58%
137	552	0:32:37	00:06:31	Victoria Evison	F40+	6	OKEHAMPTON RUNNING CLUB	48%
138	72	0:35:38	00:07:08	Jack Hodder	MU15	9	HONITON RUNNING CLUB JUNIORS	40%
139	111	0:54:55	00:10:59	Nicole Carr	F60+	4	0	35%