



# RUN EXE 5KM | EXMOUTH

## AGE GRADED %

24th January 2024



[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	Chip	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
61	190	00:20:51	0:20:48	00:04:10	Jenny Reay	F65+	1	EXMOUTH HARRIERS	99%
59	109	00:20:40	0:20:36	00:04:08	Claudine Benstead	F60+	1	OKEHAMPTON RC	98%
24	148	00:17:39	0:17:39	00:03:32	Simon Mugglestone	M55+	1	BIDEFORD AAC	86%
5	157	00:16:20	0:16:20	00:03:16	Oscar Purchase	MU15	1	EXETER HARRIERS	85%
90	102	00:27:22	0:27:15	00:05:28	Christine Williams	F70+	1	WYMONDHAM AC	83%
20	189	00:17:29	0:17:29	00:03:30	Tim Watson	M50+	1	BRISTOL & WEST AC	83%
1	103	00:15:52	0:15:52	00:03:10	Charlie Wright	MU20	1	CITY OF YORK AC	82%
6	152	00:16:21	0:16:21	00:03:16	George Pemberton	MU17	1	EXETER HARRIERS	82%
21	153	00:17:37	0:17:34	00:03:31	Edward Pickering	M50+	2	SOUTH WEST ROAD RUNNERS	82%
29	168	00:17:49	0:17:46	00:03:34	Charlotte Walker	FU20	1	TAVISTOCK AC	82%
25	149	00:17:41	0:17:39	00:03:32	Alice Murray-Gourlay	FSen	1	TAUNTON AC	82%
26	90	00:17:42	0:17:41	00:03:32	Lawrence Schneck	M50+	3	GREENBOW RUNNING CLUB	81%
34	144	00:18:03	0:18:00	00:03:37	Lucy Milliner	FU20	2	EXETER HARRIERS	81%
60	121	00:20:50	0:20:44	00:04:10	Pauline Davies	F50+	1	SOUTH WEST ROAD RUNNERS	81%
2	77	00:15:59	0:15:59	00:03:12	Adam Tango Holland	M35+	1	TAVISTOCK AC	81%
12	151	00:16:48	0:16:47	00:03:22	Richard Pemberton	M40+	1		80%
89	98	00:27:11	0:27:07	00:05:26	Alison White	F65+	1	EXMOUTH HARRIERS	80%
35	160	00:18:09	0:18:06	00:03:38	Tallulah Robin Redmond	FSen	2	UNIVERISTY OF EXETER	79%
3	181	00:16:00	0:16:00	00:03:12	William Douglas	MSen	1	WESTERN TEMPO	79%
36	156	00:18:19	0:18:15	00:03:40	Emma Powell	FSen	2	UNIVERSITY OF EXETER ATHLETICS CLUB	79%
7	139	00:16:31	0:16:31	00:03:18	Wayne Loveridge	M35+	2	CHARD ROAD RUNNERS	79%
9	182	00:16:41	0:16:41	00:03:20	Matthew Bradley	M35+	4	CITY OF PLYMOUTH ATHLETICS CLUB	78%
38	115	00:18:25	0:18:23	00:03:41	Lucy Coad	FSen	2	SOUTH WEST ROAD RUNNERS	78%
39	155	00:18:30	0:18:26	00:03:42	Millie Porter	FSen	2	UNIVERSITY OF EXETER ATHLETICS CLUB	78%
4	119	00:16:15	0:16:15	00:03:15	Sam Crowther	MSen	2	EXETER UNIVERSITY ATHLETICS CLUB	78%
41	170	00:18:35	0:18:31	00:03:43	Bethany Wallis	FSen	2	EXETER UNIVERSITY ATHLETICS CLUB	77%
13	175	00:16:51	0:16:50	00:03:22	William Harvey	MU20	2	UNIVERSITY OF EXETER ATHLETICS CLUB	77%
8	188	00:16:39	0:16:39	00:03:20	Jason Hurford	M35+	3	TORBAY TRI	77%
74	186	00:22:20	0:22:19	00:04:28	John Shapland	M70+	1	BIDEFORD AAC	77%
22	184	00:17:38	0:17:35	00:03:32	James Benham	M40+	2	SOUTH WEST ROAD RUNNERS	77%
19	177	00:17:15	0:17:13	00:03:27	Ash Voralia	M35+	7	SOUTH WEST ROAD RUNNERS	77%
45	124	00:18:50	0:18:47	00:03:46	Mia Edwards	FSen	2	EXETER UNIVERSITY ATHLETICS CLUB	76%
15	179	00:16:58	0:16:57	00:03:24	Sam Bailey	M35+	5	SOUTH WEST ROAD RUNNERS	76%
10	65	00:16:42	0:16:42	00:03:20	Gareth Davies	MSen	3	SOUTH WEST ROAD RUNNERS	76%
14	126	00:16:56	0:16:55	00:03:23	Rupert Ferguson	MU20	3	EXETER UNIVERSITY ATHLETICS CLUB	76%
23	192	00:17:38	0:17:38	00:03:32	Luke Reed	M40+	2	PURE ENDURANCE	76%
11	154	00:16:47	0:16:46	00:03:21	Jonathan Pickup	MSen	4	NONE	75%
73	147	00:22:13	0:22:09	00:04:27	Steve Morgan	M65+	1	EXMOUTH HARRIERS	75%
18	166	00:17:14	0:17:12	00:03:27	Andrew Staples	M35+	6	TAUNTON AC	75%
62	67	00:20:53	0:20:47	00:04:11	John Dowell	M55+	2		74%
17	120	00:17:10	0:17:09	00:03:26	Alex Crump	MSen	6	SOUTH WEST ROAD RUNNERS	74%
16	158	00:17:05	0:17:04	00:03:25	Luke Reynolds	MSen	5	UNIVERSITY OF EXETER ATHLETICS CLUB	74%
47	167	00:19:30	0:19:25	00:03:54	Ella Treby	FU20	2	EXETER UNIVERSITY ATHLETICS CLUB	74%
48	113	00:19:36	0:19:32	00:03:55	Charlotte Brown	FU20	2	EXETER UNIVERSITY ATHLETICS CLUB	73%
49	112	00:19:37	0:19:34	00:03:55	Charlotte Brown	FSen	2	TAUNTON AC	73%
55	114	00:19:59	0:19:57	00:04:00	Maria Calleia	FSen	2	WOLVERHAMPTON AND BILSTON AC	72%
56	111	00:20:05	0:20:00	00:04:01	Evie Bradley	FU20	2	EUAC	72%
27	58	00:17:42	0:17:41	00:03:32	Peter Allen	MSen	7	ERME VALLEY HARRIERS	71%
28	141	00:17:45	0:17:42	00:03:33	Rob Mann	MSen	8	SOUTH WEST ROAD RUNNERS	71%
42	118	00:18:44	0:18:39	00:03:45	Jordan Copp	M40+	4		71%
53	129	00:19:58	0:19:49	00:04:00	Rob Graham	M45+	1	SOUTH WEST ROAD RUNNERS	71%

80	117	00:23:50	0:23:44	00:04:46	Tracy Connor	F50+	1	SOUTHWEST ROAD RUNNERS	71%
84	127	00:24:58	0:24:51	00:05:00	Charlotte Fisher	F50+	1	TAUNTON AC	70%
33	71	00:18:02	0:18:00	00:03:36	Matt Frost	MSen	10	AXE VALLEY RUNNERS	70%
64	162	00:20:57	0:20:54	00:04:11	Libby Rossiter	FU20	2	TAUNTON ATHLETICS CLUB (TAC)	70%
31	136	00:17:59	0:17:57	00:03:36	Charlie Kemp	MSen	9		70%
32	93	00:18:00	0:18:00	00:03:36	Ethan Sterry	MSen	10	SOUTH WEST ROAD RUNNERS	70%
81	193	00:24:36	0:24:29	00:04:55	Bob Small	M70+	1	TEIGNBRIDGE TROTTERS	70%
66	185	00:21:07	0:21:03	00:04:13	Joanne Page	F35+	1	OKEHAMPTON RUNNING CLUB	70%
40	59	00:18:32	0:18:31	00:03:42	Howard Bailey	M35+	8	EXETER HARRIERS	70%
37	169	00:18:24	0:18:22	00:03:41	Mike Wall	MSen	10		69%
79	140	00:23:39	0:23:33	00:04:44	Jen Loveridge	F45+	1	CHARD ROAD RUNNERS	69%
63	178	00:20:56	0:20:53	00:04:11	Lucy Walker	FSen	2	SWRR	69%
65	165	00:20:57	0:20:53	00:04:11	Georgie Speck	FSen	2	EXETER UNIVERSITY ATHLETICS CLUB	69%
43	108	00:18:45	0:18:43	00:03:45	Alistair Allen	MSen	10	EXETER HARRIERS	68%
44	143	00:18:47	0:18:44	00:03:45	Theo Miller	MSen	10		67%
52	159	00:19:52	0:19:48	00:03:58	Owen Richards	M35+	8		67%
70	173	00:21:48	0:21:43	00:04:22	Seren Woodall	FU20	2	UNIVERSITY OF EXETER ATHLETICS CLUB	66%
46	146	00:19:14	0:19:10	00:03:51	Harry Morgan	MSen	10	ALDERSHOT FARNHAM & DISTRICT AC	66%
72	187	00:21:59	0:21:54	00:04:24	Hannah Brown	FSen	2	HONITON RUNNING CLUB	66%
57	132	00:20:21	0:20:16	00:04:04	Charlie Holman	MU20	4		65%
67	116	00:21:14	0:21:09	00:04:15	Gavin Connor	M40+	4	SOUTHWEST ROAD RUNNERS	65%
87	99	00:26:19	0:26:14	00:05:16	Des White	M65+	1	EXMOUTH HARRIERS	65%
76	180	00:22:43	0:22:37	00:04:33	Katie Oboyle	F35+	1		65%
50	135	00:19:47	0:19:46	00:03:57	Zac Jones	MSen	10	EXETER UNIVERSITY ATHLETICS CLUB	64%
51	174	00:19:51	0:19:48	00:03:58	David Wunderle	MSen	10		64%
54	164	00:19:58	0:19:55	00:04:00	Seamus Sheard	MSen	10		63%
58	142	00:20:33	0:20:29	00:04:07	Douglas Mccombe	MSen	10		62%
69	110	00:21:37	0:21:31	00:04:19	Steven Best	M35+	8	SOUTH WEST ROAD RUNNERS	60%
68	134	00:21:26	0:21:23	00:04:17	Ryan Jenner	MSen	10		59%
71	191	00:21:55	0:21:48	00:04:23	Bob Skelly	M35+	8		59%
83	123	00:24:54	0:24:48	00:04:59	Paul Denton	M50+	4	TRI-HARDS EXMOUTH	58%
77	131	00:23:00	0:22:53	00:04:36	Jonathan Harvey	M35+	8		57%
78	75	00:23:27	0:23:21	00:04:41	Geoffrey Hayward	M40+	4	CRANBROOK RUNNING CLUB	57%
75	176	00:22:41	0:22:36	00:04:32	Graham Forrest	M35+	8		57%
91	96	00:27:28	0:27:21	00:05:30	Laura Walton	F40+	1	EXMOUTH HARRIERS AAC	55%
88	183	00:26:54	0:26:47	00:05:23	Ian Nelson	M50+	4		55%
82	78	00:24:40	0:24:32	00:04:56	Ben Hudson	M35+	8		53%
85	64	00:25:04	0:24:57	00:05:01	Lee Cosgrove	M35+	8		51%
86	85	00:26:07	0:25:59	00:05:13	Tom Nelder	MSen	10		48%