



# RUN EXE 5M | EXMOUTH

13th March 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	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	100	00:26:18	00:05:16	Oliver White	M35+	1	EXMOUTH HARRIERS AAC	85%
2	196	00:26:44	00:05:21	Donald Brooks	M45+	1	TORQ	88%
3	77	00:27:35	00:05:31	Adam Tango Holland	M35+	2	TAVISTOCK AC	79%
4	204	00:28:12	00:05:38	Gwylm Gibson	M35+	3	SOUTH WEST ROAD RUNNERS	77%
5	194	00:28:14	00:05:39	Jody Bee	M40+	1	SWRR	82%
6	226	00:28:14	00:05:39	Simon Minting	M40+	1	EXMOUTH HARRIERS	80%
7	211	00:29:05	00:05:49	Kit Matthewson	MU20	1	EXETER UNIVERSITY ATHLETICS CLUB	75%
8	153	00:29:15	00:05:51	Edward Pickering	M50+	1	SOUTH WEST ROAD RUNNERS	83%
9	58	00:29:21	00:05:52	Peter Allen	MSen	1	ERME VALLEY HARRIERS	73%
10	198	00:29:28	00:05:54	Alexi Cross	MU20	2	EXETER UNIVERSITY ATHLETICS CLUB	75%
11	90	00:29:36	00:05:55	Lawrence Schneck	M50+	2	GREENBOW RUNNING CLUB	82%
12	93	00:29:45	00:05:57	Ethan Sterry	MSen	2	SOUTH WEST ROAD RUNNERS	72%
13	71	00:29:50	00:05:58	Matt Frost	MSen	3	AXE VALLEY RUNNERS	72%
14	1	00:29:57	00:05:59	Pacer 30min	0	1	SHUT UP LEGS	#N/A
15	218	00:30:08	00:06:02	Joshua Sale	MSen	4	EXMOUTH HARRIERS AAC	71%
16	201	00:31:06	00:06:13	Laura Fricker	F35+	1	WESTON ATHLETIC CLUB	80%
17	214	00:31:51	00:06:22	Cathy Newman	F60+	1	EXMOUTH HARRIERS	100%
18	228	00:32:33	00:06:31	Melanie Brooks	F45+	1	TEIGNBRIDGE TROTTERS	82%
19	212	00:32:47	00:06:33	Mac McNaghten	M60+	1	EXMOUTH HARRIERS	82%
20	223	00:32:57	00:06:35	Chris Tripp	M40+	3		69%
21	61	00:33:41	00:06:44	Hannah Bown	F45+	2	EXMOUTH HARRIERS	77%
22	121	00:33:43	00:06:45	Pauline Davies	F50+	1	SOUTH WEST ROAD RUNNERS	82%
23	209	00:33:50	00:06:46	Ian Kinnersley	M60+	2	AXE VALLEY RUNNERS	80%
24	208	00:34:34	00:06:55	Ryan Jenner	MSen	5		62%
25	210	00:34:37	00:06:55	Debbie Marsden	F45+	3	EXMOUTH HARRIERS	76%
26	190	00:35:06	00:07:01	Jenny Reay	F65+	1	EXMOUTH HARRIERS	96%
27	222	00:35:47	00:07:09	Jay Sweetman	M40+	4	HONITON RC	64%
28	195	00:35:53	00:07:11	Steven Best	M35+	4	SOUTH WEST ROAD RUNNERS	61%
29	199	00:36:04	00:07:13	Kevin Doyle	M35+	5	EXMOUTH HARRIERS	61%
30	147	00:36:16	00:07:15	Steve Morgan	M65+	1	EXMOUTH HARRIERS	78%
31	75	00:37:43	00:07:33	Geoffrey Hayward	M40+	5	CRANBROOK RUNNING CLUB	60%
32	224	00:37:45	00:07:33	Eleanor Wood	F65+	2	AXE VALLEY RUNNERS	92%
33	219	00:38:57	00:07:47	Ron Seward	M70+	1	AXE VALLEY RUNNERS	78%
34	2	00:40:03	00:08:01	Pacer 40min	0	2	SHUT UP LEGS	#N/A
35	85	00:40:22	00:08:04	Tom Nelder	MSen	6		53%
36	82	00:41:24	00:08:17	Emma Kessie	F40+	1	HEAVITREE RUNNING GROUP	61%
37	206	00:41:33	00:08:19	Jeanne Hellyer	F35+	2	DAWLISH COASTERS	60%
38	200	00:41:57	00:08:23	Alan Fouracre	M65+	2		67%
39	96	00:43:02	00:08:36	Laura Walton	F40+	1	EXMOUTH HARRIERS AAC	59%
40	64	00:44:02	00:08:48	Lee Cosgrove	M35+	6		49%
41	99	00:44:09	00:08:50	Des White	M65+	2	EXMOUTH HARRIERS	65%
42	98	00:44:25	00:08:53	Alison White	F65+	2	EXMOUTH HARRIERS	79%
43	102	00:44:57	00:08:59	Christine Williams	F70+	1	TAUNTON AC	82%
44	227	01:01:08	00:12:14	Emily Shuttleworth	F40+	1		42%