



RUN EXE 5K

Round 2 - 7th May 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	Adj Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	168	00:15:45	00:03:09	Jim Cole	M40+	1	TAVISTOCK RUN PROJECT	88%
2	57	00:15:56	00:03:11	Adam Tango Holland	M35+	1	TAVISTOCK AC	84%
3	143	00:15:58	00:03:12	Oliver White	M35+	2	EXMOUTH HARRIERS AAC	84%
4	194	00:16:01	00:03:12	Steven Henderson	M35+	3	SALE HARRIERS MANCHESTER	85%
5	14	00:16:20	00:03:16	Donald Brooks	M45+	1	TORQ FITNESS	87%
6	191	00:16:32	00:03:18	Theo Glew	MU15	1	TORBAY AAC	86%
7	230	00:16:32	00:03:18	Christian Hewitt	MSen	1	TIVERTON HARRIERS	78%
8	244	00:16:46	00:03:21	Jason Hurford	M35+	4	TORBAY TRI	79%
9	200	00:16:47	00:03:21	Harry Kendall	MU17	1		82%
10	164	00:16:48	00:03:22	Jamie Pullinger	MSen	2	SOUTH WEST ROAD RUNNERS	77%
11	193	00:16:52	00:03:22	Llewin Head	MU20	1	UNIVERSITY OF EXETER ATHLETICS CLUB	78%
12	211	00:16:55	00:03:23	Seb Owers	MSen	3	EXETER UNIVERSITY ATHLETICS CLUB	77%
13	118	00:16:56	00:03:23	Rich Shelley	M50+	1	PLYMSTOCK ROAD RUNNERS	89%
14	185	00:16:58	00:03:24	James Cutlan	M35+	5	CORNWALL AC	79%
15	599	00:17:00	00:03:24	Pace 17min	U13	1	0	#N/A
16	206	00:17:01	00:03:24	Kit Matthewson	MU20	2	EXETER UNIVERSITY ATHLETICS CLUB	77%
17	160	00:17:13	00:03:27	Joel Heatley	M40+	2	SOUTH WEST ROAD RUNNERS	80%
18	232	00:17:17	00:03:27	Jonathan Hall	M35+	6	EXETER HARRIERS	77%
19	234	00:17:18	00:03:28	Alexi Cross	MU20	3	EXETER UNIVERSITY ATHLETICS CLUB	77%
20	97	00:17:28	00:03:30	Hasan Nabhan	MSen	4		74%
21	81	00:17:35	00:03:31	Isaac Malton	MU13	1	SWRR	85%
22	115	00:17:37	00:03:31	Joshua Sale	MSen	5	EXMOUTH HARRIERS AAC	74%
23	15	00:17:39	00:03:32	Nick Bruce-White	M40+	3	SOUTH WEST ROAD RUNNERS	80%
24	243	00:17:47	00:03:33	Jamie Howard	M45+	2	SOUTH WEST ROAD RUNNERS	80%
25	123	00:17:51	00:03:34	Ethan Sterry	MSen	6	SOUTH WEST ROAD RUNNERS	72%
26	210	00:17:52	00:03:34	Liam Nash	MSen	7		72%
27	6	00:17:53	00:03:35	James Ayre	M40+	4	TIVERTON HARRIERS	77%
28	187	00:17:54	00:03:35	Liam Dingle	MSen	8		73%
29	101	00:17:57	00:03:35	Ian Patchett	M35+	7	SOUTH WEST ROAD RUNNERS	75%
30	119	00:17:58	00:03:36	Ben Sherlock	M40+	5		76%
31	600	00:18:02	00:03:36	Pace 18min	0	1	Shut Up Legs	#N/A
32	159	00:18:11	00:03:38	Wesley Smith	MSen	9	TAVISTOCK RUN PROJECT	71%
33	49	00:18:14	00:03:39	Gavin Harris	M35+	8	GREENBOW	74%
34	116	00:18:15	00:03:39	Lawrence Schneck	M50+	2	GREENBOW	81%
35	7	00:18:16	00:03:39	Howard Bailey	M35+	9	EXETER HARRIERS	72%
36	229	00:18:18	00:03:40	Shaun Yeoman	M40+	6		75%
37	87	00:18:19	00:03:40	Richard Mccollum	M45+	3	ISCA HC	79%
38	201	00:18:19	00:03:40	Ella King Powrie	FSen	1	TONBRIDGE AC	81%
39	17	00:18:21	00:03:40	Gary Burman	M40+	7	TORBAY TRI	76%
40	134	00:18:23	00:03:41	Charlotte Walker	FU20	1	TAVISTOCK AC	81%
41	25	00:18:28	00:03:42	Josh Coyne	MSen	10	SOUTH WEST ROAD RUNNERS	70%
42	153	00:18:29	00:03:42	Simon White	M50+	3	TIVERTON HARRIERS	82%
43	66	00:18:29	00:03:42	Daniel Jones	M35+	10	TIVERTON HARRIERS	72%
44	173	00:18:31	00:03:42	Mike Musgrove	M55+	1	EXMOUTH HARRIERS	83%
45	154	00:18:36	00:03:43	Nick Bristow	M50+	4	ERM VALLEY HARRIETS	80%
46	189	00:18:43	00:03:45	Mia Edwards	FSen	2	EXETER UNIVERSITY/ BRIGHTON PHOENIX	79%
47	68	00:18:45	00:03:45	Holly Jones	FSen	3	ERME VALLEY HARRIERS	79%
48	601	00:18:59	00:03:48	Pace 19min	0	2	Shut Up Legs	#N/A
49	120	00:19:04	00:03:49	Leon Snell	MU15	2	TORBAY AAC	76%
50	203	00:19:13	00:03:51	Jason Louis	M50+	5	TAUNTON AC	79%
51	192	00:19:29	00:03:54	Luca Gorton	MU20	4		69%
52	88	00:19:31	00:03:54	Mac Mcnaghten	M60+	1	EXMOUTH HARRIERS	83%
53	12	00:19:32	00:03:54	Simon Bradshaw	M35+	11		69%
54	180	00:19:33	00:03:55	Charlotte Brown	FU20	2	EXETER UNIVERSITY ATHLETICS CLUB	77%
55	223	00:19:38	00:03:56	Ella Treby	FU20	3	EXETER UNIVERSITY ATHLETICS CLUB	76%
56	204	00:19:40	00:03:56	Guy Mangan	MU20	5	UNIVERSITY OF EXETER ATHLETICS CLUB	67%
57	602	00:19:52	00:03:58	Pace 20min	0	3	Shut Up Legs	#N/A
58	183	00:19:56	00:03:59	Craig Butler	M50+	6	EXMOUTH HARRIERS AAC	76%
59	166	00:19:58	00:04:00	Adam Foster	MU15	3	NORTH DEVON ATHLETICS CLUB	73%
60	60	00:20:08	00:04:02	Lucy Hughes	F35+	1	TIVERTON HARRIERS	74%
61	240	00:20:10	00:04:02	Lewis Mill	M35+	12	TAVISTOCK RUN PROJECT	67%
62	34	00:20:12	00:04:02	Luca Dellantonio	FSen	4	EXE MASTERS	74%
63	181	00:20:14	00:04:03	Zara Buchanan	FU20	4	EXETER UNIVERSITY ATHLETICS CLUB	74%
64	177	00:20:17	00:04:03	Claudine Benstead	F60+	1	OKEHAMPTON RC	100%
65	99	00:20:28	00:04:06	Tom Nitti	NBSen	1		72%
66	63	00:20:28	00:04:06	Ryan Jenner	MSen	11		63%
67	130	00:20:31	00:04:06	Steve Toomey	M35+	13	EXMOUTH HARRIERS AAC	65%
68	216	00:20:35	00:04:07	Jacob Shelley	MSen	12		63%
69	16	00:20:35	00:04:07	Debbie Burman	F40+	1	TORBAY TRI CLUB	76%
70	62	00:20:39	00:04:08	Niall Jackson	MSen	13	GREENBOWS	63%

71	40	00:20:46	00:04:09	Graham Forrest	M35+	14		63%
72	85	00:20:59	00:04:12	James Maule	M40+	8		66%
73	125	00:21:00	00:04:12	Richard Stone	M40+	9	SOUTH WEST ROAD RUNNERS	67%
74	75	00:21:06	00:04:13	Taylor Lawson	MSen	14	GREENBOW RUNNING CLUB	61%
75	79	00:21:08	00:04:14	Yossi Maclure	MU15	4	HONITON RUNNING CLUB	67%
76	38	00:21:08	00:04:14	Oscar Eve	MU17	2	TORBAY AAC	65%
77	227	00:21:22	00:04:16	Seren Woodall	FU20	5	COLWYN BAY ATHLETIC CLUB	70%
78	215	00:21:23	00:04:17	Louise Reynolds	F45+	1	SOUTHWEST ROAD RUNNERS	75%
79	239	00:21:24	00:04:17	Stevie Elsworth	M35+	15		63%
80	69	00:21:25	00:04:17	Jimmy Joy	M60+	2	EXMOUTH HARRIERS AAC	77%
81	237	00:21:37	00:04:19	Gregory Cook	M35+	16	TEIGNBRIDGE TROTTERS	61%
82	205	00:21:42	00:04:20	Jim Marshall	M60+	3		74%
83	93	00:21:43	00:04:21	Steve Morgan	M65+	1	EXMOUTH ARRIERS	79%
84	83	00:21:48	00:04:22	Debbie Marsden	F45+	2	SOUTH WEST VETERANS	74%
85	45	00:21:55	00:04:23	Aubrey Green	MU17	3	HONITON RUNNING CLUB	64%
86	182	00:21:59	00:04:24	Michael Butler	M55+	2		72%
87	603	00:22:00	00:04:24	Pace 22min	0	4	Shut Up Legs	#N/A
88	80	00:22:07	00:04:25	Rafi Maclure	MU13	2	HONITON RUNNING CLUB	69%
89	235	00:22:08	00:04:26	Hannah Brown	FSen	5	HONITON RC	67%
90	175	00:22:10	00:04:26	Mark Glew	M55+	3		70%
91	197	00:22:11	00:04:26	Chris Jelliman	M55+	4		70%
92	162	00:22:11	00:04:26	Jade Hopton	F35+	2	SOUTH WEST ROAD RUNNERS	67%
93	219	00:22:21	00:04:28	Simon Swift	M55+	5		69%
94	65	00:22:32	00:04:30	Andrew Johnson	M60+	4	EXMOUTH HARRIERS	71%
95	208	00:22:36	00:04:31	Hamish Mckechnie	MU15	5	HONITON RUNNING CLUB	63%
96	217	00:22:50	00:04:34	Deborah Steer	F60+	2	ST ALBANS STRIDERS	84%
97	188	00:22:54	00:04:35	Jim Durston	M55+	6	SOUTH WEST ROAD RUNNERS	69%
98	73	00:23:02	00:04:36	Samantha Lake	F45+	3	TAVISTOCK ATHLETIC CLUB	69%
99	39	00:23:03	00:04:37	Paul Evison	M70+	1	OKEHAMPTON RUNNING CLUB	77%
100	141	00:23:10	00:04:38	Emma White	F35+	3	EXMOUTH HARRIERS	65%
101	44	00:23:47	00:04:45	Graham Gover	M65+	2		72%
102	202	00:23:52	00:04:46	Callum Lamont	M55+	7	SOUTH WEST ROAD RUNNERS	66%
103	152	00:23:55	00:04:47	Rose Partridge	F50+	1	TIVERTON HARRIERS	73%
104	18	00:24:07	00:04:49	Martina Canesi	FSen	6		62%
105	107	00:24:20	00:04:52	Chloe Phare	FU15	1	HONITON RUNNING CLUB JUNIORS	66%
106	13	00:24:22	00:04:52	Martin Brint	M45+	4	Q2F.	60%
107	59	00:24:22	00:04:52	Ben Hudson	M35+	17		54%
108	218	00:24:24	00:04:53	Kenneth Summers	M70+	2	ERME VALLEY HARRIERS	75%
109	176	00:24:36	00:04:55	Zachary Adams	MU13	3	HONITON RC	60%
110	184	00:24:42	00:04:56	Isaac Clarke	MU13	4	HONITON JUNIORS RUNNING CLUB	62%
111	161	00:24:50	00:04:58	Zara Salman	F35+	4		61%
112	604	00:25:09	00:05:02	Pace 25min	0	5	Shut Up Legs	#N/A
113	199	00:25:13	00:05:03	Scott Jordan	M50+	7	EXMOUTH HARRIERS AAC	59%
114	238	00:25:29	00:05:06	Malcolm Woodman	M60+	5	REIGATE PRIORY AC	64%
115	41	00:25:43	00:05:09	Alan Fouracre	M65+	3		66%
116	21	00:25:44	00:05:09	Imogen Clarke	FU15	2	HONITON JUNIORS RUNNING CLUB	62%
117	190	00:25:50	00:05:10	Barry Frost	M65+	4	SWRR	65%
118	228	00:25:50	00:05:10	Tommy Wright	MU13	5	HRC	59%
119	209	00:25:53	00:05:11	Wilbur Mckechnie	MU13	6	HONITON RUNNING CLUB	59%
120	114	00:26:47	00:05:21	Kate Rogers	F65+	1	TAVISTOCK AC	77%
121	31	00:26:54	00:05:23	Mary Daymond	F60+	3	SOUTH WEST ROAD RUNNERS	72%
122	142	00:27:26	00:05:29	Alison White	F65+	2	EXMOUTH HARRIERS AAC	80%
123	2	00:27:30	00:05:30	Nicola Ashworth	F55+	1		66%
124	224	00:28:20	00:05:40	Richard Walker	M50+	8		54%
125	165	00:28:22	00:05:40	Julia Foster	F50+	2		62%
126	133	00:29:33	00:05:55	Hazel Walker	F50+	3	TAVISTOCK AC	58%
127	139	00:29:45	00:05:57	Goff Welchman	M70+	3	TIVERTON HARRIERS	62%
128	5	00:30:46	00:06:09	Petra Aubert	F55+	2	Q2F	60%
129	158	00:31:15	00:06:15	Jack Hodder	MU17	4	HONITON RUNNING CLUB JUNIORS	45%
130	46	00:32:14	00:06:27	Faber Green	MU15	6	HONITON RUNNING CLUB	45%
131	220	00:33:31	00:06:42	Aveline Taylor	FSen	7	N/A	44%
132	140	00:37:12	00:07:26	Cathie Welchman	F70+	1	TIVERTON HARRIERS	64%