



# RUN EXE 5K

Round 3 - 4th June 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	302	00:15:32	00:03:06	Devin Coombes	MSen	1	EXETER UNIVERSITY ATHLETICS CLUB	83%
2	57	00:15:50	00:03:10	Adam Tango Holland	M35+	1	TAVISTOCK AC	84%
3	143	00:16:04	00:03:13	Oliver White	M35+	2	EXMOUTH HARRIERS AAC	84%
4	191	00:16:13	00:03:15	Theo Glew	MU15	1	TORBAY AAC	88%
5	14	00:16:18	00:03:16	Donald Brooks	M45+	1	TORQ FITNESS	88%
6	51	00:16:28	00:03:18	Luke Hayes	MU17	1	ERME VALLEY HARRIERS	85%
7	236	00:16:30	00:03:18	Ceri Rees	M50+	1		90%
8	311	00:16:32	00:03:18	Thomas Humphrey	M35+	3	SOUTH WEST ROAD RUNNERS	81%
9	200	00:16:40	00:03:20	Harry Kendall	MU17	2		82%
10	304	00:16:42	00:03:20	Oscar Cleeve	MU20	1	UNIVERISTY OF EXETER	79%
11	312	00:16:46	00:03:21	Matthew Bradley	M35+	4	CITY OF PLYMOUTH ATHLETICS CLUB	80%
12	230	00:16:51	00:03:22	Christian Hewitt	MSen	2	TIVERTON HARRIERS	77%
13	97	00:17:10	00:03:26	Hasan Nabhan	MSen	3		75%
14	117	00:17:12	00:03:26	Jon Scott	M40+	1		81%
15	293	00:17:26	00:03:29	Ryan Snell	M45+	2	AXE VALLEY RUNNERS	81%
16	286	00:17:35	00:03:31	Darren Osmond	M40+	2		78%
17	243	00:17:37	00:03:31	Jamie Howard	M45+	3	SOUTH WEST ROAD RUNNERS	81%
18	115	00:17:38	00:03:32	Joshua Sale	MSen	4	EXMOUTH HARRIERS AAC	74%
19	81	00:17:39	00:03:32	Isaac Malton	MU13	1	SWRR	84%
20	15	00:17:40	00:03:32	Nick Bruce-White	M40+	3	SOUTH WEST ROAD RUNNERS	80%
21	268	00:17:40	00:03:32	Matt Edmondson	MSen	5	TORBAY TRI CLUB	73%
22	6	00:17:41	00:03:32	James Ayre	M40+	4	TIVERTON HARRIERS	78%
23	134	00:17:47	00:03:33	Charlotte Walker	FU20	1	TAVISTOCK AC	84%
24	303	00:17:47	00:03:33	Liam Dingle	MSen	6		74%
25	119	00:17:48	00:03:34	Ben Sherlock	M40+	5		77%
26	288	00:17:49	00:03:34	Ffion Higginson	FSen	1	EXETER UNIVERSITY ATHLETICS CLUB	83%
27	225	00:17:49	00:03:34	Bethany Wallis	FSen	1	EXETER UNIVERSITY	83%
28	121	00:17:51	00:03:34	Alex Snell	M40+	6	TORBAY AAC	77%
29	305	00:17:52	00:03:34	John English	M45+	4		79%
30	600	00:17:53	00:03:35	Pace 18min	0	1	Shut Up Legs	#N/A
31	123	00:17:57	00:03:35	Ethan Sterry	MSen	7	SOUTH WEST ROAD RUNNERS	72%
32	317	00:17:58	00:03:36	Mike Wall	MSen	8		72%
33	229	00:18:00	00:03:36	Shaun Yeoman	M40+	7		76%
34	321	00:18:16	00:03:39	Scott Hunter	M40+	8	SWRR	75%
35	262	00:18:19	00:03:40	Justin Cudmore	M45+	5	SOUTH WEST ROAD RUNNERS	80%
36	87	00:18:20	00:03:40	Richard Mccollum	M45+	6	ISCA HC	79%
37	120	00:18:21	00:03:40	Leon Snell	MU15	2	TORBAY AAC	79%
38	315	00:18:22	00:03:40	Daisy Brooke	FSen	3	EXETER UNIVERSITY ATHLETICS CLUB	81%
39	245	00:18:24	00:03:41	Lucy Coad	FSen	4	SOUTH WEST ROAD RUNNERS	80%
40	276	00:18:31	00:03:42	Nicky Savill	FSen	5	SOUTH WEST ROAD RUNNERS	80%
41	167	00:18:34	00:03:43	Gareth Espin	M35+	5		72%
42	153	00:18:36	00:03:43	Simon White	M50+	2	TIVERTON HARRIERS	81%
43	314	00:18:43	00:03:45	James Overton	M40+	9		73%
44	284	00:18:45	00:03:45	Mark West	M50+	3	TAVISTOCK AC	80%
45	265	00:18:54	00:03:47	Faith Taylor-Tippett	F35+	1	ERME VALLEY HARRIERS	79%
46	275	00:18:57	00:03:47	James Saunders	M60+	1	TEIGNBRIDGE TROTTERS	85%
47	172	00:19:01	00:03:48	David Wunderle	MSen	10		68%
48	601	00:19:01	00:03:48	Pace 19min	0	2	Shut Up Legs	#N/A
49	7	00:19:03	00:03:49	Howard Bailey	M35+	6	EXETER HARRIERS	69%
50	74	00:19:07	00:03:49	Alistair Allen	MSen	9	GREENBOW RUNNING CLUB	68%
51	246	00:19:08	00:03:50	Kev Iveson	M40+	10	DH RUNNERS	74%
52	132	00:19:17	00:03:51	Andrew Vernon	M55+	1	OKEHAMPTON RUNNING CLUB	80%
53	112	00:19:17	00:03:51	Owen Richards	M35+	7		70%
54	291	00:19:18	00:03:52	Dan Pomeroy	MSen	11		68%
55	306	00:19:19	00:03:52	Richard Smith	M55+	2	TORBAY TRI	82%
56	271	00:19:24	00:03:53	Serane Stone	F45+	1	BIDEFORD AAC	83%
57	301	00:19:28	00:03:54	Imogen Evans	FSen	6	EXETER UNIVERSITY ATHLETICS CLUB	76%
58	166	00:19:35	00:03:55	Adam Foster	MU15	3	NORTH DEVON ATHLETICS CLUB	74%
59	73	00:19:42	00:03:56	Samantha Lake	F45+	2	TAVISTOCK ATHLETIC CLUB	81%
60	75	00:19:42	00:03:56	Taylor Lawson	MSen	12	GREENBOW RUNNING CLUB	66%
61	68	00:19:43	00:04:09	Holly Jones	FSen	7	ERME VALLEY HARRIERS	71%
62	602	00:19:47	00:03:57	Pace 20min	0	3	Shut Up Legs	#N/A
63	88	00:19:52	00:03:58	Mac Mcnaghten	M60+	2	EXMOUTH HARRIERS	81%
64	86	00:19:59	00:04:00	Sarah May	F50+	1		87%
65	300	00:20:10	00:04:02	Omar Wilson	MU15	4	EXETER TRI CLUB	72%
66	285	00:20:11	00:04:02	James Higgins	M35+	8	GREENBOW RUNNING CLUB	67%
67	177	00:20:12	00:04:02	Claudine Benstead	F60+	1	OKEHAMPTON RC	100%
68	290	00:20:29	00:04:06	Katie Synge-Curtis	FSen	8		72%
69	130	00:20:33	00:04:07	Steve Toomey	M35+	9	EXMOUTH HARRIERS AAC	65%
70	99	00:20:35	00:04:07	Tom Nitti	MSen	13		63%

71	40	00:20:43	00:04:09	Graham Forrest	M35+	10		64%
72	23	00:20:48	00:04:10	Gavin Connor	M45+	7	SOUTHWEST ROAD RUNNERS	68%
73	266	00:20:52	00:04:10	Jeremy Speck	M55+	3		75%
74	125	00:20:54	00:04:11	Richard Stone	M40+	11	SOUTH WEST ROAD RUNNERS	67%
75	282	00:20:57	00:04:11	Matthew Cox	M40+	12	SHROPSHIRE SHUFFLERS	67%
76	79	00:20:59	00:04:12	Yossi Maclure	MU15	5	HONITON RUNNING CLUB	68%
77	296	00:21:02	00:04:12	Harry Thompson	MSen	14		61%
78	295	00:21:02	00:04:12	Carl Leat	M35+	11		63%
79	318	00:21:03	00:04:13	Chris Calvert	M35+	12	SOUTH WEST ROAD RUNNERS	64%
80	108	00:21:06	00:04:13	Nicholas Pope	M45+	8		69%
81	69	00:21:08	00:04:14	Jimmy Joy	M60+	3	EXMOUTH HARRIERS AAC	78%
82	294	00:21:09	00:04:14	Lucy Westoby	FSen	9		70%
83	215	00:21:12	00:04:14	Louise Reynolds	F45+	3	SOUTHWEST ROAD RUNNERS	76%
84	257	00:21:24	00:04:17	Rebecca Lawson	FSen	11	TAUNTON AC	69%
85	298	00:21:26	00:04:17	Emily Wilcox	FSen	12	UNIVERISTY OF EXETER	69%
86	45	00:21:30	00:04:18	Aubrey Green	MU17	3	HONITON RUNNING CLUB	65%
87	93	00:21:31	00:04:18	Steve Morgan	M65+	1	EXMOUTH HARRIERS	79%
88	292	00:21:33	00:04:19	Simon Aplin	M35+	13		62%
89	313	00:21:34	00:04:19	Andrew Iley	M40+	13	SOUTH WEST ROAD RUNNERS	65%
90	316	00:21:34	00:04:19	Luke Richards	MU17	4		65%
91	111	00:21:35	00:04:19	Ella Richards	FU15	1	TORBAY AAC	74%
92	176	00:21:39	00:04:20	Zachary Adams	MU13	2	HONITON RC	69%
93	297	00:21:40	00:04:20	Andrew Place	M35+	14	EXMOUTH HARRIERS AAC	61%
94	197	00:21:42	00:04:20	Chris Jelliman	M55+	4		71%
95	162	00:21:47	00:04:21	Jade Hopton	F35+	2	SOUTH WEST ROAD RUNNERS	69%
96	3	00:21:48	00:04:22	Gail Aspden	F50+	2	CORNWALL AC	81%
97	208	00:21:50	00:04:22	Hamish Mckechnie	MU15	6	HONITON RUNNING CLUB	65%
98	260	00:22:02	00:04:24	Darren Wakefield	M45+	9	TAUNTON AC	66%
99	603	00:22:03	00:04:25	Pace 22min	0	4	Shut Up Legs	#N/A
100	235	00:22:09	00:04:26	Hannah Brown	FSen	13	HONITON RC	67%
101	18	00:22:16	00:04:27	Martina Canesi	FSen	10		67%
102	319	00:22:19	00:04:28	Heidi Simms	F35+	3	SOUTH WEST ROAD RUNNERS	67%
103	175	00:22:20	00:04:28	Mark Glew	M55+	5		69%
104	219	00:22:35	00:04:31	Simon Swift	M55+	6		69%
105	80	00:22:43	00:04:33	Rafi Maclure	MU13	3	HONITON RUNNING CLUB	67%
106	299	00:22:47	00:04:33	Ryan Pearce	MSen	15	SOUTH WEST ROAD RUNNERS	57%
107	39	00:22:50	00:04:34	Paul Evison	M70+	1	OKEHAMPTON RUNNING CLUB	78%
108	65	00:22:51	00:04:34	Andrew Johnson	M60+	4	EXMOUTH HARRIERS	70%
109	604	00:22:57	00:04:35	Pace 23min	0	5	Shut Up Legs	#N/A
110	202	00:23:09	00:04:38	Callum Lamont	M55+	7	SOUTH WEST ROAD RUNNERS	68%
111	152	00:23:37	00:04:43	Rose Partridge	F50+	3	TIVERTON HARRIERS	74%
112	309	00:23:42	00:04:44	Kirstie Elias	F50+	4		74%
113	34	00:23:42	00:04:44	Luca Dellantonio	FSen	14	EXE MASTERS	63%
114	190	00:24:01	00:04:48	Barry Frost	M65+	2	SWRR	70%
115	44	00:24:05	00:04:49	Graham Gover	M65+	3		71%
116	76	00:24:10	00:04:50	Kelly Lawson	F45+	4	GREENBOW RUNNING CLUB	66%
117	13	00:24:13	00:04:51	Martin Brint	M45+	10	Q2F.	60%
118	52	00:24:32	00:04:54	Jago Hayes	MU13	4	ERME VALLEY HARRIERS	61%
119	184	00:24:38	00:04:56	Isaac Clarke	MU13	5	HONITON JUNIORS RUNNING CLUB	62%
120	161	00:24:40	00:04:56	Zara Salman	F35+	4		61%
121	41	00:24:46	00:04:57	Alan Fouracre	M65+	4		68%
122	289	00:24:58	00:05:00	Mary Gare	FSen	15	GREENBOW RUNNING CLUB	59%
123	107	00:25:03	00:05:01	Chloe Phare	FU15	2	HONITON RUNNING CLUB JUNIORS	64%
124	21	00:25:15	00:05:03	Imogen Clarke	FU15	3	HONITON JUNIORS RUNNING CLUB	63%
125	280	00:25:27	00:05:05	Robin Williams	M35+	15	SOUTH WEST ROAD RUNNERS	52%
126	307	00:25:27	00:05:05	Ieuan Galvin	MSen	16		51%
127	10	00:25:43	00:05:09	Kirsty Bickell	F50+	5	GREENBOW RUNNING CLUB	67%
128	228	00:25:58	00:05:12	Tommy Wright	MU13	6	HRC	59%
129	308	00:26:01	00:05:12	Linda Bracher	F55+	1		70%
130	258	00:26:12	00:05:14	Lis Ford	FSen	16	TAUNTON AC	57%
131	19	00:26:14	00:05:15	Dave Chanter	M70+	2	TAVISTOCK UN PROJECT	68%
132	31	00:26:22	00:05:16	Mary Daymond	F60+	2	SOUTH WEST ROAD RUNNERS	74%
133	110	00:26:36	00:05:19	Paige Quinn	FU15	4	TORBAY AAC	59%
134	100	00:26:39	00:05:20	Keir Osborne	MU13	7	HONITON RUNNING CLUB	56%
135	109	00:26:46	00:05:21	Callum Price	MSen	17	TEIGNBRIDGE TROTTERS	48%
136	209	00:26:55	00:05:23	Wilbur Mckechnie	MU13	8	HONITON RUNNING CLUB	57%
137	114	00:27:04	00:05:25	Kate Rogers	F65+	1	TAVISTOCK AC	76%
138	270	00:27:24	00:05:29	Sarah Sherlock	F40+	1		56%
139	2	00:27:28	00:05:30	Nicola Ashworth	F55+	2		66%
140	247	00:27:46	00:05:33	Lindsay Mahon	F50+	6		62%
141	264	00:27:48	00:05:34	Paloma Hermoso	F40+	2		56%
142	263	00:27:48	00:05:34	Javier Fuentes - Herm	MU15	7		51%
143	283	00:27:59	00:05:36	Niki Iveson	F40+	3	DH RUNNERS	56%
144	158	00:28:06	00:05:37	Jack Hodder	MU17	5	HONITON RUNNING CLUB JUNIORS	50%
145	165	00:28:21	00:05:40	Julia Foster	F50+	7		62%
146	133	00:28:45	00:05:45	Hazel Walker	F50+	8	TAVISTOCK AC	60%
147	46	00:29:24	00:05:53	Faber Green	MU15	8	HONITON RUNNING CLUB	49%
148	274	00:29:30	00:05:54	Sasha Anderson	F50+	9		59%
149	273	00:29:31	00:05:54	Mollie Mchenry	FSen	17		50%
150	281	00:29:44	00:05:57	Skye Van Der Vliet	FSen	18		50%
151	605	00:29:53	00:05:59	Pace 30min	0	6	Shut Up Legs	#N/A
152	47	00:29:58	00:06:00	Laura Greenhill	F50+	10		58%

153	5	00:31:03	00:06:13	Petra Aubert	F55+	3	Q2F	59%
154	140	00:36:40	00:07:20	Cathie Welchman	F70+	1	TIVERTON HARRIERS	65%
155	139	00:36:40	00:07:20	Goff Welchman	M70+	3	TLVERTON HARRIERS	50%