



RUN EXE 5MILE | EXMOUTH

7th December 2021

[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	47	00:28:08	00:05:38	Oliver White	M35+	1	Exmouth Harriers	78%
2	30	00:30:55	00:06:11	James Benham	M40+	1	South West Road Runners	73%
3	106	00:31:22	00:06:16	Matt Robinson	MSen	1	Chard Road Runners	68%
4	1	00:31:36	00:06:19	Adam Hunt	MSen	2	British triathlon	68%
5	46	00:31:52	00:06:22	Matt Frost	MSen	3		67%
6	103	00:31:54	00:06:23	Philip Thomas	M45+	1		73%
7	15	00:32:45	00:06:33	Daniel Jones	MSen	4	Tiverton Harriers	66%
8	77	00:33:18	00:06:40	Howard Bailey	MSen	5	Exeter Harriers	65%
9	71	00:33:41	00:06:44	Claudine Benstead	F60+	1	Okehampton R C	96%
10	86	00:34:31	00:06:54	Richard Stone	M40+	2	South West Road Runners	66%
11	108	00:34:55	00:06:59	Rob Sweet	M45+	2		68%
12	2	00:35:19	00:07:04	Alicia Regan	FSen	1	South West Road Runners	69%
13	63	00:35:20	00:07:04	Thomas Humphrey	MSen	6	South West Road Runners	61%
14	35	00:35:40	00:07:08	Jimmy Joy	M60+	1	Exmouth Harriers	75%
15	75	00:35:45	00:07:09	Geoff Nicholls	M60+	2		77%
16	105	00:35:54	00:07:11	Karl Schultze	MSen	7	South West Road Runners	60%
17	29	00:36:03	00:07:13	Ian Mortimer	M50+	1		70%
18	22	00:36:49	00:07:22	Fergus Bostock	M40+	3		61%
19	66	00:37:08	00:07:26	Andrew Place	MSen	8	Exmouth Harriers	58%
20	110	00:37:41	00:07:32	Andrew Johnson	M55+	1	Exmouth Harriers	69%
21	84	00:38:19	00:07:40	Martin Shelton	M45+	3	Greenbow RC	63%
22	79	00:38:25	00:07:41	Jim Durston	M55+	2	South West Road Runners	67%
23	55	00:38:48	00:07:46	Robert Thomas	M50+	2		64%
24	96	00:38:53	00:07:47	Tim Synge	M55+	3	Westbury Harriers	67%
25	82	00:41:56	00:08:23	Kirsty Bickell	F50+	1	Greenbow Running Club	65%
26	109	00:42:50	00:08:34	Kate Wilson	F55+	1	Okehampton RC	70%
27	61	00:43:10	00:08:38	Simon Ruddlesden	M45+	4		55%
28	101	00:44:11	00:08:50	Victoria Spencer	F45+	1		61%
29	99	00:49:28	00:09:54	Paloma Hermoso	F40+	1	Women on the Run	51%
30	54	00:50:28	00:10:06	Richard Jones	M40+	4		45%