



# RUN EXE 5MILE | EXMOUTH

6th December 2023

[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	105	00:39:01	00:07:48	Jenny Reay	F65+	1	EXMOUTH HARRIERS	86%
2	73	00:29:36	00:05:55	Benjamin Haines	M45+	1	WESTON AC	80%
3	90	00:30:33	00:06:07	Lawrence Schneck	M50+	1	GREENBOW RUNNING CLUB	80%
4	103	00:27:52	00:05:34	Charlie Wright	MU20	1	CITY OF YORK AC	79%
5	77	00:28:03	00:05:37	Adam Tango Holland	M35+	1	TAVISTOCK AC	78%
6	100	00:28:46	00:05:45	Oliver White	M35+	2	EXMOUTH HARRIERS AAC	77%
7	102	00:49:20	00:09:52	Christine Williams	F70+	1	WYMONDHAM AC	75%
8	89	00:32:26	00:06:29	Nicky Savill	FSen	1	SOUTH WEST ROAD RUNNERS	75%
9	104	00:39:08	00:07:50	John Shapland	M70+	1	BIDEFORD AAC	74%
10	61	00:35:31	00:07:06	Hannah Bown	F45+	1	EXMOUTH HARRIERS	73%
11	98	00:48:24	00:09:41	Alison White	F65+	2	EXMOUTH HARRIERS	73%
12	70	00:34:10	00:06:50	Laura Fricker	F35+	1	WESTON ATHLETIC CLUB	72%
13	80	00:31:25	00:06:17	Scott Hunter	M40+	1	SOUTH WEST ROAD RUNNERS	72%
14	67	00:36:52	00:07:22	John Dowell	M55+	1		71%
15	68	00:41:23	00:08:17	Paul Evison	M70+	2	OKEHAMPTON RC	70%
16	76	00:33:15	00:06:39	Jason Hockridge	M40+	2	SOUTH WEST ROAD RUNNERS	70%
17	66	00:41:57	00:08:23	Sharon Dixon	F55+	1		70%
18	58	00:31:17	00:06:15	Peter Allen	MSen	1	ERME VALLEY HARRIERS	68%
19	97	00:34:25	00:06:53	Jamie Webb	M45+	2		68%
20	107	00:32:55	00:06:35	Eddie Stevens	M35+	3	SOUTH WEST ROAD RUNNERS	68%
21	86	00:36:44	00:07:21	Joanne Page	F35+	2	OKEHAMPTON RUNNING CLUB	67%
22	93	00:32:01	00:06:24	Ethan Sterry	MSen	2	SOUTH WEST ROAD RUNNERS	67%
23	59	00:33:19	00:06:40	Howard Bailey	M35+	4	EXETER HARRIERS	65%
24	79	00:33:04	00:06:37	Adam Hunt	MSen	3		65%
25	101	00:40:14	00:08:03	Peter Williams	M55+	2		63%
26	75	00:39:23	00:07:53	Geoffrey Hayward	M40+	3	CRANBROOK RUNNING CLUB	57%
27	69	00:44:11	00:08:50	Tony Follett	M45+	3	UKNETRUNNER.CO.UK	55%
28	60	00:41:44	00:08:21	James Baker	MSen	4		52%
29	64	00:45:01	00:09:00	Lee Cosgrove	M35+	5		48%