



# RUN EXE 5K

Round 1 - 16th April 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	82	00:15:46	00:03:09	Dan Mapp	MSen	1	BIDEFORD AAC	83%
2	95	00:15:55	00:03:11	Olly Morris	MU17	1	EXETER HARRIERS	86%
3	168	00:16:07	00:03:13	Jim Cole	M40+	1	TAVISTOCK RUN PROJECT	86%
4	14	00:16:23	00:03:17	Donald Brooks	M45+	1	TORQ FITNESS	87%
5	57	00:16:33	00:03:19	Adam Tango Holland	M35+	1	TAVISTOCK AC	81%
6	51	00:16:46	00:03:21	Luke Hayes	MU17	2	ERME VALLEY HARRIERS	83%
7	143	00:16:48	00:03:22	Oliver White	M35+	2	EXMOUTH HARRIERS AAC	80%
8	600	00:16:48	00:03:22	Pace 17min	0	1	Shut Up Legs	#N/A
9	164	00:16:49	00:03:22	Jamie Pullinger	MSen	2	SOUTH WEST ROAD RUNNERS	77%
10	105	00:16:52	00:03:22	George Pemberton	MU17	3	EXETER HARRIERS ATHLETICS CLUB	81%
11	106	00:16:54	00:03:23	Richard Pemberton	M40+	2	HONITON RUNNING CLUB	81%
12	118	00:16:56	00:03:23	Rich Shelley	M50+	1	PLYMSTOCK ROAD RUNNERS	89%
13	22	00:17:02	00:03:24	Finley Cloak	MU17	4	BIDEFORD AMATEUR ATHLETIC CLUB	80%
14	97	00:17:15	00:03:27	Hasan Nabhan	MSen	3		75%
15	42	00:17:16	00:03:27	Atsede Gidey	FSen	1	EXMOUTH HARRIERS	86%
16	54	00:17:16	00:03:27	Jordan Hewitt	MSen	4		75%
17	28	00:17:20	00:03:28	Leo Dallmeier Cottle	MU15	1	EXETER HARRIERS	84%
18	122	00:17:21	00:03:28	Andrew Staples	M35+	3	TAUNTON AC	76%
19	160	00:17:22	00:03:28	Joel Heatley	M40+	3	SOUTH WEST ROAD RUNNERS	80%
20	115	00:17:35	00:03:31	Joshua Sale	MSen	5	EXMOUTH HARRIERS AAC	74%
21	67	00:17:37	00:03:31	Chris Jones	M35+	4	HARROW AC	76%
22	15	00:17:38	00:03:32	Nick Bruce-White	M40+	4	SOUTH WEST ROAD RUNNERS	80%
23	90	00:17:48	00:03:34	Lucy Milliner	FU20	1	EXETER HARRIERS	84%
24	117	00:17:51	00:03:34	Jon Scott	M40+	5		78%
25	601	00:16:53	00:03:23	Pace 18min	0	2	Shut Up Legs	#N/A
26	81	00:17:56	00:03:35	Isaac Malton	MU13	1	SWRR	83%
27	123	00:18:00	00:03:36	Ethan Sterry	MSen	6	SOUTH WEST ROAD RUNNERS	72%
28	48	00:18:02	00:03:36	Berihu Hadera	MSen	7	EXMOUTH HARRIERS	72%
29	116	00:18:03	00:03:37	Lawrence Schneck	M50+	2	GREENBOW	82%
30	101	00:18:04	00:03:37	Ian Patchett	M35+	5	SOUTH WEST ROAD RUNNERS	75%
31	120	00:18:07	00:03:37	Leon Snell	MU15	2	TORBAY AAC	80%
32	121	00:18:07	00:03:37	Alex Snell	F40+	1	TORBAY AAC	85%
33	25	00:18:08	00:03:38	Josh Coyne	MSen	8	SOUTH WEST ROAD RUNNERS	71%
34	89	00:18:08	00:03:38	Theo Miller	MSen	8		71%
35	119	00:18:09	00:03:38	Ben Sherlock	M40+	6		75%
36	87	00:18:16	00:03:39	Richard Mccollum	M45+	2	ISCA HC	79%
37	61	00:18:24	00:03:41	Andrew Ingle	M40+	7	BIDEFORD AAC	76%
38	170	00:18:25	00:03:41	Mike Wall	MSen	10		70%
39	17	00:18:29	00:03:42	Gary Burman	M40+	8	TORBAY TRI	76%
40	6	00:18:32	00:03:42	James Ayre	M40+	9	TIVERTON HARRIERS	74%
41	49	00:18:33	00:03:43	Gavin Harris	M35+	6	GREENBOW	72%
42	159	00:18:36	00:03:43	Wesley Smith	MSen	11	TAVISTOCK RUN PROJECT	70%
43	7	00:18:36	00:03:43	Howard Bailey	M35+	7	EXETER HARRIERS	71%
44	111	00:18:39	00:03:44	Ella Richards	FU15	1	TORBAY AAC	86%
45	154	00:18:40	00:03:44	Nick Bristow	M50+	3	ERM VALLEY HARRIETS	80%
46	134	00:18:44	00:03:45	Charlotte Walker	FU20	2	TAVISTOCK AC	80%
47	153	00:18:46	00:03:45	Simon White	M50+	4	TIVERTON HARRIERS	81%
48	64	00:18:47	00:03:45	James Jewell	M45+	3	BIDEFORD AAC	77%
49	124	00:18:50	00:03:46	Eddie Stevens	M35+	8	SWWR	71%
50	66	00:18:54	00:03:47	Daniel Jones	M35+	9	TIVERTON HARRIERS	70%
51	173	00:19:03	00:03:49	Mike Musgrove	M55+	1	EXMOUTH HARRIERS	81%
52	167	00:19:10	00:03:50	Gareth Espin	M35+	10		70%
53	132	00:19:15	00:03:51	Andrew Vernon	M55+	2	OKEHAMPTON RUNNING CLUB	80%
54	12	00:19:22	00:03:52	Simon Bradshaw	M35+	11		69%
55	149	00:20:06	00:04:01	Freya Woodhead	FU17	1	BIDEFORD AAC	76%
56	78	00:20:10	00:04:02	Gwilym Lewis	MU17	5	TORBAY AAC	69%
57	74	00:19:18	00:03:52	Alistair Allen	MSen	12	GREENBOW RUNNING CLUB	67%
58	172	00:19:22	00:03:52	David Wunderle	MSen	13		67%
59	68	00:19:31	00:03:54	Holly Jones	FSen	2	ERME VALLEY HARRIERS	76%
60	58	00:19:39	00:03:56	Charlie Holman	MU20	1		69%
61	112	00:19:41	00:03:56	Owen Richards	M35+	12		69%
62	166	00:20:41	00:04:08	Adam Foster	MU15	3	NORTH DEVON ATHLETICS CLUB	70%
63	72	00:19:45	00:03:57	Marlow Kirby	MU13	2	TORBAY AAC	75%
64	73	00:19:51	00:03:58	Samantha Lake	F45+	1	TAVISTOCK ATHLETIC CLUB	80%
65	8	00:19:51	00:03:58	George Baker	MSen	14		65%
66	86	00:20:02	00:04:00	Sarah May	F50+	1		87%
67	602	00:20:02	00:04:00	Pace 20min	0	3	Shut Up Legs	#N/A
68	88	00:20:05	00:04:01	Mac Mcnaghten	M60+	1	EXMOUTH HARRIERS	81%
69	34	00:20:05	00:04:01	Luca Dellantonio	FSen	3	EXE MASTERS	74%
70	60	00:20:21	00:04:04	Lucy Hughes	F35+	1	TIVERTON HARRIERS	74%
71	85	00:20:24	00:04:05	James Maule	M40+	10		68%
72	16	00:20:29	00:04:06	Debbie Burman	F40+	2	TORBAY TRI CLUB	77%
73	138	00:20:36	00:04:07	Craig Weeks	M40+	11		67%
74	63	00:20:46	00:04:09	Ryan Jenner	MSen	15		62%
75	99	00:20:48	00:04:10	Tom Nitti	NBSen	1		71%
76	135	00:20:54	00:04:11	Hannah Walker	FU20	3	TAVISTOCK AC	72%
77	40	00:20:55	00:04:11	Graham Forrest	M35+	13		63%
78	148	00:20:57	00:04:11	Carys Woodhead	FU13	1	BIDEFORD AAC	78%
79	30	00:21:01	00:04:12	William Daly	MSen	16		61%
80	79	00:21:05	00:04:13	Yossi Maclure	MU15	4	HONITON RUNNING CLUB	67%
81	130	00:21:06	00:04:13	Steve Toomey	M35+	14	EXMOUTH HARRIERS AAC	63%
82	23	00:21:07	00:04:13	Gavin Connor	M45+	4	SOUTHWEST ROAD RUNNERS	67%
83	163	00:21:15	00:04:15	John Shapland	M70+	1	BIDEFORD AAC	84%
84	69	00:21:17	00:04:15	Jimmy Joy	M60+	2	EXMOUTH HARRIERS AAC	77%
85	171	00:21:26	00:04:17	Katie Coult	F40+	3	SOUTH WEST ROAD RUNNERS	71%
86	62	00:21:31	00:04:18	Niall Jackson	MSen	17	GREENBOWS	60%
87	83	00:21:33	00:04:19	Debbie Marsden	F45+	2	SOUTH WEST VETERANS	74%
88	75	00:21:34	00:04:19	Taylor Lawson	MSen	18	GREENBOW RUNNING CLUB	60%
89	126	00:21:35	00:04:19	Jay Sweetman	M40+	12	HONITON RC	64%

90	125	00:21:42	00:04:20	Richard Stone	M40+	13	SOUTH WEST ROAD RUNNERS	65%
91	45	00:21:44	00:04:21	Aubrey Green	MU17	6	HONITON RUNNING CLUB	64%
92	108	00:21:45	00:04:21	Nicholas Pope	M45+	5		67%
93	37	00:21:47	00:04:21	Sarah Edmonds	F35+	2	DAWLISH COASTERS	69%
94	128	00:21:49	00:04:22	Alan Terry	M55+	3	GREENBOW RUNNING CLUB	70%
95	80	00:21:51	00:04:22	Rafi Maclure	MU13	3	HONITON RUNNING CLUB	70%
96	93	00:21:53	00:04:23	Steve Morgan	M65+	1	EXMOUTH HARRIERS	78%
97	20	00:21:53	00:04:23	Chris Chappell	M60+	3	DAWLISH COASTERS	73%
98	1	00:21:53	00:04:23	Awet Araya	M35+	15		60%
99	53	00:21:57	00:04:23	Jennifer Hayes	F45+	3	ERME VALLEY HARRIERS	75%
100	603	00:21:58	00:04:24	Pace 22min	0	4	Shut Up Legs	#N/A
101	92	00:21:59	00:04:24	Greg Mimms	M40+	14	GREENBOW RUNNING CLUB	62%
102	102	00:22:00	00:04:24	Jo Pearce	F50+	2	SWRR	79%
103	77	00:22:17	00:04:27	Sofia Lenzi	FU15	2	EXETER HARRIERS	72%
104	162	00:22:27	00:04:29	Jade Hopton	F35+	3	SOUTH WEST ROAD RUNNERS	67%
105	11	00:22:30	00:04:30	Roo Blafk	F5en	4		66%
106	94	00:22:41	00:04:32	Mia Morris	FU15	3	EXETER HARRIERS	69%
107	131	00:22:47	00:04:33	Simon Tucker	M35+	16	SOUTH WEST ROAD RUNNERS	59%
108	65	00:22:58	00:04:36	Andrew Johnson	M60+	4	EXMOUTH HARRIERS	70%
109	52	00:23:25	00:04:41	Jago Hayes	MU13	4	ERME VALLEY HARRIERS	64%
110	39	00:23:26	00:04:41	Paul Evison	M70+	2	OKEHAMPTON RUNNING CLUB	76%
111	141	00:23:36	00:04:43	Emma White	F35+	4	EXMOUTH HARRIERS	64%
112	29	00:23:36	00:04:43	Liv Daly	F5en	5		63%
113	129	00:23:40	00:04:44	Richard Thorley	M5en	19	GREENBOW	55%
114	76	00:24:03	00:04:49	Kelly Lawson	F45+	4	GREENBOW RUNNING CLUB	67%
115	113	00:24:05	00:04:49	Kerry Roberts	M60+	5	TIVERTON HARRIERS	68%
116	174	00:24:10	00:04:50	Tim Sygne	M60+	6	TEIGNBRIDGE TROTTERS	66%
117	59	00:24:17	00:04:51	Ben Hudson	M35+	17		55%
118	18	00:24:18	00:04:52	Martina Canesi	F5en	6		61%
119	152	00:24:19	00:04:52	Rose Partridge	F50+	3	TIVERTON HARRIERS	72%
120	161	00:24:27	00:04:53	Zara Salman	F35+	5		62%
121	13	00:24:27	00:04:53	Martin Brint	M45+	6	Q2F.	59%
122	127	00:24:33	00:04:55	Dennis Tahalele	M45+	7	EMERSONS GREEN RUNNING CLUB	59%
123	43	00:24:37	00:04:55	Kevin Goodwin	M5en	20	SOUTH WEST ROAD RUNNERS	53%
124	604	00:24:38	00:04:56	Pace 25min	0	5	Shut Up Legs	#N/A
125	33	00:24:56	00:04:59	Jenny Debenham	F40+	4	SOUTH WEST ROAD RUNNERS	63%
126	4	00:25:04	00:05:01	Jessica Attrill	F5en	7		59%
127	27	00:25:09	00:05:02	Lee Anthony Cusick	M55+	4	SOUTH WEST ROAD RUNNERS	62%
128	144	00:25:26	00:05:05	Des White	M70+	3	EXMOUTH HARRIERS AAC	69%
129	10	00:25:28	00:05:06	Kirsty Bickell	F50+	4	GREENBOW RUNNING CLUB	67%
130	41	00:25:32	00:05:06	Alan Fouracre	M65+	2		66%
131	19	00:25:42	00:05:08	Dave Chanter	M70+	4	TAVISTOCK UN PROJECT	69%
132	21	00:25:55	00:05:11	Imogen Clarke	FU15	4	HONITON JUNIORS RUNNING CLUB	62%
133	84	00:26:06	00:05:13	Beth Matthews	F5en	8	GREENBOW RUNNING CLUB	57%
134	145	00:26:08	00:05:14	Stephen Wilbraham	M55+	5	TORBAY TRI CLUB	59%
135	136	00:26:36	00:05:19	India Warden	F5en	9		56%
136	151	00:26:37	00:05:19	Clare Shannon	F5en	10		56%
137	142	00:26:41	00:05:20	Alison White	F65+	1	EXMOUTH HARRIERS AAC	82%
138	114	00:27:02	00:05:24	Kate Rogers	F65+	2	TAVISTOCK AC	76%
139	35	00:27:05	00:05:25	Kay Douglas	F65+	3	EXMOUTH HARRIERS	77%
140	100	00:27:57	00:05:35	Keir Osborne	MU13	5	HONITON RUNNING CLUB	53%
141	31	00:28:08	00:05:38	Mary Daymond	F60+	1	SOUTH WEST ROAD RUNNERS	69%
142	2	00:28:09	00:05:38	Nicola Ashworth	F55+	1		64%
143	56	00:28:24	00:05:41	Libby Hockridge	FU20	4		52%
144	165	00:28:33	00:05:43	Julia Foster	F50+	5		62%
145	26	00:28:48	00:05:46	Phoebe Cullings	F5en	11		51%
146	47	00:29:25	00:05:53	Laura Greenhill	F50+	6		59%
147	46	00:29:32	00:05:54	Faber Green	MU15	5	HONITON RUNNING CLUB	49%
148	169	00:29:33	00:05:55	Bernadette Jones	F50+	7	DORCHESTER RIOT	60%
149	158	00:29:38	00:05:56	Jack Hodder	MU17	7	HONITON RUNNING CLUB JUNIORS	47%
150	605	00:29:50	00:05:58	Pace 30min	0	6	Shut Up Legs	#N/A
151	133	00:30:03	00:06:01	Hazel Walker	F50+	8	TAVISTOCK AC	57%
152	55	00:30:30	00:06:06	Lindsay Hobbs	F60+	2		63%
153	70	00:30:49	00:06:10	Faith Kessie	FU17	2		50%
154	155	00:30:49	00:06:10	Mimi Ryan	FU17	2		50%
155	139	00:31:13	00:06:15	Goff Welchman	M70+	5	TIVERTON HARRIERS	59%
156	32	00:31:37	00:06:19	Nicky Deane-Simmons	F65+	4		66%
157	5	00:31:54	00:06:23	Petra Aubert	F55+	2	Q2F	58%
158	156	00:35:27	00:07:05	Jane Anderson	F55+	3		52%
159	140	00:38:48	00:07:46	Cathie Welchman	F70+	1	TIVERTON HARRIERS	61%