



RUN EXE 5K

Round 2 - 20th July 2021

[As per UKA rule 165.24 finish times rounded up to the nearest full second.](#)

[Guidance on GPS distance and time recording.](#)

Pos	No	Adj time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	1	00:15:50	00:03:10	Simon Fox	MSen	1	Exeter Harriers	82%
2	11	00:16:19	00:03:16	Thomas Humphrey	MSen	2	South West Road Runners	80%
3	5	00:16:30	00:03:18	Callum Crawford	MSen	3	Exeter Harriers	78%
4	12	00:16:41	00:03:20	Oliver White	M35+	1	Exmouth Harriers	79%
5	10	00:16:47	00:03:21	Luke Passmore	MSen	4		77%
6	16	00:16:55	00:03:23	Jamie Pullinger	MSen	5	South West Road Runners	76%
7	29	00:16:56	00:03:23	Terry Emmett	M40+	1	Axe Valley Runners	81%
8	15	00:16:59	00:03:24	Phil Burden	M40+	2	Taunton AC	82%
9	31	00:17:04	00:03:25	Finlay Downes	MU15	1	Wells City Harriers	83%
10	163	00:17:10	00:03:26	Chris Jones	M35+	2	Harrow AC	77%
11	28	00:17:24	00:03:29	Duncan Staddon	M40+	3		80%
12	13	00:17:39	00:03:32	Miko Cadeddu	MSen	6	SWRR	74%
13	34	00:17:42	00:03:32	Francis Colledge	M35+	3	South West Road Runners	74%
14	26	00:17:48	00:03:34	Joel Seward	MSen	7	Axe Valley Runners	73%
15	18	00:17:52	00:03:34	Jonathan Hall	MSen	8	Exeter Harriers	73%
16	22	00:17:55	00:03:35	Richard Pemperton	M35+	4	Exmouth Harriers	75%
17	174	00:17:58	00:03:36	Hamish Fletcher-Cooney	MSen	9	South West Road Runners	72%
18	60	00:18:00	00:03:36	Brett Stevens	MSen	10		72%
19	61	00:18:13	00:03:39	Dominic Spayne	M35+	5	Exeter Harriers	74%
20	181	00:18:16	00:03:39	Jamie Howard	M40+	4	South West Road Runners	76%
21	171	00:18:16	00:03:39	Freya Woodhead	FU15	1	Bideford Amateur Athletic Club	87%
22	70	00:18:28	00:03:42	Howard Bailey	MSen	11	Exeter Harriers	70%
23	38	00:18:33	00:03:43	Sammy Antell	FSen	1	Bideford AAC	80%
24	159	00:18:35	00:03:43	Ben Osmond	MU17	1	Torbay Athletics	75%
25	53	00:18:36	00:03:43	Paul Thomas	M60+	1	South West Road Runners	87%
26	54	00:18:48	00:03:46	Alison Thorn	F45+	1	Erme Valley Harriers	86%
27	196	00:18:49	00:03:46	Philip Thomas	M40+	5		75%
28	63	00:18:55	00:03:47	Richard Petty	MSen	12		68%
29	43	00:19:03	00:03:49	Simon Scotthorne	M55+	1	Lonely Goat Running Club	81%
30	191	00:19:16	00:03:51	Luke Pascoe	MU17	2	Exeter Harriers	72%
31	40	00:19:19	00:03:52	Luke Reynolds	MU20	1	Newton Abbot AC	68%
32	166	00:19:19	00:03:52	Daniel Jones	MSen	13	Tiverton Harriers	68%
33	51	00:19:23	00:03:53	David Wilkinson	M55+	2		81%
34	79	00:19:28	00:03:54	James Ayre	M35+	6	Tiverton Harriers	69%
35	67	00:19:30	00:03:54	Des White	M65+	1	Exmouth Harriers	88%
36	153	00:19:35	00:03:55	Amie Walker	FSen	2	NDAC	76%
37	169	00:19:37	00:03:55	Fiona German	FSen	3	South West Road Runners	75%
38	154	00:19:47	00:03:57	Andrew Thomas	MSen	14		66%
39	73	00:19:53	00:03:59	Steven Turner	M50+	1	Bideford AAC	75%
40	186	00:19:54	00:03:59	Joe Twomey	MSen	15		66%
41	168	00:19:57	00:03:59	Ethan Sterry	MSen	16	South West Road Runners	65%
42	93	00:19:58	00:04:00	Craig Butler	M50+	2	Exmouth Harriers	74%
43	55	00:19:59	00:04:00	Gareth Espin	M35+	7		66%
44	81	00:20:02	00:04:00	Byron McKinney	M45+	1	Tiverton Harriers	71%
45	187	00:20:03	00:04:01	Kieran Ferris	MSen	17	South West Road Runners	64%
46	80	00:20:06	00:04:01	George Pemberton	MU15	2		72%
47	75	00:20:16	00:04:03	Richard Stone	M40+	6	South West Road Runners	68%
48	92	00:20:17	00:04:03	Claudine Benstead	F60+	1	Okehampton R C	96%
49	103	00:20:27	00:04:05	Alister Ferguson	M35+	8	SWRR	64%
50	200	00:20:33	00:04:07	Stephen Collier	M45+	2	South West Road Runners	69%
51	72	00:20:42	00:04:08	Mat Kelly	M35+	9		64%
52	82	00:20:52	00:04:10	James Overton	M35+	10		64%
53	74	00:20:54	00:04:11	Adam Rooke	M45+	3	South West Road Runners	68%
54	190	00:20:59	00:04:12	Lucas Bland	MSen	18		61%
55	177	00:21:09	00:04:14	Hannah Worth	F35+	1	Tavistock Athletic Club	72%
56	172	00:21:09	00:04:14	Geoff Nicholls	M60+	2	Greenbow Running Club	79%
57	64	00:21:13	00:04:15	Jos Jones	M40+	7	Exmouth Harriers	66%
58	87	00:21:15	00:04:15	Barry Frost	M60+	3	SouthWestRoadRunners	77%

59	161	00:21:18	00:04:16	Brian Sansom	M55+	3	Exmouth Harriers	73%
60	107	00:22:04	00:04:25	Andrew Johnson	M55+	4	Exmouth Harriers	71%
61	164	00:22:13	00:04:27	Chris Sharp	M40+	8	Exmouth Harriers	61%
62	96	00:22:27	00:04:29	Jenny Reay	F60+	2		88%
63	193	00:22:40	00:04:32	Martin Shelton	M45+	4	Greenbow Running Club	64%
64	183	00:22:46	00:04:33	Jim Durston	M55+	5	South West Road Runners	67%
65	112	00:22:46	00:04:33	Claire Guthrie	FSen	4	South West Road Runners	65%
66	205	00:23:01	00:04:36	Alex Hall	MSen	19	0	56%
67	111	00:23:14	00:04:39	Callum Lamont	M55+	6	South West Road Runners	66%
68	110	00:23:21	00:04:40	Ron Seward	M70+	1	Axe Valley Runners	75%
69	102	00:23:24	00:04:41	Ralph Winter	M45+	5		62%
70	116	00:23:25	00:04:41	Lewis Jones	M70+	2	SWRR	76%
71	124	00:23:27	00:04:41	Geoff Jones	M50+	3		64%
72	129	00:23:27	00:04:41	Max Spiller	MU13	1		63%
73	118	00:23:36	00:04:43	Charlie Wheeler	MU13	2		63%
74	65	00:23:42	00:04:44	James Spayne	M35+	11		56%
75	199	00:23:59	00:04:48	Steph Rupp	FSen	5		62%
76	173	00:24:06	00:04:49	Georgina Thomas	FSen	6	Tiverton Harriers	61%
77	201	00:24:07	00:04:49	Stuart Coyne	M50+	4		61%
78	178	00:24:11	00:04:50	Hans Henrik Sievertsen	M35+	12		55%
79	119	00:24:13	00:04:51	Becky Taviner	FU17	1		64%
80	138	00:24:25	00:04:53	William Cadle	MSen	20		53%
81	133	00:24:32	00:04:54	Dagmara Somow	FSen	7		61%
82	117	00:24:33	00:04:55	Simon Ruddlesden	M45+	6		58%
83	175	00:24:35	00:04:55	Hania Lee	F40+	1	Maverick Runners	64%
84	113	00:24:40	00:04:56	Roz Debenham	F40+	2	SWRR	62%
85	131	00:24:46	00:04:57	Kelly Lawson	F40+	3		63%
86	114	00:24:51	00:04:58	Jenny Debenham	F40+	4	South West Road Runners	62%
87	123	00:25:05	00:05:01	Andrew Joiner	M35+	13		53%
88	167	00:25:26	00:05:05	Elke Morgan	FSen	8	EUTRIC	58%
89	151	00:25:38	00:05:08	Jimmy Zaple	M60+	4	0	64%
90	165	00:25:49	00:05:10	Dale Stringer	M35+	14		51%
91	188	00:25:57	00:05:11	Kirsty Bickell	F50+	1	Greenbow Running Club	65%
92	130	00:26:28	00:05:18	Alison White	F65+	1	Exmouth Harriers	79%
93	121	00:26:41	00:05:20	Helen Kula-Przezowski	F60+	3	Tavistock AC	73%
94	149	00:27:07	00:05:25	Harry Branch	MU15	3	0	53%
95	136	00:27:46	00:05:33	Mia Morris	FU13	1		60%
96	145	00:27:52	00:05:34	Ella Spiller	FU13	2		58%
97	162	00:27:58	00:05:36	Charlotte Judge	FSen	9		53%
98	128	00:28:01	00:05:36	Rod Payne	M65+	2		60%
99	139	00:28:10	00:05:38	Jane Richardson	F70+	1	Okehampton RC	82%
100	192	00:28:16	00:05:39	Marina Jara Fort	FSen	10		52%
101	137	00:28:29	00:05:42	Goff Welchman	M70+	3	Tiverton Harriers	63%
102	141	00:29:19	00:05:52	Bernadette Jones	F50+	2		58%
103	147	00:30:11	00:06:02	Paige Emerick	FU15	2		53%
104	132	00:30:14	00:06:03	Megan Shaw	FU15	3		53%
105	202	00:31:06	00:06:13	Wendy Crockford	F50+	3		56%
106	146	00:31:49	00:06:22	Oliver Triner	MU13	3		48%
107	144	00:33:14	00:06:39	Cathie Welchman	F70+	2	Tiverton Harriers	68%
108	179	00:33:58	00:06:48	Hylde Stewart	F60+	4	Clydesdale Harriers	58%