



# RUN EXE 5K

Round 3 - 17th August 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	220	00:16:00	00:03:12	Donald Brooks	M40+	1	Torbay Triathlon	87%
2	1	00:16:15	00:03:15	Simon Fox	MSen	1	Exeter Harriers	80%
3	228	00:16:15	00:03:15	Keith Shapland	M40+	2	Bideford AAC	85%
4	232	00:16:15	00:03:15	Wayne Loveridge	MSen	1	Chard Road Runners	81%
5	11	00:16:23	00:03:17	Thomas Humphrey	MSen	3	South West Road Runners	80%
6	257	00:16:28	00:03:18	Jason Hurford	MSen	4	Torbay Tri	79%
7	10	00:16:28	00:03:18	Luke Passmore	MSen	4		79%
8	29	00:16:29	00:03:18	Terry Emmett	M40+	3	Axe Valley Runners	83%
9	16	00:16:39	00:03:20	Jamie Pullinger	MSen	6	South West Road Runners	78%
10	15	00:16:41	00:03:20	Phil Burden	M40+	4	Taunton AC	84%
11	158	00:16:44	00:03:21	Arron Kearney	M35+	1	Bideford AAC	80%
12	239	00:16:48	00:03:22	Sam Swift	MSen	7	Erme Valley Harriers	77%
13	238	00:16:51	00:03:22	Andrew De-Camps	MSen	8	Gloucester AC	77%
14	229	00:17:04	00:03:25	Matthew Clist	M40+	5	Axe Valley Runners	81%
15	19	00:17:05	00:03:25	Jody Bee	M40+	6	SWRR	81%
16	13	00:17:06	00:03:25	Miko Cadeddu	MSen	9	SWRR	76%
17	206	00:17:07	00:03:25	Jack Richardson	MSen	10	Clevedon	75%
18	61	00:17:08	00:03:26	Dominic Spayne	M35+	2	Exeter Harriers	79%
19	31	00:17:10	00:03:26	Finlay Downes	MU15	1	Wells City Harriers	83%
20	30	00:17:20	00:03:28	Andrew Staples	MSen	11	Taunton AC	75%
21	244	00:17:29	00:03:30	Will Harding	MSen	12	GGAC	74%
22	235	00:17:29	00:03:30	Richard Hardy	M35+	3	Axe Valley Runners	77%
23	41	00:17:40	00:03:32	Nick Casey	M50+	1	South West Road Runners	84%
24	36	00:17:41	00:03:32	Richard Jones	MSen	13		73%
25	5	00:17:43	00:03:33	Callum Crawford	MSen	14	Exeter Harriers	73%
26	211	00:17:46	00:03:33	Robert Collier	M50+	2	Axe Valley Runners	84%
27	214	00:17:48	00:03:34	Rosie Hattersley	FSen	1	Bristol and west	83%
28	233	00:17:50	00:03:34	Jon Parkinson	M50+	3	Torbay Tri	85%
29	207	00:17:50	00:03:34	Gemma Collier	F35+	1	Gloucester AC	84%
30	225	00:17:52	00:03:34	Kyson Chugg	MSen	15		73%
31	191	00:17:54	00:03:35	Luke Pascoe	MU17	1	Exeter Harriers	78%
32	32	00:18:00	00:03:36	Edward Pickering	M45+	1	South West Road Runners	81%
33	70	00:18:08	00:03:38	Howard Bailey	MSen	16	Exeter Harriers	72%
34	250	00:18:11	00:03:38	Gary Blight	M40+	7	Bideford AAC	77%
35	171	00:18:14	00:03:39	Freya Woodhead	FU15	1	Bideford Amateur Athletic Club	88%
36	40	00:18:28	00:03:42	Luke Reynolds	MU20	1	Newton Abbot AC	71%
37	53	00:18:30	00:03:42	Paul Thomas	M60+	1	South West Road Runners	87%
38	196	00:18:35	00:03:43	Philip Thomas	M40+	8		76%
39	63	00:18:41	00:03:44	Richard Petty	MSen	17		69%
40	210	00:18:42	00:03:44	Madeleine Roche	FSen	2		79%
41	54	00:18:44	00:03:45	Alison Thorn	F45+	1	Erme Valley Harriers	86%
42	82	00:18:52	00:03:46	James Overton	M35+	4		71%
43	254	00:18:53	00:03:47	Keith Paul	M55+	1	Taunton AC	82%
44	52	00:18:58	00:03:48	Serane Stone	F40+	1	Tiverton Harriers	83%
45	166	00:18:59	00:03:48	Daniel Jones	MSen	18	Tiverton Harriers	69%
46	237	00:19:03	00:03:49	Hayley Winters	F35+	2	Gloucester AC	80%
47	80	00:19:07	00:03:49	George Pemberton	MU15	2		76%
48	159	00:19:08	00:03:50	Ben Osmond	MU17	2	Torbay Athletics	73%
49	168	00:19:09	00:03:50	Ethan Sterry	MSen	19	South West Road Runners	68%
50	209	00:19:09	00:03:50	Rob Sweet	M45+	2		75%
51	251	00:19:13	00:03:51	Oliver Cowan	M35+	5		70%
52	246	00:19:14	00:03:51	Lewis Cholerton	MSen	20	Torbay Tri Club	68%
53	241	00:19:16	00:03:51	Leo Packham	MSen	21		67%
54	169	00:19:16	00:03:51	Fiona German	FSen	3	South West Road Runners	77%
55	51	00:19:18	00:03:52	David Wilkinson	M55+	2		82%
56	79	00:19:20	00:03:52	James Ayre	M35+	6	Tiverton Harriers	70%
57	66	00:19:22	00:03:52	Nicole Avery	FSen	4	Taunton Athletics Club	76%
58	35	00:19:23	00:03:53	Mike Threlfall	M55+	3	Running Forever	81%

59	76	00:19:23	00:03:53	Alfie Gibbins	MU17	3		72%
60	215	00:19:25	00:03:53	Matthew White	MU17	4	Exeter Harriers	72%
61	73	00:19:28	00:03:54	Steven Turner	M50+	4	Bideford AAC	77%
62	208	00:19:33	00:03:55	Jason Louis	M50+	5	Taunton AC	76%
63	67	00:19:35	00:03:55	Des White	M65+	1	Exmouth Harriers	87%
64	81	00:19:36	00:03:55	Byron McKinney	M45+	3	Tiverton Harriers	73%
65	59	00:19:43	00:03:57	Emma Kiernan	FSen	5	Taunton AC	75%
66	104	00:19:44	00:03:57	Olly Morris	MU15	3		74%
67	68	00:19:45	00:03:57	Hannah Bown	F40+	2	Exmouth Harriers	78%
68	221	00:19:51	00:03:58	Tim Sibley	M50+	6	Axe Valley Runners	75%
69	255	00:19:54	00:03:59	Aidan Bown	MU15	4	Exmouth Harriers	73%
70	256	00:19:55	00:03:59	Nick Williams	M35+	7	Taunton AC	67%
71	92	00:19:58	00:04:00	Claudine Benstead	F60+	1	Okehampton R C	97%
72	260	00:20:00	00:04:00	20MIN PACER	PACE	1	0	#N/A
73	245	00:20:07	00:04:01	Jack Wilson	MU20	2	Sidmouth Running Club	66%
74	103	00:20:09	00:04:02	Alister Ferguson	M35+	8	SWRR	65%
75	74	00:20:16	00:04:03	Adam Rooke	M45+	4	South West Road Runners	70%
76	77	00:20:17	00:04:03	Ben Timpson	MSen	22	Minehead RC	65%
77	161	00:20:18	00:04:04	Brian Sansom	M55+	4	Exmouth Harriers	77%
78	252	00:20:21	00:04:04	Matthew Cundell	MSen	23		63%
79	242	00:20:28	00:04:06	Mike Pearce	MSen	24		64%
80	187	00:20:38	00:04:08	Kieran Ferris	MSen	25	South West Road Runners	63%
81	227	00:20:55	00:04:11	Peter Aggett	M50+	7	Tiverton Harriers	72%
82	240	00:20:57	00:04:11	Bethan Bryant	FSen	6		71%
83	172	00:21:10	00:04:14	Geoff Nicholls	M60+	2	Greenbow Running Club	79%
84	259	00:21:20	00:04:16	Jo Pearce	F50+	1	SWRR	81%
85	226	00:21:24	00:04:17	Jade Hopton	FSen	7		69%
86	87	00:21:36	00:04:19	Barry Frost	M60+	3	SouthWestRoadRunners	76%
87	231	00:21:57	00:04:23	Robbie Newman	M40+	9		62%
88	94	00:21:57	00:04:23	Andrew Place	MSen	26	Exmouth Harriers	59%
89	107	00:22:00	00:04:24	Andrew Johnson	M55+	5	Exmouth Harriers	72%
90	101	00:22:08	00:04:26	Hannah Jones	F45+	2		72%
91	105	00:22:18	00:04:28	Andrew Mann	M40+	10		61%
92	96	00:22:39	00:04:32	Jenny Reay	F60+	2		87%
93	111	00:22:50	00:04:34	Callum Lamont	M55+	6	South West Road Runners	67%
94	201	00:22:53	00:04:35	Stuart Coyne	M50+	8		64%
95	222	00:22:53	00:04:35	James Sibley	MSen	27	Axe Valley Runners	56%
96	122	00:22:59	00:04:36	Tim Syngé	M55+	7	westbury harriers	69%
97	110	00:23:01	00:04:36	Ron Seward	M70+	1	Axe Valley Runners	77%
98	193	00:23:12	00:04:38	Martin Shelton	M45+	5	Greenbow Running Club	63%
99	119	00:23:12	00:04:38	Becky Taviner	FU17	1		67%
100	124	00:23:15	00:04:39	Geoff Jones	M50+	9		65%
101	113	00:24:09	00:04:50	Roz Debenham	F40+	3	SWRR	63%
102	151	00:24:20	00:04:52	Jimmy Zaple	M60+	4	0	68%
103	131	00:24:22	00:04:52	Kelly Lawson	F40+	4		64%
104	143	00:24:33	00:04:55	Laura D'Allen	F35+	3		61%
105	188	00:24:54	00:04:59	Kirsty Bickell	F50+	2	Greenbow Running Club	67%
106	130	00:25:52	00:05:10	Alison White	F65+	1	Exmouth Harriers	81%
107	167	00:25:54	00:05:11	Elke Morgan	FSen	8	EUTRIC	57%
108	219	00:25:55	00:05:11	Emily MacAulay	F35+	4	Running Forever Running Club	59%
109	123	00:25:58	00:05:12	Andrew Joiner	M35+	9		51%
110	128	00:26:11	00:05:14	Rod Payne	M65+	2		64%
111	258	00:26:18	00:05:16	Mandy Ward	F50+	3	Honiton Rc	67%
112	121	00:26:50	00:05:22	Helen Kula-Przewanski	F60+	3	Tavistock AC	72%
113	149	00:27:04	00:05:25	Harry Branch	MU15	5	0	54%
114	137	00:27:16	00:05:27	Goff Welchman	M70+	2	Tiverton Harriers	65%
115	141	00:27:26	00:05:29	Bernadette Jones	F50+	4		62%
116	213	00:27:30	00:05:30	Peter Horrell	M60+	5		60%
117	146	00:27:35	00:05:31	Oliver Triner	MU13	1		55%
118	216	00:28:03	00:05:37	Angela Kerr	F65+	2	Axe Valley Runners	74%
119	139	00:29:42	00:05:56	Jane Richardson	F70+	1	Okehampton RC	77%
120	147	00:29:56	00:05:59	Paige Emerick	FU15	2		53%
121	132	00:30:00	00:06:00	Megan Shaw	FU15	3		53%
122	148	00:31:34	00:06:19	Lucy Welch	FU15	4		51%
123	217	00:31:40	00:06:20	Martin Kerr	M70+	3	Axe Valley Runners	56%
124	144	00:32:00	00:06:24	Cathie Welchman	F70+	2	Tiverton Harriers	71%
125	84	00:34:43	00:06:57	Jack Hodder	MU13	2		43%