



# RUN EXE 5K

Round 4 - 21st September 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	2	00:15:35	00:03:07	Ollie Thorogood	MSen	1	South West Road Runners	83%
2	1	00:15:45	00:03:09	Simon Fox	MSen	2	Exeter Harriers	82%
3	276	00:15:47	00:03:09	Isaac Bate	MSen	3	University of Exeter Athletics Club	82%
4	220	00:15:49	00:03:10	Donald Brooks	M40+	1	Torbay Triathlon	88%
5	11	00:15:50	00:03:10	Thomas Humphrey	MSen	4	South West Road Runners	83%
6	228	00:15:50	00:03:10	Keith Shapland	M40+	2	Bideford AAC	88%
7	10	00:16:12	00:03:14	Luke Passmore	MSen	5		80%
8	26	00:16:30	00:03:18	Joel Seward	MSen	6	Axe Valley Runners	79%
9	239	00:16:31	00:03:18	Sam Swift	MSen	7	Erme Valley Harriers	78%
10	5	00:16:31	00:03:18	Callum Crawford	MSen	7	Exeter Harriers	78%
11	12	00:16:40	00:03:20	Oliver White	M35+	1	Exmouth Harriers	80%
12	33	00:16:45	00:03:21	Thomas Whitworth	MSen	9		78%
13	19	00:16:45	00:03:21	Jody Bee	M40+	3	SWRR	82%
14	31	00:17:09	00:03:26	Finlay Downes	MU15	1	Wells City Harriers	83%
15	61	00:17:32	00:03:30	Dominic Spayne	M35+	2	Exeter Harriers	77%
16	32	00:17:46	00:03:33	Edward Pickering	M45+	1	South West Road Runners	82%
17	70	00:17:49	00:03:34	Howard Bailey	MSen	10	Exeter Harriers	73%
18	171	00:17:52	00:03:34	Freya Woodhead	FU15	1	Bideford Amateur Athletic Club	89%
19	37	00:17:56	00:03:35	James Benham	M35+	3	SWRR	76%
20	38	00:18:04	00:03:37	Sammy Antell	FSen	1	Bideford AAC	82%
21	279	00:18:17	00:03:39	Joe Dix	MU20	1	Tavistock Ac	74%
22	82	00:18:24	00:03:41	James Overton	M35+	4		73%
23	52	00:18:29	00:03:42	Serane Stone	F40+	1	Tiverton Harriers	85%
24	159	00:18:30	00:03:42	Ben Osmond	MU17	1	Torbay Athletics	75%
25	80	00:18:31	00:03:42	George Pemberton	MU15	2		78%
26	43	00:18:33	00:03:43	Simon Scotthorne	M55+	1	Lonely Goat Running Club	84%
27	63	00:18:34	00:03:43	Richard Petty	MSen	11		70%
28	41	00:18:37	00:03:43	Nick Casey	M50+	1	South West Road Runners	80%
29	168	00:18:57	00:03:47	Ethan Sterry	MSen	12	South West Road Runners	68%
30	51	00:19:03	00:03:49	David Wilkinson	M55+	2		83%
31	267	00:19:04	00:03:49	Stephen Sincock	M60+	1	Okehampton RC	85%
32	169	00:19:08	00:03:50	Fiona German	FSen	2	South West Road Runners	77%
33	81	00:19:15	00:03:51	Byron McKinney	M45+	2	Tiverton Harriers	74%
34	79	00:19:17	00:03:51	James Ayre	M35+	5	Tiverton Harriers	70%
35	76	00:19:17	00:03:51	Alfie Gibbins	MU17	2		72%
36	67	00:19:33	00:03:55	Des White	M65+	1	Exmouth Harriers	87%
37	278	00:19:35	00:03:55	Simon Tucker	M35+	6	South West Road Runners	68%
38	200	00:19:42	00:03:56	Stephen Collier	M45+	3	South West Road Runners	72%
39	154	00:19:47	00:03:57	Andrew Thomas	MSen	13		66%
40	75	00:19:55	00:03:59	Richard Stone	M40+	4	South West Road Runners	69%
41	103	00:20:00	00:04:00	Alister Ferguson	M35+	7	SWRR	66%
42	68	00:20:03	00:04:01	Hannah Bown	F40+	2	Exmouth Harriers	77%
43	161	00:20:06	00:04:01	Brian Sansom	M55+	3	Exmouth Harriers	78%
44	74	00:20:09	00:04:02	Adam Rooke	M45+	4	South West Road Runners	70%
45	187	00:20:12	00:04:02	Kieran Ferris	MSen	14	South West Road Runners	64%
46	191	00:20:15	00:04:03	Luke Pascoe	MU17	3	Exeter Harriers	69%
47	172	00:20:42	00:04:08	Geoff Nicholls	M60+	2	Greenbow Running Club	80%
48	266	00:21:00	00:04:12	Bryan Abell	M55+	4		73%
49	101	00:21:23	00:04:17	Hannah Jones	F45+	1		75%
50	94	00:21:23	00:04:17	Andrew Place	MSen	15	Exmouth Harriers	61%
51	270	00:21:30	00:04:18	Jacob Coyne	MSen	16	0	60%
52	105	00:21:56	00:04:23	Andrew Mann	M40+	5		62%
53	96	00:22:13	00:04:27	Jenny Reay	F60+	1		89%
54	111	00:22:18	00:04:28	Callum Lamont	M55+	5	South West Road Runners	69%
55	127	00:22:19	00:04:28	Harry Evans	MU13	1		67%
56	116	00:22:21	00:04:28	Lewis Jones	M70+	1	SWRR	80%
57	118	00:22:27	00:04:29	Charlie Wheeler	MU13	2		66%
58	110	00:22:32	00:04:30	Ron Seward	M70+	2	Axe Valley Runners	78%
59	201	00:22:32	00:04:30	Stuart Coyne	M50+	2		65%
60	193	00:23:13	00:04:39	Martin Shelton	M45+	5	Greenbow Running Club	63%

61	113	00:23:19	00:04:40	Roz Debenham	F40+	3	SWRR	66%
62	129	00:23:25	00:04:41	Max Spiller	MU13	3		64%
63	119	00:23:36	00:04:43	Becky Taviner	FU17	1		66%
64	131	00:23:40	00:04:44	Kelly Lawson	F40+	4	Greenbow Running Club	66%
65	114	00:23:44	00:04:45	Jenny Debenham	F40+	5	South West Road Runners	65%
66	122	00:24:08	00:04:50	Tim Synge	M55+	6	westbury harriers	65%
67	263	00:24:24	00:04:53	Roger Saunders	M65+	2	Honiton Running club	70%
68	188	00:24:30	00:04:54	Kirsty Bickell	F50+	1	Greenbow Running Club	68%
69	117	00:25:02	00:05:00	Simon Ruddlesden	M45+	6		57%
70	130	00:25:32	00:05:06	Alison White	F65+	1	Exmouth Harriers	82%
71	167	00:25:40	00:05:08	Elke Morgan	FSen	3	EUTRIC	58%
72	136	00:25:45	00:05:09	Mia Morris	FU13	1		65%
73	128	00:25:54	00:05:11	Rod Payne	M65+	3		65%
74	145	00:26:00	00:05:12	Ella Spiller	FU13	2		63%
75	275	00:26:19	00:05:16	Andy Moore	M35+	8	Tiverton Harriers	51%
76	137	00:26:19	00:05:16	Goff Welchman	M70+	3	Tiverton Harriers	68%
77	213	00:26:40	00:05:20	Peter Horrell	M60+	3		62%
78	139	00:26:51	00:05:22	Jane Richardson	F70+	1	Okehampton RC	86%
79	272	00:26:54	00:05:23	Naomi Loosemore	FU20	1	0	55%
80	147	00:28:10	00:05:38	Paige Emerick	FU15	2		57%
81	140	00:28:33	00:05:43	Beverley Holloway	F45+	2	SWRR	57%
82	132	00:28:56	00:05:47	Megan Shaw	FU15	2		55%
83	144	00:31:26	00:06:17	Cathie Welchman	F70+	1	Tiverton Harriers	72%