



RUN EXE 5MILE | EXMOUTH

1st February 2022

[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	153	00:25:10	00:05:02	Tom Merson	M35+	1	Exmouth Harriers	87%
2	48	00:26:08	00:05:14	Ollie Thorogood	MSen	1	South West Road Runners	82%
3	138	00:26:13	00:05:15	Sam Hopton	MSen	2	South West Road Runners	82%
4	150	00:26:16	00:05:15	Ben Neale	M35+	2	Tavistock AC	83%
5	146	00:26:25	00:05:17	Rob Ellis	M35+	3	Exmouth Harriers	83%
6	126	00:26:36	00:05:19	Luke Hamley	MU20	1		82%
7	148	00:27:17	00:05:27	Matthew Muscutt	M40+	1		85%
8	139	00:27:22	00:05:28	Gareth Davies	MSen	3	South West Road Runners	78%
9	8	00:27:58	00:05:36	Callum Crawford	MSen	4	Exeter Harriers	76%
10	140	00:28:08	00:05:38	Blake Williams	MU17	1	Newquay and Par Athletic Club	81%
11	149	00:28:19	00:05:40	Rich Shelley	M50+	1	Plymstock RR	87%
12	47	00:28:21	00:05:40	Oliver White	M35+	4	Exmouth Harriers	77%
13	137	00:28:23	00:05:41	Alex Crump	MSen	5	South West Road Runners	76%
14	142	00:28:24	00:05:41	Tom Howell	M35+	5	Mile High	78%
15	69	00:28:34	00:05:43	Miko Cadeddu	MSen	6	SWRR	76%
16	132	00:28:54	00:05:47	Daniel Thomas	MSen	7		75%
17	134	00:29:25	00:05:53	Adam Walker	MSen	8	South West Road Runners	73%
18	1	00:29:55	00:05:59	Adam Hunt	MSen	9	British triathlon	72%
19	131	00:29:57	00:05:59	Edward Pickering	M45+	1	South West Road Runners	80%
20	21	00:30:22	00:06:04	Ethan Sterry	MSen	10	South West Road Runners	71%
21	124	00:30:26	00:06:05	Philip Thomas	M45+	2		77%
22	30	00:31:02	00:06:12	James Benham	M40+	2	South West Road Runners	73%
23	77	00:31:30	00:06:18	Howard Bailey	MSen	11	Exeter Harriers	68%
24	46	00:31:37	00:06:19	Matt Frost	MSen	12		68%
25	147	00:31:46	00:06:21	Lee Salter	M40+	3	Exmouth Harriers	73%
26	108	00:31:49	00:06:22	Rob Sweet	M45+	3		74%
27	151	00:31:59	00:06:24	Graydon Widdicombe	M45+	4	Teignbridge Trotters	74%
28	97	00:32:10	00:06:26	Graham Hill	M55+	1		79%
29	20	00:32:29	00:06:30	Elizabeth Dyson	F35+	1	Haldon Trail Runners	75%
30	10	00:32:38	00:06:32	Cathy Newman	F55+	1	Exmouth Harriers	95%
31	15	00:33:35	00:06:43	Daniel Jones	MSen	13	Tiverton Harriers	65%
32	152	00:33:42	00:06:44	Jonathan Mill	M40+	4	Exmouth Harriers	69%
33	25	00:33:55	00:06:47	Hannah Bown	F40+	1	Exmouth Harriers	75%
34	29	00:35:09	00:07:02	Ian Mortimer	M50+	2		72%
35	135	00:35:21	00:07:04	Lucy Walker	FSen	1	South West Road Runners	68%
36	75	00:35:25	00:07:05	Geoff Nicholls	M60+	1		78%
37	79	00:35:46	00:07:09	Jim Durston	M55+	2	South West Road Runners	72%
38	2	00:35:52	00:07:10	Alicia Regan	FSen	2	South West Road Runners	68%
39	63	00:35:52	00:07:10	Thomas Humphrey	MSen	14	South West Road Runners	60%
40	86	00:36:04	00:07:13	Richard Stone	M40+	5	South West Road Runners	63%
41	141	00:36:07	00:07:13	Paul Raven	M50+	3		69%
42	66	00:36:40	00:07:20	Andrew Place	MSen	15	Exmouth Harriers	59%
43	128	00:37:15	00:07:27	Geoffrey Hayward	M35+	6		60%
44	125	00:37:33	00:07:31	Robert Thomas	M50+	4		67%
45	84	00:38:31	00:07:42	Martin Shelton	M45+	5	Greenbow RC	63%
46	19	00:39:37	00:07:55	Des White	M65+	1	Exmouth Harriers	71%
47	35	00:40:02	00:08:00	Jimmy Joy	M60+	2	Exmouth Harriers	67%

48	133	00:40:02	00:08:00	Steve Morgan	M65+	2	Exmouth Harriers	69%
49	82	00:41:28	00:08:18	Kirsty Bickell	F50+	1	Greenbow Running Club	66%
50	12	00:41:59	00:08:24	Christina Green	F35+	2	Cranbrook running club	58%
51	145	00:42:06	00:08:25	Amanda McCann	F45+	1	Exmouth Harriers	64%
52	3	00:44:17	00:08:51	Alison White	F65+	1	Exmouth Harriers	77%
53	9	00:56:47	00:11:21	Cathie Welchman	F70+	1	Tiverton Harriers	66%
54	24	01:04:30	00:12:54	Goff Welchman	M70+	1	Tiverton Harriers	46%