



RUN EXE 5MILE | EXMOUTH

AGE GRADED RESULTS

25th January 2023



[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	202	0:33:49	00:06:46	Claudine Benstead	F60+	1	Okehampton Running Club	97%
2	281	0:25:50	00:05:10	Jacob Harrison	MU20	1	Cornwall Ac	85%
3	243	0:26:09	00:05:14	Oliver White	M35+	1	Exmouth Harriers	84%
4	305	0:28:52	00:05:46	Rosie Mew	FSen	1	South West Road Runners	84%
5	301	0:25:53	00:05:11	Sam Hopton	MSen	1	South West Road Runners	83%
6	274	0:26:01	00:05:12	Nathan Goddard	MSen	2	Exeter University Athletics Club	83%
7	264	0:26:25	00:05:17	Devin Coombes	MSen	3	Exeter University Athletics Club	82%
8	258	0:26:26	00:05:17	Jamie Parkinson	MSen	4	Dartmoor Runners	81%
9	279	0:30:09	00:06:02	Mark Knight	M50+	1	Newquay & Par	81%
10	297	0:28:32	00:05:42	Dylan Travers	MU17	1	Exeter Tri Club	81%
11	228	0:34:23	00:06:53	Geoff Nicholls	M65+	1	Greenbow Running Club	81%
12	269	0:26:59	00:05:24	Fergus Scott	MSen	5	Rugby and Northampton Athletic	80%
13	273	0:27:58	00:05:36	Blake Williams	MU20	2	Newquay & Par	80%
14	298	0:28:48	00:05:46	Luke Reed	M40+	1	Pure endurance triathletes	80%
15	250	0:30:34	00:06:07	Mia Edwards	FU20	1	Exeter University Athletics Club	79%
16	241	0:43:43	00:08:45	Alison White	F65+	1	Exmouth Harriers	79%
17	306	0:31:23	00:06:17	Samuel Weekes	M50+	2	0	79%
18	206	0:27:21	00:05:28	Alex Crump	MSen	6	South West Road Runners	79%
19	280	0:29:28	00:05:54	Ethan Lusty	MU17	2	Newquay & Par	78%
20	267	0:31:12	00:06:14	Millie Porter	FSen	2	Exeter University Athletics Club	78%
21	277	0:29:41	00:05:56	Kyran James	MU17	3	Newquay & Par	78%
22	302	0:33:25	00:06:41	Hannah Bown	F40+	1	Exmouth Harriers	77%
23	275	0:31:00	00:06:12	Rob Sweet	M45+	1	0	77%
24	253	0:31:34	00:06:19	Katie Synge-Curtis	FSen	3	Royal Navy Athletics Club	77%
25	276	0:33:26	00:06:41	Ian Gronwalt	M55+	1	Newquay & Par	77%
26	292	0:31:39	00:06:20	Hannelore Peters	FSen	4	Exeter University Athletics Club	76%
27	295	0:31:40	00:06:20	Emma Powell	FSen	5	Western Tempo	76%
28	296	0:28:05	00:05:37	Jamie Pullinger	MSen	7	South West Road Runners	76%
29	223	0:39:30	00:07:54	Bob Minting	M70+	1	Exmouth Harriers	76%
30	259	0:32:04	00:06:25	Olivia Carthew	FSen	6	Newquay & Par	75%
31	265	0:28:37	00:05:43	Matthew James	MSen	8	Exeter University Athletics Club	75%
32	271	0:32:08	00:06:26	Alice Watson	FSen	7	South West Road Runners	75%
33	249	0:32:13	00:06:27	Inca Padfield	FSen	8	Exeter University Athletics Club	75%
34	256	0:33:41	00:06:44	Joanne Page	F35+	1	Okehampton Running Club	73%
35	293	0:33:31	00:06:42	Florence Martha Sargent	FU20	2	Exeter Tri Club	73%
36	270	0:30:17	00:06:03	Edward Buckley	MU20	4	Exeter University Athletics Club	73%
37	294	0:29:27	00:05:53	Samuel Crowther	MSen	9	Exeter University Athletics Club	72%
38	285	0:30:06	00:06:01	Seb Owers	MU20	3	Exeter University Athletics Club	72%
39	251	0:33:46	00:06:45	Georgie Speck	FU20	3	Exeter University Athletics Club	72%
40	210	0:29:46	00:05:57	Matt Frost	MSen	10	Axe Valley Runners	72%
41	260	0:34:03	00:06:49	Lucy Hughes	F35+	2	Tiverton Harriers	72%
42	286	0:32:12	00:06:26	martin pearce	M40+	3	0	72%
43	263	0:29:49	00:05:58	Marc Day	MSen	11	Colchester and Tendring (CATS)	72%
44	261	0:34:50	00:06:58	Caitlin Keaney	FU20	4	Newquay & Par	70%
45	233	0:30:32	00:06:06	Ethan Sterry	MSen	12	South West Road Runners	70%
46	225	0:36:59	00:07:24	Sean Monger	M50+	3	South West Road Runners	68%
47	203	0:41:00	00:08:12	Kirsty Bickell	F50+	1	Greenbow Running Club	68%
48	219	0:32:15	00:06:27	Daniel Jones	M35+	2	Tiverton Harriers	68%
49	304	0:31:50	00:06:22	Joshua Sale	M40+	2	Exmouth Harriers	67%
50	252	0:39:10	00:07:50	Paula Hawkins	F45+	1	Exmouth Harriers	67%
51	299	0:32:07	00:06:25	Edward Falkingham	MSen	13	Torbay Ac	66%
52	242	0:43:20	00:08:40	Des White	M65+	2	Exmouth Harriers	66%

53	308	0:33:40	00:06:44	Nathan Budd	M35+	3	Exmouth Harriers	65%
54	268	0:32:59	00:06:36	Seamus Sheard	MSen	14	0	65%
55	248	0:33:53	00:06:47	Wale Fayoyin	MU20	5	Exeter University Athletics Club	64%
56	307	0:35:11	00:07:02	Richard Sugden	M40+	4	Taunton Ac	64%
57	300	0:34:01	00:06:48	David Middlehurst	MSen	15	Exmouth Harriers AAC	64%
58	284	0:38:13	00:07:39	Niamh Carey	FSen	9	Exeter University Athletics Club	63%
59	282	0:38:37	00:07:43	Paul Denton	M50+	4	Tri Hards Gents Exmouth	63%
60	309	0:36:17	00:07:15	Geoffrey Hayward	M35+	5	Cranbrook Running Club	62%
61	287	0:35:58	00:07:12	Dominic Collins	M35+	4	0	61%
62	240	0:62:42	00:12:32	Cathie Welchman	F70+	1	Tiverton Harriers	61%
63	255	0:37:29	00:07:30	Zac Jones	MU20	6	Exeter University Athletics Club	58%
64	272	0:45:08	00:09:02	Emma Kessie	F40+	2	0	56%
65	303	0:39:08	00:07:50	Chris King	M35+	6	0	56%
66	310	0:42:32	00:08:30	Richard Jones	M40+	5	0	54%
67	257	0:47:15	00:09:27	Rich Hill	M50+	5	0	53%
68	239	0:57:43	00:11:33	Goff Welchman	M70+	2	Tiverton Harriers	52%
69	266	0:48:48	00:09:46	Paloma Hermoso	F40+	3	0	52%
70	291	0:62:20	00:12:28	Sarah Jane Evans	F60+	2	Fylde Coast Runners	51%
71	216	0:43:38	00:08:44	Ben Hudson	MSen	16		50%