



RUN EXE 5MILE | EXMOUTH

4th January 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	47	00:27:27	00:05:29	Oliver White	M35+	1	Exmouth Harriers	80%
2	121	00:27:41	00:05:32	Terry Emmett	M40+	1	Axe Valley Runners	82%
3	115	00:27:58	00:05:36	Kirsteen Welch	F50+	1	Sidmouth Running Club	87%
4	122	00:28:14	00:05:39	Robert Mann	M50+	1		76%
5	116	00:28:43	00:05:45	Cameron Bryson	MU20	1	Exeter Harriers	78%
6	30	00:28:58	00:05:48	James Benham	M40+	2	South West Road Runners	78%
7	69	00:29:16	00:05:51	Miko Cadeddu	M50+	2	SWRR	74%
8	1	00:29:52	00:05:58	Adam Hunt	M50+	3	British triathlon	72%
9	77	00:30:17	00:06:03	Howard Bailey	M50+	4	Exeter Harriers	71%
10	118	00:30:23	00:06:05	Joe Hornsby	M50+	5	Teignbridge Trotters	71%
11	119	00:31:07	00:06:13	Fiona German	F50+	2	South West Road Runners	78%
12	124	00:31:10	00:06:14	Philip Thomas	M45+	1		75%
13	111	00:31:44	00:06:21	Milan Goc	M40+	3	South West Road Runners	72%
14	46	00:32:04	00:06:25	Matt Frost	M50+	6		67%
15	20	00:32:18	00:06:28	Elizabeth Dyson	F35+	1	Haldon Trail Runners	76%
16	10	00:32:20	00:06:28	Cathy Newman	F55+	1	Exmouth Harriers	95%
17	120	00:32:21	00:06:28	Simon Tucker	M35+	2	South West Road Runners	68%
18	108	00:32:37	00:06:31	Rob Sweet	M45+	2		72%
19	113	00:33:01	00:06:36	James Armstrong	M35+	3	Tavistock AC	67%
20	86	00:33:35	00:06:43	Richard Stone	M40+	4	South West Road Runners	68%
21	71	00:33:48	00:06:46	Claudine Benstead	F60+	1	Okehampton R C	95%
22	123	00:33:59	00:06:48	Emma Cockcroft	F50+	3		72%
23	25	00:34:10	00:06:50	Hannah Bown	F40+	1	Exmouth Harriers	75%
24	75	00:34:16	00:06:51	Geoff Nicholls	M60+	1		80%
25	112	00:34:25	00:06:53	Jodi Armstrong	F35+	2	Tavistock AC	72%
26	79	00:34:35	00:06:55	Jim Durston	M55+	1	South West Road Runners	74%
27	15	00:34:43	00:06:57	Daniel Jones	M50+	7	Tiverton Harriers	62%
28	17	00:34:58	00:07:00	Darren Powell	M50+	1	Lonely goat	70%
29	114	00:35:08	00:07:02	Natalie Cusack	F50+	4	Teignbridge Trotters	69%
30	33	00:36:19	00:07:16	Jenny Reay	F60+	2	Exmouth Harriers	90%
31	19	00:37:26	00:07:29	Des White	M65+	1	Exmouth Harriers	75%
32	96	00:37:41	00:07:32	Tim Synge	M55+	2	Westbury Harriers	69%
33	84	00:37:52	00:07:34	Martin Shelton	M45+	3	Greenbow RC	64%
34	117	00:37:59	00:07:36	Graham Newton	M70+	1	South West Veterans AC	79%
35	66	00:38:33	00:07:43	Andrew Place	M50+	8	Exmouth Harriers	56%
36	125	00:38:52	00:07:46	Robert Thomas	M50+	2		64%
37	5	00:39:58	00:08:00	Becky Taviner	FU17	1	Honiton Running club	63%
38	82	00:40:34	00:08:07	Kirsty Bickell	F50+	1	Greenbow Running Club	68%
39	52	00:41:32	00:08:18	Ralph Winter	M45+	4		58%
40	12	00:41:48	00:08:22	Christina Green	F35+	3	Cranbrook running club	58%
41	7	00:41:58	00:08:24	Bridget Taviner	F50+	2		68%
42	3	00:46:54	00:09:23	Alison White	F65+	1	Exmouth Harriers	73%
43	99	00:47:45	00:09:33	Paloma Hermoso	F40+	2	Women on the Run	52%
44	54	00:47:46	00:09:33	Richard Jones	M40+	5		48%
45	9	01:01:26	00:12:17	Cathie Welchman	F70+	1	Tiverton Harriers	61%