



# RUN EXE 5MILE | EXMOUTH

1st March 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	146	0:26:08	00:05:14	Rob Ellis	M35+	1	Exmouth Harriers	84%
2	160	0:26:53	00:05:23	Blake Williams	MU17	1	Newquay Par AC	84%
3	47	0:28:08	00:05:38	Oliver White	M35+	2	Exmouth Harriers	78%
4	167	0:29:26	00:05:53	Jonathan Hall	MSen	1	Exeter Harriers	74%
5	156	0:29:30	00:05:54	Edward Pickering	M45+	1	South West Road Runners	81%
6	161	0:29:37	00:05:55	Nathan Sheehy	M45+	2	Exmouth Harriers	80%
7	46	0:30:18	00:06:04	Matt Frost	MSen	2	Axe Valley Runners	70%
8	166	0:32:14	00:06:27	Stephen Collier	M45+	3	South West Road Runners	73%
9	10	0:32:32	00:06:30	Cathy Newman	F55+	1	Exmouth Harriers	95%
10	174	0:32:32	00:06:30	Craig Butler	M50+	1	Exmouth Harriers AAC	76%
11	25	0:34:09	00:06:50	Hannah Bown	F40+	1	Exmouth Harriers	75%
12	120	0:34:13	00:06:51	Simon Tucker	M35+	3	South West Road Runners	65%
13	17	0:34:41	00:06:56	Darren Powell	M50+	2	Lonely goat	70%
14	66	0:34:56	00:06:59	Andrew Place	MSen	3	Exmouth Harriers	62%
15	20	0:35:03	00:07:01	Elizabeth Dyson	F35+	1	Haldon Trail Runners	70%
16	75	0:35:38	00:07:08	Geoff Nicholls	M60+	1		77%
17	29	0:36:02	00:07:12	Ian Mortimer	M50+	3		70%
18	35	0:36:45	00:07:21	Jimmy Joy	M60+	2	Exmouth Harriers	73%
19	19	0:37:37	00:07:31	Des White	M65+	1	Exmouth Harriers	75%
20	177	0:37:40	00:07:32	Steve Morgan	M65+	2	Exmouth Harriers	74%
21	178	0:38:30	00:07:42	Ralph Winter	M45+	4		62%
22	164	0:38:54	00:07:47	Holly Clements	F35+	2	Exmouth Harriers	64%
23	68	0:39:08	00:07:50	Bob Minting	M70+	1	Blackheath and Bromley Harriers	75%
24	169	0:40:26	00:08:05	Katherine Moore	FSen	1	Exmouth Harriers	60%
25	61	0:40:40	00:08:08	Simon Ruddlesden	M45+	5		58%
26	171	0:40:47	00:08:09	Ginny Thomas	F40+	2		63%
27	82	0:40:53	00:08:11	Kirsty Bickell	F50+	1	Greenbow Running Club	67%
28	5	0:41:32	00:08:18	Becky Taviner	FU17	1	Honiton Running club	61%
29	170	0:42:16	00:08:27	May Argyle	FSen	2	Exmouth Harriers	57%
30	155	0:42:28	00:08:30	David Oliver	M60+	3	Deeside Runners	64%
31	7	0:42:55	00:08:35	Bridget Taviner	F50+	2		66%
32	165	0:43:33	00:08:43	Kay Douglas	F60+	1	Exmouth Harriers	75%
33	3	0:45:34	00:09:07	Alison White	F65+	1	Exmouth Harriers	75%
34	158	0:46:52	00:09:22	Chris Teehan	M35+	4		47%
35	154	0:48:26	00:09:41	Jane Oliver	F60+	2	Deeside Runners	66%
36	54	0:52:43	00:10:33	Richard Jones	M40+	1		43%
37	9	0:53:38	00:10:44	Cathie Welchman	F70+	1	Tiverton Harriers	70%
38	24	0:53:45	00:10:45	Goff Welchman	M70+	2	Tiverton Harriers	55%