



# RUN EXE 5MILE | EXMOUTH

2nd November 2021

[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	89	00:25:57	00:05:11	Sam Mills	MU17	1	Exeter Harriers	87%
2	8	00:26:36	00:05:19	Callum Crawford	MSen	1	Exeter Harriers	80%
3	37	00:26:55	00:05:23	Keith Shapland	M40+	1	Bideford AAC	85%
4	93	00:27:14	00:05:27	Wayne Loveridge	MSen	2	Chard Road Runners	80%
5	67	00:28:29	00:05:42	Jody Bee	M40+	2	SWRR	80%
6	34	00:28:48	00:05:46	Jim McConnel	M45+	1	Taunton AC	83%
7	90	00:29:43	00:05:57	Scott Hunter	M35+	1	South West Road Runners	75%
8	76	00:29:51	00:05:58	Harry Mills	M35+	2	Exeter Harriers	73%
9	30	00:30:11	00:06:02	James Benham	M40+	3	South West Road Runners	75%
10	73	00:30:15	00:06:03	Eevee Banbury	FSen	1		80%
11	94	00:30:15	00:06:03	Hayden Bond	MSen	3	Okehampton RC	71%
12	78	00:30:33	00:06:07	Iain Gillam	MSen	4	Cranbrook running club	70%
13	65	00:31:08	00:06:14	Adam Nichols	MSen	5		69%
14	46	00:31:12	00:06:14	Matt Frost	MSen	6		68%
15	77	00:31:14	00:06:15	Howard Bailey	MSen	7	Exeter Harriers	69%
16	97	00:31:23	00:06:17	Graham Hill	M55+	1		81%
17	15	00:31:31	00:06:18	Daniel Jones	MSen	8	Tiverton Harriers	69%
18	95	00:31:38	00:06:20	Serane Stone	F45+	1	Tiverton Harriers	82%
19	80	00:32:37	00:06:31	John Shapland	M65+	1	Bideford AAC	87%
20	71	00:32:52	00:06:34	Claudine Benstead	F60+	1	Okehampton R C	98%
21	19	00:33:29	00:06:42	Des White	M65+	2	Exmouth Harriers	84%
22	10	00:33:29	00:06:42	Cathy Newman	F55+	1	Exmouth Harriers	92%
23	86	00:33:38	00:06:44	Richard Stone	M40+	4	South West Road Runners	68%
24	2	00:33:42	00:06:44	Alicia Regan	FSen	2	South West Road Runners	72%
25	63	00:33:43	00:06:45	Thomas Humphrey	MSen	9	South West Road Runners	64%
26	29	00:34:15	00:06:51	Ian Mortimer	M50+	1		74%
27	75	00:34:19	00:06:52	Geoff Nicholls	M60+	1		80%
28	66	00:35:54	00:07:11	Andrew Place	MSen	10	Exmouth Harriers	60%
29	79	00:36:12	00:07:14	Jim Durston	M55+	2	South West Road Runners	71%
30	70	00:36:35	00:07:19	Charlie Stripp	M55+	3		70%
31	35	00:36:46	00:07:21	Jimmy Joy	M60+	2	Exmouth Harriers	73%
32	83	00:36:59	00:07:24	Lauren Burd	FSen	3	Tiverton Harriers	65%
33	98	00:37:03	00:07:25	Peter Knight	M55+	4	Bad Rat Runners	71%
34	84	00:38:15	00:07:39	Martin Shelton	M45+	2	Greenbow RC	63%
35	68	00:38:19	00:07:40	Bob Minting	M70+	1	Blackheath and Bromley Harriers	77%
36	96	00:39:18	00:07:52	Tim Synge	M55+	5	Westbury Harriers	66%
37	74	00:39:34	00:07:55	Fran Sampson	F35+	1		62%
38	52	00:40:11	00:08:02	Ralph Winter	M45+	3		60%
39	82	00:40:30	00:08:06	Kirsty Bickell	F50+	1	Greenbow Running Club	68%
40	3	00:41:31	00:08:18	Alison White	F65+	1	Exmouth Harriers	82%
41	5	00:42:02	00:08:24	Becky Taviner	FU17	1	Honiton Running club	60%
42	53	00:42:09	00:08:26	Rebecca Hall	FSen	4		57%
43	7	00:42:38	00:08:32	Bridget Taviner	F50+	2		67%
44	24	00:46:12	00:09:14	Goff Welchman	M70+	2	Tiverton Harriers	64%
45	99	00:50:30	00:10:06	Paloma Hermoso	F40+	1	Women on the Run	50%
46	54	00:52:31	00:10:30	Richard Jones	M40+	5		43%
47	72	00:52:31	00:10:30	Cristina Rodriguez	F35+	2		47%