



# RUN EXE 5MILE | EXMOUTH

## AGE GRADED RESULTS

15th March 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	22	0:03:44	00:32:34	Cathy Newman	F60+	1	Exmouth Harriers	96%
2	36	0:02:02	00:35:41	Claudine Benstead	F60+	2	Okehampton Running Club	92%
3	39	0:02:31	00:36:41	Jenny Reay	F60+	3	Exmouth Harriers	90%
4	8	0:03:37	00:29:40	peter monaghan	M55+	1	0	87%
5	12	0:03:36	00:30:24	John Scott	M55+	2	Newquay Roadrunners	84%
6	4	0:03:05	00:28:52	Rosie Mew	FSen	1	South West Road Runners	84%
7	5	0:03:31	00:29:13	Edward Pickering	M50+	1	South West Road Runners	83%
8	1	0:02:43	00:26:51	Oliver White	M35+	1	Exmouth Harriers	82%
9	28	0:01:04	00:33:54	Andrew Geen	M65+	1	Bradworthy Runners	82%
10	11	0:02:79	00:30:18	Mark Knight	M50+	2	Newquay & Par	80%
11	3	0:02:97	00:28:51	Dylan Travers	MU17	1	Exeter Tri Club	80%
12	51	0:02:41	00:43:57	Alison White	F65+	1	Exmouth Harriers	79%
13	35	0:02:28	00:35:21	Geoff Nicholls	M65+	2	Greenbow Running Club	78%
14	29	0:03:33	00:33:55	Eleanor Dixon	F45+	2	Newquay road runners	78%
15	2	0:01:30	00:27:30	Samuel Wyatt-Haines	MSen	1	CONNECTPlus Triathlon Team	78%
16	10	0:03:38	00:30:07	Scott Jamieson	M40+	1	Exmouth Harriers	77%
17	21	0:03:06	00:32:06	Samuel Weekes	M50+	3	0	77%
18	17	0:03:42	00:31:22	Olivia Carthew	FSen	2	Newquay and par AC	77%
19	27	0:03:45	00:33:51	Debbie Marsden	F45+	1	South West Veterans	77%
20	7	0:03:21	00:29:32	Simon Hastings	M35+	2	Lonely Goat RC	76%
21	19	0:03:24	00:31:42	Stephen Collier	M45+	1	South West Road Runners	75%
22	32	0:02:76	00:34:09	Ian Gronwalt	M55+	4	Newquay & Par	75%
23	30	0:03:30	00:33:55	Andy MacMillan	M55+	3	Dawlish coasters	75%
24	18	0:03:25	00:31:39	Ethan Lusty	MU17	2	Newquay & Par	73%
25	6	0:03:35	00:29:28	Charlie Kemp	MSen	2	0	72%
26	20	0:02:86	00:31:57	martin pearce	M40+	3	0	72%
27	9	0:02:10	00:29:58	Matt Frost	MSen	3	Axe Valley Runners	71%
28	33	0:03:34	00:35:06	Lorna Spayne	F40+	1	Bad Boy Running Club	71%
29	53	0:03:32	00:44:20	Bob Small	M75+	1	Teignbridge Trotters	71%
30	37	0:01:02	00:35:49	Ian Lamerton	M50+	4	Plymstock Road Runners	70%
31	13	0:02:33	00:30:27	Ethan Sterry	MSen	4	South West Road Runners	70%
32	14	0:02:68	00:30:28	Seamus Sheard	MSen	5	0	70%
33	26	0:03:14	00:33:47	Tommy Dempsey	M45+	2	Northbrook	69%
34	15	0:01:27	00:30:59	Harry Morgan	MSen	6	Aldershot Farnham and District	69%
35	16	0:03:04	00:31:13	Joshua Sale	M40+	2	Exmouth Harriers	69%
36	24	0:00:16	00:33:33	Richard Stone	M40+	4	South West Road Runners	68%
37	41	0:02:25	00:37:17	Sean Monger	M50+	5	South West Road Runners	68%
38	23	0:03:41	00:32:44	Gareth Espin	M35+	3	0	67%
39	48	0:02:03	00:41:41	Kirsty Bickell	F50+	1	Greenbow Running Club	67%
40	52	0:01:29	00:44:03	Steven Lewis	M70+	1	Axe valley runner	66%
41	42	0:02:56	00:37:31	Joanne Page	F35+	1	Okehampton Running Club	66%
42	40	0:03:48	00:36:57	Jade Jephcott	FSen	3	Dawlish coasters	66%
43	25	0:03:08	00:33:45	Nathan Budd	M35+	4	Exmouth Harriers	65%
44	38	0:03:43	00:36:01	Ben Travers	M40+	5	0	64%
45	47	0:03:47	00:41:26	Mike Dauncey	M55+	5	Bradworthy Runners	63%
46	31	0:03:39	00:34:08	Alistair Allen	MSen	7	Exeter Harriers	63%
47	44	0:03:22	00:39:15	Simon Howard	M45+	3	Newquay Roadrunners	61%
48	34	0:03:27	00:35:21	Alex Keyworth	MSen	8	0	60%
49	57	0:02:27	00:52:39	Val Mountford	F60+	4		60%
50	60	0:03:49	00:54:21	Pauline Geen	F60+	5	Bradworthy Runners	60%
51	46	0:02:82	00:41:07	Paul Denton	M50+	6	Tri Hards Gents Exmouth	59%
52	49	0:01:07	00:42:01	Maddy Geen	FSen	4	0	58%

53	43	0:03:09	00:39:02	Geoffrey Hayward	M35+	5	Cranbrook Running Club	57%
54	59	0:02:39	00:53:56	Goff Welchman	M70+	2	Tiverton Harriers	55%
55	45	0:02:87	00:40:40	Dominic Collins	M35+	6	0	54%
56	54	0:02:72	00:46:54	Emma Kessie	F40+	2	0	54%
57	55	0:02:57	00:46:57	Rich Hill	M50+	7	0	54%
58	50	0:03:10	00:43:11	Richard Jones	M40+	6	0	53%
59	58	0:02:15	00:52:41	Peter Horrell	M65+	3		53%
60	56	0:03:17	00:48:19	Paloma Hermoso	F40+	3	0	52%