



RUN EXE 5MILE | EXMOUTH

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	243	0:26:51	00:05:22	Oliver White	M35+	1	Exmouth Harriers	82%
2	130	0:27:30	00:05:30	Samuel Wyatt-Haines	MSen	1	CONNECTPlus Triathlon Team	78%
3	297	0:28:51	00:05:46	Dylan Travers	MU17	1	Exeter Tri Club	80%
4	305	0:28:52	00:05:46	Rosie Mew	FSen	1	South West Road Runners	84%
5	331	0:29:13	00:05:51	Edward Pickering	M50+	1	South West Road Runners	83%
6	335	0:29:28	00:05:54	Charlie Kemp	MSen	2	0	72%
7	321	0:29:32	00:05:54	Simon Hastings	M35+	2	Lonely Goat RC	76%
8	337	0:29:40	00:05:56	peter monaghan	M55+	1	0	87%
9	210	0:29:58	00:06:00	Matt Frost	MSen	3	Axe Valley Runners	71%
10	338	0:30:07	00:06:01	Scott Jamieson	M40+	1	Exmouth Harriers	77%
11	279	0:30:18	00:06:04	Mark Knight	M50+	2	Newquay & Par	80%
12	336	0:30:24	00:06:05	John Scott	M55+	2	Newquay Roadrunners	84%
13	233	0:30:27	00:06:05	Ethan Sterry	MSen	4	South West Road Runners	70%
14	268	0:30:28	00:06:06	Seamus Sheard	MSen	5	0	70%
15	127	0:30:59	00:06:12	Harry Morgan	MSen	6	Aldershot Farnham and District	69%
16	304	0:31:13	00:06:15	Joshua Sale	M40+	2	Exmouth Harriers	69%
17	342	0:31:22	00:06:16	Olivia Carthew	FSen	2	Newquay and par AC	77%
18	325	0:31:39	00:06:20	Ethan Lusty	MU17	2	Newquay & Par	73%
19	324	0:31:42	00:06:20	Stephen Collier	M45+	1	South West Road Runners	75%
20	286	0:31:57	00:06:23	martin pearce	M40+	3	0	72%
21	306	0:32:06	00:06:25	Samuel Weekes	M50+	3	0	77%
22	344	0:32:34	00:06:31	Cathy Newman	F60+	1	Exmouth Harriers	96%
23	341	0:32:44	00:06:33	Gareth Espin	M35+	3	0	67%
24	16	0:33:33	00:06:43	Richard Stone	M40+	4	South West Road Runners	68%
25	308	0:33:45	00:06:45	Nathan Budd	M35+	4	Exmouth Harriers	65%
26	314	0:33:47	00:06:45	Tommy Dempsey	M45+	2	Northbrook	69%
27	345	0:33:51	00:06:46	Debbie Marsden	F45+	1	South West Veterans	77%
28	104	0:33:54	00:06:47	Andrew Geen	M65+	1	Bradworthy Runners	82%
29	333	0:33:55	00:06:47	Eleanor Dixon	F45+	2	Newquay road runners	78%
30	330	0:33:55	00:06:47	Andy MacMillan	M55+	3	Dawlish coasters	75%
31	339	0:34:08	00:06:50	Alistair Allen	MSen	7	Exeter Harriers	63%
32	276	0:34:09	00:06:50	Ian Gronwalt	M55+	4	Newquay & Par	75%
33	334	0:35:06	00:07:01	Lorna Spayne	F40+	1	Bad Boy Running Club	71%
34	327	0:35:21	00:07:04	Alex Keyworth	MSen	8	0	60%
35	228	0:35:21	00:07:04	Geoff Nicholls	M65+	2	Greenbow Running Club	78%
36	202	0:35:41	00:07:08	Claudine Benstead	F60+	2	Okehampton Running Club	92%
37	102	0:35:49	00:07:10	Ian Lamerton	M50+	4	Plymstock Road Runners	70%
38	343	0:36:01	00:07:12	Ben Travers	M40+	5	0	64%
39	231	0:36:41	00:07:20	Jenny Reay	F60+	3	Exmouth Harriers	90%
40	348	0:36:57	00:07:23	Jade Jephcott	FSen	3	Dawlish coasters	66%
41	225	0:37:17	00:07:27	Sean Monger	M50+	5	South West Road Runners	68%
42	256	0:37:31	00:07:30	Joanne Page	F35+	1	Okehampton Running Club	66%
43	309	0:39:02	00:07:48	Geoffrey Hayward	M35+	5	Cranbrook Running Club	57%
44	322	0:39:15	00:07:51	Simon Howard	M45+	3	Newquay Roadrunners	61%
45	287	0:40:40	00:08:08	Dominic Collins	M35+	6	0	54%
46	282	0:41:07	00:08:13	Paul Denton	M50+	6	Tri Hards Gents Exmouth	59%
47	347	0:41:26	00:08:17	Mike Dauncey	M55+	5	Bradworthy Runners	63%

48	203	0:41:41	00:08:20	Kirsty Bickell	F50+	1	Greenbow Running Club	67%
49	107	0:42:01	00:08:24	Maddy Geen	F50+	4	0	58%
50	310	0:43:11	00:08:38	Richard Jones	M40+	6	0	53%
51	241	0:43:57	00:08:47	Alison White	F65+	1	Exmouth Harriers	79%
52	129	0:44:03	00:08:49	Steven Lewis	M70+	1	Axe valley runner	66%
53	332	0:44:20	00:08:52	Bob Small	M75+	1	Teignbridge Trotters	71%
54	272	0:46:54	00:09:23	Emma Kessie	F40+	2	0	54%
55	257	0:46:57	00:09:23	Rich Hill	M50+	7	0	54%
56	317	0:48:19	00:09:40	Paloma Hermoso	F40+	3	0	52%
57	227	0:52:39	00:10:32	Val Mountford	F60+	4		60%
58	215	0:52:41	00:10:32	Peter Horrell	M65+	3		53%
59	239	0:53:56	00:10:47	Goff Welchman	M70+	2	Tiverton Harriers	55%
60	349	0:54:21	00:10:52	Pauline Geen	F60+	5	Bradworthy Runners	60%