



RUN EXE 5MILE | EXMOUTH

5th October 2021

[As per UKA rule 165.24 finish times rounded up to the nearest full second.](#)

[Guidance on GPS distance and time recording.](#)

| Pos | Time | Time | Avg speed | Name | Cat | Cat Rank | Club | % age adjusted | |
|-----|------|------|-----------|----------|------------------------|----------|------|-------------------------|-----|
| 1 | 48 | 2620 | 00:26:20 | 00:05:16 | Ollie Thorogood | MSen | 1 | South West Road Runners | 81% |
| 2 | 37 | 2641 | 00:26:41 | 00:05:20 | Keith Shaplund | M40+ | 1 | Bideford AAC | 86% |
| 3 | 62 | 2657 | 00:26:57 | 00:05:23 | Thomas Crockett | MU20 | 1 | | 81% |
| 4 | 8 | 2719 | 00:27:19 | 00:05:28 | Callum Crawford | MSen | 2 | Exeter Harriers | 78% |
| 5 | 28 | 2801 | 00:28:01 | 00:05:36 | Hayden Bond | MSen | 3 | Okehampton RC | 76% |
| 6 | 42 | 2830 | 00:28:30 | 00:05:42 | Luke Gibbons | MSen | 4 | | 75% |
| 7 | 11 | 2835 | 00:28:35 | 00:05:43 | Chris Jones | M35+ | 1 | Harrow AC | 76% |
| 8 | 34 | 2900 | 00:29:00 | 00:05:48 | Jim McConnel | M45+ | 1 | Taunton AC | 83% |
| 9 | 30 | 2902 | 00:29:02 | 00:05:48 | James Benham | M40+ | 2 | South West Road Runners | 78% |
| 10 | 1 | 2959 | 00:29:59 | 00:06:00 | Adam Hunt | MSen | 5 | British triathlon | 71% |
| 11 | 43 | 3005 | 00:30:05 | 00:06:01 | Marcus A Albano | M40+ | 3 | Taunton AC | 76% |
| 12 | 27 | 3022 | 00:30:22 | 00:06:04 | Hannah Taunton | FSen | 1 | Taunton AC | 80% |
| 13 | 39 | 3102 | 00:31:02 | 00:06:12 | Kirstie Booth | F40+ | 1 | Taunton AC | 82% |
| 14 | 21 | 3124 | 00:31:24 | 00:06:17 | Ethan Sterry | MSen | 6 | South West Road Runners | 68% |
| 15 | 46 | 3137 | 00:31:37 | 00:06:19 | Matt Frost | MSen | 7 | | 68% |
| 16 | 60 | 3141 | 00:31:41 | 00:06:20 | Serane Stone | F45+ | 1 | Tiverton Harriers | 82% |
| 17 | 18 | 3207 | 00:32:07 | 00:06:25 | David Wilkinson | M55+ | 1 | South West Veterans AC | 81% |
| 18 | 10 | 3212 | 00:32:12 | 00:06:26 | Cathy Newman | F55+ | 1 | Exmouth Harriers | 96% |
| 19 | 20 | 3232 | 00:32:32 | 00:06:30 | Elizabeth Dyson | F35+ | 1 | Haldon Trail Runners | 75% |
| 20 | 59 | 3236 | 00:32:36 | 00:06:31 | Sean Papworth | MSen | 8 | | 67% |
| 21 | 38 | 3313 | 00:33:13 | 00:06:39 | Kieran Ferris | MSen | 9 | South West Road Runners | 64% |
| 22 | 14 | 3320 | 00:33:20 | 00:06:40 | Connor Deighton | MSen | 10 | | 64% |
| 23 | 25 | 3331 | 00:33:31 | 00:06:42 | Hannah Bown | F40+ | 2 | Exmouth Harriers | 76% |
| 24 | 2 | 3352 | 00:33:52 | 00:06:46 | Alicia Regan | FSen | 2 | South West Road Runners | 72% |
| 25 | 63 | 3353 | 00:33:53 | 00:06:47 | Thomas Humphrey | MSen | 11 | South West Road Runners | 64% |
| 26 | 17 | 3520 | 00:35:20 | 00:07:04 | Darren Powell | M50+ | 1 | Lonely goat | 69% |
| 27 | 29 | 3526 | 00:35:26 | 00:07:05 | Ian Mortimer | M50+ | 2 | | 71% |
| 28 | 22 | 3651 | 00:36:51 | 00:07:22 | Fergus Bostock | M40+ | 4 | | 61% |
| 29 | 33 | 3712 | 00:37:12 | 00:07:26 | Jenny Reay | F60+ | 1 | Exmouth Harriers | 88% |
| 30 | 23 | 3738 | 00:37:38 | 00:07:32 | Geoff Jones | M50+ | 3 | | 66% |
| 31 | 35 | 3751 | 00:37:51 | 00:07:34 | Jimmy Joy | M60+ | 1 | Exmouth Harriers | 71% |
| 32 | 51 | 3830 | 00:38:30 | 00:07:42 | Rachel Papworth | F35+ | 2 | | 63% |
| 33 | 52 | 3842 | 00:38:42 | 00:07:44 | Ralph Winter | M45+ | 2 | | 62% |
| 34 | 57 | 3847 | 00:38:47 | 00:07:45 | Ron Seward | M70+ | 1 | Axe Valley Runners | 75% |
| 35 | 12 | 3945 | 00:39:45 | 00:07:57 | Christina Green | F35+ | 3 | Cranbrook running club | 61% |
| 36 | 44 | 4015 | 00:40:15 | 00:08:03 | Martin Beddow | M55+ | 2 | | 63% |
| 37 | 5 | 4032 | 00:40:32 | 00:08:06 | Becky Taviner | FU17 | 1 | Honiton Running club | 63% |
| 38 | 55 | 4053 | 00:40:53 | 00:08:11 | Robert Thomas | M50+ | 4 | | 61% |
| 39 | 61 | 4132 | 00:41:32 | 00:08:18 | Simon Ruddlesden | M45+ | 3 | | 57% |
| 40 | 3 | 4207 | 00:42:07 | 00:08:25 | Alison White | F65+ | 1 | Exmouth Harriers | 81% |
| 41 | 7 | 4326 | 00:43:26 | 00:08:41 | Bridget Taviner | F50+ | 1 | | 66% |
| 42 | 6 | 4350 | 00:43:50 | 00:08:46 | Bernadette Jones | F50+ | 2 | | 63% |
| 43 | 24 | 4749 | 00:47:49 | 00:09:34 | Goff Welchman | M70+ | 2 | Tiverton Harriers | 62% |
| 44 | 49 | 4957 | 00:49:57 | 00:09:59 | Paloma Hermoso | F40+ | 3 | Women on the Run | 50% |
| 45 | 31 | 4957 | 00:49:57 | 00:09:59 | Javier Fuentes-Hermoso | MU17 | 1 | | 46% |
| 46 | 64 | 5027 | 00:50:27 | 00:10:05 | Tracy Childs | F55+ | 2 | | 59% |
| 47 | 9 | 5214 | 00:52:14 | 00:10:27 | Cathie Welchman | F70+ | 1 | Tiverton Harriers | 72% |