



# RUN EXE 5MILE | EXMOUTH

**DUE TO WEATHER - RACE SHORTENED TO 2.5 MILES**

**2nd November 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
20	202	0:16:57	00:06:47	Claudine Benstead	F60+	1	Okehampton Running Club	94%
25	231	0:18:16	00:07:18	Jenny Reay	F60+	2	Exmouth Harriers Aac	88%
7	224	0:14:53	00:05:57	Peter Monaghan	M55+	1	Torbay Ac	81%
12	218	0:15:15	00:06:06	Amy Jones	F40+	1	South West Road Runners	79%
6	222	0:14:40	00:05:52	Rosie Mew	FSen	1	South West Road Runners	78%
3	243	0:13:32	00:05:25	Oliver White	M35+	1	Exmouth Harriers Aac	76%
1	214	0:13:21	00:05:20	Sam Hopton	MSen	1	South West Road Runners	76%
30	241	0:22:27	00:08:59	Alison White	F65+	1	Exmouth Harriers	75%
2	206	0:13:28	00:05:23	Alex Crump	MSen	2	South West Road Runners	75%
19	204	0:16:51	00:06:44	Hannah Bown	F40+	2	Exmouth Harriers.	73%
4	211	0:13:48	00:05:31	Gwylm Gibson	MSen	3	South West Road Runners	73%
18	238	0:16:12	00:06:29	Samuel Weekes	M50+	1		71%
14	236	0:15:33	00:06:13	Philip Thomas	M45+	1		71%
15	245	0:15:36	00:06:14	Pawel Holy	M45+	2	0	71%
5	207	0:14:18	00:05:43	Gareth Davies	MSen	4	South West Road Runners	70%
13	247	0:15:30	00:06:12	Jeff Bardell	M40+	1	South West Road Runners	69%
16	213	0:15:44	00:06:18	Jason Hockridge	M40+	2	South West Road Runners	69%
8	210	0:14:56	00:05:58	Matt Frost	MSen	5	Axe Valley Runners	67%
11	219	0:15:14	00:06:06	Daniel Jones	M35+	2	Tiverton Harriers	67%
9	232	0:15:01	00:06:00	Joshua Sale	MSen	6	Exmouth Harriers	67%
29	242	0:20:18	00:08:07	Des White	M65+	2	Exmouth Harriers	66%
10	233	0:15:12	00:06:05	Ethan Sterry	MSen	7	South West Road Runners	66%
28	226	0:19:51	00:07:56	Steve Morgan	M65+	1	Exmouth Harriers Aac	65%
26	225	0:18:22	00:07:21	Sean Monger	M50+	2	South West Road Runners	64%
17	205	0:15:56	00:06:22	Nathan Budd	M35+	3	Exmouth Harriers Aac	64%
27	235	0:19:35	00:07:50	Tim Synge	M55+	2	Teignbridge Trotters	63%
23	234	0:17:41	00:07:04	Richard Sugden	M40+	3	Taunton Ac	60%
21	246	0:17:26	00:06:58	Simon Tucker	M35+	4	South West Road Runners	60%
22	212	0:17:37	00:07:03	Geoffrey Hayward	M35+	5	Cranbrook Running Club	59%
24	244	0:17:48	00:07:07	Stuart Wood	M40+	4	Unit 8	59%
33	227	0:26:18	00:10:31	Val Mountford	F60+	3		59%
32	239	0:25:13	00:10:05	Goff Welchman	M70+	1	Tiverton Harriers	55%
31	215	0:24:05	00:09:38	Peter Horrell	M65+	3		54%