



EXMOUTH SEAFRONT 5MILE

20th October 2020

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

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

Pos	No	Adj time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	657	00:24:35	00:04:55	Tom Merson	MSen	1	Exmouth Harriers	88%
2	660	00:24:39	00:04:56	Flynn Jennings	MU20	1	Bideford AAC	91%
3	659	00:24:43	00:04:57	Ronnie Richmond	M35+	1	Bideford AAC	90%
4	658	00:24:49	00:04:58	Shaun Antell	MSen	2	Bideford aac	87%
5	662	00:25:24	00:05:05	Oliver Smart	MU20	2	Tavistock Run Project	88%
6	664	00:25:46	00:05:09	Sam Hopton	MSen	3	South West Road Runners	83%
7	663	00:25:55	00:05:11	Dan Mapp	MSen	4	Bideford AAC	83%
8	661	00:26:17	00:05:15	Johnny Livingstone	MU20	3	Exeter Harriers	85%
9	665	00:26:26	00:05:17	Robert Ellis	MSen	5	Exmouth Harriers	82%
10	670	00:26:49	00:05:22	Joe Ponter	MU17	1	Taunton Athletic Club	84%
11	731	00:26:50	00:05:22	Simon Fox	MSen	6	Exeter Harriers	80%
12	669	00:27:01	00:05:24	Keith Shapland	M40+	1	Bideford AAC	84%
13	671	00:27:08	00:05:26	Tom Heal	MU17	2	Taunton AC	83%
14	725	00:28:10	00:05:38	Liam Nash	MSen	7	0	76%
15	668	00:28:19	00:05:40	peter monaghan	M55+	1	torbay ac	90%
16	675	00:28:31	00:05:42	Hayden Bond	MSen	8	Okehampton running club	75%
17	678	00:28:43	00:05:45	Dominic Spayne	M35+	2	Exeter Harriers	77%
18	728	00:28:59	00:05:48	Hamish Fletcher-Cooney	MSen	9	South West Road Runners	74%
19	722	00:29:03	00:05:49	Kirsteen Welsh	FSen	1	Exeter Harriers	83%
20	673	00:29:06	00:05:49	Marc Day	MSen	10	0	73%
21	680	00:29:08	00:05:50	Scott Jamieson	M40+	2	Exmouth harriers	79%
22	676	00:29:19	00:05:52	Peter Heckles	M35+	3	Exeter harriers	75%
23	674	00:29:48	00:05:58	Mike Musgrove	M50+	1	Exmouth harriers	83%
24	681	00:29:57	00:05:59	Sam Luxa	M35+	4	0	73%
25	672	00:30:09	00:06:02	Seamus Sheard	MSen	11	0	71%
26	733	00:30:17	00:06:03	Brett Stevens	MSen	12	0	70%
27	701	00:30:20	00:06:04	Howard Bailey	MSen	13	Exeter Harriers	71%
28	730	00:30:25	00:06:05	Luke Lisle	MSen	14	Exeter Harriers	70%
29	679	00:30:37	00:06:07	Alex Crump	MSen	15	South West Road Runners	70%
30	685	00:30:50	00:06:10	Joel Seward	MSen	16	Axe Valley Runners	70%
31	687	00:30:54	00:06:11	Jamie Howard	M40+	3	South west road runners	75%
32	686	00:30:55	00:06:11	Jason Hockridge	M40+	4	South west road runners	74%
33	726	00:30:57	00:06:11	Amy Jones	F40+	1	South west road runners	81%
34	696	00:31:23	00:06:17	Chris Turner	MSen	17	Okehampton RC	68%
35	684	00:31:51	00:06:22	Simon Tucker	M35+	5	South west road runners	69%
36	723	00:31:56	00:06:23	Victoria Hill	F35+	1	South west road runners	78%
37	688	00:32:00	00:06:24	Daniel Jones	MSen	18	Tiverton Harriers	67%
38	691	00:32:06	00:06:25	Adam Rooke	M40+	5	Honiton Running Club	72%
39	697	00:32:27	00:06:29	Hannah Bown	F40+	2	Exmouth Harriers	78%
40	694	00:32:31	00:06:30	Garrie Edwards	M45+	1	Dawlish Coasters	72%
41	683	00:32:31	00:06:30	Rebekah Nixon	FSen	2	University of Exeter	74%
42	692	00:32:37	00:06:31	Richard Petty	MSen	19	0	65%
43	695	00:32:56	00:06:35	Tom Packer	M35+	6	Exmouth Harriers	68%
44	690	00:33:00	00:06:36	Ben Timpson	MSen	20	Minehead RC	66%
45	700	00:33:23	00:06:41	Nick Brazier	MSen	21	Running Forever RC	64%
46	727	00:33:24	00:06:41	Katie Coult	F35+	2	South West Road Runners	74%
47	721	00:33:26	00:06:41	Kieran Ferris	MSen	22	South West Road Runners	64%
48	698	00:33:30	00:06:42	Lorna Spayne	F35+	3	Bad Boy Running Club	74%
49	708	00:34:07	00:06:49	Katie Harries	FU17	1	Exeter harriers	74%
50	689	00:35:05	00:07:01	Des White	M65+	1	Exmouth Harriers	80%
51	709	00:35:15	00:07:03	Frank Kelsall	M40+	6	South West Road Runners	64%
52	724	00:35:21	00:07:04	Joanne Page	F35+	4	Okehampton Rc	69%
53	706	00:35:36	00:07:07	Doug Dale	M50+	2	0	70%
54	704	00:35:44	00:07:09	Hannah Mattinson	FSen	3	Exeter Tri Club	68%
55	732	00:36:51	00:07:22	David Nicholls	M35+	7	South West Road Runners	60%
56	693	00:37:04	00:07:25	Andrew Place	MSen	23	Exmouth Harriers	58%

57	707	00:37:18	00:07:28	William Harnden	MSen	24	0	58%
58	712	00:38:01	00:07:36	Lisa Cruise	FSen	4	South West Road Runners	64%
59	711	00:38:11	00:07:38	Lewis Jones	M70+	1	South west road runners	77%
60	716	00:39:14	00:07:51	Jimmy Joy	M60+	1	Exmouth Harriers	68%
61	717	00:40:18	00:08:04	Gemma Steele	FSen	5	0	60%
62	715	00:41:26	00:08:17	Nick Spayne	M60+	2	0	65%
63	729	00:42:04	00:08:25	Kate Wilson	F55+	1	Okehampton Running Club	70%
64	713	00:44:01	00:08:48	Paloma Hermoso	F35+	5	0	56%
65	719	00:45:52	00:09:10	Suze Kay	F35+	6	0	54%
66	720	00:49:01	00:09:48	Liz Hawker	F45+	1	0	54%