



RUN EXE SUMMER 5k SERIES

COURSE RECORDS

ALL TIME - Men: 14.47 - Tom Merson, Bristol & West Ac | Ladies: 16.56 - Steph McCall, Exeter University Ac

AS OF 2018 NEW COURSE

Gender	Cat	Time	Name	Club	
Female	F13	18.57	Scarlett Livingstone	Exeter Harriers	May-18
Female	F15		Vacant		
Female	F17	19.25	Molly Canham	Exeter Harriers	May-18
Female	F20	20.21	Lauren Burd	Tiverton Harriers	Apr-18
Female	Fsen	17.19	Annabel Gummow	Winchester and District	Jul-18
Female	F35+	19.36	Samantha Lake	Tavistock Run Project	May-18
Female	F40+	18.37	Serane Stone	Tiverton Harriers	Jun-18
Female	F45+	21.21	Jo Pearce	SWRR	May-18
Female	F50+	21.04	Anthea Board	Haldon Trail Runner	Jun-18
Female	F55+	21.46	Julie Hedges	SWRR	Jun-18
Female	F60+	22.51	Karen Cook	SWRR	Apr-18
Female	F65+	26.28	Lucy Payne	Teignbridge Trotters	May-18
Female	F70+		Vacant		
Female	F75+		Vacant		
Female	F80+		Vacant		
Gender	Cat	Time	Name	Club	
Male	M13	20.46	Daniel Williams	Tiverton Harriers	Jul-18
Male	M15	15.58	Johnny Livingstone	Exeter Harriers	May-18
Male	M17	16.00	Oliver Smart	Trp	Apr-18
Male	M20	16.58	Tony Brew	TAC	May-18
Male	Msen	15.10	Tom Merson	Exmouth Harriers	Jun-08
Male	M35+	16.57	Dominic Spayne	Maverick Runners	Jun-18
Male	M40+	16.26	Tim Watson	Bristol & West Ac	Jun-18
Male	M45+	16.57	Stephen Goss	Bristol & West Ac	Jun-18
Male	M50+	16.46	Peter Monaghan	Torbay AC	May-18
Male	M55+	19.39	Hugh Marsden	Exmouth Harriers	May-18
Male	M60+	19.58	Steve Lang	South West Vets	Jun-18
Male	M65+	19.26	John Shapland	Bideford Ac	Jun-18
Male	M70+	23.13	Bob Small	Teignbridge Trotters	May-18
Male	M75+		Vacant		
Male	M80+		Vacant		