

#RunExe5k 2019 Series Standings

Position	Race No	Identifier	Name	category	Club	April	May	June	July	August	September	Races com	Best 4 sum
1	122	F35+1Yes	Karen Shapland	F35+	BIDEFORD AAC	00:21:56	00:21:44	00:21:28		00:22:09	00:21:00	5	01:26:08
2	34	F35+2Yes	Katie Foster	F35+		00:25:23			00:25:44	00:25:20	00:23:56	4	01:40:23
3	248	F35+3Yes	Alison Cobbin	F35+			00:25:56	00:26:24	00:26:13	00:25:45	00:24:43	5	01:42:37
4	40	F35+4Yes	Laura Grant	F35+		00:26:15	00:25:52		00:26:58	00:28:07	00:26:30	5	01:45:35
5	107	F35+5Yes	Kim West	F35+	WOMEN ON THE RUN	00:27:11	00:28:53		00:28:21	00:26:50	00:26:50	5	01:49:12
1	143	F40+1Yes	Serane Stone	F40+	TIVERTON HARRIERS	00:18:19	00:18:14	00:18:23	00:18:32	00:18:22	00:18:22	6	01:13:17
2	55	F40+2Yes	Helen Kirby	F40+	TIVERTON HARRIERS	00:20:28		00:20:15	00:19:59	00:20:09		4	01:20:51
3	13	F40+3Yes	Hannah Bown	F40+	EXMOUTH	00:20:33	00:20:25		00:21:22	00:20:53	00:20:09	5	01:22:00
4	96	F40+4Yes	Suzie Tosh	F40+	SOUTH WEST ROAD RUNNERS	00:20:49	00:22:08	00:21:24	00:21:19	00:21:23	00:21:30	6	01:24:55
5	52	F40+5Yes	Hannah Jones	F40+	TEIGNBRIDGE TROTTERS	00:23:10	00:20:59	00:21:52			00:22:09	4	01:28:10
6	58	F40+6Yes	Kelly Lawson	F40+	GREENBOW RUNNING CLUB	00:24:33		00:24:35	00:24:50	00:24:38		4	01:38:36
7	60	F40+7Yes	Hania Lee	F40+	MAVERICK RUNNERS	00:24:32	00:24:52	00:25:34	00:25:23			4	01:40:21
8	72	F40+8Yes	Ann Pascoe	F40+		00:26:12	00:25:54		00:26:51	00:26:55		4	01:45:52
1	146	F45+1Yes	Alison Thorn	F45+	ERME VALLEY HARRIERS	00:19:44		00:19:42	00:19:39	00:19:28	00:19:15	5	01:18:04
2	232	F45+2Yes	Jemma Marsh	F45+	SWRR		00:22:01	00:22:02	00:22:25		00:22:07	4	01:28:35
3	229	F45+3Yes	Jo Bradford	F45+	OKEHAMPTON		00:23:31	00:23:24	00:23:26	00:23:23	00:23:07	5	01:33:20
4	175	F45+4Yes	Rachel Steele	F45+	TEIGNBRIDGE TROTTERS	00:23:20	00:23:14		00:23:50	00:23:04		4	01:33:28
1	255	F50+1Yes	Caroline Tait	F50+	SWRR		00:25:13	00:25:07	00:25:17	00:24:33		4	01:40:10
2	112	F50+2Yes	Liz Wilson	F50+	GREENBOW	00:25:28	00:25:40	00:25:36		00:25:37	00:24:35	5	01:41:16
3	29	F50+3Yes	Sarah Elliott	F50+	BRIDGE GROUP OF HOTELS	00:28:21	00:27:22		00:27:05	00:26:59	00:26:31	5	01:47:57
4	9	F50+4Yes	Helen Bland	F50+	BRIDGE GROUP OF HOTELS	00:28:56	00:27:30	00:27:16	00:28:19	00:27:00	00:26:51	6	01:48:37
1	289	F55+1Yes	Claudine Benstead	F55+	OKEHAMPTON RC			00:19:53	00:21:00	00:20:03	00:20:08	4	01:21:04
2	12	F55+2Yes	Anthea Board	F55+	HALDON TRAIL RUNNERS	00:21:38		00:21:36	00:21:48	00:21:21		4	01:26:23
3	257	F55+3Yes	Jane Kingett	F55+			00:25:11	00:24:42		00:25:01	00:25:09	4	01:40:03
4	157	F55+4Yes	Dawn Teed	F55+	EXMOUTH HARRIERS	00:24:41	00:25:10	00:24:52	00:25:25	00:26:02		5	01:40:08
5	15	F55+5Yes	Anwen Breading	F55+		00:30:42		00:30:34	00:31:03	00:29:00	00:30:04	5	02:00:20
6	102	F55+6Yes	Ros Vincent	F55+	WOMEN ON THE RUN			00:35:43	00:36:50	00:34:41	00:34:21	4	02:21:35
7	62	F55+7Yes	Mandy Lucas	F55+	WOMEN ON THE RUN	00:38:20	00:38:31	00:39:20			00:39:33	4	02:35:44
1	79	F60+1Yes	Jenny Reay	F60+	EXMOUTH HARRIERS	00:21:29	00:21:28	00:21:40	00:22:10	00:21:59		5	01:26:36
2	188	F60+2Yes	Karen Cook	F60+	SWRR	00:23:42	00:23:21	00:23:25		00:24:17		4	01:34:45
3	109	F60+3Yes	Alison White	F60+	EXMOUTH HARRIERS	00:24:56			00:25:15	00:25:08	00:24:41	4	01:40:00
4	92	F60+4Yes	Hylida Stewart	F60+	CLYDESDALE HARRIERS	00:27:09	00:27:29	00:26:56	00:27:41	00:27:12	00:27:50	6	01:48:46
5	56	F60+5Yes	Jan Kirkham	F60+		00:31:29	00:30:11		00:31:20		00:29:22	4	02:02:22
6	177	F60+6Yes	Lyn Wonnacott	F60+	WOMEN ON THE RUN	00:31:26	00:31:31	00:30:39	00:30:55	00:31:26	00:30:44	6	02:03:44
1	119	FSen1Yes	Martha Neal	FSen	NEWTON ABBOT	00:18:34		00:18:52	00:18:54	00:18:40		4	01:15:00

2	81	FSen2Yes	Alice Robinson	FSen		0	00:25:46	00:25:07	00:22:27	00:21:23	00:20:31		5	01:29:28
3	103	FSen3Yes	Carly Ware	FSen			00:25:39	00:24:22	00:24:07	00:23:15	00:23:21	00:22:04	6	01:32:47
4	286	FSen4Yes	Jo Hunkin	FSen					00:32:17	00:33:45	00:32:55	00:30:28	4	02:09:25
5	182	FSen5Yes	Heather Fitzsim	FSen			00:35:12		00:36:43		00:36:11	00:35:39	4	02:23:45
1	46	FU15 1Yes	Libby Hockridge	FU15	EXETER HARRIERS		00:21:19	00:21:52		00:21:59		00:22:10	4	01:27:20
1	141	FU20 1Yes	Lauren Burd	FU20	TIVERTON HARRIERS		00:20:04	00:20:02		00:20:55	00:20:30		4	01:21:31
1	167	M35+1Yes	Dominic Spayne	M35+	EXETER HARRIERS		00:16:45	00:18:16		00:18:54	00:17:11	00:16:39	5	01:08:51
2	116	M35+2Yes	Shaun Yeoman	M35+			00:17:32	00:17:48	00:17:40	00:17:53	00:17:31	00:17:31	6	01:10:14
3	134	M35+3Yes	Peter Heckles	M35+	EXETER HARRIERS		00:17:39		00:18:08	00:18:27	00:17:46		4	01:12:00
4	236	M35+4Yes	James Benham	M35+	SWRR			00:18:34	00:18:20	00:18:16		00:18:00	4	01:13:10
5	169	M35+5Yes	Scott Hunter	M35+	SWRR		00:18:21	00:18:49		00:18:46		00:18:25	4	01:14:21
6	3	M35+6Yes	James Ayre	M35+	TIVERTON HARRIERS		00:20:23	00:19:41	00:19:16	00:19:37	00:19:29	00:19:11	6	01:17:33
7	45	M35+7Yes	Jason Hockridge	M35+	SOUTH WEST ROAD RUNNERS		00:19:32	00:19:17		00:19:57		00:19:37	4	01:18:23
8	291	M35+8Yes	Ian Collins	M35+	TIVERTON HARRIERS				00:21:07	00:21:17	00:20:43	00:20:24	4	01:23:31
9	94	M35+9Yes	Jay Sweetman	M35+	HONITON RC		00:21:32	00:20:57	00:21:06	00:21:13		00:22:57	5	01:24:48
10	68	M35+10Ye	David Nicholls	M35+	SOUTH WEST ROAD RUNNERS		00:22:58	00:22:50	00:22:36	00:22:31		00:22:16	5	01:30:13
1	126	M40+1Yes	Anthony Hatchard	M40+	EXMOUTH HARRIERS		00:17:25	00:17:09	00:17:09	00:17:50	00:17:12		5	01:08:55
2	253	M40+2Yes	Jamie Howard	M40+	SWRR			00:17:54	00:17:19	00:17:28	00:17:22	00:17:27	5	01:09:36
3	130	M40+3Yes	Jonathan Hague	M40+	EXETER HARRIERS		00:18:03	00:18:09	00:17:31		00:17:39		4	01:11:22
4	17	M40+4Yes	Rory Carr	M40+			00:18:58		00:18:39	00:18:20		00:18:17	4	01:14:14
5	316	M40+5Yes	Adam Rooke	M40+	HONITON RUNNING CLUB				00:19:08	00:19:20	00:19:22	00:18:56	4	01:16:46
6	243	M40+6Yes	Dom Stacey	M40+	SWRR			00:20:06		00:19:54	00:19:53	00:19:38	4	01:19:31
7	180	M40+7Yes	Jonathan Major	M40+	SWRR		00:20:15	00:19:47	00:19:50	00:20:31	00:20:00		5	01:19:52
8	80	M40+8Yes	Simon Rickard	M40+			00:20:20	00:20:22	00:20:57		00:20:35	00:19:54	5	01:21:11
9	244	M40+9Yes	Ian Partridge	M40+	LONELY GOAT RC			00:21:40	00:21:18	00:22:30		00:21:42	4	01:27:10
10	71	M40+10Ye	Philip Pascoe	M40+			00:21:56	00:21:47	00:21:45	00:22:59	00:22:22	00:21:46	6	01:27:14
11	88	M40+11Ye	Hugh Slater	M40+	SOUTH DEVON AC		00:24:23	00:24:17	00:24:57	00:24:15			4	01:37:52
1	219	M45+1Yes	Edward Pickering	M45+	SOUTH WEST ROAD RUNNERS			00:17:38		00:17:18	00:17:24	00:17:31	4	01:09:51
2	16	M45+2Yes	Nick Bristow	M45+	ERME VALLEY HARRIERS		00:18:34	00:18:45		00:18:43	00:18:54	00:18:50	5	01:14:52
3	124	M45+3Yes	Jon Garity	M45+	EXMOUTH HARRIERS		00:19:07	00:18:46	00:18:54	00:19:19		00:18:51	5	01:15:38
4	174	M45+4Yes	Matt Steele	M45+	TEIGNBRIDGE TROTTERS		00:19:03	00:18:49	00:19:05	00:19:01	00:19:03		5	01:15:56
5	121	M45+5Yes	Anthony Raine	M45+	TORBAY AC		00:20:24	00:19:35	00:19:09	00:19:14	00:19:07		5	01:17:05
6	161	M45+6Yes	Ian Russell	M45+	GREENBOW RUNNING CLUB		00:20:46	00:20:39	00:20:28		00:20:52		4	01:22:45
7	183	M45+7Yes	Ian White	M45+	SWRR		00:22:03	00:21:59		00:22:07	00:21:11	00:21:30	5	01:26:43
1	178	M50+1Yes	Mike Musgrove	M50+	EXMOUTH HARRIERS		00:17:44	00:16:46	00:17:14		00:17:25		4	01:09:09
2	115	M50+2Yes	James Woolf	M50+	SOUTH WEST ROAD RUNNERS		00:18:45	00:18:51		00:19:40		00:21:35	4	01:18:51
3	26	M50+3Yes	Adrian Davey	M50+	SOUTH WEST ROAD RUNNERS		00:21:15	00:20:48		00:21:08	00:21:03		4	01:24:14
4	25	M50+4Yes	Jeffrey Curd	M50+	TIVERTON HARRIERS		00:22:24		00:22:55		00:22:53	00:23:02	4	01:31:14

5	111	M50+5Yes	Tim Williamson	M50+	BRIDGE GROUP OF HOTELS	00:26:41	00:26:32		00:27:06	00:26:39	00:25:45	5	01:45:37
1	321	M55+1Yes	James Saunders	M55+	TEIGNBRIDGE TROTTERS			00:19:41	00:19:35	00:19:21	00:19:10	4	01:17:47
2	225	M55+2Yes	Brian Sansom	M55+	EXMOUTH HARRIERS		00:19:55	00:19:45		00:19:31	00:18:43	4	01:17:54
3	158	M55+3Yes	Hugh Marsden	M55+	EXMOUTH HARRIERS	00:20:35	00:19:49	00:20:02		00:20:32	00:19:41	5	01:20:04
4	49	M55+4Yes	Andy Johnson	M55+	DAWLISH COASTERS	00:20:37	00:20:24	00:20:30	00:19:59	00:20:05	00:19:48	6	01:20:16
5	153	M55+5Yes	Peter Rigler	M55+	BIDEFORD AAC	00:20:08			00:20:19	00:20:29	00:20:14	4	01:21:10
6	50	M55+6Yes	Andrew Johnson	M55+	EXMOUTH HARRIERS	00:21:18	00:21:01	00:21:03	00:21:02	00:21:43	00:21:23	6	01:24:24
7	65	M55+7Yes	Jim Marshall	M55+		00:22:45	00:22:09		00:21:59	00:22:43	00:21:31	5	01:28:22
8	120	M55+8Yes	John Kavanagh	M55+	SWRR	00:26:01	00:27:10	00:26:24		00:26:17		4	01:45:52
9	86	M55+9Yes	Chris Scregg	M55+	BRIDGE GROUP OF HOTELS	00:28:55		00:27:11	00:26:50	00:27:20	00:26:40	5	01:48:01
1	36	M60+1Yes	Barry Frost	M60+	SWRR	00:20:12	00:20:17	00:20:23	00:20:05	00:20:13	00:19:53	6	01:20:23
2	160	M60+2Yes	John Drennan	M60+	SOUTH DEVON AC	00:29:01	00:32:02		00:30:13	00:29:26		4	02:00:42
3	41	M60+3Yes	Shaun Harbord	M60+	SOUTH MOLTON STRUGGLERS	00:34:03	00:33:39		00:30:50	00:32:54		4	02:11:26
1	123	M65+1Yes	John Shapland	M65+	BIDEFORD AAC	00:19:27	00:19:19	00:19:28	00:19:35		00:19:51	5	01:17:49
2	108	M65+2Yes	Des White	M65+	EXMOUTH HARRIERS	00:20:26		00:21:00	00:21:17	00:20:41	00:20:44	5	01:22:51
3	302	M65+3Yes	Paul Evison	M65+	OKEHAMPTON RC			00:22:51	00:23:06	00:23:02	00:22:23	4	01:31:22
4	28	M65+4Yes	Rob Edwards	M65+	SIDMOUTH RUNNING CLUB	00:23:44		00:24:10	00:24:06		00:24:25	4	01:36:25
1	234	M70+1Yes	Jim Mouat	M70+	HALDON TRAIL RUNNERS		00:25:07	00:24:46	00:24:32	00:24:54		4	01:39:19
1	125	MSen1Yes	Jamie Barnett	MSen	TEIGNBRIDGE TROTTERS	00:15:42	00:16:18	00:15:39	00:15:55		00:15:57	5	01:03:13
2	164	MSen2Yes	Sam Hopton	MSen	SWRR	00:15:54		00:15:48		00:15:54	00:15:45	4	01:03:21
3	259	MSen3Yes	Berihu Hadera	MSen	EXMOUTH HARRIERS		00:16:10		00:15:50	00:16:28	00:15:41	4	01:04:09
4	156	MSen4Yes	Miko Cadedou	MSen	SWRR	00:16:46	00:16:42	00:16:58	00:16:56	00:16:47		5	01:07:11
5	23	MSen5Yes	Callum Crawford	MSen	EXETER HARRIERS	00:17:38	00:17:24	00:16:07	00:16:57	00:16:53		5	01:07:21
6	78	MSen6Yes	Matt Prisk	MSen	EXETER HARRIERS	00:17:37	00:17:26	00:17:08	00:17:26	00:17:21		5	01:09:21
7	135	MSen7Yes	Harry Mills	MSen	EXETER HARRIERS	00:17:17	00:17:25	00:17:15	00:17:44	00:17:29		5	01:09:26
8	7	MSen8Yes	Howard Bailey	MSen	EXETER HARRIERS	00:18:10	00:17:48	00:18:00	00:18:08	00:18:23	00:17:58	6	01:11:54
9	99	MSen9Yes	Shaun Vanstone	MSen	SOUTH WEST ROAD RUNNERS	00:18:26	00:18:27	00:18:17	00:18:21	00:18:16	00:17:56	6	01:12:50
10	76	MSen10Yes	Richard Pedrick	MSen	SOUTH WEST ROAD RUNNERS	00:21:06	00:19:10	00:18:35	00:18:50	00:18:48	00:18:33	6	01:14:46
11	311	MSen11Yes	Jamie Pullinger	MSen	SWRR			00:19:19	00:19:15	00:17:57	00:18:47	4	01:15:18
12	147	MSen12Yes	Alister Ferguson	MSen	SWRR	00:20:43	00:20:13		00:20:46	00:20:03	00:20:01	5	01:21:00
13	235	MSen13Yes	Kieran Ferris	MSen	SWRR		00:20:34	00:21:38		00:21:33	00:20:32	4	01:24:17
14	95	MSen14Yes	Benjamin Thoms	MSen		00:21:20	00:21:34	00:20:46	00:21:31	00:21:25		5	01:25:02
1	110	MU13 1Yes	Daniel Williams	MU13	TIVERTON HARRIERS	00:19:57	00:19:35	00:19:33	00:19:43	00:20:03	00:19:52	6	01:18:43
2	98	MU13 2Yes	Dylan Travers	MU13	EXETER TRIATHLON CLUB	00:21:02	00:22:33		00:23:20		00:23:17	4	01:30:12
3	152	MU13 3Yes	Jorden Righer	MU13	BIDEFORD AAC	00:23:23			00:24:47	00:28:03	00:25:10	4	01:41:23
1	64	MU15 1Yes	Luke Mallon	MU15	EXETER HARRIERS	00:19:27		00:19:03	00:18:55		00:18:38	4	01:16:03
2	73	MU15 2Yes	Luke Pascoe	MU15	EXETER HARRIERS		00:21:09		00:20:53	00:22:03	00:19:41	4	01:23:46
3	89	MU15 3Yes	Matt Spry	MU15		00:21:59		00:25:16	00:24:04		00:24:55	4	01:36:14

1	204	MU20 1Yes	Sam Swift	MU20	ERME VALLEY HARRIERS		00:18:40	00:18:17	00:18:30	00:17:35	00:17:39	5	01:12:01
2	91	MU20 2Yes	Ethan Sterry	MU20	GREENBOW RUNNING CLUB.	00:19:52	00:19:43	00:19:36	00:18:59	00:19:23	00:18:54	6	01:16:52
3	27	MU20 3Yes	Billy Davey	MU20	SOUTH WEST ROAD RUNNERS	00:25:03	00:24:24	00:25:13	00:24:38			4	01:39:18