

RUN EXE 5k - 2022 SERIES STANDINGS

Category	Rank	Name	Club	April	May	June	July	August	September	Sum of Best 4 sum	
35+	1										
35+	2										
35+	3										
40+	1	Samantha Lake	Tavistock Athletic Club	00:20:34	00:19:45	00:19:11	00:19:24	00:19:04	00:18:52	01:16:31	Yellow .
40+	2	Hannah Bown	Exmouth Harriers	00:20:44	00:20:24	00:20:31	00:20:29		00:19:35	01:20:59	Red Jer
40+	3	Kelly Lawson		00:23:18	00:23:10	00:23:07	00:23:37	00:24:02	00:23:58	01:33:12	Green J
40+	4	Roz Debenham	Swrr	00:23:41	00:23:09		00:23:40		00:23:12	01:33:42	Series N
40+	5	Jenny Debenham	South West Road Runners	00:25:15	00:24:03	00:24:04	00:23:47		00:23:38	01:35:32	Series N
40+	6										
45+	1	Jane Whitcombe	Lonely Goat Rc	00:27:39	00:28:29	00:28:03	00:28:24	00:29:39		01:52:35	Yellow .
45+	2										
45+	3										
50+	1	Kirsty Bickell		00:24:41	00:24:49	00:24:36	00:24:59	00:25:09	00:24:28	01:38:34	Yellow .
50+	2	Linda Bracher	Erme Valley Harriers	00:26:58	00:26:05	00:26:13	00:26:36	00:26:39	00:26:16	01:45:10	Red Jer
50+	3	Nicola Ashworth	,	00:26:43	00:26:47	00:26:47	00:27:48			01:48:05	Green J
50+	4										
50+	5										
55+	1										
55+	2										
55+	3										
60+	1	Claudine Benstead	ORC running club		00:20:45	00:20:29	00:20:27	00:20:16	00:20:11	01:21:23	Yellow .
60+	2	Jenny Reay	Exmouth Harriers		00:22:16	00:22:11	00:21:45	00.20.10	00:22:05	01:28:17	Red Jer
60+	3	John y Houy	Extriodar Flamore		00.22.10	00.22.11	00.21.10		00.22.00	01.20.17	1100 001
65+	1	Alison White	Exmouth Harriers	00:26:22	00:26:24	00:26:25	00:27:06		00:26:51	01:46:02	Yellow .
65+	2	7 (IIOOTT VVIIIC	Extriodiri Flamers	00.20.22	00.20.24	00.20.20	00.21.00		00.20.01	01.40.02	1 Cilow (
65+	3										
70+	1	Cathie Welchman	Tiverton Harriers	00:32:17	00:32:30	00:31:40	00:33:28	00:33:15	00:32:31	02:08:58	Yellow .
70+	2	Catille Welchinan	Tivertoir Hairiers	00.52.17	00.32.30	00.51.40	00.33.20	00.55.15	00.32.31	02.00.00	I CIIOW C
70+	3										
Sen	1	Jade Hopton	0	00:22:16	00:21:17	00:21:04	00:22:13	00:22:35	00:23:22	01:26:50	Yellow .
Sen	2	Hannah Brown	N1 Triathlon Club	00:23:15	00:21:17	00:22:17	00.22.13	00.22.33	00:23:10	01:31:18	Red Jer
Sen	3	Millie Vicente	NT Thathor Club	00:28:39	00:30:56	00:28:44	00:29:32		00.23.10	01:57:51	Green J
	4	willie vicerite		00.26.39	00.30.30	00.26.44	00.29.32			01.37.31	Greens
Sen	-	1 \A/ - l- l-	Hawitan Da	00.04.00		00.04.00	00.04.00		00.00.40	04:07:40	V-II
U13	1	Lyra Webb	Honiton Rc	00:21:26	00,22,46	00:21:02	00:21:30 00:23:21	00.00.45	00:23:12	01:27:10	Yellow J
U13	2	Mia Morris		00:22:03	00:22:46	00:22:51		00:23:45	00:22:56	01:30:36	Red Jer
U13	3	Chloe Phare		00:23:43	00:24:19	00:24:48	00:24:44	00:25:45	00:26:37	01:37:34	Green J
U13	4	Fay Driscoll	11 '1 D : 011	00:26:02	00.00.00	00:26:27	00:26:43		00:26:47	01:45:59	Series N
U13	5	Imogen Clarke	Honiton Running Club	00:27:25	00:28:03	00:28:33	00:26:13		00:28:48	01:50:14	Series N
J13	6			22.22.24	00.00.47	00.00.01	00.04.05		00.00.46	04.00.05	
U15	1	Isla Mayne	Exeter Harriers	00:20:34	00:20:41	00:22:21	00:21:28		00:20:19	01:23:02	Yellow .
U15	2	Lily Purchase		00:22:22	00:22:12	00:23:04	00:22:39			01:30:17	Red Jer
U15	3	Miley Lake	0			00:22:59	00:23:38	00:21:45	00:23:15	01:31:37	Green .
U15	4	Ella Spiller		00:25:58		00:26:17	00:26:05		00:26:42	01:45:02	Series I
U15	5										
U17	1	Sophie-May Luxton	Okehampton Rc	00:21:02	00:21:12			00:22:11	00:21:34	01:25:59	Yellow .
U17	2										

FU17	3										
FU20	1										
FU20	2										
FU20	3										
M35+	1	Oliver White	Exmouth Harriers		00:17:07	00:16:39	00:16:40	00:16:57	00:16:27	01:06:43	Yellow Jersey
M35+	2	James Ayre	Tiverton Harriers	00:18:36		00:18:27	00:18:48	00:18:20	00:18:41	01:14:04	Red Jersey
M35+	3	James Overton		00:19:15	00:19:15	00:18:45	00:19:12		00:18:45	01:15:57	Green Jersey
M35+	4	Edward Stevens		00:19:07	00:19:08			00:19:30	00:19:13	01:16:58	Series Medal
M35+	5	Mat Kelly	Pure Endurance Triathletes	00:19:57	00:19:46	00:19:47	00:19:27		00:19:36	01:18:36	Series Medal
M35+	6	Greg Mimms	South West Veterans Ac	00:21:36	00:22:20	00:20:53	00:21:56	00:23:15		01:26:45	Series Medal
M35+	7	3									
M35+	8										
M40+	1	Donald Brooks	Torq	00:16:05	00:16:09			00:16:22	00:16:19	01:04:55	Yellow Jersey
M40+	2	Richard Stone	South West Road Runners			00:20:14	00:20:22	00:19:42	00:19:53	01:20:11	Red Jersey
M40+	3										,
M45+	1										
M45+	2										
M45+	3										
M50+	1	Clive Stephenson		00:16:45	00:16:54			00:17:09	00:17:13	01:08:01	Yellow Jersey
M50+	2	Andrew Vernon	Okehampton Running Club	00:19:01	00:20:18		00:19:34	00:19:15	00:19:16	01:17:06	Red Jersey
M50+	3	Andy Macmillan	Dawlish Coasters	00:19:52		00:20:21	00:19:58	00:19:37		01:19:48	Green Jersey
M50+	4										
M50+	5										
M55+	1	Andrew Johnson	Exmouth Harriers AAC		00:21:39	00:21:59	00:21:39	00:21:52	00:21:49	01:26:59	Yellow Jersey
M55+	2	Jeffrey Curd	Tiverton Harriers	00:22:43	00:22:44	00:22:36	00:23:26	00:23:09	00:23:29	01:31:12	Red Jersey
M55+	3	Callum Lamont	South West Roads Runners	00:23:55	00:23:57	00.22.00	00:23:38	00:23:39	00.20.20	01:35:09	Green Jersey
M55+	4	Canam Eamont	Count Wood (Coudo (Calmioro	00.20.00	00.20.01		00.20.00	00.20.00		01.00.00	Croon corcey
M55+	5										
M60+	1	Geoff Nicholls		00:21:14	00:21:32	00:21:21	00:21:56	00:21:13	00:21:05	01:24:53	Yellow Jersey
M60+	2	Barry Frost	South West Roads Runners	00:22:06	00:21:23	00:21:39	00:21:33	00:21:05	00.21.00	01:25:40	Red Jersey
M60+	3	Peter Horrell	0	00.22.00	00.21.20	00:28:24	00:29:39	00:29:29	00:32:32	02:00:04	Green Jersey
M60+	4	i eter riorren	0			00.20.24	00.29.39	00.23.23	00.32.32	02.00.04	Oreen sersey
	1	John Chanland	Dideford AAC		00:10:50	00.10.46	00.20.46	00.20.16		04,20,20	Valley, Jaraay
M65+		John Shapland	Bideford AAC	00.00.04	00:19:50	00:19:46	00:20:46	00:20:16	00.00.40	01:20:38	Yellow Jersey
M65+	2	Des White	Exmouth Harriers	00:22:21	00:22:04	00:23:09	00:23:05	00:22:15	00:22:10	01:28:50	Red Jersey
M65+	3	Paul Evison	Okehampton Running Club		00:22:45	00:22:34	00:22:57	00:22:43	00:22:48	01:30:50	Green Jersey
M65+	4	D 0 1	A			00.00.40	00.00.47	00.00.00	00.04.04	04.04.00	V II
M70+	1	Ron Seward	Axe Valley Runners	00.00.04	22.22.52	00:23:16	00:23:17	00:23:32	00:24:21	01:34:26	Yellow Jersey
M70+	2	Goff Welchman	Tiverton Harriers	00:29:24	00:28:58		00:33:28	00:28:44	00:30:39	01:57:45	Red Jersey
M70+	3										
M75+	1										
M75+	2										
M75+	3	D 10:		00.40.00	00.40.40	00.40.00		00.42.22		04.05.55	V II
MSen	1	Paul Grieve		00:16:28	00:16:19	00:16:29		00:16:39	00.47.05	01:05:55	Yellow Jersey
MSen	2	Adam Hunt		00:17:58	00:17:46	00:17:29	20.40.00	00.47.46	00:17:26	01:10:39	Red Jersey
MSen	3	Howard Bailey	Exeter Harriers	00:17:49	00:17:49	00:17:40	00:18:03	00:17:40	00:18:00	01:10:58	Green Jersey
MSen	4	Matt Frost	Axe Valley Runners	00:18:16	00:18:04	00:18:15	00:18:00	00:17:49	00:18:30	01:12:08	Series Medal
MSen	5	Ethan Sterry	South West Road Runners	00:18:46	00:18:00	00:18:19	00:18:40	00:18:18	00:18:12	01:12:49	Series Medal
MSen	6	Daniel Jones	Tiverton Harriers	00:19:17	00:19:23	00:19:43	00:19:19	00:19:16		01:17:15	Series Medal
MSen	7										
MSen	8										
MU13	1	Oscar Purchase		00:20:13	00:19:29		00:19:23		00:19:04	01:18:09	Yellow Jersey
MU13	2										
MU13	3										
MU15	1	George Pemberton		00:18:02	00:17:46	00:17:39	00:18:25		00:17:14	01:10:41	Yellow Jersey
MU15	2	Olly Morris		00:19:02		00:19:34	00:18:57	00:17:58	00:17:54	01:13:51	Red Jersey

MU15	3	Eli Baker-Pike	Honiton Running Club		00:22:42	00:21:01	00:21:12	00:21:43	00:20:50	01:24:46	Green Jersey
MU15	4	Max Spiller		00:22:16		00:21:46	00:22:08		00:22:39	01:28:49	Series Medal
MU15	5	Harry Branch		00:24:39	00:25:26	00:24:47		00:26:06	00:25:17	01:40:09	Series Medal
MU15	6										
MU17	1	Alfie Gibbins	Honiton Running Club	00:18:55	00:19:00		00:19:00		00:19:31	01:16:26	Yellow Jersey
MU17	2	Ben Osmond	Torbay Athletic Club		00:18:30		00:19:11	00:20:00	00:18:57	01:16:38	Red Jersey
MU17	3	Jaden Rigler	Bideford Aac	00:19:45	00:19:47		00:19:50	00:20:48		01:20:10	Green Jersey
MU17	4										
MU20	1										
MU20	2										
MU20	3										