



# RUN EXE 5k - 2023 SERIES STANDINGS

Category	Rank	Name	Club	April	May	June	July	August	September	Sum of Best 4 sum
F35+	1									
F35+	2									
F35+	3									
F40+	1	Samantha Lake	TAVISTOCK ATHLETICS CLUB	00:18:59		00:19:22	00:19:32		00:19:20	01:17:13
F40+	2	Hannah Bown	EXMOUTH HARRIERS	00:19:46		00:20:31		00:20:06	00:20:33	01:20:56
F40+	3	Roz Debenham	SOUTH WEST ROAD RUNNERS	00:23:31	00:23:18	00:23:57	00:24:16			01:35:02
F40+	4	Paloma Hermoso	WOMEN ON THE RUN	00:27:32	00:26:50	00:26:43	00:27:00	00:27:01	00:28:10	01:47:34
F40+	5									
F40+	6									
F45+	1	Suzi Tosh	SOUTH WEST ROAD RUNNERS		00:21:25	00:20:48	00:20:55		00:20:58	01:24:06
F45+	2	Heather Eve	TORBAY AAC	00:21:05	00:21:03		00:22:23	00:21:51	00:21:40	01:25:39
F45+	3	Louise Reynolds	SOUTHWEST ROAD RUNNERS	00:22:02	00:21:36	00:21:42		00:21:14	00:21:20	01:25:52
F45+	4	Kelly Lawson	GREENBOW RUNNING CLUB	00:23:35		00:23:59	00:24:29	00:24:10	00:24:23	01:36:07
F45+	5									
F50+	1	Gail Aspden				00:21:50	00:21:48	00:21:37	00:20:57	01:26:12
F50+	2	Kirsty Bickell	GREENBOW RUNNING CLUB	00:24:43	00:24:37	00:24:51	00:25:30	00:25:12	00:25:38	01:39:23
F50+	3	Bernadette Jones		00:28:41	00:27:47	00:28:02		00:28:58		01:53:28
F50+	4									
F50+	5									
F55+	1	Caroline Tait	SOUTH WEST ROAD RUNNERS	00:24:41	00:24:43		00:24:41	00:24:57		01:39:02
F55+	2	Nicola Ashworth		00:27:29	00:27:17	00:27:05	00:27:41			01:49:32
F55+	3									
F60+	1	Cathy Newman	EXMOUTH HARRIERS	00:19:26	00:19:03	00:19:10	00:19:37			01:17:16
F60+	2	Claudine Benstead	OKEHAMPTON RC		00:19:55	00:20:24	00:20:51	00:20:19	00:22:25	01:21:29
F60+	3	Jenny Reay	EXMOUTH HARRIERS AAC	00:21:03	00:20:59	00:21:10	00:21:45		00:20:49	01:24:01
F60+	4									
F65+	1	Alison White	EXMOUTH HARRIERS	00:26:43	00:26:50	00:27:26	00:27:04	00:27:18		01:47:55
F65+	2									
F65+	3									
F70+	1									
F70+	2									
F70+	3									
FSen	1	Erin Templeman	GREENBOW RUNNING CLUB		00:20:33	00:20:17		00:20:23	00:20:31	01:21:44
FSen	2	Jade Hopton	SOUTH WEST ROAD RUNNERS	00:21:36	00:21:11	00:21:07	00:21:33	00:20:59	00:21:29	01:24:46
FSen	3	Rosie Glazier	SOUTH WEST ROAD RUNNERS	00:23:34	00:23:06	00:22:47		00:22:46	00:22:47	01:31:26
FSen	4	Rhiannon Annandale	SOUTH WEST ROAD RUNNERS		00:21:52	00:23:12	00:22:24		00:24:44	01:32:12
FSen	5									
FU13	1	Ella Richards	NEWTON ABBOT AC		00:19:51	00:18:56	00:18:48	00:19:19	00:18:55	01:15:58
FU13	2	Chloe Phare	HONITON RUNNING CLUB JUNIORS	00:25:42	00:25:20	02:58:54	00:24:48	00:24:44	00:26:07	01:40:34
FU13	3	Imogen Clarke	HONITON JUNIORS RUNNING CLUB		00:25:31	00:25:06	00:24:19	00:26:30	00:27:00	01:41:26
FU13	4									
FU15	1	Paige Quinn	TORBAY AAC	00:17:58	00:19:51		00:18:45	00:17:16	00:17:12	01:11:11
FU15	2	Isla Mayne	EXETER HARRIERS ATHLETICS CLUB	00:20:19	00:20:57			00:22:02	00:21:36	01:24:54
FU15	3	Mia Morris	EXETER HARRIERS ATHLETICS CLUB		00:22:52	00:23:17	00:22:33	00:22:49	00:23:13	01:31:27



