

RUN EXE 5k - 2023 SERIES STANDINGS

Category	Rank	Name	Club	April	May	June	July	August	September	Sum of Best 4 sum
F35+	1			·					i i	
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

FU15	4									
FU15	5									
FU17	1	Elizabeth Lanning	HONITON RUNNING CLUB JUNIORS	00:23:47	00:23:14			00:24:26	00:24:24	01:35:51
FU17	2	9								
FU17	3									
FU20	1									
FU20	2									
FU20	3									
M35+	1	Oliver White	EXMOUTH HARRIERS AAC	00:16:59	00:16:04	00:16:08	00:16:16	00:15:50	00:16:13	01:04:15
M35+	2	Chris Murphy	SOUTH WEST ROAD RUNNERS	00:17:20	00:17:05		00:17:10		00:16:50	01:08:25
M35+	3	Daniel Jones	TIVERTON HARRIERS	00:18:42	00:18:37	00:18:46	00:18:25	00:18:24	00:18:32	01:13:58
M35+	4	Keith Tout	SOUTH WEST ROAD RUNNERS			00:18:55	00:18:26	00:18:14	00:18:43	01:14:18
M35+	5	Gavin Harris	GREENBOW RUNNING CLUB	00:19:15		00:18:49		00:19:11	00:19:47	01:17:02
M35+	6	Chris Calvert	SOUTH WEST ROAD RUNNERS			00:21:08	00:19:55	00:20:40	00:21:42	01:23:25
M35+	7	Alasdair Moffett	HONITON RC	00:21:24			00:21:18	00:26:31	00:27:00	01:36:13
M35+	8									
M40+	1	Nick Bruce-White	SOUTH WEST ROAD RUNNERS	00:17:21	00:17:06	00:17:11		00:17:01	00:16:51	01:08:09
M40+	2	Joel Heatley	SOUTH WEST ROAD RUNNERS	00:17:00	00:16:59		00:17:14	00:17:06	00:17:08	01:08:13
M40+	3	Alex Snell	TORBAY AAC	00:19:07	00:17:57			00:18:59	00:17:55	01:13:58
M40+	4	Jeff Bardell	SOUTH WEST ROAD RUNNERS		00:19:04	00:19:31		00:20:00	00:19:33	01:18:08
M40+	5	Richard Stone	SOUTH WEST ROAD RUNNERS		00:19:45	00:19:27		00:19:57	00:21:01	01:20:10
M40+	6									
M45+	1	Jamie Howard	SOUTH WEST ROAD RUNNERS	00:17:39	00:17:13		00:17:24	00:17:44	00:17:39	01:09:55
M45+	2	Richard Mccollum	SPEEDO GONZALES	00:17:54	00:18:07	00:17:45			00:18:30	01:12:16
M45+	3	Lawrence Schneck	GREENBOW RUNNING CLUB	00:18:56		00:19:01	00:19:34	00:18:38	00:18:51	01:15:26
M45+	4	Philip Thomas				00:19:46	00:19:43	00:19:43	00:19:02	01:18:14
M45+	5	Justin Cudmore	SOUTH WEST ROAD RUNNERS			00:19:51	00:19:54	00:19:56	00:19:44	01:19:25
M45+	6	John Bennett	HONITON RUNNING CLUB	00:20:18	00:20:38	00:19:33			00:19:30	01:19:59
M45+	7	Alex Mayne		00:19:32	00:19:30		00:20:10	00:22:03	00:20:59	01:20:11
M45+	8	Mike Crawford	CITY OF PLYMOUTH ATHLETICS CLUB		00:20:47		00:20:54	00:20:18	00:20:18	01:22:17
M45+	9	Nicholas Pope		00:21:18	00:20:31		00:20:42	00:20:22	00:20:52	01:22:27
M45+	10	Craig Churchill	TEIGNBRIDGE TROTTER	00:24:47			00:24:39	00:24:48	00:26:35	01:40:49
M45+	11	ŭ								
M50+	1	Edward Pickering	SOUTH WEST ROAD RUNNERS	00:17:28		00:17:24	00:17:51	00:18:54		01:11:37
M50+	2	Nick Casey	SOUTH WEST ROAD RUNNNERS	00:18:30	00:18:24	00:18:15	00:17:59			01:13:08
M50+	3	Michael Musgrove	EXMOUTH HARRIERS	00:18:13	00:18:19	00:18:40	00:18:43			01:13:55
M50+	4	Andrew Vernon	OKEHAMPTON RUNNING CLUB	00:19:34		00:18:54	00:19:31	00:19:40	00:19:05	01:17:04
M50+	5	Sean Monger	SOUTH WEST ROAD RUNNERS	00:22:17	00:21:40	00:21:56	00:23:43	00:23:16	00:22:26	01:28:19
M50+	6	Mark Tait	SOUTH WEST ROAD RUNNERS	00:23:12	00:22:57		00:23:03	00:23:55		01:33:07
M50+	7									
M50+	8									
M50+	9									
M55+	1	Richard Cottle	SOUTH WEST ROAD RUNNERS		00:19:16	00:19:19	00:18:57		00:19:59	01:17:31
M55+	2	Andy Macmillan	DAWLISH COASTERS	00:19:41	00:19:38		00:20:11	00:19:31		01:19:01
M55+	3	Simon Swift	ERME VALLEY HARRIERS	00:20:59		00:21:11	00:22:26		00:21:17	01:25:53
M55+	4	Andrew Johnson	EXMOUTH HARRIERS AAC	00:21:46	00:22:14	00:22:32	00:22:52	00:22:25	00:22:54	01:28:57
M55+	5	Callum Lamont	SOUTH WEST ROAD RUNNERS	00:24:22		00:24:45	00:24:06	00:23:46		01:36:59
M55+	6	Stephen Wilbraham	TORBAY TRI CLUB	00:24:52	00:24:12			00:25:10	00:24:56	01:39:10
M55+	7	Mark Glew		00:21:48	00:21:48	02:22:22			00:23:50	03:29:48
M55+	8									
M60+	1	Kerry Roberts	TIVERTON HARRIERS	00:19:29	00:19:21		00:19:57	00:19:29	00:19:53	01:18:12
M60+	2	Jimmy Joy	EXMOUTH HARRIERS AAC	00:20:27	00:20:38		00:21:12	00:20:55	00:21:02	01:23:02
M60+	3									

M65+	1	Geoff Nicholls	GREENBOW RUNNING CLUB	00:21:43	00:21:14	00:21:14		00:22:41	00:22:49	01:26:52
M65+	2	Walter Andrews	TIVERTON HARRIERS	00:23:18	00:22:37	00:22:39			00:24:12	01:32:46
M65+	3									
M70+	1	John Shapland	BIDEFORD AAC	00:20:29	00:20:08	00:20:18			00:21:15	01:22:10
M70+	2	Paul Evison	OKEHAMPTON RC			00:23:12	00:23:05	00:23:18	00:23:53	01:33:28
M70+	3	Ken Summers	ERME VALLEY HARRIERS		00:24:57	00:24:18	00:24:45		00:24:10	01:38:10
M70+	4	Goff Welchman	TIVERTON HARRIERS	00:30:53	00:29:06	00:32:01	00:30:52	00:29:28		02:00:19
M70+	5									
M75+	1									
M75+	2									
M75+	3									
MSen	1	Jamie Pullinger	SOUTH WEST ROAD RUNNERS	00:16:06			00:16:05	00:16:01	00:16:19	01:04:31
MSen	2	Thomas Whitworth		00:17:34	00:17:17	00:17:03	00:17:20	00:17:15		01:08:55
MSen	3	Ethan Sterry	SOUTH WEST ROAD RUNNERS	00:18:17	00:17:46	00:17:49	00:18:05	00:17:33	00:18:24	01:11:13
MSen	4	Alex Macdonald	GREENBOW RUNNING CLUB		00:18:13	00:17:55	00:18:12	00:18:03		01:12:23
MSen	5	Howard Bailey	EXETER HARRIERS	00:18:44	00:18:12	00:18:28	00:18:24	00:18:01	00:18:02	01:12:39
MSen	6	Jordan Hewitt	TIVERTON HARRIERS	00:18:16	00:18:05			00:18:35	00:18:36	01:13:32
MSen	7	Rodney Rikhotso	GREENBOW RUNNING CLUB	00:20:09	00:19:38	00:19:25	00:19:51			01:19:03
MSen	8	Greg Wheildon			00:19:59	00:19:47	00:20:03		00:19:50	01:19:39
MSen	9	Sam Duffy	GREENBOW RUNNING CLUB	00:20:12	00:19:58	00:20:03	00:21:01	00:20:17		01:20:30
MSen	10	Karl Schultze	SOUTH WEST ROAD RUNNERS	00:21:05	00:20:36	00:20:40	00:20:32	00:20:31	00:20:44	01:22:19
MSen	11	Lewis Stone		00:27:40		00:27:12	00:26:52	00:26:52	00:25:56	01:46:52
MSen	12									
MU13	1	Isaac Malton	SWRR			00:19:36	00:18:54	00:18:49	00:18:39	01:15:58
MU13	2	Leon Snell	TORBAY AAC	00:19:24	00:19:31			00:18:58	00:18:44	01:16:37
MU13	3	Keir Osborne	HONITON RUNNING CLUB	00:27:19	00:28:37	00:28:10	00:30:22			01:54:28
MU13	4	Faber Green	HONITON RUNNING CLUB JUNIORS	00:29:12	00:30:48	00:28:11	00:31:10		00:31:45	01:59:21
MU14	5									
MU15	1	Oscar Purchase	EXETER HARRIERS	00:17:57	00:17:45	00:17:35	00:16:55	00:17:01	00:17:42	01:09:13
MU15	2	Theo Glew	TORBAY AAC	00:17:47	00:17:15	00:17:40			00:19:53	01:12:35
MU15	3	Aubrey Green	HONITON RUNNING CLUB JUNIORS	00:21:45	00:21:40	00:21:15	00:21:42		00:22:23	01:26:22
MU15	4	Hamish Mckechnie	HONITON RUNNING CLUB	00:25:16	00:24:55	00:25:31	00:23:50			01:39:32
MU15	5	Oliver Triner	HONITON RUNNING CLUB JUNIORS	00:25:34	00:24:52	00:25:49	00:24:16			01:40:31
MU15	6									
MU17	1	Olly Morris	EXETER HARRIERS ATHLETICS CLUB		00:16:53	00:17:00		00:16:23	00:16:35	01:06:51
MU17	2	Joshua Bradley-Reece	TORQUAY AAC		00:18:51	00:17:22	00:17:13		00:19:44	01:13:10
MU17	3	Stanley Wood	OKEHAMPTON RUNNING CLUB	00:18:47		00:18:27		00:19:08	00:18:58	01:15:20
MU17	4	Joseph Dean	HONITON RUNNING CLUB	00:20:12		00:19:44	00:20:40	00:19:38	00:21:10	01:20:14
MU17	5	Oscar Eve	TORBAY AAC	00:19:29	00:19:28		00:21:07	00:20:43	00:20:56	01:20:36
MU17	6	1 1211								
MU20	1									
MU20	2									
MU20	3									