



RUN EXE SUMMER 5k SERIES

COURSE RECORDS

ALL TIME:

Male: 14.38 - Shaun Antell, Bideford Ac, 2023

Female: 16.51 - Alice Murray-Gourlay, Taunton Ac, 2023

| Gender | Cat | Time | Name | Club | |
|--------|------|----------|----------------------|--|--------|
| Female | F13 | 00:18:48 | Ella Richards | Newton Abbot Ac | Jul-23 |
| Female | F15 | 00:17:12 | Paige Quinn | Torbay AAC | Sep-23 |
| Female | F17 | 00:18:25 | Holly Reid | City of Plymouth Ac | Sep-23 |
| Female | F20 | 00:18:51 | Mia Edwards | Exeter University Ac | May-23 |
| Female | Fsen | 00:16:51 | Alice Murray-Gourlay | Taunton Ac | Apr-23 |
| Female | F35+ | 00:17:50 | Gemma Collier | Gloucester AC | Aug-21 |
| Female | F40+ | 00:17:53 | Kirstie Booth | Taunton Ac | Apr-22 |
| Female | F45+ | 00:17:36 | Kirstie Booth | Taunton Ac | Jul-23 |
| Female | F50+ | 00:20:56 | Joanna Edwards | Erme Valley Harriers | Aug-18 |
| Female | F55+ | 00:19:35 | Cathy Newman | Exmouth Harriers | Sep-19 |
| Female | F60+ | 00:19:03 | Cathy Newman | Exmouth Harriers | May-23 |
| Female | F65+ | 00:25:32 | Alsion White | Exmouth Harriers | Sep-21 |
| Female | F70+ | 00:27:15 | Jane Richardson | Okehampton Rc | Sep-19 |
| Female | F75+ | 00:24:58 | Caroline Lavis | Yate & Sodbury Striders / Hogweed Trotters | May-23 |
| Female | F80+ | | Vacant | | |
| Gender | Cat | Time | Name | Club | |
| Male | M13 | 00:16:59 | Charlie Hague | Exeter Harriers | Apr-19 |
| Male | M15 | 00:15:58 | Johnny Livingstone | Exeter Harriers | May-18 |
| Male | M17 | 00:15:14 | Tom Webb | Wells City Harriers | Aug-23 |
| Male | M20 | 00:16:58 | Nathan Goddard | Exeter University AC | Apr-22 |
| | | 00:16:58 | Michael Lambourne | Exeter Harriers | Aug-22 |
| Male | Msen | 00:14:51 | Shaun Antell | Bideford Ac | Aug-18 |
| Male | M35+ | 00:14:38 | Shaun Antell | Bideford Ac | Jun-23 |
| Male | M40+ | 00:15:31 | Jim Cole | Tavistock Run Project | Jun-23 |
| Male | M45+ | 00:16:02 | Donald Brooks | Torq Fitness | May-23 |
| Male | M50+ | 00:16:43 | Rich Shelley | Plymstock Road Runners | May-22 |
| Male | M55+ | 00:17:26 | Peter Monaghan | Torbay AC | Jun-21 |
| Male | M60+ | 00:18:22 | Richard Drage | Tavistock AC | Jun-21 |
| Male | M65+ | 00:19:19 | John Shapland | Bideford Ac | May-19 |
| Male | M70+ | 00:20:08 | John Shapland | Bideford Ac | May-23 |
| Male | M75+ | 00:23:27 | Keith Belt | South Devon Ac | Jun-21 |
| Male | M80+ | | Vacant | | |