

#RunExe5k Series 2015

Final Overall Standings 2015 Series

Notes:

Final scoring will be based on best 5 results out of 6 - i.e you must complete 5 races to be eligible

If you compete all 6 races we will use your fastest 5 times for the series standings

Prizes:

Top 3 (marked in yellow) will be awarded a Training Zone Analysis test from Exercise Science Consulting Ltd

We will email winners a voucher with contact details you will then have to contact them to make a booking.

Name	No	Rd 1 Time	Rd 2 Time	Rd 3 Time	Rd 4 Time	Rd 5 Time	Rd 6 Time	Total of Best 5 Times	Average Time of Best 5 Times	Cat	Club	Prize	
Serane Stone	212	18:17:00	18:38:00	18:42:00		18:42:00	18:49:00	93:08:00	18:37:36	F	35+	Tiverton Harriers	Training Zone Analysis
Hannah Bown	276	19:42:00	20:01:00		19:53:00	19:46:00	19:55:00	99:17:00	19:51:24	F	35+	Exmouth Harriers	Training Zone Analysis
Nicky Savill	180	19:29:00	20:03:00	20:01:00	19:44:00		20:03:00	99:20:00	19:52:00	F	Sen	SWRR	Training Zone Analysis
Katherine Humphreys	241	19:49:00	19:43:00		20:29:00	20:07:00	20:17:00	100:25:00	20:05:00	F	Sen	Tiverton	
Karen Cook	260	20:46:00		20:31:00	20:42:00	20:21:00	20:51:00	103:11:00	20:38:12	F	55+	SWRR	
Julie Hedges	226	21:55:00		22:04:00	22:05:00	21:36:00	21:43:00	109:23:00	21:52:36	F	50+	SWRR	
Angela Handforth	291		22:04	21:56	22:14	22:31	22:42	111:27:00	22:17:24	F	65+	South West Vets Ac	
Julie Towers	239	22:28:00		22:13:00	22:47:00	21:56:00	22:23:00	111:47:00	22:21:24	F	50+	Launceston RR	
Lauren Burd	213	23:26		23:23	22:15	21:37	21:28	112:09:00	22:25:48	F	U15		0
Amelia Hall	267	23:23:00	22:57:00		22:51:00	22:53:00	22:56:00	115:00:00	23:00:00	F	45+	Torbay AC	
Jennie Roberts	298		23:32:00	23:53:00	23:17:00	23:26:00	23:37:00	117:45:00	23:33:00	F	40+	Teignbridge Trotters	
Hylde Stewart	196	23:41:00	23:42:00	23:41:00	23:32:00	23:53:00		118:29:00	23:41:48	F	55+	Clydesdale Harriers	
Tamsin Phelvin	205	25:10:00	24:49:00	25:11:00	24:55:00	24:59:00		125:04:00	25:00:48	F	35+	Tiverton Harriers	
Yusra-Zara Salman	240		25:49:00	25:09:00	25:15:00	24:37:00	26:04:00	126:54:00	25:22:48	F	Sen	Nike Run Club	
Eileen Sanders	236	26:32:00		26:01:00	26:33:00	25:49:00	26:19:00	131:14:00	26:14:48	F	55+	Tiverton Harriers	

Name	No	Rd 1 Time	Rd 2 Time	Rd 3 Time	Rd 4 Time	Rd 5 Time	Rd 6 Time	Total of	Average Time	Cat	Cat	Club	Prize
								Best 5	of Best 5				
								Times	Times				
Peter Monaghan	306		16:43:00	16:36:00	16:39:00	16:33:00	16:43:00	83:14:00	16:38:48	M	50+	Torbay AC	Training Zone Analysis
Christian Hewitt	280	16:44:00	16:51:00	16:35:00	16:46:00		16:57:00	83:53:00	16:46:36	M	U20	Tiverton Harriers	Training Zone Analysis
Alan Ryder	292		17:26:00	17:13:00	16:55:00	16:47:00	17:10:00	85:31:00	17:06:12	M	50+	Plymouth Musketeers	Training Zone Analysis
Nick Casey	271	18:12:00	17:46:00	17:34:00	17:34:00	17:36:00		88:42:00	17:44:24	M	45+	Crediton Running Net	
James Bamber	243	17:43:00	18:06:00	17:32:00	17:55:00	17:43:00		88:59:00	17:47:48	M	40+		0
Jan Dolezel	248		17:59:00	18:23:00	17:50:00	18:06:00	17:50:00	90:08:00	18:01:36	M	Sen	Haldon Trail Runners	
Paul Thomas	222	18:14:00	18:07:00	18:12:00	18:26:00		18:53:00	91:52:00	18:22:24	M	55+	SWRR	
David Trelease	207	18:30:00	18:34:00		18:05:00	18:24:00	18:25:00	91:58:00	18:23:36	M	Sen		0
Jamie Barnett	229	18:42:00	18:33:00	18:44:00	18:27:00		17:55:00	92:21:00	18:28:12	M	U20	Teignbridge Trotters	
Jamie Tinniswood	253	18:37:00		18:38:00	18:28:00	18:17:00	18:24:00	92:24:00	18:28:48	M	35+	Tiverton Harriers	
Chris Dupain	254	18:40:00	18:36:00	18:32:00	18:18:00	18:18:00		92:24:00	18:28:48	M	Sen	Exmouth Harriers	
Martyn Ellis	233	18:54:00	18:45:00	18:44:00		18:44:00	18:37:00	93:44:00	18:44:48	M	35+		0
Peter Belcher	249	19:28:00	18:57:00		18:14:00	18:21:00	19:04:00	94:04:00	18:48:48	M	40+	Haldon Trail Runners	
Shaun McKernan	273		19:55:00	19:38:00	18:38:00	18:38:00	18:40:00	95:29:00	19:05:48	M	U15	Torbay AC	
Rory Carr	318		19:34:00	19:06:00	18:50:00	18:36:00	19:31:00	95:37:00	19:07:24	M	35+	Tiverton Harriers	
Harvey Thompson	263	19:24:00	19:39:00	19:16:00	18:40:00		19:21:00	96:20:00	19:16:00	M	U15	Exeter Harriers	
Alister Ferguson	277	19:30:00		19:43:00	19:34:00	19:17:00	19:41:00	97:45:00	19:33:00	M	Sen	SWRR	
Alan Ledger	197	19:43:00	19:47:00	19:35:00	19:51:00	20:02:00		98:58:00	19:47:36	M	35+	Tiverton Harriers	
Andrew Johnson	302		20:42:00	20:15:00	20:28:00	20:24:00	21:02:00	102:51:00	20:34:12	M	50+	Exmouth Harriers	
Scott Jordan	257	20:44:00	20:31:00	20:20:00	20:21:00		21:01:00	102:57:00	20:35:24	M	40+	Exmouth Harriers	
Phil Spencer	266	20:32:00	20:46:00	20:24:00	21:14:00	20:39:00		103:35:00	20:43:00	M	50+	Tiverton Harriers	
Will Spencer	313		21:24:00	21:17:00	21:08:00	21:09:00	21:03:00	106:01:00	21:12:12	M	U15	Tiverton Harriers	
William Aczel	182	22:34:00	20:54:00	21:31:00	21:56:00	21:52:00		108:47:00	21:45:24	M	U17		0
James Wilbraham	201	22:35:00	21:48:00	21:47:00	21:16:00	22:39:00		110:05:00	22:01:00	M	Sen		0
Mark De Souza	247	22:27:00	21:57:00	22:08:00		21:30:00	22:37:00	110:39:00	22:07:48	M	45+		0
Nigel Dupain	278	23:51:00	23:27:00	24:10:00	22:57:00	25:11:00		119:36:00	23:55:12	M	60+	Exmouth Harriers	
Adam Cleaver	332		26:20:00	27:42:00	26:12:00	26:41:00	26:48:00	133:43:00	26:44:36	M	Sen		0
Jim Wyatt	316		29:22:00	29:30:00	29:12:00	29:32:00	29:05:00	146:41:00	29:20:12	M	65+	Exmouth Harriers	