

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	00:17:48	Lucy Milliner	Exeter Harriers	Apr-24
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+	00:20:02	Sarah May		Apr-24
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	
Gender Male	Cat M13		Name Charlie Hague	Club Exeter Harriers	Apr-19
		00:16:59			Apr-19 May-18
Male	M13	00:16:59 00:15:58	Charlie Hague	Exeter Harriers	•
Male Male	M13 M15	00:16:59 00:15:58 00:15:14	Charlie Hague Johnny Livingstone	Exeter Harriers Exeter Harriers	May-18
Male Male Male	M13 M15 M17	00:16:59 00:15:58 00:15:14 00:16:52	Charlie Hague Johnny Livingstone Tom Webb	Exeter Harriers Exeter Harriers Wells City Harriers	May-18 Aug-23
Male Male Male Male	M13 M15 M17 M20	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51	Charlie Hague Johnny Livingstone Tom Webb Llwen Head	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC	May-18 Aug-23 May-24
Male Male Male Male Male	M13 M15 M17 M20 Msen	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51	Charlie Hague Johnny Livingstone Tom Webb Llwen Head Shaun Antell Shaun Antell	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC Bideford Ac	May-18 Aug-23 May-24 Aug-18
Male Male Male Male Male Male	M13 M15 M17 M20 Msen M35+	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51 00:14:38 00:15:31	Charlie Hague Johnny Livingstone Tom Webb Llwen Head Shaun Antell Shaun Antell	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC Bideford Ac Bideford Ac	May-18 Aug-23 May-24 Aug-18 Jun-23
Male Male Male Male Male Male Male	M13 M15 M17 M20 Msen M35+ M40+	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51 00:14:38 00:15:31 00:16:02	Charlie Hague Johnny Livingstone Tom Webb Llwen Head Shaun Antell Shaun Antell Jim Cole	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC Bideford Ac Bideford Ac Tavistock Run Project	May-18 Aug-23 May-24 Aug-18 Jun-23 Jun-23
Male Male Male Male Male Male Male	M13 M15 M17 M20 Msen M35+ M40+ M45+	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51 00:14:38 00:15:31 00:16:02 00:16:43	Charlie Hague Johnny Livingstone Tom Webb Llwen Head Shaun Antell Shaun Antell Jim Cole Donald Brooks	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC Bideford Ac Bideford Ac Tavistock Run Project Torq Fitness	May-18 Aug-23 May-24 Aug-18 Jun-23 Jun-23 May-23
Male Male Male Male Male Male Male Male	M13 M15 M17 M20 Msen M35+ M40+ M45+ M50+	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51 00:14:38 00:15:31 00:16:02 00:16:43 00:17:26	Charlie Hague Johnny Livingstone Tom Webb Llwen Head Shaun Antell Shaun Antell Jim Cole Donald Brooks Rich Shelley	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC Bideford Ac Bideford Ac Tavistock Run Project Torq Fitness Plymstock Road Runners	May-18 Aug-23 May-24 Aug-18 Jun-23 Jun-23 May-23 May-22
Male Male Male Male Male Male Male Male	M13 M15 M17 M20 Msen M35+ M40+ M45+ M50+	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51 00:14:38 00:15:31 00:16:02 00:16:43 00:17:26 00:18:22	Charlie Hague Johnny Livingstone Tom Webb Llwen Head Shaun Antell Shaun Antell Jim Cole Donald Brooks Rich Shelley Peter Monaghan	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC Bideford Ac Bideford Ac Tavistock Run Project Torq Fitness Plymstock Road Runners Torbay AC	May-18 Aug-23 May-24 Aug-18 Jun-23 Jun-23 May-23 May-22 Jun-21
Male Male Male Male Male Male Male Male	M13 M15 M17 M20 Msen M35+ M40+ M45+ M50+ M50+ M60+	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51 00:14:38 00:15:31 00:16:02 00:16:43 00:17:26 00:18:22 00:19:19	Charlie Hague Johnny Livingstone Tom Webb Llwen Head Shaun Antell Shaun Antell Jim Cole Donald Brooks Rich Shelley Peter Monaghan Richard Drage	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC Bideford Ac Bideford Ac Tavistock Run Project Torq Fitness Plymstock Road Runners Torbay AC Tavistock AC	May-18 Aug-23 May-24 Aug-18 Jun-23 Jun-23 May-23 May-22 Jun-21 Jun-21
Male Male Male Male Male Male Male Male	M13 M15 M17 M20 Msen M35+ M40+ M45+ M50+ M55+ M60+ M65+	00:16:59 00:15:58 00:15:14 00:16:52 00:14:51 00:14:38 00:15:31 00:16:02 00:16:43 00:17:26 00:18:22 00:19:19 00:20:08	Charlie Hague Johnny Livingstone Tom Webb Llwen Head Shaun Antell Shaun Antell Jim Cole Donald Brooks Rich Shelley Peter Monaghan Richard Drage John Shapland	Exeter Harriers Exeter Harriers Wells City Harriers Exeter University AC Bideford Ac Bideford Ac Tavistock Run Project Torq Fitness Plymstock Road Runners Torbay AC Tavistock AC Bideford Ac	May-18 Aug-23 May-24 Aug-18 Jun-23 Jun-23 May-23 May-22 Jun-21 Jun-21 May-19