



# 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	00:17:48	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	
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		