



RUNEXE 5MILE | EXMOUTH

COURSE RECORDS

CAT	TIME	NAME	CLUB	DATE
F17	34.07	Katie Harris	Exeter Harriers	Oct-20
F20	30.34	Mia Edwards	Exeter University Ac	Jan-23
Sen F	27.58	Kirsteen Welch	Exeter Harriers	Jan-22
F35	31.56	Victoria Hill	SWRR	Oct-20
F40	30.57	Amy Jones	SWRR	Oct-20
F45	31.38	Serane Stone	Tiverton Harriers	Nov-21
F50	40.30	Kirsty Bickell	Greenbow Rc	Nov-21
F55	32.12	Cathy Newman	Exmouth Harriers	Oct-21
F60	32.34	Cathy Newman	Exmouth Harriers	Mar-23
F65	41.31	Alison White	Exmouth Harriers	Nov-21
F70	49.20	Christine Williams	Wymondham Ac	Dec-23
F75				
F80				
CAT	TIME	NAME	CLUB	DATE
M17	25.57	Sam Mills	Exeter Harriers	Nov-21
M20	24.39	Flyn Jennings	Bideford Ac	Oct-20
Sen M	24.35	Tom Merson	Exmouth Harriers	Oct-20
M35	24.49	Ronnie Richmond	Bideford Ac	Oct-20
M40	26.41	Keith Shapland	Bideford Ac	Oct-21
M45	28.48	Jim McConnell	Taunton Ac	Nov-21
M50	28.19	Rich Shelley	Plymstock RR	Feb-22
M55	28.19	Pete Monaghan	Torbay Ac	Oct-20
M60	34.16	Geoff Nicholls		Jan-22
M65	32.37	John Shapland	Bideford AAC	Nov-21
M70	37.59	Graham Newton	SW Vets	Jan-22
M75	44.20	Bob Small	Teignbridge Trotters	Mar-23
M80				

