



#RUNEXE 5K 2021 OVERALL STANDINGS

Category	Rank	Name	Club	Results1	Results2	Results3	Results4	Sum of Best 3 sum	Award
F40+	1	Serane Stone	Tiverton Harriers	00:18:41		00:18:58	00:18:29	00:56:08	Yellow Jersey & Medal
F40+	2	Hannah Bown	Exmouth Harriers	00:19:48		00:19:45	00:20:03	00:59:36	Red Jersey & Medal
F40+	3	Roz Debenham	SWRR	00:23:33	00:24:40	00:24:09	00:23:19	01:11:01	Green Jersey & Medal
F40+	4	Kelly Lawson	Greenbow Running Club	00:23:45	00:24:46	00:24:22	00:23:40	01:11:47	Medal
F40+	5	Jenny Debenham	South West Road Runners	00:23:44	00:24:51		00:23:44	01:12:19	Medal
F40+	6								
F45+	1	Hannah Jones		00:21:48		00:22:08	00:21:23	01:05:19	Yellow Jersey & Medal
F45+	2								
F50+	1	Kirsty Bickell	Greenbow Running Club		00:25:57	00:24:54	00:24:30	01:15:21	Yellow Jersey & Medal
F50+	2	Bernadette Jones		00:27:41	00:29:19	00:27:26		01:24:26	Red Jersey & Medal
F50+	3								
F60+	1	Claudine Benstead	Okehampton R C	00:19:43	00:20:17	00:19:58		00:59:58	Yellow Jersey & Medal
F60+	2	Jenny Reay		00:21:43	00:22:27	00:22:39	00:22:13	01:06:23	Red Jersey & Medal
F60+	3	Helen Kula-Przewanski	Tavistock AC	00:24:52	00:26:41	00:26:50		01:18:23	Green Jersey & Medal
F60+	4								
F65+	1	Alison White	Exmouth Harriers	00:25:48	00:26:28	00:25:52	00:25:32	01:17:12	Yellow Jersey & Medal
F65+	2								
F70+	1	Jane Richardson	Okehampton RC	00:28:27	00:28:10	00:29:42	00:26:51	01:23:28	Yellow Jersey & Medal
F70+	2	Cathie Welchman	Tiverton Harriers	00:33:37	00:33:14	00:32:00	00:31:26	01:36:40	Red Jersey & Medal
F70+	3								
FSen	1	Sammy Antell	Bideford AAC	00:18:13	00:18:33		00:18:04	00:54:50	Yellow Jersey & Medal
FSen	2	Fiona German	South West Road Runners		00:19:37	00:19:16	00:19:08	00:58:01	Red Jersey & Medal
FSen	3	Elke Morgan	EUTRIC		00:25:26	00:25:54	00:25:40	01:17:00	Green Jersey & Medal
FSen	4								
FU13	1	Mia Morris		00:26:31	00:27:46		00:25:45	01:20:02	Yellow Jersey & Medal
FU13	2	Ella Spiller		00:26:41	00:27:52		00:26:00	01:20:33	Red Jersey & Medal
FU13	3								
FU15	1	Freya Woodhead	Bideford Amateur Athletic C		00:18:16	00:18:14	00:17:52	00:54:22	Yellow Jersey & Medal
FU15	2	Megan Shaw		00:28:45	00:30:14	00:30:00	00:28:56	01:27:41	Red Jersey & Medal
FU15	3								
FU17	1	Becky Taviner		00:22:42	00:24:13	00:23:12	00:23:36	01:09:30	Yellow Jersey & Medal
FU17	2								
M35+	1	Oliver White	Exmouth Harriers	00:16:38	00:16:41		00:16:40	00:49:59	Yellow Jersey & Medal
M35+	2	Dominic Spayne	Exeter Harriers	00:18:10	00:18:13	00:17:08	00:17:32	00:52:50	Red Jersey & Medal
M35+	3	James Ayre	Tiverton Harriers	00:19:13	00:19:28	00:19:20	00:19:17	00:57:50	Green Jersey & Medal
M35+	4	James Overton			00:20:52	00:18:52	00:18:24	00:58:08	Medal
M35+	5	Alister Ferguson	SWRR	00:20:15	00:20:27	00:20:09	00:20:00	01:00:24	Medal
M35+	6	Richard Hardy	Axe Valley Runners		00:30:11	00:29:56	00:28:10	01:28:17	Medal
M35+	7								
M40+	1	Phil Burden	Taunton AC	00:16:31	00:16:59	00:16:41		00:50:11	Yellow Jersey & Medal
M40+	2	Terry Emmett	Axe Valley Runners	00:16:52	00:16:56	00:16:29		00:50:17	Red Jersey & Medal

M40+	3	Richard Stone	South West Road Runners	00:19:58	00:20:16		00:19:55	01:00:09	Green Jersey & Medal
M40+	4	Andrew Mann		00:22:27		00:22:18	00:21:56	01:06:41	Medal
M40+	5								
M45+	1	Edward Pickering	South West Road Runners	00:18:03		00:18:00	00:17:46	00:53:49	Yellow Jersey & Medal
M45+	2	Byron McKinney	Tiverton Harriers	00:19:39	00:20:02	00:19:36	00:19:15	00:58:30	Red Jersey & Medal
M45+	3	Adam Rooke	South West Road Runners	00:20:11	00:20:54	00:20:16	00:20:09	01:00:36	Green Jersey & Medal
M45+	4	Martin Shelton	Greenbow Running Club		00:22:40	00:23:12	00:23:13	01:09:05	Medal
M45+	5								
M50+	1	Nick Casey	South West Road Runners	00:17:51		00:17:40	00:18:37	00:54:08	Yellow Jersey & Medal
M50+	2	Steven Turner	Bideford AAC	00:19:46	00:19:53	00:19:28		00:59:07	Red Jersey & Medal
M50+	3	Stuart Coyne			00:24:07	00:22:53	00:22:32	01:09:32	Green Jersey & Medal
M50+	4	Geoff Jones		00:23:20	00:23:27	00:23:15		01:10:02	Medal
M50+	5								Medal
M50+	6								
M55+	1	Simon Scotthorne	Lonely Goat Running Club	00:19:06	00:19:03		00:18:33	00:56:42	Yellow Jersey & Medal
M55+	2	David Wilkinson		00:19:10	00:19:23	00:19:18	00:19:03	00:57:31	Red Jersey & Medal
M55+	3	Brian Sansom	Exmouth Harriers		00:21:18	00:20:18	00:20:06	01:01:42	Green Jersey & Medal
M55+	4	Andrew Johnson	Exmouth Harriers	00:22:13	00:22:04	00:22:00		01:06:17	Medal
M55+	5	Callum Lamont	South West Road Runners	00:23:18	00:23:14	00:22:50	00:22:18	01:08:22	Medal
M55+	6	Tim Synge	westbury harriers	00:23:13		00:22:59	00:24:08	01:10:20	Medal
M55+	7								
M60+	1	Paul Thomas	South West Road Runners	00:18:25	00:18:36	00:18:30		00:55:31	Yellow Jersey & Medal
M60+	2	Geoff Nicholls	Greenbow Running Club		00:21:09	00:21:10	00:20:42	01:03:01	Red Jersey & Medal
M60+	3	Barry Frost	SouthWestRoadRunners	00:21:00	00:21:15	00:21:36		01:03:51	Green Jersey & Medal
M60+	4	Jimmy Zaple		00:26:17	00:25:38	00:24:20		01:16:15	Medal
M60+	5								
M65+	1	Des White	Exmouth Harriers	00:19:32	00:19:30	00:19:35	00:19:33	00:58:35	Yellow Jersey & Medal
M65+	2	Rod Payne			00:28:01	00:26:11	00:25:54	01:20:06	Red Jersey & Medal
M65+	3								
M70+	1	Lewis Jones	SWRR	00:22:31	00:23:25		00:22:21	01:08:17	Yellow Jersey & Medal
M70+	2	Ron Seward	Axe Valley Runners	00:22:57	00:23:21	00:23:01	00:22:32	01:08:30	Red Jersey & Medal
M70+	3	Goff Welchman	Tiverton Harriers	00:28:04	00:28:29	00:27:16	00:26:19	01:21:39	Green Jersey & Medal
M70+	4								
MSen	1	Simon Fox	Exeter Harriers	00:15:28	00:15:50	00:16:15	00:15:45	00:47:03	Yellow Jersey & Medal
MSen	2	Thomas Humphrey	South West Road Runners	00:16:04	00:16:19	00:16:23	00:15:50	00:48:13	Red Jersey & Medal
MSen	3	Luke Passmore		00:16:34	00:16:47	00:16:28	00:16:12	00:49:14	Green Jersey & Medal
MSen	4	Callum Crawford	Exeter Harriers	00:16:16	00:16:30	00:17:43	00:16:31	00:49:17	Medal
MSen	5	Jamie Pullinger	South West Road Runners	00:16:27	00:16:55	00:16:39		00:50:01	Medal
MSen	6	Joel Seward	Axe Valley Runners	00:16:48	00:17:48		00:16:30	00:51:06	Medal
MSen	7	Miko Cadeddu	SWRR	00:16:43	00:17:39	00:17:06		00:51:28	Medal
MSen	8	Howard Bailey	Exeter Harriers	00:18:13	00:18:28	00:18:08	00:17:49	00:54:10	Medal
MSen	9	Richard Petty		00:19:08	00:18:55	00:18:41	00:18:34	00:56:10	Medal
MSen	10	Ethan Sterry	South West Road Runners		00:19:57	00:19:09	00:18:57	00:58:03	Medal
MSen	11	Kieran Ferris	South West Road Runners		00:20:03	00:20:38	00:20:12	01:00:53	Medal
MSen	12	Andrew Place	Exmouth Harriers	00:22:06		00:21:57	00:21:23	01:05:26	Medal
MSen	13								Medal
MU13	1	Charlie Wheeler		00:21:37	00:23:36		00:22:27	01:07:40	Yellow Jersey & Medal
MU13	2	Max Spiller		00:22:37	00:23:27		00:23:25	01:09:29	Red Jersey & Medal

MU13	3	Oliver Triner		00:28:44	00:31:49	00:27:35		01:28:08	Green Jersey & Medal
MU13	4								
MU15	1	Finlay Downes	Wells City Harriers	00:17:19	00:17:04	00:17:10	00:17:09	00:51:23	Yellow Jersey & Medal
MU15	2	George Pemberton		00:19:28	00:20:06	00:19:07	00:18:31	00:57:06	Red Jersey & Medal
MU15	3	Harry Branch	0	00:24:59	00:27:07	00:27:04		01:19:10	Green Jersey & Medal
MU15	4								
MU17	1	Ben Osmond	Torbay Athletics		00:18:35	00:19:08	00:18:30	00:56:13	Yellow Jersey & Medal
MU17	2	Luke Pascoe	Exeter Harriers		00:19:16	00:17:54	00:20:15	00:57:25	Red Jersey & Medal
MU17	3								
MU20	1	Luke Reynolds	Newton Abbot AC	00:18:04	00:19:19	00:18:28		00:55:51	Yellow Jersey & Medal
MU20	2								