



RUN EXE 5 MILE 2021-22 OVERALL STANDINGS

| Category | Rank | Name | Club | Oct | Nov | Dec | Jan | Feb | Mar | Sum of Best 4 sum |
|----------|------|-----------------|-------------------------|----------|----------|----------|----------|----------|----------|-------------------|
| F35+ | 1 | Elizabeth Dyson | Haldon Trail Runners | 00:32:32 | | | 00:32:18 | 00:32:29 | 00:35:03 | 02:12:22 |
| F40+ | 1 | Hannah Bown | Exmouth Harriers | 00:33:31 | | | 00:34:10 | 00:33:55 | 00:34:09 | 02:15:45 |
| F50+ | 1 | Kirsty Bickell | Greenbow Running Club | | 00:40:30 | 00:41:56 | 00:40:34 | 00:41:28 | 00:40:53 | 02:43:25 |
| F50+ | 2 | Bridget Taviner | | 00:43:26 | 00:42:38 | | 00:41:58 | | 00:42:55 | 02:50:57 |
| F55+ | 1 | Cathy Newman | Exmouth Harriers | 00:32:12 | 00:33:29 | | 00:32:20 | 00:32:38 | 00:32:32 | 02:09:42 |
| F65+ | 1 | Alison White | Exmouth Harriers | 00:42:07 | 00:41:31 | | 00:46:54 | 00:44:17 | 00:45:34 | 02:53:29 |
| F70+ | 1 | Cathie Welchman | Tiverton Harriers | 00:52:14 | | | 01:01:26 | 00:56:47 | 00:53:38 | 03:44:05 |
| FSen | 1 | Alicia Regan | South West Road Runners | 00:33:52 | 00:33:42 | 00:35:19 | | 00:35:52 | | 02:18:45 |
| FU17 | 1 | Becky Taviner | Honiton Running club | 00:40:32 | 00:42:02 | | 00:39:58 | | 00:41:32 | 02:44:04 |
| M35+ | 1 | Oliver White | Exmouth Harriers | | | 00:28:08 | 00:27:27 | 00:28:21 | 00:28:08 | 01:52:04 |
| M40+ | 1 | James Benham | South West Road Runners | 00:29:02 | 00:30:11 | 00:30:55 | 00:28:58 | 00:31:02 | | 01:59:06 |
| M40+ | 2 | Richard Stone | South West Road Runners | | 00:33:38 | 00:34:31 | 00:33:35 | 00:36:04 | | 02:17:48 |
| M40+ | 3 | Richard Jones | | | 00:52:31 | 00:50:28 | 00:47:46 | | 00:52:43 | 03:23:28 |
| M45+ | 1 | Martin Shelton | Greenbow RC | | 00:38:15 | 00:38:19 | 00:37:52 | 00:38:31 | | 02:32:57 |
| M45+ | 2 | Ralph Winter | | 00:38:42 | 00:40:11 | | 00:41:32 | | 00:38:30 | 02:38:55 |
| M50+ | 1 | Ian Mortimer | | 00:35:26 | 00:34:15 | 00:36:03 | | 00:35:09 | 00:36:02 | 02:20:52 |
| M55+ | 1 | Jim Durston | South West Road Runners | | 00:36:12 | 00:38:25 | 00:34:35 | 00:35:46 | | 02:24:58 |
| M60+ | 1 | Geoff Nicholls | | | 00:34:19 | 00:35:45 | 00:34:16 | 00:35:25 | 00:35:38 | 02:19:38 |
| M60+ | 2 | Jimmy Joy | Exmouth Harriers | 00:37:51 | 00:36:46 | 00:35:40 | | 00:40:02 | 00:36:45 | 02:27:02 |
| M65+ | 1 | Des White | Exmouth Harriers | | 00:33:29 | | 00:37:26 | 00:39:37 | 00:37:37 | 02:28:09 |
| M70+ | 1 | Goff Welchman | Tiverton Harriers | 00:47:49 | 00:46:12 | | | 01:04:30 | 00:53:45 | 03:32:16 |
| MSen | 1 | Adam Hunt | British triathlon | 00:29:59 | | 00:31:36 | 00:29:52 | 00:29:55 | | 02:01:22 |
| MSen | 2 | Matt Frost | | 00:31:37 | 00:31:12 | 00:31:52 | 00:32:04 | 00:31:37 | 00:30:18 | 02:04:44 |
| MSen | 3 | Howard Bailey | Exeter Harriers | | 00:31:14 | 00:33:18 | 00:30:17 | 00:31:30 | | 02:06:19 |
| MSen | 4 | Daniel Jones | Tiverton Harriers | | 00:31:31 | 00:32:45 | 00:34:43 | 00:33:35 | | 02:12:34 |
| MSen | 5 | Thomas Humphrey | South West Road Runners | 00:33:53 | 00:33:43 | 00:35:20 | | 00:35:52 | | 02:18:48 |
| MSen | 6 | Andrew Place | Exmouth Harriers | | 00:35:54 | 00:37:08 | 00:38:33 | 00:36:40 | 00:34:56 | 02:24:38 |