



A MILE RACE

Wednesday 19th June 2019, Exeter Arena

A RACE - RESULTS

Position	Race No	Time	Name	Cat	Cat Rank	Club	Power 10
1	51	4.43.44	Joachim Tranvag	SM	1	Exeter Harriers	Yes
2	53	4.54.05	Ollie Thorogood	SM	2	South West Road Runners	Yes
3	64	4.55.55	Keith Shapland	M40	1	Bideford Aac	Yes
4	55	5.01.69	Edward Pickering	M45	1	South West Road Runners	Yes
5	58	5.05.51	Cameron Bryson	M17	1	Exeter	Yes
6	52	5.08.74	Adam Holland	SM	3	Tavistock Ac	Yes
7	54	5.08.82	James Armstrong	M35	1	Tavistock Ac	Yes
8	61	5.12.50	Jamie Pullinger	M23	1	South West Road Runners	Yes
9	62	5.20.93	James Benham	M35	2	Swrr	Yes
10	57	5.23.07	Emma Ryder	F23	1	Tavistock Ac	Yes
11	56	5.29.13	Keira Devereux	F15	1	North Somerset Athletic Club	Yes
12	63	5.33.70	Stephen Sincock	M55	1	Okehampton Rc	Yes