



#RunExe Virtual 5k

18th to 25th March 2020

Pos	Time	Name	Cat	Cat Rank	Club	% age adjusted
1	0:15:54	Adam Holland	MSen	1	Tavistock Ac	80%
2	0:16:42	Tim Gordon	MSen	2	Exeter University Triathlon Club	76%
3	0:16:47	Adam Holland	MSen	3	Tavistock Ac	76%
4	0:16:51	Ben Neale	MSen	4	Tavistock Run Project	76%
5	0:17:02	Oliver White	MSen	5	Exmouth Harriers	75%
6	0:17:05	John McWilliams	M35+	1	Mile High	76%
7	0:17:26	Mike Musgrove	M50+	1	Exmouthy Harriers	83%
8	0:17:52	Alex Crump	MSen	6	South West Road Runners	71%
9	0:18:55	Kyson Chugg	MSen	7	0	67%
10	0:18:55	Jason Hockridge	M40+	1	South West Road Runners	71%
11	0:18:58	Victoria Hill	F35+	1	South West Road Runners	78%
12	0:19:00	Joe Osborne	MSen	8	South West Road Runners	67%
13	0:19:55	Pete Waumsley	M45+	1	Storm Plymouth	71%
14	0:19:56	Paul McCrone	M50+	2	Kent Ac	74%
15	0:19:57	Richard Pedrick	M35+	2	South West Road Runners	65%
16	0:20:01	Brian Sansom	M55+	1	Exmouth Harriers	75%
17	0:20:50	Cath Stibbs	F45+	1	Kent Ac	75%
18	0:21:19	Nick Robinson	M45+	2	Torbay AAC	65%
19	0:21:49	Jenny Reay	F60+	1	Exmouth Harriers	89%
20	0:22:16	Adam Rooke	M40+	2	Honiton Running Club	61%
21	0:22:23	Des White	M65+	1	Exmouth Harriers	74%
22	0:23:04	Steve Morgan	M60+	1	Exmouth Harriers	70%
23	0:23:50	Nicholas Pope	M45+	3	0	58%
24	0:24:41	Agnieszka Bobon	F35+	2	0	59%

25	0:24:48	Tracy Connor	F45+	2	South West Road Runners	65%
26	0:25:15	Sharon Wells	F50+	1	Honiton Running Club	70%
27	0:25:25	Maria Whelan	F45+	3	0	62%
28	0:25:29	Sarah Ruddlesden	F40+	1	0	60%
29	0:25:39	Richard Flower	M35+	3	0	52%
30	0:25:49	Peter Bunyan	M65+	2	South West Vets AC	65%
31	0:25:51	Suzie Tosh	F40+	2	South West Road Runners	60%
32	0:25:53	Caroline Tait	F50+	2	South West Road Runners	68%
33	0:25:54	Rob Sweet (Pushing Buggy)	M45+	4	0	54%
35	0:26:16	Hannah Brown	FSen	1	Honiton Running Club	55%
35	0:26:30	Matt Bonnell	M45+	5	Greenbow Running Club	53%
36	0:26:33	Steve Morgan	M60+	2	Exmouth Harriers	61%
37	0:27:11	Alison White	F65+	1	Exmouth Harriers	76%
38	0:28:31	May Argyle	FSen	2	Exmouthy Harriers	50%
39	0:29:51	Amy Kemp	F40+	3	Crediton Running Network	51%
40	0:29:57	Lauren Brown	FSen	3	Lonely Goat	48%
41	0:31:01	Denise Pichler	F50+	3	Women On The Run	56%
42	0:32:00	Val Brown	F55+	1	Taunton Running Club	58%
43	0:32:40	Samantha Huddart	F35+	3	0	45%
44	0:33:00	Lyn Wonnacott	F60+	2	Women On The Run	59%
45	0:34:45	Jane Brown	F55+	2	Women On The Run	52%
46	0:43:12	Mandy Lucas	F55+	3	Women On The Run	42%