CITY RUNS

VIRTUAL RACE

5K 2020

#RUNEXE

ADAM HOLLAND

5K TIME: 15.54

CAT: MSEN- CAT RANK: 1

TAVISTOCK AC

AGE GRADED SCORE: 80%

TIM GORDON

5K TIME: 16.42

CAT: MSEN- CAT RANK: 2

EXETER UNIVERSITY TRIATHLON CLUB

AGE GRADED SCORE: 76%

ADAM HOLLAND

5K TIME: 16.47

CAT: MSEN- CAT RANK: 3

TAVISTOCK AC

AGE GRADED SCORE: 76%

BEN NEALE

5K TIME: 16.51

CAT: MSEN- CAT RANK: 4

TAVISTOCK RUN PROJECT

AGE GRADED SCORE: 76%

OLIVER WHITE

5K TIME: 17.02

CAT: MSEN - CAT RANK: 5

EXMOUTH HARRIERS

AGE GRADED SCORE: 76%

JOHN MCWILLIAMS

5K TIME: 17.05

CAT: M35+ - CAT RANK: 1

MILE HIGH

AGE GRADED SCORE: 76%

MIKE MUSGROVE

5K TIME: 17.26

CAT: M50+ - CAT RANK: 1

EXMOUTHY HARRIERS

AGE GRADED SCORE: 83%

ALEX CRUMP

5K TIME: 17.52

CAT: MSEN - CAT RANK: 6

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 71%

KYSON CHUGG

5K TIME: 18.55

CAT: MSEN— CAT RANK: 7

AGE GRADED SCORE: 67%

JASON HOCKRIDGE

5K TIME: 18.55

CAT: M40+ – CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 71%

VICTORIA HILL

5K TIME: 18.58

CAT: F35+ - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 78%

JOE OSBORNE

5K TIME: 19.00

CAT: MSEN- CAT RANK: 8

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 67%

PETE WAUMSLEY

5K TIME: 19.55

CAT: M45+ – CAT RANK: 1

STORM PLYMOUTH

AGE GRADED SCORE: 71%

PAUL MCCRONE

5K TIME: 19.56

CAT: M50+ - CAT RANK: 2

KENT AC

AGE GRADED SCORE: 74%

RICHARD PEDRICK

5K TIME: 19.57

CAT: M35+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 65%

BRIAN SANSOM

5K TIME: 20.01

CAT: M55+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 75%

CATH STIBBS

5K TIME: 20.50

CAT: F45+ - CAT RANK: 1

KENT AC

AGE GRADED SCORE: 75%

NICK ROBINSON

5K TIME: 21.19

CAT: M45+ - CAT RANK: 2

TORBAY AAC

AGE GRADED SCORE: 65%

JENNY REAY

5K TIME: 21.49

CAT: F60+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 89%

ADAM ROOKE

5K TIME: 22.16

CAT: M40+ - CAT RANK: 2

HONITON RUNNING CLUB

AGE GRADED SCORE: 61%

DES WHITE

5K TIME: 22.23

CAT: M65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 74%

STEVE MORGAN

5K TIME: 23.04

CAT: M60+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 70%

NICHOLAS POPE

5K TIME: 23.50

CAT: M45+ - CAT RANK: 3

AGE GRADED SCORE: 58%

AGNIESZKA BOBON

5K TIME: 24.41

CAT: F35+ - CAT RANK: 2

AGE GRADED SCORE: 59%

TRACY CONNOR

5K TIME: 24.48

CAT: F45+ – CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 65%

SHARON WELLS

5K TIME: 25.15

CAT: F50+ – CAT RANK: 1

HONITON RUNNING CLUB

AGE GRADED SCORE: 70%

MARIA WHELAN

5K TIME: 25.25

CAT: F45+ – CAT RANK: 3

AGE GRADED SCORE: 62%

SARAH RUDDLESDEN

5K TIME: 25.29

CAT: F40+ – CAT RANK: 1

AGE GRADED SCORE: 60%

RICHARD FLOWER

5K TIME: 25.39

CAT: M35+ - CAT RANK: 3

AGE GRADED SCORE: 52%

PETER BUNYAN

5K TIME: 25.49

CAT: M65+ – CAT RANK: 2

SOUTH WEST VETS AC

AGE GRADED SCORE: 65%

SUZIE TOSH

5K TIME: 25.51

CAT: F40+ – CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 60%

CAROLINE TAIT

5K TIME: 25.53

CAT: F50+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 68%

ROB SWEET (PUSHING BUGGY)

5K TIME: 25.54

CAT: M45+ - CAT RANK: 4

AGE GRADED SCORE: 54%

HANNAH BROWN

5K TIME: 26.16

CAT: FSEN - CAT RANK: 1

HONITON RUNNING CLUB

AGE GRADED SCORE: 55%

MATT BONNELL

5K TIME: 26.30

CAT: M45+ - CAT RANK: 5

GREENBOW RUNNING CLUB

AGE GRADED SCORE: 53%

STEVE MORGAN

5K TIME: 26.33

CAT: M60+ - CAT RANK: 2

EXMOUTH HARRIERS

AGE GRADED SCORE: 61%

ALISON WHITE

5K TIME: 27.11

CAT: F65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 76%

MAY ARGYLE

5K TIME: 28.31

CAT: FSEN - CAT RANK: 2

EXMOUTHY HARRIERS

AGE GRADED SCORE: 50%

AMY KEMP

5K TIME: 29.51

CAT: F40+ - CAT RANK: 3

CREDITON RUNNING NETWORK

AGE GRADED SCORE: 51%

LAUREN BROWN

5K TIME: 29.57

CAT: FSEN - CAT RANK: 3

LONELY GOAT

AGE GRADED SCORE: 48%

DENISE PICHLER

5K TIME: 31.01

CAT: F50+ - CAT RANK: 3

WOMEN ON THE RUN

AGE GRADED SCORE: 56%

VAL BROWN

5K TIME: 32.00

CAT: F55+ - CAT RANK: 1

TAUNTON RUNNING CLUB

AGE GRADED SCORE: 58%

SAMANTHA HUDDART

5K TIME: 32.40

CAT: F35+ - CAT RANK: 3

AGE GRADED SCORE: 45%

LYN WONNACOTT

5K TIME: 33.00

CAT: F60+ - CAT RANK: 2

WOMEN ON THE RUN

AGE GRADED SCORE: 59%

JANE BROWN

5K TIME: 34.45

CAT: F55+ - CAT RANK: 2

WOMEN ON THE RUN

AGE GRADED SCORE: 52%

MANDY LUCAS

5K TIME: 43.12

CAT: F55+ - CAT RANK: 3

WOMEN ON THE RUN

AGE GRADED SCORE: 42%