



# #RunExe Virtual 3KM

26th to 8th April 2020

3

Pos	No	Time	Name	Cat	Cat Rank	Club	% age adjusted
1	160	0:09:28	Robert Ellis	MSen	1	Exmouth Harriers	79%
2	161	0:09:40	Miko Cadeddu	MSen	2	South West Road Runners	76%
3	162	0:09:44	Mike Musgrove	M50+	1	Exmouth	87%
4	163	0:09:45	John Mcwilliams	M35+	1	Mile High	77%
5	164	0:10:00	Oliver White	MSen	3	Exmouth Harriers	75%
6	165	0:10:23	Nick Bruce-White	M40+	1	Swrr	75%
7	166	0:10:44	Langdon Williams	M50+	2	Exmouth Harriers	79%
8	167	0:10:45	Pete Waumsley	M45+	1	Storm Plymouth	76%
9	168	0:10:47	Serane Stone	F40+	1	Tiverton Harriers	83%
10	169	0:10:51	Richard Pedrick	M35+	2	South West Road Runners	69%
11	170	0:11:05	Victoria Hill	F35+	1	South West Road Runners	78%
12	171	0:11:38	Brian Sansom	M55+	1	Exmouth Harriers	75%
13	172	0:11:44	Hannah Bown	F40+	2	Exmouth Harriers	75%
14	173	0:11:46	Lucas Bland	MSen	4	0	62%
15	174	0:12:02	Des White	M65+	1	Exmouth Harriers	80%
16	175	0:12:07	Lauren Carr	FU17	1	South Devon Ac	74%
17	176	0:12:08	Nicholas Pope	M45+	2		66%
18	177	0:12:12	Andrew Place	MSen	5	Exmouth Harriers	60%
19	178	0:12:17	Cath Stibbs	F45+	1	Kent Ac	75%
20	179	0:12:21	Rob Sweet	M45+	3		65%
21	180	0:12:28	Matthew Olczak	M35+	3	Greenbow Running Club	62%
22	181	0:12:31	David Snook	M35+	4	Tri-Hards Exmouth	61%
23	182	0:12:32	Dylan Travers	MU17	1	Exeter Triathlon Club	67%
24	183	0:12:36	Steve Morgan	M60+	1	Exmouth Harriers	74%
25	184	0:12:39	Richard Flower	M35+	5		61%

<b>26</b>	185	0:12:43	Jim Durston	M50+	3	South West Road Runners	68%
<b>27</b>	186	0:12:45	Tracy Connor	F45+	2	South West Road Runners	74%
<b>28</b>	187	0:12:56	Ben Travers	M35+	6		60%
<b>29</b>	188	0:13:28	Heidi Simms	FSen	1	South West Road Runners	62%
<b>30</b>	189	0:13:52	Jules Pring	F45+	3	Swrr	67%
<b>31</b>	190	0:14:07	Caroline Tait	F50+	1	South West Road Runners	73%
<b>32</b>	191	0:14:22	Mike Kay	M55+	2	South West Road Runners	62%
<b>33</b>	192	0:14:28	Peter Bunyan	M65+	2	South West Vets Ac	68%
<b>35</b>	193	0:14:48	Jane Clark	F40+	3	0	60%
<b>35</b>	194	0:14:49	Sharon Wells	F50+	2	Honiton Running Club	70%
<b>36</b>	195	0:15:16	Derek White	M75+	1	Minehead R C	72%
<b>37</b>	196	0:15:28	Ian Wellaway	M45+	4	South West Road Runners	53%
<b>38</b>	197	0:15:44	Alison White	F65+	1	Exmouth Harriers	77%
<b>39</b>	198	0:15:55	Ian Russell	M50+	4	Greenbow Running Club	53%
<b>40</b>	199	0:15:55	Ian Russell	M50+	4	Greenbow Running Club	53%
<b>41</b>	200	0:15:59	Jan Kirkham	F65+	2	0	76%
<b>42</b>	201	0:18:24	Lauren Brown	FSen	2	Lonely Goat Rc	45%
<b>43</b>	202	0:19:14	Jane Brown	F55+	1	Women On The Run	55%
<b>44</b>	204	0:21:30	Cara Kaya	F40+	4		42%
<b>45</b>	205	0:22:32	Mandy Lucas	F55+	2	Women On The Run	47%
<b>46</b>	206	0:22:40	Nicki Hart	F45+	4	Women On The Run	42%