



#RunExe Virtual 4 Mile

9th to 15th April 2020

M 4

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	272	0:20:56	00:05:14	Rob Ellis	MSen	1	Exmouth Harriers	82%
2	273	0:22:01	00:05:30	Oliver White	MSen	2	Exmouth Harriers	78%
3	274	0:22:22	00:05:35	Miko Cadeddu	MSen	3	South West Road Runners	76%
4	275	0:22:56	00:05:44	Joe Osborne	MSen	4	South West Road Runners	74%
4	276	0:23:21	00:05:50	Jody Bee	M40+	1	Swrr	76%
6	277	0:23:35	00:05:54	Adam Miller	M40+	2	Exmouth Harriers	78%
7	278	0:23:36	00:05:54	Langdon Williams	M50+	1	Exmouth Harriers	83%
8	279	0:23:39	00:05:55	Steve Goss	M50+	2	Gossy Gazelles	82%
9	280	0:23:57	00:05:59	Serane Stone	F40+	1	Tiverton Harriers	85%
10	281	0:25:15	00:06:19	Hannah Bown	F40+	2	Exmouth Harriers	79%
11	282	0:25:16	00:06:19	Richard Pedrick	M35+	1	South West Road Runners	68%
12	283	0:25:40	00:06:25	Brian Sansom	M55+	1	Exmouth Harriers	78%
13	284	0:25:52	00:06:28	Neil Clarke	M40+	3	Exmouth Harriers	69%
14	285	0:26:14	00:06:34	Pete Waumsley	M45+	1	Storm Plymouth	72%
15	286	0:26:14	00:06:34	Luke Pascoe	MU17	1	Exeter Harriers	71%
16	287	0:27:04	00:06:46	Thom Bates	M35+	2	Climb South West	64%
17	288	0:27:49	00:06:57	Ben Travers	M35+	3		64%
18	289	0:28:02	00:07:01	Adam Rooke	M40+	4	Honiton Running Club	65%
19	290	0:28:19	00:07:05	Cath Stibbs	F45+	1	Kent Ac	73%
20	291	0:28:25	00:07:06	Dylan Travers	MU17	2	Exeter Triathlon Club	68%
21	292	0:28:36	00:07:09	Richard Flower	M35+	4		62%
22	293	0:28:51	00:07:13	Des White	M65+	1	Exmouth Harriers	77%
23	294	0:28:51	00:07:13	Jenny Reay	F60+	1	Exmouth Harriers	87%
24	295	0:28:59	00:07:15	Jim Durston	M50+	3	South West Road Runners	69%
25	296	0:29:04	00:07:16	Paul Carr	M40+	5		61%

26	297	0:29:20	00:07:20	Andrew Place	MSen	5	Exmouth Harriers	58%
27	298	0:29:29	00:07:22	Nicholas Pope	M45+	2		63%
28	299	0:29:34	00:07:23	Matthew Olczak	M35+	5	Greenbow Running Club	60%
29	300	0:29:35	00:07:24	Ian Russell	M50+	4	Greenbow Running Club	65%
30	301	0:29:39	00:07:25	Adam Rooke	M40+	6	Honiton Running Club	62%
31	302	0:29:49	00:07:27	Maria Board	F35+	1	South West Road Runners	66%
32	303	0:30:27	00:07:37	Craig Hobson	M45+	3	Maverick Runners	61%
33	304	0:30:42	00:07:40	Rob Sweet	M45+	4		60%
35	305	0:30:57	00:07:44	Steve Morgan	M60+	1	Exmouth Harriers	70%
35	306	0:31:05	00:07:46	Ian Wellaway	M45+	5	South West Road Runners	60%
36	307	0:31:40	00:07:55	Mike Kay	M55+	2	South West Road Runners	64%
37	308	0:31:53	00:07:58	Tracy Connor	F45+	2	South West Road Runners	66%
38	309	0:31:58	00:08:00	Hania Lee	F40+	3	Maverick Runners	63%
39	310	0:32:45	00:08:11	Sharon Wells	F50+	1	Honiton Running Club	70%
40	311	0:33:35	00:08:24	Phil Hatchard	M35+	6	Exmouth Harriers	52%
41	312	0:34:09	00:08:32	Peter Bunyan	M65+	2	South West Vets Ac	66%
42	313	0:35:29	00:08:52	Jan Kirkham	F65+	1		75%
43	314	0:35:29	00:08:52	Alison White	F65+	1	Exmouth Harriers	75%
44	315	0:38:21	00:09:35	Charles Mossman	M70+	1	Crediton	60%
45	316	0:40:24	00:10:06	Niamh Tosh	FU17	1	South West Road Runner	54%
46	317	0:40:30	00:10:07	Laura Greenhill	F45+	3		53%
47	318	0:42:36	00:10:39	Cara Kaya	F40+	4	Greenbow	48%
48	319	0:44:11	00:11:03	Janice Hindley	F60+	2	Wotr	57%
49	320	0:45:00	00:11:15	Lyn Wonnacott	F60+	3	Women On The Run	56%
50	321	0:50:23	00:12:36	Heather Fitzsimmons	F55+	1		47%
51	322	0:54:26	00:13:37	Mandy Lucas	F55+	2	Women On The Run	43%