



#RunExe Virtual 5k

16th to 22nd April 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	371	0:14:11	00:02:50	Adam Holland	Treadmill-MSen	1	Tavistockac	
2	372	0:16:05	00:03:13	Robert Ellis	MSen	1	Exmouth Harriers	80%
3	373	0:16:54	00:03:23	Miko Cadeddu	MSen	2	South West Road Runners	75%
4	374	0:16:56	00:03:23	James Kelly	MSen	3	Exmouth Harriers	75%
5	375	0:17:25	00:03:29	Mike Musgrove	M50+	1	Exmouth	83%
6	376	0:17:46	00:03:33	Oliver White	MSen	4	Exmouth Harriers	72%
7	377	0:17:49	00:03:34	Russell Forsbrook	M40+	1	Cheltenham & County Harriers	77%
8	378	0:17:55	00:03:35	Kyson Chugg	MSen	5		71%
9	379	0:18:04	00:03:37	Nick Casey	M50+	2	Crediton Running Network	80%
10	380	0:18:14	00:03:39	Amy Jones	F40+	1	Swrr	82%
11	381	0:18:32	00:03:42	Chris Murphy	MSen	6	South West Road Runners	69%
12	382	0:18:37	00:03:43	Jason Hockridge	M40+	2	South West Road Runners	72%
13	383	0:18:40	00:03:44	Langdon Williams	M50+	3	Exmouth Harriers	79%
14	384	0:18:48	00:03:46	Paul Stidworthy	M35+	1	Swrr	70%
15	385	0:18:54	00:03:47	Victoria Hill	Treadmill-F35+	1	Swrr	
16	386	0:19:00	00:03:48	Emma Stepto	F50+	1	Cornwall Ac	88%
17	387	0:19:16	00:03:51	Chloe Olford	FU20	1	Newton Abbot	76%
18	388	0:19:22	00:03:52	Brian Sansom	M55+	1	Exmouth Harriers	78%
19	389	0:19:29	00:03:54	Luca Cadeddu	M35+	2		67%
20	390	0:19:44	00:03:57	Katie Coult	F35+	1	South West Road Runners	74%
21	391	0:19:45	00:03:57	Adam Rooke	M40+	3	Honiton Running Club	69%
22	392	0:20:12	00:04:02	Adam Rooke	M40+	4	Honiton Running Club	68%
23	393	0:20:23	00:04:05	Thom Bates	M35+	3	Climb South West	63%
24	394	0:20:30	00:04:06	John Crayford	M45+	1	Horsham Joggers	69%
25	395	0:20:49	00:04:10	Paula Hawkins	F40+	2	Exmouth Harriers	74%
26	396	0:21:06	00:04:13	Matthew Olczak	M35+	4	Greenbow Running Club	63%
27	397	0:21:13	00:04:15	Dylan Travers	MU17	1	Exeter Triathlon Club	69%
28	398	0:21:27	00:04:17	Des White	M65+	1	Exmouth Harriers	77%

29	399	0:21:31	00:04:18	Richard Flower	M35+	5		62%
30	400	0:21:39	00:04:20	Ben Travers	M35+	6		61%
31	401	0:22:00	00:04:24	Paul Carr	M40+	5		61%
32	402	0:22:01	00:04:24	Jenny Reay	F60+	1	Exmouth Harriers	88%
33	403	0:22:34	00:04:31	Rob Sweet	M45+	2		61%
35	404	0:22:40	00:04:32	Jules Pring	F45+	1	Swrr	70%
35	405	0:22:41	00:04:32	Steve Morgan	M60+	1	Exmouth Harriers	71%
36	406	0:22:57	00:04:35	Nicholas Pope	M45+	3		60%
37	407	0:22:59	00:04:36	David Nicholls	M35+	7	South West Road Runners	56%
38	408	0:23:23	00:04:41	Ian Chilcott	M50+	4	Team H	62%
39	409	0:23:39	00:04:44	Ian Wellaway	M45+	4	Swrr	59%
40	410	0:23:53	00:04:47	Hania Lee	F40+	3	Maverick Runners	64%
41	411	0:24:18	00:04:52	Caroline Tait	F50+	2	South West Road Runners	72%
42	412	0:24:20	00:04:52	Tracy Connor	F45+	2	South West Road Runners	66%
43	413	0:24:31	00:04:54	Moira Glen	F55+	1	N1	75%
44	414	0:24:53	00:04:59	Sharon Wells	F50+	3	Honiton Running Club	71%
45	415	0:25:22	00:05:04	Peter Bunyan	M65+	2	South West Vets Ac	67%
46	416	0:25:25	00:05:05	Alison White	F65+	1	Exmouth Harriers	81%
47	417	0:25:36	00:05:07	Roger Saunders	M65+	3	Honiton Running Club	65%
48	418	0:26:21	00:05:16	Margaret Jarvis	F65+	2	Okehampton Rc	78%
49	419	0:26:22	00:05:16	Jan Kirkham	F65+	3	-	78%
50	420	0:26:29	00:05:18	Kelly Lawson	F40+	4	Greenbow Running Club	58%
51	421	0:27:10	00:05:26	Jake Young	MU17	2	Valley Striders	64%
52	422	0:27:17	00:05:27	Ian Russell	M50+	5	Greenbow Running Club	53%
53	423	0:28:54	00:05:47	Claire Chalk	F50+	4	Swrr	59%
54	424	0:29:13	00:05:51	Beth McGill	FSen	1		49%
55	425	0:29:38	00:05:56	Niamh Tosh	FU17	1	South West Road Runners	55%
56	426	0:33:00	00:06:36	Lyn Wonnacott	F60+	2	Women On The Run	59%
57	427	0:33:35	00:06:43	Jake Tosh	MU17	3		41%
58	428	0:34:24	00:06:53	Graham Arkell	M55+	2		44%
59	429	0:38:57	00:07:47	Mandy Lucas	F55+	2	Women On The Run	46%
60	430	0:39:55	00:07:59	Carol Sene	F55+	3	Women On The Run	47%
61	431	0:53:43	00:10:45	Heather Fitzsimmons	F55+	4	Women On The Run	34%