



OLIVER CAPPS

5K TIME: 6.04

CAT: MU17 - CAT RANK: 1

EXETER HARRIERS

AGE GRADED SCORE: 84%



ROBERT ELLIS

5K TIME: 6.07

CAT: MSEN - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 78%



SAM HOPTON

5K TIME: 6.08

CAT: MSEN - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 77%



OLIVER CAPPS

5K TIME: 6.23

CAT: MU17 - CAT RANK: 2

EXETER HARRIERS

AGE GRADED SCORE: 80%



MIKE MUSGROVE

5K TIME: 6.28

CAT: M50+ - CAT RANK: 1

EXMOUTH

AGE GRADED SCORE: 84%



ADAM MILLER

5K TIME: 6.30

CAT: M40+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 79%



JAMES KELLY

5K TIME: 6.33

CAT: MSEN - CAT RANK: 3

EXMOUTH HARRIERS

AGE GRADED SCORE: 72%



OLIVER WHITE

5K TIME: 6.33

CAT: MSEN - CAT RANK: 3

EXMOUTH HARRIERS

AGE GRADED SCORE: 73%



TOBY CAPPS

5K TIME: 6.34

CAT: MU17 - CAT RANK: 3

EXETER HARRIERS

AGE GRADED SCORE: 83%



OLLIE CAMPBELL

5K TIME: 6.41

CAT: MU17 - CAT RANK: 4

NORTH SOMERSET

AGE GRADED SCORE: 76%



MIKO CAEDDU

5K TIME: 6.41

CAT: MSEN - CAT RANK: 5

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 71%



JODY BEE

5K TIME: 6.42

CAT: M40+ - CAT RANK: 2

SWRR

AGE GRADED SCORE: 74%



LANGDON WILLIAMS

5K TIME: 6.54

CAT: M50+ - CAT RANK: 2

EXMOUTH HARRIERS

AGE GRADED SCORE: 79%



RUSSELL FORSBROOK

5K TIME: 6.58

CAT: M40+ - CAT RANK: 3

CHELTENHAM & COUNTY HARRIERS

AGE GRADED SCORE: 74%



DAVID TRELEASE

5K TIME: 7.06

CAT: M35+ - CAT RANK: 1

AGE GRADED SCORE: 69%



IONA FARQUHARSON

5K TIME: 7.06

CAT: FU17 - CAT RANK: 1

TORBAY ATHLETIC CLUB

AGE GRADED SCORE: 80%



JASON HOCKRIDGE

5K TIME: 7.08

CAT: M40+ - CAT RANK: 4

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 70%



AMY JONES

5K TIME: 7.12

CAT: F40+ - CAT RANK: 1

SWRR

AGE GRADED SCORE 78%



SIMON CHANT

5K TIME: 7.20

CAT: M40+ - CAT RANK: 5

EXETER TRIATHLON CLUB

AGE GRADED SCORE: 70%



BRIAN SANSON

5K TIME: 7.35

CAT: M55+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 74%



THOM BATES

5K TIME: 7.36

CAT: M35+ - CAT RANK: 2

CLIMB SOUTH WEST

AGE GRADED SCORE: 63%



LUCAS BLAND

5K TIME: 7.36

CAT: MSEN - CAT RANK: 6

AGE GRADED SCORE: 62%



ADAM ROOKE

5K TIME: 7.44

CAT: M40+ - CAT RANK: 6

HONITON RUNNING CLUB

AGE GRADED SCORE: 66%



NICHOLAS POPE

5K TIME: 7.44

CAT: M45+ - CAT RANK: 1

AGE GRADED SCORE: 67%



DES WHITE

5K TIME: 7.46

CAT: M65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 80%



JACOB FORSBROOK

5K TIME: 7.53

CAT: MU17 - CAT RANK: 5

NORTH SOMERSET AC

AGE GRADED SCORE: 70%



LAUREN CARR

5K TIME: 7.54

CAT: FU17 - CAT RANK: 2

SOUTH DEVON AC

AGE GRADED SCORE: 73%



PAULA HAWKINS

5K TIME: 8.06

CAT: F40+ - CAT RANK: 2

EXMOUTH HARRIERS

AGE GRADED SCORE: 72%



LAURA COWIE

5K TIME: 8.09

CAT: F35+ - CAT RANK: 1

AGE GRADED SCORE: 67%



JIM DURSTON

5K TIME: 8.09

CAT: M50+ - CAT RANK: 3

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 68%



JULES PRING

5K TIME: 8.18

CAT: F45+ - CAT RANK: 1

SWRR

AGE GRADED SCORE: 73%



ROB SWEET

(Pushing Buggy)

5K TIME: 8.19

CAT: M45+ - CAT RANK: 2

AGE GRADED SCORE: 62%



TRACY CONNOR

5K TIME: 8.32

CAT: F45+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 71%



HANNAH CARR

5K TIME: 8.36

CAT: FU17 - CAT RANK: 3

SOUTH DEVON AC

AGE GRADED SCORE: 67%



HEIDI SIMMS

5K TIME: 8.41

CAT: FSEN - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 62%



CAROLINE TAIT

5K TIME: 8.49

CAT: F50+ - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 76%



HAYLEY JOHNS

5K TIME: 9.04

CAT: FSEN - CAT RANK: 2

EXMOUTH HARRIERS AAC

AGE GRADED SCORE: 59%



SHARON WELLS

5K TIME: 9.30

CAT: F50+ - CAT RANK: 2

HONITON RUNNING CLUB

AGE GRADED SCORE: 70%



DEREK WHITE

5K TIME: 9.41

CAT: M75+ - CAT RANK: 1

MINEHEAD R C

AGE GRADED SCORE: 73%



CARLY OLCZAK

5K TIME: 9.44

CAT: F40+ - CAT RANK: 3

WOMEN ON THE RUN

AGE GRADED SCORE: 58%



ALISON WHITE

5K TIME: 9.56

CAT: F65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 79%



NIAMH TOSH

5K TIME: 10.13

CAT: FU17 - CAT RANK: 4

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 59%



JAKE TOSH

5K TIME: 12.00

CAT: MU17 - CAT RANK: 6

AGE GRADED SCORE: 42%



JANE RICHARDSON

5K TIME: 13.46

CAT: F70+ - CAT RANK: 1

OKEHAMPTON RC

AGE GRADED SCORE: 62%



MANDY LUCAS

5K TIME: 14.05

CAT: F55+ - CAT RANK: 1

WOMEN ON THE RUN

AGE GRADED SCORE: 49%



LILY TOMKINS-POPE

5K TIME: 15.11

CAT: FU17 - CAT RANK: 5

AGE GRADED SCORE: 42%



HENRY POPE

5K TIME: 15.34

CAT: MU17 - CAT RANK: 7

AGE GRADED SCORE: 46%



CARRIE-ANNE WEIRS

5K TIME: 16.55

CAT: F35+ - CAT RANK: 2

WOMEN ON THE RUN

AGE GRADED SCORE: 32%

