



#RunExe Virtual 5Mile

23rd to 29th April 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	471	0:26:13	00:05:15	Adam Holland	Treadmil-MSen	1	Tavistockac	
2	472	0:26:15	00:05:15	Phil Norman	MSen	1	North Devon Ac	81%
3	473	0:28:34	00:05:43	Adam Holland	Treadmil-MSen	2	Tavistockac	
4	474	0:29:17	00:05:51	Molly Shorey	FU17	1	City Of Plymouth Athletic Club	89%
5	475	0:29:24	00:05:53	Nick Casey	M50+	1	South West Road Runners	83%
6	476	0:29:40	00:05:56	Steve Goss	M50+	2	Gossy'S Gazelles	83%
7	477	0:30:10	00:06:02	Langdon Williams	M50+	3	Exmouth Harriers	82%
8	478	0:30:36	00:06:07	Serane Stone	F40+	1	Tiverton Harriers	83%
9	479	0:31:10	00:06:14	Alison Thorn	F45+	1	Erme Valley Harriers	84%
10	480	0:31:28	00:06:18	Emma Stepto	F50+	1	Cornwall Ac	87%
11	481	0:32:26	00:06:29	Lucas Bland	MSen	2		66%
12	482	0:32:55	00:06:35	Leigh Clark	MSen	3	Climb South West	65%
13	483	0:33:38	00:06:44	Brian Sansom	M55+	1	Exmouth Harriers	76%
14	484	0:34:45	00:06:57	Thom Bates	M35+	1	Climb South West	63%
15	485	0:35:09	00:07:02	Pete Waumsley	M45+	1	Storm Plymouth	68%
16	486	0:35:30	00:07:06	Jamie Town	M35+	2	Power Run	63%
17	487	0:35:40	00:07:08	Paul Carr	M40+	1		63%
18	489	0:35:48	00:07:10	Dylan Travers	MU17	1	Exeter Triathlon Club	69%
19	490	0:36:07	00:07:13	Ben Travers	M35+	3		62%
20	491	0:36:08	00:07:14	Richard Flower	M35+	4		62%
21	492	0:36:14	00:07:15	Anna Whittaker	F35+	1		68%
22	493	0:36:32	00:07:18	Des White	M65+	1	Exmouth Harriers	77%
23	494	0:37:20	00:07:28	Laura Cowie	F35+	2		66%
24	495	0:37:21	00:07:28	Matthew Olczak	M40+	2	Greenbow Running Club	60%
25	496	0:38:15	00:07:39	Rob Sweet	M45+	2		61%
26	497	0:38:21	00:07:40	Arthur Johns	M70+	1	Poole Runners & Sw Vets Ac	76%
27	498	0:38:30	00:07:42	Nicholas Pope	M45+	3		61%
28	499	0:39:28	00:07:54	Ian Wellaway	M45+	4	South West Road Runners	60%

29	500	0:39:31	00:07:54	David Snook	M35+	5	Tri-Hards Exmouth	56%
30	501	0:39:43	00:07:57	Tracy Connor	F45+	2	South West Road Runners	67%
31	502	0:39:51	00:07:58	Mike Kay	M55+	2	South West Road Runners	65%
32	503	0:42:00	00:08:24	Jan Kirkham	F65+	1	-	80%
33	504	0:42:57	00:08:35	Alison White	F65+	2	Exmouth Harriers	78%
34	505	0:43:03	00:08:37	Margaret Jarvis	F65+	3	Okehampton Rc	78%
35	506	0:50:49	00:10:10	Tori Kennedy	Treadmill-F40+	1		
36	507	0:61:24	00:12:17	Lyn Wonnacott	F60+	1	Women On The Run	52%
37	508	0:65:00	00:13:00	Mandy Lucas	F55+	1	Women On The Run	46%
38	509	0:68:00	00:13:36	Heather Fitzsimmons	F55+	2	Women On The Run	44%
39	510	0:75:00	00:15:00	Katarzyna Trybula	F45+	3		52%
40	511	0:77:06	00:15:25	Carrie-Anne Weirs	F35+	3	Women On The Run	32%