



ADAM HOLLAND

5 MILE TIME: 26.13

CAT: TREADMILL-MSEN - CAT RANK: 1

TAVISTOCKAC



PHIL NORMAN

5 MILE TIME: 26.15

CAT: MSEN - CAT RANK: 1

NORTH DEVON AC

AGE GRADED SCORE: 81%



ADAM HOLLAND

5 MILE TIME: 2834

CAT: TREADMILL-MSEN - CAT RANK: 2

TAVISTOCKAC



MOLLY SHOREY

5 MILE TIME: 29.17

CAT: FU17 - CAT RANK: 1

CITY OF PLYMOUTH ATHLETIC CLUB

AGE GRADED SCORE: 89%



NICK CASEY

5 MILE TIME: 29.24

CAT: M50+ - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 83%



STEVE GOSS

5 MILE TIME: 29.40

CAT: M50+ - CAT RANK: 2

GOSSY'S GAZELLES

AGE GRADED SCORE: 83%



LANGDON WILLIAMS

5 MILE TIME: 30.10

CAT: M50+ - CAT RANK: 3

EXMOUTH HARRIERS

AGE GRADED SCORE: 82%



SERANE STONE

5 MILE TIME: 30.36

CAT: F40+ - CAT RANK: 1

TIVERTON HARRIERS

AGE GRADED SCORE: 83%



ALISON THORN

5 MILE TIME: 31.10

CAT: F45+ - CAT RANK: 1

ERME VALLEY HARRIERS

AGE GRADED SCORE: 84%



EMMA STEPTO

5 MILE TIME: 31.28

CAT: F50+ - CAT RANK: 1

CORNWALL AC

AGE GRADED SCORE: 87%



LUCAS BLAND

5 MILE TIME: 32.26

CAT: MSEN - CAT RANK: 2

AGE GRADED SCORE: 65%



LEIGH CLARK

5 MILE TIME: 32.55

CAT: MSEN - CAT RANK: 3

CLIMB SOUTH WEST

AGE GRADED SCORE: 65%



BRIAN SANSOM

5 MILE TIME: 33.38

CAT: M55+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 76%



THOM BATES

5 MILE TIME: 34.45

CAT: M35+ - CAT RANK: 1

CLIMB SOUTH WEST

AGE GRADED SCORE: 63%



PETE WAUMSLEY

5 MILE TIME: 35.09

CAT: M45+ - CAT RANK: 1

STORM PLYMOUTH

AGE GRADED SCORE: 68%



JAMIE TOWN

5 MILE TIME: 35.30

CAT: M35+ - CAT RANK: 2

POWER RUN

AGE GRADED SCORE: 63%



PAUL CARR

5 MILE TIME: 35.40

CAT: M40+ - CAT RANK: 1

AGE GRADED SCORE: 63%



DYLAN TRAVERS

5 MILE TIME: 35.48

CAT: MU17 - CAT RANK: 1

EXETER TRIATHLON CLUB

AGE GRADED SCORE: 69%



BEN TRAVERS

5 MILE TIME: 36.07

CAT: M35+ - CAT RANK: 3

AGE GRADED SCORE: 62%



RICHARD FLOWER

5 MILE TIME: 36.08

CAT: M35+ - CAT RANK: 4

AGE GRADED SCORE: 62%



ANNA WHITTAKER

5 MILE TIME: 36.14

CAT: F35+ - CAT RANK: 1

AGE GRADED SCORE: 68%



DES WHITE

5 MILE TIME: 36.32

CAT: M65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 76%



LAURA COWIE

5 MILE TIME: 37.20

CAT: F35+ - CAT RANK: 2

AGE GRADED SCORE: 66%



MATTHEW OLCZAK

5 MILE TIME: 37.21

CAT: M40+ - CAT RANK: 2

GREENBOW RUNNING CLUB

AGE GRADED SCORE: 60%



ROB SWEET

(PUSHING BUGGY)

5 MILE TIME: 38.15

CAT: M45+ - CAT RANK: 2

AGE GRADED SCORE: 61%



ARTHUR JOHNS

5 MILE TIME: 38.21

CAT: M70+ - CAT RANK: 1

POOLE RUNNERS & SW VETS AC

AGE GRADED SCORE: 76%



NICHOLAS POPE

5 MILE TIME: 38.30

CAT: M45+ - CAT RANK: 3

AGE GRADED SCORE 61%



IAN WELLOWAY

5 MILE TIME: 39.28

CAT: M45+ - CAT RANK: 4

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 60%



DAVID SNOOK

5 MILE TIME: 39.31

CAT: M35+ - CAT RANK: 5

TRI-HARDS EXMOUTH

AGE GRADED SCORE: 56%



TRACY CONNOR

5 MILE TIME: 39.43

CAT: F45+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 66%



MIKE KAY

5 MILE TIME: 39.51

CAT: M55+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 65%



JAN KIRKHAM

5 MILE TIME: 42.00

CAT: F65+ - CAT RANK: 1

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AGE GRADED SCORE: 80%



ALISON WHITE

5 MILE TIME: 42.57

CAT: F65+ - CAT RANK: 2

EXMOUTH HARRIERS

AGE GRADED SCORE: 78%



MARGARET JARVIS

5 MILE TIME: 43.03

CAT: F65+ - CAT RANK: 3

OKEHAMPTON RC

AGE GRADED SCORE: 78%



TORI KENNEDY

5 MILE TIME: 50.49

CAT: TREADMILL-F40+- CAT RANK: 1



LYN WONNACOTT

5 MILE TIME: 61.24

CAT: F60+ - CAT RANK: 1

WOMEN ON THE RUN

AGE GRADED SCORE: 52%



MANDY LUCAS

5 MILE TIME: 65.00

CAT: F55+ - CAT RANK: 1

WOMEN ON THE RUN

AGE GRADED SCORE: 46%



HEATHER FITZSIMMONS

5 MILE TIME: 68.00

CAT: F55+ - CAT RANK: 2

WOMEN ON THE RUN

AGE GRADED SCORE: 44%



KATARZYNA TRYBULA

5 MILE TIME: 75.00

CAT: F45+ - CAT RANK: 3

AGE GRADED SCORE: 52%



CARRIE-ANNE WEIRS

5 MILE TIME: 77.06

CAT: F35+ - CAT RANK: 3

WOMEN ON THE RUN

AGE GRADED SCORE: 32%

