



#RunExe Virtual 4KM

8th May to 20th May 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	712	0:13:11	00:03:18	Oliver White	M35+	1	Exmouth Harriers	77%
2	713	0:13:12	00:03:18	James Kelly	MSen	1	Exmouth Harriers	76%
3	714	0:13:37	00:03:24	Mike Musgrove	M50+	1	Exmouth	84%
4	715	0:13:45	00:03:26	Jody Bee	M40+	1	Swrr	77%
5	716	0:13:46	00:03:27	Adam Miller	M40+	2	0	79%
6	717	0:13:52	00:03:28	Hamish Fletcher-Cooney	MSen	2	South West Road Runners	72%
7	718	0:13:54	00:03:29	Robert Collier	M50+	2	Axe Valley Runners	82%
8	719	0:13:54	00:03:29	Nick Casey	M50+	2	South West Road Runners	82%
9	720	0:13:56	00:03:29	Martin Colwell	M50+	4	Bideford AAC	84%
10	777	0:14:06	00:03:31	Serane Stone	F40+	1	Tiverton Harriers	87%
11	721	0:14:28	00:03:37	Luka Nickles	MSen	3	Team Packed Lunches	69%
12	722	0:14:33	00:03:38	Jason Hockridge	M40+	3	South west road runners	72%
13	723	0:14:35	00:03:39	Amy Jones	F40+	2	Swrr	81%
14	724	0:15:01	00:03:45	Paige Quinn	FU17	1	Torbay Athletic Club	87%
15	725	0:15:22	00:03:51	Brian Sansom	M55+	1	Exmouth Harriers	77%
16	726	0:15:29	00:03:52	Matt Webb	MSen	4	Team Packed Lunches	64%
17	727	0:16:03	00:04:01	Danny Pym	MSen	5	Team Packed Lunches	62%
18	728	0:16:05	00:04:01	Rob Sweet	M45+	1	0	68%
19	729	0:16:13	00:04:03	Billy Rouse	MSen	6	Team Packed Lunches	61%
20	730	0:16:17	00:04:04	Karen Eyre	F45+	1	Axe valley runners	80%
21	731	0:16:32	00:04:08	Des White	M65+	1	Exmouth Harriers	79%
22	732	0:16:36	00:04:09	Paul Carr	M40+	4	0	64%
23	733	0:16:45	00:04:11	Helen Colwill	F45+	2	Bideford AAC	78%
24	734	0:16:54	00:04:13	Suzie Tosh	F40+	3	South west road runners	73%
25	735	0:17:04	00:04:16	Nicholas Pope	M45+	2	0	64%
26	736	0:17:11	00:04:18	Arthur Johns	M70+	1	Poole Runners & SW Vets	80%
27	737	0:17:20	00:04:20	David Nicholls	M35+	2	South West Road Runners	59%
28	738	0:17:34	00:04:24	Dylan Travers	MU17	1	Exeter Triathlon Club	65%
29	739	0:17:40	00:04:25	Hayley Ratcliff	F50+	1	Torbay AC	77%

30	740	0:17:50	00:04:28	Jojo Carey-Jones	MU17	2	0	68%
31	741	0:17:53	00:04:28	Jules Pring	F45+	3	Swrr	71%
32	742	0:17:53	00:04:28	Richard Flower	M35+	3	0	59%
33	743	0:17:53	00:04:28	Tracy Connor	F45+	3	South West Road Runners	71%
34	744	0:18:02	00:04:31	Jocelyn Eccleston	FU17	2	Cornwall Athletics Club	68%
35	745	0:18:04	00:04:31	Craig Hobson	M45+	3	Maverick Runners	61%
36	746	0:18:11	00:04:33	Mark Tait	M50+	5	South West Road Runners	63%
37	747	0:18:25	00:04:36	Laura Nicholls	FSen	1	South West Road Runners	62%
38	748	0:18:28	00:04:37	Mike Kay	M55+	2	South West Road Runners	65%
39	749	0:18:39	00:04:40	Hayley Johns	FSen	1	Exmouth Harriers	61%
40	750	0:19:19	00:04:50	Hania Lee	F40+	4	Maverick runners	63%
41	751	0:19:40	00:04:55	Jennie Hamer	FSen	1	0	58%
42	752	0:19:49	00:04:57	Jan Kirkham	F65+	1	0	83%
43	753	0:20:00	00:05:00	Claire Baillie	F60+	1	0	77%
44	754	0:20:06	00:05:02	Margaret Jarvis	F65+	1	Okehampton RC	82%
45	755	0:20:37	00:05:09	Alison White	F65+	1	Exmouth Harriers	80%
46	756	0:21:10	00:05:18	Niamh Tosh	FU17	2	South west road runners	60%
47	757	0:22:51	00:05:43	Claire Chalk	F50+	2	SWRR	59%
48	758	0:26:25	00:06:36	Karen MacMillan	F55+	1	SWRR	57%
49	759	0:26:31	00:06:38	Tori Kennedy	F40+	4	0	45%
50	760	0:26:49	00:06:42	Jane Richardson	F70+	1	Okehampton RC	66%
51	761	0:27:27	00:06:52	Heather Fitzsimmons	F55+	1	Women on the run	52%
52	762	0:28:46	00:07:11	Mandy Lucas	F55+	1	Women on the Run	50%
53	763	0:29:45	00:07:26	Janice Hindley	F60+	1	WOTR	52%
54	764	0:35:54	00:08:58	Carrie-Anne Weirs	F35+	1	Women on The Run	32%
55	766	0:39:55	00:09:59	Jane Burns	F50+	2	NFR	33%