



#RunExe Virtual 5KM

21st May to 27th May 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	796	0:14:24	00:02:53	Adam Holland	Treadmill-Msen	1	TavistockAC	
2	797	0:16:31	00:03:18	Jonathan Young	MSen	1	Valley Striders	78%
3	798	0:16:34	00:03:19	Oliver White	M35+	1	Exmouth Harriers	79%
4	799	0:16:52	00:03:22	Thomas Humphrey	MSen	2	South West Road Runners	77%
5	800	0:17:38	00:03:32	Nick Casey	M50+	1	South West Road Runners	84%
6	801	0:17:44	00:03:33	Martin Colwill	M50+	2	Bideford AAC	85%
7	802	0:19:08	00:03:50	Brian Sansom	M55+	1	Exmouth Harriers	80%
8	803	0:19:44	00:03:57	Adam Rooke	M40+	1	Honiton Running Club	71%
9	804	0:20:17	00:04:03	Jamie Town	M35+	2	Power Run	66%
10	805	0:20:20	00:04:04	James Woolf	M50+	3	0	74%
11	806	0:20:38	00:04:08	Alicia Regan	FSen	1	South West Road Runners	72%
12	807	0:20:40	00:04:08	Paul Carr	M40+	2	0	66%
13	808	0:20:53	00:04:11	Des White	M65+	1	Exmouth Harriers	81%
14	809	0:20:59	00:04:12	Claudine Benstead	F60+	1	Oakhampton r c	91%
15	810	0:21:08	00:04:14	Richard Flower	M35+	3	0	64%
16	811	0:21:23	00:04:17	Nicholas Pope	M45+	1	0	66%
17	812	0:21:28	00:04:18	Jenny Reay	F60+	2	Exmouth harriers	90%
18	813	0:21:30	00:04:18	Helen Colwill	F45+	1	Bideford AAC	77%
19	814	0:21:42	00:04:20	Arthur Johns	M70+	1	Poole Runners & SW Vets	82%
20	815	0:21:47	00:04:21	Aidan Bown	MU17	1	Exmouth harriers.	68%
21	816	0:22:19	00:04:28	Andy Macmillan	M50+	4	0	67%
22	817	0:22:23	00:04:29	Matthew Olczak	M40+	3	Greenbow Running Club	61%
23	818	0:22:40	00:04:32	Rob Sweet	M45+	2	0	63%
24	819	0:22:55	00:04:35	David Nicholls	M35+	4	South West Road Runners	58%

25	820	0:22:56	00:04:35	Jon Dand	MSen	3	0	56%
26	821	0:22:59	00:04:36	Hayley Ratcliff	F50+	1	Torbay AC	75%
27	822	0:22:59	00:04:36	Mike Kay	M55+	2	South West Road Runners	68%
28	823	0:23:55	00:04:47	Hania Lee	F40+	1	Maverick runners	65%
29	824	0:24:27	00:04:53	Sharon Wells	F55+	1	Honiton running club	72%
30	825	0:24:46	00:04:57	Jan Kirkham	F65+	1	0	83%
31	826	0:24:52	00:04:58	Tracy Connor	F45+	2	South West Road Runners	65%
32	827	0:25:08	00:05:02	Kelly Lawson	F40+	1	Greenbow running club	62%
33	828	0:25:19	00:05:04	Claire Baillie	F60+	3	0	77%
34	829	0:25:36	00:05:07	Alison White	F65+	1	Exmouth Harriers	80%
35	830	0:25:45	00:05:09	Margaret Jarvis	F65+	1	Okehampton RC	80%
36	831	0:27:08	00:05:26	Gail Parker	F50+	1	0	63%
37	832	0:30:49	00:06:10	Niamh Tosh	FU17	1	SWRR	54%
38	833	0:33:54	00:06:47	Heather Fitzsimmons	F55+	1	Women on the run	53%
39	834	0:36:11	00:07:14	Mandy Lucas	F55+	1	Women on the Run	50%