



**21 – 27<sup>TH</sup> MAY 2020**

**ADAM HOLLAND**

**5K TIME: 14.24**

**CAT: TREADMILL-MSEN - CAT RANK: 1**

**TAVISTOCKAC**



**21 – 27<sup>TH</sup> MAY 2020**

**JONATHAN YOUNG**

**5K TIME: 16.31**

**CAT: MSEN – CAT RANK: 1**

**VALLEY STRIDERS**

**AGE GRADED SCORE 78%**



**21 – 27<sup>TH</sup> MAY 2020**

**OLIVER WHITE**

**5K TIME: 16.34**

**CAT: M35+ – CAT RANK: 1**

**EXMOUTH HARRIERS**

**AGE GRADED SCORE 79%**





**21 – 27<sup>TH</sup> MAY 2020**

**THOMAS HUMPHREY**

**5K TIME: 16.52**

**CAT: MSEN – CAT RANK: 2**

**SOUTH WEST ROAD RUNNERS**

**AGE GRADED SCORE 77%**



**21 – 27<sup>TH</sup> MAY 2020**

**NICK CASEY**

**5K TIME: 17.38**

CAT: M50+ – CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE 84%



**21 – 27<sup>TH</sup> MAY 2020**

**MARTIN COLWILL**

**5K TIME: 17.44**

**CAT: M50+ – CAT RANK: 2**

**BIDEFORD AAC**

**AGE GRADED SCORE 85%**





**21 – 27<sup>TH</sup> MAY 2020**

**BRIAN SANSON**

**5K TIME: 19.08**

CAT: M55+ – CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE 80%



**21 – 27<sup>TH</sup> MAY 2020**

**ADAM ROOKE**

**5K TIME: 19.44**

CAT: M40+ – CAT RANK: 1

HONITON RUNNING CLUB

AGE GRADED SCORE 71%





**21 – 27<sup>TH</sup> MAY 2020**

**JAMIE TOWN**

**5K TIME: 20.17**

**CAT: M35+ – CAT RANK: 2**

**POWER RUN**

**AGE GRADED SCORE 66%**



**21 – 27<sup>TH</sup> MAY 2020**

**JAMES WOLF**

**5K TIME: 20.20**

**CAT: M50+ – CAT RANK: 3**

**AGE GRADED SCORE 74%**



**21 – 27<sup>TH</sup> MAY 2020**

**ALICIA REGAN**

**5K TIME: 20.38**

CAT: FSEN – CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE 72%





**21 – 27<sup>TH</sup> MAY 2020**

**PAUL CARR**

**5K TIME: 20.40**

**CAT: M40+ – CAT RANK: 2**

**AGE GRADED SCORE 66%**



**21 – 27<sup>TH</sup> MAY 2020**

**DES WHITE**

**5K TIME: 20.53**

CAT: M65+ – CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE 81%



**21 – 27<sup>TH</sup> MAY 2020**

**CLAUDINE BENSTEAD**

**5K TIME: 20.59**

**CAT: F60+ – CAT RANK: 1**

**OAKHAMPTON R C**

**AGE GRADED SCORE 91%**





**21 – 27<sup>TH</sup> MAY 2020**

**RICHARD FLOWER**

**5K TIME: 2108**

**CAT: M35+ – CAT RANK: 3**

**AGE GRADED SCORE 64%**



**21 – 27<sup>TH</sup> MAY 2020**

**NICHOLAS POPE**

**5K TIME: 21.23**

**CAT: M45+ – CAT RANK: 1**

**AGE GRADED SCORE 66%**



**21 – 27<sup>TH</sup> MAY 2020**

**JENNY BEAY**

**5K TIME: 21.28**

**CAT: F60+ – CAT RANK: 2**

**EXMOUTH HARRIERS**

**AGE GRADED SCORE 90%**





**21 – 27<sup>TH</sup> MAY 2020**

**HELEN COLWILL**

**5K TIME: 21.30**

**CAT: F45+ – CAT RANK: 1**

**BIDEFORD AAC**

**AGE GRADED SCORE 77%**



**21 – 27<sup>TH</sup> MAY 2020**

**ARTHUR JOHNS**

**5K TIME: 21.42**

**CAT: M70+ – CAT RANK: 1**

**POOLE RUNNERS & SW VETS**

**AGE GRADED SCORE 82%**



**21 – 27<sup>TH</sup> MAY 2020**

**AIDAN BOWN**

**5K TIME: 21.47**

CAT: MU17 – CAT RANK: 1

EXMOUTH HARRIERS.

AGE GRADED SCORE 68%





**21 – 27<sup>TH</sup> MAY 2020**

**ANDY MACMILLAN**

**5K TIME: 22.19**

**CAT: M50+ – CAT RANK: 4**

**AGE GRADED SCORE 67%**



**21 – 27<sup>TH</sup> MAY 2020**

**MATTHEW OLCZAK**

**5K TIME: 22.23**

**CAT: M40+ – CAT RANK: 3**

**GREENBOW RUNNING CLUB**

**AGE GRADED SCORE 61%**



**21 – 27<sup>TH</sup> MAY 2020**

**ROB SWEET**

**PUSHING BUGGY**

**5K TIME: 22.40**

**CAT: M45+ – CAT RANK: 2**

**AGE GRADED SCORE 63%**





**21 – 27<sup>TH</sup> MAY 2020**

**DAVID NICHOLLS**

**5K TIME: 22.55**

CAT: M35+ – CAT RANK: 4

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE 58%



**21 – 27<sup>TH</sup> MAY 2020**

**JON DAND**

**5K TIME: 22.56**

**CAT: MSEN – CAT RANK: 3**

**AGE GRADED SCORE 56%**



**21 – 27<sup>TH</sup> MAY 2020**

**HAYLEY RATCLIFF**

**5K TIME: 22.59**

**CAT: F50+ – CAT RANK: 1**

**TORBAY AC**

**AGE GRADED SCORE 75%**





**21 – 27<sup>TH</sup> MAY 2020**

**MIKE KAY**

**5K TIME: 22.59**

CAT: M55+ – CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE 68%



**21 – 27<sup>TH</sup> MAY 2020**

**HANIA LEE**

**5K TIME: 23.55**

CAT: F40+ – CAT RANK: 1

MAVERICK RUNNERS

AGE GRADED SCORE 65%



**21 – 27<sup>TH</sup> MAY 2020**

**SHARON WELLS**

**5K TIME: 24.27**

CAT: F55+ – CAT RANK: 1

HONITON RUNNING CLUB

AGE GRADED SCORE 72%





**21 – 27<sup>TH</sup> MAY 2020**

**JAN KIRKHAM**

**5K TIME: 24.46**

**CAT: F65+ – CAT RANK: 1**

**AGE GRADED SCORE 83%**



**21 – 27<sup>TH</sup> MAY 2020**

**TRACY CONNOR**

**5K TIME: 24.52**

**CAT: F45+ – CAT RANK: 2**

**SOUTH WEST ROAD RUNNERS**

**AGE GRADED SCORE 65%**



**21 – 27<sup>TH</sup> MAY 2020**

**KELLY LAWSON**

**5K TIME: 25.08**

**CAT: F40+ – CAT RANK: 1**

**GREENBOW RUNNING CLUB**

**AGE GRADED SCORE 62%**





**21 – 27<sup>TH</sup> MAY 2020**

**CLAIRE BAILLIE**

**5K TIME: 25.19**

**CAT: F60+ – CAT RANK: 3**

**AGE GRADED SCORE 76%**



**21 – 27<sup>TH</sup> MAY 2020**

**ALISON WHITE**

**5K TIME: 25.36**

CAT: F65+ – CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE 80%



**21 – 27<sup>TH</sup> MAY 2020**

**MARGARET JARVIS**

**5K TIME: 25.45**

**CAT: F65+ – CAT RANK: 1**

**OKEHAMPTON RC**

**AGE GRADED SCORE 79%**





**21 – 27<sup>TH</sup> MAY 2020**

**GAIL PARKER**

**5K TIME: 27.08**

**CAT: F50+ – CAT RANK: 1**

**AGE GRADED SCORE 63%**



**21 – 27<sup>TH</sup> MAY 2020**

**NIAMH TOSH**

**5K TIME: 30.49**

CAT: FU17 – CAT RANK: 1

SWRR

AGE GRADED SCORE 54%



**21 – 27<sup>TH</sup> MAY 2020**

**HEATHER FITZSIMMONS**

**5K TIME: 33.54**

**CAT: F55+ – CAT RANK: 1**

**WOMEN ON THE RUN**

**AGE GRADED SCORE 53%**





**21 – 27<sup>TH</sup> MAY 2020**

**MANDY LUCAS**

**5K TIME: 36.11**

**CAT: F55+ – CAT RANK: 1**

**WOMEN ON THE RUN**

**AGE GRADED SCORE 50%**