

ADAM MILLER

5K TIME: 6.21

CAT: M40+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE 81%



EDWARD PICKERING

5K TIME: 6.35

CAT: M45+ - CAT RANK: 1
SOUTH WEST ROAD RUNNERS
AGE GRADED SCORE 80%



SERANE STONE

5K TIME: 7.03

CAT: F40+ - CAT RANK: 1 TIVERTON HARRIERS

AGE GRADED SCORE 82%



BRIAN SANSOM

5K TIME: 7.22

CAT: M55+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE 76%



NICHOLAS POPE

5K TIME: 7.28

CAT: M45+ - CAT RANK: 2

AGE GRADED SCORE 69%



DES WHITE

5K TIME: 7.43

CAT: M65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE 80%



ADAM ROOKE

5K TIME: 7.50

CAT: M40+ - CAT RANK: 2

HONITON RUNNING CLUB

AGE GRADED SCORE 65%



ARTHUR JOHNS

5K TIME: 7.56

CAT: M70+ - CAT RANK: 1

POOLE RUNNERS & SW VETS

AGE GRADED SCORE 82%



JIM DURSTON

5K TIME: 8.04

CAT: M50+ - CAT RANK: 1
SOUTH WEST ROAD RUNNERS
AGE GRADED SCORE 69%



TRACY CONNOR

5K TIME: 8.27

CAT: F45+ - CAT RANK: 1
SOUTH WEST ROAD RUNNERS
AGE GRADED SCORE 72%



ROB SWEET

5K TIME: 8.37

CAT: M45+ - CAT RANK: 3

AGE GRADED SCORE 60%



HAYLEY RATCLIFF

5K TIME: 8.51

CAT: F50+ - CAT RANK: 1

TORBAY AC

AGE GRADED SCORE 73%



CLAIRE BAILLIE

5K TIME: 9.26

CAT: F60+ - CAT RANK: 1

AGE GRADED SCORE 78%



NIAMH TOSH

5K TIME: 9.36

CAT: FU17 - CAT RANK: 1
SOUTH WEST ROAD RUNNERS
AGE GRADED SCORE 63%



ALISON WHITE

5K TIME: 9.46

CAT: F65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE 80%



JAKE TOSH

5K TIME: 12.07

CAT: MU17 - CAT RANK: 1

AGE GRADED SCORE 42%



JANE RICHARDSON

5K TIME: 12.52

CAT: F70+ - CAT RANK: 1

OKEHAMPTON RC

AGE GRADED SCORE 66%



MANDY LUCAS

5K TIME: 13.47

CAT: F55+ - CAT RANK: 1

WOMEN ON THE RUN

AGE GRADED SCORE 50%