

### **OLIVER WHITE**

4KM TIME: 13.11

CAT: M35+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 77%



# JAMES KELLY

4KM TIME: 13.12

CAT: MSEN - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 76%



# MIKE MUSGROVE

4KM TIME: 13.37

CAT: M50+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 84%



# JODY BEE

4KM TIME: 13.45

CAT: M40+ - CAT RANK: 1

**SWRR** 

AGE GRADED SCORE: 77%



# **ADAM MILLER**

4KM TIME: 13.46

CAT: M40+ - CAT RANK: 2
EXMOUTH HARRIERS

AGE GRADED SCORE: 79%



#### HAMISH FLETCHER-COONEY

4KM TIME: 13.52

CAT: MSEN - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 72%



# ROBERT COLLIER

4KM TIME: 13.54

CAT: M50+ - CAT RANK: 2

**AXE VALLEY RUNNERS** 

AGE GRADED SCORE: 82%



# **NICK CASEY**

4KM TIME: 13.54

CAT: M50+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 82%



# **MARTIN COLWELL**

4KM TIME: 13.56

CAT: M50+ - CAT RANK: 4

**BIDEFORD AAC** 

AGE GRADED SCORE: 84%



# **SERANE STONE**

4KM TIME: 14.06

CAT: F40+ - CAT RANK: 1
TIVERTON HARRIERS

AGE GRADED SCORE: 87%



### LUKA NICKLES

4KM TIME: 14.28

CAT: MSEN - CAT RANK: 3

TEAM PACKED LUNCHES

AGE GRADED SCORE: 69%



#### JASON HOCKRIDGE

4KM TIME: 14.33

CAT: M40+ - CAT RANK: 3

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 72%



### **AMY JONES**

4KM TIME: 14.35

CAT: F40+ - CAT RANK: 2

**SWRR** 

AGE GRADED SCORE: 81%



OSOS YAM HTOS OT YAM HT8

# PAIGE QUINN

4KM TIME: 15.01

CAT: FU17 - CAT RANK: 1
TORBAY ATHLETIC CLUB

AGE GRADED SCORE: 87%



# **BRIAN SANSOM**

4KM TIME: 15.22

CAT: M55+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 77%



### MATT WEBB

4KM TIME: 15.29

CAT: MSEN - CAT RANK: 4

TEAM PACKED LUNCHES

AGE GRADED SCORE: 64%



### DANNY PYM

4KM TIME: 16.03

CAT: MSEN - CAT RANK: 5

TEAM PACKED LUNCHES

AGE GRADED SCORE: 62%



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#### ROB SWEET

4KM TIME: 16.05

CAT: M45+ - CAT RANK: 1

AGE GRADED SCORE: 68%



#### BILLY ROUSE

4KM TIME: 16.13

CAT: MSEN - CAT RANK: 6

TEAM PACKED LUNCHES

AGE GRADED SCORE: 61%



### KAREN EYRE

4KM TIME: 16.17

CAT: F45+ - CAT RANK: 1

AXE VALLEY RUNNERS

AGE GRADED SCORE: 80%



### DES WHITE

4KM TIME: 16.32

CAT: M65+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 79%



OSOS YAM HTOS OT YAM HT8

#### PAUL CARR

4KM TIME: 16.36

CAT: M40+ - CAT RANK: 4

AGE GRADED SCORE: 64%



# **HELEN COLWILL**

4KM TIME: 16.45

CAT: F45+ - CAT RANK: 2

**BIDEFORD AAC** 

AGE GRADED SCORE: 78%



# SUZIE TOSH

4KM TIME: 16.54

CAT: F40+ - CAT RANK: 3
SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 73%



OSOS YAM HTOS OT YAM HT8

### NICHOLAS POPE

4KM TIME: 17.04

CAT: M45+ - CAT RANK: 2

AGE GRADED SCORE: 64%



#### **ARTHUR JOHNS**

4KM TIME: 17.11

CAT: M70+ - CAT RANK: 1

POOLE RUNNERS & SW VETS

AGE GRADED SCORE: 80%



# DAVID NICHOLLS

4KM TIME: 17.20

CAT: M35+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 59%



### **DYLAN TRAVERS**

4KM TIME: 17.34

CAT: MU17 - CAT RANK: 1

**EXETER TRIATHLON CLUB** 

AGE GRADED SCORE: 65%



#### HAYLEY RATCLIFF

4KM TIME: 17.40

CAT: F50+ - CAT RANK: 1

TORBAY AC

AGE GRADED SCORE: 77%



### JOJO CAREY-JONES

4KM TIME: 17.50

CAT: MU17- CAT RANK: 2

AGE GRADED SCORE: 68%



### **JULES PRING**

4KM TIME: 17.53

CAT: F45+ - CAT RANK: 3

**SWRR** 

AGE GRADED SCORE: 7199996%



### RICHARD FLOWER

4KM TIME: 17.53

CAT: M35+ - CAT RANK: 3

AGE GRADED SCORE: 59%



# TRACY CONNOR

4KM TIME: 17.53

CAT: F45+ - CAT RANK: 3
SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 71%



# JOCELYN ECCLESTON

4KM TIME: 18.02

CAT: FU17 - CAT RANK: 2

CORNWALL ATHLETICS CLUB

AGE GRADED SCORE: 68%



# **CRAIG HOBSON**

4KM TIME: 18.04

CAT: M45+ - CAT RANK: 3
MAVERICK RUNNERS

AGE GRADED SCORE: 61%



### MARK TAIT

4KM TIME: 18.11

CAT: M50+ - CAT RANK: 5
SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 63%



## LAURA NICHOLLS

4KM TIME: 18.25

CAT: FSEN - CAT RANK: 1
SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 62%



# MIKE KAY

4KM TIME: 18.28

CAT: M55+ - CAT RANK: 2
SOUTH WEST ROAD RUNNERS

**AGE GRADED SCORE: 65%** 



# **HAYLEY JOHNS**

4KM TIME: 18.39

CAT: FSEN - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 61%



#### HANIA LEE

4KM TIME: 19.19

CAT: F40+ - CAT RANK: 4
MAVERICK RUNNERS

AGE GRADED SCORE: 63%



OSOS YAM HTOS OT YAM HT8

# JENNIE HAMER

4KM TIME: 19.40

CAT: FSEN - CAT RANK: 1

AGE GRADED SCORE: 58%



#### JAN KIRKHAM

4KM TIME: 19.49

CAT: F65+ - CAT RANK: 1

AGE GRADED SCORE: 83%



## **CLAIRE BAILLIE**

4KM TIME: 20.00

CAT: F60+ - CAT RANK: 1

AGE GRADED SCORE: 77%



# **MARGARET JARVIS**

4KM TIME: 20.06

CAT: F65+ - CAT RANK: 1

OKEHAMPTON RC

AGE GRADED SCORE: 82%



#### **ALISON WHITE**

4KM TIME: 20.37

CAT: F65+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 80%



# **NIAMH TOSH**

4KM TIME: 21.10

CAT: FU17 - CAT RANK: 2
SOUTH WEST ROAD RUNNERS

**AGE GRADED SCORE: 60%** 



### **CLAIRE CHALK**

4KM TIME: 22.51

CAT: F50+ - CAT RANK: 2

**SWRR** 

AGE GRADED SCORE: 59%



# KAREN MACMILLAN

4KM TIME: 26.25

CAT: F55+ - CAT RANK: 1

**SWRR** 

AGE GRADED SCORE: 57%



OSOS YAM HTOS OT YAM HT8

#### TORI KENNEDY

4KM TIME: 26.31

CAT: F40+ - CAT RANK: 4

AGE GRADED SCORE: 45%



# JANE RICHARDSON

4KM TIME: 26.49

CAT: F70+ - CAT RANK: 1

OKEHAMPTON RC

AGE GRADED SCORE: 66%



#### **HEATHER FITZSIMMONS**

4KM TIME: 27.27

CAT: F55+ - CAT RANK: 1

WOMEN ON THE RUN

AGE GRADED SCORE: 52%



#### MANDY LUCAS

4KM TIME: 28.46

CAT: F55+ - CAT RANK: 1
WOMEN ON THE RUN

AGE GRADED SCORE: 50%



## JANICE HINDLEY

4KM TIME: 29.45

CAT: F60+ - CAT RANK: 1

WOTR

AGE GRADED SCORE: 52%



#### CARRIE-ANNE WEIRS

4KM TIME: 35.54

CAT: F35+ - CAT RANK: 1
WOMEN ON THE RUN

AGE GRADED SCORE: 32%



OSOS YAM HTOS OT YAM HT8

# JANE BURNS

4KM TIME: 39.55

CAT: F50+ - CAT RANK: 2

NFRAGE GRADED SCORE: 33%