

### **ADAM MILLER**

400 METER TIME: 60SECS

CAT: M40+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 79%



#### MIKE MUSGROVE

400 METER TIME: 60SECS

CAT: M50+ - CAT RANK: 1

**EXMOUTH** 

AGE GRADED SCORE: 83%



# JAMES KELLY

400 METER TIME: 101

CAT: MSEN - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 70%



### **NICK CASEY**

400 METER TIME: 1.01

CAT: M50+ - CAT RANK: 2 SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 81%



### JASON HOCKRIDGE

400 METER TIME: 1.04

CAT: M40+ - CAT RANK: 2
SOUTH WEST ROAD RUNNERS
AGE GRADED SCORE 72%



#### RUSSELL FORSBROOK

400 METER TIME: 1.06

CAT: M40+ - CAT RANK: 3

CHELTENHAM & COUNTY HARRIERS

AGE GRADED SCORE: 72%



# DAVID NICHOLLS

400 METER TIME: 1.07

CAT: M35+ - CAT RANK: 1
SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 67%



# **BRIAN SANSOM**

400 METER TIME: 1.07

CAT: M55+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 76%



# LUKE PASCOE

400 METER TIME: 1.10

CAT: MU17 - CAT RANK: 1
EXETER HARRIERS

AGE GRADED SCORE: 67%



# **JACOB FORSBROOK**

400 METER TIME: 1.11

CAT: MU17 - CAT RANK: 2

NORTH SOMERSET AC

AGE GRADED SCORE 70%



# **SERANE STONE**

400 METER TIME: 1.11

CAT: F40+ - CAT RANK: 1
TIVERTON HARRIERS

AGE GRADED SCORE: 75%



### ADAM ROOKE

400 METER TIME: 1.12

CAT: M40+ - CAT RANK: 4

**HONITON RUNNING CLUB** 

AGE GRADED SCORE: 65%



# SIMON CHANT

400 METER TIME: 1.13

CAT: M40+ - CAT RANK: 5
EXETER TRIATHLON CLUB

AGE GRADED SCORE 64%



#### PAULA HAWKINS

400 METER TIME: 1.15

CAT: F40+ - CAT RANK: 2
EXMOUTH HARRIERS

AGE GRADED SCORE: 71%



#### **ARTHUR JOHNS**

400 METER TIME: 1.17

CAT: M70+ - CAT RANK: 1

POOLE RUNNERS & SW VETS

AGE GRADED SCORE: 78%



### NICHOLAS POPE

400 METER TIME: 1.17

CAT: M45+ - CAT RANK: 1

AGE GRADED SCORE: 62%



# DES WHITE

400 METER TIME: 1.19

CAT: M65+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 70%



# **SERANE STONE**

400 METER TIME: 1.19

CAT: F40+ - CAT RANK: 3

**TIVERTON HARRIERS** 

AGE GRADED SCORE: 68%



# DES WHITE

400 METER TIME: 1.21

CAT: M65+ - CAT RANK: 2
EXMOUTH HARRIERS
AGE GRADED SCORE 68%



OSOS YAM HTOS OT YAM HT8

#### ROB SWEET

400 METER TIME: 1.22

CAT: M45+ - CAT RANK: 2

AGE GRADED SCORE 58%



### **CRAIG HOBSON**

400 METER TIME: 1.22

CAT: M45+ - CAT RANK: 2
MAVERICK RUNNERS

AGE GRADED SCORE: 59%



# **JULES PRING**

400 METER TIME: 1.28

CAT: F45+ - CAT RANK: 1

**SWRR** 

AGE GRADED SCORE: 63%



### **NIAMH TOSH**

400 METER TIME: 1.28

CAT: FU17 - CAT RANK: 1 SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 64%



### HAYLEY RATCLIFF

400 METER TIME: 1.29

CAT: F50+ - CAT RANK: 1

TORBAY AC

AGE GRADED SCORE: 66%



### LAURA NICHOLLS

400 METER TIME: 1.30

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

AGE GRADED SCORE: 54%



# TRACY CONNOR

400 METER TIME: 1.30

CAT: F45+ - CAT RANK: 2
SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 62%



OSOS YAM HTOS OT YAM HT8

# JAKE TOSH

400 METER TIME: 1.41

CAT: MU17- CAT RANK: 3

AGE GRADED SCORE: 46%



#### **ALISON WHITE**

400 METER TIME: 1.42

CAT: F65+ - CAT RANK: 1
EXMOUTH HARRIERS

AGE GRADED SCORE: 65%



# HANIA LEE

400 METER TIME: 1.44

CAT: F40+ - CAT RANK: 4
MAVERICK RUNNERS

AGE GRADED SCORE: 51%



# **CLAIRE CHALK**

400 METER TIME: 2.09

CAT: F50+ - CAT RANK: 2

**SWRR** 

AGE GRADED SCORE: 45%



### MANDY LUCAS

400 METER TIME: 2.26

CAT: F55+ - CAT RANK: 1

WOMEN ON THE RUN

**AGE GRADED SCORE: 42%** 



#### CARRIE-ANNE WEIRS

400 METER TIME: 2.34

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

AGE GRADED SCORE: 32%