



# #RunExe Virtual 1Mile

23rd to 29th April 2020

Pos	No	Time	Formatted	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	432	0:04:21	00:42:21	00:42:21	Adam Holland	MSen	1	Tavistockac	86%
2	433	0:04:28	00:42:28	00:42:28	Adam Holland	MSen	2	Tavistockac	84%
3	434	0:04:48	00:44:48	00:44:48	Oliver Capps	MU17	1	Exeter Harriers	83%
4	435	0:04:53	00:45:53	00:45:53	Miko Cadeddu	MSen	3	South West Road Runners	76%
5	436	0:05:01	00:50:01	00:50:01	Mike Musgrove	M50+	1	Exmouth	85%
6	437	0:05:09	00:50:09	00:50:09	Langdon Williams	M50+	2	Exmouth Harriers	83%
7	438	0:05:10	00:51:10	00:51:10	James Kelly	MSen	4	Exmouth Harriers	72%
8	439	0:05:13	00:51:13	00:51:13	Russell Forsbrook	M40+	1	Cheltenham & County Harriers	77%
9	440	0:05:18	00:51:18	00:51:18	Edward Pickering	M45+	1	South West Road Runners	78%
10	441	0:05:32	00:53:32	00:53:32	Serane Stone	F40+	1	Tiverton Harriers	82%
11	442	0:05:37	00:53:37	00:53:37	Iona Farquharson	FU17	1	Torbay Athletics Club	79%
12	443	0:05:50	00:55:50	00:55:50	Nicholas Pope	M45+	2		70%
13	444	0:05:53	00:55:53	00:55:53	Brian Sansom	M55+	1	Exmouth Harriers	75%
14	445	0:05:56	00:55:56	00:55:56	Jacob Forsbrook	MU17	2	North Somerset Ac	72%
15	446	0:06:02	01:00:02	01:00:02	Lauren Burd	FU20	1	Tiverton Harriers	70%
16	447	0:06:12	01:01:12	01:01:12	Laura Cowie	F35+	1		70%
17	448	0:06:23	01:02:23	01:02:23	Des White	M65+	1	Exmouth Harriers	76%
18	449	0:06:25	01:02:25	01:02:25	David Nicholls	M35+	1	South West Road Runners	59%
19	450	0:06:26	01:02:26	01:02:26	Steve Morgan	M60+	1	Exmouth Harriers	73%
20	451	0:00:00	00:00:00	00:00:00	0.00	0	1	0	#N/A
21	452	0:06:33	01:03:33	01:03:33	Tracy Connor	F45+	1	South West Road Runners	73%
22	453	0:06:45	01:04:45	01:04:45	Jules Pring	F45+	2	Swrr	70%
23	454	0:06:48	01:04:48	01:04:48	Rob Sweet	M45+	3		60%
24	455	0:07:00	01:10:00	01:10:00	Katherine Moore	FSen	1	Exmouth Harriers	60%
25	456	0:07:06	01:10:06	01:10:06	Craig Hobson	M45+	4	Maverick Runners	58%
26	457	0:07:06	01:10:06	01:10:06	Craig Hobson	M45+	4	Maverick Runners	58%
27	458	0:07:27	01:12:27	01:12:27	Hania Lee	F40+	2	Maverick Runners	61%
28	459	0:07:57	01:15:57	01:15:57	Alison White	F65+	1	Exmouth Harriers	77%

<b>29</b>	460	0:08:01	01:20:01	01:20:01	Andy Macmillan	M50+	3		54%
<b>30</b>	461	0:08:06	01:20:06	01:20:06	Derek White	M75+	1	Minehead R C	68%
<b>31</b>	462	0:08:09	01:20:09	01:20:09	Niamh Tosh	FU17	2	South West Road Runners	58%
<b>32</b>	463	0:09:15	01:31:15	01:31:15	Jake Tosh	MU17	3		43%
<b>33</b>	464	0:09:53	01:35:53	01:35:53	Karen Macmillan	F55+	1		57%
<b>34</b>	465	0:10:33	00:10:33	00:10:33	Jane Richardson	F70+	1	Okehampton Rc	63%
<b>35</b>	466	0:11:13	00:11:13	00:11:13	Carol Sene	F55+	2	Women On The Run	49%
<b>36</b>	467	0:11:38	00:11:38	00:11:38	Nicki Hart	F45+	3	Women On The Run	42%
<b>37</b>	468	0:11:56	00:11:56	00:11:56	Tiana Chilcott	FU20	2		35%
<b>38</b>	469	0:12:07	00:12:07	00:12:07	Carrie-Anne Weirs	F35+	2	Women On The Run	35%
<b>39</b>	470	0:15:36	00:15:36	00:15:36	Jacob Simms	MU17	4		#N/A