



# #RunExe Virtual 3KM

30th April to 6th May 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	558	0:09:34	00:03:11	Adam Holland	MSen	1	Tavistockac	78%
2	559	0:09:44	00:03:15	Mike Musgrove	M50+	1	Exmouth	87%
3	560	0:10:05	00:03:22	Molly Shorey	FU17	1	City Of Plymouth Ac	89%
4	561	0:10:25	00:03:28	Russell Forsbrook	M40+	1	Cheltenham & County Harriers	77%
5	562	0:10:26	00:03:29	Alison Mcewing	FSen	1	Erme Valley Harriers	80%
6	563	0:10:26	00:03:29	Joe Osborne	MSen	2	Swrr	71%
7	564	0:10:31	00:03:30	Hamish Fletcher-Cooney	MSen	3	South West Road Runners	70%
8	565	0:10:32	00:03:31	Nick Casey	M50+	2	South West Road Runners	80%
9	566	0:10:34	00:03:31	Langdon Williams	M50+	3	Exmouth Harriers	81%
10	567	0:10:37	00:03:32	Serane Stone	F40+	1	Tiverton Harriers	85%
11	568	0:10:43	00:03:34	Alison Thorn	F45+	1	Erme Valley Harriers	87%
12	569	0:11:18	00:03:46	Emma Stepto	F50+	1	Cornwall Ac	87%
13	570	0:11:34	00:03:51	Brian Sansom	M55+	1	Exmouth	76%
14	571	0:11:42	00:03:54	Katie Coult	F35+	1	Swrr	73%
15	572	0:11:50	00:03:57	Richard Flower	M35+	1		65%
16	573	0:11:52	00:03:57	Adam Rooke	M40+	2	Honiton Running Club	67%
17	574	0:11:56	00:03:59	Paul Carr	M40+	3		65%
18	575	0:11:56	00:03:59	Nicholas Pope	M45+	1		68%
19	576	0:11:59	00:04:00	Laura Cowie	F35+	2		71%
20	577	0:12:00	00:04:00	Jamie Town	M35+	2	Power Run	64%
21	578	0:12:13	00:04:04	Matthew Olczak	M40+	4	Greenbow Running Club	63%
22	579	0:12:25	00:04:08	Lauren Burd	FU20	1	Tiverton Harriers	68%
23	580	0:12:29	00:04:10	Adam Rooke	M40+	5	Honiton Running Club	64%
24	581	0:12:33	00:04:11	Des White	M65+	1	Exmouth Harriers	77%
25	582	0:12:35	00:04:12	Tracy Connor	F45+	2	South West Road Runners	75%
26	583	0:12:41	00:04:14	Jenny Reay	F60+	1	Exmouth Harriers	90%
27	584	0:00:00	00:00:00	0.00	0	1	0	#N/A
28	585	0:12:55	00:04:18	Craig Hobson	M45+	2	Maverick Runners	63%
29	586	0:13:01	00:04:20	Rob Sweet	M45+	3		62%
30	587	0:13:09	00:04:23	Jon Dand	MSen	4		56%
31	588	0:13:14	00:04:25	Elizabeth Nuttall	F40+	2		69%
32	589	0:13:29	00:04:30	Andy Macmillan	M50+	4		63%
33	590	0:13:31	00:04:30	Mike Kay	M55+	2	South West Road Runners	66%

<b>34</b>	591	0:13:32	00:04:31	Jules Pring	F45+	3	Swrr	69%
<b>35</b>	592	0:14:00	00:04:40	Hania Lee	F40+	3	Maverick Runners	64%
<b>36</b>	593	0:15:02	00:05:01	Alison White	F65+	1	Exmouth Harriers	81%
<b>37</b>	594	0:15:03	00:05:01	Margaret Jarvis	F65+	2	Okehampton Rc	80%
<b>38</b>	595	0:15:10	00:05:03	Jan Kirkham	F65+	3	0	80%
<b>39</b>	596	0:16:10	00:05:23	Niamh Tosh	FU17	2	South West Road Runners	58%
<b>40</b>	597	0:17:24	00:05:48	Jake Tosh	MU17	1		45%
<b>41</b>	598	0:20:06	00:06:42	Jane Richardson	F70+	1	Okehampton Rc	65%
<b>42</b>	599	0:20:09	00:06:43	Karen Macmillan	F55+	1		55%
<b>43</b>	600	0:20:58	00:06:59	Carol Sene	F55+	1	Women On The Run	52%
<b>44</b>	601	0:21:26	00:07:09	Mandy Lucas	F55+	1	Women On The Run	49%
<b>45</b>	602	0:22:49	00:07:36	Heather Fitzsimmons	F55+	1	Women On The Run	46%