



# #RunExe Virtual 4Miles

7th May to 13th May 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	645	0:21:46	00:05:27	Adam Holland	Treadmill-Msen	1	Tavistockac	
2	646	0:22:16	00:05:34	Miko Cadeddu	MSen	1	South West Road Runners	76%
3	647	0:22:20	00:05:35	Oliver White	M35+	1	Exmouth Harriers	77%
4	648	0:22:50	00:05:42	James Kelly	MSen	2	Exmouth Harriers	74%
5	649	0:23:34	00:05:53	Nick Bruce-White	M40+	1	South West Road Runners	76%
6	650	0:23:48	00:05:57	Serane Stone	F40+	1	Tiverton Harriers	85%
7	651	0:23:53	00:05:58	Langdon Williams	M50+	1	Exmouth Harriers	82%
8	652	0:24:31	00:06:08	Alison Thorn	F45+	1	Erme Valley Harriers	85%
9	653	0:24:43	00:06:11	Emma Stepto	F50+	1	Cornwall Ac	88%
10	654	0:25:48	00:06:27	Brian Sansom	M55+	1	Exmouth Harriers	78%
11	655	0:26:42	00:06:41	Adam Rooke	M40+	2	Honiton Running Club	68%
12	656	0:27:22	00:06:50	Laura Cowie	F35+	1		71%
13	657	0:27:31	00:06:53	Jamie Town	M35+	2	Power Run	64%
14	658	0:27:42	00:06:55	Richard Flower	M35+	3		64%
15	659	0:00:00	00:00:00	0.00	0	1	0	#N/A
16	660	0:28:20	00:07:05	Pete Waumsley	M45+	1	Storm Plymouth	66%
17	661	0:28:44	00:07:11	Matthew Olczak	M40+	3	Greenbow Running Club	62%
18	662	0:28:45	00:07:11	Cath Stibbs	F45+	2		72%
19	663	0:28:48	00:07:12	Arthur Johns	M70+	1	Poole Runners & Sw Vets	81%
20	664	0:29:04	00:07:16	Des White	M65+	1	Exmouth Harriers	76%
21	665	0:29:05	00:07:16	Nicholas Pope	M45+	2		64%
22	666	0:29:09	00:07:17	Jenny Reay	F60+	1	Exmouth Harriers	86%
23	667	0:29:47	00:07:27	Rob Sweet	M45+	3		62%
24	668	0:29:56	00:07:29	Jon Dand	MSen	3		56%
25	669	0:30:49	00:07:42	Mike Kay	M55+	2	South West Road Runners	66%
26	670	0:31:45	00:07:56	Tracy Connor	F45+	3	South West Road Runners	66%
27	671	0:31:48	00:07:57	Hania Lee	F40+	2	Maverick Runners	63%
28	672	0:33:02	00:08:15	Jan Kirkham	F65+	1	0	81%
29	673	0:33:32	00:08:23	Grahame Mace	M45+	4		56%
30	674	0:33:56	00:08:29	Margaret Jarvis	F65+	2	Okehampton Rc	79%
31	675	0:34:49	00:08:42	Alison White	F65+	3	Exmouth Harriers	77%
32	676	0:38:51	00:09:43	Niamh Tosh	FU17	1	South West Road Runners	56%
33	677	0:41:07	00:10:17	Ja Burnd	F50+	2	New Forest	53%

<b>34</b>	678	0:49:54	00:12:28	Heather Fitzsimmons	F55+	1	Women On The Run	47%
<b>35</b>	679	0:52:30	00:13:08	Mandy Lucas	F55+	2	Women On The Run	45%
<b>36</b>	680	0:65:08	00:16:17	Carrie-Anne Weirs	F35+	2	Women On The Run	30%