



#RunExe Virtual Half Mile

9th to 15th April 2020

Pos	No	Time	Formatted	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted	
1	207	0:02:12	00:21:12	00:07:04	Sam Mills	MU17	1	Exeter Harriers	82%	2-12.4
2	208	0:02:12	00:21:12	00:07:04	Sam Hopton	MSen	1	South West Road Runners	77%	2-12.8
3	209	0:02:13	00:21:13	00:07:04	Peter Fletcher	M35+	1	Climb South West	77%	
4	210	0:02:14	00:21:14	00:07:05	Sam Hopton	MSen	2	South West Road Runners	75%	
4	211	0:02:14	00:21:14	00:07:05	Robert Ellis	MSen	2	Exmouth Harriers	75%	
6	212	0:02:18	00:21:18	00:07:06	Adam Miller	M40+	1	Exmouth Harriers	80%	
7	213	0:02:19	00:21:19	00:07:06	Oliver White	MSen	4	Exmouth Harriers	73%	
8	214	0:02:23	00:22:23	00:07:28	Mike Musgrove	M50+	1	Exmouth	82%	
9	215	0:02:25	00:22:25	00:07:28	Russell Forsbrook	M40+	2	Cheltenham & County Harriers	76%	
10	216	0:02:26	00:22:26	00:07:29	Harry Mills	MSen	5	Exeter Harriers	69%	
11	217	0:02:27	00:22:27	00:07:29	Lucas Bland	MSen	6		69%	
12	218	0:02:29	00:22:29	00:07:30	David Wilson	M35+	2	Sout West Road Runners	71%	
13	219	0:02:30	00:23:30	00:07:50	David Trelease	M35+	3		69%	
14	220	0:02:30	00:23:30	00:07:50	Langdon Williams	M50+	2	Exmouth Harriers	79%	
15	221	0:02:34	00:23:34	00:07:51	Jason Hockridge	M40+	3	South West Road Runners	69%	
16	222	0:02:36	00:23:36	00:07:52	Chris Murphy	MSen	7	South West Road Runners	65%	
17	223	0:02:40	00:24:40	00:08:13	Thom Bates	M35+	4	Climb South West	63%	
18	224	0:02:41	00:24:41	00:08:14	Brian Sansom	M55+	1	Exmouth Harriers	75%	
19	225	0:02:41	00:24:41	00:08:14	Lauren Carr	FU17	1	South Devon Ac	77%	
20	226	0:02:42	00:24:42	00:08:14	Aidan Bown	MU17	2	Exmouth Harriers	72%	
21	227	0:02:42	00:24:42	00:08:14	Adam Rooke	M40+	4	Honiton Running Club	67%	
22	228	0:02:43	00:24:43	00:08:14	Amy Jones	F40+	1	Swrr	71%	
23	229	0:02:44	00:24:44	00:08:15	Jacob Forsbrook	MU17	3	North Somerset Ac	72%	
24	230	0:02:45	00:24:45	00:08:15	Luke Pascoe	MU17	4	Exeter Harriers	67%	
25	231	0:02:46	00:24:46	00:08:15	Ian Russell	M50+	3	Greenbow Running Club	70%	
26	232	0:02:50	00:25:50	00:08:37	Richard Pedrick	M35+	5	South West Road Runners	60%	
27	233	0:02:51	00:25:51	00:08:37	Paula Hawkins	F40+	2	Exmouth Harriers	70%	
28	234	0:02:52	00:25:52	00:08:37	Ian White	M45+	1	South West Road Runners	66%	

29	235	0:02:52	00:25:52	00:08:37	Anna Whittaker	F35+	1		66%
30	236	0:02:53	00:25:53	00:08:38	David Nicholls	M35+	6	South West Road Runners	59%
31	237	0:02:54	00:25:54	00:08:38	Serane Stone	F40+	3	Tiverton Harriers	69%
32	238	0:02:55	00:25:55	00:08:38	Rob Sweet	M45+	2		64%
33	239	0:02:56	00:25:56	00:08:39	Suzie Tosh	F40+	4	South West Road Runners	68%
35	240	0:02:59	00:25:59	00:08:40	Jenny Reay	F60+	1	Exmouth Harriers	83%
35	241	0:03:00	00:30:00	00:10:00	Nicholas Pope	M45+	3		62%
36	242	0:03:01	00:30:01	00:10:00	Andrew Place	MSen	8	Exmouth Harriers	56%
37	243	0:03:01	00:30:01	00:10:00	Ben Travers	M35+	7		58%
38	244	0:03:02	00:30:02	00:10:01	Hannah Carr	FU17	2	South Devon Ac	68%
39	245	0:03:05	00:30:05	00:10:02	Des White	M65+	1	Exmouth Harriers	72%
40	246	0:03:05	00:30:05	00:10:02	Dylan Travers	MU17	5	Exeter Triathlon Club	63%
41	247	0:03:08	00:30:08	00:10:03	Maria Board	F35+	2	South West Road Runners	61%
42	248	0:03:09	00:30:09	00:10:03	Jules Pring	F45+	1	Swrr	65%
43	249	0:03:09	00:30:09	00:10:03	Lizzie Bumby	FU17	3	South Devon Athletic Club	68%
44	250	0:03:09	00:30:09	00:10:03	Heidi Simms	FSen	1	South West Road Runners	60%
45	251	0:03:16	00:31:16	00:10:25	Tracy Connor	F45+	2	South West Road Runners	63%
46	252	0:03:17	00:31:17	00:10:26	Lindsey Pattinson	F35+	3	Swrr	57%
47	253	0:03:18	00:31:18	00:10:26	Niamh Tosh	FU17	4	South West Road Runners	66%
48	254	0:03:20	00:32:20	00:10:47	Katherine Moore	FSen	2	Exmouth Harriers	57%
49	255	0:03:22	00:32:22	00:10:47	Karen Bumby	F35+	4	South Devon Athletic Club	57%
50	256	0:03:25	00:32:25	00:10:48	Peter Bunyan	M65+	2	South West Vets Ac	66%
51	257	0:00:00	00:00:00	00:00:00	0.00	0	1	0	#N/A
52	258	0:03:30	00:33:30	00:11:10	Laura Nicholls	FSen	3	South West Road Runners	54%
53	259	0:03:38	00:33:38	00:11:13	Jane Clark	F40+	5	0	54%
54	260	0:03:42	00:34:42	00:11:34	Derek White	M75+	1	Minehead R C	68%
55	261	0:03:45	00:34:45	00:11:35	Sharon Wells	F50+	1	Honiton Running Club	59%
56	262	0:03:47	00:34:47	00:11:36	Alison White	F65+	1	Exmouth Harriers	71%
57	263	0:03:48	00:34:48	00:11:36	Jake Tosh	MU17	6	0	48%
58	264	0:04:00	00:40:00	00:13:20	Carly Miller	F35+	5		47%
59	265	0:04:15	00:41:15	00:13:45	Millie Bumby	FU17	5	South Devon Athletic Club	55%
60	266	0:04:17	00:41:17	00:13:46	Cara Kaya	F40+	6	Greenbow	47%
61	267	0:04:39	00:43:39	00:14:33	Asya Kaya	FU17	6	Heavitree	47%
62	268	0:05:14	00:51:14	00:17:05	Jane Richardson	F70+	1	Okehampton Running Club	57%
63	269	0:05:43	00:54:43	00:18:14	Nicki Hart	F45+	3	Women On The Run	36%
64	270	0:05:57	00:55:57	00:18:39	Mandy Lucas	F55+	1	Women On The Run	38%

65 271 0:06:53 01:05:53 00:21:58 Jacob Simms

MU17 7

#N/A