



#RunExe Virtual 5Miles

28th May to 3rd June 2020

| Pos | No | Time | Avg speed | Name | Cat | Cat Rank | Club | % age adjusted |
|-----|-----|---------|-----------|---------------------|------|----------|-------------------------|----------------|
| 1 | 802 | 0:28:13 | 00:05:39 | Jonathan Young | MSen | 1 | Valley Striders | 76% |
| 2 | 803 | 0:30:55 | 00:06:11 | Paul Stidworthy | M40+ | 1 | SWRR | 72% |
| 3 | 804 | 0:31:32 | 00:06:18 | Emma Stepto | F50+ | 1 | Cornwall AC | 87% |
| 4 | 805 | 0:32:52 | 00:06:34 | brian sansom | M55+ | 1 | Exmouth Harriers | 77% |
| 5 | 806 | 0:33:31 | 00:06:42 | Adam Rooke | M40+ | 2 | Honiton Running Club | 69% |
| 6 | 807 | 0:34:34 | 00:06:55 | James Woolf | M50+ | 1 | 0 | 72% |
| 7 | 825 | 0:35:01 | 00:07:00 | Claudine Benstead | F60+ | 1 | Okehampton RC | 89% |
| 8 | 808 | 0:36:10 | 00:07:14 | Des White | M65+ | 1 | Exmouth Harriers | 77% |
| 9 | 809 | 0:36:33 | 00:07:19 | Jenny Reay | F60+ | 2 | Exmouth harriers | 87% |
| 10 | 810 | 0:37:16 | 00:07:27 | Richard Flower | M35+ | 1 | 0 | 60% |
| 11 | 811 | 0:37:21 | 00:07:28 | Nicholas Pope | M45+ | 1 | 0 | 63% |
| 12 | 812 | 0:37:50 | 00:07:34 | julie hedges | F55+ | 1 | SWRR | 80% |
| 13 | 813 | 0:38:12 | 00:07:38 | Rob Sweet | M45+ | 2 | 0 | 61% |
| 14 | 814 | 0:38:26 | 00:07:41 | Dylan Travers | MU17 | 1 | Exeter Triathlon Club | 64% |
| 15 | 815 | 0:38:47 | 00:07:45 | Arthur Johns | M70+ | 1 | Poole Runners & SW Vets | 76% |
| 16 | 816 | 0:39:30 | 00:07:54 | Mike Kay | M55+ | 2 | South West Road Runners | 65% |
| 17 | 817 | 0:40:19 | 00:08:04 | Andy MacMillan | M50+ | 2 | 0 | 61% |
| 18 | 818 | 0:41:13 | 00:08:15 | Jan Kirkham | F65+ | 1 | 0 | 82% |
| 19 | 819 | 0:43:06 | 00:08:37 | Tracy Connor | F45+ | 1 | South West Road Runners | 61% |
| 20 | 820 | 0:43:48 | 00:08:46 | Kelly Lawson | F40+ | 1 | Greenbow running club | 58% |
| 21 | 821 | 0:44:37 | 00:08:55 | Alison White | F65+ | 2 | Exmouth Harriers | 75% |
| 22 | 822 | 0:50:35 | 00:10:07 | Jane Burns | F50+ | 2 | Nfr | 54% |
| 23 | 823 | 0:51:14 | 00:10:15 | Heather Fitzsimmons | F55+ | 2 | Women on the run | 58% |
| 24 | 824 | 0:66:53 | 00:13:23 | Mandy Lucas | F55+ | 3 | Women on the Run | 44% |