



ADAM HOLLAND

1 MILE TIME: 4.21

CAT: TREADMILL-MSEN - CAT RANK: 1

TAVISTOCKAC



ADAM HOLLAND

1 MILE TIME: 4.28

CAT: MSEN - CAT RANK: 1

TAVISTOCKAC

AGE GRADED SCORE: 84%



OLIVER CAPPS

1 MILE TIME: 4.48

CAT: MU17 - CAT RANK: 1

EXETER HARRIERS

AGE GRADED SCORE: 83%



MIKO CAEDDU

1 MILE TIME: 4.53

CAT: MSEN - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 76%



MIKE MUSGROVE

1 MILE TIME: 5.01

CAT: M50+ - CAT RANK: 1

EXMOUTH

AGE GRADED SCORE: 85%



LANGDON WILLIAMS

1 MILE TIME: 5.09

CAT: M50+ - CAT RANK: 2

EXMOUTH HARRIERS

AGE GRADED SCORE: 83%



JAMES KELLY

1 MILE TIME: 5.10

CAT: MSEN - CAT RANK: 3

EXMOUTH HARRIERS

AGE GRADED SCORE: 72%



RUSSELL FORSBROOK

1 MILE TIME: 5.13

CAT: M40+ - CAT RANK: 1

CHELTENHAM & COUNTY HARRIERS

AGE GRADED SCORE: 77%



EDWARD PICKERING

1 MILE TIME: 5.18

CAT: M45+ - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 78%



SERANE STONE

1 MILE TIME: 5.32

CAT: F40+ - CAT RANK: 1

TIVERTON HARRIERS

AGE GRADED SCORE: 82%



IONA FARQUHARSON

1 MILE TIME: 5.37

CAT: FU17 - CAT RANK: 1

TORBAY ATHLETICS CLUB

AGE GRADED SCORE: 79%



NICHOLAS POPE

1 MILE TIME: 5.50

CAT: M45+ - CAT RANK: 2

AGE GRADED SCORE: 70%



BRIAN SANSOM

1 MILE TIME: 5.53

CAT: M55+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 75%



JACOB FORSBROOK

1 MILE TIME: 5.56

CAT: MU17 - CAT RANK: 2

NORTH SOMERSET AC

AGE GRADED SCORE: 72%



LAUREN BURD

1 MILE TIME: 6.02

CAT: FU20 - CAT RANK: 1

TIVERTON HARRIERS

AGE GRADED SCORE: 70%



LAURA COWIE

1 MILE TIME: 6.12

CAT: F35+ - CAT RANK: 1

AGE GRADED SCORE: 70%



DES WHITE

1 MILE TIME: 6.23

CAT: M65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 76%



DAVID NICHOLLS

1 MILE TIME: 6.25

CAT: M35+ - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 59%



STEVE MORGAN

1 MILE TIME: 6.26

CAT: M60+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 73%





TRACY CONNOR

1 MILE TIME: 6.33

CAT: F45+ - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 73%



JULES PRING

1 MILE TIME: 6.45

CAT: F45+ - CAT RANK: 2

SWRR

AGE GRADED SCORE: 70%



ROB SWEET

(PUSHING BUGGY)

1 MILE TIME: 6.48

CAT: M45+ - CAT RANK: 3

AGE GRADED SCORE: 60%



KATHERINE MOORE

1 MILE TIME: 7.00

CAT: FSEN - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 60%



CRAIG HOBSON

1 MILE TIME: 7.06

CAT: M45+ - CAT RANK: 4

MAVERICK RUNNERS

AGE GRADED SCORE: 58%



HANIA LEE

1 MILE TIME: 7.27

CAT: F40+ - CAT RANK: 2

MAVERICK RUNNERS

AGE GRADED SCORE: 61%



ALISON WHITE

1 MILE TIME: 7.57

CAT: F65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 77%



ANDY MACMILLAN

1 MILE TIME: 8.01

CAT: M50+ - CAT RANK: 3

AGE GRADED SCORE: 54%



DEREK WHITE

1 MILE TIME: 8.06

CAT: M75+ - CAT RANK: 1

MINEHEAD R C

AGE GRADED SCORE: 68%



NIAMH TOSH

1 MILE TIME: 8.09

CAT: FU17 - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 58%



CLAIRE CHALK

1 MILE TIME: 9.14

CAT: F50+ - CAT RANK: 2

SWRR

AGE GRADED SCORE: 57%



JAKE TOSH

1 MILE TIME: 9.15

CAT: MU17 - CAT RANK: 3

AGE GRADED SCORE: 43%



KAREN MACMILLAN

1 MILE TIME: 9.53

CAT: F55+ - CAT RANK: 1

AGE GRADED SCORE: 57%



JANE RICHARDSON

1 MILE TIME: 10.33

CAT: F70+ - CAT RANK: 1

OKEHAMPTON RC

AGE GRADED SCORE: 63%



CAROL SENE

1 MILE TIME: 11.13

CAT: F55+ - CAT RANK: 2

WOMEN ON THE RUN

AGE GRADED SCORE: 36%



NICKI HART

1 MILE TIME: 11.38

CAT: F45+ - CAT RANK: 3

WOMEN ON THE RUN

AGE GRADED SCORE: 42%



TIANA CHILCOTT

1 MILE TIME: 11.56

CAT: FU20 - CAT RANK: 2

AGE GRADED SCORE: 36%



CARRIE-ANNE WEIRS

1 MILE TIME: 12.07

CAT: F35+ - CAT RANK: 2

WOMEN ON THE RUN

AGE GRADED SCORE: 31%



JACOB SIMMS

1 MILE TIME: 15.36

CAT: MU17 - CAT RANK: 4

AGE GRADED SCORE: 36%