



30TH APRIL TO 6TH MAY 2020

**ADAM HOLLAND**

**3 KM TIME: 9.34**

**CLUB: TAVISTOCKAC**

**CAT: MSEN – CAT RANK: 1**

**AGE GRADED: 78%**



30TH APRIL TO 6TH MAY 2020

# **MIKE MUSGROVE**

**3 KM TIME: 9.44**

**CLUB: EXMOUTH HARRIERS**

**CAT: M50+ – CAT RANK: 1**

**AGE GRADED: 87%**



**30TH APRIL TO 6TH MAY 2020**

**MOLLY SHOREY**

**3 KM TIME: 10.05**

**CLUB: CITY OF PLYMOUTH AC**

**CAT: FU17 – CAT RANK: 1**

**AGE GRADED: 89%**



30TH APRIL TO 6TH MAY 2020

# **RUSSELL FORSBROOK**

**3 KM TIME: 10.25**

**CLUB: CHELTENHAM & COUNTY HARRIERS**

**CAT: M40+ – CAT RANK: 1**

**AGE GRADED: 77%**



**30TH APRIL TO 6TH MAY 2020**

**ALISON MCEWING**

**3 KM TIME: 10.26**

**CLUB: ERME VALLEY HARRIERS**

**CAT: FSEN – CAT RANK: 1**

**AGE GRADED: 80%**



**30TH APRIL TO 6TH MAY 2020**

**JOE OSBORNE**

**3 KM TIME: 10.26**

**CLUB: SWRR**

**CAT: MSEN – CAT RANK: 2**

**AGE GRADED: 71%**



30TH APRIL TO 6TH MAY 2020

**HAMISH FLETCHER-COONEY**

**3 KM TIME: 10.31**

**CLUB: SOUTH WEST ROAD RUNNERS**

**CAT: MSEN – CAT RANK: 3**

**AGE GRADED: 70%**



**30TH APRIL TO 6TH MAY 2020**

**NICK CASEY**

**3 KM TIME: 10.32**

**CLUB: SOUTH WEST ROAD RUNNERS**

**CAT: M50+ – CAT RANK: 2**

**AGE GRADED: 80%**





30TH APRIL TO 6TH MAY 2020

# LANGDON WILLIAMS

3 KM TIME: 10.34

CLUB: EXMOUTH HARRIERS

CAT: M50+ – CAT RANK: 3

AGE GRADED: 81%



**30TH APRIL TO 6TH MAY 2020**

**SERANE STONE**

**3 KM TIME: 10.37**

**CLUB: TIVERTON HARRIERS**

**CAT: F40+ – CAT RANK: 1**

**AGE GRADED: 85%**



**30TH APRIL TO 6TH MAY 2020**

**ALISON THORN**

**3 KM TIME: 10.43**

**CLUB: ERME VALLEY HARRIERS**

**CAT: F45+ – CAT RANK: 1**

**AGE GRADED: 87%**



30TH APRIL TO 6TH MAY 2020

**EMMA STEPTO**

**3 KM TIME: 11.18**

**CLUB: CORNWALL AC**

**CAT: F50+ – CAT RANK: 1**

**AGE GRADED: 87%**



30TH APRIL TO 6TH MAY 2020

**BRIAN SANSON**

**3 KM TIME: 11.34**

**CLUB: EXMOUTH**

**CAT: M55+ – CAT RANK: 1**

**AGE GRADED: 76%**



**30TH APRIL TO 6TH MAY 2020**

**KATIE COULT**

**3 KM TIME: 11.42**

**CLUB: SWRR**

**CAT: F35+ – CAT RANK: 1**

**AGE GRADED: 73%**



30TH APRIL TO 6TH MAY 2020

**RICHARD FLOWER**

**3 KM TIME: 11.50**

**CAT: M35+ – CAT RANK: 1**

**AGE GRADED: 65%**



**30TH APRIL TO 6TH MAY 2020**

**ADAM ROOKE**

**3 KM TIME: 11.52**

**CLUB: HONITON RUNNING CLUB**

**CAT: M40+ – CAT RANK: 2**

**AGE GRADED: 67%**





**30TH APRIL TO 6TH MAY 2020**

**PAUL CARR**

**3 KM TIME: 11.56**

**CAT: M40+ – CAT RANK: 3**

**AGE GRADED: 65%**



**30TH APRIL TO 6TH MAY 2020**

**NICHOLAS POPE**

**3 KM TIME: 11.56**

**CAT: M45+ – CAT RANK: 1**

**AGE GRADED: 68%**



**30TH APRIL TO 6TH MAY 2020**

**LAURA COWIE**

**3 KM TIME: 11.59**

**CAT: F35+ – CAT RANK: 2**

**AGE GRADED: 71%**



**30TH APRIL TO 6TH MAY 2020**

# **JAMIE TOWN**

**3 KM TIME: 12.00**

**CLUB: POWER RUN**

**CAT: M35+ – CAT RANK: 2**

**AGE GRADED: 64%**



30TH APRIL TO 6TH MAY 2020

**MATTHEW OLCZAK**

**3 KM TIME: 12.13**

**CLUB: GREENBOW RUNNING CLUB**

**CAT: M40+ – CAT RANK: 4**

**AGE GRADED: 63%**



**30TH APRIL TO 6TH MAY 2020**

**LAUREN BURD**

**3 KM TIME: 12.25**

**CLUB: TIVERTON HARRIERS**

**CAT: FU20 – CAT RANK: 1**

**AGE GRADED: 68%**



**30TH APRIL TO 6TH MAY 2020**

**ADAM ROOKE**

**3 KM TIME: 12.29**

**CLUB: HONITON RUNNING CLUB**

**CAT: M40+ – CAT RANK: 5**

**AGE GRADED: 64%**



**30TH APRIL TO 6TH MAY 2020**

**DES WHITE**

**3 KM TIME: 1233**

**CLUB: EXMOUTH HARRIERS**

**CAT: M65+ – CAT RANK: 1**

**AGE GRADED: 77%**





**30TH APRIL TO 6TH MAY 2020**

# **TRACY CONNOR**

**3 KM TIME: 12.35**

**CLUB: SOUTH WEST ROAD RUNNERS**

**CAT: F45+ – CAT RANK: 2**

**AGE GRADED: 75%**



**30TH APRIL TO 6TH MAY 2020**

**JENNY BEAY**

**3 KM TIME: 12.41**

**CLUB: EXMOUTH HARRIERS**

**CAT: F60+ – CAT RANK: 1**

**AGE GRADED: 90%**





**30TH APRIL TO 6TH MAY 2020**

**CRAIG HOBSON**

**3 KM TIME: 12.55**

**CLUB: MAVERICK RUNNERS**

**CAT: M45+ – CAT RANK: 2**

**AGE GRADED: 63%**



30TH APRIL TO 6TH MAY 2020

**ROB SWEET**

**PUSHING BUGGY**

**3 KM TIME: 13.01**

**CAT: M45+ – CAT RANK: 3**

**AGE GRADED: 62%**



**30TH APRIL TO 6TH MAY 2020**

**JON DAND**

**3 KM TIME: 13.09**

**CLUB:**

**CAT: MSEN – CAT RANK: 4**

**AGE GRADED: 56%**



30TH APRIL TO 6TH MAY 2020

**ELIZABETH NUTTALL**

**3 KM TIME: 13.14**

**CAT: F40+ – CAT RANK: 2**

**AGE GRADED: 69%**



30TH APRIL TO 6TH MAY 2020

**ANDY MACMILLAN**

**3 KM TIME: 13.29**

**CLUB:**

**CAT: M50+ – CAT RANK: 4**

**AGE GRADED: 63%**





**30TH APRIL TO 6TH MAY 2020**

**MIKE KAY**

**3 KM TIME: 13.31**

**CLUB: SOUTH WEST ROAD RUNNERS**

**CAT: M55+ – CAT RANK: 2**

**AGE GRADED: 66%**



**30TH APRIL TO 6TH MAY 2020**

# **JULES PRING**

**3 KM TIME: 13.32**

**CLUB: SWRR**

**CAT: F45+ – CAT RANK: 3**

**AGE GRADED: 68%**



**30TH APRIL TO 6TH MAY 2020**

**HANIA LEE**

**3 KM TIME: 1400**

**CLUB: MAVERICK RUNNERS**

**CAT: F40+ – CAT RANK: 3**

**AGE GRADED: 64%**



**30TH APRIL TO 6TH MAY 2020**

**ALISON WHITE**

**3 KM TIME: 1502**

**CLUB: EXMOUTH HARRIERS**

**CAT: F65+ – CAT RANK: 1**

**AGE GRADED: 80%**



30TH APRIL TO 6TH MAY 2020

**MARGARET JARVIS**

**3 KM TIME: 15.03**

**CLUB: OKEHAMPTON RC**

**CAT: F65+ – CAT RANK: 2**

**AGE GRADED: 80%**



**30TH APRIL TO 6TH MAY 2020**

**JAN KIRKHAM**

**3 KM TIME: 15.10**

**CAT: F65+ – CAT RANK: 3**

**AGE GRADED: 80%**



**30TH APRIL TO 6TH MAY 2020**

**NIAMH TOSH**

**3 KM TIME: 16.10**

**CLUB: SOUTH WEST ROAD RUNNERS**

**CAT: FU17 – CAT RANK: 2**

**AGE GRADED: 58%**



**30TH APRIL TO 6TH MAY 2020**

**JAKE TOSH**

**3 KM TIME: 17.24**

**CAT: MU17 – CAT BANK: 1**

**AGE GRADED: 45%**





**30TH APRIL TO 6TH MAY 2020**

**JANE RICHARDSON**

**3 KM TIME: 20.06**

**CLUB: OKEHAMPTON RC**

**CAT: F70+ – CAT RANK: 1**

**AGE GRADED: 65%**



**30TH APRIL TO 6TH MAY 2020**

**KAREN MACMILLAN**

**3 KM TIME: 20.09**

**CAT: F55+ – CAT RANK: 1**

**AGE GRADED: 55%**



**30TH APRIL TO 6TH MAY 2020**

**CAROL SENE**

**3 KM TIME: 20.58**

**CLUB: WOMEN ON THE RUN**

**CAT: F55+ – CAT RANK: 1**

**AGE GRADED: 52%**



**30TH APRIL TO 6TH MAY 2020**

**MANDY LUCAS**

**3 KM TIME: 21.26**

**CLUB: WOMEN ON THE RUN**

**CAT: F55+ – CAT RANK: 1**

**AGE GRADED: 49%**



30TH APRIL TO 6TH MAY 2020

# HEATHER FITZSIMMONS

**3 KM TIME: 22.49**

**CLUB: WOMEN ON THE RUN**

**CAT: F55+ – CAT RANK: 1**

**AGE GRADED: 46%**

