



#RunExe Virtual 5KM

25th June to 30th June 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	924	0:16:35	00:03:19	Thomas Humphrey	MSen	1	South West Road Runners	79%
2	925	0:17:42	00:03:32	Nick Casey	M50+	1	South West Road Runners	83%
3	926	0:17:56	00:03:35	Nick Bruce-White	M40+	1	SWRR	76%
4	927	0:18:00	00:03:36	Alexandra Carter	F40+	1	SWRR	85%
5	928	0:18:37	00:03:43	Jamie Howard	M40+	2	South West Road Runners	74%
6	929	0:18:40	00:03:44	Matt Aplin	M40+	3	Torbay Tri Club	73%
7	930	0:18:56	00:03:47	Emma Stepto	F50+	1	Cornwall AC	89%
8	931	0:18:56	00:03:47	RUBY Orchard	F35+	1	PB running club	80%
9	932	0:19:01	00:03:48	Naomi Flanagan	FSen	1	Torbay Tri Club	78%
10	933	0:19:26	00:03:53	Pete Waumsley	M45+	1	Team H Plymouth	74%
11	934	0:20:00	00:04:00	James Woolf	M50+	2	0	76%
12	935	0:20:22	00:04:04	Adam Rooke	M40+	4	Honiton Running Club	69%
13	936	0:20:29	00:04:06	Des White	M65+	1	Exmouth Harriers	83%
14	937	0:20:33	00:04:07	Claudine Benstead	F60+	1	Oakhamton R C	93%
15	938	0:21:06	00:04:13	Neil Downer	M50+	3	Torbay Tri Club	72%
16	939	0:21:59	00:04:24	Richard Flower	M35+	1	0	62%
17	940	0:22:22	00:04:28	Andy MacMillan	M50+	3	0	67%
18	941	0:22:22	00:04:28	Nicholas Pope	M45+	2	0	63%
19	942	0:22:39	00:04:32	Rob Sweet	M45+	2	0	63%
20	943	0:23:53	00:04:47	Mike Kay	M55+	1	South West Road Runners	65%
21	944	0:23:57	00:04:47	Jennie Hamer	FSen	2	0	62%
22	945	0:23:57	00:04:47	Hayley Ratcliff	F50+	2	Torbay aac	72%
23	946	0:25:00	00:05:00	Mohsin Harhara	M50+	3	Smith & Williamson	60%
24	947	0:25:23	00:05:05	Emily Procter	FU17	1	Torbay AC	60%

25	948	0:26:01	00:05:12	Rosie Hall	FU17	1	Torquay Junior Athletics	59%
26	949	0:26:10	00:05:14	Alison White	F65+	1	Exmouth Harriers	79%
27	950	0:26:15	00:05:15	Chloe Weeks	FU17	1	Torbay AAC	58%
28	951	0:27:40	00:05:32	Alison Cobbin	F35+	2	0	54%
29	952	0:27:49	00:05:34	Stuart Martin	M55+	1	None	57%
30	953	0:29:19	00:05:52	Barry Ferris	M35+	1	0	46%
31	954	0:29:30	00:05:54	Jan Burns	F50+	2	New forest	57%
32	955	0:30:33	00:06:07	Niamh Tosh	FU17	1	Swrr	54%
33	956	0:36:06	00:07:13	Karen MacMillan	F55+	1	0	52%
34	957	0:40:49	00:08:10	Heather Fitzsimmons	F55+	1	Women on the run	44%