



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Tom Merson**

Club: **Exmouth Harriers**

Time: **4:21**

Age Grading: **87.1%**

Category Rank: **M35-1**

Team Award: **M35-44: 1st**

Reg Cat Rank:

Reg Team Award:



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|----------------------------|
| Name: | Kristian Watson | Club: | Heanor Running Club |
| Time | 4:30 | Age Grading | 85.3% |
| Category Rank | M35-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|----------------|
| Name: | Jim Allchin | Club: | Kent AC |
| Time | 4:32 | Age Grading | 83.6% |
| Category Rank | M35-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|--------------------------------|
| Name: | Paul Molyneux | Club: | Springfield Striders RC |
| Time | 4:32 | Age Grading | 86.6% |
| Category Rank | M40-1 | Team Award | M35-44: 2nd |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

Name: **Rob Ellis**

Club: **Exmouth Harriers**

Time: **4:33**

Age Grading: **83.3%**

Category Rank: **M35-4**

Team Award: **M35-44: 1st**

Reg Cat Rank

Reg Team Award



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Category Award

| | | | |
|---------------|----------------------|----------------|--------------------------------|
| Name: | Pete Robinson | Club: | Springfield Striders RC |
| Time | 4:34 | Age Grading | 83.5% |
| Category Rank | M35-6 | Team Award | M35-44: 2nd |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|----------------------------|
| Name: | Owain Jones | Club: | Bristol and West AC |
| Time | 4:35 | Age Grading | 85.0% |
| Category Rank | M35-7 | Team Award | M35-44: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------------------------|
| Name: | Darrell Hastie | Club: | Gala Harriers Athletic Club |
| Time | 4:38 | Age Grading | 83.5% |
| Category Rank | M35-9 | Team Award | |
| Reg Cat Rank | SA M35-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-------------------------|
| Name: | Grant Baillie | Club: | East Kilbride AC |
| Time | 4:39 | Age Grading | 85.7% |
| Category Rank | M40-2 | Team Award | |
| Reg Cat Rank | SA M40-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-------------------------|
| Name: | Simon Minting | Club: | Exmouth Harriers |
| Time | 4:40 | Age Grading | 82.3% |
| Category Rank | M35-10 | Team Award | M35-44: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|--------------------------|
| Name: | Oliver Beale | Club: | Westbury Harriers |
| Time | 4:40 | Age Grading | 85.4% |
| Category Rank | M40-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|----------------------------|
| Name: | Peter Bains | Club: | Bristol and West AC |
| Time | 4:41 | Age Grading | 80.9% |
| Category Rank | M35-12 | Team Award | M35-44: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|----------------------------|
| Name: | Simon Brice | Club: | Bristol and West AC |
| Time | 4:45 | Age Grading | 80.3% |
| Category Rank | M35-15 | Team Award | M35-44: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|-------------------------------|
| Name: | Adrian Mussett | Club: | Colchester Harriers AC |
| Time | 4:46 | Age Grading | 87.6% |
| Category Rank | M45-1 | Team Award | M45-54: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|--------------------------------|
| Name: | Chris Burgoyne | Club: | Springfield Striders RC |
| Time | 4:46 | Age Grading | 82.4% |
| Category Rank | M40-8 | Team Award | M35-44: 2nd |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------|----------------|----------------------------|
| Name: | Jon James | Club: | Wells City Harriers |
| Time | 4:46 | Age Grading | 93.5% |
| Category Rank | M55-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Anthony Glover**

Club: **Westbury Harriers**

Time: **4:50**

Age Grading: **85.0%**

Category Rank: **M45-2**

Team Award

Reg Cat Rank

Reg Team Award



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------|----------------|---------------------------------|
| Name: | Nik Pugh | Club: | Thames Hare & Hounds |
| Time | 4:51 | Age Grading | 88.2% |
| Category Rank | M50-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|--------------------------------|
| Name: | Justin Lane | Club: | Medway and Maidstone AC |
| Time | 4:52 | Age Grading | 83.8% |
| Category Rank | M45-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|--------------------------------|
| Name: | Guy Landon | Club: | Team Bath Athletic Club |
| Time | 4:55 | Age Grading | 84.9% |
| Category Rank | M45-7 | Team Award | M45-54: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Steve Atkinson**

Club: **Brighton Phoenix**

Time: **4:57**

Age Grading: **87.8%**

Category Rank: **M50-2**

Team Award: **M45-54: 3rd**

Reg Cat Rank:

Reg Team Award:



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------|----------------|-------------------------------|
| Name: | Guy Woods | Club: | South West Veterans AC |
| Time | 4:59 | Age Grading | 91.0% |
| Category Rank | M55-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | Gary O'Brien | Club: | Swindon Harriers |
| Time | 4:59 | Age Grading | 85.1% |
| Category Rank | M50-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|--------------------------------|
| Name: | Gary Dunstone | Club: | Team Bath Athletic Club |
| Time | 4:59 | Age Grading | 84.4% |
| Category Rank | M45-12 | Team Award | M45-54: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|-------------------------------|
| Name: | Jonathan Nears | Club: | Colchester Harriers AC |
| Time | 4:59 | Age Grading | 82.5% |
| Category Rank | M45-13 | Team Award | M45-54: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|------------------------------|
| Name: | Warren Renkel | Club: | Run Free Fell Runners |
| Time | 5:00 | Age Grading | 77.9% |
| Category Rank | M35-31 | Team Award | |
| Reg Cat Rank | WA M35-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Adrian Haines**

Club: **Brighton Phoenix**

Time: **5:00**

Age Grading: **86.9%**

Category Rank: **M50-4**

Team Award: **M45-54: 3rd**

Reg Cat Rank:

Reg Team Award:



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Category Award

| | | | |
|---------------|----------------------|----------------|----------------------------|
| Name: | Stuart Gibson | Club: | Cambuslang Harriers |
| Time | 5:02 | Age Grading | 76.3% |
| Category Rank | M35-36 | Team Award | |
| Reg Cat Rank | SA M35-2 | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-------------------------------|
| Name: | Jonny Macleod | Club: | Inverness Harriers AAC |
| Time | 5:02 | Age Grading | 81.6% |
| Category Rank | M45-18 | Team Award | |
| Reg Cat Rank | SA M45-1 | Reg Team Award | |



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Category Award

| | | | |
|---------------|-------------------------|----------------|--------------------------------|
| Name: | Elizabeth Davies | Club: | Springfield Striders RC |
| Time | 5:02 | Age Grading | 89.9% |
| Category Rank | W40-1 | Team Award | W35-44: 1st |
| Reg Cat Rank | | Reg Team Award | |



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Category Award

| | | | |
|---------------|--------------------|----------------|-----------------------|
| Name: | Stuart Tite | Club: | PH Racing Club |
| Time | 5:03 | Age Grading | 78.3% |
| Category Rank | M40-28 | Team Award | |
| Reg Cat Rank | SA M40-2 | Reg Team Award | SA M35-44: 1st |



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Category Award

| | | | |
|---------------|-----------------------|----------------|-----------------------|
| Name: | Nicholas Brook | Club: | Eryri Harriers |
| Time | 5:04 | Age Grading | 81.7% |
| Category Rank | M45-20 | Team Award | |
| Reg Cat Rank | WA M45-1 | Reg Team Award | |



Virtual 1 Mile Challenge

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Category Award

| | | | |
|---------------|-------------------------|----------------|-----------------------|
| Name: | Stephen Watmough | Club: | Warrington A C |
| Time | 5:05 | Age Grading | 89.2% |
| Category Rank | M55-3 | Team Award | M55-64: 3rd |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-------------------------------|
| Name: | Richard Heath | Club: | Colchester Harriers AC |
| Time | 5:05 | Age Grading | 81.5% |
| Category Rank | M45-22 | Team Award | M45-54: 1st |
| Reg Cat Rank | | Reg Team Award | |



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| | | | |
|---------------|---------------------|----------------|--------------------------------|
| Name: | Chris Denton | Club: | Springwell Running Club |
| Time | 5:07 | Age Grading | 80.9% |
| Category Rank | M45-24 | Team Award | |
| Reg Cat Rank | ANI M45-1 | Reg Team Award | |



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| | | | |
|---------------|--------------------|----------------|--------------------------------|
| Name: | Mike Dooley | Club: | Team Bath Athletic Club |
| Time | 5:08 | Age Grading | 85.4% |
| Category Rank | M50-9 | Team Award | M45-54: 2nd |
| Reg Cat Rank | | Reg Team Award | |



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| | | | |
|---------------|-----------------------|----------------|-------------------------|
| Name: | Colin Williams | Club: | Moorfoot Runners |
| Time | 5:11 | Age Grading | 78.7% |
| Category Rank | M45-26 | Team Award | |
| Reg Cat Rank | SA M45-2 | Reg Team Award | |



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Category Award

| | | | |
|---------------|------------------------|----------------|-------------------------------|
| Name: | George Mckinley | Club: | Dundee Road Runners AC |
| Time | 5:11 | Age Grading | 79.9% |
| Category Rank | M45-29 | Team Award | |
| Reg Cat Rank | SA M45-3 | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|---|
| Name: | Kirsty Longley | Club: | Liverpool Pembroke & Sefton H AC |
| Time | 5:11 | Age Grading | 89.3% |
| Category Rank | W40-2 | Team Award | W35-44: 3rd |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|---------------------|
| Name: | Chris Ireland | Club: | Sheffield RC |
| Time | 5:13 | Age Grading | 88.4% |
| Category Rank | M60-1 | Team Award | M55-64: 2nd |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------------|
| Name: | Colin Ridley | Club: | Colchester Harriers AC |
| Time | 5:13 | Age Grading | 87.7% |
| Category Rank | M55-7 | Team Award | M55-64: 1st |
| Reg Cat Rank | | Reg Team Award | |



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| | | | |
|---------------|-----------------|----------------|--------------------------|
| Name: | Katy Roy | Club: | Chepstow Harriers |
| Time | 5:13 | Age Grading | 82.3% |
| Category Rank | W35-1 | Team Award | W35-44: 2nd |
| Reg Cat Rank | WA W35-1 | Reg Team Award | WA W35-44: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|-------------------------|
| Name: | Matthew Hurford | Club: | Les Croupiers RC |
| Time | 5:14 | Age Grading | 79.8% |
| Category Rank | M45-31 | Team Award | |
| Reg Cat Rank | WA M45-2 | Reg Team Award | WA M45-54: 2nd |



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24 Feb - 07 Mar 2021

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| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | Paul Wishart | Club: | Brighton Phoenix |
| Time | 5:14 | Age Grading | 83.1% |
| Category Rank | M50-13 | Team Award | M45-54: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|--|
| Name: | Ifan Lloyd | Club: | Swansea Harriers Athletics Club |
| Time | 5:16 | Age Grading | 88.4% |
| Category Rank | M60-2 | Team Award | |
| Reg Cat Rank | WA M60-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|--------------------------------|
| Name: | Samantha Bilbie | Club: | Springfield Striders RC |
| Time | 5:18 | Age Grading | 89.5% |
| Category Rank | W45-1 | Team Award | W35-44: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|---------------------|
| Name: | Paul Reddaway | Club: | Ware Joggers |
| Time | 5:18 | Age Grading | 87.8% |
| Category Rank | M60-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------------|----------------|---------------------------|
| Name: | Bethany Thompson | Club: | Mornington Chasers |
| Time | 5:18 | Age Grading | 83.6% |
| Category Rank | W40-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|------------------------------|
| Name: | Colin Holden | Club: | Dumfries Running Club |
| Time | 5:18 | Age Grading | 83.4% |
| Category Rank | M55-9 | Team Award | |
| Reg Cat Rank | SA M55-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

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| | | | |
|---------------|-------------------|----------------|---------------------------|
| Name: | Kay Sheedy | Club: | Dulwich Runners AC |
| Time | 5:20 | Age Grading | 80.5% |
| Category Rank | W35-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|--------------------------------|
| Name: | Nikki Woodyard | Club: | Springfield Striders RC |
| Time | 5:23 | Age Grading | 84.0% |
| Category Rank | W40-5 | Team Award | W35-44: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|---------------------------|
| Name: | Clare Elms | Club: | Dulwich Runners AC |
| Time | 5:23 | Age Grading | 101.6% |
| Category Rank | W55-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

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| | | | |
|---------------|--------------------|----------------|--|
| Name: | Owen Davies | Club: | Swansea Harriers Athletics Club |
| Time | 5:23 | Age Grading | 76.3% |
| Category Rank | M45-48 | Team Award | |
| Reg Cat Rank | WA M45-3 | Reg Team Award | WA M45-54: 1st |



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24 Feb - 07 Mar 2021

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| | | | |
|---------------|------------------------|----------------|------------------------------------|
| Name: | Andrew Thompson | Club: | Metro Aberdeen Running Club |
| Time | 5:23 | Age Grading | 75.7% |
| Category Rank | M45-49 | Team Award | |
| Reg Cat Rank | SA M45-6 | Reg Team Award | SA M45-54: 1st |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|-------------------------------|
| Name: | Kevin Mcalinden | Club: | Colchester Harriers AC |
| Time | 5:24 | Age Grading | 82.5% |
| Category Rank | M55-10 | Team Award | M55-64: 1st |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|--------------------------|
| Name: | Sarah Bell | Club: | Chepstow Harriers |
| Time | 5:24 | Age Grading | 84.7% |
| Category Rank | W40-6 | Team Award | W35-44: 2nd |
| Reg Cat Rank | WA W40-1 | Reg Team Award | WA W35-44: 1st |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|----------------------|
| Name: | Anna Begbie | Club: | Vale Royal AC |
| Time | 5:24 | Age Grading | 81.3% |
| Category Rank | W35-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|-------------------------------|
| Name: | Paul Mingay | Club: | Colchester Harriers AC |
| Time | 5:24 | Age Grading | 87.7% |
| Category Rank | M60-5 | Team Award | M55-64: 1st |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|--|
| Name: | Michael Gleeson | Club: | Swansea Harriers Athletics Club |
| Time | 5:25 | Age Grading | 77.1% |
| Category Rank | M45-52 | Team Award | |
| Reg Cat Rank | WA M45-4 | Reg Team Award | WA M45-54: 1st |



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Category Award

| | | | |
|---------------|-------------------|----------------|-----------------------|
| Name: | Scott Love | Club: | PH Racing Club |
| Time | 5:26 | Age Grading | 72.8% |
| Category Rank | M40-60 | Team Award | |
| Reg Cat Rank | SA M40-3 | Reg Team Award | SA M35-44: 1st |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------|----------------|--------------------------|
| Name: | Paul Dodd | Club: | Chepstow Harriers |
| Time | 5:27 | Age Grading | 86.9% |
| Category Rank | M60-6 | Team Award | |
| Reg Cat Rank | WA M60-2 | Reg Team Award | WA M55-64: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|------------------------------|
| Name: | David Eckersley | Club: | Central Athletic Club |
| Time | 5:27 | Age Grading | 83.2% |
| Category Rank | M55-13 | Team Award | |
| Reg Cat Rank | SA M55-2 | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|------------------------------------|
| Name: | Dino Roussias | Club: | Metro Aberdeen Running Club |
| Time | 5:28 | Age Grading | 76.4% |
| Category Rank | M45-55 | Team Award | |
| Reg Cat Rank | SA M45-7 | Reg Team Award | SA M45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|--|
| Name: | Thomas Guest | Club: | Swansea Harriers Athletics Club |
| Time | 5:28 | Age Grading | 82.2% |
| Category Rank | M55-15 | Team Award | |
| Reg Cat Rank | WA M55-1 | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|---------------------|
| Name: | Jed Turner | Club: | Sheffield RC |
| Time | 5:29 | Age Grading | 84.1% |
| Category Rank | M60-7 | Team Award | M55-64: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|-----------------------|
| Name: | David Gill | Club: | Warrington A C |
| Time | 5:30 | Age Grading | 86.1% |
| Category Rank | M60-8 | Team Award | M55-64: 3rd |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|-----------------------|
| Name: | Martin Butcher | Club: | PH Racing Club |
| Time | 5:30 | Age Grading | 71.9% |
| Category Rank | M40-68 | Team Award | |
| Reg Cat Rank | SA M40-4 | Reg Team Award | SA M35-44: 1st |



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| | | | |
|---------------|--------------------|----------------|---------------------|
| Name: | Geoff Lowry | Club: | Sheffield RC |
| Time | 5:30 | Age Grading | 81.7% |
| Category Rank | M55-16 | Team Award | M55-64: 2nd |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

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| | | | |
|---------------|-----------------------|----------------|------------------------------|
| Name: | James Buchanan | Club: | Dumfries Running Club |
| Time | 5:32 | Age Grading | 80.6% |
| Category Rank | M55-19 | Team Award | |
| Reg Cat Rank | SA M55-3 | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|-----------------------|
| Name: | Kristin Lownie | Club: | PH Racing Club |
| Time | 5:32 | Age Grading | 79.3% |
| Category Rank | W35-6 | Team Award | |
| Reg Cat Rank | SA W35-1 | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|---|
| Name: | Carole Coulon | Club: | Blackheath & Bromley Harriers AC |
| Time | 5:33 | Age Grading | 85.4% |
| Category Rank | W45-2 | Team Award | W45-54: 1st |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------|----------------|--------------------------|
| Name: | Rob Beves | Club: | Chepstow Harriers |
| Time | 5:33 | Age Grading | 80.3% |
| Category Rank | M55-23 | Team Award | |
| Reg Cat Rank | WA M55-2 | Reg Team Award | WA M55-64: 1st |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|----------------------------|
| Name: | David Bedwell | Club: | Bristol and West AC |
| Time | 5:34 | Age Grading | 88.3% |
| Category Rank | M65-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | Paul Francis | Club: | Les Croupiers RC |
| Time | 5:36 | Age Grading | 74.0% |
| Category Rank | M45-67 | Team Award | |
| Reg Cat Rank | WA M45-6 | Reg Team Award | WA M45-54: 2nd |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|---------------------------|
| Name: | Denise Nott | Club: | Calne Running Club |
| Time | 5:36 | Age Grading | 89.0% |
| Category Rank | W50-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



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24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|--------------------------|
| Name: | Paul Carlisle | Club: | Annadale Striders |
| Time | 5:39 | Age Grading | 72.7% |
| Category Rank | M45-74 | Team Award | |
| Reg Cat Rank | ANI M45-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-------------------------------------|
| Name: | Sarah Shedden | Club: | Winchester & District AC |
| Time | 5:39 | Age Grading | 82.9% |
| Category Rank | W45-3 | Team Award | W45-54: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------------|----------------|------------------------------------|
| Name: | Quintin Chalmers | Club: | Metro Aberdeen Running Club |
| Time | 5:39 | Age Grading | 72.2% |
| Category Rank | M45-75 | Team Award | |
| Reg Cat Rank | SA M45-9 | Reg Team Award | SA M45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-----------------------|
| Name: | Julie Menzies | Club: | PH Racing Club |
| Time | 5:40 | Age Grading | 85.8% |
| Category Rank | W45-4 | Team Award | |
| Reg Cat Rank | SA W45-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-----------------------|
| Name: | David Norman | Club: | Warrington A C |
| Time | 5:40 | Age Grading | 81.4% |
| Category Rank | M60-9 | Team Award | M55-64: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------------|----------------|--------------------------|
| Name: | Anthony Marshall | Club: | Chepstow Harriers |
| Time | 5:41 | Age Grading | 79.8% |
| Category Rank | M55-30 | Team Award | |
| Reg Cat Rank | WA M55-3 | Reg Team Award | WA M55-64: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|--------------------------|
| Name: | Cherry Fowler | Club: | Chepstow Harriers |
| Time | 5:42 | Age Grading | 88.5% |
| Category Rank | W50-2 | Team Award | W45-54: 3rd |
| Reg Cat Rank | WA W50-1 | Reg Team Award | WA W45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|----------------------|
| Name: | Peter Savill | Club: | Shrewsbury AC |
| Time | 5:42 | Age Grading | 87.0% |
| Category Rank | M65-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|---|
| Name: | Debra Campbell | Club: | Liverpool Pembroke & Sefton H AC |
| Time | 5:43 | Age Grading | 76.8% |
| Category Rank | W35-7 | Team Award | W35-44: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|--------------------------|
| Name: | Ged Ruffle | Club: | Hart Road Runners |
| Time | 5:43 | Age Grading | 87.7% |
| Category Rank | M65-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|---|
| Name: | Jennie Butler | Club: | Blackheath & Bromley Harriers AC |
| Time | 5:43 | Age Grading | 84.0% |
| Category Rank | W45-7 | Team Award | W45-54: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------------|
| Name: | Anna Critchlow | Club: | West 4 Harriers |
| Time | 5:44 | Age Grading | 90.4% |
| Category Rank | W50-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|------------------------------|
| Name: | Lisa Thomas | Club: | Hercules Wimbledon AC |
| Time | 5:44 | Age Grading | 92.8% |
| Category Rank | W55-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|--|
| Name: | Paul Flynn | Club: | Swansea Harriers Athletics Club |
| Time | 5:44 | Age Grading | 75.8% |
| Category Rank | M50-53 | Team Award | |
| Reg Cat Rank | WA M50-1 | Reg Team Award | WA M45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|--|
| Name: | Llinos Jones | Club: | Swansea Harriers Athletics Club |
| Time | 5:46 | Age Grading | 76.8% |
| Category Rank | W40-12 | Team Award | |
| Reg Cat Rank | WA W40-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|---------------------------------|
| Name: | Stephen Bozier | Club: | North Wales Road Runners |
| Time | 5:47 | Age Grading | 69.4% |
| Category Rank | M40-85 | Team Award | |
| Reg Cat Rank | WA M40-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|------------------------|
| Name: | Colin Hall | Club: | Forres Harriers |
| Time | 5:47 | Age Grading | 75.8% |
| Category Rank | M50-62 | Team Award | |
| Reg Cat Rank | SA M50-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|--------------------------|
| Name: | Stephen Owen | Club: | Chepstow Harriers |
| Time | 5:50 | Age Grading | 85.0% |
| Category Rank | M65-6 | Team Award | |
| Reg Cat Rank | WA M65-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|-------------------------------------|
| Name: | Jane Gandee | Club: | Winchester & District AC |
| Time | 5:51 | Age Grading | 87.4% |
| Category Rank | W50-7 | Team Award | W45-54: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|---|
| Name: | Alastair Dunlop | Club: | Stornoway Running & Athletics Club |
| Time | 5:53 | Age Grading | 83.5% |
| Category Rank | M65-7 | Team Award | |
| Reg Cat Rank | SA M65-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|--------------------------|
| Name: | Niki Morgan | Club: | Chepstow Harriers |
| Time | 5:53 | Age Grading | 89.2% |
| Category Rank | W50-8 | Team Award | W45-54: 3rd |
| Reg Cat Rank | WA W50-2 | Reg Team Award | WA W45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|---------------------------|
| Name: | Ron Cattle | Club: | Midland Masters AC |
| Time | 5:54 | Age Grading | 87.0% |
| Category Rank | M70-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|---|
| Name: | Ashley Pearson | Club: | Blackheath & Bromley Harriers AC |
| Time | 5:55 | Age Grading | 80.1% |
| Category Rank | W45-14 | Team Award | W45-54: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|---------------------------------|
| Name: | Kathryn Holm | Club: | Linlithgow Athletic Club |
| Time | 5:55 | Age Grading | 74.9% |
| Category Rank | W40-20 | Team Award | |
| Reg Cat Rank | SA W40-1 | Reg Team Award | SA W35-44: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------|----------------|-----------------------|
| Name: | Ed Norton | Club: | PH Racing Club |
| Time | 5:55 | Age Grading | 84.7% |
| Category Rank | M65-9 | Team Award | M65-74: 1st |
| Reg Cat Rank | SA M65-2 | Reg Team Award | SA M65-74: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------------------------|
| Name: | Pamela Whitter | Club: | The Stragglers Running Club |
| Time | 5:57 | Age Grading | 97.4% |
| Category Rank | W60-1 | Team Award | W55-64: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------------|----------------|-------------------------------------|
| Name: | Samantha Parkinson | Club: | Winchester & District AC |
| Time | 5:58 | Age Grading | 81.4% |
| Category Rank | W45-17 | Team Award | W45-54: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|---------------------------------|
| Name: | Lynne McGill | Club: | Linlithgow Athletic Club |
| Time | 5:58 | Age Grading | 74.2% |
| Category Rank | W40-23 | Team Award | |
| Reg Cat Rank | SA W40-2 | Reg Team Award | SA W35-44: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|--------------------------------|
| Name: | Catherine Dale | Club: | Team Bath Athletic Club |
| Time | 5:59 | Age Grading | 90.2% |
| Category Rank | W55-3 | Team Award | W55-64: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | David Walker | Club: | Les Croupiers RC |
| Time | 6:00 | Age Grading | 80.4% |
| Category Rank | M65-11 | Team Award | |
| Reg Cat Rank | WA M65-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|---------------------------------|
| Name: | Lynsey Hay | Club: | Linlithgow Athletic Club |
| Time | 6:03 | Age Grading | 70.5% |
| Category Rank | W35-17 | Team Award | |
| Reg Cat Rank | SA W35-2 | Reg Team Award | SA W35-44: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|-----------------------|
| Name: | Allen Marr | Club: | PH Racing Club |
| Time | 6:03 | Age Grading | 79.7% |
| Category Rank | M65-13 | Team Award | M65-74: 1st |
| Reg Cat Rank | SA M65-3 | Reg Team Award | SA M65-74: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|------------------------------------|
| Name: | Liz Killip | Club: | The Stragglers Running Club |
| Time | 6:04 | Age Grading | 92.7% |
| Category Rank | W55-4 | Team Award | W55-64: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|---------------------|
| Name: | Nick Duggan | Club: | Sheffield RC |
| Time | 6:04 | Age Grading | 80.3% |
| Category Rank | M65-14 | Team Award | M65-74: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|---|
| Name: | Rachel Yates | Club: | Liverpool Pembroke & Sefton H AC |
| Time | 6:05 | Age Grading | 76.1% |
| Category Rank | W40-25 | Team Award | W35-44: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|----------------------------|
| Name: | Julie Beveridge | Club: | Calderglen Harriers |
| Time | 6:05 | Age Grading | 72.8% |
| Category Rank | W40-26 | Team Award | |
| Reg Cat Rank | SA W40-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------------|----------------|------------------------------------|
| Name: | Jacqueline Balfour | Club: | The Stragglers Running Club |
| Time | 6:05 | Age Grading | 92.5% |
| Category Rank | W55-5 | Team Award | W55-64: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------------|----------------|-------------------------|
| Name: | Janneke Van Beijnum | Club: | Les Croupiers RC |
| Time | 6:07 | Age Grading | 73.1% |
| Category Rank | W40-29 | Team Award | |
| Reg Cat Rank | WA W40-3 | Reg Team Award | WA W35-44: 2nd |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|-------------------------|
| Name: | Jen Coleman | Club: | Les Croupiers RC |
| Time | 6:08 | Age Grading | 77.3% |
| Category Rank | W45-24 | Team Award | |
| Reg Cat Rank | WA W45-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|----------------------|
| Name: | Arthur Johns | Club: | Poole Runners |
| Time | 6:11 | Age Grading | 83.0% |
| Category Rank | M70-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------------|
| Name: | Gary Macfadyen | Club: | Forres Harriers |
| Time | 6:11 | Age Grading | 70.9% |
| Category Rank | M50-84 | Team Award | |
| Reg Cat Rank | SA M50-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Shona Donnelly**

Club: **Giffnock North AC**

Time: **6:12**

Age Grading: **84.7%**

Category Rank: **W50-16**

Team Award

Reg Cat Rank: **SA W50-1**

Reg Team Award



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|----------------------------------|
| Name: | Bryan Parkinson | Club: | Bingley Harriers & AC |
| Time | 6:13 | Age Grading | 81.5% |
| Category Rank | M70-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|--------------------------|
| Name: | Kim Carwardine | Club: | Chepstow Harriers |
| Time | 6:13 | Age Grading | 70.0% |
| Category Rank | W35-21 | Team Award | W35-44: 2nd |
| Reg Cat Rank | WA W35-2 | Reg Team Award | WA W35-44: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|--------------------|
| Name: | Caroline Wood | Club: | Arena 80 AC |
| Time | 6:13 | Age Grading | 88.0% |
| Category Rank | W55-8 | Team Award | W55-64: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------------|
| Name: | Hilary Cameron | Club: | Forres Harriers |
| Time | 6:14 | Age Grading | 81.0% |
| Category Rank | W50-17 | Team Award | |
| Reg Cat Rank | SA W50-2 | Reg Team Award | SA W45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------------|----------------|------------------------------------|
| Name: | Ilona Kriauzaite | Club: | Metro Aberdeen Running Club |
| Time | 6:14 | Age Grading | 69.3% |
| Category Rank | W35-22 | Team Award | |
| Reg Cat Rank | SA W35-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | Brian Rogers | Club: | Ipswich Jaffa RC |
| Time | 6:15 | Age Grading | 77.2% |
| Category Rank | M65-15 | Team Award | M65-74: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | Claire Bruce | Club: | Les Croupiers RC |
| Time | 6:15 | Age Grading | 73.2% |
| Category Rank | W40-32 | Team Award | |
| Reg Cat Rank | WA W40-4 | Reg Team Award | WA W35-44: 2nd |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------------|----------------|--------------------------|
| Name: | Julie Chamberlain | Club: | Cardiff Athletics |
| Time | 6:15 | Age Grading | 69.6% |
| Category Rank | W35-23 | Team Award | |
| Reg Cat Rank | WA W35-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|------------------------|
| Name: | Susan Mcritchie | Club: | Forres Harriers |
| Time | 6:15 | Age Grading | 75.9% |
| Category Rank | W45-32 | Team Award | |
| Reg Cat Rank | SA W45-2 | Reg Team Award | SA W45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|--|
| Name: | Bernard Murphy | Club: | Swansea Harriers Athletics Club |
| Time | 6:15 | Age Grading | 67.9% |
| Category Rank | M50-87 | Team Award | |
| Reg Cat Rank | WA M50-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------------------------|
| Name: | Gillian Duncan | Club: | Gala Harriers Athletic Club |
| Time | 6:16 | Age Grading | 78.5% |
| Category Rank | W45-34 | Team Award | |
| Reg Cat Rank | SA W45-3 | Reg Team Award | SA W45-54: 2nd |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|---------------------|
| Name: | Les Morton | Club: | Sheffield RC |
| Time | 6:16 | Age Grading | 77.0% |
| Category Rank | M65-17 | Team Award | M65-74: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|--|
| Name: | Heath Brett | Club: | Swansea Harriers Athletics Club |
| Time | 6:16 | Age Grading | 68.8% |
| Category Rank | M50-88 | Team Award | |
| Reg Cat Rank | WA M50-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|--------------------------|
| Name: | Vanessa Lawson | Club: | Chepstow Harriers |
| Time | 6:18 | Age Grading | 78.1% |
| Category Rank | W45-37 | Team Award | W45-54: 3rd |
| Reg Cat Rank | WA W45-2 | Reg Team Award | WA W45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|-------------------------|
| Name: | Mike Evans | Club: | Les Croupiers RC |
| Time | 6:19 | Age Grading | 68.8% |
| Category Rank | M50-90 | Team Award | |
| Reg Cat Rank | WA M50-4 | Reg Team Award | WA M45-54: 2nd |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|--------------------------------|
| Name: | Joanna Thompson | Club: | Team Bath Athletic Club |
| Time | 6:20 | Age Grading | 92.8% |
| Category Rank | W60-2 | Team Award | W55-64: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------|
| Name: | Jennie Jackson | Club: | Irvine RC |
| Time | 6:29 | Age Grading | 88.1% |
| Category Rank | W60-3 | Team Award | |
| Reg Cat Rank | SA W60-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|------------------------|
| Name: | Paula Boon | Club: | Forres Harriers |
| Time | 6:29 | Age Grading | 77.8% |
| Category Rank | W50-24 | Team Award | |
| Reg Cat Rank | SA W50-3 | Reg Team Award | SA W45-54: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|-------------------------|
| Name: | Tim Newton | Club: | Ipswich Jaffa RC |
| Time | 6:30 | Age Grading | 78.0% |
| Category Rank | M70-6 | Team Award | M65-74: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|------------------------------------|
| Name: | Julia Johnstone | Club: | Gala Harriers Athletic Club |
| Time | 6:30 | Age Grading | 76.7% |
| Category Rank | W50-26 | Team Award | |
| Reg Cat Rank | SA W50-4 | Reg Team Award | SA W45-54: 2nd |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|-------------------------|
| Name: | Ron Mccullough | Club: | Ipswich Jaffa RC |
| Time | 6:31 | Age Grading | 83.6% |
| Category Rank | M75-1 | Team Award | M65-74: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|----------------------------------|
| Name: | Sue Haslam | Club: | Scarborough Athletic Club |
| Time | 6:32 | Age Grading | 97.3% |
| Category Rank | W65-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | Emma Collins | Club: | Denbigh Harriers |
| Time | 6:32 | Age Grading | 84.9% |
| Category Rank | W55-16 | Team Award | |
| Reg Cat Rank | WA W55-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|-------------------------|
| Name: | Susan Bowes | Club: | Les Croupiers RC |
| Time | 6:33 | Age Grading | 70.7% |
| Category Rank | W40-38 | Team Award | |
| Reg Cat Rank | WA W40-5 | Reg Team Award | WA W35-44: 2nd |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------|----------------|---------------------------------|
| Name: | Ian Fyfe | Club: | Linlithgow Athletic Club |
| Time | 6:34 | Age Grading | 71.5% |
| Category Rank | M60-37 | Team Award | |
| Reg Cat Rank | SA M60-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-------------------------|
| Name: | Melina Morris | Club: | Denbigh Harriers |
| Time | 6:38 | Age Grading | 73.3% |
| Category Rank | W45-48 | Team Award | |
| Reg Cat Rank | WA W45-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|---------------------|
| Name: | Ged Desforges | Club: | Sheffield RC |
| Time | 6:38 | Age Grading | 74.1% |
| Category Rank | M65-74 | Team Award | M65-74: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|--------------------|
| Name: | Nicky Yeates | Club: | Arena 80 AC |
| Time | 6:39 | Age Grading | 89.8% |
| Category Rank | W60-7 | Team Award | W55-64: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------------------------|
| Name: | Pamela Baillie | Club: | Gala Harriers Athletic Club |
| Time | 6:42 | Age Grading | 70.8% |
| Category Rank | W45-52 | Team Award | |
| Reg Cat Rank | SA W45-4 | Reg Team Award | SA W45-54: 2nd |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|-----------------------|
| Name: | Malcolm Hammond | Club: | PH Racing Club |
| Time | 6:44 | Age Grading | 75.3% |
| Category Rank | M70-9 | Team Award | M65-74: 1st |
| Reg Cat Rank | SA M70-1 | Reg Team Award | SA M65-74: 1st |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|------------------------------------|
| Name: | Carole Fortune | Club: | Gala Harriers Athletic Club |
| Time | 6:45 | Age Grading | 82.2% |
| Category Rank | W55-21 | Team Award | |
| Reg Cat Rank | SA W55-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|--------------------------------|
| Name: | Sarah Layzell | Club: | Team Bath Athletic Club |
| Time | 6:46 | Age Grading | 83.2% |
| Category Rank | W55-23 | Team Award | W55-64: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|----------------------------------|
| Name: | Les Haynes | Club: | Bingley Harriers & AC |
| Time | 6:46 | Age Grading | 85.3% |
| Category Rank | M75-2 | Team Award | M75up: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|----------------------------------|
| Name: | Lisa Cleary | Club: | Penarth and Dinas Runners |
| Time | 6:46 | Age Grading | 79.7% |
| Category Rank | W55-24 | Team Award | |
| Reg Cat Rank | WA W55-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|--------------------|
| Name: | Jenny Hughes | Club: | Arena 80 AC |
| Time | 6:47 | Age Grading | 84.2% |
| Category Rank | W60-11 | Team Award | W55-64: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|-----------------------|
| Name: | Will Lerigo | Club: | Aberystwyth AC |
| Time | 6:47 | Age Grading | 56.2% |
| Category Rank | M35-110 | Team Award | |
| Reg Cat Rank | WA M35-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|--------------------|
| Name: | Matthew Harding | Club: | Deeside AAC |
| Time | 6:50 | Age Grading | 57.9% |
| Category Rank | M40-124 | Team Award | |
| Reg Cat Rank | WA M40-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------|----------------|--------------------------|
| Name: | Sue Clarke | Club: | Mid Essex Casuals |
| Time | 6:53 | Age Grading | 89.4% |
| Category Rank | W65-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------------|----------------|--------------------------|
| Name: | Nicolalouise Crockett | Club: | Chepstow Harriers |
| Time | 6:54 | Age Grading | 78.2% |
| Category Rank | W55-26 | Team Award | |
| Reg Cat Rank | WA W55-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------------|----------------|-------------------------------|
| Name: | Dorothy Kesterton | Club: | Steel City Striders RC |
| Time | 6:56 | Age Grading | 93.2% |
| Category Rank | W65-3 | Team Award | W65-74: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|----------------------------------|
| Name: | Yuko Gordon | Club: | Fairlands Valley Spartans |
| Time | 6:58 | Age Grading | 95.9% |
| Category Rank | W70-1 | Team Award | W65-74: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|---------------------------------|
| Name: | Peter Armstrong | Club: | North Wales Road Runners |
| Time | 7:05 | Age Grading | 71.6% |
| Category Rank | M70-12 | Team Award | |
| Reg Cat Rank | WA M70-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|--------------------------|
| Name: | Julia Bajjada | Club: | Chepstow Harriers |
| Time | 7:06 | Age Grading | 71.1% |
| Category Rank | W50-37 | Team Award | |
| Reg Cat Rank | WA W50-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|--------------------------------|
| Name: | Anne Duncan | Club: | Edinburgh Athletic Club |
| Time | 7:07 | Age Grading | 77.9% |
| Category Rank | W55-29 | Team Award | |
| Reg Cat Rank | SA W55-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|-------------------------------|
| Name: | Rod Scholes | Club: | Barnsley Athletic Club |
| Time | 7:11 | Age Grading | 77.2% |
| Category Rank | M75-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|---------------------------------|
| Name: | Donald Hale | Club: | North Wales Road Runners |
| Time | 7:12 | Age Grading | 68.9% |
| Category Rank | M65-38 | Team Award | |
| Reg Cat Rank | WA M65-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|----------------------|
| Name: | Penny Jarvis | Club: | Poole Runners |
| Time | 7:18 | Age Grading | 91.5% |
| Category Rank | W70-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|---------------------|
| Name: | Lisa Compton | Club: | Lingfield RC |
| Time | 7:19 | Age Grading | 84.2% |
| Category Rank | W65-5 | Team Award | W65-74: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|-------------------------|
| Name: | Michael Davies | Club: | Les Croupiers RC |
| Time | 7:20 | Age Grading | 70.0% |
| Category Rank | M70-16 | Team Award | |
| Reg Cat Rank | WA M70-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-------------------------|
| Name: | Julie Scholey | Club: | Les Croupiers RC |
| Time | 7:21 | Age Grading | 78.8% |
| Category Rank | W60-16 | Team Award | |
| Reg Cat Rank | WA W60-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|-----------------------------|
| Name: | Alex Robertson | Club: | Lothian Running Club |
| Time | 7:26 | Age Grading | 64.3% |
| Category Rank | M60-53 | Team Award | |
| Reg Cat Rank | SA M60-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------------|----------------|------------------|
| Name: | Yvonne Twelvetree | Club: | Totley AC |
| Time | 7:30 | Age Grading | 89.1% |
| Category Rank | W70-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|----------------------------------|
| Name: | Dot Fellows | Club: | Cannock & Stafford AC |
| Time | 7:32 | Age Grading | 98.8% |
| Category Rank | W75-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------------|----------------|---------------------|
| Name: | Maggie Statham-Berry | Club: | Lingfield RC |
| Time | 7:40 | Age Grading | 82.9% |
| Category Rank | W65-7 | Team Award | W65-74: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | Mark Herbert | Club: | Les Croupiers RC |
| Time | 7:42 | Age Grading | 50.6% |
| Category Rank | M35-112 | Team Award | |
| Reg Cat Rank | WA M35-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-------------------------|----------------|--------------------------|
| Name: | Barbara Maddison | Club: | Chepstow Harriers |
| Time | 7:53 | Age Grading | 72.4% |
| Category Rank | W60-29 | Team Award | |
| Reg Cat Rank | WA W60-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Ray Elston**

Club: **Exmouth Harriers**

Time: **8:02**

Age Grading: **77.2%**

Category Rank: **M80-1**

Team Award: **M75up: 2nd**

Reg Cat Rank:

Reg Team Award:



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|--------------------------------|
| Name: | Brian Howie | Club: | Edinburgh Athletic Club |
| Time | 8:03 | Age Grading | 63.0% |
| Category Rank | M70-25 | Team Award | |
| Reg Cat Rank | SA M70-2 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|----------------------------------|
| Name: | Michael Smith | Club: | Bingley Harriers & AC |
| Time | 8:04 | Age Grading | 71.6% |
| Category Rank | M75-9 | Team Award | M75up: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------------|----------------|-------------------------------|
| Name: | Kate Waddicor | Club: | Steel City Striders RC |
| Time | 8:06 | Age Grading | 77.2% |
| Category Rank | W65-11 | Team Award | W65-74: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------------|
| Name: | Nicole Nield | Club: | Steel City Striders RC |
| Time | 8:14 | Age Grading | 77.2% |
| Category Rank | W65-12 | Team Award | W65-74: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|---------------------|
| Name: | Susan Garner | Club: | Lingfield RC |
| Time | 8:15 | Age Grading | 86.9% |
| Category Rank | W70-7 | Team Award | W65-74: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|--|
| Name: | David Tomlinson | Club: | Bolton United Harriers & AC |
| Time | 8:17 | Age Grading | 74.8% |
| Category Rank | M80-2 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|------------------------|----------------|----------------------------------|
| Name: | Catherine Craig | Club: | Fairlands Valley Spartans |
| Time | 8:21 | Age Grading | 77.4% |
| Category Rank | W65-14 | Team Award | W65-74: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|------------------------------------|
| Name: | Eileen Nicol | Club: | Gala Harriers Athletic Club |
| Time | 8:41 | Age Grading | 61.3% |
| Category Rank | W55-51 | Team Award | |
| Reg Cat Rank | SA W55-3 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|---------------------|
| Name: | Eva Osborne | Club: | Wymondham AC |
| Time | 8:42 | Age Grading | 92.6% |
| Category Rank | W80-1 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|----------------|----------------|----------------------------------|
| Name: | Jan Fry | Club: | Fairlands Valley Spartans |
| Time | 8:48 | Age Grading | 75.9% |
| Category Rank | W70-10 | Team Award | W65-74: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Mick Allen**

Club: **Exmouth Harriers**

Time: **9:08**

Age Grading: **69.7%**

Category Rank: **M80-3**

Team Award: **M75up: 2nd**

Reg Cat Rank:

Reg Team Award:



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------------|----------------|-------------------------|
| Name: | John Goss-Custard | Club: | Exmouth Harriers |
| Time | 9:10 | Age Grading | 63.0% |
| Category Rank | M75-12 | Team Award | M75up: 2nd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|--------------------|----------------|-------------------------|
| Name: | Tom Handley | Club: | Exmouth Harriers |
| Time | 9:27 | Age Grading | 57.7% |
| Category Rank | M75-13 | Team Award | M75up: 3rd |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Mike Keep**

Club: **Exmouth Harriers**

Time: **9:27**

Age Grading: **61.1%**

Category Rank: **M75-14**

Team Award: **M75up: 3rd**

Reg Cat Rank:

Reg Team Award:



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|-----------------------|----------------|----------------------------------|
| Name: | John Smithurst | Club: | Bingley Harriers & AC |
| Time | 10:10 | Age Grading | 64.5% |
| Category Rank | M80-4 | Team Award | M75up: 1st |
| Reg Cat Rank | | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

Name: **Les Turner**

Club: **Exmouth Harriers**

Time: **11:10**

Age Grading: **50.7%**

Category Rank: **M75-15**

Team Award: **M75up: 3rd**

Reg Cat Rank:

Reg Team Award:



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------------|----------------|-----------------------|
| Name: | Marjorie Griffiths | Club: | Bro Dysynni AC |
| Time | 11:35 | Age Grading | 63.1% |
| Category Rank | W75-2 | Team Award | |
| Reg Cat Rank | WA W75-1 | Reg Team Award | |



Virtual 1 Mile Challenge

24 Feb - 07 Mar 2021

Category Award

| | | | |
|---------------|---------------------|----------------|-------------------------|
| Name: | Sally Gandee | Club: | Herts Phoenix AC |
| Time | 14:24 | Age Grading | 53.7% |
| Category Rank | W75-3 | Team Award | |
| Reg Cat Rank | | Reg Team Award | |