

Summer 5K Series
Saltram Park - Wednesday 10th August

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	127	Pete Waumsley	Tamar Trotters	16.58
2	824	Tom Laphorn	Plymouth Harriers	17.24
3	425	Neil Mytton	Plymouth Harriers	17.28
4	816	Paul Clark	Army	17.33
5	12	Matthew Brown	Erme Valley Harriers	17.43
6	815	Steve Ferguson	Plymouth Harriers	17.45
7	796	Matt Cook	Plymouth Harriers	17.46
8	820	James Blackford	Plymouth AC	17.46
9	814	Neil Ferguson		17.51
10	807	Lucas Laphorn	Plymouth Harriers	18.07
11	793	James Smith	Erme Valley Harriers	18.20
12	720	James Mogridge	Erme Valley Harriers	18.28
13	817	Matt Hall	Plymouth Harriers	18.35
14	126	Kevin Digby		18.42
15	428	Pete Moon		18.52
16	178	Chris Prall	Tamar Trotters	19.01
17	148	John Crockford	Plymouth Coasters	19.16
18	35	Andrew Reed	Erme Valley Harriers	19.29
19	825	Christopher Wright		19.39
20	811	Jordan Channon	Tavistock AC	19.59
21	96	Harvey Gurry	Plymstock Road Runners	20.05
22	6	Jane Allison	Plymouth Harriers	20.26
23	22	Dan Hilton		20.27
24	167	Gareth Peter	Plymstock Road Runners	20.36
25	19	Emma Lake		20.39
26	804	Luke Sherratt		20.42
27	819	John Carter	Plymstock Road Runners	21.02
28	138	Kent Watson	Erme Valley Harriers	21.04
29	95	David Eastlake		21.04
30	798	Mike Erith	Tavistock AC	21.05
31	119	Lloyd Grinsted		21.10
32	799	Kevin Richards	Plymstock Road Runners	21.12
33	826	Jake McPherson	Tamar Trotters	21.12
34	801	Adrian Clark	Plymstock Road Runners	21.20
35	179	A. Hill		21.27
36	805	Michael Cork	Plymouth Coasters	21.30
37	447	Alice Rogers	Tavistock AC	21.30
38	800	Glenn Woodall		21.38
39	80	Steve Watson	Erme Valley Harriers	21.40
40	828	Andrew Chapell		21.40
41	159	Matthew Golding	Plymstock Road Runners	21.48
42	111	Dan Hext		22.03
43	448	Gary Platt	Plymstock Road Runners	22.05
44	806	Michael Orham		22.06
45	446	Stephen Blackford	Plymouth AC	22.07

46	442	Adam Bevins		22.09
47	823	Marie Faithfull	Plymstock Road Runners	22.43
48	83	Dan Marks	Erme Valley Harriers	22.47
49	812	Chris Agnew		22.49
50	79	Chris Menlove Platt	Plymouth Musketeers	23.01
51	717	Paul Paskins	Plymouth Harriers	23.07
52	723	Paul Soby	Plymstock Road Runners	23.09
53	724	David Milton		23.09
54	173	Joe Bricknell		23.14
55	704	Mark Pearson	Plymouth Musketeers	23.15
56	433	Nicola Noble		23.20
57	82	Lesley Maclaren	St. Austell RC	23.22
58	750	Paul Williams		23.26
59	788	Rachael Tarrant	Plymstock Road Runners	23.28
60	822	Mark Bricknell	Plymstock Road Runners	23.29
61	89	Sharon Stevens	Plymouth Musketeers	23.44
62	94	Steve Veitch		23.53
63	197	Graham Triplett	Plymstock Road Runners	23.58
64	117	Miranda Burke	Plymouth Harriers	24.09
65	98	Steve Maffey	Plymstock Road Runners	24.35
66	791	Paul Douglas		24.53
67	444	Kate Rogers	Tavistock AC	24.59
68	728	W. Hart		25.03
69	803	Robert Fayers		25.13
70	797	Glenn Wood	East Cornwall Harriers	25.23
71	112	Gareth Davies		25.41
72	802	Steve treagust	Plymouth Harriers	25.48
73	727	Edean Ryder		25.58
74	740	Dave Shurmer		25.59
75	830	Jenny Holmes	Plymouth Coasters	26.11
76	765	Thomas Gurry		26.18
77	158	Alan Peter		26.20
78	157	Nicole Balmer	Plymouth Musketeers	26.25
79	773	F. Meakin	Plymouth Musketeers	27.00
80	726	M. Ward		27.02
81	745	Alison Caldwell Pinto		27.05
82	154	Sam Goss	Plymouth Musketeers	27.14
83	776	Helen Treeby		27.30
84	150	Claire Marks	Erme Valley Harriers	27.31
85	714	Naso Shemetras		27.42
86	74	Rose Bralsford		27.48
87	795	Noel Salisbury		27.53
88	193	Donna Burke	Plymouth Musketeers	27.58
89	52	Bryan Short		28.04
90	54	Kate Howard	Plymouth Musketeers	28.12
91	829	Sophie Davies	Plymouth Coasters	28.13
92	749	Marc Ninns		28.26
93	61	Rosie Williams		28.32
94	4	Iona Oliver	Plymstock Road Runners	28.38
95	26	Christine McGhee	Plymouth Harriers	29.11

96	742	Andrew Campbell		29.17
97	832	Vicki Clarke		29.38
98	163	Tracey Wheaton	Plymstock Road Runners	29.38
99	808	Nina Sanders		29.43
100	739	Samantha Johnson		30.13
101	809	Sarah Kerrie		30.35
102	813	Barry Hopper	Instinctive Sports	30.38
103	771	Jackie Meakin	Plymouth Musketeers	30.39
104	180	Jane Carroll		30.49
105	441	Lynsey Wilson	Plymouth Musketeers	31.05
106	99	Sue Maffey	Plymstock Road Runners	31.10
107	821	Claire Pett		31.14
108	744	Dave Dane	Plymstock Road Runners	31.36
109	706	Emily Simmons		32.05
110	794	Doug Little		32.42
111	708	Angela Carter		33.11
112	10	Nina Shillabeer	Plymstock Road Runners	33.28
113	789	Keith Reed	Erme Valley Harriers	33.50
114	710	Sarah Bassett		35.06
115	37	Jason Hulcoop	Moorhaven Running Club	36.41
116	16	David King	Plymstock Road Runners	38.07
117	831	Catherine Johnson		38.38
118	767	Lucy Cheetham		38.38
119	827	Debbie Puteries		38.38
120	818	Jo Katz		40.23
121	810	Karen Tucker		42.00
122	792	Alice Romilly	Moorhaven Running Club	46.23
123	790	Chris Furze	Moorhaven Running Club	46.23