

Summer 5K Series
Saltram Park - Wednesday 11th May

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	107	Stuart Hall	Tipton	16.47
2	127	Pete Waumsley	Tamar Trotters	17.09
3	151	Lucas Laphorn		17.27
4	149	Tom Laphorn	Plymouth Harriers	17.29
5	108	Neil Holmes	Erme Valley Harriers	17.42
6	162	Simon Cook	Solihull	18.24
7	126	Kevin Digby		18.25
8	133	Pete Moon		18.28
9	129	Andy Trigg	Erme Valley Harriers	18.46
10	183	Justin Crewe		18.51
11	165	Ross Shaddick		18.53
12	122	Guy Peterson	Tamar Trotters	18.55
13	178	Chris Prall	Tamar Trotters	19.02
14	56	Mark Rogers	Plymstock Road Runners	19.09
15	23	Ami Yetton	Plymouth Harriers	19.12
16	22	Dan Hilton		19.14
17	148	John Crockford	Plymouth Coasters	19.23
18	116	Steve Burrows		19.25
19	145	Hans Thompson		19.29
20	188	Mike Hansen	Erme Valley Harriers	19.33
21	175	Justin Smith	Plymouth Harriers	19.42
22	86	Richard Maunder	Plymouth Tri Club	19.47
23	97	Ben Morgan		19.48
24	42	Chris Ullman	East Cornwall Harriers	19.50
25	143	Ian Littlewood	East Cornwall Harriers	20.07
26	128	Colin Castein		20.11
27	172	Ian Crossley	Erme Valley Harriers	20.20
28	138	Kent Watson	Erme Valley Harriers	20.26
29	87	Peter Ford	Plymstock Road Runners	20.26
30	6	Jane Allison	Plymouth Harriers	20.31
31	96	Harvey Gurry	Plymstock Road Runners	20.40
32	170	John Carter	Plymstock Road Runners	20.43
33	50	Lee Crocker	East Cornwall Harriers	20.55
34	179	A. Hill		20.58
35	137	Guy Boswell	Plymouth Musketeers	20.59
36	65	John Taylor		21.04
37	95	David Eastlake		21.07
38	71	Richard Ayson	Erme Valley Harriers	21.11
39	167	Gareth Peter	Plymstock Road Runners	21.12
40	66	Magnus Worthington	UPAC	21.12
41	146	Paul Brennan	UPAC	21.17
42	153	Mark Cooksley	UPAC	21.18
43	47	Jon Lake	Erme Valley Harriers	21.27
44	159	Matthew Golding	Plymstock Road Runners	21.30
45	111	Dan Hext		21.31

46	119	Lloyd Grinsted		21.45
47	174	Daniel Murdoch	Roman Gladiators	21.49
48	28	Neil Williams	Plymouth Musketeers	21.54
49	169	James Lucas		22.00
50	90	Mark Peckings	Roman Gladiators	22.11
51	112	Gareth Davies		22.18
52	92	Mark Bricknell	Plymstock Road Runners	22.25
53	168	James Payne	Roman Gladiators	22.36
54	156	Stuart Ivison	Plymouth Harriers	22.38
55	185	Alex Batson		22.46
56	94	Steve Veitch		23.03
57	125	Karen Mahoney	East Cornwall Harriers	23.07
58	79	Chris Menlove Platt	Plymouth Musketeers	23.13
59	83	Dan Marks	Erme Valley Harriers	23.16
60	98	Steve Maffey	Plymstock Road Runners	23.17
61	161	Graham Biggs		23.22
62	124	Ray Goodright	East Cornwall Harriers	23.25
63	164	Edward Barnes	UPAC	23.32
64	142	Louise Littlewood	East Cornwall Harriers	23.36
65	177	Peter Blok		23.42
66	135	Jeremy Clark	Plymstock Road Runners	23.46
67	89	Sharon Stevens	Plymouth Musketeers	23.49
68	173	Joe Bricknell		23.56
69	141	Mike Harris		24.03
70	64	Richard Morton	Tamar Trotters	24.04
71	117	Miranda Burke	Plymouth Harriers	24.09
72	82	Lesley Maclaren	St. Austell RC	24.13
73	75	Tom Atwill		24.18
74	176	Angela Brothers	Plymstock Road Runners	24.23
75	147	Bryan King	Plymouth Musketeers	24.31
76	57	Sharon Terry	Erme Valley Harriers	24.32
77	100	Hannah Colston	Tavistock AC	24.38
78	40	Rachel Stephens	Plymstock Road Runners	24.39
79	55	Roger Lummis	Plymstock Road Runners	24.47
80	131	Joanne Humphreys	Plymouth Harriers	24.50
81	166	Tony Ford		24.55
82	184	Roger Harrison		25.07
83	155	Joanne Ivison	Plymouth Harriers	25.24
84	136	Sarah Owen	Plymouth Musketeers	25.48
85	70	Max Ayson		24.53
86	88	Isobel Ford	Plymstock Road Runners	26.05
87	150	Claire Marks	Erme Valley Harriers	26.09
88	52	Bryan Short		26.12
89	84	Susan Darke		26.35
90	32	Neil Bowden	Plymstock Road Runners	26.42
91	134	Helen Wilkinson	Plymstock Road Runners	26.43
92	139	Rachael Ward	Plymstock Road Runners	26.46
93	157	Nicole Balmer	Plymouth Musketeers	26.54
94	171	Natasha Duncan	Erme Valley Harriers	27.16
95	14	Rebecca Durkin		27.17

96	85	Lucy Short		27.20
97	51	Simon Ball		27.37
98	158	Alan Peter		27.59
99	13	Louise Northey		28.04
100	59	Ruth Terry	Erme Valley Harriers	28.11
101	160	Lisa Hodges		28.17
102	74	Rose Bralsford		28.22
103	4	Iona Oliver	Plymstock Road Runners	28.25
104	186	Emma Dalton		28.43
105	26	Christine McGhee	Plymouth Harriers	28.44
106	24	Pat Tabenor	Plymouth Harriers	28.44
107	154	Sam Goss	Plymouth Musketeers	28.46
108	73	Anna Bush		28.58
109	29	Caroline Erickson	Plymouth Musketeers	29.04
110	182	Steve Romanski	Roman Gladiators	29.05
111	54	Kate Howard	Plymouth Musketeers	29.05
112	61	Rosie Williams		29.10
113	3	Bob Burton	Plymstock Road Runners	29.19
114	181	Jackie Meakin	Plymouth Musketeers	29.36
115	120	Rochelle Bettinson		29.41
116	140	Amy Hurn		29.44
117	180	Jane Carroll		30.11
118	163	Tracey Wheaton	Plymstock Road Runners	30.19
119	152	Jay Healy		30.42
120	144	Sharon Healy		30.43
121	99	Sue Maffey	Plymstock Road Runners	31.33
122	130	Kathryn Gore	Womens Running Network	32.05
123	38	Helen Tozer	Moorhaven Running Club	32.52
124	189	Sarah Bryant		33.01
125	10	Nina Shillabeer	Plymstock Road Runners	33.27
126	16	David King	Plymstock Road Runners	35.58
127	190	Sarah Macpherson		37.30
128	37	Jason Hulcoop	Moorhaven Running Club	39.19
129	132	John James	Moorhaven Running Club	41.59
130	123	James Digby	Moorhaven Running Club	46.03