

Summer 5K Series
Saltram Park - Wednesday 13th July

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	748	Kairn Stone	Newham & Essex Beagles	15.46
2	787	Michael Robinson		17.13
3	12	Matthew Brown	Erme Valley Harriers	17.17
4	738	Jedd Evans	Plymstock Road Runners	17.22
5	425	Neil Mytton	Plymouth Harriers	17.24
6	770	Lucas Laphorn		17.41
7	730	Robert Ellis	Plymouth Harriers	17.45
8	734	Luke Honey	Erme Valley Harriers	18.01
9	720	James Mogridge	Erme Valley Harriers	18.06
10	759	Tom Laphorn	Plymouth Harriers	18.15
11	752	Damrah Arbab	Plymouth Harriers	18.18
12	732	Marc Course		18.25
13	126	Kevin Digby		18.42
14	35	Andrew Reed	Erme Valley Harriers	18.47
15	751	Rupert Warren	Tavistock	18.52
16	729	Matt Hall	Plymouth Harriers	18.57
17	428	Pete Moon		18.59
18	109	Chris Puertas		19.02
19	23	Ami Yetton	Plymouth Harriers	19.08
20	711	Stephen Macey	Tamar Trotters	19.13
21	22	Dan Hilton		19.14
22	769	Christopher Wright		19.39
23	191	Colin Castein		19.41
24	772	Will Hancock		19.52
25	175	Justin Smith	Plymouth Harriers	19.57
26	6	Jane Allison	Plymouth Harriers	19.58
27	195	Alison McEwing	Erme Valley Harriers	20.03
28	86	Richard Maunder	Plymouth Tri Club	20.17
29	777	Duncan Ross	Plymouth Coasters	20.19
30	737	Ed Varcoe	Plymouth Harriers	20.21
31	725	Mike Beattie		20.26
32	96	Harvey Gurry	Plymstock Road Runners	20.28
33	138	Kent Watson	Erme Valley Harriers	20.43
34	424	Adrian Clark	Plymstock Road Runners	20.49
35	764	Andy Sharp		20.56
36	733	Miles Lindsay		21.00
37	87	Peter Ford	Plymstock Road Runners	21.04
38	719	Russ Mogridge	Erme Valley Harriers	21.08
39	50	Lee Crocker	East Cornwall Harriers	21.09
40	168	James Payne	Roman Gladiators	21.26
41	766	Warren Moyse	Plymstock Road Runners	21.27
42	747	Daniel Murdoch		21.29
43	? 65	John Taylor		21.30
44	169	James Lucas		21.31
45	741	David Twine	Tavistock	21.33

46	80	Steve Watson	Erme Valley Harriers	21.35
47	746	Chris Andrews	Plymouth Musketeers	21.37
48	159	Matthew Golding	Plymstock Road Runners	21.52
49	47	Jon Lake	Erme Valley Harriers	21.57
50	92	Mark Bricknell	Plymstock Road Runners	22.04
51	758	Jake McPherson	Tamar Trotters	22.05
52	72	Ken Summers	Erme Valley Harriers	22.09
53	90	Mark Peckings	Roman Gladiators	22.13
54	119	Lloyd Grinsted		22.22
55	446	Stephen Blackford	Plymouth AC	22.31
56	717	Paul Paskins	Plymouth Harriers	22.35
57	779	Simon Gooch	Plymouth Coasters	22.45
58	757	Kyle Browne		22.54
59	83	Dan Marks	Erme Valley Harriers	22.59
60	197	Graham Triplett	Plymstock Road Runners	23.23
61	704	Mark Pearson	Plymouth Musketeers	23.26
62	448	Gary Platt	Plymstock Road Runners	23.30
63	177	Peter Blok		23.35
64	743	Andy Houghton	Tavistock	23.42
65	781	Daniel Matthams		23.54
66	750	Paul Williams		24.00
67	722	Jeremy Clark	Plymstock Road Runners	24.01
68	117	Miranda Burke	Plymouth Harriers	24.03
69	184	Roger Harrison		21.05
70	701	Mark Osborne		24.19
71	436	Vicky Murphy	Plymouth Harriers	24.21
72	709	Maggie Lewis	Plymouth Musketeers	24.24
73	735	Joanna Humphreys	Plymouth Harriers	24.27
74	136	Sarah Owen	Plymouth Musketeers	24.38
75	724	David Milton		24.56
76	723	Paul Soby	Plymstock Road Runners	24.56
77	728	W. Hart		25.19
78	765	Thomas Gurry		25.35
79	762	Flurina Felix	Erme Valley Harriers	25.50
80	702	Sam Lucas		25.59
81	768	Chris Whipp		26.03
82	740	Dave Shurmer		26.16
83	727	Edean Ryder		26.17
84	103	Sue Pascoe	Erme Valley Harriers	26.21
85	756	Vicky Saunders		26.23
86	84	Susan Darke		26.24
87	52	Bryan Short	Plymstock Road Runners	26.33
88	726	M. Ward		26.34
89	14	Rebecca Durkin		26.36
90	158	Alan Peter		26.40
91	731	Vic Hibbert	Plymouth Musketeers	26.42
92	721	Neil Ashton		26.47
93	157	Nicole Balmer	Plymouth Musketeers	26.49
94	714	Naso Shemetras		27.36
95	74	Rose Bralsford		27.41

96	749	Marc Ninns		28.06
97	773	F. Meakin	Plymouth Musketeers	28.28
98	745	Alison Caldwell Pinto		28.52
99	182	Steve Romanski	Roman Gladiators	28.57
100	742	Andrew Campbell		29.04
101	718	Jenni Digby		29.07
102	61	Rosie Williams		29.07
103	26	Christine McGhee	Plymouth Harriers	29.22
104	776	Helen Treeby		29.27
105	778	Sophie Davies	Plymouth Coasters	29.37
106	180	Jane Carroll		29.42
107	763	Carly Maddock		29.43
108	736	Sean Wray	Plymstock Road Runners	29.45
109	755	Julie Deuchars		30.00
110	59	Ruth Terry	Erme Valley Harriers	30.08
111	782	A. Bullard		30.51
112	771	Jackie Meakin	Plymouth Musketeers	31.01
113	99	Sue Maffey	Plymstock Road Runners	31.19
114	754	Martin Lees		31.25
115	744	Dave Dane	Plymstock Road Runners	31.47
116	774	Michelle James	Erme Valley Harriers	32.09
117	775	Paul James	Erme Valley Harriers	32.09
118	739	Samantha Johnson		32.17
119	441	Lynsey Wilson	Plymouth Musketeers	32.21
120	453	Pamela Housam		32.24
121	753	Samantha Maddock		32.52
122	784	Joanne Davies		32.52
123	780	Sarah Osborne		32.54
124	130	Kathryn Gore	Womens Running Network	32.56
125	10	Nina Shillabeer	Plymstock Road Runners	33.15
126	708	Angela Carter		33.15
127	706	Emily Simmons		34.07
128	783	Efti Kallis		34.53
129	5	Alan Jones	Plymstock Road Runners	34.53
130	767	Lucy Cheetham		35.19
131	786	Amanda McCann		35.42
132	761	Rachel Lenderton		36.22
133	710	Sarah Bassett		37.17
134	785	Joanne Healy		37.17