

Winter 3K Series
Central Park - Wednesday 14th December

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	863	David Weir	Plymouth AC	9.41
2	383	Neil Mytton	Plymouth Harriers	9.46
3	870	James Blackford	Plymouth AC	9.52
4	990	Damrah Arbab	Plymouth Harriers	10.06
5	389	Allister Bristow	Erme Valley Harriers	10.14
6	881	Simon Cook	Solihull & Small Heath AC	10.19
7	846	Kevin Digby	Plymouth Harriers	10.24
8	894	Phillip Benson		10.26
9	962	Stephen Burns	Plymouth AC	10.27
10	943	Sam Leary		10.42
11	857	Matt Callaghan	Plymstock Road Runners	10.53
12	935	Ami Yetton	Plymouth Harriers	11.02
13	865	Victoria Weir	Plymouth AC	11.06
14	379	Travis Bramley	Erme Valley Harriers	11.18
15	388	Ivor Jamieson	Plymouth University	11.22
16	382	James Manthorp	Plymouth University	11.23
17	1000	Mark Bramley	Erme Valley Harriers	11.24
18	977	Gareth Peter	Plymstock Road Runners	11.29
19	991	Richard Andrews		11.37
20	844	Emily Attfield	Tavistock AC	11.42
21	963	Jane Allison	Plymouth Harriers	11.51
22	995	Russ Mogridge	Erme Valley Harriers	11.53
23	885	Chris Agnew		11.54
24	381	James Sermon	Plymouth University	11.58
25	901	Peter Ford	Plymstock Road Runners	12.04
26	858	Paul Callaghan	Plymstock Road Runners	12.07
27	998	Hannah Blair	Torrington AC	12.11
28	986	Heidi Cottam	Cornwall AC	12.37
29	999	Peter Leary		12.48
30	970	Paul Paskins	Plymouth Harriers	12.56
31	978	Matthew Golding	Plymstock Road Runners	13.01
32	956	Pete Noble		13.02
33	994	Elvira Donovan	Plymouth Harriers	13.04
34	997	Adam Hobbs	Sweatshop Running Comm.	13.07
35	842	Stephen Watson	Erme Valley Harriers	13.18
36	958	Ken Summers	Erme Valley Harriers	13.30
37	910	Dean Trice		13.38
38	380	Billy English	Plymouth University	13.51
39	908	Miranda Burke	Plymouth Harriers	13.57
40	902	Isobel Ford	Plymstock Road Runners	14.07
41	993	Matt Mercer		14.30
42	985	Nathan Franklin		14.35
43	981	Bryan Short	Plymstock Road Runners	14.52
44	905	Ian Kirvell		15.03
45	906	Dan Hilton		15.03

46	849	Ruth Terry	Erme Valley Harriers	15.04
47	875	Jess Bolam	Plymouth University	15.22
48	996	Katy Mogridge	Erme Valley Harriers	15.24
49	838	Rob Clark	Tamar Trotters	15.31
50	907	Clare Featherstone	Plymstock Road Runners	15.48
51	860	Carly Benefer		15.50
52	848	Jennifer Digby	Plymouth Harriers	15.52
53	836	M. Discombe	Moorhaven	15.56
54	976	Rosie Williams		16.18
55	992	Julie Lee		16.22
56	841	Christine McGhee	Plymouth Harriers	16.26
57	938	Bob Burton	Plymstock Road Runners	16.29
58	942	Gordon Chudley		17.03
59	878	Stephanie Vinall	Plymouth University	17.20
60	947	Vivien Johnson		18.02
61	987	Miranda Kinrade	Plymouth Musketeers	18.02
62	843	Neil Bowden	Plymstock Road Runners	18.13
63	385	Helen Critchley	Plymouth Harriers	18.36
64	387	Tess Watkinson	Plymouth Harriers	18.37
65	879	Rebecca Bracher	Erme Valley Harriers	19.22
66	386	Leanne Coleman	Plymouth Harriers	20.46
67	384	Lynne Sugg	Plymouth Harriers	20.47
68	957	Alan Jones	Plymstock Road Runners	21.02
69	989	Carol Gorman		21.03
70	988	Mark Willcocks	Uknetrunner.co.uk	21.05