

Winter 3K Series
Central Park - Wednesday 11th January

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	383	Neil Mytton	Plymouth Harriers	9.45
2	394	Tom Laphorn	Plymouth Harriers	9.50
3	990	Damrah Arbab	Plymouth Harriers	9.53
4	934	Pete Waumsley	Tamar Trotters	9.58
5	389	Allister Bristow	Erme Valley Harriers	10.10
6	846	Kevin Digby	Plymouth Harriers	10.12
7	962	Stephen Burns	Plymouth AC	10.22
8	881	Simon Cook	Solihull & Small Heath AC	10.25
9	407	Darren Walker	Plymouth Harriers	10.31
10	943	Sam Leary		10.33
11	972	David Mittelholz	Plymouth University	10.36
12	894	Phillip Benson		10.38
13	396	John Cooper	Plymouth Harriers	10.42
14	857	Matt Callaghan	Plymstock Road Runners	10.50
15	382	James Manthorp	Plymouth University	10.52
16	413	Chris Prall	Tamar Trotters	10.55
17	844	Emily Attfield	Tavistock AC	11.13
18	379	Travis Bramley	Erme Valley Harriers	11.16
19	1000	Mark Bramley	Erme Valley Harriers	11.18
20	935	Ami Yetton	Plymouth Harriers	11.20
21	417	Rodney McCulloch	Walton AC	11.22
22	414	Mark Utting		11.26
23	416	Ross Shaddick		11.32
24	397	Richard Andrews		11.40
25	833	Mike Beattie	Plymstock Road Runners	11.41
26	977	Gareth Peter	Plymstock Road Runners	11.47
27	963	Jane Allison	Plymouth Harriers	11.51
28	858	Paul Callaghan	Plymstock Road Runners	11.52
29	901	Peter Ford	Plymstock Road Runners	11.58
30	896	Benjamin Hayter	Plymouth University	12.03
31	412	Magnus Worthington	Plymouth University	12.29
32	874	Vincent Buchaillet	Plymouth University	12.38
33	399	Elvira Donovan	Plymouth Harriers	13.06
34	390	Neil Williams	Plymouth Musketeers	13.09
35	997	Adam Hobbs	Sweatshop Running Comm.	13.14
36	999	Peter Leary		13.15
37	956	Pete Noble		13.16
38	978	Matthew Golding	Plymstock Road Runners	13.23
39	842	Stephen Watson	Erme Valley Harriers	13.34
40	891	Mark Pearson	Plymouth Musketeers	13.41
41	974	Tiago Bandeira De Lima		13.42
42	924	Chris Whipp		13.52
43	908	Miranda Burke	Plymouth Harriers	13.55
44	419	Zoltan Molnak		13.56
45	864	Kate Rogers	Tavistock AC	13.57

46	402	Mike Saunders		14.01
47	408	Jo Humphreys	Plymouth Harriers	14.02
48	400	Harry Bramwell		14.05
49	993	Matt Mercer		14.06
50	418	Stephen McCulloch		14.20
51	886	Nicola Noble		14.22
52	902	Isobel Ford	Plymstock Road Runners	14.32
53	395	G. Barnicott	Plymouth Coasters	14.38
54	411	Nicholas Duncan	Erme Valley Harriers	14.41
55	905	Ian Kirvell		14.42
56	906	Dan Hilton		14.43
57	415	Susan Darke		14.46
58	410	Natasha Duncan	Erme Valley Harriers	14.52
59	892	Nicole Balmer	Plymouth Musketeers	15.14
60	849	Ruth Terry	Erme Valley Harriers	15.26
61	860	Carly Benefer		15.27
62	393	Sarah Horton	Plymouth Musketeers	15.39
63	409	Alan Peter		15.44
64	988	Mark Willcocks	Uknetrunner.co.uk	15.53
65	976	Rosie Williams		16.27
66	938	Bob Burton	Plymstock Road Runners	16.32
67	841	Christine McGhee	Plymouth Harriers	16.39
68	899	Marie Hannam		16.47
69	405	Sara Best		16.48
70	404	Lyn Lovell	Plymouth Harriers	16.58
71	398	Emma Pepper		17.04
72	406	Julie Hearn	Plymouth Harriers	17.19
73	391	Caroline Erickson	Plymouth Musketeers	17.30
74	968	Louise Viggers		17.41
75	926	Harriet Boston		17.51
76	954	Jane Carroll	D&C Police	17.58
77	401	Helen Critchley	Plymouth Harriers	18.18
78	854	Nina Shillabeer	Plymstock Road Runners	18.52
79	403	Lynne Sugg	Plymouth Harriers	20.20
80	957	Alan Jones	Plymstock Road Runners	20.37
81	392	Jason Hulcoop	Moorhaven	22.09
82	856	David King	Plymstock Road Runners	22.57