

Summer 5K Series  
Saltram - Wednesday 9th April

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	408	Samuel Lane De Courtin	Tavistock AC	16.40
2	402	Peter Monaghan	Torbay AC	16.44
3	411	Allister Bristow	Erme Valley Harriers	16.50
4	415	Phillip Benson	COPAC	17.12
5	410	John Porter	Plymouth Harriers	17.47
6	417	Matthew Brown	Erme Valley Harriers	17.51
7	468	Graham Bale	Plymstock RR	18.15
8	400	Neil Holmes	Erme Valley Harriers	18.24
9	462	Owen Parkin	Erme Valley Harriers	18.39
10	399	Matt Budd	Tamar Trotters	18.40
11	469	Christian Cutcliffe	Erme Valley Harriers	18.41
12	385	Andrew Reed	Erme Valley Harriers	18.52
13	416	Hannah Blair	UPAC	18.57
14	451	Guy Peterson	Tamar Trotters	18.58
15	432	Tom Pitcher	Tamar Trotters	18.59
16	467	Richard Maunder	Plymouth Tri Club	19.19
17	409	Simon Swift	Erme Valley Harriers	19.30
18	407	Poppy Tank	COPAC	19.32
19	434	Matt Shipping		19.41
20	472	Mike Hansen	Erme Valley Harriers	19.44
21	466	Ross Shaddick		19.54
22	442	Steve Burrows		20.00
23	428	James Spencer	Roman Gladiators	20.03
24	474	William Dax	Tavistock AC	20.11
25	394	Alice Rogers	Tavistock AC	20.23
26	459	Jane Allison	Plymouth Harriers	20.38
27	393	Shaun Roberts		20.53
28	433	Ian Crossley	Erme Valley Harriers	21.05
29	437	James Gill	Tamar Trotters	21.10
30	390	Mike Beattie		21.13
31	427	James Payne	Roman Gladiators	21.45
32	460	Dan Oak	Plymstock RR	22.04
33	414	Michael Cork	Plymouth Coasters	22.08
34	387	Peter Chapman	Carn Runners	22.13
35	430	Rebecca Exley-Deane	Tavistock AC	22.21
36	425	Thomas Gurry	Plymstock RR	22.22
37	464	Adam Bevins		22.28
38	386	Ken Summers	Erme Valley Harriers	22.31
39	398	Jade Wilson	Tamar Trotters	22.53
40	436	Ben Nicholson	Tamar Trotters	23.04
41	403	Simon Ayres		23.05
42	392	Tilly McDowell	Tavistock AC	23.07
43	391	Mark Foster		23.07
44	461	Mark Peckings	Roman Gladiators	23.31
45	406	Ben Tarrant	Plymstock RR	23.34

46	389	Tony Shearer	Tavistock AC	23.35
47	421	Rich Lee		23.36
48	419	Linda Bracher	Erme Valley Harriers	23.38
49	420	Michael Cookson		23.55
50	426	Rodney Hillebrandt	Plymouth Musketeers	24.02
51	447	George Morris		24.29
52	465	Graham De Val	Tavistock AC	24.31
53	429	Paul Keen		25.10
54	418	David Bennett	Plymouth Musketeers	25.23
55	383	Zoe Drake		25.37
56	412	Molly O'Dwyer	East Cornwall Harriers	25.50
57	449	Bailey Alderson		25.56
58	388	Martin French	Plymouth Musketeers	26.00
59	382	Jason Hyde	Plymouth Musketeers	26.01
60	397	Jessica Williams	Tavistock AC	26.05
61	438	Dave Salvage	Tamar Trotters	26.14
62	439	Joe Balsdon	Plymouth Harriers	26.40
63	453	Laura Abell	Tamar Trotters	26.42
64	454	Chris Holt		26.42
65	471	Sharon Adams	Plymouth Musketeers	26.54
66	441	Jennifer Sabine	Tavistock AC	27.01
67	458	Miranda Hardacre	Exeter Harriers	27.17
68	452	Mark Reslon	Tamar Trotters	27.22
69	422	Sam Goss	Plymouth Musketeers	27.57
70	473	Carol Hansen	Erme Valley Harriers	27.58
71	457	Ruth Terry	Erme Valley Harriers	27.59
72	396	Laura Rogers	Tavistock AC	28.00
73	395	Kate Rogers	Tavistock AC	28.15
74	424	Louise King	Plymouth Musketeers	28.21
75	423	Bryan King	Plymouth Musketeers	28.21
76	445	Emily Keen		28.38
77	431	Dave Pitcher	Tamar Trotters	28.56
78	413	M. Discombe	Moorhaven	29.09
79	444	Jamie Martin		29.22
80	443	Gary Martin	Plymouth Musketeers	29.23
81	401	Bob Burton	Plymstock RR	29.30
82	440	Clare Sampson		29.32
83	470	Mark Bettey		29.39
84	456	Lynn Nicholls		29.44
85	435	Linda Worsfold	Plymstock RR	30.14
86	463	Steve Romanski	Roman Gladiators	30.30
87	455	Hazel Ellard		30.38
88	405	Rachael Tarrant	Plymouth Musketeers	30.54
89	404	Heather French	Plymouth Musketeers	31.10
90	384	Caitlin Waumsley		36.22
91	450	Amelle Alderson		38.08
92	446	Holly Morris		38.23
93	448	Joanna Morris		38.24