

Summer 5K Series
Saltram - Wednesday 9th July

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	9	Gwylm Gibson	Exeter Harriers	16.16
2	699	David Weir	COPAC	16.35
3	697	Arran Tocknell	Torbay AC	16.50
4	411	Allister Bristow	Erme Valley Harriers	16.55
5	415	Phillip Benson	COPAC	17.05
6	153	Neil Barkell	Tavistock AC	17.09
7	372	Simon Anderson	COPAC	17.26
8	1299	Owen Parkin	Erme Valley Harriers	18.11
9	22	Peter Arthur	Plymouth Harriers	18.15
10	468	Graham Bale	Plymstock RR	18.34
11	289	Ross Bailey	Plymouth Harriers	18.43
12	474	William Dax	Tavistock AC	18.45
13	293	Chris Puertas	Plymouth Harriers	18.49
14	196	Ami Yetton	Plymouth Harriers	18.52
15	296	Alison McEwing	Erme Valley Harriers	19.07
16	432	Tom Pitcher	Tamar Trotters	19.15
17	388	Martin French	Plymouth Musketeers	19.15
18	272	Cleo Andrews	Erme Valley Harriers	19.24
19	442	Steve Burrows		19.27
20	394	Alice Rogers	Tavistock AC	19.43
21	479	Alison Thorn	Erme Valley Harriers	19.51
22	1281	Brian Burden		19.56
23	1217	Emma Lake	Erme Valley Harriers	20.02
24	370	Simon Ulyett		20.18
25	185	Ed Varcoe	Plymouth Harriers	20.23
26	698	Stephen Wilbraham	Torbay AC	20.27
27	451	Guy Peterson	Tamar Trotters	20.36
28	693	Daniel Curtis		20.37
29	295	Freya Carlson		20.47
30	171	Ewan Lake	Erme Valley Harriers	20.51
31	437	James Gill	Tamar Trotters	21.02
32	390	Mike Beattie	Plymouth Harriers	21.12
33	476	Joseph Perry	Erme Valley Harriers	21.22
34	414	Michael Cork	Plymouth Coasters	21.35
35	1257	Jaine Swift	Erme Valley Harriers	21.37
36	1293	James Ashforth		21.41
37	436	Ben Nicholson	Tamar Trotters	22.09
38	157	Alex Tucker		22.15
39	183	Ken Summers	Erme Valley Harriers	22.21
40	298	Druean Perry		22.26
41	207	Phil Bates	Torbay AC	22.30
42	294	Paul Moxham	Plymouth Musketeers	22.36
43	1285	Richard Ayson		22.41
44	666	Mike Steward	Okehampton RC	22.55
45	10	Chris Hastings	Plymouth Coasters	23.16

46	1203	David Spreadbridge		23.27
47	403	Simon Ayres		23.28
48	208	Adam Hobbs		23.36
49	696	John Marshall	Tamar Trotters	23.43
50	1222	Ben Tarrant	Plymstock RR	23.52
51	405	Rachael Tarrant	Plymouth Musketeers	23.52
52	426	Rodney Hillebrandt	Plymouth Musketeers	23.55
53	418	David Bennett	Plymouth Musketeers	23.56
54	694	Lewis Fearnley		24.12
55	225	Shaun Dollen		24.13
56	392	Tilly McDowell	Tavistock AC	24.14
57	391	Mark Foster		24.15
58	1284	Matt Curtin		24.32
59	421	Rich Lee		24.46
60	419	Linda Bracher	Erme Valley Harriers	24.47
61	233	Jon Turfrey		24.55
62	397	Jessica Williams	Tavistock AC	25.00
63	305	Anna Bale		25.01
64	1262	Susan Darke		25.07
65	199	Wesley Sinnamon		25.09
66	303	Lewis Barrett	Tamar Trotters	25.12
67	302	Dean Barrett	Tamar Trotters	25.13
68	395	Kate Rogers	Tavistock AC	25.14
69	361	Anna Andrews		25.17
70	1260	Jonathan Murphy		25.20
71	1245	Dave Reed		25.31
72	1229	Nigel Case		25.32
73	371	Owain Thomas	Plymouth Musketeers	26.03
74	297	Helen Perry		26.05
75	441	Jennifer Sabine	Tavistock AC	26.13
76	357	Bryan King	Plymouth Musketeers	26.21
77	1241	Rob Shaddick	Plymouth Mustekeepers	26.30
78	1297	Mark Bettey		26.36
79	478	Matthew Hutchinson		26.37
80	358	Sharon Lang	Plymouth Musketeers	26.43
81	14	Colin Fairhurst	Plymouth Musketeers	26.47
82	301	Kerry Ogle		26.49
83	1296	Denise Bettey		26.53
84	162	Donna Burke	Plymouth Musketeers	26.56
85	471	Sharon Adams	Plymouth Musketeers	27.04
86	691	Leon McKenzie		27.19
87	422	Sam Goss	Plymouth Musketeers	27.24
88	1279	Laura Rogers	Tavistock AC	27.35
89	1298	Kate Aspinall	Plymstock RR	28.02
90	4	Jackie Day		28.03
91	1215	Lorraine Davies	Plymouth Mustekeepers	28.06
92	369	Rob Clark	Tamar Trotters	28.09
93	413	M. Discombe	Moorhaven	28.10
94	1220	Sherrel Lomax		28.15
95	299	Rodger Bunn		28.17

96	227	Hannah Tarrant	Plymstock RR	28.19
97	161	Kate Howard	Plymouth Musketeers	28.27
98	1242	Michelle Shaddick	Plymouth Mustekeepers	28.55
99	360	Louise King	Plymouth Musketeers	28.55
100	440	Clare Sampson		28.56
101	7	Lauren Jackson		28.56
102	6	Emily Milner		29.23
103	456	Lynn Nicholls		29.24
104	1227	Sandy Williams	Plymstock RR	29.25
105	1219	Becky Horne	Plymstock RR	29.27
106	300	Dean Lomax		29.29
107	1221	Leon Nethercot	Plymstock RR	29.33
108	1231	Craig Bradley	Plymstock RR	29.33
109	431	Dave Pitcher	Tamar Trotters	29.39
110	1204	Marian Spreadbridge		29.58
111	684	Helen Norris	Erme Valley Harriers	30.05
112	353	Karla Court	Plymouth Coasters	30.14
113	455	Hazel Ellard		30.15
114	205	Mhairi McCall	Tavistock AC	30.18
115	184	Charlotte Varcoe	Plymouth Harriers	30.26
116	270	Chris French		31.24
117	1213	Lucy Young		31.33
118	178	Thomas Hutchinson		31.33
119	1238	Dave Dane	Plymstock RR	31.50
120	1265	Lai-Yin Wong Brooks	Plymouth Harriers	31.55
121	304	Dee Murphy		31.55
122	5	Nadine Chant		32.10
123	1295	Carolyn McAteer		32.41
124	692	Thomas James		32.57
125	206	Nina Shillabeer	Plymstock RR	33.50
126	152	Michael Lee	Erme Valley Harriers	34.57
127	668	Tim Howes		35.32
128	217	Sue Turner		37.48
129	222	Emma A'Lee		37.49
130	653	Martina Fairhurst	Plymouth Musketeers	43.22
131	173	Dennis Comissar	Torbay AC	NTR