

Summer 5K Series
Saltram - Wednesday 13th August

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	201	Chris Rimmer	Plymouth Harriers	16.14
2	242	Josh Carnell	East Cornwall Harriers	17.18
3	215	John Porter	Plymouth Harriers	17.24
4	256	Richard Waldron	Southampton AC	17.31
5	247	Frankie Aldred	East Cornwall Harriers	17.32
6	248	Owen Parkin	Erme Valley Harriers	17.45
7	293	Stuart Hall	D&SFERS	17.49
8	312	Simon Yeo	Tamar Trotters	17.53
9	202	Ross Farrer	Plymouth Harriers	18.04
10	297	Matthew Brown	Erme Valley Harriers	18.05
11	257	Steven Waldron		18.16
12	209	Neil Holmes	Erme Valley Harriers	18.18
13	308	Graham Bale	Plymstock RR	18.22
14	217	Martin French	Plymouth Musketeers	18.49
15	229	William Dax	Tavistock AC	19.03
16	219	Marc Dalley		19.20
17	236	Mickey Dann		19.38
18	263	Alison Thorn	Erme Valley Harriers	19.41
19	299	Mike Hansen	Erme Valley Harriers	19.43
20	224	Andy Charles	Tamar Trotters	19.56
21	199	Steve Strachan	Falmouth RR	20.04
22	205	Alice Rogers	Tavistock AC	20.05
23	235	Emma Lake	Erme Valley Harriers	20.14
24	230	Steve Mace	Plymouth Musketeers	20.21
25	228	Richard Stephens		20.22
26	292	Jane Allison	Plymouth Harriers	20.58
27	216	Mike Beattie	Plymouth Harriers	21.13
28	254	Gary Martin	Plymouth Musketeers	21.25
29	258	Kai Croft	City of Plymouth AC	21.38
30	290	Jason Shipton	Tavistock AC	21.50
31	289	Charlie Shipton	Tavistock AC	21.50
32	227	James Payne	Roman Gladiators	22.03
33	264	Richard Ayson		22.11
34	291	Steven Lee		22.12
35	259	Mike Saunders	Plymouth Mustekeepers	22.24
36	275	Andy Newcombe		22.26
37	301	Thomas Gurry	Plymstock RR	23.03
38	278	Oliver Jackman		23.09
39	245	Rodney Hillebrandt	Plymouth Musketeers	23.13
40	305	Dan Oak	Plymstock RR	23.19
41	255	Phil Bees	Plymouth Mustekeepers	23.21
42	296	Alison Caldwell	Plymouth Musketeers	23.22
43	251	Tim O'Hare	Plymouth Mustekeepers	23.24
44	238	Michael Cookson		23.28
45	241	Daniel Murdoch	Roman Gladiators	24.11

46	267	Wade Hammett		24.14
47	232	Simon Ayres		24.16
48	240	Michael Todd	Tamar Trotters	24.21
49	233	James Saunders	Plymouth Musketeers	24.27
50	311	Anna Bale		24.30
51	210	Paul Medicott		24.31
52	253	Calvin Mudd	Bodmin Road Runners	24.36
53	294	David Bennett	Plymouth Musketeers	24.38
54	262	Sharon Lang	Plymouth Musketeers	24.40
55	309	Dean Barrett	Tamar Trotters	24.48
56	310	Lewis Barrett	Tamar Trotters	24.49
57	302	Jonathan Murphy		24.50
58	284	Paul Worsfold	Plymstock RR	25.14
59	207	Jim Andrews	Plymouth Musketeers	25.18
60	269	Claire Squires	Plymouth Musketeers	25.20
61	266	Jennifer Sabine	Tavistock AC	25.27
62	306	Susan Darke		25.34
63	273	Mark Bettey		25.48
64	244	Marie Hannam	Plymouth Musketeers	25.54
65	307	Scott Green	Plymstock RR	26.06
66	265	Jack Stinton-Brownbridge	Plymstock RR	26.09
67	226	Edward Ney	Plymouth Musketeers	26.11
68	206	Kate Rogers	Tavistock AC	26.14
69	295	Bryan Short		26.18
70	281	Sandy Williams	Plymstock RR	26.23
71	221	Maggie Lewis	Plymouth Musketeers	26.26
72	243	Simon Wiggins		26.29
73	313	Zoe Bond	Plymouth Musketeers	26.31
74	300	Carol Hansen	Erme Valley Harriers	26.33
75	303	Sharon Adams	Plymouth Musketeers	26.38
76	272	Leon Nethercot	Plymstock RR	26.47
77	270	Kirk Sheridan		26.47
78	231	Jessica Taylor	Roman Gladiators	27.08
79	198	Jackie Venning	Plymouth Musketeers	27.12
80	213	Shaun Dyer	Plymouth Musketeers	27.13
81	274	Denise Bettey		27.23
82	286	Louise King	Plymouth Musketeers	27.30
83	204	Harvey Comer Heath		27.31
84	208	Kate Aspinall	Plymstock RR	27.32
85	214	Jackie Day		27.33
86	203	Sue Baker	Chichester Runners & AC	27.34
87	250	M. Discombe	Moorhaven	27.35
88	298	Kerry Ogle		27.47
89	222	Lorraine Davies	Plymouth Mustekeepers	28.15
90	287	Bryan King	Plymouth Musketeers	28.45
91	218	Sonny Rowland		28.49
92	252	Barrington Mudd	Fetch Everyone	29.04
93	234	Craig Bradley	Plymstock RR	29.09
94	280	Becky Horne	Plymstock RR	29.12
95	285	Linda Worsfold	Plymstock RR	29.25

96	283	Lauren Jackson		29.34
97	304	Rob Clark	Tamar Trotters	29.45
98	288	Emily Milner		30.03
99	261	Mhairi McCall	Tavistock AC	30.06
100	249	Donna Quelch		30.08
101	225	Carol Ney	Plymouth Musketeers	30.39
102	271	John Griffiths		30.56
103	276	Rachael Tarrant	Plymouth Musketeers	31.05
104	277	Ben Tarrant	Plymstock RR	31.05
105	279	Hannah Tarrant	Plymstock RR	31.05
106	212	Louise Vickers		31.05
107	282	S. Campkin		31.12
108	237	Maurice Digby	Plymstock RR	31.37
109	220	Lucy Rowland		32.27
110	223	Dave Dane	Plymstock RR	32.38
111	268	Stephan Angela		34.03
112	200	Michael Lee	Erme Valley Harriers	34.40
113	211	Tim Howes		35.24
114	239	Martin Digby		35.38
115	260	Kirsty McCall		36.30