

Summer 5K Series  
Saltram - Wednesday 10th September

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	268	Samuel Lane De Courtin	Tavistock AC	16:50
2	202	Pete Waumsley	Tamar Trotters	16:55
3	201	Adam Peacock		17:09
4	308	Travis Bramley	COPAC	17:38
5	318	Graham Bale	Plymstock RR	18:15
6	286	William Dax	Tavistock AC	18:24
7	222	Neil Holmes	Erme Valley Harriers	18:34
8	229	Mark Rogers		19:29
9	315	Trevor Gynn	Launceston RR	19:55
10	207	Andy Charles	Tamar Trotters	19:57
11	230	Cleo Andrews	Erme Valley Harriers	19:58
12	218	Emma Lake	Erme Valley Harriers	20:07
13	232	Richard Stephens	Erme Valley Harriers	20:20
14	226	Marc Dalley		20:29
15	220	James Spencer	Roman Gladiators	20:31
16	317	Jane Allison	Plymouth Harriers	20:39
17	319	Guy Boswell	Plymouth Musketeers	20:40
18	280	Freya Carlson		20:40
19	296	Guy Peterson	Tamar Trotters	20:54
20	250	Gary Martin	Plymouth Musketeers	20:56
21	217	Mike Beattie	Plymouth Harriers	21:07
22	301	James Gill	Tamar Trotters	21:20
23	307	Mark Bramley	COPAC	21:20
24	285	Kai Croft	COPAC	21:21
25	293	Simon Swift	Erme Valley Harriers	21:25
26	243	Oliver Jackman		21:29
27	276	Mike Saunders	Plymouth Mustekeepers	21:35
28	214	Shaun Dyer	Plymouth Musketeers	22:08
29	205	Alex Tucker		22:15
30	305	Dan Oak	Plymstock RR	22:35
31	298	Ben Nicholson	Tamar Trotters	22:53
32	303	Chris Whipp	Plymouth Mustekeepers	22:55
33	219	James Payne	Roman Gladiators	23:01
34	255	Chris Hastings	Plymouth Coasters	23:02
35	254	Daniel Crooks		23:06
36	263	John Marshall	Tamar Trotters	23:10
37	234	Adrian Woodhouse		23:14
38	208	David Eveleigh	Exmouth Harriers	23:23
39	253	Tim O'Hare	Plymouth Mustekeepers	23:26
40	266	Tilly McDowell	Tavistock AC	23:31
41	289	Alison Caldwell	Plymouth Musketeers	23:35
42	199	Paul Medicott		23:46
43	198	Jessica Williams	Tavistock AC	23:48
44	231	Clint Fenwick		23:56
45	209	Michael Hockey	Plymouth Musketeers	23:57

46	261	Jason Hyde	Plymouth Musketeers	24:05
47	299	Joe Balsdon	Plymouth Harriers	24:12
48	306	Mark Bettey		24:29
49	284	Claire Squires	Plymouth Musketeers	24:32
50	262	David Pope	Plymouth Mustekeepers	24:35
51	281	Ben Horswell		24:37
52	283	S. Vetch		24:42
53	203	Zoe Drake		24:43
54	213	David Bennett	Plymouth Musketeers	24:44
55	304	Susan Darke		24:45
56	239	Rodney Hillebrandt	Plymouth Musketeers	24:45
57	294	Andy Smith	Plymouth Musketeers	24:51
58	200	Kate Medicott		24:54
59	302	Jonathan Murphy		24:56
60	290	Becky Piper		24:58
61	237	Rodger Bunn		24:58
62	244	Marie Hannam	Plymouth Musketeers	25:11
63	256	Paul Williams	Plymouth Musketeers	25:11
64	291	Paul Worsfold	Plymstock RR	25:15
65	274	Dave Reed		25:22
66	314	Liana Gynn		25:36
67	241	Ben Tarrant	Plymstock RR	25:39
68	271	Rob Shaddick	Plymouth Mustekeepers	25:41
69	278	Anna Crooke		25:50
70	248	Edward Ney	Plymouth Musketeers	25:54
71	240	Shaun Hitchcock	Plymouth Musketeers	26:06
72	223	Jack Stinton-Brownbridge	Plymstock RR	26:07
73	210	Helen Roberts		26:31
74	297	Darren Dunridge	Plymouth Musketeers	26:32
75	288	Kellie Boyln	Plymouth Harriers	26:48
76	211	Kate Aspinall	Plymstock RR	26:48
77	260	Jackie Day		26:49
78	249	Leon Nethercot	Plymstock RR	26:53
79	282	Kerry Ogle		26:58
80	221	Jessica Taylor	Roman Gladiators	26:59
81	212	Jennifer Sabine	Tavistock AC	27:20
82	316	Scott Green	Plymstock RR	27:24
83	228	Lorraine Davies	Plymouth Mustekeepers	27:54
84	206	Kate Rogers	Tavistock AC	28:06
85	224	Craig Bradley	Plymstock RR	28:13
86	225	Mickey Dann		28:13
87	300	Mark Reslon	Tamar Trotters	28:28
88	236	Sherrel Lomax		28:30
89	258	Tom Crooks		28:34
90	235	Rebecca Carr		28:42
91	257	Claire Young		28:48
92	269	Alison Cooper		29:02
93	287	Helen Norris	Erme Valley Harriers	29:09
94	277	Emily Milner		29:24
95	242	Lisa Burnham	Plymouth Harriers	29:30

96	246	Carol Ney	Plymouth Musketeers	29:41
97	251	Jake Renecke		29:46
98	245	Claire Hart	Plymouth Harriers	29:51
99	238	Carla Rogers	Plymouth Musketeers	30:06
100	259	Becky Horne	Plymstock RR	30:13
101	247	Sasha Walton		30:28
102	216	Bob Burton	Plymstock RR	30:50
103	215	Louise Vickers		30:58
104	233	Jo Arnold		31:00
105	292	Louise Viggers		31:23
106	312	Carolyn McAteer		31:38
107	311	Senge Clarke		31:43
108	273	Kelly Brumhead	Plymouth Musketeers	31:43
109	272	Michelle Shaddick	Plymouth Mustekeers	31:44
110	267	Hannah Penman		32:32
111	313	Kellie Embleton		32:50
112	265	Nina Shillabeer	Plymstock RR	33:05
113	264	Dave Dane	Plymstock RR	33:12
114	204	Michael Lee	Erme Valley Harriers	35:24
115	270	VeeThompson		36:59
116	275	Simone Newark	Plymouth Musketeers	38:29
117	295	Louise King	Plymouth Musketeers	38:29
118	279	Phillippa Fraser		38:49