

Winter 3K Series
Central Park - Wednesday 12th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	327	Jordan Blair	UPAC	9.55
2	6	Oli Wright	UPAC	10.03
3	2	Pete Waumsley	Tamar Trotters	10.12
4	367	Jack Bourne	UPAC	10.18
5	191	Joshua Blake	Tavistock AC	10.25
6	172	William Dax	Tavistock AC	10.42
7	388	Adam Tofield	Tavistock AC	10.56
8	409	Ross Shaddick		10.57
9	36	Victoria Weir	COPAC	10.58
10	266	Chris Williams	UPAC	11.20
11	8	Michael Jarvis	UPAC	11.26
12	407	Mike Feighan	SWRR	11.31
13	21	Jack Blanchard	UPAC	11.33
14	251	Andrew Meredith	UPAC	11.34
15	250	Steve Baker	Tamar Trotters	11.37
16	15	Kalvin Swannell	UPAC	11.57
17	34	Alex Vasilyev	UPAC	12.03
18	253	Ptolemy Hand		12.05
19	137	Jane Allison	Plymouth Harriers	12.05
20	89	Kai Croft	COPAC	12.07
21	408	Nick Lloyd		12.12
22	146	Mike Saunders	Plymouth Musketeers	12.15
23	92	Darren Hewlett		12.19
24	194	James Gill	Tamar Trotters	12.20
25	405	Jude White	Tavistock AC	12.27
26	373	Russ Mogridge	Erme Valley Harriers	12.33
27	393	Barry Copeland	Tamar Trotters	12.39
28	326	Elsbeth Greenshields	UPAC	12.41
29	9	Alex Jenkins	UPAC	13.02
30	140	Daniel Oak	Plymstock RR	13.06
31	394	Ben Nicholson	Tamar Trotters	13.08
32	385	Rhiannon Anderson	UPAC	13.11
33	392	Ashley Lenczuk	Plymouth Musketeers	13.20
34	93	Emma Ryder	Tavistock AC	13.22
35	380	Chris Sweet		13.24
36	223	Jenny Milburn	Tavistock AC	13.26
37	395	Simon Ayres		13.39
38	10	Jack Cooper	UPAC	13.51
39	353	Phil Bees	Plymouth Musketeers	13.54
40	12	Georgia Carrington	UPAC	13.54
41	399	Kris Jones	Plymouth Musketeers	14.08
42	244	Michael Cookson		14.09
43	374	Mark Bettey		14.12
44	302	Olivia Hartrick	UPAC	14.18
45	376	Jade Kinsey	Tavistock AC	14.25
46	271	Zara Cook	UPAC	14.27

47	119	Evan Brumhead	Argyle Musketeers	14.32
48	247	Jack Stinton-Bainbridge	Plymstock RR	14.37
49	397	Martin Smith	Plymouth Musketeers	14.38
50	35	Jason Hyde	Plymouth Musketeers	14.41
51	101	Eddie Ney	Plymouth Musketeers	14.47
52	299	Stephanie Ong	UPAC	14.48
53	379	Dave Reed		15.00
54	390	Clare Featherstone	Plymstock RR	15.07
55	196	Zoe Drake	Plymouth Tri Club	15.12
56	126	Jack Hill	Argyle Musketeers	15.15
57	241	Sharon Adams	Plymouth Musketeers	15.22
58	274	Hannah Paul	Guilford & Godalming AC	15.28
59	198	Aimee-Leigh Clowes	Tavistock AC	15.28
60	391	Bryan King	Plymouth Musketeers	15.32
61	207	Kate Rogers	Tavistock AC	15.34
62	404	Bryan Short		15.51
63	141	Denise Bettey		15.53
64	384	Lisa Pawley	Plymouth Musketeers	16.07
65	403	Rob Clark	London City Runners	16.17
66	406	BrandonDawe	Argyle Musketeers	16.20
67	222	Sheila Houghton	Tavistock AC	16.30
68	368	Katy Mogridge	Erme Valley Harriers	16.33
69	193	Chris Newton	Plymouth Musketeers	16.40
70	200	Tammie Ryder	Tavistock AC	17.07
71	273	Rhian Smith	UPAC	17.14
72	190	Liz Gee	Plymouth Musketeers	17.29
73	410	Heather O'Connell		17.29
74	122	Jack Kellett	Argyle Musketeers	17.40
75	396	Sherrell Lomax		17.43
76	56	Michelle Shaddick	Plymouth Musketeers	17.46
77	318	Omolara Jones	UPAC	18.02
78	275	Jessica Miller		18.02
79	402	Holly Rounding	Argyle Musketeers	18.21
80	401	Ruby Glanville	Argyle Musketeers	18.22
81	128	Ryan Payne	Argyle Musketeers	18.35
82	111	Isla Brumhead	Argyle Musketeers	18.38
83	386	Kelly Brumhead	Plymouth Musketeers	18.38
84	103	Eleanor Bray	Argyle Musketeers	18.43
85	110	Abbey Nicholas	Argyle Musketeers	18.43
86	400	Zoe Arnold	Argyle Musketeers	19.10
87	382	Maurice Digby	Plymstock RR	19.14
88	90	Aimi Hewlett Elliott		19.36
89	72	Jo Burt		19.41
90	342	Nina Shillabeer	Plymstock RR	19.53
91	352	Richard Walters	Plymstock RR	19.53
92	387	Martin Digby	Plymstock RR	19.55
93	139	Jenny Barkell	Tavistock AC	20.03
94	152	Shannon Bays	Plymouth Coasters	20.35
95	147	Lorna Bays	Plymouth Coasters	20.35
96	389	Simone Newark	Plymouth Musketeers	21.28
97	37	Louise King	Plymouth Musketeers	21.28