

Summer 5K Series
Saltram - Wednesday 10th June

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	214	Jonny Gilby	Derby AC	15:54
2	216	Neil Barkell	Tavistock AC	16:51
3	83	Peter Monaghan	Torbay AC	17:08
4	204	Jim Cole		17:12
5	155	Pete Waumsley	Tamar Trotters	17:14
6	102	Allister Bristow	Erme Valley Harriers	17:16
7	145	Stuart Hall	DSFRS RC	17:35
8	226	Neil Mytton	Plymouth Harriers	17:37
9	128	Simon Yeo	Tamar Trotters	18:07
10	95	Neil Holmes	Erme Valley Harriers	18:09
11	1	Jordan Andrews	Plymouth Harriers	18:14
12	15	Graham Bale	Plymstock RR	18:27
13	205	Martin Exley-Deane	Tavistock AC	18:31
14	108	Alex Peyton Jones	Plymouth Harriers	18:35
15	92	Paddy Trinder	Erme Valley Harriers	18:48
16	78	Gary Montford		18:59
17	142	Richard Maunder	Plymouth Tri Club	19:05
18	91	Alison McEwing	Erme Valley Harriers	19:07
19	2	Steve Burrows		19:28
20	141	Luke Elliott	Mud Crew Trail Runners	19:46
21	97	Andy Charles	Tamar Trotters	19:52
22	236	Ami Yetton	Plymouth Harriers	19:55
23	219	Dan Luckham	Tavistock AC	19:55
24	199	James Spencer	Roman Gladiators	19:57
25	121	Richard Stephens	Erme Valley Harriers	19:58
26	42	Paul Hegarty		19:58
27	146	Jane Allison	Plymouth Harriers	20:06
28	241	Cleo Perry	Erme Valley Harriers	20:10
29	30	Justin Smith	Plymouth Harriers	20:17
30	220	Natasha Farrington	Tavistock AC	20:39
31	209	Hans Thompson	SWVets	20:45
32	224	Harry Roberts	COPAC	20:48
33	96	Ian Lamerton	Plymouth Tri Club	20:58
34	200	James Gill	Tamar Trotters	20:59
35	213	Linda Ludlow	RNAC	21:01
36	201	Matthew Bradley	Plymouth Musketeers	21:12
37	225	Shaun Roberts	Plymouth Striders	21:18
38	150	Dean Barrett	Tamar Trotters	21:29
39	246	Darren Townley		21:31
40	167	David Spreadbridge		21:53
41	195	James Ashforth	Plymouth Musketeers	21:56
42	51	Molly Northmore	Erme Valley Harriers	21:56
43	223	Gary Martin	Plymouth Musketeers	21:56
44	159	Alex Tucker		22:01
45	242	Lewis Fearnley		22:02

46	126	Noah Cioffi		22:07
47	104	Brennan Drewitt	Plymouth Musketeers	22:07
48	124	Emmanuel Cioffi		22:07
49	249	Lucy Greenough	Reading AC	22:16
50	143	Daniel Oak	Plymstock RR	22:22
51	153	Laurence Harris	Erme Valley Harriers	22:23
52	168	Nick Wall		22:36
53	191	Pete Thorne		23:02
54	190	D Northcott		23:02
55	52	Paul Ginter		23:04
56	101	Tim O'Hare	Plymouth Musketeers	23:06
57	93	Sam Craghill		23:11
58	109	Joe Easterbrook	Argyle Musketeers	23:12
59	189	Tilly McDowell	Tavistock AC	23:13
60	203	Tracey Oxborough	Tavistock AC	23:14
61	21	Vicky Saunders	Plymouth Musketeers	23:26
62	250	Sam Brian	Plymouth Musketeers	23:33
63	111	Evan Brumhead	Argyle Musketeers	23:35
64	120	Dean Rollerson		23:38
65	113	Michael Hockey	Plymouth Musketeers	23:40
66	100	Richard Lewis		23:41
67	125	Andy Smith	Plymouth Musketeers	23:52
68	245	Phil Bees	Plymouth Musketeers	23:59
69	206	Rebecca Exley-Deane	Tavistock AC	23:59
70	212	Rachael Tuck	Mud Crew Trail Runners	24:03
71	175	Simon Fewings	Plymouth Musketeers	24:04
72	7	Chris Whipp	Plymouth Musketeers	24:05
73	114	Josiah	Argyle Musketeers	24:24
74	235	Terry Bartlett	Plymouth Harriers	24:27
75	68	Jennifer Sabine	Tavistock AC	24:28
76	48	Paul Worsfold	Plymstock RR	24:31
77	207	Tina O'Shea	Plymouth Musketeers	24:35
78	116	S Bettey	Instinctive Sports	24:44
79	176	Susan Darke	Plymouth Musketeers	24:50
80	152	Claire Squires	Plymouth Musketeers	24:54
81	233	Alan Hockings		24:54
82	239	Martin Head	Bere Alston Trekkers	24:54
83	208	Paul Paskins	Plymouth Harriers	25:01
84	117	Jack Hill	Argyle Musketeers	25:08
85	157	Chris Rollinson		25:10
86	178	Rodney Hillebrandt	Plymouth Musketeers	25:11
87	194	Callum Preece	Argyle Musketeers	25:14
88	94	Linda Bracher	Erme Valley Harriers	25:15
89	182	Kirsty Ireland	Plymouth Musketeers	25:19
90	25	Helen Jordan		25:20
91	234	Steve Worth	Erme Valley Harriers	25:32
92	87	Mark Betty		25:32
93	138	Sharon Lang	Plymouth Musketeers	25:46
94	19	Alan McKeever	Instinctive Sports	25:49
95	163	Sharon Terry	Erme Valley Harriers	25:53

96	218	Matt Luckham	Bere Alston Trekkers	26:00
97	243	Alex Jewell	Argyle Musketeers	26:02
98	27	Kelie Boylin	Plymouth Harriers	26:05
99	16	Tracy Wakeham		26:05
100	8	Stephen Beck		26:08
101	188	Adrian Searl		26:09
102	227	David Johns		26:21
103	181	Victoria Luckraft		26:23
104	69	Rachel Scott	Plymouth Musketeers	26:32
105	118	Denise Bettey	Instinctive Sports	26:39
106	179	Lesley Donovan	Plymouth Harriers	26:46
107	84	David Salvage	Tamar Trotters	26:49
108	135	Paul Griffin	Instinctive Sports	26:51
109	156	Jude Howell		26:58
110	154	David Beckenkramer	Plymouth Harriers	26:58
111	198	Richard Caroman		27:00
112	164	Rhiannon Bailey	Tamar Trotters	27:01
113	3	Kate Phillips	Plymstock RR	27:10
114	131	Jo Gransden		27:12
115	37	Jennifer Williams	Plymouth Harriers	27:13
116	122	Kirsten Nosworthy	Plymouth Coasters	27:27
117	17	Lesley Allinson		27:35
118	9	Bob Manning		27:52
119	222	Mick Brian	Plymouth Musketeers	27:59
120	197	Bridgitte Worth	Erme Valley Harriers	28:07
121	211	Clement Edwards	Argyle Musketeers	28:15
122	215	Donna Burke	Plymouth Musketeers	28:15
123	202	Aidan McCarthy	Argyle Musketeers	28:16
124	180	Bryan Short		28:22
125	173	Claire Mancs		28:24
126	67	Louis McCracken		28:28
127	177	Nichola Giblin		28:28
128	134	Eleanor Bray	Argyle Musketeers	28:29
129	170	Laura Abell	Tamar Trotters	28:29
130	4	Lisa Light		28:29
131	161	Liz Gee	Plymouth Musketeers	28:30
132	85	Mark Rescorl		28:32
133	169	Heather O'Connell	Plymouth Musketeers	28:39
134	171	Fiona Coates		28:42
135	217	Ian McCarthy		28:45
136	18	Emma Wavish		28:47
137	186	Angela King		28:54
138	63	Stanley Kellett	Plymouth Musketeers	29:01
139	115	Jack Kellett	Argyle Musketeers	29:01
140	238	Rob Shaddick	Plymouth Musketeers	29:06
141	54	Michelle Shaddick	Plymouth Musketeers	29:06
142	123	Deborah Bettey		29:17
143	160	Craig Bradley	Plymstock RR	29:22
144	72	Maggie Lamerton	Plymouth Musketeers	29:30
145	248	Rachel Perry		29:32

146	244	Moya Lerigo-Jones		29:46
147	61	Linda Worsfold	Plymstock RR	30:00
148	132	Jo Burt		30:04
149	165	Marian Spreadbridge		30:07
150	36	Tara Davies		30:12
151	29	Karen Finn		30:21
152	90	Sherrell Lomax		30:21
153	140	Bryan King	Plymouth Musketeers	30:26
154	80	Kelly Brumhead	Plymouth Musketeers	30:26
155	247	Linda Mole	Plymouth Harriers	30:29
156	127	Gerard Judge		30:30
157	106	Zoe Arnold	Argyle Musketeers	30:38
158	99	Jo Arnold		30:38
159	81	Alban Oliver		30:57
160	237	Paul Statham		31:00
161	103	James Buckman	Argyle Musketeers	31:27
162	162	Marianne Rowntree		31:34
163	112	Vicky Mullen	Plymouth Harriers	31:43
164	231	Liz Birch	Plymouth Musketeers	31:48
165	24	Ali James		31:54
166	45	Janet Lynch		31:54
167	184	Sarah Wellington		31:56
168	196	Bev Findlay		32:15
169	210	Sarah Campian	Plymstock RR	32:35
170	76	Suzanne Hehir		32:37
171	110	Ryan Pagne	Argyle Musketeers	32:44
172	119	Lisa Pawley		32:46
173	232	Charlie Rollerson		32:47
174	230	Gill Tucker		32:52
175	6	Claire Riley		33:13
176	240	Hilary Head	Bere Alston Trekkers	33:25
177	107	Helen Norris	Erme Valley Harriers	33:42
178	183	Penny Harley		33:46
179	98	Nicky Broom		34:03
180	5	Lucy Young		34:27
181	151	Emma Butler		34:36
182	139	Louise King	Plymouth Musketeers	34:36
183	75	Russell Williams	Plymouth Musketeers	34:36
184	32	Karey Baker		34:47
185	10	Kathryn Weaver-Gore	Plymouth Musketeers	34:47
186	133	Penny Benning	Plymouth Musketeers	35:15
187	137	David Pope	Plymouth Musketeers	35:15
188	89	Dave Dane	Plymstock RR	35:39
189	229	Guy Sanders	Argyle Musketeers	35:41
190	228	Herbie Owen	Argyle Musketeers	35:42
191	50	Mike Lee	Erme Valley Harriers	36:21
192	193	Callum Goss	Argyle Musketeers	37:06
193	172	Jackie Meakin		37:07
194	192	Jodie Stone	Argyle Musketeers	38:24
195	185	Shahana Yasmin	Argyle Musketeers	38:40

196	14	Shaunna Moss	41:10
197	13	Vanessa Birch	41:11
198	221	Sophia McCracken	42:37
199	33	Emily Conner	43:50