

Summer 5K Series
Saltram - Wednesday 8th July

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	80	Jim Cole		16:44
2	83	Pete Waumsley	Tamar Trotters	17:07
3	8	Fin Saunders		17:15
4	21	John Cooper	Plymouth Harriers	17:16
5	97	Travis Bramley	COPAC	17:18
6	133	Allister Bristow	Erme Valley Harriers	17:19
7	186	Stuart Hall	DSFRS RC	17:33
8	117	Jordan Andrews	Plymouth Harriers	17:53
9	104	Neil Mytton	Plymouth Harriers	18:06
10	43	Clive Ramsden	Plymouth Harriers	18:23
11	78	Martin Exley-Deane	Tavistock AC	18:26
12	113	Neil Holmes	Erme Valley Harriers	18:35
13	170	Alex Peyton Jones	Plymouth Harriers	18:39
14	3	Martin French	Plymouth Musketeers	18:45
15	7	Ross Bailey	Plymouth Harriers	19:12
16	92	Cleo Perry	Erme Valley Harriers	19:13
17	44	Ben Payne	Instinctive Sports	19:17
18	138	Steve Burrows		19:30
19	107	Richard Stephens	Erme Valley Harriers	19:38
20	125	Matthew Head	Bere Alston Trekkers	19:45
21	111	Michael Miners	Plymouth Musketeers	19:48
22	42	David Law	Road Runners Club	19:56
23	28	Laura Macro		19:57
24	70	Samuel Yearling	Plymouth Tri Club	19:59
25	164	Andy Newcombe	Erme Valley Harriers	19:59
26	52	Lee Herbert	Plymouth Musketeers	20:01
27	82	Ami Yetton	Plymouth Harriers	20:06
28	145	Jane Allison	Plymouth Harriers	20:17
29	79	Andy Charles	Tamar Trotters	20:21
30	6	Emma Lake	Erme Valley Harriers	20:28
31	16	Sam Smiles		20:39
32	10	Kai Croft		20:45
33	9	Marley Gibson		20:45
34	13	Mike Prince		20:47
35	73	Harry Roberts	COPAC	20:51
36	142	Ian Lamerton	Plymouth Tri Club	20:52
37	75	Shaun Roberts	Plymouth Striders	20:53
38	90	Darren Hewlett Elliot		20:57
39	143	Daniel Oak	Plymstock RR	20:59
40	5	Dan Cleverley		21:01
41	29	Jack Northmore		21:09
42	197	Emmanuel Cioffi		21:11
43	198	Joshua Cioffi	Argyle Musketeers	21:21
44	37	Joe Dix	Tavistock AC	21:23
45	38	Francis Dix	Bere Alston Trekkers	21:24

46	103	James Ashforth	Plymouth Musketeers	21:26
47	35	Mike Saunders	Plymouth Musketeers	21:32
48	131	Mike Wall		21:43
49	102	Evan Brumhead	Argyle Musketeers	21:47
50	137	Gary Martin	Plymouth Musketeers	21:48
51	77	James Spencer	Roman Gladiators	21:51
52	81	Laurence Harris	Erme Valley Harriers	21:51
53	128	Nick Wall		21:56
54	96	Sam Craghill		22:02
55	1	Phil Bates	Torbay AC	22:08
56	76	James Payne	Roman Gladiators	22:15
57	19	Adrian Woodhouse	Erme Valley Harriers	22:23
58	108	Tilly McDowell	Tavistock AC	22:24
59	64	Alex Collin		22:24
60	63	Martin Collin		22:29
61	15	Wayne Kidman		22:34
62	193	Dave Northcott		22:36
63	192	Pete Thorne		22:36
64	99	Molly Northmore	Erme Valley Harriers	22:38
65	140	Paul Ginter		22:39
66	18	James Vickers		22:51
67	161	Mark Pearson	Plymouth Musketeers	23:14
68	200	Anna Bale		23:15
69	167	Allison Caldwell	Plymouth Musketeers	23:27
70	165	Chris Rollinson		23:40
71	126	Simon Fewings	Plymouth Musketeers	23:50
72	85	Terry Bartlett	Plymouth Harriers	23:55
73	152	Richard Lewis		23:59
74	84	Tina O'Shea	Plymouth Musketeers	24:00
75	48	Aurelien Antoine	Instinctive Sports	24:00
76	173	Alan Hockings		24:00
77	157	Claire Squires	Plymouth Musketeers	24:09
78	171	Susan Darke	Plymouth Musketeers	24:15
79	155	Scott Green	Plymstock RR	24:29
80	129	Mark Peckings	Roman Gladiators	24:30
81	49	Tony Lee	Plymouth Musketeers	24:59
82	160	Stephen Beck		25:00
83	118	Rachel Scott	Plymouth Musketeers	25:06
84	185	Steve Worth	Erme Valley Harriers	25:08
85	189	Victoria Luckraft		25:17
86	191	Helen Jordan		25:17
87	100	Jennifer Sabine	Tavistock AC	25:23
88	156	Alex Jewell	Argyle Musketeers	25:29
89	25	Will Birch	Argyle Musketeers	25:35
90	124	Martin Head	Bere Alston Trekkers	25:54
91	162	Nichola Balmer	Plymouth Musketeers	25:57
92	65	John Woolven-Allen		25:58
93	176	Paul Worsfold	Plymstock RR	26:03
94	110	Kirsten Nosworthy	Plymouth Coasters	26:09
95	39	Craig Smith	Plymouth Coasters	26:15

96	2	Andrew Mumford		26:18
97	53	Matthew Curtin		26:25
98	159	Paul Griffin	Instinctive Sports	26:27
99	112	Brandon Dawe	Argyle Musketeers	26:30
100	17	Paul Jackman		26:39
101	87	Sandra Williams	Plymstock RR	26:40
102	33	Paula Andrew	Plymstock RR	26:54
103	135	Jo Gransden		26:54
104	199	Claire Marks		27:18
105	69	Liz Westlake		27:31
106	184	Bridgitte Worth	Erme Valley Harriers	27:31
107	72	Phil Roberts		27:42
108	181	Bev Bickley	Tavistock AC	27:51
109	180	Bryan Short		27:55
110	150	Angela King		28:11
111	54	Jan Horrell	Plymouth Musketeers	28:11
112	151	Michelle Shaddick	Plymouth Musketeers	28:15
113	163	Sharon Adams	Plymouth Musketeers	28:15
114	68	Diane Wild		28:17
115	175	Maggie Lamerton	Plymouth Musketeers	28:19
116	196	Lisa Rundle		28:40
117	178	Louise King	Plymouth Musketeers	28:40
118	67	Rhian Ward		28:40
119	88	Becky Horne	Plymstock RR	28:44
120	32	Tony Bond		28:48
121	50	Natasha Maloney	Tamar Trotters	28:53
122	144	Vicky Mullen	Plymouth Harriers	28:55
123	36	Kate Saxby		28:57
124	57	Clare Hallett	Plymstock RR	29:07
125	60	Rob Clark	Tamar Trotters	29:10
126	46	Sam Blake-Valerio		29:22
127	168	Jo Arnold		29:34
128	101	Kelly Brumhead	Plymouth Musketeers	29:35
129	177	Bryan King	Plymouth Musketeers	29:35
130	127	Moya Lerigo-Jones		29:41
131	109	Tilly McDowell	Tavistock AC	29:42
132	4	Pete Bunting		29:43
133	114	Liz Birch	Plymouth Musketeers	29:58
134	116	James Buckman	Argyle Musketeers	30:01
135	94	Jack Kellett	Argyle Musketeers	30:02
136	93	Stanley Kellett	Plymouth Musketeers	30:02
137	201	Sarah Wellington		30:21
138	188	Clement Edwards	Argyle Musketeers	30:26
139	115	Emma Butler		30:31
140	179	Lindsay Hobbs	Tavistock AC	30:34
141	190	Alban Oliver		30:45
142	31	Hannah Kennelly	Instinctive Sports	30:49
143	134	Jo Burt		30:56
144	195	Janet Lynch		31:00
145	194	Linda Mole	Plymouth Harriers	31:07

146	24	Jenson Baker		31:47
147	183	Bev Findlay		31:51
148	66	Steve Ward		31:53
149	45	Margaret Blackmore		31:54
150	98	Karey Baker		31:56
151	55	Nadine Chant		32:00
152	59	Katie Green	Plymstock RR	32:17
153	58	Emma Green		32:21
154	132	Martin Manley	Plymouth Coasters	32:23
155	56	Tom Beck		32:26
156	123	Hilary Head	Bere Alston Trekkers	32:27
157	141	Penny Harley		32:57
158	121	Russell Williams	Plymouth Musketeers	32:59
159	139	Gill Tucker		33:35
160	14	Robert Broom		34:02
161	172	Lucy Young		34:06
162	91	Nicky Broom		34:09
163	153	Guy Sanders	Argyle Musketeers	34:34
164	154	Herbie Owen	Argyle Musketeers	34:38
165	61	Cassie Loram Martin		34:38
166	30	Michelle Kennelly	Instinctive Sports	34:46
167	146	Penny Benning	Plymouth Musketeers	35:18
168	106	Dave Dane	Plymstock RR	35:35
169	169	Jodie Stone	Argyle Musketeers	35:46
170	89	Amy Hewlett Elliot		37:09
171	34	Kelly Dunning	Instinctive Sports	38:14
172	51	Wendy Oldham		38:29
173	62	Simon Ashford	Moorhaven RC	40:42
174	95	Emily Conner		41:17
175	119	Louis McCracken		42:25
176	120	Sophia McCracken		42:35
177	27	Charlotte Gosling		43:03
178	26	Alilsa Kellett		43:04
179	122	Ruth Kelly	Plymouth Musketeers	48:37

