

Summer 5K Series  
Saltram - Wednesday 19th August

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	99	Neil Barkell	Tavistock AC	16:58
2	92	Pete Waumsley	Tamar Trotters	17:03
3	107	Jordan Andrews	Plymouth Harriers	17:09
4	119	Fin Saunders		17:19
5	85	John Cooper	Plymouth Harriers	17:21
6	97	Allister Bristow	Erme Valley Harriers	17:26
7	94	Neil Mytton	Plymouth Harriers	17:40
8	103	John Porter	Plymouth Harriers	17:54
9	157	Simon Yeo	Tamar Trotters	18:04
10	160	Ben Morrish		18:11
11	100	Nathan Brown	Erme Valley Harriers	18:13
12	163	Gareth Smith	Team H Running	18:20
13	91	Neil Holmes	Erme Valley Harriers	18:33
14	104	Clive Ramsden	Plymouth Harriers	18:39
15	154	Richard Maunder	Plymouth Tri Club	18:52
16	96	Gary Montford		19:16
17	169	Michael Miners	Plymouth Musketeers	19:47
18	88	Cleo Perry	Erme Valley Harriers	19:53
19	179	Samuel Yearling	Plymouth Tri Club	20:01
20	95	Ben Farrer	Tamar Trotters	20:12
21	184	Andy Newcombe	Erme Valley Harriers	20:33
22	170	Mike Prince		20:43
23	175	Wayne Kidman		21:04
24	116	Matthew Wearne		21:14
25	145	Emmanuel Cioffi		21:34
26	152	Joshua Cioffi	Argyle Musketeers	21:35
27	173	John Grose	Buckingham & Stowe	21:37
28	124	Joe Dix	Tavistock AC	21:38
29	188	Peter Bazley	Tavistock AC	21:41
30	144	Noah Cioffi		21:53
31	93	Laurence Harris	Erme Valley Harriers	21:55
32	181	Guy Petersen		22:05
33	106	Brennan Drewitt	Plymouth Musketeers	22:45
34	84	Jason Childs	Plymouth Musketeers	23:03
35	125	Francis Dix	Bere Alston Trekkers	23:04
36	159	Pete Thorne		23:06
37	111	Adrian Woodhouse	Erme Valley Harriers	23:06
38	183	Kirsty Ireland	Plymouth Musketeers	23:26
39	118	Aaron Buckingham		23:29
40	80	Jim Andrews	Plymouth Musketeers	23:33
41	161	Alan Hockings		23:36
42	156	Joseph Cioffi		24:11
43	117	Tony Lee	Plymouth Musketeers	24:15
44	172	Mark Bettey		24:26
45	128	Linda Bracher	Erme Valley Harriers	24:42

46	81	Paul Roberts		24:48
47	82	Andrew Mumford		24:58
48	164	Simon Fewings	Plymouth Musketeers	25:07
49	126	Stanley Kellett	Plymouth Musketeers	25:21
50	129	Rachel Scott	Plymouth Musketeers	25:21
51	162	Helen Jordan		25:31
52	127	Pam Duncan		25:43
53	123	Emily Eaton	Instinctive Sports	25:52
54	132	Olivia Travers	Erme Valley Harriers	25:53
55	168	John Woolven-Allen		26:16
56	98	Sharon Terry	Erme Valley Harriers	26:21
57	171	Denise Bettey	Instinctive Sports	26:22
58	141	David Salvage	Tamar Trotters	26:44
59	112	Kirsten Nosworthy	Plymouth Coasters	26:45
60	139	Bridgitte Worth	Erme Valley Harriers	26:46
61	185	Scott Green	Plymstock RR	27:16
62	108	Leanne Wearne		27:16
63	121	Nicki Chapman		27:41
64	176	Zoe Drage		27:44
65	131	Natalie Travers		27:49
66	109	Joey Pook		27:55
67	115	Eleanor Bray	Argyle Musketeers	28:04
68	133	Louis McCracken		28:29
69	143	Sharon Adams	Plymouth Musketeers	28:48
70	122	Louise Steele		29:06
71	153	Jamie Martin		29:42
72	155	Gary Martin	Plymouth Musketeers	29:43
73	135	Alban Oliver		29:53
74	186	Angela King		30:05
75	180	Louise King	Plymouth Musketeers	30:29
76	142	Mark Rescorl		30:42
77	138	Nicola Lang		30:49
78	140	Matt Lang		30:50
79	102	Max Davies		31:19
80	151	Helen Norris	Erme Valley Harriers	31:26
81	89	Emma Luscombe		32:14
82	90	Phil Warren	Erme Valley Harriers	32:15
83	110	Nicky Broom		32:19
84	113	James Buckman	Argyle Musketeers	32:50
85	177	Nadine Chant		32:58
86	120	Summer Dawe	Argyle Musketeers	33:07
87	101	Tara Davies		33:26
88	150	Russell Williams	Plymouth Musketeers	33:41
89	165	Kate Nesbitt		38:08
90	167	Pauline Smith		38:08
91	178	Simon Ashford	Moorhaven RC	39:02
92	137	Michelle Shaddick	Plymouth Musketeers	40:37
93	114	Elizabeth Buckman		40:37
94	146	Ruth Kelly	Plymouth Musketeers	44:10