

Summer 5K Series  
Saltram - Wednesday 9th September

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	117	Chris Rimmer	Plymouth Harriers	16:31
2	126	Jordan Andrews	Plymouth Harriers	16:54
5	110	Josh Blake	Tavistock AC	17:09
3	80	Simon Anderson	COPAC	17:27
4	85	John Cooper	Plymouth Harriers	17:32
6	108	Nathan Brown	Erme Valley Harriers	18:06
7	180	Alex Peyton Jones	Plymouth Harriers	18:11
8	112	Alan Ryder	Plymouth Musketeers	18:13
9	189	Clive Ramsden	Plymouth Harriers	18:21
10	1	Richard Maunder	Plymouth Tri Club	18:33
11	119	Steve Newcombe	Plymouth Harriers	18:44
12	32	Graham Bale	Plymstock RR	18:49
13	95	R Stewart		19:08
14	89	Ross Bailey	Plymouth Harriers	19:16
15	167	Laura Macro		19:43
16	186	Michael Miners	Plymouth Musketeers	19:46
17	29	Mike Prince		19:49
18	9	Samuel Yearling	Plymouth Tri Club	19:58
19	121	Ami Yetton	Plymouth Harriers	20:09
20	94	Emma Lake	Erme Valley Harriers	20:12
21	99	Richard Stephens	Erme Valley Harriers	20:13
22	120	Ian Lamerton	Plymouth Tri Club	20:32
23	161	Steve Mace	Plymouth Musketeers	20:41
24	116	Sarah Hiron	Erme Valley Harriers	20:42
25	88	Jane Allison	Plymouth Harriers	20:45
26	14	Maia Hawkins		20:48
27	197	Tom Jennings	Plymouth Tri Club	21:01
28	141	Darren Hewlett		21:10
29	7	Victoria Moore		21:16
30	27	Wayne Kidman		21:25
31	102	Natasha Farrington	Tavistock AC	21:26
32	111	Jason Blake		21:31
33	118	Laurence Harris	Erme Valley Harriers	21:32
34	155	Gary Martin	Plymouth Musketeers	21:45
35	13	Guy Purbrick		21:49
36	6	Guy Petersen		21:54
37	109	Stuart Queen	Plymouth Musketeers	21:58
38	165	Nicola Noble	Plymouth Tri Club	21:59
39	28	Daniel Oak	Plymstock RR	22:04
40	96	James Ashforth	Plymouth Musketeers	22:11
41	133	James Vickers		22:29
42	129	Tilly McDowell	Tavistock AC	22:38
43	98	Paul Ginter		22:42
44	15	Phoebe Lloyd-Evans		22:58
45	156	Ken Summers	Erme Valley Harriers	23:00

46	33	Anna Bale		23:01
47	84	Jim Andrews	Plymouth Musketeers	23:04
48	198	Pete Thorne		23:14
49	24	Alison Caldwell	Plymouth Musketeers	23:20
50	139	Evan Brumhead	Argyle Musketeers	23:38
51	151	Michael Hockey	Plymouth Musketeers	23:56
52	10	Fiona Coates		24:00
53	194	Matthew Golding	COPAC	24:03
54	152	Olivia Travers	Erme Valley Harriers	24:04
55	18	Mark Bettey		24:07
56	31	Simon Fewings	Plymouth Musketeers	24:10
57	173	Phil Bees	Plymouth Musketeers	24:15
58	169	Michael Cookson		24:24
59	107	Rodney Hillebrandt	Plymouth Musketeers	24:38
60	143	Jennifer Sabine	Tavistock AC	24:44
61	146	Linda Bracher	Erme Valley Harriers	24:48
62	196	Helen Perry		24:56
63	145	Pam Duncan		25:03
64	171	Samantha Perry	Erme Valley Harriers	25:14
65	115	Liz Bowden	Erme Valley Harriers	25:34
66	162	Nancey Walker		25:39
67	150	Craig Smith	Plymouth Coasters	25:44
68	103	Rachel Scott	Plymouth Musketeers	25:48
69	104	Scott Green	Plymstock RR	26:00
70	16	Stephen Beck		26:05
71	159	Alex Jewell	Argyle Musketeers	26:06
72	199	Helen Jordan		26:21
73	142	Owen Hughes	Plymstock RR	26:29
74	100	Rob Shaddick	Plymouth Musketeers	26:43
75	3	Jo Gransden		26:49
76	164	David Salvage	Tamar Trotters	26:51
77	131	Rose Bralsford	Erme Valley Harriers	27:01
78	93	Maggie Lewis	Plymouth Musketeers	27:13
79	114	Nathan Mason	Argyle Musketeers	27:17
80	113	Stuart Mason		27:18
81	19	Liz Westlake		27:19
82	122	Millie Wilson	Vegetarian Athletic & Cycling C	27:20
83	154	Natalie Travers		27:54
84	170	Eleanor Bray	Argyle Musketeers	28:07
85	5	Liz Brew	Tavistock AC	28:23
86	193	Chris French		28:25
87	195	Angela King		28:29
88	192	Wensday Wise	Plymouth Musketeers	28:29
89	135	Alban Oliver		28:32
90	25	Louise King	Plymouth Musketeers	28:52
92	188	Bryan King	Plymouth Musketeers	28:53
91	185	Darren Dunridge	Plymouth Musketeers	28:53
93	153	Emma Wavish		29:01
94	163	Linda Worsfold	Plymstock RR	29:20
95	137	Helen Norris	Erme Valley Harriers	29:31

96	21	James Blewett		29:36
97	90	Phil Warren	Erme Valley Harriers	29:43
98	8	Bethan Watmore	Tavistock AC	30:01
99	178	Matthew Maddaford		30:04
100	184	Karen Finn		30:08
101	127	Emma Luscombe		30:19
102	34	Emma Harvey		30:22
103	168	Marian Spreadbridge		30:35
104	134	Dave Pitcher	Tamar Trotters	30:36
105	175	Jo Arnold	Plymouth Musketeers	30:38
106	200	Ali James		30:45
107	106	Louis McCracken		30:47
108	140	Maggie Lamerton	Plymouth Musketeers	31:06
109	30	Shelby Whyte		31:08
110	190	Nadine Chant		31:24
111	92	Matt Davies		31:30
112	2	Jo Burt		31:35
113	91	Tara Davies		31:41
114	191	Bee Morgan	Plymouth Musketeers	31:49
115	144	Nicky Broom		32:10
116	179	Sarah Wellington		32:44
117	181	Janet Lynch		32:45
118	177	Sam Nicholson		32:48
119	97	Ronnie Stewart		33:12
120	125	Graeme Buckman		33:13
121	132	Erica Tarr	Plymouth Musketeers	33:13
122	176	Catherine Jane Wheeler		33:17
123	138	Kelly Brumhead	Plymouth Musketeers	33:52
124	82	Dave Dane	Plymstock RR	34:30
125	157	Guy Sanders	Argyle Musketeers	34:44
126	17	Tom Beck		34:45
127	160	Josiah Cioffi	Argyle Musketeers	34:47
128	172	Jodie Stone	Argyle Musketeers	34:55
129	124	James Buckman	Argyle Musketeers	35:07
130	81	Mike Lee	Erme Valley Harriers	35:27
131	128	Simon Ashford	Moorhaven RC	35:55
133	123	Elizabeth Buckman		39:19
132	101	Michelle Shaddick	Plymouth Musketeers	39:19
134	4	Abigail Harvey		41:10
135	83	Abbie James		41:10