

Winter 3K Series  
Central Park - Wednesday 14th October

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	86	Travis Bramley	COPAC	M	9.54
2	35	Nathan Brown	Erme Valley Harriers	M	10.02
3	4	Pete Waumsley	Tamar Trotters	M	10.30
4	20	Michael Jarvis	UPAC	M	10.50
5	84	Graham Bale	Plymstock RR	M	10.52
6	54	Ross Bailey	Plymouth Harriers	M	11.01
7	10	Daniel Watling	UPAC	M	11.08
8	68	Michael Miners	Plymouth Musketeers	M	11.15
9	87	Andrew Meredith		M	11.19
10	18	Steve Baker	Tamar Trotters	M	11.27
11	2	Ben Oman		M	11.31
12	89	Guy Petersen		M	11.36
13	19	Jonathan Sherman		M	11.43
14	32	Oliver Woodmason	Tavistock AC	M	11.48
15	53	Jane Allison	Plymouth Harriers	F	11.49
16	72	Dan Oak	Plymstock RR	M	11.54
17	85	Mark Bramley	COPAC	M	11.59
18	58	Steve Mace	Plymouth Musketeers	M	12.06
19	1	Mike Saunders	Plymouth Musketeers	M	12.07
20	82	Darren Hewlett		M	12.08
21	12	Sarah Bull	Tavistock AC	F	12.11
22	62	Jeremy Westmore		M	12.17
23	17	Laurence Harris	Erme Valley Harriers	M	12.38
24	39	Phil Bates	Torbay AC	M	12.46
25	28	Evan Brumhead	Argyle Musketeers	M	12.47
26	26	Daniel Carr	COPAC	M	12.50
27	6	Emma Ryder	Tavistock AC	F	12.53
28	46	Olivia Travers	Erme Valley Harriers	F	13.00
29	34	Jennifer Sabine	Tavistock AC	F	13.06
30	69	Martin Exley-Deane	Tavistock AC	M	13.07
31	71	Jon Anderson	Plymouth Musketeers	M	13.23
32	79	Gareth Logan		M	13.43
33	42	Alex Jewell	Argyle Musketeers	M	13.58
34	52	Suzy Paul		F	13.58
35	67	P Bees	Plymouth Musketeers	M	14.04
36	76	Miranda Burke	Plymouth Harriers	F	14.07
37	50	Max Davies	Plymouth Tri Club	M	14.08
38	48	Kris Jones	Plymouth Musketeers	M	14.09
39	65	David Bennett	Plymouth Musketeers	M	14.22
40	61	Mark Bettey		M	14.28
41	75	James Scantlebury	Erme Valley Harriers	M	14.29
42	13	Cecelia Bradley	UPAC	F	14.30
43	37	Craig Smith	Plymouth Coasters	M	14.31
44	60	Samantha Perry	Erme Valley Harriers	F	14.32
45	56	Nathan Mason	Argyle Musketeers	M	14.45

46	22	Andrew Proudfoot	Plymouth Coasters	M	14.46
47	63	William Cole-Leach	Tamar Trotters	M	14.53
48	21	Georgia Carrington	UPAC	F	14.57
49	30	Isla Brumhead	Argyle Musketeers	F	15.11
50	9	Liberty Kappes	Tavistock AC	F	15.20
51	11	Jack Cooper	UPAC	M	15.22
52	64	Joshua Knuckey	Argyle Musketeers	M	15.25
53	81	Rachel Scott	Plymouth Musketeers	F	15.32
54	23	Kirsten Nosworthy	Plymouth Coasters	F	15.42
55	33	Sharon Terry	Erme Valley Harriers	F	15.45
56	80	Louis McCracken		M	15.50
57	70	Rob Clark	Tamar Trotters	M	15.51
58	36	Jack Kellett	Argyle Musketeers	M	15.54
59	45	Zoe Arnold	Argyle Musketeers	F	15.55
60	43	Jack Tucker	Argyle Musketeers	M	15.58
61	38	Eleanor Bray	Argyle Musketeers	F	15.59
62	55	Brendan Palmer	Plymouth Musketeers	M	16.11
63	5	Bryan King	Plymouth Musketeers	M	16.23
64	3	Sharon Adams	Plymouth Musketeers	F	16.24
65	31	Summer Dawe	Argyle Musketeers	F	16.42
66	66	Paul Youngman	Plymouth Musketeers	M	16.54
67	44	Jo Arnold	Plymouth Musketeers	F	16.59
68	7	Louise King	Plymouth Musketeers	F	17.05
69	27	James Buckman	Argyle Musketeers	M	17.12
70	24	Graeme Buckman		M	17.12
71	77	Mhairi McCall	Tavistock AC	F	17.19
72	41	Guy Sanders	Argyle Musketeers	M	17.34
73	51	Matt Davies		M	17.49
74	57	Russell Williams	Plymouth Musketeers	M	18.03
75	49	Tara Davies		F	18.07
76	74	Jo Burt		F	18.33
77	40	Lorraine Davies	Plymouth Musketeers	F	19.20
78	90	Natalia Rozario		F	19.26
79	47	Jodie Stone	Argyle Musketeers	F	19.50
80	88	Mirna Khari		F	20.17
81	83	Aimi Hewlett Elliott		F	22.10
82	29	Kelly Brumhead	Plymouth Musketeers	F	22.28
83	14	Laura Biggs		F	22.28
84	8	Simon Ashford	Moorhaven RC	M	23.00
85	16	Claire Ledingham		F	23.47
86	15	Carla Robey		F	23.47
87	73	Michelle Shaddick	Plymouth Musketeers	F	23.47
88	25	Elizabeth Buckman		F	23.47
89	78	Laura Foster	Plymouth Musketeers	F	26.17
90	59	Ruth Kelly	Plymouth Musketeers	F	26.19