

Winter 3K Series
Central Park - Wednesday 13th January

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	191	Phillip Benson	Harrow AC	M	10.04
2	190	Thomas Humphrey	Plymouth Harriers	M	10.07
3	35	Nathan Brown	Erme Valley Harriers	M	10.12
4	172	Michael Jarvis	UPAC	M	10.17
5	169	Chris Aldridge	Plymouth Harriers	M	10.36
6	84	Graham Bale	Plymstock RR	M	11.04
7	188	Samuel Yearling	Erme Valley Harriers	M	11.32
8	175	Pete Tomes		M	11.33
9	181	Kieran Woodward	Plymouth Musketeers	M	11.35
10	194	James Gill	Tamar Trotters	M	11.38
11	138	Ami Yetton	Plymouth Harriers	F	11.40
12	89	Guy Petersen	Tamar Trotters	M	11.46
13	171	Chris Snowdon		M	11.52
14	178	Tom Kerr		M	12.04
15	53	Jane Allison	Plymouth Harriers	F	12.25
16	197	Ross Shaddick		M	12.33
17	166	Dan Oak	Plymstock RR	M	12.43
18	195	Allister Bristow	Erme Valley Harriers	M	12.48
19	1	Mike Saunders	Plymouth Musketeers	M	12.53
20	187	Alicia Regan	Plymouth Harriers	F	12.58
21	162	Gary Martin	Plymouth Musketeers	M	13.00
22	125	Brennan Drewett	Plymouth Musketeers	M	13.06
23	151	Olivia Travers	Erme Valley Harriers	F	13.23
24	101	Tilly McDowell	Tavistock AC	F	13.30
25	186	Alex Collin		M	14.14
26	184	Martin Collin		M	14.20
27	126	Paul Paskins	Plymouth Harriers	M	14.26
28	67	Phil Bees	Plymouth Musketeers	M	14.32
29	26	Daniel Carr	COPAC	M	14.38
30	76	Miranda Burke	Plymouth Harriers	F	14.50
31	192	Tim Pollard		M	14.52
32	183	Linda Bracher	Erme Valley Harriers	F	15.12
33	179	Michael Cookson		M	15.13
34	55	Brendan Palmer	Plymouth Musketeers	M	15.22
35	37	Craig Smith	Plymouth Coasters	M	15.30
36	75	James Scantlebury	Erme Valley Harriers	M	15.32
37	196	Heather O'Connell	Plymouth Musketeers	F	15.54
38	23	Kirsten Nosworthy	Plymouth Coasters	F	15.58
39	56	Nathan Mason	Argyle Musketeers	M	16.01
40	33	Sharon Terry	Erme Valley Harriers	F	16.18
41	131	Liz Gee	Plymouth Musketeers	F	16.28
42	5	Bryan King	Plymouth Musketeers	M	16.42
43	64	Joshua Knuckey	Argyle Musketeers	M	16.56
44	189	Darren Dunridge	Plymouth Musketeers	M	17.08
45	36	Jack Kellett	Argyle Musketeers	M	17.17

46	44	Jo Arnold	Plymouth Musketeers	F	17.42
47	7	Louise King	Plymouth Musketeers	F	18.05
48	185	Kirsten Collin		F	18.19
49	43	Jack Tucker	Argyle Musketeers	M	18.21
50	27	James Buckman	Argyle Musketeers	M	18.24
51	182	Rebecca Bracher		F	18.24
52	180	Joe Bracher		M	18.28
53	45	Zoe Arnold	Argyle Musketeers	F	18.45
54	167	Charlotte Hughes		F	19.22
55	170	Jan Duke	Tamar Trotters	M	19.30
56	193	Rachel Bullock	Tamar Trotters	F	19.35
57	174	Charlie Worsfold		F	20.57
58	173	Simon Ashfold	Moorhaven RC	M	21.13
59	25	Elizabeth Buckman		F	21.35
60	168	Hayley Sanders-Page		F	21.35
61	176	Nina Shillabeer	Plymstock RR	F	23.14
62	177	Richard Walters	Plymstock RR	M	23.14