

Winter 3K Series  
Central Park - Wednesday 10th February

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	35	Nathan Brown	Erme Valley Harriers	M	9.56
2	172	Michael Jarvis	UPAC	M	10.00
3	169	Chris Aldridge	Plymouth Harriers	M	10.31
4	106	Benjamin Hall		M	10.40
5	84	Graham Bale	Plymstock RR	M	10.42
6	10	Daniel Watling	UPAC	M	10.49
7	455	Samuel Yearling	Erme Valley Harriers	M	11.13
8	442	Brendan Anderson		M	11.21
9	138	Ami Yetton	Plymouth Harriers	F	11.27
10	270	Chris Prowse		M	11.29
11	194	James Gill	Tamar Trotters	M	11.37
12	340	Stewart Yetten		M	11.38
13	293	Iain Lazenby		M	11.41
14	178	Tom Kerr		M	11.45
15	166	Dan Oak	Plymstock RR	M	11.47
16	197	Ross Shaddick		M	11.48
17	449	Duncan Ross	Plymouth Coasters	M	11.53
18	53	Jane Allison	Plymouth Harriers	F	12.02
19	260	Steven Brown		M	12.04
20	226	Dan Luckham	Tavistock AC	M	12.21
21	278	Lilly Hawkins	Yeovil Olympiads	F	12.26
22	423	Steve O'Shea	Plymouth Musketeers	M	12.34
23	198	Emma Ryder	Tavistock AC	F	12.35
24	1	Mike Saunders	Plymouth Musketeers	M	12.37
25	281	Nick Clarke	Plymouth Coasters	M	12.46
26	125	Brennan Drewett	Plymouth Musketeers	M	12.49
27	127	Nicola Noble	Plymouth Tri Club	F	12.51
28	448	Luke Cressey	Tavistock AC	M	12.52
29	143	Glenn Wood	East Cornwall Harriers	M	13.02
30	107	Phil Bates	Torbay AC	M	13.03
31	272	Simon Ayres		M	13.04
32	26	Daniel Carr	COPAC	M	13.07
33	151	Olivia Travers	Erme Valley Harriers	F	13.15
34	451	Henry Matthews		M	13.50
35	11	Jack Cooper	UPAC	M	14.28
36	126	Paul Paskins	Plymouth Harriers	M	14.32
37	411	Lucy English		F	14.33
38	456	Jenny Holmes		F	14.37
39	192	Tim Pollard		M	14.44
40	414	Tina O'Shea	Plymouth Musketeers	F	14.48
41	245	Sarah Horton	Plymouth Coasters	F	15.00
42	229	Matt Luckham	Bere Alston Trekkers	M	15.12
43	37	Craig Smith	Plymouth Coasters	M	15.21
44	75	James Scantlebury	Erme Valley Harriers	M	15.29
45	453	Stephanie Mroczkowska		F	15.43

46	23	Kirsten Nosworthy	Plymouth Coasters	F	15.44
47	33	Sharon Terry	Erme Valley Harriers	F	15.59
48	235	Lucy Rogerson	Plymouth Coasters	F	16.14
49	131	Liz Gee	Plymouth Musketeers	F	16.26
50	225	Nicola Wallis	Plymouth Musketeers	F	16.27
51	220	Ian Mcleod	Plymouth Coasters	M	16.33
52	64	Joshua Knuckey	Argyle Musketeers	M	16.38
53	454	Candid Mashiri		F	16.44
54	253	Robert Edwards		M	16.50
55	443	Pip Jones		F	16.52
56	43	Jack Tucker	Argyle Musketeers	M	17.00
57	36	Jack Kellett	Argyle Musketeers	M	17.02
58	286	Kannee Hamilton	COPAC	F	17.04
59	56	Nathan Mason	Argyle Musketeers	M	17.05
60	199	Joanne Bridge	Plymouth Coasters	F	17.20
61	450	Rebecca Tucker	Tamar Trotters	F	17.21
62	200	Steve Parnell	Plymouth Coasters	M	17.24
63	7	Louise King	Plymouth Musketeers	F	17.45
64	452	Paula Montgomery		F	18.12
65	45	Zoe Arnold	Argyle Musketeers	F	18.47
66	38	Eleanor Bray	Argyle Musketeers	F	18.47
67	445	Jennifer Long-Boot		F	18.56
68	444	Penny Bolton		F	19.32
69	47	Jodie Stone	Argyle Musketeers	F	19.30
70	27	James Buckman	Argyle Musketeers	M	20.01
71	447	Alison Wilson		F	20.28
72	25	Elizabeth Buckman		F	20.35
73	177	Richard Walters	Plymstock RR	M	21.58
74	173	Simon Ashfold	Moorhaven RC	M	21.59
75	176	Nina Shillabeer	Plymstock RR	F	22.13
76	446	Kerry Smith		F	23.02