

Winter 3K Series  
Central Park - Wednesday 9th March

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	172	Michael Jarvis	UPAC	M	9.50
2	35	Nathan Brown	Erme Valley Harriers	M	10.12
3	169	Chris Aldridge	Plymouth Harriers	M	10.15
4	460	Steven Hill	Plymouth Harriers	M	10.37
5	466	Alex Peyton-Jones	Plymouth Harriers	M	10.41
6	467	Rob Williams		M	11.07
7	462	Ami Yetton	Plymouth Harriers	F	11.08
8	175	Pete Tomes		M	11.19
9	340	Stewart Yetten		M	11.34
10	166	Dan Oak	Plymstock RR	M	11.47
11	260	Steven Brown		M	12.04
12	53	Jane Allison	Plymouth Harriers	F	12.11
13	682	Russell Mogridge	Erme Valley Harriers	M	12.26
14	469	Rory McGill		F	12.28
15	226	Dan Luckham	Tavistock AC	M	12.30
16	1	Mike Saunders	Plymouth Musketeers	M	12.32
17	85	Mark Bramley	COPAC	M	12.36
18	448	Luke Cressey	Tavistock AC	M	12.47
19	127	Nicola Noble	Plymouth Tri Club	F	12.48
20	457	Megan Cragg		F	12.50
21	125	Brennan Drewett	Plymouth Musketeers	M	12.51
22	143	Glenn Wood	East Cornwall Harriers	M	12.51
23	272	Simon Ayres		M	12.59
24	26	Daniel Carr	COPAC	M	13.11
25	494	Rhiannon Anderson	Swansea Harriers	F	13.24
26	459	Mark Bettey		M	13.26
27	684	Kirsty Ireland	Plymouth Musketeers	F	13.40
28	11	Jack Cooper	UPAC	M	13.53
29	75	James Scantlebury	Erme Valley Harriers	M	14.15
30	464	Chris Hastings	Plymouth Coasters	M	14.30
31	463	Alexander Ngoke	UPAC	M	14.50
32	229	Matt Luckham	Bere Alston Trekkers	M	15.00
33	55	Brendan Palmer	Plymouth Musketeers	M	15.10
34	33	Sharon Terry	Erme Valley Harriers	F	15.29
35	468	Kirsten Nosworthy	Plymouth Coasters	F	15.44
36	465	Steve Cummins		M	15.49
37	235	Lucy Rogerson	Plymouth Coasters	F	16.01
38	683	Katy Mogridge	Erme Valley Harriers	F	16.27
39	64	Joshua Knuckey	Argyle Musketeers	M	16.36
40	36	Jack Kellett	Argyle Musketeers	M	16.39
41	43	Jack Tucker	Argyle Musketeers	M	16.40
42	131	Liz Gee	Plymouth Musketeers	F	16.52
43	44	Jo Arnold	Plymouth Musketeers	F	16.52
44	461	Eva Cragg		F	17.10
45	450	Rebecca Tucker	Tamar Trotters	F	17.19

46	27	James Buckman	Argyle Musketeers	M	17.34
47	24	Graeme Buckman		M	17.36
48	7	Louise King	Plymouth Musketeers	F	18.12
49	5	Bryan King	Plymouth Musketeers	M	18.12
50	713	Darren Dunridge	Plymouth Musketeers	M	18.13
51	458	Kelli Hutchinson	Plymouth Coasters	F	18.25
52	45	Zoe Arnold	Argyle Musketeers	F	18.51
53	576	Sadie Woodcock	Argyle Musketeers	F	19.02
54	445	Jennifer Long-Boot		F	19.17
55	47	Jodie Stone	Argyle Musketeers	F	19.33
56	177	Richard Walters	Plymstock RR	M	21.32
57	176	Nina Shillabeer	Plymstock RR	F	21.32
58	173	Simon Ashfold	Moorhaven RC	M	21.33