

Summer 5K Series
Saltram - Wednesday 13th July

| <u>Pos.</u> | <u>Num.</u> | <u>Name</u> | <u>Club</u> | <u>M/F</u> | <u>Time</u> |
|-------------|-------------|----------------------|----------------------|------------|-------------|
| 1 | 80 | Christopher Aldridge | Plymouth Harriers | M | 17:23 |
| 2 | 76 | Fin Saunders | Plymouth Tri Club | M | 17:31 |
| 3 | 170 | Graham Bale | Plymstock RR | M | 17:49 |
| 4 | 127 | Simon Yeo | Tamar Trotters | M | 18:04 |
| 5 | 31 | Alex Peyton Jones | Plymouth Harriers | M | 18:06 |
| 6 | 112 | Ben Payne | Instinctive Sports | M | 18:10 |
| 7 | 35 | Michael Miners | Erme Valley Harriers | M | 18:28 |
| 8 | 68 | Alex Lea | | M | 19:06 |
| 9 | 139 | Samuel Yearling | Erme Valley Harriers | M | 19:09 |
| 10 | 101 | Steve Fletcher | Plymouth Harriers | M | 19:11 |
| 11 | 160 | Anthony Swan | | M | 19:14 |
| 12 | 145 | Garry Smart | Teignbridge Trotters | M | 19:14 |
| 13 | 115 | Tim Rundell | Instinctive Sports | M | 19:15 |
| 14 | 26 | Cleo Perry | Erme Valley Harriers | F | 19:16 |
| 15 | 196 | Dustin Crewe | | M | 19:28 |
| 16 | 90 | Martin French | Plymouth Musketeers | M | 19:41 |
| 17 | 137 | Bryce Alford | | M | 19:47 |
| 18 | 61 | James Gill | Tamar Trotters | M | 19:48 |
| 19 | 138 | Guy Petersen | Tamar Trotters | M | 19:56 |
| 20 | 29 | Jeremy Westmore | Plymouth Musketeers | M | 19:58 |
| 21 | 85 | Justin Smith | Plymouth Harriers | M | 20:06 |
| 22 | 83 | Robin Hunter | | M | 20:25 |
| 23 | 113 | Rob Shaw | Plymouth Harriers | M | 20:27 |
| 24 | 154 | Darren Hewlett | | M | 20:30 |
| 25 | 134 | Ian Lamerton | | M | 20:43 |
| 26 | 155 | Tom Kerr | | M | 20:45 |
| 27 | 62 | Chris Weatherall | Plymouth Harriers | M | 20:50 |
| 28 | 5 | Steve Martin | | M | 20:53 |
| 29 | 4 | Nick Oddy | Skipton | M | 21:02 |
| 30 | 156 | Daniel Oak | | M | 21:09 |
| 31 | 91 | Elizabeth Coombes | Plymouth Harriers | F | 21:16 |
| 32 | 146 | Amy Smart | Newton Abbot AC | F | 21:17 |
| 33 | 32 | Megan Cragg | Plymouth Tri Club | F | 21:20 |
| 34 | 116 | Matt Chown | | M | 21:35 |
| 35 | 15 | Damien Holloway | Instinctive Sports | M | 21:36 |
| 36 | 175 | Anna Bale | | F | 21:57 |
| 37 | 197 | Peter Bazley | Tavistock AC | M | 22:17 |
| 38 | 162 | David Spreadbridge | | M | 22:36 |
| 39 | 132 | Tom Stoppard | Newton Abbot AC | M | 22:41 |
| 40 | 1 | Jim Andrews | Plymouth Musketeers | M | 22:45 |
| 41 | 167 | Michael Cork | Plymouth Coasters | M | 22:45 |
| 42 | 7 | Jon Glanville | | M | 22:46 |
| 43 | 151 | Mark Livermore | Erme Valley Harriers | M | 22:52 |
| 44 | 63 | Ray Male | | M | 22:54 |
| 45 | 36 | Owen Bruce | Argyle Musketeers | M | 23:02 |

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| 46 | 164 | Richard Morton | Tamar Trotters | M | 23:03 |
| 47 | 180 | Gary Bishop | Plymouth Harriers | M | 23:04 |
| 48 | 98 | Ray Gilbey | | M | 23:06 |
| 49 | 82 | Richard Ayson | | M | 23:09 |
| 50 | 19 | Andy Charles | Tamar Trotters | M | 23:11 |
| 51 | 119 | Roger Hewitt | Tavistock AC | M | 23:13 |
| 52 | 185 | Mark Bettey | | M | 23:22 |
| 53 | 75 | Mike Sanders | Plymouth Musketeers | M | 23:26 |
| 54 | 2 | Fred Jenkins | Instinctive Sports | M | 23:36 |
| 55 | 16 | Adrian Taylor | | M | 23:42 |
| 56 | 150 | David Lloyd | Erme Valley Harriers | M | 23:44 |
| 57 | 117 | Jon Anderson | Plymouth Musketeers | M | 23:55 |
| 58 | 123 | Miranda Burke | Plymouth Harriers | F | 23:59 |
| 59 | 131 | Chris Stoppard | | M | 24:04 |
| 60 | 8 | Chris Hastings | Plymouth Coasters | M | 24:06 |
| 61 | 60 | Chloe Hoatson | Plymouth Musketeers | F | 24:12 |
| 62 | 110 | Alan McKeever | Instinctive Sports | M | 24:15 |
| 63 | 13 | Terry Bartlett | Plymouth Harriers | M | 24:22 |
| 64 | 33 | John Woolven-Allen | | M | 24:23 |
| 65 | 192 | Alexander Ruffin | Argyle Musketeers | M | 24:27 |
| 66 | 190 | Adrian Ruffin | Storm Plymouth | M | 24:27 |
| 67 | 165 | Carl Mills | | M | 24:33 |
| 68 | 144 | Clive Beech | | M | 24:39 |
| 69 | 34 | Jason Cichy | Storm Plymouth | M | 24:54 |
| 70 | 95 | Becky Piper | Plymouth Harriers | F | 24:59 |
| 71 | 157 | Kellie Boylin | Plymouth Harriers | F | 24:59 |
| 72 | 109 | Andy May | | M | 25:03 |
| 73 | 195 | Alison Caldwell | Plymouth Musketeers | F | 25:04 |
| 74 | 159 | Susan Darke | Plymouth Musketeers | F | 25:08 |
| 75 | 58 | Paul Paskins | Plymouth Harriers | M | 25:42 |
| 76 | 168 | Steve Davis | Plymouth Musketeers | M | 25:43 |
| 77 | 54 | Chris Sweet | | M | 25:48 |
| 78 | 87 | Paul Griffin | Instinctive Sports | M | 25:57 |
| 79 | 46 | Kate Rogers | Tavistock AC | F | 25:59 |
| 80 | 107 | Stan Kellett | Plymouth Musketeers | M | 26:16 |
| 81 | 143 | Gary Williams | | M | 26:20 |
| 82 | 171 | Stephen Burns | | M | 26:21 |
| 83 | 93 | Rachel Scott | Plymouth Musketeers | F | 26:28 |
| 84 | 48 | Nicky Deane-Simmons | | F | 26:31 |
| 85 | 173 | Simon Bishop-Hawes | Plymouth Harriers | M | 26:40 |
| 86 | 118 | Jo Arnold | Plymouth Musketeers | F | 26:43 |
| 87 | 37 | Bret Cragg | | M | 26:53 |
| 88 | 125 | Carol Hansen | Erme Valley Harriers | F | 26:58 |
| 89 | 188 | Scott Green | Plymstock RR | M | 27:00 |
| 90 | 81 | Eleanor Bray | Argyle Musketeers | F | 27:04 |
| 91 | 78 | Lisa Burnham | Plymouth Harriers | F | 27:09 |
| 92 | 100 | Sara Cooksley | Plymouth Harriers | F | 27:13 |
| 93 | 66 | Barrie Swift | Plymouth Harriers | M | 27:13 |
| 94 | 28 | Brendan Palmer | Plymouth Musketeers | M | 27:26 |
| 95 | 44 | Robert Shaddick | Plymouth Musketeers | M | 27:29 |

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| 96 | 43 | Michelle Shaddick | Plymouth Musketeers | F | 27:29 |
| 97 | 59 | Anna Lake | Erme Valley Harriers | F | 27:35 |
| 98 | 45 | Lindsay Hobbs | Tavistock AC | F | 27:38 |
| 99 | 177 | Rebecca Tucker | Tamar Trotters | F | 27:49 |
| 100 | 178 | Jack Tucker | Argyle Musketeers | M | 27:52 |
| 101 | 73 | Vic Hibbert | Plymouth Musketeers | M | 27:53 |
| 102 | 198 | Kelly Day | Storm Plymouth | F | 27:58 |
| 103 | 52 | Alban Oliver | | M | 28:03 |
| 104 | 189 | Andrew Smith | | M | 28:18 |
| 105 | 88 | Bryan Short | | M | 28:24 |
| 106 | 42 | Kelly Brumhead | Plymouth Musketeers | F | 29:15 |
| 107 | 49 | Maggie Lamerton | Plymouth Musketeers | F | 29:15 |
| 108 | 30 | Andrew McBeaty | | M | 29:17 |
| 109 | 129 | Mark Rescorl | Tamar Trotters | M | 29:27 |
| 110 | 106 | Lynn Nicholls | | F | 29:39 |
| 111 | 186 | Denise Bettey | Instinctive Sports | F | 29:42 |
| 112 | 179 | Emily Doidge | | F | 29:42 |
| 113 | 17 | Joshua Knuckley | Argyle Musketeers | M | 29:57 |
| 114 | 14 | Laura Beattie | Plymouth Harriers | F | 30:07 |
| 115 | 24 | Emma Luscombe | | F | 30:20 |
| 116 | 10 | Julie Board | Plymouth Harriers | F | 30:21 |
| 117 | 84 | Phil Warren | Erme Valley Harriers | M | 30:27 |
| 118 | 103 | Barry Johns | | M | 30:51 |
| 119 | 114 | Mandy Anderson | | F | 30:54 |
| 120 | 152 | Marian Spreadbridge | | F | 31:08 |
| 121 | 50 | Nathan Mason | Argyle Musketeers | M | 31:17 |
| 122 | 39 | Jade Wilson | | F | 31:29 |
| 123 | 104 | Claire Phillips | | F | 31:37 |
| 124 | 128 | Tara Davies | | F | 31:44 |
| 125 | 94 | Louis McCracken | | M | 31:48 |
| 126 | 65 | Charlotte Varcoe | Plymouth Harriers | F | 31:49 |
| 127 | 181 | Heidi Bishop | Plymouth Harriers | F | 31:54 |
| 128 | 111 | Donna Burns | | F | 31:58 |
| 129 | 72 | Leanne Forbes | | F | 32:09 |
| 130 | 176 | Lorraine Davies | Plymouth Musketeers | F | 32:32 |
| 131 | 51 | Jo Burt | | F | 32:46 |
| 132 | 102 | Bryan King | Plymouth Musketeers | M | 32:47 |
| 133 | 79 | Michelle Camm | Instinctive Sports | F | 32:58 |
| 134 | 99 | Louise King | Plymouth Musketeers | F | 32:58 |
| 135 | 191 | Sharon Adams | Plymouth Musketeers | F | 32:59 |
| 136 | 3 | Clair Oddy | | F | 33:17 |
| 137 | 124 | Kate Turvey | | F | 33:29 |
| 138 | 57 | Ruth Graham | Storm | F | 34:22 |
| 139 | 21 | Jo Jayes | | F | 34:47 |
| 140 | 122 | Jodie Stone | Argyle Musketeers | F | 34:53 |
| 141 | 135 | Becky Kelland | Plymouth Harriers | F | 35:57 |
| 142 | 55 | Cath Bassett | Plymouth Harriers | F | 35:57 |
| 143 | 97 | Esther Clarke | | F | 36:20 |
| 144 | 89 | Rosie Keast | | F | 36:50 |
| 145 | 38 | Caroline Williams | Storm Plymouth | F | 36:50 |

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| 146 | 120 | Lauren Howell | Argyle Musketeers | F | 37:15 |
| 147 | 96 | Sophie Costas | | F | 37:47 |
| 148 | 133 | Laura Turner | | F | 39:04 |
| 149 | 9 | Nina Shillabeer | Plymstock RR | F | 39:15 |
| 150 | 193 | Charlotte Davidson | Storm Plymouth | F | 39:18 |
| 151 | 25 | Vicki McBeath | | F | 40:20 |
| 152 | 27 | Joanne Allan | | F | 40:20 |
| 153 | 140 | Lynn Jones | Plymouth Musketeers | F | 42:15 |
| 154 | 153 | Emma Cameron | Plymouth Musketeers | F | 42:15 |
| 155 | 141 | Kris Jones | Plymouth Musketeers | M | 42:16 |
| 156 | 6 | Marie Beaven-Smith | Plymouth Harriers | F | 42:26 |
| 157 | 126 | Leesa Pethick | Plymouth Harriers | F | 42.26 |