

Summer 5K Series
Saltram - Wednesday 10th August

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	106	Steven Hill	Plymouth Harriers	M	17:14
2	62	Fin Saunders	Plymouth Tri Club	M	17:22
3	134	Matthew Brown	Erme Valley Harriers	M	18:00
4	98	Owen Pearce	Tamar Trotters	M	18:09
5	151	Simon Yeo	Tamar Trotters	M	18:12
6	55	Scott Worthing	Plymouth Tri Club	M	19:04
7	160	Ben Payne	Instinctive Sports	M	19:08
8	89	Douglas Webb	Plymouth Harriers	M	19:16
9	198	James Gill	Tamar Trotters	M	19:29
10	14	Andrew Banfield	Plymouth Tri Club	M	19:35
11	73	Jeremy Westmore	Plymouth Musketeers	M	19:53
12	25	Peter Moffat	Tamar Trotters	M	20:00
13	144	M Thomas		M	20:06
14	193	Guy Petersen	Tamar Trotters	M	20:15
15	19	John Wilson-Rudd		M	20:19
16	170	Jack Childs	Argyle Musketeers	M	20:20
17	24	James Spencer	Roman Gladiators	M	20:22
18	2	Steve Martin		M	20:23
19	6	Andy Charles	Tamar Trotters	M	20:31
20	112	Damien Holloway	Instinctive Sports	M	20:35
21	35	Lydie Jenks		F	20:44
22	154	Tom Kerr		M	20:45
23	101	Emma Lake	Erme Valley Harriers	F	20:47
24	168	Hans Thompson	S.W.Vets	M	21:04
25	197	Tom Pitcher		M	21:27
26	99	Ian Lamerton		M	21:29
27	45	Stephen Risdan	Plymouth Harriers	M	21:31
28	120	Chris Mervyn	Tamar Trotters	M	21:38
29	125	Robin Bray	Plymouth Harriers	M	21:46
30	87	Matt Chown		M	21:59
31	204	Anna Bale		F	22:10
32	61	Adrian Berry		M	22:13
33	180	Tom Stoppard	Newton Abbot AC	M	22:23
34	205	Peter Bazley	Tavistock AC	M	22:26
35	46	Tracey Oxborough	Tavistock AC	F	22:30
36	192	Kirsty Prowse		F	22:35
37	195	Christopher Prowse		M	22:35
38	116	Ray Male		M	22:35
39	17	James Payne	Roman Gladiators	M	22:45
40	43	Tom Cann		M	22:54
41	95	Jon Glanville		M	22:57
42	90	James Scantlebury	Erme Valley Harriers	M	22:57
43	199	Guy Boswell	Plymouth Musketeers	M	22:57
44	143	Mark Livermore	Erme Valley Harriers	M	22:58
45	94	Kate Phillips	Plymstock RR	F	23:03

46	207	Matthew Golding	Plymouth AC	M	23:10
47	4	Gary Johns		M	23:10
48	155	Kevin Martin	Argyle Musketeers	M	23:14
49	52	Ray Gilbey		M	23:15
50	113	Richard Ayson		M	23:18
51	135	David Lloyd	Erme Valley Harriers	M	23:21
52	44	Catherine Dunlop	Tavistock AC	F	23:27
53	91	Kate Medicott	Erme Valley Harriers	F	23:32
54	100	Mike Beattie	Plymouth Harriers	M	23:37
55	83	Terry Bartlett	Plymouth Harriers	M	23:47
56	29	Fred Jenkins	Instinctive Sports	M	23:49
57	179	Miranda Burke	Plymouth Harriers	F	23:55
58	173	Alan Hockings	Plymouth Musketeers	M	24:00
59	201	Alexander Ruffin	Argyle Musketeers	M	24:04
60	118	Chloe Hoatson	Plymouth Musketeers	F	24:06
61	200	Adrian Ruffin	Storm Plymouth	M	24:08
62	124	Denise Bettey	Instinctive Sports	F	24:41
63	128	M. Haylock		M	24:51
64	181	Jason Cichy	Storm Plymouth	M	24:53
65	36	Sarah Horton	Plymouth Coasters	F	24:54
66	37	Glenn Wood	East Cornwall Harriers	M	24:55
67	51	Liz Bowden	Erme Valley Harriers	F	24:56
68	194	Allister Bristow	Erme Valley Harriers	M	24:56
69	79	Gareth Edwards		M	25:00
70	88	Hayley Cozens	Plymouth Harriers	F	25:16
71	104	Paul Paskins	Plymouth Harriers	M	25:51
72	127	Sara Cooksley	Plymouth Harriers	F	25:54
73	42	Kate Rogers	Tavistock AC	F	25:55
74	126	M. Cooksey	Plymouth Harriers	M	26:13
75	153	Max Davies	Plymouth Tri Club	M	26:35
76	156	Barrie Swift	Plymouth Harriers	M	26:41
77	188	Kate Tayler	Plymouth Coasters	F	26:43
78	65	Brendan Palmer	Plymouth Musketeers	M	26:46
79	78	Lisa Burnham	Plymouth Harriers	F	26:46
80	114	Rachel Scott	Plymouth Musketeers	F	27:01
81	76	Paul Kennelly		M	27:13
82	146	David Salvage	Tamar Trotters	M	27:15
83	123	Mark Bettey		M	27:22
84	131	Martyn Newitt		M	27:22
85	140	Robert Shaddick	Plymouth Musketeers	M	27:24
86	138	Michelle Shaddick	Plymouth Musketeers	F	27:24
87	111	Alban Oliver		M	27:33
88	93	Clare Phillips		F	27:36
89	122	Lesley Donovan	Plymouth Harriers	F	27:39
90	157	Sarah McQuarry	Plymouth Harriers	F	27:49
91	8	Thomas Murrin		M	27:50
92	203	Matt Williams		M	27:54
93	133	Liz Gee	Plymouth Musketeers	F	27:55
94	5	Katie Turner	Bere Alston Trekkers	F	27:56
95	137	Heather O'Connell	Plymouth Musketeers	F	28:10

96	39	Clare Honeychurch	Plymstock RR	F	28:16
97	34	James Jenks		M	28:29
98	185	Andrew Smith		M	28:30
99	186	Janet Morgan	Plymouth Musketeers	F	28:39
100	68	Ella Macdonald	Argyle Musketeers	F	28:39
101	7	Ruby Turner		F	28:39
102	28	Laura Beattie	Plymouth Harriers	F	28:40
103	162	Jessica Crago	Argyle Musketeers	F	28:43
104	209	Mags Truman		F	28:49
105	119	Charlie Hoatson		M	28:50
106	48	Tristan Port		M	28:53
107	49	Max Port	Plymstock RR	M	28:55
108	167	Michelle Phillips	Storm Plymouth	F	28:59
109	38	Susan Mason		F	29:12
110	32	Jake Reinecke		M	29:13
111	33	Heather Lee	Plymouth Musketeers	F	29:14
112	96	Cath Bassett	Plymouth Harriers	F	29:32
113	115	Louis McCracken		M	29:32
114	132	Erin Cain		F	29:38
115	63	Steve Brooks		M	29:43
116	66	Joshua Knuckley	Argyle Musketeers	M	29:45
117	150	Mark Rescorl	Tamar Trotters	M	29:50
118	202	Emily Doidge		F	29:56
119	85	Phil Warren	Erme Valley Harriers	M	29:57
120	196	Louise King	Plymouth Musketeers	F	30:15
121	191	David Pitcher	Tamar Trotters	M	30:24
122	165	Barry Johns		M	30:36
123	102	Anna Lake	Erme Valley Harriers	F	30:40
124	1	Steve Neal	Plymouth Musketeers	M	30:43
125	59	Donna York		F	30:45
126	176	Lisa Hill		F	31:33
127	21	Jessica Taylor	Roman Gladiators	F	31:45
128	80	Jill Cozens		F	31:45
129	189	Georgina Stoppard		F	31:48
130	50	Donna Lockett		F	31:49
131	81	Louise Edwards		F	32:10
132	109	Stan Kellett	Plymouth Musketeers	M	32:18
133	110	Jack Kellett	Argyle Musketeers	M	32:18
134	171	Kym Luke		F	32:21
135	26	Mel Pedrick	Plymouth Harriers	F	32:33
136	129	Michelle Camm	Instinctive Sports	F	33:05
137	190	Jo Burt		F	34:11
138	145	Kayla Tucker	Storm Plymouth	F	34:22
139	175	Emma Blunden	Storm Plymouth	F	34:43
140	57	Lauren Howell	Argyle Musketeers	F	34:46
141	58	Lucy Howell	Plymouth Musketeers	F	34:47
142	117	Claire Phillips		F	35:24
143	152	Tara Davies		F	35:32
144	9	Katie Murrin		F	36:16
145	10	Hollie Turner		F	36:16

146	60	Logan Howell	Argyle Musketeers	M	37:23
147	84	Caroline Williams	Storm Plymouth	F	37:23
148	164	Andi Samphire	Argyle Musketeers	F	37:37
149	159	Jade Perraton	Argyle Musketeers	F	37:38
150	97	Rosie Shepherd	Storm Academy	F	37:38
151	54	Nina Shillabeer	Plymstock RR	F	38:57
152	82	Becca Kat		F	40:01
153	75	Kellie Boylin	Plymouth Harriers	F	40:27
154	103	Jodie Fraser		F	40:27
155	3	Karen Eccles	Plymouth Harriers	F	40:35
156	139	Kayleigh Osborne		F	40:36
157	107	Debbie Burton	Plymouth Harriers	F	41:15
158	27	Sharon Beckenkraeger	Plymouth Harriers	F	41:18
159	30	Penny Hadfield Bennett	Plymouth Harriers	F	41:18
160	13	Patricia Tabenor	Plymouth Harriers	F	41:18
161	72	Christine McGhee	Plymouth Harriers	F	41:19
162	178	Emily Smith		F	41:59
163	16	Nicola Billing	Plymouth Harriers	F	45:07
164	177	Leesa Pethick	Plymouth Harriers	F	45:07
165	15	Jemma Dudley		F	45:07