

Summer 5K Series
Saltram - Wednesday 14th September

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	73	Jordan Andrews	Plymouth Harriers	M	17:04
2	96	John Cooper	Plymouth Harriers	M	17:18
3	45	Pete Monaghan	Torbay AC	M	17:28
4	13	Pete Waumsley	Tamar Trotters	M	18:04
5	128	Alex Peyton Jones	Plymouth Harriers	M	18:09
6	193	Graham Bale	Plymstock RR	M	18:22
7	66	Michael Miners	Erme Valley Harriers	M	18:30
8	38	Douglas Webb	Plymouth Harriers	M	18:56
9	46	Gary Montford		M	19:02
10	165	Ben Payne	Instinctive Sports	M	19:19
11	135	Bradley Stevens	Tavistock AC	M	19:19
12	205	Justin Crewe		M	19:21
13	10	Shane Powell	Tamar Trotters	M	19:25
14	196	Richard Maunder	Plymouth Tri Club	M	19:29
15	192	Peter Moffat	Tamar Trotters	M	19:32
16	81	Cleo Perry	Erme Valley Harriers	F	19:44
17	199	Chris Chapman		M	19:53
18	91	Jeremy Westmore	Plymouth Musketeers	M	19:54
19	16	Simon Powell	UK netrunner	M	20:14
20	189	Guy Petersen	Tamar Trotters	M	20:16
21	9	Steve Martin		M	20:20
22	62	Emma Lake	Erme Valley Harriers	F	20:27
23	34	Andy Charles	Tamar Trotters	M	20:29
24	113	Gary Jefferis	UK netrunner	M	20:39
25	103	Ian Lamerton		M	20:43
26	8	Matt Chown		M	20:48
27	99	Tom Kerr		M	20:55
28	85	Steven Hill	Plymouth Harriers	M	20:58
29	17	Ami Yetton	Plymouth Harriers	F	20:58
30	127	Matt Walkey	Plymouth Harriers	M	21:11
31	58	Jack Childs	Argyle Musketeers	M	21:14
32	134	Chris Mervyn	Tamar Trotters	M	21:15
33	104	Adrian Berry		M	21:15
34	188	Daniel Oak		M	21:23
35	204	Joseph Lowe		M	21:24
36	107	Sam Smiles		M	21:24
37	25	Dan Luckham	Tavistock AC	M	21:42
38	111	Jamie Murhead		M	21:51
39	29	Richard Taylor	Plymouth Harriers	M	22:07
40	194	Anna Bale		F	22:37
41	197	Zoe Chapman		F	22:42
42	173	Jane Allison	Plymouth Harriers	F	22:42
43	24	Ray Gilbey		M	22:46
44	114	Dan Paul		M	22:54
45	117	James Scantlebury	Erme Valley Harriers	M	22:58

46	144	Angela Best	Plymouth Tri Club	F	22:59
47	68	Kate Phillips	Plymstock RR	F	23:07
48	140	Mark Livermore	Erme Valley Harriers	M	23:11
49	49	Richard Morton	Tamar Trotters	M	23:14
50	180	Michael Cork	Plymouth Coasters	M	23:20
51	160	Terry Bartlett	Plymouth Harriers	M	23:22
52	36	Owen Bruce	Argyle Musketeers	M	23:25
53	61	Alexander Ruffin	Argyle Musketeers	M	23:27
54	137	Chloe Hoatson	Plymouth Musketeers	F	23:28
55	109	Ryan Winnall	Storm Academy	M	23:29
56	60	Adrian Ruffin	Storm Plymouth	M	23:30
57	7	Fred Jenkins	Instinctive Sports	M	23:34
58	37	John Hart	Dartmouth AC	M	23:38
59	2	Kevin Paull	Erme Valley Harriers	M	23:44
60	44	Sean Wolstenholme	Plymouth Harriers	M	23:57
61	162	Gary Bishop	Plymouth Harriers	M	24:05
62	139	David Lloyd	Erme Valley Harriers	M	24:07
63	123	Phil James		M	24:23
64	80	Mike Beattie	Plymouth Harriers	M	24:25
65	19	Chris Hill	Plymouth Harriers	M	24:28
66	94	Alan McKeever	Instinctive Sports	M	24:36
67	129	Miranda Burke	Plymouth Harriers	F	24:37
68	171	James Newman	Plymouth Musketeers	M	24:38
69	153	Jason Cichy	Storm Plymouth	M	24:39
70	26	Michael Hughes	Storm Plymouth	M	24:39
71	1	Steve Watson	Erme Valley Harriers	M	24:43
72	112	Chris Kevern		M	24:51
73	95	Carl Mills		M	24:53
74	57	Paul Paskins	Plymouth Harriers	M	24:53
75	119	Jon Anderson	Plymouth Musketeers	M	24:54
76	156	Bethany Hembury	Storm Academy	F	25:01
77	125	Phil Bees	Plymouth Musketeers	M	25:06
78	93	Ian Winnall	Plymouth Musketeers	M	25:25
79	56	Pam Duncan		F	25:51
80	101	Sara Cooksley	Plymouth Harriers	F	26:02
81	100	Hayley Cozens	Plymouth Harriers	F	26:17
82	102	Barrie Swift	Plymouth Harriers	M	26:17
83	28	Matt Luckham	Bere Alston Trekkers	M	26:37
84	164	Craig Smith	Plymouth Coasters	M	26:48
85	131	Lesley Donovan	Plymouth Harriers	F	26:53
86	146	Tess Denley		F	26:54
87	84	Rachel Snelling	Storm Plymouth	F	26:56
88	154	Carol Hansen	Erme Valley Harriers	F	27:06
89	82	Brendan Palmer	Plymouth Musketeers	M	27:18
90	203	Andrew Smith		M	27:18
91	168	David Salvage	Tamar Trotters	M	27:24
92	50	Jessica Crago	Argyle Musketeers	F	27:26
93	14	Katie Turner	Bere Alston Trekkers	F	27:41
94	167	Bryan Short		M	28:02
95	116	Thomas Murrin		M	28:27

96	15	Ruby Turner		F	28:33
97	207	Zoe Bond		F	28:34
98	59	Laura Beattie	Plymouth Harriers	F	28:36
99	55	David Bent	Plymouth Harriers	M	28:37
100	21	Sarah Fitch		F	28:37
101	52	Cath Bassett	Plymouth Harriers	F	28:38
102	75	Tessa Notman	Storm Plymouth	F	28:41
103	210	Nick Gott		M	29:09
104	90	Sam Martin		F	29:12
105	122	Julie Board	Plymouth Harriers	F	29:20
106	186	Ella Macdonald	Argyle Musketeers	F	29:26
107	65	Anna Lake	Erme Valley Harriers	F	29:27
108	181	Lucy Howell	Plymouth Musketeers	F	29:29
109	120	Gary Johns		M	29:30
110	126	Alison Johns		F	29:30
111	39	Sarah Sinclair	Plymouth Musketeers	F	29:31
112	152	Janet Morgan	Plymouth Musketeers	F	29:36
113	133	Jack Kellett	Argyle Musketeers	M	29:52
114	132	Stan Kellett	Plymouth Musketeers	M	29:53
115	106	David Pitcher	Tamar Trotters	M	29:53
116	212	Katie Manawacala		F	30:02
117	209	Sophie Blowers		F	30:07
118	150	Bryan King	Plymouth Musketeers	M	30:12
119	118	Denise Bettey	Instinctive Sports	F	30:14
120	200	Emily Doidge		F	30:14
121	72	Rebecca Tucker	Tamar Trotters	F	30:16
122	151	Louise King	Plymouth Musketeers	F	30:18
123	3	Mel Pedrick	Plymouth Harriers	F	30:45
124	124	Sepidah Zafanpour		F	30:47
125	87	Richard Nettleship	Tavistock AC	M	30:48
126	88	Emma Webber	Tavistock AC	F	30:48
127	54	Linda Mole	Plymouth Harriers	F	31:02
128	33	Ali McGrigor	Dartmouth AC	F	31:06
129	78	Jack Tucker	Argyle Musketeers	M	31:54
130	198	Louise Edwards		F	32:02
131	157	Sue Freemantle		F	32:05
132	159	Emma Luscombe		F	32:10
133	177	Richard Stephens	Storm Plymouth	M	32:11
134	201	Lisa Hill		F	32:17
135	63	Scarlett	Storm Academy	F	32:52
136	145	Amy Best		F	33:02
137	143	Suzi Rodd		F	33:18
138	155	Connie Land		F	33:20
139	211	Annette Hooper	Plymouth Musketeers	F	33:25
140	5	Steve Maltby		M	33:38
141	115	Jo Burt		F	33:42
142	176	Leo Haynes		M	33:58
143	89	Joanne Vincent		F	33:59
144	6	Christine McGhee	Plymouth Harriers	F	34:32
145	175	Simon Ashfold	Moorhaven RC	M	34:47

146	138	Rosie Shepherd	Storm Academy	F	34:59
147	110	Zoe Arnold	Storm Academy	F	36:14
148	185	Lauren Howell	Argyle Musketeers	F	36:14
149	83	Jodie Stone	Argyle Musketeers	F	36:32
150	51	Laura Holloway	Storm Academy	F	37:13
151	48	Caitlin Anderson	Storm Academy	F	37:14
152	97	Dave Dane	Plymstock RR	M	37:18
153	32	Kayleigh Osborne	Plymouth Harriers	F	37:25
154	27	Michelle Hughes	Storm Plymouth	F	37:39
155	76	Bianca Lizut	Storm Plymouth	F	37:39
156	98	Nina Shillabeer	Plymstock RR	F	39:01
157	179	Logan Howell	Argyle Musketeers	M	39:57
158	79	Joshua Knuckley	Argyle Musketeers	M	39:57
159	42	Milly Hughes	Storm Academy	F	40:25
160	178	Jo Bourton	Bere Alston Trekkers	F	40:32
161	190	Kris Jones	Plymouth Musketeers	M	40:50
162	191	Lynn Jones	Plymouth Musketeers	F	40:50
163	43	Cerys Heyward	Storm Academy	F	40:53
164	202	Emma Cameron	Plymouth Musketeers	F	42:32
165	35	Nicola Billing	Plymouth Harriers	F	45:26
166	170	Leesa Pethick	Plymouth Harriers	F	45:27