

Winter 3K Series
Central Park - Wednesday 9th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	507	Thomas Humphrey	Plymouth Harriers	M	9.55
2	363	Craig Williams	Newport Harriers	M	10.01
3	513	Matthew Bradley	City of Plymouth AC	M	10.07
4	317	Peter Monaghan	Torbay AC	M	10.18
5	330	Daniel Watling	Birchfield Harriers	M	10.27
6	338	Benjamin Harris	RNAC	M	10.32
7	311	Robert Shaw	Plymouth Harriers	M	10.34
8	523	Jacob Pierpoint		M	10.35
9	327	Pete Waumsley	Tamar Trotters	M	10.45
10	335	Douglas Webb	Plymouth Harriers	M	10.49
11	533	James Gill	Tamar Trotters	M	11.05
12	527	Alex Lea	Plymouth Musketeers	M	11.08
13	384	Sean Childs	RNAC	M	11.09
14	340	Juan Bulum	RNAC	M	11.12
15	362	Tom Davies	Holme Pierpont RC	M	11.18
16	312	Bradley Stevens	Tavistock AC	M	11.25
17	364	Jack Childs	Storm Argyle Academy	M	11.27
18	541	Guy Petersen	Tamar Trotters	M	11.28
19	326	Tom Kerr	Plymouth Harriers	M	11.33
20	319	Steve Martin		M	11.33
21	535	Andrew Meredith		M	11.34
22	328	Lilly Hawkins	UPAC/ Yeovil Olympiads	F	11.44
23	514	Jane Allison	Plymouth Harriers	F	11.45
24	536	Dan Oak	Plymstock Road Runners	M	11.59
25	369	Ian Lamerton	Plymouth Tri Club	M	12.10
26	398	Russ Mogridge	Erme Valley Harriers	M	12.23
27	529	Steve Bush	Plymouth Musketeers	M	12.23
28	366	Christopher Peacock		M	12.33
29	333	Owen Bruce	Storm Argyle Academy	M	12.37
30	342	Chris Hastings	Plymouth Coasters	M	12.42
31	347	Darren B	Storm Plymouth	M	12.45
32	367	Olivia Travers	Erme Valley Harriers	F	12.45
33	339	Nichola Copeland	RNAC	F	12.50
34	534	Matthew Golding	City of Plymouth AC	M	12.59
35	334	Ryan Winnall	Storm Argyle Academy	M	13.00
36	504	Michael Cork	Plymouth Coasters	M	13.01
37	336	Bevan Johnson	Plymouth Harriers	M	13.11
38	542	Kirsty Prowse		F	13.14
39	374	Guy Boswell	Plymouth Musketeers	M	13.18
40	320	Megan McCormick	UPAC	F	13.41
41	358	Alex Ruffin	Storm Argyle Academy	M	13.44
42	357	Adrian Ruffin	Storm Plymouth	M	13.46
43	350	Brendan Plamer	Plymouth Musketeers	M	13.54
44	518	James Scantlebury	Erme Valley Harriers	M	13.55
45	395	Emily Childs		F	13.56

46	505	Richard Morton	Tamar Trotters	M	14.06
47	532	Chris Price		M	14.25
48	517	Paul Paskins	Plymouth Harriers	M	14.30
49	318	Charlotte Havard-Smith		F	14.38
50	313	Julie Page	Bere Alston Trekkers	F	14.39
51	526	Craig Smith	Plymouth Coasters	F	14.39
52	378	Linda Bracher	Erme Valley Harriers	F	14.41
53	376	Ian Poysen		M	14.44
54	397	Nathan Mapon	Storm Argyle Academy	M	14.45
55	341	Hayley Cozens	Plymouth Musketeers	F	14.51
56	379	Sarah Horton	Plymouth Coasters	F	14.53
57	365	Ella Macdonald	Storm Argyle Academy	F	14.56
58	524	Heather O'Connell	Plymouth Musketeers	F	15.01
59	511	Jack Tucker	Storm Argyle Academy	M	15.09
60	310	Ben Bristow	Erme Valley Harriers	M	15.10
61	371	Dave Pearson		M	15.17
62	501	Sara Cooksley	Plymouth Harriers	F	15.20
63	388	Seven Arnold		M	15.22
64	525	Liz Gee	Plymouth Musketeers	F	15.27
65	400	Barrie Swift	Plymouth Harriers	M	15.33
66	377	Dawn Lamerton		F	15.35
67	510	Rebecca Tucker	Tamar Trotters	F	15.42
68	516	Rachel Scott	Plymouth Musketeers	F	15.46
69	531	Jolene Stephenson		F	15.46
70	522	Millie Wilson	Vegetarian Athletic & Cycling	F	15.49
71	352	Joshua Knuckey	Storm Argyle Academy	M	15.49
72	387	Jo Arnold	Plymouth Musketeers	F	15.53
73	368	Louise Croker	Plymouth Tri Club	F	15.54
74	321	Lorna Laphorn		F	15.58
75	322	Alison Greaves	Bere Alston Trekkers	F	15.59
76	329	Ceri Williams	Plymouth Musketeers	F	16.03
77	353	Lucy Howell	Plymouth Musketeers	F	16.05
78	332	Frances Morgan	Bere Alston Trekkers	F	16.10
79	355	Leon Tunnycliffe	Storm Argyle Academy	M	16.15
80	515	Janet Morgan	Plymouth Musketeers	F	16.16
81	394	Jessica Crago	Storm Argyle Academy	F	16.18
82	520	Bryan Short	Storm Plymouth	M	16.23
83	331	Sherena Masharani	UPAC	F	16.47
84	508	Laura Beattie	Newport Harriers	F	16.50
85	540	Louise King	Plymouth Musketeers	F	16.55
86	390	Julie Board	Plymouth Harriers	F	16.59
87	370	Jasmine Howard	Storm Argyle Academy	F	17.01
88	359	Amy Best	Storm Argyle Academy	F	17.03
89	539	Bryan King	Plymouth Musketeers	M	17.08
90	396	Katie Bance		F	17.14
91	519	Magie Lamerton	Plymouth Musketeers	F	17.38
92	323	Steve Maltby		M	18.32
93	512	Katie Tucker	Tamar Trotters	F	18.34
94	337	Andy Bulley		M	18.36
95	348	William Palmer		M	18.49

96	380	Lorraine Davies	Plymouth Musketeers	F	18.54
97	356	Paul Tunnycliffe	Storm Argyle Academy	M	19.30
98	386	Milly Hughes	Storm Argyle Academy	F	19.31
99	383	Michael Hughes	Storm Plymouth	M	19.32
100	345	Cody Watt	Storm Argyle Academy	M	19.49
101	506	Leah Curtis	Storm Plymouth	F	19.53
102	382	Jodie Stone	Storm Argyle Academy	F	19.56
103	530	Jennifer Longbooi		F	20.04
104	381	Zoe Arnold	Storm Argyle Academy	F	20.15
105	360	Lauren Howell	Storm Argyle Academy	F	20.17
106	392	Helen Childs	Storm Plymouth	F	20.35
107	385	Michelle Hughes	Storm Plymouth	F	20.47
108	351	Logan Howell	Storm Argyle Academy	M	20.54
109	354	Peter Howell		M	20.54
110	315	Marina Whittleworth		F	21.08
111	314	Shauna-Leigh Page		F	21.08
112	509	Ruth Graham	Storm Plymouth	F	21.16
113	521	Lynne Southall	Plymouth Musketeers	F	21.17
114	316	Darren Williams	Plymouth Musketeers	M	21.23
115	502	Nina Shillabeer	Plymstock Road Runners	F	21.28
116	399	Simon Ashford	Moorhaven RC	M	21.29
117	503	R Walters		M	21.39
118	537	Sarah Fitch		F	22.38
119	538	Cerys Heyward	Storm Argyle Academy	F	22.38
120	346	Adam Macdonald	Storm Argyle Academy	M	22.45
121	344	Rhys Watt	Storm Argyle Academy	M	22.45
122	528	Lynn Jones	Plymouth Musketeers	F	23.03
123	391	Leesa Pethick	Plymouth Harriers	F	24.00
124	343	Harry Clements	Storm Argyle Academy	M	24.10
125	324	Nicola Billing	Plymouth Harriers	F	26.06
126	325	Jemma Dudley		F	26.07