

Winter 3K Series  
Central Park - Wednesday 14th December

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	397	Nathan Brown	Erme Valley Harriers	M	10.00
2	549	Matthew Bradley	City of Plymouth AC	M	10.02
3	533	Ashley Smith	COPAC	M	10.14
4	510	Daniel Watling	Birchfield Harriers	M	10.20
5	581	Jacob Pierpoint		M	10.34
6	557	Douglas Webb	Plymouth Harriers	M	10.50
7	323	Pete Waumsley	Tamar Trotters	M	10.56
8	550	Ed Porter	Plymouth Musketeers	M	11.10
9	563	Steve Fletcher	Plymouth Harriers	M	11.11
10	574	Rob Williams		M	11.13
11	341	Oliver Woodmason	Tavistock AC	M	11.14
12	386	Jack Childs	Storm Argyle Academy	M	11.20
13	559	Daniel Baugh	Storm Plymouth	M	11.21
14	572	Guy Petersen	Tamar Trotters	M	11.31
15	505	Dan Luckham	Tavistock AC	M	11.36
16	541	Alex Lea	Plymouth Musketeers	M	11.38
17	508	Lilly Hawkins	UPAC/ Yeovil Olympiads	F	11.39
18	380	Jeremy Westmore	Plymouth Musketeers	M	11.44
19	562	Andrew Meredith		M	11.51
20	577	Jane Allison	Plymouth Harriers	F	11.55
21	358	Steve Martin		M	12.02
22	351	Jack Arundel	Storm Plymouth	M	12.09
23	332	Josh Brown	Storm Plymouth	M	12.11
24	555	Stephen Mace	Plymouth Musketeers	M	12.11
25	578	Dan Oak	Plymstock Road Runners	M	12.14
26	588	Tom Kerr	Plymouth Harriers	M	12.27
27	592	Christian Huckerby		M	12.33
28	388	Tom Mellor	Storm Plymouth	M	12.41
29	527	Lewis Mutton	Storm Plymouth	M	12.45
30	502	Matthew Walkey	Plymouth Harriers	M	12.47
31	357	Robin Bray	Plymouth Harriers	M	12.47
32	584	Christopher Peacock		M	12.48
33	392	Olivia Travers	Erme Valley Harriers	F	12.51
34	340	Bevan Johnson	Plymouth Harriers	M	12.54
35	573	Nicola Noble	Plymouth Tri Club	F	12.56
36	569	Matthew Golding	City of Plymouth AC	M	13.04
37	521	Cecilia Bradley	UPAC	F	13.28
38	348	Ian Berry	Storm Plymouth	M	13.34
39	383	Alex Ruffin	Storm Argyle Academy	M	13.36
40	561	Steve Laity	Plymouth Harriers	M	13.39
41	382	Adrian Ruffin	Storm Plymouth	M	13.42
42	553	Kirsty Prowse		F	13.46
43	586	Dean Barrett	Tamar Trotters	M	13.52
44	564	James Scantlebury	Erme Valley Harriers	M	13.55
45	390	Brendan Palmer	Plymouth Musketeers	M	14.00

46	576	Chloe Hoatson	Plymouth Musketeers	F	14.02
47	324	Ken Summers	Erme Valley Harriers	M	14.04
48	325	Daniel Bignell	Tamar Trotters	M	14.10
49	529	Alan Hockings	Plymouth Musketeers	M	14.15
50	360	Stephen Harvey	Storm Plymouth	M	14.15
51	371	Neil Brownridge	Storm Plymouth	M	14.19
52	579	Miranda Burke	Plymouth Harriers	F	14.25
53	387	Nathan Mason	Storm Argyle Academy	M	14.29
54	338	Jason Cichy	Storm Plymouth	M	14.36
55	535	Linda Bracher	Erme Valley Harriers	F	14.42
56	589	Viktorija Golovanova		F	14.46
57	590	Alexey Vasilyev		M	14.46
58	507	James Newman	Plymouth Musketeers	M	14.49
59	545	Chris Price		M	14.51
60	575	Rachel Snelling	Storm Plymouth	M	14.53
61	540	David Bennett	Plymouth Musketeers	M	14.55
62	582	Nadia Frontier	UPAC	F	15.04
63	501	Paul Whitmore	Storm Plymouth	M	15.05
64	346	Dean Piper	Storm Plymouth	M	15.07
65	321	Chloe Sword	Storm Plymouth	F	15.07
66	310	Sue Freemantle	Storm Plymouth	F	15.11
67	509	Jonny Matthews	Storm Plymouth	M	15.12
68	542	Millie Wilson	Vegetarian Athletic & Cycling	F	15.12
69	532	Jack Tucker	Storm Argyle Academy	M	15.15
70	534	Hayley Cozens	Plymouth Harriers	F	15.16
71	544	Phil Bees	Plymouth Musketeers	M	15.20
72	530	Rebecca Tucker	Tamar Trotters	F	15.24
73	327	Chris Lang	Storm Plymouth	M	15.25
74	543	Jolene Stephenson		F	15.35
75	568	Barrie Swift	Plymouth Harriers	M	15.37
76	567	Sara Cooksley	Plymouth Harriers	F	15.38
77	523	Darren Notman	Storm Plymouth	M	15.40
78	537	Kate Rogers	Tavistock AC	F	15.41
79	329	Georgie Farr	Storm Plymouth	M	15.42
80	503	Claire Faithfull		F	15.51
81	504	Matt Luckham	Bere Alston Trekkers	M	15.52
82	319	Ben Bristow	Erme Valley Harriers	M	15.54
83	320	Nick Bristow	Erme Valley Harriers	M	15.58
84	551	Kat Kiettyka	Storm Plymouth	F	16.01
85	368	Jessica Crago	Storm Argyle Academy	F	16.02
86	369	Geraldine Butchers	Storm Plymouth	F	16.05
87	311	Rachel Scott	Plymouth Musketeers	F	16.13
88	316	Martin Smith	Storm Plymouth	M	16.39
89	330	Susan Farr	Storm Plymouth	F	16.44
90	331	James Farr	Storm Plymouth	M	16.45
91	506	Jo Arnold	Plymouth Musketeers	F	16.58
92	315	Paul Rogers		M	17.09
93	528	Katie Tucker	Storm Argyle Academy	F	17.17
94	539	Laura Beattie	Plymouth Harriers	F	17.19
95	546	Rob Clark	Tamar Trotters	M	17.20

96	334	Katie Bounsall	Storm Plymouth	F	17.38
97	353	Justin Locke	Storm Plymouth	M	17.38
98	362	Andy Bulley		M	17.43
99	566	Julie Board	Plymouth Harriers	F	17.48
100	364	Reece Rowe	Storm Argyle Academy	M	17.51
101	583	Paul Youngman	Plymouth Musketeers	M	17.51
102	381	Russell Kelly-Williams	Storm Plymouth	M	17.57
103	342	Karin Samuels	Storm Plymouth	F	17.58
104	520	Nicky Tucker		F	18.08
105	333	Frazer Bolt	Storm Plymouth	M	18.09
106	548	Rich Porritt	Storm Plymouth	M	18.09
107	526	Rosie Shepherd	Storm Argyle Academy	F	18.15
108	370	Leah Curtis	Storm Plymouth	F	18.17
109	322	T. Nobbs	Storm Plymouth	M	18.26
110	313	Lindsay Babbs	Storm Plymouth	F	18.27
111	378	Sinead Speedie	Storm Plymouth	F	18.31
112	513	Sarah Phillips	Storm Plymouth	F	18.37
113	314	Scott Allen	Storm Plymouth	M	18.37
114	585	Elaine Keen	Storm Plymouth	F	18.47
115	391	Sarah Elliott	Storm Plymouth	F	18.48
116	558	Kayleigh Baugh	Storm Plymouth	F	18.51
117	312	Louis McCracken		M	19.09
118	591	Simon Thorpe	Storm Plymouth	M	19.15
119	350	Anna Kerlake	Storm Plymouth	F	19.36
120	519	Vicki Dunn	Plymouth Musketeers	F	19.38
121	518	Kelly Brumhead	Plymouth Musketeers	F	19.39
122	359	Louise King	Plymouth Musketeers	F	19.40
123	511	Samantha Dunn		F	19.41
124	560	Claire Phillipa		F	19.43
125	515	Tara Davies		F	19.47
126	571	Darren Williams	Plymouth Musketeers	M	19.53
127	343	Ashley Parsons	Storm Plymouth	M	19.57
128	352	Hayley Locke	Storm Plymouth	F	20.07
129	399	Christine McGhee	Plymouth Harriers	F	20.11
130	356	Tamsin Walters		F	20.23
131	400	Beth Dale	Storm Plymouth	F	20.24
132	536	Nicola Broom		F	20.39
133	580	Jodie Stone	Storm Argyle Academy	F	20.43
134	337	Helen Childs	Storm Plymouth	F	21.20
135	336	Emily Childs		F	21.21
136	522	Simon Ashford	Moorhaven RC	M	21.24
137	554	Lynne Southall	Plymouth Musketeers	F	21.30
138	556	Janet Morgan	Plymouth Musketeers	F	21.30
139	538	Sally Brock		F	21.42
140	354	Liz Benson	Storm Plymouth	F	21.44
141	367	Sarah Davis	Storm Plymouth	F	21.45
142	366	Matt Powell	Storm Plymouth	M	21.46
143	347	Natalie Berry	Storm Plymouth	F	21.52
144	516	Aimi Hewlett Elliott		F	21.57
145	355	Andrea Johnson	Plymouth Harriers	F	22.00

146	326	Michael Godfrey		M	22.22
147	512	Camille Harper		F	22.22
148	318	Paul Nichols	Storm Plymouth	M	22.54
149	335	Louisa Westlake	Storm Plymouth	F	22.54
150	345	Shontelle Jones	Storm Plymouth	F	22.54
151	344	Katie Parsons	Storm Plymouth	F	22.54
152	394	Julie Spencer	Storm Plymouth	F	23.13
153	395	Lorraine Mears		F	23.13
154	552	Lynn Jones	Plymouth Musketeers	F	23.46
155	514	Cheri Richards		F	23.53
156	570	Emma Cameron	Plymouth Musketeers	F	24.02
157	593	Pippa Waller	Storm Plymouth	F	24.07
158	396	Amanda Gilbert	Storm Plymouth	F	24.09
159	547	Briony Milden		F	24.10
160	339	Kelly Herdman	Storm Plymouth	F	25.41
161	365	Helen Blundell	Storm Plymouth	F	25.41
162	398	Leesa Pethick	Plymouth Harriers	F	26.27
163	565	Michelle Humphries		F	26.27
164	384	Ann-Marie Forster	Storm Plymouth	F	28.16
165	376	Nicola Billing	Plymouth Harriers	F	30.36
166	377	Jemma Dudley		F	30.36
167	587	Tracy Downie	Storm Plymouth	F	32.54
168	385	Ruth Kelly-Williams	Storm Plymouth	F	32.54