

Winter 3K Series
Central Park - Wednesday 8th March

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	350	Daniel Watling	Birchfield Harriers	M	9.55
2	332	Nathan Brown	Erme Valley Harriers	M	10.12
3	597	Jacob Pierpoint		M	10.27
4	549	Steve Fletcher	Plymouth Harriers	M	10.32
5	567	Sam Yearling	Erme Valley Harriers	M	10.37
6	590	Benjamin Hall	UPAC	M	10.39
7	573	Michael Liddell		M	10.40
8	318	Alex Lea	Plymouth Musketeers	M	10.53
9	362	Jack Childs	Storm Argyle Academy	M	10.54
10	528	Oliver Woodmason	Tavistock AC	M	10.54
11	328	Douglas Webb	Plymouth Harriers	M	10.55
12	307	Graham Bale	Plymstock Road Runners	M	10.58
13	348	Martin French	Plymouth Musketeers	M	11.03
14	338	Raymond Tew	Plymouth Harriers	M	11.15
15	553	Liam Hallows	Erme Valley Harriers	M	11.29
16	308	Guy Petersen	Tamar Trotters	M	11.33
17	326	Nick Bristow	Erme Valley Harriers	M	11.36
18	385	Lloyd Roberts		M	11.40
19	568	Justin Smith	Plymouth Harriers	M	11.41
20	305	Jane Allison	Plymouth Harriers	F	11.45
21	583	Andrew Meredith		M	11.46
22	384	Melvyn Griffiths		M	11.52
23	599	Dan Oak	Plymstock Road Runners	M	11.55
24	337	Tom Kerr	Plymouth Harriers	M	11.57
25	366	Darren Munday	Storm Plymouth	M	11.59
26	550	Andy Newcombe	Erme Valley Harriers	M	12.08
27	508	Pete Henderson		M	12.17
28	365	R Taylor	Plymouth Harriers	M	12.22
29	580	Phoebe Baker	UPAC	F	12.23
30	529	Mat Penry		M	12.24
31	303	Lewis Mutton	Storm Plymouth	M	12.26
32	388	Allan Herdman	Tavistock AC	M	12.28
33	587	Jacob Black		M	12.31
34	600	Nicola Noble	Plymouth Tri Club	F	12.36
35	380	Robin Bray	Plymouth Harriers	M	12.42
36	519	Paul Whitmore	Storm Plymouth	M	12.43
37	556	Christopher Peacock		M	12.44
38	585	Dean Barrett	Tamar Trotters	M	12.49
39	552	Michael Cork	Plymouth Coasters	M	12.51
40	315	Steve Laity	Plymouth Harriers	M	12.51
41	554	Kris Jones	Plymouth Musketeers	M	12.51
42	304	Kirsty Prowse		F	12.52
43	341	Michael Hockey	Plymouth Musketeers	M	12.52
44	581	Jonathan le Granso	UPAC	M	13.02
45	316	James Payne	Roman Gladiators	M	13.07

46	364	Elizabeth Coombes	Plymouth Harriers	F	13.11
47	390	Harry Herdman		M	13.14
48	377	Ryan Winnall	Storm Argyle Academy	M	13.20
49	357	Alex Ruffin	Storm Argyle Academy	M	13.23
50	323	Terry Bartlett	Plymouth Harriers	M	13.25
51	532	Emily Childs		F	13.26
52	511	Chris Hastings	Plymouth Coasters	M	13.28
53	547	Steve Boxall		M	13.32
54	313	Jim Andrews	Plymouth Musketeers	M	13.35
55	336	Brendan Palmer	Plymouth Musketeers	M	13.41
56	594	Chloe Hoatson	Plymouth Musketeers	F	13.49
57	584	Chloe Wilson	UPAC	F	13.51
58	324	Ben Bristow	Erme Valley Harriers	M	13.55
59	591	Andy Bees	Plymouth Musketeers	M	13.56
60	588	Phil Bees	Plymouth Musketeers	M	13.57
61	512	Charlotte Havard-Smith		F	14.07
62	518	Ken Summers	Erme Valley Harriers	M	14.11
63	574	James Newman	Plymouth Musketeers	M	14.14
64	382	Sean Wolstenholme	Plymouth Harriers	M	14.16
65	344	Chris Hill	Plymouth Harriers	M	14.22
66	569	Craig Smith	Plymouth Coasters	M	14.29
67	311	Louis McCracken		M	14.32
68	596	Matt Luckham	Bere Alston Trekkers	M	14.34
69	535	Michael Godfrey		M	14.41
70	530	Simon Fewins	Plymouth Musketeers	M	14.42
71	543	William Gould	Storm Argyle Academy	M	14.51
72	544	James Gould		M	14.52
73	562	Rob Shaddick	Plymouth Musketeers	M	15.03
74	523	Jack Tucker	Storm Argyle Academy	M	15.08
75	343	Dana Eyre	Plymouth Musketeers	F	15.10
76	589	Steve Davis	Plymouth Musketeers	M	15.13
77	395	Hayley Cozens	Plymouth Harriers	F	15.17
78	525	Rebecca Tucker	Tamar Trotters	F	15.30
79	598	Millie Wilson	Vegetarian Athletic & Cycling	F	15.32
80	586	Paul Youngman	Plymouth Musketeers	M	15.54
81	396	Andrew Smith		M	16.06
82	320	Matt Screech		M	16.09
83	576	Precious Malazarte-Smith	UPAC	F	16.10
84	501	Simon Trethewey		M	16.12
85	514	Dean Harris		M	16.13
86	322	Aaron James		M	16.14
87	339	Darren Brathwaite	Plymouth Harriers	M	16.35
88	386	John de Robillard		M	16.46
89	356	Chris Newton	Plymouth Musketeers	M	16.49
90	312	Rachel Scott	Plymouth Musketeers	F	17.00
91	345	Ella Macdonald	Storm Argyle Academy	F	17.00
92	352	Laura Beattie	Plymouth Harriers	F	17.08
93	510	S Romanski	Roman Gladiators	M	17.13
94	527	Vicki Dunn	Plymouth Musketeers	F	17.23
95	355	Cath Bassett	Plymouth Harriers	F	17.34

96	319	Jessica Taylor	Roman Gladiators	F	17.34
97	367	Sarah Elliott	Storm Plymouth	F	17.35
98	368	Julie Spencer	Storm Plymouth	F	17.37
99	520	Louise King	Plymouth Musketeers	F	17.40
100	548	Mark Willcocks	Plymouth Musketeers	M	18.07
101	521	Katie Tucker	Storm Argyle Academy	F	18.33
102	502	Nadine Robertshaw	Storm Plymouth	F	18.45
103	507	Sue Freemantle	Storm Argyle Academy	F	18.52
104	506	Olivia Gates	Storm Argyle Academy	F	18.53
105	505	Dina Venuti	Plymouth Harriers	F	19.00
106	306	Jane Dowrick-Kessell	Storm Plymouth	F	19.05
107	381	Kathryn Weaver-Gore	Plymouth Musketeers	F	19.17
108	538	Camille Harper		F	19.22
109	398	Dawn Childs	Storm Plymouth	F	19.32
110	533	Helen Childs	Storm Plymouth	F	19.32
111	534	Sean Gray	Plymouth Harriers	M	19.50
112	376	Bethany Keen	Storm Argyle Academy	F	19.57
113	370	Elaine Keen	Storm Plymouth	F	19.58
114	572	Lydia James-Atkins	Plymouth Harriers	F	19.58
115	575	Becky Redman		F	20.01
116	504	Tracy Priestman	Plymouth Harriers	F	20.04
117	557	Lesley Donovan	Plymouth Harriers	F	20.05
118	545	Simon Ashford	Moorhaven RC	M	20.06
119	335	William Palmer		M	20.12
120	509	Sophie Costas		F	20.15
121	537	Rose Chapman		F	20.22
122	353	Dan Stewart	Plymouth Harriers	M	20.23
123	577	Jodie Hansen		F	20.31
124	334	Debbie Evans		F	20.45
125	314	Dave Mathias		M	20.46
126	564	Chessie Ashworth	Plymouth Harriers	F	20.59
127	566	Amy Chan	Plymouth Harriers	F	21.07
128	563	Zoe Arnold	Storm Argyle Academy	F	21.23
129	340	Lauren Howell	Storm Argyle Academy	F	21.24
130	570	Michaela Whelan	Plymouth Harriers	F	21.34
131	359	Karen Eccles	Plymouth Harriers	F	21.35
132	392	Samantha Ainsworth	Storm Plymouth	F	21.56
133	571	Vicki McAteer	Storm Plymouth	F	21.58
134	540	Hannah Cox	Plymouth Harriers	F	22.08
135	561	Sara Cooksley	Plymouth Harriers	F	22.09
136	330	Lisa Burnham	Plymouth Harriers	F	22.09
137	379	Jackie Millard		F	22.29
138	391	Keith Bowles	Tavistock AC	M	22.29
139	555	Lynn Jones	Plymouth Musketeers	F	22.30
140	546	Paul White		M	23.17
141	360	Anna Kerswell	Plymouth Harriers	F	24.14
142	593	Kevin Oliver	COPAC	M	24.19
143	526	Lorraine Davies	Plymouth Musketeers	F	24.28
144	542	Kerry Gormen	Storm Plymouth	F	25.38
145	541	Ashlie Westell		F	25.38

146	354	Sandra Slaney	Plymouth Harriers	F	25.48
147	513	Marie Beaven-Smith	Plymouth Harriers	F	25.48
148	347	Clare Phillips	Plymouth Harriers	F	26.09
149	503	Chantelle Bradley	Storm Plymouth	F	26.50
150	592	Debbie Couch	Storm Plymouth	F	27.20
151	394	Andrea Evans	Storm Plymouth	F	28.30
152	321	Dawn Green	Storm Plymouth	F	28.33
153	378	Janet Brook	Storm Plymouth	F	28.34
154	383	Emily Smith	Plymouth Harriers	F	29.31
155	346	Nichola Salmon	Plymouth Harriers	F	29.58
156	400	Christine McGhee	Plymouth Harriers	F	29.59
157	351	Amanda Brookshaw	Plymouth Harriers	F	30.18
158	331	Pat Tabenor	Plymouth Harriers	F	30.19
159	539	Jill Narin	Plymouth Harriers	F	30.44
160	397	Jen Mclaron	Plymouth Harriers	F	31.01
161	342	Elaine Hill	Plymouth Harriers	F	31.02
162	329	Penny Hadfield Bennett	Plymouth Harriers	F	31.03