

Winter 3K Series
Central Park - Wednesday 12th February

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	44	Rob Elphick		M	10.28
2	43	Luke Gibbons		M	10.41
3	7	Molly Shorey	COPAC	F	10.44
4	60	Graham Bale	Plymstock RR	M	10.56
5	3	Pete Waumsley	Storm Plymouth	M	11.09
6	13	Thomas Kerr	Plymouth Musketeers	M	11.32
7	61	Matthew Grzenda	Plymouth Musketeers	M	11.34
8	27	Justin Smith	Plymouth Harriers	M	11.38
9	37	Damian Dunne	Plymouth Musketeers	M	11.43
10	25	Simon Reid	City of Sheffield	M	11.44
11	17	Ruth Tyler	Plymouth Harriers	F	12.03
12	45	Guy Petersen		M	12.18
13	20	Henry Taylor	Tamar Trotters	M	12.31
14	40	Ian Lamerton	Plymouth Tri Club	M	12.32
15	56	Jane Allison	Plymouth Harriers	F	12.40
16	16	Imogen Rickard	Tamar Trotters	F	13.00
17	19	Connor Loton	Tamar Trotters	M	13.02
18	42	Megan Shorey		F	13.03
19	14	Ross Shaddick	Plymouth Harriers	M	13.07
20	39	Nicola Noble	Plymouth Harriers	F	13.39
21	34	Phil Adderley	Erme Valley Harriers	M	13.52
22	12	Colin Miller		M	14.05
23	36	Simon Ayres		M	14.14
24	50	Paul Newitt		M	15.15
25	29	Simon Pepper		M	15.16
26	58	Edward Trenan-Nash	Tamar Trotters	M	15.32
27	59	Amanda Nash		F	15.32
28	33	Dan Adderley	Erme Valley Harriers	M	15.51
29	62	Sabir Hamza		M	16.48
30	51	Maria Clarke		F	17.20
31	1	Louise King	Plymouth Musketeers	F	17.36
32	48	Emma Alee	Plymouth Musketeers	F	17.50
33	2	Bryan King	Plymouth Musketeers	M	18.06
34	57	Paul Paskins	Plymouth Harriers	M	18.31
35	49	Dave Pitcher	Tamar Trotters	M	19.51
36	53	Debbie Grosch-Squance		F	20.25
37	35	Lynn Jones	Plymouth Musketeers	F	22.06
38	24	Nina Shillabeer	Plymstock RR	F	23.27
39	32	Lisa Austin		F	24.00
40	11	Christine McGhee	Plymouth Harriers	F	24.07
41	55	Elaine Hill	Plymouth Harriers	F	24.13
42	41	Jo Nieto	Plymouth Harriers	F	26.26
43	54	Hollie Baxter	Plymouth Harriers	F	26.26