

Winter 3K Series
Central Park - Wednesday 8th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	217	Nathan Brown	Erme Valley Harriers	M	10.00
2	223	Daniel Watling	Birchfield Harriers	M	10.01
3	444	Matt Bradley	COPAC	M	10.03
4	290	Steve Fletcher	Plymouth Harriers	M	10.19
5	445	John Porter	Plymouth Harriers	M	10.33
6	332	Sam Yearling	Erme Valley Harriers	M	10.47
7	428	Douglas Webb	Plymouth Harriers	M	10.58
8	273	Raymond Tew	Plymouth Harriers	M	11.03
9	253	Justin Frost	Plymouth Musketeers	M	11.05
10	447	Tom Fox	Plymouth Harriers	M	11.07
11	249	Martin Exley-Deane	Tavistock AC	M	11.08
12	324	Sam Crowe	UPAC	M	11.11
13	250	Adam Rickard	Plymouth Musketeers	M	11.19
14	451	Brendan Anderson	Plymouth Harriers	M	11.21
15	204	Pete Waumsley	Storm Plymouth	M	11.26
16	255	Nick Bristow	Erme Valley Harriers	M	11.30
17	213	Tom Kerr	Plymouth Harriers	M	11.31
18	242	Jack Arundel	Storm Plymouth	M	11.32
19	490	Jackson Spry	Tamar Trotters	M	11.33
20	234	Daniel Baugh	Storm Plymouth	M	11.34
21	291	Mark Sowden	Tamar Trotters	M	11.35
22	245	Rob Jinman	Storm Plymouth	M	11.36
23	453	Melvin Griffiths		M	11.41
24	330	Andrew McPeake	UPAC	M	11.44
25	456	Alex Lea	Plymouth Musketeers	M	11.45
26	440	Luke Bowditch		M	11.47
27	289	Matthew Walkey	Plymouth Harriers	M	11.51
28	492	Guy Peterson	Tamar Trotters	M	11.57
29	475	Justin Smith	Plymouth Harriers	M	12.05
30	467	Colin Divall		M	12.08
31	465	Pearce Hancock		M	12.13
32	446	Jane Allison	Plymouth Harriers	F	12.17
33	370	Steve Mace	Storm Plymouth	M	12.28
34	441	Michael Tossell	Storm Plymouth	M	12.30
35	247	Adrian Ruffin	Storm Plymouth	M	12.34
36	246	Alex Ruffin	Storm Plymouth	M	12.42
37	461	Pete Henderson	Storm Plymouth	M	12.45
38	335	Alex Jewell	Storm Academy	M	12.47
39	378	Christopher Peacock	West 4 Harriers	M	12.48
40	425	Glenn Wood	East Cornwall Harriers	M	12.50
41	311	Steven Bush	Plymouth Musketeers	M	12.51
42	471	Joshua Divall		M	12.56
43	254	Ben Bristow	Erme Valley Harriers	M	12.59
44	315	Paul Collins		M	13.02
45	362	Andy Bees	Plymouth Musketeers	M	13.07

46	477	Shaun Boothroyd		M	13.08
47	294	Jacob Black	UPAC	M	13.10
48	339	Kris Jones	Plymouth Musketeers	M	13.13
49	287	David Church	Erme Valley Harriers	M	13.16
50	443	Ken Bowditch		M	13.17
51	279	Brendan Palmer	Storm Plymouth	M	13.19
52	429	Mike Hockey	Plymouth Musketeers	M	13.20
53	215	Josh Rowe	Storm Plymouth	M	13.23
54	343	Matthew Orzenda		M	13.30
55	241	Oliver Bennett	Tamar Trotters	M	13.35
56	469	Tabitha Divall		F	13.36
57	201	Andrew Mumford	Storm Plymouth	M	13.37
58	346	Emmanuel Pearce		M	13.43
59	228	Jack Daniels	Storm Plymouth	M	13.45
60	482	Emily Childs	COPAC	F	13.48
61	426	Stephen Boxall		M	13.55
62	229	Richard Wiffill	Storm Plymouth	M	13.56
63	419	Cecelia Bradley		F	13.57
64	239	James Child	Tamar Trotters	M	13.58
65	473	Neil Brownridge	Storm Plymouth	M	14.06
66	205	Martin Head	Bere Alston Trekkers	M	14.08
67	292	Leigh Robinson	Plymouth Harriers	M	14.09
68	472	Henry Lambert-Gorwen	Tamar Trotters	M	14.29
69	256	John Hajiyianni		M	14.31
70	458	Ally Waldron	Storm Plymouth	F	14.33
71	243	Anthony Shearer	Tavistock AC	M	14.35
72	281	Nick Clarke	Plymouth Coasters	M	14.37
73	433	Jenny Kumah	Plymouth Musketeers	F	14.38
74	267	Georgia Farr	Storm Plymouth	F	14.39
75	489	Hannah Spry	Tamar Trotters	F	14.40
76	455	Rowan Windrum	Tamar Trotters	F	14.42
77	439	Carly Somerville	Plymouth Tri Club	F	14.46
78	319	Peter Wafer	Storm Plymouth	M	14.57
79	355	Craig Smith	Plymouth Coasters	M	15.01
80	237	Tori Keen		F	15.02
81	225	Kate Muggleston	Tamar Trotters	F	15.08
82	293	Linda Trebilcock	Plymouth Harriers	F	15.23
83	271	Martin Jones		M	15.25
84	347	Joey Batteson		M	15.26
85	487	Mel Francis	Plymouth Musketeers	F	15.29
86	216	Darren Davidson-Page	Storm Plymouth	M	15.31
87	353	Lisa Light	Plymouth Musketeers	F	15.35
88	431	Rodney Hillebrandt	Plymouth Musketeers	M	15.36
89	448	Justin Locke	Storm Plymouth	M	15.38
90	344	Aiden Edgar		M	15.40
91	288	Rowan Caunter	Tamar Trotters	F	15.42
92	423	Jack Tucker		M	15.49
93	430	Kieran Jacobs		M	15.54
94	263	Lucy Howell	Plymouth Musketeers	F	15.55
95	278	Mike Cookson		M	15.57

96	435	Lucie Prior		F	16.01
97	356	Josh Jackson		M	16.01
98	312	Paul Paskin	Plymouth Harriers	M	16.05
99	364	Kyle Tyler		M	16.06
100	232	Kate Rogers	Tavistock AC	F	16.08
101	337	Geoffrey Honey	Plymouth Harriers	M	16.09
102	222	Amelia Roberts	Tamar Trotters	F	16.10
103	302	Michelle Shaddick	Plymouth Musketeers	F	16.10
104	360	Ryan Driscoll		M	16.10
105	321	Bryan Short	Storm Plymouth	F	16.15
106	420	Hayley Cozens	Plymouth Harriers	F	16.21
107	219	Mary Ostle	Plymouth Harriers	F	16.24
108	354	Sarah Horton	Plymouth Coasters	F	16.26
109	260	Natasha Harvey	Storm Plymouth	F	16.27
110	485	Julie Cook	Plymouth Musketeers	F	16.40
111	486	Imogen Beer	Tamar Trotters	F	16.41
112	488	Scarlett Jones	Tamar Trotters	F	16.41
113	437	Elena Prior		F	16.42
114	436	Sarah Prior	Tavistock AC	F	16.45
115	350	Josh Batterson		M	16.47
116	227	Jaine Hudson	Storm Plymouth	F	16.49
117	331	Gary Robb	Storm Plymouth	M	16.49
118	231	Sheila Houghton	Tavistock AC	F	16.53
119	236	John Smith	Tamar Trotters	M	16.58
120	230	Caitlin Wood	Tamar Trotters	F	17.04
121	258	Julia Proudfoot	Plymouth Coasters	F	17.05
122	452	Aaron Sweet		M	17.08
123	208	Diana Nicholson	Tamar Trotters	F	17.11
124	474	Julie Spencer	Storm Plymouth	F	17.12
125	457	Adrian Colwill	Plymouth Musketeers	M	17.19
126	211	Rachel Scott	Plymouth Musketeers	F	17.20
127	268	Susan Farr	Storm Plymouth	F	17.21
128	476	Sarah Elliott	Storm Plymouth	F	17.26
129	276	Tracey Garland	Storm Plymouth	F	17.30
130	269	Shelly Jones	Storm Plymouth	F	17.40
131	449	Katie Tucker	Storm Academy	F	17.41
132	238	Phil Adderley	Erme Valley Harriers	M	17.43
133	218	Andy Hughes		M	17.44
134	209	Louise King	Plymouth Musketeers	F	17.45
135	240	Charlotte Adderley	Erme Valley Harriers	F	17.46
136	284	Dawn Dixon	Storm Plymouth	F	17.47
137	368	Holly Tapp		F	17.54
138	259	Di Harvey	Storm Plymouth	F	17.57
139	257	Stephen Harvey	Storm Plymouth	M	17.57
140	365	Stacey White	Storm Plymouth	F	17.59
141	214	Jane Southern	Storm Plymouth	F	18.01
142	206	Hilary Head	Bere Alston Trekkers	F	18.02
143	483	Dawn Childs	Storm Plymouth	F	18.03
144	270	Carol Freer	Storm Plymouth	F	18.05
145	233	Dene Medland	Tavistock AC	F	18.11

146	454	Lydia James-Atkins	Plymouth Harriers	F	18.16
147	470	Ryan May	Tamar Trotters	M	18.16
148	306	Abigail Blagdon	Tamar Trotters	F	18.19
149	210	Brian King	Plymouth Musketeers	M	18.22
150	261	Lauren Howell	Storm Academy	F	18.38
151	491	Kayleigh Baugh	Storm Plymouth	F	18.58
152	272	Jade Alcock		F	19.00
153	366	Nicki Tapp	Storm Plymouth	F	19.09
154	367	Sue Hugh		F	19.09
155	352	Oliver Batterson		M	19.10
156	450	Sue Thorpe	Storm Plymouth	F	19.20
157	318	Lesley Somerville	Storm Plymouth	F	19.29
158	442	Gail Bellerby		F	19.31
159	212	Shontelle Jones	Storm Plymouth	F	19.31
160	264	Paul Whitmore	Storm Plymouth	M	19.32
161	265	Keith Bowles	Tavistock AC	M	19.37
162	493	Morgan Bush		F	19.41
163	434	Kate Turvey		F	19.49
164	345	Ben Batterson	Storm Plymouth	M	19.52
165	460	Jacob Roberts-Doyle	Storm Plymouth	M	19.55
166	438	Debbie Furniss	Storm Plymouth	F	19.56
167	266	Caroline Williams	Storm Plymouth	F	19.57
168	459	Odette Roberts-Doyle	Storm Plymouth	F	19.59
169	341	Kevin Oliver	Storm Plymouth	M	20.02
170	277	Kim Watkins	Storm Plymouth	F	20.03
171	338	T J Salter	Storm Plymouth	F	20.07
172	301	Beth Dale	Storm Plymouth	F	20.08
173	307	Liz Benson	Storm Plymouth	F	20.22
174	304	Sarah Davis	Storm Plymouth	F	20.22
175	296	Kathryn Weaver-Gore	Plymouth Musketeers	F	20.23
176	479	Ed Crosby-Kinson		M	20.52
177	427	Kerrie Pay	Storm Plymouth	F	20.54
178	308	Lisa Rosenarne	Storm Plymouth	F	21.08
179	466	Michelle Hughes	Storm Plymouth	F	21.15
180	468	Mick Hughes	Storm Plymouth	M	21.16
181	421	Tracy Ford	Storm Plymouth	F	21.33
182	422	Sharon Young	Storm Plymouth	F	21.33
183	313	Nicola Polson	Storm Plymouth	F	21.35
184	481	Angie Irving	Plymouth Musketeers	F	21.50
185	484	Kerry Snell		F	21.50
186	340	Lynn Jones	Plymouth Musketeers	F	21.56
187	463	Ruth Graham	Storm Plymouth	F	22.05
188	342	Sally Edgar		F	22.20
189	251	Sandra Slaney	Plymouth Harriers	F	22.32
190	220	Simon Ashford	Moorhaven	M	22.33
191	303	Debbie Grosch-Squance		F	23.01
192	424	Claire Kean	Storm Plymouth	F	23.43
193	480	Evie Large	Plymouth Harriers	F	23.48
194	478	Maisie Large		F	23.49
195	322	Donna Bowden	Storm Plymouth	F	23.56

196	300	Paul Bygrave		M	24.12
197	432	Laura Turner		F	24.44
198	299	Leesa Pethick	Plymouth Harriers	F	26.47
199	248	Amanda Brookshaw	Plymouth Harriers	F	26.51
200	202	Darren Williams	Plymouth Musketeers	M	27.23
201	203	Sadie De'ath	Plymouth Musketeers	F	27.28
202	283	Cat Bonney	Storm Academy	F	28.52
203	285	Grace Bonney	Storm Academy	F	28.54
204	286	Nicola Thompson		F	29.05
205	464	Nicola Salmon	Plymouth Harriers	F	29.12
206	462	Celia Charlton	Plymouth Harriers	F	29.12
207	297	Christine McGhee	Plymouth Harriers	F	29.14
208	274	Tanya Hall		F	33.17
209	275	Natasha Shobbrook		F	33.17