

Winter 3K Series
Central Park - Wednesday 13th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	95	Philip Boak		M	10.21
2	71	Rob Elphick		M	10.27
3	116	Edward Horn	Tavistock AC	M	10.41
4	14	Molly Shorey	COPAC	F	10.42
5	155	Graham Bale	Plymstock RR	M	11.04
6	91	Raymond Tew	Plymouth Harriers	M	11.09
7	18	Jamie Frost	Erme Valley Harriers	M	11.17
8	85	Katrin Higginson	Bridgend AC	F	11.22
9	89	Justin Smith	Plymouth Harriers	M	11.25
10	77	Lee Herbert	Plymouth Musketeers	M	11.32
11	17	Justin Frost	Plymouth Musketeers	M	11.38
12	136	Robbie Nielsen		M	11.45
13	58	Chris Hubble	Plymouth Musketeers	M	11.46
14	145	Philip Thomas		M	11.47
15	27	Thomas Kerr	Plymouth Musketeers	M	11.51
16	92	Simon Reid	City of Sheffield	M	11.53
17	148	Matthew Grzenda	Plymouth Musketeers	M	11.55
18	57	Connor Loton	Tamar Trotters	M	11.57
19	61	Daniel Baugh	Storm Plymouth	M	12.00
20	127	Jane Allison	Plymouth Harriers	F	12.05
21	128	Daniel Case	Plymouth Musketeers	M	12.06
22	59	Mark Cullerton	Plymouth Musketeers	M	12.08
23	65	Steve Williams	Plymouth Harriers	M	12.19
24	141	Damian Dunne	Plymouth Musketeers	M	12.35
25	49	David Kilgore	Storm Plymouth	M	12.40
26	113	Steve Waters		M	12.50
27	134	Jade Kinsey	Tavistock AC	F	12.55
28	125	Andy Bees	Plymouth Musketeers	M	12.59
29	200	Kevin Peart	Plymouth Harriers	M	13.03
30	87	Brendan Palmer	Storm Plymouth	M	13.19
31	43	Jim Medhurst	Bere Alston Trekkers	M	13.21
32	159	Steve Mace	Plymouth Musketeers	M	13.25
33	41	Gary Fielder	Bere Alston Trekkers	M	13.28
34	123	Brennan Drewitt	Plymouth Musketeers	M	13.29
35	97	Richard Atkinson	Plymouth Harriers	M	13.30
36	25	Paul Bennett	Plymouth Musketeers	M	13.31
37	111	David Church	Erme Valley Harriers	M	13.32
38	100	Steve Bush	Plymouth Musketeers	M	13.36
39	120	Simon Ayres		M	13.56
40	32	Paul Ashton	Bere Alston Trekkers	M	13.57
41	55	Henry Taylor	Tamar Trotters	M	14.05
42	48	Georgie Farr	Storm Plymouth	F	14.10
43	34	Tanya Argue	Bere Alston Trekkers	F	14.21
44	42	Martin Head	Bere Alston Trekkers	M	14.23
45	81	Phil Adderley	Erme Valley Harriers	M	14.29

46	53	Andrew Martin	Tavistock AC	M	14.34
47	86	Tracey Cullerton	Plymouth Musketeers	F	14.37
48	147	Leila Matthews	Plymouth Musketeers	F	14.40
49	154	Paul Newitt		M	14.43
50	157	Kelvin Coker	Storm Plymouth	M	14.49
51	137	Heather O'Connell	Plymouth Musketeers	F	14.59
52	156	Nicola Lilley	Plymouth Harriers	F	15.02
53	51	Colin Miller		M	15.04
54	62	Dean Trice	Plymouth Musketeers	M	15.06
55	139	Emma Dunne	Plymouth Musketeers	F	15.11
56	19	Deborah Bennett	Plymouth Musketeers	F	15.14
57	140	Debora Graco Cornish	Storm Plymouth	F	15.17
58	66	Annett Rickard	Tamar Trotters	F	15.18
59	69	Martin Jones	Storm Plymouth	M	15.20
60	144	Samantha Turner	Plymouth Musketeers	F	15.22
61	94	Anthony Shearer	Tavistock AC	M	15.26
62	121	Lisa Birch	Bere Alston Trekkers	F	15.27
63	150	Jon Anderson		M	15.28
64	24	Harry Bowden		M	15.32
65	130	Damon Bruce	Storm Plymouth	M	15.38
66	26	Declan Nash		M	15.41
67	20	Jemma Bowden	Storm Plymouth	F	15.43
68	118	Jemma Davies	Storm Plymouth	F	15.47
69	16	Geoffrey Honey	Plymouth Harriers	M	15.54
70	102	Anita Chambers	Plymouth Musketeers	F	15.55
71	138	Michael Cookson		M	15.59
72	152	Chloe Hoatson	Plymouth Musketeers	F	16.06
73	124	Rodney Hillebrandt	Plymouth Musketeers	M	16.18
74	106	Tracy Garland	Storm Plymouth	F	16.20
75	78	Dan Adderley	Erme Valley Harriers	M	16.25
76	122	Julie Page	Bere Alston Trekkers	F	16.27
77	64	Travis Trice	Plymouth Musketeers	M	16.42
78	158	Kayleigh Baugh	Storm Plymouth	F	16.48
79	104	Dawn Dyer	Plymouth Musketeers	F	16.51
80	4	Shannon Bays	Plymouth Coasters	F	16.57
81	153	Maria Clarke		F	17.05
82	132	Lynn Low	Plymouth Musketeers	F	17.15
83	110	Dawn Dixon	Storm Plymouth	F	17.24
84	29	Debbie Ashton	Bere Alston Trekkers	F	17.35
85	11	Louise King	Plymouth Musketeers	F	17.43
86	67	Kate Medhurst	Bere Alston Trekkers	F	17.46
87	7	Bryan King	Plymouth Musketeers	M	17.56
88	3	Imogen Rickard	Tamar Trotters	F	17.58
89	1	Laria Campbell	Tamar Trotters	F	17.58
90	75	Claire Herbert	Plymouth Musketeers	F	18.00
91	82	Shaun Hingston	Bere Alston Trekkers	M	18.23
92	36	Jen Oatway	Plymouth Harriers	F	18.41
93	133	Bryan Short	Erme Valley Harriers	M	19.00
94	135	Helen Parker	Plymouth Harriers	F	19.32
95	70	Michelle Jones	Storm Plymouth	F	19.40

96	149	Kim Watkins	Storm Plymouth	F	19.44
97	44	JC Farr	Storm Plymouth	M	19.45
98	40	Hilary Head	Bere Alston Trekkers	F	19.48
99	50	Jane Martin	Tavistock AC	F	19.57
100	79	Natasha Hingston	Bere Alston Trekkers	F	19.58
101	142	Jennifer Dyer	Plymouth Harriers	F	20.05
102	146	Dave Pitcher	Tamar Trotters	M	20.27
103	101	Gill Case	Plymouth Musketeers	F	20.34
104	33	Samantha Harte-Latremouill	Bere Alston Trekkers	F	20.51
105	35	Kelly Shaw	Bere Alston Trekkers	F	20.52
106	63	Amy Dymond	Plymouth Harriers	F	21.08
107	119	Debbie Grosch-Squance		F	21.17
108	56	Akaysha Watts	Plymouth Harriers	F	21.51
109	60	Simon Todd	Plymouth Harriers	M	21.51
110	98	Kathryn Weaver-Gore	Plymouth Musketeers	F	22.04
111	117	Lynn Jones	Plymouth Musketeers	F	22.05
112	83	Rachael Hipkin	Plymouth Harriers	F	22.18
113	143	Laura Goodspeed	Plymouth Harriers	F	22.19
114	84	Lisa Parr	Plymouth Harriers	F	22.35
115	109	Penny Hadfield Bennett	Plymouth Harriers	F	23.56
116	2	Abbie Giovenco	Plymouth Harriers	F	23.56
117	45	Christine McGhee	Plymouth Harriers	F	23.56
118	73	Simon Ashfold	Moorhaven	M	23.57
119	39	Nikki Richardson	Plymouth Harriers	F	24.55
120	90	Olivia Hill	Plymouth Harriers	F	24.56
121	37	Sara Alcock	Plymouth Harriers	F	25.09
122	76	Helen Lyons	Plymouth Harriers	F	25.14
123	74	Tina Grigg	Plymouth Harriers	F	25.14
124	108	Lisa Armstrong	Plymouth Harriers	F	25.15
125	54	Michelle Todd	Plymouth Harriers	F	25.48
126	93	Nina Shillabeer	Plymstock RR	F	25.49
127	114	Elaine Hill	Plymouth Harriers	F	25.49
128	68	Jo Nieto	Plymouth Harriers	F	26.07
129	72	Louise Shalders	Plymouth Harriers	F	26.07
130	12	Leesa Pethick	Plymouth Harriers	F	27.11
131	151	Leigh Robinson	Plymouth Harriers	M	27.14