

Summer 5K Series
Saltram - Wednesday 10th April

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	193	Sam Yearling	Plymouth Harriers	M	17.22
2	167	Jack Arundel	Storm Plymouth	M	18.27
3	64	Michael Miners		M	18.32
4	152	Dan Clewley		M	18.55
5	79	Max Davies		M	19.13
6	183	Tom Pitcher	Tamar Trotters	M	19.18
7	42	Lee Herbert	Plymouth Musketeers	M	19.24
8	75	Emma Lake	Erme Valley Harriers	F	19.50
9	20	Martin French	Plymouth Musketeers	M	19.54
10	182	Matthew Grzenda	Plymouth Musketeers	M	19.58
11	168	Dan Marvin		M	20.03
12	92	David Kilgore	Storm Plymouth	M	20.07
13	85	Matt Richards	Storm Plymouth	M	20.11
14	158	Russ Mogridge	Erme Valley Harriers	M	20.14
15	149	Melvyn Griffiths		M	20.18
16	119	Samuel White		M	20.33
17	138	James Scantlebury	Erme Valley Harriers	M	20.34
18	169	Simon Yeo		M	20.40
19	25	Bella May	Erme Valley Harriers	F	20.43
20	143	Guy Petersen		M	20.49
21	129	Tom Kerr	Plymouth Harriers	M	20.54
22	130	Jane Allison		F	20.59
23	116	Steve Mace	Storm Plymouth	M	21.02
24	11	Jacob Holland	Tavistock AC	M	21.06
25	140	David Webber		M	21.18
26	126	Mat Penry	Plymouth Musketeers	M	21.19
27	178	Keiran Woodward	Plymouth Musketeers	M	21.31
28	16	Luke Mervyn	Storm Plymouth	M	21.49
29	161	Chris Mervyn	Storm Plymouth	M	21.50
30	146	Dean Barrett	Tamar Trotters	M	22.03
31	76	Steve Williams	Plymouth Harriers	M	22.07
32	13	Ben Smith	Plymouth Musketeers	M	22.11
33	186	Matthew Golding	City of Plymouth AC	M	22.25
34	37	Matt Vosper	Plymouth Musketeers	M	22.41
35	187	Nicola Lilley	Plymouth Harriers	F	22.43
36	117	Simon Ayres		M	22.46
37	154	Gareth Tucker		M	22.50
38	4	Stanley Kellett	Plymouth Musketeers	M	22.52
39	62	Brendan Palmer	Storm Plymouth	M	23.16
40	170	David Church	Erme Valley Harriers	M	23.20
41	166	Kate Medicott	Erme Valley Harriers	F	23.31
42	40	Kris Jones	Plymouth Musketeers	M	23.37
43	153	James Tucker	Plymstock Road Runners	M	23.44
44	111	Stuart Riley	Plymouth Musketeers	M	23.46
45	33	George W Barnicott		M	23.50

46	159	Katy Mogridge	Erme Valley Harriers	F	23.55
47	24	Jim Medhurst	Bere Alston Trekkers	M	24.03
48	172	Rafik Dechicha		M	24.11
49	14	Ben Bristow	Erme Valley Harriers	M	24.21
50	151	Miranda Burke	Plymouth Harriers	F	24.24
51	3	Jim Andrews	Plymouth Musketeers	M	24.25
52	104	Jon Rowton	Storm Plymouth	M	24.26
53	12	Sarah Holland	Tavistock AC	F	24.27
54	192	Alison Caldwell	Tamar Trotters	F	24.39
55	71	Ian Bedford		M	24.40
56	45	Chris Rollinson		M	24.49
57	26	Rachel May		F	24.52
58	19	Colin Miller		M	24.57
59	49	Richard Dale		M	24.58
60	84	Stephen Boxall		M	25.04
61	115	James Newman	Lonely Goat RC	M	25.07
62	190	Chloe Hoatson	Plymouth Musketeers	F	25.14
63	54	Ella Kerswill		F	25.20
64	180	Steve Bush	Plymouth Musketeers	M	25.22
65	125	Pam Duncan	Erme Valley Harriers	F	25.27
66	118	Martin Allen		M	26.00
67	177	Janie Buckley	Plymouth Harriers	F	26.02
68	144	Charlotte Illsley		F	26.03
69	32	George Barnicott	Plymouth Coasters	M	26.06
70	110	Aaron Sweet		M	26.13
71	141	Nancey Walker		F	26.16
72	73	Glen Harling	Plymouth Harriers	M	26.20
73	124	Linda Bracher	Erme Valley Harriers	F	26.21
74	97	Paul Worsfold	Plymstock Road Runners	M	26.25
75	43	Sophie Varcoe	Tavistock AC	F	26.43
76	194	Brett Leacher		M	26.45
77	185	Alice Robinson	Plymouth Harriers	F	26.49
78	55	Mia Kerswill		F	26.51
79	86	Jessica Stickland		F	26.57
80	58	Holly Hart	Erme Valley Harriers	F	26.58
81	94	Becky Piper	Plymouth Harriers	F	26.59
82	93	Lisa Burnham	Plymouth Harriers	F	27.00
83	10	Kate Rogers	Tavistock AC	F	27.07
84	155	Maich Woichman		M	27.11
85	7	Paul Rogers	Tavistock AC	M	27.12
86	81	Carol Hansen	Erme Valley Harriers	F	27.13
87	36	Kevin Paull	Erme Valley Harriers	M	27.13
88	137	Rachel Nicholls		F	27.17
89	181	Dawn Fox		F	27.21
90	171	Chloe Bolton		F	27.39
91	100	David Salvage	Tamar Trotters	M	27.44
92	122	Susan Darke	Plymouth Musketeers	F	27.49
93	133	Alex Jesty	Plymouth Musketeers	M	28.02
94	148	Mandy Anderson		F	28.06
95	123	Nicola Noble	Plymouth Harriers	F	28.06

96	68	Abbie James		F	28.10
97	195	Louise Cusack		F	28.12
98	121	Phil Bees	Plymouth Musketeers	M	28.22
99	173	Michelle Cartlidge	Plymouth Harriers	F	28.25
100	103	Charlotte Brown		F	28.48
101	41	Claire Herbert	Plymouth Musketeers	F	28.54
102	131	Mark Chatterton		M	28.55
103	132	Guy Chatterton		M	28.59
104	98	Shannon Bays	Plymouth Coasters	F	29.03
105	18	Katie Durrell	Plymouth Coasters	F	29.10
106	191	Maria Clarke		F	29.30
107	134	Raegan Leather	Plymouth Musketeers	F	29.36
108	145	Carley Bunston	Storm Plymouth	F	29.53
109	189	Louise King	Plymouth Musketeers	F	29.54
110	70	Bryan Short	Erme Valley Harriers	M	29.55
111	188	Bryan King	Plymouth Musketeers	M	30.10
112	147	Karen Lawson	Plymstock Road Runners	F	30.19
113	72	Susan Rich	Plymouth Musketeers	F	30.27
114	89	Debbie Trenchard		F	30.30
115	163	Valerie Stephens		F	30.33
116	162	Andrew Mumford		M	30.34
117	66	Harry James		M	30.40
118	63	Dave Connell	Plymouth Musketeers	M	30.48
119	99	Mark Rescorl	Tamar Trotters	M	30.55
120	67	Alison James	Plymouth Musketeers	F	31.04
121	150	Michelle Shaddick	Plymouth Musketeers	F	31.04
122	59	Tracy Watkiss	Plymouth Musketeers	F	31.09
123	57	Nicky Harrop	Plymouth Musketeers	F	31.23
124	95	Linda Worsfold	Plymstock Road Runners	F	31.28
125	46	Carole Wardle	Plymouth Musketeers	F	31.31
126	127	Tracey Garlan	Storm Plymouth	F	31.37
127	83	Shelly Jones	Storm Plymouth	F	31.51
128	113	Sarah Mouat		F	31.54
129	44	Laura Beattie		F	31.54
130	196	Lynn Nicholls	Erme Valley Harriers	F	31.56
131	28	Julie Board	Plymouth Harriers	F	31.58
132	164	Kelly Brumhead	Plymouth Musketeers	F	32.02
133	74	Vicki Dunn	Plymouth Musketeers	F	32.02
134	136	Sara Weymouth		F	32.03
135	27	Melanie Pedrick	Plymouth Harriers	F	32.12
136	87	Hayley Frith		F	32.30
137	48	Beth Dale	Plymstock Road Runners	F	32.39
138	39	Sarah Hawkins	Plymouth Musketeers	F	32.47
139	120	Kim Kidney		F	32.56
140	102	Michelle Lincoln		F	33.08
141	165	Rachel Lynn	Plymouth Musketeers	F	33.12
142	179	Marian Spreadbridge		F	33.14
143	174	Connie Land		F	33.19
144	156	Natalie Green		F	33.20
145	175	Clara Robinson		F	33.29

146	157	Emma Green		F	33.37
147	91	David Engledew	Erme Valley Harriers	M	33.43
148	176	Jill Robinson		F	33.45
149	106	Claire Widdicombe		F	33.46
150	101	Becca Ingram		F	33.47
151	69	Kate Larcombe	Storm Plymouth	F	34.09
152	128	Kim Watkins	Storm Plymouth	F	34.09
153	184	Dave Pitcher	Tamar Trotters	M	34.36
154	105	Jennifer Oatway	Plymouth Harriers	F	34.48
155	65	Jennifer Dyer	Plymouth Harriers	F	34.49
156	51	Clare Elliott		F	34.50
157	107	Emily Hawkins		F	35.40
158	90	Alison Engledew	Erme Valley Harriers	F	35.41
159	29	Lisa Parr	Plymouth Harriers	F	35.44
160	61	Kathryn Weaver-Gore	Plymouth Musketeers	F	36.22
161	56	Wendy Rawlings		F	36.26
162	77	Faye Thorning		F	36.27
163	78	Lucy Green		F	36.29
164	35	Sharon Ryan		F	36.36
165	34	Penny Hadfield Bennett	Plymouth Harriers	F	36.39
166	160	James Smith	Plymouth Musketeers	M	36.40
167	1	Deborah Cope		F	36.41
168	17	Abigail Durrell		F	36.41
169	60	Antony Blight		M	36.47
170	108	Sally Nolan		F	36.57
171	109	William Nolan		M	36.58
172	135	Lynn Jones	Plymouth Musketeers	F	37.13
173	53	Tracey Hayton	Plymouth Musketeers	F	37.29
174	114	Ruth Graham		F	39.03
175	82	Simon Ashfold	Moorhaven	M	40.38
177	139	Leesa Pethick	Plymouth Harriers	F	50.48
178	142	Marley Brookslew	Plymouth Harriers	F	50.48