

Summer 5K Series  
Saltram - Wednesday 8th August

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	560	Jim Cole	Tavistock Run Project	M	15.55
2	247	Matthew Bradley	Plymouth AC	M	16.02
3	510	Oliver Smart	Tavistock Run Project	M	16.20
4	527	Poppy Tank	Plymouth AC	F	17.40
5	240	David Beckenkraeger	Plymouth Harriers	M	17.45
6	260	Pete Waumsley	Storm Plymouth	M	18.13
7	273	Matthew Shipping		M	18.22
8	483	Chris Chapman		M	18.31
9	227	Raymond Tew	Plymouth Harriers	M	18.48
10	443	Daniel Clewley		M	18.49
11	249	Charlene Shorey		F	19.03
12	455	Tom Pitcher	Tamar Trotters	M	19.07
13	330	Scott Mansfield	Plymouth Musketeers	M	19.12
14	519	Martin Exley-Deane	Tavistock AC	M	19.13
15	269	Rob Chapman	Storm Plymouth	M	19.14
16	324	Liam Hallows	Erme Valley Harriers	M	19.17
17	250	Molly Shorey	Plymouth AC	F	19.18
18	274	Joshua Nathan Jones		M	19.23
19	257	Jack Arundel	Storm Plymouth	M	19.36
20	239	Justin Frost	Plymouth Musketeers	M	19.39
21	555	Brendan Anderson	Storm Plymouth	M	19.56
22	246	Nick Bristow	Erme Valley Harriers	M	20.03
23	343	Emma Lake	Erme Valley Harriers	F	20.05
24	541	Matthew Richards	Storm Plymouth	M	20.08
25	419	Melvyn Griffiths		M	20.15
26	576	James Armstrong		M	20.23
27	225	Tom Kerr	Plymouth Harriers	M	20.28
28	424	Guy Petersen	Tamar Trotters	M	20.34
29	561	Michael Tossell	Storm Plymouth	M	20.35
30	264	James Saunders	Teignbridge Trotters	M	20.40
31	253	Benjamin Berry		M	20.42
32	425	Matthew Grzenda	Plymouth Musketeers	M	20.44
33	580	Jodi Fisk		F	20.56
34	556	Richard Taylor	Plymouth Harriers	M	20.59
35	315	Ali Akbari		M	21.11
36	511	Nikki Kelly	Tavistock AC	F	21.13
37	493	Steve Marco		M	21.22
38	354	David Shalders	Plymouth Harriers	M	21.30
39	480	John Carter	Plymstock Road Runners	M	21.38
40	219	Samuel White		M	21.40
41	215	Daniel Case	Plymouth Musketeers	M	21.42
42	230	Clare Faithful	Storm Plymouth	F	22.05
43	529	Finley Squires		M	22.13
44	434	Kris Jones	Plymouth Musketeers	M	22.17
45	489	Matthew Golding	Plymouth AC	M	22.19

46	291	Ben Jenkins		M	22.22
47	528	Ian Squires		M	22.28
48	420	David Church	Erme Valley Harriers	M	22.29
49	468	Chris Mervyn	Storm Plymouth	M	22.30
50	218	Paul Whitmore	Storm Plymouth	M	22.31
51	302	Richard Atkinson	Storm Plymouth	M	22.36
52	569	Tilly McDowell	Tavistock AC	F	22.46
53	331	Andy Bees	Plymouth Musketeers	M	22.48
54	367	Michael Cork	Plymouth Coasters	M	22.50
55	204	Stephen Williams	Plymouth Harriers	M	22.56
56	484	Peter Bazley	Tavistock AC	M	22.59
57	542	David Kilgore	Storm Plymouth	M	23.07
58	421	Carl Mills		M	23.08
59	231	Brendan Palmer	Storm Plymouth	M	23.09
60	234	Andrew Bennett	Plymouth Harriers	M	23.13
61	299	Ray Male	Erme Valley Harriers	M	23.21
62	472	Thomas Mervyn		M	23.27
63	444	Andrew Mumford	Storm Plymouth	M	23.28
64	564	Simon Ayres		M	23.38
65	458	Steven Laity	Plymouth Harriers	M	23.42
66	543	Murray Turner	Bere Alston Trekkers	M	23.43
67	459	Laura Quinn	Plymouth Harriers	F	23.46
68	362	James Scantlebury	Erme Valley Harriers	M	23.48
69	356	Alan Hockings	Plymouth Musketeers	M	23.48
70	256	Michael Hughes	Storm Plymouth	M	23.49
71	481	Kellie Boylin	Plymouth Harriers	F	23.56
72	465	Ali Salem		M	24.00
73	447	Simon Pritchard		M	24.11
74	266	Christopher Marcol		M	24.17
75	422	Charlie Crocker		M	24.18
76	319	Dan Marks	Erme Valley Harriers	F	24.19
77	508	Anthony Shearer	Tavistock AC	M	24.22
78	552	Mike Todd	Storm Plymouth	M	24.25
79	322	Chris Rollinson		M	24.29
80	238	Martin Head	Bere Alston Trekkers	M	24.33
81	255	Derek Hicks	Bere Alston Trekkers	M	24.34
82	488	Chloe Hoatson	Plymouth Musketeers	F	24.35
83	355	Phil Bees	Plymouth Musketeers	M	24.36
84	456	Miranda Burke	Plymouth Harriers	F	24.38
85	285	Lesley McCormack		F	24.39
86	501	Andrew Martin	Tavistock AC	M	24.40
87	597	Sarah Robinson	Plymouth Musketeers	F	24.41
88	448	Lorna Lucien	Plymouth Harriers	F	24.43
89	350	Richard Morton	Tamar Trotters	M	24.49
90	544	David Adams	Bere Alston Trekkers	M	24.50
91	470	Claire Mervyn	Storm Plymouth	F	24.55
92	276	Michael Orgen		M	24.57
93	482	Olly Jones		M	25.06
94	505	Lisa Sutlow	Tavistock AC	F	25.08
95	584	Jason Shipton	Tavistock AC	M	25.09

96	431	Rodney Hillebrandt	Plymouth Musketeers	M	25.10
97	344	Anna Lake	Erme Valley Harriers	F	25.11
98	228	William Gould	Storm Plymouth	M	25.12
99	206	Fred Jenkins	Instinctive Sports	M	25.15
100	487	James Tucker	Plymstock Road Runners	M	25.21
101	284	Paul McCormack		M	25.23
102	308	Paul Hyde	Storm Plymouth	M	25.26
103	451	Pamela Duncan	Erme Valley Harriers	F	25.29
104	259	David Bennett	Plymouth Musketeers	M	25.40
105	307	Jonny Matthews	Storm Plymouth	M	25.46
106	474	Karen Cheek	Plymouth Harriers	F	26.01
107	587	William Walker-Smith	Tavistock AC	M	26.05
108	571	Jim Medhurst	Bere Alston Trekkers	M	26.22
109	428	Lisa Light	Plymouth Musketeers	F	26.28
110	338	Linda Mole	Plymouth Harriers	F	26.30
111	335	David Bent	Plymouth Harriers	M	26.31
112	301	Sacha Baker	Storm Plymouth	F	26.45
113	268	Adrian Colwill	Plymouth Musketeers	M	26.49
114	211	Clare Wellfair	Plymouth Harriers	F	26.50
115	365	Caroline Arscot		F	26.54
116	395	Mark Chatterton		M	26.56
117	463	Tom Rose	DSFRS RC	M	27.03
118	549	Debbie Ashton	Bere Alston Trekkers	F	27.06
119	288	Richard Nettleship	Tavistock AC	M	27.08
120	562	Glenn Williams		M	27.13
121	297	Damon Bruce	Storm Plymouth	M	27.14
122	426	Maggie Lamerton	Plymouth Musketeers	F	27.21
123	589	Daniel Adderley	Erme Valley Harriers	M	27.22
124	251	Phil Adderley	Erme Valley Harriers	M	27.25
125	523	Glen Harding	Plymouth Harriers	M	27.29
126	450	Aaron Sweet		M	27.31
127	567	Tracey Garland	Storm Plymouth	F	27.32
128	547	Tanya Argue	Bere Alston Trekkers	F	27.33
129	475	Jenny Thorn		F	27.38
130	380	James Newman	Plymouth Musketeers	M	27.40
131	342	David Salvage	Tamar Trotters	M	27.44
132	311	Suvi Rehell		F	27.48
133	490	Liz Westlake	Plymouth Harriers	F	27.55
134	583	Simon Graham		M	27.59
135	449	Michelle Cartlidge	Plymouth Harriers	F	28.04
136	222	Lisa Burnham	Plymouth Harriers	F	28.06
137	277	Karla Court	Plymouth Coasters	F	28.09
138	594	Clayton Harrison		M	28.10
139	245	Brad Harrison	Plymouth Musketeers	M	28.10
140	271	Dean Rockey	Storm Plymouth	M	28.11
141	513	Lee Glanville		M	28.13
142	283	Chris Hayton		M	28.25
143	573	Shontelle Jones	Storm Plymouth	F	28.40
144	520	Andy Hughes	Tavistock AC	M	28.41
145	321	Claire Marks		F	28.42

146	217	Charlotte Walton	Plymouth Harriers	F	28.44
147	466	Michael Rose	DSFRS RC	M	28.49
148	521	John Windemer	Tavistock AC	M	28.51
149	220	Heidi Bishop	Plymouth Harriers	F	28.53
150	306	Dawn Dixon	Storm Plymouth	F	28.55
151	272	Sarah-Jane Sinclair	Plymouth Musketeers	F	28.57
152	491	Louise Cusack		F	29.01
153	572	Jane Southern	Storm Plymouth	F	29.04
154	265	Trevor Grigg	Tavistock AC	M	29.06
155	286	Edward Barker		M	29.20
156	504	Sheila Houghton	Tavistock AC	F	29.22
157	300	Rich Male		M	29.23
158	545	Pam Adams	Bere Alston Trekkers	F	29.24
159	212	Geoffrey Honey	Plymouth Harriers	M	29.47
160	548	Natasha Hingston	Bere Alston Trekkers	F	29.51
161	550	Shaun Hingston	Bere Alston Trekkers	M	29.52
162	460	Alimu Jallow		M	29.54
163	593	Penny Taylor	Tavistock AC	F	30.24
164	588	Sarah Prior	Tavistock AC	F	30.25
165	346	Craig Bradley	Plymstock Road Runners	M	30.37
166	236	Dave Connell	Plymouth Harriers	M	30.38
167	352	Abbie James		F	30.49
168	512	Anna Kelly	Tavistock AC	F	30.54
169	509	Paula Smerdon	Tavistock AC	F	30.56
170	440	Jasmine Rolfe	Plymstock Road Runners	F	30.59
171	258	Maggie Hacker	Storm Plymouth	F	31.04
172	339	Finlay Tucker	Storm Academy	M	31.08
173	341	Kevin Tucker	Storm Plymouth	M	31.08
174	233	Phil Warren	Erme Valley Harriers	M	31.13
175	535	Charlie Dunne		M	31.19
176	534	Damian Dunne	Plymouth Musketeers	M	31.20
177	318	Amy Griffin		F	31.31
178	423	Maria Clarke		F	31.34
179	237	Hilary Head	Bere Alston Trekkers	F	31.35
180	492	Vikki Costantin	Storm Plymouth	F	31.47
181	216	Soma Mitra-Chubb	Plymouth Harriers	F	31.49
182	368	Dawn Childs	Storm Plymouth	F	31.52
183	436	Emily Childs	Storm Academy	F	31.52
184	429	Marie McPake	Plymstock Road Runners	F	31.56
185	438	Helen Childs	Storm Plymouth	F	32.07
186	435	Daniel Childs	Storm Academy	M	32.07
187	439	Clare Ainsworth	Tamar Trotters	F	32.14
188	441	Michelle Shaddick	Plymouth Musketeers	F	32.17
189	304	Vicki Dunn	Plymouth Musketeers	F	32.18
190	303	Rachel Lynn	Plymouth Musketeers	F	32.21
191	442	Robert Shaddick	Plymouth Musketeers	M	32.22
192	378	Lynn Nicholls	Storm Plymouth	F	32.26
193	287	Angie Smith	Storm Plymouth	F	32.34
194	353	Harry James		M	32.35
195	518	Cally Barnes	Bere Alston Trekkers	F	32.47

196	289	Joanne Welch	Storm Plymouth	M	32.54
197	507	Dene Medland	Tavistock AC	F	32.57
198	453	Bryan King	Plymouth Musketeers	M	33.24
199	477	Paula Tapp	Storm Plymouth	F	33.35
200	476	Gary Tapp	Storm Plymouth	M	33.35
201	473	Rachel Garlick	Storm Plymouth	F	33.37
202	586	Kerry Snell	Plymouth Musketeers	F	33.40
203	243	Carole Wardle	Plymouth Musketeers	M	33.40
204	296	Lisa Court		F	33.54
205	377	Heather Pawley		F	33.55
206	213	Gill Case	Plymouth Musketeers	F	34.11
207	229	Jennifer Dyer	Plymouth Harriers	F	34.11
208	242	Kate Hodgins	Storm Plymouth	F	34.14
209	254	Jiliane Andrews	Storm Plymouth	F	34.25
210	381	Natalie Harrison	Storm Plymouth	F	34.29
211	267	Dawn Fifield	Storm Plymouth	F	34.44
212	503	Zoe Millar	Storm Plymouth	F	34.46
213	502	Scott Allen	Storm Plymouth	M	34.46
214	293	Jenny Hiscocks	Storm Plymouth	F	34.52
215	294	Graham Anderson	Storm Plymouth	M	35.19
216	347	Lynn Jones	Plymouth Musketeers	F	35.35
217	432	Sarah Hawkins	Plymouth Musketeers	F	35.36
218	427	Lisa Parr	Plymouth Harriers	F	35.39
219	598	Jasmine Robinson	Plymouth Musketeers	F	35.45
220	275	Ellen Silcock		F	35.47
221	278	Tracey Hayton	Plymouth Musketeers	F	36.48
222	486	Clare Elliott	Plymouth Musketeers	F	37.10
223	345	Mary Dyer	Plymouth Harriers	F	37.16
224	208	Nina Shillabeer	Plymstock Road Runners	F	38.07
225	261	Louise Horton	Storm Plymouth	F	38.13
226	485	Dinah Kennington	Plymouth Musketeers	F	38.34
227	454	Louise King	Plymouth Musketeers	F	38.36
228	202	Amy Dymond	Plymouth Harriers	F	38.36
229	248	Beverley Riley	Storm Plymouth	F	38.42
230	566	Carol Freer	Storm Plymouth	F	38.42
231	533	James Farr	Storm Plymouth	M	38.46
232	599	Nicola Blair	Plymouth Musketeers	F	40.11
233	201	Darren Williams	Plymouth Musketeers	M	40.13
234	366	Leesa Pethick	Plymouth Harriers	F	44.13
235	360	Mandy Brookshaw	Plymouth Harriers	F	44.21
236	430	Sara Alcock		F	44.23
237	241	Rebecca Couch	Storm Plymouth	F	44.33