

Summer 5K Series
Saltram - Wednesday 8th May

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	177	Sam Yearling	Plymouth Harriers	M	17.06
2	4	Steve Fletcher	Plymouth Harriers	M	17.07
3	160	Ben Hall	Invicta East Kent	M	18.20
4	166	Graham Bale	Plymstock Road Runners	M	18.39
5	121	Liam Hallows	Erme Valley Harriers	M	19.06
6	124	Rob Williams	Plymouth Harriers	M	19.16
7	16	Jack Arundel	Storm Plymouth	M	19.27
8	63	Maddie Horton		F	19.39
9	40	Andrew Trigg	Erme Valley Harriers	M	20.02
10	163	Samuel Crowe		M	20.09
11	140	Tom Pitcher	Tamar Trotters	M	20.19
12	185	Matthew Grzenda	Plymouth Musketeers	M	20.21
13	93	Melvyn Griffiths		M	20.26
14	33	Lauren Knox		F	20.34
15	25	Tom Kerr	Plymouth Harriers	M	20.42
16	2	Daniel Case	Plymouth Musketeers	M	20.47
17	133	Bella May	Erme Valley Harriers	F	20.48
18	162	Guy Petersen		M	20.50
19	152	Tom Jennings	Tamar Trotters	M	20.55
20	78	David Engledew	Erme Valley Harriers	M	20.57
21	28	David Kilgore	Storm Plymouth	M	21.00
22	182	David Shalders	Plymouth Harriers	M	21.02
23	91	Matthew Walkey	Plymouth Harriers	M	21.16
24	151	Steve Mace	Plymouth Musketeers	M	21.23
25	107	William Lewis	Plymouth Musketeers	M	21.31
26	119	Steve Williams	Plymouth Harriers	M	21.33
27	174	Scott Anderson		M	21.40
28	129	Samuel White		M	21.41
29	123	Jane Allison		F	21.43
30	62	Kevin Peart	Plymouth Harriers	M	22.05
31	125	Peter Henderson	Storm Plymouth	M	22.20
32	32	Steve Cox	Launceston RR	M	22.42
33	164	Andy Bees	Plymouth Musketeers	M	23.12
34	105	James Tucker	Plymstock Road Runners	M	23.18
35	170	Michael Cork	Plymouth Coasters	M	23.22
36	154	Dean Barrett	Tamar Trotters	M	23.23
37	104	Simon Ayres		M	23.26
38	161	Ben Baldwin	UPAC	M	23.33
39	106	Paul Whitmore	Storm Plymouth	M	23.34
40	3	Simon Todd	Plymouth Harriers	M	23.52
41	146	Simon Pritchard		M	24.07
42	61	Kevin Paull	Erme Valley Harriers	M	24.12
43	50	Ben Bristow	Erme Valley Harriers	M	24.18
44	167	Alison Caldwell	Tamar Trotters	F	24.19
45	49	Nick Bristow	Erme Valley Harriers	M	24.20

46	60	Karl Herring		M	24.25
47	77	Alison Engledew	Erme Valley Harriers	F	24.29
48	165	Anna Lake	Erme Valley Harriers	F	24.32
49	158	Christopher Marcol		M	24.44
50	24	Lesley Maclaren		F	24.47
51	83	Ben Smith	Plymouth Musketeers	M	24.55
52	155	Lucy Stoneman	Tamar Trotters	F	24.56
53	99	David McCarthy	Storm Plymouth	M	24.58
54	168	Michael Organ		M	25.01
55	59	Chris Rollinson		M	25.02
56	149	Donna Mee	Tamar Trotters	F	25.06
57	135	Rachel May		F	25.09
58	176	Oli Jones		M	25.25
59	134	David Ingram		M	25.32
60	130	Daniel Newcombe	Plymouth Musketeers	M	25.34
61	181	Chris Whipp	Plymouth Musketeers	M	25.35
62	120	James Newman	Lonely Goat RC	M	25.38
63	75	Steve Widdicombe		M	25.40
64	42	Alex Jesty	Plymouth Musketeers	M	25.41
65	100	Drew Ash	Plymouth Harriers	M	25.44
66	187	Chloe Hoatson	Plymouth Musketeers	F	25.45
67	115	Paul Worsfold	Plymstock Road Runners	M	25.51
68	136	Brad Harrison	Plymouth Musketeers	M	25.54
69	147	Aaron Sweet		M	26.03
70	12	Owain Thomas	Plymouth Musketeers	M	26.06
71	171	Denise Bettey	Instinctive Sport	F	26.08
72	183	Janie Buckley	Plymouth Harriers	F	26.22
73	169	Laura Quinn	Plymouth Harriers	F	26.22
74	108	Nicola Noble	Plymouth Harriers	F	26.29
75	122	Sean Hallows		M	26.36
76	180	Jude Holmes		M	26.37
77	128	Lisa Light	Plymouth Musketeers	F	26.44
78	139	Caroline Arscott		F	26.46
79	127	Alice Robinson	Plymouth Harriers	F	26.50
80	46	Ruth Terry	Erme Valley Harriers	F	26.57
81	109	Lynn Low	Plymouth Musketeers	F	27.13
82	141	Phil Bees	Plymouth Musketeers	M	27.37
83	92	Carol Hansen	Erme Valley Harriers	F	27.38
84	175	Karen Sanderson		F	27.40
85	148	Kate Parsons		F	27.50
86	68	Abbie James		F	27.52
87	10	Geoffrey Honey	Plymouth Harriers	M	27.53
88	97	David Salvage	Tamar Trotters	M	28.20
89	90	Phil Adderley	Erme Valley Harriers	M	28.21
90	145	Michelle Cartlidge	Plymouth Harriers	F	28.49
91	172	Emma Wavish		F	28.54
92	159	Maria Clarke		F	29.02
93	144	Nichola Barton		F	29.28
94	103	Sarah Mouat		F	29.42
95	81	Rachel Nicholls		F	29.42

96	26	Lucy Jewels	St Austell RC	F	29.47
97	188	Holly Cummings		F	29.51
98	143	Emily Barton		F	29.55
99	178	Tom Barker		M	29.58
100	70	Harry James		M	30.02
101	84	Rowena May		F	30.15
102	48	Karen Lawson	Plymstock Road Runners	F	30.26
103	71	Alison James	Plymouth Musketeers	F	30.36
104	98	Mark Rescorl	Tamar Trotters	M	30.43
105	110	Bryan King	Plymouth Musketeers	M	30.45
106	173	Miacalla Knapman		F	30.46
107	111	Louise King	Plymouth Musketeers	F	30.49
108	101	Dave Connell	Plymouth Harriers	M	30.54
109	150	Susan Rich	Plymouth Musketeers	F	30.57
110	113	Suzanne Vosper	Plymouth Musketeers	F	31.05
111	39	Caroline Storer		F	31.27
112	184	Kellie Buylin	Plymouth Harriers	F	31.27
113	179	Sarah Holmes		F	31.32
114	95	Tracey Garlan	Storm Plymouth	F	31.37
115	34	Joanne Small	Plymouth Harriers	F	31.49
116	102	Dawn Dixon	Storm Plymouth	F	31.56
117	114	Linda Worsfold	Plymstock Road Runners	F	32.03
118	79	Claire Widdicombe		F	32.04
119	85	Becca Ingram		F	32.07
120	142	Claire Ainsworth	Tamar Trotters	F	32.09
121	132	Girish Viswanathan		M	32.15
122	73	Nicola Aindow	Plymstock Road Runners	F	32.38
123	11	Caitlin Wood	Tamar Trotters	F	33.13
124	37	Michelle Todd		F	33.15
125	76	Jennifer Oatway	Plymouth Harriers	F	33.16
126	55	Lisa Armstrong		F	33.17
127	7	Michelle Lincoln	Plymouth Harriers	F	33.23
128	20	Pat Tabenor	Plymouth Harriers	F	33.23
129	53	Davina Outtram		F	33.26
130	116	Terry Bartlett	Plymouth Harriers	M	33.27
131	13	Deryl Waller	Plymouth Harriers	F	33.35
132	57	Carole Edwards	Plymouth Harriers	F	33.54
133	54	Julie Board	Plymouth Harriers	F	33.55
134	1	Jennifer Dyer	Plymouth Harriers	F	33.59
135	36	Sharon Scarry		F	34.23
136	27	Linda Mole	Plymouth Harriers	F	34.26
137	29	David Bent	Plymouth Harriers	M	34.26
138	56	Melanie Pedrick	Plymouth Harriers	F	34.28
139	14	Helen Parker	Plymouth Harriers	F	34.29
140	153	Gill Case	Plymouth Musketeers	F	34.31
141	41	Glen Harling	Plymouth Harriers	M	34.33
142	137	Lorraine Giles	Storm Plymouth	F	34.45
143	65	Antony Blight		M	34.46
144	82	Matthew Costello		M	34.46
145	138	Dave Pitcher	Tamar Trotters	M	35.28

146	43	Joanna Fletcher	Plymouth Harriers	F	35.51
147	186	Oliver Amsbury	Plymouth Harriers	M	35.51
148	157	Kim Watkins	Storm Plymouth	F	35.57
149	156	Kate Larcombe	Storm Plymouth	F	35.57
150	45	Abbie Giolenco	Plymouth Harriers	F	36.37
151	87	Connie Land		F	36.37
152	89	Tracey Hayton	Plymouth Musketeers	F	36.49
153	117	James Smith	Plymouth Musketeers	M	37.02
154	44	Lisa Parr	Plymouth Harriers	F	37.03
155	64	Sophie Costas	Plymouth Musketeers	F	37.06
156	74	Lynn Jones	Plymouth Musketeers	F	37.20
157	94	Nina Shillabeer	Plymstock Road Runners	F	39.42
158	18	Kayleigh Osborne	Plymouth Harriers	F	39.43
159	51	Simon Ashfold	Moorhaven	M	42.48
160	19	Helen Jinks		F	43.47
161	35	Louise Shalder	Plymouth Harriers	F	43.48
162	131	Leesa Pethick	Plymouth Harriers	F	45.36
163	118	Amy Dymond	Plymouth Harriers	F	45.41
164	126	Mary Dyer	Plymouth Harriers	F	45.44
165	72	Lucy Lovell	Plymouth Harriers	F	50.46
166	86	Rachel Kilpatrick	Plymouth Harriers	F	50.48
167	69	Caroline Coon	Plymouth Harriers	F	51.25
168	17	Hollie Baxter	Plymouth Harriers	F	51.26