

Winter 3K Series
Central Park - Wednesday 11th March

| <u>Pos.</u> | <u>Num.</u> | <u>Name</u> | <u>Club</u> | <u>M/F</u> | <u>Time</u> |
|-------------|-------------|-----------------------|----------------------|------------|-------------|
| 1 | 68 | Rob Williams | Plymouth Harriers | M | 10.48 |
| 2 | 69 | Alex Peyton Jones | Plymouth Harriers | M | 10.49 |
| 3 | 65 | Graham Bale | Plymstock RR | M | 11.28 |
| 4 | 20 | Thomas Kerr | Plymouth Musketeers | M | 11.49 |
| 5 | 70 | Ruth Tyler | Plymouth Harriers | F | 11.55 |
| 6 | 67 | Matthew Grzenda | Plymouth Musketeers | M | 12.01 |
| 7 | 34 | Connor Loton | Tamar Trotters | M | 12.08 |
| 8 | 11 | Guy Petersen | Tamar Trotters | M | 12.28 |
| 9 | 48 | Ian Lamerton | Plymouth Tri Club | M | 12.36 |
| 10 | 14 | Ross Shaddick | Plymouth Harriers | M | 12.41 |
| 11 | 35 | Henry Taylor | Tamar Trotters | M | 12.48 |
| 12 | 53 | Jane Allison | Plymouth Harriers | F | 12.58 |
| 13 | 39 | Damian Dunne | Plymouth Musketeers | M | 13.01 |
| 14 | 3 | Imogen Rickard | Tamar Trotters | F | 13.19 |
| 15 | 61 | Andy Newcombe | Erme Valley Harriers | M | 13.26 |
| 16 | 60 | Steve Mace | Plymouth Musketeers | M | 13.38 |
| 17 | 29 | Leigh Robinson | Plymouth Harriers | M | 13.40 |
| 18 | 13 | Mark Sinclair | Plymouth Musketeers | M | 13.57 |
| 19 | 7 | Mollie Atkin | | F | 13.58 |
| 20 | 32 | Simon Ayres | | M | 14.17 |
| 21 | 25 | Colin Miller | | M | 14.27 |
| 22 | 36 | Edward Trenan-Nash | Tamar Trotters | M | 15.00 |
| 23 | 45 | Neil Perks | | M | 15.05 |
| 24 | 43 | Simon Pepper | | M | 15.12 |
| 25 | 17 | Ruth Terry | Erme Valley Harriers | F | 15.13 |
| 26 | 37 | Amanda Nash | | F | 15.29 |
| 27 | 66 | Michelle Cartlidge | Plymouth Harriers | F | 15.34 |
| 28 | 64 | Lisa Light | Plymouth Musketeers | F | 15.43 |
| 29 | 41 | Samantha Turner | Plymouth Musketeers | F | 16.02 |
| 30 | 40 | Emma Dunne | Plymouth Musketeers | F | 16.04 |
| 31 | 27 | Dan Adderley | Erme Valley Harriers | M | 16.08 |
| 32 | 56 | Sharnie Gardner | Erme Valley Harriers | F | 16.26 |
| 33 | 33 | Emma Alee | Plymouth Musketeers | F | 17.03 |
| 34 | 12 | Geoffrey Honey | Plymouth Harriers | M | 17.05 |
| 35 | 63 | Maria Clarke | | F | 17.22 |
| 36 | 54 | Chris Hill | | M | 17.22 |
| 37 | 71 | Maggie Lamerton | Plymouth Musketeers | F | 17.38 |
| 38 | 16 | Sarah-Jane Sinclair | Plymouth Musketeers | F | 18.16 |
| 39 | 62 | Debbie Grosch-Squance | | F | 19.40 |
| 40 | 59 | Dave Pitcher | Tamar Trotters | M | 19.47 |
| 41 | 2 | Bryan King | Plymouth Musketeers | M | 20.28 |
| 42 | 58 | Kathryn Weaver-Gore | Plymouth Musketeers | F | 23.00 |
| 43 | 55 | Sharon Ryan | | F | 23.05 |
| 44 | 19 | Christine McGhee | Plymouth Harriers | F | 23.15 |
| 45 | 42 | Lynn Jones | Plymouth Musketeers | F | 23.22 |

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|----|----|------------------------|---------------------|---|-------|
| 46 | 1 | Louise King | Plymouth Musketeers | F | 23.22 |
| 47 | 51 | Abbie Giovenco | Plymouth Harriers | F | 23.23 |
| 48 | 44 | Lisa Austin | | F | 23.37 |
| 49 | 24 | Nina Shillabeer | Plymstock RR | F | 24.18 |
| 50 | 49 | Penny Hadfield Bennett | Plymouth Harriers | F | 24.32 |
| 51 | 50 | Elaine Hill | Plymouth Harriers | F | 24.32 |