

Winter 3K Series  
Central Park - Wednesday 13th October

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	766	Ross Macdonald	Plymouth Musketeers	M	10.14
2	561	James Wickett	Plymouth Harriers	M	10.17
3	594	Rich Ham	Tamar Trotters	M	10.39
4	652	Finlay Allen	Tamar Trotters	M	11.13
5	511	Holly Reid	City of Plymouth AC	F	11.15
6	751	James Cartlidge	Plymouth Harriers	M	11.19
7	441	Pete Waumsley		M	11.23
8	573	Daniel Westlake	Storm Plymouth	M	11.31
9	878	Matthew Grzenda		M	11.33
10	820	Ian Lamerton	Plymstock Road Runners	M	11.50
11	752	Martin French	City of Plymouth AC	M	11.52
12	745	Steve Baker	Tamar Trotters	M	11.54
13	647	Daniel Case	Plymouth Musketeers	M	12.00
14	853	Isabella May	Erme Valley Harriers	F	12.08
15	784	David Noble	Storm Plymouth	M	12.11
16	846	Guy Petersen	Tamar Trotters	M	12.18
17	589	Sean Kavanagh	Plymouth Harriers	M	12.20
18	634	Damian Dunne	Plymouth Musketeers	M	12.23
19	631	Andrew Trigg	Erme Valley Harriers	M	12.25
20	757	Simon Swift	Erme Valley Harriers	M	12.26
21	630	Lowenna Riley	Cornwall AC	F	12.32
22	119	Colin Miller		M	13.05
23	746	Darren Hughes		M	13.10
24	894	Steve Mace		M	13.26
25	771	Isabella Trowell	Erme Valley Harriers	F	13.40
26	872	Mark Foster		M	13.42
27	868	Gary Martin	Plymouth Musketeers	M	13.43
28	54	Michael Hockey	Plymouth Musketeers	M	14.02
29	616	Sarah Robinson	Plymouth Musketeers	F	14.10
30	811	Guy Boswell	Plymouth Musketeers	M	14.29
31	515	Chris Rollinson	DRSA	M	14.37
32	754	Linda Bracher	Erme Valley Harriers	F	15.08
33	66	Simon Pepper		M	15.24
34	747	Michelle cartlidge	Plymouth Harriers	F	15.32
35	838	Dawn Lamerton	Plymstock Road Runners	F	15.54
36	844	Tarka Allison Knight		F	16.26
37	841	Jane Allison	Plymouth Harriers	F	16.27
38	394	Ryan York		M	16.28
39	884	Antonia Stokes	Plymouth Musketeers	F	16.55
40	790	Samantha Turner	Plymouth Musketeers	F	16.57
41	788	Emma Dunne	Plymouth Musketeers	F	16.58
42	885	Carol Hansen	Erme Valley Harriers	F	16.58
43	761	Sabir Hamza		M	17.21
44	781	Marc Sculpher		M	17.22
45	890	Emma Alee	Plymouth Musketeers	F	18.04

46	519	Emma Mcardle	Plymouth Harriers	F	18.15
47	517	Lisa Burnham	Plymouth Harriers	F	18.16
48	554	Leigh Robinson	Plymouth Harriers	M	18.17
49	55	Samantha West	Plymouth musketeers	F	19.16
50	404	Dawn Dixon	Storm Plymouth	F	20.25
51	73	David Pitcher	Tamar Trotters	M	21.03
52	720	Nina Shillabeer	Plymstock Road Runners	F	21.36
53	172	Pat Tabenor	Plymouth Harriers	F	23.13
54	584	Tracy Hopkins	Plymouth Harriers	F	23.14
55	560	Sean Gray	Plymouth Harriers	M	23.15