

Winter 3K Series - Actual Distance 3.3km  
Central Park - Wednesday 10th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>	<u>Estimated 3K Time</u>
1	310	Sam Swift	Erme Valley Harriers	M	11.18	10.17
2	766	Ross Macdonald	Plymouth Musketeers	M	11.24	10.22
3	652	Finlay Allen	Tamar Trotters	M	12.14	11.08
4	340	Isaac Lamerton		M	12.19	11.12
5	45	Daniel Westlake	Storm Plymouth	M	12.26	11.19
6	383	Graham Bale	Plymstock Road Runners	M	12.27	11.20
7	249	Matt Harries	Tamar Trotters	M	12.49	11.40
8	634	Damian Dunne	Plymouth Musketeers	M	13.05	11.54
9	784	David Noble	Storm Plymouth	M	13.06	11.55
10	898	Ellie Robinson	University of Plymouth AC	F	13.06	11.55
11	820	Ian Lamerton	Plymstock Road Runners	M	13.14	12.03
12	631	Andrew Trigg	Erme Valley Harriers	M	13.32	12.19
13	757	Simon Swift	Erme Valley Harriers	M	13.39	12.25
14	425	Isabella Trowell	Erme Valley Harriers	F	13.58	12.43
15	897	Georgina Russell	University of Plymouth AC	F	14.08	12.52
16	119	Colin Miller		M	14.18	13.01
17	222	Mark Sinclair	Plymouth Musketeers	M	14.22	13.04
18	950	Charlene Matthews	Storm Plymouth	F	14.24	13.06
19	411	James Newman	Plymouth Musketeers	M	14.25	13.07
20	872	Mark Foster		M	14.26	13.08
21	896	Katrin Higginson	University of Plymouth AC	F	14.30	13.12
22	353	John Ainsworth	Tamar Trotters	M	14.37	13.18
23	868	Gary Martin	Plymouth Musketeers	M	14.45	13.25
24	746	Darren Hughes		M	14.47	13.27
25	344	Kieran Lamerton		M	15.04	13.43
26	387	Dean Barrett	Tamar Trotters	M	15.31	14.07
27	227	Phil Adderley	Erme Valley Harriers	M	15.42	14.17
28	54	Michael Hockey	Plymouth Musketeers	M	15.43	14.18
29	616	Sarah Robinson	Plymouth Musketeers	F	15.51	14.25
30	515	Chris Rollinson	DRSA	M	16.08	14.41
31	394	Ryan York		M	16.16	14.48
32	261	Ken Summers	Erme Valley Harriers	M	16.35	15.05
33	754	Linda Bracher	Erme Valley Harriers	F	16.47	15.16
34	235	Daniel Adderley	Erme Valley Harriers	M	17.08	15.35
35	181	Stuart Riley	Plymouth Musketeers	M	17.24	15.50
36	325	Maggie Lamerton	Plymouth Musketeers	F	17.34	15.59
37	206	Sarah Cross	Plymstock Road Runners	F	17.36	16.01
38	838	Dawn Lamerton	Plymstock Road Runners	F	17.40	16.05
39	224	Sarah-Jane Sinclair	Plymouth Musketeers	F	17.56	16.19
40	844	Tarka Allison Knight		F	17.57	16.20
41	841	Jane Allison	Plymouth Harriers	F	17.58	16.21
42	788	Emma Dunne	Plymouth Musketeers	F	18.02	16.25
43	790	Samantha Turner	Plymouth Musketeers	F	18.04	16.26
44	324	Carol Hansen	Erme Valley Harriers	F	18.28	16.48
45	928	Jasmine Robinson	Plymouth Musketeers	F	18.54	17.12

46	895	Geoffrey Honey	Plymouth Harriers	M	19.00	17.17
47	272	Emma Alee	Plymouth Musketeers	F	19.22	17.37
48	884	Antonia Stokes	Plymouth Musketeers	F	19.24	17.39
49	404	Dawn Dixon	Storm Plymouth	F	19.46	17.59
50	271	Clare Ainsworth	Tamar Trotters	F	19.56	18.08
51	247	Suzanne Vosper	Plymouth Musketeers	F	20.23	18.33
52	911	Dave Connell	Plymouth Harriers	M	20.36	18.45
53	405	Bryan Short	Erme Valley Harriers	M	20.42	18.50
54	951	Zia Matthews		F	21.00	19.07
55	914	Beth Dale	Plymstock Road Runners	F	21.02	19.08
56	451	Bryan King	Plymouth Musketeers	M	21.26	19.30
57	55	Samantha West	Plymouth Musketeers	F	21.37	19.40
58	910	Gavin Walker		M	22.09	20.09
59	467	Louise King	Plymouth Musketeers	F	22.31	20.29
60	73	David Pitcher	Tamar Trotters	M	23.00	20.56
61	900	Ruth Graham	Erme Valley Harriers	F	23.12	21.07
62	584	Tracy Hopkins	Plymouth Harriers	F	23.41	21.33
63	720	Nina Shillabeer	Plymstock Road Runners	F	24.09	21.59
64	172	Pat Tabenor	Plymouth Harriers	F	24.29	22.17
65	560	Sean Gray	Plymouth Harriers	M	25.24	23.07