

Winter 3K Series
Central Park - Wednesday 12th January

<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	10.20
2	267	John Cooper	Erme Valley Harriers	M	10.26
3	255	Alex Peyton Jones	Tavistock Run Project	M	10.59
4	652	Finlay Allen	Tamar Trotters	M	11.03
5	45	Daniel Westlake	Storm Plymouth	M	11.06
6	383	Graham Bale	Plymstock Road Runners	M	11.20
7	285	Matthew Grzenda		M	11.40
8	820	Ian Lamerton	Plymstock Road Runners	M	11.43
9	647	Daniel Case	Plymouth Musketeers	M	11.46
10	898	Ellie Robinson	University of Plymouth AC	F	11.49
11	634	Damian Dunne	Plymouth Musketeers	M	11.55
12	631	Andrew Trigg	Erme Valley Harriers	M	12.05
13	289	Isabella Trowell	Erme Valley Harriers	F	12.27
14	344	Kieran Lamerton		M	12.31
15	757	Simon Swift	Erme Valley Harriers	M	12.36
16	265	Russ Mogridge	Erme Valley Harriers	M	12.40
17	259	Thomas Fillingham	University of Plymouth AC	M	12.47
18	872	Mark Foster		M	13.06
19	896	Katrin Higginson	University of Plymouth AC	F	13.08
20	950	Charlene Matthews	Storm Plymouth	F	13.09
21	279	Paul Bennett	Plymouth Musketeers	M	13.10
22	746	Darren Hughes		M	13.11
23	868	Gary Martin	Plymouth Musketeers	M	13.18
24	387	Dean Barrett	Tamar Trotters	M	13.27
25	273	Ami Peyton Jones	Tavistock Run Project	F	13.31
26	284	Samantha Martin	Plymouth Musketeers	F	13.40
27	616	Sarah Robinson	Plymouth Musketeers	F	14.01
28	181	Stuart Riley	Plymouth Musketeers	M	14.44
29	278	Deborah Bennett	Plymouth Musketeers	F	14.48
30	754	Linda Bracher	Erme Valley Harriers	F	15.05
31	515	Chris Rollinson	DRSA	M	15.12
32	325	Maggie Lamerton	Plymouth Musketeers	F	15.14
33	66	Simon Pepper		M	15.19
34	394	Ryan York		M	15.24
35	266	Katie Chambers	Plymstock Road Runners	F	15.52
36	838	Dawn Lamerton	Plymstock Road Runners	F	15.56
37	281	Tracey Garland	Storm running club	F	15.59
38	283	Louise Armitage	Plymouth Musketeers	F	16.04
39	206	Sarah Cross	Plymstock Road Runners	F	16.06
40	844	Tarka Allison Knight		F	16.18
41	841	Jane Allison	Plymouth Harriers	F	16.19
42	277	Charlotte Carvell	Plymouth Musketeers	F	16.25
43	272	Emma Alee	Plymouth Musketeers	F	16.29
44	288	Anita Chambers	Plymouth musketeers	F	16.40
45	928	Jasmine Robinson	Plymouth Musketeers	F	16.43

46	264	Geoffrey Honey	Plymouth Harriers	M	16.45
47	256	Barrie Christian	Plymouth Musketeers	M	16.56
48	790	Samantha Turner	Plymouth Musketeers	F	17.09
49	788	Emma Dunne	Plymouth Musketeers	F	17.11
50	280	Kim Watkins	Storm Plymouth	F	17.15
51	235	Michelle Jones	Storm	F	17.22
52	404	Dawn Dixon	Storm Plymouth	F	17.35
53	269	Helen Childs		F	17.46
54	268	Dawn Childs	Storm plymouth	F	17.47
55	286	Dawn Dyer	Plymouth Musketeers	F	17.58
56	274	Raegan Leather	Plymouth Musketeers	F	18.52
57	271	Clare Ainsworth	Tamar Trotters	F	18.59
58	275	Irene Envy		F	19.15
59	451	Bryan King	Plymouth Musketeers	M	19.54
60	467	Louise King	Plymouth Musketeers	F	20.08
61	720	Nina Shillabeer	Plymstock Road Runners	F	21.03