

Winter 3K Series
Central Park - Wednesday 9th February

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	267	John Cooper	Erme Valley Harriers	M	10.06
2	766	Ross Macdonald	Plymouth Musketeers	M	10.08
3	292	Rich Shelley	Plymstock Road Runners	M	10.31
4	86	Scott Mansfield		M	10.40
5	340	Isaac Lamerton		M	10.48
6	294	Finley Squires	City of Plymouth AC	M	11.03
7	45	Daniel Westlake	Storm Plymouth	M	11.14
8	383	Graham Bale	Plymstock Road Runners	M	11.24
9	441	Pete Waumsley		M	11.43
10	291	Steve Baker	Tamar Trotters	M	11.46
11	820	Ian Lamerton	Plymstock Road Runners	M	11.48
12	295	Ian Squires	City of Plymouth AC	M	11.57
13	631	Andrew Trigg	Erme Valley Harriers	M	11.58
14	344	Kieran Lamerton		M	12.00
15	296	Alfie Shannon		M	12.02
16	634	Damian Dunne	Plymouth Musketeers	M	12.06
17	647	Daniel Case	Plymouth Musketeers	M	12.09
18	757	Simon Swift	Erme Valley Harriers	M	12.43
19	950	Charlene Matthews	Storm Plymouth	F	12.50
20	872	Mark Foster		M	13.09
21	868	Gary Martin	Plymouth Musketeers	M	13.10
22	119	Colin Miller		M	13.24
23	279	Paul Bennett	Plymouth Musketeers	M	13.36
24	616	Sarah Robinson	Plymouth Musketeers	F	13.55
25	256	Barrie Christian	Plymouth Musketeers	M	14.22
26	222	Mark Sinclair	Plymouth Musketeers	M	14.43
27	278	Deborah Bennett	Plymouth Musketeers	F	14.53
28	515	Chris Rollinson	DRSA	M	15.01
29	754	Linda Bracher	Erme Valley Harriers	F	15.03
30	325	Maggie Lamerton	Plymouth Musketeers	F	15.15
31	206	Sarah Cross	Plymstock Road Runners	F	15.27
32	66	Simon Pepper		M	15.29
33	266	Katie Chambers	Plymstock Road Runners	F	15.30
34	283	Louise Armitage	Plymouth Musketeers	F	15.43
35	224	Sarah-Jane Sinclair	Plymouth Musketeers	F	15.47
36	788	Emma Dunne	Plymouth Musketeers	F	15.59
37	790	Samantha Turner	Plymouth Musketeers	F	16.01
38	274	Raegan Leather	Plymouth Musketeers	F	16.18
39	272	Emma Alee	Plymouth Musketeers	F	16.22
40	277	Charlotte Carvell	Plymouth Musketeers	F	16.38
41	264	Geoffrey Honey	Plymouth Harriers	M	16.51
42	269	Helen Childs		F	17.25
43	268	Dawn Childs	Storm plymouth	F	17.35
44	286	Dawn Dyer	Plymouth Musketeers	F	15.41
45	288	Anita Chambers	Plymouth musketeers	F	17.42
46	467	Louise King	Plymouth Musketeers	F	18.26
47	951	Zia Matthews		F	18.47
48	451	Bryan King	Plymouth Musketeers	M	19.51
49	293	Kathryn Weaver-Gore	Plymouth Musketeers	F	23.33