

Winter 3K Series
Central Park - Wednesday 16th March

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	86	Scott Mansfield		M	10.40
2	294	Finley Squires	City of Plymouth AC	M	11.08
3	383	Graham Bale	Plymstock Road Runners	M	11.19
4	295	Ian Squires	City of Plymouth AC	M	11.37
5	820	Ian Lamerton	Plymstock Road Runners	M	11.54
6	344	Kieran Lamerton		M	11.54
7	299	Benjamin Marriott	East Cornwall Harriers	M	11.55
8	296	Alfie Shannon		M	12.00
9	285	Matthew Grzenda		M	12.04
10	263	Ross Farr-Semmens	Plymouth Harriers	M	12.08
11	647	Daniel Case	Plymouth Musketeers	M	12.10
12	784	David Noble	Storm Plymouth	M	12.13
13	631	Andrew Trigg	Erme Valley Harriers	M	12.16
14	297	Jim Medhurst	Bere Alston Trekkers	M	12.27
15	757	Simon Swift	Erme Valley Harriers	M	12.42
16	300	Lowenna Riley	Cornwall AC	F	12.49
17	634	Damian Dunne	Plymouth Musketeers	M	12.49
18	262	Ruth Farr-Semmens		F	13.13
19	872	Mark Foster		M	13.18
20	868	Gary Martin	Plymouth Musketeers	M	13.19
21	119	Colin Miller		M	13.24
22	256	Barrie Christian	Plymouth Musketeers	M	14.03
23	298	Hayley Marriott	East Cornwall Harriers	F	14.13
24	222	Mark Sinclair	Plymouth Musketeers	M	14.44
25	811	Guy Boswell	Plymouth Musketeers	M	14.45
26	515	Chris Rollinson	DRSA	M	15.25
27	325	Maggie Lamerton	Plymouth Musketeers	F	15.33
28	283	Louise Armitage	Plymouth Musketeers	F	15.44
29	788	Emma Dunne	Plymouth Musketeers	F	16.09
30	790	Samantha Turner	Plymouth Musketeers	F	16.11
31	264	Geoffrey Honey	Plymouth Harriers	M	16.26
32	224	Sarah-Jane Sinclair	Plymouth Musketeers	F	16.30
33	288	Anita Chambers	Plymouth musketeers	F	16.34
34	844	Tarka Allison Knight		F	16.50
35	841	Jane Allison	Plymouth Harriers	F	16.50
36	465	Damon Bruce	Storm Plymouth	M	16.58
37	286	Dawn Dyer	Plymouth Musketeers	F	17.21
38	432	Nicholas Horton	Storm Plymouth	M	17.25
39	463	Louise King	Plymouth Musketeers	F	17.40
40	451	Bryan King	Plymouth Musketeers	M	20.06
41	720	Nina Shillabeer	Plymstock Road Runners	F	21.27
42	73	David Pitcher	Tamar Trotters	M	21.45
43	464	Catherine Davies	Plymouth Musketeers	F	22.20
44	616	Sarah Robinson	Plymouth Musketeers	F	22.21
45	293	Kathryn Weaver-Gore	Plymouth Musketeers	F	23.01
46	560	Sean Gray	Plymouth Harriers	M	24.03