

Summer 5K Series  
Saltram - Wednesday 12th April

| <u>Pos.</u> | <u>Num.</u> | <u>Name</u>       | <u>Club</u>            | <u>M/F</u> | <u>Time</u> |
|-------------|-------------|-------------------|------------------------|------------|-------------|
| 1           | 594         | Ashley Smith      | City of Plymouth AC    | M          | 16.57       |
| 2           | 593         | Simon Yeo         | Tamar Trotters         | M          | 17.34       |
| 3           | 545         | Alex Peyton Jones | Plymouth Harriers      | M          | 17.41       |
| 4           | 592         | Steve Fletcher    | Plymouth Harriers      | M          | 17.42       |
| 5           | 294         | Jacob Pierpoint   |                        | M          | 17.49       |
| 6           | 259         | Graham Bale       | Plymstock RR           | M          | 18.26       |
| 7           | 324         | Gary Montford     |                        | M          | 18.33       |
| 8           | 300         | Scott Anderson    |                        | M          | 18.38       |
| 9           | 513         | Douglas Webb      | Plymouth Harriers      | M          | 18.49       |
| 10          | 548         | James Gill        | Storm Plymouth         | M          | 19.02       |
| 11          | 543         | Ami Yetton        | Plymouth Harriers      | F          | 19.07       |
| 12          | 265         | Rob Williams      | Plymouth Harriers      | M          | 19.23       |
| 13          | 344         | Justin Frost      | Plymouth Musketeers    | M          | 19.25       |
| 14          | 360         | Nick Bristow      | Erme Valley Harriers   | M          | 19.32       |
| 15          | 335         | Andy Charles      | Tamar Trotters         | M          | 19.35       |
| 16          | 354         | Marcus Williams   |                        | M          | 19.37       |
| 17          | 292         | Guy Peterson      | Tamar Trotters         | M          | 20.04       |
| 18          | 314         | Mark Sowden       |                        | M          | 20.12       |
| 19          | 508         | Justin Smith      |                        | M          | 20.14       |
| 20          | 330         | Stephen Risdon    | Plymouth Harriers      | M          | 20.20       |
| 21          | 355         | Tom Kerr          | Plymouth Harriers      | M          | 20.23       |
| 22          | 280         | Stephen Mace      | Storm Plymouth         | M          | 20.24       |
| 23          | 520         | Jack Childs       | Storm Argyle Academy   | M          | 20.43       |
| 24          | 298         | Mark Bird         | Devon Fire & Rescue RC | M          | 20.51       |
| 25          | 362         | James Spencer     | Roman Gladiators       | M          | 20.52       |
| 26          | 268         | Aaron Johns       |                        | M          | 20.56       |
| 27          | 307         | Jack Arundel      | Storm Plymouth         | M          | 20.58       |
| 28          | 567         | Adrian Berry      |                        | M          | 20.59       |
| 29          | 530         | Matthew Walkey    | Plymouth Harriers      | M          | 21.05       |
| 30          | 509         | Matt Chown        | Plymstock RR           | M          | 21.13       |
| 31          | 570         | Brennan Drewitt   | Plymouth Musketeers    | M          | 21.19       |
| 32          | 264         | Nichola Noble     | Plymouth Harriers      | F          | 21.30       |
| 33          | 555         | Melvyn Griffiths  |                        | M          | 21.44       |
| 34          | 501         | Michael Hockey    | Plymouth Musketeers    | M          | 21.51       |
| 35          | 304         | Dean Barrett      | Tamar Trotters         | M          | 22.07       |
| 36          | 529         | Richard Atkinson  |                        | M          | 22.09       |
| 37          | 561         | Michael Cork      | Plymouth Coasters      | M          | 22.12       |
| 38          | 358         | James Payne       | Roman Gladiators       | M          | 22.16       |
| 39          | 270         | Kris Jones        | Plymouth Musketeers    | M          | 22.19       |
| 40          | 299         | Mark Bettey       |                        | M          | 22.23       |
| 41          | 581         | David Church      | Erme Valley Harriers   | M          | 22.24       |
| 42          | 590         | James Scantlebury | Erme Valley Harriers   | M          | 22.31       |
| 43          | 279         | Daniel Oak        | Plymstock RR           | M          | 22.31       |
| 44          | 283         | Matthew Golding   | City of Plymouth AC    | M          | 22.32       |
| 45          | 356         | Glenn Wood        | East Cornwall Harriers | M          | 22.35       |

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|----|-----|---------------------|----------------------|---|-------|
| 46 | 266 | Gary Johns          |                      | M | 22.55 |
| 47 | 352 | Jon Glanville       |                      | M | 23.02 |
| 48 | 350 | Kieran Woodward     | Plymouth Musketeers  | F | 23.06 |
| 49 | 580 | Kate Meddlcott      | Erme Valley Harriers | F | 23.07 |
| 50 | 588 | Stephen Boxall      |                      | M | 23.12 |
| 51 | 271 | Garg Bishop         | Plymouth Harriers    | M | 23.23 |
| 52 | 319 | Sarah Robinson      | Plymouth Musketeers  | F | 23.25 |
| 53 | 521 | Sean Wolstenholme   | Plymouth Harriers    | M | 23.26 |
| 54 | 537 | Steven Laity        | Plymouth Harriers    | M | 23.31 |
| 55 | 334 | Ray Gilbey          |                      | M | 23.35 |
| 56 | 528 | Brendan Palmer      | Storm Plymouth       | M | 23.38 |
| 57 | 569 | Andy Bees           | Plymouth Musketeers  | M | 23.57 |
| 58 | 527 | Nathan Mason        | Storm Argyle Academy | M | 23.59 |
| 59 | 542 | Chris Whipp         | Plymouth Musketeers  | M | 24.07 |
| 60 | 546 | John Taylor         |                      | M | 24.16 |
| 61 | 285 | Miranda Burke       | Plymouth Harriers    | F | 24.18 |
| 62 | 380 | Sam Martin          | Plymouth Musketeers  | F | 24.23 |
| 63 | 267 | Dan Criddle         | Plymouth Musketeers  | M | 24.24 |
| 64 | 382 | Gary Martin         | Plymouth Musketeers  | M | 24.24 |
| 65 | 257 | Brett Leacher       | Plymouth Musketeers  | M | 24.27 |
| 66 | 534 | Leigh Robinson      | Plymouth Harriers    | M | 24.32 |
| 67 | 301 | Chloe Hoatson       | Plymouth Musketeers  | F | 24.41 |
| 68 | 364 | Daniel Murdoch      | Roman Gladiators     | M | 24.46 |
| 69 | 308 | Chris Rollinson     |                      | M | 24.49 |
| 70 | 591 | Carl Mills          | Instinctive Sports   | M | 24.55 |
| 71 | 293 | Alan Hockings       | Plymouth Musketeers  | M | 24.56 |
| 72 | 288 | Dan Jones           |                      | M | 24.57 |
| 73 | 571 | Steve Davis         | Plymouth Musketeers  | M | 24.57 |
| 74 | 589 | Phil Bees           | Plymouth Musketeers  | M | 25.01 |
| 75 | 512 | Hayley Cozens       | Plymouth Harriers    | F | 25.02 |
| 76 | 263 | Adrian Ruffin       | Storm Plymouth       | M | 25.05 |
| 77 | 538 | Paul Elliott        | Storm Plymouth       | M | 25.09 |
| 78 | 284 | Laura Wills         | Plymstock RR         | F | 25.22 |
| 79 | 359 | Ben Bristow         | Erme Valley Harriers | M | 25.25 |
| 80 | 533 | Dulcie Atkinson     |                      | F | 25.32 |
| 81 | 276 | Steve Veitch        |                      | M | 25.34 |
| 82 | 532 | Milly Atkinson      |                      | F | 25.49 |
| 83 | 282 | Jon Rowsell         |                      | M | 25.49 |
| 84 | 290 | Jack Tucker         | Storm Argyle Academy | M | 25.57 |
| 85 | 306 | Scott Green         | Plymstock RR         | M | 26.01 |
| 86 | 576 | Linda Bracher       | Erme Valley Harriers | F | 26.08 |
| 87 | 554 | Ryan Glade Richards |                      | M | 26.14 |
| 88 | 583 | Pam Duncan          |                      | F | 26.18 |
| 89 | 295 | Liz Westlake        | Plymstock RR         | F | 26.49 |
| 90 | 599 | Lisa Light          | Plymouth Musketeers  | F | 27.10 |
| 91 | 275 | Kandas Dougouno     |                      | M | 27.19 |
| 92 | 549 | Alban Oliver        |                      | M | 27.21 |
| 93 | 573 | Evan Brumhead       |                      | M | 27.26 |
| 94 | 322 | Rachel Perry        | Storm Plymouth       | F | 27.35 |
| 95 | 395 | Justin Locke        | Storm Plymouth       | M | 27.35 |

|     |     |                    |                      |   |       |
|-----|-----|--------------------|----------------------|---|-------|
| 96  | 511 | Alison Greaves     | Bere Alston Trekkers | F | 27.43 |
| 97  | 507 | Rachel Scott       | Plymouth Musketeers  | F | 27.45 |
| 98  | 351 | Paul Paskins       | Plymouth Harriers    | M | 27.51 |
| 99  | 323 | Melanie Francis    | Plymouth Musketeers  | F | 27.52 |
| 100 | 353 | Rachel Snelling    |                      | F | 27.52 |
| 101 | 336 | Julie Cook         | Plymouth Musketeers  | F | 28.02 |
| 102 | 277 | Liz Gee            | Plymouth Musketeers  | F | 28.03 |
| 103 | 278 | Heather O'Connell  | Plymouth Musketeers  | F | 28.09 |
| 104 | 321 | Rebecca Goodall    | Plymouth Musketeers  | F | 28.15 |
| 105 | 347 | Donna Burke        | Plymouth Musketeers  | F | 28.16 |
| 106 | 557 | Robert Shaddick    | Plymouth Musketeers  | M | 28.17 |
| 107 | 535 | Sacha Baker        |                      | F | 28.21 |
| 108 | 584 | Janet Morgan       | Plymouth Musketeers  | F | 28.44 |
| 109 | 563 | Shannon Bays       | Plymouth Coasters    | F | 28.48 |
| 110 | 544 | Sonja Lincoln      |                      | F | 28.51 |
| 111 | 392 | Heather French     | Bere Alston Trekkers | F | 28.51 |
| 112 | 274 | Barry Johns        |                      | M | 29.05 |
| 113 | 547 | Caroline Arscott   |                      | F | 29.09 |
| 114 | 331 | Joanne Ivison      | Plymouth Harriers    | F | 29.11 |
| 115 | 297 | Lisa Bowring       |                      | F | 29.15 |
| 116 | 503 | Claire Marks       |                      | F | 29.16 |
| 117 | 273 | Andrew Smith       |                      | M | 29.24 |
| 118 | 357 | Jessica Taylor     | Roman Gladiators     | F | 29.34 |
| 119 | 519 | Vic Hibbert        | Plymouth Musketeers  | M | 29.35 |
| 120 | 568 | Bryan Short        | Storm Plymouth       | M | 29.39 |
| 121 | 597 | Bryan King         | Plymouth Musketeers  | M | 29.47 |
| 122 | 365 | Alex Lea           | Plymouth Musketeers  | M | 29.51 |
| 123 | 566 | Laura Beattie      | Plymouth Harriers    | F | 30.20 |
| 124 | 260 | Dave Pitcher       | Tamar Trotters       | M | 30.26 |
| 125 | 312 | Nicola Wainwright  | Plymstock RR         | F | 30.29 |
| 126 | 553 | Chris French       |                      | M | 30.31 |
| 127 | 339 | Brenda Thorne      | Instinctive Sports   | F | 30.36 |
| 128 | 258 | Emily Doidge       |                      | F | 30.37 |
| 129 | 572 | Kelly Brumhead     | Plymouth Musketeers  | F | 30.39 |
| 130 | 598 | Louise King        | Plymouth Musketeers  | F | 30.39 |
| 131 | 400 | Charlotte Adderley | Erme Valley Harriers | F | 30.41 |
| 132 | 397 | Phil Adderley      | Erme Valley Harriers | M | 30.43 |
| 133 | 550 | Cath Bassett       | Plymouth Harriers    | F | 30.59 |
| 134 | 518 | Lydia James-Atkins | Plymouth Harriers    | F | 31.09 |
| 135 | 377 | Nichola Giblin     |                      | F | 31.12 |
| 136 | 381 | Laura Abell        |                      | F | 31.12 |
| 137 | 504 | Carole Stabb       |                      | F | 31.37 |
| 138 | 286 | Lauren Chapman     |                      | F | 31.49 |
| 139 | 523 | Chessie Ashworth   | Plymouth Harriers    | F | 31.52 |
| 140 | 289 | Katie Tucker       | Storm Argyle Academy | F | 31.56 |
| 141 | 291 | Becky Tucker       | Tamar Trotters       | F | 31.56 |
| 142 | 525 | Lorraine Mennear   | Plymouth Harriers    | F | 32.00 |
| 143 | 281 | Craig Bradley      |                      | M | 32.02 |
| 144 | 343 | Gina Bewers        |                      | F | 32.10 |
| 145 | 261 | Clare Ainsworth    | Tamar Trotters       | F | 32.10 |

|     |     |                     |                      |   |       |
|-----|-----|---------------------|----------------------|---|-------|
| 146 | 342 | Jess Hughes         |                      | F | 32.14 |
| 147 | 346 | Lisa Burnham        | Plymouth Harriers    | F | 32.14 |
| 148 | 326 | Jessicca Pettitt    |                      | F | 32.32 |
| 149 | 366 | Sebastian Lee       |                      | M | 32.34 |
| 150 | 368 | Jack Kellett        |                      | M | 32.42 |
| 151 | 367 | Stan Kellett        | Plymouth Musketeers  | M | 32.42 |
| 152 | 296 | Camille Harper      | Storm Plymouth       | F | 32.51 |
| 153 | 396 | Michael Godfrey     | Storm Plymouth       | M | 32.52 |
| 154 | 302 | Sean Gray           | Plymouth Harriers    | M | 33.06 |
| 155 | 505 | Carl Bray           |                      | M | 33.22 |
| 156 | 287 | Rose Chapman        |                      | F | 33.37 |
| 157 | 526 | Michelle Camm       |                      | F | 33.44 |
| 158 | 305 | Elizabeth Buckman   | Plymouth Musketeers  | F | 33.47 |
| 159 | 378 | Beth Morgan         |                      | F | 33.47 |
| 160 | 338 | Lai-Yin Wong        | Plymouth Musketeers  | F | 34.01 |
| 161 | 541 | Jackie Millard      |                      | F | 34.03 |
| 162 | 340 | Kathryn Weaver-Gore | Plymouth Musketeers  | F | 34.05 |
| 163 | 502 | Hollie Baxter       | Plymouth Harriers    | F | 34.23 |
| 164 | 370 | Bevan Johnson       | Plymouth Harriers    | M | 34.23 |
| 165 | 303 | Emma Bowden         |                      | F | 34.24 |
| 166 | 540 | Keith Bowles        | Tavistock AC         | M | 35.21 |
| 167 | 332 | Suzanne Price       |                      | F | 35.31 |
| 168 | 311 | Ruth Graham         | Storm Plymouth       | F | 35.47 |
| 169 | 384 | Sophie Costas       |                      | F | 36.06 |
| 170 | 345 | Esther Clarke       |                      | F | 36.12 |
| 171 | 313 | Daz Williams        | Plymouth Musketeers  | M | 36.19 |
| 172 | 269 | Lynn Jones          | Plymouth Musketeers  | F | 36.24 |
| 173 | 315 | Paula Barbour       |                      | F | 37.01 |
| 174 | 341 | Logan Howell        | Storm Argyle Academy | M | 37.02 |
| 175 | 348 | Lucy Howell         | Plymouth Musketeers  | F | 37.02 |
| 176 | 376 | Connie Land         |                      | F | 37.03 |
| 177 | 316 | Anna Kerswill       | Plymouth Harriers    | F | 37.22 |
| 178 | 586 | Sara Cooksley       | Plymouth Harriers    | F | 37.23 |
| 179 | 272 | Kevin Oliver        | City of Plymouth AC  | M | 37.30 |
| 180 | 328 | Kayleigh Osborne    | Plymouth Harriers    | F | 37.34 |
| 181 | 587 | Barrie Swift        | Plymouth Harriers    | M | 37.34 |
| 182 | 556 | Ryan Shaddick       |                      | M | 37.41 |
| 183 | 562 | Katie Horswell      |                      | F | 37.52 |
| 184 | 560 | Michelle Shaddick   | Plymouth Musketeers  | F | 37.52 |
| 185 | 329 | Sanadra Slaney      | Plymouth Harriers    | F | 38.31 |
| 186 | 564 | Elaine Hill         | Plymouth Harriers    | F | 38.36 |
| 187 | 600 | Simon Ashford       | Moorhaven RC         | M | 38.38 |
| 188 | 510 | Frances Charles     | Plymouth Harriers    | F | 43.00 |
| 189 | 394 | Clare Phillips      | Storm Plymouth       | F | 43.00 |
| 190 | 262 | Emily Smith         | Plymouth Harriers    | F | 43.42 |
| 191 | 320 | Amanda Brookshaw    | Plymouth Harriers    | F | 49.08 |
| 192 | 337 | Pat Tabenor         | Plymouth Harriers    | F | 49.09 |
| 193 | 552 | Jennifer McLaren    | Plymouth Harriers    | F | 51.06 |
| 194 | 506 | Leesa Pethick       | Plymouth Harriers    | F | 51.07 |