

Results

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	167	Ben	Neale	Tavistock Run Project	s	44.07	Male
2	26	Neil	Barkell	Tavistock AC	s	45.03	Male
3	22	Ben	Austin	0	s	47.06	Male
4	222	Ewan	Walton	Teignbridge Trotters	s	48.28	Male
5	199	Richard	Spear	Spa Striders	s	48.40	Male
6	243	Pete	Waumsley	Storm Plymouth	45	49.21	Male
7	162	Scott	Mansfield	Plymouth Musketeers Running Club	s	50.13	Male
8	86	Justin	Frost	Plymouth Musketeers Running Club	40	50.56	Male
9	44	Nick	Bristow	Erme Valley Harriers	45	51.19	Male
10	159	Lloyd	Milbourn		s	51.34	Male
11	247	Jack	Arundel	Storm Plymouth	s	51.51	Male
12	31	joe	beaton		s	52.29	Male
13	81	Kevin	Fine	Torbay AAC	s	52.43	Male
14	227	Steve	Weeks	Torbay AAC	40	52.48	Male
15	89	Jeremy	Goddard	South Devon AC	50	53.31	Male
16	161	Russ	Mogridge	Erme Valley Harriers	55	53.45	Male
17	268	Leigh	Bignold	Storm Plymouth	s	53.48	Male
18	134	Samantha	Lake	Tavistock AC	35	53.52	Female
19	148	Andrew	Marshall	Plymouth Harriers	55	53.54	Male
20	23	Peter	Backaller	Tavistock Run Project	s	54.03	Male
21	17	Brendan	Anderson	Storm Plymouth	s	54.05	Male
22	181	Anthony	Raine	Torbay AAC	45	54.16	Male
23	188	Claudia	Serien	0	s	55.07	Female
24	24	matthew	ball		45	55.23	Male
25	150	RICK	MARTIN	South Devon AC	55	56.47	Male
26	57	Ian	Collacott	Tavistock AC	s	57.14	Male
27	266	Stefan	Kovodziesczak		s	57.17	Male
28	36	James	Blewett		40	57.25	Male
29	54	David	Church	Erme Valley Harriers	40	57.49	Male
30	255	Mark	Willaims		45	57.58	Male
31	53	Zoe	Chapman	0	s	58.22	Female
32	76	kevin	edwards		50	58.36	Male
33	160	Carl	Mills		40	58.58	Male
34	30	janette	beaton	Storm Plymouth	45	59.06	Female
35	129	Nikki	Kelly	Tavistock AC	s	59.28	Female
36	13	Gary	Allbutt	Plymouth Musketeers Running Club	50	59.51	Male
37	230	Elaine	White	Dartmouth AAC	45	1.00.01	Female
38	128	Chris	Kelley	Plymouth Harriers	50	1.00.02	Male
39	124	Kris	Jones	Plymouth Musketeers Running Club	s	1.00.07	Male
40	271	Guy	Boswell	Plymouth Musketeers Running Club		1.00.09	Male
41	39	Robin	Bray	Plymouth Harriers	40	1.00.11	Male
42	194	Paula	Simson	City Of Plymouth AC	40	1.00.13	Female
43	108	Rebecca	Hodge		45	1.00.25	Female
44	245	Richard	Thatcher	Ramsbotton Running Club	s	1.00.29	Male
45	7	Simon	Ayres		40	1.01.11	male
46	131	James	Kerr		s	1.01.26	Male
47	254	Patrick	Wakeley	Erme Valley Harriers	50	1.01.30	Male
48	239	simon	woodhouse		40	1.01.37	Male
49	96	Tim	Harris		s	1.01.42	Male

50	204	Sara	Tapp		45	1.01.57	Female
51	246	Fiona	Montague	Tamar Trotters	40	1.02.00	Female
52	123	Daryl	Jones		45	1.02.27	Male
53	256	Jamie	Williams	COPAC	s	1.02.34	Male
54	32	Andrew	Bennett	Plymouth Harriers	50	1.02.48	Male
55	166	Andrew	Mumford	Storm Plymouth	s	1.03.00	Male
56	82	Eric	Foster	Dawlish Coasters	60	1.03.01	Male
57	242	Nicola	Lilley	Plymouth Harriers	40	1.03.03	Female
58	35	Gary	Bishop	Plymouth Harriers	45	1.03.20	Male
59	177	Andrew	Proudfoot		55	1.03.21	Male
60	64	Dan	Criddle	Plymouth Musketeers Running Club	s	1.03.21	Male
61	111	Dave	Howard		50	1.03.48	Male
62	192	Anthony	Shearer	Tavistock AC	65	1.03.57	Male
63	146	Jo	Loten	Torbay AAC	45	1.04.11	Female
64	113	Michael	Hughes	Storm Plymouth	55	1.04.13	Male
65	37	Matthew	Botting	Torbay AAC	45	1.04.16	Male
66	209	Peter	Thorne		65	1.04.26	Male
67	234	Steve	Williams	Plymouth Harriers	s	1.04.32	Male
68	213	Gareth	Tucker		40	1.04.36	Male
69	171	Kevin	Peart		45	1.04.56	Female
70	155	Linda	McFadzen	Erme Valley Harriers	50	1.04.57	Female
71	68	Tom	Davies		40	1.05.06	Male
72	103	Nicole	Heryet	Tavistock AC	45	1.05.08	Female
73	63	Andy	Cowden	Bere Alston Trekkers	55	1.05.28	Male
74	18	JIM	ANDREWS	Plymouth Musketeers Running Club	55	1.05.29	Male
75	25	Nick	Bargewell		45	1.06.01	Male
76	151	andrew	martin	Tavistock AC	50	1.06.13	Male
77	95	James	Hanlan		40	1.06.21	Male
78	251	David	McCarthy	Storm Plymouth	s	1.06.28	Male
79	153	Lee	Maunder		s	1.06.42	Male
80	249	Laura	Goodspeed		s	1.06.44	Female
81	198	ben	smith		s	1.06.54	Male
82	8	Philip	Adderley	Erme Valley Harriers	40	1.07.06	Male
83	15	Jon	Anderson	Plymouth Musketeers Running Club	45	1.07.14	Male
84	49	Alison	Caldwell	Plymouth Musketeers Running Club	40	1.07.28	Female
85	202	John	Stewart		55	1.07.30	Male
86	97	Lyn	Harris	Plymouth Musketeers Running Club	50	1.07.44	Female
87	107	Chloe	Hoatson	Plymouth Musketeers Running Club	35	1.07.45	Female
88	184	Andy	Robinson		40	1.08.12	Male
89	191	Steven	Sharp	Torbay AAC	45	1.08.32	Male
90	12	Tanya	Alexander		35	1.08.48	Female
91	38	Rose	Bralsford	Erme Valley Harriers	50	1.09.02	Female
92	101	Neil	Hayes	South Devon AC	50	1.09.12	Male
93	250	Mercedes	Sarabia		55	1.09.40	Female
94	172	lisa	player		55	1.09.44	Female
95	43	Claire	Brighton		45	1.09.55	Female
96	135	Maggie	Lamerton	Plymouth Musketeers Running Club	45	1.10.01	Female
97	27	Thomas	Barker		s	1.10.16	Male
98	83	Janet	Foster	Dawlish Coasters	60	1.10.51	Male
99	267	Chris	Whipp	Plymouth Musketeers Running Club	50	1.10.52	Male
100	241	Stuart	Queen	Plymouth Musketeers Running Club	45	1.10.53	Male

101	72	pamela	duncan	Erme Valley Harriers	55	1.10.55	Female
102	110	Sarah	Horton	Plymouth Coasters	45	1.11.05	Female
103	52	Russell	Chamberlain		40	1.11.12	Male
104	152	David	Matthams		55	1.11.16	Male
105	220	Michael	Walsh		55	1.11.19	Male
106	180	Rachael	Rahman		s	1.11.22	Female
107	232	Daniel	Willcox		s	1.11.24	Male
108	42	Russell	Brighton		45	1.11.33	Male
109	140	Helen	Legrys		35	1.11.33	Female
110	235	Laura	Wills		35	1.11.43	Female
111	219	Terry	Wallis	Dartmouth AAC	s	1.11.43	Male
112	240	Jason	Wyatt	Lonely Goat RC	40	1.11.48	Male
113	185	JODIE	SAUNDERS		s	1.11.50	Female
114	19	Tanya	Argue	Bere Alston Trekkers	45	1.11.51	Female
115	45	Janie	Buckley	Plymouth Harriers	45	1.11.55	Female
116	157	Jim	Medhurst	Bere Alston Trekkers	40	1.12.09	Male
117	132	Lauren	Knox		s	1.12.15	Female
118	94	Mike	Hands		45	1.12.26	Male
119	149	Anne	MARSHALL	Plymouth Harriers	55	1.12.34	Female
120	212	Natalie	Travers		40	1.12.41	Female
121	228	Clare	Wellfair	Plymouth Harriers	35	1.12.47	Female
122	98	Sandra	Harrison		45	1.13.00	Female
123	269	Steve	Bush	Plymouth Musketeers Running Club	45	1.13.10	Male
124	33	David	Bennett	Plymouth Musketeers Running Club	45	1.13.10	Male
125	164	Linda	Mole	Plymouth Harriers	40	1.13.32	Female
126	34	Malcolm	Bent	Plymouth Harriers	50	1.13.32	Male
127	174	Arlene	Powell		s	1.13.43	Female
128	231	Judith	Wilkinson	Tamar Trotters	60	1.13.47	Female
129	163	Andrew	Moir	Tamar Trotters	55	1.14.21	Male
130	200	Deborah	Steele		50	1.14.23	Female
131	237	John	Windemer	Tavistock AC	65	1.14.31	Male
132	6	Roger	Webb	South Devon AC	60	1.14.40	male
133	270	Ross	Shaddick	Plymouth Harriers	s	1.14.46	Male
134	238	Claire	Winfield		45	1.14.58	Female
135	59	Jim	Collier		60	1.15.06	Male
136	106	Jane	Hirons		50	1.15.20	Female
137	20	Debbie	Ashton	Bere Alston Trekkers	45	1.15.21	Female
138	21	Paul	Ashton	Bere Alston Trekkers	50	1.15.21	Male
139	69	Lesley	Donovan	Plymouth Harriers	50	1.15.23	Female
140	169	Gina	O'Riley	Plymouth Musketeers Running Club	40	1.15.39	Female
141	176	Julia	Proudfoot	Plymouth Coasters	55	1.15.44	Female
142	244	Sarah	Clarke	Ramsbotton Running Club	35	1.15.48	Female
143	93	Natalie	Bell	Looe Pioneers Running Club	40	1.16.02	Female
144	265	Richard	Nettleship	tavistock athletic club		1.16.05	Male
145	216	Katy	Vincent		s	1.16.09	Female
146	56	Fiona	Coates		45	1.16.09	Female
147	196	Lynne	Skinner		35	1.16.21	Female
148	221	Charlotte	Walton	Plymouth Harriers	45	1.16.23	Female
149	136	Lindsay	Lane		35	1.16.33	Female
150	1	Jason	Shipton	Tavistock AC	45	1.16.35	male
151	2	Lisa	Nickle	Tavistock AC	40	1.16.35	Female

152	142	Nick	Lintern		40	1.16.55	Male
153	218	Andrea	Wall	South Devon AC	55	1.17.02	Female
154	262	Darren	Dunridge	Plymouth Musketeers Running Club	50	1.17.06	Male
155	154	Vicki	Mayers		40	1.17.10	Female
156	214	Mel	Vanstone		45	1.17.10	Female
157	165	Iorna	mulvihill	Plymouth Striders	s	1.17.16	Female
158	141	Lisa	Light	Plymouth Musketeers Running Club	55	1.17.16	Female
159	248	Dana	Fyro	Plymouth Musketeers Running Club	45	1.17.28	Female
160	206	Steve	Thompson		50	1.17.33	Male
161	195	Sarah-Jane	Sinclair	Plymouth Musketeers Running Club	45	1.17.45	Female
162	205	Suzy	Thompson	Fit 2 Run	40	1.17.47	Female
163	156	Sarah	McQuarry	Plymouth Harriers	40	1.17.47	Female
164	236	Millie	Wilson	Plymouth Harriers	40	1.17.49	Female
165	79	Georgie	Farr	Storm Plymouth	s	1.17.50	Female
166	139	Sebastian	Lea	Plymouth Musketeers Running Club	s	1.18.05	Male
167	105	Shaun	Hingston	Bere Alston Trekkers	40	1.18.28	Male
168	173	garry	player		50	1.18.34	Male
169	211	Sarah	Tippett	MudCrew Running	40	1.18.46	Female
170	178	James	Prowse		s	1.18.47	Male
171	62	Karla	Court	Plymouth Coasters	40	1.19.27	Female
172	50	Michelle	Cartlidge	Plymouth Harriers	s	1.19.40	Female
173	70	John	Drennan		60	1.20.40	Male
174	5	Dave	Connell	Plymouth Harriers	65	1.20.44	male
175	85	SEAN	FRIEND	Storm Plymouth	40	1.20.51	Male
176	203	Barrie	Swift	Plymouth Harriers	65	1.20.53	Male
177	47	Lisa	Burnham	Plymouth Harriers	35	1.20.53	Female
178	60	sara	cooksley	Plymouth Harriers	45	1.20.56	Female
179	117	Matt	Jarvis		40	1.21.12	Male
180	264	Katy	Root		35	1.21.13	Female
181	116	Liza	Jarvis	Plymouth Musketeers Running Club	s	1.21.18	Male
182	207	Lesley	Thompson	Plymouth Musketeers Running Club	45	1.21.18	Female
183	46	Rachel	Bullock	Tamar Trotters	40	1.21.27	Female
184	71	Lynne	Duckworth		55	1.21.46	Female
185	73	Katie	Durrell	Plymouth Coasters	45	1.22.32	Female
186	137	Claire	Law		45	1.22.36	Female
187	104	Natasha	Hingston	Bere Alston Trekkers	45	1.22.46	Female
188	58	Christine	Collier		55	1.23.21	Female
189	4	Kevin	O'Reilly	Tamar Trotters	60	1.23.34	male
190	215	David	Vigg		45	1.23.40	Male
191	121	Marie	Jones	Dartmouth AAC	70	1.23.47	Female
192	210	Sue	Thorpe	Storm Plymouth	55	1.23.49	Female
193	99	Samantha	Harte-Latremouille	Bere Alston Trekkers	40	1.23.55	Female
194	127	Jack	Kellett	Plymouth Musketeers Running Club	s	1.24.06	Male
195	126	Stanley	Kellett	Plymouth Musketeers Running Club	45	1.24.06	Male
196	189	Louise	Shalders	Plymouth Harriers	35	1.24.12	Female
197	252	Heidi	Bishop	Plymouth Harriers	35	1.24.24	Female
198	257	Emma	Webber	tavistock athletic club	35	1.24.58	Female
199	259	Donna	Stacey	tavistock athletic club	45	1.24.59	Female
200	258	Lisa	Mabem	tavistock athletic club	40	1.24.59	Female
201	175	sarah	prior	Tavistock AC	45	1.24.59	Female
202	115	Danielle	James	Tavistock AC	35	1.24.59	Female

203	253	Dinah	Wakeley	Erme Valley Harriers	1.25.06	Female
204	118	Michelle	Jonas	Bere Alston Trekkers	35 1.25.11	Female
205	9	Clare	Ainsworth	Tamar Trotters	50 1.25.19	Female
206	130	Anna	Kelly	Tavistock AC	s 1.25.38	Female
207	197	Paula	Smerdon	Tavistock AC	40 1.26.16	Female
208	263	Sarah	Ross	launceston road runners	55 1.26.34	Female
209	179	Gemma	Radcliffe	Torbay AAC	35 1.26.39	Female
210	87	Tracey	Garland	Storm Plymouth	45 1.27.13	Female
211	125	Michelle	Jones	Storm Plymouth	45 1.27.13	Female
212	260	Dawn	Childs	Storm Plymouth	45 1.28.05	Female
213	261	Jane	Dowrick	Storm Plymouth	50 1.28.05	Female
214	88	Rachel	Garlick		45 1.28.24	Female
215	201	John	Steele		70 1.28.47	Male
216	65	Gabrielle	Crumpler		s 1.28.51	Female
217	170	Mark	Pascoe		50 1.30.07	Male
218	3	Stephen	Parnell	Plymouth Coasters	40 1.30.28	male
219	29	shannon	bays	Plymouth Coasters	s 1.30.49	Female
220	223	Zilpah	Walton		55 1.30.53	Female
221	225	Sarah	Watmore	Plymouth Coasters	s 1.31.04	Female
222	10	Mark	Albiston	Storm Plymouth	45 1.31.33	Male
223	11	Karen	Albiston	Storm Plymouth	45 1.31.33	Female
224	233	Darren	Williams	Plymouth Musketeers Running Club	45 1.32.04	Male
225	138	Karen	Lawson		45 1.32.06	Male
226	109	Kate	Hodgins	Storm Plymouth	45 1.32.16	Female
227	158	Dene	Medland	Tavistock AC	55 1.34.16	Female
228	16	Matt	Pook		40 1.34.58	male
229	217	steve	waddington	South Devon AC	65 1.35.11	Male
230	100	Sarah	Hawkins	Plymouth Musketeers Running Club	35 1.36.00	Female
231	102	Hilary	Head	Bere Alston Trekkers	55 1.37.19	Female
232	90	Samantha	goodrum		s 1.38.16	Female
233	114	Georgina	James		s 1.38.16	Female
234	66	Colleen	Curtis		35 1.38.16	Female
235	92	Lynda	Gough		40 1.38.57	Male
236	91	Karen	Gough		45 1.38.57	Female
237	28	Trudi	Bavin		40 1.40.06	Female
238	187	Rachel	Scott	Plymouth Musketeers Running Club	50 1.40.36	Female
239	41	Fiona	Bridge		55 1.42.41	Female
240	67	Tara	Davies		45 1.42.44	Female
241	74	Jennifer	Dyer	Plymouth Harriers	35 1.44.22	Female
242	75	Amy	Dymond	Plymouth Harriers	s 1.44.26	Female
243	84	Carol	freer	Storm Plymouth	50 1.44.42	Female
244	48	Gemma	Busfield	Storm Plymouth	35 1.44.43	Female
245	80	James	Farr	Storm Plymouth	60 1.44.43	Male
246	190	Paul	shapcott	Storm Plymouth	45 1.44.45	Male
247	143	Bianca	Lizut	Storm Plymouth	40 1.44.45	Female
248	119	Lynn	Jones	Plymouth Musketeers Running Club	60 1.45.03	Female
249	112	Michelle	Hughes	Storm Plymouth	50 1.47.00	Female
250	183	Beverly	Riley	Storm Plymouth	55 1.47.00	Female
251	144	Hayley	Locke	Storm Plymouth	s 1.49.51	Female
252	145	Justin	Locke	Storm Plymouth	40 1.49.51	Male
253	226	Kathryn	Weaver-Gore	Plymouth Musketeers Running Club	55 1.56.08	Female