

## Armada Autumn Trail 2016 - Results

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Surname</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	210	Jim	Cole	Tavistock AC	SM	43:56
2	191	Jordan	Andrews	Plymouth Harriers	SM	44:11
3	88	Jack	Williams	City of Plymouth AC	SM	44:47
4	212	Gareth	Smith		SM	46:40
5	48	Andrew	Norris	Erme Valley Harriers	MV40	48:10
6	204	Alex	Peyton Jones	Plymouth Harriers	SM	48:30
7	175	Robert	Williams		SM	49:16
8	208	Jeremy	Hocking	Torbay AC	MV40	49:22
9	114	Steve	Strachan	Falmouth Road Runners	MV40	49:42
10	115	Pete	Tomes	Storm Plymouth	SM	50:33
11	216	Rebecca	Ezra	Tamar Trotters	SF	50:52
12	192	Ben	Austin		SM	50:55
13	176	Sean	Childs		MV45	51:47
14	100	Edward	Smith	Plymouth Harriers	SM	52:40
15	61	Jeremy	Westmore	Plymouth Musketeers	MV40	52:54
16	160	Guy	Petersen	Tamar Trotters	MV45	53:06
17	25	Alistair	Peers	Tavistock AC	SM	53:11
18	14	James	Gill	Tamar Trotters	SM	53:15
19	178	Peter	Moffat	Tamar Trotters	MV40	53:30
20	205	Richard	Ham		SM	53:31
21	171	Jack	Arundel	Storm Plymouth	SM	54:49
22	67	Ami	Yetton	Plymouth Harriers	FV35	54:59
23	36	Michael	Brian	Plymouth Musketeers	MV45	55:18
24	211	Justin	Smith	Plymouth Harriers	SM	56:02
25	202	Emma	Lake	Erme Valley Harriers	FV40	56:09
26	62	Daniel	Clewley		SM	56:13
27	149	Julie	Stroud		FV35	56:15
28	74	Clive	Leythorne		SM	56:25
29	135	Revis	Crowle	East Cornwall Harriers	FV50	56:27
30	187	Henry	Hamilton-Gould	London Heathside Runners AC	SM	56:35
31	46	Paula	Simson	City of Plymouth AC	FV40	56:44
32	150	Adam	Rose		SM	56:52
33	201	Jason	Hingley	Tamar Trotters	MV40	56:57
34	131	Francis	Dix	Bere Alston Trekkers	MV45	57:11
35	34	Matthew	Walkey	Plymouth Harriers	SM	57:26
36	116	Mike	Taylor		SM	57:34
37	79	Darren	Munday	Plymouth Musketeers	MV40	58:10
38	213	Ewan	Lake	Erme Valley Harriers	MV40	58:23
39	172	Guy	Boswell	Plymouth Musketeers	MV50	58:55
40	81	Robert	Barnett	Erme Valley Harriers	SM	59:41
41	49	Sarah	Chidgey		FV35	59:46
42	153	Paul	Waldron		MV45	59:51
43	72	Peter	Bazley	Tavistock AC	MV60	59:59
44	87	Ken	Summers	Erme Valley Harriers	MV65	1:00:06
45	206	Louise	Littlewood	East Cornwall Harriers	FV45	1:00:27
46	8	Jarostaw	Zurawik		SM	1:00:50
47	194	Adam	Houlton		MV40	1:01:20

48	158	Zoe	Chapman		SF	1:01:33
49	71	Simon	Ayres		SM	1:01:51
50	75	Richard	Atkinson		MV45	1:01:53
51	6	Jon	Glanville		SM	1:02:01
52	60	Gary	Pope	Plymstock Road Runners	MV45	1:02:01
53	80	Anna	King	Erme Valley Harriers	SF	1:02:05
54	52	Matthew	Golding	City of Plymouth AC	SM	1:02:11
55	141	Susie	Cramp		SF	1:02:43
56	17	Tony	Westington		MV45	1:02:48
57	40	Dean	Trice	Plymouth Musketeers	MV45	1:02:48
58	2	David	Powell		MV40	1:02:58
59	102	Catherine	Shortman		FV50	1:02:58
60	127	Steve	Bryant		SM	1:03:05
61	167	Darren	Bruce	Storm Plymouth	SM	1:03:15
62	101	Fred	Jenkins	Instinctive Sports	MV55	1:03:33
63	168	Andy	Robinson		MV40	1:03:48
64	106	Steven	Bush	Plymouth Musketeers	MV40	1:04:05
65	28	Sarah	Whittaker	Plymouth Musketeers	FV40	1:04:05
66	161	David	Dencer		SM	1:04:07
67	166	David	Chanter		MV60	1:04:14
68	196	Maria	Kushnirov		FV40	1:04:14
69	54	James	Blewett		MV40	1:04:17
70	26	Stephen	Boxall		MV50	1:04:36
71	148	Nick	Saunders		SM	1:04:56
72	209	Steve	Hoskin		MV45	1:05:02
73	203	Greg	Hawkins		MV45	1:05:09
74	105	Roger	Bradshaw	Plymouth Musketeers	MV50	1:05:24
75	24	John	Hatrey		SM	1:05:26
76	136	David	Collier		SM	1:05:42
77	144	Bevan	Johnson	Plymouth Harriers	MV40	1:05:50
78	184	Matthew	Steer		SM	1:05:50
79	138	Claire	Davidson		FV45	1:05:55
80	90	Ian	Winnall	Plymouth Musketeers	SM	1:05:59
81	142	Laura	Topping	Storm Plymouth	FV35	1:06:02
82	38	Peter	Thorne		MV60	1:06:05
83	143	Mike	Saunders	Plymouth Musketeers	SM	1:06:15
84	57	Alan	McKeever	Instinctive Sports	MV50	1:06:19
85	30	Ian	Ringer	Bodmin Road Runners	MV65	1:06:35
86	22	Phil	Bees	Plymouth Musketeers	MV60	1:06:45
87	99	David	Bennett	Plymouth Musketeers	MV45	1:06:47
88	64	Carl	Mills	Instinctive Sports	MV40	1:06:49
89	5	Jon	Anderson	Plymouth Musketeers	MV45	1:06:50
90	125	Elizabeth	Vernon		FV35	1:06:54
91	7	David	Elder		MV65	1:06:54
92	140	Kevin	Chiswell	Storm Plymouth	MV50	1:06:56
93	200	Owen	Hughes	Plymstock RR N/A	MV40	1:07:04
94	169	Nick	McMahon	Erme Valley Harriers	MV60	1:07:08
95	4	Sarah	Robinson	Plymouth Musketeers	FV40	1:07:10
96	124	Gail	May	Storm Plymouth	FV40	1:07:21
97	59	Paul	Tucker		MV65	1:07:24

98	132	Laura	Wills		SF	1:07:32
99	183	Rob	Shenton		MV55	1:07:52
100	84	Julie	Page	Bere Alston Trekkers	FV45	1:07:57
101	93	Miranda	Burke	Plymouth Harriers	FV45	1:08:01
102	9	Stanley	Kellett	Plymouth Musketeers	MV45	1:08:10
103	91	Martin	Head	Bere Alston Trekkers	MV45	1:08:15
104	217	Nicholas	Wellington		MV40	1:08:19
105	78	Nicola	Munday	Plymouth Musketeers	FV35	1:08:20
106	199	Alison	Caldwell	Plymouth Musketeers	FV40	1:08:24
107	83	James	Newman	Plymouth Musketeers	SM	1:08:43
108	179	Louise	Marsland	Tamar Trotters	FV35	1:08:43
109	3	Elizabeth	Bowden	Erme Valley Harriers	FV40	1:09:36
110	29	Allister	Bristow	Erme Valley Harriers	MV40	1:09:37
111	189	Martyn	West		MV50	1:09:42
112	188	Stephen	Bree		MV50	1:09:43
113	123	David	McCarthy	Storm Plymouth	SM	1:10:00
114	45	Pam	Duncan	Erme Valley Harriers	FV50	1:10:32
115	35	Ben	Smith		MV45	1:10:42
116	197	Jon	Matthews	Storm Plymouth	SM	1:10:43
117	134	James	Powell		MV65	1:10:49
118	107	Rose	Bralsford	Erme Valley Harriers	FV45	1:10:53
119	145	Laura	Langsford		FV40	1:11:51
120	56	Lorraine	Willis		FV35	1:11:58
121	154	David	Matthams		MV50	1:12:12
122	174	Frazer	Bolt	Storm Plymouth	MV50	1:12:24
123	37	Helen	Legrys		FV35	1:12:40
124	63	Andrew	Moir	Tamar Trotters	MV50	1:12:55
125	41	Brett	Simons	Plymouth Musketeers	SM	1:13:46
126	13	Barrie	Swift	Plymouth Harriers	MV65	1:14:25
127	27	Cheryl	Boxall	Plymouth Musketeers	FV40	1:14:25
128	20	Sara	Cooksley	Plymouth Harriers	FV40	1:14:26
129	113	Gina	O'Riley	Plymouth Musketeers	FV35	1:14:36
130	165	Claire	Pidsley		FV35	1:14:50
131	163	Sally	Ingledeu	Teignbridge Trotters	FV50	1:14:57
132	164	Lance	Mason	Teignbridge Trotters	MV55	1:14:57
133	73	Roger	Webb	South Devon AC	MV60	1:15:04
134	152	Thomas	Barker		SM	1:15:26
135	23	Cherry	Powell	Plymouth Musketeers	FV50	1:15:51
136	214	Tanya	Alexander		FV35	1:15:51
137	16	Sarah	Major		FV35	1:16:02
138	118	Julia	Proudfoot	Plymouth Coasters	FV50	1:16:13
139	173	Jo	Gransden		SF	1:16:49
140	51	Laura	Pratt		FV35	1:17:28
141	50	Karen	Lister	Honiton RC	FV45	1:17:28
142	12	Emma	Harris		FV40	1:17:37
143	11	Shaun	Harris		MV50	1:17:37
144	55	Fiona	Coates		FV45	1:17:48
145	108	Codie	Wyett	Storm Plymouth	SF	1:17:57
146	122	Neil	Demuth	Storm Plymouth	MV40	1:17:58
147	121	Paul	Elliott	Storm Plymouth	SM	1:17:58

148	151	Andy	Harris		SM	1:17:58
149	146	Ash	Parsons	Storm Plymouth	SM	1:17:58
150	98	John	Windemer	Tavistock AC	MV60	1:17:59
151	21	Frances	Morgan	Bere Alston Trekkers	FV50	1:18:24
152	19	Julie	Board	Plymouth Harriers	FV40	1:18:31
153	70	Sarah	Sinclair	Plymouth Musketeers	FV45	1:18:49
154	193	Aaron	Martin		SM	1:18:56
155	195	Fiona	Maddock	Bere Alston Trekkers	FV45	1:19:39
156	112	Clare	Edwards	Storm Plymouth	SF	1:20:14
157	190	Sarah	Ross	Tamar Trotters	FV50	1:20:28
158	137	John	Drennan	South Devon AC	MV60	1:20:40
159	186	Laura	Hogan	Bere Alston Trekkers	FV40	1:20:44
160	126	David	Sparks		SM	1:21:07
161	139	Timothy	Nobbs	Storm Plymouth	MV45	1:21:24
162	65	Susan	Horne	Tamar Trotters	SF	1:21:37
163	68	Christine	Collier		FV55	1:21:38
164	95	Janet	Morgan	Plymouth Musketeers	FV55	1:21:55
165	42	Luke	Cameron	Plymouth Musketeers	SM	1:21:55
166	33	Amy	Day	Plymouth Musketeers	SF	1:21:55
167	181	Sarah	Wellington		FV40	1:22:08
168	66	Jade	Wilson		SF	1:22:35
169	32	Liz	Gee	Plymouth Musketeers	FV35	1:23:02
170	31	Heather	O'Connell	Plymouth Musketeers	FV35	1:23:03
171	180	Keith	Gaydon		MV55	1:23:26
172	47	Helen	Norris	Erme Valley Harriers	FV40	1:24:32
173	120	Lucy	Howell	Plymouth Musketeers	FV35	1:25:28
174	117	Jo	Arnold	Plymouth Musketeers	FV40	1:25:28
175	159	Sarah	Prior	Tavistock AC	FV40	1:26:28
176	177	Ian	Jones	Tavistock AC	MV65	1:26:28
177	170	Richard	Nettleship	Tavistock AC	MV45	1:26:28
178	58	Ruth	Hamblin	Tamar Trotters	FV50	1:27:15
179	207	Linda	Mole	Plymouth Harriers	SF	1:27:35
180	215	David	Vigg		MV40	1:27:44
181	182	Alison	James		FV40	1:30:25
182	198	Louise	Dieroff		FV35	1:30:28
183	18	Susan	Rich		FV40	1:30:36
184	15	Michelle	Camm		SF	1:32:20
185	76	Mandy	Anderson		FV45	1:32:42
186	128	Emilie	Perring	Storm Plymouth	SF	1:32:44
187	147	Chris	Lang	Storm Plymouth	MV40	1:32:44
188	119	Justin	Locke	Storm Plymouth	SM	1:32:48
189	10	Jim	Andrews	Plymouth Musketeers	MV55	1:34:04
190	39	Kate	Howard	Plymouth Musketeers	FV55	1:34:05
191	69	Donna	Burke	Plymouth Musketeers	FV50	1:34:05
192	86	Sarah	Abrams	Plymouth Musketeers	FV50	1:34:05
193	103	Louise	King	Plymouth Musketeers	FV50	1:34:05
194	97	Claire	Phillips		FV40	1:34:12
195	110	Jan	Duke	Tamar Trotters	MV65	1:35:20
196	104	Joanne	Ross	Plymouth Musketeers	FV40	1:35:27
197	77	Hollie	Baxter	Plymouth Harriers	SF	1:35:28

198	156	Nick	Lintern		SM	1:35:38
199	133	Katie	Bounsall		SF	1:35:57
200	130	Rachel	Perry	Storm Plymouth	SF	1:35:58
201	129	Chloe	Bounsall	Storm Plymouth	SF	1:35:58
202	96	Tara	Davies		FV40	1:36:01
203	109	Pete	Wilson	Tamar Trotters	MV50	1:36:03
204	185	Lai-Yin	Wong	Plymouth Harriers	FV40	1:45:45
205	111	Kathryn	Weaver-Gore	Plymouth Musketeers	FV55	1:45:45
206	85	Jo	Vella	Bere Alston Trekkers	FV55	1:46:11
207	155	Samantha	Rogers	Tamar Trotters	FV35	1:53:17
208	92	Hilary	Head	Bere Alston Trekkers	FV50	1:53:29