

## Plymouth Armada 10K 2014 Results

Saturday 21st June 2014

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Age Cat.</u>	<u>Time</u>
1	73	Peter Monaghan	Torbay AC	MV45	35:24
2	144	Owen Parkin	Erme Valley Harriers	SM	37:29
3	142	Matthew Brown	Erme Valley Harriers	SM	37:40
4	133	David Knight	Mud Crew Trail Runners	SM	37:51
5	196	Christian Cutcliffe	Erme Valley Harriers	SM	38:58
6	64	Clive Ramsden		SM	39:16
7	155	Steve Strachan	Plymouth Musketeers	SM	39:38
8	2	Steven Mahoney	Tamar Trotters	SM	40:48
9	135	Andy Wilton	San Domenico RRC	SM	40:52
10	145	Jamie Palmer	Exmouth Harriers	MV45	41:17
11	131	Charlene Shorey	Plymouth Musketeers	FV35	41:18
12	29	Martyn Ellis		SM	41:38
13	76	Guy Petersen	Tamar Trotters	MV45	41:43
14	63	Cleo Andrews	Erme Valley Harriers	FV40	42:08
15	98	Matthew Budd	Tamar Trotters	SM	42:25
16	66	Steve O'Shea	Mud Crew Trail Runners	MV55	42:33
17	105	Ian Littlewood	East Cornwall Harriers	SM	42:41
18	186	Martin French	Plymouth Musketeers	SM	43:07
19	94	Simon Webber	East Cornwall Harriers	MV55	43:12
20	57	Edward Buckingham	Tamar Trotters	MV40	43:15
21	96	Terry Knights		MV45	43:26
22	3	Tom Packer	Erme Valley Harriers	SM	43:37
23	6	Peter Kneebone		MV50	43:57
24	193	Christopher Prowse		SM	44:00
25	137	Michael Beattie	Plymouth Harriers	MV60	44:03
26	191	Kay Niass		SW	44:14
27	112	Damian Dunne	Plymouth Striders	MV40	44:23
28	140	John Woolven-Allen	Plymouth Striders	MV40	44:27
29	132	Chris Shorey		MV50	45:01
30	26	Richard Stephens		SM	45:22
31	187	Vicky Saunders	Plymouth Musketeers	FV40	45:32
32	157	Alan Ryder	Plymouth Musketeers	MV50	45:32
33	127	Chris Mervyn		SM	46:05
34	184	Ryan Platten-Higgins	Plymouth Musketeers	SM	46:50
35	166	Gary Martin	Plymouth Musketeers	MV40	47:01
36	195	Paul Paskins	Plymouth Harriers	MV55	47:08
37	33	Gary Johns		MV45	47:10
38	181	Mike Saunders	Plymouth Musketeers	SM	47:12
39	8	Helen Fernyhough		FV35	47:21
40	22	Nicki Schneider		FV35	47:35
41	109	James Blewett	Plymstock Road Runners	SM	48:07
42	97	Ben Nicholson	Tamar Trotters	SM	48:12
43	180	Chris Whipp	Plymouth Musketeers	MV45	48:14
44	169	Alison Caldwell	Plymouth Musketeers	FV35	48:18

45	136	Kevin Paull	Erme Valley Harriers	MV50	48:20
46	178	Tim O'Hare	Plymouth Musketeers	MV45	48:54
47	197	Kirsty Ireland	Plymouth Musketeers	SW	49:02
48	118	Brett Leacher		SM	49:05
49	46	Simon Ayres		SM	49:09
50	19	Mark Ashurst	Plymouth Striders	MV40	49:33
51	114	Annette Wilson	Bideford AC	FV35	49:46
52	45	Jo Arscott	Plymouth Striders	SW	49:53
53	162	Stanley Kellett	Plymouth Musketeers	MV45	50:03
54	16	David Lloyd	Erme Valley Harriers	MV45	50:05
55	150	Mark Evans	Tamar Trotters	MV50	50:08
56	160	Paul Moxham	Plymouth Musketeers	SM	50:17
57	134	Gary Pope	Plymstock Road Runners	MV40	50:28
58	115	Alan Wilson	Bideford AC	MV45	50:31
59	161	Martin Smith	Plymouth Musketeers	MV50	50:34
60	148	Jordan Neal		SM	50:39
61	121	Ian Lilly	Plymouth Striders	MV50	50:51
62	185	Steven Bush	Plymouth Musketeers	MV40	51:17
63	82	Joe Balsdon	Plymouth Harriers	SM	51:27
64	129	Philip King	Bere Alston Trekkers	MV45	51:31
65	151	Rachael Tarrant	Plymouth Musketeers	FV40	51:41
66	104	Ben Tarrant		SM	52:00
67	139	Amanda Dow	Tamar Trotters	FV35	52:10
68	147	Steven Badge	Tamar Trotters	MV50	52:10
69	14	Adam Hopkins	Plymouth Musketeers	SM	52:13
70	175	James Saunders	Plymouth Musketeers	SM	52:21
71	67	Tina O'Shea	Mud Crew Trail Runners	FV50	52:27
72	163	Roger Bradshaw	Plymouth Musketeers	MV45	52:32
73	165	Andy Rean	Plymouth Musketeers	MV40	52:33
74	42	Ben Horswell		SM	52:38
75	54	Ginni Williamson	Tamar Trotters	SW	52:43
76	156	Miranda Ritchie	Plymouth Musketeers	FV45	53:04
77	176	Bryan King	Plymouth Musketeers	MV60	53:10
78	74	Alex Pirie		SM	53:17
79	35	Carla Chase		SW	53:23
80	5	David Elder		MV60	53:29
81	17	Adrian Gude		SM	53:31
82	117	Samantha Perry	Erme Valley Harriers	FV45	53:35
83	41	Darren King	Plymouth Musketeers	SM	54:24
84	194	Kate Rogers	Tavistock AC	FV55	54:41
85	153	Andrew Smith	Plymouth Musketeers	MV50	54:55
86	47	Helen Jordan		FV45	54:57
87	120	Clare Featherstone	Plymstock Road Runners	FV50	55:19
88	53	Sandra Oxton		FV45	55:33
89	77	Ross Ambrose		SM	55:44
90	110	Jonathan Murphy		MV45	55:44
91	58	Barry Williams	Plymouth Coasters	MV50	55:52
92	183	Sharon Lang	Plymouth Musketeers	SW	56:13
93	13	Cheryl Hoskin	Plymouth Musketeers	FV40	56:13
94	65	Catherine Stapp		SW	56:29

95	68	Charlotte Cossey		SW	56:37
96	69	Leigh Cossey-Haggar	Bere Alston Trekkers	MV40	56:41
97	130	Sarah Brown		FV35	56:42
98	125	Denise Bettey		SW	56:58
99	174	Joanne Foley	Plymouth Musketeers	SW	57:04
100	1	Sally Cox		FV50	57:40
101	93	Chiara Giordano	Sunderland Harriers	SW	58:13
102	34	Alison Johns		FV45	58:20
103	21	Rachel Bremner	Tamar Trotters	SW	58:21
104	50	Michael Roberts	Plymouth Harriers	MV60	58:25
105	55	Lisa Boaden	Truro RC	FV40	58:28
106	128	Hazel Walker	Tavistock AC	FV40	58:43
107	20	Samantha Goss	Plymouth Musketeers	FV40	58:47
108	154	Donna Burke	Plymouth Musketeers	FV45	58:47
109	171	Helen Abrams	Plymouth Musketeers	SW	58:47
110	36	Simon Phillimore		SM	59:10
111	78	Ben Jewell		SM	59:12
112	173	Emma Ridler	Plymouth Musketeers	FV35	59:19
113	158	Jane Hirons	Plymouth Musketeers	FV50	59:21
114	143	Elaine Fileman		FV45	59:58
115	172	Mark Willcocks	Plymouth Musketeers	MV45	1:00:09
116	190	Kate Aspinall	Plymstock Road Runners	SW	1:00:12
117	126	Mark Bettey		SM	1:00:12
118	189	Jill Rose	Plymstock Road Runners	FV50	1:00:15
119	123	Holli Black		SW	1:00:23
120	90	Mark Rescorl	Tamar Trotters	SM	1:00:27
121	37	Amy Mann		SW	1:00:28
122	192	Matthew Bullock	Tamar Trotters	SM	1:00:31
123	101	Gemma Bowden		SW	1:00:40
124	159	Danielle Barlow	Plymouth Musketeers	SW	1:00:41
125	164	Sharon Adams	Plymouth Musketeers	FV35	1:00:42
126	51	Jan Horrell		FV45	1:00:44
127	116	Leonie Murray		SW	1:00:44
128	122	Anthony Black		MV55	1:01:10
129	40	Hugh Maccallum		MV60	1:01:31
130	111	Sarah Wellington		FV35	1:01:59
131	86	Leon Nethercot	Plymstock Road Runners	SM	1:02:08
132	138	Linda Worsfold	Plymstock Road Runners	FV55	1:02:10
133	38	Martin Walker	Tavistock AC	MV50	1:02:12
134	113	Karen Finn		FV40	1:02:38
135	28	Claire Young		FV35	1:02:59
136	4	Lorna Arkins	Plymouth Coasters	SW	1:03:48
137	106	Cheryl Boxall		FV40	1:04:02
138	167	Maggie Lewis	Plymouth Musketeers	FV55	1:04:06
139	168	Mike Lewis	Plymouth Musketeers	MV55	1:04:06
140	179	Karen O'Hare	Plymouth Musketeers	FV50	1:04:06
141	87	Sandra Williams	Plymstock Road Runners	FV50	1:04:24
142	85	Becky Horne	Plymstock Road Runners	FV40	1:04:27
143	79	David Helson		SM	1:04:37
144	18	Lisa Samphier	Plymouth Striders	FV40	1:04:45

145	44	Lauren Jackson		SW	1:04:50
146	43	Emily Milner		SW	1:04:52
147	92	Shannon Bays	Plymouth Coasters	SW	1:04:54
148	91	Lorna Bays	Plymouth Coasters	FV50	1:04:54
149	39	Sarah-Jane Sinclair		FV45	1:04:56
150	107	Helen Norris	Erme Valley Harriers	FV40	1:05:30
151	108	Andrew Norris	Erme Valley Harriers	MV40	1:05:30
152	124	Robert Shutler		SM	1:05:45
153	32	Nicola Easterbrook		SW	1:06:09
154	27	Liz Crudgington		FV35	1:06:43
155	62	Sarah Rose		SW	1:06:43
156	52	Stephen Parnell	Plymouth Coasters	MV50	1:07:17
157	84	David Dane	Plymstock Road Runners	MV60	1:08:26
158	70	Kim Raynor	Slinn Allstars	SW	1:10:05
159	152	Anita Chambers	Plymouth Musketeers	FV50	1:11:06
160	146	Charlotte Varcoe	Plymouth Harriers	SW	1:11:15
161	23	Helen Wyatt		SW	1:12:12
162	99	Paul Shapcott	Tamar Trotters	MV40	1:12:35
163	188	San Shatcott	Tamar Trotters	FV40	1:12:35
164	75	Michael Lee	Erme Valley Harriers	MV60	1:13:49
165	171	Helen Abrams	Plymouth Musketeers	SW	1:15:20
166	170	Sarah Abrams	Plymouth Musketeers	FV45	1:15:25
167	182	Kathryn Weaver-Gore	Plymouth Musketeers	FV50	1:18:21
168	88	Steve Neal		MV55	1:23:21