

Summer 5K Series
Saltram - Wednesday 10th May

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	562	Ashley Smith	City of Plymouth AC	M	16.45
2	323	Peter Monaghan	Torbay AC	M	17.25
3	247	Steve Fletcher	Plymouth Harriers	M	17.48
4	294	Jacob Pierpoint		M	17.57
5	513	Ross Perkins	Storm Plymouth	M	18.16
6	243	Graham Bale	Plymstock RR	M	18.19
7	392	Bradley Stevens	Tavistock AC	M	18.39
8	264	Stuart Hall	DSFRS RC	M	18.44
9	271	Sam Yearling	Erme Valley Harriers	M	18.47
10	335	Douglas Webb	Plymouth Harriers	M	18.48
11	320	Justin Frost	Plymouth Musketeers	M	19.00
12	520	Steve Burrows		M	19.02
13	367	Jack Childs	Storm Argyle Academy	M	19.22
14	526	Darren Wallace	Plymouth Tri Club	M	19.48
15	316	Mark Sowden	Tamar Trotters	M	20.07
16	315	Steve Martin		M	20.11
17	396	James Spencer	Roman Gladiators	M	20.16
18	593	Adrian Berry		M	20.17
19	265	Jane Allison	Plymouth Harriers	F	20.21
20	321	Tom Kerr	Plymouth Harriers	M	20.28
21	284	Guy Peterson	Tamar Trotters	M	20.31
22	555	Justin Smith		M	20.37
23	272	Chris Holt		M	20.41
24	328	Matt Chown	Plymstock RR	M	21.16
25	266	Mark Bird	Devon Fire & Rescue RC	M	21.19
26	594	Brennan Drewitt	Plymouth Musketeers	M	21.23
27	263	Daniel Oak	Plymstock RR	M	21.28
28	400	Dominic Laphorn		M	21.52
29	394	James Payne	Roman Gladiators	M	21.55
30	262	Guy Boswell	Plymouth Musketeers	M	21.56
31	510	James Scantlebury	Erme Valley Harriers	M	21.57
32	297	Michael Cork	Plymouth Coasters	M	22.11
33	242	Kirsty Prowse	Plymouth Tri Club	F	22.22
34	269	Matthew Golding	City of Plymouth AC	M	22.23
35	322	Tilly McDowell	Tavistock AC	F	22.24
36	341	Ben Bristow	Erme Valley Harriers	M	22.24
37	255	Steve Bush	Plymouth Musketeers	M	22.25
38	535	Robert Laphorn	Storm Plymouth	M	22.27
39	366	Kevin Paull	Erme Valley Harriers	M	22.32
40	521	Kieran Woodward	Plymouth Musketeers	F	22.35
41	344	Gary Martin	Plymouth Musketeers	M	22.37
42	300	Kris Jones	Plymouth Musketeers	M	22.42
43	312	Michael Hockey	Plymouth Musketeers	M	22.44
44	270	Gary Johns		M	22.46
45	244	Steven Laity	Plymouth Harriers	M	23.08

46	345	Jon Glanville		M	23.11
47	257	Paul Birkitt		M	23.12
48	324	Brendan Palmer	Storm Plymouth	M	23.13
49	307	Pete Bazley	Tavistock AC	M	23.13
50	378	Ray Male		M	23.18
51	525	Abi Wright	Plymouth Tri Club	F	23.19
52	502	Alex Tucker		M	23.21
53	305	Garg Bishop	Plymouth Harriers	M	23.23
54	306	Nicola Lilley	Plymouth Harriers	F	23.29
55	527	Alex Ruffin	Storm Argyle Academy	M	23.33
56	599	Daniel Murdoch	Roman Gladiators	M	23.42
57	508	Adrian Ruffin	Storm Plymouth	M	23.48
58	546	John Taylor		M	23.51
59	592	Richard Ayson	Erme Valley Harriers	M	23.56
60	279	Mark Bettey		M	24.05
61	296	Miranda Burke	Plymouth Harriers	F	24.14
62	567	Andy Bees	Plymouth Musketeers	M	24.18
63	556	John Woolven-Allen		M	24.33
64	246	Ryan Winnall	Storm Argyle Academy	M	24.40
65	544	Chris Rollinson		M	24.42
66	301	Carl Mills	Instinctive Sports	M	24.53
67	295	Scott Green	Plymstock RR	M	24.59
68	291	Matthew Lauri		M	25.03
69	292	Clint Fenwick		M	25.07
70	275	Andy May		M	25.10
71	319	Steve Watson	Erme Valley Harriers	M	25.12
72	280	Denise Bettey	Instinctive Sports	F	25.13
73	353	Glenn Wood	East Cornwall Harriers	M	25.14
74	554	Ryan Glade Richards		M	25.16
75	552	Ben Batterson	Storm Plymouth	M	25.16
76	549	Samantha Perry	Plymouth Musketeers	F	25.18
77	591	Chris Hill	Plymouth Harriers	M	25.19
78	376	James Newman	Plymouth Musketeers	M	25.19
79	267	Steve Davis	Plymouth Musketeers	M	25.20
80	258	Nick Kelland	Plymouth Harriers	M	25.22
81	598	Hayley Cozens	Plymouth Harriers	F	25.31
82	252	Grace Baptie		F	25.33
83	362	Anna Lake	Erme Valley Harriers	F	25.34
84	364	Emma Lake	Erme Valley Harriers	F	25.36
85	274	Laura Abell		F	25.44
86	360	Sarah Horton	Plymouth Coasters	F	25.52
87	564	Phil Bees	Plymouth Musketeers	M	26.02
88	561	Steve Veitch		M	26.07
89	590	Pam Duncan		F	26.13
90	340	Evan Brumhead		M	26.24
91	534	Robert Shaddick	Plymouth Musketeers	M	26.42
92	254	Thea Dominey		F	26.43
93	537	Michelle Shaddick	Plymouth Musketeers	F	26.43
94	283	Mike Pote		M	26.53
95	287	Amanda Gregory		F	27.02

96	541	Ellie Ewing		F	27.09
97	248	Michaele Woodhouse		F	27.17
98	273	Alban Oliver		M	27.26
99	277	Lisa Light	Plymouth Musketeers	F	27.37
100	377	David Salvage	Tamar Trotters	M	27.47
101	348	Julie Cook	Plymouth Musketeers	F	27.49
102	557	Rebecca Goodall	Plymouth Musketeers	F	27.49
103	588	Jack Tucker	Storm Argyle Academy	M	27.57
104	532	Carol Hansen	Erme Valley Harriers	F	27.58
105	359	Tim Wilkinson		M	28.09
106	509	Ruth Terry	Erme Valley Harriers	F	28.14
107	276	Janet Morgan	Plymouth Musketeers	F	28.15
108	523	Claire Marks		F	28.30
109	566	Maggie Lamerton	Plymouth Musketeers	F	28.35
110	563	Emma Wavish		F	28.40
111	338	Rachel Scott	Plymouth Musketeers	F	28.45
112	253	Jessica Crago	Storm Argyle Academy	F	28.46
113	330	Paul Paskins	Plymouth Harriers	M	28.54
114	511	Sharon Terry	Erme Valley Harriers	F	29.06
115	519	Rachel Kilpatrick	Plymouth Harriers	F	29.08
116	507	Angharad Smith	Plymouth Harriers	F	29.13
117	553	Chris French		M	29.15
118	256	Barry Johns		M	29.26
119	278	Jake Neilson		M	29.35
120	397	Jessica Taylor	Roman Gladiators	F	29.38
121	570	Alison James	Plymouth Musketeers	F	29.58
122	286	Karen Finn		F	30.12
123	288	Janet Lynch	Plymouth Musketeers	F	30.15
124	343	Vicki Dunn	Plymouth Musketeers	F	30.21
125	314	Christie Robinson		F	30.21
126	313	Leigh Robinson	Plymouth Harriers	M	30.23
127	329	Jess Freemantle	Storm Argyle Academy	F	30.26
128	365	Rachel Perry	Storm Plymouth	F	30.26
129	250	Rhian Ward		F	30.32
130	339	Kelly Brumhead	Plymouth Musketeers	F	30.33
131	505	Bryan King	Plymouth Musketeers	M	30.33
132	352	Helen Norris	Erme Valley Harriers	F	30.42
133	251	S Ward		M	30.43
134	268	Emily Doidge		F	30.52
135	587	Katie Tucker	Storm Argyle Academy	F	31.00
136	584	Becky Tucker	Tamar Trotters	F	31.00
137	600	Lynn Nicholls	Storm Plymouth	F	31.01
138	356	Nicola Wainwright	Plymstock RR	F	31.03
139	384	Graeme Buckman		M	31.08
140	334	Jack Kellett		M	31.08
141	332	Stan Kellett	Plymouth Musketeers	M	31.09
142	548	Charlotte Adderley	Erme Valley Harriers	F	31.10
143	547	Phil Adderley	Erme Valley Harriers	M	31.12
144	285	Racheal O'Brien	Storm Plymouth	F	31.12
145	308	Erica Tarr	Plymouth Musketeers	F	31.13

146	304	Heather O'Connell	Plymouth Musketeers	F	31.16
147	368	Natalie Gloyn		F	31.22
148	303	Liz Gee	Plymouth Musketeers	F	31.28
149	589	Jo Stapleton		F	31.36
150	380	Bianca Lizut	Storm Plymouth	F	31.42
151	370	Justin Locke	Storm Plymouth	M	31.42
152	597	Louise Morgans		F	31.42
153	501	Lisa Burnham	Plymouth Harriers	F	31.42
154	302	Heide Bishop	Plymouth Harriers	F	32.06
155	586	Karen Stapleton		F	32.14
156	529	Rose Chapman		F	32.36
157	528	Dave Mathias		M	32.36
158	518	Gina Bowers		F	32.44
159	543	Annette Ewing	Storm Plymouth	F	32.48
160	382	Elizabeth Buckman	Plymouth Musketeers	F	32.52
161	245	J Marley		F	32.56
162	571	Kathryn Weaver-Gore	Plymouth Musketeers	F	33.07
163	354	Rob Low	Plymouth Musketeers	M	33.14
164	293	Antony Harwood		M	33.14
165	281	Craig Bradley		M	33.23
166	358	Stephen Maltby		M	33.23
167	355	Lynn Low	Plymouth Musketeers	F	33.30
168	259	Lauren Howell	Storm Argyle Academy	F	33.43
169	346	Anna Kerswell	Plymouth Harriers	F	34.26
170	336	Joshua Knuckey	Storm Argyle Academy	M	34.40
171	395	Kayleigh Osborne	Plymouth Harriers	F	34.45
172	512	Barrie Swift	Plymouth Harriers	M	34.45
173	398	Connie Land		F	34.48
174	560	Emma Bowden		F	34.59
175	533	Kevin Oliver	Storm Plymouth	M	35.17
176	580	Logan Howell	Storm Argyle Academy	M	35.31
177	583	Lucy Howell	Plymouth Musketeers	F	35.33
178	573	Abi Harvey		F	35.41
179	572	Abbie James		F	35.41
180	569	Elaine Hill	Plymouth Harriers	F	36.19
181	299	Lynn Jones	Plymouth Musketeers	F	36.59
182	249	Lynne Southall	Plymouth Musketeers	F	37.15
183	289	Maisie Large	Plymouth Harriers	F	37.23
184	290	Evie Large	Plymouth Harriers	F	37.44
185	538	Sanadra Slaney	Plymouth Harriers	F	38.14
186	337	Simon Ashford	Moorhaven RC	M	38.26
187	260	Alice Dunn	Storm Plymouth	F	39.06
188	261	Jessica McGrath		F	39.06
189	347	Sam Fulfitt	Plymouth Musketeers	F	39.41
190	350	Sally Rundle	Plymouth Musketeers	F	39.54
191	530	Frances Charles	Plymouth Harriers	F	42.37
192	506	Clare Phillips	Plymouth Harriers	F	42.37
193	576	Debbie Fry	Plymouth Musketeers	F	44.52
194	581	Dinah Kennington		F	44.52
195	542	Amanda Brookshaw	Plymouth Harriers	F	48.36

196	318	Pat Tabenor	Plymouth Harriers	F	48.41
197	351	Christine McGhee	Plymouth Harriers	F	48.41