

Summer 5K Series  
Saltram - Wednesday 14th June

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	351	Ashley Smith	City of Plymouth AC	M	16.54
2	316	Rikki James	Plymouth Harriers	M	17.17
3	503	Steve Watson	Tamar Trotters	M	17.53
4	547	Steve Fletcher	Plymouth Harriers	M	17.56
5	253	William Dax	Tavistock AC	M	18.05
6	338	Poppy Tank	City of Plymouth AC	F	18.12
7	260	Graham Bale	Plymstock RR	M	18.14
8	381	Ross Perkins	Storm Plymouth	M	18.46
9	331	Pete Waumsley	Storm Plymouth	M	18.51
10	400	Michael Miners	Erme Valley Harriers	M	18.52
11	370	Tom Rowe	Storm Plymouth	M	19.14
12	346	Nick Bristow	Erme Valley Harriers	M	19.17
13	324	Justin Frost	Plymouth Musketeers	M	19.22
14	353	Raymond Tew	Plymouth Harriers	M	19.37
15	318	Ricky Munt	Plymouth Musketeers	M	19.39
16	311	Steve Martin		M	19.42
17	520	Steve Brown		M	19.45
18	362	Jack Childs	Storm Argyle Academy	M	19.57
19	567	Adrian Berry		M	20.05
20	319	Mark Sowden	Tamar Trotters	M	20.08
21	313	Alex Lea	Plymouth Musketeers	M	20.23
22	257	Aaron Johns		M	20.28
23	573	Chris Chapman		M	20.38
24	337	Jack Arundel	Storm Plymouth	M	20.44
25	529	Daniel Clewley		M	20.56
26	250	Guy Peterson	Tamar Trotters	M	20.59
27	365	Andrew Trigg	Erme Valley Harriers	M	21.00
28	366	Ewan Lake	Erme Valley Harriers	M	21.02
29	545	Thomas Cann		M	21.16
30	336	Tom Kerr	Plymouth Harriers	M	21.26
31	343	Simon Tucker	Storm Plymouth	M	21.27
32	527	Brennan Drewitt	Plymouth Musketeers	M	21.29
33	394	Paula Simson	City of Plymouth AC	F	21.40
34	518	Scott Mansfield	Plymouth Musketeers	M	21.53
35	243	Josh Rowe	Storm Plymouth	M	22.00
36	261	Melvyn Griffiths		M	22.05
37	249	Sharn Hooper		F	22.10
38	532	Zoe Chapman		F	22.17
39	397	Clint Simson	City of Plymouth AC	M	22.18
40	258	Guy Boswell	Plymouth Musketeers	M	22.35
41	600	David Church	Erme Valley Harriers	M	22.40
42	588	Matthew Golding	City of Plymouth AC	M	22.42
43	592	Dean Barrett	Tamar Trotters	M	22.46
44	255	Gary Johns		M	22.47
45	395	James Scantlebury	Erme Valley Harriers	M	22.50

46	580	Mat Penry	Plymouth Musketeers	M	22.52
47	328	Ken Summers	Erme Valley Harriers	M	23.04
48	264	David Shalders	Plymouth Harriers	M	23.09
49	594	Paul Whitmore	Storm Plymouth	M	23.12
50	248	Richard Atkinson		M	23.16
51	549	Alex Jewell	Storm Argyle Academy	M	23.17
52	537	Nicola Lilley	Plymouth Harriers	F	23.22
53	356	Andy Wright		M	23.23
54	345	Ben Bristow	Erme Valley Harriers	M	23.45
55	501	Bevan Johnson	Plymouth Harriers	M	23.52
56	262	Kellie Boylin	Plymouth Harriers	F	23.59
57	367	Brendan Palmer	Storm Plymouth	M	24.02
58	597	Miranda Burke	Plymouth Harriers	F	24.03
59	560	Leigh Robinson	Plymouth Harriers	M	24.06
60	315	Claire Davidson	East Cornwall Harriers	F	24.08
61	599	Claire Faithfull	Storm Plymouth	F	24.13
62	589	Lee Abbas		M	24.16
63	392	Alex Ruffin	Storm Argyle Academy	M	24.25
64	382	Adrian Ruffin	Storm Plymouth	M	24.26
65	321	Mark Livermore	Erme Valley Harriers	M	24.31
66	247	Nathan Mason	Storm Argyle Academy	M	24.40
67	320	David Lloyd	Erme Valley Harriers	M	25.14
68	504	Chris Rollinson		M	25.20
69	550	Evan Brumhead	Plymouth Musketeers	M	25.22
70	561	Chloe Hoatson	Plymouth Musketeers	F	25.25
71	554	Ryan Glade Richards		M	25.27
72	519	Andy Bees	Plymouth Musketeers	M	25.36
73	259	Brett Leacher	Plymouth Musketeers	M	25.40
74	510	Michaele Woodhouse	Plymouth Musketeers	F	25.48
75	535	Scott Green	Plymstock RR	M	25.51
76	246	Dan Jones		M	25.55
77	562	Simon Fewings		M	25.56
78	523	Rebecca Sims	Storm Argyle Academy	F	26.06
79	598	Pam Duncan		F	26.14
80	396	David Bennett	Plymouth Musketeers	M	26.20
81	312	Stan Kellett	Plymouth Musketeers	M	26.24
82	378	Phil Bees	Plymouth Musketeers	M	26.44
83	542	Robert Shaddick	Plymouth Musketeers	M	26.45
84	352	Anna Lake	Erme Valley Harriers	F	27.01
85	354	Emma Lake	Erme Valley Harriers	F	27.02
86	376	Sam Martin	Plymouth Musketeers	F	27.17
87	368	Gary Martin	Plymouth Musketeers	M	27.18
88	553	Chris French		M	27.28
89	254	Lisa Light	Plymouth Musketeers	F	27.39
90	244	Rebecca Goodall	Plymouth Musketeers	F	27.46
91	586	Steven Arnold		M	27.51
92	242	Stephen Williams		M	28.01
93	541	Michelle Shaddick	Plymouth Musketeers	F	28.09
94	355	Julie Cook	Plymouth Musketeers	F	28.17
95	502	Rachel Snelling	Storm Argyle Academy	F	28.27

96	334	Paul Paskins	Plymouth Harriers	M	28.49
97	509	Andrew Pyle		M	28.53
98	591	Millie Wilson		F	28.54
99	584	Joanne Arnold	Plymouth Musketeers	F	28.56
100	330	Lisa Burnham	Plymouth Harriers	F	29.09
101	505	Sophie Allen	Plymouth Musketeers	F	29.13
102	251	Barry Johns		M	29.14
103	530	Louise Shalders	Plymouth Harriers	F	29.27
104	340	Josh Brown	Storm Plymouth	M	29.30
105	534	Graeme Buckman		M	29.31
106	556	Vicki Dunn	Plymouth Musketeers	F	29.34
107	571	Alban Oliver		M	29.38
108	358	Lucy Howell	Plymouth Musketeers	F	29.47
109	590	Bryan Short	Storm Plymouth	M	29.58
110	576	Emily Doidge		F	30.01
111	344	Maeve Ruby Henderson		F	30.02
112	572	Denise Bettey	Instinctive Sports	F	30.02
113	245	Bryan King	Plymouth Musketeers	M	30.11
114	513	Rhian Ward		F	30.20
115	511	S Ward		M	30.24
116	512	Gemma Craze		F	30.25
117	252	Xander Harvey	Storm Argyle Academy	M	30.33
118	314	Rachel Scott	Plymouth Musketeers	F	30.38
119	564	Charlotte Adderley	Erme Valley Harriers	F	30.39
120	563	Phil Adderley	Erme Valley Harriers	M	30.44
121	548	Kelly Brumhead	Plymouth Musketeers	F	30.46
122	593	Vic Hibbert	Plymouth Musketeers	M	30.56
123	507	Gina Bewers		F	30.57
124	552	Jodie Rapson		F	30.58
125	557	Jess Hughes		F	30.58
126	587	Jack Tucker	Storm Argyle Academy	M	31.19
127	350	Phil Warren	Erme Valley Harriers	M	31.39
128	555	Rachel Lynn	Plymouth Musketeers	F	31.41
129	377	Sean Gray	Plymouth Harriers	M	31.48
130	583	Katie Tucker	Storm Argyle Academy	F	31.51
131	581	Becky Tucker	Tamar Trotters	F	31.51
132	335	Marie McPake		F	32.18
133	570	Craig Bradley		M	32.24
134	364	Jess Freemantle	Storm Argyle Academy	F	32.41
135	256	Bethany Keen	Storm Argyle Academy	F	32.41
136	506	Clare Ainsworth	Tamar Trotters	F	32.44
137	342	Connie Land		F	32.53
138	544	Emma Wavish		F	33.04
139	543	Carly Hughes		F	33.04
140	508	Kathryn Weaver-Gore	Plymouth Musketeers	F	33.24
141	265	Louise Cusack	Bodmin Womans RC	F	33.35
142	569	Michael Cork	Plymouth Coasters	M	33.49
143	566	Linsey Tomlinson		F	33.49
144	339	Stephen Maltby		M	35.02
145	360	Lauren Howell	Storm Argyle Academy	F	35.54

146	533	Elizabeth Buckman	Plymouth Musketeers	F	35.55
147	528	Madeline Harper	Storm Argyle Academy	F	36.02
148	398	Hollie Baxter	Plymouth Harriers	F	36.04
149	384	Kathryn Hawken		F	36.53
150	538	Lynn Jones	Plymouth Musketeers	F	36.53
151	521	Simon Ashford	Moorhaven RC	M	38.23
152	380	Roxanne Dains		F	39.12
153	347	Sam Fulfitt	Plymouth Musketeers	F	39.56
154	348	Sally Rundle	Plymouth Musketeers	F	39.57
155	332	Clare Phillips	Plymouth Harriers	F	43.45
156	263	Emma Cameron	Plymouth Musketeers	F	44.52
157	329	Nicola Salmon	Plymouth Harriers	F	47.38
158	341	Pat Tabenor	Plymouth Harriers	F	47.39
159	322	Christine McGhee	Plymouth Harriers	F	47.40

