

Summer 5K Series
Saltram - Wednesday 12th July

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	520	Ashley Smith	City of Plymouth AC	M	16.58
2	342	Steve Fletcher	Plymouth Harriers	M	17.26
3	528	Lucas Laphorn		M	17.37
4	330	Poppy Tank	City of Plymouth AC	F	17.39
5	530	Tom Laphorn		M	17.47
6	304	Graham Bale	Plymstock RR	M	17.55
7	277	William Dax	Tavistock AC	M	18.09
8	311	Kevin Woodward	Teignbridge Trotters	M	18.17
9	512	Nick Laphorn		M	18.34
10	242	Michael Miners	Erme Valley Harriers	M	18.41
11	563	Tom Rowe	Storm Plymouth	M	18.52
12	273	Sam Yearling	Erme Valley Harriers	M	18.54
13	332	Pete Waumsley	Storm Plymouth	M	19.09
14	255	Thomas Jones	Plymstock RR	M	19.11
15	394	Jack Childs	Storm Argyle Academy	M	19.13
16	341	Nick Bristow	Erme Valley Harriers	M	19.20
17	318	Mark Sowden	Tamar Trotters	M	19.26
18	564	Steve Brown		M	19.27
19	247	Tom Pitcher		M	19.33
20	246	Adrian Berry		M	19.44
21	508	Rob Chapman	Storm Plymouth	M	20.01
22	316	Stephen Risdon	Plymouth Harriers	M	20.05
23	336	Martin O'Connell		M	20.10
24	283	Josh Blake	Tavistock AC	M	20.22
25	511	Christopher Brown		M	20.38
26	509	Rob Jirman	Storm Plymouth	M	20.39
27	345	Emma Lake	Erme Valley Harriers	F	20.47
28	567	Tim Chudley		M	20.49
29	542	Tom Kerr	Plymouth Harriers	M	20.53
30	289	Damien Holloway	Instinctive Sports	M	20.56
31	382	R Taylor	Plymouth Harriers	M	20.57
32	513	Melvyn Griffiths		M	20.58
33	284	Jason Blake		M	21.02
34	279	Chris Mervyn		M	21.04
35	241	Guy Peterson	Tamar Trotters	M	21.09
36	505	James O'Dowd	Huncote Harriers	M	21.09
37	320	Freya Carlson		F	21.18
38	278	Dean Barrett	Tamar Trotters	M	21.22
39	529	Dominic Laphorn		M	21.40
40	588	Matthew Walkey	Plymouth Harriers	M	21.45
41	392	Peter Backaller	Storm Plymouth	M	21.48
42	269	Paul Whitmore	Storm Plymouth	M	21.48
43	593	Ewan Lake	Erme Valley Harriers	M	21.51
44	299	David Shalders	Plymouth Harriers	M	21.56
45	571	James Scantlebury	Erme Valley Harriers	M	22.05

46	398	David Church	Erme Valley Harriers	M	22.13
47	527	Michael Cork	Plymouth Coasters	M	22.19
48	502	Andy Bees	Plymouth Musketeers	M	22.20
49	329	Alex Jewell	Storm Argyle Academy	M	22.23
50	532	Zoe Chapman		F	22.28
51	305	Chris Chapman		M	22.28
52	523	Gary Martin	Plymouth Musketeers	M	22.31
53	280	George Singleton		M	22.31
54	348	Chris Andrews		M	22.34
55	339	Ben Bristow	Erme Valley Harriers	M	22.38
56	353	Ken Summers	Erme Valley Harriers	M	22.41
57	584	Brendan Palmer	Storm Plymouth	M	22.48
58	376	Glenn Wood	East Cornwall Harriers	M	22.50
59	340	Terry Bartlett	Plymouth Harriers	M	22.54
60	556	Dan Marks	Erme Valley Harriers	M	23.08
61	240	Andy Wright		M	23.11
62	599	Robert Laphorn	Storm Plymouth	M	23.12
63	319	Scott Allen	Storm Plymouth	M	23.13
64	266	Kevin Chiswell	Storm Plymouth	M	23.18
65	297	Kellie Boylin	Plymouth Harriers	F	23.22
66	367	Stephen Boxall		M	23.22
67	546	John Taylor		M	23.32
68	586	Michael Hockey	Plymouth Musketeers	M	23.37
69	554	Ryan Glade Richards		M	23.40
70	395	Alex Ruffin	Storm Argyle Academy	M	23.53
71	396	Adrian Ruffin	Storm Plymouth	M	23.53
72	308	Gary Bishop	Plymouth Harriers	M	24.00
73	270	Claire Faithfull	Storm Plymouth	F	24.00
74	351	Dave Gale		M	24.07
75	343	Anna Lake	Erme Valley Harriers	F	24.22
76	239	Andrew Mumford	Storm Plymouth	M	24.24
77	366	Ryan Winnall	Storm Argyle Academy	M	24.37
78	263	Oli Jones		M	24.40
79	288	Chloe Hoatson	Plymouth Musketeers	F	24.46
80	557	Dan Jones		M	24.50
81	598	Ben Batteson	Storm Plymouth	M	24.58
82	600	Sean Mellor		M	25.02
83	503	C Phelps	Storm Plymouth	M	25.24
84	292	Andy Ash	Storm Plymouth	M	25.33
85	597	David Matthams	Instinctive Sports	M	25.38
86	370	Sarah Horton	Plymouth Coasters	F	25.39
87	313	Steve Harvey	Storm Plymouth	M	25.43
88	312	Natasha Harvey	Storm Plymouth	F	25.44
89	549	Laura Goodspeed		F	25.55
90	294	Clare Minchella	Storm Plymouth	F	26.01
91	272	John Ainsworth	Tamar Trotters	M	26.15
92	281	Craig Smith	Plymouth Coasters	M	26.21
93	354	Pam Duncan		F	26.22
94	594	Lisa Burnham	Plymouth Harriers	F	26.24
95	566	Rodney Hillebrandt	Plymouth Musketeers	M	26.26

96	243	Lisa Light	Plymouth Musketeers	F	26.29
97	350	Helen Roberts	Tamar Trotters	F	26.31
98	365	Justin Locke	Storm Plymouth	M	26.34
99	507	Ruth O'Dowd		F	26.39
100	541	Catherine Brown		F	26.41
101	569	George Barnicott		M	26.52
102	553	Chris French		M	26.59
103	377	Paul Paskins	Plymouth Harriers	M	27.02
104	378	Julie Cook	Plymouth Musketeers	F	27.09
105	583	Mark Chatterton		M	27.13
106	268	Sharon Adams	Plymouth Musketeers	F	27.24
107	275	Andrew Pyle		M	27.27
108	555	Claire Marks		F	27.36
109	397	Mike Pote		M	27.37
110	274	David Salvage	Tamar Trotters	M	27.50
111	570	Scott Green	Plymstock RR	M	27.51
112	267	Chris Newton	Plymouth Musketeers	M	28.02
113	331	Guy Sanders	Storm Argyle Academy	M	28.07
114	560	Liz Gee	Plymouth Musketeers	F	28.25
115	561	Heather O'Connell	Plymouth Musketeers	F	28.25
116	248	Rebecca Goodall	Plymouth Musketeers	F	28.27
117	249	Maggie Lamerton	Plymouth Musketeers	F	28.31
118	589	Tracy Childs		F	28.31
119	573	Lucy Howell	Plymouth Musketeers	F	28.37
120	381	Donna Burke	Plymouth Musketeers	F	28.41
121	346	Sarah Sinclair	Plymouth Musketeers	F	28.52
122	587	Vic Hibbert	Plymouth Musketeers	M	28.59
123	592	Alison Greaves	Bere Alston Trekkers	F	29.07
124	360	Natalie Roach		F	29.19
125	510	Kate Howard	Plymouth Musketeers	F	29.24
126	384	Lucy John		F	29.26
127	562	Alison James	Plymouth Musketeers	F	29.27
128	543	Kelly Brumhead	Plymouth Musketeers	F	29.28
129	547	Michelle Shaddick	Plymouth Musketeers	F	29.29
130	533	Becky Teft	Storm Plymouth	F	29.29
131	290	Emily Doidge		F	29.43
132	368	Josie Dunn		F	29.44
133	362	Rachel Lynn	Plymouth Musketeers	F	29.51
134	548	Robert Shaddick	Plymouth Musketeers	M	29.52
135	276	Gemma Craze		F	30.02
136	400	Natalie Gloyn		F	30.23
137	518	Sean Gray	Plymouth Harriers	M	30.25
138	244	Dave Pitcher	Tamar Trotters	M	30.30
139	504	Nadine Robertshaw	Storm Plymouth	F	30.39
140	552	Leanne Savage	Storm Plymouth	F	30.39
141	295	Linsay Eckersley	Storm Plymouth	F	30.44
142	501	Nicola Wainwright	Plymstock RR	F	30.56
143	271	Clare Ainsworth	Tamar Trotters	F	30.58
144	544	Antony Harwood		M	30.59
145	352	Rob Low	Plymouth Musketeers	M	31.03

146	521	Phil Warren	Erme Valley Harriers	M	31.12
147	322	Jack Kellett		M	31.27
148	321	Stan Kellett	Plymouth Musketeers	M	31.27
149	591	Charlotte Adderley	Erme Valley Harriers	F	31.47
150	590	Phil Adderley	Erme Valley Harriers	M	31.49
151	364	Lynn Low	Plymouth Musketeers	F	32.03
152	307	Claire Walker	Storm Plymouth	F	32.11
153	296	Joshua Knuckey	Storm Argyle Academy	M	32.13
154	344	Codie Wyett	Storm Plymouth	F	32.16
155	356	Rachel Perry	Storm Plymouth	F	32.20
156	338	Katie Bounsall	Storm Plymouth	F	33.11
157	257	Jennifer Wilkes	Storm Plymouth	F	33.11
158	335	Josh Brown	Storm Plymouth	M	33.12
159	253	Rhian Ward		F	33.15
160	251	S Ward		M	33.15
161	306	Amada Scoullar		F	33.30
162	545	Elizabeth Buckman	Plymouth Musketeers	F	33.44
163	534	Becky Teft	Storm Plymouth	F	34.12
164	293	Camille Harper	Storm Plymouth	F	34.39
165	550	Lesley Somerville	Storm Plymouth	F	34.53
166	302	Emma Green		F	35.01
167	576	Lauren Howell	Storm Argyle Academy	F	35.12
168	519	Roxanne Downs		F	35.24
169	260	Claire Blake	Storm Plymouth	F	35.28
170	581	Sandra Slaney	Plymouth Harriers	F	35.36
171	262	Vikki Costantin		F	35.41
172	535	Tessa Marriott	Storm Plymouth	F	36.45
173	238	Georgia Spurdle		F	36.46
174	258	Dawn King		F	37.29
175	259	Dave King	Storm Plymouth	M	37.29
176	572	Simon Ashford	Moorhaven RC	M	37.44
177	264	Jessica Chiswell	Storm Plymouth	F	38.01
178	265	Yvette Chiswell	Storm Plymouth	F	38.02
179	537	Charlotte Bladen	Storm Plymouth	F	38.30
180	245	Lynn Jones	Plymouth Musketeers	F	39.21
181	261	Christopher Jones	Plymouth Musketeers	M	39.21
182	300	Joanne Allan		F	40.37
183	256	Katie Horswell		F	40.53
184	254	Ryan Shaddick		M	40.53
185	324	Justin Sandercock	Storm Plymouth	M	41.11
186	328	Damian Sandercock	Storm Plymouth	M	41.11
187	380	Frances Charles	Plymouth Harriers	F	42.35
188	315	Christine McGhee	Plymouth Harriers	F	42.36
189	347	Claire Kean	Storm Plymouth	F	43.52
190	358	Andrea Evans	Storm Plymouth	F	43.52
191	538	Dawn Green	Storm Plymouth	F	43.53
192	287	Kerry Gorman	Storm Plymouth	F	43.55
193	355	Wendy Coker	Storm Plymouth	F	43.55
194	303	Jessica Daylan	Storm Plymouth	F	43.56
195	286	Ashlie Westall	Storm Plymouth	M	43.57

196	285	Ruth Zimmerman	Storm Plymouth	F	44.16
197	580	Amanda Brookshaw	Plymouth Harriers	F	44.50
198	337	Pat Tabenor	Plymouth Harriers	F	44.51
199	291	Ian Loveridge		M	45.05
200	301	Janet Brook	Storm Plymouth	F	45.06