

Winter 3K Series
Central Park - Wednesday 14th March

| <u>Pos.</u> | <u>Num.</u> | <u>Name</u> | <u>Club</u> | <u>M/F</u> | <u>Time</u> |
|-------------|-------------|----------------------|----------------------|------------|-------------|
| 1 | 544 | Travis Bramley | Plymouth Tri Club | M | 10.07 |
| 2 | 586 | Chris Chapman | | M | 10.56 |
| 3 | 543 | Ian Luckraft | | M | 11.08 |
| 4 | 572 | Liam Hallows | Erme Valley Harriers | M | 11.34 |
| 5 | 552 | Jackson Spry | Tamar Trotters | M | 11.46 |
| 6 | 509 | Emma Ryder | Tavistock AC | F | 11.55 |
| 7 | 501 | Guy Petersen | Tamar Trotters | M | 12.01 |
| 8 | 573 | Bethan Moor | UPAC | F | 12.07 |
| 9 | 576 | Natalie Thomas | Andover AC | F | 12.14 |
| 10 | 598 | Steve Mace | Storm Plymouth | M | 12.44 |
| 11 | 507 | Jane Allison | Plymouth Harriers | F | 12.45 |
| 12 | 589 | Matthew Grzenda | Plymouth Musketeers | M | 12.49 |
| 13 | 520 | Alex Ruffin | Storm Plymouth | M | 13.02 |
| 14 | 511 | Alex Lea | Plymouth Musketeers | M | 13.04 |
| 15 | 597 | Matthew Golding | COPAC | M | 13.22 |
| 16 | 523 | Olivia Travers | Erme Valley Harriers | F | 13.35 |
| 17 | 502 | Josh Rowe | Storm Plymouth | M | 13.46 |
| 18 | 569 | Kris Jones | Plymouth Musketeers | M | 13.50 |
| 19 | 583 | Scott Johnson | Plymouth Musketeers | M | 13.51 |
| 20 | 594 | Emily Childs | Storm Academy | F | 14.06 |
| 21 | 508 | Sally Greenslade | City of Salisbury | F | 14.13 |
| 22 | 541 | Phil Bates | Torbay AC | M | 14.15 |
| 23 | 513 | Sarah Robinson | Plymouth Musketeers | F | 14.19 |
| 24 | 561 | Brendan Palmer | Storm Plymouth | M | 14.30 |
| 25 | 562 | Simon Pritchard | | M | 14.51 |
| 26 | 593 | Daniel Childs | Storm Academy | M | 14.54 |
| 27 | 542 | Stuart Riley | Plymouth Musketeers | M | 15.01 |
| 28 | 519 | Adrian Ruffin | Storm Plymouth | M | 15.14 |
| 29 | 503 | Darren Davidson-Page | Storm Plymouth | M | 15.34 |
| 30 | 547 | Lisa Light | Plymouth Musketeers | F | 15.39 |
| 31 | 518 | Heather O'Connell | Plymouth Musketeers | F | 15.54 |
| 32 | 560 | Finlay Tucker | | M | 16.45 |
| 33 | 556 | Kevin Tucker | Storm Plymouth | M | 16.46 |
| 34 | 591 | Paul Paskin | Plymouth Harriers | M | 17.11 |
| 35 | 510 | Rachel Scott | Plymouth Musketeers | F | 17.15 |
| 36 | 580 | Henry Lambert-Gorwen | Tamar Trotters | M | 17.25 |
| 37 | 548 | Alison James | Plymouth Musketeers | F | 17.33 |
| 38 | 584 | Keely Lynn | | F | 17.36 |
| 39 | 588 | Louise King | Plymouth Musketeers | F | 17.51 |
| 40 | 538 | Mia Jago | COPAC | F | 17.58 |
| 41 | 537 | Duncan Jago | Storm Plymouth | M | 18.00 |
| 42 | 555 | Raylisha Warren | Plymouth Musketeers | M | 18.09 |
| 43 | 512 | Caitlin Wood | Tamar Trotters | F | 18.46 |
| 44 | 545 | Harry James | | M | 19.02 |
| 45 | 527 | Emma Dorrian | | F | 20.00 |

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|----|-----|-----------------------|---------------------|---|-------|
| 46 | 587 | Brian King | Plymouth Musketeers | M | 20.30 |
| 47 | 521 | Jasmine Robinson | | F | 21.00 |
| 48 | 549 | Kathryn Weaver-Gore | Plymouth Musketeers | F | 21.06 |
| 49 | 535 | Amy Phillips | Plymouth Musketeers | F | 21.19 |
| 50 | 567 | Daryl McMullan | | M | 21.30 |
| 51 | 564 | Debbie Grosch-Squance | | F | 21.37 |
| 52 | 566 | Rhiannon Squance | | F | 21.37 |
| 53 | 528 | Simon Ashford | Moorhaven | M | 21.50 |
| 54 | 550 | Karen Osborne | Plymouth Musketeers | F | 22.15 |
| 55 | 571 | Lynn Jones | Plymouth Musketeers | F | 22.15 |
| 56 | 534 | Ella Cox | | F | 22.42 |
| 57 | 529 | Olivia Lee | | F | 22.43 |
| 58 | 533 | Lucy Dorrian | | F | 22.43 |
| 59 | 504 | Darren Williams | Plymouth Musketeers | M | 26.10 |
| 60 | 505 | Sadie De'ath | Plymouth Musketeers | F | 26.29 |