

Summer 5K Series
Saltram - Wednesday 11th April

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	510	Travis Bramley	Plymouth Tri Club	M	16.53
2	543	Sam Yearling		M	17.57
3	487	Edward Mole		M	18.01
4	234	David Beckenkraeger	Plymouth Harriers	M	18.09
5	549	Graham Bale	Plymstock Road Runners	M	18.33
6	249	Ian Luckraft		M	18.46
7	227	Phillip Callaway	Plymouth Harriers	M	19.01
8	219	Ben Farrer	Tamar Trotters	M	19.04
9	508	Tom Pitcher	Tamar Trotters	M	19.05
10	300	Neil Holmes	Erme Valley Harriers	M	19.10
11	260	Steve Baker	Tamar Trotters	M	19.20
12	426	Scott Mansfield	Plymouth Musketeers	M	19.30
13	466	Adrian Berry	Tamar Trotters	M	19.42
14	307	Justin Frost	Plymouth Musketeers	M	19.45
15	304	Douglas Webb	Plymouth Harriers	M	19.48
16	436	Martin French	Plymouth Musketeers	M	19.53
17	489	Daniel Clewley		M	19.54
18	259	Emma Lake	Erme Valley Harriers	F	20.13
19	237	Andy Charles	Plymouth Harriers	M	20.21
20	468	Tom Fox		M	20.26
21	289	Hywel Morgan	Pontypridd Roadents	M	20.30
22	509	Guy Petersen	Tamar Trotters	M	20.37
23	533	Jackson Spry	Tamar Trotters	M	20.38
24	486	Liam Hallows	Erme Valley Harriers	M	20.39
25	482	Raphael Stuhlheier		M	20.41
26	512	Matthew Grzenda	Plymouth Musketeers	M	21.52
27	293	Max Davies	Plymouth Tri Club	M	22.00
28	421	Peter Henderson	Storm Plymouth	M	22.03
29	439	Andy Bees	Plymouth Musketeers	M	22.06
30	547	Matthew Golding	Plymouth AC	M	22.09
31	534	Steven Laity	Plymouth Harriers	M	22.32
32	254	Matt Cavill		M	22.45
33	493	Dean Barrett	Tamar Trotters	M	22.48
34	463	Gary Martin	Plymouth Musketeers	M	22.50
35	507	Ellie Clements	Plymouth Tri Club	F	22.51
36	473	Robin Bray	Plymouth Harriers	M	23.00
37	296	Matt Linsley	Plymouth Tri Club	M	23.11
38	422	Andrew Bennett	Plymouth Harriers	M	23.30
39	263	Trevor Williams	Tamar Trotters	M	23.40
40	256	Martin Head	Bere Alston Trekkers	M	23.41
41	286	Oliver Downer		M	23.44
42	302	James Scantlebury	Erme Valley Harriers	M	23.47
43	505	David Church	Erme Valley Harriers	M	23.52
44	241	Kevin Paull	Erme Valley Harriers	M	23.55
45	465	Carl Mills		M	24.00

46	239	Claire Davidson	East Cornwall Harriers	F	24.04
47	550	Anna Bale		F	24.05
48	447	Alex Ruffin	Storm Academy	M	24.08
49	420	James Child	Tamar Trotters	M	24.10
50	528	Emily Childs	Storm Academy	F	24.11
51	476	Greg Robinson	Plymouth Tri Club	M	24.12
52	448	Adrian Ruffin	Storm Plymouth	M	24.12
53	542	Chloe Hoatson	Plymouth Musketeers	F	24.24
54	301	David Lloyd	Erme Valley Harriers	M	24.27
55	460	Karl Herring		M	24.35
56	215	Mark Nicholls		M	24.43
57	273	Alex Lea	Plymouth Musketeers	M	24.44
58	472	Miranda Burke	Plymouth Harriers	F	24.57
59	442	Stephen Boxall		M	25.02
60	272	Paul Ginter		M	25.07
61	288	Josh Tyrie		M	25.08
62	490	Richard Morton	Tamar Trotters	M	25.12
63	299	Brendan Palmer	Storm Plymouth	M	25.15
64	258	Anna Lake	Erme Valley Harriers	F	25.16
65	504	Alan Hockings	Plymouth Musketeers	M	25.22
66	488	Rodney Hillebrandt	Plymouth Musketeers	M	25.36
67	269	James Newman	Plymouth Harriers	M	25.45
68	492	Simon Fewings	Plymouth Musketeers	M	25.50
69	267	James Tucker	Plymstock Road Runners	M	25.58
70	444	Sherrie Yabsley	Plymouth Coasters	F	26.01
71	245	Gary Bishop	Plymouth Harriers	M	26.05
72	212	Maggie Bunting	Tamar Trotters	F	26.06
73	297	Andrew Linsley	Plymouth Tri Club	M	26.13
74	291	Rowan Windrum	Tamar Trotters	F	26.15
75	459	Sarah Horton	Plymouth Coasters	F	26.17
76	483	Michael Hockey	Plymouth Musketeers	M	26.26
77	470	Chris Rollinson		M	26.43
78	485	Maddyson Skentelbery	Plymouth AC	F	26.53
79	251	Maggie Lamerton	Plymouth Musketeers	F	26.57
80	441	Lisa Light	Plymouth Musketeers	F	27.01
81	276	Jo Arnold	Plymouth Musketeers	F	27.08
82	255	Holly Hart	Erme Valley Harriers	F	27.13
83	306	Hayley Cozens	Plymouth Harriers	F	27.14
84	248	David Bent	Plymouth Harriers	M	27.15
85	253	Becky Piper	Plymouth Harriers	F	27.15
86	484	Ella Kerswill		F	27.20
87	261	Chris Hill	Plymouth Harriers	M	27.27
88	480	David Salvage	Tamar Trotters	M	27.50
89	209	Paul Paskins	Plymouth Harriers	M	27.58
90	278	Stephen Williams	Plymouth Harriers	M	28.03
91	450	Pamela Duncan	Erme Valley Harriers	F	28.12
92	518	Mark Chatterton		M	28.16
93	513	Guy Chatterton		M	28.38
94	202	Westleigh Wells	Tamar Trotters	M	28.44
95	451	Oliver Batteson		M	28.47

96	427	Alison Greaves	Bere Alston Trekkers	F	29.07
97	456	Mel Greaves	Bere Alston Trekkers	F	29.07
98	535	Tom Barker	Instinctive Sports	M	29.17
99	222	Laura Beattie	Plymouth Harriers	F	29.19
100	475	Sean Gray	Plymouth Harriers	M	29.25
101	240	Diana Nicholson	Tamar Trotters	F	29.35
102	231	Ruth Terry	Erme Valley Harriers	F	29.37
103	548	Michelle Cartlidge	Plymouth Harriers	F	29.46
104	201	Anita Cawley	Tamar Trotters	F	29.46
105	230	Sharon Terry	Erme Valley Harriers	F	29.49
106	521	Nick Harris		M	30.01
107	443	Katie Durrell	Plymouth Coasters	F	30.03
108	502	Louise King	Plymouth Musketeers	F	30.07
109	461	Robert Shaddick	Plymouth Musketeers	M	30.08
110	264	Liz Gee	Plymouth Musketeers	F	30.25
111	265	Heather O'Connell	Plymouth Musketeers	F	30.26
112	220	Goeffrey Honey	Plymouth Harriers	M	30.27
113	544	Lynne Nicks		F	30.38
114	545	Jeff Nicks		M	30.38
115	303	Donna Maclellan	Erme Valley Harriers	F	30.40
116	229	Raylisha Warren	Plymouth Musketeers	F	30.57
117	458	Tamzyn Dingley	Erme Valley Harriers	F	31.06
118	242	Justine Armstrong	Tamar Trotters	F	31.22
119	541	Clare Ainsworth	Tamar Trotters	F	31.23
120	503	Bryan King	Plymouth Musketeers	M	31.25
121	266	Phil Warren	Erme Valley Harriers	M	31.27
122	527	Daniel Childs	Storm Academy	M	31.49
123	431	Marie Winnall	Plymouth Musketeers	F	31.56
124	213	Nicki Egginton		F	32.02
125	216	Liz Egginton	East Cornwall Harriers	F	32.03
126	205	Sam Mansfield	Tamar Trotters	F	32.06
127	453	Jamie Batteson	Storm Plymouth	F	32.07
128	454	Joey Batteson		M	32.08
129	257	Hilary Head	Bere Alston Trekkers	F	32.15
130	478	Finlay Tucker	Storm Academy	M	32.18
131	479	Kevin Tucker	Storm Plymouth	M	32.18
132	520	Amelia Hamson		F	32.21
133	294	Tara Davies		F	32.28
134	462	Michelle Shaddick	Plymouth Musketeers	F	32.42
135	425	Amy Day	Plymouth Musketeers	F	32.42
136	204	Debbie Pitman	Tamar Trotters	F	33.03
137	440	Henry Lambert-Gorwyn	Tamar Trotters	M	33.04
138	457	Karin Kattenhorn	Bere Alston Trekkers	F	33.06
139	243	Heidi Bishop	Plymouth Harriers	F	33.10
140	217	Abbie Giovenco	Plymouth Harriers	F	33.26
141	481	Mark Rescorl	Tamar Trotters	M	33.49
142	477	Jill Robinson	Plymouth Tri Club	F	33.57
143	455	Rachel Kilpatrick	Plymouth Harriers	F	34.02
144	474	Emma Toms	Plymouth Harriers	F	34.03
145	211	Ann Foster	Tamar Trotters	F	34.52

146	519	Charlotte Lagoni		F	34.52
147	523	Helen Childs	Storm Plymouth	F	34.58
148	491	Dawn Childs	Storm Plymouth	F	34.58
149	424	Lai-Yin Wong	Plymouth Musketeers	F	35.44
150	428	Holly Honey		F	35.49
151	429	Michael Cookson		M	35.49
152	423	Kathryn Weaver-Gore	Plymouth Musketeers	F	36.06
153	274	Lucy Howell	Plymouth Musketeers	F	36.30
154	275	Elizabeth Hartley		F	36.30
155	210	Carole Wardle	Plymouth Musketeers	M	37.08
156	446	Gill Case	Plymouth Musketeers	F	37.08
157	501	Lynn Jones	Plymouth Musketeers	F	37.11
158	464	Sam Martin	Plymouth Musketeers	F	37.11
159	435	Jennifer Dyer	Plymouth Harriers	F	37.37
160	218	Karen Eccles	Plymouth Harriers	F	37.37
161	283	Soma Mitra-Chubb		F	37.39
162	285	Richard Chubb	Plymouth Harriers	M	37.40
163	511	Clare Elliott	Plymouth Musketeers	F	38.39
164	287	Jennifer Oatway	Plymouth Harriers	F	39.26
165	529	Simon Ashford	Moorhaven RC	M	39.28
166	247	Jess Manners	Plymouth Harriers	F	39.31
167	246	Kim Cooke	Plymouth Harriers	F	39.32
168	228	Clare Wellfair	Plymouth Harriers	F	39.32
169	308	Darcy Carne	Storm Academy	F	40.47
170	206	Darren Williams	Plymouth Musketeers	M	40.48
171	438	Mary Dyer	Plymouth Harriers	F	40.50
172	430	Lisa Parr	Plymouth Harriers	F	40.50
173	208	Sadie Death	Plymouth Musketeers	F	41.06
174	284	Amy Dymond	Plymouth Harriers	F	42.41
175	203	Brian Soole	Plymouth Harriers	M	42.49
176	236	Sara Cooksley	Plymouth Harriers	F	42.50
177	225	Charlotte Walton	Plymouth Harriers	F	42.50
178	419	Cathryn Bonney	Storm Plymouth	F	43.24
179	268	Leesa Pethick	Plymouth Harriers	F	45.03
180	271	Mandy Brookshaw	Plymouth Harriers	F	45.52
181	250	Rebecca Couch	Storm Plymouth	F	47.28
182	277	Sara Alcock		F	48.39
183	434	Elaine Hill	Plymouth Harriers	F	48.40
184	449	Cath Bassett	Plymouth Harriers	F	48.41
185	233	Sharon Beckenkraeger	Plymouth Harriers	F	48.42
186	432	Penny Hadfield-Bennett	Plymouth Harriers	F	48.43