

Summer 5K Series  
Saltram - Wednesday 9th May

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	271	Travis Bramley	Plymouth Tri Club	M	17.11
2	241	Steve Fletcher	Plymouth Harriers	M	17.24
3	269	Sam Yearling		M	18.02
4	201	Derrick Warren		M	18.16
5	486	Ian Luckraft		M	18.24
6	534	Graham Bale	Plymstock Road Runners	M	18.28
7	442	Gary Montford		M	19.16
8	276	Daniel Clewley		M	19.17
9	483	Douglas Webb	Plymouth Harriers	M	19.24
10	273	Max Davies	Plymouth Tri Club	M	19.51
11	299	Hywel Morgan	Pontypridd Roadents	M	19.55
12	217	Sean Childs	Royal Navy AC	M	20.04
13	529	Jackson Spry	Tamar Trotters	M	20.08
14	448	Emma Lake	Erme Valley Harriers	F	20.14
15	493	Martin French	Plymouth Musketeers	M	20.15
16	429	Andy Charles	Plymouth Harriers	M	20.22
17	475	Melvyn Griffiths		M	20.31
18	272	Guy Petersen	Tamar Trotters	M	20.47
19	289	Andy Newcombe	Erme Valley Harriers	M	20.55
20	230	Russ Mogridge	Erme Valley Harriers	M	21.05
21	456	Finlay Allen		M	21.35
22	443	Daniel Case	Plymouth Musketeers	M	21.41
23	521	Paul Whitmore	Storm Plymouth	M	21.42
24	423	Shane Glanviolle	Plymouth Tri Club	M	21.43
25	202	Emily Warren	Mudcrew Trail Runners	F	21.50
26	481	James Cartlidge		M	21.54
27	501	Andy Bees	Plymouth Musketeers	M	21.57
28	461	Steven Laity	Plymouth Harriers	M	22.07
29	502	Dean Barrett	Tamar Trotters	M	22.11
30	304	Matt Cavill		M	22.13
31	425	Mike Bell		M	22.14
32	233	David Church	Erme Valley Harriers	M	22.16
33	466	Kevin Paull	Erme Valley Harriers	M	22.21
34	436	Marvin Laing		M	22.22
35	210	Alex Ruffin	Storm Academy	M	22.27
36	307	Oliver Downer		M	22.40
37	428	Andrew Bennett	Plymouth Harriers	M	22.43
38	523	Clare Faithful	Storm Plymouth	F	22.46
39	266	Kris Jones	Plymouth Musketeers	M	22.50
40	535	Simon Pritchard		M	23.01
41	421	Ken Summers	Erme Valley Harriers	M	23.12
42	283	Gary Bishop	Plymouth Harriers	M	23.15
43	249	Andrew Mumford	Storm Plymouth	M	23.22
44	487	James Scantlebury	Erme Valley Harriers	M	23.25
45	213	Josh Rowe	Storm Plymouth	M	23.27

46	512	Ellie Kevern	City of Plymouth	F	23.29
47	212	Brendan Palmer	Storm Plymouth	M	23.39
48	297	Peter Ashwell		M	23.55
49	510	Gary Pope	Plymouth Musketeers	M	24.01
50	303	Josh Tyrie		M	24.03
51	208	Adrian Ruffin	Storm Plymouth	M	24.04
52	261	Emily Childs	Storm Academy	F	24.07
53	484	James Tucker	Plymstock Road Runners	M	24.09
54	504	Miranda Burke	Plymouth Harriers	F	24.13
55	489	Dan Marks	Erme Valley Harriers	F	24.29
56	430	James Child	Tamar Trotters	M	24.33
57	533	Chloe Hoatson	Plymouth Musketeers	F	24.41
58	444	Anna Lake	Erme Valley Harriers	F	24.45
59	527	Rowan Windrum	Tamar Trotters	F	24.47
60	228	Michael Hockey	Plymouth Musketeers	M	24.49
61	294	Helen Abbey		F	24.57
62	302	Scott Green	Plymstock Road Runners	M	25.02
63	278	Poppy Groom	Erme Valley Harriers	F	25.04
64	251	Stephen Watson	Erme Valley Harriers	M	25.05
65	204	Phil Adderley	Erme Valley Harriers	M	25.17
66	424	Brad Harrison	Plymouth Musketeers	M	25.27
67	246	Ella Kerswill	Plymouth Tri Club	F	25.39
68	447	Ian Bedford		M	25.49
69	253	Tom Bamber		M	25.51
70	229	Katy Mogridge	Erme Valley Harriers	F	25.52
71	511	Chris Rollinson		M	25.56
72	216	David Wrench		M	26.05
73	482	Paul Bennett	Plymouth Musketeers	M	26.05
74	288	Pamela Duncan	Erme Valley Harriers	F	26.09
75	492	Stephen Williams	Plymouth Harriers	M	26.11
76	296	Rodney Hillebrandt	Plymouth Musketeers	M	26.22
77	449	Chris Hill	Plymouth Harriers	M	26.23
78	215	Oliver Batterson		M	26.27
79	293	Robert Shaddick	Plymouth Musketeers	M	26.32
80	219	Maggie Lamerton	Plymouth Musketeers	F	26.37
81	250	Hayley Cozens	Plymouth Harriers	F	26.43
82	513	Lucy Howell	Plymouth Musketeers	F	26.53
83	528	Lisa Light	Plymouth Musketeers	F	26.59
84	205	Liz Gee	Plymouth Musketeers	F	27.01
85	274	Alison Greaves	Bere Alston Trekkers	F	27.09
86	462	Olivia Hill	Plymouth Harriers	F	27.10
87	267	Millie Wilson	VCAC	F	27.14
88	254	Carol Hansen	Erme Valley Harriers	F	27.28
89	541	Mark Chatterton		M	27.32
90	306	Richard Brassington		M	27.42
91	258	Caroline Arscot		F	27.43
92	518	Liz Westlake		F	27.47
93	507	William Gould	Storm Plymouth	M	27.48
94	505	James Gould		M	27.49
95	472	Ben Bristowe		M	27.51

96	470	Denise Bettey	Instinctive Sports	F	27.56
97	477	David Salvage	Tamar Trotters	M	28.00
98	439	David Bent	Plymouth Harriers	M	28.10
99	431	Ruth Terry	Erme Valley Harriers	F	28.16
100	438	Clare Wellfair	Plymouth Harriers	F	28.17
101	308	Louise Cusack		F	28.25
102	432	Sharon Terry	Erme Valley Harriers	F	28.38
103	458	Stan Kellett	Plymouth Musketeers	M	28.39
104	519	Jo Arnold	Plymouth Musketeers	F	28.46
105	211	Darren Davidson-Page	Storm Plymouth	M	28.55
106	459	Rachel Scott	Plymouth Musketeers	F	29.01
107	434	Charlotte Walton	Plymouth Harriers	F	29.02
108	488	Claire Marks		F	29.29
109	225	Alison James	Plymouth Musketeers	F	29.31
110	291	Michelle Shaddick	Plymouth Musketeers	F	29.32
111	427	Geoffrey Honey	Plymouth Harriers	M	29.33
112	242	Gayle Hodges		F	29.46
113	240	Katy Root		F	29.46
114	435	Laura Beattie	Plymouth Harriers	F	30.03
115	234	Vicky Sibley	Plymouth Harriers	F	30.11
116	491	Vicki McAteer	Storm Plymouth	F	30.13
117	206	Brenda Thorne	Instinctive Sports	F	30.14
118	259	Louise King	Plymouth Musketeers	F	30.15
119	284	Heidi Bishop	Plymouth Harriers	F	30.16
120	220	Michelle Cartlidge	Plymouth Harriers	F	30.17
121	286	Raylisha Warren	Plymouth Musketeers	F	30.18
122	243	Dave Connell		M	30.23
123	468	Jasmine Rolfe	Plymstock Road Runners	F	30.24
124	238	Neda Tattersall		F	30.33
125	485	Deborah Bennett	Plymouth Musketeers	F	30.37
126	218	Abbie James		F	30.44
127	236	Jennie Aronsson	Plymouth Harriers	F	31.00
128	237	Karolina Garghouthi-Blicharz	Plymouth Harriers	F	31.00
129	426	Caitlin Wood	Tamar Trotters	F	31.03
130	268	Leanne Forbes	Plymouth Tri Club	F	31.04
131	255	Marian Spreadbridge		F	31.14
132	287	Bryan Short		M	31.37
133	463	Louis McCracken		M	31.44
134	231	Dawn Childs	Storm Plymouth	F	31.47
135	239	Jackie Roomes		F	32.06
136	275	Linda Bracher	Erme Valley Harriers	F	32.08
137	285	David Pitcher	Tamar Trotters	M	32.19
138	509	Jill Robinson	Plymouth Tri Club	F	32.28
139	245	Lesley Thompson	Plymouth Musketeers	F	32.33
140	248	Elizabeth Buckman	Plymouth Musketeers	F	32.33
141	222	Harry James		M	32.44
142	446	Jo Jayes	Erme Valley Harriers	F	32.54
143	503	Kate Hodgins	Storm Plymouth	F	33.16
144	476	Cath Bassett	Plymouth Harriers	F	33.21
145	301	Natalie Green		F	34.35

146	300	Emma Green		F	34.39
147	542	Lynn Nicholls	Storm Plymouth	F	34.44
148	264	Helen Childs	Storm Plymouth	F	35.22
149	480	Kathryn Weaver-Gore	Plymouth Musketeers	F	35.25
150	451	Marie McPake		F	35.36
151	247	Lynn Jones	Plymouth Musketeers	F	36.46
152	260	Sarah Hawkins	Plymouth Musketeers	F	36.40
153	257	Beverley Riley	Storm Plymouth	F	36.49
154	256	Michelle Hughes	Storm Plymouth	F	36.50
155	460	Jennifer Oatway	Plymouth Harriers	F	37.05
156	465	Sandra Slaney	Plymouth Harriers	F	37.10
157	520	Simon Ashfold	Moorhaven RC	M	37.12
158	454	Olivia Hart		F	37.30
159	265	Daniel Childs	Storm Academy	M	37.32
160	441	Nina Shillabeer	Plymstock Road Runners	F	38.39
161	420	Darren Williams	Plymouth Musketeers	M	39.13
162	277	Mary Dyer	Plymouth Harriers	F	40.03
163	464	Lisa Parr	Plymouth Harriers	F	40.03
164	490	Amy Dymond	Plymouth Harriers	F	40.33
165	474	Sara Cooksley	Plymouth Harriers	F	40.37
166	419	Sadie De'ath	Plymouth Musketeers	F	40.58
167	453	Penny Hadfield-Bennett	Plymouth Harriers	F	43.06
168	450	Elaine Hill	Plymouth Harriers	F	43.07
169	422	Christine McGhee	Plymouth Harriers	F	43.08
170	440	Kayleigh Osborne	Plymouth Harriers	F	44.03
171	508	Rebecca Couch	Storm Plymouth	F	44.16
172	457	Mandy Brookshaw	Plymouth Harriers	F	44.33
173	455	Lisa Burnham		F	44.33
174	473	Sara Alcock		F	44.56
175	227	Leesa Pethick	Plymouth Harriers	F	44.56