

Summer 5K Series
Saltram - Wednesday 12th September

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	441	Steve Fletcher	Plymouth Harriers	M	17.21
2	256	Matthew Shipping		M	17.30
3	438	Alex Peyton Jones	Plymouth Harriers	M	17.34
4	206	Pete Waumsley	Storm Plymouth	M	18.36
5	296	Scott Mansfield	Plymouth Musketeers	M	18.46
6	208	Jack Arundel	Storm Plymouth	M	18.56
7	201	Liam Hallows	Erme Valley Harriers	M	19.23
8	261	Max Davies	Plymouth Tri Club	M	19.27
9	523	Mike Delacamp		M	19.32
10	228	Justin Frost	Plymouth Musketeers	M	19.35
11	257	Molly Shorey	Plymouth AC	F	19.36
12	237	Melvyn Griffiths		M	19.49
13	250	Emma Lake	Erme Valley Harriers	F	19.55
14	278	Benjamin Berry	Tamar Trotters	M	20.13
15	222	Nick Bristow	Erme Valley Harriers	M	20.30
16	212	Andy Charles	Plymouth Harriers	M	20.33
17	521	Jonathan Bean		M	20.42
18	456	Steve Mace	Storm Plymouth	M	20.50
19	468	Matthew Grzenda	Plymouth Musketeers	M	20.52
20	216	Daniel Case	Plymouth Musketeers	M	21.03
21	440	Simon Wellfair		M	21.12
22	231	Damian Dunne	Plymouth Musketeers	M	21.13
23	289	Samuel White		M	21.32
24	435	Sam Craghill		M	21.37
25	213	Nikki Kelly	Tavistock AC	F	21.42
26	277	David Shalders	Plymouth Harriers	M	21.53
27	229	Michael Cork	Plymouth Coasters	M	22.08
28	474	Steven Laity	Plymouth Harriers	M	22.19
29	511	Zoe Chapman		F	22.21
30	439	Tim Norris		M	22.31
31	423	Gary Fielder	Bere Alston Trekkers	M	22.35
32	518	Dominic Edwards		M	22.37
33	275	James Scantlebury	Erme Valley Harriers	M	22.38
34	509	Chris Kelley	Plymouth Harriers	M	22.40
35	502	Scott Johnstone	Plymouth Musketeers	M	22.46
36	243	Stephen Williams	Plymouth Harriers	M	22.48
37	453	Andrew Bennett	Plymouth Harriers	M	22.56
38	233	Clare Faithful	Storm Plymouth	F	23.01
39	271	Dean Barrett	Tamar Trotters	M	23.04
40	241	James Child	Tamar Trotters	M	23.11
41	288	Kris Jones	Plymouth Musketeers	M	23.21
42	424	Terry Bartlett	Plymouth Harriers	M	23.25
43	454	Gary Bishop	Plymouth Harriers	M	23.31
44	268	Christopher Marcol		M	23.33
45	234	Brendan Palmer	Storm Plymouth	M	23.37

46	475	Kellie Boylin	Plymouth Harriers	F	23.59
47	422	Robin Tremaine	Trent Park RC	M	24.07
48	266	James Tucker	Plymstock Road Runners	M	24.13
49	533	Heidi Campbell		F	24.37
50	419	Jon Glanville		M	24.38
51	274	Chris Rollinson		M	24.42
52	534	Ross Shaddick	Plymouth Harriers	M	24.50
53	448	Phil Adderley	Erme Valley Harriers	M	24.59
54	285	Phil Bees	Plymouth Musketeers	M	25.24
55	529	Euan Leitch		M	25.32
56	297	Rodney Hillebrandt	Plymouth Musketeers	M	25.34
57	459	Rowan Windrum	Tamar Trotters	F	25.38
58	460	James Gould		M	25.41
59	458	Mike Pote		M	25.47
60	276	Clare Wellfair	Plymouth Harriers	F	25.52
61	219	Jim Medhurst	Bere Alston Trekkers	M	25.54
62	420	Jack Redmond		M	26.22
63	470	Mark Chatterton		M	26.24
64	283	Lisa Light	Plymouth Musketeers	F	26.35
65	242	Hayley Cozens	Plymouth Harriers	F	26.51
66	477	Lisa Bowring		F	27.06
67	249	Anna Lake	Erme Valley Harriers	F	27.11
68	463	William Gould	Storm Plymouth	M	27.14
69	239	Millie Wilson	Plymouth Harriers	F	27.20
70	476	Liz Westlake	Plymouth Harriers	F	27.32
71	449	Scott Green	Plymstock Road Runners	M	27.40
72	501	Antony Harwood	Plymouth Musketeers	M	27.46
73	503	Michael Jones		M	27.47
74	504	Kelvin Coker	Storm Plymouth	M	27.47
75	246	Paul Paskins	Plymouth Harriers	M	27.54
76	240	Simon Graham		M	27.58
77	528	Louise Cusack		F	28.21
78	443	Lynn Low	Plymouth Musketeers	F	28.23
79	218	Geoffrey Honey	Plymouth Harriers	M	28.35
80	255	Michelle Jones	Storm Plymouth	F	28.38
81	429	Emma Dunne	Plymouth Musketeers	F	28.42
82	430	Samantha Turner	Plymouth Musketeers	F	28.42
83	432	Clare Honeychurch	Plymstock Road Runners	F	28.45
84	236	Louise King	Plymouth Musketeers	F	29.12
85	436	Alan McCarthy		M	29.29
86	267	Dave Connell	Plymouth Harriers	M	29.34
87	513	Finlay Eynon	Plymstock Road Runners	M	29.35
88	512	Kate Eynon		F	29.36
89	455	Heidi Bishop	Plymouth Harriers	F	29.44
90	444	Natalie Roach	Plymouth Musketeers	F	30.01
91	466	Bryan Short		M	30.09
92	273	Craig Bradley	Plymstock Road Runners	M	30.31
93	447	Mark Rescorl	Tamar Trotters	M	30.51
94	299	Maria Clarke		F	31.01
95	473	Aaron Sweet		M	31.01

96	291	Phil Warren	Erme Valley Harriers	M	31.29
97	426	Michelle Jonas	Bere Alston Trekkers	F	31.37
98	465	Clare Ainsworth	Tamar Trotters	F	32.25
99	427	Karen Lawson	Plymstock Road Runners	F	32.35
100	202	Darren Williams	Plymouth Musketeers	M	32.36
101	247	Beth Dale	Plymstock Road Runners	F	32.47
102	204	Caitlin Wood	Tamar Trotters	F	32.55
103	220	Abbie Giovenco	Plymouth Harriers	F	33.00
104	507	Naomi Chown		F	33.00
105	251	Finlay Tucker	Storm Academy	M	33.03
106	253	Kevin Tucker	Storm Plymouth	M	33.04
107	215	Anna Kelly	Tavistock AC	F	33.27
108	519	Jo Chaplin		F	33.46
109	527	Rebecca Bispham		F	33.51
110	217	Gill Case	Plymouth Musketeers	F	33.55
111	230	Jennifer Oatway	Plymouth Harriers	F	33.56
112	287	Sarah Hawkins	Plymouth Musketeers	F	34.44
113	294	Lisa Court		F	34.47
114	434	Tracy Watkiss	Plymouth Musketeers	F	35.15
115	450	Natalie Green		F	35.39
116	508	Elisabeth Chown		F	35.40
117	505	Rachel Bailey	Storm Plymouth	F	35.47
118	227	Sandra Slaney	Plymouth Harriers	F	35.55
119	442	Liz Farnaby	Plymouth Harriers	F	36.06
120	258	Kate Hodgins	Storm Plymouth	F	36.09
121	286	Lisa Parr	Plymouth Harriers	F	36.10
122	260	Dawn Fifield	Storm Plymouth	F	36.16
123	428	Trudi Bavin	Plymstock Road Runners	F	36.40
124	211	Tracey Hayton	Plymouth Musketeers	F	37.03
125	472	Clare Elliott	Plymouth Musketeers	F	37.10
126	264	Beverley Riley	Storm Plymouth	F	37.10
127	451	Michelle Hughes	Storm Plymouth	F	37.11
128	269	Lynn Jones	Plymouth Musketeers	F	37.25
129	431	Kelly Rawlins	Plymstock Road Runners	F	38.17
130	238	Nina Shillabeer	Plymstock Road Runners	F	38.17
131	421	Hollie Baxter	Plymouth Harriers	F	38.22
132	254	Ruth Graham		F	38.23
133	248	Simon Ashfold	Moorhaven RC	M	38.55
134	520	Lyndsay Chaplin		F	39.06
135	245	Amy Dymond	Plymouth Harriers	F	41.40
136	293	Sara Alcock		F	43.40
137	272	Leesa Pethick	Plymouth Harriers	F	48.21
138	259	Rebecca Couch	Storm Plymouth	F	48.22
139	225	Mandy Brookshaw	Plymouth Harriers	F	48.25