

Winter 3K Series
Central Park - Wednesday 14th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	111	Sam Yearling	Plymouth Harriers	M	10.23
2	76	Liam Hallows	Erme Valley Harriers	M	10.59
3	27	Jack Arundel	Storm Plymouth	M	11.05
4	40	Ross Perkins		M	11.06
5	13	Martin Exley-Deane	Tavistock AC	M	11.09
6	110	Sean Childs	RNAC	M	11.16
7	92	Ross Portass		M	11.21
8	20	Brendan Anderson	Storm Plymouth	M	11.26
9	29	Molly Shorey	City of Plymouth AC	F	11.29
10	28	Charlene Shorey		F	11.30
11	23	Lee Herbert	Plymouth Musketeers	M	11.34
12	3	Paul Watson		M	11.36
13	123	Doogie McLaren		M	11.37
14	103	Jamie Morrison-Hill		M	11.38
15	86	James Scantlebury	Erme Valley Harriers	M	11.51
16	128	Jackson Spry	Tamar Trotters	M	11.52
17	125	Matthew Grzenda	Plymouth Musketeers	M	11.52
18	70	Jason Shipton	Tavistock AC	M	12.16
19	127	Jane Allison	Plymouth Harriers	F	12.17
20	41	Evan Barnes	Tamar Trotters	M	12.18
21	48	Dean Jones	Lordshill	M	12.20
22	62	Daniel Case	Plymouth Musketeers	M	12.21
23	56	Damian Dunne	Plymouth Musketeers	M	12.23
24	93	Josh Jansen	Tamar Trotters	M	12.32
25	61	Olivia Travers	Erme Valley Harriers	F	12.34
26	112	Steve Mace	Storm Plymouth	M	12.35
27	96	Joshua Bell		M	12.37
28	94	Shay McCarthy	Tamar Trotters	M	12.39
29	4	Jade Kinsey	Tavistock AC	F	12.40
30	116	Scott Johnstone	Plymouth Musketeers	M	12.42
31	98	Mike Bell		M	12.43
32	42	Alfie Lemin	Tamar Trotters	M	12.53
33	132	Peter Henderson	Storm Plymouth	M	12.55
34	82	Paul Whitmore	Storm Plymouth	M	12.56
35	74	Simon Ayres		M	12.57
36	89	Michael Cork	Plymouth Coasters	M	13.02
37	66	Steven Laity	Plymouth Harriers	M	13.03
38	44	David Church	Erme Valley Harriers	M	13.05
39	43	David Kilgore	Storm Plymouth	M	13.07
40	102	Jonny Herbert		M	13.08
41	50	Stephen Williams	Plymouth Harriers	M	13.10
42	18	Ella Isaias	Erme Valley Harriers	F	13.13
43	85	Kris Jones	Plymouth Musketeers	M	13.14
44	130	Simon Pritchard		M	13.17
45	24	Steve Colley		M	13.18

46	67	Dean Barrett	Tamar Trotters	M	13.22
47	38	Kelvin Coker	Storm Plymouth	M	13.26
48	47	Brendan Palmer	Storm Plymouth	M	13.28
49	19	Imogen Rickard	Tamar Trotters	F	13.30
50	139	Alex Medler		M	13.36
51	137	Peter Bazley	Tavistock AC	M	13.36
52	79	Adam Dingley	Erme Valley Harriers	M	13.37
53	104	Rowan Windrum	Tamar Trotters	F	13.38
54	35	Glenn Wood	East Cornwall Harriers	M	13.39
55	91	Jack Jefford	Tamar Trotters	M	13.43
56	12	Ruby Davidson	Tamar Trotters	F	13.50
57	37	Karl Herring		M	13.54
58	71	James Tucker	Plymstock RR	M	14.04
59	33	Martin Head	Bere Alston Trekkers	M	14.07
60	14	Claire Davidson	Tamar Trotters	F	14.13
61	107	Daniel Childs	Storm Academy	M	14.22
62	135	Pau Newitt		M	14.29
63	131	James Newman	Plymouth Musketeers	M	14.33
64	119	Miranda Burke	Plymouth Harriers	F	14.36
65	133	Aaron Sweet		M	14.41
66	88	Stephen Boxall		M	14.43
67	118	Chloe Hoatson	Plymouth Musketeers	F	14.49
68	59	Michael Organ		M	14.50
69	39	Sarah Horton	Plymouth Coasters	F	14.51
70	7	Anthony Shearer	Tavistock AC	M	14.53
71	60	Jim Medhurst	Bere Alston Trekkers	M	14.55
72	99	Tanya Argue	Bere Alston Trekkers	F	14.58
73	5	Phil Adderley	Erme Valley Harriers	M	15.07
74	17	Andrew Martin	Tavistock AC	M	15.16
75	10	Emma Webber	Tavistock AC	F	15.23
76	106	Emily Childs	Storm Academy	F	15.36
77	69	Edward Trenham-Nash	Tamar Trotters	M	15.41
78	115	Maggie Lamerton	Plymouth Musketeers	F	15.42
79	65	Debbie Ashton	Bere Alston Trekkers	F	15.44
80	81	Rodney Hillebrandt	Plymouth Musketeers	M	15.52
81	113	Michelle Cartlidge	Plymouth Harriers	F	16.07
82	68	Tracey Garland	Storm Plymouth	F	16.08
83	75	Emily Faircloth	Erme Valley Harriers	F	16.11
84	136	Paul Paskins	Plymouth Harriers	M	16.14
85	55	Emma Dunne	Plymouth Musketeers	F	16.15
86	54	Sam Turner	Plymouth Musketeers	F	16.16
87	32	Richard Nettleship	Tavistock AC	M	16.17
88	58	Simon Fewings	Plymouth Musketeers	M	16.23
89	45	Jake Rust	Tamar Trotters	M	16.36
90	121	Lynn Low	Plymouth Musketeers	F	16.40
91	126	Michelle Jones	Storm Plymouth	F	16.45
92	100	Shaun Hingston	Bere Alston Trekkers	M	16.46
93	53	Geoffrey Honey	Plymouth Harriers	M	16.47
94	63	Samantha Harte-Latremouill	Bere Alston Trekkers	F	16.55
95	83	Alison Greaves	Bere Alston Trekkers	F	16.58

96	129	Louise King	Plymouth Musketeers	F	17.03
97	109	Henry Lambert-Gorwyn	Tamar Trotters	M	17.04
98	9	Sarah Prior	Tavistock AC	F	17.05
99	51	Amelia Roberts	Tamar Trotters	F	17.06
100	25	Andy Hughes	Tavistock AC	M	17.07
101	22	Claire Herbert	Plymouth Musketeers	F	17.08
102	124	Kayleigh Baugh	Storm Plymouth	F	17.12
103	46	Harry Davis	Tamar Trotters	M	17.17
104	52	Jocelyn Davis		F	17.20
105	77	Tamsyn Dingley	Erme Valley Harriers	F	17.30
106	101	Natasha Hingston	Bere Alston Trekkers	F	17.36
107	80	Raylisha Warren	Plymouth Musketeers	F	17.38
108	114	Dawn Childs	Storm Plymouth	F	17.57
109	117	Jane Dowrick	Storm Plymouth	F	17.57
110	1	Darren Williams	Plymouth Musketeers	M	18.04
111	134	Maria Clarke		F	18.06
112	34	Hilary Head	Bere Alston Trekkers	F	18.20
113	30	Kailee Jones		F	18.21
114	11	Elena Prior		F	18.27
115	15	Caitlin Wood	Tamar Trotters	F	18.32
116	90	Lily Jefford	Tamar Trotters	F	18.33
117	122	Trevoe Grigg		M	18.35
118	31	Sean Gray	Plymouth Harriers	M	18.46
119	6	Dene Medland	Tavistock AC	F	18.51
120	87	Joanne Jefford	Plymouth Musketeers	F	19.06
121	64	Clair McCarthy		F	19.07
122	78	Sean Hallows		M	19.18
123	72	Lai-Yin Wong	Plymouth Musketeers	F	19.22
124	26	Jennifer Dyer	Plymouth Harriers	F	19.32
125	84	Sarah Hawkins	Plymouth Musketeers	F	19.45
126	108	Gill Case	Plymouth Musketeers	F	19.53
127	16	Christine McGhee	Plymouth Harriers	F	20.04
128	57	Lynn Jones	Plymouth Musketeers	F	20.37
129	105	Michelle Hughes	Storm Plymouth	F	20.38
130	120	Beverley Riley	Storm Plymouth	F	20.38
131	73	Kathryn Weaver-Gore	Plymouth Musketeers	F	21.12
132	21	Mary Dyer	Plymouth Harriers	F	21.17
133	49	Amy Dymond	Plymouth Harriers	F	21.27
134	8	Tracey Hayton	Plymouth Musketeers	F	22.06
135	36	Nina Shillabeer	Plymstock RR	F	22.18
136	95	Kate Mountstevens		F	23.15
137	97	Eloise Baugh		F	25.03
138	2	Sadie Death	Plymouth Musketeers	F	25.37