

Winter 3K Series
Central Park - Wednesday 12th December

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	84	Sam Yearling	Plymouth Harriers	M	10.06
2	6	Tom Brew	Tavistock AC	M	10.11
3	8	Joe Beaton		M	10.23
4	27	Oliver Woodmason	City of Plymouth AC	M	10.24
5	105	Alex Peyton Jones	Plymouth Harriers	M	10.27
6	117	Graham Bale	Plymstock RR	M	10.39
7	9	Damian Sandercock		M	11.03
8	92	Sean Childs	RNAC	M	11.07
9	22	Martin Exley-Deane	Tavistock AC	M	11.12
10	7	Justin Frost	Plymouth Musketeers	M	11.13
11	56	Jack Arundel	Storm Plymouth	M	11.15
12	55	Molly Shorey	City of Plymouth AC	F	11.21
13	113	Doogie McLaren		M	11.30
14	23	Sam Lake	Tavistock AC	F	11.31
15	48	Lee Herbert	Plymouth Musketeers	M	11.39
16	104	Matthew Grzenda	Plymouth Musketeers	M	11.41
17	5	Natasha Farrington	Tavistock AC	F	11.42
18	25	Jeff Cretch		M	11.46
19	64	James Scantlebury	Erme Valley Harriers	M	11.51
20	18	Emma Ryder	Tavistock AC	F	11.55
21	32	Matthew Walkey	Plymouth Harriers	M	11.58
22	42	Matt Richards	Storm Plymouth	M	11.59
23	108	Guy Petersen	Tamar Trotters	M	12.02
24	14	Stephen Williams	Plymouth Harriers	M	12.07
25	78	Daniel Baugh	Storm Plymouth	M	12.08
26	116	Jason Shipton	Tavistock AC	M	12.09
27	83	Jane Allison	Plymouth Harriers	F	12.10
28	60	Damian Dunne	Plymouth Musketeers	M	12.11
29	17	Tilly McDowell	Tavistock AC	F	12.11
30	11	Daniel Case	Plymouth Musketeers	M	12.13
31	101	Scott Johnstone	Plymouth Musketeers	M	12.23
32	38	David Kilgore	Storm Plymouth	M	12.31
33	110	Steve Mace	Storm Plymouth	M	12.39
34	36	Elyse Kedzear-MacDonough	Tavistock AC	F	12.48
35	35	Pat MacDonough	Tavistock AC	M	12.54
36	115	Dean Jones	Lordshill	M	12.56
37	111	Steven Laity	Plymouth Harriers	M	13.05
38	31	Steve Colley		M	13.07
39	24	Simon Ayres		M	13.17
40	62	Kelvin Coker	Storm Plymouth	M	13.19
41	82	David Church	Erme Valley Harriers	M	13.21
42	57	Ella Isaias	Erme Valley Harriers	F	13.22
43	53	Glenn Wood	East Cornwall Harriers	M	13.24
44	99	Mark Bullard	Plymouth Harriers	M	13.27
45	10	Leigh Robinson	Plymouth Harriers	M	13.28

46	37	Brendan Palmer	Storm Plymouth	M	13.32
47	107	James Tucker	Plymstock RR	M	13.34
48	26	Phil Adderley	Erme Valley Harriers	M	13.57
49	66	Martin Head	Bere Alston Trekkers	M	13.59
50	13	Chris Phelps		M	14.00
51	51	Jack Jefford	Tamar Trotters	M	14.05
52	100	Aaron Sweet		M	14.09
53	28	James Child	Tamar Trotters	M	14.10
54	109	Gary Tapp	Storm Plymouth	M	14.14
55	98	Paul Newitt		M	14.17
56	81	Stephen Boxall		M	14.22
57	93	Phil Bees	Plymouth Musketeers	M	14.26
58	71	Tanya Argue	Bere Alston Trekkers	F	14.31
59	94	Paul Bennett	Plymouth Musketeers	M	14.32
60	102	Sarah Horton	Plymouth Coasters	F	14.36
61	103	Chloe Hoatson	Plymouth Musketeers	F	14.38
62	75	Paul Ashton	Bere Alston Trekkers	M	14.46
63	50	Peter Jefford	Plymouth Musketeers	M	14.52
64	86	Adrian Colwill	UPAC	M	14.57
65	63	Rodney Hillebrandt	Plymouth Musketeers	M	15.14
66	1	Mike Steward	Okehampton RC	M	15.34
67	91	Jake Rust	Tamar Trotters	M	16.06
68	59	Emma Dunne	Plymouth Musketeers	F	16.14
69	73	Lynn Low	Plymouth Musketeers	F	16.15
70	61	Sam Turner	Plymouth Musketeers	F	16.16
71	74	Debbie Ashton	Bere Alston Trekkers	F	16.21
72	58	Colin Miller		M	16.34
73	88	Paul Paskins	Plymouth Harriers	M	16.39
74	90	Harry Davis	Tamar Trotters	M	16.46
75	33	Michelle Jones	Storm Plymouth	F	16.47
76	89	Jocelyn Davis		F	16.54
77	12	Sarah Prior	Tavistock AC	F	17.09
78	106	Kayleigh Baugh	Storm Plymouth	F	17.18
79	21	Louise Creber		F	17.22
80	70	Samantha Harte-Latremouill	Bere Alston Trekkers	F	17.27
81	54	Trevor Grigg	Tavistock AC	M	17.30
82	20	David Hardy		M	17.31
83	40	Finlay Tucker	Storm Academy	M	17.39
84	41	Kevin Tucker	Storm Plymouth	M	17.40
85	47	Geoffrey Honey	Plymouth Harriers	M	17.43
86	97	Maria Clarke		F	18.03
87	52	Lily Jefford	Tamar Trotters	F	18.06
88	95	Helen Childs	Storm Plymouth	F	18.14
89	46	Naomi Ash		F	18.28
90	34	Caitlin Wood	Tamar Trotters	F	18.38
91	29	Helen Roper	Tamar Trotters	F	18.39
92	80	Carol Hansen	Erme Valley Harriers	F	18.42
93	112	Lisa Light	Plymouth Musketeers	F	19.02
94	2	Bryan King	Plymouth Musketeers	M	19.04
95	65	Hilary Head	Bere Alston Trekkers	F	19.11

96	85	Henry Lambert-Gorwyn	Tamar Trotters	M	19.25
97	4	Darren Williams	Plymouth Musketeers	M	19.41
98	67	Sarah Hawkins	Plymouth Musketeers	F	20.00
99	72	Gill Case	Plymouth Musketeers	F	20.15
100	76	Lynn Jones	Plymouth Musketeers	F	21.24
101	45	Debbie Grosch-Squance		F	21.50
102	43	Rhiannon Squance		F	21.50
103	114	Tracey Hayton	Plymouth Musketeers	F	21.53
104	49	Simon Ashfold	Moorhaven RC	M	22.31
105	69	Georgia Jones		F	22.36
106	68	Kris Jones	Plymouth Musketeers	M	22.36
107	79	Hiollie Baxter	Plymouth Harriers	F	23.19
108	96	Jennifer Dyer	Plymouth Harriers	F	23.19
109	16	Amy Dymond	Plymouth Harriers	F	23.19
110	19	Christine McGhee	Plymouth Harriers	F	23.20
111	87	Mary Dyer	Plymouth Harriers	F	23.21
112	77	Eloise Baugh		F	24.43
113	39	Nina Shillabeer	Plymstock RR	F	25.08
114	44	Richard Walters		M	25.08
115	3	Sadie Death	Plymouth Musketeers	F	25.57