

Winter 3K Series
Central Park - Wednesday 9th January

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	64	Sam Yearling	Plymouth Harriers	M	10.24
2	10	Christopher Brown	Running Forever RC	M	11.01
3	39	Jack Arundel	Storm Plymouth	M	11.07
4	1	Liam Hallows	Erme Valley Harriers	M	11.08
5	18	Lee Herbert	Plymouth Musketeers	M	11.22
6	24	Justin Frost	Plymouth Musketeers	M	11.46
7	100	Doogie McLaren		M	11.53
8	93	Matthew Grzenda	Plymouth Musketeers	M	11.58
9	12	Andrew Trigg	Erme Valley Harriers	M	12.05
10	42	Bassem Amr		M	12.07
11	101	Jamie Morrison-Hill		M	12.14
12	83	Samuel White		M	12.24
13	33	Daniel Case	Plymouth Musketeers	M	12.25
14	81	Matthew Golding	City of Plymouth AC	M	12.40
15	73	Scott Johnstone	Plymouth Musketeers	M	12.43
16	96	James Scantlebury	Erme Valley Harriers	M	12.46
17	92	Steve Mace	Storm Plymouth	M	12.47
18	58	Damian Dunne	Plymouth Musketeers	M	12.48
19	102	Jonny Herbert		M	13.01
20	43	Brendan Palmer	Storm Plymouth	M	13.24
21	94	David Church	Erme Valley Harriers	M	13.31
22	34	Simon Ayres		M	13.33
23	57	Glenn Wood	East Cornwall Harriers	M	13.37
24	45	Chris Phelps		M	13.43
25	44	Michael Cork	Plymouth Coasters	M	13.49
26	97	Brad Harrison	Plymouth Musketeers	M	13.49
27	20	Michael Walsh	Plymouth Musketeers	M	13.58
28	29	Imogen Rickard	Tamar Trotters	F	14.04
29	51	Kris Jones	Plymouth Musketeers	M	14.10
30	98	Clayton Harrison		M	14.14
31	63	Steven Laity	Plymouth Harriers	M	14.19
32	82	Phil Bees	Plymouth Musketeers	M	14.24
33	16	Richard Morton	Tamar Trotters	M	14.30
34	95	Chloe Hoatson	Plymouth Musketeers	F	14.35
35	84	Paul Bennett	Plymouth Musketeers	M	14.38
36	89	James Tucker	Plymstock RR	M	14.39
37	3	Ruby Davidson	Tamar Trotters	F	14.48
38	54	Stephen Boxall		M	14.51
39	36	Lynda Harris	Plymouth Musketeers	F	14.55
40	40	Phil Adderley	Erme Valley Harriers	M	15.00
41	90	Paul Newitt		M	15.06
42	19	Michelle Shaw		F	15.12
43	59	Emma Dunne	Plymouth Musketeers	F	15.25
44	61	Michael Organ		M	15.41
45	13	Jonathan Stapley		M	15.46

46	53	Rodney Hillebrandt	Plymouth Musketeers	M	15.54
47	55	James Child	Tamar Trotters	M	15.55
48	87	Lisa Light	Plymouth Musketeers	F	16.01
49	37	Colin Miller		M	16.12
50	41	Daniel Adderley	Erme Valley Harriers	M	16.14
51	60	Sam Turner	Plymouth Musketeers	F	16.18
52	86	Dean Trice	Plymouth Musketeers	M	16.19
53	56	Millie Wilson	Plymouth Harriers	F	16.22
54	62	Lynn Low	Plymouth Musketeers	F	16.34
55	70	Harry Davis	Tamar Trotters	M	16.43
56	72	Jocelyn Davis		F	16.44
57	77	Heather O'Connell	Plymouth Musketeers	F	16.46
58	17	Claire Herbert	Plymouth Musketeers	F	16.49
59	35	Rob Clark	Tamar Trotters	M	16.50
60	52	Aaron Sweet		M	16.58
61	74	Bryan Short	Erme Valley Harriers	M	17.04
62	79	David Hardy		M	17.05
63	85	Deborah Bennett	Plymouth Musketeers	F	17.29
64	67	Kelly Hewings		F	17.43
65	2	Geoffrey Honey	Plymouth Harriers	M	17.45
66	25	Louise King	Plymouth Musketeers	F	17.57
67	66	Shannon Bays	Plymouth Coasters	F	18.06
68	91	Maria Clarke		F	18.19
69	71	Jake Rust	Tamar Trotters	M	19.05
70	46	Lily Jefford	Tamar Trotters	F	19.52
71	48	Joanne Jefford	Plymouth Musketeers	F	19.53
72	69	Gill Case	Plymouth Musketeers	F	20.25
73	76	Anna Harris		F	20.51
74	68	Laura Goodspeed		F	20.51
75	78	Daryl McMullan		M	20.53
76	75	Debbie Grosch-Squance		F	20.55
77	99	James Smith	Plymouth Musketeers	M	21.04
78	65	Kathryn Weaver-Gore	Plymouth Musketeers	F	21.23
79	50	Georgia Jones		F	22.16
80	49	Sarah Hawkins	Plymouth Musketeers	F	22.23
81	32	Lynn Jones	Plymouth Musketeers	F	22.29
82	27	Helen Shattock	Plymouth Harriers	F	22.48
83	26	Karen Eccles	Plymouth Harriers	F	22.48
84	28	Sam Shattock		M	22.49
85	11	Melanie Pedrick	Plymouth Harriers	F	22.50
86	14	Julie Board	Plymouth Harriers	F	22.50
87	7	Richard Walters		M	25.06
88	4	Nina Shillabeer	Plymstock RR	F	25.06