

Summer 5K Series
Saltram - Wednesday 10th July

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	13	Steve Fletcher	Plymouth Harriers	M	16.45
2	171	Sam Yearling	Plymouth Harriers	M	17.22
3	125	Scott Mansfield	Plymouth Musketeers	M	18.32
4	183	Graham Bale	Plymstock Road Runners	M	18.36
5	37	Liam Hallows	Erme Valley Harriers	M	18.45
6	71	Matthew Dalton	Riviera Racers	M	19.11
7	29	Nick Bristow	Erme Valley Harriers	M	19.18
8	59	Lee Herbert	Plymouth Musketeers	M	19.21
9	33	Pete Moon		M	19.45
10	197	Tom Pitcher	Tamar Trotters	M	19.49
11	19	Justin Smith	Plymouth Harriers	M	19.51
12	84	Ed Varcoe	Plymouth Harriers	M	19.57
13	40	Andy Charles	Plymouth Harriers	M	20.06
14	17	Darren Walker		M	20.21
15	140	Alan Wilcox		M	20.35
16	169	Dougie McLaren		M	20.36
17	161	Nick Tippett		M	20.43
18	170	Guy Petersen		M	20.46
19	124	Billy Jones		M	20.56
20	128	Youses Yousefi		M	21.02
21	81	Damian Dunne	Plymouth Musketeers	M	21.04
22	173	Jane Allison		F	21.12
23	36	Tom Kerr	Plymouth Harriers	M	21.17
24	61	Steve Waters		M	21.25
25	75	David Shalders	Plymouth Harriers	M	21.26
26	165	Joseph Lowe		M	21.45
27	132	Francisco Najera Mendez		M	21.59
28	194	Dean Barrett	Tamar Trotters	M	22.01
29	152	Alice Robinson		F	22.07
30	110	John Crockford	Plymouth Coasters	M	22.12
31	69	Mark Thomas	Plymouth Harriers	M	22.15
32	68	Finley Squires		M	22.21
33	63	Ian Lamerton	SWVets	M	22.23
34	60	Robert Kenny		M	22.40
35	102	Peter Henderson	Storm Plymouth	M	22.45
36	2	Stanley Kellett	Plymouth Musketeers	M	22.50
37	57	Pauk Barretto	Plymouth Musketeers	M	22.51
38	65	Simon Todd	Plymouth Harriers	M	22.52
39	97	Michael Cork	Plymouth Coasters	M	22.58
40	70	Ian Squires		M	23.04
41	79	David Church	Erme Valley Harriers	M	23.11
42	94	Marc Young	Plymouth Musketeers	M	23.20
43	28	Ben Bristow	Erme Valley Harriers	M	23.22
44	56	Michael Hughes	Storm Plymouth	M	23.23
45	51	Gary Bishop	Plymouth Harriers	M	23.39

46	176	Adam Speare	Tamar Trotters	M	23.41
47	48	Phil Adderley	Erme Valley Harriers	M	23.43
48	77	Sophie Varcoe	Tavistock AC	F	23.44
49	195	Heidi Campbell		F	23.59
50	76	Kellie Boylin	Plymouth Harriers	F	24.02
51	39	Owain Thomas	Plymouth Musketeers	M	24.07
52	156	Sam McGowen		M	24.10
53	149	Oli Jones		M	24.12
54	78	Simon Ayres		M	24.14
55	150	Christopher Marcol		M	24.18
56	119	Anna Lake	Erme Valley Harriers	F	24.23
57	144	Neil Squires		M	24.30
58	172	Alison Caldwell	Tamar Trotters	F	24.47
59	42	Brendan Palmer	Storm Plymouth	M	25.07
60	62	Andrew Mumford		M	25.09
61	185	Aaron Sweet		M	25.11
62	7	Colin Miller		M	25.24
63	136	Paul Newitt		M	25.28
64	92	Kevin Flanagan		M	25.37
65	153	Phil Bees	Plymouth Musketeers	M	25.38
66	25	Simon Pepper		M	25.38
67	154	Alex Jesty	Plymouth Musketeers	M	25.42
68	26	Ben Rollinson		M	25.44
69	16	Chris Rollinson		M	25.44
70	4	Rodney Hillebrandt	Plymouth Musketeers	M	25.51
71	43	Sean Hallows		M	25.52
72	117	Alison Engledew	Erme Valley Harriers	F	25.56
73	104	Jonny Mac		M	26.06
74	41	Ruth Terry	Erme Valley Harriers	F	26.28
75	151	Lisa Light	Plymouth Musketeers	F	26.45
76	114	Bella May	Erme Valley Harriers	F	26.52
77	120	Emma Lake	Erme Valley Harriers	F	26.52
78	86	Samantha Turner	Plymouth Musketeers	F	27.05
79	85	Emma Dunne	Plymouth Musketeers	F	27.06
80	180	Katie Blackwood	Storm Plymouth	F	27.09
81	141	Nick McMahon	Erme Valley Harriers	M	27.17
82	181	James Newman	Lonely Goat RC	M	27.18
83	155	Jenny Thorn		F	27.25
84	133	Douglas Rivas Rodriguez		M	27.34
85	46	Dan Adderley	Erme Valley Harriers	M	27.35
86	89	Lynn Low	Plymouth Musketeers	F	27.46
87	44	Sandra Hallows		F	27.55
88	162	Paul Hyde		M	27.57
89	160	Dave Armstrong		M	27.58
90	106	Simon Fewins	Storm Plymouth	M	28.10
91	135	Maria Clarke		F	28.13
92	87	Brad Harrison	Plymouth Musketeers	M	28.28
93	98	Rachel Nicholls		F	28.30
94	12	Nicholas Evans		M	28.39
95	118	David Engledew	Erme Valley Harriers	M	28.40

96	191	Sarah Mouat		F	28.41
97	109	Natalie Cook		F	28.44
98	121	Phil Jinks	Plymouth Harriers	M	28.49
99	20	Bryan King	Plymouth Musketeers	M	28.51
100	138	Robert Shaddick		M	29.52
101	113	Edward Porter	Plymouth Harriers	M	28.54
102	66	Hayley Ramadhar		F	28.56
103	166	Kyle Mitchell		M	28.57
104	45	Karen Lawson	Plymstock Road Runners	F	28.59
105	1	Jack Kellett	Plymouth Musketeers	M	29.21
106	142	Carley Bunston	Storm Plymouth	F	29.25
107	127	Suvi Pehell		M	29.29
108	35	Simon Plumb	Plymouth Musketeers	M	29.42
109	134	Dave Connell	Plymouth Harriers	M	29.43
110	164	Chloe Nicholls		F	29.46
111	163	Amelia Harrison		F	29.47
112	167	Dona Turner	Plymouth Musketeers	F	29.52
113	168	Raegan Leather	Plymouth Musketeers	F	29.53
114	193	Anna Leitch	Tamar Trotters	F	29.56
115	24	Louise King	Plymouth Musketeers	F	30.01
116	198	Holly Cummings		F	30.18
117	190	Kayleigh Baugh	Storm Plymouth	F	30.19
118	174	Joanne Small	Plymouth Harriers	F	30.23
119	122	Tom Rose	DCFRS	M	30.33
120	175	Tom Barker		M	30.36
121	123	Suzanne Vosper	Plymouth Musketeers	F	30.42
122	67	Michelle Todd	Plymouth Harriers	F	30.45
123	101	Hayley Frith		F	30.54
124	34	Jennifer Oatway	Plymouth Harriers	F	31.07
125	91	Mark Rescorl	Tamar Trotters	M	31.12
126	58	Claire Herbert	Plymouth Musketeers	F	31.30
127	143	Bryan Short	Erme Valley Harriers	M	31.32
128	159	Suzanne Tilley	Tamar Trotters	F	31.35
129	157	Kirsty Allen		F	31.45
130	116	Nicola Aindow	Plymstock Road Runners	F	31.49
131	158	Jemima Fox		F	31.52
132	103	George Barnicott	Plymstock Road Runners	M	32.01
133	179	Helen Childs	Storm Plymouth	F	32.07
134	178	Dawn Childs	Storm Plymouth	F	32.08
135	177	Jane Dowrick	Storm Plymouth	F	32.08
136	93	Jen Digby		F	32.11
137	137	Elizabeth Buckman	Plymouth Musketeers	F	32.21
138	73	Louise Shalders	Plymouth Harriers	F	32.24
139	18	Kate Walker		F	32.24
140	72	Lisa Burnham	Plymouth Harriers	F	32.37
141	100	Sara Weymouth		F	32.41
142	53	Paul Paskins	Plymouth Harriers	M	32.46
143	107	Emma Dufty		F	32.48
144	189	Laura Adams		F	32.51
145	182	Emma Luscombe		F	33.00

146	111	Debbie Fry	Plymouth Musketeers	F	33.03
147	64	Gill Case	Plymouth Musketeers	F	33.03
148	148	Deryl Waller	Plymouth Harriers	F	33.42
149	192	Rachel Kilpatrick	Plymouth Harriers	F	33.51
150	139	Emily Sullivan		F	33.52
151	196	Dave Pitcher	Tamar Trotters	M	35.13
152	3	Lesley-Anne Lupton	Storm Plymouth	F	35.22
153	11	Tanisha Brandon	Storm Plymouth	F	35.23
154	186	Kate Youngs	Erme Valley Harriers	F	35.33
155	74	Phil Warren	Erme Valley Harriers	M	35.34
156	90	James Smith	Plymouth Musketeers	M	36.07
157	50	Abigail Durrell		F	36.48
158	55	Abbie Giolenco	Plymouth Harriers	F	36.50
159	145	Miomi Pritchard		F	37.05
160	147	Ava Bradley-Roberts		F	37.27
161	146	Simon Pritchard		M	37.28
162	32	Lynn Jones	Plymouth Musketeers	F	37.39
163	49	Deborah Cope		F	37.51
164	130	Lisa Parr	Plymouth Harriers	F	37.52
165	200	Amie Mason		F	38.19
166	199	Jamie Parnell		M	38.19
167	54	Nina Shillabeer	Plymstock Road Runners	F	36.13
168	184	Brett Leacher		M	39.35
169	82	Nikki Richardson		F	40.10
170	14	Chelsea Pillen		F	40.12
171	27	Lisa Austin		F	41.00
172	187	Suzy Austin		F	41.00
173	83	Sara Alcock	Plymouth Harriers	F	41.37
174	108	Sarah Prowse		F	42.21
175	105	Helen Jinks		F	42.34
176	95	Courtney Nettleship		F	43.19