

Summer 5K Series  
Saltram - Wednesday 14th August

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>M/F</u>	<u>Time</u>
1	236	Graham Bale	Plymstock Road Runners	M	17.59
2	13	Edward Horn	Tavistock AC	M	18.06
3	14	Darren Evans	Launceston RR	M	18.08
4	138	Pete Waumsley	Storm Plymouth	M	19.02
5	201	Scott Mansfield	Plymouth Musketeers	M	19.28
6	62	Jamie Frost	Erme Valley Harriers	M	19.31
7	11	Jack Arundel	Storm Plymouth	M	19.41
8	162	Michael Tossell	Storm Plymouth	M	19.55
9	61	Justin Frost	Plymouth Musketeers	M	19.59
10	34	Daniel Baugh	Storm Plymouth	M	20.02
11	113	George Skeil		M	20.03
12	111	Molly Skeil		F	20.04
13	42	Andy Charles	Plymouth Harriers	M	20.05
14	12	Lauren Knox	Storm Plymouth	F	20.14
15	234	Matthew Grzenda	Plymouth Musketeers	M	20.22
16	154	Emma Lake	Erme Valley Harriers	F	20.38
17	59	Daniel Case	Plymouth Musketeers	M	20.41
18	118	David Kilgore	Storm Plymouth	M	20.45
19	209	Ricky Bell	Plymouth Harriers	M	20.49
20	186	Tom Kerr	Plymouth Musketeers	M	20.57
21	72	Chris Mervyn	Storm Plymouth	M	20.58
22	190	Guy Petersen		M	21.06
23	174	Matthew Jeffery	Storm Plymouth	M	21.10
24	159	David Shalders	Plymouth Harriers	M	21.21
25	147	Carie Robertson		F	21.24
26	134	Alice Robinson		F	21.42
27	87	Steve Williams	Plymouth Harriers	M	21.49
28	100	Murray Turner	Bere Alston Trekkers	M	21.53
29	97	Finley Squires		M	22.01
30	68	Ian Lamerton	SWVets	M	22.04
31	189	Michael Cork	Plymouth Coasters	M	22.07
32	70	Kevin Peart	Plymouth Harriers	M	22.08
33	85	David Church	Erme Valley Harriers	M	22.17
34	16	Matt Richards	Storm Plymouth	M	22.27
35	28	Stanley Kellett	Plymouth Musketeers	M	22.28
36	151	Fern Robertson		F	22.32
37	228	Andy Bees	Plymouth Musketeers	M	22.36
38	104	Ian Squires		M	22.38
39	158	James Ansell		M	22.45
40	224	Peter Henderson	Storm Plymouth	M	22.51
41	63	Simon Todd	Plymouth Harriers	M	22.55
42	125	Gary Fielder	Bere Alston Trekkers	M	23.00
43	148	Oliver Deans		M	23.04
44	132	Kris Worden		M	23.17
45	232	Pawel Szymanski	Launceston RR	M	23.20

46	120	Paul Ashton	Bere Alston Trekkers	M	23.21
47	146	Steve Bush	Plymouth Musketeers	M	23.23
48	33	Colin Palmer	Storm Plymouth	M	23.25
49	122	Paul Whitmore	Storm Plymouth	M	23.28
50	56	Sarah Robinson	Plymouth Musketeers	F	23.31
51	67	Nicola Lilley	Plymouth Harriers	F	23.35
52	7	Anthony Shearer	Tavistock AC	M	23.41
53	235	Lucy Stoneman	Tamar Trotters	F	23.43
54	233	Kelvin Coker	Storm Plymouth	M	23.46
55	37	Brendan Palmer	Storm Plymouth	M	23.49
56	195	Gary Pope	Plymouth Musketeers	M	23.51
57	227	Gary Bishop	Plymouth Harriers	M	23.53
58	176	Gareth Tucker		M	23.55
59	163	Paul Bennett	Plymouth Musketeers	M	23.59
60	153	Anna Lake	Erme Valley Harriers	F	24.00
61	121	Martin Head	Bere Alston Trekkers	M	24.01
62	136	Simon Ayres		M	24.14
63	173	Neil Squires		M	24.15
64	175	James Tucker	Plymstock Road Runners	M	24.16
65	3	John Brady	East Cornwall Harriers	M	24.23
66	161	Kellie Boylin	Plymouth Harriers	F	24.30
67	192	Christopher Marcol		M	24.31
68	82	Kevin Flanagan		M	24.37
69	91	Richard Lane	Erme Valley Harriers	M	24.45
70	36	Iain McGregor		M	24.58
71	213	Oli Jones		M	25.01
72	1	Jemma Bowden	Storm Plymouth	F	25.03
73	51	Georgie Farr	Storm Plymouth	F	25.08
74	35	Bill Christie	Plymstock Road Runners	M	25.11
75	95	Derek Hick	Bere Alston Trekkers	M	25.12
76	119	Colin Miller		M	25.14
77	194	Chris Rollinson		M	25.16
78	84	Rebecca Lee	Erme Valley Harriers	F	25.20
79	185	Deborah Cornish	Storm Plymouth	F	25.24
80	69	Alison Engledew	Erme Valley Harriers	F	25.26
81	182	Jonny Mac		M	25.33
82	217	Phil Bees	Plymouth Musketeers	M	25.39
83	27	Andrew Martin	Tavistock AC	M	25.40
84	74	Simon Warner	Storm Plymouth	M	25.41
85	76	Claire Mervyn	Storm Plymouth	F	25.43
86	73	Neil Turnham	Instinctive Sport	M	25.44
87	218	Paul Newitt		M	25.48
88	90	Lindsay Lane	Erme Valley Harriers	F	25.50
89	212	Alan Hockings	Plymouth Musketeers	M	25.55
90	40	David Madge		M	25.57
91	170	Martin Jones	Storm Plymouth	M	25.58
92	230	Rebecca Gillham	Plymouth Harriers	F	26.07
93	231	Chloe Hoatson	Plymouth Musketeers	F	26.09
94	60	Mat Croft		M	26.15
95	78	Lisa Williams	Instinctive Sport	F	26.16

96	223	Lisa Light	Plymouth Musketeers	F	26.18
97	204	Paul Worsfold	Plymstock Road Runners	M	26.35
98	221	Aaron Sweet		M	26.38
99	187	Rodney Hillebrandt	Plymouth Musketeers	M	26.42
100	155	Charlie Greaves		M	26.50
101	168	Damon Bruce	Storm Plymouth	M	27.04
102	39	Ruth Terry	Erme Valley Harriers	F	27.07
103	229	Laura Wills	Plymstock Road Runners	F	27.10
104	145	Steve Pittaway	Plymstock Road Runners	M	27.10
105	180	Charlotte Illsley		F	27.12
106	114	Debbie Ashton	Bere Alston Trekkers	F	27.13
107	202	George Barnicott	Plymstock Road Runners	M	27.16
108	152	Nik Greaves		M	27.18
109	20	Geoffrey Honey	Plymouth Harriers	M	27.27
110	172	Dave Westell		M	27.28
111	181	Chloe Bolton		F	27.35
112	193	Michelle Cartlidge	Plymouth Harriers	F	27.37
113	64	Gina O'Riley	Plymouth Musketeers	F	27.51
114	49	Dean Trice	Plymouth Musketeers	M	27.53
115	109	Mel Greaves	Bere Alston Trekkers	F	28.17
116	139	Quintin Harte-Latremouille	Bere Alston Trekkers	M	28.20
117	214	Clare Munro	Bere Alston Trekkers	F	28.20
118	208	Julie Page	Bere Alston Trekkers	F	28.20
119	220	Maria Clarke		F	28.26
120	79	Tracey Garland	Storm Plymouth	F	28.32
121	177	Tamsin Trinder		F	28.44
122	127	Sara Cooksley	Plymouth Harriers	F	28.46
123	57	Charlotte Walton	Plymouth Harriers	F	28.47
124	32	Lisa Burnham	Plymouth Harriers	F	28.52
125	106	Eleanor Johnson	Bere Alston Trekkers	F	28.53
126	207	Phil Jinks	Plymouth Harriers	M	28.58
127	164	Deborah Bennett	Plymouth Musketeers	F	29.03
128	4	Paula Smerdon	Tavistock AC	F	29.03
129	101	Kat Medhurst	Bere Alston Trekkers	F	29.15
130	165	Shelly Jones	Storm Plymouth	F	29.21
131	142	Bryan King	Plymouth Musketeers	M	29.25
132	179	Carley Bunston	Storm Plymouth	F	29.26
133	44	Dawn Dixon	Storm Plymouth	F	29.29
134	157	Karen Lawson	Plymstock Road Runners	F	29.40
135	143	Louise King	Plymouth Musketeers	F	29.53
136	226	Kayleigh Baugh	Storm Plymouth	F	29.56
137	167	Nicola Aindow	Plymstock Road Runners	F	30.27
138	92	Keith Couling	Storm Plymouth	M	30.33
139	53	Ben Bristow	Erme Valley Harriers	M	30.36
140	128	Shaun Hingston	Bere Alston Trekkers	M	30.38
141	156	Alison Greaves		F	30.46
142	83	Michelle Todd	Plymouth Harriers	F	30.51
143	130	Jennifer Oatway	Plymouth Harriers	F	30.56
144	222	Toby Woolven-Allen		M	30.58
145	169	Katie Durrell	Plymouth Coasters	F	31.02

146	110	Melissa Pinfield	Bere Alston Trekkers	F	31.11
147	71	Richard Davies		M	31.21
148	219	John Woolven-Allen	Plymstock Road Runners	M	31.22
149	225	Dave Connell	Plymouth Harriers	M	31.23
150	160	Louise Shalders	Plymouth Harriers	F	31.25
151	216	Emma Luscombe		F	31.29
152	141	Natasha Hingston	Bere Alston Trekkers	F	31.30
153	105	Dominika Nawalany	Bere Alston Trekkers	F	31.33
154	50	Claire Herbert	Plymouth Musketeers	F	31.38
155	196	Hazel Bickley	Bere Alston Trekkers	F	32.11
156	203	Linda Worsfold	Plymstock Road Runners	F	32.19
157	25	Janette Pattinson		F	32.30
158	197	Bryan Short	Erme Valley Harriers	M	33.06
159	93	Jennifer Dyer	Plymouth Harriers	F	33.07
160	108	Helen Parker	Plymouth Harriers	F	33.08
161	43	Travis Trice	Plymouth Musketeers	M	33.09
162	205	Cally Barnes	Bere Alston Trekkers	F	33.32
163	86	Louise Sowden	Storm Plymouth	F	33.39
164	75	Julie Board	Plymouth Harriers	F	33.47
165	29	Jane Martin	Tavistock AC	F	34.08
166	191	Gill Case	Plymouth Musketeers	F	34.10
167	102	Frances Morgan	Bere Alston Trekkers	F	34.13
168	166	Claire Hart	Plymouth Harriers	F	34.16
169	26	Trevor Grigg	Tavistock AC	M	34.33
170	215	Kate Youngs	Erme Valley Harriers	F	35.02
171	41	Sharon Terry	Erme Valley Harriers	F	35.02
172	116	Kate Larcombe	Storm Plymouth	F	35.04
173	117	Kim Watkins	Storm Plymouth	F	35.06
174	54	James Farr	Storm Plymouth	M	35.07
175	123	Hilary Head	Bere Alston Trekkers	F	35.31
176	210	Caroline Blackmore	Erme Valley Harriers	F	35.48
177	98	Kelly Shaw	Bere Alston Trekkers	F	35.49
178	124	Phil Warren	Erme Valley Harriers	M	35.49
179	107	Karin Kattenhorn	Bere Alston Trekkers	F	36.38
180	183	Dave Pitcher	Tamar Trotters	M	36.58
181	2	Darren Williams	Plymouth Musketeers	M	37.14
182	150	Deborah Cope		F	37.23
183	19	Tina Diuito-Jones		F	37.38
184	17	Melanie Pedrick	Plymouth Harriers	F	37.39
185	103	Pauline Cole	Bere Alston Trekkers	F	37.44
186	48	Lisa Parr	Plymouth Harriers	F	37.45
187	94	Jo Bourton	Bere Alston Trekkers	F	38.19
188	211	Lisa Birch	Bere Alston Trekkers	F	38.20
189	133	Natalie Williams	Storm Plymouth	F	38.20
190	135	Clare Collings	Storm Plymouth	F	38.21
191	66	Kathryn Weaver-Gore	Plymouth Musketeers	F	38.35
192	45	Christine McGhee	Plymouth Harriers	F	39.21
193	18	Pat Tabenor	Plymouth Harriers	F	39.22
194	81	Onie Flanagan		F	40.08
195	137	Sandra Slaney	Plymouth Harriers	F	40.23

196	55	Claire Bryan		F	41.24
197	206	Helen Jinks	Plymouth Harriers	F	41.35
198	144	Catherine Pittaway	Plymstock Road Runners	F	43.13
199	184	Sue Maffey	Plymstock Road Runners	F	43.14
200	178	Sara Alcock	Plymouth Harriers	F	43.56
201	58	Katherine Morgan		F	44.31
202	77	Simon Ashfold	Moorhaven	M	45.45
203	89	Amy Dymond	Plymouth Harriers	F	47.41
204	24	Liz Friend		F	49.12
205	171	Hollie Baxter	Plymouth Harriers	F	49.17
206	65	Dave Dane	Plymstock Road Runners	M	50.15
207	149	Nina Shillabeer	Plymstock Road Runners	F	50.15