

Winter 3K Series
Central Park - Wednesday 14th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	675	Phillip Benson	UPAC	10.00
2	780	Sam Lane De Courtin	Tavistock AC	10.16
3	759	Simon Cook	Solihull	10.39
4	746	James Muscart	Plymouth Harriers	10.47
5	665	Guy Petersen	Tamar Trotters	10.48
6	768	Stephen Burns	COPAC	10.51
7	677	Mike Chatting	UPAC	10.57
8	701	Ami Yetton	Plymouth Harriers	10.59
9	751	Victoria Weir	COPAC	11.17
10	743	Emily Attfield	Tavistock AC	11.24
11	755	Ben Carthy		11.26
12	728	Dave Scrivens	Plymouth Harriers	11.27
13	773	Justin Smith	Plymouth Harriers	11.31
14	766	William Dax	Tavistock AC	11.33
15	693	Stan Townsend	UPAC	11.38
16	765	Josh Blake	Tavistock AC	11.39
17	737	Alice Rogers	Tavistock AC	11.43
18	679	Hannah Blair	UPAC	11.47
19	708	Jane Allison	Plymouth Harriers	11.56
20	704	Harry Herdman	Tavistock AC	11.58
21	781	Neil Williams	Plymouth Musketeers	12.16
22	705	Allan Herdman	Tavistock AC	12.23
23	749	Michael Cork		12.26
24	753	Freya Carlson	Notts Uni	12.26
25	721	Peter May	Tamar Trotters	12.27
26	680	Yannick Scott	UPAC	12.35
27	702	Mike Saunders		12.44
28	763	Marcus Collinge	UPAC	12.45
29	784	Tiago Bandeira De Lima		12.56
30	747	Matt Besant		12.58
31	740	Matthew Neyle-Opie	COPAC	12.59
32	756	Chris Price		13.06
33	779	Matthew Golding	Plymstock RR	13.16
34	772	Terry Bartlett	Plymouth Harriers	13.21
35	769	Chris Whipp	Plymouth Musketeers	13.23
36	750	Graham Triplett	Plymstock RR	13.29
37	767	Joud White	Tavistock AC	13.33
38	668	Stephen Watson	Erme Valley Harriers	13.37
39	727	Nicola Noble		13.38
40	741	Mike Cookson		13.43
41	782	D Dunridge	Plymouth Musketeers	13.47
42	754	Jolene Stephenson		13.49
43	752	Paul Paskins	Plymouth Harriers	13.51
44	783	Adam Bevins		13.52
45	760	Jenny Kumah	Plymouth Musketeers	14.02

46	716	Miranda Burke	Plymouth Harriers	14.10
47	739	Paul Medicott		14.11
48	733	George Walsh		14.18
49	734	Jamie Crocker Valeron	Tavistock AC	14.19
50	709	Lee Le Marquand		14.25
51	761	Rodney Hillebrandt	Plymouth Musketeers	14.35
52	738	Anthony Allen		14.41
53	703	Francesca Herdman	Tavistock AC	14.44
54	748	John McGhee	Plymouth Harriers	15.07
55	762	Sharon Lang		15.08
56	776	Sue Darke		15.15
57	736	Kate Rogers	Tavistock AC	15.46
58	731	Chris Furze	Moorhaven	15.47
59	732	M Discombe	Moorhaven	15.56
60	735	Kate Howard	Plymouth Musketeers	16.34
61	715	Linda Thaller		16.36
62	745	Katherine Endacott	COPAC	16.39
63	764	Carloline Williams	Plymouth Musketeers	16.47
64	777	Rosie Williams		16.53
65	778	Gareth Peter	Plymstock RR	16.54
66	757	Laura Goodman		17.08
67	758	Lloyd Grinsted		17.08
68	771	Charlotte Smith		17.12
69	697	Christine McGhee	Plymouth Harriers	17.15
70	770	Charlotte Pringle		18.00
71	685	Kerry Fritzsche	Plymouth Musketeers	19.02
72	775	Nina Shillabeer	Plymstock RR	19.10
73	742	Elly Cookson		20.10
74	744	Neil Bowden	Plymstock RR	21.02
75	666	Sofie Haidon	Plymouth Coasters	22.14
76	774	David King	Plymstock RR	23.23