

Summer 5K Series
Saltram - Wednesday 10th April

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	110	Stuart Hall	DSFRS	17.08
2	129	John Porter	Plymouth Harriers	17.42
3	109	Neil Holmes	Erme Valley Harriers	17.56
4	152	Ben Carthy		18.41
5	147	Matthew Brown	Erme Valley Harriers	19.01
6	117	Thomas Humphrey	Plymouth Tri Club	19.03
7	155	Richard Maunder	Plymouth Tri Club	19.23
8	136	Chris Prall	Tamar Trotters	19.32
9	137	Guy Petersen	Tamar Trotters	19.34
10	154	Graham Bale	Plymstock Road Runners	19.57
11	101	Andrew Reed	Erme Valley Harriers	20.23
12	125	John Crockford	Plymouth Coasters	20.47
13	106	Jason Shipton	Tavistock AC	21.14
14	126	Allan Herdman	Tavistock AC	21.22
15	111	Mike Beattie		21.38
16	133	Mike Saunders		21.43
17	114	James Payne	Roman Gladiators	21.50
18	140	Tom Gurry		22.14
19	131	Peter Bazley	Tavistock AC	22.53
20	135	Chris Whipp	Plymouth Musketeers	23.28
21	121	William O'Brian		23.43
22	107	Charlie Shipton	Tavistock AC	23.45
23	130	Roger Hewitt	Tavistock AC	23.51
24	102	Tony Shearer	Tavistock AC	24.17
25	144	Graham DeVal	Tavistock AC	24.35
26	132	Miranda Burke	Plymouth Harriers	24.46
27	138	Vicky Saunders		24.50
28	118	Molly O'Dwyer	East Cornwall Harriers	24.57
29	139	Steve Veitch		25.27
30	134	Sharon Lang		25.38
31	123	Andy Seddon		25.43
32	153	Anna Bale	Plymstock Road Runners	25.44
33	105	Ian Bedford		25.48
34	120	Bryan King	Plymouth Musketeers	25.49
35	156	Lucy Short	Plymouth Musketeers	26.11
36	124	Michael Cookson		26.24
37	104	Hazel Walker	Tavistock AC	26.56
38	146	Susan Darke		27.12
39	108	John Windemer	Tavistock AC	27.47
40	103	Christine Le Flem	Tavistock AC	27.54
41	119	Bryan Short	Plymstock Road Runners	28.05
42	148	Jennifer Sabine	Tavistock AC	28.07
43	141	Jason Hyde	Plymouth Musketeers	29.15
44	143	Caron DeVal	Tavistock AC	30.06
45	116	Jessica Taylor	Roman Gladiators	30.41

46	149	Emily Simmons	Plymouth Musketeers	30.57
47	113	Roger Lummis	Plymstock Road Runners	32.25
48	150	Sybille Schiffmann	Plymouth Musketeers	32.26
49	128	Clare Sampson		32.27
50	151	Zoe Young	Plymouth Musketeers	32.39
51	115	Elizabeth Payne	Roman Gladiators	32.44
52	112	Nina Shillabeer	Plymstock Road Runners	32.54
53	122	Owen Garner		34.53
54	127	Jane Carroll	D & C Police	34.57
55	145	Tim Howes		35.41
56	142	Rachel Waldron		37.20