

Summer 5K Series
Saltram - Wednesday 10th July

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	220	Pete Waumsley	Tamar Trotters	16.50
2	312	Allister Bristow	Erme Valley Harriers	17.17
3	109	Neil Holmes	Erme Valley Harriers	17.53
4	164	Neil Mytton	Plymouth Harriers	17.58
5	154	Graham Bale	Plymstock Road Runners	18.06
6	297	Dave Mattock		18.27
7	307	Stephen Burnes	COPAC	18.31
8	300	Alan Ryder	Erme Valley Harriers	18.38
9	163	Thomas Humphrey	Plymouth Tri Club	18.41
10	319	William Dax	Tavistock AC	18.44
11	286	Ewan Lake	Erme Valley Harriers	18.47
12	185	David Beckenkraeger	Plymouth Harriers	18.57
13	212	Matthew Brown	Erme Valley Harriers	19.02
14	320	Richard Maunder	Plymouth Tri Club	19.04
15	271	Simon Swift	Erme Valley Harriers	19.24
16	230	Emma Lake	Erme Valley Harriers	19.49
17	323	Guy Boswell	Plymouth Musketeers	19.50
18	245	Jane Allison	Plymouth Harriers	20.02
19	285	Andy Charles	Tamar Trotters	20.07
20	101	Andrew Reed	Erme Valley Harriers	20.43
21	272	Jaine Swift	Erme Valley Harriers	21.16
22	133	Mike Saunders	Plymouth Musketeers	21.23
23	114	James Payne	Roman Gladiators	21.34
24	287	Ivan Perez		21.59
25	292	Drew Clark		22.04
26	317	Gareth Peter	Plymstock Road Runners	22.09
27	249	Craig Fritzsche	Plymouth Musketeers	22.22
28	253	Peter Brooks		22.35
29	256	John Marshall	Tamar Trotters	23.00
30	306	Matthew Golding	COPAC	23.09
31	246	Graham Triplett	Plymstock Road Runners	23.11
32	161	Chris Hill	Plymouth Harriers	23.20
33	247	Peter May	Tamar Trotters	23.36
34	283	Paul Paskins	Plymouth Harriers	23.51
35	140	Tom Gurry		24.10
36	144	Graham DeVal	Tavistock AC	24.14
37	258	Una Duffy		24.20
38	288	John Dixon		24.20
39	293	Kirsty Ireland		24.22
40	124	Michael Cookson		24.25
41	305	Paul Worsford	Plymstock Road Runners	24.28
42	121	William O'Brian		24.28
43	171	Adam Walker		24.52
44	148	Jennifer Sabine	Tavistock AC	24.53
45	219	Stephen Watson	Erme Valley Harriers	25.06

46	234	Ken Summers	Erme Valley Harriers	25.07
47	134	Sharon Lang		25.45
48	275	Scott Green	Plymstock Road Runners	26.04
49	322	Sharon Adams	Plymouth Musketeers	26.09
50	213	Clare Featherstone	Plymstock Road Runners	26.44
51	308	Andrea Butterworth	Plymouth Musketeers	26.50
52	224	Sharon Terry	Erme Valley Harriers	27.02
53	298	Olivia Duncan		27.05
54	257	John Donovan		27.35
55	119	Bryan Short	Plymstock Road Runners	27.44
56	299	Kelly Hallam		28.18
57	260	Rose Bralsford		28.21
58	259	Anna Bush		28.46
59	284	Gabriella Tanner	Plymouth Musketeers	28.47
60	318	Sue Rowe	Tavistock AC	28.50
61	266	Mark Rescorl	Tamar Trotters	29.01
62	311	Denise Bettey		29.12
63	321	M J Discombe	Moorhaven RC	29.35
64	316	Rosie Williams		29.37
65	240	Kim Bradley		29.41
66	304	Linda Worsfold	Plymstock Road Runners	30.07
67	324	Iewan Jones		30.21
68	242	Liz Crudgington		30.53
69	143	Caron DeVal	Tavistock AC	30.55
70	113	Roger Lummis	Plymstock Road Runners	31.29
71	309	Clare Sampson		31.33
72	207	Lynn Nicholls		31.39
73	223	Ruth Terry	Erme Valley Harriers	31.44
74	290	Zoe Perfect		31.46
75	310	Rachel Macdonald		31.59
76	291	Sarah Perfect		32.03
77	225	Hazel Ellard		32.05
78	295	Nadine Chant		32.13
79	296	Lorraine Davies	Plymouth Musketeers	32.15
80	173	Bianca Staunton	Plymouth Musketeers	32.49
81	294	Joe Balsdon		33.05
82	303	Dave Dane	Plymstock Road Runners	33.12
83	315	Emma Van Der Lugt		33.56
84	313	Jane Yeates		33.56
85	314	Lizzy Atkins		33.56
86	301	Kian-Le Carter Lovell		34.42
87	302	Pippa Aitken		34.44
88	289	Kerry Fritzsche	Plymouth Musketeers	35.33
89	142	Rachel Waldron		35.33
90	210	Suzanne John	Plymouth Musketeers	36.00