

Summer 5K Series
Saltram - Wednesday 14th August

| <u>Pos.</u> | <u>Num.</u> | <u>Name</u> | <u>Club</u> | <u>Time</u> |
|-------------|-------------|----------------------|--------------------------|-------------|
| 1 | 342 | Matthew Shannon | Cirencester AC | 17.56 |
| 2 | 154 | Graham Bale | Plymstock Road Runners | 18.02 |
| 3 | 109 | Neil Holmes | Erme Valley Harriers | 18.07 |
| 4 | 168 | Andrew Perry | Erme Valley Harriers | 18.18 |
| 5 | 212 | Matthew Brown | Erme Valley Harriers | 18.28 |
| 6 | 345 | James Blight | Tamar Trotters | 18.33 |
| 7 | 136 | Chris Prall | Tamar Trotters | 18.40 |
| 8 | 319 | William Dax | Tavistock AC | 18.54 |
| 9 | 155 | Richard Maunder | Plymouth Tri Club | 19.14 |
| 10 | 333 | Andy Charles | Tamar Trotters | 19.16 |
| 11 | 361 | Matt Hall | Plymouth Harriers | 19.21 |
| 12 | 364 | Josh Blake | | 19.29 |
| 13 | 352 | Simon Yeo | Tamar Trotters | 19.31 |
| 14 | 137 | Guy Petersen | Tamar Trotters | 19.37 |
| 15 | 101 | Andrew Reed | Erme Valley Harriers | 19.41 |
| 16 | 216 | Martin French | Plymouth Musketeers | 19.50 |
| 17 | 323 | Guy Boswell | Plymouth Musketeers | 19.54 |
| 18 | 343 | Chris Cook | | 19.58 |
| 19 | 370 | Tyler Johnson | COPAC | 20.02 |
| 20 | 230 | Emma Lake | Erme Valley Harriers | 20.07 |
| 21 | 245 | Jane Allison | Plymouth Harriers | 20.08 |
| 22 | 368 | Richard Perfect | | 20.17 |
| 23 | 338 | Poppy Tank | COPAC | 20.19 |
| 24 | 363 | Ryan Platten-Higgins | Plymouth Musketeers | 20.33 |
| 25 | 335 | Matthew Budd | | 20.44 |
| 26 | 334 | Justin Smith | Plymouth Harriers | 20.45 |
| 27 | 357 | Gareth Peter | Plymstock Road Runners | 20.48 |
| 28 | 111 | Mike Beattie | | 20.54 |
| 29 | 167 | Joseph Perry | Erme Valley Harriers | 20.58 |
| 30 | 367 | Neil McCarthy | Tamar Trotters | 21.10 |
| 31 | 326 | Jason Shipton | Tavistock AC | 21.30 |
| 32 | 269 | John Woolven-Allen | Plymstock Road Runners | 21.40 |
| 33 | 329 | Vince Rollason | Bromsgrove & Redditch AC | 21.55 |
| 34 | 234 | Ken Summers | Erme Valley Harriers | 22.15 |
| 35 | 372 | Louis Moore | Plymstock Road Runners | 22.22 |
| 36 | 340 | Paul Waldron | Tavistock AC | 22.24 |
| 37 | 247 | Peter May | Tamar Trotters | 22.31 |
| 38 | 371 | Jacob Smale | | 22.43 |
| 39 | 351 | Kirsty Ireland | | 22.46 |
| 40 | 140 | Tom Gurry | | 22.49 |
| 41 | 246 | Graham Triplett | Plymstock Road Runners | 22.51 |
| 42 | 292 | Drew Clark | | 22.56 |
| 43 | 341 | Jess Burns | | 22.57 |
| 44 | 133 | Mike Saunders | Plymouth Musketeers | 22.58 |
| 45 | 360 | James Gill | | 23.05 |

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|----|-----|--------------------|------------------------|-------|
| 46 | 330 | Kevin Paull | Erme Valley Harriers | 23.06 |
| 47 | 327 | Charlie Shipton | Tavistock AC | 23.16 |
| 48 | 283 | Paul Paskins | Plymouth Harriers | 23.36 |
| 49 | 144 | Graham DeVal | Tavistock AC | 23.42 |
| 50 | 219 | Stephen Watson | Erme Valley Harriers | 23.57 |
| 51 | 124 | Michael Cookson | | 24.08 |
| 52 | 331 | Calvin Mudd | | 24.23 |
| 53 | 171 | Adam Walker | | 24.35 |
| 54 | 258 | Una Duffy | | 24.40 |
| 55 | 359 | Chris James | | 24.41 |
| 56 | 134 | Sharon Lang | | 24.44 |
| 57 | 346 | Linda Bracher | Erme Valley Harriers | 24.48 |
| 58 | 349 | Ben Nicholson | Tamar Trotters | 25.07 |
| 59 | 120 | Bryan King | Plymouth Musketeers | 25.18 |
| 60 | 344 | Zoe Drake | Plymouth Tri Club | 25.30 |
| 61 | 348 | George Barnicott | Plymouth Coasters | 25.41 |
| 62 | 355 | Helen Jewell | | 25.42 |
| 63 | 121 | William O'Brian | | 25.50 |
| 64 | 223 | Ruth Terry | Erme Valley Harriers | 25.55 |
| 65 | 224 | Sharon Terry | Erme Valley Harriers | 26.03 |
| 66 | 369 | Graham Earnshaw | | 26.22 |
| 67 | 275 | Scott Green | Plymstock Road Runners | 26.28 |
| 68 | 213 | Clare Featherstone | Plymstock Road Runners | 26.29 |
| 69 | 156 | Lucy Short | Plymouth Musketeers | 26.31 |
| 70 | 358 | Jason Hyde | Plymouth Musketeers | 26.31 |
| 71 | 336 | Kate Rogers | Tavistock AC | 26.35 |
| 72 | 353 | Jon Blaur | | 27.07 |
| 73 | 354 | Elizabeth Bowden | Erme Valley Harriers | 27.16 |
| 74 | 318 | Sue Rowe | Tavistock AC | 27.18 |
| 75 | 325 | Mark Shobbrook | | 27.21 |
| 76 | 119 | Bryan Short | Plymstock Road Runners | 27.35 |
| 77 | 337 | Sheila Houghton | Tavistock AC | 27.51 |
| 78 | 257 | John Donovan | | 28.01 |
| 79 | 356 | Mari Alger | | 28.03 |
| 80 | 362 | Jim Creber | | 28.25 |
| 81 | 259 | Anna Bush | | 28.35 |
| 82 | 332 | Barrington Mudd | Fetch Everyone RC | 28.39 |
| 83 | 365 | Zoe Bond | Plymouth Musketeers | 28.48 |
| 84 | 143 | Caron DeVal | Tavistock AC | 29.08 |
| 85 | 366 | Jenny Mashford | Tavistock AC | 29.20 |
| 86 | 294 | Joe Balsdon | | 29.37 |
| 87 | 207 | Lynn Nicholls | | 29.41 |
| 88 | 240 | Kim Bradley | | 30.22 |
| 89 | 242 | Liz Crudgington | | 30.22 |
| 90 | 296 | Lorraine Davies | Plymouth Musketeers | 31.26 |
| 91 | 347 | Sandra Hopper | Instinctive Sports | 32.01 |
| 92 | 113 | Roger Lummis | Plymstock Road Runners | 32.04 |
| 93 | 295 | Nadine Chant | | 32.12 |
| 94 | 142 | Rachel Waldron | | 33.04 |
| 95 | 210 | Suzanne John | Plymouth Musketeers | 34.26 |

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|-----|-----|-----------------|---------------------|-------|
| 96 | 289 | Kerry Fritzsche | Plymouth Musketeers | 34.29 |
| 97 | 249 | Craig Fritzsche | Plymouth Musketeers | 34.29 |
| 98 | 339 | Elaine Harris | | 35.38 |
| 99 | 350 | Emily Roberts | | 37.56 |
| 100 | 291 | Sarah Perfect | | 37.56 |