

Winter 3K Series  
Central Park - Wednesday 9th October

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	390	Rob Orton	Exmouth Harriers	9.15
2	407	David Weir	COPAC	9.38
3	381	Phillip Benson	UPAC	9.39
4	398	Allister Bristow	Erme Valley Harriers	9.47
5	375	Pete Waumsley	Tamar Trotters	9.49
6	386	Will Massey	UPAC	9.51
7	401	Thomas Humphrey	Plymouth Harriers	10.17
8	373	Andrew Reed	Erme Valley Harriers	10.37
9	459	Guy Petersen	Tamar Trotters	10.41
10	414	Darren Wallace		10.42
11	457	William Dax	Tavistock AC	10.43
12	392	Ami Yetton	Plymouth Harriers	10.44
13	450	Stephen Burns	COPAC	10.47
14	458	Josh Blake	Tavistock AC	10.48
15	410	Victoria Weir	COPAC	10.49
16	382	Hannah Blair	UPAC	10.54
17	406	James Gill		10.57
18	378	Adam Tofield	Tavistock AC	11.03
19	438	George Shepherd		11.07
20	396	Andrew Woodroffe	UPAC	11.13
21	409	Alexey Vasilyev		11.22
22	433	Jane Allison	Plymouth Harriers	11.33
23	411	Alice Murray-Gourlay		11.38
24	405	Simon Jefferies	UPAC	11.46
25	439	Gareth Peter	Plymstock Road Runners	11.47
26	404	Dan Morgan		11.48
27	429	Jason Hingley	Tamar Trotters	11.56
28	447	Tom Brew	Tavistock AC	11.57
29	403	Dermot Sharkey		11.58
30	446	Kir Roberts		12.00
31	389	Jon Carkett	Plymouth Harriers	12.06
32	445	Paul Rees	Plymouth Harriers	12.08
33	424	Harry Herdman	Tavistock AC	12.11
34	376	Mike Beattie	Plymouth Harriers	12.12
35	442	Matthew Golding	COPAC	12.22
36	397	Rhiannon Anderson	UPAC	12.43
37	432	Ryan Alberts		12.50
38	455	Adam Bevins		12.51
39	400	Georgia Doolan	UPAC	12.53
40	387	Richard Luke	Tamar Trotters	12.58
41	441	Declan Cassidy		12.59
42	440	Ian Dart	Plymouth Harriers	12.59
43	408	Lizzie Gard	Truro	13.02
44	377	Graham Triplett	Plymstock Road Runners	13.02
45	436	Lynsey Williams	Plymouth Harriers	13.03
46	416	Michael Cork	Plymouth Coasters	13.04
47	383	Ken Summers	Erme Valley Harriers	13.06
48	388	Jamie Murhead	Plymouth Harriers	13.16

49	454	Paul Paskins	Plymouth Harriers	13.20
50	402	Martin Flegl	UPAC	13.28
51	417	T. Bartlett	Plymouth Harriers	13.30
52	385	Patrick Channings	Tavistock AC	13.40
53	380	Steve Watson	Erme Valley Harriers	13.43
54	428	Edd Saunders	UPAC	13.45
55	437	Linda Bracher	Erme Valley Harriers	13.49
56	418	Ben Nicholson	Tamar Trotters	13.53
57	427	Michael Cookson		13.54
58	431	Leon McKenzie		14.00
59	443	Miranda Birke	Plymouth Harriers	14.01
60	434	Jennifer Sabine		14.04
61	423	Francesca Herdman	Tavistock AC	14.09
62	422	Allan Herdman	Tavistock AC	14.09
63	419	Bryan King	Plymouth Musketeers	14.31
64	444	Clare Featherstone	Plymstock Road Runners	14.33
65	430	Helen McKenzie		14.58
66	379	Mark Shobbrook		15.11
67	421	Mark Bettey		15.24
68	420	Denise Bettey		15.33
69	435	Andrew Proudfoot	Plymouth Coasters	15.38
70	415	Joe Balsdon		15.48
71	451	Rob Clark		16.01
72	452	Jessica Bird		16.04
73	453	Mark Bird	DSFRS	16.06
74	393	M Discombe	Moorhaven RC	16.07
75	448	Jamie Brew	Tavistock AC	16.24
76	399	Vaiva Bartuseviciute	UPAC	17.21
77	394	Joanne Bridge	Plymouth Coasters	17.29
78	395	Stephen Parnell	Plymouth Coasters	17.29
79	391	Christine McGhee	Plymouth Harriers	17.36
80	384	Vanessa Channings		17.55
81	426	Trudi Rowe	Plymouth Coasters	18.23
82	456	David Mason		18.34
83	412	Danielle Petrie		18.41
84	425	Karla Court	Plymouth Coasters	18.46
85	413	Michelle Petrie		19.53
86	374	Chris Furze	Moorhaven RC	20.20