

Winter 3K Series
Central Park - Wednesday 11th December

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	183	James Davis	Hercules Wimbledon	9.36
2	381	Phillip Benson	UPAC	9.40
3	398	Allister Bristow	Erme Valley Harriers	9.43
4	375	Pete Waumsley	Tamar Trotters	9.49
5	470	Sam Parker	Charnwood AC	9.55
6	199	Jack Bourne	UPAC	10.15
7	100	Mat Bradley	COPAC	10.20
8	401	Thomas Humphrey	Plymouth Harriers	10.22
9	99	Graham Bale	Plymstock Road Runners	10.33
10	373	Andrew Reed	Erme Valley Harriers	10.36
11	378	Adam Tofield	Tavistock AC	10.42
12	459	Guy Petersen	Tamar Trotters	10.45
13	268	James Wood		10.47
14	197	Jay Horton		10.49
15	260	Josh Blake	Tavistock AC	10.52
16	267	Simon Yeo	Tamar Trotters	10.58
17	410	Victoria Weir	COPAC	11.03
18	382	Hannah Blair	UPAC	11.12
19	406	James Gill	UPAC	11.17
20	98	Ross Shaddick		11.21
21	103	Richard Maunder	Plymouth Tri Club	11.26
22	261	Tom Pitcher	Tamar Trotters	11.31
23	264	Andrew Trigg	Erme Valley Harriers	11.31
24	447	Tom Brew	Tavistock AC	11.40
25	433	Jane Allison	Plymouth Harriers	11.44
26	409	Alexey Vasilyev	UPAC	11.46
27	186	Cleo Andrews	Erme Valley Harriers	11.48
28	429	Jason Hingley	Tamar Trotters	11.52
29	496	Mike Saunders	Plymouth Musketeers	11.53
30	184	Samuel Mott		12.16
31	182	Tariq Khan		12.18
32	198	Lewis Court	UPAC	12.21
33	256	Elsbeth Greenshields		12.24
34	376	Mike Beattie	Plymouth Harriers	12.32
35	416	Michael Cork	Plymouth Coasters	12.39
36	200	Daniel Case	Plymstock Road Runners	12.42
37	262	Matthew McNamara-Waddi	UPAC	12.46
38	97	Guy Boswell	Plymouth Musketeers	12.48
39	269	Dean Barrett	Tamar Trotters	12.52
40	383	Ken Summers	Erme Valley Harriers	12.53
41	397	Rhiannon Anderson	UPAC	12.56
42	185	Patrick Channings	Tavistock AC	12.57
43	181	Josh Davies	Tavistock AC	12.58
44	428	Edd Saunders	UPAC	13.01
45	187	Amy Bennallick	Tavistock AC	13.05

46	108	Stan Kellett	Plymouth Musketeers	13.12
47	454	Paul Paskins	Plymouth Harriers	13.16
48	254	Melissa Inglis	Plymstock Road Runners	13.23
49	257	Hayley Brewster	Plymstock Road Runners	13.30
50	462	Alistair Kinsey	Tavistock AC	13.35
51	491	Rhys Hannon	Argyle Musketeers	13.36
52	190	Lucy Allan		13.37
53	418	Ben Nicholson	Tamar Trotters	13.41
54	437	Linda Bracher	Erme Valley Harriers	13.43
55	427	Michael Cookson		13.52
56	487	Emma Ryder	Tavistock AC	13.55
57	380	Steve Watson	Erme Valley Harriers	14.00
58	476	Hannah Paul	UPAC	14.06
59	483	Simon Ayres		14.16
60	196	Kirsty Ireland	Plymouth Musketeers	14.23
61	461	Dave Reed		14.25
62	443	Miranda Birke	Plymouth Harriers	14.27
63	480	Rob Shaddick	Plymouth Musketeers	14.46
64	191	Brandon Dawe	Argyle Musketeers	14.47
65	492	Evan Brumhead	Argyle Musketeers	14.48
66	194	Kirsty Nairn		14.51
67	188	Jade Kinsey	Tavistock AC	15.10
68	193	Georgia Corrington	UPAC	15.29
69	379	Mark Shobbrook		15.31
70	451	Rob Clark		15.37
71	266	Jack Digby	Plymstock Road Runners	15.40
72	195	Clare Smith	Erme Valley Harriers	15.42
73	434	Jennifer Sabine	Tavistock AC	15.47
74	486	Tammie Ryder	Plymstock Road Runners	16.00
75	104	Lucy Short	Plymouth Musketeers	16.09
76	415	Joe Balsdon		16.38
77	481	Michelle Shaddick	Plymouth Musketeers	17.10
78	419	Bryan King	Plymouth Musketeers	17.10
79	255	Abbey Nicholas	Argyle Musketeers	17.25
80	92	Ryan Payne	Argyle Musketeers	17.31
81	493	Jack Hill	Argyle Musketeers	18.47
82	479	Kelly Bromhead	Plymouth Musketeers	18.50
83	189	Darren Dunridge	Plymouth Musketeers	18.51
84	265	M. Digby	Plymstock Road Runners	19.43
85	95	Josh Hampson	Argyle Musketeers	20.15
86	258	Tara Thompson		20.41
87	259	Josh Davies		20.42
88	494	Jack Kellett	Argyle Musketeers	22.10
89	263	Ruth Hawken		23.29
90	192	Sue Wood		23.30