

Winter 3K Series
Central Park - Wednesday 13th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	381	Phillip Benson	UPAC	9.43
2	375	Pete Waumsley	Tamar Trotters	9.55
3	470	Sam Parker	Charnwood AC	10.06
4	386	Will Massey	UPAC	10.14
5	100	Mat Bradley	COPAC	10.20
6	475	Jack Bourne	UPAC	10.21
7	414	Darren Wallace		10.29
8	373	Andrew Reed	Erme Valley Harriers	10.40
9	99	Graham Bale	Plymstock Road Runners	10.45
10	406	James Gill	UPAC	10.46
11	495	Alan Ward	Plymouth Tri Club	11.07
12	459	Guy Petersen	Tamar Trotters	11.08
13	98	Ross Shaddick		11.13
14	409	Alexey Vasilyev	UPAC	11.18
15	103	Richard Maunder	Plymouth Tri Club	11.28
16	101	Matthew Roberts		11.31
17	382	Hannah Blair	UPAC	11.38
18	404	Dan Morgan	UPAC	11.45
19	439	Gareth Peter	Plymstock Road Runners	11.50
20	478	Andrew Meredith	UPAC	11.50
21	433	Jane Allison	Plymouth Harriers	12.08
22	496	Mike Saunders	Plymouth Musketeers	12.12
23	447	Tom Brew	Tavistock AC	12.15
24	472	Matt Budd	Tamar Trotters	12.16
25	97	Guy Boswell	Plymouth Musketeers	12.17
26	376	Mike Beattie	Plymouth Harriers	12.18
27	93	Rebecca Ezra	Tamar Trotters	12.19
28	442	Matthew Golding	COPAC	12.21
29	498	James Glendinning	Argyle Musketeers	12.34
30	428	Edd Saunders	UPAC	12.38
31	455	Adam Bevins		12.45
32	416	Michael Cork	Plymouth Coasters	12.53
33	102	Dan Barrett	Tamar Trotters	12.55
34	383	Ken Summers	Erme Valley Harriers	13.03
35	454	Paul Paskins	Plymouth Harriers	13.06
36	500	Nicola Noble		13.08
37	466	Anthony Allen		13.13
38	467	Amy Bennallice	Tavistock AC	13.15
39	107	Mike Ruse		13.16
40	477	David Mitchell	UPAC	13.22
41	432	Ryan Alberts		13.23
42	469	Adam T		13.24
43	468	Natasha Farrington	Tavistock AC	13.25
44	464	Chris Hill	Plymouth Harriers	13.26
45	417	T. Bartlett	Plymouth Harriers	13.40

46	487	Emma Ryder	Tavistock AC	14.12
47	443	Miranda Birke	Plymouth Harriers	14.16
48	483	Simon Ayres		14.26
49	482	Helen Roper	Tamar Trotters	14.29
50	471	Jade Wilson		14.30
51	460	Jodie Stacey	Tavistock AC	14.33
52	434	Jennifer Sabine	Tavistock AC	14.38
53	491	Rhys Hannon	Argyle Musketeers	14.40
54	418	Ben Nicholson	Tamar Trotters	14.41
55	476	Hannah Paul	UPAC	14.46
56	489	Jon Shackel		14.50
57	462	Alistair Kinsey	Tavistock AC	14.51
58	463	Holly Kinsey	Tavistock AC	14.52
59	461	Dave Reed		14.53
60	106	Susan Darke		14.57
61	474	Emma Forster	Plymouth Musketeers	15.06
62	485	Mark Bettey		15.33
63	96	Ryan Hooper	Argyle Musketeers	15.40
64	451	Rob Clark		15.44
65	484	Denise Betty		15.50
66	104	Lucy Short	Plymouth Musketeers	15.54
67	492	Evan Brumhead	Argyle Musketeers	16.00
68	480	Rob Shaddick	Plymouth Musketeers	16.03
69	415	Joe Balsdon		16.04
70	488	Poppy Kirkup	Plymstock Road Runners	16.07
71	486	Tammie Ryder	Plymstock Road Runners	16.12
72	105	Bryan Short	Plymstock Road Runners	16.15
73	94	Ieuan Jones	Plymouth Musketeers	16.54
74	448	Jamie Brew	Tavistock AC	17.37
75	391	Christine McGhee	Plymouth Harriers	17.44
76	493	Jack Hill	Argyle Musketeers	19.36
77	92	Ryan Payne	Argyle Musketeers	19.37
78	481	Michelle Shaddick	Plymouth Musketeers	19.41
79	479	Kelly Bromhead	Plymouth Musketeers	19.41
80	490	Kim O'Flaherty		20.14
81	465	Elaine Hill	Plymouth Harriers	20.20
82	426	Trudi Rowe	Plymouth Coasters	21.13
83	425	Karla Court	Plymouth Coasters	21.14
84	473	Ashley Lenczuk	Plymouth Musketeers	21.17
85	95	Josh Hampson	Argyle Musketeers	21.29
86	494	Jack Kellett	Argyle Musketeers	21.34
87	497	Ellen Gliddon	Argyle Musketeers	23.56
88	499	Chloe Stait	Argyle Musketeers	24.00