

# TAVISTOCK TOWN RELAYS

18 July 2012

## Senior Relays Results

Pos.	No.	Clock Time	Name	Team	Category	Split	Team Time	Category Positions
1	47A	05:00	Lewis Pullen	East Cornwall Harriers A	Senior Club Men	05:00	20:35	1
	47B	10:11	Josh Carnell	East Cornwall Harriers A	Senior Club Men	05:11		1
	47C	15:33	Steve Sims	East Cornwall Harriers A	Senior Club Men	05:22		1
	47D	20:35	Dan Nash	East Cornwall Harriers A	Senior Club Men	05:02		1
2	39A	05:26	Stuart Hall	Plympton Pros	Senior Club Men	05:26	20:51	2
	39B	11:03	Sam Leary	Plympton Pros	Senior Club Men	05:37		2
	39C	16:00	Kairn Stone	Plympton Pros	Senior Club Men	04:57		2
	39D	20:51	Johnny Gilby	Plympton Pros	Senior Club Men	04:51		2
3	24A	05:04	Michael Robinson	Tamar Trotters A	Senior Club Men	05:04	20:54	3
	24B	10:31	Pete Waumsley	Tamar Trotters A	Senior Club Men	05:27		3
	24C	15:44	Steve Wilsmore	Tamar Trotters A	Senior Club Men	05:13		3
	24D	20:54	Chris Sabine	Tamar Trotters A	Senior Club Men	05:10		3
4	40A	05:06	Dean Smith	City of Plymouth A Team	Senior Club Men	05:06	20:56	4
	40B	10:24	Phil Benson	City of Plymouth A Team	Senior Club Men	05:18		4
	40C	15:47	Ashley Smith	City of Plymouth A Team	Senior Club Men	05:23		4
	40D	20:56	Matt Bradley	City of Plymouth A Team	Senior Club Men	05:09		4
5	17A	04:55	Dan Rogers	Launceston Road Runners A	Senior Club Men	04:55	23:08	5
	17B	11:16	Adam Knight	Launceston Road Runners A	Senior Club Men	06:21		5
	17C	17:04	Darren Evans	Launceston Road Runners A	Senior Club Men	05:48		5
	17D	23:08	Graham Newberry	Launceston Road Runners A	Senior Club Men	06:04		5

6	14A	05:44	Andrew Vernon	Okehampton Running Club	Vet Club Men	05:44	23:16	1	Vet Club Men
	14B	11:32	Adrian Vernon	Okehampton Running Club	Vet Club Men	05:48		1	
	14C	17:19	Roger Voaden	Okehampton Running Club	Vet Club Men	05:47		1	
	14D	23:16	Paul Carter	Okehampton Running Club	Vet Club Men	05:57		1	
7	13A	06:07	Gavin Punchard	Okehampton Running Club	Senior Club Men	06:07	23:26	6	Senior Club Men
	13B	11:56	Robert Kelly	Okehampton Running Club	Senior Club Men	05:49		6	
	13C	17:38	Nick Sercombe	Okehampton Running Club	Senior Club Men	05:42		6	
	13D	23:26	Paul Crease	Okehampton Running Club	Senior Club Men	05:48		6	
8	54A	06:05	Matt Hall	Plymouth Harriers A	Senior Club Men	06:05	23:29	7	Senior Club Men
	54B	12:06	Dave Beckenkragel	Plymouth Harriers A	Senior Club Men	06:01		7	
	54C	17:44	Ross Farrer	Plymouth Harriers A	Senior Club Men	05:38		7	
	54D	23:29	Carl Harwood	Plymouth Harriers A	Senior Club Men	05:45		7	
9	41A	05:08	Simon Anderson	City of Plymouth Mixed Team	Senior Club Men	05:08	23:47	8	Senior Club Men
	41B	11:58	Steve Blackford	City of Plymouth Mixed Team	Senior Club Men	06:50		8	
	41C	18:19	Hannah Blair	City of Plymouth Mixed Team	Senior Club Men	06:21		8	
	41D	23:47	Simon Anderson	City of Plymouth Mixed Team	Senior Club Men	05:28		8	
10	49A	06:10	Lee Crocker	East Cornwall Harriers B	Senior Club Men	06:10	23:56	9	Senior Club Men
	49B	12:12	Marc Doyle	East Cornwall Harriers B	Senior Club Men	06:02		9	
	49C	18:02	Ian Littlewood	East Cornwall Harriers B	Senior Club Men	05:50		9	
	49D	23:56	Andy Tucker	East Cornwall Harriers B	Senior Club Men	05:54		9	
11	1A	05:36	Nathan Newton	Bats On The Run	Senior Club Men	05:36	24:18	10	Senior Club Men
	1B	12:09	Paul Williams	Bats On The Run	Senior Club Men	06:33		10	
	1C	18:45	Leigh Cossey-Hagger	Bats On The Run	Senior Club Men	06:36		10	
	1D	24:18	Ben Neale	Bats On The Run	Senior Club Men	05:33		10	
12	25A	06:05	Peter Clarke	Tamar Trotters B	Senior Club Men	06:05	24:23	11	Senior Club Men
	25B	12:13	Alan Williams	Tamar Trotters B	Senior Club Men	06:08		11	
	25C	18:05	James Blight	Tamar Trotters B	Senior Club Men	05:52		11	
	25D	24:23	Shaun Dyer	Tamar Trotters B	Senior Club Men	06:18		11	

13	58A	06:14	Ryan Platten Higgins	Plymouth Musketeers A	Senior Club Men	06:14	24:30	12	Senior Club Men
	58B	12:23	Martin French	Plymouth Musketeers A	Senior Club Men	06:09		12	
	58C	18:04	Tom Jones	Plymouth Musketeers A	Senior Club Men	05:41		12	
	58D	24:30	Craig Fritzsche	Plymouth Musketeers A	Senior Club Men	06:26		12	
14	21A	06:31	Matt Pilsbury	Launceston Road Runners B	Senior Club Men	06:31	24:53	13	Senior Club Men
	21B	12:54	Dean Parkin	Launceston Road Runners B	Senior Club Men	06:23		13	
	21C	19:30	Tom Glendinning	Launceston Road Runners B	Senior Club Men	06:36		13	
	21D	24:53	Dan Rogers	Launceston Road Runners B	Senior Club Men	05:23		13	
15	35A	05:16	Darren Orchard	St Petrocs Vets	Vet Club Men	05:16	24:55	2	Vet Club Men
	35B	11:33	Shaun Carthew	St Petrocs Vets	Vet Club Men	06:17		2	
	35C	17:58	Bob Brown	St Petrocs Vets	Vet Club Men	06:25		2	
	35D	24:55	Dave Brown	St Petrocs Vets	Vet Club Men	06:57		2	
16	55A	06:06	Ed Varcoe	Plymouth Harriers B	Vet Club Men	06:06	25:16	3	Vet Club Men
	55B	12:01	Rich Smith	Plymouth Harriers B	Vet Club Men	05:55		3	
	55C	19:04	Terry Bartlet	Plymouth Harriers B	Vet Club Men	07:03		3	
	55D	25:16	Justin Smith	Plymouth Harriers B	Vet Club Men	06:12		3	
17	10A	06:20	Mark Hutcheson	Bude Rats	Vet Club Men	06:20	25:23	4	Vet Club Men
	10B	13:06	Sean Jack	Bude Rats	Vet Club Men	06:46		4	
	10C	19:20	Steve Pitcher	Bude Rats	Vet Club Men	06:14		4	
	10D	25:23	Max Spence	Bude Rats	Vet Club Men	06:03		4	
18	30A	05:58	Ami Yetton	Plymouth Harriers B	Senior Club Women	05:58	25:25	1	Senior Club Women
	30B	12:24	Jane Allinson	Plymouth Harriers B	Senior Club Women	06:26		1	
	30C	19:41	Nicky Putman	Plymouth Harriers B	Senior Club Women	07:17		1	
	30D	25:25	Heid Tresager	Plymouth Harriers B	Senior Club Women	05:44		1	
19	42A	07:02	Caroline Steven	Team with No Name	Senior Club Men	07:02	25:55	14	Senior Club Men
	42B	13:27	Gary Chater	Team with No Name	Senior Club Men	06:25		14	
	42C	19:33	Alice Rogers	Team with No Name	Senior Club Men	06:06		14	
	42D	25:55	Jason Shipton	Team with No Name	Senior Club Men	06:22		14	

20	11A	06:03	Adam Kent	Bude Rats	Senior Club Men	06:03	26:24	15	Senior Club Men
	11B	12:37	Chris Tucker	Bude Rats	Senior Club Men	06:34		15	
	11C	20:14	Stephen Wilson	Bude Rats	Senior Club Men	07:37		15	
	11D	26:24	Andy Virgin	Bude Rats	Senior Club Men	06:10		15	
21	48A	06:24	Mark Andrews	East Cornwall Harriers	Vet Club Men	06:24	26:27	5	Vet Club Men
	48B	13:19	Terry Leech	East Cornwall Harriers	Vet Club Men	06:55		5	
	48C	20:05	Rob Pick	East Cornwall Harriers	Vet Club Men	06:46		5	
	48D	26:27	Dave Philips	East Cornwall Harriers	Vet Club Men	06:22		5	
22	6A	06:17	James Coole	The Mixed Doubles	Senior Club Men	06:17	27:38	16	Senior Club Men
	6B	13:51	Laura Newton	The Mixed Doubles	Senior Club Men	07:34		16	
	6C	21:46	Emma Coole	The Mixed Doubles	Senior Club Men	07:55		16	
	6D	27:38	Nathan Newton	The Mixed Doubles	Senior Club Men	05:52		16	
23	56A	07:57	Bryan King	Plymouth Musketeers B	Vet Club Men	07:57	27:41	6	Vet Club Men
	56B	14:15	Guy Boswell	Plymouth Musketeers B	Vet Club Men	06:18		6	
	56C	21:10	Dave Mathias	Plymouth Musketeers B	Vet Club Men	06:55		6	
	56D	27:41	Steve Mace	Plymouth Musketeers B	Vet Club Men	06:31		6	
24	51A	07:36	Lucy Thomas	East Cornwall Harriers	Vet Club Women	07:36	27:54	1	Vet Club Women
	51B	14:57	Louise Littlewood	East Cornwall Harriers	Vet Club Women	07:21		1	
	51C	21:35	Sharon Daw	East Cornwall Harriers	Vet Club Women	06:38		1	
	51D	27:54	Revis Crowle	East Cornwall Harriers	Vet Club Women	06:19		1	
25	23A	06:15	James Payne	Roman Gladiators B	Senior Club Men	06:15	28:14	17	Senior Club Men
	23B	14:39	Jess Taylor	Roman Gladiators B	Senior Club Men	08:24		17	
	23C	22:02	Matt Pitney	Roman Gladiators B	Senior Club Men	07:23		17	
	23D	28:14	James Spencer	Roman Gladiators B	Senior Club Men	06:12		17	
26	53A	06:46	Jess Behennah	East Cornwall Harriers	Senior Club Women	06:46	28:20	2	Senior Club Women
	53B	13:50	Louise Hawkins	East Cornwall Harriers	Senior Club Women	07:04		2	
	53C	21:36	Amy Williams	East Cornwall Harriers	Senior Club Women	07:46		2	
	53D	28:20	Helen Morse	East Cornwall Harriers	Senior Club Women	06:44		2	

27	32A	07:31	Miranda Burke	Plymouth Harriers D	Senior Club Women	07:31	28:26	3	Senior Club Women
	32B	15:28	Claire Davis	Plymouth Harriers D	Senior Club Women	07:57		3	
	32C	21:45	Ami Yetton	Plymouth Harriers D	Senior Club Women	06:17		3	
	32D	28:26	Jane Allinson	Plymouth Harriers D	Senior Club Women	06:41		3	
28	28A	07:04	Steve Badge	Tamar Trotters E	Senior Club Men	07:04	28:42	18	Senior Club Men
	28B	13:37	Martin Smith	Tamar Trotters E	Senior Club Men	06:33		18	
	28C	21:02	Peter Clarke	Tamar Trotters E	Senior Club Men	07:25		18	
	28D	28:42	Alan Williams	Tamar Trotters E	Senior Club Men	07:40		18	
29	7A	07:11	Phil King	The 8 Deadly Shins	Senior Club Men	07:11	28:44	19	Senior Club Men
	7B	14:38	Matt Luckham	The 8 Deadly Shins	Senior Club Men	07:27		19	
	7C	20:59	Simon Griffiths	The 8 Deadly Shins	Senior Club Men	06:21		19	
	7D	28:44	Grant Lawrence	The 8 Deadly Shins	Senior Club Men	07:45		19	
30	12A	06:21	Heidi Redman	Bude Rats	Senior Club Women	06:21	28:49	4	Senior Club Women
	12B	14:22	Sarah North	Bude Rats	Senior Club Women	08:01		4	
	12C	22:42	Jasmine Finney	Bude Rats	Senior Club Women	08:20		4	
	12D	28:49	Hannah Philpott	Bude Rats	Senior Club Women	06:07		4	
31	26A	07:16	Martin Smith	Tamar Trotters C	Senior Club Men	07:16	29:06	20	Senior Club Men
	26B	13:53	Peter May	Tamar Trotters C	Senior Club Men	06:37		20	
	26C	21:38	Malcolm Woodhead	Tamar Trotters C	Senior Club Men	07:45		20	
	26D	29:06	Ivor Earl	Tamar Trotters C	Senior Club Men	07:28		20	
32	50A	07:26	Ian Ringer	East Cornwall Harriers Vet B	Vet Club Men	07:26	29:08	7	Vet Club Men
	50B	15:08	Jim Lockyer	East Cornwall Harriers Vet B	Vet Club Men	07:42		7	
	50C	22:25	Ray Goodwright	East Cornwall Harriers Vet B	Vet Club Men	07:17		7	
	50D	29:08	Mark Andrews	East Cornwall Harriers Vet B	Vet Club Men	06:43		7	
33	44A	07:10	Jo Fletcher	Okehampton Running Club	Vet Club Women	07:10	29:11	2	Vet Club Women
	44B	14:16	Karen Vallance	Okehampton Running Club	Vet Club Women	07:06		2	
	44C	21:39	Jo Camies	Okehampton Running Club	Vet Club Women	07:23		2	
	44D	29:11	Jane Jackson	Okehampton Running Club	Vet Club Women	07:32		2	

34	5A	07:17	Grant Lawrence	Are We There Yet?	Senior Club Men	07:17	29:20	21	Senior Club Men
	5B	14:34	Mike Chipperfield	Are We There Yet?	Senior Club Men	07:17		21	
	5C	21:55	Phil King	Are We There Yet?	Senior Club Men	07:21		21	
	5D	29:20	Mike Smith	Are We There Yet?	Senior Club Men	07:25		21	
35	22A	06:40	Jane Pitney	Roman Gladiators A	Senior Club Men	06:40	29:24	22	Senior Club Men
	22B	15:49	Steve Romanski	Roman Gladiators A	Senior Club Men	09:09		22	
	22C	22:32	Mark Peckings	Roman Gladiators A	Senior Club Men	06:43		22	
	22D	29:24	James Payne	Roman Gladiators A	Senior Club Men	06:52		22	
36	15A	07:21	Ruth MacIntyre	Dashing Divas	Senior Club Women	07:21	29:28	5	Senior Club Women
	15B	14:14	Linda Lawrence	Dashing Divas	Senior Club Women	06:53		5	
	15C	20:52	Becky Mingo	Dashing Divas	Senior Club Women	06:38		5	
	15D	29:28	Sally Dunn	Dashing Divas	Senior Club Women	08:36		5	
37	43A	07:24	Cathy Carey	Okehampton Running Club	Senior Club Women	07:24	29:32	6	Senior Club Women
	43B	14:54	Abby Williams	Okehampton Running Club	Senior Club Women	07:30		6	
	43C	22:12	Claire Kelly	Okehampton Running Club	Senior Club Women	07:18		6	
	43D	29:32	Becca Ewing	Okehampton Running Club	Senior Club Women	07:20		6	
38	20A	06:22	Kev Harrison	Launceston Road Runers	Vet Club Men	06:22	29:34	8	Vet Club Men
	20B	13:48	Pete Thorpe	Launceston Road Runers	Vet Club Men	07:26		8	
	20C	22:24	Jon Spettigue	Launceston Road Runers	Vet Club Men	08:36		8	
	20D	29:34	Andy Parker	Launceston Road Runers	Vet Club Men	07:10		8	
39	8A	07:08	Laurence Sargent	Shake, Rattle & Run	Vet Club Men	07:08	29:36	9	Vet Club Men
	8B	13:58	Murray Turner	Shake, Rattle & Run	Vet Club Men	06:50		9	
	8C	22:22	Ralph Elmes	Shake, Rattle & Run	Vet Club Men	08:24		9	
	8D	29:36	Derek Hicks	Shake, Rattle & Run	Vet Club Men	07:14		9	
40	57A	08:00	Dave Bennett	Plymouth Musketeers C	Senior Club Men	08:00	29:52	23	Senior Club Men
	57B	15:09	Mark Pearson	Plymouth Musketeers C	Senior Club Men	07:09		23	
	57C	21:37	Mike Saunders	Plymouth Musketeers C	Senior Club Men	06:28		23	
	57D	29:52	Jon Richie	Plymouth Musketeers C	Senior Club Men	08:15		23	

41	2A	06:27	Becky Mingo	The Blister Sisters	Senior Club Women	06:27	30:16	7	Senior Club Women
	2B	14:44	Sally Dunn	The Blister Sisters	Senior Club Women	08:17		7	
	2C	22:28	Ruth MacIntyre	The Blister Sisters	Senior Club Women	07:44		7	
	2D	30:16	Tracey Oxborough	The Blister Sisters	Senior Club Women	07:48		7	
42	36A	07:45	Alan Constance	St Petrocs	Senior Club Men	07:45	30:26	24	Senior Club Men
	36B	15:14	Andy Pritchard	St Petrocs	Senior Club Men	07:29		24	
	36C	22:53	Darren Fuller	St Petrocs	Senior Club Men	07:39		24	
	36D	30:26	Aidan Booth	St Petrocs	Senior Club Men	07:33		24	
43	52A	07:37	Jane Lockyer	East Cornwall Harriers	Vet Club Women	07:37	30:35	3	Vet Club Women
	52B	15:10	Karen Mahoney	East Cornwall Harriers	Vet Club Women	07:33		3	
	52C	23:01	Tess Mason	East Cornwall Harriers	Vet Club Women	07:51		3	
	52D	30:35	Meeta Nichols	East Cornwall Harriers	Vet Club Women	07:34		3	
44	37A	07:35	Clare Fuller	St Petrocs Vets	Vet Club Women	07:35	30:41	4	Vet Club Women
	37B	15:34	Nat Rawson	St Petrocs Vets	Vet Club Women	07:59		4	
	37C	23:06	Jo Tapsell	St Petrocs Vets	Vet Club Women	07:32		4	
	37D	30:41	Sara Crane	St Petrocs Vets	Vet Club Women	07:35		4	
45	27A	08:16	Laura Abell	Tamar Trotters D	Senior Club Women	08:16	30:48	8	Senior Club Women
	27B	15:27	Jenny Pitt	Tamar Trotters D	Senior Club Women	07:11		8	
	27C	23:12	Jo Marsden	Tamar Trotters D	Senior Club Women	07:45		8	
	27D	30:48	Amanda Dow	Tamar Trotters D	Senior Club Women	07:36		8	
46	45A	07:30	Anne Binns	Okehampton Running Club	Vet Club Women	07:30	31:08	5	Vet Club Women
	45B	15:35	Beki Simmons	Okehampton Running Club	Vet Club Women	08:05		5	
	45C	23:18	Abby Metherell	Okehampton Running Club	Vet Club Women	07:43		5	
	45D	31:08	Marilyn Cooper	Okehampton Running Club	Vet Club Women	07:50		5	
47	19A	07:49	Sue Parkin	Launceston Road Runners	Vet Club Women	07:49	31:34	6	Vet Club Women
	19B	15:29	Julie Barriball	Launceston Road Runners	Vet Club Women	07:40		6	
	19C	23:52	Phillipa Baker	Launceston Road Runners	Vet Club Women	08:23		6	
	19D	31:34	Kirsty Freeman	Launceston Road Runners	Vet Club Women	07:42		6	

48	18A	08:21	Hayley Thorp	Launceston Road Runners	Senior Club Women	08:21	31:50	9	Senior Club Women
	18B	16:36	Victoria Holt	Launceston Road Runners	Senior Club Women	08:15		9	
	18C	24:33	Jade Pilsbury	Launceston Road Runners	Senior Club Women	07:57		9	
	18D	31:50	Sharon Medland	Launceston Road Runners	Senior Club Women	07:17		9	
49	46A	07:22	Jane Jones	Okehampton Running Club	Vet Club Men	07:22	31:55	10	Vet Club Men
	46B	16:17	Carole Cornwall	Okehampton Running Club	Vet Club Men	08:55		10	
	46C	24:35	Ali Holliday	Okehampton Running Club	Vet Club Men	08:18		10	
	46D	31:55	Derek Jackson	Okehampton Running Club	Vet Club Men	07:20		10	
50	29A	08:01	Lisa Burnham	Plymouth Harriers A	Senior Club Women	08:01	33:05	10	Senior Club Women
	29B	16:42	Linda Mole	Plymouth Harriers A	Senior Club Women	08:41		10	
	29C	24:56	Kelly Boylin	Plymouth Harriers A	Senior Club Women	08:14		10	
	29D	33:05	Sian Wood	Plymouth Harriers A	Senior Club Women	08:09		10	
51	60A	09:16	Bianca Staunton	Hare & Tortoise B	Senior Club Women	09:16	33:12	11	Senior Club Women
	60B	17:14	Marie Hannam	Hare & Tortoise B	Senior Club Women	07:58		11	
	60C	25:27	Nicole Balmer	Hare & Tortoise B	Senior Club Women	08:13		11	
	60D	33:12	Miranda Ritchie	Hare & Tortoise B	Senior Club Women	07:45		11	
52	16A	07:34	Jenny West	The Saturday Ladies	Senior Club Women	07:34	33:43	12	Senior Club Women
	16B	15:56	Elaine Fileman	The Saturday Ladies	Senior Club Women	08:22		12	
	16C	25:06	Cathy Ford	The Saturday Ladies	Senior Club Women	09:10		12	
	16D	33:43	Bonita Scaysbrook	The Saturday Ladies	Senior Club Women	08:37		12	
53	34A	09:14	Lai Yin Brooks	Plymouth Harriers B	Vet Club Women	09:14	34:00	7	Vet Club Women
	34B	17:52	Marcia Macey	Plymouth Harriers B	Vet Club Women	08:38		7	
	34C	26:00	Jo Ivison	Plymouth Harriers B	Vet Club Women	08:08		7	
	34D	34:00	Anne Marshall	Plymouth Harriers B	Vet Club Women	08:00		7	
54	3A	07:58	Fran Morgan	The Over Active Under Achievers	Vet Club Women	07:58	34:24	8	Vet Club Women
	3B	17:09	Heather Tigwell	The Over Active Under Achievers	Vet Club Women	09:11		8	
	3C	25:29	Janice Fuller	The Over Active Under Achievers	Vet Club Women	08:20		8	
	3D	34:24	Heather Smith	The Over Active Under Achievers	Vet Club Women	08:55		8	



55	9A	08:02	Julie Page	Running On Empty	Vet Club Women	08:02	34:49	9	Vet Club Women
	9B	16:43	Alison Greaves	Running On Empty	Vet Club Women	08:41		9	
	9C	25:47	Sue Collins	Running On Empty	Vet Club Women	09:04		9	
	9D	34:49	Jane Page	Running On Empty	Vet Club Women	09:02		9	
56	59A	09:17	Emily Simmons	Hare & Tortoise A	Vet Club Women	09:17	36:44	10	Vet Club Women
	59B	18:23	Lou King	Hare & Tortoise A	Vet Club Women	09:06		10	
	59C	28:11	Sarah Abrams	Hare & Tortoise A	Vet Club Women	09:48		10	
	59D	36:44	Caroline Williams	Hare & Tortoise A	Vet Club Women	08:33		10	
57	38A	09:48	Heather Pritchard	St Petrocs	Senior Club Women	09:48	36:52	13	Senior Club Women
	38B	18:49	Tracey Paul	St Petrocs	Senior Club Women	09:01		13	
	38C	28:30	Hollie Wright	St Petrocs	Senior Club Women	09:41		13	
	38D	36:52	Holly Pritchard	St Petrocs	Senior Club Women	08:22		13	
58	4A	07:38	Julian Settington	The Comfort Runners	Senior Club Men	07:38	37:00	25	Senior Club Men
	4B	16:50	Karin Kattenhorn	The Comfort Runners	Senior Club Men	09:12		25	
	4C	27:26	Jo Vella	The Comfort Runners	Senior Club Men	10:36		25	
	4D	37:00	Kate Glanville	The Comfort Runners	Senior Club Men	09:34		25	
59	33A	07:59	Mary Ostle	Plymouth Harriers A	Vet Club Women	07:59	40:23	11	Vet Club Women
	33B	18:58	Fiona McGregor	Plymouth Harriers A	Vet Club Women	10:59		11	
	33C	29:59	Elaine Hill	Plymouth Harriers A	Vet Club Women	11:01		11	
	33D	40:23	Lin Sutcliffe	Plymouth Harriers A	Vet Club Women	10:24		11	
60	31A	09:18	Penny Hadfield-Bennet	Plymouth Harriers C	Senior Club Women	09:18	40:24	14	Senior Club Women
	31B	20:16	Jo Niato	Plymouth Harriers C	Senior Club Women	10:58		14	
	31C	30:00	Hollie Baxter	Plymouth Harriers C	Senior Club Women	09:44		14	
	31D	40:24	Ali Crane	Plymouth Harriers C	Senior Club Women	10:24		14	