

Winter 3K Series
Central Park - Wednesday 9th November

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	946	Tom Laphorne	Plymouth Harriers	9.32
2	870	James Blackford	Plymouth AC	9.35
3	934	Pete Waumsley	Tamar Trotters	9.37
4	936	Michael Robinson	Tamar Trotters	9.38
5	867	Ashley Smith	Plymouth AC	9.43
6	952	Stuart Hall	D&S Fire and Rescue RC	9.51
7	972	David Mittelholz	Plymouth University	10.04
8	881	Simon Cook	Solihull & Small Heath AC	10.06
9	877	Tom Derrick	Plymouth University	10.07
10	943	Sam Leary		10.09
11	945	Andrew Norris		10.14
12	846	Kevin Digby	Plymouth Harriers	10.19
13	962	Stephen Burns	Plymouth AC	10.23
14	961	Luke Langley	Stevenage&North Herts AC	10.33
15	894	Phillip Benson		10.34
16	857	Matt Callaghan	Plymstock Road Runners	10.37
17	975	Tom Bradley	Plymouth University	10.38
18	949	Chris Puertas		10.45
19	855	George Snelling	Plymouth University	10.46
20	935	Ami Yetton	Plymouth Harriers	11.06
21	919	Richard Maunder	Plymouth Tri Club	11.10
22	977	Gareth Peter	Plymstock Road Runners	11.17
23	869	Elaina Rose Gard		11.20
24	950	Shaun Keen		11.21
25	896	Benjamin Hayter	Plymouth University	11.26
26	833	Mike Beattie	Plymstock Road Runners	11.27
27	858	Paul Callaghan	Plymstock Road Runners	11.28
28	971	James Manthorp	Plymouth University	11.31
29	885	Chris Agnew		11.32
30	951	Fiona Harker	Plymouth Harriers	11.47
31	969	Mark Bird	D&S Fire and Rescue RC	11.48
32	874	Vincent Buchaillet	Plymouth University	11.49
33	901	Peter Ford	Plymstock Road Runners	11.51
34	973	Hannah Blair	Torrington AC	11.53
35	956	Pete Noble		12.08
36	868	Stephen Blackford	Plymouth AC	12.16
37	861	Michael Organ		12.25
38	963	Jane Allison	Plymouth Harriers	12.30
39	842	Stephen Watson	Erme Valley Harriers	12.36
40	970	Paul Paskins	Plymouth Harriers	12.41
41	978	Matthew Golding	Plymstock Road Runners	12.47
42	840	Graham Triplett	Plymstock Road Runners	12.49
43	886	Nicola Noble		12.53
44	887	Laura Smith		13.07
45	953	James Scott-Stewart	Plymouth University	13.11
46	965	Cerys Bennett	Plymouth University	13.17
47	924	Chris Whipp		13.21
48	999	Peter Leary		13.24

49	908	Miranda Burke	Plymouth Harriers	13.27
50	890	Martira O'Neill	Plymouth University	13.29
51	974	Tiago Bandeira De Lima		13.30
52	958	Ken Summers	Erme Valley Harriers	13.33
53	941	Miranda Kinrade	Plymouth Musketeers	13.35
54	948	Grayme Jones		13.36
55	850	Cleo Andrews		13.40
56	964	Billy English	Plymouth University	13.48
57	864	Kate Rogers	Tavistock AC	13.53
58	910	Dean Trice		14.08
59	902	Isobel Ford	Plymstock Road Runners	14.19
60	937	Ben Watts		14.20
61	982	Dave Shurmer		14.29
62	915	Paul Walters	Plymouth Harriers	14.32
63	914	Natasha Duncan	Erme Valley Harriers	14.43
64	981	Bryan Short	Plymstock Road Runners	14.52
65	849	Ruth Terry	Erme Valley Harriers	15.02
66	966	Natalie Walsh	Plymouth University	15.06
67	860	Carly Benefer		15.10
68	875	Jess Bolam	Plymouth University	15.13
69	907	Clare Featherstone	Plymstock Road Runners	15.16
70	916	F. Meakin	Plymouth Musketeers	15.19
71	880	Ella Banbury	Erme Valley Harriers	15.47
72	955	Sarah Carr		15.52
73	853	Rose Bralsford		15.57
74	976	Rosie Williams		16.03
75	979	Michael Fleet		16.06
76	878	Stephanie Vinall	Plymouth University	16.39
77	841	Christine McGhee	Plymouth Harriers	16.54
78	917	Jackie Meakin	Plymouth Musketeers	16.57
79	960	Rachael Hobbs		17.01
80	980	Leon Trice		17.06
81	984	Tracey Wheaton	Plymstock Road Runners	17.25
82	938	Bob Burton	Plymstock Road Runners	17.26
83	954	Jane Carroll	D&C Police	17.34
84	983	Samantha Johnson		17.40
85	852	Anna Bush		17.43
86	959	Jemma Floyd		17.54
87	851	Nikki Short	Erme Valley Harriers	17.56
88	928	Johanna Leister		18.01
89	926	Harriet Boston		18.02
90	879	Rebecca Bracher	Erme Valley Harriers	18.03
91	947	Vivien Johnson		18.04
92	942	Gordon Chudley		18.05
93	967	Aaron Sweet		18.19
94	939	Emily Simmons		18.43
95	940	Vikki Shinn		19.52
96	854	Nina Shillabeer	Plymstock Road Runners	19.04
97	968	Louise Viggers		19.17
98	944	Helen Norris		19.18
99	957	Alan Jones	Plymstock Road Runners	20.02
100	856	David King	Plymstock Road Runners	21.09
101	923	Sarah MacPherson		21.54