

Winter 3K Series  
Central Park - Wednesday 14th October

<u>Pos.</u>	<u>Num.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	45	Simon Anderson	Plymouth Harriers	9.46
2	21	Steve Wilsmore	Tamar Trotters	9.55
3	1	Andrew Reed	Erme Valley Harriers	10.08
4	46	Steve Brookes	Tamar Trotters	10.09
5	22	Nick Chislett	Plymouth Harriers	10.11
6	3	Graham Reed	Erme Valley Harriers	10.15
7	63	Darren Walker	Plymouth Harriers	10.20
8	60	Russ Quew	Plymouth Harriers	10.21
9	15	Ami Yetton	Plymouth Harriers	10.27
10	69	J. Horton		10.29
11	31	Ben Trigg	Erme Valley Harriers	10.38
12	50	Guy Peterson	Plymouth Harriers	10.44
13	4	Ashley Smith	Plymouth AC	10.45
14	55	Maddie Horton	Plymouth Harriers	10.46
15	42	Steve Burns	Plymouth AC	10.48
16	18	Colin Castein	Real Buzz Run Britain	10.58
17	14	Joe Bracher	Erme Valley Harriers	11.09
18	20	Andrew Monk	Tamar Trotters	11.14
19	30	Andrew Trigg	Erme Valley Harriers	11.16
20	8	Michael Beattie	Plymouth Harriers	11.17
21	29	Freddie Richards	Plymouth AC	11.21
22	2	Mark Shobbrook	Instinctive Sports	11.30
23	32	Heather Fell	Tavistock AC	11.31
24	24	Robin Lewis	Plymouth Musketeers	11.40
25	41	Katie Burns	Plymouth AC	11.41
26	44	John Carter	Plymstock Road Runners	11.42
27	52	James Blackford	Plymouth AC	11.43
28	17	Russ Mogridge	Erme Valley Harriers	11.44
29	5	Michael Cork	Plymouth Coasters	11.58
30	19	Oliver Diggins		12.15
31	27	Steve Watson	Erme Valley Harriers	12.19
32	47	Jodie Critchlow	Tamar Trotters	12.22
33	25	Guy Boswell	Plymouth Musketeers	12.29
34	51	Stephen Blackford	Plymouth AC	12.34
35	43	Ken Summers	Erme Valley Harriers	12.40
36	38	Rowena Melbourne	Instinctive Sports	12.52
37	59	Jake McPherson	Tamar Trotters	12.58
38	40	Matthew Neyle-Opie	Plymouth AC	13.04
39	66	Matthew Golding	Plymstock Road Runners	13.19
40	68	Steven Higston		13.30
41	13	Linda Bracher	Erme Valley Harriers	13.30
42	34	Simon Ayres		13.51
43	23	Roger Kitteridge	Plymouth Harriers	13.55
44	54	Miranda Burke	Plymouth Harriers	14.09
45	16	Katy Mogridge	Erme Valley Harriers	14.13

46	7	Rhys Williams	Plymouth Coasters	14.39
47	6	Barry Williams	Plymouth Coasters	14.42
48	67	Carol Hansen	Erme Valley Harriers	14.43
49	9	Sharon Terry	Erme Valley Harriers	14.51
50	26	Sue Pascoe	Erme Valley Harriers	14.52
51	48	James Parsons		15.06
52	37	Jessica Rowe	Plymstock Road Runners	15.14
53	11	Natasha Duncan	Erme Valley Harriers	15.53
54	28	Victoria Woolley	Plymouth Coasters	16.11
55	64	Hayley Quirk	Plymouth Coasters	16.11
56	10	Ruth Terry	Erme Valley Harriers	16.24
57	12	Taylor Bracher	Erme Valley Harriers	17.04
58	39	Kirsten Nosworthy		17.15
59	61	Rosie Williams	Plymstock Road Runners	17.54
60	56	Chloe Letch	Womens Running Network	18.03
61	65	Wendy Jankawska		18.48
62	36	Jim Morley		18.55
63	35	Liz Morley		18.57
64	62	Sharon Healy	Plymouth University	19.00
65	58	Charlotte Lethbridge		20.53
66	57	Jade Santa Maria	Womens Running Network	23.12
67	33	Pamela Housam	Womens Running Network	23.22
68	53	Lena Buckley		24.17