





















## GP 2023 after Race 5 An Res Hellys - Female Age Category Table

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SiEntries ID	Name	Club	Storm Force	Newquay 10k	Looe 10	Falmouth	An Res	Trevornick	Sticker 5	Mag 7	Turkey Trot	IQ Half	Treggy 7	Truro Half	Cornish	Score	Completed	Age Category
537987	Ayesha Gillespie	Tamar Trotters	195	191	190	198	200									974	5	Female Under 35
575007	Victoria Humphreys	East Cornwall Harriers	190	184	188	193	194									949	5	Female Under 35
817216	Megan Pitts	Truro Running Club	188	186	187	191	195									947	5	Female Under 35
794462	Ashley Elliott	East Cornwall Harriers	194	192	191		198									775	4	Female Under 35
819655	Georgia Stanfield	Falmouth Running Club	197	196	196											589	3	Female Under 35
620794	Melodie Manners	Hayle Runners	196		195	197										588	3	Female Under 35
752566	Sophie Talling	Newquay Road Runners	183	188			196									567	3	Female Under 35
641940	Hannah Smith	Hayle Runners	186	183			192									561	3	Female Under 35
774229	Caroline Cross	Cornwall AC	182	181		189										552	3	Female Under 35
751122	Ashley Holt	Carn Runners	181	178			190									549	3	Female Under 35
826400	Chloe Turner	East Cornwall Harriers		177	184	187										548	3	Female Under 35
749248	Rebecca Ezra-Ham	Tamar Trotters	200	200												400	2	Female Under 35
794648	Katie Walker	Cornwall AC		198		200										398	2	Female Under 35
610688	Steph Hearn	Cornwall AC	199		199											398	2	Female Under 35
512242	Rebecca Stobart	Cornwall AC	198	197												395	2	Female Under 35
730928	Rose Harvie	Newquay Road Runners			194		199									393	2	Female Under 35
735698	Jo Temple	Truro Running Club		195	198											393	2	Female Under 35
748487	Alice Vage	Cornwall AC		193		195										388	2	Female Under 35
802823	Jane Barker	Hayle Runners	191				193									384	2	Female Under 35
819645	Lily Lorys	Hayle Runners			189	194										383	2	Female Under 35
643015	Lia Foreman	Hayle Runners	192	190												382	2	Female Under 35
782705	Camellia Bullingham	Truro Running Club	184			192										376	2	Female Under 35
720469	Eleanor Ward	Truro Running Club		187		188										375	2	Female Under 35
760516	Martha Carlisle	Cornwall AC	187	185												372	2	Female Under 35
833683	Kate Frame	Carn Runners		180		190										370	2	Female Under 35
748849	Ellen Gibson	Cornwall AC	185	182												367	2	Female Under 35
795598	Greta Viertel	St Austell Athletes Running Club		173	183											356	2	Female Under 35
793957	Courtney Marks	St Austell Running Club		178	171											349	2	Female Under 35
665740	Donna Dark	Hayle Runners	176	169												345	2	Female Under 35
575036	Holly Andrews	Truro Running Club			200											200	1	Female Under 35
803538	Hannah Mason	St Austell Athletes Running Club				199										199	1	Female Under 35
793900	Olivia Carthew	Newquay & Par AC		199												199	1	Female Under 35
778622	Helen Barrett	Falmouth Running Club					197									197	1	Female Under 35
443494	Lucy Longbottom	Truro Running Club			197											197	1	Female Under 35
463105	Melissa Nicholas	Hayle Runners				196										196	1	Female Under 35
818765	Jasmine Rapson	Newquay & Par AC		194												194	1	Female Under 35
837043	Tori Marks	St Austell Athletes Running Club			193											193	1	Female Under 35
666752	Ellen Jones	Cornwall AC	193													193	1	Female Under 35
447321	Stacie Marks	St Austell Athletes Running Club			192											192	1	Female Under 35
808993	Hannah Cooksley	Falmouth Running Club					191									191	1	Female Under 35
748731	Leigh Spencer	Newquay Road Runners		189												189	1	Female Under 35
719892	Susi Menhinick	St Austell Running Club	189													189	1	Female Under 35
666494	Bryony Halliday	Cornwall AC				186										186	1	Female Under 35
718827	Emily Canty	St Austell Athletes Running Club			186											186	1	Female Under 35
363241	Kirsty Webb	Looe Pioneers Running Club			185											185	1	Female Under 35
722252	Daisy Booker	Falmouth Running Club	180													180	1	Female Under 35
748154	Izzy Cook	Bys Vyken Race Team		179												179	1	Female Under 35
494115	Naomi Flower	Newquay Road Runners	179													179	1	Female Under 35
747592	Nicola Masters	Hayle Runners	177													177	1	Female Under 35
818883	Ellie Peck	Tamar Trotters		176												176	1	Female Under 35
826422	Hannah Pollard	Tamar Trotters		175												175	1	Female Under 35
459116	Diana Raiker	Falmouth Running Club		174												174	1	Female Under 35
831860	Lina Grohbiel	Newquay Road Runners		172												172	1	Female Under 35
829906	Olivia Addelsee	Tamar Trotters		170												170	1	Female Under 35
292734	Jennifer Forbes	Hayle Runners	190	186	191	195	198									960	5	Female 35-39
684226	Michelle Dunn	St Austell Running Club	183	170	188	190	191									922	5	Female 35-39
761681	Emma Paull	Hayle Runners		200	200	200	200									800	4	Female 35-39
747894	Claire Stone	Hayle Runners	184	176		192	196									748	4	Female 35-39
759322	Donna Fisher	Newquay Road Runners	185	180	190		193									748	4	Female 35-39
756886	Fiona Gamble	Hayle Runners	189	173			193	192								747	4	Female 35-39
784808	Gwen Maggs	St Austell Running Club		177	187	191										555	3	Female 35-39
730447	Gemma Wotherspoon	Bodmin Womens Running Club	180		186	189										555	3	Female 35-39
509156	Amy Sole	Cornwall AC	200	199												399	2	Female 35-39
522445	Lucy Williams	Truro Running Club	199		199											398	2	Female 35-39
745244	Jenny Cartwright	Looe Pioneers Running Club				197	199									396	2	Female 35-39
436121	Rosie Bradbury	Falmouth Running Club			197	199										396	2	Female 35-39
684939	Rachel Vague	Tri Logic Cornwall	197		198											395	2	Female 35-39
745497	Stella Gardener	Newquay Road Runners	198	197												395	2	Female 35-39
240026	Kaye Patterson	East Cornwall Harriers		196	196											392	2	Female 35-39
491669	Aimee Jones	Tri Logic Cornwall		193			197									390	2	Female 35-39
416840	Anna Carter	Newquay Road Runners		194	196											390	2	Female 35-39
800391	Lucy Paull	Hayle Runners	194		195											389	2	Female 35-39
661596	Lauren Bailey	Truro Running Club	195	193												388	2	Female 35-39
809333	Maria De Ruvo	Hayle Runners	192			194										386	2	Female 35-39
425707	Amy Gregory	Newquay Road Runners	193	192												385	2	Female 35-39
830683	Rebecca Pearce	St Austell Athletes Running Club			189		194									383	2	Female 35-39
720452	Sarah McDonough	East Cornwall Harriers	191	190												381	2	Female 35-39
820780	Abigail Smith	Tamar Trotters		184			195									379	2	Female 35-39

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471236	Nina Bond	Looe Pioneers Running Club	188	185												373	2	Female 35-39
745310	Amy Shackelford	Bys Vyken Race Team	182	175												357	2	Female 35-39
591350	Rosie Trevains	Bys Vyken Race Team	181	167												348	2	Female 35-39
718706	Emma Figures	Truro Running Club				198										198	1	Female 35-39
833748	Gemma Roberts	Bodmin Dragons Triathlon Club		198												198	1	Female 35-39
689343	Hannah Matthews	East Cornwall Harriers	196													196	1	Female 35-39
460378	Harriet Frost	Newquay Road Runners		195												195	1	Female 35-39
750577	Kelly Keough	Newquay Road Runners		194												194	1	Female 35-39
823751	Claire Manton	Looe Pioneers Running Club			192											192	1	Female 35-39
827822	Naomi Astill	Hayle Runners		191												191	1	Female 35-39
748124	Angeline Hadfield	Truro Running Club		189												189	1	Female 35-39
719441	Alison O'Hora	East Cornwall Harriers		188												188	1	Female 35-39
365064	Vanessa Willitts	Truro Running Club		187												187	1	Female 35-39
744941	Jamie Gore	Hayle Runners	187													187	1	Female 35-39
423501	Katie Bullock	Newquay Road Runners	186													186	1	Female 35-39
747651	Hamilton Isobel	East Cornwall Harriers		183												183	1	Female 35-39
821892	Becky Hall	Newquay Road Runners		182												182	1	Female 35-39
833285	Alice Picking	Hayle Runners		181												181	1	Female 35-39
818356	Rachel Yelland	East Cornwall Harriers		179												179	1	Female 35-39
785548	Fabienne Loake	Carn Runners		178												178	1	Female 35-39
755823	Sharon Johns	Hayle Runners		174												174	1	Female 35-39
383208	Amy Abraham	Hayle Runners		172												172	1	Female 35-39
818535	Sara Robins	Newquay Road Runners		171												171	1	Female 35-39
587683	Isabel Irwin-Bowler	St Austell Running Club		169												169	1	Female 35-39
823678	Jessica Gallienne	Newquay Road Runners		168												168	1	Female 35-39
501256	Nikki Pritchard	East Cornwall Harriers	179	181	194	193	191									938	5	Female 40-44
746124	Kirsty Medlock	Hayle Runners	196	196	198	200										790	4	Female 40-44
735977	Michelle Fitt	Hayle Runners		193	196	198	199									786	4	Female 40-44
233295	Sarah Hoskin	Mile High	200		200		200									600	3	Female 40-44
723331	Anna Harrold	Truro Running Club	199	200	199											598	3	Female 40-44
745090	Marlene Grobler	Carn Runners	190	194		197										581	3	Female 40-44
726436	Louisa Chisholm	Looe Pioneers Running Club	191	195	191											577	3	Female 40-44
726522	Natalie Jewell	Falmouth Running Club	183	184	193											560	3	Female 40-44
748043	Sarah Ellis	Hayle Runners	175	173			188									536	3	Female 40-44
501802	Karina Bowers	St Austell Running Club			197	199										396	2	Female 40-44
578573	Katy Jenkins	Truro Running Club	197	199												396	2	Female 40-44
610044	Eve Hearle	Newquay Road Runners	195	198												393	2	Female 40-44
637011	Laura Pool	Truro Running Club	192	197												389	2	Female 40-44
815869	Laura Haghani	Hayle Runners			192		192									384	2	Female 40-44
751066	Joanne Strawbridge	East Cornwall Harriers		188			196									384	2	Female 40-44
619143	Carly Kent	Falmouth Running Club		185			194									379	2	Female 40-44
730223	Sarah Ryan	Newquay Road Runners	189	190												379	2	Female 40-44
759677	Becky Andrews	Truro Running Club	188	189												377	2	Female 40-44
751164	Kelly Lewis	Truro Running Club	178			194										372	2	Female 40-44
453452	Katie Thurston	JP Fitness Cornwall	182	187												369	2	Female 40-44
741002	Sarah Luff	JP Fitness Cornwall		175			193									368	2	Female 40-44
751063	Lizzie Hasell	Truro Running Club		177			189									366	2	Female 40-44
754984	Rebecca O'Doherty	St Austell Athletes Running Club	180	180												360	2	Female 40-44
514834	Sarah Johns	Hayle Runners	176	174												350	2	Female 40-44
353916	Hayley Stacey	East Cornwall Harriers					198									198	1	Female 40-44
664939	Anna Jenkins	Cornwall AC	198													198	1	Female 40-44
637367	Annie Bover	Bude Rats (Run and Tri)					197									197	1	Female 40-44
748385	Kay Middleditch	Truro Running Club				196										196	1	Female 40-44
789380	Melissa Poultney	Hayle Runners					195									195	1	Female 40-44
727652	Katherine Berriman	Falmouth Running Club				195										195	1	Female 40-44
838632	Kathryn Julian	Looe Pioneers Running Club			195											195	1	Female 40-44
420137	Emma Clark	Looe Pioneers Running Club	194													194	1	Female 40-44
774091	Clare Gwennap	Tri Logic Cornwall	193													193	1	Female 40-44
748143	Hannah Fox	Truro Running Club		192												192	1	Female 40-44
578509	Helen Stevenson	Bodmin Road Runners		191												191	1	Female 40-44
415961	Yelda Mge Parsons	Hayle Runners					190									190	1	Female 40-44
597860	Claire Palmer	Truro Running Club	187													187	1	Female 40-44
824069	Angela Datlen	Newquay Road Runners		186												186	1	Female 40-44
718298	Amanda Berridge	Truro Running Club	186													186	1	Female 40-44
772748	Sara Needham	Newquay Road Runners	185													185	1	Female 40-44
385026	Demelza Widdershoven	Carn Runners	184													184	1	Female 40-44
748532	Rosie Karpinski	Newquay Road Runners		183												183	1	Female 40-44
814583	Stephanie Rennie	JP Fitness Cornwall		182												182	1	Female 40-44
501151	Harriet Oates	Carn Runners	181													181	1	Female 40-44
554432	Sarah Barker	Looe Pioneers Running Club		179												179	1	Female 40-44
830865	Kerry Hoskin	Truro Running Club		178												178	1	Female 40-44
748316	Zenna Rogers	Hayle Runners	177													177	1	Female 40-44
819442	Debbie Maunder	Tamar Trotters		176												176	1	Female 40-44
780386	Teresa Moore	Hayle Runners	174													174	1	Female 40-44
504291	Lisa Webb	East Cornwall Harriers	191	191	193	196	188									959	5	Female 45-49
686166	Lucy Oldham	East Cornwall Harriers	190	188	194	195	189									956	5	Female 45-49
240101	Debbie Marshall	St Austell Running Club	192	189	192	193	187									953	5	Female 45-49

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795451	Hannah Thomas	Truro Running Club	181	182	188	191	182									924	5	Female 45-49
555073	Claire Barlow	Bodmin Road Runners	177	184	191	184	180									916	5	Female 45-49
499360	Jeanette Turpin	East Cornwall Harriers	182	173	186	188	178									907	5	Female 45-49
416165	Sarah Steed	East Cornwall Harriers	178	175	184	187	179									903	5	Female 45-49
746257	Julia Pearce	Cornwall AC	196	198		199	195									788	4	Female 45-49
452156	Joanne Barry	JP Fitness Cornwall	185	186		194	185									750	4	Female 45-49
750622	Kirstie Slater	Truro Running Club	183	177	187	190										737	4	Female 45-49
746290	Emma James	Launceston Road Runners	186	176	178	189										729	4	Female 45-49
748378	Georgina Purvis	Truro Running Club	172	164		182	176									694	4	Female 45-49
441674	Rosie Gibbons	Cornwall AC	200	200			200									600	3	Female 45-49
224653	Emma Mossop	Falmouth Running Club	199	199			199									597	3	Female 45-49
717181	Lee Strickland	Hayle Runners	198		198		198									594	3	Female 45-49
271994	Susanne Wood	Cornwall AC	195	197			193									585	3	Female 45-49
166973	Meeta Nicholls	East Cornwall Harriers		192	196		194									582	3	Female 45-49
747273	Alison Thomas	Hayle Runners	194			197	190									581	3	Female 45-49
643489	Julie Oxenham	Bodmin Road Runners	187	185	189											561	3	Female 45-49
553271	Sally Martin	Falmouth Running Club	184		183	185										552	3	Female 45-49
726521	Nicola Crilly	Falmouth Running Club	179	178	185											542	3	Female 45-49
419419	Jane Pett	JP Fitness Cornwall	169	167		183										519	3	Female 45-49
431617	Samantha Ewart	St Austell Running Club		166	177		175									518	3	Female 45-49
716839	Hannah Fox	Mile High				200	196									396	2	Female 45-49
747856	Amanda Hewitt	Cornwall AC	197	195												392	2	Female 45-49
748670	Olivia Pellowe	Carn Runners			195		192									387	2	Female 45-49
729035	Emma Fox	Newquay Road Runners		194			191									385	2	Female 45-49
747948	Charlie Gray	Newquay Road Runners	188	187												375	2	Female 45-49
197268	Georgina Symons	St Austell Athletes Running Club	189				181									370	2	Female 45-49
690298	Vicky Oakes	St Austell Running Club	174		190											364	2	Female 45-49
826484	Claire Norris	Falmouth Running Club		179			183									362	2	Female 45-49
584880	Emma Johns	Hayle Runners				181	177									358	2	Female 45-49
665436	Susan Thomas	Hayle Runners	176		181											357	2	Female 45-49
502174	Melanie Nile	St Austell Running Club		170	180											350	2	Female 45-49
747792	Victoria Hall	Bodmin Road Runners		168	179											347	2	Female 45-49
725804	Samantha Dixon	Hayle Runners	167	163												330	2	Female 45-49
408199	Kathryn Thomas	Cornwall AC	168	161												329	2	Female 45-49
754421	Lisa Picton	East Cornwall Harriers			200											200	1	Female 45-49
420877	Mandy Gibson	Looe Pioneers Running Club		199												199	1	Female 45-49
777111	Cheryl Hanns	East Cornwall Harriers				198										198	1	Female 45-49
758783	Fiona Montague	Tamar Trotters					197									197	1	Female 45-49
360385	Gail Hartill	Bodmin Road Runners			197											197	1	Female 45-49
754927	Michelle Hague	Newquay Road Runners		196												196	1	Female 45-49
745643	Claire Mildenhall	Newquay Road Runners		193												193	1	Female 45-49
728766	Alison Roose	Newquay Road Runners	193													193	1	Female 45-49
390312	Hannah Ward	St Austell Athletes Running Club				192										192	1	Female 45-49
818506	Jenny Pitt	Tamar Trotters		190												190	1	Female 45-49
342972	Tracy Mckenzie	Newquay Road Runners					186									186	1	Female 45-49
580601	Sarah Webb	Falmouth Running Club				186										186	1	Female 45-49
755457	Donna Pollard	Carn Runners					184									184	1	Female 45-49
747971	Emma Collins	Looe Pioneers Running Club		183												183	1	Female 45-49
450721	Nina Chell	Falmouth Running Club			182											182	1	Female 45-49
748036	Sandra Northcott	Looe Pioneers Running Club		181												181	1	Female 45-49
750145	Helen Cowling	Newquay Road Runners		180												180	1	Female 45-49
159646	Claire Budge	St Austell Running Club	180													180	1	Female 45-49
159667	Caroline Vinnicombe	Cornwall AC	175													175	1	Female 45-49
414017	Miranda Honey	Bodmin Road Runners		174												174	1	Female 45-49
721966	Sarah Hardy	Bodmin Womens Running Club	173													173	1	Female 45-49
748061	Tracey Mackellar	Newquay Road Runners		172												172	1	Female 45-49
801563	Jane Tomlinson	Truro Running Club		171												171	1	Female 45-49
455675	Michelle Barribal	Newquay Road Runners	171													171	1	Female 45-49
772276	Victoria Walton	Newquay Road Runners	170													170	1	Female 45-49
746254	Sarah Marsh	East Cornwall Harriers		169												169	1	Female 45-49
825685	Sara Archer	Newquay Road Runners		165												165	1	Female 45-49
781344	Angela Tyson	Newquay Road Runners		162												162	1	Female 45-49
573279	Sue Coates	Bys Vyken Race Team		160												160	1	Female 45-49
746924	Mandy Watts	Newquay Road Runners	189	194	197	198	196									974	5	Female 50-54
795543	Gill Aze-Thomas	Launceston Road Runners	176	183	191	194	191									935	5	Female 50-54
716934	Beth Popperwell	Mile High	198	198	200	200										796	4	Female 50-54
742959	Tanya Coleman	Truro Running Club	195	197	199		198									789	4	Female 50-54
745100	Miranda Flannigan	Cornwall AC	193	195		196	197									781	4	Female 50-54
831125	Vanessa Morley	Newquay Road Runners	184	189	196		194									763	4	Female 50-54
494548	Lynn Coffman	Tamar Trotters	186	182	198		195									761	4	Female 50-54
581664	Catherine Sims	Tamar Trotters	178	181	190		189									738	4	Female 50-54
434324	Jacqui Martin	St Austell Running Club	172	175	184	193										724	4	Female 50-54
494547	Jane Forder	Tamar Trotters	175	176	186		185									722	4	Female 50-54
209394	Michelle Roskilly	Hayle Runners		192	194		193									579	3	Female 50-54
726279	Dawn Scallan	Carn Runners		188		195	192									575	3	Female 50-54
583630	Sarah Allen	Hayle Runners	187	191		197										575	3	Female 50-54
579695	Nicky Brenton	Bodmin Road Runners	179	185	189											553	3	Female 50-54
579805	Sarah Booker	Falmouth Running Club		178	187		187									552	3	Female 50-54

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336814	Rachael Church	Perran Trail Runners	174	179			186									539	3	Female 50-54
516080	Julie Gregory	Looe Pioneers Running Club	173	177	185											535	3	Female 50-54
394924	Emma Stepto	Cornwall AC	200	200												400	2	Female 50-54
204826	Catheryn Camborieux	Truro Running Club	197			199										396	2	Female 50-54
393536	Corinne Gerrard	Hayle Runners	196				199									395	2	Female 50-54
160186	Helen Thomas	Truro Running Club	192	196												388	2	Female 50-54
498189	Alison Weir	Falmouth Running Club	190		195											385	2	Female 50-54
209983	Trish Merrett	Hayle Runners	182	193												375	2	Female 50-54
827341	Jane Garside	Newquay Road Runners	183	190												373	2	Female 50-54
210570	Lisa Talling	Newquay Road Runners	185	187												372	2	Female 50-54
416717	Helen Lawes	Looe Pioneers Running Club	177		192											369	2	Female 50-54
748081	Diane Foster	Looe Pioneers Running Club		180	188											368	2	Female 50-54
828713	Jayne Young	Bodmin Womens Running Club	180	184												364	2	Female 50-54
818863	Sara Grattan	Looe Pioneers Running Club		169	182											351	2	Female 50-54
420266	Catherine Trerise	Cornwall AC	171	174												345	2	Female 50-54
669906	Paula Brooks	Tamar Trotters	170	172												342	2	Female 50-54
748767	Debbie Harrison-Webb	Hayle Runners					200									200	1	Female 50-54
747687	Carol Randall	Cornwall AC		199												199	1	Female 50-54
396166	Zelah Morrall	Cornwall AC	199													199	1	Female 50-54
748830	Claire Winfield	Launceston Road Runners	194													194	1	Female 50-54
830651	Pippa Cann	Looe Pioneers Running Club			193											193	1	Female 50-54
463745	Georgia Witchell	Falmouth Running Club	191													191	1	Female 50-54
559710	Ruth Avery	JP Fitness Cornwall					190									190	1	Female 50-54
773564	Nicola Dickey	Falmouth Running Club					188									188	1	Female 50-54
750985	Jennifer Buckland	Hayle Runners	188													188	1	Female 50-54
720292	Lisa Wilson	Truro Running Club		186												186	1	Female 50-54
839398	Jay Wagstaff	Looe Pioneers Running Club			183											183	1	Female 50-54
244469	Tamzin Davey	Cornwall AC	181													181	1	Female 50-54
778999	Julie Flower	Newquay Road Runners		173												173	1	Female 50-54
816928	Debbie Lackey	Newquay Road Runners		171												171	1	Female 50-54
716698	Sarah Howard	Cornwall AC		170												170	1	Female 50-54
324988	Lorna Hogg	St Austell Running Club	169													169	1	Female 50-54
781286	Andria Pollock	JP Fitness Cornwall	168													168	1	Female 50-54
368022	Liz Trebilcock	Truro Running Club	196	198	198	198	199									989	5	Female 55-59
158743	Jane Stedman	Bodmin Road Runners	189	193	193	197	191									963	5	Female 55-59
420986	Nicky Sowerby	Truro Running Club	182	183	189	190	187									931	5	Female 55-59
797225	Lorraine Hawkins	Launceston Road Runners	181	177	187	189	186									920	5	Female 55-59
504813	Julie Bolitho	Hayle Runners	179	174	186	188	185									912	5	Female 55-59
188018	Karen Pascoe	Cornwall AC	200	199		200	200									799	4	Female 55-59
745054	Debbie Jones	Looe Pioneers Running Club	197	197	197		198									789	4	Female 55-59
343079	Deborah Hocking	Carn Runners	184	184		192	192									752	4	Female 55-59
747899	Karen Sims	East Cornwall Harriers	178	187	190		194									749	4	Female 55-59
748020	Karen Warner	Newquay Road Runners	183	179	188		189									739	4	Female 55-59
660236	Helen Cattran	Hayle Runners	180	169		191	184									724	4	Female 55-59
475278	Sharon Daw	East Cornwall Harriers	199	200	200											599	3	Female 55-59
557271	Helen Mitchell	Truro Running Club	198		199	199										596	3	Female 55-59
437107	Linda Cuff	Looe Pioneers Running Club	195	196	195											586	3	Female 55-59
273360	Sarah Myford	Bodmin Road Runners	194	195	196											585	3	Female 55-59
454043	Juliet Stewart	Truro Running Club	192			196	193									581	3	Female 55-59
745490	Dawn Diprose	East Cornwall Harriers	185	194	194											573	3	Female 55-59
724660	Gillian Onley	Cornwall AC	190	188			190									568	3	Female 55-59
727278	Helen Casey	Hayle Runners				194	196									390	2	Female 55-59
359100	Judith Wilkes	Falmouth Running Club			192		195									387	2	Female 55-59
276349	Louise Ollivier	Hayle Runners	188				197									385	2	Female 55-59
417942	Alison Cox	Bodmin Womens Running Club			191	193										384	2	Female 55-59
531490	Jennifer Lawson	Newquay Road Runners	186	190												376	2	Female 55-59
637512	Fiona Stallard	Truro Running Club	177	176												353	2	Female 55-59
205812	Jane Stephens	Bodmin Road Runners				195										195	1	Female 55-59
719295	Sam Murray	Hayle Runners	193													193	1	Female 55-59
751132	Wietske Hansen	Carn Runners		192												192	1	Female 55-59
764821	Karen Parker	Falmouth Running Club		191												191	1	Female 55-59
747599	Lucy Hewitt	Newquay Road Runners	191													191	1	Female 55-59
464872	Jean Cutlan	St Austell Athletes Running Club		189												189	1	Female 55-59
827410	Christine Boon	Truro Running Club					188									188	1	Female 55-59
748265	Mel Burgess	Hayle Runners	187													187	1	Female 55-59
744972	Judy Gluyas	East Cornwall Harriers		186												186	1	Female 55-59
211017	Cathy Willows	East Cornwall Harriers		185												185	1	Female 55-59
725954	Sally Fletcher	St Austell Running Club		182												182	1	Female 55-59
652263	Theresa Clark	Hayle Runners		181												181	1	Female 55-59
818695	Teresa Lakeman	Tamar Trotters		180												180	1	Female 55-59
424067	Sally Bowden	Newquay Road Runners		178												178	1	Female 55-59
816842	Emma Stock-Coles	Newquay Road Runners	176													176	1	Female 55-59
206323	Rachel Flanagan	Falmouth Running Club		175												175	1	Female 55-59
727349	Lesley Pallett	St Austell Running Club		173												173	1	Female 55-59
208677	Clare Ainsworth	Tamar Trotters		172												172	1	Female 55-59
662696	Lorraine Wherry	St Austell Running Club		171												171	1	Female 55-59
747977	Yvonne Matthews	Bys Vyken Race Team		170												170	1	Female 55-59
419667	Glennie McKinley	JP Fitness Cornwall		168												168	1	Female 55-59

## GP 2023 after Race 5 An Res Hellys - Female Age Category Table

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451019	Sarah Wilkinson	Newquay Road Runners	200	199	199	200	199									997	5	Female 60-64
315324	Janet Ritchie	Carn Runners	197	196	196	198	198									985	5	Female 60-64
567775	Lisa Player	Newquay Road Runners	198	198	197	199										792	4	Female 60-64
555265	Jacquie Rapier	Falmouth Running Club	195	192	191		196									774	4	Female 60-64
580949	Jackie Stone	Hayle Runners	191	187		195	193									766	4	Female 60-64
746871	Wendy Williams	JP Fitness Cornwall	192	185		196	192									765	4	Female 60-64
396493	Christina Lake	Falmouth Running Club	189	182		194	190									755	4	Female 60-64
748595	Tessa Mason	East Cornwall Harriers	199	197	198											594	3	Female 60-64
759165	Margaret Clark	Hayle Runners	196	193	194											583	3	Female 60-64
530557	Judy Jameson	Carn Runners	194	189			194									577	3	Female 60-64
746777	Ann Bradley	St Austell Running Club	193	190			191									574	3	Female 60-64
683153	Paula Richardson	East Cornwall Harriers	188	180			188									556	3	Female 60-64
386188	Revis Crowle	East Cornwall Harriers		200			200									400	2	Female 60-64
746197	Geraldine Bowden	Looe Pioneers Running Club		186			195									381	2	Female 60-64
716597	Angela Harrison	Looe Pioneers Running Club		188	190											378	2	Female 60-64
781964	Amanda Gore	Hayle Runners	190	183												373	2	Female 60-64
744960	Ann Harry	Looe Pioneers Running Club		179	188											367	2	Female 60-64
748272	Alison Temple	Bodmin Road Runners			200											200	1	Female 60-64
853307	Caroline Pack	Falmouth Running Club					197									197	1	Female 60-64
368072	Emma Earnshaw	East Cornwall Harriers				197										197	1	Female 60-64
315414	Linda Pickard	Launceston Road Runners			195											195	1	Female 60-64
818362	Jeanette Duncan	Newquay Road Runners		195												195	1	Female 60-64
752076	Lynn Counter	Newquay Road Runners		194												194	1	Female 60-64
561754	Sally Johnston	Tamar Trotters			193											193	1	Female 60-64
511402	Susan Rescorl	Bodmin Womens Running Club			192											192	1	Female 60-64
772149	Susan Pooley	Bodmin Womens Running Club		191												191	1	Female 60-64
650028	Jane Naylor	Hayle Runners					189									189	1	Female 60-64
431621	Christine Todd	St Austell Running Club			189											189	1	Female 60-64
359238	Lesley Taphouse	Bodmin Road Runners		184												184	1	Female 60-64
471225	Sandra Orchard	JP Fitness Cornwall		181												181	1	Female 60-64
773378	Soraya Williams	Hayle Runners		178												178	1	Female 60-64
690858	Kathy Saunders	Looe Pioneers Running Club	195	197	198	198	197									985	5	Female 65-69
430070	Wendy Lowe	Bodmin Womens Running Club	199	199	199	199										796	4	Female 65-69
747797	Eleanor Ellison	Newquay Road Runners	200	200			200									600	3	Female 65-69
747235	Theresa Williams	St Austell Running Club	197	198			198									593	3	Female 65-69
764246	Karen Lovegrove	Hayle Runners	196	196	197											589	3	Female 65-69
111146	Janet Watson	Carn Runners	198				199									397	2	Female 65-69
415432	Madeleine Blight	St Austell Running Club	194	195												389	2	Female 65-69
610805	Andrea Simmons	Hayle Runners				200										200	1	Female 65-69
175380	Jane Bremner	Tamar Trotters			200											200	1	Female 65-69
726579	Linda Tout	Tamar Trotters	200	200	200	200	200									1000	5	Female 70-74
363333	Lavinia Marshall	Launceston Road Runners	198	197	199	199										793	4	Female 70-74
305375	Sandy Jamieson	Carn Runners	199	199			199									597	3	Female 70-74
682696	Janet Wills	St Austell Running Club	196		198		196									590	3	Female 70-74
306370	Margaret Wade	Carn Runners	197	194			198									589	3	Female 70-74
621651	Kathran Dormer	Falmouth Running Club		195			195									390	2	Female 70-74
744611	Ann Foster	Tamar Trotters		193			197									390	2	Female 70-74
748146	Anne Libby	Looe Pioneers Running Club		192	197											389	2	Female 70-74
619081	Mary Mullarkey	East Cornwall Harriers		198												198	1	Female 70-74
559425	Lynn Harvey	Newquay Road Runners		196												196	1	Female 70-74
745096	Jacqueline Jenkin	Cornwall AC	200	200	200		200									800	4	Female 75-79

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688769	Liam O'Neill	Hayle Runners	188	185	194	193	189									949	5	Male Under 35
495184	Bruce Carey	Newquay Road Runners	169	175	190	181	185									900	5	Male Under 35
855837	David Tregonning	St Austell Running Club	196		199	199	200									794	4	Male Under 35
761304	Simon Morse	East Cornwall Harriers	194	196	200		199									789	4	Male Under 35
616146	Jacob Gardner	Hayle Runners	192		196	200	197									785	4	Male Under 35
384549	Kieran Murrant	Hayle Runners	190		195	197	195									777	4	Male Under 35
772582	Thomas Halton	St Austell Running Club	173		192	183	187									735	4	Male Under 35
731424	Bradley Parsons	PB Running Club	171	179	191		191									732	4	Male Under 35
424338	Jordan Morant	Hayle Runners	197	197			198									592	3	Male Under 35
538238	Jake Timms	Falmouth Running Club			193	192	194									579	3	Male Under 35
727361	Liam Gallantry	East Cornwall Harriers	189	191	197											577	3	Male Under 35
754894	Callum Pinch	Truro Running Club	178	183		195										556	3	Male Under 35
796431	Connor Davidson	Falmouth Running Club	170	174		180										524	3	Male Under 35
749016	Tao Bi	Newquay Road Runners	166	168	189											523	3	Male Under 35
830039	Lee Jago	Looe Pioneers Running Club	167	165	188											520	3	Male Under 35
748486	Zack Hill	Cornwall AC	168	169		179										516	3	Male Under 35
814224	Harry Stallard	St Austell Running Club	165	162	185											512	3	Male Under 35
728633	Sam Goodchild	Cornwall AC	200	200												400	2	Male Under 35
755261	Peter Watson	Falmouth Running Club				196	196									392	2	Male Under 35
661780	Ross Pascoe	Cornwall AC	195	194												389	2	Male Under 35
728754	Jamie Edwards	Newquay Road Runners	193	195												388	2	Male Under 35
415199	Richard Ezra-Ham	Tamar Trotters	191	193												384	2	Male Under 35
761931	Peter Rackstraw	Falmouth Running Club				187	192									379	2	Male Under 35
483216	Edward Gleadowe	Falmouth Running Club	186			191										377	2	Male Under 35
359030	Robert Chirgwin	Truro Running Club	187	184												371	2	Male Under 35
726219	Matt Fox	Cornwall AC	180			190										370	2	Male Under 35
804303	Paul-Florin Trifanov	Newquay Road Runners	179	190												369	2	Male Under 35
740858	Jonny Unwin	Cornwall AC	182	186												368	2	Male Under 35
727530	Richard Dalton	Falmouth Running Club	185			182										367	2	Male Under 35
369135	Dan Cocks	St Austell Athletes Running Club	175				188									363	2	Male Under 35
830329	Jason Cook	Tri Logic Cornwall		176		184										360	2	Male Under 35
477346	Daniel Cox	Bodmin Road Runners	172				186									358	2	Male Under 35
653601	Matt Harries	Tamar Trotters	176	180												356	2	Male Under 35
728052	Ryan Marks	St Austell Running Club	177	178												355	2	Male Under 35
409815	Tom Howard	Falmouth Running Club		166	186											352	2	Male Under 35
752875	Zak Clemens	Cornwall AC		199												199	1	Male Under 35
745027	Joshua Rowe	Hayle Runners	199													199	1	Male Under 35
703607	David Maasdorp	Truro Running Club				198										198	1	Male Under 35
760870	Luke Attwood	Tamar Trotters		198												198	1	Male Under 35
752372	Oliver Oldfield	Tamar Trotters		198												198	1	Male Under 35
749926	Jacob Landers	Tamar Trotters	198													198	1	Male Under 35
832789	Joseph Durrant	Tri Logic Cornwall				194										194	1	Male Under 35
846971	Callum Waldie	Truro Running Club					193									193	1	Male Under 35
750253	Dylan Stevens	Newquay & Par AC		192												192	1	Male Under 35
794380	Robert Warner	Tamar Trotters					190									190	1	Male Under 35
836271	George Tanner	Cornwall AC				189										189	1	Male Under 35
818419	Ethan Lusty	Newquay & Par AC		189												189	1	Male Under 35
475199	Ryan Williams	Falmouth Running Club				188										188	1	Male Under 35
794709	Kyran James	Newquay & Par AC		188												188	1	Male Under 35
754947	Jonny Stephenson	Looe Pioneers Running Club			187											187	1	Male Under 35
812393	Henry Kennaway	Cornwall AC		187												187	1	Male Under 35
782914	Matthew Robinson	Cornwall AC				186										186	1	Male Under 35
750433	Liam Donelly	St Austell Running Club				185										185	1	Male Under 35
805381	Noah Bohge	Truro Running Club	184													184	1	Male Under 35
689561	Jack Wightman	Mile High	183													183	1	Male Under 35
785564	Rob Humphrey	St Austell Running Club		182												182	1	Male Under 35
834771	Stanley Cameron	Mile High		181												181	1	Male Under 35
761550	Matthew Railton	Cornwall AC	181													181	1	Male Under 35
753565	Alfie Slater	Truro Running Club		177												177	1	Male Under 35
583131	James Burch	Tamar Trotters	174													174	1	Male Under 35
830301	Daniel Meens	St Austell Athletes Running Club		173												173	1	Male Under 35
749821	Joshua Grieb	Newquay Road Runners		172												172	1	Male Under 35
745469	Oli Nidds	Carn Runners		171												171	1	Male Under 35
832540	Jacob Taylor	East Cornwall Harriers		170												170	1	Male Under 35
732027	Adam Willcox	Newquay Road Runners		167												167	1	Male Under 35
795877	Frankie Heaton-Pike	Newquay Road Runners		164												164	1	Male Under 35
831479	Adrien Clark	Launceston Road Runners		163												163	1	Male Under 35
780089	Matthew Wild	JP Fitness Cornwall		161												161	1	Male Under 35
818339	Robert Jeffery	Newquay Road Runners		160												160	1	Male Under 35
724134	Steve Reynolds	Truro Running Club	199	199	200	200	200									998	5	Male 35-39
796448	Alan Thomas	Falmouth Running Club	194	193	195	198	197									977	5	Male 35-39
813088	Tim Hicks	Newquay Road Runners	192	190	192	191	195									960	5	Male 35-39
782406	Dominic Parnell	Tamar Trotters	189	187	190	186	192									944	5	Male 35-39
719222	James Stephens	St Austell Running Club	186	185	189	187	193									940	5	Male 35-39
760591	Richard Collett	Hayle Runners	185	184	187	185	191									932	5	Male 35-39
759505	Frazer Humbles	Hayle Runners	191	188		195	196									770	4	Male 35-39
763759	Adam Carlyon	Truro Running Club	190	191		194	194									769	4	Male 35-39
833617	Johnathan Billing	Hayle Runners		180	186	184	190									740	4	Male 35-39

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536144	Stuart Smith	Hayle Runners	183	181	183	182										729	4	Male 35-39
728471	David Crawford	Newquay & Par AC	200	200	199											599	3	Male 35-39
209201	Richard Martin	St Austell Running Club			197	197	198									592	3	Male 35-39
472352	Ben Smith	Tamar Trotters		179	188		189									556	3	Male 35-39
750429	James Cutlan	Cornwall AC	198	198												396	2	Male 35-39
690970	Timothy Walker	Newquay Road Runners		195		199										394	2	Male 35-39
358924	Mark Deacon	Looe Pioneers Running Club		194	193											387	2	Male 35-39
818083	Lee Pollard	Tamar Trotters	193	192												385	2	Male 35-39
812943	Craig Pound	Hayle Runners		189		193										382	2	Male 35-39
771633	Benjamin Jarram	Launceston Road Runners	187	186												373	2	Male 35-39
830676	Ant Barrett	St Austell Athletes Running Club			182		187									369	2	Male 35-39
784708	Stephen Hill	St Austell Running Club			184	183										367	2	Male 35-39
748404	Charles Simpson	Hayle Runners	184	182												366	2	Male 35-39
779680	Lewis Edwards	Cornwall AC		176			188									364	2	Male 35-39
718356	John McWilliams	Mile High					199									199	1	Male 35-39
283236	Dave Angell	Mile High			198											198	1	Male 35-39
748051	Jon Paget	Mile High		197												197	1	Male 35-39
813760	Adam Gore	Hayle Runners	197													197	1	Male 35-39
794762	Joseph Thomson	Launceston Road Runners				196										196	1	Male 35-39
829576	Garth McColville	St Austell Athletes Running Club			196											196	1	Male 35-39
214831	Tom Howell	Mile High		196												196	1	Male 35-39
569142	Josh Karpinski	Newquay Road Runners	196													196	1	Male 35-39
51163	Stuart Walker	Falmouth Running Club	195													195	1	Male 35-39
688699	Pete Walker	Truro Running Club			194											194	1	Male 35-39
748940	Gareth Brindley	Newquay Road Runners				192										192	1	Male 35-39
639044	Matt Davies	East Cornwall Harriers			191											191	1	Male 35-39
400722	Andy Chase	St Austell Athletes Running Club				190										190	1	Male 35-39
818801	James Toseland	Truro Running Club				189										189	1	Male 35-39
310118	Hugh Savage	Perran Trail Runners				188										188	1	Male 35-39
469425	Marc Allen	St Austell Athletes Running Club	188													188	1	Male 35-39
827416	Tom Edie	St Austell Athletes Running Club			185											185	1	Male 35-39
764279	Martyn Griffiths	Newquay Road Runners		183												183	1	Male 35-39
584672	Andy Highton	Perran Trail Runners				181										181	1	Male 35-39
453250	Neill Furlonger	Newquay Road Runners		178												178	1	Male 35-39
790446	Chris Yelland	East Cornwall Harriers		177												177	1	Male 35-39
420622	Michael Hawke	St Austell Athletes Running Club	190	189	196	197	195									967	5	Male 40-44
283717	Lee Burford	Hayle Runners	188	182	193	193	194									950	5	Male 40-44
684603	Mark Bennetts	St Austell Athletes Running Club	184	178	191	191	186									930	5	Male 40-44
741008	James Danks	Falmouth Running Club	179	174	187	187	184									911	5	Male 40-44
452256	Leo Muid	Falmouth Running Club	187		195	195	189									766	4	Male 40-44
454324	David Guffick	Hayle Runners	189	186		194	196									765	4	Male 40-44
315284	Marcus Wills	East Cornwall Harriers	186	187	198		191									762	4	Male 40-44
393129	Aaron Benney	Mile High		195	200	200										595	3	Male 40-44
665637	Peter Barnes	Hayle Runners	198	194			200									592	3	Male 40-44
748247	Daniel Strickland	Hayle Runners	196	192	199											587	3	Male 40-44
726626	Neil Carter	Newquay Road Runners	195	193			197									585	3	Male 40-44
464421	Adam Keogh	Falmouth Running Club	193	191			198									582	3	Male 40-44
423479	James Manning	Hayle Runners	191	184			193									568	3	Male 40-44
657568	Andrew James	Hayle Runners	185		192		187									564	3	Male 40-44
652064	Gregg Norton	St Austell Running Club	180	175	186											541	3	Male 40-44
186116	Dan Alsop	St Austell Running Club	200	200												400	2	Male 40-44
159638	Paul Sole	Cornwall AC	199	199												398	2	Male 40-44
501552	Alex Marples	Truro Running Club		198		199										397	2	Male 40-44
507440	Shaun Mellow	MudCrew Running			197	198										395	2	Male 40-44
623453	Darren Roose	Newquay Road Runners	197	197												394	2	Male 40-44
561736	Russell King	Falmouth Running Club			194	192										386	2	Male 40-44
748300	Gareth Perry	St Austell Running Club			189	188										377	2	Male 40-44
161666	John Sole	Cornwall AC	192	183												375	2	Male 40-44
606131	John Beard	Newquay Road Runners	178				185									363	2	Male 40-44
796038	Daniel Strickland	Hayle Runners					199									199	1	Male 40-44
691616	Tom Brunet-Chugg	St Austell Running Club				196										196	1	Male 40-44
435484	Andrew Martin	Mile High		196												196	1	Male 40-44
215095	James Youlden	St Austell Running Club	194													194	1	Male 40-44
837416	Sid Standlick	Tamar Trotters					192									192	1	Male 40-44
382036	Richard Chynoweth	Truro Running Club					190									190	1	Male 40-44
837259	Gareth Woodcock	Tri Logic Cornwall				190										190	1	Male 40-44
355794	Steven Lee	St Austell Athletes Running Club			190											190	1	Male 40-44
750446	John Steadman	Newquay & Par AC		190												190	1	Male 40-44
470028	Paul Trudgeon	St Austell Athletes Running Club				189										189	1	Male 40-44
854909	Andy Bray	Tri Logic Cornwall					188									188	1	Male 40-44
292737	James Forbes	Perran Trail Runners			188											188	1	Male 40-44
721350	Neil Penny-Harding	Cornwall AC		188												188	1	Male 40-44
621283	Adam Roberts	Bodmin Dragons Triathlon Club		185												185	1	Male 40-44
768237	Adam Purvis	East Cornwall Harriers		183												183	1	Male 40-44
761899	Matt Hills	Newquay Road Runners	182													182	1	Male 40-44
491538	John Mitchell	Cornwall AC		181												181	1	Male 40-44
575384	Andrew Cook	Truro Running Club	181													181	1	Male 40-44
205932	Dave Cudby	Truro Running Club		180												180	1	Male 40-44

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748368	Luke Reed	Newquay Road Runners		179												179	1	Male 40-44
198135	Thomas Moore	Truro Running Club		177												177	1	Male 40-44
770704	Nicholas Smith	Launceston Road Runners		176												176	1	Male 40-44
216121	Mark Thomas	Truro Running Club	191	195	196	196	196									974	5	Male 45-49
794598	Danny O'Shea	Truro Running Club	187	191	192	194	194									958	5	Male 45-49
369267	Simon Knowles	Hayle Runners	196	199		198	199									792	4	Male 45-49
799735	Mark Roby	Truro Running Club	194	197	199	199										789	4	Male 45-49
537306	Julian Shakerley	St Austell Athletes Running Club	189	194	198	195										776	4	Male 45-49
751121	Matthew Wilson	Cornwall AC	188	192	193		192									765	4	Male 45-49
284124	Stuart Richards	St Austell Running Club			195	191	197									583	3	Male 45-49
558623	Marty Barnfield	Bodmin Road Runners	190	193	194											577	3	Male 45-49
675675	Carl Murphy	Truro Running Club			200	200										400	2	Male 45-49
622612	Matthew Berry	Truro Running Club	198	200												398	2	Male 45-49
748298	Mike Ellis	Bodmin Dragons Triathlon Club	199	198												397	2	Male 45-49
811701	Simon Jeffs	Hayle Runners	195				198									393	2	Male 45-49
618474	Craig Harper	Bude Rats (Run and Tri)	192				195									387	2	Male 45-49
782622	Steven Thomas	Carn Runners	186				193									379	2	Male 45-49
368487	Joseph Stanford	Hayle Runners		187			191									378	2	Male 45-49
371063	Phillip Henwood	Newquay Road Runners		185		192										377	2	Male 45-49
511579	Grahame Mace	Looe Pioneers Running Club	185	190												375	2	Male 45-49
749820	Martin Grieb	Newquay Road Runners	182	186												368	2	Male 45-49
749909	Paul Smith	Cornwall AC					200									200	1	Male 45-49
551254	Nigel Swift	Perran Trail Runners	200													200	1	Male 45-49
573007	Alastair Smith	Truro Running Club				197										197	1	Male 45-49
214755	Joseph Kennett-Parsons	Hayle Runners			197											197	1	Male 45-49
266813	Andy Rich	St Austell Running Club	197													197	1	Male 45-49
424162	Paul Stevens	St Austell Athletes Running Club		196												196	1	Male 45-49
767611	Carl Williams	Newquay Road Runners				193										193	1	Male 45-49
668214	Mark Thomas	Cornwall AC	193													193	1	Male 45-49
724187	Ralph Graves	Truro Running Club			191											191	1	Male 45-49
832800	Dan Hocking	Hayle Runners					190									190	1	Male 45-49
746755	Steve Mildenhall	Newquay Road Runners		189												189	1	Male 45-49
783819	Mike Charlwood	Launceston Road Runners		188												188	1	Male 45-49
206118	Clive Shute	East Cornwall Harriers	184													184	1	Male 45-49
725477	Tristan Lang	Truro Running Club		183												183	1	Male 45-49
747259	Peter James	Launceston Road Runners	181													181	1	Male 45-49
706501	Steve Law	Falmouth Running Club	195	194	200	197	197									983	5	Male 50-54
773141	Ian Curnow	Hayle Runners	193	188	199	196	195									971	5	Male 50-54
800652	Paul Gough	Hayle Runners	190	184	196	194	194									958	5	Male 50-54
771732	Eoin Stockdale	Carn Runners	172	173	190	187	185									907	5	Male 50-54
744607	Darren Blenkinsop	Tamar Trotters	170	169	188	188	183									898	5	Male 50-54
276216	Jonathan Crowle	Truro Running Club	189	186	198	195										768	4	Male 50-54
386444	Andrew Ellis	Hayle Runners	177	177		193	192									739	4	Male 50-54
206038	Martin Trethewey	St Austell Running Club	179	176		192	188									735	4	Male 50-54
272316	Donal Breen	Newquay Road Runners	173	178	193	191										735	4	Male 50-54
446463	Mark Knight	Newquay & Par AC		200		200	200									600	3	Male 50-54
731861	Scott Abraham	Hayle Runners	198	195		199										592	3	Male 50-54
498588	Mike Dowrick	Cornwall AC	196	193			199									588	3	Male 50-54
261763	Tim Adams	St Austell Running Club	197	191		198										586	3	Male 50-54
476839	Jeremy Brown	Bude Rats (Run and Tri)	194	187			198									579	3	Male 50-54
209056	Colin Bathe	Truro Running Club	191	185			189									565	3	Male 50-54
772281	Trevor Spinks	Newquay Road Runners	184	183	195											562	3	Male 50-54
501782	David Foy	Falmouth Running Club	186	179			191									556	3	Male 50-54
751073	Jon Mitchell	Cornwall AC	178	175	192											545	3	Male 50-54
831126	Andrew Morley	Newquay Road Runners	174	172	191											537	3	Male 50-54
722753	Simon James	Cornwall AC	175	171			186									532	3	Male 50-54
506307	Robert Kernaghan	Looe Pioneers Running Club	171	170	189											530	3	Male 50-54
495234	Jon Jones	Looe Pioneers Running Club	169	166	187											522	3	Male 50-54
731348	Craig Knuckey	Cornwall AC	200	197												397	2	Male 50-54
756650	Anthony Worthington	Tamar Trotters		190			196									386	2	Male 50-54
799270	Denzil Williams	St Austell Running Club	192	189												381	2	Male 50-54
602808	Glyn Talling	Newquay Road Runners	187				193									380	2	Male 50-54
771105	Chris Campbell	Hayle Runners				190	187									377	2	Male 50-54
778383	David Thomasson	Bodmin Road Runners		182	194											376	2	Male 50-54
726369	Craig Underhill	Hayle Runners	181				190									371	2	Male 50-54
669901	Joe Brooks	Tamar Trotters	183	181												364	2	Male 50-54
421716	Nick Richards	Cornwall AC	182	180												362	2	Male 50-54
746668	Jeremy Booker	Falmouth Running Club	168	165												333	2	Male 50-54
442524	Robert Standing	Truro Running Club		199												199	1	Male 50-54
747397	David Reid	Hayle Runners	199													199	1	Male 50-54
454479	Antony Jarvis	St Austell Running Club		198												198	1	Male 50-54
456124	Chris Ullman	East Cornwall Harriers			197											197	1	Male 50-54
819169	Richard Daniels	Newquay & Par AC		196												196	1	Male 50-54
209308	Pete Waumsley	Tamar Trotters		192												192	1	Male 50-54
257885	Chris Walker	MudCrew Running				189										189	1	Male 50-54
830889	Dan Stevens	Falmouth Running Club	188													188	1	Male 50-54
803502	Stephen Amor	Bodmin Road Runners			186											186	1	Male 50-54

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459730	Martin Penney	Bys Vyken Race Team	185													185	1	Male 50-54
663857	Merlin Keating	St Austell Athletes Running Club					184									184	1	Male 50-54
531514	Simon Mayho	Bys Vyken Race Team					182									182	1	Male 50-54
354636	Craig Vaughnley	East Cornwall Harriers	180													180	1	Male 50-54
730749	Simon Pollard	St Austell Athletes Running Club	176													176	1	Male 50-54
515061	Steven Jenkin	Cornwall AC		174												174	1	Male 50-54
248154	Roger Menzies	Newquay Road Runners		168												168	1	Male 50-54
449237	Alan Byron	Newquay Road Runners		167												167	1	Male 50-54
660317	Darrin Porter	Cornwall AC	196	196	200	198	199									989	5	Male 55-59
795745	Mark Williams	Hayle Runners	193	195	198	196	197									979	5	Male 55-59
441624	Derrick Frantz	Cornwall AC	187	191	194	191	195									958	5	Male 55-59
725983	Michael Counter	St Austell Running Club	184	189	192	189	194									948	5	Male 55-59
491015	Kevin Marshall	Launceston Road Runners	191	192	196	192										771	4	Male 55-59
744929	Kevin Silver	Hayle Runners	188	193	197	193										771	4	Male 55-59
755620	John Brady	East Cornwall Harriers	181	179	189		188									737	4	Male 55-59
474045	Neil Ham	JP Fitness Cornwall	182	180	188	186										736	4	Male 55-59
746069	Paul Heywood	Launceston Road Runners	176	175	186	185										722	4	Male 55-59
716607	Paul Whear	Cornwall AC		200		199	200									599	3	Male 55-59
248258	Adrian Ball	Cornwall AC	199	197		200										596	3	Male 55-59
183240	Andrew Sims	East Cornwall Harriers	183	185			192									560	3	Male 55-59
825771	Pete Young	Bodmin Road Runners	180	190		190										560	3	Male 55-59
788335	Sean Taylor	Bodmin Road Runners	177	176	187											540	3	Male 55-59
776316	Tony Wright	Cornwall AC	200	199												399	2	Male 55-59
471808	Mark Sweeney	St Austell Running Club			199	195										394	2	Male 55-59
644073	Andrew Eddison	Cornwall AC				194	198									392	2	Male 55-59
316199	Alan Wherry	St Austell Running Club	192			197										389	2	Male 55-59
260352	Ian Gronwalt	St Austell Running Club	189	194												383	2	Male 55-59
720455	Ian Savigar	East Cornwall Harriers	186				196									382	2	Male 55-59
802741	Simon Murray	Hayle Runners		186	193											379	2	Male 55-59
791818	Mark Scallan	Carn Runners				187	191									378	2	Male 55-59
818311	Jon Hoare	East Cornwall Harriers		184	191											375	2	Male 55-59
728589	Darren Hardwick	Looe Pioneers Running Club	185	188												373	2	Male 55-59
572707	Trevor Cornish	Hayle Runners		182	190											372	2	Male 55-59
747966	Martin Gregory	Looe Pioneers Running Club		183	185											368	2	Male 55-59
775004	Nick Pentreath	Falmouth Running Club		178			189									367	2	Male 55-59
657978	Andy Stallard	Truro Running Club	178	177												355	2	Male 55-59
680402	Peter Sowerby	Truro Running Club		198												198	1	Male 55-59
360842	Paul Gregg	Tamar Trotters	198													198	1	Male 55-59
748506	Tony Dunn	Cornwall AC	197													197	1	Male 55-59
748270	Ian Temple	Bodmin Road Runners			195											195	1	Male 55-59
341498	Will Luckhurst	Hayle Runners	195													195	1	Male 55-59
453988	Steve Babb	Newquay Road Runners	194													194	1	Male 55-59
799819	Andrew Bunt	Newquay Road Runners					193									193	1	Male 55-59
536794	Paul Skipp	Bude Rats (Run and Tri)					190									190	1	Male 55-59
202790	Glynn Davis	Carn Runners	190													190	1	Male 55-59
612996	Martin Palmer	Perran Trail Runners			188											188	1	Male 55-59
833157	Jd Rhodes	Tri Logic Cornwall					187									187	1	Male 55-59
386679	David Brown	Bodmin Dragons Triathlon Club		187												187	1	Male 55-59
425427	Nick Page	East Cornwall Harriers		181												181	1	Male 55-59
205112	Mike Baldwin	Hayle Runners	179													179	1	Male 55-59
784403	Paul Marks	St Austell Running Club		174												174	1	Male 55-59
716751	Jon Eldon	Hayle Runners	200	200	200	200	200									1000	5	Male 60-64
667674	Pete Higham	Falmouth Running Club	195	191	198	196	192									972	5	Male 60-64
623694	James Rooney	Bude Rats (Run and Tri)	196	192	197	194										779	4	Male 60-64
780154	Satnam Basram	Cornwall AC	191	195		195	194									775	4	Male 60-64
434172	Trevor Williams	Tamar Trotters	192	189	196		189									766	4	Male 60-64
516289	John Barnes	Launceston Road Runners	190	188	195		190									763	4	Male 60-64
773171	Robert Bolitho	Hayle Runners	187	183	193		188									751	4	Male 60-64
417445	Barrie Cardew	Carn Runners	197	197			198									592	3	Male 60-64
726416	Robert Rochowiak	Carn Runners		194		198	195									587	3	Male 60-64
775639	Cas Leo	Hayle Runners	188			193	191									572	3	Male 60-64
430956	Mark Trebilcock	Cornwall AC	198	199												397	2	Male 60-64
803516	Paul Cole	Falmouth Running Club				199	196									395	2	Male 60-64
367481	Andrew Vosper	Bodmin Road Runners		196	199											395	2	Male 60-64
417090	Mike Bawden	Carn Runners	194	190												384	2	Male 60-64
661384	Nick Morley	Hayle Runners	189	186												375	2	Male 60-64
458675	Martin Davis	Newquay Road Runners					199									199	1	Male 60-64
337370	Andrew Millward	Carn Runners	199													199	1	Male 60-64
749762	Nigel Rapson	St Austell Athletes Running Club		198												198	1	Male 60-64
487928	Mark Trebilcock	Cornwall AC					197									197	1	Male 60-64
533489	Trevor Lee	Truro Running Club				197										197	1	Male 60-64
505729	Dave Pickard	Launceston Road Runners			194											194	1	Male 60-64
545595	Simon Blackburn	Hayle Runners					193									193	1	Male 60-64
799095	Andrew Oldfield	Tamar Trotters		193												193	1	Male 60-64
210339	Mark Colton-Taylor	Truro Running Club	193													193	1	Male 60-64
829004	Dermot McCann	Looe Pioneers Running Club		187												187	1	Male 60-64
748756	Norbert Hamacher	Truro Running Club		185												185	1	Male 60-64

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744935	Steve Whitfield	Carn Runners		184												184	1	Male 60-64
768098	Andrew Cassidy	Cornwall AC	200	199	199	200	198									996	5	Male 65-69
308760	Peter Allen	Newquay Road Runners	198	197	197	197	196									985	5	Male 65-69
748353	Steven Walkey	Falmouth Running Club	194	194	194	195	195									972	5	Male 65-69
215296	Steve Baker	Tamar Trotters		200	200	198	200									798	4	Male 65-69
315573	Iain Walker	St Austell Running Club	199		198	199	199									795	4	Male 65-69
826316	Steve Menear	St Austell Running Club	191	190	193	194										768	4	Male 65-69
603684	John Sudell	East Cornwall Harriers	196	196	195											587	3	Male 65-69
441618	Mike Lemin	Tamar Trotters	193		192		193									578	3	Male 65-69
498911	Nigel Knuckey	Truro Running Club	192	191			191									574	3	Male 65-69
25702	Gavin Clegg	East Cornwall Harriers			196		197									393	2	Male 65-69
752530	Richard Morton	Tamar Trotters	197	195												392	2	Male 65-69
747497	Michael Orchard	Hayle Runners	195	193												388	2	Male 65-69
780554	Neville Witham	Cornwall AC		198												198	1	Male 65-69
397351	Gary Duxbury	Falmouth Running Club				196										196	1	Male 65-69
718104	Philip Spargo	Truro Running Club					194									194	1	Male 65-69
746189	Philip Bunt	Newquay Road Runners					192									192	1	Male 65-69
365385	Jim Lockyer	East Cornwall Harriers		192												192	1	Male 65-69
365945	Gary Oswald	Looe Pioneers Running Club			191											191	1	Male 65-69
818468	John Bowden	Looe Pioneers Running Club					190									190	1	Male 65-69
368721	David Wilton	Falmouth Running Club		189												189	1	Male 65-69
631285	Des Evans	Newquay Road Runners	196	198	198	198	197									987	5	Male 70-74
522287	Alan Brandwood	Falmouth Running Club	197	194	197	197	195									980	5	Male 70-74
745094	Colin Martin	Newquay Road Runners	199		199	199	199									796	4	Male 70-74
7111	Stephen Hutchinson	Bude Rats (Run and Tri)	200	200		200										600	3	Male 70-74
765035	Martin Curtis	Hayle Runners	198	199			198									595	3	Male 70-74
750060	Tommy Polglase	Carn Runners			200		200									400	2	Male 70-74
604348	Peter Drew	Carn Runners		196			196									392	2	Male 70-74
747885	Ian Grimes	Launceston Road Runners		197												197	1	Male 70-74
748431	Christopher Ramsey	Truro Running Club		195												195	1	Male 70-74
350003	John Tilley	Bodmin Road Runners		193												193	1	Male 70-74
550913	Chunky Penhaul	Hayle Runners	200	200		200	200									800	4	Male 75-79
745095	Richard Jenkin	Cornwall AC	199	199	199		199									796	4	Male 75-79
274470	Ian Ringer	Bodmin Road Runners	197	198	200		198									793	4	Male 75-79
748133	Ray Goodright	East Cornwall Harriers	198		198	199										595	3	Male 75-79
159601	Barry Drew	Carn Runners					197									197	1	Male 75-79
747308	John Lillis	Newquay Road Runners		197												197	1	Male 75-79
193851	Roy Newton	Falmouth Running Club		196												196	1	Male 75-79
718927	Michael Wooding	Newquay Road Runners		195												195	1	Male 75-79
747923	Dennis Burrell	Carn Runners		194												194	1	Male 75-79
475986	David Garrard	Falmouth Running Club		193												193	1	Male 75-79
557872	Stewart Townend	Hayle Runners	200	200		200	200									800	4	Male 80-84





