

Treggy 7 - 2023

Age Group Results

Place	Bib	Name	Club	ChipTime	GunTime
Treggy 7					
Female Under 35					
1	396	Katie Walker	Cornwall AC	0:44:25	0:44:28
2	24	Tamara Beach	Cornwall AC	0:45:04	0:45:06
3	394	Charlotte Walker	Tavistock AC	0:47:44	0:47:47
4	360	Charlotte Tansley	Cornwall AC	0:48:38	0:48:43
5	406	Chloe Weeks	Teignbridge Trotters	0:51:30	0:51:37
6	136	Ayesha Gillespie	Tamar Trotters	0:52:40	0:52:46
7	254	Melissa Nicholas	Hayle Runners	0:55:12	0:55:18
8	279	Helen Perry-Smith	Plymouth Coasters	0:57:31	0:57:39
9	69	Roxane Cody	Hayle Runners	1:00:32	1:00:38
10	340	Hannah Smith	Hayle Runners	1:01:17	1:01:26
11	55	Molly Bytheway	Tavistock AC	1:01:05	1:01:33
12	37	Abby Bounsall		1:01:54	1:01:58
13	283	Megan Pitts	Truro Running Club	1:02:11	1:02:22
14	150	Emma Hancock		1:02:59	1:03:28
15	47	Ceri Bryant		1:03:42	1:03:52
16	323	Emmeline Scott		1:06:32	1:06:58
17	417	Emily Williams		1:06:59	1:07:08
18	376	Avril Trehane		1:08:18	1:08:53
19	82	Caroline Cross	Cornwall AC	1:08:45	1:08:58
20	174	Jade Hill		1:09:35	1:10:07
21	275	Ellie Peck	Tamar Trotters	1:09:53	1:10:20
22	214	Sarah Lambert		1:10:28	1:10:58
23	251	Abby Munday	Launceston Road Runners	1:10:41	1:11:00
24	274	Mia Pearson-Brown		1:11:31	1:11:36
25	379	Chloe Turner	East Cornwall Harriers	1:15:27	1:15:58
26	418	Genna Williams	Launceston Road Runners	1:16:05	1:16:24
27	159	Lizzy Hawke		1:16:00	1:16:31
28	204	Jennifer Kempthorne	Bodmin Women's Running Club	1:16:00	1:16:31
29	226	Courtney Marks	St Austell Running Club	1:17:25	1:17:32
30	284	Sophie Pooley		1:19:14	1:19:49
31	16	Phoebe Barnes	Launceston Road Runners	1:25:58	1:26:31
Female 35-39					
1	224	Melodie Manners	Hayle Runners	0:53:30	0:53:36
2	186	Charlene Howard		0:53:45	0:53:48
3	122	Jennifer Forbes	Hayle Runners	1:00:22	1:00:30
4	124	Katie Fowler		1:00:44	1:00:50
5	235	Sarah McDonough	East Cornwall Harriers	1:01:18	1:01:34
6	117	Laura Field		1:03:00	1:03:06
7	288	Rachel Price		1:04:19	1:04:31
8	80	Gemma Crawford		1:07:38	1:07:51
9	419	Jo Williams		1:09:11	1:09:30
10	329	Sarah Sharland	RunFitRunFast	1:10:37	1:11:00
11	356	Claire Stone	Hayle Runners	1:11:18	1:11:34
12	79	Lena Cowling		1:13:07	1:13:42

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Age Group Results

Place	Bib	Name	Club	ChipTime	GunTime
13	95	Leah Dickinson		1:20:23	1:20:48
14	389	Greta Viertel	St Austell Athletes Running Club	1:21:45	1:22:02
15	429	Gemma Wotherspoon	Bodmin Women's Running Club	1:23:08	1:23:40
16	99	Michelle Dunn	St Austell Running Club	1:34:22	1:34:38

Female 40-44

1	155	Anna Harrold	Truro Running Club	0:43:02	0:43:03
2	164	Eve Hearle	Newquay Road Runners	0:54:45	0:54:51
3	236	Kirsty Medlock	Hayle Runners	0:55:16	0:55:21
4	338	Sally Sleep		0:55:25	0:55:39
5	39	Karina Bowers	St Austell Running Club	1:01:56	1:02:02
6	277	Sue Pendleton	Callington Running Group	1:02:54	1:03:17
7	120	Michelle Fitt	Hayle Runners	1:03:45	1:03:53
8	38	Annie Bover	Bude Rats (Run and Tri)	1:05:42	1:06:03
9	91	Gemma Davidson		1:06:47	1:07:18
10	50	Hannah Bulmer		1:07:17	1:07:26
11	51	Alice Burbidge		1:08:23	1:08:46
12	198	Natalie Jewell	Falmouth Running Club	1:13:18	1:13:44
13	60	Leanne Case	Plymouth Musketeers Running Club	1:13:20	1:13:46
14	145	Kate Hall		1:13:31	1:13:58
15	222	Sarah Luff	JP Fitness Cornwall	1:14:41	1:15:02
16	119	Donna Fisher	Newquay Road Runners	1:15:06	1:15:19
17	183	Kerry Hoskin	Truro Running Club	1:15:05	1:15:21
18	289	Nikki Pritchard	East Cornwall Harriers	1:18:16	1:18:49
19	157	Lizzie Hasell	Truro Running Club	1:23:01	1:23:16
20	152	Rachel Hardy		1:29:56	1:30:28

Female 45-49

1	134	Rosie Gibbons	Cornwall AC	0:48:27	0:48:31
2	359	Lee Strickland	Hayle Runners	0:54:08	0:54:13
3	291	Joanna Quirk		1:04:58	1:05:06
4	140	Charlie Gray	Newquay Road Runners	1:05:46	1:05:56
5	228	Debbie Marshall	St Austell Running Club	1:06:11	1:06:21
6	45	Suzanne Brentnall-Warren		1:06:41	1:07:01
7	404	Lisa Webb	East Cornwall Harriers	1:07:22	1:07:54
8	109	Nicola Edwards	Newquay Road Runners	1:08:12	1:08:25
9	97	Emma Dooney		1:08:23	1:08:46
10	366	Hannah Thomas	Truro Running Club	1:09:04	1:09:11
11	101	Emma Dunne	Plymouth Musketeers Running Club	1:12:26	1:12:52
12	27	Kirsty Benford		1:12:53	1:13:23
13	413	Jo White	Lonely Goat RC	1:14:21	1:14:40
14	40	Trina Bradbury	Launceston Road Runners	1:14:34	1:14:53
15	304	Andrea Roberts		1:15:01	1:15:28
16	81	Nicola Crilly	Falmouth Running Club	1:16:05	1:16:30
17	146	Victoria Hall	Bodmin Road Runners	1:16:53	1:17:23
18	362	Lee-Ann Taylor		1:18:16	1:18:28
19	308	Natalie Rogers		1:18:16	1:18:28
20	153	Michaela Harrison	Plymouth Harriers	1:18:18	1:18:34
21	13	Claire Barlow	Bodmin Road Runners	1:21:08	1:21:38

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Place	Bib	Name	Club	ChipTime	GunTime
22	216	Sarah Law	Falmouth Running Club	1:24:04	1:24:24
23	141	Emma Grigg	Camelford up and running	1:24:47	1:25:18
24	96	Samantha Dixon	Hayle Runners	1:26:10	1:26:33
25	114	Samantha Ewart	St Austell Running Club	1:33:31	1:33:48

Female 50-54

1	353	Emma Stepto	Cornwall AC	0:50:30	0:50:33
2	293	Donna Raggett	Cornwall AC	0:52:54	0:53:00
3	133	Corinne Gerrard	Hayle Runners	0:55:39	0:55:46
4	285	Beth Popperwell	Mile High	0:56:55	0:57:00
5	403	Mandy Watts	Newquay Road Runners	0:59:00	0:59:28
6	125	Rebecca Frame		1:03:16	1:03:46
7	365	Alison Thomas	Hayle Runners	1:03:48	1:04:02
8	321	Dawn Scallan	Carn Runners	1:07:15	1:07:30
9	8	Gill Aze-Thomas	Launceston Road Runners	1:08:01	1:08:13
10	70	Lynn Coffman	Tamar Trotters	1:09:53	1:10:20
11	351	Sarah Steed	East Cornwall Harriers	1:11:24	1:11:57
12	36	Sarah Booker	Falmouth Running Club	1:15:12	1:15:36
13	166	Claire Herbert	Plymouth Musketeers Running Club	1:15:24	1:15:50
14	173	Elaine Hill	Launceston Road Runners	1:15:38	1:15:57
15	319	Vikki Savage	Launceston Road Runners	1:19:58	1:20:17
16	123	Jane Forder	Tamar Trotters	1:20:22	1:20:50
17	178	Lorna Hogg	St Austell Running Club	1:23:09	1:23:23

Female 55-59

1	241	Helen Mitchell	Truro Running Club	0:55:18	0:55:25
2	48	Jenny Bryant	Tavistock AC	0:57:09	0:57:19
3	363	Lesley Taylor	Ashford & District RRC	0:57:27	0:57:41
4	375	Liz Trebilcock	Truro Running Club	0:57:54	0:58:00
5	201	Debbie Jones	Looe Pioneers Running Club	0:58:47	0:58:52
6	380	Marisa Turner	Launceston Road Runners	1:09:23	1:09:42
7	87	Jean Cutlan	St Austell Athletes Running Club	1:10:49	1:10:58
8	335	Karen Sims	East Cornwall Harriers	1:12:16	1:12:50
9	400	Karen Warner	Newquay Road Runners	1:14:36	1:14:49
10	213	Teresa Lakeman	Tamar Trotters	1:16:04	1:16:32
11	219	Jennifer Lawson	Newquay Road Runners	1:16:05	1:16:33
12	265	Gillian Onley	Cornwall AC	1:16:41	1:16:53
13	399	Andrea Warne	Callington Running Group	1:18:45	1:19:16
14	161	Lorraine Hawkins	Launceston Road Runners	1:20:09	1:20:27
15	177	Deborah Hocking	Carn Runners	1:21:26	1:21:50
16	206	Elaine Knight	Callington Running Group	1:22:26	1:22:57
17	34	Julie Bolitho	Hayle Runners	1:25:41	1:26:05
18	148	Bea Hamilton		1:25:57	1:26:24
19	62	Helen Cattran	Hayle Runners	1:26:11	1:26:34

Female 60-64

1	83	Revis Crowle	East Cornwall Harriers	0:54:31	0:54:42
2	398	Carole Walters	Tavistock AC	0:56:13	0:56:21
3	116	Wendy Fettner		1:04:55	1:05:03
4	303	Janet Ritchie	Carn Runners	1:05:23	1:05:29

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Place	Bib	Name	Club	ChipTime	GunTime
5	269	Caroline Pack	Falmouth Running Club	1:09:35	1:10:02
6	199	Sally Johnston	Tamar Trotters	1:11:00	1:11:28
7	63	Jackie Chapman	Launceston Road Runners	1:11:42	1:11:52
8	41	Ann Bradley	St Austell Running Club	1:16:07	1:16:20
9	357	Jackie Stone	Hayle Runners	1:17:51	1:18:15
10	296	Jacque Rapiere	Falmouth Running Club	1:18:09	1:18:32
11	193	Judy Jameson	Carn Runners	1:19:10	1:19:35
12	423	Sharon Willis	Newquay Road Runners	1:22:53	1:23:19
13	361	Lesley Taphouse	Bodmin Road Runners	1:23:17	1:23:48

Female 65-69

1	112	Eleanor Ellison	Newquay Road Runners	1:04:16	1:04:21
2	46	Angela Brinicombe	Launceston Road Runners	1:08:24	1:08:36
3	416	Judith Wilkinson	Tamar Trotters	1:12:25	1:12:53
4	190	Geraldine Hyslop	Falmouth Running Club	1:15:06	1:15:32
5	20	Aileen Barwell	Falmouth Running Club	1:16:15	1:16:42
6	220	Wendy Lowe	Bodmin Women's Running Club	1:16:40	1:16:56
7	371	Brenda Thorne	Instinctive Sports Plymouth	1:16:54	1:17:25
8	422	Theresa Williams	St Austell Running Club	1:17:24	1:17:39
9	317	Kathy Saunders	Looe Pioneers Running Club	1:28:44	1:28:56
10	211	Christina Lake	Falmouth Running Club	1:31:24	1:31:48

Female 70-74

1	239	Jenny Mills	Launceston Road Runners	1:01:22	1:01:27
2	373	Linda Tout	Tamar Trotters	1:09:36	1:09:58
3	194	Sandy Jamieson	Carn Runners	1:15:53	1:16:19
4	137	Mary Goodacre	Tamar Trotters	1:16:23	1:16:45
5	249	Mary Mullarkey	East Cornwall Harriers	1:17:57	1:18:30
6	205	Margaret Ann Kinahan	East Cornwall Harriers	1:20:35	1:20:52
7	424	Janet Wills	St Austell Running Club	1:22:50	1:23:04
8	392	Margaret Wade	Carn Runners	1:28:52	1:29:18

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Age Group Results

Place	Bib	Name	Club	ChipTime	GunTime
Male Under 35					
1	311	Joshua Rowe	Cornwall AC	0:37:22	0:37:23
2	255	Liam Nicholls	Cornwall AC	0:38:51	0:38:52
3	135	Kenny Gibson	Cornwall AC	0:39:47	0:39:48
4	312	Liam Rowe	Cornwall AC	0:39:54	0:39:55
5	131	Jacob Gardner	Hayle Runners	0:40:15	0:40:16
6	242	Jordan Morant	Hayle Runners	0:41:20	0:41:21
7	163	Llewlin Head	Mile High	0:41:39	0:41:40
8	349	David Starley	Launceston Road Runners	0:41:59	0:42:00
9	107	Jamie Edwards	Newquay Road Runners	0:42:10	0:42:11
10	354	Dylan Stevens	Newquay & Par AC	0:43:11	0:43:12
11	240	Charlie Milward	Erme Valley Harriers	0:44:15	0:44:16
12	129	Liam Gallantry	East Cornwall Harriers	0:44:47	0:44:49
13	227	Ryan Marks	St Austell Running Club	0:45:57	0:45:59
14	401	Robert Warner	Tamar Trotters	0:47:00	0:47:06
15	128	Jack Gale		0:48:10	0:48:13
16	393	Callum Waldie	Truro Running Club	0:49:12	0:49:14
17	127	David Friskin	Plymouth Musketeers Running Club	0:49:49	0:49:53
18	286	Adam Porter		0:51:28	0:51:33
19	179	Rory Honeychurch		0:52:28	0:52:31
20	57	Bruce Carey	Newquay Road Runners	0:53:01	0:53:08
21	106	Elliott Edwards	Plymouth Musketeers Running Club	0:53:09	0:53:11
22	385	Craig Varcoe	St Austell Running Club	0:55:22	0:55:32
23	273	Ryan Pearce		0:56:03	0:56:11
24	262	Nick Oldaker		0:56:24	0:56:28
25	149	Oliver Hamley		0:56:27	0:56:37
26	234	Ryan Matthews		0:57:15	0:57:18
27	66	Craig Charnock		0:58:38	0:58:55
28	103	Andis Dzērve		0:58:49	0:59:00
29	300	Thomas Rickard		0:58:48	0:59:16
30	181	Andrej Hornak		1:03:21	1:03:45
31	102	Ben Dutton	St Austell Athletes Running Club	1:05:17	1:05:34
32	282	Matt Pickard		1:05:38	1:06:07
33	130	Charlie Gardner		1:06:23	1:06:43
34	25	Samuel Behennah		1:07:54	1:08:22
35	232	Daniel Matthams		1:08:07	1:08:35
36	5	Graham Ashton		1:08:58	1:09:06
37	378	James Tucker		1:10:42	1:11:00
Male 35-39					
1	298	Steve Reynolds	Truro Running Club	0:39:30	0:39:32
2	86	James Cutlan	Cornwall AC	0:40:31	0:40:32
3	245	Simon Morse	East Cornwall Harriers	0:42:19	0:42:20
4	139	Adam Gore	Hayle Runners	0:42:59	0:43:00
5	364	Alan Thomas	Falmouth Running Club	0:44:29	0:44:33
6	180	Edward Horn	Tavistock AC	0:44:35	0:44:37
7	260	Liam O'Neill	Hayle Runners	0:46:17	0:46:19
8	370	Joseph Thomson	Launceston Road Runners	0:48:33	0:48:41

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Age Group Results

Place	Bib	Name	Club	ChipTime	GunTime
9	59	Daniel Case	Plymouth Musketeers Running Club	0:48:52	0:48:55
10	267	Kyle Orgacki	Tamar Trotters	0:48:51	0:48:57
11	276	Mark Peck		0:53:19	0:53:25
12	427	Mark Worden		0:55:40	0:55:47
13	195	Benjamin Jarram	Launceston Road Runners	0:56:22	0:56:30
14	352	James Stephens	St Austell Running Club	0:56:24	0:56:35
15	31	Adam Bewes		0:56:23	0:56:52
16	182	Pavol Hornak		0:58:26	0:58:50
17	341	Stuart Smith	Hayle Runners	0:59:35	0:59:50
18	333	Mark Simpson	Launceston Road Runners	1:00:07	1:00:20
19	246	Chris Morton		1:00:01	1:00:21
20	90	James Dart		1:00:55	1:01:07
21	346	Jack Southcott		1:00:46	1:01:16
22	297	Matthew Regan		1:02:00	1:02:03
23	64	Stuart Chappell	Perran Trail Runners	1:07:13	1:07:22
24	270	Ben Palmer		1:07:01	1:07:23
25	32	Andrew Bishop	RunFitRunFast	1:13:00	1:13:21
26	386	Dan Varcoe	(no club)	1:13:52	1:14:17

Male 40-44

1	71	Jim Cole	Tavistock Run Project	0:38:20	0:38:21
2	215	Sam Larkham	Tavistock AC	0:40:13	0:40:13
3	310	Darren Roose	Newquay Road Runners	0:41:06	0:41:07
4	162	Neil Hayhurst	Hayle Runners	0:42:47	0:42:48
5	358	Daniel Strickland	Hayle Runners	0:42:48	0:42:50
6	15	Peter Barnes	Hayle Runners	0:42:54	0:42:56
7	345	Paul Sole	Cornwall AC	0:43:32	0:43:34
8	28	Edmund Bennett	Hayle Runners	0:46:13	0:46:15
9	151	Ben Harding	East Cornwall Harriers	0:46:40	0:46:44
10	344	John Sole	Cornwall AC	0:47:50	0:47:54
11	231	Richard Martin	St Austell Running Club	0:48:09	0:48:13
12	143	David Guffick	Hayle Runners	0:48:34	0:48:37
13	52	Lee Burford	Hayle Runners	0:48:58	0:49:01
14	225	James Manning	Hayle Runners	0:49:58	0:50:00
15	252	Barry Neal	Erme Valley Harriers	0:51:40	0:51:43
16	187	Frazer Humbles	Hayle Runners	0:54:05	0:54:15
17	29	Mark Bennetts	St Austell Athletes Running Club	0:54:40	0:54:46
18	248	Leo Muid	Falmouth Running Club	0:55:03	0:55:10
19	315	John Sanders		0:55:05	0:55:19
20	324	Paul Seagger	Hayle Runners	0:55:22	0:55:31
21	337	James Skeplorn	Truro Running Club	0:55:27	0:55:32
22	238	John Mercer		0:57:52	0:57:57
23	332	Andrew Simpson	Launceston Road Runners	0:58:23	0:58:37
24	230	Paul Martin		0:59:18	0:59:31
25	104	Richard Eales		1:00:46	1:01:16
26	271	Dominic Parnell	Tamar Trotters	1:01:15	1:01:35
27	89	James Danks	Falmouth Running Club	1:02:10	1:02:23
28	292	Peter Rabson	Camelford up and running	1:03:28	1:03:54
29	73	Richard Collett	Hayle Runners	1:04:19	1:04:35

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Place	Bib	Name	Club	ChipTime	GunTime
30	175	Nick Hill		1:04:53	1:05:14
31	318	Nicholas Saunders		1:09:28	1:09:50
32	44	Michael Bray		1:12:11	1:12:18
33	305	Gareth Roberts		1:14:57	1:15:24
34	172	Charlie Hill		1:28:02	1:28:22

Male 45-49

1	343	Colin Snook	Cornwall AC	0:44:40	0:44:42
2	307	Mark Roby	Truro Running Club	0:45:12	0:45:14
3	167	Lee Herbert	Plymouth Musketeers Running Club	0:45:53	0:45:55
4	368	Philip Thomas	Wadebridge Running Club	0:46:52	0:46:56
5	208	Simon Knowles	Hayle Runners	0:47:16	0:47:20
6	111	Mike Ellis	Newquay & Par AC	0:48:04	0:48:08
7	391	Jason Vinnicombe		0:48:39	0:48:44
8	144	Craig Hall	Carn Runners	0:48:46	0:48:50
9	407	Steve Weeks	Teignbridge Trotters	0:50:12	0:50:18
10	30	Matthew Berry	Truro Running Club	0:51:14	0:51:16
11	58	Shaun Carthew		0:52:17	0:52:21
12	367	Mark Thomas	Truro Running Club	0:53:41	0:53:43
13	299	Stuart Richards	St Austell Running Club	0:53:51	0:53:55
14	100	Damian Dunne	Plymouth Musketeers Running Club	0:54:20	0:54:23
15	268	Danny O'Shea	Truro Running Club	0:54:32	0:54:39
16	426	Matthew Wilson	Cornwall AC	0:58:04	0:58:15
17	65	Mike Charlwood	Launceston Road Runners	1:00:24	1:00:42
18	290	Jeremy Quirk		1:02:43	1:02:51
19	7	Simon Ayres		1:02:49	1:03:02
20	74	Alexander Cooper		1:07:11	1:07:21
21	108	Martin Edwards		1:08:00	1:08:04
22	326	Roger Serres	Launceston Road Runners	1:08:47	1:09:07
23	412	Duncan White		1:25:48	1:26:07

Male 50-54

1	207	Mark Knight	Newquay & Par AC	0:45:30	0:45:32
2	1	Scott Abraham	Hayle Runners	0:47:12	0:47:15
3	217	Steve Law	Falmouth Running Club	0:47:45	0:47:49
4	98	Mike Dowrick	Cornwall AC	0:49:55	0:49:58
5	202	Jonathan Kappes		0:53:43	0:53:47
6	313	Wayne Rundle	Launceston Road Runners	0:56:53	0:57:12
7	383	Craig Underhill	Hayle Runners	0:57:57	0:58:05
8	105	Alan Edwards	Newquay Road Runners	1:01:23	1:01:37
9	33	Darren Blenkinsop	Tamar Trotters	1:02:24	1:02:45
10	184	Andrew Hosking	Launceston Road Runners	1:02:49	1:03:08
11	330	Jason Shipton	Launceston Road Runners	1:03:26	1:03:34
12	192	Simon James	Cornwall AC	1:03:27	1:03:38
13	203	Fearon Kelly		1:06:11	1:06:40
14	26	Dean Bellamy		1:09:16	1:09:49
15	402	Simon Warner		1:20:25	1:20:57
16	118	Darren Fisher	Tavistock AC	1:24:46	1:25:07

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Place	Bib	Name	Club	ChipTime	GunTime
Male 55-59					
1	257	Andrew Noble	Ashford & District RRC	0:45:57	0:46:01
2	11	Adrian Ball	Cornwall AC	0:46:00	0:46:04
3	428	Anthony Worthington	Tamar Trotters	0:46:14	0:46:17
4	421	Mark Williams	Hayle Runners	0:47:30	0:47:32
5	287	Darrin Porter	Cornwall AC	0:48:17	0:48:21
6	388	Andrew Vernon	Okehampton RC	0:48:23	0:48:28
7	261	Marc Oldaker		0:50:35	0:50:39
8	331	Kevin Silver	Hayle Runners	0:52:49	0:52:56
9	78	Michael Counter	St Austell Running Club	0:55:49	0:56:00
10	169	Christopher Heywood		0:56:36	0:56:41
11	339	Mark Sluggett	Launceston Road Runners	0:56:45	0:57:03
12	176	Keith Hoadley	Torrington AAC	0:57:18	0:57:23
13	4	Paul Angove	Cornwall AC	0:57:55	0:58:01
14	197	Pete Jennings		1:01:22	1:01:34
15	334	Andrew Sims	East Cornwall Harriers	1:01:44	1:02:18
16	88	Stuart Daniels	OCRC	1:03:06	1:03:15
17	156	Mark Harvie		1:05:30	1:05:57
18	322	Mark Scallan	Carn Runners	1:10:27	1:10:42
19	165	Andrew Heather	Hayle Runners	1:11:27	1:11:49
20	325	Paul Searle	Plymouth Coasters	1:12:18	1:12:25
21	115	Tony Farrant	Callington Running Group	1:18:43	1:19:06
22	9	Steve Badge		1:20:19	1:20:51
Male 60-64					
1	110	Jon Eldon	Hayle Runners	0:48:22	0:48:24
2	369	David Thomson		0:51:57	0:52:05
3	320	Ian Savigar	East Cornwall Harriers	0:55:47	0:56:03
4	196	Fred Jenkins	Instinctive Sport Fun Runners	1:01:04	1:01:19
5	21	Satnam Basram	Cornwall AC	1:01:35	1:01:47
6	348	Christopher Spencer		1:02:02	1:02:16
7	309	James Rooney	Bude Rats (Run and Tri)	1:02:49	1:03:10
8	171	Pete Higham	Falmouth Running Club	1:03:40	1:03:48
9	381	Steve Turner		1:04:19	1:04:39
10	22	Mike Bawden	Carn Runners	1:05:41	1:05:56
11	42	John Brady	East Cornwall Harriers	1:07:08	1:07:42
12	233	David Matthams	Instinctive Sport Fun Runners	1:08:08	1:08:36
13	237	Michael Mehta		1:09:33	1:09:52
14	19	Simon Barrett	Instinctive Sports Plymouth	1:09:33	1:10:01
15	281	Dave Pickard	Launceston Road Runners	1:13:33	1:14:01
16	35	Robert Bolitho	Hayle Runners	1:19:55	1:20:20
17	14	John Barnes	Launceston Road Runners	1:23:54	1:24:26
18	6	John Ashton	Ellesmere Port Running Club	1:30:37	1:30:45
Male 65-69					
1	10	Steve Baker	Tamar Trotters	0:49:24	0:49:30
2	56	Barrie Cardew	Carn Runners	0:53:28	0:53:32
3	76	Michael Cork	Plymouth Coasters	0:56:19	0:56:25
4	3	Peter Allen	Newquay Road Runners	0:58:28	0:58:35

Treggy 7 - 2023

Age Group Results

Place	Bib	Name	Club	ChipTime	GunTime
5	23	Peter Bazley	Tavistock AC	0:58:42	0:58:51
6	266	Michael Orchard	Hayle Runners	1:02:23	1:02:35
7	243	Martin Morgan	Bodmin Road Runners	1:04:30	1:04:40
8	264	Barry Olver	Tamar Trotters	1:05:33	1:05:55
9	49	Paul Bufton	Truro Running Club	1:05:56	1:06:06
10	347	Philip Spargo	Truro Running Club	1:09:18	1:09:29
11	209	Nigel Knuckey	Truro Running Club	1:11:20	1:11:27
12	84	Jon Cryer		1:19:54	1:20:15
13	218	Steve Lawrence	Falmouth Running Club	1:35:49	1:36:20

Male 70-74

1	168	Allan Herdman	Tavistock AC	0:51:03	0:51:09
2	306	Malcolm Roberts	St Austell Running Club	0:55:09	0:55:15
3	229	Colin Martin	Newquay Road Runners	1:04:29	1:04:39
4	189	Stephen Hutchinson	Bude Rats (Run and Tri)	1:06:13	1:06:33
5	397	Steven Walkey	Falmouth Running Club	1:07:28	1:07:53
6	142	Ian Grimes	Launceston Road Runners	1:08:26	1:08:42
7	43	Alan Brandwood	Falmouth Running Club	1:11:44	1:12:08
8	387	Martin Venning	Launceston Road Runners	1:15:09	1:15:41
9	336	Martin Sims		1:17:45	1:18:01
10	295	Christopher Ramsey	Truro Running Club	1:20:00	1:20:06

Male 75-79

1	278	Chunky Penhaul	Hayle Runners	1:01:23	1:01:33
2	415	Brian Wiles	Launceston Road Runners	1:01:33	1:01:44
3	316	Peter Sargent	South West Vets A.C.	1:04:00	1:04:09
4	75	Des Evans	Newquay Road Runners	1:09:54	1:09:59
5	302	Ian Ringer	Bodmin Road Runners	1:11:05	1:11:21
6	430	Paul Wright	Bodmin Road Runners	1:11:47	1:12:21
7	138	Ray Goodright	East Cornwall Harriers	1:14:58	1:15:31
8	53	Dennis Burrell	Carn Runners	1:24:06	1:24:16
9	132	David Garrard	Falmouth Running Club	1:42:29	1:43:00

Male 80+

1	374	Stewart Townend	Hayle Runners	1:19:46	1:20:01
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Number of records: 368