

Treggy 7 - 2023

Overall Results

Plac	Bib	Name	AG	Club	Gun	Chip	CT 2022
Treggy 7							
1	311	Joshua Rowe	Male Under 35	Cornwall AC	0:37:23	0:37:22	
2	71	Jim Cole	Male 40-44	Tavistock Run Project	0:38:21	0:38:20	
3	255	Liam Nicholls	Male Under 35	Cornwall AC	0:38:52	0:38:51	
4	298	Steve Reynolds	Male 35-39	Truro Running Club	0:39:32	0:39:30	0:40:31
5	135	Kenny Gibson	Male Under 35	Cornwall AC	0:39:48	0:39:47	
6	312	Liam Rowe	Male Under 35	Cornwall AC	0:39:55	0:39:54	
7	215	Sam Larkham	Male 40-44	Tavistock AC	0:40:13	0:40:13	0:39:29
8	131	Jacob Gardner	Male Under 35	Hayle Runners	0:40:16	0:40:15	0:41:55
9	86	James Cutlan	Male 35-39	Cornwall AC	0:40:32	0:40:31	
10	310	Darren Roose	Male 40-44	Newquay Road Runners	0:41:07	0:41:06	0:42:30
11	242	Jordan Morant	Male Under 35	Hayle Runners	0:41:21	0:41:20	0:40:51
12	163	Llewin Head	Male Under 35	Mile High	0:41:40	0:41:39	0:42:38
13	349	David Starley	Male Under 35	Launceston Road Runners	0:42:00	0:41:59	
14	107	Jamie Edwards	Male Under 35	Newquay Road Runners	0:42:11	0:42:10	
15	245	Simon Morse	Male 35-39	East Cornwall Harriers	0:42:20	0:42:19	0:41:56
16	162	Neil Hayhurst	Male 40-44	Hayle Runners	0:42:48	0:42:47	0:42:14
17	358	Daniel Strickland	Male 40-44	Hayle Runners	0:42:50	0:42:48	
18	15	Peter Barnes	Male 40-44	Hayle Runners	0:42:56	0:42:54	0:45:11
19	139	Adam Gore	Male 35-39	Hayle Runners	0:43:00	0:42:59	
20	155	Anna Harrold	Female 40-44	Truro Running Club	0:43:03	0:43:02	0:45:25
21	354	Dylan Stevens	Male Under 35	Newquay & Par AC	0:43:12	0:43:11	
22	345	Paul Sole	Male 40-44	Cornwall AC	0:43:34	0:43:32	
23	240	Charlie Milward	Male Under 35	Erme Valley Harriers	0:44:16	0:44:15	
24	396	Katie Walker	Female Under 35	Cornwall AC	0:44:28	0:44:25	
25	364	Alan Thomas	Male 35-39	Falmouth Running Club	0:44:33	0:44:29	
26	180	Edward Horn	Male 35-39	Tavistock AC	0:44:37	0:44:35	0:43:59
27	343	Colin Snook	Male 45-49	Cornwall AC	0:44:42	0:44:40	
28	129	Liam Gallantry	Male Under 35	East Cornwall Harriers	0:44:49	0:44:47	0:43:31
29	24	Tamara Beach	Female Under 35	Cornwall AC	0:45:06	0:45:04	
30	307	Mark Roby	Male 45-49	Truro Running Club	0:45:14	0:45:12	
31	207	Mark Knight	Male 50-54	Newquay & Par AC	0:45:32	0:45:30	
32	167	Lee Herbert	Male 45-49	Plymouth Musketeers Running	0:45:55	0:45:53	
33	227	Ryan Marks	Male Under 35	St Austell Running Club	0:45:59	0:45:57	
34	257	Andrew Noble	Male 55-59	Ashford & District RRC	0:46:01	0:45:57	
35	11	Adrian Ball	Male 55-59	Cornwall AC	0:46:04	0:46:00	
36	28	Edmund Bennett	Male 40-44	Hayle Runners	0:46:15	0:46:13	0:45:51
37	428	Anthony Worthington	Male 55-59	Tamar Trotters	0:46:17	0:46:14	
38	260	Liam O'Neill	Male 35-39	Hayle Runners	0:46:19	0:46:17	0:45:45
39	151	Ben Harding	Male 40-44	East Cornwall Harriers	0:46:44	0:46:40	0:47:46
40	368	Philip Thomas	Male 45-49	Wadebridge Running Club	0:46:56	0:46:52	0:45:37
41	401	Robert Warner	Male Under 35	Tamar Trotters	0:47:06	0:47:00	
42	1	Scott Abraham	Male 50-54	Hayle Runners	0:47:15	0:47:12	
43	208	Simon Knowles	Male 45-49	Hayle Runners	0:47:20	0:47:16	
44	421	Mark Williams	Male 55-59	Hayle Runners	0:47:32	0:47:30	
45	394	Charlotte Walker	Female Under 35	Tavistock AC	0:47:47	0:47:44	
46	217	Steve Law	Male 50-54	Falmouth Running Club	0:47:49	0:47:45	
47	344	John Sole	Male 40-44	Cornwall AC	0:47:54	0:47:50	0:44:52

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Overall Results

Plac	Bib Name	AG	Club	Gun	Chip	CT 2022
48	111 Mike Ellis	Male 45-49	Newquay & Par AC	0:48:08	0:48:04	
49	231 Richard Martin	Male 40-44	St Austell Running Club	0:48:13	0:48:09	
50	128 Jack Gale	Male Under 35		0:48:13	0:48:10	
51	287 Darrin Porter	Male 55-59	Cornwall AC	0:48:21	0:48:17	
52	110 Jon Eldon	Male 60-64	Hayle Runners	0:48:24	0:48:22	0:49:34
53	388 Andrew Vernon	Male 55-59	Okehampton RC	0:48:28	0:48:23	0:49:44
54	134 Rosie Gibbons	Female 45-49	Cornwall AC	0:48:31	0:48:27	0:48:59
55	143 David Guffick	Male 40-44	Hayle Runners	0:48:37	0:48:34	
56	370 Joseph Thomson	Male 35-39	Launceston Road Runners	0:48:41	0:48:33	0:53:44
57	360 Charlotte Tansley	Female Under 35	Cornwall AC	0:48:43	0:48:38	
58	391 Jason Vinnicombe	Male 45-49		0:48:44	0:48:39	
59	144 Craig Hall	Male 45-49	Carn Runners	0:48:50	0:48:46	
60	59 Daniel Case	Male 35-39	Plymouth Musketeers Running	0:48:55	0:48:52	0:50:37
61	267 Kyle Orgacki	Male 35-39	Tamar Trotters	0:48:57	0:48:51	
62	52 Lee Burford	Male 40-44	Hayle Runners	0:49:01	0:48:58	0:48:44
63	393 Callum Waldie	Male Under 35	Truro Running Club	0:49:14	0:49:12	
64	10 Steve Baker	Male 65-69	Tamar Trotters	0:49:30	0:49:24	
65	127 David Friskin	Male Under 35	Plymouth Musketeers Running	0:49:53	0:49:49	
66	98 Mike Dowrick	Male 50-54	Cornwall AC	0:49:58	0:49:55	
67	225 James Manning	Male 40-44	Hayle Runners	0:50:00	0:49:58	0:54:44
68	407 Steve Weeks	Male 45-49	Teignbridge Trotters	0:50:18	0:50:12	0:51:28
69	353 Emma Stepto	Female 50-54	Cornwall AC	0:50:33	0:50:30	
70	261 Marc Oldaker	Male 55-59		0:50:39	0:50:35	0:51:52
71	168 Allan Herdman	Male 70-74	Tavistock AC	0:51:09	0:51:03	
72	30 Matthew Berry	Male 45-49	Truro Running Club	0:51:16	0:51:14	
73	286 Adam Porter	Male Under 35		0:51:33	0:51:28	
74	406 Chloe Weeks	Female Under 35	Teignbridge Trotters	0:51:37	0:51:30	0:54:14
75	252 Barry Neal	Male 40-44	Erme Valley Harriers	0:51:43	0:51:40	
76	369 David Thomson	Male 60-64		0:52:05	0:51:57	
77	58 Shaun Carthew	Male 45-49		0:52:21	0:52:17	
78	179 Rory Honeychurch	Male Under 35		0:52:31	0:52:28	
79	136 Ayesha Gillespie	Female Under 35	Tamar Trotters	0:52:46	0:52:40	
80	331 Kevin Silver	Male 55-59	Hayle Runners	0:52:56	0:52:49	0:52:46
81	293 Donna Raggett	Female 50-54	Cornwall AC	0:53:00	0:52:54	
82	57 Bruce Carey	Male Under 35	Newquay Road Runners	0:53:08	0:53:01	
83	106 Elliott Edwards	Male Under 35	Plymouth Musketeers Running	0:53:11	0:53:09	
84	276 Mark Peck	Male 35-39		0:53:25	0:53:19	
85	56 Barrie Cardew	Male 65-69	Carn Runners	0:53:32	0:53:28	
86	224 Melodie Manners	Female 35-39	Hayle Runners	0:53:36	0:53:30	
87	367 Mark Thomas	Male 45-49	Truro Running Club	0:53:43	0:53:41	
88	202 Jonathan Kappes	Male 50-54		0:53:47	0:53:43	0:51:54
89	186 Charlene Howard	Female 35-39		0:53:48	0:53:45	0:52:36
90	299 Stuart Richards	Male 45-49	St Austell Running Club	0:53:55	0:53:51	0:51:55
91	359 Lee Strickland	Female 45-49	Hayle Runners	0:54:13	0:54:08	0:54:18
92	187 Frazer Humbles	Male 40-44	Hayle Runners	0:54:15	0:54:05	0:52:11
93	100 Damian Dunne	Male 45-49	Plymouth Musketeers Running	0:54:23	0:54:20	
94	268 Danny O'Shea	Male 45-49	Truro Running Club	0:54:39	0:54:32	
95	83 Revis Crowle	Female 60-64	East Cornwall Harriers	0:54:42	0:54:31	

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96	29	Mark Bennetts	Male 40-44	St Austell Athletes Running Club	0:54:46	0:54:40	
97	164	Eve Hearle	Female 40-44	Newquay Road Runners	0:54:51	0:54:45	
98	248	Leo Muid	Male 40-44	Falmouth Running Club	0:55:10	0:55:03	
99	306	Malcolm Roberts	Male 70-74	St Austell Running Club	0:55:15	0:55:09	0:52:52
100	254	Melissa Nicholas	Female Under 35	Hayle Runners	0:55:18	0:55:12	
101	315	John Sanders	Male 40-44		0:55:19	0:55:05	0:56:53
102	236	Kirsty Medlock	Female 40-44	Hayle Runners	0:55:21	0:55:16	
103	241	Helen Mitchell	Female 55-59	Truro Running Club	0:55:25	0:55:18	0:52:40
104	324	Paul Seagger	Male 40-44	Hayle Runners	0:55:31	0:55:22	
105	337	James Skeplorn	Male 40-44	Truro Running Club	0:55:32	0:55:27	
106	385	Craig Varcoe	Male Under 35	St Austell Running Club	0:55:32	0:55:22	0:58:25
107	338	Sally Sleep	Female 40-44		0:55:39	0:55:25	
108	133	Corinne Gerrard	Female 50-54	Hayle Runners	0:55:46	0:55:39	0:52:56
109	427	Mark Worden	Male 35-39		0:55:47	0:55:40	
110	78	Michael Counter	Male 55-59	St Austell Running Club	0:56:00	0:55:49	
111	320	Ian Savigar	Male 60-64	East Cornwall Harriers	0:56:03	0:55:47	
112	273	Ryan Pearce	Male Under 35		0:56:11	0:56:03	
113	398	Carole Walters	Female 60-64	Tavistock AC	0:56:21	0:56:13	
114	76	Michael Cork	Male 65-69	Plymouth Coasters	0:56:25	0:56:19	0:57:02
115	262	Nick Oldaker	Male Under 35		0:56:28	0:56:24	0:56:15
116	195	Benjamin Jarram	Male 35-39	Launceston Road Runners	0:56:30	0:56:22	
117	352	James Stephens	Male 35-39	St Austell Running Club	0:56:35	0:56:24	0:59:19
118	149	Oliver Hamley	Male Under 35		0:56:37	0:56:27	
119	169	Christopher Heywood	Male 55-59		0:56:41	0:56:36	0:55:01
120	31	Adam Bewes	Male 35-39		0:56:52	0:56:23	
121	285	Beth Popperwell	Female 50-54	Mile High	0:57:00	0:56:55	
122	339	Mark Sluggett	Male 55-59	Launceston Road Runners	0:57:03	0:56:45	0:54:51
123	313	Wayne Rundle	Male 50-54	Launceston Road Runners	0:57:12	0:56:53	
124	234	Ryan Matthews	Male Under 35		0:57:18	0:57:15	
125	48	Jenny Bryant	Female 55-59	Tavistock AC	0:57:19	0:57:09	
126	176	Keith Hoadley	Male 55-59	Torrington AAC	0:57:23	0:57:18	0:56:48
127	279	Helen Perry-Smith	Female Under 35	Plymouth Coasters	0:57:39	0:57:31	
128	363	Lesley Taylor	Female 55-59	Ashford & District RRC	0:57:41	0:57:27	
129	238	John Mercer	Male 40-44		0:57:57	0:57:52	
130	375	Liz Trebilcock	Female 55-59	Truro Running Club	0:58:00	0:57:54	
131	4	Paul Angove	Male 55-59	Cornwall AC	0:58:01	0:57:55	
132	383	Craig Underhill	Male 50-54	Hayle Runners	0:58:05	0:57:57	
133	426	Matthew Wilson	Male 45-49	Cornwall AC	0:58:15	0:58:04	0:58:29
134	3	Peter Allen	Male 65-69	Newquay Road Runners	0:58:35	0:58:28	0:54:55
135	332	Andrew Simpson	Male 40-44	Launceston Road Runners	0:58:37	0:58:23	
136	182	Pavol Hornak	Male 35-39		0:58:50	0:58:26	
137	23	Peter Bazley	Male 65-69	Tavistock AC	0:58:51	0:58:42	0:59:12
138	201	Debbie Jones	Female 55-59	Looe Pioneers Running Club	0:58:52	0:58:47	
139	66	Craig Charnock	Male Under 35		0:58:55	0:58:38	
140	103	Andis Dzerve	Male Under 35		0:59:00	0:58:49	
141	300	Thomas Rickard	Male Under 35		0:59:16	0:58:48	
142	403	Mandy Watts	Female 50-54	Newquay Road Runners	0:59:28	0:59:00	1:00:41
143	230	Paul Martin	Male 40-44		0:59:31	0:59:18	

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144	341	Stuart Smith	Male 35-39	Hayle Runners	0:59:50	0:59:35	
145	333	Mark Simpson	Male 35-39	Launceston Road Runners	1:00:20	1:00:07	
146	246	Chris Morton	Male 35-39		1:00:21	1:00:01	
147	122	Jennifer Forbes	Female 35-39	Hayle Runners	1:00:30	1:00:22	
148	69	Roxane Cody	Female Under 35	Hayle Runners	1:00:38	1:00:32	
149	65	Mike Charlwood	Male 45-49	Launceston Road Runners	1:00:42	1:00:24	0:55:52
150	124	Katie Fowler	Female 35-39		1:00:50	1:00:44	1:14:12
151	90	James Dart	Male 35-39		1:01:07	1:00:55	
152	104	Richard Eales	Male 40-44		1:01:16	1:00:46	
153	346	Jack Southcott	Male 35-39		1:01:16	1:00:46	
154	196	Fred Jenkins	Male 60-64	Instinctive Sport Fun Runners	1:01:19	1:01:04	0:58:45
155	340	Hannah Smith	Female Under 35	Hayle Runners	1:01:26	1:01:17	1:02:13
156	239	Jenny Mills	Female 70-74	Launceston Road Runners	1:01:27	1:01:22	0:55:59
157	278	Chunky Penhaul	Male 75-79	Hayle Runners	1:01:33	1:01:23	1:03:25
158	55	Molly Bytheway	Female Under 35	Tavistock AC	1:01:33	1:01:05	1:02:37
159	235	Sarah McDonough	Female 35-39	East Cornwall Harriers	1:01:34	1:01:18	
160	197	Pete Jennings	Male 55-59		1:01:34	1:01:22	0:58:10
161	271	Dominic Parnell	Male 40-44	Tamar Trotters	1:01:35	1:01:15	
162	105	Alan Edwards	Male 50-54	Newquay Road Runners	1:01:37	1:01:23	
163	415	Brian Wiles	Male 75-79	Launceston Road Runners	1:01:44	1:01:33	
164	21	Satnam Basram	Male 60-64	Cornwall AC	1:01:47	1:01:35	
165	37	Abby Bounsall	Female Under 35		1:01:58	1:01:54	1:02:46
166	39	Karina Bowers	Female 40-44	St Austell Running Club	1:02:02	1:01:56	0:59:00
167	297	Matthew Regan	Male 35-39		1:02:03	1:02:00	
168	348	Christopher Spencer	Male 60-64		1:02:16	1:02:02	
169	334	Andrew Sims	Male 55-59	East Cornwall Harriers	1:02:18	1:01:44	
170	283	Megan Pitts	Female Under 35	Truro Running Club	1:02:22	1:02:11	
171	89	James Danks	Male 40-44	Falmouth Running Club	1:02:23	1:02:10	1:10:48
172	266	Michael Orchard	Male 65-69	Hayle Runners	1:02:35	1:02:23	0:59:45
173	33	Darren Blenkinsop	Male 50-54	Tamar Trotters	1:02:45	1:02:24	1:11:03
174	290	Jeremy Quirk	Male 45-49		1:02:51	1:02:43	
175	7	Simon Ayres	Male 45-49		1:03:02	1:02:49	0:59:54
176	117	Laura Field	Female 35-39		1:03:06	1:03:00	
177	184	Andrew Hosking	Male 50-54	Launceston Road Runners	1:03:08	1:02:49	
178	309	James Rooney	Male 60-64	Bude Rats (Run and Tri)	1:03:10	1:02:49	0:58:38
179	88	Stuart Daniels	Male 55-59	OCRC	1:03:15	1:03:06	
180	277	Sue Pendleton	Female 40-44	Callington Running Group	1:03:17	1:02:54	
181	150	Emma Hancock	Female Under 35		1:03:28	1:02:59	
182	330	Jason Shipton	Male 50-54	Launceston Road Runners	1:03:34	1:03:26	0:56:26
183	192	Simon James	Male 50-54	Cornwall AC	1:03:38	1:03:27	1:01:48
184	181	Andrej Hornak	Male Under 35		1:03:45	1:03:21	
185	125	Rebecca Frame	Female 50-54		1:03:46	1:03:16	
186	171	Pete Higham	Male 60-64	Falmouth Running Club	1:03:48	1:03:40	
187	47	Ceri Bryant	Female Under 35		1:03:52	1:03:42	
188	120	Michelle Fitt	Female 40-44	Hayle Runners	1:03:53	1:03:45	
189	292	Peter Rabson	Male 40-44	Camelford up and running	1:03:54	1:03:28	1:03:11
190	365	Alison Thomas	Female 50-54	Hayle Runners	1:04:02	1:03:48	
191	316	Peter Sargent	Male 75-79	South West Vets A.C.	1:04:09	1:04:00	

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192	112	Eleanor Ellison	Female 65-69	Newquay Road Runners	1:04:21	1:04:16	0:58:22
193	288	Rachel Price	Female 35-39		1:04:31	1:04:19	1:06:10
194	73	Richard Collett	Male 40-44	Hayle Runners	1:04:35	1:04:19	1:01:48
195	381	Steve Turner	Male 60-64		1:04:39	1:04:19	
196	229	Colin Martin	Male 70-74	Newquay Road Runners	1:04:39	1:04:29	
197	243	Martin Morgan	Male 65-69	Bodmin Road Runners	1:04:40	1:04:30	
198	116	Wendy Fettner	Female 60-64		1:05:03	1:04:55	
199	291	Joanna Quirk	Female 45-49		1:05:06	1:04:58	
200	175	Nick Hill	Male 40-44		1:05:14	1:04:53	
201	303	Janet Ritchie	Female 60-64	Carn Runners	1:05:29	1:05:23	1:03:14
202	102	Ben Dutton	Male Under 35	St Austell Athletes Running Club	1:05:34	1:05:17	
203	264	Barry Olver	Male 65-69	Tamar Trotters	1:05:55	1:05:33	
204	140	Charlie Gray	Female 45-49	Newquay Road Runners	1:05:56	1:05:46	
205	22	Mike Bawden	Male 60-64	Carn Runners	1:05:56	1:05:41	1:05:30
206	156	Mark Harvie	Male 55-59		1:05:57	1:05:30	
207	38	Annie Bover	Female 40-44	Bude Rats (Run and Tri)	1:06:03	1:05:42	
208	49	Paul Buffon	Male 65-69	Truro Running Club	1:06:06	1:05:56	
209	282	Matt Pickard	Male Under 35		1:06:07	1:05:38	1:08:39
210	228	Debbie Marshall	Female 45-49	St Austell Running Club	1:06:21	1:06:11	
211	189	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	1:06:33	1:06:13	0:59:52
212	203	Fearon Kelly	Male 50-54		1:06:40	1:06:11	
213	130	Charlie Gardner	Male Under 35		1:06:43	1:06:23	
214	323	Emmeline Scott	Female Under 35		1:06:58	1:06:32	
215	45	Suzanne	Female 45-49		1:07:01	1:06:41	
216	417	Emily Williams	Female Under 35		1:07:08	1:06:59	
217	91	Gemma Davidson	Female 40-44		1:07:18	1:06:47	
218	74	Alexander Cooper	Male 45-49		1:07:21	1:07:11	1:04:53
219	64	Stuart Chappell	Male 35-39	Perran Trail Runners	1:07:22	1:07:13	
220	270	Ben Palmer	Male 35-39		1:07:23	1:07:01	
221	50	Hannah Bulmer	Female 40-44		1:07:26	1:07:17	
222	321	Dawn Scallan	Female 50-54	Carn Runners	1:07:30	1:07:15	
223	42	John Brady	Male 60-64	East Cornwall Harriers	1:07:42	1:07:08	
224	80	Gemma Crawford	Female 35-39		1:07:51	1:07:38	
225	397	Steven Walkey	Male 70-74	Falmouth Running Club	1:07:53	1:07:28	
226	404	Lisa Webb	Female 45-49	East Cornwall Harriers	1:07:54	1:07:22	
227	108	Martin Edwards	Male 45-49		1:08:04	1:08:00	1:03:23
228	8	Gill Aze-Thomas	Female 50-54	Launceston Road Runners	1:08:13	1:08:01	1:11:27
229	25	Samuel Behennah	Male Under 35		1:08:22	1:07:54	
230	109	Nicola Edwards	Female 45-49	Newquay Road Runners	1:08:25	1:08:12	
231	232	Daniel Matthams	Male Under 35		1:08:35	1:08:07	
232	233	David Matthams	Male 60-64	Instinctive Sport Fun Runners	1:08:36	1:08:08	
233	46	Angela Brinicombe	Female 65-69	Launceston Road Runners	1:08:36	1:08:24	
234	142	Ian Grimes	Male 70-74	Launceston Road Runners	1:08:42	1:08:26	1:08:41
235	51	Alice Burbidge	Female 40-44		1:08:46	1:08:23	1:04:12
236	97	Emma Dooney	Female 45-49		1:08:46	1:08:23	
237	376	Avril Trehane	Female Under 35		1:08:53	1:08:18	
238	82	Caroline Cross	Female Under 35	Cornwall AC	1:08:58	1:08:45	
239	5	Graham Ashton	Male Under 35		1:09:06	1:08:58	1:09:29

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Plac	Bib	Name	AG	Club	Gun	Chip	CT 2022
240	326	Roger Serres	Male 45-49	Launceston Road Runners	1:09:07	1:08:47	
241	366	Hannah Thomas	Female 45-49	Truro Running Club	1:09:11	1:09:04	1:10:33
242	347	Philip Spargo	Male 65-69	Truro Running Club	1:09:29	1:09:18	1:06:48
243	419	Jo Williams	Female 35-39		1:09:30	1:09:11	
244	380	Marisa Turner	Female 55-59	Launceston Road Runners	1:09:42	1:09:23	
245	26	Dean Bellamy	Male 50-54		1:09:49	1:09:16	
246	318	Nicholas Saunders	Male 40-44		1:09:50	1:09:28	
247	237	Michael Mehta	Male 60-64		1:09:52	1:09:33	
248	373	Linda Tout	Female 70-74	Tamar Trotters	1:09:58	1:09:36	
249	75	Des Evans	Male 75-79	Newquay Road Runners	1:09:59	1:09:54	1:08:09
250	19	Simon Barrett	Male 60-64	Instinctive Sports Plymouth	1:10:01	1:09:33	1:06:28
251	269	Caroline Pack	Female 60-64	Falmouth Running Club	1:10:02	1:09:35	
252	174	Jade Hill	Female Under 35		1:10:07	1:09:35	
253	70	Lynn Coffman	Female 50-54	Tamar Trotters	1:10:20	1:09:53	
254	275	Ellie Peck	Female Under 35	Tamar Trotters	1:10:20	1:09:53	
255	322	Mark Scallan	Male 55-59	Carn Runners	1:10:42	1:10:27	
256	214	Sarah Lambert	Female Under 35		1:10:58	1:10:28	
257	87	Jean Cutlan	Female 55-59	St Austell Athletes Running Club	1:10:58	1:10:49	
258	378	James Tucker	Male Under 35		1:11:00	1:10:42	
259	251	Abby Munday	Female Under 35	Launceston Road Runners	1:11:00	1:10:41	
260	329	Sarah Sharland	Female 35-39	RunFitRunFast	1:11:00	1:10:37	
261	302	Ian Ringer	Male 75-79	Bodmin Road Runners	1:11:21	1:11:05	1:12:28
262	209	Nigel Knuckey	Male 65-69	Truro Running Club	1:11:27	1:11:20	1:07:14
263	199	Sally Johnston	Female 60-64	Tamar Trotters	1:11:28	1:11:00	1:10:06
264	356	Claire Stone	Female 35-39	Hayle Runners	1:11:34	1:11:18	1:16:32
265	274	Mia Pearson-Brown	Female Under 35		1:11:36	1:11:31	
266	165	Andrew Heather	Male 55-59	Hayle Runners	1:11:49	1:11:27	
267	63	Jackie Chapman	Female 60-64	Launceston Road Runners	1:11:52	1:11:42	
268	351	Sarah Steed	Female 50-54	East Cornwall Harriers	1:11:57	1:11:24	1:19:08
269	43	Alan Brandwood	Male 70-74	Falmouth Running Club	1:12:08	1:11:44	1:11:57
270	44	Michael Bray	Male 40-44		1:12:18	1:12:11	
271	430	Paul Wright	Male 75-79	Bodmin Road Runners	1:12:21	1:11:47	
272	325	Paul Searle	Male 55-59	Plymouth Coasters	1:12:25	1:12:18	1:06:19
273	335	Karen Sims	Female 55-59	East Cornwall Harriers	1:12:50	1:12:16	
274	101	Emma Dunne	Female 45-49	Plymouth Musketeers Running	1:12:52	1:12:26	
275	416	Judith Wilkinson	Female 65-69	Tamar Trotters	1:12:53	1:12:25	1:12:55
276	32	Andrew Bishop	Male 35-39	RunFitRunFast	1:13:21	1:13:00	1:06:43
277	27	Kirsty Benford	Female 45-49		1:13:23	1:12:53	
278	79	Lena Cowling	Female 35-39		1:13:42	1:13:07	
279	198	Natalie Jewell	Female 40-44	Falmouth Running Club	1:13:44	1:13:18	1:08:31
280	60	Leanne Case	Female 40-44	Plymouth Musketeers Running	1:13:46	1:13:20	
281	145	Kate Hall	Female 40-44		1:13:58	1:13:31	1:14:41
282	281	Dave Pickard	Male 60-64	Launceston Road Runners	1:14:01	1:13:33	
283	386	Dan Varcoe	Male 35-39	(no club)	1:14:17	1:13:52	
284	413	Jo White	Female 45-49	Lonely Goat RC	1:14:40	1:14:21	
285	400	Karen Warner	Female 55-59	Newquay Road Runners	1:14:49	1:14:36	
286	40	Trina Bradbury	Female 45-49	Launceston Road Runners	1:14:53	1:14:34	1:12:00
287	222	Sarah Luff	Female 40-44	JP Fitness Cornwall	1:15:02	1:14:41	

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Overall Results

Plac	Bib	Name	AG	Club	Gun	Chip	CT 2022
288	119	Donna Fisher	Female 40-44	Newquay Road Runners	1:15:19	1:15:06	
289	183	Kerry Hoskin	Female 40-44	Truro Running Club	1:15:21	1:15:05	
290	305	Gareth Roberts	Male 40-44		1:15:24	1:14:57	
291	304	Andrea Roberts	Female 45-49		1:15:28	1:15:01	1:18:05
292	138	Ray Goodright	Male 75-79	East Cornwall Harriers	1:15:31	1:14:58	1:16:04
293	190	Geraldine Hyslop	Female 65-69	Falmouth Running Club	1:15:32	1:15:06	
294	36	Sarah Booker	Female 50-54	Falmouth Running Club	1:15:36	1:15:12	
295	387	Martin Venning	Male 70-74	Launceston Road Runners	1:15:41	1:15:09	1:15:44
296	166	Claire Herbert	Female 50-54	Plymouth Musketeers Running	1:15:50	1:15:24	
297	173	Elaine Hill	Female 50-54	Launceston Road Runners	1:15:57	1:15:38	1:11:57
298	379	Chloe Turner	Female Under 35	East Cornwall Harriers	1:15:58	1:15:27	
299	194	Sandy Jamieson	Female 70-74	Carn Runners	1:16:19	1:15:53	
300	41	Ann Bradley	Female 60-64	St Austell Running Club	1:16:20	1:16:07	1:18:40
301	418	Genna Williams	Female Under 35	Launceston Road Runners	1:16:24	1:16:05	
302	81	Nicola Crilly	Female 45-49	Falmouth Running Club	1:16:30	1:16:05	1:09:08
303	159	Lizzy Hawke	Female Under 35		1:16:31	1:16:00	
304	204	Jennifer Kempthorne	Female Under 35	Bodmin Women's Running Club	1:16:31	1:16:00	
305	213	Teresa Lakeman	Female 55-59	Tamar Trotters	1:16:32	1:16:04	
306	219	Jennifer Lawson	Female 55-59	Newquay Road Runners	1:16:33	1:16:05	
307	20	Aileen Barwell	Female 65-69	Falmouth Running Club	1:16:42	1:16:15	
308	137	Mary Goodacre	Female 70-74	Tamar Trotters	1:16:45	1:16:23	
309	265	Gillian Onley	Female 55-59	Cornwall AC	1:16:53	1:16:41	1:10:42
310	220	Wendy Lowe	Female 65-69	Bodmin Women's Running Club	1:16:56	1:16:40	1:13:44
311	146	Victoria Hall	Female 45-49	Bodmin Road Runners	1:17:23	1:16:53	1:16:13
312	371	Brenda Thorne	Female 65-69	Instinctive Sports Plymouth	1:17:25	1:16:54	1:15:41
313	226	Courtney Marks	Female Under 35	St Austell Running Club	1:17:32	1:17:25	
314	422	Theresa Williams	Female 65-69	St Austell Running Club	1:17:39	1:17:24	
315	336	Martin Sims	Male 70-74		1:18:01	1:17:45	1:15:05
316	357	Jackie Stone	Female 60-64	Hayle Runners	1:18:15	1:17:51	1:17:04
317	362	Lee-Ann Taylor	Female 45-49		1:18:28	1:18:16	
318	308	Natalie Rogers	Female 45-49		1:18:28	1:18:16	
319	249	Mary Mullarkey	Female 70-74	East Cornwall Harriers	1:18:30	1:17:57	
320	296	Jacque Rapier	Female 60-64	Falmouth Running Club	1:18:32	1:18:09	1:11:41
321	153	Michaela Harrison	Female 45-49	Plymouth Harriers	1:18:34	1:18:18	1:11:13
322	289	Nikki Pritchard	Female 40-44	East Cornwall Harriers	1:18:49	1:18:16	1:19:08
323	115	Tony Farrant	Male 55-59	Callington Running Group	1:19:06	1:18:43	
324	399	Andrea Warne	Female 55-59	Callington Running Group	1:19:16	1:18:45	
325	193	Judy Jameson	Female 60-64	Carn Runners	1:19:35	1:19:10	1:33:39
326	284	Sophie Pooley	Female Under 35		1:19:49	1:19:14	
327	374	Stewart Townend	Male 80+	Hayle Runners	1:20:01	1:19:46	
328	295	Christopher Ramsey	Male 70-74	Truro Running Club	1:20:06	1:20:00	1:01:10
329	84	Jon Cryer	Male 65-69		1:20:15	1:19:54	1:21:57
330	319	Vikki Savage	Female 50-54	Launceston Road Runners	1:20:17	1:19:58	1:19:59
331	35	Robert Bolitho	Male 60-64	Hayle Runners	1:20:20	1:19:55	1:22:25
332	161	Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:20:27	1:20:09	1:17:45
333	95	Leah Dickinson	Female 35-39		1:20:48	1:20:23	
334	123	Jane Forder	Female 50-54	Tamar Trotters	1:20:50	1:20:22	
335	9	Steve Badge	Male 55-59		1:20:51	1:20:19	

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Overall Results

Plac	Bib Name	AG	Club	Gun	Chip	CT 2022
336	205 Margaret Ann Kinahan	Female 70-74	East Cornwall Harriers	1:20:52	1:20:35	
337	402 Simon Warner	Male 50-54		1:20:57	1:20:25	
338	13 Claire Barlow	Female 45-49	Bodmin Road Runners	1:21:38	1:21:08	1:08:26
339	177 Deborah Hocking	Female 55-59	Carn Runners	1:21:50	1:21:26	
340	389 Greta Viertel	Female 35-39	St Austell Athletes Running Club	1:22:02	1:21:45	
341	206 Elaine Knight	Female 55-59	Callington Running Group	1:22:57	1:22:26	
342	424 Janet Wills	Female 70-74	St Austell Running Club	1:23:04	1:22:50	1:33:06
343	157 Lizzie Hasell	Female 40-44	Truro Running Club	1:23:16	1:23:01	
344	423 Sharon Willis	Female 60-64	Newquay Road Runners	1:23:19	1:22:53	
345	178 Lorna Hogg	Female 50-54	St Austell Running Club	1:23:23	1:23:09	
346	429 Gemma Wotherspoon	Female 35-39	Bodmin Women's Running Club	1:23:40	1:23:08	1:30:00
347	361 Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:23:48	1:23:17	
348	53 Dennis Burrell	Male 75-79	Carn Runners	1:24:16	1:24:06	1:25:54
349	216 Sarah Law	Female 45-49	Falmouth Running Club	1:24:24	1:24:04	
350	14 John Barnes	Male 60-64	Launceston Road Runners	1:24:26	1:23:54	1:10:43
351	118 Darren Fisher	Male 50-54	Tavistock AC	1:25:07	1:24:46	
352	141 Emma Grigg	Female 45-49	Camelford up and running	1:25:18	1:24:47	
353	34 Julie Bolitho	Female 55-59	Hayle Runners	1:26:05	1:25:41	1:21:03
354	412 Duncan White	Male 45-49		1:26:07	1:25:48	
355	148 Bea Hamilton	Female 55-59		1:26:24	1:25:57	
356	16 Phoebe Barnes	Female Under 35	Launceston Road Runners	1:26:31	1:25:58	
357	96 Samantha Dixon	Female 45-49	Hayle Runners	1:26:33	1:26:10	
358	62 Helen Cattran	Female 55-59	Hayle Runners	1:26:34	1:26:11	1:23:57
359	172 Charlie Hill	Male 40-44		1:28:22	1:28:02	
360	317 Kathy Saunders	Female 65-69	Looe Pioneers Running Club	1:28:56	1:28:44	
361	392 Margaret Wade	Female 70-74	Carn Runners	1:29:18	1:28:52	1:26:35
362	152 Rachel Hardy	Female 40-44		1:30:28	1:29:56	
363	6 John Ashton	Male 60-64	Ellesmere Port Running Club	1:30:45	1:30:37	1:22:25
364	211 Christina Lake	Female 65-69	Falmouth Running Club	1:31:48	1:31:24	1:22:40
365	114 Samantha Ewart	Female 45-49	St Austell Running Club	1:33:48	1:33:31	1:18:08
366	99 Michelle Dunn	Female 35-39	St Austell Running Club	1:34:38	1:34:22	
367	218 Steve Lawrence	Male 65-69	Falmouth Running Club	1:36:20	1:35:49	
368	132 David Garrard	Male 75-79	Falmouth Running Club	1:43:00	1:42:29	1:36:06

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