

# DAN 5000m and Cornwall County Championships

Wednesday 23 May 2018.

| Heat | Position | Time    | Name              | Team                 | Category      | Avg     | Race No |
|------|----------|---------|-------------------|----------------------|---------------|---------|---------|
| 1    | 1        | 15:23.2 | CLAY, Jordan      | Cornwall AC          | Male 20-34    | 04:57.0 | 828     |
| 1    | 2        | 16:02.3 | ALSOP, Daniel     | St Austell RC        | Male 35-39    | 05:09.5 | 823     |
| 1    | 3        | 16:04.2 | GOODCHILD, Sam    | Cornwall AC          | Male under 20 | 05:10.2 | 811     |
| 1    | 4        | 16:04.4 | THOMAS, Justin    | Cornwall AC          | Male 40-44    | 05:10.2 | 801     |
| 1    | 5        | 16:09.6 | SNOOK, Colin      | Cornwall AC          | Male 40-44    | 05:11.8 | 807     |
| 1    | 6        | 16:14.5 | KLIMEK, Kristof   | Cornwall AC          | Male under 20 | 05:13.4 | 812     |
| 1    | 7        | 16:17.4 | GUPTA, Abhik      | Cornwall AC          |               | 05:14.4 | 803     |
| 1    | 8        | 16:25.0 | WRIGHT, Tony      | Cornwall AC          | Male 50-54    | 05:16.9 | 808     |
| 1    | 9        | 16:28.7 | SMITH, Paul       | Cornwall AC          | Male 40-44    | 05:17.9 | 809     |
| 1    | 10       | 16:54.4 | CUTLAN, James     | St Austell RC        | Male 20-34    | 05:26.3 | 834     |
| 1    | 11       | 16:59.9 | TREGENZA, Heidi   | Cornwall AC          |               | 05:27.9 | 824     |
| 1    | 12       | 17:06.5 | STEPTO, Emma      | Cornwall AC          | Female 45-49  | 05:30.1 | 802     |
| 1    | 13       | 17:19.0 | WEBSTER, Mark     | Cornwall AC          | Male 20-34    | 05:34.3 | 810     |
| 1    | 14       | 17:43.4 | STANDING, Robert  | Truro Running Club   | Male 45-49    | 05:42.0 | 831     |
| 1    | 15       | 17:45.4 | SQUIRES, Nicola   | Hallamshire Harriers |               | 05:42.7 | 847     |
| 1    | 16       | 18:01.4 | MARTIN, Nick      | Mile High            | Male 55-59    | 05:47.8 | 818     |
| 1    | 17       | 18:02.9 | WILLIAMS, Dan     | Cornwall AC          | Male 40-44    | 05:48.1 | 848     |
| 1    | 18       | 18:15.8 | SOLE, Paul        | Cornwall AC          | Male 35-39    | 05:52.3 | 820     |
| 1    | 19       | 18:31.7 | TRERISE, Connor   | Cornwall AC          | Male under 20 | 05:57.5 | 814     |
| 1    | 20       | 18:43.4 | DOWRICK, Mike     | Cornwall AC          | Male 45-49    | 06:01.3 | 837     |
| 1    | 21       | 18:49.8 | ORCHARD, Ruby     | Cornwall AC          | Female 35-39  | 06:03.3 | 843     |
| 2    | 1        | 17:32.2 | TRUDGIAN, Andy    | St Austell RC        | Male 45-49    | 05:38.5 | 800     |
| 2    | 2        | 18:00.2 | CLARK, Piran      | Cornwall AC          | Male 35-39    | 05:47.5 | 825     |
| 2    | 3        | 18:36.8 | WRIGHT, Kallum    | Cornwall AC          | Male 20-34    | 05:59.1 | 826     |
| 2    | 4        | 18:38.6 | DANIELL, Jamie    |                      | Male 20-34    | 05:59.7 | 836     |
| 2    | 5        | 18:42.3 | WILLIAMS, Simon S | St Austell RC        | Male 45-49    | 06:01.0 | 817     |
| 2    | 6        | 18:55.9 | WALKER, Chris     | Newquay Road Runners | Male 45-49    | 06:05.2 | 822     |
| 2    | 7        | 19:10.0 | SOLE, John        | Cornwall AC          | Male 35-39    | 06:10.0 | 813     |
| 2    | 8        | 19:16.9 | BABB, Steve       | Newquay Road Runners | Male 50-54    | 06:12.0 | 804     |
| 2    | 9        | 19:18.7 | MANNING, James    | Hayle Runners        | Male 35-39    | 06:12.6 | 852     |
| 2    | 10       | 19:45.5 | KNIGHT, Mark      | St Austell RC        | Male 45-49    | 06:21.3 | 816     |
| 2    | 11       | 19:56.8 | NICHOLLS, Daniel  | St Austell RC        | Male 20-34    | 06:24.8 | 840     |
| 2    | 12       | 19:57.4 | WILDING, David    | Hayle Runners        | Male 40-44    | 06:25.1 | 835     |
| 2    | 13       | 20:00.0 | SOLE, Amy         | Cornwall AC          |               | 06:26.1 | 821     |
| 2    | 14       | 20:15.1 | TREVENA, Nigel    | Cornwall AC          | Male 50-54    | 06:30.9 | 839     |
| 2    | 15       | 20:24.5 | WALLBANK, Rob     | St Austell RC        | Male 35-39    | 06:33.8 | 829     |
| 2    | 16       | 20:26.5 | ADIE, Gordon      | Truro Running Club   | Male 55-59    | 06:34.5 | 833     |
| 2    | 17       | 20:36.5 | BATHE, Colin      | Truro Running Club   | Male 45-49    | 06:37.7 | 832     |
| 2    | 18       | 21:16.6 | ROGERS, Laura     | Cornwall AC          |               | 06:50.6 | 838     |
| 2    | 19       | 21:36.5 | ALLEN, Peter      | Newquay Road Runners | Male 60-64    | 06:57.0 | 845     |
| 2    | 20       | 21:42.0 | DIXON, Eleanor    | Newquay Road Runners | Female 40-44  | 06:58.9 | 806     |
| 2    | 21       | 21:42.6 | WRIGHT, Ian       | Cornwall AC          | Male 60-64    | 06:58.9 | 850     |
| 2    | 22       | 21:50.3 | KITCHEN, Nathan   | Cornwall AC          | Male 40-44    | 07:01.5 | 827     |
| 2    | 23       | 22:06.6 | MARKS, Stacie     | St Austell RC        |               | 07:06.7 | 815     |
| 2    | 24       | 23:00.8 | HORTON, John      | Newquay Par AC       | Male 70-74    | 07:24.0 | 844     |
| 2    | 25       | 23:01.1 | SCRACE, Shaun     |                      | Male 45-49    | 07:24.4 | 849     |
| 2    | 26       | 23:38.7 | SARGENT, Pete     | South West Vets AC   | Male 70-74    | 07:36.3 | 841     |
| 2    | 27       | 23:48.6 | MCKENZIE, Tracy   | Newquay Road Runners | Female 40-44  | 07:39.5 | 805     |
| 2    | 28       | 23:55.7 | KESTLE, Mike      | Newquay Road Runners | Male 65-69    | 07:41.7 | 846     |
| 2    | 29       | 24:27.4 | WRIGHT, Lesley    | Cornwall AC          | Female 60-64  | 07:52.0 | 851     |
| 2    | 30       | 25:03.5 | BOWERS, Karina    | St Austell RC        | Male 35-39    | 08:03.6 | 830     |
| 2    | 31       | 27:43.5 | BERRY, Tony       | Truro Running Club   | Male 80-84    | 08:55.1 | 842     |
| 2    | 32       | 35:43.1 | WYATT, Liz        | St Austell RC        | Female 45-49  | 11:29.6 | 819     |