

MEET YOUR MAX – 20TH JUNE 2018

Position	Time	Name	Team	Category	Pace	No
1	0:43:50	RATCLIFFE, Floyd	Mile High	Male under 35	07:03.1	46
2	0:43:59	CARTHEY, Tom	Falmouth Road Runners	Male Vet 35-39	07:04.6	121
3	0:44:48	BRYDON, James	Bodmin Road Runners	Male under 35	07:12.5	29
4	0:45:12	COLACO, Jonny	Newquay Road Runners	Male Vet 45-49	07:16.3	163
5	0:45:40	GUMMESSON, Jonas	Newquay Road Runners	Male Vet 35-39	07:20.8	169
6	0:45:45	MARPLES, Alex	Truro Running Club	Male Vet 35-39	07:21.6	33
7	0:45:55	KIRTON, James	Truro Running Club	Male under 35	07:23.2	198
8	0:46:26	GREEVES, Gareth	Newquay Road Runners	Male under 35	07:28.2	168
9	0:46:47	HARRIS, Ben		Male under 35	07:31.6	110
10	0:47:04	LONGHORN, Jason	Mile High	Male Vet 45-49	07:34.3	152
11	0:47:19	WILLIAMS, Simon S	St Austell Running Club	Male Vet 45-49	07:36.8	227
12	0:47:47	DAVIES, James	Truro Running Club	Male Vet 35-39	07:41.3	192
13	0:47:55	SARA, Wayne	Truro Running Club	Male Vet 35-39	07:42.5	197
14	0:48:06	JOSE, Olly	Newquay Road Runners	Male under 35	07:44.3	172
15	0:48:11	SOWERBY, Peter	Truro Running Club	Male Vet 50-54	07:45.1	201
16	0:48:14	MURRANT, Kieran	Falmouth Road Runners	Male under 35	07:45.6	185
17	0:48:15	STANDING, Rob	Truro Running Club	Male Vet 45-49	07:45.8	70
18	0:48:25	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	07:47.4	96
19	0:48:25	SOLE, Paul	Cornwall AC	Male Vet 35-39	07:47.4	72
20	0:48:27	DITTY, Graham	Mile High	Male Vet 35-39	07:47.7	225
21	0:48:39	FOX, Danny	Truro Running Club	Male Vet 40-44	07:49.6	193
22	0:49:03	CHAPMAN, Wendy	Truro Running Club	Female Vet 40-44	07:53.5	194
23	0:49:13	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	07:55.1	60
24	0:49:18	STONE, Matt	Falmouth Road Runners	Male under 35	07:55.9	133
25	0:49:21	EVANS, Darren	Launceston Road Runners	Male Vet 35-39	07:56.4	138
26	0:49:25	BUSCOMBE, Charles	Newquay Road Runners	Male under 35	07:57.0	158
27	0:49:28	BARNET, James	Falmouth Road Runners	Male under 35	07:57.5	149
28	0:49:49	O'DWYER, Catherine	Truro Running Club	Female Vet 40-44	08:00.9	236
29	0:49:50	JEPSON, Aidan	Truro Running Club	Male Vet 35-39	08:01.0	66
30	0:50:13	OAKES, Duncan	Mud Crew Trail Runners	Male Vet 50-54	08:04.7	234
31	0:50:35	TREGONNING, David	St Austell Running Club	Male under 35	08:08.3	214
32	0:50:37	CHAPMAN, Mick	Mile High	Male Vet 50-54	08:08.6	146
33	0:51:25	DOWRICK, Mike	Cornwall AC	Male Vet 45-49	08:16.3	65
34	0:51:33	KEY, Andrew	Carn Runners	Male under 35	08:17.6	61
35	0:51:53	BALL, Adrian	Cornwall AC	Male Vet 50-54	08:20.8	244
36	0:51:54	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	08:21.0	189
37	0:52:02	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	08:22.3	101
38	0:52:04	LUCKHURST, Will	Hayle Runners	Male Vet 50-54	08:22.6	178
39	0:52:09	ROUNSEVELL, Alan	Truro Running Club	Male Vet 45-49	08:23.4	232
40	0:52:11	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	08:23.7	130
41	0:52:45	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 45-49	08:29.2	207
42	0:52:46	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	08:29.4	125
43	0:53:08	OLDRIEVE, William	Newquay Road Runners	Male under 35	08:32.9	181
44	0:53:27	RENDLE, Steve	Newquay Road Runners	Male Vet 50-54	08:36.0	182
45	0:53:49	KING, Melissa	Newquay Road Runners	Female under 35	08:39.5	174
46	0:53:51	EDWARDS, Glynn	Truro Running Club	Male under 35	08:39.8	2
47	0:54:17	CAPPS, David	Falmouth Road Runners	Male Vet 35-39	08:44.0	118
48	0:54:23	TWIGGS, Tim	Hayle Runners	Male Vet 50-54	08:45.0	17
49	0:54:31	SOLE, Amy	Cornwall AC	Female under 35	08:46.3	73
50	0:54:35	WALKER, Iain	St Austell Running Club	Male Vet 60-64	08:46.9	219
51	0:54:56	GREER, Mike	St Austell Running Club	Male under 35	08:50.3	119

52	0:55:15	JONES, Dean	Newquay Road Runners	Male Vet 40-44	08:53.3	148
53	0:55:30	CARTER, Steven	Truro Running Club	Male Vet 45-49	08:55.8	67
54	0:55:37	CARDEW, Barrie	Carn Runners	Male Vet 55-59	08:56.9	74
55	0:55:39	HEWITT, David		Male Vet 45-49	08:57.2	246
56	0:55:45	SPENCER, Julian	Truro Running Club	Male Vet 50-54	08:58.2	100
57	0:56:03	SOUTAR, Iain	Truro Running Club	Male Vet 35-39	09:01.1	245
58	0:56:09	JONES, Ian		Male Vet 40-44	09:02.0	143
59	0:56:26	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	09:04.8	113
60	0:56:30	MACKELLAR, Billy	Bodmin Road Runners	Male Vet 50-54	09:05.4	27
61	0:56:33	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	09:05.9	103
62	0:57:00	JONES, Stephen	Truro Running Club	Male Vet 35-39	09:10.2	108
63	0:57:07	CROWLE, Ben	Bodmin Road Runners	Male Vet 40-44	09:11.4	243
64	0:57:09	MOSSOP, Emma	Falmouth Road Runners	Female Vet 40-44	09:11.7	206
65	0:57:29	CHASE, Andy	St Austell Running Club	Male under 35	09:14.9	7
66	0:57:37	MASKELL, Anne		Female Vet 50-54	09:16.2	139
67	0:58:07	DAVIS, Lydia	Newquay Road Runners	Female under 35	09:21.0	165
68	0:58:29	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	09:24.6	95
69	0:58:31	WALE, Mathew	Newquay Road Runners	Male under 35	09:24.9	187
70	0:58:45	GRIGG, Steve		Male Vet 40-44	09:27.1	239
71	0:58:47	BRAY, Vivian	Cornwall AC	Male Vet 50-54	09:27.4	12
72	0:58:48	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	09:27.6	162
73	0:58:59	BATHE, Colin	Truro Running Club	Male Vet 45-49	09:29.4	200
74	0:59:06	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	09:30.5	89
75	0:59:08	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	09:30.8	166
76	0:59:16	HARTILL, Gail	Bodmin Road Runners	Female Vet 40-44	09:32.1	36
77	0:59:42	ROONEY, Michael	Mounts Bay Harriers	Male under 35	09:36.3	50
78	0:59:43	GAY, Jennifer	Truro Running Club	Female under 35	09:36.5	191
79	0:59:49	LLOYD, James	Truro Running Club	Male Vet 40-44	09:37.4	40
80	1:00:01	MARKS, Stacie	St Austell Running Club	Female under 35	09:39.4	213
81	1:00:13	RUSSELL, Barry	St Austell Running Club	Male Vet 40-44	09:41.3	145
82	1:00:30	WILSON, Michael	Truro Running Club	Male Vet 60-64	09:44.0	54
83	1:00:38	HOCKING, Alex	Carn Runners	Male Vet 35-39	09:45.3	242
84	1:00:42	DODWELL, Helen	Truro Running Club	Female Vet 40-44	09:46.0	220
85	1:00:50	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	09:47.2	92
86	1:01:07	GOULD, Chris		Male Vet 40-44	09:50.0	216
87	1:01:13	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	09:50.9	71
88	1:01:23	CRABB, Sally	Looe Pioneers	Female Vet 40-44	09:52.5	5
89	1:01:30	STAVES, Jo	Truro Running Club	Female Vet 40-44	09:53.7	230
90	1:01:30	OPIE, Steve		Male Vet 50-54	09:53.7	134
91	1:01:34	Monique	Bodmin Womens RC	Female Vet 45-45	09:54.3	39
92	1:01:49	PICK, Robert	East Cornwall Harriers	Male Vet 60-64	09:56.7	59
93	1:01:50	REEVES, Dan		Male under 35	09:56.9	150
94	1:01:51	MOORE, Thomas	Truro Running Club	Male Vet 35-39	09:57.1	102
95	1:01:52	ALLEN, Gary		Male under 35	09:57.2	107
96	1:01:54	TALLING, Lisa	Newquay Road Runners	Female Vet 50-54	09:57.5	186
97	1:01:58	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	09:58.2	140
98	1:02:05	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	09:59.3	28
99	1:02:13	MENSING, Claire	Truro Running Club	Female Vet 45-45	10:00.6	188
100	1:02:19	CIANO, Phillip	Newquay Road Runners	Male Vet 50-54	10:01.6	161
101	1:02:21	EYRE, Janna	Carn Runners	Female Vet 35-39	10:01.9	79
102	1:02:23	PASCOE, Karen	Cornwall AC	Female Vet 50-54	10:02.2	141
103	1:02:27	GILLARD, Alan	Cardiff Harlequines	Male Vet 55-59	10:02.8	241
104	1:02:29	BRYDON, Jackie	Bodmin Road Runners	Female Vet 50-54	10:03.2	30
105	1:02:57	STEPHENS, Emma	Bodmin Road Runners	Female under 35	10:07.7	97

106	1:03:09	THOMAS, Rachael	Cornwall AC	Female Vet 45-45	10:09.6	15
107	1:03:24	OSBORNE, Barry	Newquay Road Runners	Male Vet 45-49	10:12.0	6
108	1:03:46	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	10:15.6	44
109	1:03:53	PICKFORD, Ryan		Male Vet 35-39	10:16.7	226
110	1:04:24	CABLE, Caroline	Mud Crew Trail Runners	Female Vet 55-59	10:21.7	90
111	1:04:37	SPARKES, Vicki	Bodmin Road Runners	Female under 35	10:23.8	21
112	1:04:51	DALE, Steve	Newquay Road Runners	Male Vet 40-44	10:26.0	106
113	1:04:57	ROWE, Gareth	Newquay Road Runners	Male Vet 60-64	10:27.0	183
114	1:05:04	HARTILL, Taylor	Bodmin Road Runners	Male under 35	10:28.1	37
115	1:05:17	BARNFIELD, Marty		Male Vet 40-44	10:30.2	115
116	1:05:25	OPIE, Kate		Female Vet 45-45	10:31.5	135
117	1:05:43	SOLOMON, Andrew	Bodmin Road Runners	Male Vet 55-59	10:34.4	35
118	1:05:48	RICHARDS, Emma	Mounts Bay Harriers	Female Vet 35-39	10:35.2	52
119	1:06:00	OLLIVIER, Louise	Hayle Runners	Female Vet 50-54	10:37.1	57
120	1:06:19	REEVES, Mike		Male Vet 55-59	10:40.2	205
121	1:07:15	HILL, Nicholas		Male Vet 35-39	10:49.2	109
122	1:07:17	LONGMAN, Claire	Truro Running Club	Female Vet 40-44	10:49.5	196
123	1:07:32	MANSFIELD, Sue	Truro Running Club	Female Vet 55-59	10:51.9	224
124	1:07:33	JENKIN, Steve	Cornwall AC	Male Vet 45-49	10:52.1	93
125	1:08:55	TUGWELL, Lesley	Worthing & District Harriers	Female Vet 40-44	11:05.3	233
126	1:08:58	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	11:05.8	222
127	1:09:02	STEPHENS, Jane	Bodmin Road Runners	Female Vet 50-54	11:06.4	137
128	1:09:11	HILL, Sarah	Newquay Road Runners	Female Vet 45-45	11:07.9	171
129	1:09:26	THOMAS, Helen	Carn Runners	Female Vet 45-45	11:10.3	202
130	1:09:37	DAVEY, Tamzin	Cornwall AC	Female Vet 45-45	11:12.0	13
131	1:09:54	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	11:14.8	238
132	1:09:58	POOL, Laura		Female Vet 35-39	11:15.4	217
133	1:10:02	STEWART, Juliet	Truro Running Club	Female Vet 50-54	11:16.1	240
134	1:10:13	EAGLING, Nigel	Truro Running Club	Male Vet 65-69	11:17.8	82
135	1:10:20	GOUNDRY, Karen	Truro Running Club	Female Vet 50-54	11:19.0	112
136	1:10:21	GOUNDRY, Andrew	Mud Crew Trail Runners	Male Vet 50-54	11:19.1	111
137	1:10:22	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	11:19.3	160
138	1:10:32	GRAY, Mike		Male Vet 60-64	11:20.9	136
139	1:10:51	TYLER, Jacky	Bodmin Road Runners	Female Vet 60-64	11:23.9	18
140	1:10:58	CHAN, Stephen		Male Vet 35-39	11:25.1	99
141	1:11:19	RINGER, Ian	Bodmin Road Runners	Male Vet 70+	11:28.4	19
142	1:11:22	DILLON, Zennor		Female under 35	11:28.9	85
143	1:11:22	SHEPPARD, Nancy	Truro Running Club	Female Vet 45-45	11:28.9	84
144	1:11:32	HAWKES, Paul		Male Vet 55-59	11:30.5	94
145	1:11:35	DREW, Peter	Carn Runners	Male Vet 65-69	11:31.0	86
146	1:11:59	PAYNE, Holly	St Austell Running Club	Female under 35	11:34.9	147
147	1:12:11	SELLERS, Melanie		Female Vet 40-44	11:36.8	98
148	1:12:15	ALLEN, Rebecca	Carn Runners	Female under 35	11:37.5	105
149	1:12:20	BERTHO, Nicola	St Austell Running Club	Female Vet 40-44	11:38.3	116
150	1:12:23	EVANS, Lewys		Male under 35	11:38.7	221
151	1:12:27	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	11:39.4	122
152	1:13:00	TILLEY, John	Bodmin Road Runners	Male Vet 65-69	11:44.7	34
153	1:13:02	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	11:45.0	88
154	1:13:13	BROBIN, Cody	Newquay Road Runners	Male under 35	11:46.8	156
155	1:13:13	MCBAIN, Vanessa May	Newquay Road Runners	Female under 35	11:46.8	176
156	1:13:22	ELLIS, Steve		Male Vet 50-54	11:48.2	104
157	1:13:44	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 40-44	11:51.8	177
158	1:13:48	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	11:52.4	132
159	1:14:12	VARE, Gemma	Bodmin Road Runners	Female Vet 40-44	11:56.3	31

160	1:14:34	BENDE, Cassi	Truro Running Club	Female under 35	11:59.8	1
161	1:14:35	THOMAS, Mark	Truro Running Club	Male Vet 40-44	12:00.0	69
162	1:14:37	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-45	12:00.3	142
163	1:14:40	CLAYTON, Kirsty		Female Vet 45-45	12:00.8	45
164	1:14:51	FORBES, Jennifer	Carn Runners	Female under 35	12:02.6	87
165	1:15:13	DREW, Barry	Carn Runners	Male Vet 70+	12:06.1	38
166	1:15:38	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	12:10.1	23
167	1:15:53	TEAGLE, John	Truro Running Club	Male Vet 65-69	12:12.5	203
168	1:16:12	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	12:15.6	117
169	1:16:16	THOMAS, Hannah	Truro Running Club	Female Vet 40-44	12:16.2	68
170	1:17:04	MUTSAERS, Kirstie	Cornwall AC	Female Vet 45-45	12:24.0	223
171	1:17:14	VIERA, Paula	St Austell Running Club	Female Vet 40-44	12:25.6	62
172	1:17:45	BURNETT, Kevin	Newquay Road Runners	Male Vet 65-69	12:30.6	157
173	1:17:56	ROWE, Jane		Female Vet 55-59	12:32.3	204
174	1:18:38	PEARCE, Deborah	Hayle Runners	Female Vet 45-45	12:39.1	16
175	1:19:51	SCHOLES, Claire	Truro Running Club	Female Vet 35-39	12:50.8	190
176	1:20:09	STANESCU, Norbert	Cornwall AC	Male under 35	12:53.7	215
177	1:20:14	SWIFT, Sarah	Launceston Road Runners	Female under 35	12:54.5	53
178	1:20:49	SPEAKE, Georgina	St Austell Running Club	Female Vet 40-44	13:00.2	41
179	1:21:09	EVANS, Des	Newquay Road Runners	Male Vet 65-69	13:03.4	167
180	1:22:04	NEWTON, Roy	Falmouth Road Runners	Male Vet 70+	13:12.2	127
181	1:22:13	WEBB, Sarah	Falmouth Road Runners	Female Vet 40-44	13:13.7	131
182	1:22:47	SMITHERAM, Mark	Carn Runners	Male Vet 45-49	13:19.1	210
183	1:22:48	PASCOE, Peter	Carn Runners	Male Vet 50-54	13:19.3	78
184	1:23:00	KENT, Mele	Newquay Road Runners	Female Vet 40-44	13:21.2	173
185	1:23:00	O'GORMAN, Anthony	Newquay Road Runners	Male Vet 40-44	13:21.2	180
186	1:23:00	HALL, Lee	Newquay Road Runners	Male Vet 40-44	13:21.2	170
187	1:23:00	MILES, Nick	Newquay Road Runners	Male Vet 65-69	13:21.2	179
188	1:23:40	BOHANE, Davina	Truro Running Club	Female Vet 60-64	13:27.7	218
189	1:23:43	DAVIES, Sarah	Newquay Road Runners	Female Vet 40-44	13:28.2	211
190	1:24:01	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	13:31.1	32
191	1:24:18	MACK, Mike	Carn Runners	Male Vet 65-69	13:33.8	58
192	1:25:19	BENNER, Gillian		Female Vet 50-54	13:43.6	49
193	1:26:03	BOLT, Adrian	Truro Running Club	Male Vet 50-54	13:50.7	3
194	1:26:10	MANKEE, Emma	Carn Runners	Female Vet 45-45	13:51.8	55
195	1:26:10	PRYOR, Laura	Carn Runners	Female under 35	13:51.8	153
196	1:26:47	CARSWELL, Sarah		Female Vet 40-44	13:57.8	76
197	1:26:54	RICHARDS, Clair	Carn Runners	Female Vet 40-44	13:58.9	75
198	1:27:11	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	14:01.6	56
199	1:27:20	GARSDIE, Jane	Newquay Road Runners	Female Vet 50-54	14:03.1	229
200	1:28:06	DORMER, Kathran	Falmouth Road Runners	Female Vet 65-69	14:10.5	123
201	1:29:02	PAYNE, Claire	Carn Runners	Female Vet 45-45	14:19.5	235
202	1:29:06	SULLIVAN, Sharon	Carn Runners	Female Vet 45-45	14:20.1	231
203	1:29:06	MILLWARD, Laura	Carn Runners	Female Vet 55-59	14:20.1	237
204	1:30:20	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	14:32.0	24
205	1:30:37	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	14:34.8	11
206	1:31:04	PEARSON, Danie		Female under 35	14:39.1	25
207	1:31:17	WHITRIDGE, Tilly	Cornwall AC	Female Vet 45-45	14:41.2	14
208	1:31:48	HICKS, Sabrina	Bodmin Road Runners	Female Vet 40-44	14:46.2	208
209	1:32:08	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	14:49.4	20
210	1:32:26	BROWN, Andrew		Male Vet 50-54	14:52.3	63
211	1:32:45	RAIKER, Diana	Falmouth Road Runners	Female under 35	14:55.4	129
212	1:32:49	KEMP, Mandy	Looe Pioneers	Female Vet 60-64	14:56.0	42
213	1:32:49	LEAN, David	East Cornwall Harriers	Male Vet 55-59	14:56.0	43

214	1:32:51	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	14:56.3	126
215	1:33:07	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	14:58.9	120
216	1:34:11	BOWDEN, Sally	Newquay Road Runners	Female Vet 55-59	15:09.2	155
217	1:34:58	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	15:16.8	159
218	1:35:02	GARRARD, David	Falmouth Road Runners	Male Vet 70+	15:17.4	124
219	1:35:13	BROWN, Molly		Female under 35	15:19.2	228
220	1:36:52	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	15:35.1	154
221	1:39:33	SMITHERAM, Jo	Carn Runners	Female Vet 40-44	16:01.0	209
222	1:39:33	TOY, Jeanette	Carn Runners	Female Vet 45-45	16:01.0	77
223	1:46:21	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	17:06.7	10
224	1:54:37	WILLCOCK, Louise	Mud Crew Trail Runners	Female Vet 45-45	18:26.5	9