

THE GREAT LANHYDROCK RUN – 8TH OCTOBER 2016

Position	Time	Name	Team	Category	Pace	No
1	1:02:56	THOMAS, Justin	Cornwall AC	Male Vet 40-44	06:17.5	360
2	1:05:01	LOEWENDAHL, Nick	St Austell Running Club	Male under 35	06:30.0	372
3	1:05:48	JONES, Oliver	East Cornwall Harriers	Male Vet 40-44	06:34.7	401
4	1:07:32	PEYTON-JONES, Alex	Plymouth Harriers	Male Vet 35-39	06:45.1	268
5	1:08:11	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	06:49.0	349
6	1:08:43	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	06:52.2	378
7	1:09:40	BARNET, James	Falmouth Road Runners	Male under 35	06:57.9	328
8	1:10:15	BARKER, Rick		Male under 35	07:01.4	412
9	1:10:19	EZRA, Rebecca	Tamar Trotters	Female under 35	07:01.8	416
10	1:11:06	DOWRICK, Mike	Cornwall AC	Male Vet 40-44	07:06.5	281
11	1:12:16	DRISKELL, Chris	CLC Striders	Male Vet 35-39	07:13.5	381
12	1:12:47	CUTLAN, James	St Austell Running Club	Male under 35	07:16.6	365
13	1:13:03	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	07:18.2	292
14	1:13:20	DAWBER, Phil	Bodmin Road Runners	Male under 35	07:19.9	257
15	1:13:31	SIMS, Nigel	Mounts Bay Harriers	Male Vet 50-54	07:21.0	329
16	1:13:41	STEVENS, Paul		Male Vet 40-44	07:22.0	383
17	1:13:57	EVANS, Darren	Launceston Road Runners	Male under 35	07:23.6	370
18	1:14:13	ARROWSMITH, Paul	East Cornwall Harriers	Male Vet 35-39	07:25.2	289
19	1:14:41	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	07:28.0	304
20	1:15:09	HUTCHINSON, Rob		Male under 35	07:30.8	366
21	1:15:11	HERD, Joanna	Newquay Road Runners	Female Vet 40-44	07:31.0	367
22	1:15:32	DOYLE, Marc	East Cornwall Harriers	Male Vet 35-39	07:33.1	377
23	1:15:41	DORRELL, Mark	Carn Runners	Male Vet 50-54	07:34.0	290
24	1:15:41	CARTHEW, Shaun	St Petrocs Dragons Tri Club	Male Vet 40-44	07:34.0	394
25	1:15:57	KEARNEY, Peter	Carn Runners	Male Vet 50-54	07:35.6	275
26	1:16:23	CHIRGWIN, Rob	Truro Running Club	Male under 35	07:38.2	333
27	1:17:11	YETTON, Ami	Plymouth Harriers	Female Vet 35-39	07:43.0	267
28	1:17:33	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	07:45.2	340
29	1:17:47	CROWLE, Revis	East Cornwall Harriers	Female Vet 50-54	07:46.6	313
30	1:18:03	CHARNLEY, Will		Male under 35	07:48.2	369
31	1:18:16	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	07:49.5	361
32	1:18:19	MURPHY, Jenna		Female Vet 35-39	07:49.8	400
33	1:18:32	WALKER, Iain	St Austell Running Club	Male Vet 60-64	07:51.1	342
34	1:18:45	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:52.4	309
35	1:18:57	FOSTER, Ben		Male Vet 40-44	07:53.6	359
36	1:19:07	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	07:54.6	407
37	1:20:01	LUCKHURST, Will	Hayle Runners	Male Vet 45-49	08:00.0	418
38	1:20:07	VINES, Rachel	CLC Striders	Female under 35	08:00.6	382
39	1:20:20	ALDIS, Phil	Bude Rats	Male Vet 50-54	08:01.9	241
40	1:20:39	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	08:03.8	350
41	1:20:47	COLEY, Alex	East Cornwall Harriers	Male under 35	08:04.6	245
42	1:20:56	STANDING, Rob	Truro Running Club	Male Vet 40-44	08:05.5	362
43	1:21:00	HARRIS, Matthew	Barrow Runners	Male Vet 60-64	08:05.9	306
44	1:21:07	MORSE, Helen	East Cornwall Harriers	Female under 35	08:06.6	395
45	1:21:35	CROWLE, Ian	East Cornwall Harriers	Male Vet 55-59	08:09.4	312
46	1:22:07	LEYTHORNE, Clive		Male Vet 35-39	08:12.6	363
47	1:22:25	SWIFT, Simon	Erme Valley Harriers	Male Vet 45-49	08:14.4	417
48	1:22:34	THOMAS, Gavin	St Austell Running Club	Male Vet 35-39	08:15.3	352
49	1:22:43	JOHNS, Chris		Male Vet 45-49	08:16.2	420
50	1:22:54	EDWARDS, Joanna	Erme Valley Harriers	Female Vet 50-54	08:17.3	248
51	1:23:07	TUCKER, Steve	Truro Running Club	Male Vet 35-39	08:18.6	286
52	1:23:12	FERGUSON, Andrew	Mud Crew Trail Runners	Male Vet 50-54	08:19.1	398
53	1:23:37	MARTIN, Gary	Plymouth Musketeers	Male Vet 45-49	08:21.6	424
54	1:23:37	FOSTER, Mark	Plymouth Musketeers	Male Vet 40-44	08:21.6	423
55	1:23:57	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	08:23.6	262
56	1:23:59	MURPHY, Daniel		Male Vet 35-39	08:23.8	399
57	1:24:13	BROWN, David	St Petrocs Dragons Tri Club	Male Vet 45-49	08:25.2	397

58	1:24:23	WALLBANK, Rob	St Austell Running Club	Male under 35	08:26.2	354
59	1:24:29	SPROULL, John		Male Vet 40-44	08:26.8	426
60	1:25:05	GOUNDRY, Andrew	Truro Running Club	Male Vet 50-54	08:30.4	291
61	1:25:14	ROGERS, Laura	Cornwall AC	Female under 35	08:31.3	280
62	1:25:19	YOUNG, Andy	St Austell Running Club	Male Vet 55-59	08:31.8	346
63	1:25:43	JEANS, Kevan	Crediton Running	Male Vet 55-59	08:34.2	297
64	1:25:49	GRONWALT, Ian	Mud Crew Trail Runners	Male Vet 45-49	08:34.8	299
65	1:26:56	MOORE, Thomas	Truro Running Club	Male Vet 35-39	08:41.5	338
66	1:26:57	BREEN, Donal	Truro Running Club	Male Vet 45-49	08:41.6	364
67	1:27:20	PIPET, Martin	Bodmin Road Runners	Male Vet 40-44	08:43.9	251
68	1:27:32	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	08:45.1	357
69	1:27:33	MYFORD, Sarah	Newquay Par AC	Female Vet 50-54	08:45.2	425
70	1:28:32	ELLIS, Andrew	Hayle Runners	Male Vet 40-44	08:51.1	278
71	1:29:00	PERRETT, Simon	South West Road Runner	Male Vet 40-44	08:53.9	234
72	1:29:13	PRITCHARD, James	St Petrocs Dragons Tri Club	Male Vet 40-44	08:55.2	427
73	1:29:15	PATEMAN, Scott	St Austell Running Club	Male Vet 45-49	08:55.4	345
74	1:29:17	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	08:55.6	293
75	1:29:24	WILLSHIRE, Simon	Bude Rats	Male Vet 45-49	08:56.3	330
76	1:29:35	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	08:57.4	252
77	1:30:07	LOCKYER, Jane	East Cornwall Harriers	Female Vet 55-59	09:00.6	387
78	1:30:32	NICHOLLS, Meeta	East Cornwall Harriers	Female Vet 40-44	09:03.1	261
79	1:30:36	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	09:03.5	336
80	1:30:56	GAY, Jennifer	Truro Running Club	Female under 35	09:05.5	334
81	1:31:12	SPITERI, Dawn	St Austell Running Club	Female Vet 35-39	09:07.1	341
82	1:31:14	MACKELLAR, Billy	Bodmin Road Runners	Male Vet 45-49	09:07.3	376
83	1:31:22	THOMAS, Helen	Carn Runners	Female Vet 45-49	09:08.1	319
84	1:31:30	SALT, Dan	Erne Valley Harriers	Male Vet 40-44	09:08.9	271
85	1:31:37	BOLT, Karen	Bude Rats	Female Vet 50-54	09:09.6	272
86	1:31:42	WARREN, Jeremy	St Austell Running Club	Male Vet 45-49	09:10.1	422
87	1:31:44	JEPSON, Rachel		Female Vet 40-44	09:10.3	240
88	1:31:45	TODD, Claire	St Austell Running Club	Female Vet 45-49	09:10.4	348
89	1:31:51	GIBSON, Chris		Male Vet 45-49	09:11.0	392
90	1:31:55	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	09:11.4	258
91	1:32:22	MARTIN, Catherine		Female under 35	09:14.1	368
92	1:32:26	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	09:14.5	242
93	1:32:41	HALL, Michael		Male Vet 45-49	09:16.0	282
94	1:32:43	LOCKYER, James	East Cornwall Harriers	Male Vet 55-59	09:16.2	386
95	1:33:16	BRYDON, Jackie	Bodmin Road Runners	Female Vet 50-54	09:19.5	249
96	1:34:13	DREW, Peter	Carn Runners	Male Vet 65-69	09:25.1	318
97	1:34:14	HERYET, Nicole	Tavistock AC	Female Vet 45-49	09:25.2	389
98	1:34:24	MARQUIS, Peter		Male Vet 55-59	09:26.2	371
99	1:34:33	HALL, Nicola	Bodmin Womens RC	Female Vet 40-44	09:27.1	402
100	1:35:03	WILKES, Judith	Falmouth Road Runners	Female Vet 50-54	09:30.1	305
101	1:35:20	STEPHENS, Emma	Bodmin Road Runners	Female under 35	09:31.8	250
102	1:35:49	DONOVAN, Jim	Teignbridge Trotters	Male Vet 50-54	09:34.7	379
103	1:35:53	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	09:35.1	307
104	1:36:04	WALLACE, Victoria		Female Vet 40-44	09:36.2	396
105	1:36:09	HEAD, Martin	Bere Alston Trekkers	Male Vet 45-49	09:36.7	269
106	1:37:16	LEE, Steven		Male Vet 35-39	09:43.4	246
107	1:37:26	TRAPMORE, Chris		Male under 35	09:44.4	375
108	1:37:30	DREW, Barry	Carn Runners	Male Vet 65-69	09:44.8	320
109	1:37:39	TAPSELL, Joanne	Bodmin Womens RC	Female Vet 40-44	09:45.7	315
110	1:37:51	CHASE, Andy	Truro Running Club	Male under 35	09:46.9	274
111	1:37:56	TAYLOR, Jeff		Male Vet 55-59	09:47.4	296
112	1:37:57	GRIFFITHS, Bea		Female Vet 40-44	09:47.5	265
113	1:38:02	VAN DINTHER, Vanessa		Female Vet 45-49	09:48.0	288
114	1:38:15	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	09:49.3	244
115	1:38:17	KNUCKEY, Tom	Truro Running Club	Male under 35	09:49.5	390
116	1:38:51	BEARD, Sharon	Bodmin Road Runners	Female Vet 40-44	09:52.9	253
117	1:39:01	BAZIN, Peter	St Austell Running Club	Male Vet 50-54	09:53.9	344
118	1:39:07	TAMBLYN, Mark	Falmouth Road Runners	Male Vet 55-59	09:54.5	303

119	1:39:41	HANDLEY, Emma	East Cornwall Harriers	Female under 35	09:57.9	388
120	1:41:09	MCFADDEN, Tracy	Bodmin Womens RC	Female Vet 50-54	10:06.7	277
121	1:41:20	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	10:07.8	335
122	1:41:33	JENKIN, Steve	Cornwall AC	Male Vet 40-44	10:09.1	276
123	1:41:39	LONG, Fran	Hayle Runners	Female Vet 55-59	10:09.7	273
124	1:41:45	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	10:10.3	403
125	1:42:10	SAUNTER, Jenny	Bodmin Womens RC	Female Vet 50-54	10:12.8	287
126	1:42:15	CARTHEW, Elizabeth	Bodmin Womens RC	Female Vet 40-44	10:13.3	393
127	1:42:18	MORSE, Jackie	Mounts Bay Harriers	Female Vet 55-59	10:13.6	263
128	1:42:43	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	10:16.1	384
129	1:42:54	HONE, Mick		Male Vet 45-49	10:17.2	279
130	1:43:02	SPEAKE, Georgina	St Austell Running Club	Female Vet 35-39	10:18.0	343
131	1:43:02	ROWE, Melissa	St Austell Running Club	Female Vet 40-44	10:18.0	351
132	1:43:04	HILLIS, Marion		Female Vet 45-49	10:18.2	235
133	1:43:27	MILLWARD, Laura	Carn Runners	Female Vet 50-54	10:20.5	411
134	1:43:41	MARSHALL, Keith	Falmouth Road Runners	Male Vet 70-74	10:21.9	355
135	1:44:31	HIRST, Amanda		Female Vet 40-44	10:26.9	332
136	1:44:31	FERKIN, Charmaine		Female Vet 40-44	10:26.9	331
137	1:44:56	JAMIESON, Sandy	Carn Runners	Female Ve 60-64	10:29.4	325
138	1:45:07	SAUNDERS, Richard	Tadworth AC	Male Vet 55-59	10:30.5	409
139	1:46:05	PEARCY, Emma	Teignbridge Trotters	Female Vet 35-39	10:36.3	380
140	1:46:47	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	10:40.5	300
141	1:46:53	LAKE, Jon		Male Vet 55-59	10:41.1	243
142	1:47:18	KING, Richard	Thriftgreen Trotters	Male Vet 35-39	10:43.6	421
143	1:48:11	SAUNDERS, Rachel	Tadworth AC	Female Vet 45-49	10:48.9	410
144	1:48:26	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 55-59	10:50.4	310
145	1:49:03	MOUNTER, David	Carn Runners	Male Vet 65-69	10:54.1	266
146	1:49:24	BURNS, Andrew		Male Vet 50-54	10:56.2	408
147	1:49:31	GOUNDRY, Karen	Truro Running Club	Female Vet 50-54	10:56.9	404
148	1:49:51	WARD, Emma		Female under 35	10:58.9	405
149	1:49:56	CROCKER-WHITE, Sue	Bude Rats	Female Vet 50-54	10:59.4	260
150	1:50:18	WARDLAW, Jane		Female Vet 50-54	11:01.6	247
151	1:50:25	BROWN, Roger	Mud Crew Trail Runners	Male Vet 45-49	11:02.3	373
152	1:51:32	BRENTON, Tara	Bodmin Road Runners	Female Vet 40-44	11:09.0	256
153	1:52:16	JAMESON, Judy	Carn Runners	Female Vet 55-59	11:13.4	322
154	1:52:40	SCHOLES, Claire	Truro Running Club	Female Vet 35-39	11:15.8	339
155	1:53:07	JONES, Sarah	Bude Rats	Female Vet 45-49	11:18.5	391
156	1:54:03	BALLANCE, Jeff		Male Vet 60-64	11:24.1	415
157	1:54:41	BUSE, Zoe	Bodmin Road Runners	Female Vet 40-44	11:27.9	255
158	1:54:54	KING, Amanda		Female Vet 35-39	11:29.2	236
159	1:54:54	DEVREN, Lydia		Female Vet 35-39	11:29.2	264
160	1:55:24	GRIGG, Neil	St Austell Running Club	Male Vet 35-39	11:32.2	353
161	1:57:21	KING, Louise	Plymouth Musketeers	Female Vet 50-54	11:43.9	413
162	1:57:21	KING, Bryan	Plymouth Musketeers	Male Vet 60-64	11:43.9	414
163	1:58:27	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	11:50.5	295
164	1:59:17	CONNOLLY, Kiara		Female under 35	11:55.5	406
165	1:59:55	WADE, Margaret	Carn Runners	Female Ve 60-64	11:59.3	323
166	2:00:17	FLANAGAN, Rachel	Falmouth Road Runners	Female Vet 50-54	12:01.5	385
167	2:00:55	HADFIELD, Dawn	St Austell Running Club	Female Vet 45-49	12:05.3	347
168	2:01:55	BRYANT, Sally	Crediton Running	Female Vet 55-59	12:11.3	298
169	2:02:21	MARSHALL, Terry	Falmouth Road Runners	Female Vet 65-69	12:13.9	356
170	2:02:29	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	12:14.7	301
171	2:02:39	PAGE, Annie	Bodmin Road Runners	Female Vet 40-44	12:15.7	259
172	2:03:35	JEPSON, Abigail		Female under 35	12:21.3	239
173	2:03:35	HODDER, Sarah		Female Vet 40-44	12:21.3	237
174	2:06:14	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	12:37.2	337
175	2:07:50	DREW, Carole	Carn Runners	Female Vet 65-69	12:46.8	321
176	2:07:50	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	12:46.8	374
177	2:09:07	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 50-54	12:54.5	254
178	2:10:11	BOWDEN, Sally	WalkRun NRR	Female Vet 50-54	13:00.9	358
179	2:11:44	MIDDLEHURST, Peter	Newquay Road Runners	Male Vet 65-69	13:10.2	311

180	2:13:21	MADDOCK, Fiona	Bere Alston Trekkers	Female Vet 45-49	13:19.9	316
181	2:17:27	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	13:44.5	302
182	2:19:09	ROUTLEDGE, Helen		Female Vet 35-39	13:54.7	284
183	2:19:10	EDWARDS, Claire		Female Vet 45-49	13:54.8	283
184	2:19:11	DOMINY, Lauren		Female under 35	13:54.9	285
185	2:20:02	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	14:00.0	419
186	2:20:13	MARSH, Kathryn	Carn Runners	Female Vet 40-44	14:01.1	317
187	2:20:13	TOY, Jeanette	Carn Runners	Female Vet 45-49	14:01.1	324
188	2:23:56	DRINKWATER, Kasia		Female under 35	14:23.4	326
189	2:23:56	BROOKES, Tamara		Female under 35	14:23.4	327
190	2:28:51	HEAD, Hilary	Bere Alston Trekkers	Female Vet 50-54	14:52.9	270