

MEET YOUR MAX – 21ST JUNE 2017

Position	Time	Name	Team	Category	Pace	No
1	0:45:09	RATCLIFFE, Floyd	Hayle Runners	Male under 35	07:15.8	273
2	0:45:43	CARTHEY, Tom	Falmouth Road Runners	Male under 35	07:21.3	265
3	0:46:30	SNAZELL, Matt	Truro Running Club	Male under 35	07:28.9	334
4	0:47:05	GUPTA, Abhik	Cornwall AC	Male under 35	07:34.5	415
5	0:47:12	DANIELS, Alex	Newquay Road Runners	Male Vet 40-44	07:35.6	387
6	0:47:32	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	07:38.8	325
7	0:47:50	MARPLES, Alex	Truro Running Club	Male Vet 35-39	07:41.7	237
8	0:48:39	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	07:49.6	396
9	0:48:53	MURRANT, Kieran	Falmouth Road Runners	Male under 35	07:51.9	267
10	0:48:56	MASTERS, Jamie	St Austell Running Club	Male under 35	07:52.4	314
11	0:49:18	WRIGHT, Tom	Truro Running Club	Male Vet 40-44	07:55.9	413
12	0:49:26	SAWFORD, Paul	Carn Runners	Male Vet 50-54	07:57.2	366
13	0:49:27	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	07:57.3	318
14	0:50:04	SARA, Wayne	Truro Running Club	Male Vet 35-39	08:03.3	284
15	0:50:13	DOWRICK, Mike	Cornwall AC	Male Vet 45-49	08:04.7	394
16	0:50:49	STANDING, Rob	Truro Running Club	Male Vet 40-44	08:10.5	287
17	0:51:16	RICHARDS, Gary	Mounts Bay Harriers	Male Vet 45-49	08:14.9	298
18	0:51:22	BRYDON, James	Bodmin Road Runners	Male under 35	08:15.8	217
19	0:51:36	JEPSON, Aidan	Truro Running Club	Male Vet 35-39	08:18.1	281
20	0:52:10	DALE, Matthew		Male under 35	08:23.6	254
21	0:52:28	FELTON, Stuart	Falmouth Road Runners	Male under 35	08:26.5	266
22	0:52:39	POWELL, Simon	Mud Crew Trail Runners	Male Vet 35-39	08:28.2	370
23	0:52:42	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	08:28.7	353
24	0:52:43	TAPHOUSE, Joshua	Bodmin Road Runners	Male under 35	08:28.9	378
25	0:52:56	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	08:31.0	330
26	0:53:12	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	08:33.5	224
27	0:53:28	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 45-49	08:36.1	332
28	0:53:37	KNUCKEY, Craig		Male Vet 45-49	08:37.6	365
29	0:53:46	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	08:39.0	262
30	0:54:08	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	08:42.6	294
31	0:54:54	DAVIES, James	Truro Running Club	Male under 35	08:50.0	278
32	0:54:54	HARTILL, Taylor	Bodmin Road Runners	Male under 35	08:50.0	244
33	0:55:08	LUCKHURST, Will	Hayle Runners	Male Vet 45-49	08:52.2	234
34	0:55:15	KEY, Andrew		Male under 35	08:53.3	229
35	0:55:19	WYKES, Isobel	Truro Running Club	Female Vet 35-39	08:54.0	289
36	0:55:19	CAPPS, David	Falmouth Road Runners	Male under 35	08:54.0	307
37	0:55:38	PASCOE, Jason		Male Vet 45-49	08:57.0	382
38	0:56:30	BATHE, Colin	Truro Running Club	Male Vet 45-49	09:05.4	276
39	0:56:34	TCHORZEWSKI, Marek		Male Vet 45-49	09:06.0	320
40	0:56:34	AINSLEY, Simon		Male Vet 35-39	09:06.0	340
41	0:56:42	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	09:07.3	399
42	0:57:00	BOON, Andy	Truro Running Club	Male Vet 35-39	09:10.2	203
43	0:57:02	SUTTON, Nicky	Freedom Racing	Female Vet 40-44	09:10.6	374
44	0:57:03	DAVIS, Ashley		Male under 35	09:10.7	395
45	0:57:06	SOLE, John	Bodmin Road Runners	Male Vet 35-39	09:11.2	247
46	0:57:21	AUSTIN, James		Male under 35	09:13.6	367
47	0:57:25	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	09:14.3	212
48	0:57:36	BUSCOMBE, Charles		Male under 35	09:16.0	383
49	0:57:50	LLOYD, James	Truro Running Club	Male Vet 40-44	09:18.3	292
50	0:57:55	PENBERTHY, Michael	Hayle Runners	Male Vet 55-59	09:19.1	208
51	0:58:03	DE ZORZI, Dino	St Austell Running Club	Male Vet 50-54	09:20.4	317
52	0:58:20	WILLSHIRE, Simon	Bude Rats	Male Vet 45-49	09:23.1	220
53	0:58:21	LAURIE, Andrew	Falmouth Road Runners	Male Vet 50-54	09:23.3	259
54	0:58:22	HILL, Jeremy	St Austell Running Club	Male Vet 35-39	09:23.4	322
55	0:58:35	TOY, Scott	Falmouth Road Runners	Male Vet 35-39	09:25.5	271
56	0:58:43	HUGHES, Alan	Bodmin Road Runners	Male under 35	09:26.8	250
57	0:58:54	CROWLE, Ian	East Cornwall Harriers	Male Vet 55-59	09:28.6	400

58	0:59:15	CARTER, Steven	Truro Running Club	Male Vet 40-44	09:32.0	393
59	0:59:22	EDWARDS, Glynn	Newquay Road Runners	Male under 35	09:33.1	308
60	0:59:53	CHASE, Andy	St Austell Running Club	Male under 35	09:38.1	205
61	1:00:01	HARTILL, Gail	Bodmin Road Runners	Female Vet 40-44	09:39.4	243
62	1:00:12	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	09:41.1	226
63	1:00:23	BIGNELL, Lester		Male Vet 40-44	09:42.9	409
64	1:00:28	LEEDHAM, Ian	Newquay Road Runners	Male Vet 55-59	09:43.7	392
65	1:00:32	SHEPPARD, Nancy		Female Vet 40-44	09:44.3	274
66	1:00:38	MOORE, Thomas	Truro Running Club	Male Vet 35-39	09:45.3	283
67	1:01:13	STACEY, Hayley	East Cornwall Harriers	Female Vet 35-39	09:50.9	227
68	1:01:20	NEWING, Sarah		Female Vet 35-39	09:52.1	385
69	1:01:24	HARVEY, Richard	Carn Runners	Male Vet 40-44	09:52.7	335
70	1:01:41	GAY, Jennifer	Truro Running Club	Female under 35	09:55.4	279
71	1:01:55	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	09:57.7	268
72	1:02:14	GOULD, Chris		Male Vet 40-44	10:00.8	342
73	1:02:16	MARRIOTT, Chris	St Austell Running Club	Male Vet 35-39	10:01.1	323
74	1:02:20	PHILLIPS, Andrew		Male under 35	10:01.7	386
75	1:02:33	YOUNG, Andy	St Austell Running Club	Male Vet 55-59	10:03.8	309
76	1:02:37	WILLS, Marcus	East Cornwall Harriers	Male Vet 35-39	10:04.5	251
77	1:02:37	BOLT, Karen	Bude Rats	Female Vet 50-54	10:04.5	230
78	1:02:45	HIBBS, Ashley		Male Vet 35-39	10:05.7	339
79	1:02:48	SPARKES, Vicki	Bodmin Road Runners	Female under 35	10:06.2	223
80	1:02:49	PIEROTTI, Dylan	Newquay Road Runners	Male under 35	10:06.4	397
81	1:02:50	HARVEY, Ceri	Carn Runners	Female Vet 40-44	10:06.5	305
82	1:02:51	BAYLY, Jason	Newquay Road Runners	Male Vet 45-49	10:06.7	357
83	1:02:51	BLACKBURN, Amy	Mile High	Female under 35	10:06.7	246
84	1:03:03	GIRVAN, Stewart		Male under 35	10:08.6	376
85	1:03:12	CIANO, Phillip	Newquay Road Runners	Male Vet 50-54	10:10.1	360
86	1:03:21	LAMING, Andrew	Newquay Road Runners	Male Vet 45-49	10:11.5	414
87	1:03:29	STEPHENS, Emma	Bodmin Road Runners	Female under 35	10:12.8	295
88	1:03:31	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	10:13.1	231
89	1:03:49	BRYDON, Jackie	Bodmin Road Runners	Female Vet 50-54	10:16.0	218
90	1:03:50	SHOWELL, Alec		Male Vet 45-49	10:16.2	228
91	1:03:54	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	10:16.8	349
92	1:03:58	ROSS, Andrew	Bodmin Road Runners	Male Vet 50-54	10:17.5	377
93	1:04:01	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	10:18.0	338
94	1:04:23	LANGFORD, Polly		Female Vet 40-44	10:21.5	341
95	1:04:23	LETCHER, Darren		Male Vet 40-44	10:21.5	239
96	1:04:26	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	10:22.0	225
97	1:04:29	CUTLAN, Hannah	St Austell Running Club	Female under 35	10:22.5	312
98	1:04:36	GRAY, David	St Austell Running Club	Male Vet 40-44	10:23.6	348
99	1:04:47	THOMAS, Helen	Carn Runners	Female Vet 45-49	10:25.4	363
100	1:04:55	NICHOLLS, Meeta	East Cornwall Harriers	Female Vet 40-44	10:26.7	201
101	1:05:13	ROGERS, Laura	Cornwall AC	Female under 35	10:29.6	389
102	1:05:16	WARD, Harry		Male under 35	10:30.0	388
103	1:05:22	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	10:31.0	213
104	1:05:26	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	10:31.6	280
105	1:05:30	COCKCROFT, Adrian		Male Vet 40-44	10:32.3	272
106	1:06:04	COAD, Andrew		Male under 35	10:37.8	398
107	1:06:15	TALLING, Sophie	Newquay Road Runners	Female under 35	10:39.5	350
108	1:06:22	JENKIN, Steve	Cornwall AC	Male Vet 45-49	10:40.7	306
109	1:06:28	MARKS, Stacie	St Austell Running Club	Female under 35	10:41.6	352
110	1:06:30	SPITERI, Dawn	St Austell Running Club	Female Vet 40-44	10:41.9	321
111	1:06:36	SARGENT, Pete	Newquay Road Runners	Male Vet 70+	10:42.9	362
112	1:06:48	ROWE, Gareth	Newquay Road Runners	Male Vet 60-64	10:44.8	355
113	1:06:52	TWELVETREE, Yvonne	Tottley A C	Female Vet 65-69	10:45.5	368
114	1:07:04	ROWE, Melissa	St Austell Running Club	Female Vet 40-44	10:47.4	313
115	1:07:06	CROWLE, Jonathan	Truro Running Club	Male Vet 45-49	10:47.7	277
116	1:07:10	TAMBLYN, Mark	Falmouth Road Runners	Male Vet 55-59	10:48.4	270
117	1:07:23	NUGENT, Debbie	Cornwall AC	Female Vet 50-54	10:50.5	336
118	1:07:26	WAITE, Tracy		Female Vet 35-39	10:51.0	384

119	1:07:28	BRADISH, Chris		Male Vet 65-69	10:51.3	372
120	1:07:29	OLLIVIER, Louise	Hayle Runners	Female Vet 50-54	10:51.4	253
121	1:07:29	RINGER, Ian	Bodmin Road Runners	Male Vet 70+	10:51.4	293
122	1:07:55	CAMBORIEUX, Catheryn	Truro Running Club	Female Vet 45-49	10:55.6	411
123	1:08:09	CAIRNEY, Shirley	St Austell Running Club	Female Vet 50-54	10:57.9	345
124	1:08:10	JONES, Malcolm	Launceston Road Runners	Male Vet 55-59	10:58.0	331
125	1:08:12	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	10:58.4	216
126	1:08:22	LOCKETT, Pat	Newquay Road Runners	Male Vet 70+	11:00.0	356
127	1:08:45	PENBERTHY, Carol	Carn Runners	Female Vet 55-59	11:03.7	209
128	1:08:48	RICHARDS, Emma	Mounts Bay Harriers	Female Vet 35-39	11:04.2	297
129	1:08:52	KEY, Beth		Female under 35	11:04.8	290
130	1:08:59	MORSE, Nicky	Mounts Bay Harriers	Male Vet 55-59	11:05.9	221
131	1:09:01	SOLOM, Andrew	Bodmin Road Runners	Male Vet 55-59	11:06.2	232
132	1:09:02	EDWARDS, Duncan		Male Vet 40-44	11:06.4	240
133	1:09:14	MENSING, Claire	Truro Running Club	Female Vet 40-44	11:08.3	282
134	1:10:03	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	11:16.2	263
135	1:10:07	DUTTON, Rob		Male under 35	11:16.9	410
136	1:10:08	BALDWIN, Mike	Hayle Runners	Male Vet 50-54	11:17.0	381
137	1:10:23	VAN DINTHER, Vanessa		Female Vet 45-49	11:19.4	329
138	1:10:29	WILKES, Judith	Falmouth Road Runners	Female Vet 50-54	11:20.4	264
139	1:10:35	BRANDHAM, Lois	Newquay Road Runners	Female under 35	11:21.4	416
140	1:10:38	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	11:21.8	261
141	1:10:41	DREW, Barry	Carn Runners	Male Vet 65-69	11:22.3	301
142	1:10:44	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	11:22.8	364
143	1:10:45	MASKELL, Julia		Female under 35	11:23.0	408
144	1:10:45	ELLIOTT, Kathy	Newquay Road Runners	Female Vet 50-54	11:23.0	354
145	1:10:54	TREGIDGO, Steve	St Austell Running Club	Male Vet 35-39	11:24.4	315
146	1:11:22	PALMER, Stefan	Bodmin Road Runners	Male Vet 45-49	11:28.9	236
147	1:11:22	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	11:28.9	235
148	1:11:46	PICKARD, Linda	Launceston Road Runners	Female Vet 50-54	11:32.8	344
149	1:11:48	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	11:33.1	241
150	1:11:51	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	11:33.6	256
151	1:12:01	JARVIS, Jodie-May	St Austell Running Club	Female Vet 40-44	11:35.2	346
152	1:12:01	GRAY, Helen	St Austell Running Club	Female Vet 35-39	11:35.2	347
153	1:12:13	STEWART, Juliet	Truro Running Club	Female Vet 50-54	11:37.1	288
154	1:12:44	JARMAN, Rachel	Truro Running Club	Female Vet 45-49	11:42.1	373
155	1:13:40	BARNFIELD, Marty		Male Vet 40-44	11:51.1	417
156	1:13:53	WILSON, Jon		Male Vet 35-39	11:53.2	412
157	1:14:10	BEARD, Sharon	Bodmin Road Runners	Female Vet 40-44	11:56.0	391
158	1:14:24	HILL, Sandi	Newquay Road Runners	Female Vet 35-39	11:58.2	419
159	1:14:32	MORSE, Jackie	Mounts Bay Harriers	Female Vet 55-59	11:59.5	222
160	1:15:08	SAUNTER, Jenny	Bodmin Womens RC	Female Vet 50-54	12:05.3	211
161	1:15:08	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	12:05.3	333
162	1:15:22	BROWN, Roger	Mud Crew Trail Runners	Male Vet 50-54	12:07.5	337
163	1:16:18	BRENTON, Tara	Bodmin Road Runners	Female Vet 40-44	12:16.6	326
164	1:16:25	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	12:17.7	351
165	1:16:26	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	12:17.8	258
166	1:16:34	PICKARD, David	Launceston Road Runners	Male Vet 55-59	12:19.1	343
167	1:17:40	MCBAIN, Vanessa May	Newquay Road Runners	Female under 35	12:29.7	319
168	1:19:14	CARTHEW, Elizabeth	Bodmin Womens RC	Female Vet 40-44	12:44.9	245
169	1:19:14	GOATMAN, Charlotte	Bodmin Womens RC	Female under 35	12:44.9	249
170	1:19:28	DYMOND, Amanda	Bodmin Womens RC	Female Vet 40-44	12:47.1	238
171	1:21:00	MORGADO, Chloe	Cornwall AC	Female Vet 40-44	13:01.9	401
172	1:21:15	MACDONALD, Alex		NDB	13:04.3	418
173	1:21:46	MACK, Mike	Carn Runners	Male Vet 65-69	13:09.3	369
174	1:21:52	PAGANO, Angelina	St Austell Running Club	Female Vet 50-54	13:10.3	371
175	1:21:54	LUCAS, Andrew	St Austell Running Club	Male Vet 50-54	13:10.6	324
176	1:22:06	PRYOR, Laura	Carn Runners	Female under 35	13:12.5	303
177	1:22:06	MANKEE, Emma	Carn Runners	Female Vet 45-49	13:12.5	390
178	1:22:34	JEWELS, Lucy	St Austell Running Club	Female Vet 45-49	13:17.1	252
179	1:23:19	SMITH, Mandy	St Austell Running Club	Female Vet 55-59	13:24.3	311

180	1:23:20	BOARDMAN, Diane	Truro Running Club	Female Vet 35-39	13:24.5	300
181	1:23:39	BUSE, Zoe	Bodmin Road Runners	Female Vet 40-44	13:27.5	375
182	1:24:35	SCHOLES, Claire		Female Vet 35-39	13:36.5	285
183	1:24:46	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	13:38.3	215
184	1:24:52	HADFIELD, Dawn	St Austell Running Club	Female Vet 45-49	13:39.3	310
185	1:24:52	SPEAKE, Georgina	St Austell Running Club	Female Vet 35-39	13:39.3	316
186	1:25:23	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	13:44.2	403
187	1:26:44	CROCKER-WHITE, Sue	Bude Rats	Female Vet 50-54	13:57.3	210
188	1:27:04	COURTNEY, Stacey	Newquay Road Runners	Female under 35	14:00.5	359
189	1:27:04	BIGGS, Matthew	Newquay Road Runners	Male Vet 50-54	14:00.5	358
190	1:27:11	WARDLAW, Jane	Bude Rats	Female Vet 55-59	14:01.6	204
191	1:27:19	MIDDLEHURST, Peter	Newquay Road Runners	Male Vet 65-69	14:02.9	299
192	1:27:53	THOMAS, Hannah		Female Vet 40-44	14:08.4	379
193	1:27:53	THOMAS, Mark	Truro Running Club	Male Vet 40-44	14:08.4	380
194	1:28:42	JAMESON, Judy	Carn Runners	Female Vet 55-59	14:16.3	304
195	1:28:56	DANIELS, Nathan		Male under 35	14:18.5	405
196	1:28:56	WILLIAMS, Michael		Male under 35	14:18.5	407
197	1:28:56	COLLINS, Louise		Female under 35	14:18.5	406
198	1:29:07	BOLT, Adrian	Truro Running Club	Male Vet 50-54	14:20.3	296
199	1:29:16	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	14:21.7	202
200	1:29:37	PAYNE, Claire	Carn Runners	Female Vet 45-49	14:25.1	302
201	1:30:35	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	14:34.4	275
202	1:32:11	HOWARD, Sarah	Bodmin Womens RC	Female Vet 45-49	14:49.9	402
203	1:32:19	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	14:51.2	214
204	1:32:52	GARRARD, David	Falmouth Road Runners	Male Vet 70+	14:56.5	257
205	1:33:45	WILKINSON, Hannah	Carn Runners	Female under 35	15:05.0	255
206	1:35:21	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	15:20.5	206
207	1:35:29	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	15:21.8	286
208	1:36:26	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	15:30.9	404
209	1:41:20	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	16:18.2	361
210	1:44:06	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	16:44.9	260