

## Lanhydrock 10 Mile, 23/09/2017

| Position | Time    | Name               | Club                    | Category         | Pace    |
|----------|---------|--------------------|-------------------------|------------------|---------|
| 1        | 1:04:41 | WILLIAMS, Simon S  | St Austell Running Club | Male Vet 40-44   | 06:28.0 |
| 2        | 1:06:29 | MARPLES, Alex      | Truro Running Club      | Male Vet 35-39   | 06:38.8 |
| 3        | 1:07:13 | STRACHAN, Steven   | Falmouth Road Runners   | Male Vet 40-44   | 06:43.2 |
| 4        | 1:08:12 | DAVIES, James      | Truro Running Club      | Male under 35    | 06:49.1 |
| 5        | 1:08:13 | BARNET, James      | Falmouth Road Runners   | Male under 35    | 06:49.2 |
| 6        | 1:08:33 | RAMSDEN, Clive     | Bodmin Road Runners     | Male Vet 40-44   | 06:51.2 |
| 7        | 1:09:27 | EVANS, Darren      | Launceston Road Runners | Male Vet 35-39   | 06:56.6 |
| 8        | 1:11:09 | BRYDON, James      | Bodmin Road Runners     | Male under 35    | 07:06.8 |
| 9        | 1:11:09 | RICHARDS, Gary     | Mounts Bay Harriers     | Male Vet 45-49   | 07:06.8 |
| 10       | 1:12:26 | STANDING, Rob      | Truro Running Club      | Male Vet 45-49   | 07:14.5 |
| 11       | 1:13:51 | JEPSON, Aidan      | Truro Running Club      | Male Vet 35-39   | 07:23.0 |
| 12       | 1:13:55 | DANIELL, Jamie     |                         | Male under 35    | 07:23.4 |
| 13       | 1:14:01 | TRUDGIAN, Andy     | St Austell Running Club | Male Vet 45-49   | 07:24.0 |
| 14       | 1:14:13 | DAVIES, James      |                         | Male Vet 35-39   | 07:25.2 |
| 15       | 1:14:26 | CAPPS, David       | Falmouth Road Runners   | Male under 35    | 07:26.5 |
| 16       | 1:14:29 | CHYNOWETH, Richard | Truro Running Club      | Male Vet 35-39   | 07:26.8 |
| 17       | 1:15:41 | DEACON, Mark       | Looe Pioneers           | Male under 35    | 07:34.0 |
| 18       | 1:15:45 | ULLMAN, Chris      | East Cornwall Harriers  | Male Vet 45-49   | 07:34.4 |
| 19       | 1:16:15 | LUCKHURST, Will    | Hayle Runners           | Male Vet 45-49   | 07:37.4 |
| 20       | 1:16:35 | CHIRGWIN, Rob      | Truro Running Club      | Male under 35    | 07:39.4 |
| 21       | 1:16:37 | WALKER, Iain       | St Austell Running Club | Male Vet 60-64   | 07:39.6 |
| 22       | 1:17:23 | SHIRLEY, Rich      | St Austell Running Club | Male under 35    | 07:44.2 |
| 23       | 1:18:04 | LLOYD, James       | Truro Running Club      | Male Vet 40-44   | 07:48.3 |
| 24       | 1:18:46 | BURDON, Gary       |                         | Male under 35    | 07:52.5 |
| 25       | 1:18:47 | CULLERTON, Mark    |                         | Male Vet 40-44   | 07:52.6 |
| 26       | 1:18:51 | JONES, Stephen     | Truro Running Club      | Male Vet 35-39   | 07:53.0 |
| 27       | 1:18:53 | CARTER, Steven     | Truro Running Club      | Male Vet 40-44   | 07:53.2 |
| 28       | 1:18:56 | HARRISON, Karen    | Cornwall AC             | Female Vet 45-49 | 07:53.5 |
| 29       | 1:19:11 | HEWITT, David      |                         | Male Vet 40-44   | 07:55.0 |
| 30       | 1:19:14 | MORSE, Helen       | East Cornwall Harriers  | Female under 35  | 07:55.3 |
| 31       | 1:19:54 | WATSON, Robin      | Falmouth Road Runners   | Male Vet 50-54   | 07:59.3 |
| 32       | 1:20:17 | NEWMAN, Grant      | Southville RC           | Male under 35    | 08:01.6 |
| 33       | 1:20:30 | SQUIRE, Darren     | St Austell Running Club | Male Vet 45-49   | 08:02.9 |
| 34       | 1:20:45 | JURD, Mike         | Wimborne AC             | Male Vet 55-59   | 08:04.4 |
| 35       | 1:21:19 | GRASSAM, Mark      | Looe Pioneers           | Male Vet 45-49   | 08:07.8 |
| 36       | 1:21:35 | BARRETT, Pete      | Stroud & District AC    | Male Vet 40-44   | 08:09.4 |
| 37       | 1:21:39 | BRAY, Vivian       | Cornwall AC             | Male Vet 50-54   | 08:09.8 |
| 38       | 1:21:59 | ALDIS, Phil        | Bude Rats               | Male Vet 55-59   | 08:11.8 |
| 39       | 1:22:04 | BOSWELL, Guy       | Plymouth Musketeers     | Male Vet 50-54   | 08:12.3 |
| 40       | 1:22:22 | GWYNNE, Paul       | Mud Crew Trail Runners  | Male Vet 50-54   | 08:14.1 |
| 41       | 1:22:36 | MARRIOTT, Chris    | St Austell Running Club | Male Vet 35-39   | 08:15.5 |
| 42       | 1:22:39 | GAY, Jennifer      | Truro Running Club      | Female under 35  | 08:15.8 |
| 43       | 1:22:41 | RAPSON, Nigel      | St Austell Running Club | Male Vet 55-59   | 08:16.0 |
| 44       | 1:23:44 | MACKELLAR, Billy   | Bodmin Road Runners     | Male Vet 50-54   | 08:22.3 |
| 45       | 1:24:17 | ALLEN, Peter       | Newquay Road Runners    | Male Vet 60-64   | 08:25.6 |
| 46       | 1:25:04 | NICHOLLS, Martin   |                         | Male Vet 40-44   | 08:30.3 |
| 47       | 1:25:14 | WHELL, John        |                         | Male Vet 45-49   | 08:31.3 |
| 48       | 1:25:16 | BARRETT, Ron       |                         | Male Vet 55-59   | 08:31.5 |
| 49       | 1:25:34 | CHASE, Andy        | St Austell Running Club | Male under 35    | 08:33.3 |
| 50       | 1:25:45 | HAYNES, Janet      | Mounts Bay Harriers     | Female Vet 50-54 | 08:34.4 |
| 51       | 1:26:00 | HARDING, Ben       | East Cornwall Harriers  | Male Vet 35-39   | 08:35.9 |
| 52       | 1:26:04 | EYRE, Janna        | Carn Runners            | Female Vet 35-39 | 08:36.3 |
| 53       | 1:26:12 | STACEY, Hayley     | East Cornwall Harriers  | Female Vet 35-39 | 08:37.1 |
| 54       | 1:26:45 | LOMAS, Laura       |                         | Female under 35  | 08:40.4 |
| 55       | 1:26:45 | LOMAS, Alex        |                         | Male under 35    | 08:40.4 |
| 56       | 1:26:58 | SIMPSON, David     |                         | Male Vet 55-59   | 08:41.7 |

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| 57  | 1:27:03 | BEES, Andy             | Plymouth Musketeers     | Male Vet 35-39   | 08:42.2 |
| 58  | 1:27:10 | FRASER, Robin          |                         | Male under 35    | 08:42.9 |
| 59  | 1:27:10 | TREBILCOCK, Liz        | Truro Running Club      | Female Vet 50-54 | 08:42.9 |
| 60  | 1:27:20 | WILSON, Michael        | Truro Running Club      | Male Vet 55-59   | 08:43.9 |
| 61  | 1:27:41 | THOMAS, Rachael        | Cornwall AC             | Female Vet 40-44 | 08:46.0 |
| 62  | 1:28:23 | MOORE, Andy            | Hayle Runners           | Male Vet 55-59   | 08:50.2 |
| 63  | 1:28:36 | CULLERTON, Tracey      | Plymouth Musketeers     | Female Vet 45-49 | 08:51.5 |
| 64  | 1:28:50 | JEFFREY-JONES, Monique | Bodmin Womens RC        | Female Vet 45-49 | 08:52.9 |
| 65  | 1:28:53 | TODD, Claire           | St Austell Running Club | Female Vet 45-49 | 08:53.2 |
| 66  | 1:29:04 | GARBETT, Linda         | Tri Logic Cornwall      | Female Vet 45-49 | 08:54.3 |
| 67  | 1:29:07 | DALE, Steve            | Newquay Road Runners    | Male Vet 40-44   | 08:54.6 |
| 68  | 1:29:08 | PRANGLEY, Michael      |                         | Male Vet 50-54   | 08:54.7 |
| 69  | 1:29:13 | THOMAS, Helen          | Carn Runners            | Female Vet 45-49 | 08:55.2 |
| 70  | 1:30:25 | BLACKBURN, Simon       | Mounts Bay Harriers     | Male Vet 55-59   | 09:02.4 |
| 71  | 1:30:35 | KERR, Millie           |                         | Female under 35  | 09:03.4 |
| 72  | 1:30:43 | DONOVAN, Tim           |                         | Male Vet 50-54   | 09:04.2 |
| 73  | 1:30:48 | NICHOLLS, Meeta        | East Cornwall Harriers  | Female Vet 40-44 | 09:04.7 |
| 74  | 1:30:52 | MENSING, Claire        | Truro Running Club      | Female Vet 40-44 | 09:05.1 |
| 75  | 1:30:53 | PICK, Robert           | East Cornwall Harriers  | Male Vet 60-64   | 09:05.2 |
| 76  | 1:30:56 | DODWELL, Helen         | Truro Running Club      | Female Vet 40-44 | 09:05.5 |
| 77  | 1:30:56 | STAVES, Jo             | Truro Running Club      | Female Vet 40-44 | 09:05.5 |
| 78  | 1:31:13 | BARNFIELD, Marty       |                         | Male Vet 40-44   | 09:07.2 |
| 79  | 1:31:29 | BRAY, Finlay           | Truro Running Club      | Male under 35    | 09:08.8 |
| 80  | 1:31:41 | OSBORNE, Barry         | Bodmin Road Runners     | Male Vet 45-49   | 09:10.0 |
| 81  | 1:32:16 | PIPET, Martin          | Bodmin Road Runners     | Male Vet 40-44   | 09:13.5 |
| 82  | 1:32:17 | STEVENS, Sarah         |                         | Female Vet 40-44 | 09:13.6 |
| 83  | 1:32:30 | MARSLAND, Louise       | Tamar Trotters          | Female Vet 35-39 | 09:14.9 |
| 84  | 1:33:15 | ALSOP, Doug            | St Austell Running Club | Male Vet 65-69   | 09:19.4 |
| 85  | 1:33:43 | DREW, Peter            | Carn Runners            | Male Vet 65-69   | 09:22.2 |
| 86  | 1:33:51 | RICHARDS, Emma         | Mounts Bay Harriers     | Female Vet 35-39 | 09:23.0 |
| 87  | 1:34:08 | DREW, Barry            | Carn Runners            | Male Vet 70-74   | 09:24.6 |
| 88  | 1:34:10 | CRABB, Sally           | Looe Pioneers           | Female Vet 40-44 | 09:24.8 |
| 89  | 1:34:17 | ROONEY, Michael        | Mounts Bay Harriers     | Male under 35    | 09:25.5 |
| 90  | 1:34:27 | JONES, Malcolm         | Launceston Road Runners | Male Vet 55-59   | 09:26.5 |
| 91  | 1:34:37 | HUNTER, Mark           | Bodmin Road Runners     | Male Vet 35-39   | 09:27.5 |
| 92  | 1:34:50 | PALMER, Brendan        | Storm Running Plymouth  | Male Vet 40-44   | 09:28.8 |
| 93  | 1:35:01 | ASPDEN, Gail           | Hayle Runners           | Female Vet 45-49 | 09:29.9 |
| 94  | 1:35:24 | ROBERTS, John          | Local                   | Male Vet 40-44   | 09:32.2 |
| 95  | 1:35:52 | RINGER, Ian            | Bodmin Road Runners     | Male Vet 70-74   | 09:35.0 |
| 96  | 1:36:23 | DAWES, Jackie          | Okehampton RC           | Female Vet 45-49 | 09:38.1 |
| 97  | 1:36:23 | PATERSON, Juliet       | Okehampton RC           | Female Vet 40-44 | 09:38.1 |
| 98  | 1:36:27 | GARDINER, Steven       | St Austell Running Club | Male under 35    | 09:38.5 |
| 99  | 1:36:38 | MANSFIELD, Sue         | Truro Running Club      | Female Vet 50-54 | 09:39.6 |
| 100 | 1:37:06 | KNUCKEY, Nigel         | Truro Running Club      | Male Vet 60-64   | 09:42.4 |
| 101 | 1:37:23 | BEES, Philip           | Plymouth Musketeers     | Male Vet 60-64   | 09:44.1 |
| 102 | 1:37:23 | HOCKINGS, Alan         | Plymouth Musketeers     | Male Vet 45-49   | 09:44.1 |
| 103 | 1:37:33 | COATES, Pat            | Newquay Road Runners    | Female Vet 55-59 | 09:45.1 |
| 104 | 1:38:03 | MCBAIN, Vanessa May    | Newquay Road Runners    | Female under 35  | 09:48.1 |
| 105 | 1:38:36 | PIPER, Jacqueline      |                         | Female Vet 45-49 | 09:51.4 |
| 106 | 1:38:52 | HIRST, Amanda          |                         | Female Vet 40-44 | 09:53.0 |
| 107 | 1:39:23 | OLDHAM, Lucy           | East Cornwall Harriers  | Female Vet 40-44 | 09:56.1 |
| 108 | 1:39:49 | BURROWS, Robert        | Mounts Bay Harriers     | Male Vet 60-64   | 09:58.7 |
| 109 | 1:39:52 | LEAN, David            | East Cornwall Harriers  | Male Vet 55-59   | 09:59.0 |
| 110 | 1:39:53 | WILLCOCKS, Bob         | Falmouth Road Runners   | Male Vet 55-59   | 09:59.1 |
| 111 | 1:40:02 | FERKIN, Charmaine      |                         | Female Vet 40-44 | 10:00.0 |
| 112 | 1:40:07 | COPE, Jackie           | Falmouth Road Runners   | Female Vet 60-64 | 10:00.5 |
| 113 | 1:40:27 | WARREN, Diane          | Hayle Runners           | Female Vet 60-64 | 10:02.5 |
| 114 | 1:40:36 | ADAMS, Elaine          | Hayle Runners           | Female Vet 40-44 | 10:03.4 |
| 115 | 1:41:13 | BRICE, Gemma           |                         | Female Vet 35-39 | 10:07.1 |
| 116 | 1:41:16 | PIERCE, Ruth           | Hayle Runners           | Female Vet 50-54 | 10:07.4 |
| 117 | 1:41:28 | NEEDHAM, Sara          | Newquay Road Runners    | Female Vet 35-39 | 10:08.6 |

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| 118 | 1:41:30 | MAYWOOD, Kirstie       | Looe Pioneers               | Female Vet 50-54 | 10:08.8 |
| 119 | 1:41:33 | DAVEY, Tracey          | East Cornwall Harriers      | Female Vet 40-44 | 10:09.1 |
| 120 | 1:41:39 | MCFADDEN, Tracy        | Bodmin Womens RC            | Female Vet 50-54 | 10:09.7 |
| 121 | 1:41:57 | SWIFT, Sarah           | Launceston Road Runners     | Female under 35  | 10:11.5 |
| 122 | 1:42:07 | TREGIDGO, Steve        | St Austell Running Club     | Male Vet 35-39   | 10:12.5 |
| 123 | 1:42:24 | BURTON, Deborah        |                             | Female Vet 35-39 | 10:14.2 |
| 124 | 1:42:24 | FOY, David             |                             | Male Vet 45-49   | 10:14.2 |
| 125 | 1:42:27 | STEVENS, Zoe           |                             | Female Vet 35-39 | 10:14.5 |
| 126 | 1:42:56 | LONG, Fran             | Hayle Runners               | Female Vet 55-59 | 10:17.4 |
| 127 | 1:42:58 | NASH, Samanta          |                             | Female Vet 35-39 | 10:17.6 |
| 128 | 1:43:01 | TILLEY, John           | Bodmin Road Runners         | Male Vet 65-69   | 10:17.9 |
| 129 | 1:43:15 | GIBSON, Alice          | Hayle Runners               | Female under 35  | 10:19.3 |
| 130 | 1:43:18 | SYMONS, Paula          |                             | Female Vet 35-39 | 10:19.6 |
| 131 | 1:43:24 | BLACKMORE, Jo          |                             | Female Vet 35-39 | 10:20.2 |
| 132 | 1:43:27 | WALLER, Joely          | St Austell Running Club     | Female Vet 45-49 | 10:20.5 |
| 133 | 1:43:28 | POPE, Robert           | Truro Running Club          | Male Vet 55-59   | 10:20.6 |
| 134 | 1:43:40 | HOWELL, Tom            | Mile High                   | Male under 35    | 10:21.8 |
| 135 | 1:43:49 | LYDALL, Denise         | Falmouth Road Runners       | Female Vet 45-49 | 10:22.7 |
| 136 | 1:44:03 | BEARD, Sharon          | Bodmin Road Runners         | Female Vet 45-49 | 10:24.1 |
| 137 | 1:44:04 | NEWMAN, Hayley         | Lordshill                   | Female under 35  | 10:24.2 |
| 138 | 1:44:07 | MATRAVES, Julie        | Carn Runners                | Female Vet 45-49 | 10:24.5 |
| 139 | 1:44:15 | DONOVAN, Emma          |                             | Female Vet 35-39 | 10:25.3 |
| 140 | 1:44:20 | BEARD, Robert          | Bodmin Road Runners         | Male Vet 50-54   | 10:25.8 |
| 141 | 1:44:56 | BORLASE, Mark          |                             | Male Vet 65-69   | 10:29.4 |
| 142 | 1:44:58 | MARTIN, Samantha       | Plymouth Musketeers         | Female Vet 45-49 | 10:29.6 |
| 143 | 1:44:59 | MARTIN, Gary           | Plymouth Musketeers         | Male Vet 45-49   | 10:29.7 |
| 144 | 1:45:11 | BATEMAN, Rebecca       | Bodmin Road Runners         | Female Vet 40-44 | 10:30.9 |
| 145 | 1:45:30 | SENIOR, Ann            | Hayle Runners               | Female Vet 60-64 | 10:32.8 |
| 146 | 1:45:45 | PRADY, Liz             | Mounts Bay Harriers         | Female Vet 60-64 | 10:34.3 |
| 147 | 1:45:49 | DALES, Emma            | East Cornwall Harriers      | Female Vet 55-59 | 10:34.7 |
| 148 | 1:45:59 | PALMER, Stefan         | Bodmin Road Runners         | Male Vet 45-49   | 10:35.7 |
| 149 | 1:46:44 | WHELL, Lisa            |                             | Female under 35  | 10:40.2 |
| 150 | 1:47:02 | JAMIESON, Sandy        | Carn Runners                | Female Vet 65-69 | 10:42.0 |
| 151 | 1:48:09 | JEWELS, Lucy           | St Austell Running Club     | Female Vet 45-49 | 10:48.7 |
| 152 | 1:48:57 | BENDE (ROSSALL), Cassi | Truro Running Club          | Female under 35  | 10:53.5 |
| 153 | 1:48:59 | MAYWOOD, Bryan         | Looe Pioneers               | Male Vet 50-54   | 10:53.7 |
| 154 | 1:49:35 | CUMBLEY, Kat           | Hayle Runners               | Female under 35  | 10:57.3 |
| 155 | 1:51:09 | WOODFINE-BEARD, Kelly  | Newquay Road Runners        | Female Vet 35-39 | 11:06.7 |
| 156 | 1:51:29 | BAWDEN, Mike           | Cornwall AC                 | Male Vet 55-59   | 11:08.7 |
| 157 | 1:51:50 | BARRETT, Gill          | Stroud & District AC        | Female Vet 45-49 | 11:10.8 |
| 158 | 1:52:06 | CORNWALL, Carole       | Okehampton RC               | Female Vet 45-49 | 11:12.4 |
| 159 | 1:52:21 | ALBON, Gary            |                             | Male Vet 50-54   | 11:13.9 |
| 160 | 1:53:20 | MANKEE, Emma           | Carn Runners                | Female Vet 45-49 | 11:19.8 |
| 161 | 1:53:47 | VINNICOMBE, Caroline   | Carn Runners                | Female Vet 40-44 | 11:22.5 |
| 162 | 1:53:51 | MEIER, Sarah           |                             | Female Vet 40-44 | 11:22.9 |
| 163 | 1:54:29 | ROBERTSON, Jen         | Bodmin Road Runners         | Female Vet 40-44 | 11:26.7 |
| 164 | 1:54:29 | MORRIS, Amy            |                             | Female Vet 40-44 | 11:26.7 |
| 165 | 1:55:23 | PASCOE, Wendy          | Hayle Runners               | Female Vet 50-54 | 11:32.1 |
| 166 | 1:55:56 | ANDREWS, George        | Mounts Bay Harriers         | Male Vet 65-69   | 11:35.4 |
| 167 | 1:56:51 | WADE, Margaret         | Carn Runners                | Female Vet 65-69 | 11:40.9 |
| 168 | 1:57:46 | HEYWOOD, Peter         | Looe Pioneers               | Male Vet 70-74   | 11:46.4 |
| 169 | 1:57:46 | KEMP, Mandy            | Looe Pioneers               | Female Vet 55-59 | 11:46.4 |
| 170 | 1:57:51 | WRIGHT, Karen          | St Petrocs Dragons Tri Club | Female Vet 50-54 | 11:46.9 |
| 171 | 1:57:51 | WHITE, Karen           | Bodmin Womens RC            | Female Vet 45-49 | 11:46.9 |
| 172 | 1:57:51 | DYMOND, Amanda         | Bodmin Womens RC            | Female Vet 40-44 | 11:46.9 |
| 173 | 2:01:01 | HADFIELD, Dawn         | St Austell Running Club     | Female Vet 50-54 | 12:05.9 |
| 174 | 2:01:09 | DORMER, Kathran        | Falmouth Road Runners       | Female Vet 65-69 | 12:06.7 |
| 175 | 2:02:38 | ROSS, Sarah            | Tamar Trotters              | Female Vet 50-54 | 12:15.6 |
| 176 | 2:02:45 | PADDON, Alison         | Tamar Trotters              | Female Vet 50-54 | 12:16.3 |
| 177 | 2:07:21 | BOLT, Adrian           | Truro Running Club          | Male Vet 50-54   | 12:43.9 |
| 178 | 2:08:16 | MIDDLEHURST, Peter     | Newquay Road Runners        | Male Vet 65-69   | 12:49.4 |

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| 179 | 2:09:00 | BOXALL, Melanie  | Falmouth Road Runners   | Female Vet 50-54 | 12:53.8 |
| 180 | 2:11:52 | POOLE, Wendy     | St Austell Running Club | Female Vet 55-59 | 13:11.0 |
| 181 | 2:14:04 | GOADSBY, Bill    | Daventry Road Runners   | Male Vet 65-69   | 13:24.2 |
| 182 | 2:14:19 | RAIKER, Diana    | Falmouth Road Runners   | Female under 35  | 13:25.7 |
| 183 | 2:14:20 | LAWRENCE, Steven | Falmouth Road Runners   | Male Vet 60-64   | 13:25.8 |
| 184 | 2:16:04 | SLATER, Kirstie  | Truro Running Club      | Female Vet 40-44 | 13:36.2 |
| 185 | 2:16:05 | CROWLE, Jonathan | Truro Running Club      | Male Vet 45-49   | 13:36.3 |
| 186 | 2:24:43 | WALL, Katie      |                         | Female under 35  | 14:28.1 |
| 187 | 2:24:43 | OVERD, Lynne     | Looe Pioneers           | Female Vet 55-59 | 14:28.1 |
| 188 | 3:07:21 | WHITRIDGE, Tilly | Cornwall AC             | Female Vet 45-49 | 18:43.8 |
| 189 | 3:07:21 | THOMAS, Kathryn  | Cornwall AC             | Female Vet 40-44 | 18:43.8 |
| 190 | 3:07:22 | TAPHOUSE, Lesley | Bodmin Road Runners     | Female Vet 55-59 | 18:43.9 |