

## **Great Flat Lode 10K Charity Run 2019**

**Sunday 5 May 2019. 11:00 am**

<b>Position</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Race Category</b>	<b>Pace</b>	<b>Race No</b>
1	0:35:14	HANLEY, Ryan	Cornwall Athletic Club	Male Under 40	05:40.1	199
2	0:35:18	KINDON, Noel	Cornwall Athletic Club	Male Under 40	05:40.7	153
3	0:35:44	CARTHEY, Tom	Falmouth Road Runners	Male Under 40	05:44.9	192
4	0:35:47	WHEAR, Paul	Cornwall Athletic Club	Male Vet 50+	05:45.4	206
5	0:36:40	MARPLES, Alex	Truro Running Club	Male Vet 40+	05:53.9	187
6	0:37:16	BARNET, James	Falmouth Road Runners	Male Under 40	05:59.7	182
7	0:38:01	KNOWLES, Simon	Hayle Runners	Male Vet 40+	06:07.0	219
8	0:39:52	CHAPMAN, Wendy	Truro Running Club	Female Vet 40+	06:24.8	148
9	0:40:01	WILLS, David	Falmouth Road Runners	Male Under 40	06:26.3	152
10	0:40:50	MANNING, James	Hayle Runners	Male Vet 40+	06:34.2	198
11	0:41:03	CHIRGWIN, Robert	Truro Running Club	Male Under 40	06:36.3	210
12	0:41:36	BUNCE, James	Tri Logic	Male Under 40	06:41.6	139
13	0:41:39	COX, Chris	Cornwall Athletic Club	Male Vet 45+	06:42.0	143
14	0:42:04	WHEELER, Adam		Male Vet 55+	06:46.1	202
15	0:42:27	TIMMS, Jake	Falmouth Road Runners	Male Under 40	06:49.8	207
16	0:43:03	SANDOE, Sean	Cornwall Athletic Club	Male Vet 45+	06:55.6	130
17	0:43:39	BATHE, Colin	Truro Running Club	Male Vet 50+	07:01.4	185
18	0:43:54	CARDEW, Barrie	Carn Runners	Male Vet 60+	07:03.8	218
19	0:44:11	MENSING, Claire	Truro Running Club	Female Vet 45+	07:06.5	217
20	0:44:48	ANDREW, Laurie	Falmouth Road Runners	Male Vet 55+	07:12.5	127
21	0:44:52	COOPER, Timothy		Male Vet 40+	07:13.1	131
22	0:45:02	STAPLES, Danny	Cornwall Athletic Club	Male Under 40	07:14.7	146
23	0:45:23	POOL, Oliver	Truro Running Club	Male Vet 40+	07:18.1	181
24	0:45:56	POPPERWELL, Beth	Mile High	Female Vet 45+	07:23.4	205
25	0:46:52	GWYNNE, Paul	Mud Crew	Male Vet 50+	07:32.4	133
26	0:46:53	VARCOE, Craig		Male Under 40	07:32.6	195
27	0:46:57	PEARCE, Julia	Cornwall Athletic Club	Female Vet 40+	07:33.2	125
28	0:46:59	RICHARDS, Robert	Hayle Runners	Male Vet 65+	07:33.5	168
29	0:47:49	WITHAM, Neville	Cornwall Athletic Club	Male Vet 60+	07:41.6	141
30	0:48:22	KERNAGHAN, Robert	Looe Pioneers	Male Vet 45+	07:46.9	163
31	0:49:09	FOX, Hannah	Mile High	Female Vet 40+	07:54.4	204
32	0:49:18	COX, Jo	Cornwall Athletic Club	Female Vet 40+	07:55.9	144
33	0:49:37	ANSELL, Terry		Male Vet 40+	07:59.0	193
34	0:49:43	ROWE, Chris	Carn Runners	Male Vet 50+	07:59.9	183
35	0:49:48	THOMAS, Mark	Truro Running Club	Male Vet 45+	08:00.7	215
36	0:49:54	RICHARDS, Sally	Clevedon AC	Female Vet 40+	08:01.7	129
37	0:50:30	HANSEN, Wietske	Carn Runners	Female Vet 50+	08:07.5	123
38	0:50:39	STEPHENS, James		Male Under 40	08:08.9	197
39	0:51:01	COCKERILL, Rob		Male Under 40	08:12.5	149
40	0:51:06	OSMONT, Hetty		Female Vet 45+	08:13.3	211
41	0:51:18	STOBART, Matthew		Male Vet 55+	08:15.2	203
42	0:51:24	STAPLES, Andrew		Male Vet 45+	08:16.2	147
43	0:51:39	CLAYTON, Kirsty	PB Running Club	Female Vet 45+	08:18.6	162
44	0:52:04	YATES, Rebecca		Female Under 35	08:22.6	212
45	0:52:12	WILLSON, Andy		Male Under 40	08:23.9	201
46	0:52:40	BATHE, Nicola	Truro Running Club	Female Vet 45+	08:28.4	184
47	0:53:08	STEWART, Juliet	Truro Running Club	Female Vet 50+	08:32.9	178
48	0:53:15	PARNHAM, Imogen	Truro Running Club	Female Under 35	08:34.0	186
49	0:53:39	FLANNIGAN, Miranda	Cornwall Athletic Club	Female Vet 45+	08:37.9	142

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50	0:54:11	GROOM, Nigel		Male Vet 50+	08:43.0	135
51	0:54:11	HANDLEY, Tina		Female Under 35	08:43.0	137
52	0:54:51	VARCOE, Daniel		Male Under 40	08:49.5	194
53	0:55:00	WALTER, Jim		Male Vet 60+	08:50.9	214
54	0:55:17	COPE, Jackie	Falmouth Road Runners	Female Vet 60+	08:53.7	166
55	0:55:30	LYDALL, Denise	Falmouth Road Runners	Female Vet 50+	08:55.8	180
56	0:55:37	BENDE, Cassi	PB Running Club	Female Under 35	08:56.9	191
57	0:55:50	ELLIS, Mark	Vegan Runners	Male Vet 50+	08:59.0	222
58	0:55:58	WILTON, David	Falmouth Road Runners	Male Vet 60+	09:00.3	165
59	0:56:07	SLY, Sandra	Truro Running Club	Female Vet 50+	09:01.7	209
60	0:56:11	BROWN, Lorraine	Truro Running Club	Female Vet 45+	09:02.3	121
61	0:56:13	HADFIELD, Angeline	Truro Running Club	Female Under 35	09:02.7	136
62	0:56:13	HUMBLES, Frazer		Male Under 40	09:02.7	221
63	0:56:39	KENT, Carly	Falmouth Road Runners	Female Vet 35+	09:06.9	174
64	0:56:49	PARKES, Sam		Male Under 40	09:08.5	171
65	0:57:04	ANDREWS, Rebecca		Female Vet 35+	09:10.9	134
66	0:57:16	TONKIN, Simon		Male Vet 50+	09:12.8	190
67	0:57:20	SYKES, Susan	JP Fitness Cornwall	Female Vet 55+	09:13.5	169
68	0:57:22	WILLCOCKS, Robert	Falmouth Road Runners	Male Vet 60+	09:13.8	164
69	0:57:44	HADEN, Heidi	Cornwall Athletic Club	Female Vet 35+	09:17.3	188
70	0:58:11	MITCHELL, John	Carn Runners	Male Vet 55+	09:21.7	176
71	0:58:20	WHEELER, Becky		Female Vet 45+	09:23.1	177
72	0:58:23	THOMAS, Hannah	Truro Running Club	Female Vet 40+	09:23.6	216
73	0:58:30	BEARE, Alison		Female Vet 55+	09:24.7	189
74	0:58:34	LLOYD, Andrew		Male Under 40	09:25.4	156
75	0:59:11	TONKIN, Michelle		Female Vet 35+	09:31.3	150
76	1:00:05	PLUMB, Simon	Plymouth Musketeers	Male Vet 45+	09:40.0	155
77	1:00:08	TYRRELL, Jeffrey		Male Vet 55+	09:40.5	154
78	1:00:29	BAWDEN, Mike	Carn Runners	Male Vet 60+	09:43.9	208
79	1:00:41	BERRY, Tony	Truro Running Club	Male Vet 65+	09:45.8	170
80	1:00:42	BROWN, Andrew	Truro Running Club	Male Vet 55+	09:46.0	122
81	1:01:07	WALTERS, Kathryn		Female Vet 40+	09:50.0	128
82	1:02:34	PATERSON, Morwenna	JP Fitness Cornwall	Female Vet 40+	10:04.0	157
83	1:02:42	AVERY, Ruth	JP Fitness Cornwall	Female Vet 45+	10:05.3	158
84	1:02:58	RUBERRY, Hannah	Falmouth Road Runners	Female Under 35	10:07.8	213
85	1:03:07	TRERISE, Catherine	Cornwall Athletic Club	Female Vet 45+	10:09.3	145
86	1:04:23	FLANAGAN, Rachel	Falmouth Road Runners	Female Vet 50+	10:21.5	179
87	1:04:48	SADLER, Laura	Mounts Bay Harriers	Female Vet 50+	10:25.5	151
88	1:06:37	MIDDLEHURST, Peter	Newquay Road Runners	Male Vet 65+	10:43.1	132
89	1:07:58	BOLT, Adrian	Truro Running Club	Male Vet 50+	10:56.1	200
90	1:08:00	SAVERTON, Peter	Falmouth Road Runners	Male Vet 60+	10:56.4	140
91	1:10:35	CHOAK, Sarah	Falmouth Road Runners	Female Vet 50+	11:21.4	138
92	1:10:37	O'BRIEN, Machaela		Female Under 35	11:21.7	196
93	1:14:52	LAWRENCE, Stephen	Falmouth Road Runners	Male Vet 60+	12:02.7	159
94	1:15:38	GARRARD, David	Falmouth Road Runners	Male Vet 65+	12:10.1	120
95	1:20:56	DARK, Donna		Female Under 35	13:01.3	175
96	1:25:07	STONE, Claire	Hayle Runners	Female Vet 35+	13:41.7	220
97	1:26:57	KINGTON, Norris	Cornwall Athletic Club	Male Vet 65+	13:59.4	126