

DAN 10K County Championships 2019 Par Running Track

24.07.2019

Heat 1

Place	Time	Name	Club	Cat
1	32:24.5	GOODCHILD, Sam	Cornwall AC	U20
2	34:01.0	WRIGHT, Oli	Cornwall AC	M
3	34:09.1	SLATTERY, Tom	Cornwall AC	M
4	34:42.7	WHEAR, Paul	Cornwall AC	Vet
5	34:45.3	SMITH, Paul	Cornwall AC	Vet
6	35:15.4	WRIGHT, Tony	Cornwall AC	Vet
7	35:37.4	MARTIN, Andrew	Mile High	M
8	36:32.4	ALSOP, Dan	St Austell Running Club	Vet
9	36:42.0	STEVENS, Paul	St Austell Running Club	Vet
10	37:05.9	DITTY, Graham	Mile High	M
11	37:16.2	HOWELL, Tom	Mile High	M
12	37:19.8	STEPTO, Emma	Cornwall AC	FVet
13	38:07.8	BUSCOMBE, Chaz	Newquay Road Runne	M
14	38:19.9	MURRANT, Kieran	Falmouth Road Runn	M
15	38:32.3	EZRA, Rebecca	Tamar Trotters	F
16	38:50.9	HAM, Richard		M
17	39:15.2	MANNING, James	Hayle Runners	Vet
18	39:39.6	DANIELL, Jamie		M
19	40:26.0	HARVEY, Sonny		M

Heat 2

1	37:47.7	MASTERS, Jamie	St Austell Running Club	M
2	37:53.7	KNOWLES, Simon	Hayle Runners	Vet
3	40:20.6	WILDING, Dave	Hayle Runners	Vet
4	42:06.4	CARTER, Lee	Newquay Road Runne	M
5	42:41.5	BATHE, Colin	Truro Running Club	Vet
6	43:16.9	PANI, Solomon	PB Running Club	Fvet
7	43:31.4	BEARD, Robert	PB Running Club	Vet
8	44:38.4	ALLEN, Peter	Newquay Road Runne	Vet
9	44:44.0	KITCHEN, Nathan	Cornwall AC	Vet
10	45:51.3	BREEN, Donal	Truro Running Club	Vet
11	45:55.8	GRAHAM, Mark	Looe Pioneers	Vet
12	45:58.7	CHASE, Andy	St Austell Running Club	M
13	48:51.6	STEPTO, Brett	Cornwall AC	Vet
14	49:48.6	GREGORY, Amy	Newquay Road Runne	F
15	50:09.3	GOSSAN, John	Looe Pioneers	Vet
16	50:33.9	BROAS, Cheryl	Looe Pioneers	FVet
17	50:57.2	KNOWLES, Helen	Hayle Runners	FVet
18	51:02.0	SARGENT, Peter	South West Vets	Vet
19	52:48.1	CLARK, Emma	Looe Pioneers	F
20	58:19.7	LILLIS, John	Newquay Road Runne	Vet