

## MEET YOUR MAX - 19TH JUNE 2019

Position	Time	Name	Team	Category	Pace
1	0:43:03	CARTHEY, Tom	Falmouth Road Runners	Male Vet 35-39	07:10.4
2	0:44:18	GOODWAY, Dan	Truro Running Club	Male Under 35	07:22.9
3	0:45:57	KIRTON, James	Truro Running Club	Male Under 35	07:39.4
4	0:46:14	MARPLES, Alex	Truro Running Club	Male Vet 40-44	07:42.2
5	0:46:27	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	07:44.4
6	0:46:38	TREGONNING, David	St Austell Running Club	Male Under 35	07:46.2
7	0:47:28	DANIELS, Alex	Newquay Road Runners	Male Vet 45-49	07:54.5
8	0:47:36	BUSCOMBE, Charles	Newquay Road Runners	Male Under 35	07:55.9
9	0:47:54	SOLE, Paul	Cornwall AC	Male Vet 40-44	07:58.9
10	0:48:10	BARNET, James	Falmouth Road Runners	Male Under 35	08:01.5
11	0:48:35	HOWARD-ENDEAN, Jacob	St Austell Running Club	Male Under 35	08:05.7
12	0:49:42	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	08:16.9
13	0:49:26	STANDING, Rob	Truro Running Club	Male Vet 45-49	08:14.2
14	0:49:58	HARVEY, Darren	East Cornwall Harriers	Male Vet 40-44	08:19.5
15	0:50:11	PARKS, Jason	St Austell Running Club	Male Vet 35-39	08:21.7
16	0:50:15	KINDON, Noel	Cornwall AC	Male Vet 35-39	08:22.4
17	0:50:20	WILLS, David	Falmouth Road Runners	Male Vet 35-39	08:23.2
18	0:50:28	JEPSON, Aidan	Truro Running Club	Male Vet 35-39	08:24.5
19	0:50:42	SAWFORD, Paul	Carn Runners	Male Vet 50-54	08:26.8
20	0:51:15	MURRANT, Kieran	Falmouth Road Runners	Male Under 35	08:32.3
21	0:51:18	BALL, Adrian	Cornwall AC	Male Vet 50-54	08:32.8
22	0:52:00	KEY, Andrew	Carn Runners	Male Under 35	08:39.8
23	0:52:12	ROWE, Tim		Male Vet 40-44	08:41.8
24	0:52:15	SOLE, Amy	Cornwall AC	Female under 35	08:42.3
25	0:52:22	FENLON, Mark		Male Vet 45-49	08:43.5
26	0:52:50	WALKER, Chris	Newquay Road Runners	Male Vet 45-49	08:48.2
27	0:52:51	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	08:48.3
28	0:52:53	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	08:48.7
29	0:53:02	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	08:50.2
30	0:53:11	TWIGGS, Tim	Mounts Bay Harriers	Male Vet 50-54	08:51.7
31	0:53:29	HENDERSON, Mathew	St Austell Running Club	Male Under 35	08:54.7
32	0:53:52	LUCKHURST, Will	Hayle Runners	Male Vet 50-54	08:58.5
33	0:54:08	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	09:01.2
34	0:54:14	ROOSE, Darren	Newquay Road Runners	Male Vet 40-44	09:02.2
35	0:54:31	PASCOE, Gary	Truro Running Club	Male Vet 55-59	09:05.0
36	0:54:45	BAKER, Emma	Launceston Road Runners	Female under 35	09:07.3
37	0:54:59	CAMERON, Henry		Male Vet 45-49	09:09.7
38	0:55:30	GRONWALT, Ian	PB Running Club	Male Vet 50-54	09:14.8
39	0:55:37	CARDEW, Barrie	Carn Runners	Male Vet 60-64	09:16.0
40	0:55:53	MCLEAN, Luke	Mounts Bay Harriers	Male Vet 35-39	09:18.7
41	0:56:20	BATHE, Colin	Truro Running Club	Male Vet 50-54	09:23.2
42	0:56:22	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	09:23.5
43	0:56:45	PUCHNIARZ, Artur		Male Vet 35-39	09:27.3
44	0:56:58	DAVIS, Lydia	Newquay Road Runners	Female under 35	09:29.5
45	0:57:02	SPENCER, Julian	Truro Running Club	Male Vet 50-54	09:30.2
46	0:57:05	STALLARD, Andy	Truro Running Club	Male Vet 50-54	09:30.7
47	0:57:07	MARKS, Stacie	St Austell Running Club	Female under 35	09:31.0
48	0:57:17	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	09:32.7
49	0:57:28	PROCTOR, Ben		Male Vet 35-39	09:34.5
50	0:57:50	GIBSON, Mandy	Looe Pioneers	Female Vet 40-44	09:38.2
51	0:58:07	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	09:41.0
52	0:58:16	CROWLE, Arron	East Cornwall Harriers	Male Under 35	09:42.5
53	0:58:26	HARTILL, Gail	Bodmin Road Runners	Female Vet 45-49	09:44.2
54	0:58:43	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	09:47.0
55	0:59:06	VIGGERS, Sean	PB Running Club	Male Vet 45-49	09:50.8
56	0:59:19	TUNNEY, Mike		Male Vet 50-54	09:53.0

Position	Time	Name	Team	Category	Pace
57	0:59:27	KEARNEY, Peter	Carn Runners	Male Vet 55-59	09:54.3
58	0:59:37	MOUNTFORD, Frazer	Newquay Road Runners	Male Vet 35-39	09:56.0
59	0:59:41	DORAN, Holly	Falmouth Road Runners	Female under 35	09:56.7
60	0:59:46	PHILP, Damian	Bodmin Road Runners	Male Vet 35-39	09:57.5
61	1:00:01	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	10:00.0
62	1:00:08	APPS, Charlie		Male Vet 35-39	10:01.2
63	1:00:09	EGGINTON, Michael	East Cornwall Harriers	Male Vet 55-59	10:01.3
64	1:00:09	BRYDON, Kate	PB Running Club	Female under 35	10:01.3
65	1:00:11	HEWITT, David		Male Vet 45-49	10:01.7
66	1:00:39	HUTCHINSON, Stephen	Bude Rats	Male Vet 65-69	10:06.3
67	1:00:40	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	10:06.5
68	1:00:47	PUGH, Ian	Gosport Road Runners	Male Vet 40-44	10:07.7
69	1:00:51	BRAY, Vivian	Cornwall AC	Male Vet 50-54	10:08.3
70	1:00:52	SOLOMON, Pam	PB Running Club	Female Vet 55-59	10:08.5
71	1:00:55	HOWARD, Jessica		Female under 35	10:09.0
72	1:00:57	OSBORNE, Barry	PB Running Club	Male Vet 45-49	10:09.3
73	1:01:03	HARCEY, David	St Austell Running Club	Male Vet 35-39	10:10.3
74	1:01:08	MORSE, Helen	East Cornwall Harriers	Female under 35	10:11.2
75	1:01:36	SEARLE, Dee	Mounts Bay Harriers	Female Vet 35-39	10:15.8
76	1:01:40	WILLIAMS, Andy	Truro Running Club	Male Vet 45-49	10:16.5
77	1:01:45	BRYDON, Jackie	PB Running Club	Female Vet 50-54	10:17.3
78	1:01:49	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	10:18.0
79	1:01:57	TALLING, Lisa	Newquay Road Runners	Female Vet 50-54	10:19.3
80	1:02:21	LAY, Nick		Male Vet 35-39	10:23.3
81	1:02:22	HEWETT, Chris		Male Vet 35-39	10:23.5
82	1:02:29	JENKINS, Katy	Truro Running Club	Female Vet 40-44	10:24.7
83	1:02:30	SPURR, Simon		Male Vet 45-49	10:24.8
84	1:02:35	GILLARD, Alan	Cardiff Harlequines	Male Vet 55-59	10:25.7
85	1:02:37	THOMAS, Rachael	Cornwall AC	FemaleVet 45-49	10:26.0
86	1:02:48	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	10:27.8
87	1:02:56	ELSON, Steve	PB Running Club	Male Vet 45-49	10:29.2
88	1:03:01	LANGSTAFF, Emma	Looe Pioneers	Female Vet 40-44	10:30.0
89	1:03:10	DALE, Steve	Newquay Road Runners	Male Vet 40-44	10:31.5
90	1:03:24	LEEDHAM, Ian	Newquay Road Runners	Male Vet 55-59	10:33.8
91	1:03:27	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	10:34.3
92	1:03:28	HILL, Sarah	Newquay Road Runners	FemaleVet 45-49	10:34.5
93	1:04:05	CASEY, Gareth	Bodmin Road Runners	Male Vet 40-44	10:40.7
94	1:04:08	STEPHENS, Emma	Bodmin Road Runners	Female under 35	10:41.2
95	1:04:17	BLIGHT, Andrew	Hayle Runners	Male Vet 55-59	10:42.7
96	1:04:23	SPARKES, Vicki	Bodmin Road Runners	Female Vet 35-39	10:43.7
97	1:04:27	MERRETT, Trish	Hayle Runners	Female Vet 50-54	10:44.3
98	1:04:40	WILSON, Michael	Truro Running Club	Male Vet 60-64	10:46.5
99	1:04:42	POOL, Laura		Female Vet 35-39	10:46.8
100	1:04:47	GOODWAY, Lucy	Truro Running Club	Female under 35	10:47.7
101	1:04:58	MOORE, Thomas	Truro Running Club	Male Vet 35-39	10:49.5
102	1:05:03	NETTLETON, Jim	Truro Running Club	Male Vet 50-54	10:50.3
103	1:05:18	MACER-WRIGHT, Nadia		Female Vet 40-44	10:52.8
104	1:05:19	HUGHES, Clare	Hayle Runners	Female Vet 40-44	10:53.0
105	1:05:20	APPS, Liz		Female Vet 35-39	10:53.2
106	1:05:22	SOLOMON, Andrew	PB Running Club	Male Vet 55-59	10:53.5
107	1:05:23	SLATER, Kate		Female under 35	10:53.7
108	1:05:25	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	10:54.0
109	1:06:11	GARBETT, Linda	Tri Logic Cornwall	Female Vet 50-54	11:01.7
110	1:06:12	VIEIRA, Armando	St Austell Running Club	Male Vet 40-44	11:01.8
111	1:06:25	BOARDMAN, Antony		Male Vet 45-49	11:04.0
112	1:06:40	CARTER, Benedicte	Launceston Road Runners	Female Vet 35-39	11:06.5
113	1:06:42	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	11:06.8
114	1:06:58	GREENSLADE, Martin		Male Vet 45-49	11:09.5

Position	Time	Name	Team	Category	Pace
115	1:06:59	TALLING, Sophie	Newquay Road Runners	Female under 35	11:09.6
116	1:07:05	BALDWIN, Mike	Hayle Runners	Male Vet 55-59	11:10.6
117	1:07:13	WALE, Mathew	Newquay Road Runners	Male Under 35	11:12.0
118	1:07:14	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 40-44	11:12.1
119	1:07:25	BROBIN, Cody	Newquay Road Runners	Male Under 35	11:14.0
120	1:07:28	WILLIAMS, Amy	East Cornwall Harriers	Female Vet 35-39	11:14.5
121	1:08:00	MAY, Greg	Carn Runners	Male Vet 35-39	11:19.8
122	1:08:14	STOBART, Matthew		Male Vet 55-59	11:22.1
123	1:08:15	STOBART, Rebecca	Cornwall AC	Female under 35	11:22.3
124	1:08:24	ADAMS, Elaine	Hayle Runners	Female Vet 40-44	11:23.8
125	1:08:46	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	11:27.5
126	1:08:53	THOMAS, Helen	Truro Running Club	FemaleVet 45-49	11:28.6
127	1:09:35	WILLITTS, Vanessa	Newquay Road Runners	Female under 35	11:35.6
128	1:09:56	BARNFIELD, Marty		Male Vet 45-49	11:39.1
129	1:10:49	MEEHAN, Shane		Male Vet 35-39	11:48.0
130	1:10:55	MANSFIELD, Sue	Truro Running Club	Female Vet 55-59	11:49.0
131	1:11:31	DAVEY, Tamzin	Cornwall AC	FemaleVet 45-49	11:55.0
132	1:11:36	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	11:55.8
133	1:11:42	STEWART, Juliet	Truro Running Club	Female Vet 50-54	11:56.8
134	1:11:51	ACASTER, Dawn	Launceston Road Runners	Female Vet 40-44	11:58.3
135	1:11:52	PARNHAM, Imogen		Female under 35	11:58.5
136	1:11:59	STEPHENS, Jane	PB Running Club	Female Vet 50-54	11:59.6
137	1:12:05	EWERTOWSKA, Katarzyna		Female under 35	12:00.6
138	1:12:13	CLAYTON, Kirsty	PB Running Club	FemaleVet 45-49	12:02.0
139	1:12:21	BATESON, Rebecca	Truro Running Club	FemaleVet 45-49	12:03.3
140	1:12:23	DAVIES, James	Truro Running Club	Male Vet 35-39	12:03.6
141	1:12:23	HAYDEN, Nick	Falmouth Road Runners	Male Vet 35-39	12:03.6
142	1:12:38	WERRAN, Louise	Launceston Road Runners	Female Vet 40-44	12:06.1
143	1:12:43	SPEAKE, Georgina	St Austell Running Club	Female Vet 40-44	12:07.0
144	1:12:59	PICKARD, Linda	Launceston Road Runners	Female Vet 55-59	12:09.6
145	1:13:02	STEDMAN, Jane	100 Marathon Club	Female Vet 55-59	12:10.1
146	1:13:10	STEVENS, James		Male Under 35	12:11.5
147	1:13:17	OLLIVIER, Louise	Hayle Runners	Female Vet 50-54	12:12.6
148	1:13:29	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	12:14.6
149	1:13:41	WARREN, Diane	Hayle Runners	Female Vet 60-64	12:16.6
150	1:13:42	MERRETT, Graham	Hayle Runners	Male Vet 60-64	12:16.8
151	1:13:45	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	12:17.3
152	1:13:52	KENT, Mele	Newquay Road Runners	FemaleVet 45-49	12:18.5
153	1:13:58	DIXON, Tim	Launceston Road Runners	Male Vet 55-59	12:19.5
154	1:14:10	STEVENSON, Helen	Bodmin Road Runners	Female Vet 35-39	12:21.5
155	1:14:14	CAREY, Nicholas	Bodmin Road Runners	Male Vet 40-44	12:22.1
156	1:14:32	HARPER, Kevan		Male Vet 35-39	12:25.1
157	1:14:32	PAYNE, Holly	St Austell Running Club	Female under 35	12:25.1
158	1:15:15	PICKARD, David	Launceston Road Runners	Male Vet 60-64	12:32.3
159	1:15:19	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	12:33.0
160	1:15:31	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 60-64	12:35.0
161	1:15:34	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	12:35.5
162	1:15:35	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	12:35.6
163	1:15:39	O'GORMAN, Anthony	Newquay Road Runners	Male Vet 45-49	12:36.3
164	1:15:56	BROWN, Lorraine	Truro Running Club	FemaleVet 45-49	12:39.1
165	1:15:57	DREW, Peter	Carn Runners	Male Vet 70-74	12:39.3
166	1:16:06	WHETTON, Grace	Mounts Bay Harriers	Female under 35	12:40.8
167	1:16:11	GRAFTON, Thomas	Truro Running Club	Male Vet 40-44	12:41.6
168	1:16:51	WATERING, Liam		Male Under 35	12:48.3
169	1:16:53	MARSHALL, Nigel	St Austell Running Club	Male Vet 45-49	12:48.6
170	1:17:02	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	12:50.1
171	1:17:38	MACLAREN, Lesley		Female under 35	12:56.1
172	1:17:39	DERRY, Linda	Truro Running Club	Female Vet 50-54	12:56.3

Position	Time	Name	Team	Category	Pace
173	1:17:59	ROWE, Jane	Newquay Road Runners	Female Vet 55-59	12:59.6
174	1:18:03	TYLER, Jacky	Bodmin Road Runners	Female Vet 60-64	13:00.3
175	1:18:04	WATSON, Janet	Falmouth Road Runners	Female Vet 65-69	13:00.5
176	1:18:23	VIEIRA, Paula	St Austell Running Club	Female Vet 40-44	13:03.6
177	1:18:26	WILLSON, Richard	Truro Running Club	Male Vet 60-64	13:04.1
178	1:18:36	GALLOWAY, Alison	Carn Runners	Female Vet 55-59	13:05.8
179	1:18:40	EVANS, Des	Newquay Road Runners	Male Vet 70-74	13:06.5
180	1:19:05	WISE, Rebecca	Launceston Road Runners	Female Vet 40-44	13:10.6
181	1:19:24	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	13:13.8
182	1:19:28	KEATING, Merlin	St Austell Running Club	Male Vet 45-49	13:14.5
183	1:20:12	JENKIN, Steven	Cornwall AC	Male Vet 45-49	13:21.8
184	1:20:27	MORTON, Jane	Bere Alston Trekkers	Female Vet 35-39	13:24.3
185	1:20:40	PHILLIPS, Ruth	Hayle Runners	FemaleVet 45-49	13:26.5
186	1:21:29	PARKIN, Eleanor	Truro Running Club	Female under 35	13:34.6
187	1:22:10	SMITH, Graham	Falmouth Road Runners	Male Vet 55-59	13:41.5
188	1:22:32	MARTIN, Alice		Female under 35	13:45.1
189	1:22:56	ALLEN, Rebecca	Carn Runners	Female under 35	13:49.1
190	1:23:27	HOLT, Victoria	Launceston Road Runners	Female Vet 35-39	13:54.3
191	1:23:32	BENNER, Gillian		Female Vet 55-59	13:55.1
192	1:23:35	PALMER, Stefan	Bodmin Road Runners	Male Vet 45-49	13:55.6
193	1:23:35	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	13:55.6
194	1:23:36	MORGADO, Chloe	Cornwall AC	Female Vet 40-44	13:55.8
195	1:24:34	LIDIARD, Sandra	Bodmin Womens RC	FemaleVet 45-49	14:05.4
196	1:25:34	RUSSELL, Fiona	Truro Running Club	Female Vet 50-54	14:15.4
197	1:25:44	TILEY, John	Bodmin Road Runners	Male Vet 65-69	14:17.1
198	1:26:16	WESTON, Paul		Male Vet 35-39	14:22.4
199	1:26:53	BAKER, Phillipa	Launceston Road Runners	Female Vet 60-64	14:28.6
200	1:27:37	SPARGO, Philip	Truro Running Club	Male Vet 60-64	14:35.9
201	1:27:45	WHEELER, Becky		FemaleVet 45-49	14:37.3
202	1:27:48	BILLS, Kelly	Carn Runners	Female Vet 40-44	14:37.8
203	1:27:51	EGGINTON, Liz	East Cornwall Harriers	Female Vet 50-54	14:38.3
204	1:28:32	BUSCOMBE, Lisa	Truro Running Club	FemaleVet 45-49	14:45.1
205	1:28:48	BOND, Nina	Looe Pioneers	Female under 35	14:47.8
206	1:28:48	BUTLER, Jenna		Female Vet 35-39	14:47.8
207	1:29:06	STEDMAN, John	Bodmin Road Runners	Male Vet 55-59	14:50.8
208	1:30:49	ANDREWARTHA, Coral		Female under 35	15:07.9
209	1:31:10	CAREY, Eliza	Bodmin Road Runners	FemaleVet 45-49	15:11.4
210	1:31:29	WILLIS, Sharon	Newquay Road Runners	Female Vet 55-59	15:14.6
211	1:31:30	SAVIN, Nick	Newquay Road Runners	Male Vet 35-39	15:14.8
212	1:31:31	WELCH, Craig	Bodmin Road Runners	Male Vet 35-39	15:14.9
213	1:32:01	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	15:19.9
214	1:32:06	SIMON, Katharina		Female Vet 35-39	15:20.8
215	1:32:07	SEIFERT, Katrin		Female under 35	15:20.9
216	1:32:10	MANKEE, Emma	Carn Runners	FemaleVet 45-49	15:21.4
217	1:32:12	RICHARDS, Clair	Carn Runners	Female Vet 40-44	15:21.8
218	1:32:15	VINNICOMBE, Caroline	Cornwall AC	FemaleVet 45-49	15:22.3
219	1:33:26	BOLT, Adrian	Truro Running Club	Male Vet 50-54	15:34.1
220	1:33:55	BALL, Lindsay		Female Vet 40-44	15:38.9
221	1:35:41	LAKE, Christina	Falmouth Road Runners	Female Vet 60-64	15:56.6
222	1:37:27	ATHERTON, Julie	Bodmin Road Runners	Female Vet 50-54	16:14.3
223	1:39:25	HOGG, Lorna	Mud Crew Trail Runners	FemaleVet 45-49	16:33.9
224	1:39:26	MARSH, Kathryn	Carn Runners	Female Vet 40-44	16:34.1
225	1:39:27	SULLIVAN, Sharon	Carn Runners	FemaleVet 45-49	16:34.2
226	1:39:56	SMITH, Mandy	Mud Crew Trail Runners	Female Vet 55-59	16:39.1
227	1:40:33	CHOAK, Sarah	Falmouth Road Runners	Female Vet 50-54	16:45.2
228	1:40:38	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	16:46.1
229	1:40:53	MACK, Mike	Carn Runners	Male Vet 70-74	16:48.6
230	1:41:15	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	16:52.2

<b>Position</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Category</b>	<b>Pace</b>
231	1:41:20	MASSEY, Jennie	Hayle Runners	Female Vet 55-59	16:53.1
232	1:42:23	Harriette		Female under 35	17:03.6
233	1:43:36	BAINES, Tracie		Female Vet 50-54	17:15.7
234	1:43:36	SULLIVAN, Paul		Male Vet 50-54	17:15.7
235	1:44:22	SULLY, Karen	Bodmin Road Runners	Female Vet 50-54	17:23.4
236	1:46:46	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	17:47.4
237	1:46:52	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	17:48.4
238	1:50:38	WRIGHT, Michael	Hayle Runners	Male Vet 70-74	18:26.1
239	1:56:39	STEVENS, Paul		Male Vet 60-64	19:26.2
240	2:07:00	WOLSTENCROFT, Zoe	Carn Runners	Female Vet 40-44	21:09.7
241	2:07:01	BOWDEN, Ian	Carn Runners	Male Vet 45-49	21:09.9