

TRELISSICK 10K - 20TH AUGUST 2016

Position	Time	Name	Team Spi	Category	Pace
1	0:37:16	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:59.7
2	0:38:15	THOMAS, Justin	Cornwall AC	Male Vet 40-44	06:09.2
3	0:38:34	CARTHEY, Tom	Falmouth Road Runners	Male under 35	06:12.3
4	0:40:11	SMERDON, Marc	East Cornwall Harriers	Male under 35	06:27.9
5	0:40:48	DOBSON, Jacob	Falmouth Road Runners	Male under 35	06:33.8
6	0:40:58	KLIMEK, Kristof	Cornwall AC	Male under 35	06:35.4
7	0:41:27	RAMSDEN, Clive	Bodmin Road Runners	Male Vet 40-44	06:40.1
8	0:41:38	WILLIAMS, Dan	Cornwall AC	Male Vet 40-44	06:41.9
9	0:42:03	MURRANT, Kieran	Hayle Runners	Male under 35	06:45.9
10	0:42:06	DOWRICK, Mike	Cornwall AC	Male Vet 40-44	06:46.4
11	0:42:09	SAWFORD, Paul	Carn Runners	Male Vet 45-49	06:46.9
12	0:42:19	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	06:48.5
13	0:42:22	WILLIAMS, Simon		Male Vet 40-44	06:49.0
14	0:42:28	EVANS, Darren	Launceston Road Runners	Male under 35	06:49.9
15	0:42:35	BRYDON, James	Bodmin Road Runners	Male under 35	06:51.1
16	0:43:41	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 40-44	07:01.7
17	0:44:01	DAVIS, Glynn	Carn Runners	Male Vet 50-54	07:04.9
18	0:44:03	BEACH, Tamara		Female under 35	07:05.2
19	0:44:17	WRIGHT, Tom	Truro Running Club	Male Vet 40-44	07:07.5
20	0:44:30	HEATHER-HAYES, Alice	Hadleigh Harriers	Female Vet 40-44	07:09.6
21	0:44:42	STEVENS, Paul		Male Vet 40-44	07:11.5
22	0:45:03	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	07:14.9
23	0:45:14	CARDEW, Barrie	Carn Runners	Male Vet 55-59	07:16.6
24	0:45:21	RICHARDS, Gary	Carn Runners	Male Vet 45-49	07:17.8
25	0:45:28	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	07:18.9
26	0:45:29	DAVIS, Julia	Newquay Road Runners	Female under 35	07:19.1
27	0:45:31	ROBINSON, Phil		Male Vet 35-39	07:19.4
28	0:45:52	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	07:22.8
29	0:45:56	SUTHERLAND, Kensa		Female Vet 40-44	07:23.4
30	0:45:59	WYKES, Isobel	Truro Running Club	Female Vet 35-39	07:23.9
31	0:46:02	DORRELL, Mark	Carn Runners	Male Vet 50-54	07:24.4
32	0:46:07	CROWTHER, David	Cardiff University	Male under 35	07:25.2
33	0:46:23	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	07:27.7
34	0:46:53	EAVES, Scott		Male under 35	07:32.6
35	0:46:58	HEWETT, Jonny	Team Spi	Male Vet 35-39	07:33.4
36	0:47:02	LAMPSHIRE, Trevelyan	Mud Crew Trail Runners	Male under 35	07:34.0
37	0:47:05	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	07:34.5
38	0:47:13	COLEY, Alex	East Cornwall Harriers	Male under 35	07:35.8
39	0:47:15	LEETON, Russell	Launceston Road Runners	Male Vet 45-49	07:36.1
40	0:47:23	CROWLE, Revis	East Cornwall Harriers	Female Vet 50-54	07:37.4
41	0:47:27	COX, Daniel		Male under 35	07:38.0
42	0:47:29	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	07:38.4
43	0:47:31	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	07:38.7
44	0:47:41	KEARNEY, Peter	Carn Runners	Male Vet 50-54	07:40.3
45	0:47:45	LUCKHURST, Will	Hayle Runners	Male Vet 45-49	07:40.9
46	0:47:48	PITCHER, Tom	Tamar Trotters	Male under 35	07:41.4
47	0:47:51	BRAY, Mark Jason		Male Vet 40-44	07:41.9
48	0:47:55	DAVIS, Megan	Newquay Road Runners	Female under 35	07:42.5
49	0:47:59	PARRY, Kate	Cornwall AC	Female under 35	07:43.2
50	0:48:01	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	07:43.5
51	0:48:05	HARDING, Ben	East Cornwall Harriers	Male under 35	07:44.2
52	0:48:10	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	07:45.0
53	0:48:12	SHARP, Jo	Blackburn Road Runners	Female Vet 40-44	07:45.3
54	0:48:20	SOLE, John	Bodmin Road Runners	Male Vet 35-39	07:46.6
55	0:48:27	FERGUSON, Andrew	Mud Crew Trail Runners	Male Vet 50-54	07:47.7
56	0:48:32	CHAPPELL, Guy		Male Vet 40-44	07:48.5
57	0:48:38	LOCKWOOD, Alistair		Male Vet 35-39	07:49.5
58	0:48:45	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:50.6
59	0:48:57	SQUIRE, Darren	St Austell Running Club	Male Vet 45-49	07:52.5

60	0:49:08	SPENCER, Julian		Male Vet 45-49	07:54.3
61	0:49:09	WALDIE, John		Male Vet 50-54	07:54.4
62	0:49:15	ADIE, Gordon	Truro Running Club	Male Vet 55-59	07:55.4
63	0:49:20	CROWLE, Ian	East Cornwall Harriers	Male Vet 55-59	07:56.2
64	0:49:24	RAPSON, Nigel	St Austell Running Club	Male Vet 50-54	07:56.9
65	0:49:28	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:57.5
66	0:49:37	DUXBURY, Gary	Falmouth Road Runners	Male Vet 55-59	07:59.0
67	0:49:47	MORSE, Helen	East Cornwall Harriers	Female under 35	08:00.6
68	0:50:01	BRYDON, Jim	Bodmin Road Runners	Male Vet 55-59	08:02.8
69	0:50:03	HUSSEY, Dean		Male Vet 50-54	08:03.1
70	0:50:19	WALKER, Iain	St Austell Running Club	Male Vet 60-64	08:05.7
71	0:50:25	GOUNDRY, Andrew	Truro Running Club	Male Vet 50-54	08:06.7
72	0:50:27	TUCKER, Steve	Truro Running Club	Male Vet 35-39	08:07.0
73	0:50:33	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	08:08.0
74	0:50:42	HARDWICK, Shelley		Female Vet 35-39	08:09.4
75	0:51:05	LEEDHAM, Ian	Newquay Road Runners	Male Vet 55-59	08:13.1
76	0:51:09	GRONWALT, Ian	Mud Crew Trail Runners	Male Vet 45-49	08:13.8
77	0:51:24	ROGERS, Laura	Cornwall AC	Female under 35	08:16.2
78	0:51:40	NUGENT, Debbie	Carn Runners	Female Vet 50-54	08:18.7
79	0:51:43	IRELAND, Rob		Male Vet 45-49	08:19.2
80	0:52:05	DAVIS, Lydia	Newquay Road Runners	Female under 35	08:22.8
81	0:52:08	ELLIS, Andrew	Hayle Runners	Male Vet 40-44	08:23.3
82	0:52:10	PICK, Robert	East Cornwall Harriers	Male Vet 60-64	08:23.6
83	0:52:25	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	08:26.0
84	0:52:29	GIBBS, Lydia	Wold Veterans RC	Female Vet 40-44	08:26.6
85	0:52:37	HUTCHINSON, Stephen	Bude Rats	Male Vet 65-69	08:27.9
86	0:52:39	PRICE, Gareth		Male Vet 35-39	08:28.2
87	0:52:41	HARVEY, Ceri	Carn Runners	Female Vet 35-39	08:28.6
88	0:52:43	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	08:28.9
89	0:52:47	GOSSAN, John	Looe Pioneers	Male Vet 65-69	08:29.5
90	0:52:49	NANCARROW, Sue		Female Vet 45-49	08:29.8
91	0:52:55	HARVEY, Richard	Carn Runners	Male Vet 40-44	08:30.8
92	0:53:04	STEPHENS, Emma	Bodmin Road Runners	Female under 35	08:32.3
93	0:53:06	MAIDWELL-SMITH, Mark	Truro Running Club	Male Vet 55-59	08:32.6
94	0:53:08	WILLSHIRE, Simon	Bude Rats	Male Vet 45-49	08:32.9
95	0:53:16	NEWALL, Phil		Male Vet 50-54	08:34.2
96	0:53:17	GAY, Jennifer	Truro Running Club	Female under 35	08:34.4
97	0:53:24	DE ZORZI, Dino	St Austell Running Club	Male Vet 45-49	08:35.5
98	0:53:29	REAVES, David	Braintree	Male Vet 70-74	08:36.3
99	0:53:31	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	08:36.6
100	0:53:40	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	08:38.1
101	0:54:13	BROWN, Hannah		Female under 35	08:43.4
102	0:54:16	BLACKBURN, Amy	Mile High	Female under 35	08:43.8
103	0:54:18	THOMAS, Helen	Carn Runners	Female Vet 45-49	08:44.2
104	0:54:29	TOY, Scott		Male Vet 35-39	08:45.9
105	0:55:01	DRAGE, Stephen		Male Vet 45-49	08:51.1
106	0:55:04	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	08:51.6
107	0:55:29	BRYDON, Jackie	Bodmin Road Runners	Female Vet 50-54	08:55.6
108	0:55:46	EAGLING, Nigel	Truro Running Club	Male Vet 65-69	08:58.3
109	0:55:51	HARRIS, Geoff	Newquay Road Runners	Male Vet 55-59	08:59.1
110	0:55:58	BOLT, Karen	Bude Rats	Female Vet 50-54	09:00.3
111	0:56:00	MACKENZIE, Alan	Falmouth Road Runners	Male Vet 50-54	09:00.6
112	0:56:03	NEWALL, Adele		Female Vet 50-54	09:01.1
113	0:56:09	TURNER, Jim	Newquay Road Runners	Male Vet 60-64	09:02.0
114	0:56:34	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	09:06.0
115	0:56:35	CURRY, Morgan	Taunton AC	Male under 35	09:06.2
116	0:56:41	DUNCAN, Jeanette	Newquay Road Runners	Female Vet 55-59	09:07.2
117	0:56:41	TALLING, Sophie	Newquay Road Runners	Female under 35	09:07.2
118	0:56:41	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	09:07.2
119	0:56:46	SPARKES, Vicki	Bodmin Road Runners	Female under 35	09:08.0
120	0:56:50	PASCOE, Anna	Carn Runners	Female under 35	09:08.6
121	0:57:03	SPITERI, Dawn	St Austell Running Club	Female Vet 35-39	09:10.7
122	0:57:19	TAYLOR, Jeff		Male Vet 55-59	09:13.3

123	0:57:30	HAWKINS, Russell		Male Vet 40-44	09:15.1
124	0:57:31	CUTHBERT, Martin		Male Vet 40-44	09:15.2
125	0:57:44	ROBERTS, Michael		Male Vet 40-44	09:17.3
126	0:57:47	DREW, Peter	Carn Runners	Male Vet 65-69	09:17.8
127	0:57:47	DREW, Barry	Carn Runners	Male Vet 65-69	09:17.8
128	0:57:57	GOULD, Chris		Male Vet 40-44	09:19.4
129	0:58:03	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	09:20.4
130	0:58:21	TODD, Claire	St Austell Running Club	Female Vet 45-49	09:23.3
131	0:58:29	COX, Clive		Male Vet 55-59	09:24.6
132	0:58:40	SPINKS, Trevor		Male Vet 45-49	09:26.3
133	0:58:56	MUIR, Kate		Female under 35	09:28.9
134	0:59:25	WALLBANK, Rob	St Austell Running Club	Male under 35	09:33.6
135	0:59:36	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	09:35.3
136	1:00:01	HENWOOD, Phillip	Newquay Road Runners	Male Vet 40-44	09:39.4
137	1:00:05	WILKES, Judith	Falmouth Road Runners	Female Vet 50-54	09:40.0
138	1:00:06	JENKIN, Steve	Cornwall AC	Male Vet 40-44	09:40.2
139	1:00:12	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	09:41.1
140	1:00:12	STEPHENS, Jane	Bodmin Road Runners	Female Vet 45-49	09:41.1
141	1:00:13	ANDREWS, Benjamin		Male under 35	09:41.3
142	1:00:21	BULLEN, Debbie		Female Vet 50-54	09:42.6
143	1:00:24	BEARD, Sharon	Bodmin Road Runners	Female Vet 40-44	09:43.1
144	1:00:33	RICHARDS, Emma	Carn Runners	Female Vet 35-39	09:44.5
145	1:00:57	LONG, Fran	Hayle Runners	Female Vet 55-59	09:48.4
146	1:00:59	MORSE, Jackie	Mounts Bay Harriers	Female Vet 55-59	09:48.7
147	1:01:12	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	09:50.8
148	1:01:28	SAUNTER, Jenny	Bodmin Womens RC	Female Vet 50-54	09:53.4
149	1:01:30	THOMPSON, Jake		Male under 35	09:53.7
150	1:01:36	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 55-59	09:54.6
151	1:01:50	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	09:56.9
152	1:02:08	THOMPSON, Phil		Male Vet 50-54	09:59.8
153	1:02:15	BROWN, Roger	Mud Crew Trail Runners	Male Vet 45-49	10:00.9
154	1:02:28	MORSE, Nicky	Mounts Bay Harriers	Male Vet 55-59	10:03.0
155	1:02:39	RAYMENT, Claire		Female under 35	10:04.8
156	1:02:49	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 35-39	10:06.4
157	1:02:49	TRETHEWEY, Martin	St Austell Running Club	Male Vet 45-49	10:06.4
158	1:02:52	HEYWOOD, Peter	Looe Pioneers	Male Vet 70-74	10:06.9
159	1:03:22	CARDEW, Denise	Carn Runners	Female Vet 50-54	10:11.7
160	1:03:29	TILLEY, John	Bodmin Road Runners	Male Vet 60-64	10:12.8
161	1:03:30	WHELAN, Simon		Male Vet 40-44	10:13.0
162	1:04:16	LUCAS, Andrew	St Austell Running Club	Male Vet 50-54	10:20.4
163	1:04:31	BEGLEY, Liz	Truro Running Club	Female Vet 45-49	10:22.8
164	1:04:41	SPARGO, Philip	Truro Running Club	Male Vet 60-64	10:24.4
165	1:04:54	LAWTON, Jamie		Male Vet 35-39	10:26.5
166	1:04:54	SCHOLES, Claire	Truro Running Club	Female Vet 35-39	10:26.5
167	1:04:58	JAMESON, Judy	Carn Runners	Female Vet 55-59	10:27.1
168	1:05:03	LOVE, Heidi		Female Vet 40-44	10:27.9
169	1:05:28	ROBERTS, Joanne		Male Vet 40-44	10:32.0
170	1:05:36	JAMIESON, Sandy	Carn Runners	Female Vet 60-64	10:33.3
171	1:05:37	SULLIVAN, Paul		Male Vet 50-54	10:33.4
172	1:05:44	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	10:34.5
173	1:06:09	ROBERTS, Kevin		Male Vet 40-44	10:38.6
174	1:06:16	MULLEN, Shona	Truro Running Club	Female Vet 50-54	10:39.7
175	1:06:56	PITCHER, David	Tamar Trotters	Male Vet 55-59	10:46.1
176	1:07:05	BRENTON, Tara	Bodmin Road Runners	Female Vet 40-44	10:47.6
177	1:07:07	OSBORNE, Louise	Falmouth Road Runners	Female Vet 35-39	10:47.9
178	1:07:43	TAPHOUSE, Linsey	East Cornwall Harriers	Female under 35	10:53.7
179	1:08:20	VOSPER, Francis	Bodmin Road Runners	Male Vet 55-59	10:59.6
180	1:08:20	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	10:59.6
181	1:08:22	HICKS, Sabrina	Bodmin Road Runners	Female Vet 35-39	11:00.0
182	1:08:37	BENNETT, Shirley		Female Vet 35-39	11:02.4
183	1:08:42	BUSE, Zoe	Bodmin Road Runners	Female Vet 40-44	11:03.2
184	1:09:12	BURNETT, Kevin	Newquay Road Runners	Male Vet 60-64	11:08.0
185	1:09:30	BULLEN, Mark		Male Vet 50-54	11:10.9

186	1:09:38	ADAMS, Ric		Male Vet 55-59	11:12.2
187	1:10:03	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	11:16.2
188	1:10:21	MITCHELL, Samantha		Female Vet 50-54	11:19.1
189	1:10:50	CUSACK, Louise	Bodmin Womens RC	Female Vet 45-49	11:23.8
190	1:10:53	PAGANO, Angelina	St Austell Running Club	Female Vet 45-49	11:24.3
191	1:10:56	CROSSE, Lexie	Mounts Bay Harriers	Female under 35	11:24.7
192	1:11:16	WADE, Margaret	Carn Runners	Female Vet 60-64	11:28.0
193	1:11:24	SANDRY, Emma		Female Vet 40-44	11:29.3
194	1:11:27	POLLOCK, Ian		Male Vet 50-54	11:29.7
195	1:11:53	GREEN, Marie	Falmouth Road Runners	Female Vet 40-44	11:33.9
196	1:11:55	SLATER, Heidi		Female Vet 45-49	11:34.2
197	1:12:06	BAILEY, Alice		Female under 35	11:36.0
198	1:12:53	BOLT, Adrian	Truro Running Club	Male Vet 45-49	11:43.6
199	1:13:46	PASCOE, Colin		Male Vet 50-54	11:52.1
200	1:14:17	HAMBLEY, Sharon	Bodmin Womens RC	Female Vet 50-54	11:57.1
201	1:14:17	COX, Alison	Bodmin Womens RC	Female Vet 50-54	11:57.1
202	1:14:47	DREW, Carole	Carn Runners	Female Vet 65-69	12:01.9
203	1:15:24	SMITH, Mandy	St Austell Running Club	Female Vet 55-59	12:07.9
204	1:15:24	HOGG, Lorna	St Austell Running Club	Female Vet 45-49	12:07.9
205	1:15:52	LAKE, Christina	Falmouth Road Runners	Female Vet 55-59	12:12.4
206	1:16:32	CROCKER-WHITE, Sue	Bude Rats	Female Vet 50-54	12:18.8
207	1:16:43	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 50-54	12:20.6
208	1:16:44	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	12:20.7
209	1:17:02	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	12:23.6
210	1:17:07	RICHARDS, Clair		Female Vet 40-44	12:24.4
211	1:17:10	HOWARD, Sarah	Bodmin Womens RC	Female Vet 40-44	12:24.9
212	1:18:13	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	12:35.1
213	1:18:13	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 50-54	12:35.1
214	1:18:54	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	12:41.7
215	1:18:54	BAINES, Tracie		Female Vet 50-54	12:41.7
216	1:19:54	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:51.3
217	1:20:02	WILKINSON, Hannah	Carn Runners	Female under 35	12:52.6
218	1:22:27	MARSH, Kathryn	Carn Runners	Female Vet 40-44	13:15.9
219	1:22:34	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	13:17.1
220	1:24:25	TAYLOR, Sandra	Bodmin Womens RC	Female Vet 45-49	13:34.9
221	1:24:25	CARTHEW, Samantha	Bodmin Womens RC	Female Vet 40-44	13:34.9
222	1:27:54	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	14:08.5
223	1:27:55	BATEMAN, Dominic	Bodmin Road Runners	Male under 35	14:08.7