

## LANHYDROCK 10 – 21ST SEPTEMBER 2019

Position	Time	Name	Team	Category	Pace	No
1	1:03:50	GOODWAY, Dan	Truro Running Club	Male under 35	06:22.9	59
2	1:06:49	ALSOP, Dan	St Austell Running Club	Male Vet 40-44	06:40.8	197
3	1:07:08	STACEY, Doug	East Cornwall Harriers	Male Vet 40-44	06:42.7	72
4	1:07:22	MASTERS, Jamie	St Austell Running Club	Male under 35	06:44.1	7
5	1:08:10	MARPLES, Alex	Truro Running Club	Male Vet 40-44	06:48.9	202
6	1:08:18	HOWES, Dan	PB Running Club	Male Vet 40-44	06:49.7	4
7	1:08:58	HOWARD-ENDEAN, Jacob	St Austell Running Club	Male under 35	06:53.7	54
8	1:09:50	SOLE, Paul	Cornwall AC	Male Vet 40-44	06:58.9	64
9	1:10:09	BROWN, Jeremy	Bude Rats	Male Vet 45-49	07:00.8	56
10	1:13:19	AMY, Martin	St Petrocs Dragons Tri Club	Male Vet 35-39	07:19.8	101
11	1:13:30	TWIGGS, Tim	Mounts Bay Harriers	Male Vet 50-54	07:20.9	32
12	1:13:40	VINNICOMBE, Jason	Carn Runners	Male Vet 40-44	07:21.9	118
13	1:14:08	DANIELL, Jamie		Male under 35	07:24.7	201
14	1:14:12	BALL, Adrian	Cornwall AC	Male Vet 50-54	07:25.1	199
15	1:14:14	ANDREWARTHA, David	PB Running Club	Male under 35	07:25.3	154
16	1:14:37	STARKEY, Debbie	St Austell Running Club	Female Vet 45-49	07:27.6	185
17	1:14:53	DAVIES, Matt	East Cornwall Harriers	Male under 35	07:29.2	88
18	1:15:13	KEY, Andrew	Carn Runners	Male under 35	07:31.2	95
19	1:15:18	THOMAS, Philip		Male Vet 40-44	07:31.7	9
20	1:15:27	CROSSMAN, Jason	East Cornwall Harriers	Male Vet 40-44	07:32.6	74
21	1:15:58	MURRANT, Kieran	Falmouth Road Runners	Male under 35	07:35.7	169
22	1:16:29	CARDEW, Barrie	Carn Runners	Male Vet 60-64	07:38.8	73
23	1:16:53	SOLE, Amy	Cornwall AC	Female under 35	07:41.2	65
24	1:16:56	FENN, Dan	St Austell Running Club	Male Vet 40-44	07:41.5	152
25	1:17:43	HARTLEY, Simon		Male Vet 40-44	07:46.2	198
26	1:18:05	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	07:48.4	138
27	1:18:08	BRODEY, Peter William	Manchester Frontrunners	Male under 35	07:48.7	110
28	1:18:20	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:49.9	66
29	1:18:26	HALL, Craig	Carn Runners	Male Vet 45-49	07:50.5	191
30	1:18:49	STALLARD, Andy	Truro Running Club	Male Vet 55-59	07:52.8	41
31	1:19:05	HENDERSON, Mathew	St Austell Running Club	Male under 35	07:54.4	100
32	1:19:15	DUBARE, Ervin	St Austell Running Club	Male Vet 35-39	07:55.4	136
33	1:19:37	PHILP, Damian	Bodmin Road Runners	Male Vet 35-39	07:57.6	174
34	1:19:47	CAUGHEY, Shane	East Cornwall Harriers	Male under 35	07:58.6	63
35	1:20:07	CHASE, Andy	St Austell Running Club	Male under 35	08:00.6	39
36	1:20:21	HERDMAN, Allan	Tavistock AC	Male Vet 65-69	08:02.0	67
37	1:20:53	BAKER, Emma	Launceston Road Runners	Female under 35	08:05.2	126
38	1:21:16	HARRISON-WEBB, Debbie	Hayle Runners	Female Vet 45-49	08:07.5	33
39	1:21:40	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	08:09.9	99
40	1:21:45	SKEPLORN, James	Truro Running Club	Male Vet 35-39	08:10.4	140
41	1:21:57	ROBERTS, Jonathan	Launceston Road Runners	Male Vet 45-49	08:11.6	132
42	1:22:13	BAILEY, Andrew		Male Vet 45-49	08:13.2	145
43	1:22:16	PUDNEY, Chris	Newbury Athletic Club	Male Vet 55-59	08:13.5	147
44	1:22:33	OSBORNE, Barry	PB Running Club	Male Vet 45-49	08:15.2	111
45	1:22:44	MOUNTFORD, Frazer	Newquay Road Runners	Male Vet 35-39	08:16.3	107
46	1:22:52	WILLIAMS, Andy	Truro Running Club	Male Vet 45-49	08:17.1	156
47	1:23:07	KEARNEY, Peter	Carn Runners	Male Vet 55-59	08:18.6	52
48	1:23:32	NASH, Jenny	East Cornwall Harriers	Female Vet 55-59	08:21.1	179
49	1:23:51	BANBURY, Neil	Newquay Road Runners	Male Vet 40-44	08:23.0	97
50	1:23:56	LUSTY, Stephen		Male Vet 40-44	08:23.5	108
51	1:23:56	SCHUMANN, Lyal		Male Vet 40-44	08:23.5	146
52	1:23:58	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	08:23.7	16
53	1:24:46	BRAY, Vivian	Cornwall AC	Male Vet 50-54	08:28.5	127
54	1:24:51	HARTILL, Gail	Bodmin Road Runners	Female Vet 45-49	08:29.0	188
55	1:25:18	WALKER, Iain	St Austell Running Club	Male Vet 60-64	08:31.7	178
56	1:25:31	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	08:33.0	161
57	1:25:45	FERGUSON, Andrew	Truro Running Club	Male Vet 50-54	08:34.4	196
58	1:26:06	FLETCHER, Jon		Male Vet 35-39	08:36.5	181
59	1:26:13	DALE, Steve	Newquay Road Runners	Male Vet 40-44	08:37.2	103

60	1:26:14	STACEY, Hayley	East Cornwall Harriers	Female Vet 40-44	08:37.3	71
61	1:26:45	BUSCOMBE, Ross	St Austell Running Club	Male under 35	08:40.4	135
62	1:26:48	ROCHOWIAK, Robert	Carn Runners	Male Vet 55-59	08:40.7	81
63	1:26:51	TAYLOR, Lee-ann	Bude Rats	Female Vet 40-44	08:41.0	142
64	1:26:52	HICKS, Nigel		Male Vet 50-54	08:41.1	183
65	1:26:54	JAMES, Jenny		Female Vet 35-39	08:41.3	69
66	1:27:01	JEFFREY-JONES, Monique	Bodmin Womens RC	Female Vet 45-49	08:42.0	166
67	1:27:04	LANGSTAFF, Emma	Looe Pioneers	Female Vet 40-44	08:42.3	158
68	1:27:09	GOULD, Phil		Male Vet 40-44	08:42.8	77
69	1:27:13	THOMAS, Mark	Truro Running Club	Male Vet 45-49	08:43.2	190
70	1:27:15	TREBILCOCK, Liz	Truro Running Club	Female Vet 55-59	08:43.4	96
71	1:27:43	PICKERING, Justin		Male Vet 45-49	08:46.2	75
72	1:27:51	BOARDMAN, Antony	Bodmin Road Runners	Male Vet 45-49	08:47.0	61
73	1:29:02	COX, Clive		Male Vet 55-59	08:54.1	25
74	1:29:25	TREMEWAN, Perran		Male Vet 35-39	08:56.4	192
75	1:29:36	BRYANT, Jenny	Tavistock AC	Female Vet 50-54	08:57.5	149
76	1:30:00	HUTCHINSON, Stephen	Bude Rats	Male Vet 65-69	08:59.9	27
77	1:31:18	ATKINSON, Richard	Plymouth Harriers	Male Vet 50-54	09:07.7	117
78	1:31:22	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	09:08.1	195
79	1:31:35	MOORE, Andy	Hayle Runners	Male Vet 60-64	09:09.4	34
80	1:31:52	GREGORY, Amy	Newquay Road Runners	Female under 35	09:11.1	104
81	1:31:59	ELLEN, Emily	Hayle Runners	Female Vet 35-39	09:11.8	186
82	1:32:30	FULLER, Darrell	St Petrocs Dragons Tri Club	Male Vet 50-54	09:14.9	194
83	1:32:47	HILL, Sarah	Newquay Road Runners	Female Vet 45-49	09:16.6	105
84	1:33:01	TAPSELL, Jo	Bodmin Womens RC	Female Vet 45-49	09:18.0	139
85	1:33:22	JOHNS, Emma	St Austell Running Club	Female Vet 35-39	09:20.1	86
86	1:33:23	WHELL, Lisa		Female Vet 35-39	09:20.2	84
87	1:33:34	BALDWIN, Mike	Hayle Runners	Male Vet 55-59	09:21.3	24
88	1:33:38	OLIVER, Simon	Ilfracombe RC	Male Vet 60-64	09:21.7	176
89	1:33:48	WILLIAMS, Amy	East Cornwall Harriers	Female Vet 35-39	09:22.7	46
90	1:33:55	MOORE, Jane	St Austell Running Club	Female Vet 55-59	09:23.3	98
91	1:34:02	HICK, Louise		Female under 35	09:24.0	148
92	1:34:06	FINNIMORE, Clive	Looe Pioneers	Male Vet 40-44	09:24.4	82
93	1:34:11	BARNFIELD, Marty		Male Vet 45-49	09:24.9	203
94	1:34:15	ATKINSON, Milly		Female under 35	09:25.3	116
95	1:35:18	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	09:31.6	42
96	1:35:29	BURROWS, Robert	Mounts Bay Harriers	Male Vet 65-69	09:32.7	55
97	1:35:33	CARTER, Anna	Newquay Road Runners	Female under 35	09:33.1	102
98	1:36:36	BARRETT, Ron	Mud Crew Trail Runners	Male Vet 55-59	09:39.4	200
99	1:36:41	HERYET, Nicole	Tavistock AC	Female Vet 45-49	09:39.9	187
100	1:36:43	HIRST, Amanda		Female Vet 40-44	09:40.1	131
101	1:37:16	JENKINS, Stephen		Male Vet 50-54	09:43.4	85
102	1:37:23	TREPIDGO, Steve	St Austell Running Club	Male Vet 40-44	09:44.1	8
103	1:37:24	BEER, Samantha		Female Vet 45-49	09:44.2	83
104	1:37:52	MERRETT, Trish	Hayle Runners	Female Vet 50-54	09:47.0	121
105	1:38:19	SPEAKE, Georgina	St Austell Running Club	Female Vet 40-44	09:49.7	29
106	1:38:22	FERKIN, Charmaine		Female Vet 40-44	09:50.0	128
107	1:38:25	MAY, Greg	Carn Runners	Male Vet 35-39	09:50.3	36
108	1:38:27	REED, Michael	Bodmin Road Runners	Male Vet 50-54	09:50.5	130
109	1:38:38	CLEAVER, Nick	Bude Rats	Male Vet 60-64	09:51.6	20
110	1:38:45	OLLIVIER, Louise	Hayle Runners	Female Vet 50-54	09:52.3	31
111	1:39:31	STEDMAN, Jane	100 Marathon Club	Female Vet 55-59	09:56.9	22
112	1:39:36	STUBBERFIELD, Gareth		Male Vet 50-54	09:57.4	175
113	1:39:45	PIPER, Jacqueline	Lonely Goats RC	Female Vet 50-54	09:58.3	45
114	1:40:00	WARREN, Diane	Hayle Runners	Female Vet 65-69	09:59.8	35
115	1:40:31	SEAMAN, Stuart		Male Vet 55-59	10:02.9	184
116	1:40:34	ZINN, Avril		Female under 35	10:03.2	133
117	1:40:41	WILCOX, David	Truro Running Club	Male Vet 40-44	10:03.9	19
118	1:41:07	DOWLING, Simon	Bude Rats	Male Vet 45-49	10:06.5	189
119	1:41:19	MUDD, Calvin	Bodmin Road Runners	Male Vet 45-49	10:07.7	160
120	1:41:20	DOMENEY, Matthew	Canicross Cornwall	Male Vet 45-49	10:07.8	159
121	1:41:23	BROWN, Lorraine	Truro Running Club	Female Vet 45-49	10:08.1	2
122	1:41:33	DREW, Peter	Carn Runners	Male Vet 70+	10:09.1	62

123	1:41:35	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	10:09.3	18
124	1:41:56	MATTHEWS, Natalie		Female Vet 35-39	10:11.4	53
125	1:41:56	OXENHAM, Julie	Bodmin Road Runners	Female Vet 45-49	10:11.4	48
126	1:42:53	ROBERTS, Kate	St Austell Running Club	Female Vet 40-44	10:17.1	58
127	1:42:59	MORSE, Nicky	Bys Vyken	Male Vet 60-64	10:17.7	14
128	1:43:01	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	10:17.9	6
129	1:43:22	DAYKIN, Bruce		Male Vet 40-44	10:20.0	37
130	1:43:23	STEWART, Juliet	Truro Running Club	Female Vet 50-54	10:20.1	76
131	1:44:08	HARRINGTON, Mark	Carn Runners	Male Vet 55-59	10:24.6	143
132	1:44:24	WARRINGTON, Danny	PB Running Club	Male Vet 45-49	10:26.2	112
133	1:45:13	KEATING, Merlin	St Austell Running Club	Male Vet 45-49	10:31.1	28
134	1:45:22	MERRETT, Graham	Hayle Runners	Male Vet 60-64	10:32.0	120
135	1:45:30	O'DONNELL, Colin	Bodmin Road Runners	Male Vet 60-64	10:32.8	162
136	1:45:42	WELCH, Adam	Lonely Goats RC	Male Vet 60-64	10:34.0	165
137	1:45:57	DREW, Barry	Carn Runners	Male Vet 70+	10:35.5	47
138	1:46:18	THOMAS, Chloe	Newquay Par AC	Female Vet 40-44	10:37.6	177
139	1:46:38	TAYLOR, Eleanor	Teignbridge Trotters	Female Vet 60-64	10:39.6	163
140	1:46:50	GRIFFITHS, Mitch		Male under 35	10:40.8	204
141	1:47:00	TUTIN, Judith		Female Vet 35-39	10:41.8	180
142	1:47:49	HEATLEY, Lizz		Female Vet 35-39	10:46.7	164
143	1:48:00	EVANS, Des	Newquay Road Runners	Male Vet 70+	10:47.8	5
144	1:48:05	BULL, Sharon		Female Vet 50-54	10:48.3	182
145	1:48:20	TILLEY, John	Bodmin Road Runners	Male Vet 65-69	10:49.8	51
146	1:48:27	TULLY, Claire	Bodmin Womens RC	Female Vet 45-49	10:50.5	155
147	1:48:46	EGGINGTON, Liz	East Cornwall Harriers	Female Vet 50-54	10:52.4	70
148	1:48:46	LEAN, Dave	East Cornwall Harriers	Male Vet 55-59	10:52.4	109
149	1:48:50	SMITH, Graham	Falmouth Road Runners	Male Vet 55-59	10:52.8	11
150	1:48:59	MAUNDER, Kathryn		Female Vet 45-49	10:53.7	124
151	1:49:04	MORSE, Jackie	Bys Vyken	Female Vet 55-59	10:54.2	13
152	1:49:14	PAGE, Caroline		Female Vet 45-49	10:55.2	78
153	1:49:44	DUNN, Michelle	St Austell Running Club	Female under 35	10:58.2	50
154	1:50:10	GARROD, Zoe		Female under 35	11:00.8	173
155	1:50:11	ROTHWELL, Emma		Female Vet 35-39	11:00.9	172
156	1:50:31	BROWN, Andrew	Truro Running Club	Male Vet 55-59	11:02.9	1
157	1:50:37	VERRAN, Katrina	Bodmin Road Runners	Female Vet 40-44	11:03.5	49
158	1:51:04	FELL, Kim	St Austell Running Club	Female under 35	11:06.2	115
159	1:51:24	MAUNDER, Tom		Male Vet 40-44	11:08.2	123
160	1:51:35	PHILLIPS, Ruth	Hayle Runners	Female Vet 45-49	11:09.3	94
161	1:51:48	BAKER, Phillipa	Launceston Road Runners	Female Vet 60-64	11:10.6	17
162	1:52:09	MCFADDEN, Tracy	Bodmin Womens RC	Female Vet 55-59	11:12.7	157
163	1:52:43	SUDELL, John	East Cornwall Harriers	Male Vet 60-64	11:16.1	114
164	1:52:55	BRENTON, Nicky		Female Vet 50-54	11:17.3	193
165	1:53:08	RINGER, Ian	Bodmin Road Runners	Male Vet 70+	11:18.6	21
166	1:54:30	RESCORL, Susan	Bodmin Womens RC	Female Vet 55-59	11:26.8	129
167	1:54:30	COX, Alison	Bodmin Womens RC	Female Vet 55-59	11:26.8	87
168	1:54:30	RICHARDSON, Louise	Bodmin Womens RC	Female Vet 40-44	11:26.8	144
169	1:55:33	DALES, Emma	East Cornwall Harriers	Female Vet 55-59	11:33.1	141
170	1:56:19	WATTS, Hannah	St Austell Running Club	Female under 35	11:37.7	170
171	1:56:20	GIBBS, Debbie	St Austell Running Club	Female Vet 50-54	11:37.8	171
172	1:56:43	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 60-64	11:40.1	12
173	1:57:08	JAMESON, Judy	Carn Runners	Female Vet 60-64	11:42.6	38
174	1:57:55	REEKS, Kayleigh	PB Running Club	Female under 35	11:47.3	153
175	1:59:17	VINNICOMBE, Caroline	Cornwall AC	Female Vet 45-49	11:55.5	119
176	1:59:19	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	11:55.7	80
177	1:59:21	RUSSELL, Fiona	Truro Running Club	Female Vet 50-54	11:55.9	40
178	1:59:24	MANKEE, Emma	Carn Runners	Female Vet 50-54	11:56.2	137
179	2:00:30	BLEWETT, Natalie	Carn Runners	Female Vet 35-39	12:02.8	125
180	2:00:30	RICHARDS, Clair	Carn Runners	Female Vet 40-44	12:02.8	134
181	2:01:00	HATWELL, Claire	Lonely Goats RC	Female Vet 35-39	12:05.8	10
182	2:01:41	PAGE, Spencer		Male Vet 50-54	12:09.9	79
183	2:01:50	MILLS, Tracey	Okehampton RC	Female Vet 50-54	12:10.8	90
184	2:01:50	CORNWALL, Carole	Okehampton RC	Female Vet 50-54	12:10.8	91
185	2:01:51	SPEAK, Katy	Okehampton RC	Female Vet 55-59	12:10.9	92

186	2:01:59	ALBON, Gary	Tavistock AC	Male Vet 55-59	12:11.7	68
187	2:03:39	WADE, Margaret	Carn Runners	Female Vet 65-69	12:21.7	15
188	2:03:53	NELSON, Sadie	PB Running Club	Female Vet 40-44	12:23.1	113
189	2:06:10	NEWMAN, Charlotte		Female under 35	12:36.8	150
190	2:13:43	LAW, Susan		Female Vet 55-59	13:22.1	167
191	2:13:43	WATSON, Angela		Female Vet 45-49	13:22.1	168
192	2:20:21	BOLT, Adrian	Truro Running Club	Male Vet 50-54	14:01.9	26
193	2:26:06	EASTERBROOK, Nicola		Female Vet 35-39	14:36.4	44
194	2:27:22	HUGHES, Ruth		Female under 35	14:44.0	151
195	2:27:55	STEDMAN, John	Bodmin Road Runners	Male Vet 55-59	14:47.3	23
196	2:27:56	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	14:47.4	205