

**Duchy Athletic Network & Cornwall County 5000m Championships**

**Thursday 23<sup>rd</sup> May 2019**

**RACE 1 - Cornwall Championships**

<b><u>Position</u></b>	<b><u>Time</u></b>	<b><u>Name</u></b>	<b><u>Team</u></b>	<b><u>Cat</u></b>	<b><u>Pace</u></b>
1	0:15:12	CLAY, Jordan	Cornwall AC	Seniors Men	04:53.4
2	0:15:31	GOODCHILD, Samuel	Cornwall AC	U20 Men	04:59.6
3	0:16:16	WRIGHT, Oli	Cornwall AC	Seniors Men	05:14.0
4	0:16:39	MARTIN, Andrew	Mile High	Seniors Men	05:21.4
5	0:16:41	HANLEY, Ryan	Cornwall AC	Seniors Men	05:22.1
6	0:16:41	WHEAR, Paul	Cornwall AC	Seniors Men	05:22.1
7	0:16:59	GUPTA, Abhik	Cornwall AC	U20 Men	05:27.9
8	0:17:14	DANIELS, Alex	Newquay Road Runners	Seniors Men	05:32.7
9	0:17:20	PAGET, John	Mile High	Seniors Men	05:34.6
10	0:17:21	TREGENZA, Heidi	Cornwall AC	Women	05:34.9
11	0:17:26	ROWE, Liam	Tri Logic	Seniors Men	05:36.6
12	0:17:33	BARNET, James	Falmouth RR	Seniors Men	05:38.8
13	0:17:43	RAILTON, Matthew	Cornwall AC	U20 Men	05:42.0
14	0:17:45	STEPTO Emma	Cornwall AC	Women	05:42.7
15	0:18:01	WRIGHT, Ian		Seniors Men	05:47.8
16	0:18:02	SELLORS, Tristan		Seniors Men	05:48.1
17	0:18:10	MURRANT, Kieran	Falmouth RR	Seniors Men	05:50.7
18	0:18:23	MANNING, James	Hayle Runners	Seniors Men	05:54.9
19	0:19:00	ANDREWARTHA, David	PB Running	Seniors Men	06:06.8
20	0:20:05	TREGENZA, Martin		Seniors Men	06:27.7

**RACE 2**

<b><u>Position</u></b>	<b><u>Time</u></b>	<b><u>Name</u></b>	<b><u>Team</u></b>	<b><u>Cat</u></b>	<b><u>Pace</u></b>
1	0:17:13	COSTELLO, Daniel	Hayle Runners	Seniors Men	05:32.4
2	0:18:08	SWIFT, Nigel	Newquay RR	Seniors Men	05:50.1
3	0:18:20	BUSCOMBE, Charles	Newquay RR	Seniors Men	05:53.9
4	0:18:27	WEBB, Jonathan	Cornwall AC	Seniors Men	05:56.2
5	0:18:42	CHIRGWIN, Rob	Truro Running Club	Seniors Men	06:01.0
6	0:18:50	WILLS, David	Falmouth RR	Seniors Men	06:03.6
7	0:18:52	WILDING, David	Hayle Runners	Seniors Men	06:04.2
8	0:19:04	WALKER, Chris	Newquay RR	Seniors Men	06:08.1
9	0:19:54	POOL, Oliver	Truro Running Club	Seniors Men	06:24.2
10	0:19:58	ERICS, George	Hayle Runners	Seniors Men	06:25.5
11	0:19:59	VAN DER WARDT, Derk	Cornwall AC	Seniors Men	06:25.8
12	0:20:00	BATTY, Michael	Newquay RR	Seniors Men	06:26.1
13	0:20:06	ENGLAND, Frederick	Hayle Runners		06:28.0
14	0:20:07	EVA, Nathaniel	Hayle Runners		06:28.4
15	0:20:09	WATSON, Robin	Falmouth RR	Seniors Men	06:29.0
16	0:20:10	BATHE, Colin	Truro Running Club	Seniors Men	06:29.3
17	0:20:32	DIXON, Eleanor	Newquay RR	Women	06:36.4
18	0:20:41	WILSON, Matthew	Cornwall AC	Seniors Men	06:39.3

19	0:20:42	JOHNS, Matt	JP Fitness Cornwall	Seniors Men	06:39.6
20	0:20:43	CARTER, Lee	Newquay RR	Seniors Men	06:40.0
21	0:20:46	THOMAS, Mark	Cornwall AC	Seniors Men	06:40.9
22	0:20:57	STANFORD, Joe	Truro Running Club	Seniors Men	06:44.5
23	0:21:05	ROGERS, Laura	Cornwall AC	Women	06:47.0
24	0:21:28	BREEN, Donal	Truro Running Club	Seniors Men	06:54.4
25	0:21:31	ALLEN, Peter	Newquay RR	Seniors Men	06:55.4
26	0:21:42	BENHAM, Andrew	Mud Crew	Seniors Men	06:58.9
27	0:21:48	WALTER, Karen	Newquay RR	Women	07:00.9
28	0:21:49	MCKENZIE, Tracy	Newquay RR	Women	07:01.2
29	0:22:12	OSBORNE, Barry	PB Running	Seniors Men	07:08.6
30	0:22:13	COLLETT, Richard	Hayle Runners	Seniors Men	07:08.9

### Race 3

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Team</u>	<u>Cat</u>	<u>Pace</u>
1	0:20:41	HAMMOND, Peter	Cornwall AC	Seniors Men	06:39.3
2	0:22:36	STEPTO, Brett	Cornwall AC	Seniors Men	07:16.3
3	0:22:56	HORTON, John	Newquay Par AC	Seniors Men	07:22.8
4	0:23:29	KEOUGH, Kelly	Newquay RR	Women	07:33.4
5	0:23:35	GREGORY, Amy	Newquay RR	Women	07:35.3
6	0:24:52	HOWARD, Tiffany	Cornwall AC	Women	08:00.1
7	0:25:11	SAVIN, Nick	Newquay RR	Seniors Men	08:06.2
8	0:25:47	CRANFORD, Geuo		Seniors Men	08:17.8
9	0:26:43	GRAY, Charlie	Newquay RR	Women	08:35.8
10	0:27:08	HADEN, Heidi	Cornwall AC	Women	08:43.8
11	0:27:50	TRERISE, Catherine	Cornwall AC	Women	08:57.4
12	0:28:41	HORTON, Becky	Newquay RR	Women	09:13.8