

TREPOLPEN SEYTHIN 10K – 31ST MARCH 2019

Position	Time	Name	Team	Category	Pace	No
1	0:39:38	LOEWENDAHL, Nick	St Austell Running Club	Male Vet 35-39	06:22.6	160
2	0:40:21	WILLIAMS, Jamie	City of Plymouth	Male under 35	06:29.5	188
3	0:40:40	STACEY, Doug	East Cornwall Harriers	Male Vet 40-44	06:32.6	177
4	0:41:48	PARRY, Simon		Male Vet 45-49	06:43.5	61
5	0:42:23	PREWETT, George	Tamar Trotters	Male under 35	06:49.1	172
6	0:42:51	RIJAARSDAM, Jurrien		Male under 35	06:53.6	180
7	0:43:01	DAVIDSON, Mark	East Cornwall Harriers	Male Vet 50-54	06:55.2	181
8	0:44:55	HAIR, Sherrie	Honiton R C	Female Vet 35-39	07:13.6	24
9	0:44:58	MOGRIDGE, Russ	Erme Valley Harriers	Male Vet 55-59	07:14.1	129
10	0:45:06	CASES, Dan		Male under 35	07:15.4	176
11	0:45:27	CHAPMAN, Mick	Mile High	Male Vet 55-59	07:18.7	82
12	0:45:34	PHILP, David	East Cornwall Harriers	Male Vet 55-59	07:19.9	108
13	0:45:39	GRONWALT, Ian	PB Running Club	Male Vet 50-54	07:20.7	66
14	0:45:57	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:23.6	1
15	0:45:58	DAVIES, Matt	East Cornwall Harriers	Male under 35	07:23.7	106
16	0:46:47	CROWLE, Cadan	East Cornwall Harriers	Male under 35	07:31.6	138
17	0:47:42	MONTAGUE, Julian		Male Vet 40-44	07:40.5	18
18	0:47:44	GRZENDA, Matthew	Plymouth Musketeers	Male Vet 40-44	07:40.8	164
19	0:47:45	HOLROYD, Leo	Ifracombe RC	Male under 35	07:40.9	29
20	0:47:46	CROWLE, Arron	East Cornwall Harriers	Male under 35	07:41.1	187
21	0:47:54	PHILP, Damian	Bodmin Road Runners	Male Vet 35-39	07:42.4	183
22	0:48:06	NASH, Jenny	East Cornwall Harriers	Female Vet 55-59	07:44.3	86
23	0:48:12	PATTERSON, Kaye	East Cornwall Harriers	Female under 35	07:45.3	14
24	0:48:26	GARAGHON, Jordan	Looe Pioneers	Male under 35	07:47.5	170
25	0:49:31	KEARNS, Joe	East Cornwall Harriers	Male Vet 55-59	07:58.0	145
26	0:49:36	GIBSON, Mandy	Looe Pioneers	Female Vet 40-44	07:58.8	55
27	0:49:51	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	08:01.2	110
28	0:49:58	LEA, Alex	Plymouth Musketeers	Male under 35	08:02.3	88
29	0:50:09	THRIFT, Laurie	East Cornwall Harriers	Male Vet 65-69	08:04.1	5
30	0:50:22	DOWRICK, Beverley	Plymstock Road Runners	Female Vet 40-44	08:06.2	134
31	0:50:29	NICHOLLS, Martin	East Cornwall Harriers	Male Vet 45-49	08:07.3	68
32	0:50:31	SIMPSON, David		Male Vet 55-59	08:07.6	51
33	0:50:51	ROSS, Duncan	Plymouth Coasters	Male Vet 40-44	08:10.9	171
34	0:51:12	STACEY, Hayley	East Cornwall Harriers	Female Vet 40-44	08:14.2	115
35	0:51:18	MONTAGUE, Fiona	Tamar Trotters	Female Vet 40-44	08:15.2	17
36	0:51:37	ALLBUTT, Gary	Plymouth Musketeers	Male Vet 50-54	08:18.3	165
37	0:51:54	YOUNG, Emily	East Cornwall Harriers	Female Vet 45-49	08:21.0	148
38	0:52:04	THOMAS, Mark	Truro Running Club	Male Vet 45-49	08:22.6	21
39	0:52:18	HARTILL, Gail	Bodmin Road Runners	Female Vet 45-49	08:24.9	74
40	0:52:44	LONG, Simon	East Cornwall Harriers	Male Vet 50-54	08:29.0	163
41	0:52:52	EGGINTON, Michael	East Cornwall Harriers	Male Vet 55-59	08:30.3	38
42	0:53:00	NOTTLE, Chris	East Cornwall Harriers	Male under 35	08:31.6	107
43	0:53:07	FINNIMORE, Clive		Male Vet 40-44	08:32.7	158
44	0:53:18	MILLS, Jenny	Launceston Road Runners	Female Vet 70-74	08:34.5	37
45	0:53:18	BRACE, Dani		Female under 35	08:34.5	50
46	0:53:32	GOUNDRY, Andrew	Mud Crew Trail Runners	Male Vet 50-54	08:36.8	34
47	0:53:34	BOARDMAN, Antony		Male Vet 45-49	08:37.1	105
48	0:53:52	O'BRIEN, Kate		Female under 35	08:40.0	47
49	0:53:53	PERSSON, Andreas		Male Vet 40-44	08:40.1	184
50	0:54:11	WILLIAMSON, Jay		Male under 35	08:43.0	189
51	0:54:17	LEE, Ollie		Male Vet 35-39	08:44.0	70
52	0:54:26	WILSHER, Rachael	Bodmin Road Runners	Female Vet 55-59	08:45.5	149
53	0:54:33	MULROY, Caitlin	Cornwall AC	Female under 35	08:46.6	144
54	0:54:35	GOODSPEED, Laura		Female under 35	08:46.9	179
55	0:54:35	GOODSPEED, David		Male under 35	08:46.9	178
56	0:54:52	MITCHELL, Debbie	Hayle Runners	Female Vet 40-44	08:49.6	44
57	0:55:00	DAVIDSON, Claire	Tamar Trotters	Female Vet 50-54	08:50.9	175
58	0:55:38	MERRETT, Trish	Hayle Runners	Female Vet 50-54	08:57.0	54
59	0:56:14	GRIBBEN, Lorraine		Female Vet 45-49	09:02.8	100

60	0:56:18	POPE, Nick	Looe Pioneers	Male Vet 55-59	09:03.5	123
61	0:56:20	CHILCOTT, Ian	Plymouth Coastal Runners	Male Vet 50-54	09:03.8	167
62	0:56:24	LUCAS, Andrew	Mud Crew Trail Runners	Male Vet 50-54	09:04.4	93
63	0:56:29	STOBART, Matthew		Male Vet 55-59	09:05.2	87
64	0:56:35	CUDLIPP, Mark	Falmouth Road Runners	Male under 35	09:06.2	109
65	0:56:39	PARRY, Scott		Male Vet 45-49	09:06.9	85
66	0:56:53	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	09:09.1	28
67	0:56:59	BAKER, Emma	Looe Pioneers	Female Vet 45-49	09:10.1	174
68	0:57:00	BALDWIN, Mike	Hayle Runners	Male Vet 55-59	09:10.2	43
69	0:57:00	MOORE, Daniel		Male under 35	09:10.2	155
70	0:57:05	REED, Michael	Bodmin Road Runners	Male Vet 50-54	09:11.0	168
71	0:57:10	MOGRIDGE, Katy	Erme Valley Harriers	Female Vet 55-59	09:11.8	130
72	0:57:19	PERRY-SMITH, Helen	Plymouth Coasters	Female under 35	09:13.3	94
73	0:57:22	ORGAN, Michael		Male Vet 55-59	09:13.8	153
74	0:57:26	KERNAGHAN, Robert	RC	Male Vet 45-49	09:14.4	111
75	0:57:34	JAMIESON, Craig	East Cornwall Harriers	Male Vet 55-59	09:15.7	104
76	0:57:44	ADAMS, Elaine	Hayle Runners	Female Vet 40-44	09:17.3	45
77	0:57:49	CORK, Michael	Plymouth Coasters	Male Vet 60-64	09:18.1	152
78	0:57:59	WARREN, Diane	Hayle Runners	Female Vet 60-64	09:19.7	46
79	0:58:45	MEEHAN, Shane		Male Vet 35-39	09:27.1	80
80	0:59:26	ANDERSON, Jon		Male Vet 45-49	09:33.7	132
81	0:59:33	ZINN, Avril		Female under 35	09:34.9	57
82	0:59:33	MUDD, Calvin		Male Vet 45-49	09:34.9	150
83	0:59:35	MACE, Grahame		Male Vet 45-49	09:35.2	154
84	0:59:39	GILBERT, Cara		Female Vet 40-44	09:35.8	16
85	0:59:56	BENSON, Alison		Female Vet 55-59	09:38.6	65
86	0:59:58	ALEXANDER, Tanya	Holbeton Harriers	Female Vet 35-39	09:38.9	126
87	1:00:00	MATTHEWS, Natalie		Female Vet 35-39	09:39.2	182
88	1:00:02	WARRINGTON, Trystan	The Gribbiners	Male Vet 40-44	09:39.5	83
89	1:00:14	MILLER, Iain		Male Vet 35-39	09:41.4	113
90	1:00:28	WOOLLETT, Mandy	Looe Pioneers	Female Vet 45-49	09:43.7	48
91	1:00:53	PALMER, Siobhan		Female Vet 35-39	09:47.7	6
92	1:01:02	WILLIAMS, Nikki	Looe Pioneers	Female Vet 40-44	09:49.2	25
93	1:01:05	HUMPHREYS, Victoria		Female under 35	09:49.7	122
94	1:01:08	LAWES, Helen	Looe Pioneers	Female Vet 45-49	09:50.1	59
95	1:01:09	PICKARD, David	Launceston Road Runners	Male Vet 60-64	09:50.3	96
96	1:01:09	PICKARD, Linda	Launceston Road Runners	Female Vet 55-59	09:50.3	97
97	1:01:14	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	09:51.1	15
98	1:01:27	DREW, Barry	Carn Runners	Male Vet 70-74	09:53.2	124
99	1:01:31	CRAWFORD, Nicholas		Male Vet 50-54	09:53.8	36
100	1:01:57	MERRETT, Graham	Hayle Runners	Male Vet 60-64	09:58.0	71
101	1:02:16	MOXHAM, Rhian	East Cornwall Harriers	Female Vet 35-39	10:01.1	116
102	1:02:24	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	10:02.4	41
103	1:02:26	WILTON, Lisa		Female Vet 40-44	10:02.7	185
104	1:02:27	WHITLEY, Caroline		Female Vet 35-39	10:02.8	91
105	1:02:39	WILTON, David	Falmouth Road Runners	Male Vet 60-64	10:04.8	102
106	1:02:45	PALMER, Michael	East Cornwall Harriers	Male Vet 70-74	10:05.7	4
107	1:02:59	DYER, Dawn		Female Vet 55-59	10:08.0	12
108	1:03:02	BURTOFT, John		Male Vet 40-44	10:08.5	141
109	1:03:05	ARGUE, Tanya	Bere Alston Trekkers	Female Vet 45-49	10:09.0	139
110	1:03:05	HICKS, Derek	Bere Alston Trekkers	Male Vet 65-69	10:09.0	161
111	1:03:21	FELDWICK, Amy		Female under 35	10:11.5	31
112	1:03:37	ASHTON, Debbie	Bere Alston Trekkers	Female Vet 45-49	10:14.1	120
113	1:03:37	ASHTON, Paul	Tamar Trail Runners	Male Vet 50-54	10:14.1	143
114	1:03:38	WALSH, Steve	East Cornwall Harriers	Male Vet 50-54	10:14.3	133
115	1:03:52	LUFF, Anna	Torrington AAC	Female under 35	10:16.5	125
116	1:03:52	BROAD, Sharon		Female under 35	10:16.5	131
117	1:03:58	ADDISON, Peter	Ilfracombe RC	Male Vet 50-54	10:17.5	26
118	1:04:00	WONES, Sophie	Looe Pioneers	Female under 35	10:17.8	92
119	1:04:00	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	10:17.8	95
120	1:04:19	WHITE, Laura		Female Vet 35-39	10:20.9	32
121	1:04:24	EGGINTON, Lowen		Male under 35	10:21.7	19
122	1:04:46	THOMAS, Hannah	Truro Running Club	Female Vet 45-49	10:25.2	20

123	1:05:11	CHAMBERS, Anita	Plymouth Musketeers	Female Vet 55-59	10:29.2	30
124	1:05:32	LONG, Fran	Hayle Runners	Female Vet 55-59	10:32.6	118
125	1:05:34	EGGINTON, Liz	East Cornwall Harriers	Female Vet 50-54	10:32.9	39
126	1:05:44	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	10:34.5	112
127	1:05:46	PALMER, Stefan	Bodmin Road Runners	Male Vet 45-49	10:34.9	140
128	1:06:12	MULLARKEY, Mary	East Cornwall Harriers	Female Vet 70-74	10:39.0	72
129	1:06:32	DURRELL, Katie	Plymouth Coasters	Female Vet 45-49	10:42.3	98
130	1:06:44	WILLIAMSON, Jodie	Taunton All Blacks	Female Vet 35-39	10:44.2	27
131	1:06:55	WALMSLEY, Caroline		Female Vet 35-39	10:46.0	23
132	1:07:16	ELLIOTT, Rachael		Female under 35	10:49.3	159
133	1:07:23	EGGINTON, Nicola		Female under 35	10:50.5	40
134	1:07:52	HARTSHORN, Suzie		Female Vet 45-49	10:55.1	186
135	1:08:22	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	11:00.0	81
136	1:08:39	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	11:02.7	173
137	1:09:24	DEARY, Jane	Rame Runners	Female Vet 55-59	11:09.9	11
138	1:09:24	HARTE-LATREMOILLE, Samantha	Bere Alston Trekkers	Female Vet 40-44	11:09.9	121
139	1:09:33	KING, Rebecca		Female Vet 45-49	11:11.4	146
140	1:09:33	WELLS, Tim		Male Vet 45-49	11:11.4	151
141	1:09:42	TUCKER, Rebecca		Female Vet 35-39	11:12.8	156
142	1:09:42	TUCKER, Mark		Male Vet 45-49	11:12.8	157
143	1:10:45	JONAS, Michelle	Bere Alston Trekkers	Female Vet 35-39	11:23.0	137
144	1:11:36	CROWLE, Kim		Female Vet 40-44	11:31.2	77
145	1:11:47	ANDERSON, Mandy		Female Vet 45-49	11:33.0	166
146	1:12:16	GRIBBEN, Iain		Male Vet 55-59	11:37.6	101
147	1:12:25	BUNT, Charlotte	East Cornwall Harriers	Female Vet 35-39	11:39.1	114
148	1:12:54	VIGG , David	Holbeton Harriers	Male Vet 45-49	11:43.7	127
149	1:13:12	LEAN, Dave	East Cornwall Harriers	Male Vet 55-59	11:46.6	42
150	1:13:12	KEMP, Mandy	Looe Pioneers	Female Vet 60-64	11:46.6	67
151	1:13:52	COLLERIDGE, Steven	Storm Running Plymouth	Male Vet 60-64	11:53.1	73
152	1:14:16	DRANSFIELD, George	Tamar Trotters	Male Vet 75-79	11:56.9	169
153	1:15:21	MARTIN, Samantha	Plymouth Musketeers	Female Vet 45-49	12:07.4	3
154	1:15:21	MARTIN, Gary	Plymouth Musketeers	Male Vet 45-49	12:07.4	2
155	1:15:21	KING, Louise	Plymouth Musketeers	Female Vet 50-54	12:07.4	7
156	1:15:21	KING, Bryan	Plymouth Musketeers	Male Vet 65-69	12:07.4	8
157	1:19:03	BOND, Zoe	Rock up and Run	Female Vet 40-44	12:43.1	128
158	1:19:03	CAPSTACK, Paul		Male Vet 55-59	12:43.1	117
159	1:20:59	SIMMONS, Ruth	St Austell Running Club	Female Vet 45-49	13:01.8	49
160	1:20:59	NICHOLAS, Hilary	St Austell Running Club	Female Vet 55-59	13:01.8	33
161	1:21:46	HICKS, Yvonne	Bere Alston Trekkers	Female Vet 60-64	13:09.3	162
162	1:25:22	WRIGHT, Mike	Hayle Runners	Male Vet 70-74	13:44.1	79
163	1:25:22	OSBORN, Kathryn	Hayle Runners	Female Vet 55-59	13:44.1	78
164	1:27:38	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	14:06.0	90
165	1:27:38	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	14:06.0	89
166	1:30:05	VILES, Susie	The Gribbiners	Female Vet 40-44	14:29.6	84