

# DAN & Cornwall County Championships 5,000m

## Races 1-3

Sunday 20 August 2023. 09:30 am

| Position | Time        | Name                 | Team                 | Category          |
|----------|-------------|----------------------|----------------------|-------------------|
| 1        | '0:14:39:42 | ROWE, Joshua         | Cornwall AC          | Male Senior U35   |
| 2        | '0:15:00:11 | GOODCHILD, Samuel    | Cornwall AC          | Male Senior U35   |
| 3        | '0:15:13:09 | SMITH, Dominic       | Birchfield Harriers  | Male Senior U35   |
| 4        | '0:15:43:09 | LANDERS, Jacob       | Tamar Trotters       | Male Senior U35   |
| 5        | '0:16:14:61 | PASCOE, Ross         | Cornwall AC          | Male Senior U35   |
| 6        | '0:16:27:61 | NICHOLLS, Liam       | Cornwall AC          | Male Senior U35   |
| 7        | '0:16:52:73 | MCWILLIAMS, John     | Mile High            | Male 35-39        |
| 8        | '0:16:53:82 | DAVIS, Megan         | Newquay Road Runners | Female Senior U35 |
| 9        | '0:17:07:64 | ROOSE, Darren        | Newquay Road Runners | Male 40-44        |
| 10       | '0:17:13:09 | MCCARTNEY, Alexander | Newquay Par AC       | Male Senior U35   |
| 11       | '0:17:19:20 | HARROLD, Anna        | Truro Running Club   | Female 40-44      |
| 12       | '0:18:17:16 | DUERDEN, Ross        | Cornwall AC          | Male 35-39        |
| 13       | '0:18:33:64 | BEACH, Tamara        | Cornwall AC          | Female Senior U35 |
| 14       | '0:18:50:45 | TEMPLE, Jo           | Truro Running Club   | Female Senior U35 |
| 15       | '0:18:56:61 | BROWN, Steven        | Cornwall AC          | Male 55-59        |
| 16       | '0:19:01:80 | CARTHEW, Olivia      | Newquay Par AC       | Female Senior U35 |
| 17       | '0:19:31:67 | CLARKE, Chloe        | Cornwall AC          | Female U17        |
| 18       | '0:19:40:26 | MANNING, James       | Hayle Runners        | Male 40-44        |
| 19       | '0:19:56:61 | SEALY, Eve           | Cornwall AC          | Female Senior U35 |
| 20       | '0:20:35:73 | GRASSAM, Mark        | Looe Pioneers        | Male 50-54        |
| 21       | '0:20:50:51 | BATHE, Colin         | Truro Running Club   | Male 50-54        |
| 22       | '0:20:58:76 | TEMPLE, Ian          | Bodmin Road Runners  | Male 55-59        |
| 23       | '0:21:49:42 | POOL, Laura          | Truro Running Club   | Female 40-44      |
| 24       | '0:22:49:13 | PEARCE, Julia        | Cornwall AC          | Female 45-49      |
| 25       | '0:23:37:64 | TEMPLE, Alison       | Bodmin Road Runners  | Female 60-64      |
| 26       | '0:24:43:07 | WRIGHT, Ian          | Cornwall AC          | Male 65-69        |
| 27       | '0:24:56:07 | STEPTO, Brett        | Unattached           | Male 45-49        |

**Race**

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