

DAN Summer Series 3,000m 2018

3000m Race 1 Cornwall Championships

Thursday 23 August 2018. 7:00 pm

<u>Pos</u>	<u>Time</u>	<u>Name</u>	<u>Team</u>	<u>Category</u>	<u>Pace</u>
1	9.08.7	SLATTERY, Tom	Cornwall AC	Male Under20	04:53.9
2	9.13.5	RATCLIFFE, Floyd	Mile High	Male Under20	04:56.5
3	9.18.2	GOODCHILD, Samuel	Cornwall AC	Male Under20	04:59.2
4	9.18.7	SNOOK, Colin	Cornwall AC	Male 40-44	04:59.2
5	9.29.6	WRIGHT, Tony	Cornwall AC	Male 50-54	05:05.1
6	9.48.7	WHEAR, Paul	Cornwall AC	Male 50-54	05:15.3
7	9.50.2	BROCK, Grace	Cornwall AC	Female Under 20	05:16.4
8	9.57.8	POCHEE, Ben	Cornwall AC	Male 45-49	05:20.1
9	10.00.1	TRERISE, Connor	Cornwall AC	Male Under20	05:21.8
10	10.01.7	TREGENZA, Heidi	Cornwall AC	Female Under35	05:22.3
11	10.09.2	DANIELS, Alex	Newquay RR	Male 45-49	05:26.6
12	10.16.7	HUGHES, Katie	Cornwall AC	Female Under 20	05:30.3
13	10.18.6	SOLE, Paul	Cornwall AC	Male 35-39	05:31.4
14	10.29.6	MURRANT, Kieran	Falmouth RR	Male Under35	05:37.3
15	10.33.4	CLARK, Piran	Cornwall AC	Male 35-39	05:39.5
16	10.36.1	PAULL, Emma	Hayle Runners	Female Under35	05:41.1
17	10.36.7	KNOWLES, Simon	Hayle Runners	Male 40-44	05:41.1
18	10.46.1	STANDINGER, Gary	Bristol & West AC	Male Under35	05:46.4
19	10.51.5	WEBSTER, Craig	Newquay RR	Male 40-44	05:49.1
20	11.13.1	PROWSE, Barrie	Unattached	Male Under35	06:00.9
21	11.18.0	MILNES, Abigail	Cornwall AC	Female Under35	06:03.6

