

East Cornwall Harriers

THE 5 TORS RACE

Sunday 17 April 2016. 10:30 am

Place	Time	Name	Team	Category	Pace
1	0:56:41	CARTHEY, Tom	Falmouth Road Runners	Male under 35	07:05.0
2	0:58:54	SMERDON, Marc	East Cornwall Harriers	Male under 35	07:21.6
3	0:59:27	ANGELL, Dave	Mile High	Male under 35	07:25.7
4	1:00:22	STACEY, Doug	East Cornwall Harriers	Male Vet 35-39	07:32.6
5	1:00:47	RATCLIFFE, Nick	Mile High	Male Vet 40-44	07:35.7
6	1:01:43	LONGHORN, Jason	Falmouth Road Runners	Male Vet 40-44	07:42.7
7	1:02:44	MANCER, Jez	St Austell Running Club	Male Vet 45-49	07:50.3
8	1:03:16	WISNER, John		Male Vet 45-49	07:54.3
9	1:03:36	DAIN, Neil	Bodmin Road Runners	Male Vet 40-44	07:56.8
10	1:03:56	WRIGHT, Tom	Truro Running Club	Male Vet 40-44	07:59.3
11	1:04:07	BARNET, James	Falmouth Road Runners	Male under 35	08:00.7
12	1:04:18	DOWRICK, Mike	Cornwall AC	Male Vet 40-44	08:02.1
13	1:04:23	BENNETT, Jodi		Female Vet 40-44	08:02.7
14	1:04:34	VINNICOMBE, Jason	Carn Runners	Male Vet 40-44	08:04.1
15	1:04:39	RICHARDS, Gary	Carn Runners	Male Vet 45-49	08:04.7
16	1:06:05	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 40-44	08:15.5
17	1:06:05	JEFFREY, Alan		Male Vet 40-44	08:15.5
18	1:06:12	SPARKES, Tom	Bodmin Road Runners	Male under 35	08:16.3
19	1:06:20	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	08:17.3
20	1:06:26	BRYDON, James	Bodmin Road Runners	Male under 35	08:18.1
21	1:06:46	GOW-SMITH, Thornton David	Torbay AC	Male Vet 55-59	08:20.6
22	1:06:55	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	08:21.7
23	1:07:29	WILLS, Julian	Mounts Bay Harriers	Male Vet 45-49	08:26.0
24	1:07:45	CAPPS, David	Falmouth Road Runners	Male under 35	08:28.0
25	1:08:40	GWYNN, Leo	Mounts Bay Harriers	Male under 35	08:34.8
26	1:08:42	KAACK, Ben		Male under 35	08:35.1
27	1:08:51	WHITLEY, Michael	Mud Crew Trail Runners	MaleVet 50-54	08:36.2
28	1:08:55	JAMES, Nigel		Male Vet 45-49	08:36.7
29	1:08:56	SAWFORD, Paul	Carn Runners	Male Vet 45-49	08:36.8
30	1:09:00	PHILP, David	East Cornwall Harriers	MaleVet 50-54	08:37.3
31	1:09:05	CARDEW, Barrie	Carn Runners	Male Vet 55-59	08:38.0
32	1:09:27	PERRY, Matt	Mud Crew Trail Runners	Male Vet 40-44	08:40.7
33	1:09:31	WARREN, Jeremy	St Austell Running Club	Male Vet 45-49	08:41.2
34	1:09:51	ROBERTS, Shaun	Plymouth Harriers	Male Vet 40-44	08:43.7
35	1:10:10	MARSDEN, Hugh	Exmouth Harriers	Male Vet 55-59	08:46.1
36	1:10:27	ALLISON, Jane	Plymouth Harriers	Female Vet 40-44	08:48.2
37	1:10:36	SQUIRE, Darren	St Austell Running Club	Male Vet 45-49	08:49.3
38	1:10:53	NIAS, Kay	Tamar Trotters	Female under 35	08:51.5
39	1:10:55	ABBOTT, Brian	St Austell Running Club	MaleVet 50-54	08:51.7
40	1:11:32	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	08:56.3
41	1:12:08	ROUNSEVELL, Alan		Male Vet 45-49	09:00.8
42	1:12:10	COCKS, Daniel		Male under 35	09:01.1
43	1:12:13	FRASER, Robin		Male under 35	09:01.5
44	1:12:26	COOPER, Toby	Ranelagh Harriers	Male under 35	09:03.1
45	1:12:35	ALDIS, Phil	Bude Rats	MaleVet 50-54	09:04.2
46	1:12:51	DOYLE, Marc	East Cornwall Harriers	Male Vet 35-39	09:06.2
47	1:13:00	ANNENAR, Chris	Vegan Runners	Male under 35	09:07.3
48	1:13:20	KEARNEY, Peter	Carn Runners	MaleVet 50-54	09:09.8
49	1:13:39	BATHE, Colin	Truro Running Club	Male Vet 45-49	09:12.2
50	1:13:42	GOUNDRY, Andrew	Truro Running Club	MaleVet 50-54	09:12.6
51	1:13:46	BANKS, Dan		Male under 35	09:13.1
52	1:13:50	HARVEY, Richard	Carn Runners	Male Vet 40-44	09:13.6
53	1:14:02	WALKER, Iain		Male Vet 60-64	09:15.1
54	1:14:27	CROWLE, Revis	East Cornwall Harriers	Female Vet 50-54	09:18.2
55	1:14:38	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	09:19.6
56	1:14:40	GOTEL, Xavier	Newquay Road Runners	Male Vet 45-49	09:19.8
57	1:14:45	HUGHES, Alan	Bodmin Road Runners	Male under 35	09:20.4

58	1:14:57	HARDING, Ben	East Cornwall Harriers	Male under 35	09:21.9
59	1:14:58	ROCHOWIAK, Robert	Carn Runners	Male Vet 55-59	09:22.1
60	1:15:33	EMMERTON, Kevin	Newquay Road Runners	MaleVet 50-54	09:26.4
61	1:15:57	COLEY, Alexander	East Cornwall Harriers	Male under 35	09:29.4
62	1:16:07	COLLIVER, David		Male under 35	09:30.7
63	1:16:28	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	09:33.3
64	1:16:38	WOOLDRIDGE, David	Newquay Road Runners	Male Vet 55-59	09:34.6
65	1:16:41	STEVENS, Dan	Falmouth Road Runners	Male Vet 45-49	09:34.9
66	1:17:00	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	09:37.3
67	1:17:15	HILL, Jeremy	St Austell Running Club	Male Vet 35-39	09:39.2
68	1:17:17	MORSE, Helen	East Cornwall Harriers	Female under 35	09:39.4
69	1:17:18	WENGRADT, Simon	Mud Crew Trail Runners	Male Vet 40-44	09:39.6
70	1:17:27	MILLAR, Adam		Male under 35	09:40.7
71	1:17:58	POST, Martin	Mounts Bay Harriers	Male under 35	09:44.6
72	1:18:12	COPELAND, Barry	Tamar Trotters	Male Vet 55-59	09:46.3
73	1:18:14	BOSWELL, Guy	Plymouth Musketeers	MaleVet 50-54	09:46.6
74	1:18:22	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	09:47.6
75	1:18:32	WATERS, Claire	Launceston Road Runners	Female Vet 45-49	09:48.8
76	1:18:32	CIANO, Phillip	Newquay Road Runners	MaleVet 50-54	09:48.8
77	1:18:41	RANSON, Andy		Male under 35	09:49.9
78	1:18:47	RAPSON, Nigel	St Austell Running Club	MaleVet 50-54	09:50.7
79	1:18:52	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	09:51.3
80	1:19:00	QUARMBY, Ann	East Cornwall Harriers	Female Vet 40-44	09:52.3
81	1:19:06	SIMPSON, David		Male Vet 55-59	09:53.1
82	1:19:14	SAUNDERS, Vicky	Plymouth Musketeers	Female Vet 40-44	09:54.1
83	1:19:31	YOUNG, Andy	St Austell Running Club	MaleVet 50-54	09:56.2
84	1:19:41	PENBERTHY, Michael	Hayle Runners	Male Vet 55-59	09:57.4
85	1:19:57	BEARD, Robert	Bodmin Road Runners	MaleVet 50-54	09:59.4
86	1:20:05	SHORTMAN, Catherine		Female Vet 50-54	10:00.4
87	1:20:09	HINDLE, Neil	Fell Running Association	Male Vet 60-64	10:00.9
88	1:20:15	GWYNNE, Paul	Mud Crew Trail Runners	MaleVet 50-54	10:01.7
89	1:20:38	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	10:04.6
90	1:20:45	MILLAR, Timothy		Male Vet 55-59	10:05.4
91	1:20:49	PICK, Robert	East Cornwall Harriers	Male Vet 60-64	10:05.9
92	1:21:02	FERGUSON, Andrew	Mud Crew Trail Runners	MaleVet 50-54	10:07.6
93	1:21:13	HORTON, John	Newquay Par AC	Male Vet 70+	10:08.9
94	1:21:22	GWYNN, Thomas		Male under 35	10:10.1
95	1:21:29	BARRY, James		MaleVet 50-54	10:10.9
96	1:21:41	RULE, David		MaleVet 50-54	10:12.4
97	1:21:41	HANLAN, James	Plymouth Musketeers	Male Vet 40-44	10:12.4
98	1:21:56	PHELPS, Fiona	Tamar Trotters	Female Vet 45-49	10:14.3
99	1:22:05	CABLE, Jane		Female under 35	10:15.4
100	1:22:25	ROWE, Kerri	Bodmin Road Runners	Female under 35	10:17.9
101	1:22:35	BRYDON, Jackie	Bodmin Road Runners	Female Vet 45-49	10:19.2
102	1:22:59	NUGENT, Debbie	Carn Runners	Female Vet 50-54	10:22.2
103	1:22:59	OSWALD, Gary		Male Vet 60-64	10:22.2
104	1:23:01	FINDLAY, James	Carn Runners	Male under 35	10:22.4
105	1:23:11	STEPHENS, Emma	Bodmin Road Runners	Female under 35	10:23.7
106	1:23:16	RANDALL, Gavin	Mounts Bay Harriers	MaleVet 50-54	10:24.3
107	1:23:25	STAVES, Jo	Truro Running Club	Female Vet 35-39	10:25.4
108	1:23:43	WILLIAMS, Amy	East Cornwall Harriers	Female under 35	10:27.7
109	1:23:54	VIVES, Jean-claude		Male Vet 65-69	10:29.1
110	1:23:56	DYER, Shaun		Male Vet 40-44	10:29.3
111	1:25:24	OLLIVIER, Louise	Hayle Runners	Female Vet 45-49	10:40.3
112	1:26:03	MOORE, Thomas	Truro Running Club	Male under 35	10:45.2
113	1:26:44	TILLEY, John		Male Vet 60-64	10:50.3
114	1:27:02	SOLOMON, Pam	Bodmin Road Runners	Female Vet 50-54	10:52.6
115	1:27:08	LLOYD, David		Male Vet 35-39	10:53.3
116	1:27:41	LUITEN, Anton	East Cornwall Harriers	Male Vet 55-59	10:57.4
117	1:27:52	TEED, Dawn	Exmouth Harriers	Female Vet 50-54	10:58.8
118	1:27:53	DREW, Barry	Carn Runners	Male Vet 65-69	10:58.9
119	1:27:53	JONES, Stephen CR	Carn Runners	Male Vet 45-49	10:58.9

120	1:28:06	LUCAS, Andrew	St Austell Running Club	MaleVet 50-54	11:00.6
121	1:28:12	WARRINGTON, Trystan		Male Vet 40-44	11:01.3
122	1:28:21	PENBERTHY, Carol	Carn Runners	Female Vet 55-59	11:02.4
123	1:28:27	WARD, Malcolm	Falmouth Road Runners	Male Vet 55-59	11:03.2
124	1:28:30	PRIDHAM, Sarah	Launceston Road Runners	Female Vet 50-54	11:03.6
125	1:28:48	ANDREWS, Mark	East Cornwall Harriers	Male Vet 55-59	11:05.8
126	1:29:17	HITCHEN, Lesley	Plymouth Coasters	Female Vet 45-49	11:09.4
127	1:29:25	SEARLE, Lynsey		Female under 35	11:10.4
128	1:29:28	PRESSLEY, David	Torbay AC	Male Vet 60-64	11:10.8
129	1:29:32	WERRAN, Louise	Launceston Road Runners	Female Vet 35-39	11:11.3
130	1:29:36	BURNETT, Kevin	Newquay Road Runners	Male Vet 60-64	11:11.8
131	1:30:08	MARSHALL, Keith	Falmouth Road Runners	Male Vet 65-69	11:15.8
132	1:30:18	LANE, Richard	Erme Valley Harriers	Male Vet 45-49	11:17.0
133	1:30:47	GOODSPEED, Laura		Female under 35	11:20.7
134	1:30:47	GOODSPEED, David		Male under 35	11:20.7
135	1:31:11	TREBILCOCK, Liz		Female Vet 50-54	11:23.7
136	1:31:14	CLEMENCE, Sarah	Carn Runners	Female Vet 45-49	11:24.0
137	1:31:26	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 35-39	11:25.5
138	1:32:41	CLARKE, Ray		Male Vet 45-49	11:34.9
139	1:32:51	HUNT, Jenna	Falmouth Road Runners	Female under 35	11:36.2
140	1:32:52	LAY, Tamsin		Female Vet 35-39	11:36.3
141	1:32:55	PASCOE, Anna	Carn Runners	Female under 35	11:36.7
142	1:33:01	ELSTONE, Meryl	Carn Runners	Female Vet 45-49	11:37.4
143	1:33:25	PICKARD, David	Launceston Road Runners	Male Vet 55-59	11:40.4
144	1:33:27	DARKE, Susan	Plymouth Musketeers	Female Vet 50-54	11:40.7
145	1:33:30	GREENAWAY, John	Mounts Bay Harriers	Male Vet 60-64	11:41.0
146	1:33:43	HAWKE-PERRY, Soraya	Newquay Road Runners	Female Vet 35-39	11:42.7
147	1:33:51	WIDDERSHOVEN, Demelza	Carn Runners	Female under 35	11:43.7
148	1:34:23	UREN, Lisa	Carn Runners	Female Vet 35-39	11:47.7
149	1:34:25	WILCOX, David	Truro Running Club	Male Vet 40-44	11:47.9
150	1:34:39	LANE, Samantha	East Cornwall Harriers	Female under 35	11:49.7
151	1:34:39	RICHARDS, Emma	Carn Runners	Female Vet 35-39	11:49.7
152	1:35:16	ROWE, Melissa	St Austell Running Club	Female Vet 40-44	11:54.3
153	1:35:36	TREGIDGO, Steve	St Austell Running Club	Male Vet 35-39	11:56.8
154	1:35:43	JARVIS, Mags	Okehampton RC	Female Vet 60-64	11:57.7
155	1:36:15	EARLY, Jennifer		Female Vet 40-44	12:01.7
156	1:36:22	BROWN, Roger	Falmouth Road Runners	Male Vet 45-49	12:02.5
157	1:36:28	MORSE, Nicky	Mounts Bay Harriers	Male Vet 55-59	12:03.3
158	1:36:37	MORSE, Jackie	Mounts Bay Harriers	Female Vet 55-59	12:04.4
159	1:36:50	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 35-39	12:06.0
160	1:37:16	LONG, Fran	Hayle Runners	Female Vet 55-59	12:09.3
161	1:38:38	LONGMAN, David		Male Vet 40-44	12:19.5
162	1:39:12	DOBSON, Helen	Mounts Bay Harriers	Female Vet 40-44	12:23.8
163	1:39:23	BRADY, Jeanette	Bodmin Womens RC	Female Vet 45-49	12:25.2
164	1:39:23	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	12:25.2
165	1:40:00	HAMILTON, Katherine		Female Vet 35-39	12:29.8
166	1:40:31	DAVIES, Sally	Torbay AC	Female Vet 60-64	12:33.7
167	1:40:31	DAVIES, Mike	Torbay AC	Male Vet 60-64	12:33.7
168	1:40:34	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	12:34.0
169	1:41:59	DALES, Emma	East Cornwall Harriers	Female Vet 50-54	12:44.7
170	1:43:37	CARDEW, Denise	Carn Runners	Female Vet 50-54	12:56.9
171	1:45:05	SEMONIN, Damian	Launceston Road Runners	Male Vet 40-44	13:07.9
172	1:47:03	RUSS, Phil		MaleVet 50-54	13:22.6
173	1:47:36	JAMESON, Judy	Carn Runners	Female Vet 55-59	13:26.8
174	1:48:16	PAGANO, Angelina	St Austell Running Club	Female Vet 45-49	13:31.8
175	1:48:17	DE ZORZI, Dino	St Austell Running Club	Male Vet 45-49	13:31.9
176	1:50:35	PRESSLEY, Debra	Torbay AC	Female Vet 60-64	13:49.1
177	1:51:44	CAMPBELL, Alison	Carn Runners	Female Vet 35-39	13:57.8
178	1:51:57	TREWIN, David		Male under 35	13:59.4
179	1:51:57	CARTER, Nicki	Carn Runners	Female Vet 45-49	13:59.4
180	1:53:05	DE BARROS, Sara	Hayle Runners	Female Vet 40-44	14:07.9
181	1:53:32	TREWIN, Emily	Falmouth Road Runners	Female under 35	14:11.3

182	1:54:25	PAGE, Annie	Bodmin Road Runners	Female Vet 40-44	14:17.9
183	1:55:22	HOCKING, Deborah	Carn Runners	Female Vet 45-49	14:25.0
184	1:55:32	WATKINS, Yvonne	Mounts Bay Harriers	Female Vet 50-54	14:26.3
185	1:57:04	HADFIELD, Dawn	St Austell Running Club	Female Vet 45-49	14:37.8
186	1:57:25	ROWE, Sam	Mounts Bay Harriers	Female Vet 45-49	14:40.4
187	1:58:16	HALL, Zoe	Carn Runners	Female Vet 45-49	14:46.7
188	1:58:23	SAVAGE, Wendy	Carn Runners	Female Vet 50-54	14:47.6
189	1:59:29	JAMIESON, Sandy	Carn Runners	Female Vet 60-64	14:55.9
190	1:59:33	LAWRENCE, Trudi	Falmouth Road Runners	Female under 35	14:56.4
191	1:59:42	WADE, Margaret	Carn Runners	Female Vet 60-64	14:57.5
192	1:59:56	MARSHALL, Terry	Falmouth Road Runners	Female Vet 65+	14:59.2
193	2:07:15	HILLIER, Sally	Falmouth Road Runners	Female Vet 50-54	15:54.1
194	2:07:15	STEVENS, Kelly	Falmouth Road Runners	Female Vet 40-44	15:54.1
195	2:07:15	FLANAGAN, Rachel	Falmouth Road Runners	Female Vet 50-54	15:54.1
196	2:10:07	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	16:15.6
197	2:10:07	DREW, Carole	Carn Runners	Female Vet 65+	16:15.6
198	2:12:16	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	16:31.7
199	2:12:53	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	16:36.3
200	2:15:35	PENTREATH, Jackie	Falmouth Road Runners	Female Vet 55-59	16:56.6
201	2:27:00	BOYES, Angela	Falmouth Road Runners	Female Vet 40-44	18:22.2
202	2:27:00	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	18:22.2
203	2:48:33	SAVERTON, Debbie	Falmouth Road Runners	Female Vet 55-59	21:03.8
204	3:06:01	BROWN, Helen	Falmouth Road Runners	Female Vet 45-49	23:14.8
205	3:06:01	WHITE, Christine	Falmouth Road Runners	Female Vet 65+	23:14.8