

TYWARDREATH TROTTER - 25TH JULY 2009

PLACE	TIME	NAME	TEAM	CATEGORY	PACE	NO
1	0:38:38	TOHER, Kevin	PL24		05:31.0	248
2	0:40:29	LITTLER, Steve	Wesham		05:46.9	366
3	0:41:44	DEVENPORT, Peter	Newquay Road Runners		05:57.6	276
4	0:43:26	CLEAVE, Matthew	Cornwall AC		06:12.2	377
5	0:44:08	MASSEY, Gareth	Newquay Road Runners		06:18.2	210
6	0:45:27	VARKER, Darren			06:29.5	278
7	0:46:32	HEAL, Will	Bideford AAC		06:38.7	385
8	0:47:41	CHAPMAN, Mick	Falmouth Road Runners	Male Vet 40-49	06:48.6	259
9	0:48:23	BECKETT, Rob		Male Vet 40-49	06:54.6	277
10	0:49:00	HOWELL, Tom			06:59.9	213
11	0:49:13	MACLAREN, Donald	St Austell RC	Male Vet 50+	07:01.7	274
12	0:49:24	GURRY, Harvey	Plymstock Road Runners	Male Vet 40-49	07:03.3	179
13	0:49:45	TRUDGIAN, Andy	St Austell RC		07:06.3	234
14	0:49:47	BUDGE, Stephen	St Austell RC	Male Vet 40-49	07:06.6	240
15	0:49:55	DOYLE, John	Mounts Bay Harriers	Male Vet 50+	07:07.7	254
16	0:49:58	HARRIS, Geoff	Newquay Road Runners	Male Vet 40-49	07:08.2	350
17	0:50:19	DUNN, Sam	PL24		07:11.2	233
18	0:50:27	DIXON, Mark			07:12.3	221
19	0:50:30	HAMMOND, Nick	Stowmarket Stridders		07:12.7	359
20	0:50:34	WOODS, Max	West Cheshire AC	Male Vet 40-49	07:13.3	376
21	0:50:50	TREBILCOCK, Michael			07:15.6	398
22	0:50:56	ANDREWS, Simon	Camel Valley Tri	Male Vet 40-49	07:16.4	245
23	0:51:00	DABELL, Paul			07:17.0	227
24	0:51:00	BAZIN, Peter	St Austell RC	Male Vet 40-49	07:17.0	270
25	0:51:10	DAW, Sharon	East Cornwall Harriers	Female Vet 40-49	07:18.4	258
26	0:51:29	GWYNNE, Paul	Truro Running Club	Male Vet 40-49	07:21.2	353
27	0:51:45	WOOLDRIDGE, David	Newquay Road Runners	Male Vet 40-49	07:23.4	294
28	0:51:52	WALLBANK, Rob	St Austell RC		07:24.4	241
29	0:52:09	NIGHTINGALE, Jonathan		Male Vet 40-49	07:26.9	251
30	0:52:12	HANHAM, Richard		Male Vet 50+	07:27.3	187
31	0:52:14	SHARP, Jeremy	Truro Running Club	Male Vet 50+	07:27.6	367
32	0:52:20	CLARK, Gary			07:28.4	218
33	0:52:21	GOUNDRY, Andrew		Male Vet 40-49	07:28.6	193
34	0:52:22	MATTHEWS, Martin	St Austell RC		07:28.7	369
35	0:52:24	ASHTON, Ian			07:29.0	209
36	0:52:25	PETTIT, Danny	Newquay Road Runners	Male Vet 40-49	07:29.2	378
37	0:53:06	VARKER, Geoff		Male Vet 40-49	07:35.0	290
38	0:53:07	PEARCE, Gregory	St Austell RC	Male Vet 50+	07:35.2	242
39	0:53:37	QUINN, Sean	St Austell RC	Male Vet 40-49	07:39.4	266
40	0:53:46	MOORE, Brendan		Male Vet 40-49	07:40.7	387
41	0:53:47	TURNER, James	Truro Running Club		07:40.9	262
42	0:53:53	ALSOP, Doug	St Austell RC	Male Vet 50+	07:41.7	361
43	0:54:26	ELLS, Steve	St Austell RC	Male Vet 40-49	07:46.4	243
44	0:54:30	THIES, Philipp			07:47.0	280
45	0:55:00	LUSTY, Liz	St Austell RC	Female Vet 40-49	07:51.3	371
46	0:55:03	FERGUSON, Andrew	St Austell RC	Male Vet 40-49	07:51.7	300
47	0:55:09	ASHTON, Gerry	Chepstow	Male Vet 50+	07:52.6	374
48	0:55:10	LE BOULANGER, Mathieu	Newquay Road Runners		07:52.7	293
49	0:55:27	MARTIN, Stephanie	Newquay Road Runners	Female Vet 40-49	07:55.2	297
50	0:55:31	GEORGE, Craig	PL24		07:55.7	348
51	0:55:35	HUNKIN, Neil			07:56.3	289
52	0:55:58	HARDWICK, Rob	Penny Lane Striders		07:59.6	357
53	0:56:22	DUNGEY, Alan	Instinctive Sports	Male Vet 50+	08:03.0	184
54	0:56:29	MCDONAGH, Lynn			08:04.0	195
55	0:56:38	WILTON, David	Falmouth Road Runners	Male Vet 50+	08:05.3	265
56	0:57:03	SCRACE, Shaun	St Austell RC		08:08.9	202
57	0:57:25	CLARKE, Kathy			08:12.0	215
58	0:57:26	PENROSE, Ross	PL24		08:12.2	381
59	0:57:49	STORER, Graham	Cornwall AC	Male Vet 50+	08:15.4	203
60	0:57:52	HOULT, Colin	St Austell RC	Male Vet 50+	08:15.9	237
61	0:57:54	ASHTON, Sue	Chepstow	Female Vet 50+	08:16.2	373
62	0:57:55	ARMSTRONG, Ian			08:16.3	252
63	0:57:57	AUSTIN, David	Mounts Bay Harriers	Male Vet 50+	08:16.6	267
64	0:58:02	TOHER, Sandra	PL24		08:17.3	249
65	0:58:24	ROBINSON, Kevin	St Austell RC	Male Vet 40-49	08:20.4	247
66	0:58:31	PENN, Graham	Teignbridge Trotters	Male Vet 50+	08:21.4	178

67	0:58:35	COWARD, Norma	Newquay Road Runners	Female Vet 40-49	08:22.0	298
68	0:58:37	KIMPTON, Fred	St Austell RC	Male Vet 40-49	08:22.3	236
69	0:58:44	HOOK, Guy	St Austell RC	Male Vet 40-49	08:23.3	182
70	0:58:59	MCGUIRE, David	Fetch Everyone RC		08:25.4	394
71	0:59:21	THOMAS, Helen	Carn Runners		08:28.6	231
72	0:59:31	RASMUSSEN, Peter	Launceston Road Runners		08:30.0	372
73	0:59:41	GREET, David			08:31.4	379
74	0:59:55	BRADISH, Christopher		Male Vet 50+	08:33.4	214
75	1:00:00	DOWDSWELL, Gavin			08:34.1	246
76	1:00:01	HEAL, Sarah	Crusaders A C		08:34.3	386
77	1:00:07	DREW, Peter	Carn Runners	Male Vet 50+	08:35.1	250
78	1:00:08	PENHALIGON, Chris	PL24		08:35.3	391
79	1:00:13	BULL, Andy	St Austell RC		08:36.0	271
80	1:00:18	SPARGO, Philip	Truro Running Club	Male Vet 50+	08:36.7	212
81	1:00:22	LUXMOORE, Michael		Male Vet 50+	08:37.3	255
82	1:00:38	RITCHIE, Janet	Carn Runners	Female Vet 40-49	08:39.6	382
83	1:00:47	HOOPER, John			08:40.9	208
84	1:00:49	THOMAS, Rachael	Truro Running Club		08:41.1	263
85	1:00:50	HALLOWS, Jane	Penny Lane Striders		08:41.3	356
86	1:01:14	TURNER, Yvonne	Mounts Bay Harriers	Female Vet 40-49	08:44.7	204
87	1:01:23	COLEMAN, Robert		Male Vet 40-49	08:46.0	201
88	1:01:30	TRUDGIAN, Lucy			08:47.0	253
89	1:01:49	ENGLEY, Rupert	St Austell RC		08:49.7	275
90	1:01:59	COLEMAN, Susie			08:51.1	199
91	1:02:09	FITZMAURICE, Kate	Hayle Runners		08:52.6	223
92	1:02:10	BURNELL, Frank	Hayle Runners	Male Vet 50+	08:52.7	222
93	1:02:20	SUGAR, Eddie	East Cornwall Harriers	Male Vet 50+	08:54.1	291
94	1:02:25	OPIE, Kate	Truro Running Club	Female Vet 40-49	08:54.9	362
95	1:02:33	KINGTON, Norris	Cornwall AC	Male Vet 50+	08:56.0	228
96	1:02:42	POMEROY, Philip	Newquay Par AC	Male Vet 50+	08:57.3	389
97	1:02:53	SMITH, Douglas			08:58.9	397
98	1:02:57	WRIGHT, Lucy	St Austell RC		08:59.4	349
99	1:03:27	IRISH, Rachel			09:03.7	229
100	1:03:45	WILLSON, Richard	Truro Running Club	Male Vet 50+	09:06.3	352
101	1:04:00	COLLINS, Tom	PL24		09:08.4	211
102	1:04:01	COVUS, Steven	St Austell RC		09:08.6	238
103	1:04:02	DUFFY, Sarah		Female Vet 40-49	09:08.7	189
104	1:04:03	CLARKE, Richard	Army	Male Vet 40-49	09:08.9	224
105	1:04:03	CLARKE, Ray	East Cornwall Harriers		09:08.9	225
106	1:04:06	GRILLS, Debbie	St Austell RC	Female Vet 40-49	09:09.3	235
107	1:04:07	ROBINSON, Nigel	PL24	Male Vet 40-49	09:09.4	256
108	1:04:23	KENDALL-WOODS, Sacha	West Cheshire AC		09:11.7	375
109	1:04:35	DREW, Barry	Carn Runners	Male Vet 50+	09:13.4	181
110	1:04:48	HARVEY, Lisa	Newquay Road Runners		09:15.3	295
111	1:04:50	WIGGLESWORTH, Karina			09:15.6	198
112	1:04:56	BUNDY, Tim	Mounts Bay Harriers	Male Vet 40-49	09:16.4	183
113	1:05:26	BEST, Andy		Male Vet 40-49	09:20.7	380
114	1:05:29	WARD, Stephen	PL24		09:21.1	368
115	1:05:30	BURRELL, Dennis	Carn Runners	Male Vet 50+	09:21.3	383
116	1:05:37	BUNTING, Malcolm	PL24	Male Vet 40-49	09:22.3	226
117	1:05:47	FITZGERALD, Sarah	Cornwall Orienteering Club	Female Vet 40-49	09:23.7	393
118	1:06:09	BLAKE, Paul			09:26.9	288
119	1:06:15	WITCHELL, Georgia	Truro Running Club		09:27.7	299
120	1:06:29	ROLLS, Jon	PL24		09:29.7	177
121	1:06:39	WILLIAMS, Phil			09:31.1	206
122	1:06:49	STARK, Neil		Male Vet 40-49	09:32.6	279
123	1:06:49	CLARK, Caroline	Womens Running Network		09:32.6	217
124	1:07:19	WILLCOCKS, Mark	UK Net Runners	Male Vet 40-49	09:36.9	351
125	1:07:22	MACLAREN, Leslie	St Austell RC		09:37.3	273
126	1:07:26	PENHALIGON, John	PL24	Male Vet 40-49	09:37.9	392
127	1:07:34	GRIFFITHS, Alistair	PL24		09:39.0	257
128	1:07:38	BUDGE, Claire	St Austell RC		09:39.6	346
129	1:07:48	HOWES, Rob			09:41.0	363
130	1:07:51	BARRACLOUGH, Joanne			09:41.4	188
131	1:08:16	EAREE, Sally		Female Vet 40-49	09:45.0	264
132	1:08:18	HEAP, Simon		Male Vet 40-49	09:45.3	230
133	1:08:47	DENNE, Oliver			09:49.4	192
134	1:08:48	BLAKE, Richard			09:49.6	286
135	1:08:54	BARKER, Bradley	PL24		09:50.4	344
136	1:09:19	MAYHEW, Sandra	Stowmarket Stridders	Female Vet 40-49	09:54.0	360

137	1:09:20	HOLT, Liane	Newquay Road Runners		09:54.1	296
138	1:09:37	HUGHES, Nigel		Male Vet 40-49	09:56.6	355
139	1:09:54	HUTCHINS, Sarah	Womens Running Net (C)		09:59.0	395
140	1:10:04	BUDGE, Andrew	St Austell RC	Male Vet 40-49	10:00.4	345
141	1:10:21	ALEXANDER, Richard		Male Vet 50+	10:02.8	396
142	1:10:26	CARTHEW, Rosalind		Female Vet 50+	10:03.6	207
143	1:10:27	DUFFY, Jane		Female Vet 40-49	10:03.7	190
144	1:10:43	ZALUMS, Andre	St Austell RC	Male Vet 50+	10:06.0	347
145	1:10:45	HICKS, Philip		Male Vet 50+	10:06.3	191
146	1:10:46	MASON, Claire			10:06.4	244
147	1:11:08	WILLIS, Helen	PL24	Female Vet 40-49	10:09.6	216
148	1:11:12	HOPKINS, Christopher		Male Vet 40-49	10:10.1	260
149	1:11:12	HOLDCROFT, Emma	Womens Running Net (C)		10:10.1	261
150	1:11:58	MCNEILLY, Harry			10:16.7	292
151	1:12:07	WIGGLESWORTH, Joy		Female Vet 50+	10:18.0	196
152	1:12:13	BURDEN, Shane	PL24		10:18.8	390
153	1:12:15	SMITH, Joe		Male Vet 50+	10:19.1	343
154	1:12:22	HATCH, David	Moorhaven	Male Vet 50+	10:20.1	219
155	1:13:24	MCDONALD, Mike	Bowland Fell R	Male Vet 50+	10:29.0	358
156	1:13:40	BLAKE, Martin		Male Vet 50+	10:31.3	287
157	1:13:52	LEHAN, Lorraine		Female Vet 40-49	10:33.0	370
158	1:14:35	ROLLS, Vikki			10:39.1	283
159	1:14:37	HARROWER, Sarah		Female Vet 40-49	10:39.4	384
160	1:14:50	PETTITT, Tim	PL24	Male Vet 40-49	10:41.3	388
161	1:15:00	THORPE, Dennis	South West Vets AC	Male Vet 50+	10:42.7	186
162	1:15:31	TRACE, Lester	Plymouth Triathlon Club	Male Vet 50+	10:47.1	232
163	1:15:35	WIGGLESWORTH, Ben		Male Vet 50+	10:47.7	197
164	1:15:55	STANWIX-HOWES, Lydia			10:50.6	364
165	1:16:52	WILLIAMS, Angela	Womens Running Network	Female Vet 40-49	10:58.7	205
166	1:16:56	ELLIOTT, Selene			10:59.3	365
167	1:19:10	LEWIS, Melanie	St Austell RC	Female Vet 50+	11:18.4	354
168	1:30:07	WOOD, Lorna	Falmouth Road Runners	Female Vet 50+	12:52.2	269
169	1:37:30	WHITE, Christine	Falmouth Road Runners	Female Vet 50+	13:55.5	268