

## Tywardreath Trotter

Saturday 26 July 2014

Results for All Competitors in finish order.

## 7 mile

Position	Time	Name	Team	Category	Pace	No
1	0:43:06	RATCLIFFE, Nick	Mile High	male 40-44	06:09.3	154
2	0:43:18	MARTIN, Andrew	Mile High	male under 35	06:11.0	249
3	0:44:01	MANCER, Jez	St Austell RC	male 40-44	06:17.2	291
4	0:44:33	COLWILL, Martin	Bideford AAC	male 45-49	06:21.7	285
5	0:44:38	COLACO, Jonny	Newquay Road Runners	male 40-44	06:22.5	266
6	0:44:43	GALLANTRY, Liam	East Cornwall Harriers	male under 35	06:23.2	289
7	0:45:34	PRICE, Tim	Knowle and Dorridge	male 35-39	06:30.5	140
8	0:45:36	HOWELL, Tom	Mile High	male under 35	06:30.7	152
9	0:45:41	LONGHORN, Jason	Falmouth Road Runners	male 40-44	06:31.5	177
10	0:45:47	JARVIS, Antony	St Austell RC	male 40-44	06:32.3	255
11	0:46:05	EDDISON, Andrew	Cornwall AC	male 45-49	06:34.9	304
12	0:46:12	CHAPMAN, Mick	Mile High	male 50-54	06:35.9	203
13	0:46:30	CROWLE, Ben	Bodmin Road Runners	male 35-39	06:38.5	283
14	0:46:31	HALL, Craig	Carn Runners	male 40-44	06:38.6	198
15	0:46:44	HOWES, Dan	PL24	male 35-39	06:40.5	8
16	0:47:24	LEE, Laurie	St Austell RC	male 55-59	06:46.2	274
17	0:48:14	PITCHER, Tom	Tamar Trotters	male under 35	06:53.3	107
18	0:48:25	CUDBY, David	Truro Running Club	male under 35	06:54.9	262
19	0:48:28	BATEMAN, Dominic	Bodmin Road Runners	male under 35	06:55.3	169
20	0:48:46	YELLAND, John	PL24	male 35-39	06:57.9	30
21	0:48:49	CARTHEY, Tom	Falmouth Road Runners	male under 35	06:58.3	252
22	0:49:03	STRACHAN, Stephen	Falmouth Road Runners	male 35-39	07:00.3	234
23	0:49:25	LITTLEJOHNS, Mark	Falmouth Road Runners	male 40-44	07:03.5	253
24	0:49:25	WARREN, Jeremy	St Austell RC	male 45-49	07:03.5	241
25	0:49:38	GWYNNE, Paul	Falmouth Road Runners	male 45-49	07:05.3	128
26	0:49:41	LOBB, Joe	PL24	male under 35	07:05.7	36
27	0:49:42	WATSON, Robin	Falmouth Road Runners	male 50-54	07:05.9	251
28	0:49:48	COX, Nigel		male 45-49	07:06.7	155
29	0:49:55	PHILP, David	East Cornwall Harriers	male 50-54	07:07.7	296
30	0:50:12	ANDREW, Brian	Bideford AAC	male under 35	07:10.2	281
31	0:50:12	WHERRY, Alan	St Austell RC	male 50-54	07:10.2	214
32	0:50:21	ULLMAN, Chris	East Cornwall Harriers	male 40-44	07:11.4	295
33	0:50:22	RICHARDS, Jason	Carn Runners	male under 35	07:11.6	193
34	0:50:23	LAURIE, Andrew	Falmouth Road Runners	male 50-54	07:11.7	138
35	0:50:29	VINNICOMBE, Jason	Carn Runners	male 35-39	07:12.6	292
36	0:50:32	GEORGE, Craig	PL24	male 40-44	07:13.0	2
37	0:50:34	TRANTER, Simon	Newquay Road Runners	male under 35	07:13.3	179
38	0:50:35	VARKER, Geoff		male 45-49	07:13.4	257
39	0:50:36	REID, Steve	St Austell RC	male 40-44	07:13.6	212
40	0:50:48	MANCER, Lucy	St Austell RC	female 35-39	07:15.3	290
41	0:51:20	WOODS, Max	Sandhurst Joggers	male 45-49	07:19.9	272
42	0:51:36	GURRY, Harvey	Plymstock Road Runners	male 50-54	07:22.2	126
43	0:51:47	LITTLEWOOD, Ian	East Cornwall Harriers	male 35-39	07:23.7	119
44	0:51:47	MATTHEWS, Ian	Mounts Bay Harriers	male 45-49	07:23.7	181
45	0:51:52	SOLE, John	Bodmin Road Runners	male under 35	07:24.4	170
46	0:51:58	MIDGLEY, Phil		male 45-49	07:25.3	117
47	0:52:01	TRUDGIAN, Andy	St Austell RC	male 40-44	07:25.7	220
48	0:52:21	CHAPMAN, Kyle	Newquay Par AC	male under 35	07:28.6	305
49	0:52:44	CHAPMAN, Chris	PL24	male under 35	07:31.9	11
50	0:52:44	LEWIS, Jules	Carn Runners	male 45-49	07:31.9	204
51	0:52:58	ALLEN, Peter	Newquay Road Runners	male 55-59	07:33.9	270
52	0:53:04	WILSON, Chris	Real Buzz Running	male 45-49	07:34.7	7
53	0:53:11	KEATES, Nathan		male 35-39	07:35.7	134
54	0:53:19	ABBOTT, Brian	St Austell RC	male 50-54	07:36.9	210
55	0:53:30	BLACKIE, Stuart		male 40-44	07:38.4	1
56	0:53:35	CROWLE, Ian	East Cornwall Harriers	male 50-54	07:39.2	227
57	0:53:47	TALEN, Patrick	St Austell RC	male 35-39	07:40.9	239
58	0:54:05	BAILEY, Stephen		male 40-44	07:43.4	26
59	0:54:08	DOYLE, Marc	East Cornwall Harriers	male 35-39	07:43.9	293

60	0:54:09	DAW, Sharon	East Cornwall Harriers	female 45-49	07:44.0	207
61	0:54:10	MATTHEWS, David		male 35-39	07:44.2	18
62	0:54:11	EYRE, Janna	Carn Runners	female under 35	07:44.3	176
63	0:54:22	GUY, Tim		male 35-39	07:45.9	294
64	0:54:39	WELLER, Sam		male under 35	07:48.3	160
65	0:54:41	HEATH, Trevor	Mud Crew	male 45-49	07:48.6	147
66	0:54:42	BOASE, Nick		male under 35	07:48.7	115
67	0:54:53	HARRIS, Geoff	Newquay Road Runners	male 50-54	07:50.3	256
68	0:54:54	SQUIRE, Darren	St Austell RC	male 40-44	07:50.4	9
69	0:55:22	MCGUIRE, David	Truro Running Club	male 35-39	07:54.4	244
70	0:55:45	GRONWALT, Ian		male 45-49	07:57.7	4
71	0:55:47	PALIN, Malcolm	Looe Pioneers	male 55-59	07:58.0	137
72	0:55:51	KILCOYNE, David		male under 35	07:58.6	183
73	0:55:53	PASCOE, Seth		male under 35	07:58.9	148
74	0:56:08	DUNN, Sam		male under 35	08:01.0	302
75	0:56:10	RAPSON, Nigel		male 50-54	08:01.3	206
76	0:56:17	WOOLDRIDGE, David	Newquay Road Runners	male 50-54	08:02.3	242
77	0:56:18	MORSE, Helen	East Cornwall Harriers	female under 35	08:02.4	300
78	0:56:22	THOMAS, Rachael	Cornwall AC	female 40-44	08:03.0	146
79	0:56:28	HUTCHINSON, Stephen	Bude Rats	male 60-64	08:03.9	103
80	0:56:36	RAWLE, Jennifer		female 35-39	08:05.0	185
81	0:56:36	CHESSELL, Mark		male 45-49	08:05.0	187
82	0:56:39	MURPHY, Andrew		male 40-44	08:05.4	161
83	0:56:42	HARVEY, Richard	Carn Runners	male 35-39	08:05.9	133
84	0:56:50	CLEMENTS, Colette	Newquay Road Runners	female under 35	08:07.0	267
85	0:57:00	COCKLEY, James		male under 35	08:08.4	149
86	0:57:10	RINGER, Ian	East Cornwall Harriers	male 65-69	08:09.9	109
87	0:57:23	BAILEY, Paul		male 40-44	08:11.7	228
88	0:57:24	NETHERTON, Gareth		male under 35	08:11.9	174
89	0:57:32	GRIFFIN, Scott		male 40-44	08:13.0	236
90	0:57:37	PAUL, Kerry	Lanhydrock Wheelers	female 35-39	08:13.7	191
91	0:57:39	COOPER, Lea	Mud Crew	male 35-39	08:14.0	180
92	0:57:45	RUDD, Nikki	Hayle Runners	female 45-49	08:14.9	122
93	0:57:46	BRICKNELL, Mark	Plymstock Road Runners	male 50-54	08:15.0	164
94	0:57:47	SIMS, Andrew	East Cornwall Harriers	male 45-49	08:15.2	254
95	0:58:19	GOSSAN, John	Looe Pioneers	male 60-64	08:19.7	246
96	0:58:29	WALLBANK, Rob	St Austell RC	male under 35	08:21.2	240
97	0:58:33	LUCAS, Andrew	St Austell RC	male 45-49	08:21.7	215
98	0:58:48	WOOD, Christopher		male under 35	08:23.9	130
99	0:58:59	GRONWALT, Ben		male under 35	08:25.4	21
100	0:59:16	BAZIN, Peter	St Austell RC	male 45-49	08:27.9	245
101	0:59:52	MCDONAGH, Lynn	Hardley Runners	female 40-44	08:33.0	233
102	1:00:19	BARLOW, Nicolette		female 45-49	08:36.9	15
103	1:00:26	GRAHAM, Doug	East Cornwall Harriers	male 40-44	08:37.9	178
104	1:00:30	LITTLEWOOD, Louise	East Cornwall Harriers	female 40-44	08:38.4	118
105	1:00:39	WATERHOUSE, Isobel	Bude Rats	female 50-54	08:39.7	259
106	1:00:46	GURRY, Thomas	Plymstock Road Runners	male under 35	08:40.7	127
107	1:00:49	MENSING, Claire		female 40-44	08:41.1	301
108	1:00:52	BARLOW, Phil		male 35-39	08:41.6	14
109	1:01:11	BERRYMAN, Fred	PL24	male under 35	08:44.3	25
110	1:01:17	ROWBOTHAM, Stephen		male 45-49	08:45.1	273
111	1:01:37	MULUS, Adrian		male under 35	08:48.0	32
112	1:01:40	POTTER, Alison	Newquay Road Runners	female 35-39	08:48.4	243
113	1:01:44	POPE, Robert	Truro Running Club	male 50-54	08:49.0	284
114	1:01:54	TRETHEWEY, Martin	St Austell RC	male 45-49	08:50.4	216
115	1:02:10	DOWDESWELL, Zak		male under 35	08:52.7	199
116	1:02:14	COATES, Pat	Newquay Road Runners	female 55-59	08:53.3	287
117	1:02:18	BRAY, Daniel		male under 35	08:53.9	121
118	1:02:20	KNUCKEY, Nigel	Truro Running Club	male 55-59	08:54.1	156
119	1:02:21	HILL, Christopher		male 55-59	08:54.3	192
120	1:02:37	THOMAS, Helen	Carn Runners	female 40-44	08:56.6	286
121	1:02:44	HILL, Sarah	Newquay Road Runners	female 40-44	08:57.6	258
122	1:02:44	BENBOW, Jim		male 50-54	08:57.6	142

123	1:02:55	VEITCH, Steve		male 55-59	08:59.1	175
124	1:03:03	CABLE, Caroline	Mud Crew	female 50-54	09:00.3	265
125	1:03:06	HILL, Nick		male under 35	09:00.7	157
126	1:03:06	REID, Meena	PL24	female 35-39	09:00.7	3
127	1:03:10	HEYWOOD, Steve	Bideford AAC	male 55-59	09:01.3	226
128	1:03:20	BATE, Geoff	St Austell RC	male 45-49	09:02.7	213
129	1:03:20	SPITERI, Dawn	St Austell RC	female 35-39	09:02.7	211
130	1:03:37	LUXMOORE, Michael		male 65-69	09:05.1	277
131	1:03:38	WILLIAMS, Lee		male 40-44	09:05.3	143
132	1:03:40	JONES, Phil		male 55-59	09:05.6	145
133	1:03:58	BARNETT, Karen	PL24	male 35-39	09:08.1	13
134	1:04:01	WILSON, Richard	Truro Running Club	male 60-64	09:08.6	171
135	1:04:09	PINCKSTON, Sharon	St Austell RC	female 35-39	09:09.7	162
136	1:04:12	DOWDESWELL, Gavin		male 40-44	09:10.1	200
137	1:04:42	SUTTON, Andrew	Newquay Road Runners	male 40-44	09:14.4	263
138	1:04:42	CRANE, Michael	St Austell RC	male 45-49	09:14.4	165
139	1:05:02	WILLIAMS, Yvette	Newquay Road Runners	female 45-49	09:17.3	34
140	1:05:02	BARNARD, Dawn		female 40-44	09:17.3	35
141	1:05:03	WILLIAMS, Paul		male 45-49	09:17.4	33
142	1:05:17	MORAN, Henry		male under 35	09:19.4	141
143	1:05:17	WATERHOUSE, Robert	Bude Rats	male 50-54	09:19.4	260
144	1:05:18	MORAN, Tim		male under 35	09:19.6	139
145	1:05:24	MITCHELL, Pete		male 35-39	09:20.4	144
146	1:05:39	KENDALL-WOODS, Sacha	Sandhurst Joggers	female 40-44	09:22.6	271
147	1:05:43	WOOD, Glenn	East Cornwall Harriers	male 50-54	09:23.1	129
148	1:05:43	KELLY, Mark		male 45-49	09:23.1	264
149	1:05:44	TAGNEY, Simon	PL24	male 50-54	09:23.3	27
150	1:06:34	BATEMAN, Rebecca	Bodmin Road Runners	female 35-39	09:30.4	168
151	1:06:44	THOMPSON, Robert		male under 35	09:31.9	20
152	1:07:01	BRYDON, Jackie	PL24	female 45-49	09:34.3	16
153	1:07:02	VENNING, Martin	Launceston Road Runners	male 60-64	09:34.4	188
154	1:07:04	CLEMENCE, Sarah	Carn Runners	female 45-49	09:34.7	278
155	1:07:20	ROGERS, Patricia	Grit & Grin	female 50-54	09:37.0	196
156	1:07:34	TRETHEWEY, Charlie	St Austell RC	female 35-39	09:39.0	217
157	1:07:39	MORCOM, Rachel		female 35-39	09:39.7	19
158	1:07:40	MULLARKEY, Mary	East Cornwall Harriers	female 65-69	09:39.9	120
159	1:07:44	ROBINSON, Nigel		male 45-49	09:40.4	276
160	1:08:04	SNELSON, Karen	Bude Rats	female 45-49	09:43.3	247
161	1:08:15	EBERWEIN, Tobias		male 35-39	09:44.9	229
162	1:08:22	ALBINO, Genalyn	San Juan RC	female under 35	09:45.9	232
163	1:09:03	VISCARDI, Remo		male 55-59	09:51.7	268
164	1:09:03	DREW, Barry	Carn Runners	male 65-69	09:51.7	132
165	1:09:05	MORGAN, Joanna	PL24	female under 35	09:52.0	22
166	1:09:06	BLAKE, Brian		male 55-59	09:52.1	23
167	1:09:17	TREGIDGO, Steve	St Austell RC	male 35-39	09:53.7	172
168	1:09:22	PARISH, David	PL24	male 50-54	09:54.4	6
169	1:09:24	NORMAN, Joeli		female under 35	09:54.7	150
170	1:09:24	SPARGO, Philip	Truro Running Club	male 55-59	09:54.7	110
171	1:09:34	BURNELL, Frank	Hayle Runners	male 55-59	09:56.1	201
172	1:09:39	STUTHRIDGE, Helen	St Austell RC	female 45-49	09:56.8	222
173	1:09:43	QUANTICK, Martin		male 35-39	09:57.4	24
174	1:09:48	HYDE, Jason	Plymouth Muskateers	male 35-39	09:58.1	225
175	1:09:52	FRITH, Ray	Newquay Road Runners	male 65-69	09:58.7	282
176	1:09:55	SAUNDERS, Rachel	Tadworth AC	female 45-49	09:59.1	131
177	1:10:16	HORTON, Sarah	Plymouth Muskateers	female 45-49	10:02.1	173
178	1:10:21	PAYNE, Holly	St Austell RC	female under 35	10:02.8	209
179	1:10:31	STEPHENS, Jane	Bodmin Road Runners	female 45-49	10:04.3	166
180	1:10:36	CHAPMAN, Jane	Mile High	female 40-44	10:05.0	202
181	1:10:48	ROLLS, Victoria		female 35-39	10:06.7	12
182	1:10:52	KINGTON, Norris	Cornwall AC	male 70-74	10:07.3	186
183	1:11:08	O'KEEFFE, Gina		female 50-54	10:09.6	261
184	1:11:17	GARRETT, Jo		female under 35	10:10.8	113
185	1:11:37	BARKER, Alice	Bodmin Road Runners	female under 35	10:13.7	167

186	1:11:46	PATEMAN, Gemma	St Austell RC	female 35-39	10:15.0	218
187	1:12:00	MANDER, Peter	Launceston Road Runners	male 75+	10:17.0	105
188	1:12:31	FITZGERALD, Sarah	Cornwall Orienteering Club	NDB	10:21.4	303
189	1:12:38	DOWLING, John		male 65-69	10:22.4	135
190	1:12:41	PAYNE, Samantha	Falmouth Road Runners	female under 35	10:22.8	123
191	1:12:49	CAROFIOLIO, Francesca	Bude Rats	female under 35	10:24.0	250
192	1:12:50	JEWELS, Lucy	St Austell RC	female 40-44	10:24.1	219
193	1:12:59	NEWTON, Roy	Falmouth Road Runners	male 65-69	10:25.4	205
194	1:13:10	DITTMAR, Jenna		female under 35	10:27.0	184
195	1:13:11	AMIES, Tom		male under 35	10:27.1	298
196	1:13:26	LOWE, Wendy	Bodmin Womens RC	female 55-59	10:29.3	288
197	1:13:34	PITCHER, Dave	Tamar Trotters	male 55-59	10:30.4	106
198	1:13:59	BARRETT, Rebecca		female under 35	10:34.0	195
199	1:14:00	WILLIAMS, Emma		female 35-39	10:34.1	194
200	1:14:28	BUNJES, Sarah		female 35-39	10:38.1	230
201	1:15:06	MATTHEWS, Susan	Mounts Bay Harriers	female 50-54	10:43.6	182
202	1:15:59	DREYER, Kathryn	City of` Salisbury	female 55-59	10:51.1	153
203	1:17:16	PAGANO, Angelina		female 45-49	11:02.1	279
204	1:17:17	DEZORZI, Dino		male 45-49	11:02.3	280
205	1:17:43	TAPPIN, Lydia		female under 35	11:06.0	297
206	1:18:58	YELLAND, Angela		female 35-39	11:16.7	31
207	1:19:00	WISNER, Kath		female 40-44	11:17.0	248
208	1:19:14	RUSSELL, Barry		male 35-39	11:19.0	224
209	1:19:15	OWEN, Mark	St Austell RC	male 35-39	11:19.1	221
210	1:19:35	SMITH, Joe		male 60-64	11:22.0	197
211	1:19:59	MORGAN, David		male 65-69	11:25.4	111
212	1:21:14	SWATTON, Steve	VC AC	male 50-54	11:36.1	231
213	1:21:30	DOWDESWELL, Chris		male under 35	11:38.4	238
214	1:22:46	HARROWER, Sarah		female 45-49	11:49.3	237
215	1:23:37	TAPPIN, Anna		female 55-59	11:56.5	299
216	1:24:30	TURNER, Yvonne	Mounts Bay Harriers	female 50-54	12:04.1	101
217	1:24:35	GARRARD, David	Falmouth Road Runners	male 65-69	12:04.8	275
218	1:24:37	SAUNDRY, Richard	Hayle Runners	male 70-74	12:05.1	269
219	1:28:37	ROBERTS, Victoria		female 40-44	12:39.4	163
220	1:28:38	FOX, Jackie	PL24	female 35-39	12:39.5	10
221	1:30:18	MASSEY, Jennie	Bodmin Womens RC	female 50-54	12:53.8	108
222	1:33:37	VENNING, Ann	Launceston Road Runners	female 60-64	13:22.2	189
223	1:33:37	MITCHELL, Hayley		female 35-39	13:22.2	235
224	1:36:27	WHEATCROFT, Lee		male 35-39	13:46.5	29
225	1:38:06	NANCARROW, Karen	Hayle Runners	female 45-49	14:00.7	159
226	1:38:06	NANCARROW, David	Hayle Runners	male 45-49	14:00.7	158
227	1:49:04	HULCOOP, Jason	Moorhaven RC	male 35-39	15:34.6	190