

St Ives Bay 10k						
Tuesday 09/08/2022						
Position	Time	Name	Team	Category	Pace	Entry Num
1	0:40:25	BAINS, Peter	Bristol & West AC	All Men	06:30.1	236
2	0:40:33	CLEMENS, Zak	Cornwall AC	All Men	06:31.4	247
3	0:40:52	CLARKE, Paul		NDB	06:34.5	246
4	0:41:21	DOWNING, Sam		NDB	06:39.1	250
5	0:42:18	TRUBRIDGE, James		All Men	06:48.3	281
6	0:43:46	WATSON, Peter		NDB	07:02.5	291
7	0:44:03	CARTHEY, Tom	Falmouth Road Runners	All Men	07:05.2	243
8	0:46:30	SOLE, Paul	Cornwall AC	All Men	07:28.9	299
9	0:48:46	HAWKES, Will		NDB	07:50.7	258
10	0:49:09	SOPP, Thomas	Falmouth Road Runners	All Men	07:54.4	275
11	0:49:12	WISNER, John	St Austell Running Club	All Men	07:54.9	290
12	0:49:18	ANNEAR, Chris	Vegan Runners	All Men	07:55.9	300
13	0:49:24	SOLE, Amy	Cornwall AC	All Ladies	07:56.9	298
14	0:49:25	COCKS, Dan	St Austell Athletes Running Club	All Men	07:57.0	301
15	0:50:26	TIMMS, Jake	Falmouth Road Runners	All Men	08:06.8	280
16	0:50:53	HUDDLESTON, Grant		All Men	08:11.2	262
17	0:51:23	DUFOUR-COX, Greg		NDB	08:16.0	251
18	0:51:49	HEMINGWAY, Tom	Riverside Runners	All Men	08:20.2	303
19	0:51:54	VAGUE, Rachel		NDB	08:21.0	282
20	0:52:00	BRISTOW, Phil		All Men	08:22.0	241
21	0:52:14	WATSON, Robin	Falmouth Road Runners	All Men	08:24.2	287
22	0:52:28	GODDARD, James		NDB	08:26.5	255
23	0:52:39	POULTNEY, Michael		All Men	08:28.2	286
24	0:53:03	GAMBLE, Mike		All Men	08:32.1	293
25	0:53:37	MAYES, Richard	Midlands Masters	All Men	08:37.6	292
26	0:53:49	PAULL, Lucy	Hayle Runners	All Ladies	08:39.5	269
27	0:55:26	VINCENT, Andrew		All Men	08:55.1	283
28	0:55:39	TEMP, Tommy		NDB	08:57.2	278
29	0:55:50	GOUGH, Paul		NDB	08:59.0	256
30	0:56:55	LEWIS, Sarah		All Ladies	09:09.4	307

31	0:57:43	ROSE, Gill	Hayle Runners	All Ladies	09:17.2	271
32	0:58:03	WAKEFIELD, Darren		NDB	09:20.4	285
33	0:58:25	CARDEW, Barrie	Carn Runners	All Men	09:23.9	242
34	0:58:29	ANDREWS, David		All Men	09:24.6	297
35	0:58:35	HILLIER, Ian		NDB	09:25.5	260
36	0:58:53	ROACH, Paul		NDB	09:28.4	270
37	1:00:22	BOOTH, Ryan		NDB	09:42.7	239
38	1:01:06	BOWDEN, David		All Men	09:49.8	296
39	1:02:10	FARRELL, Guy	Avon Valley Runners	All Men	10:00.1	252
40	1:02:10	FARRELL, Paula	Avon Valley Runners	All Ladies	10:00.1	253
41	1:02:56	BOTTRELL, Jon		NDB	10:07.5	240
42	1:03:10	BURROWS, Robert	Hayle Runners	All Men	10:09.8	294
43	1:03:45	CASTILLO, Carlos		NDB	10:15.4	244
44	1:04:10	SIMPSON, Charles		NDB	10:19.4	272
45	1:04:22	WILCOX, David		All Men	10:21.4	288
46	1:04:25	KIRKMAN, Neil		All Men	10:21.8	264
47	1:04:48	BOUCHER, Richard	Hayle Runners	All Men	10:25.5	295
48	1:04:53	HOLLAND, Sarah		NDB	10:26.3	261
49	1:05:27	STUDD, Caroline		NDB	10:31.8	276
50	1:06:20	COLLIER, Richard	Hayle Runners	NDB	10:40.3	248
51	1:07:42	COPE, Jackie	Mud Crew	All Ladies	10:53.5	249
52	1:07:51	CUMBLEY, Kat	Hayle Runners	All Ladies	10:55.0	304
53	1:08:52	ARTHUR, Sarah		NDB	11:04.8	237
54	1:08:52	NICHOLAS, Tim		NDB	11:04.8	267
55	1:08:52	NICHOLAS, Elisha		NDB	11:04.8	266
56	1:09:13	MITTERMAYER, Felix		All Men	11:08.2	305
57	1:09:55	MINERS, Joanne		NDB	11:14.9	265
58	1:10:14	ELENI, Belesi		All Ladies	11:18.0	306
59	1:10:56	SYKES, Sue		NDB	11:24.7	277
60	1:10:56	THURSTON, Katie		NDB	11:24.7	279
61	1:11:26	GODDARD, Jacq		NDB	11:29.6	254
62	1:11:26	KIRKMAN, Anna		All Ladies	11:29.6	263
63	1:12:42	WILLCOCKS, Bob	Falmouth Road Runners	All Men	11:41.8	289
64	1:15:00	CLARK, Helen		NDB	12:04.0	245
65	1:19:48	BOLITHO, Julie	Hayle Runners	All Ladies	12:50.3	238
66	1:20:06	HALL, Jeff		NDB	12:53.2	257
67	1:20:47	GOODWIN, Dan		All Men	12:59.8	302

68	1:23:23	SMITH, Tamsyn	Southampton Triathlon Club	All Ladies	13:24.9	274
69	DNF	SMITH, Stuart		All Men		273