

Freedom Racing 10k Penrose Woods Results 2022

Position	Time	1st Name	2nd Name	Gender	Club
1	00:39:28	Josh	Karpinski	Male	Newquay Road Runners
2	00:40:14	Neil	Hayhurst	Male	Hayle Runners
3	00:43:18	Jonny	Unwin	Male	Cornwall AC
4	00:43:27	Alan	Thomas	Male	Falmouth Road Runners
5	00:43:42	Sarah	Hoskin	Female	Mile High
6	00:44:11	Liam	O'Neill	Male	Hayle Runners
7	00:44:17	Callum	Timpson	Male	
8	00:45:15	Loyd	Purvis	Male	Run4Adventure
9	00:45:25	Robert	Smith	Male	
10	00:45:37	Darrin	Porter	Male	Cornwall AC
11	00:45:53	Carol	Randall	Female	Cornwall AC
12	00:46:33	Adam	Wate	Male	
13	00:47:17	Jonny	Cox	Male	
14	00:47:40	Mark	Roby	Male	Truro Running Club
15	00:48:07	Simon	Ashworth	Male	
16	00:48:23	Andrew	Dayton	Male	
17	00:48:31	Jessie	Gillam	Female	
18	00:49:19	Laura	Williams	Female	
19	00:50:17	Hannah	Fox	Female	Mile High
20	00:50:21	Karl	Shaddick	Male	
21	00:50:50	John	Mitchell	Male	
22	00:51:11	Edward	Martin	Male	
23	00:51:13	Matt	Swiggs	Male	
24	00:52:23	Stuart	Thomson	Male	MudCrew Running
25	00:52:42	Beth	Popperwell	Female	Mile High
26	00:52:58	Paul	Houlden	Male	
27	00:53:00	Mel	Frazier	Female	
28	00:53:03	Steve	Davey	Male	
29	00:53:25	Ian	Prickett	Male	
30	00:53:45	Paul	Jenkin	Male	
31	00:53:43	Ben	Ashe	Male	
32	00:54:17	Sophie	Worledge	Female	Bys Vyken Race Team
33	00:54:51	Nick	Hodgkinson	Male	
34	00:55:01	Jonathan	Sharp	Male	
35	00:55:15	Jamie	Law	Male	
36	00:55:30	Emma	Harris	Female	
37	00:55:58	Sarah	Benjamin	Female	Tri Logic Cornwall
38	00:57:11	Nicola	Harrison	Female	
39	00:57:20	Paul	Gwynne	Male	
40	00:57:29	Emma	Richards	Female	MudCrew Running
41	00:57:51	Katie	Sharp	Female	
42	00:57:53	Adam	Rush	Male	
43	00:58:10	Jen	Kott	Female	
44	00:58:21	Trystan	Lambert	Male	TNT Crew
45	00:58:35	Richard	Butler	Male	
46	00:58:41	Laura	Giles	Female	
47	00:59:19	Kerry	Jackson	Female	
48	00:59:35	Nigel	Groom	Male	

49	01:00:19	Lydia	Hale	Female	
50	01:00:25	Katie	Barcock	Female	
51	01:01:02	James	Danks	Male	Falmouth Road Runners
52	01:01:33	Louise	Tremewan	Female	
53	01:01:35	Helen	Waddington	Female	
54	01:01:36	Jerry	Cartlidge	Male	Lonely Goat RC
55	01:01:57	Richard	Keast	Male	
56	01:02:37	Marie	Blackbeard	Female	St Austell Running Club
57	01:02:37	Ira	Griffiths	Male	
58	01:02:41	Tim	Williams	Male	
59	01:02:54	Fiona	Gamble	Female	Hayle Runners
60	01:03:07	Richard	Hoskins	Male	
61	01:03:37	Jeanette	Stokes	Female	
62	01:03:45	Lewis	Matthews	Male	
63	01:04:31	Gemma	Prickett	Female	
64	01:05:06	Tracey	Richards	Female	
65	01:05:08	Rachel	Stephens	Female	
66	01:05:17	Jared	Sanderson	Male	
67	01:05:48	Bee	Rowley	Female	
68	01:06:07	Paula	Bate	Female	St Austell Athletes RC
69	01:07:13	Roger	Menzies	Male	Newquay Road Runners
70	01:07:37	Alan	Brandwood	Male	Falmouth Road Runners
71	01:08:12	Jozie	Wright	Female	
72	01:08:41	Nick	Collins	Male	
73	01:09:02	Nina	Chell	Female	Falmouth Road Runners
74	01:09:07	Alison	Galloway	Female	Carn Runners
75	01:09:17	Jacquie	Rapier	Female	Falmouth Road Runners
76	01:09:48	Katie	Thurston	Female	JP Fitness Cornwall
77	01:10:23	Mike	Rowe	Male	
78	01:10:44	Roy	Newton	Male	Falmouth Road Runners
79	01:10:54	Denise	Facey	Female	Falmouth RR
80	01:10:58	Robert	Willcocks	Male	Falmouth Road Runners
81	01:10:58	Jackie	Cope	Female	Falmouth Road Runners
82	00:11:04	Simon	Mayho	Male	Bys Vyken Race Team
83	01:12:44	Duncan	Kane	Male	
84	01:12:58	Rebecca	Cole	Female	
85	01:13:08	Emma-Jane	Howman	Female	
86	01:13:24	Rachel	Thomson	Female	MudCrew Running
87	01:13:32	Jodie	Tonkins	Female	
88	01:13:44	David	Peverelle	Male	
89	01:13:46	Rachael	Knowles	Female	
90	01:13:47	Penelope	Harper	Female	
91	01:14:05	Amy	Abraham	Female	Hayle Runners
92	01:15:05	Angela	Yelland	Female	Mad Hatter Sports
93	01:16:02	Anna	Stone	Female	
94	01:17:12	Rachel	Flanagan	Female	Falmouth Road Runners
95	01:17:32	Dominique	Cruz	Female	Soul Runners
96	01:17:41	Jackie	Chapman	Female	Launceston Road Runners
97	01:18:23	Christina	Lake	Female	Falmouth Road Runners
98	01:18:28	Sue	Mallinder	Female	
99	01:18:28	Dawn	Hadfield-Young	Female	St Austell Running Club
100	01:18:37	Tina	Wate	Female	
101	01:19:38	Paul	Sullivan	Male	
102	01:19:42	Tracie	Baines	Female	
103	01:21:50	Mark	Parsons	Male	

104	01:21:50	Tracie	Parsons	Female	
105	01:23:13	Teresa	Smith	Female	
106	01:23:36	Henri	Sloan	Female	
107	01:23:36	Sarah	Luff	Female	JP Fitness Cornwall
108	01:24:44	Victoria	Peverelle	Female	
109	01:25:03	Stephanie	Rennie	Female	
110	01:25:09	Lauren	Mates	Female	JP Fitness Cornwall
111	01:25:36	Amanda	Allen	Female	
112	01:25:54	Colette	Sanderson	Female	
113	01:26:08	Andria	Pollock	Female	JP Fitness Cornwall
114	01:26:16	Jane	Shaddick-Brady	Female	
115	01:26:23	Karen	Baxter	Female	
116	01:28:43	Nicola	Bray	Female	JP Fitness Cornwall
117	01:28:43	Michele	Steabler	Female	JP Fitness Cornwall
118	01:28:46	Steve	Lawrence	Male	Falmouth Road Runners
119	01:31:25	Wendy	Williams	Female	
120	01:31:53	David	Garrard	Male	Falmouth Road Runners