

Treggy 7 2023

Place	Bib	Name	AG	Club	Chip	2022
1	311	Joshua Rowe	Male Under 35	Cornwall AC	0:37:22	
2	71	Jim Cole	Male 40-44	Tavistock Run Project	0:38:20	
3	255	Liam Nicholls	Male Under 35	Cornwall AC	0:38:51	
4	298	Steve Reynolds	Male 35-39	Truro Running Club	0:39:30	0:40:31
5	135	Kenny Gibson	Male Under 35	Cornwall AC	0:39:47	
6	312	Liam Rowe	Male Under 35	Cornwall AC	0:39:54	
7	215	Sam Larkham	Male 40-44	Tavistock AC	0:40:13	0:39:29
8	131	Jacob Gardner	Male Under 35	Hayle Runners	0:40:15	0:41:55
9	86	James Cutlan	Male 35-39	Cornwall AC	0:40:31	
10	310	Darren Rose	Male 40-44	Newquay Road Runners	0:41:06	0:42:30
11	242	Jordan Morant	Male Under 35	Hayle Runners	0:41:20	0:40:51
12	163	Llewin Head	Male Under 35	Mile High	0:41:39	0:42:38
13	349	David Starley	Male Under 35	Launceston Road Runners	0:41:59	
14	107	Jamie Edwards	Male Under 35	Newquay Road Runners	0:42:10	
15	245	Simon Morse	Male 35-39	East Cornwall Harriers	0:42:19	0:41:56
16	162	Neil Hayhurst	Male 40-44	Hayle Runners	0:42:47	0:42:14
17	358	Daniel Strickland	Male 40-44	Hayle Runners	0:42:48	
18	15	Peter Barnes	Male 40-44	Hayle Runners	0:42:54	0:45:11
19	139	Adam Gore	Male 35-39	Hayle Runners	0:42:59	
20	155	Anna Harrold	Female 40-44	Truro Running Club	0:43:02	0:45:25
21	354	Dylan Stevens	Male Under 35	Newquay & Par AC	0:43:11	
22	345	Paul Sole	Male 40-44	Cornwall AC	0:43:32	
23	240	Charlie Milward	Male Under 35	Erme Valley Harriers	0:44:15	
24	396	Katie Walker	Female Under 35	Cornwall AC	0:44:25	
25	364	Alan Thomas	Male 35-39	Falmouth Running Club	0:44:29	
26	180	Edward Horn	Male 35-39	Tavistock AC	0:44:35	0:43:59
27	343	Colin Snook	Male 45-49	Cornwall AC	0:44:40	
28	129	Liam Gallantry	Male Under 35	East Cornwall Harriers	0:44:47	0:43:31
29	24	Tamara Beach	Female Under 35	Cornwall AC	0:45:04	
30	307	Mark Roby	Male 45-49	Truro Running Club	0:45:12	
31	207	Mark Knight	Male 50-54	Newquay & Par AC	0:45:30	
32	167	Lee Herbert	Male 45-49	Plymouth Musketeers Runners	0:45:53	
33	227	Ryan Marks	Male Under 35	St Austell Running Club	0:45:57	
34	257	Andrew Noble	Male 55-59	Ashford & District RRC	0:45:57	
35	11	Adrian Ball	Male 55-59	Cornwall AC	0:46:00	
36	28	Edmund Bennett	Male 40-44	Hayle Runners	0:46:13	0:45:51
37	428	Anthony Worthington	Male 55-59	Tamar Trotters	0:46:14	
38	260	Liam O'Neill	Male 35-39	Hayle Runners	0:46:17	0:45:45
39	151	Ben Harding	Male 40-44	East Cornwall Harriers	0:46:40	0:47:46
40	368	Philip Thomas	Male 45-49	Wadebridge Running Club	0:46:52	0:45:37
41	401	Robert Warner	Male Under 35	Tamar Trotters	0:47:00	
42	1	Scott Abraham	Male 50-54	Hayle Runners	0:47:12	
43	208	Simon Knowles	Male 45-49	Hayle Runners	0:47:16	
44	421	Mark Williams	Male 55-59	Hayle Runners	0:47:30	
45	394	Charlotte Walker	Female Under 35	Tavistock AC	0:47:44	
46	217	Steve Law	Male 50-54	Falmouth Running Club	0:47:45	
47	344	John Sole	Male 40-44	Cornwall AC	0:47:50	0:44:52

48	111	Mike Ellis	Male 45-49	Newquay & Par AC	0:48:04	
49	231	Richard Martin	Male 40-44	St Austell Running Club	0:48:09	
50	128	Jack Gale	Male Under 35		0:48:10	
51	287	Darrin Porter	Male 55-59	Cornwall AC	0:48:17	
52	110	Jon Eldon	Male 60-64	Hayle Runners	0:48:22	0:49:34
53	388	Andrew Vernon	Male 55-59	Okehampton RC	0:48:23	0:49:44
54	134	Rosie Gibbons	Female 45-49	Cornwall AC	0:48:27	0:48:59
55	143	David Guffick	Male 40-44	Hayle Runners	0:48:34	
56	370	Joseph Thomson	Male 35-39	Launceston Road Runners	0:48:33	0:53:44
57	360	Charlotte Tansley	Female Under 35	Cornwall AC	0:48:38	
58	391	Jason Vinnicombe	Male 45-49		0:48:39	
59	144	Craig Hall	Male 45-49	Carn Runners	0:48:46	
60	59	Daniel Case	Male 35-39	Plymouth Musketeers Runnir	0:48:52	0:50:37
61	267	Kyle Orgacki	Male 35-39	Tamar Trotters	0:48:51	
62	52	Lee Burford	Male 40-44	Hayle Runners	0:48:58	0:48:44
63	393	Callum Waldie	Male Under 35	Truro Running Club	0:49:12	
64	10	Steve Baker	Male 65-69	Tamar Trotters	0:49:24	
65	127	David Friskin	Male Under 35	Plymouth Musketeers Runnir	0:49:49	
66	98	Mike Dowrick	Male 50-54	Cornwall AC	0:49:55	
67	225	James Manning	Male 40-44	Hayle Runners	0:49:58	0:54:44
68	407	Steve Weeks	Male 45-49	Teignbridge Trotters	0:50:12	0:51:28
69	353	Emma Stepto	Female 50-54	Cornwall AC	0:50:30	
70	261	Marc Oldaker	Male 55-59		0:50:35	0:51:52
71	168	Allan Herdman	Male 70-74	Tavistock AC	0:51:03	
72	30	Matthew Berry	Male 45-49	Truro Running Club	0:51:14	
73	286	Adam Porter	Male Under 35		0:51:28	
74	406	Chloe Weeks	Female Under 35	Teignbridge Trotters	0:51:30	0:54:14
75	252	Barry Neal	Male 40-44	Erme Valley Harriers	0:51:40	
76	369	David Thomson	Male 60-64		0:51:57	
77	58	Shaun Carthew	Male 45-49		0:52:17	
78	179	Rory Honeychurch	Male Under 35		0:52:28	
79	136	Ayesha Gillespie	Female Under 35	Tamar Trotters	0:52:40	
80	331	Kevin Silver	Male 55-59	Hayle Runners	0:52:49	0:52:46
81	293	Donna Raggett	Female 50-54	Cornwall AC	0:52:54	
82	57	Bruce Carey	Male Under 35	Newquay Road Runners	0:53:01	
83	106	Elliott Edwards	Male Under 35	Plymouth Musketeers Runnir	0:53:09	
84	276	Mark Peck	Male 35-39		0:53:19	
85	56	Barrie Cardew	Male 65-69	Carn Runners	0:53:28	
86	224	Melodie Manners	Female 35-39	Hayle Runners	0:53:30	
87	367	Mark Thomas	Male 45-49	Truro Running Club	0:53:41	
88	202	Jonathan Kappes	Male 50-54		0:53:43	0:51:54
89	186	Charlene Howard	Female 35-39		0:53:45	0:52:36
90	299	Stuart Richards	Male 45-49	St Austell Running Club	0:53:51	0:51:55
91	359	Lee Strickland	Female 45-49	Hayle Runners	0:54:08	0:54:18
92	187	Frazer Humbles	Male 40-44	Hayle Runners	0:54:05	0:52:11
93	100	Damian Dunne	Male 45-49	Plymouth Musketeers Runnir	0:54:20	
94	268	Danny O'Shea	Male 45-49	Truro Running Club	0:54:32	
95	83	Revis Crowle	Female 60-64	East Cornwall Harriers	0:54:31	
96	29	Mark Bennetts	Male 40-44	St Austell Athletes Running Cl	0:54:40	

97	164	Eve Hearle	Female 40-44	Newquay Road Runners	0:54:45	
98	248	Leo Muid	Male 40-44	Falmouth Running Club	0:55:03	
99	306	Malcolm Roberts	Male 70-74	St Austell Running Club	0:55:09	0:52:52
100	254	Melissa Nicholas	Female Under 35	Hayle Runners	0:55:12	
101	315	John Sanders	Male 40-44		0:55:05	0:56:53
102	236	Kirsty Medlock	Female 40-44	Hayle Runners	0:55:16	
103	241	Helen Mitchell	Female 55-59	Truro Running Club	0:55:18	0:52:40
104	324	Paul Seagger	Male 40-44	Hayle Runners	0:55:22	
105	337	James Skeplorn	Male 40-44	Truro Running Club	0:55:27	
106	385	Craig Varcoe	Male Under 35	St Austell Running Club	0:55:22	0:58:25
107	338	Sally Sleep	Female 40-44		0:55:25	
108	133	Corinne Gerrard	Female 50-54	Hayle Runners	0:55:39	0:52:56
109	427	Mark Worden	Male 35-39		0:55:40	
110	78	Michael Counter	Male 55-59	St Austell Running Club	0:55:49	
111	320	Ian Savigar	Male 60-64	East Cornwall Harriers	0:55:47	
112	273	Ryan Pearce	Male Under 35		0:56:03	
113	398	Carole Walters	Female 60-64	Tavistock AC	0:56:13	
114	76	Michael Cork	Male 65-69	Plymouth Coasters	0:56:19	0:57:02
115	262	Nick Oldaker	Male Under 35		0:56:24	0:56:15
116	195	Benjamin Jarram	Male 35-39	Launceston Road Runners	0:56:22	
117	352	James Stephens	Male 35-39	St Austell Running Club	0:56:24	0:59:19
118	149	Oliver Hamley	Male Under 35		0:56:27	
119	169	Christopher Heywood	Male 55-59		0:56:36	0:55:01
120	31	Adam Bewes	Male 35-39		0:56:23	
121	285	Beth Popperwell	Female 50-54	Mile High	0:56:55	
122	339	Mark Sluggett	Male 55-59	Launceston Road Runners	0:56:45	0:54:51
123	313	Wayne Rundle	Male 50-54	Launceston Road Runners	0:56:53	
124	234	Ryan Matthews	Male Under 35		0:57:15	
125	48	Jenny Bryant	Female 55-59	Tavistock AC	0:57:09	
126	176	Keith Hoadley	Male 55-59	Torrington AAC	0:57:18	0:56:48
127	279	Helen Perry-Smith	Female Under 35	Plymouth Coasters	0:57:31	
128	363	Lesley Taylor	Female 55-59	Ashford & District RRC	0:57:27	
129	238	John Mercer	Male 40-44		0:57:52	
130	375	Liz Trebilcock	Female 55-59	Truro Running Club	0:57:54	
131	4	Paul Angove	Male 55-59	Cornwall AC	0:57:55	
132	383	Craig Underhill	Male 50-54	Hayle Runners	0:57:57	
133	426	Matthew Wilson	Male 45-49	Cornwall AC	0:58:04	0:58:29
134	3	Peter Allen	Male 65-69	Newquay Road Runners	0:58:28	0:54:55
135	332	Andrew Simpson	Male 40-44	Launceston Road Runners	0:58:23	
136	182	Pavol Hornak	Male 35-39		0:58:26	
137	23	Peter Bazley	Male 65-69	Tavistock AC	0:58:42	0:59:12
138	201	Debbie Jones	Female 55-59	Looe Pioneers Running Club	0:58:47	
139	66	Craig Charnock	Male Under 35		0:58:38	
140	103	Andis Dzērve	Male Under 35		0:58:49	
141	300	Thomas Rickard	Male Under 35		0:58:48	
142	403	Mandy Watts	Female 50-54	Newquay Road Runners	0:59:00	1:00:41
143	230	Paul Martin	Male 40-44		0:59:18	
144	341	Stuart Smith	Male 35-39	Hayle Runners	0:59:35	
145	333	Mark Simpson	Male 35-39	Launceston Road Runners	1:00:07	

195	381	Steve Turner	Male 60-64		1:04:19	
196	229	Colin Martin	Male 70-74	Newquay Road Runners	1:04:29	
197	243	Martin Morgan	Male 65-69	Bodmin Road Runners	1:04:30	
198	116	Wendy Fettner	Female 60-64		1:04:55	
199	291	Joanna Quirk	Female 45-49		1:04:58	
200	175	Nick Hill	Male 40-44		1:04:53	
201	303	Janet Ritchie	Female 60-64	Carn Runners	1:05:23	1:03:14
202	102	Ben Dutton	Male Under 35	St Austell Athletes Running Cl	1:05:17	
203	264	Barry Olver	Male 65-69	Tamar Trotters	1:05:33	
204	140	Charlie Gray	Female 45-49	Newquay Road Runners	1:05:46	
205	22	Mike Bawden	Male 60-64	Carn Runners	1:05:41	1:05:30
206	156	Mark Harvie	Male 55-59		1:05:30	
207	38	Annie Bover	Female 40-44	Bude Rats (Run and Tri)	1:05:42	
208	49	Paul Bufton	Male 65-69	Truro Running Club	1:05:56	
209	282	Matt Pickard	Male Under 35		1:05:38	1:08:39
210	228	Debbie Marshall	Female 45-49	St Austell Running Club	1:06:11	
211	189	Stephen Hutchinsor	Male 70-74	Bude Rats (Run and Tri)	1:06:13	0:59:52
212	203	Fearon Kelly	Male 50-54		1:06:11	
213	130	Charlie Gardner	Male Under 35		1:06:23	
214	323	Emmeline Scott	Female Under 35		1:06:32	
215	45	Suzanne Brentnall-V	Female 45-49		1:06:41	
216	417	Emily Williams	Female Under 35		1:06:59	
217	91	Gemma Davidson	Female 40-44		1:06:47	
218	74	Alexander Cooper	Male 45-49		1:07:11	1:04:53
219	64	Stuart Chappell	Male 35-39	Perran Trail Runners	1:07:13	
220	270	Ben Palmer	Male 35-39		1:07:01	
221	50	Hannah Bulmer	Female 40-44		1:07:17	
222	321	Dawn Scallan	Female 50-54	Carn Runners	1:07:15	
223	42	John Brady	Male 60-64	East Cornwall Harriers	1:07:08	
224	80	Gemma Crawford	Female 35-39		1:07:38	
225	397	Steven Walkey	Male 70-74	Falmouth Running Club	1:07:28	
226	404	Lisa Webb	Female 45-49	East Cornwall Harriers	1:07:22	
227	108	Martin Edwards	Male 45-49		1:08:00	1:03:23
228	8	Gill Aze-Thomas	Female 50-54	Launceston Road Runners	1:08:01	1:11:27
229	25	Samuel Behennah	Male Under 35		1:07:54	
230	109	Nicola Edwards	Female 45-49	Newquay Road Runners	1:08:12	
231	232	Daniel Matthams	Male Under 35		1:08:07	
232	233	David Matthams	Male 60-64	Instinctive Sport Fun Runners	1:08:08	
233	46	Angela Brinicombe	Female 65-69	Launceston Road Runners	1:08:24	
234	142	Ian Grimes	Male 70-74	Launceston Road Runners	1:08:26	1:08:41
235	51	Alice Burbidge	Female 40-44		1:08:23	1:04:12
236	97	Emma Dooney	Female 45-49		1:08:23	
237	376	Avril Trehane	Female Under 35		1:08:18	
238	82	Caroline Cross	Female Under 35	Cornwall AC	1:08:45	
239	5	Graham Ashton	Male Under 35		1:08:58	1:09:29
240	326	Roger Serres	Male 45-49	Launceston Road Runners	1:08:47	
241	366	Hannah Thomas	Female 45-49	Truro Running Club	1:09:04	1:10:33
242	347	Philip Spargo	Male 65-69	Truro Running Club	1:09:18	1:06:48
243	419	Jo Williams	Female 35-39		1:09:11	

293	190	Geraldine Hyslop	Female 65-69	Falmouth Running Club	1:15:06	
294	36	Sarah Booker	Female 50-54	Falmouth Running Club	1:15:12	
295	387	Martin Venning	Male 70-74	Launceston Road Runners	1:15:09	1:15:44
296	166	Claire Herbert	Female 50-54	Plymouth Musketeers Runnir	1:15:24	
297	173	Elaine Hill	Female 50-54	Launceston Road Runners	1:15:38	1:11:57
298	379	Chloe Turner	Female Under 35	East Cornwall Harriers	1:15:27	
299	194	Sandy Jamieson	Female 70-74	Carn Runners	1:15:53	
300	41	Ann Bradley	Female 60-64	St Austell Running Club	1:16:07	1:18:40
301	418	Genna Williams	Female Under 35	Launceston Road Runners	1:16:05	
302	81	Nicola Crilly	Female 45-49	Falmouth Running Club	1:16:05	1:09:08
303	159	Lizzy Hawke	Female Under 35		1:16:00	
304	204	Jennifer Kempthorn	Female Under 35	Bodmin Women's Running Cl	1:16:00	
305	213	Teresa Lakeman	Female 55-59	Tamar Trotters	1:16:04	
306	219	Jennifer Lawson	Female 55-59	Newquay Road Runners	1:16:05	
307	20	Aileen Barwell	Female 65-69	Falmouth Running Club	1:16:15	
308	137	Mary Goodacre	Female 70-74	Tamar Trotters	1:16:23	
309	265	Gillian Onley	Female 55-59	Cornwall AC	1:16:41	1:10:42
310	220	Wendy Lowe	Female 65-69	Bodmin Women's Running Cl	1:16:40	1:13:44
311	146	Victoria Hall	Female 45-49	Bodmin Road Runners	1:16:53	1:16:13
312	371	Brenda Thorne	Female 65-69	Instinctive Sports Plymouth	1:16:54	1:15:41
313	226	Courtney Marks	Female Under 35	St Austell Running Club	1:17:25	
314	422	Theresa Williams	Female 65-69	St Austell Running Club	1:17:24	
315	336	Martin Sims	Male 70-74		1:17:45	1:15:05
316	357	Jackie Stone	Female 60-64	Hayle Runners	1:17:51	1:17:04
317	362	Lee-Ann Taylor	Female 45-49		1:18:16	
318	308	Natalie Rogers	Female 45-49		1:18:16	
319	249	Mary Mullarkey	Female 70-74	East Cornwall Harriers	1:17:57	
320	296	Jacquie Rapier	Female 60-64	Falmouth Running Club	1:18:09	1:11:41
321	153	Michaela Harrison	Female 45-49	Plymouth Harriers	1:18:18	1:11:13
322	289	Nikki Pritchard	Female 40-44	East Cornwall Harriers	1:18:16	1:19:08
323	115	Tony Farrant	Male 55-59	Callington Running Group	1:18:43	
324	399	Andrea Warne	Female 55-59	Callington Running Group	1:18:45	
325	193	Judy Jameson	Female 60-64	Carn Runners	1:19:10	1:33:39
326	284	Sophie Pooley	Female Under 35		1:19:14	
327	374	Stewart Townend	Male 80+	Hayle Runners	1:19:46	
328	295	Christopher Ramsey	Male 70-74	Truro Running Club	1:20:00	1:01:10
329	84	Jon Cryer	Male 65-69		1:19:54	1:21:57
330	319	Vikki Savage	Female 50-54	Launceston Road Runners	1:19:58	1:19:59
331	35	Robert Bolitho	Male 60-64	Hayle Runners	1:19:55	1:22:25
332	161	Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:20:09	1:17:45
333	95	Leah Dickinson	Female 35-39		1:20:23	
334	123	Jane Forder	Female 50-54	Tamar Trotters	1:20:22	
335	9	Steve Badge	Male 55-59		1:20:19	
336	205	Margaret Ann Kinah	Female 70-74	East Cornwall Harriers	1:20:35	
337	402	Simon Warner	Male 50-54		1:20:25	
338	13	Claire Barlow	Female 45-49	Bodmin Road Runners	1:21:08	1:08:26
339	177	Deborah Hocking	Female 55-59	Carn Runners	1:21:26	
340	389	Greta Viertel	Female 35-39	St Austell Athletes Running Cl	1:21:45	
341	206	Elaine Knight	Female 55-59	Callington Running Group	1:22:26	

342	424	Janet Wills	Female 70-74	St Austell Running Club	1:22:50	1:33:06
343	157	Lizzie Hasell	Female 40-44	Truro Running Club	1:23:01	
344	423	Sharon Willis	Female 60-64	Newquay Road Runners	1:22:53	
345	178	Lorna Hogg	Female 50-54	St Austell Running Club	1:23:09	
346	429	Gemma Wotherspo	Female 35-39	Bodmin Women's Running Cl	1:23:08	1:30:00
347	361	Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:23:17	
348	53	Dennis Burrell	Male 75-79	Carn Runners	1:24:06	1:25:54
349	216	Sarah Law	Female 45-49	Falmouth Running Club	1:24:04	
350	14	John Barnes	Male 60-64	Launceston Road Runners	1:23:54	1:10:43
351	118	Darren Fisher	Male 50-54	Tavistock AC	1:24:46	
352	141	Emma Grigg	Female 45-49	Camelford up and running	1:24:47	
353	34	Julie Bolitho	Female 55-59	Hayle Runners	1:25:41	1:21:03
354	412	Duncan White	Male 45-49		1:25:48	
355	148	Bea Hamilton	Female 55-59		1:25:57	
356	16	Phoebe Barnes	Female Under 35	Launceston Road Runners	1:25:58	
357	96	Samantha Dixon	Female 45-49	Hayle Runners	1:26:10	
358	62	Helen Cattran	Female 55-59	Hayle Runners	1:26:11	1:23:57
359	172	Charlie Hill	Male 40-44		1:28:02	
360	317	Kathy Saunders	Female 65-69	Looe Pioneers Running Club	1:28:44	
361	392	Margaret Wade	Female 70-74	Carn Runners	1:28:52	1:26:35
362	152	Rachel Hardy	Female 40-44		1:29:56	
363	6	John Ashton	Male 60-64	Ellesmere Port Running Club	1:30:37	1:22:25
364	211	Christina Lake	Female 65-69	Falmouth Running Club	1:31:24	1:22:40
365	114	Samantha Ewart	Female 45-49	St Austell Running Club	1:33:31	1:18:08
366	99	Michelle Dunn	Female 35-39	St Austell Running Club	1:34:22	
367	218	Steve Lawrence	Male 65-69	Falmouth Running Club	1:35:49	
368	132	David Garrard	Male 75-79	Falmouth Running Club	1:42:29	1:36:06