

MTRS 2023 - 2024 after race 8 Truro Trail 10k - Female Table

Race points can't be questioned / changed more than 2 races in the past. Please check your results carefully.
If you find a mistake please contact Janet Ritchie (janrit@btinternet.com) as soon as possible.

Best 6 events to count. Age category depends on age on 01/07/2023. Only affiliated Cornish clubs included.
Make name / club changes on your SIEntries account and it will be uploaded on your next event.

	SIEntries ID	Name	Club	Tywardreath	Pirate Run	Tywarnhayle	Rosemullion	St Pirans	Bocannoc	Bude LR	Truro	Gribbin	Score	Completed
1	735698	Jo Temple	Truro Running Club	299	298		299	297	299		299		1791	6
2	447321	Stacie Tregonning	St Austell Athletes Running Club	296	295	299		291		299	298		1778	6
3	557271	Helen Mitchell	Truro Running Club		293	297	294	284	291	294	291		1760	7
4	748272	Alison Temple	Bodmin Running Club		290		284	283	287	296	290		1730	6
5	748830	Claire Winfield	Launceston Road Runners	284	284	283	283	281	277	290	278		1705	8
6	746924	Mandy Watts	Newquay Road Runners	288		282	277	264	283		287		1681	6
7	315324	Janet Ritchie	Carn Runners	274	281	278	264	259	259	279	270		1646	8
8	587683	Isabel Irwin-Bowler	St Austell Running Club	278			270	257	275	286	277		1643	6
9	749487	Angela Brinicombe	Launceston Road Runners	275		274	272	252	253	284			1610	6
10	368360	Jackie Cope	Falmouth Running Club	271	278	268	263	251	254	271	259		1610	8
11	454043	Juliet Stewart	Truro Running Club	265		264	265	249	256	278	265		1593	7
12	664035	Suzanne Brown	Bude Rats (Run and Tri)		276	266	257	248	245	275			1567	6
13	644613	Sandra Haynes	Looe Pioneers Running Club	256	273	258	246	242	226	266	251		1550	8
14	764821	Karen Parker	Falmouth Running Club	263	274	262	255		236		247		1537	6
15	665436	Susan Thomas	Hayle Runners			261	250	244	235	274	268		1532	6
16	784808	Gwen Maggs	St Austell Running Club	260	263	245	251		222	265	243		1527	7
17	434324	Jacqui Martin	St Austell Running Club	245	264	246	242	241	239	269	256		1522	8
18	690547	Emma Lawry	St Austell Running Club	252	265	257	240	238	231	263	229		1515	8
19	772211	Nicky Hicks	Launceston Road Runners	246	269	253	239	240	230	261	245		1514	8
20	734696	Debbie Gossington	Hayle Runners			256	253	239	237	257	249		1491	6
21	691229	Rebecca Shore	St Austell Running Club	248	260	250	237	235	225	254	241		1490	8
22	443494	Lucy Longbottom	Truro Running Club	297			300	296		300	296		1489	5
23	160591	Wendy Chapman	Truro Running Club	298		300	297	293	297				1485	5
24	415961	Yelda Muge Parsons	Hayle Runners		268	251	236	233	206	250	242		1480	7
25	431617	Samantha Ewart	St Austell Running Club	238		243	241	236	220	270	244		1472	7
26	504813	Julie Bolitho	Falmouth Running Club	234	258	244		229	205	240	228		1433	7
27	368022	Liz Trebilcock	Truro Running Club	286		286	285	277	279				1413	5
28	501802	Karina Bowers	St Austell Running Club			285		268	267	292	282		1394	5
29	396493	Christina Lake	Falmouth Running Club	233		247	231		197	245	232		1385	6
30	730447	Gemma Wotherspoon	Bodmin Women's Running Club	243			229	231	194	242	236		1375	6
31	621651	Kathran Dormer	Falmouth Running Club	239		248	228	232	184		234		1365	6
32	567775	Lisa Player	Newquay Road Runners			275	276	256	272		230		1309	5
33	502174	Melanie Nile	St Austell Running Club			254	248	237	242		248		1229	5
34	386188	Revis Crowle	East Cornwall Harriers	290		291			285	295			1161	4
35	682696	Janet Wills	St Austell Running Club			241	225	227	196	249			1138	5
36	273360	Sarah Myford	Bodmin Running Club					266	280	291	286		1123	4
37	200257	Jennie Massey	Hayle Runners	232		238	221	228	183				1102	5
38	205812	Jane Stephens	Bodmin Running Club			272	266	255	250				1043	4
39	772157	Trina Bradbury	Launceston Road Runners	257	267	263		243					1030	4
40	747894	Claire Stone	Hayle Runners	258				246	232	267			1003	4
41	800950	Joanna Furtado	Falmouth Running Club	295				295	298				888	3
42	882997	Amy Harrington	Truro Running Club			298	293	290					881	3
43	161569	Rebecca Morgan	Truro Running Club			290	290		290				870	3
44	742959	Tanya Coleman	Truro Running Club			293	288	282					863	3
45	353916	Hayley Stacey	East Cornwall Harriers		287	287			282				856	3
46	292734	Jennifer Forbes	Hayle Runners	283	288	284							855	3
47	166973	Meeta Nicholls	East Cornwall Harriers	287	285				278				850	3
48	292840	Louise Littlewood	East Cornwall Harriers		286		274	273					833	3
49	720292	Lisa Wilson	Truro Running Club				280	274			276		830	3
50	244469	Tamzin Davey	Perran Trail Runners			277	271				281		829	3
51	745100	Miranda Flannigan	Perran Trail Runners				282	269	276				827	3
52	759165	Margaret Clark	Hayle Runners			265				277	267		809	3
53	190133	Joanna Rich	St Austell Running Club	267						276	262		805	3
54	315414	Linda Pickard	Launceston Road Runners	268		259	258						785	3
55	795451	Hannah Thomas	Truro Running Club	266				250	264				780	3
56	795473	Jules Williams	St Austell Running Club	264						258	250		772	3
57	555073	Claire Barlow	Bodmin Running Club			252	238			260			750	3

58	786203	Elaine Hill	Launceston Road Runners		266				198	256			720	3
59	759358	Charlotte Delaney	Hayle Runners	237		249	227						713	3
60	746777	Ann Bradley	St Austell Running Club				234		223	252			709	3
61	747235	Theresa Williams	St Austell Running Club				235		218	255			708	3
62	431621	Christine Todd	St Austell Running Club			242	226	234					702	3
63	324988	Lorna Hogg	St Austell Running Club				233		227		240		700	3
64	748043	Sarah Ellis	Hayle Runners	230		240	224						694	3
65	748952	Michaela Thomas-H	St Austell Running Club				230		212		237		679	3
66	933416	Anne Cobell	Hayle Runners						186	239	227		652	3
67	569236	Tamara Beach	Cornwall AC						300		300		600	2
68	522445	Lucy Williams	Truro Running Club				298				297		595	2
69	858099	Chloe Constantine	Bude Rats (Run and Tri)		297					297			594	2
70	637011	Laura Pool	Truro Running Club		296				293				589	2
71	794462	Ashley Elliott	East Cornwall Harriers	292					295				587	2
72	820604	Natalie Dunn	Truro Running Club				291				294		585	2
73	661596	Lauren Bailey	Truro Running Club		291						293		584	2
74	799331	Ellie Jameson	Perran Trail Runners			288					295		583	2
75	436121	Rosie Bradbury	Falmouth Running Club			296		286					582	2
76	367503	Joanne Robinson	Looe Pioneers Running Club	294				287					581	2
77	865341	Jenna Bissell	Truro Running Club				286				292		578	2
78	551344	Katie Puremont	Falmouth Running Club				292	285					577	2
79	425127	Nikki Williams	Looe Pioneers Running Club	289				280					569	2
80	877625	Phoebe Heveron	Perran Trail Runners			292		275					567	2
81	792186	Fay Cameron	Newquay Road Runners						286		280		566	2
82	679307	Paula Wilkinson	Bude Rats (Run and Tri)		279					281			560	2
83	509954	Annie Bover	Bude Rats (Run and Tri)	279		279							558	2
84	836129	Thelma Namonje Ka	Falmouth Running Club				273				283		556	2
85	498189	Alison Weir	Falmouth Running Club			281		272					553	2
86	840206	Linzi Hanscomb	Bodmin Running Club						269	283			552	2
87	437107	Linda Cuff	Looe Pioneers Running Club	280					268				548	2
88	512377	Alison Catnach	Looe Pioneers Running Club	281			267						548	2
89	782710	Nicola Edwards	Newquay Road Runners	272					273				545	2
90	579695	Nicky Brenton	Bodmin Running Club						261	282			543	2
91	470943	Ruth Holding	Mile High				267				274		541	2
92	610805	Andrea Simmons	Hayle Runners				275	263					538	2
93	276349	Louise Ollivier	Hayle Runners		276			261					537	2
94	522251	Lorraine Brown	Truro Running Club		270			253					523	2
95	748036	Sandra Northcott	Looe Pioneers Running Club	273					248				521	2
96	778781	Anna Devlin	Bude Rats (Run and Tri)		259	260							519	2
97	921110	Heidi Chapman	Bodmin Running Club						244	268			512	2
98	891677	Kelly Edwards	Truro Running Club				249		263				512	2
99	591350	Rosie Trevains	Bys Vyken Race Team						238	272			510	2
100	583630	Sarah Allen	Hayle Runners					262	247				509	2
101	750622	Kirstie Slater	Truro Running Club	261			247						508	2
102	111146	Janet Watson	Carn Runners	255							252		507	2
103	336814	Rachael Church	Perran Trail Runners			255	243						498	2
104	747651	Isobel Hamilton	East Cornwall Harriers				259		234				493	2
105	725954	Sally Fletcher	St Austell Running Club	253					233				486	2
106	793957	Courtney Marks	St Austell Running Club	254					229				483	2
107	638185	Janet Lathom	Launceston Road Runners						217	264			481	2
108	577907	Ruth Simmons	St Austell Running Club	241							235		476	2
109	772276	Victoria Walton	Newquay Road Runners						211	259			470	2
110	359238	Lesley Taphouse	Bodmin Running Club						216	251			467	2
111	747902	Linda Godfrey	Bodmin Women's Running C						215	247			462	2
112	579839	Melissa Tonkin	Hayle Runners			239	222						461	2
113	408199	Kathryn Thomas	Cornwall AC			237	220						457	2
114	781344	Angela Tyson	Newquay Road Runners						210	246			456	2
115	886708	Tamsin Harris	Bodmin Running Club						203		238		441	2
116	823678	Jessica Gallienne	Newquay Road Runners						192	241			433	2
117	860281	Sarah Reel	Falmouth Running Club					300					300	1
118	557272	Louise Mitchell	Truro Running Club		300								300	1
119	723331	Anna Harrold	Truro Running Club	300									300	1
120	803538	Hannah Mason	St Austell Athletes Running C					299					299	1
121	793900	Olivia Carthew	Newquay & Par AC		299								299	1
122	424921	Gail Aspden	Cornwall AC							298			298	1
123	664939	Anna Jenkins	Cornwall AC					298					298	1
124	795236	Caitlin Keaney	Newquay & Par AC						296				296	1

125	818765	Jasmine Rapson	Newquay & Par AC				296						296	1
126	499407	Alice Trevail	Falmouth Running Club				295						295	1
127	666752	Ellen Jones	Cornwall AC			295							295	1
128	420877	Mandy Gibson	Looe Pioneers Running Club						294				294	1
129	903377	Bethan Gay	Cornwall AC					294					294	1
130	161923	Helen Morse	East Cornwall Harriers			294							294	1
131	620794	Melodie Manners	Hayle Runners		294								294	1
132	315402	Emma Stephens	Bodmin Running Club							293			293	1
133	754421	Lisa Picton	East Cornwall Harriers	293									293	1
134	610044	Eve Hearle	Newquay Road Runners						292				292	1
135	217210	Jodie Gauld	St Austell Running Club					292					292	1
136	548074	Victoria Jackson	Truro Running Club		292								292	1
137	561059	Megan Rowe	St Austell Running Club	291									291	1
138	716839	Hannah Fox	Mile High								289		289	1
139	709140	Catriona Ward Sell	Launceston Road Runners							289			289	1
140	240026	Kaye Patterson	East Cornwall Harriers						289				289	1
141	738316	Giorgia Bruno	Truro Running Club					289					289	1
142	748487	Alice Vage	Cornwall AC				289						289	1
143	569703	Vicky Fleet	Falmouth Running Club			289							289	1
144	689343	Hannah Matthews	East Cornwall Harriers		289								289	1
145	783850	Elizabeth Whinnett	Bodmin Running Club								288		288	1
146	859792	Annie Creo	Bude Rats (Run and Tri)							288			288	1
147	745497	Stella Gardener	Newquay Road Runners						288				288	1
148	836783	Tori Marks	St Austell Running Club					288					288	1
149	903585	Augusta Trussell	Truro Running Club								287		287	1
150	744571	Katie Robinson	Falmouth Running Club				287						287	1
151	208657	Colette Clements	Newquay Road Runners								285		285	1
152	771371	Ann Barriball	Launceston Road Runners							285			285	1
153	745054	Debbie Jones	Looe Pioneers Running Club	285									285	1
154	718827	Emily Canty	St Austell Athletes Running Club								284		284	1
155	420137	Emma Clark	Looe Pioneers Running Club						284				284	1
156	776393	Aleisha Viggers	Launceston Road Runners		283								283	1
157	530376	Tamsyn Howes	St Austell Athletes Running Club		282								282	1
158	728766	Alison Roose	Newquay Road Runners	282									282	1
159	756886	Fiona Gamble	Hayle Runners							281			281	1
160	524126	Kelly Bills	Hayle Runners				281						281	1
161	453098	Louise Richardson	Bodmin Running Club								280		280	1
162	746506	Mary Rossetti	Truro Running Club			280							280	1
163	253373	Lisa Hutchings	Bude Rats (Run and Tri)		280								280	1
164	944490	Katharine Walker	Falmouth Running Club								279		279	1
165	393536	Corinne Gerrard	Hayle Runners					279					279	1
166	501832	Claire Mensing	Truro Running Club				279						279	1
167	496863	Jen George	Newquay Road Runners					278					278	1
168	892628	Samantha Smith	Perran Trail Runners				278						278	1
169	787954	Lora Tanner	Bude Rats (Run and Tri)		277								277	1
170	363491	Emma Langstaff	Looe Pioneers Running Club					276					276	1
171	716597	Angela Harrison	Looe Pioneers Running Club	276									276	1
172	915866	Helen Matthews	St Austell Athletes Running Club								275		275	1
173	797651	Helen Cooley	Bude Rats (Run and Tri)		275								275	1
174	926488	Halle Ashworth	Launceston Road Runners						274				274	1
175	865906	Linda Carter	Carn Runners								273		273	1
176	746290	Emma James	Launceston Road Runners							273			273	1
177	798505	Becki Sant	Launceston Road Runners			273							273	1
178	746811	Anita Hudson	St Austell Running Club								272		272	1
179	766864	Charlotte Chapman	Bude Rats (Run and Tri)		272								272	1
180	359100	Judith Wilkes	Falmouth Running Club								271		271	1
181	451019	Sarah Wilkinson	Newquay Road Runners							271			271	1
182	468574	Zoe Renowden	Hayle Runners					271					271	1
183	718298	Amanda Berridge	Truro Running Club			271							271	1
184	782174	Lois Briard	Bude Rats (Run and Tri)		271								271	1
185	747948	Charlie Gray	Newquay Road Runners						270				270	1
186	209983	Trish Merrett	Hayle Runners					270					270	1
187	882298	Iva Schroeder	Bude Rats (Run and Tri)		270								270	1
188	785995	Hayley Christopher	St Austell Athletes Running Club	270									270	1
189	342972	Tracy Mckenzie	Newquay Road Runners								269		269	1
190	888085	Eleanor Dennis	Carn Runners				269						269	1
191	240359	Ceri Harvey	Carn Runners			269							269	1

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Best 6 events to count. Age category depends on age on 01/07/2023. Only affiliated Cornish clubs included.
Make name / club changes on your SiEntries account and it will be uploaded on your next event.

	SiEntries ID	Name	Club	Tywardreath	Pirate Run	Tywarnhayle	Rosemullion	St Pirans	Bocconnoc	Bude LR	Truro	Gribbin	Score	Completed
1	724134	Steve Reynolds	Truro Running Club		300	299	298	298	300	300	299		1796	7
2	501552	Alex Marples	Truro Running Club	296		298	293	290		296	295		1768	6
3	754894	Callum Pinch	Truro Running Club	284	298	296	290	284	292	295	294		1765	8
4	731424	Bradley Parsons	St Austell Running Club	287		285	289	293	295		286		1735	6
5	215095	James Youlden	St Austell Running Club	291	294	286	282	278	286	287	283		1727	8
6	810631	Andrew Senior	Truro Running Club	282	291	291		282		289	276		1711	6
7	846971	Callum Waldie	Truro Running Club		297	283	280		287	290	273		1710	6
8	454479	Antony Jarvis	Bude Rats (Run and Tri)	281	295	288		275	282	286			1707	6
9	794762	Joseph Thomson	Launceston Road Runners		287	279		270	291	293	277		1697	6
10	200570	Brett Jackson	St Austell Running Club	283	285	282	276	276	271				1673	6
11	498588	Mike Dowrick	Cornwall AC	274	290	256			283	284	271		1658	6
12	716751	Jon Eldon	Hayle Runners	271	281	257	266		266	281	267		1632	7
13	476839	Jeremy Brown	Bude Rats (Run and Tri)		288	264	271	240	268	282			1613	6
14	748270	Ian Temple	Bodmin Running Club		283		263	243	258	276	260		1583	6
15	209718	Derren Blewett	St Austell Running Club	267		263	264	233	267		266		1560	6
16	657568	Andrew James	Hayle Runners	259	277	241	258	235	252	267	241		1554	8
17	744929	Kevin Silver	Hayle Runners	260	282	254		242	256		256		1550	6
18	800652	Paul Gough	Hayle Runners		279	228	255	246	264	277			1549	6
19	315573	Iain Walker	St Austell Running Club	254		255	260	248	261		265		1543	6
20	784384	Peter Brocklehurst	St Austell Athletes Running Club	248	276	243	253	232	223	258	235		1513	8
21	308760	Peter Allen	Newquay Road Runners	247	275	232	242	215	236	259	230		1491	8
22	778383	David Thomasson	Bodmin Running Club			240	252	230	234	257	242		1455	6
23	656473	Neil Hayhurst	Hayle Runners			294	291	279		298	287		1449	5
24	741008	James Danks	Falmouth Running Club	234	270	226	241	208	212	251	219		1441	8
25	799735	Mark Roby	Truro Running Club	278	293	280	281		280				1412	5
26	631285	Des Evans	Newquay Road Runners	225	259	219	233	199	203	241	215		1392	8
27	450571	Robert Willcocks	Falmouth Running Club	224	264	220	231	203	205	238	211		1388	8
28	292560	Ian Littlewood	East Cornwall Harriers	275	286	266	277	271					1375	5
29	799270	Denzil Williams	St Austell Running Club	270	289	272	273	263					1367	5
30	498911	Nigel Knuckey	Truro Running Club	230			239	207	221	250	217		1364	6
31	738373	Greg Dufour-Cox	Falmouth Running Club	266		258	265	259	265				1313	5
32	193851	Roy Newton	Falmouth Running Club	221		215	228		199	234	208		1305	6
33	773171	Robert Bolitho	Falmouth Running Club	219		217		200	207	233	210		1286	6
34	209056	Colin Bathe	Truro Running Club			260	248	222	272	279			1281	5
35	216121	Mark Thomas	Truro Running Club	255		248		247	254		253		1257	5
36	794598	Danny O'Shea	Truro Running Club			239	250	221	253		246		1209	5
37	884764	Ed Dickinson	Falmouth Running Club			300	300	300			300		1200	4
38	200128	Jamie Masters	St Austell Running Club		299	297	296	291					1183	4
39	855837	David Tregonning	St Austell Running Club	294		287		286	296				1163	4
40	726626	Neil Carter	Newquay Road Runners		296	289	287		288				1160	4
41	7111	Stephen Hutchings	Bude Rats (Run and Tri)			230	244	214	225		228		1141	5
42	856484	Michael Wilson	Truro Running Club	226		218	236	209		248			1137	5
43	309275	Ben Harding	East Cornwall Harriers			278	278		278	283			1117	4
44	773141	Ian Curnow	Hayle Runners		292				269	280	268		1109	4
45	688769	Liam O'Neill	Hayle Runners				279	262	285		280		1106	4
46	382036	Richard Chynoweth	Truro Running Club	273				261	273		270		1077	4
47	858750	Simon Hambury	Falmouth Running Club				270	252	257		258		1037	4
48	558623	Marty Barnfield	Bodmin Running Club	253					250	270	255		1028	4
49	276216	Jonathan Crowle	Truro Running Club	264			259	245			250		1018	4
50	759505	Frazer Humbles	Hayle Runners	263			251	223		274			1011	4
51	823667	Phillip Ciano	Perran Trail Runners			238		234	240		245		957	4
52	893210	Neil Blonden	Bodmin Running Club					216	220	261	244		941	4
53	303051	David Wilcox	Truro Running Club	231					224	260	224		939	4
54	788335	Sean Taylor	Bodmin Running Club	217	261				206	239			923	4
55	750253	Dylan Stevens	Newquay & Par AC	295						299	298		892	3
56	51163	Stuart Walker	Falmouth Running Club				297	296	298				891	3
57	266257	Oliver Jones	East Cornwall Harriers						293	297	297		887	3

58	424162	Paul Stevens	St Austell Athletes Running Club	289						292	282		863	3
59	845436	Stan Cameron	Mile High			274	288				292		854	3
60	494222	Dave Hannah	East Cornwall Harriers						281	291	281		853	3
61	796448	Alan Thomas	Falmouth Running Club			292	286	268					846	3
62	579589	Mark Gilbert	Newquay Road Runners	279	284	277							840	3
63	357060	Steve Lawrence	Falmouth Running Club	216			227	198	197				838	4
64	864061	Garry Watkins	Perran Trail Runners			259		260				272	791	3
65	883250	Andrew Searle	Hayle Runners						255	275	248		778	3
66	198135	Thomas Moore	Truro Running Club			244			251		259		754	3
67	721195	Vivian Bray	Cornwall AC				254		247		237		738	3
68	25702	Gavin Clegg	East Cornwall Harriers						244	263	229		736	3
69	747885	Ian Grimes	Launceston Road Runners		265				214	252			731	3
70	826316	Steve Menear	St Austell Running Club		269			204		249			722	3
71	634212	Gregory May	Carn Runners			233	243	229					705	3
72	350003	John Tilley	Bodmin Running Club	220	262	216							698	3
73	866929	Richard Olive	Truro Running Club				246	220			227		693	3
74	936438	Ashley Davies	Bodmin Running Club						213	245	218		676	3
75	889539	Steve Kemsley	Falmouth Running Club					211	219		220		650	3
76	160275	Tom Carthey	Falmouth Running Club				299	297					596	2
77	748065	Llewin Head	Mile High	299			294						593	2
78	829576	Garth McColville	St Austell Athletes Running Club	293		295							588	2
79	716607	Paul Whear	Cornwall AC				295	289					584	2
80	805381	Noah Bohge	Truro Running Club	288							293		581	2
81	812393	Henry Kennaway	Truro Running Club						290		290		580	2
82	443009	James Kirton	Truro Running Club				285	295					580	2
83	686614	Daniel Harper	Falmouth Running Club				292	285					577	2
84	765942	Tom Blewett	Perran Trail Runners			290		287					577	2
85	517333	Nigel Sullivan	Bodmin Running Club						284	288			572	2
86	853926	Joshua Turner	Perran Trail Runners			284		288					572	2
87	675675	Carl Murphy	Truro Running Club	286						285			571	2
88	728052	Ryan Marks	St Austell Running Club	292					279				571	2
89	248258	Adrian Ball	Cornwall AC					280			284		564	2
90	561736	Russell King	Falmouth Running Club				283	277					560	2
91	772582	Thomas Halton	St Austell Running Club	272	280								552	2
92	845488	Henry Cameron	Truro Running Club			273	275						548	2
93	684651	Sean Marsh	Perran Trail Runners			275		272					547	2
94	726219	Matt Fox	Falmouth Running Club					267			278		545	2
95	442512	Robert Standing	Truro Running Club			268			275				543	2
96	763759	Adam Carlyon	Truro Running Club	269		269							538	2
97	215086	Robin Watson	Falmouth Running Club			271			259				530	2
98	790303	Jason Thomson	Truro Running Club		278	247							525	2
99	855856	Rob Petrie	Bude Rats (Run and Tri)		266					254			520	2
100	610423	Luke Dimech	Perran Trail Runners			265		255					520	2
101	737512	Phil Bristow	Falmouth Running Club				267				252		519	2
102	765050	Steve Webb	Carn Runners			250	268						518	2
103	858400	Mark Grassam	Looe Pioneers Running Club	265				250					515	2
104	884814	Alan Richards	Falmouth Running Club				261				247		508	2
105	719701	Jim Nettleton	Truro Running Club			252		251					503	2
106	724187	Ralph Graves	Truro Running Club	256		246							502	2
107	603684	John Sudell	East Cornwall Harriers						239	262			501	2
108	869551	Benjamin Worden	Bude Rats (Run and Tri)		257					243			500	2
109	720455	Ian Savigar	East Cornwall Harriers	251					246				497	2
110	386444	Andrew Ellis	Hayle Runners				256	239					495	2
111	266193	Alan Hughes	Bodmin Running Club					224	270				494	2
112	688699	Pete Walker	Truro Running Club			251		241					492	2
113	855247	Andy Coles	St Austell Running Club	229	260								489	2
114	388800	Darron Rowe	St Austell Athletes Running Club	241		245							486	2
115	260352	Ian Gronwalt	St Austell Running Club			237	247						484	2
116	494174	Martin Dinham	Mile High				249				234		483	2
117	533489	Trevor Lee	Truro Running Club		271			212					483	2
118	893070	Christopher Baggot	St Austell Running Club				240		238				478	2
119	144151	David Speake	St Austell Running Club					228	249				477	2
120	830870	Alan Edwards	Newquay Road Runners	240					233				473	2
121	871636	John Featherstone	Looe Pioneers Running Club					225	242				467	2
122	880612	Paul Bufton	Truro Running Club	238					228				466	2
123	607818	David Banbury	Bys Vyken Race Team						208	246			454	2
124	853349	Stuart Chappell	Perran Trail Runners			236		218					454	2

125	536794	Paul Skipp	Bude Rats (Run and Tri)					206		244			450	2
126	274470	Ian Ringer	Bodmin Running Club	223		221							444	2
127	766438	Robin Jameson	Perran Trail Runners			225		217					442	2
128	606131	John Beard	Newquay Road Runners			223			216				439	2
129	747923	Dennis Burrell	Carn Runners						201	235			436	2
130	522287	Alan Brandwood	Falmouth Running Club	222							213		435	2
131	550913	Chunky Penhaul	Hayle Runners				232	202					434	2
132	896831	Andrew Cameron	Truro Running Club						202		209		411	2
133	717127	Tom Morton	Mile High	300									300	1
134	785709	James Trubridge	Newquay & Par AC						299				299	1
135	322352	Ryan Hanley	Cornwall AC					299					299	1
136	623453	Darren Roose	Newquay Road Runners	298									298	1
137	761304	Simon Morse	East Cornwall Harriers						297				297	1
138	367740	James Lee Brydon	St Austell Athletes Running C	297									297	1
139	208656	Jonny Colaco	Newquay Road Runners								296		296	1
140	735335	Morgan Craig	Bude Rats (Run and Tri)							294			294	1
141	804303	Paul Trifanov	Newquay Road Runners						294				294	1
142	718356	John McWilliams	Mile High					294					294	1
143	443034	Daniel Poole	Perran Trail Runners			293							293	1
144	719903	James Pyke	Truro Running Club					292					292	1
145	755261	Peter Watson	Falmouth Running Club								291		291	1
146	794709	Kyran James	Newquay & Par AC	290									290	1
147	551254	Nigel Swift	Perran Trail Runners								289		289	1
148	931401	Che Cudby	Truro Running Club						289				289	1
149	711779	Tim van Berkel	Truro Running Club								288		288	1
150	422634	Gareth Price	East Cornwall Harriers								285		285	1
151	727361	Liam Gallantry	East Cornwall Harriers	285									285	1
152	727530	Richard Dalton	Falmouth Running Club				284						284	1
153	186116	Dan Alsop	St Austell Running Club					283					283	1
154	886866	Ben Berryman	Truro Running Club					281					281	1
155	441933	Toby Lowe	Perran Trail Runners			281							281	1
156	358924	Mark Deacon	Looe Pioneers Running Club	280									280	1
157	660317	Darrin Porter	Cornwall AC								279		279	1
158	685194	Ben Hockridge	Bude Rats (Run and Tri)							278			278	1
159	272681	Tom Sparkes	Bodmin Running Club						277				277	1
160	420622	Michael Hawke	St Austell Athletes Running C	277									277	1
161	832539	Jamie Daniell	St Austell Running Club						276				276	1
162	709038	Christian Hosking	Perran Trail Runners			276							276	1
163	717021	Andrew Rich	St Austell Running Club	276									276	1
164	880250	Thomas Bateman	Falmouth Running Club								275		275	1
165	500073	Kevin Woodley	Tri Logic Cornwall								274		274	1
166	749474	Quentin Gunderson	Bodmin Running Club						274				274	1
167	735331	Tom Wagg	Perran Trail Runners					274					274	1
168	159700	Craig Hall	Carn Runners				274						274	1
169	513409	Paul Tillsley	Bude Rats (Run and Tri)		274								274	1
170	912150	David Shelvey	Bude Rats (Run and Tri)								273		273	1
171	613712	Dominic Turton	Hayle Runners					273					273	1
172	770704	Nicholas Smith	Launceston Road Runners	273									273	1
173	853649	David Thomson	Launceston Road Runners							272			272	1
174	261763	Tim Adams	St Austell Running Club				272						272	1
175	755145	Adam Blacher	Launceston Road Runners	272									272	1
176	861116	Steve Rendle	Newquay Road Runners							271			271	1
177	866935	Jonathan Cahill	Truro Running Club			270							270	1
178	943570	Alister Tawse	Perran Trail Runners								269		269	1
179	747259	Peter James	Launceston Road Runners							269			269	1
180	267324	John Wisner	St Austell Athletes Running C					269					269	1
181	877556	Joe Hunt	Falmouth Running Club				269						269	1
182	771633	Benjamin Jarram	Launceston Road Runners								268		268	1
183	218618	Nick Cleaver	Bude Rats (Run and Tri)		268								268	1
184	423479	James Manning	Hayle Runners	268									268	1
185	814645	Joe Jervis	Perran Trail Runners			267							267	1
186	761144	Brett Hall	Newquay Road Runners		267								267	1
187	359133	Peter McAughey	Launceston Road Runners							266			266	1
188	396310	Thomas Sopp	Falmouth Running Club					266					266	1
189	814438	Elliott Perrin	Bodmin Running Club							265			265	1
190	800333	Ian Trice	Perran Trail Runners					265					265	1
191	341498	Will Luckhurst	Hayle Runners								264		264	1

MTRS 2023 - 2024 after race 8 Truro Trail 10k - Female Age Category Table

Race points can't be questioned / changed more than 2 races in the past. Please check your results carefully.
If you find a mistake please contact Janet Ritchie (janrit@btinternet.com) as soon as possible.

Best 6 events to count. Age category depends on age on 01/07/2023. Only affiliated Cornish clubs included.
Make name / club changes on your SiEntries account and it will be uploaded on your next event.

SiEntries ID	Name	Club	Tywardreath	Pirate Run	Tywarnhayle	Rosemullion	St Pirans	Boconnoc	Bude LR	Truro	Gribbin	Score	Completed	Age Category
735698	Jo Temple	Truro Running Club	100	98		99	98	99		99		593	6	Female Under 35
447321	Stacie Tregonning	St Austell Athletes Running Club	98	97	100		93		99	98		585	6	Female Under 35
443494	Lucy Longbottom	Truro Running Club	99			100	97		100	97		493	5	Female Under 35
800950	Joanna Furtado	Falmouth Running Club	97				96	98				291	3	Female Under 35
882997	Amy Harrington	Truro Running Club			99	96	92					287	3	Female Under 35
759358	Charlotte Delaney	Hayle Runners	93		96	91						280	3	Female Under 35
569236	Tamara Beach	Cornwall AC						100		100		200	2	Female Under 35
794462	Ashley Elliott	East Cornwall Harriers	96					96				192	2	Female Under 35
793957	Courtney Marks	St Austell Running Club	94					93				187	2	Female Under 35
891677	Kelly Edwards	Truro Running Club				92		94				186	2	Female Under 35
877625	Phoebe Heveron	Perran Trail Runners			97		88					185	2	Female Under 35
860281	Sarah Reel	Falmouth Running Club					100					100	1	Female Under 35
557272	Louise Mitchell	Truro Running Club		100								100	1	Female Under 35
803538	Hannah Mason	St Austell Athletes Running Club					99					99	1	Female Under 35
793900	Olivia Carthew	Newquay & Par AC		99								99	1	Female Under 35
315402	Emma Stephens	Bodmin Running Club							98			98	1	Female Under 35
818765	Jasmine Rapson	Newquay & Par AC				98						98	1	Female Under 35
666752	Ellen Jones	Cornwall AC			98							98	1	Female Under 35
903585	Augusta Trussell	Truro Running Club							97			97	1	Female Under 35
795236	Caitlin Keaney	Newquay & Par AC						97				97	1	Female Under 35
499407	Alice Trevail	Falmouth Running Club				97						97	1	Female Under 35
718827	Emily Canty	St Austell Athletes Running Club								96		96	1	Female Under 35
620794	Melodie Manners	Hayle Runners		96								96	1	Female Under 35
937213	Amber Simler	Truro Running Club								95		95	1	Female Under 35
926488	Halle Ashworth	Launceston Road Runners						95				95	1	Female Under 35
903377	Bethan Gay	Cornwall AC					95					95	1	Female Under 35
748487	Alice Vage	Cornwall AC				95						95	1	Female Under 35
776393	Aleisha Viggers	Launceston Road Runners		95								95	1	Female Under 35
561059	Megan Rowe	St Austell Running Club	95									95	1	Female Under 35
934923	Lucy Hildyard	Truro Running Club								94		94	1	Female Under 35
217210	Jodie Gauld	St Austell Running Club					94					94	1	Female Under 35
888085	Eleanor Dennis	Carn Runners				94						94	1	Female Under 35
766864	Charlotte Chapman	Bude Rats (Run and Tri)		94								94	1	Female Under 35
748581	Ruolin Leng	Mile High				93						93	1	Female Under 35
882298	Iva Schroeder	Bude Rats (Run and Tri)		93								93	1	Female Under 35
928384	Gemma Wicks	St Austell Running Club						92				92	1	Female Under 35
924527	Holly Willis	Looe Pioneers Running Club						91				91	1	Female Under 35
738316	Giorgia Bruno	Truro Running Club					91					91	1	Female Under 35
836783	Tori Marks	St Austell Running Club					90					90	1	Female Under 35
496863	Jen George	Newquay Road Runners					89					89	1	Female Under 35
774229	Caroline Cross	Cornwall AC					87					87	1	Female Under 35
587683	Isabel Irwin-Bowler	St Austell Running Club	99			95	98	97	99	92		580	6	Female 35-39
784808	Gwen Maggs	St Austell Running Club	95	98	96	93		91	96	88		569	7	Female 35-39
730447	Gemma Wotherspoon	Bodmin Women's Running Club	93			92	96	89	94	87		551	6	Female 35-39
747894	Claire Stone	Hayle Runners	94				97	92	97			380	4	Female 35-39
292734	Jennifer Forbes	Hayle Runners	100	99	97							296	3	Female 35-39
795473	Jules Williams	St Austell Running Club	96						95	90		281	3	Female 35-39
522445	Lucy Williams	Truro Running Club				100				100		200	2	Female 35-39
436121	Rosie Bradbury	Falmouth Running Club			100		100					200	2	Female 35-39
820604	Natalie Dunn	Truro Running Club				99				98		197	2	Female 35-39
799331	Ellie Jameson	Perran Trail Runners			98					99		197	2	Female 35-39
865341	Jenna Bissell	Truro Running Club				97				97		194	2	Female 35-39
792186	Fay Cameron	Newquay Road Runners						99		94		193	2	Female 35-39
591350	Rosie Trevains	Bys Vyken Race Team						94	98			192	2	Female 35-39
836129	Thelma Namonje K	Falmouth Running Club				96				95		191	2	Female 35-39
747651	Isobel Hamilton	East Cornwall Harriers				94		93				187	2	Female 35-39
579839	Melissa Tonkin	Hayle Runners			95	91						186	2	Female 35-39

823678	Jessica Gallienne	Newquay Road Runners						88	93			181	2	Female 35-39
709140	Catriona Ward Sell	Launceston Road Runners							100			100	1	Female 35-39
240026	Kaye Patterson	East Cornwall Harriers						100				100	1	Female 35-39
689343	Hannah Matthews	East Cornwall Harriers		100								100	1	Female 35-39
774009	Holly Byatt	Perran Trail Runners					99					99	1	Female 35-39
161923	Helen Morse	East Cornwall Harriers			99							99	1	Female 35-39
756886	Fiona Gamble	Hayle Runners						98				98	1	Female 35-39
744571	Katie Robinson	Falmouth Running Club					98					98	1	Female 35-39
785995	Hayley Christopher	St Austell Athletes Running C	97									97	1	Female 35-39
783850	Elizabeth Whinnett	Bodmin Running Club								96		96	1	Female 35-39
863111	Joanna White	East Cornwall Harriers						96				96	1	Female 35-39
910493	Laura Blight	Falmouth Running Club						95				95	1	Female 35-39
944490	Katharine Walker	Falmouth Running Club								93		93	1	Female 35-39
534017	Clare Quarton	St Austell Athletes Running C								91		91	1	Female 35-39
928151	Beth Green	Newquay Road Runners						90				90	1	Female 35-39
718706	Emma Figures	Truro Running Club								89		89	1	Female 35-39
720452	Sarah McDonough	East Cornwall Harriers						87				87	1	Female 35-39
415961	Yelda Müge Parson	Hayle Runners		94	95	98	95	91	97	93		572	7	Female 40-44
501802	Karina Bowers	St Austell Running Club			99			97	94	100	98	488	5	Female 40-44
353916	Hayley Stacey	East Cornwall Harriers		98	100				96			294	3	Female 40-44
933416	Anne Cobell	Hayle Runners							88	96	91	275	3	Female 40-44
637011	Laura Pool	Truro Running Club		100					100			200	2	Female 40-44
661596	Lauren Bailey	Truro Running Club		99							100	199	2	Female 40-44
551344	Katie Puremont	Falmouth Running Club				100	99					199	2	Female 40-44
509954	Annie Bover	Bude Rats (Run and Tri)	99		97							196	2	Female 40-44
840206	Linzi Hanscomb	Bodmin Running Club							95	99		194	2	Female 40-44
664939	Anna Jenkins	Cornwall AC					100					100	1	Female 40-44
723331	Anna Harrold	Truro Running Club	100									100	1	Female 40-44
208657	Colette Clements	Newquay Road Runners									99	99	1	Female 40-44
610044	Eve Hearle	Newquay Road Runners							99			99	1	Female 40-44
892628	Samantha Smith	Perran Trail Runners				99						99	1	Female 40-44
571948	Kate Callaghan	Truro Running Club								98		98	1	Female 40-44
745497	Stella Gardener	Newquay Road Runners							98			98	1	Female 40-44
468574	Zoe Renowden	Hayle Runners						98				98	1	Female 40-44
746506	Mary Rossetti	Truro Running Club			98							98	1	Female 40-44
855646	Tamsyn Willcocks	St Austell Athletes Running C	98									98	1	Female 40-44
915866	Helen Matthews	St Austell Athletes Running C								97		97	1	Female 40-44
420137	Emma Clark	Looe Pioneers Running Club							97			97	1	Female 40-44
253373	Lisa Hutchings	Bude Rats (Run and Tri)		97								97	1	Female 40-44
296330	Claire Forth	Truro Running Club	97									97	1	Female 40-44
775234	Rachel Stephens	Tri Logic Cornwall									96	96	1	Female 40-44
754984	Rebecca O'Doherty	St Austell Athletes Running C						96				96	1	Female 40-44
718298	Amanda Berridge	Truro Running Club			96							96	1	Female 40-44
787954	Lora Tanner	Bude Rats (Run and Tri)		96								96	1	Female 40-44
751164	Kelly Lewis	Truro Running Club									95	95	1	Female 40-44
457705	Lisa Tame	Bude Rats (Run and Tri)								95		95	1	Female 40-44
797651	Helen Cooley	Bude Rats (Run and Tri)		95								95	1	Female 40-44
830865	Kerry Hoskin	Truro Running Club									94	94	1	Female 40-44
748385	Kay Middleditch	Truro Running Club							93			93	1	Female 40-44
418273	Rebecca Wise	Launceston Road Runners		93								93	1	Female 40-44
859634	Nicole Di Maio	Cornwall AC									92	92	1	Female 40-44
751066	Joanne Strawbridge	East Cornwall Harriers							92			92	1	Female 40-44
405154	Victoria Holt	Launceston Road Runners		92								92	1	Female 40-44
453507	Anna Seymour	St Austell Athletes Running C							90			90	1	Female 40-44
652288	Jennifer Burden	St Austell Running Club							89			89	1	Female 40-44
665436	Susan Thomas	Hayle Runners			95	97	94	88	99	97		570	6	Female 45-49
772211	Nicky Hicks	Launceston Road Runners	85	97	93	94	92	86	93	93		562	8	Female 45-49
690547	Emma Lawry	St Austell Running Club	88	95	94	95	91	87	95	90		560	8	Female 45-49
431617	Samantha Ewart	St Austell Running Club	82		91	96	90	84	97	92		550	7	Female 45-49
160591	Wendy Chapman	Truro Running Club	100		100	100	100	100				500	5	Female 45-49
772157	Trina Bradbury	Launceston Road Runners	89	96	96		93					374	4	Female 45-49
161569	Rebecca Morgan	Truro Running Club			99	99		98				296	3	Female 45-49
166973	Meeta Nicholls	East Cornwall Harriers	96	100				97				293	3	Female 45-49
190133	Joanna Rich	St Austell Running Club	91							100	96	287	3	Female 45-49
795451	Hannah Thomas	Truro Running Club	90					95	94			279	3	Female 45-49

555073	Claire Barlow	Bodmin Running Club			92	93				92			277	3	Female 45-49
748043	Sarah Ellis	Hayle Runners	81		90	92							263	3	Female 45-49
367503	Joanne Robinson	Looe Pioneers Running Club	99				99						198	2	Female 45-49
425127	Nikki Williams	Looe Pioneers Running Club	97				98						195	2	Female 45-49
512377	Alison Catnach	Looe Pioneers Running Club	94				96						190	2	Female 45-49
782710	Nicola Edwards	Newquay Road Runners	92					96					188	2	Female 45-49
921110	Heidi Chapman	Bodmin Running Club						91	96				187	2	Female 45-49
748036	Sandra Northcott	Looe Pioneers Running Club	93					92					185	2	Female 45-49
408199	Kathryn Thomas	Cornwall AC			89	91							180	2	Female 45-49
772276	Victoria Walton	Newquay Road Runners						82	91				173	2	Female 45-49
781344	Angela Tyson	Newquay Road Runners						81	89				170	2	Female 45-49
716839	Hannah Fox	Mile High								100			100	1	Female 45-49
865906	Linda Carter	Carn Runners								99			99	1	Female 45-49
420877	Mandy Gibson	Looe Pioneers Running Club						99					99	1	Female 45-49
530376	Tamsyn Howes	St Austell Athletes Running C		99									99	1	Female 45-49
342972	Tracy Mckenzie	Newquay Road Runners								98			98	1	Female 45-49
746290	Emma James	Launceston Road Runners							98				98	1	Female 45-49
524126	Kelly Bills	Hayle Runners				98							98	1	Female 45-49
569703	Vicky Fleet	Falmouth Running Club			98								98	1	Female 45-49
782174	Lois Briard	Bude Rats (Run and Tri)		98									98	1	Female 45-49
754421	Lisa Picton	East Cornwall Harriers	98										98	1	Female 45-49
363491	Emma Langstaff	Looe Pioneers Running Club					97						97	1	Female 45-49
240359	Ceri Harvey	Carn Runners			97								97	1	Female 45-49
531617	Paula Vieira	St Austell Running Club								95			95	1	Female 45-49
747948	Charlie Gray	Newquay Road Runners						95					95	1	Female 45-49
728766	Alison Roose	Newquay Road Runners	95										95	1	Female 45-49
414017	Miranda Honey	Bodmin Running Club								94			94	1	Female 45-49
936393	Wendy Stuart	St Austell Running Club							94				94	1	Female 45-49
197268	Georgina Symons	St Austell Athletes Running C						93					93	1	Female 45-49
553271	Sally Martin	Falmouth Running Club								91			91	1	Female 45-49
522121	Anna Gough	St Austell Athletes Running C							90				90	1	Female 45-49
911652	Kelly Edwards	Looe Pioneers Running Club						90					90	1	Female 45-49
864980	Kate Williams	St Austell Running Club						89					89	1	Female 45-49
779329	Charlotte Richards	Cornwall AC			88								88	1	Female 45-49
876579	Charlie Trethewey	St Austell Running Club	87										87	1	Female 45-49
747971	Emma Collins	Looe Pioneers Running Club	86										86	1	Female 45-49
726524	Jo Carter	Falmouth Running Club						85					85	1	Female 45-49
747792	Victoria Hall	Bodmin Running Club	84										84	1	Female 45-49
424610	Marie Green	Falmouth Running Club						83					83	1	Female 45-49
745153	Sonia McLean	St Austell Running Club	83										83	1	Female 45-49
922988	Maria Moynan	East Cornwall Harriers						80					80	1	Female 45-49
746254	Sarah Marsh	East Cornwall Harriers						79					79	1	Female 45-49
748830	Claire Winfield	Launceston Road Runners	99	97	99	99	99	99	98	98			593	8	Female 50-54
746924	Mandy Watts	Newquay Road Runners	100		98	95	92	100		100			585	6	Female 50-54
434324	Jacqui Martin	St Austell Running Club	95	94	89	87	88	92	92	94			556	8	Female 50-54
691229	Rebecca Shore	St Austell Running Club	96	93	90	86	86	90	90	92			551	8	Female 50-54
502174	Melanie Nile	St Austell Running Club			91	91	87	93		93			455	5	Female 50-54
742959	Tanya Coleman	Truro Running Club			100	100	100						300	3	Female 50-54
720292	Lisa Wilson	Truro Running Club				97	97			97			291	3	Female 50-54
745100	Miranda Flannigan	Perran Trail Runners				98	93	98					289	3	Female 50-54
244469	Tamzin Davey	Perran Trail Runners			96	93				99			288	3	Female 50-54
292840	Louise Littlewood	East Cornwall Harriers		98		94	96						288	3	Female 50-54
786203	Elaine Hill	Launceston Road Runners		95				87	91				273	3	Female 50-54
324988	Lorna Hogg	St Austell Running Club				85		91		91			267	3	Female 50-54
858099	Chloe Constantine	Bude Rats (Run and Tri)		100					99				199	2	Female 50-54
579695	Nicky Brenton	Bodmin Running Club						97	95				192	2	Female 50-54
498189	Alison Weir	Falmouth Running Club			97		95						192	2	Female 50-54
679307	Paula Wilkinson	Bude Rats (Run and Tri)		96					94				190	2	Female 50-54
750622	Kirstie Slater	Truro Running Club	97			90							187	2	Female 50-54
583630	Sarah Allen	Hayle Runners					91	94					185	2	Female 50-54
577907	Ruth Simmons	St Austell Running Club	94							90			184	2	Female 50-54
522251	Lorraine Brown	Truro Running Club			94		89						183	2	Female 50-54
336814	Rachael Church	Perran Trail Runners			92	88							180	2	Female 50-54
424921	Gail Aspden	Cornwall AC							100				100	1	Female 50-54
548074	Victoria Jackson	Truro Running Club		99									99	1	Female 50-54
393536	Corinne Gerrard	Hayle Runners					98						98	1	Female 50-54

726353	Gill Overall	St Austell Running Club	98									98	1	Female 50-54	
859792	Annie Creo	Bude Rats (Run and Tri)								97		97	1	Female 50-54	
746811	Anita Hudson	St Austell Running Club								96		96	1	Female 50-54	
771371	Ann Barriball	Launceston Road Runners								96		96	1	Female 50-54	
826484	Claire Norris	Falmouth Running Club								96		96	1	Female 50-54	
501832	Claire Mensing	Truro Running Club					96					96	1	Female 50-54	
198668	Sarah Hill	Perran Trail Runners								95		95	1	Female 50-54	
748081	Diane Foster	Looe Pioneers Running Club								95		95	1	Female 50-54	
798505	Becki Sant	Launceston Road Runners				95						95	1	Female 50-54	
209983	Trish Merrett	Hayle Runners						94				94	1	Female 50-54	
453098	Louise Richardson	Bodmin Running Club								93		93	1	Female 50-54	
487188	Paula Bate	St Austell Athletes Running Club				93						93	1	Female 50-54	
875760	Samantha Collier	Hayle Runners	93									93	1	Female 50-54	
422172	Cat Wallman	Truro Running Club					92					92	1	Female 50-54	
160186	Helen Thomas	Truro Running Club						90				90	1	Female 50-54	
795543	Gill Aze-Thomas	Launceston Road Runners								89		89	1	Female 50-54	
875475	Samantha Scurrell	Looe Pioneers Running Club								89		89	1	Female 50-54	
392804	Sam Rowe	Bys Vyken Race Team					89					89	1	Female 50-54	
872847	Julia Evans	East Cornwall Harriers								88		88	1	Female 50-54	
376613	Sandra Lidiard	Bodmin Women's Running Club								86		86	1	Female 50-54	
818863	Sara Grattan	Looe Pioneers Running Club								85		85	1	Female 50-54	
557271	Helen Mitchell	Truro Running Club		100	100	100	100	100	100	100	100	600	7	Female 55-59	
454043	Juliet Stewart	Truro Running Club	97			95	95	94	94	98	96	575	7	Female 55-59	
664035	Suzanne Brown	Bude Rats (Run and Tri)			99	96	94	93	90	97		569	6	Female 55-59	
644613	Sandra Haynes	Looe Pioneers Running Club	95	97	92	90	92	86	96	94		566	8	Female 55-59	
764821	Karen Parker	Falmouth Running Club	96	98	94	93			88		92	561	6	Female 55-59	
734696	Debbie Gossington	Hayle Runners				91	92	91	89	95	93	551	6	Female 55-59	
504813	Julie Bolitho	Falmouth Running Club	91	95	90			89	83	93	90	548	7	Female 55-59	
368022	Liz Trebilcock	Truro Running Club	100			99	99	99	98			495	5	Female 55-59	
273360	Sarah Myford	Bodmin Running Club						98	99	99	99	395	4	Female 55-59	
205812	Jane Stephens	Bodmin Running Club				97	96	96	92			381	4	Female 55-59	
748952	Michaela Thomas-H	St Austell Running Club					88		85		91	264	3	Female 55-59	
470943	Ruth Holding	Mile High					97				98	195	2	Female 55-59	
276349	Louise Ollivier	Hayle Runners				98			97			195	2	Female 55-59	
437107	Linda Cuff	Looe Pioneers Running Club	98							97		195	2	Female 55-59	
778781	Anna Devlin	Bude Rats (Run and Tri)			96	93						189	2	Female 55-59	
725954	Sally Fletcher	St Austell Running Club	94							87		181	2	Female 55-59	
745054	Debbie Jones	Looe Pioneers Running Club	99									99	1	Female 55-59	
889743	Sandra Holmes	Newquay Road Runners					98					98	1	Female 55-59	
359100	Judith Wilkes	Falmouth Running Club									97	97	1	Female 55-59	
728417	Gail Cory	East Cornwall Harriers								96		96	1	Female 55-59	
188018	Karen Pascoe	Cornwall AC									95	95	1	Female 55-59	
471967	Kirstie Maywood	Looe Pioneers Running Club								95		95	1	Female 55-59	
159812	Alison Galloway	Carn Runners						95				95	1	Female 55-59	
797225	Lorraine Hawkins	Launceston Road Runners								94		94	1	Female 55-59	
827410	Christine Boon	Truro Running Club								93		93	1	Female 55-59	
516080	Julie Gregory	Looe Pioneers Running Club	93									93	1	Female 55-59	
716599	Jay Wagstaff	Looe Pioneers Running Club	92									92	1	Female 55-59	
747899	Karen Sims	East Cornwall Harriers								91		91	1	Female 55-59	
727278	Helen Casey	Hayle Runners					91					91	1	Female 55-59	
829973	Zillah Brown	Falmouth Running Club							90			90	1	Female 55-59	
652263	Theresa Clark	Hayle Runners					89					89	1	Female 55-59	
929887	Sara Chapman	Newquay Road Runners								84		84	1	Female 55-59	
864147	Jenny Bowden	Newquay Road Runners								82		82	1	Female 55-59	
861413	Rachel Southern	Looe Pioneers Running Club								81		81	1	Female 55-59	
935927	Siobhan Van Meurs	St Austell Running Club								80		80	1	Female 55-59	
662696	Lorraine Wherry	St Austell Running Club								79		79	1	Female 55-59	
748272	Alison Temple	Bodmin Running Club		100		100	100	100	100	100	100	600	6	Female 60-64	
315324	Janet Ritchie	Carn Runners	98	99	99	98	99	95	98	99		592	8	Female 60-64	
567775	Lisa Player	Newquay Road Runners				98	99	98	98		95	488	5	Female 60-64	
200257	Jennie Massey	Hayle Runners	95			94	91	95	89			464	5	Female 60-64	
386188	Revis Crowle	East Cornwall Harriers	100			100				99	99	398	4	Female 60-64	
759165	Margaret Clark	Hayle Runners					97				97	98	292	3	Female 60-64
315414	Linda Pickard	Launceston Road Runners	97			96	97					290	3	Female 60-64	
746777	Ann Bradley	St Austell Running Club					93			94	96	283	3	Female 60-64	

MTRS 2023 - 2024 after race 8 Truro Trail 10k - Male Age Category Table

**Race points can't be questioned / changed more then 2 races in the past. Please check your results carefully.
If you find a mistake please contact Janet Ritchie (janrit@btinternet.com) as soon as possible.**

Best 6 events to count. Age category depends on age on 01/07/2023. Only affiliated Cornish clubs included.
Make name / club changes on your SiEntries account and it will be uploaded on your next event.

SiEntries ID	Name	Club	Tywardreath	Pirate Run	Tywarnhayle	Rosemullion	St Pirans	Boconnoc	Bude LR	Truro	Gribbin	Score	Completed	Age Category
754894	Callum Pinch	Truro Running Club	90	100	99	98	92	97	99	98		591	8	Male Under 35
731424	Bradley Parsons	St Austell Running Club	92		96	97	97	99		93		574	6	Male Under 35
846971	Callum Waldie	Truro Running Club		99	94	93		94	98	91		569	6	Male Under 35
884764	Ed Dickinson	Falmouth Running Club			100	100	100			100		400	4	Male Under 35
855837	David Tregonning	St Austell Running Club	96		97		93	100				386	4	Male Under 35
750253	Dylan Stevens	Newquay & Par AC	97						100	99		296	3	Male Under 35
845436	Stan Cameron	Mile High			92	96				96		284	3	Male Under 35
748065	Llewin Head	Mile High	99			99						198	2	Male Under 35
443009	James Kirton	Truro Running Club				95	98					193	2	Male Under 35
869551	Benjamin Worden	Bude Rats (Run and Tri)		96					96			192	2	Male Under 35
765942	Tom Blewett	Perran Trail Runners			98		94					192	2	Male Under 35
812393	Henry Kennaway	Truro Running Club						96		94		190	2	Male Under 35
805381	Noah Bohge	Truro Running Club	93							97		190	2	Male Under 35
853926	Joshua Turner	Perran Trail Runners			95		95					190	2	Male Under 35
728052	Ryan Marks	St Austell Running Club	95					93				188	2	Male Under 35
772582	Thomas Halton	St Austell Running Club	89	98								187	2	Male Under 35
726219	Matt Fox	Falmouth Running Club					89			92		181	2	Male Under 35
717127	Tom Morton	Mile High	100									100	1	Male Under 35
322352	Ryan Hanley	Cornwall AC					99					99	1	Male Under 35
804303	Paul Trifanov	Newquay Road Runners						98				98	1	Male Under 35
367740	James Lee Brydon	St Austell Athletes Running Club	98									98	1	Male Under 35
423928	Jared Sanderson	Hayle Runners							97			97	1	Male Under 35
814224	Harry Stallard	St Austell Running Club		97								97	1	Male Under 35
719903	James Pyke	Truro Running Club					96					96	1	Male Under 35
755261	Peter Watson	Falmouth Running Club								95		95	1	Male Under 35
931401	Che Cudby	Truro Running Club						95				95	1	Male Under 35
727530	Richard Dalton	Falmouth Running Club				94						94	1	Male Under 35
794709	Kyran James	Newquay & Par AC	94									94	1	Male Under 35
709038	Christian Hosking	Perran Trail Runners			93							93	1	Male Under 35
863208	Finley Edwards	Newquay Road Runners						92				92	1	Male Under 35
877556	Joe Hunt	Falmouth Running Club				92						92	1	Male Under 35
919022	Harry Maywood	Looe Pioneers Running Club						91				91	1	Male Under 35
886866	Ben Berryman	Truro Running Club					91					91	1	Male Under 35
858996	Kaya Forbes	Perran Trail Runners				91						91	1	Male Under 35
760201	Joshua White	Perran Trail Runners			91							91	1	Male Under 35
727361	Liam Gallantry	East Cornwall Harriers	91									91	1	Male Under 35
835583	Nicholas Peters	Hayle Runners								90		90	1	Male Under 35
910096	Mark Borman	St Austell Running Club						90				90	1	Male Under 35
613712	Dominic Turton	Hayle Runners					90					90	1	Male Under 35
748486	Zack Hill	Cornwall AC				90						90	1	Male Under 35
750433	Liam Donelly	St Austell Running Club			90							90	1	Male Under 35
845707	Charles Curtis	Cornwall AC								89		89	1	Male Under 35
736398	Josh Sharp	Truro Running Club			89							89	1	Male Under 35
795877	Frankie Heaton-Pike	Cornwall AC								88		88	1	Male Under 35
359030	Robert Chirgwin	Truro Running Club					88					88	1	Male Under 35
795836	David Banks	St Austell Athletes Running Club	88									88	1	Male Under 35
618035	Christopher Nottle	St Austell Running Club								87		87	1	Male Under 35
902847	Tom Lowe	Perran Trail Runners					87					87	1	Male Under 35
899219	Curtis Hayes	Hayle Runners					86					86	1	Male Under 35
724134	Steve Reynolds	Truro Running Club		100	100	100	100	100	100	100		600	7	Male 35-39
810631	Andrew Senior	Truro Running Club	98	98	96		95		97	95		579	6	Male 35-39
794762	Joseph Thomson	Launceston Road Runners		97	94		93	97	99	96		576	6	Male 35-39
200570	Brett Jackson	St Austell Running Club	99	96	95	94	94	92				570	6	Male 35-39
200128	Jamie Masters	St Austell Running Club		99	99	98	97					393	4	Male 35-39
688769	Liam O'Neill	Hayle Runners				95	90	96		97		378	4	Male 35-39
51163	Stuart Walker	Falmouth Running Club				99	99	99				297	3	Male 35-39
494222	Dave Hannah	East Cornwall Harriers						95	98	98		291	3	Male 35-39

796448	Alan Thomas	Falmouth Running Club			97	96	92					285	3	Male 35-39
579589	Mark Gilbert	Newquay Road Runners	96	95	93							284	3	Male 35-39
829576	Garth McColville	St Austell Athletes Running Club	100		98							198	2	Male 35-39
686614	Daniel Harper	Falmouth Running Club				97	96					193	2	Male 35-39
763759	Adam Carlyon	Truro Running Club	95		92							187	2	Male 35-39
688699	Pete Walker	Truro Running Club			90		89					179	2	Male 35-39
266193	Alan Hughes	Bodmin Running Club					86	91				177	2	Male 35-39
853349	Stuart Chappell	Perran Trail Runners			89		85					174	2	Male 35-39
766438	Robin Jameson	Perran Trail Runners			86		84					170	2	Male 35-39
711779	Tim van Berkel	Truro Running Club								99		99	1	Male 35-39
761304	Simon Morse	East Cornwall Harriers						98				98	1	Male 35-39
718356	John McWilliams	Mile High					98					98	1	Male 35-39
358924	Mark Deacon	Looe Pioneers Running Club	97									97	1	Male 35-39
685194	Ben Hockridge	Bude Rats (Run and Tri)							96			96	1	Male 35-39
771633	Benjamin Jarram	Launceston Road Runners							95			95	1	Male 35-39
880250	Thomas Bateman	Falmouth Running Club								94		94	1	Male 35-39
814438	Elliott Perrin	Bodmin Running Club							94			94	1	Male 35-39
272681	Tom Sparkes	Bodmin Running Club						94				94	1	Male 35-39
755145	Adam Blacher	Launceston Road Runners		94								94	1	Male 35-39
719222	James Stephens	St Austell Running Club	94									94	1	Male 35-39
865336	Ben Johns	Truro Running Club								93		93	1	Male 35-39
749524	Mark Lancaster	Launceston Road Runners							93			93	1	Male 35-39
832539	Jamie Daniell	St Austell Running Club						93				93	1	Male 35-39
860628	Steve Brookes	Bude Rats (Run and Tri)		93								93	1	Male 35-39
830240	Nick Pebody	Newquay Road Runners								92		92	1	Male 35-39
827416	Tom Edie	St Austell Athletes Running Club								91		91	1	Male 35-39
771578	James Long	Perran Trail Runners					91					91	1	Male 35-39
814645	Joe Jervis	Perran Trail Runners		91								91	1	Male 35-39
866930	Ryan Mosney	Truro Running Club								90		90	1	Male 35-39
587548	Ross Buscombe	St Austell Running Club						90				90	1	Male 35-39
472541	Mark Cudlipp	Falmouth Running Club									89	89	1	Male 35-39
877418	Damen Powell	St Austell Running Club					88					88	1	Male 35-39
818801	James Toseland	Truro Running Club			88							88	1	Male 35-39
747780	Chris Chirgwin	Truro Running Club					87					87	1	Male 35-39
764279	Martyn Griffiths	Newquay Road Runners			87							87	1	Male 35-39
501552	Alex Marples	Truro Running Club	99		100	99	99		99	100		596	6	Male 40-44
215095	James Youlden	St Austell Running Club	98	99	96	95	96	99	97	98		587	8	Male 40-44
657568	Andrew James	Hayle Runners	93	97	88	93	88	94	93	93		563	8	Male 40-44
741008	James Danks	Falmouth Running Club	88	95	85	90	85	89	92	92		546	8	Male 40-44
656473	Neil Hayhurst	Hayle Runners			99	98	97		100	99		493	5	Male 40-44
726626	Neil Carter	Newquay Road Runners		100	97	97		100				394	4	Male 40-44
309275	Ben Harding	East Cornwall Harriers			95	94		98	96			383	4	Male 40-44
382036	Richard Chynoweth	Truro Running Club	96				93	97		96		382	4	Male 40-44
759505	Frazer Humbles	Hayle Runners	94			92	86		94			366	4	Male 40-44
883250	Andrew Searle	Hayle Runners						95	95	94		284	3	Male 40-44
864061	Garry Watkins	Perran Trail Runners			93		92			97		282	3	Male 40-44
198135	Thomas Moore	Truro Running Club			90			93		95		278	3	Male 40-44
634212	Gregory May	Carn Runners			86	91	87					264	3	Male 40-44
160275	Tom Carthey	Falmouth Running Club					100	100				200	2	Male 40-44
561736	Russell King	Falmouth Running Club					96	95				191	2	Male 40-44
790303	Jason Thomson	Truro Running Club		98	91							189	2	Male 40-44
610423	Luke Dimech	Perran Trail Runners			94		91					185	2	Male 40-44
623453	Darren Roose	Newquay Road Runners	100									100	1	Male 40-44
735335	Morgan Craig	Bude Rats (Run and Tri)							98			98	1	Male 40-44
186116	Dan Alsop	St Austell Running Club						98				98	1	Male 40-44
443034	Daniel Poole	Perran Trail Runners			98							98	1	Male 40-44
420622	Michael Hawke	St Austell Athletes Running Club	97									97	1	Male 40-44
205932	Dave Cudby	Truro Running Club							96			96	1	Male 40-44
770704	Nicholas Smith	Launceston Road Runners		96								96	1	Male 40-44
423479	James Manning	Hayle Runners	95									95	1	Male 40-44
735331	Tom Wagg	Perran Trail Runners					94					94	1	Male 40-44
761144	Brett Hall	Newquay Road Runners		94								94	1	Male 40-44
432855	David Atkinson-Bea	Truro Running Club							92			92	1	Male 40-44
452256	Leo Muid	Falmouth Running Club			92							92	1	Male 40-44
161666	John Sole	Cornwall AC	92									92	1	Male 40-44
554565	Chris Carey	Bude Rats (Run and Tri)							91			91	1	Male 40-44

935351	Lee Tullett	Hayle Runners							91					91	1	Male 40-44
455539	Stephen Chan	Truro Running Club	91											91	1	Male 40-44
830149	Steve Skinner	Looe Pioneers Running Club							90					90	1	Male 40-44
808032	Adi Hubbard	Perran Trail Runners							90					90	1	Male 40-44
631707	James Forbes	Perran Trail Runners	90											90	1	Male 40-44
748368	Luke Reed	Newquay Road Runners							89					89	1	Male 40-44
292737	James Forbes	Perran Trail Runners							89					89	1	Male 40-44
735406	Chris Bridge	Truro Running Club							89					89	1	Male 40-44
159636	Rob Wallbank	St Austell Running Club	89											89	1	Male 40-44
278413	Frazer Mountford	Perran Trail Runners							87					87	1	Male 40-44
703158	Graham Anderson	Perran Trail Runners							84					84	1	Male 40-44
799735	Mark Roby	Truro Running Club	98	100	100	100			98					496	5	Male 45-49
292560	Ian Littlewood	East Cornwall Harriers	96	99	98	99	100							492	5	Male 45-49
216121	Mark Thomas	Truro Running Club	93				94	96			93			471	5	Male 45-49
794598	Danny O'Shea	Truro Running Club				92	95	91	95			91		464	5	Male 45-49
858750	Simon Hambury	Falmouth Running Club					97	95	97			96		385	4	Male 45-49
558623	Marty Barnfield	Bodmin Running Club	92						94	97	94			377	4	Male 45-49
303051	David Wilcox	Truro Running Club	88						92	95	87			362	4	Male 45-49
266257	Oliver Jones	East Cornwall Harriers							99	100	100			299	3	Male 45-49
424162	Paul Stevens	St Austell Athletes Running Club	100							99	98			297	3	Male 45-49
675675	Carl Murphy	Truro Running Club	99							98				197	2	Male 45-49
765050	Steve Webb	Carn Runners				96	96							192	2	Male 45-49
724187	Ralph Graves	Truro Running Club	94			94								188	2	Male 45-49
388800	Darron Rowe	St Austell Athletes Running Club	90			93								183	2	Male 45-49
606131	John Beard	Newquay Road Runners				91			91					182	2	Male 45-49
785709	James Trubridge	Newquay & Par AC							100					100	1	Male 45-49
551254	Nigel Swift	Perran Trail Runners									99			99	1	Male 45-49
396310	Thomas Sopp	Falmouth Running Club						99						99	1	Male 45-49
866935	Jonathan Cahill	Truro Running Club				99								99	1	Male 45-49
800333	Ian Trice	Perran Trail Runners						98						98	1	Male 45-49
159700	Craig Hall	Carn Runners				98								98	1	Male 45-49
500073	Kevin Woodley	Tri Logic Cornwall									97			97	1	Male 45-49
299307	Lee Treadgold	St Austell Athletes Running Club						97						97	1	Male 45-49
721268	Billy Deakin	Perran Trail Runners				97								97	1	Male 45-49
717021	Andrew Rich	St Austell Running Club	97											97	1	Male 45-49
747259	Peter James	Launceston Road Runners									96			96	1	Male 45-49
555109	Dale Staff	Looe Pioneers Running Club						96						96	1	Male 45-49
381624	Mark Picken	Truro Running Club									95			95	1	Male 45-49
618474	Craig Harper	Bude Rats (Run and Tri)	95											95	1	Male 45-49
206118	Clive Shute	East Cornwall Harriers							93					93	1	Male 45-49
719364	Paul Atkinson	Hayle Runners						93						93	1	Male 45-49
811011	Darren Bray	Bodmin Running Club									92			92	1	Male 45-49
690930	Gareth Casey	St Austell Athletes Running Club						92						92	1	Male 45-49
482094	Tim Lee	St Austell Athletes Running Club	91											91	1	Male 45-49
575384	Andrew Cook	Truro Running Club									90			90	1	Male 45-49
749820	Martin Grieb	Newquay Road Runners				90								90	1	Male 45-49
725477	Tristan Lang	Truro Running Club									89			89	1	Male 45-49
837593	Marcus Miles	St Austell Athletes Running Club	89											89	1	Male 45-49
144613	Steve Phillips	Carn Runners									88			88	1	Male 45-49
549284	Armando Vieira	St Austell Running Club									86			86	1	Male 45-49
671583	Thomas Grafton	Truro Running Club									85			85	1	Male 45-49
454479	Antony Jarvis	Bude Rats (Run and Tri)	100	100	100		100	98	99					597	6	Male 50-54
498588	Mike Dowrick	Cornwall AC	99	98	91			99	98	98				583	6	Male 50-54
476839	Jeremy Brown	Bude Rats (Run and Tri)		96	94	97	92	93	97					569	6	Male 50-54
800652	Paul Gough	Hayle Runners		95	89	90	94	91	94					553	6	Male 50-54
778383	David Thomasson	Bodmin Running Club			90	89	89	86	90	91				535	6	Male 50-54
799270	Denzil Williams	St Austell Running Club	98	97	96	99	97							487	5	Male 50-54
738373	Greg Dufour-Cox	Falmouth Running Club	97		92	95	96	92						472	5	Male 50-54
209056	Colin Bathe	Truro Running Club			93	87	86	95	95					456	5	Male 50-54
773141	Ian Curnow	Hayle Runners		99				94	96	97				386	4	Male 50-54
276216	Jonathan Crowle	Truro Running Club	95				93	93			94			375	4	Male 50-54
893210	Neil Blonden	Bodmin Running Club						84	83	91	92			350	4	Male 50-54
866929	Richard Olive	Truro Running Club				86	85				89			260	3	Male 50-54
936438	Ashley Davies	Bodmin Running Club							82	87	88			257	3	Male 50-54
517333	Nigel Sullivan	Bodmin Running Club							100	100				200	2	Male 50-54

684651	Sean Marsh	Perran Trail Runners			98		99					197	2	Male 50-54
845488	Henry Cameron	Truro Running Club			97	100						197	2	Male 50-54
442512	Robert Standing	Truro Running Club			95			97				192	2	Male 50-54
737512	Phil Bristow	Falmouth Running Club				96				95		191	2	Male 50-54
858400	Mark Grassam	Looe Pioneers Running Club	96				95					191	2	Male 50-54
884814	Alan Richards	Falmouth Running Club				94				93		187	2	Male 50-54
386444	Andrew Ellis	Hayle Runners				91	91					182	2	Male 50-54
494174	Martin Dinham	Mile High				88				90		178	2	Male 50-54
830870	Alan Edwards	Newquay Road Runners	93					85				178	2	Male 50-54
144151	David Speake	St Austell Running Club					88	89				177	2	Male 50-54
871636	John Featherstone	Looe Pioneers Running Club					87	88				175	2	Male 50-54
893070	Christopher Baggot	St Austell Running Club				84		87				171	2	Male 50-54
208656	Jonny Colaco	Newquay Road Runners								100		100	1	Male 50-54
422634	Gareth Price	East Cornwall Harriers								99		99	1	Male 50-54
441933	Toby Lowe	Perran Trail Runners			99							99	1	Male 50-54
267324	John Wisner	St Austell Athletes Running Club					98					98	1	Male 50-54
261763	Tim Adams	St Austell Running Club				98						98	1	Male 50-54
718299	Jonathan Berridge	Truro Running Club								96		96	1	Male 50-54
749474	Quentin Gunderson	Bodmin Running Club						96				96	1	Male 50-54
875364	Glenn Wilson	St Austell Running Club	94									94	1	Male 50-54
359133	Peter McAughey	Launceston Road Runners								93		93	1	Male 50-54
688596	Toby Haigh	Bude Rats (Run and Tri)								92		92	1	Male 50-54
726369	Craig Underhill	Hayle Runners				92						92	1	Male 50-54
875594	Julian Harrold	Cornwall AC	92									92	1	Male 50-54
159593	Gary Richards	Truro Running Club						90				90	1	Male 50-54
893154	David Little	Perran Trail Runners					90					90	1	Male 50-54
888092	Dave Cook	Bude Rats (Run and Tri)								89		89	1	Male 50-54
880351	Andrew Hosking	Launceston Road Runners								88		88	1	Male 50-54
888769	Andy Sant	Launceston Road Runners			88							88	1	Male 50-54
902550	David Bolton	Newquay Road Runners								86		86	1	Male 50-54
780430	Nick Richards	Cornwall AC				85						85	1	Male 50-54
511579	Grahame Mace	Looe Pioneers Running Club						84				84	1	Male 50-54
751073	Jon Mitchell	Cornwall AC						83				83	1	Male 50-54
936362	Adrian Green	Falmouth Running Club								81		81	1	Male 50-54
744987	Guy Cooper	Looe Pioneers Running Club								80		80	1	Male 50-54
748270	Ian Temple	Bodmin Running Club		100		98	97	98	100	95		588	6	Male 55-59
209718	Derren Blewett	St Austell Running Club	100		99	99	93	100		97		588	6	Male 55-59
744929	Kevin Silver	Hayle Runners	99	99	98		96	97		94		583	6	Male 55-59
823667	Phillip Ciano	Perran Trail Runners			96		94	94		93		377	4	Male 55-59
788335	Sean Taylor	Bodmin Running Club	92	96				88	94			370	4	Male 55-59
721195	Vivian Bray	Cornwall AC				97		96		92		285	3	Male 55-59
716607	Paul Whear	Cornwall AC				100	100					200	2	Male 55-59
248258	Adrian Ball	Cornwall AC						99		100		199	2	Male 55-59
215086	Robin Watson	Falmouth Running Club			100			99				199	2	Male 55-59
719701	Jim Nettleton	Truro Running Club				97		98				195	2	Male 55-59
855856	Rob Petrie	Bude Rats (Run and Tri)		97						97		194	2	Male 55-59
260352	Ian Gronwalt	St Austell Running Club			95	96						191	2	Male 55-59
536794	Paul Skipp	Bude Rats (Run and Tri)					91			95		186	2	Male 55-59
607818	David Banbury	Bys Vyken Race Team							89	96		185	2	Male 55-59
660317	Darrin Porter	Cornwall AC								99		99	1	Male 55-59
912150	David Shelvey	Bude Rats (Run and Tri)								99		99	1	Male 55-59
943570	Alister Tawse	Perran Trail Runners									98	98	1	Male 55-59
861116	Steve Rendle	Newquay Road Runners								98		98	1	Male 55-59
513409	Paul Tillsley	Bude Rats (Run and Tri)		98								98	1	Male 55-59
812320	Andy Roberts	St Austell Running Club	98									98	1	Male 55-59
716604	Matthew Faulf	St Austell Running Club	97									97	1	Male 55-59
341498	Will Luckhurst	Hayle Runners									96	96	1	Male 55-59
725983	Michael Counter	St Austell Running Club	96									96	1	Male 55-59
269260	Julian Spencer	Truro Running Club							95			95	1	Male 55-59
605782	Paul Oliver	Falmouth Running Club						95				95	1	Male 55-59
206038	Martin Trethewey	St Austell Running Club	95									95	1	Male 55-59
145005	Andrew Ferguson	Truro Running Club				94						94	1	Male 55-59
425427	Nick Page	East Cornwall Harriers	94									94	1	Male 55-59
915275	Ivor Pudner	Looe Pioneers Running Club								93		93	1	Male 55-59
784403	Paul Marks	St Austell Running Club	93									93	1	Male 55-59
183240	Andrew Sims	East Cornwall Harriers							92			92	1	Male 55-59

