

## MTRS 2023 - 2024 after race 9 Gribbin 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](mailto: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	Bocconnoc	Bude LR	Truro	Gribbin	Score	Completed
1	735698	Jo Temple	Truro Running Club	299	298		299	297	299		299	298	1792	7
2	443494	Lucy Longbottom	Truro Running Club	297			300	296		300	296	297	1786	6
3	447321	Stacie Tregonning	St Austell Athletes Running Club	296	295	299		291		299	298	299	1786	7
4	557271	Helen Mitchell	Truro Running Club		293	297	294	284	291	294	291		1760	7
5	748272	Alison Temple	Bodmin Running Club		290		284	283	287	296	290	293	1740	7
6	748830	Claire Winfield	Launceston Road Runners	284	284	283	283	281	277	290	278	289	1713	9
7	746924	Mandy Watts	Newquay Road Runners	288		282	277	264	283		287	294	1711	7
8	368022	Liz Trebilcock	Truro Running Club	286		286	285	277	279			291	1704	6
9	501802	Karina Bowers	St Austell Running Club			285		268	267	292	282	290	1684	6
10	587683	Isabel Irwin-Bowler	St Austell Running Club	278			270	257	275	286	277	288	1674	7
11	315324	Janet Ritchie	Carn Runners	274	281	278	264	259	259	279	270	271	1653	9
12	749487	Angela Brinicombe	Launceston Road Runners	275		274	272	252	253	284		278	1636	7
13	368360	Jackie Cope	Falmouth Running Club	271	278	268	263	251	254	271	259	268	1619	9
14	454043	Juliet Stewart	Truro Running Club	265		264	265	249	256	278	265	274	1611	8
15	567775	Lisa Player	Newquay Road Runners			275	276	256	272		230	283	1592	6
16	664035	Suzanne Brown	Bude Rats (Run and Tri)		276	266	257	248	245	275		270	1592	7
17	665436	Susan Thomas	Hayle Runners			261	250	244	235	274	268	269	1566	7
18	644613	Sandra Haynes	Looe Pioneers Running Club	256	273	258	246	242	226	266	251	261	1565	9
19	764821	Karen Parker	Falmouth Running Club	263	274	262	255		236		247	264	1565	7
20	434324	Jacqui Martin	St Austell Running Club	245	264	246	242	241	239	269	256	265	1545	9
21	784808	Gwen Maggs	St Austell Running Club	260	263	245	251		222	265	243	259	1543	8
22	690547	Emma Lawry	St Austell Running Club	252	265	257	240	238	231	263	229	262	1539	9
23	772211	Nicky Hicks	Launceston Road Runners	246	269	253	239	240	230	261	245	263	1537	9
24	691229	Rebecca Shore	St Austell Running Club	248	260	250	237	235	225	254	241	256	1509	9
25	415961	Yelda Muge Parsons	Hayle Runners		268	251	236	233	206	250	242	255	1502	8
26	734696	Debbie Gossington	Hayle Runners			256	253	239	237	257	249		1491	6
27	160591	Wendy Chapman	Truro Running Club	298		300	297	293	297				1485	5
28	431617	Samantha Ewart	St Austell Running Club	238		243	241	236	220	270	244		1472	7
29	504813	Julie Bolitho	Falmouth Running Club	234	258	244		229	205	240	228	243	1448	8
30	396493	Christina Lake	Falmouth Running Club	233		247	231		197	245	232	249	1437	7
31	730447	Gemma Wotherspoon	Bodmin Women's Running Club	243			229	231	194	242	236	245	1426	7
32	682696	Janet Wills	St Austell Running Club			241	225	227	196	249		244	1382	6
33	621651	Kathran Dormer	Falmouth Running Club	239		248	228	232	184		234		1365	6
34	200257	Jennie Massey	Hayle Runners	232		238	221	228	183			242	1344	6
35	205812	Jane Stephens	Bodmin Running Club			272	266	255	250			275	1318	5
36	502174	Melanie Nile	St Austell Running Club			254	248	237	242		248		1229	5
37	386188	Revis Crowle	East Cornwall Harriers			291			285	295			1161	4
38	273360	Sarah Myford	Bodmin Running Club					266	280	291	286		1123	4
39	745100	Miranda Flannigan	Perran Trail Runners				282	269	276			286	1113	4
40	795451	Hannah Thomas	Truro Running Club	266				250	264			279	1059	4
41	772157	Trina Bradbury	Launceston Road Runners	257	267	263		243					1030	4
42	747894	Claire Stone	Hayle Runners	258				246	232	267			1003	4
43	324988	Lorna Hogg	St Austell Running Club				233		227		240	257	957	4
44	800950	Joanna Furtado	Falmouth Running Club	295				295	298				888	3
45	637011	Laura Pool	Truro Running Club		296				293			295	884	3
46	882997	Amy Harrington	Truro Running Club			298	293	290					881	3
47	161569	Rebecca Morgan	Truro Running Club			290	290		290				870	3
48	742959	Tanya Coleman	Truro Running Club			293	288	282					863	3
49	353916	Hayley Stacey	East Cornwall Harriers		287	287			282				856	3
50	292734	Jennifer Forbes	Hayle Runners	283	288	284							855	3
51	166973	Meeta Nicholls	East Cornwall Harriers	287	285				278				850	3
52	292840	Louise Littlewood	East Cornwall Harriers		286		274	273					833	3
53	720292	Lisa Wilson	Truro Running Club				280	274			276		830	3
54	244469	Tamzin Davey	Perran Trail Runners			277	271				281		829	3
55	759165	Margaret Clark	Hayle Runners			265				277	267		809	3
56	190133	Joanna Rich	St Austell Running Club	267						276	262		805	3
57	315414	Linda Pickard	Launceston Road Runners	268		259	258						785	3

58	921110	Heidi Chapman	Bodmin Running Club						244	268		272	784	3
59	795473	Jules Williams	St Austell Running Club	264						258	250		772	3
60	725954	Sally Fletcher	St Austell Running Club	253					233			267	753	3
61	555073	Claire Barlow	Bodmin Running Club			252	238			260			750	3
62	786203	Elaine Hill	Launceston Road Runners		266				198	256			720	3
63	359238	Lesley Taphouse	Bodmin Running Club						216	251		250	717	3
64	759358	Charlotte Delaney	Hayle Runners	237		249	227						713	3
65	746777	Ann Bradley	St Austell Running Club				234		223	252			709	3
66	747235	Theresa Williams	St Austell Running Club				235		218	255			708	3
67	431621	Christine Todd	St Austell Running Club			242	226	234					702	3
68	748043	Sarah Ellis	Hayle Runners	230		240	224						694	3
69	886708	Tamsin Harris	Bodmin Running Club						203		238	248	689	3
70	748952	Michaela Thomas	St Austell Running Club				230		212		237		679	3
71	933416	Anne Cobell	Hayle Runners						186	239	227		652	3
72	569236	Tamara Beach	Cornwall AC						300		300		600	2
73	522445	Lucy Williams	Truro Running Club				298				297		595	2
74	858099	Chloe Constantine	Bude Rats (Run and Tri)		297					297			594	2
75	794462	Ashley Elliott	East Cornwall Harriers	292					295				587	2
76	820604	Natalie Dunn	Truro Running Club				291				294		585	2
77	836783	Tori Marks	St Austell Athletes Running C					288				296	584	2
78	661596	Lauren Bailey	Truro Running Club		291						293		584	2
79	799331	Ellie Jameson	Perran Trail Runners			288					295		583	2
80	436121	Rosie Bradbury	Falmouth Running Club			296		286					582	2
81	367503	Joanne Robinson	Looe Pioneers Running Club	294				287					581	2
82	783850	Elizabeth Whinnett	Bodmin Running Club								288	292	580	2
83	865341	Jenna Bissell	Truro Running Club				286				292		578	2
84	551344	Katie Puremont	Falmouth Running Club				292	285					577	2
85	425127	Nikki Williams	Looe Pioneers Running Club	289				280					569	2
86	877625	Phoebe Heveron	Perran Trail Runners			292		275					567	2
87	792186	Fay Cameron	Newquay Road Runners						286		280		566	2
88	679307	Paula Wilkinson	Bude Rats (Run and Tri)		279					281			560	2
89	509954	Annie Bover	Bude Rats (Run and Tri)	279		279							558	2
90	836129	Thelma Namonje K	Falmouth Running Club				273				283		556	2
91	451019	Sarah Wilkinson	Newquay Road Runners						271			284	555	2
92	498189	Alison Weir	Falmouth Running Club			281		272					553	2
93	840206	Linzi Hanscomb	Bodmin Running Club						269	283			552	2
94	746811	Anita Hudson	St Austell Running Club								272	277	549	2
95	437107	Linda Cuff	Looe Pioneers Running Club	280					268				548	2
96	512377	Alison Catnach	Looe Pioneers Running Club	281				267					548	2
97	359100	Judith Wilkes	Falmouth Running Club								271	276	547	2
98	782710	Nicola Edwards	Newquay Road Runners	272					273				545	2
99	579695	Nicky Brenton	Bodmin Running Club						261	282			543	2
100	470943	Ruth Holding	Mile High				267				274		541	2
101	610805	Andrea Simmons	Hayle Runners				275	263					538	2
102	276349	Louise Ollivier	Hayle Runners			276		261					537	2
103	522251	Lorraine Brown	Truro Running Club			270		253					523	2
104	827410	Christine Boon	Truro Running Club						255			266	521	2
105	748036	Sandra Northcott	Looe Pioneers Running Club	273					248				521	2
106	531617	Paula Vieira	St Austell Running Club								260	260	520	2
107	718706	Emma Figures	Truro Running Club								246	273	519	2
108	778781	Anna Devlin	Bude Rats (Run and Tri)		259	260							519	2
109	891677	Kelly Edwards	Truro Running Club				249		263				512	2
110	591350	Rosie Trevains	Bys Vyken Race Team						238	272			510	2
111	583630	Sarah Allen	Hayle Runners					262	247				509	2
112	750622	Kirstie Slater	Truro Running Club	261			247						508	2
113	111146	Janet Watson	Carn Runners	255							252		507	2
114	754984	Rebecca O'Doherty	St Austell Athletes Running C					245				258	503	2
115	336814	Rachael Church	Perran Trail Runners			255	243						498	2
116	747651	Isobel Hamilton	East Cornwall Harriers				259		234				493	2
117	793957	Courtney Marks	St Austell Running Club	254					229				483	2
118	638185	Janet Lathom	Launceston Road Runners						217	264			481	2
119	577907	Ruth Simmons	St Austell Running Club	241							235		476	2
120	772276	Victoria Walton	Newquay Road Runners						211	259			470	2
121	908870	Jacalyn Riddle	Bodmin Running Club						213			254	467	2
122	747902	Linda Godfrey	Bodmin Women's Running C						215	247			462	2
123	579839	Melissa Tonkin	Hayle Runners			239	222						461	2
124	408199	Kathryn Thomas	Cornwall AC			237	220						457	2

125	781344	Angela Tyson	Newquay Road Runners						210	246			456	2
126	864147	Jenny Bowden	Newquay Road Runners						204			247	451	2
127	823678	Jessica Gallienne	Newquay Road Runners						192	241			433	2
128	836287	Rebecca Ezra-Ham	Tamar Trotters									300	300	1
129	860281	Sarah Reel	Falmouth Running Club						300				300	1
130	557272	Louise Mitchell	Truro Running Club		300								300	1
131	723331	Anna Harrold	Truro Running Club	300									300	1
132	803538	Hannah Mason	St Austell Athletes Running C						299				299	1
133	793900	Olivia Carthew	Newquay & Par AC		299								299	1
134	424921	Gail Aspden	Cornwall AC							298			298	1
135	664939	Anna Jenkins	Cornwall AC						298				298	1
136	795236	Caitlin Keaney	Newquay & Par AC						296				296	1
137	818765	Jasmine Rapson	Newquay & Par AC					296					296	1
138	499407	Alice Trevail	Falmouth Running Club					295					295	1
139	666752	Ellen Jones	Cornwall AC		295								295	1
140	420877	Mandy Gibson	Looe Pioneers Running Club						294				294	1
141	903377	Bethan Gay	Cornwall AC						294				294	1
142	161923	Helen Morse	East Cornwall Harriers		294								294	1
143	620794	Melodie Manners	Hayle Runners		294								294	1
144	315402	Emma Stephens	Bodmin Running Club							293			293	1
145	754421	Lisa Picton	East Cornwall Harriers	293									293	1
146	610044	Eve Hearle	Newquay Road Runners						292				292	1
147	217210	Jodie Gauld	St Austell Running Club						292				292	1
148	548074	Victoria Jackson	Truro Running Club		292								292	1
149	561059	Megan Rowe	St Austell Running Club	291									291	1
150	716839	Hannah Fox	Mile High								289		289	1
151	709140	Catriona Ward Sell	Launceston Road Runners							289			289	1
152	240026	Kaye Patterson	East Cornwall Harriers						289				289	1
153	738316	Giorgia Bruno	Truro Running Club						289				289	1
154	748487	Alice Vage	Cornwall AC					289					289	1
155	569703	Vicky Fleet	Falmouth Running Club		289								289	1
156	689343	Hannah Matthews	East Cornwall Harriers		289								289	1
157	859792	Annie Creo	Bude Rats (Run and Tri)							288			288	1
158	745497	Stella Gardener	Newquay Road Runners						288				288	1
159	719441	Alison O'Hora	East Cornwall Harriers									287	287	1
160	903585	Augusta Trussell	Truro Running Club							287			287	1
161	744571	Katie Robinson	Falmouth Running Club					287					287	1
162	931796	Catherine Sweet	St Austell Athletes Running C									285	285	1
163	208657	Colette Clements	Newquay Road Runners							285			285	1
164	771371	Ann Barriball	Launceston Road Runners							285			285	1
165	745054	Debbie Jones	Looe Pioneers Running Club	285									285	1
166	718827	Emily Canty	St Austell Athletes Running C								284		284	1
167	420137	Emma Clark	Looe Pioneers Running Club						284				284	1
168	776393	Aleisha Viggers	Launceston Road Runners		283								283	1
169	869676	Melanie Maskell	St Austell Athletes Running C									282	282	1
170	530376	Tamsyn Howes	St Austell Athletes Running C		282								282	1
171	728766	Alison Roose	Newquay Road Runners	282									282	1
172	159773	Helen Dodwell	Truro Running Club									281	281	1
173	756886	Fiona Gamble	Hayle Runners						281				281	1
174	524126	Kelly Bills	Hayle Runners					281					281	1
175	946017	Esther Parker	Falmouth Running Club									280	280	1
176	453098	Louise Richardson	Bodmin Running Club							280			280	1
177	746506	Mary Rossetti	Truro Running Club		280								280	1
178	253373	Lisa Hutchings	Bude Rats (Run and Tri)		280								280	1
179	944490	Katharine Walker	Falmouth Running Club								279		279	1
180	393536	Corinne Gerrard	Hayle Runners					279					279	1
181	501832	Claire Mensing	Truro Running Club					279					279	1
182	496863	Jen George	Newquay Road Runners						278				278	1
183	892628	Samantha Smith	Perran Trail Runners					278					278	1
184	787954	Lora Tanner	Bude Rats (Run and Tri)		277								277	1
185	363491	Emma Langstaff	Looe Pioneers Running Club						276				276	1
186	716597	Angela Harrison	Looe Pioneers Running Club	276									276	1
187	915866	Helen Matthews	St Austell Athletes Running C								275		275	1
188	797651	Helen Cooley	Bude Rats (Run and Tri)		275								275	1
189	926488	Halle Ashworth	Launceston Road Runners						274				274	1
190	865906	Linda Carter	Carn Runners								273		273	1
191	746290	Emma James	Launceston Road Runners							273			273	1





## MTRS 2023 - 2024 after race 9 Gribbin 10k - Male 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](mailto: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	Bocconnoc	Bude LR	Truro	Gribbin	Score	Completed
1	724134	Steve Reynolds	Truro Running Club		300	299	298	298	300	300	299	299	1797	8
2	501552	Alex Marples	Truro Running Club	296		298	293	290		296	295	297	1775	7
3	754894	Callum Pinch	Truro Running Club	284	298	296	290	284	292	295	294	295	1770	9
4	656473	Neil Hayhurst	Hayle Runners			294	291	279		298	287	294	1743	6
5	731424	Bradley Parsons	St Austell Running Club	287		285	289	293	295		286	293	1743	7
6	215095	James Youlden	St Austell Running Club	291	294	286	282	278	286	287	283	287	1731	9
7	810631	Andrew Senior	Truro Running Club	282	291	291		282		289	276	280	1715	7
8	794762	Joseph Thomson	Launceston Road Runners		287	279		270	291	293	277	286	1713	7
9	846971	Callum Waldie	Truro Running Club		297	283	280		287	290	273		1710	6
10	454479	Antony Jarvis	Bude Rats (Run and Tri)	281	295	288		275	282	286			1707	6
11	799735	Mark Roby	Truro Running Club	278	293	280	281		280			281	1693	6
12	200570	Brett Jackson	St Austell Running Club	283	285	282	276	276	271			285	1687	7
13	498588	Mike Dowrick	Cornwall AC	274	290	256			283	284	271	278	1680	7
14	476839	Jeremy Brown	Bude Rats (Run and Tri)		288	264	271	240	268	282		279	1652	7
15	716751	Jon Eldon	Hayle Runners	271	281	257	266		266	281	267	273	1639	8
16	799270	Denzil Williams	St Austell Running Club	270	289	272	273	263				269	1636	6
17	748270	Ian Temple	Bodmin Running Club		283		263	243	258	276	260	268	1608	7
18	209718	Derren Blewett	St Austell Running Club	267		263	264	233	267		266	274	1601	7
19	744929	Kevin Silver	Hayle Runners	260	282	254		242	256		256	271	1579	7
20	657568	Andrew James	Hayle Runners	259	277	241	258	235	252	267	241	262	1575	9
21	800652	Paul Gough	Hayle Runners		279	228	255	246	264	277			1549	6
22	315573	Iain Walker	St Austell Running Club	254		255	260	248	261		265		1543	6
23	784384	Peter Brocklehurst	St Austell Athletes Running Club	248	276	243	253	232	223	258	235	255	1533	9
24	216121	Mark Thomas	Truro Running Club	255		248		247	254		253	267	1524	6
25	308760	Peter Allen	Newquay Road Runners	247	275	232	242	215	236	259	230	251	1510	9
26	778383	David Thomasson	Bodmin Running Club			240	252	230	234	257	242	259	1484	7
27	741008	James Danks	Falmouth Running Club	234	270	226	241	208	212	251	219	249	1471	9
28	794598	Danny O'Shea	Truro Running Club			239	250	221	253		246	260	1469	6
29	631285	Des Evans	Newquay Road Runners	225	259	219	233	199	203	241	215	246	1423	9
30	450571	Robert Willcocks	Falmouth Running Club	224	264	220	231	203	205	238	211	242	1419	9
31	498911	Nigel Knuckey	Truro Running Club	230			239	207	221	250	217	250	1407	7
32	688769	Liam O'Neill	Hayle Runners				279	262	285		280	292	1398	5
33	7111	Stephen Hutchinson	Bude Rats (Run and Tri)			230	244	214	225		228	253	1394	6
34	856484	Michael Wilson	Truro Running Club	226		218	236	209		248		247	1384	6
35	292560	Ian Littlewood	East Cornwall Harriers	275	286	266	277	271					1375	5
36	773171	Robert Bolitho	Falmouth Running Club	219		217		200	207	233	210	243	1329	7
37	738373	Greg Dufour-Cox	Falmouth Running Club	266		258	265	259	265				1313	5
38	193851	Roy Newton	Falmouth Running Club	221		215	228		199	234	208		1305	6
39	558623	Marty Barnfield	Bodmin Running Club	253					250	270	255	266	1294	5
40	209056	Colin Bathe	Truro Running Club			260	248	222	272	279			1281	5
41	823667	Phillip Ciano	Perran Trail Runners			238		234	240		245	264	1221	5
42	893210	Neil Blonden	Bodmin Running Club					216	220	261	244	263	1204	5
43	884764	Ed Dickinson	Falmouth Running Club			300	300	300			300		1200	4
44	303051	David Wilcox	Truro Running Club	231					224	260	224	254	1193	5
45	750253	Dylan Stevens	Newquay & Par AC	295						299	298	298	1190	4
46	200128	Jamie Masters	St Austell Running Club		299	297	296	291					1183	4
47	855837	David Tregonning	St Austell Running Club	294		287		286	296				1163	4
48	726626	Neil Carter	Newquay Road Runners		296	289	287		288				1160	4
49	424162	Paul Stevens	St Austell Athletes Running Club	289						292	282	289	1152	4
50	494222	Dave Hannah	East Cornwall Harriers						281	291	281	282	1135	4
51	309275	Ben Harding	East Cornwall Harriers			278	278		278	283			1117	4
52	773141	Ian Curnow	Hayle Runners		292				269	280	268		1109	4
53	382036	Richard Chynoweth	Truro Running Club	273				261	273		270		1077	4
54	883250	Andrew Searle	Hayle Runners						255	275	248	265	1043	4
55	858750	Simon Hambury	Falmouth Running Club				270	252	257		258		1037	4
56	276216	Jonathan Crowle	Truro Running Club	264			259	245			250		1018	4
57	759505	Frazer Humbles	Hayle Runners	263			251	223		274			1011	4

58	25702	Gavin Clegg	East Cornwall Harriers						244	263	229	257	993	4
59	826316	Steve Menear	St Austell Running Club		269			204		249		248	970	4
60	936438	Ashley Davies	Bodmin Running Club						213	245	218	252	928	4
61	788335	Sean Taylor	Bodmin Running Club	217	261				206	239			923	4
62	51163	Stuart Walker	Falmouth Running Club				297	296	298				891	3
63	266257	Oliver Jones	East Cornwall Harriers						293	297	297		887	3
64	845436	Stan Cameron	Mile High			274	288				292		854	3
65	248258	Adrian Ball	Cornwall AC					280			284	283	847	3
66	796448	Alan Thomas	Falmouth Running Club			292	286	268					846	3
67	579589	Mark Gilbert	Newquay Road Runners	279	284	277							840	3
68	357060	Steve Lawrence	Falmouth Running Club	216			227	198	197				838	4
69	864061	Garry Watkins	Perran Trail Runners			259		260			272		791	3
70	198135	Thomas Moore	Truro Running Club			244			251		259		754	3
71	721195	Vivian Bray	Cornwall AC				254		247		237		738	3
72	747885	Ian Grimes	Launceston Road Runners		265				214	252			731	3
73	634212	Gregory May	Carn Runners			233	243	229					705	3
74	350003	John Tilley	Bodmin Running Club	220	262	216							698	3
75	866929	Richard Olive	Truro Running Club				246	220			227		693	3
76	889539	Steve Kemsley	Falmouth Running Club					211	219		220		650	3
77	160275	Tom Carthey	Falmouth Running Club				299	297					596	2
78	748065	Llewin Head	Mile High	299			294						593	2
79	829576	Garth McColville	St Austell Athletes Running Club	293		295							588	2
80	716607	Paul Whear	Cornwall AC				295	289					584	2
81	805381	Noah Bohge	Truro Running Club	288							293		581	2
82	812393	Henry Kennaway	Truro Running Club						290		290		580	2
83	443009	James Kirton	Truro Running Club				285	295					580	2
84	686614	Daniel Harper	Falmouth Running Club				292	285					577	2
85	765942	Tom Blewett	Perran Trail Runners			290		287					577	2
86	517333	Nigel Sullivan	Bodmin Running Club						284	288			572	2
87	853926	Joshua Turner	Perran Trail Runners			284		288					572	2
88	675675	Carl Murphy	Truro Running Club	286						285			571	2
89	728052	Ryan Marks	St Austell Running Club	292					279				571	2
90	422634	Gareth Price	East Cornwall Harriers								285	284	569	2
91	561736	Russell King	Falmouth Running Club				283	277					560	2
92	772582	Thomas Halton	St Austell Running Club	272	280								552	2
93	749474	Quentin Gunderson	Bodmin Running Club						274			275	549	2
94	845488	Henry Cameron	Truro Running Club			273	275						548	2
95	684651	Sean Marsh	Perran Trail Runners			275		272					547	2
96	726219	Matt Fox	Falmouth Running Club					267			278		545	2
97	261763	Tim Adams	St Austell Running Club				272					272	544	2
98	442512	Robert Standing	Truro Running Club			268			275				543	2
99	763759	Adam Carlyon	Truro Running Club	269	269								538	2
100	587548	Ross Buscombe	St Austell Running Club						260			270	530	2
101	215086	Robin Watson	Falmouth Running Club			271			259				530	2
102	790303	Jason Thomson	Truro Running Club		278	247							525	2
103	855856	Rob Petrie	Bude Rats (Run and Tri)		266					254			520	2
104	610423	Luke Dimech	Perran Trail Runners			265		255					520	2
105	737512	Phil Bristow	Falmouth Running Club				267				252		519	2
106	765050	Steve Webb	Carn Runners			250	268						518	2
107	858400	Mark Grassam	Looe Pioneers Running Club	265				250					515	2
108	884814	Alan Richards	Falmouth Running Club				261				247		508	2
109	719701	Jim Nettleton	Truro Running Club			252		251					503	2
110	724187	Ralph Graves	Truro Running Club	256		246							502	2
111	603684	John Sudell	East Cornwall Harriers						239	262			501	2
112	869551	Benjamin Worden	Bude Rats (Run and Tri)		257					243			500	2
113	618035	Christopher Nottle	St Austell Running Club								238	261	499	2
114	720455	Ian Savigar	East Cornwall Harriers	251					246				497	2
115	386444	Andrew Ellis	Hayle Runners				256	239					495	2
116	266193	Alan Hughes	Bodmin Running Club						224	270			494	2
117	688699	Pete Walker	Truro Running Club			251		241					492	2
118	855247	Andy Coles	St Austell Running Club	229	260								489	2
119	388800	Darron Rowe	St Austell Athletes Running Club	241		245							486	2
120	260352	Ian Gronwalt	St Austell Running Club			237	247						484	2
121	494174	Martin Dinham	Mile High					249			234		483	2
122	533489	Trevor Lee	Truro Running Club		271				212				483	2
123	893070	Christopher Baggot	St Austell Running Club				240		238				478	2
124	144151	David Speake	St Austell Running Club					228	249				477	2

125	830870	Alan Edwards	Newquay Road Runners	240					233				473	2
126	261751	Doug Alsop	St Austell Running Club						231		239		470	2
127	871636	John Featherstone	Looe Pioneers Running Club					225	242				467	2
128	880612	Paul Bufton	Truro Running Club	238					228				466	2
129	549284	Armando Vieira	St Austell Running Club								216	245	461	2
130	607818	David Banbury	Bys Vyken Race Team						208	246			454	2
131	853349	Stuart Chappell	Perran Trail Runners			236		218					454	2
132	536794	Paul Skipp	Bude Rats (Run and Tri)					206		244			450	2
133	274470	Ian Ringer	Bodmin Running Club	223		221							444	2
134	766438	Robin Jameson	Perran Trail Runners			225		217					442	2
135	606131	John Beard	Newquay Road Runners			223			216				439	2
136	747923	Dennis Burrell	Carn Runners						201	235			436	2
137	522287	Alan Brandwood	Falmouth Running Club	222							213		435	2
138	550913	Chunky Penhaul	Hayle Runners			232	202						434	2
139	896831	Andrew Cameron	Truro Running Club						202		209		411	2
140	749926	Jacob Landers	Tamar Trotters									300	300	1
141	717127	Tom Morton	Mile High	300									300	1
142	785709	James Trubridge	Newquay & Par AC						299				299	1
143	322352	Ryan Hanley	Cornwall AC					299					299	1
144	623453	Darren Roose	Newquay Road Runners	298									298	1
145	761304	Simon Morse	East Cornwall Harriers						297				297	1
146	367740	James Lee Brydon	St Austell Athletes Running C	297									297	1
147	760870	Luke Attwood	Tamar Trotters									296	296	1
148	208656	Jonny Colaco	Newquay Road Runners								296		296	1
149	735335	Morgan Craig	Bude Rats (Run and Tri)							294			294	1
150	804303	Paul Trifanov	Newquay Road Runners						294				294	1
151	718356	John McWilliams	Mile High					294					294	1
152	443034	Daniel Poole	Perran Trail Runners			293							293	1
153	719903	James Pyke	Truro Running Club					292					292	1
154	209372	Simon Williams	Newquay & Par AC									291	291	1
155	755261	Peter Watson	Falmouth Running Club								291		291	1
156	652614	James Roper	St Austell Running Club									290	290	1
157	794709	Kyran James	Newquay & Par AC	290									290	1
158	551254	Nigel Swift	Perran Trail Runners								289		289	1
159	931401	Che Cudby	Truro Running Club						289				289	1
160	415199	Richard Ezra-Ham	Tamar Trotters									288	288	1
161	711779	Tim van Berkel	Truro Running Club								288		288	1
162	727361	Liam Gallantry	East Cornwall Harriers	285									285	1
163	727530	Richard Dalton	Falmouth Running Club					284					284	1
164	186116	Dan Alsop	St Austell Running Club						283				283	1
165	886866	Ben Berryman	Truro Running Club						281				281	1
166	441933	Toby Lowe	Perran Trail Runners			281							281	1
167	358924	Mark Deacon	Looe Pioneers Running Club	280									280	1
168	660317	Darrin Porter	Cornwall AC								279		279	1
169	685194	Ben Hockridge	Bude Rats (Run and Tri)							278			278	1
170	950607	Tom Copeland	Perran Trail Runners									277	277	1
171	272681	Tom Sparkes	Bodmin Running Club						277				277	1
172	420622	Michael Hawke	St Austell Athletes Running C	277									277	1
173	813088	Tim Hicks	Truro Running Club									276	276	1
174	832539	Jamie Daniell	St Austell Running Club						276				276	1
175	709038	Christian Hosking	Perran Trail Runners			276							276	1
176	717021	Andrew Rich	St Austell Running Club	276									276	1
177	880250	Thomas Bateman	Falmouth Running Club								275		275	1
178	500073	Kevin Woodley	Tri Logic Cornwall								274		274	1
179	735331	Tom Wagg	Perran Trail Runners						274				274	1
180	159700	Craig Hall	Carn Runners			274							274	1
181	513409	Paul Tillsley	Bude Rats (Run and Tri)	274									274	1
182	912150	David Shelvey	Bude Rats (Run and Tri)								273		273	1
183	613712	Dominic Turton	Hayle Runners						273				273	1
184	770704	Nicholas Smith	Launceston Road Runners	273									273	1
185	853649	David Thomson	Launceston Road Runners								272		272	1
186	755145	Adam Blacher	Launceston Road Runners	272									272	1
187	861116	Steve Rendle	Newquay Road Runners								271		271	1
188	866935	Jonathan Cahill	Truro Running Club			270							270	1
189	943570	Alister Tawse	Perran Trail Runners									269	269	1
190	747259	Peter James	Launceston Road Runners								269		269	1
191	267324	John Wisner	St Austell Athletes Running C						269				269	1







# MTRS 2023 - 2024 after race 9 Gribbin 10k - Female 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	Tywarthayle	Rosemullion	St Pirans	Boconnoc	Bude LR	Truro	Gribbin	Score	Completed	Age Category
735698	Jo Temple	Truro Running Club	100	98		99	98	99		99	98	593	7	Female Under 35
447321	Stacie Tregonning	St Austell Athletes Running Club	98	97	100		93		99	98	99	591	7	Female Under 35
443494	Lucy Longbottom	Truro Running Club	99			100	97		100	97	97	590	6	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
836783	Tori Marks	St Austell Athletes Running Club					90				96	186	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
836287	Rebecca Ezra-Ham	Tamar Trotters									100	100	1	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
931796	Catherine Sweet	St Austell Athletes Running Club									95	95	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
946017	Esther Parker	Falmouth Running Club									94	94	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
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	99	587	7	Female 35-39
784808	Gwen Maggs	St Austell Running Club	95	98	96	93		91	96	88	96	574	8	Female 35-39
730447	Gemma Wotherspoon	Bodmin Women's Running Club	93			92	96	89	94	87	95	559	7	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
783850	Elizabeth Whinnett	Bodmin Running Club								96	100	196	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
718706	Emma Figures	Truro Running Club								89	97	186	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
719441	Alison O'Hora	East Cornwall Harriers								98		98	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
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
720452	Sarah McDonough	East Cornwall Harriers						87				87	1	Female 35-39
501802	Karina Bowers	St Austell Running Club			99		97	94	100	98	99	587	6	Female 40-44
415961	Yelda Mge Parson	Hayle Runners		94	95	98	95	91	97	93	97	576	8	Female 40-44
637011	Laura Pool	Truro Running Club	100					100			100	300	3	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
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
754984	Rebecca O'Doherty	St Austell Athletes Running C					96			98		194	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
950176	Karen Littler	St Austell Running Club								96		96	1	Female 40-44
775234	Rachel Stephens	Tri Logic Cornwall								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	97	579	7	Female 45-49
772211	Nicky Hicks	Launceston Road Runners	85	97	93	94	92	86	93	93	96	566	9	Female 45-49
690547	Emma Lawry	St Austell Running Club	88	95	94	95	91	87	95	90	95	565	9	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

795451	Hannah Thomas	Truro Running Club	90				95	94			99	378	4	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
921110	Heidi Chapman	Bodmin Running Club						91	96		98	285	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
531617	Paula Vieira	St Austell Running Club								95	94	189	2	Female 45-49
782710	Nicola Edwards	Newquay Road Runners	92					96				188	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
159773	Helen Dodwell	Truro Running Club									100	100	1	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
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	99	594	9	Female 50-54
746924	Mandy Watts	Newquay Road Runners	100		98	95	92	100		100	100	593	7	Female 50-54
434324	Jacqui Martin	St Austell Running Club	95	94	89	87	88	92	92	94	96	563	9	Female 50-54
691229	Rebecca Shore	St Austell Running Club	96	93	90	86	86	90	90	92	94	555	9	Female 50-54
502174	Melanie Nile	St Austell Running Club			91	91	87	93		93		455	5	Female 50-54
745100	Miranda Flannigan	Perran Trail Runners				98	93	98			98	387	4	Female 50-54
324988	Lorna Hogg	St Austell Running Club				85		91		91	95	362	4	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
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
858099	Chloe Constantine	Bude Rats (Run and Tri)		100					99			199	2	Female 50-54
746811	Anita Hudson	St Austell Running Club								96	97	193	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 Overell	St Austell Running Club	98									98	1	Female 50-54
859792	Annie Creo	Bude Rats (Run and Tri)							97			97	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
949649	Alison Day	St Austell Running Club								93		93	1	Female 50-54
453098	Louise Richardson	Bodmin Running Club							93			93	1	Female 50-54
487188	Paula Bate	St Austell Athletes Running C		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 C						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		600	7	Female 55-59
368022	Liz Trebilcock	Truro Running Club	100	99	99	99	98			100		595	6	Female 55-59
454043	Juliet Stewart	Truro Running Club	97	95	95	94	94	98	96	96		577	8	Female 55-59
664035	Suzanne Brown	Bude Rats (Run and Tri)		99	96	94	93	90	97		95	574	7	Female 55-59
644613	Sandra Haynes	Looe Pioneers Running Club	95	97	92	90	92	86	96	94	91	566	9	Female 55-59
764821	Karen Parker	Falmouth Running Club	96	98	94	93		88		92	92	565	7	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	87	548	8	Female 55-59
205812	Jane Stephens	Bodmin Running Club			97	96	96	92			97	478	5	Female 55-59
273360	Sarah Myford	Bodmin Running Club					98	99	99	99		395	4	Female 55-59
725954	Sally Fletcher	St Austell Running Club	94					87			94	275	3	Female 55-59
748952	Michaela Thomas-H	St Austell Running Club				88		85		91		264	3	Female 55-59
359100	Judith Wilkes	Falmouth Running Club								97	98	195	2	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
827410	Christine Boon	Truro Running Club						93			93	186	2	Female 55-59
864147	Jenny Bowden	Newquay Road Runners						82			89	171	2	Female 55-59
869676	Melanie Maskell	St Austell Athletes Running C									99	99	1	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
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
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
417942	Alison Cox	Bodmin Women's Running C									90	90	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
841165	Caroline Davies	Bodmin Women's Running C									88	88	1	Female 55-59
929887	Sara Chapman	Newquay Road Runners						84				84	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



# MTRS 2023 - 2024 after race 9 Gribbin 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	97	591	9	Male Under 35
731424	Bradley Parsons	St Austell Running Club	92		96	97	97	99		93	96	578	7	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
750253	Dylan Stevens	Newquay & Par AC	97						100	99	99	395	4	Male Under 35
855837	David Tregonning	St Austell Running Club	96		97		93	100				386	4	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
618035	Christopher Nottle	St Austell Running Club								87	93	180	2	Male Under 35
749926	Jacob Landers	Tamar Trotters									100	100	1	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
760870	Luke Attwood	Tamar Trotters									98	98	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
652614	James Roper	St Austell Running Club									95	95	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
415199	Richard Ezra-Ham	Tamar Trotters									94	94	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 Donnelly	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
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	100	600	8	Male 35-39
794762	Joseph Thomson	Launceston Road Runners		97	94		93	97	99	96	98	581	7	Male 35-39
810631	Andrew Senior	Truro Running Club	98	98	96		95		97	95	95	579	7	Male 35-39
200570	Brett Jackson	St Austell Running Club	99	96	95	94	94	92			97	575	7	Male 35-39



688769	Liam O'Neill	Hayle Runners				95	90	96			97	99	477	5	Male 35-39
200128	Jamie Masters	St Austell Running Club		99	99	98	97						393	4	Male 35-39
494222	Dave Hannah	East Cornwall Harriers						95	98	98	96		387	4	Male 35-39
51163	Stuart Walker	Falmouth Running Club				99	99	99					297	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
587548	Ross Buscombe	St Austell Running Club						90			93		183	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
813088	Tim Hicks	Truro Running Club									94		94	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
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	100		597	7	Male 40-44
656473	Neil Hayhurst	Hayle Runners			99	98	97		100	99	99		592	6	Male 40-44
215095	James Youlden	St Austell Running Club	98	99	96	95	96	99	97	98	98		589	9	Male 40-44
657568	Andrew James	Hayle Runners	93	97	88	93	88	94	93	93	96		566	9	Male 40-44
741008	James Danks	Falmouth Running Club	88	95	85	90	85	89	92	92	94		552	9	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
883250	Andrew Searle	Hayle Runners						95	95	94	97		381	4	Male 40-44
759505	Frazer Humbles	Hayle Runners	94			92	86		94				366	4	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
311839	James Skeplorn	Truro Running Club								95			95	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			99	595	6	Male 45-49
216121	Mark Thomas	Truro Running Club	93		95		94	96		93	97	568	6	Male 45-49
794598	Danny O'Shea	Truro Running Club			92	95	91	95		91	95	559	6	Male 45-49
292560	Ian Littlewood	East Cornwall Harriers	96	99	98	99	100					492	5	Male 45-49
558623	Marty Barnfield	Bodmin Running Club	92					94	97	94	96	473	5	Male 45-49
303051	David Wilcox	Truro Running Club	88					92	95	87	94	456	5	Male 45-49
424162	Paul Stevens	St Austell Athletes Running C	100						99	98	100	397	4	Male 45-49
858750	Simon Hambury	Falmouth Running Club				97	95	97		96		385	4	Male 45-49
266257	Oliver Jones	East Cornwall Harriers						99	100	100		299	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 C	90		93							183	2	Male 45-49
606131	John Beard	Newquay Road Runners			91			91				182	2	Male 45-49
549284	Armando Vieira	St Austell Running Club								86	93	179	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
950607	Tom Copeland	Perran Trail Runners									98	98	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 C					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 C					92					92	1	Male 45-49
482094	Tim Lee	St Austell Athletes Running C	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 C	89									89	1	Male 45-49
144613	Steve Phillips	Carn Runners								88		88	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	97	589	7	Male 50-54
799270	Denzil Williams	St Austell Running Club	98	97	96	99	97				94	581	6	Male 50-54
476839	Jeremy Brown	Bude Rats (Run and Tri)		96	94	97	92	93	97		98	575	7	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	92	541	7	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
893210	Neil Blonden	Bodmin Running Club					84	83	91	92	93	443	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
936438	Ashley Davies	Bodmin Running Club						82	87	88	91	348	4	Male 50-54
866929	Richard Olive	Truro Running Club				86	85			89		260	3	Male 50-54
517333	Nigel Sullivan	Bodmin Running Club						100	100			200	2	Male 50-54
422634	Gareth Price	East Cornwall Harriers								99	99	198	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
261763	Tim Adams	St Austell Running Club				98					95	193	2	Male 50-54
749474	Quentin Gunderson	Bodmin Running Club						96			96	192	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
209372	Simon Williams	Newquay & Par AC									100	100	1	Male 50-54
208656	Jonny Colaco	Newquay Road Runners								100		100	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
718299	Jonathan Berridge	Truro 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
840047	Seamus O'Doherty	St Austell Running Club									90	90	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
209718	Derren Blewett	St Austell Running Club	100		99	99	93	100		97	99	594	7	Male 55-59
748270	Ian Temple	Bodmin Running Club		100		98	97	98	100	95	97	590	7	Male 55-59
744929	Kevin Silver	Hayle Runners	99	99	98		96	97		94	98	587	7	Male 55-59
823667	Phillip Ciano	Perran Trail Runners			96		94	94		93	96	473	5	Male 55-59
788335	Sean Taylor	Bodmin Running Club	92	96				88	94			370	4	Male 55-59
248258	Adrian Ball	Cornwall AC					99			100	100	299	3	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
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 Faull	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
159772	David Wright	Hayle Runners						92					92	1	Male 55-59
930915	Giles Gould	Falmouth Running Club									91		91	1	Male 55-59
907226	Martin Gregory	Looe Pioneers Running Club						91					91	1	Male 55-59
360740	Paul Gwynne	Perran Trail Runners									90		90	1	Male 55-59
366099	Bryan Maywood	Looe Pioneers Running Club						90					90	1	Male 55-59
454166	Andrew Brown	Truro Running Club						90					90	1	Male 55-59
728589	Darren Hardwick	Looe Pioneers Running Club						87					87	1	Male 55-59
716751	Jon Eldon	Hayle Runners	100	100	100	100		100	100	100	100	600	8	Male 60-64	
450571	Robert Willcocks	Falmouth Running Club	95	98	99	96	97	93	98	96	97	585	9	Male 60-64	
773171	Robert Bolitho	Falmouth Running Club	94		98		96	94	97	95	98	578	7	Male 60-64	
889539	Steve Kemsley	Falmouth Running Club					98	97		97		292	3	Male 60-64	
533489	Trevor Lee	Truro Running Club		99			99					198	2	Male 60-64	
720455	Ian Savigar	East Cornwall Harriers	99					99				198	2	Male 60-64	
855247	Andy Coles	St Austell Running Club	97	97								194	2	Male 60-64	
780154	Satnam Basram	Cornwall AC					100					100	1	Male 60-64	
453333	Ian Leedham	Newquay Road Runners									99	99	1	Male 60-64	
726416	Robert Rochowiak	Carn Runners								99		99	1	Male 60-64	
853649	David Thomson	Launceston Road Runners							99			99	1	Male 60-64	
749762	Nigel Rapson	St Austell Athletes Running C				99						99	1	Male 60-64	
612996	Martin Palmer	Perran Trail Runners								98		98	1	Male 60-64	
649512	Nick Pope	Looe Pioneers Running Club						98				98	1	Male 60-64	
653968	Max Burrows	Falmouth Running Club				98						98	1	Male 60-64	
623694	James Rooney	Bude Rats (Run and Tri)	98									98	1	Male 60-64	
545595	Simon Blackburn	Hayle Runners				97						97	1	Male 60-64	
829004	Dermot McCann	Looe Pioneers Running Club						96				96	1	Male 60-64	
505729	Dave Pickard	Launceston Road Runners	96									96	1	Male 60-64	
748756	Norbert Hamacher	Truro Running Club						95				95	1	Male 60-64	
566288	Tim Andrews	Falmouth Running Club				95						95	1	Male 60-64	
315573	Iain Walker	St Austell Running Club	100		100	100	100	100		100		600	6	Male 65-69	
308760	Peter Allen	Newquay Road Runners	99	100	99	99	99	97	98	99	99	595	9	Male 65-69	
498911	Nigel Knuckey	Truro Running Club	97			98	97	95	97	97	98	584	7	Male 65-69	
856484	Michael Wilson	Truro Running Club	95		98	97	98		95		96	579	6	Male 65-69	
25702	Gavin Clegg	East Cornwall Harriers						99	100	98	100	397	4	Male 65-69	
826316	Steve Menear	St Austell Running Club		99			96		96		97	388	4	Male 65-69	
357060	Steve Lawrence	Falmouth Running Club	94			96	95	92				377	4	Male 65-69	
603684	John Sudell	East Cornwall Harriers						98	99			197	2	Male 65-69	
880612	Paul Bufton	Truro Running Club	98					96				194	2	Male 65-69	
218618	Nick Cleaver	Bude Rats (Run and Tri)		98								98	1	Male 65-69	
745920	Mark Squire	Hayle Runners								96		96	1	Male 65-69	
718104	Philip Spargo	Truro Running Club	96									96	1	Male 65-69	
834709	John Bowden	Looe Pioneers Running Club						94				94	1	Male 65-69	
263820	Andrew Bickle	Bys Vyken Race Team						93				93	1	Male 65-69	
784384	Peter Brocklehurst	St Austell Athletes Running C	100	100	100	100	100	99	100	100	100	600	9	Male 70-74	
7111	Stephen Hutchinsol	Bude Rats (Run and Tri)			99	99	99	100		99	99	595	6	Male 70-74	
631285	Des Evans	Newquay Road Runners	98	97	98	98	98	97	98	98	98	588	9	Male 70-74	
747885	Ian Grimes	Launceston Road Runners		99				98	99			296	3	Male 70-74	
350003	John Tilley	Bodmin Running Club	96	98	97							291	3	Male 70-74	
522287	Alan Brandwood	Falmouth Running Club	97							97		194	2	Male 70-74	
381794	Malcolm Roberts	St Austell Running Club	99									99	1	Male 70-74	
604348	Peter Drew	Carn Runners							97			97	1	Male 70-74	
193851	Roy Newton	Falmouth Running Club	99		99	99		96	98	98		589	6	Male 75-79	
261751	Doug Alsop	St Austell Running Club						100		100		200	2	Male 75-79	
550913	Chunky Penhaul	Hayle Runners			100	100						200	2	Male 75-79	
274470	Ian Ringer	Bodmin Running Club	100		100							200	2	Male 75-79	







