

Redruth Rotary 10K Sunday 25 October 2009. 11:00 am

Place	Time	Name	Team	Category	Pace
1	0:36:35	BALL, Adrian	Cornwall Athletic Club	Male Vet 40-44	05:53.1
2	0:37:32	MILFORD, Shaun	Newquay Road Runners	Male Vet 45-49	06:02.3
3	0:38:05	THOMAS, Justin	Cornwall Athletic Club	Male Under 40	06:07.6
4	0:38:39	PASCOE, Jason	Cornwall Athletic Club	Male Under 40	06:13.1
5	0:38:56	PORTER, Darrin	Truro Running Club	Male Vet 40-44	06:15.8
6	0:39:12	DANIELS, Alex	Newquay Road Runners	Male Under 40	06:18.4
7	0:39:36	HOWELL, Tom	St.Austell Running Club	Male Under 40	06:22.3
8	0:39:47	POPLE, Rob		Male Under 40	06:24.0
9	0:39:59	REID, Allan	Hayle Runners	Male Under 40	06:26.0
10	0:40:12	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 55-59	06:28.0
11	0:40:20	HICKS, Sam	Hayle Runners	Male Vet 45-49	06:29.3
12	0:40:40	SAWFORD, Paul	Carn Runners	Male Vet 40-44	06:32.6
13	0:40:40	BUNCLARK, Adam		Male Under 40	06:32.6
14	0:40:53	HICKSON, Andrew	Mounts Bay Harriers	Male Vet 40-44	06:34.6
15	0:41:01	COOPER, Allan	Truro Running Club	Male Vet 55-59	06:35.9
16	0:41:19	BOLT, Phil	Cornwall Athletic Club	Male Vet 40-44	06:38.8
17	0:41:37	WILLS, Martin	Cornwall Athletic Club	Male Under 40	06:41.7
18	0:42:34	DOWRICK, Mike	Hayle Runners	Male Under 40	06:50.9
19	0:42:48	KNOWLES, Juliet	Cornwall Athletic Club	Female Vet 35-39	06:53.1
20	0:43:04	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 40-44	06:55.7
21	0:44:06	NIDDS, Shane		Male Under 40	07:05.7
22	0:44:10	FLETCHER, Simon		Male Vet 40-44	07:06.3
23	0:44:28	JENKINS, Stuart	Newquay Road Runners	Male Under 40	07:09.2
24	0:44:38	HOLLAND, Jennifer	Hayle Runners	Female Under 35	07:10.8
25	0:44:39	LOOKER, Gary		Male Under 40	07:11.0
26	0:44:41	ALMEY, Jenny	Cornwall Athletic Club	Female Under 35	07:11.3
27	0:44:51	WREFORD, Mark	Carn Runners	Male Vet 45-49	07:12.9
28	0:44:56	PETTIT, Daniel		Male Vet 45-49	07:13.7
29	0:45:18	TREBILCOCK, Emily		Female Under 35	07:17.3
30	0:45:27	WOOLDRIDGE, David	Newquay Road Runners	Male Vet 45-49	07:18.7
31	0:45:30	BURROWS, Lee		Male Under 40	07:19.2
32	0:45:41	DEVENEY, Callum		Male Vet 40-44	07:21.0
33	0:45:41	CHAPMAN, Ross	Falmouth Road Runners	Male Under 40	07:21.0
34	0:46:17	BLATCHFORD, Josh		Male Under 40	07:26.8
35	0:46:46	ELVY, Christopher	Truro Running Club	Male Vet 50-54	07:31.4
36	0:47:26	HALL, Craig		Male Under 40	07:37.9
37	0:47:30	RITCHIE, Janet	Carn Runners	Female Vet 45-49	07:38.5
38	0:47:43	GORE, Louise	Newquay Road Runners	Female Under 35	07:40.6
39	0:48:11	WILTON, David	Falmouth Road Runners	Male Vet 50-54	07:45.1
40	0:48:24	FRANCIS, Des	Hayle Runners	Male Vet 40-44	07:47.2
41	0:48:45	PORTER, Ken		Male Vet 60-64	07:50.6
42	0:48:52	STORER, Graham	Cornwall Athletic Club	Male Vet 50-54	07:51.7
43	0:49:07	LEE, Trevor		Male Vet 45-49	07:54.1
44	0:49:12	BRAY, Viv	Cornwall Athletic Club	Male Vet 40-44	07:54.9
45	0:49:55	SPARGO, Phillip	Truro Running Club	Male Vet 50-54	08:01.9
46	0:50:18	LEWIS, Leonard		Male Vet 60-64	08:05.6
47	0:50:22	BAILEY, Sarah	St.Austell Running Club	Female Vet 35-39	08:06.2
48	0:50:41	DREW, Peter	Carn Runners	Male Vet 60-64	08:09.3
49	0:50:49	BYRNE, James		Male Under 40	08:10.5
50	0:50:53	BALLARD, Olivia	Cornwall Athletic Club	Female Under 35	08:11.2
51	0:50:57	THOMPSON, David		Male Vet 55-59	08:11.8
52	0:51:01	PERRY, Amanda	Womens Running Network	Female Vet 45-49	08:12.5
53	0:51:03	NICHOLLS, Martin		Male Under 40	08:12.8
54	0:51:11	VENNING, Martin	Launceston Road Runners	Male Vet 55-59	08:14.1
55	0:51:17	MARKS, Stephen	Carn Runners	Male Under 40	08:15.0
56	0:51:22	STRUGNELL, Vicki		Female Under 35	08:15.8
57	0:51:45	PACE, Stephen	Falmouth Road Runners	Male Vet 40-44	08:19.5
58	0:51:48	PUGH, Graham	Carn Runners	Male Vet 40-44	08:20.0

59	0:52:28	BEMAN, Lynn	Hayle Runners	Female Vet 50-54	08:26.5
60	0:52:50	TURNER, Yvonne	Mounts Bay Harriers	Female Vet 45-49	08:30.0
61	0:52:58	BURFORD, Lee		Male Under 40	08:31.3
62	0:52:59	BILLING, Kathryn	Hayle Runners	Female Vet 35-39	08:31.5
63	0:53:13	DUFFY, Sarah		Female Vet 45-49	08:33.7
64	0:53:28	O'MAHONEY, Kevin	Launceston Road Runners	Male Vet 65+	08:36.1
65	0:53:32	HARTGILL, Collette		Female Vet 35-39	08:36.8
66	0:54:23	THOMAS, Peter		Male Vet 50-54	08:45.0
67	0:54:56	PIWECKI, Paul		Male Vet 50-54	08:50.3
68	0:55:25	CURTIS, Jill	Cornwall Athletic Club	Female Vet 50-54	08:54.9
69	0:55:30	HAMILTON, Brian		Male Under 40	08:55.8
70	0:55:37	BRADLEY, James		Male Under 40	08:56.9
71	0:55:51	WILLIS, Sharon	Womens Running Network	Female Vet 45-49	08:59.1
72	0:56:00	PETERS, Trina	Mounts Bay Harriers	Female Vet 40-44	09:00.6
73	0:56:29	HUTCHINS, Sarah	Womens Running Network	Female Under 35	09:05.2
74	0:56:43	JOHNS, Julie	Truro Running Club	Female Vet 45-49	09:07.5
75	0:57:18	FRASER, Glen	Hayle Runners	Male Vet 50-54	09:13.1
76	0:57:40	RINGWOOD, Paul		Male Vet 45-49	09:16.7
77	0:58:08	MANDER, Peter	Launceston Road Runners	Male Vet 65+	09:21.2
78	0:58:12	WATTS, Elizabeth		Female Vet 45-49	09:21.8
79	0:58:13	BAILEY, Poppy	Womens Running Network	Female Vet 50-54	09:22.0
80	0:58:16	DUFFY, Jane		Female Vet 45-49	09:22.5
81	0:58:22	MIDDLEHURST, Peter	Newquay Road Runners	Male Vet 55-59	09:23.4
82	0:58:51	PELLOWE, Olivia	Carn Runners	Female Under 35	09:28.1
83	0:59:45	CLACKWORTHY, Malcolm		Male Vet 50-54	09:36.8
84	1:00:39	WADE, Margaret	Womens Running Network	Female Vet 55-59	09:45.5
85	1:00:40	CLARKE, Debra	Falmouth Road Runners	Female Vet 40-44	09:45.6
86	1:00:54	WILKES, Tracy	Falmouth Road Runners	Female Vet 40-44	09:47.9
87	1:01:21	PETERS, Tim		Male Vet 60-64	09:52.2
88	1:01:57	RICHENS, Dean		Male Under 40	09:58.0
89	1:03:08	CANDER, Raymond		Male Vet 45-49	10:09.4
90	1:03:08	TYRRELL, Jeffrey		Male Vet 45-49	10:09.4
91	1:03:20	PENNY, Hilary	Falmouth Road Runners	Female Vet 55-59	10:11.4
92	1:04:03	SHEPPARD, Jo	Falmouth Road Runners	Female Vet 35-39	10:18.3
93	1:04:08	TURNER, John		Male Vet 60-64	10:19.1
94	1:04:38	ELVY, Julie		Female Vet 40-44	10:23.9
95	1:04:52	O'NEIL, Nicola	Falmouth Road Runners	Female Under 35	10:26.2
96	1:05:00	JAMESON, Judy		Female Vet 50-54	10:27.5
97	1:07:31	MEYERS, Hilary		Female Vet 45-49	10:51.8
98	1:08:16	BECKETT, Jenna		Female Under 35	10:59.0
99	1:08:16	BECKETT, Rob		Male Vet 45-49	10:59.0
100	1:09:19	GARRETT, Carol	Carn Runners	Female Vet 40-44	11:09.1
101	1:09:20	KNOWLES, Michael		Male Vet 40-44	11:09.3
102	1:09:30	VENNING, Ann	Launceston Road Runners	Female Vet 55-59	11:10.9
103	1:09:34	WOOD, Lorna	Falmouth Road Runners	Female Vet 55-59	11:11.6
104	1:10:18	GARRARD, David	Falmouth Road Runners	Male Vet 60-64	11:18.6
105	1:11:23	WILKES, Stuart		Male Vet 40-44	11:29.1
106	1:12:13	TREBILCOCK, Andrew		Male Vet 45-49	11:37.1
107	1:12:22	JOHNS, Trudy		Female Vet 50-54	11:38.6
108	1:26:52	WHITE, Christine	Falmouth Road Runners	Female Vet 60+	13:58.6