

# 20 Mile PBs

(Updated to the Gloucester 2018)

The PBs are for races in a Hayle Shirt. Please email Nick Masters on [chester\\_dover@yahoo.co.uk](mailto:chester_dover@yahoo.co.uk) if you find any mistakes. Races/times are highlighted bright green if run in the current year, light green if run in the previous two years.

Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
1	M	1	Ellis, Peter	01:57:03	Tarpley 20	2012	
2	M	2	Horswell, Richard	02:13:29	Duchy 20	2012	
3	M	3	Mayes, Richard	02:13:56	Duchy 20	2011	
4	M	4	McNamara, Mario	02:18:13	Duchy 20	2005	
5	M	5	Goodreid, Ian	02:20:40	Duchy 20	2012	
6	M	6	Knowles, Simon	02:21:40	Duchy 20	2005	
7	M	7	Tullett, Adam	02:21:40	Duchy 20	2005	
8	M	8	Humphrey, Thomas	02:23:08	Duchy 20	2008	
9	M	9	Tonkin, Craig	02:25:14	Duchy 20	2011	
10	M	12	Masters, Nick	02:27:05	Gloucester	2018	
11	M	11	Murrant, Kieran	02:29:29	Duchy 20	2012	
12	M	12	Lowdon, John	02:34:51	Duchy 20	2013	
13	M	13	Jukes, Andy	02:37:15	Duchy 20	2005	
14	M	14	Townend, Stewart	02:37:44	Duchy 20	2006	
15	M	15	Smith, Derek	02:37:55	Duchy 20	2008	
16	M	16	Dowrick, Mike	02:38:06	Duchy 20	2010	
17	M	17	Lewis, Jules	02:40:43	Duchy 20	2011	
18	F	1	Webb, Debbie	02:40:55	Duchy 20	2012	
19	M	18	Wall, Alex	02:41:00	Duchy 20	2013	
20	M	19	Date, Malcolm	02:42:08	Duchy 20	2009	
21	F	2	Bennett, Charlotte	02:42:38	Duchy 20	2013	
22	F	3	Maskell, Lisa	02:42:39	Duchy 20	2013	
23	M	20	Francis, Desmond	02:44:10	Duchy 20	2010	
24	M	21	Purvis, Lloyd	02:46:05	Duchy 20	2007	
25	M	22	Smith, Andrew	02:46:26	Duchy 20	2008	
26	M	23	Manning, James	02:47:25	Duchy 20	2013	
27	F	4	Spencer-Smith, Andrea	02:51:40	Duchy 20	2009	
28	M	24	Morris, Paul	02:52:28	Duchy 20	2011	
29	F	5	Kirby, Alysia	02:52:42	Duchy 20	2007	
30	M	25	Rowe, Phil	02:53:33	Duchy 20	2009	
31	M	26	Nancarrow, David	02:54:06	Duchy 20	2013	
32	F	6	Burgess, Nicki	02:55:36	Duchy 20	2006	
33	M	27	Smith, Brian	02:55:38	Duchy 20	2010	
34	M	28	Thomas, Alan	02:56:09	Duchy 20	2013	
35	F	7	Wade, Faye	02:58:32	Duchy 20	2011	
36	F	8	Shorland, Narina	03:00:10	Duchy 20	2013	
37	F	9	Squire, Helen	03:03:54	Duchy 20	2005	
38	M	29	Blight, Andrew	03:06:55	Duchy 20	2010	
39	M	30	Squire, Mark	03:07:22	Duchy 20	2006	
40	F	10	Nicoll, Ruth	03:07:49	Duchy 20	2008	
41	M	31	Shepherd, Alan	03:07:52	Duchy 20	2005	
42	F	11	Walton, Nancy	03:08:04	Duchy 20	2010	
43	F	12	Osborn, Kathryn	03:09:11	Duchy 20	2011	
44	F	13	Kenworthy, Sarah	03:10:44	Grizzly	2012	
45	F	14	Bowker, Rachel	03:13:03	Duchy 20	2013	
46	F	15	Lewis, Caroline	03:14:09	Duchy 20	2011	
47	F	16	Cardell, Timothea	03:14:17	Duchy 20	2011	
48	M	32	Drew, Jonathan	03:14:41	Duchy 20	2009	
49	M	33	Elgar, Simon	03:18:31	Duchy 20	2013	
50	F	17	Baldwin, Sarah	03:18:44	Duchy 20	2011	
51	F	18	Rouncefield, Carol	03:18:45	Duchy 20	2011	
52	M	34	Biss, Andrew	03:19:19	Duchy 20	2010	
53	M	35	Penberthy, Michael	03:24:40	Grizzly	2012	
54	F	19	Beman, Lynn	03:25:59	Duchy 20	2013	
55	F	20	Williams, Maria	03:26:50	Duchy 20	2008	
56	F	21	La Brash, Angela	03:28:19	Duchy 20	2013	
57	F	22	Turner, Glynnis	03:29:19	Duchy 20	2012	
58	F	23	Wills, Kerry	03:29:19	Duchy 20	2012	
59	F	24	Thomas, Alison	03:30:15	Duchy 20	2010	
60	F	25	Bowden, Jackie	03:31:36	Duchy 20	2008	
61	F	26	Gibbard, Helen	03:31:41	Duchy 20	2008	
62	M	36	Carter, Tim	03:36:57	Duchy 20	2011	
63	F	27	Trevena, Suzanne	03:37:17	Duchy 20	2008	
64	M	37	Bowden, Ian	03:38:44	Duchy 20	2010	
65	F	28	Carter, Nikki	03:41:00	Duchy 20	2011	
66	F	29	Henry, Naila	03:43:29	Duchy 20	2012	
67	M	38	Brennan, Tom	03:51:24	Duchy 20	2011	
68	F	30	Rochford, Hayley	03:52:24	Duchy 20	2013	
69	M	39	Wright, Mike	03:54:38	Duchy 20	2008	

<b>70</b>	F	31	Jelbert, Ruth	03:59:24	Duchy 20	2009	
<b>71</b>	F	32	Nimmo, Karen	03:59:59	Duchy 20	2011	
<b>72</b>	F	33	Merrett, Trish	04:01:53	Grizzly	2012	
<b>73</b>	F	34	Brennan, Valerie	04:21:36	Duchy 20	2011	
<b>74</b>	F	35	Sullivan, Sharon	04:26:10	Grizzly	2012	