

10K PBs

(Updated to St Levan 2018)

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
1	M	1	Ellis, Peter	00:33:55	Mounts Bay	2010	
2	M	2	Morant, Jordan	00:34:08	St Levan	2017	
3	M	3	Costello, Daniel	00:34:23	Newquay	2017	
4	M	4	Humphrey, Thomas	00:34:32	Marazion	2015	
5	M	5	Ratcliffe, Floyd	00:35:36	St Levan	2017	
6	M	6	Turner, Russell	00:36:07	Marazion	2013	
7	M	7	Knowles, Simon	00:36:11	Marazion	2015	
8	M	8	Savage, Rich	00:36:14	Newquay	2012	
9	M	9	Horswell, Richard	00:36:36	Ivybridge	2012	
10	F	1	Paull, Emma	00:36:36	Marazion	2015	
11	M	10	Abraham, Scott	00:36:37	Newquay	2014	
12	M	11	Dowrick, Mike	00:36:40	Newquay	2013	
13	M	12	Watts, Robert	00:36:41	Newquay	2017	
14	M	13	Purvis, Lloyd	00:36:50	Newquay	2016	
15	M	14	Wherry, Steve	00:36:57	Newquay	2017	
16	M	15	Stephens, Jeremy	00:37:15	Mounts Bay	2010	
17	M	16	Murrant, Kieran	00:37:21	Newquay	2013	
18	M	17	Fuller, Stephen	00:37:25	Newquay	2018	00:02:34
19	M	18	Rosenfeld, Thomas	00:37:27	Newquay	2018	00:00:11
20	M	19	Reid, Alan	00:37:28	Mounts Bay	2008	
21	M	20	Wyatt, Steve	00:37:37	Newquay	2007	
22	M	21	Mayes, Richard	00:37:38	Newquay	2011	
23	M	22	Hill, Lewis	00:37:40	Marazion	2015	
24	M	23	Cookson, Neill	00:37:49	Newquay	2018	00:00:03
25	M	24	Hicks, Sam	00:37:51	Newquay	2009	
26	M	25	Warmington, Paul	00:37:54	St Levan	2018	00:01:22
27	M	26	Costello, Nick	00:38:44	St Levan	2018	
28	M	27	Richards, Robert	00:38:51	Newquay	2007	
29	M	28	Timms, Simon	00:38:59	Marazion	2013	
30	M	29	Goodreid, Ian	00:39:00	Mounts Bay	2010	
31	M	30	Curtis, Matt	00:39:01	Marazion	2012	
32	M	31	Jukes, Andy	00:39:03	Newquay	2005	
33	M	32	Barrett, Chris	00:39:15	Newquay	2018	
34	M	33	Lucas, Ben	00:39:15	Newquay	2011	
35	M	34	Clifton, Alex	00:39:21	Mounts Bay	2008	
36	M	35	Webb, Sean	00:39:21	Mounts Bay	2007	
37	F	2	Khan, Jane	00:39:21	Newquay	2014	
38	M	36	Gill, Stuart	00:39:26	Newquay	2014	
39	M	37	Kennett-Parsons, Joe	00:39:36	Newquay	2013	
40	M	38	Tullett, Adam	00:39:49	Hayle Handicap	2005	
41	M	39	Pickles, Jonathan	00:39:49	Newquay	2014	
42	M	40	Medlock, Bradley	00:39:55	Newquay	2018	
43	F	3	Telford, Paula	00:40:23	Newquay	2010	
44	M	41	Corrigan, Steve	00:40:23	Newquay	2011	
45	M	42	Grose, Simon	00:40:30	Falmouth	2000	
46	M	43	Trembath, Robert	00:40:38	Newquay	2015	
47	M	44	Manning, James	00:40:38	Newquay	2018	00:00:02
48	M	45	Smith, Andrew	00:40:39	Runway Runaround	2012	
49	M	46	Lowdon, John	00:40:41	Newquay	2017	
50	F	4	Kenworthy, Sarah	00:40:56	St Levan	2011	
51	F	5	Goldsworthy, Rachel	00:40:58	Marazion	2011	
52	M	47	Attwood, James	00:40:59	Marazion	2015	
53	M	48	Lewis, Jules	00:41:01	Newquay	2009	
54	M	49	Philpotts, Bob	00:41:01	Newquay	2006	
55	M	50	James, Darren	00:41:20	Met 10k	2007	
56	M	51	Morris, Paul	00:41:29	Plymouth	2011	
57	F	6	Bennett, Charlotte	00:41:33	Marazion	2015	
58	M	52	Luckhurst, Will	00:41:40	St Levan	2018	00:01:41
59	F	7	Ruetsch, Fiona	00:41:41	Newquay	2008	
60	M	53	Smith, Derek	00:41:41	Mounts Bay	2008	
61	M	54	Tonkin, Craig	00:41:44	Marazion	2012	
62	M	55	Davies, Kieran	00:41:46	Marazion	2013	
63	M	56	Pickering, Stuart	00:42:03	St Levan	2016	
64	F	8	Savage, Faye	00:42:06	Marazion	2014	
65	M	57	Floyd, Rob	00:42:08	Newquay	2013	
66	M	58	Twiggs, Tim	00:42:11	Newquay	2018	
67	M	59	Cooling, Steve	00:42:19	St Levan	2014	
68	F	9	Gillespie, Rebecca	00:42:24	Mounts Bay	2006	
69	F	10	Webb, Debbie	00:42:28	Newquay	2013	
70	M	60	King, Kevin	00:42:30	Marazion	2015	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
71	M	61	Masters, Nick	00:42:30	Newquay	2018	00:00:28
72	M	62	Townend, Stewart	00:42:31	Mounts Bay	2006	
73	M	63	Wilding, David	00:42:32	Newquay	2018	00:01:42
74	M	64	Orchard, Mike	00:42:34	Mounts Bay	2006	
75	M	65	Balmer, Luke	00:42:36	Mounts Bay	2009	
76	M	66	Hill, Terry	00:42:41	Newquay	2007	
77	M	67	Pope, Kevin	00:42:41	Newquay	2017	
78	F	11	Jose, Amy	00:42:49	Newquay	2018	00:00:22
79	M	68	Grainger, Christopher	00:42:52	Newquay	2008	
80	M	69	Jordan, Peter	00:42:53	Newquay	2017	
81	M	70	Hall, Josh	00:42:57	Mounts Bay	2010	
82	M	71	Wall, Alex	00:43:01	Marazion	2013	
83	M	72	Sneyd, Paul	00:43:07	Newquay	2017	
84	M	73	Savage, Jon	00:43:10	Newquay	2017	
85	F	12	Angilley, Jayne	00:43:12	Mounts Bay	2009	
86	M	74	Edwards, John	00:43:19	Mounts Bay	2010	
87	M	75	Date, Malcolm	00:43:21	St Levan	2007	
88	M	76	Blight, Andrew	00:43:37	St Levan	2011	
89	M	77	Lee, Steven	00:43:41	Marazion	2011	
90	M	78	Baldwin, Mike	00:43:51	Marazion	2012	
91	M	79	Penberthy, Michael	00:43:55	Marazion	2011	
92	M	80	Francis, Desmond	00:44:12	Mounts Bay	2010	
93	M	81	Yendell, Michael	00:44:13	Marazion	2013	
94	M	82	Curtis, Oisin	00:44:17	Newquay	2017	
95	M	83	Newcombe, Giles	00:44:23	Newquay	2017	
96	F	13	Holland, Jennifer	00:44:28	Newquay	2009	
97	M	84	Stone, Mathew	00:44:29	Marazion	2013	
98	M	85	Batchelor, David	00:44:33	St Levan	2018	00:02:21
99	M	86	Pulley, Sean	00:44:42	St Levan	2018	00:00:51
100	M	87	Burford, Lee	00:44:43	Newquay	2017	
101	M	88	Kershaw, David	00:44:45	Newquay	2014	
102	F	14	Knowles, Helen	00:44:48	Newquay	2012	
103	F	15	Kirby, Alysia	00:44:50	Mounts Bay	2008	
104	F	16	Patterson, Sarah	00:44:58	St Levan	2012	
105	F	17	Paull, Lucy	00:44:58	Newquay	2014	
106	M	89	Humphrey, Irwin	00:45:03	Marazion	2015	
107	M	90	Holman, Tony	00:45:07	Mounts Bay	2006	
108	M	91	Moore, Andy	00:45:09	Mounts Bay	2005	
109	M	92	Eatock, John-Paul	00:45:19	Mounts Bay	2009	
110	F	18	Medlock, Kirsty	00:45:19	Newquay	2018	00:00:07
111	M	93	Martinsson, Siggi	00:45:25	St Levan	2018	
112	F	19	Shorland, Narina	00:45:36	Newquay	2014	
113	F	20	Santi Garcia, Carlos	00:45:39	Newquay	2016	
114	F	21	Aspden, Gail	00:45:40	Newquay	2018	00:05:09
115	M	94	Curtis, Martin	00:45:44	Newquay	2009	
116	M	95	Burnell, Frank	00:45:45	St Levan	2008	
117	F	22	Manners, Melodie	00:45:51	Wildlife	2011	
118	M	96	Starkie, Andrew	00:45:53	Newquay	2015	
119	F	23	Maskell, Lisa	00:45:58	Marazion	2012	
120	M	97	Rowe, Phil	00:46:00	Mounts Bay	2006	
121	M	98	Hegarty, Alan	00:46:03	Probus	2008	
122	M	99	Waring, Chris	00:46:07	Marazion	2015	
123	M	100	Leo, Cas	00:46:10	Newquay	2012	
124	M	101	McIvor, Terry	00:46:16	St Levan	2012	
125	M	102	Tymm, Daniel	00:46:19	Marazion	2014	
126	F	24	Williams, Maria	00:46:20	Newquay	2009	
127	F	25	Clare, Helen	00:46:21	Newquay	2012	
128	M	103	Fraser, Glen	00:46:22	St Levan	2005	
129	F	26	Rudd, Nikki	00:46:24	Newquay	2012	
130	F	27	Moore, Kelly	00:46:28	Newquay	2016	
131	M	104	Campbell, Colin	00:46:41	Redruth	2010	
132	M	105	Ellis, Andrew	00:46:49	St Levan	2018	00:00:24
133	F	28	Spencer-Smith, Andrea	00:46:50	Newquay	2008	
134	F	29	Burns, Julia	00:46:59	Newquay	2018	00:00:04
135	F	30	Chesterfield, Caroline	00:47:03	Newquay	2018	00:01:30
136	M	106	Hynard, Mark	00:47:06	Mounts Bay	2007	
137	F	31	Lawrenson-Reid, June	00:47:11	Mounts Bay	2006	
138	F	32	Beman, Lynn	00:47:27	Mounts Bay	2010	
139	F	33	Quick, Louise	00:47:31	Newquay	2008	
140	M	107	Maclaren, Steve	00:47:33	Newquay	2018	00:02:33

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141	F	34	Tossell, Rebecca	00:47:38	St Levan	2018	
142	F	35	Ollivier, Louise	00:47:46	Newquay	2015	
143	M	108	Probart, Stuart	00:47:49	St Levan	2009	
144	M	109	Smith, Brian	00:47:50	St Levan	2009	
145	M	110	Weare, Michael	00:47:59	Marazion	2015	
146	M	111	Bastian, Adrian	00:48:00	Newquay	2013	
147	F	36	Newing, Sarah	00:48:04	Newquay	2012	
148	M	112	Wright, David	00:48:11	St Levan	2017	
149	F	37	Whitehead, Kelly	00:48:13	Newquay	2017	
150	M	113	Wigram, Tim	00:48:16	Marazion	2014	
151	M	114	Nancarrow, David	00:48:19	Newquay	2012	
152	M	115	Ashwin, Barry	00:48:21	St Levan	2018	
153	M	116	Silver, Kevin	00:48:22	Marazion	2014	
154	F	38	Merrett, Trish	00:48:23	Newquay	2007	
155	M	117	Shepherd, Alan	00:48:32	Mounts Bay	2004	
156	F	39	Astill, Naomi	00:48:37	Newquay	2018	
157	M	118	Goulbourn, Mark	00:48:42	Marazion	2013	
158	F	40	Fitzmaurice, Kate	00:48:47	St Levan	2008	
159	F	41	Bowker, Rachel	00:48:47	Newquay	2015	
160	M	119	Greaves, Edward	00:48:48	Newquay	2014	
161	F	42	Riggall, Kimberley	00:48:54	Marazion	2014	
162	F	43	Lamerton, Sharon	00:48:56	Newquay	2015	
163	F	44	Bennett, Emily	00:49:04	Newquay	2018	00:01:32
164	M	120	Haines, Robert	00:49:10	Mounts Bay	2007	
165	F	45	Thomas, Alison	00:49:20	Newquay	2017	
166	F	46	Walton, Nancy	00:49:29	Newquay	2010	
167	F	47	Garvey, Jessica	00:49:30	St Levan	2017	
168	M	121	Haynes, Howard	00:49:35	St Levan	2008	
169	F	48	Holland, Jo	00:49:38	St Levan	2016	
170	F	49	Cliff, Naomi	00:49:41	St Levan	2006	
171	M	122	Baker, Ben	00:49:42	Marazion	2014	
172	F	50	Tredinnick, Emma	00:49:48	Mounts Bay	2008	
173	M	123	Scott, David	00:49:48	Mounts Bay	2009	
174	F	51	Gerrard, Corrine	00:49:50	St Levan	2016	
175	F	52	Foreman, Michelle	00:49:53	Marazion	2010	
176	M	124	Trenchard, Ben	00:49:57	St Ives Bay	2013	
177	F	53	Such, Louise	00:50:05	Mounts Bay	2009	
178	M	125	Breakwell, Curt	00:50:06	St Levan	2016	
179	F	54	Sullivan, Sharon	00:50:12	Marazion	2012	
180	F	55	Warren, Diane	00:50:13	Newquay	2018	00:01:21
181	F	56	Campbell, Rebecca	00:50:14	Marazion	2011	
182	F	57	Foreman, Leah	00:50:16	Marazion	2013	
183	F	58	Sanders, Iona	00:50:35	Mounts Bay	2008	
184	M	126	Merrett, Graham	00:50:39	Marazion	2013	
185	F	59	Lee, Becky	00:50:48	Marazion	2013	
186	F	60	Lock, Zoe	00:50:50	St Levan	2018	
187	F	61	La Brash, Angela	00:50:52	Newquay	2013	
188	F	62	Cardell, Timothea	00:50:53	Mounts Bay	2004	
189	M	127	Climer, Phil	00:50:53	Mounts Bay	2009	
190	M	128	Angwin, Richard	00:50:54	Marazion	2011	
191	F	63	Jones, Amanda	00:50:57	Marazion	2013	
192	F	64	Bastiani, Ellen	00:51:06	Newquay	2014	
193	F	65	Pierce, Ruth	00:51:10	St Levan	2017	
194	M	129	Thomas, Alan	00:51:14	St Levan	2014	
195	F	66	Rowat, Sharon	00:51:16	Newquay	2016	
196	M	130	Thomas, Andrew	00:51:24	Mounts Bay	2007	
197	M	131	Seymour, Rob	00:51:25	Mounts Bay	2010	
198	F	67	Litt, Casey	00:51:26		2011	
199	F	68	Stone, Olivia	00:51:29	Marazion	2013	
200	M	132	Elgar, Simon	00:51:49	St Levan	2015	
201	F	69	Chapman, Susan	00:51:50	Marazion	2011	
202	M	133	Thomas, Peter	00:51:50	Mounts Bay	2007	
203	M	134	Davidson, Iain	00:51:55	Marazion	2013	
204	F	70	Smith, Hannah	00:51:58	Marazion	2013	
205	F	71	Senior, Anne	00:51:58	Newquay	2015	
206	M	135	George, Andrew	00:52:00	St Levan	2015	
207	M	136	Round, Matthew	00:52:03	Marazion	2013	
208	M	137	Sobey, David	00:52:08	Mounts Bay	2009	
209	M	138	Matta, Chris	00:52:12	Mounts Bay	2010	
210	F	72	Poultney, Melissa	00:52:15	Newquay	2015	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
211	M	139	De Rozarieux, Nathan	00:52:24	Newquay	2018	00:02:27
212	F	73	Mitchell, Debbie	00:52:28	Newquay	2017	
213	F	74	Townend, Jenna	00:52:29	St Levan	2018	
214	F	75	Wade, Faye	00:52:32	Marazion	2011	
215	F	76	Lewis, Caroline	00:52:35	Hayle Handicap	2007	
216	F	77	Roskilly, Michelle	00:52:37	Newquay	2016	
217	F	78	Osborn, Kathryn	00:52:40	St Levan	2011	
218	M	140	Jordan, Rob	00:52:40	Newquay	2017	
219	F	79	Pegg, Rachel	00:52:45	Marazion	2011	
220	M	141	Neal, Andrew	00:52:48	Mounts Bay	2009	
221	M	142	Thomas, Colin	00:52:49	Marazion	2012	
222	F	80	Iivonen-Gray, Katri	00:52:49	Newquay	2018	
223	F	81	Mcphail, Mo	00:52:54	Marazion	2012	
224	F	82	Billing, Kathryn	00:52:59	Redruth	2009	
225	M	143	Bristow, Don	00:53:00	Falmouth	2003	
226	F	83	Pearce, Deborah	00:53:00	Newquay	2017	
227	F	84	Lund-Lack, Sarah	00:53:01	Marazion	2015	
228	F	85	Holley, Michaela	00:53:03	Runway Runaround	2012	
229	F	86	Jelf, Michelle	00:53:03	Newquay	2014	
230	F	87	Hogan, Sandra	00:53:05	Mounts Bay	2009	
231	F	88	Wills, Kerry	00:53:12	Marazion	2013	
232	F	89	Connon, Naomi	00:53:18	Newquay	2014	
233	F	90	Evans, Laura	00:53:19	Enys	2011	
234	F	91	Harvey Hancock, Missie	00:53:22	Marazion	2014	
235	F	92	Phillips, Ruth	00:53:23	St Levan	2007	
236	F	93	Ellen, Emily	00:53:25	St Levan	2017	
237	F	94	Clifton, Faye	00:53:29	Newquay	2014	
238	F	95	Stone, Natasha	00:53:33	Marazion	2012	
239	M	144	Murrish, Darren	00:53:34	Marazion	2013	
240	F	96	Richards, Alexa	00:53:40	Newquay	2008	
241	F	97	Turner, Glynnis	00:53:43	Marazion	2012	
242	F	98	Long, Fran	00:53:53	Newquay	2017	
243	F	99	Travers, Pippa	00:53:55	Marazion	2012	
244	F	100	Baldwin, Sarah	00:54:00	Malcolm Date Challenge	2009	
245	M	145	Reynolds, Andrew	00:54:03	Newquay	2008	
246	M	146	Bennett, Shaun	00:54:11	St Levan	2017	
247	M	147	Simpson, Andrew	00:54:20	Mounts Bay	2008	
248	M	148	Swetnam, Jim	00:54:25	St Levan	2016	
249	F	101	Billington, Melanie	00:54:26	Marazion	2012	
250	F	102	Hanson, Julie	00:54:30	Mounts Bay	2006	
251	F	103	Challoner, Jady	00:54:37	Marazion	2013	
252	M	149	Evans, Alun	00:54:39	Marazion	2013	
253	F	104	Wilding, Sarah	00:54:41	Newquay	2018	00:01:01
254	F	105	Laing, Stella	00:54:42	Newquay	2009	
255	F	106	Quinn, Tamsin	00:54:43	Malcolm Date Challenge	2009	
256	F	107	Carroll, Rosie	00:54:58	Newquay	2017	
257	F	108	Ferguson, Ana	00:55:01	Newquay	2012	
258	M	150	Biss, Andrew	00:55:05	Newquay	2010	
259	F	109	Martin, Kelly	00:55:22	Marazion	2015	
260	M	151	Cubeddu, Lee	00:55:24	Marazion	2013	
261	F	110	Gibbard, Helen	00:55:32	Mounts Bay	2008	
262	F	111	Walker, Amy	00:55:32	Newquay	2008	
263	M	152	Shaw, Darren	00:55:32	St Levan	2014	
264	F	112	Haghani, Laura	00:55:32	St Levan	2017	
265	M	153	Wood, Dave	00:55:52	Mounts Bay	2010	
266	F	113	Royall, Carolyn	00:55:54	Marazion	2015	
267	F	114	Burgess, Mel	00:56:03	Newquay	2018	00:05:07
268	F	115	Kitchen, Amelia	00:56:04	Newquay	2018	00:05:04
269	M	154	Lagor, Stephen	00:56:09	Marazion	2015	
270	F	116	Adams, Elaine	00:56:10	St Levan	2016	
271	F	117	Bowden, Jackie	00:56:12	Newquay	2007	
272	F	118	Freebury, Pauline	00:56:16	Marazion	2012	
273	F	119	Lewis, Deborah	00:56:35	Marazion	2015	
274	F	120	Davis, Ruth	00:56:47	Marazion	2014	
275	F	121	Pochee, Amanda	00:56:52	Newquay	2018	00:01:08
276	F	122	Marks, Victoria	00:56:58	Newquay	2017	
277	F	123	Chafer, Sarah	00:57:00	Newquay	2014	
278	F	124	Gamble, Fiona	00:57:01	Marazion	2013	
279	F	125	Rickard, Lucy	00:57:05	Marazion	2013	
280	M	155	Croft, Stuart	00:57:15	Mounts Bay	2009	

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281	F	126	Crehan, Kate	00:57:18	Newquay	2018	
282	F	127	Smith, Anita	00:57:22	Newquay	2010	
283	F	128	Elliott, Beth	00:57:22	Marazion	2014	
284	M	156	Thomas, Paul	00:57:25	St Levan	2013	
285	F	129	Baker, Becky	00:57:34	Marazion	2014	
286	M	157	Elliott, Lee	00:57:42	Race for Wildlife	2014	
287	F	130	Rouncefield, Carol	00:57:43	Marazion	2011	
288	F	131	Willcocks, Jayne	00:57:55	Mounts Bay	2005	
289	F	132	Williams, Laura	00:58:00	St Levan	2018	
290	F	133	Tagacni, Sophie	00:58:18	Mounts Bay	2009	
291	F	134	Carter, Nikki	00:58:25	Newquay	2014	
292	F	135	Rogers, Zenna	00:58:45	Newquay	2016	
293	F	136	Brennan, Valerie	00:58:49	Mounts Bay	2008	
294	F	137	Stevens, Carol	00:58:49	Marazion	2013	
295	F	138	Culley, Carol	00:59:05	Marazion	2015	
296	F	139	Moore, Liz	00:59:06	Mounts Bay	2009	
297	M	158	Bennetts, William	00:59:07	St Levan	2006	
298	M	159	Bowden, Ian	00:59:12	Marazion	2014	
299	F	140	Green, Nikki	00:59:14	St Levan	2015	
300	F	141	Greef, Jayne	00:59:15	Newquay	2011	
301	M	160	Bainborough, Rob	00:59:22	Marazion	2012	
302	F	142	Haley, Sherry	00:59:23	Newquay	2011	
303	F	143	Leonard Williams, Esther	00:59:28	Newquay	2014	
304	F	144	De Barros, Sara	00:59:33	St Levan	2016	
305	F	145	Stainsby, Elaine	00:59:49	Newquay	2007	
306	F	146	Pascoe, Wendy	00:59:55	Marazion	2012	
307	F	147	Rochford, Hayley	00:59:57	Enys	2011	
308	M	161	Saundry, Richard	01:00:05	Newquay	2012	
309	F	148	Sycamore, Kathryn	01:00:13	Newquay	2008	
310	F	149	Scholes, Claire	01:00:19	Marazion	2012	
311	F	150	Coleman, Sarah	01:00:20	Newquay	2014	
312	F	151	Hill, Jo	01:00:26	Marazion	2012	
313	F	152	Kirk, Jo	01:00:26	Marazion	2012	
314	F	153	Kenney, Charlotte	01:00:26	Newquay	2018	
315	F	154	Gehrmann, Muriam	01:00:30	Newquay	2007	
316	F	155	Dudding, Debi	01:00:31	Marazion	2015	
317	F	156	Newcombe, Jo	01:00:32	St Levan	2016	
318	F	157	Alexander, Lesley	01:00:34	Newquay	2011	
319	F	158	Roberts, Dominique	01:00:43	St Levan	2008	
320	F	159	Cheel, Amanda	01:00:57	Newquay	2012	
321	F	160	Thompson, Tamsin	01:01:01	Newquay	2013	
322	F	161	Bromfield, Amy	01:01:01	Marazion	2014	
323	M	162	Allnutt, John	01:01:07	Newquay	2010	
324	F	162	Nimmo, Donna	01:01:08	Marazion	2013	
325	F	163	Kitchen, Amelia	01:01:08	St Levan	2017	
326	F	164	Burgess, Mel	01:01:10	St Levan	2017	
327	F	165	Nimmo, Karen	01:01:12	Marazion	2013	
328	F	166	Neil, Jennifer	01:01:14	Marazion	2013	
329	F	167	Williams, Tania	01:01:15	St Levan	2016	
330	F	168	Uren, Gina	01:01:22	Marazion	2015	
331	F	169	Deere, Louise	01:01:41	St Levan	2017	
332	F	170	Smith, Mo	01:01:44	Whitemoor	2011	
333	F	171	Pan-Huertas, Ana	01:01:46	St Levan	2015	
334	F	172	Hocking, Stacey	01:01:47	Newquay	2018	
335	F	173	Reid, Michelle	01:01:52	Mounts Bay	2008	
336	F	174	Edwards, Sue	01:02:00	Newquay	2007	
337	F	175	Ray, Pamela	01:02:01	Newquay	2016	
338	F	176	Galloway, Kathryn	01:02:03	Malcolm Date Challenge	2009	
339	F	177	Watkins, Karen	01:02:04	Marazion	2011	
340	F	178	Sycamore, Grace	01:02:18	Newquay	2017	
341	F	179	Moore, Sue	01:02:21	Newquay	2016	
342	F	180	Mills, Helen	01:02:26	Newquay	2012	
343	F	181	Parker, Deborah	01:02:26	Marazion	2015	
344	F	182	Wilson, Lucy	01:02:27	Marazion	2015	
345	F	183	Charles, Kirsty	01:02:30	Enys	2011	
346	F	184	Ninnes, Louise	01:02:38	Marazion	2012	
347	M	163	Brennan, Tom	01:02:38	Mounts Bay	2009	
348	F	185	Lawry, Nikki	01:02:43	Newquay	2018	
349	F	186	Parker, Kim	01:03:10	Marazion	2014	
350	F	187	Wood, Sarah	01:03:24	Bideford	2012	

10K PBs

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
351	F	188	Jukes, Ashleigh	01:03:31	Marazion	2014	
352	F	189	Tregarthen, Sarah	01:03:40	Marazion	2013	
353	F	190	Jelbert, Ruth	01:03:41	Redruth	2007	
354	F	191	Armstrong, Maxine	01:03:47	Marazion	2014	
355	F	192	Tymm, Zoe	01:03:57	Marazion	2014	
356	F	193	Cumbley, Kat	01:04:01	St Levan	2017	
357	F	194	Costello, Susan	01:04:10	St Levan	2017	
358	F	195	Allnutt, Pat	01:04:16	Newquay	2010	
359	F	196	Elgar, Rebecca	01:04:32	Newquay	2015	
360	F	197	Miller, Amanda	01:04:43	Newquay	2017	
361	M	164	Carter, Tim	01:04:46	St Ives Bay	2013	
362	M	165	Bumford, James	01:04:55	Marazion	2012	
363	M	166	Wright, Mike	01:04:58	Newquay	2008	
364	F	198	Henry, Naila	01:05:16	Whitemoor	2012	
365	F	199	Pollard, Jean	01:05:46	Marazion	2012	
366	F	200	Byrne, Deborah	01:05:52	Mounts Bay	2008	
367	F	201	Tonkin, Jane	01:06:09	Newquay	2005	
368	F	202	Howorth, Anna	01:06:20	Mounts Bay	2010	
369	F	203	Watts, Naomi	01:06:37	Redruth	2010	
370	F	204	Baker, Cerys	01:06:39	Newquay	2011	
371	F	205	Williams, Emily	01:06:42	Marazion	2015	
372	F	206	Painter, Sarah	01:06:45	Marazion	2014	
373	F	207	Massey, Jennie	01:06:56	Trevornick	2018	
374	F	208	Crossley, Jo	01:07:16	Whitemoor	2011	
375	F	209	Richardson, Joanne	01:07:18	St Levan	2014	
376	M	167	Woolley, David	01:07:21	St Ives Bay	2013	
377	F	210	Pickersgill, Janet	01:07:25	Newquay	2012	
378	F	211	Correnti, Sarah	01:07:50	Newquay	2017	
379	F	212	Mackintosh, Susie	01:08:04	Marazion	2014	
380	F	213	Tregoning, Debbie	01:08:04	St Levan	2015	
381	F	214	Atherton, Julie	01:08:04	St Levan	2015	
382	F	215	Yates, Suzanne	01:08:16	Enys	2011	
383	F	216	Richards, Jackie	01:08:20	Newquay	2010	
384	F	217	Hatch, Danielle	01:08:34	St Ives Bay	2013	
385	F	218	Nicholls, Derrika	01:08:35	Marazion	2012	
386	F	219	Kirton, Deborah	01:08:44	Marazion	2013	
387	F	220	Baldwin, Charlotte	01:08:44	Newquay	2013	
388	F	221	Pascoe, Jenna	01:08:45	Newquay	2017	
389	F	222	Jackson, Abby	01:08:49	Marazion	2013	
390	F	223	Farley, Jenna	01:08:53	St Levan	2014	
391	F	224	Elgar, Laura	01:09:02	Newquay	2017	
392	F	225	Coldrick, Debra	01:09:48	Marazion	2013	
393	F	226	Hudson, Melissa	01:10:03	Newquay	2013	
394	F	227	Lay, Jo	01:10:27	St Levan	2017	
395	F	228	Drummond, Katy	01:10:48	Whitemoor	2011	
396	F	229	Leo, Olivia	01:11:02	Marazion	2013	
397	F	230	Berriman, Anne	01:11:05	Marazion	2012	
398	F	231	Billington, Laetitia	01:11:17	Newquay	2018	
399	F	232	Millin, Denise	01:11:18	Enys	2011	
400	F	233	Page, Jo	01:11:20	Marazion	2013	
401	F	234	Redfern, Jackie	01:11:28	Newquay	2011	
402	F	235	Mc Creedy, Alex	01:11:39	Marazion	2013	
403	F	236	Atkinson, Anita	01:11:58	Marazion	2013	
404	F	237	Evans, Denise	01:12:39	Marazion	2011	
405	F	238	Savage, Suzy	01:13:08	Newquay	2017	
406	F	239	Nancarrow, Karen	01:14:02	Marazion	2012	
407	F	240	Evans, Julie	01:14:04	Marazion	2013	
408	F	241	Wilkinson, Hannah	01:14:20	St Levan	2018	
409	F	242	McGuire, Jo	01:14:42	Marazion	2014	
410	F	243	Good, Christine	01:15:06	Marazion	2012	
411	F	244	Test, Runner	01:15:06	Marazion	2012	
412	F	245	Sedgeman, Linda	01:15:35	Marazion	2013	
413	F	246	Sills, Helen	01:15:39	Marazion	2013	
414	F	247	Mc Creedy, Tina	01:16:22	Marazion	2013	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
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