

7 Mile PBs

(Updated to Treggy 7 2018)

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
1	M	1	Ellis, Peter	00:39:20	Treggy 7	2009	
2	M	2	Humphrey, Thomas	00:39:56	Treggy 7	2015	
3	M	3	Morant, Jordan	00:40:21	Magnificent 7	2017	
4	M	4	Costello, Daniel	00:41:32	Treggy 7	2014	
5	M	5	Ratcliffe, Floyd	00:41:33	Magnificent 7	2017	
6	M	6	Abraham, Scott	00:42:48	Treggy 7	2016	
7	M	7	Turner, Russell	00:42:56	Magnificent 7	2012	
8	M	8	Savage, Rich	00:43:09	Treggy 7	2012	
9	M	9	Dowrick, Mike	00:43:15	Treggy 7	2013	
10	M	10	Murrant, Kieran	00:43:21	Treggy 7	2013	
11	M	11	Knowles, Simon	00:43:25	Treggy 7	2015	
12	M	12	Wherry, Steve	00:43:27	Treggy 7	2018	00:00:02
13	M	13	Fuller, Stephen	00:43:51	Treggy 7	2018	
14	M	14	Horswell, Richard	00:43:55	Magnificent 7	2011	
15	F	1	Paul, Emma	00:43:59	Treggy 7	2018	00:00:29
16	M	15	Barrett, Chris	00:44:19	Treggy 7	2018	
17	M	16	Warmington, Paul	00:44:25	Treggy 7	2018	
18	M	17	Wyatt, Steve	00:44:29	Magnificent 7	2007	
19	M	18	Hill, Lewis	00:44:35	Magnificent 7	2015	
20	M	19	Costello, Nick	00:44:50	Magnificent 7	2018	
21	M	20	Rosenfeld, Thomas	00:44:57	Treggy 7	2018	00:00:18
22	M	21	Hicks, Sam	00:44:58	Treggy 7	2008	
23	M	22	Stephens, Jeremy	00:45:09	Magnificent 7	2009	
24	M	23	Curtis, Matt	00:45:13	Treggy 7	2012	
25	M	24	Richards, Robert	00:45:29	Treggy 7	2007	
26	M	25	Mayes, Richard	00:46:00	Treggy 7	2012	
27	M	26	Goodreid, Ian	00:46:41	Treggy 7	2012	
28	M	27	Trembath, Robert	00:47:12	Treggy 7	2015	
29	M	28	Corrigan, Steve	00:47:16	Treggy 7	2011	
30	M	29	Manning, James	00:47:28	Treggy 7	2015	
31	M	30	Gill, Stuart	00:47:37	Treggy 7	2014	
32	F	2	Kenworthy, Sarah	00:47:48	Treggy 7	2011	
33	M	31	Jukes, Andy	00:48:03	Magnificent 7	2006	
34	M	32	Grose, Simon	00:48:20	Wadebridge	2002	
35	M	33	Twiggs, Tim	00:48:21	Treggy 7	2017	
36	M	34	Webb, Sean	00:48:29	Treggy 7	2006	
37	M	35	Medlock, Bradley	00:48:35	Magnificent 7	2017	
38	M	36	Pickering, Stuart	00:48:52	Treggy 7	2016	
39	M	37	Attwood, James	00:48:57	Treggy 7	2014	
40	M	38	Cooling, Steve	00:49:13	Treggy 7	2014	
41	M	39	Tonkin, Craig	00:49:22	Magnificent 7	2011	
42	M	40	Smith, Derek	00:49:23	Treggy 7	2011	
43	M	41	Wilding, David	00:49:25	Magnificent 7	2018	00:02:47
44	F	3	Ruetsch, Fiona	00:49:31	Treggy 7	2007	
45	M	42	Floyd, Rob	00:49:35	Treggy 7	2013	
46	F	4	Webb, Debbie	00:49:50	Treggy 7	2013	
47	M	43	Kennett-Parsons, Joe	00:49:51	Magnificent 7	2013	
48	M	44	Timms, Simon	00:49:55	Magnificent 7	2012	
49	F	5	Goldsworthy, Rachel	00:49:56	Magnificent 7	2011	
50	M	45	Luckhurst, Will	00:50:00	Treggy 7	2017	
51	M	46	Savage, Jon	00:50:02	Magnificent 7	2017	
52	F	6	Angilley, Jayne	00:50:05	Treggy 7	2008	
53	F	7	Bennett, Charlotte	00:50:15	Treggy 7	2014	
54	M	47	Batchelor, David	00:50:33	Treggy 7	2018	00:02:48
55	M	48	Hill, Terry	00:50:43	Treggy 7	2008	
56	M	49	Sneyd, Paul	00:51:04	Treggy 7	2016	
57	F	8	Savage, Faye	00:51:10	Treggy 7	2016	
58	M	50	Kershaw, David	00:51:26	Magnificent 7	2014	
59	F	9	Jose, Amy	00:51:27	Treggy 7	2016	
60	M	51	Townend, Stewart	00:51:41	Treggy 7	2007	
61	M	52	Burford, Lee	00:51:41	Treggy 7	2018	00:01:49
62	M	53	Lee, Steven	00:51:42	Treggy 7	2009	
63	M	54	Morris, Paul	00:51:54	Treggy 7	2011	
64	M	55	Moore, Andy	00:52:05	Wadebridge	2002	
65	M	56	King, Kevin	00:52:08	Tywardreath	2013	
66	M	57	Orchard, Mike	00:52:28	Magnificent 7	2005	
67	M	58	Penberthy, Michael	00:52:46	Treggy 7	2009	
68	M	59	Davies, Kieran	00:52:46	Magnificent 7	2013	
69	M	60	Humphery, Irwin	00:52:56	Treggy 7	2015	
70	F	10	Knowles, Helen	00:52:58	Treggy 7	2012	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
71	M	61	Edwards, John	00:52:59	Tywardreath	2010	
72	F	11	Medlock, Kirsty	00:53:03	Treggy 7	2017	
73	M	62	Blight, Andrew	00:53:05	Tywardreath	2012	
74	F	12	Paull, Lucy	00:53:13	Treggy 7	2014	
75	M	63	Masters, Nick	00:53:23	Magnificent 7	2015	
76	M	64	Starkie, Andrew	00:53:25	Treggy 7	2015	
77	M	65	Ellis, Andrew	00:53:37	Treggy 7	2018	00:00:49
78	F	13	Holland, Jennifer	00:53:39	Treggy 7	2009	
79	M	66	Lowdon, John	00:53:50	Treggy 7	2011	
80	M	67	Curtis, Martin	00:53:55	Treggy 7	2009	
81	M	68	Baldwin, Mike	00:53:56	Treggy 7	2009	
82	M	69	Pulley, Sean	00:54:21	Magnificent 7	2018	
83	F	14	Rudd, Nikki	00:54:27	Treggy 7	2012	
84	F	15	Patterson, Sarah	00:54:31	Treggy 7	2013	
85	M	70	Hynard, Mark	00:54:49	Treggy 7	2007	
86	F	16	Maskell, Lisa	00:54:50	Treggy 7	2013	
87	F	17	Gerrard, Corrine	00:55:03	Magnificent 7	2018	00:01:53
88	M	71	Burnell, Frank	00:55:05	Treggy 7	2008	
89	F	18	Quick, Louise	00:55:06	Treggy 7	2008	
90	F	19	Shorland, Narina	00:55:11	Treggy 7	2014	
91	F	20	Tossell, Rebecca	00:55:25	Treggy 7	2018	
92	M	72	Holman, Tony	00:55:32	Treggy 7	2006	
93	M	73	Nancarrow, David	00:55:38	Tywardreath	2012	
94	F	21	Burns, Julia	00:55:39	Treggy 7	2017	
95	M	74	Wright, David	00:55:40	Treggy 7	2017	
96	M	75	Bastian, Adrian	00:55:42	Treggy 7	2013	
97	F	22	Fitzmaurice, Kate	00:55:54	Treggy 7	2008	
98	M	76	Smith, Brian	00:55:59	Treggy 7	2008	
99	M	77	Francis, Desmond	00:56:40	Magnificent 7	2010	
100	F	23	Moore, Kelly	00:56:45	Treggy 7	2016	
101	M	78	Leo, Cas	00:56:50	Treggy 7	2012	
102	F	24	Williams, Maria	00:56:54	Treggy 7	2013	
103	F	25	Lawrenson-Reid, June	00:57:00	Treggy 7	2006	
104	M	79	Fraser, Glen	00:57:02	Magnificent 7	2005	
105	M	80	Breakwell, Curt	00:57:05	Magnificent 7	2016	
106	F	26	Foreman, Michelle	00:57:15	Magnificent 7	2007	
107	F	27	Aspden, Gail	00:57:25	Treggy 7	2017	
108	F	28	Chesterfield, Caroline	00:57:47	Magnificent 7	2017	
109	M	81	Billington, Lee	00:57:58	Treggy 7	2013	
110	F	29	Bowker, Rachel	00:58:17	Magnificent 7	2015	
111	M	82	Thomas, Andrew	00:58:18	Treggy 7	2007	
112	M	83	Rowe, Phil	00:58:20	Treggy 7	2007	
113	F	30	Merrett, Trish	00:58:35	Treggy 7	2007	
114	F	31	Astill, Naomi	00:58:44	Treggy 7	2018	
115	F	32	Lock, Zoe	00:58:46	Magnificent 7	2018	
116	F	33	Bennett, Emily	00:58:59	Treggy 7	2017	
117	F	34	Spencer-Smith, Andrea	00:59:09	Treggy 7	2007	
118	M	84	Haynes, Howard	00:59:30	Treggy 7	2007	
119	F	35	Warren, Diane	00:59:55	Treggy 7	2018	00:00:01
120	F	36	Walton, Nancy	01:00:21	Treggy 7	2010	
121	F	37	Thomas, Alison	01:00:23	Treggy 7	2011	
122	M	85	Merrett, Graham	01:00:30	Tavy 7	2011	
123	M	86	Scott, David	01:00:39	Tywardreath	2008	
124	F	38	Litt, Casey	01:00:48	Magnificent 7	2011	
125	M	87	Swetnam, Jim	01:00:56	Treggy 7	2016	
126	F	39	Lee, Becky	01:01:11	Treggy 7	2013	
127	M	88	Maclaren, Steve	01:01:12	Magnificent 7	2017	
128	F	40	Billing, Kathryn	01:01:26	Treggy 7	2009	
129	F	41	Clare, Helen	01:01:34	Magnificent 7	2011	
130	F	42	Chapman, Susan	01:01:54	Magnificent 7	2011	
131	M	89	Elgar, Simon	01:01:55	Treggy 7	2015	
132	M	90	Collett, Richard	01:01:56	Magnificent 7	2018	
133	M	91	Shepherd, Alan	01:02:01	Magnificent 7	2005	
134	M	92	Biss, Andrew	01:02:04	Magnificent 7	2010	
135	F	43	Jelf, Michelle	01:02:24	Treggy 7	2014	
136	M	93	Evans, Alun	01:02:29	Treggy 7	2017	
137	F	44	Sullivan, Sharon	01:02:56	Tywardreath	2012	
138	F	45	Osborn, Kathryn	01:03:14	Treggy 7	2013	
139	F	46	Roskilly, Michelle	01:03:28	Treggy 7	2018	00:01:04
140	F	47	La Brash, Angela	01:03:42	Treggy 7	2013	

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141	F	48	Phillips, Ruth	01:03:53	Treggy 7	2007	
142	F	49	Such, Louise	01:03:55	Magnificent 7	2008	
143	F	50	Martin, Kelly	01:04:01	Treggy 7	2013	
144	F	51	Wood, Penny	01:04:21	Magnificent 7	2008	
145	F	52	Haghani, Laura	01:04:24	Treggy 7	2016	
146	M	94	Sobey, David	01:04:29	Treggy 7	2010	
147	F	53	Bowden, Jackie	01:04:34	Tavy 7	2007	
148	M	95	Reynolds, Andrew	01:04:39	Magnificent 7	2007	
149	F	54	Pearce, Deborah	01:04:40	Treggy 7	2017	
150	F	55	Wills, Kerry	01:04:41	Treggy 7	2011	
151	F	56	McPhail, Mo	01:04:41	Magnificent 7	2012	
152	F	57	Senior, Anne	01:04:43	Treggy 7	2011	
153	F	58	Ellen, Emily	01:04:51	Magnificent 7	2017	
154	M	96	Matta, Chris	01:04:54	Treggy 7	2010	
155	F	59	Long, Fran	01:04:58	Treggy 7	2016	
156	M	97	Bristow, Don	01:05:04	Magnificent 7	2003	
157	M	98	Wigram, Tim	01:05:10	Meet Your Max	2013	
158	F	60	Baldwin, Sarah	01:05:22	Treggy 7	2009	
159	F	61	Smith, Hannah	01:05:30	Treggy 7	2017	
160	F	62	Poultney, Melissa	01:05:31	Magnificent 7	2015	
161	F	63	Tredinnick, Emma	01:06:05	Treggy 7	2008	
162	F	64	Lewis, Caroline	01:06:16	Treggy 7	2006	
163	F	65	Billington, Melanie	01:06:43	Treggy 7	2012	
164	F	66	Ferguson, Ana	01:06:43	Treggy 7	2012	
165	F	67	Gamble, Fiona	01:07:06	Treggy 7	2012	
166	F	68	Stewart, Kelly	01:07:11	Magnificent 7	2008	
167	M	99	Trenchard, Ben	01:07:22	Meet Your Max	2013	
168	F	69	Wilding, Sarah	01:07:37	Magnificent 7	2017	
169	F	70	Hill, Jo	01:08:00	Treggy 7	2012	
170	F	71	Greef, Jayne	01:08:01	Treggy 7	2011	
171	F	72	Rouncefield, Carol	01:08:02	Treggy 7	2011	
172	M	100	Bowden, Ian	01:08:18	Treggy 7	2009	
173	F	73	Haley, Sherry	01:08:19	Treggy 7	2011	
174	F	74	Hawks, Debbie	01:08:34	Magnificent 7	2006	
175	F	75	Martin, Julie	01:08:39	Treggy 7	2006	
176	F	76	Newing, Sarah	01:08:44	Meet Your Max	2013	
177	F	77	Hatch, Danielle	01:08:46	Treggy 7	2012	
178	F	78	Stone, Natasha	01:08:46	Magnificent 7	2015	
179	F	79	Laing, Stella	01:08:53	Magnificent 7	2009	
180	F	80	Gibbard, Helen	01:09:16	Treggy 7	2007	
181	F	81	Pegg, Rachel	01:09:26	Magnificent 7	2010	
182	F	82	Edwards, Sue	01:09:44	Treggy 7	2007	
183	F	83	De Barros, Sara	01:09:49	Treggy 7	2015	
184	F	84	Kitchen, Amelia	01:10:06	Treggy 7	2017	
185	F	85	Parker, Kim	01:10:15	Treggy 7	2013	
186	F	86	Kirk, Debbie	01:10:28	Treggy 7	2008	
187	F	87	Carter, Nikki	01:10:37	Treggy 7	2014	
188	F	88	Carveth, Debbie	01:11:06	Magnificent 7	2016	
189	F	89	Smith, Mo	01:11:23	Magnificent 7	2011	
190	M	101	Saundry, Richard	01:11:32	Treggy 7	2013	
191	F	90	Johns, Nicola	01:11:58	Treggy 7	2006	
192	F	91	Alexander, Lesley	01:12:01	Treggy 7	2011	
193	F	92	Cumbley, Kat	01:12:21	Treggy 7	2017	
194	M	102	Bennetts, William	01:12:33	Treggy 7	2006	
195	F	93	Pascoe, Wendy	01:12:40	Magnificent 7	2011	
196	F	94	Parker, Deborah	01:13:04	Treggy 7	2014	
197	F	95	Wilson, Lucy	01:13:04	Treggy 7	2014	
198	M	103	Lagor, Stephen	01:13:06	Magnificent 7	2015	
199	M	104	Brennan, Tom	01:13:11	Treggy 7	2008	
200	F	96	Culley, Carol	01:13:17	Magnificent 7	2015	
201	F	97	Marks, Victoria	01:13:22	Magnificent 7	2017	
202	F	98	Rochford, Hayley	01:13:26	Treggy 7	2012	
203	F	99	Williams, Laura	01:13:37	Magnificent 7	2018	00:11:20
204	F	100	Wood, Sarah	01:14:52	Magnificent 7	2012	
205	M	105	Roskruge, Martin	01:15:22	Treggy 7	2012	
206	M	106	Bumford, James	01:15:40	Treggy 7	2011	
207	F	101	Crossley, Jo	01:15:46	Treggy 7	2011	
208	F	102	Brennan, Valerie	01:15:47	Treggy 7	2008	
209	M	107	Wright, Mike	01:16:02	Treggy 7	2008	
210	F	103	Jose, Natasha	01:16:09	Treggy 7	2006	

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211	F	104	Dudding, Debbie	01:16:22	Treggy 7	2014	
212	M	108	Marsh, Stuart	01:16:30	Treggy 7	2017	
213	F	105	Ray, Pamela	01:16:39	Treggy 7	2016	
214	F	106	Armstrong, Maxine	01:17:10	Treggy 7	2014	
215	F	107	Uren, Gina	01:17:14	Treggy 7	2015	
216	F	108	Elgar, Rebecca	01:17:14	Treggy 7	2015	
217	F	109	Cheel, Amanda	01:17:22	Treggy 7	2012	
218	F	110	Mills, Helen	01:17:22	Treggy 7	2012	
219	F	111	Pollard, Jean	01:17:35	Treggy 7	2012	
220	F	112	Henry, Naila	01:17:58	Treggy 7	2011	
221	F	113	Nimmo, Karen	01:18:00	Treggy 7	2012	
222	F	114	Mackintosh, Susie	01:18:27	Treggy 7	2015	
223	F	115	Sycamore, Kathryn	01:18:45	Treggy 7	2008	
224	M	109	Agnihorti, Dev	01:19:23	Race for Wildlife	2013	
225	M	110	Feber, Stephen	01:21:34	Treggy 7	2010	
226	F	116	McGuire, Jo	01:22:03	Treggy 7	2012	
227	F	117	Hocking, Stacey	01:22:59	Treggy 7	2018	
228	F	118	Lay, Jo	01:24:55	Treggy 7	2017	
229	F	119	Coldrick, Debra	01:25:26	Treggy 7	2012	
230	F	120	Evans, Julie	01:25:33	Treggy 7	2012	
231	F	121	Rowe, Emma	01:25:34	Magnificent 7	2008	
232	F	122	Galloway, Kathryn	01:25:37	Magnificent 7	2008	
233	F	123	Pickersgill, Janet	01:25:41	Tywardreath	2012	
234	F	124	Nancarrow, Karen	01:30:36	Tywardreath	2012	
235	F	125	Charles, Kirsty	01:31:16	Meet Your Max	2012	
236	F	126	Tonkin, Jane	01:37:53	Meet Your Max	2013	
237	F	127	Baldwin, Charlotte	01:46:13	Meet Your Max	2012	