

# 10 mile PBs

(Updated to An Resek 2018)

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
1	M	1	Pochee, Brahma	00:54:30	Storm Force 10	2018	
2	M	2	Ellis, Peter	00:54:59	Plymouth Hoe	2010	
3	M	3	Morant, Jordan	00:55:27	Storm Force 10	2017	
4	M	4	Costello, Daniel	00:55:52	Storm Force 10	2017	
5	M	5	Humphrey, Thomas	00:57:07	Storm Force 10	2016	
6	M	6	Abraham, Scott	00:59:46	Great South Run	2016	
7	M	7	Knowles, Simon	01:00:05	Storm Force 10	2015	
8	M	8	Turner, Russell	01:00:20	An Resek	2013	
9	M	9	Murrant, Kieran	01:00:58	Storm Force 10	2017	
10	F	1	Paul, Emma	01:01:11	Storm Force 10	2015	
11	M	10	Dowrick, Mike	01:01:12	Bideford	2013	
12	M	11	Stephens, Jeremy	01:01:15	Storm Force 10	2010	
13	M	12	Lucas, Ben	01:01:44	Storm Force 10	2012	
14	M	13	Wherry, Steve	01:01:55	Storm Force 10	2018	00:03:25
15	M	14	Reid, Alan	01:02:11	Blaythorne	2008	
16	M	15	Rosenfeld, Thomas	01:02:24	Storm Force 10	2017	
17	M	16	Wyatt, Steve	01:02:31	Blaythorne	2007	
18	M	17	Savage, Rich	01:02:47	Storm Force 10	2017	
19	M	18	Paroissien, Andrew	01:02:55	Storm Force 10	2017	
20	M	19	Mayes, Richard	01:03:03	Storm Force 10	2012	
21	M	20	Purvis, Lloyd	01:03:06	An Resek	2016	
22	M	21	Cookson, Neil	01:03:19	Storm Force 10	2018	00:03:20
23	M	22	Hill, Lewis	01:03:22	An Resek	2015	
24	M	23	Horswell, Richard	01:03:40	Storm Force 10	2012	
25	M	24	Timms, Simon	01:03:46	Storm Force 10	2014	
26	M	25	Watts, Robert	01:04:04	Storm Force 10	2015	
27	M	26	Stone, Matthew	01:04:12	An Resek	2009	
28	M	27	Hicks, Sam	01:04:13	Blaythorne	2009	
29	M	28	Warmington, Paul	01:04:23	Storm Force 10	2018	00:00:54
30	M	29	Curtis, Matt	01:04:57	Storm Force 10	2013	
31	M	30	Gill, Stuart	01:05:19	Storm Force 10	2015	
32	M	31	Goodreid, Ian	01:05:33	Blaythorne	2007	
33	M	32	Webb, Sean	01:05:39	Blaythorne	2007	
34	M	33	Trembath, Robert	01:05:59	Bideford	2015	
35	M	34	Fuller, Stephen	01:06:19	Storm Force 10	2018	00:03:01
36	M	35	Jukes, Andy	01:06:29	Blaythorne	2006	
37	M	36	Tullett, Adam	01:06:44	Blaythorne	2008	
38	M	37	Medlock, Bradley	01:07:06	An Resek	2018	
39	M	38	Lowdon, John	01:07:22	An Resek	2017	
40	M	39	Philpotts, Bob	01:07:23	Blaythorne	2007	
41	M	40	Manning, James	01:07:45	Bideford	2015	
42	M	41	Grose, Simon	01:07:54	Blaythorne	2000	
43	M	42	Grainger, Christopher	01:08:00	An Resek	2009	
44	M	43	Richards, Robert	01:08:07	Blaythorne	2007	
45	M	44	Attwood, James	01:08:16	Storm Force 10	2015	
46	F	2	Goldsworthy, Rachel	01:08:29	Storm Force 10	2011	
47	M	45	James, Darren	01:08:31	An Resek	2009	
48	M	46	Luckhurst, Will	01:08:33	Storm Force 10	2018	00:03:27
49	F	3	Webb, Debbie	01:08:36	Bideford	2015	
50	M	47	Pickles, Joe	01:08:39	An Resek	2016	
51	M	48	Hills, James	01:09:13	An Resek	2009	
52	M	49	Davies, Kieran	01:09:19	Storm Force 10	2013	
53	F	4	Bennett, Charlotte	01:09:37	Storm Force 10	2015	
54	M	50	Smith, Derek	01:09:53	Storm Force 10	2011	
55	M	51	Morris, Paul	01:10:00	Storm Force 10	2012	
56	M	52	Masters, Nick	01:10:03	Storm Force 10	2017	
57	M	53	Sneyd, Paul	01:10:08	Storm Force 10	2017	
58	M	54	Smith, Andrew	01:10:12	Storm Force 10	2012	
59	M	55	Kennett-Parsons, Joe	01:10:12	Storm Force 10	2016	
60	M	56	Twiggs, Tim	01:10:13	Storm Force 10	2018	00:12:40
61	M	57	Pope, Kevin	01:10:20	Storm Force 10	2017	
62	F	5	Savage, Faye	01:10:23	An Resek	2014	
63	F	6	Gillespie, Rebecca	01:10:36	Blaythorne	2007	
64	M	58	Tonkin, Craig	01:10:37	Storm Force 10	2012	
65	M	59	King, Kevin	01:10:56	Storm Force 10	2013	
66	F	7	Ruetsch, Fiona	01:11:00	Storm Force 10	2012	
67	F	8	Jose, Amy	01:11:07	Storm Force 10	2018	00:01:25
68	M	60	Lyons, Richard	01:11:09	An Resek	2016	
69	F	9	Angilley, Jayne	01:11:17	Blaythorne	2009	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2018 Progress
70	M	61	Balmer, Luke	01:11:18	An Resek	2009	
71	M	62	Walker, Murray	01:11:27	Storm Force 10	2016	
72	M	63	Hegarty, Alan	01:11:46	Blaythorne	2008	
73	M	64	Hill, Terry	01:11:47	Blaythorne	2008	
74	M	65	Jordan, Peter	01:11:55	Storm Force 10	2017	
75	F	10	Kenworthy, Sarah	01:11:56	Launceston	2011	
76	M	66	Pickering, Stuart	01:11:58	Storm Force 10	2017	
77	M	67	Lewis, Martyn	01:12:02	Storm Force 10	2016	
78	M	68	Kershaw, David	01:12:16	Storm Force 10	2015	
79	M	69	Townend, Stewart	01:12:20	Blaythorne	2007	
80	M	70	Edwards, John	01:12:26	An Resek	2009	
81	M	71	Savage, Jon	01:12:27	Storm Force 10	2017	
82	M	72	Burford, Lee	01:12:30	Storm Force 10	2018	00:00:55
83	M	73	Wilding, David	01:12:33	Storm Force 10	2018	00:02:07
84	M	74	Wall, Alex	01:12:37	Storm Force 10	2014	
85	M	75	Lee, Steven	01:12:38	Storm Force 10	2013	
86	M	76	Nancarrow, David	01:12:47	Storm Force 10	2016	
87	M	77	Lewis, Jules	01:13:03	An Resek	2011	
88	M	78	Cooling, Steve	01:13:08	Storm Force 10	2016	
89	M	79	Baldwin, Mike	01:13:12	Storm Force 10	2012	
90	M	80	Newcombe, Giles	01:13:29	Storm Force 10	2017	
91	M	81	Orchard, Mike	01:13:41	An Resek	2006	
92	M	82	Francis, Desmond	01:13:50	Storm Force 10	2010	
93	F	11	Patterson, Sarah	01:14:00	Storm Force 10	2013	
94	F	12	Medlock, Kirsty	01:14:21	Storm Force 10	2017	
95	M	83	Penberthy, Michael	01:14:32	Storm Force 10	2011	
96	M	84	Blight, Andrew	01:14:40	Storm Force 10	2012	
97	M	85	Curtis, Martin	01:14:46	Blaythorne	2009	
98	M	86	Humphrey, Irwin	01:15:26	Storm Force 10	2014	
99	M	87	Waring, Chris	01:15:36	Storm Force 10	2015	
100	F	13	Maskell, Lisa	01:15:39	Storm Force 10	2013	
101	M	88	Curtis, Oisin	01:15:47	Storm Force 10	2017	
102	M	89	Date, Malcolm	01:15:51	Blaythorne	2009	
103	F	14	Knowles, Helen	01:15:52	Storm Force 10	2012	
104	M	90	Starkie, Andrew	01:15:55	An Resek	2015	
105	M	91	Batchelor, David	01:16:00	An Resek	2018	00:03:14
106	M	92	Moore, Andy	01:16:10	Blaythorne	2007	
107	M	93	Corrigan, Steve	01:16:17	Launceston	2011	
108	F	15	Porte, Rachel	01:16:19	Storm Force 10	2016	
109	F	16	Williams, Maria	01:16:30	Storm Force 10	2011	
110	M	94	Timms, Ian	01:16:30	An Resek	2016	
111	M	95	Floyd, Rob	01:16:36	Storm Force 10	2014	
112	M	96	Eatock, John-Paul	01:16:40	Blaythorne	2009	
113	M	97	Eager, Chris	01:16:41	Storm Force 10	2016	
114	M	98	Richards, Steven	01:16:42	Storm Force 10	2016	
115	F	17	Kirby, Alysia	01:16:46	Blaythorne	2007	
116	F	18	Rudd, Nikki	01:16:46	An Resek	2014	
117	M	99	Hynard, Mark	01:16:48	Blaythorne	2008	
118	M	100	Burnell, Frank	01:16:53	Blaythorne	2009	
119	M	101	Rowe, Phil	01:17:02	Blaythorne	2007	
120	M	102	Holman, Tony	01:17:07	An Resek	2006	
121	M	103	Weare, Michael	01:17:17	An Resek	2014	
122	M	101	Pulley, Sean	01:17:34	Storm Force 10	2018	
123	M	105	Smith, Brian	01:17:44	An Resek	2009	
124	F	19	Paull, Lucy	01:17:45	An Resek	2015	
125	F	20	Aspden, Gail	01:17:46	Storm Force 10	2018	00:04:00
126	F	21	Spencer-Smith, Andrea	01:17:49	Storm Force 10	2013	
127	F	22	Quick, Louise	01:17:52	An Resek	2009	
128	M	106	Ellis, Andrew	01:17:59	An Resek	2018	00:06:43
129	F	23	Burns, Julia	01:18:01	Storm Force 10	2017	
130	M	107	Smith, Tim	01:18:27	Blaythorne	2009	
131	F	24	Gerrard, Corrine	01:18:38	Storm Force 10	2018	00:06:19
132	F	25	Gibson, Alice	01:18:42	Storm Force 10	2018	00:24:33
133	F	26	Bastiani, Ellen	01:18:47	An Resek	2016	
134	M	108	Leo, Cas	01:19:14	Blaythorne	2006	
135	F	27	Moore, Kelly	01:19:22	Storm Force 10	2016	
136	M	109	Silver, Kevin	01:19:28	An Resek	2014	
137	M	110	Fraser, Glen	01:19:39	Blaythorne	2007	
138	F	28	Riggall, Kimberley	01:19:43	Storm Force 10	2014	

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139	M	111	Elliott, Lee	01:19:48	Storm Force 10	2015	
140	F	29	Shorland, Narina	01:20:13	Storm Force 10	2014	
141	F	30	Chesterfield, Caroline	01:20:16	Storm Force 10	2018	00:04:18
142	M	112	Haynes, Robert	01:20:18	An Resek	2008	
143	F	31	Waller, Anne	01:20:26	An Resek	2010	
144	F	32	Foreman, Michelle	01:20:51	Blaythorne	2008	
145	F	33	Ollivier, Louise	01:20:51	Storm Force 10	2016	
146	F	34	Bennett, Emily	01:20:54	An Resek	2018	
147	M	113	Maclaren, Steve	01:21:04	Storm Force 10	2018	00:02:21
148	M	114	Elgar, Simon	01:21:10	An Resek	2015	
149	M	115	Goulbourn, Mark	01:21:16	Storm Force 10	2013	
150	F	35	Lamerton, Sharon	01:21:28	Storm Force 10	2016	
151	M	116	Bastian, Adrian	01:21:31	Storm Force 10	2013	
152	F	36	Beman, Lynn	01:21:36	Storm Force 10	2010	
153	F	37	La Brash, Angela	01:22:07	Storm Force 10	2014	
154	F	38	Thomas, Alison	01:22:11	Storm Force 10	2017	
155	F	39	Newing, Sarah	01:22:20	Storm Force 10	2013	
156	F	36	Astill, Naomi	01:22:25	Storm Force 10	2018	
157	M	117	Climer, Phil	01:22:29	An Resek	2009	
158	F	41	Bowker, Rachel	01:22:45	Storm Force 10	2015	
159	F	42	Such, Louise	01:22:52	Blaythorne	2009	
160	M	118	Thomas, Andrew	01:23:12	An Resek	2008	
161	F	43	Holland, Jo	01:23:32	Storm Force 10	2017	
162	M	119	Baker, Ben	01:23:37	Storm Force 10	2014	
163	F	44	Warren, Diane	01:23:43	Storm Force 10	2017	
164	M	120	Thomas, Alan	01:23:45	Storm Force 10	2015	
165	M	121	Wigram, Tim	01:23:46	Storm Force 10	2011	
166	M	122	George, Andrew	01:23:47	Storm Force 10	2018	00:00:24
167	M	123	Merrett, Graham	01:24:01	Storm Force 10	2016	
168	F	45	Cardell, Timothea	01:24:05	Blaythorne	2005	
169	M	124	Shepherd, Alan	01:24:11	Blaythorne	2005	
170	M	125	Scott, David	01:24:15	Blaythorne	2009	
171	F	46	Merrett, Trish	01:24:24	An Resek	2011	
172	M	126	Trenchard, Ben	01:24:24	Storm Force 10	2013	
173	F	47	Litt, Casey	01:25:00	An Resek	2011	
174	M	127	Wright, David	01:25:09	Storm Force 10	2013	
175	F	48	Pegg, Rachel	01:25:09	Storm Force 10	2016	
176	F	49	Lee, Becky	01:25:14	Storm Force 10	2013	
177	F	50	Manners, Melodie	01:25:14	Storm Force 10	2014	
178	F	51	Cliff, Naomi	01:25:30	Blaythorne	2007	
179	M	128	Sobey, David	01:25:34	An Resek	2009	
180	F	52	Wade, Faye	01:25:37	An Resek	2011	
181	M	129	Burrell, Mark	01:25:37	Storm Force 10	2012	
182	F	53	Billing, Kathryn	01:25:47	Storm Force 10	2010	
183	F	54	Ziegelewanger, Liesi	01:26:07	Storm Force 10	2014	
184	M	130	Bristow, Don	01:26:23	Blaythorne	2003	
185	M	131	Haynes, Howard	01:26:33	Blaythorne	2008	
186	M	132	Campbell, Colin	01:26:35	An Resek	2011	
187	M	133	Round, Matthew	01:26:39	Storm Force 10	2013	
188	F	55	Sycamore, Kathryn	01:26:50	Blaythorne	2009	
189	M	134	Bonar, David	01:27:05	Storm Force 10	2018	00:01:18
190	F	56	Burgess, Nicki	01:27:12	An Resek	2016	
191	F	57	Spargo, Gail	01:27:15	An Resek	2009	
192	F	58	Pierce, Ruth	01:27:16	Storm Force 10	2018	00:14:00
193	F	59	Roskilly, Michelle	01:27:17	Storm Force 10	2013	
194	F	57	Burrows, Melissa	01:27:24	Storm Force 10	2018	
195	F	61	Poultney, Melissa	01:27:41	Storm Force 10	2016	
196	F	62	Tredinnick, Emma	01:27:42	An Resek	2008	
197	F	63	Sullivan, Sharon	01:27:51	Storm Force 10	2012	
198	M	135	Seymour, Rob	01:27:51	An Resek	2010	
199	F	64	Senior, Ann	01:27:56	Storm Force 10	2018	00:00:33
200	F	65	Walton, Nancy	01:28:08	An Resek	2010	
201	M	136	Jordan, Rob	01:28:09	Storm Force 10	2017	
202	F	66	Sanders, Iona	01:28:15	Blaythorne	2008	
203	F	67	Connon, Naomi	01:28:17	Storm Force 10	2015	
204	F	68	Lock, Zoe	01:28:23	An Resek	2018	
205	F	69	Lund-Lack, Sarah	01:28:26	Storm Force 10	2015	
206	F	70	Markey, Anne	01:28:32	An Resek	2009	
207	M	137	Breakwell, Curt	01:28:39	An Resek	2016	

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208	F	71	Mitchell, Debbie	01:28:50	Storm Force 10	2017	
209	F	72	Mcphail, Mo	01:28:53	Storm Force 10	2013	
210	F	73	Park, Sarah	01:28:54	Storm Force 10	2014	
211	F	74	Clare, Helen	01:29:18	Storm Force 10	2012	
212	F	75	Wills, Kerry	01:29:21	Storm Force 10	2012	
213	F	76	Hogan, Sandra	01:29:31	Blaythorne	2009	
214	F	77	Osborn, Kathryn	01:29:34	Plymouth Hoe	2012	
215	M	137	Bennetts, Shaun	01:29:34	Storm Force 10	2018	
216	F	78	Smith, Hannah	01:29:35	Storm Force 10	2018	00:00:55
217	M	139	De Rozarieux, Nathan	01:29:51	Storm Force 10	2018	00:07:52
218	F	79	Holley, Michaela	01:30:03	Storm Force 10	2012	
219	F	80	Long, Fran	01:30:12	Storm Force 10	2017	
220	F	81	Turner, Glynnis	01:30:56	Storm Force 10	2012	
221	F	82	Travers, Pippa	01:30:58	Storm Force 10	2012	
222	F	83	Davis-Kirsop, Florence	01:31:05	Storm Force 10	2016	
223	F	84	Jelf, Michelle	01:31:06	Storm Force 10	2014	
224	F	85	Nicoll, Ruth	01:31:07	Blaythorne	2007	
225	F	86	Chapman, Susan	01:31:23	An Resek	2011	
226	F	87	Cannon, Naomi	01:31:23	An Resek	2015	
227	M	140	Evans, Alun	01:31:24	Storm Force 10	2016	
228	M	141	Biss, Andrew	01:31:25	Storm Force 10	2011	
229	F	88	Adams, Elaine	01:31:29	Storm Force 10	2018	00:09:07
230	M	142	Thomas, Colin	01:31:34	Storm Force 10	2012	
231	F	89	Wilding, Sarah	01:31:48	Storm Force 10	2017	
232	F	90	Challoner, Jady	01:31:58	Storm Force 10	2013	
233	F	91	Stone, Natasha	01:32:16	Storm Force 10	2012	
234	M	143	Neal, Andrew	01:32:29	Blaythorne	2008	
235	F	92	Lewis, Caroline	01:32:38	An Resek	2007	
236	F	93	Lawry, Nikki	01:32:39	Storm Force 10	2017	
237	F	94	Lacekle, Liga	01:32:43	Trevornick	2015	
238	F	95	Baldwin, Sarah	01:32:56	Storm Force 10	2010	
239	F	96	Pearce, Deborah	01:33:04	Storm Force 10	2017	
240	M	144	Angwin, Richard	01:33:06	An Resek	2011	
241	F	97	Martin, Kelly	01:33:11	Storm Force 10	2015	
242	F	98	Laing, Stella	01:33:20	Blaythorne	2008	
243	M	145	Matta, Chris	01:33:22	Storm Force 10	2010	
244	F	99	Hanson, Julie	01:33:24	Blaythorne	2006	
245	F	100	Aspen, Gail	01:33:29	Looe	2017	
246	M	146	Leckie, David	01:33:48	An Resek	2009	
247	F	101	Bowden, Jackie	01:33:51	Blaythorne	2008	
248	F	102	Gamble, Fiona	01:34:04	Storm Force 10	2013	
249	F	103	Lewis, Deborah	01:34:21	Storm Force 10	2016	
250	F	104	Pochee, Amanda	01:34:23	Storm Force 10	2018	00:03:21
251	F	105	Rouncefield, Carol	01:34:25	Storm Force 10	2011	
252	F	106	Gilbert, Katie	01:34:26	An Resek	2011	
253	F	107	Northmore, Melissa	01:34:31	Storm Force 10	2015	
254	F	108	Booth, Denise	01:34:47	An Resek	2008	
255	F	108	Parton, Julie	01:34:52	An Resek	2018	
256	M	147	Roskruge, Martin	01:35:09	Trevornick	2013	
257	F	110	Harvey Hancock, Missie	01:35:21	Storm Force 10	2014	
258	F	111	Gandy, Jessica	01:35:29	Trevornick	2017	
259	F	112	Golbert, Claire	01:35:35	Storm Force 10	2016	
260	F	113	Baker, Rebecca	01:35:45	Storm Force 10	2014	
261	F	114	Kirk, Debbie	01:35:49	Blaythorne	2009	
262	F	115	Marks, Victoria	01:36:22	Storm Force 10	2017	
263	F	116	Burgess, Mel	01:36:29	Storm Force 10	2018	00:03:59
264	F	117	Billington, Melanie	01:36:32	Storm Force 10	2012	
265	F	118	Brennan, Valerie	01:36:32	Blaythorne	2009	
266	F	119	De Barros, Sara	01:36:36	Storm Force 10	2016	
267	F	117	Iivonen-Gray, Katri	01:36:43	Looe 10	2018	
268	F	121	Kitchen, Amelia	01:36:51	Storm Force 10	2018	00:04:15
269	F	122	Greef, Jayne	01:37:14	Storm Force 10	2011	
270	M	148	Reynolds, Andrew	01:37:49	Blaythorne	2007	
271	F	123	Willcocks, Jayne	01:37:52	Blaythorne	2005	
272	F	124	Ferguson, Ana	01:37:52	An Resek	2013	
273	F	125	Shaw, Nicki	01:37:59	An Resek	2009	
274	F	126	Pellow, Julie	01:38:04	An Resek	2011	
275	M	149	Bennetts, William	01:38:08	Blaythorne	2007	
276	F	127	Carter, Nikki	01:38:14	An Resek	2014	

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277	F	128	Gibbard, Helen	01:38:15	Blaythorne	2008	
278	F	129	Dudding, Debi	01:38:34	Storm Force 10	2015	
279	M	150	Bowden, Ian	01:38:47	Storm Force 10	2014	
280	F	130	Rowat, Sharon	01:38:51	An Resek	2016	
281	M	151	Allnutt, John	01:38:58	Storm Force 10	2011	
282	F	131	Tonkin, Jane	01:39:01	Blaythorne	2005	
283	F	132	Stainsby, Elaine	01:39:03	An Resek	2009	
284	F	133	Pascoe, Wendy	01:39:12	Storm Force 10	2012	
285	F	134	Rogers, Zenna	01:39:14	An Resek	2016	
286	F	135	Culley, Carol	01:39:47	Storm Force 10	2015	
287	F	136	Haghani, Laura	01:39:47	An Resek	2017	
288	F	137	Redfern, Jackie	01:39:56	An Resek	2010	
289	F	138	Fitzmaurice, Kate	01:39:57	Trevornick	2009	
290	F	139	Elgar, Rebecca	01:39:59	An Resek	2015	
291	F	140	Hill, Jo	01:40:05	An Resek	2012	
292	F	141	Alexander, Lesley	01:40:23	Storm Force 10	2011	
293	F	142	Tymm, Zoe	01:40:56	Storm Force 10	2015	
294	F	143	Neil, Jennifer	01:41:03	Storm Force 10	2013	
295	F	144	Rochford, Hayley	01:41:04	Storm Force 10	2013	
296	M	152	Sneyd, John	01:41:34	Drogo Ten	2009	
297	F	145	Harries, Victoria	01:41:37	Storm Force 10	2017	
298	F	146	Davis, Ruth	01:41:43	An Resek	2015	
299	F	147	Parker, Deborah	01:41:49	Storm Force 10	2015	
300	F	148	Wilson, Lucy	01:41:49	Storm Force 10	2015	
301	M	153	Saundry, Richard	01:41:50	Storm Force 10	2012	
302	F	149	Gorree-Wery, Alex	01:41:52	Storm Force 10	2012	
303	F	150	Reid, Michelle	01:42:09	Blaythorne	2008	
304	F	151	Moore, Liz	01:42:23	An Resek	2009	
305	M	154	Brennan, Tom	01:42:44	Blaythorne	2009	
306	F	152	Lawrenson-Reid, June	01:43:05	Blaythorne	2006	
307	F	153	Stevens, Carol	01:43:07	Storm Force 10	2015	
308	F	154	Mills, Helen	01:43:07	Storm Force 10	2015	
309	F	154	Kenney, Charlotte	01:43:11	An Resek	2018	
310	F	155	Crehan, Kate	01:43:33	An Resek	2018	
311	F	157	Kirk, Jo	01:43:45	An Resek	2012	
312	F	158	Smith, Mo	01:43:47	Storm Force 10	2012	
313	F	159	Henry, Naila	01:43:55	Storm Force 10	2012	
314	F	160	Uren, Gina	01:44:02	Storm Force 10	2017	
315	F	161	Trevena, Suzanne	01:44:30	An Resek	2008	
316	F	162	Tregarthen, Sarah	01:44:48	Storm Force 10	2013	
317	F	163	Newcombe, Jo	01:44:50	Storm Force 10	2015	
318	F	164	Parker, Kim	01:45:18	Trevornick	2014	
319	F	165	Bray, Brydie	01:45:19	An Resek	2007	
320	F	166	Telford, Karen	01:45:23	An Resek	2014	
321	F	167	Osborne, Anthea	01:45:25	An Resek	2017	
322	F	168	Oxenham, Lynne	01:45:57	Blaythorne	2007	
323	F	169	Scholes, Claire	01:46:02	An Resek	2012	
324	F	174	Hocking, Stacey	01:46:16	An Resek	2018	
325	F	171	Ray, Pamela	01:46:22	Storm Force 10	2016	
326	F	172	Whear, Emily	01:46:40	Storm Force 10	2015	
327	M	155	Bumford, James	01:46:45	Storm Force 10	2012	
328	M	156	Mankee, Walter	01:46:47	Blaythorne	2008	
329	F	171	Williams, Laura	01:46:50	An Resek	2018	
330	F	174	Roberts, Dominique	01:47:17	An Resek	2008	
331	F	175	Allnutt, Pat	01:47:28	Storm Force 10	2011	
332	F	176	Haley, Sherry	01:47:29	An Resek	2011	
333	F	169	Deere, Louise	01:47:55	Storm Force 10	2018	
334	F	178	Amos, Eillen	01:47:58	Storm Force 10	2016	
335	F	179	Nimmo, Donna	01:48:03	Storm Force 10	2012	
336	F	180	Nimmo, Karen	01:48:03	Storm Force 10	2012	
337	F	181	James, Michaela	01:48:05	Storm Force 10	2013	
338	F	182	Miller, Amanda	01:49:24	Storm Force 10	2017	
339	F	183	Cumbley, Kat	01:49:35	Lanhydrock	2017	
340	F	183	Richards, Sara	01:49:35	An Resek	2018	
341	F	185	Pollard, Jean	01:49:44	Storm Force 10	2012	
342	F	186	Green, Nikki	01:50:13	An Resek	2015	
343	M	157	Wright, Mike	01:50:45	Plymouth Hoe	2011	
344	F	187	Armstrong, Maxine	01:51:20	Storm Force 10	2014	
345	F	188	Mcguire, Jo	01:51:33	Storm Force 10	2013	

# 10 mile PBs

(Updated to An Resek 2018)

The PBs are for races in a Hayle Shirt. Please email Nick Masters on 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
346	F	189	Nicholls, Derrika	01:51:40	Storm Force 10	2012	
347	F	190	Emery, Susanne	01:52:12	Storm Force 10	2013	
348	F	191	Mackintosh, Susie	01:53:26	Storm Force 10	2015	
349	F	192	Elgar, Laura	01:53:38	Storm Force 10	2017	
350	F	193	Coldrick, Debra	01:53:56	Storm Force 10	2013	
351	F	194	Painter, Sarah	01:55:05	An Resek	2014	
352	F	195	Baldwin, Charlotte	01:57:30	Storm Force 10	2014	
353	M	158	Simpson, Andrew	01:57:41	Blaythorne	2009	
354	F	196	O'keeffe, Jackie	01:57:50	An Resek	2015	
355	F	197	Richards, Jackie	01:58:41	Storm Force 10	2012	
356	F	198	Byrne, Deborah	01:58:51	Blaythorne	2008	
357	M	159	Carter, Tim	01:58:55	Launceston	2011	
358	F	199	Massey, Jennie	01:58:59	Trevornick	2015	
359	F	200	Good, Christine	01:59:27	Storm Force 10	2012	
360	F	201	Crossley, Jo	02:00:10	Storm Force 10	2012	
361	F	202	Evans, Julie	02:00:54	Storm Force 10	2013	
362	F	195	Billington, Laetitia	02:01:49	Storm Force 10	2018	
363	F	204	Berriman, Anne	02:01:55	Storm Force 10	2012	
364	F	205	Pickersgill, Janet	02:03:06	Storm Force 10	2012	
365	F	206	Cook, Kate	02:07:11	Storm Force 10	2013	
366	F	207	Nancarrow, Karen	02:08:34	Storm Force 10	2012	