

# 10 mile PBs

(Updated to An Res 2026)

The PBs are for races in a Hayle Shirt.

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	2026 Progress
1	M	1	Rowe, Joshua	0:53:24	Storm Force 10	2023	
2	M	2	Pochee, Brahma	0:54:30	Storm Force 10	2018	
3	M	3	Farmer, Sam	0:54:36	Storm Force 10	2025	
4	M	4	Ellis, Peter	0:54:59	Plymouth Hoe	2010	
5	M	5	Morant, Jordan	0:55:27	Storm Force 10	2017	
6	M	6	McQuillen-Wright, Chris	0:55:44	Teignbridge	2004	
7	M	7	Costello, Daniel	0:55:52	Storm Force 10	2017	
8	M	8	Hayhurst, Neil	0:56:45	Storm Force 10	2022	
9	M	9	Humphrey, Thomas	0:57:07	Storm Force 10	2016	
10	M	10	Gore, Adam	0:57:53	Storm Force 10	2023	
11	M	11	Gardner, Jacob	0:58:56	Storm Force 10	2023	
12	M	12	Hagan, Steven	0:59:02	Storm Force 10	2025	
13	M	13	Paroissien, Andrew	0:59:12	Storm Force 10	2025	
14	M	14	Barnes, Peter	0:59:38	Storm Force 10	2024	
15	M	15	Millington, Daniel	0:59:41	An Resek	2026	
16	M	16	Abraham, Scott	0:59:46	Great South Run	2016	
17	M	17	Rosenfeld, Thomas	0:59:48	Storm Force 10	2020	
18	M	18	Knowles, Simon	1:00:05	Storm Force 10	2015	
19	M	19	O'Neill, Liam	1:00:17	Storm Force 10	2025	
20	M	20	Turner, Russell	1:00:20	An Resek	2013	
21	M	21	Fuller, Stephen	1:00:38	Storm Force 10	2022	
22	M	22	Murrant, Kieran	1:00:48	Storm Force 10	2023	
23	M	23	Bennett, Edmund	1:01:04	Storm Force 10	2025	
24	M	24	Cookson, Neill	1:01:05	Bideford 10	2017	
25	F	1	Paull, Emma	1:01:11	Storm Force 10	2015	
26	M	25	Dowrick, Mike	1:01:12	Bideford	2013	
26	M	25	Rielly, Ross	1:01:12	An Resek	2026	
28	M	27	Stephens, Jeremy	1:01:15	Storm Force 10	2010	
29	M	28	Lucas, Ben	1:01:44	Storm Force 10	2012	
30	M	29	Wherry, Steve	1:01:55	Storm Force 10	2018	
31	M	30	Reid, Alan	1:02:11	Blaythorne	2008	
32	M	31	Wyatt, Steve	1:02:31	Blaythorne	2007	
33	M	32	Savage, Rich	1:02:47	Storm Force 10	2017	
34	M	33	Malone-Lee, Francis	1:03:02	An Resek	2026	
35	M	34	Mayes, Richard	1:03:03	Storm Force 10	2012	
36	M	35	Strickland, Daniel	1:03:04	An Resek	2023	
37	M	36	Purvis, Lloyd	1:03:06	An Resek	2016	
38	M	37	Hill, Lewis	1:03:22	An Resek	2015	
39	M	38	Horswell, Richard	1:03:40	Storm Force 10	2012	
40	M	39	Manning, James	1:03:41	Storm Force 10	2019	
41	M	40	Jeffer, Simon	1:03:42	Storm Force 10	2025	
42	M	41	Timms, Simon	1:03:46	Storm Force 10	2014	

43	M	42	Costello, Nick	1:03:48	Storm Force 10	2019	
44	M	43	Warmington, Paul	1:04:01	Storm Force 10	2019	
45	M	44	Watts, Robert	1:04:04	Storm Force 10	2015	
46	M	45	Stone, Matthew	1:04:12	An Resek	2009	
47	M	46	Hicks, Sam	1:04:13	Blaythorne	2009	
48	M	47	Turton, Dominic	1:04:39	An Resek	2024	
49	M	48	Medlock, Bradley	1:04:40	Storm Force 10	2025	
50	M	49	Reid, David	1:04:54	Storm Force 10	2023	
51	M	50	Curtis, Matt	1:04:57	Storm Force 10	2013	
52	M	51	Gill, Stuart	1:05:19	Storm Force 10	2015	
53	M	52	Wilding, David	1:05:23	Storm Force 10	2022	
54	M	53	Goodreid, Ian	1:05:33	Blaythorne	2007	
55	M	54	Webb, Sean	1:05:39	Blaythorne	2007	
56	M	55	Trembath, Robert	1:05:59	Bideford	2015	
57	M	56	Jukes, Andy	1:06:29	Blaythorne	2006	
58	M	57	Tullett, Adam	1:06:44	Blaythorne	2008	
59	M	58	Davies, Max	1:06:51	Storm Force 10	2025	
60	M	59	Luckhurst, Will	1:07:12	Storm Force 10	2023	
61	M	60	Lowdon, John	1:07:22	An Resek	2017	
62	M	61	Burford, Lee	1:07:23	Storm Force 10	2020	
63	M	62	Philpotts, Bob	1:07:23	Blaythorne	2007	
64	M	63	Eldon, Jon	1:07:26	Storm Force 10	2025	
65	M	64	Williams, Mark	1:07:45	Storm Force 10	2023	
66	M	65	Marsden, Stanley	1:07:53	Storm Force 10	2025	
67	M	66	Grose, Simon	1:07:54	Blaythorne	2000	
68	M	67	Grainger, Christopher	1:08:00	An Resek	2009	
69	M	68	Guffick, Dave	1:08:04	Storm Force 10	2024	
70	M	69	Richards, Robert	1:08:07	Blaythorne	2007	
71	M	70	Curnow, Ian	1:08:12	Storm Force 10	2023	
72	M	71	Attwood, James	1:08:16	Storm Force 10	2015	
73	M	72	Reynolds, Todd	1:08:22	Storm Force 10	2025	
74	M	73	Barrett, Chris	1:08:23	An Resek	2019	
75	F	2	Goldsworthy, Rachel	1:08:29	Storm Force 10	2011	
76	M	74	James, Darren	1:08:31	An Resek	2009	
77	M	75	Freeland, Jake	1:08:31	Storm Force 10	2022	
78	F	3	Harrison-Webb, Debbie	1:08:36	Bideford	2015	
79	M	76	Pickles, Joe	1:08:39	An Resek	2016	
80	M	77	Burrows, Anthony	1:08:43	Storm Force 10	2012	
81	M	78	Hills, James	1:09:13	An Resek	2009	
82	M	79	Davies, Kieran	1:09:19	Storm Force 10	2013	
83	F	4	Bennett, Charlotte	1:09:37	Storm Force 10	2015	
84	M	80	Smith, Derek	1:09:53	Storm Force 10	2011	
85	M	81	Morris, Paul	1:10:00	Storm Force 10	2012	
86	M	82	Masters, Nick	1:10:03	Storm Force 10	2017	
87	M	83	Sneyd, Paul	1:10:08	Storm Force 10	2017	
88	M	84	Kennett-Parsons, Joe	1:10:12	Storm Force 10	2016	
88	M	84	Smith, Andrew	1:10:12	Storm Force 10	2012	

90	M	86	Twiggs, Tim	1:10:13	Storm Force 10	2018	
91	M	87	Pope, Kevin	1:10:20	Storm Force 10	2017	
92	F	5	Savage, Faye	1:10:23	An Resek	2014	
93	F	6	Gillespie, Rebecca	1:10:36	Blaythorne	2007	
94	M	88	Tonkin, Craig	1:10:37	Storm Force 10	2012	
95	F	7	Nicholas, Melissa	1:10:53	Storm Force 10	2022	
96	M	89	King, Kevin	1:10:56	Storm Force 10	2013	
97	F	8	Ruetsch, Fiona	1:11:00	Storm Force 10	2012	
98	M	90	Williams, Ashley	1:11:01	An Resek	2025	
99	F	9	Jose, Amy	1:11:07	Storm Force 10	2018	
100	M	91	Lyons, Richard	1:11:09	An Resek	2016	
101	M	92	Hayes, Curtis	1:11:10	Storm Force 10	2024	
101	F	10	Medlock, Kirsty	1:11:10	Great South Run	2023	
103	F	11	Angilley, Jayne	1:11:17	Blaythorne	2009	
104	M	93	Balmer, Luke	1:11:18	An Resek	2009	
105	M	94	Allan, Paul	1:11:23	Bideford 10	2021	
106	M	95	Walker, Murray	1:11:27	Storm Force 10	2016	
107	F	12	Manners, Melodie	1:11:28	Storm Force 10	2022	
108	M	96	Hegarty, Alan	1:11:46	Blaythorne	2008	
109	M	97	Hill, Terry	1:11:47	Blaythorne	2008	
110	M	98	Jordan, Peter	1:11:55	Storm Force 10	2017	
111	F	13	Kenworthy, Sarah	1:11:56	Launceston	2011	
112	M	99	Pickering, Stuart	1:11:58	Storm Force 10	2017	
113	M	100	Lewis, Martyn	1:12:02	Storm Force 10	2016	
114	M	101	Curtis, Oisin	1:12:06	Storm Force 10	2022	
115	M	102	Kershaw, David	1:12:16	Storm Force 10	2015	
116	M	103	Townend, Stewart	1:12:20	Blaythorne	2007	
117	M	104	Edwards, John	1:12:26	An Resek	2009	
118	M	105	Savage, Jon	1:12:27	Storm Force 10	2017	
119	M	106	Wall, Alex	1:12:37	Storm Force 10	2014	
120	M	107	Lee, Steven	1:12:38	Storm Force 10	2013	
121	M	108	Nancarrow, David	1:12:47	Storm Force 10	2016	
122	M	109	Humbles, Frazer	1:12:49	Storm Force 10	2025	
123	M	110	Batchelor, David	1:12:51	Storm Force 10	2019	
124	M	111	Lewis, Jules	1:13:03	An Resek	2011	
125	M	112	Cooling, Steve	1:13:08	Storm Force 10	2016	
126	M	113	Brooks, Alex	1:13:11	An Resek	2025	
127	M	114	Baldwin, Mike	1:13:12	Storm Force 10	2012	
128	M	115	Gough, Paul	1:13:23	Storm Force 10	2024	
129	M	116	Newcombe, Giles	1:13:29	Storm Force 10	2017	
130	M	117	Orchard, Mike	1:13:41	An Resek	2006	
131	M	118	Seabury, Ian	1:13:46	Storm Force 10	2025	
132	M	119	Francis, Desmond	1:13:50	Storm Force 10	2010	
133	F	14	Patterson, Sarah	1:14:00	Storm Force 10	2013	
134	F	15	Tossell, Rebecca	1:14:07	Storm Force 10	2020	
135	M	120	Penberthy, Michael	1:14:32	Storm Force 10	2011	
136	M	121	Blight, Andrew	1:14:40	Storm Force 10	2012	

137	M	122	Silver, Kevin	1:14:43	Storm Force 10	2023	
138	M	123	Curtis, Martin	1:14:46	Blaythorne	2009	
139	M	124	Pulley, Sean	1:14:49	Storm Force 10	2024	
140	F	16	Strickland, Lee	1:15:01	Storm Force 10	2023	
141	M	125	Peters, Nicholas	1:15:04	Storm Force 10	2024	
142	F	17	Paull, Lucy	1:15:21	Storm Force 10	2024	
143	M	126	Humphrey, Irwin	1:15:26	Storm Force 10	2014	
144	M	127	Waring, Chris	1:15:36	Storm Force 10	2015	
145	M	128	Tullett, Lee	1:15:38	An Resek	2026	0:01:23
146	F	18	Friday, Lisa	1:15:39	Storm Force 10	2013	
147	M	129	Little, Samuel	1:15:44	An Resek	2026	0:08:49
148	M	130	Beer, Joe	1:15:47	Storm Force 10	2022	
148	F	19	Mitchell, Debbie	1:15:47	Storm Force 10	2022	
150	M	131	Date, Malcolm	1:15:51	Blaythorne	2009	
151	F	20	Knowles, Helen	1:15:52	Storm Force 10	2012	
152	M	132	Starkie, Andrew	1:15:55	An Resek	2015	
153	M	133	Seagger, Paul	1:15:58	Storm Force 10	2025	
154	F	21	O'Neill, Fiona	1:16:02	Storm Force 10	2025	
155	M	134	Uren, Darren	1:16:06	Storm Force 10	2024	
156	F	22	Howard, Sophie	1:16:07	An Resek	2022	
157	M	135	Ellis, Andrew	1:16:10	Storm Force 10	2019	
157	M	135	Moore, Andy	1:16:10	Blaythorne	2007	
159	M	137	Corrigan, Steve	1:16:17	Launceston	2011	
160	F	23	Porte, Rachel	1:16:19	Storm Force 10	2016	
161	M	138	Eric, George	1:16:27	An Resek	2019	
162	M	139	Timms, Ian	1:16:30	An Resek	2016	
162	F	24	Williams, Maria	1:16:30	Storm Force 10	2011	
164	M	140	Floyd, Rob	1:16:36	Storm Force 10	2014	
165	M	141	Eatock, John-Paul	1:16:40	Blaythorne	2009	
166	M	142	Eager, Chris	1:16:41	Storm Force 10	2016	
167	F	25	Ellen, Emily	1:16:42	Storm Force 10	2022	
168	M	143	Richards, Steven	1:16:42	Storm Force 10	2016	
169	F	26	Kirby, Alysia	1:16:46	Blaythorne	2007	
169	F	26	Rudd, Nikki	1:16:46	An Resek	2014	
171	M	144	James, John	1:16:46	Storm Force 10	2020	
172	M	145	Hynard, Mark	1:16:48	Blaythorne	2008	
173	M	146	James, Andrew	1:16:48	An Resek	2022	
174	M	147	Burnell, Frank	1:16:53	Blaythorne	2009	
175	M	148	Cudmore, Nathan	1:16:59	An Resek	2026	0:02:06
176	M	149	Rowe, Phil	1:17:02	Blaythorne	2007	
177	M	150	Holman, Tony	1:17:07	An Resek	2006	
178	M	151	Weare, Michael	1:17:17	An Resek	2014	
179	M	152	Whitehouse, Mike	1:17:20	Storm Force 10	2022	
180	F	28	Gerrard, Corinne	1:17:26	Storm Force 10	2020	
181	M	153	Searle, Andrew	1:17:29	Storm Force 10	2024	
182	F	29	Foreman, Lia	1:17:36	Storm Force 10	2023	
182	M	154	Thomson, Stuart	1:17:36	An Resek	2026	

184	F	30	Rogers, Tear	1:17:39	An Resek	2026	0:03:02
185	M	155	Smith, Brian	1:17:44	An Resek	2009	
186	F	31	Aspden, Gail	1:17:46	Storm Force 10	2018	
187	M	156	Maclaren, Steve	1:17:48	Storm Force 10	2020	
188	F	32	Spencer-Smith, Andrea	1:17:49	Storm Force 10	2013	
189	F	33	Quick, Louise	1:17:52	An Resek	2009	
190	F	34	Towers, Julie	1:17:54	Storm Force 10	2025	
191	F	35	Burns, Julia	1:18:01	Storm Force 10	2017	
192	M	157	Underhill, Craig	1:18:09	Storm Force 10	2024	
193	F	36	Langley, Stephanie	1:18:10	Storm Force 10	2025	
194	F	37	Astill, Naomi	1:18:19	Storm Force 10	2020	
195	M	158	Smith, Tim	1:18:27	Blaythorne	2009	
196	F	38	Gibson, Alice	1:18:42	Storm Force 10	2018	
197	F	39	Bastiani, Ellen	1:18:47	An Resek	2016	
198	M	159	Johns, Philip	1:18:56	Great South Run	2021	
199	M	160	Leo, Cas	1:19:14	Blaythorne	2006	
200	F	40	Moore, Kelly	1:19:22	Storm Force 10	2016	
201	M	161	Fraser, Glen	1:19:39	Blaythorne	2007	
202	F	41	Riggall, Kimberley	1:19:43	Storm Force 10	2014	
203	M	162	Elliott, Lee	1:19:48	Storm Force 10	2015	
204	F	42	Hume-Rothery, Gabrielle	1:19:52	Storm Force 10	2020	
205	M	163	Billing, Johnathan	1:20:05	Storm Force 10	2024	
206	F	43	Shorland, Narina	1:20:13	Storm Force 10	2014	
207	F	44	Chesterfield, Caroline	1:20:16	Storm Force 10	2018	
208	M	164	Haynes, Robert	1:20:18	An Resek	2008	
209	F	45	Warren, Diane	1:20:22	Great South Run	2019	
210	F	46	Waller, Anne	1:20:26	An Resek	2010	
211	M	165	Ford, Edward	1:20:43	Storm Force 10	2024	
212	M	166	Pound, Craig	1:20:49	Storm Force 10	2019	
213	F	47	Foreman, Michelle	1:20:51	Blaythorne	2008	
213	F	47	Ollivier, Louise	1:20:51	Storm Force 10	2016	
215	F	49	Bennett, Emily	1:20:54	An Resek	2018	
216	M	167	Elgar, Simon	1:21:10	An Resek	2015	
217	M	168	Folger, David	1:21:14	Looe 10	2026	
218	M	169	Goulbourn, Mark	1:21:16	Storm Force 10	2013	
219	F	50	Lamerton, Sharon	1:21:28	Storm Force 10	2016	
220	M	170	Bastian, Adrian	1:21:31	Storm Force 10	2013	
221	F	51	Beman, Lynn	1:21:36	Storm Force 10	2010	
222	M	171	Mangion, Santino	1:21:38	Storm Force 10	2024	
223	F	52	Barker, Jane	1:21:45	Storm Force 10	2023	
224	F	53	Caddy, Arianna	1:21:55	Storm Force 10	2025	
225	F	54	La Brash, Angela	1:22:07	Storm Force 10	2014	
226	M	172	Glew, Graham	1:22:08	Storm Force 10	2020	
227	M	172	Murray, Simon	1:22:08	Storm Force 10	2024	
228	F	55	Thomas, Alison	1:22:11	Storm Force 10	2017	
229	M	174	Bradford, Luke	1:22:19	An Resek	2024	
230	F	56	Newing, Sarah	1:22:20	Storm Force 10	2013	

231	M	175	Climer, Phil	1:22:29	An Resek	2009	
232	F	57	Simmons, Andrea	1:22:37	Storm Force 10	2024	
233	F	58	Bowker, Rachel	1:22:45	Storm Force 10	2015	
234	M	176	Collett, Richard	1:22:46	An Resek	2023	
235	F	59	Vivian, Gemma	1:22:47	An Resek	2022	
236	F	60	Such, Louise	1:22:52	Blaythorne	2009	
237	F	61	Poultney, Melissa	1:22:52	Storm Force 10	2020	
238	M	177	Swain, Gary	1:22:59	Storm Force 10	2022	
239	M	178	Thomas, Andrew	1:23:12	An Resek	2008	
240	F	62	Holland, Jo	1:23:32	Storm Force 10	2017	
241	M	179	Baker, Ben	1:23:37	Storm Force 10	2014	
242	M	180	Thomas, Alan	1:23:45	Storm Force 10	2015	
243	M	181	Wigram, Tim	1:23:46	Storm Force 10	2011	
244	M	182	George, Andrew	1:23:47	Storm Force 10	2018	
245	F	63	Renowden, Zoe	1:23:48	An Resek	2024	
246	F	64	Roskilly, Michelle	1:23:54	Great South Run	2019	
247	M	183	Smith, Stuart	1:23:59	Storm Force 10	2024	
248	M	184	Merrett, Graham	1:24:01	Storm Force 10	2016	
249	F	65	Cardell, Timothea	1:24:05	Blaythorne	2005	
250	F	66	Phillips, Victoria	1:24:11	Storm Force 10	2025	
251	M	185	Shepherd, Alan	1:24:11	Blaythorne	2005	
252	F	67	Frame, Kate	1:24:12	Storm Force 10	2025	
252	M	186	Wright, David	1:24:12	Storm Force 10	2022	
254	M	187	Scott, David	1:24:15	Blaythorne	2009	
255	F	68	Merrett, Trish	1:24:24	An Resek	2011	
255	M	188	Trenchard, Ben	1:24:24	Storm Force 10	2013	
257	M	189	Penhaul, Chunky	1:24:36	Storm Force 10	2023	
258	M	190	Keenan, Brad	1:24:37	An Resek	2026	
259	M	191	Simpson, Charles	1:24:51	Storm Force 10	2023	
260	M	192	Boucher, Richard	1:24:58	Storm Force 10	2020	
261	F	69	Litt, Casey	1:25:00	An Resek	2011	
262	M	193	Temp, Tommy	1:25:08	Storm Force 10	2024	
263	F	70	Pegg, Rachel	1:25:09	Storm Force 10	2016	
264	F	71	Lee, Becky	1:25:14	Storm Force 10	2013	
265	F	72	Haghani, Laura	1:25:24	Storm Force 10	2025	
266	F	73	Cliff, Naomi	1:25:30	Blaythorne	2007	
267	F	74	Burrow, Melissa	1:25:31	Storm Force 10	2019	
268	F	75	Smith, Hannah	1:25:33	Storm Force 10	2020	
269	M	194	Sobey, David	1:25:34	An Resek	2009	
270	M	195	Burrell, Mark	1:25:37	Storm Force 10	2012	
270	F	76	Wade, Faye	1:25:37	An Resek	2011	
272	F	77	Billing, Kathryn	1:25:47	Storm Force 10	2010	
273	F	78	Ziegelewanger, Liesi	1:26:07	Storm Force 10	2014	
274	M	196	Bristow, Don	1:26:23	Blaythorne	2003	
275	M	197	Haynes, Howard	1:26:33	Blaythorne	2008	
276	F	79	Goodman, Anna	1:26:34	An Resek	2024	
277	M	198	Campbell, Colin	1:26:35	An Resek	2011	

278	M	199	Round, Matthew	1:26:39	Storm Force 10	2013	
279	F	80	Sycamore, Kathryn	1:26:50	Blaythorne	2009	
280	F	81	Rowat, Sharon	1:26:54	Storm Force 10	2024	
281	M	200	Bonar, David	1:26:59	Storm Force 10	2019	
282	F	82	Burgess, Nicki	1:27:12	An Resek	2016	
283	F	83	Spargo, Gail	1:27:15	An Resek	2009	
284	F	84	Pierce, Ruth	1:27:16	Storm Force 10	2018	
285	F	85	Buckland, Jennifer	1:27:17	Storm Force 10	2024	
286	F	86	Murray, Sam	1:27:19	Storm Force 10	2022	
287	F	87	De Ruvo, Maria	1:27:35	Storm Force 10	2023	
288	M	201	Cornish, Trevor	1:27:39	Storm Force 10	2022	
289	F	88	Tredinnick, Emma	1:27:42	An Resek	2008	
290	M	202	Nicholas, Robert	1:27:46	An Resek	2026	
291	M	203	Seymour, Rob	1:27:51	An Resek	2010	
291	F	89	Sullivan, Sharon	1:27:51	Storm Force 10	2012	
293	F	90	Senior, Anne	1:27:56	Storm Force 10	2018	
294	F	91	Walton, Nancy	1:28:08	An Resek	2010	
295	M	204	Jordan, Rob	1:28:09	Storm Force 10	2017	
296	M	205	Ward, Kevin	1:28:12	Looe 10	2026	
297	F	92	Sanders, Iona	1:28:15	Blaythorne	2008	
298	F	93	Connon, Naomi	1:28:17	Storm Force 10	2015	
299	F	94	Lund-Lack, Sarah	1:28:26	Storm Force 10	2015	
300	F	95	Markey, Anne	1:28:32	An Resek	2009	
301	F	96	Harvey, Andrea	1:28:34	Storm Force 10	2025	
302	F	97	Adams, Elaine	1:28:36	Storm Force 10	2019	
303	M	206	Breakwell, Curt	1:28:39	An Resek	2016	
304	M	207	Edmunds, Sam	1:28:46	Storm Force 10	2020	
305	F	98	Hickman, Chantelle	1:28:50	An Resek	2022	
306	F	99	Mcphail, Mo	1:28:53	Storm Force 10	2013	
307	F	100	Park, Sarah	1:28:54	Storm Force 10	2014	
308	F	101	Forbes, Jennifer	1:28:57	Storm Force 10	2024	
309	F	102	Lewis, Bridget	1:29:05	Storm Force 10	2025	
310	M	208	Stanford, Joseph	1:29:16	An Resek	2023	
311	F	103	Clare, Helen	1:29:18	Storm Force 10	2012	
312	F	104	Wills, Kerry	1:29:21	Storm Force 10	2012	
313	M	209	Blackburn, Simon	1:29:23	An Resek	2023	
314	F	105	Hogan, Sandra	1:29:31	Blaythorne	2009	
315	M	210	Bennetts, Shaun	1:29:34	Storm Force 10	2018	
315	F	106	Osborn, Kathryn	1:29:34	Plymouth Hoe	2012	
317	F	107	Iivonen-Gray, Katri	1:29:37	Storm Force 10	2019	
318	F	108	Burgess, Mel	1:29:39	An Resek	2025	
319	F	109	Allen, Sarah	1:29:46	Storm Force 10	2025	
320	M	211	De Rozarieux, Nathan	1:29:51	Storm Force 10	2018	
321	F	110	Fitt, Michelle	1:29:55	An Resek	2023	
322	M	212	Kearney, Peter	1:30:03	An Resek	2026	0:13:00
323	F	111	Holley, Michaela	1:30:03	Storm Force 10	2012	
324	F	112	Long, Fran	1:30:12	Storm Force 10	2017	

325	F	113	Kearney, Tamara	1:30:13	An Resek	2026	0:12:26
326	M	213	Condon, Ryan	1:30:26	An Resek	2024	
327	F	114	Baker-Martin, Claire	1:30:44	Storm Force 10	2025	
327	M	214	Campbell, Chris	1:30:44	An Resek	2023	
329	M	215	Hocking, Daniel	1:30:49	Storm Force 10	2024	
330	F	115	Turner, Glynnis	1:30:56	Storm Force 10	2012	
331	F	116	Travers, Pippa	1:30:58	Storm Force 10	2012	
332	F	117	Thomas, Sarah	1:31:01	An Resek	2026	
333	F	118	Davis-Kirsop, Florence	1:31:05	Storm Force 10	2016	
334	F	119	Jelf, Michelle	1:31:06	Storm Force 10	2014	
335	F	120	Phillips, Ruth	1:31:07	Blaythorne	2007	
336	F	121	Cannon, Naomi	1:31:23	An Resek	2015	
336	F	121	Chapman, Susan	1:31:23	An Resek	2011	
338	M	216	Evans, Alun	1:31:24	Storm Force 10	2016	
339	M	217	Biss, Andrew	1:31:25	Storm Force 10	2011	
340	M	218	Thomas, Colin	1:31:34	Storm Force 10	2012	
341	M	219	Mulliss, Rowan	1:31:35	Storm Force 10	2025	
342	M	220	Drewett, Toby	1:31:37	Storm Force 10	2020	
343	F	123	Casey, Helen	1:31:45	Storm Force 10	2025	
344	F	124	Wilding, Sarah	1:31:48	Storm Force 10	2017	
345	F	125	Challoner, Jady	1:31:58	Storm Force 10	2013	
346	M	221	Burrows, Robert	1:32:10	An Resek	2022	
347	F	126	Stone, Natasha	1:32:16	Storm Force 10	2012	
348	M	222	Neal, Andrew	1:32:29	Blaythorne	2008	
349	F	127	Lewis, Caroline	1:32:38	An Resek	2007	
350	F	128	Black, Sam	1:32:39	Storm Force 10	2019	
350	F	128	Lawry, Nikki	1:32:39	Storm Force 10	2017	
352	F	130	Lacekle, Liga	1:32:43	Trevornick	2015	
353	F	131	Baldwin, Sarah	1:32:56	Storm Force 10	2010	
354	M	223	Redrup, Scott	1:32:57	An Resek	2026	0:12:00
355	F	132	Pearce, Deborah	1:33:04	Storm Force 10	2017	
356	M	224	Angwin, Richard	1:33:06	An Resek	2011	
357	F	133	Martin, Kelly	1:33:11	Storm Force 10	2015	
358	F	134	Laing, Stella	1:33:20	Blaythorne	2008	
359	M	225	Matta, Chris	1:33:22	Storm Force 10	2010	
360	F	135	Hanson, Julie	1:33:24	Blaythorne	2006	
361	M	226	Leckie, David	1:33:48	An Resek	2009	
362	M	227	Cartlidge, Jerry	1:33:50	Storm Force 10	2025	
363	F	136	O'Keeffe, Jackie	1:33:51	Blaythorne	2008	
364	M	228	Bryant, Anthony	1:33:53	Storm Force 10	2024	
365	F	137	Payne, Kelly	1:33:56	Storm Force 10	2022	
366	F	138	Lorys, Lily	1:34:11	Looe 10	2023	
367	F	139	Lewis, Deborah	1:34:21	Storm Force 10	2016	
368	F	140	Pochee, Amanda	1:34:23	Storm Force 10	2018	
369	F	141	Rouncefield, Carol	1:34:25	Storm Force 10	2011	
370	F	142	Gilbert, Katie	1:34:26	An Resek	2011	
371	F	143	Northmore, Melissa	1:34:31	Storm Force 10	2015	

372	F	144	Gore, Jamie	1:34:36	Storm Force 10	2023	
373	F	145	Usher, Karen	1:34:38	Storm Force 10	2020	
374	M	229	Hardman, Roland	1:34:39	Storm Force 10	2022	
375	F	146	Booth, Denise	1:34:47	An Resek	2008	
376	F	147	Parton, Julie	1:34:52	An Resek	2018	
377	M	230	Roskruge, Martin	1:35:09	Trevornick	2013	
378	F	148	Harvey Hancock, Missie	1:35:21	Storm Force 10	2014	
379	F	149	Gandy, Jessica	1:35:29	Trevornick	2017	
380	F	150	Golbert, Claire	1:35:35	Storm Force 10	2016	
380	F	150	Williams, Laura	1:35:35	Storm Force 10	2019	
382	F	152	Baker, Rebecca	1:35:45	Storm Force 10	2014	
383	F	153	Kirk, Debbie	1:35:49	Blaythorne	2009	
384	F	154	Picking, Alice	1:36:01	An Resek	2026	
385	F	155	Marks, Victoria	1:36:22	Storm Force 10	2017	
386	F	156	Billington, Melanie	1:36:32	Storm Force 10	2012	
386	F	156	Brennan, Valerie	1:36:32	Blaythorne	2009	
388	F	158	Clark, Margaret	1:36:33	Storm Force 10	2023	
389	F	159	De Barros, Sara	1:36:36	Storm Force 10	2016	
390	M	231	Homer, Charles	1:36:43	Looe 10	2024	
391	F	160	Kitchen, Amelia	1:36:51	Storm Force 10	2018	
392	F	161	Cuthbert, Helen	1:37:01	Storm Force 10	2025	
393	M	232	Brinkworth, Julius	1:37:08	Storm Force 10	2025	
394	F	162	Greef, Jayne	1:37:14	Storm Force 10	2011	
395	M	233	Clarke, Dale	1:37:17	Storm Force 10	2022	
396	M	234	Stevens, Alex	1:37:31	An Resek	2025	
397	M	235	Reynolds, Andrew	1:37:49	Blaythorne	2007	
398	F	163	Ferguson, Ana	1:37:52	An Resek	2013	
398	F	163	Willcocks, Jayne	1:37:52	Blaythorne	2005	
400	F	165	Shaw, Nicki	1:37:59	An Resek	2009	
401	F	166	Kearney, Jemma	1:38:03	Storm Force 10	2025	
402	F	167	Pellow, Julie	1:38:04	An Resek	2011	
403	M	236	Bennetts, William	1:38:08	Blaythorne	2007	
404	M	237	Heather, Andrew	1:38:08	An Resek	2026	0:05:33
405	F	168	Carter, Nikki	1:38:14	An Resek	2014	
406	F	169	Gibbard, Helen	1:38:15	Blaythorne	2008	
407	F	170	Clark, Theresa	1:38:15	Great South Run	2021	
408	F	171	Whetton, Grace	1:38:18	An Resek	2025	
409	F	172	Dudding, Debi	1:38:34	Storm Force 10	2015	
410	M	238	Bowden, Ian	1:38:47	Storm Force 10	2014	
411	M	239	Allnutt, John	1:38:58	Storm Force 10	2011	
412	F	173	Tonkin, Jane	1:39:01	Blaythorne	2005	
413	F	174	Stainsby, Elaine	1:39:03	An Resek	2009	
414	M	240	Sanderson, Jared	1:39:07	An Resek	2025	
415	M	241	Turtle, John	1:39:10	An Resek	2024	
416	F	175	Pascoe, Wendy	1:39:12	Storm Force 10	2012	
417	F	176	Rogers, Zenna	1:39:14	An Resek	2016	
418	F	177	Stone, Claire	1:39:29	An Resek	2023	

419	F	178	Culley, Carol	1:39:47	Storm Force 10	2015	
420	F	179	Redfern, Jackie	1:39:56	An Resek	2010	
421	F	180	Fitzmaurice, Kate	1:39:57	Trevornick	2009	
422	F	181	Elgar, Rebecca	1:39:59	An Resek	2015	
423	F	182	Crehan, Kate	1:40:01	Storm Force 10	2019	
424	F	183	Hill, Jo	1:40:05	An Resek	2012	
425	M	242	Kelly, Nick	1:40:08	Storm Force 10	2025	
426	F	184	Alexander, Lesley	1:40:23	Storm Force 10	2011	
427	M	243	Morley, Nick	1:40:40	Storm Force 10	2023	
428	F	185	Tymm, Zoe	1:40:56	Storm Force 10	2015	
429	F	186	Neil, Jennifer	1:41:03	Storm Force 10	2013	
430	F	187	Rochford, Hayley	1:41:04	Storm Force 10	2013	
431	M	244	Sneyd, John	1:41:34	Drogo Ten	2009	
432	F	188	Harries, Victoria	1:41:37	Storm Force 10	2017	
433	F	189	Davis, Ruth	1:41:43	An Resek	2015	
434	F	190	Parker, Deborah	1:41:49	Storm Force 10	2015	
434	F	190	Wilson, Lucy	1:41:49	Storm Force 10	2015	
436	M	245	Saundry, Richard	1:41:50	Storm Force 10	2012	
437	F	192	Gorree-Wery, Alex	1:41:52	Storm Force 10	2012	
438	F	193	Reid, Michelle	1:42:09	Blaythorne	2008	
439	F	194	Richards, Helen	1:42:13	Storm Force 10	2022	
440	F	195	Moore, Liz	1:42:23	An Resek	2009	
441	F	196	Goddard, Lucy	1:42:30	An Resek	2022	
442	M	246	Brennan, Tom	1:42:44	Blaythorne	2009	
443	M	247	McCartney, Innes	1:42:59	An Resek	2024	
444	F	197	Lawrenson-Reid, June	1:43:05	Blaythorne	2006	
445	F	198	Mills, Helen	1:43:07	Storm Force 10	2015	
445	F	198	Stevens, Carol	1:43:07	Storm Force 10	2015	
447	F	200	Kenney, Charlotte	1:43:11	An Resek	2018	
448	F	201	Kirk, Jo	1:43:45	An Resek	2012	
449	F	202	Stone, Jackie	1:43:47	Great South Run	2023	
450	F	203	Smith, Mo	1:43:47	Storm Force 10	2012	
451	F	204	Henry, Naila	1:43:55	Storm Force 10	2012	
452	F	205	Uren, Gina	1:44:02	Storm Force 10	2017	
453	F	206	Deane, Grace	1:44:21	Storm Force 10	2024	
454	F	207	Bills, Kelly	1:44:25	Looe 10	2024	
455	F	208	Trevena, Suzanne	1:44:30	An Resek	2008	
456	F	209	Naylor, Jane	1:44:45	Storm Force 10	2022	
457	F	210	Tregarthen, Sarah	1:44:48	Storm Force 10	2013	
458	F	211	Newcombe, Jo	1:44:50	Storm Force 10	2015	
459	F	212	Thomas, Susan	1:44:58	Storm Force 10	2024	
460	F	213	Parker, Kim	1:45:18	Trevornick	2014	
461	F	214	Bray, Brydie	1:45:19	An Resek	2007	
462	F	215	Telford, Karen	1:45:23	An Resek	2014	
463	F	216	Osborne, Anthea	1:45:25	An Resek	2017	
464	F	217	Oxenham, Lynne	1:45:57	Blaythorne	2007	
465	F	218	Johns, Sarah	1:45:58	Storm Force 10	2022	

466	F	219	Scholes, Claire	1:46:02	An Resek	2012	
467	F	220	Whitton, Rosanna	1:46:12	Storm Force 10	2025	
468	F	221	Hocking, Stacey	1:46:16	An Resek	2018	
469	F	222	Ray, Pamela	1:46:22	Storm Force 10	2016	
470	F	223	Whear, Emily	1:46:40	Storm Force 10	2015	
471	M	248	Bumford, James	1:46:45	Storm Force 10	2012	
472	M	249	Mankee, Walter	1:46:47	Blaythorne	2008	
473	F	224	Roberts, Dominique	1:47:17	An Resek	2008	
474	F	225	Allnutt, Pat	1:47:28	Storm Force 10	2011	
475	F	226	Haley, Sherry	1:47:29	An Resek	2011	
476	F	227	Thomson, Rachel	1:47:41	An Resek	2025	
477	F	228	Deere, Louise	1:47:55	Storm Force 10	2018	
478	F	229	Amos, Eillen	1:47:58	Storm Force 10	2016	
479	F	230	Nimmo, Donna	1:48:03	Storm Force 10	2012	
479	F	230	Nimmo, Karen	1:48:03	Storm Force 10	2012	
481	F	232	James, Michaela	1:48:05	Storm Force 10	2013	
482	M	250	Roberts, Shaun	1:48:50	An Resek	2024	
483	F	233	Miller, Amanda	1:49:24	Storm Force 10	2017	
484	M	251	Bolitho, Robert	1:49:28	Storm Force 10	2022	
485	F	234	Cattran-Dunlop, Helen	1:49:30	An Resek	2025	
486	F	235	Cumbley, Kat	1:49:35	Lanhydrock	2017	
486	F	235	Richards, Sara	1:49:35	An Resek	2018	
488	F	237	Lovegrove, Karen	1:49:38	Storm Force 10	2025	
489	F	238	Bolitho, Julie	1:49:39	Storm Force 10	2022	
490	F	239	Pollard, Jean	1:49:44	Storm Force 10	2012	
491	M	252	Squire, Mark	1:50:13	Storm Force 10	2025	
492	F	240	Masters, Nicola	1:50:16	Storm Force 10	2024	
493	M	253	Wright, Mike	1:50:45	Plymouth Hoe	2011	
494	M	254	Mayho, Simon	1:51:20	Storm Force 10	2025	
495	F	241	Armstrong, Maxine	1:51:20	Storm Force 10	2014	
496	F	242	Mcguire, Jo	1:51:33	Storm Force 10	2013	
497	F	243	Nicholls, Derrika	1:51:40	Storm Force 10	2012	
498	F	244	Greenaway, Sophie	1:51:43	An Resek	2026	
499	F	245	Emery, Susanne	1:52:12	Storm Force 10	2013	
500	F	246	Mackintosh, Susie	1:53:26	Storm Force 10	2015	
501	F	247	Elgar, Laura	1:53:38	Storm Force 10	2017	
502	F	248	Coldrick, Debra	1:53:56	Storm Force 10	2013	
503	F	249	Lay, Jo	1:54:35	Storm Force 10	2020	
504	F	250	Moore, Teresa	1:54:38	Storm Force 10	2025	
505	F	251	Müge Parsons, Yelda	1:54:55	Storm Force 10	2024	
506	F	252	Painter, Sarah	1:55:05	An Resek	2014	
507	F	253	Abraham, Amy	1:55:06	Storm Force 10	2020	
508	M	255	De Ruvo, Daniel	1:55:31	Storm Force 10	2024	
509	F	254	Gore, Amanda	1:57:27	Storm Force 10	2023	
510	F	255	Baldwin, Charlotte	1:57:30	Storm Force 10	2014	
511	F	256	Squire, Helen	1:57:39	Storm Force 10	2025	
512	M	256	Simpson, Andrew	1:57:41	Blaythorne	2009	

513	F	257	Frost, Julie	1:57:51	Storm Force 10	2025	
514	F	258	Johns, Emma	1:57:57	Storm Force 10	2025	
515	F	259	Richards, Jackie	1:58:41	Storm Force 10	2012	
516	F	260	Byrne, Deborah	1:58:51	Blaythorne	2008	
517	M	257	Carter, Tim	1:58:55	Launceston	2011	
518	F	261	Massey, Jennie	1:58:59	Trevornick	2015	
519	F	262	Good, Christine	1:59:27	Storm Force 10	2012	
520	F	263	Sturges, Deborah	1:59:47	Storm Force 10	2024	
521	F	264	Simpson, Katie	1:59:49	Storm Force 10	2022	
522	F	265	Williams, Soraya	1:59:54	An Resek	2026	
523	F	266	Crossley, Jo	2:00:10	Storm Force 10	2012	
524	F	267	Evans, Julie	2:00:54	Storm Force 10	2013	
525	F	268	Billington, Laetitia	2:01:49	Storm Force 10	2018	
526	F	269	Berriman, Anne	2:01:55	Storm Force 10	2012	
527	F	270	Ellis, Sarah	2:02:01	Storm Force 10	2024	
528	F	271	Clark, Alaina	2:02:27	An Resek	2025	
529	F	272	Pickersgill, Janet	2:03:06	Storm Force 10	2012	
530	F	273	Collier, Samantha	2:03:16	Storm Force 10	2025	
531	F	274	Redgers, Clare	2:03:32	Great South Run	2021	
532	F	275	Dark, Donna	2:03:54	Great South Run	2021	
533	F	276	Tonkin, Melissa	2:06:35	Great South Run	2021	
534	F	277	Rule, Charlotte	2:07:11	Storm Force 10	2022	
535	F	278	Cook, Kate	2:07:11	Storm Force 10	2013	
536	F	279	Nancarrow, Karen	2:08:34	Storm Force 10	2012	
537	F	280	Hewett, Holly	2:10:02	An Resek	2025	
538	F	281	Robinson, Samantha	2:10:15	Storm Force 10	2024	
539	F	282	Dixon, Samantha	2:11:18	Storm Force 10	2023	
540	F	283	Kearney, Sam	2:15:09	Storm Force 10	2025	
541	F	284	Smith, Suzie	2:16:19	Storm Force 10	2025	
542	F	285	Watkins, Yvonne	2:16:21	Storm Force 10	2025	
543	F	286	Susini, Amanda	2:19:44	Storm Force 10	2025	