

10000m Track PBs

(Updated to DAN 10000m 2025)

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	2025 Progress
1	M	1	Rowe, Joshua	0:32:39	Carn Brea	2022	
2	M	2	Costello, Daniel	0:33:18	Par	2025	
3	M	3	Morant, Jordan	0:33:42	Carn Brea	2016	
4	M	4	McQuillen-Wright, Chris	0:34:54	Par	2004	
5	M	5	Abraham, Scott	0:36:17	Carn Brea	2016	
6	M	6	Wherry, Steve	0:37:00	Par	2017	
7	M	7	Murrant, Kieran	0:37:12	Carn Brea	2016	
8	M	8	Barrett, Chris	0:37:14	Carn Brea	2018	
9	M	9	Watts, Robert	0:37:17	Carn Brea	2016	
10	M	10	Knowles, Simon	0:37:54	Par	2019	
11	M	11	Manning, James	0:39:15	Par	2019	
12	F	1	Paull, Emma	0:39:47	Par	2014	
13	M	12	Wilding, David	0:40:20	Par	2019	
14	M	13	Masters, Nick	0:42:16	Carn Brea	2016	
15	F	2	Jose, Amy	0:43:02	Carn Brea	2018	
16	M	14	Batchelor, David	0:43:45	Carn Brea	2018	
17	M	15	Tonkin, Craig	0:45:57	Carn Brea	2016	
18	F	3	Shorland, Narina	0:48:10	Par	2014	
19	F	4	Knowles, Helen	0:49:06	Carn Brea	2018	
20	M	16	Burrows, Anthony	0:49:12	Carn Brea	2021	