

# 10K PBs

(Updated to Newquay 2026)

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 Progress
1	M	1	Rowe, Joshua	0:32:01	Vitality London 10k	2022	
2	M	2	Costello, Daniel	0:32:38	Speedway 10k	2026	0:01:45
3	M	3	Farmer, Sam	0:32:53	Lightning Bolt	2024	
4	M	4	Gardner, Jacob	0:33:09	Lightning Bolt	2023	
5	M	5	McQuillen-Wright, Chris	0:33:20	Mounts Bay	2007	
6	M	6	Ellis, Peter	0:33:55	Mounts Bay	2010	
7	M	7	Morant, Jordan	0:34:03	Bideford	2026	0:00:05
8	M	8	Humphrey, Thomas	0:34:32	Marazion	2015	
9	M	9	Hayhurst, Neil	0:35:00	Burrator	2024	
10	M	10	Brunnock, Oliver	0:35:03	Lightning Bolt	2024	
11	M	11	Hagan, Steven	0:35:27	Newquay	2025	
12	M	12	Ratcliffe, Floyd	0:35:36	St Levan	2017	
13	M	13	Gore, Adam	0:35:50	Exeter	2023	
14	M	14	Turner, Russell	0:36:07	Marazion	2013	
15	M	15	Knowles, Simon	0:36:11	Marazion	2015	
16	M	16	Savage, Rich	0:36:14	Newquay	2012	
17	M	17	Rosenfeld, Thomas	0:36:23	St Levan	2021	
18	M	18	Bennett, Edmund	0:36:32	Marazion	2025	
19	M	19	Horswell, Richard	0:36:36	Ivybridge	2012	
19	F	1	Paull, Emma	0:36:36	Marazion	2015	
21	M	20	Abraham, Scott	0:36:37	Newquay	2014	
22	M	21	Marsden, Stanley	0:36:39	Marazion	2025	
23	M	22	Dowrick, Mike	0:36:40	Newquay	2013	
23	M	22	Barnes, Peter	0:36:40	Newquay	2023	
25	M	24	Watts, Robert	0:36:41	Newquay	2017	
26	M	25	Rielly, Ross	0:36:47	Newquay	2026	
27	M	26	Purvis, Lloyd	0:36:50	Newquay	2016	
27	M	26	Cookson, Neill	0:36:50	Eastleigh	2019	
29	M	28	Wherry, Steve	0:36:57	Newquay	2017	
29	M	28	O'Neill, Liam	0:36:57	Newquay	2025	
31	M	30	Newman, Jack	0:37:00	Newquay	2026	0:03:14
32	M	31	Stephens, Jeremy	0:37:15	Mounts Bay	2010	
33	M	32	Malone-Lee, Francis	0:37:18	Marazion	2025	
34	M	33	Murrant, Kieran	0:37:21	Newquay	2013	
34	M	33	Fuller, Stephen	0:37:21	Newquay	2022	
36	M	35	Reid, Alan	0:37:28	Mounts Bay	2008	
37	M	36	Summers, Jake	0:37:29	Battersea Park	2025	
38	M	37	Warmington, Paul	0:37:31	Newquay	2026	0:00:23
39	M	38	Wyatt, Steve	0:37:37	Newquay	2007	
40	M	38	Strickland, Daniel	0:37:37	Newquay	2023	
41	M	40	Mayes, Richard	0:37:38	Newquay	2011	
42	M	41	Hill, Lewis	0:37:40	Marazion	2015	
43	M	42	Costello, Nick	0:37:47	Newquay	2019	
44	M	43	Hicks, Sam	0:37:51	Newquay	2009	
45	M	44	Medlock, Bradley	0:38:01	Newquay	2024	
46	M	45	Paroissien, Andrew	0:38:08	Newquay	2019	

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47	M	46	Wright, Martin	0:38:11	Marazion	2024	
48	M	47	Jeffer, Simon	0:38:34	Newquay	2025	
49	M	48	Burton, Thomas	0:38:37	Regent's Park	2025	
50	M	49	Turton, Dominic	0:38:41	Newquay	2024	
51	M	50	Manning, James	0:38:43	Newquay	2019	
52	M	51	Richards, Robert	0:38:51	Newquay	2007	
53	M	52	Beer, Joe	0:38:52	Lightning Bolt	2024	
53	M	52	Crook, Liam	0:38:52	Marazion	2024	
55	M	54	Timms, Simon	0:38:59	Marazion	2013	
56	M	55	Goodreid, Ian	0:39:00	Mounts Bay	2010	
57	M	56	Curtis, Matt	0:39:01	Marazion	2012	
58	M	57	Jukes, Andy	0:39:03	Newquay	2005	
59	M	58	Davies, Max	0:39:10	Newquay	2025	
60	M	59	Atkinson, Paul	0:39:11	Newquay	2022	
61	M	60	Lucas, Ben	0:39:15	Newquay	2011	
61	M	60	Barrett, Chris	0:39:15	Newquay	2018	
63	M	62	Guffick, Dave	0:39:18	Newquay	2024	
64	M	63	Clifton, Alex	0:39:21	Mounts Bay	2008	
64	F	2	Khan, Jane	0:39:21	Newquay	2014	
64	M	63	Webb, Sean	0:39:21	Mounts Bay	2007	
64	M	63	Wilding, David	0:39:21	Newquay	2022	
68	M	66	Gill, Stuart	0:39:26	Newquay	2014	
69	M	67	Kennett-Parsons, Joe	0:39:36	Newquay	2013	
70	M	68	Burrows, Anthony	0:39:44	Newquay	2011	
71	M	69	Pickles, Jonathan	0:39:49	Newquay	2014	
71	M	69	Tullett, Adam	0:39:49	Hayle Handicap	2005	
73	M	71	Wingell, Paul	0:39:53	Newquay	2019	
74	M	72	Hayes, Curtis	0:40:22	Chester	2025	
74	M	72	Luckhurst, Will	0:40:22	Newquay	2019	
76	M	74	Corrigan, Steve	0:40:23	Newquay	2011	
76	F	3	Telford, Paula	0:40:23	Newquay	2010	
78	M	75	Freeland, Jake	0:40:27	Newquay	2022	
79	M	76	Grose, Simon	0:40:30	Falmouth	2000	
80	M	77	Reynolds, Todd	0:40:34	Newquay	2026	0:02:07
81	M	78	Trembath, Robert	0:40:38	Newquay	2015	
82	M	79	Smith, Andrew	0:40:39	Runway Runaround	2012	
83	M	80	Curnow, Ian	0:40:40	Newquay	2025	
84	M	81	Lowdon, John	0:40:41	Newquay	2017	
85	M	82	Eldon, Jon	0:40:50	Newquay	2023	
86	F	4	Kenworthy, Sarah	0:40:56	St Levan	2011	
87	F	5	Goldsworthy, Rachel	0:40:58	Marazion	2011	
88	M	83	Attwood, James	0:40:59	Marazion	2015	
89	M	84	Williams, Mark	0:41:00	Newquay	2023	
90	M	85	Lewis, Jules	0:41:01	Newquay	2009	
90	M	85	Philpotts, Bob	0:41:01	Newquay	2006	
92	M	87	James, Andrew	0:41:06	Newquay	2026	0:04:54

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93	M	88	Burford, Lee	0:41:09	Newquay	2020	
94	M	89	James, Darren	0:41:20	Met 10k	2007	
95	M	90	Morris, Paul	0:41:29	Plymouth	2011	
96	F	6	Bennett, Charlotte	0:41:33	Marazion	2015	
97	M	91	Bradbury, Sean	0:41:40	Marazion	2024	
97	M	91	Taylor, Hugh	0:41:40	Marazion	2024	
99	F	7	Ruetsch, Fiona	0:41:41	Newquay	2008	
99	M	93	Smith, Derek	0:41:41	Mounts Bay	2008	
101	M	94	Tonkin, Craig	0:41:44	Marazion	2012	
102	M	95	Davies, Kieran	0:41:46	Marazion	2013	
103	M	96	Williams, Ashley	0:41:56	Marazion	2024	
104	M	97	Pickering, Stuart	0:42:03	St Levan	2016	
105	F	8	Savage, Faye	0:42:06	Marazion	2014	
106	M	98	Floyd, Rob	0:42:08	Newquay	2013	
107	M	99	Twiggs, Tim	0:42:11	Newquay	2018	
108	M	100	Cooling, Steve	0:42:19	St Levan	2014	
109	F	9	Gillespie, Rebecca	0:42:24	Mounts Bay	2006	
110	F	10	Harrison-Webb, Debbie	0:42:28	Newquay	2013	
111	M	101	King, Kevin	0:42:30	Marazion	2015	
111	M	101	Masters, Nick	0:42:30	Newquay	2018	
113	M	103	Brooks, Alex	0:42:31	Newquay	2026	0:02:33
113	M	103	Townend, Stewart	0:42:31	Mounts Bay	2006	
115	M	105	Orchard, Mike	0:42:34	Mounts Bay	2006	
116	M	106	Balmer, Luke	0:42:36	Mounts Bay	2009	
117	M	107	Hill, Terry	0:42:41	Newquay	2007	
117	M	107	Pope, Kevin	0:42:41	Newquay	2017	
119	F	11	Jose, Amy	0:42:49	Newquay	2018	
120	M	109	Grainger, Christopher	0:42:52	Newquay	2008	
121	M	110	Jordan, Peter	0:42:53	Newquay	2017	
122	M	111	Hall, Josh	0:42:57	Mounts Bay	2010	
123	M	112	Ward, Kevin	0:43:00	Newquay	2026	
124	M	113	Wall, Alex	0:43:01	Marazion	2013	
124	M	113	Eva, Nathaniel	0:43:01	St Levan	2019	
124	M	113	Perry, Aaron	0:43:01	St Levan	2019	
127	F	12	Manners, Melodie	0:43:05	Newquay	2020	
128	M	116	Sneyd, Paul	0:43:07	Newquay	2017	
129	M	117	Savage, Jon	0:43:10	Newquay	2017	
130	F	13	Angilley, Jayne	0:43:12	Mounts Bay	2009	
131	M	118	Edwards, John	0:43:19	Mounts Bay	2010	
132	M	119	Date, Malcolm	0:43:21	St Levan	2007	
133	M	120	Pound, Craig	0:43:23	Newquay	2024	
134	M	121	Blight, Andrew	0:43:37	St Levan	2011	
135	M	122	Searle, Andrew	0:43:38	Marazion	2024	
136	M	123	Peters, Nicholas	0:43:39	Newquay	2024	
137	M	124	Lee, Steven	0:43:41	Marazion	2011	
138	M	124	Uren, Darren	0:43:41	Newquay	2024	

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139	M	126	Little, Sam	0:43:44	Newquay	2026	0:05:18
140	F	14	Rogers, Tear	0:43:48	Newquay	2026	0:01:53
141	M	127	Baldwin, Mike	0:43:51	Marazion	2012	
141	M	127	Gough, Paul	0:43:51	Newquay	2024	
143	M	129	Eric, George	0:43:54	Newquay	2019	
144	M	130	Penberthy, Michael	0:43:55	Marazion	2011	
145	M	131	Seabury, Ian	0:44:06	Marazion	2024	
146	M	132	Curtis, Oisín	0:44:07	Newquay	2022	
147	M	133	Francis, Desmond	0:44:12	Mounts Bay	2010	
148	M	134	Humbles, Frazer	0:44:13	Marazion	2025	
149	M	134	Yendell, Michael	0:44:13	Marazion	2013	
150	M	136	Newcombe, Giles	0:44:23	Newquay	2017	
151	F	15	Holland, Jennifer	0:44:28	Newquay	2009	
152	M	137	Stone, Matthew	0:44:29	Marazion	2013	
153	M	138	Brown, Chris	0:44:30	Trevornick	2023	
154	M	139	Silver, Kevin	0:44:31	Newquay	2023	
155	M	140	Batchelor, David	0:44:33	St Levan	2018	
156	F	16	Tossell, Rebecca	0:44:36	Bideford	2021	
157	M	141	Pulley, Sean	0:44:42	St Levan	2018	
158	M	142	Kershaw, David	0:44:45	Newquay	2014	
158	M	142	Seagger, Paul	0:44:45	St Ives Bay	2021	
160	F	17	Medlock, Kirsty	0:44:47	Newquay	2025	
161	F	18	Knowles, Helen	0:44:48	Newquay	2012	
162	F	19	Kirby, Alysia	0:44:50	Mounts Bay	2008	
163	F	20	Patterson, Sarah	0:44:58	St Levan	2012	
163	F	20	Paull, Lucy	0:44:58	Newquay	2014	
165	M	144	Humphrey, Irwin	0:45:03	Marazion	2015	
166	F	22	Nicholas, Melissa	0:45:05	Newquay	2025	
167	M	145	Holman, Tony	0:45:07	Mounts Bay	2006	
168	M	146	Moore, Andy	0:45:09	Mounts Bay	2005	
169	M	147	Eatock, John-Paul	0:45:19	Mounts Bay	2009	
170	F	23	O'Neill, Fiona	0:45:22	Marazion	2025	
170	M	148	Ralph, Alexander	0:45:22	Gibbet Challenge	2024	
172	M	149	Martinson, Siggí	0:45:25	St Levan	2018	
173	M	150	England, Frederick	0:45:34	St Levan	2019	
174	F	24	Shorland, Narina	0:45:36	Newquay	2014	
175	M	151	Clifford, Tommy	0:45:37	Newquay	2019	
176	M	152	Santi Garcia, Carlos	0:45:39	Newquay	2016	
177	M	153	Cuthbert, Alfie	0:45:40	Newquay	2026	0:05:47
177	F	25	Aspden, Gail	0:45:40	Newquay	2018	
179	M	154	Curtis, Martin	0:45:44	Newquay	2009	
180	M	155	Burnell, Frank	0:45:45	St Levan	2008	
181	M	156	Ellis, Andrew	0:45:50	Newquay	2019	
182	M	157	Starkie, Andrew	0:45:53	Newquay	2015	
183	F	26	Friday, Lisa	0:45:58	Marazion	2012	
184	M	158	Rowe, Phil	0:46:00	Mounts Bay	2006	

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185	F	27	Ellen, Emily	0:46:02	Newquay	2022	
186	M	159	Hegarty, Alan	0:46:03	Probus	2008	
187	M	160	Waring, Chris	0:46:07	Marazion	2015	
188	M	161	Leo, Cas	0:46:10	Newquay	2012	
189	M	162	McIvor, Terry	0:46:16	St Levan	2012	
190	M	163	Tymm, Daniel	0:46:19	Marazion	2014	
191	F	28	Williams, Maria	0:46:20	Newquay	2009	
192	F	29	Clare, Helen	0:46:21	Newquay	2012	
192	M	164	James, John	0:46:21	Newquay	2020	
194	M	165	Fraser, Glen	0:46:22	St Levan	2005	
195	F	30	Rudd, Nikki	0:46:24	Newquay	2012	
196	F	31	Goodman, Anna	0:46:25	Marazion	2024	
197	M	166	Cudmore, Nathan	0:46:28	Newquay	2024	
198	F	32	Moore, Kelly	0:46:28	Newquay	2016	
199	M	167	Allan, Paul	0:46:30	Newquay	2022	
199	M	167	Johns, Philip	0:46:30	Tamar Bridge	2019	
201	M	169	Underhill, Craig	0:46:33	Marazion	2024	
202	M	170	Campbell, Colin	0:46:41	Redruth	2010	
203	F	33	Foreman, Lia	0:46:42	Newquay	2023	
204	M	171	Eadie, Jack	0:46:45	Marazion	2024	
205	F	34	Strickland, Lee	0:46:46	Newquay	2025	
206	M	172	Glew, Graham	0:46:47	Newquay	2020	
207	F	35	Spencer-Smith, Andrea	0:46:50	Newquay	2008	
207	F	35	Mitchell, Debbie	0:46:50	Newquay	2020	
209	M	173	Maclaren, Steve	0:46:51	Newquay	2020	
210	F	37	King, Ruby	0:46:58	Newquay	2026	0:03:58
211	F	38	Burns, Julia	0:46:59	Newquay	2018	
212	M	174	Jones, Zac	0:47:00	Newquay	2026	0:03:56
213	M	175	Glenville, Adam	0:47:02	Newquay	2026	0:04:02
214	F	39	Chesterfield, Caroline	0:47:03	Newquay	2018	
215	F	40	Turner, Teigan	0:47:06	Newquay	2026	0:06:53
215	M	176	Hynard, Mark	0:47:06	Mounts Bay	2007	
217	F	41	Gerrard, Corinne	0:47:09	Newquay	2020	
218	F	42	Lawrenson-Reid, June	0:47:11	Mounts Bay	2006	
219	M	177	Roberts, Shaun	0:47:14	Newquay	2024	
220	M	178	Murray, Simon	0:47:17	Newquay	2024	
221	F	43	Towers, Julie	0:47:20	Marazion	2024	
222	F	44	Caddy, Arianna	0:47:26	Marazion	2025	
223	F	45	Beman, Lynn	0:47:27	Mounts Bay	2010	
224	F	46	Quick, Louise	0:47:31	Newquay	2008	
225	M	179	Penney, Andrew	0:47:40	Marazion	2025	
226	F	47	Ollivier, Louise	0:47:46	Newquay	2015	
226	F	47	Holland, Jo	0:47:46	Newquay	2019	
228	M	180	Probart, Stuart	0:47:49	St Levan	2009	
229	M	181	Smith, Brian	0:47:50	St Levan	2009	
230	M	182	Weare, Michael	0:47:59	Marazion	2015	

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231	M	183	Bastian, Adrian	0:48:00	Newquay	2013	
232	F	49	Newing, Sarah	0:48:04	Newquay	2012	
233	M	184	Wright, David	0:48:11	St Levan	2017	
234	F	50	Whitehead, Kelly	0:48:13	Newquay	2017	
234	F	50	Butterworth, Emma	0:48:13	Marazion	2024	
236	M	185	Wigram, Tim	0:48:16	Marazion	2014	
237	M	186	Collett, Richard	0:48:17	Newquay	2023	
238	M	187	Nancarrow, David	0:48:19	Newquay	2012	
239	M	188	Ashwin, Barry	0:48:21	St Levan	2018	
240	F	52	Merrett, Trish	0:48:23	Newquay	2007	
241	M	189	Keenan, Brad	0:48:25	Newquay	2026	
242	F	53	Barnes, Catherine	0:48:30	Marazion	2025	
243	M	190	Shepherd, Alan	0:48:32	Mounts Bay	2004	
244	M	191	Simpson, Charles	0:48:36	Newquay	2023	
245	F	54	Astill, Naomi	0:48:37	Newquay	2018	
246	M	192	Goulbourn, Mark	0:48:42	Marazion	2013	
247	F	55	Bowker, Rachel	0:48:47	Newquay	2015	
247	F	55	Fitzmaurice, Kate	0:48:47	St Levan	2008	
249	M	193	Greaves, Edward	0:48:48	Newquay	2014	
250	F	57	Riggall, Kimberley	0:48:54	Marazion	2014	
251	F	58	Lamerton, Sharon	0:48:56	Newquay	2015	
252	F	59	Warren, Diane	0:48:59	Telford	2019	
253	F	60	Bennett, Emily	0:49:04	Newquay	2018	
254	F	61	Hume-Rothery, Gabrielle	0:49:08	Newquay	2019	
255	M	194	Haines, Robert	0:49:10	Mounts Bay	2007	
256	F	62	Davies-Kirsop, Florence	0:49:18	Marazion	2025	
257	M	195	Homer, Charles	0:49:19	Newquay	2024	
258	F	63	Thomas, Alison	0:49:20	Newquay	2017	
259	F	64	Walton, Nancy	0:49:29	Newquay	2010	
260	F	65	Garvey, Jessica	0:49:30	St Levan	2017	
261	F	66	Frame, Kate	0:49:32	Marazion	2024	
262	M	196	Smith, Stuart	0:49:33	Newquay	2024	
263	M	197	Haynes, Howard	0:49:35	St Levan	2008	
264	F	67	Vivian, Gemma	0:49:37	Newquay	2022	
265	F	68	Haghani, Laura	0:49:38	Newquay	2025	
266	M	198	Swain, Gary	0:49:40	Newquay	2022	
267	F	69	Cliff, Naomi	0:49:41	St Levan	2006	
268	M	199	Baker, Ben	0:49:42	Marazion	2014	
269	M	200	Nicholas, Robert	0:49:43	Newquay	2026	
270	M	201	Scott, David	0:49:48	Mounts Bay	2009	
270	F	70	Tredinnick, Emma	0:49:48	Mounts Bay	2008	
272	F	71	Foreman, Michelle	0:49:53	Marazion	2010	
273	M	202	Trenchard, Ben	0:49:57	St Ives Bay	2013	
274	F	72	Fitt, Michelle	0:50:03	Newquay	2023	
275	M	203	Billing, Johnathan	0:50:04	Newquay	2023	
276	F	73	Such, Louise	0:50:05	Mounts Bay	2009	

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277	M	204	Breakwell, Curt	0:50:06	St Levan	2016	
278	F	74	Greef, Amy	0:50:08	Newquay	2026	
279	F	75	Sullivan, Sharon	0:50:12	Marazion	2012	
280	F	76	Campbell, Rebecca	0:50:14	Marazion	2011	
281	F	77	Medlock, Lucy	0:50:16	Brighton	2025	
282	M	205	Mangion, Santino	0:50:17	Newquay	2024	
283	M	206	Penhaul, Chunky	0:50:18	Newquay	2023	
284	F	78	Kearney, Tamara	0:50:31	Newquay	2026	
285	F	79	Sanders, Iona	0:50:35	Mounts Bay	2008	
286	M	207	Merrett, Graham	0:50:39	Marazion	2013	
287	F	80	Daniel, Carolyn	0:50:41	St Levan	2019	
288	M	208	Smith, Jack	0:50:45	Marazion	2025	
289	F	81	Lee, Becky	0:50:48	Marazion	2013	
290	F	82	Renowden, Zoe	0:50:50	St Levan	2018	
291	F	83	La Brash, Angela	0:50:52	Newquay	2013	
292	F	84	Cardell, Timothea	0:50:53	Mounts Bay	2004	
292	M	209	Climer, Phil	0:50:53	Mounts Bay	2009	
294	M	210	Angwin, Richard	0:50:54	Marazion	2011	
295	F	85	Jones, Amanda	0:50:57	Marazion	2013	
296	F	86	Bastiani, Ellen	0:51:06	Newquay	2014	
297	F	87	Rowat, Sharon	0:51:07	Newquay	2024	
298	F	88	Pierce, Ruth	0:51:10	St Levan	2017	
299	M	211	Thomas, Alan	0:51:14	St Levan	2014	
300	F	89	Roskilly, Michelle	0:51:21	Newquay	2019	
301	M	212	Thomas, Andrew	0:51:24	Mounts Bay	2007	
302	M	213	Seymour, Rob	0:51:25	Mounts Bay	2010	
303	F	90	Litt, Casey	0:51:26	Newquay	2011	
303	F	90	Smith, Hannah	0:51:26	Newquay	2022	
305	F	92	Stone, Olivia	0:51:29	Marazion	2013	
306	M	214	Elgar, Simon	0:51:49	St Levan	2015	
307	M	215	Thomas, Peter	0:51:50	Mounts Bay	2007	
307	F	93	Chapman, Susan	0:51:50	Marazion	2011	
309	M	216	Davidson, Iain	0:51:55	Marazion	2013	
310	F	94	Senior, Anne	0:51:58	Newquay	2015	
311	F	95	Hicks, Katie	0:51:59	Newquay	2026	
312	F	96	Ensell, Jana	0:52:00	Marazion	2025	
313	M	217	George, Andrew	0:52:00	St Levan	2015	
314	M	218	Stanford, Joseph	0:52:02	Newquay	2023	
315	M	219	Round, Matthew	0:52:03	Marazion	2013	
316	F	97	Forbes, Jennifer	0:52:04	Newquay	2024	
317	F	98	Elkin, Beth	0:52:05	Trevornick	2024	
318	M	220	Sobey, David	0:52:08	Mounts Bay	2009	
319	F	99	Aspen, Laura	0:52:09	Newquay	2020	
320	M	221	Campbell, Chris	0:52:10	Newquay	2025	
321	M	222	Matta, Chris	0:52:12	Mounts Bay	2010	
322	F	100	Poultney, Melissa	0:52:15	Newquay	2015	

# 10K PBs

(Updated to Newquay 2026)

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 Progress
323	M	223	De Rozarieux, Nathan	0:52:24	Newquay	2018	
323	M	223	Edmunds, Sam	0:52:24	Newquay	2020	
325	F	101	Townend, Jenna	0:52:29	St Levan	2018	
326	M	225	Hocking, Daniel	0:52:30	Newquay	2024	
327	F	102	Wade, Faye	0:52:32	Marazion	2011	
328	M	226	Cornish, Trevor	0:52:33	Newquay	2023	
329	F	103	Lewis, Caroline	0:52:35	Hayle Handicap	2007	
329	F	103	Murray, Sam	0:52:35	Newquay	2022	
331	M	227	Jordan, Rob	0:52:40	Newquay	2017	
331	F	105	Osborn, Kathryn	0:52:40	St Levan	2011	
333	M	228	Blackburn, Simon	0:52:41	Newquay	2026	
334	F	106	Pegg, Rachel	0:52:45	Marazion	2011	
334	F	106	Buckland, Jennifer	0:52:45	Newquay	2024	
336	M	229	Neal, Andrew	0:52:48	Mounts Bay	2009	
337	M	230	Thomas, Colin	0:52:49	Marazion	2012	
337	F	108	Iivonen-Gray, Katri	0:52:49	Newquay	2018	
339	F	109	Mcphail, Mo	0:52:54	Marazion	2012	
340	F	110	Billing, Kathryn	0:52:59	Redruth	2009	
341	M	231	Bristow, Don	0:53:00	Falmouth	2003	
341	F	111	Pearce, Deborah	0:53:00	Newquay	2017	
343	F	112	Lund-Lack, Sarah	0:53:01	Marazion	2015	
344	F	113	Holley, Michaela	0:53:03	Runway Runaround	2012	
344	F	113	Jelf, Michelle	0:53:03	Newquay	2014	
346	F	115	Hogan, Sandra	0:53:05	Mounts Bay	2009	
347	F	116	Allen, Sarah	0:53:08	Newquay	2023	
348	F	117	Wills, Kerry	0:53:12	Marazion	2013	
349	F	118	Connon, Naomi	0:53:18	Newquay	2014	
350	F	119	Evans, Laura	0:53:19	Enys	2011	
351	F	120	Burrow, Melissa	0:53:21	St Levan	2019	
352	F	121	Harvey Hancock, Missie	0:53:22	Marazion	2014	
353	F	122	Phillips, Ruth	0:53:23	St Levan	2007	
354	F	123	Clifton, Faye	0:53:29	Newquay	2014	
354	F	123	Simmons, Andrea	0:53:29	Trevornick	2025	
356	F	125	Adams, Elaine	0:53:32	Trevornick	2019	
357	F	126	Stone, Natasha	0:53:33	Marazion	2012	
358	M	232	Murrish, Darren	0:53:34	Marazion	2013	
359	F	127	Richards, Alexa	0:53:40	Newquay	2008	
360	F	128	Turner, Glynnis	0:53:43	Marazion	2012	
361	F	129	Long, Fran	0:53:53	Newquay	2017	
362	F	129	Burgess, Mel	0:53:53	Marazion	2025	
363	F	131	Travers, Pippa	0:53:55	Marazion	2012	
364	F	132	Baker-Martin, Claire	0:53:59	Newquay	2026	0:00:49
365	F	133	Baldwin, Sarah	0:54:00	Malcolm Date Challenge	2009	
366	M	233	Reynolds, Andrew	0:54:03	Newquay	2008	
367	F	134	Lewis, Bridget	0:54:04	Newquay	2025	
368	M	234	Bennett, Shaun	0:54:11	St Levan	2017	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 Progress
369	F	135	Frost, Julie	0:54:16	Marazion	2024	
370	M	235	Simpson, Andrew	0:54:20	Mounts Bay	2008	
370	M	235	Evans, Alun	0:54:20	St Levan	2018	
372	M	237	Collinge, Owen	0:54:21	Marazion	2025	
372	M	237	Redrup, Scott	0:54:21	Newquay	2026	
374	M	239	Swetnam, Jim	0:54:25	St Levan	2016	
375	F	136	Billington, Melanie	0:54:26	Marazion	2012	
376	F	137	Hanson, Julie	0:54:30	Mounts Bay	2006	
377	M	240	Bradford, Luke	0:54:31	Marazion	2024	
378	F	138	Challoner, Jady	0:54:37	Marazion	2013	
379	M	241	Mulliss, Rowan	0:54:38	Plymouth	2025	
380	F	139	Wilding, Sarah	0:54:41	Newquay	2018	
381	F	140	Laing, Stella	0:54:42	Newquay	2009	
382	F	141	Quinn, Tamsin	0:54:43	Malcolm Date Challenge	2009	
383	M	242	Turtle, John	0:54:51	Marazion	2024	
384	F	142	Carroll, Rosie	0:54:58	Newquay	2017	
385	F	143	Ferguson, Ana	0:55:01	Newquay	2012	
386	M	243	Biss, Andrew	0:55:05	Newquay	2010	
387	M	244	Brinkworth, Julius	0:55:07	Marazion	2024	
388	F	144	Casey, Helen	0:55:13	Newquay	2026	
389	M	245	McCartney, Innes	0:55:15	Newquay	2024	
390	F	145	Picking, Alice	0:55:16	Newquay	2026	0:02:14
391	F	146	Jacka, Lily	0:55:20	Marazion	2024	
392	F	147	Martin, Kelly	0:55:22	Marazion	2015	
393	M	246	Cubeddu, Lee	0:55:24	Marazion	2013	
394	F	148	Gibbard, Helen	0:55:32	Mounts Bay	2008	
394	M	247	Shaw, Darren	0:55:32	St Levan	2014	
394	F	148	Walker, Amy	0:55:32	Newquay	2008	
397	F	150	Harvey, Andrea	0:55:45	Marazion	2025	
398	M	248	Wood, Dave	0:55:52	Mounts Bay	2010	
398	F	151	Bills, Kelly	0:55:52	Trevornick	2024	
400	F	152	Royall, Carolyn	0:55:54	Marazion	2015	
401	F	153	Cuthbert, Helen	0:55:55	Newquay	2025	
402	F	154	Williams, Laura	0:55:56	Newquay	2019	
403	F	155	Crehan, Kate	0:55:57	St Levan	2019	
403	M	249	Drewett, Toby	0:55:57	Newquay	2019	
405	F	156	Livonen-Gray, Katri	0:56:03	Newquay	2022	
406	F	157	Kitchen, Amelia	0:56:04	Newquay	2018	
407	M	250	Lagor, Stephen	0:56:09	Marazion	2015	
408	F	158	O'Keeffe, Jackie	0:56:12	Newquay	2007	
408	F	158	Topping, Laura	0:56:12	Marazion	2025	
410	M	251	Collier, Richard	0:56:15	Marazion	2025	
411	F	160	Freebury, Pauline	0:56:16	Marazion	2012	
412	F	161	Wheal, Anne-Marie	0:56:20	Marazion	2025	
413	F	162	Gore, Jamie	0:56:24	Newquay	2026	0:01:03
414	F	163	Pochee, Amanda	0:56:28	Newquay	2019	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 Progress
415	F	164	Lewis, Deborah	0:56:35	Marazion	2015	
416	F	165	Patryas, Laura	0:56:41	Newquay	2026	0:03:21
417	F	166	Davis, Ruth	0:56:47	Marazion	2014	
418	F	167	Marks, Victoria	0:56:58	Newquay	2017	
419	F	168	Chafer, Sarah	0:57:00	Newquay	2014	
420	F	169	Rickard, Lucy	0:57:05	Marazion	2013	
421	M	252	Croft, Stuart	0:57:15	Mounts Bay	2009	
422	F	170	Curnow, Lydia	0:57:18	Marazion	2024	
423	F	171	Elliott, Beth	0:57:22	Marazion	2014	
423	F	171	Smith, Anita	0:57:22	Newquay	2010	
425	F	173	Clark, Margaret	0:57:24	Newquay	2024	
426	M	253	Thomas, Paul	0:57:25	St Levan	2013	
427	F	174	Baker, Becky	0:57:34	Marazion	2014	
428	M	254	Elliott, Lee	0:57:42	Race for Wildlife	2014	
429	F	175	Rouncefield, Carol	0:57:43	Marazion	2011	
430	F	176	Willcocks, Jayne	0:57:55	Mounts Bay	2005	
431	M	255	Burrows, Robert	0:58:03	Newquay	2022	
432	F	177	Whitton, Rosanna	0:58:07	Marazion	2025	
433	M	256	Morley, Nick	0:58:11	Newquay	2023	
434	M	257	Rendle, Antony	0:58:14	Marazion	2024	
435	F	178	Tagacni, Sophie	0:58:18	Mounts Bay	2009	
436	M	258	Heather, Andrew	0:58:20	Newquay	2026	0:04:52
437	F	179	Edmunds, Caroline	0:58:23	St Levan	2019	
438	F	180	Clark, Theresa	0:58:24	Newquay	2022	
439	F	181	Carter, Nikki	0:58:25	Newquay	2014	
440	F	182	Jackson, Ceri	0:58:31	Marazion	2025	
441	M	259	Kearney, Peter	0:58:44	Newquay	2026	0:02:29
442	F	183	Kearney, Jemma	0:58:45	Newquay	2026	0:02:28
442	F	183	Rogers, Zenna	0:58:45	Newquay	2016	
444	F	185	Brennan, Valerie	0:58:49	Mounts Bay	2008	
444	F	185	Stevens, Carol	0:58:49	Marazion	2013	
446	F	187	Culley, Carol	0:59:05	Marazion	2015	
447	F	188	Moore, Liz	0:59:06	Mounts Bay	2009	
448	M	260	Bennetts, William	0:59:07	St Levan	2006	
449	M	261	Bowden, Ian	0:59:12	Marazion	2014	
450	F	189	Green, Nikki	0:59:14	St Levan	2015	
451	F	190	Greef, Jayne	0:59:15	Newquay	2011	
452	M	262	Bainborough, Rob	0:59:22	Marazion	2012	
453	F	191	Haley, Sherry	0:59:23	Newquay	2011	
454	F	192	Leonard Williams, Esther	0:59:28	Newquay	2014	
455	F	193	De Barros, Sara	0:59:33	St Levan	2016	
456	M	263	Cartledge, Jerry	0:59:38	Trevornick	2024	
457	F	194	Stainsby, Elaine	0:59:49	Newquay	2007	
458	F	195	Dixon, Amelia	0:59:53	Marazion	2025	
459	F	196	Pascoe, Wendy	0:59:55	Marazion	2012	
460	F	197	Rochford, Hayley	0:59:57	Enys	2011	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 Progress
461	F	198	Stewart, Lisa	1:00:02	Marazion	2025	
462	M	264	Saundry, Richard	1:00:05	Newquay	2012	
463	F	199	Sycamore, Kathryn	1:00:13	Newquay	2008	
464	F	200	Clancy, Jess	1:00:17	Trevornick	2023	
465	F	201	Scholes, Claire	1:00:19	Marazion	2012	
466	F	202	Coleman, Sarah	1:00:20	Newquay	2014	
467	F	203	Hill, Jo	1:00:26	Marazion	2012	
467	F	203	Kirk, Jo	1:00:26	Marazion	2012	
467	F	203	Kenney, Charlotte	1:00:26	Newquay	2018	
470	F	206	Gehrmann, Muriam	1:00:30	Newquay	2007	
471	F	207	Dudding, Debi	1:00:31	Marazion	2015	
472	F	208	Newcombe, Jo	1:00:32	St Levan	2016	
473	F	209	Alexander, Lesley	1:00:34	Newquay	2011	
474	M	265	Bryant, Anthony	1:00:37	Newquay	2024	
475	F	210	Roberts, Dominique	1:00:43	St Levan	2008	
476	F	211	Abraham, Amy	1:00:50	Newquay	2019	
477	F	212	Cheel, Amanda	1:00:57	Newquay	2012	
478	F	213	Bromfield, Amy	1:01:01	Marazion	2014	
478	F	213	Thompson, Tamsin	1:01:01	Newquay	2013	
480	M	266	Allnutt, John	1:01:07	Newquay	2010	
481	F	215	Nimmo, Donna	1:01:08	Marazion	2013	
482	F	216	Nimmo, Karen	1:01:12	Marazion	2013	
483	F	217	Neil, Jennifer	1:01:14	Marazion	2013	
484	F	218	Williams, Tania	1:01:15	St Levan	2016	
485	F	219	Stone, Claire	1:01:18	Marazion	2024	
486	F	220	Uren, Gina	1:01:22	Marazion	2015	
487	F	221	Cattran-Dunlop, Helen	1:01:33	Newquay	2020	
488	F	222	Deere, Louise	1:01:41	St Levan	2017	
489	F	223	Smith, Mo	1:01:44	Whitemoor	2011	
490	F	224	Pan-Huertas, Ana	1:01:46	St Levan	2015	
491	F	225	Hocking, Stacey	1:01:47	Newquay	2018	
492	F	226	Reid, Michelle	1:01:52	Mounts Bay	2008	
493	F	227	Edwards, Sue	1:02:00	Newquay	2007	
494	F	228	Ray, Pamela	1:02:01	Newquay	2016	
495	F	229	Stone, Jackie	1:02:02	Newquay	2024	
496	F	230	Galloway, Kathryn	1:02:03	Malcolm Date Challenge	2009	
497	F	231	Watkins, Karen	1:02:04	Marazion	2011	
498	F	232	Regan, Ellen	1:02:05	Marazion	2025	
499	F	233	Sycamore, Grace	1:02:18	Newquay	2017	
500	F	234	Moore, Sue	1:02:21	Newquay	2016	
501	F	235	Mills, Helen	1:02:26	Newquay	2012	
501	F	235	Parker, Deborah	1:02:26	Marazion	2015	
503	F	237	Wilson, Lucy	1:02:27	Marazion	2015	
504	M	267	Ellis, Bailey	1:02:29	Newquay	2024	
505	F	238	Charles, Kirsty	1:02:30	Enys	2011	
506	M	268	Brennan, Tom	1:02:38	Mounts Bay	2009	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 Progress
506	F	239	Ninnes, Louise	1:02:38	Marazion	2012	
508	F	240	Lawry, Nikki	1:02:42	Newquay	2019	
509	F	241	Johns, Sarah	1:02:56	Newquay	2022	
510	F	242	Parker, Kim	1:03:10	Marazion	2014	
511	M	269	Squire, Mark	1:03:18	Newquay	2026	0:00:57
512	F	243	Lovegrove, Karen	1:03:20	Newquay	2025	
513	F	244	Wood, Sarah	1:03:24	Bideford	2012	
514	F	245	Jukes, Ashleigh	1:03:31	Marazion	2014	
515	F	246	Tregarthen, Sarah	1:03:40	Marazion	2013	
516	F	247	Johns, Sharon	1:03:41	Newquay	2023	
517	F	247	Jelbert, Ruth	1:03:41	Redruth	2007	
518	F	249	Armstrong, Maxine	1:03:47	Marazion	2014	
519	M	270	Bolitho, Robert	1:03:49	Newquay	2023	
520	F	250	Naylor, Jane	1:03:53	Newquay	2022	
521	F	251	Tymm, Zoe	1:03:57	Marazion	2014	
522	F	252	Cumbley, Kat	1:04:01	St Levan	2017	
523	F	253	Costello, Susan	1:04:10	St Levan	2017	
524	M	271	Gill, David	1:04:13	Marazion	2025	
525	F	254	Allnutt, Pat	1:04:16	Newquay	2010	
526	F	255	Richards, Sarah	1:04:26	Newquay	2019	
527	F	256	Elgar, Rebecca	1:04:32	Newquay	2015	
528	F	257	Miller, Amanda	1:04:43	Newquay	2017	
529	M	272	Carter, Tim	1:04:46	St Ives Bay	2013	
530	M	273	Bumford, James	1:04:55	Marazion	2012	
531	M	274	Wright, Mike	1:04:58	Newquay	2008	
532	F	258	Henry, Naila	1:05:16	Whitemoor	2012	
533	F	259	Pollard, Jean	1:05:46	Marazion	2012	
534	F	260	Byrne, Deborah	1:05:52	Mounts Bay	2008	
535	M	275	Mayho, Simon	1:05:54	Marazion	2024	
536	F	261	Lamprill, Beverley	1:05:56	Marazion	2025	
537	F	262	Bolitho, Julie	1:06:05	Newquay	2022	
538	M	276	Chapple, Jamie	1:06:06	Newquay	2020	
538	F	263	Chapple, Samantha	1:06:06	Newquay	2020	
540	F	264	Tonkin, Jane	1:06:09	Newquay	2005	
541	M	277	Sanderson, Jared	1:06:12	Marazion	2024	
542	F	265	Squire, Helen	1:06:18	Marazion	2025	
543	F	266	Masters, Nicola	1:06:19	Marazion	2024	
544	F	267	Howorth, Anna	1:06:20	Mounts Bay	2010	
544	F	267	Marsden, Jacqui	1:06:20	Marazion	2025	
546	F	269	Watts, Naomi	1:06:37	Redruth	2010	
547	F	270	Baker, Cerys	1:06:39	Newquay	2011	
548	F	271	Williams, Emily	1:06:42	Marazion	2015	
549	F	272	Painter, Sarah	1:06:45	Marazion	2014	
550	M	278	Clarke, Dale	1:06:46	Trevornick	2019	
551	F	273	McGrane, Tamsyn	1:06:48	Trevornick	2019	
552	F	274	Thomas, Susan	1:06:52	Newquay	2022	

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 Progress
553	F	275	Massey, Jennie	1:06:56	Trevornick	2018	
554	F	276	Rowe, Ellie	1:07:06	Newquay	2025	
555	F	277	Crossley, Jo	1:07:16	Whitemoor	2011	
556	F	278	Richardson, Joanne	1:07:18	St Levan	2014	
557	M	279	Woolley, David	1:07:21	St Ives Bay	2013	
558	F	279	Pickersgill, Janet	1:07:25	Newquay	2012	
559	F	280	Correnti, Sarah	1:07:50	Newquay	2017	
560	F	281	Atherton, Julie	1:08:04	St Levan	2015	
560	F	281	Mackintosh, Susie	1:08:04	Marazion	2014	
560	F	281	Tregoning, Debbie	1:08:04	St Levan	2015	
563	F	284	Yates, Suzanne	1:08:16	Enys	2011	
564	F	285	Richards, Jackie	1:08:20	Newquay	2010	
565	F	286	Clark, Alaina	1:08:32	Newquay	2025	
566	F	287	Hatch, Danielle	1:08:34	St Ives Bay	2013	
567	F	288	Nicholls, Derrika	1:08:35	Marazion	2012	
568	F	289	Hewett, Holly	1:08:44	Newquay	2025	
569	F	289	Baldwin, Charlotte	1:08:44	Newquay	2013	
569	F	289	Kirton, Deborah	1:08:44	Marazion	2013	
571	F	292	Pascoe, Jenna	1:08:45	Newquay	2017	
572	F	293	Jackson, Abby	1:08:49	Marazion	2013	
573	F	294	Farley, Jenna	1:08:53	St Levan	2014	
574	F	295	Elgar, Laura	1:09:02	Newquay	2017	
575	F	296	Gore, Amanda	1:09:14	Newquay	2023	
576	F	297	Ellis, Jemma	1:09:18	St Levan	2019	
577	F	298	Lay, Jo	1:09:23	Newquay	2020	
578	F	299	Coldrick, Debra	1:09:48	Marazion	2013	
579	F	300	Greenaway, Sophie	1:09:49	Marazion	2025	
580	F	301	Hudson, Melissa	1:10:03	Newquay	2013	
581	F	302	Edwards, Christine	1:10:28	Marazion	2024	
582	F	303	Tonkin, Melissa	1:10:46	Newquay	2020	
583	F	304	Drummond, Katy	1:10:48	Whitemoor	2011	
584	F	305	Johns, Emma	1:10:59	Newquay	2026	0:01:59
585	F	306	Leo, Olivia	1:11:02	Marazion	2013	
586	F	307	Berriman, Anne	1:11:05	Marazion	2012	
587	F	308	Billington, Laetitia	1:11:17	Newquay	2018	
588	F	309	Millin, Denise	1:11:18	Enys	2011	
589	F	310	Page, Jo	1:11:20	Marazion	2013	
590	F	311	Sturges, Deborah	1:11:24	Newquay	2026	0:00:25
591	F	312	Redfern, Jackie	1:11:28	Newquay	2011	
592	F	313	Williams, Soraya	1:11:32	Newquay	2026	0:00:31
593	F	314	Smith, Suzie	1:11:38	Newquay	2025	
594	F	315	Mc Creedy, Alex	1:11:39	Marazion	2013	
595	F	316	Atkinson, Anita	1:11:58	Marazion	2013	
596	F	317	Ellis, Sarah	1:12:31	Newquay	2024	
597	F	318	Collier, Samantha	1:12:32	Newquay	2025	
598	F	319	Evans, Denise	1:12:39	Marazion	2011	

# 10K PBs

(Updated to Newquay 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
599	F	320	Orchard, Abby	1:12:55	Newquay	2025	
600	F	321	Durrant, Susan	1:13:03	Newquay	2025	
601	F	322	Savage, Suzy	1:13:08	Newquay	2017	
602	F	323	Dixon, Samantha	1:13:13	Newquay	2023	
603	F	324	Kearney, Sam	1:13:32	Newquay	2026	0:02:15
604	F	325	Cobell, Anne	1:13:34	Newquay	2026	0:05:45
605	F	326	Nancarrow, Karen	1:14:02	Marazion	2012	
606	F	327	Evans, Julie	1:14:04	Marazion	2013	
607	F	328	Wilkinson, Hannah	1:14:20	St Levan	2018	
608	F	329	McGuire, Jo	1:14:42	Marazion	2014	
609	F	330	Good, Christine	1:15:06	Marazion	2012	
609	F	330	Test, Runner	1:15:06	Marazion	2012	
611	F	332	Sedgeman, Linda	1:15:35	Marazion	2013	
612	F	333	Sills, Helen	1:15:39	Marazion	2013	
613	F	334	Burrell, Jessica	1:16:16	Marazion	2025	
614	F	335	Mc Creedy, Tina	1:16:22	Marazion	2013	
615	F	336	Dodds, Laura	1:16:28	Newquay	2020	
616	F	337	Burton, Lorna	1:17:02	Marazion	2025	
617	F	338	Dark, Donna	1:19:13	Newquay	2022	
618	F	339	Robinson, Samantha	1:20:17	Marazion	2024	