

5k and Parkrun PBs

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	Farmer, Sam	0:15:39	Start Fitness Fast 5000	2025	
2	M	2	Rowe, Joshua	0:15:43	Park run	2021	
3	M	3	Costello, Dan	0:15:44	Start Fitness Fast 5000	2025	
4	M	4	Gardner, Jacob	0:16:25	Park run	2024	
5	M	5	Hayhurst, Neil	0:16:44	Park run	2023	
6	M	6	Rielly, Ross	0:17:01	Start Fitness Fast 5000	2025	
7	M	7	Gore, Adam	0:17:18	Run Exe	2025	00:01:21
8	M	8	Morant, Jordan	0:17:19	Park run	2025	
9	M	9	Cookson, Neill	0:17:35	Park run	2017	
9	M	9	Wherry, Steve	0:17:35	Park run	2017	
11	M	9	Barnes, Peter	0:17:35	Park run	2023	
12	M	12	Abraham, Scott	0:17:38	Park run	2018	
12	M	12	Knowles, Simon	0:17:38	Park run	2020	
14	F	1	Paull, Emma	0:17:46	Park run	2017	
15	M	14	Fuller, Steve	0:17:47	Park run	2019	
16	M	15	Rosenfeld, Thomas	0:17:48	Park run	2022	
17	M	16	Horswell, Richard	0:17:58	Stithians	2012	
18	M	17	Ratcliffe, Floyd	0:18:03	Park run	2015	
19	M	18	Purvis, Lloyd	0:18:23	Park run	2018	
20	M	19	Warmington, Paul	0:18:32	Park run	2019	
21	M	20	Guffick, David	0:18:38	Park run	2023	
21	M	20	Jefferies, Simon	0:18:38	Park run	2024	
23	M	22	Savage, Rich	0:18:40	St Clements	2012	
24	M	23	Manning, James	0:18:46	Park run	2019	
25	M	24	Wilding, David	0:19:00	Park run	2019	
26	M	25	Trembath, Robert	0:19:07	Park run	2018	
27	M	26	Stephens, Jeremy	0:19:16	Park run	2017	
28	M	26	Beer, Joe	0:19:16	Park run	2023	
29	M	28	Burford, Lee	0:19:17	Park run	2019	
30	M	29	Corrigan, Steve	0:19:22	St Clements	2011	
31	M	30	Eldon, Jon	0:19:25	Park run	2025	
31	M	30	Williams, Mark	0:19:25	Park run	2024	
33	M	32	Ericson, George	0:19:37	Park run	2019	
34	M	32	Newman, Jack	0:19:37	Park run	2025	
35	M	34	Curtis, Matt	0:19:38	Hayle	2012	
36	M	35	Bradbury, Sean	0:19:40	Park run	2024	
37	M	36	Lowdon, John	0:19:48	Park run	2017	
38	M	37	Curnow, Ian	0:19:49	Park run	2023	
39	M	38	Goodreid, Ian	0:19:52	St Clements	2012	
40	M	39	Hardy, Jude	0:19:52	Park run	2018	
41	M	40	Savage, Jon	0:19:56	Park run	2017	
42	M	41	Burrows, Anthony	0:20:05	Stithians	2011	

43	M	42	Keeler, Ross	0:20:09	Park run	2025	
44	M	43	Curtis, Oisín	0:20:10	Park run	2017	
45	M	44	Timms, Simon	0:20:14	Hayle	2012	
46	M	45	Gough, Paul	0:20:20	Park run	2024	
47	M	46	Pound, Craig	0:20:24	Park run	2023	
48	F	2	Elkin, Beth	0:20:27	Park run	2019	
49	M	47	Blight, Andrew	0:20:31	Stithians	2012	
50	F	3	Bennett, Charlotte	0:20:35	Park run	2024	
50	M	48	Jordan, Peter	0:20:35	Park run	2016	
52	M	49	Newcombe, Giles	0:20:37	Park run	2016	
53	M	50	Masters, Nick	0:20:42	Park run	2015	
54	F	4	Nicholas, Melissa	0:20:43	Park run	2024	
55	M	51	Pulley, Sean	0:20:44	Park run	2018	
56	F	5	Medlock, Kirsty	0:20:46	Park run	2017	
57	M	52	Allan, Paul	0:20:47	Park run	2021	
58	M	53	Tullett, Lee	0:21:10	Park run	2024	
59	M	54	Jukes, Andy	0:21:12	Hayle	2012	
60	M	55	Uren, Darren	0:21:12	Park run	2024	
61	M	56	Brown, Chris	0:21:14	Park run	2023	
62	M	57	Batchelor, David	0:21:15	Park run	2018	
63	F	6	Jenkin, Holly	0:21:17	Park run	2017	
64	M	58	Baldwin, Mike	0:21:28	Stithians	2012	
65	M	59	James, John	0:21:33	Park run	2020	
65	F	7	Strickland, Lee	0:21:33	Park run	2022	
67	M	60	Swan, Denzel	0:21:35	Park run	2025	
68	F	8	Thornton, Scarlet	0:21:36	Park run	2020	
69	M	61	Humbles, Frazer	0:21:37	Park run	2025	
70	M	62	Simpson, Charles	0:21:38	Park run	2025	
71	M	63	Johns, Philip	0:21:41	Park run	2019	
72	M	64	Richards, Robert	0:21:42	Park run	2018	
73	F	9	Phillips, Victoria	0:21:44	Park run	2025	
74	F	10	Wilson, Eve	0:21:52	Park run	2018	
75	F	11	Butterworth, Emma	0:21:57	Park run	2023	
76	F	12	Newing, Sarah	0:21:58	Park run	2017	
76	M	65	Pickering, Jonny	0:21:58	Park run	2016	
78	M	66	Ellis, Andrew	0:22:00	Park run	2019	
78	M	66	Jordan, Rob	0:22:00	Park run	2012	
78	M	66	King, Kevin	0:22:00	Park run	2018	
81	M	69	Starkie, Andy	0:22:03	Park run	2015	
82	F	13	Ellen, Emily	0:22:04	Park run	2022	
82	M	70	Turtle, John	0:22:04	Park run	2020	
84	F	14	Towers, Julie	0:22:06	Park run	2023	
85	M	71	Clark, Piran	0:22:15	St Clements	2011	
86	F	15	Chesterfield, Caroline	0:22:16	Park run	2016	
87	M	72	Rowe, Martyn	0:22:17	St Clements	2011	
88	M	73	Santi Garcia, Carlos	0:22:18	Park run	2016	

89	M	74	Pickering, Eli	0:22:29	Park run	2017	
90	M	75	Humphrey, Irwin	0:22:35	Park run	2018	
91	F	16	Burns, Julia	0:22:36	Park run	2017	
92	F	17	Pierce, Ruth	0:22:39	Park run	2017	
93	M	76	Moore, Andy	0:22:44	Park run	2016	
94	M	77	Smith, Andrew	0:22:46	Hayle	2011	
95	F	18	Thomas, Alison	0:22:48	Park run	2017	
96	M	78	Cookson, Danny	0:22:51	Park run	2017	
97	M	79	Collett, Richard	0:22:56	Park run	2019	
98	M	80	Wigram, Tim	0:23:02	Stithians	2012	
99	M	81	Lewis, Martyn	0:23:12	Hayle	2011	
99	M	81	Mcivor, Terry	0:23:12	St Clements	2011	
101	F	19	Astill, Naomi	0:23:15	Park run	2019	
102	F	20	Iivonen-Gray, Katri	0:23:19	Park run	2018	
103	M	83	Tonkin, Craig	0:23:25	Park run	2016	
104	F	21	Holland, Jo	0:23:31	Park run	2019	
105	F	22	Knowles, Helen	0:23:32	Park run	2018	
105	F	22	Townend, Jenna	0:23:32	Park run	2016	
107	F	24	Bennett, Emily	0:23:36	Park run	2018	
108	M	84	Evans, Alun	0:23:38	Park run	2017	
109	M	85	Round, Matt	0:23:39	Park run	2017	
110	M	86	Thomas, Alan	0:23:46	Park run	2016	
111	M	87	Bastian, Adrian	0:23:55	Stithians	2011	
111	M	87	Burnell, Frank	0:23:55	Stithians	2011	
113	F	25	Moore, Kelly	0:24:03	Park run	2016	
114	F	26	Burrow, Melissa	0:24:06	Park run	2018	
115	F	27	Murray, Imogen	0:24:08	Park run	2018	
116	M	89	Townend, Stuart	0:24:17	Park run	2017	
117	F	28	Williams, Maria	0:24:19	Park run	2018	
118	F	29	Ruetsch, Fiona	0:24:20	Park run	2019	
119	F	30	Scott, Helen	0:24:26	Park run	2017	
120	F	31	Nicholas, Julie	0:24:29	Park run	2016	
121	F	32	Warren, Diane	0:24:34	Park run	2017	
122	F	33	Adams, Elaine	0:24:40	Park run	2018	
123	M	90	Wall, Alex	0:24:42	Park run	2016	
123	M	90	Wright, David	0:24:42	Park run	2018	
125	F	34	Evans, Laura	0:24:42	St Clements	2011	
126	F	35	Litt, Casey	0:24:44	Stithians	2011	
127	M	92	Swetnam, Jim	0:24:51	Park run	2016	
128	M	93	George, Andrew	0:25:11	Park run	2017	
129	F	36	Parton, Julie	0:25:12	Park run	2017	
130	F	37	Lee, Becky	0:25:32	Park run	2017	
131	F	38	Martin, Kelly	0:25:35	Park run	2016	
132	M	94	Bennetts, Shaun	0:25:36	Park run	2016	
133	F	39	Hicks, Katie	0:25:36	Stithians	2012	
134	M	95	Holman, Tony	0:25:50	Stithians	2011	

135	M	96	Gibbard, Jonathan	0:25:51	Park run	2017	
136	F	40	Osborn, Kathryn	0:25:55	Park run	2017	
137	F	41	Kitchen, Amelia	0:25:56	Park run	2017	
138	M	97	De Rozarieux, Nathan	0:25:58	Park run	2016	
138	F	42	Roskilly, Michelle	0:25:58	Stithians	2012	
140	F	43	Crehan, Kate	0:26:00	Park run	2017	
141	F	44	Long, Fran	0:26:02	Park run	2016	
142	F	45	Abraham, Amy	0:26:03	Park run	2017	
143	F	46	Burgess, Mel	0:26:04	Park run	2017	
144	F	47	Clark, Theresa	0:26:06	Park run	2015	
145	F	48	Pochee, Amanda	0:26:36	Park run	2018	
146	F	49	Sullivan, Sharon	0:26:41	Hayle	2012	
147	F	50	Wilding, Sarah	0:26:41	Park run	2017	
148	F	51	Pellow, Julie	0:26:44	Stithians	2011	
149	M	98	Merrett, Graham	0:26:45	Park run	2017	
149	F	52	Phillips, Ruth	0:26:45	Park run	2018	
151	F	53	Royall, Carolyn	0:26:47	Park run	2016	
152	F	54	Carter, Rachael	0:26:58	Park run	2017	
152	M	99	Cornish, Trevor	0:26:58	Park run	2019	
154	F	55	Cardell, Timothea	0:27:08	Stithians	2012	
155	F	56	Gore, Jamie	0:27:13	Park run	2019	
156	F	57	Mitchell, Debbie	0:27:14	Park run	2017	
157	M	100	Stevens, Nick	0:27:15	Hayle	2011	
158	F	58	O'Keeffe, Jackie	0:27:18	Stithians	2011	
159	F	59	Merrett, Trish	0:27:20	Park run	2017	
160	M	101	Tonkin, Oliver	0:27:21	Park run	2018	
161	F	60	Williams, Tania	0:27:32	Park run	2016	
162	F	61	Rochford, Hayley	0:27:33	Stithians	2011	
163	F	62	Newcombe, Jo	0:27:36	Park run	2016	
164	F	63	Travers, Pippa	0:27:38	Park run	2016	
165	M	102	Elgar, Simon	0:27:45	Park run	2016	
166	F	64	Carter, Nikki	0:28:27	Park run	2016	
167	F	65	Charles, Kirsty	0:28:32	St Clements	2011	
168	F	66	Cumbley, Kat	0:28:56	Park run	2017	
168	M	103	Savage, Max	0:28:56	Park run	2019	
170	F	67	Pascoe, Wendy	0:29:00	Park run	2017	
171	F	68	Clark, Margaret	0:29:16	Park run	2019	
171	F	68	Hocking, Stacey	0:29:16	Park run	2017	
173	F	70	Smith, Mo	0:29:25	Stithians	2011	
174	F	71	Telford, Karen	0:29:33	Park run	2016	
175	M	104	Cubeddu, Lee	0:29:38	Hayle	2012	
176	F	72	Moore, Sue	0:29:39	Park run	2016	
177	F	73	Rogers, Zenna	0:29:46	Park run	2017	
178	M	105	Woolley, David	0:29:53	Stithians	2011	
179	F	74	Stainsby, Elaine	0:29:59	Park run	2015	
180	M	106	Bowden, Ian	0:30:00	Stithians	2011	

181	F	75	Massey, Jennie	0:30:10	Park run	2018	
182	F	76	Tunstall-Behrens, Hannah	0:30:14	Park run	2017	
183	F	77	Nimmo, Karen	0:30:29	Stithians	2011	
184	F	78	Marks, Victoria	0:30:33	Park run	2018	
185	F	79	Brennan, Valerie	0:30:38	Hayle	2012	
186	F	80	Kirk, Jo	0:30:39	Stithians	2011	
187	F	81	Ray, Pamela	0:30:48	Park run	2017	
188	F	82	Ferguson, Ana	0:30:51	Hayle	2011	
189	F	83	Wilkinson, Hannah	0:31:08	Park run	2017	
190	M	107	Brennan, Tom	0:31:26	Stithians	2012	
191	F	84	Jones, Amanda	0:31:27	Cape Cornwall	2012	
192	F	85	Lay, Jo	0:31:32	Park run	2017	
193	F	86	Ellis, Jemma	0:31:41	Park run	2019	
194	F	87	Savage, Suzie	0:31:45	Park run	2017	
195	F	88	Forster, Shellie	0:32:11	Park run	2018	
195	F	88	Mackintosh, Susie	0:32:11	Park run	2017	
197	M	108	Haynes, Howard	0:32:21	Park run	2015	
198	F	90	Miller, Amanda	0:32:22	Park run	2018	
199	F	91	Tonkin, Melissa	0:32:27	Park run	2019	
200	M	109	Wright, Mike	0:32:38	Park run	2017	
201	F	92	Mates, Lauren	0:32:49	Park run	2017	
202	F	93	Hatch, Danielle	0:32:51	Hayle	2011	
203	M	110	Bumford, James	0:32:53	Hayle	2011	
204	F	94	Simmons, Ruth	0:32:58	St Austell	2011	
205	M	111	Harvey, Finton	0:33:25	Park run	2019	
206	F	95	Pan Huertas, Ana	0:33:33	Park run	2018	
206	F	95	Williams, Laura	0:33:33	Park run	2019	
208	F	97	Cuevas, Eva	0:33:52	Park run	2018	
209	F	98	Henry, Naila	0:34:18	St Clements	2011	
210	F	99	Lapham-Green, Tressa	0:35:30	Park run	2016	
211	F	100	King, Suzi	0:35:56	Hayle	2012	
212	F	101	Nancarrow, Karen	0:36:16	Park run	2018	
213	F	102	Shearer, Jessica	0:36:34	Stithians	2011	
213	F	102	Yates, Suzanne	0:36:34	Stithians	2011	
215	F	104	Mullin, Denise	0:36:36	Stithians	2011	
216	M	112	Bristow, Don	0:36:39	Stithians	2011	
217	M	113	Saundry, Richard	0:36:47	Park run	2015	
218	F	105	Hayes, Frances	0:36:57	Stithians	2011	
219	F	106	Pamphilon, Lorna	0:36:59	Stithians	2011	
220	F	107	Labrash, Angela	0:37:08	Cape Cornwall	2012	
221	M	114	Reynolds, Andrew	0:37:35	Park run	2015	
222	F	108	Stone, Claire	0:37:36	Park run	2019	
223	F	109	Elkin, Hannah	0:37:44	Park run	2019	
224	F	110	Dodds, Susan	0:38:32	Park run	2019	
225	F	111	Painter, Sarah	0:38:55	Park run	2016	
226	M	115	Mitchell, Oliver	0:41:00	Park run	2017	

227	F	112	Boniface, Louise	0:41:16	Park run	2017	
227	F	112	Mitchell, Sophie	0:41:16	Park run	2017	
229	F	114	Crossley, Jo	0:42:29	Cape Cornwall	2012	
230	F	115	Page, Jo	0:44:54	Cape Cornwall	2012	
231	F	116	Sedgman, Linda	0:48:40	Cape Cornwall	2012	
232	F	117	Bastiani, Ellen	0:50:00	Park run	2016	