

# 7 Mile PBs

(Updated to Treggy 7 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	Ellis, Peter	0:39:20	Treggy 7	2009	
2	M	2	Farmer, Sam	0:39:51	Treggy 7	2025	
3	M	3	Humphrey, Thomas	0:39:56	Treggy 7	2015	
4	M	4	Gardner, Jacob	0:40:15	Treggy 7	2023	
5	M	5	Morant, Jordan	0:40:21	Magnificent 7	2017	
6	M	6	Costello, Daniel	0:40:46	Treggy 7	2024	
7	M	7	Rowe, Liam	0:40:52	Treggy 7	2025	
8	M	8	Ratcliffe, Floyd	0:41:33	Magnificent 7	2017	
9	M	9	Walker, Joe	0:42:11	Magnificent 7	2019	
10	M	10	Brunnock, Oliver	0:42:12	Magnificent 7	2025	
11	M	11	Hayhurst, Neil	0:42:14	Treggy 7	2022	
12	M	12	Abraham, Scott	0:42:48	Treggy 7	2016	
13	M	12	Strickland, Dan	0:42:48	Treggy 7	2023	
14	M	14	Barnes, Peter	0:42:54	Treggy 7	2023	
15	M	15	Turner, Russell	0:42:56	Magnificent 7	2012	
16	M	16	Malone-Lee, Francis	0:42:57	Treggy 7	2025	
17	M	17	Gore, Adam	0:42:59	Treggy 7	2023	
18	M	18	Savage, Rich	0:43:09	Treggy 7	2012	
19	M	19	Dowrick, Mike	0:43:15	Treggy 7	2013	
20	M	20	Murrant, Kieran	0:43:21	Treggy 7	2013	
21	M	21	Knowles, Simon	0:43:25	Treggy 7	2015	
22	M	22	Wherry, Steve	0:43:27	Treggy 7	2018	
23	M	23	O'Neill, Liam	0:43:36	Treggy 7	2024	
24	M	24	Fuller, Stephen	0:43:39	Magnificent 7	2022	
25	M	25	Bennett, Edmund	0:43:51	Treggy 7	2025	00:01:58
26	M	26	Horswell, Richard	0:43:55	Magnificent 7	2011	
27	F	1	Paull, Emma	0:43:59	Treggy 7	2018	
28	M	27	Hagan, Steven	0:44:04	Magnificent 7	2025	
29	M	28	Burford, Lee	0:44:18	Treggy 7	2025	00:04:26
30	M	29	Barrett, Chris	0:44:19	Treggy 7	2018	
31	M	30	Warmington, Paul	0:44:25	Treggy 7	2018	
32	M	31	Wyatt, Steve	0:44:29	Magnificent 7	2007	
33	M	32	Hill, Lewis	0:44:35	Magnificent 7	2015	
34	M	33	Rosenfeld, Thomas	0:44:47	Treggy 7	2018	
35	M	34	Costello, Nick	0:44:50	Magnificent 7	2018	
36	M	35	Hicks, Sam	0:44:58	Treggy 7	2008	
37	M	36	Stephens, Jeremy	0:45:09	Magnificent 7	2009	
38	M	37	Curtis, Matt	0:45:13	Treggy 7	2012	
39	M	38	Richards, Robert	0:45:29	Treggy 7	2007	
40	M	39	Mayes, Richard	0:46:00	Treggy 7	2012	
41	M	40	Burrows, Anthony	0:46:32	Treggy 7	2011	
42	M	41	Goodreid, Ian	0:46:41	Treggy 7	2012	
43	M	42	Jeffer, Simon	0:46:48	Magnificent 7	2023	
44	M	43	Wilding, David	0:46:54	Treggy 7	2022	

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45	M	44	Manning, James	0:46:55	Treggy 7	2019	
46	M	45	Williams, Mark	0:47:11	Treggy 7	2024	
46	M	45	Turton, Dominic	0:47:11	Treggy 7	2024	
48	M	47	Trembath, Robert	0:47:12	Treggy 7	2015	
49	M	48	Corrigan, Steve	0:47:16	Treggy 7	2011	
50	M	49	Eldon, Jon	0:47:36	Treggy 7	2025	00:00:46
51	M	50	Gill, Stuart	0:47:37	Treggy 7	2014	
52	M	51	Curnow, Ian	0:47:39	Treggy 7	2024	
53	F	2	Kenworthy, Sarah	0:47:48	Treggy 7	2011	
54	M	52	Jukes, Andy	0:48:03	Magnificent 7	2006	
55	M	53	Grose, Simon	0:48:20	Wadebridge	2002	
56	M	54	Twiggs, Tim	0:48:21	Treggy 7	2017	
57	M	55	Webb, Sean	0:48:29	Treggy 7	2006	
58	M	56	Guffick, Dave	0:48:34	Treggy 7	2023	
59	M	57	Medlock, Bradley	0:48:35	Magnificent 7	2017	
60	M	58	Pickering, Stuart	0:48:52	Treggy 7	2016	
61	M	59	Attwood, James	0:48:57	Treggy 7	2014	
62	M	60	Cooling, Steve	0:49:13	Treggy 7	2014	
63	M	61	Tonkin, Craig	0:49:22	Magnificent 7	2011	
64	M	62	Smith, Derek	0:49:23	Treggy 7	2011	
65	F	3	Ruetsch, Fiona	0:49:31	Treggy 7	2007	
66	M	63	Floyd, Rob	0:49:35	Treggy 7	2013	
67	M	64	Cookson, Neill	0:49:39	Tywardreath	2019	
68	F	4	Harrison-Webb, Debbie	0:49:50	Treggy 7	2013	
69	M	65	Kennett-Parsons, Joe	0:49:51	Magnificent 7	2013	
70	M	66	Timms, Simon	0:49:55	Magnificent 7	2012	
71	F	5	Goldsworthy, Rachel	0:49:56	Magnificent 7	2011	
72	M	67	Luckhurst, Will	0:50:00	Treggy 7	2017	
73	M	68	Savage, Jon	0:50:02	Magnificent 7	2017	
74	F	6	Angilley, Jayne	0:50:05	Treggy 7	2008	
75	F	7	Bennett, Charlotte	0:50:15	Treggy 7	2014	
76	M	69	Batchelor, David	0:50:33	Treggy 7	2018	
77	M	70	Hill, Terry	0:50:43	Treggy 7	2008	
78	M	71	Sneyd, Paul	0:51:04	Treggy 7	2016	
79	F	8	Manners, Melodie	0:51:06	Treggy 7	2019	
80	F	9	Nicholas, Melissa	0:51:07	Treggy 7	2025	00:04:05
81	F	10	Savage, Faye	0:51:10	Treggy 7	2016	
82	M	72	Searle, Andrew	0:51:25	Treggy 7	2024	
83	M	73	Kershaw, David	0:51:26	Magnificent 7	2014	
84	F	11	Jose, Amy	0:51:27	Treggy 7	2016	
85	M	74	Williams, Ashley	0:51:34	Treggy 7	2024	
86	M	75	Townend, Stewart	0:51:41	Treggy 7	2007	
87	M	76	Lee, Steven	0:51:42	Treggy 7	2009	
88	M	77	Morris, Paul	0:51:54	Treggy 7	2011	

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89	M	78	Moore, Andy	0:52:05	Wadebridge	2002	
90	M	79	King, Kevin	0:52:08	Tywardreath	2013	
91	M	80	Humbles, Frazer	0:52:11	Treggy 7	2022	
92	M	81	Orchard, Mike	0:52:28	Magnificent 7	2005	
93	M	82	Davies, Kieran	0:52:46	Magnificent 7	2013	
93	M	82	Penberthy, Michael	0:52:46	Treggy 7	2009	
93	M	82	Silver, Kevin	0:52:46	Treggy 7	2022	
96	M	85	James, Andrew	0:52:50	Treggy 7	2022	
97	M	86	Humphery, Irwin	0:52:56	Treggy 7	2015	
97	F	12	Gerrard, Corinne	0:52:56	Treggy 7	2022	
99	F	13	Knowles, Helen	0:52:58	Treggy 7	2012	
100	M	87	Edwards, John	0:52:59	Tywardreath	2010	
101	F	14	Medlock, Kirsty	0:53:03	Treggy 7	2017	
102	M	88	Blight, Andrew	0:53:05	Tywardreath	2012	
103	F	15	Paull, Lucy	0:53:13	Treggy 7	2014	
104	M	89	Masters, Nick	0:53:23	Magnificent 7	2015	
105	M	90	Starkie, Andrew	0:53:25	Treggy 7	2015	
106	F	16	O'Neill, Fiona	0:53:34	Treggy 7	2025	00:00:31
107	M	91	Ellis, Andrew	0:53:37	Treggy 7	2018	
108	F	17	Holland, Jennifer	0:53:39	Treggy 7	2009	
109	M	92	Lowdon, John	0:53:50	Treggy 7	2011	
110	F	18	Tossell, Rebecca	0:53:53	Treggy 7	2019	
111	M	93	Curtis, Martin	0:53:55	Treggy 7	2009	
112	M	94	Baldwin, Mike	0:53:56	Treggy 7	2009	
113	F	19	Strickland, Lee	0:54:08	Treggy 7	2023	
114	M	95	Love, Andrew	0:54:19	Magnificent 7	2019	
115	M	96	Pulley, Sean	0:54:21	Magnificent 7	2018	
116	F	20	Rudd, Nikki	0:54:27	Treggy 7	2012	
117	F	21	Patterson, Sarah	0:54:31	Treggy 7	2013	
118	M	97	Hynard, Mark	0:54:49	Treggy 7	2007	
119	F	22	Friday, Lisa	0:54:50	Treggy 7	2013	
120	M	98	Burnell, Frank	0:55:05	Treggy 7	2008	
121	F	23	Quick, Louise	0:55:06	Treggy 7	2008	
122	F	24	Shorland, Narina	0:55:11	Treggy 7	2014	
123	M	99	Allan, Paul	0:55:22	Magnificent 7	2022	
123	M	99	Seagger, Paul	0:55:22	Treggy 7	2023	
125	M	101	Uren, Darren	0:55:25	Treggy 7	2025	00:00:09
126	M	102	Underhill, Craig	0:55:26	Treggy 7	2024	
127	M	103	Peters, Nicholas	0:55:31	Treggy 7	2024	
128	M	104	Holman, Tony	0:55:32	Treggy 7	2006	
129	M	105	Nancarrow, David	0:55:38	Tywardreath	2012	
130	F	25	Burns, Julia	0:55:39	Treggy 7	2017	
131	M	106	Wright, David	0:55:40	Treggy 7	2017	
132	M	107	Bastian, Adrian	0:55:42	Treggy 7	2013	

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133	M	108	Johns, Philip	0:55:46	Treggy 7	2019	
134	F	26	Mitchell, Debbie	0:55:49	Treggy 7	2019	
135	F	27	Fitzmaurice, Kate	0:55:54	Treggy 7	2008	
136	M	109	Smith, Brian	0:55:59	Treggy 7	2008	
136	F	28	Goodman, Anna	0:55:59	Treggy 7	2024	
138	M	110	Curtis, Oisin	0:56:01	Magnificent 7	2022	
139	F	29	Towers, Julie	0:56:02	Treggy 7	2024	
140	M	111	Maclaren, Steve	0:56:30	Treggy 7	2019	
141	M	112	Francis, Desmond	0:56:40	Magnificent 7	2010	
142	F	30	Moore, Kelly	0:56:45	Treggy 7	2016	
143	M	113	Leo, Cas	0:56:50	Treggy 7	2012	
144	F	31	Williams, Maria	0:56:54	Treggy 7	2013	
145	F	32	Lawrenson-Reid, June	0:57:00	Treggy 7	2006	
146	M	114	Fraser, Glen	0:57:02	Magnificent 7	2005	
147	M	115	Breakwell, Curt	0:57:05	Magnificent 7	2016	
148	F	33	Foreman, Michelle	0:57:15	Magnificent 7	2007	
149	F	34	Barker, Jane	0:57:20	Treggy 7	2022	
150	F	35	Aspden, Gail	0:57:25	Treggy 7	2017	
151	F	36	Ellen, Emily	0:57:41	Treggy 7	2019	
152	F	37	Chesterfield, Caroline	0:57:47	Magnificent 7	2017	
153	M	116	Billington, Lee	0:57:58	Treggy 7	2013	
154	M	117	Gough, Paul	0:58:06	Magnificent 7	2023	
155	M	118	Collett, Richard	0:58:08	Treggy 7	2019	
156	F	38	Bowker, Rachel	0:58:17	Magnificent 7	2015	
157	M	119	Thomas, Andrew	0:58:18	Treggy 7	2007	
158	M	120	Rowe, Phil	0:58:20	Treggy 7	2007	
159	F	39	Simmons, Andrea	0:58:30	Magnificent 7	2025	00:01:35
160	M	121	Mangion, Santino	0:58:33	Magnificent 7	2024	
161	F	40	Merrett, Trish	0:58:35	Treggy 7	2007	
162	F	41	Astill, Naomi	0:58:44	Treggy 7	2018	
163	F	42	Renowden, Zoe	0:58:46	Magnificent 7	2018	
164	M	122	Smith, Stuart	0:58:58	Magnificent 7	2024	
165	F	43	Bennett, Emily	0:58:59	Treggy 7	2017	
166	F	44	Spencer-Smith, Andrea	0:59:09	Treggy 7	2007	
167	M	123	Haynes, Howard	0:59:30	Treggy 7	2007	
168	M	124	Cudmore, Nathan	0:59:40	Treggy 7	2024	
169	F	45	Warren, Diane	0:59:55	Treggy 7	2018	
170	F	46	Vivian, Gemma	0:59:59	Treggy 7	2022	
171	F	47	Bills, Kelly	1:00:17	Treggy 7	2024	
172	F	48	Walton, Nancy	1:00:21	Treggy 7	2010	
173	F	49	Forbes, Jennifer	1:00:22	Treggy 7	2023	
174	F	50	Thomas, Alison	1:00:23	Treggy 7	2011	
175	M	125	Merrett, Graham	1:00:30	Tavy 7	2011	
176	F	51	Cody, Roxane	1:00:32	Treggy 7	2023	

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177	M	126	Scott, David	1:00:39	Tywardreath	2008	
178	M	127	James, John	1:00:41	Meet your Max	2021	
179	F	52	Litt, Casey	1:00:48	Magnificent 7	2011	
180	M	128	Swetnam, Jim	1:00:56	Treggy 7	2016	
181	F	53	Lee, Becky	1:01:11	Treggy 7	2013	
182	F	54	Smith, Hannah	1:01:17	Treggy 7	2023	
183	F	55	Haghani, Laura	1:01:22	Magnificent 7	2025	00:03:02
184	M	129	Penhaul, Chunky	1:01:23	Treggy 7	2023	
185	F	56	Billing, Kathryn	1:01:26	Treggy 7	2009	
186	F	57	Clare, Helen	1:01:34	Magnificent 7	2011	
187	F	58	Chapman, Susan	1:01:54	Magnificent 7	2011	
188	M	130	Elgar, Simon	1:01:55	Treggy 7	2015	
189	M	131	Shepherd, Alan	1:02:01	Magnificent 7	2005	
190	M	132	Biss, Andrew	1:02:04	Magnificent 7	2010	
191	F	59	Jelf, Michelle	1:02:24	Treggy 7	2014	
192	M	133	Evans, Alun	1:02:29	Treggy 7	2017	
193	F	60	Roskilly, Michelle	1:02:37	Treggy 7	2019	
194	F	61	Sullivan, Sharon	1:02:56	Tywardreath	2012	
195	F	62	Osborn, Kathryn	1:03:14	Treggy 7	2013	
196	F	63	Burgess, Mel	1:03:42	Treggy 7	2025	
197	F	63	La Brash, Angela	1:03:42	Treggy 7	2013	
198	F	65	Fitt, Michelle	1:03:45	Treggy 7	2023	
199	F	66	Mulliss, Rowan	1:03:52	Treggy 7	2025	00:05:28
200	F	67	Phillips, Ruth	1:03:53	Treggy 7	2007	
201	F	68	Such, Louise	1:03:55	Magnificent 7	2008	
202	F	69	Martin, Kelly	1:04:01	Treggy 7	2013	
203	F	70	Wood, Penny	1:04:21	Magnificent 7	2008	
204	M	134	Sobey, David	1:04:29	Treggy 7	2010	
205	F	71	O'Keeffe, Jackie	1:04:34	Tavy 7	2007	
206	M	135	Reynolds, Andrew	1:04:39	Magnificent 7	2007	
207	F	72	Pearce, Deborah	1:04:40	Treggy 7	2017	
208	F	73	McPhail, Mo	1:04:41	Magnificent 7	2012	
208	F	73	Wills, Kerry	1:04:41	Treggy 7	2011	
210	F	75	Senior, Anne	1:04:43	Treggy 7	2011	
211	M	136	Matta, Chris	1:04:54	Treggy 7	2010	
212	F	76	Long, Fran	1:04:58	Treggy 7	2016	
213	M	137	Bristow, Don	1:05:04	Magnificent 7	2003	
214	F	77	Cuthbert, Helen	1:05:06	Treggy 7	2025	00:05:18
215	M	138	Wigram, Tim	1:05:10	Meet Your Max	2013	
216	F	78	Baldwin, Sarah	1:05:22	Treggy 7	2009	
217	F	79	Poultney, Melissa	1:05:31	Magnificent 7	2015	
218	F	80	Allen, Sarah	1:05:50	Treggy 7	2024	
219	F	81	Tredinnick, Emma	1:06:05	Treggy 7	2008	
220	F	82	Lewis, Bridget	1:06:08	Magnificent 7	2025	

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221	F	83	Lewis, Caroline	1:06:16	Treggy 7	2006	
222	M	139	Cartlidge, Jerry	1:06:26	Magnificent 7	2024	
223	M	140	Campbell, Chris	1:06:41	Treggy 7	2025	
224	F	84	Billington, Melanie	1:06:43	Treggy 7	2012	
224	F	84	Ferguson, Ana	1:06:43	Treggy 7	2012	
226	F	86	Stewart, Kelly	1:07:11	Magnificent 7	2008	
227	M	141	Trenchard, Ben	1:07:22	Meet Your Max	2013	
228	F	87	Wilding, Sarah	1:07:37	Magnificent 7	2017	
229	F	88	Hill, Jo	1:08:00	Treggy 7	2012	
230	F	89	Greef, Jayne	1:08:01	Treggy 7	2011	
231	F	90	Rouncefield, Carol	1:08:02	Treggy 7	2011	
232	M	142	Bowden, Ian	1:08:18	Treggy 7	2009	
232	F	91	Rose, Gill	1:08:18	Meet Your Max	2021	
232	M	142	Snell, Richard	1:08:18	Meet Your Max	2021	
235	F	92	Haley, Sherry	1:08:19	Treggy 7	2011	
236	F	93	Hawks, Debbie	1:08:34	Magnificent 7	2006	
237	F	94	Martin, Julie	1:08:39	Treggy 7	2006	
238	F	95	Newing, Sarah	1:08:44	Meet Your Max	2013	
239	F	96	Hatch, Danielle	1:08:46	Treggy 7	2012	
239	F	96	Stone, Natasha	1:08:46	Magnificent 7	2015	
241	F	98	Laing, Stella	1:08:53	Magnificent 7	2009	
242	M	144	Cornish, Trevor	1:09:11	Treggy 7	2019	
243	F	99	Gibbard, Helen	1:09:16	Treggy 7	2007	
244	F	100	Pegg, Rachel	1:09:26	Magnificent 7	2010	
245	F	101	Edwards, Sue	1:09:44	Treggy 7	2007	
246	F	102	De Barros, Sara	1:09:49	Treggy 7	2015	
247	F	103	Kitchen, Amelia	1:10:06	Treggy 7	2017	
248	M	145	Clarke, Dale	1:10:10	Treggy 7	2019	
249	F	104	Parker, Kim	1:10:15	Treggy 7	2013	
250	F	105	Kirk, Debbie	1:10:28	Treggy 7	2008	
251	F	106	Carter, Nikki	1:10:37	Treggy 7	2014	
252	F	107	Carveth, Debbie	1:11:06	Magnificent 7	2016	
253	F	108	Stone, Claire	1:11:18	Treggy 7	2023	
254	F	109	Smith, Mo	1:11:23	Magnificent 7	2011	
255	M	146	Heather, Andrew	1:11:27	Treggy 7	2023	
256	M	147	Saundry, Richard	1:11:32	Treggy 7	2013	
257	F	110	Johns, Nicola	1:11:58	Treggy 7	2006	
258	F	111	Alexander, Lesley	1:12:01	Treggy 7	2011	
259	F	112	Clark, Margaret	1:12:03	Treggy 7	2024	
260	F	113	Clark, Theresa	1:12:15	Treggy 7	2024	
261	F	114	Cumpley, Kat	1:12:21	Treggy 7	2017	
262	F	115	Gill, David	1:12:27	Treggy 7	2025	
263	M	148	Bennetts, William	1:12:33	Treggy 7	2006	
264	F	116	Pascoe, Wendy	1:12:40	Magnificent 7	2011	

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265	F	117	Parker, Deborah	1:13:04	Treggy 7	2014	
265	F	117	Wilson, Lucy	1:13:04	Treggy 7	2014	
267	M	149	Lagor, Stephen	1:13:06	Magnificent 7	2015	
268	M	150	Brennan, Tom	1:13:11	Treggy 7	2008	
269	F	119	Gore, Jamie	1:13:16	Magnificent 7	2022	
270	F	120	Culley, Carol	1:13:17	Magnificent 7	2015	
271	F	121	Marks, Victoria	1:13:22	Magnificent 7	2017	
272	F	122	Rochford, Hayley	1:13:26	Treggy 7	2012	
273	F	123	Kearney, Jemma	1:13:28	Treggy 7	2025	00:07:11
274	M	151	Kearney, Peter	1:13:29	Treggy 7	2025	00:07:10
275	F	124	Williams, Laura	1:13:37	Magnificent 7	2018	
276	M	152	Bryant, Anthony	1:14:01	Treggy 7	2024	
277	F	125	Wood, Sarah	1:14:52	Magnificent 7	2012	
278	M	153	Roskruge, Martin	1:15:22	Treggy 7	2012	
279	F	126	Cardell, Timothea	1:15:33	Treggy 7	2019	
280	M	154	Bumford, James	1:15:40	Treggy 7	2011	
281	F	127	Crossley, Jo	1:15:46	Treggy 7	2011	
282	F	128	Brennan, Valerie	1:15:47	Treggy 7	2008	
283	M	155	Wright, Mike	1:16:02	Treggy 7	2008	
284	F	129	Jose, Natasha	1:16:09	Treggy 7	2006	
284	F	129	Usher, Karen	1:16:09	Meet Your Max	2021	
286	F	131	Dudding, Debbie	1:16:22	Treggy 7	2014	
287	M	156	Marsh, Stuart	1:16:30	Treggy 7	2017	
288	F	132	Ray, Pamela	1:16:39	Treggy 7	2016	
289	F	133	Stone, Jackie	1:17:04	Treggy 7	2022	
290	F	134	Armstrong, Maxine	1:17:10	Treggy 7	2014	
291	F	135	Catran-Dunlop, Helen	1:17:14	Treggy 7	2024	
292	F	135	Elgar, Rebecca	1:17:14	Treggy 7	2015	
292	F	135	Uren, Gina	1:17:14	Treggy 7	2015	
294	F	138	Cheel, Amanda	1:17:22	Treggy 7	2012	
294	F	138	Mills, Helen	1:17:22	Treggy 7	2012	
296	F	140	Pollard, Jean	1:17:35	Treggy 7	2012	
297	F	141	Squire, Helen	1:17:45	Treggy 7	2025	00:05:33
298	F	142	Henry, Naila	1:17:58	Treggy 7	2011	
299	F	143	Nimmo, Karen	1:18:00	Treggy 7	2012	
300	F	144	Mackintosh, Susie	1:18:27	Treggy 7	2015	
301	F	145	Sycamore, Kathryn	1:18:45	Treggy 7	2008	
302	F	146	Bolitho, Julie	1:18:58	Magnificent 7	2022	
303	M	157	Agnihorti, Dev	1:19:23	Race for Wildlife	2013	
304	F	147	Thomas, Susan	1:19:30	Treggy 7	2022	
305	M	158	Squire, Mark	1:19:48	Magnificent 7	2025	
306	M	159	Bolitho, Robert	1:19:55	Treggy 7	2023	
307	F	148	Johns, Sarah	1:20:54	Magnificent 7	2022	
308	M	160	Feber, Stephen	1:21:34	Treggy 7	2010	

# 7 Mile PBs

(Updated to Treggy 7 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
309	F	149	McGuire, Jo	1:22:03	Treggy 7	2012	
310	F	150	Ellis, Jemma	1:22:58	Treggy 7	2019	
311	F	151	Hocking, Stacey	1:22:59	Treggy 7	2018	
312	F	152	Lay, Jo	1:24:55	Treggy 7	2017	
313	F	153	Johns, Emma	1:25:10	Magnificent 7	2023	
314	F	154	Coldrick, Debra	1:25:26	Treggy 7	2012	
315	F	155	Massey, Jennie	1:25:27	Tywardreath	2016	
316	F	156	Evans, Julie	1:25:33	Treggy 7	2012	
317	F	157	Rowe, Emma	1:25:34	Magnificent 7	2008	
318	F	158	Galloway, Kathryn	1:25:37	Magnificent 7	2008	
319	F	159	Pickersgill, Janet	1:25:41	Tywardreath	2012	
319	F	159	Dodds, Laura	1:25:41	Treggy 7	2019	
321	F	161	McGrane, Tamsyn	1:25:43	Treggy 7	2019	
322	F	162	Dixon, Samantha	1:26:10	Treggy 7	2023	
323	F	163	Ellis, Sarah	1:27:52	Treggy 7	2022	
324	F	164	Clark, Alaina	1:28:11	Magnificent 7	2025	
325	F	165	Collier, Samantha	1:28:31	Magnificent 7	2025	
326	F	166	Hewett, Holly	1:29:17	Magnificent 7	2025	
327	F	167	Abraham, Amy	1:30:19	Meet Your Max	2021	
328	F	168	Rogers, Natalie	1:30:20	Meet Your Max	2021	
329	F	169	Nancarrow, Karen	1:30:36	Tywardreath	2012	
330	F	170	Charles, Kirsty	1:31:16	Meet Your Max	2012	
331	F	171	Kearney, Sam	1:34:40	Treggy 7	2025	00:04:40
332	F	172	Cobell, Anne	1:36:01	Treggy 7	2024	
333	F	173	Tonkin, Jane	1:37:53	Meet Your Max	2013	
334	F	174	Wilkinson, Hannah	1:41:17	Tywardreath	2019	
335	F	175	Baldwin, Charlotte	1:46:13	Meet Your Max	2012	

# 7 Mile PBs

(Updated to Treggy 7 2025)

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2025 Progress
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