

5000m Track PBs

(Updated to DAN 5000m 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	Costello, Daniel	0:16:01	Par	2025	
2	M	2	McQuillen-Wright, Chris	0:16:15	Carn Brea	2004	
3	M	3	Gardner, Jacob	0:16:37	Par	2026	
4	M	4	Morant, Jordan	0:16:52	Carn Brea	2014	
5	M	5	Murrant, Kieran	0:17:13	Carn Brea	2013	
6	M	6	Ratcliffe, Floyd	0:17:16	Par	2016	
7	M	7	Hill, Lewis	0:17:23	Carn Brea	2015	
8	M	8	Dowrick, Mike	0:17:31	Par	2013	
9	M	9	Abraham, Scott	0:17:38	Par	2016	
10	M	10	Knowles, Simon	0:17:47	Par	2016	
10	M	10	Wherry, Steve	0:17:47	Carn Brea	2017	
12	M	12	Manning, James	0:18:23	Carn Brea	2019	
13	F	1	Paull, Emma	0:18:24	Carn Brea	2017	
14	M	13	Atkinson, Paul	0:18:48	Carn Brea	2021	
15	M	14	Wilding, David	0:18:52	Carn Brea	2019	
16	M	15	Jeffs, Simon	0:19:13	Carn Brea	2021	
17	M	16	Trembath, Robert	0:19:32	Carn Brea	2015	
18	M	17	Lewis, Jules	0:19:35	Carn Brea	2014	
19	M	18	Curtis, Oisin	0:19:49	Carn Brea	2021	
20	M	19	Savage, Jonathan	0:19:50	Carn Brea	2017	
21	M	20	Erica, George	0:19:58	Carn Brea	2019	
22	M	21	England, Frederick	0:20:06	Carn Brea	2019	
23	M	22	Eva, Nathaniel	0:20:07	Carn Brea	2019	
24	F	2	Manners, Melodie	0:20:12	Par	2026	00:00:31
25	M	23	Stone, Matthew	0:20:12	Carn Brea	2013	
26	F	3	Jose, Amy	0:20:20	Carn Brea	2017	
27	F	4	Harrison-Webb, Debbie	0:20:26	Carn Brea	2013	
28	M	24	King, Kevin	0:20:27	Carn Brea	2013	
29	M	25	Cooling, Steve	0:20:28	Carn Brea	2014	
30	M	26	Silver, Kevin	0:21:09	Carn Brea	2013	
31	M	27	Trenchard, Ben	0:21:15	Carn Brea	2013	
32	M	28	Masters, Nick	0:21:41	Carn Brea	2015	
33	F	5	Shorland, Narina	0:21:42	Carn Brea	2013	
34	M	29	Collett, Richard	0:22:13	Carn Brea	2019	
35	M	30	Burrows, Anthony	0:22:49	Carn Brea	2022	
36	M	31	Hynard, Mark	0:22:59	Carn Brea	2013	
37	F	6	Foreman, Michelle	0:23:24	Carn Brea	2013	
38	F	7	Smith, Hannah	0:23:36	Carn Brea	2013	
39	F	8	Foreman, Lia	0:23:48	Carn Brea	2013	
40	F	9	Vivian, Gemma	0:24:35	Carn Brea	2021	
41	M	32	Penhaul, Chunky	0:25:01	Carn Brea	2021	
42	F	10	Roskilly, Michelle	0:25:11	Carn Brea	2017	