

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	2026 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	0:16:07	Run Exe 5k	2026	00:00:18
5	M	5	Hayhurst, Neil	0:16:44	Park run	2023	
6	M	6	Gore, Adam	0:16:49	Park run	2023	
7	M	7	Rielly, Ross	0:17:01	Start Fitness Fast 5000	2025	
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	O'Neill Liam	0:17:46	Paphos Path run	2026	00:00:30
16	M	15	Fuller, Steve	0:17:47	Park run	2019	
17	M	16	Rosenfeld, Thomas	0:17:48	Park run	2022	
18	M	17	Horswell, Richard	0:17:58	Stithians	2012	
19	M	18	Ratcliffe, Floyd	0:18:03	Park run	2015	
20	M	19	Marsden, Stanley	0:18:11	Park run	2025	
21	M	20	Purvis, Lloyd	0:18:23	Park run	2018	
22	M	21	Warmington, Paul	0:18:32	Park run	2019	
23	M	22	Guffick, David	0:18:38	Park run	2023	
23	M	22	Jeffer, Simon	0:18:38	Park run	2024	
25	M	24	Savage, Rich	0:18:40	St Clements	2012	
26	M	25	Manning, James	0:18:46	Park run	2019	
27	M	26	Eldon, Jon	0:18:51	Start Fitness Fast 5000	2026	00:00:34
28	M	27	Wilding, David	0:19:00	Park run	2019	
29	M	28	Curnow, Ian	0:19:02	Park run	2023	
30	M	29	Trembath, Robert	0:19:07	Park run	2018	
31	M	30	Stephens, Jeremy	0:19:16	Park run	2017	
32	M	30	Beer, Joe	0:19:16	Park run	2023	
33	M	32	Burford, Lee	0:19:17	Park run	2019	
34	M	33	Corrigan, Steve	0:19:22	St Clements	2011	
35	M	34	Williams, Mark	0:19:25	Park run	2024	
36	M	35	Eric, George	0:19:37	Park run	2019	
37	M	35	Newman, Jack	0:19:37	Park run	2025	
38	M	37	Curtis, Matt	0:19:38	Hayle	2012	
39	M	38	Bradbury, Sean	0:19:40	Park run	2024	
40	M	39	Lowdon, John	0:19:48	Park run	2017	
41	M	40	Goodreid, Ian	0:19:52	St Clements	2012	
42	M	41	Hardy, Jude	0:19:52	Park run	2018	

43	M	42	Savage, Jon	0:19:56	Park run	2017	
44	M	43	Burrows, Anthony	0:20:05	Stithians	2011	
45	M	44	Keeler, Ross	0:20:09	Park run	2025	
46	M	45	Curtis, Oisín	0:20:10	Park run	2017	
47	M	46	Timms, Simon	0:20:14	Hayle	2012	
48	M	47	Gough, Paul	0:20:20	Park run	2024	
49	M	48	Pound, Craig	0:20:24	Park run	2023	
49	F	2	Rogers, Tear	0:20:24	Park run	2026	
51	F	3	Elkin, Beth	0:20:27	Park run	2019	
52	M	49	Blight, Andrew	0:20:31	Stithians	2012	
53	F	4	Bennett, Charlotte	0:20:35	Park run	2024	
53	M	50	Jordan, Peter	0:20:35	Park run	2016	
55	M	51	Newcombe, Giles	0:20:37	Park run	2016	
56	M	52	Tullett, Lee	0:20:38	Park run	2025	
57	M	53	Masters, Nick	0:20:42	Park run	2015	
58	F	5	Nicholas, Melissa	0:20:43	Park run	2024	
59	M	54	Pulley, Sean	0:20:44	Park run	2018	
60	M	55	James, Andrew	0:20:45	Park run	2025	
61	F	6	Medlock, Kirsty	0:20:46	Park run	2017	
62	M	56	Allan, Paul	0:20:47	Park run	2021	
63	M	57	Jukes, Andy	0:21:12	Hayle	2012	
64	M	58	Uren, Darren	0:21:12	Park run	2024	
65	M	59	Brown, Chris	0:21:14	Park run	2023	
66	M	60	Batchelor, David	0:21:15	Park run	2018	
67	F	7	Jenkin, Holly	0:21:17	Park run	2017	
68	M	61	Baldwin, Mike	0:21:28	Stithians	2012	
69	M	62	James, John	0:21:33	Park run	2020	
69	F	8	Strickland, Lee	0:21:33	Park run	2022	
71	M	63	Swan, Denzel	0:21:35	Park run	2025	
72	F	9	Thornton, Scarlet	0:21:36	Park run	2020	
73	M	64	Humbles, Frazer	0:21:37	Park run	2025	
74	M	65	Simpson, Charles	0:21:38	Park run	2025	
75	M	66	Johns, Philip	0:21:41	Park run	2019	
76	M	67	Richards, Robert	0:21:42	Park run	2018	
77	F	10	Phillips, Victoria	0:21:44	Park run	2025	
78	F	11	Wilson, Eve	0:21:52	Park run	2018	
79	F	12	Butterworth, Emma	0:21:57	Park run	2023	
80	F	13	Newing, Sarah	0:21:58	Park run	2017	
80	M	68	Pickering, Jonny	0:21:58	Park run	2016	
82	M	69	Ellis, Andrew	0:22:00	Park run	2019	
82	M	69	Jordan, Rob	0:22:00	Park run	2012	
82	M	69	King, Kevin	0:22:00	Park run	2018	
85	M	72	Starkie, Andy	0:22:03	Park run	2015	
86	F	14	Ellen, Emily	0:22:04	Park run	2022	
86	M	73	Turtle, John	0:22:04	Park run	2020	
88	F	15	Towers, Julie	0:22:06	Park run	2023	

89	M	74	Clark, Piran	0:22:15	St Clements	2011	
90	F	16	Chesterfield, Caroline	0:22:16	Park run	2016	
91	M	75	Rowe, Martyn	0:22:17	St Clements	2011	
92	M	76	Santi Garcia, Carlos	0:22:18	Park run	2016	
93	F	17	O'Neill Fiona	0:22:24	Park run	2025	
94	M	77	Pickering, Eli	0:22:29	Park run	2017	
95	M	78	Humphrey, Irwin	0:22:35	Park run	2018	
96	F	18	Burns, Julia	0:22:36	Park run	2017	
97	F	19	Mitchell, Debbie	0:22:37	Park run	2026	00:00:38
98	F	20	Pierce, Ruth	0:22:39	Park run	2017	
99	M	79	Moore, Andy	0:22:44	Park run	2016	
100	M	80	Smith, Andrew	0:22:46	Hayle	2011	
101	F	21	Thomas, Alison	0:22:48	Park run	2017	
102	M	81	Cookson, Danny	0:22:51	Park run	2017	
103	M	82	Collett, Richard	0:22:56	Park run	2019	
104	M	83	Wigram, Tim	0:23:02	Stithians	2012	
105	M	84	Lewis, Martyn	0:23:12	Hayle	2011	
105	M	84	Mcivor, Terry	0:23:12	St Clements	2011	
107	F	22	Astill, Naomi	0:23:15	Park run	2019	
108	F	23	Iivonen-Gray, Katri	0:23:19	Park run	2018	
109	M	86	Tonkin, Craig	0:23:25	Park run	2016	
110	F	24	Haghani, Laura	0:23:26	Park run	2025	
111	F	25	Holland, Jo	0:23:31	Park run	2019	
112	F	26	Knowles, Helen	0:23:32	Park run	2018	
112	F	26	Townend, Jenna	0:23:32	Park run	2016	
114	F	28	Bennett, Emily	0:23:36	Park run	2018	
115	M	87	Evans, Alun	0:23:38	Park run	2017	
116	M	88	Round, Matt	0:23:39	Park run	2017	
117	M	89	Thomas, Alan	0:23:46	Park run	2016	
118	M	90	Bastian, Adrian	0:23:55	Stithians	2011	
118	M	90	Burnell, Frank	0:23:55	Stithians	2011	
120	F	29	Moore, Kelly	0:24:03	Park run	2016	
121	F	30	Burrow, Melissa	0:24:06	Park run	2018	
122	F	31	Murray, Imogen	0:24:08	Park run	2018	
123	M	92	Townend, Stuart	0:24:17	Park run	2017	
124	F	32	Williams, Maria	0:24:19	Park run	2018	
125	F	33	Ruetsch, Fiona	0:24:20	Park run	2019	
126	F	34	Scott, Helen	0:24:26	Park run	2017	
127	F	35	Nicholas, Julie	0:24:29	Park run	2016	
128	F	36	Warren, Diane	0:24:34	Park run	2017	
129	F	37	Adams, Elaine	0:24:40	Park run	2018	
130	M	93	Wall, Alex	0:24:42	Park run	2016	
130	M	93	Wright, David	0:24:42	Park run	2018	
132	F	38	Evans, Laura	0:24:42	St Clements	2011	
133	M	95	Cartlidge, Jerry	0:24:44	Park run	2023	
134	F	39	Litt, Casey	0:24:44	Stithians	2011	

135	M	96	Swetnam, Jim	0:24:51	Park run	2016	
136	M	97	George, Andrew	0:25:11	Park run	2017	
137	F	40	Parton, Julie	0:25:12	Park run	2017	
138	F	41	Lee, Becky	0:25:32	Park run	2017	
139	F	42	Martin, Kelly	0:25:35	Park run	2016	
140	M	98	Bennetts, Shaun	0:25:36	Park run	2016	
141	F	43	Hicks, Katie	0:25:36	Stithians	2012	
142	M	99	Holman, Tony	0:25:50	Stithians	2011	
143	M	100	Gibbard, Jonathan	0:25:51	Park run	2017	
144	F	44	Osborn, Kathryn	0:25:55	Park run	2017	
145	F	45	Kitchen, Amelia	0:25:56	Park run	2017	
146	M	101	De Rozarieux, Nathan	0:25:58	Park run	2016	
146	F	46	Roskilly, Michelle	0:25:58	Stithians	2012	
148	F	47	Crehan, Kate	0:26:00	Park run	2017	
149	F	48	Long, Fran	0:26:02	Park run	2016	
150	F	49	Abraham, Amy	0:26:03	Park run	2017	
151	F	50	Burgess, Mel	0:26:04	Park run	2017	
152	F	51	Clark, Theresa	0:26:06	Park run	2015	
153	F	52	Pochee, Amanda	0:26:36	Park run	2018	
154	F	53	Sullivan, Sharon	0:26:41	Hayle	2012	
155	F	54	Wilding, Sarah	0:26:41	Park run	2017	
156	F	55	Pellow, Julie	0:26:44	Stithians	2011	
157	M	102	Merrett, Graham	0:26:45	Park run	2017	
157	F	56	Phillips, Ruth	0:26:45	Park run	2018	
159	F	57	Royall, Carolyn	0:26:47	Park run	2016	
160	F	58	Carter, Rachael	0:26:58	Park run	2017	
160	M	103	Cornish, Trevor	0:26:58	Park run	2019	
162	F	59	Cardell, Timothea	0:27:08	Stithians	2012	
163	F	60	Gore, Jamie	0:27:13	Park run	2019	
163	M	104	Heather, Andrew	0:27:13	Park run	2025	
165	M	105	Stevens, Nick	0:27:15	Hayle	2011	
166	F	61	O'Keeffe, Jackie	0:27:18	Stithians	2011	
167	F	62	Merrett, Trish	0:27:20	Park run	2017	
168	M	106	Tonkin, Oliver	0:27:21	Park run	2018	
169	F	63	Williams, Tania	0:27:32	Park run	2016	
170	F	64	Rochford, Hayley	0:27:33	Stithians	2011	
171	F	65	Newcombe, Jo	0:27:36	Park run	2016	
172	F	66	Travers, Pippa	0:27:38	Park run	2016	
173	M	107	Elgar, Simon	0:27:45	Park run	2016	
174	F	67	Carter, Nikki	0:28:27	Park run	2016	
175	F	68	Charles, Kirsty	0:28:32	St Clements	2011	
176	F	69	Cumbley, Kat	0:28:56	Park run	2017	
176	M	108	Savage, Max	0:28:56	Park run	2019	
178	F	70	Pascoe, Wendy	0:29:00	Park run	2017	
179	F	71	Clark, Margaret	0:29:16	Park run	2019	
179	F	71	Hocking, Stacey	0:29:16	Park run	2017	

181	F	73	Smith, Mo	0:29:25	Stithians	2011	
182	F	74	Telford, Karen	0:29:33	Park run	2016	
183	M	109	Cubeddu, Lee	0:29:38	Hayle	2012	
184	F	75	Moore, Sue	0:29:39	Park run	2016	
185	F	76	Rogers, Zenna	0:29:46	Park run	2017	
186	M	110	Woolley, David	0:29:53	Stithians	2011	
187	F	77	Stainsby, Elaine	0:29:59	Park run	2015	
188	M	111	Bowden, Ian	0:30:00	Stithians	2011	
189	F	78	Massey, Jennie	0:30:10	Park run	2018	
190	F	79	Tunstall-Behrens, Hannah	0:30:14	Park run	2017	
191	F	80	Nimmo, Karen	0:30:29	Stithians	2011	
192	F	81	Marks, Victoria	0:30:33	Park run	2018	
193	F	82	Brennan, Valerie	0:30:38	Hayle	2012	
194	F	83	Kirk, Jo	0:30:39	Stithians	2011	
195	F	84	Ray, Pamela	0:30:48	Park run	2017	
196	F	85	Ferguson, Ana	0:30:51	Hayle	2011	
197	F	86	Wilkinson, Hannah	0:31:08	Park run	2017	
198	M	112	Brennan, Tom	0:31:26	Stithians	2012	
199	F	87	Jones, Amanda	0:31:27	Cape Cornwall	2012	
200	F	88	Lay, Jo	0:31:32	Park run	2017	
201	F	89	Ellis, Jemma	0:31:41	Park run	2019	
202	F	90	Savage, Suzie	0:31:45	Park run	2017	
203	F	91	Forster, Shellie	0:32:11	Park run	2018	
203	F	91	Mackintosh, Susie	0:32:11	Park run	2017	
205	M	113	Haynes, Howard	0:32:21	Park run	2015	
206	F	93	Miller, Amanda	0:32:22	Park run	2018	
207	F	94	Tonkin, Melissa	0:32:27	Park run	2019	
208	M	114	Wright, Mike	0:32:38	Park run	2017	
209	F	95	Mates, Lauren	0:32:49	Park run	2017	
210	F	96	Hatch, Danielle	0:32:51	Hayle	2011	
211	M	115	Bumford, James	0:32:53	Hayle	2011	
212	F	97	Simmons, Ruth	0:32:58	St Austell	2011	
213	M	116	Harvey, Finton	0:33:25	Park run	2019	
214	F	98	Pan Huertas, Ana	0:33:33	Park run	2018	
214	F	98	Williams, Laura	0:33:33	Park run	2019	
216	F	100	Cuevas, Eva	0:33:52	Park run	2018	
217	F	101	Henry, Naila	0:34:18	St Clements	2011	
218	F	102	Lapham-Green, Tressa	0:35:30	Park run	2016	
219	F	103	King, Suzi	0:35:56	Hayle	2012	
220	F	104	Nancarrow, Karen	0:36:16	Park run	2018	
221	F	105	Shearer, Jessica	0:36:34	Stithians	2011	
221	F	105	Yates, Suzanne	0:36:34	Stithians	2011	
223	F	107	Mullin, Denise	0:36:36	Stithians	2011	
224	M	117	Bristow, Don	0:36:39	Stithians	2011	
225	M	118	Saundry, Richard	0:36:47	Park run	2015	
226	F	108	Hayes, Frances	0:36:57	Stithians	2011	

227	F	109	Pamphilon, Lorna	0:36:59	Stithians	2011	
228	F	110	Labrash, Angela	0:37:08	Cape Cornwall	2012	
229	M	119	Reynolds, Andrew	0:37:35	Park run	2015	
230	F	111	Stone, Claire	0:37:36	Park run	2019	
231	F	112	Elkin, Hannah	0:37:44	Park run	2019	
232	F	113	Dodds, Susan	0:38:32	Park run	2019	
233	F	114	Painter, Sarah	0:38:55	Park run	2016	
234	M	120	Mitchell, Oliver	0:41:00	Park run	2017	
235	F	115	Boniface, Louise	0:41:16	Park run	2017	
235	F	115	Mitchell, Sophie	0:41:16	Park run	2017	
237	F	117	Crossley, Jo	0:42:29	Cape Cornwall	2012	
238	F	118	Page, Jo	0:44:54	Cape Cornwall	2012	
239	F	119	Sedgman, Linda	0:48:40	Cape Cornwall	2012	
240	F	120	Bastiani, Ellen	0:50:00	Park run	2016	