

7 Mile PBs

(Updated to Magnificent 7 2026)

The PBs are for races in a Hayle Shirt.

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 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	Millington, Daniel	0:42:24	Magnificent 7	2026	
13	M	13	Abraham, Scott	0:42:48	Treggy 7	2016	
14	M	13	Strickland, Dan	0:42:48	Treggy 7	2023	
15	M	15	Barnes, Peter	0:42:54	Treggy 7	2023	
16	M	16	Turner, Russell	0:42:56	Magnificent 7	2012	
17	M	17	Malone-Lee, Francis	0:42:57	Treggy 7	2025	
18	M	18	Gore, Adam	0:42:59	Treggy 7	2023	
19	M	19	Savage, Rich	0:43:09	Treggy 7	2012	
20	M	20	Dowrick, Mike	0:43:15	Treggy 7	2013	
21	M	21	Murrant, Kieran	0:43:21	Treggy 7	2013	
22	M	22	Knowles, Simon	0:43:25	Treggy 7	2015	
23	M	23	Wherry, Steve	0:43:27	Treggy 7	2018	
24	M	24	O'Neill, Liam	0:43:36	Treggy 7	2024	
25	M	25	Fuller, Stephen	0:43:39	Magnificent 7	2022	
26	M	26	Bennett, Edmund	0:43:51	Treggy 7	2025	
27	M	27	Horswell, Richard	0:43:55	Magnificent 7	2011	
28	F	1	Paul, Emma	0:43:59	Treggy 7	2018	
29	M	28	Hagan, Steven	0:44:04	Magnificent 7	2025	
30	M	29	Burford, Lee	0:44:18	Treggy 7	2025	
31	M	30	Barrett, Chris	0:44:19	Treggy 7	2018	
32	M	31	Warmington, Paul	0:44:25	Treggy 7	2018	
33	M	32	Wyatt, Steve	0:44:29	Magnificent 7	2007	
34	M	33	Hill, Lewis	0:44:35	Magnificent 7	2015	
35	M	34	Rosenfeld, Thomas	0:44:47	Treggy 7	2018	
36	M	35	Costello, Nick	0:44:50	Magnificent 7	2018	
37	M	36	Hicks, Sam	0:44:58	Treggy 7	2008	
38	M	37	Stephens, Jeremy	0:45:09	Magnificent 7	2009	
39	M	38	Curtis, Matt	0:45:13	Treggy 7	2012	
40	M	39	Richards, Robert	0:45:29	Treggy 7	2007	
41	M	40	Mayes, Richard	0:46:00	Treggy 7	2012	
42	M	41	Burrows, Anthony	0:46:32	Treggy 7	2011	
43	M	42	Goodreid, Ian	0:46:41	Treggy 7	2012	
44	M	43	Jeffs, Simon	0:46:48	Magnificent 7	2023	

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45	M	44	Wilding, David	0:46:54	Treggy 7	2022	
46	M	45	Manning, James	0:46:55	Treggy 7	2019	
47	M	46	Turton, Dominic	0:47:11	Treggy 7	2024	
47	M	46	Williams, Mark	0:47:11	Treggy 7	2024	
49	M	48	Trembath, Robert	0:47:12	Treggy 7	2015	
50	M	49	Corrigan, Steve	0:47:16	Treggy 7	2011	
51	M	50	Eldon, Jon	0:47:36	Treggy 7	2025	
52	M	51	Gill, Stuart	0:47:37	Treggy 7	2014	
53	M	52	Curnow, Ian	0:47:39	Treggy 7	2024	
54	F	2	Kenworthy, Sarah	0:47:48	Treggy 7	2011	
55	M	53	Jukes, Andy	0:48:03	Magnificent 7	2006	
56	M	54	Grose, Simon	0:48:20	Wadebridge	2002	
57	M	55	Twiggs, Tim	0:48:21	Treggy 7	2017	
58	M	56	Webb, Sean	0:48:29	Treggy 7	2006	
59	M	57	Guffick, Dave	0:48:34	Treggy 7	2023	
60	M	58	Medlock, Bradley	0:48:35	Magnificent 7	2017	
61	M	59	Pickering, Stuart	0:48:52	Treggy 7	2016	
62	M	60	Little, Samuel	0:48:54	Magnificent 7	2026	
63	M	61	Attwood, James	0:48:57	Treggy 7	2014	
64	M	62	James, Andrew	0:48:58	Magnificent 7	2026	00:03:52
65	M	63	Cooling, Steve	0:49:13	Treggy 7	2014	
66	M	64	Tonkin, Craig	0:49:22	Magnificent 7	2011	
67	M	65	Smith, Derek	0:49:23	Treggy 7	2011	
68	F	3	Ruetsch, Fiona	0:49:31	Treggy 7	2007	
69	M	66	Floyd, Rob	0:49:35	Treggy 7	2013	
70	M	67	Cookson, Neill	0:49:39	Tywardreath	2019	
71	F	4	Harrison-Webb, Debbie	0:49:50	Treggy 7	2013	
72	M	68	Kennett-Parsons, Joe	0:49:51	Magnificent 7	2013	
73	M	69	Timms, Simon	0:49:55	Magnificent 7	2012	
74	F	5	Goldsworthy, Rachel	0:49:56	Magnificent 7	2011	
75	M	70	Luckhurst, Will	0:50:00	Treggy 7	2017	
76	M	71	Savage, Jon	0:50:02	Magnificent 7	2017	
77	F	6	Angilley, Jayne	0:50:05	Treggy 7	2008	
78	F	7	Bennett, Charlotte	0:50:15	Treggy 7	2014	
79	M	72	Batchelor, David	0:50:33	Treggy 7	2018	
80	M	73	Hill, Terry	0:50:43	Treggy 7	2008	
81	M	74	Sneyd, Paul	0:51:04	Treggy 7	2016	
82	F	8	Manners, Melodie	0:51:06	Treggy 7	2019	
83	F	9	Nicholas, Melissa	0:51:07	Treggy 7	2025	
84	F	10	Savage, Faye	0:51:10	Treggy 7	2016	
85	M	75	Searle, Andrew	0:51:25	Treggy 7	2024	
86	M	76	Kershaw, David	0:51:26	Magnificent 7	2014	
87	F	11	Jose, Amy	0:51:27	Treggy 7	2016	
88	M	77	Williams, Ashley	0:51:34	Treggy 7	2024	

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89	M	78	Townend, Stewart	0:51:41	Treggy 7	2007	
90	M	79	Lee, Steven	0:51:42	Treggy 7	2009	
91	M	80	Tappin, Aidan	0:51:53	Magnificent 7	2026	
92	M	81	Morris, Paul	0:51:54	Treggy 7	2011	
93	M	82	Moore, Andy	0:52:05	Wadebridge	2002	
94	M	83	King, Kevin	0:52:08	Tywardreath	2013	
95	M	84	Humbles, Frazer	0:52:11	Treggy 7	2022	
96	M	85	Orchard, Mike	0:52:28	Magnificent 7	2005	
97	M	86	Davies, Kieran	0:52:46	Magnificent 7	2013	
97	M	86	Penberthy, Michael	0:52:46	Treggy 7	2009	
97	M	86	Silver, Kevin	0:52:46	Treggy 7	2022	
100	M	89	Humphery, Irwin	0:52:56	Treggy 7	2015	
100	F	12	Gerrard, Corinne	0:52:56	Treggy 7	2022	
102	F	13	Knowles, Helen	0:52:58	Treggy 7	2012	
103	M	90	Edwards, John	0:52:59	Tywardreath	2010	
104	F	14	Medlock, Kirsty	0:53:03	Treggy 7	2017	
105	M	91	Blight, Andrew	0:53:05	Tywardreath	2012	
106	F	15	Paul, Lucy	0:53:13	Treggy 7	2014	
107	M	92	Masters, Nick	0:53:23	Magnificent 7	2015	
108	M	93	Starkie, Andrew	0:53:25	Treggy 7	2015	
109	F	16	O'Neill, Fiona	0:53:34	Treggy 7	2025	
110	M	94	Ellis, Andrew	0:53:37	Treggy 7	2018	
111	F	17	Holland, Jennifer	0:53:39	Treggy 7	2009	
112	M	95	Lowdon, John	0:53:50	Treggy 7	2011	
113	F	18	Tossell, Rebecca	0:53:53	Treggy 7	2019	
114	M	96	Curtis, Martin	0:53:55	Treggy 7	2009	
115	M	97	Baldwin, Mike	0:53:56	Treggy 7	2009	
116	F	19	Strickland, Lee	0:54:08	Treggy 7	2023	
117	M	98	Love, Andrew	0:54:19	Magnificent 7	2019	
118	M	99	Pulley, Sean	0:54:21	Magnificent 7	2018	
119	F	20	Rudd, Nikki	0:54:27	Treggy 7	2012	
120	F	21	Patterson, Sarah	0:54:31	Treggy 7	2013	
121	M	100	Hynard, Mark	0:54:49	Treggy 7	2007	
122	F	22	Friday, Lisa	0:54:50	Treggy 7	2013	
123	M	101	Burnell, Frank	0:55:05	Treggy 7	2008	
124	F	23	Quick, Louise	0:55:06	Treggy 7	2008	
125	F	24	Shorland, Narina	0:55:11	Treggy 7	2014	
126	F	25	Aspden, Gail	0:55:12	Magnificent 7	2026	00:02:13
127	M	102	Allan, Paul	0:55:22	Magnificent 7	2022	
127	M	102	Seagger, Paul	0:55:22	Treggy 7	2023	
129	M	104	Uren, Darren	0:55:25	Treggy 7	2025	
130	M	105	Underhill, Craig	0:55:26	Treggy 7	2024	
131	M	106	Peters, Nicholas	0:55:31	Treggy 7	2024	
132	M	107	Holman, Tony	0:55:32	Treggy 7	2006	

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133	M	108	Nancarrow, David	0:55:38	Tywardreath	2012	
134	F	26	Burns, Julia	0:55:39	Treggy 7	2017	
135	M	109	Wright, David	0:55:40	Treggy 7	2017	
136	M	110	Bastian, Adrian	0:55:42	Treggy 7	2013	
137	M	111	Johns, Philip	0:55:46	Treggy 7	2019	
138	F	27	Mitchell, Debbie	0:55:49	Treggy 7	2019	
139	F	28	Fitzmaurice, Kate	0:55:54	Treggy 7	2008	
140	M	112	Smith, Brian	0:55:59	Treggy 7	2008	
140	F	29	Goodman, Anna	0:55:59	Treggy 7	2024	
142	M	113	Curtis, Oisin	0:56:01	Magnificent 7	2022	
143	F	30	Towers, Julie	0:56:02	Treggy 7	2024	
144	M	114	Maclaren, Steve	0:56:30	Treggy 7	2019	
145	M	115	Francis, Desmond	0:56:40	Magnificent 7	2010	
146	F	31	Moore, Kelly	0:56:45	Treggy 7	2016	
147	M	116	Leo, Cas	0:56:50	Treggy 7	2012	
148	F	32	Williams, Maria	0:56:54	Treggy 7	2013	
149	F	33	Lawrenson-Reid, June	0:57:00	Treggy 7	2006	
150	M	117	Fraser, Glen	0:57:02	Magnificent 7	2005	
151	M	118	Breakwell, Curt	0:57:05	Magnificent 7	2016	
152	F	34	Foreman, Michelle	0:57:15	Magnificent 7	2007	
153	F	35	Barker, Jane	0:57:20	Treggy 7	2022	
154	F	36	Ellen, Emily	0:57:41	Treggy 7	2019	
155	F	37	Chesterfield, Caroline	0:57:47	Magnificent 7	2017	
156	M	119	Billington, Lee	0:57:58	Treggy 7	2013	
157	M	120	Gough, Paul	0:58:06	Magnificent 7	2023	
158	M	121	Collett, Richard	0:58:08	Treggy 7	2019	
159	F	38	Bowker, Rachel	0:58:17	Magnificent 7	2015	
160	M	122	Thomas, Andrew	0:58:18	Treggy 7	2007	
161	M	123	Rowe, Phil	0:58:20	Treggy 7	2007	
162	F	39	Simmons, Andrea	0:58:30	Magnificent 7	2025	
163	M	124	Mangion, Santino	0:58:33	Magnificent 7	2024	
164	F	40	Merrett, Trish	0:58:35	Treggy 7	2007	
165	F	41	Turner, Teigan	0:58:36	Magnificent 7	2026	
166	F	42	Astill, Naomi	0:58:44	Treggy 7	2018	
167	F	43	Renowden, Zoe	0:58:46	Magnificent 7	2018	
168	M	125	Smith, Stuart	0:58:58	Magnificent 7	2024	
169	F	44	Bennett, Emily	0:58:59	Treggy 7	2017	
170	F	45	Spencer-Smith, Andrea	0:59:09	Treggy 7	2007	
171	M	126	Haynes, Howard	0:59:30	Treggy 7	2007	
172	M	127	Cudmore, Nathan	0:59:40	Treggy 7	2024	
173	F	46	Warren, Diane	0:59:55	Treggy 7	2018	
174	F	47	Vivian, Gemma	0:59:59	Treggy 7	2022	
175	F	48	Kearney, Tamara	1:00:05	Magnificent 7	2026	
176	F	49	Bills, Kelly	1:00:17	Treggy 7	2024	

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177	F	50	Walton, Nancy	1:00:21	Treggy 7	2010	
178	F	51	Forbes, Jennifer	1:00:22	Treggy 7	2023	
179	F	52	Thomas, Alison	1:00:23	Treggy 7	2011	
180	M	128	Merrett, Graham	1:00:30	Tavy 7	2011	
181	F	53	Cody, Roxane	1:00:32	Treggy 7	2023	
182	M	129	Scott, David	1:00:39	Tywardreath	2008	
183	M	130	James, John	1:00:41	Meet your Max	2021	
184	F	54	Litt, Casey	1:00:48	Magnificent 7	2011	
185	M	131	Swetnam, Jim	1:00:56	Treggy 7	2016	
186	F	55	Lee, Becky	1:01:11	Treggy 7	2013	
187	F	56	Smith, Hannah	1:01:17	Treggy 7	2023	
188	F	57	Haghani, Laura	1:01:22	Magnificent 7	2025	
189	M	132	Penhaul, Chunky	1:01:23	Treggy 7	2023	
190	F	58	Billing, Kathryn	1:01:26	Treggy 7	2009	
191	F	59	Clare, Helen	1:01:34	Magnificent 7	2011	
192	F	60	Chapman, Susan	1:01:54	Magnificent 7	2011	
193	M	133	Elgar, Simon	1:01:55	Treggy 7	2015	
194	M	134	Shepherd, Alan	1:02:01	Magnificent 7	2005	
195	M	135	Biss, Andrew	1:02:04	Magnificent 7	2010	
196	F	61	Jelf, Michelle	1:02:24	Treggy 7	2014	
197	M	136	Evans, Alun	1:02:29	Treggy 7	2017	
198	F	62	Roskilly, Michelle	1:02:37	Treggy 7	2019	
199	F	63	Sullivan, Sharon	1:02:56	Tywardreath	2012	
200	F	64	Osborn, Kathryn	1:03:14	Treggy 7	2013	
201	F	65	Burgess, Mel	1:03:42	Treggy 7	2025	
202	F	65	La Brash, Angela	1:03:42	Treggy 7	2013	
203	F	67	Fitt, Michelle	1:03:45	Treggy 7	2023	
204	F	68	Mulliss, Rowan	1:03:52	Treggy 7	2025	
205	F	69	Phillips, Ruth	1:03:53	Treggy 7	2007	
206	F	70	Such, Louise	1:03:55	Magnificent 7	2008	
207	F	71	Martin, Kelly	1:04:01	Treggy 7	2013	
208	F	72	Wood, Penny	1:04:21	Magnificent 7	2008	
209	M	137	Sobey, David	1:04:29	Treggy 7	2010	
210	F	73	O'Keeffe, Jackie	1:04:34	Tavy 7	2007	
211	M	138	Reynolds, Andrew	1:04:39	Magnificent 7	2007	
212	F	74	Pearce, Deborah	1:04:40	Treggy 7	2017	
213	F	75	McPhail, Mo	1:04:41	Magnificent 7	2012	
213	F	75	Wills, Kerry	1:04:41	Treggy 7	2011	
215	F	77	Senior, Anne	1:04:43	Treggy 7	2011	
216	M	139	Matta, Chris	1:04:54	Treggy 7	2010	
217	F	78	Long, Fran	1:04:58	Treggy 7	2016	
218	M	140	Bristow, Don	1:05:04	Magnificent 7	2003	
219	F	79	Cuthbert, Helen	1:05:06	Treggy 7	2025	
220	M	141	Wigram, Tim	1:05:10	Meet Your Max	2013	

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221	F	80	Baldwin, Sarah	1:05:22	Treggy 7	2009	
222	F	81	Poultney, Melissa	1:05:31	Magnificent 7	2015	
223	M	142	Oxley, Mike	1:05:39	Magnificent 7	2026	
224	F	82	Thomas, Sarah	1:05:50	Treggy 7	2024	
225	F	83	Tredinnick, Emma	1:06:05	Treggy 7	2008	
226	F	84	Lewis, Bridget	1:06:08	Magnificent 7	2025	
227	F	85	Lewis, Caroline	1:06:16	Treggy 7	2006	
228	M	143	Cartlidge, Jerry	1:06:26	Magnificent 7	2024	
229	F	86	Bundy, Hannah	1:06:30	Magnificent 7	2026	
230	M	144	Campbell, Chris	1:06:41	Treggy 7	2025	
231	F	87	Billington, Melanie	1:06:43	Treggy 7	2012	
231	F	87	Ferguson, Ana	1:06:43	Treggy 7	2012	
233	F	89	Stewart, Kelly	1:07:11	Magnificent 7	2008	
234	M	145	Trenchard, Ben	1:07:22	Meet Your Max	2013	
235	F	90	Wilding, Sarah	1:07:37	Magnificent 7	2017	
236	M	146	Collier, Richard	1:07:55	Magnificent 7	2026	
237	F	91	Hill, Jo	1:08:00	Treggy 7	2012	
238	F	92	Greef, Jayne	1:08:01	Treggy 7	2011	
239	F	93	Rouncefield, Carol	1:08:02	Treggy 7	2011	
240	M	147	Bowden, Ian	1:08:18	Treggy 7	2009	
240	F	94	Rose, Gill	1:08:18	Meet Your Max	2021	
240	M	147	Snell, Richard	1:08:18	Meet Your Max	2021	
243	F	95	Haley, Sherry	1:08:19	Treggy 7	2011	
244	F	96	Hawks, Debbie	1:08:34	Magnificent 7	2006	
245	F	97	Martin, Julie	1:08:39	Treggy 7	2006	
246	F	98	Newing, Sarah	1:08:44	Meet Your Max	2013	
247	F	99	Hatch, Danielle	1:08:46	Treggy 7	2012	
247	F	99	Stone, Natasha	1:08:46	Magnificent 7	2015	
249	M	149	Redrup, Scott	1:08:50	Magnificent 7	2026	
250	F	101	Laing, Stella	1:08:53	Magnificent 7	2009	
251	M	150	Cornish, Trevor	1:09:11	Treggy 7	2019	
252	F	102	Gibbard, Helen	1:09:16	Treggy 7	2007	
253	F	103	Pegg, Rachel	1:09:26	Magnificent 7	2010	
254	F	104	Edwards, Sue	1:09:44	Treggy 7	2007	
255	F	105	De Barros, Sara	1:09:49	Treggy 7	2015	
256	F	106	Kitchen, Amelia	1:10:06	Treggy 7	2017	
257	M	151	Clarke, Dale	1:10:10	Treggy 7	2019	
258	F	107	Parker, Kim	1:10:15	Treggy 7	2013	
259	F	108	Kirk, Debbie	1:10:28	Treggy 7	2008	
260	F	109	Carter, Nikki	1:10:37	Treggy 7	2014	
261	F	110	Carveth, Debbie	1:11:06	Magnificent 7	2016	
262	F	111	Stone, Claire	1:11:18	Treggy 7	2023	
263	F	112	Smith, Mo	1:11:23	Magnificent 7	2011	
264	M	152	Heather, Andrew	1:11:27	Treggy 7	2023	

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265	M	153	Saundry, Richard	1:11:32	Treggy 7	2013	
266	F	113	Johns, Nicola	1:11:58	Treggy 7	2006	
267	F	114	Alexander, Lesley	1:12:01	Treggy 7	2011	
268	F	115	Clark, Margaret	1:12:03	Treggy 7	2024	
269	F	116	Clark, Theresa	1:12:15	Treggy 7	2024	
270	F	117	Wilson, Heather	1:12:20	Magnificent 7	2026	
271	F	118	Cumbley, Kat	1:12:21	Treggy 7	2017	
272	F	119	Gill, David	1:12:27	Treggy 7	2025	
273	M	154	Bennetts, William	1:12:33	Treggy 7	2006	
274	F	120	Pascoe, Wendy	1:12:40	Magnificent 7	2011	
275	F	121	Parker, Deborah	1:13:04	Treggy 7	2014	
275	F	121	Wilson, Lucy	1:13:04	Treggy 7	2014	
277	M	155	Lagor, Stephen	1:13:06	Magnificent 7	2015	
278	M	156	Brennan, Tom	1:13:11	Treggy 7	2008	
279	F	123	Gore, Jamie	1:13:16	Magnificent 7	2022	
280	F	124	Culley, Carol	1:13:17	Magnificent 7	2015	
281	F	125	Marks, Victoria	1:13:22	Magnificent 7	2017	
282	F	126	Rochford, Hayley	1:13:26	Treggy 7	2012	
283	F	127	Kearney, Jemma	1:13:28	Treggy 7	2025	
284	M	157	Kearney, Peter	1:13:29	Treggy 7	2025	
285	F	128	Williams, Laura	1:13:37	Magnificent 7	2018	
286	M	158	Bryant, Anthony	1:14:01	Treggy 7	2024	
287	F	129	Wood, Sarah	1:14:52	Magnificent 7	2012	
288	M	159	Roskruge, Martin	1:15:22	Treggy 7	2012	
289	F	130	Cardell, Timothea	1:15:33	Treggy 7	2019	
290	M	160	Bumford, James	1:15:40	Treggy 7	2011	
291	F	131	Crossley, Jo	1:15:46	Treggy 7	2011	
292	F	132	Brennan, Valerie	1:15:47	Treggy 7	2008	
293	M	161	Wright, Mike	1:16:02	Treggy 7	2008	
294	F	133	Jose, Natasha	1:16:09	Treggy 7	2006	
294	F	133	Usher, Karen	1:16:09	Meet Your Max	2021	
296	F	135	Dudding, Debbie	1:16:22	Treggy 7	2014	
297	M	162	Marsh, Stuart	1:16:30	Treggy 7	2017	
298	F	136	Ray, Pamela	1:16:39	Treggy 7	2016	
299	F	137	Stone, Jackie	1:17:04	Treggy 7	2022	
300	F	138	Armstrong, Maxine	1:17:10	Treggy 7	2014	
301	F	139	Cattran-Dunlop, Helen	1:17:14	Treggy 7	2024	
302	F	139	Elgar, Rebecca	1:17:14	Treggy 7	2015	
302	F	139	Uren, Gina	1:17:14	Treggy 7	2015	
304	F	142	Cheel, Amanda	1:17:22	Treggy 7	2012	
304	F	142	Mills, Helen	1:17:22	Treggy 7	2012	
306	M	163	Squire, Mark	1:17:30	Magnificent 7	2026	00:02:18
307	F	144	Pollard, Jean	1:17:35	Treggy 7	2012	
308	F	145	Squire, Helen	1:17:45	Treggy 7	2025	

7 Mile PBs

(Updated to Magnificent 7 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
309	F	146	Henry, Naila	1:17:58	Treggy 7	2011	
310	F	147	Nimmo, Karen	1:18:00	Treggy 7	2012	
311	F	148	Mackintosh, Susie	1:18:27	Treggy 7	2015	
312	F	149	Sycamore, Kathryn	1:18:45	Treggy 7	2008	
313	F	150	Bolitho, Julie	1:18:58	Magnificent 7	2022	
314	M	164	Agnihorti, Dev	1:19:23	Race for Wildlife	2013	
315	F	151	Thomas, Susan	1:19:30	Treggy 7	2022	
316	M	165	Bolitho, Robert	1:19:55	Treggy 7	2023	
317	F	152	Johns, Sarah	1:20:54	Magnificent 7	2022	
318	M	166	Feber, Stephen	1:21:34	Treggy 7	2010	
319	F	153	McGuire, Jo	1:22:03	Treggy 7	2012	
320	F	154	Ellis, Jemma	1:22:58	Treggy 7	2019	
321	F	155	Hocking, Stacey	1:22:59	Treggy 7	2018	
322	F	156	Lay, Jo	1:24:55	Treggy 7	2017	
323	F	157	Johns, Emma	1:25:10	Magnificent 7	2023	
324	F	158	Coldrick, Debra	1:25:26	Treggy 7	2012	
325	F	159	Massey, Jennie	1:25:27	Tywardreath	2016	
326	F	160	Evans, Julie	1:25:33	Treggy 7	2012	
327	F	161	Rowe, Emma	1:25:34	Magnificent 7	2008	
328	F	162	Galloway, Kathryn	1:25:37	Magnificent 7	2008	
329	F	163	Pickersgill, Janet	1:25:41	Tywardreath	2012	
329	F	163	Dodds, Laura	1:25:41	Treggy 7	2019	
331	F	165	McGrane, Tamsyn	1:25:43	Treggy 7	2019	
332	F	166	Dixon, Samantha	1:26:10	Treggy 7	2023	
333	F	167	Ellis, Sarah	1:27:52	Treggy 7	2022	
334	F	168	Clark, Alaina	1:28:11	Magnificent 7	2025	
335	F	169	Collier, Samantha	1:28:31	Magnificent 7	2025	
336	F	170	Hewett, Holly	1:29:17	Magnificent 7	2025	
337	F	171	Abraham, Amy	1:30:19	Meet Your Max	2021	
338	F	172	Rogers, Natalie	1:30:20	Meet Your Max	2021	
339	F	173	Nancarrow, Karen	1:30:36	Tywardreath	2012	
340	F	174	Charles, Kirsty	1:31:16	Meet Your Max	2012	
341	F	175	Kearney, Sam	1:34:40	Treggy 7	2025	
342	F	176	Cobell, Anne	1:36:01	Treggy 7	2024	
343	F	177	Tonkin, Jane	1:37:53	Meet Your Max	2013	
344	F	178	Wilkinson, Hannah	1:41:17	Tywardreath	2019	
345	F	179	Dark, Donna	1:44:20	Magnificent 7	2026	
346	F	180	Baldwin, Charlotte	1:46:13	Meet Your Max	2012	

7 Mile PBs

(Updated to Magnificent 7 2026)

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Overall Position	Gender	Gender Position	Name	Time	Race	Year	2026 Progress
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