

# 10K PBs

(Updated to Marazion 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               | Rowe, Joshua            | 0:32:01 | Vitality London 10k | 2022 |               |
| 2                | M      | 2               | Costello, Daniel        | 0:32:38 | Speedway 10k        | 2026 | 0:01:45       |
| 3                | M      | 3               | Farmer, Sam             | 0:32:53 | Lightning Bolt      | 2024 |               |
| 4                | M      | 4               | Gardner, Jacob          | 0:33:09 | Lightning Bolt      | 2023 |               |
| 5                | M      | 5               | McQuillen-Wright, Chris | 0:33:20 | Mounts Bay          | 2007 |               |
| 6                | M      | 6               | Ellis, Peter            | 0:33:55 | Mounts Bay          | 2010 |               |
| 7                | M      | 7               | Morant, Jordan          | 0:34:03 | Bideford            | 2026 | 0:00:05       |
| 8                | M      | 8               | Humphrey, Thomas        | 0:34:32 | Marazion            | 2015 |               |
| 9                | M      | 9               | Hayhurst, Neil          | 0:35:00 | Burrator            | 2024 |               |
| 10               | M      | 10              | Brunnock, Oliver        | 0:35:03 | Lightning Bolt      | 2024 |               |
| 11               | M      | 11              | Malone-Lee, Francis     | 0:35:19 | Marazion            | 2026 | 0:01:59       |
| 12               | M      | 12              | Hagan, Steven           | 0:35:27 | Newquay             | 2025 |               |
| 13               | M      | 13              | Ratcliffe, Floyd        | 0:35:36 | St Levan            | 2017 |               |
| 14               | M      | 14              | Millington, Daniel      | 0:35:48 | Marazion            | 2026 | 0:01:49       |
| 15               | M      | 15              | Gore, Adam              | 0:35:50 | Exeter              | 2023 |               |
| 16               | M      | 16              | Turner, Russell         | 0:36:07 | Marazion            | 2013 |               |
| 17               | M      | 17              | Knowles, Simon          | 0:36:11 | Marazion            | 2015 |               |
| 18               | M      | 18              | Musneckis, Amar         | 0:36:12 | Marazion            | 2026 |               |
| 19               | M      | 19              | Savage, Rich            | 0:36:14 | Newquay             | 2012 |               |
| 20               | M      | 20              | Rosenfeld, Thomas       | 0:36:23 | St Levan            | 2021 |               |
| 21               | M      | 21              | Bennett, Edmund         | 0:36:32 | Marazion            | 2025 |               |
| 22               | M      | 22              | Horswell, Richard       | 0:36:36 | Ivybridge           | 2012 |               |
| 22               | F      | 1               | Paull, Emma             | 0:36:36 | Marazion            | 2015 |               |
| 24               | M      | 23              | Abraham, Scott          | 0:36:37 | Newquay             | 2014 |               |
| 25               | M      | 24              | Marsden, Stanley        | 0:36:39 | Marazion            | 2025 |               |
| 26               | M      | 25              | Dowrick, Mike           | 0:36:40 | Newquay             | 2013 |               |
| 26               | M      | 25              | Barnes, Peter           | 0:36:40 | Newquay             | 2023 |               |
| 28               | M      | 27              | Watts, Robert           | 0:36:41 | Newquay             | 2017 |               |
| 29               | M      | 28              | Rielly, Ross            | 0:36:47 | Newquay             | 2026 |               |
| 30               | M      | 29              | Purvis, Lloyd           | 0:36:50 | Newquay             | 2016 |               |
| 30               | M      | 29              | Cookson, Neill          | 0:36:50 | Eastleigh           | 2019 |               |
| 32               | M      | 31              | Wherry, Steve           | 0:36:57 | Newquay             | 2017 |               |
| 32               | M      | 31              | O'Neill, Liam           | 0:36:57 | Newquay             | 2025 |               |
| 34               | M      | 33              | Newman, Jack            | 0:37:00 | Newquay             | 2026 | 0:03:14       |
| 35               | M      | 34              | Stephens, Jeremy        | 0:37:15 | Mounts Bay          | 2010 |               |
| 36               | M      | 35              | Hampton, Kyle           | 0:37:17 | Marazion            | 2026 |               |
| 37               | M      | 36              | Murrant, Kieran         | 0:37:21 | Newquay             | 2013 |               |
| 37               | M      | 36              | Fuller, Stephen         | 0:37:21 | Newquay             | 2022 |               |
| 39               | M      | 38              | Reid, Alan              | 0:37:28 | Mounts Bay          | 2008 |               |
| 40               | M      | 39              | Summers, Jake           | 0:37:29 | Battersea Park      | 2025 |               |
| 41               | M      | 40              | Warmington, Paul        | 0:37:31 | Newquay             | 2026 | 0:00:23       |
| 42               | M      | 41              | Wyatt, Steve            | 0:37:37 | Newquay             | 2007 |               |
| 43               | M      | 41              | Strickland, Daniel      | 0:37:37 | Newquay             | 2023 |               |
| 44               | M      | 43              | Mayes, Richard          | 0:37:38 | Newquay             | 2011 |               |
| 45               | M      | 44              | Hill, Lewis             | 0:37:40 | Marazion            | 2015 |               |
| 46               | M      | 45              | Costello, Nick          | 0:37:47 | Newquay             | 2019 |               |

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| Overall Position | Gender | Gender Position | Name                 | Time    | Race             | Year | 2026 Progress |
|------------------|--------|-----------------|----------------------|---------|------------------|------|---------------|
| 47               | M      | 46              | Hicks, Sam           | 0:37:51 | Newquay          | 2009 |               |
| 48               | M      | 47              | Medlock, Bradley     | 0:38:01 | Newquay          | 2024 |               |
| 49               | M      | 48              | Paroissien, Andrew   | 0:38:08 | Newquay          | 2019 |               |
| 50               | M      | 49              | Wright, Martin       | 0:38:11 | Marazion         | 2024 |               |
| 51               | M      | 50              | Jeffer, Simon        | 0:38:34 | Newquay          | 2025 |               |
| 52               | M      | 51              | Burton, Thomas       | 0:38:37 | Regent's Park    | 2025 |               |
| 53               | M      | 52              | Turton, Dominic      | 0:38:41 | Newquay          | 2024 |               |
| 54               | M      | 53              | Manning, James       | 0:38:43 | Newquay          | 2019 |               |
| 55               | M      | 54              | Richards, Robert     | 0:38:51 | Newquay          | 2007 |               |
| 56               | M      | 55              | Beer, Joe            | 0:38:52 | Lightning Bolt   | 2024 |               |
| 56               | M      | 55              | Crook, Liam          | 0:38:52 | Marazion         | 2024 |               |
| 58               | M      | 57              | Timms, Simon         | 0:38:59 | Marazion         | 2013 |               |
| 59               | M      | 58              | Goodreid, Ian        | 0:39:00 | Mounts Bay       | 2010 |               |
| 60               | M      | 59              | Curtis, Matt         | 0:39:01 | Marazion         | 2012 |               |
| 61               | M      | 60              | Jukes, Andy          | 0:39:03 | Newquay          | 2005 |               |
| 62               | M      | 61              | Davies, Max          | 0:39:10 | Newquay          | 2025 |               |
| 63               | M      | 62              | Atkinson, Paul       | 0:39:11 | Newquay          | 2022 |               |
| 64               | M      | 63              | Lucas, Ben           | 0:39:15 | Newquay          | 2011 |               |
| 64               | M      | 63              | Barrett, Chris       | 0:39:15 | Newquay          | 2018 |               |
| 66               | M      | 65              | Guffick, Dave        | 0:39:18 | Newquay          | 2024 |               |
| 67               | M      | 66              | Eldon, Jon           | 0:39:21 | Bideford         | 2026 | 0:01:29       |
| 67               | M      | 66              | Clifton, Alex        | 0:39:21 | Mounts Bay       | 2008 |               |
| 67               | F      | 2               | Khan, Jane           | 0:39:21 | Newquay          | 2014 |               |
| 67               | M      | 66              | Webb, Sean           | 0:39:21 | Mounts Bay       | 2007 |               |
| 67               | M      | 66              | Wilding, David       | 0:39:21 | Newquay          | 2022 |               |
| 72               | M      | 70              | Gill, Stuart         | 0:39:26 | Newquay          | 2014 |               |
| 73               | M      | 71              | Kennett-Parsons, Joe | 0:39:36 | Newquay          | 2013 |               |
| 74               | M      | 72              | Burrows, Anthony     | 0:39:44 | Newquay          | 2011 |               |
| 75               | M      | 73              | Pickles, Jonathan    | 0:39:49 | Newquay          | 2014 |               |
| 75               | M      | 73              | Tullett, Adam        | 0:39:49 | Hayle Handicap   | 2005 |               |
| 77               | M      | 75              | Wingell, Paul        | 0:39:53 | Newquay          | 2019 |               |
| 78               | M      | 76              | Hayes, Curtis        | 0:40:22 | Chester          | 2025 |               |
| 78               | M      | 76              | Luckhurst, Will      | 0:40:22 | Newquay          | 2019 |               |
| 80               | M      | 78              | Corrigan, Steve      | 0:40:23 | Newquay          | 2011 |               |
| 80               | F      | 3               | Telford, Paula       | 0:40:23 | Newquay          | 2010 |               |
| 82               | M      | 79              | Freeland, Jake       | 0:40:27 | Newquay          | 2022 |               |
| 83               | M      | 80              | Grose, Simon         | 0:40:30 | Falmouth         | 2000 |               |
| 84               | M      | 81              | Reynolds, Todd       | 0:40:34 | Newquay          | 2026 | 0:02:07       |
| 85               | M      | 82              | Trembath, Robert     | 0:40:38 | Newquay          | 2015 |               |
| 86               | M      | 83              | Smith, Andrew        | 0:40:39 | Runway Runaround | 2012 |               |
| 87               | M      | 84              | Curnow, Ian          | 0:40:40 | Newquay          | 2025 |               |
| 88               | M      | 85              | Lowdon, John         | 0:40:41 | Newquay          | 2017 |               |
| 89               | F      | 4               | Kenworthy, Sarah     | 0:40:56 | St Levan         | 2011 |               |
| 90               | F      | 5               | Goldsworthy, Rachel  | 0:40:58 | Marazion         | 2011 |               |
| 91               | M      | 86              | Attwood, James       | 0:40:59 | Marazion         | 2015 |               |
| 92               | M      | 87              | Williams, Mark       | 0:41:00 | Newquay          | 2023 |               |

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|------------------|--------|-----------------|-----------------------|---------|------------|------|---------------|
| 93               | M      | 88              | Lewis, Jules          | 0:41:01 | Newquay    | 2009 |               |
| 93               | M      | 88              | Philpotts, Bob        | 0:41:01 | Newquay    | 2006 |               |
| 95               | M      | 90              | James, Andrew         | 0:41:06 | Newquay    | 2026 | 0:04:54       |
| 96               | M      | 91              | Burford, Lee          | 0:41:09 | Newquay    | 2020 |               |
| 97               | M      | 92              | James, Darren         | 0:41:20 | Met 10k    | 2007 |               |
| 98               | M      | 93              | Morris, Paul          | 0:41:29 | Plymouth   | 2011 |               |
| 99               | F      | 6               | Bennett, Charlotte    | 0:41:33 | Marazion   | 2015 |               |
| 100              | M      | 94              | Pound, Craig          | 0:41:37 | Marazion   | 2026 | 0:01:46       |
| 101              | M      | 95              | Bradbury, Sean        | 0:41:40 | Marazion   | 2024 |               |
| 101              | M      | 95              | Taylor, Hugh          | 0:41:40 | Marazion   | 2024 |               |
| 103              | F      | 7               | Ruetsch, Fiona        | 0:41:41 | Newquay    | 2008 |               |
| 103              | M      | 97              | Smith, Derek          | 0:41:41 | Mounts Bay | 2008 |               |
| 105              | M      | 98              | Tonkin, Craig         | 0:41:44 | Marazion   | 2012 |               |
| 106              | M      | 99              | Davies, Kieran        | 0:41:46 | Marazion   | 2013 |               |
| 107              | M      | 100             | Little, Samuel        | 0:41:52 | Marazion   | 2026 | 0:07:08       |
| 108              | M      | 101             | Williams, Ashley      | 0:41:56 | Marazion   | 2024 |               |
| 109              | M      | 102             | Pickering, Stuart     | 0:42:03 | St Levan   | 2016 |               |
| 110              | F      | 8               | Savage, Faye          | 0:42:06 | Marazion   | 2014 |               |
| 111              | M      | 103             | Floyd, Rob            | 0:42:08 | Newquay    | 2013 |               |
| 112              | M      | 104             | Twiggs, Tim           | 0:42:11 | Newquay    | 2018 |               |
| 113              | M      | 105             | Cooling, Steve        | 0:42:19 | St Levan   | 2014 |               |
| 114              | M      | 106             | Olds, Jonathan        | 0:42:23 | Marazion   | 2026 |               |
| 115              | F      | 9               | Gillespie, Rebecca    | 0:42:24 | Mounts Bay | 2006 |               |
| 116              | F      | 10              | Harrison-Webb, Debbie | 0:42:28 | Newquay    | 2013 |               |
| 117              | M      | 107             | King, Kevin           | 0:42:30 | Marazion   | 2015 |               |
| 117              | M      | 107             | Masters, Nick         | 0:42:30 | Newquay    | 2018 |               |
| 119              | M      | 109             | Brooks, Alex          | 0:42:31 | Newquay    | 2026 | 0:02:33       |
| 119              | M      | 109             | Townend, Stewart      | 0:42:31 | Mounts Bay | 2006 |               |
| 121              | M      | 111             | Orchard, Mike         | 0:42:34 | Mounts Bay | 2006 |               |
| 122              | M      | 112             | Balmer, Luke          | 0:42:36 | Mounts Bay | 2009 |               |
| 123              | M      | 113             | Hill, Terry           | 0:42:41 | Newquay    | 2007 |               |
| 123              | M      | 113             | Pope, Kevin           | 0:42:41 | Newquay    | 2017 |               |
| 125              | F      | 11              | Jose, Amy             | 0:42:49 | Newquay    | 2018 |               |
| 126              | M      | 115             | Grainger, Christopher | 0:42:52 | Newquay    | 2008 |               |
| 127              | M      | 116             | Jordan, Peter         | 0:42:53 | Newquay    | 2017 |               |
| 128              | M      | 117             | Hall, Josh            | 0:42:57 | Mounts Bay | 2010 |               |
| 129              | M      | 118             | Ward, Kevin           | 0:43:00 | Newquay    | 2026 |               |
| 130              | M      | 119             | Wall, Alex            | 0:43:01 | Marazion   | 2013 |               |
| 130              | M      | 119             | Eva, Nathaniel        | 0:43:01 | St Levan   | 2019 |               |
| 130              | M      | 119             | Perry, Aaron          | 0:43:01 | St Levan   | 2019 |               |
| 133              | F      | 12              | Manners, Melodie      | 0:43:05 | Newquay    | 2020 |               |
| 134              | M      | 122             | Sneyd, Paul           | 0:43:07 | Newquay    | 2017 |               |
| 135              | M      | 123             | Savage, Jon           | 0:43:10 | Newquay    | 2017 |               |
| 136              | F      | 13              | Angilley, Jayne       | 0:43:12 | Mounts Bay | 2009 |               |
| 137              | M      | 124             | Edwards, John         | 0:43:19 | Mounts Bay | 2010 |               |
| 138              | M      | 125             | Date, Malcolm         | 0:43:21 | St Levan   | 2007 |               |

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|------------------|--------|-----------------|----------------------|---------|------------------|------|---------------|
| 139              | M      | 126             | Blight, Andrew       | 0:43:37 | St Levan         | 2011 |               |
| 140              | M      | 127             | Searle, Andrew       | 0:43:38 | Marazion         | 2024 |               |
| 141              | M      | 128             | Peters, Nicholas     | 0:43:39 | Newquay          | 2024 |               |
| 142              | M      | 129             | Lee, Steven          | 0:43:41 | Marazion         | 2011 |               |
| 143              | M      | 129             | Uren, Darren         | 0:43:41 | Newquay          | 2024 |               |
| 144              | F      | 14              | Rogers, Tear         | 0:43:48 | Newquay          | 2026 | 0:01:53       |
| 145              | M      | 131             | Baldwin, Mike        | 0:43:51 | Marazion         | 2012 |               |
| 145              | M      | 131             | Gough, Paul          | 0:43:51 | Newquay          | 2024 |               |
| 147              | M      | 133             | Eric, George         | 0:43:54 | Newquay          | 2019 |               |
| 148              | M      | 134             | Penberthy, Michael   | 0:43:55 | Marazion         | 2011 |               |
| 149              | M      | 135             | Seabury, Ian         | 0:44:06 | Marazion         | 2024 |               |
| 150              | M      | 136             | Curtis, Oisin        | 0:44:07 | Newquay          | 2022 |               |
| 151              | M      | 137             | Francis, Desmond     | 0:44:12 | Mounts Bay       | 2010 |               |
| 152              | M      | 138             | Humbles, Frazer      | 0:44:13 | Marazion         | 2025 |               |
| 153              | M      | 138             | Yendell, Michael     | 0:44:13 | Marazion         | 2013 |               |
| 154              | M      | 140             | Newcombe, Giles      | 0:44:23 | Newquay          | 2017 |               |
| 155              | F      | 15              | Holland, Jennifer    | 0:44:28 | Newquay          | 2009 |               |
| 156              | M      | 141             | Stone, Matthew       | 0:44:29 | Marazion         | 2013 |               |
| 157              | M      | 142             | Brown, Chris         | 0:44:30 | Trevornick       | 2023 |               |
| 158              | M      | 143             | Silver, Kevin        | 0:44:31 | Newquay          | 2023 |               |
| 159              | M      | 144             | Batchelor, David     | 0:44:33 | St Levan         | 2018 |               |
| 160              | F      | 16              | Tossell, Rebecca     | 0:44:36 | Bideford         | 2021 |               |
| 161              | M      | 145             | Pulley, Sean         | 0:44:42 | St Levan         | 2018 |               |
| 162              | M      | 146             | Kershaw, David       | 0:44:45 | Newquay          | 2014 |               |
| 162              | M      | 146             | Seagger, Paul        | 0:44:45 | St Ives Bay      | 2021 |               |
| 164              | F      | 17              | Medlock, Kirsty      | 0:44:47 | Newquay          | 2025 |               |
| 165              | F      | 18              | Knowles, Helen       | 0:44:48 | Newquay          | 2012 |               |
| 166              | F      | 19              | Kirby, Alysia        | 0:44:50 | Mounts Bay       | 2008 |               |
| 167              | F      | 20              | Caddy, Arianna       | 0:44:57 | Marazion         | 2026 | 0:02:29       |
| 168              | F      | 21              | Patterson, Sarah     | 0:44:58 | St Levan         | 2012 |               |
| 168              | F      | 21              | Paull, Lucy          | 0:44:58 | Newquay          | 2014 |               |
| 170              | M      | 148             | Humphrey, Irwin      | 0:45:03 | Marazion         | 2015 |               |
| 171              | F      | 23              | Nicholas, Melissa    | 0:45:05 | Newquay          | 2025 |               |
| 172              | M      | 149             | Holman, Tony         | 0:45:07 | Mounts Bay       | 2006 |               |
| 173              | M      | 150             | Moore, Andy          | 0:45:09 | Mounts Bay       | 2005 |               |
| 174              | M      | 151             | Eatock, John-Paul    | 0:45:19 | Mounts Bay       | 2009 |               |
| 175              | F      | 24              | O'Neill, Fiona       | 0:45:22 | Marazion         | 2025 |               |
| 175              | M      | 152             | Ralph, Alexander     | 0:45:22 | Gibbet Challenge | 2024 |               |
| 177              | M      | 153             | Martinsson, Sigg     | 0:45:25 | St Levan         | 2018 |               |
| 178              | M      | 154             | England, Frederick   | 0:45:34 | St Levan         | 2019 |               |
| 179              | F      | 25              | Shorland, Narina     | 0:45:36 | Newquay          | 2014 |               |
| 180              | M      | 155             | Clifford, Tommy      | 0:45:37 | Newquay          | 2019 |               |
| 181              | M      | 156             | Santi Garcia, Carlos | 0:45:39 | Newquay          | 2016 |               |
| 182              | M      | 157             | Cuthbert, Alfie      | 0:45:40 | Newquay          | 2026 | 0:05:47       |
| 182              | F      | 26              | Aspden, Gail         | 0:45:40 | Newquay          | 2018 |               |
| 184              | M      | 158             | Curtis, Martin       | 0:45:44 | Newquay          | 2009 |               |

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|------------------|--------|-----------------|------------------------|---------|--------------|------|---------------|
| 185              | M      | 159             | Burnell, Frank         | 0:45:45 | St Levan     | 2008 |               |
| 186              | M      | 160             | Jones, Zac             | 0:45:46 | Marazion     | 2026 | 0:05:10       |
| 187              | M      | 161             | Ellis, Andrew          | 0:45:50 | Newquay      | 2019 |               |
| 188              | M      | 162             | Starkie, Andrew        | 0:45:53 | Newquay      | 2015 |               |
| 189              | F      | 27              | Friday, Lisa           | 0:45:58 | Marazion     | 2012 |               |
| 190              | M      | 163             | Rowe, Phil             | 0:46:00 | Mounts Bay   | 2006 |               |
| 191              | F      | 28              | Ellen, Emily           | 0:46:02 | Newquay      | 2022 |               |
| 192              | M      | 164             | Hegarty, Alan          | 0:46:03 | Probus       | 2008 |               |
| 193              | M      | 165             | Waring, Chris          | 0:46:07 | Marazion     | 2015 |               |
| 194              | M      | 166             | Leo, Cas               | 0:46:10 | Newquay      | 2012 |               |
| 195              | M      | 167             | McIvor, Terry          | 0:46:16 | St Levan     | 2012 |               |
| 196              | M      | 168             | Tymm, Daniel           | 0:46:19 | Marazion     | 2014 |               |
| 197              | F      | 29              | Williams, Maria        | 0:46:20 | Newquay      | 2009 |               |
| 198              | F      | 30              | Simmons, Andrea        | 0:46:21 | Bideford     | 2026 | 0:07:08       |
| 198              | F      | 30              | Clare, Helen           | 0:46:21 | Newquay      | 2012 |               |
| 198              | M      | 169             | James, John            | 0:46:21 | Newquay      | 2020 |               |
| 201              | M      | 170             | Fraser, Glen           | 0:46:22 | St Levan     | 2005 |               |
| 202              | F      | 32              | Rudd, Nikki            | 0:46:24 | Newquay      | 2012 |               |
| 203              | F      | 33              | Goodman, Anna          | 0:46:25 | Marazion     | 2024 |               |
| 204              | M      | 171             | Cudmore, Nathan        | 0:46:28 | Newquay      | 2024 |               |
| 205              | F      | 34              | Moore, Kelly           | 0:46:28 | Newquay      | 2016 |               |
| 206              | M      | 172             | Allan, Paul            | 0:46:30 | Newquay      | 2022 |               |
| 206              | M      | 172             | Johns, Philip          | 0:46:30 | Tamar Bridge | 2019 |               |
| 208              | M      | 174             | Underhill, Craig       | 0:46:33 | Marazion     | 2024 |               |
| 209              | M      | 175             | Searle, Jack           | 0:46:34 | Marazion     | 2026 |               |
| 210              | M      | 176             | Campbell, Colin        | 0:46:41 | Redruth      | 2010 |               |
| 211              | F      | 35              | King, Ruby             | 0:46:42 | Marazion     | 2026 | 0:04:14       |
| 211              | F      | 35              | Foreman, Lia           | 0:46:42 | Newquay      | 2023 |               |
| 213              | M      | 177             | Eadie, Jack            | 0:46:45 | Marazion     | 2024 |               |
| 214              | F      | 37              | Strickland, Lee        | 0:46:46 | Newquay      | 2025 |               |
| 215              | M      | 178             | Glew, Graham           | 0:46:47 | Newquay      | 2020 |               |
| 216              | F      | 38              | Spencer-Smith, Andrea  | 0:46:50 | Newquay      | 2008 |               |
| 216              | F      | 38              | Mitchell, Debbie       | 0:46:50 | Newquay      | 2020 |               |
| 218              | M      | 179             | Maclaren, Steve        | 0:46:51 | Newquay      | 2020 |               |
| 219              | F      | 40              | Burns, Julia           | 0:46:59 | Newquay      | 2018 |               |
| 220              | F      | 41              | Kearney, Tamara        | 0:47:00 | Marazion     | 2026 | 0:03:31       |
| 220              | M      | 180             | Tappin, Aidan          | 0:47:00 | Marazion     | 2026 |               |
| 222              | M      | 181             | Glenville, Adam        | 0:47:02 | Newquay      | 2026 | 0:04:02       |
| 223              | F      | 42              | Chesterfield, Caroline | 0:47:03 | Newquay      | 2018 |               |
| 224              | F      | 43              | Turner, Teigan         | 0:47:06 | Newquay      | 2026 | 0:06:53       |
| 224              | M      | 182             | Hynard, Mark           | 0:47:06 | Mounts Bay   | 2007 |               |
| 226              | F      | 44              | Gerrard, Corinne       | 0:47:09 | Newquay      | 2020 |               |
| 227              | F      | 45              | Lawrenson-Reid, June   | 0:47:11 | Mounts Bay   | 2006 |               |
| 228              | M      | 183             | Roberts, Shaun         | 0:47:14 | Newquay      | 2024 |               |
| 229              | M      | 184             | Murray, Simon          | 0:47:17 | Newquay      | 2024 |               |
| 230              | F      | 46              | Towers, Julie          | 0:47:20 | Marazion     | 2024 |               |

# 10K PBs

(Updated to Marazion 2026)

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| Overall Position | Gender | Gender Position | Name                    | Time    | Race       | Year | 2026 Progress |
|------------------|--------|-----------------|-------------------------|---------|------------|------|---------------|
| 231              | F      | 47              | Beman, Lynn             | 0:47:27 | Mounts Bay | 2010 |               |
| 232              | F      | 48              | Quick, Louise           | 0:47:31 | Newquay    | 2008 |               |
| 233              | M      | 185             | Keenan, Brad            | 0:47:36 | Marazion   | 2026 | 0:00:49       |
| 234              | M      | 186             | Penney, Andrew          | 0:47:40 | Marazion   | 2025 |               |
| 235              | F      | 49              | Ollivier, Louise        | 0:47:46 | Newquay    | 2015 |               |
| 235              | F      | 49              | Holland, Jo             | 0:47:46 | Newquay    | 2019 |               |
| 237              | M      | 187             | Probart, Stuart         | 0:47:49 | St Levan   | 2009 |               |
| 238              | M      | 188             | Smith, Brian            | 0:47:50 | St Levan   | 2009 |               |
| 239              | M      | 189             | Weare, Michael          | 0:47:59 | Marazion   | 2015 |               |
| 240              | M      | 190             | Bastian, Adrian         | 0:48:00 | Newquay    | 2013 |               |
| 241              | M      | 191             | Folger, David           | 0:48:03 | Trevornick | 2026 |               |
| 242              | F      | 51              | Newing, Sarah           | 0:48:04 | Newquay    | 2012 |               |
| 243              | M      | 192             | Wright, David           | 0:48:11 | St Levan   | 2017 |               |
| 244              | F      | 52              | Whitehead, Kelly        | 0:48:13 | Newquay    | 2017 |               |
| 244              | F      | 52              | Butterworth, Emma       | 0:48:13 | Marazion   | 2024 |               |
| 246              | M      | 193             | Wigram, Tim             | 0:48:16 | Marazion   | 2014 |               |
| 246              | F      | 54              | Carey, Octavia          | 0:48:16 | Marazion   | 2026 |               |
| 248              | M      | 194             | Collett, Richard        | 0:48:17 | Newquay    | 2023 |               |
| 249              | M      | 195             | Nancarrow, David        | 0:48:19 | Newquay    | 2012 |               |
| 250              | M      | 196             | Ashwin, Barry           | 0:48:21 | St Levan   | 2018 |               |
| 251              | F      | 55              | Merrett, Trish          | 0:48:23 | Newquay    | 2007 |               |
| 252              | F      | 56              | Barnes, Catherine       | 0:48:30 | Marazion   | 2025 |               |
| 253              | M      | 197             | Shepherd, Alan          | 0:48:32 | Mounts Bay | 2004 |               |
| 254              | M      | 198             | Simpson, Charles        | 0:48:36 | Newquay    | 2023 |               |
| 255              | F      | 57              | Astill, Naomi           | 0:48:37 | Newquay    | 2018 |               |
| 256              | M      | 199             | Goulbourn, Mark         | 0:48:42 | Marazion   | 2013 |               |
| 257              | F      | 58              | Bowker, Rachel          | 0:48:47 | Newquay    | 2015 |               |
| 257              | F      | 58              | Fitzmaurice, Kate       | 0:48:47 | St Levan   | 2008 |               |
| 259              | M      | 200             | Greaves, Edward         | 0:48:48 | Newquay    | 2014 |               |
| 260              | F      | 60              | Riggall, Kimberley      | 0:48:54 | Marazion   | 2014 |               |
| 261              | F      | 61              | Greef, Amy              | 0:48:56 | Marazion   | 2026 | 0:02:02       |
| 261              | F      | 61              | Lamerton, Sharon        | 0:48:56 | Newquay    | 2015 |               |
| 263              | F      | 63              | Warren, Diane           | 0:48:59 | Telford    | 2019 |               |
| 264              | F      | 64              | Bennett, Emily          | 0:49:04 | Newquay    | 2018 |               |
| 265              | F      | 65              | Hume-Rothery, Gabrielle | 0:49:08 | Newquay    | 2019 |               |
| 266              | M      | 201             | Haines, Robert          | 0:49:10 | Mounts Bay | 2007 |               |
| 267              | M      | 202             | Redrup, Scott           | 0:49:16 | Marazion   | 2026 | 0:05:05       |
| 268              | F      | 66              | Davies-Kirsop, Florence | 0:49:18 | Marazion   | 2025 |               |
| 269              | M      | 203             | Homer, Charles          | 0:49:19 | Newquay    | 2024 |               |
| 270              | F      | 67              | Thomas, Alison          | 0:49:20 | Newquay    | 2017 |               |
| 271              | F      | 68              | Walton, Nancy           | 0:49:29 | Newquay    | 2010 |               |
| 272              | F      | 69              | Garvey, Jessica         | 0:49:30 | St Levan   | 2017 |               |
| 273              | F      | 70              | Frame, Kate             | 0:49:32 | Marazion   | 2024 |               |
| 274              | M      | 204             | Smith, Stuart           | 0:49:33 | Newquay    | 2024 |               |
| 275              | M      | 205             | Haynes, Howard          | 0:49:35 | St Levan   | 2008 |               |
| 276              | F      | 71              | Vivian, Gemma           | 0:49:37 | Newquay    | 2022 |               |

# 10K PBs

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| Overall Position | Gender | Gender Position | Name               | Time    | Race        | Year | 2026 Progress |
|------------------|--------|-----------------|--------------------|---------|-------------|------|---------------|
| 277              | F      | 72              | Haghani, Laura     | 0:49:38 | Newquay     | 2025 |               |
| 278              | M      | 206             | Swain, Gary        | 0:49:40 | Newquay     | 2022 |               |
| 279              | F      | 73              | Cliff, Naomi       | 0:49:41 | St Levan    | 2006 |               |
| 280              | M      | 207             | Baker, Ben         | 0:49:42 | Marazion    | 2014 |               |
| 281              | M      | 208             | Nicholas, Robert   | 0:49:43 | Newquay     | 2026 |               |
| 282              | M      | 209             | Scott, David       | 0:49:48 | Mounts Bay  | 2009 |               |
| 282              | F      | 74              | Tredinnick, Emma   | 0:49:48 | Mounts Bay  | 2008 |               |
| 284              | F      | 75              | Foreman, Michelle  | 0:49:53 | Marazion    | 2010 |               |
| 285              | M      | 210             | Trenchard, Ben     | 0:49:57 | St Ives Bay | 2013 |               |
| 286              | F      | 76              | Fitt, Michelle     | 0:50:03 | Newquay     | 2023 |               |
| 287              | M      | 211             | Billing, Johnathan | 0:50:04 | Newquay     | 2023 |               |
| 288              | F      | 77              | Such, Louise       | 0:50:05 | Mounts Bay  | 2009 |               |
| 289              | M      | 212             | Breakwell, Curt    | 0:50:06 | St Levan    | 2016 |               |
| 290              | F      | 78              | Sullivan, Sharon   | 0:50:12 | Marazion    | 2012 |               |
| 291              | F      | 79              | Campbell, Rebecca  | 0:50:14 | Marazion    | 2011 |               |
| 292              | F      | 80              | Medlock, Lucy      | 0:50:16 | Brighton    | 2025 |               |
| 293              | M      | 213             | Mangion, Santino   | 0:50:17 | Newquay     | 2024 |               |
| 294              | M      | 214             | Penhaul, Chunky    | 0:50:18 | Newquay     | 2023 |               |
| 295              | F      | 81              | Sanders, Iona      | 0:50:35 | Mounts Bay  | 2008 |               |
| 296              | F      | 82              | Knowles, Maddy     | 0:50:36 | Marazion    | 2026 |               |
| 297              | M      | 215             | Merrett, Graham    | 0:50:39 | Marazion    | 2013 |               |
| 298              | F      | 83              | Daniel, Carolyn    | 0:50:41 | St Levan    | 2019 |               |
| 299              | M      | 216             | Smith, Jack        | 0:50:45 | Marazion    | 2025 |               |
| 300              | F      | 84              | Lee, Becky         | 0:50:48 | Marazion    | 2013 |               |
| 301              | F      | 85              | Renowden, Zoe      | 0:50:50 | St Levan    | 2018 |               |
| 302              | F      | 86              | La Brash, Angela   | 0:50:52 | Newquay     | 2013 |               |
| 303              | F      | 87              | Cardell, Timothea  | 0:50:53 | Mounts Bay  | 2004 |               |
| 303              | M      | 217             | Climer, Phil       | 0:50:53 | Mounts Bay  | 2009 |               |
| 305              | M      | 218             | Angwin, Richard    | 0:50:54 | Marazion    | 2011 |               |
| 306              | F      | 88              | Jones, Amanda      | 0:50:57 | Marazion    | 2013 |               |
| 307              | F      | 89              | Bastiani, Ellen    | 0:51:06 | Newquay     | 2014 |               |
| 308              | F      | 90              | Rowat, Sharon      | 0:51:07 | Newquay     | 2024 |               |
| 309              | F      | 91              | Pierce, Ruth       | 0:51:10 | St Levan    | 2017 |               |
| 310              | M      | 219             | Thomas, Alan       | 0:51:14 | St Levan    | 2014 |               |
| 311              | F      | 92              | Roskilly, Michelle | 0:51:21 | Newquay     | 2019 |               |
| 312              | M      | 220             | Thomas, Andrew     | 0:51:24 | Mounts Bay  | 2007 |               |
| 313              | M      | 221             | Seymour, Rob       | 0:51:25 | Mounts Bay  | 2010 |               |
| 314              | F      | 93              | Litt, Casey        | 0:51:26 | Newquay     | 2011 |               |
| 314              | F      | 93              | Smith, Hannah      | 0:51:26 | Newquay     | 2022 |               |
| 316              | F      | 95              | Stone, Olivia      | 0:51:29 | Marazion    | 2013 |               |
| 317              | M      | 222             | Oxley, Mike        | 0:51:46 | Marazion    | 2026 | 0:06:26       |
| 318              | M      | 223             | Elgar, Simon       | 0:51:49 | St Levan    | 2015 |               |
| 319              | M      | 224             | Thomas, Peter      | 0:51:50 | Mounts Bay  | 2007 |               |
| 319              | F      | 96              | Chapman, Susan     | 0:51:50 | Marazion    | 2011 |               |
| 321              | M      | 225             | Davidson, Iain     | 0:51:55 | Marazion    | 2013 |               |
| 322              | F      | 97              | Senior, Anne       | 0:51:58 | Newquay     | 2015 |               |

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| Overall Position | Gender | Gender Position | Name                   | Time    | Race             | Year | 2026 Progress |
|------------------|--------|-----------------|------------------------|---------|------------------|------|---------------|
| 323              | F      | 98              | Hicks, Katie           | 0:51:59 | Newquay          | 2026 |               |
| 324              | F      | 99              | Ensell, Jana           | 0:52:00 | Marazion         | 2025 |               |
| 325              | M      | 226             | George, Andrew         | 0:52:00 | St Levan         | 2015 |               |
| 326              | M      | 227             | Stanford, Joseph       | 0:52:02 | Newquay          | 2023 |               |
| 327              | M      | 228             | Round, Matthew         | 0:52:03 | Marazion         | 2013 |               |
| 328              | F      | 100             | Forbes, Jennifer       | 0:52:04 | Newquay          | 2024 |               |
| 329              | F      | 101             | Elkin, Beth            | 0:52:05 | Trevornick       | 2024 |               |
| 330              | M      | 229             | Sobey, David           | 0:52:08 | Mounts Bay       | 2009 |               |
| 331              | F      | 102             | Aspen, Laura           | 0:52:09 | Newquay          | 2020 |               |
| 332              | M      | 230             | Campbell, Chris        | 0:52:10 | Newquay          | 2025 |               |
| 333              | M      | 231             | Matta, Chris           | 0:52:12 | Mounts Bay       | 2010 |               |
| 334              | F      | 103             | Poultney, Melissa      | 0:52:15 | Newquay          | 2015 |               |
| 335              | M      | 232             | De Rozarieux, Nathan   | 0:52:24 | Newquay          | 2018 |               |
| 335              | M      | 232             | Edmunds, Sam           | 0:52:24 | Newquay          | 2020 |               |
| 337              | F      | 104             | Townend, Jenna         | 0:52:29 | St Levan         | 2018 |               |
| 338              | M      | 234             | Hocking, Daniel        | 0:52:30 | Newquay          | 2024 |               |
| 339              | F      | 105             | Wade, Faye             | 0:52:32 | Marazion         | 2011 |               |
| 340              | M      | 235             | Cornish, Trevor        | 0:52:33 | Newquay          | 2023 |               |
| 341              | F      | 106             | Lewis, Caroline        | 0:52:35 | Hayle Handicap   | 2007 |               |
| 341              | F      | 106             | Murray, Sam            | 0:52:35 | Newquay          | 2022 |               |
| 343              | M      | 236             | Jordan, Rob            | 0:52:40 | Newquay          | 2017 |               |
| 343              | F      | 108             | Osborn, Kathryn        | 0:52:40 | St Levan         | 2011 |               |
| 345              | M      | 237             | Blackburn, Simon       | 0:52:41 | Newquay          | 2026 |               |
| 346              | F      | 109             | Pegg, Rachel           | 0:52:45 | Marazion         | 2011 |               |
| 346              | F      | 109             | Buckland, Jennifer     | 0:52:45 | Newquay          | 2024 |               |
| 348              | M      | 238             | Neal, Andrew           | 0:52:48 | Mounts Bay       | 2009 |               |
| 349              | M      | 239             | Thomas, Colin          | 0:52:49 | Marazion         | 2012 |               |
| 349              | F      | 111             | Iivonen-Gray, Katri    | 0:52:49 | Newquay          | 2018 |               |
| 351              | F      | 112             | Bundy, Hannah          | 0:52:53 | Marazion         | 2026 | 0:04:32       |
| 352              | F      | 113             | Mcphail, Mo            | 0:52:54 | Marazion         | 2012 |               |
| 353              | F      | 114             | Billing, Kathryn       | 0:52:59 | Redruth          | 2009 |               |
| 354              | M      | 240             | Bristow, Don           | 0:53:00 | Falmouth         | 2003 |               |
| 354              | F      | 115             | Pearce, Deborah        | 0:53:00 | Newquay          | 2017 |               |
| 356              | F      | 116             | Lund-Lack, Sarah       | 0:53:01 | Marazion         | 2015 |               |
| 357              | F      | 117             | Holley, Michaela       | 0:53:03 | Runway Runaround | 2012 |               |
| 357              | F      | 117             | Jelf, Michelle         | 0:53:03 | Newquay          | 2014 |               |
| 359              | F      | 119             | Hogan, Sandra          | 0:53:05 | Mounts Bay       | 2009 |               |
| 360              | F      | 120             | Thomas, Sarah          | 0:53:08 | Newquay          | 2023 |               |
| 361              | F      | 121             | Wills, Kerry           | 0:53:12 | Marazion         | 2013 |               |
| 362              | F      | 122             | Connon, Naomi          | 0:53:18 | Newquay          | 2014 |               |
| 363              | F      | 123             | Evans, Laura           | 0:53:19 | Enys             | 2011 |               |
| 364              | F      | 124             | Burrow, Melissa        | 0:53:21 | St Levan         | 2019 |               |
| 365              | F      | 125             | Harvey Hancock, Missie | 0:53:22 | Marazion         | 2014 |               |
| 366              | F      | 126             | Phillips, Ruth         | 0:53:23 | St Levan         | 2007 |               |
| 367              | F      | 127             | Clifton, Faye          | 0:53:29 | Newquay          | 2014 |               |
| 368              | F      | 128             | Adams, Elaine          | 0:53:32 | Trevornick       | 2019 |               |

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| Overall Position | Gender | Gender Position | Name                 | Time    | Race                   | Year | 2026 Progress |
|------------------|--------|-----------------|----------------------|---------|------------------------|------|---------------|
| 369              | F      | 129             | Stone, Natasha       | 0:53:33 | Marazion               | 2012 |               |
| 370              | M      | 241             | Murrish, Darren      | 0:53:34 | Marazion               | 2013 |               |
| 371              | F      | 130             | Richards, Alexa      | 0:53:40 | Newquay                | 2008 |               |
| 372              | F      | 131             | Turner, Glynnis      | 0:53:43 | Marazion               | 2012 |               |
| 373              | F      | 132             | Long, Fran           | 0:53:53 | Newquay                | 2017 |               |
| 374              | F      | 132             | Burgess, Mel         | 0:53:53 | Marazion               | 2025 |               |
| 375              | F      | 134             | Travers, Pippa       | 0:53:55 | Marazion               | 2012 |               |
| 376              | F      | 135             | Baker-Martin, Claire | 0:53:59 | Newquay                | 2026 | 0:00:49       |
| 377              | F      | 136             | Baldwin, Sarah       | 0:54:00 | Malcolm Date Challenge | 2009 |               |
| 378              | M      | 242             | Reynolds, Andrew     | 0:54:03 | Newquay                | 2008 |               |
| 379              | F      | 137             | Lewis, Bridget       | 0:54:04 | Newquay                | 2025 |               |
| 380              | M      | 243             | Bennett, Shaun       | 0:54:11 | St Levan               | 2017 |               |
| 381              | F      | 138             | Frost, Julie         | 0:54:16 | Marazion               | 2024 |               |
| 382              | M      | 244             | Simpson, Andrew      | 0:54:20 | Mounts Bay             | 2008 |               |
| 382              | M      | 244             | Evans, Alun          | 0:54:20 | St Levan               | 2018 |               |
| 384              | M      | 246             | Collinge, Owen       | 0:54:21 | Marazion               | 2025 |               |
| 385              | M      | 247             | Swetnam, Jim         | 0:54:25 | St Levan               | 2016 |               |
| 386              | F      | 139             | Billington, Melanie  | 0:54:26 | Marazion               | 2012 |               |
| 387              | F      | 140             | Hanson, Julie        | 0:54:30 | Mounts Bay             | 2006 |               |
| 388              | M      | 248             | Bradford, Luke       | 0:54:31 | Marazion               | 2024 |               |
| 389              | F      | 141             | Challoner, Jady      | 0:54:37 | Marazion               | 2013 |               |
| 390              | M      | 249             | Mulliss, Rowan       | 0:54:38 | Plymouth               | 2025 |               |
| 391              | F      | 142             | Wilding, Sarah       | 0:54:41 | Newquay                | 2018 |               |
| 392              | F      | 143             | Laing, Stella        | 0:54:42 | Newquay                | 2009 |               |
| 393              | F      | 144             | Quinn, Tamsin        | 0:54:43 | Malcolm Date Challenge | 2009 |               |
| 394              | M      | 250             | Turtle, John         | 0:54:51 | Marazion               | 2024 |               |
| 395              | F      | 145             | Carroll, Rosie       | 0:54:58 | Newquay                | 2017 |               |
| 396              | F      | 146             | Ferguson, Ana        | 0:55:01 | Newquay                | 2012 |               |
| 397              | M      | 251             | Biss, Andrew         | 0:55:05 | Newquay                | 2010 |               |
| 398              | M      | 252             | Brinkworth, Julius   | 0:55:07 | Marazion               | 2024 |               |
| 399              | F      | 147             | Casey, Helen         | 0:55:13 | Newquay                | 2026 |               |
| 400              | M      | 253             | McCartney, Innes     | 0:55:15 | Newquay                | 2024 |               |
| 401              | F      | 148             | Picking, Alice       | 0:55:16 | Newquay                | 2026 | 0:02:14       |
| 402              | F      | 149             | Jacka, Lily          | 0:55:20 | Marazion               | 2024 |               |
| 403              | F      | 150             | Martin, Kelly        | 0:55:22 | Marazion               | 2015 |               |
| 404              | M      | 254             | Cubeddu, Lee         | 0:55:24 | Marazion               | 2013 |               |
| 405              | F      | 151             | Gibbard, Helen       | 0:55:32 | Mounts Bay             | 2008 |               |
| 405              | M      | 255             | Shaw, Darren         | 0:55:32 | St Levan               | 2014 |               |
| 405              | F      | 151             | Walker, Amy          | 0:55:32 | Newquay                | 2008 |               |
| 408              | M      | 256             | Farrier, David       | 0:55:39 | Marazion               | 2026 |               |
| 409              | F      | 153             | Patryas, Laura       | 0:55:43 | Marazion               | 2026 | 0:04:19       |
| 410              | F      | 154             | Harvey, Andrea       | 0:55:45 | Marazion               | 2025 |               |
| 411              | M      | 257             | Wood, Dave           | 0:55:52 | Mounts Bay             | 2010 |               |
| 411              | F      | 155             | Bills, Kelly         | 0:55:52 | Trevornick             | 2024 |               |
| 413              | F      | 156             | Royall, Carolyn      | 0:55:54 | Marazion               | 2015 |               |
| 414              | F      | 157             | Cuthbert, Helen      | 0:55:55 | Newquay                | 2025 |               |

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| Overall Position | Gender | Gender Position | Name                | Time    | Race              | Year | 2026 Progress |
|------------------|--------|-----------------|---------------------|---------|-------------------|------|---------------|
| 415              | F      | 158             | Williams, Laura     | 0:55:56 | Newquay           | 2019 |               |
| 416              | F      | 159             | Crehan, Kate        | 0:55:57 | St Levan          | 2019 |               |
| 416              | M      | 258             | Drewett, Toby       | 0:55:57 | Newquay           | 2019 |               |
| 418              | F      | 160             | Livonen-Gray, Katri | 0:56:03 | Newquay           | 2022 |               |
| 419              | F      | 161             | Kitchen, Amelia     | 0:56:04 | Newquay           | 2018 |               |
| 420              | M      | 259             | Lagor, Stephen      | 0:56:09 | Marazion          | 2015 |               |
| 421              | F      | 162             | O'Keeffe, Jackie    | 0:56:12 | Newquay           | 2007 |               |
| 421              | F      | 162             | Topping, Laura      | 0:56:12 | Marazion          | 2025 |               |
| 421              | M      | 260             | Williams, Ryan      | 0:56:12 | Marazion          | 2026 |               |
| 424              | M      | 261             | Collier, Richard    | 0:56:15 | Marazion          | 2025 |               |
| 425              | F      | 164             | Freebury, Pauline   | 0:56:16 | Marazion          | 2012 |               |
| 426              | F      | 165             | Wheal, Anne-Marie   | 0:56:20 | Marazion          | 2025 |               |
| 427              | F      | 166             | Gore, Jamie         | 0:56:24 | Newquay           | 2026 | 0:01:03       |
| 428              | F      | 167             | Pochee, Amanda      | 0:56:28 | Newquay           | 2019 |               |
| 429              | F      | 168             | Lewis, Deborah      | 0:56:35 | Marazion          | 2015 |               |
| 430              | F      | 169             | Davis, Ruth         | 0:56:47 | Marazion          | 2014 |               |
| 431              | F      | 170             | Marks, Victoria     | 0:56:58 | Newquay           | 2017 |               |
| 432              | F      | 171             | Chafer, Sarah       | 0:57:00 | Newquay           | 2014 |               |
| 433              | F      | 172             | Rickard, Lucy       | 0:57:05 | Marazion          | 2013 |               |
| 434              | M      | 262             | Croft, Stuart       | 0:57:15 | Mounts Bay        | 2009 |               |
| 435              | F      | 173             | Curnow, Lydia       | 0:57:18 | Marazion          | 2024 |               |
| 436              | F      | 174             | Elliott, Beth       | 0:57:22 | Marazion          | 2014 |               |
| 436              | F      | 174             | Smith, Anita        | 0:57:22 | Newquay           | 2010 |               |
| 438              | F      | 176             | Clark, Margaret     | 0:57:24 | Newquay           | 2024 |               |
| 439              | M      | 263             | Thomas, Paul        | 0:57:25 | St Levan          | 2013 |               |
| 440              | F      | 177             | Moore, Teresa       | 0:57:33 | Marazion          | 2026 |               |
| 441              | F      | 178             | Baker, Becky        | 0:57:34 | Marazion          | 2014 |               |
| 442              | M      | 264             | Elliott, Lee        | 0:57:42 | Race for Wildlife | 2014 |               |
| 443              | F      | 179             | Rouncefield, Carol  | 0:57:43 | Marazion          | 2011 |               |
| 444              | F      | 180             | Willcocks, Jayne    | 0:57:55 | Mounts Bay        | 2005 |               |
| 445              | M      | 265             | Burrows, Robert     | 0:58:03 | Newquay           | 2022 |               |
| 446              | F      | 181             | Whitton, Rosanna    | 0:58:07 | Marazion          | 2025 |               |
| 447              | M      | 266             | Morley, Nick        | 0:58:11 | Newquay           | 2023 |               |
| 448              | M      | 267             | Rendle, Antony      | 0:58:14 | Marazion          | 2024 |               |
| 449              | F      | 182             | Tagacni, Sophie     | 0:58:18 | Mounts Bay        | 2009 |               |
| 450              | M      | 268             | Heather, Andrew     | 0:58:20 | Newquay           | 2026 | 0:04:52       |
| 451              | F      | 183             | Edmunds, Caroline   | 0:58:23 | St Levan          | 2019 |               |
| 452              | F      | 184             | Clark, Theresa      | 0:58:24 | Newquay           | 2022 |               |
| 453              | F      | 185             | Carter, Nikki       | 0:58:25 | Newquay           | 2014 |               |
| 454              | F      | 186             | Jackson, Ceri       | 0:58:31 | Marazion          | 2025 |               |
| 455              | M      | 269             | Kearney, Peter      | 0:58:44 | Newquay           | 2026 | 0:02:29       |
| 456              | F      | 187             | Kearney, Jemma      | 0:58:45 | Newquay           | 2026 | 0:02:28       |
| 456              | F      | 187             | Rogers, Zenna       | 0:58:45 | Newquay           | 2016 |               |
| 458              | F      | 189             | Brennan, Valerie    | 0:58:49 | Mounts Bay        | 2008 |               |
| 458              | F      | 189             | Stevens, Carol      | 0:58:49 | Marazion          | 2013 |               |
| 460              | F      | 191             | Culley, Carol       | 0:59:05 | Marazion          | 2015 |               |

# 10K PBs

(Updated to Marazion 2026)

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| Overall Position | Gender | Gender Position | Name                     | Time    | Race       | Year | 2026 Progress |
|------------------|--------|-----------------|--------------------------|---------|------------|------|---------------|
| 461              | F      | 192             | Moore, Liz               | 0:59:06 | Mounts Bay | 2009 |               |
| 462              | M      | 270             | Bennetts, William        | 0:59:07 | St Levan   | 2006 |               |
| 463              | M      | 271             | Bowden, Ian              | 0:59:12 | Marazion   | 2014 |               |
| 464              | F      | 193             | Green, Nikki             | 0:59:14 | St Levan   | 2015 |               |
| 465              | F      | 194             | Greef, Jayne             | 0:59:15 | Newquay    | 2011 |               |
| 466              | M      | 272             | Bainborough, Rob         | 0:59:22 | Marazion   | 2012 |               |
| 467              | F      | 195             | Haley, Sherry            | 0:59:23 | Newquay    | 2011 |               |
| 468              | F      | 196             | Leonard Williams, Esther | 0:59:28 | Newquay    | 2014 |               |
| 469              | F      | 197             | De Barros, Sara          | 0:59:33 | St Levan   | 2016 |               |
| 470              | M      | 273             | Cartlidge, Jerry         | 0:59:38 | Trevornick | 2024 |               |
| 471              | F      | 198             | Stainsby, Elaine         | 0:59:49 | Newquay    | 2007 |               |
| 472              | F      | 199             | Dixon, Amelia            | 0:59:53 | Marazion   | 2025 |               |
| 473              | F      | 200             | Pascoe, Wendy            | 0:59:55 | Marazion   | 2012 |               |
| 474              | F      | 201             | Rochford, Hayley         | 0:59:57 | Enys       | 2011 |               |
| 475              | F      | 202             | Stewart, Lisa            | 1:00:02 | Marazion   | 2025 |               |
| 476              | M      | 274             | Saundry, Richard         | 1:00:05 | Newquay    | 2012 |               |
| 477              | M      | 275             | Boucher, Richard         | 1:00:06 | Marazion   | 2026 |               |
| 478              | F      | 203             | Sycamore, Kathryn        | 1:00:13 | Newquay    | 2008 |               |
| 479              | F      | 204             | Clancy, Jess             | 1:00:17 | Trevornick | 2023 |               |
| 480              | F      | 205             | Scholes, Claire          | 1:00:19 | Marazion   | 2012 |               |
| 481              | F      | 206             | Coleman, Sarah           | 1:00:20 | Newquay    | 2014 |               |
| 482              | F      | 207             | Hill, Jo                 | 1:00:26 | Marazion   | 2012 |               |
| 482              | F      | 207             | Kirk, Jo                 | 1:00:26 | Marazion   | 2012 |               |
| 482              | F      | 207             | Kenney, Charlotte        | 1:00:26 | Newquay    | 2018 |               |
| 485              | F      | 210             | Gehrmann, Muriam         | 1:00:30 | Newquay    | 2007 |               |
| 486              | F      | 211             | Dudding, Debi            | 1:00:31 | Marazion   | 2015 |               |
| 487              | F      | 212             | Newcombe, Jo             | 1:00:32 | St Levan   | 2016 |               |
| 488              | F      | 213             | Alexander, Lesley        | 1:00:34 | Newquay    | 2011 |               |
| 489              | M      | 276             | Bryant, Anthony          | 1:00:37 | Newquay    | 2024 |               |
| 490              | F      | 214             | Gossington, Debbie       | 1:00:39 | Marazion   | 2026 |               |
| 491              | F      | 215             | Roberts, Dominique       | 1:00:43 | St Levan   | 2008 |               |
| 492              | F      | 216             | Regan, Ellen             | 1:00:47 | Marazion   | 2026 | 0:01:18       |
| 493              | F      | 217             | Abraham, Amy             | 1:00:50 | Newquay    | 2019 |               |
| 494              | F      | 218             | Cheel, Amanda            | 1:00:57 | Newquay    | 2012 |               |
| 495              | F      | 219             | Bromfield, Amy           | 1:01:01 | Marazion   | 2014 |               |
| 495              | F      | 219             | Thompson, Tamsin         | 1:01:01 | Newquay    | 2013 |               |
| 497              | M      | 277             | Allnutt, John            | 1:01:07 | Newquay    | 2010 |               |
| 498              | F      | 221             | Nimmo, Donna             | 1:01:08 | Marazion   | 2013 |               |
| 499              | F      | 222             | Nimmo, Karen             | 1:01:12 | Marazion   | 2013 |               |
| 500              | F      | 223             | Neil, Jennifer           | 1:01:14 | Marazion   | 2013 |               |
| 501              | F      | 224             | Williams, Tania          | 1:01:15 | St Levan   | 2016 |               |
| 502              | F      | 225             | Stone, Claire            | 1:01:18 | Marazion   | 2024 |               |
| 503              | F      | 226             | Uren, Gina               | 1:01:22 | Marazion   | 2015 |               |
| 504              | F      | 227             | Cattran-Dunlop, Helen    | 1:01:33 | Newquay    | 2020 |               |
| 505              | F      | 228             | Deere, Louise            | 1:01:41 | St Levan   | 2017 |               |
| 506              | F      | 229             | Smith, Mo                | 1:01:44 | Whitemoor  | 2011 |               |

# 10K PBs

(Updated to Marazion 2026)

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| Overall Position | Gender | Gender Position | Name              | Time    | Race                   | Year | 2026 Progress |
|------------------|--------|-----------------|-------------------|---------|------------------------|------|---------------|
| 507              | F      | 230             | Pan-Huertas, Ana  | 1:01:46 | St Levan               | 2015 |               |
| 508              | F      | 231             | Hocking, Stacey   | 1:01:47 | Newquay                | 2018 |               |
| 509              | F      | 232             | Reid, Michelle    | 1:01:52 | Mounts Bay             | 2008 |               |
| 510              | F      | 233             | Short, Ella       | 1:01:53 | Marazion               | 2026 |               |
| 511              | F      | 234             | Edwards, Sue      | 1:02:00 | Newquay                | 2007 |               |
| 512              | F      | 235             | Ray, Pamela       | 1:02:01 | Newquay                | 2016 |               |
| 513              | F      | 236             | Stone, Jackie     | 1:02:02 | Newquay                | 2024 |               |
| 514              | F      | 237             | Galloway, Kathryn | 1:02:03 | Malcolm Date Challenge | 2009 |               |
| 515              | F      | 238             | Watkins, Karen    | 1:02:04 | Marazion               | 2011 |               |
| 516              | F      | 239             | Sycamore, Grace   | 1:02:18 | Newquay                | 2017 |               |
| 517              | F      | 240             | Moore, Sue        | 1:02:21 | Newquay                | 2016 |               |
| 518              | F      | 241             | Mills, Helen      | 1:02:26 | Newquay                | 2012 |               |
| 518              | F      | 241             | Parker, Deborah   | 1:02:26 | Marazion               | 2015 |               |
| 520              | F      | 243             | Wilson, Lucy      | 1:02:27 | Marazion               | 2015 |               |
| 521              | M      | 278             | Ellis, Bailey     | 1:02:29 | Newquay                | 2024 |               |
| 522              | F      | 244             | Charles, Kirsty   | 1:02:30 | Enys                   | 2011 |               |
| 523              | M      | 279             | Brennan, Tom      | 1:02:38 | Mounts Bay             | 2009 |               |
| 523              | F      | 245             | Ninnes, Louise    | 1:02:38 | Marazion               | 2012 |               |
| 525              | F      | 246             | Prosser, Kate     | 1:02:39 | Marazion               | 2026 |               |
| 526              | F      | 247             | Lawry, Nikki      | 1:02:42 | Newquay                | 2019 |               |
| 527              | F      | 248             | Johns, Sarah      | 1:02:56 | Newquay                | 2022 |               |
| 528              | F      | 249             | Parker, Kim       | 1:03:10 | Marazion               | 2014 |               |
| 529              | M      | 280             | Squire, Mark      | 1:03:18 | Newquay                | 2026 | 0:00:57       |
| 530              | F      | 250             | Lovegrove, Karen  | 1:03:20 | Newquay                | 2025 |               |
| 531              | F      | 251             | Wood, Sarah       | 1:03:24 | Bideford               | 2012 |               |
| 532              | F      | 252             | Jukes, Ashleigh   | 1:03:31 | Marazion               | 2014 |               |
| 533              | F      | 253             | Tregarthen, Sarah | 1:03:40 | Marazion               | 2013 |               |
| 534              | F      | 254             | Johns, Sharon     | 1:03:41 | Newquay                | 2023 |               |
| 535              | F      | 254             | Jelbert, Ruth     | 1:03:41 | Redruth                | 2007 |               |
| 536              | F      | 256             | Armstrong, Maxine | 1:03:47 | Marazion               | 2014 |               |
| 537              | M      | 281             | Bolitho, Robert   | 1:03:49 | Newquay                | 2023 |               |
| 538              | F      | 257             | Naylor, Jane      | 1:03:53 | Newquay                | 2022 |               |
| 539              | F      | 258             | Tymm, Zoe         | 1:03:57 | Marazion               | 2014 |               |
| 540              | F      | 259             | Cumbley, Kat      | 1:04:01 | St Levan               | 2017 |               |
| 541              | F      | 260             | Costello, Susan   | 1:04:10 | St Levan               | 2017 |               |
| 542              | M      | 282             | Gill, David       | 1:04:13 | Marazion               | 2025 |               |
| 543              | F      | 261             | Allnutt, Pat      | 1:04:16 | Newquay                | 2010 |               |
| 544              | F      | 262             | Richards, Sarah   | 1:04:26 | Newquay                | 2019 |               |
| 545              | F      | 263             | Elgar, Rebecca    | 1:04:32 | Newquay                | 2015 |               |
| 546              | F      | 264             | Miller, Amanda    | 1:04:43 | Newquay                | 2017 |               |
| 547              | M      | 283             | Carter, Tim       | 1:04:46 | St Ives Bay            | 2013 |               |
| 548              | M      | 284             | Bumford, James    | 1:04:55 | Marazion               | 2012 |               |
| 549              | M      | 285             | Wright, Mike      | 1:04:58 | Newquay                | 2008 |               |
| 550              | F      | 265             | Henry, Naila      | 1:05:16 | Whitemoor              | 2012 |               |
| 551              | F      | 266             | Pollard, Jean     | 1:05:46 | Marazion               | 2012 |               |
| 552              | F      | 267             | Byrne, Deborah    | 1:05:52 | Mounts Bay             | 2008 |               |

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| Overall Position | Gender | Gender Position | Name               | Time    | Race        | Year | 2026 Progress |
|------------------|--------|-----------------|--------------------|---------|-------------|------|---------------|
| 553              | M      | 286             | Mayho, Simon       | 1:05:54 | Marazion    | 2024 |               |
| 554              | F      | 268             | Lamprill, Beverley | 1:05:56 | Marazion    | 2025 |               |
| 555              | F      | 269             | Bolitho, Julie     | 1:06:05 | Newquay     | 2022 |               |
| 556              | M      | 287             | Chapple, Jamie     | 1:06:06 | Newquay     | 2020 |               |
| 556              | F      | 270             | Chapple, Samantha  | 1:06:06 | Newquay     | 2020 |               |
| 558              | F      | 271             | Tonkin, Jane       | 1:06:09 | Newquay     | 2005 |               |
| 559              | M      | 288             | Sanderson, Jared   | 1:06:12 | Marazion    | 2024 |               |
| 560              | F      | 272             | Squire, Helen      | 1:06:18 | Marazion    | 2025 |               |
| 561              | F      | 273             | Masters, Nicola    | 1:06:19 | Marazion    | 2024 |               |
| 562              | F      | 274             | Howorth, Anna      | 1:06:20 | Mounts Bay  | 2010 |               |
| 562              | F      | 274             | Marsden, Jacqui    | 1:06:20 | Marazion    | 2025 |               |
| 564              | F      | 276             | Watts, Naomi       | 1:06:37 | Redruth     | 2010 |               |
| 565              | F      | 277             | Baker, Cerys       | 1:06:39 | Newquay     | 2011 |               |
| 566              | F      | 278             | Williams, Emily    | 1:06:42 | Marazion    | 2015 |               |
| 567              | F      | 279             | Painter, Sarah     | 1:06:45 | Marazion    | 2014 |               |
| 568              | M      | 289             | Clarke, Dale       | 1:06:46 | Trevornick  | 2019 |               |
| 569              | F      | 280             | McGrane, Tamsyn    | 1:06:48 | Trevornick  | 2019 |               |
| 570              | F      | 281             | Thomas, Susan      | 1:06:52 | Newquay     | 2022 |               |
| 571              | F      | 282             | Massey, Jennie     | 1:06:56 | Trevornick  | 2018 |               |
| 572              | F      | 283             | Rowe, Ellie        | 1:07:06 | Newquay     | 2025 |               |
| 573              | F      | 284             | Crossley, Jo       | 1:07:16 | Whitemoor   | 2011 |               |
| 574              | F      | 285             | Richardson, Joanne | 1:07:18 | St Levan    | 2014 |               |
| 575              | M      | 290             | Woolley, David     | 1:07:21 | St Ives Bay | 2013 |               |
| 576              | F      | 286             | Pickersgill, Janet | 1:07:25 | Newquay     | 2012 |               |
| 577              | F      | 287             | Correnti, Sarah    | 1:07:50 | Newquay     | 2017 |               |
| 578              | F      | 288             | Hocking, Deborah   | 1:07:51 | Marazion    | 2026 |               |
| 579              | M      | 291             | Martin, Chris      | 1:07:54 | Marazion    | 2026 |               |
| 580              | F      | 289             | Atherton, Julie    | 1:08:04 | St Levan    | 2015 |               |
| 580              | F      | 289             | Mackintosh, Susie  | 1:08:04 | Marazion    | 2014 |               |
| 580              | F      | 289             | Tregoning, Debbie  | 1:08:04 | St Levan    | 2015 |               |
| 583              | F      | 292             | Yates, Suzanne     | 1:08:16 | Enys        | 2011 |               |
| 584              | F      | 293             | Richards, Jackie   | 1:08:20 | Newquay     | 2010 |               |
| 585              | F      | 294             | Clark, Alaina      | 1:08:32 | Newquay     | 2025 |               |
| 586              | F      | 295             | Hatch, Danielle    | 1:08:34 | St Ives Bay | 2013 |               |
| 587              | F      | 296             | Nicholls, Derrika  | 1:08:35 | Marazion    | 2012 |               |
| 588              | F      | 297             | Hewett, Holly      | 1:08:44 | Newquay     | 2025 |               |
| 589              | F      | 297             | Baldwin, Charlotte | 1:08:44 | Newquay     | 2013 |               |
| 589              | F      | 297             | Kirton, Deborah    | 1:08:44 | Marazion    | 2013 |               |
| 591              | F      | 300             | Pascoe, Jenna      | 1:08:45 | Newquay     | 2017 |               |
| 592              | F      | 301             | Jackson, Abby      | 1:08:49 | Marazion    | 2013 |               |
| 593              | F      | 302             | Farley, Jenna      | 1:08:53 | St Levan    | 2014 |               |
| 594              | F      | 303             | Elgar, Laura       | 1:09:02 | Newquay     | 2017 |               |
| 595              | F      | 304             | Gore, Amanda       | 1:09:14 | Newquay     | 2023 |               |
| 596              | F      | 305             | Ellis, Jemma       | 1:09:18 | St Levan    | 2019 |               |
| 597              | F      | 306             | Lay, Jo            | 1:09:23 | Newquay     | 2020 |               |
| 598              | F      | 307             | Coldrick, Debra    | 1:09:48 | Marazion    | 2013 |               |

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| Overall Position | Gender | Gender Position | Name                 | Time    | Race       | Year | 2026 Progress |
|------------------|--------|-----------------|----------------------|---------|------------|------|---------------|
| 599              | F      | 308             | Greenaway, Sophie    | 1:09:49 | Marazion   | 2025 |               |
| 600              | F      | 309             | Hudson, Melissa      | 1:10:03 | Newquay    | 2013 |               |
| 601              | F      | 310             | Edwards, Christine   | 1:10:28 | Marazion   | 2024 |               |
| 602              | F      | 311             | Redfearn, Abi        | 1:10:45 | Marazion   | 2026 |               |
| 603              | F      | 312             | Tonkin, Melissa      | 1:10:46 | Newquay    | 2020 |               |
| 604              | F      | 313             | Drummond, Katy       | 1:10:48 | Whitemoor  | 2011 |               |
| 605              | F      | 314             | Johns, Emma          | 1:10:59 | Newquay    | 2026 | 0:01:59       |
| 606              | F      | 315             | Leo, Olivia          | 1:11:02 | Marazion   | 2013 |               |
| 606              | M      | 292             | Kiessler, Richard    | 1:11:02 | Marazion   | 2026 |               |
| 608              | F      | 316             | Berriman, Anne       | 1:11:05 | Marazion   | 2012 |               |
| 609              | F      | 317             | Billington, Laetitia | 1:11:17 | Newquay    | 2018 |               |
| 610              | F      | 318             | Millin, Denise       | 1:11:18 | Enys       | 2011 |               |
| 611              | F      | 319             | Page, Jo             | 1:11:20 | Marazion   | 2013 |               |
| 612              | F      | 320             | Sturges, Deborah     | 1:11:24 | Newquay    | 2026 | 0:00:25       |
| 613              | F      | 321             | Redfern, Jackie      | 1:11:28 | Newquay    | 2011 |               |
| 614              | F      | 322             | Williams, Soraya     | 1:11:32 | Newquay    | 2026 | 0:00:31       |
| 615              | F      | 323             | Smith, Suzie         | 1:11:38 | Newquay    | 2025 |               |
| 616              | F      | 324             | Mc Creedy, Alex      | 1:11:39 | Marazion   | 2013 |               |
| 617              | F      | 325             | Atkinson, Anita      | 1:11:58 | Marazion   | 2013 |               |
| 618              | F      | 326             | Ellis, Sarah         | 1:12:31 | Newquay    | 2024 |               |
| 619              | F      | 327             | Collier, Samantha    | 1:12:32 | Newquay    | 2025 |               |
| 620              | F      | 328             | Evans, Denise        | 1:12:39 | Marazion   | 2011 |               |
| 621              | F      | 329             | Orchard, Abby        | 1:12:55 | Newquay    | 2025 |               |
| 622              | F      | 330             | Durrant, Susan       | 1:13:03 | Newquay    | 2025 |               |
| 623              | F      | 331             | Savage, Suzy         | 1:13:08 | Newquay    | 2017 |               |
| 624              | F      | 332             | Dixon, Samantha      | 1:13:13 | Newquay    | 2023 |               |
| 625              | F      | 333             | Kearney, Sam         | 1:13:32 | Newquay    | 2026 | 0:02:15       |
| 626              | F      | 334             | Cobell, Anne         | 1:13:34 | Newquay    | 2026 | 0:05:45       |
| 627              | F      | 335             | Nancarrow, Karen     | 1:14:02 | Marazion   | 2012 |               |
| 628              | F      | 336             | Evans, Julie         | 1:14:04 | Marazion   | 2013 |               |
| 629              | F      | 337             | Wilkinson, Hannah    | 1:14:20 | St Levan   | 2018 |               |
| 630              | F      | 338             | Burton, Lorna        | 1:14:42 | Torbay     | 2026 | 0:02:20       |
| 631              | F      | 338             | McGuire, Jo          | 1:14:42 | Marazion   | 2014 |               |
| 632              | F      | 340             | Good, Christine      | 1:15:06 | Marazion   | 2012 |               |
| 632              | F      | 340             | Test, Runner         | 1:15:06 | Marazion   | 2012 |               |
| 634              | F      | 342             | Sedgeman, Linda      | 1:15:35 | Marazion   | 2013 |               |
| 635              | F      | 343             | Sills, Helen         | 1:15:39 | Marazion   | 2013 |               |
| 636              | M      | 293             | Hardman, Roland      | 1:16:05 | Trevornick | 2026 |               |
| 637              | F      | 344             | Burrell, Jessica     | 1:16:16 | Marazion   | 2025 |               |
| 638              | F      | 345             | Mc Creedy, Tina      | 1:16:22 | Marazion   | 2013 |               |
| 639              | F      | 346             | Dodds, Laura         | 1:16:28 | Newquay    | 2020 |               |
| 640              | F      | 347             | Harvey, Avril        | 1:17:00 | Marazion   | 2026 |               |
| 641              | F      | 348             | Cauchi, Joanne       | 1:17:33 | Marazion   | 2026 |               |
| 641              | F      | 348             | Savage, Wendy        | 1:17:33 | Marazion   | 2026 |               |
| 643              | F      | 350             | Dark, Donna          | 1:19:13 | Newquay    | 2022 |               |
| 644              | F      | 351             | Robinson, Samantha   | 1:20:17 | Marazion   | 2024 |               |

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| Overall Position | Gender | Gender Position | Name            | Time    | Race     | Year | 2026 Progress |
|------------------|--------|-----------------|-----------------|---------|----------|------|---------------|
| 645              | F      | 352             | Watkins, Yvonne | 1:29:07 | Marazion | 2026 |               |