

## DUCHY MARATHON - 7TH MARCH 2010

Place	Time	Name	Team	Category	Pace	No
1	2:42:17	GIBSON, Oliver	Newquay Road Runners	Male under 40	06:11.5	15
2	2:48:23	BODEN, Lazloe	Witney RR	Male Vet 45-49	06:25.5	220
3	2:48:44	BALL, Adrian	Cornwall AC	Male Vet 40-44	06:26.3	123
4	2:58:35	THOMAS, Justin	Cornwall AC	Male under 40	06:48.8	233
5	2:58:42	SABINE, Christopher		Male Vet 40-44	06:49.1	232
6	2:59:42	JACKSON, Chris		Male under 40	06:51.4	154
7	3:03:01	TULLETT, Adam	Hayle Runners	Male under 40	06:59.0	227
8	3:03:17	EVERETT, Neil	Slinn Allstars	Male under 40	06:59.6	34
9	3:03:18	OAKES, Duncan	St Austell RC	Male Vet 40-44	06:59.6	168
10	3:06:02	ABRAHAM, Scott	Hayle Runners	Male under 40	07:05.9	197
11	3:06:20	FOUNDLING-HAWKER, Heather	Honiton Running Club	Female Vet 40-44	07:06.6	244
12	3:08:46	MCDONAGH, Luke	26.2 Road Runners Club	Male under 40	07:12.2	71
13	3:12:45	ROWLEY, Richard		Male under 40	07:21.3	92
14	3:12:50	TYLER, John	Havering 90 Joggers	Male Vet 45-49	07:21.5	108
15	3:12:57	RAWSON, Steve		Male Vet 55-59	07:21.7	170
16	3:13:19	BAKER, Steve	Tamar Trotters	Male Vet 50-54	07:22.6	122
17	3:13:56	ALLEN, Paul	Royal Navy AC	Male Vet 40-44	07:24.0	1
18	3:14:04	MACLAREN, Donald	St Austell RC	Male Vet 50-54	07:24.3	164
19	3:15:49	ROBERTS, Malcolm	St Austell RC	Male Vet 55-59	07:28.3	172
20	3:16:48	LOCKETT, Pat	Newquay Road Runners	Male Vet 60-64	07:30.5	163
21	3:17:17	MAYES, Richard	Hayle Runners	Male Vet 40-44	07:31.7	203
22	3:19:12	MILSTEAD, Rob	Roadhoggs AC	Male Vet 50-54	07:36.0	75
23	3:19:43	MURRAY, James	Bideford AAC	Male under 40	07:37.2	166
24	3:20:06	HAYES, Roger	Teignbridge Trotters	Male Vet 40-44	07:38.1	47
25	3:20:14	GWYNNE, Paul	Truro Running Club	Male Vet 45-49	07:38.4	151
26	3:20:18	ROY, Diane	East Cornwall Harriers	Female Vet 45-49	07:38.6	93
27	3:20:48	CHYNOWETH, Richard	Newquay Road Runners	Male under 40	07:39.7	132
28	3:20:55	CURTIS, Matt	Hayle Runners	Male under 40	07:40.0	200
29	3:21:57	LAW, David		Male under 40	07:42.3	60
30	3:22:09	KESTLE, Mike	Newquay Road Runners	Male Vet 55-59	07:42.8	201
31	3:23:12	ALSOP, Doug	St Austell RC	Male Vet 60-64	07:45.2	119
32	3:23:34	TONKIN, Craig	Hayle Runners	Male under 40	07:46.0	209
33	3:24:59	GURD, Richard	Windle Valley Runners	Male Vet 45-49	07:49.3	246
34	3:25:13	JOHNSON, Peter	100 Marathon Club	Male Vet 55-59	07:49.8	53
35	3:26:04	BOOTH, Trinity	Thornbury AC	Female Vet 45-49	07:51.8	12
36	3:26:36	FORD, Glenn	Serpentine Running Club	Male under 40	07:53.0	146
37	3:26:53	GREGG, Sean	Real Buzz Running	Male Vet 40-44	07:53.6	150
38	3:27:23	DUNFORD, Robert		Male Vet 45-49	07:54.8	225
39	3:27:46	MATTOCKS, Allen		Male Vet 50-54	07:55.7	194
40	3:27:58	TREGEAR, Stephen		Male Vet 40-44	07:56.1	231
41	3:28:13	WILLS, Martin	Cornwall AC	Male under 40	07:56.7	218
42	3:28:26	POLLARD, Phil	Tamar Trotters	Male under 40	07:57.2	189
43	3:28:41	EDWARDS, Steve	Bourton RR	Male Vet 45-49	07:57.8	32
44	3:28:43	SHAPLAND, Alex		Male under 40	07:57.8	97
45	3:28:53	EVANS, Colin	Langport Runners	Male under 40	07:58.2	144
46	3:29:02	MILES, Carl	St Austell RC	Male under 40	07:58.6	191
47	3:29:08	MCCANN, Gerard	Cambridge H	Male Vet 45-49	07:58.8	215
48	3:31:36	RUETSCH, Fiona	Hayle Runners	Female Vet 45-49	08:04.4	205
49	3:33:25	DALTON, Richard	Falmouth Road Runners	Male under 40	08:08.6	140
50	3:34:42	MILLS, Jenny	Launceston Road Runners	Female Vet 60-64	08:11.5	74
51	3:35:00	MYFORD, Sarah		Female Vet 45-49	08:12.2	79
52	3:35:30	LITTLEWOOD, Ian	East Cornwall Harriers	Male under 40	08:13.4	63
53	3:35:38	CROUCHER, Martin	Cirencester A C	Male under 40	08:13.7	26
54	3:35:50	ADAMS, Tim	St Austell RC	Male Vet 40-44	08:14.1	110
55	3:36:31	CROCOMBE, Emma		Female under 35	08:15.7	138
56	3:36:35	SMITH, Derek	Hayle Runners	Male Vet 45-49	08:15.8	206
57	3:36:39	GROUNDY, Andrew		Male Vet 40-44	08:16.0	42
58	3:37:05	BOYES, Steve	Honiton Running Club	Male Vet 50-54	08:17.0	13
59	3:38:04	WOOLDRIDGE, David	Newquay Road Runners	Male Vet 45-49	08:19.2	182

60	3:38:32	LEWARNE, Mark	Hayle Runners	Male under 40	08:20.3	223
61	3:38:45	HASSETT, Simon	Swanley & District AC	Male Vet 40-44	08:20.8	46
62	3:40:27	JEWETT, Melanie	Eastleigh RC	Female Vet 35-39	08:24.7	156
63	3:40:46	BURKE, Stephen		Male under 40	08:25.4	17
64	3:42:11	JONES, Peter	Langport Runners	Male Vet 55-59	08:28.7	54
65	3:42:58	WIDDECOMBE, Simon		Male under 40	08:30.5	113
66	3:44:07	TAYLOR, Sue	Mounts Bay Harriers	Female Vet 55-59	08:33.1	174
67	3:44:07	TAYLOR, Nicky	Mounts Bay Harriers	Female under 35	08:33.1	230
68	3:44:07	NICHOLAS, Stuart		Male under 40	08:33.1	167
69	3:44:29	TRESIDDER, Rachel	Mounts Bay Harriers	Female under 35	08:33.9	222
70	3:44:40	HALL, Craig		Male under 40	08:34.3	210
71	3:45:00	BLATCHFORD, Josh			08:35.1	11
72	3:45:51	WOODWARD, Geoff	Axe Valley Runners	Male Vet 45-49	08:37.1	115
73	3:46:06	HARRISON, Karen	Carn Runners	Female Vet 40-44	08:37.6	241
74	3:46:41	LITTLEJOHNS, Alan	Launceston Road Runners	Male Vet 60-64	08:39.0	62
75	3:46:54	STEW, John	Roadhoggs AC	Male Vet 50-54	08:39.5	103
76	3:46:55	GOGGINS, Dominic		Male under 40	08:39.5	148
77	3:47:06	MOORE, Justin		Male under 40	08:39.9	78
78	3:47:30	TOMS, Faye	Hayle Runners	Female under 35	08:40.8	208
79	3:47:31	BICKLE, Andrew	East Cornwall Harriers	Male Vet 50-54	08:40.9	9
80	3:48:06	TREMBARTH, Robert		Male under 40	08:42.2	107
81	3:48:23	YATES, Rich	Launceston Road Runners	Male Vet 40-44	08:42.9	236
82	3:48:53	REED, Graham	Isle of Wight Road Runners	Male Vet 60-64	08:44.0	216
83	3:49:07	GEORGE, Jacqueline	Falmouth Road Runners	Female under 35	08:44.5	147
84	3:51:23	LOCKETT, Caroline	Maidenhead AC	Female Vet 50-54	08:49.7	64
85	3:51:36	TRUDGIAN, Andy	St Austell RC	Male under 40	08:50.2	176
86	3:51:58	NISBOT, Ben		Male under 40	08:51.1	234
87	3:52:04	WYATT, Oliver		Male under 40	08:51.3	117
88	3:52:19	CARTER, Jeff		Male Vet 40-44	08:51.9	19
89	3:52:21	STEPHENS, Andy	Widewell Stridders	Male under 40	08:51.9	102
90	3:52:31	COLLINS, Patrick	Bromley Vets	Male Vet 70+	08:52.3	24
91	3:53:48	WOTTON, Lisa	St Austell RC	Female Vet 45-49	08:55.3	116
92	3:53:54	KERSWELL, Richard		Male under 40	08:55.5	59
93	3:54:49	VANCE, Trayton	Paul Monk Mental Health F	Male Vet 40-44	08:57.6	109
94	3:54:53	MCDUGAL, Patrick	Paul Monk Mental Health F	Male Vet 40-44	08:57.7	72
95	3:55:09	STEED, Christina	East Cornwall Harriers	Female under 35	08:58.3	239
96	3:55:22	WHITLEY, Mike	Launceston Road Runners	Male Vet 45-49	08:58.8	237
97	3:55:24	BEATTIE, David		Male Vet 40-44	08:58.9	126
98	3:57:33	WHITE, Martin		Male under 40	09:03.8	179
99	3:57:48	CHIRGWIN, Robert		Male under 40	09:04.4	235
100	3:58:05	VAN RENSBURG, Wayne	Bude Rats	Male under 40	09:05.1	177
101	3:58:09	CANN, James	Bude Rats	Male under 40	09:05.2	129
102	3:58:15	SHAPLAND, John		Male under 40	09:05.4	95
103	3:58:17	WOODS, Max	West Cheshire AC	Male Vet 40-44	09:05.5	228
104	3:58:19	STAPLETON, Laura		Female Vet 35-39	09:05.6	101
105	3:58:46	HARPER, Jason		Male under 40	09:06.6	45
106	3:58:54	ALLEN, Peter	Newquay Road Runners	Male Vet 50-54	09:06.9	2
107	3:59:40	COETZER, Johan		Male under 40	09:08.7	134
108	3:59:57	RICHARDS, Paul	Sandwell Valley RC	Male Vet 40-44	09:09.3	90
109	3:59:59	GOODWIN, David	Sandwell Valley RC	Male Vet 40-44	09:09.4	41
110	4:00:20	MARSH, Danny	Cornwall AC	Male under 40	09:10.2	165
111	4:00:52	BALDWIN, Mike	Hayle Runners	Male Vet 45-49	09:11.4	198
112	4:01:28	HAMPTON, Ray	Stockport Harriers	Male Vet 65-69	09:12.8	44
113	4:01:43	PERKIN, Sam	Mounts Bay Harriers	Male under 40	09:13.4	85
114	4:01:46	MARSH, Graham		Male Vet 40-44	09:13.5	66
115	4:02:05	ESCOLME, Michael	Sandbach Striders	Male under 40	09:14.2	143
116	4:02:36	BULLOCK, Paul	St Austell RC	Male Vet 50-54	09:15.4	217
117	4:04:19	WATSON, Janet	Falmouth Road Runners	Female Vet 55-59	09:19.3	178
118	4:04:24	GILL, Philip		Male under 40	09:19.5	40
119	4:05:14	ROSEWALL, Tammy	Mounts Bay Harriers	Female under 35	09:21.4	91
120	4:07:22	BURROWS, Max		Male Vet 45-49	09:26.3	18
121	4:07:25	D'ROZARIO, Warren	Sandwell Valley RC	Male Vet 50-54	09:26.4	31
122	4:07:43	COMINS, Allan		Male under 40	09:27.1	135

123	4:07:50	KLINK, Ralf	GSV Goddelau	Male Vet 40-44	09:27.4	160
124	4:07:57	MASON, Jonathan	Paul Monk Mental Health F	Male Vet 50-54	09:27.7	69
125	4:08:31	FIRTH, MEL	Michelmores RC	Female under 35	09:29.0	36
126	4:09:36	BOWKER, Rachel	Hayle Runners	Female Vet 35-39	09:31.4	224
127	4:10:31	BROWN, Roger	Falmouth Road Runners	Male Vet 40-44	09:33.5	128
128	4:10:36	FAY, Elspeth	Jog Scotland	Female Vet 45-49	09:33.7	35
129	4:11:03	MELLOR, Mike		Male Vet 45-49	09:34.8	212
130	4:11:08	MOORE, Andy	Hayle Runners	Male Vet 50-54	09:34.9	204
131	4:12:16	HAYNES, Stuart	Weston AC	Male under 40	09:37.5	195
132	4:13:16	REYNOLDS, Steve	Axe Valley Runners	Male Vet 45-49	09:39.8	89
133	4:13:37	BENNETT, Raymond	Tavistock AC	Male Vet 70+	09:40.6	7
134	4:14:44	LEDGER, Alan		Male under 40	09:43.2	161
135	4:14:57	MERRETT, Trish	Hayle Runners	Female Vet 40-44	09:43.7	207
136	4:15:07	CHOAK, Sarah	Falmouth Road Runners	Female Vet 40-44	09:44.1	131
137	4:18:08	RULE, Helen	Hayle Runners	Female under 35	09:51.0	213
138	4:18:36	POPLE, Carl		Male under 40	09:52.0	169
139	4:19:26	CLEMENTS, Gemma		Female under 35	09:53.9	185
140	4:19:26	JONES, Neil	Wells City Harriers	Male Vet 50-54	09:53.9	55
141	4:19:39	BARLEY, Paul	Looe Pioneers	Male Vet 45-49	09:54.4	226
142	4:20:45	HOLE, Stephen		Male under 40	09:57.0	184
143	4:20:48	HOLMAN, James		Male Vet 40-44	09:57.1	196
144	4:24:22	ANDERSON, Stuart		Male Vet 60-64	10:05.2	3
145	4:25:08	ALSWORTH, Michael	100 Marathon Club	Male Vet 55-59	10:07.0	120
146	4:25:25	FLINT, Gary		Male under 40	10:07.6	37
147	4:25:51	MCGRANE, John		Male under 40	10:08.6	192
148	4:25:51	MCGRANE, Caroline		Female under 35	10:08.6	193
149	4:26:15	MCGILLAN, David		Male Vet 45-49	10:09.6	73
150	4:26:28	COWLING, Lee	Minehead RC	Male under 40	10:10.1	137
151	4:30:40	TEIXEIRA, Travis Craig		Male under 40	10:19.7	175
152	4:30:40	OSBORNE, Godfrey	North Devon AC	Male Vet 45-49	10:19.7	229
153	4:31:01	MCLAUGHLIN, Ted		Male Vet 50-54	10:20.5	211
154	4:31:12	KERSHAW, Kay		Female Vet 35-39	10:20.9	248
155	4:31:34	REYNOLDS, Michael		Male Vet 40-44	10:21.7	171
156	4:32:12	MALEC, Ivan		Male Vet 40-44	10:23.2	65
157	4:32:14	CARDELL, Timothea	Hayle Runners	Female Vet 65+	10:23.3	199
158	4:32:21	SAVAGE, Gavin	Trail Runners	Male under 40	10:23.5	94
159	4:32:23	BENZIMRA, Ruth	100 Marathon Club	Female Vet 40-44	10:23.6	8
160	4:32:55	KEARNS, James		Male Vet 45-49	10:24.8	57
161	4:32:59	DUNK, Simon	Crewkerne Running Club	Male Vet 55-59	10:25.0	142
162	4:33:53	TODD, Alastair		Male Vet 40-44	10:27.0	106
163	4:33:58	MONK, Chris	Paul Monk Mental Health F	Male Vet 45-49	10:27.2	77
164	4:34:35	TILLEY, Sarah	Tamar Trotters	Female Vet 45-49	10:28.6	245
165	4:35:04	PRADY, Trish	Truro Running Club	Female Vet 45-49	10:29.7	240
166	4:36:19	SMITH, Malc		Male Vet 45-49	10:32.6	173
167	4:36:52	LETHABY, John	Minehead RC	Male Vet 70+	10:33.9	162
168	4:38:15	INGLEDEW, Sally	Teign Valley RC	Female Vet 45-49	10:37.0	52
169	4:38:41	YEATES, Ellen	Michelmores RC	Female Vet 35-39	10:38.0	118
170	4:38:46	HAMILTON, Brian		Male under 40	10:38.2	219
171	4:40:19	BARENDS, Julia		Female under 35	10:41.8	124
172	4:40:56	JOHNSON, Anthony		Male under 40	10:43.2	157
173	4:41:04	YEARLEY, Lesley	Bearbrook Joggers	Female Vet 50-54	10:43.5	183
174	4:41:19	MCNEVIN, Philip	Mounts Bay Harriers	Male under 40	10:44.1	238
175	4:41:53	BARENDS, Sally		Female under 35	10:45.3	125
176	4:42:22	TARRY, Bev	Sidmouth RC	Female Vet 60-64	10:46.5	104
177	4:43:05	ASSER, James	St Austell RC	Male Vet 40-44	10:48.1	121
178	4:43:09	LISHMAN, Byrony		Female under 35	10:48.2	61
179	4:45:32	NICHOLSON, Alastair		Male Vet 40-44	10:53.7	81
180	4:46:29	MOLONEY, Jenny	Royal Manor of Portland AC	Female Vet 45-49	10:55.9	76
181	4:48:28	MASON, Ruth	Paul Monk Mental Health F	Female Vet 45-49	11:00.4	68
182	4:48:28	MASON, Leah	Paul Monk Mental Health F	Female under 35	11:00.4	70
183	4:48:56	RATTIGAN, Carol	North Devon RR	Female Vet 45-49	11:01.5	243
184	4:53:30	BRANFORD, Simon		Male under 40	11:11.9	14
185	4:58:20	PHILLIPS, David	Massey Ferguson RR Coventry	Male Vet 65-69	11:23.0	86

186	4:58:55	POOLE, Colin	Blackheath & Bromley Harriers	Male Vet 70+	11:24.3	88
187	5:01:47	GARSTIN, Simon		Male Vet 45-49	11:30.9	39
188	5:07:35	JONES, Steve	Looe Pioneers	Male Vet 50-54	11:44.2	56
189	5:09:51	CHARNOCK, Chris		Male Vet 40-44	11:49.4	130
190	5:16:37	TREBELL, Andrew		Male Vet 45-49	12:04.9	242
191	5:23:06	PLATER, Carol Ann	100 Marathon Club	Female Vet 45-49	12:19.7	87
192	5:23:06	WILSON, Robin	Collingwood AC	Male Vet 70+	12:19.7	114
193	5:27:32	SCOTT, Gregory		Male Vet 45-49	12:29.9	221
194	5:34:22	CLARKE, Debra	Falmouth Road Runners	Female Vet 40-44	12:45.5	133
195	5:41:35	MARTIN, Daniel	Paul Monk Mental Health F	Male under 40	13:02.0	67
196	5:45:15	CURRAN-WESTON, Sharon	Falmouth Road Runners	Female Vet 40-44	13:10.4	139
197	5:47:09	NEWMAN, Jonathan		Male under 40	13:14.8	80
198	5:52:02	PARKINSON, Amy	Paul Monk Mental Health F	Female under 35	13:26.0	84
199	5:52:38	LOBB, Chris	Newquay Road Runners	Male under 40	13:27.3	202
200	6:12:42	COMISSAR, Dennis	South Down Harriers	Male Vet 60-64	14:13.3	136
201	6:14:43	COOPER, James		Male Vet 45-49	14:17.9	214