

Cornwood 10K Challenge Results 2023

Result	Name	Time	Team
1	Thomas Wraight	0.37.25	
2	Charlie Milward	0.37.30	Erme Valley Harriers
3	Peter Allen	0.39.00	Royston Runners
4	Grant Harvey	0.39.30	Tavistock AC
5	Daniel Westlake	0.39.58	Storm Plymouth
6	Ross Penney	0.40.10	City of Plymouth AC
7	Graham Bale	0.40.21	Plymstock Road Runners
8	Jacob Southby	0.40.42	
9	Charlotte Walker	0.40.51	Tavistock AC
10	Hamish Gallacher	0.40.57	
11	Ben Diggins	0.41.39	
12	Luke Pennington	0.41.40	
13	Louise Flynn	0.42.09	Les Croupiers
14	Freddie de Mendonca	0.42.23	
15	Lee Herbert	0.42.30	Plymouth Musketeers
16	Gareth Logan	0.42.30	Les Croupiers
17	Freya Porter	0.42.53	S Hams Hash House Harriers
18	Richard Maunder	0.43.43	
19	Kirsty Prowse	0.44.23	DSFRS Running Club
20	Nicholas Bristow	0.44.32	Erme Valley Harriers
21	Stuart Witty	0.44.38	
22	Mark Thomas	0.44.46	
23	Craig Swiggs	0.45.05	
24	Mark Taylor	0.45.33	
25	Craig Follett	0.45.46	
26	Daniel Case	0.46.01	Plymouth Musketeers
27	Matthew Grzenda	0.46.02	
28	Barry Neal	0.46.06	Erme Valley Harriers
29	Mark Thomas	0.46.08	Storm Plymouth
30	Christian Thelier	0.46.11	
31	Nicholas Downing	0.46.35	
32	Nick Robinson	0.46.53	Torbay AAC
33	Isabella May	0.47.11	City of Plymouth AC
34	Mark Woolcock	0.47.15	
35	Hannah Walker	0.47.29	Tavistock AC
36	Richard Bowen	0.47.35	Plymouth Harriers
37	Katie Burns	0.47.38	City of Plymouth AC
38	Heather Eve	0.47.39	Torbay AAC
39	David McCarthy	0.47.40	
40	Mike Williams	0.47.43	
41	Mark Smith	0.47.57	Torbay AAC
42	Jenny James	0.48.03	
43	Duncan Jago	0.48.23	
44	Ella Thurston	0.48.28	
45	Alex Blomley	0.48.49	
46	Andrew Marshall	0.48.58	Plymouth Harriers
47	David Kilgore	0.49.32	Storm Plymouth
48	Tracey Ward	0.49.51	
49	Michael Hughes	0.49.53	Storm Plymouth

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Result	Name	Time	Team
50	Simon Woodhouse	0.50.19	
51	Russ Mogridge	0.50.36	Erme Valley Harriers
52	David Madge	0.50.37	
53	Rebecca Gillham	0.50.42	Plymouth Harriers
54	Jack Northmore	0.50.58	
55	Freddie Colton	0.51.02	
56	Michael Cork	0.51.10	
57	Stuart Wood	0.51.22	
58	Mark Hawkins	0.51.27	
59	Natalie Harris	0.51.42	
60	Claire Faithfull	0.52.03	
61	Michael Hockey	0.52.23	Plymouth Musketeers
62	Kate Medlicott	0.52.36	Erme Valley Harriers
63	Sarah Burningham	0.52.38	Teignbridge Trotters
64	Dean Rodgers	0.53.05	
65	Andrew Mitchell	0.53.08	Erme Valley Harriers
66	Bethany Edwards	0.53.37	
67	Michael Allen	0.53.45	
68	Robert White	0.53.56	
69	Kieron Reed	0.53.57	
70	Andy Bees	0.53.57	Plymouth Musketeers
71	Christopher Bailey	0.54.05	Storm Plymouth
72	Sam Elliott	0.54.09	
73	Richard Atkinson	0.54.19	Plymouth Harriers
74	Jon Wells-Hall	0.54.24	
75	Kevin Paull	0.54.39	Erme Valley Harriers
76	Andrea Mitchell	0.54.43	Erme Valley Harriers
77	James Tupman	0.54.47	
78	Katie Bentley	0.54.51	Plymstock Road Runners
79	Rebecca McCallum	0.55.04	Storm Plymouth
80	James Mann	0.55.08	Plymstock Road Runners
81	Nadine Lee	0.55.11	Torbay AAC
82	Clare White	0.55.22	Storm Plymouth
83	Mark Lobb	0.55.25	Storm Plymouth
84	Eric Foster	0.55.38	Dawlish Coasters
85	Paul Whitmore	0.56.03	Storm Plymouth
86	Christopher Marcol	0.56.07	Plymouth Harriers
87	Brian Vincent	0.56.10	
88	Alex Jackson	0.57.15	
89	Colin Miller	0.57.17	
90	Steve Grills	0.57.31	
91	Andy Harris	0.57.33	
92	Richard Walters	0.57.38	
93	David Phillips	0.57.50	Storm Plymouth
94	Phil Adderley	0.57.56	Erme Valley Harriers
95	Kevin Pease	0.58.14	
96	Natasha Muir	0.58.40	
97	David Matthams	0.58.45	
98	Anne Marshall	0.58.50	Plymouth Harriers

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Result	Name	Time	Team
99	Alex Lang	0.58.51	
100	Andy Bartlett	0.58.55	Erme Valley Harriers
101	Louise Jones	0.59.01	
102	Amy Scoble	0.59.11	
103	Tanya Alexander	0.59.19	Holbeton Harriers
104	Dave Pennington	0.59.23	
105	Alice Burbidge	0.59.28	
106	Emma Dooney	0.59.29	
107	Clare Scotton	0.59.32	
108	Simon Barrett	0.59.38	
109	Richard Jones	0.59.43	
110	Thomas Williams	1.00.04	
111	Phil Lacey	1.00.09	
112	Gemma Davidson	1.00.10	
113	Ian Sharrock	1.00.32	Torbay AAC
114	Molly Northmore	1.00.42	
115	Nick Fathers	1.00.57	Plymouth Musketeers
116	Claire Moorcraft	1.01.04	
117	Peter Bazley	1.01.05	Tavistock AC
118	Carl Mills	1.01.33	
119	Phil Gregory	1.01.46	
120	Jane Hiron	1.01.52	
121	Linda Pickard	1.02.04	Launceston Road Runners
122	Ian McLeod	1.02.14	Plymouth Coasters
123	Laura Joynes	1.02.43	
124	Danielle Green	1.03.31	
125	Paul McDonnell	1.04.47	
126	Jane Grills	1.04.54	
127	Helena Costiff	1.04.54	
128	Becci Pine	1.04.55	Erme Valley Harriers
129	Emily Faircloth	1.04.55	Erme Valley Harriers
130	Chris Danks	1.04.58	
131	Lucy Hawker	1.05.01	
132	Mark Wotton	1.05.17	
133	David Bailey	1.05.34	
134	Abbie Heeley	1.06.00	
135	Matthew Jeffery	1.06.59	
136	Scott Smith	1.07.00	Lonely Goat RC
137	Andy Stoner	1.07.02	
138	Claire Herbert	1.07.06	Plymouth Musketeers
139	Jessica Hewish	1.07.45	
140	Charmain Dawe	1.07.50	
141	Rachel Mayo	1.07.53	
142	Louise King	1.08.58	Plymouth Musketeers
143	Bryan King	1.09.02	Plymouth Musketeers
144	Sarah Delorme	1.09.39	
145	Shannon Bays	1.09.42	Plymouth Coasters
146	Edward Poultney	1.09.55	
147	Graham Hole	1.12.04	

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Result	Name	Time	Team
148	Alison Ince	1.12.09	Storm Plymouth
149	Sean Barrie Rafton	1.13.30	
150	Simon Warner	1.14.11	
151	Steve Badge	1.14.14	
152	Nicky Day	1.14.16	
153	Charlotte Jones	1.17.40	
154	Louisa Westlake	1.17.41	Storm Plymouth
155	James Farr	1.17.43	
156	Peter Symons	1.24.51	
157	Karen Albiston	1.24.53	
158	Laura Wotton	1.24.53	
159	Chris Savery	1.25.02	
160	Maria Ellis	1.25.27	
161	Mark Albiston	1.25.27	