

## Run Like Hell 2023 Results

Rank	Name	Gender	Club	Category	Time
1	Eirin McDaid	Male		U40	00:54:22
2	Josh Turner	Male	Perran Trail Runners	U40	01:00:30
3	Nige Ward	Male	Perrin Trail Runners	51-55	01:01:02
4	Shaun Mellow	Male	Mudcrew running	40-45	01:02:55
5	Alan Thomas	Male	Falmouth Running Club	U40	01:03:10
6	Billy Deakin	Male	Perran Trail Runners	40-45	01:04:36
7	Joshua White	Male	Perran Trail Runners	U40	01:05:53
8	Jiri Kempny	Male	Vegan Runners	46-50	01:06:15
9	Alain Van Rooij	Male	Perran Trail Runners	U40	01:08:33
10	Mark Worledge	Male	Bys vyken race team	56-60	01:09:00
11	Sophie Street	Female	St. Austell Running Club	U40	01:10:12
12	Edward Young	Male		U40	01:11:34
13	Emily Coon	Female		U40	01:11:54
14	Zoe Worledge	Female	Bys vyken race team	U40	01:12:30
15	Gareth Casey	Male	ST AUSTELL ATHLETIC	46-50	01:12:48
16	Neil Tonkin	Male		40-45	01:13:18
17	Jevan Raynor	Male	Bys Vyken Race Team	U40	01:14:59
18	Mark Smitheram	Male	Carn Runners	46-50	01:15:02
19	Jamie Law	Male	Soul runners	46-50	01:15:03
20	Julian Spencer	Male	Perran Trail runners	56-60	01:15:45
21	Matthew Rendell	Male		51-55	01:15:55
22	Sophie Raynor	Female	Bys vyken race team	U40	01:16:20
23	Ruth Glover	Female	Tri Logic	U40	01:16:43
24	Matthew Purcell- Herbert	Male		U40	01:17:30
25	Grant Ellis	Male		46-50	01:19:11
26	Adrian Lea	Male		51-55	01:19:16
27	Oli Nidds	Male	Carn Runners	U40	01:19:46
28	Peter Jackel	Female	Soul runners	40-45	01:20:01

29	Trish Merrett	Female	Hayle runners	51-55	01:22:55
30	Andrew Gibbons	Male	Helston Trail Runners	51-55	01:24:22
31	Mary Mckenna	Female		46-50	01:24:23
32	Sean Viggers	Male	Perran trail runners	46-50	01:25:06
33	Kevin Waite	Male	Soul runners	40-45	01:26:47
34	Tracey Waite	Female		40-45	01:26:47
35	Anna Morris	Female		51-55	01:27:08
36	Jerry Cartlidge	Male	Soul runners	56-60	01:27:22
37	Charmaine Williams	Female		U40	01:27:38
38	Jon Bottrell	Male	fat bloke running	51-55	01:27:48
39	David Wilcox	Male	On Me Todd	46-50	01:28:06
40	Hayley Christopher	Female	St Austell Athletes Running Club	U40	01:30:07
41	Nick Hodgkinson	Male		40-45	01:30:32
42	Jo Northey	Female	Launceston Road Runners	46-50	01:31:21
43	Adam Paynter	Male	Launceston RR	46-50	01:31:24
44	Nicky Morse	Male	Bys Vyken Race Team	61-65	01:31:32
45	Mark Williams	Male		46-50	01:31:52
46	Trevor Lee	Male	Truro	61-65	01:31:55
47	Paula Bate	Female	St Austell Athletes Running Club	51-55	01:32:10
48	Chunky Penhaul	Male		75	01:33:01
49	Melissa Poultney	Female	Hayle Runners	40-45	01:33:26
50	Darren Franklin	Male		56-60	01:33:46
51	Petra Franklin	Female		51-55	01:33:46
52	Zoe Fletcher	Female	Lonely Goat Running Club	46-50	01:33:52
53	Kieron Day	Male		46-50	01:33:52
54	Dave Bettens	Male		46-50	01:34:29
55	Keeley Phillips	Female	Ranelagh Harriers	46-50	01:35:09
56	Simon Mayho	Male	Bys Vyken race team	51-55	01:35:41
57	Miranda Greer	Female	St Austell running club	U40	01:36:13
58	Simon James	Male	Cornwall	51-55	01:39:16
59	Gillian Onley	Female	Cornwall AC	56-60	01:41:00
60	Damian Cook	Male	Bys Vyken race team	51-55	01:42:16
61	Tracey Durgahed	Female	Perran Trail Runners	46-50	01:43:35
62	Sandra Haynes	Female	Power Runs Cornwall	56-60	01:45:27
63	Karen Hopkins	Female		51-55	01:45:31

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04	Lindsay Ball	Female		46-50	01:46:24
65	Andy Reid	Male		61-65	01:46:31
66	Mark Luscombe	Male	Torbay AAC	46-50	01:46:41
67	Rachel Thomson	Female	MudCrew	56-60	01:50:50
68	Daniela Walker	Female	St Austell running club	46-50	01:51:11
69	Melanie Maskell	Female	St Austell Athletes Running Club	51-55	01:51:37
70	Susan Thomas	Female	Hayle Runners	46-50	01:54:02
71	Rachel Bate	Female	Soul Runners	U40	01:54:18
72	Theresa Clark	Female	Hayle Runners	56-60	01:57:19
73	Amanda Miller	Female	Hayle Runners	51-55	02:06:36
74	Jennie Massey	Female	Hayle Runners	61-65	02:13:20
75	Hannah Butler	Female	Carn Runners	U40	02:13:24
76	Jared Sanderson	Male		U40	02:13:24
77	Cassie Yeandle	Female		46-50	02:29:40
78	Victoria Hosken	Female		46-50	02:33:49
79	Rebecca Harris	Female	Bys Vyken race team	40-45	02:52:26