

**DAN & Cornwall County Championships 10,000m**  
**Amalgamated Results**  
**27/07/22**

<b>Position</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Category</b>	<b>Race</b>
1	0:32:23:06	JENKIN, Mark	Bideford AAC	Male 40-44	1
2	0:32:39:30	ROWE, Joshua	Hayle Runners	Male Senior(U35)	1
3	0:32:48:61	GOODCHILD, Samuel	Cornwall AC	Male Senior(U35)	1
4	0:33:54:07	ROWE, Liam	Cornwall AC	Male Senior(U35)	1
5	0:34:43:36	WHEAR, Paul	Cornwall AC	Male 50-54	1
6	0:35:35:57	KARPINSKI, Josh	Newquay Road Runners	Male 35-39	1
7	0:35:45:82	PASCOE, Ross	Cornwall AC	Male Senior(U35)	1
8	0:35:49:20	ROOSE, Darren	Newquay Road Runners	Male 40-44	1
9	0:35:55:61	HOWELL, Tom	Mile High Running Club	Male 35-39	1
10	0:36:51:88	WRIGHT, Tony	Cornwall AC	Male 55-59	1
11	0:37:42:61	STEPTO, Emma	Cornwall AC	Female 50-54	1
12	0:38:40:20	RAILTON, Matthew	Cornwall AC	Male Senior(U35)	1
13	0:38:56:30	DANIELS, Alex	Newquay Road Runners	Male 45-49	1
14	0:39:48:82	PHILLIPS, Will	Cornwall AC	Male Senior(U35)	1
15	0:37:42:01	ROBINSON, Matthew	Cornwall AC	Male Senior(U35)	2
16	0:37:43:41	CHIRGWIN, Rob	Truro Running Club	Male Senior(U35)	2
17	0:40:01:32	FOX, Matt	Cornwall AC	Male Senior(U35)	2
18	0:40:59:51	ELLIS, Michael	Bodmin Dragons Triathlon	Male 45-49	2
19	0:41:14:95	MANNING, James	Hayle Runners	Male 40-44	2
20	0:41:55:83	TANSLEY, Charlotte	Cornwall AC	Female Senior (U35)	2
21	0:43:07:32	SEALY, Eve	Bancory Stonehaven AC	Female Senior (U35)	2
22	0:43:22:48	MOSSOP, Emma	Falmouth Road Runners	Female 45-49	2
23	0:44:49:09	CLARK, Piran		Male 35-39	2
24	0:46:54:38	WRIGHT, Ian	Cornwall AC	Male 65-69	2
25	0:47:04:11	JENKIN, Steven	Cornwall AC	Male 50-54	2
26	0:48:28:29	MARCINEKOVA, Joanna	Cornwall AC	Female 40-44	2
27	0:50:07:32	STEPTO, Brett	Cornwall AC	Male 45-49	2
28	0:50:43:01	SATNAM, Basram	Cornwall AC	Male 60-64	2
29	0:53:11:38	SARGENT, Pete	South West Vets	Male 70+	2