

NRR pull out all the stops, for the ever popular NQY 10k road race!

709 competitors took to the start line for one of the most popular Cornish Road races of the season, the 2nd race of the Cornwall Glass Grand Prix series.

The event took place on Sunday 5th February, with a mass crowd of runners taking part in this fast paced 10k. Weather conditions were perfect, with the sun shining and hardly a breath of wind!

With an earlier start time than previous years, the race commenced from Newquay Sports centre at 09:00am; taking runners on a fast downhill start towards Newquays boating lake, along Trevemper road, before climbing up through Trevemper Hamlet and upwards towards the village of Crantock, before looping around past Trevella campsite and returning home to finish back at the sports centre.

With 706 finishers, and many securing pb's on this fast course, there is little doubt as to the attraction of this race. Mention must also go to race director Sara Needham who along with many others in the club; have strived to ensure a well organised, well marshalled and welcoming event took place.

Winning the race, just 16 seconds short of the course record was:
Sam Goodchild of Cornwall AC in a fantastic time of 31:55 and winning lady was Rebecca Ezra-Ham in 36:25 from Tamar Trotters.

Newquay members attended in their droves to support their own clubs event, not only to run, but to support with volunteering, marshalling, and the cheering on of their fellow club runners who were racing.

Representing the club and 15th overall and first back for NRR; was Jamie Edwards (2nd in age cat) in an impressive 34:50 securing a 2 min + Pb, and Stella Gardener first back for the ladies in a great time of. 43:54.

24th Darren Roose 36:14
35th Neil Carter 37:21
37th Paul Trifanov 37:26 (pb)
62nd Tim Walker 39:37 (pb)
122nd Tim Hicks 43:29 (pb)
128th Stella Gardener 43:54 (pb)
138th Eve Hearle 44:34 (pb)
153rd Bruce Carey 45:23 (pb)
158th Luke Reed 45:38
170th Peter Allen 46:25
171st Joshua Grieb 46:25
177th Trevor Spinks 46:56
178th Harriet Frost 47:08
179th Leigh Spencer 47:11(pb)
186th Michelle Hague 47:22
213th Sophie Talling 48:24
214th Kelly Keough 48:27
216th Martyn Griffiths 48:32
227th Emma Fox. 48:52

229th Amy Gregory 48:59
248th Sarah Wilkinson 49:23 (pb, and 2nd in age cat)
250th Tao Bi 49:26 (4 min pb)
254th Eleanor Ellison 49:33 (3 min pb and 1st in age cat)
265th Claire Mildenhall 50:00
267th Steve Mildenhall 50:08
297th Lisa Player 51:24 (3rd in age cat)
310th Mandy Watts 51:53 (pb)
317th Andrew Morley 52:13
320th Adam Wilcox 52:15
322nd Sarah Ryan 52:25 (pb)
334th Frankie Heaton-Pike 52:53
343rd Jane Garside 52:59 (9 min pb)
354th Vanessa Morley 53:39
362nd Neill Furlonger 53:51
370th Lisa Talling 54:21
400th Martin Grieb 55:25
404th Charlie Gray 55:35
417th Becky Hall 55:51
423rd Janette Duncan 56:13
431rd Jenny Lawson 56:53
436th Lynn Counter 56:59
438th Phillip Henwood 57:19
443rd Angela Datlen 57:31
457th Donna Fisher 57:39 (9 min course pb)
462nd Des Evans 58:10 (3rd in age cat)
476th Roger Menzies 58:46
480th Helen Cowling 58:33
490th Alan Byron 59:07
503rd Rosie Karpinski 59:22
534th Tracey Mackellar 101:41
568th Karen Warner 103:35
588th John Lillis 105:14
595th Sally Bowden 105:34
603rd Sara Robins 105:23
620th Lyn Harvey 107:24
627th Lina Grohbiel 108:24
632nd Sara Archer 108:08
635th Jessica Gallienne 108:21
655th Mike Wooding 109:55
658th Julie Flower 110:14
674th Debbie Lackey 113:24
676th Robert Jeffery 113:39
680th Angela Tyson 114:40

The ladies team of Stella Gardener, Eve Hearle, Harriet Frost, Leigh Spencer, Michelle Hague and Sophie Talling finished 3rd. Well done ladies.

Special mention to Alan Edwards (Jamie Edwards Dad) who ran in his first ever 10k race in a great time of 52:42, unaffiliated, but has signed up to Newquay Road runners from today, welcome to the club Alan.

Enigma Quadzilla UK

Richard Kell, a relatively new member to the club has also taken part in the 4 marathons in 4 days, completing each of them, in a very impressive time of under 4 hrs. What a fantastic achievement and welcome to the club!