

Cornwall Glass and Glazing Cornish Road Running Grand Prix Series 2010

Annual Prize Giving Presentation

General Introduction

Welcome to the Cornwall Glass and Glazing GP Annual Awards 2010

As a mark of respect could we please have 1 minute silence in memory of **Bob Philpotts, (Hayle Runners)**

The 2010 GP was again competed over 15 races ranging from the 4 mile Turkey Trot to the Duchy and Cornish Marathons. A minimum of 8 completed races was the requirement to feature in the final GP standings and receive a 'Finisher's Memento'.

573 men (571 in 2009) and **470 ladies** (464 in 2009) have entered at least one event this year and **188** (188 in 2009) have **completed their 8 races**, plus all vets categories.

24 runners (6 female and 18 male) have **completed all 15 GP events** (20 in 2009)

The '**Mini GP Series**' for Under 20's is continuing to encourage the younger runners to participate in the shorter events. This has again proved very popular as the awards will show later.

The 2011 Grand Prix will include all the 2010 races and again be competed for, over these 15 races, with the usual 8 race finishing requirement.

As in previous years, all the trophies on display here today are provided by St Austell Trophies and they have been very co-operative again this year, as the final positions and number of 8 race qualifiers were not known until after last Sunday's Cornish Marathon. As you can imagine it's been quite a hectic week for them, as all the vets and individual trophies include the winners name.

St Austell Trophies supply medals, memento's, club clothing, etc, so please give him a ring if you want a price for your Race Prize list. Tim or Robin can be contacted on 01726 73077 or www.staustell-trophies.co.uk

Introduction to GP Sponsors :

Angus is representing Cornwall Glass and Glazing who are kindly sponsoring the GP for the second year of their 3 year sponsorship, and we are extremely grateful for their support.

The annual financial contribution of £1000 from Cornwall Glass and Glazing is spent entirely on these awards with the balance of cost made up from the GP fund, where 50p of each runners race entry fee contributes to this fund. This will rise to 60p per runner for 2011 to ensure the quality of these awards.

I'll pass you over to Angus to say a few words.....and hand over his cheque!!

Mini Grand Prix Male Under 20

1st	Dan Nash	East Cornwall Harriers
2nd	James Waldie	Cornwall Athletic Club
3rd	Richard Dalton	Falmouth Road Runners

Male Open

1st	Oliver Gibson	Newquay Road Runners
2nd	Matt Pullen	Cornwall Athletic Club
3rd	Tony Dunn	Cornwall Athletic Club

Male Under 40

1st	Oliver Gibson	Newquay Road Runners
2nd	Matt Pullen	Cornwall Athletic Club
3rd	Peter Ellis	Hayle Runners

Male Vet 40

1st	Adrian Ball	Cornwall Athletic Club
2nd=	Justin Day	Cornwall Athletic Club
2nd=	Duncan Oakes	St Austell Running Club

Male Vet 45

1st	Tony Dunn	Cornwall Athletic Club
2nd	Steven Wherry	Cornwall Athletic Club
3rd	Paul Gwynne	Truro Running Club

Male Vet 50

1st	Chris Hodge	Carn Runners
2nd	Neville Witham	Cornwall Athletic Club
3rd	Bruce Maclaren	St Austell Running Club

Male Vet 55

1st	Malcolm Roberts	St Austell Running Club
2nd	Stephen Restall	Newquay Road Runners
3rd=	Kim Hemsworth	Falmouth Road Runners
3rd=	Chris Ramsey	Truro Running Club

Male Vet 60

1st	Doug Alsop	St Austell Running Club
2nd	Pat Lockett	Newquay Road Runners
3rd	Brian Wiles	Launceston Road Runners

Male Vet 65

1st	Stewart Townend	Hayle Runners
2nd	Kevin O'Mahoney	Launceston Road Runners

Male Vet 70

1st	Norris Kington	Cornwall Athletic Club
2nd	Peter Mander	Launceston Road Runners
3rd	William Bennetts	Hayle Runners

Mini Grand Prix Female Under 20

1st	Bethany Alston	Cornwall Athletic Club
2nd	Charlotte Hurst	Cornwall Athletics Club
3rd	Natasha Diment	Cornwall Athletic Club

Female Open

1st	Emma Stallard	Cornwall Athletic Club
2nd	Suzy Bosustow	Cornwall Athletic Club
3rd	Kathryn Burgess	Cornwall Athletic Club

Female Under 35

1st	Kathryn Burgess	Cornwall Athletic Club
2nd	Rachel Tresidder	Mounts Bay Harriers
3rd	Jenny Almey	Cornwall Athletic Club

Female Vet 35

1st	Emma Stallard	Cornwall Athletic Club
2nd	Suzy Bosustow	Cornwall Athletic Club
3rd	Charlotte Bennett	Hayle Runners

Female Vet 40

1st	Sharon Daw	East Cornwall Harriers
2nd	Nancy Hill	Mounts Bay Harriers
3rd	Stephanie Martin	Newquay Road Runners

Female Vet 45

1st	Revis Crowle	East Cornwall Harriers
2nd	Diane Roy	East Cornwall Harriers
3rd	Caroline Chesterfield	Cornwall Athletics Club

Female Vet 50

1st	Lesley Richardson	Newquay Road Runners
2nd	Carol Penberthy	Tri Logic
3rd	Poppy Bailey	Women's Running Network

Female Vet 55

1st	Amanda Erith	East Cornwall Harriers
2nd	Janet Watson	Falmouth Road Runners
3rd	Sue Burges	Launceston Road Runners

Female Vet 60

1st	Susan Mellis	St Austell Running Club
2nd	Mary Mullarkey	East Cornwall Harriers
3rd	Terry Marshall	Falmouth Road Runners

Female Vet 65

1st	Timothea Cardell	Hayle Runners
2nd	Lisa Wright	Newquay Road Runners
3rd	Val Hawken	Newquay Road Runners

Carn Runners**Cornwall AC****East Cornwall H****Falmouth RR****Gyllanvase SLC****Male U20**

Mark Budge
 Steven Sims
 Liam Smith
 Liam Gallantry
 Aaron Crowle

Male Open

Peter Kearney
 Robert Rochowiak
 Richard Harvey
 David Mounter
 Peter Drew
 Nigel Tomlinson

Justin Thomas
 Rob Beckett
 Phil Bolt
 Dave Southby
 Aaron Rodger
 Chris Gale
 Lee Burrows
 Adrian Mutsaers
 Viv Bray
 Clive Prady
 Rob West

Stephen Gentle
 Chris Ullman
 Andrew Sims
 Ian Ringer

Julian Evans
 Andrew Pye
 Keith Marshall
 David Wilton
 Roy Newton
 David Garrard

Peter Stonehouse

Female U20

Jess Behennah

Female Open

Olivia Pellowe
 Carol Culley
 Sandy Jamieson
 Judy Jameson

Kirstie Mutsaers
 Nicola West
 Nikki Coleman
 Samantha Alexander

Louise England
 Sarah Kriskovic
 Karen Sims
 Lynne Budge

Tammy Jenkin
 Marisa Falcione
 Tracey Wilkes
 Lorna Wood
 Helen Brown
 Christine White
 Noelene Barrie

	Hayle Runners	Launceston RR	Moorhaven RC	Mounts Bay H	Newquay RR
--	---------------	---------------	--------------	--------------	------------

Male U20

Ben Lucas

Jack Stevenson

Male Open

Richard Mayes
 Steven Lee
 Andy Moore
 Mike Baldwin
 Mike Orchard
 Frank Burnell
 Andrew Blight
 Brian Smith
 Phil Rowe
 Andrew Bliss
 Glen Fraser
 Mike Wright
 Chris Matta
 Ian Bowden
 Tom Brennan
 Adrian Bastian

Rich Yates
 John Osborne
 Alan Littlejohns
 Michael Carpenter
 Gary Chater
 Stewart Gynn
 Martin Venning
 Jon Spettigue

David Hatch

Jason Walker
 Rich Savage
 Andrew Hickson
 Mark Omori
 Ian Matthews
 Charlie Holden
 Steven Richards
 Paul Angove
 Clive Hibbert
 Richard Boucher
 Duncan Kane
 Robert Burrows
 Chris Trehwella
 Mark Squires

Kevin Toher
 Alex Daniels
 Simon Truscott
 Geoff Harris
 Lee Beresford
 Steve Rendle
 Peter Allen
 Paul Wright
 Phil Neville
 Ricky Hitchens
 Pete Sargent
 Dave Edlin
 Ray Frith
 Colin Martin
 Roy Isherwood
 Martin Trethewey
 Mark Milburn

Female U20

Female Open

Rachel Goldsworthy
 Faye Toms
 Lisa Maskell
 Nancy Walton
 Trish Merrett
 Becky Lee
 Alison Thomas
 Sarah Baldwin
 Jackie Bowden

Philippa Baker
 Linda Pickard
 Cheryl leach
 Ann Venning

Mhairi Saville
 Tammy Rosewall
 Zoe Mason
 Joanne Clarke
 Yvonne Watkins
 Susan Matthews
 Helen Squire
 Jackie Stone

Sandra Toher
 Jenny Green
 Norma Coward
 Ruth Holding
 Nicola Phillips
 Donna Francis
 Fiona Maclean

St Austell RC

Tamar Trotters

Tri-Logic

Truro RC

Women's RN

Male U20

Male Open

Daniel Alsop	Alan Williams	Shane Nidds	Phil Ciano
Andy Trudgian	Jason Shipton	Jason Beever	James Lloyd
Jason Penprase	Stephen Smith	Tony Rowell	Andrew Goundry
Jamie Andrew			Chris Ramsey
Pete Bazin			Justin Stringer
Tom Howell			
Garry Player			
Sean Quinn			
Paul Bullock			
Mark Owen			
Steve Martin			
Ian Williams			
Tony Morris			
Geoff Bazeley			
Pete Greet			
Shaun Scrace			
Reg Eden			
Scott Wheeler			
Ben Builder			
Martin Pipet			
Glyn Chillingworth			
Darren Hambly			
Terry Wyatt			

Female U20

Female Open

Helen Martin	Helen Roper	Rachael Thomas	Sarah Hutchins
Debbie Grills	Stephi Baker	Julie Johns	Sharon Willis
Catheryn Camborieux	Clare Jardine	Alison Joslin	Vicky Cloete
Shirley Cairney	Amanda James		Margaret Wade
Holly Fenn			Hazel Maclaren
Sarah Bazeley			
Lesley Maclaren			
Katie Bullock			
Tracey Macfadden			
Lindsay West			

Male Teams 2010**Points**

1st	Cornwall Athletics Club	800
2nd	Newquay Road Runners	794
3rd	St Austell Running Club	788
4th=	Mounds Bay Harriers	780
4th=	East Cornwall Harriers	780
6th	Hayle Runners	777
7th	Tamar Trotters	759
8th	Carn Runners	755
9th	Truro Running Club	750
10th	Launceston Road Runners	742
11th	Falmouth Road Runners	740

The Tweedie Shield**1st Male Team 2010****Cornwall Athletic Club****Female Teams 2010****Points**

1st	Cornwall Athletics Club	800
2nd	Newquay Road Runners	792
3rd=	Mounds Bay Harriers	789
3rd=	Hayle Runners	789
5th	East Cornwall Harriers	786
6th	St Austell Running Club	771
7th	Falmouth Road Runners	762
8th	Truro Running Club	742
9th=	Launceston Road Runners	741
9th=	Carn Runners	741
11th	Tamar Trotters	733
12th	Women's Running Network	732

The Julia Fox Shield**1st Female Team 2010****Cornwall Athletic Club****Highest Number of Finishers in GP Races**

			Average
1st	St Austell Running Club	656	44 / race
2nd	Hayle Runners	619	41 / race
3rd	Newquay Road Runners	571	38 / race

Grand Prix Most Improved Runners 2010

These 2 awards are for the Most Improved Male and Female Runners throughout all competing clubs in the Grand Prix

The awards are open to runners of all abilities and paces, who have made big improvements in their race times from year to year

Each club has had the opportunity to nominate potential candidates for consideration by a panel of 4, who have decided on the following winners

The following nominations were put forward by their respective clubs.....

Cliff Temple Shield (Most Improved Female Runner of 2010)

Deb Grills (St Austell Running Club)

Emma Stallard (Cornwall Athletic Club)

Marisa Falcione (Falmouth Road Runners)

Rachel Goldsworthy (Hayle Runners)

Mhairi Saville (Mounts Bay Harriers)

Kuljeet Khurana (Moorhaven Running Club)

St Austell Trophies Shield (Most Improved Male Runner of 2010)

Chris Gale (Cornwall Athletics Club)

Ian Littlewood (East Cornwall Harriers)

Richard Dalton (Falmouth Road Runners)

Scott Abraham (Hayle Runners)

Richard Savage (Mounts Bay Harriers)

Jason Hulcoop (Moorhaven Running Club)

Peter Allen (Newquay Road Runners)

Geoff Bazeley (St Austell Running Club)

Paul Gwynne (Truro Running Club)

There were the usual some excellent performances by all these contenders and each would have been a worthy winner in their own right, but the panel has made the following decision

Cliff Temple Shield (Most Improved Female Runner of 2010)

Rachel Goldsworthy (Hayle Runners)

St Austell Trophies Shield (Most Improved Male Runner of 2010)

Richard Dalton (Falmouth Road Runners)

Oldest Runner on the GP Circuit

Peter Mander (Launceston Road Runners)

(presented by Don Bristow of Hayle Runners)

Official GP Timekeepers

Derek Burrows (trophy)

Mick (hamper)

Supplying Venue for this Presentation

Falmouth Beach Resort Hotel

GP Sponsor

Cornwall Glass and Glazing (Angus Herdman)

Sincere Thanks

Race Registration Team of Jan Sargent and Ann Shapland

Doug Alsop for GP Table Compilation

15 Race Finshers

Male	Adrian Ball	Cornwall Athletics Club	
	Richard Dalton	Falmouth Road Runners	
	Scott Abraham	Hayle Runners	2 years continuous
	Richard Chynoweth	Newquay Road Runners	
	Malcolm Roberts	St Austell Running Club	
	Bruce Maclaren	St Austell Running Club	3 years continuous
	Ian Littlewood	East Cornwall Harriers	
	Doug Alsop	St Austell Running Club	
	Matt Curtis	Hayle Runners	2 years continuous
	Tim Adams	St Austell Running Club	2 years continuous
	Derek Smith	Hayle Runners	2 years continuous
	Craig Tonkin	Hayle Runners	100 consecutive GP Races
	David Wooldridge	Newquay Road Runners	
	Sam Perkin	Mounts Bay Harriers	3 years continuous
	Roger Brown	Falmouth Road Runners	
Philip McNevin	Mounts Bay Harriers		
James Asser	St Austell Running Club		
18	Chris Lobb	Newquay Road Runners	
Female	Lisa Wotton	St Austell Running Club	
	Jacqueline George	Falmouth Road Runners	
	Sarah Choak	Falmouth Road Runners	
	Rachel Bowker	Hayle Runners	
	Helen Rule	Hayle Runners	
6	Debra Clarke	Falmouth Road Runners	
24 total			

Craig Tonkin

In 2003, Craig set out to break a record set by Gerry Matthews, to run 50 consecutive G P Races. At the Indian Queens Half Marathon 2007, he passes that record dressed as a Panto Dame, and thought he'd go for 100.

This meant running the Duchy and Cornish Marathons each year and staying injury free for 7 years. He had a hernia operation just before the Launceston Half which made that one interesting! Finally he successfully completed the 2010 Cornish Marathon, dressed as a pirate, to reach the magic 100.

Craig's comment after the Cornish was.....'I'm setting the record there!!'.....we'll see