Westward League - Newquay
Sunday 15th November

U12 Girls (35 Finishers)

Ruby Ferrero-Lewis	10th	11.54	7th Team
Fran Pickstone	20th	12.50	
Alicia Ferrero-Lewis	34th	15.37	

U12 Boys (30 Finishers)

Alfie Carroll	29th	12.35	15th Team

U16 Girls (20 Finishers)

Freya Norris	12th	21.00	9th Team

Senior Women (109 Finishers)

Emma Lake	45th (1st V50)	27.43	28th Team 12th Vet Team

Senior Men (131 Finishers)

Ben Holmes	4th	26.48	9th Team
Luke Hayes	21st	29.00	
Chris Prall	51st (5th V45)	31.32	4th
Justin Frost	79th (4th V50)	33.54	Vet Team
Nigel Grottick	81st (5th V50)	34.18	
Marc Rinagl	86th (9th V45)	34.33	
Nick Bristow	92nd (8th V50)	35.12	
Neil Squires	100th (11th V45)	36.07	
Ben Bristow	101st	36.24	