

**Hayhead and the Dingle results 10.7.14****Long 4.7k**

1 John Embrey	HOC	M55	34.11
2 Alan Williams	WCH	M45	43.15
3 Geff Trewin	HOC	M60	44.30
4 Dave Williams	HOC	M50	46.09
5 Mike Baggott	HOC	M60	48.47
6 Peter Langmaid	HOC	M45	49.17
7 John Pearson	HOC	M65	50.41
8 Adrian Bailey	HOC	M45	52.34
9 Robert Rose	HOC	M21	54.30
10 Ian Hopkins	HOC	M45	61.53

**Medium 3.5k**

1 Andy White	HOC	M55	42.00
2 Dave Arnot	COBOC	M65	47.02
3 Steve Nightingale	HOC	M65	47.46
4 Colin Palmer	NGOC	M70	48.57
5 Robert Vickers	HOC	M70	50.27
6 Colin Spears	HOC	M75	53.46
7 Marian White	HOC	W50	55.16
8 Clive Coleman	COBOC	M65	69.07
9 Nigel Cousins	HOC	M60	70.05
10 Jenny Uff	HOC	W60	86.37
Mary Rochford	COBOC		retired

**Short 2.0k**

1 Bob Scott	HOC	M65	28.12
Rachel Evans & family	IND	W35,W10,M10	no time
Jenny Hunter	COBOC	W35	late start

The long course was the green with a loop around Cuckoos Nook.