

ST LEVAN 10K – 17TH AUGUST 2018

Position	Time	Name	Team	Category	Pace	No
1	0:31:58	LE GRICE, Peter	Mounts Bay Harriers	Male under 35	05:08.6	451
2	0:33:33	GOODCHILD, Sam	Cornwall AC	Male under 20	05:23.8	382
3	0:33:57	SLATTERY, Tom	Cornwall AC	Male under 20	05:27.7	284
4	0:34:38	MCMULKIN, Andrew		Male under 35	05:34.3	406
5	0:34:47	RAMSDEN, Clive	Bodmin Road Runners	Male Vet 40-44	05:35.8	344
6	0:34:52	WRIGHT, Tony	Cornwall AC	Male Vet 50-54	05:36.6	212
7	0:35:19	OKE, James	St Austell Running Club	Male under 35	05:40.9	353
8	0:35:24	HOLDCROFT, Stephen	Dudley Kingswinford	Male Vet 40-44	05:41.7	223
9	0:35:28	COLACO, Jonny	Newquay Road Runners	Male Vet 45-49	05:42.4	84
10	0:35:29	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:42.5	279
11	0:35:59	VAUNTER, Stephane		Male Vet 45-49	05:47.3	435
12	0:36:10	CUTLAN, James	St Austell Running Club	Male under 35	05:49.1	306
13	0:36:28	FELTON, Rachel	Shaftesbury Barnett Harriers	Female Vet 35-39	05:52.0	392
14	0:36:32	JONES, Simon	Abbey Runners	Male under 35	05:52.6	439
15	0:36:46	TREGENZA, Heidi	Cornwall AC	Female under 35	05:54.9	81
16	0:36:49	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	05:55.4	268
17	0:36:59	MARPLES, Alex	Truro Running Club	Male Vet 35-39	05:57.0	50
18	0:37:02	STEPTO, Emma	Cornwall AC	Female Vet 45-49	05:57.5	48
19	0:37:04	WEBSTER, Mark	Cornwall AC	Male under 35	05:57.8	283
20	0:37:14	WOOD, Jacob	Mounts Bay Harriers	Male under 35	05:59.4	129
21	0:37:26	WHERRY, Steve	Hayle Runners	Male Vet 50-54	06:01.3	109
22	0:37:31	TREGONNING, David	St Austell Running Club	Male under 35	06:02.1	295
23	0:37:32	TRERISE, Connor	Cornwall AC	Male under 20	06:02.3	22
24	0:37:34	FULLER, Stephen	Hayle Runners	Male Vet 50-54	06:02.6	184
25	0:37:35	PAULL, Emma	Hayle Runners	Female under 35	06:02.8	309
26	0:37:36	HUGHES, Katie	Cornwall AC	Female under 20	06:02.9	231
27	0:37:37	ROSENFELD, Thomas	Hayle Runners	Male Vet 35-39	06:03.1	257
28	0:37:45	SOWERBY, Peter	Truro Running Club	Male Vet 50-54	06:04.4	457
29	0:37:51	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:05.4	104
30	0:37:54	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	06:05.8	333
31	0:38:08	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:08.1	340
32	0:38:13	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	06:08.9	375
33	0:38:26	ATTWOOD, James	Cornwall AC	Male Vet 45-49	06:11.0	346
34	0:38:31	BROWN, Blake	Falmouth Road Runners	Male under 20	06:11.8	371
35	0:38:32	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:12.0	202
36	0:38:38	WISNER, John	St Austell Running Club	Male Vet 45-49	06:12.9	390
37	0:38:39	KNUCKEY, Craig	Cornwall AC	Male Vet 45-49	06:13.1	152
38	0:38:40	COSTELLO, Daniel	Hayle Runners	Male under 35	06:13.2	117
39	0:38:44	COSTELLO, Nick	Hayle Runners	Male under 35	06:13.9	245
40	0:38:46	DEACON, Mark	Looe Pioneers	Male under 35	06:14.2	213
41	0:39:09	DAVIES, James	Truro Running Club	Male Vet 35-39	06:17.9	261
42	0:39:37	O'KANE, Patrick		Male Vet 55-59	06:22.4	403
43	0:40:13	TAYLOR, James	Cornwall AC	Male under 35	06:28.2	437
44	0:40:21	BEBB, Alice	Cornwall AC	Female under 20	06:29.5	236
45	0:40:25	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:30.1	259
46	0:40:29	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:30.8	334
47	0:40:31	TIMMS, Jake	Falmouth Road Runners	Male under 35	06:31.1	388
48	0:40:44	THOMSON, Stuart	Mounts Bay Harriers	Male Vet 40-44	06:33.2	128
49	0:40:45	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	06:33.4	201
50	0:40:51	HILL, Andrew	Tring Running Club	Male Vet 40-44	06:34.3	423
51	0:40:53	BARNET, James	Falmouth Road Runners	Male under 35	06:34.6	165
52	0:41:03	TEMPLE, Sian	Newquay Par AC	Female under 20	06:36.3	172
53	0:41:09	CAIRD, Hamish		Male under 35	06:37.2	448
54	0:41:16	MOORE, David	Cornwall AC	Male Vet 45-49	06:38.3	296
55	0:41:23	HICKS, Ben	Uni of Notts AC	Male under 35	06:39.5	440
56	0:41:25	MANNING, James	Hayle Runners	Male Vet 35-39	06:39.8	206
57	0:41:28	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	06:40.3	177
58	0:41:29	FITKIN, Graham	Local	Male Vet 55-59	06:40.4	456
59	0:41:33	BROWN, Steven	Falmouth Road Runners	Male Vet 50-54	06:41.1	327

60	0:41:40	LUCKHURST, Will	Hayle Runners	Male Vet 50-54	06:42.2	44
61	0:41:41	WORLEDGE, Mark	Mounts Bay Harriers	Male Vet 50-54	06:42.4	330
62	0:41:42	KENWORTHY, Sarah	Hayle Runners	Female Vet 35-39	06:42.5	450
63	0:41:47	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	06:43.3	281
64	0:42:13	HAWKEN, George	Local	Male under 35	06:47.5	461
65	0:42:18	DAVIS, Martin	Newquay Road Runners	Male Vet 55-59	06:48.3	285
66	0:42:26	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:49.6	244
67	0:42:30	SPENCE, Rob		Male under 35	06:50.3	49
68	0:42:34	THOMPSON, Neil	Fitmums and Friends	Male Vet 40-44	06:50.9	422
69	0:42:36	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 40-44	06:51.2	43
70	0:42:38	MILNES, Abbie	Cornwall AC	Female under 35	06:51.5	335
71	0:42:42	PATTEN, Steve		Male Vet 50-54	06:52.2	425
72	0:42:46	KING, Melissa	Newquay Road Runners	Female Vet 35-39	06:52.8	199
73	0:42:48	CORKER, Richard	North Derbyshire RC	Male Vet 55-59	06:53.1	415
74	0:42:50	TWIGGS, Tim	Hayle Runners	Male Vet 50-54	06:53.5	71
75	0:42:51	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	06:53.6	167
76	0:42:55	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	06:54.3	322
77	0:42:58	PAGANUZZI, Marco		Male Vet 50-54	06:54.8	409
78	0:43:04	VINNICOMBE, Jason	Carn Runners	Male Vet 40-44	06:55.7	357
79	0:43:14	CHIRGWIN, Rob	Truro Running Club	Male under 35	06:57.3	443
80	0:43:29	FOSTER, Richard	Launceston Road Runners	Male Vet 45-49	06:59.7	45
81	0:43:35	ADIE, Gordon	Truro Running Club	Male Vet 55-59	07:00.7	365
82	0:43:38	SMITH, Nicola	St Austell Running Club	Female under 35	07:01.2	294
83	0:43:40	PRICE, Trevor		Male Vet 50-54	07:01.5	379
84	0:43:43	SMART, Karl		Male under 35	07:02.0	460
85	0:43:47	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:02.6	263
86	0:43:53	JARRAM, Ben	Launceston Road Runners	Male under 35	07:03.6	264
87	0:44:03	LANE, Mike	Black Pear Joggers	Male Vet 40-44	07:05.2	444
88	0:44:06	COOMBS, Eloise	Corby AC	Female under 20	07:05.7	234
89	0:44:08	THOMAS, Mark	Mounts Bay Harriers	Male Vet 40-44	07:06.0	394
90	0:44:11	SPENCER, Julian	Truro Running Club	Male Vet 50-54	07:06.5	4
91	0:44:12	JORDAN, Peter	Hayle Runners	Male Vet 35-39	07:06.7	441
92	0:44:17	GENT, Samuel		Male Vet 35-39	07:07.5	347
93	0:44:18	LARTER, Myghal		Male under 35	07:07.6	389
94	0:44:20	MAXWELL, Cherish	Mounts Bay Harriers	Female under 35	07:07.9	102
95	0:44:25	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	07:08.8	315
96	0:44:33	BATCHELOR, David	Hayle Runners	Male Vet 60-64	07:10.0	111
97	0:44:35	DAVIS, Lydia	Newquay Road Runners	Female under 35	07:10.4	286
98	0:44:40	MILLINGTON, James	Falmouth Road Runners	Male under 35	07:11.2	211
99	0:44:42	PULLEY, Sean	Hayle Runners	Male Vet 55-59	07:11.5	115
100	0:44:43	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	07:11.6	358
101	0:44:44	JOSE, Amy	Hayle Runners	Female under 35	07:11.8	153
102	0:44:48	COLLINSON, Rasmivan	Sri Chinmoy Marathon Team	Male Vet 50-54	07:12.5	429
103	0:44:53	STOBART, Rebeka	Cornwall AC	Female under 35	07:13.3	95
104	0:44:54	MOSSOP, Emma	Falmouth Road Runners	Female Vet 40-44	07:13.4	355
105	0:44:57	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	07:13.9	364
106	0:45:03	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:14.9	39
107	0:45:08	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	07:15.7	11
108	0:45:10	HAYNES, CHRIS		Male Vet 45-49	07:16.0	427
109	0:45:12	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 50-54	07:16.3	247
110	0:45:13	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:16.5	298
111	0:45:14	SPENCER, Leigh	Newquay Road Runners	Female under 20	07:16.6	14
112	0:45:20	MCLEAN, Dee	Mounts Bay Harriers	Female Vet 35-39	07:17.6	106
113	0:45:25	MARTINSSON, Sigg	Hayle Runners	Male Vet 40-44	07:18.4	321
114	0:45:28	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:18.9	55
115	0:45:38	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	07:20.5	374
116	0:45:40	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:20.8	143
117	0:45:46	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:21.8	225
118	0:46:10	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:25.6	301
119	0:46:19	MCCLAY, Karen	Mounts Bay Harriers	Female Vet 50-54	07:27.1	434
120	0:46:20	ATKINSON-BEAUMONT, David	Mounts Bay Harriers	Male Vet 35-39	07:27.3	2
121	0:46:36	WALLBANK, Rob	St Austell Running Club	Male Vet 35-39	07:29.8	46
122	0:46:41	CARTER, Lee	Newquay Road Runners	Male under 35	07:30.6	418

123	0:46:44	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	07:31.1	164
124	0:46:45	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	07:31.3	341
125	0:46:49	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:31.9	174
126	0:46:50	TIPPETTS, Hannah	Falmouth Road Runners	Female under 35	07:32.1	131
127	0:46:54	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:32.7	19
128	0:46:58	SPARROW, Lucy		Female Vet 50-54	07:33.4	386
129	0:47:15	PETERSEN, Tamzin	Bournemouth AC	Female under 35	07:36.1	228
130	0:47:19	ATKINSON-BEAUMONT, Ross	Mounts Bay Harriers	Male Vet 35-39	07:36.8	3
131	0:47:26	HEWITT, Amanda	Cornwall AC	Female Vet 45-49	07:37.9	63
132	0:47:27	MANNERING, Tom		Male under 35	07:38.0	273
133	0:47:32	ASKEW, Paula		Female Vet 40-44	07:38.8	411
134	0:47:33	ENGLAND, Jimmy		Male under 35	07:39.0	445
135	0:47:34	JONES, Stephen CR	Carn Runners	Male Vet 45-49	07:39.2	105
136	0:47:38	TOSSELL, Rebecca	Hayle Runners	Female Vet 35-39	07:39.8	428
137	0:47:40	KITCHEN, Nathan	Cornwall AC	Male Vet 40-44	07:40.1	338
138	0:47:41	SMITHERAM, Mark	Carn Runners	Male Vet 45-49	07:40.3	10
139	0:47:42	JOHNS, Matt		Male Vet 40-44	07:40.5	313
140	0:47:45	ANGOVE, Paul		Male Vet 40-44	07:40.9	149
141	0:47:53	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	07:42.2	31
142	0:47:55	ASPDEN, Gail	Cornwall AC	Female Vet 45-49	07:42.5	260
143	0:48:00	HOMANN, Stefan		Male Vet 50-54	07:43.3	191
144	0:48:12	WILSON, Matthew	Cornwall AC	Male Vet 40-44	07:45.3	243
145	0:48:21	ASHWIN, Barry	Hayle Runners	Male Vet 45-49	07:46.7	410
146	0:48:24	WRIGHT, Ian	Cornwall AC	Male Vet 60-64	07:47.2	373
147	0:48:29	GEARING, Nicola	Tri Logic Cornwall	Female Vet 35-39	07:48.0	218
148	0:48:47	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:50.9	282
149	0:48:52	GRATTON, Mike	Invicta East Kent	Male Vet 60-64	07:51.7	198
150	0:48:54	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	07:52.0	156
151	0:48:58	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	07:52.7	74
152	0:49:05	WALKER, Karl	St Austell Running Club	Male Vet 55-59	07:53.8	220
153	0:49:07	THOMAS, Steven	Carn Runners	Male Vet 40-44	07:54.1	262
154	0:49:08	EARNSHAW, Trinity	Cornwall AC	Female under 20	07:54.3	393
155	0:49:12	LAWES, Helen	Looe Pioneers	Female Vet 45-49	07:54.9	297
156	0:49:12	ROCHOWIAK, Robert	Carn Runners	Male Vet 55-59	07:54.9	312
157	0:49:24	REEVE, Paul	Carn Runners	Male Vet 45-49	07:56.9	249
158	0:49:27	COOMBS, Sally	Corby AC	Female Vet 45-49	07:57.3	233
159	0:49:34	ELDON, Jon		Male Vet 55-59	07:58.5	352
160	0:49:36	SARGENT, Pete	South West Vets AC	Male Vet 70-74	07:58.8	303
161	0:49:43	WITHERS, James		Male Vet 40-44	07:59.9	250
162	0:49:44	MULROY, Caitlin		Female under 35	08:00.1	237
163	0:49:46	HAYNES, Patrick	St Austell Running Club	Male Vet 55-59	08:00.4	210
164	0:49:48	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	08:00.7	53
165	0:49:50	WORLEDGE, Sophie		Female under 35	08:01.0	331
166	0:49:58	REYNOLDS, Abigail		Female Vet 45-49	08:02.3	51
167	0:49:59	BARNFIELD, Marty		Male Vet 45-49	08:02.5	416
168	0:50:03	STEELE, Michelle	Newquay Road Runners	Female Vet 35-39	08:03.1	224
169	0:50:04	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	08:03.3	217
170	0:50:05	ASTILL, Naomi	Hayle Runners	Female under 35	08:03.5	278
171	0:50:05	CUDLIPP, Mark	Falmouth Road Runners	Male under 35	08:03.5	405
172	0:50:05	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 40-44	08:03.5	88
173	0:50:05	JAGGER, Glyn		Male Vet 40-44	08:03.5	99
174	0:50:08	WORLEDGE, Zoe		Female under 35	08:03.9	329
175	0:50:12	SAVIN, Nick	Newquay Road Runners	Male under 35	08:04.6	188
176	0:50:16	HOLMES, Ben	Local	Male Vet 40-44	08:05.2	419
177	0:50:21	GAY, Jennifer	Truro Running Club	Female under 35	08:06.0	13
178	0:50:23	CRACKNELL, Jake		Male under 35	08:06.4	367
179	0:50:23	MOLYNEAUX, James		Male under 35	08:06.4	368
180	0:50:24	RINGWOOD, Michael	Mounts Bay Harriers	Male Vet 50-54	08:06.5	5
181	0:50:27	BEARD, Sharon	Bodmin Road Runners	Female Vet 45-49	08:07.0	342
182	0:50:31	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	08:07.6	308
183	0:50:32	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:07.8	275
184	0:50:32	WOODFORD, Ian	Cleethorpes & District AC	Male Vet 50-54	08:07.8	90
185	0:50:38	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:08.8	449

186	0:50:41	ASHTON, Doug		Male Vet 40-44	08:09.3	190
187	0:50:50	LOCK, Zoe	Hayle Runners	Female Vet 35-39	08:10.7	274
188	0:50:52	DEACON, Lauren		Female Vet 35-39	08:11.0	89
189	0:50:58	MORTON, Richard	Tamar Trotters	Male Vet 65-69	08:12.0	7
190	0:50:59	MORRIS, Anna		Female Vet 50-54	08:12.1	124
191	0:51:03	ARCHER, Scott		Male Vet 40-44	08:12.8	458
192	0:51:10	HOLMES, Chris	Local	Male under 35	08:13.9	116
193	0:51:20	BOLDING, Matthew		Male under 35	08:15.5	366
194	0:51:21	KNOWLES, Helen	Hayle Runners	Female Vet 40-44	08:15.7	337
195	0:51:21	CAFF, Tristan	Newquay Road Runners	Male under 20	08:15.7	399
196	0:51:24	MOORE, Jane	St Austell Running Club	Female Vet 55-59	08:16.2	221
197	0:51:24	GREGORY, Amy	Newquay Road Runners	Female under 35	08:16.2	370
198	0:51:28	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	08:16.8	452
199	0:51:29	JENKIN, Steve	Cornwall AC	Male Vet 45-49	08:17.0	369
200	0:51:37	LEGGO, Sarah	Mounts Bay Harriers	Female Vet 40-44	08:18.3	47
201	0:51:40	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	08:18.7	401
202	0:51:49	DERITIS, Vince		Male Vet 50-54	08:20.2	101
203	0:51:58	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	08:21.6	166
204	0:52:03	BOUCHER, Richard	Mounts Bay Harriers	Male Vet 45-49	08:22.4	345
205	0:52:06	GIBBS, Clive	St Austell Running Club	Male Vet 50-54	08:22.9	380
206	0:52:21	PARK, Michael		Male Vet 50-54	08:25.3	453
207	0:52:26	STOBART, Matthew		Male Vet 55-59	08:26.1	426
208	0:52:29	TOWNEND, Jenna	Hayle Runners	Female under 35	08:26.6	67
209	0:52:34	PHILLIPS, Laura	Abbey Runners	Female under 35	08:27.4	438
210	0:52:35	JENKIN, Richard	Cornwall AC	Male Vet 70-74	08:27.6	65
211	0:52:36	SIMMONS, Andrea		Female Vet 60-64	08:27.8	351
212	0:52:37	NICHOLLS, Lynsey		Female under 35	08:27.9	145
213	0:52:42	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	08:28.7	397
214	0:52:43	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	08:28.9	91
215	0:52:49	CANT, Ross		Male Vet 45-49	08:29.8	155
216	0:53:05	CADDY, Chantelle	Mounts Bay Harriers	Female Vet 40-44	08:32.4	40
217	0:53:08	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	08:32.9	162
218	0:53:11	BENNETT, Emily	Hayle Runners	Female under 20	08:33.4	254
219	0:53:29	DREW, Peter	Carn Runners	Male Vet 65-69	08:36.3	310
220	0:53:35	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:37.2	18
221	0:53:38	GALE, Keith	Mounts Bay Harriers	Male Vet 45-49	08:37.7	266
222	0:53:38	JONES, Simon MB	Mounts Bay Harriers	Male Vet 40-44	08:37.7	265
223	0:53:44	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:38.7	110
224	0:53:48	THOMAS, Alison	Hayle Runners	Female Vet 45-49	08:39.3	186
225	0:53:55	CRUMMAY, Onor		Male under 35	08:40.5	431
226	0:53:55	CRUMMAY, Steve		Male Vet 55-59	08:40.5	430
227	0:53:57	LEADBETTER, Nicola		Female Vet 45-49	08:40.8	34
228	0:54:00	OULD, Mark	Falmouth Road Runners	Male Vet 50-54	08:41.3	287
229	0:54:03	WHETTON, Grace	Mounts Bay Harriers	Female under 35	08:41.8	17
230	0:54:16	PELLOWE, Olivia	Carn Runners	Female Vet 40-44	08:43.8	141
231	0:54:20	MILLWARD, Laura	Carn Runners	Female Vet 55-59	08:44.5	132
232	0:54:20	EVANS, Alun	Hayle Runners	Male Vet 50-54	08:44.5	96
233	0:54:23	WILDING, Rebecca	Mounts Bay Harriers	Female under 35	08:45.0	323
234	0:54:25	HOGAN, Ella	Ledbury & District Harriers	Female Vet 40-44	08:45.3	377
235	0:54:26	PICKARD, Linda	Launceston Road Runners	Female Vet 55-59	08:45.5	192
236	0:54:27	WALKER, Daniella	St Austell Running Club	Female Vet 45-49	08:45.6	219
237	0:54:41	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	08:47.9	400
238	0:54:45	WISNER, Kath	St Austell Running Club	Female Vet 45-49	08:48.5	391
239	0:54:47	ALLEN, Rebecca	Carn Runners	Female under 35	08:48.8	138
240	0:54:50	HARRINGTON, Mark	Carn Runners	Male Vet 50-54	08:49.3	255
241	0:55:02	WIDDERSHOVEN, Demelza	Carn Runners	Female Vet 35-39	08:51.2	258
242	0:55:04	TOWNEND, Stewart	Hayle Runners	Male Vet 75-79	08:51.6	66
243	0:55:05	LYDALL, Denise	Falmouth Road Runners	Female Vet 50-54	08:51.7	398
244	0:55:06	BUTCHER, Henrietta	Grange Farm & Dunmow Runners	Female Vet 45-49	08:51.9	38
245	0:55:08	BROMFIELD, Terry	Mounts Bay Harriers	Male Vet 65-69	08:52.2	80
246	0:55:10	JAMES, Laura		Female under 35	08:52.5	414
247	0:55:12	HALE, Lydia		Female under 35	08:52.9	146
248	0:55:16	SMITH, Hannah	Hayle Runners	Female under 35	08:53.5	227

249	0:55:23	BOSUSTOW, John	JP Fitness Cornwall	Male Vet 40-44	08:54.6	292
250	0:55:33	WILTON, David	Falmouth Road Runners	Male Vet 60-64	08:56.2	173
251	0:55:47	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	08:58.5	302
252	0:55:54	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	08:59.6	276
253	0:55:56	HAMSHIRE, Cordelia		Female under 35	08:59.9	135
254	0:55:58	FOSTER, Graham	Looe Pioneers	Male Vet 50-54	09:00.3	359
255	0:55:59	WALL, Ruth	Local	Female Vet 45-49	09:00.4	455
256	0:56:00	EVANS, Des	Newquay Road Runners	Male Vet 65-69	09:00.6	136
257	0:56:03	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:01.1	214
258	0:56:09	PIPER, Judith	Local	Female Vet 40-44	09:02.0	317
259	0:56:14	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 55-59	09:02.8	20
260	0:56:19	WREN, Sally		Female Vet 45-49	09:03.6	238
261	0:56:25	GREGORY, Liz		Female Vet 50-54	09:04.6	92
262	0:56:27	TAYLOR, Sean		Male Vet 50-54	09:04.9	417
263	0:56:28	TALBOT, Hannah		Female under 35	09:05.1	175
264	0:56:32	PENTREATH, Nick	Falmouth Road Runners	Male Vet 55-59	09:05.7	159
265	0:56:34	GIBSON, Faye	Carn Runners	Female Vet 40-44	09:06.0	290
266	0:56:35	HOSKING, Edd		Male under 35	09:06.2	454
267	0:56:41	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	09:07.2	348
268	0:56:43	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	09:07.5	363
269	0:56:49	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	09:08.5	349
270	0:56:50	HADEN, Heidi	Cornwall AC	Female Vet 35-39	09:08.6	56
271	0:57:05	GILBERT, John	Carn Runners	Male Vet 65-69	09:11.0	189
272	0:57:09	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	09:11.7	144
273	0:57:11	PICKARD, David	Launceston Road Runners	Male Vet 55-59	09:12.0	193
274	0:57:13	MARTIN, Sally	Falmouth Road Runners	Female Vet 40-44	09:12.3	235
275	0:57:23	COLSELL, Sarah		Female Vet 35-39	09:13.9	229
276	0:57:26	BARLOW, Thea		Male Vet 50-54	09:14.4	147
277	0:57:52	WADE, Margaret	Carn Runners	Female Vet 65-69	09:18.6	41
278	0:58:00	WILLIAMS, Laura	Hayle Runners	Female under 35	09:19.9	181
279	0:58:00	PHILLIPS, Ruth	Hayle Runners	Female Vet 40-44	09:19.9	83
280	0:58:05	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	09:20.7	64
281	0:58:07	DUTCHAK, Hannah	JP Fitness Cornwall	Female under 35	09:21.0	183
282	0:58:07	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	09:21.0	12
283	0:58:09	LONG, Fran	Hayle Runners	Female Vet 55-59	09:21.3	291
284	0:58:18	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	09:22.8	300
285	0:58:28	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:24.4	72
286	0:58:32	JOHNS, Gillian	Mounts Bay Harriers	Female Vet 55-59	09:25.0	6
287	0:58:36	TRELEVEN, Sandra	Mounts Bay Harriers	Female Vet 45-49	09:25.7	32
288	0:58:37	FROST, Amy	Mounts Bay Harriers	Female under 35	09:25.8	24
289	0:58:39	BURGESS, Mel	Hayle Runners	Female Vet 50-54	09:26.2	130
290	0:58:41	KITCHEN, Amelia	Hayle Runners	Female Vet 40-44	09:26.5	134
291	0:58:53	MCCARTHY, Geraldine		Female Vet 50-54	09:28.4	29
292	0:58:58	THOMSON, Rachel	Mounts Bay Harriers	Female Vet 50-54	09:29.2	127
293	0:58:59	HAM, Neil	Cornwall AC	Male Vet 50-54	09:29.4	70
294	0:58:59	FLOWER, Naomi	Newquay Road Runners	Female under 35	09:29.4	209
295	0:59:03	HOLT, Ashley	Carn Runners	Female under 35	09:30.0	248
296	0:59:10	VIEIRA, Paula	St Austell Running Club	Female Vet 40-44	09:31.2	350
297	0:59:14	HENWOOD, Phillip	Newquay Road Runners	Male Vet 40-44	09:31.8	157
298	0:59:18	BILLS, Kelly	Carn Runners	Female Vet 40-44	09:32.4	139
299	0:59:30	JAMESON, Judy	Carn Runners	Female Vet 55-59	09:34.4	54
300	0:59:32	MANKEE, Emma	Carn Runners	Female Vet 45-49	09:34.7	385
301	0:59:34	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	09:35.0	356
302	0:59:41	CANN, Marie	Mounts Bay Harriers	Female Vet 45-49	09:36.1	216
303	0:59:57	MULLEN, Shona	Truro Running Club	Female Vet 55-59	09:38.7	112
304	0:59:58	GLOVER, Lisa		Female Vet 45-49	09:38.9	36
305	1:00:00	SOUTHAM, Lilyblue		Female Vet 35-39	09:39.2	241
306	1:00:03	WILSON, Elise	Local	Female Vet 35-39	09:39.7	421
307	1:00:04	WILLIAMS, Robert		Male Vet 55-59	09:39.8	197
308	1:00:09	KELL, Emily		Female Vet 45-49	09:40.6	314
309	1:00:11	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	09:41.0	204
310	1:00:11	JAMES, Jennie	St Austell Running Club	Female Vet 40-44	09:41.0	215
311	1:00:13	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	09:41.3	42

312	1:00:13	OAKES, Chris	Mounts Bay Harriers	Male Vet 45-49	09:41.3	58
313	1:00:14	ANDREWS, Sarah	JP Fitness Cornwall	Female Vet 40-44	09:41.4	267
314	1:00:14	MINERS, Jo	JP Fitness Cornwall	Female Vet 40-44	09:41.4	253
315	1:00:18	NEWTON, Roy	Falmouth Road Runners	Male Vet 70-74	09:42.1	169
316	1:00:20	MORGADO, Chloe	Cornwall AC	Female Vet 40-44	09:42.4	396
317	1:00:21	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	09:42.6	57
318	1:00:29	PINNICK, Mark	Falmouth Road Runners	Male Vet 40-44	09:43.9	158
319	1:00:37	GATLAND, Amanda		Female Vet 45-49	09:45.1	424
320	1:00:41	HELL, Nina	Falmouth Road Runners	Female Vet 40-44	09:45.8	93
321	1:00:46	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	09:46.6	195
322	1:00:52	CROWE, Sharon	Bodmin Womens RC	Female Vet 45-49	09:47.6	305
323	1:01:03	JONES, Alan		Male Vet 65-69	09:49.3	79
324	1:01:04	PEARCE, Deborah	Hayle Runners	Female Vet 50-54	09:49.5	59
325	1:01:08	STONE, Jackie	Mounts Bay Harriers	Female Vet 55-59	09:50.1	86
326	1:01:25	WOTTON, Nicola	Falmouth Road Runners	Female Vet 40-44	09:52.9	320
327	1:01:27	WYATT, Jordan	St Austell Running Club	Male under 35	09:53.2	240
328	1:01:44	BEAUMONT, Dee		Female Vet 40-44	09:55.9	361
329	1:01:48	THOMAS, Nina		Female Vet 40-44	09:56.6	395
330	1:01:50	HORTON, Becky	Newquay Road Runners	Female under 35	09:56.9	402
331	1:01:56	DUDLEY, Michelle	St Austell Running Club	Female Vet 50-54	09:57.9	289
332	1:02:10	BENFIELD, Josh		Male under 35	10:00.1	133
333	1:02:15	JOHNS, Sue MB	Mounts Bay Harriers	Female Vet 60-64	10:00.9	23
334	1:02:22	CUTLAN, Tim	St Austell Running Club	Male Vet 50-54	10:02.0	203
335	1:02:23	JAMES, Joyce	Mounts Bay Harriers	Female Vet 60-64	10:02.2	413
336	1:02:24	WILLIAMS, Wendy	JP Fitness Cornwall	Female Vet 55-59	10:02.4	343
337	1:02:34	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 70-74	10:04.0	8
338	1:02:35	BROWN, Rachel		Female under 35	10:04.1	407
339	1:02:38	TRAVERS, Philippa	Hayle Runners	Female under 35	10:04.6	442
340	1:02:47	WATTS, Sarah		Female Vet 35-39	10:06.1	420
341	1:02:48	HOSKEN, Victoria	Helston Trail Runners	Female Vet 45-49	10:06.2	339
342	1:02:52	CARTER, Andrea	Truro Running Club	Female Vet 50-54	10:06.9	121
343	1:03:10	MARTIN, Alice		Female under 35	10:09.8	33
344	1:03:16	O'KANE, Mary		Female Vet 55-59	10:10.7	404
345	1:03:20	GARSDIE, Jane	Newquay Road Runners	Female Vet 50-54	10:11.4	16
346	1:03:37	EWART, Sam	St Austell Running Club	Female Vet 40-44	10:14.1	222
347	1:04:28	HUBAND, Sophie	Mounts Bay Harriers	Female Vet 45-49	10:22.3	27
348	1:04:31	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	10:22.8	436
349	1:04:32	EVANS, Mollie	Carn Runners	Female Vet 40-44	10:23.0	200
350	1:04:33	RAIKER, Diana	Falmouth Road Runners	Female under 35	10:23.1	269
351	1:04:37	BOXALL, Melanie	Falmouth Road Runners	Female Vet 55-59	10:23.8	120
352	1:04:39	STAPLETON, Natalie		Female Vet 45-49	10:24.1	180
353	1:04:39	MORRIS, Leonie		Female Vet 35-39	10:24.1	179
354	1:04:44	WOLSTENCROFT, Zoe	Carn Runners	Female Vet 40-44	10:24.9	140
355	1:04:49	DAVIDSON, Sharon	Purple Patch Runners	Female Vet 40-44	10:25.7	94
356	1:05:10	STRIPPEL, Craig		Male Vet 35-39	10:29.1	408
357	1:05:18	BOWDEN, Sally	Newquay Road Runners	Female Vet 55-59	10:30.4	87
358	1:05:23	COX, Alison	Bodmin Womens RC	Female Vet 50-54	10:31.2	170
359	1:05:53	HOCKING, Kian		Male under 20	10:36.0	447
360	1:05:54	FOX, Isach	Local	Male under 20	10:36.2	446
361	1:05:59	MCKINLEY, Glennie	JP Fitness Cornwall	Female Vet 50-54	10:37.0	299
362	1:06:08	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	10:38.4	37
363	1:06:44	CLAYPOLE, Ben		Male under 35	10:44.2	30
364	1:06:55	WATTS, Naomi		Female under 35	10:46.0	126
365	1:06:59	JENKIN, Fiona	Local	Female Vet 50-54	10:46.6	433
366	1:07:04	WINMAN, Dave		Male Vet 40-44	10:47.4	176
367	1:07:20	BOLT, Adrian	Truro Running Club	Male Vet 50-54	10:50.0	230
368	1:07:23	MCCARTHY, Kimberley	JP Fitness Cornwall	Female under 35	10:50.5	187
369	1:07:35	ROBSON, Tamsin		Female Vet 45-49	10:52.4	459
370	1:07:46	JOHNS, Cedric	Carn Runners	Male Vet 70-74	10:54.2	311
371	1:08:02	OLIVER, Darryll		Male Vet 40-44	10:56.7	9
372	1:08:09	WHITEHOUSE, Claire	JP Fitness Cornwall	Female Vet 35-39	10:57.9	360
373	1:08:32	RALLS, Patsy	St Austell Running Club	Female Vet 50-54	11:01.6	207
374	1:08:37	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	11:02.4	208

375	1:08:40	THOMAS-HORTON, Michaela	St Austell Running Club	Female Vet 50-54	11:02.9	205
376	1:09:26	MARTIN, Hayley	Carn Runners	Female Vet 35-39	11:10.3	293
377	1:09:51	TODD, Christine	St Austell Running Club	Female Vet 55-59	11:14.3	270
378	1:09:54	DREW, Carole	Carn Runners	Female Vet 70-74	11:14.8	125
379	1:10:02	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	11:16.1	142
380	1:10:21	HALL, Demelza	Local	Female Vet 45-49	11:19.1	432
381	1:10:28	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 55-59	11:20.2	196
382	1:10:43	EVANS, Julie		Female Vet 55-59	11:22.7	97
383	1:10:43	RICHARDS, Charlotte		Female Vet 40-44	11:22.7	107
384	1:10:52	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:24.1	194
385	1:11:31	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	11:30.4	52
386	1:11:46	SAMBATH, Alech	On the run Aylesbury	Female Vet 35-39	11:32.8	328
387	1:11:53	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	11:33.9	182
388	1:12:15	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	11:37.5	226
389	1:12:26	ANDREWS, Emma	Bodmin Womens RC	Female under 35	11:39.2	113
390	1:12:26	ANDREWS, Damian		Male Vet 35-39	11:39.2	114
391	1:13:03	KINGTON, Norris	Cornwall AC	Male Vet 75-79	11:45.2	325
392	1:13:55	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	11:53.5	35
393	1:14:20	WILKINSON, Hannah	Hayle Runners	Female under 35	11:57.6	75
394	1:14:20	BOWDEN, Ian	Carn Runners	Male Vet 45-49	11:57.6	85
395	1:14:20	WRIGHT, Mike	Hayle Runners	Male Vet 65-69	11:57.6	26
396	1:14:20	OSBORN, Kathryn	Hayle Runners	Female Vet 55-59	11:57.6	25
397	1:15:40	WARREN, Janice	Cornwall AC	Female Vet 65-69	12:10.4	307
398	1:16:12	FORD, Rosie	Bodmin Womens RC	Female under 35	12:15.6	151
399	1:16:12	BOWMAN, Lorretta		Female under 35	12:15.6	354
400	1:16:29	MERCHANT, Caroline	Bodmin Womens RC	Female Vet 35-39	12:18.3	319
401	1:16:29	MONTGOMERY, Pauline Claire	Bodmin Womens RC	Female Vet 35-39	12:18.3	318
402	1:17:08	DERITIS, Claire		Female Vet 45-49	12:24.6	100
403	1:17:17	JOHNS, Emma	Mounts Bay Harriers	Female Vet 40-44	12:26.0	28
404	1:17:24	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	12:27.2	21
405	1:17:26	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	12:27.5	61
406	1:17:43	ANGOVE, Alice	317	Female under 35	12:30.2	148
407	1:18:00	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	12:33.0	387
408	1:20:40	GIBBS, Debbie	St Austell Running Club	Female Vet 50-54	12:58.7	381
409	1:20:40	WYATT, Liz	St Austell Running Club	Female Vet 45-49	12:58.7	239
410	1:22:41	NISBET, Elizabeth June	Carn Runners	Female Vet 55-59	13:18.2	119
411	1:23:32	HARRIS, Tegan	Mounts Bay Harriers	Female under 35	13:26.4	108
412	1:23:33	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	13:26.5	178
413	1:24:27	BRAY, Nicola		Female Vet 40-44	13:35.2	326
414	1:24:27	PETERS, Morwenna	JP Fitness Cornwall	Female under 35	13:35.2	336
415	1:27:50	HONEYCHURCH, Susan	Carn Runners	Female Vet 60-64	14:07.9	60
416	1:27:50	ROWE, Tracey	Carn Runners	Female Vet 50-54	14:07.9	118
417	1:31:53	COATES, Sue	Mounts Bay Harriers	Female Vet 40-44	14:47.0	271
418	1:31:54	PROSSER, Amanda	Mounts Bay Harriers	Female Vet 45-49	14:47.2	1