

MAGNIFICENT 7 ñ 20TH JULY 20119

Position	Time	Name	Team	Category	Pace	No
1	0:36:51	MERSON, Tom	Exmouth Harriers	Male under 35	05:15.8	420
2	0:39:09	BREWER, Tony	Mile High	Male Vet 35-39	05:35.5	333
3	0:39:28	RIMMER, Chris	Tavistock Run Project	Male under 35	05:38.2	405
4	0:40:46	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:49.3	386
5	0:41:23	CARTHEY, Tom	Falmouth Road Runners	Male Vet 35-39	05:54.6	160
6	0:41:48	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:58.2	387
7	0:42:11	WALKER, Joe	Hayle Runners	Male under 35	06:01.5	313
8	0:42:13	TREGONNING, David	St Austell Running Club	Male under 35	06:01.7	297
9	0:42:29	BENNEY, Aaron	Mile High	Male Vet 35-39	06:04.0	289
10	0:42:39	CUTLAN, James	St Austell Running Club	Male under 35	06:05.5	331
11	0:42:59	PEYTON-JONES, Alex	Plymouth Harriers	Male Vet 35-39	06:08.3	256
12	0:43:27	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	06:12.3	96
13	0:43:35	THOMAS, Justin	Cornwall AC	Male Vet 45-49	06:13.5	47
14	0:43:43	TREGENZA, Heidi	Cornwall AC	Female under 35	06:14.6	388
15	0:44:09	SARA, Wayne	Falmouth Road Runners	Male Vet 35-39	06:18.3	326
16	0:44:16	EVANS, Darren	Launceston Road Runners	Male Vet 35-39	06:19.3	140
17	0:44:35	BLIGHT, James	Tamar Trotters	Male Vet 35-39	06:22.0	155
18	0:44:47	FULLER, Stephen	Hayle Runners	Male Vet 50-54	06:23.7	135
19	0:45:00	HORN, Edward	Launceston Road Runners	Male under 35	06:25.6	56
20	0:45:03	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:26.0	329
21	0:45:04	BARNET, James	Falmouth Road Runners	Male under 35	06:26.2	125
22	0:45:12	STEPTO, Emma	Cornwall AC	Female Vet 45-49	06:27.3	45
23	0:45:14	DITTY, Graham	Mile High	Male Vet 35-39	06:27.6	308
24	0:45:21	COSTELLO, Nicholas	Hayle Runners	Male under 35	06:28.6	319
25	0:45:30	KNOWLES, Simon	Hayle Runners	Male Vet 45-49	06:29.9	341
26	0:46:21	DALTON, Richard	Falmouth Road Runners	Male under 35	06:37.2	261
27	0:46:40	PERKINS, Ross	Storm Running Plymouth	Male Vet 35-39	06:39.9	417
28	0:46:43	STANDING, Rob	Truro Running Club	Male Vet 45-49	06:40.3	111
29	0:46:54	DEARDS, Katie	Lonely Goats RC	Female under 35	06:41.9	185
30	0:47:04	WILLS, David	Falmouth Road Runners	Male Vet 35-39	06:43.3	180
31	0:47:09	MATTHEWS, Ross		Male Vet 40-44	06:44.0	393
32	0:47:18	BALL, Adrian	Cornwall AC	Male Vet 50-54	06:45.3	123
33	0:47:21	MADDOCKS, Duncan		Male Vet 35-39	06:45.7	240
34	0:47:53	HEAD, Matthew	Cornwall AC	Male under 35	06:50.3	51
35	0:47:56	DAVIS, Glynn	Carn Runners	Male Vet 55-59	06:50.7	84
36	0:48:04	TOSSELL, Michael	Storm Running Plymouth	Male under 35	06:51.9	334
37	0:48:11	DEACON, Mark	Looe Pioneers	Male under 35	06:52.9	204
38	0:48:21	PITCHER, Tom	Tamar Trotters	Male under 35	06:54.3	318
39	0:48:22	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:54.5	285
40	0:48:33	MAHONEY, Steven	Tamar Trotters	Male Vet 35-39	06:56.0	109
41	0:48:33	KNIGHT, Mark	PB Running Club	Male Vet 45-49	06:56.0	206
42	0:48:38	CROWLE, Arron	East Cornwall Harriers	Male under 35	06:56.7	415
43	0:48:43	BANBURY, Kelvin	Desford Striders	Male Vet 40-44	06:57.5	207
44	0:48:44	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	06:57.6	205
45	0:48:46	CHARLES, Andrew	Plymouth Harriers	Male Vet 55-59	06:57.9	320
46	0:48:48	HEARN, Stephanie	Cornwall AC	Female under 35	06:58.2	390
47	0:48:56	BAUGH, Daniel	Storm Running Plymouth	Male under 35	06:59.3	210
48	0:49:03	FROST, Justin	Plymouth Musketeers	Male Vet 40-44	07:00.3	276
49	0:49:06	TAMBLING, Lee	St Austell Running Club	Male Vet 35-39	07:00.7	85
50	0:49:17	ROOSE, Darren	Newquay Road Runners	Male Vet 40-44	07:02.3	91
51	0:49:19	DANIELS, Jack	Royal Navy AC	Male Vet 55-59	07:02.6	385
52	0:49:20	YETTON, Ami	Plymouth Harriers	Female Vet 35-39	07:02.7	257
53	0:49:22	GREER, Mike	St Austell Running Club	Male Vet 35-39	07:03.0	290
54	0:49:23	WILLIAMS, Gary	Looe Pioneers	Male Vet 35-39	07:03.2	7
55	0:49:29	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:04.0	249
56	0:49:35	TWIGGS, Tim	Mounts Bay Harriers	Male Vet 50-54	07:04.9	6
57	0:49:36	WATSON, Robin	Falmouth Road Runners	Male Vet 55-59	07:05.0	108
58	0:49:43	VARCOE, Edward	Plymouth Harriers	Male Vet 35-39	07:06.0	360
59	0:49:46	SHORT, Garry		Male Vet 60-64	07:06.5	239

60	0:49:47	BAZLEY, David		Male Vet 50-54	07:06.6	398
61	0:49:48	DAVIES, Matt	East Cornwall Harriers	Male under 35	07:06.7	260
62	0:49:49	SANDOE, Sean	Cornwall AC	Male Vet 50-54	07:06.9	80
63	0:49:50	CASE, Daniel	Plymouth Musketeers	Male under 35	07:07.0	266
64	0:50:04	GRZENDA, Matthew	Plymouth Musketeers	Male Vet 40-44	07:09.0	357
65	0:50:10	WOOD, Kelvin		Male Vet 40-44	07:09.9	161
66	0:50:13	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:10.3	366
67	0:50:28	GILBERT, Reg	Tamar Trotters	Male Vet 35-39	07:12.4	311
68	0:50:32	TIMMS, Jake	Falmouth Road Runners	Male under 35	07:13.0	58
69	0:50:37	HENDERSON, Mathew	St Austell Running Club	Male under 35	07:13.7	21
70	0:50:43	KILGORE, David	Storm Running Plymouth	Male Vet 40-44	07:14.6	397
71	0:50:51	GILBERT, Mike		Male under 35	07:15.7	315
72	0:50:52	WILDING, David	Hayle Runners	Male Vet 40-44	07:15.9	162
73	0:50:56	DUNNE, Damian	Plymouth Musketeers	Male Vet 45-49	07:16.4	339
74	0:51:03	MEYERS, Tom	Looe Pioneers	Male under 35	07:17.4	4
75	0:51:11	ORGACKI, Kyle		Male under 35	07:18.6	345
76	0:51:13	PETERSEN, Guy		Male Vet 50-54	07:18.9	348
77	0:51:19	PEOPLES, Fleur	Royal Navy AC	Female under 35	07:19.7	421
78	0:51:22	SHALDERS, David	Plymouth Harriers	Male Vet 35-39	07:20.2	342
79	0:51:27	ROBINSON, Alice		Female under 35	07:20.9	189
80	0:51:33	COLLACOTT, Ian	Tavistock AC	Male Vet 35-39	07:21.7	363
81	0:51:34	CAUGHEY, Shane	East Cornwall Harriers	Male under 35	07:21.9	265
82	0:51:35	NOTTLE, Christopher	East Cornwall Harriers	Male under 35	07:22.0	424
83	0:51:39	PATTERSON, Kaye	East Cornwall Harriers	Female under 35	07:22.6	358
84	0:51:41	JOHNS, Matt	JP Fitness Cornwall	Male Vet 40-44	07:22.9	33
85	0:51:43	MENSING, Claire	Truro Running Club	Female Vet 45-49	07:23.2	110
86	0:51:47	MORRIS, Tony	St Austell Running Club	Male Vet 55-59	07:23.7	31
87	0:51:50	BRAY, Daniel	St Austell Running Club	Male Vet 35-39	07:24.2	101
88	0:51:53	CARDEW, Barrie	Carn Runners	Male Vet 60-64	07:24.6	165
89	0:51:55	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	07:24.9	314
90	0:51:56	ROBERTS, Malcolm	St Austell Running Club	Male Vet 65-69	07:25.0	121
91	0:52:05	KEARNS, Joe	East Cornwall Harriers	Male Vet 55-59	07:26.3	103
92	0:52:12	BROOKS, Joe	Tamar Trotters	Male Vet 45-49	07:27.3	253
93	0:52:25	BALL, Christopher	Storm Running Plymouth	Male Vet 40-44	07:29.2	186
94	0:52:28	WHITE, Samuel		Male Vet 35-39	07:29.6	413
95	0:52:35	HARRISON-WEBB, Debbie	Hayle Runners	Female Vet 45-49	07:30.6	291
96	0:52:44	ROSS, Duncan		Male Vet 40-44	07:31.9	248
97	0:52:48	GILES, Alan	St Austell Running Club	Male Vet 35-39	07:32.4	89
98	0:52:57	HIRONS, Sarah	Erme Valley Harriers	Female Vet 35-39	07:33.7	372
99	0:52:59	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:34.0	136
100	0:53:00	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:34.2	22
101	0:53:09	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	07:35.4	352
102	0:53:11	SPENCER, Julian	Truro Running Club	Male Vet 50-54	07:35.7	117
103	0:53:32	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:38.7	127
104	0:53:35	ARROWSMITH, Paul	East Cornwall Harriers	Male Vet 40-44	07:39.2	167
105	0:53:42	CORK, Michael	Plymouth Coasters	Male Vet 60-64	07:40.2	262
106	0:53:47	GIBSON, Mandy	Looe Pioneers	Female Vet 40-44	07:40.9	152
107	0:53:48	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:41.0	78
108	0:54:01	MANNERS, Melodie	Hayle Runners	Female under 35	07:42.9	168
109	0:54:08	CHASE, Andy	St Austell Running Club	Male under 35	07:43.9	87
110	0:54:12	HYNES, Martin	Launceston Road Runners	Male Vet 65-69	07:44.4	74
111	0:54:13	ROBERTS, Jonathan	Launceston Road Runners	Male Vet 45-49	07:44.6	369
112	0:54:19	LOVE, Andrew	Hayle Runners	Male Vet 40-44	07:45.4	354
113	0:54:19	SHIPTON, Jason	Launceston Road Runners	Male Vet 45-49	07:45.4	416
114	0:54:26	STANFORD, Joseph	Truro Running Club	Male Vet 45-49	07:46.4	400
115	0:54:28	CARTER, Steve	Truro Running Club	Male Vet 45-49	07:46.7	423
116	0:54:37	SIMPSON, David		Male Vet 55-59	07:48.0	171
117	0:54:39	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	07:48.3	65
118	0:54:47	HOCKING, Matt	St Austell Running Club	Male Vet 45-49	07:49.4	94
119	0:54:50	MARKS, Stacie	St Austell Running Club	Female under 35	07:49.9	296
120	0:54:54	TIPPETTS, Hannah	Falmouth Road Runners	Female under 35	07:50.4	97
121	0:54:58	HANNIGAN, Martin		Male Vet 45-49	07:51.0	268
122	0:55:07	TOSSELL, Rebecca	Hayle Runners	Female Vet 35-39	07:52.3	141

123	0:55:27	FOY, David	Falmouth Road Runners	Male Vet 45-49	07:55.2	36
124	0:55:42	BROOKS, Stuart	Storm Running Plymouth	Male under 35	07:57.3	217
125	0:55:49	HEWITT, Amanda	Cornwall AC	Female Vet 45-49	07:58.3	43
126	0:55:56	PETERS, Martin	Plymouth Striders	Male Vet 50-54	07:59.3	183
127	0:55:58	JEFFERY, Peter	Gloucester AC	Male Vet 55-59	07:59.6	303
128	0:56:04	PEARCE, Julia	Cornwall AC	Female Vet 40-44	08:00.4	46
129	0:56:06	DISQUALIFIED	Plymouth Harriers	Male Vet 40-44	08:00.7	283
130	0:56:13	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	08:01.7	29
131	0:56:19	SPENCER, Chris		Male Vet 55-59	08:02.6	328
132	0:56:23	GREEN, Carl	Launceston Road Runners	Male Vet 40-44	08:03.2	83
133	0:56:26	JONES, Dean	Lordshill	Male Vet 40-44	08:03.6	304
134	0:56:28	BRAY, Vivian	Cornwall AC	Male Vet 50-54	08:03.9	66
135	0:56:39	FINNIMORE, Clive	Looe Pioneers	Male Vet 40-44	08:05.4	264
136	0:56:43	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	08:06.0	42
137	0:56:48	CHURCH, David	Erme Valley Harriers	Male Vet 40-44	08:06.7	275
138	0:56:52	DEMAINE, Oliver		Male under 35	08:07.3	419
139	0:56:57	WILES, Brian	Launceston Road Runners	Male Vet 70-74	08:08.0	195
140	0:57:05	JOHNS, Philip	Hayle Runners	Male under 35	08:09.2	24
141	0:57:07	ROBINSON, Sarah	Plymouth Musketeers	Female Vet 40-44	08:09.4	364
142	0:57:15	JACKSON, Matthew	Plymouth Musketeers	Male under 35	08:10.6	147
143	0:57:16	ELDING, Shannon	St Austell Running Club	Male under 35	08:10.7	284
144	0:57:20	FIELDER, Gary	Bere Alston Trekkers	Male Vet 35-39	08:11.3	382
145	0:57:25	SHEARER, Tony	Tavistock AC	Male Vet 65-69	08:12.0	294
146	0:57:32	CHISWELL, Kevin	Storm Running Plymouth	Male Vet 55-59	08:13.0	395
147	0:57:34	HEAD, Martin	Bere Alston Trekkers	Male Vet 50-54	08:13.3	53
148	0:57:44	WOOLVEN-ALLEN, John	Plymstock Road Runners	Male Vet 45-49	08:14.7	362
149	0:57:45	JONES, Stephen	Truro Running Club	Male Vet 35-39	08:14.9	34
150	0:57:49	BATCHELOR, David	Hayle Runners	Male Vet 60-64	08:15.4	138
151	0:57:55	PRITCHARD, Simon		Male Vet 35-39	08:16.3	407
152	0:58:14	COLE, Tracyann	Tavistock AC	Female Vet 50-54	08:19.0	208
153	0:58:14	BAZLEY, Peter	Tavistock AC	Male Vet 60-64	08:19.0	238
154	0:58:15	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	08:19.2	126
155	0:58:17	KENVIN, Peter	Bere Alston Trekkers	Male Vet 60-64	08:19.4	142
156	0:58:26	HADLEY, Jonathan	Plymouth Harriers	Male under 35	08:20.7	336
157	0:58:34	WHITMORE, Paul	Storm Running Plymouth	Male Vet 35-39	08:21.9	310
158	0:58:46	BULLOCK, Katie	Newquay Road Runners	Female Vet 35-39	08:23.6	298
159	0:58:47	GEARING, Nicola	Tri Logic Cornwall	Female Vet 35-39	08:23.7	115
160	0:58:53	WILSHER, Rachael	Bodmin Road Runners	Female Vet 55-59	08:24.6	229
161	0:58:54	GATES, Ashley	St Austell Running Club	Male under 35	08:24.7	64
162	0:58:55	BURNS, Julia	Hayle Runners	Female Vet 50-54	08:24.9	139
163	0:58:57	GREGORY, Amy	Newquay Road Runners	Female under 35	08:25.2	44
164	0:58:57	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:25.2	374
165	0:59:08	WATSON, Paul	Lonely Goats RC	Male Vet 40-44	08:26.7	350
166	0:59:09	GRAVES, Les	Newquay Road Runners	Male Vet 60-64	08:26.9	71
167	0:59:13	COLLETT, Richard	Hayle Runners	Male Vet 35-39	08:27.4	293
168	0:59:14	LONG, James		Male Vet 40-44	08:27.6	361
169	0:59:19	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	08:28.3	73
170	0:59:19	HOWARTH, Sarah		Female Vet 35-39	08:28.3	200
171	0:59:26	BENNETT, Paul	Plymouth Musketeers	Male Vet 50-54	08:29.3	258
172	0:59:32	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 40-44	08:30.2	54
173	0:59:35	WELLS-HALL, Jonathon		Male under 35	08:30.6	63
174	0:59:37	COLLINS, Joanna	St Austell Running Club	Female under 35	08:30.9	99
175	0:59:43	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	08:31.7	246
176	0:59:45	O'BRIEN, Kate		Female under 35	08:32.0	233
177	0:59:48	MACLAREN, Steve	Hayle Runners	Male Vet 50-54	08:32.4	26
178	0:59:49	DOWN, Christian		Male Vet 45-49	08:32.6	375
179	0:59:49	SPENCER, Katie	Truro Running Club	Female Vet 45-49	08:32.6	118
180	0:59:50	WESTCOTT, Joe		Male Vet 35-39	08:32.7	365
181	0:59:54	PALMER, Colin	Storm Running Plymouth	Male Vet 35-39	08:33.3	244
182	0:59:56	THOMSO, Emily		Female under 35	08:33.6	418
183	0:59:57	ARGUE, Tanya	Bere Alston Trekkers	Female Vet 45-49	08:33.7	149
184	0:59:59	LANE, Richard	Erme Valley Harriers	Male Vet 45-49	08:34.0	236
185	1:00:06	BOYLIN, Kellie	Plymouth Harriers	Female Vet 35-39	08:35.0	228

186	1:00:10	KERNAGHAN, Robert	Looe Pioneers	Male Vet 45-49	08:35.6	68
187	1:00:21	BARDEN, Dave		Male Vet 35-39	08:37.1	267
188	1:00:44	TRAFFORD, Daniel		Male under 35	08:40.4	231
189	1:00:47	BOARDMAN, Antony	Lonely Goats RC	Male Vet 45-49	08:40.9	242
190	1:00:50	WINFIELD, Claire	Launceston Road Runners	Female Vet 50-54	08:41.3	158
191	1:00:54	HUMBLES, Frazer	Hayle Runners	Male Vet 35-39	08:41.9	128
192	1:00:57	TEMBY, Ross	Newquay Road Runners	Male under 35	08:42.3	250
193	1:00:59	CULLERTON, Tracey	Plymouth Musketeers	Female Vet 45-49	08:42.6	278
194	1:01:07	GILBERT, Paul		Male Vet 45-49	08:43.7	349
195	1:01:17	CARTER, Anna	Newquay Road Runners	Female under 35	08:45.1	50
196	1:01:27	WORTH, Sarah	Launceston Road Runners	Female Vet 40-44	08:46.6	287
197	1:01:35	HILLEBRANDT, Rodney	Plymouth Musketeers	Male Vet 70-74	08:47.7	190
198	1:01:48	CORNISH, Debra	Storm Running Plymouth	Female Vet 50-54	08:49.6	202
199	1:01:48	SCOTT, Rebecca	Storm Running Plymouth	Female Vet 40-44	08:49.6	422
200	1:01:59	DISQUALIFIED	Lonely Goats RC	Female under 35	08:51.1	184
201	1:02:03	SARGENT, Kelly	Launceston Road Runners	Female Vet 40-44	08:51.7	19
202	1:02:13	BOWDEN, Jemma	Storm Running Plymouth	Female Vet 35-39	08:53.1	214
203	1:02:13	FREEMAN, Samuel		Male under 35	08:53.1	218
204	1:02:16	KNOWLES, Helen	Hayle Runners	Female Vet 40-44	08:53.6	340
205	1:02:16	VIEIRA, Armando	St Austell Running Club	Male Vet 40-44	08:53.6	178
206	1:02:28	BRAY, Gennara	St Austell Running Club	Female under 35	08:55.3	93
207	1:02:32	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	08:55.9	13
208	1:02:34	MCKEE, Clare	Bodmin Road Runners	Female Vet 40-44	08:56.1	8
209	1:02:34	ROSS, Andrew	Bodmin Road Runners	Male Vet 55-59	08:56.1	12
210	1:02:38	WEIR, Alison	Falmouth Road Runners	Female Vet 45-49	08:56.7	32
211	1:02:45	PAGE, Julie	Bere Alston Trekkers	Female Vet 45-49	08:57.7	146
212	1:02:52	MACE, Grahame		Male Vet 45-49	08:58.7	112
213	1:02:52	SARGENT, Pete	South West Vets AC	Male Vet 70-74	08:58.7	81
214	1:02:54	KERR, Katie		Female under 35	08:59.0	299
215	1:02:55	GILBERT, Cara		Female Vet 40-44	08:59.1	60
216	1:03:02	PALMER, Brendan	Storm Running Plymouth	Male Vet 40-44	09:00.1	272
217	1:03:03	JEFFORD, Peter		Male Vet 45-49	09:00.3	384
218	1:03:06	GALLANTRY, Liam	East Cornwall Harriers	Male under 35	09:00.7	211
219	1:03:11	ORCHARD, Michael	Hayle Runners	Male Vet 60-64	09:01.4	174
220	1:03:18	IVERSON, Alistair	JP Fitness Cornwall	Male Vet 35-39	09:02.4	28
221	1:03:26	JOHNSON, Rebecca	Plymouth Coastal Runners	Female under 35	09:03.6	172
222	1:03:29	LEE, Trevor	Truro Running Club	Male Vet 55-59	09:04.0	27
223	1:03:29	MENLOVE-PLATT, Christopher	Bude Rats	Male Vet 60-64	09:04.0	169
224	1:03:37	BUSH, Steve	Plymouth Musketeers	Male Vet 45-49	09:05.1	223
225	1:03:45	LOCK, Zoe	Hayle Runners	Female Vet 35-39	09:06.3	295
226	1:04:01	GIBBS, Clive	St Austell Running Club	Male Vet 50-54	09:08.6	324
227	1:04:18	BOWDEN, John	Looe Pioneers	Male Vet 60-64	09:11.0	220
228	1:04:25	COKER, Kelvin	Storm Running Plymouth	Male under 35	09:12.0	373
229	1:04:25	BARRY, Joanne	JP Fitness Cornwall	Female Vet 40-44	09:12.0	181
230	1:04:28	WATTS, Ben		Male Vet 40-44	09:12.4	150
231	1:04:28	MINERS, Jo	JP Fitness Cornwall	Female Vet 40-44	09:12.4	62
232	1:04:33	MCCARTHY, Clair		Female Vet 45-49	09:13.1	351
233	1:04:36	GARSDIE, Jane	Newquay Road Runners	Female Vet 50-54	09:13.6	102
234	1:04:38	SMITH, Jenny		Female Vet 40-44	09:13.9	321
235	1:04:40	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	09:14.1	90
236	1:04:46	LANE, Lindsay	Erme Valley Harriers	Female Vet 40-44	09:15.0	237
237	1:04:49	SUDELL, John	East Cornwall Harriers	Male Vet 60-64	09:15.4	330
238	1:04:49	VAN DER LINDEN, Vanda	South West Road Runner	Female Vet 55-59	09:15.4	232
239	1:05:04	HEWITT, Lucy	Newquay Road Runners	Female Vet 50-54	09:17.6	100
240	1:05:06	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	09:17.9	254
241	1:05:09	LAWES, Helen	Looe Pioneers	Female Vet 45-49	09:18.3	10
242	1:05:20	POWELL, Arlene	Tamar Trotters	Female Vet 35-39	09:19.9	327
243	1:05:25	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	09:20.6	95
244	1:05:30	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	09:21.3	25
245	1:05:34	FRYER, Rebecca		Female Vet 50-54	09:21.9	404
246	1:05:39	BLACKWOOD, Katie	Storm Running Plymouth	Female under 35	09:22.6	251
247	1:05:58	ORGAN, Michael		Male Vet 55-59	09:25.3	263
248	1:05:59	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	09:25.4	79

249	1:06:00	BRIMACOMBE-WRIGHT, Fernley		Male Vet 35-39	09:25.6	376
250	1:06:04	WATSON, Janet	Falmouth Road Runners	Female Vet 65-69	09:26.1	14
251	1:06:07	FELL, Kim	St Austell Running Club	Female under 35	09:26.6	194
252	1:06:10	JESTY, Alex	Plymouth Musketeers	Male Vet 45-49	09:27.0	57
253	1:06:11	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:27.1	82
254	1:06:24	KELSEY, Paul	East Cornwall Harriers	Male Vet 40-44	09:29.0	192
255	1:06:27	MATTHAMS, David		Male Vet 55-59	09:29.4	316
256	1:06:30	STEVENS, Katherine	St Austell Running Club	Female Vet 40-44	09:29.9	368
257	1:06:35	IRWIN, Isabel	St Austell Running Club	Female under 35	09:30.6	176
258	1:06:40	JAYNE, Samantha	Newquay Road Runners	Female Vet 45-49	09:31.3	106
259	1:06:45	BARNES, John	Launceston Road Runners	Male Vet 55-59	09:32.0	338
260	1:07:10	BOSUSTOW, John	JP Fitness Cornwall	Male Vet 45-49	09:35.6	343
261	1:07:24	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	09:37.6	124
262	1:07:45	WILLIAMS, Gareth		Male under 35	09:40.6	414
263	1:07:55	CSEHI, Kim	St Austell Running Club	Female Vet 35-39	09:42.0	92
264	1:08:26	PAYNE, Holly	St Austell Running Club	Female under 35	09:46.4	105
265	1:08:26	HARPER, Kevan		Male Vet 35-39	09:46.4	394
266	1:08:49	HICK, Richard	Plymouth Musketeers	Male Vet 40-44	09:49.7	406
267	1:08:50	FURLONGER, Sean		Male Vet 50-54	09:49.9	122
268	1:08:52	WOOD, Joanna	Tamar Trotters	Female Vet 40-44	09:50.1	255
269	1:08:52	WOOD, Mike		Male Vet 35-39	09:50.1	322
270	1:08:59	ALLEN, Rebecca	Carn Runners	Female under 35	09:51.1	67
271	1:09:08	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	09:52.4	203
272	1:09:08	STRINGER, Kayleigh	Launceston Road Runners	Female under 35	09:52.4	20
273	1:09:19	WEBB, Sarah	Falmouth Road Runners	Female Vet 45-49	09:54.0	199
274	1:09:35	HANNAFORD, Lynne		Female Vet 45-49	09:56.3	325
275	1:09:48	ROTNNEY, Karen	Tamar Trotters	Female Vet 50-54	09:58.1	401
276	1:09:52	BENNETT, Nicola		Female Vet 50-54	09:58.7	235
277	1:09:52	BENNETT, Peter		Male Vet 55-59	09:58.7	234
278	1:09:53	HOWARD, Tiffany	Cornwall AC	Female under 35	09:58.8	378
279	1:09:57	GARD, Michael		Male Vet 60-64	09:59.4	209
280	1:10:15	PLAYER, Garry	Newquay Road Runners	Male Vet 50-54	10:02.0	77
281	1:10:16	GOODRIGHT, Ray	East Cornwall Harriers	Male Vet 70-74	10:02.1	159
282	1:10:24	ELLIOTT, Tania	Looe Pioneers	Female Vet 45-49	10:03.3	119
283	1:10:27	ELLIOTT, Andrew	Looe Pioneers	Male Vet 50-54	10:03.7	120
284	1:10:29	MEDHURST, Kate	Bere Alston Trekkers	Female Vet 35-39	10:04.0	151
285	1:10:38	TORRES, Mick	Looe Pioneers	Male Vet 55-59	10:05.3	269
286	1:10:43	GREAVES, Melanie	Bere Alston Trekkers	Female Vet 45-49	10:06.0	317
287	1:11:01	EASTON, Andrew	Storm Running Plymouth	Male Vet 60-64	10:08.6	332
288	1:11:08	RAIKER, Diana	Falmouth Road Runners	Female under 35	10:09.6	69
289	1:11:21	ASHTON, Debbie	Bere Alston Trekkers	Female Vet 45-49	10:11.4	132
290	1:11:21	ASHTON, Paul	Bere Alston Trekkers	Male Vet 55-59	10:11.4	133
291	1:11:45	YOUNGMAN, Paul	Plymouth Musketeers	Male Vet 60-64	10:14.8	280
292	1:11:52	CUFF, Linda	Looe Pioneers	Female Vet 50-54	10:15.8	270
293	1:11:54	TAYLOR, Heather	Storm Running Plymouth	Female Vet 40-44	10:16.1	225
294	1:12:06	ADAMS, Hannah	St Austell Running Club	Female Vet 40-44	10:17.8	409
295	1:12:13	BOWDEN, Geraldine	Looe Pioneers	Female Vet 55-59	10:18.8	221
296	1:12:33	TURNER, Dona	Plymouth Musketeers	Female Vet 40-44	10:21.7	129
297	1:12:39	MCSWEENEY, Geoff		Male Vet 35-39	10:22.6	224
298	1:12:46	DIXON, Dawn	Storm Running Plymouth	Female Vet 40-44	10:23.6	391
299	1:12:49	LEAN, Dave	East Cornwall Harriers	Male Vet 55-59	10:24.0	170
300	1:12:52	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	10:24.4	49
301	1:12:54	JENKIN, Richard	Cornwall AC	Male Vet 75-79	10:24.7	48
302	1:12:54	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:24.7	17
303	1:13:19	HUNKIN, Samantha	East Cornwall Harriers	Female Vet 45-49	10:28.3	166
304	1:13:37	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	10:30.8	16
305	1:13:39	SKYBA, Joanna	St Austell Running Club	Female Vet 35-39	10:31.1	88
306	1:13:45	VIGGERS, Vickie	PB Running Club	Female Vet 40-44	10:32.0	114
307	1:13:52	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	10:33.0	301
308	1:14:12	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	10:35.8	55
309	1:14:15	BROOKS, Paula	Tamar Trotters	Female Vet 45-49	10:36.3	252
310	1:14:21	LEATHER, Raegan	Plymouth Musketeers	Female under 35	10:37.1	130
311	1:14:21	POWELL, Cherry	Plymouth Musketeers	Female Vet 50-54	10:37.1	187

312	1:14:24	REGAN, Andy		Male Vet 45-49	10:37.6	403
313	1:14:35	DICKINSON, Charlotte		Female under 35	10:39.1	312
314	1:14:43	HARTE-LATREMOILLE, Samantha	Bere Alston Trekkers	Female Vet 40-44	10:40.3	145
315	1:15:00	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	10:42.7	305
316	1:15:09	NORTHCOTT, Sandra	Looe Pioneers	Female Vet 45-49	10:44.0	163
317	1:15:16	PRIOR, Sarah	Tavistock AC	Female Vet 45-49	10:45.0	346
318	1:15:24	THORNE, Kerstina	Storm Running Plymouth	Female Vet 45-49	10:46.1	380
319	1:15:24	WARNER, Simon	Storm Running Plymouth	Male Vet 50-54	10:46.1	381
320	1:15:33	WADE, Margaret	Carn Runners	Female Vet 65-69	10:47.4	3
321	1:15:33	SMERDON, Paula	Tavistock AC	Female Vet 40-44	10:47.4	347
322	1:15:47	GIBBS, Debbie	St Austell Running Club	Female Vet 50-54	10:49.4	323
323	1:15:57	RUNNER, Summer	Storm Running Plymouth	Female Vet 35-39	10:50.8	281
324	1:15:58	HAYNES, Sandra	East Cornwall Harriers	Female Vet 50-54	10:51.0	412
325	1:16:37	WESTERN, Greg	Storm Running Plymouth	Male Vet 45-49	10:56.6	392
326	1:16:53	HAWKINS, Lorraine	Launceston Road Runners	Female Vet 50-54	10:58.8	143
327	1:16:58	FRY, Karen		Female Vet 50-54	10:59.6	144
328	1:17:00	BENNETT, Deborah	Plymouth Musketeers	Female Vet 50-54	10:59.8	259
329	1:17:00	SINCLAIR, Sarah	Plymouth Musketeers	Female Vet 50-54	10:59.8	408
330	1:17:32	RALLS, David	St Austell Running Club	Male Vet 65-69	11:04.4	37
331	1:17:39	DURRELL, Katie	Plymouth Coasters	Female Vet 45-49	11:05.4	173
332	1:17:39	ROWE, Trudi	Plymouth Coastal Runners	Female Vet 45-49	11:05.4	245
333	1:17:46	WILTON, Michael		Male Vet 55-59	11:06.4	383
334	1:18:18	LOCKE, Justin	Storm Running Plymouth	Male Vet 40-44	11:11.0	396
335	1:18:21	CHAPMAN, Jackie	Launceston Road Runners	Female Vet 55-59	11:11.4	98
336	1:18:22	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	11:11.6	213
337	1:18:23	STONE, Jackie	Mounts Bay Harriers	Female Vet 55-59	11:11.7	215
338	1:18:33	WARNE, Hannah		Female under 35	11:13.1	193
339	1:18:35	RESCORL, Mark	Tamar Trotters	Male Vet 35-39	11:13.4	222
340	1:18:37	WATTS, Hannah	St Austell Running Club	Female under 35	11:13.7	241
341	1:18:41	HOWELL, Lucy	Plymouth Musketeers	Female Vet 35-39	11:14.3	356
342	1:18:41	ARNOLD, Jo	Plymouth Musketeers	Female Vet 45-49	11:14.3	355
343	1:19:14	KING, Bryan	Plymouth Musketeers	Male Vet 65-69	11:19.0	198
344	1:19:14	DUNN, Vicki	Plymouth Musketeers	Female Vet 40-44	11:19.0	212
345	1:19:14	BRUMHEAD, Kelly	Plymouth Musketeers	Female Vet 40-44	11:19.0	219
346	1:19:14	KING, Louise	Plymouth Musketeers	Female Vet 55-59	11:19.0	197
347	1:19:39	KEMP, Mandy	Looe Pioneers	Female Vet 60-64	11:22.5	175
348	1:20:11	POTNA, Jonas		Male under 35	11:27.1	410
349	1:20:27	MCKINLEY, Glennie	JP Fitness Cornwall	Female Vet 50-54	11:29.4	11
350	1:20:34	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	11:30.4	399
351	1:20:56	PUTNA, Alex	East Cornwall Harriers	Female Vet 45-49	11:33.5	411
352	1:21:17	MARTIN, Andrew	Tavistock AC	Male Vet 50-54	11:36.5	273
353	1:21:20	MARTIN, Jane	Tavistock AC	Female Vet 55-59	11:37.0	274
354	1:21:23	HAYNES, Janet	Mounts Bay Harriers	Female Vet 50-54	11:37.4	107
355	1:21:23	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 55-59	11:37.4	302
356	1:21:33	FARR, James	Storm Running Plymouth	Male Vet 60-64	11:38.8	359
357	1:21:33	GILES, Lorraine	Storm Running Plymouth	Female Vet 60-64	11:38.8	282
358	1:21:33	WATKINS, Kim	Storm Running Plymouth	Female Vet 45-49	11:38.8	35
359	1:21:46	DRANSFIELD, George	Tamar Trotters	Male Vet 75-79	11:40.7	61
360	1:21:53	MARSH, Kathryn	Carn Runners	Female Vet 40-44	11:41.7	306
361	1:21:54	TREWEEK, Paul	Truro Running Club	Male Vet 60-64	11:41.8	337
362	1:22:14	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	11:44.7	9
363	1:22:23	CRABTREE, Jason	Lonely Goats RC	Male Vet 35-39	11:46.0	196
364	1:22:56	CHOAK, Sarah	Falmouth Road Runners	Female Vet 50-54	11:50.7	15
365	1:23:03	PAYNE, Claire	Carn Runners	Female Vet 45-49	11:51.7	307
366	1:23:11	KINGTON, Norris	Cornwall AC	Male Vet 75-79	11:52.8	300
367	1:23:42	HOWARD, Sarah	Cornwall AC	Female Vet 45-49	11:57.3	377
368	1:23:51	DYER, Jennifer	Plymouth Harriers	Female Vet 35-39	11:58.5	188
369	1:24:07	HEAD, Hilary	Bere Alston Trekkers	Female Vet 55-59	12:00.8	52
370	1:24:22	HARROP, Nicky	Plymouth Musketeers	Female Vet 45-49	12:03.0	59
371	1:24:26	GREGORY, Julie	Looe Pioneers	Female Vet 50-54	12:03.5	30
372	1:24:48	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:06.7	156
373	1:25:07	BULLOCK, Matthew	Tamar Trotters	Male Vet 40-44	12:09.4	370
374	1:27:12	ELLIS, Jemma	Hayle Runners	Female under 35	12:27.3	309

375	1:27:42	WILLIAMS, Darren	Plymouth Musketeers	Male Vet 45-49	12:31.5	389
376	1:28:35	LAY, Jo	Hayle Runners	Female Vet 55-59	12:39.1	116
377	1:29:26	COLE, Pauline	Bere Alston Trekkers	Female Vet 50-54	12:46.4	153
378	1:30:20	OLIVER, Kevin	Storm Running Plymouth	Male Vet 50-54	12:54.1	286
379	1:30:35	PENGELLY, Shaun	Looe Pioneers	Male Vet 50-54	12:56.2	164
380	1:30:49	JAGO, Lisa	Looe Pioneers	Female Vet 45-49	12:58.2	154
381	1:31:00	EWART, Sam	St Austell Running Club	Female Vet 45-49	12:59.8	113
382	1:31:02	WILLS, Janet	St Austell Running Club	Female Vet 65-69	13:00.1	344
383	1:32:59	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	13:16.8	137
384	1:34:02	WEAVER-GORE, Kathryn	Plymouth Musketeers	Female Vet 55-59	13:25.8	353
385	1:34:28	NAWALANY, Dominika	Bere Alston Trekkers	Female Vet 35-39	13:29.5	402
386	1:36:06	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	13:43.5	104
387	1:37:25	LAVERS, Zoe	Plymouth Striders	Female Vet 40-44	13:54.8	371
388	1:51:30	BUSCOMBE, Kayleigh	St Austell Running Club	Female under 35	15:55.5	86
389	1:51:30	TURNER, Sally	St Austell Running Club	Female Vet 45-49	15:55.5	70