

Place	Bib	Name	AG	Club	ChipTime	GunTime
1.	496	Tony BREWER	Male 35-39	Mile High	38:36	38:36
2.	500	Andrew MARTIN	Male 35-39	Mile High	41:08	41:09
3.	464	Justin THOMAS	Male 45-49	Cornwall AC	41:11	41:12
4.	387	David TREGONNING	Male 16-34	St Austell Running Club	41:21	41:22
5.	77	Daniel Costella	Male 16-34	Hayle Runners	42:03	42:04
6.	270	Edward HORN	Male 16-34	Tavistock AC	42:16	42:16
7.	413	Alex DANIELS	Male 45-49	Newquay Road Runners	42:23	42:23
8.	279	Paul STEVENS	Male 40-44	St Austell Running Club	42:58	43:00
9.	468	Paul SOLE	Male 40-44	Cornwall AC	43:10	43:10
10.	227	Simon WRIGHT	Male 35-39	Norwich RR	43:09	43:11
11.	498	Tom HOWELL	Male 16-34	Mile High	43:42	43:43
12.	486	Nigel SWIFT	Male 40-44	Newquay Road Runners	44:07	44:09
13.	369	Tom HUGHES	Male 16-34		44:08	44:09
14.	349	Liam NICHOLLS	Male 16-34	Plymouth Harriers	44:12	44:14
15.	499	Jason LONGHORN	Male 45-49	Mile High	44:19	44:20
16.	497	Graham DITTY	Male 35-39	Mile High	44:36	44:38
17.	265	Mark DEACON	Male 16-34	Looe Pioneers	44:53	44:54
18.	454	Heidi TREGENZA	Female 16-34	Cornwall AC	45:19	45:21
19.	400	Jamie WATSON	Male 35-39		45:29	45:30
20.	184	James Ham	Male 16-34		45:28	45:36
21.	478	Chris BARRETT	Male 45-49	Hayle Runners	45:37	45:38
22.	2	Charles BUSCOMBE	Male 16-34	Newquay Road Runners	45:40	45:42
23.	289	Jason VINNICOMBE	Male 40-44	Carn Runners	45:47	45:51
24.	142	Glynn DAVIS	Male 55-59	Carn Runners	46:17	46:18
25.	70	Tim TWIGGS	Male 50-54	Mounts Bay Harriers	46:30	46:35
26.	136	David ANDREWARTH	Male 16-34	PB Running Club	46:51	46:53
27.	218	Mark GILBERT	Male 16-34	Newquay Road Runners	46:51	46:56
28.	491	James MANNING	Male 40-44	Hayle Runners	46:54	46:56
29.	463	Amy SOLE	Female 16-34	Cornwall AC	47:02	47:04
30.	292	Andrew VERNON	Male 50-54	Okehampton RC	47:07	47:10
31.	431	Darren ROOSE	Male 40-44	Newquay Road Runners	47:29	47:31
32.	170	David WILDING	Male 40-44	Hayle Runners	47:44	47:48
33.	459	Chris COX	Male 45-49	Cornwall AC	48:04	48:08
34.	303	Craig HALL	Male 45-49	Carn Runners	48:07	48:09
35.	399	Mike GREER	Male 35-39	St Austell Running Club	48:27	48:30
36.	296	John PICTON	Male 35-39		48:28	48:37
37.	139	Nichlas Coslella	Male 16-34	Hayle Runners	48:37	48:39
38.	290	Michael TOSSELL	Male 16-34	Storm Running Plymouth	48:37	48:42
39.	42	Matthew STRINGER	Male 16-34	Launceston Road Runners	48:42	48:43
40.	253	Daniel BAUGH	Male 16-34	Storm Running Plymouth	48:54	48:59
41.	395	Damian DUNNE	Male 45-49	Plymouth Musketeers	49:05	49:09
42.	84	Gary WILLIAMS	Male 35-39	Looe Pioneers	49:06	49:10
43.	495	Jack Stephen	Male 16-34	Mile High	49:09	49:11
44.	447	Kathryn BURGESS	Female 40-44	Cornwall AC	49:10	49:12
45.	116	David Kilgore	Male 40-44	Storm Running Plymouth	49:17	49:22
46.	367	Lauren KNOX	Female 16-34	Storm Running Plymouth	49:21	49:24
47.	125	Damian PHILP	Male 35-39	Bodmin Road Runners	49:23	49:24
48.	199	Daniel BRAY	Male 35-39	St Austell Running Club	49:23	49:27
49.	46	Mathew HENDERSON	Male 16-34	St Austell Running Club	49:34	49:37
50.	37	Lee TAMBLING	Male 40-44	St Austell Running Club	49:42	49:45
51.	62	Jon ELDON	Male 55-59	Carn Runners	49:40	49:45
52.	262	Revis CROWLE	Female 55-59	East Cornwall Harriers	49:48	49:51
53.	51	Barrie CARDEW	Male 60-64	Carn Runners	49:54	49:57
54.	89	Pawel SZYMANSKI	Male 35-39	Launceston Road Runners	50:00	50:03
55.	425	Steve Rendle	Male 50-54	Newquay Road Runners	50:09	50:13
56.	458	Ross ATKINSON-BEAUMONT	Male 35-39	Cornwall AC	50:08	50:15
57.	101	Kaye PATTERSON	Female 16-34	East Cornwall Harriers	50:23	50:26
58.	457	David ATKINSON-BEAUMONT	Male 40-44	Cornwall AC	50:27	50:32
59.	342	Andrew SMITH	Male 40-44	St Austell Running Club	50:30	50:37
60.	85	Lee BURFORD	Male 35-39	Hayle Runners	50:41	50:45
61.	45	Ross LAWRY	Male 40-44	St Austell Running Club	50:42	50:46
62.	401	Daniel CASE	Male 16-34	Plymouth Musketeers	50:43	50:48
63.	470	Chris ULLMAN	Male 45-49	East Cornwall Harriers	50:56	50:59
64.	180	Melodie MANNERS	Female 16-34	Hayle Runners	51:01	51:07
65.	230	Shane CAUGHEY	Male 16-34	East Cornwall Harriers	51:05	51:08

66.	29	Stacie HODGE	Female 16-34		50:58	51:08
67.	355	James FINDLAY	Male 16-34	Carn Runners	51:04	51:09
68.	348	Joe KEARNS	Male 55-59	East Cornwall Harriers	51:12	51:15
69.	277	Robert POTTEN	Male 16-34		51:11	51:18
70.	299	Phil ALDIS	Male 55-59	Bude Rats	51:20	51:22
71.	49	Daniel COX	Male 16-34	Bodmin Road Runners	51:24	51:28
72.	460	Peter HAMMOND	Male 50-54	Cornwall AC	51:16	51:31
73.	193	Paul ANGOVE	Male 50-54	Mounts Bay Harriers	51:37	51:40
74.	358	Matt REGAN	Male 16-34		51:42	51:43
75.	407	Malcolm ROBERTS	Male 65-69	St Austell Running Club	51:42	51:45
76.	81	Scott Abraham	Male 45-49	Hayle Runners	51:47	51:49
77.	239	Nick HARRISON	Male 40-44	Launceston Road Runners	51:46	51:51
78.	344	Mark GRASSAM	Male 45-49	Looe Pioneers	51:56	52:00
79.	487	Karen WALTERS	Female 45-49	Newquay Road Runners	52:01	52:06
80.	255	Nigel REDDCLIFFE	Male 50-54	Launceston Road Runners	52:10	52:15
81.	308	Joseph STANFORD	Male 40-44	Truro Running Club	52:22	52:26
82.	398	Stuart RICHARDS	Male 45-49	St Austell Running Club	52:30	52:36
83.	437	David FOY	Male 45-49	Falmouth Road Runners	52:30	52:37
84.	121	Mandy GIBSON	Female 40-44	Looe Pioneers	52:35	52:39
85.	92	Neil HELSON	Male 45-49		52:45	52:47
86.	242	Peter BAZLEY	Male 60-64	Tavistock AC	52:45	52:48
87.	185	Addie CUSACK	Male 45-49	Tavistock Run Project	52:44	52:54
88.	83	Tony MORRIS	Male 55-59	St Austell Running Club	52:51	52:55
89.	27	Martin HYNES	Male 65-69	Launceston Road Runners	52:54	52:58
90.	87	Robert RICHARDS	Male 65-69	Hayle Runners	52:54	53:00
91.	469	Matthew WILSON	Male 40-44	Cornwall AC	53:15	53:20
92.	172	Jason YATES	Male 40-44		53:16	53:24
93.	410	Peter ALLEN	Male 60-64	Newquay Road Runners	53:19	53:26
94.	194	Victoria FOSTER	Female 40-44	Launceston Road Runners	53:25	53:27
95.	56	Julian SPENCER	Male 50-54	Truro Running Club	53:24	53:29
96.	450	Amanda HEWITT	Female 45-49	Cornwall AC	53:22	53:29
97.	345	Stephen WILLIAMS	Male 16-34	Plymouth Harriers	53:27	53:33
98.	231	Ben JARRAM	Male 16-34	Launceston Road Runners	53:32	53:37
99.	452	Julia PEARCE	Female 40-44	Cornwall AC	53:36	53:42
100.	74	Andrew ELLIS	Male 45-49	Hayle Runners	53:38	53:44
101.	453	Rachael THOMAS	Female 45-49	Cornwall AC	53:45	53:50
102.	171	Rebecca TOSSELL	Female 35-39	Hayle Runners	53:49	53:54
103.	479	Kelly WOODFINE-BEARD	Female 35-39	Newquay Road Runners	53:39	53:59
104.	359	Keith HOADLEY	Male 55-59	Torrington AAC	54:00	54:05
105.	386	Stacie MARKS	Female 16-34	St Austell Running Club	54:22	54:27
106.	94	Stephen JONES	Male 35-39	Truro Running Club	54:34	54:39
107.	186	Richard FOSTER	Male 45-49	Launceston Road Runners	54:45	54:48
108.	350	Sarah WORTH	Female 40-44	Launceston Road Runners	54:42	54:48
109.	210	Emily WILLIAMS	Female 16-34		54:40	54:49
110.	329	Ervin DUBARE	Male 35-39	St Austell Running Club	54:40	54:51
111.	204	Ross BUSCOMBE	Male 16-34	St Austell Running Club	54:44	54:55
112.	370	Sean JACK	Male 60-64	Bude Rats	54:54	54:57
113.	354	Alexander COOPER	Male 40-44		54:50	54:59
114.	312	Rachael WILSHER	Female 55-59	Bodmin Road Runners	54:58	55:05
115.	197	Richard HORN	Male 35-39		55:00	55:14
116.	324	Dillan VAN HEERDEN	Male 45-49	St Austell Running Club	55:14	55:15
117.	1	Gem GALLANT	Female 16-34	Tamar Trail Runners	55:15	55:23
118.	38	Stuart QUEEN	Male 45-49	Plymouth Musketeers	55:13	55:25
119.	276	Stephen HUTCHINSON	Male 65-69	Bude Rats	55:27	55:31
120.	375	John WOOLVEN-ALLEN	Male 45-49	Plymstock Road Runners	55:21	55:32
121.	278	Joanna COLLINS	Female 16-34	St Austell Running Club	55:30	55:35
122.	107	Martin HEAD	Male 50-54	Bere Alston Trekkers	55:24	55:37
123.	259	Jonathan HADLEY	Male 16-34	Plymouth Harriers	55:40	55:46
124.	397	Paul WATSON	Male 40-44	Lonely Goats RC	55:46	55:47
125.	69	Philip JOHNS	Male 16-34	Hayle Runners	55:19	55:47
126.	456	Susanne WOOD	Female 40-44	Cornwall AC	55:37	55:48
127.	233	Clive FINNIMORE	Male 40-44	Looe Pioneers	55:34	55:49
128.	73	Debbie MITCHELL	Female 40-44	Hayle Runners	55:41	55:50
129.	196	Nancy POULTER	Female 40-44		55:38	55:56
130.	23	Christian BOYCE	Male 45-49	Looe Pioneers	55:45	55:59
131.	424	Tracy Mckenzie	Female 40-44	Newquay Road Runners	55:42	56:01

132.	26	Jaine HYNES	Female 50-54	Launceston Road Runners	55:59	56:03
133.	134	Lisa PALIN	Female 35-39	South West Road Runner	55:46	56:05
134.	260	Janet HAYNES	Female 50-54	Mounts Bay Harriers	55:57	56:08
135.	213	Mark LANCASTER	Male 35-39	Launceston Road Runners	56:02	56:10
136.	57	Katie SPENCER	Female 45-49	Truro Running Club	56:07	56:12
137.	79	Corinne GERRARD	Female 45-49	Hayle Runners	56:12	56:19
138.	442	Hannah TIPPETTS	Female 16-34	Falmouth Road Runners	56:18	56:25
139.	174	Jeremy QUIRK	Male 40-44		56:15	56:27
140.	132	Steve MACLAREN	Male 50-54	Hayle Runners	56:04	56:31
141.	481	Julia BURNS	Female 50-54	Hayle Runners	56:36	56:42
142.	366	Matthew WILCOCK	Male 16-34		56:39	56:48
143.	133	Derek SMITH	Male 55-59	Hayle Runners	56:30	56:58
144.	47	Clive COX	Male 55-59		56:44	57:04
145.	137	Rhys CHARD	Male 16-34		57:00	57:12
146.	488	Frazer HUMBLE	Male 35-39	Hayle Runners	56:44	57:13
147.	208	Wayne RUNDLE	Male 45-49	Launceston Road Runners	57:15	57:22
148.	291	Tony SHEARER	Male 65-69	Tavistock AC	57:11	57:24
149.	333	Edward BUCKINGHAM	Male 45-49	Tamar Trotters	57:21	57:29
150.	80	Claire WINFIELD	Female 50-54	Launceston Road Runners	57:28	57:34
151.	212	Benedicte HOLTON-CARTER	Female 35-39	Launceston Road Runners	57:37	57:40
152.	484	Emily ELLEN	Female 35-39	Hayle Runners	57:33	57:42
153.	411	Anna CARTER	Female 16-34	Newquay Road Runners	57:25	57:44
154.	294	Tracey NICHOLLS	Female 55-59	Mounts Bay Harriers	57:46	57:49
155.	243	Tracyann COLE	Female 50-54	Tavistock AC	57:53	57:56
156.	347	Steven THOMAS	Male 40-44	Carn Runners	57:47	57:57
157.	414	Mick DAVIDSON	Male 45-49	Newquay Road Runners	57:25	57:57
158.	408	Greg MAY	Male 35-39	Carn Runners	57:32	57:58
159.	482	Richard COLLETT	Male 35-39	Hayle Runners	57:40	58:09
160.	219	Wendy VEALE	Female 40-44		57:50	58:15
161.	6	Jessica GOLDBERG	Female 16-34	Launceston Road Runners	58:13	58:20
162.	466	Tom BERRYMAN	Male 16-34	Cornwall AC	58:22	58:22
163.	58	Craig VAUGHNLEY	Male 45-49	East Cornwall Harriers	58:17	58:23
164.	421	Amy GREGORY	Female 16-34	Newquay Road Runners	58:15	58:30
165.	300	Richard MORTON	Male 65-69	Tamar Trotters	58:27	58:35
166.	126	Ben TOWE	Male 45-49		58:38	58:46
167.	190	Jenny BRYANT	Female 50-54	Tavistock AC	58:33	58:47
168.	461	Steven JENKIN	Male 45-49	Cornwall AC	58:42	58:50
169.	382	Colin PALMER	Male 35-39	Storm Running Plymouth	58:37	58:55
170.	420	Les GRAVES	Male 60-64	Newquay Road Runners	58:35	58:55
171.	448	Jo COX	Female 40-44	Cornwall AC	58:51	58:59
172.	64	Alistair IVERSON	Male 35-39	JP Fitness Cornwall	58:37	59:03
173.	164	Tim DIXON	Male 55-59	Launceston Road Runners	59:02	59:15
174.	99	Mathew VOSPER	Male 45-49	Plymouth Musketeers	58:52	59:17
175.	229	Robert KERNAGHAN	Male 45-49	Looe Pioneers	59:07	59:21
176.	267	Jonathan RICHARDS	Male 40-44		59:03	59:22
177.	298	Sam HARRISON	Male 16-34	Launceston Road Runners	59:25	59:34
178.	371	Emma JOHNS	Female 35-39	St Austell Running Club	59:24	59:35
179.	183	Andy BERRY	Male 40-44	Launceston Road Runners	59:26	59:36
180.	135	Tom PALIN	Male 35-39		59:21	59:41
181.	493	Trish MERRETT	Female 50-54	Hayle Runners	59:36	59:46
182.	152	Andrew CROFTS	Male 55-59		59:37	59:47
183.	200	Gareth PLUMB	Male 45-49		59:26	59:51
184.	119	Tammy PEARCE	Female 45-49		59:47	1:00:02
185.	110	Rachel WALLIS	Female 40-44	JP Fitness Cornwall	59:39	1:00:07
186.	336	Mark SIMPSON	Male 35-39		59:57	1:00:07
187.	68	Chris KELLEY	Male 50-54	Plymouth Harriers	59:51	1:00:10
188.	189	Kelvin COKER	Male 16-34	Storm Running Plymouth	59:38	1:00:12
189.	430	Lisa PLAYER	Female 55-59	Newquay Road Runners	1:00:02	1:00:21
190.	198	Gennara BRAY	Female 16-34	St Austell Running Club	1:00:17	1:00:24
191.	341	Ian HOMER	Male 50-54	Headington Road Runners	1:00:01	1:00:27
192.	130	Cara GILBERT	Female 40-44		1:00:21	1:00:37
193.	129	Ian MCMAHON	Male 60-64	Bradworthy Runners	1:00:33	1:00:46
194.	476	Sarah ALLEN	Female 45-49	Carn Runners	1:00:40	1:00:46
195.	404	Lisa WHELL	Female 35-39		1:00:30	1:00:47
196.	405	John WHELL	Male 45-49		1:00:30	1:00:47
197.	113	Jason SHIPTON	Male 45-49	Launceston Road Runners	1:00:46	1:00:54

198.	264	Johnathan FRAME	Male 45-49		1:00:52	1:00:59
199.	451	Tiffany HOWARD	Female 16-34	Cornwall AC	1:01:01	1:01:09
200.	494	Graham MERRETT	Male 60-64	Hayle Runners	1:01:03	1:01:12
201.	326	Mike BALDWIN	Male 55-59	Hayle Runners	1:00:44	1:01:12
202.	419	Jane GARSIDE	Female 50-54	Newquay Road Runners	1:00:54	1:01:12
203.	433	Sarah WILKINSON	Female 55-59	Newquay Road Runners	1:00:55	1:01:12
204.	11	Helen HOWGILL	Female 45-49		1:01:11	1:01:24
205.	71	Janet WATSON	Female 65-69	Falmouth Road Runners	1:01:18	1:01:33
206.	364	Sue MANSFIELD	Female 55-59	Truro Running Club	1:01:33	1:01:38
207.	485	Becky MILES	Female 35-39	Newquay Road Runners	1:01:21	1:01:40
208.	17	Jane STEPHENS	Female 50-54	PB Running Club	1:01:40	1:01:47
209.	244	Stewart TOWNEND	Male 75-79	Hayle Runners	1:01:21	1:01:48
210.	19	Jeff TREGARTHEN	Male 60-64		1:01:50	1:02:02
211.	306	Georgie FARR	Female 16-34	Storm Running Plymouth	1:01:51	1:02:03
212.	297	John BOSUSTOW	Male 45-49	JP Fitness Cornwall	1:01:36	1:02:06
213.	473	John GORTON	Male 65-69	Mounts Bay Harriers	1:02:07	1:02:10
214.	44	Lucy OLDHAM	Female 40-44	East Cornwall Harriers	1:01:58	1:02:10
215.	396	Emma DUNNE	Female 40-44	Plymouth Musketeers	1:01:49	1:02:15
216.	427	Colin MARTIN	Male 65-69	Newquay Road Runners	1:02:03	1:02:21
217.	187	David PARISH	Male 16-34		1:02:11	1:02:24
218.	266	Tanya ARGUE	Female 45-49	Bere Alston Trekkers	1:01:54	1:02:25
219.	444	Marrick Palmer	Male 16-34	Falmouth Road Runners	1:02:18	1:02:26
220.	432	Alison ROOSE	Female 40-44	Newquay Road Runners	1:02:20	1:02:36
221.	480	Michelle ROSKILLY	Female 45-49	Hayle Runners	1:02:03	1:02:38
222.	149	Michael ORCHARD	Male 60-64	Hayle Runners	1:02:14	1:02:55
223.	261	Hannah SMITH	Female 16-34	Hayle Runners	1:02:37	1:03:01
224.	123	Peter DREW	Male 70-74	Carn Runners	1:02:54	1:03:04
225.	127	Peter JAMES	Male 45-49	Launceston Road Runners	1:02:44	1:03:07
226.	158	Nicky MORSE	Male 60-64	Bys Vyken	1:02:42	1:03:12
227.	13	Claire BARLOW	Female 40-44	Bodmin Road Runners	1:03:01	1:03:14
228.	343	Antony PENHAUL	Male 70-74	Mounts Bay Harriers	1:02:46	1:03:15
229.	237	Zoe LOCK	Female 35-39	Hayle Runners	1:03:06	1:03:17
230.	286	Rebecca BATEMAN	Female 40-44	Bodmin Road Runners	1:03:09	1:03:23
231.	373	Jason BOURNE	Male 45-49		1:03:08	1:03:28
232.	428	Nick MILES	Male 65-69	Newquay Road Runners	1:03:16	1:03:34
233.	330	John BOWDEN	Male 60-64	Looe Pioneers	1:03:26	1:03:41
234.	377	Dean EVANS	Male 70-74		1:03:31	1:03:44
235.	175	Joanna QUIRK	Female 40-44		1:03:34	1:03:45
236.	157	Matthew GLENCROSS	Male 45-49		1:03:37	1:03:48
237.	392	Joe DICKINSON	Male 16-34		1:03:39	1:03:48
238.	228	Anna WRIGHT	Female 16-34	Norwich RR	1:03:34	1:03:55
239.	222	Eleanor ELLISON	Female 60-64	Newquay Road Runners	1:03:46	1:04:03
240.	412	Louise COOKE-DAVIES	Female 50-54	Newquay Road Runners	1:03:45	1:04:07
241.	368	Simon Warner	Male 50-54	Storm Running Plymouth	1:03:36	1:04:11
242.	378	Lisa BIRCH	Female 50-54	Bere Alston Trekkers	1:03:41	1:04:12
243.	381	Philip BEES	Male 60-64	Plymouth Musketeers	1:03:33	1:04:13
244.	284	Julie OXENHAM	Female 45-49		1:04:00	1:04:14
245.	148	Ivan LEES	Male 60-64	Great Yarmouth RR	1:04:07	1:04:23
246.	10	Ben ROGERS	Male 35-39	Bude Rats	1:04:25	1:04:32
247.	241	Dawn ACASTER	Female 40-44	Launceston Road Runners	1:04:23	1:04:37
248.	423	Lucy HEWITT	Female 50-54	Newquay Road Runners	1:04:19	1:04:38
249.	151	Annie BOVER	Female 40-44	Bude Rats	1:04:22	1:04:52
250.	352	Christopher MENLOVE-PLATT	Male 65-69	Bude Rats	1:04:24	1:04:53
251.	383	Joanne BARRY	Female 40-44	JP Fitness Cornwall	1:04:23	1:04:54
252.	112	Jackie COPE	Female 60-64	Falmouth Road Runners	1:04:22	1:04:56
253.	195	Nicholas SAUNDERS	Male 35-39		1:04:49	1:04:56
254.	226	Merlin Keating	Male 45-49	St Austell Running Club	1:04:35	1:04:57
255.	30	Jo MINERS	Female 40-44	JP Fitness Cornwall	1:04:29	1:04:59
256.	39	Sarah TIPPETT	Female 45-49	Tamar Trail Runners	1:04:50	1:05:02
257.	403	Patrick MURRAY	Male 50-54		1:05:02	1:05:08
258.	340	David Eversuey	Male 35-39	Headington Road Runners	1:04:51	1:05:16
259.	3	Katie-Sarah WILLING	Female 16-34	Lonely Goats RC	1:05:05	1:05:18
260.	490	John BARNES	Male 55-59	Launceston Road Runners	1:05:04	1:05:22
261.	471	Maggie BUNTING	Female 50-54	Tamar Trotters	1:04:49	1:05:24
262.	477	Wayne CAFF	Male 45-49	Newquay Road Runners	1:05:09	1:05:28
263.	416	Des EVANS	Male 70-74	Newquay Road Runners	1:05:20	1:05:28

264.	376	Philip SPARGO	Male 60-64	Truro Running Club	1:05:17	1:05:29
265.	18	Anna ELLIOT	Male 16-34		1:05:25	1:05:30
266.	309	Barn HATWELL	Male 16-34		1:05:14	1:05:34
267.	379	Ray COOPER	Male 35-39		1:05:26	1:05:36
268.	272	Janet LATHOM	Female 60-64	Launceston Road Runners	1:05:40	1:05:46
269.	275	Sean FURLONGER	Male 50-54		1:05:36	1:05:49
270.	160	Sam ROWE	Female 45-49	Mounts Bay Harriers	1:05:25	1:05:55
271.	467	Neil HAM	Male 50-54	Cornwall AC	1:05:48	1:05:58
272.	188	Susan BISCOMBE	Female 16-34	Bodmin Womens RC	1:05:30	1:06:06
273.	310	Andrew MARTIN	Male 50-54	Tavistock AC	1:05:52	1:06:20
274.	138	Martin EDWARDS	Male 45-49		1:06:12	1:06:24
275.	446	David WILTON	Male 60-64	Falmouth Road Runners	1:06:14	1:06:30
276.	339	Arlene POWELL	Female 35-39		1:06:13	1:06:35
277.	144	Angeline HADFIELD	Female 16-34	Truro Running Club	1:06:26	1:06:37
278.	422	Becky HALL	Female 35-39	Newquay Road Runners	1:06:22	1:06:41
279.	41	Ian RINGER	Male 70-74	Bodmin Road Runners	1:06:30	1:06:44
280.	131	Fran LONG	Female 55-59	Hayle Runners	1:06:20	1:06:44
281.	150	Elizabeth CARTHEW	Female 40-44	Bodmin Womens RC	1:06:13	1:06:48
282.	394	Charlotte GOATMAN	Female 16-34	Bodmin Womens RC	1:06:13	1:06:49
283.	9	Nicola EMMETT	Female 40-44	Launceston Road Runners	1:06:42	1:06:49
284.	162	Freya ROBYNS-LANDRICOMBI	Female 16-34		1:06:29	1:07:10
285.	155	Sue PENDLETON	Female 35-39		1:07:09	1:07:25
286.	161	Reece HEYWOOD	Male 16-34		1:07:03	1:07:26
287.	35	Graham ASHTON	Male 16-34		1:07:26	1:07:31
288.	97	Christian BUNGAY	Male 35-39		1:07:25	1:07:38
289.	24	Jane PETT	Female 40-44	JP Fitness Cornwall	1:07:14	1:07:43
290.	60	Sharon KINSELLA	Female 40-44	JP Fitness Cornwall	1:07:15	1:07:44
291.	443	Sarah WEBB	Female 45-49	Falmouth Road Runners	1:07:10	1:07:45
292.	21	Susan RESCORL	Female 55-59	Bodmin Womens RC	1:07:13	1:07:51
293.	206	Brian PRICE	Male 70-74		1:07:46	1:08:08
294.	472	Helen MOORE	Female 35-39	Lonely Goats RC	1:07:39	1:08:12
295.	120	Daniel BREWER	Male 40-44		1:08:03	1:08:27
296.	440	Diana RAIKER	Female 16-34	Falmouth Road Runners	1:07:55	1:08:29
297.	216	Aggie EVANS	Female 16-34		1:08:07	1:08:30
298.	67	Rebecca ALLEN	Female 16-34	Carn Runners	1:08:15	1:08:33
299.	214	Matt HAISMAN	Male 50-54	Launceston Road Runners	1:08:16	1:08:33
300.	372	Mick TORRES	Male 55-59	Looe Pioneers	1:08:08	1:08:34
301.	391	Sally FLETCHER	Female 50-54	St Austell Running Club	1:08:23	1:08:45
302.	356	Kim FELL	Female 16-34	St Austell Running Club	1:08:39	1:09:00
303.	82	Marie Ann CANN	Female 45-49	Mounts Bay Harriers	1:08:42	1:09:04
304.	251	Carolyn GARLAND	Female 50-54		1:08:52	1:09:07
305.	16	Debbie ASHTON	Female 45-49	Bere Alston Trekkers	1:08:38	1:09:07
306.	181	Paul ASHTON	Male 55-59	Bere Alston Trekkers	1:08:38	1:09:07
307.	417	Naomi FLOWER	Female 16-34	Newquay Road Runners	1:08:51	1:09:09
308.	250	Tom COLLINS	Male 45-49		1:08:57	1:09:11
309.	483	Trevor CORNISH	Male 50-54	Hayle Runners	1:08:46	1:09:12
310.	449	Heidi HADEN	Female 40-44	Cornwall AC	1:09:15	1:09:23
311.	240	Victoria HARRISON	Female 40-44	Launceston Road Runners	1:09:19	1:09:29
312.	179	Matthew BURT	Male 40-44	Hatch Warren Runners	1:09:11	1:09:33
313.	22	Nina BOND	Female 35-39	Looe Pioneers	1:09:15	1:09:41
314.	34	Jenna BUTLER	Female 35-39		1:09:17	1:09:43
315.	220	Tania ELLIOTT	Female 45-49	Looe Pioneers	1:09:25	1:09:49
316.	288	Caroline VINNICOMBE	Female 45-49	Cornwall AC	1:09:43	1:09:52
317.	61	Laura PALMER	Female 45-49	JP Fitness Cornwall	1:09:27	1:09:58
318.	406	Katie THURSTON	Female 40-44	JP Fitness Cornwall	1:09:27	1:09:59
319.	36	Sue SYKES	Female 55-59	JP Fitness Cornwall	1:09:29	1:09:59
320.	117	Sarah STEED	Female 45-49	East Cornwall Harriers	1:09:46	1:10:04
321.	4	Rachel BULLOCK	Female 40-44	Tamar Trotters	1:09:42	1:10:05
322.	409	Louise MARSLAND	Female 40-44	Tamar Trotters	1:09:43	1:10:05
323.	147	Dale CLARKE	Male 50-54	Hayle Runners	1:09:33	1:10:11
324.	50	Margaret WADE	Female 65-69	Carn Runners	1:10:22	1:10:32
325.	215	Maria HAISMAN	Female 50-54	Launceston Road Runners	1:10:16	1:10:33
326.	293	Gary PYKE	Male 45-49		1:09:57	1:10:36
327.	205	Rachel PRICE	Female 16-34		1:10:19	1:10:36
328.	209	Sharon RUNDLE	Female 50-54	Launceston Road Runners	1:10:51	1:11:02
329.	75	Nikki PRITCHARD	Female 35-39	East Cornwall Harriers	1:10:53	1:11:11

330.	316	Stephen MENEAR	Male 60-64	St Austell Running Club	1:11:04	1:11:16
331.	247	Diana NICHOLSON	Female 55-59	Tamar Trotters	1:10:57	1:11:20
332.	86	Ruth PHILLIPS	Female 45-49	Hayle Runners	1:10:56	1:11:32
333.	178	Steve DAVIES	Male 60-64	Mounts Bay Harriers	1:11:09	1:11:41
334.	245	Paula SMERDON	Female 40-44	Tavistock AC	1:11:24	1:11:52
335.	48	Alison COX	Female 55-59	Bodmin Womens RC	1:11:24	1:12:02
336.	455	Catherine TRERISE	Female 45-49	Cornwall AC	1:11:54	1:12:03
337.	145	Jane RICHARDSON	Female 70-74	Okehampton RC	1:11:53	1:12:04
338.	365	Steven COLLERIDGE	Male 60-64		1:11:59	1:12:14
339.	434	Sharon WILLIS	Female 55-59	Newquay Road Runners	1:11:51	1:12:17
340.	390	Bryan KING	Male 65-69	Plymouth Musketeers	1:11:52	1:12:32
341.	389	Louise KING	Female 55-59	Plymouth Musketeers	1:11:52	1:12:32
342.	176	Yvonne TRUDGEON	Female 55-59		1:12:02	1:12:33
343.	159	Jackie MORSE	Female 55-59	Bys Vyken	1:12:02	1:12:34
344.	436	Nina CHELL	Female 40-44	Falmouth Road Runners	1:12:05	1:12:39
345.	335	Denise YEO	Female 45-49		1:12:17	1:12:44
346.	287	Sarah ROSS	Female 55-59	Launceston Road Runners	1:12:43	1:12:54
347.	254	Merwyn QUICK	Female 40-44	Launceston Road Runners	1:12:49	1:13:04
348.	351	Mary GOODACRE	Female 65-69	Tamar Trotters	1:12:54	1:13:06
349.	115	Jacqui MARTIN	Female 45-49	St Austell Running Club	1:12:47	1:13:12
350.	285	Katrina VERRAN	Female 40-44		1:13:03	1:13:18
351.	313	Tom WHITE	Male 40-44		1:12:58	1:13:18
352.	282	Greg Western	Male 45-49	Storm Running Plymouth	1:12:58	1:13:18
353.	271	Madeline POTTEN	Female 16-34		1:13:12	1:13:19
354.	439	Sioned PARRY-RUDLIN	Female 45-49	Falmouth Road Runners	1:12:45	1:13:20
355.	15	Claire HATWELL	Female 35-39	Lonely Goats RC	1:13:05	1:13:25
356.	384	Kate DUDMAN	Female 40-44	Bodmin Womens RC	1:12:55	1:13:32
357.	301	Jon CRYER	Male 65-69		1:13:31	1:13:41
358.	402	Melanie GREAVES	Female 45-49	Bere Alston Trekkers	1:13:10	1:13:44
359.	141	Christopher HENSHAW	Male 55-59		1:13:29	1:13:46
360.	357	Dominika NAWALANY	Female 35-39	Bere Alston Trekkers	1:13:21	1:13:50
361.	201	Joanna SILVA	Female 16-34	Launceston Road Runners	1:13:41	1:13:50
362.	76	Emma JAMES	Female 45-49	Launceston Road Runners	1:13:30	1:13:54
363.	25	Jon JONES	Male 45-49	Looe Pioneers	1:13:43	1:14:08
364.	441	Nigel ROBERTS	Male 35-39	Falmouth Road Runners	1:13:37	1:14:12
365.	258	Anne GOODMAN	Female 55-59	Launceston Road Runners	1:14:09	1:14:21
366.	5	Kostas KOMBOSTIOTIS	Male 45-49	Looe Pioneers	1:14:00	1:14:24
367.	182	Kate MEDHURST	Female 35-39	Bere Alston Trekkers	1:13:57	1:14:24
368.	363	Jessica DAVIES	Female 40-44	St Austell Running Club	1:14:03	1:14:25
369.	221	Andrew ELLIOTT	Male 50-54	Looe Pioneers	1:14:02	1:14:28
370.	445	Bob WILLCOCKS	Male 60-64	Falmouth Road Runners	1:13:56	1:14:30
371.	274	Wesley WELLS	Male 35-39	Tamar Trotters	1:13:57	1:14:34
372.	320	Heather WALKER	Female 16-34		1:14:56	1:15:33
373.	146	Timothea CARDELL	Female 75-79	Hayle Runners	1:14:57	1:15:34
374.	435	Sarah BOOKER	Female 45-49	Falmouth Road Runners	1:15:01	1:15:35
375.	429	Alex Putna	Female 45-49	East Cornwall Harriers	1:15:32	1:15:50
376.	104	David RALLS	Male 65-69	St Austell Running Club	1:15:38	1:15:51
377.	305	Patzy DALBY	Female 50-54		1:15:19	1:15:56
378.	72	Sarah CHOAK	Female 50-54	Falmouth Road Runners	1:15:25	1:15:57
379.	321	Katherine MARTIN	Female 16-34		1:15:32	1:16:07
380.	95	Stephanie COOK	Female 35-39		1:16:10	1:16:19
381.	52	Peter MIDDLETON	Male 60-64	Teignbridge Trotters	1:16:01	1:16:23
382.	100	Michael Wooding	Male 70-74	Newquay Road Runners	1:15:51	1:16:30
383.	334	Lesley PALLETT	Female 50-54	St Austell Running Club	1:16:10	1:16:37
384.	177	Jackie STONE	Female 55-59	Mounts Bay Harriers	1:16:08	1:16:41
385.	374	Alan LITTLEJOHNS	Male 70-74	Launceston Road Runners	1:16:50	1:16:59
386.	225	Samantha HARTE-LATREMOIL	Female 40-44	Bere Alston Trekkers	1:17:00	1:17:28
387.	388	Jennifer BURDEN	Female 35-39	St Austell Running Club	1:17:07	1:17:29
388.	269	Mel PEDRICK	Female 45-49	Plymouth Harriers	1:17:23	1:17:42
389.	173	Laura WILLIAMS	Female 16-34	Hayle Runners	1:17:37	1:18:13
390.	257	Cedric JOHNS	Male 75-79	Carn Runners	1:18:37	1:18:44
391.	280	Mark PASCOE	Male 50-54		1:18:13	1:18:51
392.	33	Joanne BAILEY	Female 45-49	Launceston Road Runners	1:18:36	1:18:52
393.	192	Lesley TAPHOUSE	Female 55-59	Bodmin Road Runners	1:18:38	1:18:53
394.	235	Ann FOSTER	Female 70-74	Tamar Trotters	1:18:18	1:18:55
395.	385	Anna SEYMOUR	Female 35-39	St Austell Running Club	1:18:34	1:18:56

396.	8	Adrian BROWN	Male 40-44	Launceston Road Runners	1:18:48	1:19:18
397.	63	Julie BOLITHO	Female 50-54	Mounts Bay Harriers	1:18:55	1:19:21
398.	415	Karen RYAN	Female 40-44	Tamar Trotters	1:18:59	1:19:37
399.	31	Glennie MCKINLEY	Female 50-54	JP Fitness Cornwall	1:19:12	1:19:42
400.	322	Angela REGAN	Female 55-59		1:19:06	1:19:42
401.	102	Wendy WILLIAMS	Female 55-59	JP Fitness Cornwall	1:19:12	1:19:42
402.	168	Karen FRY	Female 50-54		1:19:28	1:19:45
403.	167	Lorraine HAWKINS	Female 50-54	Launceston Road Runners	1:19:28	1:19:45
404.	314	Joanne VINCENT	Female 45-49		1:19:31	1:19:50
405.	315	Samantha EVERETT	Female 35-39		1:19:32	1:19:51
406.	12	Kathryn LINDO	Female 35-39		1:19:44	1:20:02
407.	14	Fiona COOPER	Female 40-44		1:19:44	1:20:02
408.	118	Jennifer OATWAY	Female 35-39	Plymouth Harriers	1:19:47	1:20:08
409.	91	Jennifer DYER	Female 35-39	Plymouth Harriers	1:19:47	1:20:09
410.	246	Leila KIERSCH	Female 40-44	Launceston Road Runners	1:20:10	1:20:26
411.	256	Cynthia RICHINGS	Female 70-74		1:20:01	1:20:38
412.	319	Frances MORGAN	Female 55-59	Bere Alston Trekkers	1:20:06	1:20:41
413.	281	Julie PASCOE	Female 55-59		1:20:05	1:20:41
414.	318	Jenny MCFARLAND	Female 16-34		1:20:06	1:20:42
415.	96	Kim WATKINS	Female 45-49	Storm Running Plymouth	1:20:29	1:21:00
416.	111	Tracey GARLAND	Female 50-54	Storm Running Plymouth	1:20:29	1:21:00
417.	248	Dawn DIXON	Female 40-44	Storm Running Plymouth	1:20:28	1:21:03
418.	307	James FARR	Male 60-64	Storm Running Plymouth	1:20:31	1:21:05
419.	140	Sam EWART	Female 45-49	St Austell Running Club	1:20:54	1:21:27
420.	143	Christine TODD	Female 55-59	St Austell Running Club	1:20:55	1:21:28
421.	295	Guy COOPER	Male 45-49	Looe Pioneers	1:21:23	1:21:46
422.	154	Claire PAYNE	Female 45-49	Carn Runners	1:21:28	1:21:55
423.	465	Sarah HOWARD	Female 45-49	Cornwall AC	1:22:09	1:22:19
424.	462	Norris KINGTON	Male 80+	Cornwall AC	1:22:11	1:22:22
425.	105	Angela YATES	Female 60-64	St Austell Running Club	1:22:00	1:22:28
426.	323	Charlotte BUNT	Female 40-44	East Cornwall Harriers	1:22:01	1:22:29
427.	325	Kathryn ROWE	Female 40-44		1:22:02	1:22:29
428.	124	Sally TURNER	Female 45-49	St Austell Running Club	1:22:14	1:22:46
429.	232	Jemma ELLIS	Female 16-34	Hayle Runners	1:22:35	1:23:00
430.	98	Sharon WEBBER	Female 45-49	St Austell Running Club	1:22:44	1:23:07
431.	311	Jane MARTIN	Female 55-59	Tavistock AC	1:23:04	1:23:32
432.	283	Laura JAMES	Female 35-39		1:23:57	1:24:09
433.	273	Mai CUDMORE	Female 35-39		1:24:35	1:24:59
434.	163	Darren WILLIAMS	Male 45-49	Plymouth Musketeers	1:24:30	1:25:11
435.	252	Jane PITT	Female 70-74	Totton RC	1:24:57	1:25:19
436.	93	Laura Dodds	Female 16-34	Hayle Runners	1:25:03	1:25:42
437.	122	Janet GRAHAM	Female 45-49		1:25:08	1:25:44
438.	88	Tj SALTER	Female 35-39	Storm Running Plymouth	1:25:08	1:25:44
439.	492	Tamsyn MCGRANE	Female 35-39	Hayle Runners	1:25:06	1:25:44
440.	438	Steven LAWRENCE	Male 65-69	Falmouth Road Runners	1:26:35	1:27:11
441.	166	Kelly Shaw	Female 35-39	Bere Alston Trekkers	1:26:44	1:27:17
442.	20	Teresa TREGARTHEN	Female 50-54		1:27:04	1:27:18
443.	332	David GARRARD	Male 70-74	Falmouth Road Runners	1:27:47	1:28:24
444.	165	Beth MARTIN	Female 16-34		1:27:53	1:28:25
445.	489	Jo LAY	Female 55-59	Hayle Runners	1:28:49	1:29:27
446.	268	Angela LANAWAY	Female 50-54	Bodmin Womens RC	1:28:50	1:29:30
447.	153	Kathryn WEAVER-GORE	Female 55-59	Plymouth Musketeers	1:28:56	1:29:37
448.	90	Kristina JOHNSON	Female 16-34	JP Fitness Cornwall	1:29:21	1:29:54
449.	108	Hilary HEAD	Female 55-59	Bere Alston Trekkers	1:29:24	1:29:54
450.	128	Pauline COLE	Female 50-54	Bere Alston Trekkers	1:29:30	1:30:03
451.	156	Tanisha BRANDON	Female 16-34	Storm Running Plymouth	1:30:17	1:30:52
452.	40	Michelle JONES	Female 45-49	Storm Running Plymouth	1:30:18	1:30:53
453.	169	Emma BOUCHER	Female 16-34		1:32:38	1:33:09
454.	59	Lisa PARR	Female 45-49	Plymouth Harriers	1:33:09	1:33:30
455.	346	Amy DYMOND	Female 16-34	Plymouth Harriers	1:34:07	1:34:28
456.	362	Kerry-Anne WILLIAMS	Female 35-39		1:34:35	1:34:55
457.	360	Veronica WALTERS	Female 45-49		1:34:35	1:34:55
458.	78	Jayne WILLIAMS	Female 45-49	St Austell Running Club	1:35:05	1:35:31
459.	103	Rachel FOUND	Female 45-49	St Austell Running Club	1:35:04	1:35:31
460.	207	Carol PRICE	Female 65-69		1:37:21	1:37:42
461.	203	Kayleigh BUSCOMBE	Female 16-34	St Austell Running Club	1:44:07	1:44:39

462.	55	Mandy BLIGHT	Female 60-64	St Austell Running Club	1:44:08	1:44:40
463.	361	Anna DYMOND	Female 16-34		1:44:28	1:44:48