

## SUMMER TURKEY TROT ñ 3RD JULY 2019

Position	Time	Name	Team	Category	Pace
1	0:21:27	RATCLIFFE, Floyd	Mile High	Male under 20	05:21.7
2	0:21:32	WRIGHT, Oliver	Cornwall AC	Male under 35	05:22.9
3	0:21:45	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:26.2
4	0:21:54	GUPTA, Abhik	Cornwall AC	Male under 20	05:28.4
5	0:21:59	HANLEY, Ryan	Cornwall AC	Male under 35	05:29.7
6	0:22:00	CARTHEY, Tom	Falmouth Road Runners	Male Vet 35-39	05:29.9
7	0:22:01	MARTIN, Andrew	Mile High	Male Vet 35-39	05:30.2
8	0:22:03	BENNEY, Aaron	Mile High	Male Vet 35-39	05:30.7
9	0:22:08	PRUDEN, Emil		Male under 35	05:31.9
10	0:22:11	SMITH, Paul	Cornwall AC	Male Vet 45-49	05:32.7
11	0:22:16	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:33.9
12	0:22:18	SLATTERY, Tom	Cornwall AC	Male under 35	05:34.4
13	0:22:19	GOODCHILD, Sam	Cornwall AC	Male under 20	05:34.7
14	0:22:19	MCWILLIAMS, John	Mounts Bay Harriers	Male Vet 35-39	05:34.7
15	0:22:33	THOMAS, Justin	Cornwall AC	Male Vet 45-49	05:38.2
16	0:22:39	CUTLAN, James	St Austell Running Club	Male under 35	05:39.7
17	0:22:51	TREGONNING, David	St Austell Running Club	Male under 35	05:42.7
18	0:23:00	TREGENZA, Heidi	Cornwall AC	Female under 35	05:44.9
19	0:23:16	WRIGHT, Tony	Cornwall AC	Male Vet 50-54	05:48.9
20	0:23:36	RATCLIFFE, Louis	Cornwall AC	Male under 20	05:53.9
21	0:23:41	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	05:55.1
22	0:23:41	HOWES, Dan	PB Running Club	Male Vet 40-44	05:55.1
23	0:23:45	DEACON, Mark	Looe Pioneers	Male under 35	05:56.1
24	0:23:48	ROWE, Liam	Tri Logic Cornwall	Male under 35	05:56.9
25	0:23:53	MURRANT, Kieran	Falmouth Road Runners	Male under 35	05:58.1
26	0:23:55	DITTY, Graham	Mile High	Male Vet 35-39	05:58.6
27	0:23:57	JENKINS, Anna	Cornwall AC	Female Vet 35-39	05:59.1
28	0:24:05	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	06:01.1
29	0:24:09	STEPTO, Emma	Cornwall AC	Female Vet 45-49	06:02.1
30	0:24:13	MILNES, Abigail	Cornwall AC	Female under 35	06:03.1
31	0:24:15	GALLANTRY, Liam	East Cornwall Harriers	Male under 35	06:03.6
32	0:24:24	JAMES, Jack		Male under 35	06:05.9
33	0:24:25	STANDING, Rob	Truro Running Club	Male Vet 45-49	06:06.1
34	0:24:38	LONGHORN, Jason	Mile High	Male Vet 45-49	06:09.4
35	0:24:51	HEWITT, Jonny	Cornwall AC	Male Vet 35-39	06:12.6
36	0:24:55	TEMPLE, Sian	Newquay Par AC	Female under 20	06:13.6
37	0:25:02	WILLS, David	Falmouth Road Runners	Male Vet 35-39	06:15.4
38	0:25:05	HEAD, Matthew	Cornwall AC	Male under 35	06:16.1
39	0:25:08	MOYLE, Ryan	Mile High	Male Vet 40-44	06:16.9
40	0:25:15	COSTELLO, Nicholas	Hayle Runners	Male under 35	06:18.6
41	0:25:27	DALLAMORE, Thomas	Royal Navy AC	Male under 35	06:21.6
42	0:25:30	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:22.4
43	0:25:34	HEARN, Stephanie	Cornwall AC	Female under 35	06:23.4
44	0:25:37	MANNING, James	Hayle Runners	Male Vet 40-44	06:24.1
45	0:25:40	MOORE, David	Cornwall AC	Male Vet 45-49	06:24.9
46	0:25:41	WALKER, Chris	Newquay Road Runners	Male Vet 45-49	06:25.1
47	0:25:42	WILDING, David	Hayle Runners	Male Vet 40-44	06:25.4
48	0:25:53	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	06:28.1
49	0:25:58	DAVIES, Sam		Male under 35	06:29.4
50	0:26:00	TIMMS, Jake	Falmouth Road Runners	Male under 35	06:29.9
51	0:26:02	EVANS, Julian	Falmouth Road Runners	Male Vet 45-49	06:30.4
52	0:26:02	KNIGHT, Mark	PB Running Club	Male Vet 45-49	06:30.4
53	0:26:04	GAY, Bethan	Dark Peak Fell Runners	Female under 35	06:30.9
54	0:26:10	HOSKIN, Sarah	Mile High	Female Vet 35-39	06:32.4
55	0:26:13	BUNCE, James	Tri Logic Cornwall	Male Vet 35-39	06:33.1
56	0:26:14	MOODY, Tom	Mile High	Male Vet 40-44	06:33.4
57	0:26:16	STOBART, Rebecca	Cornwall AC	Female under 35	06:33.9
58	0:26:17	WILLS, Marcus	East Cornwall Harriers	Male Vet 35-39	06:34.1
59	0:26:20	JEPSON, Aidan	Truro Running Club	Male Vet 35-39	06:34.9
60	0:26:24	SOPP, Thomas	Falmouth Road Runners	Male Vet 45-49	06:35.9

61	0:26:27	COX, Chris	Cornwall AC	Male Vet 45-49	06:36.6
62	0:26:31	CAYTON-SMITH, Charlotte	Newquay Par AC	Female under 35	06:37.6
63	0:26:32	GREER, Mike	St Austell Running Club	Male Vet 35-39	06:37.9
64	0:26:33	BATTY, Michael	Newquay Road Runners	Male Vet 50-54	06:38.1
65	0:26:37	TAMBLING, Lee	St Austell Running Club	Male Vet 35-39	06:39.1
66	0:26:37	TWIGGS, Tim	Mounts Bay Harriers	Male Vet 50-54	06:39.1
67	0:26:40	SANDOE, Sean	Cornwall AC	Male Vet 50-54	06:39.9
68	0:26:41	RENDLE, Steve	Newquay Road Runners	Male Vet 50-54	06:40.1
69	0:26:45	HENDERSON, Mathew	St Austell Running Club	Male under 35	06:41.1
70	0:26:46	AXE, Jason		Male under 35	06:41.4
71	0:26:47	TEMPLE, Ian	Bodmin Road Runners	Male Vet 55-59	06:41.6
72	0:27:00	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	06:44.9
73	0:27:02	FINDLAY, James	Carn Runners	Male under 35	06:45.4
74	0:27:06	EVA, Nathaniel	Hayle Runners	Male under 20	06:46.4
75	0:27:08	OSBORNE, Barry	PB Running Club	Male Vet 45-49	06:46.9
76	0:27:09	THOMAS, Mark	Cornwall AC	Male Vet 40-44	06:47.1
77	0:27:15	PATTERSON, Kaye	East Cornwall Harriers	Female under 35	06:48.6
78	0:27:16	ELDON, Jon	Carn Runners	Male Vet 55-59	06:48.9
79	0:27:16	HAMMOND, Peter	Cornwall AC	Male Vet 50-54	06:48.9
80	0:27:19	TAYLOR, James	Cornwall AC	Male under 35	06:49.6
81	0:27:22	ROONEY, Michael	Mounts Bay Harriers	Male under 35	06:50.4
82	0:27:23	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	06:50.6
83	0:27:23	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 65-69	06:50.6
84	0:27:24	DAVIS, Martin	Newquay Road Runners	Male Vet 60-64	06:50.9
85	0:27:28	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	06:51.9
86	0:27:32	SPENCER, Julian	Truro Running Club	Male Vet 50-54	06:52.9
87	0:27:32	STALLARD, Andrew	Truro Running Club	Male Vet 50-54	06:52.9
88	0:27:35	SKEPLORN, James	Truro Running Club	Male Vet 35-39	06:53.6
89	0:27:36	BOOTY, Paul	Newquay Road Runners	Male Vet 45-49	06:53.9
90	0:27:36	DAVIS, Lydia	Newquay Road Runners	Female under 35	06:53.9
91	0:27:38	CARDEW, Barrie	Carn Runners	Male Vet 60-64	06:54.4
92	0:27:40	MENSING, Claire	Truro Running Club	Female Vet 45-49	06:54.9
93	0:27:41	STAPLES, Danny	Cornwall AC	Male under 20	06:55.1
94	0:27:46	GREENSLADE, Michael	Newquay Road Runners	Male Vet 40-44	06:56.4
95	0:27:47	BRAY, Daniel	St Austell Running Club	Male Vet 35-39	06:56.6
96	0:27:49	JOHNS, Matt	JP Fitness Cornwall	Male Vet 40-44	06:57.1
97	0:27:52	ENGLAND, Frederick	Hayle Runners	Male under 20	06:57.9
98	0:27:54	POPPERWELL, Beth	Mile High	Female Vet 45-49	06:58.4
99	0:27:58	HARRISON-WEBB, Debbie	Hayle Runners	Female Vet 45-49	06:59.4
100	0:28:06	MORRIS, Tony	St Austell Running Club	Male Vet 55-59	07:01.4
101	0:28:07	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	07:01.6
102	0:28:13	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:03.1
103	0:28:15	STANFORD, Joseph	Truro Running Club	Male Vet 45-49	07:03.6
104	0:28:18	KMIEC, Mark	Horwich Harriers	Male under 35	07:04.4
105	0:28:21	GIBSON, Mandy	Looe Pioneers	Female Vet 40-44	07:05.1
106	0:28:23	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:05.6
107	0:28:25	STURGES, Emily	Mounts Bay Harriers	Female under 35	07:06.1
108	0:28:27	ROGERS, Laura	Cornwall AC	Female under 35	07:06.6
109	0:28:27	ALLEN, Gary		Male under 35	07:06.6
110	0:28:28	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:06.9
111	0:28:30	RICHARDS, Stuart	St Austell Running Club	Male Vet 45-49	07:07.4
112	0:28:30	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	07:07.4
113	0:28:32	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:07.9
114	0:28:37	TIPPETTS, Hannah	Falmouth Road Runners	Female under 35	07:09.1
115	0:28:37	MENDES-SCOTT, Dylan	Newquay Road Runners	Male under 20	07:09.1
116	0:28:47	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	07:11.6
117	0:28:51	JOHNS, Philip	Hayle Runners	Male under 35	07:12.6
118	0:28:52	GILES, Alan	St Austell Running Club	Male Vet 35-39	07:12.9
119	0:28:54	MANNERS, Melodie	Hayle Runners	Female under 35	07:13.4
120	0:28:54	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	07:13.4
121	0:28:57	WILSON, Matthew	Cornwall AC	Male Vet 40-44	07:14.1
122	0:29:00	EVANS, Max	Looe Pioneers	Male under 20	07:14.9
123	0:29:01	TOSSELL, Rebecca	Hayle Runners	Female Vet 35-39	07:15.1

124	0:29:07	KITCHEN, Nathan	Cornwall AC	Male Vet 45-49	07:16.6
125	0:29:11	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:17.6
126	0:29:12	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	07:17.9
127	0:29:15	MILLWARD, Andy	Carn Runners	Male Vet 55-59	07:18.6
128	0:29:19	JONES, Stephen	Truro Running Club	Male Vet 35-39	07:19.6
129	0:29:21	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:20.1
130	0:29:21	MULROY, Caitlin	Cornwall AC	Female under 35	07:20.1
131	0:29:26	MARKS, Stacie	St Austell Running Club	Female under 35	07:21.4
132	0:29:28	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	07:21.9
133	0:29:32	HEWITT, Amanda	Cornwall AC	Female Vet 45-49	07:22.9
134	0:29:34	BRAY, Vivian	Cornwall AC	Male Vet 50-54	07:23.4
135	0:29:35	TALLING, Lisa	Newquay Road Runners	Female Vet 50-54	07:23.6
136	0:29:35	ELDING, Shannon	St Austell Running Club	Male under 35	07:23.6
137	0:29:36	LEACH, Ben		Male Vet 40-44	07:23.9
138	0:29:38	WORTH, Sarah	Launceston Road Runners	Female Vet 40-44	07:24.4
139	0:29:39	BUSCOMBE, Ross	St Austell Running Club	Male under 35	07:24.6
140	0:29:42	FOY, David	Falmouth Road Runners	Male Vet 45-49	07:25.4
141	0:29:44	HYNES, Martin	Launceston Road Runners	Male Vet 65-69	07:25.9
142	0:29:48	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:26.9
143	0:29:53	WILLIAMS, Ella	Newquay Road Runners	Female Vet 40-44	07:28.1
144	0:29:57	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:29.1
145	0:30:00	HAYNES, Janet	Mounts Bay Harriers	Female Vet 50-54	07:29.9
146	0:30:02	EGGINTON, Liz	East Cornwall Harriers	Female Vet 50-54	07:30.4
147	0:30:19	WITHAM, Neville	Cornwall AC	Male Vet 60-64	07:34.6
148	0:30:23	SPENCER, Leigh	Newquay Road Runners	Female under 20	07:35.6
149	0:30:25	ROWE, Christopher	Carn Runners	Male Vet 50-54	07:36.1
150	0:30:25	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	07:36.1
151	0:30:29	GOLDRING, Ellen		Female Vet 40-44	07:37.1
152	0:30:29	BURROWS, Lee	Cornwall AC	Male Vet 40-44	07:37.1
153	0:30:29	THOMAS, Steven	Carn Runners	Male Vet 40-44	07:37.1
154	0:30:33	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	07:38.1
155	0:30:35	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	07:38.6
156	0:30:38	TEMPLE, Alison	Bodmin Road Runners	Female Vet 55-59	07:39.4
157	0:30:42	EGGINTON, Michael	East Cornwall Harriers	Male Vet 55-59	07:40.4
158	0:30:45	ELSTONE, Meryl	Carn Runners	Female Vet 50-54	07:41.1
159	0:30:47	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:41.6
160	0:30:50	WEBSTER, Lauren	Newquay Par AC	Female under 20	07:42.4
161	0:30:56	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	07:43.9
162	0:30:58	MAY, Greg	Carn Runners	Male Vet 35-39	07:44.4
163	0:31:00	ASPDEN, Gail	Cornwall AC	Female Vet 50-54	07:44.9
164	0:31:01	TALLING, Sophie	Newquay Road Runners	Female under 35	07:45.1
165	0:31:05	ROWE, Gareth	Newquay Road Runners	Male Vet 60-64	07:46.1
166	0:31:05	COLLETT, Richard	Hayle Runners	Male Vet 35-39	07:46.1
167	0:31:09	COLEY, Alex	East Cornwall Harriers	Male under 35	07:47.1
168	0:31:12	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 40-44	07:47.9
169	0:31:13	COLLINS, Joanna	St Austell Running Club	Female under 35	07:48.1
170	0:31:16	SUDELL, John	East Cornwall Harriers	Male Vet 60-64	07:48.9
171	0:31:17	GRAVES, Les	Newquay Road Runners	Male Vet 60-64	07:49.1
172	0:31:28	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	07:51.9
173	0:31:32	WARREN, Diane	Hayle Runners	Female Vet 60-64	07:52.9
174	0:31:35	GEARING, Nicola	Tri Logic Cornwall	Female Vet 35-39	07:53.6
175	0:31:39	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 40-44	07:54.6
176	0:31:42	WEBB, Sean	Hayle Runners	Male Vet 50-54	07:55.4
177	0:31:48	POULTNEY, Melissa	Hayle Runners	Female Vet 35-39	07:56.9
178	0:31:54	TEMBY, Ross	Newquay Road Runners	Male under 35	07:58.4
179	0:31:55	KNIGHTON, Daniel	Newquay Road Runners	Male under 35	07:58.6
180	0:31:57	VIEIRA, Armando	St Austell Running Club	Male Vet 40-44	07:59.1
181	0:31:59	BULLOCK, Katie	Newquay Road Runners	Female Vet 35-39	07:59.6
182	0:32:02	HANSEN, Wietske	Carn Runners	Female Vet 50-54	08:00.4
183	0:32:04	BRAY, Gennara	St Austell Running Club	Female under 35	08:00.9
184	0:32:09	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	08:02.1
185	0:32:11	GREGORY, Amy	Newquay Road Runners	Female under 35	08:02.6
186	0:32:18	MUNDAY, Caleb	Mounts Bay Harriers	Male Vet 40-44	08:04.4

187	0:32:23	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	08:05.6
188	0:32:26	COX, Jo	Cornwall AC	Female Vet 40-44	08:06.4
189	0:32:27	MONTGOMERY-SMITH, Taryn	St Austell Running Club	Female Vet 40-44	08:06.6
190	0:32:30	WEIR, Alison	Falmouth Road Runners	Female Vet 45-49	08:07.4
191	0:32:34	IVERSON, Alistair	JP Fitness Cornwall	Male Vet 35-39	08:08.4
192	0:32:38	O'GORMAN, Anthony	Newquay Road Runners	Male Vet 45-49	08:09.4
193	0:32:40	STEPTO, Brett	Cornwall AC	Male Vet 40-44	08:09.9
194	0:32:44	WALE, Mathew	Newquay Road Runners	Male under 35	08:10.9
195	0:32:45	PELLOWE, Olivia	Carn Runners	Female Vet 40-44	08:11.1
196	0:32:47	SARGENT, Pete	South West Vets AC	Male Vet 70-74	08:11.6
197	0:33:01	CARTER, Anna	Newquay Road Runners	Female under 35	08:15.1
198	0:33:06	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	08:16.4
199	0:33:10	PLAYER, Lisa	Newquay Road Runners	Female Vet 55-59	08:17.4
200	0:33:18	LEE, Trevor	Truro Running Club	Male Vet 55-59	08:19.4
201	0:33:21	HOWARD, Tiffany	Cornwall AC	Female under 35	08:20.1
202	0:33:35	DREW, Peter	Carn Runners	Male Vet 70-74	08:23.6
203	0:33:36	HAWLEY, Michelle		Female under 35	08:23.9
204	0:33:39	ROWE, Bryony		Female under 35	08:24.6
205	0:33:43	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	08:25.6
206	0:33:45	BRIGHT, Jonny	Falmouth Road Runners	Male under 35	08:26.1
207	0:33:45	PALMER, Marrick	Falmouth Road Runners	Male under 20	08:26.1
208	0:33:48	MULROY, Kayliegh		Female under 35	08:26.9
209	0:33:50	WILLSON, Andrew		Male Vet 35-39	08:27.4
210	0:33:52	MANSFIELD, Sue	Truro Running Club	Female Vet 55-59	08:27.9
211	0:33:54	REED, Michael	Bodmin Road Runners	Male Vet 50-54	08:28.4
212	0:33:54	WILKINSON, Sarah	Newquay Road Runners	Female Vet 55-59	08:28.4
213	0:33:56	HUMBLES, Frazer	Hayle Runners	Male Vet 35-39	08:28.9
214	0:33:59	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	08:29.6
215	0:34:03	GORTON, John	Mounts Bay Harriers	Male Vet 65-69	08:30.6
216	0:34:04	SMITH, Hannah	Hayle Runners	Female under 35	08:30.9
217	0:34:07	PENHAUL, Antony	Mounts Bay Harriers	Male Vet 70-74	08:31.6
218	0:34:09	WILLITTS, Vanessa	Newquay Road Runners	Female under 35	08:32.1
219	0:34:17	GREENSLADE, Martin	Vegan Runners	Male Vet 45-49	08:34.1
220	0:34:23	TOWNEND, Stewart	Hayle Runners	Male Vet 75-79	08:35.6
221	0:34:26	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	08:36.4
222	0:34:27	LOCK, Zoe	Hayle Runners	Female Vet 35-39	08:36.6
223	0:34:28	ALLEN, Sarah	Carn Runners	Female Vet 45-49	08:36.9
224	0:34:33	LYDALL, Denise	Falmouth Road Runners	Female Vet 50-54	08:38.1
225	0:34:35	GLENCROSS, Matthew		Male Vet 45-49	08:38.6
226	0:34:40	BENNETTS, Shaun	Hayle Runners	Male Vet 50-54	08:39.9
227	0:34:44	GARSIDE, Jane	Newquay Road Runners	Female Vet 50-54	08:40.9
228	0:34:47	BLACKBEARD, Marie	St Austell Running Club	Female Vet 50-54	08:41.6
229	0:34:49	FLANNIGAN, Miranda	Cornwall AC	Female Vet 45-49	08:42.1
230	0:34:52	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	08:42.9
231	0:34:56	POWELL, Tom	Falmouth Road Runners	Male under 35	08:43.9
232	0:34:57	JAYNE, Samantha	Newquay Road Runners	Female Vet 45-49	08:44.1
233	0:35:00	HAM, Neil	Cornwall AC	Male Vet 50-54	08:44.9
234	0:35:02	WATSON, Janet	Falmouth Road Runners	Female Vet 65-69	08:45.4
235	0:35:03	PLAYER, Garry	Newquay Road Runners	Male Vet 50-54	08:45.6
236	0:35:06	WARD, Malcolm	Falmouth Road Runners	Male Vet 60-64	08:46.4
237	0:35:07	WILCOX, David	Truro Running Club	Male Vet 40-44	08:46.6
238	0:35:10	WILTON, David	Falmouth Road Runners	Male Vet 60-64	08:47.4
239	0:35:10	HENWOOD, Phillip	Newquay Road Runners	Male Vet 40-44	08:47.4
240	0:35:11	ROWE, Jane	Newquay Road Runners	Female Vet 55-59	08:47.6
241	0:35:13	GALE, Keith	Mounts Bay Harriers	Male Vet 45-49	08:48.1
242	0:35:13	JONES, Simon	Mounts Bay Harriers	Male Vet 45-49	08:48.1
243	0:35:14	RICHARDS, Clair	Carn Runners	Female Vet 40-44	08:48.4
244	0:35:15	RICHARDS, Paul		Male Vet 40-44	08:48.6
245	0:35:20	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	08:49.9
246	0:35:21	KENT, Carly	Falmouth Road Runners	Female Vet 35-39	08:50.1
247	0:35:25	CREHAN, Kate	Hayle Runners	Female Vet 35-39	08:51.1
248	0:35:26	CORNISH, Trevor	Hayle Runners	Male Vet 50-54	08:51.4
249	0:35:32	BOSUSTOW, John	JP Fitness Cornwall	Male Vet 45-49	08:52.9

250	0:35:39	JONES, Cheryl	JP Fitness Cornwall	Female Vet 35-39	08:54.6
251	0:35:44	SKYBA, Joanna	St Austell Running Club	Female Vet 35-39	08:55.9
252	0:35:45	THURSTON, Katie	JP Fitness Cornwall	Female Vet 40-44	08:56.1
253	0:35:49	VIGGERS, Vickie	PB Running Club	Female Vet 40-44	08:57.1
254	0:35:59	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	08:59.6
255	0:36:00	VIEIRA, Paula	St Austell Running Club	Female Vet 40-44	08:59.9
256	0:36:11	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	09:02.6
257	0:36:13	WALTERS, Adam	Newquay Road Runners	Male Vet 35-39	09:03.1
258	0:36:17	FELL, Kim	St Austell Running Club	Female under 35	09:04.1
259	0:36:19	LOVIE, Sian	JP Fitness Cornwall	Female under 35	09:04.6
260	0:36:21	CLEMENTS, John	Carn Runners	Male Vet 55-59	09:05.1
261	0:36:22	ELLIOTT, Tania	Looe Pioneers	Female Vet 45-49	09:05.4
262	0:36:26	JAMES, Laura		Female Vet 35-39	09:06.4
263	0:36:26	CATTERALL, Diane	Carn Runners	Female under 35	09:06.4
264	0:36:28	WEBB, Sarah	Falmouth Road Runners	Female Vet 45-49	09:06.9
265	0:36:30	SYKES, Sue	JP Fitness Cornwall	Female Vet 55-59	09:07.4
266	0:36:31	HALLIDAY, Bryony	Cornwall AC	Female under 35	09:07.6
267	0:36:38	LILLIS, John	Newquay Road Runners	Male Vet 70-74	09:09.4
268	0:36:41	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	09:10.1
269	0:36:44	ELLIOTT, Andrew	Looe Pioneers	Male Vet 50-54	09:10.9
270	0:36:47	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 55-59	09:11.6
271	0:36:50	HOSKEN, Lucy	Newquay Road Runners	Female under 35	09:12.4
272	0:36:50	HALL, Becky	Newquay Road Runners	Female Vet 35-39	09:12.4
273	0:36:51	HEARNDEN, Megan	Looe Pioneers	Female under 20	09:12.6
274	0:36:55	DREWETT, Toby	Hayle Runners	Male Vet 40-44	09:13.6
275	0:36:58	ALLEN, Rebecca	Carn Runners	Female under 35	09:14.4
276	0:37:00	HALL, Brett		Male Vet 35-39	09:14.9
277	0:37:00	TAYLOR, Emma		Female Vet 35-39	09:14.9
278	0:37:01	HAMACHER, Norbert	Truro Running Club	Male Vet 60-64	09:15.1
279	0:37:07	WILLIAMS, Graham	Stafford Harriers	Male Vet 70-74	09:16.6
280	0:37:11	BOWDEN, Richard		Male Vet 55-59	09:17.6
281	0:37:17	WILSON, Becky		Female Vet 35-39	09:19.1
282	0:37:18	CUFF, Linda	Looe Pioneers	Female Vet 50-54	09:19.4
283	0:37:18	MULROY, Karen		Female Vet 55-59	09:19.4
284	0:37:20	CANN, Marie Ann	Mounts Bay Harriers	Female Vet 45-49	09:19.9
285	0:37:24	EVA, Amanda	Truro Running Club	Female Vet 55-59	09:20.9
286	0:37:26	HADEN, Heidi	Cornwall AC	Female Vet 35-39	09:21.4
287	0:37:28	LONG, Fran	Hayle Runners	Female Vet 55-59	09:21.9
288	0:37:31	RUBERRY, Hannah	Falmouth Road Runners	Female under 35	09:22.6
289	0:37:34	GORE, Jamie	Hayle Runners	Female under 35	09:23.4
290	0:37:36	RUSSELL, Fiona	Truro Running Club	Female Vet 50-54	09:23.9
291	0:37:43	MENZIES, Roger	Newquay Road Runners	Male Vet 45-49	09:25.6
292	0:37:46	LEO, Cas	Hayle Runners	Male Vet 55-59	09:26.4
293	0:37:52	MACK, Mike	Carn Runners	Male Vet 70-74	09:27.9
294	0:37:54	MCLELLAN, Clare		Female Vet 45-49	09:28.4
295	0:37:57	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	09:29.1
296	0:38:01	MCGRANE, Tamsyn	Hayle Runners	Female Vet 35-39	09:30.1
297	0:38:06	TRELVEN, Sandra	Mounts Bay Harriers	Female Vet 45-49	09:31.4
298	0:38:06	HOPKINS, Karen		Female Vet 45-49	09:31.4
299	0:38:08	CLARKE, Dale	Hayle Runners	Male Vet 50-54	09:31.9
300	0:38:09	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	09:32.1
301	0:38:10	JENKIN, Richard	Cornwall AC	Male Vet 75-79	09:32.4
302	0:38:21	JANES, Anita	Hayle Runners	Female Vet 50-54	09:35.1
303	0:38:24	GREEN, Marie	Falmouth Road Runners	Female Vet 40-44	09:35.9
304	0:38:25	DAVISON, Mick	Newquay Road Runners	Male Vet 45-49	09:36.1
305	0:38:26	PENHALIGON, James	Newquay Road Runners	Male under 35	09:36.4
306	0:38:30	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 50-54	09:37.4
307	0:38:38	GREER, Miranda	St Austell Running Club	Female Vet 35-39	09:39.4
308	0:38:45	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	09:41.1
309	0:38:50	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	09:42.4
310	0:38:53	ADAMS, Hannah	St Austell Running Club	Female Vet 40-44	09:43.1
311	0:38:55	WEBSTER, Katherine	Newquay Road Runners	Female Vet 40-44	09:43.6
312	0:38:58	GOWER, Lisa	Tri Logic Cornwall	Female Vet 45-49	09:44.4

313	0:38:59	EDDY, Sarah		Female under 35	09:44.6
314	0:39:07	KNEALE, Helen		Female Vet 40-44	09:46.6
315	0:39:11	LIDIARD, Sandra	Bodmin Womens RC	Female Vet 45-49	09:47.6
316	0:39:11	ORCHARD, Stacey	JP Fitness Cornwall	Female under 35	09:47.6
317	0:39:12	WILLIS, Sharon	Newquay Road Runners	Female Vet 55-59	09:47.9
318	0:39:12	WILLIAMS, Wendy	JP Fitness Cornwall	Female Vet 55-59	09:47.9
319	0:39:12	WILGROSS, Gillian		Female Vet 55-59	09:47.9
320	0:39:13	NORTHCOTT, Sandra	Looe Pioneers	Female Vet 45-49	09:48.1
321	0:39:15	FLANAGAN, Rachel	Falmouth Road Runners	Female Vet 50-54	09:48.6
322	0:39:19	KMIEC, Angela	Horwich Harriers	Female under 35	09:49.6
323	0:39:20	STUTELEY, Rebecca	JP Fitness Cornwall	Female Vet 35-39	09:49.9
324	0:39:26	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	09:51.4
325	0:39:40	STONE, Jackie	Mounts Bay Harriers	Female Vet 55-59	09:54.9
326	0:39:42	RAIKER, Diana	Falmouth Road Runners	Female under 35	09:55.4
327	0:39:43	CARTER, Andrea	Truro Running Club	Female Vet 50-54	09:55.6
328	0:39:44	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	09:55.9
329	0:39:47	JAMESON, Judy	Carn Runners	Female Vet 60-64	09:56.6
330	0:39:50	DILLEIGH, Katherine	Carn Runners	Female Vet 45-49	09:57.4
331	0:39:58	BOND, Nina	Looe Pioneers	Female under 35	09:59.4
332	0:39:58	JONES, Susan	Looe Pioneers	Female Vet 45-49	09:59.4
333	0:40:01	BOYCE, Christian	Looe Pioneers	Male Vet 45-49	10:00.1
334	0:40:07	DORMER, Kathran	Falmouth Road Runners	Female Vet 65-69	10:01.6
335	0:40:12	WALKER, Chris		Male Vet 50-54	10:02.9
336	0:40:14	HOLT, Ashley	Carn Runners	Female under 35	10:03.4
337	0:40:26	BOOKER, Sarah	Falmouth Road Runners	Female Vet 45-49	10:06.4
338	0:40:32	WADE, Margaret	Carn Runners	Female Vet 65-69	10:07.9
339	0:40:39	AVERY, Ruth	JP Fitness Cornwall	Female Vet 45-49	10:09.6
340	0:40:43	MUNDAY, Terri	Mounts Bay Harriers	Female Vet 40-44	10:10.6
341	0:40:47	PAULL, Donna		Female Vet 40-44	10:11.6
342	0:40:55	LITTLEJOHNS, Alan	Launceston Road Runners	Male Vet 70-74	10:13.6
343	0:41:10	RAPIER, Jacquie	Falmouth Road Runners	Female Vet 60-64	10:17.4
344	0:41:10	SAVERTON, Peter	Falmouth Road Runners	Male Vet 60-64	10:17.4
345	0:41:12	BOWDEN, Sally	Newquay Road Runners	Female Vet 55-59	10:17.9
346	0:41:28	JOSE, Natasha		Female Vet 40-44	10:21.9
347	0:41:31	NELSON, Sadie	PB Running Club	Female Vet 40-44	10:22.6
348	0:41:33	KERSLAKE, Stephanie		Female Vet 40-44	10:23.1
349	0:41:38	POPE, Julie		Female Vet 50-54	10:24.4
350	0:41:43	RALLS, David	St Austell Running Club	Male Vet 65-69	10:25.6
351	0:41:46	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	10:26.4
352	0:41:48	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:26.9
353	0:41:52	MARSH, Kathryn	Carn Runners	Female Vet 40-44	10:27.9
354	0:41:52	PAYNE, Claire	Carn Runners	Female Vet 45-49	10:27.9
355	0:42:06	SINCLAIR, Nichola	Bodmin Road Runners	Female Vet 50-54	10:31.4
356	0:42:10	THOMAS, Nina	Cornwall AC	Female Vet 40-44	10:32.4
357	0:42:14	WOODING, Michael	Newquay Road Runners	Male Vet 70-74	10:33.4
358	0:42:16	WILLIAMS, Emma	JP Fitness Cornwall	Female Vet 35-39	10:33.9
359	0:42:22	CARDELL, Timothea	Hayle Runners	Female Vet 75+	10:35.4
360	0:42:35	CHOAK, Sarah	Falmouth Road Runners	Female Vet 50-54	10:38.6
361	0:42:44	JOHNS, Cedric	Carn Runners	Male Vet 75-79	10:40.9
362	0:42:46	MCNAUGHTON, Nikki		Female Vet 45-49	10:41.4
363	0:42:55	ATHERTON, Julie	Bodmin Road Runners	Female Vet 50-54	10:43.6
364	0:42:58	GORE, Amanda		Female Vet 60-64	10:44.4
365	0:43:18	TODD, Christine	St Austell Running Club	Female Vet 55-59	10:49.4
366	0:43:29	WALKER, Diane	St Austell Running Club	Female Vet 55-59	10:52.1
367	0:43:35	STURGES, Deborah	Mounts Bay Harriers	Female Vet 55-59	10:53.6
368	0:43:53	MCKINLEY, Glennie	JP Fitness Cornwall	Female Vet 50-54	10:58.1
369	0:43:58	YATES, Angela	St Austell Running Club	Female Vet 60-64	10:59.4
370	0:44:03	WHERRY, Lorraine	St Austell Running Club	Female Vet 55-59	11:00.6
371	0:44:07	HOWARD, Sarah	Cornwall AC	Female Vet 45-49	11:01.6
372	0:44:22	SMITH, Jade		Female under 35	11:05.4
373	0:44:22	ATKIN, Amy		Female under 35	11:05.4
374	0:44:23	SEYMOUR, Anna	St Austell Running Club	Female Vet 35-39	11:05.6
375	0:44:28	TRUDGEN, Susan	St Austell Running Club	Female Vet 55-59	11:06.9

376	0:44:33	ATKINSON, Emmi	Cornwall AC	Female under 35	11:08.1
377	0:44:42	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	11:10.4
378	0:44:57	KINGTON, Norris	Cornwall AC	Male Vet 75-79	11:14.1
379	0:45:12	COOPER, Guy	Looe Pioneers	Male Vet 45-49	11:17.8
380	0:45:14	SYCAMORE, Grace	Hayle Runners	Female under 35	11:18.3
381	0:45:30	STEVENS, Angela	Looe Pioneers	Female Vet 55-59	11:22.3
382	0:45:30	RADLEY, Tracey	Carn Runners	Female Vet 45-49	11:22.3
383	0:45:32	HUNT, Zoe	Carn Runners	Female Vet 40-44	11:22.8
384	0:45:51	ELLIS, Jemma	Hayle Runners	Female under 35	11:27.6
385	0:46:11	EWART, Sam	St Austell Running Club	Female Vet 45-49	11:32.6
386	0:46:33	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	11:38.1
387	0:46:36	WATKISS, Sam	Newquay Road Runners	Female under 35	11:38.8
388	0:46:38	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	11:39.3
389	0:46:38	FOUND, Rachel	St Austell Running Club	Female Vet 45-49	11:39.3
390	0:46:39	TURNER, Sally	St Austell Running Club	Female Vet 45-49	11:39.6
391	0:46:39	FISHER, Donna	Newquay Road Runners	Female Vet 35-39	11:39.6
392	0:46:52	TREVAINS, Rosie	Bodmin Womens RC	Female under 35	11:42.8
393	0:46:52	LANAWAY, Angela	Bodmin Womens RC	Female Vet 50-54	11:42.8
394	0:47:01	SENIOR, Vicky	Looe Pioneers	Female Vet 35-39	11:45.1
395	0:47:12	LAY, Jo	Hayle Runners	Female Vet 55-59	11:47.8
396	0:47:17	PENGELLY, Shaun	Looe Pioneers	Male Vet 50-54	11:49.1
397	0:47:22	WILLS, Janet	St Austell Running Club	Female Vet 65-69	11:50.3
398	0:48:18	JAGO, Lisa	Looe Pioneers	Female Vet 45-49	12:04.3
399	0:48:45	VERCOE, Lisa-Marie	St Austell Running Club	Female Vet 45-49	12:11.1
400	0:49:32	RICHARDS, Charlotte	Cornwall AC	Female Vet 45-49	12:22.8
401	0:49:39	MATTHEWS, John	Royal Wootton Hounds	Male Vet 80+	12:24.6
402	0:50:42	JOHNSON, Kristina	JP Fitness Cornwall	Female under 35	12:40.3
403	0:50:54	DARK, Donna		Female under 35	12:43.3
404	0:51:20	HANNAFORD, Edwina	Looe Pioneers	Female Vet 55-59	12:49.8
405	0:51:28	STONE, Claire	Hayle Runners	Female Vet 35-39	12:51.8
406	0:51:36	WILLIAMS, Jayne	St Austell Running Club	Female Vet 45-49	12:53.8
407	0:52:07	HOWARD, Abigail		Female under 35	13:01.6
408	0:52:09	HOWARD, Letitia		Female under 35	13:02.1
409	0:56:36	WARREN, Janice	Cornwall AC	Female Vet 65-69	14:08.8
410	0:57:34	BUSCOMBE, Kayleigh	St Austell Running Club	Female under 35	14:23.3
411	0:57:34	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	14:23.3
412	1:01:13	VENNING, Ann	Launceston Road Runners	Female Vet 65-69	15:18.1