

## TREGGY 7 – 2ND SEPTEMBER 2018

Position	Time	Name	Team	Category	Pace	No
1	0:38:52	COLE, Jim	Tavistock Run Project	Male Vet 35-39	05:33.0	273
2	0:40:29	WRIGHT, Tony	Cornwall AC	Male Vet 50-54	05:46.9	418
3	0:40:55	BECKENKRAGER, David	Plymouth Harriers	Male Vet 45-49	05:50.6	107
4	0:41:09	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:52.6	419
5	0:41:27	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:55.2	417
6	0:42:28	DANIELS, Alex	Newquay Road Runners	Male Vet 45-49	06:03.9	57
7	0:42:39	TREGONNING, David	St Austell Running Club	Male under 35	06:05.5	223
8	0:43:23	CUTLAN, James	St Austell Running Club	Male under 35	06:11.7	201
9	0:43:27	WHERRY, Steve	Hayle Runners	Male Vet 50-54	06:12.3	155
10	0:43:29	STEPTO, Emma	Cornwall AC	Female Vet 45-49	06:12.6	426
11	0:43:30	TREGENZA, Heidi	Cornwall AC	Female under 35	06:12.7	429
12	0:43:42	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:14.5	124
13	0:43:47	HORN, Edward	Launceston Road Runners	Male under 35	06:15.2	294
14	0:43:51	FULLER, Stephen	Hayle Runners	Male Vet 50-54	06:15.7	145
15	0:43:59	PAULL, Emma	Hayle Runners	Female under 35	06:16.9	310
16	0:44:10	CARTHEY, Tom	Falmouth Road Runners	Male Vet 35-39	06:18.5	106
17	0:44:19	BARRETT, Chris	Hayle Runners	Male Vet 45-49	06:19.7	164
18	0:44:23	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:20.3	334
19	0:44:25	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	06:20.6	280
20	0:44:31	STONES, Olivia		Female under 35	06:21.5	480
21	0:44:37	HEARD, Mark		Male Vet 50-54	06:22.3	119
22	0:44:47	ROSENFELD, Thomas	Hayle Runners	Male Vet 35-39	06:23.7	303
23	0:45:07	BROWN, Blake	Falmouth Road Runners	Male under 35	06:26.6	324
24	0:45:42	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:31.6	194
25	0:45:50	DAY, Justin	Cornwall AC	Male Vet 45-49	06:32.7	409
26	0:45:52	KEY, Andrew	Carn Runners	Male under 35	06:33.0	123
27	0:45:58	WILLIAMS, James	Cornwall AC	Male under 35	06:33.9	345
28	0:46:13	JARVIS, Anthony	St Austell Running Club	Male Vet 45-49	06:36.0	376
29	0:46:26	DEACON, Mark	Looe Pioneers	Male under 35	06:37.9	489
30	0:46:30	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:38.5	134
31	0:46:34	DAVIES, James	Truro Running Club	Male Vet 35-39	06:39.0	347
32	0:46:35	WILLS, David	Falmouth Road Runners	Male Vet 35-39	06:39.2	70
33	0:46:43	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	06:40.3	318
34	0:46:53	VOADEN, Roger	Okehampton RC	Male Vet 50-54	06:41.7	359
35	0:47:00	BOND, Haydon	Okehampton RC	Male under 35	06:42.7	153
36	0:47:11	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	06:44.3	237
37	0:47:13	TIMMS, Jake	Falmouth Road Runners	Male under 35	06:44.6	323
38	0:47:17	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 40-44	06:45.2	41
39	0:47:22	EZRA, Rebecca	Tamar Trotters	Female under 35	06:45.9	259
40	0:47:24	EVANS, Darren	Launceston Road Runners	Male Vet 35-39	06:46.2	234
41	0:47:38	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:48.2	327
42	0:47:41	VERNON, Andrew	Okehampton RC	Male Vet 50-54	06:48.6	143
43	0:47:48	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:49.6	198
44	0:48:00	BROWN, Steven	Falmouth Road Runners	Male Vet 50-54	06:51.3	325
45	0:48:08	BAKER, Emma	Launceston Road Runners	Female under 35	06:52.5	208
46	0:48:13	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	06:53.2	178
47	0:48:17	ARMSTRONG, James	Tavistock AC	Male under 35	06:53.7	378
48	0:48:20	HAM, James		Male under 35	06:54.2	435
49	0:48:24	HEARN, Stephanie	Cornwall AC	Female under 35	06:54.7	430
50	0:48:40	TAPHOUSE, Joshua	Bodmin Road Runners	Male under 35	06:57.0	304
51	0:48:54	MANNING, James	Hayle Runners	Male Vet 35-39	06:59.0	275
52	0:49:05	GREER, Mike	St Austell Running Club	Male Vet 35-39	07:00.6	211
53	0:49:29	RENDLE, Steve	Newquay Road Runners	Male Vet 50-54	07:04.0	474
54	0:49:51	WILLIAMS, Gary	Looe Pioneers	Male under 35	07:07.2	88
55	0:49:52	ROBERTS, Malcolm	St Austell Running Club	Male Vet 65-69	07:07.3	140
56	0:50:00	CHANNON, Lee	Cornwall AC	Male Vet 40-44	07:08.5	434
57	0:50:03	COX, Steve	Launceston Road Runners	Male Vet 50-54	07:08.9	270

58	0:50:18	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	07:11.0	8
59	0:50:21	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	07:11.4	2
60	0:50:33	BATCHELOR, David	Hayle Runners	Male Vet 60-64	07:13.2	127
61	0:50:42	GRZENDA, Matthew	Plymouth Musketeers	Male Vet 40-44	07:14.4	301
62	0:50:52	JOHNS, Chris		Male Vet 45-49	07:15.9	406
63	0:50:55	NITHAVRIANAKIS, Mike		Male Vet 50-54	07:16.3	404
64	0:50:57	WARD, Joshua		Male under 35	07:16.6	165
65	0:50:58	STRINGER, Matthew		Male under 35	07:16.7	148
66	0:50:58	PARSONS, Matt		Male under 35	07:16.7	315
67	0:51:00	FOSTER, Richard	Launceston Road Runners	Male Vet 45-49	07:17.0	193
68	0:51:11	WATSON, Jamie		Male Vet 35-39	07:18.6	285
69	0:51:13	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:18.9	170
70	0:51:20	FIRTH, Anthony	Tamar Trotters	Male Vet 50-54	07:19.9	442
71	0:51:22	PETERSEN, Guy	Tamar Trotters	Male Vet 45-49	07:20.2	240
72	0:51:32	COLEING, Nick		Male under 35	07:21.6	407
73	0:51:35	KEARNS, Joe	East Cornwall Harriers	Male Vet 55-59	07:22.0	187
74	0:51:40	SZYMANSKI, Pawel	Launceston Road Runners	Male Vet 35-39	07:22.7	183
75	0:51:40	QUEEN, Stuart	Plymouth Musketeers	Male Vet 45-49	07:22.7	236
76	0:51:41	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:22.9	291
77	0:51:45	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	07:23.4	182
78	0:51:53	SPENCER, Julian	Truro Running Club	Male Vet 50-54	07:24.6	350
79	0:51:55	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:24.9	142
80	0:51:57	COX, Daniel	Bodmin Road Runners	Male under 35	07:25.2	76
81	0:52:00	WALLBANK, Rob	St Austell Running Club	Male Vet 35-39	07:25.6	71
82	0:52:04	HOWARD, Charlene		Female under 35	07:26.2	146
83	0:52:07	JARRAM, Ben	Launceston Road Runners	Male under 35	07:26.6	53
84	0:52:10	ALDIS, Phil	Bude Rats	Male Vet 55-59	07:27.0	391
85	0:52:11	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	07:27.2	459
86	0:52:14	MOSSOP, Emma	Falmouth Road Runners	Female Vet 40-44	07:27.6	333
87	0:52:28	BREMNER, Jane	Tamar Trotters	Female Vet 60-64	07:29.6	440
88	0:52:30	HENDERSON, Mathew	St Austell Running Club	Male under 35	07:29.9	111
89	0:52:32	TREVENA, Nigel	Cornwall AC	Male Vet 50-54	07:30.2	416
90	0:52:33	KINSMAN, Paul	Bude Rats	Male Vet 50-54	07:30.3	258
91	0:52:37	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:30.9	212
92	0:52:42	BEAN, Anthony		Male Vet 40-44	07:31.6	393
93	0:52:45	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:32.0	458
94	0:52:54	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:33.3	314
95	0:52:59	ALLAN, Matt		Male Vet 35-39	07:34.0	115
96	0:53:04	STANFORD, Joseph	Bodmin Road Runners	Male Vet 40-44	07:34.7	487
97	0:53:04	MORRIS, Tony	St Austell Running Club	Male Vet 50-54	07:34.7	217
98	0:53:05	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 50-54	07:34.9	330
99	0:53:11	TARRANT, Rachael	Plymouth Musketeers	Female Vet 45-49	07:35.7	320
100	0:53:14	BENNETT, Charlotte	Hayle Runners	Female Vet 45-49	07:36.2	278
101	0:53:30	O'BRIEN, Kate		Female under 35	07:38.4	298
102	0:53:30	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	07:38.4	309
103	0:53:31	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:38.6	220
104	0:53:31	ROPER, Peter	Victory A C	Male Vet 45-49	07:38.6	261
105	0:53:37	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:39.4	101
106	0:53:40	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:39.9	33
107	0:53:53	MACKELLAR, Billy	Bodmin Road Runners	Male Vet 50-54	07:41.7	311
108	0:53:58	RICHARDSON, Mark		Male Vet 45-49	07:42.4	286
109	0:54:05	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	07:43.4	160
110	0:54:05	SHIRLEY, Rich	St Austell Running Club	Male under 35	07:43.4	307
111	0:54:16	ATKINSON-BEAUMONT, Ross	Mounts Bay Harriers	Male Vet 35-39	07:45.0	12
112	0:54:20	ATKINSON-BEAUMONT, David	Mounts Bay Harriers	Male Vet 35-39	07:45.6	11
113	0:54:23	JACK, Sean	Bude Rats	Male Vet 55-59	07:46.0	150
114	0:54:33	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:47.4	344
115	0:54:35	TOWE, Ben		Male Vet 45-49	07:47.7	48
116	0:54:38	REGAN, Alicia	Plymouth Harriers	Female under 35	07:48.2	398
117	0:54:40	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	07:48.4	52
118	0:54:42	ANGILLEY, Jayne	Cornwall AC	Female Vet 55-59	07:48.7	421

119	0:54:50	BAZLEY, Peter	Tavistock AC	Male Vet 60-64	07:49.9	121
120	0:54:58	TIPPETTS, Hannah	Falmouth Road Runners	Female under 35	07:51.0	340
121	0:55:05	HARTILL, Taylor	Bodmin Road Runners	Male under 35	07:52.0	308
122	0:55:15	MILLS, Jenny	Launceston Road Runners	Female Vet 65-69	07:53.4	354
123	0:55:21	DANIELS, Stuart		Male Vet 50-54	07:54.3	491
124	0:55:22	HOUGHTON, Andrew	Tavistock AC	Male Vet 70-74	07:54.4	353
125	0:55:25	TOSSELL, Rebecca	Hayle Runners	Female Vet 35-39	07:54.9	317
126	0:55:26	SPENCER, Chris		Male Vet 55-59	07:55.0	357
127	0:55:30	TRUDGEON, Steve	Mud Crew Trail Runners	Male Vet 35-39	07:55.6	295
128	0:55:32	HOADLEY, Keith	Torrington AAC	Male Vet 50-54	07:55.9	230
129	0:55:36	KAPPEES, Jonathan		Male Vet 45-49	07:56.4	231
130	0:55:37	CARTER, Lee	Newquay Road Runners	Male under 35	07:56.6	461
131	0:55:38	HARTILL, Gail	Bodmin Road Runners	Female Vet 40-44	07:56.7	276
132	0:55:40	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	07:57.0	22
133	0:55:44	BUCKINGHAM, Edward	Tamar Trotters	Male Vet 45-49	07:57.6	181
134	0:55:47	HEWITT, Amanda	Cornwall AC	Female Vet 45-49	07:58.0	424
135	0:55:52	PEARCE, Julia	Cornwall AC	Female Vet 40-44	07:58.7	425
136	0:55:54	GAY, Jennifer	Truro Running Club	Female under 35	07:59.0	348
137	0:55:56	FIELDER, Gary	Bere Alston Trekkers	Male Vet 35-39	07:59.3	482
138	0:56:02	HELSON, Neil		Male Vet 45-49	08:00.2	38
139	0:56:05	JONES, Stephen CR	Carn Runners	Male Vet 45-49	08:00.6	80
140	0:56:06	COLE, Tracyann	Tavistock AC	Female Vet 45-49	08:00.7	185
141	0:56:09	CRABB, Sally	Looe Pioneers	Female Vet 40-44	08:01.2	45
142	0:56:17	GOWER, Lisa	St Austell Running Club	Female Vet 35-39	08:02.3	210
143	0:56:18	SHAW, Louisa	Launceston Road Runners	Female Vet 35-39	08:02.4	382
144	0:56:20	VOSPER, Andy	Bodmin Road Runners	Male Vet 55-59	08:02.7	433
145	0:56:22	HITCHENS, Wietske	Carn Runners	Female Vet 50-54	08:03.0	358
146	0:56:35	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	08:04.9	72
147	0:56:39	BERRY, Andy	Launceston Road Runners	Male Vet 40-44	08:05.4	36
148	0:56:42	CLITHEROW, Hana	Truro Running Club	Female Vet 55-59	08:05.9	346
149	0:56:43	WILSON, Matthew	Cornwall AC	Male Vet 40-44	08:06.0	420
150	0:56:44	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	08:06.2	428
151	0:56:50	ASPDEN, Gail	Cornwall AC	Female Vet 45-49	08:07.0	177
152	0:56:50	STATTON, Yasmine	Launceston Road Runners	Female under 35	08:07.0	272
153	0:56:54	ELSTONE, Meryl	Carn Runners	Female Vet 50-54	08:07.6	92
154	0:57:23	BURNS, Julia	Hayle Runners	Female Vet 50-54	08:11.7	149
155	0:57:30	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	08:12.7	73
156	0:57:37	SOLOMON, Andrew	Bodmin Road Runners	Male Vet 55-59	08:13.7	89
157	0:57:39	HYNES, Marttin	Launceston Road Runners	Male Vet 60-64	08:14.0	486
158	0:57:47	BLACKBURN, Simon	Mounts Bay Harriers	Male Vet 55-59	08:15.2	39
159	0:57:48	LAWES, Helen	Looe Pioneers	Female Vet 45-49	08:15.3	13
160	0:57:51	HARDY, Suzy		Female Vet 35-39	08:15.7	97
161	0:57:59	MARKS, Stacie	St Austell Running Club	Female under 35	08:16.9	214
162	0:58:02	WALKER, Karl	St Austell Running Club	Male Vet 55-59	08:17.3	225
163	0:58:03	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	08:17.4	349
164	0:58:09	MCKEE, Clare	Bodmin Road Runners	Female Vet 40-44	08:18.3	83
165	0:58:10	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	08:18.4	492
166	0:58:14	BRAUND, Graham		Male Vet 40-44	08:19.0	302
167	0:58:17	STEYN, Maryl		Female Vet 35-39	08:19.4	383
168	0:58:23	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	08:20.3	485
169	0:58:23	MCGINNITY, Brian	Launceston Road Runners	Male Vet 40-44	08:20.3	174
170	0:58:26	WILLIAMS, Aaron		Male Vet 35-39	08:20.7	388
171	0:58:31	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	08:21.4	219
172	0:58:32	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 40-44	08:21.6	104
173	0:58:36	HAYNES, Patrick	St Austell Running Club	Male Vet 55-59	08:22.2	110
174	0:58:37	JENKIN, Steve	Cornwall AC	Male Vet 45-49	08:22.3	411
175	0:58:41	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 40-44	08:22.9	475
176	0:58:43	HUTCHINSON, Stephen	Bude Rats	Male Vet 65-69	08:23.2	282
177	0:58:44	ASTILL, Naomi	Hayle Runners	Female under 35	08:23.3	274
178	0:58:45	LANCASTER, Mark	Launceston Road Runners	Male under 35	08:23.4	64
179	0:58:46	MOORE, Jane	St Austell Running Club	Female Vet 55-59	08:23.6	216

180	0:58:53	SHEPLEY, Phil	Looe Pioneers	Male Vet 40-44	08:24.6	352
181	0:58:54	CHARD, Rhys		Male under 35	08:24.7	113
182	0:59:02	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:25.9	249
183	0:59:08	COLLINS, Joanne	St Austell Running Club	Female under 35	08:26.7	199
184	0:59:21	CAREY, Nick	Bodmin Road Runners	Male Vet 40-44	08:28.6	252
185	0:59:22	PORTER, Nick		Male under 35	08:28.7	86
186	0:59:26	LOCK, Zoe	Hayle Runners	Female Vet 35-39	08:29.3	144
187	0:59:27	TODD, Michael	Storm Running Plymouth	Male Vet 55-59	08:29.4	175
188	0:59:34	MOORE, Andy	Hayle Runners	Male Vet 60-64	08:30.4	255
189	0:59:40	TRAPMORE, Chris		Male under 35	08:31.3	186
190	0:59:44	CRIDDLE, Dan	Plymouth Musketeers	Male Vet 35-39	08:31.9	135
191	0:59:55	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:33.4	172
192	1:00:04	BARNFIELD, Marty		Male Vet 45-49	08:34.7	195
193	1:00:25	COPSON-BALL, Sally		Female Vet 40-44	08:37.7	96
194	1:00:48	MARTIN, Andrew	Tavistock AC	Male Vet 50-54	08:41.0	400
195	1:00:54	JENKINS, Steve		Male Vet 50-54	08:41.9	166
196	1:00:56	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:42.1	455
197	1:01:03	COFFMAN-FORDER, Lyn	Tamar Trotters	Female Vet 45-49	08:43.1	438
198	1:01:05	HARP, Chantal		Female Vet 35-39	08:43.4	7
199	1:01:07	GREGORY, Amy	Newquay Road Runners	Female under 35	08:43.7	454
200	1:01:11	TONKIN, Craig	Hayle Runners	Male Vet 45-49	08:44.3	392
201	1:01:12	NORRIS, Chris	Launceston Road Runners	Male Vet 40-44	08:44.4	6
202	1:01:14	COLEMAN, Jonty		Male under 35	08:44.7	305
203	1:01:24	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	08:46.1	471
204	1:01:34	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	08:47.6	467
205	1:01:44	STEDMAN, Jane	100 Marathon Club	Female Vet 55-59	08:49.0	271
206	1:01:55	WILLIAMS, Trevor	Tamar Trotters	Male Vet 55-59	08:50.6	447
207	1:02:02	OLIVER, Dominique	Devon & Cornwall Police	Female under 35	08:51.6	169
208	1:02:03	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	08:51.7	483
209	1:02:10	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	08:52.7	79
210	1:02:18	EARNSHAW, Trinity	Cornwall AC	Female under 35	08:53.9	496
211	1:02:18	WISE, Rebecca	Launceston Road Runners	Female Vet 35-39	08:53.9	105
212	1:02:21	TRUSCOTT, Neil	St Austell Running Club	Male Vet 40-44	08:54.3	206
213	1:02:22	BOYCE, Christian	Looe Pioneers	Male Vet 45-49	08:54.4	10
214	1:02:23	EMBURY, Andrew		Male Vet 50-54	08:54.6	55
215	1:02:27	VAUGHNLEY, Craig	East Cornwall Harriers	Male Vet 45-49	08:55.1	31
216	1:02:28	STEPHENS, Jane	Bodmin Road Runners	Female Vet 50-54	08:55.3	267
217	1:02:32	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	08:55.9	241
218	1:02:38	MADGE, Paul	South West Road Runner	Male Vet 55-59	08:56.7	385
219	1:02:45	JENKIN, Richard	Cornwall AC	Male Vet 70-74	08:57.7	410
220	1:02:50	CAREY, James		Male Vet 35-39	08:58.4	54
221	1:02:58	WELLS, Wes	Tamar Trotters	Male Vet 35-39	08:59.6	436
222	1:03:00	FITZGIBBON, Ged	Okehampton RC	Male Vet 65-69	08:59.9	125
223	1:03:02	WHELL, Lisa		Female Vet 35-39	09:00.1	254
224	1:03:02	WHELL, John		Male Vet 45-49	09:00.1	490
225	1:03:03	ORCHARD, Mike	Hayle Runners	Male Vet 60-64	09:00.3	356
226	1:03:09	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	09:01.1	463
227	1:03:18	COOPER, Ray		Male Vet 35-39	09:02.4	244
228	1:03:21	GILBERT, Cara		Female Vet 40-44	09:02.9	5
229	1:03:28	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	09:03.9	167
230	1:03:34	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	09:04.7	63
231	1:03:38	THOMAS, Alison	Hayle Runners	Female Vet 45-49	09:05.3	154
232	1:03:40	TURNER, Clare		Female Vet 40-44	09:05.6	470
233	1:03:50	JOLLOW, Jeremy	Bradworthy Runners	Male Vet 55-59	09:07.0	247
234	1:03:54	MACLAREN, Steve	Hayle Runners	Male Vet 50-54	09:07.6	61
235	1:04:09	WRIGHT, Chris		Male Vet 50-54	09:09.7	375
236	1:04:14	ROBINSON, Alice	Plymouth Harriers	Female under 35	09:10.4	263
237	1:04:18	COKER, Tania	Storm Running Plymouth	Female under 35	09:11.0	265
238	1:04:21	CUNDY-COOPER, Emma	Bodmin Womens RC	Female under 35	09:11.4	312
239	1:04:34	WALKER, Daniella	St Austell Running Club	Female Vet 45-49	09:13.3	224
240	1:04:36	FRITSCH, Christine	Okehampton RC	Female Vet 45-49	09:13.6	403

241	1:04:39	BENT, David	Plymouth Harriers	Male Vet 50-54	09:14.0	381
242	1:04:42	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	09:14.4	341
243	1:04:45	JOLLOW, Hayley	Bradworthy Runners	Female Vet 40-44	09:14.9	248
244	1:04:46	HOWARD, Tiffany	Bodmin Womens RC	Female under 35	09:15.0	238
245	1:04:50	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	09:15.6	94
246	1:05:04	BURT, Matthew	Hatch Warren Runners	Male Vet 40-44	09:17.6	50
247	1:05:10	WINFIELD, Claire		Female Vet 45-49	09:18.4	319
248	1:05:11	ELLIOTT, Tania	Looe Pioneers	Female Vet 45-49	09:18.6	279
249	1:05:12	SMITH, Jenny	Tamar Trotters	Female Vet 40-44	09:18.7	450
250	1:05:12	GILLESPIE, Ayeshah	Bodmin Womens RC	Female under 35	09:18.7	14
251	1:05:15	WIDDERSHOVEN, Demelza	Carn Runners	Female Vet 35-39	09:19.1	133
252	1:05:17	GOUGH, Anna		Female Vet 40-44	09:19.4	37
253	1:05:21	STEPTO, Brett	Cornwall AC	Male Vet 40-44	09:20.0	414
254	1:05:25	LILLIS, John	Newquay Road Runners	Male Vet 70-74	09:20.6	472
255	1:05:26	ROWETT, Gareth	St Austell Running Club	Male under 35	09:20.7	205
256	1:05:27	MCMAHON, Ian	Bradworthy Runners	Male Vet 55-59	09:20.9	131
257	1:05:29	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:21.1	171
258	1:05:31	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	09:21.4	326
259	1:05:36	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:22.1	215
260	1:05:40	HADEN, Heidi	Cornwall AC	Female Vet 35-39	09:22.7	423
261	1:05:45	SIMPSON, Mark		Male under 35	09:23.4	246
262	1:05:51	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:24.3	342
263	1:05:52	BARNES, John	Launceston Road Runners	Male Vet 55-59	09:24.4	264
264	1:05:55	SAUNDERS, Nick		Male Vet 35-39	09:24.9	281
265	1:06:00	PRICE, Rachel		Female under 35	09:25.6	58
266	1:06:17	DREW, Barry	Carn Runners	Male Vet 70-74	09:28.0	100
267	1:06:20	LEWITT, Hannah		Female under 35	09:28.4	296
268	1:06:22	DUTCHAK, Hannah	JP Fitness Cornwall	Female under 35	09:28.7	287
269	1:06:22	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	09:28.7	65
270	1:06:24	ARGUE, Tanya	Bere Alston Trekkers	Female Vet 45-49	09:29.0	262
271	1:06:35	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	09:30.6	25
272	1:06:40	ADAMS, David		Male Vet 45-49	09:31.3	493
273	1:06:42	MEDHURST, Jim	Bere Alston Trekkers	Male Vet 40-44	09:31.6	17
274	1:06:44	SPENCE, Kelly		Female Vet 35-39	09:31.9	306
275	1:06:48	EATON, Sam		Male under 35	09:32.4	284
276	1:06:49	ARNOLD, Elliot		Male Vet 50-54	09:32.6	242
277	1:06:54	PRICE, Brian		Male Vet 70-74	09:33.3	59
278	1:07:00	TIPPETT, Sarah	Mud Crew Trail Runners	Female Vet 40-44	09:34.1	243
279	1:07:01	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	09:34.3	51
280	1:07:03	SHIPTON, Jason	Tavistock AC	Male Vet 45-49	09:34.6	30
281	1:07:03	MCFADZEAN, Jeanette	Launceston Road Runners	Female Vet 45-49	09:34.6	184
282	1:07:03	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	09:34.6	42
283	1:07:03	ASHTON, Debbie	Bere Alston Trekkers	Female Vet 45-49	09:34.6	69
284	1:07:04	BARRIBALL, James		Male Vet 35-39	09:34.7	18
285	1:07:10	QUIRK, Joanna		Female Vet 40-44	09:35.6	366
286	1:07:10	QUIRK, Jeremy		Male Vet 40-44	09:35.6	250
287	1:07:13	ALLEN, Rebecca	Carn Runners	Female under 35	09:36.0	136
288	1:07:19	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	09:36.9	197
289	1:07:24	SMITH, Hannah	Hayle Runners	Female under 35	09:37.6	233
290	1:07:35	NEWMAN, Sheila	Tamar Trotters	Female Vet 65-69	09:39.1	451
291	1:07:39	JAYNE, Samantha	Newquay Road Runners	Female Vet 45-49	09:39.7	457
292	1:07:44	WATTS, Rachael		Female under 35	09:40.4	87
293	1:07:52	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	09:41.6	469
294	1:07:58	JELLINGS, Stuart		Male Vet 40-44	09:42.4	29
295	1:07:58	JELLINGS, Clara		Female Vet 40-44	09:42.4	27
296	1:07:59	BENNETT, Shirley	Bodmin Womens RC	Female Vet 40-44	09:42.6	245
297	1:08:00	WATERS, Rachel	St Austell Running Club	Female Vet 50-54	09:42.7	207
298	1:08:02	PHILLIPS, Ruth	Hayle Runners	Female Vet 40-44	09:43.0	179
299	1:08:05	FLOWER, Naomi	Newquay Road Runners	Female under 35	09:43.4	460
300	1:08:07	WADE, Margaret	Carn Runners	Female Vet 65-69	09:43.7	28
301	1:08:15	MAYERS, Victoria		Female Vet 40-44	09:44.9	253

302	1:08:27	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:46.6	23
303	1:08:45	HOWES, Maryann		Female under 35	09:49.1	20
304	1:09:08	ANDERSON, David	Torrington AAC	Male Vet 65-69	09:52.4	365
305	1:09:14	HOLT, Victoria	Launceston Road Runners	Female Vet 35-39	09:53.3	95
306	1:09:15	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 50-54	09:53.4	221
307	1:09:16	OWEN, Mark	St Austell Running Club	Male Vet 40-44	09:53.6	218
308	1:09:20	EVANS, Des	Newquay Road Runners	Male Vet 70-74	09:54.1	468
309	1:09:23	STAINER, Laura		Female under 35	09:54.6	260
310	1:09:36	GOODACRE, Mary	Tamar Trotters	Female Vet 65-69	09:56.4	372
311	1:09:37	WILLIS, Sharon	Newquay Road Runners	Female Vet 55-59	09:56.6	477
312	1:09:39	COURTNEY, Stacey	Newquay Road Runners	Female under 35	09:56.8	188
313	1:09:39	WHEADON, Scott		Male Vet 35-39	09:56.8	189
314	1:09:41	CROWE, Sharon	Bodmin Womens RC	Female Vet 45-49	09:57.1	190
315	1:09:41	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	09:57.1	130
316	1:09:49	BOND, Nina	Looe Pioneers	Female under 35	09:58.3	9
317	1:09:51	HACKMAN, Tom	Newquay Road Runners	Male Vet 65-69	09:58.6	473
318	1:09:51	MANNING, Trevor		Male Vet 35-39	09:58.6	384
319	1:09:58	HEYWOOD, Reece		Male under 35	09:59.6	176
320	1:10:06	ASHTON, Graham		Male under 35	10:00.7	235
321	1:10:12	ELMES, Ralph	Bere Alston Trekkers	Male Vet 70-74	10:01.6	360
322	1:10:31	SAUNDERS, Lyndsey	East Cornwall Harriers	Female Vet 35-39	10:04.3	32
323	1:10:48	BILLS, Kelly	Carn Runners	Female Vet 40-44	10:06.7	43
324	1:11:09	COOK, Julie	Plymouth Musketeers	Female Vet 45-49	10:09.7	147
325	1:11:12	GAY, Jackie	Launceston Road Runners	Female Vet 50-54	10:10.1	293
326	1:11:15	CAFF, Tristan	Newquay Road Runners	Male under 35	10:10.6	465
327	1:11:16	SCREECH, Mark		Male Vet 45-49	10:10.7	239
328	1:11:20	WRIGHT, Karen		Female Vet 50-54	10:11.3	374
329	1:11:20	DYMOND, Amanda	Bodmin Womens RC	Female Vet 40-44	10:11.3	373
330	1:11:25	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	10:12.0	202
331	1:11:26	ALBON, Gary		Male Vet 50-54	10:12.1	355
332	1:11:29	WATTS, Hannah	St Austell Running Club	Female under 35	10:12.6	226
333	1:11:34	LOOSLEY, Alison	St Austell Running Club	Female Vet 50-54	10:13.3	213
334	1:11:34	JAMESON, Judy	Carn Runners	Female Vet 55-59	10:13.3	168
335	1:11:46	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	10:15.0	339
336	1:11:49	SKINNER, Lynne		Female Vet 35-39	10:15.4	288
337	1:11:54	JOHNSTON, Sally	Tamar Trotters	Female Vet 55-59	10:16.1	443
338	1:11:58	LOVEJOY, Rachel		Female Vet 35-39	10:16.7	379
339	1:11:58	LOVEJOY, Paul		Male Vet 40-44	10:16.7	380
340	1:12:06	CARTLIDGE, Michelle	Plymouth Harriers	Female under 35	10:17.8	299
341	1:12:11	TORRES, Mick	Looe Pioneers	Male Vet 55-59	10:18.6	292
342	1:12:22	PENDLETON, Sue		Female Vet 35-39	10:20.1	132
343	1:12:26	SAVIN, Nick	Newquay Road Runners	Male under 35	10:20.7	453
344	1:12:31	HAISMAN, Matt	Launceston Road Runners	Male Vet 50-54	10:21.4	40
345	1:12:53	PINNICK, Mark	Falmouth Road Runners	Male Vet 40-44	10:24.6	336
346	1:12:57	HALLIBONE, Hollie	JP Fitness Cornwall	Female under 35	10:25.1	24
347	1:13:03	GRIGG, Trevor	Tavistock AC	Male Vet 60-64	10:26.0	269
348	1:13:26	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	10:29.3	479
349	1:13:30	HARTE-LATREMOILLE, Samantha	Bere Alston Trekkers	Female Vet 40-44	10:29.8	396
350	1:13:34	DUDLEY, Michelle	St Austell Running Club	Female Vet 50-54	10:30.4	204
351	1:13:35	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	10:30.6	456
352	1:13:49	TAYLOR, Sean		Male Vet 50-54	10:32.6	476
353	1:14:03	WILDING, Sarah	Hayle Runners	Female Vet 40-44	10:34.6	129
354	1:14:11	KEMP, Mark		Male Vet 50-54	10:35.7	82
355	1:14:13	SWIFT, Antony	Launceston Road Runners	Male under 35	10:36.0	126
356	1:14:16	CUTLAN, Tim	St Austell Running Club	Male Vet 50-54	10:36.4	203
357	1:14:42	COOK, Stephanie		Female Vet 35-39	10:40.1	156
358	1:14:53	MOSELEY, Suzanne		Female Vet 40-44	10:41.7	56
359	1:14:55	WILLIAMS, Laura	Hayle Runners	Female under 35	10:42.0	277
360	1:14:56	KITNEY-BAKER, Michelle	Newquay Road Runners	Female Vet 45-49	10:42.1	484
361	1:15:05	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	10:43.4	408
362	1:15:32	NEWTON, Roy	Falmouth Road Runners	Male Vet 70-74	10:47.3	335

363	1:15:33	MCFARLAND, Jenny		Female under 35	10:47.4	394
364	1:15:45	PYKE, Mike	Launceston Road Runners	Male Vet 45-49	10:49.1	180
365	1:15:45	PYKE, Gary		Male Vet 45-49	10:49.1	161
366	1:15:50	RICHARDSON, Jane	Okehampton RC	Female Vet 65-69	10:49.8	91
367	1:16:20	PRIOR, Sarah	Tavistock AC	Female Vet 45-49	10:54.1	1
368	1:16:22	HEYWARD, Paul	Launceston Road Runners	Male Vet 50-54	10:54.4	152
369	1:16:24	BUNTING, Maggie	Tamar Trotters	Female Vet 50-54	10:54.7	452
370	1:16:24	LITTLEJOHNS, Alan	Launceston Road Runners	Male Vet 70-74	10:54.7	361
371	1:16:24	AZE-THOMAS, Gill	Launceston Road Runners	Female Vet 45-49	10:54.7	232
372	1:16:24	KINSMAN, Lindsey		Female Vet 45-49	10:54.7	368
373	1:17:04	PRITCHARD, Nikki		Female Vet 35-39	11:00.4	26
374	1:17:07	WYATT, Jordan	St Austell Running Club	Male under 35	11:00.8	229
375	1:17:55	BEATTIE, Laura	Plymouth Harriers	Female under 35	11:07.7	401
376	1:17:56	GARSDIE, Jane	Newquay Road Runners	Female Vet 50-54	11:07.8	462
377	1:18:22	BOARD, Julie	Plymouth Harriers	Female Vet 40-44	11:11.6	3
378	1:18:26	HART, Claire	Plymouth Harriers	Female Vet 50-54	11:12.1	151
379	1:18:40	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:14.1	351
380	1:18:47	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	11:15.1	196
381	1:18:50	COX, Alison	Bodmin Womens RC	Female Vet 50-54	11:15.5	74
382	1:18:51	COX, Clive		Male Vet 55-59	11:15.7	75
383	1:18:54	PALMER, Rebecca		Female under 35	11:16.1	266
384	1:19:16	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	11:19.3	328
385	1:19:34	ARMSTRONG, Justine	Tamar Trotters	Female Vet 50-54	11:21.8	102
386	1:19:37	WELLS, Heather		Female Vet 45-49	11:22.3	363
387	1:19:37	KESSELL, Damion		Male Vet 50-54	11:22.3	364
388	1:19:42	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	11:23.0	464
389	1:19:53	HADFIELD-BENNETT, Penny	Plymouth Harriers	Female Vet 45-49	11:24.5	290
390	1:19:53	BECKENKRAGER, Sharon	Plymouth Harriers	Female Vet 45-49	11:24.5	289
391	1:19:55	FIRTH, Becky	Tamar Trotters	Female Vet 45-49	11:24.8	441
392	1:20:00	MCKINLEY, Glennie	JP Fitness Cornwall	Female Vet 50-54	11:25.5	163
393	1:20:08	COFFMAN-FORDER, Jane	Tamar Trotters	Female Vet 45-49	11:26.7	437
394	1:20:08	FOSTER, Ann	Tamar Trotters	Female Vet 70-74	11:26.7	439
395	1:20:08	PASCOE, Mark	Tamar Trotters	Male Vet 50-54	11:26.7	446
396	1:20:22	MARTIN, Hayley	Carn Runners	Female Vet 35-39	11:28.7	159
397	1:20:42	MCCARTHY, Kimberley	JP Fitness Cornwall	Female under 35	11:31.5	173
398	1:20:55	DREW, Carole	Carn Runners	Female Vet 70-74	11:33.4	99
399	1:21:20	EWART, Sam	St Austell Running Club	Female Vet 40-44	11:37.0	112
400	1:21:29	HOWARD, Sarah	Bodmin Womens RC	Female Vet 45-49	11:38.3	162
401	1:21:56	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	11:42.1	90
402	1:22:05	REGAN, Angela		Female Vet 55-59	11:43.4	395
403	1:22:46	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	11:49.3	62
404	1:22:46	SMERDON, Lindsay		Female under 35	11:49.3	488
405	1:22:53	WHITE, Janet	Okehampton RC	Female Vet 65-69	11:50.3	316
406	1:22:56	GREGORY, Julie	Looe Pioneers	Female Vet 50-54	11:50.7	405
407	1:22:59	HOCKING, Stacey	Hayle Runners	Female under 35	11:51.1	128
408	1:23:15	RAIKER, Diana	Falmouth Road Runners	Female under 35	11:53.4	337
409	1:23:16	CHELL, Nina	Falmouth Road Runners	Female Vet 40-44	11:53.5	256
410	1:23:30	ROGERS, Natalie		Female Vet 40-44	11:55.5	137
411	1:23:30	WELLS, Jan		Female Vet 45-49	11:55.5	138
412	1:23:37	JAMES, Emma		Female Vet 40-44	11:56.5	397
413	1:23:37	DUDMAN, Kate	Bodmin Womens RC	Female Vet 40-44	11:56.5	399
414	1:23:46	WOLSTENCROFT, Zoe	Carn Runners	Female Vet 40-44	11:57.8	44
415	1:23:56	ADAMS, Sally		Female Vet 45-49	11:59.3	494
416	1:24:00	DYER, Jennifer	Plymouth Harriers	Female Vet 35-39	11:59.8	283
417	1:24:14	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	12:01.8	478
418	1:24:34	MARTIN, Sally	Falmouth Road Runners	Female Vet 40-44	12:04.7	343
419	1:24:36	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:05.0	338
420	1:24:40	LAKE, Christina	Falmouth Road Runners	Female Vet 60-64	12:05.5	331
421	1:25:28	ROPER, Helen	Tamar Trotters	Female Vet 40-44	12:12.4	445
422	1:25:28	PITMAN, Debbie	Tamar Trotters	Female Vet 55-59	12:12.4	444
423	1:25:47	TODD, Christine	St Austell Running Club	Female Vet 55-59	12:15.1	222

424	1:26:05	JOHNS, Emma	Mounts Bay Harriers	Female Vet 40-44	12:17.7	68
425	1:26:18	JOHNS, Sarah	Mounts Bay Harriers	Female Vet 35-39	12:19.5	66
426	1:26:29	BILLING, Anita		Female Vet 45-49	12:21.1	122
427	1:26:32	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	12:21.5	329
428	1:26:32	GIOVENCO, Abbie	Plymouth Harriers	Female under 35	12:21.5	377
429	1:26:38	COOKE-DAVIES, Louise	Newquay Road Runners	Female Vet 50-54	12:22.4	466
430	1:27:50	WAY, Alison	Looe Pioneers	Female Vet 40-44	12:32.7	268
431	1:27:53	WRIGHT, Laurence		Male Vet 35-39	12:33.1	495
432	1:28:12	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:35.8	227
433	1:29:22	PARR, Lisa	Plymouth Harriers	Female Vet 40-44	12:45.8	297
434	1:30:00	WRIGHT, Mike	Hayle Runners	Male Vet 65-69	12:51.2	118
435	1:30:46	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	12:57.8	427
436	1:30:52	LANAWAY, Angela	Bodmin Womens RC	Female Vet 50-54	12:58.7	386
437	1:30:55	LAY, Jo	Hayle Runners	Female Vet 50-54	12:59.1	84
438	1:31:02	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	13:00.1	332
439	1:32:06	WYATT, Liz	St Austell Running Club	Female Vet 45-49	13:09.2	228
440	1:32:20	LINDO, Kathryn		Female Vet 35-39	13:11.2	21
441	1:32:40	FORD, Rosie	Bodmin Womens RC	Female under 35	13:14.1	362
442	1:32:41	MERCHANT, Caroline	Bodmin Womens RC	Female Vet 35-39	13:14.2	322
443	1:32:47	MONTGOMERY, Pauline Claire	Bodmin Womens RC	Female Vet 35-39	13:15.1	321
444	1:32:52	IDDON, Andrew		Male Vet 35-39	13:15.8	257
445	1:33:07	COOPER, Fiona	Bodmin Womens RC	Female Vet 40-44	13:18.0	313
446	1:33:42	LIVINGSTONE, Isabel		Female Vet 35-39	13:23.0	117
447	1:35:58	PRICE, Carol		Female Vet 65-69	13:42.4	60
448	1:36:25	SMITH, James		Male Vet 40-44	13:46.2	300
449	1:36:26	WILLIAMS, Darren	Plymouth Musketeers	Male Vet 45-49	13:46.4	78
450	1:39:09	CARTHEW, Samantha	Bodmin Womens RC	Female Vet 45-49	14:09.7	370
451	1:39:16	VOSPER, Lisa	Bodmin Womens RC	Female Vet 45-49	14:10.7	369