



**CORNWALL**  
**FIRE & RESCUE SERVICE**  
A service of Cornwall Council

## Sunday 21 February 2016 - Results for all competitors in finish order

Position	Time	Name	Club	Pace	Number
1	1:21:11	BIRCHMORE, Michael	Newquay Road Runners	06:11.7	1529
2	1:22:15	KINDON, Noel		06:16.6	1860
3	1:23:00	LOEWENDALL, Nick	St Austell RC	06:20.0	1672
4	1:23:29	SMERDON, Marc	East Cornwall Harriers	06:22.2	1762
5	1:24:00	WHEAR, Paul	Cornwall AC	06:24.6	1856
6	1:26:07	COLACO, Jonny	Newquay Road Runners	06:34.3	1557
7	1:26:09	MANCER, Jez	St Austell RC	06:34.5	1873
8	1:27:41	CLARK, Will	Epsom & Ewell	06:41.5	1550
9	1:28:09	COLLEN, Glyn	Pirate Ship	06:43.6	1896
10	1:28:26	ORCHARD, Darren	Bodmin Dragons Tri	06:44.9	1870
11	1:29:00	KINGSTON, Dan	Mounts Bay Harriers	06:47.5	1654
12	1:29:41	LONGHORN, Jason	Falmouth Road Runners	06:50.6	1864
13	1:30:28	BARNET, James	Falmouth Road Runners	06:54.2	1519
14	1:31:50	WISNER, John	Mad Hatter Sports Events	07:00.5	1823
15	1:32:07	CULLINGFORD, Declan		07:01.8	1850
16	1:32:24	KNIGHT, David	Mud Crew	07:03.1	1656
17	1:33:41	MURRANT, Kieran	Hayle Runners	07:09.0	1836
18	1:33:41	HUTCHESON, Mark	Bude Rats	07:09.0	1632
19	1:33:50	WILLIAMS, Marcus		07:09.6	1816
20	1:34:57	BANBURY, Kelvin	Newquay Road Runners	07:14.8	1517
21	1:35:00	EVERITT, David		07:15.0	1888
22	1:35:47	CALLAWAY, Phillip	Plymouth Harriers	07:18.6	1542
23	1:36:26	TRUDGIAN, Andy	St Austell RC	07:21.5	1834
24	1:37:06	WILLIAMS, Dan	Cornwall AC	07:24.6	1893
25	1:37:29	DAVIES, James	Truro Running Club	07:26.4	1576
26	1:37:39	PANG, Ian	South West Road Runners	07:27.1	1881
27	1:37:59	ALLISON, Jane	Mud Crew	07:28.6	1504
28	1:38:26	CHEN, Lawrence	Lordshill Road Runners	07:30.7	1545
29	1:38:27	PAYTON, Alexandra		07:30.8	1717
30	1:38:40	LITTLEWOOD, Ian	East Cornwall Harriers	07:31.8	1668
31	1:38:50	STRACHAN, Stephen	Falmouth Road Runners	07:32.5	1880
32	1:39:15	BRYDON, James	Bodmin Road Runners	07:34.4	1538
33	1:39:37	HORN, Edward	Launceston Road Runners	07:36.1	1862
34	1:39:37	MCEVOY, Tim		07:36.1	1690
35	1:39:38	YELLAND, John	PL24	07:36.2	1861
36	1:41:34	MCDIARMID, James	Launceston Road Runners	07:45.1	1689
37	1:41:36	O'CONNOR, David	Team H Plymouth	07:45.2	1878
38	1:41:54	SIMS, Nigel	Mounts Bay Harriers	07:46.6	1760
39	1:41:55	LEY, Rob		07:46.7	1667
40	1:41:59	WATSON, Robin	Falmouth Road Runners	07:47.0	1805
41	1:42:13	TAYLOR, Allen	Teignbridge Trotters	07:48.0	1866
42	1:42:35	LAURIE, Andrew	Falmouth Road Runners	07:49.7	1662
43	1:43:04	KEATES, Nathan		07:51.9	1648
44	1:43:09	O'SHEA, Steve	Mud Crew	07:52.3	1707
45	1:43:15	LACY, Andrew		07:52.8	1658
46	1:43:17	SAWFORD, Paul	Carn Runners	07:52.9	1854
47	1:43:17	RAGGETT, Donna	Cornwall AC	07:52.9	1852
48	1:43:24	CRAIG, Sam		07:53.5	1851
49	1:43:39	NEWSON, Mark		07:54.6	1838
50	1:43:43	PEOPLES, Fleur		07:54.9	1719
51	1:43:54	BROWN, Steve	Team H Plymouth	07:55.7	1536
52	1:44:13	HOSKEN, Nick		07:57.2	1626
53	1:44:21	RICHMOND, Harvey		07:57.8	1506
54	1:45:04	BARTON, James		08:01.1	1523

55	1:45:05	HIEBER, Ben	Newquay Road Runners	08:01.2	1877
56	1:45:07	BANBURY, Neil	Newquay Road Runners	08:01.3	1518
57	1:45:10	SOLE, John	Bodmin Road Runners	08:01.5	1855
58	1:45:13	KING, Melissa	Newquay Road Runners	08:01.8	1653
59	1:45:33	WOODWARD, Richard	Tri Anglia	08:03.3	1826
60	1:45:35	REA, Paul		08:03.4	1729
61	1:45:42	WARREN, Jeremy	St Austell RC	08:04.0	1887
62	1:46:23	OSBORNE, Barry	Mud Crew	08:07.1	1710
63	1:46:24	RINTOUL, Joe		08:07.2	1734
64	1:46:31	BOON, Andy	Truro Running Club	08:07.7	1890
65	1:46:52	NICHOLLS, Daniel	St Austell RC	08:09.3	1703
66	1:46:58	HOWELL, Tom	Mile High	08:09.8	1897
67	1:47:20	WILSON, Mike	Truro Running Club	08:11.5	1821
68	1:47:23	CRITCHLEY, Russell		08:11.7	1571
69	1:47:25	RICHARDS, Stuart	St Austell RC	08:11.8	1732
70	1:47:55	ALDIS, Philip	Bude Rats	08:14.1	1502
71	1:48:08	JONES, Tim	North Devon RR	08:15.1	1644
72	1:48:13	ANNEAR, Chris	Vegan Runners	08:15.5	1510
73	1:48:16	FERGUSON, Andrew	Mud Crew	08:15.7	1871
74	1:48:39	GOUNDRY, Andrew	Truro Running Club	08:17.5	1601
75	1:48:43	STREET, Jacob		08:17.8	1779
76	1:49:11	MELLOW, Shaun		08:19.9	1692
77	1:49:20	GOLDSWORTHY, Rosalie	East Cornwall Harriers	08:20.6	1600
78	1:49:42	ROBERTS, Adam	David Lloyd leisure Dorset	08:22.3	1735
79	1:49:53	HOUVENAGHEL, Wendy		08:23.1	1628
80	1:50:04	COOMBES, Elizabeth	Plymouth Harriers	08:24.0	1566
81	1:50:05	MARTIN, Gary	Plymouth Muskateers	08:24.1	1679
82	1:50:06	LE BOULANGER, Mathieu	Newquay Road Runners	08:24.1	1664
83	1:50:10	GWYNNE, Paul	Mud Crew	08:24.4	1607
84	1:50:12	KEMPNY, Jiri	St Austell RC	08:24.6	1649
85	1:50:13	BENTLEY, David		08:24.7	1832
86	1:50:15	COLLIVER, Dave		08:24.9	1561
87	1:50:25	SABINE, Adam		08:25.6	1742
88	1:50:31	SHARPLES SNR, Paul	Teignbridge Trotters	08:26.0	1757
89	1:50:38	GROSE, Matthew	St Austell RC	08:26.6	1886
90	1:50:46	MORGAN, Martin	Bodmin Road Runners	08:27.2	1891
91	1:50:56	COPELAND, Barry	Tamar Trotters	08:27.9	1883
92	1:51:04	EVANS, Malcolm		08:28.6	1843
93	1:51:43	NICHOLLS, Hollie		08:31.5	1705
94	1:51:44	NICHOLLS, Dan		08:31.6	1704
95	1:51:55	WILLIAMS, Steve	Stubbington Green Runners	08:32.5	1817
96	1:52:01	HILL, Jeremy	St Austell RC	08:32.9	1619
97	1:52:12	HARDING, Ben	East Cornwall Harriers	08:33.7	1609
98	1:52:16	STARKIE, Andy	Truro Running Club	08:34.1	1772
99	1:52:22	LOCKWOOD, Alister		08:34.5	1671
100	1:52:26	LOCKETT, Pat	Newquay Road Runners	08:34.8	1670
101	1:52:27	SEYFERT, Charlie		08:34.9	1753
102	1:52:27	DANIEL, Barnaby		08:34.9	1849
103	1:52:38	NUGENT, Debbie	Carn Runners	08:35.7	1853
104	1:52:49	MYFORD, Sarah	Newquay Par AC	08:36.6	1700
105	1:52:52	THOMAS, Ryan		08:36.8	1787
106	1:53:10	HUGHES, Alan	Bodmin Road Runners	08:38.2	1630
107	1:53:14	SHERLOCK, Simon	Mavericks	08:38.5	1758
108	1:53:26	GREENSLADE, Mark	Brixham Harriers	08:39.4	1605
109	1:53:27	JONES, Dean		08:39.5	1643
110	1:53:41	VIGGERS, Sean		08:40.5	1793
111	1:54:15	WILLIAMS, Amy	East Cornwall Harriers	08:43.1	1814
112	1:54:16	MARTIN, Steve	St Austell RC	08:43.2	1682
113	1:54:24	COCKS, Daniel		08:43.8	1556
114	1:54:41	STEER, Matthew		08:45.1	1776
115	1:54:42	POST, Martin	Mounts Bay Harriers	08:45.2	1723
116	1:54:44	CLEMENTS, Colette	Newquay Road Runners	08:45.3	1552
117	1:54:45	BIRKENSHAW, Mariela	British Military Fitness	08:45.4	1530
118	1:54:47	QUARMBY, Ann	East Cornwall Harriers	08:45.6	1726

119	1:54:55	DE ZORZI, Dino	St Austell RC	08:46.2	1581
120	1:54:55	CALLAWAY, William	Bodmin Road Runners	08:46.2	1863
121	1:55:08	KNAB, Timothy	Bodmin Road Runners	08:47.2	1840
122	1:55:09	BAKER, Jenny		08:47.3	1514
123	1:55:10	BAKER, Tim		08:47.3	1515
124	1:55:22	NEWCOMBE, Michael	Torrington AAC	08:48.2	1702
125	1:55:30	ALLEN, Peter	Newquay Road Runners	08:48.9	1503
126	1:55:33	SALT, Daniel	Erme Valley Harriers	08:49.1	1744
127	1:55:47	CLEMENTS, Mark		08:50.2	1553
128	1:55:54	WHITTOCK, Jess	Bodmin Road Runners	08:50.7	1810
129	1:56:07	ROWETT, Gavin		08:51.7	1741
130	1:56:25	RINGER, Ian	Bodmin Road Runners	08:53.1	1733
131	1:57:01	WHEELDON, Adam		08:55.8	1876
132	1:57:26	DAWE, Sharon	East Cornwall Harriers	08:57.7	1579
133	1:57:30	CLARK, Lloyd		08:58.0	1548
134	1:57:34	SMITH, Sharon	Carn Runners	08:58.3	1765
135	1:57:36	ATKINSON, Mark		08:58.5	1512
136	1:57:45	HOUVENAGHEL, Ian		08:59.2	1627
137	1:57:57	ROWE, Kerri	Bodmin Road Runners	09:00.1	1740
138	1:58:13	ANDREWS, Ian		09:01.3	1507
139	1:58:21	STEAN, Katie	Stubbington Green Runners	09:01.9	1774
140	1:58:30	LATHOM, Paul		09:02.6	1661
141	1:58:37	DAVISON, Angeline		09:03.1	1578
142	1:58:38	CROWLE, Jonathan	Truro Running Club	09:03.2	1572
143	1:58:50	HEATH, Trevor	Mud Crew	09:04.1	1837
144	1:58:57	GIBSON, Amanda	Looe Pioneers	09:04.7	1848
145	1:58:57	MATTINGLY, Michael	Lordshill Road Runners	09:04.7	1685
146	1:59:04	SPRY, Ashley		09:05.2	1879
147	1:59:12	GEORGE, Rob		09:05.8	1596
148	1:59:22	MITCHELL, Clem		09:06.6	1694
149	1:59:27	DUNKLEY, Marc		09:06.9	1585
150	1:59:30	HUBBARD, Nicola	Redhill Road Runners	09:07.2	1629
151	1:59:49	BROWN, David	St Pedroc's Dragons Triathlons Club	09:08.6	1872
152	1:59:56	QUINN, Alex		09:09.2	1727
153	2:00:00	MATTINGLY, Diane	Lordshill Road Runners	09:09.5	1684
154	2:00:19	LITTLEWOOD, Louise	East Cornwall Harriers	09:10.9	1669
155	2:00:33	LOFT, Phil		09:12.0	1673
156	2:00:36	GAY, Jennifer	Truro Running Club	09:12.2	1595
157	2:00:38	CLEMENTS, Andrew		09:12.4	1551
158	2:00:40	LOCKYER, Jim	East Cornwall Harriers	09:12.5	1874
159	2:00:50	TRUDGEON, Steve		09:13.3	1792
160	2:00:52	LANGSTAFF, Emma	Looe Pioneers	09:13.4	1660
161	2:00:59	MANLY, John	Plymouth Muskateers	09:14.0	1676
162	2:01:34	MILLS, Jenny	Launceston Road Runners	09:16.6	1693
163	2:01:54	ANDREWS, Jim	Plymouth Muskateers	09:18.2	1508
164	2:01:55	BYRNE, Lee	Newquay Road Runners	09:18.2	1541
165	2:01:56	COUCH, Nici		09:18.3	1568
166	2:01:58	LEE, Hania	Mavericks	09:18.5	1666
167	2:02:02	RICHARDS, Steve	Hayle Runners	09:18.8	1865
168	2:02:11	BATEMAN, Rebecca	Bodmin Road Runners	09:19.5	1524
169	2:02:30	MCKENNA, Claire	Mavericks	09:20.9	1691
170	2:02:30	BUNCE, Richard	Mounts Bay Harriers	09:20.9	1540
171	2:02:38	DAVIES, Jonathan		09:21.5	1895
172	2:02:44	WOOD, Jake		09:22.0	1824
173	2:02:54	HOBSON, Craig	Teignbridge Trotters	09:22.7	1623
174	2:02:59	SHAPLAND, Nick		09:23.1	1755
175	2:03:12	O'HARE, Tim	Plymouth Muskateers	09:24.1	1706
176	2:03:35	BALDWIN, Mike	Hayle Runners	09:25.9	1516
177	2:03:36	COUNSELL, Emma	Exeter Uni Officer Training C	09:26.0	1569
178	2:03:36	BLABER, Luke		09:26.0	1531
179	2:03:40	DUCKWORTH, Jim		09:26.3	1584
180	2:03:40	WARRINGTON, Trystan		09:26.3	1801
181	2:03:53	VINNALL, Christopher		09:27.2	1794

182	2:04:13	RENALS, Matthew		09:28.8	1731
183	2:04:15	STEELE, Rachel	Mavericks	09:28.9	1775
184	2:04:21	BARNS, Victoria		09:29.4	1520
185	2:04:47	SCOTT, Oliver		09:31.4	1750
186	2:04:47	SCOTT, Robert		09:31.4	1751
187	2:05:16	JAIPAUL, Ravi		09:33.6	1636
188	2:05:19	GAUNT, Jonathan		09:33.8	1594
189	2:05:22	WILBY, Allan	British Military Fitness	09:34.0	1811
190	2:05:25	PEARCE, Joshua		09:34.3	1718
191	2:05:34	IRWIN, Mike		09:35.0	1635
192	2:05:35	IRWIN, Karen		09:35.0	1634
193	2:05:39	DALE, Steve	Newquay Road Runners	09:35.3	1573
194	2:06:01	COAD, Andrew		09:37.0	1555
195	2:06:14	MORTON-CLARK, Tamar		09:38.0	1698
196	2:06:23	ROMAINE, Simon		09:38.7	1737
197	2:06:24	SCORAH, Richard		09:38.8	1749
198	2:06:27	SCORAH, Phil		09:39.0	1748
199	2:06:35	BRYDON, Jackie	Bodmin Road Runners	09:39.5	1537
200	2:06:37	STEPHENS, Emma	Bodmin Road Runners	09:39.8	1777
201	2:07:06	O'SHEA, Tina	Mud Crew	09:42.0	1708
202	2:07:53	LE GAL, Damien		09:45.6	1665
203	2:08:05	HINE, Thomas		09:46.5	1621
204	2:08:13	LAKE, Johnathan		09:47.1	1659
205	2:08:16	BEECH, Clive		09:47.3	1527
206	2:08:33	HUTCHINSON, Robert		09:48.6	1633
207	2:08:55	WEBB, Jane		09:50.3	1807
208	2:09:08	SUTTON, Philip		09:51.3	1884
209	2:09:20	WILSON, Laura		09:52.2	1820
210	2:09:21	WILSON, Chris		09:52.3	1819
211	2:09:21	PASZTOR, Kitti		09:52.3	1715
212	2:09:42	CROSSLEY, John		09:53.9	1889
213	2:10:08	PALMER, Stefan	Bodmin Road Runners	09:55.9	1712
214	2:10:49	HILL, Laura		09:59.0	1620
215	2:10:54	STANDFORD, Susan		09:59.4	1768
216	2:10:58	HAWKE-PERRY, Soraya	Newquay Road Runners	09:59.7	1614
217	2:11:04	KODDE, Johanneke		10:00.1	1657
218	2:11:06	HENLEY, Joanna	Yeovil Town Running Club	10:00.3	1615
219	2:11:07	BOUCHER, Richard	Plymouth Triathlon Club	10:00.4	1533
220	2:11:13	HANNAM, Marie	Plymouth Muskateers	10:00.8	1608
221	2:11:25	WARD, Francesca		10:01.7	1800
222	2:12:08	STANFORD, Joseph	Pre London	10:05.0	1769
223	2:12:11	PAMMENTER, Jo	Mavericks	10:05.3	1713
224	2:12:12	CARTHEW, Liz	Bodmin Womens RC	10:05.3	1833
225	2:12:13	HALL, Nicola	Bodmin Womens RC	10:05.4	1841
226	2:12:27	BOWDEN, John	Looe Pioneers	10:06.5	1534
227	2:12:38	WARD, Chris	UKA	10:07.3	1799
228	2:13:03	WALKER, Karl	St Austell RC	10:09.2	1797
229	2:13:20	REA, Tony		10:10.5	1730
230	2:13:29	SAUNDERS, Nick		10:11.2	1745
231	2:13:31	TIFFEN, Jon		10:11.4	1788
232	2:13:32	WRIGHT, David	Hayle Runners	10:11.4	1828
233	2:13:35	SEARLE, Lynsey		10:11.7	1752
234	2:13:40	WILLOWS, Cathy	St Austell RC	10:12.0	1818
235	2:14:44	VOSPER, Andy	Bodmin Road Runners	10:16.9	1795
236	2:14:59	GUMMOW, Katie		10:18.1	1842
237	2:15:01	MURRISON, Sophia		10:18.2	1699
238	2:15:02	BEEK, Christopher		10:18.3	1528
239	2:15:08	JOHNSON, Bevan		10:18.8	1641
240	2:15:37	COLLINS, Steven		10:21.0	1559
241	2:15:39	CARTHEW, Pete	Taunton AC	10:21.1	1543
242	2:15:40	SKINNER, Steven	Looe Pioneers	10:21.2	1845
243	2:16:21	BLAKE, Richard		10:24.3	1532
244	2:16:21	WESTLAKE, Matthew		10:24.3	1809
245	2:16:48	MASON, Lance	Teignbridge Trotters	10:26.4	1868

246	2:16:48	INGLEDEW, Sally	Teignbridge Trotters	10:26.4	1867
247	2:16:53	SHARMAN, Katherine		10:26.8	1756
248	2:17:11	LUCAS, Andrew	St Austell RC	10:28.2	1674
249	2:17:12	DODGE, Claire		10:28.2	1892
250	2:17:19	MACEY, Marcia	Plymouth Harriers	10:28.8	1675
251	2:17:29	WILLIAMS, Darren		10:29.5	1885
252	2:17:38	GARROD, Zoe	Bodmin Road Runners	10:30.2	1593
253	2:17:39	KANCHANEPALLY, Hareesh		10:30.3	1645
254	2:17:55	HOLLYOAK, Rachel		10:31.5	1625
255	2:17:58	PERKES, Natalie		10:31.7	1720
256	2:17:58	HARPER, Kevin		10:31.7	1875
257	2:18:12	DAWE, Tamsin		10:32.8	1580
258	2:18:14	PASCOE, Christopher		10:33.0	1714
259	2:19:18	WILLCOCKS, Kevin	Taunton RA	10:37.8	1813
260	2:19:20	COPE, Jackie	Falmouth Road Runners	10:38.0	1567
261	2:19:22	BULLEN, Debbie		10:38.2	1539
262	2:19:23	FURNIVAL, Lisa		10:38.2	1592
263	2:19:29	COOK, Damian	Mounts Bay Harriers	10:38.7	1564
264	2:19:34	DENTON, Helen		10:39.1	1583
265	2:20:16	MOIR, Andrew	Tamar Trotters	10:42.3	1695
266	2:20:17	GRAHAM, Sarah		10:42.3	1602
267	2:20:39	GLOVER, Ruth	Mounts Bay Harriers	10:44.0	1598
268	2:20:42	SPEAKE, Georgina	St Austell RC	10:44.3	1767
269	2:20:44	HARRIS, Emma	Bodmin Road Runners	10:44.4	1610
270	2:20:56	MERRIKIN, Carolyn	Newquay Road Runners	10:45.3	1869
271	2:20:59	HICKS, Jenny	East Cornwall Harriers	10:45.6	1618
272	2:21:00	WALLENS-HANCOCK, Philip	Mud Crew	10:45.6	1798
273	2:21:03	ROGERS, Danny		10:45.9	1736
274	2:21:08	BARRETT, Alison		10:46.2	1522
275	2:21:08	WILTON, David	Falmouth Road Runners	10:46.2	1822
276	2:21:33	WATSON, Janet	Falmouth Road Runners	10:48.1	1804
277	2:21:33	FISHER, Kirsty		10:48.1	1590
278	2:21:36	BARNES, John	Launceston Road Runners	10:48.4	1898
279	2:21:40	CLARK, Paul	Somer AC	10:48.7	1549
280	2:21:45	BAKER, Emma	Looe Pioneers	10:49.1	1513
281	2:21:47	MARSHALL, Nigel	St Austell RC	10:49.2	1678
282	2:22:02	GOLDING, John		10:50.4	1599
283	2:22:10	CRABB, Sally	Looe Pioneers	10:51.0	1846
284	2:22:48	MAYWOOD, Brian	Looe Pioneers	10:53.9	1844
285	2:23:42	TEAGUE, Michelle	Bude Rats	10:58.0	1786
286	2:23:44	WATKINS, Yvonne	Mounts Bay Harriers	10:58.1	1803
287	2:24:28	MORSE, Jackie	Mounts Bay Harriers	11:01.5	1697
288	2:24:29	STRIKE, Jamie		11:01.6	1780
289	2:24:30	GIBSON, Faye	Carn Runners	11:01.7	1597
290	2:24:40	STEVENS, Peter		11:02.4	1778
291	2:25:00	HEYWOOD, Steve	Bideford AAC	11:03.9	1616
292	2:25:02	PANG, Michelle	South West Road Runners	11:04.1	1882
293	2:25:06	JEWELS, Lucy	St Austell RC	11:04.4	1640
294	2:25:12	ENTWISTLE, Sarah		11:04.9	1589
295	2:25:45	MCAUGHEY, Peter	Launceston Road Runners	11:07.4	1687
296	2:25:47	TONKIN, Simon		11:07.5	1790
297	2:25:53	SAWBRIDGE, Nicholas		11:08.0	1746
298	2:26:07	HUNLEY, Alan		11:09.1	1857
299	2:27:12	WALFORD, Antonia		11:14.0	1796
300	2:27:29	SIMMONS, Claire		11:15.3	1759
301	2:27:31	KING, Bryan	Plymouth Muskateers	11:15.5	1651
302	2:27:35	KING, Louise	Plymouth Muskateers	11:15.8	1652
303	2:27:35	DUNRIDGE, Darren	Plymouth Muskateers	11:15.8	1586
304	2:27:35	STANLAKE, Rebecca		11:15.8	1770
305	2:27:37	HASKINS, Jackie	Canicross Cornwall	11:15.9	1613
306	2:27:46	MORRIS, Amy		11:16.6	1696
307	2:27:48	DAVEY, Tamsin	Cornwall AC	11:16.8	1575
308	2:27:49	CATNACH, Peter	Looe Pioneers	11:16.8	1847
309	2:28:13	BAYLIS, Gary		11:18.7	1525

310	2:28:23	BEARE, Alison		11:19.4	1526
311	2:28:25	HARTILL, Gail		11:19.6	1612
312	2:28:38	ROSS, Sarah	Tamar Trotters	11:20.6	1739
313	2:28:48	ZAPLE, Katrina	Teignbridge Trotters	11:21.3	1831
314	2:28:49	SABINE, Rhiannon		11:21.4	1743
315	2:30:02	DUNSTER, Giselle		11:27.0	1587
316	2:30:03	HOBBS, Lynsey		11:27.1	1622
317	2:30:12	SUTTON, Andrew	Newquay Road Runners	11:27.8	1782
318	2:31:19	ROPER, David	UKA	11:32.9	1738
319	2:31:19	DOHERTY, David	Looe Pioneers	11:32.9	1835
320	2:31:58	MARTINDALE, Antony	Bodmin Road Runners	11:35.9	1683
321	2:32:21	KEALY, Paul		11:37.6	1647
322	2:33:16	HUTCHESON, Jane	Bude Rats	11:41.8	1631
323	2:33:29	FITCH, Sarah Jane		11:42.8	1591
324	2:34:05	SHAPCOTT, Paul	Tamar Trotters	11:45.5	1754
325	2:34:29	COLLINSON, Jeanette	Bodmin Road Runners	11:47.4	1560
326	2:34:39	STARNES, Chris	Crawley	11:48.1	1773
327	2:35:05	SMITH, Paul	Mud Crew	11:50.1	1764
328	2:35:16	HART, Michelle	Carn Runners	11:51.0	1611
329	2:36:09	JAMES, Joyce	Mounts Bay Harriers	11:55.0	1637
330	2:36:36	JAMES, Sue		11:57.1	1638
331	2:36:36	KISTLE, Damon		11:57.1	1655
332	2:38:14	WELLS, Heather		12:04.5	1808
333	2:38:15	DAVIES, Sally	Torbay AC	12:04.6	1577
334	2:39:25	HORE, Nicola		12:10.0	1859
335	2:40:29	HURLEY, Ian		12:14.9	1858
336	2:40:29	JAY, Nadia	St Austell RC	12:14.9	1639
337	2:40:47	HOGG, Lorna	St Austell RC	12:16.2	1624
338	2:40:53	GREEN, Bibi		12:16.7	1603
339	2:41:46	ADAMSON, Rachael		12:20.7	1501
340	2:43:25	KEALY, Caroline		12:28.3	1646
341	2:44:08	JOLLIFF, Christy	Bodmin Road Runners	12:31.6	1642
342	2:46:05	SLANEY, Gemma		12:40.5	1761
343	2:46:05	PRIDEAUX, Rachael		12:54.3	1725
344	2:49:07	CONDON, Ryan		12:54.4	1562
345	2:55:25	SMITH, Mandy	St Austell RC	13:23.2	1763
346	2:56:27	TAPHOUSE, Lesley	Bodmin Road Runners	13:28.0	1785
347	3:01:50	GREEN, Jane		13:52.6	1604
348	3:04:38	MEEK, Rachael	Tamar Trotters	14:05.4	1728
349		MARTIN, Ian			1680
350		MARTIN, Kirstie			1681
351	4:08:00	WILLCOCK, Louise		18:55.6	1812