

1	0:30:37	CARTHEY, Tom	Falmouth Road Runners	Male under 35	06:07.3
2	0:31:31	SMERDON, Marc	East Cornwall Harriers	Male under 35	06:18.1
3	0:32:20	STACEY, Doug	East Cornwall Harriers	Male Vet 35-39	06:27.9
4	0:32:27	OHLY, Shane	Helm Hill Fell Runners	Male Vet 35-39	06:29.3
5	0:32:32	BARNET, James	Falmouth Road Runners	Male under 35	06:30.3
6	0:32:39	COOPER, Richard		Male Vet 45-49	06:31.7
7	0:32:44	LONGHORN, Jason	Falmouth Road Runners	Male Vet 40-44	06:32.7
8	0:32:46	STONE, Matt	Falmouth Road Runners	Male under 35	06:33.1
9	0:32:52	WISNER, John	Mad Hatter Sports	Male Vet 45-49	06:34.3
10	0:33:16	SAWFORD, Paul	Carn Runners	Male Vet 45-49	06:39.1
11	0:33:32	MURRANT, Kieran	Hayle Runners	Male under 35	06:42.3
12	0:33:34	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	06:42.7
13	0:33:55	DOWRICK, Mike	Cornwall AC	Male Vet 40-44	06:46.9
14	0:34:07	WRIGHT, Tom	Truro Running Club	Male Vet 40-44	06:49.3
15	0:34:16	STACEY, Joshua		Male under 35	06:51.1
16	0:34:40	BRYDON, James	Bodmin Road Runners	Male under 35	06:55.9
17	0:34:49	OAKES, Duncan	Mud Crew Trail Runners	Male Vet 50-54	06:57.7
18	0:34:57	ALSOP, Dan	St Austell Running Club	Male Vet 35-39	06:59.3
19	0:35:02	HALL, Craig	Carn Runners	Male Vet 40-44	07:00.3
20	0:35:12	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 40-44	07:02.3
21	0:35:17	TURNER, James	Truro Running Club	Male Vet 35-39	07:03.2
22	0:35:18	TURNER, Chris	Okehampton RC	Male under 35	07:03.4
23	0:35:28	STREET, Jacob		Male under 35	07:05.4
24	0:35:35	BLEWETT, Derren		Male Vet 45-49	07:06.8
25	0:35:45	DOYLE, Marc	East Cornwall Harriers	Male Vet 35-39	07:08.8
26	0:35:47	COOPER, Kieran		Male under 35	07:09.2
27	0:36:04	CARTHEW, Shaun	St Petrocs Dragons Tri Club	Male Vet 40-44	07:12.6
28	0:36:48	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	07:21.4
29	0:37:22	ARROWSMITH, Paul	East Cornwall Harriers	Male Vet 35-39	07:28.2
30	0:37:42	WARREN, Jeremy	St Austell Running Club	Male Vet 45-49	07:32.2
31	0:37:46	LORD, Oli	East Cornwall Harriers	Male under 35	07:33.0
32	0:37:50	KEARNEY, Peter	Carn Runners	Male Vet 50-54	07:33.8
33	0:37:53	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	07:34.4
34	0:37:55	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	07:34.8
35	0:37:59	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	07:35.6
36	0:38:02	PHILP, David	East Cornwall Harriers	Male Vet 50-54	07:36.2
37	0:38:09	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	07:37.6
38	0:38:18	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	07:39.4
39	0:38:30	CROWLE, Revis	East Cornwall Harriers	Female Vet 50-54	07:41.8
40	0:38:33	BRAY, Vivian	Cornwall AC	Male Vet 50-54	07:42.4
41	0:38:38	ADIE, Gordon	Truro Running Club	Male Vet 55-59	07:43.4
42	0:38:42	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	07:44.2
43	0:38:45	GRONWALT, Ian	Mud Crew Trail Runners	Male Vet 45-49	07:44.8
44	0:38:47	COLEY, Alexander	East Cornwall Harriers	Male under 35	07:45.2
45	0:38:57	RAPSON, Nigel	St Austell Running Club	Male Vet 50-54	07:47.2
46	0:38:58	CROWLE, Ian	East Cornwall Harriers	Male Vet 55-59	07:47.4
47	0:39:01	CORINALDI, Bob	Vale Royal	Male Vet 45-49	07:48.0
48	0:39:05	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:48.8
49	0:39:07	MORSE, Helen	East Cornwall Harriers	Female under 35	07:49.2
50	0:39:11	GREER, Mike		Male under 35	07:50.0
51	0:39:13	BRYDON, Jim	Bodmin Road Runners	Male Vet 55-59	07:50.4
52	0:39:18	MUNN, Patrick	Mud Crew Trail Runners	Male Vet 50-54	07:51.4
53	0:39:23	PENBERTHY, Michael	Hayle Runners	Male Vet 55-59	07:52.4
54	0:39:27	DANIELL, Jamie		Male under 35	07:53.2
55	0:39:28	FERGUSON, Andrew	Mud Crew Trail Runners	Male Vet 50-54	07:53.4
56	0:39:32	HARDING, Ben	East Cornwall Harriers	Male under 35	07:54.2
57	0:39:40	ROGERS, Laura	Cornwall AC	Female under 35	07:55.8

58	0:39:47	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:57.2
59	0:40:06	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	08:01.0
60	0:40:07	YEARLING, Michael		Male Vet 40-44	08:01.2
61	0:40:17	BARRETT, Dean	Tamar Trotters	Male Vet 50-54	08:03.2
62	0:40:19	GEORGE, William		Male under 35	08:03.6
63	0:40:22	HANCOCK, William		Male Vet 35-39	08:04.2
64	0:40:27	PICK, Robert	East Cornwall Harriers	Male Vet 60-64	08:05.2
65	0:40:32	CHASE, Andy	Truro Running Club	Male under 35	08:06.2
66	0:40:37	GOUNDRY, Andrew	Truro Running Club	Male Vet 50-54	08:07.2
67	0:40:46	HILL, Gordon		Male Vet 55-59	08:09.0
68	0:40:48	CARTHEW, Livvy	Newquay Par AC	Female under 35	08:09.4
69	0:40:52	EYRE, Janna	Carn Runners	Female under 35	08:10.2
70	0:41:00	NUGENT, Debbie	Carn Runners	Female Vet 50-54	08:11.8
71	0:41:03	BROWN, David	St Petrocs Dragons Tri Club	Male Vet 45-49	08:12.4
72	0:41:05	QUARMBY, Ann	East Cornwall Harriers	Female Vet 40-44	08:12.8
73	0:41:08	MOORE, Thomas	Truro Running Club	Male Vet 35-39	08:13.4
74	0:41:16	WILLS, Marcus	East Cornwall Harriers	Male under 35	08:15.0
75	0:41:32	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	08:18.2
76	0:41:36	MORTON, Richard	Tamar Trotters	Male Vet 60-64	08:19.0
77	0:41:46	LAMING, Andrew	Newquay Road Runners	Male Vet 45-49	08:21.0
78	0:41:52	REDMAN, Francis		Male under 35	08:22.2
79	0:41:56	BARNES, Olivia	Bodmin Road Runners	Female under 35	08:23.0
80	0:42:01	JOHNSON, Jamie		Male under 35	08:24.0
81	0:42:03	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	08:24.4
82	0:42:06	BLEWETT, Oliver		Male under 35	08:25.0
83	0:42:13	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	08:26.4
84	0:42:15	WILLIAMS, Amy	East Cornwall Harriers	Female under 35	08:26.8
85	0:42:17	FOSTER, James		Male Vet 45-49	08:27.2
86	0:42:22	COBLEY, Harry		Male under 35	08:28.2
87	0:42:32	GIBBONS, Alex		Male under 35	08:30.2
88	0:42:33	COX, Daniel		Male under 35	08:30.4
89	0:42:34	OWEN, Mark	St Austell Running Club	Male Vet 40-44	08:30.6
90	0:42:41	HILL, Nancy	Cornwall AC	Female Vet 45-49	08:32.0
91	0:42:49	ANDREWS, Mark	East Cornwall Harriers	Male Vet 55-59	08:33.6
92	0:42:53	RUSSELL, Barry	St Austell Running Club	Male Vet 35-39	08:34.4
93	0:43:01	STAVES, Jo	Truro Running Club	Female Vet 35-39	08:36.0
94	0:43:05	ELLIS, Andrew	Hayle Runners	Male Vet 40-44	08:36.8
95	0:43:08	STEPHENS, Emma	Bodmin Road Runners	Female under 35	08:37.4
96	0:43:13	BRYDON, Jackie	Bodmin Road Runners	Female Vet 45-49	08:38.4
97	0:43:34	BLEASDALE, Mark	Liverpool Pembroke	Male Vet 55-59	08:42.6
98	0:43:43	SOLOMON, Pam	Bodmin Road Runners	Female Vet 50-54	08:44.4
99	0:43:49	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	08:45.6
100	0:43:56	COX, Clive		Male Vet 55-59	08:47.0
101	0:43:57	NICHOLLS, Meeta	East Cornwall Harriers	Female Vet 40-44	08:47.2
102	0:44:07	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	08:49.2
103	0:44:15	CABLE, Caroline	Mud Crew Trail Runners	Female Vet 50-54	08:50.8
104	0:44:37	MARSHALL, Nigel	St Austell Running Club	Male Vet 40-44	08:55.2
105	0:44:48	FULLER, Clare	St Petrocs Dragons Tri Club	Female Vet 45-49	08:57.4
106	0:44:52	SPITERI, Dawn	St Austell Running Club	Female Vet 35-39	08:58.2
107	0:44:54	LEAN, David	East Cornwall Harriers	Male Vet 55-59	08:58.6
108	0:45:00	PENBERTHY, Carol	Carn Runners	Female Vet 55-59	08:59.8
109	0:45:10	HUNT, Jenna	Falmouth Road Runners	Female under 35	09:01.8
110	0:45:22	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	09:04.2
111	0:45:23	ROWE, Kerri	Bodmin Road Runners	Female under 35	09:04.4
112	0:45:28	PATTEN, Lucinda	East Cornwall Harriers	Female under 35	09:05.4
113	0:45:30	BARNFIELD, Marty		Male Vet 40-44	09:05.8
114	0:45:31	KIRKLAND, Brian		Male Vet 50-54	09:06.0
115	0:45:32	TREGIDGO, Steve	St Austell Running Club	Male Vet 35-39	09:06.2
116	0:45:43	JENKIN, Steve	Cornwall AC	Male Vet 40-44	09:08.4
117	0:46:01	EAGLING, Nigel	Truro Running Club	Male Vet 65-69	09:12.0
118	0:46:10	CARTHEW, Elizabeth	Bodmin Womens RC	Female Vet 40-44	09:13.8

119	0:46:12	RAYSON, Emma		Female Vet 35-39	09:14.2
120	0:46:13	HARNETT, Elizabeth		Female Vet 35-39	09:14.4
121	0:46:15	HOLDEN, Charlie		Male Vet 45-49	09:14.8
122	0:46:19	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	09:15.6
123	0:46:24	CUTLAN, Hannah	St Austell Running Club	Female under 35	09:16.6
124	0:46:29	LEAN, Philip	St Austell Running Club	Male Vet 55-59	09:17.6
125	0:46:30	SUTTON, Andrew	Newquay Road Runners	Male Vet 40-44	09:17.8
126	0:46:33	TRETHEWEY, Martin	St Austell Running Club	Male Vet 45-49	09:18.4
127	0:46:40	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	09:19.8
128	0:46:44	PASCOE, Anna	Carn Runners	Female under 35	09:20.6
129	0:46:46	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	09:21.0
130	0:46:48	PATEMAN, Gemma	St Austell Running Club	Female Vet 35-39	09:21.4
131	0:46:48	HEYWOOD, Peter	Looe Pioneers	Male Vet 70+	09:21.4
132	0:47:16	TRAPMORE, Chris		Male under 35	09:27.0
133	0:47:19	SHAW, Sian	Newquay Road Runners	Female Vet 35-39	09:27.6
134	0:47:22	MORSE, Nicky	Mounts Bay Harriers	Male Vet 55-59	09:28.2
135	0:47:24	LONGHORN, Monica	Mile High	Female Vet 40-44	09:28.6
136	0:47:32	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	09:30.2
137	0:47:38	HAYWARD, Ashley		Male Vet 35-39	09:31.4
138	0:47:42	LANE, Samantha	East Cornwall Harriers	Female under 35	09:32.2
139	0:48:07	COOK, Damian	Mounts Bay Harriers	Male Vet 45-49	09:37.2
140	0:48:14	COVUS, Steven	St Austell Running Club	Male Vet 45-49	09:38.6
141	0:48:37	WIDDERSHOVEN, Demelza	Carn Runners	Female under 35	09:43.2
142	0:48:46	SAUNTER, Jenny	Bodmin Womens RC	Female Vet 50-54	09:45.0
143	0:48:52	RICHARDS, Emma	Carn Runners	Female Vet 35-39	09:46.2
144	0:49:18	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	09:51.4
145	0:49:28	CLARK, Emma	Looe Pioneers	Female under 35	09:53.4
146	0:49:34	CHAPPELL, Zoe	St Petrocs Dragons Tri Club	Female Vet 45-49	09:54.6
147	0:49:37	JORDAN, Rob	Hayle Runners	Male Vet 45-49	09:55.2
148	0:49:52	MORSE, Jackie	Mounts Bay Harriers	Female Vet 55-59	09:58.2
149	0:49:57	LONG, Fran	Hayle Runners	Female Vet 55-59	09:59.2
150	0:49:58	SPEAKE, Georgina	St Austell Running Club	Female Vet 35-39	09:59.4
151	0:50:02	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 35-39	10:00.2
152	0:50:22	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	10:04.2
153	0:50:40	MACEY, Marcia	Bere Alston Trekkers	Female Vet 55-59	10:07.8
154	0:50:43	ARLETTE, Matthew		Male under 35	10:08.4
155	0:50:46	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	10:09.0
156	0:51:10	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	10:13.8
157	0:51:10	WISNER, Kath		Female Vet 45-49	10:13.8
158	0:51:15	DE BARROS, Sara	Hayle Runners	Female Vet 40-44	10:14.8
159	0:51:22	WARREN, Shelley	St Austell Running Club	Female Vet 40-44	10:16.2
160	0:51:23	MCCOLL, Debbie	Falmouth Road Runners	Female Vet 45-49	10:16.4
161	0:51:25	LUCAS, Andrew	St Austell Running Club	Male Vet 50-54	10:16.8
162	0:51:29	UREN, Lisa	Carn Runners	Female Vet 35-39	10:17.6
163	0:51:31	CARDEW, Denise	Carn Runners	Female Vet 50-54	10:18.0
164	0:51:34	MANKEE, Emma	Carn Runners	Female Vet 45-49	10:18.6
165	0:51:36	CLARKE, Ray		Male Vet 45-49	10:19.0
166	0:51:39	BRUMBY, Tandy	Falmouth Road Runners	Female Vet 50-54	10:19.6
167	0:51:56	NEWTON, Roy	Falmouth Road Runners	Male Vet 65-69	10:23.0
168	0:52:03	BARBER, Carley		Female under 35	10:24.4
169	0:52:11	JAMESON, Judy	Carn Runners	Female Vet 55-59	10:26.0
170	0:52:17	ERITH, Amanda	East Cornwall Harriers	Female Vet 60-64	10:27.2
171	0:52:35	SEDGLEY, Alan		Male Vet 65-69	10:30.8
172	0:52:40	EDEN, Reg	St Austell Running Club	Male Vet 65-69	10:31.8
173	0:52:45	PITCHER, David	Tamar Trotters	Male Vet 55-59	10:32.8
174	0:53:13	PAGANO, Angelina	St Austell Running Club	Female Vet 45-49	10:38.4
175	0:53:31	ROSS, Sarah	Tamar Trotters	Female Vet 50-54	10:42.0
176	0:54:07	VICKERS, Lynn	Southport Waterloo AC	Female Vet 50-54	10:49.2
177	0:54:44	HICKS, Sabrina	Bodmin Road Runners	Female Vet 35-39	10:56.6
178	0:54:50	JAMIESON, Sandy	Carn Runners	Female Vet 60-64	10:57.8
179	0:54:54	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	10:58.6

180	0:54:56	CORY, Gail		Female Vet 45-49	10:59.0
181	0:55:02	MICHAEL, Jo-Anne		Female Vet 40-44	11:00.2
182	0:55:11	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	11:02.0
183	0:55:20	CHAPMAN, Jackie	Launceston Road Runners	Female Vet 50-54	11:03.8
184	0:55:52	FARRAR, Katie	Bodmin Womens RC	Female under 35	11:10.2
185	0:55:52	FARRAR, David		Male Vet 55-59	11:10.2
186	0:55:54	BOLT, Adrian	Truro Running Club	Male Vet 45-49	11:10.6
187	0:55:56	HOCKING, Deborah	Carn Runners	Female Vet 45-49	11:11.0
188	0:55:57	HEYWOOD, Steve	Bideford AAC	Male Vet 60-64	11:11.2
189	0:56:00	TAPHOUSE, Linsey	East Cornwall Harriers	Female under 35	11:11.8
190	0:56:03	BUSE, Zoe		Female Vet 40-44	11:12.4
191	0:56:21	TALBOT, Amy	Grit and Grin	Female under 35	11:16.0
192	0:57:03	COX, Alison	Bodmin Womens RC	Female Vet 50-54	11:24.4
193	0:57:27	SMITH, Mandy	St Austell Running Club	Female Vet 55-59	11:29.2
194	0:57:46	HADFIELD, Dawn	St Austell Running Club	Female Vet 45-49	11:33.0
195	0:57:46	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	11:33.0
196	0:58:11	WADE, Margaret	Carn Runners	Female Vet 60-64	11:38.0
197	0:58:12	COX, Sally		Female Vet 50-54	11:38.2
198	0:58:17	CHAPPLE, Carole		Female Vet 55-59	11:39.2
199	0:59:26	TOY, Julie	Carn Runners	Female Vet 50-54	11:53.0
200	0:59:37	TOY, Jeanette	Carn Runners	Female Vet 45-49	11:55.2
201	1:00:48	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 50-54	12:09.4
202	1:00:50	SWETNAM, Jim	Hayle Runners	Male Vet 35-39	12:09.8
203	1:01:54	SAVAGE, Wendy	Carn Runners	Female Vet 50-54	12:22.6
204	1:03:17	COLLINS, Chloe		Female under 35	12:39.2
205	1:03:18	DENNIS, Hollie		Female under 35	12:39.4
206	1:03:47	SLATER, Kirstie		Female Vet 40-44	12:45.2
207	1:03:55	LAKE, Christina	Falmouth Road Runners	Female Vet 55-59	12:46.8
208	1:03:57	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	12:47.2
209	1:04:05	CAMPBELL, Alison	Carn Runners	Female Vet 35-39	12:48.8
210	1:04:07	HALL, Zoe	Carn Runners	Female Vet 45-49	12:49.2
211	1:04:08	SHAND, Sam		Female Vet 40-44	12:49.4
212	1:04:08	SHAND, Julie		Female Vet 45-49	12:49.4
213	1:04:29	WARD, Daniel		Male under 35	12:53.6
214	1:04:47	HAYWARD, Vicky		Female under 35	12:57.2
215	1:07:29	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	13:29.6
216	1:07:49	CORINALDI, Ashlin	Razzers Runners	Female Vet 45-49	13:33.6
217	1:11:09	CARTHEW, Samantha	Bodmin Womens RC	Female Vet 40-44	14:13.5
218	1:11:11	WONG-BROOKS, Lai-yin	Bere Alston Trekkers	Female Vet 45-49	14:13.9
219	1:11:12	TAYLOR, Sandra	Bodmin Womens RC	Female Vet 45-49	14:14.1
220	1:26:56	BROWN, Helen	Falmouth Road Runners	Female Vet 45-49	17:22.9
221	1:26:56	BROWN, Roger	Mud Crew Trail Runners	Male Vet 45-49	17:22.9