

1	0:39:17	BEALE, Oli	Westbury Harriers	All Men	06:19.2	103
2	0:40:36	BARTLETT, Dave	Newquay Road Runners	All Men	06:31.9	189
3	0:41:10	SMERDON, Marc		All Men	06:37.4	98
4	0:41:59	TAYLOR, James	Cornwall AC	All Men	06:45.3	191
5	0:42:46	SOWERBY, Peter	Truro Running Club	All Men	06:52.8	179
6	0:42:49	MACKAY, Nick	Swansea	All Men	06:53.3	169
7	0:43:22	RATCILFFE, Floyd	Hayle Runners		06:58.6	65
8	0:43:46	WISNER, John		All Men	07:02.5	154
9	0:44:03	FULLER, Stephen	Hayle Runners	All Men	07:05.2	124
10	0:44:48	MALE, Jonathon	Barrow Runners	All Men	07:12.5	125
11	0:45:04	SANGER, Phil	Mounts Bay Harriers	All Men	07:15.0	84
12	0:45:23	MANNING, James	Hayle Runners	All Men	07:18.1	155
13	0:45:47	SIMCOCK, Philip		All Men	07:21.9	116
14	0:46:07	TIMMS, Simon	Hayle Runners	All Men	07:25.2	165
15	0:46:32	STEELE, Issy		All Ladies	07:29.2	176
16	0:46:43	GOODCHILD, Samuel	Cornwall AC		07:31.0	174
17	0:46:49	LAMBERT, Trystan		All Men	07:31.9	152
18	0:46:49	HUTCHINSON, Mark		All Men	07:31.9	186
19	0:47:21	LAWSON, Harry		All Men	07:37.1	185
20	0:47:25	WALKER, Murray	Hayle Runners	All Men	07:37.7	112
21	0:47:28	ANDREWARTHA, David	Bude Rats	All Men	07:38.2	140
22	0:47:38	SPENCE, Rob		All Men	07:39.8	92
23	0:47:39	THOMSON, Stuart	Mounts Bay Harriers	All Men	07:40.0	48
24	0:48:54	SEWELL, Andrew		All Men	07:52.0	54
25	0:48:56	WILSON, Mike	Truro Running Club	All Men	07:52.4	28
26	0:49:03	KNUCKEY, Phil	Tri Logic Cornwall	All Men	07:53.5	194
27	0:49:06	WATSON, Robin	Falmouth Road Runners	All Men	07:54.0	113
28	0:49:11	CARVER, Barnaby		All Men	07:54.8	131
29	0:49:15	CONNOR, James	St Marys Runners	All Men	07:55.4	195
30	0:49:21	SHARP, Tim		All Men	07:56.4	62
31	0:49:33	THOMAS, Mark	Mounts Bay Harriers	All Men	07:58.3	137
32	0:49:56	GINGOLD, Ben		All Men	08:02.0	180
33	0:49:59	BRAY, Vivian	Cornwall AC	All Men	08:02.5	193
34	0:50:00	PORTE, Rachel	Hayle Runners	All Ladies	08:02.7	184
35	0:50:27	MORRIS, Stephen		All Men	08:07.0	130
36	0:50:30	YELLAND, Riley			08:07.5	45
37	0:50:31	YELLAND, John		All Men	08:07.6	44
38	0:50:39	PICKERING, Staurt	Hayle Runners	All Men	08:08.9	104
39	0:50:56	HARMAN, Louise	Barrow Runners	All Ladies	08:11.7	126
40	0:51:11	MASTERS, Nick	Hayle Runners	All Men	08:14.1	109
41	0:51:17	SANTI GARCIA, Carlos	Hayle Runners	All Men	08:15.0	163
42	0:51:21	SMART, Jeremy	Somer AC	All Men	08:15.7	161
43	0:51:25	MUNDAY, Darren	Plymouth Muskateers	All Men	08:16.3	86
44	0:51:35	ROONEY, Carl		All Men	08:17.9	127
45	0:51:56	ANNEAR, Chris	Vegan Runners	All Men	08:21.3	188
46	0:52:03	CROWLE, Jonathon	Truro Running Club	All Men	08:22.4	138
47	0:52:08	TIMMS, Ian	Hayle Runners	All Men	08:23.3	164
48	0:52:08	FOX, Thomas		All Men	08:23.3	57
49	0:52:14	DAVIES, Paul	South Cheshire Harriers	All Men	08:24.2	107
50	0:52:20	FERGUSON, Andrew	Mud Crew	All Men	08:25.2	3
51	0:52:32	LEGGATT, Gordon		All Men	08:27.1	52
52	0:52:33	HOOPER, Sharn		All Ladies	08:27.3	77

53	0:52:51	GEARING, Nicola		All Ladies	08:30.2	63
54	0:53:33	PRICE, Gareth		All Men	08:36.9	120
55	0:53:36	WAITE, Tracy		All Ladies	08:37.4	93
56	0:53:43	THOMAS, Rachael	Cornwall AC	All Ladies	08:38.5	187
57	0:54:17	COX, Daniel		All Men	08:44.0	101
58	0:54:45	SNEYD, Paul	Hayle Runners	All Men	08:48.5	166
59	0:54:49	MAY, Anita		All Ladies	08:49.2	91
60	0:55:10	HERTZ, Johannes		All Men	08:52.5	17
61	0:55:25	QUEEN, Stuart	Plymouth Muskateers	All Men	08:54.9	30
62	0:55:26	BRIAN, Mick	Plymouth Muskateers	All Men	08:55.1	38
63	0:55:28	MOORE, Kelly	Hayle Runners	All Ladies	08:55.4	168
64	0:55:29	TRICE, Dean	Plymouth Muskateers	All Men	08:55.6	35
65	0:55:31	WHITTAKER, Sarah	Plymouth Muskateers	All Ladies	08:55.9	82
66	0:55:44	TILDESLEY, Daniel	Mounts Bay Harriers	All Men	08:58.0	118
67	0:55:53	HAYLETT, Kym		All Ladies	08:59.5	75
68	0:55:55	SCOTT, Cheryl		All Ladies	08:59.8	133
69	0:55:55	SHERIDAN, David		All Men	08:59.8	134
70	0:55:58	FRIPP, LAURIE	Falmouth Road Runners	All Men	09:00.3	135
71	0:56:03	CURTIS, Oisin		All Men	09:01.1	37
72	0:56:30	STANFORD, Joe		All Men	09:05.4	172
73	0:56:36	ELLIS, Andrew	Hayle Runners	All Men	09:06.4	183
74	0:56:45	WOOD, Jules	Falmouth Road Runners	All Ladies	09:07.8	87
75	0:56:47	WILCOX, David		All Men	09:08.1	128
76	0:56:58	MATTHEWS, Viv		All Men	09:09.9	43
77	0:57:27	GEORGE, Andrew	Hayle Runners	All Men	09:14.6	2
78	0:57:35	RUSSO, Deborah		All Ladies	09:15.9	18
79	0:57:53	COX, Clive		All Men	09:18.8	99
80	0:57:54	FLETCHER, Stuart	Plymouth Muskateers	All Men	09:18.9	32
81	0:57:55	CABLE, Caroline	Mud Crew	All Ladies	09:19.1	151
82	0:57:58	WATSON, Joanne	Ludlow Runners	All Ladies	09:19.6	160
83	0:57:59	HUNT, Jenna	Falmouth Road Runners	All Ladies	09:19.7	158
84	0:58:03	DARKE, Susan	Plymouth Muskateers	All Ladies	09:20.4	83
85	0:58:09	THOMPSON, David		All Men	09:21.3	175
86	0:58:22	LEAN, David	East Cornwall Harriers	All Men	09:23.4	46
87	0:58:38	BAKER, Mark	Clevedon AC	All Men	09:26.0	89
88	0:58:49	ELLIOTT, Paul	Carn Runners	All Men	09:27.8	105
89	0:58:55	SWABY, Heidi	Mounts Bay Harriers	All Ladies	09:28.7	97
90	0:59:18	BREUGELMANS, Elisse	Coventry	All Men	09:32.4	23
91	0:59:19	WILLIAMS, Matt		All Men	09:32.6	148
92	0:59:29	NEWING, Sarah	Hayle Runners	All Ladies	09:34.2	170
93	0:59:34	NAYLOR, Jenn	Helsby	All Ladies	09:35.0	64
94	0:59:36	SPENCER, Claire	Overton Harriers & AC	All Ladies	09:35.3	132
95	0:59:56	MANSON, Alicia		All Ladies	09:38.6	181
96	1:00:00	GERRARD, Corrine	Hayle Runners	All Ladies	09:39.2	141
97	1:00:33	COCKING, Robert	Hayle Runners	All Men	09:44.5	111
98	1:00:38	GARCIA, Laura		All Ladies	09:45.3	60
99	1:00:38	GARCIA, Jose		All Men	09:45.3	59
100	1:00:42	OLDHAM, Lucy	East Cornwall Harriers	All Ladies	09:46.0	114
101	1:00:45	EASTERLING, Ben		All Men	09:46.4	49
102	1:00:57	BRAY, Robert		All Men	09:48.4	159
103	1:01:13	HARDMAN, Rachel		All Ladies	09:50.9	69
104	1:01:24	COKELL, Pete		All Men	09:52.7	61
105	1:01:38	KEMP, Keith		All Men	09:55.0	27
106	1:01:40	COPE, Jackie	Falmouth Road Runners	All Ladies	09:55.3	110
107	1:01:53	WILTON, David	Falmouth Road Runners	All Men	09:57.4	108
108	1:02:03	PASCOE, Anna	Carn Runners	All Ladies	09:59.0	149

109	1:02:14	ROGERS, Kate	Tavistock AC	All Ladies	10:00.8	157
110	1:02:16	ELLIOTT, Paul	Storm Plymouth	All Men	10:01.1	192
111	1:02:25	MCLENNAN, Chantel	Mounts Bay Harriers	All Ladies	10:02.5	26
112	1:02:35	DE ROZARIEUX, Nathan		All Men	10:04.1	55
113	1:02:45	LONG, Fran	Hayle Runners	All Ladies	10:05.7	6
114	1:03:05	LYDALL, Denise	Falmouth Road Runners	All Ladies	10:09.0	150
115	1:03:22	LAMMERS, Wiebke	Falmouth Road Runners	All Ladies	10:11.7	94
116	1:03:23	BARKER, Alice	Bodmin Road Runners	All Ladies	10:11.9	76
117	1:03:30	GILBERY, Hollie		All Ladies	10:13.0	31
118	1:03:30	MUNDAY, Nicola	Plymouth Muskateers	All Ladies	10:13.0	85
119	1:03:31	THOMAS, Owain	Plymouth Muskateers	All Men	10:13.1	79
120	1:04:12	THOMAS, Louise	Bodmin Ladies Racing Club	All Ladies	10:19.7	136
121	1:05:07	ROGER, Laura		All Ladies	10:28.6	156
122	1:05:11	MITCHELL, Paul		All Men	10:29.2	56
123	1:05:43	PEARCE, Deborah	Hayle Runners	All Ladies	10:34.4	67
124	1:05:52	GLOVER, Ruth	Mounts Bay Harriers	All Ladies	10:35.8	115
125	1:06:42	COOKE, Richard		All Men	10:43.9	16
126	1:06:46	WEBB, Kirsty	Looe Pioneers	All Ladies	10:44.5	90
127	1:06:50	NEWMAN, James	Plymouth Muskateers	All Men	10:45.2	80
128	1:06:51	THOMAS, Paul	Hayle Runners	All Men	10:45.3	121
129	1:06:58	WATKINS, Yvonne	Mounts Bay Harriers	All Ladies	10:46.5	102
130	1:07:14	BEHRINGER, Peter	LT Bernd Huebner	All Men	10:49.0	182
131	1:07:18	TILDESLEY, Amy	Mounts Bay Harriers	All Ladies	10:49.7	119
132	1:07:29	GRIMWOOD-READ, Michelle		All Ladies	10:51.4	122
133	1:07:41	BROUGHTON, Sharon	Falmouth Road Runners	All Ladies	10:53.4	178
134	1:07:41	WATSON, Janet	Falmouth Road Runners	All Ladies	10:53.4	177
135	1:07:41	SWETNAM, Jim	Hayle Runners	All Men	10:53.4	66
136	1:07:47	GRIMWOOD-READ, Joanna		All Ladies	10:54.3	123
137	1:07:49	HEYWOOD, Steve	Bideford AAC	All Men	10:54.7	39
138	1:08:04	EMSLEY, Lynette		All Ladies	10:57.1	96
139	1:08:24	MORRIS, Jodi		All Ladies	11:00.3	145
140	1:08:42	THOMSON, Rachel	Mounts Bay Harriers	All Ladies	11:03.2	47
141	1:08:50	HIRD, Darren		All Men	11:04.5	171
142	1:09:53	EASTERLING, Tara		All Ladies	11:14.6	50
143	1:10:17	DE BARROS, Sara	Hayle Runners	All Ladies	11:18.5	117
144	1:10:59	FLANAGAN, Rachel	Falmouth Road Runners	All Ladies	11:25.2	147
145	1:11:12	ROWE, Samantha	Mounts Bay Harriers	All Ladies	11:27.3	40
146	1:11:48	TREVARTHEN, Rachel		All Ladies	11:33.1	173
147	1:12:17	JAMES, Joyce	Mounts Bay Harriers	All Ladies	11:37.8	41
148	1:12:17	JAMES, Sue	Mounts Bay Harriers	All Ladies	11:37.8	42
149	1:13:18	WANDLESS, Charlotte		All Ladies	11:47.6	142
150	1:13:47	PRUTTON, Kelly		All Ladies	11:52.3	95
151	1:14:22	CHOAK, Sarah	Falmouth Road Runners	All Ladies	11:57.9	88
152	1:14:41	NEEDHAM, Kirsty		All Ladies	12:00.9	70
153	1:14:56	COX, Alison	Bodmin Road Runners	All Ladies	12:03.4	100
154	1:15:11	RICHENS, Vickie	Hatch Warren Runners	All Ladies	12:05.8	129
155	1:16:15	WILKINSON, Hannah	Carn Runners	All Ladies	12:16.1	10
156	1:16:44	UNWIN, Justine		All Ladies	12:20.7	78
157	1:16:52	RAY, Pamela	Hayle Runners	All Ladies	12:22.0	36
158	1:17:28	PAGE, Annie	Amphill & Flitwick Flyers	All Ladies	12:27.8	4
159	1:17:53	MASSEY, Jennie	Hayle Runners	All Ladies	12:31.8	1
160	1:18:30	LLEWELLYN, Kirstin	Hatch Warren Runners	All Ladies	12:37.8	146
161	1:18:39	PALMER, Brendan	Plymouth Muskateers	All Men	12:39.2	29
162	1:20:36	TAPHOUSE, Lesley	Bodmin Road Runners	All Ladies	12:58.1	9
163	1:22:23	SLATER, Kirstie		All Ladies	13:15.3	139
164	1:22:45	WRIGHT, Agnieszka		All Ladies	13:18.8	25

165	1:24:46	ATHERTON, Julie	Hayle Runners	All Ladies	13:38.3	20
166	1:24:48	WRIGHT, David	Hayle Runners	All Men	13:38.6	24
167	1:34:48	PAINTER, Sarah	Hayle Runners	All Ladies	15:15.2	14