

1	0:26:39	POCHEE, Brahma	Highgate Harriers	Male under 35	05:19.7
2	0:26:44	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:20.7
3	0:28:03	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:36.5
4	0:28:04	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:36.7
5	0:28:25	COSTELLO, Daniel	Hayle Runners	Male under 35	05:40.9
6	0:28:34	DRY, Jonny	Cornwall AC	Male under 35	05:42.7
7	0:28:46	HUMPHREY, Thomas	Hayle Runners	Male under 35	05:45.1
8	0:28:48	CARTHEY, Tom	Falmouth Road Runners	Male under 35	05:45.5
9	0:28:56	MORANT, Jordan	Hayle Runners	Male under 35	05:47.1
10	0:29:19	SMERDON, Marc	East Cornwall Harriers	Male under 35	05:51.7
11	0:29:39	GOODCHILD, Sam	Cornwall AC	Male under 20	05:55.7
12	0:29:40	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:55.9
13	0:29:41	WEBSTER, Mark	Cornwall AC	Male under 35	05:56.1
14	0:29:47	BARRETT, Chris	Truro Running Club	Male Vet 40-44	05:57.3
15	0:29:50	ABRAHAM, Scott	Hayle Runners	Male Vet 40-44	05:57.9
16	0:29:51	STEPTO, Emma	Cornwall AC	Female Vet 45-49	05:58.1
17	0:29:55	BARKER, Christopher		Male under 35	05:58.9
18	0:29:58	SOLE, Paul	Cornwall AC	Male Vet 35-39	05:59.5
19	0:29:59	CROWSLEY, David	Falmouth Road Runners	Male under 35	05:59.7
20	0:30:06	RATCLIFFE, Floyd	Hayle Runners	Male under 20	06:01.1
21	0:30:08	BARNET, James	Falmouth Road Runners	Male under 35	06:01.5
22	0:30:13	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:02.5
23	0:30:34	DAVIES, James	Truro Running Club	Male under 35	06:06.7
24	0:30:36	MASTERS, Jamie	St Austell Running Club	Male under 35	06:07.1
25	0:30:41	VINNICOMBE, Jason	Carn Runners	Male Vet 40-44	06:08.1
26	0:30:42	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	06:08.3
27	0:31:00	HALL, Craig	Carn Runners	Male Vet 40-44	06:11.9
28	0:31:08	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:13.5
29	0:31:09	EVANS, Darren	Launceston Road Runners	Male under 35	06:13.7
30	0:31:22	MURRANT, Kieran	Hayle Runners	Male under 35	06:16.3
31	0:31:25	BARKER, Rick		Male under 35	06:16.9
32	0:31:26	HANDS, Stephen	St Austell Running Club	Male Vet 45-49	06:17.1
33	0:31:26	CHAPMAN, Wendy	Truro Running Club	Female Vet 40-44	06:17.1
34	0:31:31	SOLE, John	Bodmin Road Runners	Male Vet 35-39	06:18.1
35	0:31:33	CUTLAN, James	St Austell Running Club	Male under 35	06:18.5
36	0:31:35	DITTY, Graham	Mile High	Male under 35	06:18.9
37	0:31:54	MORRALL, Zelah	Cornwall AC	Female Vet 45-49	06:22.7
38	0:31:58	MANNING, James	Hayle Runners	Male Vet 35-39	06:23.5
39	0:32:08	PAULL, Emma	Hayle Runners	Female under 35	06:25.5
40	0:32:26	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:29.1
41	0:32:35	WEBB, Jason	Cornwall AC	Male Vet 45-49	06:30.9
42	0:32:39	SOLE, Amy	Cornwall AC	Female under 35	06:31.7
43	0:32:45	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:32.9
44	0:32:52	HOWELL, Tom	Mile High	Male under 35	06:34.3
45	0:33:14	CARDEW, Barrie	Carn Runners	Male Vet 55-59	06:38.7
46	0:33:22	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:40.3
47	0:33:27	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	06:41.3
48	0:33:28	SZYMANSKI, Pawel	Launceston Road Runners	Male under 35	06:41.5
49	0:33:30	LYONS, Richard	Hayle Runners	Male under 35	06:41.9
50	0:33:31	ANDREWARTHA, David	Bude Rats	Male under 35	06:42.1
51	0:33:34	DANIELL, Jamie		Male under 35	06:42.7
52	0:33:35	ROWETT, James		Male under 35	06:42.9
53	0:33:36	WARREN, Jeremy	St Austell Running Club	Male Vet 45-49	06:43.1
54	0:33:39	DEACON, Mark	Looe Pioneers	Male under 35	06:43.7
55	0:33:54	WILSON, Michael	Truro Running Club	Male Vet 55-59	06:46.7
56	0:33:57	BURGESS, Kathryn	Cornwall AC	Female Vet 35-39	06:47.3
57	0:33:59	JOHNSON, Jeanette	Launceston Road Runners	Female Vet 50-54	06:47.7

58	0:34:03	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	06:48.5
59	0:34:07	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	06:49.3
60	0:34:15	BANBURY, Neil	Newquay Road Runners	Male Vet 35-39	06:50.9
61	0:34:15	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	06:50.9
62	0:34:23	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:52.5
63	0:34:26	POWELL, Simon	UK Net Runner	Male Vet 35-39	06:53.1
64	0:34:27	COLEY, Alexander	East Cornwall Harriers	Male under 20	06:53.3
65	0:34:29	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	06:53.7
66	0:34:30	LAURIE, Andrew	Falmouth Road Runners	Male Vet 50-54	06:53.9
67	0:34:34	CROWLE, Revis	East Cornwall Harriers	Female Vet 50-54	06:54.7
68	0:34:48	STANDING, Rob	Truro Running Club	Male Vet 40-44	06:57.5
69	0:34:50	TUCKER, David	Tamar Trotters	Male Vet 35-39	06:57.9
70	0:34:52	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:58.3
71	0:35:04	ROGERS, Laura	Cornwall AC	Female under 35	07:00.7
72	0:35:07	CROWLE, Ian	East Cornwall Harriers	Male Vet 55-59	07:01.3
73	0:35:08	WITHAM, Neville	Cornwall AC	Male Vet 60-64	07:01.5
74	0:35:09	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	07:01.7
75	0:35:10	JOSE, Amy	Hayle Runners	Female under 35	07:01.9
76	0:35:12	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	07:02.3
77	0:35:22	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:04.2
78	0:35:23	WILES, Brian	Launceston Road Runners	Male Vet 65-69	07:04.4
79	0:35:30	MILLWARD, Andy	Carn Runners	Male Vet 55-59	07:05.8
80	0:35:33	MARSH, Danny	Cornwall AC	Male Vet 40-44	07:06.4
81	0:35:42	THOMAS, Adam	St Austell Running Club	Male under 35	07:08.2
82	0:35:48	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	07:09.4
83	0:35:50	JOHNSON, Jamie		Male under 35	07:09.8
84	0:35:50	DAVIES, Richard	Newquay Road Runners	Male Vet 45-49	07:09.8
85	0:35:51	PARKIN, Graham	Launceston Road Runners	Male Vet 45-49	07:10.0
86	0:35:53	BARRETT, Dean	Tamar Trotters	Male Vet 50-54	07:10.4
87	0:35:57	WITHERS, Russ		Male Vet 40-44	07:11.2
88	0:36:02	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	07:12.2
89	0:36:15	HILL, Jeremy	St Austell Running Club	Male Vet 35-39	07:14.8
90	0:36:21	HARDING, Ben	East Cornwall Harriers	Male under 35	07:16.0
91	0:36:23	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	07:16.4
92	0:36:23	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	07:16.4
93	0:36:26	PALMER, Jade	Truro Running Club	Female under 35	07:17.0
94	0:36:27	PATEMAN, Scott	St Austell Running Club	Male Vet 45-49	07:17.2
95	0:36:29	LLOYD, James	Truro Running Club	Male Vet 40-44	07:17.6
96	0:36:30	NUGENT, Debbie	Carn Runners	Female Vet 50-54	07:17.8
97	0:36:35	PELL, David		Male Vet 50-54	07:18.8
98	0:36:46	GLENDINNING, Tom	Launceston Road Runners	Male under 35	07:21.0
99	0:36:56	WHITAKER, Nick	Newquay Road Runners	Male Vet 45-49	07:23.0
100	0:37:00	HURST, Charlotte	Cornwall AC	Female under 35	07:23.8
101	0:37:05	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	07:24.8
102	0:37:12	LAMING, Andrew	Newquay Road Runners	Male Vet 45-49	07:26.2
103	0:37:15	FRANTZ, Derrick	Cornwall AC	Male Vet 45-49	07:26.8
104	0:37:25	PEARCE, Julia	Cornwall AC	Female Vet 40-44	07:28.8
105	0:37:28	THOMAS, Gavin		Male Vet 35-39	07:29.4
106	0:37:34	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:30.6
107	0:37:41	HILL, Nancy	Cornwall AC	Female Vet 45-49	07:32.0
108	0:37:42	OWEN, Mark	St Austell Running Club	Male Vet 40-44	07:32.2
109	0:37:44	RAZZELL, Neil		Male Vet 35-39	07:32.6
110	0:37:46	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	07:33.0
111	0:37:58	WARD, James		Male under 35	07:35.4
112	0:37:59	RAPSON, Nigel	St Austell Running Club	Male Vet 50-54	07:35.6
113	0:38:01	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:36.0
114	0:38:07	RAMSEY, Chris	Truro Running Club	Male Vet 60-64	07:37.2
115	0:38:10	SMITH, Sharon	Carn Runners	Female Vet 40-44	07:37.8
116	0:38:16	GOLDRING, Ellen		Female Vet 35-39	07:39.0
117	0:38:17	COOMBE, Charlotte		Female Vet 40-44	07:39.2
118	0:38:22	MEDWAY, Lucy	Truro Running Club	Female Vet 40-44	07:40.2

119	0:38:24	COBLEY, Harry		Male under 35	07:40.6
120	0:38:25	SMITH, Derek	Hayle Runners	Male Vet 50-54	07:40.8
121	0:38:27	DALE, Steve	Newquay Road Runners	Male Vet 40-44	07:41.2
122	0:38:27	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	07:41.2
123	0:38:28	PICKFORD, Ryan		Male under 35	07:41.4
124	0:38:28	EVA, Emma	Falmouth Road Runners	Female under 35	07:41.4
125	0:38:29	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	07:41.6
126	0:38:33	WILLS, Marcus	East Cornwall Harriers	Male under 35	07:42.4
127	0:38:41	KITCHEN, Nathan	Cornwall AC	Male Vet 40-44	07:44.0
128	0:38:46	MOORE, Kelly	Hayle Runners	Female under 35	07:45.0
129	0:38:52	ROBINS, Sara	Newquay Road Runners	Female under 35	07:46.2
130	0:38:53	MAREKOVA, Lucia	Launceston Road Runners	Female under 35	07:46.4
131	0:38:58	STARKIE, Andrew	Truro Running Club	Male Vet 35-39	07:47.4
132	0:39:08	PRANGLEY, Michael		Male Vet 50-54	07:49.4
133	0:39:12	GREEN, Alan	East Cornwall Harriers	Male Vet 60-64	07:50.2
134	0:39:14	HITCHENS, Wietske	Carn Runners	Female Vet 45-49	07:50.6
135	0:39:15	RINGWOOD, Michael	Mounts Bay Harriers	Male Vet 50-54	07:50.8
136	0:39:22	MEDWAY, Jeff	Truro Running Club	Male Vet 45-49	07:52.2
137	0:39:24	ASHWIN (DORMER), Cassandra	Falmouth Road Runners	Female Vet 35-39	07:52.6
138	0:39:24	CHASE, Andy		Male under 35	07:52.6
139	0:39:25	ORCHARD, Mike	Hayle Runners	Male Vet 55-59	07:52.8
140	0:39:26	RUSSELL, Barry	St Austell Running Club	Male Vet 35-39	07:53.0
141	0:39:28	WOOD, Glenn	East Cornwall Harriers	Male Vet 50-54	07:53.4
142	0:39:29	GALE, Dave		Male Vet 50-54	07:53.6
143	0:39:31	LACKEY, Michael	Newquay Road Runners	Male Vet 45-49	07:54.0
144	0:39:37	GLENDINNING, Sharon	Launceston Road Runners	Female under 35	07:55.2
145	0:39:41	SARGENT, Pete	Newquay Road Runners	Male Vet 70-74	07:56.0
146	0:39:44	MARTIN, Colin	Newquay Road Runners	Male Vet 60-64	07:56.6
147	0:39:51	PAULL, Lucy	Hayle Runners	Female under 35	07:58.0
148	0:39:52	CHAPMAN, Peter	Carn Runners	Male Vet 60-64	07:58.2
149	0:40:05	WEBB, Jane		Female Vet 45-49	08:00.8
150	0:40:11	MAGUIRE, Tom		Male Vet 35-39	08:02.0
151	0:40:19	BREAKWELL, Curtis	Hayle Runners	Male under 35	08:03.6
152	0:40:20	ROWETT, Gareth	St Austell Running Club	Male under 35	08:03.8
153	0:40:20	LILLIS, John	Newquay Road Runners	Male Vet 70-74	08:03.8
154	0:40:22	DUNCAN, Jeanette	Newquay Road Runners	Female Vet 55-59	08:04.2
155	0:40:24	RULE, Helen	Hayle Runners	Female Vet 35-39	08:04.6
156	0:40:36	DITTY, Danielle	Falmouth Road Runners	Female under 35	08:07.0
157	0:40:43	HALL, Nicola	Bodmin Womens RC	Female Vet 40-44	08:08.4
158	0:40:44	ELLIOTT, Kathy	Newquay Road Runners	Female Vet 45-49	08:08.6
159	0:40:45	ELSTONE, Meryl	Carn Runners	Female Vet 45-49	08:08.8
160	0:40:50	MARSHALL-STEVEN, Gary		Male Vet 40-44	08:09.8
161	0:40:57	DREW, Peter	Carn Runners	Male Vet 65-69	08:11.2
162	0:41:06	TRUDGEON, Steve		Male Vet 35-39	08:13.0
163	0:41:08	COWBURN, Sarah		Female Vet 40-44	08:13.4
164	0:41:13	HARRIS, Geoff	Newquay Road Runners	Male Vet 55-59	08:14.4
165	0:41:15	GERRARD, Corrine	Hayle Runners	Female Vet 45-49	08:14.8
166	0:41:16	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	08:15.0
167	0:41:18	ELLIOTT, Paul	Carn Runners	Male Vet 40-44	08:15.4
168	0:41:19	MORSE, Nicky	Mounts Bay Harriers	Male Vet 55-59	08:15.6
169	0:41:19	HEYWOOD, Peter	Looe Pioneers	Male Vet 70-74	08:15.6
170	0:41:27	KERSHAW, David	Hayle Runners	Male Vet 45-49	08:17.2
171	0:41:33	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:18.4
172	0:41:38	JAMIESON, Paul	Lordshill	Male Vet 45-49	08:19.4
173	0:41:40	CAIN, Morgan	Launceston Road Runners	Male under 35	08:19.8
174	0:41:44	TRUSCOTT, Neil	St Austell Running Club	Male Vet 40-44	08:20.6
175	0:41:49	WERRAN, Louise	Launceston Road Runners	Female Vet 40-44	08:21.6
176	0:41:52	PASCOE, Anna	Carn Runners	Female under 35	08:22.2
177	0:41:54	MARSHALL, Nigel	St Austell Running Club	Male Vet 40-44	08:22.6
178	0:41:58	MANKEE, Walter	Carn Runners	Male Vet 55-59	08:23.4
179	0:42:00	BRADLEY, Kate	St Austell Running Club	Female under 35	08:23.8

180	0:42:17	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	08:27.2
181	0:42:27	GOLLOP, Mark		Male Vet 45-49	08:29.2
182	0:42:29	BENNETT, Emily	Hayle Runners	Female under 20	08:29.6
183	0:42:32	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:30.2
184	0:42:37	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	08:31.2
185	0:42:38	DAVISON, Mick	Newquay Road Runners	Male Vet 40-44	08:31.4
186	0:42:40	TAYLOR, Sue	Mounts Bay Harriers	Female Vet 60-64	08:31.8
187	0:42:44	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:32.6
188	0:42:45	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	08:32.8
189	0:42:46	NORRIS, Chris	Launceston Road Runners	Male Vet 40-44	08:33.0
190	0:42:51	HENWOOD, Phillip	Newquay Road Runners	Male Vet 40-44	08:34.0
191	0:42:54	JOHNS, Darren	Truro Running Club	Male Vet 40-44	08:34.6
192	0:42:55	KENT, Mele	Newquay Road Runners	Female Vet 40-44	08:34.8
193	0:42:58	KEMPNA, Lucie		Female under 20	08:35.4
194	0:42:59	KEMPNY, Jiri	St Austell Running Club	Male Vet 40-44	08:35.6
195	0:43:02	GOODRIGHT, Ray	East Cornwall Harriers	Male Vet 65-69	08:36.2
196	0:43:16	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:39.0
197	0:43:19	PARKIN, Eleanor	Truro Running Club	Female under 35	08:39.6
198	0:43:25	SCARFE, Jackie	Alton Joggers	Female Vet 50-54	08:40.8
199	0:43:28	HONEYCHURCH, Clare	Plymstock Road Runners	Female Vet 50-54	08:41.4
200	0:43:35	COLEMAN, Nikki	Cornwall AC	Female Vet 45-49	08:42.8
201	0:43:38	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	08:43.4
202	0:43:42	PARKIN, Sue	Launceston Road Runners	Female Vet 50-54	08:44.2
203	0:43:45	TRUDGEON, Paul	St Austell Running Club	Male under 35	08:44.8
204	0:43:47	RALLS, Patsy	St Austell Running Club	Female Vet 50-54	08:45.2
205	0:43:51	GREEN, Julie	Carn Runners	Female Vet 50-54	08:46.0
206	0:43:51	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	08:46.0
207	0:43:59	WELLS, Heather		Female Vet 45-49	08:47.6
208	0:44:00	GOLDBERG, Jessica	Launceston Road Runners	Female under 20	08:47.8
209	0:44:01	ROBERTS, Helen	Tamar Trotters	Female Vet 40-44	08:48.0
210	0:44:06	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	08:49.0
211	0:44:07	COCQUYT, Claire		Female Vet 40-44	08:49.2
212	0:44:07	WIDDERSHOVEN, Demelza	Carn Runners	Female under 35	08:49.2
213	0:44:10	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	08:49.8
214	0:44:13	PAYNE, Amy	Truro Running Club	Female under 35	08:50.4
215	0:44:17	HADFIELD, Angeline		Female under 35	08:51.2
216	0:44:19	ADAMS, Elaine	Hayle Runners	Female Vet 35-39	08:51.6
217	0:44:27	SPEAKE, Georgina	St Austell Running Club	Female Vet 35-39	08:53.2
218	0:44:39	CARVETH, Debbie	Hayle Runners	Female Vet 40-44	08:55.6
219	0:44:40	SENIOR, Ann	Hayle Runners	Female Vet 55-59	08:55.8
220	0:44:44	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	08:56.6
221	0:44:49	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	08:57.6
222	0:44:51	PARKIN, Harriet	Bodmin Womens RC	Female under 35	08:58.0
223	0:44:52	NEWTON, Roy	Falmouth Road Runners	Male Vet 65-69	08:58.2
224	0:44:55	MILLWARD, Laura	Carn Runners	Female Vet 50-54	08:58.8
225	0:44:59	LONG, Fran	Hayle Runners	Female Vet 55-59	08:59.6
226	0:45:00	CAFF, Wayne	Newquay Road Runners	Male Vet 40-44	08:59.8
227	0:45:02	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 50-54	09:00.2
228	0:45:06	SWIFT, Sarah	Launceston Road Runners	Female under 35	09:01.0
229	0:45:06	GOODMAN, Andrew	Birstall Running Club	Male Vet 65-69	09:01.0
230	0:45:07	BOWKER, Rachel	Hayle Runners	Female Vet 45-49	09:01.2
231	0:45:09	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:01.6
232	0:45:11	CATTERALL, Diane	Carn Runners	Female under 35	09:02.0
233	0:45:14	MASKELL, Melanie	St Austell Running Club	Female Vet 45-49	09:02.6
234	0:45:16	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:03.0
235	0:45:21	COMMONS, Andrea		Female Vet 45-49	09:04.0
236	0:45:31	DAVIES, Sarah		Female Vet 40-44	09:06.0
237	0:45:32	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 35-39	09:06.2
238	0:45:41	FERKIN, Charmaine		Female Vet 40-44	09:08.0
239	0:45:50	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	09:09.8
240	0:45:53	MCBRIDGE, Claire		Female Vet 35-39	09:10.4

241	0:45:54	BOOTHMAN, Laura	London Heathside	Male Vet 35-39	09:10.6
242	0:45:59	BOWERS, Karina		Female Vet 35-39	09:11.6
243	0:46:13	TAYLOR, Karen		Female Vet 40-44	09:14.4
244	0:46:22	JAMIESON, Sandy	Carn Runners	Female Vet 60-64	09:16.2
245	0:46:26	JAMESON, Judy	Carn Runners	Female Vet 55-59	09:17.0
246	0:46:33	JANE, Gary	St Austell Running Club	Male Vet 45-49	09:18.4
247	0:46:34	EVANS, Mollie	Carn Runners	Female Vet 35-39	09:18.6
248	0:46:39	WARREN, Shelley	St Austell Running Club	Female Vet 40-44	09:19.6
249	0:46:58	ELLIS, Sarah		Female under 35	09:23.4
250	0:47:05	WALTERS, Karen	Newquay Road Runners	Female Vet 40-44	09:24.8
251	0:47:06	POULTNEY, Melissa	Hayle Runners	Female Vet 35-39	09:25.0
252	0:47:10	COCQUYT, Peter		Male Vet 50-54	09:25.8
253	0:47:12	TUCKER, Rebecca	Tamar Trotters	Female Vet 35-39	09:26.2
254	0:47:15	CHADWICK, Kim		Female Vet 45-49	09:26.8
255	0:47:53	THORNE, Susan	Tamar Trotters	NDB	09:34.4
256	0:47:56	MCCORMACK, Teresa	Falmouth Road Runners	Female Vet 40-44	09:35.0
257	0:47:57	GREEN, Marie	Falmouth Road Runners	Female Vet 40-44	09:35.2
258	0:48:05	MACK, Mike	Carn Runners	Male Vet 65-69	09:36.8
259	0:48:06	GARLAND, Carolyn		Female Vet 45-49	09:37.0
260	0:48:08	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	09:37.4
261	0:48:14	RESCORL, Mark	Tamar Trotters	Male under 35	09:38.6
262	0:48:21	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:40.0
263	0:48:28	PITCHER, David	Tamar Trotters	Male Vet 55-59	09:41.4
264	0:48:29	WOODMAN, Michael	St Austell Running Club	Male Vet 50-54	09:41.6
265	0:48:47	COURTNEY, Stacey	Newquay Road Runners	Female under 35	09:45.2
266	0:48:47	BIGGS, Matthew	Newquay Road Runners	Male Vet 45-49	09:45.2
267	0:49:00	BOWDEN, Kelly	WalkRun NRR	Female under 35	09:47.8
268	0:49:06	JAY, Nadia	St Austell Running Club	Female Vet 40-44	09:49.0
269	0:49:22	SWETNAM, Jim	Hayle Runners	Male Vet 35-39	09:52.2
270	0:49:40	SOWERBY, Nicky	Truro Running Club	Female Vet 50-54	09:55.8
271	0:50:03	BUSCOMBE, Ross		Male under 35	10:00.4
272	0:50:14	TREGEAR, Sarah	Mounts Bay Harriers	Female under 35	10:02.6
273	0:50:21	THOMAS, Jane	St Austell Running Club	Female Vet 55-59	10:04.0
274	0:50:29	JENKIN, Jacqueline	Cornwall AC	Female Vet 65-69	10:05.6
275	0:50:30	JENKIN, Richard	Cornwall AC	Male Vet 70-74	10:05.8
276	0:50:31	HOGG, Lorna	St Austell Running Club	Female Vet 45-49	10:06.0
277	0:50:32	BARRETT, Liz	St Austell Running Club	Female Vet 55-59	10:06.2
278	0:50:34	LACKEY, Debbie	Newquay Road Runners	Female Vet 45-49	10:06.6
279	0:50:34	EVANS, Des	Newquay Road Runners	Male Vet 65-69	10:06.6
280	0:50:55	STAFF, Rachael	St Austell Running Club	Female Vet 40-44	10:10.8
281	0:50:58	KISTLE, Damon		Male Vet 50-54	10:11.4
282	0:51:04	TALBOT, Bev	St Austell Running Club	Female Vet 50-54	10:12.6
283	0:51:05	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:12.8
284	0:51:20	WADE, Margaret	Carn Runners	Female Vet 60-64	10:15.8
285	0:51:36	DOUGHTY, Louise	Tamar Trotters	Female Vet 50-54	10:19.0
286	0:51:45	SHAND, Sam		Female Vet 40-44	10:20.8
287	0:51:59	DORMER, Kathran	Falmouth Road Runners	Female Vet 65-69	10:23.6
288	0:52:00	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:23.8
289	0:52:05	MORSE, Jackie	Mounts Bay Harriers	Female Vet 55-59	10:24.8
290	0:52:05	GIBBS, Natalie	Mounts Bay Harriers	Female Vet 35-39	10:24.8
291	0:52:09	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	10:25.6
292	0:52:20	BOWDEN, Ian	Carn Runners	Male Vet 45-49	10:27.8
293	0:52:45	RALLS, David	St Austell Running Club	Male Vet 50-54	10:32.8
294	0:52:46	KENT, Emma	WalkRun NRR	Female Vet 35-39	10:33.0
295	0:53:03	BOARDMAN, Diane	Truro Running Club	Female under 35	10:36.4
296	0:53:05	GOADSBY, Bill	Daventry Road Runners	Male Vet 60-64	10:36.8
297	0:53:07	LOBB, Chris		Male under 35	10:37.2
298	0:53:33	HYDE-LINAKER, Elaine	St Austell Running Club	Female Vet 50-54	10:42.4
299	0:53:39	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	10:43.6
300	0:53:43	TAPHOUSE, Linsey	East Cornwall Harriers	Female under 35	10:44.4
301	0:54:08	DREW, Carole	Carn Runners	Female Vet 65-69	10:49.4

302	0:54:08	BILLINGTON, Tish	Hayle Runners	Female under 35	10:49.4
303	0:54:09	DREW, Barry	Carn Runners	Male Vet 65-69	10:49.6
304	0:54:32	TREVENA, Claire		Female Vet 45-49	10:54.2
305	0:54:46	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 50-54	10:57.0
306	0:54:58	SIMMONS, Ruth	St Austell Running Club	Female Vet 45-49	10:59.4
307	0:55:03	HOAR, Sophie		Female under 35	11:00.4
308	0:55:09	POOLE, Wendy	St Austell Running Club	Female Vet 50-54	11:01.6
309	0:55:09	BOWDEN, Sally	WalkRun NRR	Female Vet 50-54	11:01.6
310	0:55:25	DUKE, Jan	Tamar Trotters	Male Vet 65-69	11:04.8
311	0:55:25	FOSTER, Ann	Tamar Trotters	Female Vet 65-69	11:04.8
312	0:55:33	MARK, Rebecca		Female under 35	11:06.4
313	0:55:33	BEYNON, Vicky		Female under 35	11:06.4
<b>314</b>	<b>0:55:46</b>	<b>TREWEEK, Paul</b>	<b>Truro Running Club</b>	<b>Male Vet 55-59</b>	<b>11:09.0</b>
315	0:56:01	YATES, Angela	St Austell Running Club	Female Vet 55-59	11:12.0
316	0:56:16	SLATER, Kirstie		Female Vet 40-44	11:15.0
317	0:56:26	MARSH, Kathryn	Carn Runners	Female Vet 40-44	11:17.0
318	0:56:30	THOMAS, Natalie	Falmouth Road Runners	Female Vet 35-39	11:17.8
319	0:56:31	THOMAS, William		Male Vet 45-49	11:18.0
320	0:56:49	HALL, Saffion	Carn Runners	Female under 20	11:21.6
321	0:56:49	HALL, Zoe	Carn Runners	Female Vet 45-49	11:21.6
322	0:56:54	HAMMETT, Andrew		Male Vet 70-74	11:22.6
323	0:57:07	WATTS, Naomi	Newquay Road Runners	Female under 35	11:25.2
324	0:57:14	FRANCIS, Donna	Newquay Road Runners	Female Vet 60-64	11:26.6
325	0:57:18	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	11:27.4
326	0:57:39	WHITNEY, Linda	Newquay Road Runners	Female Vet 65-69	11:31.6
327	0:57:47	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	11:33.2
328	0:57:58	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	11:35.4
329	0:58:22	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	11:40.2
330	0:58:45	SROCZYNSKI, Jan	East Cornwall Harriers	Male Vet 65-69	11:44.8
331	0:58:45	EWART, Sam	St Austell Running Club	Female Vet 40-44	11:44.8
332	0:58:55	SHAND, Julie		Female Vet 45-49	11:46.8
333	0:58:55	OLSEN, Nikki		Female Vet 45-49	11:46.8
334	0:58:56	TODD, Christine	St Austell Running Club	Female Vet 50-54	11:47.0
335	0:58:57	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	11:47.2
336	1:00:33	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	12:06.4
337	1:01:19	MURLEY, Louise	Hayle Runners	Female Vet 50-54	12:15.6
338	1:01:19	NEWING, Sarah	Hayle Runners	Female Vet 35-39	12:15.6
339	1:02:41	SLATEFORD, Nicola	St Austell Running Club	Female Vet 50-54	12:32.0
340	1:03:23	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:40.4
341	1:05:14	RICHARDS, Leonora		Female Vet 60-64	13:02.6
342	1:07:05	HAWKEN, Val	Newquay Road Runners	Female Vet 70+	13:24.8
343	1:10:44	WEBBER, Sharon	St Austell Running Club	Female Vet 40-44	14:08.5
344	1:10:44	WYATT, Liz	St Austell Running Club	Female Vet 45-49	14:08.5
345	1:10:44	PRANGLEY, Lisa	St Austell Running Club	Female Vet 45-49	14:08.5