

Time

1	15:34.9	SNOOK, Colin	Cornwall AC	Male 40-44		409	1
2	16:06.5	OLIVER, Ben	Newquay Par AC	Male 20-34	Wheelchair	405	1
3	16:11.9	THOMAS, Justin	Cornwall AC	Male 40-44		412	2
4	16:20.8	WRIGHT, Tony	Newquay Road Runners	Male 50-54		404	3
5	16:21.9	HARDAWAY, Phil	Haywards Heath Harriers	Male 20-34		431	4
6	16:22.1	BENNY, Aaron	Mile High	Male 35-39		450	5
7	16:23.7	SMITH, Paul	Cornwall AC	Male 40-44		408	6
8	16:25.6	WHEAR, Paul	Cornwall AC	Male 45-49		465	7
9	16:44.9	MARTIN, Andrew	Mile High	Male 35-39		449	8
10	16:49.8	SCOTT, John	Newquay Road Runners	Male 50-54		407	9
11	16:50.9	DAVIS, Eleanor	Newquay Road Runners	Female 20-34		451	10
12	16:54.8	GOODCHILD, Sam	Cornwall AC	Male 15		406	11
13	17:09.7	ARGALL, Joseph	Cornwall AC	Male 20-34		411	12
14	17:15.1	STEPTO, Emma	Cornwall AC	Female 45-49		426	13
15	17:15.5	RATCLIFFE, Floyd	Hayle Runners	Male 15		458	2
16	17:21.8	DANIELS, Alex	Newquay Road Runners	Male 40-44		414	14
17	17:25.5	STANDINGER, Gary	Bristol & West AC	Male 20-34		415	15
18	17:29.7	WILLIAMS, Simon S	St Austell RC	Male 40-44		413	3
19	17:36.6	DAVIES, James	Truro Running Club	Male 20-34		448	16
20	17:37.6	ABRAHAM, Scott	Hayle Runners	Male 40-44		438	17
21	17:46.0	SAWFORD, Paul	Carn Runners	Male 45-49		454	4
22	17:47.2	MURRANT, Kieran	Hayle Runners	Male 20-34		466	5
23	17:48.4	KNOWLES, Simon	Hayle Runners	Male 40-44		463	6
24	17:52.1	EVANS, Darren	Launceston Road Runners	Male 20-34		424	7
25	17:52.5	SOLE, Paul	Mud Crew	Male 35-39		440	18
26	18:04.7	MASTERS, Jamie	St Austell RC	Male 20-34		430	19
27	18:08.9	HOWELL, Tom	Mile High	Male 20-34		420	8
28	18:15.4	HALL, Craig	Carn Runners	Male 40-44		421	20
29	18:17.4	YATES, Matt	Cornwall AC	Male 20-34		410	21
30	18:23.3	CHAPMAN, Wendy	Truro Running Club	Female 40-44		444	22
31	18:28.2	SOLE, John		Male 35-39		425	9
32	18:36.0	WILLIAMS, Dan	Cornwall AC	Male 40-44		468	10
33	18:44.5	PAULL, Emma	Hayle Runners	Female 20-34		439	11
34	18:49.6	WALKER, Chris	Newquay Road Runners	Male 45-49		416	12
35	18:57.3	MANNING, James	Hayle Runners	Male 35-39		467	13
36	19:03.9	HOPPER, Luke	Newquay Par AC	Male 15		429	23
37	19:04.8	BRYDON, James		Male 20-34		435	14
38	19:12.5	RAGGETT, Donna	Cornwall AC	Female 45-49		455	15
39	19:20.5	WEBB, Jonathan		Male 20-34		428	16
40	19:37.4	BRYDON, Jim		Male 55-59		436	17
41	19:50.7	ANNING, Lauren	St Austell RC	Female 20-34		453	18
42	19:56.9	ROGERS, Laura	Cornwall AC	Female 20-34		460	19
43	21:04.4	MCARTHUR, Laura	Cornwall AC	Female 20-34		469	20
44	21:05.0	ALLEN, Peter	Newquay Road Runners	Male 55-59		432	21
45	21:06.7	HORTON, John	Newquay Par AC	Male 70+		456	22
46	21:07.4	RICHARDS, Stuart	St Austell RC	Male 40-44		418	23
47	21:28.6	NUGENT, Debbie	Carn Runners	Female 50-54		457	24
48	21:48.6	LAMERTON, Ian		Male 45-49		447	25
49	21:49.5	ROSS, Andrew		Male 50-54		462	1
50	22:45.4	BEARD, Robert		Male 50-54		446	2
51	22:53.1	WHITEHEAD, Martin	St Austell RC	Male 20-34		442	3
52	23:03.9	TRETHEWEY, Martin	St Austell RC	Male 45-49		419	4
53	23:09.8	PASCOE, Anna	Carn Runners	Female 20-34		461	26
54	23:11.6	MATHIESEN, Alf	St Austell RC	Male 40-44		459	5
55	23:14.8	STEPHENS, Emma		Female 20-34		441	27
56	23:26.7	BRYDON, Jackie		Female 50-54		437	6
57	23:45.3	STEPTO, Brett	Cornwall AC	Male 40-44		427	7
58	25:12.4	BEARD, Sharon		Female 40-44		445	8
59	25:42.1	RALLS, Patsy	St Austell RC	Female 50-54		433	9
60	28:05.7	SKENTELBERY, Kay	St Austell RC	Female 40-44		443	10
61	28:23.3	SMITH, Mandy	St Austell RC	Female 55-59		417	11
62	29:38.9	RALLS, David	St Austell RC	Male 60-64		434	12
63	29:58.2	DUDLEY, Michelle	St Austell RC	Female 45-49		452	13
64	30:32.4	TAPHOUSE, Lesley		Female 50-54		423	14
65	30:47.4	YATES, Angela	St Austell RC	Female 55-59		464	15
66	33:10.3	BLIGHT, Mandy	St Austell RC	Female 60-64		422	16