

1	0:20:47	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:11.7
2	0:21:15	SIMS, Steven	East Cornwall Harriers	Male under 35	05:18.7
3	0:21:50	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:27.4
4	0:21:59	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:29.7
5	0:22:07	MORANT, Jordan	Hayle Runners	Male under 35	05:31.7
6	0:22:08	BENNEY, Aaron	Mile High	Male Vet 35-39	05:31.9
7	0:22:11	WRIGHT, Tony	Newquay Road Runners	Male Vet 50-54	05:32.7
8	0:22:18	SMITH, Paul	Cornwall AC	Male Vet 40-44	05:34.4
9	0:22:21	CARTHEY, Tom	Falmouth Road Runners	Male under 35	05:35.2
10	0:22:31	SALAMONE, Craig	Cornwall AC	Male under 35	05:37.7
11	0:22:39	SLATTERY, Tom	Cornwall AC	Male under 20	05:39.7
12	0:22:48	THOMAS, Bart	Royal Navy AC	Male under 35	05:41.9
13	0:22:54	HARRY, Chris	Cornwall AC	Male Vet 50-54	05:43.4
14	0:23:08	ROBINSON, Connor	Cornwall AC	Male under 35	05:46.9
15	0:23:09	COURTNEY-PINN, Bradley	Truro Running Club	Male under 35	05:47.2
16	0:23:12	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:47.9
17	0:23:17	BARNET, James	Falmouth Road Runners	Male under 35	05:49.2
18	0:23:19	WEBSTER, Mark	Cornwall AC	Male under 35	05:49.7
19	0:23:20	ABRAHAM, Scott	Hayle Runners	Male Vet 40-44	05:49.9
20	0:23:23	STEPTO, Emma	Cornwall AC	Female Vet 45-49	05:50.7
21	0:23:25	RATCLIFFE, Floyd	Hayle Runners	Male under 20	05:51.2
22	0:23:30	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	05:52.4
23	0:23:38	SOLE, Paul	Cornwall AC	Male Vet 35-39	05:54.4
24	0:23:39	YATES, Matt	Cornwall AC	Male under 35	05:54.6
25	0:23:40	WHITMORE, Ceri	Cornwall AC	Male Vet 40-44	05:54.9
26	0:23:45	WHERRY, Steve	Cornwall AC	Male Vet 50-54	05:56.1
27	0:23:53	GOODCHILD, Sam	Cornwall AC	Male under 20	05:58.1
28	0:23:56	MURRANT, Kieran	Hayle Runners	Male under 35	05:58.9
29	0:23:57	SAWFORD, Paul	Carn Runners	Male Vet 45-49	05:59.1
30	0:24:00	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	05:59.9
31	0:24:02	RAMSDEN, Clive	Plymouth Harriers	Male Vet 40-44	06:00.4
32	0:24:03	HALL, Craig	Carn Runners	Male Vet 40-44	06:00.6
33	0:24:08	HORN, Edward	Launceston Road Runners	Male under 35	06:01.9
34	0:24:13	MASTERS, Jamie	St Austell Running Club	Male under 35	06:03.1
35	0:24:17	DAVIES, James	Truro Running Club	Male under 35	06:04.1
36	0:24:21	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:05.1
37	0:24:26	TAYLOR, James	Cornwall AC	Male under 35	06:06.4
38	0:24:32	BARRETT, Chris	Truro Running Club	Male Vet 40-44	06:07.9
39	0:24:35	LUTON, Tom	Newquay Road Runners	Male under 20	06:08.6
40	0:24:39	HOLLAMBY, Martin	Peel Road Runners	Male under 35	06:09.6
41	0:24:42	WOOD, Jacob	Mounts Bay Harriers	Male under 20	06:10.4
42	0:24:49	DITTY, Graham	Mile High	Male under 35	06:12.1
43	0:24:50	BANBURY, Kelvin	Newquay Road Runners	Male Vet 40-44	06:12.4
44	0:24:51	HILL, Lewis	Hayle Runners	Male under 35	06:12.6
45	0:24:52	CHAPMAN, Wendy	Truro Running Club	Female Vet 40-44	06:12.9
46	0:24:54	MORRALL, Zelah	Cornwall AC	Female Vet 45-49	06:13.4
47	0:24:58	COOKSON, Neill	Hayle Runners	Male Vet 50-54	06:14.4
48	0:25:05	WEBB, Jason	Cornwall AC	Male Vet 45-49	06:16.1
49	0:25:17	BAYLY, Marc	Newquay Road Runners	Male Vet 40-44	06:19.1
50	0:25:21	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:20.1
51	0:25:24	PAULL, Emma	Hayle Runners	Female under 35	06:20.9
52	0:25:27	LEE, Laurie	St Austell Running Club	Male Vet 55-59	06:21.6
53	0:25:29	MANNING, James	Hayle Runners	Male Vet 35-39	06:22.1
54	0:25:29	WILLIAMS, James	Cornwall AC	Male under 20	06:22.1
55	0:25:37	SWIFT, Nigel	Newquay Road Runners	Male Vet 35-39	06:24.1
56	0:25:38	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	06:24.4
57	0:25:40	CUDBY, Dave	Truro Running Club	Male under 35	06:24.9
58	0:25:42	CARDEW, Barrie	Carn Runners	Male Vet 55-59	06:25.4

59	0:25:48	ROSENFELD, Thomas	Hayle Runners	Male under 35	06:26.9
60	0:25:50	ATTWOOD, James	Cornwall AC	Male Vet 40-44	06:27.4
61	0:25:51	COULSON, Lee	Falmouth Road Runners	Male Vet 45-49	06:27.6
62	0:25:53	BRAILSFORD, Evie	City of Sheffield AC	Female under 35	06:28.1
63	0:25:54	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:28.4
64	0:25:56	PRESTON, Daniel	Mounts Bay Harriers	Male Vet 35-39	06:28.9
65	0:25:57	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:29.1
66	0:26:02	ROBINSON, Matthew	Cornwall AC	Male under 20	06:30.4
67	0:26:07	FULLER, Stephen	Hayle Runners	Male Vet 45-49	06:31.6
68	0:26:11	BOULD, Matthew	Pudsey Pacers	Male Vet 40-44	06:32.6
69	0:26:12	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:32.9
70	0:26:13	SMITH, Nicola	St Austell Running Club	Female under 35	06:33.1
71	0:26:18	ABEL, Noel	Mile High	Male Vet 35-39	06:34.4
72	0:26:22	HERD, Joanna	Newquay Road Runners	Female Vet 40-44	06:35.4
73	0:26:34	DICKIE, Adam	Dumfries Running Club	Male Vet 35-39	06:38.4
74	0:26:36	BURGESS, Kathryn	Cornwall AC	Female Vet 35-39	06:38.9
75	0:26:39	WILSON, Michael	Truro Running Club	Male Vet 55-59	06:39.6
76	0:26:44	COLEY, Alexander	East Cornwall Harriers	Male under 20	06:40.9
77	0:26:48	ANDREWARTHA, David	Bude Rats	Male under 35	06:41.9
78	0:26:48	KEARNEY, Peter	Carn Runners	Male Vet 50-54	06:41.9
79	0:26:52	EVANS, Julian	Falmouth Road Runners	Male Vet 45-49	06:42.9
80	0:26:53	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	06:43.1
81	0:26:59	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	06:44.6
82	0:27:00	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	06:44.9
83	0:27:08	BANBURY, Neil	Newquay Road Runners	Male Vet 35-39	06:46.9
84	0:27:09	CHANNON, Lee	Cornwall AC	Male Vet 40-44	06:47.1
85	0:27:09	CONNON, Eli	Hayle Runners	Male under 20	06:47.1
86	0:27:11	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	06:47.6
87	0:27:13	EMMERTON, Kevin	Newquay Road Runners	Male Vet 50-54	06:48.1
88	0:27:28	SOLE, John	Bodmin Road Runners	Male Vet 35-39	06:51.9
89	0:27:29	COX, Chris		Male Vet 40-44	06:52.1
90	0:27:30	SZYMANSKI, Pawel	Launceston Road Runners	Male under 35	06:52.4
91	0:27:31	MARSH, Danny	Cornwall AC	Male Vet 40-44	06:52.6
92	0:27:34	CORINALDI, Bob	Vale Royal	Male Vet 45-49	06:53.4
93	0:27:37	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	06:54.1
94	0:27:41	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	06:55.1
95	0:27:42	MILLWARD, Andy	Carn Runners	Male Vet 55-59	06:55.4
96	0:27:43	PROSSER, Thomas	Mounts Bay Harriers	Male under 20	06:55.6
97	0:27:46	WALKER, Iain		Male Vet 60-64	06:56.4
98	0:27:46	TIER, Naomi	Cornwall AC	Female under 35	06:56.4
99	0:27:47	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	06:56.6
100	0:27:48	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	06:56.9
101	0:27:51	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 60-64	06:57.6
102	0:27:52	JOSE, Amy	Hayle Runners	Female under 35	06:57.9
103	0:27:58	BRAY, Vivian	Cornwall AC	Male Vet 50-54	06:59.4
104	0:28:00	WITHAM, Neville	Cornwall AC	Male Vet 60-64	06:59.9
105	0:28:07	HARDING, Ben	East Cornwall Harriers	Male under 35	07:01.6
106	0:28:11	SOUTAR, Iain		Male Vet 35-39	07:02.6
107	0:28:12	NUGENT, Debbie	Carn Runners	Female Vet 50-54	07:02.9
108	0:28:17	PARKIN, Graham	Launceston Road Runners	Male Vet 45-49	07:04.1
109	0:28:24	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:05.9
110	0:28:31	TULLY, Wayne	Carn Runners	Male under 35	07:07.6
111	0:28:32	NEWCOMBE, Giles	Hayle Runners	Male Vet 55-59	07:07.9
112	0:28:38	WILLIAMS, Kelly	Mounts Bay Harriers	Female under 35	07:09.4
113	0:28:43	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:10.6
114	0:28:44	ROGERS, Laura	Cornwall AC	Female under 35	07:10.9
115	0:28:45	CORTIS, Richard	Falmouth Road Runners	Male Vet 45-49	07:11.1
116	0:28:46	SPENCER, Julian		Male Vet 45-49	07:11.4
117	0:28:47	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	07:11.6
118	0:28:47	MOSSOP, Emma	Falmouth Road Runners	Female Vet 40-44	07:11.6
119	0:28:51	SNEYD, Paul	Hayle Runners	Male Vet 45-49	07:12.6

120	0:28:52	FINDLAY, James	Carn Runners	Male under 35	07:12.9
121	0:28:54	HILL, Nancy	Cornwall AC	Female Vet 45-49	07:13.4
122	0:28:57	SKEPLORN, James	Truro Running Club	Male Vet 35-39	07:14.1
123	0:29:01	GLENDINNING, Tom	Launceston Road Runners	Male under 35	07:15.1
124	0:29:07	FRANTZ, Derrick	Cornwall AC	Male Vet 45-49	07:16.6
125	0:29:10	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:17.4
126	0:29:14	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	07:18.4
127	0:29:17	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	07:19.1
128	0:29:19	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	07:19.6
129	0:29:25	MOORE, Thomas	Truro Running Club	Male Vet 35-39	07:21.1
130	0:29:27	EYRE, Janna	Carn Runners	Female under 35	07:21.6
131	0:29:43	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	07:25.6
132	0:29:49	CIANO, Phillip	Newquay Road Runners	Male Vet 50-54	07:27.1
133	0:29:50	SMITH, Derek	Hayle Runners	Male Vet 50-54	07:27.4
134	0:29:51	STARKIE, Andrew	Truro Running Club	Male Vet 35-39	07:27.6
135	0:29:52	BUNCE, Richard	Mounts Bay Harriers	Male Vet 50-54	07:27.9
136	0:29:52	CHESTERFIELD, Caroline	Cornwall AC	Female Vet 50-54	07:27.9
137	0:29:59	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	07:29.6
138	0:30:03	HARRISON, Karen	Cornwall AC	Female Vet 45-49	07:30.6
139	0:30:04	KLEINMAN, Michael	Mounts Bay Harriers	Male Vet 45-49	07:30.9
140	0:30:10	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	07:32.4
141	0:30:13	MOORE, Kelly	Hayle Runners	Female under 35	07:33.1
142	0:30:14	WHITE, Daniel	Truro Running Club	Male Vet 40-44	07:33.4
143	0:30:16	OLIVER, Adam	Mounts Bay Harriers	Male under 35	07:33.9
144	0:30:17	DALE, Steve	Newquay Road Runners	Male Vet 40-44	07:34.1
145	0:30:18	LACKEY, Michael	Newquay Road Runners	Male Vet 45-49	07:34.4
146	0:30:20	KERSHAW, David	Hayle Runners	Male Vet 45-49	07:34.9
147	0:30:20	OWEN, Mark	St Austell Running Club	Male Vet 40-44	07:34.9
148	0:30:20	GOULD, Marie	Cornwall AC	Female Vet 40-44	07:34.9
149	0:30:22	ROBINS, Sara	Newquay Road Runners	Female under 35	07:35.4
150	0:30:23	MAGUIRE, Natalie	Cornwall AC	Female Vet 35-39	07:35.6
151	0:30:25	HAYNES, Janet	Mounts Bay Harriers	Female Vet 50-54	07:36.1
152	0:30:29	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:37.1
153	0:30:32	MEDWAY, Lucy	Truro Running Club	Female Vet 40-44	07:37.9
154	0:30:34	BACKHOUSE, Stuart	Mounts Bay Harriers	Male Vet 45-49	07:38.4
155	0:30:37	ELLIS, Andrew	Hayle Runners	Male Vet 40-44	07:39.1
156	0:30:38	SARGENT, Pete	Newquay Road Runners	Male Vet 70-74	07:39.4
157	0:30:41	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:40.1
158	0:30:43	TILDESLEY, Daniel	Mounts Bay Harriers	Male under 35	07:40.6
159	0:30:48	CHASE, Andy	Truro Running Club	Male under 35	07:41.9
160	0:30:50	GOLDRING, Ellen		Female Vet 35-39	07:42.4
161	0:30:55	GEARING, Nicola		Female under 35	07:43.6
162	0:30:56	EVA, Emma	Falmouth Road Runners	Female under 35	07:43.9
163	0:30:58	CHAPMAN, Peter	Carn Runners	Male Vet 60-64	07:44.4
164	0:30:58	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	07:44.4
165	0:30:59	BOSUSTOW, Suzy	Cornwall AC	Female Vet 40-44	07:44.6
166	0:30:59	MEDWAY, Jeff	Truro Running Club	Male Vet 45-49	07:44.6
167	0:31:02	HITCHENS, Wietske	Carn Runners	Female Vet 45-49	07:45.4
168	0:31:03	MARTIN, Colin	Newquay Road Runners	Male Vet 60-64	07:45.6
169	0:31:09	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	07:47.1
170	0:31:11	GLENDINNING, Sharon	Launceston Road Runners	Female under 35	07:47.6
171	0:31:11	LAVERS, Luke	Tamar Trotters	Male under 35	07:47.6
172	0:31:11	ASHWIN (DORMER), Cassandra	Falmouth Road Runners	Female Vet 35-39	07:47.6
173	0:31:15	SYMONS, Martin	Carn Runners	Male Vet 45-49	07:48.6
174	0:31:19	ELLIOTT, Kathy	Newquay Road Runners	Female Vet 45-49	07:49.6
175	0:31:21	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	07:50.1
176	0:31:30	PRICE, Chris	Selby Striders	Male under 35	07:52.4
177	0:31:32	LILLIS, John	Newquay Road Runners	Male Vet 70-74	07:52.9
178	0:31:34	BALDWIN, Mike	Hayle Runners	Male Vet 50-54	07:53.4
179	0:31:34	BAYLY, Adam	WalkRun NRR	Male under 20	07:53.4
180	0:31:36	BAYLY, Jason	Newquay Road Runners	Male Vet 40-44	07:53.9

181	0:31:37	COOK, Damian	Mounts Bay Harriers	Male Vet 45-49	07:54.1
182	0:31:38	BYRNE, Lee	Newquay Road Runners	Male under 35	07:54.4
183	0:31:43	RULE, Helen	Hayle Runners	Female Vet 35-39	07:55.6
184	0:31:44	PASCOE, Anna	Carn Runners	Female under 35	07:55.9
185	0:31:45	DUNCAN, Jeanette	Newquay Road Runners	Female Vet 55-59	07:56.1
186	0:31:51	CAULFIELD, Paul	Tamar Trotters	Male Vet 50-54	07:57.6
187	0:31:53	LINTHWAITE, Christopher	Cornwall AC	Male Vet 40-44	07:58.1
188	0:32:01	HAYLETT, Kym		Female under 35	08:00.1
189	0:32:03	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	08:00.6
190	0:32:04	CAIN, Morgan	Launceston Road Runners	Male under 35	08:00.9
191	0:32:04	GERRARD, Corrine	Hayle Runners	Female Vet 45-49	08:00.9
192	0:32:06	DREW, Peter	Carn Runners	Male Vet 65-69	08:01.4
193	0:32:06	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:01.4
194	0:32:12	ELSTONE, Meryl	Carn Runners	Female Vet 45-49	08:02.9
195	0:32:15	KNUCKEY, Tom	Truro Running Club	Male under 20	08:03.6
196	0:32:16	EVANS, Gareth	Carn Runners	Male under 35	08:03.9
197	0:32:23	EVANS, Treve	Carn Runners	Male Vet 50-54	08:05.6
198	0:32:25	MORSE, Nicky	Mounts Bay Harriers	Male Vet 55-59	08:06.1
199	0:32:27	THOMAS, Alan	Hayle Runners	Male Vet 60-64	08:06.6
200	0:32:28	LOVEDAY, Allan	Newquay Road Runners	Male Vet 65-69	08:06.9
201	0:32:30	JENKIN, Steve	Cornwall AC	Male Vet 40-44	08:07.4
202	0:32:31	MARSHALL, Nigel	St Austell Running Club	Male Vet 40-44	08:07.6
203	0:32:32	TOWNEND, Stewart	Hayle Runners	Male Vet 70-74	08:07.9
204	0:32:36	MERRETT, Sean	Hayle Runners	Male under 35	08:08.9
205	0:32:38	LAWRY, Nikki	Hayle Runners	Female Vet 35-39	08:09.4
206	0:32:41	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	08:10.1
207	0:32:42	JAY, Andrew	St Austell Running Club	Male Vet 40-44	08:10.4
208	0:32:44	MANKEE, Walter	Carn Runners	Male Vet 55-59	08:10.9
209	0:32:44	MILES, Becky	Newquay Road Runners	Female under 35	08:10.9
210	0:32:44	STEPTO, Brett	Cornwall AC	Male Vet 40-44	08:10.9
211	0:32:45	COWBURN, Sarah		Female Vet 40-44	08:11.1
212	0:32:45	MERRETT, Graham	Hayle Runners	Male Vet 55-59	08:11.1
213	0:32:47	HARRIS, Geoff	Newquay Road Runners	Male Vet 55-59	08:11.6
214	0:32:55	COOK, Matthew	Mounts Bay Harriers	Male under 35	08:13.6
215	0:32:59	BREAKWELL, Curtis	Hayle Runners	Male under 35	08:14.6
216	0:33:02	BROWN, Hannah		Female under 35	08:15.4
217	0:33:03	GOODRIGHT, Ray	East Cornwall Harriers	Male Vet 65-69	08:15.6
218	0:33:13	WERRAN, Louise	Launceston Road Runners	Female Vet 40-44	08:18.1
219	0:33:18	ELLIOTT, Paul	Carn Runners	Male Vet 40-44	08:19.4
220	0:33:20	BALES, Jo	Truro Running Club	Female under 35	08:19.9
221	0:33:20	TAYLOR, Sue	Mounts Bay Harriers	Female Vet 60-64	08:19.9
222	0:33:22	WILCOX, David	Truro Running Club	Male Vet 40-44	08:20.4
223	0:33:26	PHILLIPS, Daisy		Female Under 20	08:21.4
224	0:33:27	COX, Joanne		Female Vet 35-39	08:21.6
225	0:33:27	JAMES, Katy		Female Vet 35-39	08:21.6
226	0:33:31	MANSFIELD, Sue	Truro Running Club	Female Vet 50-54	08:22.6
227	0:33:31	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:22.6
228	0:33:32	COKELL, Pete		Male Vet 40-44	08:22.9
229	0:33:33	GOLDBERG, Jessica	Launceston Road Runners	Female Under 20	08:23.1
230	0:33:38	STEWART, Juliet	Truro Running Club	Female Vet 50-54	08:24.4
231	0:33:39	HOLBROOK, Keith	Cornwall AC	Male Vet 45-49	08:24.6
232	0:33:39	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	08:24.6
233	0:33:42	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	08:25.4
234	0:33:44	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:25.9
235	0:33:46	BENNETT, Emily	Hayle Runners	Female Under 20	08:26.4
236	0:33:57	LYNCH, David	Mounts Bay Harriers	Male under 35	08:29.1
237	0:34:11	KENT, Mele	Newquay Road Runners	Female Vet 40-44	08:32.6
238	0:34:13	MCLENNAN, Chantal	Mounts Bay Harriers	Female Vet 35-39	08:33.1
239	0:34:15	MIDDLEDITCH, Kay	Newquay Road Runners	Female Vet 35-39	08:33.6
240	0:34:19	JOHNS, Darren	Truro Running Club	Male Vet 40-44	08:34.6
241	0:34:21	JORDAN, Rob	Hayle Runners	Male Vet 50-54	08:35.1

242	0:34:22	HORTON, Catherine	Falmouth Road Runners	Female Vet 40-44	08:35.4
243	0:34:24	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	08:35.9
244	0:34:25	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	08:36.1
245	0:34:35	MILLWARD, Laura	Carn Runners	Female Vet 50-54	08:38.6
246	0:34:37	PAYNE, Amy	Truro Running Club	Female under 35	08:39.1
247	0:34:38	SMITH, Hannah	Hayle Runners	Female under 35	08:39.4
248	0:34:39	HADFIELD, Angeline		Female under 35	08:39.6
249	0:34:40	EVANS, Alun	Hayle Runners	Male Vet 45-49	08:39.9
250	0:34:43	CARVETH, Debbie	Hayle Runners	Female Vet 40-44	08:40.6
251	0:34:44	GRIGG, Clare		Female Vet 40-44	08:40.9
252	0:34:48	PARKIN, Eleanor	Truro Running Club	Female under 35	08:41.9
253	0:34:52	FRITH, Ray	Newquay Road Runners	Male Vet 65-69	08:42.9
254	0:34:53	LONG, Fran	Hayle Runners	Female Vet 55-59	08:43.1
255	0:34:55	BILLINGTON, Melanie	Hayle Runners	Female Vet 45-49	08:43.6
256	0:34:56	MCBAIN, Vanessa May	Newquay Road Runners	Female under 35	08:43.9
257	0:34:58	BOWKER, Rachel	Hayle Runners	Female Vet 45-49	08:44.4
258	0:35:00	ADAMS, Elaine	Hayle Runners	Female Vet 35-39	08:44.9
259	0:35:04	BEARD, Sharon	Bodmin Road Runners	Female Vet 40-44	08:45.9
260	0:35:07	PARKIN, Katie	Launceston Road Runners	Female under 35	08:46.6
261	0:35:09	CAFF, Wayne	Newquay Road Runners	Male Vet 40-44	08:47.1
262	0:35:10	HILL, Sarah	Newquay Road Runners	Female Vet 45-49	08:47.4
263	0:35:11	WALLER, Kate	Mounts Bay Harriers	Female under 35	08:47.6
264	0:35:12	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 50-54	08:47.9
265	0:35:21	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	08:50.1
266	0:35:22	PARKIN, Sue	Launceston Road Runners	Female Vet 50-54	08:50.4
267	0:35:25	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	08:51.1
268	0:35:26	POULTNEY, Melissa	Hayle Runners	Female Vet 35-39	08:51.4
269	0:35:28	WILTON, David	Falmouth Road Runners	Male Vet 60-64	08:51.9
270	0:35:30	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	08:52.4
271	0:35:33	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 35-39	08:53.1
272	0:35:34	SWIFT, Sarah	Launceston Road Runners	Female under 35	08:53.4
273	0:35:38	WIDDERSHOVEN, Demelza	Carn Runners	Female under 35	08:54.4
274	0:35:45	ROWELL, Tony	Tri Logic Cornwall	Male Vet 50-54	08:56.1
275	0:35:51	LEO, Cas	Hayle Runners	Male Vet 50-54	08:57.6
276	0:35:56	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 35-39	08:58.9
277	0:36:00	JAMESON, Judy	Carn Runners	Female Vet 55-59	08:59.9
278	0:36:01	NEWTON, Roy	Falmouth Road Runners	Male Vet 65-69	09:00.1
279	0:36:10	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	09:02.4
280	0:36:14	GIBSON, Faye	Carn Runners	Female Vet 40-44	09:03.4
281	0:36:16	HOBBS, Simon	Redwell Runners	Male Vet 50-54	09:03.9
282	0:36:18	MORGADO, Chloe		Female Vet 40-44	09:04.4
283	0:36:23	JOHNS, Sue	Mounts Bay Harriers	Female Vet 60-64	09:05.6
284	0:36:23	MANKEE, Emma	Carn Runners	Female Vet 45-49	09:05.6
285	0:36:24	MACHIN, Peter		Male Vet 45-49	09:05.9
286	0:36:27	MCCORMACK, Teresa	Falmouth Road Runners	Female Vet 40-44	09:06.6
287	0:36:30	TONKINS, Richard	St Austell Running Club	Male Vet 45-49	09:07.4
288	0:36:33	FAULKNER, Kimberley		Female under 35	09:08.1
289	0:36:38	DE ROZARIEUX, Nathan		Male Vet 40-44	09:09.4
290	0:36:42	COLLINS, Nicola	Truro Running Club	Female under 35	09:10.4
291	0:36:43	WEBSTER, Martin		Male Vet 50-54	09:10.6
292	0:36:53	EVANS, Mollie	Carn Runners	Female Vet 35-39	09:13.1
293	0:36:56	PARKIN, Harriet	Bodmin Womens RC	Female under 35	09:13.9
294	0:37:04	COLEMAN, Nikki	Cornwall AC	Female Vet 45-49	09:15.9
295	0:37:05	HART, Michelle	Carn Runners	Female under 35	09:16.1
296	0:37:07	NUGENT, Kirsty		Female under 35	09:16.6
297	0:37:07	LYNCH (MCDONALD), Kelsey	Mounts Bay Harriers	Female under 35	09:16.6
298	0:37:09	MERRETT, Trish	Hayle Runners	Female Vet 45-49	09:17.1
299	0:37:14	WALTERS, Karen	Newquay Road Runners	Female Vet 40-44	09:18.4
300	0:37:14	SCHNEPP, Zoe	Peel Road Runners	Female under 35	09:18.4
301	0:37:18	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:19.4
302	0:37:19	BEGLEY, Liz	Truro Running Club	Female Vet 45-49	09:19.6

303	0:37:28	ROGERS, Zenna	Hayle Runners	Female Vet 35-39	09:21.9
304	0:37:30	PEARCE, Deborah	Hayle Runners	Female Vet 45-49	09:22.4
305	0:37:34	WOOD, Glenn	East Cornwall Harriers	Male Vet 50-54	09:23.4
306	0:37:36	TILDESLEY, Amy	Mounts Bay Harriers	Female under 35	09:23.9
307	0:37:37	THOMAS, Paul	Hayle Runners	Male Vet 55-59	09:24.1
308	0:37:38	JOEL, Tryphaena	Carn Runners	Female Vet 40-44	09:24.4
309	0:37:42	FOLDS, Sam		Male under 35	09:25.4
310	0:37:47	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	09:26.6
311	0:37:52	MACHIN, Lisa	Long Eaton R C	Female Vet 40-44	09:27.9
312	0:37:57	EVANS, Des	Newquay Road Runners	Male Vet 65-69	09:29.1
313	0:38:05	SWETNAM, Jim	Hayle Runners	Male Vet 35-39	09:31.1
314	0:38:11	BOLT, Adrian	Truro Running Club	Male Vet 45-49	09:32.6
315	0:38:11	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	09:32.6
316	0:38:15	OSBORN, Kathryn	Hayle Runners	Female Vet 55-59	09:33.6
317	0:38:15	ALLEN, Owen	WalkRun NRR	Male under 20	09:33.6
318	0:38:23	TOZER, Nicola	Cornwall AC	Female Vet 40-44	09:35.6
319	0:38:23	HAMPTON, David	St Austell Running Club	Male Vet 40-44	09:35.6
320	0:38:27	COURTNEY, Stacey	Newquay Road Runners	Female under 35	09:36.6
321	0:38:27	BIGGS, Matthew	Newquay Road Runners	Male Vet 45-49	09:36.6
322	0:38:28	PRESCOTT, Kay	St Austell Running Club	Female Vet 40-44	09:36.9
323	0:38:29	WILLIAMS, Tania	Hayle Runners	Female Vet 35-39	09:37.1
324	0:38:30	SAVIN, Nick	Newquay Road Runners	Male under 35	09:37.4
325	0:38:32	SMITH, Mandy	St Austell Running Club	Female Vet 55-59	09:37.9
326	0:38:36	ROWE, Sam	Mounts Bay Harriers	Female Vet 45-49	09:38.9
327	0:38:38	KAYE, Emma	Newquay Road Runners	Female under 35	09:39.4
328	0:38:46	NEWCOMBE, Jo	Hayle Runners	Female Vet 55-59	09:41.4
329	0:38:49	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	09:42.1
330	0:39:03	CAULFIELD, Trudy	Tamar Trotters	Female Vet 45-49	09:45.6
331	0:39:09	MULLEN, Shona	Truro Running Club	Female Vet 50-54	09:47.1
332	0:39:18	MACK, Mike	Carn Runners	Male Vet 65-69	09:49.4
333	0:39:26	CROSSE, Lexie	Mounts Bay Harriers	Female under 35	09:51.4
334	0:39:37	DORMER, Kathran	Falmouth Road Runners	Female Ve 65-69	09:54.1
335	0:39:41	KING (CARBRY), Sarah	Mounts Bay Harriers	Female Vet 40-44	09:55.1
336	0:39:44	ADAMS, Hannah	St Austell Running Club	Female Vet 35-39	09:55.9
337	0:39:47	BOWDEN, Kelly	WalkRun NRR	Female under 35	09:56.6
338	0:39:50	REEVES, Claire	Truro Running Club	Female Vet 35-39	09:57.4
339	0:39:59	WADE, Margaret	Carn Runners	Female Vet 60-64	09:59.6
340	0:40:04	SMITH, Paul		Male Vet 55-59	10:00.9
341	0:40:05	BARRETT, Liz	St Austell Running Club	Female Vet 55-59	10:01.1
342	0:40:07	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	10:01.6
343	0:40:21	IACONIANNI, Gennara	St Austell Running Club	Female under 35	10:05.1
344	0:40:23	FLANAGAN, Rachel	Falmouth Road Runners	Female Vet 50-54	10:05.6
345	0:40:26	STONE, Jackie	Mounts Bay Harriers	Female Vet 50-54	10:06.4
346	0:40:34	JENKIN, Jacqueline	Cornwall AC	Female Ve 65-69	10:08.4
347	0:40:34	JENKIN, Richard	Cornwall AC	Male Vet 70-74	10:08.4
348	0:40:46	SYCAMORE, Grace	Hayle Runners	Female under 35	10:11.4
349	0:40:54	HOUGHTON, Melanie		Female Vet 35-39	10:13.4
350	0:41:02	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:15.4
351	0:41:09	HYDE-LINAKER, Elaine	St Austell Running Club	Female Vet 50-54	10:17.1
352	0:41:21	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	10:20.1
353	0:41:26	JAMES, Amanda	Mounts Bay Harriers	Female Vet 60-64	10:21.4
354	0:41:29	MCDOWELL, Eileen	Portsmouth Joggers	Female under 35	10:22.1
355	0:41:38	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	10:24.4
356	0:41:38	GIBBS, Natalie	Mounts Bay Harriers	Female Vet 35-39	10:24.4
357	0:41:42	RALLS, David	St Austell Running Club	Male Vet 50-54	10:25.4
358	0:41:44	OAKLEY, Beth	Mounts Bay Harriers	Female Vet 35-39	10:25.9
359	0:42:06	CARLISE, Cecilia	Cornwall AC	Female under 35	10:31.4
360	0:42:14	TREGEAR, Sarah	Mounts Bay Harriers	Female under 35	10:33.4
361	0:42:19	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	10:34.6
362	0:42:20	POOLE, Wendy	St Austell Running Club	Female Vet 55-59	10:34.9
363	0:42:27	GILBERT, Lorraine		Female Vet 40-44	10:36.6

364	0:42:28	TREVENA, Claire		Female Vet 45-49	10:36.9
365	0:42:32	MCLEAN, Andrew	St Austell Running Club	Male Vet 50-54	10:37.9
366	0:42:35	RICHARDS, Clair		Female Vet 40-44	10:38.6
367	0:42:36	BOWDEN, Sally	WalkRun NRR	Female Vet 50-54	10:38.9
368	0:42:39	BILLINGTON, Tish	Hayle Runners	Female under 35	10:39.6
369	0:42:46	SIMMONS, Ruth	St Austell Running Club	Female Vet 45-49	10:41.4
370	0:42:48	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	10:41.9
371	0:42:49	HALL, Saffion	Carn Runners	Female Under 20	10:42.1
372	0:42:52	THOMAS, Natalie	Falmouth Road Runners	Female Vet 35-39	10:42.9
373	0:42:52	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	10:42.9
374	0:42:54	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 50-54	10:43.4
375	0:42:59	SLATER, Kirstie		Female Vet 40-44	10:44.6
376	0:43:01	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	10:45.1
377	0:43:12	KING, Mandy		Female Vet 50-54	10:47.9
378	0:43:12	TRIPCONEY, Sharon		Female Vet 45-49	10:47.9
379	0:43:47	WATTS, Naomi	Newquay Road Runners	Female under 35	10:56.6
380	0:43:55	THOMAS-HORTON, Michaela	St Austell Running Club	Female Vet 45-49	10:58.6
381	0:44:00	MARSH, Kathryn	Carn Runners	Female Vet 40-44	10:59.9
382	0:44:09	FRANCIS, Donna	Newquay Road Runners	Female Vet 60-64	11:02.1
383	0:44:13	BICKLEY, Tara	Falmouth Road Runners	Female Vet 35-39	11:03.1
384	0:44:13	FAIRFULL, Alexandra	Falmouth Road Runners	Male under 35	11:03.1
385	0:44:13	ROWLANDS, Kate	Falmouth Road Runners	Female under 35	11:03.1
386	0:44:49	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	11:12.1
387	0:45:55	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	11:28.6
388	0:46:00	CARTHEW, Samantha	Bodmin Womens RC	Female Vet 40-44	11:29.8
389	0:46:07	TAYLOR, Sandra	Bodmin Womens RC	Female Vet 45-49	11:31.6
390	0:46:08	EASTERBROOK, Liz	Mounts Bay Harriers	Female Ve 65-69	11:31.8
391	0:46:09	ELGAR, Laura	Hayle Runners	Female Vet 35-39	11:32.1
392	0:46:09	ELGAR, Rebecca	Hayle Runners	Female Vet 35-39	11:32.1
393	0:46:22	HILLIER, Sally	Falmouth Road Runners	Female Vet 50-54	11:35.3
394	0:46:22	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	11:35.3
395	0:46:30	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	11:37.3
396	0:47:04	KITCHENER, Megan	Hayle Runners	Female under 35	11:45.8
397	0:47:04	ADAMS, Mark	Hayle Runners	Male Vet 40-44	11:45.8
398	0:47:16	MILLER, Amanda	Hayle Runners	Female Vet 45-49	11:48.8
399	0:47:43	MURLEY, Louise	Hayle Runners	Female Vet 50-54	11:55.6
400	0:48:02	BAINES, Tracie		Female Vet 50-54	12:00.3
401	0:48:02	SULLIVAN, Paul		Male Vet 50-54	12:00.3
402	0:48:04	GOLDRING, Jack		Male under 20	12:00.8
403	0:48:10	GOLDRING, John		Male Vet 70-74	12:02.3
404	0:48:10	COWEN, Jessica		Female under 35	12:02.3
405	0:48:11	SMITH, Gareth		Male under 35	12:02.6
406	0:48:17	CAREY, Leigh-Anne		Female under 35	12:04.1
407	0:48:26	CLARK, Lisa	Carn Runners	Female Vet 35-39	12:06.3
408	0:48:27	HALL, Zoe	Carn Runners	Female Vet 45-49	12:06.6
409	0:48:30	RICHARDS, Chris		Male under 35	12:07.3
410	0:48:30	KINTON, Harriet		Female under 35	12:07.3
411	0:49:12	WYATT, Liz	St Austell Running Club	Female Vet 45-49	12:17.8
412	0:49:29	PENDLETON, Barbara	Bodmin Womens RC	Female Vet 60-64	12:22.1
413	0:49:31	SLATEFORD, Nicola	St Austell Running Club	Female Vet 50-54	12:22.6
414	0:49:32	GORTON, Mandy		Female Vet 45-49	12:22.8
415	0:49:41	LAY, Jo	Hayle Runners	Female Vet 50-54	12:25.1
416	0:50:13	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	12:33.1
417	0:50:14	WEBBER, Sharon	St Austell Running Club	Female Vet 40-44	12:33.3
418	0:50:14	PRANGLEY, Lisa	St Austell Running Club	Female Vet 45-49	12:33.3
419	0:50:54	HAWKEN, Val	Newquay Road Runners	Female Vet 70+	12:43.3
420	0:54:03	MORRIS, Jo		Female Vet 45-49	13:30.6
421	0:54:03	POLLARD, Donna	Carn Runners	Female Vet 40-44	13:30.6
422	1:02:05	BIDGWAY, Julie	Bodmin Womens RC	Female Vet 40-44	15:31.1