

1	0:31:40	LE GRICE, Peter	Mounts Bay Harriers	Male Under 35	05:05.7	483
2	0:32:34	SNOOK, Colin	Cornwall AC	Male 40-44	05:14.4	477
3	0:33:10	PRICE, Ben	Cheltenham	Male 35-39	05:20.1	475
4	0:33:18	THOMAS, Justin	Cornwall AC	Male 40-44	05:21.4	480
5	0:33:42	MORANT, Jordan	Hayle Runners	Male Under 35	05:25.3	473
6	0:33:57	WHEAR, Paul	Cornwall AC	Male 45-49	05:27.7	478
7	0:34:59	SLATTERY, Tom	Cornwall AC	Male under 20	05:37.7	485
8	0:35:11	DANIELS, Alex	Newquay Road Runners	Male 40-44	05:39.6	472
9	0:35:26	STEPTO, Emma	Cornwall AC	Female 45-49	05:42.0	470
10	0:35:44	ARGALL, Joe	Cornwall AC	Male Under 35	05:44.9	995
11	0:35:58	STANDINGER, Gary	Bristol & West AC	Male Under 35	05:47.2	492
12	0:36:17	ABRAHAM, Scott	Hayle Runners	Male 40-44	05:50.2	493
13	0:36:18	WEBSTER, MARK	Cornwall AC	Male Under 35	05:50.4	494
14	0:36:51	WHERRY, Steve	Cornwall AC	Male 50-54	05:55.7	497
15	0:36:53	SOLE, Paul	Cornwall AC	Male 35-39	05:56.0	490
16	0:37:12	MURRANT, Keiran	Hayle Runners	Male Under 35	05:59.1	476
17	0:37:17	SAWFORD, Paul	Carn Runners	Male 45-49	05:59.9	484
18	0:37:17	WATTS, Robert	Hayle Runners	Male 35-39	05:59.9	482
19	0:37:54	WILLIAMS, Dan	Cornwall AC	Male 40-44	06:05.8	973
20	0:38:07	DOWRICK, Mike	Cornwall AC	Male 40-44	06:07.9	479
21	0:39:11	EDDISON, Andrew	Cornwall AC	Male 50-54	06:18.2	486
22	0:40:48	SOLE, Amy	Cornwall AC	Female Under 35	06:33.8	489
23	0:40:50	SOLE, John	Bodmin Road Runners	Male 35-39	06:34.2	487
24	0:41:06	BOLT, Phil	Cornwall AC	Male 45-49	06:36.7	488
25	0:41:30	WEBB, Jason	Cornwall AC	Male 45-49	06:40.6	972
26	0:43:05	BATHE, Colin	Truro Running Club	Male 45-49	06:55.9	491
27	0:44:17	BREEN, Donal	Truro Running Club	Male 45-49	07:07.5	474

1	0:39:19	MANNING, James	Hayle Runners	Male 35-39	06:19.5	1113
2	0:40:59	WEBB, Jonathon		Male Under 35	06:35.6	481
3	0:42:07	ADIE, Gordon	Truro Running Club	Male 55-59	06:46.5	961
4	0:42:10	HEWITT, Jonny	Team SPI	Male Under 35	06:47.0	1108
5	0:42:16	MASTERS, Nick	Hayle Runners	Male 45-49	06:48.0	974
6	0:43:06	TREVENA, Nigel	Cornwall AC	Male 45-49	06:56.0	978
7	0:43:20	ALLEN, Peter	Newquay Road Runners	Male 55-59	06:58.3	985
8	0:43:28	ULMAN, Chris	East Cornwall Harriers	Male 45-49	06:59.6	975
9	0:43:40	WALKER, Iain	St Austell Running Club	Male 60-64	07:01.5	495
10	0:43:52	ROGERS, Laura	Cornwall AC	Female Under 35	07:03.4	964
11	0:45:57	TONKIN, Craig	Hayle Runners	Male 45-49	07:23.6	496
12	0:47:15	BEARD, Robert	Bodmin Road Runners	Male 50-54	07:36.1	991
13	0:47:16	MITCHELL, Jon		Male 45-49	07:36.3	981
14	0:48:13	CHANNON, Lee	Cornwall AC	Male 40-44	07:45.4	498
15	0:49:16	STEPTO, Brett	Cornwall AC	Male 40-44	07:55.6	471
16	0:49:22	JENKIN, Steven	Cornwall AC	Male 40-44	07:56.5	965
17	0:51:44	PASCOE, Anna	Carn Runners	Female Under 35	08:19.4	983
18	0:53:41	TOZER, Nicola	Cornwall AC	Male 40-44	08:38.2	499