

1	0:38:45	RIMMER, Chris	Plymouth Harriers	Male under 35	05:32.0
2	0:39:49	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:41.2
3	0:39:54	BENNEY, Aaron	Mile High	Male Vet 35-39	05:41.9
4	0:40:43	MORANT, Jordan	Hayle Runners	Male under 35	05:48.9
5	0:40:47	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:49.5
6	0:41:00	ROBINSON, Tim	Launceston Road Runners	Male under 35	05:51.3
7	0:41:19	CLAY, Jordan	Cornwall AC	Male under 35	05:54.0
8	0:42:05	HUMPHREY, Thomas	Plymouth Harriers	Male under 35	06:00.6
9	0:42:14	CULLINGFORD, Declan		Male under 35	06:01.9
10	0:42:16	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	06:02.2
11	0:42:23	BECKENKRAGER, David	Plymouth Harriers	Male Vet 45-49	06:03.2
12	0:42:27	DANIELS, Alex	Newquay Road Runners	Male Vet 40-44	06:03.7
13	0:42:35	STEPTO, Emma	Cornwall AC	Female Vet 45-49	06:04.9
14	0:42:42	WHERRY, Steve	Cornwall AC	Male Vet 50-54	06:05.9
15	0:42:48	ABRAHAM, Scott	Hayle Runners	Male Vet 40-44	06:06.7
16	0:42:59	SMITH, Paul	Cornwall AC	Male Vet 40-44	06:08.3
17	0:43:01	HORN, Edward	Launceston Road Runners	Male under 35	06:08.6
18	0:43:04	RAMSDEN, Clive	Bodmin Road Runners	Male Vet 40-44	06:09.0
19	0:43:07	WEBSTER, Mark	Cornwall AC	Male under 35	06:09.5
20	0:43:14	SMERDON, Marc	East Cornwall Harriers	Male under 35	06:10.5
21	0:43:21	PEYTON-JONES, Alex	Plymouth Harriers	Male Vet 35-39	06:11.5
22	0:43:25	YEO, Simon	Tamar Trotters	Male under 35	06:12.0
23	0:43:36	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	06:13.6
24	0:43:49	SOLE, Paul	Cornwall AC	Male Vet 35-39	06:15.5
25	0:44:13	MURRANT, Kieran	Hayle Runners	Male under 35	06:18.9
26	0:44:15	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:19.2
27	0:44:17	BENHAM, James	South West Road Runner	Male Vet 35-39	06:19.5
28	0:44:19	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	06:19.7
29	0:44:29	BARRETT, Chris	Truro Running Club	Male Vet 40-44	06:21.2
30	0:44:30	MARPLES, Alex	Truro Running Club	Male Vet 35-39	06:21.3
31	0:44:34	HOWELL, Tom	Mile High	Male under 35	06:21.9
32	0:44:47	PAULL, Emma	Hayle Runners	Female under 35	06:23.7
33	0:45:07	DAVISON, Jonathan	Launceston Road Runners	Male under 35	06:26.6
34	0:45:10	WEBB, Douglas	Plymouth Harriers	Male under 35	06:27.0
35	0:45:11	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:27.2
36	0:45:15	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:27.7
37	0:45:23	HOOPER, Gregg	Newquay Road Runners	Male Vet 35-39	06:28.9
38	0:45:26	EVANS, Darren	Launceston Road Runners	Male under 35	06:29.3
39	0:45:40	CUTLAN, James	St Austell Running Club	Male under 35	06:31.3
40	0:45:43	HALL, Craig	Carn Runners	Male Vet 40-44	06:31.7
41	0:45:56	BELCHER, Peter	Exmouth Harriers	Male Vet 40-44	06:33.6
42	0:46:19	GREGG, Paul	Tamar Trotters	Male Vet 50-54	06:36.9
43	0:46:21	DAVIES, James	Truro Running Club	Male under 35	06:37.2
44	0:46:22	SZYMANSKI, Pawel	Launceston Road Runners	Male under 35	06:37.3
45	0:46:24	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	06:37.6
46	0:46:33	LAKE, Samantha	Tavistock AC	Female Vet 35-39	06:38.9
47	0:46:35	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	06:39.2
48	0:46:40	BURGESS, Kathryn	Cornwall AC	Female Vet 35-39	06:39.9
49	0:46:45	EXLEY-DEANE, Martin	Tavistock AC	Male Vet 55-59	06:40.6
50	0:46:47	VAN DE KANT, Bas		Male under 35	06:40.9
51	0:46:53	SOLE, John	Bodmin Road Runners	Male Vet 35-39	06:41.7
52	0:47:01	PEARSON, Andrew	Bideford AAC	Male Vet 45-49	06:42.9
53	0:47:02	BATTY, Michael	Newquay Road Runners	Male Vet 50-54	06:43.0
54	0:47:05	PHILP, David	East Cornwall Harriers	Male Vet 50-54	06:43.5
55	0:47:07	TREGENZA, Heidi	Cornwall AC	Female under 35	06:43.7
56	0:47:11	SNAZELL, Matt		Male under 35	06:44.3
57	0:47:11	COULSON, Lee	Falmouth Road Runners	Male Vet 45-49	06:44.3

58	0:47:15	CHAPMAN, Wendy	Truro Running Club	Female Vet 40-44	06:44.9
59	0:47:28	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:46.7
60	0:47:29	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:46.9
61	0:47:43	ANDREWARTHA, David	Bude Rats	Male under 35	06:48.9
62	0:47:47	CUMING, Nick		Male Vet 45-49	06:49.5
63	0:47:56	ARROWSMITH, Paul	East Cornwall Harriers	Male Vet 35-39	06:50.7
64	0:47:58	WEBB, Jason	Cornwall AC	Male Vet 45-49	06:51.0
65	0:48:00	BLIGHT, James	Tamar Trotters	Male under 35	06:51.3
66	0:48:00	MOYSE, Kelvin		Male under 35	06:51.3
67	0:48:05	ASTLEY, Hannah		Female Vet 35-39	06:52.0
68	0:48:09	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:52.6
69	0:48:12	MANNING, James	Hayle Runners	Male Vet 35-39	06:53.0
70	0:48:15	JOHNSON, Jeanette	Launceston Road Runners	Female Vet 50-54	06:53.5
71	0:48:38	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:56.7
72	0:48:44	LEE, Laurie	St Austell Running Club	Male Vet 55-59	06:57.6
73	0:48:48	MURRAY, Emma	St Austell Running Club	Female Vet 50-54	06:58.2
74	0:48:49	HARRIS, Neil		Male Vet 35-39	06:58.3
75	0:48:52	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	06:58.7
76	0:48:55	YETTON, Ami	Plymouth Harriers	Female Vet 35-39	06:59.2
77	0:49:10	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	07:01.3
78	0:49:13	ATTWOOD, James	Cornwall AC	Male Vet 40-44	07:01.7
79	0:49:20	ILSLEY, Ian		Male Vet 45-49	07:02.7
80	0:49:28	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	07:03.9
81	0:49:34	DAVISON, Thomas	Launceston Road Runners	Male under 35	07:04.7
82	0:49:47	WALLER, Anne	Mounds Bay Harriers	Female Vet 45-49	07:06.6
83	0:49:49	CREBER, Matthew		Male under 35	07:06.9
84	0:49:53	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	07:07.5
85	0:49:54	GYNN, Trevor	Launceston Road Runners	Male Vet 50-54	07:07.6
86	0:50:04	HOWARD, Matthew		Male under 35	07:09.0
87	0:50:10	CHIRGWIN, Rob	Truro Running Club	Male under 35	07:09.9
88	0:50:15	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	07:10.6
89	0:50:21	LAURIE, Andrew	Falmouth Road Runners	Male Vet 50-54	07:11.4
90	0:50:30	FITKIN, Chris	Mounds Bay Harriers	Male Vet 55-59	07:12.7
91	0:50:41	COLEY, Alex	East Cornwall Harriers	Male under 35	07:14.3
92	0:50:46	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:15.0
93	0:50:48	LEYTHORNE, Clive		Male Vet 35-39	07:15.3
94	0:51:04	SNEYD, Paul	Hayle Runners	Male Vet 45-49	07:17.6
95	0:51:10	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	07:18.4
96	0:51:11	NEWSON, Mark		Male Vet 50-54	07:18.6
97	0:51:20	BELLAMY, Jodie		Female under 35	07:19.9
98	0:51:21	BAZLEY, Peter	Tavistock AC	Male Vet 60-64	07:20.0
99	0:51:27	JOSE, Amy	Hayle Runners	Female under 35	07:20.9
100	0:51:28	JOHNS, Chris		Male Vet 45-49	07:21.0
101	0:51:35	NUGENT, Debbie	Carn Runners	Female Vet 50-54	07:22.0
102	0:51:37	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:22.3
103	0:51:50	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	07:24.2
104	0:52:01	SHIPTON, Jason	Tavistock AC	Male Vet 45-49	07:25.7
105	0:52:02	TOURELL-HARRIS, Jon	East Cornwall Harriers	Male Vet 40-44	07:25.9
106	0:52:07	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	07:26.6
107	0:52:16	PENTECOST, John		Male Vet 55-59	07:27.9
108	0:52:22	KEARNS, Joe	East Cornwall Harriers	Male Vet 50-54	07:28.7
109	0:52:25	PRICE, Gareth		Male Vet 35-39	07:29.2
110	0:52:32	GILBERT, Michael	Launceston Road Runners	Male under 35	07:30.2
111	0:52:38	WATERS, Claire	Launceston Road Runners	Female Vet 45-49	07:31.0
112	0:52:39	QUEEN, Stuart	Mud Crew Trail Runners	Male Vet 40-44	07:31.2
113	0:52:42	MORSE, Helen	East Cornwall Harriers	Female under 35	07:31.6
114	0:52:49	HILL, Nancy	Cornwall AC	Female Vet 45-49	07:32.6
115	0:52:53	SPENCER, Julian		Male Vet 45-49	07:33.2
116	0:53:02	SKEPLORN, James	Truro Running Club	Male Vet 35-39	07:34.4
117	0:53:10	MOORE, Paul	Launceston Road Runners	Male Vet 50-54	07:35.6
118	0:53:14	CHARLES, Andrew	Tamar Trotters	Male Vet 50-54	07:36.2

119	0:53:27	FOSTER, Richard		Male Vet 40-44	07:38.0
120	0:53:39	KENNEDY, Alastair		Male Vet 35-39	07:39.7
121	0:53:41	ALLAN, Matt		Male Vet 35-39	07:40.0
122	0:53:48	BARRETT, Dean	Tamar Trotters	Male Vet 50-54	07:41.0
123	0:53:55	WILSON, Michael	Truro Running Club	Male Vet 55-59	07:42.0
124	0:53:56	PICK, Robert	East Cornwall Harriers	Male Vet 60-64	07:42.2
125	0:53:57	FINDLAY, James	Carn Runners	Male under 35	07:42.3
126	0:53:58	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	07:42.4
127	0:54:00	GREGG, Louise	Tamar Trotters	Female Vet 45-49	07:42.7
128	0:54:04	BOYCE, Matthew		Male Vet 40-44	07:43.3
129	0:54:07	GOSSAN, John	Looe Pioneers	Male Vet 65-69	07:43.7
130	0:54:07	GULLIVER, James		Male under 35	07:43.7
131	0:54:08	ROBERTS, Jon	Launceston Road Runners	Male Vet 45-49	07:43.9
132	0:54:12	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 45-49	07:44.4
133	0:54:20	GULLIVER, Kristina		Female under 35	07:45.6
134	0:54:24	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:46.2
135	0:54:31	RAMSEY, Chris	Truro Running Club	Male Vet 60-64	07:47.2
136	0:54:32	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:47.3
137	0:54:36	SPENCER, Chris		Male Vet 50-54	07:47.9
138	0:54:38	ELLIS, Andrew	Hayle Runners	Male Vet 40-44	07:48.2
139	0:54:43	HARRIS, Geoff	Newquay Road Runners	Male Vet 55-59	07:48.9
140	0:54:50	JEFFERY, Jason		Male Vet 45-49	07:49.9
141	0:54:54	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	07:50.4
142	0:54:58	SMITH, Sharon	Carn Runners	Female Vet 40-44	07:51.0
143	0:54:59	SHAW, James	Launceston Road Runners	Male Vet 35-39	07:51.2
144	0:55:09	SMITH, Paul	Hatton Darts	Male Vet 40-44	07:52.6
145	0:55:17	HEAD, Tom		Male Vet 50-54	07:53.7
146	0:55:30	MADDOX, Adrian		Male Vet 55-59	07:55.6
147	0:55:33	MAY, Anita	Looe Pioneers	Female under 35	07:56.0
148	0:55:40	OWEN, Mark	St Austell Running Club	Male Vet 40-44	07:57.0
149	0:55:57	ORCHARD, Mike	Hayle Runners	Male Vet 55-59	07:59.4
150	0:56:00	HUMPHEYS, John-Paul	Yeovil Town RRC	Male Vet 40-44	07:59.9
151	0:56:01	FRAME, Rebecca		Female Vet 40-44	08:00.0
152	0:56:04	JOHNSON, Graham		Male Vet 50-54	08:00.4
153	0:56:04	SHAW, Louisa	Launceston Road Runners	Female Vet 35-39	08:00.4
154	0:56:08	FOSTER, Victoria		Female Vet 35-39	08:01.0
155	0:56:09	KERSHAW, David	Hayle Runners	Male Vet 45-49	08:01.2
156	0:56:14	FRAME, Johnathan		Male Vet 40-44	08:01.9
157	0:56:16	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	08:02.2
158	0:56:19	HOWGILL, Helen		Female Vet 45-49	08:02.6
159	0:56:27	GREEN, Alan	East Cornwall Harriers	Male Vet 60-64	08:03.7
160	0:56:34	SAUNDERS, Mike	Plymouth Musketeers	Male under 35	08:04.7
161	0:56:36	WILLS, Marcus	East Cornwall Harriers	Male under 35	08:05.0
162	0:56:37	RYAN, Simon	Tamar Trotters	Male Vet 40-44	08:05.2
163	0:56:42	EVA, Emma	Falmouth Road Runners	Female under 35	08:05.9
164	0:56:43	GAY, Jennifer	Truro Running Club	Female under 35	08:06.0
165	0:56:44	BURNS, Julia	Hayle Runners	Female Vet 50-54	08:06.2
166	0:56:45	MOORE, Kelly	Hayle Runners	Female under 35	08:06.3
167	0:56:46	ALLAN, Samantha		Female under 35	08:06.4
168	0:56:55	ELSTONE, Meryl	Carn Runners	Female Vet 45-49	08:07.7
169	0:57:05	BREAKWELL, Curtis	Hayle Runners	Male under 35	08:09.2
170	0:57:06	HOWARD, Charlene		Female under 35	08:09.3
171	0:57:09	SMITH, Derek	Hayle Runners	Male Vet 50-54	08:09.7
172	0:57:11	LOVATT, Sean	Tamar Trotters	Male under 35	08:10.0
173	0:57:11	MCASEY, Lindsay		Female Vet 35-39	08:10.0
174	0:57:13	HITCHENS, Wietske	Carn Runners	Female Vet 45-49	08:10.3
175	0:57:16	WARNE, Hannah		Female under 35	08:10.7
176	0:57:24	JARRAM, Ben		Male under 35	08:11.9
177	0:57:25	FRANTZ, Derrick	Cornwall AC	Male Vet 45-49	08:12.0
178	0:57:27	ELSTON, Ray	Exmouth Harriers	Male Vet 75+	08:12.3
179	0:57:28	STANFORD, Joseph		Male Vet 40-44	08:12.4

180	0:57:29	EAGLING, Nigel	Truro Running Club	Male Vet 65-69	08:12.6
181	0:57:36	MARTIN, Colin	Newquay Road Runners	Male Vet 60-64	08:13.6
182	0:57:47	LOCKYER, Jane	East Cornwall Harriers	Female Vet 55-59	08:15.2
183	0:57:50	REGAN, Alicia	Plymouth Harriers	Female under 35	08:15.6
184	0:58:02	ARKLEY, Laura	Looe Pioneers	Female Vet 40-44	08:17.3
185	0:58:05	DALE, Steve	Newquay Road Runners	Male Vet 40-44	08:17.7
186	0:58:09	ROGERS, Ben		Male Vet 35-39	08:18.3
187	0:58:12	SAUNDERS, Nick		Male Vet 35-39	08:18.7
188	0:58:15	LILLIS, John	Newquay Road Runners	Male Vet 70-74	08:19.2
189	0:58:23	EMBURY, Andrew		Male Vet 50-54	08:20.3
190	0:58:28	LACKEY, Michael	Newquay Road Runners	Male Vet 45-49	08:21.0
191	0:58:32	TOWNEND, Stewart	Hayle Runners	Male Vet 70-74	08:21.6
192	0:58:33	OLIVER, Adam	Mounts Bay Harriers	Male under 35	08:21.7
193	0:58:35	TRAPMORE, Chris		Male under 35	08:22.0
194	0:58:37	GERRARD, Corrine	Hayle Runners	Female Vet 45-49	08:22.3
195	0:58:42	ROBINS, Sara	Newquay Road Runners	Female under 35	08:23.0
196	0:58:45	MARSLAND, Louise	Tamar Trotters	Female Vet 35-39	08:23.4
197	0:58:46	CAULFIELD, Paul	Tamar Trotters	Male Vet 50-54	08:23.6
198	0:58:58	SELDON, Jason		Male under 35	08:25.3
199	0:59:04	SLEEMAN, Jenna		Female under 35	08:26.2
200	0:59:06	TUCKER, David	Tamar Trotters	Male Vet 35-39	08:26.4
201	0:59:06	PITMAN, Vinny	Tamar Trotters	Male Vet 50-54	08:26.4
202	0:59:14	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:27.6
203	0:59:25	PICKFORD, Ryan		Male Vet 35-39	08:29.2
204	0:59:26	PASCOE, Anna	Carn Runners	Female under 35	08:29.3
205	0:59:27	DAVIS, Justin		Male Vet 35-39	08:29.4
206	0:59:38	MILES, Becky	Newquay Road Runners	Female Vet 35-39	08:31.0
207	0:59:39	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	08:31.1
208	0:59:44	TAYLOR, Sue	Mounts Bay Harriers	Female Vet 60-64	08:31.9
209	0:59:47	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	08:32.3
210	0:59:53	GLENDINNING, Sharon	Launceston Road Runners	Female under 35	08:33.1
211	0:59:55	MEDLAND, David		Male under 35	08:33.4
212	0:59:56	MADGE, Paul	South West Road Runner	Male Vet 55-59	08:33.6
213	0:59:58	TRUSCOTT, Neil	St Austell Running Club	Male Vet 40-44	08:33.9
214	0:59:59	MARSHALL, Nigel	St Austell Running Club	Male Vet 40-44	08:34.0
215	1:00:00	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	08:34.1
216	1:00:06	HYNES, Jaine		Female Vet 50-54	08:35.0
217	1:00:10	DREW, Peter	Carn Runners	Male Vet 65-69	08:35.6
218	1:00:12	NORRIS, Chris	Launceston Road Runners	Male Vet 40-44	08:35.9
219	1:00:13	JENKIN, Steve	Cornwall AC	Male Vet 40-44	08:36.0
220	1:00:24	HEYWOOD, Peter	Looe Pioneers	Male Vet 70-74	08:37.6
221	1:00:26	TUCKER, Scott		Male Vet 45-49	08:37.9
222	1:00:27	LOCKYER, James	East Cornwall Harriers	Male Vet 55-59	08:38.0
223	1:00:28	OLIVER, Dominique	Devon & Cornwall Police	Female under 35	08:38.1
224	1:00:29	JONES, Stephen CR	Carn Runners	Male Vet 45-49	08:38.3
225	1:00:31	LEAN, David	East Cornwall Harriers	Male Vet 55-59	08:38.6
226	1:00:40	KENT, Mele	Newquay Road Runners	Female Vet 40-44	08:39.9
227	1:00:43	IRONS, Charlotte		Female under 35	08:40.3
228	1:00:50	ELLIOTT, Kathy	Newquay Road Runners	Female Vet 45-49	08:41.3
229	1:00:55	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	08:42.0
230	1:00:56	SWETNAN, Jim	Hayle Runners	Male Vet 35-39	08:42.1
231	1:01:00	ALLEN, Gary		Male under 35	08:42.7
232	1:01:04	CHASE, Andy	Truro Running Club	Male under 35	08:43.3
233	1:01:07	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 35-39	08:43.7
234	1:01:16	ARKLEY, Joe	Looe Pioneers	Male Vet 40-44	08:45.0
235	1:01:20	BARNFIELD, Marty		Male Vet 40-44	08:45.6
236	1:01:23	RICHARDSON, Mark		Male Vet 45-49	08:46.0
237	1:01:30	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:47.0
238	1:01:34	TEAGLE, Stephen		Male Vet 55-59	08:47.6
239	1:01:35	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	08:47.7
240	1:01:55	STEPTO, Brett	Cornwall AC	Male Vet 40-44	08:50.6

241	1:02:01	NEWSON, Janice		Female Vet 45-49	08:51.4
242	1:02:04	NOTTLE, Paul	East Cornwall Harriers	Male Vet 50-54	08:51.9
243	1:02:15	FIELD, Laura		Female under 35	08:53.4
244	1:02:29	ALDRIDGE, Jenna	Launceston Road Runners	Female under 35	08:55.4
245	1:02:32	DEACON, Mark	Looe Pioneers	Male under 35	08:55.9
246	1:02:33	HANDLEY, Emma	East Cornwall Harriers	Female under 35	08:56.0
247	1:02:42	CAIN, Morgan	Launceston Road Runners	Male under 35	08:57.3
248	1:02:43	ACASTER, Dawn	Launceston Road Runners	Female Vet 35-39	08:57.4
249	1:02:47	PAYNE, Holly	St Austell Running Club	Female under 35	08:58.0
250	1:02:49	FULFORD-BROWN, Chris	Okehampton RC	Male Vet 60-64	08:58.3
251	1:03:09	WISE, Rebecca	Launceston Road Runners	Female Vet 35-39	09:01.1
252	1:03:10	O'HARE, Ian		Male Vet 55-59	09:01.3
253	1:03:14	JENKIN, David		Male under 35	09:01.9
254	1:03:18	JOHNS, Darren	Truro Running Club	Male Vet 40-44	09:02.4
255	1:03:21	BOWDEN, John	Looe Pioneers	Male Vet 55-59	09:02.9
256	1:03:23	CHAPMAN, Amanda	Launceston Road Runners	Female Vet 35-39	09:03.1
257	1:03:27	FOYNE, Fran		Female under 35	09:03.7
258	1:03:27	HORTON, Catherine	Falmouth Road Runners	Female Vet 40-44	09:03.7
259	1:03:28	CAFF, Wayne	Newquay Road Runners	Male Vet 40-44	09:03.9
260	1:03:30	SWIFT, Barrie	Plymouth Harriers	Male Vet 65-69	09:04.1
261	1:03:35	GOLDBERG, Jessica	Launceston Road Runners	Female under 35	09:04.9
262	1:03:38	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:05.3
263	1:03:42	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	09:05.9
264	1:03:44	RAYSON, Emma		Female Vet 35-39	09:06.1
265	1:03:46	HARNETT, Elizabeth		Female Vet 35-39	09:06.4
266	1:03:48	WARREN, Diane	Hayle Runners	Female Vet 60-64	09:06.7
267	1:03:50	COOKSLEY, Martyn	Plymouth Harriers	Male Vet 50-54	09:07.0
268	1:03:53	WARD, David		Male Vet 65-69	09:07.4
269	1:04:04	CREBER, Emily		Female under 35	09:09.0
270	1:04:15	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	09:10.6
271	1:04:19	FINCH, Lauren		Female Vet 35-39	09:11.1
272	1:04:24	HAGHANI, Laura	Hayle Runners	Female Vet 35-39	09:11.9
273	1:04:30	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	09:12.7
274	1:04:31	BARNES, John	Launceston Road Runners	Male Vet 55-59	09:12.9
275	1:04:33	BEARD, Sharon	Bodmin Road Runners	Female Vet 40-44	09:13.1
276	1:04:51	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	09:15.7
277	1:04:55	VISICK, Michael	Looe Pioneers	Male Vet 45-49	09:16.3
278	1:04:56	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	09:16.4
279	1:04:57	SPEAKE, Georgina	St Austell Running Club	Female Vet 35-39	09:16.6
280	1:04:58	LONG, Fran	Hayle Runners	Female Vet 55-59	09:16.7
281	1:05:04	STANBURY, Claire		NDB	09:17.6
282	1:05:11	BANKS, Jo		Female Vet 45-49	09:18.6
283	1:05:12	KEEP, Mike	Exmouth Harriers	Male Vet 70-74	09:18.7
284	1:05:14	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	09:19.0
285	1:05:14	TALLING, Sophie	Newquay Road Runners	Female under 35	09:19.0
286	1:05:16	PENGELLY, Louise		Female under 35	09:19.3
287	1:05:22	GRIFFITHS, Sarah	Tamar Trotters	Female Vet 50-54	09:20.1
288	1:05:27	DANKS, Caroline		Female under 35	09:20.9
289	1:05:32	RALLS, Patsy	St Austell Running Club	Female Vet 50-54	09:21.6
290	1:05:33	SPEAK, Katy	Okehampton RC	Female Vet 50-54	09:21.7
291	1:05:37	FITZGIBBON, Ged	Okehampton RC	Male Vet 65-69	09:22.3
292	1:05:42	TURNER, Steve	Stafford Harriers	Male Vet 50-54	09:23.0
293	1:05:48	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	09:23.9
294	1:05:49	PRETTEJOHN, Chris		Male Vet 45-49	09:24.0
295	1:05:51	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	09:24.3
296	1:05:52	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	09:24.4
297	1:05:56	CARD, Christine	Tamar Trotters	Female Vet 60-64	09:25.0
298	1:06:11	JAMESON, Judy	Carn Runners	Female Vet 55-59	09:27.1
299	1:06:14	SALVAGE, David	Tamar Trotters	Male Vet 65-69	09:27.6
300	1:06:15	STEPHENS, Jane	Bodmin Road Runners	Female Vet 45-49	09:27.7
301	1:06:16	COOKSLEY, Sara	Plymouth Harriers	Female Vet 45-49	09:27.9

302	1:06:19	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:28.3
303	1:06:20	WILKINSON, Judith	Tamar Trotters	Female Vet 55-59	09:28.4
304	1:06:36	MCCORMACK, Teresa	Falmouth Road Runners	Female Vet 40-44	09:30.7
305	1:06:38	HEAD, James		Male under 35	09:31.0
306	1:06:44	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	09:31.9
307	1:06:53	ROSS, Sarah	Tamar Trotters	Female Vet 50-54	09:33.1
308	1:06:55	JULEFF, Steve		Male under 35	09:33.4
309	1:07:02	WILSON, Liz	Greenbow RC	Female Vet 50-54	09:34.4
310	1:07:16	SMITH, Hannah	Hayle Runners	Female under 35	09:36.4
311	1:07:26	BURT, Matthew		Male Vet 40-44	09:37.9
312	1:07:33	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	09:38.9
313	1:07:35	MURRAY, Patrick		Male Vet 45-49	09:39.1
314	1:07:36	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	09:39.3
315	1:07:37	RUNDLE, Sharon	Launceston Road Runners	Female Vet 50-54	09:39.4
316	1:07:38	FULFORD-BROWN, Danielle	Okehampton RC	Female Vet 50-54	09:39.6
317	1:07:44	SHUTE, Natalie		Female under 35	09:40.4
318	1:08:04	TOZER, Nicola	Cornwall AC	Female Vet 40-44	09:43.3
319	1:08:34	GREAVES, Alison	Bere Alston Trekkers	Female Vet 35-39	09:47.6
320	1:08:34	MORGAN, Frances	Bere Alston Trekkers	Female Vet 50-54	09:47.6
321	1:08:50	CLARK, Emma	Looe Pioneers	Female under 35	09:49.9
322	1:08:53	JAMIESON, Sandy	Carn Runners	Female Vet 60-64	09:50.3
323	1:08:54	BOARD, Julie	Plymouth Harriers	Female Vet 40-44	09:50.4
324	1:08:56	EVANS, Des	Newquay Road Runners	Male Vet 65-69	09:50.7
325	1:08:58	HARRIS, Emma	Bodmin Road Runners	Female Vet 35-39	09:51.0
326	1:08:59	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	09:51.1
327	1:09:00	FRANCES-BELL, Molly	Okehampton RC	Female under 35	09:51.3
328	1:09:00	YOUNG, Andy	St Austell Running Club	Male Vet 50-54	09:51.3
329	1:09:13	ROPER, Helen	Tamar Trotters	Female Vet 40-44	09:53.1
330	1:09:15	JEWELS, Lucy	St Austell Running Club	Female Vet 45-49	09:53.4
331	1:09:25	CUTLAN, Hannah	St Austell Running Club	Female under 35	09:54.8
332	1:09:39	HOBBS, Nikki		Female Vet 45-49	09:56.8
333	1:09:39	PERKS, Wendy		Female Vet 45-49	09:56.8
334	1:09:41	TONKINS, Richard	St Austell Running Club	Male Vet 45-49	09:57.1
335	1:10:08	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	10:01.0
336	1:10:19	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	10:02.6
337	1:10:24	PRICE, Rachel		Female under 35	10:03.3
338	1:10:26	CASSIDY, Danielle		Female under 35	10:03.6
339	1:10:28	BOUNDY, Katie		Female under 35	10:03.8
340	1:10:28	CATNACH, Peter	Looe Pioneers	Male Vet 55-59	10:03.8
341	1:10:29	WEBB, Kirsty	Looe Pioneers	Female under 35	10:04.0
342	1:10:29	JONES, Susan	Looe Pioneers	Female Vet 45-49	10:04.0
343	1:10:29	FOSTER, Dianne	Looe Pioneers	Female Vet 45-49	10:04.0
344	1:10:30	CUTHILL, Colette		Female under 35	10:04.1
345	1:10:30	BOWDEN, Geraldine	Looe Pioneers	Female Vet 55-59	10:04.1
346	1:10:31	COURTNEY, Stacey	Newquay Road Runners	Female under 35	10:04.3
347	1:10:31	BIGGS, Matthew	Newquay Road Runners	Male Vet 50-54	10:04.3
348	1:10:33	CAULFIELD, Trudy	Tamar Trotters	Female Vet 45-49	10:04.6
349	1:10:34	HADFIELD, Dawn	St Austell Running Club	Female Vet 45-49	10:04.7
350	1:10:35	YEO, Lizzy		Female under 35	10:04.8
351	1:10:36	KINGTON, Norris	Cornwall AC	Male Vet 75+	10:05.0
352	1:10:53	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	10:07.4
353	1:11:32	WADE, Margaret	Carn Runners	Female Vet 60-64	10:13.0
354	1:11:42	JENKIN, Jacqueline	Cornwall AC	Female Vet 65-69	10:14.4
355	1:11:43	JENKIN, Richard	Cornwall AC	Male Vet 70-74	10:14.6
356	1:11:48	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	10:15.3
357	1:11:49	QUICK, Merwyn		Female Vet 35-39	10:15.4
358	1:11:49	PITCHER, David	Tamar Trotters	Male Vet 55-59	10:15.4
359	1:11:52	BUSE, Zoe	Bodmin Road Runners	Female Vet 40-44	10:15.8
360	1:12:00	CRYER, Jon		Male Vet 60-64	10:17.0
361	1:12:18	EMMETT, Nicola	Launceston Road Runners	Female Vet 40-44	10:19.6
362	1:12:22	FLANAGAN, Rachel	Falmouth Road Runners	Female Vet 50-54	10:20.1

363	1:12:30	PRESCOTT, Kay	St Austell Running Club	Female Vet 40-44	10:21.3
364	1:12:30	WHITEHEAD, Martin	St Austell Running Club	Male under 35	10:21.3
365	1:12:32	JEFFREYS, Sophie	Launceston Road Runners	Female under 35	10:21.6
366	1:13:00	RENDLE, Keira		Female Vet 35-39	10:25.6
367	1:13:00	WILLIAMS, Sarah-Jane		Female under 35	10:25.6
368	1:13:05	KISTLE, Damon		Male Vet 50-54	10:26.3
369	1:13:05	WELLS, Heather		Female Vet 45-49	10:26.3
370	1:13:28	HELSMAN, Matt	Launceston Road Runners	Male Vet 50-54	10:29.6
371	1:13:37	BEATTIE, Laura	Plymouth Harriers	Female under 35	10:30.8
372	1:13:40	OSBORNE, Louise	Falmouth Road Runners	Female Vet 35-39	10:31.3
373	1:13:47	TAPHOUSE, Linsey	East Cornwall Harriers	Female under 35	10:32.3
374	1:13:48	BOLT, Adrian	Truro Running Club	Male Vet 50-54	10:32.4
375	1:13:50	RIDLEY, Zoe		Female Vet 35-39	10:32.7
376	1:13:51	PRITCHARD, Nikki		Female Vet 35-39	10:32.8
377	1:13:54	MASON, Susan	Tamar Trotters	Female Vet 65-69	10:33.3
378	1:14:02	SMITH, Mandy	St Austell Running Club	Female Vet 55-59	10:34.4
379	1:14:08	IACONIANNI, Gennara	St Austell Running Club	Female under 35	10:35.3
380	1:14:29	CARLISE, Cecilia	Cornwall AC	Female under 35	10:38.3
381	1:14:30	BRENTON, Tara	Bodmin Road Runners	Female Vet 40-44	10:38.4
382	1:14:32	PITT, Jane	Totton RC	Female Vet 70+	10:38.7
383	1:14:33	PADDON, Alison	Tamar Trotters	Female Vet 50-54	10:38.8
384	1:15:17	KAYE, Emma	Newquay Road Runners	Female under 35	10:45.1
385	1:15:17	LACKEY, Debbie	Newquay Road Runners	Female Vet 45-49	10:45.1
386	1:15:18	MOLE, Linda	Plymouth Harriers	Female Vet 35-39	10:45.3
387	1:15:28	VOSPER, Francis	Bodmin Road Runners	Male Vet 55-59	10:46.7
388	1:16:14	HOGG, Lorna	St Austell Running Club	Female Vet 45-49	10:53.3
389	1:16:39	RAY, Pamela	Hayle Runners	Female Vet 45-49	10:56.8
390	1:17:04	HAWKINS, Lorraine	Launceston Road Runners	Female Vet 50-54	11:00.4
391	1:17:21	ROWLANDS, Kate	Falmouth Road Runners	Female under 35	11:02.8
392	1:17:47	MEDLAND, Lora	Okehampton RC	Female under 35	11:06.6
393	1:17:47	HATTEN, Angela	Okehampton RC	Female Vet 35-39	11:06.6
394	1:17:47	GAY, Jackie	Launceston Road Runners	Female Vet 50-54	11:06.6
395	1:18:23	KING, Mandy		Female Vet 50-54	11:11.7
396	1:18:23	TRIPCONEY, Sharon		Female Vet 45-49	11:11.7
397	1:18:37	PRIOR, Sarah	Tavistock AC	Female Vet 40-44	11:13.7
398	1:18:37	NETTLESHIP, Richard	Tavistock AC	Male Vet 45-49	11:13.7
399	1:18:44	HILLIER, Sally	Falmouth Road Runners	Female Vet 50-54	11:14.7
400	1:18:44	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	11:14.7
401	1:18:58	BUSHELL, Ruth	Okehampton RC	Female Vet 50-54	11:16.7
402	1:19:00	HILL, Colin		Male Vet 60-64	11:17.0
403	1:19:06	SROCZYNSKI, Jan	East Cornwall Harriers	Male Vet 65-69	11:17.8
404	1:19:08	SMITH, Glenda		Female Vet 45-49	11:18.1
405	1:19:13	HADFIELD-BENNETT, Penny	Plymouth Harriers	Female Vet 45-49	11:18.8
406	1:19:13	PEDRICK, Melanie	Plymouth Harriers	Female Vet 45-49	11:18.8
407	1:19:13	BECKENKRAGER, Sharon	Plymouth Harriers	Female Vet 45-49	11:18.8
408	1:19:13	TABENOR, Patricia	Plymouth Harriers	Female Vet 65-69	11:18.8
409	1:19:31	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	11:21.4
410	1:19:42	HOBBS-HURRELL, Jade		Female under 35	11:23.0
411	1:20:00	COWIE, Clay		Male Vet 40-44	11:25.5
412	1:20:37	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	11:30.8
413	1:20:37	POOLE, Wendy	St Austell Running Club	Female Vet 55-59	11:30.8
414	1:20:46	WHITE, Janet	Okehampton RC	Female Vet 65-69	11:32.1
415	1:20:48	BAXTER, Hollie	Plymouth Harriers	Female under 35	11:32.4
416	1:20:58	FOSTER, Ann	Tamar Trotters	Female Vet 65-69	11:33.8
417	1:21:12	HORSWELL, Donna	Plymouth Harriers	Female Vet 40-44	11:35.8
418	1:21:12	MCGHEE, Christine	Plymouth Harriers	Female Vet 55-59	11:35.8
419	1:21:52	JULEFF, Holly		Female under 35	11:41.5
420	1:21:54	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 50-54	11:41.8
421	1:21:57	RALLS, David	St Austell Running Club	Male Vet 50-54	11:42.3
422	1:22:02	HALL, Zoe	Carn Runners	Female Vet 45-49	11:43.0
423	1:22:11	PUTNA, Alex		Female Vet 45-49	11:44.3

424	1:22:13	STEED, Sarah		Female Vet 40-44	11:44.5
425	1:22:35	CORCORAN, Jessica	Okehampton RC	Female Vet 45-49	11:47.7
426	1:22:44	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:49.0
427	1:23:58	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	11:59.5
428	1:25:08	SPRAGUE, Claire	Okehampton RC	Female Vet 40-44	12:09.5
429	1:25:28	BELL, Sarah	Okehampton RC	Female Vet 55-59	12:12.4
430	1:26:27	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	12:20.8
431	1:26:40	WILSON, Peter	Tamar Trotters	Male Vet 50-54	12:22.7
432	1:26:51	DUKE, Jan	Tamar Trotters	Male Vet 65-69	12:24.3
433	1:26:52	RYAN, Karen	Tamar Trotters	Female Vet 40-44	12:24.4
434	1:27:29	NEAL, Steve	Plymouth Musketeers	Male Vet 55-59	12:29.7
435	1:28:37	HILL, Kelly		Female under 35	12:39.4
436	1:29:41	WEBBER, Sharon	St Austell Running Club	Female Vet 40-44	12:48.5
437	1:30:04	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:51.8
438	1:31:42	LOCKE, Justin	Storm Running Plymouth	Male Vet 35-39	13:05.8
439	1:31:46	SLATEFORD, Nicola	St Austell Running Club	Female Vet 50-54	13:06.4
440	1:31:48	LOCKE, Hayley	Storm Running Plymouth	Female under 35	13:06.7
441	1:31:50	RUSSELL, Claire	Storm Running Plymouth	Female under 35	13:07.0
442	1:39:09	WYATT, Liz	St Austell Running Club	Female Vet 45-49	14:09.7
443	1:39:09	PRANGLEY, Lisa	St Austell Running Club	Female Vet 45-49	14:09.7