

NEWQUAY 10K – 2ND OCTOBER 2016

Position	Time	Name	Team	Category	Pace	No
1	0:32:34	LE GRICE, Peter	Mounts Bay Harriers	Male under 35	05:14.4	51
2	0:33:21	COLE, Jim		Male under 35	05:21.9	523
3	0:33:29	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:23.2	501
4	0:34:27	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:32.5	429
5	0:34:34	DAWSON, Martin	North Derbyshire RC	Male Vet 40-44	05:33.7	71
6	0:34:40	MORANT, Jordan	Hayle Runners	Male under 35	05:34.6	260
7	0:34:44	WRIGHT, Tony	Newquay Road Runners	Male Vet 50-54	05:35.3	422
8	0:34:49	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:36.1	447
9	0:34:50	CLAY, Jordan	Cornwall AC	Male under 20	05:36.2	435
10	0:35:19	CARTHEY, Tom	Falmouth Road Runners	Male under 35	05:40.9	561
11	0:35:42	DUNN, Tony	Cornwall AC	Male Vet 50-54	05:44.6	432
12	0:35:52	SLATTERY, Tom	Cornwall AC	Male under 20	05:46.2	428
13	0:35:56	DANIELS, Alex	Newquay Road Runners	Male Vet 40-44	05:46.9	378
14	0:36:04	CULLINGFORD, Declan		Male under 35	05:48.1	471
15	0:36:05	ARGALL, Joe	Cornwall AC	Male under 35	05:48.3	436
16	0:36:06	DOBSON, Jacob	Falmouth Road Runners	Male under 35	05:48.5	581
17	0:36:19	CHAPMAN, Kyle		Male under 35	05:50.6	543
18	0:36:23	STACEY, Doug	East Cornwall Harriers	Male Vet 35-39	05:51.2	517
19	0:36:26	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:51.7	182
20	0:36:28	RATCLIFFE, Floyd	Hayle Runners	Male under 20	05:52.0	286
21	0:36:36	HUMPHREY, Thomas	Hayle Runners	Male under 35	05:53.3	545
22	0:36:47	WHERRY, Steve	Cornwall AC	Male Vet 50-54	05:55.1	164
23	0:36:48	WEBSTER, Mark	Cornwall AC	Male under 35	05:55.2	431
24	0:36:50	PURVIS, Loyd	Hayle Runners	Male Vet 40-44	05:55.5	288
25	0:36:52	LUTON, Tom	Newquay Road Runners	Male under 20	05:55.9	481
26	0:36:53	GOODCHILD, Sam	Cornwall AC	Male under 20	05:56.0	434
27	0:37:00	ABRAHAM, Scott	Hayle Runners	Male Vet 40-44	05:57.2	265
28	0:37:07	SOWERBY, Peter	Truro Running Club	Male Vet 45-49	05:58.3	587
29	0:37:12	MARPLES, Alex	Truro Running Club	Male Vet 35-39	05:59.1	106
30	0:37:13	STEPTO, Emma	Cornwall AC	Female Vet 45-49	05:59.2	62
31	0:37:15	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	05:59.6	515
32	0:37:23	MURRANT, Kieran	Hayle Runners	Male under 35	06:00.9	257
33	0:37:25	PORTER, Ed	Plymouth Harriers	Male under 35	06:01.2	559
34	0:37:35	HORN, Edward	Launceston Road Runners	Male under 35	06:02.8	494
35	0:37:37	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	06:03.1	275
36	0:37:45	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:04.4	279
37	0:37:58	PEARCE, Owen	Tamar Trotters	Male under 35	06:06.5	359
38	0:38:04	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:07.5	229
39	0:38:10	WISNER, John		Male Vet 45-49	06:08.4	464
40	0:38:13	HOWELL, Tom	Mile High	Male under 35	06:08.9	513
41	0:38:14	MACKAY, Nick	Swansea Harriers	Male under 35	06:09.1	149
42	0:38:15	BARNET, James	Falmouth Road Runners	Male under 35	06:09.2	55
43	0:38:17	DITTY, Graham	Mile High	Male under 35	06:09.5	18
44	0:38:22	KLIMEK, Kristof	Cornwall AC	Male under 20	06:10.3	452
45	0:38:24	PAULL, Emma	Hayle Runners	Female under 35	06:10.7	253
46	0:38:33	DAVIES, James	Truro Running Club	Male under 35	06:12.1	224
47	0:38:35	JEWELL, James	Bideford AAC	Male Vet 40-44	06:12.4	493
48	0:38:37	HOOPER, Gregg	Newquay Road Runners	Male Vet 35-39	06:12.8	389
49	0:38:50	WEBB, Douglas	Plymouth Harriers	Male under 35	06:14.9	307
50	0:38:54	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:15.5	309
51	0:38:56	HALL, Craig	Carn Runners	Male Vet 40-44	06:15.8	298
52	0:39:01	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	06:16.6	479
53	0:39:03	DOWRICK, Mike	Cornwall AC	Male Vet 40-44	06:16.9	430
54	0:39:05	COOKSON, Neill	Hayle Runners	Male Vet 50-54	06:17.3	285
55	0:39:08	MASSELINK, Tess	Tavistock AC	Female under 20	06:17.7	519
56	0:39:10	BLOCK, Nick		Male Vet 35-39	06:18.1	486
57	0:39:13	MORRALL, Zelah	Cornwall AC	Female Vet 45-49	06:18.6	427

58	0:39:17	STONE, Matt	Falmouth Road Runners	Male under 35	06:19.2	522
59	0:39:18	CUTLAN, James	St Austell Running Club	Male under 35	06:19.4	342
60	0:39:25	LILLEYMAN, Thomas		Male Vet 35-39	06:20.5	475
61	0:39:30	TRUDGIAN, Andy	St Austell Running Club	Male Vet 45-49	06:21.3	346
62	0:39:41	ANDERSON, Scott		Male under 35	06:23.1	491
63	0:39:42	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	06:23.2	439
64	0:39:44	ATTWOOD, James	Cornwall AC	Male Vet 40-44	06:23.5	77
65	0:39:54	ARGALL, Robert		Male under 35	06:25.1	500
66	0:39:58	STEVENS, Paul		Male Vet 40-44	06:25.8	134
67	0:40:00	BABB, Steve	Newquay Road Runners	Male Vet 50-54	06:26.1	386
68	0:40:08	SHIRLEY, Rich	St Austell Running Club	Male under 35	06:27.4	514
69	0:40:13	ROSENFELD, Thomas	Hayle Runners	Male under 35	06:28.2	256
70	0:40:21	HICKSON, Andrew	Mounts Bay Harriers	Male Vet 50-54	06:29.5	97
71	0:40:25	BAYLY, Marc	Newquay Road Runners	Male Vet 40-44	06:30.1	476
72	0:40:28	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:30.6	221
73	0:40:34	TREGENZA, Heidi	Cornwall AC	Female under 35	06:31.6	455
74	0:40:34	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:31.6	322
75	0:40:38	MARSTON, Jeremy	Mounts Bay Harriers	Male Vet 45-49	06:32.2	203
76	0:40:43	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	06:33.0	564
77	0:40:44	JOHNSON, Jeanette	Launceston Road Runners	Female Vet 50-54	06:33.2	525
78	0:40:48	SMERDON, Marc	East Cornwall Harriers	Male under 35	06:33.8	551
79	0:40:51	CLARK, Drew	East Cornwall Harriers	Male under 20	06:34.3	114
80	0:41:00	DEACON, Mark	Looe Pioneers	Male under 35	06:35.8	116
81	0:41:03	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	06:36.3	74
82	0:41:12	PETERSON, Guy	Tamar Trotters	Male Vet 45-49	06:37.7	289
83	0:41:16	HERD, Joanna	Newquay Road Runners	Female Vet 40-44	06:38.3	383
84	0:41:17	HUGHES, Katie	Cornwall AC	Female under 20	06:38.5	446
85	0:41:21	LONGMAN, Brian	Tri Sport Epping	Male Vet 50-54	06:39.1	146
86	0:41:27	COTTERILL, Lewis	Newquay Par AC	Male under 20	06:40.1	536
87	0:41:43	CHIRGWIN, Rob	Truro Running Club	Male under 35	06:42.7	222
88	0:41:44	POTTER, Christian	Newquay Road Runners	Male Vet 40-44	06:42.8	392
89	0:41:44	STAFF, Dale	Looe Pioneers	Male Vet 40-44	06:42.8	120
90	0:41:48	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:43.5	397
91	0:41:49	JOSE, Oily	Newquay Road Runners	Male under 35	06:43.7	370
92	0:41:57	MANNING, James	Hayle Runners	Male Vet 35-39	06:44.9	254
93	0:42:10	MURRAY, Emma	St Austell Running Club	Female Vet 50-54	06:47.0	330
94	0:42:13	BRAY, Mark Jason		Male Vet 40-44	06:47.5	596
95	0:42:14	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	06:47.7	327
96	0:42:16	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	06:48.0	261
97	0:42:20	WILLIAMS, James	Cornwall AC	Male under 20	06:48.6	583
98	0:42:21	COLEY, Alex	East Cornwall Harriers	Male under 20	06:48.8	130
99	0:42:22	TIER, Naomi	Cornwall AC	Female under 35	06:49.0	454
100	0:42:26	CROWLE, Revis	East Cornwall Harriers	Female Vet 50-54	06:49.6	249
101	0:42:31	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	06:50.4	141
102	0:42:33	STANDING, Rob	Truro Running Club	Male Vet 40-44	06:50.7	231
103	0:42:42	LLOYD, James	Truro Running Club	Male Vet 40-44	06:52.2	177
104	0:42:47	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	06:53.0	126
105	0:42:47	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 65-69	06:53.0	534
106	0:42:49	STRETTON, Jackie	Springfield Striders RC	Female under 35	06:53.3	506
107	0:42:52	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	06:53.8	563
108	0:42:59	ADIE, Gordon	Truro Running Club	Male Vet 55-59	06:54.9	572
109	0:43:04	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	06:55.7	197
110	0:43:07	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	06:56.2	151
111	0:43:30	REID, Steve	St Austell Running Club	Male Vet 40-44	06:59.9	328
112	0:43:31	DAVIS, Megan	Newquay Road Runners	Female under 35	07:00.1	360
113	0:43:34	SCHUMANN, Lyal		Male Vet 40-44	07:00.5	503
114	0:43:43	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	07:02.0	271
115	0:43:52	MANUEL, Simon	St Austell Running Club	Male under 35	07:03.4	349
116	0:43:54	COX, Daniel		Male under 35	07:03.8	47
117	0:43:55	JOSE, Amy	Hayle Runners	Female under 35	07:03.9	263
118	0:43:56	GARAGHON, Jordan		Male under 35	07:04.1	497

119	0:43:57	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:04.2	17
120	0:43:59	BRAY, Daniel	St Austell Running Club	Male under 35	07:04.6	339
121	0:44:03	TREBILCOCK, Mark		Male Vet 50-54	07:05.2	426
122	0:44:04	CAVES, Matt	Tamar Trotters	Male under 35	07:05.4	358
123	0:44:05	PROCTOR, Robert	Stafford Harriers	Male Vet 45-49	07:05.5	29
124	0:44:09	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	07:06.2	276
125	0:44:13	WOOD, Imogen	Cornwall AC	Female under 20	07:06.8	456
126	0:44:15	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	07:07.1	391
127	0:44:28	JEWELL, Ashley	Bideford AAC	Male Vet 35-39	07:09.2	492
128	0:44:29	SPENCER, Julian		Male Vet 45-49	07:09.4	127
129	0:44:32	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	07:09.9	440
130	0:44:35	SNEYD, Paul	Hayle Runners	Male Vet 50-54	07:10.4	264
131	0:44:36	BATHE, Colin	Truro Running Club	Male Vet 45-49	07:10.5	219
132	0:44:41	GORE, Louise	Newquay Road Runners	Female Vet 35-39	07:11.3	382
133	0:44:46	HILL, Nancy	Cornwall AC	Female Vet 45-49	07:12.1	451
134	0:44:49	ADAMS, Russ	Cornwall AC	Male Vet 40-44	07:12.6	438
135	0:44:57	BAKER, Sean	Looe Pioneers	Male Vet 40-44	07:13.9	168
136	0:45:01	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:14.5	418
137	0:45:05	NUGENT, Debbie	Carn Runners	Female Vet 50-54	07:15.2	300
138	0:45:11	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	07:16.2	217
139	0:45:13	CORNISH, Matt		Male Vet 45-49	07:16.5	510
140	0:45:17	WATERS, Claire	Launceston Road Runners	Female Vet 45-49	07:17.1	67
141	0:45:19	DAVIS, Lydia	Newquay Road Runners	Female under 35	07:17.4	367
142	0:45:21	CRACKNELL, Luke	Truro Running Club	Male Vet 35-39	07:17.8	251
143	0:45:23	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 45-49	07:18.1	209
144	0:45:24	CORTIS, Richard	Falmouth Road Runners	Male Vet 45-49	07:18.2	205
145	0:45:25	WILSON, Michael	Truro Running Club	Male Vet 55-59	07:18.4	238
146	0:45:26	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	07:18.6	48
147	0:45:29	FINDLAY, James	Carn Runners	Male under 35	07:19.1	308
148	0:45:33	PULLEY, Sean	Hayle Runners	Male Vet 55-59	07:19.7	512
149	0:45:34	WALLBANK, Rob	St Austell Running Club	Male under 35	07:19.9	502
150	0:45:35	BLACKBURN, Amy	Mile High	Female under 35	07:20.0	597
151	0:45:39	SANTI GARCIA, Carlos J	Hayle Runners	Male Vet 40-44	07:20.7	246
152	0:45:46	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	07:21.8	223
153	0:45:47	LOWE, Stacey	Carn Runners	Female under 35	07:21.9	304
154	0:45:55	BERRYMAN, Tom		Male under 35	07:23.2	504
155	0:46:04	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	07:24.7	521
156	0:46:08	HARRIS, Geoff	Newquay Road Runners	Male Vet 55-59	07:25.3	355
157	0:46:11	ALLAN, Matt		Male Vet 35-39	07:25.8	576
158	0:46:15	WILLIAMS, Kelly	Mounts Bay Harriers	Female under 35	07:26.5	191
159	0:46:21	HANCOCK, Steve		Male Vet 40-44	07:27.4	495
160	0:46:23	BUNCE, Richard	Mounts Bay Harriers	Male Vet 50-54	07:27.7	199
161	0:46:23	REGAN, Alicia	Plymouth Harriers	Female under 35	07:27.7	546
162	0:46:25	FRANTZ, Derrick	Cornwall AC	Male Vet 45-49	07:28.1	442
163	0:46:25	WHITAKER, Nick	Newquay Road Runners	Male Vet 45-49	07:28.1	365
164	0:46:28	RISDALE, Graham		Male Vet 55-59	07:28.5	153
165	0:46:28	MOORE, Kelly	Hayle Runners	Female under 35	07:28.5	277
166	0:46:31	OWEN, Mark	St Austell Running Club	Male Vet 40-44	07:29.0	351
167	0:46:33	MARSH, Danny	Cornwall AC	Male Vet 40-44	07:29.3	437
168	0:46:33	CHAPMAN, Peter	Carn Runners	Male Vet 60-64	07:29.3	306
169	0:46:34	SMITH, Derek	Hayle Runners	Male Vet 50-54	07:29.5	284
170	0:46:35	LENTERN, Neil		Male Vet 35-39	07:29.7	473
171	0:46:37	COOPER, Shane	St Austell Running Club	Male under 35	07:30.0	332
172	0:46:46	HUMPHREYS, John-Paul	Newquay Road Runners	Male Vet 40-44	07:31.4	144
173	0:46:53	GOSSAN, John	Looe Pioneers	Male Vet 65-69	07:32.6	553
174	0:46:53	FARRELLY, Dan		Male Vet 35-39	07:32.6	538
175	0:46:55	THOMAS, Helen	Carn Runners	Female Vet 45-49	07:32.9	296
176	0:47:01	WILLS, Marcus	East Cornwall Harriers	Male under 35	07:33.9	552
177	0:47:03	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:34.2	269
178	0:47:05	SELDON, Jason		Male under 35	07:34.5	115
179	0:47:19	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	07:36.8	477

180	0:47:20	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:36.9	416
181	0:47:22	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:37.2	135
182	0:47:25	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	07:37.7	377
183	0:47:28	RAMSEY, Chris	Truro Running Club	Male Vet 60-64	07:38.2	228
184	0:47:31	KERSHAW, David	Hayle Runners	Male Vet 45-49	07:38.7	274
185	0:47:33	GOULD, Marie	Cornwall AC	Female Vet 40-44	07:39.0	450
186	0:47:34	ROGERS, Laura	Cornwall AC	Female under 35	07:39.2	443
187	0:47:38	ELLIS, Andrew	Hayle Runners	Male Vet 40-44	07:39.8	108
188	0:47:39	ORCHARD, Mike	Hayle Runners	Male Vet 55-59	07:40.0	162
189	0:47:41	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	07:40.3	75
190	0:47:46	FORD-DUNN, Jonathan	Truro Running Club	Male Vet 60-64	07:41.1	573
191	0:47:52	BURKE, Miranda	Plymouth Harriers	Female Vet 45-49	07:42.1	487
192	0:48:01	DALE, Steve	Newquay Road Runners	Male Vet 40-44	07:43.5	371
193	0:48:02	STEFORD, Joe		Male Vet 40-44	07:43.7	575
194	0:48:02	LOMAS, Laura		Female under 35	07:43.7	508
195	0:48:03	LACKEY, Michael	Newquay Road Runners	Male Vet 45-49	07:43.8	372
196	0:48:05	CABLE, Caroline	Mud Crew Trail Runners	Female Vet 50-54	07:44.2	420
197	0:48:06	GAY, Jennifer	Truro Running Club	Female under 35	07:44.3	225
198	0:48:12	TALLING, Sophie	Newquay Road Runners	Female under 20	07:45.3	380
199	0:48:13	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	07:45.4	478
200	0:48:18	TILDESLEY, Daniel	Mounts Bay Harriers	Male under 35	07:46.2	198
201	0:48:22	FOSTER, James		Male Vet 45-49	07:46.9	558
202	0:48:23	EAGLING, Nigel	Truro Running Club	Male Vet 65-69	07:47.0	13
203	0:48:23	SPENCER, James		Male under 35	07:47.0	250
204	0:48:28	CAULFIELD, Paul	Tamar Trotters	Male Vet 50-54	07:47.9	44
205	0:48:38	GREEN, Alan	East Cornwall Harriers	Male Vet 60-64	07:49.5	53
206	0:48:41	COCKSEEDGE, Zoe	Mounts Bay Harriers	Female Vet 45-49	07:49.9	200
207	0:48:45	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	07:50.6	381
208	0:48:57	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:52.5	111
209	0:49:00	CHASE, Andy	Truro Running Club	Male under 35	07:53.0	12
210	0:49:06	TOWNEND, Stewart	Hayle Runners	Male Vet 70-74	07:54.0	80
211	0:49:09	LAMERTON, Sharon	Hayle Runners	Female Vet 40-44	07:54.4	398
212	0:49:10	PITMAN, Vickie		Female under 35	07:54.6	529
213	0:49:12	JONES, Stephen CR	Carn Runners	Male Vet 45-49	07:54.9	291
214	0:49:18	PASCOE, Anna	Carn Runners	Female under 35	07:55.9	299
215	0:49:23	SAUNDERS, Mike		Male Vet 55-59	07:56.7	64
216	0:49:23	GRIFFIN, Sam	Royal Wootton Hounds	Female Vet 40-44	07:56.7	535
217	0:49:26	OLIVER, Adam	Mounts Bay Harriers	Male under 35	07:57.2	194
218	0:49:33	DUNCAN, Jeanette	Newquay Road Runners	Female Vet 55-59	07:58.3	384
219	0:49:51	TREBILCOCK, Liz		Female Vet 50-54	08:01.2	425
220	0:49:51	SKINNER, Steve	Looe Pioneers	Male under 35	08:01.2	498
221	0:49:57	REYNOLDS, Rebecca	CLC Striders	Female Vet 40-44	08:02.2	93
222	0:49:57	LOMAS, Alex		Male under 35	08:02.2	509
223	0:49:58	ARKLEY, Laura	Looe Pioneers	Female Vet 40-44	08:02.3	118
224	0:49:58	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	08:02.3	129
225	0:50:00	MARQUIS, Peter		Male Vet 55-59	08:02.7	499
226	0:50:00	NORRIS, Chris	Launceston Road Runners	Male Vet 40-44	08:02.7	171
227	0:50:01	HITCHENS, Wietske	Carn Runners	Female Vet 45-49	08:02.8	290
228	0:50:04	WEBB, Helen	Mounts Bay Harriers	Female Vet 40-44	08:03.3	138
229	0:50:17	MCLEAN, Luke	Mounts Bay Harriers	Male Vet 35-39	08:05.4	166
230	0:50:21	BEDFORD, David		Male Vet 40-44	08:06.0	579
231	0:50:23	ARKLEY, Joe	Looe Pioneers	Male Vet 40-44	08:06.4	119
232	0:50:32	MEDWAY, Jeff	Truro Running Club	Male Vet 45-49	08:07.8	233
233	0:50:35	MARSLAND, Louise	Tamar Trotters	Female Vet 35-39	08:08.3	357
234	0:50:38	DUNGEY, Vicky	Instinctive Sports	Female Vet 50-54	08:08.8	7
235	0:50:38	BARRETT, Dean	Tamar Trotters	Male Vet 50-54	08:08.8	89
236	0:50:41	DREW, Peter	Carn Runners	Male Vet 65-69	08:09.3	292
237	0:50:41	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	08:09.3	54
238	0:50:44	MILES, Becky	Newquay Road Runners	Female Vet 35-39	08:09.7	421
239	0:50:45	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	08:09.9	86
240	0:50:46	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	08:10.1	88

241	0:50:50	BROAS, Cheryl	Looe Pioneers	Female Vet 55-59	08:10.7	468
242	0:50:52	DAVIS, Justin		Male Vet 35-39	08:11.0	14
243	0:51:00	CAFF, Wayne	Newquay Road Runners	Male Vet 40-44	08:12.3	396
244	0:51:01	TAYLOR, Sue	Mounts Bay Harriers	Female Vet 60-64	08:12.5	6
245	0:51:03	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	08:12.8	505
246	0:51:06	STACEY, Hayley	East Cornwall Harriers	Female Vet 35-39	08:13.3	518
247	0:51:11	WERRAN, Louise	Launceston Road Runners	Female Vet 40-44	08:14.1	526
248	0:51:12	CRABB, Sally	Looe Pioneers	Female Vet 40-44	08:14.2	556
249	0:51:12	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 35-39	08:14.2	388
250	0:51:13	LEACH, David		Male Vet 60-64	08:14.4	574
251	0:51:16	ROWAT, Sharon	Hayle Runners	Female Vet 45-49	08:14.9	255
252	0:51:19	JAY, Andrew	St Austell Running Club	Male Vet 40-44	08:15.4	96
253	0:51:27	SEARLE, Dee	Mounts Bay Harriers	Female under 35	08:16.7	167
254	0:51:31	TAMBLYN, Mark	Falmouth Road Runners	Male Vet 55-59	08:17.3	507
255	0:51:32	SULLIVAN, Sharon		Female Vet 40-44	08:17.5	570
256	0:51:34	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:17.8	65
257	0:51:37	TAYLOR, Jeff		Male Vet 55-59	08:18.3	25
258	0:51:42	KENT, Mele	Newquay Road Runners	Female Vet 40-44	08:19.1	363
259	0:51:43	BROWN, Chris		Male Vet 35-39	08:19.2	549
260	0:51:53	COOK, Damian	Mounts Bay Harriers	Male Vet 45-49	08:20.8	188
261	0:51:55	LOCKYER, James	East Cornwall Harriers	Male Vet 55-59	08:21.2	95
262	0:52:02	BEDFORD, Penny		Female Vet 40-44	08:22.3	376
263	0:52:02	RULE, Helen	Hayle Runners	Female Vet 35-39	08:22.3	280
264	0:52:03	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	08:22.4	195
265	0:52:04	PAYNE, Holly	St Austell Running Club	Female under 35	08:22.6	331
266	0:52:06	GOLDBERG, Jessica	Launceston Road Runners	Female under 20	08:22.9	128
267	0:52:06	ALDRIDGE, Jenna	Launceston Road Runners	Female under 35	08:22.9	571
268	0:52:08	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 70-74	08:23.3	19
269	0:52:08	JENKIN, Steve	Cornwall AC	Male Vet 40-44	08:23.3	541
270	0:52:12	WHETTON, Grace	Mounts Bay Harriers	Female under 35	08:23.9	139
271	0:52:15	BARNFIELD, Marty		Male Vet 40-44	08:24.4	588
272	0:52:16	LENTERN, Helen		Female Vet 35-39	08:24.5	474
273	0:52:20	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	08:25.2	362
274	0:52:21	MARSHALL, Nigel	St Austell Running Club	Male Vet 45-49	08:25.3	312
275	0:52:23	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	08:25.7	524
276	0:52:31	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:27.0	259
277	0:52:33	COWBURN, Sarah		Female Vet 40-44	08:27.3	132
278	0:52:36	MANSFIELD, Sue	Truro Running Club	Female Vet 50-54	08:27.8	72
279	0:52:37	THOMAS, Alison	Hayle Runners	Female Vet 40-44	08:27.9	287
280	0:52:37	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	08:27.9	258
281	0:52:42	BREAKWELL, Curtis	Hayle Runners	Male under 35	08:28.7	273
282	0:52:43	HEYWOOD, Peter	Looe Pioneers	Male Vet 70-74	08:28.9	10
283	0:52:46	UREN, Lisa	Carn Runners	Female Vet 35-39	08:29.4	305
284	0:52:48	COMBELLACK, Peter	Newquay Road Runners	Male Vet 45-49	08:29.7	368
285	0:52:54	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:30.7	361
286	0:52:59	GOODRIGHT, Ray	East Cornwall Harriers	Male Vet 65-69	08:31.5	152
287	0:53:02	HAYWOOD, Lynne		Female Vet 35-39	08:31.9	557
288	0:53:05	BAKER, Emma	Looe Pioneers	Female Vet 40-44	08:32.4	169
289	0:53:07	GREEN, Julie	Carn Runners	Female Vet 50-54	08:32.7	293
290	0:53:07	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	08:32.7	213
291	0:53:08	KISTLE, Damon		Male Vet 50-54	08:32.9	105
292	0:53:19	HUDDY, Libby		Female Vet 40-44	08:34.7	547
293	0:53:20	HORTON, Catherine	Falmouth Road Runners	Female Vet 40-44	08:34.8	488
294	0:53:26	BOWDEN, John	Looe Pioneers	Male Vet 55-59	08:35.8	50
295	0:53:26	BARNES, John	Launceston Road Runners	Male Vet 55-59	08:35.8	157
296	0:53:36	BROWN, Adrian	Launceston Road Runners	Male Vet 35-39	08:37.4	170
297	0:53:39	TAYLOR, Helen		Female under 35	08:37.9	592
298	0:53:41	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	08:38.2	179
299	0:53:42	LAWES, Helen	Looe Pioneers	Female Vet 45-49	08:38.4	104
300	0:53:42	RAYSON, Emma		Female Vet 35-39	08:38.4	589
301	0:53:43	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	08:38.5	323

302	0:53:47	BUNTING, Claire		Female Vet 35-39	08:39.2	593
303	0:53:49	HOUGH, Tim	Stafford Harriers	Male Vet 45-49	08:39.5	30
304	0:53:51	FINNEY, Liz	WalkRun NRR	Female Vet 35-39	08:39.8	113
305	0:53:52	FURLONGER, Neill		Male under 35	08:40.0	137
306	0:53:52	HANCOCK, Emma		Female under 35	08:40.0	94
307	0:53:53	BENNETT, Emily	Hayle Runners	Female under 20	08:40.1	272
308	0:53:57	HADEN, Mark		Male Vet 35-39	08:40.8	237
309	0:53:58	BELCHER, Joss		Male Vet 40-44	08:40.9	423
310	0:54:04	LONG, Fran	Hayle Runners	Female Vet 55-59	08:41.9	165
311	0:54:08	VISICK, Michael	Looe Pioneers	Male Vet 45-49	08:42.6	101
312	0:54:09	CARTER, Anna		Female under 35	08:42.7	467
313	0:54:10	GREGORY, Amy		Female under 35	08:42.9	466
314	0:54:11	PETTIT, Daniel		Male Vet 45-49	08:43.0	554
315	0:54:14	GEORGE, Becky	Teignbridge Trotters	Female Vet 45-49	08:43.5	160
316	0:54:16	PLAYER, Garry	Newquay Road Runners	Male Vet 50-54	08:43.8	419
317	0:54:16	HUNT, Jenna	Falmouth Road Runners	Female under 35	08:43.8	544
318	0:54:18	JOHNS, Darren	Truro Running Club	Male Vet 40-44	08:44.2	227
319	0:54:28	BRENNAN, Rachel	St Austell Running Club	Female under 35	08:45.8	320
320	0:54:30	DUNGEY, Alan	Instinctive Sports	Male Vet 60-64	08:46.1	8
321	0:54:32	DAVISON, Mick	Newquay Road Runners	Male Vet 45-49	08:46.4	424
322	0:54:39	BATES, Sian	WalkRun NRR	Female under 35	08:47.5	483
323	0:54:40	COLLINS (CHAPMAN), Joanna	St Austell Running Club	Female under 35	08:47.7	334
324	0:54:43	SWIFT, Sarah	Launceston Road Runners	Female under 35	08:48.2	52
325	0:54:47	SMITH, Hannah	Hayle Runners	Female under 35	08:48.8	283
326	0:54:56	WALKER, Karl	St Austell Running Club	Male Vet 55-59	08:50.3	347
327	0:55:01	TOOLEY, Susi		Female Vet 40-44	08:51.1	533
328	0:55:02	ROWE, Melissa	St Austell Running Club	Female Vet 40-44	08:51.2	333
329	0:55:04	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	08:51.6	311
330	0:55:04	PALMER, Stefan	Bodmin Road Runners	Male Vet 45-49	08:51.6	81
331	0:55:11	MORRIS, Sarah		Female under 35	08:52.7	555
332	0:55:13	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 55-59	08:53.0	196
333	0:55:22	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:54.5	406
334	0:55:25	NEALE, Zoe		Female under 35	08:54.9	60
335	0:55:28	BEARD, Sharon	Bodmin Road Runners	Female Vet 40-44	08:55.4	82
336	0:55:32	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	08:56.1	448
337	0:55:35	CARVETH, Debbie	Hayle Runners	Female Vet 40-44	08:56.6	267
338	0:55:35	EVANS, Alun	Hayle Runners	Male Vet 45-49	08:56.6	268
339	0:55:35	PRICE, Aled		Male Vet 40-44	08:56.6	145
340	0:55:44	ROBERTS, Gail		Female Vet 35-39	08:58.0	548
341	0:55:46	MCCORMACK, Teresa	Falmouth Road Runners	Female Vet 40-44	08:58.3	112
342	0:55:51	BATHE, Nicola	Truro Running Club	Female Vet 40-44	08:59.1	220
343	0:55:52	MARCUS, Rebecca		Female Vet 40-44	08:59.3	584
344	0:55:54	BROMFIELD, Terry	Mounts Bay Harriers	Male Vet 65-69	08:59.6	189
345	0:55:54	TURNER, Clare		Female Vet 35-39	08:59.6	248
346	0:55:55	WISNER, Kath		Female Vet 45-49	08:59.8	465
347	0:55:55	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	08:59.8	343
348	0:56:01	JAMIESON, Sandy	Carn Runners	Female Vet 60-64	09:00.7	530
349	0:56:02	GREGORY, Martin	Looe Pioneers	Male Vet 45-49	09:00.9	99
350	0:56:09	KINVER, Kerenza	Looe Pioneers	Female under 35	09:02.0	172
351	0:56:09	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	09:02.0	1
352	0:56:14	BROBIN, Cody	WalkRun NRR	Male under 20	09:02.8	409
353	0:56:39	BILLINGTON, Melanie	Hayle Runners	Female Vet 45-49	09:06.9	278
354	0:56:45	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:07.8	33
355	0:56:51	TONKINS, Richard	St Austell Running Club	Male Vet 45-49	09:08.8	335
356	0:56:54	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:09.3	218
357	0:56:55	BATEMAN, Rachel		Female Vet 35-39	09:09.4	537
358	0:56:57	BERRY, Tony	Truro Running Club	Male Vet 75+	09:09.8	181
359	0:57:07	HUSSEY, Paddy		Male Vet 40-44	09:11.4	20
360	0:57:07	BENNETT, Gary		Male Vet 35-39	09:11.4	21
361	0:57:11	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	09:12.0	163
362	0:57:11	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	09:12.0	407

363	0:57:17	BUCKINGHAM-WELLS, Tanya		Female Vet 35-39	09:13.0	458
364	0:57:20	JAMESON, Judy	Carn Runners	Female Vet 55-59	09:13.5	295
365	0:57:24	DE ROZARIEUX, Nathan	Hayle Runners	Male Vet 40-44	09:14.1	457
366	0:57:24	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	09:14.1	180
367	0:57:30	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	09:15.1	211
368	0:57:31	PIPER, Helen	WalkRun NRR	Female Vet 45-49	09:15.2	482
369	0:57:39	LYNCH (MCDONALD), Kelsey	Mounts Bay Harriers	Female under 35	09:16.5	185
370	0:57:42	TILYARD, Zoe	Newquay Road Runners	Female Vet 40-44	09:17.0	369
371	0:57:43	RYAN, Serena		Female under 35	09:17.2	586
372	0:57:45	RYAN, Sarah		Female under 35	09:17.5	178
373	0:57:51	ANDREWS, Becky		Female Vet 35-39	09:18.4	569
374	0:57:55	ROBERTS, Kevin		Male Vet 40-44	09:19.1	591
375	0:57:55	KEMPNA, Lucie		Female under 20	09:19.1	125
376	0:57:55	KEMPNY, Jiri	St Austell Running Club	Male Vet 40-44	09:19.1	124
377	0:57:57	CLARK, Emma	Looe Pioneers	Female under 35	09:19.4	57
378	0:57:57	MITCHELL, Dan		Male Vet 40-44	09:19.4	585
379	0:58:00	HADFIELD, Angeline	Truro Running Club	Female under 35	09:19.9	226
380	0:58:11	WALKER, Sherry		Female Vet 55-59	09:21.7	58
381	0:58:17	CHADWICK, Kim		Female Vet 45-49	09:22.6	590
382	0:58:17	MORGAN, Iain		Male Vet 55-59	09:22.6	582
383	0:58:22	COURTNEY, Stacey	Newquay Road Runners	Female under 35	09:23.4	373
384	0:58:26	VERCESI, Gemma	Mounts Bay Harriers	Female Vet 35-39	09:24.1	193
385	0:58:26	FOSTER, Dianne	Looe Pioneers	Female Vet 45-49	09:24.1	79
386	0:58:26	JONES, Susan	Looe Pioneers	Female Vet 45-49	09:24.1	133
387	0:58:27	DOHERTY, David	Looe Pioneers	Male under 35	09:24.2	496
388	0:58:27	TONKIN, Tracy	Mounts Bay Harriers	Female Vet 40-44	09:24.2	192
389	0:58:34	JONES, Michelle	Newquay Road Runners	Female under 35	09:25.4	598
390	0:58:38	GREENWOOD, Nik	Newquay Road Runners	Male under 35	09:26.0	463
391	0:58:45	ROGERS, Zenna	Hayle Runners	Female Vet 35-39	09:27.1	266
392	0:58:46	CATNACH, Peter	Looe Pioneers	Male Vet 55-59	09:27.3	66
393	0:58:49	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	09:27.8	449
394	0:58:53	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	09:28.4	41
395	0:58:56	TOZER, Nicola	Cornwall AC	Female Vet 40-44	09:28.9	444
396	0:59:01	HILL, Jessica		Female under 35	09:29.7	595
397	0:59:02	NORTH, Sam		Male Vet 45-49	09:29.9	567
398	0:59:10	MANKEE, Emma	Carn Runners	Female Vet 45-49	09:31.2	400
399	0:59:10	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	09:31.2	390
400	0:59:12	RIDGWAY, Toni		Female Vet 35-39	09:31.5	32
401	0:59:14	RALLS, Patsy	St Austell Running Club	Female Vet 50-54	09:31.8	319
402	0:59:14	COOK, Matthew	Mounts Bay Harriers	Male under 35	09:31.8	202
403	0:59:27	VAN HOOFF, Nicola	Newquay Road Runners	Female Vet 40-44	09:33.9	375
404	0:59:29	DOWLING, John		Male Vet 65-69	09:34.2	107
405	0:59:30	POLLOCK, Ian		Male Vet 50-54	09:34.4	43
406	0:59:37	ALLEN, Owen	WalkRun NRR	Male under 20	09:35.5	565
407	0:59:47	BENNETT, Shirley		Female Vet 35-39	09:37.1	59
408	0:59:50	PEARCE, Deborah	Hayle Runners	Female Vet 45-49	09:37.6	252
409	0:59:59	CAULFIELD, Trudy	Tamar Trotters	Female Vet 45-49	09:39.0	45
410	1:00:04	LACKEY, Debbie	Newquay Road Runners	Female Vet 45-49	09:39.8	480
411	1:00:13	KAYE, Emma	Newquay Road Runners	Female under 35	09:41.3	364
412	1:00:14	PLAYER, Shirley	Bodmin Womens RC	Female Vet 45-49	09:41.4	242
413	1:00:18	LILLEYMAN, Michelle	Newquay Road Runners	Female under 35	09:42.1	472
414	1:00:27	MCLEAN, Andrew	St Austell Running Club	Male Vet 50-54	09:43.5	317
415	1:00:30	BOARD, Julie	Plymouth Harriers	Female Vet 40-44	09:44.0	39
416	1:00:30	BOARD, Kevin	Plymouth Harriers	Male Vet 45-49	09:44.0	38
417	1:00:31	PRESCOTT, Kay	St Austell Running Club	Female Vet 40-44	09:44.2	321
418	1:00:45	SULLIVAN, Paul		Male Vet 50-54	09:46.4	245
419	1:00:46	SMITH, Sharon	Carn Runners	Female Vet 40-44	09:46.6	302
420	1:00:46	GIBSON, Faye	Carn Runners	Female Vet 40-44	09:46.6	301
421	1:00:49	WILLIAMS, Nikki	Looe Pioneers	Female Vet 35-39	09:47.1	78
422	1:00:52	BOWDEN, Geraldine	Looe Pioneers	Female Vet 55-59	09:47.6	49
423	1:00:55	HOWARD, Clare		Female Vet 40-44	09:48.0	566

424	1:01:01	SEDGLEY, Alan	East Cornwall Harriers	Male Vet 65-69	09:49.0	516
425	1:01:10	BRENTON, Tara	Bodmin Road Runners	Female Vet 40-44	09:50.5	85
426	1:01:12	WADE, Margaret	Carn Runners	Female Vet 60-64	09:50.8	9
427	1:01:20	COWBURN, Ian		Male Vet 45-49	09:52.1	131
428	1:01:21	FLANAGAN, Rachel	Falmouth Road Runners	Female Vet 50-54	09:52.2	207
429	1:01:24	JENKIN, Jacqueline	Cornwall AC	Female Vet 65-69	09:52.7	453
430	1:01:25	JENKIN, Richard	Cornwall AC	Male Vet 70-74	09:52.9	441
431	1:01:28	WEBSTER, Katherine	Newquay Road Runners	Female Vet 40-44	09:53.4	461
432	1:01:31	WELLS, Heather		Female Vet 45-49	09:53.8	103
433	1:01:34	OSBORNE, Louise	Falmouth Road Runners	Female Vet 35-39	09:54.3	214
434	1:01:43	BUSE, Zoe	Bodmin Road Runners	Female Vet 40-44	09:55.8	84
435	1:01:47	YOUNGMAN, Paul	Plymouth Musketeers	Male Vet 55-59	09:56.4	16
436	1:01:50	BAILEY, Joshua		Male Vet 40-44	09:56.9	542
437	1:01:53	KELLY, Tina	Bodmin Womens RC	Female Vet 45-49	09:57.4	136
438	1:01:54	PENHALLURICK, Emma	Grit and Grin	Female under 35	09:57.5	459
439	1:02:01	RAY, Pamela	Hayle Runners	Female Vet 45-49	09:58.7	270
440	1:02:05	IRVINE, Megan	Newquay Road Runners	Female under 35	09:59.3	374
441	1:02:10	EDWARDS, Sarah	St Austell Running Club	Female Vet 45-49	10:00.1	329
442	1:02:11	TOMLINSON, Jane	Grit and Grin	Female Vet 40-44	10:00.3	460
443	1:02:21	MOORE, Sue	Hayle Runners	Female Vet 60-64	10:01.9	282
444	1:02:22	MOORE, Andy	Hayle Runners	Male Vet 55-59	10:02.0	281
445	1:02:23	JAY, Nadia	St Austell Running Club	Female Vet 40-44	10:02.2	344
446	1:02:25	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	10:02.5	401
447	1:02:28	HADEN, Heidi		Female Vet 35-39	10:03.0	236
448	1:02:47	SHEER, Andrew		Male under 35	10:06.1	568
449	1:02:48	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	10:06.2	183
450	1:02:50	CUSACK, Louise	Bodmin Womens RC	Female Vet 45-49	10:06.5	562
451	1:02:52	COX, Alison	Bodmin Womens RC	Female Vet 50-54	10:06.9	23
452	1:03:02	HOGG, Lorna	St Austell Running Club	Female Vet 45-49	10:08.5	341
453	1:03:05	LEIGHTON, Alison	East Cornwall Harriers	Female Vet 55-59	10:09.0	154
454	1:03:06	SMITH, Mandy	St Austell Running Club	Female Vet 55-59	10:09.1	340
455	1:03:13	JOLLIFF, Christy	Bodmin Road Runners	Female under 35	10:10.2	87
456	1:03:15	RICHARDS, Clair	Carn Runners	Female Vet 40-44	10:10.6	404
457	1:03:18	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	10:11.1	345
458	1:03:19	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	10:11.2	403
459	1:03:22	ADAMS, Hannah	St Austell Running Club	Female Vet 35-39	10:11.7	350
460	1:03:22	BARRETT, Liz	St Austell Running Club	Female Vet 55-59	10:11.7	325
461	1:03:29	IACONIANNI, Gennara	St Austell Running Club	Female under 35	10:12.8	338
462	1:03:35	BILLYARD, Jo	Teignbridge Trotters	Female Vet 55-59	10:13.8	161
463	1:03:36	WOOD, Kelly	Looe Pioneers	Female Vet 35-39	10:13.9	117
464	1:03:43	BECKER, Heidi	Newquay Road Runners	Female Vet 35-39	10:15.1	410
465	1:03:55	GOADSBY, Bill	Daventry Road Runners	Male Vet 60-64	10:17.0	489
466	1:04:09	SHEPPARD, Nina		Female under 35	10:19.3	577
467	1:04:11	KINGTON, Norris	Cornwall AC	Male Vet 75+	10:19.6	470
468	1:04:12	MILES, Susanne		Female Vet 35-39	10:19.7	578
469	1:04:50	HYDE-LINAKER, Elaine	St Austell Running Club	Female Vet 50-54	10:25.9	324
470	1:04:52	ROSEWALL, Tammy		Female Vet 35-39	10:26.2	527
471	1:04:52	MORRIS, Zoe		Female under 35	10:26.2	528
472	1:04:53	BLACKMORE, Kate		Female under 35	10:26.3	69
473	1:04:53	MITCHELL, Denise		Female Vet 40-44	10:26.3	68
474	1:04:55	TAPHOUSE, Linsey	East Cornwall Harriers	Female under 35	10:26.7	550
475	1:04:58	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 50-54	10:27.1	190
476	1:05:06	DORMER, Kathran	Falmouth Road Runners	Female Vet 65-69	10:28.4	206
477	1:05:09	THOMAS, Louise	Bodmin Womens RC	Female under 35	10:28.9	147
478	1:05:10	FOX, Jackie	Bodmin Womens RC	Female Vet 35-39	10:29.1	148
479	1:05:10	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	10:29.1	46
480	1:05:17	CLARK, Linda		Female Vet 50-54	10:30.2	174
481	1:05:17	CLARK, Peter		Male Vet 60-64	10:30.2	175
482	1:05:20	KING, Mandy		Female Vet 50-54	10:30.7	122
483	1:05:20	TRIPCONEY, Sharon		Female Vet 45-49	10:30.7	121
484	1:05:23	WEBBER, Victoria	Bodmin Womens RC	Female under 35	10:31.2	414

485	1:05:27	SHIRLEY, Stephen		Male under 35	10:31.8	240
486	1:05:33	MILLER, Amanda	Hayle Runners	Female Vet 45-49	10:32.8	262
487	1:05:36	BOLT, Adrian	Truro Running Club	Male Vet 50-54	10:33.3	73
488	1:05:38	OSBORNE, Simon		Male Vet 40-44	10:33.6	417
489	1:05:39	CALLAWAY, Kerry	Bodmin Road Runners	Female Vet 35-39	10:33.7	531
490	1:05:39	FOSTER, Tracey		Female Vet 40-44	10:33.7	92
491	1:05:42	ROWLANDS, Kate	Falmouth Road Runners	Female under 35	10:34.2	216
492	1:05:59	DREW, Carole	Carn Runners	Female Vet 65-69	10:37.0	303
493	1:06:01	CUTLAN, Tim		Male Vet 45-49	10:37.3	511
494	1:06:10	GABRIELE, Claire	560	Female Vet 40-44	10:38.7	560
495	1:06:11	GIBSON, Sandra	Bodmin Womens RC	Female Vet 55-59	10:38.9	415
496	1:06:24	CARSWELL, Sarah	Carn Runners	Female Vet 40-44	10:41.0	405
497	1:06:39	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	10:43.4	411
498	1:06:40	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	10:43.6	184
499	1:06:53	CHILCOTT, Lucy	Bodmin Womens RC	Female Vet 35-39	10:45.6	27
500	1:06:53	HUBAND, Sophie	Mounts Bay Harriers	Female Vet 45-49	10:45.6	143
501	1:06:54	SAUNTER, Jenny	Bodmin Womens RC	Female Vet 50-54	10:45.8	36
502	1:06:59	TRIPP, Lisa	Truro Running Club	Female Vet 35-39	10:46.6	462
503	1:07:05	HAMBLEY, Sharon	Bodmin Womens RC	Female Vet 50-54	10:47.6	61
504	1:07:12	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	10:48.7	212
505	1:07:18	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	10:49.7	230
506	1:07:21	BUCK, Emily	East Cornwall Harriers	Female under 35	10:50.2	31
507	1:07:26	FOSTER, Ann	Tamar Trotters	Female Vet 65-69	10:51.0	353
508	1:07:42	PERRING, Sharon	Bodmin Womens RC	Female Vet 45-49	10:53.5	76
509	1:08:09	HOUGHTON, Melanie		Female Vet 35-39	10:57.9	22
510	1:08:15	CHAPMAN, Caroline	Handy Cross Runners	Female Vet 50-54	10:58.8	90
511	1:08:15	CHAPMAN, Glenn	Handy Cross Runners	Male Vet 50-54	10:58.8	91
512	1:08:36	RALLS, David	St Austell Running Club	Male Vet 50-54	11:02.2	318
513	1:08:43	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:03.3	235
514	1:08:48	WHAYMAN, Erica		Female under 20	11:04.2	594
515	1:08:57	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	11:05.6	187
516	1:09:05	BREWER, Lollie		Female Vet 45-49	11:06.9	387
517	1:09:15	BOWDEN, Sally	WalkRun NRR	Female Vet 50-54	11:08.5	408
518	1:09:27	YATES, Angela	St Austell Running Club	Female Vet 55-59	11:10.4	336
519	1:09:32	DAVEY, Amanda		Female Vet 35-39	11:11.2	532
520	1:09:42	PORTER, Nicola	Looe Pioneers	Female Vet 35-39	11:12.8	173
521	1:09:44	GODFREY, Nicola	Bodmin Womens RC	Female Vet 35-39	11:13.2	155
522	1:09:55	LOVERIDGE, Sarah		Female Vet 40-44	11:14.9	239
523	1:10:07	HILLIER, Sally	Falmouth Road Runners	Female Vet 50-54	11:16.9	210
524	1:10:09	SROCZYNSKI, Jan	East Cornwall Harriers	Male Vet 65-69	11:17.2	4
525	1:10:22	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 50-54	11:19.3	83
526	1:10:27	BAINES, Tracie		Female Vet 50-54	11:20.1	244
527	1:10:37	CIOPPA, Robert	Looe Pioneers	Male Vet 70-74	11:21.7	469
528	1:11:11	WATTS, Naomi	Newquay Road Runners	Female under 35	11:27.2	385
529	1:11:15	PASCOE, Clare	Grit and Grin	Female Vet 50-54	11:27.8	485
530	1:11:15	JANE, Charlotte		Female under 35	11:27.8	484
531	1:11:50	CARBINES, Chelsea	Mounts Bay Harriers	Female under 35	11:33.4	186
532	1:12:03	COWEN, Jessica	Mounts Bay Harriers	Female under 35	11:35.5	204
533	1:12:09	DUKE, Jan	Tamar Trotters	Male Vet 65-69	11:36.5	352
534	1:12:29	STEPHENS, Caroline	East Cornwall Harriers	Female under 35	11:39.7	142
535	1:12:37	SMALE, Lucy	East Cornwall Harriers	Female under 35	11:41.0	42
536	1:12:49	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	11:42.9	208
537	1:12:53	FUSCO, Iona		Female Vet 40-44	11:43.6	110
538	1:12:53	MAY, Kate		Female Vet 40-44	11:43.6	109
539	1:13:03	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 50-54	11:45.2	402
540	1:13:38	MARSH, Kathryn	Carn Runners	Female Vet 40-44	11:50.8	294
541	1:13:57	LATHAM, Donna	Bodmin Womens RC	Female Vet 40-44	11:53.9	399
542	1:14:29	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	11:59.0	445
543	1:14:56	HALL, Zoe	Carn Runners	Female Vet 45-49	12:03.4	297
544	1:14:56	HALL, Saffion	Carn Runners	Female under 20	12:03.4	310
545	1:15:13	TODD, Christine	St Austell Running Club	Female Vet 55-59	12:06.1	326

546	1:15:13	EWART, Sam	St Austell Running Club	Female Vet 40-44	12:06.1	348
547	1:15:54	COOKE-DAVIES, Louise		Female Vet 45-49	12:12.7	150
548	1:16:33	ABBOTT, Hannah		Female Vet 35-39	12:19.0	580
549	1:16:40	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:20.1	215
550	1:16:53	RYAN, Karen	Tamar Trotters	Female Vet 40-44	12:22.2	356
551	1:17:06	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	12:24.3	314
552	1:18:01	SLATEFORD, Nicola	St Austell Running Club	Female Vet 50-54	12:33.1	316
553	1:18:03	HOJIRD, Anita		Female Vet 50-54	12:33.4	70
554	1:18:26	JAGO, Lisa	East Cornwall Harriers	Female Vet 45-49	12:37.2	243
555	1:18:33	SALLOWS, Lorraine	Looe Pioneers	Female Vet 40-44	12:38.3	140
556	1:19:41	VISICK, Sarah	Looe Pioneers	Female Vet 45-49	12:49.2	102
557	1:20:06	CARTHEW, Samantha	Bodmin Womens RC	Female Vet 40-44	12:53.2	63
558	1:20:06	TAYLOR, Sandra	Bodmin Womens RC	Female Vet 45-49	12:53.2	26
559	1:20:26	GREGORY, Julie	Looe Pioneers	Female Vet 45-49	12:56.5	98
560	1:20:40	HOLLADAY, Michelle	WalkRun NRR	Female Vet 40-44	12:58.7	100
561	1:22:33	GLANVILLE, Julie	Newquay Road Runners	Female Vet 60-64	13:16.9	379
562	1:22:33	BARNES, Sarah	Launceston Road Runners	Female Vet 45-49	13:16.9	156
563	1:24:14	WYATT, Liz	St Austell Running Club	Female Vet 45-49	13:33.1	313
564	1:24:14	PRANGLEY, Lisa	St Austell Running Club	Female Vet 45-49	13:33.1	315
565	1:24:40	WHITEMON, Sarah	Ackworth Road Runners	Female under 35	13:37.3	56
566	1:26:37	GOODMAN, Emma	Falmouth Road Runners	Female Vet 45-49	13:56.2	539
567	1:26:38	TURNER, Jolene	Falmouth Road Runners	Female Vet 40-44	13:56.3	540
568	1:26:59	ANDREWS, Naomi	Mounts Bay Harriers	Female Vet 35-39	13:59.7	201