

Falmouth Road Runners MOB MATCH Sunday 27 November 2016. 10:30 am

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|----|---------|-------------------|-------------------------|---|---------|-----|----|
| 1 | 0:26:33 | SNOOK, Colin | Cornwall AC | M | 05:18.5 | 125 | 1 |
| 2 | 0:26:48 | BREWER, Tony | Mile High | M | 05:21.5 | 409 | 2 |
| 3 | 0:27:28 | BENNEY, Aaron | Mile High | M | 05:29.5 | 411 | 3 |
| 4 | 0:27:32 | THOMAS, Justin | Cornwall AC | M | 05:30.3 | 128 | 4 |
| 5 | 0:27:35 | SMITH, Paul | Cornwall AC | M | 05:30.9 | 124 | 5 |
| 6 | 0:27:44 | WRIGHT, Tony | Newquay Road Runners | M | 05:32.7 | 443 | 6 |
| 7 | 0:27:53 | MARTIN, Andrew | Mile High | M | 05:34.5 | 423 | 7 |
| 8 | 0:27:56 | WHEAR, Paul | Cornwall AC | M | 05:35.1 | 78 | 8 |
| 9 | 0:28:03 | EDDY, Neil | Mounds Bay Harriers | M | 05:36.5 | 424 | 9 |
| 10 | 0:28:06 | MORANT, Jordan | Hayle Runners | M | 05:37.1 | 187 | 10 |
| 11 | 0:28:10 | KINDON, Noel | Cornwall AC | M | 05:37.9 | 115 | 11 |
| 12 | 0:28:13 | WALKER, Ken | Newquay Road Runners | M | 05:38.5 | 394 | 12 |
| 13 | 0:28:14 | DALTON, Richard | Falmouth Road Runners | M | 05:38.7 | 16 | 13 |
| 14 | 0:28:16 | HUMPHREY, Thomas | Hayle Runners | M | 05:39.1 | 159 | 14 |
| 15 | 0:28:16 | DOBSON, Jacob | Falmouth Road Runners | M | 05:39.1 | 9 | 15 |
| 16 | 0:28:21 | SLATTERY, Tom | Cornwall AC | M | 05:40.1 | 123 | 16 |
| 17 | 0:28:26 | RATCLIFFE, Floyd | Hayle Runners | M | 05:41.1 | 156 | 17 |
| 18 | 0:28:28 | CLAY, Jordan | Cornwall AC | M | 05:41.5 | 107 | 18 |
| 19 | 0:28:51 | GOODCHILD, Sam | Cornwall AC | M | 05:46.1 | 112 | 19 |
| 20 | 0:28:51 | LUTON, Tom | Newquay Road Runners | M | 05:46.1 | 418 | 20 |
| 21 | 0:29:01 | CREW, Matthew | Cornwall AC | M | 05:48.1 | 118 | 21 |
| 22 | 0:29:27 | SMERDON, Marc | East Cornwall Harriers | M | 05:53.3 | 145 | 22 |
| 23 | 0:29:28 | ARGALL, Joe | Cornwall AC | M | 05:53.5 | 101 | 23 |
| 24 | 0:29:28 | WATTS, Robert | Hayle Runners | M | 05:53.5 | 211 | 24 |
| 25 | 0:29:31 | RAMSDEN, Clive | Bodmin Road Runners | M | 05:54.1 | 23 | 25 |
| 26 | 0:29:34 | STACEY, Doug | East Cornwall Harriers | M | 05:54.7 | 350 | 26 |
| 27 | 0:29:40 | KNOWLES, Simon | Hayle Runners | M | 05:55.9 | 180 | 27 |
| 28 | 0:29:44 | BUZZA, Dave | Cornwall AC | M | 05:56.7 | 104 | 28 |
| 29 | 0:29:48 | ABRAHAM, Scott | Hayle Runners | M | 05:57.5 | 161 | 29 |
| 30 | 0:29:51 | ANGELL, Dave | Mile High | M | 05:58.1 | 407 | 30 |
| 31 | 0:29:52 | WEBSTER, Mark | Cornwall AC | M | 05:58.3 | 130 | 31 |
| 32 | 0:29:53 | STRACHAN, Steven | Falmouth Road Runners | M | 05:58.5 | 13 | 32 |
| 33 | 0:29:56 | BARNET, James | Falmouth Road Runners | M | 05:59.1 | 15 | 33 |
| 34 | 0:30:11 | SALAMONE, Craig | Cornwall AC | M | 06:02.1 | 122 | 34 |
| 35 | 0:30:20 | GOODWAY, Dan | Truro Running Club | M | 06:03.9 | 324 | 35 |
| 36 | 0:30:22 | SWIFT, Nigel | Newquay Road Runners | M | 06:04.3 | 393 | 36 |
| 37 | 0:30:29 | BELCHER, Peter | Exmouth Harriers | M | 06:05.7 | 431 | 37 |
| 38 | 0:30:35 | DITTY, Graham | Mile High | M | 06:06.9 | 239 | 38 |
| 39 | 0:30:41 | MURRANT, Kieran | Hayle Runners | M | 06:08.1 | 188 | 39 |
| 40 | 0:30:42 | EVANS, Darren | Launceston Road Runners | M | 06:08.3 | 235 | 40 |
| 41 | 0:30:43 | SOLE, Paul | Cornwall AC | M | 06:08.5 | 126 | 41 |
| 42 | 0:30:45 | HOOPER, Gregg | Newquay Road Runners | M | 06:08.9 | 383 | 42 |
| 43 | 0:30:46 | COATSWORTH, Rory | | M | 06:09.1 | 413 | 43 |
| 44 | 0:30:50 | STONE, Matt | Falmouth Road Runners | M | 06:09.9 | 10 | 44 |
| 45 | 0:30:51 | KEEFE, Richard | Falmouth Road Runners | M | 06:10.1 | 12 | 45 |
| 46 | 0:30:51 | DAVIS, Glynn | Carn Runners | M | 06:10.1 | 46 | 46 |
| 47 | 0:30:52 | WOOD, Jacob | Mounds Bay Harriers | M | 06:10.3 | 425 | 47 |
| 48 | 0:30:53 | SAWFORD, Paul | Carn Runners | M | 06:10.5 | 420 | 48 |
| 49 | 0:30:54 | SARA, Wayne | Truro Running Club | M | 06:10.7 | 330 | 49 |
| 50 | 0:30:56 | TRICE, Ian | East Cornwall Harriers | M | 06:11.1 | 360 | 50 |
| 51 | 0:30:58 | LONGHORN, Jason | Falmouth Road Runners | M | 06:11.5 | 11 | 51 |
| 52 | 0:31:00 | DAY, Justin | Cornwall AC | M | 06:11.9 | 108 | 52 |
| 53 | 0:31:04 | MORRALL, Zelah | Cornwall AC | F | 06:12.7 | 90 | 53 |
| 54 | 0:31:04 | VINNICOMBE, Jason | Carn Runners | M | 06:12.7 | 56 | 54 |
| 55 | 0:31:16 | TAYLOR, James | Cornwall AC | M | 06:15.1 | 127 | 55 |
| 56 | 0:31:19 | TREGENZA, Heidi | Cornwall AC | F | 06:15.7 | 99 | 56 |
| 57 | 0:31:34 | HALL, Craig | Carn Runners | M | 06:18.7 | 35 | 57 |
| 58 | 0:31:39 | PAULL, Emma | Hayle Runners | F | 06:19.7 | 190 | 58 |
| 59 | 0:31:44 | DEACON, Mark | Looe Pioneers | M | 06:20.7 | 421 | 59 |
| 60 | 0:31:48 | SZYMANSKI, Pawel | Launceston Road Runners | M | 06:21.5 | 227 | 60 |
| 61 | 0:31:49 | LITTLEWOOD, Ian | East Cornwall Harriers | M | 06:21.7 | 354 | 61 |
| 62 | 0:31:58 | PHILP, David | East Cornwall Harriers | M | 06:23.5 | 352 | 62 |
| 63 | 0:32:00 | BABB, Steve | Newquay Road Runners | M | 06:23.9 | 365 | 63 |
| 64 | 0:32:03 | LITTLEJOHNS, Mark | Falmouth Road Runners | M | 06:24.5 | 14 | 64 |

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| 65 | 0:32:06 | ATTWOOD, James | Cornwall AC | M | 06:25.1 | 76 | 65 |
| 66 | 0:32:07 | ADAMS, Tim | St Austell Running Club | M | 06:25.3 | 269 | 66 |
| 67 | 0:32:10 | EDDISON, Andrew | Cornwall AC | M | 06:25.9 | 110 | 67 |
| 68 | 0:32:18 | BAYLY, Marc | Newquay Road Runners | M | 06:27.5 | 366 | 68 |
| 69 | 0:32:21 | RENDLE, Steve | Newquay Road Runners | M | 06:28.1 | 390 | 69 |
| 70 | 0:32:23 | WEBB, Jonathan | Black Country Tri Club | M | 06:28.5 | 437 | 70 |
| 71 | 0:32:31 | SOLE, John | Bodmin Road Runners | M | 06:30.1 | 17 | 71 |
| 72 | 0:32:38 | CLARKE, Drew | East Cornwall Harriers | M | 06:31.5 | 355 | 72 |
| 73 | 0:32:48 | STANDING, Rob | Truro Running Club | M | 06:33.5 | 322 | 73 |
| 74 | 0:32:53 | RICHARDS, Jason | Carn Runners | M | 06:34.5 | 26 | 74 |
| 75 | 0:33:00 | DOWRICK, Mike | Cornwall AC | M | 06:35.9 | 109 | 75 |
| 76 | 0:33:04 | RAGGETT, Donna | Cornwall AC | F | 06:36.7 | 93 | 76 |
| 77 | 0:33:07 | SHIRLEY, Rich | St Austell Running Club | M | 06:37.3 | 288 | 77 |
| 78 | 0:33:12 | SOLE, Amy | Cornwall AC | F | 06:38.3 | 95 | 78 |
| 79 | 0:33:18 | MUTSAERS, Adrian | Cornwall AC | M | 06:39.5 | 117 | 79 |
| 80 | 0:33:26 | MARSHALL, Kevin | Launceston Road Runners | M | 06:41.1 | 237 | 80 |
| 81 | 0:33:30 | BUSCOMBE, Jessica | St Austell Running Club | F | 06:41.9 | 266 | 81 |
| 82 | 0:33:40 | WEBB, Jason | Cornwall AC | M | 06:43.9 | 129 | 82 |
| 83 | 0:33:43 | JOHNSON, Jeanette | Launceston Road Runners | F | 06:44.5 | 230 | 83 |
| 84 | 0:33:45 | COLEY, Alex | East Cornwall Harriers | M | 06:44.9 | 150 | 84 |
| 85 | 0:33:53 | DAVIS, Martin | Newquay Road Runners | M | 06:46.5 | 374 | 85 |
| 86 | 0:33:55 | MAYES, Richard | Hayle Runners | M | 06:46.9 | 184 | 86 |
| 87 | 0:33:58 | POPE, Kevin | Hayle Runners | M | 06:47.5 | 193 | 87 |
| 88 | 0:34:01 | WRIGHT, Kallum | Cornwall AC | M | 06:48.1 | 77 | 88 |
| 89 | 0:34:02 | BATHE, Colin | Truro Running Club | M | 06:48.3 | 329 | 89 |
| 90 | 0:34:03 | CARDEW, Barrie | Carn Runners | M | 06:48.5 | 49 | 90 |
| 91 | 0:34:03 | DAVIS, Megan | Newquay Road Runners | F | 06:48.5 | 375 | 91 |
| 92 | 0:34:04 | HUGHES, Katie | Cornwall AC | F | 06:48.7 | 85 | 92 |
| 93 | 0:34:12 | SMITH, Alistair | Truro Running Club | M | 06:50.3 | 398 | 93 |
| 94 | 0:34:15 | BENHAM, Andrew | Mud Crew Trail Runners | M | 06:50.9 | 416 | 94 |
| 95 | 0:34:22 | CHESTERFIELD, Paul | Cornwall AC | M | 06:52.3 | 106 | 95 |
| 96 | 0:34:25 | HARVEY, Darren | East Cornwall Harriers | M | 06:52.9 | 148 | 96 |
| 97 | 0:34:30 | ULLMAN, Chris | East Cornwall Harriers | M | 06:53.9 | 146 | 97 |
| 98 | 0:34:34 | WALLBANK, Rob | St Austell Running Club | M | 06:54.7 | 278 | 98 |
| 99 | 0:34:39 | FIRTH, Anthony | Tamar Trotters | M | 06:55.7 | 305 | 99 |
| 100 | 0:34:42 | CURTIS, Ken | Cornwall AC | M | 06:56.3 | 120 | 100 |
| 101 | 0:34:44 | BERRYMAN, Tom | Mounts Bay Harriers | M | 06:56.7 | 247 | 101 |
| 102 | 0:34:51 | BONSTOV, Dave | Wells City Harriers | M | 06:58.1 | 434 | 102 |
| 103 | 0:34:53 | CHANNON, Lee | Cornwall AC | M | 06:58.5 | 105 | 103 |
| 104 | 0:34:56 | LLOYD, James | Truro Running Club | M | 06:59.1 | 311 | 104 |
| 105 | 0:34:59 | NASH, Jenny | East Cornwall Harriers | F | 06:59.7 | 141 | 105 |
| 106 | 0:35:02 | PICKERING, Stuart | Hayle Runners | M | 07:00.3 | 192 | 106 |
| 107 | 0:35:03 | BENNETT, Charlotte | Hayle Runners | F | 07:00.5 | 163 | 107 |
| 108 | 0:35:05 | LETCHFORD, Geoff | Mounts Bay Harriers | M | 07:00.9 | 429 | 108 |
| 109 | 0:35:07 | BRAY, Vivian | Cornwall AC | M | 07:01.3 | 103 | 109 |
| 110 | 0:35:21 | MOORE, Paul | Launceston Road Runners | M | 07:04.0 | 428 | 110 |
| 111 | 0:35:22 | BULLEN, Gary | Mile High | M | 07:04.2 | 414 | 111 |
| 112 | 0:35:22 | WILLIAMS, Lucy | Truro Running Club | F | 07:04.2 | 325 | 112 |
| 113 | 0:35:24 | DALTON, Tammy | Falmouth Road Runners | F | 07:04.6 | 8 | 113 |
| 114 | 0:35:24 | MOSSOP, Emma | Falmouth Road Runners | F | 07:04.6 | 3 | 114 |
| 115 | 0:35:26 | FINDLAY, James | Carn Runners | M | 07:05.0 | 45 | 115 |
| 116 | 0:35:30 | PROSSER, Thomas | Mounts Bay Harriers | M | 07:05.8 | 256 | 116 |
| 117 | 0:35:35 | CHIRGWIN, Rob | Truro Running Club | M | 07:06.8 | 400 | 117 |
| 118 | 0:35:38 | WITHAM, Neville | Cornwall AC | M | 07:07.4 | 131 | 118 |
| 119 | 0:35:40 | DAVIES, Richard | Newquay Road Runners | M | 07:07.8 | 372 | 119 |
| 120 | 0:35:41 | DAVIS, Lydia | Newquay Road Runners | F | 07:08.0 | 373 | 120 |
| 121 | 0:35:44 | RICHARDS, Stuart | St Austell Running Club | M | 07:08.6 | 293 | 121 |
| 122 | 0:35:46 | WILLIAMS, James | Cornwall AC | M | 07:09.0 | 439 | 122 |
| 123 | 0:35:54 | TALEN, Patrick | St Austell Running Club | M | 07:10.6 | 273 | 123 |
| 124 | 0:36:01 | SAVAGE, Jon | Hayle Runners | M | 07:12.0 | 200 | 124 |
| 125 | 0:36:03 | WILLIAMS, Kelly | Mounts Bay Harriers | F | 07:12.4 | 249 | 125 |
| 126 | 0:36:07 | HUNT, Georgina | Falmouth Road Runners | F | 07:13.2 | 6 | 126 |
| 127 | 0:36:08 | HARDING, Ben | East Cornwall Harriers | M | 07:13.4 | 349 | 127 |
| 128 | 0:36:08 | LORD, Oli | East Cornwall Harriers | M | 07:13.4 | 356 | 128 |
| 129 | 0:36:18 | POLGLASE, Tom | Carn Runners | M | 07:15.4 | 68 | 129 |
| 130 | 0:36:19 | RICHARDS, Jamie | Cornwall AC | M | 07:15.6 | 440 | 130 |
| 131 | 0:36:19 | BROOKLAND, Alan | Newquay Road Runners | M | 07:15.6 | 435 | 131 |

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| 132 | 0:36:23 | ROBERTS, Malcolm | St Austell Running Club | M | 07:16.4 | 265 | 132 |
| 133 | 0:36:28 | LOWE, Stacey | Carn Runners | F | 07:17.4 | 59 | 133 |
| 134 | 0:36:36 | WILLS, Marcus | East Cornwall Harriers | M | 07:19.0 | 151 | 134 |
| 135 | 0:36:36 | ALLEN, Peter | Newquay Road Runners | M | 07:19.0 | 364 | 135 |
| 136 | 0:36:44 | LEACH, Terry | East Cornwall Harriers | M | 07:20.6 | 359 | 136 |
| 137 | 0:36:46 | WILES, Brian | Launceston Road Runners | M | 07:21.0 | 218 | 137 |
| 138 | 0:36:50 | REGAN, Alicia | Plymouth Harriers | F | 07:21.8 | 338 | 138 |
| 139 | 0:36:52 | PEARCE, Julia | Cornwall AC | F | 07:22.2 | 92 | 139 |
| 140 | 0:36:52 | CROWLE, Jonathan | Truro Running Club | M | 07:22.2 | 315 | 140 |
| 141 | 0:36:56 | OWEN, Mark | St Austell Running Club | M | 07:23.0 | 277 | 141 |
| 142 | 0:36:58 | WOOD, Glenn | East Cornwall Harriers | M | 07:23.4 | 347 | 142 |
| 143 | 0:36:58 | SPENCER, Julian | | M | 07:23.4 | 410 | 143 |
| 144 | 0:36:59 | FRANTZ, Derrick | Cornwall AC | M | 07:23.6 | 111 | 144 |
| 145 | 0:37:00 | REEVE, Paul | Carn Runners | M | 07:23.8 | 40 | 145 |
| 146 | 0:37:05 | MITCHELL, Jon | | M | 07:24.8 | 433 | 146 |
| 147 | 0:37:08 | ANGOVE, Paul | Mounts Bay Harriers | M | 07:25.4 | 257 | 147 |
| 148 | 0:37:11 | QUARMBY, Ann | East Cornwall Harriers | F | 07:26.0 | 143 | 148 |
| 149 | 0:37:11 | LITTLEWOOD, Louise | East Cornwall Harriers | F | 07:26.0 | 135 | 149 |
| 150 | 0:37:13 | ROGERS, Laura | Cornwall AC | F | 07:26.4 | 94 | 150 |
| 151 | 0:37:15 | BOTTERILL, Guy | | M | 07:26.8 | 441 | 151 |
| 152 | 0:37:18 | CONNON, Eli | Hayle Runners | M | 07:27.4 | 155 | 152 |
| 153 | 0:37:22 | MEDWAY, Lucy | Truro Running Club | F | 07:28.2 | 319 | 153 |
| 154 | 0:37:22 | CHAPMAN, Peter | Carn Runners | M | 07:28.2 | 44 | 154 |
| 155 | 0:37:29 | KERSHAW, Kay | | F | 07:29.6 | 436 | 155 |
| 156 | 0:37:32 | SOLOMON, Pam | Bodmin Road Runners | F | 07:30.2 | 21 | 156 |
| 157 | 0:37:38 | STEPHENS, Emma | Bodmin Road Runners | F | 07:31.4 | 18 | 157 |
| 158 | 0:37:41 | FOX, Hannah | Mile High | F | 07:32.0 | 241 | 158 |
| 159 | 0:37:46 | WOOD, Jules | Falmouth Road Runners | F | 07:33.0 | 1 | 159 |
| 160 | 0:37:46 | JONES, Mark | Launceston Road Runners | M | 07:33.0 | 236 | 160 |
| 161 | 0:37:47 | DALE, Steve | Newquay Road Runners | M | 07:33.2 | 371 | 161 |
| 162 | 0:37:47 | HARDWICK, Shelley | | F | 07:33.2 | 344 | 162 |
| 163 | 0:37:52 | WATERS, Claire | Launceston Road Runners | F | 07:34.2 | 238 | 163 |
| 164 | 0:37:54 | HARRISON, Nick | Launceston Road Runners | M | 07:34.6 | 234 | 164 |
| 165 | 0:37:55 | JOSE, Amy | Hayle Runners | F | 07:34.8 | 179 | 165 |
| 166 | 0:37:57 | GOULD, Marie | Cornwall AC | F | 07:35.2 | 82 | 166 |
| 167 | 0:38:01 | PICK, Robert | East Cornwall Harriers | M | 07:36.0 | 152 | 167 |
| 168 | 0:38:01 | HARRIS, Geoff | Newquay Road Runners | M | 07:36.0 | 381 | 168 |
| 169 | 0:38:07 | HAYNES, Janet | Mounts Bay Harriers | F | 07:37.2 | 259 | 169 |
| 170 | 0:38:08 | ROCHOWIAK, Robert | Carn Runners | M | 07:37.4 | 58 | 170 |
| 171 | 0:38:11 | STANFORD, Joseph | | M | 07:38.0 | 345 | 171 |
| 172 | 0:38:11 | JARRAM, Ben | | M | 07:38.0 | 442 | 172 |
| 173 | 0:38:15 | ROBERTS, Jon | Launceston Road Runners | M | 07:38.8 | 217 | 173 |
| 174 | 0:38:17 | KENNEDY, Janine | Falmouth Road Runners | F | 07:39.2 | 7 | 174 |
| 175 | 0:38:18 | SHAW, Louisa | Launceston Road Runners | F | 07:39.4 | 408 | 175 |
| 176 | 0:38:20 | ELLIS, Andrew | Hayle Runners | M | 07:39.8 | 173 | 176 |
| 177 | 0:38:24 | SMITH, Derek | Hayle Runners | M | 07:40.6 | 157 | 177 |
| 178 | 0:38:31 | ANDREWS, Mark | East Cornwall Harriers | M | 07:42.0 | 346 | 178 |
| 179 | 0:38:34 | HANNS, Cheryl | East Cornwall Harriers | F | 07:42.6 | 144 | 179 |
| 180 | 0:38:37 | ROSENFELD, Thomas | Hayle Runners | M | 07:43.2 | 198 | 180 |
| 181 | 0:38:38 | GREEN, Alan | East Cornwall Harriers | M | 07:43.4 | 361 | 181 |
| 182 | 0:38:40 | BURNS, Julia | Hayle Runners | F | 07:43.8 | 169 | 182 |
| 183 | 0:38:47 | LAND, Graham | | M | 07:45.2 | 332 | 183 |
| 184 | 0:38:49 | THOMAS, Helen | Carn Runners | F | 07:45.6 | 33 | 184 |
| 185 | 0:38:54 | STACEY, Hayley | East Cornwall Harriers | F | 07:46.6 | 142 | 185 |
| 186 | 0:38:59 | WOODARD, Stephen | East Cornwall Harriers | M | 07:47.6 | 134 | 186 |
| 187 | 0:39:01 | TONKIN, Craig | Hayle Runners | M | 07:48.0 | 208 | 187 |
| 188 | 0:39:02 | MAGUIRE, Natalie | Cornwall AC | F | 07:48.2 | 87 | 188 |
| 189 | 0:39:08 | CAULFIELD, Paul | Tamar Trotters | M | 07:49.4 | 302 | 189 |
| 190 | 0:39:11 | LONGMAN, Claire | Truro Running Club | F | 07:50.0 | 320 | 190 |
| 191 | 0:39:11 | DODWELL, Helen | Truro Running Club | F | 07:50.0 | 316 | 191 |
| 192 | 0:39:13 | BYRNE, Lee | Newquay Road Runners | M | 07:50.4 | 368 | 192 |
| 193 | 0:39:18 | JONES, Stephen CR | Carn Runners | M | 07:51.4 | 28 | 193 |
| 194 | 0:39:19 | ST LEDGER-RENFREE, Alex | | M | 07:51.6 | 444 | 194 |
| 195 | 0:39:21 | WONNACOTT, Ian | East Cornwall Harriers | M | 07:52.0 | 353 | 195 |
| 196 | 0:39:22 | DAVIDSON, Claire | East Cornwall Harriers | F | 07:52.2 | 140 | 196 |
| 197 | 0:39:23 | EVANS, Treve | Carn Runners | M | 07:52.4 | 51 | 197 |
| 198 | 0:39:25 | CALDWELL, Andrew | Carn Runners | M | 07:52.8 | 41 | 198 |

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| 199 | 0:39:28 | EAGLING, Nigel | Truro Running Club | M | 07:53.4 | 307 | 199 |
| 200 | 0:39:28 | NUGENT, Debbie | Cornwall AC | F | 07:53.4 | 91 | 200 |
| 201 | 0:39:28 | HARRISON, Karen | Cornwall AC | F | 07:53.4 | 83 | 201 |
| 202 | 0:39:28 | HILL, Nancy | Cornwall AC | F | 07:53.4 | 84 | 202 |
| 203 | 0:39:38 | MARTIN, Colin | Newquay Road Runners | M | 07:55.4 | 386 | 203 |
| 204 | 0:39:43 | CAMBORIEUX, Catheryn | Truro Running Club | F | 07:56.4 | 314 | 204 |
| 205 | 0:39:45 | OLIVER, Adam | Mounts Bay Harriers | M | 07:56.8 | 251 | 205 |
| 206 | 0:39:51 | PLAYER, Garry | Newquay Road Runners | M | 07:58.0 | 388 | 206 |
| 207 | 0:40:05 | RAMSEY, Chris | Truro Running Club | M | 08:00.8 | 321 | 207 |
| 208 | 0:40:09 | PASCOE, Anna | Carn Runners | F | 08:01.6 | 27 | 208 |
| 209 | 0:40:11 | MEDWAY, Jeff | Truro Running Club | M | 08:02.0 | 318 | 209 |
| 210 | 0:40:13 | TREBILCOCK, Liz | Truro Running Club | F | 08:02.4 | 312 | 210 |
| 211 | 0:40:14 | POOLE, Lydia | Truro Running Club | F | 08:02.6 | 432 | 211 |
| 212 | 0:40:15 | TREBILCOCK, Mark | | M | 08:02.8 | 343 | 212 |
| 213 | 0:40:16 | HITCHENS, Wietske | Carn Runners | F | 08:03.0 | 24 | 213 |
| 214 | 0:40:18 | TOWNEND, Stewart | Hayle Runners | M | 08:03.4 | 209 | 214 |
| 215 | 0:40:21 | HARVEY, Ceri | Carn Runners | F | 08:04.0 | 69 | 215 |
| 216 | 0:40:21 | EYRE, Janna | Carn Runners | F | 08:04.0 | 39 | 216 |
| 217 | 0:40:21 | EVANS, Gareth | Carn Runners | M | 08:04.0 | 52 | 217 |
| 218 | 0:40:25 | DREW, Peter | Carn Runners | M | 08:04.8 | 29 | 218 |
| 219 | 0:40:28 | DUNCAN, Jeanette | Newquay Road Runners | F | 08:05.4 | 376 | 219 |
| 220 | 0:40:31 | GLOVER, Ruth | Mounts Bay Harriers | F | 08:06.0 | 258 | 220 |
| 221 | 0:40:34 | BULLOCK, Katie | Newquay Road Runners | F | 08:06.6 | 419 | 221 |
| 222 | 0:40:38 | HUNT, Jenna | Falmouth Road Runners | F | 08:07.4 | 5 | 222 |
| 223 | 0:40:38 | BRADBURY, Rosie | Falmouth Road Runners | F | 08:07.4 | 4 | 223 |
| 224 | 0:40:42 | RUNDLE, Wayne | Launceston Road Runners | M | 08:08.2 | 232 | 224 |
| 225 | 0:40:51 | BALDWIN, Mike | Hayle Runners | M | 08:10.0 | 158 | 225 |
| 226 | 0:41:05 | WHITEHEAD, Kelly | Hayle Runners | F | 08:12.8 | 183 | 226 |
| 227 | 0:41:09 | THOMAS, Stephen | Carn Runners | M | 08:13.6 | 71 | 227 |
| 228 | 0:41:11 | ELSTONE, Meryl | Carn Runners | F | 08:14.0 | 25 | 228 |
| 229 | 0:41:16 | LILLIS, John | Newquay Road Runners | M | 08:15.0 | 384 | 229 |
| 230 | 0:41:23 | MORGADO, Chloe | Cornwall AC | F | 08:16.4 | 89 | 230 |
| 231 | 0:41:23 | STORER, Graham | Cornwall AC | M | 08:16.4 | 75 | 231 |
| 232 | 0:41:27 | MANUEL, Simon | St Austell Running Club | M | 08:17.2 | 268 | 232 |
| 233 | 0:41:28 | STEWART, Juliet | Truro Running Club | F | 08:17.4 | 326 | 233 |
| 234 | 0:41:30 | WERRAN, Louise | Launceston Road Runners | F | 08:17.8 | 231 | 234 |
| 235 | 0:41:30 | THOMAS, Alison | Hayle Runners | F | 08:17.8 | 206 | 235 |
| 236 | 0:41:30 | NORRIS, Chris | Launceston Road Runners | M | 08:17.8 | 223 | 236 |
| 237 | 0:41:38 | TRETHEWEY, Martin | St Austell Running Club | M | 08:19.4 | 271 | 237 |
| 238 | 0:41:39 | COLEY, Simon | East Cornwall Harriers | M | 08:19.6 | 149 | 238 |
| 239 | 0:41:41 | BATCHELOR, David | Hayle Runners | M | 08:20.0 | 162 | 239 |
| 240 | 0:41:47 | RULE, Helen | Hayle Runners | F | 08:21.2 | 199 | 240 |
| 241 | 0:41:47 | SHAW, Sian | Newquay Road Runners | F | 08:21.2 | 264 | 241 |
| 242 | 0:41:54 | MCKENZIE, Tracy | Newquay Road Runners | F | 08:22.6 | 385 | 242 |
| 243 | 0:41:58 | BENNETT, Emily | Hayle Runners | F | 08:23.4 | 154 | 243 |
| 244 | 0:41:59 | GOLDBERG, Jessica | Launceston Road Runners | F | 08:23.6 | 412 | 244 |
| 245 | 0:42:06 | WARREN, Diane | Hayle Runners | F | 08:25.0 | 210 | 245 |
| 246 | 0:42:07 | RINGER, Ian | Bodmin Road Runners | M | 08:25.2 | 20 | 246 |
| 247 | 0:42:09 | GERRARD, Corinne | Hayle Runners | F | 08:25.6 | 174 | 247 |
| 248 | 0:42:10 | DINHAM, Martin | | M | 08:25.8 | 337 | 248 |
| 249 | 0:42:12 | VAUGHLEY, Craig | East Cornwall Harriers | M | 08:26.2 | 348 | 249 |
| 250 | 0:42:12 | JENKIN, Steve | Cornwall AC | M | 08:26.2 | 114 | 250 |
| 251 | 0:42:14 | BARRIBALL, Julie | Launceston Road Runners | F | 08:26.6 | 225 | 251 |
| 252 | 0:42:17 | CATNACH, Alison | Looe Pioneers | F | 08:27.2 | 401 | 252 |
| 253 | 0:42:18 | NICHOLAS, Julie | Hayle Runners | F | 08:27.4 | 189 | 253 |
| 254 | 0:42:19 | PLAYER, Lisa | Newquay Road Runners | F | 08:27.6 | 389 | 254 |
| 255 | 0:42:21 | TAYLOR, Sue | Mounts Bay Harriers | F | 08:28.0 | 250 | 255 |
| 256 | 0:42:24 | PATEMAN, Gemma | St Austell Running Club | F | 08:28.6 | 289 | 256 |
| 257 | 0:42:29 | JORDAN, Rob | Hayle Runners | M | 08:29.6 | 178 | 257 |
| 258 | 0:42:42 | KNOWLES, Michael | Carn Runners | M | 08:32.2 | 42 | 258 |
| 259 | 0:42:42 | KNOWLES, Juliet | Carn Runners | F | 08:32.2 | 43 | 259 |
| 260 | 0:42:45 | MANSFIELD, Sue | Truro Running Club | F | 08:32.8 | 308 | 260 |
| 261 | 0:42:46 | BURROWS, Robert | Mounts Bay Harriers | M | 08:33.0 | 399 | 261 |
| 262 | 0:42:51 | GREEN, Julie | Carn Runners | F | 08:34.0 | 30 | 262 |
| 263 | 0:42:51 | ELLIOTT, Kathy | Newquay Road Runners | F | 08:34.0 | 377 | 263 |
| 264 | 0:42:54 | CAFF, Wayne | Newquay Road Runners | M | 08:34.6 | 370 | 264 |
| 265 | 0:42:56 | MOORE, Kelly | Hayle Runners | F | 08:35.0 | 186 | 265 |

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|-----|---------|-----------------------|-------------------------|---|---------|-----|-----|
| 266 | 0:42:56 | MANNING, James | Hayle Runners | M | 08:35.0 | 182 | 266 |
| 267 | 0:43:00 | HOLDING, Ruth | Mile High | F | 08:35.8 | 240 | 267 |
| 268 | 0:43:02 | WHITE, Justin | Newquay Road Runners | M | 08:36.2 | 397 | 268 |
| 269 | 0:43:05 | HILL, Sarah | Newquay Road Runners | F | 08:36.8 | 382 | 269 |
| 270 | 0:43:09 | OLIVER, Martin | Mounts Bay Harriers | M | 08:37.6 | 252 | 270 |
| 271 | 0:43:16 | WOODFINE-BEARD, Kelly | Newquay Road Runners | F | 08:39.0 | 395 | 271 |
| 272 | 0:43:18 | HYNES, Jaine | Launceston Road Runners | F | 08:39.4 | 422 | 272 |
| 273 | 0:43:20 | BOWDEN, John | Looe Pioneers | M | 08:39.8 | 405 | 273 |
| 274 | 0:43:21 | ROWE, Melissa | St Austell Running Club | F | 08:40.0 | 283 | 274 |
| 275 | 0:43:26 | GIBBARD, Jonathan | Hayle Runners | M | 08:41.0 | 175 | 275 |
| 276 | 0:43:29 | POULTNEY, Melissa | Hayle Runners | F | 08:41.6 | 194 | 276 |
| 277 | 0:43:30 | BONAR, David | Hayle Runners | M | 08:41.8 | 166 | 277 |
| 278 | 0:43:40 | PALMER, Michael | East Cornwall Harriers | M | 08:43.8 | 357 | 278 |
| 279 | 0:43:46 | HEYWOOD, Peter | Looe Pioneers | M | 08:45.0 | 402 | 279 |
| 280 | 0:43:53 | SWETNAN, Jim | Hayle Runners | F | 08:46.4 | 204 | 280 |
| 281 | 0:43:57 | STUTHRIDGE, Helen | St Austell Running Club | F | 08:47.2 | 296 | 281 |
| 282 | 0:44:03 | HASLAM, Luke | | M | 08:48.4 | 342 | 282 |
| 283 | 0:44:05 | JONES, Simon | Carn Runners | M | 08:48.8 | 67 | 283 |
| 284 | 0:44:06 | ELLISON, Eleanor | Newquay Road Runners | F | 08:49.0 | 378 | 284 |
| 285 | 0:44:08 | SWIFT, Sarah | Launceston Road Runners | F | 08:49.4 | 222 | 285 |
| 286 | 0:44:08 | MARSHALL, Keith | Falmouth Road Runners | M | 08:49.4 | 70 | 286 |
| 287 | 0:44:09 | SCALLAN, Dawn | Carn Runners | F | 08:49.6 | 73 | 287 |
| 288 | 0:44:17 | BENNETTS, Shaun | Hayle Runners | M | 08:51.2 | 164 | 288 |
| 289 | 0:44:25 | COLEMAN, Nikki | Cornwall AC | F | 08:52.8 | 74 | 289 |
| 290 | 0:44:28 | LAMMERS, Wiebke | Falmouth Road Runners | F | 08:53.4 | 2 | 290 |
| 291 | 0:44:33 | OSBORN, Kathryn | Hayle Runners | F | 08:54.4 | 214 | 291 |
| 292 | 0:44:34 | VERCESI, Gemma | Mounts Bay Harriers | F | 08:54.6 | 260 | 292 |
| 293 | 0:44:34 | CARVETH, Debbie | Hayle Runners | F | 08:54.6 | 170 | 293 |
| 294 | 0:44:35 | DAVEY, Tamzin | Cornwall AC | F | 08:54.8 | 81 | 294 |
| 295 | 0:44:39 | DE ROZARIEUX, Nathan | Hayle Runners | M | 08:55.6 | 172 | 295 |
| 296 | 0:44:41 | BROWN, Adrian | Launceston Road Runners | M | 08:56.0 | 224 | 296 |
| 297 | 0:44:42 | PARKIN, Eleanor | Truro Running Club | F | 08:56.2 | 310 | 297 |
| 298 | 0:44:44 | THOMPSON, Steve | Carn Runners | M | 08:56.6 | 404 | 298 |
| 299 | 0:44:45 | SMITH, Hannah | Hayle Runners | F | 08:56.8 | 203 | 299 |
| 300 | 0:44:53 | LONG, Fran | Hayle Runners | F | 08:58.4 | 181 | 300 |
| 301 | 0:44:54 | DE BARROS, Sara | Hayle Runners | F | 08:58.6 | 171 | 301 |
| 302 | 0:44:55 | TONKINS, Richard | St Austell Running Club | M | 08:58.8 | 272 | 302 |
| 303 | 0:45:00 | ALEXANDER, Samantha | Cornwall AC | F | 08:59.8 | 79 | 303 |
| 304 | 0:45:03 | GALLOWAY, Alison | Carn Runners | F | 09:00.4 | 53 | 304 |
| 305 | 0:45:03 | HADFIELD, Angeline | Truro Running Club | F | 09:00.4 | 317 | 305 |
| 306 | 0:45:08 | CARDEW, Denise | Carn Runners | F | 09:01.4 | 64 | 306 |
| 307 | 0:45:10 | CLOUDER, Alan | | M | 09:01.8 | 335 | 307 |
| 308 | 0:45:16 | MIDDLEDITCH, Kay | Newquay Road Runners | F | 09:03.0 | 387 | 308 |
| 309 | 0:45:22 | SAVIN, Nick | Newquay Road Runners | M | 09:04.2 | 391 | 309 |
| 310 | 0:45:34 | MAYWOOD, Bryan | Looe Pioneers | M | 09:06.6 | 403 | 310 |
| 311 | 0:45:44 | TRETHEWEY, Charlie | St Austell Running Club | F | 09:08.6 | 270 | 311 |
| 312 | 0:45:48 | SPEAKE, Georgina | St Austell Running Club | F | 09:09.4 | 291 | 312 |
| 313 | 0:45:48 | WILKINSON, Judith | Tamar Trotters | F | 09:09.4 | 300 | 313 |
| 314 | 0:45:52 | ROBERTS, Mary | Launceston Road Runners | F | 09:10.2 | 216 | 314 |
| 315 | 0:45:55 | BUNCE, Rosita | 3 WhiteHats | F | 09:10.8 | 334 | 315 |
| 316 | 0:46:05 | MANKEE, Walter | Carn Runners | M | 09:12.8 | 48 | 316 |
| 317 | 0:46:09 | RUNDLE, Sharon | Launceston Road Runners | F | 09:13.6 | 233 | 317 |
| 318 | 0:46:23 | MCBAIN, Vanessa May | Newquay Road Runners | F | 09:16.4 | 417 | 318 |
| 319 | 0:46:23 | PEARCE, Deborah | Hayle Runners | F | 09:16.4 | 191 | 319 |
| 320 | 0:46:27 | BROOKS, Amanda | Newquay Road Runners | F | 09:17.2 | 367 | 320 |
| 321 | 0:46:28 | SIBLEY, Ella | St Austell Running Club | F | 09:17.4 | 279 | 321 |
| 322 | 0:46:36 | RICKARD, Tracey | Tri Logic Cornwall | F | 09:19.0 | 331 | 322 |
| 323 | 0:46:39 | JAMIESON, Sandy | Carn Runners | F | 09:19.6 | 72 | 323 |
| 324 | 0:46:42 | SALVAGE, David | Tamar Trotters | M | 09:20.2 | 298 | 324 |
| 325 | 0:46:50 | LATHOM, Janet | Launceston Road Runners | F | 09:21.8 | 226 | 325 |
| 326 | 0:46:57 | BILLINGTON, Melanie | Hayle Runners | F | 09:23.2 | 165 | 326 |
| 327 | 0:47:00 | JAMESON, Judy | Carn Runners | F | 09:23.8 | 32 | 327 |
| 328 | 0:47:14 | MARTIN, Lorna | Cornwall AC | F | 09:26.6 | 88 | 328 |
| 329 | 0:47:18 | CURTIS, Jill | Cornwall AC | F | 09:27.4 | 119 | 329 |
| 330 | 0:47:26 | HAGHANI, Laura | Hayle Runners | F | 09:29.0 | 176 | 330 |
| 331 | 0:47:32 | SAUNDERS, Lyndsey | East Cornwall Harriers | F | 09:30.2 | 139 | 331 |
| 332 | 0:47:33 | OLDHAM, Lucy | East Cornwall Harriers | F | 09:30.4 | 138 | 332 |

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|-----|---------|-------------------------------|-------------------------|---|---------|-----|-----|
| 333 | 0:47:34 | BERRIMAN, Andrew | | M | 09:30.6 | 438 | 333 |
| 334 | 0:48:00 | TOZER, Nicola | Cornwall AC | F | 09:35.8 | 98 | 334 |
| 335 | 0:48:03 | CROSSE, Lexie | Mounts Bay Harriers | F | 09:36.4 | 253 | 335 |
| 336 | 0:48:04 | TURNER, Yvonne | Mounts Bay Harriers | F | 09:36.6 | 244 | 336 |
| 337 | 0:48:06 | GIBSON, Faye | Carn Runners | F | 09:37.0 | 36 | 337 |
| 338 | 0:48:11 | HACKMAN, Tom | Newquay Road Runners | M | 09:38.0 | 396 | 338 |
| 339 | 0:48:25 | THOMAS, Paul | Hayle Runners | M | 09:40.8 | 205 | 339 |
| 340 | 0:48:26 | WILLIAMS, Tania | Hayle Runners | F | 09:41.0 | 213 | 340 |
| 341 | 0:48:33 | JENKIN, Jacqueline | Cornwall AC | F | 09:42.4 | 86 | 341 |
| 342 | 0:48:34 | JENKIN, Richard | Cornwall AC | M | 09:42.6 | 113 | 342 |
| 343 | 0:48:54 | CAULFIELD, Trudy | Tamar Trotters | F | 09:46.6 | 303 | 343 |
| 344 | 0:48:57 | SQUIRE, Mark | Mounts Bay Harriers | M | 09:47.2 | 245 | 344 |
| 345 | 0:49:09 | NASH, Pete | East Cornwall Harriers | M | 09:49.6 | 358 | 345 |
| 346 | 0:49:17 | HAISMAN, Matt | Launceston Road Runners | M | 09:51.2 | 229 | 346 |
| 347 | 0:49:18 | BOWDEN, Geraldine | Looe Pioneers | F | 09:51.4 | 406 | 347 |
| 348 | 0:49:20 | BATTEN, Daniel | | M | 09:51.8 | 415 | 348 |
| 349 | 0:49:38 | O'REILLY, Kevin | Tamar Trotters | M | 09:55.4 | 301 | 349 |
| 350 | 0:49:43 | BOLT, Adrian | Truro Running Club | M | 09:56.4 | 309 | 350 |
| 351 | 0:50:07 | LAND, Owen | | M | 10:01.2 | 333 | 351 |
| 352 | 0:50:08 | THOMAS, Madison | Hayle Runners | F | 10:01.4 | 207 | 352 |
| 353 | 0:50:10 | HARVEY, Lynn | Newquay Road Runners | F | 10:01.8 | 380 | 353 |
| 354 | 0:50:10 | EVANS, Des | Newquay Road Runners | M | 10:01.8 | 379 | 354 |
| 355 | 0:50:31 | BAWDEN, Mike | Cornwall AC | M | 10:06.0 | 102 | 355 |
| 356 | 0:50:37 | MCLEAN, Andrew | St Austell Running Club | M | 10:07.2 | 280 | 356 |
| 357 | 0:50:45 | KINGTON, Norris | Cornwall AC | M | 10:08.8 | 116 | 357 |
| 358 | 0:50:49 | PLATTEN, Donna | St Austell Running Club | F | 10:09.6 | 267 | 358 |
| 359 | 0:50:50 | GOWER, Lisa | Carn Runners | F | 10:09.8 | 65 | 359 |
| 360 | 0:50:57 | MATRAVES, Julie | Carn Runners | F | 10:11.2 | 66 | 360 |
| 361 | 0:51:12 | TAPHOUSE, Linsey | East Cornwall Harriers | F | 10:14.2 | 136 | 361 |
| 362 | 0:51:16 | MASON, John | Launceston Road Runners | M | 10:15.0 | 221 | 362 |
| 363 | 0:51:25 | CAFF, Jane | Newquay Road Runners | F | 10:16.8 | 369 | 363 |
| 364 | 0:51:28 | TOWNSEND, Mark | Moorhaven RC | M | 10:17.4 | 243 | 364 |
| 365 | 0:51:44 | RAY, Pamela | Hayle Runners | F | 10:20.6 | 196 | 365 |
| 366 | 0:52:22 | HOGG, Lorna | St Austell Running Club | F | 10:28.2 | 284 | 366 |
| 367 | 0:52:23 | SMITH, Mandy | St Austell Running Club | F | 10:28.4 | 285 | 367 |
| 368 | 0:52:41 | VINNICOMBE, Caroline | Carn Runners | F | 10:32.0 | 57 | 368 |
| 369 | 0:52:42 | SLATER, Kirstie | Truro Running Club | F | 10:32.2 | 323 | 369 |
| 370 | 0:53:06 | RALLS, David | St Austell Running Club | M | 10:37.0 | 292 | 370 |
| 371 | 0:53:10 | HYDE-LINAKER, Elaine | St Austell Running Club | F | 10:37.8 | 281 | 371 |
| 372 | 0:53:20 | BEASLEY, Steve | East Cornwall Harriers | M | 10:39.8 | 351 | 372 |
| 373 | 0:53:46 | FIRTH, Becky | Tamar Trotters | F | 10:45.0 | 306 | 373 |
| 374 | 0:54:03 | LOOSLEY, Alison | St Austell Running Club | F | 10:48.4 | 290 | 374 |
| 375 | 0:54:20 | ANDREWS, Greta | Mounts Bay Harriers | F | 10:51.8 | 254 | 375 |
| 376 | 0:54:20 | ANDREWS, George | Mounts Bay Harriers | M | 10:51.8 | 255 | 376 |
| 377 | 0:54:40 | SHAPLAND, Ron | Newquay Road Runners | M | 10:55.8 | 392 | 377 |
| 378 | 0:54:48 | TOY, Jeanette | Carn Runners | F | 10:57.4 | 55 | 378 |
| 379 | 0:54:53 | MARSH, Kathryn | Carn Runners | F | 10:58.4 | 31 | 379 |
| 380 | 0:54:56 | TRERISE, Catherine | Cornwall AC | F | 10:59.0 | 100 | 380 |
| 381 | 0:54:56 | ASHFORD, Simon | Moorhaven RC | M | 10:59.0 | 242 | 381 |
| 382 | 0:55:04 | FOSTER, Ann | Tamar Trotters | F | 11:00.6 | 304 | 382 |
| 383 | 0:55:24 | EASTERBROOK, Liz | Mounts Bay Harriers | F | 11:04.6 | 261 | 383 |
| 384 | 0:55:57 | CUTLAN, Jean | St Austell Running Club | F | 11:11.2 | 276 | 384 |
| 385 | 0:56:02 | YATES, Angela | St Austell Running Club | F | 11:12.2 | 295 | 385 |
| 386 | 0:56:06 | TAPHOUSE, Lesley | Bodmin Road Runners | F | 11:13.0 | 19 | 386 |
| 387 | 0:56:30 | REDGERS, Claire | Carn Runners | F | 11:17.8 | 61 | 387 |
| 388 | 0:56:32 | REDGERS, Kevin | Carn Runners | M | 11:18.2 | 60 | 388 |
| 389 | 0:56:36 | POOLE, Wendy | St Austell Running Club | F | 11:19.0 | 282 | 389 |
| 390 | 0:57:14 | BRYANT, Tamsy | Hayle Runners | F | 11:26.6 | 168 | 390 |
| 391 | 0:57:14 | HARRIES, Victoria | Hayle Runners | F | 11:26.6 | 177 | 391 |
| 392 | 0:57:28 | TREWEEK, Paul | Truro Running Club | M | 11:29.4 | 327 | 392 |
| 393 | 0:57:33 | EWART, Sam | St Austell Running Club | F | 11:30.4 | 275 | 393 |
| 394 | 0:57:34 | TODD, Christine | St Austell Running Club | F | 11:30.6 | 274 | 394 |
| 395 | 0:57:52 | THOMAS, Kathryn | Cornwall AC | F | 11:34.2 | 96 | 395 |
| 396 | 0:57:56 | JASYNEWYCZ, Deborah | Carn Runners | F | 11:35.0 | 430 | 396 |
| 397 | 0:58:38 | RAWLINS, Claudine | Hayle Runners | F | 11:43.4 | 195 | 397 |
| 398 | 0:58:58 | GALSWORTHY-ANDREWARTHA, Sally | | F | 11:47.4 | 427 | 398 |
| 399 | 0:58:58 | CAMPBELL, Alison | Carn Runners | F | 11:47.4 | 63 | 399 |

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|-----|---------|--------------------|-------------------------|---|---------|-----|-----|
| 400 | 0:58:59 | ANDREWARTHA, David | Bude Rats | M | 11:47.6 | 426 | 400 |
| 401 | 0:59:00 | HALL, Zoe | Carn Runners | F | 11:47.8 | 34 | 401 |
| 402 | 0:59:00 | HALL, Saffion | Carn Runners | F | 11:47.8 | 47 | 402 |
| 403 | 0:59:38 | WHEELER, Karen | Hayle Runners | F | 11:55.4 | 212 | 403 |
| 404 | 0:59:48 | WRIGHT, Mike | Hayle Runners | M | 11:57.4 | 215 | 404 |
| 405 | 1:00:51 | BRYANT, Rebecca | Hayle Runners | F | 12:10.0 | 167 | 405 |
| 406 | 1:01:14 | CAREY, Leigh-Anne | | F | 12:14.6 | 340 | 406 |
| 407 | 1:01:14 | SULLIVAN, Paul | | M | 12:14.6 | 339 | 407 |
| 408 | 1:01:43 | WEBBER, Sharon | St Austell Running Club | F | 12:20.4 | 287 | 408 |
| 409 | 1:01:43 | BLIGHT, Mandy | St Austell Running Club | F | 12:20.4 | 286 | 409 |
| 410 | 1:02:17 | MCCREEDY, Tina | Hayle Runners | F | 12:27.2 | 185 | 410 |
| 411 | 1:02:18 | NEWING, Sarah | Hayle Runners | F | 12:27.4 | 153 | 411 |
| 412 | 1:06:45 | EVANS, Louise | Carn Runners | F | 13:20.8 | 62 | 412 |
| 413 | 1:06:47 | UREN, Lisa | Carn Runners | F | 13:21.2 | 50 | 413 |
| 414 | 1:06:47 | DREW, Carole | Carn Runners | F | 13:21.2 | 38 | 414 |
| 415 | 1:07:37 | ORPWOOD, Jenny | Mounts Bay Harriers | F | 13:31.2 | 262 | 415 |

Male Runners

| | | | | | | | |
|----|---------|-------------------|-------------------------|---|---------|-----|----|
| 1 | 0:26:33 | SNOOK, Colin | Cornwall AC | M | 05:18.5 | 125 | 1 |
| 2 | 0:26:48 | BREWER, Tony | Mile High | M | 05:21.5 | 409 | 2 |
| 3 | 0:27:28 | BENNEY, Aaron | Mile High | M | 05:29.5 | 411 | 3 |
| 4 | 0:27:32 | THOMAS, Justin | Cornwall AC | M | 05:30.3 | 128 | 4 |
| 5 | 0:27:35 | SMITH, Paul | Cornwall AC | M | 05:30.9 | 124 | 5 |
| 6 | 0:27:44 | WRIGHT, Tony | Newquay Road Runners | M | 05:32.7 | 443 | 6 |
| 7 | 0:27:53 | MARTIN, Andrew | Mile High | M | 05:34.5 | 423 | 7 |
| 8 | 0:27:56 | WHEAR, Paul | Cornwall AC | M | 05:35.1 | 78 | 8 |
| 9 | 0:28:03 | EDDY, Neil | Mounts Bay Harriers | M | 05:36.5 | 424 | 9 |
| 10 | 0:28:06 | MORANT, Jordan | Hayle Runners | M | 05:37.1 | 187 | 10 |
| 11 | 0:28:10 | KINDON, Noel | Cornwall AC | M | 05:37.9 | 115 | 11 |
| 12 | 0:28:13 | WALKER, Ken | Newquay Road Runners | M | 05:38.5 | 394 | 12 |
| 13 | 0:28:14 | DALTON, Richard | Falmouth Road Runners | M | 05:38.7 | 16 | 13 |
| 14 | 0:28:16 | HUMPHREY, Thomas | Hayle Runners | M | 05:39.1 | 159 | 14 |
| 15 | 0:28:16 | DOBSON, Jacob | Falmouth Road Runners | M | 05:39.1 | 9 | 15 |
| 16 | 0:28:21 | SLATTERY, Tom | Cornwall AC | M | 05:40.1 | 123 | 16 |
| 17 | 0:28:26 | RATCLIFFE, Floyd | Hayle Runners | M | 05:41.1 | 156 | 17 |
| 18 | 0:28:28 | CLAY, Jordan | Cornwall AC | M | 05:41.5 | 107 | 18 |
| 19 | 0:28:51 | GOODCHILD, Sam | Cornwall AC | M | 05:46.1 | 112 | 19 |
| 20 | 0:28:51 | LUTON, Tom | Newquay Road Runners | M | 05:46.1 | 418 | 20 |
| 21 | 0:29:01 | CREW, Matthew | Cornwall AC | M | 05:48.1 | 118 | 21 |
| 22 | 0:29:27 | SMERDON, Marc | East Cornwall Harriers | M | 05:53.3 | 145 | 22 |
| 23 | 0:29:28 | ARGALL, Joe | Cornwall AC | M | 05:53.5 | 101 | 23 |
| 24 | 0:29:28 | WATTS, Robert | Hayle Runners | M | 05:53.5 | 211 | 24 |
| 25 | 0:29:31 | RAMSDEN, Clive | Bodmin Road Runners | M | 05:54.1 | 23 | 25 |
| 26 | 0:29:34 | STACEY, Doug | East Cornwall Harriers | M | 05:54.7 | 350 | 26 |
| 27 | 0:29:40 | KNOWLES, Simon | Hayle Runners | M | 05:55.9 | 180 | 27 |
| 28 | 0:29:44 | BUZZA, Dave | Cornwall AC | M | 05:56.7 | 104 | 28 |
| 29 | 0:29:48 | ABRAHAM, Scott | Hayle Runners | M | 05:57.5 | 161 | 29 |
| 30 | 0:29:51 | ANGELL, Dave | Mile High | M | 05:58.1 | 407 | 30 |
| 31 | 0:29:52 | WEBSTER, Mark | Cornwall AC | M | 05:58.3 | 130 | 31 |
| 32 | 0:29:53 | STRACHAN, Steven | Falmouth Road Runners | M | 05:58.5 | 13 | 32 |
| 33 | 0:29:56 | BARNET, James | Falmouth Road Runners | M | 05:59.1 | 15 | 33 |
| 34 | 0:30:11 | SALAMONE, Craig | Cornwall AC | M | 06:02.1 | 122 | 34 |
| 35 | 0:30:20 | GOODWAY, Dan | Truro Running Club | M | 06:03.9 | 324 | 35 |
| 36 | 0:30:22 | SWIFT, Nigel | Newquay Road Runners | M | 06:04.3 | 393 | 36 |
| 37 | 0:30:29 | BELCHER, Peter | Exmouth Harriers | M | 06:05.7 | 431 | 37 |
| 38 | 0:30:35 | DITTY, Graham | Mile High | M | 06:06.9 | 239 | 38 |
| 39 | 0:30:41 | MURRANT, Kieran | Hayle Runners | M | 06:08.1 | 188 | 39 |
| 40 | 0:30:42 | EVANS, Darren | Launceston Road Runners | M | 06:08.3 | 235 | 40 |
| 41 | 0:30:43 | SOLE, Paul | Cornwall AC | M | 06:08.5 | 126 | 41 |
| 42 | 0:30:45 | HOOPER, Gregg | Newquay Road Runners | M | 06:08.9 | 383 | 42 |
| 43 | 0:30:46 | COATSWORTH, Rory | | M | 06:09.1 | 413 | 43 |
| 44 | 0:30:50 | STONE, Matt | Falmouth Road Runners | M | 06:09.9 | 10 | 44 |
| 45 | 0:30:51 | KEEFE, Richard | Falmouth Road Runners | M | 06:10.1 | 12 | 45 |
| 46 | 0:30:51 | DAVIS, Glynn | Carn Runners | M | 06:10.1 | 46 | 46 |
| 47 | 0:30:52 | WOOD, Jacob | Mounts Bay Harriers | M | 06:10.3 | 425 | 47 |
| 48 | 0:30:53 | SAWFORD, Paul | Carn Runners | M | 06:10.5 | 420 | 48 |
| 49 | 0:30:54 | SARA, Wayne | Truro Running Club | M | 06:10.7 | 330 | 49 |
| 50 | 0:30:56 | TRICE, Ian | East Cornwall Harriers | M | 06:11.1 | 360 | 50 |
| 51 | 0:30:58 | LONGHORN, Jason | Falmouth Road Runners | M | 06:11.5 | 11 | 51 |
| 52 | 0:31:00 | DAY, Justin | Cornwall AC | M | 06:11.9 | 108 | 52 |
| 54 | 0:31:04 | VINNICOMBE, Jason | Carn Runners | M | 06:12.7 | 56 | 54 |
| 55 | 0:31:16 | TAYLOR, James | Cornwall AC | M | 06:15.1 | 127 | 55 |
| 57 | 0:31:34 | HALL, Craig | Carn Runners | M | 06:18.7 | 35 | 57 |
| 59 | 0:31:44 | DEACON, Mark | Looe Pioneers | M | 06:20.7 | 421 | 59 |
| 60 | 0:31:48 | SZYMANSKI, Pawel | Launceston Road Runners | M | 06:21.5 | 227 | 60 |
| 61 | 0:31:49 | LITTLEWOOD, Ian | East Cornwall Harriers | M | 06:21.7 | 354 | 61 |
| 62 | 0:31:58 | PHILP, David | East Cornwall Harriers | M | 06:23.5 | 352 | 62 |
| 63 | 0:32:00 | BABB, Steve | Newquay Road Runners | M | 06:23.9 | 365 | 63 |
| 64 | 0:32:03 | LITTLEJOHNS, Mark | Falmouth Road Runners | M | 06:24.5 | 14 | 64 |
| 65 | 0:32:06 | ATTWOOD, James | Cornwall AC | M | 06:25.1 | 76 | 65 |
| 66 | 0:32:07 | ADAMS, Tim | St Austell Running Club | M | 06:25.3 | 269 | 66 |
| 67 | 0:32:10 | EDDISON, Andrew | Cornwall AC | M | 06:25.9 | 110 | 67 |
| 68 | 0:32:18 | BAYLY, Marc | Newquay Road Runners | M | 06:27.5 | 366 | 68 |
| 69 | 0:32:21 | RENDLE, Steve | Newquay Road Runners | M | 06:28.1 | 390 | 69 |
| 70 | 0:32:23 | WEBB, Jonathan | Black Country Tri Club | M | 06:28.5 | 437 | 70 |
| 71 | 0:32:31 | SOLE, John | Bodmin Road Runners | M | 06:30.1 | 17 | 71 |
| 72 | 0:32:38 | CLARKE, Drew | East Cornwall Harriers | M | 06:31.5 | 355 | 72 |
| 73 | 0:32:48 | STANDING, Rob | Truro Running Club | M | 06:33.5 | 322 | 73 |
| 74 | 0:32:53 | RICHARDS, Jason | Carn Runners | M | 06:34.5 | 26 | 74 |
| 75 | 0:33:00 | DOWRICK, Mike | Cornwall AC | M | 06:35.9 | 109 | 75 |
| 77 | 0:33:07 | SHIRLEY, Rich | St Austell Running Club | M | 06:37.3 | 288 | 77 |
| 79 | 0:33:18 | MUTSAERS, Adrian | Cornwall AC | M | 06:39.5 | 117 | 79 |
| 80 | 0:33:26 | MARSHALL, Kevin | Launceston Road Runners | M | 06:41.1 | 237 | 80 |
| 82 | 0:33:40 | WEBB, Jason | Cornwall AC | M | 06:43.9 | 129 | 82 |

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|-----|---------|-------------------------|-------------------------|---|---------|-----|-----|
| 84 | 0:33:45 | COLEY, Alex | East Cornwall Harriers | M | 06:44.9 | 150 | 84 |
| 85 | 0:33:53 | DAVIS, Martin | Newquay Road Runners | M | 06:46.5 | 374 | 85 |
| 86 | 0:33:55 | MAYES, Richard | Hayle Runners | M | 06:46.9 | 184 | 86 |
| 87 | 0:33:58 | POPE, Kevin | Hayle Runners | M | 06:47.5 | 193 | 87 |
| 88 | 0:34:01 | WRIGHT, Kallum | Cornwall AC | M | 06:48.1 | 77 | 88 |
| 89 | 0:34:02 | BATHE, Colin | Truro Running Club | M | 06:48.3 | 329 | 89 |
| 90 | 0:34:03 | CARDEW, Barrie | Carn Runners | M | 06:48.5 | 49 | 90 |
| 93 | 0:34:12 | SMITH, Alistair | Truro Running Club | M | 06:50.3 | 398 | 93 |
| 94 | 0:34:15 | BENHAM, Andrew | Mud Crew Trail Runners | M | 06:50.9 | 416 | 94 |
| 95 | 0:34:22 | CHESTERFIELD, Paul | Cornwall AC | M | 06:52.3 | 106 | 95 |
| 96 | 0:34:25 | HARVEY, Darren | East Cornwall Harriers | M | 06:52.9 | 148 | 96 |
| 97 | 0:34:30 | ULLMAN, Chris | East Cornwall Harriers | M | 06:53.9 | 146 | 97 |
| 98 | 0:34:34 | WALLBANK, Rob | St Austell Running Club | M | 06:54.7 | 278 | 98 |
| 99 | 0:34:39 | FIRTH, Anthony | Tamar Trotters | M | 06:55.7 | 305 | 99 |
| 100 | 0:34:42 | CURTIS, Ken | Cornwall AC | M | 06:56.3 | 120 | 100 |
| 101 | 0:34:44 | BERRYMAN, Tom | Mounts Bay Harriers | M | 06:56.7 | 247 | 101 |
| 102 | 0:34:51 | BONSTOV, Dave | Wells City Harriers | M | 06:58.1 | 434 | 102 |
| 103 | 0:34:53 | CHANNON, Lee | Cornwall AC | M | 06:58.5 | 105 | 103 |
| 104 | 0:34:56 | LLOYD, James | Truro Running Club | M | 06:59.1 | 311 | 104 |
| 106 | 0:35:02 | PICKERING, Stuart | Hayle Runners | M | 07:00.3 | 192 | 106 |
| 108 | 0:35:05 | LETCHFORD, Geoff | Mounts Bay Harriers | M | 07:00.9 | 429 | 108 |
| 109 | 0:35:07 | BRAY, Vivian | Cornwall AC | M | 07:01.3 | 103 | 109 |
| 110 | 0:35:21 | MOORE, Paul | Launceston Road Runners | M | 07:04.0 | 428 | 110 |
| 111 | 0:35:22 | BULLEN, Gary | Mile High | M | 07:04.2 | 414 | 111 |
| 115 | 0:35:26 | FINDLAY, James | Carn Runners | M | 07:05.0 | 45 | 115 |
| 116 | 0:35:30 | PROSSER, Thomas | Mounts Bay Harriers | M | 07:05.8 | 256 | 116 |
| 117 | 0:35:35 | CHIRGWIN, Rob | Truro Running Club | M | 07:06.8 | 400 | 117 |
| 118 | 0:35:38 | WITHAM, Neville | Cornwall AC | M | 07:07.4 | 131 | 118 |
| 119 | 0:35:40 | DAVIES, Richard | Newquay Road Runners | M | 07:07.8 | 372 | 119 |
| 121 | 0:35:44 | RICHARDS, Stuart | St Austell Running Club | M | 07:08.6 | 293 | 121 |
| 122 | 0:35:46 | WILLIAMS, James | Cornwall AC | M | 07:09.0 | 439 | 122 |
| 123 | 0:35:54 | TALLEN, Patrick | St Austell Running Club | M | 07:10.6 | 273 | 123 |
| 124 | 0:36:01 | SAVAGE, Jon | Hayle Runners | M | 07:12.0 | 200 | 124 |
| 127 | 0:36:08 | HARDING, Ben | East Cornwall Harriers | M | 07:13.4 | 349 | 127 |
| 128 | 0:36:08 | LORD, Oli | East Cornwall Harriers | M | 07:13.4 | 356 | 128 |
| 129 | 0:36:18 | POLGLASE, Tom | Carn Runners | M | 07:15.4 | 68 | 129 |
| 130 | 0:36:19 | RICHARDS, Jamie | | M | 07:15.6 | 440 | 130 |
| 131 | 0:36:19 | BROOKLAND, Alan | Newquay Road Runners | M | 07:15.6 | 435 | 131 |
| 132 | 0:36:23 | ROBERTS, Malcolm | St Austell Running Club | M | 07:16.4 | 265 | 132 |
| 134 | 0:36:36 | WILLS, Marcus | East Cornwall Harriers | M | 07:19.0 | 151 | 134 |
| 135 | 0:36:36 | ALLEN, Peter | Newquay Road Runners | M | 07:19.0 | 364 | 135 |
| 136 | 0:36:44 | LEACH, Terry | East Cornwall Harriers | M | 07:20.6 | 359 | 136 |
| 137 | 0:36:46 | WILES, Brian | Launceston Road Runners | M | 07:21.0 | 218 | 137 |
| 140 | 0:36:52 | CROWLE, Jonathan | Truro Running Club | M | 07:22.2 | 315 | 140 |
| 141 | 0:36:56 | OWEN, Mark | St Austell Running Club | M | 07:23.0 | 277 | 141 |
| 142 | 0:36:58 | WOOD, Glenn | East Cornwall Harriers | M | 07:23.4 | 347 | 142 |
| 143 | 0:36:58 | SPENCER, Julian | | M | 07:23.4 | 410 | 143 |
| 144 | 0:36:59 | FRANTZ, Derrick | Cornwall AC | M | 07:23.6 | 111 | 144 |
| 145 | 0:37:00 | REEVE, Paul | Carn Runners | M | 07:23.8 | 40 | 145 |
| 146 | 0:37:05 | MITCHELL, Jon | | M | 07:24.8 | 433 | 146 |
| 147 | 0:37:08 | ANGOVE, Paul | Mounts Bay Harriers | M | 07:25.4 | 257 | 147 |
| 151 | 0:37:15 | BOTTERILL, Guy | | M | 07:26.8 | 441 | 151 |
| 152 | 0:37:18 | CONNON, Eli | Hayle Runners | M | 07:27.4 | 155 | 152 |
| 154 | 0:37:22 | CHAPMAN, Peter | Carn Runners | M | 07:28.2 | 44 | 154 |
| 160 | 0:37:46 | JONES, Mark | Launceston Road Runners | M | 07:33.0 | 236 | 160 |
| 161 | 0:37:47 | DALE, Steve | Newquay Road Runners | M | 07:33.2 | 371 | 161 |
| 164 | 0:37:54 | HARRISON, Nick | Launceston Road Runners | M | 07:34.6 | 234 | 164 |
| 167 | 0:38:01 | PICK, Robert | East Cornwall Harriers | M | 07:36.0 | 152 | 167 |
| 168 | 0:38:01 | HARRIS, Geoff | Newquay Road Runners | M | 07:36.0 | 381 | 168 |
| 170 | 0:38:08 | ROCHOWIAK, Robert | Carn Runners | M | 07:37.4 | 58 | 170 |
| 171 | 0:38:11 | STANFORD, Joseph | | M | 07:38.0 | 345 | 171 |
| 172 | 0:38:11 | JARRAM, Ben | | M | 07:38.0 | 442 | 172 |
| 173 | 0:38:15 | ROBERTS, Jon | Launceston Road Runners | M | 07:38.8 | 217 | 173 |
| 176 | 0:38:20 | ELLIS, Andrew | Hayle Runners | M | 07:39.8 | 173 | 176 |
| 177 | 0:38:24 | SMITH, Derek | Hayle Runners | M | 07:40.6 | 157 | 177 |
| 178 | 0:38:31 | ANDREWS, Mark | East Cornwall Harriers | M | 07:42.0 | 346 | 178 |
| 180 | 0:38:37 | ROSENFELD, Thomas | Hayle Runners | M | 07:43.2 | 198 | 180 |
| 181 | 0:38:38 | GREEN, Alan | East Cornwall Harriers | M | 07:43.4 | 361 | 181 |
| 183 | 0:38:47 | LAND, Graham | | M | 07:45.2 | 332 | 183 |
| 186 | 0:38:59 | WOODARD, Stephen | East Cornwall Harriers | M | 07:47.6 | 134 | 186 |
| 187 | 0:39:01 | TONKIN, Craig | Hayle Runners | M | 07:48.0 | 208 | 187 |
| 189 | 0:39:08 | CAULFIELD, Paul | Tamar Trotters | M | 07:49.4 | 302 | 189 |
| 192 | 0:39:13 | BYRNE, Lee | Newquay Road Runners | M | 07:50.4 | 368 | 192 |
| 193 | 0:39:18 | JONES, Stephen CR | Carn Runners | M | 07:51.4 | 28 | 193 |
| 194 | 0:39:19 | ST LEDGER-RENFREE, Alex | | M | 07:51.6 | 444 | 194 |
| 195 | 0:39:21 | WONNACOTT, Ian | East Cornwall Harriers | M | 07:52.0 | 353 | 195 |
| 197 | 0:39:23 | EVANS, Treve | Carn Runners | M | 07:52.4 | 51 | 197 |
| 198 | 0:39:25 | CALDWELL, Andrew | Carn Runners | M | 07:52.8 | 41 | 198 |
| 199 | 0:39:28 | EAGLING, Nigel | Truro Running Club | M | 07:53.4 | 307 | 199 |

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|-----|---------|----------------------|-------------------------|---|---------|-----|-----|
| 203 | 0:39:38 | MARTIN, Colin | Newquay Road Runners | M | 07:55.4 | 386 | 203 |
| 205 | 0:39:45 | OLIVER, Adam | Mounts Bay Harriers | M | 07:56.8 | 251 | 205 |
| 206 | 0:39:51 | PLAYER, Garry | Newquay Road Runners | M | 07:58.0 | 388 | 206 |
| 207 | 0:40:05 | RAMSEY, Chris | Truro Running Club | M | 08:00.8 | 321 | 207 |
| 209 | 0:40:11 | MEDWAY, Jeff | Truro Running Club | M | 08:02.0 | 318 | 209 |
| 212 | 0:40:15 | TREBILCOCK, Mark | | M | 08:02.8 | 343 | 212 |
| 214 | 0:40:18 | TOWNEND, Stewart | Hayle Runners | M | 08:03.4 | 209 | 214 |
| 217 | 0:40:21 | EVANS, Gareth | Carn Runners | M | 08:04.0 | 52 | 217 |
| 218 | 0:40:25 | DREW, Peter | Carn Runners | M | 08:04.8 | 29 | 218 |
| 224 | 0:40:42 | RUNDLE, Wayne | Launceston Road Runners | M | 08:08.2 | 232 | 224 |
| 225 | 0:40:51 | BALDWIN, Mike | Hayle Runners | M | 08:10.0 | 158 | 225 |
| 227 | 0:41:09 | THOMAS, Stephen | Carn Runners | M | 08:13.6 | 71 | 227 |
| 229 | 0:41:16 | LILLIS, John | Newquay Road Runners | M | 08:15.0 | 384 | 229 |
| 231 | 0:41:23 | STORER, Graham | Cornwall AC | M | 08:16.4 | 75 | 231 |
| 232 | 0:41:27 | MANUEL, Simon | St Austell Running Club | M | 08:17.2 | 268 | 232 |
| 236 | 0:41:30 | NORRIS, Chris | Launceston Road Runners | M | 08:17.8 | 223 | 236 |
| 237 | 0:41:38 | TRETHEWEY, Martin | St Austell Running Club | M | 08:19.4 | 271 | 237 |
| 238 | 0:41:39 | COLEY, Simon | East Cornwall Harriers | M | 08:19.6 | 149 | 238 |
| 239 | 0:41:41 | BATCHELOR, David | Hayle Runners | M | 08:20.0 | 162 | 239 |
| 246 | 0:42:07 | RINGER, Ian | Bodmin Road Runners | M | 08:25.2 | 20 | 246 |
| 248 | 0:42:10 | DINHAM, Martin | | M | 08:25.8 | 337 | 248 |
| 249 | 0:42:12 | VAUGHLEY, Craig | East Cornwall Harriers | M | 08:26.2 | 348 | 249 |
| 250 | 0:42:12 | JENKIN, Steve | Cornwall AC | M | 08:26.2 | 114 | 250 |
| 257 | 0:42:29 | JORDAN, Rob | Hayle Runners | M | 08:29.6 | 178 | 257 |
| 258 | 0:42:42 | KNOWLES, Michael | Carn Runners | M | 08:32.2 | 42 | 258 |
| 261 | 0:42:46 | BURROWS, Robert | Mounts Bay Harriers | M | 08:33.0 | 399 | 261 |
| 264 | 0:42:54 | CAFF, Wayne | Newquay Road Runners | M | 08:34.6 | 370 | 264 |
| 266 | 0:42:56 | MANNING, James | Hayle Runners | M | 08:35.0 | 182 | 266 |
| 268 | 0:43:02 | WHITE, Justin | Newquay Road Runners | M | 08:36.2 | 397 | 268 |
| 270 | 0:43:09 | OLIVER, Martin | Mounts Bay Harriers | M | 08:37.6 | 252 | 270 |
| 273 | 0:43:20 | BOWDEN, John | Looe Pioneers | M | 08:39.8 | 405 | 273 |
| 275 | 0:43:26 | GIBBARD, Jonathan | Hayle Runners | M | 08:41.0 | 175 | 275 |
| 277 | 0:43:30 | BONAR, David | Hayle Runners | M | 08:41.8 | 166 | 277 |
| 278 | 0:43:40 | PALMER, Michael | East Cornwall Harriers | M | 08:43.8 | 357 | 278 |
| 279 | 0:43:46 | HEYWOOD, Peter | Looe Pioneers | M | 08:45.0 | 402 | 279 |
| 282 | 0:44:03 | HASLAM, Luke | | M | 08:48.4 | 342 | 282 |
| 283 | 0:44:05 | JONES, Simon | Carn Runners | M | 08:48.8 | 67 | 283 |
| 286 | 0:44:08 | MARSHALL, Keith | Falmouth Road Runners | M | 08:49.4 | 70 | 286 |
| 288 | 0:44:17 | BENNETTS, Shaun | Hayle Runners | M | 08:51.2 | 164 | 288 |
| 295 | 0:44:39 | DE ROZARIEUX, Nathan | Hayle Runners | M | 08:55.6 | 172 | 295 |
| 296 | 0:44:41 | BROWN, Adrian | Launceston Road Runners | M | 08:56.0 | 224 | 296 |
| 298 | 0:44:44 | THOMPSON, Steve | Carn Runners | M | 08:56.6 | 404 | 298 |
| 302 | 0:44:55 | TONKINS, Richard | St Austell Running Club | M | 08:58.8 | 272 | 302 |
| 307 | 0:45:10 | CLOUDER, Alan | | M | 09:01.8 | 335 | 307 |
| 309 | 0:45:22 | SAVIN, Nick | Newquay Road Runners | M | 09:04.2 | 391 | 309 |
| 310 | 0:45:34 | MAYWOOD, Bryan | Looe Pioneers | M | 09:06.6 | 403 | 310 |
| 316 | 0:46:05 | MANKEE, Walter | Carn Runners | M | 09:12.8 | 48 | 316 |
| 324 | 0:46:42 | SALVAGE, David | Tamar Trotters | M | 09:20.2 | 298 | 324 |
| 333 | 0:47:34 | BERRIMAN, Andrew | | M | 09:30.6 | 438 | 333 |
| 338 | 0:48:11 | HACKMAN, Tom | Newquay Road Runners | M | 09:38.0 | 396 | 338 |
| 339 | 0:48:25 | THOMAS, Paul | Hayle Runners | M | 09:40.8 | 205 | 339 |
| 342 | 0:48:34 | JENKIN, Richard | Cornwall AC | M | 09:42.6 | 113 | 342 |
| 344 | 0:48:57 | SQUIRE, Mark | Mounts Bay Harriers | M | 09:47.2 | 245 | 344 |
| 345 | 0:49:09 | NASH, Pete | East Cornwall Harriers | M | 09:49.6 | 358 | 345 |
| 346 | 0:49:17 | HAISMAN, Matt | Launceston Road Runners | M | 09:51.2 | 229 | 346 |
| 348 | 0:49:20 | BATTEN, Daniel | | M | 09:51.8 | 415 | 348 |
| 349 | 0:49:38 | O'REILLY, Kevin | Tamar Trotters | M | 09:55.4 | 301 | 349 |
| 350 | 0:49:43 | BOLT, Adrian | Truro Running Club | M | 09:56.4 | 309 | 350 |
| 351 | 0:50:07 | LAND, Owen | | M | 10:01.2 | 333 | 351 |
| 354 | 0:50:10 | EVANS, Des | Newquay Road Runners | M | 10:01.8 | 379 | 354 |
| 355 | 0:50:31 | BAWDEN, Mike | Cornwall AC | M | 10:06.0 | 102 | 355 |
| 356 | 0:50:37 | MCLEAN, Andrew | St Austell Running Club | M | 10:07.2 | 280 | 356 |
| 357 | 0:50:45 | KINGTON, Norris | Cornwall AC | M | 10:08.8 | 116 | 357 |
| 362 | 0:51:16 | MASON, John | Launceston Road Runners | M | 10:15.0 | 221 | 362 |
| 364 | 0:51:28 | TOWNSEND, Mark | Moorhaven RC | M | 10:17.4 | 243 | 364 |
| 370 | 0:53:06 | RALLS, David | St Austell Running Club | M | 10:37.0 | 292 | 370 |
| 372 | 0:53:20 | BEASLEY, Steve | East Cornwall Harriers | M | 10:39.8 | 351 | 372 |
| 376 | 0:54:20 | ANDREWS, George | Mounts Bay Harriers | M | 10:51.8 | 255 | 376 |
| 377 | 0:54:40 | SHAPLAND, Ron | Newquay Road Runners | M | 10:55.8 | 392 | 377 |
| 381 | 0:54:56 | ASHFORD, Simon | Moorhaven RC | M | 10:59.0 | 242 | 381 |
| 388 | 0:56:32 | REDGERS, Kevin | Carn Runners | M | 11:18.2 | 60 | 388 |
| 392 | 0:57:28 | TREWEEK, Paul | Truro Running Club | M | 11:29.4 | 327 | 392 |
| 400 | 0:58:59 | ANDREWARTHA, David | Bude Rats | M | 11:47.6 | 426 | 400 |
| 404 | 0:59:48 | WRIGHT, Mike | Hayle Runners | M | 11:57.4 | 215 | 404 |
| 407 | 1:01:14 | SULLIVAN, Paul | | M | 12:14.6 | 339 | 407 |

Female Runners

| | | | | | | | | |
|----|-----|---------|---------------------|-------------------------|---|---------|-----|-----|
| 1 | 53 | 0:31:04 | MORRALL, Zelah | Cornwall AC | F | 06:12.7 | 90 | 53 |
| 2 | 56 | 0:31:19 | TREGENZA, Heidi | Cornwall AC | F | 06:15.7 | 99 | 56 |
| 3 | 58 | 0:31:39 | PAULL, Emma | Hayle Runners | F | 06:19.7 | 190 | 58 |
| 4 | 76 | 0:33:04 | RAGGETT, Donna | Cornwall AC | F | 06:36.7 | 93 | 76 |
| 5 | 78 | 0:33:12 | SOLE, Amy | Cornwall AC | F | 06:38.3 | 95 | 78 |
| 6 | 81 | 0:33:30 | BUSCOMBE, Jessica | St Austell Running Club | F | 06:41.9 | 266 | 81 |
| 7 | 83 | 0:33:43 | JOHNSON, Jeanette | Launceston Road Runners | F | 06:44.5 | 230 | 83 |
| 8 | 91 | 0:34:03 | DAVIS, Megan | Newquay Road Runners | F | 06:48.5 | 375 | 91 |
| 9 | 92 | 0:34:04 | HUGHES, Katie | Cornwall AC | F | 06:48.7 | 85 | 92 |
| 10 | 105 | 0:34:59 | NASH, Jenny | East Cornwall Harriers | F | 06:59.7 | 141 | 105 |
| 11 | 107 | 0:35:03 | BENNETT, Charlotte | Hayle Runners | F | 07:00.5 | 163 | 107 |
| 12 | 112 | 0:35:22 | WILLIAMS, Lucy | Truro Running Club | F | 07:04.2 | 325 | 112 |
| 13 | 113 | 0:35:24 | DALTON, Tammy | Falmouth Road Runners | F | 07:04.6 | 8 | 113 |
| 14 | 114 | 0:35:24 | MOSSOP, Emma | Falmouth Road Runners | F | 07:04.6 | 3 | 114 |
| 15 | 120 | 0:35:41 | DAVIS, Lydia | Newquay Road Runners | F | 07:08.0 | 373 | 120 |
| 16 | 125 | 0:36:03 | WILLIAMS, Kelly | Mounts Bay Harriers | F | 07:12.4 | 249 | 125 |
| 17 | 126 | 0:36:07 | HUNT, Georgina | Falmouth Road Runners | F | 07:13.2 | 6 | 126 |
| 18 | 133 | 0:36:28 | LOWE, Stacey | Carn Runners | F | 07:17.4 | 59 | 133 |
| 19 | 138 | 0:36:50 | REGAN, Alicia | Plymouth Harriers | F | 07:21.8 | 338 | 138 |
| 20 | 139 | 0:36:52 | PEARCE, Julia | Cornwall AC | F | 07:22.2 | 92 | 139 |
| 21 | 148 | 0:37:11 | QUARMBY, Ann | East Cornwall Harriers | F | 07:26.0 | 143 | 148 |
| 22 | 149 | 0:37:11 | LITTLEWOOD, Louise | East Cornwall Harriers | F | 07:26.0 | 135 | 149 |
| 23 | 150 | 0:37:13 | ROGERS, Laura | Cornwall AC | F | 07:26.4 | 94 | 150 |
| 24 | 153 | 0:37:22 | MEDWAY, Lucy | Truro Running Club | F | 07:28.2 | 319 | 153 |
| 25 | 155 | 0:37:29 | KERSHAW, Kay | | F | 07:29.6 | 436 | 155 |
| 26 | 156 | 0:37:32 | SOLOMON, Pam | Bodmin Road Runners | F | 07:30.2 | 21 | 156 |
| 27 | 157 | 0:37:38 | STEPHENS, Emma | Bodmin Road Runners | F | 07:31.4 | 18 | 157 |
| 28 | 158 | 0:37:41 | FOX, Hannah | Mile High | F | 07:32.0 | 241 | 158 |
| 29 | 159 | 0:37:46 | WOOD, Jules | Falmouth Road Runners | F | 07:33.0 | 1 | 159 |
| 30 | 162 | 0:37:47 | HARDWICK, Shelley | | F | 07:33.2 | 344 | 162 |
| 31 | 163 | 0:37:52 | WATERS, Claire | Launceston Road Runners | F | 07:34.2 | 238 | 163 |
| 32 | 165 | 0:37:55 | JOSE, Amy | Hayle Runners | F | 07:34.8 | 179 | 165 |
| 33 | 166 | 0:37:57 | GOULD, Marie | Cornwall AC | F | 07:35.2 | 82 | 166 |
| 34 | 169 | 0:38:07 | HAYNES, Janet | Mounts Bay Harriers | F | 07:37.2 | 259 | 169 |
| 35 | 174 | 0:38:17 | KENNEDY, Janine | Falmouth Road Runners | F | 07:39.2 | 7 | 174 |
| 36 | 175 | 0:38:18 | SHAW, Louisa | Launceston Road Runners | F | 07:39.4 | 408 | 175 |
| 37 | 179 | 0:38:34 | HANNIS, Cheryl | East Cornwall Harriers | F | 07:42.6 | 144 | 179 |
| 38 | 182 | 0:38:40 | BURNS, Julia | Hayle Runners | F | 07:43.8 | 169 | 182 |
| 39 | 184 | 0:38:49 | THOMAS, Helen | Carn Runners | F | 07:45.6 | 33 | 184 |
| 40 | 185 | 0:38:54 | STACEY, Hayley | East Cornwall Harriers | F | 07:46.6 | 142 | 185 |
| 41 | 188 | 0:39:02 | MAGUIRE, Natalie | Cornwall AC | F | 07:48.2 | 87 | 188 |
| 42 | 190 | 0:39:11 | LONGMAN, Claire | Truro Running Club | F | 07:50.0 | 320 | 190 |
| 43 | 191 | 0:39:11 | DODWELL, Helen | Truro Running Club | F | 07:50.0 | 316 | 191 |
| 44 | 196 | 0:39:22 | DAVIDSON, Claire | East Cornwall Harriers | F | 07:52.2 | 140 | 196 |
| 45 | 200 | 0:39:28 | NUGENT, Debbie | Cornwall AC | F | 07:53.4 | 91 | 200 |
| 46 | 201 | 0:39:28 | HARRISON, Karen | Cornwall AC | F | 07:53.4 | 83 | 201 |
| 47 | 202 | 0:39:28 | HILL, Nancy | Cornwall AC | F | 07:53.4 | 84 | 202 |
| 48 | 204 | 0:39:43 | CAMBORIEUX, Cathryn | Truro Running Club | F | 07:56.4 | 314 | 204 |
| 49 | 208 | 0:40:09 | PASCOE, Anna | Carn Runners | F | 08:01.6 | 27 | 208 |
| 50 | 210 | 0:40:13 | TREBILCOCK, Liz | Truro Running Club | F | 08:02.4 | 312 | 210 |
| 51 | 211 | 0:40:14 | POOLE, Lydia | Truro Running Club | F | 08:02.6 | 432 | 211 |
| 52 | 213 | 0:40:16 | HITCHENS, Wietske | Carn Runners | F | 08:03.0 | 24 | 213 |
| 53 | 215 | 0:40:21 | HARVEY, Ceri | Carn Runners | F | 08:04.0 | 69 | 215 |
| 54 | 216 | 0:40:21 | EYRE, Janna | Carn Runners | F | 08:04.0 | 39 | 216 |
| 55 | 219 | 0:40:28 | DUNCAN, Jeanette | Newquay Road Runners | F | 08:05.4 | 376 | 219 |
| 56 | 220 | 0:40:31 | GLOVER, Ruth | Mounts Bay Harriers | F | 08:06.0 | 258 | 220 |
| 57 | 221 | 0:40:34 | BULLOCK, Katie | Newquay Road Runners | F | 08:06.6 | 419 | 221 |
| 58 | 222 | 0:40:38 | HUNT, Jenna | Falmouth Road Runners | F | 08:07.4 | 5 | 222 |
| 59 | 223 | 0:40:38 | BRADBURY, Rosie | Falmouth Road Runners | F | 08:07.4 | 4 | 223 |
| 60 | 226 | 0:41:05 | WHITEHEAD, Kelly | Hayle Runners | F | 08:12.8 | 183 | 226 |
| 61 | 228 | 0:41:11 | ELSTONE, Meryl | Carn Runners | F | 08:14.0 | 25 | 228 |
| 62 | 230 | 0:41:23 | MORGADO, Chloe | Cornwall AC | F | 08:16.4 | 89 | 230 |
| 63 | 233 | 0:41:28 | STEWART, Juliet | Truro Running Club | F | 08:17.4 | 326 | 233 |
| 64 | 234 | 0:41:30 | WERRAN, Louise | Launceston Road Runners | F | 08:17.8 | 231 | 234 |
| 65 | 235 | 0:41:30 | THOMAS, Alison | Hayle Runners | F | 08:17.8 | 206 | 235 |
| 66 | 240 | 0:41:47 | RULE, Helen | Hayle Runners | F | 08:21.2 | 199 | 240 |
| 67 | 241 | 0:41:47 | SHAW, Sian | Newquay Road Runners | F | 08:21.2 | 264 | 241 |
| 68 | 242 | 0:41:54 | MCKENZIE, Tracy | Newquay Road Runners | F | 08:22.6 | 385 | 242 |
| 69 | 243 | 0:41:58 | BENNETT, Emily | Hayle Runners | F | 08:23.4 | 154 | 243 |
| 70 | 244 | 0:41:59 | GOLDBERG, Jessica | Launceston Road Runners | F | 08:23.6 | 412 | 244 |
| 71 | 245 | 0:42:06 | WARREN, Diane | Hayle Runners | F | 08:25.0 | 210 | 245 |
| 72 | 247 | 0:42:09 | GERRARD, Corinne | Hayle Runners | F | 08:25.6 | 174 | 247 |
| 73 | 251 | 0:42:14 | BARRIBALL, Julie | Launceston Road Runners | F | 08:26.6 | 225 | 251 |
| 74 | 252 | 0:42:17 | CATNACH, Alison | Looe Pioneers | F | 08:27.2 | 401 | 252 |
| 75 | 253 | 0:42:18 | NICHOLAS, Julie | Hayle Runners | F | 08:27.4 | 189 | 253 |
| 76 | 254 | 0:42:19 | PLAYER, Lisa | Newquay Road Runners | F | 08:27.6 | 389 | 254 |
| 77 | 255 | 0:42:21 | TAYLOR, Sue | Mounts Bay Harriers | F | 08:28.0 | 250 | 255 |
| 78 | 256 | 0:42:24 | PATEMAN, Gemma | St Austell Running Club | F | 08:28.6 | 289 | 256 |
| 79 | 259 | 0:42:42 | KNOWLES, Juliet | Carn Runners | F | 08:32.2 | 43 | 259 |
| 80 | 260 | 0:42:45 | MANSFIELD, Sue | Truro Running Club | F | 08:32.8 | 308 | 260 |
| 81 | 262 | 0:42:51 | GREEN, Julie | Carn Runners | F | 08:34.0 | 30 | 262 |

| | | | | | | | | |
|-----|-----|---------|-----------------------|-------------------------|---|---------|-----|-----|
| 82 | 263 | 0:42:51 | ELLIOTT, Kathy | Newquay Road Runners | F | 08:34.0 | 377 | 263 |
| 83 | 265 | 0:42:56 | MOORE, Kelly | Hayle Runners | F | 08:35.0 | 186 | 265 |
| 84 | 267 | 0:43:00 | HOLDING, Ruth | Mile High | F | 08:35.8 | 240 | 267 |
| 85 | 269 | 0:43:05 | HILL, Sarah | Newquay Road Runners | F | 08:36.8 | 382 | 269 |
| 86 | 271 | 0:43:16 | WOODFINE-BEARD, Kelly | Newquay Road Runners | F | 08:39.0 | 395 | 271 |
| 87 | 272 | 0:43:18 | HYNES, Jaine | Launceston Road Runners | F | 08:39.4 | 422 | 272 |
| 88 | 274 | 0:43:21 | ROWE, Melissa | St Austell Running Club | F | 08:40.0 | 283 | 274 |
| 89 | 276 | 0:43:29 | POULTNEY, Melissa | Hayle Runners | F | 08:41.6 | 194 | 276 |
| 90 | 280 | 0:43:53 | SWETNAN, Jim | Hayle Runners | F | 08:46.4 | 204 | 280 |
| 91 | 281 | 0:43:57 | STUTHRIDGE, Helen | St Austell Running Club | F | 08:47.2 | 296 | 281 |
| 92 | 284 | 0:44:06 | ELLISON, Eleanor | Newquay Road Runners | F | 08:49.0 | 378 | 284 |
| 93 | 285 | 0:44:08 | SWIFT, Sarah | Launceston Road Runners | F | 08:49.4 | 222 | 285 |
| 94 | 287 | 0:44:09 | SCALLAN, Dawn | Carn Runners | F | 08:49.6 | 73 | 287 |
| 95 | 289 | 0:44:25 | COLEMAN, Nikki | Cornwall AC | F | 08:52.8 | 74 | 289 |
| 96 | 290 | 0:44:28 | LAMMERS, Wiebke | Falmouth Road Runners | F | 08:53.4 | 2 | 290 |
| 97 | 291 | 0:44:33 | OSBORN, Kathryn | Hayle Runners | F | 08:54.4 | 214 | 291 |
| 98 | 292 | 0:44:34 | VERCESI, Gemma | Mounts Bay Harriers | F | 08:54.6 | 260 | 292 |
| 99 | 293 | 0:44:34 | CARVETH, Debbie | Hayle Runners | F | 08:54.6 | 170 | 293 |
| 100 | 294 | 0:44:35 | DAVEY, Tamzin | Cornwall AC | F | 08:54.8 | 81 | 294 |
| 101 | 297 | 0:44:42 | PARKIN, Eleanor | Truro Running Club | F | 08:56.2 | 310 | 297 |
| 102 | 299 | 0:44:45 | SMITH, Hannah | Hayle Runners | F | 08:56.8 | 203 | 299 |
| 103 | 300 | 0:44:53 | LONG, Fran | Hayle Runners | F | 08:58.4 | 181 | 300 |
| 104 | 301 | 0:44:54 | DE BARROS, Sara | Hayle Runners | F | 08:58.6 | 171 | 301 |
| 105 | 303 | 0:45:00 | ALEXANDER, Samantha | Cornwall AC | F | 08:59.8 | 79 | 303 |
| 106 | 304 | 0:45:03 | GALLOWAY, Alison | Carn Runners | F | 09:00.4 | 53 | 304 |
| 107 | 305 | 0:45:03 | HADFIELD, Angeline | Truro Running Club | F | 09:00.4 | 317 | 305 |
| 108 | 306 | 0:45:08 | CARDEW, Denise | Carn Runners | F | 09:01.4 | 64 | 306 |
| 109 | 308 | 0:45:16 | MIDDLEDITCH, Kay | Newquay Road Runners | F | 09:03.0 | 387 | 308 |
| 110 | 311 | 0:45:44 | TRETHEWEY, Charlie | St Austell Running Club | F | 09:08.6 | 270 | 311 |
| 111 | 312 | 0:45:48 | SPEAKE, Georgina | St Austell Running Club | F | 09:09.4 | 291 | 312 |
| 112 | 313 | 0:45:48 | WILKINSON, Judith | Tamar Trotters | F | 09:09.4 | 300 | 313 |
| 113 | 314 | 0:45:52 | ROBERTS, Mary | Launceston Road Runners | F | 09:10.2 | 216 | 314 |
| 114 | 315 | 0:45:55 | BUNCE, Rosita | 3 WhiteHats | F | 09:10.8 | 334 | 315 |
| 115 | 317 | 0:46:09 | RUNDLE, Sharon | Launceston Road Runners | F | 09:13.6 | 233 | 317 |
| 116 | 318 | 0:46:23 | MCBAIN, Vanessa May | Newquay Road Runners | F | 09:16.4 | 417 | 318 |
| 117 | 319 | 0:46:23 | PEARCE, Deborah | Hayle Runners | F | 09:16.4 | 191 | 319 |
| 118 | 320 | 0:46:27 | BROOKS, Amanda | Newquay Road Runners | F | 09:17.2 | 367 | 320 |
| 119 | 321 | 0:46:28 | SIBLEY, Ella | St Austell Running Club | F | 09:17.4 | 279 | 321 |
| 120 | 322 | 0:46:36 | RICKARD, Tracey | Tri Logic Cornwall | F | 09:19.0 | 331 | 322 |
| 121 | 323 | 0:46:39 | JAMIESON, Sandy | Carn Runners | F | 09:19.6 | 72 | 323 |
| 122 | 325 | 0:46:50 | LATHOM, Janet | Launceston Road Runners | F | 09:21.8 | 226 | 325 |
| 123 | 326 | 0:46:57 | BILLINGTON, Melanie | Hayle Runners | F | 09:23.2 | 165 | 326 |
| 124 | 327 | 0:47:00 | JAMESON, Judy | Carn Runners | F | 09:23.8 | 32 | 327 |
| 125 | 328 | 0:47:14 | MARTIN, Lorna | Cornwall AC | F | 09:26.6 | 88 | 328 |
| 126 | 329 | 0:47:18 | CURTIS, Jill | Cornwall AC | F | 09:27.4 | 119 | 329 |
| 127 | 330 | 0:47:26 | HAGHANI, Laura | Hayle Runners | F | 09:29.0 | 176 | 330 |
| 128 | 331 | 0:47:32 | SAUNDERS, Lyndsey | East Cornwall Harriers | F | 09:30.2 | 139 | 331 |
| 129 | 332 | 0:47:33 | OLDHAM, Lucy | East Cornwall Harriers | F | 09:30.4 | 138 | 332 |
| 130 | 334 | 0:48:00 | TOZER, Nicola | Cornwall AC | F | 09:35.8 | 98 | 334 |
| 131 | 335 | 0:48:03 | CROSSE, Lexie | Mounts Bay Harriers | F | 09:36.4 | 253 | 335 |
| 132 | 336 | 0:48:04 | TURNER, Yvonne | Mounts Bay Harriers | F | 09:36.6 | 244 | 336 |
| 133 | 337 | 0:48:06 | GIBSON, Faye | Carn Runners | F | 09:37.0 | 36 | 337 |
| 134 | 340 | 0:48:26 | WILLIAMS, Tania | Hayle Runners | F | 09:41.0 | 213 | 340 |
| 135 | 341 | 0:48:33 | JENKIN, Jacqueline | Cornwall AC | F | 09:42.4 | 86 | 341 |
| 136 | 343 | 0:48:54 | CAULFIELD, Trudy | Tamar Trotters | F | 09:46.6 | 303 | 343 |
| 137 | 347 | 0:49:18 | BOWDEN, Geraldine | Looe Pioneers | F | 09:51.4 | 406 | 347 |
| 138 | 352 | 0:50:08 | THOMAS, Madison | Hayle Runners | F | 10:01.4 | 207 | 352 |
| 139 | 353 | 0:50:10 | HARVEY, Lynn | Newquay Road Runners | F | 10:01.8 | 380 | 353 |
| 140 | 358 | 0:50:49 | PLATTEN, Donna | St Austell Running Club | F | 10:09.6 | 267 | 358 |
| 141 | 359 | 0:50:50 | GOWER, Lisa | Carn Runners | F | 10:09.8 | 65 | 359 |
| 142 | 360 | 0:50:57 | MATRAVES, Julie | Carn Runners | F | 10:11.2 | 66 | 360 |
| 143 | 361 | 0:51:12 | TAPHOUSE, Linsey | East Cornwall Harriers | F | 10:14.2 | 136 | 361 |
| 144 | 363 | 0:51:25 | CAFF, Jane | Newquay Road Runners | F | 10:16.8 | 369 | 363 |
| 145 | 365 | 0:51:44 | RAY, Pamela | Hayle Runners | F | 10:20.6 | 196 | 365 |
| 146 | 366 | 0:52:22 | HOGG, Lorna | St Austell Running Club | F | 10:28.2 | 284 | 366 |
| 147 | 367 | 0:52:23 | SMITH, Mandy | St Austell Running Club | F | 10:28.4 | 285 | 367 |
| 148 | 368 | 0:52:41 | VINNICOMBE, Caroline | Carn Runners | F | 10:32.0 | 57 | 368 |
| 149 | 369 | 0:52:42 | SLATER, Kirstie | Truro Running Club | F | 10:32.2 | 323 | 369 |
| 150 | 371 | 0:53:10 | HYDE-LINAKER, Elaine | St Austell Running Club | F | 10:37.8 | 281 | 371 |
| 151 | 373 | 0:53:46 | FIRTH, Becky | Tamar Trotters | F | 10:45.0 | 306 | 373 |
| 152 | 374 | 0:54:03 | LOOSLEY, Alison | St Austell Running Club | F | 10:48.4 | 290 | 374 |
| 153 | 375 | 0:54:20 | ANDREWS, Greta | Mounts Bay Harriers | F | 10:51.8 | 254 | 375 |
| 154 | 378 | 0:54:48 | TOY, Jeanette | Carn Runners | F | 10:57.4 | 55 | 378 |
| 155 | 379 | 0:54:53 | MARSH, Kathryn | Carn Runners | F | 10:58.4 | 31 | 379 |
| 156 | 380 | 0:54:56 | TRERISE, Catherine | Cornwall AC | F | 10:59.0 | 100 | 380 |
| 157 | 382 | 0:55:04 | FOSTER, Ann | Tamar Trotters | F | 11:00.6 | 304 | 382 |
| 158 | 383 | 0:55:24 | EASTERBROOK, Liz | Mounts Bay Harriers | F | 11:04.6 | 261 | 383 |
| 159 | 384 | 0:55:57 | CUTLAN, Jean | St Austell Running Club | F | 11:11.2 | 276 | 384 |
| 160 | 385 | 0:56:02 | YATES, Angela | St Austell Running Club | F | 11:12.2 | 295 | 385 |
| 161 | 386 | 0:56:06 | TAPHOUSE, Lesley | Bodmin Road Runners | F | 11:13.0 | 19 | 386 |
| 162 | 387 | 0:56:30 | REDGERS, Claire | Carn Runners | F | 11:17.8 | 61 | 387 |
| 163 | 389 | 0:56:36 | POOLE, Wendy | St Austell Running Club | F | 11:19.0 | 282 | 389 |
| 164 | 390 | 0:57:14 | BRYANT, Tamsy | Hayle Runners | F | 11:26.6 | 168 | 390 |
| 165 | 391 | 0:57:14 | HARRIES, Victoria | Hayle Runners | F | 11:26.6 | 177 | 391 |

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|-----|-----|---------|---------------------|-------------------------|---|---------|-----|-----|
| 166 | 393 | 0:57:33 | EWART, Sam | St Austell Running Club | F | 11:30.4 | 275 | 393 |
| 167 | 394 | 0:57:34 | TODD, Christine | St Austell Running Club | F | 11:30.6 | 274 | 394 |
| 168 | 395 | 0:57:52 | THOMAS, Kathryn | Cornwall AC | F | 11:34.2 | 96 | 395 |
| 169 | 396 | 0:57:56 | JASYNEWYCZ, Deborah | Carn Runners | F | 11:35.0 | 430 | 396 |
| 170 | 397 | 0:58:38 | RAWLINS, Claudine | Hayle Runners | F | 11:43.4 | 195 | 397 |
| 171 | 398 | 0:58:58 | Sally | | F | 11:47.4 | 427 | 398 |
| 172 | 399 | 0:58:58 | CAMPBELL, Alison | Carn Runners | F | 11:47.4 | 63 | 399 |
| 173 | 401 | 0:59:00 | HALL, Zoe | Carn Runners | F | 11:47.8 | 34 | 401 |
| 174 | 402 | 0:59:00 | HALL, Saffion | Carn Runners | F | 11:47.8 | 47 | 402 |
| 175 | 403 | 0:59:38 | WHEELER, Karen | Hayle Runners | F | 11:55.4 | 212 | 403 |
| 176 | 405 | 1:00:51 | BRYANT, Rebecca | Hayle Runners | F | 12:10.0 | 167 | 405 |
| 177 | 406 | 1:01:14 | CAREY, Leigh-Anne | | F | 12:14.6 | 340 | 406 |
| 178 | 408 | 1:01:43 | WEBBER, Sharon | St Austell Running Club | F | 12:20.4 | 287 | 408 |
| 179 | 409 | 1:01:43 | BLIGHT, Mandy | St Austell Running Club | F | 12:20.4 | 286 | 409 |
| 180 | 410 | 1:02:17 | MCCREEDY, Tina | Hayle Runners | F | 12:27.2 | 185 | 410 |
| 181 | 411 | 1:02:18 | NEWING, Sarah | Hayle Runners | F | 12:27.4 | 153 | 411 |
| 182 | 412 | 1:06:45 | EVANS, Louise | Carn Runners | F | 13:20.8 | 62 | 412 |
| 183 | 413 | 1:06:47 | UREN, Lisa | Carn Runners | F | 13:21.2 | 50 | 413 |
| 184 | 414 | 1:06:47 | DREW, Carole | Carn Runners | F | 13:21.2 | 38 | 414 |
| 185 | 415 | 1:07:37 | ORPWOOD, Jenny | Mounts Bay Harriers | F | 13:31.2 | 262 | 415 |

Male Division 1 – 10 to Count

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|-------------|---------|--------------------|-------------------------|---|---------|-----|-----|
| 1 | 0:26:33 | SNOOK, Colin | Cornwall AC | M | 05:18.5 | 125 | 1 |
| 4 | 0:27:32 | THOMAS, Justin | Cornwall AC | M | 05:30.3 | 128 | 4 |
| 5 | 0:27:35 | SMITH, Paul | Cornwall AC | M | 05:30.9 | 124 | 5 |
| 8 | 0:27:56 | WHEAR, Paul | Cornwall AC | M | 05:35.1 | 78 | 8 |
| 11 | 0:28:10 | KINDON, Noel | Cornwall AC | M | 05:37.9 | 115 | 11 |
| 16 | 0:28:21 | SLATTERY, Tom | Cornwall AC | M | 05:40.1 | 123 | 16 |
| 18 | 0:28:28 | CLAY, Jordan | Cornwall AC | M | 05:41.5 | 107 | 18 |
| 19 | 0:28:51 | GOODCHILD, Sam | Cornwall AC | M | 05:46.1 | 112 | 19 |
| 21 | 0:29:01 | CREW, Matthew | Cornwall AC | M | 05:48.1 | 118 | 21 |
| 23 | 0:29:28 | ARGALL, Joe | Cornwall AC | M | 05:53.5 | 101 | 23 |
| 126 | | | | | | | |
| 10 | 0:28:06 | MORANT, Jordan | Hayle Runners | M | 05:37.1 | 187 | 10 |
| 14 | 0:28:16 | HUMPHREY, Thomas | Hayle Runners | M | 05:39.1 | 159 | 14 |
| 17 | 0:28:26 | RATCLIFFE, Floyd | Hayle Runners | M | 05:41.1 | 156 | 17 |
| 24 | 0:29:28 | WATTS, Robert | Hayle Runners | M | 05:53.5 | 211 | 24 |
| 27 | 0:29:40 | KNOWLES, Simon | Hayle Runners | M | 05:55.9 | 180 | 27 |
| 29 | 0:29:48 | ABRAHAM, Scott | Hayle Runners | M | 05:57.5 | 161 | 29 |
| 39 | 0:30:41 | MURRANT, Kieran | Hayle Runners | M | 06:08.1 | 188 | 39 |
| 79 | 0:33:55 | MAYES, Richard | Hayle Runners | M | 06:46.9 | 184 | 86 |
| 80 | 0:33:58 | POPE, Kevin | Hayle Runners | M | 06:47.5 | 193 | 87 |
| 96 | 0:35:02 | PICKERING, Stuart | Hayle Runners | M | 07:00.3 | 192 | 106 |
| 415 | | | | | | | |
| 6 | 0:27:44 | WRIGHT, Tony | Newquay Road Runners | M | 05:32.7 | 443 | 6 |
| 12 | 0:28:13 | WALKER, Ken | Newquay Road Runners | M | 05:38.5 | 394 | 12 |
| 20 | 0:28:51 | LUTON, Tom | Newquay Road Runners | M | 05:46.1 | 418 | 20 |
| 36 | 0:30:22 | SWIFT, Nigel | Newquay Road Runners | M | 06:04.3 | 393 | 36 |
| 42 | 0:30:45 | HOOPER, Gregg | Newquay Road Runners | M | 06:08.9 | 383 | 42 |
| 60 | 0:32:00 | BABB, Steve | Newquay Road Runners | M | 06:23.9 | 365 | 63 |
| 65 | 0:32:18 | BAYLY, Marc | Newquay Road Runners | M | 06:27.5 | 366 | 68 |
| 66 | 0:32:21 | RENDLE, Steve | Newquay Road Runners | M | 06:28.1 | 390 | 69 |
| 78 | 0:33:53 | DAVIS, Martin | Newquay Road Runners | M | 06:46.5 | 374 | 85 |
| 105 | 0:35:40 | DAVIES, Richard | Newquay Road Runners | M | 07:07.8 | 372 | 119 |
| 490 | | | | | | | |
| 28 | 0:29:44 | BUZZA, Dave | Cornwall AC | M | 05:56.7 | 104 | 28 |
| 31 | 0:29:52 | WEBSTER, Mark | Cornwall AC | M | 05:58.3 | 130 | 31 |
| 34 | 0:30:11 | SALAMONE, Craig | Cornwall AC | M | 06:02.1 | 122 | 34 |
| 41 | 0:30:43 | SOLE, Paul | Cornwall AC | M | 06:08.5 | 126 | 41 |
| 52 | 0:31:00 | DAY, Justin | Cornwall AC | M | 06:11.9 | 108 | 52 |
| 54 | 0:31:16 | TAYLOR, James | Cornwall AC | M | 06:15.1 | 127 | 55 |
| 62 | 0:32:06 | ATTWOOD, James | Cornwall AC | M | 06:25.1 | 76 | 65 |
| 64 | 0:32:10 | EDDISON, Andrew | Cornwall AC | M | 06:25.9 | 110 | 67 |
| 72 | 0:33:00 | DOWRICK, Mike | Cornwall AC | M | 06:35.9 | 109 | 75 |
| 74 | 0:33:18 | MUTSAERS, Adrian | Cornwall AC | M | 06:39.5 | 117 | 79 |
| 512 | | | | | | | |
| 76 | 0:33:40 | WEBB, Jason | Cornwall AC | M | 06:43.9 | 129 | 82 |
| 81 | 0:34:01 | WRIGHT, Kallum | Cornwall AC | M | 06:48.1 | 77 | 88 |
| 86 | 0:34:22 | CHESTERFIELD, Paul | Cornwall AC | M | 06:52.3 | 106 | 95 |
| 91 | 0:34:42 | CURTIS, Ken | Cornwall AC | M | 06:56.3 | 120 | 100 |
| 94 | 0:34:53 | CHANNON, Lee | Cornwall AC | M | 06:58.5 | 105 | 103 |
| 98 | 0:35:07 | BRAY, Vivian | Cornwall AC | M | 07:01.3 | 103 | 109 |
| 104 | 0:35:38 | WITHAM, Neville | Cornwall AC | M | 07:07.4 | 131 | 118 |
| 107 | 0:35:46 | WILLIAMS, James | Cornwall AC | M | 07:09.0 | 439 | 122 |
| 124 | 0:36:59 | FRANTZ, Derrick | Cornwall AC | M | 07:23.6 | 111 | 144 |
| 170 | 0:41:23 | STORER, Graham | Cornwall AC | M | 08:16.4 | 75 | 231 |
| 1031 | | | | | | | |
| 9 | 0:28:03 | EDDY, Neil | Mounds Bay Harriers | M | 05:36.5 | 424 | 9 |
| 47 | 0:30:52 | WOOD, Jacob | Mounds Bay Harriers | M | 06:10.3 | 425 | 47 |
| 92 | 0:34:44 | BERRYMAN, Tom | Mounds Bay Harriers | M | 06:56.7 | 247 | 101 |
| 97 | 0:35:05 | LETCHFORD, Geoff | Mounds Bay Harriers | M | 07:00.9 | 429 | 108 |
| 102 | 0:35:30 | PROSSER, Thomas | Mounds Bay Harriers | M | 07:05.8 | 256 | 116 |
| 127 | 0:37:08 | ANGOVE, Paul | Mounds Bay Harriers | M | 07:25.4 | 257 | 147 |
| 158 | 0:39:45 | OLIVER, Adam | Mounds Bay Harriers | M | 07:56.8 | 251 | 205 |
| 182 | 0:42:46 | BURROWS, Robert | Mounds Bay Harriers | M | 08:33.0 | 399 | 261 |
| 186 | 0:43:09 | OLIVER, Martin | Mounds Bay Harriers | M | 08:37.6 | 252 | 270 |
| 209 | 0:48:57 | SQUIRE, Mark | Mounds Bay Harriers | M | 09:47.2 | 245 | 344 |
| 1209 | | | | | | | |
| 63 | 0:32:07 | ADAMS, Tim | St Austell Running Club | M | 06:25.3 | 269 | 66 |
| 73 | 0:33:07 | SHIRLEY, Rich | St Austell Running Club | M | 06:37.3 | 288 | 77 |
| 89 | 0:34:34 | WALLBANK, Rob | St Austell Running Club | M | 06:54.7 | 278 | 98 |
| 106 | 0:35:44 | RICHARDS, Stuart | St Austell Running Club | M | 07:08.6 | 293 | 121 |
| 108 | 0:35:54 | TALLEN, Patrick | St Austell Running Club | M | 07:10.6 | 273 | 123 |

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|-------------|---------|-------------------|-------------------------|---|---------|-----|-----|
| 115 | 0:36:23 | ROBERTS, Malcolm | St Austell Running Club | M | 07:16.4 | 265 | 132 |
| 121 | 0:36:56 | OWEN, Mark | St Austell Running Club | M | 07:23.0 | 277 | 141 |
| 171 | 0:41:27 | MANUEL, Simon | St Austell Running Club | M | 08:17.2 | 268 | 232 |
| 173 | 0:41:38 | TRETHEWEY, Martin | St Austell Running Club | M | 08:19.4 | 271 | 237 |
| 199 | 0:44:55 | TONKINS, Richard | St Austell Running Club | M | 08:58.8 | 272 | 302 |
| 1218 | | | | | | | |
| 109 | 0:36:01 | SAVAGE, Jon | Hayle Runners | M | 07:12.0 | 200 | 124 |
| 129 | 0:37:18 | CONNON, Eli | Hayle Runners | M | 07:27.4 | 155 | 152 |
| 141 | 0:38:20 | ELLIS, Andrew | Hayle Runners | M | 07:39.8 | 173 | 176 |
| 142 | 0:38:24 | SMITH, Derek | Hayle Runners | M | 07:40.6 | 157 | 177 |
| 144 | 0:38:37 | ROSENFELD, Thomas | Hayle Runners | M | 07:43.2 | 198 | 180 |
| 148 | 0:39:01 | TONKIN, Craig | Hayle Runners | M | 07:48.0 | 208 | 187 |
| 163 | 0:40:18 | TOWNEND, Stewart | Hayle Runners | M | 08:03.4 | 209 | 214 |
| 167 | 0:40:51 | BALDWIN, Mike | Hayle Runners | M | 08:10.0 | 158 | 225 |
| 175 | 0:41:41 | BATCHELOR, David | Hayle Runners | M | 08:20.0 | 162 | 239 |
| 180 | 0:42:29 | JORDAN, Rob | Hayle Runners | M | 08:29.6 | 178 | 257 |
| 1498 | | | | | | | |
| 114 | 0:36:19 | BROOKLAND, Alan | Newquay Road Runners | M | 07:15.6 | 435 | 131 |
| 117 | 0:36:36 | ALLEN, Peter | Newquay Road Runners | M | 07:19.0 | 364 | 135 |
| 133 | 0:37:47 | DALE, Steve | Newquay Road Runners | M | 07:33.2 | 371 | 161 |
| 136 | 0:38:01 | HARRIS, Geoff | Newquay Road Runners | M | 07:36.0 | 381 | 168 |
| 150 | 0:39:13 | BYRNE, Lee | Newquay Road Runners | M | 07:50.4 | 368 | 192 |
| 157 | 0:39:38 | MARTIN, Colin | Newquay Road Runners | M | 07:55.4 | 386 | 203 |
| 159 | 0:39:51 | PLAYER, Garry | Newquay Road Runners | M | 07:58.0 | 388 | 206 |
| 169 | 0:41:16 | LILLIS, John | Newquay Road Runners | M | 08:15.0 | 384 | 229 |
| 183 | 0:42:54 | CAFF, Wayne | Newquay Road Runners | M | 08:34.6 | 370 | 264 |
| 185 | 0:43:02 | WHITE, Justin | Newquay Road Runners | M | 08:36.2 | 397 | 268 |
| 1503 | | | | | | | |

Male Division 2 – 8 to Count

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|-------------|---------|-------------------|-------------------------|---|---------|-----|-----|
| 13 | 0:28:14 | DALTON, Richard | Falmouth Road Runners | M | 05:38.7 | 16 | 13 |
| 15 | 0:28:16 | DOBSON, Jacob | Falmouth Road Runners | M | 05:39.1 | 9 | 15 |
| 32 | 0:29:53 | STRACHAN, Steven | Falmouth Road Runners | M | 05:58.5 | 13 | 32 |
| 33 | 0:29:56 | BARNET, James | Falmouth Road Runners | M | 05:59.1 | 15 | 33 |
| 44 | 0:30:50 | STONE, Matt | Falmouth Road Runners | M | 06:09.9 | 10 | 44 |
| 45 | 0:30:51 | KEEFE, Richard | Falmouth Road Runners | M | 06:10.1 | 12 | 45 |
| 51 | 0:30:58 | LONGHORN, Jason | Falmouth Road Runners | M | 06:11.5 | 11 | 51 |
| 61 | 0:32:03 | LITTLEJOHNS, Mark | Falmouth Road Runners | M | 06:24.5 | 14 | 64 |
| 294 | | | | | | | |
| 22 | 0:29:27 | SMERDON, Marc | East Cornwall Harriers | M | 05:53.3 | 145 | 22 |
| 26 | 0:29:34 | STACEY, Doug | East Cornwall Harriers | M | 05:54.7 | 350 | 26 |
| 50 | 0:30:56 | TRICE, Ian | East Cornwall Harriers | M | 06:11.1 | 360 | 50 |
| 58 | 0:31:49 | LITTLEWOOD, Ian | East Cornwall Harriers | M | 06:21.7 | 354 | 61 |
| 59 | 0:31:58 | PHILP, David | East Cornwall Harriers | M | 06:23.5 | 352 | 62 |
| 69 | 0:32:38 | CLARKE, Drew | East Cornwall Harriers | M | 06:31.5 | 355 | 72 |
| 77 | 0:33:45 | COLEY, Alex | East Cornwall Harriers | M | 06:44.9 | 150 | 84 |
| 87 | 0:34:25 | HARVEY, Darren | East Cornwall Harriers | M | 06:52.9 | 148 | 96 |
| 448 | | | | | | | |
| 46 | 0:30:51 | DAVIS, Glynn | Carn Runners | M | 06:10.1 | 46 | 46 |
| 48 | 0:30:53 | SAWFORD, Paul | Carn Runners | M | 06:10.5 | 420 | 48 |
| 53 | 0:31:04 | VINNICOMBE, Jason | Carn Runners | M | 06:12.7 | 56 | 54 |
| 55 | 0:31:34 | HALL, Craig | Carn Runners | M | 06:18.7 | 35 | 57 |
| 71 | 0:32:53 | RICHARDS, Jason | Carn Runners | M | 06:34.5 | 26 | 74 |
| 83 | 0:34:03 | CARDEW, Barrie | Carn Runners | M | 06:48.5 | 49 | 90 |
| 101 | 0:35:26 | FINDLAY, James | Carn Runners | M | 07:05.0 | 45 | 115 |
| 112 | 0:36:18 | POLGLASE, Tom | Carn Runners | M | 07:15.4 | 68 | 129 |
| 569 | | | | | | | |
| 35 | 0:30:20 | GOODWAY, Dan | Truro Running Club | M | 06:03.9 | 324 | 35 |
| 49 | 0:30:54 | SARA, Wayne | Truro Running Club | M | 06:10.7 | 330 | 49 |
| 70 | 0:32:48 | STANDING, Rob | Truro Running Club | M | 06:33.5 | 322 | 73 |
| 82 | 0:34:02 | BATHE, Colin | Truro Running Club | M | 06:48.3 | 329 | 89 |
| 84 | 0:34:12 | SMITH, Alistair | Truro Running Club | M | 06:50.3 | 398 | 93 |
| 95 | 0:34:56 | LLOYD, James | Truro Running Club | M | 06:59.1 | 311 | 104 |
| 103 | 0:35:35 | CHIRGWIN, Rob | Truro Running Club | M | 07:06.8 | 400 | 117 |
| 120 | 0:36:52 | CROWLE, Jonathan | Truro Running Club | M | 07:22.2 | 315 | 140 |
| 638 | | | | | | | |
| 40 | 0:30:42 | EVANS, Darren | Launceston Road Runners | M | 06:08.3 | 235 | 40 |
| 60 | 0:31:48 | SZYMANSKI, Pawel | Launceston Road Runners | M | 06:21.5 | 227 | 60 |
| 80 | 0:33:26 | MARSHALL, Kevin | Launceston Road Runners | M | 06:41.1 | 237 | 80 |
| 110 | 0:35:21 | MOORE, Paul | Launceston Road Runners | M | 07:04.0 | 428 | 110 |
| 137 | 0:36:46 | WILES, Brian | Launceston Road Runners | M | 07:21.0 | 218 | 137 |
| 160 | 0:37:46 | JONES, Mark | Launceston Road Runners | M | 07:33.0 | 236 | 160 |
| 164 | 0:37:54 | HARRISON, Nick | Launceston Road Runners | M | 07:34.6 | 234 | 164 |
| 173 | 0:38:15 | ROBERTS, Jon | Launceston Road Runners | M | 07:38.8 | 217 | 173 |
| 924 | | | | | | | |
| 88 | 0:34:30 | ULLMAN, Chris | East Cornwall Harriers | M | 06:53.9 | 146 | 97 |
| 110 | 0:36:08 | HARDING, Ben | East Cornwall Harriers | M | 07:13.4 | 349 | 127 |
| 111 | 0:36:08 | LORD, Oli | East Cornwall Harriers | M | 07:13.4 | 356 | 128 |
| 116 | 0:36:36 | WILLS, Marcus | East Cornwall Harriers | M | 07:19.0 | 151 | 134 |
| 118 | 0:36:44 | LEACH, Terry | East Cornwall Harriers | M | 07:20.6 | 359 | 136 |
| 122 | 0:36:58 | WOOD, Glenn | East Cornwall Harriers | M | 07:23.4 | 347 | 142 |
| 135 | 0:38:01 | PICK, Robert | East Cornwall Harriers | M | 07:36.0 | 152 | 167 |
| 143 | 0:38:31 | ANDREWS, Mark | East Cornwall Harriers | M | 07:42.0 | 346 | 178 |
| 943 | | | | | | | |
| 125 | 0:37:00 | REEVE, Paul | Carn Runners | M | 07:23.8 | 40 | 145 |
| 130 | 0:37:22 | CHAPMAN, Peter | Carn Runners | M | 07:28.2 | 44 | 154 |
| 137 | 0:38:08 | ROCHOWIAK, Robert | Carn Runners | M | 07:37.4 | 58 | 170 |
| 151 | 0:39:18 | JONES, Stephen CR | Carn Runners | M | 07:51.4 | 28 | 193 |
| 154 | 0:39:23 | EVANS, Treve | Carn Runners | M | 07:52.4 | 51 | 197 |
| 155 | 0:39:25 | CALDWELL, Andrew | Carn Runners | M | 07:52.8 | 41 | 198 |
| 164 | 0:40:21 | EVANS, Gareth | Carn Runners | M | 08:04.0 | 52 | 217 |
| 165 | 0:40:25 | DREW, Peter | Carn Runners | M | 08:04.8 | 29 | 218 |
| 1181 | | | | | | | |
| 145 | 0:38:38 | GREEN, Alan | East Cornwall Harriers | M | 07:43.4 | 361 | 181 |
| 147 | 0:38:59 | WOODARD, Stephen | East Cornwall Harriers | M | 07:47.6 | 134 | 186 |
| 153 | 0:39:21 | WONNACOTT, Ian | East Cornwall Harriers | M | 07:52.0 | 353 | 195 |
| 174 | 0:41:39 | COLEY, Simon | East Cornwall Harriers | M | 08:19.6 | 149 | 238 |
| 178 | 0:42:12 | VAUGHLEY, Craig | East Cornwall Harriers | M | 08:26.2 | 348 | 249 |

| | | | | | | |
|-------------|-------------------------|------------------------|---|---------|-----|-----|
| 190 | 0:43:40 PALMER, Michael | East Cornwall Harriers | M | 08:43.8 | 357 | 278 |
| 210 | 0:49:09 NASH, Pete | East Cornwall Harriers | M | 09:49.6 | 358 | 345 |
| 223 | 0:53:20 BEASLEY, Steve | East Cornwall Harriers | M | 10:39.8 | 351 | 372 |
| 1420 | | | | | | |

Female Division 1 – 10 to Count

| | | | | | | | |
|-------------|-----|---------|-----------------------|-------------------------|---------|-----|-----|
| 1 | 53 | 0:31:04 | MORRALL, Zelah | Cornwall AC | 06:12.7 | 90 | 53 |
| 2 | 56 | 0:31:19 | TREGENZA, Heidi | Cornwall AC | 06:15.7 | 99 | 56 |
| 4 | 76 | 0:33:04 | RAGGETT, Donna | Cornwall AC | 06:36.7 | 93 | 76 |
| 5 | 78 | 0:33:12 | SOLE, Amy | Cornwall AC | 06:38.3 | 95 | 78 |
| 9 | 92 | 0:34:04 | HUGHES, Katie | Cornwall AC | 06:48.7 | 85 | 92 |
| 20 | 139 | 0:36:52 | PEARCE, Julia | Cornwall AC | 07:22.2 | 92 | 139 |
| 23 | 150 | 0:37:13 | ROGERS, Laura | Cornwall AC | 07:26.4 | 94 | 150 |
| 33 | 166 | 0:37:57 | GOULD, Marie | Cornwall AC | 07:35.2 | 82 | 166 |
| 41 | 188 | 0:39:02 | MAGUIRE, Natalie | Cornwall AC | 07:48.2 | 87 | 188 |
| 45 | 200 | 0:39:28 | NUGENT, Debbie | Cornwall AC | 07:53.4 | 91 | 200 |
| 183 | | | | | | | |
| 3 | 58 | 0:31:39 | PAULL, Emma | Hayle Runners | 06:19.7 | 190 | 58 |
| 11 | 107 | 0:35:03 | BENNETT, Charlotte | Hayle Runners | 07:00.5 | 163 | 107 |
| 32 | 165 | 0:37:55 | JOSE, Amy | Hayle Runners | 07:34.8 | 179 | 165 |
| 38 | 182 | 0:38:40 | BURNS, Julia | Hayle Runners | 07:43.8 | 169 | 182 |
| 60 | 226 | 0:41:05 | WHITEHEAD, Kelly | Hayle Runners | 08:12.8 | 183 | 226 |
| 65 | 235 | 0:41:30 | THOMAS, Alison | Hayle Runners | 08:17.8 | 206 | 235 |
| 66 | 240 | 0:41:47 | RULE, Helen | Hayle Runners | 08:21.2 | 199 | 240 |
| 69 | 243 | 0:41:58 | BENNETT, Emily | Hayle Runners | 08:23.4 | 154 | 243 |
| 71 | 245 | 0:42:06 | WARREN, Diane | Hayle Runners | 08:25.0 | 210 | 245 |
| 72 | 247 | 0:42:09 | GERRARD, Corinne | Hayle Runners | 08:25.6 | 174 | 247 |
| 487 | | | | | | | |
| 8 | 91 | 0:34:03 | DAVIS, Megan | Newquay Road Runners | 06:48.5 | 375 | 91 |
| 15 | 120 | 0:35:41 | DAVIS, Lydia | Newquay Road Runners | 07:08.0 | 373 | 120 |
| 55 | 219 | 0:40:28 | DUNCAN, Jeanette | Newquay Road Runners | 08:05.4 | 376 | 219 |
| 57 | 221 | 0:40:34 | BULLOCK, Katie | Newquay Road Runners | 08:06.6 | 419 | 221 |
| 67 | 241 | 0:41:47 | SHAW, Sian | Newquay Road Runners | 08:21.2 | 264 | 241 |
| 68 | 242 | 0:41:54 | MCKENZIE, Tracy | Newquay Road Runners | 08:22.6 | 385 | 242 |
| 76 | 254 | 0:42:19 | PLAYER, Lisa | Newquay Road Runners | 08:27.6 | 389 | 254 |
| 82 | 263 | 0:42:51 | ELLIOTT, Kathy | Newquay Road Runners | 08:34.0 | 377 | 263 |
| 85 | 269 | 0:43:05 | HILL, Sarah | Newquay Road Runners | 08:36.8 | 382 | 269 |
| 86 | 271 | 0:43:16 | WOODFINE-BEARD, Kelly | Newquay Road Runners | 08:39.0 | 395 | 271 |
| 599 | | | | | | | |
| 75 | 253 | 0:42:18 | NICHOLAS, Julie | Hayle Runners | 08:27.4 | 189 | 253 |
| 83 | 265 | 0:42:56 | MOORE, Kelly | Hayle Runners | 08:35.0 | 186 | 265 |
| 89 | 276 | 0:43:29 | POULTNEY, Melissa | Hayle Runners | 08:41.6 | 194 | 276 |
| 90 | 280 | 0:43:53 | SWETNAN, Jim | Hayle Runners | 08:46.4 | 204 | 280 |
| 97 | 291 | 0:44:33 | OSBORN, Kathryn | Hayle Runners | 08:54.4 | 214 | 291 |
| 99 | 293 | 0:44:34 | CARVETH, Debbie | Hayle Runners | 08:54.6 | 170 | 293 |
| 102 | 299 | 0:44:45 | SMITH, Hannah | Hayle Runners | 08:56.8 | 203 | 299 |
| 103 | 300 | 0:44:53 | LONG, Fran | Hayle Runners | 08:58.4 | 181 | 300 |
| 104 | 301 | 0:44:54 | DE BARROS, Sara | Hayle Runners | 08:58.6 | 171 | 301 |
| 117 | 319 | 0:46:23 | PEARCE, Deborah | Hayle Runners | 09:16.4 | 191 | 319 |
| 959 | | | | | | | |
| 46 | 201 | 0:39:28 | HARRISON, Karen | Cornwall AC | 07:53.4 | 83 | 201 |
| 47 | 202 | 0:39:28 | HILL, Nancy | Cornwall AC | 07:53.4 | 84 | 202 |
| 62 | 230 | 0:41:23 | MORGADO, Chloe | Cornwall AC | 08:16.4 | 89 | 230 |
| 95 | 289 | 0:44:25 | COLEMAN, Nikki | Cornwall AC | 08:52.8 | 74 | 289 |
| 100 | 294 | 0:44:35 | DAVEY, Tamzin | Cornwall AC | 08:54.8 | 81 | 294 |
| 105 | 303 | 0:45:00 | ALEXANDER, Samantha | Cornwall AC | 08:59.8 | 79 | 303 |
| 125 | 328 | 0:47:14 | MARTIN, Lorna | Cornwall AC | 09:26.6 | 88 | 328 |
| 126 | 329 | 0:47:18 | CURTIS, Jill | Cornwall AC | 09:27.4 | 119 | 329 |
| 130 | 334 | 0:48:00 | TOZER, Nicola | Cornwall AC | 09:35.8 | 98 | 334 |
| 135 | 341 | 0:48:33 | JENKIN, Jacqueline | Cornwall AC | 09:42.4 | 86 | 341 |
| 971 | | | | | | | |
| 6 | 81 | 0:33:30 | BUSCOMBE, Jessica | St Austell Running Club | 06:41.9 | 266 | 81 |
| 78 | 256 | 0:42:24 | PATEMAN, Gemma | St Austell Running Club | 08:28.6 | 289 | 256 |
| 88 | 274 | 0:43:21 | ROWE, Melissa | St Austell Running Club | 08:40.0 | 283 | 274 |
| 91 | 281 | 0:43:57 | STUTHRIDGE, Helen | St Austell Running Club | 08:47.2 | 296 | 281 |
| 110 | 311 | 0:45:44 | TRETHEWEY, Charlie | St Austell Running Club | 09:08.6 | 270 | 311 |
| 111 | 312 | 0:45:48 | SPEAKE, Georgina | St Austell Running Club | 09:09.4 | 291 | 312 |
| 119 | 321 | 0:46:28 | SIBLEY, Ella | St Austell Running Club | 09:17.4 | 279 | 321 |
| 140 | 358 | 0:50:49 | PLATTEN, Donna | St Austell Running Club | 10:09.6 | 267 | 358 |
| 146 | 366 | 0:52:22 | HOGG, Lorna | St Austell Running Club | 10:28.2 | 284 | 366 |
| 147 | 367 | 0:52:23 | SMITH, Mandy | St Austell Running Club | 10:28.4 | 285 | 367 |
| 1036 | | | | | | | |
| 16 | 125 | 0:36:03 | WILLIAMS, Kelly | Mounts Bay Harriers | 07:12.4 | 249 | 125 |
| 34 | 169 | 0:38:07 | HAYNES, Janet | Mounts Bay Harriers | 07:37.2 | 259 | 169 |
| 56 | 220 | 0:40:31 | GLOVER, Ruth | Mounts Bay Harriers | 08:06.0 | 258 | 220 |

Division 3 – 6 to Count

| | | | | | | | |
|-------------|---------|-------------------|---------------|---|---------|-----|-----|
| 2 | 0:26:48 | BREWER, Tony | Mile High | M | 05:21.5 | 409 | 2 |
| 3 | 0:27:28 | BENNEY, Aaron | Mile High | M | 05:29.5 | 411 | 3 |
| 7 | 0:27:53 | MARTIN, Andrew | Mile High | M | 05:34.5 | 423 | 7 |
| 30 | 0:29:51 | ANGELL, Dave | Mile High | M | 05:58.1 | 407 | 30 |
| 38 | 0:30:35 | DITTY, Graham | Mile High | M | 06:06.9 | 239 | 38 |
| 111 | 0:35:22 | BULLEN, Gary | Mile High | M | 07:04.2 | 414 | 111 |
| 191 | | | | | | | |
| 59 | 0:31:44 | DEACON, Mark | Looe Pioneers | M | 06:20.7 | 421 | 59 |
| 252 | 0:42:17 | CATNACH, Alison | Looe Pioneers | F | 08:27.2 | 401 | 252 |
| 273 | 0:43:20 | BOWDEN, John | Looe Pioneers | M | 08:39.8 | 405 | 273 |
| 279 | 0:43:46 | HEYWOOD, Peter | Looe Pioneers | M | 08:45.0 | 402 | 279 |
| 310 | 0:45:34 | MAYWOOD, Bryan | Looe Pioneers | M | 09:06.6 | 403 | 310 |
| 347 | 0:49:18 | BOWDEN, Geraldine | Looe Pioneers | F | 09:51.4 | 406 | 347 |
| 1520 | | | | | | | |