

## AN RES HELLYS – 26TH MARCH 2017

Position	Time	Name	Team	Category	Pace
1	0:53:37	LE GRICE, Peter	Mounts Bay Harriers	Male under 35	05:21.6
2	0:57:20	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:43.9
3	0:57:42	BENNEY, Aaron	Mile High	Male Vet 35-39	05:46.1
4	0:58:51	MORANT, Jordan	Hayle Runners	Male under 35	05:53.0
5	0:59:08	CARTHEY, Tom	Falmouth Road Runners	Male under 35	05:54.7
6	0:59:22	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:56.1
7	0:59:26	DOBSON, Jacob	Falmouth Road Runners	Male under 35	05:56.5
8	1:00:01	BARTLETT, David	Newquay Road Runners	Male under 35	06:00.0
9	1:00:25	MARTIN, Andrew	Mile High	Male Vet 35-39	06:02.4
10	1:00:58	DEVENPORT, Peter	Okehampton RC	Male under 35	06:05.7
11	1:01:05	ARGALL, Joe	Cornwall AC	Male under 35	06:06.4
12	1:01:15	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:07.4
13	1:01:17	DANIELS, Alex	Newquay Road Runners	Male Vet 40-44	06:07.6
14	1:01:27	ANGELL, Dave	Mile High	Male under 35	06:08.6
15	1:01:38	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	06:09.7
16	1:01:43	PASCOE, Richard	Mile High	Male Vet 35-39	06:10.2
17	1:01:48	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	06:10.7
18	1:02:01	BARNET, James	Falmouth Road Runners	Male under 35	06:12.0
19	1:02:12	YATES, Matt	Cornwall AC	Male under 35	06:13.1
20	1:02:22	SLATTERY, Tom	Cornwall AC	Male under 35	06:14.1
21	1:02:29	STEPHENSON, Jamie	Mile High	Male under 35	06:14.8
22	1:03:00	WRIGHT, Tony	Newquay Road Runners	Male Vet 50-54	06:17.9
23	1:03:07	PURVIS, Loyd		Male Vet 40-44	06:18.6
24	1:03:17	WHITMORE, Ceri	Cornwall AC	Male Vet 40-44	06:19.6
25	1:03:23	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	06:20.2
26	1:03:28	MORRALL, Zelah	Cornwall AC	Female Vet 45-49	06:20.7
27	1:03:32	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:21.1
28	1:03:48	RAMSDEN, Clive	Bodmin Road Runners	Male Vet 40-44	06:22.7
29	1:03:52	ROSENFELD, Thomas	Hayle Runners	Male Vet 35-39	06:23.1
30	1:04:10	HOOPER, Gregg	Newquay Road Runners	Male Vet 35-39	06:24.9
31	1:04:15	MONTGOMERY-SMITH, Phil	St Austell Running Club	Male Vet 45-49	06:25.4
32	1:04:15	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:25.4
33	1:04:37	STEPTO, Emma	Cornwall AC	Female Vet 45-49	06:27.6
34	1:04:47	CUTLAN, James	St Austell Running Club	Male under 35	06:28.6
35	1:04:53	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:29.2
36	1:05:43	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	06:34.2
37	1:05:52	MURRANT, Kieran	Hayle Runners	Male under 35	06:35.1
38	1:06:02	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:36.1
39	1:06:08	DAVIES, James	Truro Running Club	Male under 35	06:36.7
40	1:06:09	TREGENZA, Heidi	Cornwall AC	Female under 35	06:36.8
41	1:06:13	DOWRICK, Mike	Cornwall AC	Male Vet 40-44	06:37.2
42	1:06:15	ORD, Dominic		Male under 35	06:37.4
43	1:06:20	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	06:37.9
44	1:06:24	WEBSTER, Mark	Cornwall AC	Male under 35	06:38.3
45	1:06:29	WISNER, John	St Austell Running Club	Male Vet 45-49	06:38.8
46	1:06:31	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	06:39.0
47	1:06:48	PAULL, Emma	Hayle Runners	Female under 35	06:40.7
48	1:06:52	RICHARDS, Gary	Mounts Bay Harriers	Male Vet 45-49	06:41.1
49	1:06:53	SOLE, Amy	Cornwall AC	Female under 35	06:41.2
50	1:06:58	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	06:41.7
51	1:07:03	DEACON, Mark	Looe Pioneers	Male under 35	06:42.2
52	1:07:06	ANDREWARTHA, David	Bude Rats	Male under 35	06:42.5
53	1:07:14	TATLOW, Adam	Truro Running Club	Male under 35	06:43.3
54	1:07:22	LOWDON, John	Hayle Runners	Male Vet 40-44	06:44.1
55	1:07:48	MOYLE, Ryan	Mile High	Male Vet 40-44	06:46.7
56	1:07:56	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:47.5
57	1:08:03	KINGSTON, Dan	Mounts Bay Harriers	Male Vet 40-44	06:48.2

58	1:08:23	STONE, Matt	Falmouth Road Runners	Male under 35	06:50.2
59	1:08:29	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	06:50.8
60	1:08:38	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 40-44	06:51.7
61	1:08:39	STANDING, Rob	Truro Running Club	Male Vet 40-44	06:51.8
62	1:08:55	WILLIAMS, Shane		Male Vet 40-44	06:53.4
63	1:09:01	JEFFREY, Alan		Male Vet 40-44	06:54.0
64	1:09:19	STEPHENS, Jeremy	Hayle Runners	Male Vet 45-49	06:55.8
65	1:09:36	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	06:57.5
66	1:09:44	MEDLOCK, Bradley		Male Vet 35-39	06:58.3
67	1:09:55	BURGESS, Kathryn	Cornwall AC	Female Vet 40-44	06:59.4
68	1:09:55	MARSTON, Jeremy	Mounts Bay Harriers	Male Vet 45-49	06:59.4
69	1:09:58	WOLF, Jan	Mounts Bay Harriers	Male Vet 35-39	06:59.7
70	1:10:10	WEBB, Jason	Cornwall AC	Male Vet 45-49	07:00.9
71	1:10:12	PETERS, Joseph	Cornwall AC	Male under 35	07:01.1
72	1:10:23	DAVIS, Martin	Newquay Road Runners	Male Vet 55-59	07:02.2
73	1:10:24	PHILP, David	East Cornwall Harriers	Male Vet 55-59	07:02.3
74	1:10:26	LEE, Laurie	St Austell Running Club	Male Vet 55-59	07:02.5
75	1:10:29	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	07:02.8
76	1:10:33	BAKER, Steve	Tamar Trotters	Male Vet 55-59	07:03.2
77	1:10:43	PRESCOTT, Alex	Looe Pioneers	Male under 35	07:04.2
78	1:11:03	POWELL, Simon	Mud Crew Trail Runners	Male Vet 35-39	07:06.2
79	1:11:18	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	07:07.7
80	1:11:51	RONNGARD, Mattias	Newquay Road Runners	Male Vet 45-49	07:11.0
81	1:12:00	LUCKHURST, Will	Hayle Runners	Male Vet 45-49	07:11.9
82	1:12:09	CARDEW, Barrie	Carn Runners	Male Vet 55-59	07:12.8
83	1:12:41	POOLEY, Robert	Carn Runners	Male Vet 35-39	07:16.0
84	1:12:43	MASTERS, Nick	Hayle Runners	Male Vet 45-49	07:16.2
85	1:13:03	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:18.2
86	1:13:07	CHIRGWIN, Rob	Truro Running Club	Male under 35	07:18.6
87	1:13:23	SNEYD, Paul	Hayle Runners	Male Vet 50-54	07:20.2
88	1:13:25	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 65-69	07:20.4
89	1:13:25	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:20.4
90	1:13:29	LAURIE, Andrew	Falmouth Road Runners	Male Vet 50-54	07:20.8
91	1:13:32	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	07:21.1
92	1:13:34	BURLEY, Tim		Male Vet 35-39	07:21.3
93	1:13:36	CHASE, Andy	St Austell Running Club	Male under 35	07:21.5
94	1:13:43	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	07:22.2
95	1:13:44	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	07:22.3
96	1:13:49	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	07:22.8
97	1:13:57	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	07:23.6
98	1:14:01	BURTENSHAW, Jack		Male under 35	07:24.0
99	1:14:05	STAFF, Dale	Looe Pioneers	Male Vet 40-44	07:24.4
100	1:14:27	SAVAGE, Jon	Hayle Runners	Male under 35	07:26.6
101	1:14:36	MARTIN, Larry	Mud Crew Trail Runners	Male Vet 45-49	07:27.5
102	1:14:36	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	07:27.5
103	1:14:42	WILLIAMS, Alan	Tamar Trotters	Male Vet 35-39	07:28.1
104	1:14:58	THOMAS, Mark	Mounts Bay Harriers	Male Vet 40-44	07:29.7
105	1:15:12	WALKER, Iain	St Austell Running Club	Male Vet 60-64	07:31.1
106	1:15:16	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	07:31.5
107	1:15:19	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	07:31.8
108	1:15:21	DAVIS, Megan	Newquay Road Runners	Female under 35	07:32.0
109	1:15:23	JAMES, Ian	Mounts Bay Harriers	Male Vet 50-54	07:32.2
110	1:15:33	REDDICLIFFE, Nigel	Launceston Road Runners	Male Vet 50-54	07:33.2
111	1:15:53	CURTIS, Oisin	Hayle Runners	Male under 35	07:35.2
112	1:15:55	TRESEDER, Tim		Male Vet 45-49	07:35.4
113	1:15:58	PHILLIPS, Andrew		Male under 35	07:35.7
114	1:16:02	LLOYD, James	Truro Running Club	Male Vet 40-44	07:36.1
115	1:16:05	COX, Daniel		Male under 35	07:36.4
116	1:16:06	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	07:36.5
117	1:16:06	WOOD, Bill	Falmouth Road Runners	Male Vet 50-54	07:36.5
118	1:16:07	FIRTH, Anthony	Tamar Trotters	Male Vet 45-49	07:36.6

119	1:16:10	ANGILLEY, Jayne	Cornwall AC	Female Vet 50-54	07:36.9
120	1:16:11	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	07:37.0
121	1:16:22	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	07:38.1
122	1:16:30	PEARCE, Gareth		Male Vet 35-39	07:38.9
123	1:16:40	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:39.9
124	1:16:48	WALKER, Elliott		Male Vet 45-49	07:40.7
125	1:16:57	MASKELL, Anne		Female Vet 50-54	07:41.6
126	1:17:04	SEARLE, Matt		Male Vet 45-49	07:42.3
127	1:17:11	WILDING, David	Hayle Runners	Male Vet 40-44	07:43.0
128	1:17:12	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 45-49	07:43.1
129	1:17:15	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:43.4
130	1:17:18	MOSSOP, Emma	Falmouth Road Runners	Female Vet 40-44	07:43.7
131	1:17:24	TUCKER, Steve	Truro Running Club	Male Vet 35-39	07:44.3
132	1:17:33	COCKCROFT, Adrian		Male Vet 40-44	07:45.2
133	1:17:40	CORTIS, Richard	Falmouth Road Runners	Male Vet 45-49	07:45.9
134	1:17:42	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:46.1
135	1:18:07	ROGERS, Laura	Cornwall AC	Female under 35	07:48.6
136	1:18:08	WILSON, Michael	Truro Running Club	Male Vet 55-59	07:48.7
137	1:18:10	SIMS, Andrew	East Cornwall Harriers	Male Vet 50-54	07:48.9
138	1:18:13	MCLEAN, Luke	Mounts Bay Harriers	Male Vet 35-39	07:49.2
139	1:18:14	LOWE, Stacey	Carn Runners	Female under 35	07:49.3
140	1:18:17	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:49.6
141	1:18:18	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:49.7
142	1:18:20	BRAY, Vivian	Cornwall AC	Male Vet 50-54	07:49.9
143	1:18:29	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:50.8
144	1:18:32	OWEN, Mark	St Austell Running Club	Male Vet 40-44	07:51.1
145	1:18:36	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:51.5
146	1:19:01	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:54.0
147	1:19:12	DRAYSON (MAGUIRE), Natalie	Cornwall AC	Female Vet 35-39	07:55.1
148	1:19:24	LOCKETT, Ellen	Serpentine Running Club	Female Vet 40-44	07:56.3
149	1:19:29	KERSHAW, Kay		Female Vet 40-44	07:56.8
150	1:19:33	HARRISON, Karen	Cornwall AC	Female Vet 45-49	07:57.2
151	1:19:40	GRANT, Tom		Male Vet 45-49	07:57.9
152	1:19:44	WHEELDON, Adam		Male Vet 40-44	07:58.3
153	1:19:46	BREEN, Donal	Truro Running Club	Male Vet 45-49	07:58.5
154	1:19:48	BUCKINGHAM, David		Male Vet 35-39	07:58.7
155	1:19:51	WILLIAMS, Gary	Looe Pioneers	Male under 35	07:59.0
156	1:19:56	WILLIAMS, Kelly	Mounts Bay Harriers	Female under 35	07:59.5
157	1:20:11	BATCHELOR, David	Hayle Runners	Male Vet 55-59	08:01.0
158	1:20:16	FORD-DUNN, Jonathan	Truro Running Club	Male Vet 60-64	08:01.5
159	1:20:25	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	08:02.4
160	1:20:31	GAY, Jennifer	Truro Running Club	Female under 35	08:03.0
161	1:20:34	FOX (JONES), Hannah	Mile High	Female Vet 40-44	08:03.3
162	1:20:38	BURTENSHAW, Jon		Male Vet 40-44	08:03.7
163	1:20:50	STORER, Graham	Cornwall AC	Male Vet 55-59	08:04.9
164	1:20:52	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	08:05.1
165	1:21:05	SPENCE, Rob		Male under 35	08:06.4
166	1:21:07	ABRAHAM, Philip		Male under 35	08:06.6
167	1:21:09	HARTILL, Gail	Bodmin Road Runners	Female Vet 40-44	08:06.8
168	1:21:11	CHAPMAN, Julian		Male Vet 50-54	08:07.0
169	1:21:17	COCKSEDGE, Zoe	Mounts Bay Harriers	Female Vet 45-49	08:07.6
170	1:21:27	LANGSTAFF, Emma	Looe Pioneers	Female Vet 40-44	08:08.6
171	1:21:32	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	08:09.1
172	1:21:36	BURNS, Julia	Hayle Runners	Female Vet 50-54	08:09.5
173	1:21:46	ASPDEN, Gail	Hayle Runners	Female Vet 45-49	08:10.5
174	1:21:48	RICHARDS, Steve	Mounts Bay Harriers	Male Vet 50-54	08:10.7
175	1:21:54	MCCLAY, Karen	Mounts Bay Harriers	Female Vet 50-54	08:11.3
176	1:21:59	ROWE, Liam		Male under 35	08:11.8
177	1:22:04	DAVIES, Nikki	Newquay Road Runners	Female Vet 35-39	08:12.3
178	1:22:14	TOTTLE, Louisa	Mounts Bay Harriers	Female Vet 45-49	08:13.3
179	1:22:22	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	08:14.1

180	1:22:37	WEEKS, Liam		Male under 35	08:15.6
181	1:22:45	EVANS, Gareth	Carn Runners	Male under 35	08:16.4
182	1:22:52	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	08:17.1
183	1:22:54	WOOD, Jules	Falmouth Road Runners	Female Vet 45-49	08:17.3
184	1:22:55	NUGENT, Debbie	Cornwall AC	Female Vet 50-54	08:17.4
185	1:22:58	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	08:17.7
186	1:23:06	RINGWOOD, Michael	Mounts Bay Harriers	Male Vet 50-54	08:18.5
187	1:23:08	ELSTONE, Meryl	Carn Runners	Female Vet 45-49	08:18.7
188	1:23:08	WARNER, Dan		Male Vet 35-39	08:18.7
189	1:23:11	PIPET, Martin	Bodmin Road Runners	Male Vet 40-44	08:19.0
190	1:23:18	CUTLAN, Hannah	St Austell Running Club	Female under 35	08:19.7
191	1:23:21	ROBINS, Sara	Newquay Road Runners	Female under 35	08:20.0
192	1:23:23	HAWKE, Tim	Falmouth Road Runners	Male under 35	08:20.2
193	1:23:24	PAULL, Lucy	Hayle Runners	Female under 35	08:20.3
194	1:23:25	GRIFFIN, Joanna		Female under 35	08:20.4
195	1:23:25	GRIFFIN, Paul		Male Vet 35-39	08:20.4
196	1:23:26	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	08:20.5
197	1:23:29	SAMPSON, Rhianne		Female under 35	08:20.8
198	1:23:30	RUSSELL, Barry	St Austell Running Club	Male Vet 35-39	08:20.9
199	1:23:32	DAVIES, Andrew		Male under 35	08:21.1
200	1:23:42	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	08:22.1
201	1:23:51	TOY, Scott		Male Vet 35-39	08:23.0
202	1:23:58	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	08:23.7
203	1:24:16	HEWITT, Amanda		Female Vet 40-44	08:25.5
204	1:24:24	GEARING, Nicola		Female under 35	08:26.3
205	1:24:25	CIANO, Phillip	Newquay Road Runners	Male Vet 50-54	08:26.4
206	1:24:34	CHESTERFIELD, Caroline	Hayle Runners	Female Vet 50-54	08:27.3
207	1:24:41	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	08:28.0
208	1:24:47	THOMAS, Alison	Hayle Runners	Female Vet 40-44	08:28.6
209	1:24:55	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	08:29.4
210	1:24:57	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	08:29.6
211	1:25:06	PICK, Robert	East Cornwall Harriers	Male Vet 60-64	08:30.5
212	1:25:09	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	08:30.8
213	1:25:19	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	08:31.8
214	1:25:22	TOWNEND, Stewart	Hayle Runners	Male Vet 70-74	08:32.1
215	1:25:22	CLARK, Julie	Mounts Bay Harriers	Female Vet 50-54	08:32.1
216	1:25:23	WAITE, Tracy		Female Vet 35-39	08:32.2
217	1:25:27	DAVIES, Victoria	Great Western Runners	Female Vet 35-39	08:32.6
218	1:25:30	LANGFORD, Gemma		Female Vet 35-39	08:32.9
219	1:25:34	RICHARDSON, Mark		Male Vet 40-44	08:33.3
220	1:25:47	COLTON-TAYLOR, Mark	Truro Running Club	Male Vet 55-59	08:34.6
221	1:25:49	GIBSON, Philip	Looe Pioneers	Male Vet 40-44	08:34.8
222	1:25:57	THOMAS, Helen	Carn Runners	Female Vet 45-49	08:35.6
223	1:26:11	COWBURN, Sarah	Mud Crew Trail Runners	Female Vet 40-44	08:37.0
224	1:26:13	WRIGHT, David	Hayle Runners	Male Vet 50-54	08:37.2
225	1:26:19	RULE, Helen	Hayle Runners	Female Vet 35-39	08:37.8
226	1:26:19	MACLAREN, Steve	Hayle Runners	Male Vet 45-49	08:37.8
227	1:26:23	HAYLETT, Kym		Female under 35	08:38.2
228	1:26:25	CRABB, Sally	Looe Pioneers	Female Vet 40-44	08:38.4
229	1:26:27	MCAUGHEY, Peter	Launceston Road Runners	Male Vet 45-49	08:38.6
230	1:26:33	HUNT, Jenna	Falmouth Road Runners	Female under 35	08:39.2
231	1:26:40	MARQUIS, Peter		Male Vet 60-64	08:39.9
232	1:26:44	HALL, Nicola	Bodmin Womens RC	Female Vet 40-44	08:40.3
233	1:26:48	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	08:40.7
234	1:26:51	MORTON, Richard	Tamar Trotters	Male Vet 60-64	08:41.0
235	1:26:58	HUTCHINS, Sarah	Carn Runners	Female Vet 40-44	08:41.7
236	1:27:00	DREW, Peter	Carn Runners	Male Vet 65-69	08:41.9
237	1:27:03	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:42.2
238	1:27:07	BUNCE, Richard	Mounts Bay Harriers	Male Vet 55-59	08:42.6
239	1:27:11	MACKENZIE, Alan	Falmouth Road Runners	Male Vet 50-54	08:43.0
240	1:27:12	JONES, Stephen CR	Carn Runners	Male Vet 45-49	08:43.1

241	1:27:19	LILLIS, John	Newquay Road Runners	Male Vet 70-74	08:43.8
242	1:27:22	PASCOE, Anna	Carn Runners	Female Vet 35-39	08:44.1
243	1:27:25	DUNCAN, Jeanette	Newquay Road Runners	Female Vet 55-59	08:44.4
244	1:27:26	PHILLIPS, Michelle		Female Vet 40-44	08:44.5
245	1:27:28	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	08:44.7
246	1:27:36	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 35-39	08:45.5
247	1:27:37	HAYNES, Patrick	St Austell Running Club	Male Vet 50-54	08:45.6
248	1:27:43	BUNTING, Maggie	Tamar Trotters	Female Vet 45-49	08:46.2
249	1:27:56	WOOD, Glenn	East Cornwall Harriers	Male Vet 50-54	08:47.5
250	1:28:10	ISSITT, David		Male Vet 60-64	08:48.9
251	1:28:16	PAINTON, Michael		Male Vet 50-54	08:49.5
252	1:28:17	THOMPSON, David		Male Vet 60-64	08:49.6
253	1:28:24	MARTIN, Colin	Newquay Road Runners	Male Vet 60-64	08:50.3
254	1:28:25	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	08:50.4
255	1:28:26	ROONEY, Michael	Mounts Bay Harriers	Male under 35	08:50.5
256	1:28:38	MERRIKIN, Caroline		Female Vet 50-54	08:51.7
257	1:28:41	HAWKE-PERRY, Soraya	Newquay Road Runners	Female Vet 40-44	08:52.0
258	1:28:42	PERRY, Matt		Male Vet 40-44	08:52.1
259	1:28:44	HOOPER, Paul	Mounts Bay Harriers	Male Vet 55-59	08:52.3
260	1:28:48	HOLLAND, Jo	Hayle Runners	Female under 35	08:52.7
261	1:28:56	MUIR, Kate		Female under 35	08:53.5
262	1:29:00	LYNCH, Kelsey	Mounts Bay Harriers	Female under 35	08:53.9
263	1:29:08	NEEDHAM, Sara	Newquay Road Runners	Female Vet 35-39	08:54.7
264	1:29:08	MCBAIN, Vanessa May	Newquay Road Runners	Female under 35	08:54.7
265	1:29:12	ROWE, Melissa	St Austell Running Club	Female Vet 40-44	08:55.1
266	1:29:12	WATSON, Robin		Male under 35	08:55.1
267	1:29:16	TAMBLYN, Mark	Falmouth Road Runners	Male Vet 55-59	08:55.5
268	1:29:23	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	08:56.2
269	1:29:24	TULLY, David		Male Vet 35-39	08:56.3
270	1:29:27	CARVETH, Debbie	Hayle Runners	Female Vet 40-44	08:56.6
271	1:29:27	JOHN, Will	Truro Running Club	Male Vet 50-54	08:56.6
272	1:29:29	WILSON, Christian		Male Vet 45-49	08:56.8
273	1:29:33	EDWARDS, Robert		Male Vet 50-54	08:57.2
274	1:29:35	GREGORY, Amy	Newquay Road Runners	Female under 35	08:57.4
275	1:30:05	WARREN, Diane	Hayle Runners	Female Vet 60-64	09:00.4
276	1:30:10	LEWIS, Bridget	Mounts Bay Harriers	Female Vet 45-49	09:00.9
277	1:30:21	MASKELL, Melanie	St Austell Running Club	Female Vet 45-49	09:02.0
278	1:30:37	BAKER, Emma	Looe Pioneers	Female Vet 40-44	09:03.6
279	1:30:57	ELLIOTT, Paul	Carn Runners	Male Vet 40-44	09:05.6
280	1:31:21	WEBB, Kirsty	Looe Pioneers	Female under 35	09:08.0
281	1:31:27	BOWDEN, John	Looe Pioneers	Male Vet 55-59	09:08.6
282	1:31:31	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	09:09.0
283	1:31:46	BOX, Philip	Launceston Road Runners	Male Vet 65-69	09:10.5
284	1:31:49	RICHARDS, Helen	Carn Runners	Female Vet 40-44	09:10.8
285	1:31:55	HAWKES, Paul		Male Vet 55-59	09:11.4
286	1:31:58	TURTLE, John	Mounts Bay Harriers	Male Vet 55-59	09:11.7
287	1:32:02	ELSON, Steve	Newquay Road Runners	Male Vet 40-44	09:12.1
288	1:32:08	LYNCH, David	Mounts Bay Harriers	Male under 35	09:12.7
289	1:32:10	WEBSTER, David		Male Vet 50-54	09:12.9
290	1:32:17	WALLER, Joely	St Austell Running Club	Female Vet 45-49	09:13.6
291	1:32:19	OSBORNE, Sasha	Mounts Bay Harriers	Female Vet 45-49	09:13.8
292	1:32:24	TRUSCOTT, Neil	St Austell Running Club	Male Vet 40-44	09:14.3
293	1:32:33	BELL, Alice	Truro Running Club	Female Vet 35-39	09:15.2
294	1:32:39	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	09:15.8
295	1:32:42	MOORE, Jane	St Austell Running Club	Female Vet 55-59	09:16.1
296	1:32:43	MCLEOD, Matthew		Male Vet 45-49	09:16.2
297	1:32:49	MORGADO, Chloe	Cornwall AC	Female Vet 40-44	09:16.8
298	1:32:52	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	09:17.1
299	1:32:54	EVANS, Treve	Carn Runners	Male Vet 50-54	09:17.3
300	1:32:58	SIMS, Karen	East Cornwall Harriers	Female Vet 50-54	09:17.7
301	1:33:01	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	09:18.0

302	1:33:06	HEATH, James		Male under 35	09:18.5
303	1:33:17	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	09:19.6
304	1:33:21	TRETHERWEY, Martin	St Austell Running Club	Male Vet 45-49	09:20.0
305	1:33:30	CATTERALL, Diane	Carn Runners	Female under 35	09:20.9
306	1:33:34	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	09:21.3
307	1:33:39	GREEN, Julie	Carn Runners	Female Vet 50-54	09:21.8
308	1:33:41	LUDLAM, Paul		Male Vet 55-59	09:22.0
309	1:33:42	SCALLAN, Dawn	Carn Runners	Female Vet 45-49	09:22.1
310	1:33:42	CLARKE, Samantha	Carn Runners	Female Vet 35-39	09:22.1
311	1:33:43	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:22.2
312	1:33:43	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	09:22.2
313	1:34:02	LAWTON, Brian		Male Vet 65-69	09:24.0
314	1:34:04	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 70-74	09:24.2
315	1:34:09	WISNER, Kath	St Austell Running Club	Female Vet 45-49	09:24.7
316	1:34:09	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	09:24.7
317	1:34:23	GUMMOW, Katie	Looe Pioneers	Female Vet 35-39	09:26.1
318	1:34:40	FLEET, Vicky	Falmouth Road Runners	Female Vet 40-44	09:27.8
319	1:34:41	SELLEY, Hazel	Newquay Road Runners	Female Vet 35-39	09:27.9
320	1:35:06	FLEET, Mark		Male Vet 40-44	09:30.4
321	1:35:13	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	09:31.1
322	1:35:20	BARNFIELD, Marty		Male Vet 40-44	09:31.8
323	1:35:28	FOSTER, Diane	Looe Pioneers	Female Vet 45-49	09:32.6
324	1:35:29	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	09:32.7
325	1:35:37	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	09:33.5
326	1:35:38	WIDDERSHOVEN, Demelza	Carn Runners	Female Vet 35-39	09:33.6
327	1:35:41	BOADEN, Lisa	Carn Runners	Female Vet 45-49	09:33.9
328	1:35:53	CLARK, Emma	Looe Pioneers	Female under 35	09:35.1
329	1:35:54	SARGENT, Pete	Newquay Road Runners	Male Vet 70-74	09:35.2
330	1:36:06	RICKARD, Tracey	Tri Logic Cornwall	Female Vet 50-54	09:36.4
331	1:36:13	HALLIBONE, Hollie		Female under 35	09:37.1
332	1:36:13	WILDING, Sarah	Hayle Runners	Female Vet 40-44	09:37.1
333	1:36:42	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	09:40.0
334	1:36:54	GOODRIGHT, Ray	East Cornwall Harriers	Male Vet 65-69	09:41.2
335	1:36:56	BUGGE, Ian		Male Vet 45-49	09:41.4
336	1:37:02	DE ROZARIEUX, Nathan	Hayle Runners	Male Vet 40-44	09:42.0
337	1:37:08	PHILLIPS, Andy		Male Vet 35-39	09:42.6
338	1:37:25	EVANS, Alun	Hayle Runners	Male Vet 45-49	09:44.3
339	1:37:32	WILLIAMS, Robert		Male under 35	09:45.0
340	1:37:46	RICHARDS, Lisa	Carn Runners	Female Vet 35-39	09:46.4
341	1:37:52	CUFF, Linda	Looe Pioneers	Female Vet 50-54	09:47.0
342	1:38:05	RUTKOWSKA, Ola	Falmouth Road Runners	Female under 35	09:48.3
343	1:38:21	CHELL, Nina	Falmouth Road Runners	Female Vet 40-44	09:49.9
344	1:38:23	BUDGE, Andrew	St Austell Running Club	Male Vet 50-54	09:50.1
345	1:38:35	KENNEDY, Hilary	Brixham Harriers	Female Vet 55-59	09:51.3
346	1:39:12	NEWTON, David		Male Vet 35-39	09:55.0
347	1:39:23	PRYOR, Laura	Carn Runners	Female under 35	09:56.1
348	1:39:33	SWIFT, Sarah	Launceston Road Runners	Female under 35	09:57.1
349	1:39:43	TONKINS, Richard	St Austell Running Club	Male Vet 45-49	09:58.1
350	1:39:47	HAGHANI, Laura	Hayle Runners	Female Vet 35-39	09:58.5
351	1:39:58	KEATES, Amy		Female under 35	09:59.6
352	1:40:09	KEELER, Nicola	Mounts Bay Harriers	Female Vet 45-49	10:00.7
353	1:40:09	DYMOND, Steph	Mounts Bay Harriers	Female Vet 45-49	10:00.7
354	1:40:11	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	10:00.9
355	1:40:37	STROUT, Karen	Carn Runners	Female Vet 45-49	10:03.5
356	1:40:40	EVANS, Mollie	Carn Runners	Female Vet 40-44	10:03.8
357	1:40:42	SHAW, Rosalind		Female Vet 35-39	10:04.0
358	1:40:51	MOFFITT, Keiryn		Male Vet 35-39	10:04.9
359	1:40:52	MORAN, Darren		Male Vet 35-39	10:05.0
360	1:40:57	HARRINGTON, Mark	Carn Runners	Male Vet 50-54	10:05.5
361	1:41:03	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	10:06.1
362	1:41:08	THOMAS, Gemma	Carn Runners	Female under 35	10:06.6

363	1:41:24	HAM, Neil		Male Vet 50-54	10:08.2
364	1:41:26	MIDDLEDITCH, Emily	Falmouth Road Runners	Female Vet 45-49	10:08.4
365	1:41:33	WILTON, David	Falmouth Road Runners	Male Vet 60-64	10:09.1
366	1:41:44	MURRAY, Sam		Female Vet 50-54	10:10.2
367	1:42:01	BOWDEN, Geraldine	Looe Pioneers	Female Vet 55-59	10:11.9
368	1:42:14	RUSHBROOKE, Jacqueline		Female Vet 50-54	10:13.2
369	1:42:34	POTTS, Lewis		Male under 35	10:15.2
370	1:42:34	ROBERTS, Kevin		Male Vet 40-44	10:15.2
371	1:42:41	SOWERBY, Nicky	Truro Running Club	Female Vet 50-54	10:15.9
372	1:43:23	MCFADDEN, Tracy	Bodmin Womens RC	Female Vet 50-54	10:20.1
373	1:43:27	COURTNEY, Stacey	Newquay Road Runners	Female under 35	10:20.5
374	1:43:27	BIGGS, Matthew	Newquay Road Runners	Male Vet 50-54	10:20.5
375	1:43:28	NASH, Martin		Male under 35	10:20.6
376	1:43:42	JEWELS, Lucy	St Austell Running Club	Female Vet 45-49	10:22.0
377	1:43:45	KING, Gary	Mounts Bay Harriers	Male Vet 40-44	10:22.3
378	1:43:56	HOCKING, Deborah	Carn Runners	Female Vet 45-49	10:23.4
379	1:43:56	MANKEE, Emma	Carn Runners	Female Vet 45-49	10:23.4
380	1:44:08	HUNKIN, Samantha	East Cornwall Harriers	Female Vet 45-49	10:24.6
381	1:44:11	LEIWORTHY, Emily	Mounts Bay Harriers	Female under 35	10:24.9
382	1:44:11	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 40-44	10:24.9
383	1:44:12	OAKES, Chris	Mounts Bay Harriers	Male Vet 40-44	10:25.0
384	1:44:26	WADE, Margaret	Carn Runners	Female Vet 65-69	10:26.4
385	1:44:26	MARKS, Victoria	Hayle Runners	Female Vet 40-44	10:26.4
386	1:44:32	JAMES, Joyce	Mounts Bay Harriers	Female Vet 60-64	10:27.0
387	1:44:32	BUNCE, Rosita		Female under 35	10:27.0
388	1:44:43	CLOUDER, Alan		Male under 35	10:28.1
389	1:44:43	BOOTH, Denise	Mounts Bay Harriers	Female Vet 40-44	10:28.1
390	1:45:22	MOUNTER, David	Carn Runners	Male Vet 65-69	10:32.0
391	1:45:25	BREAKSPEAR, Hannah	Cornwall AC	Female under 35	10:32.3
392	1:45:25	OSBORNE, Anthea	Hayle Runners	Female Vet 45-49	10:32.3
393	1:45:27	BENNER, Gillian		Female Vet 50-54	10:32.5
394	1:45:34	JENKIN, Jacqueline	Cornwall AC	Female Vet 65-69	10:33.2
395	1:45:35	JENKIN, Richard	Cornwall AC	Male Vet 70-74	10:33.3
396	1:45:57	STAINSBY, Elaine	Hayle Runners	Female Vet 45-49	10:35.5
397	1:46:10	MARSH, Kathryn	Carn Runners	Female Vet 40-44	10:36.8
398	1:46:13	MONTGOMERY-SMITH, Taryn	St Austell Running Club	Female Vet 35-39	10:37.1
399	1:46:18	DOWLING, Nick		Male Vet 40-44	10:37.6
400	1:46:18	DOWLING, Ian		Male Vet 35-39	10:37.6
401	1:46:41	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	10:39.9
402	1:46:41	WILLIAMS, Wendy	JP Fitness Cornwall	Female Vet 55-59	10:39.9
403	1:46:41	WALLACE, Yvette	JP Fitness Cornwall	Female Vet 45-49	10:39.9
404	1:46:44	GOY, Lucy		Female Vet 35-39	10:40.2
405	1:46:44	WALLACE, Michael		Male Vet 45-49	10:40.2
406	1:46:44	PASCOE, Jodie	JP Fitness Cornwall	Female under 35	10:40.2
407	1:46:45	WALLIS, Rachel		Female Vet 35-39	10:40.3
408	1:46:45	THURSTON, Katie	JP Fitness Cornwall	Female Vet 35-39	10:40.3
409	1:46:47	EDEN, Justin		Male Vet 35-39	10:40.5
410	1:47:04	GODFREY, Nicola	Bodmin Womens RC	Female Vet 35-39	10:42.2
411	1:47:30	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	10:44.8
412	1:47:34	FORDER, Jane	Tamar Trotters	Female Vet 45-49	10:45.2
413	1:47:34	COFFMAN, Lyn	Tamar Trotters	Female Vet 45-49	10:45.2
414	1:47:37	THOMAS, Jane	St Austell Running Club	Female Vet 55-59	10:45.5
415	1:47:56	CUTLAN, Tim	St Austell Running Club	Male Vet 45-49	10:47.4
416	1:48:13	JAMES, Sue		Female Vet 65-69	10:49.1
417	1:48:35	MARTIN, Hayley	Carn Runners	Female Vet 35-39	10:51.3
418	1:48:38	BURTON, Rebecca		Female under 35	10:51.6
419	1:48:38	HIGGINS, Lucy	Newquay Road Runners	Female under 35	10:51.6
420	1:48:39	KENT, Charlotte	Mounts Bay Harriers	Female under 35	10:51.7
421	1:48:47	RICHARDS, Clair	Carn Runners	Female Vet 40-44	10:52.5
422	1:48:50	MEREDITH, Glyn		Male Vet 35-39	10:52.8
423	1:49:11	TALBOT, Bev	St Austell Running Club	Female Vet 50-54	10:54.9

424	1:49:17	JAY, Nadia	St Austell Running Club	Female Vet 40-44	10:55.5
425	1:49:37	ROWE, Sam	Mounts Bay Harriers	Female Vet 45-49	10:57.5
426	1:49:39	VERCESI, Gemma	Mounts Bay Harriers	Female Vet 35-39	10:57.7
427	1:49:50	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:58.8
428	1:49:56	HOSKEN, Victoria	Helston Trail Runners	Female Vet 40-44	10:59.4
429	1:49:58	AMPS, Samphire	Helston Trail Runners	Female Vet 40-44	10:59.6
430	1:49:59	COX, Alison	Bodmin Womens RC	Female Vet 50-54	10:59.7
431	1:50:05	KINGTON, Norris	Cornwall AC	Male Vet 75-79	11:00.3
432	1:50:29	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	11:02.7
433	1:50:49	GIBBS, Natalie	Mounts Bay Harriers	Female Vet 35-39	11:04.7
434	1:51:03	ADAMS, Hannah	St Austell Running Club	Female Vet 35-39	11:06.1
435	1:51:32	JAMESON, Judy	Carn Runners	Female Vet 55-59	11:09.0
436	1:52:00	SAVIN, Nick	Newquay Road Runners	Male under 35	11:11.8
437	1:52:07	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	11:12.5
438	1:52:28	JAMES, Amanda	Mounts Bay Harriers	Female Vet 60-64	11:14.6
439	1:52:47	BEASLEY, Steve	East Cornwall Harriers	Male Vet 55-59	11:16.5
440	1:53:01	KAYE, Emma	Newquay Road Runners	Female under 35	11:17.9
441	1:53:16	VOSPER, Francis	Bodmin Road Runners	Male Vet 55-59	11:19.4
442	1:53:22	LODER, Kat	Mounts Bay Harriers	Female Vet 35-39	11:20.0
443	1:53:52	GOADSBY, Bill	Daventry Road Runners	Male Vet 60-64	11:23.0
444	1:55:11	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	11:30.9
445	1:55:18	BOWDEN, Sally	Newquay Road Runners	Female Vet 50-54	11:31.6
446	1:55:23	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	11:32.1
447	1:55:24	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 50-54	11:32.2
448	1:55:39	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	11:33.7
449	1:56:51	VENNING, Naomi		Female under 35	11:40.9
450	1:56:51	TONKIN, Jen		Female Vet 35-39	11:40.9
451	1:58:04	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	11:48.2
452	1:58:07	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	11:48.5
453	1:58:37	TOY, Jeanette	Carn Runners	Female Vet 45-49	11:51.5
454	1:59:34	CHANNING, Abi	St Austell Running Club	Female under 35	11:57.2
455	2:00:07	EWART, Sam	St Austell Running Club	Female Vet 40-44	12:00.5
456	2:00:08	WHITRIDGE, Tilly	Cornwall AC	Female Vet 45-49	12:00.6
457	2:00:10	TODD, Christine	St Austell Running Club	Female Vet 55-59	12:00.8
458	2:00:16	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	12:01.4
459	2:00:18	HOCKING, Stacey		Female under 35	12:01.6
460	2:00:59	GRANT, Brenda	South Devon AC	Female Vet 60-64	12:05.7
461	2:01:14	WALTERS, Kathryn		Female Vet 35-39	12:07.2
462	2:01:15	CLARKE, Lisa-Marie	Carn Runners	Female Vet 35-39	12:07.3
463	2:01:44	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	12:10.2
464	2:02:06	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	12:12.4
465	2:02:06	EASTERBROOK, Jo	Mounts Bay Harriers	Male under 35	12:12.4
466	2:02:27	STONE, Jackie	Mounts Bay Harriers	Female Vet 50-54	12:14.5
467	2:03:49	WYATT, Liz	St Austell Running Club	Female Vet 45-49	12:22.7
468	2:04:01	BOLITHO, Julie		Female Vet 50-54	12:23.9
469	2:04:16	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	12:25.4
470	2:04:17	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	12:25.5
471	2:04:26	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	12:26.4
472	2:04:27	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	12:26.5
473	2:04:53	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	12:29.1
474	2:06:23	RICHARDS, Charlotte	Carn Runners	Female Vet 40-44	12:38.1
475	2:06:34	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	12:39.2
476	2:06:56	YATES, Angela	St Austell Running Club	Female Vet 60-64	12:41.4
477	2:07:11	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	12:42.9
478	2:07:25	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	12:44.3
479	2:07:26	WRIGHT, Mike	Hayle Runners	Male Vet 65-69	12:44.4
480	2:07:26	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:44.4
481	2:08:07	PROSSER, Amanda	Mounts Bay Harriers	Female Vet 40-44	12:48.5
482	2:09:12	SLATEFORD, Nicola	St Austell Running Club	Female Vet 50-54	12:55.0
483	2:18:25	GOODMAN, Emma	Falmouth Road Runners	Female Vet 45-49	13:50.3
484	2:18:25	PENTREATH, Nic	Falmouth Road Runners	Male Vet 50-54	13:50.3



485	2:37:26	WILLCOCK, Louise	Mud Crew Trail Runners	Female Vet 45-49	15:44.4
486	2:48:58	WARREN, Janice	Bideford AAC	Female Vet 65-69	16:53.6