

LOOE 10 MILER – 26TH FEBRUARY 2017

Position	Time	Name	Team	Category	Pace	No
1	1:00:31	SNOOK, Colin	Cornwall AC	Male Vet 40-44	06:03.0	342
2	1:02:04	KINDON, Noel	Cornwall AC	Male Vet 35-39	06:12.3	345
3	1:02:17	THOMAS, Justin	Cornwall AC	Male Vet 40-44	06:13.6	344
4	1:02:56	BENNEY, Aaron	Mile High	Male Vet 35-39	06:17.5	136
5	1:03:04	MARTIN, Andrew	Mile High	Male Vet 35-39	06:18.3	290
6	1:04:27	WHEAR, Paul	Cornwall AC	Male Vet 45-49	06:26.6	343
7	1:04:47	BARTLETT, David	Newquay Road Runners	Male under 35	06:28.6	203
8	1:04:58	MORANT, Jordan	Hayle Runners	Male under 35	06:29.7	65
9	1:05:12	DANIELS, Alex	Newquay Road Runners	Male Vet 40-44	06:31.1	88
10	1:06:03	WRIGHT, Tony	Newquay Road Runners	Male Vet 50-54	06:36.2	463
11	1:06:17	DIGGENS, King		Male Vet 40-44	06:37.6	172
12	1:06:51	CULLINGFORD, Declan		Male under 35	06:41.0	357
13	1:07:12	PARRY, Simon		Male Vet 45-49	06:43.1	453
14	1:07:16	WHERRY, Steve	Hayle Runners	Male Vet 50-54	06:43.5	242
15	1:07:21	WHITMORE, Ceri	Cornwall AC	Male Vet 40-44	06:44.0	347
16	1:07:37	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:45.6	196
17	1:07:45	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	06:46.4	250
18	1:07:50	PASCOE, Richard	Mile High	Male Vet 35-39	06:46.9	251
19	1:07:57	PAROISSIEN, Andrew	Hayle Runners	Male under 35	06:47.6	255
20	1:07:58	MURRANT, Kieran	Hayle Runners	Male under 35	06:47.7	326
21	1:08:01	THOROGOOD, Oivver	Looe Pioneers	Male under 35	06:48.0	7
22	1:08:21	STEPHENSON, Jamie	Mile High	Male under 35	06:50.0	284
23	1:08:46	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:52.5	64
24	1:08:47	ANGELL, Dave	Mile High	Male under 35	06:52.6	159
25	1:08:54	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:53.3	44
26	1:09:00	ROSENFELD, Thomas	Hayle Runners	Male under 35	06:53.9	68
27	1:09:23	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	06:56.2	310
28	1:09:26	ANDERSON, Scott		Male under 35	06:56.5	252
29	1:09:29	DAY, Justin	Cornwall AC	Male Vet 45-49	06:56.8	350
30	1:09:33	BARNET, James	Falmouth Road Runners	Male under 35	06:57.2	335
31	1:09:38	MANCER, Jez	St Austell Running Club	Male Vet 45-49	06:57.7	279
32	1:09:45	TATLOW, Adam	Truro Running Club	Male under 35	06:58.4	440
33	1:09:46	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:58.5	438
34	1:10:06	CUTLAN, James	St Austell Running Club	Male under 35	07:00.5	295
35	1:10:07	CHARLES, David		Male under 35	07:00.6	230
36	1:10:28	DEACON, Mark	Looe Pioneers	Male under 35	07:02.7	46
37	1:10:40	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	07:03.9	112
38	1:10:52	DITTY, Graham	Mile High	Male under 35	07:05.1	96
39	1:11:00	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	07:05.9	346
40	1:11:06	DAVIDSON, Mark	East Cornwall Harriers	Male Vet 50-54	07:06.5	447
41	1:11:30	PAULL, Emma	Hayle Runners	Female under 35	07:08.9	155
42	1:12:00	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	07:11.9	40
43	1:12:25	GAMBLE, Matt		Male under 35	07:14.4	210
44	1:12:30	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	07:14.9	254
45	1:13:20	TRICE, Ian	East Cornwall Harriers	Male Vet 40-44	07:19.9	362
46	1:13:39	SMERDON, Marc	East Cornwall Harriers	Male under 35	07:21.8	239
47	1:13:42	EVANS, Darren	Launceston Road Runners	Male under 35	07:22.1	80
48	1:13:42	PARROTT, Joe	East Cornwall Harriers	Male under 35	07:22.1	297
49	1:13:58	COCKLEY, James		Male under 35	07:23.7	268
50	1:14:07	CARTER, Dan	Looe Pioneers	Male under 35	07:24.6	3
51	1:14:15	GILL, James	Tamar Trotters	Male under 35	07:25.4	467
52	1:14:17	MCQUEEN-MASON, Danny		Male Vet 40-44	07:25.6	413
53	1:14:24	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	07:26.3	312
54	1:14:30	STANDING, Rob	Truro Running Club	Male Vet 40-44	07:26.9	439
55	1:14:40	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	07:27.9	434
56	1:14:48	PHILP, David	East Cornwall Harriers	Male Vet 55-59	07:28.7	240
57	1:15:10	CHIRGWIN, Rob	Truro Running Club	Male under 35	07:30.9	435

58	1:15:14	DANIELL, Jamie		Male under 35	07:31.3	416
59	1:15:21	BURGESS, Kathryn	Cornwall AC	Female Vet 40-44	07:32.0	356
60	1:15:44	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	07:34.3	319
61	1:16:02	LEE, Laurie	St Austell Running Club	Male Vet 55-59	07:36.1	69
62	1:16:03	POWELL, Simon	UK Net Runner	Male Vet 35-39	07:36.2	339
63	1:16:10	HIRONS, SARAH	Erme Valley Harriers	Female Vet 35-39	07:36.9	153
64	1:16:11	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:37.0	278
65	1:16:13	DAVIES, James	Truro Running Club	Male under 35	07:37.2	436
66	1:16:31	TEDDER, Dale	Looe Pioneers	Male under 35	07:39.0	449
67	1:16:38	ARROWSMITH, Paul	East Cornwall Harriers	Male Vet 35-39	07:39.7	266
68	1:16:53	PRESCOTT, Alex	Looe Pioneers	Male under 35	07:41.2	166
69	1:17:19	TREBILCOCK, Mark	Cornwall AC	Male Vet 55-59	07:43.8	157
70	1:17:20	AUSTIN, Ben	Team H RC Plymouth	Male under 35	07:43.9	443
71	1:17:36	RONNGARD, Mattias	Newquay Road Runners	Male Vet 45-49	07:45.5	307
72	1:17:40	HAM, Richard	Team H RC Plymouth	Male under 35	07:45.9	444
73	1:17:50	WEBB, Jason	Cornwall AC	Male Vet 45-49	07:46.9	348
74	1:17:55	HANNAH, David		Male under 35	07:47.4	57
75	1:18:22	MILBOURN, Lloyd	Plymouth Harriers	Male under 35	07:50.1	94
76	1:18:37	SIMSON, Paula	City of Plymouth	Female Vet 40-44	07:51.6	201
77	1:18:37	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:51.6	115
78	1:19:05	LOACH, Craig	Leicester Tri Club	Male Vet 45-49	07:54.4	19
79	1:19:13	CARDEW, Barrie	Carn Runners	Male Vet 55-59	07:55.2	18
80	1:19:19	COLEY, Alex	East Cornwall Harriers	Male under 35	07:55.8	198
81	1:19:23	TOURELL-HARRIS, Jon	East Cornwall Harriers	Male Vet 40-44	07:56.2	129
82	1:19:33	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	07:57.2	41
83	1:19:43	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:58.2	67
84	1:20:21	MIDGLEY, Phil	Newquay Road Runners	Male Vet 50-54	08:02.0	306
85	1:20:24	KIRWAN, Dee	Launceston Road Runners	Male Vet 40-44	08:02.3	236
86	1:20:25	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	08:02.4	107
87	1:20:28	FIRTH, Anthony	Tamar Trotters	Male Vet 45-49	08:02.7	292
88	1:20:33	CHEW, Daniel	Plymouth Harriers	Male under 35	08:03.2	262
89	1:20:43	LEECH, Terry	East Cornwall Harriers	Male Vet 55-59	08:04.2	269
90	1:20:54	CHASE, Andy	St Austell Running Club	Male under 35	08:05.3	83
91	1:21:08	NEWCOMBE, Michael	Torrington AAC	Male Vet 40-44	08:06.7	461
92	1:21:34	BOSWELL, Guy	Plymouth Musketeers	Male Vet 50-54	08:09.3	363
93	1:21:36	CURTIS, Oisín	Hayle Runners	Male under 35	08:09.5	409
94	1:21:36	PATRICK, Richard	Looe Pioneers	Male Vet 45-49	08:09.5	49
95	1:21:43	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	08:10.2	241
96	1:21:57	O'SHEA, Steve	Plymouth Musketeers	Male Vet 55-59	08:11.6	84
97	1:22:17	MACLAREN, Donald		Male Vet 55-59	08:13.6	316
98	1:22:27	JOHNSON, Paul		Male under 35	08:14.6	324
99	1:22:42	GRAY, Glen	Storm Running Plymouth	Male under 35	08:16.1	426
100	1:22:47	SAVAGE, Jon	Hayle Runners	Male under 35	08:16.6	106
101	1:22:51	WILSON, Chris		Male Vet 45-49	08:17.0	151
102	1:22:54	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	08:17.3	202
103	1:23:01	JOSE, Amy	Hayle Runners	Female under 35	08:18.0	417
104	1:23:12	GOLDSWORTHY, Rosalie	East Cornwall Harriers	Female Vet 40-44	08:19.1	190
105	1:23:12	BROWN, James		Male Vet 45-49	08:19.1	341
106	1:23:17	MARRIOTT, Chris	St Austell Running Club	Male Vet 35-39	08:19.6	249
107	1:23:29	WHITE, Peter		Male Vet 50-54	08:20.8	441
108	1:23:30	WILSON, Michael	Truro Running Club	Male Vet 55-59	08:20.9	432
109	1:23:35	KEARNS, Joe	East Cornwall Harriers	Male Vet 50-54	08:21.4	124
110	1:23:40	BOLT, Phil	Cornwall AC	Male Vet 45-49	08:21.9	349
111	1:23:42	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	08:22.1	77
112	1:23:54	WILES, Brian	Launceston Road Runners	Male Vet 70-74	08:23.3	87
113	1:24:02	CORTIS, Richard	Falmouth Road Runners	Male Vet 45-49	08:24.1	381
114	1:24:06	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	08:24.5	304
115	1:24:08	BARRETT, Pete	Stroud & District AC	Male Vet 35-39	08:24.7	322
116	1:24:25	HARRISON, Karen	Cornwall AC	Female Vet 45-49	08:26.4	355
117	1:24:31	CURTIS, Robert	Bude Rats	Male Vet 35-39	08:27.0	178
118	1:24:36	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	08:27.5	206

119	1:24:39	SIMPSON, David		Male Vet 55-59	08:27.8	142
120	1:24:40	BRAY, Robin	Plymouth Harriers	Male Vet 40-44	08:27.9	235
121	1:24:43	GOSS, Colin		Male Vet 45-49	08:28.2	31
122	1:24:59	GARDNER, Ian	Plymouth Coasters	Male Vet 45-49	08:29.8	121
123	1:25:09	PAWLEY, Chris	Looe Pioneers	Male Vet 40-44	08:30.8	138
124	1:25:13	MORSE, Helen	East Cornwall Harriers	Female under 35	08:31.2	291
125	1:25:15	KEATES, Nathan		Male Vet 35-39	08:31.4	365
126	1:25:22	JOHNSON, Bevan	Plymouth Harriers	Male Vet 40-44	08:32.1	330
127	1:25:24	GAY, Jennifer	Truro Running Club	Female under 35	08:32.3	437
128	1:25:31	SIMS, Andrew	East Cornwall Harriers	Male Vet 50-54	08:33.0	123
129	1:25:42	MILLS, Jenny	Launceston Road Runners	Female Vet 65-69	08:34.1	126
130	1:25:51	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	08:35.0	32
131	1:25:56	DART, Ian	Plymouth Harriers	Male Vet 60-64	08:35.5	163
132	1:26:00	ARNOLD, Lee		Male Vet 35-39	08:35.9	412
133	1:26:01	HARTILL, Gail	Bodmin Road Runners	Female Vet 40-44	08:36.0	209
134	1:26:02	MORGAN, Martin	Bodmin Road Runners	Male Vet 60-64	08:36.1	72
135	1:26:08	FRITH, Julie	East Cornwall Harriers	Female Vet 40-44	08:36.7	424
136	1:26:15	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	08:37.4	148
137	1:26:17	BLACKBURN, Amy	Mile High	Female under 35	08:37.6	397
138	1:26:18	SYRETT, Paul	Falmouth Road Runners	Male Vet 45-49	08:37.7	272
139	1:26:25	GRONWALT, Ian	Mud Crew Trail Runners	Male Vet 50-54	08:38.4	245
140	1:26:30	TALEN, Patrick	St Austell Running Club	Male Vet 40-44	08:38.9	167
141	1:26:44	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	08:40.3	228
142	1:26:54	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	08:41.3	170
143	1:26:56	HARRIS, Andy		Male Vet 45-49	08:41.5	133
144	1:27:00	NUGENT, Debbie	Cornwall AC	Female Vet 50-54	08:41.9	420
145	1:27:23	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	08:44.2	156
146	1:27:23	DAVIES, Nikki	Newquay Road Runners	Female Vet 35-39	08:44.2	299
147	1:27:39	MCLEAN, Luke	Mounts Bay Harriers	Male Vet 35-39	08:45.8	317
148	1:27:43	BATCHELOR, David	Hayle Runners	Male Vet 55-59	08:46.2	109
149	1:27:48	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	08:46.7	340
150	1:27:58	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	08:47.7	220
151	1:28:06	ALLBUTT, Gary	Plymouth Musketeers	Male Vet 50-54	08:48.5	327
152	1:28:22	TARRANT, Rachael	Plymouth Musketeers	Female Vet 45-49	08:50.1	120
153	1:28:22	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	08:50.1	351
154	1:28:29	GOSSAN, John	Looe Pioneers	Male Vet 65-69	08:50.8	313
155	1:28:44	BURNS, Julia	Hayle Runners	Female Vet 50-54	08:52.3	183
156	1:28:59	MYFORD, Sarah	Newquay Par AC	Female Vet 50-54	08:53.8	329
157	1:29:12	CLITHEROW, Hana	Truro Running Club	Female Vet 50-54	08:55.1	214
158	1:29:19	HOCKEY, Michael	Plymouth Musketeers	Male Vet 35-39	08:55.8	283
159	1:29:28	EYRE, Janna	Carn Runners	Female Vet 35-39	08:56.7	419
160	1:29:30	CHAPMAN, Peter	Carn Runners	Male Vet 60-64	08:56.9	17
161	1:29:51	TATKIEWICZ, Witold		Male under 35	08:59.0	277
162	1:29:59	YATES, Paul	Team H RC Plymouth	Male Vet 40-44	08:59.8	410
163	1:30:04	COLLISTER, Nick		Male Vet 50-54	09:00.3	55
164	1:30:10	ROBINSON, Sarah	Plymouth Musketeers	Female Vet 40-44	09:00.9	149
165	1:30:18	WILLIAMS, Gary	Looe Pioneers	Male under 35	09:01.7	229
166	1:30:25	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	09:02.4	303
167	1:30:41	WILLIAMS, Trevor	Tamar Trotters	Male Vet 55-59	09:04.0	234
168	1:30:41	THOMAS, Bob		Male Vet 60-64	09:04.0	180
169	1:30:42	BOWDEN, Nick		Male under 35	09:04.1	422
170	1:30:43	HILL, Oliver		Male under 35	09:04.2	408
171	1:30:43	THOMAS, Alison	Hayle Runners	Female Vet 40-44	09:04.2	146
172	1:30:46	MACKENZIE, Alan	Falmouth Road Runners	Male Vet 50-54	09:04.5	384
173	1:30:47	LUSCOMBE, Steve		Male Vet 40-44	09:04.6	221
174	1:30:50	OWEN, Mark	St Austell Running Club	Male Vet 40-44	09:04.9	116
175	1:30:53	TURPIN, Richard		Male Vet 45-49	09:05.2	462
176	1:31:04	STACEY, Hayley	East Cornwall Harriers	Female Vet 35-39	09:06.3	168
177	1:31:08	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	09:06.7	238
178	1:31:17	TARRANT, Ben		Male under 35	09:07.6	274
179	1:31:23	BLOWER, Michelle	Calne Road Runners	Female Vet 40-44	09:08.2	338

180	1:31:24	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	09:08.3	30
181	1:31:30	PIPET, Martin	Bodmin Road Runners	Male Vet 40-44	09:08.9	145
182	1:31:36	SAUNDERS, Karl	East Cornwall Harriers	Male Vet 35-39	09:09.5	102
183	1:31:55	LILLIS, John	Newquay Road Runners	Male Vet 70-74	09:11.4	302
184	1:32:04	GEORGE, Andrew	Hayle Runners	Male Vet 55-59	09:12.3	143
185	1:32:06	BURKE, Miranda	Plymouth Harriers	Female Vet 45-49	09:12.5	285
186	1:32:21	RULE, Helen	Hayle Runners	Female Vet 35-39	09:14.0	195
187	1:32:28	SELWOOD, Jill	Plymouth Harriers	Female Vet 50-54	09:14.7	325
188	1:32:29	RAWLE, Jenny		Female Vet 40-44	09:14.8	415
189	1:32:30	SAUNDERS, Nick		Male Vet 35-39	09:14.9	401
190	1:32:31	BUSH, Steve	Plymouth Musketeers	Male Vet 40-44	09:15.0	37
191	1:32:32	LAMBERT-GOVIER, Steve		Male Vet 35-39	09:15.1	445
192	1:32:33	BAILEY, Joanna		Female under 35	09:15.2	261
193	1:32:33	GOLDSTONE, Patsy	Nailsea Running Club	Female Vet 45-49	09:15.2	227
194	1:32:39	CUTLAN, Hannah	St Austell Running Club	Female under 35	09:15.8	296
195	1:32:40	VIVES, Jean-claude		Male Vet 65-69	09:15.9	459
196	1:32:41	BEES, Philip	Plymouth Musketeers	Male Vet 60-64	09:16.0	271
197	1:32:43	RUNDLE, Wayne	Launceston Road Runners	Male Vet 40-44	09:16.2	184
198	1:32:48	PASCOE, Anna	Carn Runners	Female Vet 35-39	09:16.7	367
199	1:33:06	CRABB, Sally	Looe Pioneers	Female Vet 40-44	09:18.5	188
200	1:33:06	BAKER, Ashley		Male Vet 45-49	09:18.5	387
201	1:33:08	BUNCE, Richard	Mounts Bay Harriers	Male Vet 50-54	09:18.7	321
202	1:33:12	EAGLING, Nigel	Truro Running Club	Male Vet 65-69	09:19.1	208
203	1:33:13	CRABB, Andy	Looe Pioneers	Male Vet 40-44	09:19.2	189
204	1:33:21	STORER, Graham	Cornwall AC	Male Vet 55-59	09:20.0	353
205	1:33:26	BOSUSTOW, Suzy	Cornwall AC	Female Vet 40-44	09:20.5	354
206	1:33:29	ASPEN, Gail	Hayle Runners	Female Vet 45-49	09:20.8	248
207	1:33:34	DART-CASSIDY, Jayne	Plymouth Harriers	Female Vet 55-59	09:21.3	164
208	1:33:51	HARRIS, Geoff	Newquay Road Runners	Male Vet 55-59	09:23.0	301
209	1:33:53	MORRIS, David	Larkfield AC	Male Vet 65-69	09:23.1	127
210	1:33:57	BARNETT, Karen		Female Vet 35-39	09:23.5	423
211	1:34:09	COWBURN, Sarah	Mud Crew Trail Runners	Female Vet 40-44	09:24.7	402
212	1:34:15	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	09:25.3	386
213	1:34:24	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	09:26.2	176
214	1:34:28	MARQUIS, Peter		Male Vet 60-64	09:26.6	150
215	1:34:30	DOOGAN, Sean		Male Vet 45-49	09:26.8	211
216	1:34:30	HOATSON, Chloe	Plymouth Musketeers	Female Vet 35-39	09:26.8	56
217	1:34:36	LOCKYER, James	East Cornwall Harriers	Male Vet 60-64	09:27.4	95
218	1:34:36	MACLAREN, Steve	Hayle Runners	Male Vet 45-49	09:27.4	79
219	1:34:45	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	09:28.3	320
220	1:34:46	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	09:28.4	460
221	1:34:47	HARRIS, Natalie		Female under 35	09:28.5	132
222	1:34:58	WHIPP, Chris	Plymouth Musketeers	Male Vet 50-54	09:29.6	400
223	1:35:04	TONKIN, Craig	Hayle Runners	Male Vet 45-49	09:30.2	144
224	1:35:06	PALMER, Brendan	Plymouth Musketeers	Male Vet 35-39	09:30.4	418
225	1:35:21	WRIGHT, David	Hayle Runners	Male Vet 50-54	09:31.9	323
226	1:35:23	STARLING, Matt		Male Vet 40-44	09:32.1	281
227	1:35:32	BUNTING, Maggie	Tamar Trotters	Female Vet 45-49	09:33.0	103
228	1:35:34	MOORE, Will		Male under 35	09:33.2	465
229	1:35:38	PALMER, Stefan	Bodmin Road Runners	Male Vet 45-49	09:33.6	82
230	1:35:38	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	09:33.6	81
231	1:36:14	EWING, David		Male under 35	09:37.2	358
232	1:36:16	ANDREWS, Jim	Plymouth Musketeers	Male Vet 55-59	09:37.4	13
233	1:36:23	BULLOCK, Katie	Newquay Road Runners	Female under 35	09:38.1	311
234	1:36:30	ROWE, Melissa	St Austell Running Club	Female Vet 40-44	09:38.8	197
235	1:36:40	BURTOFT, John		Male Vet 40-44	09:39.8	70
236	1:36:51	HUGHES, Claire		Female Vet 40-44	09:40.9	442
237	1:37:05	TOLLADAY, Claire		Female Vet 35-39	09:42.3	174
238	1:37:34	AUSTIN, David		Male under 35	09:45.2	11
239	1:37:42	GILES, Nicholas		Male Vet 45-49	09:46.0	334
240	1:37:51	MASKELL, Melanie	St Austell Running Club	Female Vet 45-49	09:46.9	175

241	1:37:58	MARTIN, Gary	Plymouth Musketeers	Male Vet 45-49	09:47.6	232
242	1:37:58	MARTIN, Sam	Plymouth Musketeers	Female Vet 40-44	09:47.6	233
243	1:38:11	LAWES, Helen	Looe Pioneers	Female Vet 45-49	09:48.9	47
244	1:38:15	COLES, Mary Jean	Ssideline City(Stockholm)	Female under 35	09:49.3	192
245	1:38:16	MCLEAN, Dee	Mounts Bay Harriers	Female Vet 35-39	09:49.4	318
246	1:38:16	OSWALD, Gary	Looe Pioneers	Male Vet 60-64	09:49.4	12
247	1:38:25	IRWIN, Karen		Female Vet 45-49	09:50.3	247
248	1:38:35	IRWIN, Mike		Male Vet 50-54	09:51.3	246
249	1:38:41	DOUGLAS, Rob		Male under 35	09:51.9	216
250	1:38:44	BRAY, Toby		Male Vet 40-44	09:52.2	21
251	1:38:48	TREVENIN, Matthew		Male under 35	09:52.6	466
252	1:38:55	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	09:53.3	16
253	1:39:01	NORMAN, Joeu		Female under 35	09:53.9	267
254	1:39:03	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	09:54.1	177
255	1:39:12	GRAHAM, Sarah		Female Vet 35-39	09:55.0	215
256	1:39:15	HAYNES, Patrick	St Austell Running Club	Male Vet 50-54	09:55.3	118
257	1:39:51	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	09:58.9	185
258	1:40:04	BEECH, Chris		Male Vet 35-39	10:00.2	360
259	1:40:15	FORSTER, Emma	Plymouth Musketeers	Female Vet 40-44	10:01.3	91
260	1:40:18	COZENS, Hayley	Plymouth Harriers	Female under 35	10:01.6	407
261	1:40:34	CARVETH, Debbie	Hayle Runners	Female Vet 40-44	10:03.2	140
262	1:40:49	DAVEY, Tracey		Female Vet 40-44	10:04.7	446
263	1:40:50	WARREN, Diane	Hayle Runners	Female Vet 60-64	10:04.8	141
264	1:40:52	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	10:05.0	222
265	1:41:10	HILL, Jessica		Female under 35	10:06.8	425
266	1:41:19	WILLBY, Shannon	Falmouth Road Runners	Female under 35	10:07.7	378
267	1:41:23	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	10:08.1	391
268	1:41:24	GILL, Nichola	Plymouth Musketeers	Female Vet 40-44	10:08.2	27
269	1:41:26	CLIFF, David		Male Vet 50-54	10:08.4	403
270	1:41:32	KNOWLES, Juliet	Carn Runners	Female Vet 40-44	10:09.0	373
271	1:41:32	UREN, Lisa	Carn Runners	Female Vet 35-39	10:09.0	374
272	1:41:37	O'SHEA, Tina	Plymouth Musketeers	Female Vet 55-59	10:09.5	85
273	1:41:38	QUELCH, Jonathan	East Cornwall Harriers	Male Vet 45-49	10:09.6	182
274	1:41:38	LEAN, David	East Cornwall Harriers	Male Vet 55-59	10:09.6	10
275	1:41:58	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	10:11.6	165
276	1:42:07	MARSHALL, Keith	Falmouth Road Runners	Male Vet 70-74	10:12.5	383
277	1:42:09	FARROW, Leah		Female Vet 35-39	10:12.7	59
278	1:42:10	HEYWOOD, Peter	Looe Pioneers	Male Vet 70-74	10:12.8	280
279	1:42:28	CAMERON, Luke	Plymouth Musketeers	Male under 35	10:14.6	9
280	1:43:36	BROWN, Adrian	Launceston Road Runners	Male Vet 40-44	10:21.4	394
281	1:43:40	FOSTER, Diane	Looe Pioneers	Female Vet 45-49	10:21.8	71
282	1:43:41	NORRIS, Chris	Launceston Road Runners	Male Vet 40-44	10:21.9	395
283	1:43:48	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	10:22.6	388
284	1:43:52	BOUCHER, Richard	Team H RC Plymouth	Male Vet 45-49	10:23.0	14
285	1:44:08	HEFFERNAN, Mark		Male Vet 40-44	10:24.6	114
286	1:44:16	SALVAGE, David	Tamar Trotters	Male Vet 65-69	10:25.4	333
287	1:44:38	PEACOCK, Annabelle		Female under 35	10:27.6	458
288	1:44:43	TRETHEWEY, Martin	St Austell Running Club	Male Vet 45-49	10:28.1	110
289	1:45:07	PALMER, Michael	East Cornwall Harriers	Male Vet 65-69	10:30.5	231
290	1:45:22	NEWMAN, Sheila	Tamar Trotters	Female Vet 60-64	10:32.0	179
291	1:45:26	CLARK, Emma	Looe Pioneers	Female under 35	10:32.4	39
292	1:45:31	FLAY, Mark		Male Vet 40-44	10:32.9	450
293	1:45:33	HILL, Chris		Male Vet 55-59	10:33.1	431
294	1:45:36	MATILDE, Pedro		Male Vet 35-39	10:33.4	451
295	1:45:47	MACK, Mike	Carn Runners	Male Vet 65-69	10:34.5	375
296	1:46:23	LAMERTON, Maggie	Plymouth Musketeers	Female Vet 40-44	10:38.1	257
297	1:46:25	WALSH, Steve		Male Vet 45-49	10:38.3	336
298	1:46:28	SENIOR, Ann	Hayle Runners	Female Vet 55-59	10:38.6	366
299	1:46:28	OSBORN, Kathryn	Hayle Runners	Female Vet 55-59	10:38.6	62
300	1:46:29	YOUNGMAN, Paul	Plymouth Musketeers	Male Vet 55-59	10:38.7	4
301	1:46:38	DAY, Samantha		Female under 35	10:39.6	23

302	1:46:48	WILTON, David	Falmouth Road Runners	Male Vet 60-64	10:40.6	376
303	1:46:48	PRUTTON, Kelly	Looe Pioneers	Female under 35	10:40.6	160
304	1:46:52	SCOTT, Rachel	Plymouth Musketeers	Female Vet 50-54	10:41.0	89
305	1:46:56	WRIGHT, Paul		Male Vet 35-39	10:41.4	48
306	1:47:11	SAUNDERS, Lyndsey	East Cornwall Harriers	Female Vet 35-39	10:42.9	51
307	1:47:19	POLLARD, Carol	East Cornwall Harriers	Female Vet 60-64	10:43.7	131
308	1:47:43	TWAITE, Mark		Male Vet 35-39	10:46.1	429
309	1:48:08	CUFF, Linda	Looe Pioneers	Female Vet 50-54	10:48.6	398
310	1:48:13	TORRES, Mick		Male Vet 50-54	10:49.1	101
311	1:48:16	MCFADDEN, Tracy	Bodmin Womens RC	Female Vet 50-54	10:49.4	289
312	1:48:18	CASEY, Paul		Male Vet 50-54	10:49.6	92
313	1:48:35	GREEN, Marie	Falmouth Road Runners	Female Vet 40-44	10:51.3	282
314	1:48:37	BATTY, Amy		Female under 35	10:51.5	224
315	1:48:45	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	10:52.3	5
316	1:48:52	RUTKOWSKA, Ola	Falmouth Road Runners	Female under 35	10:53.0	379
317	1:48:55	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 40-44	10:53.3	111
318	1:48:57	MANKEE, Emma	Carn Runners	Female Vet 45-49	10:53.5	286
319	1:49:00	HASLAM, Luke		Male under 35	10:53.8	314
320	1:49:11	GOODALL, Becci		Female under 35	10:54.9	331
321	1:49:22	BILLINGTON, Melanie	Hayle Runners	Female Vet 45-49	10:56.0	411
322	1:49:22	SINCLAIR, Sarah	Plymouth Musketeers	Female Vet 45-49	10:56.0	93
323	1:49:33	EVANS, Alun	Hayle Runners	Male Vet 45-49	10:57.1	134
324	1:49:35	ENGLAND, Emma	Bodmin Womens RC	Female Vet 45-49	10:57.3	364
325	1:49:40	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	10:57.8	130
326	1:49:41	BRAY, Miles		Male Vet 55-59	10:57.9	213
327	1:49:42	HORTON, Joanna		Female Vet 40-44	10:58.0	207
328	1:49:43	LEWIS, Alan		Male Vet 50-54	10:58.1	260
329	1:49:47	BARNES, Luke		Male under 35	10:58.5	430
330	1:50:10	JEWELS, Lucy	St Austell Running Club	Female Vet 45-49	11:00.8	171
331	1:50:10	SHADDICK, Rob	Plymouth Musketeers	Male Vet 45-49	11:00.8	428
332	1:50:21	SIMONS, Brett	Plymouth Musketeers	Male under 35	11:01.9	226
333	1:50:22	PRYOR, Laura	Carn Runners	Female under 35	11:02.0	372
334	1:50:52	RAYMENT, Claire		Female under 35	11:05.0	361
335	1:51:21	KING, Sarah	Mounts Bay Harriers	Female Vet 40-44	11:07.9	204
336	1:51:28	POWELL, Cherry	Plymouth Musketeers	Female Vet 50-54	11:08.6	74
337	1:51:29	HALL, Nicola	Bodmin Womens RC	Female Vet 40-44	11:08.7	405
338	1:51:29	COLLINS, Rosie		Female Vet 40-44	11:08.7	452
339	1:51:37	SWIFT, Sarah	Launceston Road Runners	Female under 35	11:09.5	60
340	1:51:37	CURTIS, Jamie		Male under 35	11:09.5	6
341	1:51:37	SHEPLEY, Phil	Looe Pioneers	Male Vet 35-39	11:09.5	26
342	1:51:37	STAFF, Dale	Looe Pioneers	Male Vet 40-44	11:09.5	186
343	1:51:37	CRANE, Barry		Male Vet 35-39	11:09.5	75
344	1:51:37	MERRIN, Christian		Male Vet 40-44	11:09.5	122
345	1:51:37	WEARING, Tristan		Male Vet 40-44	11:09.5	263
346	1:51:37	BAKER, Sean	Looe Pioneers	Male Vet 40-44	11:09.5	61
347	1:51:50	BARNES, John	Launceston Road Runners	Male Vet 55-59	11:10.8	468
348	1:52:21	DUNRIDGE, Darren	Plymouth Musketeers	Male Vet 50-54	11:13.9	454
349	1:52:31	DALES, Emma	East Cornwall Harriers	Female Vet 50-54	11:14.9	273
350	1:52:33	BUDGE, Andrew	St Austell Running Club	Male Vet 50-54	11:15.1	154
351	1:52:49	SOWERBY, Nicky	Truro Running Club	Female Vet 50-54	11:16.7	404
352	1:53:01	GOLDING, John		Male Vet 50-54	11:17.9	414
353	1:53:05	SAVIN, Nick	Newquay Road Runners	Male under 35	11:18.3	308
354	1:53:30	DAVIES, Jeffrey		Male Vet 50-54	11:20.8	1
355	1:53:32	CHIVERS, Emma		Female Vet 45-49	11:21.0	2
356	1:53:50	HUNKIN, Samantha	East Cornwall Harriers	Female Vet 45-49	11:22.8	223
357	1:53:50	WHITE, Karen	Bodmin Womens RC	Female Vet 45-49	11:22.8	50
358	1:53:50	DYMOND, Amanda	Bodmin Womens RC	Female Vet 40-44	11:22.8	399
359	1:53:50	HAMILTON, Karen		Female Vet 45-49	11:22.8	392
360	1:53:50	LEHAN, Lorraine		Female Vet 50-54	11:22.8	253
361	1:54:19	HENDERSON, Anna		Female Vet 40-44	11:25.7	193
362	1:54:19	JACKSON, Martin		Male under 35	11:25.7	194

363	1:54:29	DENNIS, Matthew		Male Vet 50-54	11:26.7	457
364	1:54:43	KENT, Emma	Newquay Road Runners	Female Vet 35-39	11:28.1	305
365	1:54:49	LIGHT, Lisa	Plymouth Musketeers	Female Vet 55-59	11:28.7	219
366	1:54:51	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	11:28.9	100
367	1:56:13	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	11:37.1	309
368	1:56:15	KINGTON, Norris	Cornwall AC	Male Vet 75-79	11:37.3	199
369	1:57:03	STANESCU, Norbert	Cornwall AC	Male under 35	11:42.1	464
370	1:57:10	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	11:42.8	433
371	1:57:23	ADAMS, Sharon	Plymouth Musketeers	Female Vet 40-44	11:44.1	456
372	1:59:28	HOCKING, Deborah	Carn Runners	Female Vet 45-49	11:56.6	76
373	1:59:57	MARSHALL, Terry	Falmouth Road Runners	Female Vet 65-69	11:59.5	382
374	2:00:14	HANDLEY, Emma	East Cornwall Harriers	Female under 35	12:01.2	28
375	2:00:19	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	12:01.7	225
376	2:00:55	HOWARD, Kate	Plymouth Musketeers	Female Vet 55-59	12:05.3	448
377	2:00:55	BRUMHEAD, Kelly	Plymouth Musketeers	Female Vet 40-44	12:05.3	42
378	2:00:55	DAY, Amy	Plymouth Musketeers	Female under 35	12:05.3	54
379	2:00:55	SHADDICK, Michelle	Plymouth Musketeers	Female Vet 45-49	12:05.3	427
380	2:00:55	DUNN, Vicki	Plymouth Musketeers	Female Vet 35-39	12:05.3	43
381	2:00:55	KING, Louise	Plymouth Musketeers	Female Vet 50-54	12:05.3	217
382	2:00:55	KING, Bryan	Plymouth Musketeers	Male Vet 60-64	12:05.3	218
383	2:01:06	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	12:06.4	244
384	2:01:08	ADAMS, Hannah	St Austell Running Club	Female Vet 35-39	12:06.6	113
385	2:01:32	LOOSLEY, Alison	St Austell Running Club	Female Vet 45-49	12:09.0	265
386	2:02:15	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	12:13.3	20
387	2:02:35	JAY, Nadia	St Austell Running Club	Female Vet 40-44	12:15.3	200
388	2:03:08	BENT, David	Plymouth Harriers	Male Vet 45-49	12:18.6	390
389	2:03:08	MOLE, Linda	Plymouth Harriers	Female Vet 35-39	12:18.6	294
390	2:03:20	BECKENKRAGER, Sharon	Plymouth Harriers	Female Vet 45-49	12:19.8	288
391	2:03:20	HADFIELD-BENNETT, Penny	Plymouth Harriers	Female Vet 45-49	12:19.8	287
392	2:03:20	PEDRICK, Melanie	Plymouth Harriers	Female Vet 45-49	12:19.8	270
393	2:03:46	KELLY, Billy		Male Vet 50-54	12:22.4	53
394	2:04:38	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	12:27.6	104
395	2:04:47	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 50-54	12:28.5	181
396	2:05:02	EVANS, Des	Newquay Road Runners	Male Vet 65-69	12:30.0	300
397	2:05:04	KAYE, Emma	Newquay Road Runners	Female under 35	12:30.2	298
398	2:05:54	RUSSELL, Louise		Female Vet 45-49	12:35.2	78
399	2:06:42	FRANCIS, Mel	Plymouth Musketeers	Female under 35	12:40.0	396
400	2:06:53	WILLCOCKS, Mark	Plymouth Musketeers	Male Vet 50-54	12:41.1	455
401	2:07:15	PADDON, Alison	Tamar Trotters	Female Vet 50-54	12:43.3	264
402	2:07:40	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	12:45.8	162
403	2:08:18	VANDERMEULEN, Ann		Female Vet 50-54	12:49.6	36
404	2:08:18	AYRE, Susan	Plymouth Musketeers	Female Vet 35-39	12:49.6	276
405	2:08:25	RICHARDS, Clair	Carn Runners	Female Vet 40-44	12:50.3	370
406	2:08:25	CARSWELL, Sarah	Carn Runners	Female Vet 40-44	12:50.3	368
407	2:08:25	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	12:50.3	369
408	2:08:25	MACLAREN, Lesley	St Austell Running Club	Female under 35	12:50.3	315
409	2:09:41	BUCKMAN, Elizabeth	Plymouth Musketeers	Female Vet 35-39	12:57.9	119
410	2:09:43	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	12:58.1	380
411	2:10:36	SWEET, Simon		Male under 35	13:03.4	147
412	2:11:35	CHANNING, Abi	St Austell Running Club	Female under 35	13:09.3	139
413	2:11:56	LAST, Natalie		Female Vet 40-44	13:11.4	212
414	2:12:48	EWART, Sam	St Austell Running Club	Female Vet 40-44	13:16.6	191
415	2:13:33	TODD, Christine	St Austell Running Club	Female Vet 55-59	13:21.1	187
416	2:15:13	WONG-BROOKS, Lai-yin	Plymouth Musketeers	Female Vet 45-49	13:31.1	90
417	2:15:24	WEAVER-GORE, Kathryn	Plymouth Musketeers	Female Vet 55-59	13:32.2	63
418	2:16:22	KING, Gary	Mounts Bay Harriers	Male Vet 40-44	13:38.0	205
419	2:17:03	NEAL, Steve	Plymouth Musketeers	Male Vet 55-59	13:42.1	105
420	2:17:14	TOY, Jeanette	Carn Runners	Female Vet 45-49	13:43.2	371
421	2:18:53	BAXTER, Hollie	Plymouth Harriers	Female under 35	13:53.1	332
422	2:18:53	LEGG, Claire	Plymouth Coasters	Female Vet 35-39	13:53.1	389
423	2:18:58	WRIGHT, Mike	Hayle Runners	Male Vet 65-69	13:53.6	125

424	2:22:13	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	14:13.1	385
425	2:26:48	OGG, Katherine		Female Vet 35-39	14:40.6	35
426	2:28:49	WILLIAMS, Darren	Plymouth Musketeers	Male Vet 45-49	14:52.7	8