

## STICKER 5 – 24TH JUNE 2017

Position	Time	Name	Team	Category	Pace	No
1	0:26:58	BREWER, Tony	Mile High	Male Vet 35-39	05:23.5	128
2	0:27:02	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:24.3	226
3	0:27:15	BENNEY, Aaron	Mile High	Male Vet 35-39	05:26.9	37
4	0:28:00	MORANT, Jordan	Hayle Runners	Male under 35	05:35.9	360
5	0:28:08	MARTIN, Andrew	Mile High	Male Vet 35-39	05:37.5	126
6	0:28:10	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:37.9	241
7	0:28:19	RATCLIFFE, Floyd	Hayle Runners	Male under 20	05:39.7	391
8	0:28:33	ELLIS, Peter	Hayle Runners	Male under 35	05:42.5	416
9	0:28:35	ANGELL, Dave	Mile High	Male under 35	05:42.9	127
10	0:28:38	GOODCHILD, Sam	Cornwall AC	Male under 20	05:43.5	137
11	0:28:58	YATES, Matt	Cornwall AC	Male under 35	05:47.5	229
12	0:29:16	SLATTERY, Tom	Cornwall AC	Male under 20	05:51.1	228
13	0:29:21	WEBSTER, Mark	Cornwall AC	Male under 35	05:52.1	230
14	0:29:29	WHERRY, Steve	Hayle Runners	Male Vet 50-54	05:53.7	379
15	0:29:30	STEPHENSON, Jamie	Mile High	Male under 35	05:53.9	125
16	0:29:35	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	05:54.9	79
17	0:29:50	CUTLAN, James	St Austell Running Club	Male under 35	05:57.9	89
18	0:29:51	SOLE, Paul	Cornwall AC	Male Vet 35-39	05:58.1	232
19	0:29:54	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	05:58.7	280
20	0:29:56	CARTHEY, Tom	Falmouth Road Runners	Male under 35	05:59.1	257
21	0:30:00	STEPTO, Emma	Cornwall AC	Female Vet 45-49	05:59.9	243
22	0:30:09	TREGENZA, Heidi	Cornwall AC	Female under 35	06:01.7	245
23	0:30:19	DAY, Justin	Cornwall AC	Male Vet 45-49	06:03.7	233
24	0:30:20	BARNET, James	Falmouth Road Runners	Male under 35	06:03.9	105
25	0:30:23	ROSENFELD, Thomas	Hayle Runners	Male Vet 35-39	06:04.5	359
26	0:30:30	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:05.9	259
27	0:30:31	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	06:06.1	369
28	0:30:37	MARPLES, Alex	Truro Running Club	Male Vet 35-39	06:07.3	336
29	0:30:38	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	06:07.5	258
30	0:30:56	COOKSON, Neill	Hayle Runners	Male Vet 50-54	06:11.1	395
31	0:31:10	DOWRICK, Mike	Cornwall AC	Male Vet 45-49	06:13.9	231
32	0:31:12	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:14.3	168
33	0:31:16	PAULL, Emma	Hayle Runners	Female under 35	06:15.1	366
34	0:31:17	HOOPER, Gregg	Newquay Road Runners	Male Vet 35-39	06:15.3	294
35	0:31:22	STANDING, Rob	Truro Running Club	Male Vet 40-44	06:16.3	342
36	0:31:27	SOLE, Amy	Cornwall AC	Female under 35	06:17.3	244
37	0:31:35	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:18.9	96
38	0:31:43	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	06:20.5	203
39	0:31:44	DITTY, Graham	Mile High	Male under 35	06:20.7	58
40	0:31:48	DEACON, Mark	Looe Pioneers	Male under 35	06:21.5	42
41	0:31:58	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:23.5	347
42	0:32:00	AXE, Jason	Newquay Road Runners	Male under 35	06:23.9	412
43	0:32:09	MUTSAERS, Adrian	Cornwall AC	Male Vet 45-49	06:25.7	234
44	0:32:23	POWELL, Simon	Mud Crew Trail Runners	Male Vet 35-39	06:28.5	429
45	0:32:24	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:28.7	303
46	0:32:28	WILLIAMS, James	Cornwall AC	Male under 20	06:29.5	227
47	0:32:38	TEMPLE, Sian	Newquay Par AC	Female under 20	06:31.5	328
48	0:32:39	SOLE, John	Bodmin Road Runners	Male Vet 35-39	06:31.7	21
49	0:32:41	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:32.1	334
50	0:33:05	DANIELL, Jamie		Male under 35	06:36.9	398
51	0:33:05	WILLIAMS, Alan	Tamar Trotters	Male Vet 35-39	06:36.9	61
52	0:33:06	GOTTS, Josh		Male under 35	06:37.1	387
53	0:33:08	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:37.5	109
54	0:33:11	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 65-69	06:38.1	214
55	0:33:21	MARTIN, Richard		Male under 35	06:40.1	408
56	0:33:22	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:40.3	160
57	0:33:26	STAFF, Dale	Looe Pioneers	Male Vet 40-44	06:41.1	47
58	0:33:27	MANNING, James	Hayle Runners	Male Vet 35-39	06:41.3	380

59	0:33:33	SAVAGE, Jon	Hayle Runners	Male under 35	06:42.5	392
60	0:33:41	BURGESS, Kathryn	Cornwall AC	Female Vet 40-44	06:44.1	246
61	0:33:48	RONNGARD, Mattias	Newquay Road Runners	Male Vet 45-49	06:45.5	289
62	0:33:48	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:45.5	272
63	0:33:49	TRERISE, Connor	Cornwall AC	Male under 20	06:45.7	235
64	0:33:57	COLEY, Alex	East Cornwall Harriers	Male under 20	06:47.3	14
65	0:33:57	MARSTON, Jeremy	Mounts Bay Harriers	Male Vet 45-49	06:47.3	223
66	0:34:02	DINGLE, Jordan		Male under 35	06:48.3	41
67	0:34:06	MIDGLEY, Phil	Newquay Road Runners	Male Vet 50-54	06:49.1	313
68	0:34:15	SHORT, Chris		Male under 35	06:50.9	414
69	0:34:20	TIER, Naomi	Cornwall AC	Female under 35	06:51.9	254
70	0:34:26	ROWETT, James		Male under 35	06:53.1	417
71	0:34:29	TWIGGS, Tim	Hayle Runners	Male Vet 50-54	06:53.7	388
72	0:34:37	REDDICLIFFE, Nigel	Launceston Road Runners	Male Vet 50-54	06:55.3	36
73	0:34:38	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	06:55.5	23
74	0:34:39	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	06:55.7	403
75	0:34:40	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	06:55.9	9
76	0:34:44	JOHNSON, Paul	St Austell Running Club	Male under 35	06:56.7	70
77	0:34:44	BURFORD, Lee	Hayle Runners	Male Vet 35-39	06:56.7	367
78	0:34:47	POOLEY, Robert	Carn Runners	Male Vet 35-39	06:57.3	170
79	0:34:50	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	06:57.9	119
80	0:34:54	EASTERBROOK, Joe	Mounts Bay Harriers	Male under 35	06:58.7	331
81	0:34:57	BATHE, Colin	Truro Running Club	Male Vet 45-49	06:59.3	346
82	0:35:02	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	07:00.3	1
83	0:35:03	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	07:00.5	219
84	0:35:05	MOORE, David	Cornwall AC	Male Vet 45-49	07:00.9	238
85	0:35:09	CARTER, Steven	Truro Running Club	Male Vet 40-44	07:01.7	327
86	0:35:11	FIRTH, Anthony	Tamar Trotters	Male Vet 45-49	07:02.1	65
87	0:35:15	RAPSON, Nigel	St Austell Running Club	Male Vet 55-59	07:02.8	281
88	0:35:16	MILLWARD, Andy	Carn Runners	Male Vet 55-59	07:03.0	164
89	0:35:18	DUNN, Sam		Male Vet 35-39	07:03.4	401
90	0:35:22	SQUIRE, Darren	St Austell Running Club	Male Vet 45-49	07:04.2	422
91	0:35:22	WATERS, Ella	Launceston Road Runners	Female under 20	07:04.2	199
92	0:35:27	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:05.2	236
93	0:35:28	JOSE, Amy	Hayle Runners	Female under 35	07:05.4	365
94	0:35:30	HILL, Jeremy	St Austell Running Club	Male Vet 35-39	07:05.8	282
95	0:35:35	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	07:06.8	363
96	0:35:45	BARRETT, Dean	Tamar Trotters	Male Vet 50-54	07:08.8	52
97	0:35:46	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	07:09.0	99
98	0:35:53	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	07:10.4	317
99	0:36:02	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	07:12.2	368
100	0:36:06	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:13.0	25
101	0:36:09	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	07:13.6	33
102	0:36:10	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:13.8	18
103	0:36:12	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:14.2	279
104	0:36:15	WALKER, Iain	St Austell Running Club	Male Vet 60-64	07:14.8	268
105	0:36:19	WILLIAMS, Gary	Looe Pioneers	Male under 35	07:15.6	151
106	0:36:21	HARROLD, Anna		Female Vet 35-39	07:16.0	56
107	0:36:27	PATEMAN, Scott	St Austell Running Club	Male Vet 45-49	07:17.2	76
108	0:36:28	TOY, Scott	Falmouth Road Runners	Male Vet 35-39	07:17.4	116
109	0:36:30	CROWLE, Ian	East Cornwall Harriers	Male Vet 55-59	07:17.8	318
110	0:36:35	WILSON, Michael	Truro Running Club	Male Vet 55-59	07:18.8	50
111	0:36:50	SYRETT, Paul	Falmouth Road Runners	Male Vet 45-49	07:21.8	261
112	0:36:53	BUCKINGHAM, Edward	Tamar Trotters	Male Vet 40-44	07:22.4	143
113	0:36:58	PEARCE, Julia	Cornwall AC	Female Vet 40-44	07:23.4	247
114	0:37:01	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:24.0	15
115	0:37:07	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:25.2	390
116	0:37:09	WOOD, Glenn	East Cornwall Harriers	Male Vet 50-54	07:25.6	53
117	0:37:16	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:27.0	167
118	0:37:25	MOORE, Thomas	Truro Running Club	Male Vet 35-39	07:28.8	339
119	0:37:31	SPENCER, Leigh	Newquay Road Runners	Female under 20	07:30.0	286

120	0:37:34	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:30.6	39
121	0:37:36	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	07:31.0	26
122	0:37:42	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	07:32.2	132
123	0:37:49	GAY, Jennifer	Truro Running Club	Female under 35	07:33.6	337
124	0:37:51	DALE, Steve	Newquay Road Runners	Male Vet 40-44	07:34.0	295
125	0:37:58	BROWN, David	St Petrocs Dragons Tri Club	Male Vet 50-54	07:35.4	54
126	0:37:58	WATERS, Claire	Launceston Road Runners	Female Vet 45-49	07:35.4	200
127	0:38:00	SMITH, Derek	Hayle Runners	Male Vet 55-59	07:35.8	384
128	0:38:05	HILL, Nancy	Cornwall AC	Female Vet 45-49	07:36.8	255
129	0:38:07	KENDALL, Carly	St Austell Running Club	Female under 35	07:37.2	423
130	0:38:13	MORAN, Tim	Carn Runners	Male Vet 35-39	07:38.4	134
131	0:38:15	ROBINS, Sara	Newquay Road Runners	Female under 35	07:38.8	299
132	0:38:23	CRABB, Andy	Looe Pioneers	Male Vet 40-44	07:40.4	191
133	0:38:24	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:40.6	382
134	0:38:24	SPENCER, Chris		Male Vet 50-54	07:40.6	38
135	0:38:25	STEPHENS, Emma	Bodmin Road Runners	Female under 35	07:40.8	147
136	0:38:32	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	07:42.2	31
137	0:38:38	PIPET, Martin	Bodmin Road Runners	Male Vet 40-44	07:43.4	350
138	0:38:42	PRANGLEY, Michael		Male Vet 50-54	07:44.2	22
139	0:38:48	MORGAN, Martin	Bodmin Road Runners	Male Vet 60-64	07:45.4	45
140	0:38:48	TRUDGEON, Steve		Male Vet 35-39	07:45.4	410
141	0:38:49	VARCOE, Craig		Male under 35	07:45.6	325
142	0:38:50	MCAUGHEY, Peter	Launceston Road Runners	Male Vet 45-49	07:45.8	32
143	0:38:52	BATCHELOR, David	Hayle Runners	Male Vet 55-59	07:46.2	375
144	0:38:57	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	07:47.2	46
145	0:39:00	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	07:47.8	210
146	0:39:01	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:48.0	220
147	0:39:02	VICARY, Darren	St Austell Running Club	Male under 35	07:48.2	85
148	0:39:05	ROGERS, Laura	Cornwall AC	Female under 35	07:48.8	424
149	0:39:06	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:49.0	266
150	0:39:09	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	07:49.6	320
151	0:39:10	HANNS, Cheryl	East Cornwall Harriers	Female Vet 40-44	07:49.8	149
152	0:39:13	TWELVETREE, Yvonne	Totley A C	Female Vet 65-69	07:50.4	411
153	0:39:13	DAVIES, Nikki	Newquay Road Runners	Female Vet 35-39	07:50.4	314
154	0:39:17	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	07:51.2	240
155	0:39:20	ROONEY, Michael	Mounts Bay Harriers	Male under 35	07:51.8	211
156	0:39:30	BEDFORD, Penny		Female Vet 40-44	07:53.8	418
157	0:39:39	BARRETT, Ron		Male Vet 55-59	07:55.6	431
158	0:39:44	HARROLD, Julian		Male Vet 45-49	07:56.6	57
159	0:39:44	BOYCE, Christian	Looe Pioneers	Male Vet 40-44	07:56.6	136
160	0:39:47	RUNDLE, Wayne	Launceston Road Runners	Male Vet 40-44	07:57.2	330
161	0:39:47	MACLAREN, Steve	Hayle Runners	Male Vet 45-49	07:57.2	361
162	0:39:47	MARKS, Stacie	St Austell Running Club	Female under 35	07:57.2	277
163	0:39:49	LILLIS, John	Newquay Road Runners	Male Vet 70-74	07:57.6	290
164	0:39:52	WEBB, Jane		Female Vet 50-54	07:58.2	183
165	0:39:53	BURKE, Miranda	Plymouth Harriers	Female Vet 45-49	07:58.4	329
166	0:39:55	WALE, Matthew	Newquay Road Runners	Male under 35	07:58.8	307
167	0:40:05	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 35-39	08:00.8	293
168	0:40:07	WEBB, Kirsty	Looe Pioneers	Female under 35	08:01.2	130
169	0:40:10	GOLDBERG, Jessica	Launceston Road Runners	Female under 35	08:01.8	102
170	0:40:12	MAGUIRE, Tom		Male Vet 35-39	08:02.2	404
171	0:40:17	PHELPS, Fiona	Tamar Trotters	Female Vet 45-49	08:03.2	64
172	0:40:17	GOSSAN, John	Looe Pioneers	Male Vet 65-69	08:03.2	24
173	0:40:18	LANGSTAFF, Emma	Looe Pioneers	Female Vet 40-44	08:03.4	48
174	0:40:19	PECK, Cris		Male Vet 50-54	08:03.6	351
175	0:40:20	CROWLE, Jonathan	Truro Running Club	Male Vet 45-49	08:03.8	335
176	0:40:23	THOMAS, Alison	Hayle Runners	Female Vet 40-44	08:04.4	377
177	0:40:28	MOORE, Andy	Hayle Runners	Male Vet 55-59	08:05.4	376
178	0:40:29	CARTER, Lee		Male under 35	08:05.6	397
179	0:40:34	GALE, Dave		Male Vet 50-54	08:06.6	97
180	0:40:39	GIBSON, Philip	Looe Pioneers	Male Vet 40-44	08:07.6	133

181	0:40:39	GUMMOW, Katie	Looe Pioneers	Female Vet 35-39	08:07.6	348
182	0:40:39	BENNETT, Emily	Hayle Runners	Female under 20	08:07.6	364
183	0:40:40	BUNTING, Maggie	Tamar Trotters	Female Vet 45-49	08:07.8	319
184	0:40:44	SARGENT, Pete	Newquay Road Runners	Male Vet 70-74	08:08.6	311
185	0:40:48	JAY, Andrew	St Austell Running Club	Male Vet 40-44	08:09.4	71
186	0:40:48	BROAS, Cheryl	Looe Pioneers	Female Vet 55-59	08:09.4	198
187	0:40:49	STEWART, Juliet	Truro Running Club	Female Vet 50-54	08:09.6	343
188	0:40:50	ROWE, Melissa	St Austell Running Club	Female Vet 40-44	08:09.8	90
189	0:40:59	MCKEE, Clare		Female Vet 35-39	08:11.6	43
190	0:41:01	COCQUYT, Claire		Female Vet 40-44	08:12.0	358
191	0:41:02	TOWNEND, Stewart	Hayle Runners	Male Vet 70-74	08:12.2	44
192	0:41:05	LEWIS, Bridget	Mounts Bay Harriers	Female Vet 45-49	08:12.8	209
193	0:41:07	ELSTONE, Meryl	Carn Runners	Female Vet 50-54	08:13.2	156
194	0:41:09	MACKENZIE, Alan	Falmouth Road Runners	Male Vet 50-54	08:13.6	117
195	0:41:10	HAYNES, Patrick	St Austell Running Club	Male Vet 50-54	08:13.8	82
196	0:41:15	BRANDHAM, Lois	Newquay Road Runners	Female under 35	08:14.8	308
197	0:41:17	COX, Clive		Male Vet 55-59	08:15.2	6
198	0:41:17	TREGIDGO, Steve	St Austell Running Club	Male Vet 35-39	08:15.2	402
199	0:41:26	HUNTER, Mark		Male Vet 35-39	08:17.0	51
200	0:41:28	MASKELL, Melanie	St Austell Running Club	Female Vet 45-49	08:17.4	72
201	0:41:29	VAUGHNLEY, Craig	East Cornwall Harriers	Male Vet 45-49	08:17.6	55
202	0:41:30	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:17.8	309
203	0:41:30	GREGORY, Amy	Newquay Road Runners	Female under 35	08:17.8	305
204	0:41:39	DREW, Peter	Carn Runners	Male Vet 65-69	08:19.6	173
205	0:41:45	BLACKBURN, Simon	Mounts Bay Harriers	Male Vet 55-59	08:20.8	222
206	0:41:55	HIRST, Amanda		Female Vet 40-44	08:22.8	100
207	0:41:59	DUNCAN, Jeanette	Newquay Road Runners	Female Vet 55-59	08:23.6	316
208	0:42:01	CHASE, Andy	St Austell Running Club	Male under 35	08:24.0	12
209	0:42:04	SOLOMON, Andrew	Bodmin Road Runners	Male Vet 55-59	08:24.6	30
210	0:42:04	COWBURN, Sarah	Mud Crew Trail Runners	Female Vet 40-44	08:24.6	323
211	0:42:05	UREN, Lisa	Carn Runners	Female Vet 40-44	08:24.8	176
212	0:42:12	COCQUYT, Peter	Bodmin Road Runners	Male Vet 50-54	08:26.2	357
213	0:42:14	GORTON, John	Mounts Bay Harriers	Male Vet 60-64	08:26.6	224
214	0:42:16	MARTIN, Colin	Newquay Road Runners	Male Vet 60-64	08:27.0	302
215	0:42:18	THOMAS, Fiona	St Austell Running Club	Female under 35	08:27.4	267
216	0:42:25	PAULL, Lucy	Hayle Runners	Female under 35	08:28.8	386
217	0:42:31	TRETHEWEY, Martin	St Austell Running Club	Male Vet 45-49	08:30.0	73
218	0:42:33	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:30.4	108
219	0:42:38	LEAN, David	East Cornwall Harriers	Male Vet 55-59	08:31.4	35
220	0:42:39	OLIVER, Adam	Mounts Bay Harriers	Male under 35	08:31.6	213
221	0:42:40	PIEROTTI, Dylan	Newquay Road Runners	Male under 35	08:31.8	432
222	0:42:45	GARDINER, Steven		Male under 35	08:32.8	405
223	0:42:45	FERKIN, Charmaine		Female Vet 40-44	08:32.8	123
224	0:43:05	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	08:36.8	304
225	0:43:06	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:37.0	378
226	0:43:06	STEPHENS, James		Male under 35	08:37.0	353
227	0:43:11	CLARKE, Samantha	Carn Runners	Female Vet 35-39	08:38.0	166
228	0:43:25	HARRIS, Geoff	Newquay Road Runners	Male Vet 55-59	08:40.8	310
229	0:43:28	CATTERALL, Diane	Carn Runners	Female under 35	08:41.4	171
230	0:43:28	BUDGE, Claire	St Austell Running Club	Female Vet 40-44	08:41.4	270
231	0:43:34	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	08:42.6	103
232	0:43:35	SENIOR, Ann	Hayle Runners	Female Vet 60-64	08:42.8	394
233	0:43:39	ADAMS, Elaine	Hayle Runners	Female Vet 40-44	08:43.6	381
234	0:43:55	VARCOE, Daniel		Male under 35	08:46.8	326
235	0:43:57	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	08:47.2	212
236	0:43:58	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	08:47.4	120
237	0:43:59	SAVIN, Nick	Newquay Road Runners	Male under 35	08:47.6	285
238	0:44:00	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	08:47.8	248
239	0:44:03	FOSTER, Diane	Looe Pioneers	Female Vet 45-49	08:48.4	192
240	0:44:04	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	08:48.6	29
241	0:44:10	WISNER, Kath	St Austell Running Club	Female Vet 45-49	08:49.8	276

242	0:44:13	BERTHO, Nicola	St Austell Running Club	Female Vet 40-44	08:50.4	271
243	0:44:18	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	08:51.4	278
244	0:44:23	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	08:52.4	19
245	0:44:27	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	08:53.2	283
246	0:44:29	GOODMAN, Andrew	Birstall Running Club	Male Vet 70-74	08:53.6	49
247	0:44:31	SCARFE, Jackie		Female Vet 55-59	08:54.0	169
248	0:44:40	EVANS, Alun	Hayle Runners	Male Vet 45-49	08:55.8	17
249	0:44:48	FLEET, Vicky	Falmouth Road Runners	Female Vet 40-44	08:57.4	113
250	0:44:50	ROBERTS, Helen	Tamar Trotters	Female Vet 45-49	08:57.8	98
251	0:44:55	GREGORY, Martin	Looe Pioneers	Male Vet 50-54	08:58.8	142
252	0:45:02	BELL, Natalie	Looe Pioneers	Female Vet 35-39	09:00.2	194
253	0:45:03	BRADLEY, Kate	St Austell Running Club	Female under 35	09:00.4	91
254	0:45:08	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	09:01.4	181
255	0:45:09	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	09:01.6	292
256	0:45:14	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:02.6	421
257	0:45:19	MONTGOMERY-SMITH, Taryn	St Austell Running Club	Female Vet 35-39	09:03.6	263
258	0:45:21	WIDDERSHOVEN, Demelza	Carn Runners	Female Vet 35-39	09:04.0	159
259	0:45:22	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	09:04.2	28
260	0:45:24	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	09:04.6	179
261	0:45:25	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	09:04.8	296
262	0:45:27	CAROLL, Rosie	Hayle Runners	Female under 35	09:05.2	396
263	0:45:31	WILKINSON, Judith	Tamar Trotters	Female Vet 55-59	09:06.0	63
264	0:45:35	GAUNT, Chris	Launceston Road Runners	Male Vet 60-64	09:06.8	124
265	0:45:43	DAVIES, Sarah	Newquay Road Runners	Female Vet 40-44	09:08.4	312
266	0:45:44	MILLWARD, Laura	Carn Runners	Female Vet 55-59	09:08.6	165
267	0:45:52	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 55-59	09:10.2	221
268	0:45:57	SMITH, Hannah	Hayle Runners	Female under 35	09:11.2	383
269	0:45:58	LAYCOCK, Greg		Male Vet 45-49	09:11.4	420
270	0:46:01	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	09:12.0	315
271	0:46:05	ANDREWS, Becky		Female Vet 35-39	09:12.8	148
272	0:46:08	EVANS, Mollie	Carn Runners	Female Vet 40-44	09:13.4	157
273	0:46:14	MCFADDEN, Tracy	Bodmin Womens RC	Female Vet 50-54	09:14.6	349
274	0:46:18	CHELL, Nina	Falmouth Road Runners	Female Vet 40-44	09:15.4	107
275	0:46:19	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 50-54	09:15.6	206
276	0:46:26	STEVENS, Kate		Female Vet 40-44	09:17.0	10
277	0:46:33	MORGADO, Chloe	Cornwall AC	Female Vet 40-44	09:18.4	249
278	0:46:38	GUNTON, Richard	Bodmin Road Runners	Male Vet 35-39	09:19.4	322
279	0:46:40	SNELL, Frank		Male Vet 50-54	09:19.8	413
280	0:46:41	HADFIELD, Angeline	Truro Running Club	Female under 35	09:20.0	338
281	0:46:49	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	09:21.6	155
282	0:46:50	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 70-74	09:21.8	217
283	0:47:02	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:24.2	7
284	0:47:04	MATRAVES, Julie	Carn Runners	Female Vet 45-49	09:24.6	356
285	0:47:10	ROPER, Helen	Tamar Trotters	Female Vet 40-44	09:25.8	225
286	0:47:10	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:25.8	69
287	0:47:14	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:26.6	121
288	0:47:23	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	09:28.4	88
289	0:47:33	PAYTON, Alexandra	St Austell Running Club	Female under 35	09:30.4	94
290	0:47:42	MCDONNELL, Jo		Female under 35	09:32.2	430
291	0:47:47	WILLIAMS, Nikki	Looe Pioneers	Female Vet 40-44	09:33.2	321
292	0:47:50	TORRES, Mick	Looe Pioneers	Male Vet 50-54	09:33.8	153
293	0:47:59	TONKINS, Richard	St Austell Running Club	Male Vet 45-49	09:35.6	273
294	0:48:04	BERRY, Tony	Truro Running Club	Male Vet 80+	09:36.6	333
295	0:48:09	CUFF, Linda	Looe Pioneers	Female Vet 50-54	09:37.6	152
296	0:48:09	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	09:37.6	16
297	0:48:12	KITCHEN, Amelia	Hayle Runners	Female Vet 40-44	09:38.2	372
298	0:48:16	BURGESS, Mel	Hayle Runners	Female Vet 50-54	09:39.0	373
299	0:48:22	MARKS, Victoria	Hayle Runners	Female Vet 40-44	09:40.2	374
300	0:48:38	KEMPNA, Lucie		Female under 20	09:43.4	145
301	0:48:38	KEMPNY, Jiri	St Austell Running Club	Male Vet 40-44	09:43.4	144
302	0:48:40	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	09:43.8	250

303	0:48:40	JENKIN, Richard	Cornwall AC	Male Vet 70-74	09:43.8	239
304	0:48:54	BUTLER, Jenna		Female under 35	09:46.6	135
305	0:48:54	BREAKSPEAR, Hannah	Cornwall AC	Female under 35	09:46.6	251
306	0:49:01	SKYBA, Joanna	St Austell Running Club	Female Vet 35-39	09:48.0	83
307	0:49:05	VOSPER, Francis	Bodmin Road Runners	Male Vet 60-64	09:48.8	3
308	0:49:08	MCLEAN, Andrew	St Austell Running Club	Male Vet 50-54	09:49.4	93
309	0:49:10	ROYCROFT, Jodie	St Austell Running Club	Female under 35	09:49.8	265
310	0:49:13	COURTNEY, Stacey	Newquay Road Runners	Female under 35	09:50.4	301
311	0:49:13	BIGGS, Matthew	Newquay Road Runners	Male Vet 50-54	09:50.4	300
<b>312</b>	<b>0:49:13</b>	<b>PARKIN, Eleanor</b>	<b>Truro Running Club</b>	<b>Female under 35</b>	<b>09:50.4</b>	<b>196</b>
313	0:49:14	RETALLICK, Lynsdey	St Austell Running Club	Female under 35	09:50.6	84
314	0:49:14	FOSTER, Graham	Looe Pioneers	Male Vet 50-54	09:50.6	193
315	0:49:22	MOORE, Anne-marie		Female Vet 35-39	09:52.2	409
316	0:49:28	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	09:53.4	77
317	0:49:30	LIGHT, Lisa	Plymouth Musketeers	Female Vet 55-59	09:53.8	140
318	0:49:30	KING, Bryan	Plymouth Musketeers	Male Vet 60-64	09:53.8	139
319	0:49:43	JAMESON, Judy	Carn Runners	Female Vet 55-59	09:56.4	158
320	0:49:58	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	09:59.4	2
321	0:49:59	PASCOE, Wendy	Hayle Runners	Female Vet 50-54	09:59.6	385
322	0:50:01	LEEDS, Brendon	Looe Pioneers	Male Vet 40-44	10:00.0	195
323	0:50:02	VERCESI, Gemma	Mounts Bay Harriers	Female Vet 35-39	10:00.2	218
324	0:50:03	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	10:00.4	253
325	0:50:08	RESCORL, Mark	Tamar Trotters	Male under 35	10:01.4	60
326	0:50:15	SWEET, Ashleigh		Female under 35	10:02.8	40
327	0:50:16	CHADWICK, Kim		Female Vet 45-49	10:03.0	172
328	0:50:22	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	10:04.2	237
329	0:50:23	DORMER, Kathran	Falmouth Road Runners	Female Vet 65-69	10:04.4	111
330	0:50:28	MITCHELL, Dan	Cornwall AC	Male Vet 40-44	10:05.4	242
331	0:50:30	WADE, Margaret	Carn Runners	Female Vet 65-69	10:05.8	4
332	0:50:38	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	10:07.4	415
333	0:50:43	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	10:08.4	8
334	0:50:49	RESCORL, Susan		Female Vet 55-59	10:09.6	354
335	0:50:57	MARTIN, Hayley	Carn Runners	Female Vet 35-39	10:11.2	163
336	0:51:03	FOX, Karrie	Falmouth Road Runners	Female Vet 65-69	10:12.4	112
337	0:51:04	HAYNES, Howard	Hayle Runners	Male Vet 80+	10:12.6	393
338	0:51:10	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:13.8	110
339	0:51:11	BILLS, Kelly	Carn Runners	Female Vet 40-44	10:14.0	175
340	0:51:13	COX, Alison	Bodmin Womens RC	Female Vet 50-54	10:14.4	5
341	0:51:20	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	10:15.8	86
342	0:51:32	KINGTON, Norris	Cornwall AC	Male Vet 75-79	10:18.2	104
343	0:51:50	RICHARDS, Clair	Carn Runners	Female Vet 40-44	10:21.8	177
344	0:51:52	JAY, Nadia	St Austell Running Club	Female Vet 40-44	10:22.2	87
345	0:51:56	KEMP, Mandy	Looe Pioneers	Female Vet 55-59	10:23.0	34
346	0:52:01	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	10:24.0	174
347	0:52:02	NEVES, Adam		Male Vet 35-39	10:24.2	407
348	0:52:07	LOOSLEY, Alison	St Austell Running Club	Female Vet 50-54	10:25.2	74
349	0:52:14	O'REILLY, Kevin	Tamar Trotters	Male Vet 60-64	10:26.6	62
<b>350</b>	<b>0:52:26</b>	<b>SOWERBY, Nicky</b>	<b>Truro Running Club</b>	<b>Female Vet 50-54</b>	<b>10:29.0</b>	<b>340</b>
351	0:52:30	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	10:29.8	425
352	0:52:30	PARSONS, Janet	Bodmin Womens RC	Female Vet 50-54	10:29.8	426
353	0:52:37	HOWARD, Tiffany	Bodmin Womens RC	Female under 35	10:31.2	427
354	0:52:38	HOWARD, Sarah	Bodmin Womens RC	Female Vet 45-49	10:31.4	428
355	0:52:43	ROWLANDS, Kate	Falmouth Road Runners	Female under 35	10:32.4	118
<b>356</b>	<b>0:52:50</b>	<b>BUSCOMBE, Lisa</b>	<b>Truro Running Club</b>	<b>Female Vet 40-44</b>	<b>10:33.8</b>	<b>190</b>
357	0:52:52	LODER, Kat	Mounts Bay Harriers	Female Vet 35-39	10:34.2	208
358	0:53:05	MATES, Lauren	Hayle Runners	Female under 35	10:36.8	371
359	0:53:08	BOWDEN, Sally	Newquay Road Runners	Female Vet 50-54	10:37.4	288
360	0:53:25	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	10:40.8	215
361	0:53:25	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 50-54	10:40.8	216
362	0:53:35	ELLIOTT, Tania	Looe Pioneers	Female Vet 40-44	10:42.8	352
363	0:53:45	SUMMERS, Kate	Newquay Road Runners	Female under 35	10:44.8	291

364	0:53:45	KAYE, Emma	Newquay Road Runners	Female under 35	10:44.8	306
365	0:53:45	BECKHAM, Natasha		Female under 35	10:44.8	355
366	0:53:50	LAWES, Helen	Looe Pioneers	Female Vet 45-49	10:45.8	154
367	0:53:57	SIMMONS, Ruth	St Austell Running Club	Female Vet 45-49	10:47.2	101
368	0:53:57	HOAR, Nicola	St Austell Running Club	Female Vet 50-54	10:47.2	275
369	0:53:57	NICHOLAS, Hilary	St Austell Running Club	Female Vet 55-59	10:47.2	264
370	0:54:08	FIRTH, Becky	Tamar Trotters	Female Vet 45-49	10:49.4	66
371	0:54:15	CHANNING, Abi	St Austell Running Club	Female under 35	10:50.8	129
372	0:54:16	CARSWELL, Sarah	Carn Runners	Female Vet 40-44	10:51.0	178
373	0:54:42	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	10:56.2	13
374	0:54:44	ENDEAN, Jeni		Female under 35	10:56.6	324
<b>375</b>	<b>0:55:09</b>	<b>TREWEEK, Paul</b>	<b>Truro Running Club</b>	<b>Male Vet 55-59</b>	<b>11:01.6</b>	<b>344</b>
376	0:55:15	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	11:02.8	252
377	0:55:18	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	11:03.4	106
378	0:55:31	PATEMAN, Gemma	St Austell Running Club	Female Vet 35-39	11:06.0	75
379	0:55:31	ADAMS, Hannah	St Austell Running Club	Female Vet 35-39	11:06.0	274
380	0:55:42	DREW, Carole	Carn Runners	Female Vet 65-69	11:08.2	162
381	0:55:42	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	11:08.2	260
382	0:55:43	DREW, Barry	Carn Runners	Male Vet 70-74	11:08.4	161
383	0:55:56	EWART, Sam	St Austell Running Club	Female Vet 40-44	11:11.0	284
384	0:55:57	TODD, Christine	St Austell Running Club	Female Vet 55-59	11:11.2	92
385	0:56:03	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	11:12.4	114
386	0:56:14	MAY, Josephine		Female Vet 35-39	11:14.6	406
387	0:56:17	FOSTER, Ann	Tamar Trotters	Female Vet 65-69	11:15.2	68
388	0:56:17	DUKE, Jan	Tamar Trotters	Male Vet 70-74	11:15.2	67
<b>389</b>	<b>0:56:22</b>	<b>SLATER, Kirstie</b>	<b>Truro Running Club</b>	<b>Female Vet 40-44</b>	<b>11:16.2</b>	<b>341</b>
390	0:56:34	LAKE, Christina	Falmouth Road Runners	Female Vet 55-59	11:18.6	115
391	0:56:34	WOOD, Lorna	Falmouth Road Runners	Female Vet 60-64	11:18.6	122
392	0:56:49	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	11:21.6	297
393	0:56:56	FRASER, Glen	Hayle Runners	Male Vet 55-59	11:23.0	362
394	0:57:02	POOLE, Wendy	St Austell Running Club	Female Vet 55-59	11:24.2	269
395	0:57:03	LATHAM, Donna	Bodmin Womens RC	Female Vet 40-44	11:24.4	186
396	0:57:43	KEMPNA, Lenka		Female Vet 40-44	11:32.4	146
397	0:58:10	WILLIAMS, Laura	Hayle Runners	Female under 35	11:37.8	370
398	0:58:17	CHAPMAN, Jackie	Launceston Road Runners	Female Vet 50-54	11:39.2	20
399	0:58:35	LAY, Jo	Hayle Runners	Female Vet 50-54	11:42.8	389
400	0:59:00	WRIGHT, Mike	Hayle Runners	Male Vet 65-69	11:47.8	182
401	0:59:15	WYATT, Liz	St Austell Running Club	Female Vet 45-49	11:50.8	95
402	0:59:18	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	11:51.4	332
403	0:59:31	GREGORY, Julie	Looe Pioneers	Female Vet 45-49	11:54.0	141
404	0:59:39	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	11:55.6	205
405	0:59:46	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	11:57.0	204
406	0:59:56	HAMMETT, Andrew		Male Vet 70-74	11:59.0	188
407	1:01:05	FRANCIS, Donna	Newquay Road Runners	Female Vet 65-69	12:12.8	287
408	1:01:19	SLATEFORD, Nicola	St Austell Running Club	Female Vet 50-54	12:15.6	78
409	1:01:44	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:20.6	80
410	1:01:44	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	12:20.6	81
411	1:02:45	RICHARDS, Charlotte	Carn Runners	Female Vet 40-44	12:32.8	419
412	1:03:10	CIOPPA, Robert	Looe Pioneers	Male Vet 75-79	12:37.8	197
413	1:04:03	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	12:48.4	131
414	1:04:03	GIBBS, Kathleen	Looe Pioneers	Female Vet 55-59	12:48.4	189
415	1:05:01	RICHARDS, Leonora		Female Vet 60-64	13:00.0	187
416	1:05:09	MCNEVIN, Iva	Mounts Bay Harriers	Female Vet 60-64	13:01.6	207
417	1:06:15	ARCHER, Helen	Bodmin Womens RC	Female Vet 50-54	13:14.8	184
418	1:06:15	MORRISSEY, Angela	Bodmin Womens RC	Female Vet 50-54	13:14.8	185
419	1:40:00	POUND, Barry		Male Vet 65-69	19:59.7	201
420	1:40:00	TILLYARD, Andrew		Male Vet 45-49	19:59.7	202