

## TREGGY 7 (2) – 3RD SEPTEMBER 2017

Position	Time	Name	Team	Category	Pace	No
1	0:39:12	BENNEY, Aaron	Mile High	Male Vet 35-39	05:35.9	74
2	0:40:24	MORANT, Jordan	Hayle Runners	Male under 35	05:46.2	159
3	0:40:32	MARTIN, Andrew	Mile High	Male Vet 35-39	05:47.3	83
4	0:41:24	ALDRIDGE, Carl		Male under 35	05:54.7	127
5	0:41:34	STEPHENSON, Jamie	Mile High	Male under 35	05:56.2	150
6	0:41:45	WEAR, Paul	Cornwall AC	Male Vet 45-49	05:57.7	391
7	0:41:56	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:59.3	260
8	0:42:15	ROBINSON, Tim	Launceston Road Runners	Male under 35	06:02.0	144
9	0:42:21	DANIELS, Alex	Newquay Road Runners	Male Vet 40-44	06:02.9	440
10	0:42:33	PEYTON-JONES, Alex	Plymouth Harriers	Male Vet 35-39	06:04.6	459
11	0:43:14	CUTLAN, James	St Austell Running Club	Male under 35	06:10.5	291
12	0:43:15	WEBSTER, Mark	Cornwall AC	Male under 35	06:10.6	389
13	0:43:20	MARPLES, Alex	Truro Running Club	Male Vet 35-39	06:11.3	238
14	0:43:24	HORN, Edward	Launceston Road Runners	Male under 35	06:11.9	33
15	0:43:24	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:11.9	166
16	0:43:29	WHERRY, Steve	Hayle Runners	Male Vet 50-54	06:12.6	169
17	0:43:34	SOLE, Paul	Cornwall AC	Male Vet 35-39	06:13.3	381
18	0:44:15	TREGONNING, David		Male under 35	06:19.2	370
19	0:44:24	RAMSDEN, Clive	Bodmin Road Runners	Male Vet 40-44	06:20.5	111
20	0:44:35	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:22.0	499
21	0:44:45	TREGENZA, Heidi	Cornwall AC	Female under35	06:23.5	399
22	0:44:55	DITTY, Graham	Mile High	Male under 35	06:24.9	131
23	0:45:02	DAVIES, James	Truro Running Club	Male under 35	06:25.9	446
24	0:45:08	SOLE, Amy	Cornwall AC	Female under35	06:26.7	396
25	0:45:09	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:26.9	286
26	0:45:18	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:28.2	441
27	0:45:23	NANCARROW, Joshua		Male under 35	06:28.9	258
28	0:45:34	BAILEY, Ross	Plymouth Harriers	Male Vet 35-39	06:30.5	207
29	0:45:39	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:31.2	439
30	0:45:54	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:33.3	341
31	0:46:05	BARNET, James	Falmouth Road Runners	Male under 35	06:34.9	70
32	0:46:14	BECKENKRAGER, David	Plymouth Harriers	Male Vet 45-49	06:36.2	155
33	0:46:24	MUTTON, James		Male Vet 35-39	06:37.6	485
34	0:46:33	ANDREWARTHA, David	Bude Rats	Male under 35	06:38.9	91
35	0:46:44	LAKE, Samantha	Tavistock AC	Female Vet 35-39	06:40.5	212
36	0:46:47	SHIRLEY, Rich	St Austell Running Club	Male under 35	06:40.9	455
37	0:46:54	DEACON, Mark	Looe Pioneers	Male under 35	06:41.9	7
38	0:47:06	STANDING, Rob	Truro Running Club	Male Vet 40-44	06:43.6	450
39	0:47:06	MOYLE, Ryan	Mile High	Male Vet 40-44	06:43.6	364
40	0:47:06	TEDDER, Dale	Looe Pioneers	Male under 35	06:43.6	254
41	0:47:25	YETTON, Ami	Plymouth Harriers	Female Vet 35-39	06:46.3	458
42	0:47:29	BAKER, Steve	Tamar Trotters	Male Vet 60-64	06:46.9	143
43	0:47:30	BUSCOMBE, Jessica	St Austell Running Club	Female under35	06:47.0	290
44	0:47:31	SOLE, John	Cornwall AC	Male Vet 35-39	06:47.2	382
45	0:47:35	PHILP, David	East Cornwall Harriers	Male Vet 55-59	06:47.7	160
46	0:47:42	JONES, Thomas	Plymstock Road Runners	Male under 35	06:48.7	120
47	0:47:44	PITCHER, Tom	Tamar Trotters	Male under 35	06:49.0	252
48	0:47:48	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:49.6	419
49	0:47:51	MANNING, James	Hayle Runners	Male Vet 35-39	06:50.0	223
50	0:48:05	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	06:52.0	355
51	0:48:21	ASTLEY, Hannah		Female Vet 35-39	06:54.3	36
52	0:48:21	TWIGGS, Tim	Hayle Runners	Male Vet 50-54	06:54.3	92
53	0:48:35	THOMAS, Philip		Male Vet 40-44	06:56.3	203
54	0:48:45	KIRWAN, Dee	Launceston Road Runners	Male Vet 40-44	06:57.7	141
55	0:48:55	SZYMANSKI, Pawel	Launceston Road Runners	Male under 35	06:59.2	279
56	0:48:55	JOHNSON, Jeanette	Launceston Road Runners	Female Vet 50-54	06:59.2	24
57	0:48:58	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	06:59.6	496

58	0:49:05	WALKER, Iain	St Austell Running Club	Male Vet 60-64	07:00.6	303
59	0:49:07	JOHNSON, Paul	St Austell Running Club	Male under 35	07:00.9	317
60	0:49:12	RONNGARD, Mattias	Newquay Road Runners	Male Vet 45-49	07:01.6	412
61	0:49:22	ATTWOOD, James		Male Vet 35-39	07:03.0	123
62	0:49:37	TOURELL-HARRIS, Jon	East Cornwall Harriers	Male Vet 45-49	07:05.2	59
63	0:49:44	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 65-69	07:06.2	335
64	0:49:49	PATRICK, Richard	Looe Pioneers	Male Vet 45-49	07:06.9	373
65	0:50:00	LUCKHURST, Will	Hayle Runners	Male Vet 45-49	07:08.5	494
66	0:50:15	MUTSAERS, Adrian	Cornwall AC	Male Vet 45-49	07:10.6	388
67	0:50:40	FIRTH, Anthony	Tamar Trotters	Male Vet 45-49	07:14.2	241
68	0:50:40	BARRETT, Dean	Tamar Trotters	Male Vet 50-54	07:14.2	457
69	0:50:54	FOSTER, Richard	Launceston Road Runners	Male Vet 40-44	07:16.2	175
70	0:50:57	HEYWOOD, Christopher		Male Vet 50-54	07:16.6	32
71	0:50:58	GARAGHON, Jordan	Looe Pioneers	Male under 35	07:16.7	461
72	0:51:01	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	07:17.2	326
73	0:51:02	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	07:17.3	37
74	0:51:07	REDDICLIFFE, Nigel	Launceston Road Runners	Male Vet 50-54	07:18.0	134
75	0:51:10	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	07:18.4	176
76	0:51:15	ALLEN, Marc		Male under 35	07:19.2	178
77	0:51:16	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	07:19.3	50
78	0:51:17	FINDLAY, James	Carn Runners	Male under 35	07:19.4	437
79	0:51:19	WALKEY, Matthew	Plymouth Harriers	Male under 35	07:19.7	479
80	0:51:19	KHAN, Hamid	Dubia Creek Striders	Male Vet 40-44	07:19.7	195
81	0:51:20	MCLEOD, Matthew		Male Vet 45-49	07:19.9	468
82	0:51:26	BULLEN, Gary	Mile High	Male Vet 50-54	07:20.7	255
83	0:51:27	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	07:20.9	100
84	0:51:33	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:21.7	306
85	0:51:41	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	07:22.9	210
86	0:51:46	JOHNS, Chris		Male Vet 45-49	07:23.6	119
87	0:51:47	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:23.7	113
88	0:51:54	KEARNS, Joe	East Cornwall Harriers	Male Vet 50-54	07:24.7	247
89	0:52:02	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:25.9	435
90	0:52:03	GILBERT, Michael	Launceston Road Runners	Male under 35	07:26.0	234
91	0:52:12	WILDING, David	Hayle Runners	Male Vet 40-44	07:27.3	34
92	0:52:26	JOSE, Amy	Hayle Runners	Female under35	07:29.3	217
93	0:52:40	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	07:31.3	170
94	0:52:44	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:31.9	38
95	0:52:45	CARTER, Steven	Truro Running Club	Male Vet 40-44	07:32.0	443
96	0:52:51	POTTEN, Robert		Male under 35	07:32.9	5
97	0:52:55	STANFORD, Joseph	Bodmin Road Runners	Male Vet 40-44	07:33.4	58
98	0:53:03	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:34.6	12
99	0:53:12	WILLIAMS, Gary	Looe Pioneers	Male under 35	07:35.9	41
100	0:53:13	SPENCER, Leigh	Newquay Road Runners	Female under35	07:36.0	415
101	0:53:16	BUCKINGHAM, Edward	Tamar Trotters	Male Vet 40-44	07:36.4	89
102	0:53:17	EDWARDS, Glynn	Truro Running Club	Male under 35	07:36.6	44
103	0:53:21	BATCHELOR, David	Hayle Runners	Male Vet 55-59	07:37.2	151
104	0:53:23	BAZLEY, Peter	Tavistock AC	Male Vet 60-64	07:37.4	47
105	0:53:28	MILLS, Jenny	Launceston Road Runners	Female Vet 65-69	07:38.2	43
106	0:53:30	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:38.4	165
107	0:53:31	DOE, Don	Poole A C	Male Vet 60-64	07:38.6	372
108	0:53:32	MORGAN, Martin	Bodmin Road Runners	Male Vet 60-64	07:38.7	428
109	0:53:33	BRAY, Daniel	St Austell Running Club	Male under 35	07:38.9	288
110	0:53:38	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	07:39.6	17
111	0:53:46	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	07:40.7	379
112	0:53:47	ALLAN, Matt		Male Vet 35-39	07:40.9	104
113	0:54:07	CHASE, Andy	St Austell Running Club	Male under 35	07:43.7	28
114	0:54:16	DAVIES, Richard	Newquay Road Runners	Male Vet 50-54	07:45.0	421
115	0:54:18	CROWLE, Ian	East Cornwall Harriers	Male Vet 55-59	07:45.3	177
116	0:54:20	CUTLAN, Hannah	St Austell Running Club	Female under35	07:45.6	314
117	0:54:22	YATES, Jason		Male Vet 40-44	07:45.9	71
118	0:54:26	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:46.4	21

119	0:54:27	JOHNSON, Bevan		Male Vet 40-44	07:46.6	257
120	0:54:30	HOADLEY, Keith	Torrington AAC	Male Vet 50-54	07:47.0	121
121	0:54:35	SELWOOD, Jill	Plymouth Harriers	Female Vet 50-54	07:47.7	79
122	0:54:37	VANSTONE, William		Male under 35	07:48.0	101
123	0:54:49	NUGENT, Debbie	Cornwall AC	Female Vet 50-54	07:49.7	398
124	0:54:51	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	07:50.0	94
125	0:54:58	QUEEN, Stuart	Plymouth Musketeers	Male Vet 40-44	07:51.0	190
126	0:55:02	MORLEY, Andrea	Scunthorpe & District	Female Vet 35-39	07:51.6	22
127	0:55:05	SHIPTON, Jason	Tavistock AC	Male Vet 45-49	07:52.0	153
128	0:55:12	DALE, Steve	Newquay Road Runners	Male Vet 40-44	07:53.0	408
129	0:55:15	GAY, Jennifer	Truro Running Club	Female under35	07:53.4	447
130	0:55:23	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	07:54.6	205
131	0:55:24	JACK, Sean	Bude Rats	Male Vet 55-59	07:54.7	244
132	0:55:27	ALLEN, Gary		Male under 35	07:55.2	246
133	0:55:27	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:55.2	380
134	0:55:30	ALLAN, Samantha		Female under35	07:55.6	105
135	0:55:32	ROONEY, Michael	Mounts Bay Harriers	Male under 35	07:55.9	331
136	0:55:33	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:56.0	393
137	0:55:35	SHAW, Louisa	Launceston Road Runners	Female Vet 35-39	07:56.3	93
138	0:55:39	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:56.9	171
139	0:55:40	WRIGHT, David	Hayle Runners	Male Vet 50-54	07:57.0	209
140	0:55:44	PICTON, John	East Cornwall Harriers	Male Vet 35-39	07:57.6	182
141	0:55:44	BROWN, Tracey	East Cornwall Harriers	Female Vet 35-39	07:57.6	181
142	0:55:47	BAKER, Sean	Looe Pioneers	Male Vet 40-44	07:58.0	284
143	0:55:47	JARRAM, Ben	Launceston Road Runners	Male under 35	07:58.0	360
144	0:55:51	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 45-49	07:58.6	345
145	0:55:56	CUMING, Nick		Male Vet 45-49	07:59.3	369
146	0:55:58	SILLIFANT, Tyler		Male under 35	07:59.6	464
147	0:55:59	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	07:59.7	448
148	0:56:00	SMITH, Derek	Hayle Runners	Male Vet 55-59	07:59.9	183
149	0:56:06	SPENCER, Chris		Male Vet 50-54	08:00.7	261
150	0:56:08	SLEEMAN, Jenna		Female under35	08:01.0	267
151	0:56:22	HEAD, Martin	Bere Alston Trekkers	Male Vet 45-49	08:03.0	220
152	0:56:30	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	08:04.2	387
153	0:56:34	EMBURY, Andrew		Male Vet 50-54	08:04.7	53
154	0:56:40	GLOVER, Ruth	Mounts Bay Harriers	Female under35	08:05.6	324
155	0:56:42	PECK, Cris		Male Vet 50-54	08:05.9	504
156	0:56:43	TODD, Claire	St Austell Running Club	Female Vet 45-49	08:06.0	312
157	0:56:50	WEBB, Kirsty	Looe Pioneers	Female under35	08:07.0	56
158	0:56:55	COOK, Matthew	Mounts Bay Harriers	Male under 35	08:07.7	323
159	0:56:56	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	08:07.9	90
160	0:57:00	SPEARE, Adam	Tamar Trotters	Male Vet 50-54	08:08.4	280
161	0:57:05	SELWOOD, John	Plymouth Harriers	Male Vet 50-54	08:09.2	80
162	0:57:05	MCAUGHEY, Peter	Launceston Road Runners	Male Vet 45-49	08:09.2	69
163	0:57:08	GIBSON, Philip	Looe Pioneers	Male Vet 40-44	08:09.6	95
164	0:57:11	ATKINSON-BEAUMONT, Ross	Mounts Bay Harriers	Male Vet 35-39	08:10.0	158
165	0:57:13	GUMMOW, Katie	Looe Pioneers	Female Vet 35-39	08:10.3	245
166	0:57:17	MCGINNITY, Brian		Male Vet 40-44	08:10.9	465
167	0:57:19	MOORE, Andy	Hayle Runners	Male Vet 55-59	08:11.2	275
168	0:57:22	LAWES, Helen	Looe Pioneers	Female Vet 45-49	08:11.6	97
169	0:57:22	MORTON, Richard	Tamar Trotters	Male Vet 60-64	08:11.6	256
170	0:57:25	ASPDEN, Gail	Hayle Runners	Female Vet 45-49	08:12.0	149
171	0:57:29	WILLIAMS, Kelly	Mounts Bay Harriers	Female under35	08:12.6	328
172	0:57:32	LOZYNSKI, Stacey	Looe Pioneers	Male under 35	08:13.0	2
173	0:57:32	STACKHOUSE, Helena	Cornwall AC	Female Vet 35-39	08:13.0	401
174	0:57:34	JENKIN, David		Male under 35	08:13.3	489
175	0:57:35	WILLIAMS, Aaron		Male Vet 35-39	08:13.4	498
176	0:57:37	RULE, Helen	Hayle Runners	Female Vet 35-39	08:13.7	198
177	0:57:46	HILL, Nicholas		Male under 35	08:15.0	374
178	0:57:52	RUNDLE, Wayne	Launceston Road Runners	Male Vet 40-44	08:15.9	229
179	0:57:54	VAUGHNLEY, Craig	East Cornwall Harriers	Male Vet 45-49	08:16.2	358

180	0:57:58	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	08:16.7	411
181	0:58:04	GAUNT, Chris	Launceston Road Runners	Male Vet 60-64	08:17.6	42
182	0:58:08	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	08:18.2	8
183	0:58:08	CAREY, James		Male Vet 35-39	08:18.2	96
184	0:58:16	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	08:19.3	429
185	0:58:22	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	08:20.2	235
186	0:58:22	HILL, Sarah	Newquay Road Runners	Female Vet 45-49	08:20.2	416
187	0:58:30	LILLIS, John	Newquay Road Runners	Male Vet 70-74	08:21.3	405
188	0:58:38	HAYNES, Patrick	St Austell Running Club	Male Vet 50-54	08:22.4	294
189	0:58:40	TREGENZA, Elizabeth	Cornwall AC	Female Vet 55-59	08:22.7	400
190	0:58:48	COAD, Rewan	Newquay Road Runners	Male under 35	08:23.9	422
191	0:58:54	PHELPS, Fiona	Tamar Trotters	Female Vet 45-49	08:24.7	505
192	0:58:59	BENNETT, Emily	Hayle Runners		08:25.4	208
193	0:59:06	CRABB, Sally	Looe Pioneers	Female Vet 40-44	08:26.4	1
194	0:59:07	JONES, Malcolm	Launceston Road Runners	Male Vet 55-59	08:26.6	197
195	0:59:11	BRYANT, Lauren		Female under35	08:27.2	77
196	0:59:14	GINTER, Paul	Tamar Trotters	Male Vet 45-49	08:27.6	486
197	0:59:15	JENKIN, Steve	Cornwall AC	Male Vet 45-49	08:27.7	383
198	0:59:17	MARKS, Stacie	St Austell Running Club	Female under35	08:28.0	299
199	0:59:21	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:28.6	136
200	0:59:22	LEWIS, Bridget	Mounts Bay Harriers	Female Vet 45-49	08:28.7	325
201	0:59:22	BROWN, Adrian	Launceston Road Runners	Male Vet 40-44	08:28.7	361
202	0:59:32	GILBERT, Cara		Female Vet 40-44	08:30.2	237
203	0:59:36	TOWE, Ben		Male Vet 40-44	08:30.7	112
204	0:59:44	ROBINSON, Leigh	Plymouth Harriers	Male Vet 45-49	08:31.9	262
205	0:59:45	HELSON, Neil		Male Vet 45-49	08:32.0	204
206	0:59:47	TOWNEND, Stewart	Hayle Runners	Male Vet 75-79	08:32.3	45
207	0:59:49	REGAN, Matt		Male under 35	08:32.6	40
208	0:59:56	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:33.6	161
209	0:59:57	WERRAN, Louise	Launceston Road Runners	Female Vet 40-44	08:33.7	228
210	1:00:06	GILLESPIE, Ayesha		Female under35	08:35.0	472
211	1:00:15	MADGE, Paul	South West Road Runner	Male Vet 55-59	08:36.3	376
212	1:00:18	GREGORY, Amy	Newquay Road Runners	Female under35	08:36.7	413
213	1:00:23	BAGGULEY, Katie		Female Vet 45-49	08:37.4	124
214	1:00:37	MCKEE, Clare	Bodmin Road Runners	Female Vet 35-39	08:39.4	145
215	1:00:37	ATKINSON-BEAUMONT, David	Mounts Bay Harriers	Male Vet 35-39	08:39.4	157
216	1:00:51	PICK, Robert	East Cornwall Harriers	Male Vet 60-64	08:41.4	482
217	1:00:57	SKINNER, Steve	Looe Pioneers	Male under 35	08:42.3	218
218	1:01:08	BAKER, Emma	Looe Pioneers	Female Vet 40-44	08:43.9	283
219	1:01:11	ALLAN, David		Male Vet 40-44	08:44.3	63
220	1:01:15	BULLOCK, Katie	Newquay Road Runners	Female under35	08:44.9	414
221	1:01:25	THOMAS, Alison	Hayle Runners	Female Vet 40-44	08:46.3	278
222	1:01:42	DEANE, Tim		Male Vet 35-39	08:48.7	471
223	1:01:48	DYER, Mary Frances	Plymouth Harriers	Female Vet 65-69	08:49.6	226
224	1:01:56	WILDING, Rebecca	Mounts Bay Harriers	Female under35	08:50.7	332
225	1:02:00	DREW, Peter	Carn Runners	Male Vet 65-69	08:51.3	436
226	1:02:03	COWBURN, Sarah	Mud Crew Trail Runners	Female Vet 40-44	08:51.7	263
227	1:02:04	FOSTER, Diane	Looe Pioneers	Female Vet 45-49	08:51.9	163
228	1:02:06	BUNTING, Maggie	Tamar Trotters	Female Vet 45-49	08:52.1	240
229	1:02:08	TEAGLE, Stephen		Male Vet 55-59	08:52.4	122
230	1:02:16	MANSFIELD, Sue	Truro Running Club	Female Vet 50-54	08:53.6	251
231	1:02:27	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:55.1	407
232	1:02:29	EVANS, Alun	Hayle Runners	Male Vet 50-54	08:55.4	456
233	1:02:34	BAKER, Adam		Male under 35	08:56.1	493
234	1:02:42	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	08:57.3	57
235	1:02:44	TURNER, Kevin	Launceston Road Runners	Male Vet 50-54	08:57.6	488
236	1:02:45	BRYANT, Jenny		Female Vet 45-49	08:57.7	78
237	1:02:48	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	08:58.1	356
238	1:02:51	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	08:58.6	180
239	1:02:55	TONKIN, Simon		Male Vet 50-54	08:59.1	466
240	1:02:55	HARRIDGE, Dawn		Female Vet 40-44	08:59.1	469

241	1:02:57	STEPHENS, Jane	Bodmin Road Runners	Female Vet 50-54	08:59.4	215
242	1:03:02	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	09:00.1	340
243	1:03:14	PAGE, Nick		Male Vet 50-54	09:01.9	167
244	1:03:15	GENTLE, Marie	Okehampton RC	Female Vet 35-39	09:02.0	478
245	1:03:18	BERTHO, Nicola	St Austell Running Club	Female Vet 40-44	09:02.4	287
246	1:03:29	SAVIN, Nick	Newquay Road Runners	Male under 35	09:04.0	404
247	1:03:42	FARRAR, Ben		Male under 35	09:05.9	476
248	1:03:42	JAME, Ryan		Male under 35	09:05.9	474
249	1:03:54	THOMAS, Fiona	St Austell Running Club	Female under35	09:07.6	310
250	1:03:55	STATTON, Sarah	South West Road Runner	Female under35	09:07.7	492
251	1:04:02	ADNETT, Paul		Male Vet 40-44	09:08.7	109
252	1:04:02	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	09:08.7	467
253	1:04:05	LEAN, David	East Cornwall Harriers	Male Vet 55-59	09:09.1	500
254	1:04:07	HOLT, Laura		Female under35	09:09.4	368
255	1:04:10	PYKE, Mike	Launceston Road Runners	Male Vet 40-44	09:09.9	276
256	1:04:18	HOWGILL, Helen		Female Vet 45-49	09:11.0	26
257	1:04:24	BUDGE, Claire	St Austell Running Club	Female Vet 40-44	09:11.9	321
258	1:04:29	ADNETT, Sarah		Female Vet 40-44	09:12.6	110
259	1:04:38	DENNIS, Matthew		Male under 35	09:13.9	193
260	1:04:39	BECKER, Caroline		Female Vet 60-64	09:14.0	25
261	1:04:40	PEARCE, Deborah	Hayle Runners	Female Vet 45-49	09:14.1	173
262	1:04:42	SWIFT, Sarah	Launceston Road Runners	Female under35	09:14.4	84
263	1:04:45	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	09:14.9	322
264	1:04:47	WILKINSON, Judith	Tamar Trotters	Female Vet 60-64	09:15.1	65
265	1:04:50	MURRAY, Patrick		Male Vet 45-49	09:15.6	371
266	1:04:50	PRICE, Rachel		Female under35	09:15.6	19
267	1:04:55	POWELL, Tom	Falmouth Road Runners	Male under 35	09:16.3	351
268	1:05:01	WARREN, Jack			09:17.1	484
269	1:05:05	FOSTER, Graham	Looe Pioneers	Male Vet 50-54	09:17.7	164
270	1:05:08	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:18.1	298
271	1:05:11	CUFF, Linda	Looe Pioneers	Female Vet 50-54	09:18.6	200
272	1:05:26	MILLWARD, Laura	Carn Runners	Female Vet 55-59	09:20.7	432
273	1:05:30	SMITH, Hannah	Hayle Runners	Female under35	09:21.3	179
274	1:05:32	SAUNTER, Jenny	Bodmin Womens RC	Female Vet 50-54	09:21.6	268
275	1:05:33	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	09:21.7	480
276	1:05:34	BURT, Matthew		Male Vet 40-44	09:21.9	11
277	1:05:36	PENTREATH, Nick	Falmouth Road Runners	Male Vet 50-54	09:22.1	350
278	1:05:36	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:22.1	357
279	1:05:37	HAGHANI, Laura	Hayle Runners	Female Vet 35-39	09:22.3	172
280	1:05:38	CATTERALL, Diane	Carn Runners	Female under35	09:22.4	259
281	1:05:42	CLARKE, Samantha	Carn Runners	Female Vet 40-44	09:23.0	277
282	1:05:43	WIDDERSHOVEN, Demelza	Carn Runners	Female Vet 35-39	09:23.1	434
283	1:05:46	ORME, Emily		Female Vet 45-49	09:23.6	362
284	1:05:54	BUDGE, Andrew	St Austell Running Club	Male Vet 50-54	09:24.7	289
285	1:05:55	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	09:24.9	309
286	1:05:56	KIRK, Liam	Looe Pioneers	Male under 35	09:25.0	219
287	1:06:02	BENFORD, Kirsty		Female Vet 40-44	09:25.9	281
288	1:06:09	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	09:26.9	366
289	1:06:12	MACK, Mike	Carn Runners	Male Vet 65-69	09:27.3	438
290	1:06:15	SALVAGE, David	Tamar Trotters	Male Vet 70-74	09:27.7	239
291	1:06:16	CRYER, Jon		Male Vet 60-64	09:27.9	108
292	1:06:17	MCFADDEN, Tracy	Bodmin Womens RC	Female Vet 50-54	09:28.0	271
293	1:06:19	WHELL, Lisa		Female under35	09:28.3	490
294	1:06:29	RUNDLE, Sharon	Launceston Road Runners	Female Vet 50-54	09:29.7	230
295	1:06:30	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	09:29.9	334
296	1:06:32	HAM, Neil	Cornwall AC	Male Vet 50-54	09:30.1	392
297	1:06:43	IACONIANNI, Gennara	St Austell Running Club	Female under35	09:31.7	296
298	1:06:44	GARDINER, Natalie	Bodmin Womens RC	Female under35	09:31.9	426
299	1:06:44	LANCASTER, Mark		Male under 35	09:31.9	35
300	1:06:49	MARTIN, Andrew	Tavistock AC	Male Vet 50-54	09:32.6	453
301	1:06:52	MCMILLAN, Penny	Launceston Road Runners	Female Vet 50-54	09:33.0	491

302	1:06:57	BEARE, Alison		Female Vet 55-59	09:33.7	375
303	1:07:09	ENGLAND, Emma	Bodmin Womens RC	Female Vet 45-49	09:35.4	227
304	1:07:15	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	09:36.3	152
305	1:07:21	GRAY, Helen	St Austell Running Club	Female Vet 35-39	09:37.1	293
306	1:07:21	GRAY, David	St Austell Running Club	Male Vet 40-44	09:37.1	274
307	1:07:26	PRICE, Brian		Male Vet 70-74	09:37.9	20
308	1:07:31	COURTNEY, Stacey	Newquay Road Runners	Female under35	09:38.6	410
309	1:07:32	BIGGS, Matthew	Newquay Road Runners	Male Vet 50-54	09:38.7	409
310	1:07:37	BEARD, Sharon	Bodmin Road Runners	Female Vet 45-49	09:39.4	363
311	1:07:38	GOUGH, Anna		Female Vet 40-44	09:39.6	18
312	1:07:44	SANT, Andy		Male Vet 45-49	09:40.4	85
313	1:07:47	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:40.9	377
314	1:07:50	LYNCH, Kelsey	Mounts Bay Harriers	Female under35	09:41.3	329
315	1:07:56	CATNACH, Peter	Looe Pioneers	Male Vet 55-59	09:42.1	137
316	1:08:04	EATON, Sam		Male under 35	09:43.3	187
317	1:08:06	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:43.6	147
318	1:08:07	NICHOLSON, Diane	Tamar Trotters	Female Vet 55-59	09:43.7	116
319	1:08:31	BLACK, Holli		Female under35	09:47.1	118
320	1:08:32	ELLIOTT, Tania	Looe Pioneers	Female Vet 40-44	09:47.3	272
321	1:08:35	EVANS, Mollie	Carn Runners	Female Vet 40-44	09:47.7	433
322	1:08:49	LEEDS, Brendon	Looe Pioneers	Male Vet 40-44	09:49.7	186
323	1:08:50	MITCHELL, Clive	Launceston Road Runners	Male Vet 60-64	09:49.9	233
324	1:08:53	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	09:50.3	431
325	1:08:54	ELMES, Ralph	Bere Alston Trekkers	Male Vet 70-74	09:50.4	125
326	1:08:56	PATEMAN, Gemma	St Austell Running Club	Female Vet 35-39	09:50.7	304
327	1:09:00	BARNES, John	Launceston Road Runners	Male Vet 55-59	09:51.3	48
328	1:09:06	GUNTON, Richard	Bodmin Road Runners	Male Vet 35-39	09:52.1	146
329	1:09:09	WOOLLETT, Mandy	Looe Pioneers	Female Vet 45-49	09:52.6	15
330	1:09:24	PITCHER, David	Tamar Trotters	Male Vet 55-59	09:54.7	253
331	1:09:50	VOSPER, Francis	Bodmin Road Runners	Male Vet 60-64	09:58.4	502
332	1:09:56	ANDERSON, David	Torrington AAC	Male Vet 65-69	09:59.3	168
333	1:09:57	MORGAN, Frances	Bere Alston Trekkers	Female Vet 50-54	09:59.4	495
334	1:09:58	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	09:59.6	397
335	1:10:06	KITCHEN, Amelia	Hayle Runners	Female Vet 40-44	10:00.7	222
336	1:10:08	DYMOND, Amanda	Bodmin Womens RC	Female Vet 40-44	10:01.0	462
337	1:10:13	PRIDHAM, Lynn		Female Vet 40-44	10:01.7	102
338	1:10:25	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	10:03.4	390
339	1:10:26	TORRES, Mick	Looe Pioneers	Male Vet 50-54	10:03.6	202
340	1:10:27	KING, Gary	Mounts Bay Harriers	Male Vet 40-44	10:03.7	199
341	1:10:31	SWEENEY, Andrew		Male under 35	10:04.3	27
342	1:10:31	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:04.3	300
343	1:10:35	KOMBOSTIOTIS, Kostas	Looe Pioneers	Male Vet 45-49	10:04.8	201
344	1:10:53	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	10:07.4	501
345	1:10:59	YEO, Lizzy	Launceston Road Runners	Female under35	10:08.3	264
346	1:10:59	WERRAN, Katrina		Female under35	10:08.3	52
347	1:11:06	CUTLAN, Tim	St Austell Running Club	Male Vet 45-49	10:09.3	302
348	1:11:10	UNKNOWN 1,		NDB	10:09.8	999
349	1:11:16	ROSS, Sarah	Tamar Trotters	Female Vet 50-54	10:10.7	213
350	1:11:25	HOLT, Victoria	Launceston Road Runners	Female Vet 35-39	10:12.0	487
351	1:11:29	BRADBURY, Nigel		Male Vet 45-49	10:12.6	265
352	1:11:31	WADE, Margaret	Carn Runners	Female Vet 65-69	10:12.8	39
353	1:11:39	JAMESON, Judy	Carn Runners	Female Vet 55-59	10:14.0	430
354	1:11:47	BOND, Nina	Looe Pioneers	Female under35	10:15.1	130
355	1:12:02	CROWE, Sharron	Bodmin Womens RC	Female Vet 45-49	10:17.3	378
356	1:12:02	RESCORL, Susan	Bodmin Womens RC	Female Vet 55-59	10:17.3	425
357	1:12:04	MCLEAN, Andrew	St Austell Running Club	Male Vet 50-54	10:17.6	301
358	1:12:10	BOARD, Julie	Plymouth Harriers	Female Vet 40-44	10:18.4	224
359	1:12:10	BEATTIE, Laura	Plymouth Harriers	Female under35	10:18.4	140
360	1:12:16	GREY, Elenor	Falmouth Road Runners	Female Vet 40-44	10:19.3	344
361	1:12:20	WELLS, Tanya		Female Vet 35-39	10:19.8	269
362	1:12:20	DEPONEO, Jennifer		Female under35	10:19.8	270



363	1:12:21	CUMBLEY, Kat	Hayle Runners	Female under35	10:20.0	184
364	1:12:22	THOMAS, Jane	St Austell Running Club	Female Vet 55-59	10:20.1	320
365	1:12:57	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	10:25.1	473
366	1:13:00	BLACK, Anthony		Male Vet 60-64	10:25.6	117
367	1:13:01	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	10:25.7	333
368	1:13:14	KEMP, Mandy	Looe Pioneers	Female Vet 55-59	10:27.6	211
369	1:13:14	DUDMAN, Kate	Bodmin Womens RC	Female Vet 40-44	10:27.6	285
370	1:13:25	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	10:29.1	315
371	1:13:26	MOSELEY, Suzanne		Female Vet 35-39	10:29.3	483
372	1:13:32	EVERITT, Terri	Torrington AAC	Female Vet 55-59	10:30.1	54
373	1:13:32	LEW, Judith		Female Vet 65-69	10:30.1	68
374	1:13:45	WELLS, Wes	Tamar Trotters	Male Vet 35-39	10:32.0	82
375	1:13:52	MCGINNES, Jason		Male Vet 40-44	10:33.0	139
376	1:13:57	RAIKER, Diana	Falmouth Road Runners	Female under35	10:33.7	352
377	1:14:16	BILLS, Kelly	Carn Runners	Female Vet 40-44	10:36.4	206
378	1:14:26	KINGTON, Norris	Cornwall AC	Male Vet 75-79	10:37.8	423
379	1:14:30	MARTIN, Hayley	Carn Runners	Female Vet 35-39	10:38.4	442
380	1:14:31	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	10:38.6	336
381	1:14:54	GREGORY, Neil		Male Vet 40-44	10:41.8	62
382	1:15:07	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 55-59	10:43.7	337
383	1:15:08	HART, Claire	Plymouth Harriers	Female Vet 50-54	10:43.8	365
384	1:15:20	NEWTON, Roy	Falmouth Road Runners	Male Vet 70-74	10:45.6	349
385	1:15:34	WHITRIDGE, Tilly	Cornwall AC	Female Vet 45-49	10:47.6	395
386	1:15:37	HEAD, Hilary	Bere Alston Trekkers	Female Vet 55-59	10:48.0	221
387	1:15:47	LODER, Kat	Mounts Bay Harriers	Female Vet 35-39	10:49.4	330
388	1:15:50	RICHARDSON, Jane	Okehampton RC	Female Vet 65-69	10:49.8	87
389	1:15:52	PARSONS, Janet	Bodmin Womens RC	Female Vet 50-54	10:50.1	481
390	1:16:12	WHITE, Janet	Okehampton RC	Female Vet 65-69	10:53.0	503
391	1:16:30	MARSH, Stuart	Hayle Runners	Male Vet 45-49	10:55.6	174
392	1:16:34	PALMER, Rebecca		Female under35	10:56.1	367
393	1:16:37	CHEESEMAN, Gordon		Female Vet 35-39	10:56.6	60
394	1:16:37	GRIGG, Trevor	Tavistock AC	Male Vet 60-64	10:56.6	86
395	1:16:58	HAWKINS, Lorraine	Launceston Road Runners	Female Vet 50-54	10:59.6	231
396	1:17:08	COLLINS, Hayley	Torrington AAC	Female Vet 40-44	11:01.0	55
397	1:17:09	FRY, Karen		Female Vet 50-54	11:01.1	232
398	1:17:20	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	11:02.7	342
399	1:17:40	THOMAS, Victoria	Looe Pioneers	Female Vet 40-44	11:05.6	282
400	1:17:42	LOOSLEY, Alison	St Austell Running Club	Female Vet 50-54	11:05.8	318
401	1:17:43	HARVEY, Sally	Bodmin Womens RC	Female Vet 50-54	11:06.0	114
402	1:17:50	EVANS, Des	Newquay Road Runners	Male Vet 65-69	11:07.0	418
403	1:17:57	PEDRICK, Melanie	Plymouth Harriers	Female Vet 45-49	11:08.0	3
404	1:18:08	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	11:09.6	338
405	1:18:09	POOLE, Wendy	St Austell Running Club	Female Vet 55-59	11:09.7	305
406	1:18:22	HADFIELD-BENNETT, Penny	Plymouth Harriers	Female Vet 45-49	11:11.6	156
407	1:18:22	BECKENKRAGER, Sharon	Plymouth Harriers	Female Vet 45-49	11:11.6	154
408	1:18:24	WILCOCK, Latoyah		Female under35	11:11.8	470
409	1:18:24	JENKIN, Peter	Falmouth Road Runners	Male Vet 60-64	11:11.8	346
410	1:18:28	PRIDEAUX, Rachel	Bodmin Womens RC	Female Vet 40-44	11:12.4	475
411	1:18:30	PEARS, Natalie		Female Vet 35-39	11:12.7	61
412	1:18:34	MASON, John	Launceston Road Runners	Male Vet 50-54	11:13.3	16
413	1:18:53	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	11:16.0	339
414	1:18:53	ROWLANDS, Kate	Falmouth Road Runners	Female under35	11:16.0	354
415	1:19:28	PITT, Jane	Totton RC	Female Vet 70-74	11:21.0	99
416	1:19:32	GOODMAN, Samantha		Female under35	11:21.5	106
417	1:19:40	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	11:22.7	353
418	1:19:42	KAYE, Emma	Newquay Road Runners	Female under35	11:23.0	403
419	1:19:42	HOLLADAY, Michelle	Newquay Road Runners	Female Vet 40-44	11:23.0	417
420	1:20:14	JOHNSTON, Sally		Female Vet 55-59	11:27.5	98
421	1:20:17	PRITCHARD, Nikki		Female Vet 35-39	11:28.0	51
422	1:20:17	PENDLETON, Sue		Female Vet 35-39	11:28.0	266
423	1:20:41	FIRTH, Becky	Tamar Trotters	Female Vet 45-49	11:31.4	242

424	1:20:45	TABENOR, Patricia	Plymouth Harriers	Female Vet 65-69	11:32.0	66
425	1:20:45	MCGHEE, Christine	Plymouth Harriers	Female Vet 60-64	11:32.0	67
426	1:20:52	FOSTER, Ann	Tamar Trotters	Female Vet 65-69	11:33.0	225
427	1:21:16	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	11:36.4	126
428	1:21:25	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:37.7	451
429	1:22:22	SOUTHALL, Lynne	Plymouth Musketeers	Female Vet 55-59	11:45.8	273
430	1:22:44	BARTLETT, Jessica		Female under35	11:49.0	23
431	1:22:53	BAILEY, Joanne		Female Vet 45-49	11:50.3	31
432	1:23:13	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	11:53.1	402
433	1:23:17	PARNELL, Keziah		Female under35	11:53.7	72
434	1:23:32	HARRISON, Benjamin		Male under 35	11:55.8	73
435	1:23:34	PADDON, Alison	Tamar Trotters	Female Vet 50-54	11:56.1	189
436	1:24:32	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	12:04.4	347
437	1:24:34	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	12:04.7	343
438	1:24:46	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	12:06.4	129
439	1:24:49	TODD, Christine	St Austell Running Club	Female Vet 55-59	12:06.8	311
440	1:24:55	MILLER, Debbie		Female Vet 40-44	12:07.7	250
441	1:24:55	LAY, Jo	Hayle Runners	Female Vet 50-54	12:07.7	142
442	1:24:57	WILLIAMS, Laura	Hayle Runners	Female under35	12:08.0	196
443	1:24:58	WRIGHT, Sandra		Female Vet 55-59	12:08.1	460
444	1:24:59	WASHER, Sarah	Bodmin Womens RC	Female Vet 35-39	12:08.3	359
445	1:25:09	MONTGOMERY, Pauline Claire	Bodmin Womens RC	Female Vet 35-39	12:09.7	214
446	1:25:23	EWART, Sam	St Austell Running Club	Female Vet 40-44	12:11.7	292
447	1:25:53	BURT, Charlotte-Ann		Female Vet 35-39	12:16.0	138
448	1:25:53	KIMBERLEY, Ruth		Female Vet 45-49	12:16.0	445
449	1:26:55	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	12:24.8	449
450	1:26:55	MARTIN, Jane		Female Vet 50-54	12:24.8	454
451	1:27:00	GREGORY, Julie	Looe Pioneers	Female Vet 45-49	12:25.5	148
452	1:27:00	GIBBS, Kathleen	Looe Pioneers	Female Vet 55-59	12:25.5	135
453	1:27:12	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	12:27.3	394
454	1:28:28	SULLY, Karen		Female Vet 50-54	12:38.1	216
455	1:28:51	DUKE, Jan	Tamar Trotters	Male Vet 70-74	12:41.4	427
456	1:29:54	HOLLISTER, Emma		Female Vet 40-44	12:50.4	133
457	1:30:59	WYATT, Liz	St Austell Running Club	Female Vet 45-49	12:59.7	313
458	1:31:08	SLATEFORD, Nicola	St Austell Running Club	Female Vet 55-59	13:01.0	308
459	1:35:19	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	13:36.8	191
460	1:46:11	PETHICK, Leesa	Plymouth Harriers	Female Vet 45-49	15:09.9	128
461	1:46:11	BAXTER, Hollie	Plymouth Harriers	Female under35	15:09.9	248