

## AN RES HELLYS – 25TH MARCH 2018

Position	Time	Name	Team	Category	Pace	No
1	0:55:05	CLAY, Jordan	Cornwall AC	Male under 35	05:30.4	328
2	0:55:29	WADE, Joseph	Aldershot Farnham & District	Male under 35	05:32.8	320
3	0:58:33	MORANT, Jordan	Hayle Runners	Male under 35	05:51.2	278
4	0:58:58	SMITH, Paul	Cornwall AC	Male Vet 40-44	05:53.7	374
5	0:59:37	ALSOP, Dan	St Austell Running Club	Male Vet 35-39	05:57.6	168
6	0:59:43	ARGALL, Joe	Cornwall AC	Male under 35	05:58.2	327
7	0:59:48	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:58.7	252
8	1:00:11	SLATTERY, Tom	Cornwall AC	Male under 35	06:01.0	245
9	1:00:28	COLACO, Jonny	Newquay Road Runners	Male Vet 45-49	06:02.7	69
10	1:00:33	WRIGHT, Tony	Cornwall AC	Male Vet 50-54	06:03.2	334
11	1:01:15	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	06:07.4	314
12	1:02:02	THOMAS, Justin	Cornwall AC	Male Vet 40-44	06:12.1	247
13	1:02:18	RAMSDEN, Clive	Bodmin Road Runners	Male Vet 40-44	06:13.7	382
14	1:02:30	MARPLES, Alex	Truro Running Club	Male Vet 35-39	06:14.9	136
15	1:02:34	WHERRY, Steve	Hayle Runners	Male Vet 50-54	06:15.3	294
16	1:02:38	STEPTO, Emma	Cornwall AC	Female Vet 45-49	06:15.7	246
17	1:02:46	CUTLAN, James	St Austell Running Club	Male under 35	06:16.5	166
18	1:03:25	MURPHY, Carl	Torrington AAC	Male Vet 40-44	06:20.4	410
19	1:03:45	TREGENZA, Heidi	Cornwall AC	Female under35	06:22.4	250
20	1:04:03	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:24.2	255
21	1:04:15	PAULL, Emma	Hayle Runners	Female under35	06:25.4	281
22	1:04:21	BARNET, James	Falmouth Road Runners	Male under 35	06:26.0	197
23	1:05:22	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	06:32.1	292
24	1:05:50	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:34.9	204
25	1:05:52	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	06:35.1	323
26	1:06:20	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:37.9	270
27	1:06:34	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:39.3	402
28	1:06:47	HARVEY, Darren	East Cornwall Harriers	Male Vet 40-44	06:40.6	48
29	1:07:06	MEDLOCK, Bradley	Hayle Runners	Male Vet 35-39	06:42.5	275
30	1:07:16	BROWN, Steven	Falmouth Road Runners	Male Vet 50-54	06:43.5	201
31	1:07:21	ATTWOOD, James	Cornwall AC	Male Vet 45-49	06:44.0	230
32	1:07:33	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:45.2	351
33	1:07:34	BOLTON, Aidan		Male under 35	06:45.3	411
34	1:07:44	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:46.3	159
35	1:07:51	STEPHENS, Jeremy	Hayle Runners	Male Vet 45-49	06:47.0	291
36	1:08:04	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	06:48.3	329
37	1:08:13	BAKER, Steve	Tamar Trotters	Male Vet 60-64	06:49.2	55
38	1:08:42	DAVIES, James	Truro Running Club	Male Vet 35-39	06:52.1	132
39	1:08:43	STANDING, Rob	Truro Running Club	Male Vet 45-49	06:52.2	139
40	1:09:10	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	06:54.9	212
41	1:09:29	TAYLOR, James	Cornwall AC	Male under 35	06:56.8	331
42	1:09:47	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:58.6	131
43	1:09:56	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 45-49	06:59.5	389
44	1:10:20	MOORE, David	Cornwall AC	Male Vet 45-49	07:01.9	241
45	1:10:27	MARSHALL, Kevin	Launceston Road Runners	Male Vet 50-54	07:02.6	31
46	1:10:44	DEWYNTER, Alison	Royal Navy AC	Female Vet 45-49	07:04.3	111
47	1:11:12	ROUNSEVELL, Alan	Truro Running Club	Male Vet 45-49	07:07.1	394
48	1:11:16	THOMAS, Mark	Mounts Bay Harriers	Male Vet 40-44	07:07.5	53
49	1:11:18	WILLIAMS, Gary	Looe Pioneers	Male under 35	07:07.7	110
50	1:11:57	KING, Mark	Cornwall AC	Male Vet 55-59	07:11.6	391
51	1:12:07	TREBILCOCK, Mark	Cornwall AC	Male Vet 55-59	07:12.6	332
52	1:12:09	TIMMS, Jake	Falmouth Road Runners	Male under 35	07:12.8	225
53	1:12:15	MANNING, James	Hayle Runners	Male Vet 35-39	07:13.4	273
54	1:12:22	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	07:14.1	8
55	1:12:32	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	07:15.1	33
56	1:12:54	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	07:17.3	227
57	1:13:15	LAURIE, Andrew	Falmouth Road Runners	Male Vet 50-54	07:19.4	215

58	1:13:28	GILDARD, Danny		Male under 35	07:20.7	377
59	1:13:34	EASTERBROOK, Joe	Mounts Bay Harriers	Male under 35	07:21.3	304
60	1:13:38	PEARCE, Gareth		Male Vet 35-39	07:21.7	367
61	1:13:57	JOHNSON, Paul	St Austell Running Club	Male under 35	07:23.6	177
62	1:14:02	JOSE, Amy	Hayle Runners	Female under35	07:24.1	267
63	1:14:05	COX, Daniel	Bodmin Road Runners	Male under 35	07:24.4	115
64	1:14:06	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	07:24.5	209
65	1:14:29	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	07:26.8	224
66	1:14:30	BATHE, Colin	Truro Running Club	Male Vet 45-49	07:26.9	135
67	1:14:35	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	07:27.4	326
68	1:14:39	CARDEW, Barrie	Carn Runners	Male Vet 55-59	07:27.8	340
69	1:14:44	MUGFORD, Craig		Male Vet 40-44	07:28.3	307
70	1:14:51	COCKINGS, Rob	Truro Running Club	Male Vet 55-59	07:29.0	383
71	1:15:04	KEARNS, Joe	East Cornwall Harriers	Male Vet 55-59	07:30.3	124
72	1:15:12	BENNETT, Charlotte	Hayle Runners	Female Vet 45-49	07:31.1	258
73	1:15:14	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:31.3	25
74	1:15:28	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	07:32.7	13
75	1:15:33	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:33.2	234
76	1:15:39	FINDLAY, James	Carn Runners	Male under 35	07:33.8	355
77	1:15:55	WALLBANK, Rob	St Austell Running Club	Male Vet 35-39	07:35.4	193
78	1:15:59	MORGAN, Becky	Truro Running Club	Female Vet 35-39	07:35.8	401
79	1:16:00	BATCHELOR, David	Hayle Runners	Male Vet 55-59	07:35.9	257
80	1:16:03	MEARS, Richard		Male Vet 40-44	07:36.2	112
81	1:16:18	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:37.7	276
82	1:16:19	MORAN, Tim	Carn Runners	Male Vet 35-39	07:37.8	339
83	1:16:31	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	07:39.0	128
84	1:16:36	KNIGHT, Mark	St Austell Running Club	Male Vet 45-49	07:39.5	182
85	1:16:39	KING, Russell	Falmouth Road Runners	Male Vet 35-39	07:39.8	213
86	1:16:43	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	07:40.2	68
87	1:16:44	EDWARDS, Glynn	Truro Running Club	Male under 35	07:40.3	133
88	1:16:53	PEARCE, Julia	Cornwall AC	Female Vet 40-44	07:41.2	244
89	1:16:55	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:41.4	57
90	1:16:58	PASCOE, Karen	Cornwall AC	Female Vet 50-54	07:41.7	243
91	1:17:16	MILLWARD, Andy	Carn Runners	Male Vet 55-59	07:43.5	347
92	1:17:19	KING, Kevin	Hayle Runners	Male Vet 55-59	07:43.8	269
93	1:17:30	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:44.9	354
94	1:17:45	PULLEY, Sean	Hayle Runners	Male Vet 55-59	07:46.4	284
95	1:17:49	STOBART, Rebeca	Cornwall AC	Female under35	07:46.8	365
96	1:17:59	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:47.8	17
97	1:18:01	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	07:48.0	303
98	1:18:06	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:48.5	285
99	1:18:10	TREVENA, Nigel	Cornwall AC	Male Vet 50-54	07:48.9	333
100	1:18:13	HILL, Jeremy	St Austell Running Club	Male Vet 35-39	07:49.2	180
101	1:18:35	CHASE, Andy	St Austell Running Club	Male under 35	07:51.4	163
102	1:18:47	CARTER, Lee	Newquay Road Runners	Male under 35	07:52.6	71
103	1:18:54	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	07:53.3	72
104	1:18:59	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:53.8	125
105	1:19:13	GEARING, Nicola	Tri Logic Cornwall	Female Vet 35-39	07:55.2	30
106	1:19:19	WOOD, Susanne	Cornwall AC	Female Vet 40-44	07:55.8	254
107	1:19:21	SOLE, John	Cornwall AC	Male Vet 35-39	07:56.0	330
108	1:19:23	MORRIS, Tony	St Austell Running Club	Male Vet 50-54	07:56.2	186
109	1:19:26	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	07:56.5	265
110	1:19:27	BRADBURY, Rosie	Falmouth Road Runners	Female under35	07:56.6	200
111	1:19:33	BRAY, Vivian	Cornwall AC	Male Vet 50-54	07:57.2	392
112	1:19:36	PETT, Josh	JP Fitness Cornwall	Male under 35	07:57.5	145
113	1:20:00	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 50-54	07:59.9	210
114	1:20:11	GUFFICK, David		Male Vet 35-39	08:01.0	310
115	1:20:14	BOSUSTOW, Suzy	Cornwall AC	Female Vet 40-44	08:01.3	251
116	1:20:20	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	08:01.9	101
117	1:20:31	ROCHOWIAK, Robert	Carn Runners	Male Vet 55-59	08:03.0	393
118	1:20:31	SMITH, Derek	Hayle Runners	Male Vet 55-59	08:03.0	290

119	1:20:33	MAGUIRE, Natalie	Cornwall AC	Female Vet 40-44	08:03.2	233
120	1:20:34	ROWE, Christopher	Carn Runners	Male Vet 50-54	08:03.3	346
121	1:20:52	JARRAM, Ben	Launceston Road Runners	Male under 35	08:05.1	51
122	1:20:54	BENNETT, Emily	Hayle Runners	Female under35	08:05.3	259
123	1:20:57	JONES, Stephen CR	Carn Runners	Male Vet 45-49	08:05.6	343
124	1:21:07	TRESEDER, Tim		Male Vet 45-49	08:06.6	363
125	1:21:19	CHAPMAN, Peter	Carn Runners	Male Vet 60-64	08:07.8	359
126	1:21:36	ASPDEN, Gail	Hayle Runners	Female Vet 45-49	08:09.5	256
127	1:21:38	LANGFORD, Gemma		Female Vet 40-44	08:09.7	368
128	1:21:54	JONES, Petrina		Female Vet 50-54	08:11.3	399
129	1:22:03	BURNS, Julia	Hayle Runners	Female Vet 50-54	08:12.2	260
130	1:22:07	CURTIS, Oisin	Hayle Runners	Male under 35	08:12.6	263
131	1:22:39	WOOD, Glenn	East Cornwall Harriers	Male Vet 50-54	08:15.8	2
132	1:22:42	PATTERSON, Kaye	East Cornwall Harriers	Female under35	08:16.1	47
133	1:22:59	ALSOP, Doug	St Austell Running Club	Male Vet 70-74	08:17.8	160
134	1:23:02	JULEFF, Gary		Male Vet 50-54	08:18.1	36
135	1:23:19	BLACKBURN, Simon	Mounts Bay Harriers	Male Vet 55-59	08:19.8	406
136	1:23:25	LACKEY, Michael	Newquay Road Runners	Male Vet 50-54	08:20.4	84
137	1:23:40	ORCHARD, Mike	Hayle Runners	Male Vet 60-64	08:21.9	39
138	1:23:46	MOORE, Andy	Hayle Runners	Male Vet 55-59	08:22.5	277
139	1:23:49	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	08:22.8	407
140	1:23:56	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	08:23.5	379
141	1:24:13	HEWITT, Amanda	Cornwall AC	Female Vet 40-44	08:25.2	237
142	1:24:19	OWEN, Mark	St Austell Running Club	Male Vet 40-44	08:25.8	187
143	1:24:20	WALKER, Karl	St Austell Running Club	Male Vet 55-59	08:25.9	404
144	1:24:38	LEWEN, Jonathon		Male Vet 35-39	08:27.7	35
145	1:24:50	PAULL, Lucy	Hayle Runners	Female under35	08:28.9	282
146	1:25:00	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	08:29.9	248
147	1:25:02	MACLAREN, Steve	Hayle Runners	Male Vet 45-49	08:30.1	274
148	1:25:23	ELSON, Steve	Newquay Road Runners	Male Vet 40-44	08:32.2	74
149	1:25:29	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	08:32.8	45
150	1:25:44	HUNT, Jenna	Falmouth Road Runners	Female under35	08:34.3	211
151	1:25:47	HILL, Sarah	Newquay Road Runners	Female Vet 45-49	08:34.6	93
152	1:25:50	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	08:34.9	52
153	1:25:51	GREGORY, Amy	Newquay Road Runners	Female under35	08:35.0	79
154	1:25:59	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	08:35.8	100
155	1:26:00	RUSSELL, Barry	St Austell Running Club	Male Vet 40-44	08:35.9	188
156	1:26:04	JOHNS, Phillip		Male under 35	08:36.3	311
157	1:26:16	BARNICOAT, Karen	Falmouth Road Runners	Female Vet 35-39	08:37.5	198
158	1:26:27	MILLS, Jo	JP Fitness Cornwall	Female Vet 40-44	08:38.6	50
159	1:26:34	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 35-39	08:39.3	150
160	1:26:44	CUDLIPP, Mark		Male under 35	08:40.3	364
161	1:26:48	WILLIAMS, Maria	Hayle Runners	Female Vet 55-59	08:40.7	298
162	1:26:53	CARTER, Anna	Newquay Road Runners	Female under35	08:41.2	66
163	1:27:05	RICHARDSON, Mark		Male Vet 40-44	08:42.4	325
164	1:27:08	MARQUIS, Peter		Male Vet 60-64	08:42.7	10
165	1:27:10	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	08:42.9	65
166	1:27:14	GEORGE, Andrew	Hayle Runners	Male Vet 55-59	08:43.3	264
167	1:27:18	HITCHENS, Wietske	Carn Runners	Female Vet 50-54	08:43.7	338
168	1:27:28	WILLIAMS, Suzanne		Female under35	08:44.7	102
169	1:27:30	BEARD, Sharon	Bodmin Road Runners	Female Vet 45-49	08:44.9	14
170	1:27:33	BULLOCK, Katie	Newquay Road Runners	Female under35	08:45.2	67
171	1:27:40	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 40-44	08:45.9	87
172	1:27:41	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	08:46.0	371
173	1:27:46	HAYNES, Patrick	St Austell Running Club	Male Vet 55-59	08:46.5	179
174	1:27:54	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:47.3	293
175	1:27:59	MOORE, Jane	St Austell Running Club	Female Vet 55-59	08:47.8	372
176	1:28:15	FLEET, Vicky	Falmouth Road Runners	Female Vet 40-44	08:49.4	229
177	1:28:23	LOCK, Zoe	JP Fitness Cornwall	Female Vet 35-39	08:50.2	272
178	1:28:29	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	08:50.8	41
179	1:28:46	PINNICK, Mark	Falmouth Road Runners	Male Vet 40-44	08:52.5	220

180	1:29:13	ROWETT, Gareth	St Austell Running Club	Male under 35	08:55.2	176
181	1:29:26	THOMAS, Helen	Carn Runners	Female Vet 45-49	08:56.5	357
182	1:29:33	SCALLAN, Mark		Male Vet 50-54	08:57.2	129
183	1:29:37	OLLIVIER, Louise	Hayle Runners	Female Vet 50-54	08:57.6	279
184	1:29:39	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	08:57.8	118
185	1:29:39	COX, Clive		Male Vet 55-59	08:57.8	395
186	1:29:39	FOY, David	Falmouth Road Runners	Male Vet 45-49	08:57.8	206
187	1:29:45	ELDON, Jon		Male Vet 55-59	08:58.4	405
188	1:29:52	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	08:59.1	287
189	1:29:56	WALKER, Daniella	St Austell Running Club	Female Vet 45-49	08:59.5	403
190	1:30:05	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	09:00.4	86
191	1:30:06	EMMETT, Lucy	Newquay Road Runners	Female Vet 40-44	09:00.5	75
192	1:30:13	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	09:01.2	217
193	1:30:26	THOMAS, Alison	Hayle Runners	Female Vet 40-44	09:02.5	288
194	1:30:26	GIBBS, Clive	St Austell Running Club	Male Vet 50-54	09:02.5	173
195	1:30:27	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	09:02.6	172
196	1:30:30	RICKWOOD, Richard	Newquay Road Runners	Male Vet 40-44	09:02.9	89
197	1:30:55	CATTERALL, Diane	Carn Runners	Female under35	09:05.4	390
198	1:30:57	WEIR, Alison	Falmouth Road Runners	Female Vet 45-49	09:05.6	216
199	1:31:21	STOBART, Matthew		Male Vet 55-59	09:08.0	366
200	1:31:37	DREW, Peter	Carn Runners	Male Vet 65-69	09:09.6	348
201	1:31:40	PAYNE, Holly	St Austell Running Club	Female under35	09:09.9	181
202	1:31:41	GOY, Lucy	JP Fitness Cornwall	Female Vet 40-44	09:10.0	18
203	1:31:58	LEGGO, Sarah	Mounts Bay Harriers	Female Vet 40-44	09:11.7	117
204	1:32:01	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	09:12.0	203
205	1:32:04	Demelza	Carn Runners	Female Vet 35-39	09:12.3	352
206	1:32:05	GORTON, John	Mounts Bay Harriers	Male Vet 60-64	09:12.4	3
207	1:32:06	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	09:12.5	37
208	1:32:08	WILDING, Sarah	Hayle Runners	Female Vet 40-44	09:12.7	296
209	1:32:09	PULCIO, Carla Vargas		Female Vet 35-39	09:12.8	375
210	1:32:09	WILDING, David	Hayle Runners	Male Vet 40-44	09:12.8	295
211	1:32:31	PICKARD, Linda	Launceston Road Runners	Female Vet 55-59	09:15.0	369
212	1:32:38	COLLINS, Joanna	St Austell Running Club	Female under35	09:15.7	164
213	1:32:40	SMITH, Hannah	Hayle Runners	Female under35	09:15.9	289
214	1:32:56	HIGGINS, Lucy	Newquay Road Runners	Female under35	09:17.5	83
215	1:33:13	SARGENT, Pete	South West Vets AC	Male Vet 70-74	09:19.2	109
216	1:33:18	KINSELLA, Sharon	JP Fitness Cornwall	Female Vet 40-44	09:19.7	142
217	1:33:28	BERTHO, Nicola	St Austell Running Club	Female Vet 40-44	09:20.7	161
218	1:33:36	WHETTON, Grace	Mounts Bay Harriers	Female under35	09:21.5	315
219	1:33:46	LITTLE, Angela	Mounts Bay Harriers	Female Vet 35-39	09:22.5	409
220	1:33:51	FRAMPTON, Ian		Male Vet 50-54	09:23.0	105
221	1:34:07	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	09:24.5	26
222	1:34:09	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	09:24.7	44
223	1:34:12	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	09:25.0	94
224	1:34:16	JENKIN, Steve	Cornwall AC	Male Vet 45-49	09:25.4	240
225	1:34:23	GOODRIGHT, Ray	East Cornwall Harriers	Male Vet 70-74	09:26.1	43
226	1:34:28	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	09:26.6	162
227	1:34:40	BOYCE, Christian	Looe Pioneers	Male Vet 45-49	09:27.8	6
228	1:34:52	PARTON, Julie	Hayle Runners	Female Vet 35-39	09:29.0	280
229	1:34:54	EARNESH, Trinity	Cornwall AC	Female under35	09:29.2	370
230	1:34:58	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:29.6	184
231	1:35:03	BATHE, Nicola	Truro Running Club	Female Vet 40-44	09:30.1	138
232	1:35:14	DREW, Barry	Carn Runners	Male Vet 70-74	09:31.2	356
233	1:35:27	LUDLAM, Paul		Male Vet 55-59	09:32.5	58
234	1:35:27	WARD, Alex		Male Vet 35-39	09:32.5	306
235	1:35:30	HARRINGTON, Mark	Carn Runners	Male Vet 50-54	09:32.8	336
236	1:35:34	WALLIS, Luke	JP Fitness Cornwall	Male Vet 40-44	09:33.2	141
237	1:36:00	SPEAKE, Georgina	St Austell Running Club	Female Vet 40-44	09:35.8	189
238	1:36:29	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	09:38.7	116
239	1:36:41	EVANS, Alun	Hayle Runners	Male Vet 50-54	09:39.9	262
240	1:36:52	WISNER, Kath	St Austell Running Club	Female Vet 45-49	09:41.0	191

241	1:36:56	EVANS, Des	Newquay Road Runners	Male Vet 65-69	09:41.4	76
242	1:37:00	SCALLAN, Dawn	Carn Runners	Female Vet 45-49	09:41.8	342
243	1:37:20	NEWTON, David		Male Vet 35-39	09:43.8	397
244	1:37:34	FERGUSON, Samantha	Falmouth Road Runners	Female under35	09:45.2	396
245	1:37:41	HUGHES, Clare	JP Fitness Cornwall	Female Vet 35-39	09:45.9	376
246	1:37:41	ORCHARD, Hayley		Female Vet 40-44	09:45.9	1
247	1:37:51	POWELL, Tom	Falmouth Road Runners	Male under 35	09:46.9	221
248	1:38:00	WILLIAMS, Nicola		Female under35	09:47.8	400
249	1:38:11	PURVIS, Naomi		Female Vet 40-44	09:48.9	316
250	1:38:26	PHILLIPS, Ruth	Hayle Runners	Female Vet 40-44	09:50.4	283
251	1:38:31	SAVIN, Nick	Newquay Road Runners	Male under 35	09:50.9	91
252	1:38:42	WATERS, Rachel	St Austell Running Club	Female Vet 50-54	09:52.0	194
253	1:38:50	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:52.8	228
254	1:38:54	HENNINGS, Natasha		Female Vet 40-44	09:53.2	126
255	1:39:14	PACK, Caroline		Female Vet 55-59	09:55.2	398
256	1:39:18	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	09:55.6	38
257	1:39:21	FLOYD-NORRIS, Amy	St Austell Running Club	Female under35	09:55.9	171
258	1:39:22	BARNES, John	Launceston Road Runners	Male Vet 55-59	09:56.0	312
259	1:39:25	HADEN, Heidi	Cornwall AC	Female Vet 35-39	09:56.3	235
260	1:39:26	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:56.4	22
<b>261</b>	<b>1:39:38</b>	<b>BROWN, Lorraine</b>	<b>Truro Running Club</b>	<b>Female Vet 45-49</b>	<b>09:57.6</b>	<b>387</b>
262	1:39:55	MORGADO, Chloe	Cornwall AC	Female Vet 40-44	09:59.3	232
263	1:40:13	PEARCE, Deborah	Hayle Runners	Female Vet 45-49	10:01.1	23
264	1:40:14	FRENCH, Daniel	Mounts Bay Harriers	Male Vet 35-39	10:01.2	412
265	1:40:17	KING, Gary	Mounts Bay Harriers	Male Vet 40-44	10:01.5	106
266	1:40:24	HACKMAN, Tom	Newquay Road Runners	Male Vet 65-69	10:02.2	80
267	1:40:24	FLOWER, Naomi	Newquay Road Runners	Female under35	10:02.2	77
268	1:41:17	HALL, Simon	Chard Road Runners	Male Vet 55-59	10:07.5	378
269	1:41:28	HALL, Becky	Newquay Road Runners	Female Vet 35-39	10:08.6	81
270	1:41:42	SHARPE, Richard		Male Vet 40-44	10:10.0	97
271	1:41:42	SHARPE, Sarah		Female Vet 40-44	10:10.0	96
272	1:41:44	THOMAS, Janina	Hayle Runners	Female Vet 40-44	10:10.2	54
273	1:41:46	WYATT, Jordan	St Austell Running Club	Male under 35	10:10.4	175
274	1:41:46	WATTS, Hannah	St Austell Running Club	Female under35	10:10.4	195
275	1:41:49	CHELL, Nina	Falmouth Road Runners	Female Vet 40-44	10:10.7	202
276	1:41:49	PENTREATH, Nick	Falmouth Road Runners	Male Vet 50-54	10:10.7	362
277	1:41:51	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	10:10.9	119
278	1:41:55	BILLS, Kelly	Carn Runners	Female Vet 40-44	10:11.3	337
279	1:41:59	WAKE, Jenna		Female under35	10:11.7	157
280	1:41:59	STUTELEY, Rebecca	JP Fitness Cornwall	Female Vet 35-39	10:11.7	300
281	1:42:11	OAKES, Chris	Mounts Bay Harriers	Male Vet 45-49	10:12.9	15
282	1:42:13	LEO, Cas	Hayle Runners	Male Vet 55-59	10:13.1	271
283	1:42:22	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	10:14.0	90
284	1:42:25	BAWDEN, Mike	Cornwall AC	Male Vet 60-64	10:14.3	231
285	1:42:29	BUSE, Zoe	Bodmin Road Runners	Female Vet 45-49	10:14.7	373
286	1:42:33	OSBORN, Kathryn	Hayle Runners	Female Vet 55-59	10:15.1	99
287	1:42:36	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	10:15.4	238
288	1:42:37	JENKIN, Richard	Cornwall AC	Male Vet 70-74	10:15.5	239
289	1:42:44	WALTERS, Danielle		Female under35	10:16.2	385
290	1:42:46	VIGGERS, Vickie		Female Vet 40-44	10:16.4	27
291	1:42:52	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	10:17.0	82
292	1:43:07	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	10:18.5	85
293	1:43:11	KENNEY, Charlotte	Hayle Runners	Female under35	10:18.9	268
294	1:43:30	WADE, Margaret	Carn Runners	Female Vet 65-69	10:20.8	335
295	1:43:32	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	10:21.0	12
296	1:43:33	CREHAN, Kate	Hayle Runners	Female Vet 35-39	10:21.1	261
297	1:44:08	MACK, Mike	Carn Runners	Male Vet 65-69	10:24.6	349
298	1:44:14	MARSHALL, Lavinia	Launceston Road Runners	Female Vet 65-69	10:25.2	32
299	1:44:19	GOODE, Matthew		Male Vet 40-44	10:25.7	313
300	1:44:39	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	10:27.7	226
301	1:44:47	STRIKE, Rebecca		Female Vet 35-39	10:28.5	408

302	1:44:51	HALLIBONE, Hollie	JP Fitness Cornwall	Female under35	10:28.9	155
<b>303</b>	<b>1:45:03</b>	<b>EVA, Amanda</b>	<b>Truro Running Club</b>	<b>Female Vet 55-59</b>	<b>10:30.1</b>	<b>134</b>
304	1:45:12	HAM, Neil	Cornwall AC	Male Vet 50-54	10:31.0	236
305	1:45:20	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:31.8	185
306	1:46:00	MARSH, Kathryn	Carn Runners	Female Vet 40-44	10:35.8	350
307	1:46:02	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	10:36.0	341
308	1:46:14	VIRIRA, Paula Cristina	St Austell Running Club	Female Vet 40-44	10:37.2	380
309	1:46:16	HOCKING, Stacey	Hayle Runners	Female under35	10:37.4	266
310	1:46:37	PALMER, Laura	JP Fitness Cornwall	Female Vet 45-49	10:39.5	317
311	1:46:39	THURSTON, Katie	JP Fitness Cornwall	Female Vet 35-39	10:39.7	147
312	1:46:40	STAINSBY, Elaine	JP Fitness Cornwall	Female Vet 45-49	10:39.8	146
313	1:46:48	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	10:40.6	165
314	1:46:49	HAMPTON, David	St Austell Running Club	Male Vet 40-44	10:40.7	178
315	1:46:50	WILLIAMS, Laura	Hayle Runners	Female under35	10:40.8	297
316	1:46:50	HOLT, Ashley	Carn Runners	Female under35	10:40.8	358
317	1:47:15	NEWMAN, Kirstie		Female Vet 40-44	10:43.3	321
318	1:47:19	KERSHAW, Kay		Female Vet 40-44	10:43.7	322
319	1:47:35	COX, Alison	Bodmin Womens RC	Female Vet 50-54	10:45.3	114
320	1:47:51	EVANS, Mollie	Carn Runners	Female Vet 40-44	10:46.9	345
321	1:47:52	WALLACE, Yvette	JP Fitness Cornwall	Female Vet 45-49	10:47.0	149
322	1:47:52	BARRY, Joanne		Female Vet 40-44	10:47.0	153
323	1:47:54	WALLACE, Michael	JP Fitness Cornwall	Male Vet 50-54	10:47.2	148
324	1:48:09	CUTLAN, Tim	St Austell Running Club	Male Vet 50-54	10:48.7	167
325	1:48:12	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	10:49.0	7
326	1:48:29	LOOSLEY, Alison	St Austell Running Club	Female Vet 50-54	10:50.7	183
327	1:48:49	ROBERTSON, Rachel		Female under35	10:52.7	381
328	1:49:35	RICHARDS, Sara	Hayle Runners	Female under35	10:57.3	286
329	1:50:00	GIBBS, Debbie	St Austell Running Club	Female Vet 50-54	10:59.8	174
<b>330</b>	<b>1:50:34</b>	<b>RUSSELL, Fiona</b>	<b>Truro Running Club</b>	<b>Female Vet 50-54</b>	<b>11:03.2</b>	<b>137</b>
331	1:50:53	CULLEN, Geri	East Cornwall Harriers	Female Vet 50-54	11:05.1	123
332	1:51:02	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	11:06.0	223
333	1:51:18	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	11:07.6	205
334	1:51:51	MARTIN, Hayley	Carn Runners	Female Vet 35-39	11:10.9	344
335	1:51:58	WHITRIDGE, Tilly	Cornwall AC	Female Vet 45-49	11:11.6	253
336	1:52:16	WINDSOR, Gail		Female Vet 45-49	11:13.4	158
337	1:52:29	BOND, Nina	Looe Pioneers	Female under35	11:14.7	5
338	1:53:02	OSBORNE, Simon	Falmouth Road Runners	Male Vet 40-44	11:18.0	219
339	1:53:11	EWART, Sam	St Austell Running Club	Female Vet 40-44	11:18.9	170
340	1:53:34	RICHARDS, Karen		Female Vet 45-49	11:21.2	156
341	1:53:40	WILLIAMS, Emma	JP Fitness Cornwall	Female Vet 35-39	11:21.8	151
342	1:54:10	MCKINLEY, Glennie	JP Fitness Cornwall	Female Vet 50-54	11:24.8	143
343	1:54:11	WILLIAMS, Wendy	JP Fitness Cornwall	Female Vet 55-59	11:24.9	152
344	1:54:45	CAFF, Tristan	Newquay Road Runners	Male under 35	11:28.3	64
<b>345</b>	<b>1:54:47</b>	<b>TREWEEK, Paul</b>	<b>Truro Running Club</b>	<b>Male Vet 55-59</b>	<b>11:28.5</b>	<b>140</b>
346	1:55:06	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	11:30.4	63
347	1:55:52	KINGTON, Norris	Cornwall AC	Male Vet 75-79	11:35.0	324
348	1:56:12	OSBORNE, Louise	Falmouth Road Runners	Female Vet 35-39	11:37.0	218
349	1:56:15	DUDLEY, Michelle	St Austell Running Club	Female Vet 50-54	11:37.3	169
350	1:56:59	TODD, Christine	St Austell Running Club	Female Vet 55-59	11:41.7	192
351	1:58:18	JAMESON, Judy	Carn Runners	Female Vet 55-59	11:49.6	353
352	1:58:40	BROWN, Andrew		Male Vet 50-54	11:51.8	388
353	1:58:53	COOKE-DAVIES, Louise	Newquay Road Runners	Female Vet 50-54	11:53.1	70
354	1:58:57	FOSTER, Ann	Tamar Trotters	Female Vet 70-74	11:53.5	104
355	1:58:57	ARMSTRONG, Justine	Tamar Trotters	Female Vet 50-54	11:53.5	301
356	1:59:22	LAKE, Christina	Falmouth Road Runners	Female Vet 60-64	11:56.0	214
357	1:59:46	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	11:58.4	199
358	2:00:03	STONE, Jackie	Mounts Bay Harriers	Female Vet 55-59	12:00.1	20
359	2:00:11	DUTCHAK, Hannah		Female under35	12:00.9	154
360	2:00:11	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	12:00.9	144
361	2:00:38	FRANCIS, Donna	Newquay Road Runners	Female Vet 65-69	12:03.6	78
362	2:01:04	JENKIN, Peter	Falmouth Road Runners	Male Vet 60-64	12:06.2	386

363	2:02:14	JOHNS, Emma	Mounts Bay Harriers	Female Vet 40-44	12:13.2	40
364	2:05:04	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	12:30.2	46
365	2:06:06	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	12:36.4	305
366	2:06:30	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	12:38.8	62
367	2:08:57	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:53.5	222
368	2:09:45	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	12:58.3	11
369	2:10:09	DREW, Carole	Carn Runners	Female Vet 70-74	13:00.7	360
370	2:11:14	FLETCHER, Gemma	Mounts Bay Harriers	Female Vet 35-39	13:07.2	121
371	2:11:14	LODER, Kat	Mounts Bay Harriers	Female Vet 40-44	13:07.2	122
372	2:11:14	PROSSER, Amanda	Mounts Bay Harriers	Female Vet 40-44	13:07.2	127
373	2:11:20	WYATT, Liz	St Austell Running Club	Female Vet 45-49	13:07.8	196
374	2:11:52	GRACE, Oliver	Falmouth Road Runners	Male Vet 45-49	13:11.0	208
375	2:12:28	WRIGHT, Mike	Hayle Runners	Male Vet 65-69	13:14.6	299
376	2:12:36	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	13:15.4	207
377	2:17:34	BRAY, Nicola		Female Vet 40-44	13:45.2	309
378	2:17:35	PETERS, Morwenna	JP Fitness Cornwall	Female under35	13:45.3	308
379	2:17:46	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	13:46.4	249
380	2:19:13	GARBETT, Nisebo		Female Vet 60-64	13:55.1	384
381	2:33:23	FORD, Rosie	Bodmin Womens RC	Female under35	15:20.1	60
382	2:33:23	BANBURY, David		Male Vet 50-54	15:20.1	59