

Place	Bib	Name	AG	Club	ChipTime
1	941	Tom Merson	Male 35-39	Exmouth Harrier	0:31:42
2	891	Jordan Andrews	Male 20-34	Tavistock Run Project	0:32:19
3	948	Jacob Landers	Male 20-34	Tamar Trotters	0:32:42
4	49	Joshua Rowe	Male 20-34	Hayle Runners	0:33:15
5	807	Zak Clemens	Male 0-19	Cornwall AC	0:34:20
6	150	Ross Pascoe	Male 20-34	Cornwall AC	0:34:23
7	227	Tom Morton	Male 20-34	Mile High	0:34:24
8	875	David Crawford	Male 20-34	PB Running Club	0:34:29
9	550	Ryan Hanley	Male 20-34	Cornwall AC	0:34:31
10	327	Oliver Wright	Male 20-34	Cornwall AC	0:34:37
11	21	Eleanor Davis	Female 20-34	Newquay Road Runners	0:34:39
12	790	Oliver Oldfield	Male 20-34		0:34:41
13	347	Liam Rowe	Male 20-34	Cornwall AC	0:34:45
14	235	John McWilliams	Male 35-39	Mile High	0:35:03
15	308	Steve Reynolds	Male 35-39	Truro Running Club	0:35:10
16	719	Paul Smith	Male 45-49	Cornwall AC	0:35:21
17	369	James Kirton	Male 20-34	Truro Running Club	0:35:31
18	224	Andrew Martin	Male 40-44	Mile High	0:35:34
19	299	Aidan Jepson	Male 40-44	Truro Running Club	0:35:36
20	276	Alex Marples	Male 40-44	Truro Running Club	0:35:37
21	395	Steven Sims	Male 20-34	East Cornwall Harriers	0:35:52
22	726	Paul Sole	Male 40-44	Cornwall AC	0:35:55
23	166	Neil Hayhurst	Male 40-44	Hayle Runners	0:36:06
24	405	Oliver Jones	Male 45-49	East Cornwall Harriers	0:36:19
25	247	James Attwood	Male 45-49	Cornwall AC	0:36:23
26	656	Blake Brown	Male 20-34	Cornwall AC	0:36:32
27	536	Peter Sowerby	Male 55-59	Truro Running Club	0:36:33
28	10	Darren Roose	Male 40-44	Newquay Road Runners	0:36:40
29	879	Mark Gilbert	Male 35-39	Newquay Road Runners	0:36:45
30	547	Tom Brunet-Chugg	Male 40-44	St Austell Running Club	0:37:12
31	902	Richard Ham	Male 20-34	Tamar Trotters	0:37:14
32	747	Don Rufus	Male 40-44	South West Road Runners	0:37:18
33	57	Stephen Fuller	Male 50-54	Hayle Runners	0:37:21
34	28	Catherine O'Dwyer	Female 40-44	Cornwall AC	0:37:23
35	496	Clive Ramsden	Male 45-49	Newquay Road Runners	0:37:25
36	663	John Steadman	Male 40-44	Cornwall AC	0:37:32
37	215	Dave Angell	Male 35-39	Mile High	0:37:35
38	281	Dave Cudby	Male 40-44	Truro Running Club	0:37:35
39	284	Philip Bache	Male 20-34	Tri Logic Cornwall	0:37:38
40	406	Adrian Ball	Male 55-59	Cornwall AC	0:37:38
41	556	Jamie Edwards	Male 0-19	Newquay Road Runners	0:37:48
42	862	Charles Buscombe	Male 20-34	Newquay Road Runners	0:37:50
43	804	Alex Daniels	Male 45-49	Newquay Road Runners	0:38:02
44	507	John Sole	Male 40-44	Cornwall AC	0:38:02
45	305	Robert Chirgwin	Male 20-34	Truro Running Club	0:38:07
46	744	Ronnie James	Male 55-59	Cornwall AC	0:38:11
47	684	Harry Houlding	Male 20-34	St Austell Running Club	0:38:11
48	65	Peter Barnes	Male 35-39	Hayle Runners	0:38:15

49	309	Zelah Morrall	Female 50-54	Cornwall AC	0:38:24
50	595	Daniel Westlake	Male 20-34	Storm Plymouth	0:38:25
51	220	Carl Murphy	Male 45-49	Mile High	0:38:29
52	693	Philip Thomas	Male 45-49		0:38:37
53	600	Edmund Bennett	Male 40-44	Hayle Runners	0:38:49
54	320	Daniel Strickland	Male 40-44		0:38:51
55	234	Craig Knuckey	Male 50-54	Cornwall AC	0:39:00
56	40	James Cockley	Male 35-39		0:39:06
57	943	Luke Attwood	Male 20-34	Tamar Trotters	0:39:06
58	241	Matthew Railton	Male 0-19	Cornwall AC	0:39:13
59	114	Paul Atkinson	Male 40-44	Hayle Runners	0:39:11
60	348	Kevin Woodley	Male 45-49		0:39:21
61	54	David Wilding	Male 45-49	Hayle Runners	0:39:21
62	160	Liam Gallantry	Male 20-34	East Cornwall Harriers	0:39:23
63	282	Andrew Blizzard	Male 20-34	Truro Running Club	0:39:31
64	724	James Craddock	Male 20-34	Newquay Road Runners	0:39:32
65	748	Ian Wright	Male 40-44		0:39:36
66	832	Crispin Brabner	Male 50-54	Tamar Trotters	0:39:37
67	112	Emma Stepto	Female 50-54	Cornwall AC	0:39:43
68	865	Mark Macleod	Male 50-54		0:39:47
69	424	Josh Pender	Male 20-34		0:40:06
70	915	Richard Martin	Male 35-39	St Austell Running Club	0:40:07
71	585	Ben Austin	Male 20-34	Team H Plymouth	0:40:09
72	607	Mike Dowrick	Male 45-49	Cornwall AC	0:40:13
73	431	Mike Cash	Male 20-34	Newquay Road Runners	0:40:17
74	3	Carol Randall	Female 50-54	Cornwall AC	0:40:26
75	817	Pete Waumsley	Male 45-49	Team H Plymouth	0:40:27
76	728	Jake Freeland	Male 20-34	Hayle Runners	0:40:27
77	293	Glynn Edwards	Male 20-34	Lonely Goat RC	0:40:26
78	11	Scott Abraham	Male 50-54	Hayle Runners	0:40:36
79	882	Anna Jenkins	Female 40-44	Cornwall AC	0:40:39
80	796	Neil Carter	Male 40-44	Newquay Road Runners	0:40:44
81	851	Adam Roberts	Male 35-39		0:40:49
82	741	Justin Day	Male 50-54	Cornwall AC	0:40:52
83	307	Jo Temple	Female 20-34	Truro Running Club	0:40:51
84	812	Cleo Perry	Female 45-49	Erme Valley Harriers	0:40:58
85	335	Rebecca Stobart	Female 20-34	Cornwall AC	0:41:02
86	436	Melissa King	Female 35-39	Newquay Road Runners	0:41:03
87	907	Ian Langler	Male 40-44	Teignbridge Trotters	0:41:10
88	219	Charlotte Tansley	Female 20-34	Cornwall AC	0:41:18
89	375	Ralph Graves	Male 45-49	Truro Running Club	0:41:16
90	756	Liam Donnelly	Male 20-34	St Austell Running Club	0:41:48
91	754	David Philp	Male 60-64	East Cornwall Harriers	0:41:50
92	208	Mathew Henderson	Male 20-34	St Austell Running Club	0:41:53
93	571	Joe Williamson	Male 40-44		0:41:57
94	89	Craig Hall	Male 45-49	Carn Runners	0:42:06
95	655	Gary Richards	Male 50-54	Cornwall AC	0:42:12
96	746	Paul Smith	Male 40-44		0:42:01
97	579	Marc Curtis	Male 50-54	Tavistock AC	0:42:16

98	162	Jon Eldon	Male 60-64	Hayle Runners	0:42:15
99	169	Steve Baker	Male 60-64	Tamar Trotters	0:42:19
100	387	Rosie Gibbons	Female 40-44	Cornwall AC	0:42:22
101	911	Damian Dunne	Male 45-49	Plymouth Musketeers Running Clu	0:42:09
102	924	Michael Tossell	Male 35-39	Storm Plymouth	0:42:15
103	498	Andrew Hickson	Male 55-59	Cornwall AC	0:42:25
104	612	Leo Muid	Male 40-44	Falmouth Road Runners	0:42:21
105	446	Bradley Mclellan	Male 0-19	Newquay Road Runners	0:42:41
106	24	Kevin Marshall	Male 55-59	Launceston Road Runners	0:42:34
107	504	Erin Burt	Female 0-19	Newquay Road Runners	0:42:45
108	199	Jiri Kempny	Male 45-49	Vegan Runners UK	0:42:49
109	230	Shaun Mellow	Male 35-39	Lonely Goat RC	0:42:52
110	286	Oliver Pool	Male 40-44	Truro Running Club	0:42:51
111	820	Matt Harries	Male 20-34	Tamar Trotters	0:42:50
112	168	Sophie Tregenna	Female 20-34	Cornwall AC	0:43:02
113	580	Jack Caulfield	Male 20-34	Greenbow Running Club	0:43:06
114	51	Andrew Geach	Male 20-34	PB Running Club	0:43:03
115	938	Peter Kinahan	Male 20-34	Clapham Chasers	0:43:02
116	925	Adam Brenton	Male 35-39		0:43:00
117	664	David Kilgore	Male 45-49	Storm Plymouth	0:43:18
118	568	David Noble	Male 35-39	Storm Plymouth	0:43:23
119	90	Marcus Wills	Male 40-44	East Cornwall Harriers	0:43:30
120	752	Jason Axe	Male 20-34		0:43:32
121	501	Thomas Mitchell	Male 0-19		0:43:25
122	841	Richard Clemow	Male 35-39		0:43:36
123	554	Emma Mossop	Female 45-49	Falmouth Road Runners	0:43:54
124	207	Ross Lawry	Male 45-49	St Austell Running Club	0:43:51
125	56	Tim Nicholas	Male 50-54		0:43:42
126	497	Martin Davis	Male 60-64	Newquay Road Runners	0:44:00
127	363	Paul Booty	Male 50-54	Newquay Road Runners	0:43:57
128	411	Daniel Case	Male 35-39	Plymouth Musketeers Running Clu	0:43:51
129	341	Martin Bunt	Male 35-39	Newquay Road Runners	0:43:42
130	323	Oisin Curtis	Male 35-39	Hayle Runners	0:44:07
131	267	Sharon Daw	Female 55-59	East Cornwall Harriers	0:44:07
132	823	Geoff Letchford	Male 70-74	Cornwall AC	0:44:17
133	432	Andy Stallard	Male 55-59	Truro Running Club	0:44:20
134	48	Shaun Carthew	Male 45-49		0:44:23
135	143	Kaye Patterson	Female 35-39	East Cornwall Harriers	0:44:26
136	457	Melodie Manners	Female 20-34	Hayle Runners	0:44:27
137	503	Stuart Richards	Male 45-49	St Austell Running Club	0:44:23
138	582	Jenny Jeeves	Female 50-54	Tavistock AC	0:44:33
139	331	Ian Temple	Male 55-59	Bodmin Road Runners	0:44:35
140	858	Greg Dufour-Cox	Male 50-54	Falmouth Road Runners	0:44:38
141	12	Kate Battersby	Female 20-34		0:44:33
142	762	Sean Pulley	Male 60-64	Hayle Runners	0:44:53
143	285	Laura Vincent	Female 35-39	Truro Running Club	0:44:55
144	646	Jason Elliott	Male 45-49	Newquay Road Runners	0:44:42
145	614	Andrew Skelton	Male 40-44		0:44:55
146	344	Amanda Hewitt	Female 45-49	Cornwall AC	0:45:05

147	412	Tim Steere	Male 40-44	Team H Plymouth	0:44:54
148	394	Malcolm Roberts	Male 65-69	St Austell Running Club	0:45:11
149	410	Kirsty Prowse	Female 20-34	Devon & Somerset Fire and Rescue	0:44:58
150	271	Mandy Gibson	Female 45-49	Looe Pioneers Running Club	0:45:15
151	33	Julia Pearce	Female 45-49	Cornwall AC	0:45:21
152	803	James Manning	Male 40-44	Hayle Runners	0:45:22
153	564	Mark Trebilcock	Male 60-64	Cornwall AC	0:45:22
154	378	Pete Walker	Male 35-39	Truro Running Club	0:45:25
155	315	Eve Hearle	Female 40-44	Newquay Road Runners	0:45:23
156	41	Stella Gardener	Female 35-39	Newquay Road Runners	0:45:27
157	715	Luke Reed	Male 40-44	Newquay Road Runners	0:45:30
158	264	Martyn Prouse	Male 45-49	PB Running Club	0:45:36
159	774	Charlene Matthews	Female 35-39	Storm Plymouth	0:45:22
160	806	Matt Trevail	Male 40-44		0:45:22
161	557	Quentin Gunderson	Male 50-54	Bodmin Road Runners	0:45:41
162	562	Richard Foster	Male 45-49	Launceston Road Runners	0:45:41
163	867	Nigel Reddicliffe	Male 55-59	Launceston Road Runners	0:45:50
164	13	Emily Ellen	Female 40-44	Hayle Runners	0:46:02
165	393	Alice Vage	Female 20-34	Cornwall AC	0:46:04
166	830	Thomas Ross	Male 20-34	Falmouth Road Runners	0:45:59
167	591	Ben Browne	Male 45-49		0:45:52
168	482	Craig Varcoe	Male 20-34		0:46:01
169	800	Revis Crowle	Female 60-64	East Cornwall Harriers	0:46:13
170	476	Thomas Burns	Male 20-34	St Austell Running Club	0:45:59
171	517	Nick Harrison	Male 45-49	Launceston Road Runners	0:46:06
172	338	Josh Sharp	Male 20-34	Truro Running Club	0:46:18
173	59	Frazer Humbles	Male 35-39	Hayle Runners	0:46:08
174	926	Rachael Doonan	Female 50-54	Plymstock Road Runners	0:46:15
175	403	Sara Tapp	Female 45-49	Team H Plymouth	0:46:10
176	718	Christian Savage	Male 40-44	Truro Goats Triathlon	0:46:17
177	280	Chris Chirgwin	Male 35-39	Truro Running Club	0:46:23
178	361	Peter Allen	Male 60-64	Newquay Road Runners	0:46:32
179	109	Marty Barnfield	Male 45-49	Bodmin Road Runners	0:46:31
180	4	Harry Randall	Male 20-34		0:46:36
181	549	Martin Hynes	Male 65-69	Launceston Road Runners	0:46:27
182	443	Andy Vosper	Male 60-64	Bodmin Road Runners	0:46:23
183	152	Ellen Jones	Female 20-34	Cornwall AC	0:46:40
184	949	Karen Harrison Pascoe	Female 50-54	Cornwall AC	0:46:43
185	863	Paul Trudgeon	Male 35-39	St Austell Athletes Running Club	0:46:38
186	8	Paul Allan	Male 55-59	Hayle Runners	0:46:30
187	584	Harriet Frost	Female 20-34	Newquay Road Runners	0:46:42
188	714	Matthew Wilson	Male 45-49	Cornwall AC	0:46:36
189	69	Andrew Sims	Male 55-59	East Cornwall Harriers	0:46:55
190	710	Helen Mitchell	Female 55-59	Truro Running Club	0:47:00
191	606	David Mccarthy	Male 35-39	Storm Plymouth	0:46:44
192	936	Michael Lackey	Male 50-54	Newquay Road Runners	0:46:48
193	845	Michelle Hague	Female 45-49	Newquay Road Runners	0:47:05
194	653	Andrew Hodgson	Male 20-34		0:46:43
195	445	Leigh Spencer	Female 20-34	Newquay Road Runners	0:47:17

196	358	Rachael Thomas	Female 45-49	Cornwall AC	0:47:21
197	153	Zoe Fisher	Female 20-34	St Austell Athletes Running Club	0:47:05
198	798	Adam Eaton	Male 40-44	JP Fitness Cornwall	0:47:17
199	727	Joshua Grieb	Male 20-34	Newquay Road Runners	0:47:29
200	464	Claire Winfield	Female 50-54	Launceston Road Runners	0:47:31
201	667	Rosie Bradbury	Female 20-34	Falmouth Road Runners	0:47:42
202	209	Elliot Walker	Male 50-54	Newquay Road Runners	0:47:30
203	678	Lisa Friday	Female 40-44		0:47:51
204	453	Andrew James	Male 40-44	Hayle Runners	0:47:41
205	7	Aiden Clarke	Male 35-39	St Austell Running Club	0:47:58
206	319	Lee Strickland	Female 45-49	Hayle Runners	0:48:03
207	729	Steven Jenkin	Male 45-49	Cornwall AC	0:47:59
208	759	Chris Parker	Male 50-54	Falmouth Road Runners	0:47:57
209	881	Ruth Glover	Female 20-34	Cornwall AC	0:48:13
210	182	Oli Nidds	Male 20-34	Carn Runners	0:47:56
211	255	Michael Counter	Male 55-59	St Austell Running Club	0:48:05
212	691	Sam Hudspith	Male 35-39		0:48:07
213	272	Philip Gibson	Male 45-49	Looe Pioneers Running Club	0:48:19
214	603	Anna Carter	Female 35-39	Newquay Road Runners	0:48:33
215	838	Karl Saunders	Male 40-44		0:48:19
216	392	Zack Hill	Male 20-34	Cornwall AC	0:48:38
217	815	Alfie Slater	Male 0-19		0:48:39
218	440	Andrea Commons	Female 50-54		0:48:30
219	225	Steve Allsop	Male 45-49	Bodmin Road Runners	0:47:46
220	500	Natasha Stevens	Female 45-49	Bodmin Women's RC	0:48:44
221	738	Edward Flood	Male 40-44		0:49:00
222	888	Lewis Jones	Male 70-74	South West Road Runners	0:48:41
223	460	Angie Burkey	Female 40-44	Newquay Road Runners	0:48:58
224	520	Neil Harrison	Male 35-39		0:48:52
225	68	Andrew Ellis	Male 50-54	Hayle Runners	0:49:20
226	64	Sam Elliott	Male 20-34		0:49:08
227	900	Laura Saunders	Female 20-34		0:49:28
228	619	Matthew McDonough	Male 35-39		0:49:06
229	136	Nat Dowling	Female 40-44		0:49:11
230	616	Lee Stewart	Male 40-44		0:49:17
231	71	Ashley Elliott	Female 20-34	East Cornwall Harriers	0:49:22
232	83	Kevin Silver	Male 55-59	Hayle Runners	0:49:40
233	273	Gary Allbutt	Male 55-59	Plymouth Musketeers Running Clu	0:49:24
234	181	Anthony Burrows	Male 55-59	Hayle Runners	0:49:29
235	734	Gary Swain	Male 55-59	Hayle Runners	0:49:40
236	314	Tanya Coleman	Female 50-54		0:49:35
237	39	Joeli Norman	Female 20-34		0:49:47
238	602	Philip Johns	Male 20-34	Hayle Runners	0:49:37
239	356	Thomas Moore	Male 40-44	Truro Running Club	0:49:29
240	918	Gemma Vivian	Female 20-34	Hayle Runners	0:49:37
241	419	Debbie Jones	Female 50-54	Looe Pioneers Running Club	0:49:35
242	819	Mat Penry	Male 40-44		0:49:51
243	704	Rob Pick	Male 65-69	East Cornwall Harriers	0:49:55
244	672	Kelly Keough	Female 35-39		0:49:40

245	437	Helen Thomas	Female 50-54	Truro Running Club	0:49:55
246	134	Darren Hardwick	Male 50-54	Looe Pioneers Running Club	0:49:52
247	897	Finn Loder	Male 0-19		0:49:51
248	801	Sophie Talling	Female 20-34	Newquay Road Runners	0:50:05
249	441	Katie Robinson	Female 20-34	Falmouth Road Runners	0:49:58
250	332	Alison Temple	Female 55-59	Bodmin Road Runners	0:50:08
251	63	Natalie Harris	Female 20-34		0:49:57
252	62	Andy Harris	Male 50-54		0:49:57
253	532	Gregg Norton	Male 40-44	St Austell Running Club	0:49:51
254	202	Claire Mildenhall	Female 45-49	Newquay Road Runners	0:50:17
255	864	Alicia England	Female 20-34	Launceston Road Runners	0:49:56
256	687	Michael Orchard	Male 60-64	Hayle Runners	0:50:15
257	892	James Spencer	Male 20-34		0:50:10
258	805	Neill Furlonger	Male 35-39		0:50:13
259	185	Lisa Gower	Female 50-54	Tri Logic Cornwall	0:50:37
260	486	Wayne Rundle	Male 45-49	Launceston Road Runners	0:50:29
261	263	Emma Fox	Female 45-49	Newquay Road Runners	0:50:43
262	933	Richard Wintle	Male 45-49		0:50:28
263	371	Richard Wells	Male 35-39		0:50:26
264	772	Vicky Fleet	Female 45-49	Falmouth Road Runners	0:50:58
265	238	Josh Laite	Male 20-34		0:50:46
266	346	Tracey Nicholls	Female 55-59	Cornwall AC	0:51:05
267	433	Brian Wiles	Male 75-79	Launceston Road Runners	0:51:01
268	508	Thomas Hill	Male 20-34		0:51:13
269	420	Catherine Gale	Female 20-34		0:51:10
270	609	Miranda Burke	Female 50-54	Plymouth Harriers	0:51:24
271	594	Martin Grieb	Male 45-49	Newquay Road Runners	0:51:24
272	575	Sarah Myford	Female 55-59	Newquay and Par Athletic Club	0:51:11
273	442	Alison Roose	Female 45-49	Newquay Road Runners	0:51:23
274	623	Joanna Marcinekova	Female 40-44	Cornwall AC	0:51:16
275	769	Hannah Smith	Female 20-34	Hayle Runners	0:51:26
276	360	David Wilcox	Male 45-49	Truro Running Club	0:51:32
277	312	Joseph Stanford	Male 45-49	Truro Running Club	0:51:57
278	451	Tom Howard	Male 20-34	Falmouth Road Runners	0:52:05
279	404	Greg Hawkins	Male 50-54	Team H Plymouth	0:51:29
280	402	Mark Tapp	Male 45-49	Team H Plymouth	0:51:29
281	555	Mark Simpson	Male 35-39	Launceston Road Runners	0:51:46
282	857	Adam Blacher	Male 20-34	Launceston Road Runners	0:51:49
283	383	Amy Gregory	Female 35-39	Newquay Road Runners	0:52:15
284	135	Miranda Flannigan	Female 50-54	Cornwall AC	0:52:11
285	682	Mandy Watts	Female 50-54	Newquay Road Runners	0:52:15
286	521	Martyn Griffiths	Male 35-39		0:52:03
287	467	Ian Chilcott	Male 50-54	Team H Plymouth	0:51:59
288	739	Sam Murray	Female 55-59	Hayle Runners	0:52:35
289	268	Chunky (Antony) Penhaul	Male 70-74	Hayle Runners	0:52:38
290	115	Louisa Chisholm	Female 40-44	Looe Pioneers Running Club	0:52:18
291	156	Kerri Rowe	Female 40-44	Lonely Goat RC	0:52:15
292	620	Niamh Ashworth	Female 40-44	Newquay Road Runners	0:52:15
293	935	Hannah Fleming	Female 35-39		0:52:16

294	489	Isabel Irwin-Bowler	Female 20-34	St Austell Running Club	0:52:24
295	416	Katrina Block	Male 40-44		0:52:43
296	472	Sarah Wilkinson	Female 60-64	Newquay Road Runners	0:52:20
297	824	Pete Higham	Male 60-64	Falmouth Road Runners	0:52:37
298	322	Gary Kent	Male 50-54		0:52:54
299	837	Lyndsey Saunders	Female 40-44		0:52:39
300	328	Joline Gunther	Female 20-34		0:52:23
301	43	Sharon Rowat	Female 50-54	Hayle Runners	0:52:51
302	814	Ella Williams	Female 45-49	Newquay Road Runners	0:52:56
303	753	Victoria Tonkin	Female 35-39		0:52:50
304	695	Jordan Kennedy	Female 20-34	Cornwall AC	0:52:46
305	423	Alison O'Hora	Female 35-39	East Cornwall Harriers	0:52:42
306	745	Lauren Bailey	Female 35-39	Truro Running Club	0:52:38
307	366	Laura Spargo	Female 35-39	Truro Running Club	0:52:51
308	725	Gail Aspden	Female 50-54	Hayle Runners	0:52:45
309	409	Jason Shipton	Male 50-54	Launceston Road Runners	0:52:42
310	20	John Gossan	Male 70-74	Looe Pioneers Running Club	0:53:07
311	343	Gareth Perry	Male 40-44	St Austell Running Club	0:52:41
312	576	Mark Lancaster	Male 35-39	Launceston Road Runners	0:52:45
313	884	Francesca Carpenter	Female 35-39		0:52:54
314	246	Helen Stevenson	Female 35-39	Bodmin Road Runners	0:52:55
315	736	Simon Lee	Male 40-44		0:52:41
316	418	Helen Myatt	Female 20-34	Truro Running Club	0:53:05
317	713	Steve Mildenhall	Male 45-49	Newquay Road Runners	0:53:02
318	1	Luke Ball-Hymns	Male 20-34	Newquay Road Runners	0:53:19
319	767	Jonny Matthews	Male 40-44	Storm Plymouth	0:53:00
320	22	Hannah Butler	Female 20-34	Carn Runners	0:53:06
321	874	Joseph Buckley	Male 20-34		0:53:08
322	487	Bill Christie	Male 60-64	Plymstock Road Runners	0:53:06
323	364	Tristan Lang	Male 45-49	Truro Running Club	0:53:24
324	390	Daniel Smith	Male 35-39		0:53:12
325	401	Sarah Ryan	Female 40-44	Newquay Road Runners	0:53:07
326	131	Emma Collins	Female 45-49	Looe Pioneers Running Club	0:53:19
327	565	Paul Caulfield	Male 55-59		0:53:20
328	55	Elisha Nicholas	Female 40-44		0:53:37
329	494	Andrew Jay	Male 45-49	St Austell Running Club	0:53:25
330	452	Ben Dutton	Male 20-34	Runcrew	0:53:37
331	553	Peter Combella	Male 50-54	Newquay Road Runners	0:53:40
332	605	Marlene Grobler	Female 40-44	Carn Runners	0:53:23
333	214	Jane Stedman	Female 55-59	100 Marathon Club	0:53:23
334	479	Lauren Livonen	Female 35-39		0:53:45
335	505	Tao Bi	Male 20-34	Newquay Road Runners	0:53:45
336	890	Jade Morse	Female 20-34	Camelford Up and Running	0:53:30
337	574	David Austin	Male 35-39		0:53:40
338	546	Trevor Lee	Male 60-64	Truro Running Club	0:53:49
339	763	Juliet Stewart	Female 55-59	Truro Running Club	0:53:54
340	559	Angela Brinicombe	Female 65-69	Launceston Road Runners	0:53:36
341	709	Brett Stepto	Male 45-49	Cornwall AC	0:53:49
342	73	Helen Lawes	Female 50-54	Looe Pioneers Running Club	0:53:44

343	755	Simon James	Male 50-54	Cornwall AC	0:53:56
344	459	Martin Trethewey	Male 50-54	St Austell Running Club	0:54:08
345	277	Michelle Roskilly	Female 50-54	Hayle Runners	0:54:10
346	473	Zeinab Weyers	Female 20-34	Cornwall AC	0:53:39
347	829	Trevor Cornish	Male 55-59	Hayle Runners	0:54:14
348	468	Ellen Gibson	Female 0-19	Cornwall AC	0:54:07
349	158	Nick Richards	Male 50-54		0:54:03
350	119	Martin Gregory	Male 55-59	Looe Pioneers Running Club	0:54:06
351	384	Christopher Ramsey	Male 70-74	Truro Running Club	0:54:24
352	205	Kate Stevens	Female 45-49	St Austell Running Club	0:54:11
353	44	Mike Bawden	Male 60-64	Carn Runners	0:54:06
354	750	Sheona Cornes	Female 40-44		0:54:17
355	621	Ade Dagnall	Male 45-49		0:53:59
356	624	Julie Potts	Female 40-44		0:53:59
357	96	Cordelia Hamshire	Female 35-39		0:54:19
358	87	Diane Warren	Female 65-69	Hayle Runners	0:54:42
359	133	Francis Vosper	Male 60-64	Lonely Goat RC	0:54:19
360	104	Nicky Brenton	Female 50-54	Lonely Goat RC	0:54:21
361	213	Neil Ham	Male 55-59	JP Fitness Cornwall	0:54:25
362	159	Lisa Wilson	Female 45-49	Truro Running Club	0:54:37
363	671	Philip Spargo	Male 65-69	Truro Running Club	0:53:53
364	274	Angeline Hadfield	Female 35-39	Truro Running Club	0:54:42
365	813	Martin Perry	Male 45-49	Erme Valley Harriers	0:54:26
366	14	Stephen Young	Male 50-54	100 Marathon Club	0:54:26
367	707	Chris Andrews	Male 60-64	Teignbridge Trotters	0:54:43
368	216	Bryony Halliday	Female 20-34	Cornwall AC	0:54:47
369	885	Scott Cavill	Male 45-49		0:54:38
370	167	Jane Stephens	Female 55-59	Bodmin Road Runners	0:54:48
371	232	Louise Ollivier	Female 50-54	Hayle Runners	0:54:49
372	326	Jean Cutlan	Female 55-59	St Austell Athletes Running Club	0:54:51
373	651	Keith George	Male 55-59		0:54:52
374	190	Lucy Hewitt	Female 50-54	Newquay Road Runners	0:55:09
375	198	Louise Cooke-Davies	Female 50-54	Newquay Road Runners	0:55:09
376	887	John Brady	Male 55-59	East Cornwall Harriers	0:54:58
377	529	Jon Richards	Male 45-49	Newquay Road Runners	0:55:14
378	422	Ruolin Leng	Female 20-34	Mile High	0:55:18
379	121	Philip Bunt	Male 65-69	Newquay Road Runners	0:55:04
380	846	David Ingram	Male 50-54		0:54:35
381	569	Kelvin Coker	Male 20-34	Storm Plymouth	0:55:09
382	567	Paul Whitmore	Male 35-39	Storm Plymouth	0:55:11
383	675	Jonathan Crowle	Male 45-49	Truro Running Club	0:55:29
384	923	Summer Bhalsod	Female 35-39	Storm Plymouth	0:55:14
385	515	Ryan York	Male 45-49	Storm Plymouth	0:55:14
386	666	Kevin Chiswell	Male 55-59	Storm Plymouth	0:55:16
387	648	Debora Cornish	Female 50-54	Storm Plymouth	0:55:16
388	518	Thomas McDougall	Male 20-34		0:55:53
389	386	Tamzin Davey	Female 50-54	Cornwall AC	0:55:14
390	640	Sarah Booker	Female 50-54	Falmouth Road Runners	0:55:26
391	588	Georgie Farr	Female 20-34	Storm Plymouth	0:55:21

392	852	Keely Lane	Female 40-44		0:55:30
393	872	James Wright	Male 50-54		0:55:40
394	111	Emma Alee	Female 40-44	Plymouth Musketeers Running Clu	0:55:27
395	929	Gary Tapp	Male 45-49	Storm Plymouth	0:55:23
396	99	Linda Cuff	Female 55-59	Looe Pioneers Running Club	0:55:19
397	795	Christopher Bailey	Male 40-44	Storm Plymouth	0:55:25
398	388	Karen Parker	Female 50-54	Falmouth Road Runners	0:55:30
399	527	Jonathan Myers	Male 55-59	Truro Running Club	0:55:12
400	906	Katri Iivonen-Gray	Female 40-44	Hayle Runners	0:56:03
401	839	Paul Hyde	Male 40-44	Storm Plymouth	0:55:40
402	249	Joanne Barry	Female 45-49	JP Fitness Cornwall	0:55:54
403	912	Martin Palmer	Male 55-59		0:55:41
404	105	Gillian Onley	Female 55-59	Cornwall AC	0:56:06
405	723	Wietske Hansen	Female 55-59	Carn Runners	0:55:56
406	2	James Danks	Male 40-44	Falmouth Road Runners	0:55:47
407	545	Lisa Cassidy	Female 40-44	Bodmin Women's RC	0:56:00
408	368	Kay Middleditch	Female 40-44		0:55:48
409	916	Daniel Bill	Male 20-34		0:56:25
410	799	David Bowden	Male 35-39		0:55:41
411	381	Ian Riddell	Male 60-64		0:55:50
412	908	Dominique Harcourt	Female 40-44	Teignbridge Trotters	0:56:14
413	561	Alan McCarthy	Male 55-59	Storm Plymouth	0:56:10
414	661	Mel Burgess	Female 55-59	Hayle Runners	0:56:32
415	291	Stewart Townend	Male 75-79	Hayle Runners	0:56:36
416	481	Sally Fletcher	Female 55-59	St Austell Running Club	0:56:26
417	922	Jenna Butler	Female 35-39	Lonely Goat RC	0:56:42
418	122	Ruth Avery	Female 45-49	JP Fitness Cornwall	0:56:28
419	811	Leon Stansfield	Male 0-19		0:56:34
420	123	Julie Oxenham	Female 45-49	Bodmin Road Runners	0:56:35
421	831	Stephanie Ross	Female 60-64	Teignbridge Trotters	0:56:41
422	506	Carly Kent	Female 40-44	Falmouth Road Runners	0:56:33
423	681	Amelia Kitchen	Female 45-49	Hayle Runners	0:56:54
424	357	Anne-Marie Moore	Female 40-44	Truro Running Club	0:56:45
425	128	David Becker	Male 45-49	Newquay Road Runners	0:56:39
426	474	Jordan Watts	Male 20-34		0:56:48
427	107	John Mitchell	Male 60-64	Carn Runners	0:56:55
428	116	Jackie Cope	Female 65-69	MudCrew Running	0:57:05
429	76	Richard Jenkin	Male 75-79	Cornwall AC	0:56:53
430	466	Mel Mullen	Female 20-34		0:56:55
431	194	Robert Kernaghan	Male 50-54	Looe Pioneers Running Club	0:57:11
432	886	Dawn Diprose	Female 55-59		0:56:35
433	74	Simon Lawes	Male 55-59	Looe Pioneers Running Club	0:56:48
434	731	Natalie Bell	Female 40-44	Looe Pioneers Running Club	0:56:45
435	397	Vicky Cloete	Female 45-49		0:56:43
436	940	Sarah Eriksson	Female 50-54		0:56:39
437	113	Kirsty Webb	Female 20-34	Looe Pioneers Running Club	0:56:55
438	210	Natalie Jewell	Female 40-44	Falmouth Road Runners	0:57:03
439	377	Charles Simpson	Male 35-39	Hayle Runners	0:57:07
440	138	Garry Player	Male 55-59	Newquay Road Runners	0:57:34

441	450	Clare Quarton	Female 20-34		0:57:39
442	499	Louise Crocker	Female 50-54	Team H Plymouth	0:57:16
443	618	Sarah McDonough	Female 35-39		0:57:27
444	306	Suzanne Willcox	Female 40-44		0:57:23
445	80	Janet Ritchie	Female 60-64	Carn Runners	0:57:30
446	578	Martin Jones	Male 50-54	Storm Plymouth	0:57:27
447	577	Tracey Garland	Female 50-54	Storm Plymouth	0:57:27
448	680	Clare White	Female 40-44	Storm Plymouth	0:57:27
449	590	Derren Wilkie	Male 50-54	Storm Plymouth	0:57:25
450	868	Robert Burrows	Male 65-69	Hayle Runners	0:58:03
451	144	Nicola Crilly	Female 45-49	Falmouth Road Runners	0:57:42
452	794	Jamie Dodds	Male 20-34		0:57:52
453	768	Damon Bruce	Male 40-44	Storm Plymouth	0:57:51
454	952	Charles Withers	Male 20-34		0:57:50
455	52	Maddie Kincaid	Female 20-34		0:57:56
456	379	Sharon Chapman	Female 50-54	Newquay Road Runners	0:57:45
457	937	Michelle Kanes	Female 35-39	Newquay Road Runners	0:58:24
458	29	Theresa Clark	Female 55-59	Hayle Runners	0:58:24
459	637	Helen Cowling	Female 45-49	Newquay Road Runners	0:57:34
460	259	Diane Foster	Female 50-54	Looe Pioneers Running Club	0:57:47
461	317	Tony Skelly	Male 55-59		0:57:41
462	927	Stephen Leonard	Male 55-59	Plymstock Road Runners	0:58:12
463	898	Katie Lawson	Female 20-34		0:57:57
464	340	Robert Willcocks	Male 60-64	Falmouth Road Runners	0:58:13
465	502	Jamie Mitchell	Male 45-49		0:58:29
466	708	Linda Tout	Female 70-74	Tamar Trotters	0:58:33
467	47	Ian Grimes	Male 65-69	Launceston Road Runners	0:58:26
468	396	Tandy Brumby	Female 55-59	Falmouth Road Runners	0:58:18
469	192	Jennifer Lawson	Female 55-59	Newquay Road Runners	0:58:49
470	278	Ian Ringer	Male 70-74	Bodmin Road Runners	0:58:36
471	761	Phil Gendall	Male 60-64		0:58:29
472	203	Alan Byron	Male 50-54	Newquay Road Runners	0:58:46
473	407	Adam Houlton	Male 45-49		0:58:23
474	408	Vickie Houlton	Female 45-49		0:58:23
475	947	Anna Marquis	Female 60-64		0:58:31
476	946	Peter Marquis	Male 65-69		0:58:31
477	374	Amanda White	Female 35-39		0:58:12
478	611	Naomi Flower	Female 20-34	Newquay Road Runners	0:58:46
479	413	Lee Carhart	Male 35-39		0:58:22
480	779	Kelly Sargent	Female 40-44	Launceston Road Runners	0:58:39
481	525	Victoria Harrison	Female 45-49	Launceston Road Runners	0:58:39
482	711	Catherine Sims	Female 45-49	Tamar Trotters	0:58:35
483	836	Anna Seymour	Female 40-44	St Austell Athletes Running Club	0:58:56
484	793	Will Rowe	Male 20-34		0:58:50
485	921	Raegan Leather	Female 20-34	Plymouth Musketeers Running Clu	0:58:45
486	920	Barrie Christian	Male 50-54	Plymouth Musketeers Running Clu	0:58:45
487	35	John Lillis	Male 75-79	Newquay Road Runners	0:59:03
488	703	Martin Julian	Male 50-54		0:58:57
489	699	Jennifer Buckland	Female 50-54	Hayle Runners	0:58:57

490	770	Nathan de Rozarieux	Male 45-49	Hayle Runners	0:59:07
491	31	Emma Lawry	Female 45-49	St Austell Running Club	0:58:43
492	92	Kathryn Marsh	Female 45-49	Carn Runners	0:59:00
493	70	Karen Sims	Female 55-59	East Cornwall Harriers	0:58:43
494	570	Aimee Williams	Female 35-39		0:58:58
495	844	Simon Rawlins	Male 20-34		0:58:30
496	686	Mathieu Vereecke	Male 40-44		0:58:30
497	204	Sandra Northcott	Female 45-49	Looe Pioneers Running Club	0:58:52
498	809	Becky Wheeler	Female 50-54	Carbon Fitness	0:58:51
499	650	Becky George	Female 55-59	Torbay Tri Club	0:59:14
500	465	Shona Mullen	Female 55-59		0:59:09
501	258	Phillip Henwood	Male 45-49	Newquay Road Runners	0:59:34
502	444	Martine Hill	Female 45-49		0:59:19
503	449	Norbert Hamacher	Male 60-64	Truro Running Club	0:58:55
504	398	Nigel Knuckey	Male 65-69	Truro Running Club	0:59:32
505	163	Sarah Steed	Female 45-49	East Cornwall Harriers	0:59:17
506	889	Miranda Honey	Female 45-49	Bodmin Road Runners	0:59:37
507	196	Sen Devadathan	Male 50-54		0:59:16
508	842	Kim Watkins	Female 50-54	Storm Plymouth	0:59:30
509	98	Jacquie Rapier	Female 60-64	Falmouth Road Runners	0:59:33
510	94	Susan Rescorl	Female 60-64	Bodmin Women's RC	0:59:37
511	878	Donna Pollard	Female 45-49	Carn Runners	0:59:34
512	290	Izzy Cook	Female 0-19	Bys Vyken Race Team	0:59:33
513	289	Damian Cook	Male 50-54	Bys Vyken Race Team	0:59:34
514	751	Jessica Rudd	Female 20-34	Looe Pioneers Running Club	0:59:48
515	439	Clare Mclellan	Female 45-49		0:59:49
516	828	Aimee Jones	Female 35-39	Tri Logic Cornwall	1:00:09
517	477	Samuel McQuigg	Male 50-54	St Austell Running Club	0:59:58
518	510	Judy Gluyas	Female 55-59	East Cornwall Harriers	0:59:47
519	279	Ray Goodright	Male 70-74	East Cornwall Harriers	0:59:56
520	840	Dean Barrett	Male 55-59	Tamar Trotters	1:00:34
521	151	Pippa Carey-Jones	Female 20-34		1:00:13
522	261	Alison Cox	Female 55-59	Bodmin Women's RC	1:00:03
523	628	Sally Bowden	Female 55-59	Newquay Road Runners	1:00:48
524	599	Alan Brandwood	Male 70-74	Falmouth Road Runners	1:00:24
525	859	Jane Whitcombe	Female 45-49	Lonely Goat RC	1:00:21
526	765	Karen Walker	Female 50-54		1:00:40
527	720	Leanne Roger	Female 20-34		1:00:36
528	45	Julie Hewitt	Female 40-44	Bodmin Road Runners	1:00:07
529	129	John Tilley	Male 70-74	Bodmin Road Runners	1:00:52
530	84	Jenna Wheten	Female 35-39	Bodmin Women's RC	1:00:35
531	46	Janet Lathom	Female 65-69	Launceston Road Runners	1:00:52
532	275	Claire Barlow	Female 45-49	Bodmin Road Runners	1:01:00
533	873	Alice Cooper	Female 20-34		1:00:37
534	679	Alison Martin	Female 20-34		1:01:23
535	27	David Wilton	Male 65-69	Falmouth Road Runners	1:00:53
536	572	Michelle Jones	Female 50-54	Storm Plymouth	1:01:04
537	934	Matthew Brown	Male 35-39		1:00:40
538	531	Deb Cooper-Young	Female 55-59	St Austell Running Club	1:01:01

539	34	Emma James	Female 45-49	Launceston Road Runners	1:01:13
540	483	Dan Varcoe	Male 20-34		1:01:06
541	391	Tracy Smith	Female 45-49		1:01:24
542	195	Wendy Lowe	Female 65-69	Bodmin Women's RC	1:01:09
543	821	Osama Javed	Male 20-34	JP Fitness Cornwall	1:00:49
544	172	Jane Pett	Female 45-49	JP Fitness Cornwall	1:00:55
545	17	Anya Martin	Female 45-49	Carn Runners	1:01:40
546	237	Tracey Mackellar	Female 45-49	Newquay Road Runners	1:01:09
547	548	Katie Thurston	Female 40-44	JP Fitness Cornwall	1:01:02
548	657	Amanda Pochee	Female 45-49		1:02:01
549	942	Brett Hall	Male 35-39		1:01:47
550	300	Sandra Haynes	Female 50-54	Looe Pioneers Running Club	1:01:38
551	373	Cathy Willows	Female 55-59	East Cornwall Harriers	1:01:31
552	701	Sarah Douglas	Female 40-44	St Austell Running Club	1:02:04
553	206	Julie Cypher	Female 45-49	St Austell Running Club	1:01:44
554	184	Samantha Ewart	Female 45-49	St Austell Running Club	1:01:31
555	197	Rebecca Shore	Female 50-54	St Austell Running Club	1:01:51
556	642	Julia Marsh	Female 40-44		1:02:25
557	917	Stephen Bailey	Male 40-44		1:01:49
558	120	Matt Bunt	Male 35-39	Newquay Road Runners	1:01:44
559	597	Paula Vieira	Female 40-44	St Austell Running Club	1:02:29
560	376	Rachael Church	Female 50-54		1:02:26
561	760	Kelly Stevens	Female 50-54	Falmouth Road Runners	1:02:04
562	914	Maxine Whitbread-Abruta	Female 55-59		1:02:30
563	544	Nicky Sowerby	Female 55-59	Truro Running Club	1:02:50
564	665	Nicholas Horton	Male 20-34	Storm Plymouth	1:02:23
565	566	Trudy Caulfield	Female 50-54		1:02:24
566	399	Sara Foster	Female 45-49		1:03:04
567	721	John Clements	Male 55-59		1:02:58
568	847	Rebecca O'Doherty	Female 40-44	St Austell Athletes Running Club	1:02:47
569	311	Daniel Evans	Male 45-49		1:02:25
570	298	Des Evans	Male 70-74	Newquay Road Runners	1:02:25
571	848	Robert Barratt	Male 65-69		1:02:49
572	183	Sarah Johns	Female 40-44	Hayle Runners	1:02:56
573	23	Lavinia Marshall	Female 65-69	Launceston Road Runners	1:03:26
574	777	Zak Thomas-Horton	Male 20-34		1:03:20
575	485	Jacquelyn Faulkner	Female 45-49	Plymstock Road Runners	1:03:13
576	229	Roy Newton	Male 70-74	Falmouth Road Runners	1:03:03
577	647	Julie Hogan	Female 55-59		1:03:31
578	470	Francesca Inch	Female 20-34		1:03:17
579	458	Samantha Linggard	Female 35-39		1:03:30
580	177	Paul Heywood	Male 55-59	Launceston Road Runners	1:03:41
581	685	Laura Draper	Female 35-39		1:03:37
582	688	Rebecca Smith	Female 35-39		1:03:38
583	689	Dave Trestain	Male 40-44		1:03:36
584	930	Paula Tapp	Female 50-54	Storm Plymouth	1:03:37
585	669	Jane Southern	Female 60-64	Storm Plymouth	1:03:39
586	899	Kayla Smith	Female 45-49		1:03:22
587	380	Richard Crowther	Male 45-49		1:03:17

588	15	Estelle Young	Female 45-49	Wootton Road Runners	1:03:48
589	469	Emma Edwards	Female 20-34	Bude RATS	1:03:32
590	188	Lynn Harvey	Female 70-74	Newquay Road Runners	1:03:46
591	102	Sandra Lidiard	Female 50-54	Bodmin Women's RC	1:03:37
592	551	Fiona Cooper	Female 45-49		1:04:23
593	82	Kate Bagguley	Female 50-54		1:03:40
594	430	Samantha Ballinger	Female 40-44		1:04:08
595	265	Jackie Stone	Female 55-59		1:03:54
596	142	Jane Naylor	Female 60-64	Hayle Runners	1:03:53
597	233	Chris Oakes	Male 45-49		1:03:54
598	147	Jackie Wells	Female 65-69		1:04:16
599	447	Helen Squire	Female 55-59		1:04:17
600	77	Jacqueline Jenkin	Female 70-74	Cornwall AC	1:04:34
601	696	Jennifer Oatway	Female 35-39	Plymouth Harriers	1:04:11
602	810	Elizabeth Stansfield	Female 45-49		1:04:53
603	491	Sarah Marsh	Female 45-49	East Cornwall Harriers	1:04:45
604	118	Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:05:25
605	781	Ann Foster	Female 70-74	Tamar Trotters	1:05:04
606	896	Kat Loder	Female 40-44		1:05:32
607	222	Julie Bolitho	Female 55-59	Hayle Runners	1:06:05
608	951	Lizzie Gapper	Female 45-49		1:05:41
609	822	Judy Jameson	Female 60-64	Carn Runners	1:05:44
610	36	Victoria Hall	Female 45-49		1:06:02
611	495	Sandra Shelley	Female 55-59	Carn Runners	1:05:52
612	910	Sara Henry	Female 50-54		1:05:53
613	909	Stephen Henry	Male 50-54	Newquay Road Runners	1:05:54
614	50	Karen Lovegrove	Female 65-69	Hayle Runners	1:06:00
615	155	Holly Hutchins	Female 20-34	Camelford Up and Running	1:06:17
616	170	Emma Grigg	Female 45-49	Lonely Goat RC	1:06:23
617	262	Kathy Saunders	Female 65-69	Looe Pioneers Running Club	1:06:30
618	775	Heather Eady	Female 40-44	Carn Runners	1:06:21
619	516	Steve Menear	Male 65-69	St Austell Running Club	1:06:17
620	75	Margaret Wade	Female 70-74	Carn Runners	1:06:34
621	735	Jeanette Toy	Female 50-54	Carn Runners	1:06:40
622	223	Robert Bolitho	Male 60-64	Hayle Runners	1:07:13
623	148	Helen Cattran-Dunlop	Female 55-59	Hayle Runners	1:06:41
624	478	Melanie Maskell	Female 50-54	St Austell Athletes Running Club	1:06:55
625	438	Lucy Dawe	Female 20-34		1:06:52
626	349	Ann Bradley	Female 60-64	St Austell Running Club	1:06:45
627	733	Susan Thomas	Female 45-49	Hayle Runners	1:06:52
628	903	Margaret Ann Kinahan	Female 65-69	Serpentine RC	1:06:56
629	186	Karen Warner	Female 55-59	Newquay Road Runners	1:07:28
630	643	Catherine Trerise	Female 50-54	Cornwall AC	1:07:27
631	339	Timothea Cardell	Female 80-84	Hayle Runners	1:07:12
632	856	Pauline Hicks	Female 50-54	Newquay Road Runners	1:07:13
633	833	Mollie Evans	Female 40-44	Carn Runners	1:07:26
634	540	Emma Brennan	Female 40-44	Bodmin Women's RC	1:07:15
635	808	Helen Staples	Female 45-49	Carn Runners	1:07:31
636	321	Michaela Harrison	Female 40-44		1:07:13

637	146	Rachel Manuel	Female 45-49		1:07:30
638	145	Lorna Truscott	Female 40-44	Tamar Trotters	1:07:30
639	644	Rachael Ellis	Female 20-34	Bodmin Women's RC	1:07:23
640	292	Rebecca Ellis	Female 20-34	Bodmin Women's RC	1:07:24
641	523	Jon Cryer	Male 65-69		1:07:56
642	252	Lizzie Marven	Female 45-49		1:07:44
643	524	Michaela Thomas-Horton	Female 55-59	St Austell Running Club	1:08:05
644	895	Anita Searby	Female 50-54		1:07:54
645	58	Claire Stone	Female 35-39	Hayle Runners	1:08:09
646	766	Michelle Dunn	Female 35-39	St Austell Running Club	1:08:06
647	740	Lorna Hogg	Female 50-54	St Austell Running Club	1:08:24
648	592	Jacky Pugh	Female 60-64		1:08:22
649	448	Mark Squire	Male 65-69		1:08:38
650	953	Kathryn Lindo		Newquay Road Runners	1:09:04
651	81	Dennis Burrell	Male 75-79	Carn Runners	1:08:29
652	400	Ian Thomas	Male 45-49		1:08:21
653	329	Christina Lake	Female 60-64	Falmouth Road Runners	1:08:31
654	894	Sharon Johns	Female 35-39	Hayle Runners	1:08:38
655	716	Steph Hancock	Female 45-49	St Austell Running Club	1:08:30
656	367	Jane King	Female 55-59		1:08:51
657	313	Lynda Fearn	Female 60-64		1:09:06
658	173	Christine Todd	Female 60-64	St Austell Running Club	1:08:59
659	945	Mark Matthews	Male 55-59	Bude RATS	1:09:01
660	631	James Penhaligon	Male 35-39	Newquay Road Runners	1:09:46
661	352	Rachael Staff	Female 45-49	St Austell Running Club	1:09:56
662	189	Amy Shackelford	Female 35-39	Bys Vyken Race Team	1:10:02
663	355	Beverley Talbot	Female 55-59	St Austell Running Club	1:09:58
664	587	James Farr	Male 65-69	Storm Plymouth	1:10:15
665	785	Sarah Howard	Female 45-49	Cornwall AC	1:10:42
666	861	Marie Bluck	Female 45-49	St Austell Running Club	1:10:02
667	95	Amy Charlton	Female 20-34		1:10:18
668	860	Steven Bluck	Male 40-44		1:10:03
669	26	Jamie Gore	Female 35-39	Hayle Runners	1:10:19
670	654	Sally Fish	Female 20-34	Newquay Road Runners	1:10:38
671	638	Jeremy Booker	Male 50-54	Falmouth Road Runners	1:10:40
672	429	Michael Wooding	Male 75-79	Newquay Road Runners	1:10:40
673	221	Lucy Oldham	Female 45-49	East Cornwall Harriers	1:11:28
674	414	Frances Phillips	Female 40-44		1:11:26
675	519	Diane Walker	Female 55-59	St Austell Running Club	1:11:27
676	581	Georgia Lyon	Female 20-34		1:11:27
677	625	Sarah Luff	Female 40-44	JP Fitness Cornwall	1:11:52
678	101	Wendy Williams	Female 60-64	JP Fitness Cornwall	1:12:15
679	826	Stacey Orchard	Female 20-34	JP Fitness Cornwall	1:12:19
680	5	Rosie Trevains	Female 35-39	Bodmin Women's RC	1:12:21
681	6	David Banbury	Male 55-59		1:12:06
682	362	Georgina Purvis	Female 45-49	Truro Running Club	1:12:29
683	212	Sarah Ellis	Female 40-44	Hayle Runners	1:12:51
684	149	Angela Harrison	Female 60-64	Looe Pioneers Running Club	1:12:57
685	825	Emma Williams	Female 40-44	JP Fitness Cornwall	1:13:34

686	853	Rebecca Stuteley	Female 40-44	JP Fitness Cornwall	1:13:35
687	698	Jo Lay	Female 55-59	Hayle Runners	1:13:45
688	818	Kerry McNary	Female 40-44		1:13:40
689	130	Guy Cooper	Male 50-54	Looe Pioneers Running Club	1:13:57
690	250	Caroline Knight	Female 40-44		1:13:42
691	140	Yvonne Matthews	Female 55-59		1:13:47
692	627	Neal Gleave	Male 40-44		1:14:07
693	179	Ellie Pickard	Female 20-34		1:14:44
694	178	Abbie Delaney	Female 20-34	Newquay Road Runners	1:14:45
695	171	Angela Lanaway	Female 55-59	Bodmin Women's RC	1:14:49
696	154	Janet Wills	Female 70-74	St Austell Running Club	1:14:56
697	676	Kirstie Slater	Female 45-49	Truro Running Club	1:15:36
698	318	Ali Walker	Female 50-54	Truro Running Club	1:16:22
699	526	Sarah Myers	Female 55-59		1:15:23
700	455	Martyn Jarvis	Male 45-49		1:15:29
701	456	Deanna Jarvis	Female 45-49		1:15:29
702	802	Sharon Worden	Female 40-44	JP Fitness Cornwall	1:15:47
703	484	Angela Yates	Female 65-69	St Austell Running Club	1:16:39
704	287	Anne Libby	Female 65-69	Looe Pioneers Running Club	1:17:14
705	117	Patricia Harvey	Female 50-54	St Austell Running Club	1:17:00
706	511	Sandra Orchard	Female 60-64	JP Fitness Cornwall	1:17:02
707	514	Glennie McKinley	Female 55-59	JP Fitness Cornwall	1:17:03
708	636	Louisa Blackshaw-Borg	Female 40-44		1:17:59
709	103	Ann Elizabeth Harry	Female 60-64	Looe Pioneers Running Club	1:18:12
710	697	Steve Lawrence	Male 65-69	Falmouth Road Runners	1:17:58
711	336	Emma Hare	Female 50-54	Truro Running Club	1:18:29
712	110	Sean Taylor	Male 55-59	Bodmin Road Runners	1:18:47
713	78	Donna Dark	Female 20-34	Hayle Runners	1:19:13
714	677	Madeleine Blight	Female 65-69	St Austell Running Club	1:19:16
715	239	Lorraine Wherry	Female 55-59	St Austell Running Club	1:19:21
716	849	Pamela Watts	Female 55-59	St Austell Running Club	1:19:21
717	854	Sean Barrie Rafton	Male 50-54		1:20:13
718	855	Nicky Tucker	Female 45-49		1:20:18
719	18	Sam Chapple	Female 50-54		1:19:41
720	19	Jamie Chapple	Male 50-54		1:19:41
721	157	Charlotte Richards	Female 45-49	Cornwall AC	1:20:33
722	132	Kathryn Thomas	Female 45-49	Cornwall AC	1:20:56
723	310	Michele Steabler	Female 60-64	JP Fitness Cornwall	1:20:25
724	301	Nicola Bray	Female 45-49	JP Fitness Cornwall	1:20:26
725	513	Dawn Dixon	Female 45-49	Storm Plymouth	1:21:06
726	615	David Garrard	Male 75-79	Falmouth Road Runners	1:22:06
727	632	Paula Clarkson	Female 20-34		1:22:13
728	633	Rachel Bate	Female 35-39	JP Fitness Cornwall	1:22:23
729	337	Jacquie Pascoe	Female 65-69	JP Fitness Cornwall	1:22:37
730	904	Alistair Whiteley	Male 35-39		1:24:34
731	463	Lisa Parr	Female 45-49		1:24:05
732	634	Hannah Penhaligon	Female 20-34		1:25:37
733	161	Sharon Peake	Female 55-59	Bodmin Women's RC	1:26:40
734	604	Nickki Chadwick	Female 20-34		1:30:06

735	778	Hana Griffiths	Female 35-39	JP Fitness Cornwall	1:35:17
736	783	Hannah Dutchak	Female 20-34	JP Fitness Cornwall	1:35:20
737	586	Cathryn Bonney	Female 45-49	Storm Plymouth	1:40:06
738	928	Cheri Richards	Female 35-39	Storm Plymouth	1:40:06