

STORM FORCE 10 – 22ND JANUARY 2017

Position	Time	Name	Team	Category	Pace	No
1	0:52:16	LE GRICE, Peter	Mounts Bay Harriers	Male under 35	05:13.5	266
2	0:54:10	BREWER, Tony	Mile High	Male under 35	05:24.9	586
3	0:54:15	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:25.4	459
4	0:55:05	CLAY, Jordan	Cornwall AC	Male under 35	05:30.4	447
5	0:55:15	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:31.4	465
6	0:55:27	MORANT, Jordan	Hayle Runners	Male under 35	05:32.6	525
7	0:55:48	MARTIN, Andrew	Mile High	Male Vet 35-39	05:34.7	228
8	0:55:52	COSTELLO, Daniel	Hayle Runners	Male under 35	05:35.1	178
9	0:56:22	BENNEY, Aaron	Mile High	Male Vet 35-39	05:38.1	286
10	0:56:59	BARTLETT, David	Newquay Road Runners	Male under 35	05:41.8	603
11	0:57:04	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:42.3	469
12	0:58:11	CARTHEY, Tom	Falmouth Road Runners	Male under 35	05:49.0	346
13	0:58:13	DOBSON, Jacob	Falmouth Road Runners	Male under 35	05:49.2	353
14	0:58:26	CULLINGFORD, Declan		Male under 35	05:50.5	598
15	0:58:54	WRIGHT, Tony	Newquay Road Runners	Male Vet 50-54	05:53.3	567
16	0:59:02	PASCOE, Richard	Mile High	Male Vet 35-39	05:54.1	606
17	0:59:15	ANGELL, Dave	Mile High	Male under 35	05:55.4	561
18	0:59:29	STACEY, Doug	East Cornwall Harriers	Male Vet 35-39	05:56.8	581
19	0:59:33	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:57.2	265
20	0:59:47	BECKENKRAGER, David	Plymouth Harriers	Male Vet 45-49	05:58.6	73
21	1:00:09	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:00.8	170
22	1:00:16	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	06:01.5	431
23	1:00:30	BARNET, James	Falmouth Road Runners	Male under 35	06:02.9	336
24	1:00:36	PEYTON-JONES, Alex	Plymouth Harriers	Male Vet 35-39	06:03.5	224
25	1:00:38	VINNICOMBE, Jason	Carn Runners	Male Vet 40-44	06:03.7	573
26	1:00:42	PORTER, Ed	Plymouth Harriers	Male under 35	06:04.1	220
27	1:00:47	STEPTO, Emma	Cornwall AC	Female Vet 45-49	06:04.6	488
28	1:00:50	WHERRY, Steve	Cornwall AC	Male Vet 50-54	06:04.9	494
29	1:00:58	MURRANT, Kieran	Hayle Runners	Male under 35	06:05.7	526
30	1:01:05	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:06.4	189
31	1:01:26	CHAPMAN, Kyle	St Austell Running Club	Male under 35	06:08.5	425
32	1:01:28	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:08.7	326
33	1:01:30	RAMSDEN, Clive	Bodmin Road Runners	Male Vet 40-44	06:08.9	44
34	1:01:33	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	06:09.2	347
35	1:01:42	BARRETT, Chris	Truro Running Club	Male Vet 45-49	06:10.1	291
36	1:01:48	MANCER, Jez	St Austell Running Club	Male Vet 45-49	06:10.7	437
37	1:01:58	STEPHENSON, Jamie	Mile High	Male under 35	06:11.7	571
38	1:02:02	MORRALL, Zelah	Cornwall AC	Female Vet 45-49	06:12.1	484
39	1:02:04	WEBSTER, Mark	Cornwall AC	Male under 35	06:12.3	468
40	1:02:24	ROSENFELD, Thomas	Hayle Runners	Male under 35	06:14.3	535
41	1:02:31	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	06:15.0	209
42	1:02:34	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:15.3	521
43	1:02:44	MARKS, Steve	Newquay Road Runners	Male Vet 40-44	06:16.3	216
44	1:02:47	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	06:16.6	541
45	1:02:52	WEBSTER, Craig	Newquay Road Runners	Male Vet 40-44	06:17.1	238
46	1:02:55	PAROISSIEN, Andrew	Hayle Runners	Male under 35	06:17.4	167
47	1:02:57	TRUDGIAN, Andy	St Austell Running Club	Male Vet 45-49	06:17.6	393
48	1:03:14	SOLE, Paul	Cornwall AC	Male Vet 35-39	06:19.3	460
49	1:03:31	TAYLOR, James	Cornwall AC	Male under 35	06:21.0	463
50	1:03:37	PAULL, Emma	Hayle Runners	Female under 35	06:21.6	542
51	1:03:49	LAWLESS, Martin		Male Vet 35-39	06:22.8	88
52	1:03:52	LEE, Matt	Bodmin Road Runners	Male Vet 35-39	06:23.1	98
53	1:03:57	LUXMOORE, Jamie	Mile High	Male Vet 35-39	06:23.6	227
54	1:04:00	EZRA, Rebecca	Tamar Trotters	Female under 35	06:23.9	135
55	1:04:17	TREGENZA, Heidi	Cornwall AC	Female under 35	06:25.6	492
56	1:04:21	CUTLAN, James	St Austell Running Club	Male under 35	06:26.0	390
57	1:04:23	SOLE, John	Bodmin Road Runners	Male Vet 35-39	06:26.2	41
58	1:04:30	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	06:26.9	450
59	1:04:34	ATTWOOD, James	Cornwall AC	Male Vet 40-44	06:27.3	443

60	1:04:39	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:27.8	407
61	1:04:48	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	06:28.7	106
62	1:04:54	DAVIES, James	Truro Running Club	Male under 35	06:29.3	298
63	1:05:02	BOON, Julian	Forest of Dean AC	Male Vet 45-49	06:30.1	95
64	1:05:03	DOWRICK, Mike	Cornwall AC	Male Vet 40-44	06:30.2	449
65	1:05:08	HANDS, Stephen	St Austell Running Club	Male Vet 45-49	06:30.7	320
66	1:05:17	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	06:31.6	169
67	1:05:22	RICHARDS, Gary	Mounts Bay Harriers	Male Vet 45-49	06:32.1	270
68	1:05:39	HAMPTON, Jody		Male Vet 35-39	06:33.8	65
69	1:05:51	THOMAS, Justin Scott	Wells City Harriers	Male Vet 40-44	06:35.0	523
70	1:05:58	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:35.7	293
71	1:06:01	CLARKE, Peter	Tamar Trotters	Male Vet 40-44	06:36.0	133
72	1:06:10	DEACON, Mark	Looe Pioneers	Male under 35	06:36.9	125
73	1:06:20	BAKER, Steve	Tamar Trotters	Male Vet 55-59	06:37.9	141
74	1:06:21	PHILP, David	East Cornwall Harriers	Male Vet 55-59	06:38.0	100
75	1:06:24	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:38.3	213
76	1:06:35	KNUCKEY, Craig		Male Vet 45-49	06:39.4	75
77	1:06:38	CHIRGWIN, Rob	Truro Running Club	Male under 35	06:39.7	294
78	1:06:47	WOLF, Jan	Mounts Bay Harriers	Male Vet 35-39	06:40.6	273
79	1:06:55	COULSON, Lee	Falmouth Road Runners	Male Vet 45-49	06:41.4	343
80	1:07:02	BURGESS, Kathryn	Cornwall AC	Female Vet 35-39	06:42.1	474
81	1:07:12	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	06:43.1	367
82	1:07:29	STANDING, Rob	Truro Running Club	Male Vet 40-44	06:44.8	329
83	1:07:36	MARSTON, Jeremy	Mounts Bay Harriers	Male Vet 45-49	06:45.5	263
84	1:07:39	YETTON, Ami	Plymouth Harriers	Female Vet 35-39	06:45.8	225
85	1:07:41	BRABNER, Crispin	Tamar Trotters	Male Vet 45-49	06:46.0	139
86	1:07:42	HAYDEN, Nick		Male Vet 35-39	06:46.1	371
87	1:07:46	SIMS, Nigel	Mounts Bay Harriers	Male Vet 50-54	06:46.5	275
88	1:07:49	THOMAS, Adam	St Austell Running Club	Male under 35	06:46.8	429
89	1:07:52	MANNING, James	Hayle Runners	Male Vet 35-39	06:47.1	196
90	1:07:59	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:47.8	428
91	1:08:06	DEVENEY, Callum	Falmouth Road Runners	Male Vet 45-49	06:48.5	345
92	1:08:15	PETERSEN, Guy	Tamar Trotters	Male Vet 45-49	06:49.4	436
93	1:08:24	SOLE, Amy	Cornwall AC	Female under 35	06:50.3	487
94	1:08:26	POWELL, Simon	UK Net Runner	Male Vet 35-39	06:50.5	607
95	1:08:35	TREBILCOCK, Mark	Cornwall AC	Male Vet 55-59	06:51.4	464
96	1:08:47	TUCKER, David	Tamar Trotters	Male Vet 35-39	06:52.6	134
97	1:08:57	WYKES, Isobel	Truro Running Club	Female Vet 35-39	06:53.6	332
98	1:09:02	PRESCOTT, Alex	Looe Pioneers	Male under 35	06:54.1	300
99	1:09:07	LOWDON, John	Hayle Runners	Male Vet 40-44	06:54.6	166
100	1:09:08	WRIGHT, Kallum	Cornwall AC	Male under 35	06:54.7	471
101	1:09:36	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 40-44	06:57.5	620
102	1:09:38	TIER, Naomi	Cornwall AC	Female under 35	06:57.7	495
103	1:09:43	POOLEY, Robertt	Carn Runners	Male Vet 35-39	06:58.2	576
104	1:09:48	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	06:58.7	108
105	1:09:54	DAVIS, Megan	Newquay Road Runners	Female under 35	06:59.3	219
106	1:09:55	TREVAIL, Mathew	Newquay Road Runners	Male Vet 35-39	06:59.4	233
107	1:09:56	GENT, Samuel		Male Vet 35-39	06:59.5	395
108	1:10:01	TIMMS, Simon	Hayle Runners	Male under 35	07:00.0	168
109	1:10:03	MASTERS, Nick	Hayle Runners	Male Vet 45-49	07:00.2	198
110	1:10:05	EVANS, Julian	Falmouth Road Runners	Male Vet 45-49	07:00.4	366
111	1:10:08	SNEYD, Paul	Hayle Runners	Male Vet 50-54	07:00.7	545
112	1:10:09	MULLANS, Jody	Tamar Trotters	Male Vet 40-44	07:00.8	150
113	1:10:14	COLEY, Alex	East Cornwall Harriers	Male under 35	07:01.3	110
114	1:10:18	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	07:01.7	252
115	1:10:20	POPE, Kevin	Hayle Runners	Male Vet 35-39	07:01.9	532
116	1:10:21	KING, Mark	Cornwall AC	Male Vet 50-54	07:02.0	454
117	1:10:24	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	07:02.3	7
118	1:10:32	PHILLIPS, Andrew		Male under 35	07:03.1	68
119	1:10:32	SCHOFIELD, Gary		Male under 35	07:03.1	67
120	1:10:33	GIBBONS, Rosie	Croyden Stridders	Female Vet 35-39	07:03.2	78
121	1:10:35	CHESTERFIELD, Paul	Cornwall AC	Male Vet 50-54	07:03.4	446
122	1:10:37	FITKIN, Chris	Mounts Bay Harriers	Male Vet 55-59	07:03.6	245

123	1:10:39	WILLIAMS, Alan	Tamar Trotters	Male Vet 35-39	07:03.8	130
124	1:10:39	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:03.8	102
125	1:10:43	MIDGLEY, Phil	Newquay Road Runners	Male Vet 50-54	07:04.2	566
126	1:10:50	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	07:04.9	257
127	1:10:54	COX, Chris		Male Vet 45-49	07:05.3	77
128	1:10:56	WALLBANK, Rob	St Austell Running Club	Male under 35	07:05.5	438
129	1:10:59	THOMSON, Stuart	Mounts Bay Harriers	Male Vet 40-44	07:05.8	258
130	1:10:59	RONNGARD, Mattias	Newquay Road Runners	Male Vet 45-49	07:05.8	234
131	1:11:01	CROWLE, Revis	East Cornwall Harriers	Female Vet 50-54	07:06.0	115
132	1:11:12	STAFF, Dale	Looe Pioneers	Male Vet 40-44	07:07.1	307
133	1:11:12	COLLINS, Rob		Male Vet 40-44	07:07.1	117
134	1:11:23	COCKS, Daniel		Male under 35	07:08.2	85
135	1:11:23	WOOD, Bill	Falmouth Road Runners	Male Vet 50-54	07:08.2	608
136	1:11:26	KEY, Andrew		Male under 35	07:08.5	86
137	1:11:37	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	07:09.6	173
138	1:11:43	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	07:10.2	140
139	1:11:52	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:11.1	401
140	1:11:53	DORRELL, Mark	Carn Runners	Male Vet 50-54	07:11.2	579
141	1:11:54	FINDLAY, James	Carn Runners	Male under 35	07:11.3	517
142	1:11:55	WILLIAMS, George	Carn Runners	Male Vet 55-59	07:11.4	575
143	1:11:55	JORDAN, Peter	Hayle Runners	Male Vet 35-39	07:11.4	185
144	1:11:56	DAVIES, Richard	Newquay Road Runners	Male Vet 45-49	07:11.5	372
145	1:11:58	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	07:11.7	530
146	1:12:07	HAMPTON, Nathan		Male under 35	07:12.6	66
147	1:12:10	MUGFORD, Craig		Male Vet 35-39	07:12.9	610
148	1:12:11	REDDICLIFFE, Nigel	Launceston Road Runners	Male Vet 50-54	07:13.0	16
149	1:12:17	ADIE, Gordon	Truro Running Club	Male Vet 55-59	07:13.6	597
150	1:12:19	BRAY, Daniel	St Austell Running Club	Male under 35	07:13.8	377
151	1:12:27	SAVAGE, Jon	Hayle Runners	Male under 35	07:14.6	539
152	1:12:29	TALEN, Patrick	St Austell Running Club	Male Vet 40-44	07:14.8	399
153	1:12:30	ORCHARD, Ruby	Cornwall AC	Female Vet 35-39	07:14.9	51
154	1:12:32	JOSE, Amy	Hayle Runners	Female under 35	07:15.1	187
155	1:12:53	ANGILLEY, David	Cornwall AC	Male Vet 50-54	07:17.2	442
156	1:12:56	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	07:17.5	540
157	1:12:58	FERGUSON, Andrew	Mud Crew Trail Runners	Male Vet 50-54	07:17.7	611
158	1:13:02	CHASE, Andy	Truro Running Club	Male under 35	07:18.1	288
159	1:13:09	SANGER, Phil	Mounts Bay Harriers	Male Vet 40-44	07:18.8	500
160	1:13:09	THOMAS, Mark	Mounts Bay Harriers	Male Vet 40-44	07:18.8	501
161	1:13:10	YOUNG, Andy	St Austell Running Club	Male Vet 55-59	07:18.9	400
162	1:13:15	FIRTH, Anthony	Tamar Trotters	Male Vet 45-49	07:19.4	142
163	1:13:16	MORGAN, Martin	Bodmin Road Runners	Male Vet 60-64	07:19.5	49
164	1:13:17	DAVIS, Lydia	Newquay Road Runners	Female under 35	07:19.6	212
165	1:13:22	MOSSOP, Emma	Falmouth Road Runners	Female Vet 40-44	07:20.1	360
166	1:13:29	NEWCOMBE, Giles	Hayle Runners	Male Vet 60-64	07:20.8	527
167	1:13:34	WILLIAMS, Kelly	Mounts Bay Harriers	Female under 35	07:21.3	251
168	1:13:35	SLATEFORD, Neil		Male under 35	07:21.4	448
169	1:13:37	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:21.6	15
170	1:13:48	COCKCROFT, Adrian		Male Vet 40-44	07:22.7	589
171	1:13:54	ROGERS, Laura	Cornwall AC	Female under 35	07:23.3	486
172	1:13:56	LOWE, Stacey	Carn Runners	Female under 35	07:23.5	577
173	1:14:01	WATERS, Claire	Launceston Road Runners	Female Vet 45-49	07:24.0	24
174	1:14:11	BREEN, Donal	Truro Running Club	Male Vet 45-49	07:25.0	333
175	1:14:20	MALONEY, Matt	Carn Runners	Male under 35	07:25.9	514
176	1:14:21	COOPER, Timothy		Male Vet 35-39	07:26.0	53
177	1:14:21	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:26.0	161
178	1:14:38	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	07:27.7	466
179	1:14:40	WILDING, David	Hayle Runners	Male Vet 40-44	07:27.9	551
180	1:14:44	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	07:28.3	556
181	1:14:45	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:28.4	451
182	1:14:46	HUGHES, Alan	Bodmin Road Runners	Male under 35	07:28.5	34
183	1:14:52	BULLEN, Steve	Tamar Trotters	Male Vet 45-49	07:29.1	146
184	1:14:55	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:29.4	109
185	1:14:59	OWEN, Mark	St Austell Running Club	Male Vet 40-44	07:29.8	398

186	1:15:04	HILL, Nancy	Cornwall AC	Female Vet 45-49	07:30.3	479
187	1:15:09	MILLWARD, Andy	Carn Runners	Male Vet 55-59	07:30.8	3
188	1:15:10	CORNISH, Dean	Tamar Trotters	Male Vet 45-49	07:30.9	144
189	1:15:11	LUKE, Richard	Tamar Trotters	Male Vet 60-64	07:31.0	154
190	1:15:11	ANDERSON, Jill	Plymouth Harriers	Female Vet 50-54	07:31.0	21
191	1:15:16	ANGILLEY, Jayne	Cornwall AC	Female Vet 50-54	07:31.5	473
192	1:15:21	BAWDEN, Viv	Cornwall AC	Male Vet 50-54	07:32.0	445
193	1:15:27	MEDWAY, Lucy	Truro Running Club	Female Vet 40-44	07:32.6	324
194	1:15:28	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:32.7	508
195	1:15:33	MARSH, Danny	Cornwall AC	Male Vet 40-44	07:33.2	456
196	1:15:35	WILSON, Michael	Truro Running Club	Male Vet 55-59	07:33.4	289
197	1:15:38	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:33.7	175
198	1:15:39	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:33.8	243
199	1:15:46	GRIMES, Richard	Newquay Road Runners	Male Vet 40-44	07:34.5	237
200	1:15:47	CURTIS, Oisín	Hayle Runners	Male under 35	07:34.6	179
201	1:15:54	ROBERTS, Jonathan	Launceston Road Runners	Male Vet 45-49	07:35.3	13
202	1:15:58	HEATH, Trevor	St Austell Running Club	Male Vet 50-54	07:35.7	439
203	1:16:05	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	07:36.4	46
204	1:16:27	CORTIS, Richard	Falmouth Road Runners	Male Vet 45-49	07:38.6	342
205	1:16:28	SMITHAM, Leslie	Carn Runners	Male Vet 40-44	07:38.7	578
206	1:16:30	NUGENT, Debbie	Cornwall AC	Female Vet 50-54	07:38.9	485
207	1:16:36	TILDESLEY, Daniel	Mounts Bay Harriers	Male under 35	07:39.5	272
208	1:16:47	MCLEAN, Luke	Mounts Bay Harriers	Male Vet 35-39	07:40.6	255
209	1:16:52	HARRISON, Karen	Cornwall AC	Female Vet 45-49	07:41.1	478
210	1:16:56	COLLINS, Paul	Tamar Trotters	Male Vet 35-39	07:41.5	138
211	1:16:59	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:41.8	301
212	1:17:06	KENNEDY, Janine	Falmouth Road Runners	Female Vet 40-44	07:42.5	351
213	1:17:13	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	07:43.2	218
214	1:17:18	ROCHOWIAK, Robert	Carn Runners	Male Vet 55-59	07:43.7	513
215	1:17:24	PIPET, Martin	Bodmin Road Runners	Male Vet 40-44	07:44.3	45
216	1:17:28	STANFORD, Joseph		Male Vet 40-44	07:44.7	621
217	1:17:36	HARTILL, Gail	Bodmin Road Runners	Female Vet 40-44	07:45.5	47
218	1:17:45	FORD-DUNN, Jonathan	Truro Running Club	Male Vet 60-64	07:46.4	600
219	1:17:46	MORAN, Tim	Carn Runners	Male Vet 35-39	07:46.5	83
220	1:17:47	NICHOLLS, Holly	Truro Running Club	Female under 35	07:46.6	281
221	1:17:48	NICHOLLS, Dan		Male under 35	07:46.7	282
222	1:17:49	GOULD, Marie	Cornwall AC	Female Vet 40-44	07:46.8	477
223	1:18:01	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:48.0	176
224	1:18:10	DODWELL, Helen	Truro Running Club	Female Vet 40-44	07:48.9	334
225	1:18:11	EDWARDS, Glynn		Male under 35	07:49.0	56
226	1:18:16	GAY, Jennifer	Truro Running Club	Female under 35	07:49.5	299
227	1:18:19	TODD, Claire	St Austell Running Club	Female Vet 45-49	07:49.8	381
228	1:18:26	VOSPER, Andy	Bodmin Road Runners	Male Vet 55-59	07:50.5	585
229	1:18:29	SMITH, Derek	Hayle Runners	Male Vet 55-59	07:50.8	543
230	1:18:35	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	07:51.4	302
231	1:18:43	LANGSTAFF, Emma	Looe Pioneers	Female Vet 40-44	07:52.2	308
232	1:18:44	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	07:52.3	604
233	1:18:51	GYNN, Stewart	Launceston Road Runners	Male Vet 45-49	07:53.0	158
234	1:18:53	MOORE, Thomas	Truro Running Club	Male Vet 35-39	07:53.2	325
235	1:18:54	MORTON, Richard	Tamar Trotters	Male Vet 60-64	07:53.3	153
236	1:18:55	LOCKETT, Ellen	Serpentine Running Club	Female Vet 40-44	07:53.4	55
237	1:18:56	THOMAS, Helen	Carn Runners	Female Vet 45-49	07:53.5	524
238	1:18:56	STEPHENS, Emma	Bodmin Road Runners	Female under 35	07:53.5	42
239	1:18:58	HITCHENS, Wietske	Carn Runners	Female Vet 50-54	07:53.7	9
240	1:19:08	COCKSEEDGE, Zoe	Mounts Bay Harriers	Female Vet 45-49	07:54.7	504
241	1:19:10	BOX, Philip	Launceston Road Runners	Male Vet 65-69	07:54.9	18
242	1:19:11	HARRIS, Geoff	Newquay Road Runners	Male Vet 55-59	07:55.0	217
243	1:19:14	BATCHELOR, David	Hayle Runners	Male Vet 55-59	07:55.3	172
244	1:19:16	MEDWAY, Jeff	Truro Running Club	Male Vet 45-49	07:55.5	323
245	1:19:22	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	07:56.1	107
246	1:19:23	SIMS, Andrew	East Cornwall Harriers	Male Vet 50-54	07:56.2	118
247	1:19:24	ANDREWS, Mark	East Cornwall Harriers	Male Vet 60-64	07:56.3	555
248	1:19:29	GOSSAN, John	Looe Pioneers	Male Vet 65-69	07:56.8	315

249	1:19:32	CHESTERFIELD, Caroline	Cornwall AC	Female Vet 50-54	07:57.1	475
250	1:19:40	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:57.9	489
251	1:19:43	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	07:58.2	247
252	1:19:45	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	07:58.4	559
253	1:19:46	DALE, Steve	Newquay Road Runners	Male Vet 40-44	07:58.5	206
254	1:19:49	DAVIES, Nikki	Newquay Road Runners	Female Vet 35-39	07:58.8	215
255	1:19:52	CUTLAN, Hannah	St Austell Running Club	Female under 35	07:59.1	391
256	1:19:53	RICKSON, Leanne		Female Vet 35-39	07:59.2	204
257	1:19:58	SYRETT, Paul	Falmouth Road Runners	Male Vet 45-49	07:59.7	364
258	1:20:01	MAGUIRE, Natalie	Cornwall AC	Female Vet 35-39	08:00.0	481
259	1:20:05	PRITCHARD, Christopher	Launceston Road Runners	Male Vet 55-59	08:00.4	19
260	1:20:07	GREEN, Alan	East Cornwall Harriers	Male Vet 60-64	08:00.6	113
261	1:20:07	PLAYER, Garry	Newquay Road Runners	Male Vet 50-54	08:00.6	618
262	1:20:18	GIBBS, Clive	St Austell Running Club	Male Vet 50-54	08:01.7	423
263	1:20:32	MITCHELL, Jason		Male Vet 35-39	08:03.1	157
264	1:20:37	WAITE, Tracy		Female Vet 35-39	08:03.6	373
265	1:20:41	BESWETHERICK, Karen		Female Vet 40-44	08:04.0	60
266	1:20:43	GAISFORD, Sophia	Truro Running Club	Female under 35	08:04.2	321
267	1:20:52	WILLIAMS, Ella	Newquay Road Runners	Female Vet 40-44	08:05.1	222
268	1:20:53	RULE, Helen	Hayle Runners	Female Vet 35-39	08:05.2	538
269	1:20:54	TOWNEND, Stewart	Hayle Runners	Male Vet 70-74	08:05.3	163
270	1:20:58	TOSIC, Richard	Falmouth Road Runners	Male Vet 45-49	08:05.7	365
271	1:21:06	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	08:06.5	458
272	1:21:11	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 45-49	08:07.0	349
273	1:21:17	MCCLAY, Karen	Mounts Bay Harriers	Female Vet 50-54	08:07.6	505
274	1:21:19	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	08:07.8	339
275	1:21:21	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	08:08.0	283
276	1:21:21	EAGLING, Nigel	Truro Running Club	Male Vet 65-69	08:08.0	285
277	1:21:23	ROWETT, Gareth	St Austell Running Club	Male under 35	08:08.2	405
278	1:21:23	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	08:08.2	354
279	1:21:27	TALLING, Sophie	Newquay Road Runners	Female under 35	08:08.6	221
280	1:21:39	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	08:09.8	200
281	1:21:48	HUNT, Jenna	Falmouth Road Runners	Female under 35	08:10.7	350
282	1:21:52	OLLIVIER, Louise	Hayle Runners	Female Vet 45-49	08:11.1	164
283	1:21:54	SILVERTHORN, Kevin	Mounts Bay Harriers	Male Vet 55-59	08:11.3	268
284	1:21:57	CIANO, Phillip	Newquay Road Runners	Male Vet 50-54	08:11.6	236
285	1:22:01	MARQUIS, Peter		Male Vet 60-64	08:12.0	54
286	1:22:11	THOMAS, Alison	Hayle Runners	Female Vet 40-44	08:13.0	546
287	1:22:12	BARBER, Craig		Male Vet 40-44	08:13.1	92
288	1:22:17	LAMERTON, Sharon	Hayle Runners	Female Vet 40-44	08:13.6	182
289	1:22:25	SHEPLEY, Phil	Looe Pioneers	Male Vet 35-39	08:14.4	583
290	1:22:33	DAVISON, Angeline		Female Vet 40-44	08:15.2	594
291	1:22:38	TIMMS, Jake		Male under 35	08:15.7	599
292	1:22:43	RINGWOOD, Michael	Mounts Bay Harriers	Male Vet 50-54	08:16.2	497
293	1:22:46	BOSUSTOW, Suzy	Cornwall AC	Female Vet 40-44	08:16.5	601
294	1:22:46	BOLT, Phil	Cornwall AC	Male Vet 45-49	08:16.5	602
295	1:22:47	SKINNER, Steve	Looe Pioneers	Male under 35	08:16.6	128
296	1:22:50	HENRY, Steve	Newquay Road Runners	Male Vet 45-49	08:16.9	230
297	1:22:50	LOCKYER, James	East Cornwall Harriers	Male Vet 60-64	08:16.9	104
298	1:22:50	RICHARDS, Philip		Male Vet 40-44	08:16.9	91
299	1:22:53	HAYNES, Patrick	St Austell Running Club	Male Vet 50-54	08:17.2	397
300	1:22:56	TOTTLE, Louisa	Mounts Bay Harriers	Female Vet 45-49	08:17.5	244
301	1:23:03	JOHN, Will	Truro Running Club	Male Vet 50-54	08:18.2	335
302	1:23:04	WATTS, Bird	Truro Running Club	Female under 35	08:18.3	331
303	1:23:05	ADAMS, David	Bere Alston Trekkers	Male Vet 50-54	08:18.4	61
304	1:23:10	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	08:18.9	313
305	1:23:11	LAWES, Helen	Looe Pioneers	Female Vet 45-49	08:19.0	126
306	1:23:11	MCLEAN (SEARLE), Dee	Mounts Bay Harriers	Female Vet 35-39	08:19.0	256
307	1:23:13	ROWE, Kerri	Bodmin Road Runners	Female Vet 35-39	08:19.2	48
308	1:23:15	HILL, Sarah	Newquay Road Runners	Female Vet 45-49	08:19.4	211
309	1:23:20	PLAYER, Lisa	Newquay Road Runners	Female Vet 55-59	08:19.9	619
310	1:23:23	DREW, Peter	Carn Runners	Male Vet 65-69	08:20.2	518
311	1:23:25	WILLIAMS, Trevor	Tamar Trotters	Male Vet 55-59	08:20.4	131

312	1:23:25	MACLAREN, Steve	Hayle Runners	Male Vet 45-49	08:20.4	195
313	1:23:27	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	08:20.6	560
314	1:23:32	HOLLAND, Jo	Hayle Runners	Female under 35	08:21.1	184
315	1:23:43	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:22.2	549
316	1:23:54	LILLIS, John	Newquay Road Runners	Male Vet 70-74	08:23.3	210
317	1:24:00	PICKFORD, Ryan		Male Vet 35-39	08:23.9	70
318	1:24:02	COOK, Matthew	Mounts Bay Harriers	Male under 35	08:24.1	512
319	1:24:03	UNSWORTH, Sophie	Bodmin Road Runners	Female under 35	08:24.2	99
320	1:24:12	BALDWIN, Mike	Hayle Runners	Male Vet 50-54	08:25.1	171
321	1:24:15	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:25.4	229
322	1:24:18	GIBSON, Philip	Looe Pioneers	Male Vet 40-44	08:25.7	303
323	1:24:21	PASCOE, Anna	Carn Runners	Female Vet 35-39	08:26.0	519
324	1:24:24	CAIRNEY, Shirley	St Austell Running Club	Female Vet 50-54	08:26.3	414
325	1:24:40	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	08:27.9	296
326	1:24:49	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	08:28.8	404
327	1:24:54	THOMAS, Tamsin	Mounts Bay Harriers	Female Vet 45-49	08:29.3	279
328	1:24:54	COOK, Damian	Mounts Bay Harriers	Male Vet 45-49	08:29.3	277
329	1:25:07	WILLIAMS, Maria	Hayle Runners	Female Vet 50-54	08:30.6	553
330	1:25:12	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	08:31.1	116
331	1:25:14	OLIVER, Adam	Mounts Bay Harriers	Male under 35	08:31.3	248
332	1:25:19	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:31.8	341
333	1:25:24	GORTON, John	Mounts Bay Harriers	Male Vet 60-64	08:32.3	278
334	1:25:27	LAWLESS, Joanna	Mounts Bay Harriers	Female Vet 35-39	08:32.6	264
335	1:25:28	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	08:32.7	254
336	1:25:28	HOOPER, Paul	Mounts Bay Harriers	Male Vet 55-59	08:32.7	242
337	1:25:30	ARKLEY, Joe	Looe Pioneers	Male Vet 40-44	08:32.9	318
338	1:25:31	PETERS, Suzanne	Forest of Dean AC	Female Vet 50-54	08:33.0	59
339	1:25:32	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	08:33.1	322
340	1:25:43	WYATT, Oliver		Male under 35	08:34.2	593
341	1:25:55	PHELPS, Fiona	Tamar Trotters	Female Vet 45-49	08:35.4	155
342	1:25:55	PECK, Chris		Male Vet 50-54	08:35.4	84
343	1:25:57	DOWNING, Scott		Male Vet 50-54	08:35.6	159
344	1:25:57	KENNETT-PARSONS, Joe	Hayle Runners	Male Vet 40-44	08:35.6	160
345	1:25:58	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:35.7	122
346	1:26:00	TAYLOR, Sue	Mounts Bay Harriers	Female Vet 60-64	08:35.9	241
347	1:26:10	GOODRIGHT, Ray	East Cornwall Harriers	Male Vet 65-69	08:36.9	112
348	1:26:11	TAMBLYN, Mark	Falmouth Road Runners	Male Vet 55-59	08:37.0	369
349	1:26:11	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	08:37.0	40
350	1:26:15	MANSFIELD, Sue	Truro Running Club	Female Vet 50-54	08:37.4	280
351	1:26:17	STEPHENS, Jane	Bodmin Road Runners	Female Vet 45-49	08:37.6	595
352	1:26:17	MCAUGHEY, Peter	Launceston Road Runners	Male Vet 45-49	08:37.6	612
353	1:26:20	GUMMOW, Katie	Looe Pioneers	Female Vet 35-39	08:37.9	311
354	1:26:24	WEBB, Kirsty	Looe Pioneers	Female under 35	08:38.3	129
355	1:26:28	CLARK, Julie	Mounts Bay Harriers	Female Vet 50-54	08:38.7	506
356	1:26:30	MASKELL, Melanie	St Austell Running Club	Female Vet 45-49	08:38.9	382
357	1:26:35	BOWDEN, John	Looe Pioneers	Male Vet 55-59	08:39.4	309
358	1:26:36	EDWARDS, Jade	Mounts Bay Harriers	Female under 35	08:39.5	509
359	1:26:40	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	08:39.9	207
360	1:26:46	HEYWOOD, Peter	Looe Pioneers	Male Vet 70-74	08:40.5	304
361	1:26:54	SLY, Sandra	Truro Running Club	Female Vet 50-54	08:41.3	290
362	1:27:00	NORRIS, Chris	Launceston Road Runners	Male Vet 40-44	08:41.9	29
363	1:27:03	JAY, Andrew	St Austell Running Club	Male Vet 40-44	08:42.2	403
364	1:27:05	BAKER, Emma	Looe Pioneers	Female Vet 40-44	08:42.4	316
365	1:27:09	GREGORY, Amy	Newquay Road Runners	Female under 35	08:42.8	239
366	1:27:09	SCHMID, Megan	Newquay Road Runners	Female under 35	08:42.8	565
367	1:27:15	FLAVELLE, Mike		Male Vet 55-59	08:43.4	614
368	1:27:19	MACKENZIE, Alan	Falmouth Road Runners	Male Vet 50-54	08:43.8	357
369	1:27:27	DART-CASSIDY, Jayne	Plymouth Harriers	Female Vet 50-54	08:44.6	94
370	1:27:28	DART, Ian	Plymouth Harriers	Male Vet 60-64	08:44.7	93
371	1:27:33	STORER, Graham	Cornwall AC	Male Vet 55-59	08:45.2	462
372	1:27:35	BOSWORTH, Ian	Falmouth Road Runners	Male Vet 45-49	08:45.4	337
373	1:27:40	THOMAS, Stephen	Carn Runners	Male Vet 35-39	08:45.9	572
374	1:27:40	MORGADO, Chloe	Cornwall AC	Female Vet 40-44	08:45.9	483

375	1:27:42	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 70-74	08:46.1	253
376	1:27:48	BUNTING, Maggie	Tamar Trotters	Female Vet 45-49	08:46.7	137
377	1:27:54	PATEMAN, Gemma	St Austell Running Club	Female Vet 35-39	08:47.3	392
378	1:27:55	LYNCH, Kelsey	Mounts Bay Harriers	Female under 35	08:47.4	261
379	1:27:57	RUNDLE, Wayne	Launceston Road Runners	Male Vet 40-44	08:47.6	25
380	1:27:58	MOORE, Jane	St Austell Running Club	Female Vet 55-59	08:47.7	441
381	1:28:04	WALLER, Joely	St Austell Running Club	Female Vet 45-49	08:48.3	440
382	1:28:05	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	08:48.4	105
383	1:28:06	MARSHALL, Keith	Falmouth Road Runners	Male Vet 70-74	08:48.5	355
384	1:28:09	JORDAN, Rob	Hayle Runners	Male Vet 50-54	08:48.8	186
385	1:28:11	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	08:49.0	250
386	1:28:26	ROONEY, Michael	Mounts Bay Harriers	Male under 35	08:50.5	502
387	1:28:38	BALES, Jo	Truro Running Club	Female Vet 35-39	08:51.7	328
388	1:28:39	LEE, Becky	Hayle Runners	Female Vet 45-49	08:51.8	191
389	1:28:39	TRETHEWEY, Martin	St Austell Running Club	Male Vet 45-49	08:51.8	412
390	1:28:41	TURNER, Clare		Female Vet 35-39	08:52.0	89
391	1:28:47	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	08:52.6	430
392	1:28:50	CARVETH, Debbie	Hayle Runners	Female Vet 40-44	08:52.9	177
393	1:29:01	SYKES, Sue	Truro Running Club	Female Vet 55-59	08:54.0	297
394	1:29:02	WILDING, Rebecca	Mounts Bay Harriers	Female under 35	08:54.1	262
395	1:29:04	LEAN, David	East Cornwall Harriers	Male Vet 55-59	08:54.3	103
396	1:29:06	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	08:54.5	389
397	1:29:32	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	08:57.1	416
398	1:29:43	MITCHELL, Peter	Kendal AAC	Male Vet 65-69	08:58.2	50
399	1:29:50	STEPTO, Brett	Cornwall AC	Male Vet 40-44	08:58.9	461
400	1:29:57	WILLIAMS, Tony		Male Vet 50-54	08:59.6	64
401	1:30:07	POTHECARY, Lesley		Female Vet 40-44	09:00.6	587
402	1:30:12	LONG, Fran	Hayle Runners	Female Vet 55-59	09:01.1	193
403	1:30:15	ARKLEY, Laura	Looe Pioneers	Female Vet 40-44	09:01.4	319
404	1:30:16	READ, Jennie		Female under 35	09:01.5	615
405	1:30:16	CUSHING, Lindsay		Female Vet 35-39	09:01.5	149
406	1:30:24	ROWE, Melissa	St Austell Running Club	Female Vet 40-44	09:02.3	396
407	1:30:27	MOORE, Kelly	Hayle Runners	Female under 35	09:02.6	199
408	1:30:38	GOATMAN, Charlotte	Bodmin Womens RC	Female under 35	09:03.7	37
409	1:30:53	MOIR, Andrew	Tamar Trotters	Male Vet 55-59	09:05.2	132
410	1:31:04	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	09:06.3	111
411	1:31:22	SCALLAN, Dawn	Carn Runners	Female Vet 45-49	09:08.1	580
412	1:31:23	JONES, Stephen CR	Carn Runners	Male Vet 45-49	09:08.2	515
413	1:31:25	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	09:08.4	124
414	1:31:33	MILLWARD, Laura	Carn Runners	Female Vet 50-54	09:09.2	2
415	1:31:38	MCCORMACK, Teresa	Falmouth Road Runners	Female Vet 40-44	09:09.7	358
416	1:31:39	NORTHEY, Joanna	Launceston Road Runners	Female Vet 40-44	09:09.8	14
417	1:31:48	WILDING, Sarah	Hayle Runners	Female Vet 40-44	09:10.7	552
418	1:31:51	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	09:11.0	36
419	1:31:56	BECKENKRAGER, Sharon	Plymouth Harriers	Female Vet 45-49	09:11.5	74
420	1:32:11	RICHARDS, Emma	Mounts Bay Harriers	Female Vet 35-39	09:13.0	271
421	1:32:14	FOSTER, Dianne	Looe Pioneers	Female Vet 45-49	09:13.3	127
422	1:32:14	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	09:13.3	123
423	1:32:18	DOBSON, Helen	Mounts Bay Harriers	Female Vet 45-49	09:13.7	498
424	1:32:20	SMITH, Hannah	Hayle Runners	Female under 35	09:13.9	544
425	1:32:25	WISE, Rebecca	Launceston Road Runners	Female Vet 35-39	09:14.4	27
426	1:32:32	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	09:15.1	472
427	1:32:36	SPEAKE, Georgina	St Austell Running Club	Female Vet 35-39	09:15.5	410
428	1:32:38	HOLT, Victoria	Launceston Road Runners	Female Vet 35-39	09:15.7	26
429	1:32:39	WISE, Matthew	Launceston Road Runners	Male Vet 40-44	09:15.8	28
430	1:32:39	LAWRY, Nikki	Hayle Runners	Female Vet 35-39	09:15.8	190
431	1:32:42	WIDDERSHOVEN, Demelza	Carn Runners	Female under 35	09:16.1	6
432	1:32:48	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	09:16.7	226
433	1:32:50	GIBSON, Faye	Carn Runners	Female Vet 40-44	09:16.9	516
434	1:32:51	RALLS, Patsy	St Austell Running Club	Female Vet 50-54	09:17.0	419
435	1:33:00	WILLIAMS, Maggie		Female Vet 45-49	09:17.9	63
436	1:33:03	VISICK, Michael	Looe Pioneers	Male Vet 45-49	09:18.2	305
437	1:33:04	PEARCE, Deborah	Hayle Runners	Female Vet 45-49	09:18.3	529

438	1:33:07	SAVIN, Nick	Newquay Road Runners	Male under 35	09:18.6	201
439	1:33:14	VERCESI, Gemma	Mounts Bay Harriers	Female Vet 35-39	09:19.3	260
440	1:33:27	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	09:20.6	374
441	1:33:27	WISNER, Kath	St Austell Running Club	Female Vet 45-49	09:20.6	380
442	1:33:40	HASLAM, Luke		Male under 35	09:21.9	623
443	1:34:02	MACK, Mike	Carn Runners	Male Vet 65-69	09:24.0	4
444	1:34:03	PARRY-RUDLIN, Sinead	Falmouth Road Runners	Female Vet 40-44	09:24.1	370
445	1:34:20	SMALL, Kimberley	St Austell Running Club	Female Vet 45-49	09:25.8	415
446	1:34:26	PRITCHARD, Jane	Launceston Road Runners	Female Vet 50-54	09:26.4	17
447	1:34:32	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	09:27.0	12
448	1:34:46	JOHNS, Sue	Looe Pioneers	Female Vet 45-49	09:28.4	312
449	1:34:50	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	09:28.8	482
450	1:34:53	MITCHELL, John	Tri Logic Cornwall	Male Vet 55-59	09:29.1	71
451	1:34:56	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 35-39	09:29.4	411
452	1:34:57	RICHARDS, Helen		Female Vet 40-44	09:29.5	590
453	1:34:57	RICHARDS, Lisa		Female Vet 35-39	09:29.5	591
454	1:35:08	LEO, Cas	Hayle Runners	Male Vet 55-59	09:30.6	165
455	1:35:17	PHILIPS, Ashton		Female Vet 40-44	09:31.5	426
456	1:35:18	TOZER, Nicola	Cornwall AC	Female Vet 40-44	09:31.6	490
457	1:35:25	KINVER, Kerenza	Looe Pioneers	Female under 35	09:32.3	317
458	1:35:28	ENGLAND, Emma	Bodmin Womens RC	Female Vet 45-49	09:32.6	33
459	1:35:31	TIPPETT, Kevin		Male Vet 40-44	09:32.9	72
460	1:35:33	CURTIS, Jill	Cornwall AC	Female Vet 60-64	09:33.1	476
461	1:35:41	MANKEE, Emma	Carn Runners	Female Vet 45-49	09:33.9	520
462	1:35:41	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:33.9	368
463	1:35:42	DAVIES, Sarah	Newquay Road Runners	Female Vet 40-44	09:34.0	568
464	1:36:06	DYMOND, Steph	Mounts Bay Harriers	Female Vet 45-49	09:36.4	499
465	1:36:09	CLARK, Emma	Looe Pioneers	Female under 35	09:36.7	120
466	1:36:16	KING, Sarah	Mounts Bay Harriers	Female Vet 40-44	09:37.4	240
467	1:36:22	MARKS, Victoria	Hayle Runners	Female Vet 40-44	09:38.0	197
468	1:36:32	MIDDLETON, Lisa		Female Vet 35-39	09:39.0	87
469	1:36:37	MCFADDEN, Tracy	Bodmin Womens RC	Female Vet 50-54	09:39.5	35
470	1:36:48	CATNACH, Peter	Looe Pioneers	Male Vet 55-59	09:40.6	121
471	1:37:05	RUSSELL, Barry	St Austell Running Club	Male Vet 35-39	09:42.3	413
472	1:37:06	HELL, Nina	Falmouth Road Runners	Female Vet 40-44	09:42.4	340
473	1:37:14	COURTNEY, Stacey	Newquay Road Runners	Female under 35	09:43.2	231
474	1:37:14	BIGGS, Matthew	Newquay Road Runners	Male Vet 50-54	09:43.2	214
475	1:37:32	BUCKINGHAM-WELLS, Tanya		Female Vet 35-39	09:45.0	58
476	1:37:36	JENKIN, Jacqueline	Cornwall AC	Female Vet 65-69	09:45.4	480
477	1:37:38	JENKIN, Richard	Cornwall AC	Male Vet 70-74	09:45.6	452
478	1:37:42	MORRISSEY-HAINES, Rosalie		Female under 35	09:46.0	76
479	1:37:42	PAULING, Kim		Female under 35	09:46.0	609
480	1:37:43	DE ROZARIEUX, Nathan	Hayle Runners	Male Vet 40-44	09:46.1	537
481	1:37:44	POCHEE, Amanda	Hayle Runners	Female Vet 40-44	09:46.2	531
482	1:37:46	MITCHELL, Dan	Cornwall AC	Male Vet 40-44	09:46.4	457
483	1:37:58	PRYOR, Laura	Carn Runners	Female under 35	09:47.6	570
484	1:38:00	JAMIESON, Sandy	Carn Runners	Female Vet 60-64	09:47.8	1
485	1:38:11	HORNE, Suzanne	Tamar Trotters	Female under 35	09:48.9	151
486	1:38:14	PLAYER, Shirley	Bodmin Womens RC	Female Vet 45-49	09:49.2	32
487	1:38:17	BEAUMONT, Andrew		Male Vet 40-44	09:49.5	557
488	1:38:28	WADE, Margaret	Carn Runners	Female Vet 65-69	09:50.6	522
489	1:38:35	BERRY, Tony	Truro Running Club	Male Vet 80+	09:51.3	292
490	1:38:47	MCLEAN, Andrew	St Austell Running Club	Male Vet 50-54	09:52.5	424
491	1:38:48	ADAMS, Pam	Bere Alston Trekkers	Female Vet 50-54	09:52.6	62
492	1:38:55	JAMESON, Judy	Carn Runners	Female Vet 55-59	09:53.3	569
493	1:38:59	TRELEVEN, Sandra	Mounts Bay Harriers	Female Vet 45-49	09:53.7	249
494	1:39:00	THOMAS, Jane	St Austell Running Club	Female Vet 55-59	09:53.8	387
495	1:39:07	MACLAREN, Leslie	St Austell Running Club	Female under 35	09:54.5	394
496	1:39:14	THOMAS, Louise	Bodmin Womens RC	Female under 35	09:55.2	38
497	1:39:35	BILLINGTON, Melanie	Hayle Runners	Female Vet 45-49	09:57.3	174
498	1:39:47	ROBERTS, Kevin		Male Vet 40-44	09:58.5	5
499	1:39:48	BEEVER, Emma	Carn Runners	Female Vet 40-44	09:58.6	8
500	1:39:56	PRYOR, Emma		Female under 35	09:59.4	622

501	1:40:06	BRENNAN, Rachel	St Austell Running Club	Female under 35	10:00.4	420
502	1:40:23	BOWDEN, Geraldine	Looe Pioneers	Female Vet 55-59	10:02.1	310
503	1:40:28	BURGESS, Mel	Hayle Runners	Female Vet 50-54	10:02.6	547
504	1:40:30	COLTON-TAYLOR, Mark	Truro Running Club	Male Vet 55-59	10:02.8	295
505	1:40:36	RODDA, Joanne	St Austell Running Club	Female Vet 45-49	10:03.4	421
506	1:41:00	KING, Louise	Plymouth Musketeers	Female Vet 50-54	10:05.8	22
507	1:41:00	KING, Bryan	Plymouth Musketeers	Male Vet 60-64	10:05.8	23
508	1:41:06	KITCHEN, Amelia	Hayle Runners	Female Vet 40-44	10:06.4	188
509	1:41:08	MIDDLEITCH, Emily	Falmouth Road Runners	Female Vet 45-49	10:06.6	359
510	1:41:16	ROPER, Helen	Tamar Trotters	Female Vet 40-44	10:07.4	148
511	1:41:32	POOLEY, Bernard	Truro Running Club	Male Vet 55-59	10:09.0	287
512	1:41:37	HARRIES, Victoria	Hayle Runners	Female Vet 35-39	10:09.5	183
513	1:41:40	VOSPER, Francis	Bodmin Road Runners	Male Vet 55-59	10:09.8	96
514	1:42:02	PETT, Jane		Female Vet 40-44	10:12.0	592
515	1:42:02	WILLIAMS, Wendy		Female Vet 55-59	10:12.0	588
516	1:43:01	BUDGE, Andrew	St Austell Running Club	Male Vet 50-54	10:17.9	422
517	1:43:23	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	10:20.1	208
518	1:43:26	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	10:20.4	97
519	1:43:45	BARRETT, Liz	St Austell Running Club	Female Vet 55-59	10:22.3	379
520	1:44:02	UREN, Gina	Hayle Runners	Female Vet 40-44	10:24.0	548
521	1:44:05	KINGTON, Norris	Cornwall AC	Male Vet 75-79	10:24.3	455
522	1:44:16	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:25.4	376
523	1:44:17	ADAMS, Hannah	St Austell Running Club	Female Vet 35-39	10:25.5	408
524	1:44:41	ROGERS, Zenna	Hayle Runners	Female Vet 35-39	10:27.9	534
525	1:44:43	RICHARDS, Clair	Carn Runners	Female Vet 40-44	10:28.1	10
526	1:45:30	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	10:32.8	435
527	1:45:35	NEWCOMBE, Jo	Hayle Runners	Female Vet 60-64	10:33.3	528
528	1:45:38	JAY, Nadia	St Austell Running Club	Female Vet 40-44	10:33.6	427
529	1:46:03	MILTON, Lynne		Female Vet 40-44	10:36.1	80
530	1:46:10	SOWERBY, Nicky	Truro Running Club	Female Vet 50-54	10:36.8	327
531	1:46:23	SWEET, Simon		Male under 35	10:38.1	596
532	1:46:35	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	10:39.3	31
533	1:47:03	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	10:42.1	444
534	1:47:11	WATKINS, Yvonne	Mounts Bay Harriers	Female Vet 55-59	10:42.9	496
535	1:47:12	STONE, Jackie	Mounts Bay Harriers	Female Vet 50-54	10:43.0	507
536	1:47:21	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:43.9	344
537	1:47:27	MARSHALL, Terry	Falmouth Road Runners	Female Vet 65-69	10:44.5	356
538	1:47:28	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	10:44.6	269
539	1:47:32	HUNKIN, Samantha	East Cornwall Harriers	Female Vet 45-49	10:45.0	57
540	1:48:42	TALBOT, Bev	St Austell Running Club	Female Vet 50-54	10:52.0	388
541	1:48:42	LOOSLEY, Alison	St Austell Running Club	Female Vet 45-49	10:52.0	406
542	1:48:42	IACONIANNI, Gennara	St Austell Running Club	Female under 35	10:52.0	378
543	1:49:10	RALLS, David	St Austell Running Club	Male Vet 50-54	10:54.8	418
544	1:49:23	WALTERS, Adam	Newquay Road Runners	Male Vet 35-39	10:56.1	558
545	1:49:24	MILLER, Amanda	Hayle Runners	Female Vet 45-49	10:56.2	192
546	1:49:33	EDEN, Justin		Male Vet 35-39	10:57.1	616
547	1:49:33	KENT, Charlotte	Mounts Bay Harriers	Female under 35	10:57.1	617
548	1:49:48	SHAPCOTT, Paul	Tamar Trotters	Male Vet 40-44	10:58.6	136
549	1:49:49	FIRTH, Becky	Tamar Trotters	Female Vet 45-49	10:58.7	143
550	1:49:49	FORDER, Jane	Tamar Trotters	Female Vet 45-49	10:58.7	605
551	1:49:49	FOSTER, Ann	Tamar Trotters	Female Vet 65-69	10:58.7	145
552	1:49:55	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	10:59.3	274
553	1:50:04	RAY, Pamela	Hayle Runners	Female Vet 45-49	11:00.2	533
554	1:50:05	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	11:00.3	338
555	1:50:29	COX, Alison	Bodmin Womens RC	Female Vet 50-54	11:02.7	30
556	1:50:50	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 50-54	11:04.8	510
557	1:50:54	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	11:05.2	246
558	1:51:01	MARSH, Kathryn	Carn Runners	Female Vet 40-44	11:05.9	574
559	1:51:23	ROWLANDS, Kate	Falmouth Road Runners	Female under 35	11:08.1	363
560	1:51:23	PENTREATH, Nic	Falmouth Road Runners	Male Vet 50-54	11:08.1	361
561	1:51:50	BREWER, Lollie	Mounts Bay Harriers	Female Vet 45-49	11:10.8	511
562	1:52:23	PRESCOTT, Kay	St Austell Running Club	Female Vet 40-44	11:14.1	433
563	1:52:23	WHITEHEAD, Martin	St Austell Running Club	Male Vet 35-39	11:14.1	434

564	1:52:39	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	11:15.7	330
565	1:52:58	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	11:17.6	223
566	1:53:07	BENNETT, Simon		Male Vet 45-49	11:18.5	613
567	1:53:31	CHANNING, Abi	St Austell Running Club	Female under 35	11:20.9	584
568	1:53:38	ELGAR, Laura	Hayle Runners	Female Vet 35-39	11:21.6	180
569	1:53:53	BOWDEN, Sally	Newquay Road Runners	Female Vet 50-54	11:23.1	564
570	1:53:54	SILVERTHORN, Gillian	Mounts Bay Harriers	Female Vet 55-59	11:23.2	267
571	1:54:12	GIBBS, Natalie	Mounts Bay Harriers	Female Vet 35-39	11:25.0	259
572	1:54:52	MACKINTOSH, Susie	Hayle Runners	Female Vet 45-49	11:29.0	194
573	1:54:53	ELGAR, Rebecca	Hayle Runners	Female Vet 35-39	11:29.1	181
574	1:55:30	DEERE, Louise		Female Vet 50-54	11:32.8	202
575	1:56:45	MAITLAND, Les	Tamar Trotters	Male Vet 50-54	11:40.3	152
576	1:56:45	MAITLAND, Jackie	Tamar Trotters	Female Vet 50-54	11:40.3	147
577	1:57:11	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	11:42.9	43
578	1:57:31	EWART, Sam	St Austell Running Club	Female Vet 40-44	11:44.9	385
579	1:57:49	SROCZYNSKI, Jan	East Cornwall Harriers	Male Vet 70-74	11:46.7	156
580	1:57:50	YATES, Angela	St Austell Running Club	Female Vet 60-64	11:46.8	402
581	1:58:01	TODD, Christine	St Austell Running Club	Female Vet 55-59	11:47.9	386
582	1:58:09	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	11:48.7	235
583	1:59:07	WHITRIDGE, Tilly	Cornwall AC	Female Vet 40-44	11:54.5	90
584	1:59:27	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	11:56.5	493
585	1:59:27	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	11:56.5	491
586	2:00:46	LAKE, Christina	Falmouth Road Runners	Female Vet 55-59	12:04.4	352
587	2:04:12	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	12:25.0	348
588	2:04:39	HART, Benjamin		Male Vet 35-39	12:27.7	203
589	2:06:32	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	12:39.0	384
590	2:06:32	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:39.0	383
591	2:07:24	MORRISSEY, Angela	Bodmin Womens RC	Female Vet 50-54	12:44.2	39
592	2:07:24	ARCHER, Helen	Bodmin Womens RC	Female Vet 50-54	12:44.2	119
593	2:11:06	WYATT, Liz	St Austell Running Club	Female Vet 45-49	13:06.4	375
594	2:11:30	SLATEFORD, Nicola	St Austell Running Club	Female Vet 50-54	13:08.8	417
595	2:12:24	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	13:14.2	362
596	2:14:29	POWELL, Jennifer	Mounts Bay Harriers	Female Vet 35-39	13:26.7	503
597	2:14:34	MCNEVIN, Iva	Mounts Bay Harriers	Female Vet 60-64	13:27.2	276