

Completed 14 Races = 9		
Demelza Widdershoven	Carn Runners	14
Nicole Di Maio	Cornwall AC	14
Dominic Turton	Hayle Runners	14
Darren Uren	Hayle Runners	14
Sarah Wilkinson	Newquay Road Runners	14
Peter Allen	Newquay Road Runners	14
Mark Bennetts	St Austell Athletes Running Club	14
Debbie Marshall	St Austell Running Club	14
Damen Powell	St Austell Running Club	14
Completed 8 or more races = 142		
Jane Stedman	Bodmin Running Club	9
Claire Barlow	Bodmin Running Club	8
Marty Barnfield	Bodmin Running Club	8
Gemma Wotherspoon	Bodmin Womens Running Club	8
Linda Godfrey	Bodmin Womens Running Club	8
Stephen Hutchinson	Bude Rats (Run and Tri)	10
Carrie Patrick	Carn Runners	10
Janet Ritchie	Carn Runners	9
Charles Curtis	Cornwall AC	13
Gail Aspden	Cornwall AC	11
Peter Scriven	Cornwall AC	11
Amanda Hewitt	Cornwall AC	10
Jacqueline Jenkin	Cornwall AC	10
Steven Jenkin	Cornwall AC	10
Richard Jenkin	Cornwall AC	10
Emma Stepto	Cornwall AC	9
Gillian Onley	Cornwall AC	9
Jon Mitchell	Cornwall AC	9
Rebecca Stobart	Cornwall AC	8
Rosie Gibbons	Cornwall AC	8
Caroline Cross	Cornwall AC	8
Caroline Vinnicombe	Cornwall AC	8
Ben Kent	Cornwall AC	8
Craig Knuckey	Cornwall AC	8
Craig Hall	Cornwall AC	8
Jason Vinnicombe	Cornwall AC	8
Simon James	Cornwall AC	8
Ian Savigar	East Cornwall Harriers	12

Chloe Turner	East Cornwall Harriers	9
Rachel Yelland	East Cornwall Harriers	9
Joanne Strawbridge	East Cornwall Harriers	8
Margaret Ann Kinahan	East Cornwall Harriers	8
Josh Turner	East Cornwall Harriers	8
Julie Bolitho	Falmouth Running Club	12
Robert Bolitho	Falmouth Running Club	12
David Foy	Falmouth Running Club	11
Thelma Namonje Kapembwa	Falmouth Running Club	10
Robin Watson	Falmouth Running Club	9
James Danks	Falmouth Running Club	9
Jake Timms	Falmouth Running Club	8
Matt Fox	Falmouth Running Club	8
Steve Kemsley	Falmouth Running Club	8
Alan Brandwood	Falmouth Running Club	8
Anna Goodman	Hayle Runners	13
Andrew Searle	Hayle Runners	13
Liam O'Neill	Hayle Runners	12
Nicholas Peters	Hayle Runners	12
Fiona Gamble	Hayle Runners	11
Neil Hayhurst	Hayle Runners	11
Zoe Renowden	Hayle Runners	10
Mark Williams	Hayle Runners	10
Emma Paull	Hayle Runners	9
Lucy Paull	Hayle Runners	9
Julie Towers	Hayle Runners	9
Andrea Simmons	Hayle Runners	9
Sarah Allen	Hayle Runners	9
Claire Stone	Hayle Runners	9
Helen Cattran	Hayle Runners	9
Theresa Clark	Hayle Runners	9
Jackie Stone	Hayle Runners	9
Scott Abraham	Hayle Runners	9
David Guffick	Hayle Runners	9
Stuart Smith	Hayle Runners	9
Diane Warren	Hayle Runners	8
Louise Ollivier	Hayle Runners	8
Margaret Clark	Hayle Runners	8
Emma Johns	Hayle Runners	8
Ian Curnow	Hayle Runners	8
Jon Eldon	Hayle Runners	8
Tim Twiggs	Hayle Runners	8
Kevin Silver	Hayle Runners	8
Richard Collett	Hayle Runners	8
Anthony Burrows	Hayle Runners	8
Nathan Cudmore	Hayle Runners	8
Michael Orchard	Hayle Runners	8
Chunky Penhaul	Hayle Runners	8
Dan Hocking	Hayle Runners	8
Anthony Bryant	Hayle Runners	8
Andrew Heather	Hayle Runners	8
Stewart Townend	Hayle Runners	8

Eddie Thomson	Launceston Road Runners	10
John Barnes	Launceston Road Runners	9
Claire Winfield	Launceston Road Runners	8
Emma James	Launceston Road Runners	8
Lavinia Marshall	Launceston Road Runners	8
Kevin Marshall	Launceston Road Runners	8
Martin Venning	Launceston Road Runners	8
Martin Dinham	Mile High	8
Dylan Stevens	Newquay & Par AC	9
Mike Ellis	Newquay & Par AC	9
Tom Morton	Newquay & Par AC	8
David Crawford	Newquay & Par AC	8
Mandy Watts	Newquay Road Runners	13
Des Evans	Newquay Road Runners	13
Jamie Edwards	Newquay Road Runners	10
Eve Hearle	Newquay Road Runners	9
Amy Gregory	Newquay Road Runners	9
Lisa Player	Newquay Road Runners	9
Neil Carter	Newquay Road Runners	9
Emma Fox	Newquay Road Runners	8
Victoria Walton	Newquay Road Runners	8
Natasha Gutridge	Newquay Road Runners	8
Colin Martin	Newquay Road Runners	8
Paul Stevens	St Austell Athletes Running Club	8
Stuart Richards	St Austell Running Club	13
Samantha Ewart	St Austell Running Club	12
Craig Varcoe	St Austell Running Club	12
Michael Counter	St Austell Running Club	12
Malcolm Roberts	St Austell Running Club	12
Bradley Parsons	St Austell Running Club	11
Mark Sweeney	St Austell Running Club	11
Christopher Baggott	St Austell Running Club	11
Karina Bowers	St Austell Running Club	10
Jacqui Martin	St Austell Running Club	10
Ryan Marks	St Austell Running Club	10
Matt Row	St Austell Running Club	10
Peter Brodey	St Austell Running Club	10
James Stephens	St Austell Running Club	10
David Speake	St Austell Running Club	10
Courtney Marks	St Austell Running Club	9
Iain Walker	St Austell Running Club	9
Armando Vieira	St Austell Running Club	9
Steve Menear	St Austell Running Club	9
Andy Coles	St Austell Running Club	9
Jodie Gauld	St Austell Running Club	8
Gwen Maggs	St Austell Running Club	8
Janet Wills	St Austell Running Club	8
Derek Thomas	St Austell Running Club	8
Harry Stallard	St Austell Running Club	8

Sid Standlick	Tamar Trotters	13
Richard Morton	Tamar Trotters	8
Steve Reynolds	Truro Running Club	12
Cat Wallman	Truro Running Club	11
Trevor Lee	Truro Running Club	11
Alex Marples	Truro Running Club	10
Ben Pearce	Truro Running Club	9
Helen Mitchell	Truro Running Club	8
Jenna Bissell	Truro Running Club	8
Tanya Coleman	Truro Running Club	8
Natalie Dunn	Truro Running Club	8
Richard Chynoweth	Truro Running Club	8
James Toseland	Truro Running Club	8