

MOUNTS BAY - 7TH FEBRUARY 2010

Place	Time	Name	Team	Category	Pace	No
1	0:31:45	TOHER, Kevin	Newquay Road Runners	Male under 40	05:06.5	367
2	0:32:12	THOMAS, Adam	Cornwall AC	Male under 40	05:10.8	478
3	0:32:29	PULLEN, Matt	Cornwall AC	Male under 40	05:13.5	215
4	0:32:49	GIBSON, Oliver	Newquay Road Runners	Male under 40	05:16.8	15
5	0:32:58	BUZZA, Dave	Cornwall AC	Male Vet 45-49	05:18.2	200
6	0:33:06	DUNN, Tony	Cornwall AC	Male Vet 45-49	05:19.5	225
7	0:33:11	HILL, Sam	Mounts Bay Harriers	Male under 40	05:20.3	100
8	0:33:55	ELLIS, Peter	Hayle Runners	Male under 40	05:27.4	130
9	0:34:03	MEDLAND, Andrew	Bude Rats	Male under 40	05:28.7	265
10	0:34:15	NASH, Dan	East Cornwall Harriers	Male under 20	05:30.6	275
11	0:34:24	ROBINSON, Michael	Mounts Bay Harriers	Male under 40	05:32.1	84
12	0:34:36	KINDON, Noel	Cornwall AC	Male under 40	05:34.0	327
13	0:34:40	WALDIE, James	Cornwall AC	Male under 20	05:34.6	154
14	0:34:56	ALSOP, Daniel	St Austell RC	Male under 40	05:37.2	250
15	0:34:57	FISHER, Simon	Abingdon AAC	Male under 40	05:37.4	214
16	0:35:07	MCQUILLEN-WRIGHT, Chris	Newquay Road Runners	Male under 40	05:39.0	299
17	0:35:33	TELFORD, John	Cornwall AC	Male Vet 50-54	05:43.2	213
18	0:35:46	BALL, Adrian	Cornwall AC	Male Vet 40-44	05:45.2	227
19	0:36:04	THOMAS, Justin	Cornwall AC	Male under 40	05:48.1	113
20	0:36:12	WHERRY, Steven	Cornwall AC	Male Vet 45-49	05:49.4	203
21	0:36:14	BARTLETT, Dave	Gyllynvase S L S C	Male under 40	05:49.8	237
22	0:36:17	LEWIS, Matt	Cornwall AC	Male under 40	05:50.2	211
23	0:36:29	DAY, Justin	Tri Logic Cornwall	Male Vet 40-44	05:52.2	382
24	0:36:33	EDDY, Neil	Mounts Bay Harriers	Male under 40	05:52.8	87
25	0:36:37	STONE, Matthew	Gyllynvase S L S C	Male under 40	05:53.5	235
26	0:36:46	HARRY, Chris	Cornwall AC	Male Vet 45-49	05:54.9	204
27	0:36:48	LE GRICE, Peter	Mounts Bay Harriers	Male under 40	05:55.2	59
28	0:37:00	WEBSTER, Craig	Newquay Road Runners	Male under 40	05:57.2	369
29	0:37:05	HARVEY, Nick	Mounts Bay Harriers	Male Vet 40-44	05:58.0	89
30	0:37:07	HANDS, Stephen	Headington Road Runners	Male Vet 40-44	05:58.3	315
31	0:37:13	PASCOE, Jason	Cornwall AC	Male under 40	05:59.2	226
32	0:37:15	STEPHENS, Jeremy	Hayle Runners	Male Vet 40-44	05:59.6	233
33	0:37:18	STALLARD, Emma	Cornwall AC	Female Vet 35-39	06:00.0	219
34	0:37:28	PORTER, Darrin	Truro Running Club	Male Vet 40-44	06:01.7	447
35	0:37:30	KEAREY, Kyle	Mounts Bay Harriers	Male under 40	06:02.0	76
36	0:37:33	HODGE, Chris	Carn Runners	Male Vet 50-54	06:02.5	40
37	0:37:36	DANIELS, Alex	Newquay Road Runners	Male under 40	06:02.9	423
38	0:37:51	ABRAHAM, Scott	Hayle Runners	Male under 40	06:05.4	129
39	0:38:03	SAWFORD, Paul	Carn Runners	Male Vet 40-44	06:07.3	150
40	0:38:03	SANGER, Phil	Mounts Bay Harriers	Male under 40	06:07.3	97
41	0:38:03	BUDGE, Mark	East Cornwall Harriers	Male under 20	06:07.3	428
42	0:38:12	WALKER, Jason	Mounts Bay Harriers	Male under 40	06:08.7	69
43	0:38:33	DOYLE, John	Mounts Bay Harriers	Male Vet 50-54	06:12.1	71
44	0:38:36	BECKETT, Rob	Cornwall AC	Male Vet 45-49	06:12.6	439
45	0:38:46	CHYNOWETH, Richard	Newquay Road Runners	Male under 40	06:14.2	291
46	0:38:49	WITHAM, Neville	Cornwall AC	Male Vet 50-54	06:14.7	410
47	0:38:52	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 55-59	06:15.2	60
48	0:38:54	HOWELL, Tom	St Austell RC	Male under 40	06:15.5	418
49	0:38:56	HIEBER, Ben	Newquay Road Runners	Male Vet 45-49	06:15.8	304
50	0:39:00	GOODREID, Ian	Hayle Runners	Male Vet 45-49	06:16.5	183
51	0:39:05	LUKE, Anne	Tamar Trotters	Female Vet 50-54	06:17.3	334
52	0:39:09	TRUSCOTT, Simon	Newquay Road Runners	Male under 40	06:17.9	370
53	0:39:13	CHESTERFIELD, Paul	Cornwall AC	Male Vet 45-49	06:18.6	257
54	0:39:16	BUNCLARK, Adam	Mile High	Male under 40	06:19.0	488
55	0:39:17	OAKES, Duncan	St Austell RC	Male Vet 40-44	06:19.2	455
56	0:39:18	DALTON, Richard	Falmouth Road Runners	Male under 20	06:19.4	387
57	0:39:19	ROBERTS, Malcolm	St Austell RC	Male Vet 55-59	06:19.5	343
58	0:39:20	HICKSON, Andrew	Mounts Bay Harriers	Male Vet 45-49	06:19.7	49

59	0:39:26	SIMS, Nigel	Mounts Bay Harriers	Male Vet 45-49	06:20.6	91
60	0:39:27	OMORI, Mark	Mounts Bay Harriers	Male Vet 45-49	06:20.8	79
61	0:39:32	REID, Alan	Gyllynvase S L S C	Male under 40	06:21.6	158
62	0:39:40	CROWLE, Revis	East Cornwall Harriers	Female Vet 45-49	06:22.9	259
63	0:39:48	BERESFORD, Lee	Newquay Road Runners	Male under 40	06:24.2	290
64	0:39:50	CHAPMAN, Mick	Falmouth Road Runners	Male Vet 45-49	06:24.5	394
65	0:39:56	HARRIS, Geoff	Newquay Road Runners	Male Vet 45-49	06:25.5	303
66	0:39:58	TRUDGIAN, Andy	St Austell RC	Male under 40	06:25.8	346
67	0:40:03	DAVIS, Andy	Newquay Road Runners	Male Vet 45-49	06:26.6	314
68	0:40:07	WILLS, Martin	Cornwall AC	Male under 40	06:27.2	156
69	0:40:10	ADIE, Gordon	Truro Running Club	Male Vet 45-49	06:27.7	195
70	0:40:14	LITTLEWOOD, Ian	East Cornwall Harriers	Male under 40	06:28.4	18
71	0:40:15	MACLAREN, Donald	St Austell RC	Male Vet 50-54	06:28.5	350
72	0:40:19	BOSUSTOW, Suzy	Cornwall AC	Female Vet 35-39	06:29.2	279
73	0:40:21	HUTCHISON, Don	Mounts Bay Harriers	Male Vet 45-49	06:29.5	57
74	0:40:26	SMITH, Mark		Male Vet 40-44	06:30.3	381
75	0:40:29	CROWLE, Benjamin		Male under 40	06:30.8	251
76	0:40:30	MARSHALL, Paul		Male Vet 50-54	06:30.9	39
77	0:40:31	BOLT, Phil	Cornwall AC	Male Vet 40-44	06:31.1	217
78	0:40:32	MAYES, Richard	Hayle Runners	Male Vet 40-44	06:31.3	189
79	0:40:33	LOCKETT, Pat	Newquay Road Runners	Male Vet 60-64	06:31.4	310
80	0:40:34	CURTIS, Ken	Cornwall AC	Male Vet 45-49	06:31.6	209
81	0:40:39	DOMINEY, Chris	Newquay Road Runners	Male under 40	06:32.4	463
82	0:40:40	RENDLE, Steve	Newquay Road Runners	Male Vet 40-44	06:32.6	302
83	0:40:43	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 40-44	06:33.0	67
84	0:40:45	REDDICLIFFE, Nigel	Launceston Road Runners	Male Vet 45-49	06:33.4	140
85	0:40:47	CURTIS, Matt	Hayle Runners	Male under 40	06:33.7	123
86	0:40:52	COGAN, Chris	East Cornwall Harriers	Male Vet 40-44	06:34.5	426
87	0:40:58	PEARSON, Matthew		Male under 40	06:35.4	148
88	0:40:59	O'CARROLL, Rory	Carn Runners	Male Vet 40-44	06:35.6	487
89	0:41:09	BURGESS, Kathryn	Cornwall AC	Female under 35	06:37.2	262
90	0:41:13	CHAPMAN, Sam	Falmouth Road Runners	Male under 20	06:37.9	393
91	0:41:22	LAURIE, Andrew		Male Vet 45-49	06:39.3	373
92	0:41:24	COYNE, Sharon	Newquay Road Runners	Female Vet 45-49	06:39.6	323
93	0:41:25	MARSTON, Jeremy	Mounts Bay Harriers	Male Vet 40-44	06:39.8	70
94	0:41:26	ALMEY, Jenny	Cornwall AC	Female under 35	06:40.0	220
95	0:41:28	HICKS, James	Hayle Runners	Male Vet 40-44	06:40.3	2
96	0:41:33	DAW, Sharon	East Cornwall Harriers	Female Vet 40-44	06:41.1	484
97	0:41:33	WORLEDGE, Mark	Mounts Bay Harriers	Male Vet 40-44	06:41.1	81
98	0:41:38	WILTON, Pete	Truro Running Club	Male under 40	06:41.9	462
99	0:41:38	MURRAY, James	Bideford AAC	Male under 40	06:41.9	133
100	0:41:41	MARSH, Danny	Cornwall AC	Male under 40	06:42.4	201
101	0:41:44	EMMERTON, Kevin	Newquay Road Runners	Male Vet 45-49	06:42.8	317
102	0:41:49	JUKES, Andy	Hayle Runners	Male Vet 40-44	06:43.7	239
103	0:41:51	GALE, Chris	Cornwall AC	Male Vet 40-44	06:44.0	212
104	0:41:54	STEPHENS, Alastair	Mounts Bay Harriers	Male under 40	06:44.5	267
105	0:41:59	NEWSTEAD, Kayleigh	St Austell RC	Female under 35	06:45.3	474
106	0:42:05	KINSEY-JONES, Charly	Newquay Road Runners	Female under 35	06:46.2	322
107	0:42:10	ROY, Diane	East Cornwall Harriers	Female Vet 45-49	06:47.0	35
108	0:42:14	MARSHALL, Tom	St Austell RC	Male under 40	06:47.7	243
109	0:42:20	HILL, Nancy	Mounts Bay Harriers	Female Vet 40-44	06:48.6	85
110	0:42:21	NIDDS, Shane	Tri Logic Cornwall	Male under 40	06:48.8	270
111	0:42:23	HOLDEN, Charlie	Mounts Bay Harriers	Male under 40	06:49.1	52
112	0:42:28	JONES, Scott		Male under 40	06:49.9	234
113	0:42:32	MUTSAERS, Adrian	Cornwall AC	Male under 40	06:50.6	206
114	0:42:33	WRIGHT, Paul	Newquay Road Runners	Male Vet 60-64	06:50.7	288
115	0:42:36	ADAMS, Tim	St Austell RC	Male Vet 40-44	06:51.2	242
116	0:42:36	WATSON, Alan		Male Vet 50-54	06:51.2	489
117	0:42:36	MARTIN, Stephanie	Newquay Road Runners	Female Vet 40-44	06:51.2	318
118	0:42:41	YATES, Rich	Launceston Road Runners	Male Vet 40-44	06:52.0	413
119	0:42:45	SMITH, Derek	Hayle Runners	Male Vet 45-49	06:52.7	127
120	0:42:48	KEARNEY, Peter	Carn Runners	Male Vet 45-49	06:53.1	151
121	0:42:49	MORRIS, Tony	St Austell RC	Male Vet 45-49	06:53.3	246

122	0:42:52	CIANO, Phillip	Truro Running Club	Male Vet 45-49	06:53.8	451
123	0:42:53	DORRELL, Mark	Carn Runners	Male Vet 45-49	06:54.0	46
124	0:42:55	WILES, Brian	Launceston Road Runners	Male Vet 60-64	06:54.3	14
125	0:42:57	HOLE, Josh	Hayle Runners	Male under 20	06:54.6	365
126	0:43:01	ULLMAN, Chris	East Cornwall Harriers	Male under 40	06:55.2	26
127	0:43:03	ANDERSON, Ian	Truro Running Club	Male under 40	06:55.6	448
128	0:43:10	PEARCE, Gregory	St Austell RC	Male Vet 50-54	06:56.7	353
129	0:43:15	QUINN, Sean	St Austell RC	Male Vet 40-44	06:57.5	472
130	0:43:17	ALSOP, Doug	St Austell RC	Male Vet 60-64	06:57.8	249
131	0:43:19	EDWARDS, John	Hayle Runners	Male Vet 50-54	06:58.1	181
132	0:43:22	LAMING, Andrew	Newquay Road Runners	Male under 40	06:58.6	307
133	0:43:24	LEWIS, Jules	Hayle Runners	Male Vet 40-44	06:58.9	232
134	0:43:25	SIMMS, Peter		Male Vet 40-44	06:59.1	475
135	0:43:26	GOLDSWORTHY, Rachael	Hayle Runners	Female under 35	06:59.3	175
136	0:43:31	TURNER, James	Truro Running Club	Male under 40	07:00.1	284
137	0:43:31	WOOLDRIDGE, David	Newquay Road Runners	Male Vet 45-49	07:00.1	295
138	0:43:31	BULLOCK, Paul	St Austell RC	Male Vet 50-54	07:00.1	360
139	0:43:41	RUNDLE, Amy	Cornwall AC	Female under 20	07:01.7	221
140	0:43:44	DOBSON, Grahame	Newquay Road Runners	Male Vet 45-49	07:02.2	292
141	0:43:45	SCOTT, Ian	Newquay Road Runners	Male Vet 40-44	07:02.3	157
142	0:43:47	GOUNDRY, Andrew		Male Vet 40-44	07:02.6	421
143	0:43:51	CARDEW, Barrie	Carn Runners	Male Vet 50-54	07:03.3	497
144	0:43:53	HAMPTON, James	St Austell RC	Male under 40	07:03.6	321
145	0:43:53	TOHER, Sandra	Newquay Road Runners	Female under 35	07:03.6	368
146	0:43:53	LLOYD, James	Truro Running Club	Male under 40	07:03.6	264
147	0:43:53	LEE, Steven	Hayle Runners	Male Vet 45-49	07:03.6	169
148	0:43:58	THOMPSON, Adam	Newquay Road Runners	Male under 20	07:04.4	331
149	0:44:02	PEARSON, Richard		Male Vet 55-59	07:05.1	149
150	0:44:07	NEVILLE, Philip	Newquay Road Runners	Male Vet 45-49	07:05.9	308
151	0:44:08	HARRISON, Debbie	Hayle Runners	Female Vet 40-44	07:06.0	124
152	0:44:11	STEVENSON, Jack	Newquay Road Runners	Male under 20	07:06.5	298
153	0:44:12	FRANCIS, Desmond	Hayle Runners	Male Vet 40-44	07:06.7	179
154	0:44:13	PENBERTHY, Michael	Hayle Runners	Male Vet 50-54	07:06.8	121
155	0:44:15	LUKE, Richard	Tamar Trotters	Male Vet 55-59	07:07.1	335
156	0:44:17	BURROWS, Lee	Cornwall AC	Male under 40	07:07.5	228
157	0:44:22	CHESTERFIELD, Caroline	Cornwall AC	Female Vet 45-49	07:08.3	258
158	0:44:23	DIMENT, Natasha	Cornwall AC	Female under 20	07:08.4	223
159	0:44:24	PHILPOTTS, Bob	Hayle Runners	Male Vet 50-54	07:08.6	131
160	0:44:28	RICHARDSON, Lesley	Newquay Road Runners	Female Vet 50-54	07:09.2	306
161	0:44:33	RICHARDSON, Colin	East Cornwall Harriers	Male Vet 45-49	07:10.0	261
162	0:44:44	HURST, Charlotte	Cornwall AC	Female under 20	07:11.8	222
163	0:44:54	BENNETT, Charlotte	Hayle Runners	Female Vet 35-39	07:13.4	231
164	0:44:57	HITCHENS, Ricky	Newquay Road Runners	Male Vet 45-49	07:13.9	456
165	0:44:58	PENPRASE, Jason		Male under 40	07:14.1	419
166	0:45:00	GILBERT, Michael	Launceston Road Runners	Male under 40	07:14.4	30
167	0:45:03	TONKIN, Craig	Hayle Runners	Male under 40	07:14.9	122
168	0:45:06	NASH, Jenny	East Cornwall Harriers	Female Vet 45-49	07:15.4	274
169	0:45:08	CRAWFORD, Tom	Newquay Road Runners	Male under 40	07:15.7	329
170	0:45:09	TOWNEND, Stewart	Hayle Runners	Male Vet 65-69	07:15.8	192
171	0:45:18	HARRISON, Osham	St Austell RC	Female Vet 35-39	07:17.3	196
172	0:45:24	SHIPTON, Jason	Tamar Trotters	Male under 40	07:18.2	336
173	0:45:31	WOOD, Chris	Mounts Bay Harriers	Male Vet 40-44	07:19.4	92
174	0:45:31	PLAYER, Garry	St Austell RC	Male Vet 40-44	07:19.4	268
175	0:45:32	TRESIDDER, Rachel	Mounts Bay Harriers	Female under 35	07:19.5	98
176	0:45:33	BALDWIN, Mike	Hayle Runners	Male Vet 45-49	07:19.7	165
177	0:45:38	MARTIN, Helen	St Austell RC	Female under 35	07:20.5	473
178	0:45:39	WILLIAMS, Ian	St Austell RC	Male Vet 40-44	07:20.7	466
179	0:45:46	GREEN, Jenny	Newquay Road Runners	Female under 35	07:21.8	313
180	0:45:47	SCRACE, Shaun	St Austell RC	Male under 40	07:21.9	362
181	0:45:50	OSBORNE, John	Launceston Road Runners	Male Vet 60-64	07:22.4	119
182	0:45:57	SIMS, Andrew	East Cornwall Harriers	Male Vet 40-44	07:23.6	45
183	0:46:00	COWARD, Norma	Newquay Road Runners	Female Vet 40-44	07:24.0	444
184	0:46:02	SMITH, Nicholas		Male under 40	07:24.4	252

185	0:46:05	LITTLEJOHNS, Alan	Launceston Road Runners	Male Vet 60-64	07:24.8	407
186	0:46:08	WALKER, Kevin	Newquay Road Runners	Male Vet 50-54	07:25.3	305
187	0:46:09	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 60-64	07:25.5	54
188	0:46:16	HOOPER, Paul	Mounts Bay Harriers	Male Vet 50-54	07:26.6	94
189	0:46:27	BAZELEY, Geoff	St Austell RC	Male Vet 50-54	07:28.4	355
190	0:46:28	HARPER, Chris	Carn Runners	Male Vet 50-54	07:28.5	41
191	0:46:31	BEHRENS, Hannah		Female Vet 35-39	07:29.0	278
192	0:46:33	BOUCHER, Richard	Mounts Bay Harriers	Male Vet 40-44	07:29.3	99
193	0:46:38	SIMS, Steven	East Cornwall Harriers	Male under 20	07:30.2	43
194	0:46:47	GEORGE, Jacqueline	Falmouth Road Runners	Female under 35	07:31.6	392
195	0:46:49	RICHARDS, Steven	Mounts Bay Harriers	Male Vet 40-44	07:31.9	104
196	0:46:50	SAVILLE, Mhairi	Mounts Bay Harriers	Female under 35	07:32.1	82
197	0:47:00	CHAPPLE, Steve	Mounts Bay Harriers	Male Vet 55-59	07:33.7	103
198	0:47:01	CLANCY, Mike		Male under 40	07:33.9	442
199	0:47:03	WOTTON, Lisa	St Austell RC	Female Vet 45-49	07:34.2	27
200	0:47:06	FRITH, Ray	Newquay Road Runners	Male Vet 60-64	07:34.7	287
201	0:47:06	MASKALL, Lisa	Hayle Runners	Female under 35	07:34.7	167
202	0:47:06	BRAY, Vivian	Cornwall AC	Male Vet 45-49	07:34.7	210
203	0:47:11	FENN, Holly	St Austell RC	Female under 35	07:35.5	348
204	0:47:16	WALKER, Natalie	Mounts Bay Harriers	Female Vet 35-39	07:36.3	86
205	0:47:18	SHAPLAND, Ron	Newquay Road Runners	Male Vet 65-69	07:36.6	328
206	0:47:21	PYE, Andrew	Falmouth Road Runners	Male under 40	07:37.1	437
207	0:47:23	TYAS, Adrian	Truro Running Club	Male Vet 55-59	07:37.4	285
208	0:47:25	KNUCKEY, Phil	Tri Logic Cornwall	Male Vet 45-49	07:37.7	3
209	0:47:27	BEMAN, Lynn	Hayle Runners	Female Vet 50-54	07:38.0	185
210	0:47:30	WILTON, David	Falmouth Road Runners	Male Vet 50-54	07:38.5	396
211	0:47:31	RUETSCH, Arnaud	Mounts Bay Harriers	Male Vet 45-49	07:38.7	50
212	0:47:43	CARPENTER, Michael	Launceston Road Runners	Male Vet 55-59	07:40.6	145
213	0:47:55	BROWN, Roger	Falmouth Road Runners	Male Vet 40-44	07:42.5	401
214	0:47:59	TOTTLE, Louisa	Mounts Bay Harriers	Female Vet 40-44	07:43.2	107
215	0:48:03	HENRY, Stephen	Newquay Road Runners	Male under 40	07:43.8	301
216	0:48:05	BRACHER, Linda	Erme Valley Harriers	Female Vet 40-44	07:44.2	152
217	0:48:06	BURNELL, Frank	Hayle Runners	Male Vet 55-59	07:44.3	479
218	0:48:07	FRASER, Alex	Newquay Road Runners	Female Vet 35-39	07:44.5	454
219	0:48:12	WILLIAMS, Yvette	Newquay Road Runners	Female Vet 40-44	07:45.3	445
220	0:48:14	GILL, Carol	East Cornwall Harriers	Female Vet 40-44	07:45.6	427
221	0:48:20	EDEN, Reg	St Austell RC	Male Vet 55-59	07:46.6	332
222	0:48:22	BROOKS, Nick	Mounts Bay Harriers	Male Vet 50-54	07:46.9	88
223	0:48:25	DOBSON, Lesley	Newquay Road Runners	Female Vet 45-49	07:47.4	300
224	0:48:29	MACKONCHIE, Andy		Male Vet 45-49	07:48.0	256
225	0:48:33	BAILEY, Sarah	St Austell RC	Female Vet 35-39	07:48.7	420
226	0:48:34	KANE, Duncan	Mounts Bay Harriers	Male Vet 45-49	07:48.8	58
227	0:48:35	WALPOLE, Jan		Male Vet 40-44	07:49.0	491
228	0:48:39	WHEELER, Scott	St Austell RC	Male Vet 40-44	07:49.6	341
229	0:48:40	ROWELL, Tony	Tri Logic Cornwall	Male Vet 45-49	07:49.8	417
230	0:48:44	BROADBENT, Lee	Tamar Trotters	Male Vet 45-49	07:50.4	143
231	0:48:51	DAVEY, Tracey	St Austell RC	Female Vet 35-39	07:51.6	244
232	0:48:52	WEST, Rob	Cornwall AC	Male under 40	07:51.7	205
233	0:48:53	SCOTT, Wendy	Mounts Bay Harriers	Female Vet 35-39	07:51.9	74
234	0:48:55	RINGER, Ian	East Cornwall Harriers	Male Vet 60-64	07:52.2	141
235	0:48:59	RAMSEY, Chris	Truro Running Club	Male Vet 55-59	07:52.8	449
236	0:49:03	CAIRNEY, Shirley	St Austell RC	Female Vet 40-44	07:53.5	247
237	0:49:09	BURFORD, Lee	Newquay Road Runners	Male under 40	07:54.4	458
238	0:49:11	JAMES, Ian	Mounts Bay Harriers	Male Vet 40-44	07:54.8	66
239	0:49:12	MONTGOMERY-SMITH, Taryn	Truro Running Club	Female under 35	07:54.9	283
240	0:49:12	CHOAK, Sarah	Falmouth Road Runners	Female Vet 40-44	07:54.9	386
241	0:49:14	MARSHALL, Keith	Falmouth Road Runners	Male Vet 60-64	07:55.3	384
242	0:49:19	HUTCHINS, Will	Cornwall AC	Male under 40	07:56.1	480
243	0:49:30	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 40-44	07:57.8	93
244	0:49:34	GRILLS, Debbie	St Austell RC	Female Vet 45-49	07:58.5	241
245	0:49:40	BUILDER, Ben	St Austell RC	Male under 40	07:59.4	345
246	0:49:41	THORPE, Peter	Launceston Road Runners	Male Vet 45-49	07:59.6	496
247	0:49:46	SMITH, Buffs		Female under 35	08:00.4	253

248	0:49:47	PULLEN, Deborah	Falmouth Road Runners	Female under 35	08:00.6	397
249	0:49:51	MUTSAERS, Kirstie	Cornwall AC	Female Vet 35-39	08:01.2	208
250	0:49:54	MOUNTER, David	Carn Runners	Male Vet 60-64	08:01.7	13
251	0:50:01	GRAY, Andrew		Male Vet 45-49	08:02.8	486
252	0:50:03	ALLEN, Peter	Newquay Road Runners	Male Vet 50-54	08:03.1	6
253	0:50:10	BEEVER, Jason	Tri Logic Cornwall	Male Vet 40-44	08:04.3	411
254	0:50:12	PENN, Graham	Teignbridge Trotters	Male Vet 55-59	08:04.6	254
255	0:50:13	ROGERS, Victoria	East Cornwall Harriers	Female Vet 40-44	08:04.7	446
256	0:50:14	ROCHOWIAK, Robert	Carn Runners	Male Vet 45-49	08:04.9	443
257	0:50:14	FREEMAN, Fay	Truro Running Club	Female Vet 40-44	08:04.9	450
258	0:50:18	THOMAS, Rachael	Truro Running Club	Female Vet 35-39	08:05.6	198
259	0:50:22	BURRIDGE, Jane	Carn Runners	Female Vet 40-44	08:06.2	193
260	0:50:28	CRACKNELL, Dave	Tri Logic Cornwall	Male Vet 40-44	08:07.2	374
261	0:50:29	BARLOW, Thea	Mounts Bay Harriers	Female Vet 45-49	08:07.3	56
262	0:50:31	DREW, Peter	Carn Runners	Male Vet 60-64	08:07.6	269
263	0:50:33	MCNEVIN, Philip	Mounts Bay Harriers	Male under 40	08:08.0	96
264	0:50:34	BURROWS, Robert	Mounts Bay Harriers	Male Vet 55-59	08:08.1	109
265	0:50:35	WITCHELL, Georgia	Truro Running Club	Female under 35	08:08.3	286
266	0:50:37	FORMAN, Michelle	Hayle Runners	Female Vet 40-44	08:08.6	340
267	0:50:37	CROCKER, Charlotte		Female Vet 40-44	08:08.6	436
268	0:50:42	ERITH, Amanda	East Cornwall Harriers	Female Vet 55-59	08:09.4	277
269	0:50:46	VENNING, Martin	Launceston Road Runners	Male Vet 55-59	08:10.1	20
270	0:51:02	WEBB, Helen	Mounts Bay Harriers	Female under 35	08:12.6	64
271	0:51:03	STONEHOUSE, Peter	Glyngvase SLSC	Male under 40	08:12.8	236
272	0:51:09	HARTGILL, Colette	Falmouth Road Runners	Female Vet 40-44	08:13.8	399
273	0:51:15	SPARGO, Philip	Truro Running Club	Male Vet 50-54	08:14.7	197
274	0:51:17	CURTIS, Martin	Hayle Runners	Male Vet 60-64	08:15.0	162
275	0:51:18	PENBERTHY, Carol	Tri Logic Cornwall	Female Vet 50-54	08:15.2	271
276	0:51:24	HARDWICK, Karen	Cornwall AC	Female Vet 35-39	08:16.2	224
277	0:51:25	SEYMOUR, Rob	Hayle Runners	Male Vet 40-44	08:16.3	173
278	0:51:27	RAGGETT, Ian	Mounts Bay Harriers	Male Vet 40-44	08:16.7	102
279	0:51:28	JENKIN, Tammy	Falmouth Road Runners	Female under 35	08:16.8	380
280	0:51:32	O'MAHONEY, Kevin	Launceston Road Runners	Male Vet 65-69	08:17.5	248
281	0:51:40	HITCHENS, Wietske	Newquay Road Runners	Female Vet 40-44	08:18.7	457
282	0:51:44	WATSON, Janet	Falmouth Road Runners	Female Vet 55-59	08:19.4	388
283	0:51:46	WALTON, Nancy	Hayle Runners	Female Vet 45-49	08:19.7	187
284	0:51:54	SILK, Peter	Mounts Bay Harriers	Male Vet 40-44	08:21.0	95
285	0:51:57	PICKARD, Dave	Launceston Road Runners	Male Vet 50-54	08:21.5	23
286	0:51:58	LEE, Becky	Hayle Runners	Female Vet 40-44	08:21.6	170
287	0:51:59	AUSTIN, David	Mounts Bay Harriers	Male Vet 65-69	08:21.8	422
288	0:52:06	ENGLAND, Louise	East Cornwall Harriers	Female Vet 35-39	08:22.9	17
289	0:52:10	JEFFREY, Tristram	St Austell RC	Male Vet 40-44	08:23.6	245
290	0:52:12	MATTA, Chris	Hayle Runners	Male Vet 45-49	08:23.9	263
291	0:52:21	GHATREH, Amir	St Austell RC	Male under 40	08:25.3	358
292	0:52:28	PICKERING, Frank		Male Vet 60-64	08:26.5	28
293	0:52:31	MARTIN, Colin	Newquay Road Runners	Male Vet 55-59	08:27.0	297
294	0:52:32	SWEENEY, Matthew		Male Vet 40-44	08:27.1	485
295	0:52:36	ENDEAN, Dave	St Austell RC	Male Vet 55-59	08:27.8	342
296	0:52:38	MINORS, Christopher		Male under 40	08:28.1	266
297	0:52:43	SIMS, Karen	East Cornwall Harriers	Female Vet 40-44	08:28.9	44
298	0:52:43	MULLARKEY, Mary	East Cornwall Harriers	Female Vet 60-64	08:28.9	118
299	0:52:43	MOONEY, Judith	Mounts Bay Harriers	Female Vet 40-44	08:28.9	73
300	0:52:47	GREET, Pete	St Austell RC	Male under 40	08:29.5	357
301	0:52:56	BLACKBEARD, Marie	St Austell RC	Female Vet 40-44	08:31.0	469
302	0:52:58	KELLY, Alan		Male under 40	08:31.3	289
303	0:52:58	WILLIS, Sharon	Womens Running Net (C)	Female Vet 45-49	08:31.3	112
304	0:52:58	MELLIS, Susan	St Austell RC	Female Vet 60-64	08:31.3	364
305	0:52:58	ROWE, Cara		Female Vet 45-49	08:31.3	146
306	0:52:58	BUNTING, Maggie	Tamar Trotters	Female Vet 40-44	08:31.3	339
307	0:53:04	ROPER, Helen	Tamar Trotters	Female under 35	08:32.3	337
308	0:53:05	CURTIS, Jill	Cornwall AC	Female Vet 55-59	08:32.4	218
309	0:53:11	PEGG, Rachel	Hayle Runners	Female Vet 40-44	08:33.4	132
310	0:53:19	DOUGLAS, Claire	Newquay Road Runners	Female under 35	08:34.7	326

311	0:53:19	BOWKER, Rachel	Hayle Runners	Female Vet 35-39	08:34.7	190
312	0:53:20	MARSTON, David	Mounts Bay Harriers	Male Vet 65-69	08:34.8	55
313	0:53:22	MACLAREN, Lesley	St Austell RC	Female under 35	08:35.2	351
314	0:53:23	BRAY, Brydie	Carn Runners	Female Vet 40-44	08:35.3	440
315	0:53:24	HOLT, Liane	Newquay Road Runners	Female under 35	08:35.5	325
316	0:53:25	JOSLIN, Alison	Truro Running Club	Female Vet 50-54	08:35.6	452
317	0:53:28	JONES, Lisa	St Austell RC	Female under 35	08:36.1	347
318	0:53:29	O'REILLY, Gayle	St Austell RC	Female Vet 35-39	08:36.3	349
319	0:53:33	AMAR, Nicole		Female Vet 40-44	08:36.9	483
320	0:53:41	USHER, Marie	Mounts Bay Harriers	Female under 35	08:38.2	78
321	0:53:42	MERRIKIN, Carolyn	Womens Running Net (C)	Female Vet 45-49	08:38.4	114
322	0:53:43	BUDGE, Lynne	East Cornwall Harriers	Female Vet 40-44	08:38.5	429
323	0:53:44	BUDGE, Claire	St Austell RC	Female Vet 35-39	08:38.7	356
324	0:53:45	PERKIN, Sam	Mounts Bay Harriers	Male under 40	08:38.9	101
325	0:53:48	PICKERING, Thomas		Male under 40	08:39.3	29
326	0:53:50	FOSTER, Alistair		Male under 40	08:39.7	32
327	0:53:51	CARDEW, Denise	Carn Runners	Female Vet 45-49	08:39.8	498
328	0:53:52	MASON, Zoe	Mounts Bay Harriers	Female under 35	08:40.0	108
329	0:53:55	MANDER, Peter	Launceston Road Runners	Male Vet 70+	08:40.5	1
330	0:53:57	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 50-54	08:40.8	80
331	0:53:57	JOHNS, Julie	Truro Running Club	Female Vet 45-49	08:40.8	138
332	0:53:59	COCKLE, Paula	Truro Running Club	Female Vet 40-44	08:41.1	11
333	0:54:11	ROBERTS, Peter		Male Vet 40-44	08:43.0	371
334	0:54:26	ROBERTS, Claire		Female Vet 35-39	08:45.5	372
335	0:54:43	NICHOLLS, Jane	Falmouth Road Runners	Female Vet 40-44	08:48.2	403
336	0:54:53	CURNOW, Martyn		Male Vet 45-49	08:49.8	153
337	0:54:53	SOBEY, David	Hayle Runners	Male Vet 40-44	08:49.8	110
338	0:54:54	CARDELL, Timothea	Hayle Runners	Female Vet 65+	08:50.0	174
339	0:54:57	WILLIAMS, Michelle	Falmouth Road Runners	Female Vet 40-44	08:50.4	400
340	0:54:57	MARKS, Wendy	Carn Runners	Female Vet 55-59	08:50.4	431
341	0:55:00	MARKS, Stephen	Carn Runners	Male Vet 55-59	08:50.9	430
342	0:55:00	RULE, Helen	Hayle Runners	Female under 35	08:50.9	166
343	0:55:00	BALDWIN, Sarah	Hayle Runners	Female Vet 45-49	08:50.9	164
344	0:55:11	BLIGHT, Andrew	Hayle Runners	Male Vet 45-49	08:52.7	194
345	0:55:16	PICKARD, Linda	Launceston Road Runners	Female Vet 45-49	08:53.5	24
346	0:55:17	FRASER, Glen	Hayle Runners	Male Vet 50-54	08:53.7	188
347	0:55:19	CHAPMAN, Susan	Hayle Runners	Female Vet 45-49	08:54.0	171
348	0:55:19	MERRETT, Trish	Hayle Runners	Female Vet 40-44	08:54.0	184
349	0:55:19	BISS, Andrew	Hayle Runners	Male Vet 40-44	08:54.0	159
350	0:55:25	KRISKOVIC, Sarah	East Cornwall Harriers	Female Vet 40-44	08:54.9	144
351	0:55:26	PETERS, Trina	Mounts Bay Harriers	Female Vet 40-44	08:55.1	111
352	0:55:36	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 45-49	08:56.7	105
353	0:55:39	THOMAS, Alison	Hayle Runners	Female Vet 35-39	08:57.2	176
354	0:55:46	CULLEY, Lizzy	Carn Runners	Female under 35	08:58.3	128
355	0:55:48	OSBORN, Kathryn	Hayle Runners	Female Vet 45-49	08:58.6	38
356	0:55:52	WOOD, Dave	Hayle Runners	Male Vet 50-54	08:59.3	37
357	0:56:00	JOHNSON, Jane	Womens Running Net (C)	Female Vet 40-44	09:00.6	438
358	0:56:03	DAVIS, Steve	Mounts Bay Harriers	Male Vet 50-54	09:01.1	65
359	0:56:05	PHILLIPS, Nicola	Newquay Road Runners	Female Vet 40-44	09:01.4	294
360	0:56:06	LEWIS, Caroline	Hayle Runners	Female Vet 45-49	09:01.5	191
361	0:56:14	HOGAN, Sandra	Hayle Runners	Female Vet 40-44	09:02.8	333
362	0:56:16	HANSON, Julie	Hayle Runners	Female Vet 45-49	09:03.2	126
363	0:56:17	TODMAN, Liz	Truro Running Club	Female Vet 45-49	09:03.3	281
364	0:56:22	POPE, Robert	Truro Running Club	Male Vet 45-49	09:04.1	282
365	0:56:24	HUTCHINS, Sarah	Womens Running Net (C)	Female under 35	09:04.4	481
366	0:56:36	KNUCKEY, Karen	Tri Logic Cornwall	Female Vet 45-49	09:06.4	10
367	0:56:39	GABBOTT, Wendy	Mounts Bay Harriers	Female Vet 35-39	09:06.9	106
368	0:56:40	JAMIESON, Sandy	Carn Runners	Female Vet 55-59	09:07.0	16
369	0:56:40	BURGES, Sue	Launceston Road Runners	Female Vet 55-59	09:07.0	12
370	0:56:43	BARRITT, James		Male under 40	09:07.5	434
371	0:56:50	HARRIS, Tamsyn		Female Vet 40-44	09:08.6	432
372	0:57:16	SHAW, Laura	Mounts Bay Harriers	Female Vet 50-54	09:12.8	77
373	0:57:16	CHILLINGWORTH, Glynn	St Austell RC	Male under 40	09:12.8	471

374	0:57:16	CHILLINGWORTH, Jackie	St Austell RC	Female Vet 35-39	09:12.8	470
375	0:57:16	BAZELEY, Sarah	St Austell RC	Female Vet 40-44	09:12.8	354
376	0:57:29	BLAKESLEY, Emma		Female Vet 35-39	09:14.9	412
377	0:57:31	GREEN, Rob		Male under 40	09:15.2	319
378	0:57:39	BILLINGER, Stephanie		Female Vet 40-44	09:16.5	376
379	0:57:45	MARSHALL, Terry	Falmouth Road Runners	Female Vet 60-64	09:17.5	385
380	0:57:48	PETERS, Tim		Male Vet 60-64	09:18.0	42
381	0:57:53	ASSER, James	St Austell RC	Male Vet 40-44	09:18.8	465
382	0:57:53	TREWHELLA, Chris	Mounts Bay Harriers	Male Vet 45-49	09:18.8	53
383	0:57:57	GRIFFITH, Jacky	Womens Running Net (C)	Female Vet 45-49	09:19.4	135
384	0:57:59	O'ROURKE, Claire		Female Vet 40-44	09:19.7	492
385	0:57:59	JOHNS, Gillian	Mounts Bay Harriers	Female Vet 50-54	09:19.7	61
386	0:58:10	JOHNS, Michael	Mounts Bay Harriers	Male Vet 50-54	09:21.5	83
387	0:58:12	GIBBARD, Helen	Hayle Runners	Female Vet 40-44	09:21.8	172
388	0:58:13	SCARAMAGLI, Romina		Female under 35	09:22.0	435
389	0:58:17	REYNOLDS, Hilly		Male Vet 40-44	09:22.6	493
390	0:58:24	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 45-49	09:23.7	63
391	0:58:39	NEWTON, Roy	Falmouth Road Runners	Male Vet 60-64	09:26.2	441
392	0:58:41	STONE, Jackie	Mounts Bay Harriers	Female Vet 45-49	09:26.5	68
393	0:58:42	COCKSEEDGE, Zoe		Female Vet 35-39	09:26.6	406
394	0:58:56	JUDGE, Christine		Female Vet 40-44	09:28.9	116
395	0:58:59	WOODING, Mike	Newquay Road Runners	Male Vet 60-64	09:29.4	330
396	0:59:03	HALL, Kate		Female Vet 35-39	09:30.0	494
397	0:59:10	ROTHSCHILD, Holly		Female under 35	09:31.2	90
398	0:59:13	WHITE, Angela	Newquay Road Runners	Female Vet 45-49	09:31.6	311
399	0:59:16	MITCHELL, Marilyn	St Austell RC	Female Vet 65+	09:32.1	240
400	0:59:31	YATES, Angela	St Austell RC	Female Vet 50-54	09:34.5	363
401	0:59:34	BOWDEN, Ian	Hayle Runners	Male under 40	09:35.0	199
402	0:59:46	WILKES, Tracey	Falmouth Road Runners	Female Vet 40-44	09:36.9	398
403	0:59:51	NEALE, Sharon	Launceston Road Runners	Female Vet 40-44	09:37.7	134
404	0:59:55	GALLOWAY, Alison	Carn Runners	Female Vet 45-49	09:38.4	482
405	1:00:11	NEWMAN, Vanessa	Launceston Road Runners	Female Vet 35-39	09:41.0	414
406	1:00:12	PENALUNA, Tina		Female Vet 35-39	09:41.1	409
407	1:00:21	BAILEY, Poppy	Womens Running Net (C)	Female Vet 50-54	09:42.6	31
408	1:00:26	CLARKE, Debra	Falmouth Road Runners	Female Vet 40-44	09:43.4	405
409	1:00:28	TURNER, John		Male Vet 60-64	09:43.7	9
410	1:00:32	PELLOWE, Olivia	Carn Runners	Female under 35	09:44.3	280
411	1:00:32	CULLEY, Carol	Carn Runners	Female Vet 55-59	09:44.3	425
412	1:00:51	CURRAN-WESTON, Sharon	Falmouth Road Runners	Female Vet 40-44	09:47.4	404
413	1:00:53	WRIGHT, Lisa	Newquay Road Runners	Female Vet 65+	09:47.7	293
414	1:01:05	WADE, Margaret	Womens Running Net (C)	Female Vet 55-59	09:49.7	19
415	1:01:25	WEST, Lindsay	St Austell RC	Female Vet 55-59	09:52.9	467
416	1:01:31	THORPE, Sharon	Launceston Road Runners	Female Vet 45-49	09:53.8	495
417	1:01:37	FALCIONE, Marisa	Falmouth Road Runners	Female Vet 45-49	09:54.8	383
418	1:01:46	LEACH, Cheryl	Launceston Road Runners	Female Vet 60-64	09:56.3	25
419	1:01:52	KENDALL, Helen	Mounts Bay Harriers	Female under 35	09:57.2	62
420	1:02:16	SYCAMORE, Kathryn	Hayle Runners	Female Vet 40-44	10:01.1	168
421	1:02:23	PASCOE, Wendy	Hayle Runners	Female Vet 45-49	10:02.2	120
422	1:02:27	PILCHER, Eve		Female Vet 45-49	10:02.8	137
423	1:02:35	LOBB, Chris	Newquay Road Runners	Male under 40	10:04.1	316
424	1:02:58	SMITH, Stephen	Tamar Trotters	Male Vet 45-49	10:07.8	338
425	1:02:59	REYNOLDS, Andrew	Hayle Runners	Male Vet 45-49	10:08.0	178
426	1:03:02	JAMESON, Judy	Carn Runners	Female Vet 50-54	10:08.5	22
427	1:03:16	CLOETE, Vicky	Womens Running Net (C)	Female Vet 35-39	10:10.7	7
428	1:04:34	LAKE, Julie		Female Vet 35-39	10:23.3	33
429	1:04:35	FITZE, Karen		Female Vet 40-44	10:23.4	34
430	1:05:16	BULLEN, Margaret	Truro Running Club	Female Vet 60-64	10:30.0	4
431	1:05:30	MCLEAN, Fiona	Newquay Road Runners	Female Vet 35-39	10:32.3	324
432	1:05:31	RICHARDS, Bob		Male Vet 60-64	10:32.5	424
433	1:05:55	VENNING, Ann	Launceston Road Runners	Female Vet 55-59	10:36.3	21
434	1:06:04	DUTTON, Mike	St Austell RC	Male under 40	10:37.8	468
435	1:06:09	BULLOCK, Katie	St Austell RC	Female under 35	10:38.6	361
436	1:06:13	BRENNAN, Valerie	Hayle Runners	Female Vet 60-64	10:39.2	161

437	1:06:17	MCFADDEN, Tracy	St Austell RC	Female Vet 45-49	10:39.9	352
438	1:06:20	HOWOTH, Anna	Hayle Runners	Female Vet 65+	10:40.3	182
439	1:06:26	HESELTINE, Maria		Female Vet 35-39	10:41.3	255
440	1:06:36	SMITH, Alan	East Cornwall Harriers	Male Vet 65-69	10:42.9	276
441	1:07:13	FRANCIS, Donna	Newquay Road Runners	Female Vet 55-59	10:48.9	461
442	1:07:26	BENNETTS, William	Hayle Runners	Male Vet 70+	10:51.0	125
443	1:07:49	BRENNAN, Tom	Hayle Runners	Male Vet 60-64	10:54.7	160
444	1:08:14	WRIGHT, Mike	Hayle Runners	Male Vet 60-64	10:58.7	36
445	1:08:16	YUILL, Dawn		Female Vet 45-49	10:59.0	139
446	1:08:22	BARRIE, Noelene	Falmouth Road Runners	Female Vet 45-49	11:00.0	389
447	1:08:38	MACLAREN, Hazel	Womens Running Net (C)	Female Vet 45-49	11:02.5	115
448	1:08:45	WARREN, Carol		Male Vet 50-54	11:03.7	415
449	1:09:02	HAMBLY, Darren	St Austell RC	Male under 40	11:06.4	344
450	1:09:03	DREW, Carole	Carn Runners	Female Vet 60-64	11:06.6	408
451	1:09:12	HARVEY, Ceri	Carn Runners	Female under 35	11:08.0	229
452	1:09:20	GARRARD, David	Falmouth Road Runners	Male Vet 60-64	11:09.3	391
453	1:09:45	COMISSAR, Dennis	South Down Harriers	Male Vet 60-64	11:13.3	238
454	1:13:17	DOMINEY, Hilary	Newquay Road Runners	Female under 35	11:47.4	464
455	1:13:55	HAWKEN, Val	Newquay Road Runners	Female Vet 65+	11:53.5	459
456	1:14:43	BROWN, Helen	Falmouth Road Runners	Female Vet 40-44	12:01.3	402
457	1:20:17	WHITE, Steve	Newquay Road Runners	Male Vet 55-59	12:55.0	320