

STORM FORCE 10 – 20TH JANUARY 2019

Position	Time	Name	Team	Category	Pace	Bib
1	0:52:55	BREWER, Tony	Mile High	Male Vet 35-39	05:17.4	106
2	0:54:35	GOODCHILD, Sam	Cornwall AC	Male under 35	05:27.4	306
3	0:54:52	CLAY, Jordan	Cornwall AC	Male under 35	05:29.1	303
4	0:55:49	ALSOP, Dan	St Austell Running Club	Male Vet 35-39	05:34.8	197
5	0:55:58	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:35.7	315
6	0:57:09	MARTIN, Andrew	Mile High	Male Vet 35-39	05:42.8	102
7	0:57:11	STEPHENSON, Jamie	Mile High	Male under 35	05:43.0	394
8	0:57:14	WRIGHT, Tony	Cornwall AC	Male Vet 50-54	05:43.3	321
9	0:57:43	YATES, Matt	Cornwall AC	Male under 35	05:46.2	322
10	0:57:49	ORTON, Rob	Bodmin Road Runners	Male Vet 35-39	05:46.8	578
11	0:57:55	WILLIAMS, Simon	St Austell Running Club	Male Vet 45-49	05:47.4	220
12	0:58:19	CUTLAN, James	St Austell Running Club	Male under 35	05:49.8	166
13	0:58:33	BENNEY, Aaron	Mile High	Male Vet 35-39	05:51.2	487
14	0:58:40	RATCLIFFE, Floyd	Mile High	Male under 35	05:51.9	268
15	0:58:43	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:52.2	319
16	0:58:48	GOODWAY, Dan	Truro Running Club	Male under 35	05:52.7	239
17	0:59:31	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:57.0	95
18	0:59:56	TREGONNING, David	St Austell Running Club	Male under 35	05:59.5	210
19	1:00:09	KIRTON, James	Truro Running Club	Male under 35	06:00.8	234
20	1:00:16	TREGENZA, Heidi	Cornwall AC	Female under 35	06:01.5	292
21	1:00:50	SOWERBY, Peter	Truro Running Club	Male Vet 50-54	06:04.9	249
22	1:00:52	DANIELS, Alex	Newquay Road Runners	Male Vet 45-49	06:05.1	600
23	1:01:13	COSTELLO, Daniel	Hayle Runners	Male under 35	06:07.2	410
24	1:01:20	FULLER, Stephen	Hayle Runners	Male Vet 50-54	06:07.9	417
25	1:01:29	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	06:08.8	552
26	1:01:41	WARREN, Derrick		Male under 35	06:10.0	60
27	1:01:49	PAGET, Jon	Mile High	Male under 35	06:10.8	265
28	1:02:17	HOWES, Dan	PB Running Club	Male Vet 40-44	06:13.6	289
29	1:02:19	DITTY, Graham	Mile High	Male Vet 35-39	06:13.8	85
30	1:02:27	SOLE, Paul	Cornwall AC	Male Vet 35-39	06:14.6	517
31	1:02:30	PAROISSIEN, Andrew	Hayle Runners	Male Vet 35-39	06:14.9	440
32	1:02:31	COOKSON, Neill	Hayle Runners	Male Vet 50-54	06:15.0	409
33	1:02:32	BALL, Adrian	Cornwall AC	Male Vet 50-54	06:15.1	299
34	1:02:35	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:15.4	426
35	1:03:17	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:19.6	396
36	1:03:19	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:19.8	365
37	1:03:20	EZRA, Rebecca	Tamar Trotters	Female under 35	06:19.9	123
38	1:03:20	GREGG, Paul	Tamar Trotters	Male Vet 50-54	06:19.9	390
39	1:03:28	WISNER, John	St Austell Running Club	Male Vet 45-49	06:20.7	222
40	1:03:34	PAULL, Emma	Hayle Runners	Female under 35	06:21.3	437
41	1:03:36	LONGHORN, Jason	Mile High	Male Vet 45-49	06:21.5	77
42	1:03:41	MANNING, James	Hayle Runners	Male Vet 40-44	06:22.0	432
43	1:03:48	COSTELLO, Nicholas	Hayle Runners	Male under 35	06:22.7	418
44	1:03:55	ATTWOOD, James	Cornwall AC	Male Vet 45-49	06:23.4	298
45	1:04:01	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	06:24.0	452
46	1:04:12	ROWE, Liam	Tri Logic Cornwall	Male under 35	06:25.1	25
47	1:04:19	DEACON, Mark	Looe Pioneers	Male under 35	06:25.8	27
48	1:04:21	LAWLESS, Matt		Male Vet 40-44	06:26.0	473
49	1:04:22	PAYTON, Alexandra	St Austell Running Club	Female Vet 35-39	06:26.1	193
50	1:04:24	PARKS, Jason	St Austell Running Club	Male Vet 35-39	06:26.3	191
51	1:04:31	STEPHENS, Jeremy	Hayle Runners	Male Vet 50-54	06:27.0	450
52	1:04:35	PETERS, Joseph	Cornwall AC	Male under 35	06:27.4	314
53	1:04:36	STANDING, Rob	Truro Running Club	Male Vet 45-49	06:27.5	233
54	1:04:48	ALFORD, Richard	Mounts Bay Harriers	Male under 35	06:28.7	114
55	1:05:00	DAVIS, Martin	Newquay Road Runners	Male Vet 60-64	06:29.9	540
56	1:05:02	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	06:30.1	354
57	1:05:07	HEWITT, Jonny	Cornwall AC	Male Vet 35-39	06:30.6	320
58	1:05:12	KNUCKEY, Craig	Cornwall AC	Male Vet 50-54	06:31.1	311
59	1:05:13	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	06:31.2	446

60	1:05:35	MORRALL, Zelah	Cornwall AC	Female Vet 45-49	06:33.4	560
61	1:05:44	SOLE, Amy	Cornwall AC	Female under 35	06:34.3	288
62	1:05:44	WOLF, Jan	Mounts Bay Harriers	Male Vet 40-44	06:34.3	391
63	1:05:54	WEBSTER, Craig	Newquay Road Runners	Male Vet 45-49	06:35.3	557
64	1:05:59	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 45-49	06:35.8	358
65	1:06:08	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	06:36.7	489
66	1:06:11	CLARKE, Peter	Tamar Trotters	Male Vet 40-44	06:37.0	305
67	1:06:13	FELTON, Stuart	Falmouth Road Runners	Male under 35	06:37.2	343
68	1:06:44	SCULLION, Heather	Cornwall AC	Female under 35	06:40.3	287
69	1:06:48	POWELL, Simon	Mud Crew Trail Runners	Male Vet 35-39	06:40.7	609
70	1:06:56	HAYDEN, Nick		Male Vet 35-39	06:41.5	488
71	1:06:58	WALKER, Chris	Newquay Road Runners	Male Vet 45-49	06:41.7	519
72	1:07:38	GREER, Mike	St Austell Running Club	Male Vet 35-39	06:45.7	176
73	1:07:45	CHAPMAN, Mick	Mile High	Male Vet 55-59	06:46.4	86
74	1:07:53	STOKELD, Matt		Male Vet 40-44	06:47.2	474
75	1:08:01	HOSKIN, Sarah	Mile High	Female Vet 35-39	06:48.0	33
76	1:08:12	HICKSON, Andrew	Mounts Bay Harriers	Male Vet 50-54	06:49.1	103
77	1:08:37	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	06:51.6	371
78	1:08:42	WILDING, David	Hayle Runners	Male Vet 40-44	06:52.1	455
79	1:08:45	BROWN, Steven	Falmouth Road Runners	Male Vet 50-54	06:52.4	336
80	1:08:46	FARRER, Ben	Tamar Trotters	Male under 35	06:52.5	318
81	1:08:49	HEAD, Matthew	Cornwall AC	Male under 35	06:52.8	309
82	1:08:51	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	06:53.0	604
83	1:08:55	RENDLE, Steve	Newquay Road Runners	Male Vet 50-54	06:53.4	548
84	1:08:57	WILLIAMS, Gary	Looe Pioneers	Male Vet 35-39	06:53.6	54
85	1:09:00	WATSON, Robin	Falmouth Road Runners	Male Vet 55-59	06:53.9	337
86	1:09:13	MOORE, David	Cornwall AC	Male Vet 45-49	06:55.2	313
87	1:09:21	COX, Daniel	Bodmin Road Runners	Male under 35	06:56.0	29
88	1:09:23	DEVENEY, Callum	Falmouth Road Runners	Male Vet 50-54	06:56.2	345
89	1:09:43	WARREN, Emily	Mud Crew Trail Runners	Female under 35	06:58.2	59
90	1:09:48	DOYLE, John	Mounts Bay Harriers	Male Vet 60-64	06:58.7	32
91	1:09:48	BURGESS, Kathryn	Cornwall AC	Female Vet 40-44	06:58.7	276
92	1:09:53	CARDEW, Barrie	Carn Runners	Male Vet 60-64	06:59.2	505
93	1:10:10	COX, Chris	Cornwall AC	Male Vet 45-49	07:00.9	304
94	1:10:31	CHIRGWIN, Rob	Truro Running Club	Male under 35	07:03.0	250
95	1:11:00	BARNES, Peter		Male Vet 35-39	07:05.9	591
96	1:11:04	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:06.3	196
97	1:11:05	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	07:06.4	48
98	1:11:09	EVA, Emma	Cornwall AC	Female Vet 35-39	07:06.8	278
99	1:11:10	TREBILCOCK, Mark	Cornwall AC	Male Vet 55-59	07:06.9	316
100	1:11:15	POOLEY, Robert	Carn Runners	Male Vet 40-44	07:07.4	567
101	1:11:17	ROBERTS, Malcolm	St Austell Running Club	Male Vet 65-69	07:07.6	96
102	1:11:30	JOHNSON, Paul	St Austell Running Club	Male under 35	07:08.9	159
103	1:11:39	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	07:09.8	523
104	1:11:40	ROOSE, Darren	Newquay Road Runners	Male Vet 40-44	07:09.9	553
105	1:11:46	COOPER, Timothy		Male Vet 40-44	07:10.5	55
106	1:12:13	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	07:13.2	121
107	1:12:23	GIBSON, Mandy	Looe Pioneers	Female Vet 40-44	07:14.2	57
108	1:12:38	CHANNON, Lee	Cornwall AC	Male Vet 40-44	07:15.7	302
109	1:12:41	MENSING, Claire	Truro Running Club	Female Vet 45-49	07:16.0	227
110	1:12:44	MACAULEY, Alan	Tamar Trotters	Male Vet 50-54	07:16.3	589
111	1:12:45	ALLEN, Marc		Male Vet 35-39	07:16.4	72
112	1:12:48	SPEAKE, David	St Austell Running Club	Male Vet 45-49	07:16.7	203
113	1:12:51	BATCHELOR, David	Hayle Runners	Male Vet 60-64	07:17.0	400
114	1:13:05	THOMSON, Stuart	Mounts Bay Harriers	Male Vet 40-44	07:18.4	16
115	1:13:05	KEARNS, Joe	East Cornwall Harriers	Male Vet 55-59	07:18.4	263
116	1:13:12	SPENCER, Julian	Truro Running Club	Male Vet 50-54	07:19.1	241
117	1:13:17	MOSSOP, Emma	Falmouth Road Runners	Female Vet 45-49	07:19.6	364
118	1:13:18	MORGAN, Rebecca	Truro Running Club	Female Vet 40-44	07:19.7	232
119	1:13:35	CROWLE, Arron	East Cornwall Harriers	Male under 35	07:21.4	122
120	1:13:47	SMITH, Andrew	St Austell Running Club	Male Vet 40-44	07:22.6	202
121	1:13:49	JOSE, Amy	Hayle Runners	Female under 35	07:22.8	423
122	1:13:59	FOY, David	Falmouth Road Runners	Male Vet 45-49	07:23.8	348

123	1:14:01	BOLT, Phil	Cornwall AC	Male Vet 50-54	07:24.0	300
124	1:14:13	HENDERSON, Mathew	St Austell Running Club	Male under 35	07:25.2	177
125	1:14:16	WILLIAMS, Martin		Male Vet 45-49	07:25.5	576
126	1:14:19	BACHE, Philip	Tri Logic Cornwall	Male under 35	07:25.8	283
127	1:14:22	FOSTER, Richard	Launceston Road Runners	Male Vet 45-49	07:26.1	56
128	1:14:22	SHUTE, Clive	East Cornwall Harriers	Male Vet 40-44	07:26.1	13
129	1:14:23	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 50-54	07:26.2	351
130	1:14:27	PEARCE, Julia	Cornwall AC	Female Vet 40-44	07:26.6	286
131	1:14:38	HEWITT, David		Male Vet 45-49	07:27.7	601
132	1:14:42	STANFORD, Joseph	Bodmin Road Runners	Male Vet 40-44	07:28.1	607
133	1:14:43	MARKS, Stacie	St Austell Running Club	Female under 35	07:28.2	186
134	1:14:48	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	07:28.7	445
135	1:14:54	WAITE, Daniel		Male Vet 35-39	07:29.3	588
136	1:14:55	TREVENA, Nigel	Cornwall AC	Male Vet 50-54	07:29.4	317
137	1:14:55	TOSSELL, Rebecca	Hayle Runners	Female Vet 35-39	07:29.4	451
138	1:14:59	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	07:29.8	496
139	1:15:04	TAMBLING, Lee	St Austell Running Club	Male Vet 35-39	07:30.3	206
140	1:15:06	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	07:30.5	334
141	1:15:06	TIPPETTS, Hannah	Falmouth Road Runners	Female under 35	07:30.5	374
142	1:15:08	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	07:30.7	379
143	1:15:19	KING, Russell	Falmouth Road Runners	Male Vet 35-39	07:31.8	355
144	1:15:26	DORRELL, Mark	Carn Runners	Male Vet 55-59	07:32.5	562
145	1:15:29	BRAY, Vivian	Cornwall AC	Male Vet 50-54	07:32.8	301
146	1:15:39	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	07:33.8	46
147	1:15:42	BUNCE, James		Male Vet 35-39	07:34.1	133
148	1:15:51	KIRTON, Sandy		Male under 35	07:35.0	134
149	1:15:52	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:35.1	433
150	1:15:55	STEPHENS, Emma	Bodmin Road Runners	Female under 35	07:35.4	469
151	1:15:57	TAYLOR, Colin		Male Vet 40-44	07:35.6	585
152	1:16:00	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:35.9	185
153	1:16:01	PETT, Josh	JP Fitness Cornwall	Male under 35	07:36.0	143
154	1:16:10	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:36.9	415
155	1:16:12	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	07:37.1	23
156	1:16:34	MILLWARD, Andy	Carn Runners	Male Vet 55-59	07:39.3	513
157	1:16:38	WILLIAMS, Paul		Male Vet 50-54	07:39.7	603
158	1:16:40	PICKERING, Stuart	Tri Logic Cornwall	Male Vet 50-54	07:39.9	9
159	1:16:41	MONTAGUE, Fiona	Tamar Trotters	Female Vet 40-44	07:40.0	329
160	1:16:43	PICK, Robert	East Cornwall Harriers	Male Vet 60-64	07:40.2	93
161	1:16:49	SKEPLORN, James	Truro Running Club	Male Vet 35-39	07:40.8	248
162	1:16:56	SMITH, Sharon	Carn Runners	Female Vet 45-49	07:41.5	21
163	1:17:02	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:42.1	404
164	1:17:02	SAVAGE, Jon	Hayle Runners	Male under 35	07:42.1	444
165	1:17:04	CARTER, Lee	Newquay Road Runners	Male under 35	07:42.3	522
166	1:17:08	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:42.7	518
167	1:17:18	ANGILLEY, Jayne	Cornwall AC	Female Vet 55-59	07:43.7	272
168	1:17:19	BUCKINGHAM, Edward	Tamar Trotters	Male Vet 45-49	07:43.8	323
169	1:17:29	UNGVARI, Tamas		Female Vet 35-39	07:44.8	460
170	1:17:34	WILLS, Marcus	East Cornwall Harriers	Male Vet 35-39	07:45.3	97
171	1:17:36	HOCKING, Matt	St Austell Running Club	Male Vet 45-49	07:45.5	178
172	1:17:40	JONES, Stephen	Truro Running Club	Male Vet 35-39	07:45.9	237
173	1:17:46	HEWITT, Amanda	Cornwall AC	Female Vet 45-49	07:46.5	281
174	1:17:48	BRAY, Daniel	St Austell Running Club	Male Vet 35-39	07:46.7	155
175	1:17:49	PATEMAN, Scott	St Austell Running Club	Male Vet 45-49	07:46.8	224
176	1:17:50	BENHAM, Andrew	Mud Crew Trail Runners	Male Vet 45-49	07:46.9	599
177	1:17:50	BARNSELY, Harry		Male under 35	07:46.9	238
178	1:17:52	GUIVER, Nikki	Yeovil Town RRC	Female Vet 50-54	07:47.1	582
179	1:17:55	GOULD, Phil		Male Vet 40-44	07:47.4	90
180	1:17:57	SANT, Andrew	Launceston Road Runners	Male Vet 45-49	07:47.6	11
181	1:18:10	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	07:48.9	544
182	1:18:14	ROWBOTTOM, Simon	Yeovil Town RRC	Male Vet 60-64	07:49.3	583
183	1:18:15	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	07:49.4	290
184	1:18:16	ALLEN, Gary		Male under 35	07:49.5	80
185	1:18:18	CAMBORIEUX, Catheryn	Truro Running Club	Female Vet 45-49	07:49.7	162

186	1:18:23	ELDON, Jon	Carn Runners	Male Vet 55-59	07:50.2	508
187	1:18:24	SOLOMON, Andrew	Bodmin Road Runners	Male Vet 55-59	07:50.3	47
188	1:18:32	GREGG, Louise	Tamar Trotters	Female Vet 45-49	07:51.1	389
189	1:18:36	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 40-44	07:51.5	529
190	1:18:36	HAYNES, Janet	Mounts Bay Harriers	Female Vet 50-54	07:51.5	26
191	1:18:37	ALLAN, Paul		Male Vet 50-54	07:51.6	76
192	1:18:37	BLACKBURN, Amy	Mile High	Female under 35	07:51.6	331
193	1:18:43	BOSUSTOW, Suzy	Cornwall AC	Female Vet 45-49	07:52.2	274
194	1:18:44	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:52.3	111
195	1:18:54	FERGUSON, Andrew	Truro Running Club	Male Vet 50-54	07:53.3	231
196	1:19:03	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:54.2	22
197	1:19:06	WILLIAMS, Maria	Hayle Runners	Female Vet 55-59	07:54.5	458
198	1:19:19	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	07:55.8	120
199	1:19:20	CARTER, Anna	Newquay Road Runners	Female under 35	07:55.9	521
200	1:19:23	COLLINS, Jo	St Austell Running Club	Female under 35	07:56.2	163
201	1:19:31	WILSON, Michael	Truro Running Club	Male Vet 60-64	07:57.0	245
202	1:19:36	WILLIAMS, Ella	Newquay Road Runners	Female Vet 40-44	07:57.5	533
203	1:19:43	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	07:58.2	534
204	1:19:51	LEACH, Ben		Male Vet 40-44	07:59.0	128
205	1:19:52	DODWELL, Helen	Truro Running Club	Female Vet 40-44	07:59.1	257
206	1:19:57	JOHNS, Phillip	Hayle Runners	Male under 35	07:59.6	422
207	1:20:06	FRIDAY, Lisa	Hayle Runners	Female Vet 35-39	08:00.5	416
208	1:20:09	SMITH, Derek	Hayle Runners	Male Vet 55-59	08:00.8	449
209	1:20:16	WILSON, Matthew	Cornwall AC	Male Vet 40-44	08:01.5	296
210	1:20:18	CHAPMAN, Julian		Male Vet 55-59	08:01.7	260
211	1:20:24	TALLING, Sophie	Newquay Road Runners	Female under 35	08:02.3	551
212	1:20:28	LAWES, Helen	Looe Pioneers	Female Vet 45-49	08:02.7	5
213	1:20:31	KING, Kevin	Hayle Runners	Male Vet 55-59	08:03.0	424
214	1:20:38	DAVIES, Jennifer	Truro Running Club	Female under 35	08:03.7	251
215	1:20:40	FORBES, Jennifer	Carn Runners	Female under 35	08:03.9	509
216	1:20:44	COX, Jo	Cornwall AC	Female Vet 40-44	08:04.3	277
217	1:20:49	ASTILL, Naomi	Hayle Runners	Female under 35	08:04.8	398
218	1:20:57	GREGORY, Amy	Newquay Road Runners	Female under 35	08:05.6	520
219	1:20:57	HEAD, Martin	Bere Alston Trekkers	Male Vet 50-54	08:05.6	467
220	1:21:07	JENKIN, David		Male under 35	08:06.6	79
221	1:21:10	KESTLE, Mike	Newquay Road Runners	Male Vet 65-69	08:06.9	535
222	1:21:20	JULEFF, Gary		Male Vet 55-59	08:07.9	492
223	1:21:24	MITCHELL, Debbie	Hayle Runners	Female Vet 40-44	08:08.3	434
224	1:21:25	MACLAREN, Steve	Hayle Runners	Male Vet 50-54	08:08.4	431
225	1:21:26	HILL, Nick		Male Vet 35-39	08:08.5	109
226	1:21:32	HUNT, Martyn		Male Vet 35-39	08:09.1	584
227	1:21:33	GRAVES, Les	Newquay Road Runners	Male Vet 60-64	08:09.2	524
228	1:21:35	HOWARD, Jake		Male Vet 40-44	08:09.4	130
229	1:21:36	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:09.5	38
230	1:21:38	BENNETT, Luke		Male Vet 55-59	08:09.7	570
231	1:21:46	FLEET, Vicky	Falmouth Road Runners	Female Vet 40-44	08:10.5	347
232	1:21:50	SPENCER, Katie	Truro Running Club	Female Vet 45-49	08:10.9	242
233	1:21:52	HUME-ROTHERY, Gabrielle	Hayle Runners	Female Vet 35-39	08:11.1	456
234	1:21:55	RICHARDSON, Mark		Male Vet 40-44	08:11.4	498
235	1:22:05	ORCHARD, Mike	Hayle Runners	Male Vet 60-64	08:12.4	126
236	1:22:06	ROWE, Christopher	Carn Runners	Male Vet 50-54	08:12.5	568
237	1:22:07	WALE, Mathew	Newquay Road Runners	Male under 35	08:12.6	539
238	1:22:08	MOORE, Andy	Hayle Runners	Male Vet 60-64	08:12.7	447
239	1:22:10	TRETHEWEY, Martin	St Austell Running Club	Male Vet 50-54	08:12.9	212
240	1:22:10	BULLEN, Steve	Tamar Trotters	Male Vet 45-49	08:12.9	574
241	1:22:16	MEDWAY, Jeffrey		Male Vet 45-49	08:13.5	124
242	1:22:22	COLTON-TAYLOR, Mark	Truro Running Club	Male Vet 55-59	08:14.1	252
243	1:22:24	HANSEN, Wietske	Carn Runners	Female Vet 50-54	08:14.3	510
244	1:22:27	LONGMAN, Claire	Truro Running Club	Female Vet 40-44	08:14.6	256
245	1:22:28	PECK, Cris	Tamar Trotters	Male Vet 50-54	08:14.7	115
246	1:22:30	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:14.9	453
247	1:22:38	WILSHER, Rachael	Bodmin Road Runners	Female Vet 55-59	08:15.7	127
248	1:22:45	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	08:16.4	8

249	1:23:00	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:17.9	526
250	1:23:03	ROWSWELL, Huw		Male Vet 50-54	08:18.2	326
251	1:23:06	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	08:18.5	254
252	1:23:15	OLLIVIER, Louise	Hayle Runners	Female Vet 50-54	08:19.4	436
253	1:23:17	ROSSETTI, Mary		Female Vet 40-44	08:19.6	20
254	1:23:18	GEARING, Nicola	Tri Logic Cornwall	Female Vet 35-39	08:19.7	36
255	1:23:20	WOODARD, Stephen	Bodmin Road Runners	Male Vet 60-64	08:19.9	4
256	1:23:25	MONTGOMERY-SMITH, Taryn	St Austell Running Club	Female Vet 40-44	08:20.4	188
257	1:23:27	WOOD, Glenn	East Cornwall Harriers	Male Vet 55-59	08:20.6	465
258	1:23:29	FROST, Harriet	Newquay Road Runners	Female under 35	08:20.8	590
259	1:23:31	BOYCE, Christian	Looe Pioneers	Male Vet 45-49	08:21.0	68
260	1:23:33	WORTH, Sarah	Launceston Road Runners	Female Vet 40-44	08:21.2	15
261	1:23:36	MOORE, Jane	St Austell Running Club	Female Vet 55-59	08:21.5	189
262	1:23:52	CUTLAN, Hannah	St Austell Running Club	Female under 35	08:23.1	165
263	1:23:54	MARCINEKOVA, Joanna	Cornwall AC	Female Vet 35-39	08:23.3	559
264	1:23:59	KERLEY, Tara	St Austell Running Club	Female under 35	08:23.8	183
265	1:24:02	POUND, Craig	Hayle Runners	Male under 35	08:24.1	412
266	1:24:03	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	08:24.2	542
267	1:24:08	TALLING, Lisa	Newquay Road Runners	Female Vet 50-54	08:24.7	545
268	1:24:10	KNOWLES, Helen	Hayle Runners	Female Vet 40-44	08:24.9	427
269	1:24:12	HOLLAND, Jo	Hayle Runners	Female under 35	08:25.1	420
270	1:24:12	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 40-44	08:25.1	148
271	1:24:13	PELLOWE, Olivia	Carn Runners	Female Vet 40-44	08:25.2	514
272	1:24:14	BISH, Ruth		Female Vet 35-39	08:25.3	464
273	1:24:25	THOMAS, Helen	Carn Runners	Female Vet 45-49	08:26.4	580
274	1:24:28	MORTON, Richard	Tamar Trotters	Male Vet 65-69	08:26.7	110
275	1:24:31	COFFMAN-FORDER, Lyn	Tamar Trotters	Female Vet 50-54	08:27.0	595
276	1:24:39	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	08:27.8	312
277	1:24:47	HUDSON, Anita	Vegan Runners	Female Vet 45-49	08:28.6	462
278	1:24:56	GIBBS, Clive	St Austell Running Club	Male Vet 50-54	08:29.5	174
279	1:24:58	HOOPER, Paul	Mounts Bay Harriers	Male Vet 55-59	08:29.7	6
280	1:25:14	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	08:31.3	536
281	1:25:17	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	08:31.6	81
282	1:25:28	DINHAM, Martin		Male Vet 45-49	08:32.7	491
283	1:25:30	SPEARE, Adam	Tamar Trotters	Male Vet 50-54	08:32.9	89
284	1:25:31	BURROW, Melissa	Hayle Runners	Female Vet 45-49	08:33.0	407
285	1:25:37	GILLESPIE, Ayesha	Bodmin Womens RC	Female under 35	08:33.6	98
286	1:25:39	LEADBETTER, Nicki		Female Vet 45-49	08:33.8	84
287	1:25:41	FLETCHER-WARD, Cath	Newquay Road Runners	Female Vet 55-59	08:34.0	550
288	1:25:51	TOWNEND, Stewart	Hayle Runners	Male Vet 75-79	08:35.0	62
289	1:25:55	CRUDGINGTON, Karen	Falmouth Road Runners	Female Vet 40-44	08:35.4	342
290	1:25:59	WATTS, Chris		Male Vet 35-39	08:35.8	463
291	1:26:14	WEIR, Alison	Falmouth Road Runners	Female Vet 45-49	08:37.3	377
292	1:26:20	FLANAGAN, Miranda	Cornwall AC	Female Vet 45-49	08:37.9	279
293	1:26:22	PHELPS, Fiona	Tamar Trotters	Female Vet 50-54	08:38.1	113
294	1:26:23	TONKIN, Craig	Carn Runners	Male Vet 45-49	08:38.2	515
295	1:26:26	WHITE, Lynsey	Newquay Road Runners	Female under 35	08:38.5	538
296	1:26:28	ASPDEN, Gail	Cornwall AC	Female Vet 45-49	08:38.7	273
297	1:26:31	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	08:39.0	443
298	1:26:55	IVERSON, Alistair		Male Vet 35-39	08:41.4	586
299	1:26:56	WEYERS, Zeinab	Cornwall AC	Female under 35	08:41.5	295
300	1:26:58	SPINKS, Trevor		Male Vet 45-49	08:41.7	247
301	1:26:59	BONAR, David	Hayle Runners	Male Vet 55-59	08:41.8	403
302	1:27:02	BERTHO, Nicola	St Austell Running Club	Female Vet 40-44	08:42.1	152
303	1:27:06	TAMBLYN, Mark	Falmouth Road Runners	Male Vet 60-64	08:42.5	373
304	1:27:08	MARQUIS, Peter		Male Vet 60-64	08:42.7	330
305	1:27:14	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	08:43.3	108
306	1:27:14	LOCK, Zoe	Hayle Runners	Female Vet 35-39	08:43.3	429
307	1:27:18	HARPER, Kevan		Male Vet 35-39	08:43.7	393
308	1:27:23	HILL, Charlie		Male Vet 35-39	08:44.2	107
309	1:27:36	BOUCHER, Richard		Male Vet 45-49	08:45.5	119
310	1:27:37	ROBINS, Sara	Newquay Road Runners	Female under 35	08:45.6	541
311	1:27:37	DAVIES, Nicola	Newquay Road Runners	Female Vet 40-44	08:45.6	525

312	1:27:41	BRAY, Gennara	St Austell Running Club	Female under 35	08:46.0	179
313	1:27:42	COCKERILL, Rob		Male under 35	08:46.1	500
314	1:27:55	DONOHUE, Lynne	Truro Running Club	Female Vet 50-54	08:47.4	235
315	1:27:56	POPE, Robert	Truro Running Club	Male Vet 55-59	08:47.5	52
316	1:27:58	HARWOOD, Susie		Female Vet 50-54	08:47.7	475
317	1:27:59	BOSUSTOW, John	JP Fitness Cornwall	Male Vet 40-44	08:47.8	138
318	1:28:06	HOWARD, Tiffany	Cornwall AC	Female under 35	08:48.5	282
319	1:28:07	MANSFIELD, Sue	Truro Running Club	Female Vet 55-59	08:48.6	230
320	1:28:08	PALMER, Michael	East Cornwall Harriers	Male Vet 70-74	08:48.7	385
321	1:28:10	WINFIELD, Claire	Launceston Road Runners	Female Vet 50-54	08:48.9	12
322	1:28:12	DREW, Peter	Carn Runners	Male Vet 65-69	08:49.1	563
323	1:28:22	ELLEN, Emily	Hayle Runners	Female Vet 35-39	08:50.1	414
324	1:28:27	BUDGE, Claire	St Austell Running Club	Female Vet 40-44	08:50.6	157
325	1:28:28	JARVIS, Jodie-May	St Austell Running Club	Female Vet 40-44	08:50.7	172
326	1:28:28	TRUSCOTT, Neil	St Austell Running Club	Male Vet 40-44	08:50.7	181
327	1:28:36	ADAMS, Elaine	Hayle Runners	Female Vet 40-44	08:51.5	397
328	1:28:37	GREEN, Alan	East Cornwall Harriers	Male Vet 60-64	08:51.6	264
329	1:28:37	ANDREWS, Mark	East Cornwall Harriers	Male Vet 60-64	08:51.6	571
330	1:28:39	HARRINGTON, Mark	Carn Runners	Male Vet 50-54	08:51.8	564
331	1:28:52	EVANS, Dean		Male Vet 70-74	08:53.1	328
332	1:28:56	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	08:53.5	547
333	1:28:58	RINGWOOD, Michael	Mounts Bay Harriers	Male Vet 50-54	08:53.7	269
334	1:28:58	TULLETT, Claire	Truro Running Club	Female under 35	08:53.7	228
335	1:29:01	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	08:54.0	154
336	1:29:06	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 40-44	08:54.5	211
337	1:29:08	BLIGHT, Andrew		Male Vet 55-59	08:54.7	575
338	1:29:14	WATSON, Janet	Falmouth Road Runners	Female Vet 65-69	08:55.3	383
339	1:29:31	GOY, Lucy	JP Fitness Cornwall	Female Vet 40-44	08:57.0	139
340	1:29:33	COLLETT, Richard	Hayle Runners	Male Vet 35-39	08:57.2	408
341	1:29:34	KINSELLA, Sharon	JP Fitness Cornwall	Female Vet 40-44	08:57.3	140
342	1:29:37	LIVONEN-GRAY, Katri	Hayle Runners	Female Vet 35-39	08:57.6	421
343	1:29:39	REES, Gareth		Male Vet 35-39	08:57.8	592
344	1:29:43	SARGENT, Pete	South West Vets AC	Male Vet 70-74	08:58.2	401
345	1:29:46	SEAMAN, Stuart		Male Vet 55-59	08:58.5	478
346	1:29:46	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	08:58.5	144
347	1:29:47	KENNEDY, Hilary	Brixham Harriers	Female Vet 55-59	08:58.6	51
348	1:29:49	TURNER, Maureen		Female under 35	08:58.8	605
349	1:30:04	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	09:00.3	53
350	1:30:19	MACKENZIE, Alan	Falmouth Road Runners	Male Vet 55-59	09:01.8	360
351	1:30:31	SMITH, Hannah	Hayle Runners	Female under 35	09:03.0	448
352	1:31:02	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	09:06.1	2
353	1:31:16	CSECHI, Kim	St Austell Running Club	Female Vet 35-39	09:07.5	164
354	1:31:24	WALKER, Daniella	St Austell Running Club	Female Vet 45-49	09:08.3	215
355	1:31:40	BOULTON, Bethany	Falmouth Road Runners	Female under 35	09:09.9	378
356	1:31:42	SPEAKE, Georgina	St Austell Running Club	Female Vet 40-44	09:10.1	204
357	1:31:47	BLACKBEARD, Marie	St Austell Running Club	Female Vet 50-54	09:10.6	153
358	1:31:49	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	09:10.8	339
359	1:31:57	PAYNE, Holly	St Austell Running Club	Female under 35	09:11.6	192
360	1:32:00	VIEIRA, Armando	St Austell Running Club	Male Vet 40-44	09:11.9	213
361	1:32:15	DREW, Barry	Carn Runners	Male Vet 70-74	09:13.4	507
362	1:32:28	HEWITT, Lucy	Newquay Road Runners	Female Vet 50-54	09:14.7	527
363	1:32:29	JAYNE, Samantha	Newquay Road Runners	Female Vet 45-49	09:14.8	577
364	1:32:29	BLACK, Sam	Hayle Runners	Female Vet 35-39	09:14.8	402
365	1:32:30	PICKARD, David	Launceston Road Runners	Male Vet 60-64	09:14.9	476
366	1:32:33	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:15.2	92
367	1:32:33	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:15.2	381
368	1:32:38	PICKARD, Linda	Launceston Road Runners	Female Vet 55-59	09:15.7	477
369	1:32:40	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	09:15.9	44
370	1:32:42	LEE, Trevor	Truro Running Club	Male Vet 55-59	09:16.1	243
371	1:32:47	PRING, Robert		Male Vet 40-44	09:16.6	105
372	1:32:47	HILL, Kara		Female under 35	09:16.6	461
373	1:32:51	MARSHALL, Nigel	St Austell Running Club	Male Vet 45-49	09:17.0	208
374	1:32:55	DREWETT, Toby	Hayle Runners	Male Vet 40-44	09:17.4	413

375	1:33:01	WISNER, Kath	St Austell Running Club	Female Vet 45-49	09:18.0	223
376	1:33:01	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	09:18.0	171
377	1:33:07	DYER, Michelle Jane	Mounts Bay Harriers	Female Vet 45-49	09:18.6	395
378	1:33:17	ELLIOTT, Tania	Looe Pioneers	Female Vet 45-49	09:19.6	267
379	1:33:19	MASTERS, Karen	Newquay Road Runners	Female Vet 45-49	09:19.8	554
380	1:33:25	DAVIES, Sarah	Newquay Road Runners	Female Vet 40-44	09:20.4	528
381	1:33:26	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	09:20.5	94
382	1:33:26	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	09:20.5	34
383	1:33:46	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	09:22.5	7
384	1:33:47	HALL, Becky	Newquay Road Runners	Female Vet 35-39	09:22.6	531
385	1:33:49	VIEIRA, Paula	St Austell Running Club	Female Vet 40-44	09:22.8	214
386	1:33:51	MINERS, Jo	JP Fitness Cornwall	Female Vet 40-44	09:23.0	142
387	1:33:55	HAMSHIRE, Cordelia		Female under 35	09:23.3	19
388	1:33:56	O'LEARY, Kat		Female Vet 35-39	09:23.4	573
389	1:33:56	RICHARDS, Hannah		Female under 35	09:23.4	512
390	1:34:04	PHILLIPS, Ruth	Hayle Runners	Female Vet 40-44	09:24.2	438
391	1:34:11	CLASSEY, Mark	Falmouth Road Runners	Male Vet 55-59	09:24.9	341
392	1:34:11	LYDALL, Denise	Falmouth Road Runners	Female Vet 50-54	09:24.9	359
393	1:34:13	VINNICOMBE, Caroline	Cornwall AC	Female Vet 40-44	09:25.1	294
394	1:34:24	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 40-44	09:26.2	259
395	1:34:24	PALMER, Stefan	Bodmin Road Runners	Male Vet 45-49	09:26.2	258
396	1:34:33	POCHEE, Amanda	Hayle Runners	Female Vet 40-44	09:27.1	439
397	1:34:46	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	09:28.4	271
398	1:35:18	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:31.6	35
399	1:35:20	MARSHALL, Keith	Falmouth Road Runners	Male Vet 70-74	09:31.8	361
400	1:35:35	WILLIAMS, Laura	Hayle Runners	Female under 35	09:33.3	457
401	1:35:44	ARTHUR, Sarah	JP Fitness Cornwall	Female Vet 45-49	09:34.2	137
402	1:35:46	THURSTON, Katie	JP Fitness Cornwall	Female Vet 40-44	09:34.4	147
403	1:35:53	PENHAUL, Antony	Mounts Bay Harriers	Male Vet 70-74	09:35.1	112
404	1:36:17	DOUGLAS, Sarah	St Austell Running Club	Female Vet 35-39	09:37.5	198
405	1:36:20	MULLEN, Shona	Truro Running Club	Female Vet 55-59	09:37.8	3
406	1:36:38	FISHER, Jennine	Looe Pioneers	Female Vet 35-39	09:39.6	386
407	1:36:41	ROWE, Jane	Newquay Road Runners	Female Vet 55-59	09:39.9	480
408	1:36:55	BUDGE, Andrew	St Austell Running Club	Male Vet 50-54	09:41.3	156
409	1:36:59	MARTIN, Sally	Falmouth Road Runners	Female Vet 40-44	09:41.7	363
410	1:37:03	SHAW, Sian	Newquay Road Runners	Female Vet 40-44	09:42.1	49
411	1:37:04	SHAW, Stuart		Male Vet 45-49	09:42.2	50
412	1:37:11	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	09:42.9	370
413	1:37:13	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 50-54	09:43.1	161
414	1:37:14	OWEN, Mark	St Austell Running Club	Male Vet 40-44	09:43.2	158
415	1:37:14	ROBBINS, James		Male under 35	09:43.2	606
416	1:37:14	SHEER, Andrew	Looe Pioneers	Male under 35	09:43.2	28
417	1:37:16	HADEN, Heidi	Cornwall AC	Female Vet 35-39	09:43.4	280
418	1:37:16	WATERS, Rachel	St Austell Running Club	Female Vet 50-54	09:43.4	217
419	1:37:19	WADE, Margaret	Carn Runners	Female Vet 65-69	09:43.7	516
420	1:37:21	ELLIOTT, Andrew	Looe Pioneers	Male Vet 50-54	09:43.9	266
421	1:37:25	THOMSON, Rachel	Mounts Bay Harriers	Female Vet 50-54	09:44.3	17
422	1:37:32	MARSH, Kathryn	Carn Runners	Female Vet 40-44	09:45.0	566
423	1:37:33	GREER, Miranda	St Austell Running Club	Female Vet 35-39	09:45.1	205
424	1:37:39	HAM, Neil	Cornwall AC	Male Vet 50-54	09:45.7	307
425	1:37:52	VIGGERS, Vickie		Female Vet 40-44	09:47.0	587
426	1:37:59	WONES, Sophie	Looe Pioneers	Female under 35	09:47.7	327
427	1:38:02	HOSKEN, Lucy	Newquay Road Runners	Female under 35	09:48.0	532
428	1:38:16	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	09:49.4	530
429	1:38:20	BARNES, John	Launceston Road Runners	Male Vet 55-59	09:49.8	497
430	1:38:31	COOKE-DAVIES, Louise	Newquay Road Runners	Female Vet 50-54	09:50.9	549
431	1:38:39	BURGESS, Mel	Hayle Runners	Female Vet 50-54	09:51.7	405
432	1:38:44	TIPPETT, Kevin			09:52.2	216
433	1:38:44	WILKINS, Justin		Male Vet 45-49	09:52.2	593
434	1:38:52	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	09:53.0	1
435	1:39:02	GALE, Keith	Mounts Bay Harriers	Male Vet 45-49	09:54.0	503
436	1:39:02	JONES, Simon	Mounts Bay Harriers	Male Vet 45-49	09:54.0	502
437	1:39:25	BUTLER, Jenna		Female Vet 35-39	09:56.3	118

438	1:39:26	BOND, Nina	Looe Pioneers	Female under 35	09:56.4	67
439	1:39:38	MARSHALL, Lavinia	Launceston Road Runners	Female Vet 65-69	09:57.6	64
440	1:39:53	BERRY, Tony	Truro Running Club	Male Vet 80+	09:59.1	226
441	1:39:59	MANKEE, Walter	Carn Runners	Male Vet 60-64	09:59.7	511
442	1:40:01	CREHAN, Kate	Hayle Runners	Female Vet 35-39	09:59.9	411
443	1:40:13	KITCHEN, Amelia	Hayle Runners	Female Vet 40-44	10:01.1	425
444	1:40:20	GOWER, Lisa	Tri Logic Cornwall	Female Vet 45-49	10:01.8	82
445	1:40:39	JENKIN, Richard	Cornwall AC	Male Vet 70-74	10:03.7	310
446	1:40:39	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	10:03.7	284
447	1:40:41	TORRES, Mick	Looe Pioneers	Male Vet 55-59	10:03.9	74
448	1:40:41	CATNACH, Peter	Looe Pioneers	Male Vet 55-59	10:03.9	39
449	1:40:44	KIRBY, Alice	JP Fitness Cornwall	Female Vet 35-39	10:04.2	602
450	1:40:54	WATTS, Hannah	St Austell Running Club	Female under 35	10:05.2	218
451	1:41:43	EVANS, Des	Newquay Road Runners	Male Vet 70-74	10:10.1	537
452	1:42:16	JOHNSTON, Sally	Tamar Trotters	Female Vet 55-59	10:13.4	384
453	1:42:17	WILLIS, Sharon	Newquay Road Runners	Female Vet 55-59	10:13.5	481
454	1:42:25	COX, Alison	Bodmin Womens RC	Female Vet 55-59	10:14.3	31
455	1:42:25	CROWE, Sharon	Bodmin Womens RC	Female Vet 45-49	10:14.3	45
456	1:42:30	HALLIBONE, Hollie	JP Fitness Cornwall	Female under 35	10:14.8	579
457	1:42:31	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	10:14.9	293
458	1:42:36	BRUMBY, Tandy	Falmouth Road Runners	Female Vet 55-59	10:15.4	472
459	1:42:38	GRAFTON, Thomas	Truro Running Club	Male Vet 40-44	10:15.6	244
460	1:42:41	TEALE, Des	Falmouth Road Runners	Male Vet 55-59	10:15.9	608
461	1:42:42	TONKIN, Michelle		Female Vet 35-39	10:16.0	132
462	1:42:43	LEO, Cas	Hayle Runners	Male Vet 55-59	10:16.1	470
463	1:42:56	MASKELL, Melanie	St Austell Running Club	Female Vet 50-54	10:17.4	180
464	1:42:56	ADAMS, Hannah	St Austell Running Club	Female Vet 40-44	10:17.4	150
465	1:42:57	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	10:17.5	151
466	1:42:59	SIMMONS, Ruth	St Austell Running Club	Female Vet 45-49	10:17.7	201
467	1:43:13	MCFARLAND, Jenny		Female under 35	10:19.1	129
468	1:43:19	BIGGS, Matthew	Newquay Road Runners	Male Vet 50-54	10:19.7	494
469	1:43:28	CHELL, Nina	Falmouth Road Runners	Female Vet 40-44	10:20.6	340
470	1:43:46	GIBBS, Debbie	St Austell Running Club	Female Vet 50-54	10:22.4	175
471	1:43:55	TURNER, Jolene	Falmouth Road Runners	Female Vet 40-44	10:23.3	375
472	1:44:56	FRITH, Ray	Newquay Road Runners	Male Vet 70-74	10:29.4	558
473	1:45:01	FLOYD-NORRIS, Amy	St Austell Running Club	Female under 35	10:29.9	170
474	1:45:16	BOWDEN, Sally	Newquay Road Runners	Female Vet 55-59	10:31.4	546
475	1:45:29	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	10:32.7	24
476	1:45:43	JENNINGS, Gina		Female Vet 55-59	10:34.1	88
477	1:45:43	HIGMAN, Lindsey		Female Vet 50-54	10:34.1	87
478	1:45:51	BROUGHTON, Sharon	Falmouth Road Runners	Female Vet 50-54	10:34.9	335
479	1:46:21	BUSCOMBE, Lisa	Truro Running Club	Female Vet 45-49	10:37.9	246
480	1:46:46	GARBETT, Holly	East Cornwall Harriers	Female under 35	10:40.4	69
481	1:46:51	GARSDIE, Jane	Newquay Road Runners	Female Vet 50-54	10:40.9	555
482	1:46:56	RAIKER, Diana	Falmouth Road Runners	Female under 35	10:41.4	367
483	1:47:01	BRADSHAW, Verity	Truro Running Club	Female Vet 40-44	10:41.9	253
484	1:47:18	JAMES, Emma	Launceston Road Runners	Female Vet 45-49	10:43.6	63
485	1:47:18	SMITH, Glenda	Launceston Road Runners	Female Vet 50-54	10:43.6	10
486	1:47:33	BIRD, Louise	Looe Pioneers	Female Vet 40-44	10:45.1	387
487	1:47:39	BENNETT, Morwenna		Female Vet 50-54	10:45.7	125
488	1:47:41	WEBB, Sarah	Falmouth Road Runners	Female Vet 45-49	10:45.9	376
489	1:47:59	STONE, Jackie	Mounts Bay Harriers	Female Vet 55-59	10:47.7	66
490	1:48:18	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	10:49.6	543
491	1:48:24	REEKS, Kayleigh	PB Running Club	Female under 35	10:50.2	466
492	1:48:24	KITNEY-BAKER, Michelle	Newquay Road Runners	Female Vet 45-49	10:50.2	556
493	1:48:33	MARSHALL, Terry	Falmouth Road Runners	Female Vet 65-69	10:51.1	362
494	1:48:35	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:51.3	344
495	1:49:11	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:54.9	187
496	1:49:21	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	10:55.9	236
497	1:49:55	WILLIAMS, Wendy	JP Fitness Cornwall	Female Vet 55-59	10:59.3	149
498	1:50:01	STAINSBY, Elaine	JP Fitness Cornwall	Female Vet 45-49	10:59.9	145
499	1:50:22	FELL, Kim	St Austell Running Club	Female under 35	11:02.0	169
500	1:50:36	DUDMAN, Kate	Bodmin Womens RC	Female Vet 40-44	11:03.4	40

501	1:50:36	GODFREY, Nicola	Bodmin Womens RC	Female Vet 35-39	11:03.4	37
502	1:50:42	HOGG, Lorna	Mud Crew Trail Runners	Female Vet 45-49	11:04.0	42
503	1:50:53	LEVERTON, Steven		Male under 35	11:05.1	581
504	1:50:58	DUDLEY, Michelle	St Austell Running Club	Female Vet 50-54	11:05.6	167
505	1:51:18	TONKINS, Richard	St Austell Running Club	Male Vet 45-49	11:07.6	209
506	1:51:50	RAPIER, Jacquie	Falmouth Road Runners	Female Vet 55-59	11:10.8	368
507	1:51:51	WILLIAMS, Emma	JP Fitness Cornwall	Female Vet 35-39	11:10.9	146
508	1:51:51	AVERY, Ruth	JP Fitness Cornwall	Female Vet 45-49	11:10.9	597
509	1:51:51	ORCHARD, Stacey	JP Fitness Cornwall	Female under 35	11:10.9	598
510	1:52:34	ARMSTRONG, Justine	Tamar Trotters	Female Vet 50-54	11:15.2	392
511	1:52:51	SMITH, Mandy	Mud Crew Trail Runners	Female Vet 55-59	11:16.9	43
512	1:52:57	BUSCOMBE, Ross	St Austell Running Club	Male under 35	11:17.5	160
513	1:52:57	ROYCROFT, Jodie	St Austell Running Club	Female under 35	11:17.5	200
514	1:53:21	FOSTER, Ann	Tamar Trotters	Female Vet 70-74	11:19.9	499
515	1:53:22	MCKINLEY, Glennie	JP Fitness Cornwall	Female Vet 50-54	11:20.0	141
516	1:54:06	RYAN, Karen	Tamar Trotters	Female Vet 40-44	11:24.4	501
517	1:54:06	FORDER, Jane	Tamar Trotters	Female Vet 45-49	11:24.4	594
518	1:55:41	KINNEY, Andrew	Harlow Running Club	Male Vet 50-54	11:33.9	58
519	1:56:49	CHOAK, Sarah	Falmouth Road Runners	Female Vet 50-54	11:40.7	338
520	1:57:03	HEAD, Hilary	Bere Alston Trekkers	Female Vet 55-59	11:42.1	468
521	1:57:04	NORTHCOTT, Sandra	Looe Pioneers	Female Vet 40-44	11:42.2	18
522	1:58:27	CRABTREE, Jason	Carn Runners	Male Vet 35-39	11:50.5	506
523	1:59:18	RALLS, Patsy	St Austell Running Club	Female Vet 50-54	11:55.6	195
524	1:59:39	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	11:57.7	369
525	1:59:43	SULLIVAN, Paul		Male Vet 50-54	11:58.1	482
526	1:59:44	LAKE, Christina	Falmouth Road Runners	Female Vet 60-64	11:58.2	356
527	1:59:45	BAINES, Tracie		Female Vet 50-54	11:58.3	483
528	2:00:01	TODD, Christine	St Austell Running Club	Female Vet 55-59	11:59.9	207
529	2:01:09	CANN, Marie Ann	Mounts Bay Harriers	Female Vet 45-49	12:06.7	572
530	2:01:20	KINGTON, Norris	Cornwall AC	Male Vet 75-79	12:07.8	484
531	2:01:37	YATES, Angela	St Austell Running Club	Female Vet 60-64	12:09.5	225
532	2:01:50	EWART, Sam	St Austell Running Club	Female Vet 40-44	12:10.8	168
533	2:01:53	JENKIN, Peter	Falmouth Road Runners	Male Vet 60-64	12:11.1	353
534	2:02:08	HODGES, Tracey	Falmouth Road Runners	Female Vet 40-44	12:12.6	352
535	2:02:18	FOUND, Rachel	St Austell Running Club	Female Vet 45-49	12:13.6	173
536	2:02:42	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:16.0	219
537	2:02:57	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	12:17.5	91
538	2:03:00	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	12:17.8	101
539	2:03:46	BOWDEN, Ian	Carn Runners	Male Vet 45-49	12:22.4	504
540	2:04:41	WOOD, Lorna	Falmouth Road Runners	Female Vet 65-69	12:27.9	382
541	2:05:03	RALLS, David	St Austell Running Club	Male Vet 65-69	12:30.1	194
542	2:06:20	TURNER, Sally	St Austell Running Club	Female Vet 45-49	12:37.8	199
543	2:06:48	WARE, Daryll	PB Running Club	Male Vet 50-54	12:40.6	136
544	2:06:57	LIDIARD, Sandra	Bodmin Womens RC	Female Vet 45-49	12:41.5	135
545	2:07:17	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	12:43.5	357
546	2:07:18	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	12:43.6	350
547	2:07:53	LAY, Jo	Hayle Runners	Female Vet 50-54	12:47.1	428
548	2:08:53	PENGELLY, Shaun	Looe Pioneers	Male Vet 50-54	12:53.1	596
549	2:08:58	JAGO, Lisa	Looe Pioneers	Female Vet 45-49	12:53.6	104
550	2:08:58	COOPER, Guy	Looe Pioneers	Male Vet 45-49	12:53.6	495
551	2:10:00	WILLIAMS, Jayne	St Austell Running Club	Female Vet 45-49	12:59.8	221
552	2:10:24	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	13:02.2	291
553	2:13:29	WILLS, Janet		Female Vet 65-69	13:20.7	41
554	2:13:29	CUNNINGHAM, Julie		Female Vet 45-49	13:20.7	485