

AN RES HELLYS - 25TH MARCH 2012

Place	Time	Name	Team	Category	Pace	No
1	0:56:34	LE GRICE, Peter	Mounts Bay Harriers	Male under 40	05:39.3	449
2	0:57:50	SNOOK, Colin	Cornwall AC	Male under 40	05:46.9	424
3	0:59:07	ALSOP, Daniel	St Austell RC	Male under 40	05:54.6	204
4	0:59:27	THOMAS, Justin	Cornwall AC	Male under 40	05:56.6	145
5	1:00:23	RODGERS, Dan	Launceston Road Runners	Male under 40	06:02.2	155
6	1:00:39	PASCOE, Richard	Mile High	Male under 40	06:03.8	439
7	1:01:11	WALKER, Ken	Newquay Road Runners	Male under 40	06:07.0	391
8	1:01:19	BALL, Adrian	Cornwall AC	Male Vet 45-49	06:07.8	403
9	1:01:38	BURNHAM, Rob	Newquay Road Runners	Male Vet 40-44	06:09.7	397
10	1:01:52	WHITMORE, Ceri	Cornwall AC	Male under 40	06:11.1	470
11	1:02:06	WHERRY, Steven	Cornwall AC	Male Vet 45-49	06:12.5	131
12	1:02:21	MARKS, Steve	Newquay Road Runners	Male Vet 40-44	06:14.0	400
13	1:02:28	SOWERBY, Peter	Truro Running Club	Male Vet 45-49	06:14.7	169
14	1:02:35	BREWER, Tony	Falmouth Road Runners	Male under 40	06:15.4	247
15	1:03:44	DANIELS, Alex	Newquay Road Runners	Male under 40	06:22.3	64
16	1:04:36	HORSWELL, Richard	Hayle Runners	Male under 40	06:27.5	336
17	1:05:21	ABRAHAM, Scott	Hayle Runners	Male Vet 40-44	06:32.0	273
18	1:05:24	DAVIS, Glynn	Carn Runners	Male Vet 45-49	06:32.3	129
19	1:05:36	HANDS, Stephen	St Austell RC	Male Vet 40-44	06:33.5	215
20	1:05:42	KEEFE, Richard	Falmouth Road Runners	Male Vet 40-44	06:34.1	244
21	1:05:45	GUSTERSON, Jeremy	Mounts Bay Harriers	Male Vet 40-44	06:34.4	114
22	1:05:50	TURNER, Russell	Hayle Runners	Male under 40	06:34.9	340
23	1:05:57	WILLIAMS, Simon S	St Austell RC	Male under 40	06:35.6	221
24	1:06:04	MORANT, Jordan	Hayle Runners	Male under 40	06:36.3	316
25	1:06:11	SAVAGE, Rich	Mounts Bay Harriers	Male Vet 45-49	06:37.0	116
26	1:06:13	CLEMAND, Phil	Truro Running Club	Male under 40	06:37.2	159
27	1:06:29	MONTGOMERY-SMITH, Phil	St Austell RC	Male Vet 40-44	06:38.8	209
28	1:06:41	BOLT, Phil	Cornwall AC	Male Vet 40-44	06:40.0	139
29	1:06:47	CURTIS, Matt	Hayle Runners	Male under 40	06:40.6	293
30	1:07:22	DOWRICK, Mike	Hayle Runners	Male under 40	06:44.1	294
31	1:07:26	WYKES, Isobel	Truro Running Club	Female under 35	06:44.5	157
32	1:07:42	STRACHAN, Stephen	Falmouth Road Runners	Male under 40	06:46.1	355
33	1:07:55	MAYES, Richard	Hayle Runners	Male Vet 40-44	06:47.4	312
34	1:07:56	GALLANTRY, Liam	East Cornwall Harriers	Male under 40	06:47.5	8
35	1:07:58	LAWLESS, Matt	Mounts Bay Harriers	Male under 40	06:47.7	115
36	1:08:15	GOODREID, Ian	Hayle Runners	Male Vet 50-54	06:49.4	300
37	1:08:17	ADAMS, Tim	St Austell RC	Male Vet 40-44	06:49.6	184
38	1:08:34	MURRANT, Kieran	Hayle Runners	Male under 40	06:51.3	317
39	1:08:58	RENDLE, Steve	Newquay Road Runners	Male Vet 40-44	06:53.7	399
40	1:09:15	DRAYSON, Tim	Cornwall AC	Male Vet 40-44	06:55.4	472
41	1:09:28	BEIRNE, Chris	Falmouth Road Runners	Male under 40	06:56.7	265
42	1:09:45	WILLIAMS, George	Carn Runners	Male Vet 50-54	06:58.4	128
43	1:09:55	ANGILLEY, David	Cornwall AC	Male Vet 45-49	06:59.4	137
44	1:10:03	WILLIAMS, Alan	Tamar Trotters	Male under 40	07:00.2	418
45	1:10:08	LEE, Laurie	St Austell RC	Male Vet 50-54	07:00.7	216
46	1:10:12	BAYLY, Marc	Newquay Road Runners	Male under 40	07:01.1	62
47	1:10:21	YOULDEN, Jamie	St Austell RC	Male under 40	07:02.0	199
48	1:10:23	BECKETT, Rob	Cornwall AC	Male Vet 50-54	07:02.2	417
49	1:10:27	WITHAM, Neville	Cornwall AC	Male Vet 55-59	07:02.6	142
50	1:10:32	BOSUSTOW, Suzy	Cornwall AC	Female Vet 35-39	07:03.1	456
51	1:10:35	LAWLESS, Martin		Male under 40	07:03.4	40
52	1:10:41	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 60-64	07:04.0	118
53	1:10:47	WATSON, Robin	Falmouth Road Runners	Male Vet 45-49	07:04.6	256
54	1:10:56	DORRELL, Mark	Carn Runners	Male Vet 45-49	07:05.5	54
55	1:11:05	LOWDEN, John	Hayle Runners	Male under 40	07:06.4	309
56	1:11:10	BROWNE, Ben		Male under 40	07:06.9	94
57	1:11:29	LAURIE, Andrew		Male Vet 45-49	07:08.8	36
58	1:11:40	KELLY, Fearon	Truro Running Club	Male Vet 40-44	07:09.9	471
59	1:11:41	TREBILCOCK, Mark	Cornwall AC	Male Vet 50-54	07:10.0	411

60	1:11:47	HOWARTH, Thomas	Mounts Bay Harriers	Male under 40	07:10.6	107
61	1:12:05	BELL, Adrian		Male Vet 50-54	07:12.4	415
62	1:12:10	OWEN, Mark	St Austell RC	Male under 40	07:12.9	190
63	1:12:13	CURTIS, Ken	Cornwall AC	Male Vet 45-49	07:13.2	442
64	1:12:19	CROWLE, Ian	East Cornwall Harriers	Male Vet 50-54	07:13.8	90
65	1:12:24	WALKER, Chris	Newquay Road Runners	Male Vet 40-44	07:14.3	81
66	1:12:31	IRVINE, Lizzie	Truro Running Club	Female under 35	07:15.0	473
67	1:12:31	LITTLEJOHNS, Mark	Falmouth Road Runners	Male under 40	07:15.0	361
68	1:12:32	BURROWS, Lee	Cornwall AC	Male under 40	07:15.1	416
69	1:12:38	PRIEST, Karl		Male under 40	07:15.7	48
70	1:12:56	ROY, Diane	East Cornwall Harriers	Female Vet 45-49	07:17.5	86
71	1:12:59	ULLMAN, Chris	East Cornwall Harriers	Male Vet 40-44	07:17.8	85
72	1:13:16	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 45-49	07:19.5	101
73	1:13:43	COATSWORTH, Rory		Male under 40	07:22.2	440
74	1:14:07	ARTHURS, Adam		Male under 40	07:24.6	478
75	1:14:09	WILES, Brian	Launceston Road Runners	Male Vet 65-69	07:24.8	7
76	1:14:11	FERGUSON, Andrew	St Austell RC	Male Vet 45-49	07:25.0	214
77	1:14:15	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	07:25.4	70
78	1:14:20	BLEWETT, Derrin	St Austell RC	Male Vet 40-44	07:25.9	234
79	1:14:21	RUETSCH, Fiona	Hayle Runners	Female Vet 45-49	07:26.0	328
80	1:14:39	HARRISON, Karen	Cornwall AC	Female Vet 40-44	07:27.8	409
81	1:14:42	TONKIN, Craig	Hayle Runners	Male Vet 40-44	07:28.1	338
82	1:14:46	HUMPHREY, Thomas		Male under 40	07:28.5	98
83	1:14:53	BRAY, Vivian	Cornwall AC	Male Vet 45-49	07:29.2	475
84	1:14:58	LINTHWAITE, Christopher	Cornwall AC	Male under 40	07:29.7	45
85	1:15:01	GIMBERT, Shawn	Mounts Bay Harriers	Male Vet 40-44	07:30.0	113
86	1:15:07	WAKE, Daniel		Male under 40	07:30.6	437
87	1:15:07	CHIRGWIN, Robert	Truro Running Club	Male under 40	07:30.6	168
88	1:15:11	ALLEN, Peter	Newquay Road Runners	Male Vet 50-54	07:31.0	61
89	1:15:16	MAY, Kevin	Carn Runners	Male Vet 50-54	07:31.5	130
90	1:15:18	CROWLE, Revis	East Cornwall Harriers	Female Vet 50-54	07:31.7	89
91	1:15:20	MARTIN, Steve	St Austell RC	Male under 40	07:31.9	227
92	1:15:22	RAGGETT, Donna	Cornwall AC	Female Vet 40-44	07:32.1	146
93	1:15:22	CHANNON, Lee	Cornwall AC	Male under 40	07:32.1	138
94	1:15:35	RAWSON, Steve	Truro Running Club	Male Vet 55-59	07:33.4	171
95	1:15:36	PENBERTHY, Michael	Hayle Runners	Male Vet 50-54	07:33.5	323
96	1:15:47	LAMING, Andrew	Newquay Road Runners	Male Vet 40-44	07:34.6	396
97	1:15:48	CHESTERFIELD, Caroline	Cornwall AC	Female Vet 45-49	07:34.7	133
98	1:15:53	BAILEY, Ben	St Austell RC	Male under 40	07:35.2	219
99	1:15:53	BIGNELL, Lester		Male under 40	07:35.2	420
100	1:15:54	BAYLY, Jason	Newquay Road Runners	Male Vet 40-44	07:35.3	72
101	1:16:00	MORGAN, David	Tri Logic Cornwall	Male Vet 60-64	07:35.9	368
102	1:16:21	MUNN, Patrick	Mud Crew Trail Runners	Male Vet 45-49	07:38.0	441
103	1:16:23	CIANO, Phillip	Newquay Road Runners	Male Vet 45-49	07:38.2	398
104	1:16:26	SCOTT, Trine		Female Vet 40-44	07:38.5	20
105	1:16:32	TOWERS, Baz		Male Vet 45-49	07:39.1	394
106	1:16:50	REEVE, Paul	Cornwall AC	Male Vet 40-44	07:40.9	425
107	1:17:05	WALL, Alex	Hayle Runners	Male under 40	07:42.4	341
108	1:17:07	VINNICOMBE, Jason	Carn Runners	Male under 40	07:42.6	126
109	1:17:11	CHAPMAN, Luke	Falmouth Road Runners	Male Vet 40-44	07:43.0	363
110	1:17:11	MCCORMACK, Scott	Falmouth Road Runners	Male Vet 40-44	07:43.0	241
111	1:17:14	BALDWIN, Mike	Hayle Runners	Male Vet 45-49	07:43.3	276
112	1:17:16	TOMS, Faye	Hayle Runners	Female Vet 35-39	07:43.5	289
113	1:17:32	ALMEY, Jenny	Cornwall AC	Female under 35	07:45.1	140
114	1:17:33	NICHOLAS, Stuart	St Austell RC	Male under 40	07:45.2	196
115	1:17:35	WILLIAMS, Simon C	Cornwall AC	Male Vet 55-59	07:45.4	143
116	1:17:36	PLAYER, Garry	St Austell RC	Male Vet 45-49	07:45.5	180
117	1:18:09	JOHNSON, Henry		Male under 40	07:48.8	477
118	1:18:19	MAIDWELL-SMITH, Mark	Truro Running Club	Male Vet 50-54	07:49.8	175
119	1:18:32	JUKES, Andy	Hayle Runners	Male Vet 40-44	07:51.1	306
120	1:18:41	HALL, Craig	Carn Runners	Male under 40	07:52.0	120
121	1:18:45	SPEAKE, David	St Austell RC	Male Vet 40-44	07:52.4	232
122	1:18:50	HARRISON, Paul		Male Vet 45-49	07:52.9	428

123	1:18:51	MASKELL, Lisa	Hayle Runners	Female under 35	07:53.0	311
124	1:18:54	BATES, Peter		Male Vet 50-54	07:53.3	29
125	1:19:05	NEWSTEAD, Kayleigh	St Austell RC	Female under 35	07:54.4	186
126	1:19:10	ROCHOWIAK, Robert	Carn Runners	Male Vet 50-54	07:54.9	53
127	1:19:16	FORD-DUNN, Jonathan	Truro Running Club	Male Vet 55-59	07:55.5	173
128	1:19:17	BREEN, Donal	Truro Running Club	Male Vet 40-44	07:55.6	178
129	1:19:19	BURROWS, Max	Falmouth Road Runners	Male Vet 50-54	07:55.8	235
130	1:19:21	SMITH, Derek	Hayle Runners	Male Vet 50-54	07:56.0	333
131	1:19:26	CLAYTON, Richard	Falmouth Road Runners	Male under 40	07:56.5	352
132	1:19:41	LINCOLN, Hugh	Newquay Road Runners	Male under 40	07:58.0	73
133	1:20:08	TYAS, Adrian	Truro Running Club	Male Vet 60-64	08:00.7	177
134	1:20:10	ADAMS, Craig		Male under 40	08:00.9	435
135	1:20:20	MCAUGHEY, Peter	Launceston Road Runners	Male Vet 40-44	08:01.9	3
136	1:20:20	CURTIS, Martin	Hayle Runners	Male Vet 60-64	08:01.9	292
137	1:20:24	GREENHILL, Neil	Falmouth Road Runners	Male under 40	08:02.3	264
138	1:20:24	GILL, Philip	Falmouth Road Runners	Male under 40	08:02.3	251
139	1:20:33	HAYDEN, Tim		Male under 40	08:03.2	255
140	1:20:36	DODWELL, Helen	Truro Running Club	Female Vet 35-39	08:03.5	163
141	1:20:48	LOVEDAY, Allan	Newquay Road Runners	Male Vet 60-64	08:04.7	71
142	1:20:49	CHAMBERS, Lee		Male under 40	08:04.8	374
143	1:20:53	LUCAS, Andrew	St Austell RC	Male Vet 45-49	08:05.2	205
144	1:20:55	HARPER, Chris	Carn Runners	Male Vet 50-54	08:05.4	52
145	1:21:03	JORDAN, Allen	Falmouth Road Runners	Male under 40	08:06.2	359
146	1:21:22	GREET, Pete	St Austell RC	Male under 40	08:08.1	218
147	1:21:24	RUDD, Nikki	Hayle Runners	Female Vet 45-49	08:08.3	270
148	1:21:29	NICHOLL, Steve	Cornwall AC	Male Vet 45-49	08:08.8	366
149	1:21:30	TALLING, Glyn	Newquay Road Runners	Male Vet 40-44	08:08.9	408
150	1:21:31	BENNETT, Charlotte	Hayle Runners	Female Vet 35-39	08:09.0	277
151	1:21:33	RULE, Helen	Hayle Runners	Female under 35	08:09.2	329
152	1:21:38	BOSWORTH, Ian	Falmouth Road Runners	Male Vet 40-44	08:09.7	362
153	1:21:42	CAIRNEY, Shirley	St Austell RC	Female Vet 45-49	08:10.1	200
154	1:21:44	GROSELEY, Richard		Male under 40	08:10.3	423
155	1:21:52	TALEN, Patrick	St Austell RC	Male under 40	08:11.1	193
156	1:22:00	BERRY, Andrew	East Cornwall Harriers	Male Vet 45-49	08:11.9	87
157	1:22:12	PLAYER, Lisa	St Austell RC	Female Vet 50-54	08:13.1	181
158	1:22:20	GOULBOURN, Mark		Male under 40	08:13.9	447
159	1:22:21	LEO, Cas	Hayle Runners	Male Vet 50-54	08:14.0	308
160	1:22:24	MCNEVIN, Philip	Mounts Bay Harriers	Male under 40	08:14.3	103
161	1:22:37	MOORE, Jason	Falmouth Road Runners	Male under 40	08:15.6	262
162	1:22:54	HOSKINGS, Alan		Male Vet 45-49	08:17.3	13
163	1:22:56	BROWN, Roger	Falmouth Road Runners	Male Vet 40-44	08:17.5	246
164	1:22:57	WILLIAMS, Maria	Hayle Runners	Female Vet 45-49	08:17.6	319
165	1:23:12	ROWSE, Sally	Newquay Road Runners	Female Vet 40-44	08:19.1	75
166	1:23:16	BUDD, Ken		Male Vet 55-59	08:19.5	433
167	1:23:22	WEBB, Helen	Mounts Bay Harriers	Female Vet 35-39	08:20.1	110
168	1:23:28	HALL, Damian	Falmouth Road Runners	Male Vet 50-54	08:20.7	263
169	1:23:31	GRILLS, Deb	St Austell RC	Female Vet 45-49	08:21.0	183
170	1:23:38	LUSTY, Liz	St Austell RC	Female Vet 45-49	08:21.7	410
171	1:23:49	WIGRAM, Tim	Hayle Runners	Male under 40	08:22.8	345
172	1:23:53	INGLIS, Lucy		Female Vet 35-39	08:23.2	22
173	1:23:57	MAIR, Robin	Tamar Trotters	Male Vet 40-44	08:23.6	383
174	1:24:03	EVANS, Des	Newquay Road Runners	Male Vet 60-64	08:24.2	66
175	1:24:07	HANSON, Steve		Male Vet 45-49	08:24.6	431
176	1:24:09	GEORGE, Jacqueline	Falmouth Road Runners	Female Vet 35-39	08:24.8	253
177	1:24:16	FURNAEUX, Gary		Male under 40	08:25.5	377
178	1:24:19	LAWRANCE, Russell	St Austell RC	Male Vet 45-49	08:25.8	378
179	1:24:21	MOORE, Andy	Hayle Runners	Male Vet 50-54	08:26.0	315
180	1:24:23	GUFFICK, Steve		Male under 40	08:26.2	375
181	1:24:29	HAYDEN, Sean	Falmouth Road Runners	Male under 40	08:26.8	259
182	1:24:34	HEATHER, Lesly	Mile High	Female Vet 45-49	08:27.3	49
183	1:24:39	HOOPER, Paul	Mounts Bay Harriers	Male Vet 50-54	08:27.8	100
184	1:24:46	RAMSEY, Chris	Truro Running Club	Male Vet 60-64	08:28.5	176
185	1:24:46	DALTON, Richard	Falmouth Road Runners	Male under 40	08:28.5	357

186	1:25:04	JENKIN, Tammy	Falmouth Road Runners	Female under 35	08:30.3	356
187	1:25:11	MARTIN, Colin	Newquay Road Runners	Male Vet 55-59	08:31.0	74
188	1:25:13	TAYLOR, Sue	Mounts Bay Harriers	Female Vet 55-59	08:31.2	99
189	1:25:28	TARLING, Rebecca		Female Vet 35-39	08:32.7	370
190	1:25:30	TALLING, Lisa	Newquay Road Runners	Female Vet 40-44	08:32.9	407
191	1:25:55	WHITTON, Ross		Male Vet 50-54	08:35.4	426
192	1:25:57	STARKE, Andy		Male under 40	08:35.6	47
193	1:25:58	MASON, Tessa	East Cornwall Harriers	Female Vet 50-54	08:35.7	9
194	1:25:59	LONGHORN, Monica	Falmouth Road Runners	Female Vet 35-39	08:35.8	351
195	1:26:08	ORCHARD, Mike	Hayle Runners	Male Vet 50-54	08:36.7	320
196	1:26:09	WEST, Rob	Cornwall AC	Male under 40	08:36.8	78
197	1:26:11	WILLIAMS, Yvette	Newquay Road Runners	Female Vet 45-49	08:37.0	382
198	1:26:12	CHAPMAN, Peter	Carn Runners	Male Vet 55-59	08:37.1	57
199	1:26:21	HITCHENS, Wietske	Newquay Road Runners	Female Vet 45-49	08:38.0	406
200	1:26:22	JONES, Lisa	St Austell RC	Female Vet 35-39	08:38.1	203
201	1:26:24	BASTIAN, Adrian	Hayle Runners	Male Vet 40-44	08:38.3	275
202	1:26:37	HITCHENS, Ricky	Newquay Road Runners	Male Vet 45-49	08:39.6	451
203	1:27:07	CRANE, Michael	St Austell RC	Male Vet 45-49	08:42.6	228
204	1:27:11	HEMSWORTH, Kim	Falmouth Road Runners	Male Vet 55-59	08:43.0	353
205	1:27:15	TARLING, James		Male under 40	08:43.4	371
206	1:27:22	SYMONS, Martin	Carn Runners	Male Vet 45-49	08:44.1	414
207	1:27:23	LAWTON, Brian		Male Vet 60-64	08:44.2	380
208	1:27:25	LUDLAM, Paul		Male Vet 50-54	08:44.4	31
209	1:27:27	BUILDER, Ben	St Austell RC	Male under 40	08:44.6	208
210	1:27:29	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 65-69	08:44.8	102
211	1:27:38	MERRETT, Graham	Hayle Runners	Male Vet 50-54	08:45.7	313
212	1:27:41	TREHANE, Anna	Cornwall AC	Female under 35	08:46.0	455
213	1:27:46	TRENCHARD, Ben	Hayle Runners	Male under 40	08:46.5	269
214	1:27:50	HUMPHREY, Irwin		Male Vet 50-54	08:46.9	136
215	1:28:02	MARSHALL, Keith	Falmouth Road Runners	Male Vet 65-69	08:48.1	250
216	1:28:04	FISHER, Paul	Newquay Road Runners	Male Vet 45-49	08:48.3	404
217	1:28:18	BYRNE, James	Carn Runners	Male under 40	08:49.7	460
218	1:28:31	ROWELL, Tony	Tri Logic Cornwall	Male Vet 50-54	08:51.0	413
219	1:28:34	DUNCAN, Jeanette	Newquay Road Runners	Female Vet 50-54	08:51.3	65
220	1:29:04	THOMAS, Joe		Male under 40	08:54.3	436
221	1:29:11	THOMAS, Helen	Carn Runners	Female Vet 40-44	08:55.0	122
222	1:29:17	BLACKBEARD, Marie	St Austell RC	Female Vet 45-49	08:55.6	220
223	1:29:18	PAULL, Lucy	Hayle Runners	Female under 35	08:55.7	321
224	1:29:22	FOX, Lindsay	Falmouth Road Runners	Female Vet 35-39	08:56.1	239
225	1:29:38	TRETHEWEY, Martin	Newquay Road Runners	Male Vet 40-44	08:57.7	76
226	1:29:46	MAGUIRE, Natalie	Cornwall AC	Female under 35	08:58.5	474
227	1:29:59	JONES, Trina	Cornwall AC	Female Vet 40-44	08:59.8	468
228	1:30:08	KNUCKEY, Nigel	Truro Running Club	Male Vet 55-59	09:00.7	164
229	1:30:28	HOLDEN, Julian	Falmouth Road Runners	Male under 40	09:02.7	245
230	1:30:39	BAZELEY, Geoff	St Austell RC	Male Vet 50-54	09:03.8	192
231	1:31:11	PITT, Jenny	Tamar Trotters	Female Vet 35-39	09:07.0	385
232	1:31:12	WILKES, Judith	Falmouth Road Runners	Female Vet 45-49	09:07.1	252
233	1:31:14	KNOWLES, Cyd		Female Vet 45-49	09:07.3	42
234	1:31:18	NOTTLE, Paul	East Cornwall Harriers	Male Vet 50-54	09:07.7	33
235	1:31:19	SENIOR, Anne	Hayle Runners	Female Vet 50-54	09:07.8	266
236	1:31:23	NADAUD, Julia	St Austell RC	Female under 35	09:08.2	182
237	1:31:29	TRUMAN, Jason	East Cornwall Harriers	Male Vet 40-44	09:08.8	367
238	1:31:32	FORSTER, Andrew		Male Vet 40-44	09:09.1	462
239	1:31:35	LAY, Tamsin		Female under 35	09:09.4	454
240	1:31:39	WINAND, Kimberley		Female under 35	09:09.8	429
241	1:31:42	BURROWS, Robert	Mounts Bay Harriers	Male Vet 55-59	09:10.1	109
242	1:31:53	RILEY, Paul	Cornwall AC	Male Vet 50-54	09:11.2	464
243	1:31:58	THOMAS, Dave		Male Vet 65-69	09:11.7	450
244	1:32:10	GREENAWAY, John	Mounts Bay Harriers	Male Vet 55-59	09:12.9	438
245	1:32:17	MITCHELL, Carol		Female Vet 45-49	09:13.6	430
246	1:32:18	MERRETT, Trish	Hayle Runners	Female Vet 40-44	09:13.7	314
247	1:32:22	CAVRAL, Lennox		Male under 40	09:14.1	432
248	1:32:22	JOSLIN, Alison	Truro Running Club	Female Vet 55-59	09:14.1	166

249	1:32:26	MEDLOCK, Kirsty	Hayle Runners	Female under 35	09:14.5	272
250	1:32:27	KNOWLLEN, Debra	Bodmin Womens RC	Female Vet 40-44	09:14.6	50
251	1:32:30	WHITE, Laura	Falmouth Road Runners	Female under 35	09:14.9	349
252	1:32:33	CLITHEROW, Hana	Truro Running Club	Female Vet 45-49	09:15.2	161
253	1:32:36	GALLOWAY, Alison	Carn Runners	Female Vet 45-49	09:15.5	51
254	1:32:51	HAYNES, Janet		Female Vet 45-49	09:17.0	427
255	1:32:58	MCPHAIL, Mo	Hayle Runners	Female under 35	09:17.7	303
256	1:33:08	MASLEN, Tracy	East Cornwall Harriers	Female Vet 45-49	09:18.7	32
257	1:33:10	STUTHRIDGE, Helen	St Austell RC	Female Vet 40-44	09:18.9	191
258	1:33:13	PEGG, Rachel	Hayle Runners	Female Vet 40-44	09:19.2	322
259	1:33:36	BUDGE, Claire	St Austell RC	Female Vet 35-39	09:21.5	230
260	1:33:36	DOYLE, Christopher		Male under 40	09:21.5	28
261	1:33:36	WALKER, Daniella	St Austell RC	Female Vet 35-39	09:21.5	212
262	1:33:37	EVANS, Treve	Carn Runners	Male Vet 45-49	09:21.6	119
263	1:33:41	DREW, Barry	Carn Runners	Male Vet 60-64	09:22.0	58
264	1:33:45	SCALLAN, Dawn	Carn Runners	Female Vet 40-44	09:22.4	463
265	1:33:51	TRETHEWEY, Charlie	Newquay Road Runners	Female Vet 35-39	09:23.0	77
266	1:33:53	THOMAS, Alison	Hayle Runners	Female Vet 35-39	09:23.1	267
267	1:33:54	JANE, Gary	St Austell RC	Male Vet 40-44	09:23.2	225
268	1:33:54	BOWKER, Rachel	Hayle Runners	Female Vet 40-44	09:23.2	283
269	1:33:55	HARPER, Andy	Hayle Runners	Male Vet 45-49	09:23.3	302
270	1:33:55	ROWE, Phil	Hayle Runners	Male Vet 65-69	09:23.3	327
271	1:33:58	BROMFIELD, Terry	Mounts Bay Harriers	Male Vet 60-64	09:23.6	106
272	1:34:10	JEPHCOTT, David	Falmouth Road Runners	Male under 40	09:24.8	242
273	1:34:18	WILLIS, Sharon	Newquay Road Runners	Female Vet 45-49	09:25.6	392
274	1:34:22	HOSKING, John		Male under 40	09:26.0	97
275	1:34:24	ROWE, Jay		Male under 40	09:26.2	452
276	1:34:31	NEWTON, Roy	Falmouth Road Runners	Male Vet 65-69	09:26.9	238
277	1:34:37	CROOKS, Paul		Male Vet 45-49	09:27.5	14
278	1:34:41	MOORE, Lisa	St Austell RC	Female Vet 40-44	09:27.9	207
279	1:34:42	BUDGE, Andrew	St Austell RC	Male Vet 45-49	09:28.0	231
280	1:34:43	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 55-59	09:28.1	117
281	1:34:49	BENHAM, Andrew		Male Vet 40-44	09:28.7	444
282	1:34:51	MERRIKIN, Carolyn		Female Vet 45-49	09:28.9	23
283	1:35:19	WHITE, Karen	Bodmin Womens RC	Female Vet 40-44	09:31.7	147
284	1:35:21	LEHAN, Lorraine	Bodmin Womens RC	Female Vet 45-49	09:31.9	151
285	1:35:23	DISTON, Phillip		Male under 40	09:32.1	379
286	1:35:32	SULLY, Mark	Tamar Trotters	Male Vet 45-49	09:33.0	384
287	1:35:38	OSBORN, Kathryn	Hayle Runners	Female Vet 50-54	09:33.6	1
288	1:35:41	MCGROARY, Jonathon		Male Vet 40-44	09:33.9	422
289	1:35:43	ADCOCK, Stephen		Male Vet 50-54	09:34.1	27
290	1:35:45	DAVIS, David		Male Vet 45-49	09:34.3	466
291	1:35:54	MATTHEWS, Hazel		Female Vet 50-54	09:35.2	421
292	1:35:57	WILLIAMS, Phil		Male under 40	09:35.5	135
293	1:36:00	ROSKILLY, Michelle	Hayle Runners	Female Vet 40-44	09:35.8	324
294	1:36:02	DYMOND, Amanda	Bodmin Womens RC	Female Vet 35-39	09:36.0	154
295	1:36:15	CARDELL, Timothea	Hayle Runners	Female Vet 70	09:37.3	286
296	1:36:19	WILKINSON, Andrew		Male Vet 40-44	09:37.7	46
297	1:36:31	MIDDLETON, Paul	Truro Running Club	Male under 40	09:38.9	167
298	1:36:35	HAMILTON, Mick		Male Vet 40-44	09:39.3	149
299	1:36:36	AINSWORTH, Paul		Male Vet 45-49	09:39.4	459
300	1:36:39	MOONEY, Judith	Mounts Bay Harriers	Female Vet 40-44	09:39.7	108
301	1:36:46	BARRITT, James		Male under 40	09:40.4	372
302	1:36:54	BURGES, Sue	Launceston Road Runners	Female Vet 55-59	09:41.2	4
303	1:37:02	WOODING, Mike	Newquay Road Runners	Male Vet 65-69	09:42.0	80
304	1:37:16	PLAYER, Shirley	Bodmin Womens RC	Female Vet 40-44	09:43.4	153
305	1:37:21	PAGE, Lucy		Female Vet 35-39	09:43.9	461
306	1:37:21	ROWE, Ellie		Female under 35	09:43.9	453
307	1:37:21	KEHYAIAN, Emma		Female under 35	09:43.9	39
308	1:37:23	STANYER, Claire	Newquay Road Runners	Female Vet 35-39	09:44.1	405
309	1:37:35	HAMBLIN, Ruth	Tamar Trotters	Female Vet 45-49	09:45.3	389
310	1:37:36	WATKINS, Ian	St Austell RC	Male Vet 60-64	09:45.4	229
311	1:37:37	TRUSCOTT, Neil	St Austell RC	Male under 40	09:45.5	233

312	1:37:48	SULLIVAN, Sharon	Hayle Runners	Female Vet 35-39	09:46.6	291
313	1:37:53	PICKARD, Linda	Launceston Road Runners	Female Vet 45-49	09:47.1	446
314	1:37:55	BRYANT, Lorraine		Female Vet 45-49	09:47.3	465
315	1:38:16	WEBB, Sarah	Falmouth Road Runners	Female Vet 35-39	09:49.4	354
316	1:38:26	COOK, Bill	Tamar Trotters	Male Vet 45-49	09:50.4	387
317	1:38:32	PIPER, Jacqueline	St Austell RC	Female Vet 40-44	09:51.0	198
318	1:38:39	CATNACH, Peter	Looe Pioneers	Male Vet 50-54	09:51.7	96
319	1:38:48	UREN, Lisa	Carn Runners	Female under 35	09:52.6	125
320	1:38:53	PASCOE, Darren	Falmouth Road Runners	Male under 40	09:53.1	257
321	1:38:53	LEAN, Philip	St Austell RC	Male Vet 50-54	09:53.1	222
322	1:39:01	BATTING, Tyrone		Male Vet 40-44	09:53.9	18
323	1:39:12	CURTIS, Jill	Cornwall AC	Female Vet 55-59	09:55.0	443
324	1:39:13	SPEAKE, Georgina	St Austell RC	Female under 35	09:55.1	187
325	1:39:16	GREENWOOD, Amanda	Bodmin Womens RC	Female Vet 35-39	09:55.4	148
326	1:39:31	BUXTON, Nigel		Male Vet 45-49	09:56.9	134
327	1:39:34	PARSONS, Alison	Bodmin Womens RC	Female Vet 40-44	09:57.2	150
328	1:39:51	BAINBRIDGE, Eva		Female Vet 40-44	09:58.9	26
329	1:39:58	MANDER, Peter	Launceston Road Runners	Male Vet 70-74	09:59.6	6
330	1:40:01	MARTIN, Rachel	Mile High	Female under 35	09:59.9	469
331	1:40:01	ROWE, Cara	Falmouth Road Runners	Female Vet 45-49	09:59.9	365
332	1:40:03	FERGUSON, Ana	Hayle Runners	Female Vet 35-39	10:00.1	296
333	1:40:05	HILL, Jo	Hayle Runners	Female Vet 40-44	10:00.3	305
334	1:40:06	BULLOCK, Katie	St Austell RC	Female under 35	10:00.4	223
335	1:40:06	BULLOCK, Paul	St Austell RC	Male Vet 50-54	10:00.4	224
336	1:40:17	JOHNS, Julie	Truro Running Club	Female Vet 50-54	10:01.5	160
337	1:40:27	USHER, Karen		Female Vet 40-44	10:02.5	30
338	1:40:37	BILLINGTON, Melanie	Hayle Runners	Female Vet 40-44	10:03.5	279
339	1:40:48	WALSH, Jon		Male Vet 40-44	10:04.6	467
340	1:40:51	COLEMAN, Nikki	Cornwall AC	Female Vet 40-44	10:04.9	144
341	1:40:52	SEYMOUR, Rob	Hayle Runners	Male Vet 45-49	10:05.0	332
342	1:40:56	NORRIS, Claire		Female Vet 35-39	10:05.4	17
343	1:41:09	BARKER, Alison		Female Vet 40-44	10:06.7	179
344	1:41:20	ALEXANDER, Samantha	Cornwall AC	Female Vet 45-49	10:07.8	132
345	1:41:24	HART, Maxine		Female Vet 40-44	10:08.2	15
346	1:41:39	DENNIS, Pauline	Bodmin Womens RC	Female Vet 50-54	10:09.7	152
347	1:41:57	WILLEY, Martin		Male Vet 40-44	10:11.5	434
348	1:42:18	HAMPTON, David	St Austell RC	Male under 40	10:13.6	210
349	1:42:24	WAIDE, Colin		Male under 40	10:14.2	376
350	1:42:28	EVANS, Alun	Hayle Runners	Male Vet 40-44	10:14.6	295
351	1:42:38	CHAPMAN, Susan	Hayle Runners	Female Vet 50-54	10:15.6	288
352	1:42:47	CHAPMAN, Lucy		Female Vet 40-44	10:16.5	34
353	1:42:52	MILSOM, Eileen	Mounts Bay Harriers	Female Vet 60-64	10:17.0	112
354	1:43:13	DUKE, Jan	Tamar Trotters	Male Vet 65-69	10:19.1	386
355	1:43:16	SCOBIE, Ruth		Female under 35	10:19.4	401
356	1:43:16	GAMBLE, Fiona	Hayle Runners	Female under 35	10:19.4	298
357	1:43:19	ROGERS, Samantha	Tamar Trotters	Female under 35	10:19.7	388
358	1:43:31	WILSON, Peter	Tamar Trotters	Male Vet 50-54	10:20.9	390
359	1:43:38	BERRY, Abigail	East Cornwall Harriers	Female under 35	10:21.6	88
360	1:43:42	CHAPMAN, Sharon	Newquay Road Runners	Female Vet 40-44	10:22.0	63
361	1:43:45	KIRK, Jo	Hayle Runners	Female under 35	10:22.3	307
362	1:43:58	JAMESON, Judy	Carn Runners	Female Vet 50-54	10:23.6	121
363	1:43:58	MARSHALL, Terry	Falmouth Road Runners	Female Vet 60-64	10:23.6	249
364	1:44:04	WEBBER, Jo		Female Vet 40-44	10:24.2	16
365	1:44:42	BIGNELL, Michelle		Female under 35	10:28.0	419
366	1:44:53	DOHERTY, Elaine	Newquay Road Runners	Female under 35	10:29.1	395
367	1:45:04	PASCOE, Wendy	Hayle Runners	Female Vet 45-49	10:30.2	326
368	1:45:09	WADE, Margaret	Carn Runners	Female Vet 60-64	10:30.7	127
369	1:45:09	SHALLCROFT, John	Falmouth Road Runners	Male Vet 45-49	10:30.7	240
370	1:45:21	WRIGHT, Lisa	Newquay Road Runners	Female Vet 65-69	10:31.9	82
371	1:45:30	CULLEY, Carol	Carn Runners	Female Vet 55-59	10:32.8	55
372	1:45:31	HAMMOND, Gillian		Female under 35	10:32.9	445
373	1:45:46	HUNKIN, Samantha	East Cornwall Harriers	Female Vet 40-44	10:34.4	10
374	1:46:02	SCHOLES, Claire	Hayle Runners	Female under 35	10:36.0	331

375	1:46:21	JENKIN, Peter	Falmouth Road Runners	Male Vet 55-59	10:37.9	476
376	1:46:39	HENRY, Naila	Hayle Runners	Female Vet 40-44	10:39.7	304
377	1:46:40	CONNON, Naomi	Hayle Runners	Female Vet 40-44	10:39.8	290
378	1:46:43	THOMAS, Amy		Female Vet 35-39	10:40.1	92
379	1:46:57	GREEF, Jayne	Hayle Runners	Female Vet 55-59	10:41.5	301
380	1:47:15	SAUNDRY, Richard	Hayle Runners	Male Vet 65-69	10:43.3	330
381	1:47:24	MARSHALL, Debbie	St Austell RC	Female Vet 35-39	10:44.2	226
382	1:47:30	HOAR, Nicola	St Austell RC	Female Vet 45-49	10:44.8	201
383	1:47:44	GRIFFITH, Jacky	Truro Running Club	Female Vet 50-54	10:46.2	156
384	1:47:59	RALPH, Melissa		Female Vet 40-44	10:47.7	35
385	1:48:02	WILSON, Timothy		Male under 40	10:48.0	38
386	1:48:13	TURNER, Rachael	Newquay Road Runners	Female Vet 40-44	10:49.1	393
387	1:48:36	ISHERWOOD, Roy	Newquay Road Runners	Male Vet 55-59	10:51.4	69
388	1:49:05	STONE, Gail		Female Vet 45-49	10:54.3	458
389	1:49:34	WATTS, Debra	St Austell RC	Female Vet 45-49	10:57.2	217
390	1:49:48	CHAPMAN, Jackie	Launceston Road Runners	Female Vet 45-49	10:58.6	84
391	1:49:59	BILLINGE, Nicole	Cornwall AC	Female under 35	10:59.7	141
392	1:50:17	SCRACE, Charmaine	St Austell RC	Female Vet 40-44	11:01.5	211
393	1:50:43	BRENNAN, Valerie	Hayle Runners	Female Vet 60-64	11:04.1	284
394	1:51:02	LEACH, Cheryl	Launceston Road Runners	Female Vet 65-69	11:06.0	5
395	1:51:30	STONE, Rowena		Male under 40	11:08.8	457
396	1:51:33	LAWTON, Emma		Female Vet 35-39	11:09.1	381
397	1:51:34	COLGAN, Jo		Female Vet 40-44	11:09.2	91
398	1:51:34	HENNESSY, Sally		Female Vet 50-54	11:09.2	41
399	1:51:35	JONES, Patricia	St Austell RC	Female Vet 45-49	11:09.3	206
400	1:52:30	HATCH, David	Moorhaven RC	Male Vet 65-69	11:14.8	43
401	1:52:34	MCCOLL, Darren	St Austell RC	Male Vet 40-44	11:15.2	189
402	1:52:34	MCCOLL, Charlotte	St Austell RC	Female Vet 35-39	11:15.2	188
403	1:52:44	NICHOLAS, Hilary	St Austell RC	Female Vet 50-54	11:16.2	202
404	1:52:55	FRANCIS, Donna	Newquay Road Runners	Female Vet 60-64	11:17.3	402
405	1:53:29	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	11:20.7	261
406	1:53:29	LEYSHON, Catherine	Falmouth Road Runners	Female Vet 40-44	11:20.7	248
407	1:54:28	SHEPHERD, Alan	Hayle Runners	Male Vet 60-64	11:26.6	268
408	1:54:32	HAMILTON, Amy	Newquay Road Runners	Female under 35	11:27.0	68
409	1:54:49	ROCHFORD (WATSON), Hayley	Hayle Runners	Female Vet 35-39	11:28.7	343
410	1:55:09	SAVAGE, Wendy		Female Vet 50-54	11:30.7	123
411	1:57:08	BRENNAN, Tom	Hayle Runners	Male Vet 65-69	11:42.6	285
412	1:57:31	ROWE, Joanna	Falmouth Road Runners	Female Vet 35-39	11:44.9	237
413	1:57:44	CAMPBELL, Alison	Carn Runners	Female Vet 35-39	11:46.2	56
414	1:58:32	SALMON, Jenny	Cornwall AC	Female Vet 35-39	11:51.0	412
415	1:59:42	WHITNEY, Linda	Newquay Road Runners	Female Vet 60-64	11:58.0	67
416	2:00:54	REDFERN, Jackie	Hayle Runners	Female Vet 45-49	12:05.2	325
417	2:00:54	SMITH, Mo	Hayle Runners	Female Vet 55-59	12:05.2	334
418	2:00:54	BOWDEN, Jackie	Hayle Runners	Female Vet 45-49	12:05.2	282
419	2:01:18	SCARAMAGLI, Romina		Female Vet 35-39	12:07.6	373
420	2:04:44	HAWKEN, Val	Newquay Road Runners	Female Vet 70	12:28.2	79
421	2:04:55	WYATT, Terry	St Austell RC	Male Vet 50-54	12:29.3	194
422	2:04:57	BOWDEN, Ian	Hayle Runners	Male Vet 40-44	12:29.5	281
423	2:05:30	FOX, Karrie	Falmouth Road Runners	Female Vet 60-64	12:32.8	360
424	2:05:30	MCCOLL, Debbie	Falmouth Road Runners	Female Vet 45-49	12:32.8	260
425	2:05:30	WOOD, Lorna	Falmouth Road Runners	Female Vet 55-59	12:32.8	358
426	2:06:53	DREW, Carole	Carn Runners	Female Vet 60-64	12:41.1	59
427	2:09:34	WRIGHT, Mike	Hayle Runners	Male Vet 60-64	12:57.2	347
428	2:11:06	COODE, Simon		Male Vet 45-49	13:06.4	19
429	2:12:24	O'NEILL, Nicola	Falmouth Road Runners	Female under 35	13:14.2	348
430	2:12:34	SOMERVILLE, Andrea	Newquay Road Runners	Female Vet 60-64	13:15.2	60
431	2:14:39	NANCARROW, Karen	Hayle Runners	Female Vet 40-44	13:27.7	318
432	2:15:26	BROWN, Helen	Falmouth Road Runners	Female Vet 45-49	13:32.4	254
433	2:15:26	PERCIVAL, Nic	Falmouth Road Runners	Female Vet 35-39	13:32.4	236
434	2:15:37	PREECE, Julia		Female Vet 45-49	13:33.5	448
435	2:16:34	PICKERSGILL, Janet	Hayle Runners	Female Vet 45-49	13:39.2	297
436	2:25:01	MCNEVIN, Iva	Mounts Bay Harriers	Female Vet 55-59	14:29.9	104
437	2:25:01	WATKINS, Yvonne	Mounts Bay Harriers	Female Vet 50-54	14:29.9	105

438	2:32:52	HULCOOP, Jason	Moorhaven RC	Male under 40	15:17.0	44
439	2:33:38	JOHNS, Trudy	Falmouth Road Runners	Female Vet 50-54	15:21.6	258
440	2:43:54	WHITE, Christine	Falmouth Road Runners	Female Vet 65-69	16:23.2	350