

Place	Bib	Name	AG	Club	ChipTime	GunTime
1.	978	Jordan CLAY	Male 16-34	Cornwall AC	54:51	54:51
2.	872	Colin SNOOK	Male 40-44	Cornwall AC	54:58	54:58
3.	862	Sam GOODCHILD	Male 16-34	Cornwall AC	55:06	55:06
4.	873	Paul SMITH	Male 40-44	Cornwall AC	58:25	58:26
5.	878	Tony WRIGHT	Male 50-54	Cornwall AC	58:48	58:48
6.	827	Carl ALDRIDGE	Male 16-34		59:09	59:09
7.	864	Ryan HANLEY	Male 16-34	Cornwall AC	59:24	59:24
8.	876	Paul WHEAR	Male 50-54	Cornwall AC	59:29	59:29
9.	871	Tom SLATTERY	Male 16-34	Cornwall AC	59:44	59:44
10.	874	Justin THOMAS	Male 45-49	Cornwall AC	1:00:04	1:00:04
11.	865	Noel KINDON	Male 35-39	Cornwall AC	1:00:12	1:00:12
12.	879	Oliver WRIGHT	Male 16-34	Cornwall AC	1:00:12	1:00:12
13.	810	Alex DANIELS	Male 45-49	Newquay Road Runners	1:00:24	1:00:24
14.	956	Jordan MORANT	Male 16-34	Hayle Runners	1:00:33	1:00:33
15.	883	Tom CARTHEY	Male 35-39	Falmouth Road Runners	1:00:59	1:00:59
16.	774	Paul STEVENS	Male 40-44	St Austell Running Club	1:01:48	1:01:50
17.	780	David TREGONNING	Male 16-34	St Austell Running Club	1:02:12	1:02:12
18.	807	Nigel SWIFT	Male 40-44	Newquay Road Runners	1:02:25	1:02:26
19.	762	Jamie MASTERS	Male 16-34	St Austell Running Club	1:02:45	1:02:46
20.	858	James ATTWOOD	Male 45-49	Cornwall AC	1:02:53	1:02:54
21.	939	Simon KNOWLES	Male 40-44	Hayle Runners	1:04:03	1:04:04
22.	895	Kieran MURRANT	Male 16-34	Falmouth Road Runners	1:04:02	1:04:04
23.	639	Tom KINGSNORTH	Male 35-39	St Edmunds Pacers	1:04:59	1:04:59
24.	255	Bradley MEDLOCK	Male 35-39	Hayle Runners	1:05:30	1:05:31
25.	855	Heidi TREGENZA	Female 16-34	Cornwall AC	1:05:50	1:05:50
26.	854	Emma STEPTO	Female 45-49	Cornwall AC	1:06:05	1:06:05
27.	882	David Wills	Male 35-39	Falmouth Road Runners	1:06:42	1:06:43
28.	399	Rob STANDING	Male 45-49	Truro Running Club	1:07:16	1:07:18
29.	819	Mark DEACON	Male 16-34	Looe Pioneers	1:07:49	1:07:49
30.	955	Thomas ROSENFELD	Male 35-39	Hayle Runners	1:08:10	1:08:11
31.	915	Mark LITTLEJOHNS	Male 45-49	Falmouth Road Runners	1:08:13	1:08:18
32.	728	Tim ADAMS	Male 45-49	St Austell Running Club	1:08:19	1:08:20

33.	962	Jeremy STEPHENS	Male 50-54	Hayle Runners	1:08:22	1:08:23
34.	932	Chris Barrett	Male 45-49	Hayle Runners	1:08:23	1:08:25
35.	981	Denzil Williams	Male 45-49	St Austell Running Club	1:08:34	1:08:36
36.	748	Mike GREER	Male 35-39	St Austell Running Club	1:08:48	1:08:51
37.	946	James MANNING	Male 40-44	Hayle Runners	1:08:54	1:08:55
38.	831	Glynn DAVIS	Male 55-59	Carn Runners	1:08:57	1:08:58
39.	479	Ian FERGUSON	Male 35-39	Falmouth Road Runners	1:09:16	1:09:21
40.	261	David WILDING, David	Male 40-44	Hayle Runners	1:09:29	1:09:31
41.	776	Lee TAMBLING	Male 35-39	St Austell Running Club	1:09:58	1:10:02
42.	986	Stephanie Hearn	Female 16-34	Cornwall AC	1:10:09	1:10:11
43.	726	Andrew HICKSON	Male 50-54	Mounts Bay Harriers	1:10:11	1:10:12
44.	907	James FINDLAY	Male 16-34	Carn Runners	1:10:32	1:10:35
45.	633	Alan PEARSON	Male 35-39		1:10:46	1:10:52
46.	14	Tim TWIGGS	Male 50-54	Mounts Bay Harriers	1:10:53	1:10:56
47.	813	Tim ROWE	Male 40-44		1:11:04	1:11:08
48.	921	Lee BURFORD	Male 35-39	Hayle Runners	1:11:16	1:11:18
49.	917	Rob Chirgwin	Male 16-34	Truro Running Club	1:11:18	1:11:20
50.	997	Nick Seagrave	Male 35-39	BRAT	1:11:18	1:11:24
51.	861	Chris COX	Male 45-49	Cornwall AC	1:11:28	1:11:34
52.	612	Philip BACHE	Male 16-34	Tri Logic Cornwall	1:11:24	1:11:37
53.	903	Jake Timms	Male 16-34	Falmouth Road Runners	1:11:42	1:11:46
54.	702	Darren ROOSE	Male 40-44	Newquay Road Runners	1:11:51	1:11:54
55.	333	Richard CHYNOWETH	Male 35-39	Truro Running Club	1:12:07	1:12:08
56.	912	Gary WILLIAMS	Male 35-39	Looe Pioneers	1:12:10	1:12:11
57.	781	Jeremy Gusterson	Male 50-54	Mounts Bay Harriers	1:12:18	1:12:21
58.	988	Damian Philp	Male 35-39	Bodmin Road Runners	1:12:23	1:12:24
59.	987	Derren Blewett	Male 50-54	St Austell Running Club	1:12:25	1:12:29
60.	910	Steve RENDLE	Male 50-54	Newquay Road Runners	1:12:29	1:12:31
61.	622	Paul FRIDAY	Male 45-49		1:12:35	1:12:39
62.	346	Pete BRAMWELL	Male 35-39		1:12:34	1:12:42
63.	628	Kaye PATTERSON	Female 16-34	East Cornwall Harriers	1:12:37	1:12:43
64.	708	Alan Giles	Male 35-39	St Austell Running Club	1:13:34	1:13:38
65.	870	Sean SANDOE	Male 45-49	Cornwall AC	1:13:39	1:13:41

66.	692	Craig Mugford	Male 40-44		1:13:34	1:13:47
67.	984	Jon Brumby	Male 16-34		1:13:29	1:13:48
68.	75	Hugh TAYLOR	Male 40-44		1:13:48	1:13:55
69.	723	Revis CROWLE	Female 55-59	East Cornwall Harriers	1:13:53	1:13:57
70.	891	Nick HAYDEN	Male 35-39	Falmouth Road Runners	1:13:56	1:14:00
71.	979	Loyd PURVIS	Male 45-49		1:14:01	1:14:02
72.	772	Andrew SMITH	Male 40-44	St Austell Running Club	1:13:59	1:14:04
73.	918	Mandy GIBSON	Female 40-44	Looe Pioneers	1:14:06	1:14:08
74.	100	Simon WEBBER	Male 60-64	East Cornwall Harriers	1:14:10	1:14:16
75.	696	Eleanor DIXON	Female 40-44	Newquay Road Runners	1:14:22	1:14:25
76.	732	Daniel BRAY	Male 35-39	St Austell Running Club	1:14:56	1:15:00
77.	796	Joe KEARNS	Male 55-59	East Cornwall Harriers	1:14:59	1:15:05
78.	768	Gemma Langford	Female 40-44		1:15:12	1:15:17
79.	801	Matt JOHNS	Male 40-44	JP Fitness Cornwall	1:15:32	1:15:34
80.	856	Donna RAGGETT	Female 45-49	Cornwall AC	1:15:37	1:15:40
81.	752	Mathew HENDERSON	Male 16-34	St Austell Running Club	1:15:44	1:15:49
82.	388	Claire MENSING	Female 45-49	Truro Running Club	1:15:46	1:15:50
83.	830	Barrie CARDEW	Male 60-64	Carn Runners	1:15:51	1:15:54
84.	634	John DOYLE	Male 60-64	Mounts Bay Harriers	1:15:52	1:16:01
85.	636	David GUFFICK	Male 35-39		1:15:57	1:16:01
86.	860	Vivian BRAY	Male 50-54	Cornwall AC	1:15:59	1:16:03
87.	625	Andrew LAURIE	Male 55-59	Falmouth Road Runners	1:16:02	1:16:09
88.	985	Joseph Stanford	Male 40-44	Bodmin Road Runners	1:16:19	1:16:25
89.	928	George ERICS	Male 35-39	Hayle Runners	1:16:27	1:16:30
90.	926	Andrew ELLIS	Male 45-49	Hayle Runners	1:16:30	1:16:35
91.	71	Jon ELDON	Male 55-59	Carn Runners	1:16:35	1:16:37
92.	820	Mark GRASSAM	Male 45-49	Looe Pioneers	1:16:37	1:16:39
93.	753	Matt HOCKING	Male 45-49	St Austell Running Club	1:16:34	1:16:39
94.	859	James BARRY	Male 55-59	Cornwall AC	1:16:45	1:16:48
95.	889	David FOY	Male 45-49	Falmouth Road Runners	1:16:44	1:16:51
96.	933	Debbie HARRISON-WEBB	Female 45-49	Hayle Runners	1:16:49	1:16:55
97.	943	Steven LEE	Male 55-59	Hayle Runners	1:16:55	1:16:58
98.	798	Amy Blackburn	Female 16-34	Mile High	1:16:53	1:17:01

99.	626	Paul ANGOVE	Male 50-54	Mounts Bay Harriers	1:17:09	1:17:16
100.	561	Stephen JONES	Male 35-39	Truro Running Club	1:17:35	1:17:40
101.	901	Hannah TIPPETTS	Female 16-34	Falmouth Road Runners	1:17:40	1:17:46
102.	650	Paul GWYNNE	Male 50-54	Mud Crew Trail Runners	1:17:49	1:17:56
103.	759	Stacie MARKS	Female 16-34	St Austell Running Club	1:17:55	1:18:01
104.	699	Peter ALLEN	Male 60-64	Newquay Road Runners	1:17:55	1:18:02
105.	805	Michael LACKEY	Male 50-54	Newquay Road Runners	1:17:55	1:18:03
106.	853	Julia PEARCE	Female 40-44	Cornwall AC	1:18:03	1:18:09
107.	788	Tony MORRIS	Male 55-59	St Austell Running Club	1:18:08	1:18:14
108.	757	Ross LAWRY	Male 40-44	St Austell Running Club	1:18:09	1:18:14
109.	698	Tracy MCKENZIE	Female 40-44	Newquay Road Runners	1:18:05	1:18:15
110.	875	Nigel TREVENA	Male 50-54	Cornwall AC	1:18:07	1:18:18
111.	877	Matthew WILSON	Male 40-44	Cornwall AC	1:18:22	1:18:26
112.	954	Robert RICHARDS	Male 65-69	Hayle Runners	1:18:24	1:18:29
113.	735	Andy CHASE	Male 16-34	St Austell Running Club	1:18:57	1:19:02
114.	936	Philip JOHNS	Male 16-34	Hayle Runners	1:18:57	1:19:10
115.	961	Derek SMITH	Male 55-59	Hayle Runners	1:19:19	1:19:22
116.	929	Lisa FRIDAY	Female 35-39	Hayle Runners	1:19:26	1:19:30
117.	989	David Hewitt	Male 45-49		1:19:35	1:19:38
118.	131	Janet HAYNES	Female 50-54	Mounts Bay Harriers	1:19:25	1:19:39
119.	184	Julian SPENCER	Male 50-54	Truro Running Club	1:19:47	1:19:49
120.	972	Mathew TREVAIL	Male 40-44		1:19:37	1:19:50
121.	610	Brian WILES	Male 70-74	Launceston Road Runners	1:19:46	1:19:55
122.	902	Scott TOY	Male 35-39	Falmouth Road Runners	1:19:57	1:20:04
123.	701	Karen WALTERS	Male 40-44	Newquay Road Runners	1:19:54	1:20:05
124.	624	Andrew STALLARD	Male 50-54	Truro Running Club	1:20:03	1:20:07
125.	945	Steve MACLAREN	Male 50-54	Hayle Runners	1:20:08	1:20:12
126.	823	Peter ROBINSON	Male 55-59		1:20:23	1:20:36
127.	744	Ashley GATES	Male 16-34	St Austell Running Club	1:20:32	1:20:37
128.	643	Phil GOULD	Male 40-44		1:20:27	1:20:38
129.	690	Lisa TALLING	Female 50-54	Newquay Road Runners	1:20:32	1:20:42
130.	666	Rachel WALLIS	Female 40-44	JP Fitness Cornwall	1:20:35	1:20:43
131.	697	Ella WILLIAMS	Female 40-44	Newquay Road Runners	1:20:39	1:20:49

132.	459	Julian CHAPMAN	Male 55-59		1:20:46	1:20:56
133.	617	Justin PICKERING	Male 45-49		1:20:49	1:21:02
134.	683	Kelly WOODFINE-BEARD	Female 35-39	Newquay Road Runners	1:20:55	1:21:04
135.	638	Trevor SPINKS	Male 45-49	Truro Running Club	1:20:56	1:21:06
136.	710	Jonathon LEWEN	Male 40-44		1:21:00	1:21:11
137.	994	Petrina Jones	Female 50-54		1:21:06	1:21:15
138.	724	Richard WOOLLISCROFT	Male 50-54		1:21:16	1:21:22
139.	779	Mark TREGENZA	Male 45-49	St Austell Running Club	1:21:25	1:21:31
140.	837	Wietske HANSEN	Female 50-54	Carn Runners	1:21:26	1:21:33
141.	843	Steven THOMAS	Male 40-44	Carn Runners	1:21:24	1:21:35
142.	940	Sharon LAMERTON	Female 45-49	Hayle Runners	1:21:37	1:21:41
143.	996	James White	Male 35-39		1:21:24	1:21:45
144.	845	Greg MAY	Male 35-39	Carn Runners	1:21:56	1:21:58
145.	818	Sally CRABB	Female 40-44	Looe Pioneers	1:21:54	1:22:00
146.	851	Amanda HEWITT	Female 45-49	Cornwall AC	1:21:50	1:22:01
147.	621	Tamsyn HARRIS	Female 50-54		1:21:58	1:22:05
148.	991	Helen Backshall	Female 16-34		1:21:51	1:22:07
149.	712	Ruth GLOVER	Female 16-34	Mounts Bay Harriers	1:21:52	1:22:07
150.	850	Rachael Wilsher	Female 55-59	Bodmin Road Runners	1:22:09	1:22:19
151.	869	Jon MITCHELL	Male 45-49	Cornwall AC	1:22:17	1:22:21
152.	750	Kevan Harper	Male 35-39		1:22:18	1:22:25
153.	947	Debbie MITCHELL	Female 40-44	Hayle Runners	1:22:17	1:22:26
154.	736	Joanna COLLINS	Female 16-34	St Austell Running Club	1:22:23	1:22:28
155.	846	Jo COX	Female 40-44	Cornwall AC	1:22:34	1:22:40
156.	734	Ross BUSCOMBE	Male 16-34	St Austell Running Club	1:22:51	1:22:57
157.	794	Robert KERNAGHAN	Male 45-49	Looe Pioneers	1:22:50	1:22:58
158.	655	Alistair IVERSON	Male 35-39	JP Fitness Cornwall	1:22:55	1:23:00
159.	812	Glenn WOOD	Male 55-59	East Cornwall Harriers	1:23:00	1:23:07
160.	763	Taryn MONTGOMERY-SMITH	Female 40-44	St Austell Running Club	1:23:10	1:23:19
161.	809	Steve DALE	Male 40-44	Newquay Road Runners	1:23:14	1:23:22
162.	834	Meryl ELSTONE	Female 50-54	Carn Runners	1:23:14	1:23:28
163.	803	Mick DAVISON	Male 45-49	Newquay Road Runners	1:23:21	1:23:30
164.	982	Ricky Burr	Male 16-34		1:23:25	1:23:35

165.	948	Andy MOORE	Male 60-64	Hayle Runners	1:23:32	1:23:36
166.	632	Tracey NICHOLLS	Female 55-59	Mounts Bay Harriers	1:23:48	1:23:56
167.	797	Luke WALLIS	Male 40-44	JP Fitness Cornwall	1:23:56	1:24:08
168.	693	Anna CARTER	Female 16-34	Newquay Road Runners	1:24:02	1:24:10
169.	925	Emily ELLEN	Female 35-39	Hayle Runners	1:24:15	1:24:25
170.	938	Helen KNOWLES	Female 40-44	Hayle Runners	1:24:44	1:24:47
171.	905	Alison WEIR	Female 45-49	Falmouth Road Runners	1:25:08	1:25:20
172.	737	Jenny Watson	Female 16-34		1:25:31	1:25:40
173.	755	Andrew JAY	Male 40-44	St Austell Running Club	1:25:34	1:25:43
174.	965	Melissa POULTNEY	Female 35-39	Hayle Runners	1:25:37	1:25:53
175.	944	Zoe LOCK	Female 35-39	Hayle Runners	1:25:31	1:25:54
176.	919	Mike BALDWIN	Male 55-59	Hayle Runners	1:25:42	1:25:58
177.	627	Andrew BLIGHT	Male 55-59		1:25:43	1:25:59
178.	993	Karenza Allen	Female 16-34		1:25:58	1:26:03
179.	842	Olivia PELLOWE	Female 40-44	Carn Runners	1:25:53	1:26:06
180.	705	Amy GREGORY	Female 16-34	Newquay Road Runners	1:26:05	1:26:12
181.	689	Les GRAVES	Male 60-64	Newquay Road Runners	1:26:07	1:26:17
182.	867	Steven JENKIN	Male 45-49	Cornwall AC	1:26:28	1:26:33
183.	808	Lisa PLAYER	Female 55-59	Newquay Road Runners	1:26:27	1:26:35
184.	642	Chris WORTH	Male 35-39	Kimberley & District Striders	1:26:36	1:26:39
185.	964	Diane WARREN	Female 60-64	Hayle Runners	1:26:24	1:26:39
186.	285	Paul ALLEN	Male 50-54		1:26:37	1:26:55
187.	769	Melissa ROWE	Female 45-49	St Austell Running Club	1:26:42	1:26:59
188.	922	Richard COLLETT	Male 35-39	Hayle Runners	1:26:40	1:27:00
189.	857	Zeinab WEYERS	Female 16-34	Cornwall AC	1:26:53	1:27:00
190.	332	Mike ORCHARD	Male 60-64	Hayle Runners	1:26:40	1:27:05
191.	990	Marty Barnfield	Male 45-49		1:26:56	1:27:10
192.	980	Grant ELLIS	Male 45-49		1:27:02	1:27:23
193.	966	Maria WILLIAMS	Female 55-59	Hayle Runners	1:27:17	1:27:25
194.	741	Shirley CAIRNEY	Female 50-54	St Austell Running Club	1:27:17	1:27:28
195.	786	Jenny Search	Female 40-44	Elvet Striders	1:27:36	1:27:58
196.	717	Tim WILSON	Male 35-39	JP Fitness Cornwall	1:28:05	1:28:12
197.	927	Craig Tonkin	Male 45-49	Carn Runners	1:27:55	1:28:21

198.	766	Holly PAYNE	Female 16-34	St Austell Running Club	1:28:24	1:28:31
199.	733	Gennara BRAY	Female 16-34	St Austell Running Club	1:28:24	1:28:32
200.	61	Ellen JENKINS	Female 16-34		1:28:33	1:28:48
201.	229	Glynn EDWARDS	Male 16-34	Truro Running Club	1:28:35	1:28:49
202.	663	Jane PETT	Female 40-44	JP Fitness Cornwall	1:28:45	1:28:54
203.	793	John GORTON	Male 65-69	Mounts Bay Harriers	1:29:01	1:29:19
204.	992	Jonathan Walsh	Male 45-49		1:28:54	1:29:30
205.	670	Victoria WOODHALL	Female 40-44	Hereford Couriers	1:29:09	1:29:32
206.	745	Clive GIBBS	Male 50-54	St Austell Running Club	1:29:07	1:29:32
207.	78	Lucy OLDHAM	Female 40-44	East Cornwall Harriers	1:29:25	1:29:33
208.	785	Jayne WILLIAMS	Female 45-49	St Austell Running Club	1:29:30	1:29:35
209.	764	Mark OWEN	Male 40-44	St Austell Running Club	1:29:29	1:29:36
210.	816	Edmund WARREN	Male 40-44		1:29:17	1:29:40
211.	963	Stewart TOWNEND	Male 75-79	Hayle Runners	1:29:44	1:29:57
212.	641	Jane STEDMAN	Female 55-59	100 Marathon Club	1:29:46	1:29:59
213.	704	Colin MARTIN	Male 65-69	Newquay Road Runners	1:29:49	1:30:01
214.	826	Richard BOUCHER	Male 45-49		1:30:00	1:30:03
215.	83	Lucy GOY	Female 40-44	JP Fitness Cornwall	1:29:52	1:30:04
216.	727	Grace Whetton	Female 16-34	Mounts Bay Harriers	1:30:02	1:30:06
217.	262	Trevor LEE	Male 55-59	Truro Running Club	1:30:15	1:30:21
218.	716	Joanne BARRY	Female 40-44	JP Fitness Cornwall	1:30:08	1:30:24
219.	659	Jo MINERS	Female 40-44	JP Fitness Cornwall	1:30:08	1:30:25
220.	960	Hannah SMITH	Female 16-34	Hayle Runners	1:30:08	1:30:26
221.	848	Miranda FLANNIGAN	Female 45-49	Cornwall AC	1:30:39	1:30:45
222.	758	Jane MOORE	Female 55-59	St Austell Running Club	1:30:35	1:30:47
223.	900	Mark TAMBLYN	Male 60-64	Falmouth Road Runners	1:30:44	1:30:57
224.	975	Amy KEATES	Female 16-34		1:30:53	1:31:00
225.	971	Neill FURLONGER	Male 35-39		1:30:59	1:31:13
226.	833	Peter DREW	Male 70-74	Carn Runners	1:31:06	1:31:17
227.	908	David PICKARD	Male 60-64	Launceston Road Runners	1:31:10	1:31:24
228.	893	Denise LYDALL	Female 50-54	Falmouth Road Runners	1:31:20	1:31:36
229.	616	Paul LUDLAM	Male 55-59		1:31:17	1:31:38
230.	706	Lucy HEWITT	Female 50-54	Newquay Road Runners	1:31:24	1:31:40

231.	731	Karina BOWERS	Female 35-39	St Austell Running Club	1:31:30	1:31:40
232.	828	Sarah ALLEN	Female 45-49	Carn Runners	1:31:35	1:31:49
233.	647	Abi ATHAY	Female 35-39		1:31:30	1:31:54
234.	802	Sasha OSBORNE	Female 50-54	Mounts Bay Harriers	1:31:33	1:31:54
235.	924	Toby DREWETT	Male 40-44	Hayle Runners	1:32:09	1:32:30
236.	771	Joanna SKYBA	Female 35-39	St Austell Running Club	1:32:27	1:32:36
237.	637	Claire TULLETT	Female 16-34	Truro Running Club	1:32:33	1:32:44
238.	640	Chantelle HICKMAN	Female 40-44	Mounts Bay Harriers	1:32:47	1:33:10
239.	795	Andie SMITH	Female 55-59		1:32:49	1:33:11
240.	630	Carly BYRNE	Female 40-44		1:32:49	1:33:12
241.	761	Melanie MASKELL	Female 50-54	St Austell Running Club	1:32:50	1:33:14
242.	778	Tina Handley	Female 16-34		1:32:57	1:33:15
243.	770	Nigel Groom	Male 50-54		1:32:57	1:33:15
244.	909	Linda PICKARD	Female 55-59	Launceston Road Runners	1:33:03	1:33:17
245.	849	Heidi HADEN	Female 35-39	Cornwall AC	1:33:07	1:33:19
246.	240	Hayley ORCHARD	Female 45-49		1:33:04	1:33:25
247.	782	Neal Wade	Male 40-44		1:33:14	1:33:37
248.	660	Jennifer MOYE	Female 40-44	JP Fitness Cornwall	1:33:53	1:34:02
249.	297	Jackie COPE	Female 60-64	Falmouth Road Runners	1:33:51	1:34:09
250.	730	Marie BLACKBEARD	Female 50-54	St Austell Running Club	1:34:08	1:34:19
251.	30	Ian RINGER	Male 70-74	Bodmin Road Runners	1:34:17	1:34:30
252.	974	John BOWDEN	Male 60-64	Looe Pioneers	1:34:22	1:34:35
253.	832	Barry DREW	Male 70-74	Carn Runners	1:34:27	1:34:36
254.	773	Georgina SPEAKE	Female 40-44	St Austell Running Club	1:34:34	1:34:42
255.	756	Merlin KEATING	Male 45-49	St Austell Running Club	1:34:23	1:34:42
256.	969	Richard HENSHAW	Male 45-49		1:34:22	1:34:49
257.	682	Wayne CAFF	Male 45-49	Newquay Road Runners	1:34:45	1:34:57
258.	863	Daron Walker	Male 40-44	Bodmin Road Runners	1:35:07	1:35:20
259.	817	Ottie SKEWES	Female 45-49		1:35:09	1:35:26
260.	490	Bob WILLCOCKS	Male 60-64	Falmouth Road Runners	1:35:11	1:35:28
261.	968	Cheryl JONES	Female 35-39	JP Fitness Cornwall	1:35:07	1:35:28
262.	669	Helen Harris	Female 16-34	JP Fitness Cornwall	1:35:27	1:35:43
263.	703	Alison ROOSE	Female 40-44	Newquay Road Runners	1:35:35	1:35:46

264.	688	Louise COOKE-DAVIES	Female 50-54	Newquay Road Runners	1:35:39	1:35:55
265.	694	John LILLIS	Male 70-74	Newquay Road Runners	1:35:48	1:35:57
266.	665	Sue SYKES	Female 55-59	JP Fitness Cornwall	1:36:03	1:36:13
267.	719	Laura Palmer	Female 45-49	JP Fitness Cornwall	1:36:05	1:36:16
268.	644	Andrew ELLIOTT	Male 50-54	Looe Pioneers	1:36:06	1:36:17
269.	906	David WILTON	Male 60-64	Falmouth Road Runners	1:36:10	1:36:27
270.	657	Alice KIRBY	Female 35-39	JP Fitness Cornwall	1:36:17	1:36:33
271.	721	Lorraine BROWN	Female 45-49	Truro Running Club	1:36:38	1:36:49
272.	645	Tania ELLIOTT	Female 45-49	Looe Pioneers	1:36:52	1:37:03
273.	73	Emma TAYLOR	Female 35-39		1:36:59	1:37:16
274.	695	Sharon WILLIS	Female 55-59	Newquay Road Runners	1:37:01	1:37:17
275.	822	John BARNES	Male 55-59	Launceston Road Runners	1:37:10	1:37:22
276.	691	Glyn TALLING	Male 45-49	Newquay Road Runners	1:37:22	1:37:47
277.	675	Yvonne SMITH	Female 55-59		1:37:56	1:38:07
278.	676	David SMITH	Male 50-54		1:37:58	1:38:07
279.	749	Miranda GREER	Female 35-39	St Austell Running Club	1:38:06	1:38:17
280.	999	Diane Catterall	Female 16-34	Carn Runners	1:38:15	1:38:30
281.	998	Laura James	Female 35-39		1:38:15	1:38:31
282.	751	Shaun GROSE	Male 16-34	St Austell Running Club	1:38:13	1:38:34
283.	951	Ruth PHILLIPS	Female 40-44	Hayle Runners	1:38:13	1:38:35
284.	914	Linda DERRY	Female 50-54		1:38:19	1:38:36
285.	664	Karen RICHARDS	Female 45-49	JP Fitness Cornwall	1:38:30	1:38:41
286.	685	Samantha JAYNE	Female 45-49	Newquay Road Runners	1:38:19	1:38:42
287.	995	Lucy Page	Female 45-49		1:38:29	1:38:43
288.	629	Alison TALEN	Female 40-44	St Austell Running Club	1:38:21	1:38:47
289.	441	Cas LEO	Male 55-59	Hayle Runners	1:38:43	1:38:47
290.	881	Tandy BRUMBY	Female 55-59	Falmouth Road Runners	1:38:42	1:39:01
291.	942	Becky LEE	Female 50-54	Hayle Runners	1:39:02	1:39:10
292.	486	Amanda EVA	Female 55-59	Truro Running Club	1:38:55	1:39:14
293.	866	Neil Ham	Male 50-54	Cornwall AC	1:39:26	1:39:33
294.	835	Alison GALLOWAY	Female 55-59	Carn Runners	1:39:33	1:39:50
295.	775	Helen STUTHRIDGE	Female 50-54	St Austell Running Club	1:39:42	1:40:01
296.	829	Mike BAWDEN	Male 60-64	Carn Runners	1:40:11	1:40:32

297.	677	Mick TORRES	Male 55-59	Looe Pioneers	1:40:24	1:40:36
298.	117	Vickie VIGGERS	Female 40-44	PB Running Club	1:40:24	1:40:41
299.	687	Jane GARSIDE	Female 50-54	Newquay Road Runners	1:40:26	1:40:43
300.	983	Luke Walker	Male 16-34		1:40:23	1:40:48
301.	742	Amy FLOYD-NORRIS	Female 16-34	St Austell Running Club	1:40:29	1:40:52
302.	565	Lucinda BREWER	Female 40-44		1:40:43	1:40:55
303.	662	Morwenna PATERSON	Female 40-44	JP Fitness Cornwall	1:40:40	1:40:59
304.	651	Tamara Greet	Female 40-44	JP Fitness Cornwall	1:40:41	1:41:02
305.	973	Geraldine BOWDEN	Female 55-59	Looe Pioneers	1:40:55	1:41:07
306.	783	Lizzie Search	Female 35-39	Ealing Eagles	1:41:10	1:41:33
307.	618	Amy FROST	Female 35-39	Mounts Bay Harriers	1:41:35	1:41:50
308.	923	Kate CREHAN	Female 35-39	Hayle Runners	1:41:36	1:41:51
309.	671	Gemma WOOLFE	Female 35-39		1:41:50	1:42:02
310.	620	Jenna FUGGLES	Female 40-44		1:41:42	1:42:07
311.	789	Diana NICHOLSON	Female 55-59	Tamar Trotters	1:41:58	1:42:13
312.	841	Peter PASCOE	Male 50-54	Carn Runners	1:41:53	1:42:16
313.	70	Mark SMITHERAM	Male 45-49	Carn Runners	1:41:53	1:42:17
314.	799	Stephanie DYMOND	Female 50-54	Mounts Bay Harriers	1:41:59	1:42:20
315.	754	Isabel IRWIN	Female 16-34	St Austell Running Club	1:42:01	1:42:26
316.	619	Sue MB JOHNS	Female 60-64	Mounts Bay Harriers	1:42:32	1:42:48
317.	654	Hannah DUTCHAK	Female 16-34	JP Fitness Cornwall	1:42:38	1:42:58
318.	715	Vanessa BUA-ROBERTS	Female 16-34	JP Fitness Cornwall	1:42:38	1:42:59
319.	852	Jacqueline JENKIN	Female 70-74	Cornwall AC	1:42:56	1:43:05
320.	700	Adam WALTERS	Male 35-39	Newquay Road Runners	1:42:52	1:43:16
321.	814	Sarah STEED	Female 45-49	East Cornwall Harriers	1:43:04	1:43:23
322.	800	Tony BERRY	Male 80+	Truro Running Club	1:43:46	1:43:57
323.	931	Fiona GAMBLE	Female 16-34	Hayle Runners	1:43:39	1:44:01
324.	976	Lisa BUSCOMBE	Female 45-49	Truro Running Club	1:44:18	1:44:18
325.	840	Mike MACK	Male 70-74	Carn Runners	1:44:20	1:44:39
326.	904	Sarah WEBB	Female 45-49	Falmouth Road Runners	1:44:22	1:44:42
327.	673	Elaine STAINSBY	Female 45-49	JP Fitness Cornwall	1:44:34	1:44:49
328.	661	Stacey ORCHARD	Female 16-34	JP Fitness Cornwall	1:44:30	1:44:49
329.	718	Rebecca STUTELEY	Female 35-39	JP Fitness Cornwall	1:44:31	1:44:49

330.	884	Nina CHELL	Female 40-44	Falmouth Road Runners	1:44:55	1:45:13
331.	899	Kate ROWLANDS	Female 35-39	Falmouth Road Runners	1:44:55	1:45:13
332.	896	Nick PENTREATH	Male 55-59	Falmouth Road Runners	1:44:56	1:45:15
333.	679	Des EVANS	Male 70-74	Newquay Road Runners	1:45:24	1:45:42
334.	709	Eleanor ELLISON	Female 60-64	Newquay Road Runners	1:45:25	1:45:42
335.	729	Abbie SMITH	Female 16-34	St Austell Running Club	1:45:17	1:45:43
336.	897	Diana RAIKER	Female 16-34	Falmouth Road Runners	1:45:40	1:46:02
337.	672	Jessica THOMAS	Female 16-34	JP Fitness Cornwall	1:45:48	1:46:02
338.	667	Wendy WILLIAMS	Female 55-59	JP Fitness Cornwall	1:45:56	1:46:05
339.	894	Sally MARTIN	Female 40-44	Falmouth Road Runners	1:45:44	1:46:06
340.	684	James PENHALIGON	Male 16-34	Newquay Road Runners	1:45:46	1:46:10
341.	569	Nigel WESTWOOD	Male 55-59		1:46:07	1:46:11
342.	614	Jackie STONE	Female 55-59	Mounts Bay Harriers	1:46:19	1:46:30
343.	760	Jacqui MARTIN	Female 50-54	St Austell Running Club	1:46:10	1:46:34
344.	740	Adam DYER	Male 35-39	St Austell Running Club	1:46:36	1:46:48
345.	615	Soraya BEST	Female 35-39		1:46:37	1:46:50
346.	631	Andrea BOWES	Female 40-44		1:46:38	1:46:53
347.	707	Katie BULLOCK	Female 16-34	Newquay Road Runners	1:46:39	1:46:53
348.	888	Rachel FLANAGAN	Female 50-54	Falmouth Road Runners	1:46:34	1:46:54
349.	686	Lynn HARVEY	Female 65-69	Newquay Road Runners	1:46:41	1:47:00
350.	746	Debbie GIBBS	Female 50-54	St Austell Running Club	1:46:50	1:47:15
351.	784	Hannah WATTS	Female 16-34	St Austell Running Club	1:46:54	1:47:19
352.	713	Emma WILLIAMS	Female 35-39	JP Fitness Cornwall	1:47:26	1:47:46
353.	419	Sharon TAMBLYN	Female 55-59	Bodmin Womens RC	1:47:55	1:48:05
354.	821	Marie Ann CANN	Female 45-49	Mounts Bay Harriers	1:48:19	1:48:31
355.	471	Judy JAMESON	Female 55-59	Carn Runners	1:48:32	1:48:47
356.	652	Ruth AVERY	Female 45-49	JP Fitness Cornwall	1:48:30	1:48:50
357.	722	Andrew BROWN	Male 55-59	Truro Running Club	1:48:42	1:49:00
358.	372	Timothea CARDELL	Female 75-79	Hayle Runners	1:49:54	1:50:15
359.	406	Mark SQUIRE	Male 60-64	Mounts Bay Harriers	1:50:09	1:50:27
360.	653	Sarah COOK	Female 45-49	JP Fitness Cornwall	1:50:06	1:50:32
361.	613	Kelly DAVIS	Female 40-44		1:50:54	1:51:08
362.	898	Nigel ROBERTS	Male 35-39	Falmouth Road Runners	1:52:20	1:52:41

363.	623	Fiona RUSSELL	Female 50-54	Truro Running Club	1:52:43	1:53:02
364.	658	Glennie MCKINLEY	Female 50-54	JP Fitness Cornwall	1:53:44	1:53:44
365.	970	Lesley TAPHOUSE	Female 55-59	Bodmin Road Runners	1:53:34	1:53:49
366.	739	Anne FITZPATRICK	Female 55-59	St Austell Running Club	1:53:28	1:53:55
367.	916	Alex PUTNA	Female 45-49		1:54:11	1:54:32
368.	681	Jane CAFF	Female 55-59	Newquay Road Runners	1:54:32	1:54:55
369.	777	Christine TODD	Female 55-59	St Austell Running Club	1:55:05	1:55:31
370.	767	David RALLS	Male 65-69	St Austell Running Club	1:55:21	1:55:46
371.	714	Sandra ORCHARD	Female 55-59	JP Fitness Cornwall	1:55:46	1:56:14
372.	804	Tristan CAFF	Male 16-34	Newquay Road Runners	1:56:35	1:56:58
373.	844	Jeanette TOY	Female 45-49	Carn Runners	1:59:09	1:59:23
374.	868	Norris KINGTON	Male 75-79	Cornwall AC	1:59:24	1:59:40
375.	720	Nicola BRAY	Female 40-44		1:59:16	1:59:45
376.	275	Julie BOLITHO	Female 50-54	Mounts Bay Harriers	2:02:48	2:03:08
377.	649	Jaquie PASCOE	Female 60-64	JP Fitness Cornwall	2:03:07	2:03:35
378.	743	Rachel FOUND	Female 45-49	St Austell Running Club	2:03:16	2:03:42
379.	787	Angela YATES	Female 60-64	St Austell Running Club	2:03:39	2:04:05
380.	656	Kristina JOHNSON	Female 16-34	JP Fitness Cornwall	2:04:24	2:04:51
381.	116	Sandra LIDIARD	Female 45-49	Bodmin Womens RC	2:06:44	2:06:57
382.	349	Daryll WARE	Male 50-54	PB Running Club	2:06:44	2:06:58
383.	892	Steven LAWRENCE	Male 60-64	Falmouth Road Runners	2:06:52	2:07:14
384.	890	David GARRARD	Male 70-74	Falmouth Road Runners	2:10:07	2:10:29
385.	366	Rosie TREVAINS	Female 16-34	Bodmin Womens RC	2:11:29	2:11:43
386.	911	Janet WILLS	Female 65-69		2:11:45	2:12:10
DNF	847	Emma EVA	Female 35-39	Cornwall AC		
DNF	885	Sarah CHOAK	Female 50-54	Falmouth Road Runners		
n.a.	65	Stuart PICKERING	Male 50-54	Tri Logic Cornwall		
n.a.	99	Jon JONES	Male 45-49	Looe Pioneers		
n.a.	270	Lisa GOWER	Female 45-49	Tri Logic Cornwall		
n.a.	308	Fiona MONTAGUE	Female 40-44	Tamar Trotters		
n.a.	324	Colin TAYLOR	Male 40-44			
n.a.	325	Dan MOORE	Male 16-34			
n.a.	380	Martyn HUNT	Male 35-39			

n.a.	430	Nicola GEARING	Female 35-39	Tri Logic Cornwall
n.a.	435	Bridget LEWIS	Female 50-54	Mounts Bay Harriers
n.a.	442	Sally HELLINGS	Female 45-49	Tri Logic Cornwall
n.a.	454	Chris OAKES	Male 45-49	Mounts Bay Harriers
n.a.	493	Susan MOORE	Female 16-34	
n.a.	611	Martin HYNES	Male 65-69	Launceston Road Runners
n.a.	635	Susie HARWOOD	Female 50-54	
n.a.	646	Diane BRAVERMAN	Female 65-69	Cambridge & Coleridge AC
n.a.	648	Antony PENHAUL	Male 70-74	Mounts Bay Harriers
n.a.	668	Gail WINDSOR	Female 45-49	JP Fitness Cornwall
n.a.	674	Nicky SOWERBY	Female 50-54	Truro Running Club
n.a.	678	Linda CUFF	Female 50-54	Looe Pioneers
n.a.	711	Amber BOLGER	Female 16-34	Looe Pioneers
n.a.	725	Nathan JENKIN	Male 35-39	
n.a.	738	Dino DE ZORZI	Male 50-54	St Austell Running Club
n.a.	747	Sarah DOUGLAS	Female 35-39	St Austell Running Club
n.a.	765	Jason PARKS	Male 35-39	St Austell Running Club
n.a.	790	Janine HARVEY	Female 35-39	
n.a.	791	Peter MARQUIS	Male 60-64	
n.a.	792	Pam SOLOMON	Female 55-59	PB Running Club
n.a.	811	Philip SPARGO	Male 60-64	Truro Running Club
n.a.	815	Robert BURROWS	Male 60-64	Mounts Bay Harriers
n.a.	824	Anna SOBOL	Female 16-34	Looe Pioneers
n.a.	825	Samie SANDS	Female 16-34	Looe Pioneers
n.a.	836	Craig HALL	Male 40-44	Carn Runners
n.a.	838	Mark HARRINGTON	Male 50-54	Carn Runners
n.a.	839	Cedric JOHNS	Male 70-74	Carn Runners
n.a.	880	Kallum WRIGHT	Male 16-34	Cornwall AC
n.a.	886	Martin DALTON	Male 65-69	Falmouth Road Runners
n.a.	887	Julian EVANS	Male 45-49	Falmouth Road Runners
n.a.	913	Richard KEEFE	Male 45-49	Falmouth Road Runners
n.a.	920	Sam BLACK	Female 35-39	Hayle Runners
n.a.	930	Stephen FULLER	Male 50-54	Hayle Runners

n.a.	934	Gabrielle HUME-ROTHERY	Female 35-39	Hayle Runners
n.a.	935	Katri LIVONEN-GRAY	Female 35-39	Hayle Runners
n.a.	937	David BONAR	Male 55-59	Hayle Runners
n.a.	941	Jo LAY	Female 50-54	Hayle Runners
n.a.	949	Kathryn OSBORN	Female 55-59	Hayle Runners
n.a.	950	Deborah PEARCE	Female 50-54	Hayle Runners
n.a.	952	Craig POUND	Male 16-34	Hayle Runners
n.a.	953	Sara RICHARDS	Female 35-39	Hayle Runners
n.a.	957	Sharon ROWAT	Female 45-49	Hayle Runners
n.a.	958	Faye SAVAGE	Female 40-44	Hayle Runners
n.a.	959	Rich SAVAGE	Male 50-54	Hayle Runners
n.a.	967	Paul WINGELL	Male 45-49	Hayle Runners
n.a.	977	Craig JAMIESON	Male 55-59	East Cornwall Harriers