

Bude Lifeboat Run - 2024

Place	Bib	Name	AG	Club	GunTime	ChipTime
1	419	Joshua Benford	Male 15-35	Bideford AAC	0:34:32	0:34:32
2	135	Steve Reynolds	Male 35-39	Truro Running Club	0:36:15	0:36:15
3	239	James Pugsley	Male 15-35	Bideford AAC	0:36:33	0:36:33
4	1	Dylan Stevens	Male 15-35	Newquay & Par AC	0:37:58	0:37:58
5	413	Keith Shapland	Male 40-44	Bideford AAC	0:38:12	0:38:12
6	411	Neil Hayhurst	Male 40-44	Hayle Runners	0:38:17	0:38:17
7	350	John Odonoghue	Male 35-39	Bideford AAC	0:38:18	0:38:18
8	417	Oliver Jones	Male 50-54	East Cornwall Harriers	0:38:50	0:38:49
9	149	Alex Marples	Male 45-49	Truro Running Club	0:38:55	0:38:54
10	76	Dean Wickett	Male 15-35		0:38:56	0:38:56
11	151	Callum Pinch	Male 15-35	Truro Running Club	0:39:01	0:39:01
12	331	Finley Cloak	Male 15-35	Bideford AAC	0:39:10	0:39:10
13	251	Adam Meneer	Male 50-54	Wadebridge Running Club	0:39:17	0:39:17
14	153	Morgan Craig	Male 45-49	Bude Rats (Run and Tri)	0:39:42	0:39:42
15	75	Joe Davies	Male 35-39	Bideford AAC	0:39:54	0:39:53
16	59	Ian Gooding	Male 50-54	Bideford AAC	0:40:13	0:40:10
17	246	Matthew Lee	Male 40-44	Wadebridge Running Club	0:40:17	0:40:15
18	277	Joseph Thomson	Male 35-39	Launceston Road Runners	0:40:55	0:40:51
19	470	Martin Colwill	Male 55-59	Bideford AAC	0:41:00	0:40:58
20	5	Paul Stevens	Male 45-49	St Austell Athletes Running C	0:41:15	0:41:13
21	416	Dave Hannah	Male 40-44	East Cornwall Harriers	0:41:36	0:41:34
22	197	Callum Waldie	Male 15-35	Truro Running Club	0:41:43	0:41:42
23	68	Andrew Senior	Male 35-39	Truro Running Club	0:41:50	0:41:49
24	378	Nigel Sullivan	Male 55-59	Bodmin Running Club	0:42:01	0:42:00
25	172	Michael Clark	Male 50-54	South Molton Strugglers	0:42:06	0:42:04
26	389	Jennifer Badger	Female 15-35	Prestwich AC	0:42:07	0:42:07
27	404	James Youlden	Male 45-49	St Austell Running Club	0:42:25	0:42:23
28	236	Antony Jarvis	Male 50-54	Bude Rats (Run and Tri)	0:42:41	0:42:39
29	352	Carl Murphy	Male 45-49	Truro Running Club	0:42:48	0:42:46
30	305	Mike Dowrick	Male 50-54	Cornwall AC	0:43:02	0:43:01
31	452	Mark Curtis	Male 45-49	Bideford AAC	0:43:07	0:43:06
32	11	Lucy Longbottom	Female 15-35	Truro Running Club	0:43:08	0:43:07
33	431	Ben Harding	Male 40-44	East Cornwall Harriers	0:43:15	0:43:14
34	54	Luke Day	Male 35-39	Ilfracombe Running Club	0:43:21	0:43:19
35	464	Mark Rowe	Male 40-44	Raptor racing	0:43:31	0:43:28
36	161	Luke Medland	Male 15-35		0:43:38	0:43:38
37	159	Jeremy Brown	Male 50-54	Bude Rats (Run and Tri)	0:43:53	0:43:49
38	46	Jon Eldon	Male 60-64	Hayle Runners	0:44:10	0:44:10
39	167	Saul Barraclough	Male 15-35	Bude Surf Life Saving	0:44:22	0:44:22
40	311	Nick Giles	Male 40-44	Wadebridge Running Club	0:44:37	0:44:34
41	144	Ian Curnow	Male 50-54	Hayle Runners	0:44:42	0:44:38
42	273	Simon Bishop	Male 40-44		0:44:44	0:44:37
43	415	Vincent Helliwell	Male 60-64	Bideford AAC	0:44:46	0:44:44
44	192	Stacie Tregonning	Female 15-35	St Austell Athletes Running C	0:44:57	0:44:54
45	247	Jonathan Blemings	Male 35-39	Wadebridge Running Club	0:45:03	0:44:59
46	14	Chris Stone	Male 55-59	Bideford AAC	0:45:06	0:45:06

47	122	Anthony Peters	Male 50-54		0:45:07	0:45:07
48	498	Joanne Page	Female 35-39	Okehampton RC	0:45:24	0:45:21
49	361	Matt Allan	Male 40-44	Camelford Up and Running	0:45:35	0:45:32
50	488	Simon Reid	Male 45-49	Just Jog Bideford	0:45:36	0:45:19
51	340	Jack Bere	Male 15-35		0:45:38	0:45:38
52	505	Colin Bathe	Male 55-59	Truro Running Club	0:45:47	0:45:44
53	398	Josh Taphouse	Male 15-35		0:46:17	0:46:13
54	425	Rob Finch	Male 35-39	Bideford AAC	0:46:46	0:46:45
55	424	Davina Brown	Female 35-39	Bideford AAC	0:46:49	0:46:48
56	154	Richard Godfrey	Male 45-49	Holsworthy Running Club	0:47:09	0:46:54
57	426	Ben Hockridge	Male 35-39	Bude Rats (Run and Tri)	0:47:17	0:47:12
58	162	Paul Gough	Male 50-54	Hayle Runners	0:47:20	0:47:12
59	252	Andrew Pearson	Male 50-54	Bideford AAC	0:47:24	0:47:22
60	465	Lynsey Newcombe	Female 45-49	Bideford AAC	0:47:25	0:47:22
61	195	Ian Temple	Male 55-59	Bodmin Running Club	0:47:31	0:47:26
62	343	Edward Clarke	Male 15-35		0:47:40	0:47:21
63	287	Andrew Searle	Male 40-44	Hayle Runners	0:47:41	0:47:34
64	466	Jeremy Rowe	Male 55-59	Just Jog Bideford	0:47:43	0:47:40
65	130	Darren Avery	Male 45-49	Torrington AAC	0:47:47	0:47:41
66	492	Gail Aspden	Female 55-59	Cornwall AC	0:47:48	0:47:46
67	474	Frazer Humbles	Male 40-44	Hayle Runners	0:47:50	0:47:45
68	181	Jane Cann	Female 40-44	Bideford AAC	0:47:56	0:47:53
69	314	Andrew Poulter	Male 50-54	Wadebridge Running Club	0:47:59	0:47:55
70	33	Callum Fanthorpe	Male 15-35	Fremington Trailblazers	0:48:10	0:48:09
71	268	Wayne Stapleton	Male 50-54		0:48:15	0:48:09
72	296	Gareth Cann	Male 55-59		0:48:17	0:48:08
73	307	David Shelvey	Male 55-59	Bude Rats (Run and Tri)	0:48:22	0:48:05
74	390	Anna Tanner	Female 40-44		0:48:46	0:48:44
75	397	David Thomson	Male 60-64	Launceston Road Runners	0:48:52	0:48:42
76	199	Chloe Constantine	Female 50-54	Bude Rats (Run and Tri)	0:48:53	0:48:49
77	486	Glen Farrell	Male 50-54	Just Jog Bideford	0:49:05	0:48:49
78	234	Gary Vernon	Male 50-54		0:49:06	0:49:04
79	146	Steve Rendle	Male 55-59	Newquay Road Runners	0:49:07	0:49:00
80	123	Rhodri Davies	Male 35-39	Holsworthy Running Club	0:49:11	0:48:56
81	69	Marty Barnfield	Male 50-54	Bodmin Running Club	0:49:16	0:49:12
82	353	Sam Sharp	Male 35-39		0:49:26	0:48:58
83	391	Ian Shute	Male 45-49		0:49:27	0:49:23
84	449	Peter James	Male 50-54	Launceston Road Runners	0:49:33	0:49:27
85	227	Christopher Heywood	Male 60-64		0:49:37	0:49:21
86	210	Michael Jones	Male 15-35		0:49:43	0:49:28
87	346	Ben South	Male 35-39		0:49:46	0:49:30
88	382	Emma Hancock	Female 15-35		0:49:53	0:49:38
89	477	Andrew Jeffery	Male 55-59	Just Jog Bideford	0:49:57	0:49:55
90	335	Dave Barker	Male 55-59	Fremington Trailblazers	0:49:59	0:49:49
91	326	Benjamin Jarram	Male 35-39	Launceston Road Runners	0:50:01	0:49:53
92	185	Steven Martin	Male 45-49		0:50:09	0:50:05
93	155	Claire King	Female 50-54	Fremington Trailblazers	0:50:12	0:50:06
94	259	Richard Wilson	Male 60-64	Torrington AAC	0:50:13	0:50:05
95	368	Nick Blake	Male 65-69	Oswestry Olympians	0:50:14	0:50:10

96	35	Gary Montague	Male 40-44	Bideford AAC	0:50:18	0:50:13
97	108	Alec Inniss	Male 35-39		0:50:29	0:50:26
98	196	Alison Temple	Female 60-64	Bodmin Running Club	0:50:31	0:50:27
99	136	Steph Olliffe	Female 55-59	Torrington AAC	0:50:36	0:50:30
100	427	Revis Crowle	Female 60-64	East Cornwall Harriers	0:50:49	0:50:44
101	299	Andrew Jeyes	Male 70+	Ivanhoe Runners	0:50:51	0:50:43
102	385	Helen Mitchell	Female 55-59	Truro Running Club	0:50:52	0:50:47
103	74	Tim Sleeman	Male 55-59	Holsworthy Running Club	0:51:00	0:50:45
104	62	Keith Hoadley	Male 60-64	Torrington AAC	0:51:07	0:51:00
105	454	Lewis Johns	Male 15-35		0:51:09	0:50:45
106	245	Andrew James	Male 40-44	Hayle Runners	0:51:17	0:51:10
107	143	James Pritchard	Male 50-54		0:51:31	0:51:17
108	118	Peter McAughey	Male 50-54	Launceston Road Runners	0:51:38	0:51:33
109	121	Sharon Chapman	Female 45-49		0:51:38	0:51:38
110	64	Elliott Perrin	Male 35-39	Bodmin Running Club	0:51:40	0:51:33
111	303	Graeme Anderton	Male 55-59		0:51:43	0:51:38
112	190	Tom Arthur	Male 45-49		0:51:51	0:51:39
113	347	Sam Baker	Male 15-35		0:51:52	0:51:49
114	120	Marilyn Blair	Female 60-64	Torrington AAC	0:52:03	0:51:58
115	325	Toby Haigh	Male 50-54	Bude Rats (Run and Tri)	0:52:09	0:51:53
116	79	Jack Gear	Male 15-35		0:52:19	0:52:17
117	471	Helen Colwill	Female 50-54	Bideford AAC	0:52:25	0:52:19
118	363	Andrew Mansfield	Male 50-54	Camelford Up and Running	0:52:32	0:52:28
119	152	Ann Pearce	Female 50-54	Torrington AAC	0:52:44	0:52:36
120	504	Jack Larner	Male 15-35		0:52:50	0:52:13
121	134	Issy Edworthy	Female 15-35		0:52:58	0:52:56
122	349	Gavin Clegg	Male 65-69	East Cornwall Harriers	0:52:58	0:52:52
123	500	Jason Price	Male 50-54		0:53:00	0:52:50
124	250	John Hallen	Male 55-59	Torrington AAC	0:53:11	0:52:49
125	107	Mark Richardson	Male 50-54	Bradworthy Runners	0:53:12	0:53:05
126	490	Gary Webber	Male 55-59		0:53:13	0:53:04
127	288	Emma Stephens	Female 15-35	Bodmin Running Club	0:53:15	0:53:12
128	216	Matt Payne	Male 45-49		0:53:22	0:52:47
129	214	Karina Bowers	Female 40-44	St Austell Running Club	0:53:25	0:53:21
130	271	Jack Westlake	Male 15-35		0:53:26	0:53:09
131	332	Sarah Myford	Female 60-64	Bodmin Running Club	0:53:26	0:53:14
132	262	Steve Horsfield	Male 50-54		0:53:26	0:53:22
133	453	John Sudell	Male 65-69	East Cornwall Harriers	0:53:32	0:53:10
134	177	Andrew Catton	Male 70+		0:53:39	0:53:31
135	312	Kenny Perring	Male 55-59	Wadebridge Running Club	0:53:46	0:53:39
136	284	Nick Mills	Male 35-39		0:53:56	0:53:50
137	341	Clare Sharp	Female 35-39		0:54:04	0:53:34
138	375	Jess Lamont	Female 15-35	Bideford AAC	0:54:05	0:53:58
139	496	Jenna Sleeman	Female 35-39	Camelford Up and Running	0:54:08	0:53:59
140	18	Claire Winfield	Female 55-59	Launceston Road Runners	0:54:08	0:53:48
141	194	Jeremy Erscott	Male 15-35		0:54:12	0:53:55
142	497	Catriona Ward Sell	Female 35-39	Launceston Road Runners	0:54:12	0:53:55
143	21	Andy North	Male 65-69	Fremington Trailblazers	0:54:27	0:54:21
144	302	Annie Creo	Female 55-59	Bude Rats (Run and Tri)	0:54:28	0:54:17

145	461	Lloyd Bromhead	Male 55-59	Just Jog Bideford	0:54:29	0:54:12
146	61	Kathy Jeffery	Female 35-39		0:54:40	0:54:17
147	405	Gemma Steele	Female 35-39	Bideford AAC	0:54:44	0:54:37
148	457	Stefan Johns	Male 50-54		0:54:48	0:54:22
149	77	Heather Stacey	Female 35-39	Holsworthy Running Club	0:54:52	0:54:35
150	105	Shaun Heard	Male 55-59	Bradworthy Runners	0:54:55	0:54:42
151	403	Jonathan Percival	Male 15-35		0:54:58	0:54:46
152	111	Neil Blonden	Male 50-54	Bodmin Running Club	0:55:06	0:54:57
153	139	Ian Page	Male 70+		0:55:08	0:55:02
154	131	David Wilcox	Male 45-49	Truro Running Club	0:55:13	0:55:05
155	4	Peter Allen	Male 65-69	Newquay Road Runners	0:55:20	0:55:13
156	469	Keiron Brown	Male 50-54		0:55:23	0:55:13
157	274	Jordan Menzies	Male 15-35		0:55:26	0:55:16
158	40	Joanna Jones	Female 40-44	North Devon Road Runners	0:55:30	0:55:20
159	292	Harry Crawford	Male 15-35		0:55:36	0:55:35
160	441	Jake Vincent	Male 35-39	Just Jog Bideford	0:55:40	0:55:31
161	95	Jeremy Jollow	Male 60-64	Bradworthy Runners	0:55:58	0:55:50
162	224	Peter Brocklehurst	Male 70+	St Austell Athletes Running C	0:55:59	0:55:50
163	371	Jamie Ireton	Male 15-35		0:56:04	0:55:40
164	482	Tom Brooks	Male 15-35		0:56:05	0:55:58
165	113	Emma Richards	Female 55-59	Torrington AAC	0:56:07	0:55:48
166	150	Karen Gear	Female 40-44		0:56:13	0:56:06
167	115	Jon Gibbons	Male 45-49	Hartland Hillbillies	0:56:18	0:56:01
168	286	Tamsyn Keens	Female 15-35		0:56:27	0:56:18
169	148	Andy Whelan	Male 55-59		0:56:28	0:56:13
170	103	David Thomasson	Male 50-54	Bodmin Running Club	0:56:32	0:56:18
171	503	Augusta Trussell	Female 15-35	Truro Running Club	0:56:40	0:56:35
172	324	Mark Lancaster	Male 35-39	Launceston Road Runners	0:56:42	0:56:31
173	137	Jason Midelton	Male 50-54		0:56:44	0:56:33
174	41	Jess Gierke	Female 50-54	Bideford AAC	0:56:47	0:56:38
175	433	Pete Jennings	Male 60-64		0:56:48	0:56:22
176	276	Chris Ferguson	Male 45-49		0:56:56	0:56:43
177	12	Michelle Bright	Female 45-49	Bideford AAC	0:57:12	0:57:05
178	285	Isabel Irwin-Bowler	Female 35-39	St Austell Running Club	0:57:23	0:57:05
179	478	Emma Jeffery	Female 45-49	Just Jog Bideford	0:57:25	0:57:09
180	487	Sarah Adnett	Female 45-49	Just Jog Bideford	0:57:25	0:57:09
181	232	Merryn Allen	Female 40-44	Bradworthy Runners	0:57:35	0:57:21
182	89	Bryn Anderson	Male 50-54		0:57:41	0:57:21
183	439	Carly Cutts Hammond	Female 40-44	Just Jog Bideford	0:57:46	0:57:29
184	25	Raymond Coles	Male 70+		0:57:54	0:57:49
185	147	Tom Davies	Male 15-35		0:58:11	0:57:54
186	445	Nicola Jeffery	Female 15-35	Just Jog Bideford	0:58:20	0:58:01
187	334	Laura-Mae Cunningham	Female 15-35		0:58:22	0:58:05
188	422	Darran Irwin	Male 45-49	North Devon Road Runners	0:58:31	0:58:20
189	57	Tamar Menhinick-Clark	Female 35-39		0:58:31	0:58:12
190	213	Ann Barriball	Female 50-54	Launceston Road Runners	0:58:33	0:58:00
191	462	Sam Aston	Male 15-35	Fremington Trailblazers	0:58:34	0:58:28
192	180	Michaela Hillman	Female 55-59	Torrington AAC	0:58:36	0:58:26
193	178	Angela Brinicombe	Female 65-69	Launceston Road Runners	0:58:36	0:58:04

194	282	Naomi Jones	Female 40-44	Camelford Up and Running	0:58:37	0:58:26
195	402	Linzi Hanscomb	Female 40-44	Bodmin Running Club	0:58:39	0:58:20
196	193	Maisy Arthur	Female 15-35		0:58:39	0:58:14
197	207	Janine Davage	Female 40-44		0:58:42	0:58:17
198	191	Rosie Searle	Female 45-49		0:58:42	0:58:17
199	91	Nicky Brenton	Female 55-59	Bodmin Running Club	0:58:51	0:58:36
200	356	Eleni Snellgrove	Female 15-35		0:58:52	0:58:43
201	306	Dave Cook	Male 55-59	Bude Rats (Run and Tri)	0:58:58	0:58:42
202	100	Paula Wilkinson	Female 50-54	Bude Rats (Run and Tri)	0:58:59	0:58:28
203	99	Rob Petrie	Male 55-59	Bude Rats (Run and Tri)	0:58:59	0:58:27
204	173	Ann-Marie Latham	Female 15-35		0:59:00	0:58:35
205	401	Stephanie Rivier	Female 50-54	Wadebridge Running Club	0:59:01	0:58:52
206	499	Ben Hawke	Male 15-35		0:59:03	0:58:42
207	242	Chris Fleming	Male 15-35		0:59:08	0:58:58
208	366	Meg Tucker	Female 15-35		0:59:09	0:58:47
209	156	Alcedo Atthis	Male 40-44		0:59:10	0:58:50
210	369	Andrew Hosking	Male 50-54	Launceston Road Runners	0:59:15	0:58:54
211	358	Michelle Tucker	Female 50-54		0:59:16	0:58:55
212	342	Ray Clarke	Male 50-54		0:59:18	0:59:00
213	293	Abbie Birch	Female 15-35	Bradworthy Runners	0:59:20	0:59:07
214	186	Louise Richardson	Female 50-54	Bodmin Running Club	0:59:24	0:59:02
215	256	Janet Ritchie	Female 60-64	Carn Runners	0:59:34	0:59:25
216	82	Sue Park	Female 60-64	Fremington Trailblazers	0:59:47	0:59:37
217	221	Lizzie Crocker	Female 15-35		0:59:49	0:59:33
218	223	Sam Westwood	Male 15-35		0:59:52	0:59:27
219	481	Steve Copper	Male 45-49	North Bristol Running Group	1:00:04	0:59:55
220	229	Lu Walsh	Female 50-54	Okehampton RC	1:00:05	0:59:39
221	55	Michael Brereton	Male 40-44	Camelford Up and Running	1:00:06	0:59:54
222	26	David Kersley Williams	Male 45-49		1:00:09	0:59:55
223	381	Cal Reeve	Male 35-39		1:00:14	1:00:11
224	243	Judith Heard	Female 55-59	Bradworthy Runners	1:00:16	1:00:02
225	145	Jackie Lockyer	Female 55-59	Bradworthy Runners	1:00:16	0:59:58
226	126	Jon Wynne	Male 50-54	Fremington Trailblazers	1:00:24	1:00:11
227	101	Richard Abbott	Male 50-54	Holsworthy Running Club	1:00:27	1:00:07
228	169	Andrew Ward	Male 50-54		1:00:32	1:00:21
229	333	Jo Hedderly	Female 50-54	Bideford AAC	1:00:33	1:00:25
230	443	Jesse Gillett	Male 50-54	Just Jog Bideford	1:00:36	1:00:15
231	265	Paul Garrett	Male 60-64	Just Jog Bideford	1:00:36	1:00:15
232	174	Cairistine Morgan	Female 15-35		1:00:37	1:00:13
233	170	Austen Ward	Male 15-35		1:00:40	1:00:29
234	133	David Chumbley	Male 60-64	Just Jog Bideford	1:00:41	1:00:22
235	3	Emma Deanes	Female 35-39	Camelford Up and Running	1:00:41	1:00:11
236	440	Frank White	Male 15-35	Just Jog Bideford	1:00:43	1:00:24
237	90	Keeley Phillips	Female 45-49	Ranelagh Harriers	1:00:46	1:00:37
238	494	Leigh Newcombe	Male 50-54	Just Jog Bideford	1:00:47	1:00:29
239	421	Toby Heard	Male 15-35		1:00:59	1:00:26
240	63	Ellie Musson	Female 35-39	Camelford Up and Running	1:01:05	1:00:51
241	379	Jake Dickinson	Male 15-35		1:01:06	1:00:51
242	81	Andrew Russell	Male 60-64		1:01:43	1:01:33

243	480	Fiona Braunton	Female 40-44	Just Jog Bideford	1:01:43	1:01:24
244	84	Frederick Hoare	Male 55-59	North Coast Canicross	1:01:48	1:01:14
245	360	Seonaidh Snellgrove	Female 35-39		1:01:56	1:01:47
246	209	David Garrett	Male 55-59	Holsworthy Running Club	1:02:04	1:01:45
247	459	Kim Chard	Female 40-44		1:02:05	1:01:42
248	43	Ian Grimes	Male 70+	Launceston Road Runners	1:02:11	1:02:01
249	468	Stephen Mahony	Male 45-49	Okehampton RC	1:02:14	1:02:11
250	2	James Danks	Male 40-44	Falmouth Running Club	1:02:16	1:02:00
251	395	Juliet Stewart	Female 55-59	Truro Running Club	1:02:21	1:02:16
252	71	Geoff Panter	Male 45-49		1:02:23	1:02:12
253	238	Erica Clements	Female 35-39		1:02:25	1:01:58
254	215	Rebecca White	Female 15-35	Holsworthy Running Club	1:02:25	1:02:06
255	483	Stuart Humphries	Male 15-35		1:02:28	1:01:57
256	34	Colin Wynne	Male 55-59	Torrington AAC	1:02:35	1:02:17
257	249	Martin Smale	Male 40-44		1:02:38	1:02:16
258	281	Charlotte Parker	Female 15-35		1:02:42	1:02:24
259	7	Chris Lawson	Male 40-44		1:02:51	1:02:21
260	493	Anna Wickett	Female 35-39		1:02:54	1:02:24
261	217	Katie Payne	Female 40-44		1:03:01	1:02:28
262	430	Dylan Jones	Male 15-35		1:03:08	1:02:38
263	157	Emily Linton	Female 40-44		1:03:08	1:02:57
264	315	Margaret Clark	Female 60-64	Hayle Runners	1:03:10	1:02:43
265	374	Eloise Paulin	Female 35-39	Bideford AAC	1:03:17	1:03:10
266	73	Andrea Sleeman	Female 50-54	Holsworthy Running Club	1:03:19	1:03:02
267	370	Robert Ireton	Male 55-59		1:03:30	1:03:07
268	65	Sue Pendleton	Female 40-44	Callington Running Group	1:03:32	1:02:58
269	300	Sally Jeyes	Female 70+	Ivanhoe Runners	1:03:34	1:03:26
270	233	Joanna Rich	Female 45-49	St Austell Running Club	1:03:39	1:03:22
271	400	Nigel Knuckey	Male 65-69	Truro Running Club	1:03:47	1:03:42
272	29	Suzanne Brown	Female 55-59	Bude Rats (Run and Tri)	1:03:47	1:03:35
273	201	Julia Foster	Female 50-54		1:03:54	1:03:39
274	278	Vicky Bond	Female 45-49	Okehampton RC	1:04:06	1:03:39
275	294	Susan Thomas	Female 45-49	Hayle Runners	1:04:10	1:03:42
276	182	Clive Davis	Male 60-64		1:04:13	1:03:37
277	272	Steve Menear	Male 65-69	St Austell Running Club	1:04:16	1:04:02
278	476	Katie Baker	Female 15-35	Just Jog Bideford	1:04:16	1:03:41
279	49	Lizzy Hawke	Female 35-39		1:04:20	1:03:59
280	412	Susan Georgina Lynch	Female 65-69	Torrington AAC	1:04:22	1:03:54
281	408	Michael Wilson	Male 65-69	Truro Running Club	1:04:30	1:04:24
282	448	Emma James	Female 50-54	Launceston Road Runners	1:04:30	1:03:58
283	45	Caroline Whitton	Female 40-44	Callington Running Group	1:04:31	1:03:57
284	423	Jared Sanderson	Male 35-39	Hayle Runners	1:04:34	1:04:07
285	437	Ian Dale	Male 60-64	Wadebridge Running Club	1:04:35	1:04:27
286	475	Luke Bewes	Male 15-35	Just Jog Bideford	1:04:43	1:04:08
287	373	Heather Harper	Female 35-39	Camelford Up and Running	1:04:50	1:04:38
288	467	Rhona Rowe	Female 55-59	Just Jog Bideford	1:04:52	1:04:27
289	442	Tanya Gillett	Female 45-49	Just Jog Bideford	1:04:52	1:04:28
290	10	David Banbury	Male 60-64	Bys Vyken Race Team	1:04:52	1:04:29
291	9	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:04:52	1:04:29

292	264	Ashley Davies	Male 50-54	Bodmin Running Club	1:04:53	1:04:27
293	330	Sally Gostick	Female 45-49		1:04:57	1:04:42
294	484	Ruth Reeve	Female 40-44		1:05:01	1:04:30
295	348	Natasha Saunders	Female 15-35		1:05:03	1:04:34
296	237	Lisa Allin	Female 15-35	Bradworthy Runners	1:05:06	1:04:28
297	254	Vanessa Bacon	Female 15-35	Bradworthy running club	1:05:06	1:04:28
298	106	Sarah Richardson	Female 45-49	Bradworthy Runners	1:05:07	1:04:41
299	372	Carl Ireton	Male 15-35		1:05:10	1:04:46
300	50	Jackie Cope	Female 65-69	Falmouth Running Club	1:05:15	1:04:51
301	280	Sophie Suttill	Female 15-35		1:05:27	1:04:50
302	241	Rob Larner	Male 55-59		1:05:27	1:04:50
303	36	Paul Skipp	Male 55-59	Bude Rats (Run and Tri)	1:05:43	1:05:26
304	275	Benjamin Worden	Male 15-35	Bude Rats (Run and Tri)	1:05:45	1:05:10
305	446	Chris Carey	Male 40-44	Bude Rats (Run and Tri)	1:05:52	1:05:20
306	240	Samantha Ewart	Female 45-49	St Austell Running Club	1:05:56	1:05:27
307	235	Jacqui Martin	Female 50-54	St Austell Running Club	1:05:58	1:05:29
308	502	Heidi Chapman	Female 45-49	Bodmin Running Club	1:06:00	1:05:34
309	359	Richard Hutley	Male 45-49		1:06:04	1:05:28
310	88	Kate Anderson	Female 50-54		1:06:08	1:05:48
311	218	Simon Heard	Male 45-49		1:06:11	1:05:37
312	17	Holly Hutchins	Female 35-39	Camelford Up and Running	1:06:14	1:05:43
313	473	Claire Stone	Female 40-44	Hayle Runners	1:06:21	1:05:54
314	485	Kirsty Benford	Female 50-54		1:06:26	1:05:57
315	32	Sandra Haynes	Female 55-59	Looe Pioneers Running Club	1:06:29	1:06:01
316	219	Mary Pool	Female 65-69		1:06:38	1:06:25
317	261	Andrew Sillifant	Male 40-44		1:06:40	1:06:26
318	116	Mandy Lindsey	Female 45-49		1:06:42	1:06:27
319	344	Des Evans	Male 70+	Newquay Road Runners	1:06:46	1:06:40
320	97	Rebecca Rice	Female 35-39		1:06:48	1:06:12
321	31	Pippa Carey-Jones	Female 35-39	Camelford Up and Running	1:06:52	1:06:23
322	388	Neil Gregory	Male 45-49	Camelford Up and Running	1:07:06	1:06:53
323	316	Phillip Thomas	Male 70+	Bideford AAC	1:07:10	1:06:43
324	230	Gwen Maggs	Female 35-39	St Austell Running Club	1:07:16	1:06:48
325	83	Peter Drew	Male 70+	Carn Runners	1:07:18	1:06:55
326	94	Hayley Jollow	Female 45-49	Bradworthy Runners	1:07:23	1:06:57
327	258	Ian Ringer	Male 70+		1:07:26	1:07:10
328	42	Janet Lathom	Female 65-69	Launceston Road Runners	1:07:29	1:07:16
329	491	Ellen Webber	Female 15-35		1:07:34	1:07:24
330	447	Nicci Ferry	Female 50-54	Just Jog Bideford	1:07:41	1:07:20
331	463	Pattie Morris	Female 65-69	Just Jog Bideford	1:07:42	1:07:20
332	290	Graham Scott	Male 60-64		1:07:46	1:06:04
333	22	Emma Lawry	Female 45-49	St Austell Running Club	1:08:01	1:07:33
334	327	Sally Bryant	Female 60-64		1:08:01	1:07:49
335	394	Wendy Stuart	Female 50-54	St Austell Running Club	1:08:05	1:07:34
336	393	Jane Ashcroft	Female 55-59		1:08:05	1:07:52
337	208	Rebecca Thomas	Female 45-49	Camelford Up and Running	1:08:07	1:07:53
338	184	Kev Hogarth	Male 65-69	Bude Surf Life Saving	1:08:11	1:07:44
339	13	Liz Gayton	Female 50-54		1:08:18	1:07:58
340	119	Natalie Taylor	Female 50-54	Let's Go Cani Cross	1:08:24	1:07:49

341	225 Tracey Bigmore	Female 50-54	Fremington Trailblazers	1:08:30	1:08:18
342	399 Lauren Flaherty	Female 15-35		1:08:30	1:08:07
343	456 Anna Buck	Female 45-49	Just Jog Bideford	1:08:46	1:08:23
344	451 Julia Fuery	Female 50-54	Just Jog Bideford	1:08:50	1:08:30
345	455 Jennifer Radford	Female 40-44	Just Jog Bideford	1:08:50	1:08:29
346	163 Bryonie Bedford	Female 15-35		1:08:53	1:08:33
347	263 Lois Rowlands	Female 55-59	Okehampton RC	1:08:54	1:08:26
348	66 Claire Pike	Female 60-64		1:08:56	1:08:46
349	231 Paul Fleming	Male 60-64	Fremington Trailblazers	1:08:59	1:08:47
350	479 Raquel Rowe	Female 45-49		1:08:59	1:08:28
351	138 Nicky Hicks	Female 45-49	Launceston Road Runners	1:09:00	1:08:37
352	267 Bridget Stapleton	Female 45-49	Torrington AAC	1:09:01	1:08:33
353	110 Claire Barlow	Female 45-49	Bodmin Running Club	1:09:11	1:08:40
354	44 Claire Baird	Female 50-54	Camelford Up and Running	1:09:30	1:09:18
355	70 Sean Taylor	Male 55-59	Bodmin Running Club	1:09:41	1:09:07
356	127 Victoria Walton	Female 45-49	Newquay Road Runners	1:09:43	1:09:13
357	202 Nic Barrett	Female 40-44		1:09:56	1:09:40
358	310 Hannah Spires	Female 35-39	Wadebridge Running Club	1:09:58	1:09:49
359	317 Rachel Lovejoy	Female 40-44		1:09:59	1:09:35
360	354 Samantha Snellgrove	Female 40-44		1:10:11	1:10:02
361	255 Jenny Pickering	Female 55-59		1:10:18	1:10:00
362	58 Tracey Day	Female 45-49	Bideford AAC	1:10:21	1:09:57
363	176 Gemma Janes	Female 15-35		1:10:25	1:10:01
364	304 Jules Williams	Female 40-44	St Austell Running Club	1:10:40	1:10:11
365	367 Debbie Gossington	Female 55-59	Hayle Runners	1:10:47	1:10:19
366	19 Jon Cryer	Male 70+		1:11:00	1:10:47
367	220 Robert Willcocks	Male 65-69	Falmouth Running Club	1:11:01	1:10:41
368	179 Elaine Hill	Female 55-59	Launceston Road Runners	1:11:05	1:10:33
369	357 Theresa Williams	Female 65-69	St Austell Running Club	1:11:10	1:10:42
370	175 Louise Page	Female 15-35		1:11:15	1:10:49
371	53 Rebecca Shore	Female 55-59	St Austell Running Club	1:11:19	1:10:51
372	380 Kate Callaghan	Female 45-49	Truro Running Club	1:11:20	1:11:12
373	384 Elinor Tedds	Female 15-35		1:11:22	1:10:49
374	226 Andrea Brown	Female 50-54	Fremington Trailblazers	1:11:32	1:11:20
375	308 Paul Lathom	Male 35-39		1:11:36	1:11:27
376	228 Jane Walter	Female 55-59	Bradworthy Runners	1:11:38	1:11:13
377	501 Elizabeth Uglow	Female 40-44		1:11:43	1:11:19
378	386 Elizabeth Haworth	Female 70+	Bradworthy Runners	1:11:57	1:11:42
379	313 Sarah Langton	Female 35-39	Wadebridge Running Club	1:12:19	1:12:10
380	37 Ann Bradley	Female 60-64	St Austell Running Club	1:12:29	1:12:00
381	198 David Bolton	Male 55-59	Newquay Road Runners	1:12:30	1:12:20
382	436 Ian Addison	Male 50-54		1:12:31	1:11:56
383	205 Naomi Waters	Female 15-35		1:12:44	1:12:15
384	301 Rebecca Feltham	Female 15-35		1:12:51	1:12:26
385	489 Hannah Maloney	Female 15-35		1:12:51	1:12:26
386	98 Lesley Taphouse	Female 60-64	Bodmin Running Club	1:12:55	1:12:29
387	444 Jaqueline Croxford	Female 55-59	Just Jog Bideford	1:13:03	1:12:41
388	438 Nicky Hedden	Female 45-49	Just Jog Bideford	1:13:03	1:12:41
389	211 David Stevens	Male 60-64	Just Jog Bideford	1:13:10	1:12:51

390	27	Thomas Cockerill	Male 35-39		1:13:34	1:13:05
391	434	Jade Jennings	Female 15-35		1:13:38	1:13:07
392	289	Ray Goodright	Male 70+	East Cornwall Harriers	1:13:38	1:13:01
393	183	Yelda Mge Parsons	Female 45-49	Hayle Runners	1:13:52	1:13:25
394	28	Stuart Woolley	Male 45-49		1:13:53	1:13:23
395	142	Janet Wills	Female 70+	St Austell Running Club	1:14:07	1:13:40
396	114	Natalie Cummins	Female 50-54		1:14:14	1:13:36
397	222	Anna Gough	Female 50-54	St Austell Athletes Running C	1:14:20	1:13:50
398	39	Tony Farrant	Male 55-59	Callington Running Group	1:15:31	1:14:57
399	266	Ruth Garrett	Female 65-69		1:15:47	1:15:26
400	189	Linda Godfrey	Female 65-69	Bodmin Women's Running Cl	1:15:48	1:15:24
401	383	Suzi Sampson	Female 55-59	Camelford Up and Running	1:16:00	1:15:47
402	283	Steve Stephens	Male 40-44	Camelford Up and Running	1:16:05	1:15:34
403	435	Jessica Tyson	Female 15-35		1:16:39	1:16:09
404	141	Angela Tyson	Female 45-49	Newquay Road Runners	1:16:39	1:16:09
405	38	Christina Lake	Female 65-69	Falmouth Running Club	1:17:12	1:16:52
406	109	Terina Ellacott	Female 40-44	Holsworthy Running Club	1:17:17	1:16:58
407	212	Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:17:18	1:16:43
408	52	Gill Aze-Thomas	Female 50-54	Launceston Road Runners	1:17:25	1:16:51
409	51	Jamie Thomas	Male 50-54		1:17:26	1:16:52
410	279	Gemma Wotherspoon	Female 40-44	Bodmin Women's Running Cl	1:17:36	1:17:12
411	8	Lauren Oke	Female 15-35		1:17:41	1:17:13
412	345	Keith Shadrick	Male 70+	Bradworthy running club	1:17:47	1:17:13
413	60	Elizabeth Kitto	Female 35-39	Camelford Up and Running	1:18:01	1:17:47
414	257	Dennis Burrell	Male 70+	Carn Runners	1:18:07	1:17:39
415	270	Jessica Gallienne	Female 35-39	Newquay Road Runners	1:18:37	1:18:06
416	376	Derek Pearse	Male 70+		1:18:59	1:18:28
417	428	Jasmine Gilkes	Female 15-35		1:19:03	1:18:27
418	472	Di Teasdel	Female 70+	Just Jog Bideford	1:19:30	1:19:08
419	87	Michelle Oseman	Female 55-59	Let's Go Cani Cross	1:19:48	1:19:13
420	67	Terry Pike	Male 60-64	Fremington Trailblazers	1:21:08	1:20:57
421	365	Abigail Mansfield	Female 15-35	Camelford Up and Running	1:21:38	1:21:25
422	318	Beth Morgan	Female 40-44	Camelford Up and Running	1:21:38	1:21:25
423	362	Sam Allan	Female 40-44	Camelford Up and Running	1:21:38	1:21:24
424	387	Debbie Gregory	Female 50-54	Camelford Up and Running	1:21:38	1:21:25
425	253	Frank Dunlop	Male 70+	Bideford AAC	1:21:54	1:21:38
426	460	Lisa Tutton	Female 50-54	Just Jog Bideford	1:22:07	1:21:45
427	96	Ria Thompson	Female 40-44	Holsworthy Running Club	1:22:26	1:21:54
428	16	Roy Newton	Male 70+	Falmouth Running Club	1:22:42	1:22:16
429	406	Zoe Wynder	Female 15-35		1:22:55	1:22:23
430	407	Chelsie Court	Female 15-35		1:22:55	1:22:22
431	409	Sallie Winterbach	Female 55-59		1:23:28	1:23:05
432	72	Elizabeth Viney	Female 15-35		1:24:32	1:24:01
433	204	Robert Bolitho	Male 60-64	Falmouth Running Club	1:24:58	1:24:38
434	203	Julie Bolitho	Female 55-59	Falmouth Running Club	1:25:12	1:24:53
435	80	Kim Cawley	Female 60-64	Let's Go Cani Cross	1:25:25	1:24:50
436	244	Amy Gilbert	Female 40-44	Holsworthy Running Club	1:25:49	1:25:30
437	78	Janet Bragg	Female 65-69	Holsworthy Running Club	1:27:07	1:26:35
438	15	Anne Cobell	Female 45-49	Hayle Runners	1:27:29	1:26:59

439	160	Chloe Brown	Female 15-35		1:29:05	1:28:52
440	414	Lisa Tame	Female 45-49	Bude Rats (Run and Tri)	1:29:05	1:28:59
441	56	Cara Norman	Female 40-44	Camelford Up and Running	1:32:56	1:32:26
DNF	187	Ritchie Richardson	Male 60-64	Bodmin Running Club		
DNF	329	Stuart Seymour-Smith	Male 60-64	Holsworthy Running Club		