

**Turkey Trot - 2023**

Place	Bib	Name	AG	Club	ChipTime	2022
1	114	Sam Goodchild	Male 20-34	Cornwall AC	0:20:32	
2	208	Edward Mitchell	Male 20-34	Cornwall AC	0:20:46	0:20:37
3	340	Blake Williams	Male under 20	Newquay & Par AC	0:21:24	
4	221	Liam Nicholls	Male 20-34	Cornwall AC	0:21:31	0:22:30
5	74	James Cutlan	Male 35-39	Cornwall AC	0:21:48	0:21:40
6	260	Liam Rowe	Male 20-34	Cornwall AC	0:21:53	0:21:43
7	49	Tom Carthey	Male 40-44	Falmouth Running Club	0:22:00	
8	271	Steven Sims	Male 20-34		0:22:06	
9	110	Jacob Gardner	Male 20-34	Hayle Runners	0:22:09	0:22:30
10	335	Paul Whear	Male 55-59	Cornwall AC	0:22:09	0:22:19
11	85	Jamie Edwards	Male 20-34	Newquay Road Runners	0:22:15	
12	231	Ross Pascoe	Male 20-34	Cornwall AC	0:22:17	0:22:34
13	137	Llewin Head	Male under 20	Mile High	0:22:17	0:22:53
14	275	Paul Smith	Male 45-49	Cornwall AC	0:22:20	
15	217	Simon Morse	Male 35-39	East Cornwall Harriers	0:22:39	
16	123	Abhik Gupta	Male 20-34	Cornwall AC	0:22:49	0:22:53
17	284	Dylan Stevens	Male under 20	Newquay & Par AC	0:22:54	
18	129	Anna Harrold	Female 40-44	Truro Running Club	0:22:56	
19	329	Peter Watson	Male 20-34	Falmouth Running Club	0:22:56	
20	152	Kyran James	Male under 20	Newquay & Par AC	0:22:59	0:24:38
21	12	Peter Barnes	Male 40-44	Hayle Runners	0:23:03	0:24:02
22	136	Neil Hayhurst	Male 40-44	Hayle Runners	0:23:04	0:23:25
23	167	Charlie Kemp	Male 20-34		0:23:12	0:23:49
24	248	Clive Ramsden	Male 45-49	Newquay Road Runners	0:23:20	0:23:35
25	8	Adrian Ball	Male 55-59	Cornwall AC	0:23:22	0:23:54
26	120	Jose Gray	Male 20-34	Cornwall AC	0:23:27	
27	191	Alex Marples	Male 40-44	Truro Running Club	0:23:28	0:22:57
28	168	Ben Kent	Male 20-34	Tri Logic Cornwall	0:23:31	
29	195	Andrew Martin	Male 40-44	Mile High	0:23:32	0:22:21
30	106	Liam Gallantry	Male 20-34	Newquay & Par AC	0:23:33	0:23:52
31	324	Stuart Walker	Male 35-39	Falmouth Running Club	0:23:36	
32	359	Joe Wylie	Male under 20	Mile High	0:23:43	
33	150	Steph Hutton	Female 20-34	Cornwall AC	0:24:05	
34	303	Jake Timms	Male 20-34	Falmouth Running Club	0:24:06	
35	172	Mark Knight	Male 50-54	Newquay & Par AC	0:24:09	0:24:44
36	297	Alan Thomas	Male 35-39	Falmouth Running Club	0:24:09	
37	334	Jordon West	Male 20-34	Cornwall AC	0:24:15	
38	187	Ethan Lusty	Male under 20	Newquay & Par AC	0:24:18	
39	232	Emma Paull	Female 35-39	Hayle Runners	0:24:19	
40	312	Jonny Unwin	Male 20-34	Cornwall AC	0:24:23	0:24:08
41	17	Tamara Beach	Female 20-34	Cornwall AC	0:24:24	
42	322	Katie Walker	Female 20-34	Cornwall AC	0:24:37	
43	103	Matt Fox	Male 20-34	Falmouth Running Club	0:24:43	0:25:04
44	199	Richard Martin	Male 35-39	St Austell Running Club	0:24:44	0:24:11
45	257	Mark Roby	Male 45-49	Truro Running Club	0:24:49	
46	344	Simon Williams	Male 50-54	Newquay & Par AC	0:24:53	0:24:11
47	224	Liam O'Neill	Male 35-39	Hayle Runners	0:25:00	0:25:09

48	318	Jason Vinnicombe	Male 45-49		0:25:09	
49	355	Anthony Worthington	Male 50-54	Tamar Trotters	0:25:10	
50	357	Ian Wright	Male 40-44		0:25:12	
51	41	Stan Cameron	Male under 20	Mile High	0:25:17	
52	243	Darrin Porter	Male 55-59	Cornwall AC	0:25:19	
53	213	David Moore	Male 50-54	Cornwall AC	0:25:28	0:24:22
54	79	Mike Dowrick	Male 50-54	Cornwall AC	0:25:33	0:25:50
55	173	Simon Knowles	Male 45-49	Hayle Runners	0:25:37	
56	277	John Sole	Male 40-44	Cornwall AC	0:25:44	0:25:08
57	216	Zelah Morrall	Female 50-54	Cornwall AC	0:25:47	0:25:13
58	71	Ian Curnow	Male 50-54	Hayle Runners	0:25:46	
59	348	Marcus Wills	Male 40-44	East Cornwall Harriers	0:25:51	
60	342	Mark Williams	Male 55-59	Hayle Runners	0:25:52	
61	88	Jon Eldon	Male 60-64	Hayle Runners	0:25:57	0:27:12
62	343	Ryan Williams	Male 20-34	Falmouth Running Club	0:25:57	
63	229	Bradley Parsons	Male 20-34	St Austell Running Club	0:25:59	0:25:27
64	112	Rosie Gibbons	Female 45-49	Cornwall AC	0:26:10	0:26:33
65	341	Lucy Williams	Female 35-39	Truro Running Club	0:26:13	
66	93	Mike Ellis	Male 45-49	Newquay & Par AC	0:26:18	
67	323	Pete Walker	Male 35-39	Truro Running Club	0:26:16	0:26:27
68	47	Joe Carlyon	Male 35-39		0:26:18	
69	36	Lee Burford	Male 40-44	Hayle Runners	0:26:21	
70	1	Scott Abraham	Male 50-54	Hayle Runners	0:26:24	0:25:44
71	237	Neil Penny-Harding	Male 40-44	Cornwall AC	0:26:26	
72	256	Matthew Robinson	Male 20-34	Cornwall AC	0:26:30	0:24:29
73	294	Charlotte Tansley	Female 20-34	Cornwall AC	0:26:30	
74	330	Robin Watson	Male 55-59	Falmouth Running Club	0:26:37	
75	190	James Manning	Male 40-44	Hayle Runners	0:26:42	0:26:45
76	122	David Guffick	Male 40-44	Hayle Runners	0:26:47	
77	118	Paul Gough	Male 50-54	Hayle Runners	0:27:02	
78	251	Jasmine Rapson	Female under 20	Newquay & Par AC	0:27:15	
79	40	Henry Cameron	Male 50-54	Truro Running Club	0:27:17	
80	33	Jessica Brown	Female under 20	Newquay & Par AC	0:27:23	
81	321	Iain Walker	Male 65-69	St Austell Running Club	0:27:23	0:27:45
82	46	Adam Carlyon	Male 35-39	Truro Running Club	0:27:23	0:27:24
83	279	Georgia Stanfield	Female 20-34	Falmouth Running Club	0:27:30	
84	246	Matthew Railton	Male 20-34	Cornwall AC	0:27:38	
85	69	Jonathan Crowle	Male 50-54	Truro Running Club	0:27:40	0:34:23
86	148	Frazer Humbles	Male 40-44	Hayle Runners	0:27:40	0:28:00
87	90	Ashley Elliott	Female 20-34	East Cornwall Harriers	0:27:43	
88	245	Donna Raggett	Female 50-54	Cornwall AC	0:27:47	
89	210	Aoife Mooney	Female under 20	Cornwall AC	0:27:50	0:27:31
90	189	Melodie Manners	Female 20-34	Hayle Runners	0:27:52	0:27:11
91	313	Alice Vage	Female 20-34	Cornwall AC	0:27:54	0:28:09
92	15	Colin Bathe	Male 50-54	Truro Running Club	0:27:56	0:27:18
93	7	Steve Baker	Male 65-69	Tamar Trotters	0:28:00	0:29:06
94	218	Emma Mossop	Female 45-49	Falmouth Running Club	0:28:02	0:27:56
95	113	Ayesha Gillespie	Female 20-34	Tamar Trotters	0:28:13	
96	266	Kevin Silver	Male 55-59	Hayle Runners	0:28:28	0:29:49

97	21	Matthew Berry	Male 45-49	Truro Running Club	0:28:38	0:26:11
98	228	Dominic Parnell	Male 40-44	Tamar Trotters	0:28:40	
99	70	Revis Crowle	Female 60-64	East Cornwall Harriers	0:28:46	
100	160	Katy Jenkins	Female 40-44	Truro Running Club	0:28:47	
101	198	Paul Martin	Male 40-44		0:28:51	
102	45	Bruce Carey	Male 20-34	Newquay Road Runners	0:28:51	
103	44	Barrie Cardew	Male 60-64	Carn Runners	0:28:53	
104	188	Sandra Lusty	Female 45-49		0:28:50	
105	299	Mark Thomas	Male 45-49	Truro Running Club	0:28:55	
106	19	Mark Bennetts	Male 40-44	St Austell Athletes Runnir	0:29:00	
107	128	Debbie Harrison-We	Female 50-54	Hayle Runners	0:28:59	0:28:47
108	164	Ellen Jones	Female 20-34	Cornwall AC	0:29:01	0:30:02
109	13	Marty Barnfield	Male 45-49	Bodmin Road Runners	0:29:03	
110	310	Sally Turner	Female 35-39	Cornwall AC	0:29:08	
111	38	Ian Butler	Male 60-64	Elvet Striders	0:29:09	
112	18	Liam Bennetts	Male under 20		0:29:15	
113	223	Danny O'Shea	Male 45-49	Truro Running Club	0:29:15	
114	51	Andrew Cassidy	Male 65-69	Cornwall AC	0:29:15	
115	104	Derrick Frantz	Male 55-59	Cornwall AC	0:29:15	
116	138	Eve Hearle	Female 40-44	Newquay Road Runners	0:29:22	0:30:06
117	291	Glyn Talling	Male 50-54	Newquay Road Runners	0:29:23	0:31:07
118	263	Ian Savigar	Male 60-64	East Cornwall Harriers	0:29:28	
119	282	James Stephens	Male 35-39	St Austell Running Club	0:29:27	
120	230	Karen Pascoe	Female 55-59	Cornwall AC	0:29:24	0:29:31
121	289	Lee Strickland	Female 45-49	Hayle Runners	0:29:31	
122	54	Emma Clark	Female 40-44	Looe Pioneers Running Cl	0:29:45	0:29:00
123	293	Sophie Talling	Female 20-34	Newquay Road Runners	0:29:45	
124	205	Kirsty Medlock	Female 40-44	Hayle Runners	0:29:48	
125	278	Robert Standing	Male 50-54	Truro Running Club	0:29:48	0:24:50
126	2	Peter Allen	Male 65-69	Newquay Road Runners	0:29:49	0:29:19
127	331	Mandy Watts	Female 50-54	Newquay Road Runners	0:29:53	0:32:07
128	209	Helen Mitchell	Female 55-59	Truro Running Club	0:29:52	0:28:52
129	32	David Broomfield	Male 40-44		0:29:55	
130	169	Kelly Keough	Female 40-44	Newquay Road Runners	0:29:56	
131	301	Steven Thomas	Male 45-49	Carn Runners	0:29:58	0:29:51
132	82	Jennifer Dunstan	Female 35-39	Cornwall AC	0:30:08	
133	158	Steven Jenkin	Male 50-54	Cornwall AC	0:30:11	0:29:13
134	242	Beth Popperwell	Female 50-54	Mile High	0:30:17	
135	59	Tanya Coleman	Female 50-54	Truro Running Club	0:30:21	
136	349	Matthew Wilson	Male 45-49	Cornwall AC	0:30:27	0:29:57
137	10	Jane Barker	Female 20-34	Hayle Runners	0:30:37	
138	314	Craig Varcoe	Male 20-34	St Austell Running Club	0:30:46	0:31:23
139	72	Charles Curtis	Male 20-34	Cornwall AC	0:30:47	
140	153	Simon James	Male 50-54	Cornwall AC	0:30:43	
141	336	Jon Wheatley	Male 55-59		0:30:43	
142	77	Martin Dinham	Male 50-54	Mile High	0:30:54	
143	174	Mike Lackey	Male 55-59	Newquay Road Runners	0:30:55	0:30:30
144	92	Andrew Ellis	Male 50-54	Hayle Runners	0:31:06	0:29:57
145	183	Ian Leedham	Male 60-64	Newquay Road Runners	0:31:12	

146	234	Julia Pearce	Female 45-49	Cornwall AC	0:31:13	0:29:34
147	65	Michael Counter	Male 55-59	St Austell Running Club	0:31:09	0:30:38
148	102	Emma Fox	Female 45-49	Newquay Road Runners	0:31:31	
149	352	Neville Witham	Male 65-69	Cornwall AC	0:31:36	0:31:28
150	9	Elliot Bamber-Jones	Male 20-34		0:31:40	
151	307	Liz Trebilcock	Female 55-59	Truro Running Club	0:31:46	0:32:10
152	94	Eleanor Ellison	Female 65-69	Newquay Road Runners	0:31:53	0:31:28
153	176	Tristan Lang	Male 45-49	Truro Running Club	0:31:48	0:31:33
154	202	Sarah McDonough	Female 35-39	East Cornwall Harriers	0:31:53	
155	240	Megan Pitts	Female 20-34	Truro Running Club	0:31:52	
156	89	Emily Ellen	Female 40-44	Hayle Runners	0:31:56	
157	62	Andrea Commons	Female 50-54		0:31:57	0:30:40
158	60	Richard Collett	Male 40-44	Hayle Runners	0:32:01	0:32:00
159	201	Gregory May	Male 40-44	Carn Runners	0:32:02	
160	247	Heather Raistrick	Female 60-64	Elvet Striders	0:32:03	
161	75	James Danks	Male 40-44	Falmouth Running Club	0:32:14	0:37:50
162	276	Stuart Smith	Male 35-39	Hayle Runners	0:32:24	
163	149	Victoria Humphreys	Female 35-39	East Cornwall Harriers	0:32:24	
164	338	David Wilcox	Male 45-49	Truro Running Club	0:32:20	0:34:01
165	283	Brett Stepto	Male 45-49		0:32:22	0:32:30
166	91	Kezia Elliott	Female 20-34		0:32:26	
167	101	Jennifer Forbes	Female 35-39	Hayle Runners	0:32:28	
168	135	Martyn Haydney	Male 55-59		0:32:20	
169	84	Alan Edwards	Male 50-54	Newquay Road Runners	0:32:43	
170	124	Angeline Hadfield	Female 35-39	Truro Running Club	0:32:42	
171	241	Lisa Player	Female 60-64	Newquay Road Runners	0:32:50	0:33:20
172	141	Pete Higham	Male 60-64	Falmouth Running Club	0:32:53	
173	99	Michelle Fitt	Female 40-44	Hayle Runners	0:32:53	0:34:48
174	292	Lisa Talling	Female 55-59	Newquay Road Runners	0:32:55	0:31:07
175	258	Robert Rochowiak	Male 60-64	Carn Runners	0:32:54	
176	261	Theresa Rugman-Jones	Female 55-59	Elvet Striders	0:32:54	
177	211	Judith Mooney	Female 50-54	Cornwall AC	0:33:01	0:33:25
178	286	Eoin Stockdale	Male 50-54	Carn Runners	0:33:05	
179	274	Hannah Smith	Female 20-34	Hayle Runners	0:33:03	
180	332	Steve Webb	Male 45-49	Carn Runners	0:33:05	
181	236	Chunky Penhaul	Male 75-79	Hayle Runners	0:33:15	0:33:13
182	14	Satnam Basram	Male 60-64	Cornwall AC	0:33:03	0:32:53
183	5	Paul Angove	Male 55-59	Cornwall AC	0:33:21	
184	27	Annie Bover	Female 40-44	Bude Rats (Run and Tri)	0:33:27	
185	119	Charlie Gray	Female 45-49	Newquay Road Runners	0:33:32	
186	254	Nick Richards	Male 50-54	Cornwall AC	0:33:48	
187	298	Alison Thomas	Female 45-49	Hayle Runners	0:33:48	
188	16	Mike Bawden	Male 60-64	Carn Runners	0:34:00	
189	249	Christopher Ramsey	Male 70-74	Truro Running Club	0:34:13	0:33:49
190	360	Brian Yates	Male 60-64	Truro Running Club	0:34:15	
191	196	Colin Martin	Male 70-74	Newquay Road Runners	0:34:18	0:35:10
192	178	Hannah Law	Female under 20	Cornwall AC	0:34:21	
193	356	Daniel Wotton	Male 20-34		0:34:19	
194	24	Andrew Blizzard	Male 35-39	Truro Running Club	0:34:19	0:24:27

195	268	Andrew Sims	Male 55-59	East Cornwall Harriers	0:34:17	0:29:57
196	125	Neil Ham	Male 55-59	JP Fitness Cornwall	0:34:33	0:33:36
197	22	Simon Blackburn	Male 60-64	Hayle Runners	0:34:38	
198	83	Ben Dutton	Male 20-34	St Austell Athletes Runnir	0:34:38	0:34:50
199	23	Darren Blenkinsop	Male 50-54	Tamar Trotters	0:34:52	
200	192	Debbie Marshall	Female 45-49	St Austell Running Club	0:35:01	
201	262	Peter Sargent	Male 75-79	South West Vets A.C.	0:35:12	0:35:06
202	325	Steven Walkey	Male 70-74	Falmouth Running Club	0:35:10	
203	64	Izzy Cook	Female under 20	Bys Vyken Race Team	0:35:08	0:37:28
204	285	Juliet Stewart	Female 55-59	Truro Running Club	0:35:20	0:35:29
205	130	Ceri Harvey	Female 45-49	Carn Runners	0:35:40	
206	87	Nicola Edwards	Female 45-49	Newquay Road Runners	0:35:45	
207	255	Janet Ritchie	Female 60-64	Carn Runners	0:35:53	0:35:25
208	304	Linda Tout	Female 70-74	Tamar Trotters	0:36:07	0:37:37
209	142	Dan Hocking	Male 45-49	Hayle Runners	0:36:12	
210	126	Norbert Hamacher	Male 60-64	Truro Running Club	0:36:05	0:34:36
211	290	Phil Swinburn	Male 45-49	Elvet Striders	0:36:17	
212	42	Elizabeth Cannon	Female 40-44		0:36:29	
213	272	Paul Skipp	Male 55-59	Bude Rats (Run and Tri)	0:36:44	
214	50	Helen Casey	Female 55-59	Hayle Runners	0:36:39	
215	157	Richard Jenkin	Male 75-79	Cornwall AC	0:36:40	0:35:11
216	34	Anthony Bryant	Male 45-49	Hayle Runners	0:36:40	
217	121	Ian Grimes	Male 70-74	Launceston Road Runner	0:36:41	0:36:45
218	225	Adam Oliver	Male 20-34		0:36:56	
219	68	Caroline Cross	Female 20-34	Cornwall AC	0:36:49	0:36:31
220	95	Des Evans	Male 70-74	Newquay Road Runners	0:37:08	0:36:33
221	206	Steve Menear	Male 65-69	St Austell Running Club	0:37:12	
222	98	Donna Fisher	Female 40-44	Newquay Road Runners	0:37:18	
223	80	Peter Drew	Male 70-74	Carn Runners	0:37:33	0:36:23
224	6	Gill Aze-Thomas	Female 50-54	Launceston Road Runner	0:37:35	
225	227	Karen Parker	Female 55-59	Falmouth Running Club	0:37:44	0:35:48
226	127	Mark Harrington	Male 55-59	Carn Runners	0:37:48	
227	273	Kirstie Slater	Female 50-54	Truro Running Club	0:37:57	0:49:09
228	238	Caroline Perret Black	Female 40-44		0:38:01	
229	350	Michael Wilson	Male 65-69		0:38:00	
230	30	Alan Brandwood	Male 70-74	Falmouth Running Club	0:38:09	0:38:36
231	186	Sarah Luff	Female 40-44	JP Fitness Cornwall	0:38:17	
232	63	Damian Cook	Male 50-54	Bys Vyken Race Team	0:38:26	0:37:00
233	134	Damian Haydney	Male 50-54		0:38:21	
234	302	Susan Thomas	Female 45-49	Hayle Runners	0:38:30	0:43:25
235	281	Sarah Steed	Female 50-54	East Cornwall Harriers	0:38:26	0:39:25
236	161	Natalie Jewell	Female 40-44	Falmouth Running Club	0:38:29	
237	11	Claire Barlow	Female 45-49	Bodmin Road Runners	0:38:32	
238	67	Nicola Crilly	Female 45-49	Falmouth Running Club	0:38:33	
239	139	Phillip Henwood	Male 45-49	Newquay Road Runners	0:38:39	
240	108	Alison Galloway	Female 55-59	Carn Runners	0:38:46	
241	52	Jackie Chapman	Female 60-64	Launceston Road Runner	0:38:50	0:43:28
242	31	Michael Bray	Male 40-44		0:38:52	
243	287	Claire Stone	Female 35-39	Hayle Runners	0:39:01	0:41:49

244	61	Nikki Collins	Female 40-44		0:39:06	
245	270	Karen Sims	Female 55-59	East Cornwall Harriers	0:39:02	0:37:28
246	300	Rachel Thomas	Female 20-34	Carn Runners	0:39:21	
247	28	Ann Bradley	Female 60-64	St Austell Running Club	0:39:15	0:40:28
248	327	Karen Warner	Female 55-59	Newquay Road Runners	0:39:28	0:40:36
249	328	Janet Watson	Female 70-74	Carn Runners	0:39:30	
250	48	Linda Carter	Female 45-49	Carn Runners	0:39:43	
251	244	Nikki Pritchard	Female 40-44	East Cornwall Harriers	0:39:44	0:38:00
252	177	Janet Lathom	Female 65-69	Launceston Road Runner	0:39:50	0:38:23
253	337	Demelza Widdersho	Female 40-44	Carn Runners	0:39:55	0:37:12
254	56	Dale Clarke	Male 50-54	Hayle Runners	0:39:54	
255	295	Lesley Taphouse	Female 60-64	Bodmin Road Runners	0:39:58	0:40:54
256	151	Emma James	Female 45-49	Launceston Road Runner	0:40:17	
257	220	Roy Newton	Male 75-79	Falmouth Running Club	0:40:13	0:41:01
258	315	Martin Venning	Male 70-74	Launceston Road Runner	0:40:23	
259	3	Kalei Andrews	Female 20-34	Carn Runners	0:40:30	
260	97	Samantha Ewart	Female 45-49	St Austell Running Club	0:40:38	0:38:07
261	81	Michelle Dunn	Female 35-39	St Austell Running Club	0:40:40	0:43:49
262	55	Theresa Clark	Female 55-59	Hayle Runners	0:40:51	0:37:44
263	140	Paul Heywood	Male 55-59	Launceston Road Runner	0:40:53	
264	115	Ray Goodright	Male 75-79	East Cornwall Harriers	0:40:54	
265	345	Theresa Williams	Female 65-69	St Austell Running Club	0:40:55	
266	155	Sandy Jamieson	Female 70-74	Carn Runners	0:41:04	
267	154	Judy Jameson	Female 60-64	Carn Runners	0:41:05	0:39:38
268	143	Deborah Hocking	Female 55-59	Carn Runners	0:41:17	
269	316	Greta Viertel	Female 20-34	St Austell Athletes Runnir	0:41:30	0:43:32
270	185	Wendy Lowe	Female 65-69	Bodmin Women's Runnir	0:41:37	
271	250	Jacque Rapier	Female 60-64	Falmouth Running Club	0:41:39	0:38:11
272	100	Naomi Flower	Female 20-34	Newquay Road Runners	0:41:45	
273	226	Gillian Onley	Female 55-59	Cornwall AC	0:41:52	0:41:33
274	26	Robert Bolitho	Male 60-64	Hayle Runners	0:41:49	0:44:50
275	96	Mollie Evans	Female 45-49	Carn Runners	0:42:07	
276	179	Sarah Law	Female 45-49	Falmouth Running Club	0:42:13	
277	170	Margaret Ann Kinah	Female 70-74	East Cornwall Harriers	0:42:07	
278	288	Jackie Stone	Female 60-64	Hayle Runners	0:42:25	0:42:35
279	171	Helen Kneale	Female 45-49		0:42:19	
280	132	Lorraine Hawkins	Female 55-59	Launceston Road Runner	0:42:23	
281	252	Kerry Ray	Female 45-49		0:42:22	
282	131	Lizzie Hasell	Female 40-44	Truro Running Club	0:42:29	
283	197	Jacqui Martin	Female 50-54	St Austell Running Club	0:42:33	0:44:42
284	346	Wendy Williams	Female 60-64	JP Fitness Cornwall	0:42:49	0:42:02
285	326	Victoria Walton	Female 45-49	Newquay Road Runners	0:42:55	
286	156	Jacqueline Jenkin	Female 75-79	Cornwall AC	0:43:02	0:41:45
287	39	Andrew Cameron	Male 75-79	Truro Running Club	0:43:01	
288	194	Lavinia Marshall	Female 70-74	Launceston Road Runner	0:43:25	
289	76	Nicole Di Maio	Female 40-44	Cornwall AC	0:43:31	
290	109	Fiona Gamble	Female 35-39	Hayle Runners	0:43:35	0:33:54
291	309	Rosie Trevains	Female 35-39	Bys Vyken Race Team	0:43:35	
292	37	Dennis Burrell	Male 75-79	Carn Runners	0:43:47	0:44:51

293	116	Amanda Gore	Female 60-64	Hayle Runners	0:43:59	0:47:41
294	267	Ruth Simmons	Female 50-54	St Austell Running Club	0:44:09	0:45:43
295	305	Stewart Townend	Male 80+	Hayle Runners	0:44:11	0:40:12
296	25	Julie Bolitho	Female 55-59	Hayle Runners	0:44:11	0:42:57
297	347	Janet Wills	Female 70-74	St Austell Running Club	0:44:15	0:47:24
298	163	Sarah Johns	Female 40-44	Hayle Runners	0:44:16	0:42:16
299	162	Emma Johns	Female 45-49	Hayle Runners	0:44:18	
300	107	Jessica Gallienne	Female 35-39	Newquay Road Runners	0:44:34	
301	207	Laura Millward	Female 60-64	Carn Runners	0:44:39	
302	53	Sarah Choak	Female 55-59	Carn Runners	0:44:39	
303	78	Kathran Dormer	Female 70-74	Falmouth Running Club	0:44:59	0:42:05
304	296	Sean Taylor	Male 55-59	Bodmin Road Runners	0:45:15	
305	265	Sandra Shelley	Female 60-64	Carn Runners	0:45:49	0:46:55
306	319	Margaret Wade	Female 70-74	Carn Runners	0:46:15	0:42:37
307	43	Timothea Cardell	Female 80+	Hayle Runners	0:46:23	0:45:34
308	353	Michael Wooding	Male 75-79	Newquay Road Runners	0:46:55	0:42:05
309	317	Caroline Vinnicombe	Female 45-49	Cornwall AC	0:47:04	
310	181	Steve Lawrence	Male 65-69	Falmouth Running Club	0:47:04	0:49:12
311	333	Zoe Webb	Female 45-49	Carn Runners	0:49:10	
312	306	Jeanette Toy	Female 50-54	Carn Runners	0:49:12	0:42:37
313	111	David Garrard	Male 75-79	Falmouth Running Club	0:52:54	0:51:12
314	214	Richard Moore	Male 80+	Truro Running Club	0:54:48	