

OVERALL

Place	Bib	Name	AG
Sticker 5 - 2024			
1	141	Tom Morton	Male Under 35
2	178	Steve Reynolds	Male 35-39
3	73	Ben Foyle	Male Under 35
4	161	William Pearce	Male Under 35
5	36	David Crawford	Male 35-39
6	88	Llewin Head	Male Under 35
7	41	James Cutlan	Male 35-39
8	59	Jamie Edwards	Male Under 35
9	207	Dylan Stevens	Male Under 35
10	157	Ross Pascoe	Male Under 35
11	34	Daniel Costello	Male Under 35
12	102	Kyran James	Male Under 35
13	126	Benjamin Marriott	Male Under 35
14	190	Peter Scriven	Male 45-49
15	260	Tony Wright	Male 55-59
16	185	Darren Roose	Male 45-49
17	112	Ben Kent	Male Under 35
18	7	Peter Barnes	Male 40-44
19	173	Clive Ramsden	Male 45-49
20	25	Neil Carter	Male 40-44
21	101	Steph Hutton	Female Under 35
22	159	Emma Paull	Female 35-39
23	246	Paul Whear	Male 55-59
24	125	Ryan Marks	Male Under 35
25	45	Alex Daniels	Male 50-54
26	252	Simon Williams	Male 50-54
27	209	Paul Stevens	Male 45-49
28	223	Dominic Turton	Male Under 35
29	160	Ben Pearce	Male 35-39
30	202	Sid Standlick	Male 40-44
31	81	David Guffick	Male 40-44
32	116	Craig Knuckey	Male 55-59
33	39	Ian Curnow	Male 50-54
34	50	Jordan Dingle	Male Under 35
35	165	Roman Philips	Male Under 35
36	251	Mark Williams	Male 55-59
37	175	Jasmine Rapson	Female Under 35
38	75	Rosie Gibbons	Female 45-49
39	123	James Manning	Male 45-49
40	83	Craig Hall	Male 50-54
41	186	Matt Row	Male 35-39
42	61	Jon Eldon	Male 60-64
43	206	Emma Stepto	Female 50-54
44	243	Robin Watson	Male 60-64
45	51	Liam Donelly	Male Under 35

46	233	Jason Vinnicombe	Male 45-49
47	164	Nicholas Peters	Male Under 35
48	262	Colin Bathe	Male 55-59
49	23	Nick Campbell	Male 45-49
50	227	Craig Varcoe	Male 35-39
51	213	Mark Sweeney	Male 60-64
52	137	Joshua Mills	Male Under 35
53	91	Amanda Hewitt	Female 50-54
54	27	Richard Chynoweth	Male 40-44
55	191	Andrew Searle	Male 40-44
56	98	Frazer Humbles	Male 40-44
57	149	Danny O'Shea	Male 45-49
58	245	Mandy Watts	Female 55-59
59	204	James Stephens	Male 35-39
60	3	Gail Aspden	Female 55-59
61	40	Charles Curtis	Male Under 35
62	147	Christopher Nottle	Male Under 35
63	225	Darren Uren	Male 40-44
64	109	Ben Johns	Male 35-39
65	238	Iain Walker	Male 65-69
66	57	Jennifer Dunstan	Female 35-39
67	166	Steve Phillips	Male 50-54
68	217	Derek Thomas	Male 50-54
69	78	Anna Goodman	Female Under 35
70	188	Ian Savigar	Male 60-64
71	221	Julie Towers	Female 60-64
72	56	Natalie Dunn	Female 40-44
73	71	Hannah Fox	Female 45-49
74	35	Michael Counter	Male 60-64
75	143	Sarah Myford	Female 60-64
76	171	Damen Powell	Male 35-39
77	24	Bruce Carey	Male Under 35
78	145	Jim Nettleton	Male 55-59
79	96	Kate Hoffen	Female 55-59
80	194	Andrea Simmons	Female 70-74
81	148	Terry Nottle	Male 50-54
82	20	Anthony Burrows	Male 60-64
83	8	Dean Barrett	Male 55-59
84	154	Jamie Owen	Male 45-49
85	184	Alison Roose	Female 45-49
86	200	David Speake	Male 50-54
87	168	Lisa Player	Female 60-64
88	70	Emma Fox	Female 45-49
89	183	Laura Rogers	Female 35-39
90	9	Mark Bennetts	Male 45-49
91	82	Paul Gwynne	Male 55-59
92	32	Richard Collett	Male 40-44
93	257	Claire Winfield	Female 55-59

94	144	Thelma Namonje Kapembwa	Female 35-39
95	72	David Foy	Male 50-54
96	176	Zoe Renowden	Female 40-44
97	236	Mary Rossetti	Female 45-49
98	14	Karina Bowers	Female 40-44
99	240	Catriona Ward Sell	Female 35-39
100	140	Richard Morton	Male 70-74
101	108	Steven Jenkin	Male 50-54
102	95	Ian Hocking	Male 45-49
103	162	Olivia Pellowe	Female 45-49
104	142	Ryan Mosney	Male 35-39
105	231	Armando Vieira	Male 45-49
106	117	Tristan Lang	Male 50-54
107	79	Amy Gregory	Female 35-39
108	21	Ross Buscombe	Male 35-39
109	250	Sarah Wilkinson	Female 60-64
110	87	Matt Hannam	Male Under 35
111	84	Philip Hall	Male 65-69
112	10	Kelly Bills	Female 45-49
113	94	Dan Hocking	Male 45-49
114	43	Clare Dale	Female 40-44
115	189	Tasmin Schofield	Female Under 35
116	104	Simon James	Male 50-54
117	249	David Wilcox	Male 45-49
118	248	Demelza Widdershoven	Female 40-44
119	215	Simon Tagney	Male 60-64
120	127	Hayley Marriott	Female 50-54
121	169	Tommy Polglase	Male 70-74
122	216	Lisa Taper	Female 35-39
123	99	Stephen Hutchinson	Male 70-74
124	181	Malcolm Roberts	Male 70-74
125	111	Claire Johnson	Female 35-39
126	17	Jaxon Brokenshire	Male 45-49
127	1	Peter Allen	Male 65-69
128	242	Diane Warren	Female 70-74
129	2	Sarah Allen	Female 50-54
130	138	Jon Mitchell	Male 50-54
131	31	Andy Coles	Male 65-69
132	163	Chunky Penhaul	Male 75-79
133	226	Lisa Uren	Female 45-49
134	46	Ryan Daniels	Male Under 35
135	135	Michael Mehta	Male 60-64
136	49	Ashleigh Dingle	Female Under 35
137	65	Rachel Fleet	Female Under 35
138	150	Vicky Oakes	Female 50-54
139	80	Ian Grimes	Male 70-74
140	180	Janet Ritchie	Female 60-64
141	152	Michael Orchard	Male 65-69

142	42 Jean Cutlan	Female 55-59
143	58 Tom Edie	Male 40-44
144	121 Trevor Lee	Male 60-64
145	136 Steve Menear	Male 65-69
146	66 Sally Fletcher	Female 55-59
147	155 Martin Palmer	Male 60-64
148	100 Michael Hutton	Male Under 35
149	55 Jeanette Duncan	Female 65-69
150	234 Francis Vosper	Male 65-69
151	128 Debbie Marshall	Female 50-54
152	4 Christopher Baggott	Male 50-54
153	86 Norbert Hamacher	Male 65-69
154	201 Harry Stallard	Male Under 35
155	134 Tracy Mckenzie	Female 45-49
156	182 Jane Robertson	Female 60-64
157	107 Richard Jenkin	Male 80+
158	129 Colin Martin	Male 70-74
159	97 Liane Holt	Female 35-39
160	62 Des Evans	Male 75-79
161	208 Kate Stevens	Female 45-49
162	174 Christopher Ramsey	Male 70-74
163	261 Rachel Yelland	Female 40-44
164	153 Britta Osthaus	Female 55-59
165	210 Claire Stone	Female 40-44
166	203 Jane Stedman	Female 60-64
167	235 Nicola Vosper	Female 60-64
168	259 Paul Wright	Male 75-79
169	124 Courtney Marks	Female Under 35
170	146 Melanie Nile	Female 50-54
171	177 Mark Rescorl	Male 40-44
172	33 Trevor Cornish	Male 55-59
173	212 Wendy Stuart	Female 50-54
174	22 Kate Callaghan	Female 45-49
175	28 Theresa Clark	Female 55-59
176	219 Susan Thomas	Female 45-49
177	156 Karen Parker	Female 55-59
178	187 Peter Sargent	Male 75-79
179	118 Janet Lathom	Female 65-69
180	6 John Barnes	Male 60-64
181	63 Samantha Ewart	Female 50-54
182	228 Daniel Varcoe	Male 35-39
183	69 Alistair Foster	Male 50-54
184	60 Lewis Edwards	Male 40-44
185	205 Emma Stephenson	Female Under 35
186	54 Peter Drew	Male 75-79
187	16 Alan Brandwood	Male 70-74
188	253 Theresa Williams	Female 65-69
189	132 Damon Mayes	Male 35-39

190	239	Victoria Walton	Female 45-49
191	68	Naomi Flower	Female Under 35
192	224	Angela Tyson	Female 45-49
193	5	Claire Barlow	Female 45-49
194	256	David Wilton	Male 65-69
195	37	Jon Cryer	Male 70-74
196	241	Rob Warin	Male 60-64
197	130	Jacqui Martin	Female 50-54
198	122	Gwen Maggs	Female 35-39
199	229	Martin Venning	Male 70-74
200	151	Gillian Onley	Female 55-59
201	47	Alison Day	Female 50-54
202	167	Sarah Pipa-Harding	Female 55-59
203	211	Jackie Stone	Female 60-64
204	67	Julie Flower	Female 55-59
205	105	Jacqueline Jenkin	Female 75-79
206	77	Linda Godfrey	Female 65-69
207	48	Nicole Di Maio	Female 40-44
208	222	Stewart Townend	Male 80+
209	258	Gemma Wotherspoon	Female 40-44
210	254	Janet Wills	Female 70-74
211	193	Jane Shaddick-Brady	Female 60-64
212	232	Caroline Vinnicombe	Female 50-54
213	18	Jennifer Burden	Female 40-44
214	195	Ruth Simmons	Female 50-54
215	214	Jenny Tagney	Female 60-64
216	158	Carrie Patrick	Female 45-49
217	197	Nicola Slateford	Female 60-64
218	13	Robert Bolitho	Male 60-64
219	52	Kathran Dormer	Female 70-74
220	247	Lorraine Wherry	Female 60-64
221	19	Dennis Burrell	Male 75-79
222	12	Julie Bolitho	Female 55-59
223	114	Margaret Ann Kinahan	Female 70-74
224	64	Louise Fildes	Female 45-49
225	255	Ant Wilson	Male 35-39
226	110	Emma Johns	Female 45-49
227	172	Sally Powell	Female 65-69
228	119	Steve Lawrence	Male 70-74
229	139	Sean Mitchell	Male 45-49
230	53	Chris Dowrick	Male 35-39
231	237	Diane Walker	Female 60-64
232	230	Lisa Vercoe	Female 50-54
233	179	Paula Richardson	Female 60-64
234	90	Jo Heather	Female 60-64
235	199	Richard Smeath	Male 50-54
236	198	David Smeath	Male 45-49
237	76	Charles Goadsby	Male 70-74

Club	GunTime	ChipTime
Newquay & Par AC	0:26:01	0:26:00
Truro Running Club	0:26:53	0:26:52
Cornwall AC	0:26:57	0:26:57
Newquay & Par AC	0:27:51	0:27:51
Newquay & Par AC	0:28:03	0:28:02
Mile High	0:28:05	0:28:04
Cornwall AC	0:28:18	0:28:18
Newquay Road Runners	0:28:23	0:28:22
Newquay & Par AC	0:28:36	0:28:35
Cornwall AC	0:28:46	0:28:45
Hayle Runners	0:29:04	0:29:03
Newquay & Par AC	0:29:09	0:29:08
City of Plymouth AC	0:29:32	0:29:32
Cornwall AC	0:29:41	0:29:40
Cornwall AC	0:29:58	0:29:57
Newquay Road Runners	0:30:02	0:30:00
Cornwall AC	0:30:09	0:30:08
Hayle Runners	0:30:23	0:30:21
Newquay Road Runners	0:30:42	0:30:41
Newquay Road Runners	0:31:01	0:30:59
Cornwall AC	0:31:12	0:31:11
Hayle Runners	0:31:32	0:31:30
Cornwall AC	0:31:37	0:31:35
St Austell Running Club	0:31:45	0:31:43
Newquay Road Runners	0:32:30	0:32:29
Newquay & Par AC	0:32:50	0:32:46
St Austell Athletes Running Club	0:32:52	0:32:50
Hayle Runners	0:32:57	0:32:53
Truro Running Club	0:32:59	0:32:56
Tamar Trotters	0:33:24	0:33:21
Hayle Runners	0:33:26	0:33:24
Cornwall AC	0:33:39	0:33:38
Hayle Runners	0:33:50	0:33:47
St Austell Athletes Running Club	0:34:08	0:34:04
Cornwall AC	0:34:13	0:34:12
Hayle Runners	0:34:19	0:34:16
Newquay & Par AC	0:34:22	0:34:20
Cornwall AC	0:34:30	0:34:27
Hayle Runners	0:34:30	0:34:27
Cornwall AC	0:34:38	0:34:35
St Austell Running Club	0:34:39	0:34:35
Hayle Runners	0:34:42	0:34:39
Cornwall AC	0:34:59	0:34:57
Falmouth Running Club	0:35:05	0:35:03
St Austell Running Club	0:35:12	0:35:08

Cornwall AC	0:35:22	0:35:18
Hayle Runners	0:35:24	0:35:18
Truro Running Club	0:35:52	0:35:49
	0:35:55	0:35:48
St Austell Running Club	0:36:00	0:35:56
St Austell Running Club	0:36:08	0:36:03
Cornwall AC	0:36:12	0:36:09
Cornwall AC	0:36:22	0:36:18
Truro Running Club	0:36:23	0:36:19
Hayle Runners	0:36:25	0:36:20
Hayle Runners	0:36:31	0:36:27
Truro Running Club	0:36:39	0:36:32
Newquay Road Runners	0:36:45	0:36:37
St Austell Running Club	0:36:56	0:36:52
Cornwall AC	0:37:26	0:37:23
Cornwall AC	0:37:26	0:37:21
St Austell Running Club	0:37:44	0:37:37
Hayle Runners	0:37:48	0:37:44
Truro Running Club	0:37:48	0:37:43
St Austell Running Club	0:37:54	0:37:48
Cornwall AC	0:38:25	0:38:22
Carn Runners	0:38:35	0:38:31
St Austell Running Club	0:38:50	0:38:45
Hayle Runners	0:38:55	0:38:47
East Cornwall Harriers	0:39:03	0:38:58
Hayle Runners	0:39:11	0:39:03
Truro Running Club	0:39:20	0:39:14
Mile High	0:39:31	0:39:27
St Austell Running Club	0:39:32	0:39:18
Bodmin Running Club	0:39:36	0:39:28
St Austell Running Club	0:39:47	0:39:43
Newquay Road Runners	0:39:48	0:39:41
Truro Running Club	0:39:59	0:39:53
Westbury Harriers	0:40:02	0:39:56
Hayle Runners	0:40:06	0:39:54
	0:40:07	0:40:00
Hayle Runners	0:40:10	0:40:05
Tamar Trotters	0:40:25	0:40:12
	0:40:30	0:40:26
Newquay Road Runners	0:40:30	0:40:23
St Austell Running Club	0:40:30	0:40:26
Newquay Road Runners	0:40:34	0:40:25
Newquay Road Runners	0:40:36	0:40:27
Cornwall AC	0:40:58	0:40:48
St Austell Athletes Running Club	0:40:59	0:40:52
Perran Trail Runners	0:41:05	0:40:58
Hayle Runners	0:41:05	0:40:59
Launceston Road Runners	0:41:15	0:41:07

Falmouth Running Club	0:41:18	0:41:11
Falmouth Running Club	0:41:18	0:41:11
Hayle Runners	0:41:21	0:41:09
Truro Running Club	0:41:21	0:41:16
St Austell Running Club	0:41:26	0:41:22
Launceston Road Runners	0:41:32	0:41:24
Tamar Trotters	0:41:34	0:41:28
Cornwall AC	0:41:37	0:41:26
	0:41:42	0:41:34
Carn Runners	0:41:50	0:41:40
Truro Running Club	0:41:53	0:41:48
St Austell Running Club	0:41:59	0:41:47
Truro Running Club	0:41:59	0:41:53
Newquay Road Runners	0:42:07	0:41:59
St Austell Running Club	0:42:10	0:42:05
Newquay Road Runners	0:42:10	0:42:02
	0:42:28	0:42:15
Falmouth Running Club	0:42:32	0:42:23
Hayle Runners	0:42:34	0:42:27
Hayle Runners	0:42:40	0:42:30
St Austell Running Club	0:42:41	0:42:26
	0:42:49	0:42:36
Cornwall AC	0:42:59	0:42:48
Truro Running Club	0:43:02	0:42:52
Carn Runners	0:43:04	0:42:54
	0:43:19	0:43:03
East Cornwall Harriers	0:43:31	0:43:24
Carn Runners	0:43:33	0:43:24
Newquay Road Runners	0:43:50	0:43:38
Bude Rats (Run and Tri)	0:44:03	0:43:55
St Austell Running Club	0:44:51	0:44:43
St Austell Running Club	0:44:57	0:44:46
	0:45:09	0:44:56
Newquay Road Runners	0:45:11	0:45:01
Hayle Runners	0:45:20	0:45:09
Hayle Runners	0:45:22	0:45:11
Cornwall AC	0:45:25	0:45:14
St Austell Running Club	0:45:29	0:45:13
Hayle Runners	0:45:38	0:45:30
Hayle Runners	0:45:44	0:45:33
	0:45:51	0:45:48
	0:46:11	0:45:54
	0:46:25	0:46:18
	0:46:26	0:46:18
St Austell Running Club	0:46:30	0:46:25
Launceston Road Runners	0:46:47	0:46:38
Carn Runners	0:47:03	0:46:54
Hayle Runners	0:47:19	0:47:03

St Austell Athletes Running Club	0:47:21	0:47:13
St Austell Athletes Running Club	0:47:29	0:47:19
Truro Running Club	0:47:30	0:47:16
St Austell Running Club	0:47:36	0:47:24
St Austell Running Club	0:47:41	0:47:23
Perran Trail Runners	0:48:11	0:47:59
	0:48:13	0:47:57
Newquay Road Runners	0:48:14	0:48:05
Lonely Goat RC	0:48:16	0:47:59
St Austell Running Club	0:48:20	0:48:06
St Austell Running Club	0:48:24	0:48:12
Truro Running Club	0:48:29	0:48:20
St Austell Running Club	0:48:38	0:48:23
Newquay Road Runners	0:48:41	0:48:30
	0:48:45	0:48:24
Cornwall AC	0:48:47	0:48:38
Newquay Road Runners	0:49:02	0:48:51
Newquay Road Runners	0:49:24	0:49:12
Newquay Road Runners	0:49:24	0:49:12
St Austell Running Club	0:49:31	0:49:14
Truro Running Club	0:49:36	0:49:27
East Cornwall Harriers	0:49:37	0:49:22
	0:49:59	0:49:41
Hayle Runners	0:50:18	0:50:06
Bodmin Running Club	0:50:35	0:50:17
Lonely Goat RC	0:50:36	0:50:17
Bodmin Running Club	0:50:36	0:50:15
St Austell Running Club	0:50:37	0:50:27
St Austell Running Club	0:50:40	0:50:23
Tamar Trotters	0:50:54	0:50:37
Hayle Runners	0:51:00	0:50:48
St Austell Running Club	0:51:05	0:50:49
Truro Running Club	0:51:14	0:50:57
Hayle Runners	0:51:22	0:51:09
Hayle Runners	0:51:29	0:51:15
Falmouth Running Club	0:51:32	0:51:20
South West Vets A.C.	0:51:44	0:51:38
Launceston Road Runners	0:51:53	0:51:36
Launceston Road Runners	0:52:06	0:51:49
St Austell Running Club	0:52:18	0:52:00
St Austell Running Club	0:52:22	0:52:06
St Austell Running Club	0:52:31	0:52:17
Cornwall AC	0:52:50	0:52:37
	0:52:58	0:52:41
Carn Runners	0:53:02	0:52:49
Falmouth Running Club	0:53:04	0:52:57
St Austell Running Club	0:53:15	0:52:58
	0:53:41	0:53:19

Newquay Road Runners	0:53:43	0:53:22
Newquay Road Runners	0:53:43	0:53:27
Newquay Road Runners	0:53:44	0:53:22
Bodmin Running Club	0:53:59	0:53:40
Falmouth Running Club	0:54:03	0:53:43
	0:54:09	0:53:48
The Modus Lane Running Club of Sticker	0:54:31	0:54:20
St Austell Running Club	0:54:39	0:54:21
St Austell Running Club	0:54:39	0:54:28
Launceston Road Runners	0:54:44	0:54:25
Cornwall AC	0:54:52	0:54:41
St Austell Running Club	0:55:09	0:54:53
Cornwall AC	0:55:56	0:55:43
Hayle Runners	0:56:08	0:55:54
Newquay Road Runners	0:56:12	0:55:55
Cornwall AC	0:56:13	0:55:57
Bodmin Women's Running Club	0:56:38	0:56:19
Cornwall AC	0:56:45	0:56:32
Hayle Runners	0:56:49	0:56:39
Bodmin Women's Running Club	0:56:49	0:56:30
St Austell Running Club	0:57:14	0:56:56
	0:57:26	0:57:06
Cornwall AC	0:57:35	0:57:21
St Austell Running Club	0:57:47	0:57:29
St Austell Running Club	0:57:50	0:57:33
	0:57:51	0:57:30
Carn Runners	0:58:41	0:58:22
St Austell Running Club	0:58:49	0:58:32
Falmouth Running Club	0:59:03	0:58:43
Falmouth Running Club	1:00:21	1:00:15
St Austell Running Club	1:00:29	1:00:11
Carn Runners	1:00:37	1:00:22
Falmouth Running Club	1:01:11	1:00:51
East Cornwall Harriers	1:01:14	1:00:59
	1:02:14	1:01:57
	1:05:10	1:04:51
Hayle Runners	1:05:55	1:05:38
Carn Runners	1:06:09	1:05:53
Falmouth Running Club	1:06:22	1:06:02
St Austell Running Club	1:06:46	1:06:27
	1:06:47	1:06:27
St Austell Running Club	1:06:51	1:06:32
St Austell Running Club	1:07:05	1:06:46
East Cornwall Harriers	1:08:40	1:08:24
Hayle Runners	1:08:47	1:08:33
	1:13:07	1:12:46
Sierra Bermeja Trail	1:13:07	1:12:46
Daventry Road Runners	1:18:37	1:18:14

TEAM RESULTS

Bib	Name	Score	GunTime
Sticker 5 - 2024			
Female			
1	Cornwall AC 1	33 (9)	
	101 Steph Hutton		1 0:31:12
	75 Rosie Gibbons		4 0:34:30
	206 Emma Stepto		5 0:34:59
	91 Amanda Hewitt		6 0:36:22
	3 Gail Aspden		8 0:37:26
	57 Jennifer Dunstan		9 0:38:25
2	Hayle Runners 1	92 (30)	
	159 Emma Paull		2 0:31:32
	78 Anna Goodman		10 0:38:55
	221 Julie Towers		11 0:39:11
	194 Andrea Simmons		16 0:40:06
	176 Zoe Renowden		23 0:41:21
	10 Kelly Bills		30 0:42:34
3	Newquay Road Runners 1	118 (29)	
	245 Mandy Watts		7 0:36:45
	184 Alison Roose		17 0:40:30
	168 Lisa Player		18 0:40:34
	70 Emma Fox		19 0:40:36
	79 Amy Gregory		28 0:42:07
	250 Sarah Wilkinson		29 0:42:10
4	St Austell Running Club 1	226 (47)	
	14 Karina Bowers		25 0:41:26
	43 Clare Dale		31 0:42:41
	111 Claire Johnson		36 0:44:57
	150 Vicky Oakes		42 0:46:30
	66 Sally Fletcher		45 0:47:41
	128 Debbie Marshall		47 0:48:20
5	Hayle Runners 2	291 (62)	
	242 Diane Warren		37 0:45:20
	2 Sarah Allen		38 0:45:22
	226 Lisa Uren		39 0:45:44
	210 Claire Stone		54 0:50:18
	28 Theresa Clark		61 0:51:22
	219 Susan Thomas		62 0:51:29
6	Newquay Road Runners 2	316 (69)	
	216 Lisa Taper		35 0:43:50
	55 Jeanette Duncan		46 0:48:14
	134 Tracy Mckenzie		48 0:48:41
	97 Liane Holt		50 0:49:24
	239 Victoria Walton		68 0:53:43
	68 Naomi Flower		69 0:53:43
7	St Austell Running Club 2	357 (67)	
	208 Kate Stevens		51 0:49:31
	124 Courtney Marks		57 0:50:37
	146 Melanie Nile		58 0:50:40

	212 Wendy Stuart		59 0:51:05
	63 Samantha Ewart		65 0:52:18
	253 Theresa Williams		67 0:53:15
8	Cornwall AC 2	415 (85)	
	183 Laura Rogers		20 0:40:58
	151 Gillian Onley		74 0:54:52
	167 Sarah Pipa-Harding		76 0:55:56
	105 Jacqueline Jenkin		79 0:56:13
	48 Nicole Di Maio		81 0:56:45
	232 Caroline Vinnicombe		85 0:57:35
9	St Austell Running Club 3	476 (87)	
	130 Jacqui Martin		72 0:54:39
	122 Gwen Maggs		73 0:54:39
	47 Alison Day		75 0:55:09
	254 Janet Wills		83 0:57:14
	18 Jennifer Burden		86 0:57:47
	195 Ruth Simmons		87 0:57:50
Male			
1	Newquay & Par AC 1	55 (24)	
	141 Tom Morton		1 0:26:01
	161 William Pearce		4 0:27:51
	36 David Crawford		5 0:28:03
	207 Dylan Stevens		9 0:28:36
	102 Kyran James		12 0:29:09
	252 Simon Williams		24 0:32:50
2	Cornwall AC 1	66 (17)	
	73 Ben Foyle		3 0:26:57
	41 James Cutlan		7 0:28:18
	157 Ross Pascoe		10 0:28:46
	190 Peter Scriven		14 0:29:41
	260 Tony Wright		15 0:29:58
	112 Ben Kent		17 0:30:09
3	Hayle Runners 1	149 (34)	
	34 Daniel Costello		11 0:29:04
	7 Peter Barnes		18 0:30:23
	223 Dominic Turton		26 0:32:57
	81 David Guffick		29 0:33:26
	39 Ian Curnow		31 0:33:50
	251 Mark Williams		34 0:34:19
4	Newquay Road Runners 1	149 (63)	
	59 Jamie Edwards		8 0:28:23
	185 Darren Roose		16 0:30:02
	173 Clive Ramsden		19 0:30:42
	25 Neil Carter		20 0:31:01
	45 Alex Daniels		23 0:32:30
	24 Bruce Carey		63 0:39:48
5	Cornwall AC 2	208 (47)	
	246 Paul Whear		21 0:31:37
	116 Craig Knuckey		30 0:33:39
	165 Roman Philips		33 0:34:13

	83 Craig Hall		36 0:34:38
	233 Jason Vinnicombe		41 0:35:22
	137 Joshua Mills		47 0:36:12
6	Truro Running Club 1	227 (56)	
	178 Steve Reynolds		2 0:26:53
	160 Ben Pearce		27 0:32:59
	262 Colin Bathe		43 0:35:52
	27 Richard Chynoweth		48 0:36:23
	149 Danny O'Shea		51 0:36:39
	109 Ben Johns		56 0:37:48
7	St Austell Running Club 1	242 (52)	
	125 Ryan Marks		22 0:31:45
	186 Matt Row		37 0:34:39
	51 Liam Donnelly		40 0:35:12
	227 Craig Varcoe		45 0:36:00
	213 Mark Sweeney		46 0:36:08
	204 James Stephens		52 0:36:56
8	Hayle Runners 2	269 (55)	
	123 James Manning		35 0:34:30
	61 Jon Eldon		38 0:34:42
	164 Nicholas Peters		42 0:35:24
	191 Andrew Searle		49 0:36:25
	98 Frazer Humbles		50 0:36:31
	225 Darren Uren		55 0:37:48
9	St Austell Running Club 2	362 (69)	
	147 Christopher Nottle		54 0:37:44
	238 Iain Walker		57 0:37:54
	217 Derek Thomas		59 0:38:50
	35 Michael Counter		61 0:39:32
	171 Damen Powell		62 0:39:47
	200 David Speake		69 0:40:30
10	Truro Running Club 2	511 (106)	
	145 Jim Nettleton		64 0:39:59
	142 Ryan Mosney		77 0:41:53
	117 Tristan Lang		79 0:41:59
	249 David Wilcox		85 0:43:02
	121 Trevor Lee		100 0:47:30
	86 Norbert Hamacher		106 0:48:29
11	Hayle Runners 3	527 (114)	
	20 Anthony Burrows		66 0:40:10
	32 Richard Collett		72 0:41:05
	94 Dan Hocking		83 0:42:40
	163 Chunky Penhaul		94 0:45:38
	152 Michael Orchard		98 0:47:19
	33 Trevor Cornish		114 0:51:00
12	Cornwall AC 3	531 (119)	
	40 Charles Curtis		53 0:37:26
	108 Steven Jenkin		75 0:41:37
	104 Simon James		84 0:42:59
	138 Jon Mitchell		92 0:45:25

	107 Richard Jenkin		108 0:48:47
	60 Lewis Edwards		119 0:52:50
13	St Austell Running Club 3	546 (105)	
	231 Armando Vieira		78 0:41:59
	21 Ross Buscombe		80 0:42:10
	181 Malcolm Roberts		89 0:44:51
	31 Andy Coles		93 0:45:29
	136 Steve Menear		101 0:47:36
	4 Christopher Baggott		105 0:48:24
14	Falmouth Running Club 1	566 (128)	
	243 Robin Watson		39 0:35:05
	72 David Foy		73 0:41:18
	84 Philip Hall		82 0:42:32
	16 Alan Brandwood		121 0:53:04
	256 David Wilton		123 0:54:03
	13 Robert Bolitho		128 0:59:03

GENDER RESULTS

Place

Bib Name

AG

Sticker 5 - 2024

Female

1	101	Steph Hutton	Female Under 35
2	159	Emma Paull	Female 35-39
3	175	Jasmine Rapson	Female Under 35
4	75	Rosie Gibbons	Female 45-49
5	206	Emma Stepto	Female 50-54
6	91	Amanda Hewitt	Female 50-54
7	245	Mandy Watts	Female 55-59
8	3	Gail Aspden	Female 55-59
9	57	Jennifer Dunstan	Female 35-39
10	78	Anna Goodman	Female Under 35
11	221	Julie Towers	Female 60-64
12	56	Natalie Dunn	Female 40-44
13	71	Hannah Fox	Female 45-49
14	143	Sarah Myford	Female 60-64
15	96	Kate Hoffen	Female 55-59
16	194	Andrea Simmons	Female 70-74
17	184	Alison Roose	Female 45-49
18	168	Lisa Player	Female 60-64
19	70	Emma Fox	Female 45-49
20	183	Laura Rogers	Female 35-39
21	257	Claire Winfield	Female 55-59
22	144	Thelma Namonje Kapembwa	Female 35-39
23	176	Zoe Renowden	Female 40-44
24	236	Mary Rossetti	Female 45-49
25	14	Karina Bowers	Female 40-44
26	240	Catriona Ward Sell	Female 35-39
27	162	Olivia Pellowe	Female 45-49
28	79	Amy Gregory	Female 35-39
29	250	Sarah Wilkinson	Female 60-64
30	10	Kelly Bills	Female 45-49
31	43	Clare Dale	Female 40-44
32	189	Tasmin Schofield	Female Under 35
33	248	Demelza Widdershoven	Female 40-44
34	127	Hayley Marriott	Female 50-54
35	216	Lisa Taper	Female 35-39
36	111	Claire Johnson	Female 35-39
37	242	Diane Warren	Female 70-74
38	2	Sarah Allen	Female 50-54
39	226	Lisa Uren	Female 45-49
40	49	Ashleigh Dingle	Female Under 35
41	65	Rachel Fleet	Female Under 35
42	150	Vicky Oakes	Female 50-54
43	180	Janet Ritchie	Female 60-64
44	42	Jean Cutlan	Female 55-59

45	66 Sally Fletcher	Female 55-59
46	55 Jeanette Duncan	Female 65-69
47	128 Debbie Marshall	Female 50-54
48	134 Tracy Mckenzie	Female 45-49
49	182 Jane Robertson	Female 60-64
50	97 Liane Holt	Female 35-39
51	208 Kate Stevens	Female 45-49
52	261 Rachel Yelland	Female 40-44
53	153 Britta Osthaus	Female 55-59
54	210 Claire Stone	Female 40-44
55	203 Jane Stedman	Female 60-64
56	235 Nicola Vosper	Female 60-64
57	124 Courtney Marks	Female Under 35
58	146 Melanie Nile	Female 50-54
59	212 Wendy Stuart	Female 50-54
60	22 Kate Callaghan	Female 45-49
61	28 Theresa Clark	Female 55-59
62	219 Susan Thomas	Female 45-49
63	156 Karen Parker	Female 55-59
64	118 Janet Lathom	Female 65-69
65	63 Samantha Ewart	Female 50-54
66	205 Emma Stephenson	Female Under 35
67	253 Theresa Williams	Female 65-69
68	239 Victoria Walton	Female 45-49
69	68 Naomi Flower	Female Under 35
70	224 Angela Tyson	Female 45-49
71	5 Claire Barlow	Female 45-49
72	130 Jacqui Martin	Female 50-54
73	122 Gwen Maggs	Female 35-39
74	151 Gillian Onley	Female 55-59
75	47 Alison Day	Female 50-54
76	167 Sarah Pipa-Harding	Female 55-59
77	211 Jackie Stone	Female 60-64
78	67 Julie Flower	Female 55-59
79	105 Jacqueline Jenkin	Female 75-79
80	77 Linda Godfrey	Female 65-69
81	48 Nicole Di Maio	Female 40-44
82	258 Gemma Wotherspoon	Female 40-44
83	254 Janet Wills	Female 70-74
84	193 Jane Shaddick-Brady	Female 60-64
85	232 Caroline Vinnicombe	Female 50-54
86	18 Jennifer Burden	Female 40-44
87	195 Ruth Simmons	Female 50-54
88	214 Jenny Tagney	Female 60-64
89	158 Carrie Patrick	Female 45-49
90	197 Nicola Slateford	Female 60-64
91	52 Kathran Dormer	Female 70-74
92	247 Lorraine Wherry	Female 60-64

93	12 Julie Bolitho	Female 55-59
94	114 Margaret Ann Kinahan	Female 70-74
95	64 Louise Fildes	Female 45-49
96	110 Emma Johns	Female 45-49
97	172 Sally Powell	Female 65-69
98	237 Diane Walker	Female 60-64
99	230 Lisa Vercoe	Female 50-54
100	179 Paula Richardson	Female 60-64
101	90 Jo Heather	Female 60-64

Male

1	141 Tom Morton	Male Under 35
2	178 Steve Reynolds	Male 35-39
3	73 Ben Foyle	Male Under 35
4	161 William Pearce	Male Under 35
5	36 David Crawford	Male 35-39
6	88 Llewlin Head	Male Under 35
7	41 James Cutlan	Male 35-39
8	59 Jamie Edwards	Male Under 35
9	207 Dylan Stevens	Male Under 35
10	157 Ross Pascoe	Male Under 35
11	34 Daniel Costello	Male Under 35
12	102 Kyran James	Male Under 35
13	126 Benjamin Marriott	Male Under 35
14	190 Peter Scriven	Male 45-49
15	260 Tony Wright	Male 55-59
16	185 Darren Roose	Male 45-49
17	112 Ben Kent	Male Under 35
18	7 Peter Barnes	Male 40-44
19	173 Clive Ramsden	Male 45-49
20	25 Neil Carter	Male 40-44
21	246 Paul Whear	Male 55-59
22	125 Ryan Marks	Male Under 35
23	45 Alex Daniels	Male 50-54
24	252 Simon Williams	Male 50-54
25	209 Paul Stevens	Male 45-49
26	223 Dominic Turton	Male Under 35
27	160 Ben Pearce	Male 35-39
28	202 Sid Standlick	Male 40-44
29	81 David Guffick	Male 40-44
30	116 Craig Knuckey	Male 55-59
31	39 Ian Curnow	Male 50-54
32	50 Jordan Dingle	Male Under 35
33	165 Roman Philips	Male Under 35
34	251 Mark Williams	Male 55-59
35	123 James Manning	Male 45-49
36	83 Craig Hall	Male 50-54
37	186 Matt Row	Male 35-39
38	61 Jon Eldon	Male 60-64

39	243	Robin Watson	Male 60-64
40	51	Liam Donnelly	Male Under 35
41	233	Jason Vinnicombe	Male 45-49
42	164	Nicholas Peters	Male Under 35
43	262	Colin Bathe	Male 55-59
44	23	Nick Campbell	Male 45-49
45	227	Craig Varcoe	Male 35-39
46	213	Mark Sweeney	Male 60-64
47	137	Joshua Mills	Male Under 35
48	27	Richard Chynoweth	Male 40-44
49	191	Andrew Searle	Male 40-44
50	98	Frazer Humbles	Male 40-44
51	149	Danny O'Shea	Male 45-49
52	204	James Stephens	Male 35-39
53	40	Charles Curtis	Male Under 35
54	147	Christopher Nottle	Male Under 35
55	225	Darren Uren	Male 40-44
56	109	Ben Johns	Male 35-39
57	238	Iain Walker	Male 65-69
58	166	Steve Phillips	Male 50-54
59	217	Derek Thomas	Male 50-54
60	188	Ian Savigar	Male 60-64
61	35	Michael Counter	Male 60-64
62	171	Damen Powell	Male 35-39
63	24	Bruce Carey	Male Under 35
64	145	Jim Nettleton	Male 55-59
65	148	Terry Nottle	Male 50-54
66	20	Anthony Burrows	Male 60-64
67	8	Dean Barrett	Male 55-59
68	154	Jamie Owen	Male 45-49
69	200	David Speake	Male 50-54
70	9	Mark Bennetts	Male 45-49
71	82	Paul Gwynne	Male 55-59
72	32	Richard Collett	Male 40-44
73	72	David Foy	Male 50-54
74	140	Richard Morton	Male 70-74
75	108	Steven Jenkin	Male 50-54
76	95	Ian Hocking	Male 45-49
77	142	Ryan Mosney	Male 35-39
78	231	Armando Vieira	Male 45-49
79	117	Tristan Lang	Male 50-54
80	21	Ross Buscombe	Male 35-39
81	87	Matt Hannam	Male Under 35
82	84	Philip Hall	Male 65-69
83	94	Dan Hocking	Male 45-49
84	104	Simon James	Male 50-54
85	249	David Wilcox	Male 45-49
86	215	Simon Tagney	Male 60-64

87	169	Tommy Polglase	Male 70-74
88	99	Stephen Hutchinson	Male 70-74
89	181	Malcolm Roberts	Male 70-74
90	17	Jaxon Brokenshire	Male 45-49
91	1	Peter Allen	Male 65-69
92	138	Jon Mitchell	Male 50-54
93	31	Andy Coles	Male 65-69
94	163	Chunky Penhaul	Male 75-79
95	46	Ryan Daniels	Male Under 35
96	135	Michael Mehta	Male 60-64
97	80	Ian Grimes	Male 70-74
98	152	Michael Orchard	Male 65-69
99	58	Tom Edie	Male 40-44
100	121	Trevor Lee	Male 60-64
101	136	Steve Menear	Male 65-69
102	155	Martin Palmer	Male 60-64
103	100	Michael Hutton	Male Under 35
104	234	Francis Vosper	Male 65-69
105	4	Christopher Baggott	Male 50-54
106	86	Norbert Hamacher	Male 65-69
107	201	Harry Stallard	Male Under 35
108	107	Richard Jenkin	Male 80+
109	129	Colin Martin	Male 70-74
110	62	Des Evans	Male 75-79
111	174	Christopher Ramsey	Male 70-74
112	259	Paul Wright	Male 75-79
113	177	Mark Rescorl	Male 40-44
114	33	Trevor Cornish	Male 55-59
115	187	Peter Sargent	Male 75-79
116	6	John Barnes	Male 60-64
117	228	Daniel Varcoe	Male 35-39
118	69	Alistair Foster	Male 50-54
119	60	Lewis Edwards	Male 40-44
120	54	Peter Drew	Male 75-79
121	16	Alan Brandwood	Male 70-74
122	132	Damon Mayes	Male 35-39
123	256	David Wilton	Male 65-69
124	37	Jon Cryer	Male 70-74
125	241	Rob Warin	Male 60-64
126	229	Martin Venning	Male 70-74
127	222	Stewart Townend	Male 80+
128	13	Robert Bolitho	Male 60-64
129	19	Dennis Burrell	Male 75-79
130	255	Ant Wilson	Male 35-39
131	119	Steve Lawrence	Male 70-74
132	139	Sean Mitchell	Male 45-49
133	53	Chris Dowrick	Male 35-39
134	199	Richard Smeath	Male 50-54

135 198 David Smeath
136 76 Charles Goadsby

Male 45-49
Male 70-74

Club	ChipTime	GunTime
Cornwall AC	0:31:11	0:31:12
Hayle Runners	0:31:30	0:31:32
Newquay & Par AC	0:34:20	0:34:22
Cornwall AC	0:34:27	0:34:30
Cornwall AC	0:34:57	0:34:59
Cornwall AC	0:36:18	0:36:22
Newquay Road Runners	0:36:37	0:36:45
Cornwall AC	0:37:23	0:37:26
Cornwall AC	0:38:22	0:38:25
Hayle Runners	0:38:47	0:38:55
Hayle Runners	0:39:03	0:39:11
Truro Running Club	0:39:14	0:39:20
Mile High	0:39:27	0:39:31
Bodmin Running Club	0:39:28	0:39:36
Westbury Harriers	0:39:56	0:40:02
Hayle Runners	0:39:54	0:40:06
Newquay Road Runners	0:40:23	0:40:30
Newquay Road Runners	0:40:25	0:40:34
Newquay Road Runners	0:40:27	0:40:36
Cornwall AC	0:40:48	0:40:58
Launceston Road Runners	0:41:07	0:41:15
Falmouth Running Club	0:41:11	0:41:18
Hayle Runners	0:41:09	0:41:21
Truro Running Club	0:41:16	0:41:21
St Austell Running Club	0:41:22	0:41:26
Launceston Road Runners	0:41:24	0:41:32
Carn Runners	0:41:40	0:41:50
Newquay Road Runners	0:41:59	0:42:07
Newquay Road Runners	0:42:02	0:42:10
Hayle Runners	0:42:27	0:42:34
St Austell Running Club	0:42:26	0:42:41
	0:42:36	0:42:49
Carn Runners	0:42:54	0:43:04
East Cornwall Harriers	0:43:24	0:43:31
Newquay Road Runners	0:43:38	0:43:50
St Austell Running Club	0:44:46	0:44:57
Hayle Runners	0:45:09	0:45:20
Hayle Runners	0:45:11	0:45:22
Hayle Runners	0:45:33	0:45:44
	0:46:18	0:46:25
	0:46:18	0:46:26
St Austell Running Club	0:46:25	0:46:30
Carn Runners	0:46:54	0:47:03
St Austell Athletes Running Club	0:47:13	0:47:21

St Austell Running Club	0:47:23	0:47:41
Newquay Road Runners	0:48:05	0:48:14
St Austell Running Club	0:48:06	0:48:20
Newquay Road Runners	0:48:30	0:48:41
	0:48:24	0:48:45
Newquay Road Runners	0:49:12	0:49:24
St Austell Running Club	0:49:14	0:49:31
East Cornwall Harriers	0:49:22	0:49:37
	0:49:41	0:49:59
Hayle Runners	0:50:06	0:50:18
Bodmin Running Club	0:50:17	0:50:35
Lonely Goat RC	0:50:17	0:50:36
St Austell Running Club	0:50:27	0:50:37
St Austell Running Club	0:50:23	0:50:40
St Austell Running Club	0:50:49	0:51:05
Truro Running Club	0:50:57	0:51:14
Hayle Runners	0:51:09	0:51:22
Hayle Runners	0:51:15	0:51:29
Falmouth Running Club	0:51:20	0:51:32
Launceston Road Runners	0:51:36	0:51:53
St Austell Running Club	0:52:00	0:52:18
	0:52:41	0:52:58
St Austell Running Club	0:52:58	0:53:15
Newquay Road Runners	0:53:22	0:53:43
Newquay Road Runners	0:53:27	0:53:43
Newquay Road Runners	0:53:22	0:53:44
Bodmin Running Club	0:53:40	0:53:59
St Austell Running Club	0:54:21	0:54:39
St Austell Running Club	0:54:28	0:54:39
Cornwall AC	0:54:41	0:54:52
St Austell Running Club	0:54:53	0:55:09
Cornwall AC	0:55:43	0:55:56
Hayle Runners	0:55:54	0:56:08
Newquay Road Runners	0:55:55	0:56:12
Cornwall AC	0:55:57	0:56:13
Bodmin Women's Running Club	0:56:19	0:56:38
Cornwall AC	0:56:32	0:56:45
Bodmin Women's Running Club	0:56:30	0:56:49
St Austell Running Club	0:56:56	0:57:14
	0:57:06	0:57:26
Cornwall AC	0:57:21	0:57:35
St Austell Running Club	0:57:29	0:57:47
St Austell Running Club	0:57:33	0:57:50
	0:57:30	0:57:51
Carn Runners	0:58:22	0:58:41
St Austell Running Club	0:58:32	0:58:49
Falmouth Running Club	1:00:15	1:00:21
St Austell Running Club	1:00:11	1:00:29

Falmouth Running Club	1:00:51	1:01:11
East Cornwall Harriers	1:00:59	1:01:14
	1:01:57	1:02:14
Hayle Runners	1:05:38	1:05:55
Carn Runners	1:05:53	1:06:09
St Austell Running Club	1:06:32	1:06:51
St Austell Running Club	1:06:46	1:07:05
East Cornwall Harriers	1:08:24	1:08:40
Hayle Runners	1:08:33	1:08:47
Newquay & Par AC	0:26:00	0:26:01
Truro Running Club	0:26:52	0:26:53
Cornwall AC	0:26:57	0:26:57
Newquay & Par AC	0:27:51	0:27:51
Newquay & Par AC	0:28:02	0:28:03
Mile High	0:28:04	0:28:05
Cornwall AC	0:28:18	0:28:18
Newquay Road Runners	0:28:22	0:28:23
Newquay & Par AC	0:28:35	0:28:36
Cornwall AC	0:28:45	0:28:46
Hayle Runners	0:29:03	0:29:04
Newquay & Par AC	0:29:08	0:29:09
City of Plymouth AC	0:29:32	0:29:32
Cornwall AC	0:29:40	0:29:41
Cornwall AC	0:29:57	0:29:58
Newquay Road Runners	0:30:00	0:30:02
Cornwall AC	0:30:08	0:30:09
Hayle Runners	0:30:21	0:30:23
Newquay Road Runners	0:30:41	0:30:42
Newquay Road Runners	0:30:59	0:31:01
Cornwall AC	0:31:35	0:31:37
St Austell Running Club	0:31:43	0:31:45
Newquay Road Runners	0:32:29	0:32:30
Newquay & Par AC	0:32:46	0:32:50
St Austell Athletes Running Club	0:32:50	0:32:52
Hayle Runners	0:32:53	0:32:57
Truro Running Club	0:32:56	0:32:59
Tamar Trotters	0:33:21	0:33:24
Hayle Runners	0:33:24	0:33:26
Cornwall AC	0:33:38	0:33:39
Hayle Runners	0:33:47	0:33:50
St Austell Athletes Running Club	0:34:04	0:34:08
Cornwall AC	0:34:12	0:34:13
Hayle Runners	0:34:16	0:34:19
Hayle Runners	0:34:27	0:34:30
Cornwall AC	0:34:35	0:34:38
St Austell Running Club	0:34:35	0:34:39
Hayle Runners	0:34:39	0:34:42

Falmouth Running Club	0:35:03	0:35:05
St Austell Running Club	0:35:08	0:35:12
Cornwall AC	0:35:18	0:35:22
Hayle Runners	0:35:18	0:35:24
Truro Running Club	0:35:49	0:35:52
	0:35:48	0:35:55
St Austell Running Club	0:35:56	0:36:00
St Austell Running Club	0:36:03	0:36:08
Cornwall AC	0:36:09	0:36:12
Truro Running Club	0:36:19	0:36:23
Hayle Runners	0:36:20	0:36:25
Hayle Runners	0:36:27	0:36:31
Truro Running Club	0:36:32	0:36:39
St Austell Running Club	0:36:52	0:36:56
Cornwall AC	0:37:21	0:37:26
St Austell Running Club	0:37:37	0:37:44
Hayle Runners	0:37:44	0:37:48
Truro Running Club	0:37:43	0:37:48
St Austell Running Club	0:37:48	0:37:54
Carn Runners	0:38:31	0:38:35
St Austell Running Club	0:38:45	0:38:50
East Cornwall Harriers	0:38:58	0:39:03
St Austell Running Club	0:39:18	0:39:32
St Austell Running Club	0:39:43	0:39:47
Newquay Road Runners	0:39:41	0:39:48
Truro Running Club	0:39:53	0:39:59
	0:40:00	0:40:07
Hayle Runners	0:40:05	0:40:10
Tamar Trotters	0:40:12	0:40:25
	0:40:26	0:40:30
St Austell Running Club	0:40:26	0:40:30
St Austell Athletes Running Club	0:40:52	0:40:59
Perran Trail Runners	0:40:58	0:41:05
Hayle Runners	0:40:59	0:41:05
Falmouth Running Club	0:41:11	0:41:18
Tamar Trotters	0:41:28	0:41:34
Cornwall AC	0:41:26	0:41:37
	0:41:34	0:41:42
Truro Running Club	0:41:48	0:41:53
St Austell Running Club	0:41:47	0:41:59
Truro Running Club	0:41:53	0:41:59
St Austell Running Club	0:42:05	0:42:10
	0:42:15	0:42:28
Falmouth Running Club	0:42:23	0:42:32
Hayle Runners	0:42:30	0:42:40
Cornwall AC	0:42:48	0:42:59
Truro Running Club	0:42:52	0:43:02
	0:43:03	0:43:19

Carn Runners	0:43:24	0:43:33
Bude Rats (Run and Tri)	0:43:55	0:44:03
St Austell Running Club	0:44:43	0:44:51
	0:44:56	0:45:09
Newquay Road Runners	0:45:01	0:45:11
Cornwall AC	0:45:14	0:45:25
St Austell Running Club	0:45:13	0:45:29
Hayle Runners	0:45:30	0:45:38
	0:45:48	0:45:51
	0:45:54	0:46:11
Launceston Road Runners	0:46:38	0:46:47
Hayle Runners	0:47:03	0:47:19
St Austell Athletes Running Club	0:47:19	0:47:29
Truro Running Club	0:47:16	0:47:30
St Austell Running Club	0:47:24	0:47:36
Perran Trail Runners	0:47:59	0:48:11
	0:47:57	0:48:13
Lonely Goat RC	0:47:59	0:48:16
St Austell Running Club	0:48:12	0:48:24
Truro Running Club	0:48:20	0:48:29
St Austell Running Club	0:48:23	0:48:38
Cornwall AC	0:48:38	0:48:47
Newquay Road Runners	0:48:51	0:49:02
Newquay Road Runners	0:49:12	0:49:24
Truro Running Club	0:49:27	0:49:36
Bodmin Running Club	0:50:15	0:50:36
Tamar Trotters	0:50:37	0:50:54
Hayle Runners	0:50:48	0:51:00
South West Vets A.C.	0:51:38	0:51:44
Launceston Road Runners	0:51:49	0:52:06
St Austell Running Club	0:52:06	0:52:22
St Austell Running Club	0:52:17	0:52:31
Cornwall AC	0:52:37	0:52:50
Carn Runners	0:52:49	0:53:02
Falmouth Running Club	0:52:57	0:53:04
	0:53:19	0:53:41
Falmouth Running Club	0:53:43	0:54:03
	0:53:48	0:54:09
The Modus Lane Running Club of Sticker	0:54:20	0:54:31
Launceston Road Runners	0:54:25	0:54:44
Hayle Runners	0:56:39	0:56:49
Falmouth Running Club	0:58:43	0:59:03
Carn Runners	1:00:22	1:00:37
	1:04:51	1:05:10
Falmouth Running Club	1:06:02	1:06:22
St Austell Running Club	1:06:27	1:06:46
	1:06:27	1:06:47
	1:12:46	1:13:07

Sierra Bermeja Trail
Daventry Road Runners

1:12:46	1:13:07
1:18:14	1:18:37

AGE GROUP

Place

Bib Name

Sticker 5 - 2024

Female Under 35

- 1 101 Steph Hutton
- 2 175 Jasmine Rapson
- 3 78 Anna Goodman
- 4 189 Tasmin Schofield
- 5 49 Ashleigh Dingle
- 6 65 Rachel Fleet
- 7 124 Courtney Marks
- 8 205 Emma Stephenson
- 9 68 Naomi Flower

Female 35-39

- 1 159 Emma Paull
- 2 57 Jennifer Dunstan
- 3 183 Laura Rogers
- 4 144 Thelma Namonje Kapembwa
- 5 240 Catriona Ward Sell
- 6 79 Amy Gregory
- 7 216 Lisa Taper
- 8 111 Claire Johnson
- 9 97 Liane Holt
- 10 122 Gwen Maggs

Female 40-44

- 1 56 Natalie Dunn
- 2 176 Zoe Renowden
- 3 14 Karina Bowers
- 4 43 Clare Dale
- 5 248 Demelza Widdershoven
- 6 261 Rachel Yelland
- 7 210 Claire Stone
- 8 48 Nicole Di Maio
- 9 258 Gemma Wotherspoon
- 10 18 Jennifer Burden

Female 45-49

- 1 75 Rosie Gibbons
- 2 71 Hannah Fox
- 3 184 Alison Roose
- 4 70 Emma Fox
- 5 236 Mary Rossetti
- 6 162 Olivia Pellowe
- 7 10 Kelly Bills
- 8 226 Lisa Uren
- 9 134 Tracy Mckenzie
- 10 208 Kate Stevens
- 11 22 Kate Callaghan
- 12 219 Susan Thomas

13 239 Victoria Walton
14 224 Angela Tyson
15 5 Claire Barlow
16 158 Carrie Patrick
17 64 Louise Fildes
18 110 Emma Johns

Female 50-54

1 206 Emma Stepto
2 91 Amanda Hewitt
3 127 Hayley Marriott
4 2 Sarah Allen
5 150 Vicky Oakes
6 128 Debbie Marshall
7 146 Melanie Nile
8 212 Wendy Stuart
9 63 Samantha Ewart
10 130 Jacqui Martin
11 47 Alison Day
12 232 Caroline Vinnicombe
13 195 Ruth Simmons
14 230 Lisa Vercoe

Female 55-59

1 245 Mandy Watts
2 3 Gail Aspden
3 96 Kate Hoffen
4 257 Claire Winfield
5 42 Jean Cutlan
6 66 Sally Fletcher
7 153 Britta Osthaus
8 28 Theresa Clark
9 156 Karen Parker
10 151 Gillian Onley
11 167 Sarah Pipa-Harding
12 67 Julie Flower
13 12 Julie Bolitho

Female 60-64

1 221 Julie Towers
2 143 Sarah Myford
3 168 Lisa Player
4 250 Sarah Wilkinson
5 180 Janet Ritchie
6 182 Jane Robertson
7 203 Jane Stedman
8 235 Nicola Vosper
9 211 Jackie Stone
10 193 Jane Shaddick-Brady
11 214 Jenny Tagney
12 197 Nicola Slateford

- 13 247 Lorraine Wherry
- 14 237 Diane Walker
- 15 179 Paula Richardson
- 16 90 Jo Heather

Female 65-69

- 1 55 Jeanette Duncan
- 2 118 Janet Lathom
- 3 253 Theresa Williams
- 4 77 Linda Godfrey
- 5 172 Sally Powell

Female 70-74

- 1 194 Andrea Simmons
- 2 242 Diane Warren
- 3 254 Janet Wills
- 4 52 Kathran Dormer
- 5 114 Margaret Ann Kinahan

Female 75-79

- 1 105 Jacqueline Jenkin

Male Under 35

- 1 141 Tom Morton
- 2 73 Ben Foyle
- 3 161 William Pearce
- 4 88 Llewlin Head
- 5 59 Jamie Edwards
- 6 207 Dylan Stevens
- 7 157 Ross Pascoe
- 8 34 Daniel Costello
- 9 102 Kyran James
- 10 126 Benjamin Marriott
- 11 112 Ben Kent
- 12 125 Ryan Marks
- 13 223 Dominic Turton
- 14 50 Jordan Dingle
- 15 165 Roman Philips
- 16 51 Liam Donnelly
- 17 164 Nicholas Peters
- 18 137 Joshua Mills
- 19 40 Charles Curtis
- 20 147 Christopher Nottle
- 21 24 Bruce Carey
- 22 87 Matt Hannam
- 23 46 Ryan Daniels
- 24 100 Michael Hutton
- 25 201 Harry Stallard

Male 35-39

- 1 178 Steve Reynolds
- 2 36 David Crawford
- 3 41 James Cutlan

- 4 160 Ben Pearce
- 5 186 Matt Row
- 6 227 Craig Varcoe
- 7 204 James Stephens
- 8 109 Ben Johns
- 9 171 Damen Powell
- 10 142 Ryan Mosney
- 11 21 Ross Buscombe
- 12 228 Daniel Varcoe
- 13 132 Damon Mayes
- 14 255 Ant Wilson
- 15 53 Chris Dowrick

Male 40-44

- 1 7 Peter Barnes
- 2 25 Neil Carter
- 3 202 Sid Standlick
- 4 81 David Guffick
- 5 27 Richard Chynoweth
- 6 191 Andrew Searle
- 7 98 Frazer Humbles
- 8 225 Darren Uren
- 9 32 Richard Collett
- 10 58 Tom Edie
- 11 177 Mark Rescorl
- 12 60 Lewis Edwards

Male 45-49

- 1 190 Peter Scriven
- 2 185 Darren Roose
- 3 173 Clive Ramsden
- 4 209 Paul Stevens
- 5 123 James Manning
- 6 233 Jason Vinnicombe
- 7 23 Nick Campbell
- 8 149 Danny O'Shea
- 9 154 Jamie Owen
- 10 9 Mark Bennetts
- 11 95 Ian Hocking
- 12 231 Armando Vieira
- 13 94 Dan Hocking
- 14 249 David Wilcox
- 15 17 Jaxon Brokenshire
- 16 139 Sean Mitchell
- 17 198 David Smeath

Male 50-54

- 1 45 Alex Daniels
- 2 252 Simon Williams
- 3 39 Ian Curnow
- 4 83 Craig Hall

- 5 166 Steve Phillips
- 6 217 Derek Thomas
- 7 148 Terry Nottle
- 8 200 David Speake
- 9 72 David Foy
- 10 108 Steven Jenkin
- 11 117 Tristan Lang
- 12 104 Simon James
- 13 138 Jon Mitchell
- 14 4 Christopher Baggott
- 15 69 Alistair Foster
- 16 199 Richard Smeath

Male 55-59

- 1 260 Tony Wright
- 2 246 Paul Whear
- 3 116 Craig Knuckey
- 4 251 Mark Williams
- 5 262 Colin Bathe
- 6 145 Jim Nettleton
- 7 8 Dean Barrett
- 8 82 Paul Gwynne
- 9 33 Trevor Cornish

Male 60-64

- 1 61 Jon Eldon
- 2 243 Robin Watson
- 3 213 Mark Sweeney
- 4 188 Ian Savigar
- 5 35 Michael Counter
- 6 20 Anthony Burrows
- 7 215 Simon Tagney
- 8 135 Michael Mehta
- 9 121 Trevor Lee
- 10 155 Martin Palmer
- 11 6 John Barnes
- 12 241 Rob Warin
- 13 13 Robert Bolitho

Male 65-69

- 1 238 Iain Walker
- 2 84 Philip Hall
- 3 1 Peter Allen
- 4 31 Andy Coles
- 5 152 Michael Orchard
- 6 136 Steve Menear
- 7 234 Francis Vosper
- 8 86 Norbert Hamacher
- 9 256 David Wilton

Male 70-74

- 1 140 Richard Morton

- 2 169 Tommy Polglase
- 3 99 Stephen Hutchinson
- 4 181 Malcolm Roberts
- 5 80 Ian Grimes
- 6 129 Colin Martin
- 7 174 Christopher Ramsey

8 16 Alan Brandwood

9 37 Jon Cryer

10 229 Martin Venning

11 119 Steve Lawrence

12 76 Charles Goadsby

Male 75-79

1 163 Chunky Penhaul

2 62 Des Evans

3 259 Paul Wright

4 187 Peter Sargent

5 54 Peter Drew

6 19 Dennis Burrell

Male 80+

1 107 Richard Jenkin

2 222 Stewart Townend

Club	ChipTime	GunTime
Cornwall AC	0:31:11	0:31:12
Newquay & Par AC	0:34:20	0:34:22
Hayle Runners	0:38:47	0:38:55
	0:42:36	0:42:49
	0:46:18	0:46:25
	0:46:18	0:46:26
St Austell Running Club	0:50:27	0:50:37
	0:52:41	0:52:58
Newquay Road Runners	0:53:27	0:53:43
Hayle Runners	0:31:30	0:31:32
Cornwall AC	0:38:22	0:38:25
Cornwall AC	0:40:48	0:40:58
Falmouth Running Club	0:41:11	0:41:18
Launceston Road Runners	0:41:24	0:41:32
Newquay Road Runners	0:41:59	0:42:07
Newquay Road Runners	0:43:38	0:43:50
St Austell Running Club	0:44:46	0:44:57
Newquay Road Runners	0:49:12	0:49:24
St Austell Running Club	0:54:28	0:54:39
Truro Running Club	0:39:14	0:39:20
Hayle Runners	0:41:09	0:41:21
St Austell Running Club	0:41:22	0:41:26
St Austell Running Club	0:42:26	0:42:41
Carn Runners	0:42:54	0:43:04
East Cornwall Harriers	0:49:22	0:49:37
Hayle Runners	0:50:06	0:50:18
Cornwall AC	0:56:32	0:56:45
Bodmin Women's Running Club	0:56:30	0:56:49
St Austell Running Club	0:57:29	0:57:47
Cornwall AC	0:34:27	0:34:30
Mile High	0:39:27	0:39:31
Newquay Road Runners	0:40:23	0:40:30
Newquay Road Runners	0:40:27	0:40:36
Truro Running Club	0:41:16	0:41:21
Carn Runners	0:41:40	0:41:50
Hayle Runners	0:42:27	0:42:34
Hayle Runners	0:45:33	0:45:44
Newquay Road Runners	0:48:30	0:48:41
St Austell Running Club	0:49:14	0:49:31
Truro Running Club	0:50:57	0:51:14
Hayle Runners	0:51:15	0:51:29

Newquay Road Runners	0:53:22	0:53:43
Newquay Road Runners	0:53:22	0:53:44
Bodmin Running Club	0:53:40	0:53:59
Carn Runners	0:58:22	0:58:41
	1:01:57	1:02:14
Hayle Runners	1:05:38	1:05:55
Cornwall AC	0:34:57	0:34:59
Cornwall AC	0:36:18	0:36:22
East Cornwall Harriers	0:43:24	0:43:31
Hayle Runners	0:45:11	0:45:22
St Austell Running Club	0:46:25	0:46:30
St Austell Running Club	0:48:06	0:48:20
St Austell Running Club	0:50:23	0:50:40
St Austell Running Club	0:50:49	0:51:05
St Austell Running Club	0:52:00	0:52:18
St Austell Running Club	0:54:21	0:54:39
St Austell Running Club	0:54:53	0:55:09
Cornwall AC	0:57:21	0:57:35
St Austell Running Club	0:57:33	0:57:50
St Austell Running Club	1:06:46	1:07:05
Newquay Road Runners	0:36:37	0:36:45
Cornwall AC	0:37:23	0:37:26
Westbury Harriers	0:39:56	0:40:02
Launceston Road Runners	0:41:07	0:41:15
St Austell Athletes Running Club	0:47:13	0:47:21
St Austell Running Club	0:47:23	0:47:41
	0:49:41	0:49:59
Hayle Runners	0:51:09	0:51:22
Falmouth Running Club	0:51:20	0:51:32
Cornwall AC	0:54:41	0:54:52
Cornwall AC	0:55:43	0:55:56
Newquay Road Runners	0:55:55	0:56:12
Falmouth Running Club	1:00:51	1:01:11
Hayle Runners	0:39:03	0:39:11
Bodmin Running Club	0:39:28	0:39:36
Newquay Road Runners	0:40:25	0:40:34
Newquay Road Runners	0:42:02	0:42:10
Carn Runners	0:46:54	0:47:03
	0:48:24	0:48:45
Bodmin Running Club	0:50:17	0:50:35
Lonely Goat RC	0:50:17	0:50:36
Hayle Runners	0:55:54	0:56:08
	0:57:06	0:57:26
	0:57:30	0:57:51
St Austell Running Club	0:58:32	0:58:49

St Austell Running Club	1:00:11	1:00:29
St Austell Running Club	1:06:32	1:06:51
East Cornwall Harriers	1:08:24	1:08:40
Hayle Runners	1:08:33	1:08:47
Newquay Road Runners	0:48:05	0:48:14
Launceston Road Runners	0:51:36	0:51:53
St Austell Running Club	0:52:58	0:53:15
Bodmin Women's Running Club	0:56:19	0:56:38
Carn Runners	1:05:53	1:06:09
Hayle Runners	0:39:54	0:40:06
Hayle Runners	0:45:09	0:45:20
St Austell Running Club	0:56:56	0:57:14
Falmouth Running Club	1:00:15	1:00:21
East Cornwall Harriers	1:00:59	1:01:14
Cornwall AC	0:55:57	0:56:13
Newquay & Par AC	0:26:00	0:26:01
Cornwall AC	0:26:57	0:26:57
Newquay & Par AC	0:27:51	0:27:51
Mile High	0:28:04	0:28:05
Newquay Road Runners	0:28:22	0:28:23
Newquay & Par AC	0:28:35	0:28:36
Cornwall AC	0:28:45	0:28:46
Hayle Runners	0:29:03	0:29:04
Newquay & Par AC	0:29:08	0:29:09
City of Plymouth AC	0:29:32	0:29:32
Cornwall AC	0:30:08	0:30:09
St Austell Running Club	0:31:43	0:31:45
Hayle Runners	0:32:53	0:32:57
St Austell Athletes Running Club	0:34:04	0:34:08
Cornwall AC	0:34:12	0:34:13
St Austell Running Club	0:35:08	0:35:12
Hayle Runners	0:35:18	0:35:24
Cornwall AC	0:36:09	0:36:12
Cornwall AC	0:37:21	0:37:26
St Austell Running Club	0:37:37	0:37:44
Newquay Road Runners	0:39:41	0:39:48
	0:42:15	0:42:28
	0:45:48	0:45:51
	0:47:57	0:48:13
St Austell Running Club	0:48:23	0:48:38
Truro Running Club	0:26:52	0:26:53
Newquay & Par AC	0:28:02	0:28:03
Cornwall AC	0:28:18	0:28:18

Truro Running Club	0:32:56	0:32:59
St Austell Running Club	0:34:35	0:34:39
St Austell Running Club	0:35:56	0:36:00
St Austell Running Club	0:36:52	0:36:56
Truro Running Club	0:37:43	0:37:48
St Austell Running Club	0:39:43	0:39:47
Truro Running Club	0:41:48	0:41:53
St Austell Running Club	0:42:05	0:42:10
St Austell Running Club	0:52:06	0:52:22
	0:53:19	0:53:41
	1:04:51	1:05:10
	1:06:27	1:06:47
Hayle Runners	0:30:21	0:30:23
Newquay Road Runners	0:30:59	0:31:01
Tamar Trotters	0:33:21	0:33:24
Hayle Runners	0:33:24	0:33:26
Truro Running Club	0:36:19	0:36:23
Hayle Runners	0:36:20	0:36:25
Hayle Runners	0:36:27	0:36:31
Hayle Runners	0:37:44	0:37:48
Hayle Runners	0:40:59	0:41:05
St Austell Athletes Running Club	0:47:19	0:47:29
Tamar Trotters	0:50:37	0:50:54
Cornwall AC	0:52:37	0:52:50
Cornwall AC	0:29:40	0:29:41
Newquay Road Runners	0:30:00	0:30:02
Newquay Road Runners	0:30:41	0:30:42
St Austell Athletes Running Club	0:32:50	0:32:52
Hayle Runners	0:34:27	0:34:30
Cornwall AC	0:35:18	0:35:22
	0:35:48	0:35:55
Truro Running Club	0:36:32	0:36:39
	0:40:26	0:40:30
St Austell Athletes Running Club	0:40:52	0:40:59
	0:41:34	0:41:42
St Austell Running Club	0:41:47	0:41:59
Hayle Runners	0:42:30	0:42:40
Truro Running Club	0:42:52	0:43:02
	0:44:56	0:45:09
St Austell Running Club	1:06:27	1:06:46
Sierra Bermeja Trail	1:12:46	1:13:07
Newquay Road Runners	0:32:29	0:32:30
Newquay & Par AC	0:32:46	0:32:50
Hayle Runners	0:33:47	0:33:50
Cornwall AC	0:34:35	0:34:38

Carn Runners	0:38:31	0:38:35
St Austell Running Club	0:38:45	0:38:50
	0:40:00	0:40:07
St Austell Running Club	0:40:26	0:40:30
Falmouth Running Club	0:41:11	0:41:18
Cornwall AC	0:41:26	0:41:37
Truro Running Club	0:41:53	0:41:59
Cornwall AC	0:42:48	0:42:59
Cornwall AC	0:45:14	0:45:25
St Austell Running Club	0:48:12	0:48:24
St Austell Running Club	0:52:17	0:52:31
	1:12:46	1:13:07
Cornwall AC	0:29:57	0:29:58
Cornwall AC	0:31:35	0:31:37
Cornwall AC	0:33:38	0:33:39
Hayle Runners	0:34:16	0:34:19
Truro Running Club	0:35:49	0:35:52
Truro Running Club	0:39:53	0:39:59
Tamar Trotters	0:40:12	0:40:25
Perran Trail Runners	0:40:58	0:41:05
Hayle Runners	0:50:48	0:51:00
Hayle Runners	0:34:39	0:34:42
Falmouth Running Club	0:35:03	0:35:05
St Austell Running Club	0:36:03	0:36:08
East Cornwall Harriers	0:38:58	0:39:03
St Austell Running Club	0:39:18	0:39:32
Hayle Runners	0:40:05	0:40:10
	0:43:03	0:43:19
	0:45:54	0:46:11
Truro Running Club	0:47:16	0:47:30
Perran Trail Runners	0:47:59	0:48:11
Launceston Road Runners	0:51:49	0:52:06
The Modus Lane Running Club of Sticker	0:54:20	0:54:31
Falmouth Running Club	0:58:43	0:59:03
St Austell Running Club	0:37:48	0:37:54
Falmouth Running Club	0:42:23	0:42:32
Newquay Road Runners	0:45:01	0:45:11
St Austell Running Club	0:45:13	0:45:29
Hayle Runners	0:47:03	0:47:19
St Austell Running Club	0:47:24	0:47:36
Lonely Goat RC	0:47:59	0:48:16
Truro Running Club	0:48:20	0:48:29
Falmouth Running Club	0:53:43	0:54:03
Tamar Trotters	0:41:28	0:41:34

Carn Runners	0:43:24	0:43:33
Bude Rats (Run and Tri)	0:43:55	0:44:03
St Austell Running Club	0:44:43	0:44:51
Launceston Road Runners	0:46:38	0:46:47
Newquay Road Runners	0:48:51	0:49:02
Truro Running Club	0:49:27	0:49:36
Falmouth Running Club	0:52:57	0:53:04
	0:53:48	0:54:09
Launceston Road Runners	0:54:25	0:54:44
Falmouth Running Club	1:06:02	1:06:22
Daventry Road Runners	1:18:14	1:18:37
Hayle Runners	0:45:30	0:45:38
Newquay Road Runners	0:49:12	0:49:24
Bodmin Running Club	0:50:15	0:50:36
South West Vets A.C.	0:51:38	0:51:44
Carn Runners	0:52:49	0:53:02
Carn Runners	1:00:22	1:00:37
Cornwall AC	0:48:38	0:48:47
Hayle Runners	0:56:39	0:56:49

HISTORIC RESULTS	Club	Time 2024
Sticker 5 - 2024		
Peter Allen	Newquay Road Runners	0:45:01
Sarah Allen	Hayle Runners	0:45:11
Gail Aspden	Cornwall AC	0:37:23
Christopher Baggott	St Austell Running Club	0:48:12
Claire Barlow	Bodmin Running Club	0:53:40
John Barnes	Launceston Road Runners	0:51:49
Peter Barnes	Hayle Runners	0:30:21
Dean Barrett	Tamar Trotters	0:40:12
Colin Bathe	Truro Running Club	0:35:49
Mark Bennetts	St Austell Athletes Running Club	0:40:52
Kelly Bills	Hayle Runners	0:42:27
Julie Bolitho	Falmouth Running Club	1:00:51
Robert Bolitho	Falmouth Running Club	0:58:43
Karina Bowers	St Austell Running Club	0:41:22
Alan Brandwood	Falmouth Running Club	0:52:57
Jaxon Brokenshire		0:44:56
Jennifer Burden	St Austell Running Club	0:57:29
Dennis Burrell	Carn Runners	1:00:22
Anthony Burrows	Hayle Runners	0:40:05
Ross Buscombe	St Austell Running Club	0:42:05
Kate Callaghan	Truro Running Club	0:50:57
Nick Campbell		0:35:48
Bruce Carey	Newquay Road Runners	0:39:41
Neil Carter	Newquay Road Runners	0:30:59
Richard Chynoweth	Truro Running Club	0:36:19
Theresa Clark	Hayle Runners	0:51:09
Andy Coles	St Austell Running Club	0:45:13
Richard Collett	Hayle Runners	0:40:59
Trevor Cornish	Hayle Runners	0:50:48
Daniel Costello	Hayle Runners	0:29:03
Michael Counter	St Austell Running Club	0:39:18
David Crawford	Newquay & Par AC	0:28:02
Jon Cryer		0:53:48
Ian Curnow	Hayle Runners	0:33:47
Charles Curtis	Cornwall AC	0:37:21
James Cutlan	Cornwall AC	0:28:18
Jean Cutlan	St Austell Athletes Running Club	0:47:13
Clare Dale	St Austell Running Club	0:42:26
Alex Daniels	Newquay Road Runners	0:32:29
Ryan Daniels		0:45:48
Alison Day	St Austell Running Club	0:54:53
Nicole Di Maio	Cornwall AC	0:56:32
Ashleigh Dingle		0:46:18
Jordan Dingle	St Austell Athletes Running Club	0:34:04
Liam Donnelly	St Austell Running Club	0:35:08
Kathran Dormer	Falmouth Running Club	1:00:15

Chris Dowrick		1:06:27
Peter Drew	Carn Runners	0:52:49
Jeanette Duncan	Newquay Road Runners	0:48:05
Natalie Dunn	Truro Running Club	0:39:14
Jennifer Dunstan	Cornwall AC	0:38:22
Tom Edie	St Austell Athletes Running Club	0:47:19
Jamie Edwards	Newquay Road Runners	0:28:22
Lewis Edwards	Cornwall AC	0:52:37
Jon Eldon	Hayle Runners	0:34:39
Des Evans	Newquay Road Runners	0:49:12
Samantha Ewart	St Austell Running Club	0:52:00
Louise Fildes		1:01:57
Rachel Fleet		0:46:18
Sally Fletcher	St Austell Running Club	0:47:23
Julie Flower	Newquay Road Runners	0:55:55
Naomi Flower	Newquay Road Runners	0:53:27
Alistair Foster	St Austell Running Club	0:52:17
Emma Fox	Newquay Road Runners	0:40:27
Hannah Fox	Mile High	0:39:27
David Foy	Falmouth Running Club	0:41:11
Ben Foyle	Cornwall AC	0:26:57
Rosie Gibbons	Cornwall AC	0:34:27
Charles Goadsby	Daventry Road Runners	1:18:14
Linda Godfrey	Bodmin Women's Running Club	0:56:19
Anna Goodman	Hayle Runners	0:38:47
Amy Gregory	Newquay Road Runners	0:41:59
Ian Grimes	Launceston Road Runners	0:46:38
David Guffick	Hayle Runners	0:33:24
Paul Gwynne	Perran Trail Runners	0:40:58
Craig Hall	Cornwall AC	0:34:35
Philip Hall	Falmouth Running Club	0:42:23
Norbert Hamacher	Truro Running Club	0:48:20
Matt Hannam		0:42:15
Llewin Head	Mile High	0:28:04
Jo Heather	Hayle Runners	1:08:33
Amanda Hewitt	Cornwall AC	0:36:18
Dan Hocking	Hayle Runners	0:42:30
Ian Hocking		0:41:34
Kate Hoffen	Westbury Harriers	0:39:56
Liane Holt	Newquay Road Runners	0:49:12
Frazer Humbles	Hayle Runners	0:36:27
Stephen Hutchinson	Bude Rats (Run and Tri)	0:43:55
Michael Hutton		0:47:57
Steph Hutton	Cornwall AC	0:31:11
Kyran James	Newquay & Par AC	0:29:08
Simon James	Cornwall AC	0:42:48
Jacqueline Jenkin	Cornwall AC	0:55:57
Richard Jenkin	Cornwall AC	0:48:38

Steven Jenkin	Cornwall AC	0:41:26
Ben Johns	Truro Running Club	0:37:43
Emma Johns	Hayle Runners	1:05:38
Claire Johnson	St Austell Running Club	0:44:46
Ben Kent	Cornwall AC	0:30:08
Margaret Ann Kinahan	East Cornwall Harriers	1:00:59
Craig Knuckey	Cornwall AC	0:33:38
Tristan Lang	Truro Running Club	0:41:53
Janet Lathom	Launceston Road Runners	0:51:36
Steve Lawrence	Falmouth Running Club	1:06:02
Trevor Lee	Truro Running Club	0:47:16
Gwen Maggs	St Austell Running Club	0:54:28
James Manning	Hayle Runners	0:34:27
Courtney Marks	St Austell Running Club	0:50:27
Ryan Marks	St Austell Running Club	0:31:43
Benjamin Marriott	City of Plymouth AC	0:29:32
Hayley Marriott	East Cornwall Harriers	0:43:24
Debbie Marshall	St Austell Running Club	0:48:06
Colin Martin	Newquay Road Runners	0:48:51
Jacqui Martin	St Austell Running Club	0:54:21
Damon Mayes		0:53:19
Tracy Mckenzie	Newquay Road Runners	0:48:30
Michael Mehta		0:45:54
Steve Menear	St Austell Running Club	0:47:24
Joshua Mills	Cornwall AC	0:36:09
Jon Mitchell	Cornwall AC	0:45:14
Sean Mitchell	St Austell Running Club	1:06:27
Richard Morton	Tamar Trotters	0:41:28
Tom Morton	Newquay & Par AC	0:26:00
Ryan Mosney	Truro Running Club	0:41:48
Sarah Myford	Bodmin Running Club	0:39:28
Thelma Namonje Kapembwa	Falmouth Running Club	0:41:11
Jim Nettleton	Truro Running Club	0:39:53
Melanie Nile	St Austell Running Club	0:50:23
Christopher Nottle	St Austell Running Club	0:37:37
Terry Nottle		0:40:00
Danny O'Shea	Truro Running Club	0:36:32
Vicky Oakes	St Austell Running Club	0:46:25
Gillian Onley	Cornwall AC	0:54:41
Michael Orchard	Hayle Runners	0:47:03
Britta Osthaus		0:49:41
Jamie Owen		0:40:26
Martin Palmer	Perran Trail Runners	0:47:59
Karen Parker	Falmouth Running Club	0:51:20
Ross Pascoe	Cornwall AC	0:28:45
Carrie Patrick	Carn Runners	0:58:22
Emma Paull	Hayle Runners	0:31:30
Ben Pearce	Truro Running Club	0:32:56

William Pearce	Newquay & Par AC	0:27:51
Olivia Pellowe	Carn Runners	0:41:40
Chunky Penhaul	Hayle Runners	0:45:30
Nicholas Peters	Hayle Runners	0:35:18
Roman Philips	Cornwall AC	0:34:12
Steve Phillips	Carn Runners	0:38:31
Sarah Pipa-Harding	Cornwall AC	0:55:43
Lisa Player	Newquay Road Runners	0:40:25
Tommy Polglase	Carn Runners	0:43:24
Damen Powell	St Austell Running Club	0:39:43
Sally Powell	Carn Runners	1:05:53
Clive Ramsden	Newquay Road Runners	0:30:41
Christopher Ramsey	Truro Running Club	0:49:27
Jasmine Rapson	Newquay & Par AC	0:34:20
Zoe Renowden	Hayle Runners	0:41:09
Mark Rescorl	Tamar Trotters	0:50:37
Steve Reynolds	Truro Running Club	0:26:52
Paula Richardson	East Cornwall Harriers	1:08:24
Janet Ritchie	Carn Runners	0:46:54
Malcolm Roberts	St Austell Running Club	0:44:43
Jane Robertson		0:48:24
Laura Rogers	Cornwall AC	0:40:48
Alison Roose	Newquay Road Runners	0:40:23
Darren Roose	Newquay Road Runners	0:30:00
Mary Rossetti	Truro Running Club	0:41:16
Matt Row	St Austell Running Club	0:34:35
Peter Sargent	South West Vets A.C.	0:51:38
Ian Savigar	East Cornwall Harriers	0:38:58
Tasmin Schofield		0:42:36
Peter Scriven	Cornwall AC	0:29:40
Andrew Searle	Hayle Runners	0:36:20
Jane Shaddick-Brady		0:57:06
Andrea Simmons	Hayle Runners	0:39:54
Ruth Simmons	St Austell Running Club	0:57:33
Nicola Slateford	St Austell Running Club	0:58:32
David Smeath	Sierra Bermeja Trail	1:12:46
Richard Smeath		1:12:46
David Speake	St Austell Running Club	0:40:26
Harry Stallard	St Austell Running Club	0:48:23
Sid Standlick	Tamar Trotters	0:33:21
Jane Stedman	Bodmin Running Club	0:50:17
James Stephens	St Austell Running Club	0:36:52
Emma Stephenson		0:52:41
Emma Stepto	Cornwall AC	0:34:57
Dylan Stevens	Newquay & Par AC	0:28:35
Kate Stevens	St Austell Running Club	0:49:14
Paul Stevens	St Austell Athletes Running Club	0:32:50
Claire Stone	Hayle Runners	0:50:06

Jackie Stone	Hayle Runners	0:55:54
Wendy Stuart	St Austell Running Club	0:50:49
Mark Sweeney	St Austell Running Club	0:36:03
Jenny Tagney		0:57:30
Simon Tagney		0:43:03
Lisa Taper	Newquay Road Runners	0:43:38
Derek Thomas	St Austell Running Club	0:38:45
Susan Thomas	Hayle Runners	0:51:15
Julie Towers	Hayle Runners	0:39:03
Stewart Townend	Hayle Runners	0:56:39
Dominic Turton	Hayle Runners	0:32:53
Angela Tyson	Newquay Road Runners	0:53:22
Darren Uren	Hayle Runners	0:37:44
Lisa Uren	Hayle Runners	0:45:33
Craig Varcoe	St Austell Running Club	0:35:56
Daniel Varcoe	St Austell Running Club	0:52:06
Martin Venning	Launceston Road Runners	0:54:25
Lisa Vercoe	St Austell Running Club	1:06:46
Armando Vieira	St Austell Running Club	0:41:47
Caroline Vinnicombe	Cornwall AC	0:57:21
Jason Vinnicombe	Cornwall AC	0:35:18
Francis Vosper	Lonely Goat RC	0:47:59
Nicola Vosper	Lonely Goat RC	0:50:17
Diane Walker	St Austell Running Club	1:06:32
Iain Walker	St Austell Running Club	0:37:48
Victoria Walton	Newquay Road Runners	0:53:22
Catriona Ward Sell	Launceston Road Runners	0:41:24
Rob Warin	The Modus Lane Running Club of Sticker	0:54:20
Diane Warren	Hayle Runners	0:45:09
Robin Watson	Falmouth Running Club	0:35:03
Mandy Watts	Newquay Road Runners	0:36:37
Paul Whear	Cornwall AC	0:31:35
Lorraine Wherry	St Austell Running Club	1:00:11
Demelza Widdershoven	Carn Runners	0:42:54
David Wilcox	Truro Running Club	0:42:52
Sarah Wilkinson	Newquay Road Runners	0:42:02
Mark Williams	Hayle Runners	0:34:16
Simon Williams	Newquay & Par AC	0:32:46
Theresa Williams	St Austell Running Club	0:52:58
Janet Wills	St Austell Running Club	0:56:56
Ant Wilson		1:04:51
David Wilton	Falmouth Running Club	0:53:43
Claire Winfield	Launceston Road Runners	0:41:07
Gemma Wotherspoon	Bodmin Women's Running Club	0:56:30
Paul Wright	Bodmin Running Club	0:50:15
Tony Wright	Cornwall AC	0:29:57
Rachel Yelland	East Cornwall Harriers	0:49:22

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