

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>ChipTime</u>	<u>GunTime</u>	<u>SiEntries</u>
							<u>ID</u>
1	371	Mark Jenkin	Male 40-44	Bideford AAC	0:34:34	0:34:34	785089
2	319	James Pugsley	Male Under 35	Bideford AAC	0:36:10	0:36:10	782995
3	244	Keith Shapland	Male 40-44	Bideford AAC	0:36:38	0:36:38	776773
4	423	Nick Lapham	Male Under 35	Bideford AAC	0:37:12	0:37:12	787805
5	425	John Odonoghue	Male 35-39	Bideford AAC	0:37:58	0:37:59	787933
6	375	Ian Gooding	Male 45-49	Bideford AAC	0:38:02	0:38:03	639040
7	98	Alex Marples	Male 40-44	Truro Running Club	0:38:19	0:38:19	501552
8	239	Jamie Masters	Male 35-39	St Austell Running Club	0:38:33	0:38:34	200128
9	374	Luke Stannus	Male Under 35		0:38:50	0:38:50	785279
10	286	Liam Gallantry	Male Under 35	East Cornwall Harriers	0:39:10	0:39:11	727361
11	234	Martin Colwill	Male 55-59	Bideford AAC	0:39:35	0:39:36	724100
12	396	James Youlden	Male 40-44	St Austell Running Club	0:39:37	0:39:39	215095
13	287	Lewis Stritch	Male Under 35	Launceston Road Runners	0:39:47	0:39:48	792409
14	45	Samuel Pantling	Male 40-44		0:39:49	0:39:49	771341
15	268	Elliot Macdonald	Male Under 35	Fremington Trailblazers	0:40:26	0:40:26	791406
16	317	Scott Simpson	Male 35-39	Sittingbourne Striders	0:40:31	0:40:32	782536
17	283	Gary Blight	Male 40-44	Bideford AAC	0:40:31	0:40:32	472949
18	285	Robert Chirgwin	Male Under 35	Truro Running Club	0:40:35	0:40:36	359030
19	22	Andy Davis	Male 40-44	Bude Rats (Run and Tri)	0:40:44	0:40:45	771267
20	293	Antony Jarvis	Male 45-49	PB Running Club	0:40:50	0:40:50	454479
21	224	Michael Rooney	Male 35-39	Truro Running Club	0:40:54	0:40:57	421010
22	358	Larry Newton	Male 40-44	Bude Surf Life Saving	0:41:27	0:41:28	473539
23	408	Andrew Key	Male 35-39	Carn Runners	0:41:32	0:41:34	365898
24	220	Dean Wickett	Male Under 35		0:41:41	0:41:42	729082
25	333	Gary Suggate	Male 50-54	Bideford AAC	0:42:17	0:42:17	555840
26	13	Phillip Claydon	Male 35-39		0:42:13	0:42:17	771264
27	121	Jordan Frapwell	Male Under 35	Newquay Road Runners	0:42:23	0:42:23	756482
28	405	Jeremy Brown	Male 50-54	Bude Rats (Run and Tri)	0:42:29	0:42:30	476839
29	242	Mike Dowrick	Male 45-49	Cornwall AC	0:42:37	0:42:39	498588
30	387	Mark Curtis	Male 45-49	Bideford AAC	0:43:02	0:43:05	785287
31	402	Ian Blythe	Male 40-44	Bradworthy Runners	0:43:18	0:43:20	556159
32	255	Ralph Graves	Male 45-49	Truro Running Club	0:43:20	0:43:22	724187
33	407	Harry Page	Male Under 35		0:43:36	0:43:38	787643
34	253	Andrew Blizzard	Male 35-39	Truro Running Club	0:43:41	0:43:42	449918
35	340	Marc Curtis	Male 50-54	Tavistock AC	0:43:42	0:43:43	749550
36	136	Saul Barraclough	Male Under 35	Bude Surf Life Saving	0:43:59	0:44:02	771858
37	301	Lucy Williams	Female 35-39	Truro Running Club	0:44:11	0:44:12	522445
38	91	Gary Bickle	Male 40-44		0:44:06	0:44:14	729114
39	439	Stephen Ingledeew	Male 55-59	Edinburgh AC	0:44:23	0:44:25	487413
40	169	Nick Taylor	Male 35-39	Torrington AAC	0:44:28	0:44:35	749895
41	362	Blake Shapland	Male Under 35	Bideford AAC	0:44:35	0:44:36	784687
42	271	Richard Godfrey	Male 45-49	Holsworthy Running Club	0:44:29	0:44:37	779127
43	225	Adam Wosnitzka	Male Under 35		0:44:42	0:44:44	729222
44	304	Rebecca Morgan	Female 40-44	Truro Running Club	0:44:45	0:44:47	161569
45	279	Rhodri Davies	Male Under 35	Holsworthy Running Club	0:44:46	0:44:49	624976
46	191	Jon Eldon	Male 60-64	Hayle Runners	0:44:51	0:44:53	716751
47	36	Vincent Helliwell	Male 60-64	Bideford AAC	0:44:59	0:45:02	771172
48	205	David Hunt	Male 35-39	Camelford Up and	0:45:05	0:45:09	773520
49	247	Colin Bathe	Male 50-54	Truro Running Club	0:45:04	0:45:09	209056
50	323	Ben Harding	Male 40-44	East Cornwall Harriers	0:45:10	0:45:11	309275

51	157	Wayne Stapleton	Male 50-54	Torrington AAC	0:45:06	0:45:13	772188
52	334	Evan Suggate	Male Under 35	Bideford AAC	0:45:13	0:45:13	783451
53	430	Carl Murphy	Male 45-49	Mile High	0:45:06	0:45:13	675675
54	354	Ian Gronwalt	Male 55-59	PB Running Club	0:45:17	0:45:19	260352
55	257	Neil Helson	Male 50-54	St Austell Athletes	0:45:37	0:45:38	545360
56	249	Luke Day	Male Under 35	Ilfracombe Running Club	0:45:36	0:45:47	406806
57	433	Craig Harper	Male 45-49	Bude Rats (Run and Tri)	0:45:49	0:45:58	618474
58	325	Paul Moore	Male 55-59	Elements Tri Club	0:46:02	0:46:07	130778
59	75	Gareth Cann	Male 50-54		0:46:06	0:46:09	469015
60	241	Helen Morse	Female 35-39	East Cornwall Harriers	0:46:15	0:46:17	161923
61	68	Matt Allan	Male 40-44	Camelford Up and	0:46:17	0:46:21	771391
62	238	Iain Walker	Male 65-69	St Austell Running Club	0:46:16	0:46:21	315573
63	243	Sharon Daw	Female 55-59	East Cornwall Harriers	0:46:25	0:46:28	475278
64	400	Mike Gilbert	Male 35-39	Launceston Road Runners	0:46:25	0:46:29	283244
65	398	Nigel Reddicliffe	Male 55-59	Launceston Road Runners	0:46:29	0:46:34	366792
66	80	Steven Martin	Male 45-49		0:46:31	0:46:34	771433
67	113	Ashley Starr	Male 50-54	Bradworthy Runners	0:46:36	0:46:42	771632
68	161	Richard Wilson	Male 55-59	Torrington AAC	0:46:43	0:46:49	770604
69	298	Chris Chirgwin	Male 35-39	Truro Running Club	0:47:02	0:47:06	747780
70	263	Andrew Pearson	Male 50-54	Bideford AAC	0:47:09	0:47:11	472778
71	338	Hannah Matthews	Female 35-39	East Cornwall Harriers	0:47:13	0:47:16	689343
72	412	Richard Deed	Male 45-49		0:47:17	0:47:21	787694
73	21	Zack Davis	Male Under 35		0:47:25	0:47:27	771262
74	222	Donal Breen	Male 50-54	Truro Running Club	0:47:23	0:47:28	272316
75	438	Kit Davis	Male 45-49		0:47:23	0:47:30	788457
76	53	Jo Bedler	Female 45-49	Bideford AAC	0:47:24	0:47:32	555167
77	281	Jonathan Berridge	Male 50-54	Truro Running Club	0:47:51	0:47:56	718299
78	427	Josh Cousin	Male Under 35		0:48:05	0:48:09	787958
79	198	Christopher	Male 55-59		0:48:10	0:48:12	469200
80	114	Benjamin Jarram	Male 35-39	Launceston Road Runners	0:48:10	0:48:19	771633
81	39	Peter Allen	Male 65-69	Newquay Road Runners	0:48:23	0:48:28	308760
82	119	Marty Barnfield	Male 45-49	Bodmin Road Runners	0:48:29	0:48:32	558623
83	360	Andy Cloke	Male 45-49	Bude Rats (Run and Tri)	0:48:25	0:48:33	784604
84	305	Beth Key	Female 35-39	Truro Running Club	0:48:31	0:48:36	215091
85	207	Toby Ingle	Male Under 35		0:48:35	0:48:40	773751
86	216	Josephine Marinho	Female Under 35	Bude Rats (Run and Tri)	0:48:35	0:48:40	774135
87	96	Sarah May	Female 50-54	Bideford AAC	0:48:40	0:48:49	771519
88	429	Gregory May	Male 40-44	Carn Runners	0:48:43	0:48:57	634212
89	133	Keith Hoadley	Male 55-59	Torrington AAC	0:48:56	0:49:02	771846
90	71	Katie Lowe	Female 40-44	North Devon RRC	0:48:55	0:49:06	791943
91	221	Laura Pool	Female 40-44	Truro Running Club	0:49:06	0:49:12	637011
92	226	Sam Dennis	Male 40-44		0:49:13	0:49:16	774816
93	245	Revis Crowle	Female 60-64	East Cornwall Harriers	0:49:17	0:49:20	386188
94	390	Kimberley Ellis	Female Under 35		0:49:14	0:49:21	771283
95	336	Stuart Colwill	Male 50-54	Bude Rats (Run and Tri)	0:49:21	0:49:25	435179
96	94	Matt East	Male 45-49	Bideford AAC	0:49:26	0:49:30	771505
97	389	Liam Sharpe	Male 40-44		0:49:35	0:49:42	786468
98	189	Marilyn Blair	Female 60-64	Torrington AAC	0:49:46	0:49:52	704173
99	109	James Vassallo	Male 40-44		0:49:53	0:49:58	771587
100	117	Michael Jones	Male Under 35		0:50:00	0:50:05	738081
101	42	Jenny Bryant	Female 50-54	Tavistock AC	0:50:06	0:50:12	579963
102	449	Anna Tanner	Female 40-44		0:50:17	0:50:23	557163

103	66	Steve Sanders	Male 60-64	Bideford AAC	0:50:15	0:50:25	522428
104	73	John Sudell	Male 65-69	East Cornwall Harriers	0:50:17	0:50:26	603684
105	218	Lucy Cox	Female Under 35	Launceston Road Runners	0:50:30	0:50:43	722819
106	444	Ian Crowle	Male 60-64	East Cornwall Harriers	0:50:35	0:50:44	788727
107	296	Laura Eccott	Female 35-39	Bude Rats (Run and Tri)	0:50:52	0:50:56	778489
108	164	Darren Avery	Male 40-44	Torrington AAC	0:51:03	0:51:13	772286
109	231	Adam Paynter	Male 45-49	Launceston Road Runners	0:51:14	0:51:19	775389
110	97	Nigel Grant	Male 60-64	Bude Rats (Run and Tri)	0:51:16	0:51:20	527316
111	235	Helen Colwill	Female 50-54	Bideford AAC	0:51:23	0:51:32	724105
112	65	John Binns	Male 55-59	Okehampton RC	0:51:21	0:51:43	771386
113	219	Meghan Lomax	Female Under 35	Torrington AAC	0:51:30	0:51:45	774384
114	413	David Parish	Male Under 35	Launceston Road Runners	0:51:45	0:51:46	787306
115	166	Vicky Percival	Female 50-54	Bradworthy Runners	0:51:48	0:51:52	723914
116	383	Conrad Stevens	Male 50-54	Torrington AAC	0:51:45	0:51:53	745915
117	326	Issy Edworthy	Female Under 35		0:51:51	0:51:53	783284
118	388	Claire Strong	Female 40-44	Bude Rats (Run and Tri)	0:51:54	0:51:57	375048
119	11	Kathy Jeffery	Female 35-39		0:51:56	0:52:04	771247
120	86	Andrew Mansfield	Male 45-49	Camelford Up and	0:52:06	0:52:10	771457
121	165	Steph Olliffe	Female 50-54	Torrington AAC	0:52:06	0:52:11	772289
122	327	Peter	Male 50-54	Elements Tri Club	0:52:07	0:52:19	783182
123	15	Wayne Rundle	Male 45-49	Launceston Road Runners	0:52:15	0:52:25	622914
124	217	Nick Harrison	Male 45-49	Launceston Road Runners	0:52:20	0:52:29	283686
125	183	Gemma Steele	Female 35-39	Bideford AAC	0:52:29	0:52:39	772537
126	367	Isabel Irwin-Bowler	Female Under 35	St Austell Running Club	0:52:34	0:52:39	587683
127	403	Tim Jones	Male 70+	North Devon RRC	0:52:40	0:52:51	787563
128	289	David King	Male 40-44	Fremington Trailblazers	0:52:45	0:52:58	780479
129	60	Derrick Elston	Male 60-64		0:53:07	0:53:07	771378
130	170	Stephanie	Female Under 35	Elements Tri Club	0:53:06	0:53:13	772361
131	206	Louise Hunt	Female 35-39	Camelford Up and	0:53:11	0:53:16	773522
132	181	Sue Park	Female 55-59	Fremington Trailblazers	0:53:09	0:53:20	359949
133	335	Meeta Nicholls	Female 45-49	East Cornwall Harriers	0:53:14	0:53:22	166973
134	123	Michelle Bright	Female 45-49	Bideford AAC	0:53:24	0:53:29	771691
135	122	Clive Bright	Male 55-59	Bideford AAC	0:53:34	0:53:39	771690
136	254	Kelly Bills	Female 45-49	Carn Runners	0:53:27	0:53:42	524126
137	399	Joseph Chapman	Male Under 35		0:53:51	0:53:52	787474
138	38	Paul Barnes	Male 55-59	Bradworthy Runners	0:53:43	0:53:53	520368
139	144	Andy Whelan	Male 55-59		0:54:04	0:54:07	539187
140	182	Lucy Jenkinson	Female Under 35		0:54:01	0:54:13	772509
141	437	Ian Chilcott	Male 50-54	Team H Plymouth	0:54:06	0:54:14	748842
142	357	Mike Dauncey	Male 55-59	Bradworthy Runners	0:54:10	0:54:21	784581
143	177	Lucy Foley-Norman	Female 40-44	Fremington Trailblazers	0:54:16	0:54:27	649997
144	85	Heather Stacey	Female Under 35	Holsworthy Running Club	0:54:22	0:54:31	633184
145	442	Tamsyn Keens	Female Under 35		0:54:39	0:54:40	788669
146	356	Jess Gierke	Female 50-54	Bideford AAC	0:54:30	0:54:41	747712
147	421	Pete Jennings	Male 55-59		0:54:21	0:54:42	757077
148	424	Jenna Sleeman	Female Under 35	Camelford Up and	0:54:44	0:54:50	419354
149	171	Gary Pethick	Male 40-44	Elements Tri Club	0:54:49	0:54:56	772363
150	172	Sally Brown	Female 35-39		0:54:52	0:54:59	772368
151	264	Jason Turner	Male 45-49	Bradworthy Runners	0:54:53	0:55:05	656356
152	223	Stuart Lockyer	Male 55-59	Bude Rats (Run and Tri)	0:54:56	0:55:06	478572
153	303	Nigel Gardiner	Male 55-59	Bude Rats (Run and Tri)	0:54:53	0:55:08	723213
154	201	Holly Shute	Female Under 35		0:55:11	0:55:17	732749

155	4	James Rooney	Male 60-64	Bude Rats (Run and Tri)	0:55:13	0:55:19	623694
156	26	Jess Marsh	Female 40-44	Bude Rats (Run and Tri)	0:55:06	0:55:21	629399
157	252	Jane Stedman	Female 55-59	Bodmin Road Runners	0:55:06	0:55:23	158743
158	256	Jo Garmory	Female 45-49		0:55:19	0:55:28	777071
159	95	Richard Abbott	Male 50-54	Holsworthy Running Club	0:55:51	0:55:59	771516
160	54	Hayley Jollow	Female 45-49	Bradworthy Runners	0:55:53	0:56:01	430704
161	213	Gary Hatch	Male 50-54	Bideford AAC	0:55:45	0:56:02	774022
162	328	Karen Hockin	Female 55-59		0:56:04	0:56:09	783302
163	210	Lu Walsh	Female 50-54	Okehampton RC	0:55:46	0:56:10	558490
164	142	Ben Rogers	Male 40-44	Bude Rats (Run and Tri)	0:56:10	0:56:17	445308
165	190	Colin Wynne	Male 55-59	Torrington AAC	0:56:20	0:56:31	772671
166	7	Chris Lawson	Male 40-44		0:56:28	0:56:34	771246
167	248	Adam Davie	Male 35-39	North Devon RRC	0:56:25	0:56:37	569783
168	64	Anne Binns	Female 55-59	Okehampton RC	0:56:16	0:56:39	771385
169	126	Bridie Head	Female Under 35	Holsworthy Running Club	0:56:44	0:56:53	771746
170	195	Bruce Draper	Male 50-54		0:56:52	0:56:57	772849
171	355	Jemma Burke	Female 45-49		0:56:43	0:56:59	784573
172	246	Joanna Jones	Female 35-39	North Devon RRC	0:56:50	0:57:02	729108
173	349	Kate Burges	Female Under 35		0:57:10	0:57:11	784206
174	348	Ian Burges	Male 35-39		0:57:10	0:57:11	784205
175	230	Jo Northey	Female 45-49	Launceston Road Runners	0:57:13	0:57:18	359028
176	57	John Horton	Male 70+	Newquay & Par AC	0:57:32	0:57:36	704097
177	366	John Sleep	Male 40-44	Bideford AAC	0:57:35	0:57:45	700275
178	251	Nick Page	Male 55-59	East Cornwall Harriers	0:57:37	0:57:52	425427
179	51	Andrew Ward	Male 50-54		0:57:30	0:57:55	790727
180	17	Matt Payne	Male 45-49		0:57:32	0:57:56	771260
181	41	Michael Brereton	Male 40-44	Camelford Up and	0:57:48	0:57:58	727495
182	128	Mike Bawden	Male 60-64	Carn Runners	0:57:56	0:58:03	417090
183	312	Ellie Smart	Female Under 35		0:57:46	0:58:05	782171
184	401	Marlene Grobler	Female 40-44	Carn Runners	0:57:54	0:58:08	745090
185	292	Robert Ireton	Male 55-59	Camelford Up and	0:58:07	0:58:23	780851
186	344	Lisa Allin	Female Under 35	Bradworthy Runners	0:58:07	0:58:23	784042
187	138	Geoff Panter	Male 40-44		0:58:20	0:58:33	548352
188	229	Kelly Sargent	Female 40-44	Launceston Road Runners	0:58:24	0:58:35	622845
189	310	Merlin Keating	Male 50-54	St Austell Athletes	0:58:39	0:58:52	663857
190	163	Julie Barriball	Female 55-59	Launceston Road Runners	0:58:45	0:58:56	772235
191	93	Clive Davis	Male 60-64		0:58:51	0:59:05	737755
192	175	Katrina Werren	Female 35-39		0:59:00	0:59:13	538939
193	346	Michael Cousins	Male 55-59		0:59:06	0:59:16	744539
194	44	Simone Pantling	Female 40-44		0:59:19	0:59:23	771338
195	127	Des Evans	Male 70+	Newquay Road Runners	0:59:31	0:59:33	631285
196	124	Mark Fundrey	Male 55-59	Bideford AAC	0:59:18	0:59:35	557170
197	159	Lisa Cassidy	Female 40-44	Bodmin Women's Running	0:59:14	0:59:36	584634
198	227	Linda Pickard	Female 55-59	Launceston Road Runners	0:59:28	0:59:42	315414
199	56	Ann Barriball	Female 45-49	Launceston Road Runners	0:59:36	0:59:42	771371
200	273	Graham Keat	Male 60-64		0:59:40	0:59:48	790653
201	33	Paul Lathom	Male 35-39		0:59:46	0:59:54	771307
202	194	Kev Hogarth	Male 60-64		0:59:32	0:59:56	772797
203	337	Suzanne Smith	Female 55-59		0:59:50	1:00:00	783662
204	277	Tania Coker	Female Under 35	Holsworthy Running Club	0:59:55	1:00:06	779705
205	250	Jane Stephens	Female 55-59	Bodmin Road Runners	1:00:02	1:00:08	484969
206	406	Michael Hone	Male 50-54		1:00:01	1:00:12	791273

207	20	Tara Fundrey	Female 50-54	Bideford AAC	0:59:58	1:00:16	792353
208	280	Amanda Berridge	Female 40-44	Truro Running Club	1:00:10	1:00:22	718298
209	420	Lesley Westgate	Female 65-69	Lonely Goat RC	1:00:20	1:00:26	360588
210	447	Lizzie Crocker	Female Under 35		1:00:26	1:00:45	788948
211	146	Georgina Symons	Female 40-44	St Austell Athletes	1:00:43	1:00:55	197268
212	111	Claire Barlow	Female 45-49	Bodmin Road Runners	1:00:43	1:01:00	555073
213	31	Ian Grimes	Male 70+	Launceston Road Runners	1:01:07	1:01:14	747885
214	59	Charlotte Chidley	Female 40-44	Holsworthy Running Club	1:01:08	1:01:21	771377
215	61	Victoria Shaddick	Female 45-49	Fremington Trailblazers	1:01:08	1:01:21	771379
216	180	Paul Jeffery	Male 60-64	Fremington Trailblazers	1:01:26	1:01:45	772489
217	294	Nicky Brenton	Female 50-54	Bodmin Road Runners	1:01:40	1:01:57	579695
218	18	Simon Heard	Male 45-49		1:01:42	1:02:07	771268
219	67	Mary Pool	Female 65-69		1:01:52	1:02:11	771387
220	299	Alison Parsons	Female 50-54	Bodmin Women's Running	1:02:13	1:02:23	162008
221	415	Jane Pritchard	Female 55-59		1:02:19	1:02:25	787712
222	233	Julia Foster	Female 50-54		1:02:25	1:02:34	772485
223	228	Dave Pickard	Male 60-64	Launceston Road Runners	1:02:20	1:02:36	505729
224	443	Paula Wilkinson	Female 50-54	Bude Rats (Run and Tri)	1:02:24	1:02:38	679307
225	300	Lucy Chilcott	Female 45-49	Bodmin Women's Running	1:02:32	1:02:42	767701
226	306	Sarah Badham	Female Under 35		1:02:21	1:02:43	781839
227	270	Robert Price	Male 45-49		1:02:22	1:02:43	729112
228	141	Nicola Emmett	Female 45-49	Bude Rats (Run and Tri)	1:02:41	1:02:47	362561
229	212	Jo Hedderly	Female 45-49	Bideford AAC	1:02:31	1:02:50	774021
230	352	Catherine Herniman	Female Under 35		1:02:30	1:02:50	784254
<b>231</b>	<b>106</b>	<b>James Danks</b>	<b>Male 40-44</b>	<b>Falmouth Road Runners</b>	<b>1:02:36</b>	<b>1:03:00</b>	<b>741008</b>
232	380	Jess Martyn	Female Under 35		1:03:04	1:03:12	785851
233	382	Margaret Clark	Female 60-64	Hayle Runners	1:02:54	1:03:16	759165
234	311	Jacky Tyler	Female 60-64		1:03:00	1:03:18	555111
<b>235</b>	<b>414</b>	<b>Robert Willcocks</b>	<b>Male 60-64</b>	<b>Falmouth Road Runners</b>	<b>1:03:10</b>	<b>1:03:21</b>	<b>450571</b>
236	49	Emily Linton	Female 35-39		1:03:07	1:03:26	495291
237	204	Zoe Jones	Female 50-54		1:03:10	1:03:27	773510
238	313	Lois Briard	Female 40-44	Bude Rats (Run and Tri)	1:03:21	1:03:29	782174
239	397	Beverley Powe	Female Under 35	Just Jog Bideford	1:03:10	1:03:33	787117
240	426	Lora Tanner	Female 40-44	Bude Rats (Run and Tri)	1:03:27	1:03:34	787954
241	359	Rachel Shackleton	Female 35-39		1:03:24	1:03:40	784594
242	365	Steve Carruth	Male 40-44		1:03:25	1:03:40	784729
243	316	Steve Tregidgo	Male 40-44	St Austell Running Club	1:03:48	1:04:00	285345
244	208	Ian Ringer	Male 70+	Bodmin Road Runners	1:03:56	1:04:03	274470
245	419	Melanie Nile	Female 45-49	St Austell Running Club	1:04:03	1:04:19	502174
246	351	Tom Snellgrove	Male 40-44		1:03:56	1:04:23	782731
247	155	Jacqui Couch	Female 50-54	Torrington AAC	1:04:04	1:04:25	716236
248	199	Robyn Penton	Female 35-39	Just Jog Bideford	1:04:03	1:04:26	773145
249	391	Nicky Hedden	Female 45-49	Just Jog Bideford	1:04:04	1:04:27	637297
250	332	Rebecca Rice	Female 35-39		1:04:16	1:04:30	783439
251	89	Miranda Honey	Female 45-49	Bodmin Road Runners	1:04:14	1:04:33	414017
252	81	Rebecca Thomas	Female 45-49	Camelford Up and	1:04:15	1:04:33	771439
253	167	Mary Mullarkey	Female 70+	East Cornwall Harriers	1:04:16	1:04:35	619081
254	30	Janet Lathom	Female 65-69	Launceston Road Runners	1:04:39	1:04:46	638185
255	302	Charlotte Chapman	Female Under 35	Bude Rats (Run and Tri)	1:04:41	1:04:48	766864
256	290	Kathryn Marsh	Female 45-49	Carn Runners	1:04:39	1:04:53	185901
257	275	Sandra Haynes	Female 55-59	Looe Pioneers Running	1:04:44	1:04:58	644613
258	385	Sarah Powell	Female 60-64	Just Jog Bideford	1:04:47	1:05:11	786064

259	92	Margaret Jarvis	Female 65-69	Okehampton RC	1:04:51	1:05:11	451538
260	331	Jane Jackson	Female 65-69	Lonely Goat RC	1:04:51	1:05:11	283882
261	35	Catherine Gardner	Female 55-59	Bideford AAC	1:04:53	1:05:16	771311
262	84	Rosie Searle	Female 40-44		1:05:14	1:05:24	712417
263	90	Janine Davage	Female 40-44		1:05:14	1:05:24	592170
264	19	Fiona Jollow	Female 45-49	Bude Rats (Run and Tri)	1:05:03	1:05:27	623683
265	162	Nicky Hicks	Female 45-49	Launceston Road Runners	1:05:23	1:05:29	772211
266	34	Lorrie Woolgar	Female 60-64	Fremington Trailblazers	1:05:05	1:05:30	569535
267	130	Caroline Turner	Female 40-44		1:05:21	1:05:31	771808
268	77	John Tilley	Male 70+	Bodmin Road Runners	1:05:36	1:05:53	350003
269	151	Wendy Lowe	Female 65-69	Bodmin Women's Running	1:05:43	1:06:05	430070
270	156	Bridget Stapleton	Female 45-49	Torrington AAC	1:05:45	1:06:06	772186
271	342	Jenny Hookway	Female Under 35		1:05:49	1:06:09	783971
272	152	Susan Pooley	Female 55-59	Bodmin Women's Running	1:05:52	1:06:15	772149
273	448	Nic Barrett	Female 35-39		1:05:59	1:06:18	788998
274	261	Simone Garland	Female Under 35	Elements Tri Club	1:06:15	1:06:27	778157
275	339	Jenny Jeeves	Female 50-54	Tavistock AC	1:06:16	1:06:29	749557
276	386	Elaine Hill	Female 50-54	Launceston Road Runners	1:06:23	1:06:46	786203
277	154	Trina Bradbury	Female 45-49	Launceston Road Runners	1:06:28	1:06:51	772157
278	16	Katie Payne	Female 40-44		1:06:33	1:06:57	771252
279	9	Emma Deanes	Female 35-39	Camelford Up and	1:06:46	1:06:59	771251
280	440	Michelle Higgs	Female 35-39		1:06:48	1:07:04	471947
281	381	Michelle Fenge	Female 55-59	Just Jog Bideford	1:06:54	1:07:17	785869
282	153	Francesca Inch	Female Under 35		1:07:00	1:07:21	748892
283	434	Jodie Harper	Female 40-44	Let's go cani cross	1:07:01	1:07:23	788396
284	28	Sally Tapp	Female 40-44	Ilfracombe Running Club	1:07:17	1:07:32	472463
285	379	Ian Snow	Male 70+	Torrington AAC	1:07:36	1:07:40	785677
286	125	Pippa Carey-Jones	Female Under 35		1:07:31	1:07:48	747989
287	372	Jasmine Smith	Female Under 35		1:07:39	1:07:59	784969
288	315	Olivia Hillsdon-	Female Under 35		1:07:58	1:08:05	782404
289	103	Ray Clarke	Male 50-54		1:07:57	1:08:09	765770
290	160	Emma England	Female 50-54	Bodmin Women's Running	1:07:49	1:08:11	772213
291	100	Martin Venning	Male 70+	Launceston Road Runners	1:08:14	1:08:26	748011
292	188	Anthea Sussex	Female 50-54	Torrington AAC	1:08:04	1:08:26	772630
293	12	Michael Claydon	Male 60-64		1:08:15	1:08:35	771048
294	185	Robert Bolitho	Male 60-64	Hayle Runners	1:08:22	1:08:37	659414
295	135	Dave Allan	Male 45-49	Camelford Up and	1:08:29	1:08:47	771510
296	87	Rebecca Simmons	Female 45-49	Okehampton RC	1:08:33	1:08:53	771456
297	23	Geraldine Walter	Female 45-49		1:08:33	1:08:53	771285
298	82	Jo Bradford	Female 45-49	Okehampton RC	1:08:34	1:08:53	708254
299	79	Joanne Burrow	Female 40-44		1:08:34	1:08:53	771431
300	149	Jane Walter	Female 55-59	Bradworthy Runners	1:08:44	1:08:59	633129
301	450	Bryonie Bedford	Female Under 35		1:08:52	1:09:05	782987
302	272	Shirley Grills	Female 55-59	Bradworthy Runners	1:09:03	1:09:18	779488
303	158	Kathryn Volkelt-Igoe	Female 60-64	Okehampton RC	1:08:56	1:09:19	772193
304	376	Tracey Day	Female 40-44	Bideford AAC	1:09:05	1:09:29	639240
305	29	Holly Hutchins	Female Under 35	Camelford Up and	1:09:35	1:09:48	747991
306	107	Jon Cryer	Male 65-69		1:09:36	1:09:49	729705
307	139	Stephanie Devoy	Female Under 35		1:09:25	1:09:51	771866
308	350	Samantha	Female 40-44		1:09:25	1:09:52	782729
309	179	Alison Williams	Female 55-59	Just Jog Bideford	1:09:55	1:10:19	772487
310	168	Julia Fuery	Female 50-54	Just Jog Bideford	1:09:56	1:10:20	772338

311	47	Angela White	Female 60-64	Newquay Road Runners	1:10:01	1:10:20	771357
312	32	Emma Grigg	Female 45-49	Lonely Goat RC	1:10:15	1:10:26	717868
313	288	Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:10:09	1:10:27	359238
314	108	Roy Newton	Male 70+	Falmouth Road Runners	1:10:07	1:10:32	193851
315	237	Victoria Hall	Female 45-49		1:10:16	1:10:34	747792
316	364	Chris Underwood	Male 40-44	Bude Rats (Run and Tri)	1:10:52	1:10:59	551880
317	417	Josh Shadrick	Male Under 35	Bradworthy Runners	1:10:45	1:11:07	787740
318	6	Jackie Wells	Female 65-69	Camelford Up and	1:10:56	1:11:13	747983
319	74	Siobhan Tindall	Female Under 35	Just Jog Bideford	1:10:51	1:11:15	789859
320	24	Michelle Skipp	Female 55-59	Camelford Up and	1:11:06	1:11:20	624951
321	58	Ann Horton	Female 70+		1:11:07	1:11:25	771374
322	330	Natalie Cummins	Female 45-49	Southend Athletic Club	1:11:36	1:11:50	782072
323	193	Andrew Sillifant	Male 40-44		1:12:01	1:12:07	772761
324	184	Julie Bolitho	Female 55-59	Hayle Runners	1:12:12	1:12:27	504813
325	422	Jade Jennings	Female Under 35	Launceston Road Runners	1:12:30	1:12:51	778734
326	120	Sean Taylor	Male 55-59	Bodmin Road Runners	1:12:41	1:12:58	690504
327	14	Sharon Rundle	Female 55-59	Launceston Road Runners	1:12:55	1:13:06	622851
328	116	Vicky Gibbons	Female 45-49	Just Jog Bideford	1:12:51	1:13:17	764419
329	115	Jon Gibbons	Male 40-44	Just Jog Bideford	1:12:52	1:13:18	577631
330	258	Robert Saxton	Male 40-44		1:13:01	1:13:27	729110
331	46	Richard Lloyd	Male 50-54		1:13:01	1:13:27	789386
332	211	Terina Ellacott	Female 40-44	Holsworthy Running Club	1:13:17	1:13:31	774012
333	418	Keith Shadrick	Male 70+	Bradworthy Runners	1:13:13	1:13:35	787742
334	102	Mary Austin	Female 60-64		1:13:23	1:13:41	771555
335	278	Rosemary Sanders	Female 55-59		1:14:13	1:14:29	779746
336	274	Tracey Grigg	Female 45-49		1:14:20	1:14:37	779638
337	173	Sally Rowland	Female 65-69	Launceston Road Runners	1:14:36	1:14:52	772384
338	140	Thomas Cockerill	Male 35-39		1:14:37	1:14:52	771569
339	134	Amie Allan	Female 35-39	Camelford Up and	1:14:47	1:15:05	771511
340	416	Emily Rowe	Female Under 35	Bradworthy Runners	1:14:43	1:15:06	787737
341	62	Jackie Chapman	Female 55-59	Launceston Road Runners	1:14:55	1:15:13	742330
342	202	Rosie Trevains	Female 35-39	Bodmin Women's Running	1:15:16	1:15:37	591350
343	203	David Banbury	Male 55-59		1:15:16	1:15:37	607818
344	150	Emma Edwards	Female Under 35	Bude Rats (Run and Tri)	1:16:04	1:16:25	439323
345	3	Debbie Stokes	Female 55-59	Bradworthy Runners	1:16:36	1:16:52	478589
346	269	Laura Menzies	Female 40-44	Bradworthy Runners	1:16:43	1:17:00	779013
347	70	Deborah Phillips	Female Under 35	Camelford Up and	1:19:59	1:20:10	783667
348	445	Jo Teixeira	Female 45-49	Okehampton RC	1:20:47	1:21:13	788728
349	446	Olivia Wheeleker	Female 45-49	Okehampton RC	1:20:46	1:21:13	788730
350	411	Sam Chapman	Male Under 35		1:21:47	1:21:47	787672
351	192	Helen Cattran	Female 55-59	Hayle Runners	1:21:30	1:21:52	660236
352	441	Janet Bragg	Female 60-64	Holsworthy Running Club	1:22:50	1:23:06	788485
353	63	Ria Thompson	Female 35-39	Holsworthy Running Club	1:23:33	1:23:50	743083
354	88	Jennie Massey	Female 60-64	Hayle Runners	1:23:52	1:24:14	200257
355	52	Steve Lawrence	Male 65-69	Falmouth Road Runners	1:24:10	1:24:35	357060
356	284	David Garrard	Male 70+	Falmouth Road Runners	1:26:03	1:26:28	475986
357	435	Ruth Burton	Female 45-49		1:26:37	1:26:56	733807
358	436	Suzy Cremer	Female 45-49		1:26:47	1:27:06	788421
359	353	Abigail Mansfield	Female Under 35	Camelford Up and	1:28:15	1:28:33	784330
360	69	Sam Allan	Female 35-39	Camelford Up and	1:28:15	1:28:33	771394
361	148	Adrian Bolt	Male 55-59	Truro Running Club	1:29:46	1:30:06	338186
362	308	Eric Hubber	Male 70+	Bideford AAC	1:30:09	1:30:36	781944

363	307	Jasmine Hindle	Female Under 35		1:30:10	1:30:36	781843
364	309	Ashley Shergold	Male Under 35		1:30:09	1:30:36	781946
a.k.	43	Sam Nichols	Female 45-49	Bude Rats (Run and Tri)	1:25:42	1:25:42	725973
a.k.	369	Merryn Horn	Female 40-44		1:25:47	1:25:47	771292
a.k.	370	Kirsten Hilton	Female 35-39		1:25:47	1:25:47	771493