

## Storm Force 10 2023

Place	Bib	Name	AG	Club	ChipTime	GunTime
1	476	Sam Goodchild	Male Under 35	Cornwall AC	0:52:47	0:52:48
2	267	Joshua Rowe	Male Under 35	Hayle Runners	0:53:24	0:53:25
3	403	Jacob Landers	Male Under 35	Tamar Trotters	0:54:37	0:54:38
4	258	David Crawford	Male 35-39	Newquay & Par AC	0:55:55	0:55:57
5	22	Steve Reynolds	Male 35-39	Truro Running Club	0:56:32	0:56:33
6	27	Jordan Morant	Male Under 35	Hayle Runners	0:56:38	0:56:40
7	517	James Cutlan	Male 35-39	Cornwall AC	0:56:46	0:56:47
8	378	David Tregonning	Male Under 35	St Austell Running Club	0:56:56	0:56:58
9	212	Dan Alsop	Male 40-44	St Austell Running Club	0:57:02	0:57:04
10	34	Adam Gore	Male 35-39	Hayle Runners	0:57:53	0:57:55
11	480	Ross Pascoe	Male Under 35	Cornwall AC	0:58:07	0:58:09
12	475	Simon Morse	Male Under 35	East Cornwall Harriers	0:58:26	0:58:28
13	553	Tony Wright	Male 55-59	Cornwall AC	0:58:39	0:58:41
14	89	Jamie Edwards	Male Under 35	Newquay Road Runners	0:58:40	0:58:43
15	415	Paul Sole	Male 40-44	Cornwall AC	0:58:48	0:58:50
16	401	David Bartlett	Male 35-39		0:58:51	0:58:53
17	43	Jacob Gardner	Male Under 35	Hayle Runners	0:58:56	0:58:57
18	3	Derrick Warren	Male 35-39	Plymstock Road Runners	0:59:10	0:59:11
19	536	Katherine Maltby	Female 35-39	Bristol and West AC	0:59:26	0:59:31
20	432	Rebecca Ezra-Ham	Female Under 35	Tamar Trotters	0:59:31	0:59:32
21	305	Josh Karpinski	Male 35-39	Newquay Road Runners	0:59:51	0:59:56
22	567	Stuart Walker	Male 35-39	Falmouth Road Runners	1:00:09	1:00:11
23	420	Richard Ezra-Ham	Male Under 35	Tamar Trotters	1:00:38	1:00:39
24	465	Peter Barnes	Male 40-44	Hayle Runners	1:00:45	1:00:46
25	323	Kieran Murrant	Male Under 35	Hayle Runners	1:00:48	1:00:50
26	178	Alex Peyton Jones	Male 40-44	Tavistock Run Project	1:01:03	1:01:05
27	362	Adrian Ball	Male 55-59	Cornwall AC	1:01:05	1:01:09
28	222	Sarah Hoskin	Female 40-44	Mile High	1:01:21	1:01:23
29	560	Martin Colwill	Male 55-59	Bideford AAC	1:01:24	1:01:27
30	346	Darren Roose	Male 40-44	Newquay Road Runners	1:01:38	1:01:41
31	484	Ross Penney	Male 35-39	Plymouth Harriers	1:01:55	1:01:56
32	163	Liam Gallantry	Male Under 35	East Cornwall Harriers	1:01:58	1:02:01
33	15	Anna Harrold	Female 40-44	Truro Running Club	1:02:27	1:02:30
34	186	Steven Hill	Male 45-49	Plymouth Harriers	1:02:28	1:02:32
35	169	Liam O'Neill	Male Under 35	Hayle Runners	1:02:47	1:02:51
36	373	Emma Stepto	Female 50-54	Cornwall AC	1:02:53	1:02:55
37	488	Robert Chirgwin	Male Under 35	Truro Running Club	1:03:05	1:03:09
38	245	Daniel Strickland	Male 40-44	Hayle Runners	1:03:11	1:03:16
39	485	Nigel Swift	Male 45-49	Perran Trail Runners	1:03:39	1:03:42
40	220	Kevin Woodley	Male 45-49		1:03:43	1:03:44
41	554	Neil Carter	Male 40-44	Newquay Road Runners	1:03:41	1:03:46
42	518	James Youlden	Male 40-44	St Austell Running Club	1:03:45	1:03:48
43	107	Zelah Morrall	Female 50-54	Cornwall AC	1:03:49	1:03:52
44	542	Craig Knuckey	Male 50-54	Cornwall AC	1:03:54	1:03:56
45	508	Anna Jenkins	Female 40-44	Cornwall AC	1:04:11	1:04:14
46	356	Edward Gleadowe	Male Under 35	Falmouth Road Runners	1:04:18	1:04:20
47	166	Richard Dalton	Male Under 35	Falmouth Road Runners	1:04:32	1:04:33

48	132	Mike Ellis	Male 45-49	Bodmin Dragons Triathlon	1:04:46	1:04:49
49	366	David Reid	Male 50-54	Hayle Runners	1:04:54	1:04:57
50	253	Noah Bohge	Male Under 35	Truro Running Club	1:04:57	1:05:02
51	491	Steph Hearn	Female Under 35	Cornwall AC	1:05:01	1:05:04
52	122	Adam Keogh	Male 40-44	Falmouth Road Runners	1:05:09	1:05:20
53	359	Jack Wightman	Male Under 35	Mile High	1:05:45	1:05:48
54	473	Jonny Unwin	Male Under 35	Cornwall AC	1:05:53	1:05:55
55	355	Rosie Gibbons	Female 45-49	Cornwall AC	1:05:58	1:06:02
56	447	Paul Gregg	Male 55-59	Tamar Trotters	1:06:00	1:06:05
57	103	Matthew Railton	Male Under 35	Cornwall AC	1:06:16	1:06:17
58	514	Tony Dunn	Male 55-59	Cornwall AC	1:06:34	1:06:36
59	409	John Sole	Male 40-44	Cornwall AC	1:06:36	1:06:39
60	502	Anthony Worthington	Male 50-54		1:06:34	1:06:40
61	249	Scott Abraham	Male 50-54	Hayle Runners	1:06:49	1:06:52
62	235	Darrin Porter	Male 55-59	Cornwall AC	1:06:52	1:06:55
63	423	Nick Hayden	Male 40-44		1:06:50	1:06:58
64	128	Tim Adams	Male 50-54	St Austell Running Club	1:06:55	1:06:58
65	535	Mike Dowrick	Male 50-54	Cornwall AC	1:07:00	1:07:03
66	543	Lee Smith	Male Under 35		1:07:03	1:07:08
67	11	Matthew Berry	Male 45-49	Truro Running Club	1:07:07	1:07:13
68	414	Amy Sole	Female 35-39	Cornwall AC	1:07:12	1:07:15
69	568	Will Luckhurst	Male 55-59	Hayle Runners	1:07:12	1:07:18
70	213	Alan Thomas	Male 35-39	Falmouth Road Runners	1:07:12	1:07:21
71	410	James Manning	Male 40-44	Hayle Runners	1:07:24	1:07:28
72	439	Matt Fox	Male Under 35	Cornwall AC	1:07:29	1:07:32
73	486	Steve Babb	Male 55-59	Newquay Road Runners	1:07:40	1:07:44
74	46	Mark Williams	Male 55-59	Hayle Runners	1:07:45	1:07:49
75	407	Steve Law	Male 50-54	Falmouth Road Runners	1:07:43	1:07:54
76	505	Andy Rich	Male 45-49	St Austell Running Club	1:07:50	1:07:54
77	195	Rebecca Stobart	Female Under 35	Cornwall AC	1:07:51	1:07:56
78	339	Jon Eldon	Male 60-64	Hayle Runners	1:07:54	1:07:58
79	337	Jeremy Brown	Male 50-54	Bude Rats (Run and Tri)	1:07:53	1:07:59
80	526	Simon Knowles	Male 45-49	Hayle Runners	1:07:57	1:08:02
81	317	Simon Jeffs	Male 45-49	Hayle Runners	1:08:16	1:08:19
82	494	Joe Carlyon	Male 35-39		1:08:14	1:08:23
83	121	Ian Curnow	Male 50-54	Hayle Runners	1:08:12	1:08:25
84	227	Denzil Williams	Male 50-54	St Austell Running Club	1:08:29	1:08:33
85	531	Lucy Williams	Female 35-39	Truro Running Club	1:08:28	1:08:37
86	98	Alan Wherry	Male 55-59	St Austell Running Club	1:08:34	1:08:38
87	234	Gary Schofield	Male 35-39		1:08:23	1:08:38
88	460	Chris Annear	Male 35-39	Vegan Runners UK	1:08:36	1:08:40
89	53	Paul-Florin Trifanov	Male Under 35	Newquay Road Runners	1:08:39	1:08:44
90	299	Callum Pinch	Male Under 35	Truro Running Club	1:08:49	1:08:56
91	153	Ryan Marks	Male Under 35	St Austell Running Club	1:08:59	1:09:02
92	449	Matt Harries	Male Under 35	Tamar Trotters	1:09:03	1:09:08
93	571	Zoltan Erdos	Male Under 35		1:09:03	1:09:11
94	565	Georgia Stanfield	Female Under 35	Falmouth Road Runners	1:09:02	1:09:13
95	469	Michael Hawke	Male 40-44	St Austell Athletes Running	1:09:22	1:09:30
96	540	Richard Sherley	Male 35-39		1:09:23	1:09:31

97	164	Lee Pollard	Male 35-39	Tamar Trotters	1:09:35	1:09:42
98	400	Helen Mason	Female 40-44		1:09:50	1:09:56
99	230	Kevin Marshall	Male 55-59	Launceston Road Runners	1:09:51	1:09:59
100	383	Mark Macleod	Male 50-54	Royal Navy Triathlon	1:09:58	1:10:09
101	457	Dan Cocks	Male Under 35	St Austell Athletes Running	1:10:07	1:10:11
102	92	Mark Roby	Male 45-49	Truro Running Club	1:10:07	1:10:12
103	332	David Guffick	Male 40-44	Hayle Runners	1:10:13	1:10:19
104	559	Daniel Padfield	Male Under 35		1:10:15	1:10:23
105	161	Mark Thomas	Male 45-49	Cornwall AC	1:10:33	1:10:41
106	296	James Burch	Male Under 35	Tamar Trotters	1:10:41	1:10:47
107	23	Lee Burford	Male 40-44	Hayle Runners	1:10:46	1:10:58
108	523	Jessie Gillam	Female 40-44		1:11:11	1:11:16
109	67	Leo Muid	Male 40-44	Falmouth Road Runners	1:11:16	1:11:27
110	528	Keith Paul	Male 55-59	Taunton AC	1:11:23	1:11:30
111	349	Marcus Wills	Male 40-44	East Cornwall Harriers	1:11:35	1:11:39
112	513	Seth Mitchell	Male 35-39		1:11:31	1:11:43
113	274	Thomas Halton	Male Under 35	St Austell Running Club	1:11:45	1:11:57
114	369	Craig Harper	Male 45-49	Bude Rats (Run and Tri)	1:11:56	1:12:01
115	65	Melodie Manners	Female Under 35	Hayle Runners	1:11:50	1:12:02
116	78	Emma Mossop	Female 45-49	Falmouth Road Runners	1:11:55	1:12:06
117	157	Glynn Davis	Male 55-59	Carn Runners	1:12:23	1:12:33
118	289	Katy Jenkins	Female 40-44	Truro Running Club	1:12:34	1:12:42
119	147	Beth Popperwell	Female 50-54	Mile High	1:12:49	1:12:54
120	309	Ian Gronwalt	Male 55-59	St Austell Running Club	1:12:57	1:13:01
121	333	Stella Gardener	Female 35-39	Newquay Road Runners	1:13:04	1:13:11
122	429	Mark Thomas	Male 45-49	Truro Running Club	1:13:15	1:13:22
123	116	Colin Bathe	Male 50-54	Truro Running Club	1:13:23	1:13:30
124	177	Ami Peyton Jones	Female 40-44	Plymouth Harriers	1:13:29	1:13:32
125	259	Andrew Cassidy	Male 65-69	Cornwall AC	1:13:32	1:13:39
126	36	Rachel Vague	Female 35-39	Tri Logic Cornwall	1:13:37	1:13:54
127	228	Paul Gough	Male 50-54	Hayle Runners	1:13:47	1:13:58
128	60	Jonathan Crowle	Male 50-54	Truro Running Club	1:13:52	1:14:02
129	85	Tim Hicks	Male 35-39	Newquay Road Runners	1:13:56	1:14:06
130	556	Laura Williams	Female 35-39		1:14:11	1:14:16
131	352	Daniel Cox	Male Under 35	Bodmin Road Runners	1:14:16	1:14:19
132	427	Simon Ainsley	Male 40-44		1:14:16	1:14:32
133	279	Hannah Matthews	Female 35-39	East Cornwall Harriers	1:14:42	1:14:47
134	395	Frazer Humbles	Male 35-39	Hayle Runners	1:14:36	1:14:51
135	546	Harry Lobban	Male Under 35		1:14:29	1:14:55
136	7	Kevin Silver	Male 55-59	Hayle Runners	1:14:43	1:14:56
137	278	Adam Carlyon	Male 35-39	Truro Running Club	1:14:53	1:15:02
138	82	Dominic Parnell	Male 35-39	Tamar Trotters	1:15:08	1:15:13
139	244	Lee Strickland	Female 45-49	Hayle Runners	1:15:01	1:15:14
140	232	Myghal Larter	Male 35-39		1:15:00	1:15:15
141	214	Marty Barnfield	Male 45-49	Bodmin Road Runners	1:15:16	1:15:23
142	8	Kirsty Medlock	Female 40-44	Hayle Runners	1:15:11	1:15:23
143	385	Ayesha Gillespie	Female Under 35	Tamar Trotters	1:15:18	1:15:24
144	418	Andrew Millward	Male 60-64	Carn Runners	1:15:26	1:15:33
145	129	Derrick Frantz	Male 55-59	Cornwall AC	1:15:27	1:15:34

146	54	Eve Hearle	Female 40-44	Newquay Road Runners	1:15:28	1:15:39
147	83	Karen Pascoe	Female 55-59	Cornwall AC	1:15:37	1:15:44
148	520	John Mitchell	Male 40-44		1:15:31	1:15:46
149	537	Dan Stevens	Male 50-54	Falmouth Road Runners	1:15:35	1:15:49
150	293	Amanda Hewitt	Female 45-49	Cornwall AC	1:15:49	1:15:55
151	512	Malcolm Sabine	Male 35-39		1:15:42	1:15:57
152	179	Ashley Elliott	Female Under 35	East Cornwall Harriers	1:16:10	1:16:14
153	13	Emma Clark	Female 40-44	Looe Pioneers Running Clu	1:16:24	1:16:30
154	482	Bradley Parsons	Male Under 35	PB Running Club	1:16:29	1:16:34
155	481	Ellen Jones	Female Under 35	Cornwall AC	1:16:33	1:16:43
156	563	Glyn Talling	Male 50-54	Newquay Road Runners	1:16:35	1:16:55
157	118	David Foy	Male 50-54	Falmouth Road Runners	1:16:47	1:17:00
158	541	Iain Walker	Male 65-69	St Austell Running Club	1:16:54	1:17:05
159	176	Sharon Daw	Female 55-59	East Cornwall Harriers	1:17:01	1:17:06
160	497	Clare Gwennap	Female 40-44	Tri Logic Cornwall	1:16:55	1:17:06
161	73	Julian Shakerley	Male 45-49	St Austell Athletes Running	1:17:06	1:17:20
162	338	Laura Pool	Female 40-44	Truro Running Club	1:17:15	1:17:24
163	66	Andrew James	Male 40-44	Hayle Runners	1:17:15	1:17:35
164	190	Peter Allen	Male 65-69	Newquay Road Runners	1:17:23	1:17:36
165	500	Connor Davidson	Male Under 35	Falmouth Road Runners	1:17:07	1:17:43
166	298	Bruce Carey	Male Under 35	Newquay Road Runners	1:17:37	1:17:48
167	42	Lia Foreman	Female Under 35	Hayle Runners	1:17:36	1:17:50
168	255	Julia Pearce	Female 45-49	Cornwall AC	1:17:54	1:18:03
169	183	Helen Mitchell	Female 55-59	Truro Running Club	1:18:14	1:18:22
170	539	Marc Allen	Male 35-39	St Austell Athletes Running	1:18:07	1:18:26
171	33	Lauren Bailey	Female 35-39	Truro Running Club	1:18:27	1:18:36
172	28	Martin Penney	Male 50-54	Bys Vyken Race Team	1:18:25	1:18:52
173	422	Mark Bennetts	Male 40-44	St Austell Athletes Running	1:18:39	1:18:54
174	354	Catheryn Camborieux	Female 50-54	Truro Running Club	1:18:55	1:19:04
175	381	Trevor Spinks	Male 50-54	Newquay Road Runners	1:18:40	1:19:10
176	48	Corinne Gerrard	Female 50-54	Hayle Runners	1:18:58	1:19:13
177	421	Matthew Wilson	Male 45-49	Cornwall AC	1:19:07	1:19:18
178	572	Mark Trebilcock	Male 60-64	Cornwall AC	1:19:08	1:19:18
179	19	Tanya Coleman	Female 50-54	Truro Running Club	1:19:26	1:19:34
180	416	Kyle Poynter	Male Under 35		1:19:30	1:19:53
181	438	Benjamin Jarram	Male 35-39	Launceston Road Runners	1:19:43	1:19:54
182	561	Helen Colwill	Female 50-54	Bideford AAC	1:19:46	1:19:58
183	124	James Stephens	Male 35-39	St Austell Running Club	1:19:51	1:20:07
184	371	Martin Dinham	Male 50-54		1:19:58	1:20:09
185	291	Susanne Wood	Female 45-49	Cornwall AC	1:19:43	1:20:13
186	127	Oliver Goldsmith	Male Under 35		1:20:03	1:20:23
187	266	Ian Savigar	Male 55-59	East Cornwall Harriers	1:20:09	1:20:24
188	86	Barrie Cardew	Male 60-64	Carn Runners	1:20:27	1:20:34
189	123	Craig Varcoe	Male Under 35		1:20:42	1:20:57
190	167	Rob Burford	Male 60-64		1:21:00	1:21:09
191	303	Danny O'Shea	Male 45-49	Newquay Road Runners	1:20:47	1:21:11
192	325	Jake Stone	Male Under 35		1:21:11	1:21:22
193	95	Julian Chapman	Male 55-59		1:21:16	1:21:30
194	490	Lucy Paull	Female 35-39	Hayle Runners	1:21:15	1:21:33

195	441	Debbie Jones	Female 55-59	Looe Pioneers Running Clu	1:21:23	1:21:36
196	100	Luke Bennett	Male 55-59		1:21:30	1:21:51
197	149	Claire Winfield	Female 50-54	Launceston Road Runners	1:21:41	1:21:51
198	114	Joe Brooks	Male 50-54	Tamar Trotters	1:21:56	1:22:01
199	126	Jane Barker	Female Under 35	Hayle Runners	1:21:45	1:22:03
200	221	Richard Morton	Male 65-69	Tamar Trotters	1:21:59	1:22:06
201	172	Nick Richards	Male 50-54	Cornwall AC	1:21:53	1:22:10
202	38	Steve Davey	Male 55-59		1:21:57	1:22:15
203	173	Christopher Spencer	Male 55-59		1:22:09	1:22:24
204	269	Michael White	Male 40-44		1:21:56	1:22:27
205	199	Darren Hardwick	Male 55-59	Looe Pioneers Running Clu	1:22:15	1:22:29
206	306	Miranda Flannigan	Female 50-54	Cornwall AC	1:22:32	1:22:39
207	471	Michael Counter	Male 55-59	St Austell Running Club	1:22:29	1:22:45
208	538	Timothy Cooper	Male 40-44		1:22:19	1:22:50
209	189	Eleanor Ellison	Female 65-69	Newquay Road Runners	1:22:40	1:22:54
210	321	Zack Hill	Male Under 35	Cornwall AC	1:22:52	1:23:01
211	142	Amy Gregory	Female 35-39	Newquay Road Runners	1:23:02	1:23:14
212	380	Adam Purvis	Male 40-44	East Cornwall Harriers	1:23:04	1:23:22
213	150	Craig Underhill	Male 50-54	Hayle Runners	1:23:05	1:23:33
214	545	Sam Naisby	Male Under 35		1:23:10	1:23:36
215	478	Helen Thomas	Female 50-54	Truro Running Club	1:23:29	1:23:39
216	570	Ben Keverne	Male 35-39		1:23:27	1:23:39
217	102	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	1:23:38	1:23:45
218	525	Matt Hills	Male 40-44	Newquay Road Runners	1:23:24	1:23:46
219	498	Robert Mardell	Male 35-39		1:23:40	1:23:52
220	311	Sarah Wilkinson	Female 60-64	Newquay Road Runners	1:23:40	1:23:55
221	12	Steven Thomas	Male 45-49	Carn Runners	1:23:38	1:23:56
222	202	Andrew Cook	Male 40-44	Truro Running Club	1:23:44	1:23:57
223	431	Liz Trebilcock	Female 55-59	Truro Running Club	1:23:51	1:23:59
224	376	John Sudell	Male 65-69	East Cornwall Harriers	1:23:30	1:24:02
225	319	Keith Gale	Male 50-54		1:23:41	1:24:03
226	285	Simon Jones	Male 45-49		1:23:41	1:24:03
227	211	Louisa Chisholm	Female 40-44	Looe Pioneers Running Clu	1:23:50	1:24:05
228	248	Richard Collett	Male 35-39	Hayle Runners	1:23:56	1:24:16
229	375	Craig Vaughnley	Male 50-54	East Cornwall Harriers	1:24:04	1:24:21
230	197	Marlene Grobler	Female 40-44	Carn Runners	1:24:17	1:24:27
231	562	Laura Pryor	Female Under 35		1:24:10	1:24:30
232	533	Martin Beddow	Male 55-59		1:24:32	1:24:37
233	532	Ant Barrett	Male 35-39		1:24:24	1:24:53
234	297	Victoria Humphreys	Female Under 35	East Cornwall Harriers	1:24:38	1:24:54
235	393	Chunky Penhaul	Male 75-79	Hayle Runners	1:24:36	1:24:56
236	246	Georgia Witchell	Female 50-54	Falmouth Road Runners	1:24:56	1:25:09
237	215	Martin Trethewey	Male 55-59	St Austell Running Club	1:24:50	1:25:09
238	318	Jon Mitchell	Male 50-54	Cornwall AC	1:25:04	1:25:11
239	256	Andrew Ellis	Male 50-54	Hayle Runners	1:24:56	1:25:13
240	357	Neil De Bremaeker	Male 40-44		1:25:08	1:25:16
241	569	Susi Menhinick	Female Under 35	St Austell Running Club	1:24:59	1:25:18
242	63	Charles Simpson	Male 35-39	Hayle Runners	1:24:51	1:25:20
243	307	Grahame Mace	Male 45-49	Looe Pioneers Running Clu	1:25:12	1:25:27

244	379	Matthew Cherry	Male 45-49		1:25:19	1:25:51
245	84	Mathew Bradbeer	Male Under 35		1:25:45	1:25:52
246	93	James Rooney	Male 60-64	Bude Rats (Run and Tri)	1:25:47	1:25:55
247	510	Martyn Haydney	Male 50-54		1:25:41	1:26:05
248	444	Simon Pollard	Male 50-54	St Austell Athletes Running	1:25:53	1:26:15
249	549	Leah Lewis	Female 35-39		1:25:58	1:26:17
250	168	Rachael Wilsher	Female 55-59	Lonely Goat RC	1:26:05	1:26:22
251	143	Megan Pitts	Female Under 35	Truro Running Club	1:25:58	1:26:28
252	489	Fay Giles	Female Under 35		1:26:40	1:26:47
253	448	Louise Gregg	Female 50-54		1:26:44	1:26:51
254	283	Tessa Mason	Female 60-64	East Cornwall Harriers	1:26:39	1:26:56
255	69	Emily Wragg	Female Under 35		1:26:30	1:26:59
256	91	Alison Thomas	Female 45-49	Hayle Runners	1:26:40	1:27:02
257	470	Martha Carlisle	Female Under 35	Cornwall AC	1:26:56	1:27:04
258	364	Hannah Smith	Female Under 35	Hayle Runners	1:26:58	1:27:17
259	435	Alison Weir	Female 50-54	Falmouth Road Runners	1:27:14	1:27:28
260	184	Andrew Sims	Male 55-59	East Cornwall Harriers	1:26:55	1:27:31
261	434	Simon James	Male 50-54	Cornwall AC	1:27:25	1:27:33
262	224	Ade Dagnall	Male 45-49		1:27:27	1:27:39
263	347	Alison Roose	Female 45-49	Newquay Road Runners	1:27:26	1:27:41
264	384	Maria De Ruvo	Female 35-39	Hayle Runners	1:27:35	1:27:58
265	56	Linda Cuff	Female 55-59	Looe Pioneers Running Clu	1:28:15	1:28:28
266	90	Mandy Watts	Female 50-54	Newquay Road Runners	1:28:18	1:28:38
267	217	Laura Webber	Female 40-44		1:28:19	1:28:40
268	216	Matthew Charlton	Male 40-44		1:28:20	1:28:40
269	417	Ellen Gibson	Female Under 35	Cornwall AC	1:28:44	1:28:50
270	361	Pete Higham	Male 60-64	Falmouth Road Runners	1:28:43	1:28:58
271	238	Gregg Norton	Male 40-44	St Austell Running Club	1:28:46	1:29:21
272	477	Jennifer Buckland	Female 50-54	Hayle Runners	1:29:04	1:29:30
273	459	Stuart Smith	Male 35-39	Hayle Runners	1:29:00	1:29:30
274	424	Sarah Myford	Female 55-59	Bodmin Road Runners	1:29:16	1:29:42
275	550	Andrew Morley	Male 50-54	Newquay Road Runners	1:29:11	1:29:44
276	2	Lisa Player	Female 60-64	Newquay Road Runners	1:29:34	1:29:48
277	294	Clive Shute	Male 45-49	East Cornwall Harriers	1:29:32	1:29:50
278	295	Sarah McDonough	Female 35-39	East Cornwall Harriers	1:29:33	1:29:50
279	218	Jon Bottrell	Male 50-54		1:29:35	1:29:58
280	300	Camellia Bullingham	Female Under 35	Truro Running Club	1:29:51	1:30:02
281	468	Debbie Marshall	Female 45-49	St Austell Running Club	1:29:45	1:30:04
282	399	Sarah Ryan	Female 40-44	Newquay Road Runners	1:29:46	1:30:05
283	506	Sarah Allen	Female 50-54	Hayle Runners	1:29:55	1:30:15
284	370	Lisa Webb	Female 45-49	East Cornwall Harriers	1:29:40	1:30:16
285	377	Beth Chapman	Female 45-49		1:30:03	1:30:16
286	99	Phil Gendall	Male 60-64		1:29:47	1:30:17
287	105	Lynn Coffman	Female 50-54	Tamar Trotters	1:30:14	1:30:21
288	557	Sophie Talling	Female Under 35	Newquay Road Runners	1:30:05	1:30:24
289	151	Lisa Talling	Female 50-54	Newquay Road Runners	1:30:06	1:30:24
290	551	Vanessa Morley	Female 50-54	Newquay Road Runners	1:30:16	1:30:34
291	312	Mike Bawden	Male 60-64	Carn Runners	1:30:34	1:30:45
292	146	Sam Murray	Female 55-59	Hayle Runners	1:30:25	1:30:46

293	389	Robert Cherry	Male 55-59		1:30:27	1:30:49
294	499	Jonathan Reed	Male 45-49		1:30:28	1:30:50
295	32	Mark Colton-Taylor	Male 60-64	Truro Running Club	1:30:39	1:30:51
296	522	Lee Jago	Male Under 35	Looe Pioneers Running Clu	1:30:35	1:30:56
297	464	Jane Garside	Female 50-54	Newquay Road Runners	1:30:23	1:30:57
298	430	Becky Andrews	Female 40-44	Truro Running Club	1:30:30	1:30:59
299	324	Nick Hill	Male 40-44		1:30:36	1:31:00
300	472	Claire Palmer	Female 40-44	Truro Running Club	1:30:53	1:31:02
301	204	Janet Ritchie	Female 60-64	Carn Runners	1:30:57	1:31:10
302	336	Michael Orchard	Male 65-69	Hayle Runners	1:30:36	1:31:15
303	198	Donal Breen	Male 50-54	Truro Running Club	1:31:07	1:31:17
304	219	Jo Bales	Female 40-44		1:31:12	1:31:22
305	35	Tristan Lang	Male 45-49	Truro Running Club	1:31:13	1:31:24
306	450	Amanda Berridge	Female 40-44	Truro Running Club	1:31:16	1:31:25
307	404	Eoin Stockdale	Male 50-54	Carn Runners	1:31:15	1:31:28
308	474	Nick Kelly	Male 45-49	Hayle SLSC	1:31:25	1:31:39
309	425	Jennifer Forbes	Female 35-39	Hayle Runners	1:31:09	1:31:41
310	501	Tao Bi	Male Under 35	Newquay Road Runners	1:31:18	1:31:58
311	328	Martin Grieb	Male 45-49	Newquay Road Runners	1:31:45	1:32:03
312	170	Fiona Gamble	Female 35-39	Hayle Runners	1:31:55	1:32:15
313	411	Colin Martin	Male 70-74	Newquay Road Runners	1:32:00	1:32:17
314	350	Steven Walkey	Male 65-69	Falmouth Road Runners	1:32:08	1:32:24
315	29	Trish Merrett	Female 50-54	Hayle Runners	1:32:06	1:32:31
316	192	Neil Ham	Male 55-59	JP Fitness Cornwall	1:31:53	1:32:32
317	1	Alexandra Carr	Female 35-39		1:32:35	1:32:45
318	458	Hilary Owen	Female Under 35		1:32:23	1:32:46
319	320	Juliet Stewart	Female 55-59	Truro Running Club	1:32:38	1:32:48
320	174	Iain Mobbs	Male 50-54		1:32:07	1:32:48
321	155	Lucy Oldham	Female 45-49	East Cornwall Harriers	1:32:27	1:32:58
322	386	Susheela Searle	Female 50-54		1:32:47	1:33:01
323	96	Vicky Cloete	Female 45-49		1:32:49	1:33:03
324	397	Lucy Hewitt	Female 55-59	Newquay Road Runners	1:32:54	1:33:12
325	115	Christina Hoppenbro	Female Under 35		1:33:08	1:33:23
326	503	Tamzin Davey	Female 50-54	Cornwall AC	1:33:12	1:33:40
327	282	Linda Tout	Female 70-74	Tamar Trotters	1:33:34	1:33:46
328	16	Nina Bond	Female 35-39	Looe Pioneers Running Clu	1:33:38	1:33:52
329	58	James Danks	Male 40-44	Falmouth Road Runners	1:33:45	1:34:01
330	144	Georgina Symons	Female 45-49	St Austell Athletes Running	1:33:42	1:34:07
331	516	John Brady	Male 55-59	East Cornwall Harriers	1:33:42	1:34:13
332	440	Hilary Kennedy	Female 60-64	Brixham Harriers	1:34:03	1:34:14
333	334	Lee Evans	Male 45-49		1:33:55	1:34:26
334	529	Paul Francis	Male 60-64		1:34:07	1:34:34
335	495	Jayne Young	Female 50-54	Bodmin Women's Running	1:34:31	1:34:41
336	496	Pete Young	Male 55-59	Bodmin Road Runners	1:34:31	1:34:41
337	223	Paul Hooper	Male 60-64		1:34:37	1:34:59
338	26	Jamie Gore	Female 35-39	Hayle Runners	1:34:36	1:35:03
339	426	Katie Bullock	Female 35-39	Newquay Road Runners	1:34:55	1:35:13
340	301	Ciaran Nash	Male Under 35		1:34:52	1:35:19
341	236	Charlie Gray	Female 45-49	Newquay Road Runners	1:35:14	1:35:34

342	304	Gillian Onley	Female 55-59	Cornwall AC	1:35:30	1:35:36
343	80	Judit Konya	Female 40-44		1:34:57	1:35:37
344	81	Tamas Ungvari	Male 40-44		1:35:00	1:35:39
345	343	Jane Stedman	Female 55-59	Bodmin Road Runners	1:35:27	1:35:52
346	326	Trevor Williams	Male 60-64	Tamar Trotters	1:35:54	1:36:06
347	243	Louise Ollivier	Female 55-59	Hayle Runners	1:35:48	1:36:10
348	302	Satnam Basram	Male 60-64	Cornwall AC	1:36:13	1:36:22
349	413	Robert Kernaghan	Male 50-54	Looe Pioneers Running Clu	1:36:08	1:36:24
350	51	Julie Oxenham	Female 50-54	Bodmin Road Runners	1:36:02	1:36:26
351	527	Sharron Kington	Female 60-64	Taunton AC	1:36:15	1:36:28
352	483	Gareth Price	Male 40-44		1:36:03	1:36:31
353	87	Martin Curtis	Male 70-74	Hayle Runners	1:36:19	1:36:39
354	524	John Barnes	Male 60-64	Launceston Road Runners	1:36:23	1:36:48
355	453	Caroline Cross	Female Under 35	Cornwall AC	1:36:43	1:36:52
356	188	Margaret Clark	Female 60-64	Hayle Runners	1:36:33	1:36:58
357	182	Donna Fisher	Female 35-39	Newquay Road Runners	1:36:24	1:36:58
358	237	Mel Burgess	Female 55-59	Hayle Runners	1:36:43	1:36:59
359	140	Sara Needham	Female 40-44	Newquay Road Runners	1:36:28	1:37:01
360	511	John Beard	Male 40-44	Newquay Road Runners	1:36:28	1:37:02
361	97	Nicky Brenton	Female 50-54	Bodmin Road Runners	1:36:37	1:37:02
362	254	Catherine Sims	Female 50-54	Tamar Trotters	1:36:58	1:37:05
363	225	Julie Dagnall	Female 40-44		1:36:58	1:37:10
364	492	Ashley Holt	Female Under 35	Carn Runners	1:37:10	1:37:20
365	340	Mike Lemin	Male 65-69	Tamar Trotters	1:36:58	1:37:24
366	419	Scott Rowe	Male Under 35		1:37:00	1:37:25
367	408	Peter James	Male 45-49	Launceston Road Runners	1:37:11	1:37:40
368	437	Bridgette Turner	Female 55-59		1:37:22	1:37:53
369	194	Demelza Widdershov	Female 40-44	Carn Runners	1:37:49	1:37:57
370	21	Helen Lawes	Female 50-54	Looe Pioneers Running Clu	1:37:46	1:38:00
371	264	Jennifer Lawson	Female 55-59	Newquay Road Runners	1:37:40	1:38:02
372	521	Jordan Kennedy	Female Under 35		1:37:38	1:38:14
373	509	Jade Biggs	Female 35-39		1:37:38	1:38:14
374	50	Nigel Knuckey	Male 65-69	Truro Running Club	1:38:11	1:38:20
375	145	Darren Blenkinsop	Male 50-54	Tamar Trotters	1:38:31	1:38:37
376	466	Bethany Graham	Female Under 35		1:39:05	1:39:22
377	451	Steve Menear	Male 65-69	St Austell Running Club	1:38:48	1:39:22
378	329	Dawn Diprose	Female 55-59	East Cornwall Harriers	1:38:46	1:39:23
379	534	Rebecca Pearce	Female 35-39		1:38:57	1:39:27
380	275	Richard Jenkin	Male 75-79	Cornwall AC	1:39:16	1:39:37
381	231	Emma James	Female 45-49	Launceston Road Runners	1:39:38	1:40:06
382	310	Joanne Barry	Female 45-49	JP Fitness Cornwall	1:39:31	1:40:09
383	139	Natalie Jewell	Female 40-44	Falmouth Road Runners	1:39:56	1:40:13
384	62	Alan Brandwood	Male 70-74	Falmouth Road Runners	1:39:57	1:40:16
385	252	Sally Martin	Female 45-49	Falmouth Road Runners	1:40:00	1:40:16
386	443	Katie Thurston	Female 40-44	JP Fitness Cornwall	1:39:45	1:40:23
387	382	Daisy Booker	Female Under 35	Falmouth Road Runners	1:40:26	1:40:38
388	398	Mike Baldwin	Male 55-59	Hayle Runners	1:40:28	1:40:52
389	446	Nick Morley	Male 60-64	Hayle Runners	1:40:40	1:41:05
390	363	Gill Aze-Thomas	Female 50-54	Launceston Road Runners	1:40:49	1:41:17



391	88 Des Evans	Male 70-74	Newquay Road Runners	1:40:50	1:41:22
392	394 Claire Stone	Female 35-39	Hayle Runners	1:41:23	1:41:40
393	61 Kirstie Slater	Female 45-49	Truro Running Club	1:41:14	1:41:45
394	390 Stewart Townend	Male 80+	Hayle Runners	1:41:27	1:41:51
395	162 Sarah Newing	Female 40-44		1:41:32	1:41:52
396	351 Harry Stallard	Male Under 35	St Austell Running Club	1:41:37	1:41:57
397	263 Andy Stallard	Male 55-59	Truro Running Club	1:41:38	1:41:58
398	442 Michaela Harrison	Female 45-49	Plymouth Harriers	1:41:42	1:42:04
399	493 Cas Leo	Male 60-64	Hayle Runners	1:41:53	1:42:19
400	436 Philip Conroy	Male 65-69		1:42:08	1:42:21
401	544 Luke Murray	Male Under 35		1:41:59	1:42:30
402	454 Nicholas Saunders	Male 40-44		1:41:57	1:42:33
403	555 Pete Mitchell	Male 70-74	Kendal Amateur Athletic Cl	1:42:09	1:42:47
404	504 Denise Fletcher-Ward	Female 50-54		1:42:51	1:43:03
405	49 Samantha Alexander	Female 55-59		1:42:38	1:43:06
406	175 Jeanette Turpin	Female 45-49	East Cornwall Harriers	1:42:31	1:43:07
407	367 Wendy Lowe	Female 65-69	Bodmin Women's Running	1:42:33	1:43:08
408	428 Hannah Thomas	Female 45-49	Truro Running Club	1:42:40	1:43:11
409	402 Michael Bray	Male 40-44		1:42:40	1:43:12
410	70 Laura Haghani	Female 40-44		1:43:20	1:43:49
411	374 Harriet Oates	Female 40-44	Carn Runners	1:43:36	1:43:58
412	433 Deborah Hocking	Female 55-59	Carn Runners	1:43:47	1:44:08
413	330 Claire Budge	Female 45-49	St Austell Running Club	1:43:55	1:44:14
414	462 Becky Cooke-Robinson	Female 45-49		1:43:46	1:44:20
415	104 Jane Forder	Female 50-54	Tamar Trotters	1:44:23	1:44:32
416	360 Naomi Flower	Female Under 35	Newquay Road Runners	1:44:00	1:44:33
417	515 Sean Taylor	Male 55-59	Bodmin Road Runners	1:44:09	1:44:36
418	208 Simon Adam	Male 60-64		1:44:08	1:44:42
419	558 Emma Pryor	Female Under 35		1:44:33	1:44:53
420	187 Karen Warner	Female 55-59	Newquay Road Runners	1:44:34	1:45:11
421	322 Janet Watson	Female 65-69	Carn Runners	1:44:48	1:45:12
422	530 Sally Francis	Female 55-59		1:44:55	1:45:21
423	136 Nicola Crilly	Female 45-49	Falmouth Road Runners	1:45:09	1:45:26
424	180 Sarah Steed	Female 45-49	East Cornwall Harriers	1:44:53	1:45:28
425	368 Nicky Sowerby	Female 55-59	Truro Running Club	1:44:59	1:45:30
426	548 Kara Hill	Female 35-39		1:45:05	1:45:47
427	547 Helen Roberts	Female 40-44		1:45:06	1:45:47
428	165 Ray Goodright	Male 75-79	East Cornwall Harriers	1:45:33	1:46:11
429	71 Claire Barlow	Female 45-49	Bodmin Road Runners	1:45:50	1:46:16
430	260 Paul Heywood	Male 55-59	Launceston Road Runners	1:46:10	1:46:34
431	68 Sandy Jamieson	Female 70-74	Carn Runners	1:46:17	1:46:39
432	59 Jacquie Rapier	Female 60-64	Falmouth Road Runners	1:46:59	1:47:17
433	207 Anna Marquis	Female 60-64		1:46:49	1:47:22
434	94 Ian Ringer	Male 75-79	Bodmin Road Runners	1:47:01	1:47:27
435	134 Rebecca O'Doherty	Female 40-44	St Austell Athletes Running	1:46:56	1:47:31
436	191 Nikki Pritchard	Female 40-44	East Cornwall Harriers	1:46:55	1:47:32
437	566 Becky Tong	Female 45-49		1:48:23	1:49:05
438	479 Rachael Church	Female 50-54	Perran Trail Runners	1:48:24	1:49:05
439	229 Lavinia Marshall	Female 70-74	Launceston Road Runners	1:48:46	1:49:11

440	341	Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:49:08	1:49:35
441	64	Becky Wheeler	Female 50-54	Carbon Fitness	1:49:13	1:49:52
442	203	Lisa Haywood	Female 40-44		1:49:22	1:49:59
443	315	Helen Cattran	Female 55-59	Hayle Runners	1:49:59	1:50:26
444	344	Julie Bolitho	Female 55-59	Hayle Runners	1:50:46	1:51:06
445	47	Susan Thomas	Female 45-49	Hayle Runners	1:50:41	1:51:08
446	209	Jon Jones	Male 50-54	Looe Pioneers Running Clu	1:50:45	1:51:08
447	313	Theresa Williams	Female 65-69	St Austell Running Club	1:51:27	1:51:59
448	185	Karen Sims	Female 55-59	East Cornwall Harriers	1:51:25	1:52:02
449	270	Judy Jameson	Female 60-64	Carn Runners	1:51:46	1:52:08
450	314	Ann Bradley	Female 60-64	St Austell Running Club	1:51:46	1:52:18
451	181	Wendy Williams	Female 60-64	JP Fitness Cornwall	1:51:46	1:52:24
452	405	Kelly Lewis	Female 40-44	Truro Running Club	1:51:47	1:52:25
453	131	Michelle Dunn	Female 35-39	St Austell Running Club	1:52:01	1:52:33
454	276	Jacqueline Jenkin	Female 75-79	Cornwall AC	1:52:28	1:52:48
455	239	Zenna Rogers	Female 40-44	Hayle Runners	1:52:34	1:52:51
456	138	Caroline Vinnicombe	Female 45-49	Cornwall AC	1:52:45	1:53:06
457	40	Sarah Johns	Female 40-44	Hayle Runners	1:52:55	1:53:25
458	25	Julie Gregory	Female 50-54	Looe Pioneers Running Clu	1:53:27	1:53:51
459	552	Claire Cunningham	Female 40-44		1:53:42	1:54:07
460	130	Jacqui Martin	Female 50-54	St Austell Running Club	1:55:13	1:55:46
461	391	Vicky Oakes	Female 45-49	St Austell Running Club	1:55:14	1:55:46
462	44	Natalie Blewett	Female 40-44		1:55:20	1:55:58
463	467	Clare Horne	Female 45-49		1:56:00	1:56:41
464	406	Sarah Law	Female 45-49		1:56:18	1:56:53
465	39	Jackie Stone	Female 60-64	Hayle Runners	1:56:33	1:57:03
466	281	Amanda Gore	Female 60-64	Hayle Runners	1:57:27	1:57:56
467	292	Amy Shackelford	Female 35-39	Bys Vyken Race Team	1:57:42	1:58:12
468	262	Fiona Stallard	Female 55-59	Truro Running Club	1:57:45	1:58:19
469	487	Karen Lovegrove	Female 65-69	Hayle Runners	1:58:09	1:58:47
470	342	Charlie Hill	Male 40-44		1:58:34	1:58:58
471	106	Christina Lake	Female 60-64	Falmouth Road Runners	1:59:05	1:59:23
472	564	Sarah Hardy	Female 45-49	Bodmin Women's Running	1:59:27	2:00:01
473	57	Kathy Saunders	Female 65-69	Looe Pioneers Running Clu	2:00:09	2:00:32
474	37	Georgina Purvis	Female 45-49	Truro Running Club	2:00:17	2:00:54
475	345	Robert Bolitho	Male 60-64	Hayle Runners	2:00:43	2:01:08
476	286	Catherine Trerise	Female 50-54	Cornwall AC	2:00:41	2:01:10
477	455	Rosie Trevains	Female 35-39	Bys Vyken Race Team	2:00:46	2:01:14
478	456	David Banbury	Male 55-59		2:00:45	2:01:14
479	271	Jeremy Booker	Male 50-54	Falmouth Road Runners	2:01:07	2:01:21
480	152	Courtney Marks	Female Under 35	St Austell Running Club	2:01:00	2:01:22
481	290	Nicola Masters	Female Under 35	Hayle Runners	2:00:57	2:01:30
482	109	Michelle Barriball	Female 45-49	Newquay Road Runners	2:01:37	2:02:19
483	113	Paula Brooks	Female 50-54	Tamar Trotters	2:02:27	2:02:36
484	112	Emma Stock-Coles	Female 55-59	Newquay Road Runners	2:02:03	2:02:47
485	110	Victoria Walton	Female 45-49	Newquay Road Runners	2:02:04	2:02:47
486	41	Jane Shaddick-Brady	Female 60-64		2:02:54	2:03:33
487	14	Margaret Wade	Female 70-74	Carn Runners	2:05:31	2:05:55
488	461	Lorna Hogg	Female 50-54	St Austell Running Club	2:05:30	2:06:05

489	507	Gemma Wotherspool	Female 35-39	Bodmin Women's Running	2:07:34	2:08:10
490	257	Sarah Ellis	Female 40-44	Hayle Runners	2:08:11	2:08:44
491	5	Teresa Moore	Female 40-44	Hayle Runners	2:08:11	2:08:44
492	193	Jane Pett	Female 45-49	JP Fitness Cornwall	2:09:23	2:10:04
493	196	Andria Pollock	Female 50-54	JP Fitness Cornwall	2:09:23	2:10:04
494	353	Janet Wills	Female 70-74	St Austell Running Club	2:10:25	2:10:59
495	250	Donna Dark	Female Under 35	Hayle Runners	2:11:02	2:11:35
496	273	Kathryn Thomas	Female 45-49	Cornwall AC	2:11:14	2:11:43
497	45	Samantha Dixon	Female 45-49	Hayle Runners	2:11:18	2:11:49
498	463	Madeleine Blight	Female 65-69	St Austell Running Club	2:12:12	2:12:46
499	206	Paula Richardson	Female 60-64	East Cornwall Harriers	2:13:47	2:14:25