

An Resek Hellys - 2023

| Place | Bib | Name | AG | Club | ChipTime | GunTime |
|-------|-----|---------------------|---------------|----------------------------------|----------|---------|
| 1 | 601 | Steve Reynolds | Male 35-39 | Truro Running Club | 0:57:31 | 0:57:33 |
| 2 | 758 | David Tregonning | Male Under 35 | St Austell Running Club | 0:58:40 | 0:58:43 |
| 3 | 691 | Simon Morse | Male Under 35 | East Cornwall Harriers | 0:58:50 | 0:58:52 |
| 4 | 669 | Paul Whear | Male 55-59 | Cornwall AC | 0:58:54 | 0:58:57 |
| 5 | 736 | Jordan Morant | Male Under 35 | Hayle Runners | 0:59:11 | 0:59:14 |
| 6 | 901 | John McWilliams | Male 35-39 | Mile High | 0:59:27 | 0:59:30 |
| 7 | 927 | Michael Birchmore | Male Under 35 | | 0:59:52 | 0:59:55 |
| 8 | 800 | Jacob Gardner | Male Under 35 | Hayle Runners | 1:00:05 | 1:00:07 |
| 9 | 834 | Peter Barnes | Male 40-44 | Hayle Runners | 1:00:36 | 1:00:38 |
| 10 | 850 | Peter Watson | Male Under 35 | Falmouth Running Club | 1:01:17 | 1:01:20 |
| 11 | 684 | Paul Smith | Male 45-49 | Cornwall AC | 1:01:34 | 1:01:37 |
| 12 | 749 | Kieran Murrant | Male Under 35 | Hayle Runners | 1:02:09 | 1:02:13 |
| 13 | 656 | Sarah Hoskin | Female 40-44 | Mile High | 1:02:11 | 1:02:14 |
| 14 | 875 | Thomas Woods | Male Under 35 | Littledown Harriers | 1:02:52 | 1:02:55 |
| 15 | 837 | Daniel Strickland | Male 40-44 | Hayle Runners | 1:03:04 | 1:03:08 |
| 16 | 862 | Adam Keogh | Male 40-44 | Falmouth Running Club | 1:05:03 | 1:05:08 |
| 17 | 665 | Neil Carter | Male 40-44 | Newquay Road Runners | 1:05:13 | 1:05:16 |
| 18 | 807 | Emma Paull | Female 35-39 | Hayle Runners | 1:05:26 | 1:05:30 |
| 19 | 696 | Mark Knight | Male 50-54 | Newquay & Par AC | 1:06:05 | 1:06:09 |
| 20 | 897 | Simon Knowles | Male 45-49 | Hayle Runners | 1:06:57 | 1:07:01 |
| 21 | 830 | Darrin Porter | Male 55-59 | Cornwall AC | 1:07:10 | 1:07:14 |
| 22 | 710 | Richard Martin | Male 35-39 | St Austell Running Club | 1:07:15 | 1:07:18 |
| 23 | 912 | Jake Timms | Male Under 35 | Falmouth Running Club | 1:07:21 | 1:07:26 |
| 24 | 693 | Mike Dowrick | Male 50-54 | Cornwall AC | 1:07:29 | 1:07:34 |
| 25 | 861 | Callum Waldie | Male Under 35 | Truro Running Club | 1:07:40 | 1:07:45 |
| 26 | 745 | Max Mitchell | Male Under 35 | | 1:07:58 | 1:08:09 |
| 27 | 907 | Jeremy Brown | Male 50-54 | Bude Rats (Run and Tri) | 1:08:08 | 1:08:12 |
| 28 | 873 | Peter Rackstraw | Male Under 35 | Falmouth Running Club | 1:08:12 | 1:08:19 |
| 29 | 631 | Robert Smith | Male Under 35 | | 1:08:23 | 1:08:26 |
| 30 | 720 | Steve Law | Male 50-54 | Falmouth Running Club | 1:08:26 | 1:08:31 |
| 31 | 894 | Anthony Worthington | Male 50-54 | Tamar Trotters | 1:08:36 | 1:08:40 |
| 32 | 902 | Andrew Palmer | Male 35-39 | | 1:08:38 | 1:08:49 |
| 33 | 682 | Alan Pearson | Male 40-44 | | 1:08:44 | 1:08:50 |
| 34 | 832 | Bradley Parsons | Male Under 35 | PB Running Club | 1:08:51 | 1:08:56 |
| 35 | 879 | Robert Warner | Male Under 35 | Tamar Trotters | 1:08:52 | 1:08:58 |
| 36 | 801 | Rosie Gibbons | Female 45-49 | Cornwall AC | 1:09:02 | 1:09:06 |
| 37 | 828 | Liam O'Neill | Male 35-39 | Hayle Runners | 1:09:02 | 1:09:08 |
| 38 | 877 | Dan Cocks | Male Under 35 | St Austell Athletes Running Club | 1:09:07 | 1:09:12 |
| 39 | 833 | Simon Jeffs | Male 45-49 | Hayle Runners | 1:09:17 | 1:09:22 |
| 40 | 627 | Jon Eldon | Male 60-64 | Hayle Runners | 1:09:28 | 1:09:32 |
| 41 | 840 | David Guffick | Male 40-44 | Hayle Runners | 1:09:45 | 1:09:50 |
| 42 | 868 | Michael Hawke | Male 40-44 | St Austell Athletes Running Club | 1:10:03 | 1:10:08 |
| 43 | 625 | Ian Curnow | Male 50-54 | Hayle Runners | 1:10:12 | 1:10:16 |
| 44 | 642 | Daniel McWilliams | Male 35-39 | | 1:10:14 | 1:10:18 |
| 45 | 594 | Lee Burford | Male 40-44 | Hayle Runners | 1:10:16 | 1:10:20 |
| 46 | 784 | James Manning | Male 40-44 | Hayle Runners | 1:10:19 | 1:10:24 |
| 47 | 751 | Ben Kent | Male Under 35 | Truro College | 1:10:35 | 1:10:38 |

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| 48 | 692 | Sid Standlick | Male 40-44 | Tamar Trotters | 1:10:51 | 1:10:56 |
| 49 | 728 | Marcus Wills | Male 40-44 | East Cornwall Harriers | 1:11:13 | 1:11:20 |
| 50 | 712 | Alan Thomas | Male 35-39 | Falmouth Running Club | 1:11:29 | 1:11:35 |
| 51 | 574 | Thomas Halton | Male Under 35 | St Austell Running Club | 1:11:51 | 1:11:56 |
| 52 | 615 | Jason Bibby | Male 50-54 | | 1:12:06 | 1:12:13 |
| 53 | 611 | Will Sampson | Male 35-39 | | 1:12:23 | 1:12:28 |
| 54 | 699 | Andrew Eddison | Male 55-59 | Cornwall AC | 1:12:29 | 1:12:34 |
| 55 | 859 | Alexander Hart | Male 35-39 | | 1:12:45 | 1:12:54 |
| 56 | 675 | Steve Baker | Male 65-69 | Tamar Trotters | 1:12:52 | 1:12:58 |
| 57 | 870 | Frazer Humbles | Male 40-44 | Hayle Runners | 1:12:52 | 1:13:00 |
| 58 | 731 | Tim Hicks | Male 35-39 | Newquay Road Runners | 1:13:18 | 1:13:25 |
| 59 | 597 | Mark Williams | Male 55-59 | Hayle Runners | 1:13:23 | 1:13:27 |
| 60 | 881 | Iain Walker | Male 65-69 | St Austell Running Club | 1:13:32 | 1:13:37 |
| 61 | 917 | Daniel Moore | Male 35-39 | | 1:13:55 | 1:14:01 |
| 62 | 718 | Andrew Cassidy | Male 65-69 | Cornwall AC | 1:14:27 | 1:14:35 |
| 63 | 786 | Edward Martin | Male 35-39 | | 1:14:31 | 1:14:38 |
| 64 | 750 | Seth Mitchell | Male 35-39 | | 1:14:28 | 1:14:40 |
| 65 | 872 | Richard Chynoweth | Male 40-44 | Truro Running Club | 1:14:37 | 1:14:42 |
| 66 | 715 | Daniel Cox | Male Under 35 | Bodmin Road Runners | 1:14:36 | 1:14:44 |
| 67 | 725 | Ayesha Gillespie | Female Under 35 | Tamar Trotters | 1:14:37 | 1:14:47 |
| 68 | 651 | Leo Muid | Male 40-44 | Falmouth Running Club | 1:14:43 | 1:14:51 |
| 69 | 778 | Emma Mossop | Female 45-49 | Falmouth Running Club | 1:14:51 | 1:14:59 |
| 70 | 595 | Rose Harvie | Female Under 35 | Newquay Road Runners | 1:14:53 | 1:15:02 |
| 71 | 822 | Stuart Richards | Male 45-49 | St Austell Running Club | 1:15:23 | 1:15:28 |
| 72 | 783 | Mark Thomas | Male 45-49 | Truro Running Club | 1:15:40 | 1:15:46 |
| 73 | 653 | Adam Carlyon | Male 35-39 | Truro Running Club | 1:15:49 | 1:15:56 |
| 74 | 788 | Martin Davis | Male 60-64 | Newquay Road Runners | 1:16:00 | 1:16:07 |
| 75 | 706 | Andy Bray | Male 40-44 | Tri Logic Cornwall | 1:16:14 | 1:16:21 |
| 76 | 591 | Paul Gough | Male 50-54 | Hayle Runners | 1:16:33 | 1:16:41 |
| 77 | 863 | Barrie Cardew | Male 60-64 | Carn Runners | 1:16:35 | 1:16:43 |
| 78 | 915 | Glyn Talling | Male 50-54 | Newquay Road Runners | 1:16:39 | 1:16:48 |
| 79 | 729 | Ashley Elliott | Female Under 35 | East Cornwall Harriers | 1:16:43 | 1:16:50 |
| 80 | 573 | Bruce Carey | Male Under 35 | Newquay Road Runners | 1:17:22 | 1:17:29 |
| 81 | 787 | Debbie Harrison-Webb | Female 50-54 | Hayle Runners | 1:17:36 | 1:17:42 |
| 82 | 632 | Michelle Steers | Female Under 35 | | 1:17:37 | 1:17:47 |
| 83 | 603 | Lee Strickland | Female 45-49 | Hayle Runners | 1:17:41 | 1:17:47 |
| 84 | 865 | Toby Strutt | Male 40-44 | | 1:17:49 | 1:17:58 |
| 85 | 709 | James Stephens | Male 35-39 | St Austell Running Club | 1:17:54 | 1:18:00 |
| 86 | 666 | Ian Savigar | Male 60-64 | East Cornwall Harriers | 1:18:00 | 1:18:09 |
| 87 | 602 | Andrew James | Male 40-44 | Hayle Runners | 1:18:07 | 1:18:13 |
| 88 | 732 | Craig Harper | Male 45-49 | Bude Rats (Run and Tri) | 1:18:24 | 1:18:29 |
| 89 | 884 | Stephen Oxborrow | Male 40-44 | | 1:18:24 | 1:18:35 |
| 90 | 810 | Danny O'Shea | Male 45-49 | Truro Running Club | 1:18:51 | 1:18:56 |
| 91 | 851 | Revis Crowle | Female 60-64 | East Cornwall Harriers | 1:18:53 | 1:18:59 |
| 92 | 903 | Fiona Montague | Female 45-49 | Tamar Trotters | 1:18:48 | 1:18:59 |
| 93 | 826 | Karen Pascoe | Female 55-59 | Cornwall AC | 1:18:51 | 1:19:00 |
| 94 | 746 | Derrick Frantz | Male 55-59 | Cornwall AC | 1:18:51 | 1:19:02 |
| 95 | 617 | Andrew Ellis | Male 50-54 | Hayle Runners | 1:19:53 | 1:20:02 |
| 96 | 711 | Gemma Martin | Female 45-49 | | 1:19:58 | 1:20:12 |

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| 97 | 722 | Dominic Parnell | Male 40-44 | Tamar Trotters | 1:20:25 | 1:20:35 |
| 98 | 809 | Hannah Fox | Female 45-49 | Mile High | 1:20:35 | 1:20:42 |
| 99 | 806 | Michael Counter | Male 55-59 | St Austell Running Club | 1:20:32 | 1:20:44 |
| 100 | 648 | Nick Strong | Male 35-39 | | 1:20:51 | 1:21:03 |
| 101 | 690 | Malcolm Sabine | Male 35-39 | | 1:20:57 | 1:21:10 |
| 102 | 860 | Mark Bennetts | Male 40-44 | St Austell Athletes Running Club | 1:21:15 | 1:21:20 |
| 103 | 663 | Steven Thomas | Male 45-49 | Carn Runners | 1:21:34 | 1:21:45 |
| 104 | 761 | Tommy Polglase | Male 70-74 | Carn Runners | 1:21:33 | 1:21:53 |
| 105 | 713 | Gavin Clegg | Male 65-69 | East Cornwall Harriers | 1:21:54 | 1:22:02 |
| 106 | 641 | Corinne Gerrard | Female 50-54 | Hayle Runners | 1:22:04 | 1:22:10 |
| 107 | 874 | Helen Barrett | Female Under 35 | Falmouth Running Club | 1:22:04 | 1:22:22 |
| 108 | 913 | Sophie Talling | Female Under 35 | Newquay Road Runners | 1:22:24 | 1:22:33 |
| 109 | 678 | Matthew Wilson | Male 45-49 | Cornwall AC | 1:22:36 | 1:22:45 |
| 110 | 808 | Andrew Bunt | Male 55-59 | Newquay Road Runners | 1:22:27 | 1:22:49 |
| 111 | 610 | Jenny Cartwright | Female 35-39 | Looe Pioneers Running Club | 1:22:45 | 1:22:53 |
| 112 | 702 | Richard Collett | Male 35-39 | Hayle Runners | 1:22:46 | 1:22:53 |
| 113 | 607 | Peter Allen | Male 65-69 | Newquay Road Runners | 1:22:45 | 1:22:53 |
| 114 | 797 | Liz Trebilcock | Female 55-59 | Truro Running Club | 1:23:00 | 1:23:06 |
| 115 | 925 | Mark Trebilcock | Male 60-64 | Cornwall AC | 1:22:54 | 1:23:07 |
| 116 | 683 | Jake Stone | Male Under 35 | | 1:23:09 | 1:23:17 |
| 117 | 592 | David Foy | Male 50-54 | Falmouth Running Club | 1:23:09 | 1:23:22 |
| 118 | 583 | Jamie Law | Male 45-49 | Tracy Waite Soul Runners | 1:23:05 | 1:23:24 |
| 119 | 633 | Julia Pearce | Female 45-49 | Cornwall AC | 1:23:18 | 1:23:28 |
| 120 | 798 | Johnathan Billing | Male 35-39 | Hayle Runners | 1:23:21 | 1:23:40 |
| 121 | 838 | Debbie Jones | Female 55-59 | Looe Pioneers Running Club | 1:23:41 | 1:23:49 |
| 122 | 779 | Ben Smith | Male 35-39 | Tamar Trotters | 1:23:39 | 1:23:52 |
| 123 | 735 | Paul Gwynne | Male 55-59 | | 1:23:41 | 1:23:56 |
| 124 | 609 | Megan Pitts | Female Under 35 | Truro Running Club | 1:23:54 | 1:24:02 |
| 125 | 695 | Tanya Coleman | Female 50-54 | Truro Running Club | 1:24:08 | 1:24:17 |
| 126 | 905 | Craig Underhill | Male 50-54 | Hayle Runners | 1:24:03 | 1:24:22 |
| 127 | 923 | Paul Cole | Male 60-64 | Falmouth Running Club | 1:24:11 | 1:24:25 |
| 128 | 689 | Miranda Flannigan | Female 50-54 | Cornwall AC | 1:24:24 | 1:24:31 |
| 129 | 677 | Robert Rochowiak | Male 60-64 | Carn Runners | 1:24:29 | 1:24:41 |
| 130 | 811 | Alex St Ledger-Renfree | Male Under 35 | | 1:24:41 | 1:24:53 |
| 131 | 724 | Liam Marsh | Male Under 35 | | 1:24:48 | 1:24:58 |
| 132 | 763 | Meeta Nicholls | Female 45-49 | East Cornwall Harriers | 1:24:53 | 1:25:03 |
| 133 | 654 | Satnam Basram | Male 60-64 | Cornwall AC | 1:25:13 | 1:25:20 |
| 134 | 700 | Susanne Wood | Female 45-49 | Cornwall AC | 1:25:09 | 1:25:21 |
| 135 | 930 | Colin Bathe | Male 50-54 | Truro Running Club | 1:25:24 | 1:25:38 |
| 136 | 759 | Mandy Watts | Female 50-54 | Newquay Road Runners | 1:25:31 | 1:25:44 |
| 137 | 739 | Sarah Wilkinson | Female 60-64 | Newquay Road Runners | 1:25:31 | 1:25:45 |
| 138 | 698 | Olivia Pellowe | Female 45-49 | Carn Runners | 1:26:18 | 1:26:37 |
| 139 | 723 | Victoria Humphreys | Female 35-39 | East Cornwall Harriers | 1:26:25 | 1:26:37 |
| 140 | 588 | Julian Chapman | Male 55-59 | | 1:26:29 | 1:26:40 |
| 141 | 776 | Emma Fox | Female 45-49 | Newquay Road Runners | 1:26:26 | 1:26:43 |
| 142 | 781 | Jane Barker | Female Under 35 | Hayle Runners | 1:27:06 | 1:27:24 |
| 143 | 707 | David Heath | Male 45-49 | | 1:27:42 | 1:27:55 |
| 144 | 803 | Hannah Smith | Female Under 35 | Hayle Runners | 1:27:47 | 1:28:03 |
| 145 | 796 | Nicholas Peters | Male Under 35 | | 1:27:45 | 1:28:07 |

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| 146 | 738 | Lynn Coffman | Female 50-54 | Tamar Trotters | 1:27:56 | 1:28:13 |
| 147 | 793 | Adam Rush | Male Under 35 | | 1:28:12 | 1:28:21 |
| 148 | 899 | Tamsin Lay | Female 40-44 | | 1:28:21 | 1:28:31 |
| 149 | 770 | Martin Trethewey | Male 55-59 | St Austell Running Club | 1:28:45 | 1:28:57 |
| 150 | 705 | Eleanor Ellison | Female 65-69 | Newquay Road Runners | 1:29:01 | 1:29:10 |
| 151 | 835 | Joseph Stanford | Male 45-49 | Hayle Runners | 1:29:16 | 1:29:24 |
| 152 | 680 | Alison Thomas | Female 45-49 | Hayle Runners | 1:29:09 | 1:29:24 |
| 153 | 637 | Simon Blackburn | Male 60-64 | Hayle Runners | 1:29:23 | 1:29:36 |
| 154 | 910 | Vanessa Morley | Female 50-54 | Newquay Road Runners | 1:29:36 | 1:29:50 |
| 155 | 741 | Michelle Fitt | Female 40-44 | Hayle Runners | 1:29:55 | 1:30:07 |
| 156 | 898 | Hayley Stacey | Female 40-44 | East Cornwall Harriers | 1:30:31 | 1:30:40 |
| 157 | 852 | Mark Harvie | Male 55-59 | | 1:30:39 | 1:30:48 |
| 158 | 721 | Richard Turpin | Male 50-54 | | 1:30:25 | 1:30:49 |
| 159 | 920 | Chris Campbell | Male 50-54 | Hayle Runners | 1:30:44 | 1:30:59 |
| 160 | 647 | Emma Harris | Female 35-39 | | 1:30:59 | 1:31:14 |
| 161 | 753 | Colin Martin | Male 70-74 | Newquay Road Runners | 1:31:08 | 1:31:24 |
| 162 | 928 | Alex Ward | Female Under 35 | | 1:31:02 | 1:31:26 |
| 163 | 622 | Lucy Oldham | Female 45-49 | East Cornwall Harriers | 1:31:15 | 1:31:36 |
| 164 | 674 | Lisa Webb | Female 45-49 | East Cornwall Harriers | 1:31:27 | 1:31:48 |
| 165 | 644 | Gregory May | Male 40-44 | | 1:31:34 | 1:31:51 |
| 166 | 754 | Steven Walkey | Male 65-69 | Falmouth Running Club | 1:31:43 | 1:31:53 |
| 167 | 843 | Andrew Clarke | Male 50-54 | | 1:31:54 | 1:32:17 |
| 168 | 848 | Debbie Marshall | Female 45-49 | St Austell Running Club | 1:32:13 | 1:32:24 |
| 169 | 804 | Janet Ritchie | Female 60-64 | Carn Runners | 1:32:21 | 1:32:31 |
| 170 | 596 | Louise Ollivier | Female 55-59 | Hayle Runners | 1:32:18 | 1:32:34 |
| 171 | 639 | Jennifer Forbes | Female 35-39 | Hayle Runners | 1:32:50 | 1:33:05 |
| 172 | 643 | Pete Higham | Male 60-64 | Falmouth Running Club | 1:33:07 | 1:33:16 |
| 173 | 893 | Annie Bover | Female 40-44 | Bude Rats (Run and Tri) | 1:33:07 | 1:33:21 |
| 174 | 866 | Andrew Sims | Male 55-59 | East Cornwall Harriers | 1:33:17 | 1:33:27 |
| 175 | 883 | Michelle Roskilly | Female 50-54 | Hayle Runners | 1:33:18 | 1:33:32 |
| 176 | 895 | Mark Scallan | Male 55-59 | Carn Runners | 1:33:15 | 1:33:35 |
| 177 | 844 | Charles Curtis | Male Under 35 | | 1:33:17 | 1:33:37 |
| 178 | 918 | Lewis Edwards | Male 35-39 | Cornwall AC | 1:33:43 | 1:33:51 |
| 179 | 858 | Akos Aladics | Male 40-44 | | 1:33:28 | 1:33:52 |
| 180 | 756 | Chunky Penhaul | Male 75-79 | Hayle Runners | 1:33:39 | 1:33:53 |
| 181 | 880 | Joanna Morgan | Female 40-44 | | 1:33:54 | 1:34:06 |
| 182 | 882 | Matthew Bunt | Male Under 35 | | 1:33:50 | 1:34:11 |
| 183 | 726 | Joanne Strawbridge | Female 40-44 | East Cornwall Harriers | 1:34:26 | 1:34:40 |
| 184 | 815 | Simon James | Male 50-54 | Cornwall AC | 1:34:49 | 1:34:58 |
| 185 | 697 | Philip Spargo | Male 65-69 | Truro Running Club | 1:35:21 | 1:35:28 |
| 186 | 636 | Helen Casey | Female 55-59 | Hayle Runners | 1:35:19 | 1:35:34 |
| 187 | 921 | Zak Brockman | Male 35-39 | | 1:35:21 | 1:35:43 |
| 188 | 608 | Hayley Orchard | Female 45-49 | | 1:35:44 | 1:36:02 |
| 189 | 614 | Aimee Jones | Female 40-44 | Tri Logic Cornwall | 1:35:53 | 1:36:04 |
| 190 | 871 | Ant Barrett | Male 35-39 | St Austell Athletes Running Club | 1:35:51 | 1:36:14 |
| 191 | 924 | Hannah Cooksley | Female Under 35 | Falmouth Running Club | 1:35:59 | 1:36:16 |
| 192 | 823 | Nigel Groom | Male 55-59 | | 1:36:18 | 1:36:27 |
| 193 | 933 | John Beard | Male 45-49 | Newquay Road Runners | 1:36:14 | 1:36:35 |
| 194 | 657 | Thelma Namonje Kape | Female 35-39 | | 1:36:54 | 1:37:00 |

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| 195 | 575 | James Danks | Male 40-44 | Falmouth Running Club | 1:36:49 | 1:37:04 |
| 196 | 717 | Tracy Mckenzie | Female 45-49 | Newquay Road Runners | 1:36:48 | 1:37:06 |
| 197 | 584 | Vicky Cloete | Female 45-49 | | 1:36:49 | 1:37:09 |
| 198 | 664 | Martin Curtis | Male 75-79 | Hayle Runners | 1:36:58 | 1:37:14 |
| 199 | 909 | Melissa Poultney | Female 40-44 | Hayle Runners | 1:37:11 | 1:37:31 |
| 200 | 676 | Des Evans | Male 70-74 | Newquay Road Runners | 1:37:41 | 1:37:53 |
| 201 | 876 | Katie Harvie | Female Under 35 | | 1:37:49 | 1:38:00 |
| 202 | 634 | Richard Jenkin | Male 75-79 | Cornwall AC | 1:38:20 | 1:38:30 |
| 203 | 640 | Carl Rayner | Male 50-54 | | 1:38:23 | 1:38:35 |
| 204 | 900 | Judith Wilkes | Female 55-59 | Falmouth Running Club | 1:38:44 | 1:38:59 |
| 205 | 576 | Linda Tout | Female 70-74 | Tamar Trotters | 1:38:57 | 1:39:13 |
| 206 | 805 | Dan Hocking | Male 45-49 | Hayle Runners | 1:38:57 | 1:39:16 |
| 207 | 582 | Cas Leo | Male 60-64 | Hayle Runners | 1:39:23 | 1:39:32 |
| 208 | 757 | Mike Lemin | Male 65-69 | Tamar Trotters | 1:39:17 | 1:39:34 |
| 209 | 598 | Claire Stone | Female 35-39 | Hayle Runners | 1:39:29 | 1:39:38 |
| 210 | 780 | Abigail Smith | Female 35-39 | Tamar Trotters | 1:39:32 | 1:39:48 |
| 211 | 752 | Joanne Barry | Female 45-49 | JP Fitness Cornwall | 1:40:04 | 1:40:17 |
| 212 | 688 | Philip Bunt | Male 65-69 | Newquay Road Runners | 1:40:00 | 1:40:20 |
| 213 | 892 | Paul Skipp | Male 55-59 | Bude Rats (Run and Tri) | 1:40:06 | 1:40:20 |
| 214 | 888 | Lisa Williams | Female 35-39 | | 1:40:03 | 1:40:25 |
| 215 | 889 | Nicola Williams | Female 35-39 | | 1:40:04 | 1:40:27 |
| 216 | 854 | Peter Drew | Male 70-74 | Carn Runners | 1:40:18 | 1:40:28 |
| 217 | 604 | Nick Pentreath | Male 55-59 | Falmouth Running Club | 1:40:28 | 1:40:43 |
| 218 | 605 | Carly Kent | Female 40-44 | Falmouth Running Club | 1:40:29 | 1:40:45 |
| 219 | 885 | Eoin Stockdale | Male 50-54 | Carn Runners | 1:40:25 | 1:40:46 |
| 220 | 857 | Nigel Knuckey | Male 65-69 | Truro Running Club | 1:40:41 | 1:40:52 |
| 221 | 623 | Nicholas Saunders | Male 40-44 | | 1:40:40 | 1:40:53 |
| 222 | 841 | Dawn Scallan | Female 50-54 | Carn Runners | 1:40:35 | 1:41:00 |
| 223 | 842 | Donna Pollard | Female 45-49 | Carn Runners | 1:40:36 | 1:41:01 |
| 224 | 772 | John Brady | Male 55-59 | East Cornwall Harriers | 1:40:59 | 1:41:12 |
| 225 | 774 | Gill Aze-Thomas | Female 50-54 | Launceston Road Runners | 1:40:53 | 1:41:17 |
| 226 | 869 | Caroline Pack | Female 60-64 | Falmouth Running Club | 1:41:07 | 1:41:24 |
| 227 | 730 | Karen Sims | Female 55-59 | East Cornwall Harriers | 1:41:21 | 1:41:34 |
| 228 | 616 | Claire Norris | Female 45-49 | Falmouth Running Club | 1:41:26 | 1:41:42 |
| 229 | 906 | Martin Batty | Male 40-44 | | 1:41:28 | 1:41:45 |
| 230 | 914 | Rebecca Pearce | Female 35-39 | St Austell Athletes Running Club | 1:41:24 | 1:41:47 |
| 231 | 685 | Paul Railton | Male 45-49 | | 1:41:37 | 1:41:48 |
| 232 | 714 | Donna Fisher | Female 35-39 | Newquay Road Runners | 1:41:31 | 1:41:49 |
| 233 | 744 | Juliet Stewart | Female 55-59 | Truro Running Club | 1:41:52 | 1:42:01 |
| 234 | 820 | John Barnes | Male 60-64 | Launceston Road Runners | 1:41:56 | 1:42:19 |
| 235 | 771 | Trevor Williams | Male 60-64 | Tamar Trotters | 1:42:26 | 1:42:39 |
| 236 | 855 | Shona Mullen | Female 60-64 | | 1:42:33 | 1:42:47 |
| 237 | 585 | Peta Aspden | Female 50-54 | Running Forever RC | 1:42:34 | 1:42:55 |
| 238 | 794 | Hannah Thomas | Female 45-49 | Truro Running Club | 1:42:56 | 1:43:06 |
| 239 | 755 | Ian Ringer | Male 75-79 | Bodmin Road Runners | 1:43:04 | 1:43:15 |
| 240 | 672 | Georgina Symons | Female 45-49 | St Austell Athletes Running Club | 1:43:06 | 1:43:23 |
| 241 | 673 | Merlin Keating | Male 50-54 | St Austell Athletes Running Club | 1:43:06 | 1:43:23 |
| 242 | 621 | Claire Barlow | Female 45-49 | Bodmin Road Runners | 1:43:51 | 1:44:02 |
| 243 | 760 | Michael Bray | Male 40-44 | | 1:44:02 | 1:44:13 |

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| 244 | 825 | Darren Blenkinsop | Male 50-54 | Tamar Trotters | 1:43:58 | 1:44:14 |
| 245 | 589 | Ruth Avery | Female 50-54 | JP Fitness Cornwall | 1:44:13 | 1:44:26 |
| 246 | 908 | Mark O'Neill | Male 35-39 | | 1:44:05 | 1:44:30 |
| 247 | 878 | Janet Watson | Female 65-69 | Carn Runners | 1:44:49 | 1:45:01 |
| 248 | 580 | Alan Brandwood | Male 70-74 | Falmouth Running Club | 1:44:56 | 1:45:13 |
| 249 | 817 | Catherine Sims | Female 50-54 | Tamar Trotters | 1:45:01 | 1:45:18 |
| 250 | 932 | Josie Wallis | Female 35-39 | | 1:44:56 | 1:45:19 |
| 251 | 929 | Peter Sargent | Male 75-79 | South West Vets A.C. | 1:45:48 | 1:46:07 |
| 252 | 775 | Stewart Townend | Male 80+ | Hayle Runners | 1:45:49 | 1:46:07 |
| 253 | 864 | Jenna Townend | Female Under 35 | Poplar Running Club | 1:45:49 | 1:46:07 |
| 254 | 581 | Jacquie Rapier | Female 60-64 | Falmouth Running Club | 1:46:15 | 1:46:31 |
| 255 | 667 | Deborah Hocking | Female 55-59 | Carn Runners | 1:46:23 | 1:46:36 |
| 256 | 694 | Jane Stedman | Female 60-64 | Bodmin Road Runners | 1:46:15 | 1:46:39 |
| 257 | 766 | Nicola Vosper | Female 60-64 | Lonely Goat RC | 1:46:14 | 1:46:39 |
| 258 | 765 | Francis Vosper | Male 65-69 | Lonely Goat RC | 1:46:15 | 1:46:40 |
| 259 | 620 | Sarah Steed | Female 45-49 | East Cornwall Harriers | 1:46:18 | 1:46:41 |
| 260 | 662 | Jeanette Turpin | Female 45-49 | East Cornwall Harriers | 1:46:19 | 1:46:42 |
| 261 | 773 | Nicola Dickey | Female 50-54 | Falmouth Running Club | 1:46:26 | 1:46:44 |
| 262 | 827 | Fiona Gamble | Female 35-39 | Hayle Runners | 1:46:59 | 1:47:15 |
| 263 | 740 | Gillian Onley | Female 55-59 | Cornwall AC | 1:47:27 | 1:47:31 |
| 264 | 911 | Ashley Holt | Female Under 35 | Carn Runners | 1:47:30 | 1:47:34 |
| 265 | 716 | Karen Warner | Female 55-59 | Newquay Road Runners | 1:47:43 | 1:48:02 |
| 266 | 836 | Simon Mayho | Male 50-54 | Bys Vyken Race Team | 1:47:47 | 1:48:07 |
| 267 | 606 | Rachel Ford | Female 50-54 | | 1:47:58 | 1:48:15 |
| 268 | 831 | William Milliken | Male Under 35 | | 1:48:13 | 1:48:18 |
| 269 | 785 | Christine Boon | Female 55-59 | Truro Running Club | 1:48:20 | 1:48:41 |
| 270 | 769 | Sarah Luff | Female 40-44 | JP Fitness Cornwall | 1:48:43 | 1:48:56 |
| 271 | 922 | Barry Drew | Male 75-79 | Carn Runners | 1:48:42 | 1:49:02 |
| 272 | 802 | Laura Haghani | Female 40-44 | Hayle Runners | 1:48:46 | 1:49:06 |
| 273 | 659 | Nikki Pritchard | Female 40-44 | East Cornwall Harriers | 1:48:48 | 1:49:10 |
| 274 | 652 | Theresa Williams | Female 65-69 | St Austell Running Club | 1:48:52 | 1:49:15 |
| 275 | 919 | Helen Roberts | Female 40-44 | | 1:49:00 | 1:49:19 |
| 276 | 792 | John Bowden | Male 65-69 | Looe Pioneers Running Club | 1:49:10 | 1:49:26 |
| 277 | 649 | Sandy Jamieson | Female 70-74 | Carn Runners | 1:49:17 | 1:49:30 |
| 278 | 628 | Jd Rhodes | Male 60-64 | Tri Logic Cornwall | 1:49:34 | 1:49:46 |
| 279 | 790 | Viviane Bunn | Female Under 35 | | 1:50:15 | 1:50:34 |
| 280 | 791 | Geraldine Bowden | Female 60-64 | Looe Pioneers Running Club | 1:50:23 | 1:50:39 |
| 281 | 847 | Sarah Booker | Female 50-54 | Falmouth Running Club | 1:51:08 | 1:51:25 |
| 282 | 891 | Rachael Church | Female 50-54 | Perran Trail Runners | 1:51:21 | 1:51:36 |
| 283 | 645 | Judy Jameson | Female 60-64 | Carn Runners | 1:52:49 | 1:53:01 |
| 284 | 646 | Nicky Sowerby | Female 55-59 | Truro Running Club | 1:53:39 | 1:53:53 |
| 285 | 619 | Michelle Dunn | Female 35-39 | St Austell Running Club | 1:53:32 | 1:53:54 |
| 286 | 635 | Jacqueline Jenkin | Female 75-79 | Cornwall AC | 1:54:13 | 1:54:27 |
| 287 | 579 | Margaret Wade | Female 70-74 | Carn Runners | 1:54:14 | 1:54:27 |
| 288 | 819 | Lorraine Hawkins | Female 55-59 | Launceston Road Runners | 1:54:45 | 1:55:09 |
| 289 | 630 | Jackie Stone | Female 60-64 | Hayle Runners | 1:56:04 | 1:56:11 |
| 290 | 624 | Wendy Williams | Female 60-64 | JP Fitness Cornwall | 1:56:07 | 1:56:20 |
| 291 | 768 | Ann Bradley | Female 60-64 | St Austell Running Club | 1:58:26 | 1:58:48 |
| 292 | 719 | Sarah Law | Female 45-49 | | 1:58:34 | 1:58:51 |

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| 293 | 867 | Yelda Müge Parsons | Female 40-44 | Hayle Runners | 1:58:44 | 1:59:03 |
| 294 | 599 | Julie Bolitho | Female 55-59 | Hayle Runners | 1:58:55 | 1:59:15 |
| 295 | 727 | Emma Johns | Female 45-49 | Hayle Runners | 1:58:54 | 1:59:16 |
| 296 | 764 | Kathy Saunders | Female 65-69 | Looe Pioneers Running Club | 1:59:52 | 2:00:07 |
| 297 | 600 | Robert Bolitho | Male 60-64 | Hayle Runners | 2:01:10 | 2:01:31 |
| 298 | 734 | Lizzie Hasell | Female 40-44 | Truro Running Club | 2:01:31 | 2:01:45 |
| 299 | 587 | Georgina Purvis | Female 45-49 | Truro Running Club | 2:01:21 | 2:01:47 |
| 300 | 737 | Jane Forder | Female 50-54 | Tamar Trotters | 2:01:59 | 2:02:17 |
| 301 | 926 | Ann Foster | Female 75-79 | Tamar Trotters | 2:01:59 | 2:02:18 |
| 302 | 767 | Christina Lake | Female 65-69 | Falmouth Running Club | 2:02:40 | 2:02:57 |
| 303 | 789 | Janet Wills | Female 70-74 | St Austell Running Club | 2:04:00 | 2:04:23 |
| 304 | 818 | Samantha Ewart | Female 45-49 | St Austell Running Club | 2:04:09 | 2:04:31 |
| 305 | 931 | Kathran Dormer | Female 70-74 | Falmouth Running Club | 2:10:48 | 2:11:03 |
| 306 | 618 | Sarah Ellis | Female 45-49 | Hayle Runners | 2:11:41 | 2:12:03 |
| 307 | 904 | Jane Naylor | Female 60-64 | Hayle Runners | 2:11:45 | 2:12:05 |
| 308 | 671 | Helen Cattran | Female 55-59 | Hayle Runners | 2:11:47 | 2:12:09 |
| 309 | 886 | Paula Richardson | Female 60-64 | East Cornwall Harriers | 2:22:45 | 2:23:08 |
| DNF | 849 | Daisy Booker | Female Under 35 | Falmouth Running Club | | |
| DNF | 887 | Dave Cudby | Male 40-44 | Truro Running Club | | |