

Place	Bib	Name	AG	Club	GunTime	ChipTime
Bude Pirate Run 2024						
1	138	Steve Reynolds	Male 35-39	Truro Running Club	0:52:32	0:52:31
2	159	David Starley	Male Under 35	Launceston Road Runners	0:55:36	0:55:35
3	97	Nick Lapham	Male Under 35	Bideford AAC	0:57:17	0:57:16
4	39	Morgan Craig	Male 45-49	Bude Rats (Run and Tri)	0:57:49	0:57:48
5	100	Alex Marples	Male 45-49	Truro Running Club	0:58:00	0:57:58
6	71	Ian Gooding	Male 50-54	Bideford AAC	0:58:17	0:58:14
7	115	Liam O'Neill	Male 35-39	Hayle Runners	0:59:15	0:59:13
8	171	Joseph Thomson	Male 35-39	Launceston Road Runners	1:01:32	1:01:29
9	101	Sean Marsh	Male 50-54	Perran Trail Runners	1:01:51	1:01:48
10	82	Dan Howes	Male 45-49	St Austell Athletes Running Club	1:02:06	1:02:03
11	93	Henry Kennaway	Male Under 35	Truro Running Club	1:02:59	1:02:58
12	131	Lawrence Porter	Male Under 35		1:03:17	1:03:10
13	8	Adrian Ball	Male 55-59	Cornwall AC	1:03:20	1:03:17
14	90	Paul Johnson	Male 35-39	St Austell Running Club	1:03:34	1:03:30
15	130	Darrin Porter	Male 55-59	Cornwall AC	1:03:53	1:03:51
16	53	Mike Dowrick	Male 50-54	Cornwall AC	1:05:37	1:05:34
17	47	Luke Day	Male 35-39	Ilfracombe Running Club	1:05:41	1:05:36
18	81	Paul Houlden	Male Under 35	Panvac	1:05:43	1:05:36
19	42	Ian Curnow	Male 50-54	Hayle Runners	1:06:55	1:06:49
20	86	Brett Jackson	Male 40-44	St Austell Running Club	1:07:56	1:07:52
21	16	Ian Blythe	Male 40-44	Bradworthy Runners	1:08:35	1:08:31
22	65	Jack Gale	Male Under 35		1:08:36	1:08:32
23	83	Steve Hudson	Male 40-44		1:09:03	1:08:59
24	57	Jon Eldon	Male 60-64	Hayle Runners	1:09:13	1:09:10
25	160	Emma Stepto	Female 50-54	Cornwall AC	1:09:18	1:09:15
26	140	Gary Richards	Male 55-59	Truro Running Club	1:09:37	1:09:32
27	103	George McCallum	Male Under 35	Weston Athletic Club	1:10:00	1:09:57
28	70	Daniel Gittins	Male 35-39	Perran Trail Runners	1:10:24	1:10:20
29	137	Cal Reeve	Male 35-39		1:10:29	1:10:26
30	38	Daniel Cox	Male Under 35	Bodmin Running Club	1:10:38	1:10:34

31	6	Ross Atkinson-Beaumont	Male 40-44	Truro Running Club	1:10:45	1:10:38
32	88	Ellie Jameson	Female 40-44	Perran Trail Runners	1:11:00	1:10:55
33	33	Chloe Constantine	Female 50-54	Bude Rats (Run and Tri)	1:11:17	1:11:14
34	148	Jeremy Rowe	Male 55-59	Just Jog Bideford	1:11:47	1:11:31
35	99	Josie Lewis	Female Under 35		1:12:05	1:11:40
36	80	Ben Hockridge	Male 35-39	Bude Rats (Run and Tri)	1:12:13	1:12:03
37	5	David Atkinson-Beaumont	Male 45-49	Truro Running Club	1:12:20	1:12:14
38	4	Gail Aspden	Female 55-59	Cornwall AC	1:12:33	1:12:30
39	24	Ross Buscombe	Male 35-39	St Austell Running Club	1:14:02	1:13:57
40	106	Helen Morse	Female 35-39	East Cornwall Harriers	1:14:02	1:13:55
41	168	Louise Thomas	Female 50-54	Fremington Trailblazers	1:15:10	1:14:59
42	142	Barnaby Ridge	Male 45-49		1:15:40	1:15:34
43	9	Dave Barker	Male 55-59	Fremington Trailblazers	1:15:46	1:15:34
44	52	Nat Dowling	Female 40-44	St Austell Running Club	1:17:12	1:16:59
45	109	Mark Newson	Male 55-59	Honiton RC	1:17:14	1:17:09
46	114	Danny O'Shea	Male 45-49	Truro Running Club	1:17:21	1:17:07
47	32	Phillip Ciano	Male 60-64	Perran Trail Runners	1:17:33	1:17:25
48	25	Jeffrey Butler	Male 55-59	North Devon RRC	1:17:58	1:17:52
49	49	James Dean	Male 50-54	Bude Rats (Run and Tri)	1:18:05	1:17:48
50	84	Robert Ireton	Male 55-59		1:19:47	1:19:46
51	87	Victoria Jackson	Female 50-54	Truro Running Club	1:19:59	1:19:53
52	12	Jo Biederman	Female 45-49	Fremington Trailblazers	1:20:14	1:20:03
53	94	Chris Kent	Male 55-59		1:20:16	1:19:52
54	21	Peter Brocklehurst	Male 70+	St Austell Athletes Running Club	1:21:10	1:21:00
55	126	Elliott Perrin	Male 35-39	Royal Navy	1:21:35	1:21:28
56	121	Lee Parton	Male 50-54	Bude Rats (Run and Tri)	1:21:48	1:21:38
57	15	Neil Blonden	Male 50-54	Bodmin Running Club	1:22:05	1:21:55
58	157	Hayley Stacey	Female 45-49	East Cornwall Harriers	1:22:43	1:22:30
59	134	Justin Rabett	Male 60-64	Saint Edmund Pacers	1:22:49	1:22:40
60	13	Adam Blacher	Male 35-39	Launceston Road Runners	1:23:02	1:22:55
61	63	James Forbes	Male 40-44	Perran Trail Runners	1:23:05	1:22:58
62	41	Laura-Mae Cunningham	Female Under 35		1:23:32	1:23:18

63	116	Simon Oliver	Male 65-69	Ilfracombe Running Club	1:23:46	1:23:22
64	50	Linda Derry	Female 55-59	Truro Running Club	1:23:49	1:23:34
65	20	Karina Bowers	Female 40-44	St Austell Running Club	1:24:29	1:24:24
66	163	Andrew Swales	Male 50-54		1:24:57	1:24:45
67	11	Si Barnett	Male 50-54		1:25:17	1:25:10
68	62	Miranda Flannigan	Female 50-54	Perran Trail Runners	1:25:43	1:25:35
69	129	Matt Phillips	Male 55-59	St Austell Running Club	1:26:05	1:26:00
70	154	Nicholas Saunders	Male 40-44		1:26:40	1:26:31
71	3	Natalie Angel	Female 35-39	Wadebridge Running Club	1:26:53	1:26:40
72	31	Julian Chromczak	Male 40-44		1:26:56	1:26:31
73	110	Meeta Nicholls	Female 45-49	East Cornwall Harriers	1:28:27	1:28:13
74	61	Andrew Ferguson	Male 55-59	Truro Running Club	1:28:33	1:28:27
75	34	Dave Cook	Male 55-59	Bude Rats (Run and Tri)	1:28:47	1:28:36
76	69	Ellen Gibson	Female Under 35	Bodmin Running Club	1:29:06	1:28:58
77	185	Lisa Wilson	Female 50-54	Truro Running Club	1:29:33	1:29:17
78	96	Tristan Lang	Male 50-54	Truro Running Club	1:29:36	1:29:22
79	44	Adam Davie	Male 40-44	North Devon RRC	1:29:53	1:29:48
80	145	Ben Rogers	Male 40-44	Bude Rats (Run and Tri)	1:30:22	1:30:06
81	37	Clive Cox	Male 60-64	Bodmin Running Club	1:30:28	1:30:12
82	104	Steve Menear	Male 65-69	St Austell Running Club	1:30:31	1:30:21
83	166	Jasmine Tapp	Female Under 35		1:30:51	1:30:32
84	68	Karen Gear	Female 40-44		1:31:05	1:30:56
85	117	Ian Page	Male 70+		1:31:06	1:30:58
86	58	Nicola Emmett	Female 45-49	Bude Rats (Run and Tri)	1:31:15	1:31:00
87	152	Andy Russell	Male 60-64	Deal Tri Club	1:31:16	1:30:45
88	64	Jennifer Forbes	Female 40-44	Hayle Runners	1:31:21	1:31:14
89	167	Sally Tapp	Female 45-49	Ilfracombe Running Club	1:32:23	1:32:03
90	153	Sally Russell	Female 55-59	Deal Tri Club	1:32:29	1:31:58
91	1	Peter Allen	Male 65-69	Newquay Road Runners	1:33:11	1:33:01
92	46	Clive Davis	Male 60-64		1:33:44	1:33:28
93	92	Jennifer Kempthorne	Female 35-39	Wadebridge Running Club	1:33:58	1:33:45
94	27	Jago Cann	Male Under 35		1:33:59	1:33:33

95	45	Ashley Davies	Male 50-54	Bodmin Running Club	1:34:44	1:34:30
96	73	Ian Grimes	Male 70+	Launceston Road Runners	1:34:52	1:34:43
97	132	Arlene Powell	Female 40-44		1:35:07	1:34:47
98	164	Bridget Swales	Female 50-54	Fremington Trailblazers	1:35:12	1:34:50
99	22	Lorraine Brown	Female 50-54	Truro Running Club	1:35:29	1:35:13
100	180	Judith Wilkes	Female 55-59	Falmouth Running Club	1:36:03	1:35:51
101	55	Lou Duffield	Female 40-44	Vegan Runners UK	1:36:09	1:35:50
102	175	Cat Wallman	Female 50-54	Truro Running Club	1:37:21	1:37:01
103	43	James Danks	Male 40-44	Falmouth Running Club	1:38:02	1:37:50
104	128	Rob Petrie	Male 55-59	Bude Rats (Run and Tri)	1:39:11	1:38:57
105	181	Paula Wilkinson	Female 50-54	Bude Rats (Run and Tri)	1:39:12	1:38:58
106	176	Lu Walsh	Female 50-54	Okehampton RC	1:40:05	1:39:47
107	165	Georgina Symons	Female 45-49	St Austell Athletes Running Club	1:40:21	1:40:03
108	72	Katy Greenhalgh	Female Under 35	Wadebridge Running Club	1:40:50	1:40:36
109	75	Emma Hayes	Female 40-44		1:42:01	1:41:49
110	151	Sheila Rowell	Female 50-54		1:42:48	1:42:40
111	133	Jason Price	Male 50-54		1:42:58	1:42:47
112	122	Laura Peel	Female 35-39	Blackwater Valley Runners	1:43:03	1:42:52
113	141	Sarah Richardson	Female 45-49	Bradworthy Runners	1:43:14	1:43:06
114	111	Melanie Nile	Female 50-54	St Austell Running Club	1:43:17	1:42:58
115	120	Karen Parker	Female 55-59	Falmouth Running Club	1:43:48	1:43:36
116	156	Ashkan Soltani	Male Under 35		1:44:14	1:43:49
117	2	Helen Andreas	Female 35-39		1:44:23	1:44:05
118	66	David Gayton	Male 50-54		1:46:07	1:45:43
119	67	Liz Gayton	Female 50-54		1:46:07	1:45:45
120	23	Emma Burford	Female Under 35	Perran Trail Runners	1:46:16	1:46:06
121	26	Kate Callaghan	Female 45-49	Truro Running Club	1:47:01	1:46:39
122	127	Liz Perry	Female 60-64		1:47:12	1:46:42
123	10	Claire Barlow	Female 45-49	Bodmin Running Club	1:47:23	1:47:09
124	186	Michael Wilson	Male 65-69	Truro Running Club	1:47:27	1:47:10
125	147	Amelia Rowe	Female Under 35		1:47:34	1:47:07
126	150	Rhona Rowe	Female 55-59	Just Jog Bideford	1:47:35	1:47:08

127	188	Molly Winch	Female Under 35		1:48:24	1:48:01
128	189	Myra Winch	Female 50-54		1:48:49	1:48:26
129	59	Des Evans	Male 70+	Newquay Road Runners	1:49:33	1:49:24
130	143	Ian Ringer	Male 70+		1:50:36	1:50:20
131	18	Robert Bolitho	Male 60-64	Falmouth Running Club	1:51:59	1:51:39
132	177	Janet Watson	Female 70+	Carn Runners	1:52:27	1:51:58
133	54	Peter Drew	Male 70+	Carn Runners	1:54:04	1:53:36
134	173	David Viney	Male Under 35		1:54:37	1:54:11
135	174	Elizabeth Viney	Female Under 35		1:54:37	1:54:11
136	78	Elaine Hill	Female 55-59	Launceston Road Runners	1:54:44	1:54:26
137	56	Michelle Dunn	Female 35-39	St Austell Running Club	1:55:23	1:55:04
138	36	Alison Cox	Female 60-64	Bodmin Women's Running Club	1:55:46	1:55:28
139	155	Jenny Saunter	Female 55-59	Bodmin Women's Running Club	1:55:47	1:55:30
140	124	Rachel Penn	Female 45-49	Bude Rats (Run and Tri)	1:56:18	1:55:54
141	108	Kayleigh Neilson	Female Under 35	Perran Trail Runners	1:56:20	1:56:10
142	107	Lois Munkanta	Female 35-39		1:58:07	1:57:37
143	74	Marlene Grobler	Female 40-44	Carn Runners	1:58:15	1:57:42
144	98	Amanda Lawry	Female 50-54	Carn Runners	1:58:15	1:57:43
145	40	Bella Crawford	Female 50-54		1:59:25	1:59:07
146	19	Jenny Bowden	Female 55-59	Newquay Road Runners	2:00:56	2:00:33
147	191	Gemma Wotherspoon	Female 40-44	Bodmin Women's Running Club	2:02:51	2:02:38
148	135	Anita Rayer	Female 60-64		2:02:57	2:02:26
149	161	Debbie Stokes	Female 60-64	Bradworthy Runners	2:03:48	2:03:18
150	89	Judy Jameson	Female 65-69	Carn Runners	2:04:00	2:03:32
151	30	Sarah Choak	Female 55-59	Carn Runners	2:08:40	2:08:11
152	169	Rebecca Thomas	Female 45-49	Camelford Up and Running	2:11:46	2:11:28
153	146	Natalie Rogers	Female 45-49		2:15:33	2:15:16
154	28	Joanne Cauchi	Female 45-49	Carn Runners	2:17:35	2:17:03
155	172	Jeanette Toy	Female 50-54	Carn Runners	2:17:35	2:17:04

Place	Bib	Name	AG	Club	ChipTime	GunTime
Bude Pirate Run 2024						
Female						
1	160	Emma Stepto	Female 50-54	Cornwall AC	1:09:15	1:09:18
2	88	Ellie Jameson	Female 40-44	Perran Trail Runners	1:10:55	1:11:00
3	33	Chloe Constantine	Female 50-54	Bude Rats (Run and Tri)	1:11:14	1:11:17
4	99	Josie Lewis	Female Under 35		1:11:40	1:12:05
5	4	Gail Aspden	Female 55-59	Cornwall AC	1:12:30	1:12:33
6	106	Helen Morse	Female 35-39	East Cornwall Harriers	1:13:55	1:14:02
7	168	Louise Thomas	Female 50-54	Fremington Trailblazers	1:14:59	1:15:10
8	52	Nat Dowling	Female 40-44	St Austell Running Club	1:16:59	1:17:12
9	87	Victoria Jackson	Female 50-54	Truro Running Club	1:19:53	1:19:59
10	12	Jo Biederman	Female 45-49	Fremington Trailblazers	1:20:03	1:20:14
11	157	Hayley Stacey	Female 45-49	East Cornwall Harriers	1:22:30	1:22:43
12	41	Laura-Mae Cunningham	Female Under 35		1:23:18	1:23:32
13	50	Linda Derry	Female 55-59	Truro Running Club	1:23:34	1:23:49
14	20	Karina Bowers	Female 40-44	St Austell Running Club	1:24:24	1:24:29
15	62	Miranda Flannigan	Female 50-54	Perran Trail Runners	1:25:35	1:25:43
16	3	Natalie Angel	Female 35-39	Wadebridge Running Club	1:26:40	1:26:53
17	110	Meeta Nicholls	Female 45-49	East Cornwall Harriers	1:28:13	1:28:27
18	69	Ellen Gibson	Female Under 35	Bodmin Running Club	1:28:58	1:29:06
19	185	Lisa Wilson	Female 50-54	Truro Running Club	1:29:17	1:29:33
20	166	Jasmine Tapp	Female Under 35		1:30:32	1:30:51
21	68	Karen Gear	Female 40-44		1:30:56	1:31:05
22	58	Nicola Emmett	Female 45-49	Bude Rats (Run and Tri)	1:31:00	1:31:15
23	64	Jennifer Forbes	Female 40-44	Hayle Runners	1:31:14	1:31:21
24	167	Sally Tapp	Female 45-49	Ilfracombe Running Club	1:32:03	1:32:23
25	153	Sally Russell	Female 55-59	Deal Tri Club	1:31:58	1:32:29
26	92	Jennifer Kempthorne	Female 35-39	Wadebridge Running Club	1:33:45	1:33:58
27	132	Arlene Powell	Female 40-44		1:34:47	1:35:07
28	164	Bridget Swales	Female 50-54	Fremington Trailblazers	1:34:50	1:35:12
29	22	Lorraine Brown	Female 50-54	Truro Running Club	1:35:13	1:35:29

30	180	Judith Wilkes	Female 55-59	Falmouth Running Club	1:35:51	1:36:03
31	55	Lou Duffield	Female 40-44	Vegan Runners UK	1:35:50	1:36:09
32	175	Cat Wallman	Female 50-54	Truro Running Club	1:37:01	1:37:21
33	181	Paula Wilkinson	Female 50-54	Bude Rats (Run and Tri)	1:38:58	1:39:12
34	176	Lu Walsh	Female 50-54	Okehampton RC	1:39:47	1:40:05
35	165	Georgina Symons	Female 45-49	St Austell Athletes Running Club	1:40:03	1:40:21
36	72	Katy Greenhalgh	Female Under 35	Wadebridge Running Club	1:40:36	1:40:50
37	75	Emma Hayes	Female 40-44		1:41:49	1:42:01
38	151	Sheila Rowell	Female 50-54		1:42:40	1:42:48
39	122	Laura Peel	Female 35-39	Blackwater Valley Runners	1:42:52	1:43:03
40	141	Sarah Richardson	Female 45-49	Bradworthy Runners	1:43:06	1:43:14
41	111	Melanie Nile	Female 50-54	St Austell Running Club	1:42:58	1:43:17
42	120	Karen Parker	Female 55-59	Falmouth Running Club	1:43:36	1:43:48
43	2	Helen Andreas	Female 35-39		1:44:05	1:44:23
44	67	Liz Gayton	Female 50-54		1:45:45	1:46:07
45	23	Emma Burford	Female Under 35	Perran Trail Runners	1:46:06	1:46:16
46	26	Kate Callaghan	Female 45-49	Truro Running Club	1:46:39	1:47:01
47	127	Liz Perry	Female 60-64		1:46:42	1:47:12
48	10	Claire Barlow	Female 45-49	Bodmin Running Club	1:47:09	1:47:23
49	147	Amelia Rowe	Female Under 35		1:47:07	1:47:34
50	150	Rhona Rowe	Female 55-59	Just Jog Bideford	1:47:08	1:47:35
51	188	Molly Winch	Female Under 35		1:48:01	1:48:24
52	189	Myra Winch	Female 50-54		1:48:26	1:48:49
53	177	Janet Watson	Female 70+	Carn Runners	1:51:58	1:52:27
54	174	Elizabeth Viney	Female Under 35		1:54:11	1:54:37
55	78	Elaine Hill	Female 55-59	Launceston Road Runners	1:54:26	1:54:44
56	56	Michelle Dunn	Female 35-39	St Austell Running Club	1:55:04	1:55:23
57	36	Alison Cox	Female 60-64	Bodmin Women's Running Club	1:55:28	1:55:46
58	155	Jenny Saunter	Female 55-59	Bodmin Women's Running Club	1:55:30	1:55:47
59	124	Rachel Penn	Female 45-49	Bude Rats (Run and Tri)	1:55:54	1:56:18
60	108	Kayleigh Neilson	Female Under 35	Perran Trail Runners	1:56:10	1:56:20
61	107	Lois Munkanta	Female 35-39		1:57:37	1:58:07

62	74	Marlene Grobler	Female 40-44	Carn Runners	1:57:42	1:58:15
63	98	Amanda Lawry	Female 50-54	Carn Runners	1:57:43	1:58:15
64	40	Bella Crawford	Female 50-54		1:59:07	1:59:25
65	19	Jenny Bowden	Female 55-59	Newquay Road Runners	2:00:33	2:00:56
66	191	Gemma Wotherspoon	Female 40-44	Bodmin Women's Running Club	2:02:38	2:02:51
67	135	Anita Rayer	Female 60-64		2:02:26	2:02:57
68	161	Debbie Stokes	Female 60-64	Bradworthy Runners	2:03:18	2:03:48
69	89	Judy Jameson	Female 65-69	Carn Runners	2:03:32	2:04:00
70	30	Sarah Choak	Female 55-59	Carn Runners	2:08:11	2:08:40
71	169	Rebecca Thomas	Female 45-49	Camelford Up and Running	2:11:28	2:11:46
72	146	Natalie Rogers	Female 45-49		2:15:16	2:15:33
73	28	Joanne Cauchi	Female 45-49	Carn Runners	2:17:03	2:17:35
74	172	Jeanette Toy	Female 50-54	Carn Runners	2:17:04	2:17:35

Male

1	138	Steve Reynolds	Male 35-39	Truro Running Club	0:52:31	0:52:32
2	159	David Starley	Male Under 35	Launceston Road Runners	0:55:35	0:55:36
3	97	Nick Lapham	Male Under 35	Bideford AAC	0:57:16	0:57:17
4	39	Morgan Craig	Male 45-49	Bude Rats (Run and Tri)	0:57:48	0:57:49
5	100	Alex Marples	Male 45-49	Truro Running Club	0:57:58	0:58:00
6	71	Ian Gooding	Male 50-54	Bideford AAC	0:58:14	0:58:17
7	115	Liam O'Neill	Male 35-39	Hayle Runners	0:59:13	0:59:15
8	171	Joseph Thomson	Male 35-39	Launceston Road Runners	1:01:29	1:01:32
9	101	Sean Marsh	Male 50-54	Perran Trail Runners	1:01:48	1:01:51
10	82	Dan Howes	Male 45-49	St Austell Athletes Running Club	1:02:03	1:02:06
11	93	Henry Kennaway	Male Under 35	Truro Running Club	1:02:58	1:02:59
12	131	Lawrence Porter	Male Under 35		1:03:10	1:03:17
13	8	Adrian Ball	Male 55-59	Cornwall AC	1:03:17	1:03:20
14	90	Paul Johnson	Male 35-39	St Austell Running Club	1:03:30	1:03:34
15	130	Darrin Porter	Male 55-59	Cornwall AC	1:03:51	1:03:53
16	53	Mike Dowrick	Male 50-54	Cornwall AC	1:05:34	1:05:37
17	47	Luke Day	Male 35-39	Ilfracombe Running Club	1:05:36	1:05:41
18	81	Paul Houlden	Male Under 35	Panvac	1:05:36	1:05:43

19	42	Ian Curnow	Male 50-54	Hayle Runners	1:06:49	1:06:55
20	86	Brett Jackson	Male 40-44	St Austell Running Club	1:07:52	1:07:56
21	16	Ian Blythe	Male 40-44	Bradworthy Runners	1:08:31	1:08:35
22	65	Jack Gale	Male Under 35		1:08:32	1:08:36
23	83	Steve Hudson	Male 40-44		1:08:59	1:09:03
24	57	Jon Eldon	Male 60-64	Hayle Runners	1:09:10	1:09:13
25	140	Gary Richards	Male 55-59	Truro Running Club	1:09:32	1:09:37
26	103	George McCallum	Male Under 35	Weston Athletic Club	1:09:57	1:10:00
27	70	Daniel Gittins	Male 35-39	Perran Trail Runners	1:10:20	1:10:24
28	137	Cal Reeve	Male 35-39		1:10:26	1:10:29
29	38	Daniel Cox	Male Under 35	Bodmin Running Club	1:10:34	1:10:38
30	6	Ross Atkinson-Beaumont	Male 40-44	Truro Running Club	1:10:38	1:10:45
31	148	Jeremy Rowe	Male 55-59	Just Jog Bideford	1:11:31	1:11:47
32	80	Ben Hockridge	Male 35-39	Bude Rats (Run and Tri)	1:12:03	1:12:13
33	5	David Atkinson-Beaumont	Male 45-49	Truro Running Club	1:12:14	1:12:20
34	24	Ross Buscombe	Male 35-39	St Austell Running Club	1:13:57	1:14:02
35	142	Barnaby Ridge	Male 45-49		1:15:34	1:15:40
36	9	Dave Barker	Male 55-59	Fremington Trailblazers	1:15:34	1:15:46
37	109	Mark Newson	Male 55-59	Honiton RC	1:17:09	1:17:14
38	114	Danny O'Shea	Male 45-49	Truro Running Club	1:17:07	1:17:21
39	32	Phillip Ciano	Male 60-64	Perran Trail Runners	1:17:25	1:17:33
40	25	Jeffrey Butler	Male 55-59	North Devon RRC	1:17:52	1:17:58
41	49	James Dean	Male 50-54	Bude Rats (Run and Tri)	1:17:48	1:18:05
42	84	Robert Ireton	Male 55-59		1:19:46	1:19:47
43	94	Chris Kent	Male 55-59		1:19:52	1:20:16
44	21	Peter Brocklehurst	Male 70+	St Austell Athletes Running Club	1:21:00	1:21:10
45	126	Elliott Perrin	Male 35-39	Royal Navy	1:21:28	1:21:35
46	121	Lee Parton	Male 50-54	Bude Rats (Run and Tri)	1:21:38	1:21:48
47	15	Neil Blonden	Male 50-54	Bodmin Running Club	1:21:55	1:22:05
48	134	Justin Rabett	Male 60-64	Saint Edmund Pacers	1:22:40	1:22:49
49	13	Adam Blacher	Male 35-39	Launceston Road Runners	1:22:55	1:23:02
50	63	James Forbes	Male 40-44	Perran Trail Runners	1:22:58	1:23:05

51	116	Simon Oliver	Male 65-69	Ilfracombe Running Club	1:23:22	1:23:46
52	163	Andrew Swales	Male 50-54		1:24:45	1:24:57
53	11	Si Barnett	Male 50-54		1:25:10	1:25:17
54	129	Matt Phillips	Male 55-59	St Austell Running Club	1:26:00	1:26:05
55	154	Nicholas Saunders	Male 40-44		1:26:31	1:26:40
56	31	Julian Chromczak	Male 40-44		1:26:31	1:26:56
57	61	Andrew Ferguson	Male 55-59	Truro Running Club	1:28:27	1:28:33
58	34	Dave Cook	Male 55-59	Bude Rats (Run and Tri)	1:28:36	1:28:47
59	96	Tristan Lang	Male 50-54	Truro Running Club	1:29:22	1:29:36
60	44	Adam Davie	Male 40-44	North Devon RRC	1:29:48	1:29:53
61	145	Ben Rogers	Male 40-44	Bude Rats (Run and Tri)	1:30:06	1:30:22
62	37	Clive Cox	Male 60-64	Bodmin Running Club	1:30:12	1:30:28
63	104	Steve Menear	Male 65-69	St Austell Running Club	1:30:21	1:30:31
64	117	Ian Page	Male 70+		1:30:58	1:31:06
65	152	Andy Russell	Male 60-64	Deal Tri Club	1:30:45	1:31:16
66	1	Peter Allen	Male 65-69	Newquay Road Runners	1:33:01	1:33:11
67	46	Clive Davis	Male 60-64		1:33:28	1:33:44
68	27	Jago Cann	Male Under 35		1:33:33	1:33:59
69	45	Ashley Davies	Male 50-54	Bodmin Running Club	1:34:30	1:34:44
70	73	Ian Grimes	Male 70+	Launceston Road Runners	1:34:43	1:34:52
71	43	James Danks	Male 40-44	Falmouth Running Club	1:37:50	1:38:02
72	128	Rob Petrie	Male 55-59	Bude Rats (Run and Tri)	1:38:57	1:39:11
73	133	Jason Price	Male 50-54		1:42:47	1:42:58
74	156	Ashkan Soltani	Male Under 35		1:43:49	1:44:14
75	66	David Gayton	Male 50-54		1:45:43	1:46:07
76	186	Michael Wilson	Male 65-69	Truro Running Club	1:47:10	1:47:27
77	59	Des Evans	Male 70+	Newquay Road Runners	1:49:24	1:49:33
78	143	Ian Ringer	Male 70+		1:50:20	1:50:36
79	18	Robert Bolitho	Male 60-64	Falmouth Running Club	1:51:39	1:51:59
80	54	Peter Drew	Male 70+	Carn Runners	1:53:36	1:54:04
81	173	David Viney	Male Under 35		1:54:11	1:54:37

Bib	Name	Score	GunTime
Bude Pirate Run 2024			
Female			
1	Truro Running Club 1	70	
	87 Victoria Jackson	9	1:19:59
	50 Linda Derry	13	1:23:49
	185 Lisa Wilson	19	1:29:33
	22 Lorraine Brown	29	1:35:29
2	Bude Rats (Run and Tri) 1	117	
	33 Chloe Constantine	3	1:11:17
	58 Nicola Emmett	22	1:31:15
	181 Paula Wilkinson	33	1:39:12
	124 Rachel Penn	59	1:56:18
3	St Austell Running Club 1	119	
	52 Nat Dowling	8	1:17:12
	20 Karina Bowers	14	1:24:29
	111 Melanie Nile	41	1:43:17
	56 Michelle Dunn	56	1:55:23
4	Perran Trail Runners 1	122	
	88 Ellie Jameson	2	1:11:00
	62 Miranda Flannigan	15	1:25:43
	23 Emma Burford	45	1:46:16
	108 Kayleigh Neilson	60	1:56:20
5	Carn Runners 1	247	
	177 Janet Watson	53	1:52:27
	74 Marlene Grobler	62	1:58:15
	98 Amanda Lawry	63	1:58:15
	89 Judy Jameson	69	2:04:00
Male			
1	Truro Running Club 1	42	
	138 Steve Reynolds	1	0:52:32
	100 Alex Marples	5	0:58:00

	93 Henry Kennaway	11 1:02:59
	140 Gary Richards	25 1:09:37
2	St Austell Running Club 1	122
	90 Paul Johnson	14 1:03:34
	86 Brett Jackson	20 1:07:56
	24 Ross Buscombe	34 1:14:02
	129 Matt Phillips	54 1:26:05
3	Bude Rats (Run and Tri) 1	123
	39 Morgan Craig	4 0:57:49
	80 Ben Hockridge	32 1:12:13
	49 James Dean	41 1:18:05
	121 Lee Parton	46 1:21:48
4	Perran Trail Runners 1	125
	101 Sean Marsh	9 1:01:51
	70 Daniel Gittins	27 1:10:24
	32 Phillip Ciano	39 1:17:33
	63 James Forbes	50 1:23:05
5	Launceston Road Runners 1	129
	159 David Starley	2 0:55:36
	171 Joseph Thomson	8 1:01:32
	13 Adam Blacher	49 1:23:02
	73 Ian Grimes	70 1:34:52
6	Truro Running Club 2	158
	6 Ross Atkinson-Beaumont	30 1:10:45
	5 David Atkinson-Beaumont	33 1:12:20
	114 Danny O'Shea	38 1:17:21
	61 Andrew Ferguson	57 1:28:33
7	Bodmin Running Club 1	207
	38 Daniel Cox	29 1:10:38
	15 Neil Blonden	47 1:22:05
	37 Clive Cox	62 1:30:28
	45 Ashley Davies	69 1:34:44

Place	Bib	Name	Club	ChipTime	GunTime
Bude Pirate Run 2024					
Female Under 35					
1	99	Josie Lewis		1:11:40	1:12:05
2	41	Laura-Mae Cunningham		1:23:18	1:23:32
3	69	Ellen Gibson	Bodmin Running Club	1:28:58	1:29:06
4	166	Jasmine Tapp		1:30:32	1:30:51
5	72	Katy Greenhalgh	Wadebridge Running Club	1:40:36	1:40:50
6	23	Emma Burford	Perran Trail Runners	1:46:06	1:46:16
7	147	Amelia Rowe		1:47:07	1:47:34
8	188	Molly Winch		1:48:01	1:48:24
9	174	Elizabeth Viney		1:54:11	1:54:37
10	108	Kayleigh Neilson	Perran Trail Runners	1:56:10	1:56:20
Female 35-39					
1	106	Helen Morse	East Cornwall Harriers	1:13:55	1:14:02
2	3	Natalie Angel	Wadebridge Running Club	1:26:40	1:26:53
3	92	Jennifer Kempthorne	Wadebridge Running Club	1:33:45	1:33:58
4	122	Laura Peel	Blackwater Valley Runners	1:42:52	1:43:03
5	2	Helen Andreas		1:44:05	1:44:23
6	56	Michelle Dunn	St Austell Running Club	1:55:04	1:55:23
7	107	Lois Munkanta		1:57:37	1:58:07
Female 40-44					
1	88	Ellie Jameson	Perran Trail Runners	1:10:55	1:11:00
2	52	Nat Dowling	St Austell Running Club	1:16:59	1:17:12
3	20	Karina Bowers	St Austell Running Club	1:24:24	1:24:29
4	68	Karen Gear		1:30:56	1:31:05
5	64	Jennifer Forbes	Hayle Runners	1:31:14	1:31:21
6	132	Arlene Powell		1:34:47	1:35:07
7	55	Lou Duffield	Vegan Runners UK	1:35:50	1:36:09
8	75	Emma Hayes		1:41:49	1:42:01
9	74	Marlene Grobler	Carn Runners	1:57:42	1:58:15
10	191	Gemma Wotherspoon	Bodmin Women's Running Club	2:02:38	2:02:51

Female 45-49

1	12 Jo Biederman	Fremington Trailblazers	1:20:03	1:20:14
2	157 Hayley Stacey	East Cornwall Harriers	1:22:30	1:22:43
3	110 Meeta Nicholls	East Cornwall Harriers	1:28:13	1:28:27
4	58 Nicola Emmett	Bude Rats (Run and Tri)	1:31:00	1:31:15
5	167 Sally Tapp	Ilfracombe Running Club	1:32:03	1:32:23
6	165 Georgina Symons	St Austell Athletes Running Club	1:40:03	1:40:21
7	141 Sarah Richardson	Bradworthy Runners	1:43:06	1:43:14
8	26 Kate Callaghan	Truro Running Club	1:46:39	1:47:01
9	10 Claire Barlow	Bodmin Running Club	1:47:09	1:47:23
10	124 Rachel Penn	Bude Rats (Run and Tri)	1:55:54	1:56:18
11	169 Rebecca Thomas	Camelford Up and Running	2:11:28	2:11:46
12	146 Natalie Rogers		2:15:16	2:15:33
13	28 Joanne Cauchi	Carn Runners	2:17:03	2:17:35

Female 50-54

1	160 Emma Stepto	Cornwall AC	1:09:15	1:09:18
2	33 Chloe Constantine	Bude Rats (Run and Tri)	1:11:14	1:11:17
3	168 Louise Thomas	Fremington Trailblazers	1:14:59	1:15:10
4	87 Victoria Jackson	Truro Running Club	1:19:53	1:19:59
5	62 Miranda Flannigan	Perran Trail Runners	1:25:35	1:25:43
6	185 Lisa Wilson	Truro Running Club	1:29:17	1:29:33
7	164 Bridget Swales	Fremington Trailblazers	1:34:50	1:35:12
8	22 Lorraine Brown	Truro Running Club	1:35:13	1:35:29
9	175 Cat Wallman	Truro Running Club	1:37:01	1:37:21
10	181 Paula Wilkinson	Bude Rats (Run and Tri)	1:38:58	1:39:12
11	176 Lu Walsh	Okehampton RC	1:39:47	1:40:05
12	151 Sheila Rowell		1:42:40	1:42:48
13	111 Melanie Nile	St Austell Running Club	1:42:58	1:43:17
14	67 Liz Gayton		1:45:45	1:46:07
15	189 Myra Winch		1:48:26	1:48:49
16	98 Amanda Lawry	Carn Runners	1:57:43	1:58:15
17	40 Bella Crawford		1:59:07	1:59:25

	18	172	Jeanette Toy	Carn Runners	2:17:04	2:17:35
Female 55-59						
	1	4	Gail Aspden	Cornwall AC	1:12:30	1:12:33
	2	50	Linda Derry	Truro Running Club	1:23:34	1:23:49
	3	153	Sally Russell	Deal Tri Club	1:31:58	1:32:29
	4	180	Judith Wilkes	Falmouth Running Club	1:35:51	1:36:03
	5	120	Karen Parker	Falmouth Running Club	1:43:36	1:43:48
	6	150	Rhona Rowe	Just Jog Bideford	1:47:08	1:47:35
	7	78	Elaine Hill	Launceston Road Runners	1:54:26	1:54:44
	8	155	Jenny Saunter	Bodmin Women's Running Club	1:55:30	1:55:47
	9	19	Jenny Bowden	Newquay Road Runners	2:00:33	2:00:56
	10	30	Sarah Choak	Carn Runners	2:08:11	2:08:40
Female 60-64						
	1	127	Liz Perry		1:46:42	1:47:12
	2	36	Alison Cox	Bodmin Women's Running Club	1:55:28	1:55:46
	3	135	Anita Rayer		2:02:26	2:02:57
	4	161	Debbie Stokes	Bradworthy Runners	2:03:18	2:03:48
Female 65-69						
	1	89	Judy Jameson	Carn Runners	2:03:32	2:04:00
Female 70+						
	1	177	Janet Watson	Carn Runners	1:51:58	1:52:27
Male Under 35						
	1	159	David Starley	Launceston Road Runners	0:55:35	0:55:36
	2	97	Nick Lapham	Bideford AAC	0:57:16	0:57:17
	3	93	Henry Kennaway	Truro Running Club	1:02:58	1:02:59
	4	131	Lawrence Porter		1:03:10	1:03:17
	5	81	Paul Houlden	Panvac	1:05:36	1:05:43
	6	65	Jack Gale		1:08:32	1:08:36
	7	103	George McCallum	Weston Athletic Club	1:09:57	1:10:00
	8	38	Daniel Cox	Bodmin Running Club	1:10:34	1:10:38
	9	27	Jago Cann		1:33:33	1:33:59
	10	156	Ashkan Soltani		1:43:49	1:44:14

	11	173 David Viney		1:54:11	1:54:37
Male 35-39					
	1	138 Steve Reynolds	Truro Running Club	0:52:31	0:52:32
	2	115 Liam O'Neill	Hayle Runners	0:59:13	0:59:15
	3	171 Joseph Thomson	Launceston Road Runners	1:01:29	1:01:32
	4	90 Paul Johnson	St Austell Running Club	1:03:30	1:03:34
	5	47 Luke Day	Ilfracombe Running Club	1:05:36	1:05:41
	6	70 Daniel Gittins	Perran Trail Runners	1:10:20	1:10:24
	7	137 Cal Reeve		1:10:26	1:10:29
	8	80 Ben Hockridge	Bude Rats (Run and Tri)	1:12:03	1:12:13
	9	24 Ross Buscombe	St Austell Running Club	1:13:57	1:14:02
	10	126 Elliott Perrin	Royal Navy	1:21:28	1:21:35
	11	13 Adam Blacher	Launceston Road Runners	1:22:55	1:23:02
Male 40-44					
	1	86 Brett Jackson	St Austell Running Club	1:07:52	1:07:56
	2	16 Ian Blythe	Bradworthy Runners	1:08:31	1:08:35
	3	83 Steve Hudson		1:08:59	1:09:03
	4	6 Ross Atkinson-Beaumont	Truro Running Club	1:10:38	1:10:45
	5	63 James Forbes	Perran Trail Runners	1:22:58	1:23:05
	6	154 Nicholas Saunders		1:26:31	1:26:40
	7	31 Julian Chromczak		1:26:31	1:26:56
	8	44 Adam Davie	North Devon RRC	1:29:48	1:29:53
	9	145 Ben Rogers	Bude Rats (Run and Tri)	1:30:06	1:30:22
	10	43 James Danks	Falmouth Running Club	1:37:50	1:38:02
Male 45-49					
	1	39 Morgan Craig	Bude Rats (Run and Tri)	0:57:48	0:57:49
	2	100 Alex Marples	Truro Running Club	0:57:58	0:58:00
	3	82 Dan Howes	St Austell Athletes Running Club	1:02:03	1:02:06
	4	5 David Atkinson-Beaumont	Truro Running Club	1:12:14	1:12:20
	5	142 Barnaby Ridge		1:15:34	1:15:40
	6	114 Danny O'Shea	Truro Running Club	1:17:07	1:17:21
Male 50-54					

1	71 Ian Gooding	Bideford AAC	0:58:14	0:58:17
2	101 Sean Marsh	Perran Trail Runners	1:01:48	1:01:51
3	53 Mike Dowrick	Cornwall AC	1:05:34	1:05:37
4	42 Ian Curnow	Hayle Runners	1:06:49	1:06:55
5	49 James Dean	Bude Rats (Run and Tri)	1:17:48	1:18:05
6	121 Lee Parton	Bude Rats (Run and Tri)	1:21:38	1:21:48
7	15 Neil Blonden	Bodmin Running Club	1:21:55	1:22:05
8	163 Andrew Swales		1:24:45	1:24:57
9	11 Si Barnett		1:25:10	1:25:17
10	96 Tristan Lang	Truro Running Club	1:29:22	1:29:36
11	45 Ashley Davies	Bodmin Running Club	1:34:30	1:34:44
12	133 Jason Price		1:42:47	1:42:58
13	66 David Gayton		1:45:43	1:46:07

Male 55-59

1	8 Adrian Ball	Cornwall AC	1:03:17	1:03:20
2	130 Darrin Porter	Cornwall AC	1:03:51	1:03:53
3	140 Gary Richards	Truro Running Club	1:09:32	1:09:37
4	148 Jeremy Rowe	Just Jog Bideford	1:11:31	1:11:47
5	9 Dave Barker	Fremington Trailblazers	1:15:34	1:15:46
6	109 Mark Newson	Honiton RC	1:17:09	1:17:14
7	25 Jeffrey Butler	North Devon RRC	1:17:52	1:17:58
8	84 Robert Ireton		1:19:46	1:19:47
9	94 Chris Kent		1:19:52	1:20:16
10	129 Matt Phillips	St Austell Running Club	1:26:00	1:26:05
11	61 Andrew Ferguson	Truro Running Club	1:28:27	1:28:33
12	34 Dave Cook	Bude Rats (Run and Tri)	1:28:36	1:28:47
13	128 Rob Petrie	Bude Rats (Run and Tri)	1:38:57	1:39:11

Male 60-64

1	57 Jon Eldon	Hayle Runners	1:09:10	1:09:13
2	32 Phillip Ciano	Perran Trail Runners	1:17:25	1:17:33
3	134 Justin Rabett	Saint Edmund Pacers	1:22:40	1:22:49
4	37 Clive Cox	Bodmin Running Club	1:30:12	1:30:28

5	152	Andy Russell	Deal Tri Club	1:30:45	1:31:16
6	46	Clive Davis		1:33:28	1:33:44
7	18	Robert Bolitho	Falmouth Running Club	1:51:39	1:51:59

Male 65-69

1	116	Simon Oliver	Ilfracombe Running Club	1:23:22	1:23:46
2	104	Steve Menear	St Austell Running Club	1:30:21	1:30:31
3	1	Peter Allen	Newquay Road Runners	1:33:01	1:33:11
4	186	Michael Wilson	Truro Running Club	1:47:10	1:47:27

Male 70+

1	21	Peter Brocklehurst	St Austell Athletes Running Club	1:21:00	1:21:10
2	117	Ian Page		1:30:58	1:31:06
3	73	Ian Grimes	Launceston Road Runners	1:34:43	1:34:52
4	59	Des Evans	Newquay Road Runners	1:49:24	1:49:33
5	143	Ian Ringer		1:50:20	1:50:36
6	54	Peter Drew	Carn Runners	1:53:36	1:54:04

Name	Club	Time 2024	Time 2023	Time 2022
Bude Pirate Run 2024				
Peter Allen	Newquay Road Runners	1:33:01	01:22:53	01:18:02
Helen Andreas		1:44:05		
Natalie Angel	Wadebridge Running Club	1:26:40		
Gail Aspden	Cornwall AC	1:12:30		
David Atkinson-Beaumont	Truro Running Club	1:12:14		
Ross Atkinson-Beaumont	Truro Running Club	1:10:38		
Adrian Ball	Cornwall AC	1:03:17		
Dave Barker	Fremington Trailblazers	1:15:34	01:14:51	
Claire Barlow	Bodmin Running Club	1:47:09		01:37:26
Si Barnett		1:25:10		
Jo Biederman	Fremington Trailblazers	1:20:03		
Adam Blacher	Launceston Road Runners	1:22:55	01:29:18	01:24:16
Neil Blonden	Bodmin Running Club	1:21:55		
Ian Blythe	Bradworthy Runners	1:08:31	01:05:58	01:06:59
Robert Bolitho	Falmouth Running Club	1:51:39		
Jenny Bowden	Newquay Road Runners	2:00:33		
Karina Bowers	St Austell Running Club	1:24:24		
Peter Brocklehurst	St Austell Athletes Running Club	1:21:00	01:19:56	
Lorraine Brown	Truro Running Club	1:35:13		01:37:05
Emma Burford	Perran Trail Runners	1:46:06		
Ross Buscombe	St Austell Running Club	1:13:57		
Jeffrey Butler	North Devon RRC	1:17:52		
Kate Callaghan	Truro Running Club	1:46:39		
Jago Cann		1:33:33		
Joanne Cauchi	Carn Runners	2:17:03		
Sarah Choak	Carn Runners	2:08:11		
Julian Chromczak		1:26:31		
Phillip Ciano	Perran Trail Runners	1:17:25		
Chloe Constantine	Bude Rats (Run and Tri)	1:11:14	01:10:49	
Dave Cook	Bude Rats (Run and Tri)	1:28:36		

Alison Cox	Bodmin Women's Running Club	1:55:28		
Clive Cox	Bodmin Running Club	1:30:12		
Daniel Cox	Bodmin Running Club	1:10:34		
Morgan Craig	Bude Rats (Run and Tri)	0:57:48	01:01:36	
Bella Crawford		1:59:07		
Laura-Mae Cunningham		1:23:18		
Ian Curnow	Hayle Runners	1:06:49	01:05:23	
James Danks	Falmouth Running Club	1:37:50	01:34:01	
Adam Davie	North Devon RRC	1:29:48		01:24:06
Ashley Davies	Bodmin Running Club	1:34:30		
Clive Davis		1:33:28	01:30:04	01:31:31
Luke Day	Ilfracombe Running Club	1:05:36	01:05:40	01:06:08
James Dean	Bude Rats (Run and Tri)	1:17:48		
Linda Derry	Truro Running Club	1:23:34		
Nat Dowling	St Austell Running Club	1:16:59		
Mike Dowrick	Cornwall AC	1:05:34	01:06:07	01:06:50
Peter Drew	Carn Runners	1:53:36		
Lou Duffield	Vegan Runners UK	1:35:50		
Michelle Dunn	St Austell Running Club	1:55:04		
Jon Eldon	Hayle Runners	1:09:10	01:13:00	
Nicola Emmett	Bude Rats (Run and Tri)	1:31:00		01:30:57
Des Evans	Newquay Road Runners	1:49:24	02:03:49	01:34:37
Andrew Ferguson	Truro Running Club	1:28:27		
Miranda Flannigan	Perran Trail Runners	1:25:35		
James Forbes	Perran Trail Runners	1:22:58		
Jennifer Forbes	Hayle Runners	1:31:14	01:22:25	
Jack Gale		1:08:32		
David Gayton		1:45:43		
Liz Gayton		1:45:45		
Karen Gear		1:30:56		
Ellen Gibson	Bodmin Running Club	1:28:58		
Daniel Gittins	Perran Trail Runners	1:10:20		

Ian Gooding	Bideford AAC	0:58:14		
Katy Greenhalgh	Wadebridge Running Club	1:40:36		
Ian Grimes	Launceston Road Runners	1:34:43	01:42:24	
Marlene Grobler	Carn Runners	1:57:42		01:22:40
Emma Hayes		1:41:49		
Elaine Hill	Launceston Road Runners	1:54:26	01:55:24	
Ben Hockridge	Bude Rats (Run and Tri)	1:12:03		
Paul Houlden	Panvac	1:05:36		
Dan Howes	St Austell Athletes Running Club	1:02:03		
Steve Hudson		1:08:59		
Robert Ireton		1:19:46		
Brett Jackson	St Austell Running Club	1:07:52	01:09:07	01:03:36
Victoria Jackson	Truro Running Club	1:19:53	01:16:18	
Ellie Jameson	Perran Trail Runners	1:10:55		
Judy Jameson	Carn Runners	2:03:32		
Paul Johnson	St Austell Running Club	1:03:30		
Jennifer Kempthorne	Wadebridge Running Club	1:33:45		
Henry Kennaway	Truro Running Club	1:02:58		
Chris Kent		1:19:52		
Tristan Lang	Truro Running Club	1:29:22		
Nick Lapham	Bideford AAC	0:57:16		
Amanda Lawry	Carn Runners	1:57:43		
Josie Lewis		1:11:40		
Alex Marples	Truro Running Club	0:57:58		00:57:39
Sean Marsh	Perran Trail Runners	1:01:48		
George McCallum	Weston Athletic Club	1:09:57		
Steve Menear	St Austell Running Club	1:30:21	01:34:53	
Helen Morse	East Cornwall Harriers	1:13:55		01:10:17
Lois Munkanta		1:57:37		
Kayleigh Neilson	Perran Trail Runners	1:56:10		
Mark Newson	Honiton RC	1:17:09		01:14:43
Meeta Nicholls	East Cornwall Harriers	1:28:13	01:25:57	01:22:49

Melanie Nile	St Austell Running Club	1:42:58		
Danny O'Shea	Truro Running Club	1:17:07		
Liam O'Neill	Hayle Runners	0:59:13		
Simon Oliver	Ilfracombe Running Club	1:23:22	01:23:42	
Ian Page		1:30:58		
Karen Parker	Falmouth Running Club	1:43:36	01:44:22	
Lee Parton	Bude Rats (Run and Tri)	1:21:38		
Laura Peel	Blackwater Valley Runners	1:42:52		
Rachel Penn	Bude Rats (Run and Tri)	1:55:54		
Elliott Perrin	Royal Navy	1:21:28		
Liz Perry		1:46:42	01:51:54	
Rob Petrie	Bude Rats (Run and Tri)	1:38:57	01:37:28	
Matt Phillips	St Austell Running Club	1:26:00		
Darrin Porter	Cornwall AC	1:03:51		
Lawrence Porter		1:03:10		
Arlene Powell		1:34:47		
Jason Price		1:42:47		
Justin Rabett	Saint Edmund Pacers	1:22:40		
Anita Rayer		2:02:26	01:56:42	02:01:13
Cal Reeve		1:10:26		
Steve Reynolds	Truro Running Club	0:52:31	00:55:17	00:54:44
Gary Richards	Truro Running Club	1:09:32		01:08:19
Sarah Richardson	Bradworthy Runners	1:43:06		
Barnaby Ridge		1:15:34		
Ian Ringer		1:50:20		
Ben Rogers	Bude Rats (Run and Tri)	1:30:06		01:18:33
Natalie Rogers		2:15:16		
Amelia Rowe		1:47:07		
Jeremy Rowe	Just Jog Bideford	1:11:31		
Rhona Rowe	Just Jog Bideford	1:47:08		
Sheila Rowell		1:42:40		
Andy Russell	Deal Tri Club	1:30:45		

Sally Russell	Deal Tri Club	1:31:58		
Nicholas Saunders		1:26:31		
Jenny Saunter	Bodmin Women's Running Club	1:55:30		
Ashkan Soltani		1:43:49		
Hayley Stacey	East Cornwall Harriers	1:22:30	01:25:15	
David Starley	Launceston Road Runners	0:55:35		
Emma Stepto	Cornwall AC	1:09:15		
Debbie Stokes	Bradworthy Runners	2:03:18	01:57:08	02:01:23
Andrew Swales		1:24:45		
Bridget Swales	Fremington Trailblazers	1:34:50		
Georgina Symons	St Austell Athletes Running Club	1:40:03		
Jasmine Tapp		1:30:32		
Sally Tapp	Ilfracombe Running Club	1:32:03	01:38:30	
Louise Thomas	Fremington Trailblazers	1:14:59		
Rebecca Thomas	Camelford Up and Running	2:11:28		
Joseph Thomson	Launceston Road Runners	1:01:29	01:08:32	01:12:17
Jeanette Toy	Carn Runners	2:17:04		
David Viney		1:54:11		
Elizabeth Viney		1:54:11	01:49:48	
Cat Wallman	Truro Running Club	1:37:01		
Lu Walsh	Okehampton RC	1:39:47	01:35:24	
Janet Watson	Carn Runners	1:51:58		01:49:23
Judith Wilkes	Falmouth Running Club	1:35:51		
Paula Wilkinson	Bude Rats (Run and Tri)	1:38:58	01:37:28	01:40:28
Lisa Wilson	Truro Running Club	1:29:17		
Michael Wilson	Truro Running Club	1:47:10		
Molly Winch		1:48:01		
Myra Winch		1:48:26		
Gemma Wotherspoon	Bodmin Women's Running Club	2:02:38		