

Place	Bib	Name	AG	Club	GunTime	ChipTime
Treggy 7 - 2024						
1	276	Tom Morton	Male Under 35	Newquay & Par AC	0:37:15	0:37:14
2	319	Steve Reynolds	Male 35-39	Truro Running Club	0:38:20	0:38:19
3	86	Jim Cole	Male 40-44	Tavistock Run Project	0:39:43	0:39:42
4	104	James Cutlan	Male 35-39	Cornwall AC	0:39:55	0:39:54
5	154	Kenny Gibson	Male Under 35	Cornwall AC	0:40:23	0:40:23
6	274	Jordan Morant	Male Under 35	Hayle Runners	0:40:27	0:40:26
7	127	Jamie Edwards	Male Under 35	Newquay Road Runners	0:40:34	0:40:33
8	93	Daniel Costello	Male Under 35	Hayle Runners	0:40:48	0:40:46
9	97	David Crawford	Male 35-39	Newquay & Par AC	0:41:43	0:41:43
10	365	Dylan Stevens	Male Under 35	Newquay & Par AC	0:42:02	0:41:59
11	258	Jamie Masters	Male 35-39	St Austell Running Club	0:42:26	0:42:24
12	232	Katie Knowles	Female Under 35	Truro Running Club	0:42:39	0:42:38
13	28	Tamara Beach	Female Under 35	Cornwall AC	0:42:46	0:42:44
14	248	Alex Marples	Male 45-49	Truro Running Club	0:42:57	0:42:55
15	225	Ben Kent	Male Under 35	Cornwall AC	0:43:25	0:43:25
16	420	Dean Wickett	Male Under 35		0:43:29	0:43:28
17	314	Clive Ramsden	Male 45-49	Newquay Road Runners	0:43:33	0:43:32
18	96	Morgan Craig	Male 45-49	Bude Rats (Run and Tri)	0:43:35	0:43:32
19	280	Liam O'Neill	Male 35-39	Hayle Runners	0:43:39	0:43:36
20	391	Christopher Turner	Male Under 35	Okehampton RC	0:43:41	0:43:40
21	269	Lloyd Milbourn	Male Under 35		0:43:52	0:43:51
22	2	Carl Aldridge	Male Under 35		0:44:10	0:44:10
23	339	Stan Sargent	Male 50-54		0:44:28	0:44:27
24	329	Mark Roby	Male 45-49	Truro Running Club	0:44:35	0:44:33
25	294	Emma Paull	Female 35-39	Hayle Runners	0:44:36	0:44:34
26	307	Martin Potter	Male 55-59	London Heathside	0:44:37	0:44:34
27	70	Neil Carter	Male 40-44	Newquay Road Runners	0:44:45	0:44:44
28	356	Wes Smith	Male Under 35	Tavistock Run Project	0:45:07	0:45:06
29	146	Liam Gallantry	Male Under 35	East Cornwall Harriers	0:45:10	0:45:08

30	223	Nikki Kelly	Female Under 35	Tavistock AC	0:45:34	0:45:33
31	107	Alex Daniels	Male 50-54	Newquay Road Runners	0:46:03	0:46:01
32	290	Bradley Parsons	Male Under 35	St Austell Running Club	0:46:03	0:46:01
33	113	Mark Deacon	Male 35-39	Looe Pioneers Running Club	0:46:14	0:46:12
34	177	Neil Hayhurst	Male 40-44	Hayle Runners	0:46:38	0:46:36
35	194	Edward Horn	Male 35-39	Tavistock AC	0:46:49	0:46:49
36	382	Joseph Thomson	Male 35-39	Launceston Road Runners	0:46:59	0:46:53
37	415	Charlie Wevill	Male Under 35	Matt Luxton Health & Fitness	0:47:05	0:47:04
38	296	Ben Pearce	Male 35-39	Truro Running Club	0:47:09	0:47:05
39	430	Mark Williams	Male 55-59	Hayle Runners	0:47:14	0:47:11
40	393	Dominic Turton	Male Under 35	Hayle Runners	0:47:14	0:47:11
41	72	Daniel Case	Male 35-39	Tamar Trotters	0:47:17	0:47:14
42	233	Craig Knuckey	Male 55-59	Cornwall AC	0:47:39	0:47:38
43	101	Ian Curnow	Male 50-54	Hayle Runners	0:47:43	0:47:39
44	130	Mike Ellis	Male 45-49	Newquay & Par AC	0:47:50	0:47:48
45	149	Jodie Gauld	Female Under 35	St Austell Running Club	0:48:15	0:48:13
46	247	Ryan Marks	Male Under 35	St Austell Running Club	0:48:25	0:48:22
47	240	Katie Littlejohns Riches	Female Under 35	Okehampton RC	0:48:33	0:48:30
48	126	Elliott Edwards	Male Under 35		0:48:45	0:48:41
49	120	Damian Dunne	Male 50-54	Plymouth Musketeers Running Club	0:48:52	0:48:45
50	162	David Guffick	Male 40-44	Hayle Runners	0:49:16	0:49:12
51	335	Matt Row	Male 35-39	St Austell Running Club	0:49:20	0:49:14
52	300	Neil Penny-Harding	Male 40-44	Cornwall AC	0:49:25	0:49:21
53	261	Charlene Matthews	Female 35-39	Storm Plymouth	0:49:25	0:49:14
54	306	Adam Porter	Male Under 35		0:49:29	0:49:26
55	221	Jonathan Kappes	Male 50-54	Launceston Road Runners	0:49:42	0:49:38
56	245	James Manning	Male 45-49	Hayle Runners	0:49:45	0:49:43
57	164	Craig Hall	Male 50-54	Cornwall AC	0:49:46	0:49:35
58	364	Emma Stepto	Female 50-54	Cornwall AC	0:49:51	0:49:48
59	361	Sid Standlick	Male 40-44	Tamar Trotters	0:49:54	0:49:51
60	263	Louis Matthews	Male 40-44	Launceston Road Runners	0:49:56	0:49:52
61	228	David Kilgore	Male 45-49	Storm Plymouth	0:50:00	0:49:49

62	129	Jon Eldon	Male 60-64	Hayle Runners	0:50:03	0:50:00
63	103	Marc Curtis	Male 55-59	Tavistock AC	0:50:14	0:50:12
64	397	Craig Varcoe	Male 35-39	St Austell Running Club	0:50:36	0:50:31
65	366	Paul Stevens	Male 45-49	St Austell Athletes Running Club	0:50:40	0:50:31
66	257	Philip Martyn-Ugnow	Male 40-44		0:50:58	0:50:58
67	372	Mark Sweeney	Male 60-64	St Austell Running Club	0:51:05	0:51:00
68	3	Matt Allan	Male 45-49	Camelford Up and Running	0:51:11	0:51:08
69	211	Jenny Jeeves	Female 55-59	Tavistock AC	0:51:14	0:51:11
70	347	Andrew Searle	Male 40-44	Hayle Runners	0:51:28	0:51:25
71	426	Ashley Williams	Male Under 35	Hayle Runners	0:51:36	0:51:34
72	174	Rose Harvie	Female Under 35	Newquay Road Runners	0:51:45	0:51:39
73	321	Stuart Richards	Male 50-54	St Austell Running Club	0:51:54	0:51:52
74	14	Gail Aspden	Female 55-59	Cornwall AC	0:51:57	0:51:55
75	145	Jack Gale	Male Under 35		0:52:00	0:51:56
76	235	Ruby Lawrence	Female Under 35	RunFitRunFast	0:52:06	0:52:05
77	297	Mark Peck	Male 35-39		0:52:29	0:52:22
78	250	Henry Marriner	Male 35-39	St Austell Running Club	0:52:37	0:52:31
79	57	Peter Brodey	Male Under 35	St Austell Running Club	0:52:37	0:52:30
80	387	Paul Trifanov	Male Under 35	Newquay Road Runners	0:52:37	0:52:35
81	196	Pavol Hornak	Male 40-44		0:52:43	0:52:39
82	102	Charles Curtis	Male Under 35	Cornwall AC	0:52:47	0:52:43
83	26	Colin Bathe	Male 55-59	Truro Running Club	0:53:00	0:52:55
84	394	Tim Twiggs	Male 55-59	Hayle Runners	0:53:02	0:52:55
85	121	Jennifer Dunstan	Female 35-39	Cornwall AC	0:53:19	0:53:16
86	202	Frazer Humbles	Male 40-44	Hayle Runners	0:53:20	0:53:15
87	378	Mark Thomas	Male 45-49	Storm Plymouth	0:53:37	0:53:25
88	355	Richard Smith	Male 50-54	Newquay Road Runners	0:53:43	0:53:37
89	281	Stephen Oke	Male 40-44		0:53:43	0:53:39
90	178	Eve Hearle	Female 40-44	Newquay Road Runners	0:53:57	0:53:51
91	22	Marty Barnfield	Male 50-54	Bodmin Running Club	0:54:02	0:53:56
92	181	Amanda Hewitt	Female 50-54	Cornwall AC	0:54:04	0:54:01
93	404	Iain Walker	Male 65-69	St Austell Running Club	0:54:06	0:54:00

94	147	Fiona Gamble	Female 35-39	Hayle Runners	0:54:13	0:54:05
95	337	John Sanders	Male 40-44		0:54:20	0:54:13
96	363	James Stephens	Male 35-39	St Austell Running Club	0:54:22	0:54:16
97	381	Eddie Thomson	Male 35-39	Launceston Road Runners	0:54:25	0:54:18
98	412	Mandy Watts	Female 55-59	Newquay Road Runners	0:54:48	0:54:44
99	287	David Parish	Male Under 35	RunFitRunFast	0:55:02	0:54:33
100	198	Charlene Howard	Female 35-39		0:55:10	0:55:04
101	341	Ian Savigar	Male 60-64	East Cornwall Harriers	0:55:22	0:55:17
102	169	Emma Hancock	Female Under 35		0:55:26	0:55:23
103	142	Emma Fox	Female 45-49	Newquay Road Runners	0:55:27	0:55:22
104	110	James Davison	Male Under 35	Bodmin Running Club	0:55:28	0:55:07
105	395	Craig Underhill	Male 55-59	Hayle Runners	0:55:33	0:55:26
106	396	Darren Uren	Male 40-44	Hayle Runners	0:55:36	0:55:34
107	256	Paul Martin	Male 40-44		0:55:41	0:55:30
108	401	Jason Vinnicombe	Male 45-49	Cornwall AC	0:55:42	0:55:31
109	407	Carole Walters	Female 60-64	Tavistock AC	0:55:44	0:55:40
110	434	Declan Woodgate	Male Under 35		0:55:46	0:55:34
111	140	Victoria Foster	Female 45-49	Launceston Leisure Centre	0:55:46	0:55:41
112	94	Michael Counter	Male 60-64	St Austell Running Club	0:55:47	0:55:40
113	301	Nicholas Peters	Male Under 35	Hayle Runners	0:55:52	0:55:31
114	328	Malcolm Roberts	Male 70-74	St Austell Running Club	0:55:53	0:55:47
115	74	Brandon Charnock	Male Under 35		0:56:06	0:56:03
116	158	Anna Goodman	Female Under 35	Hayle Runners	0:56:08	0:55:59
117	383	Julie Towers	Female 60-64	Hayle Runners	0:56:11	0:56:02
118	66	Ross Buscombe	Male 35-39	St Austell Running Club	0:56:29	0:56:24
119	377	Derek Thomas	Male 50-54	St Austell Running Club	0:56:30	0:56:23
120	40	Ieuan Bluett	Male Under 35		0:56:33	0:56:28
121	150	Corinne Gerrard	Female 50-54	Hayle Runners	0:56:33	0:56:24
122	265	David Mccarthy	Male 35-39	Storm Plymouth	0:56:35	0:56:18
123	358	David Speake	Male 50-54	St Austell Running Club	0:56:53	0:56:46
124	279	Mark Newson	Male 55-59	Honiton RC	0:57:01	0:56:51
125	139	Richard Foster	Male 50-54	Launceston Road Runners	0:57:10	0:57:04

126	192	Rory Honeychurch	Male Under 35		0:57:13	0:57:08
127	47	Abby Bounsall	Female Under 35		0:57:13	0:57:09
128	123	Kyle Eaton	Male Under 35		0:57:17	0:57:11
129	374	Peter Tassart	Male 55-59		0:57:27	0:57:22
130	44	Nick Boorman	Male 35-39		0:57:33	0:57:19
131	201	Michael Hughes	Male 60-64	Storm Plymouth	0:57:44	0:57:28
132	312	Stuart Queen	Male 50-54	Plymouth Musketeers Running Club	0:57:54	0:57:47
133	30	Andy Bees	Male 40-44	Plymouth Musketeers Running Club	0:57:58	0:57:28
134	166	John Hallen	Male 55-59	Torrington AAC	0:58:07	0:57:48
135	33	Mark Bennetts	Male 45-49	St Austell Athletes Running Club	0:58:09	0:58:02
136	172	Katie Harvie	Female Under 35	Torbay AAC	0:58:11	0:57:59
137	48	Karina Bowers	Female 40-44	St Austell Running Club	0:58:12	0:58:06
138	271	Jenny Mills	Female 75-79	Launceston Road Runners	0:58:23	0:58:19
139	32	Gregory Bennett	Male 40-44	Launceston Road Runners	0:58:27	0:58:21
140	63	Anthony Burrows	Male 60-64	Hayle Runners	0:58:27	0:58:18
141	403	Simon Wakeham	Male Under 35		0:58:36	0:58:01
142	359	Christopher Spencer	Male 60-64		0:58:38	0:58:25
143	182	Christopher Heywood	Male 60-64		0:58:46	0:58:25
144	52	Daniel Bredbere	Male Under 35		0:58:49	0:58:42
145	416	Paul Whear	Male 55-59	Cornwall AC	0:58:52	0:58:50
146	69	Fay Cameron	Female 35-39	Newquay Road Runners	0:58:59	0:58:53
147	392	Josh Turner	Male 35-39	East Cornwall Harriers	0:59:01	0:58:54
148	318	Zoe Renowden	Female 40-44	Hayle Runners	0:59:02	0:58:52
149	433	Claire Winfield	Female 55-59	Launceston Road Runners	0:59:05	0:58:58
150	187	Keith Hoadley	Male 60-64	Torrington AAC	0:59:06	0:58:47
151	159	Amy Gregory	Female 35-39	Newquay Road Runners	0:59:11	0:59:06
152	425	Sarah Wilkinson	Female 60-64	Newquay Road Runners	0:59:21	0:59:16
153	24	James Barriball	Male Under 35		0:59:28	0:59:18
154	308	Damen Powell	Male 35-39	St Austell Running Club	0:59:30	0:59:22
155	15	Simon Ayres	Male 45-49		0:59:33	0:59:22
156	208	Martin Hynes	Male 70-74	Launceston Road Runners	0:59:43	0:59:38
157	100	Nathan Cudmore	Male 45-49	Hayle Runners	0:59:48	0:59:40

158	242	Mark Lobb	Male 55-59	Storm Plymouth	0:59:53	0:59:37
159	210	Simon James	Male 50-54	Cornwall AC	0:59:55	0:59:51
160	409	Jackie Wastell	Female 60-64	London Heathside	1:00:01	0:59:51
161	119	Natalie Dunn	Female 40-44	Truro Running Club	1:00:06	1:00:01
162	336	Wayne Rundle	Male 50-54	Launceston Road Runners	1:00:06	0:59:55
163	124	Sam Eaton	Male Under 35	Launceston Road Runners	1:00:10	0:59:56
164	58	Catherine Brown	Female 50-54	Storm Plymouth	1:00:14	0:59:58
165	322	Mark Richardson	Male 50-54	Bradworthy Runners	1:00:28	1:00:20
166	143	David Foy	Male 50-54	Falmouth Running Club	1:00:35	1:00:26
167	34	Kelly Bills	Female 45-49	Hayle Runners	1:00:39	1:00:17
168	214	Steven Jenkin	Male 50-54	Cornwall AC	1:00:40	1:00:36
169	122	Richard Eales	Male 40-44		1:00:44	1:00:21
170	207	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	1:00:45	1:00:37
171	109	James Dart	Male 35-39		1:00:57	1:00:38
172	117	Martin Dinham	Male 50-54	Mile High	1:01:10	1:00:56
173	54	Sallie Brennan	Female 45-49	Tamar Trotters	1:01:18	1:01:08
174	275	Richard Morton	Male 70-74	Tamar Trotters	1:01:40	1:01:32
175	105	Clare Dale	Female 40-44	St Austell Running Club	1:01:40	1:01:23
176	195	Andrej Hornak	Male 35-39		1:01:44	1:01:40
177	340	Nicholas Saunders	Male 40-44		1:01:44	1:01:27
178	89	Richard Collett	Male 40-44	Hayle Runners	1:01:45	1:01:17
179	435	Jason Yates	Male 45-49	Launceston Leisure Centre	1:01:58	1:01:29
180	168	Lewis Halliday	Male Under 35		1:01:59	1:01:53
181	138	Richard Felton	Male Under 35		1:02:04	1:01:29
182	189	Sarah Holland	Female 45-49	Tavistock AC	1:02:10	1:02:03
183	362	Jane Stedman	Female 60-64	Bodmin Running Club	1:02:16	1:02:03
184	141	Katie Fowler	Female 35-39	Launceston Road Runners	1:02:18	1:02:13
185	230	Becky Kingdon	Female 40-44		1:02:19	1:01:56
186	272	Jon Mitchell	Male 50-54	Cornwall AC	1:02:24	1:02:19
187	152	Clive Gibbs	Male 60-64	St Austell Running Club	1:02:26	1:02:15
188	175	Ben Hawke	Male Under 35		1:02:31	1:02:01
189	128	Nicola Edwards	Female 45-49	Newquay Road Runners	1:02:41	1:02:36

190	330 Ben Rogers	Male 40-44	Bude Rats (Run and Tri)	1:02:41	1:02:32
191	311 Ivor Pudner	Male 55-59	Looe Pioneers Running Club	1:02:43	1:02:17
192	77 Kevin Chiswell	Male 60-64	Storm Plymouth	1:02:48	1:02:32
193	304 Matt Pickard	Male 35-39	Launceston Road Runners	1:02:53	1:02:33
194	217 Pete Jennings	Male 60-64		1:02:56	1:02:40
195	185 Nick Hill	Male 40-44		1:03:00	1:02:47
196	421 Demelza Widdershoven	Female 40-44	Carn Runners	1:03:04	1:03:00
197	188 Jon Hoare	Male 55-59	East Cornwall Harriers	1:03:10	1:03:02
198	354 Hannah Smith	Female Under 35	Hayle Runners	1:03:22	1:03:07
199	209 Darren Jackson	Male 55-59		1:03:30	1:03:23
200	253 Linda Marshall	Female 45-49		1:04:04	1:03:41
201	313 Peter Rabson	Male 40-44	Camelford Up and Running	1:04:04	1:03:34
202	9 Deane Andrew	Male Under 35		1:04:06	1:03:48
203	204 Harriet Hunter	Female Under 35		1:04:08	1:03:47
204	389 Michelle Tucker	Female 50-54		1:04:09	1:03:39
205	203 Arthur Hunter	Male 50-54		1:04:13	1:03:52
206	18 Matthew Bain	Male 50-54		1:04:22	1:03:49
207	23 Ann Barriball	Female 50-54	Launceston Road Runners	1:04:35	1:04:15
208	310 Rachel Price	Female 35-39		1:04:44	1:04:20
209	344 Charlotte Scoble	Female Under 35		1:04:57	1:04:33
210	91 Debora Cornish	Female 55-59	Storm Plymouth	1:05:22	1:05:04
211	155 Steven Gibson	Male 55-59		1:05:32	1:05:23
212	173 Mark Harvie	Male 55-59		1:05:33	1:05:21
213	243 Amelia Lovell	Female Under 35		1:05:33	1:05:23
214	299 Chunky Penhaul	Male 75-79	Hayle Runners	1:05:35	1:05:25
215	90 Alexander Cooper	Male 45-49		1:05:36	1:05:20
216	417 Lisa Whell	Female 40-44		1:05:41	1:05:21
217	237 Trevor Lee	Male 60-64	Truro Running Club	1:05:43	1:05:35
218	370 Joanne Strawbridge	Female 45-49	East Cornwall Harriers	1:05:51	1:05:32
219	200 Anita Hudson	Female 50-54	St Austell Running Club	1:06:01	1:05:51
220	16 Christopher Baggott	Male 50-54	St Austell Running Club	1:06:01	1:05:51
221	8 Sarah Allen	Female 50-54	Hayle Runners	1:06:04	1:05:50

222	190	Sandra Holmes	Female 60-64	Newquay Road Runners	1:06:12	1:06:07
223	215	Stephen Jenkins	Male 55-59	Launceston Road Runners	1:06:20	1:05:47
224	108	James Danks	Male 40-44	Falmouth Running Club	1:06:26	1:06:02
225	11	Graham Ashton	Male Under 35	Launceston Road Runners	1:06:39	1:06:31
226	6	Peter Allen	Male 65-69	Newquay Road Runners	1:06:41	1:06:30
227	436	Richard Yates	Male 55-59	Launceston Leisure Centre	1:06:44	1:06:10
228	264	Declan Mccaffery	Male Under 35		1:06:45	1:06:28
229	186	Daniel Hirst	Male Under 35		1:06:52	1:06:26
230	244	Susan Lynch	Female 65-69	Torrington AAC	1:06:54	1:06:33
231	151	Roland Gibbard	Male 70-74	Charnwood AC	1:07:03	1:06:51
232	227	Matt Kibler	Male Under 35		1:07:18	1:06:56
233	87	Andy Coles	Male 65-69	St Austell Running Club	1:07:33	1:07:23
234	13	Halle Ashworth	Female Under 35	Launceston Road Runners	1:07:36	1:07:36
235	283	Michael Orchard	Male 65-69	Hayle Runners	1:07:38	1:07:16
236	418	Paul Whitmore	Male 40-44	Storm Plymouth	1:07:40	1:07:22
237	83	Kelvin Coker	Male Under 35	Storm Plymouth	1:07:40	1:07:23
238	333	Peter Roissetter	Male 55-59		1:07:47	1:07:30
239	43	Nina Bond	Female 40-44	Looe Pioneers Running Club	1:07:58	1:07:32
240	131	Nicola Emmett	Female 45-49	Bude Rats (Run and Tri)	1:08:05	1:07:56
241	252	Debbie Marshall	Female 50-54	St Austell Running Club	1:08:16	1:08:07
242	76	Louisa Chisholm	Female 40-44	Looe Pioneers Running Club	1:08:17	1:07:52
243	357	Philip Spargo	Male 65-69	Truro Running Club	1:08:20	1:08:12
244	35	Edward Bish	Male 40-44	Camelford Up and Running	1:08:24	1:08:10
245	345	Clare Scotton	Female 40-44	Tamar Trails Runners	1:08:33	1:08:11
246	419	Caroline Whitton	Female 40-44	Callington Running Group	1:08:36	1:08:23
247	298	Sue Pendleton	Female 40-44	Callington Running Group	1:08:40	1:08:27
248	59	Charlie Brown	Male 50-54		1:08:56	1:08:19
249	292	Carla Pas	Female Under 35		1:08:58	1:08:34
250	39	Darren Blenkinsop	Male 50-54	Tamar Trotters	1:09:05	1:08:57
251	7	Ryan Allen	Male Under 35		1:09:09	1:08:53
252	390	Chloe Turner	Female Under 35	East Cornwall Harriers	1:09:15	1:08:56
253	259	Daniel Matthams	Male Under 35		1:09:18	1:09:06

254	260	David Matthams	Male 60-64	Instinctive Sports Plymouth	1:09:19	1:09:07
255	268	Steve Menear	Male 65-69	St Austell Running Club	1:09:29	1:09:18
256	71	Val Carter	Female 55-59		1:09:31	1:09:27
257	428	Jo Williams	Female 35-39		1:09:31	1:09:04
258	405	Karen Walker	Female 50-54	Storm Plymouth	1:09:32	1:09:05
259	278	Abby Munday	Female Under 35	Launceston Road Runners	1:09:34	1:09:14
260	116	Gavin Dillon	Male 40-44		1:09:45	1:09:26
261	286	Geoff Panter	Male 45-49		1:09:50	1:09:30
262	360	Harry Stallard	Male Under 35	St Austell Running Club	1:10:01	1:09:51
263	424	Derren Wilkie	Male 50-54	Storm Plymouth	1:10:28	1:10:02
264	350	Amber Simler	Female Under 35	Truro Running Club	1:10:32	1:10:14
265	114	Emma Deanes	Female 35-39	Camelford Up and Running	1:10:41	1:10:25
266	266	Tracy Mckenzie	Female 45-49	Newquay Road Runners	1:10:47	1:10:41
267	205	Danielle Hurt	Female Under 35		1:10:53	1:10:30
268	406	Cat Wallman	Female 50-54	Truro Running Club	1:10:56	1:10:32
269	161	Naomi Grint	Female 40-44	Looe Pioneers Running Club	1:11:14	1:10:48
270	386	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:11:34	1:11:10
271	352	Stella Sims	Female 40-44		1:11:40	1:11:04
272	376	Jo Teather	Female 45-49	Launceston Leisure Centre	1:11:45	1:11:11
273	78	Stephen Chiverton	Male 65-69		1:11:54	1:11:37
274	241	Dean Llewellyn	Male 50-54	Looe Pioneers Running Club	1:11:55	1:11:29
275	67	Geraldine Butchers	Female 45-49		1:12:01	1:11:34
276	148	Tracey Garland	Female 55-59	Storm Plymouth	1:12:01	1:11:34
277	193	Sarah Hope	Female 45-49	Camelford Up and Running	1:12:12	1:11:57
278	338	Peter Sargent	Male 75-79	South West Vets A.C.	1:12:17	1:12:04
279	79	Margaret Clark	Female 60-64	Hayle Runners	1:12:18	1:12:03
280	246	Courtney Marks	Female Under 35	St Austell Running Club	1:12:22	1:12:12
281	80	Theresa Clark	Female 55-59	Hayle Runners	1:12:29	1:12:15
282	31	Kirsty Benford	Female 50-54		1:12:34	1:12:04
283	254	Colin Martin	Male 70-74	Newquay Road Runners	1:12:50	1:12:30
284	234	Janet Lathom	Female 65-69	Launceston Road Runners	1:12:51	1:12:35
285	213	Richard Jenkin	Male 80+	Cornwall AC	1:13:18	1:13:10

286	284	Frances Osborne	Female 40-44	Fordy Runs Running Club	1:13:24	1:13:10
287	295	Holly Payne	Female 40-44		1:13:24	1:13:10
288	92	Trevor Cornish	Male 55-59	Hayle Runners	1:13:30	1:13:02
289	332	Emily Roissetter	Female Under 35	Tavistock AC	1:13:30	1:13:13
290	327	Gareth Roberts	Male 45-49	Launceston Leisure Centre	1:13:41	1:13:08
291	437	Rachel Yelland	Female 40-44	East Cornwall Harriers	1:13:42	1:13:23
292	251	Mallory Marriner	Female Under 35	St Austell Running Club	1:13:43	1:13:26
293	51	Alan Brandwood	Male 70-74	Falmouth Running Club	1:13:44	1:13:19
294	82	Simon Cockle	Male 50-54		1:13:47	1:13:15
295	303	Dave Pickard	Male 65-69	Launceston Road Runners	1:13:53	1:13:31
296	29	John Beard	Male 45-49	Newquay Road Runners	1:13:53	1:13:47
297	368	Claire Stone	Female 40-44	Hayle Runners	1:13:56	1:13:47
298	61	Tony Burnett	Male 35-39		1:14:06	1:13:31
299	414	Jackie Wells	Female 65-69	Camelford Up and Running	1:14:16	1:14:00
300	60	Anthony Bryant	Male 45-49	Hayle Runners	1:14:30	1:14:01
301	218	Sally Johnston	Female 60-64	Tamar Trotters	1:14:32	1:14:08
302	134	Julia Evans	Female 50-54	East Cornwall Harriers	1:14:48	1:14:25
303	282	Gillian Onley	Female 55-59	Cornwall AC	1:14:54	1:14:49
304	388	Kayley Tucker	Female 35-39	Launceston Road Runners	1:14:55	1:14:23
305	179	Andrew Heather	Male 55-59	Hayle Runners	1:15:06	1:14:38
306	165	Kate Hall	Female 40-44		1:15:07	1:14:36
307	133	Des Evans	Male 75-79	Newquay Road Runners	1:15:19	1:15:13
308	136	Samantha Ewart	Female 50-54	St Austell Running Club	1:15:34	1:15:22
309	64	Matthew Burt	Male 45-49	Hatch Warren Runners	1:15:47	1:15:11
310	351	Martin Sims	Male 70-74		1:15:48	1:15:12
311	255	Jacqui Martin	Female 50-54	St Austell Running Club	1:16:09	1:15:57
312	1	Gary Albon	Male 60-64		1:16:09	1:15:48
313	323	Sarah Richardson	Female 45-49	Bradworthy Runners	1:16:12	1:16:02
314	206	Holly Hutchins	Female 35-39	Camelford Up and Running	1:16:21	1:16:04
315	398	Martin Venning	Male 70-74	Launceston Road Runners	1:16:26	1:16:06
316	400	Paula Vieira	Female 45-49	St Austell Running Club	1:16:32	1:16:21
317	399	Armando Vieira	Male 45-49	St Austell Running Club	1:16:32	1:16:21

318	56 Michael Brereton	Male 40-44	Camelford Up and Running	1:16:34	1:16:16
319	324 Ian Ringer	Male 75-79		1:16:54	1:16:40
320	342 Demelza Sayers	Female 35-39		1:16:57	1:16:35
321	273 Julie Moffat	Female 55-59	Looe Pioneers Running Club	1:17:34	1:17:06
322	316 Jacquie Rapier	Female 65-69	Falmouth Running Club	1:17:34	1:17:09
323	375 Chris Teather	Male 60-64	Launceston Leisure Centre	1:17:35	1:17:01
324	73 Helen Cattran	Female 55-59	Hayle Runners	1:17:36	1:17:14
325	112 Alison Day	Female 50-54	St Austell Running Club	1:17:40	1:17:23
326	180 Peter Hesketh	Male 60-64		1:17:51	1:17:16
327	163 Natasha Gutridge	Female 50-54	Newquay Road Runners	1:18:13	1:17:57
328	408 Victoria Walton	Female 45-49	Newquay Road Runners	1:18:13	1:17:57
329	384 Stewart Townend	Male 80+	Hayle Runners	1:18:23	1:18:00
330	98 Kate Crowells-Hodge	Female Under 35		1:18:30	1:17:53
331	317 Pawel Religa	Male 50-54		1:18:44	1:18:30
332	270 Bryan Mills	Male 55-59		1:18:46	1:18:16
333	144 Sean Furlonger	Male 55-59		1:18:56	1:18:18
334	371 Wendy Stuart	Female 50-54	St Austell Running Club	1:18:59	1:18:44
335	171 Adele Hartley	Female Under 35		1:19:02	1:18:25
336	153 Debra Gibbs	Female 55-59	St Austell Running Club	1:19:07	1:18:52
337	99 Jon Cryer	Male 70-74		1:19:23	1:19:05
338	369 Jackie Stone	Female 60-64	Hayle Runners	1:19:25	1:19:01
339	222 Laura Keith	Female Under 35	Plymouth Harriers	1:20:00	1:19:22
340	229 Margaret Ann Kinahan	Female 70-74	East Cornwall Harriers	1:20:03	1:19:40
341	216 Jade Jennings	Female Under 35		1:20:04	1:19:48
342	315 Christopher Ramsey	Male 70-74	Truro Running Club	1:20:16	1:20:07
343	20 John Barnes	Male 60-64	Launceston Road Runners	1:20:25	1:20:06
344	267 David McKillop	Male 55-59		1:20:33	1:20:12
345	176 Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:20:53	1:20:33
346	191 Rachel Holt	Female 55-59	Looe Pioneers Running Club	1:21:25	1:20:57
347	17 Joanne Bailey	Female 50-54	Launceston Road Runners	1:21:25	1:21:05
348	367 Christine Stone	Female 50-54		1:21:31	1:21:05
349	115 Nicole Di Maio	Female 40-44	Cornwall AC	1:21:33	1:21:28

350	10 Karla Aram	Female 40-44	East Cornwall Harriers	1:22:02	1:21:39
351	238 Emma Lewis	Female 45-49	East Cornwall Harriers	1:22:12	1:21:50
352	212 Jacqueline Jenkin	Female 75-79	Cornwall AC	1:22:14	1:22:02
353	125 Simon Eaton	Male 55-59		1:22:24	1:22:02
354	348 Jane Shaddick-Brady	Female 60-64		1:22:45	1:22:16
355	19 Claire Baird	Female 50-54	Camelford Up and Running	1:22:52	1:22:37
356	170 Michaela Harrison	Female 45-49		1:23:06	1:22:42
357	160 Emma Grigg	Female 45-49	Camelford Up and Running	1:23:17	1:23:01
358	262 Lindsay Matthews	Female 35-39		1:23:47	1:23:15
359	431 Katie-Sarah Willing	Female 35-39		1:24:02	1:23:47
360	288 Jo Parish	Female 35-39		1:24:08	1:23:37
361	373 Lesley Taphouse	Female 60-64	Bodmin Running Club	1:24:16	1:23:50
362	293 Carrie Patrick	Female 45-49	Carn Runners	1:24:24	1:23:55
363	236 Jennifer Lawson	Female 55-59	Newquay Road Runners	1:24:55	1:24:34
364	427 Ian Williams	Male 50-54		1:25:35	1:25:09
365	157 Linda Godfrey	Female 65-69	Bodmin Women's Running Club	1:26:22	1:25:54
366	410 Kenzie Watson	Female Under 35		1:26:22	1:26:07
367	42 Robert Bolitho	Male 60-64	Falmouth Running Club	1:26:51	1:26:21
368	62 Dennis Burrell	Male 75-79	Carn Runners	1:27:14	1:26:45
369	167 Eunice Halliday	Female 65-69	Plymouth Musketeers Running Club	1:27:24	1:26:46
370	46 Mark Borman	Male Under 35	St Austell Running Club	1:27:46	1:27:36
371	41 Julie Bolitho	Female 55-59	Falmouth Running Club	1:28:12	1:27:41
372	12 John Ashton	Male 60-64	Ellesmere Port Running Club	1:28:19	1:27:47
373	65 Lorna Burton	Female 50-54		1:28:48	1:28:15
374	289 Lisa Parr	Female 50-54	Plymouth Harriers	1:30:09	1:29:31
375	349 Claire Sibley	Female 35-39		1:30:51	1:30:24
376	132 Samantha Ennor	Female 35-39		1:30:52	1:30:25
377	219 Lynn Jones	Female 65-69	Plymouth Musketeers Running Club	1:31:30	1:30:52
378	156 Shaun Gidney	Male 55-59	Launceston Road Runners	1:31:59	1:31:31
379	137 Tony Farrant	Male 55-59	Callington Running Group	1:32:03	1:31:49
380	184 Charlie Hill	Male 40-44		1:32:20	1:32:07
381	4 Annette Allen	Female 50-54	Launceston Leisure Centre	1:34:19	1:33:45

	382	50 Zoe Bramhill-Moffatt	Female Under 35	Launceston Leisure Centre	1:34:20	1:33:45
	383	5 Jonathan Allen	Male 55-59	Launceston Leisure Centre	1:34:20	1:33:46
	384	413 Kathryn Weaver-Gore	Female 60-64	Plymouth Musketeers Running Club	1:35:21	1:34:42
	385	81 Anne Cobell	Female 45-49	Hayle Runners	1:36:30	1:36:01
	386	385 Sara Treeby	Female 40-44	Looe Pioneers Running Club	1:39:07	1:38:41
	387	334 Ruth Rose	Female 50-54		1:39:50	1:39:20
	388	106 Paula Dale	Female 50-54		1:44:39	1:44:13
	389	438 Jackie Chapman	Female 60-64	Launceston Road Runners	1:44:43	1:44:04
DSQ		75 Craig Charnock	Male Under 35		0:54:00	0:53:57
DNF		325 Janet Ritchie	Female 60-64	Carn Runners		

Place	Bib	Name	AG	Club	ChipTime	GunTime
Treggy 7 - 2024						
Female						
	1	232 Katie Knowles	Female Under 35	Truro Running Club	0:42:38	0:42:39
	2	28 Tamara Beach	Female Under 35	Cornwall AC	0:42:44	0:42:46
	3	294 Emma Paull	Female 35-39	Hayle Runners	0:44:34	0:44:36
	4	223 Nikki Kelly	Female Under 35	Tavistock AC	0:45:33	0:45:34
	5	149 Jodie Gauld	Female Under 35	St Austell Running Club	0:48:13	0:48:15
	6	240 Katie Littlejohns Riches	Female Under 35	Okehampton RC	0:48:30	0:48:33
	7	261 Charlene Matthews	Female 35-39	Storm Plymouth	0:49:14	0:49:25
	8	364 Emma Stepto	Female 50-54	Cornwall AC	0:49:48	0:49:51
	9	211 Jenny Jeeves	Female 55-59	Tavistock AC	0:51:11	0:51:14
	10	174 Rose Harvie	Female Under 35	Newquay Road Runners	0:51:39	0:51:45
	11	14 Gail Aspden	Female 55-59	Cornwall AC	0:51:55	0:51:57
	12	235 Ruby Lawrence	Female Under 35	RunFitRunFast	0:52:05	0:52:06
	13	121 Jennifer Dunstan	Female 35-39	Cornwall AC	0:53:16	0:53:19
	14	178 Eve Hearle	Female 40-44	Newquay Road Runners	0:53:51	0:53:57
	15	181 Amanda Hewitt	Female 50-54	Cornwall AC	0:54:01	0:54:04
	16	147 Fiona Gamble	Female 35-39	Hayle Runners	0:54:05	0:54:13
	17	412 Mandy Watts	Female 55-59	Newquay Road Runners	0:54:44	0:54:48
	18	198 Charlene Howard	Female 35-39		0:55:04	0:55:10
	19	169 Emma Hancock	Female Under 35		0:55:23	0:55:26
	20	142 Emma Fox	Female 45-49	Newquay Road Runners	0:55:22	0:55:27
	21	407 Carole Walters	Female 60-64	Tavistock AC	0:55:40	0:55:44
	22	140 Victoria Foster	Female 45-49	Launceston Leisure Centre	0:55:41	0:55:46
	23	158 Anna Goodman	Female Under 35	Hayle Runners	0:55:59	0:56:08
	24	383 Julie Towers	Female 60-64	Hayle Runners	0:56:02	0:56:11
	25	150 Corinne Gerrard	Female 50-54	Hayle Runners	0:56:24	0:56:33
	26	47 Abby Bounsall	Female Under 35		0:57:09	0:57:13
	27	172 Katie Harvie	Female Under 35	Torbay AAC	0:57:59	0:58:11
	28	48 Karina Bowers	Female 40-44	St Austell Running Club	0:58:06	0:58:12
	29	271 Jenny Mills	Female 75-79	Launceston Road Runners	0:58:19	0:58:23

30	69 Fay Cameron	Female 35-39	Newquay Road Runners	0:58:53	0:58:59
31	318 Zoe Renowden	Female 40-44	Hayle Runners	0:58:52	0:59:02
32	433 Claire Winfield	Female 55-59	Launceston Road Runners	0:58:58	0:59:05
33	159 Amy Gregory	Female 35-39	Newquay Road Runners	0:59:06	0:59:11
34	425 Sarah Wilkinson	Female 60-64	Newquay Road Runners	0:59:16	0:59:21
35	409 Jackie Wastell	Female 60-64	London Heathside	0:59:51	1:00:01
36	119 Natalie Dunn	Female 40-44	Truro Running Club	1:00:01	1:00:06
37	58 Catherine Brown	Female 50-54	Storm Plymouth	0:59:58	1:00:14
38	34 Kelly Bills	Female 45-49	Hayle Runners	1:00:17	1:00:39
39	54 Sallie Brennan	Female 45-49	Tamar Trotters	1:01:08	1:01:18
40	105 Clare Dale	Female 40-44	St Austell Running Club	1:01:23	1:01:40
41	189 Sarah Holland	Female 45-49	Tavistock AC	1:02:03	1:02:10
42	362 Jane Stedman	Female 60-64	Bodmin Running Club	1:02:03	1:02:16
43	141 Katie Fowler	Female 35-39	Launceston Road Runners	1:02:13	1:02:18
44	230 Becky Kingdon	Female 40-44		1:01:56	1:02:19
45	128 Nicola Edwards	Female 45-49	Newquay Road Runners	1:02:36	1:02:41
46	421 Demelza Widdershoven	Female 40-44	Carn Runners	1:03:00	1:03:04
47	354 Hannah Smith	Female Under 35	Hayle Runners	1:03:07	1:03:22
48	253 Linda Marshall	Female 45-49		1:03:41	1:04:04
49	204 Harriet Hunter	Female Under 35		1:03:47	1:04:08
50	389 Michelle Tucker	Female 50-54		1:03:39	1:04:09
51	23 Ann Barriball	Female 50-54	Launceston Road Runners	1:04:15	1:04:35
52	310 Rachel Price	Female 35-39		1:04:20	1:04:44
53	344 Charlotte Scoble	Female Under 35		1:04:33	1:04:57
54	91 Debora Cornish	Female 55-59	Storm Plymouth	1:05:04	1:05:22
55	243 Amelia Lovell	Female Under 35		1:05:23	1:05:33
56	417 Lisa Whell	Female 40-44		1:05:21	1:05:41
57	370 Joanne Strawbridge	Female 45-49	East Cornwall Harriers	1:05:32	1:05:51
58	200 Anita Hudson	Female 50-54	St Austell Running Club	1:05:51	1:06:01
59	8 Sarah Allen	Female 50-54	Hayle Runners	1:05:50	1:06:04
60	190 Sandra Holmes	Female 60-64	Newquay Road Runners	1:06:07	1:06:12
61	244 Susan Lynch	Female 65-69	Torrington AAC	1:06:33	1:06:54

62	13	Halle Ashworth	Female Under 35	Launceston Road Runners	1:07:36	1:07:36
63	43	Nina Bond	Female 40-44	Looe Pioneers Running Club	1:07:32	1:07:58
64	131	Nicola Emmett	Female 45-49	Bude Rats (Run and Tri)	1:07:56	1:08:05
65	252	Debbie Marshall	Female 50-54	St Austell Running Club	1:08:07	1:08:16
66	76	Louisa Chisholm	Female 40-44	Looe Pioneers Running Club	1:07:52	1:08:17
67	345	Clare Scotton	Female 40-44	Tamar Trails Runners	1:08:11	1:08:33
68	419	Caroline Whitton	Female 40-44	Callington Running Group	1:08:23	1:08:36
69	298	Sue Pendleton	Female 40-44	Callington Running Group	1:08:27	1:08:40
70	292	Carla Pas	Female Under 35		1:08:34	1:08:58
71	390	Chloe Turner	Female Under 35	East Cornwall Harriers	1:08:56	1:09:15
72	71	Val Carter	Female 55-59		1:09:27	1:09:31
73	428	Jo Williams	Female 35-39		1:09:04	1:09:31
74	405	Karen Walker	Female 50-54	Storm Plymouth	1:09:05	1:09:32
75	278	Abby Munday	Female Under 35	Launceston Road Runners	1:09:14	1:09:34
76	350	Amber Simler	Female Under 35	Truro Running Club	1:10:14	1:10:32
77	114	Emma Deanes	Female 35-39	Camelford Up and Running	1:10:25	1:10:41
78	266	Tracy Mckenzie	Female 45-49	Newquay Road Runners	1:10:41	1:10:47
79	205	Danielle Hurt	Female Under 35		1:10:30	1:10:53
80	406	Cat Wallman	Female 50-54	Truro Running Club	1:10:32	1:10:56
81	161	Naomi Grint	Female 40-44	Looe Pioneers Running Club	1:10:48	1:11:14
82	386	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:11:10	1:11:34
83	352	Stella Sims	Female 40-44		1:11:04	1:11:40
84	376	Jo Teather	Female 45-49	Launceston Leisure Centre	1:11:11	1:11:45
85	67	Geraldine Butchers	Female 45-49		1:11:34	1:12:01
86	148	Tracey Garland	Female 55-59	Storm Plymouth	1:11:34	1:12:01
87	193	Sarah Hope	Female 45-49	Camelford Up and Running	1:11:57	1:12:12
88	79	Margaret Clark	Female 60-64	Hayle Runners	1:12:03	1:12:18
89	246	Courtney Marks	Female Under 35	St Austell Running Club	1:12:12	1:12:22
90	80	Theresa Clark	Female 55-59	Hayle Runners	1:12:15	1:12:29
91	31	Kirsty Benford	Female 50-54		1:12:04	1:12:34
92	234	Janet Lathom	Female 65-69	Launceston Road Runners	1:12:35	1:12:51
93	284	Frances Osborne	Female 40-44	Fordy Runs Running Club	1:13:10	1:13:24

94	295 Holly Payne	Female 40-44		1:13:10	1:13:24
95	332 Emily Roissetter	Female Under 35	Tavistock AC	1:13:13	1:13:30
96	437 Rachel Yelland	Female 40-44	East Cornwall Harriers	1:13:23	1:13:42
97	251 Mallory Marriner	Female Under 35	St Austell Running Club	1:13:26	1:13:43
98	368 Claire Stone	Female 40-44	Hayle Runners	1:13:47	1:13:56
99	414 Jackie Wells	Female 65-69	Camelford Up and Running	1:14:00	1:14:16
100	218 Sally Johnston	Female 60-64	Tamar Trotters	1:14:08	1:14:32
101	134 Julia Evans	Female 50-54	East Cornwall Harriers	1:14:25	1:14:48
102	282 Gillian Onley	Female 55-59	Cornwall AC	1:14:49	1:14:54
103	388 Kayley Tucker	Female 35-39	Launceston Road Runners	1:14:23	1:14:55
104	165 Kate Hall	Female 40-44		1:14:36	1:15:07
105	136 Samantha Ewart	Female 50-54	St Austell Running Club	1:15:22	1:15:34
106	255 Jacqui Martin	Female 50-54	St Austell Running Club	1:15:57	1:16:09
107	323 Sarah Richardson	Female 45-49	Bradworthy Runners	1:16:02	1:16:12
108	206 Holly Hutchins	Female 35-39	Camelford Up and Running	1:16:04	1:16:21
109	400 Paula Vieira	Female 45-49	St Austell Running Club	1:16:21	1:16:32
110	342 Demelza Sayers	Female 35-39		1:16:35	1:16:57
111	273 Julie Moffat	Female 55-59	Looe Pioneers Running Club	1:17:06	1:17:34
112	316 Jacquie Rapier	Female 65-69	Falmouth Running Club	1:17:09	1:17:34
113	73 Helen Cattran	Female 55-59	Hayle Runners	1:17:14	1:17:36
114	112 Alison Day	Female 50-54	St Austell Running Club	1:17:23	1:17:40
115	163 Natasha Guttridge	Female 50-54	Newquay Road Runners	1:17:57	1:18:13
116	408 Victoria Walton	Female 45-49	Newquay Road Runners	1:17:57	1:18:13
117	98 Kate Crowells-Hodge	Female Under 35		1:17:53	1:18:30
118	371 Wendy Stuart	Female 50-54	St Austell Running Club	1:18:44	1:18:59
119	171 Adele Hartley	Female Under 35		1:18:25	1:19:02
120	153 Debra Gibbs	Female 55-59	St Austell Running Club	1:18:52	1:19:07
121	369 Jackie Stone	Female 60-64	Hayle Runners	1:19:01	1:19:25
122	222 Laura Keith	Female Under 35	Plymouth Harriers	1:19:22	1:20:00
123	229 Margaret Ann Kinahan	Female 70-74	East Cornwall Harriers	1:19:40	1:20:03
124	216 Jade Jennings	Female Under 35		1:19:48	1:20:04
125	176 Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:20:33	1:20:53

126	191	Rachel Holt	Female 55-59	Looe Pioneers Running Club	1:20:57	1:21:25
127	17	Joanne Bailey	Female 50-54	Launceston Road Runners	1:21:05	1:21:25
128	367	Christine Stone	Female 50-54		1:21:05	1:21:31
129	115	Nicole Di Maio	Female 40-44	Cornwall AC	1:21:28	1:21:33
130	10	Karla Aram	Female 40-44	East Cornwall Harriers	1:21:39	1:22:02
131	238	Emma Lewis	Female 45-49	East Cornwall Harriers	1:21:50	1:22:12
132	212	Jacqueline Jenkin	Female 75-79	Cornwall AC	1:22:02	1:22:14
133	348	Jane Shaddick-Brady	Female 60-64		1:22:16	1:22:45
134	19	Claire Baird	Female 50-54	Camelford Up and Running	1:22:37	1:22:52
135	170	Michaela Harrison	Female 45-49		1:22:42	1:23:06
136	160	Emma Grigg	Female 45-49	Camelford Up and Running	1:23:01	1:23:17
137	262	Lindsay Matthews	Female 35-39		1:23:15	1:23:47
138	431	Katie-Sarah Willing	Female 35-39		1:23:47	1:24:02
139	288	Jo Parish	Female 35-39		1:23:37	1:24:08
140	373	Lesley Taphouse	Female 60-64	Bodmin Running Club	1:23:50	1:24:16
141	293	Carrie Patrick	Female 45-49	Carn Runners	1:23:55	1:24:24
142	236	Jennifer Lawson	Female 55-59	Newquay Road Runners	1:24:34	1:24:55
143	157	Linda Godfrey	Female 65-69	Bodmin Women's Running Club	1:25:54	1:26:22
144	410	Kenzie Watson	Female Under 35		1:26:07	1:26:22
145	167	Eunice Halliday	Female 65-69	Plymouth Musketeers Running Club	1:26:46	1:27:24
146	41	Julie Bolitho	Female 55-59	Falmouth Running Club	1:27:41	1:28:12
147	65	Lorna Burton	Female 50-54		1:28:15	1:28:48
148	289	Lisa Parr	Female 50-54	Plymouth Harriers	1:29:31	1:30:09
149	349	Claire Sibley	Female 35-39		1:30:24	1:30:51
150	132	Samantha Ennor	Female 35-39		1:30:25	1:30:52
151	219	Lynn Jones	Female 65-69	Plymouth Musketeers Running Club	1:30:52	1:31:30
152	4	Annette Allen	Female 50-54	Launceston Leisure Centre	1:33:45	1:34:19
153	50	Zoe Bramhill-Moffatt	Female Under 35	Launceston Leisure Centre	1:33:45	1:34:20
154	413	Kathryn Weaver-Gore	Female 60-64	Plymouth Musketeers Running Club	1:34:42	1:35:21
155	81	Anne Cobell	Female 45-49	Hayle Runners	1:36:01	1:36:30
156	385	Sara Treeby	Female 40-44	Looe Pioneers Running Club	1:38:41	1:39:07
157	334	Ruth Rose	Female 50-54		1:39:20	1:39:50

	158	106 Paula Dale	Female 50-54		1:44:13	1:44:39
	159	438 Jackie Chapman	Female 60-64	Launceston Road Runners	1:44:04	1:44:43
DNF		325 Janet Ritchie	Female 60-64	Carn Runners		
Male						
	1	276 Tom Morton	Male Under 35	Newquay & Par AC	0:37:14	0:37:15
	2	319 Steve Reynolds	Male 35-39	Truro Running Club	0:38:19	0:38:20
	3	86 Jim Cole	Male 40-44	Tavistock Run Project	0:39:42	0:39:43
	4	104 James Cutlan	Male 35-39	Cornwall AC	0:39:54	0:39:55
	5	154 Kenny Gibson	Male Under 35	Cornwall AC	0:40:23	0:40:23
	6	274 Jordan Morant	Male Under 35	Hayle Runners	0:40:26	0:40:27
	7	127 Jamie Edwards	Male Under 35	Newquay Road Runners	0:40:33	0:40:34
	8	93 Daniel Costello	Male Under 35	Hayle Runners	0:40:46	0:40:48
	9	97 David Crawford	Male 35-39	Newquay & Par AC	0:41:43	0:41:43
	10	365 Dylan Stevens	Male Under 35	Newquay & Par AC	0:41:59	0:42:02
	11	258 Jamie Masters	Male 35-39	St Austell Running Club	0:42:24	0:42:26
	12	248 Alex Marples	Male 45-49	Truro Running Club	0:42:55	0:42:57
	13	225 Ben Kent	Male Under 35	Cornwall AC	0:43:25	0:43:25
	14	420 Dean Wickett	Male Under 35		0:43:28	0:43:29
	15	314 Clive Ramsden	Male 45-49	Newquay Road Runners	0:43:32	0:43:33
	16	96 Morgan Craig	Male 45-49	Bude Rats (Run and Tri)	0:43:32	0:43:35
	17	280 Liam O'Neill	Male 35-39	Hayle Runners	0:43:36	0:43:39
	18	391 Christopher Turner	Male Under 35	Okehampton RC	0:43:40	0:43:41
	19	269 Lloyd Milbourn	Male Under 35		0:43:51	0:43:52
	20	2 Carl Aldridge	Male Under 35		0:44:10	0:44:10
	21	339 Stan Sargent	Male 50-54		0:44:27	0:44:28
	22	329 Mark Roby	Male 45-49	Truro Running Club	0:44:33	0:44:35
	23	307 Martin Potter	Male 55-59	London Heathside	0:44:34	0:44:37
	24	70 Neil Carter	Male 40-44	Newquay Road Runners	0:44:44	0:44:45
	25	356 Wes Smith	Male Under 35	Tavistock Run Project	0:45:06	0:45:07
	26	146 Liam Gallantry	Male Under 35	East Cornwall Harriers	0:45:08	0:45:10
	27	107 Alex Daniels	Male 50-54	Newquay Road Runners	0:46:01	0:46:03
	28	290 Bradley Parsons	Male Under 35	St Austell Running Club	0:46:01	0:46:03

29	113	Mark Deacon	Male 35-39	Looe Pioneers Running Club	0:46:12	0:46:14
30	177	Neil Hayhurst	Male 40-44	Hayle Runners	0:46:36	0:46:38
31	194	Edward Horn	Male 35-39	Tavistock AC	0:46:49	0:46:49
32	382	Joseph Thomson	Male 35-39	Launceston Road Runners	0:46:53	0:46:59
33	415	Charlie Wevill	Male Under 35	Matt Luxton Health & Fitness	0:47:04	0:47:05
34	296	Ben Pearce	Male 35-39	Truro Running Club	0:47:05	0:47:09
35	430	Mark Williams	Male 55-59	Hayle Runners	0:47:11	0:47:14
36	393	Dominic Turton	Male Under 35	Hayle Runners	0:47:11	0:47:14
37	72	Daniel Case	Male 35-39	Tamar Trotters	0:47:14	0:47:17
38	233	Craig Knuckey	Male 55-59	Cornwall AC	0:47:38	0:47:39
39	101	Ian Curnow	Male 50-54	Hayle Runners	0:47:39	0:47:43
40	130	Mike Ellis	Male 45-49	Newquay & Par AC	0:47:48	0:47:50
41	247	Ryan Marks	Male Under 35	St Austell Running Club	0:48:22	0:48:25
42	126	Elliott Edwards	Male Under 35		0:48:41	0:48:45
43	120	Damian Dunne	Male 50-54	Plymouth Musketeers Running Club	0:48:45	0:48:52
44	162	David Guffick	Male 40-44	Hayle Runners	0:49:12	0:49:16
45	335	Matt Row	Male 35-39	St Austell Running Club	0:49:14	0:49:20
46	300	Neil Penny-Harding	Male 40-44	Cornwall AC	0:49:21	0:49:25
47	306	Adam Porter	Male Under 35		0:49:26	0:49:29
48	221	Jonathan Kappes	Male 50-54	Launceston Road Runners	0:49:38	0:49:42
49	245	James Manning	Male 45-49	Hayle Runners	0:49:43	0:49:45
50	164	Craig Hall	Male 50-54	Cornwall AC	0:49:35	0:49:46
51	361	Sid Standlick	Male 40-44	Tamar Trotters	0:49:51	0:49:54
52	263	Louis Matthews	Male 40-44	Launceston Road Runners	0:49:52	0:49:56
53	228	David Kilgore	Male 45-49	Storm Plymouth	0:49:49	0:50:00
54	129	Jon Eldon	Male 60-64	Hayle Runners	0:50:00	0:50:03
55	103	Marc Curtis	Male 55-59	Tavistock AC	0:50:12	0:50:14
56	397	Craig Varcoe	Male 35-39	St Austell Running Club	0:50:31	0:50:36
57	366	Paul Stevens	Male 45-49	St Austell Athletes Running Club	0:50:31	0:50:40
58	257	Philip Martyn-Uglow	Male 40-44		0:50:58	0:50:58
59	372	Mark Sweeney	Male 60-64	St Austell Running Club	0:51:00	0:51:05
60	3	Matt Allan	Male 45-49	Camelford Up and Running	0:51:08	0:51:11

61	347 Andrew Searle	Male 40-44	Hayle Runners	0:51:25	0:51:28
62	426 Ashley Williams	Male Under 35	Hayle Runners	0:51:34	0:51:36
63	321 Stuart Richards	Male 50-54	St Austell Running Club	0:51:52	0:51:54
64	145 Jack Gale	Male Under 35		0:51:56	0:52:00
65	297 Mark Peck	Male 35-39		0:52:22	0:52:29
66	250 Henry Marriner	Male 35-39	St Austell Running Club	0:52:31	0:52:37
67	57 Peter Brodey	Male Under 35	St Austell Running Club	0:52:30	0:52:37
68	387 Paul Trifanov	Male Under 35	Newquay Road Runners	0:52:35	0:52:37
69	196 Pavol Hornak	Male 40-44		0:52:39	0:52:43
70	102 Charles Curtis	Male Under 35	Cornwall AC	0:52:43	0:52:47
71	26 Colin Bathe	Male 55-59	Truro Running Club	0:52:55	0:53:00
72	394 Tim Twiggs	Male 55-59	Hayle Runners	0:52:55	0:53:02
73	202 Frazer Humbles	Male 40-44	Hayle Runners	0:53:15	0:53:20
74	378 Mark Thomas	Male 45-49	Storm Plymouth	0:53:25	0:53:37
75	355 Richard Smith	Male 50-54	Newquay Road Runners	0:53:37	0:53:43
76	281 Stephen Oke	Male 40-44		0:53:39	0:53:43
77	22 Marty Barnfield	Male 50-54	Bodmin Running Club	0:53:56	0:54:02
78	404 Iain Walker	Male 65-69	St Austell Running Club	0:54:00	0:54:06
79	337 John Sanders	Male 40-44		0:54:13	0:54:20
80	363 James Stephens	Male 35-39	St Austell Running Club	0:54:16	0:54:22
81	381 Eddie Thomson	Male 35-39	Launceston Road Runners	0:54:18	0:54:25
82	287 David Parish	Male Under 35	RunFitRunFast	0:54:33	0:55:02
83	341 Ian Savigar	Male 60-64	East Cornwall Harriers	0:55:17	0:55:22
84	110 James Davison	Male Under 35	Bodmin Running Club	0:55:07	0:55:28
85	395 Craig Underhill	Male 55-59	Hayle Runners	0:55:26	0:55:33
86	396 Darren Uren	Male 40-44	Hayle Runners	0:55:34	0:55:36
87	256 Paul Martin	Male 40-44		0:55:30	0:55:41
88	401 Jason Vinnicombe	Male 45-49	Cornwall AC	0:55:31	0:55:42
89	434 Declan Woodgate	Male Under 35		0:55:34	0:55:46
90	94 Michael Counter	Male 60-64	St Austell Running Club	0:55:40	0:55:47
91	301 Nicholas Peters	Male Under 35	Hayle Runners	0:55:31	0:55:52
92	328 Malcolm Roberts	Male 70-74	St Austell Running Club	0:55:47	0:55:53

93	74 Brandon Charnock	Male Under 35		0:56:03	0:56:06
94	66 Ross Buscombe	Male 35-39	St Austell Running Club	0:56:24	0:56:29
95	377 Derek Thomas	Male 50-54	St Austell Running Club	0:56:23	0:56:30
96	40 Ieuan Bluett	Male Under 35		0:56:28	0:56:33
97	265 David Mccarthy	Male 35-39	Storm Plymouth	0:56:18	0:56:35
98	358 David Speake	Male 50-54	St Austell Running Club	0:56:46	0:56:53
99	279 Mark Newson	Male 55-59	Honiton RC	0:56:51	0:57:01
100	139 Richard Foster	Male 50-54	Launceston Road Runners	0:57:04	0:57:10
101	192 Rory Honeychurch	Male Under 35		0:57:08	0:57:13
102	123 Kyle Eaton	Male Under 35		0:57:11	0:57:17
103	374 Peter Tassart	Male 55-59		0:57:22	0:57:27
104	44 Nick Boorman	Male 35-39		0:57:19	0:57:33
105	201 Michael Hughes	Male 60-64	Storm Plymouth	0:57:28	0:57:44
106	312 Stuart Queen	Male 50-54	Plymouth Musketeers Running Club	0:57:47	0:57:54
107	30 Andy Bees	Male 40-44	Plymouth Musketeers Running Club	0:57:28	0:57:58
108	166 John Hallen	Male 55-59	Torrington AAC	0:57:48	0:58:07
109	33 Mark Bennetts	Male 45-49	St Austell Athletes Running Club	0:58:02	0:58:09
110	32 Gregory Bennett	Male 40-44	Launceston Road Runners	0:58:21	0:58:27
111	63 Anthony Burrows	Male 60-64	Hayle Runners	0:58:18	0:58:27
112	403 Simon Wakeham	Male Under 35		0:58:01	0:58:36
113	359 Christopher Spencer	Male 60-64		0:58:25	0:58:38
114	182 Christopher Heywood	Male 60-64		0:58:25	0:58:46
115	52 Daniel Bredbere	Male Under 35		0:58:42	0:58:49
116	416 Paul Whear	Male 55-59	Cornwall AC	0:58:50	0:58:52
117	392 Josh Turner	Male 35-39	East Cornwall Harriers	0:58:54	0:59:01
118	187 Keith Hoadley	Male 60-64	Torrington AAC	0:58:47	0:59:06
119	24 James Barriball	Male Under 35		0:59:18	0:59:28
120	308 Damen Powell	Male 35-39	St Austell Running Club	0:59:22	0:59:30
121	15 Simon Ayres	Male 45-49		0:59:22	0:59:33
122	208 Martin Hynes	Male 70-74	Launceston Road Runners	0:59:38	0:59:43
123	100 Nathan Cudmore	Male 45-49	Hayle Runners	0:59:40	0:59:48
124	242 Mark Lobb	Male 55-59	Storm Plymouth	0:59:37	0:59:53

125	210	Simon James	Male 50-54	Cornwall AC	0:59:51	0:59:55
126	336	Wayne Rundle	Male 50-54	Launceston Road Runners	0:59:55	1:00:06
127	124	Sam Eaton	Male Under 35	Launceston Road Runners	0:59:56	1:00:10
128	322	Mark Richardson	Male 50-54	Bradworthy Runners	1:00:20	1:00:28
129	143	David Foy	Male 50-54	Falmouth Running Club	1:00:26	1:00:35
130	214	Steven Jenkin	Male 50-54	Cornwall AC	1:00:36	1:00:40
131	122	Richard Eales	Male 40-44		1:00:21	1:00:44
132	207	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	1:00:37	1:00:45
133	109	James Dart	Male 35-39		1:00:38	1:00:57
134	117	Martin Dinham	Male 50-54	Mile High	1:00:56	1:01:10
135	275	Richard Morton	Male 70-74	Tamar Trotters	1:01:32	1:01:40
136	195	Andrej Hornak	Male 35-39		1:01:40	1:01:44
137	340	Nicholas Saunders	Male 40-44		1:01:27	1:01:44
138	89	Richard Collett	Male 40-44	Hayle Runners	1:01:17	1:01:45
139	435	Jason Yates	Male 45-49	Launceston Leisure Centre	1:01:29	1:01:58
140	168	Lewis Halliday	Male Under 35		1:01:53	1:01:59
141	138	Richard Felton	Male Under 35		1:01:29	1:02:04
142	272	Jon Mitchell	Male 50-54	Cornwall AC	1:02:19	1:02:24
143	152	Clive Gibbs	Male 60-64	St Austell Running Club	1:02:15	1:02:26
144	175	Ben Hawke	Male Under 35		1:02:01	1:02:31
145	330	Ben Rogers	Male 40-44	Bude Rats (Run and Tri)	1:02:32	1:02:41
146	311	Ivor Pudner	Male 55-59	Looe Pioneers Running Club	1:02:17	1:02:43
147	77	Kevin Chiswell	Male 60-64	Storm Plymouth	1:02:32	1:02:48
148	304	Matt Pickard	Male 35-39	Launceston Road Runners	1:02:33	1:02:53
149	217	Pete Jennings	Male 60-64		1:02:40	1:02:56
150	185	Nick Hill	Male 40-44		1:02:47	1:03:00
151	188	Jon Hoare	Male 55-59	East Cornwall Harriers	1:03:02	1:03:10
152	209	Darren Jackson	Male 55-59		1:03:23	1:03:30
153	313	Peter Rabson	Male 40-44	Camelford Up and Running	1:03:34	1:04:04
154	9	Deane Andrew	Male Under 35		1:03:48	1:04:06
155	203	Arthur Hunter	Male 50-54		1:03:52	1:04:13
156	18	Matthew Bain	Male 50-54		1:03:49	1:04:22

157	155	Steven Gibson	Male 55-59		1:05:23	1:05:32
158	173	Mark Harvie	Male 55-59		1:05:21	1:05:33
159	299	Chunky Penhaul	Male 75-79	Hayle Runners	1:05:25	1:05:35
160	90	Alexander Cooper	Male 45-49		1:05:20	1:05:36
161	237	Trevor Lee	Male 60-64	Truro Running Club	1:05:35	1:05:43
162	16	Christopher Baggott	Male 50-54	St Austell Running Club	1:05:51	1:06:01
163	215	Stephen Jenkins	Male 55-59	Launceston Road Runners	1:05:47	1:06:20
164	108	James Danks	Male 40-44	Falmouth Running Club	1:06:02	1:06:26
165	11	Graham Ashton	Male Under 35	Launceston Road Runners	1:06:31	1:06:39
166	6	Peter Allen	Male 65-69	Newquay Road Runners	1:06:30	1:06:41
167	436	Richard Yates	Male 55-59	Launceston Leisure Centre	1:06:10	1:06:44
168	264	Declan Mccaffery	Male Under 35		1:06:28	1:06:45
169	186	Daniel Hirst	Male Under 35		1:06:26	1:06:52
170	151	Roland Gibbard	Male 70-74	Charnwood AC	1:06:51	1:07:03
171	227	Matt Kibler	Male Under 35		1:06:56	1:07:18
172	87	Andy Coles	Male 65-69	St Austell Running Club	1:07:23	1:07:33
173	283	Michael Orchard	Male 65-69	Hayle Runners	1:07:16	1:07:38
174	418	Paul Whitmore	Male 40-44	Storm Plymouth	1:07:22	1:07:40
175	83	Kelvin Coker	Male Under 35	Storm Plymouth	1:07:23	1:07:40
176	333	Peter Roissetter	Male 55-59		1:07:30	1:07:47
177	357	Philip Spargo	Male 65-69	Truro Running Club	1:08:12	1:08:20
178	35	Edward Bish	Male 40-44	Camelford Up and Running	1:08:10	1:08:24
179	59	Charlie Brown	Male 50-54		1:08:19	1:08:56
180	39	Darren Blenkinsop	Male 50-54	Tamar Trotters	1:08:57	1:09:05
181	7	Ryan Allen	Male Under 35		1:08:53	1:09:09
182	259	Daniel Matthams	Male Under 35		1:09:06	1:09:18
183	260	David Matthams	Male 60-64	Instinctive Sports Plymouth	1:09:07	1:09:19
184	268	Steve Menear	Male 65-69	St Austell Running Club	1:09:18	1:09:29
185	116	Gavin Dillon	Male 40-44		1:09:26	1:09:45
186	286	Geoff Panter	Male 45-49		1:09:30	1:09:50
187	360	Harry Stallard	Male Under 35	St Austell Running Club	1:09:51	1:10:01
188	424	Derren Wilkie	Male 50-54	Storm Plymouth	1:10:02	1:10:28

189	78	Stephen Chiverton	Male 65-69		1:11:37	1:11:54
190	241	Dean Llewellyn	Male 50-54	Looe Pioneers Running Club	1:11:29	1:11:55
191	338	Peter Sargent	Male 75-79	South West Vets A.C.	1:12:04	1:12:17
192	254	Colin Martin	Male 70-74	Newquay Road Runners	1:12:30	1:12:50
193	213	Richard Jenkin	Male 80+	Cornwall AC	1:13:10	1:13:18
194	92	Trevor Cornish	Male 55-59	Hayle Runners	1:13:02	1:13:30
195	327	Gareth Roberts	Male 45-49	Launceston Leisure Centre	1:13:08	1:13:41
196	51	Alan Brandwood	Male 70-74	Falmouth Running Club	1:13:19	1:13:44
197	82	Simon Cockle	Male 50-54		1:13:15	1:13:47
198	303	Dave Pickard	Male 65-69	Launceston Road Runners	1:13:31	1:13:53
199	29	John Beard	Male 45-49	Newquay Road Runners	1:13:47	1:13:53
200	61	Tony Burnett	Male 35-39		1:13:31	1:14:06
201	60	Anthony Bryant	Male 45-49	Hayle Runners	1:14:01	1:14:30
202	179	Andrew Heather	Male 55-59	Hayle Runners	1:14:38	1:15:06
203	133	Des Evans	Male 75-79	Newquay Road Runners	1:15:13	1:15:19
204	64	Matthew Burt	Male 45-49	Hatch Warren Runners	1:15:11	1:15:47
205	351	Martin Sims	Male 70-74		1:15:12	1:15:48
206	1	Gary Albon	Male 60-64		1:15:48	1:16:09
207	398	Martin Venning	Male 70-74	Launceston Road Runners	1:16:06	1:16:26
208	399	Armando Vieira	Male 45-49	St Austell Running Club	1:16:21	1:16:32
209	56	Michael Brereton	Male 40-44	Camelford Up and Running	1:16:16	1:16:34
210	324	Ian Ringer	Male 75-79		1:16:40	1:16:54
211	375	Chris Teather	Male 60-64	Launceston Leisure Centre	1:17:01	1:17:35
212	180	Peter Hesketh	Male 60-64		1:17:16	1:17:51
213	384	Stewart Townend	Male 80+	Hayle Runners	1:18:00	1:18:23
214	317	Pawel Religa	Male 50-54		1:18:30	1:18:44
215	270	Bryan Mills	Male 55-59		1:18:16	1:18:46
216	144	Sean Furlonger	Male 55-59		1:18:18	1:18:56
217	99	Jon Cryer	Male 70-74		1:19:05	1:19:23
218	315	Christopher Ramsey	Male 70-74	Truro Running Club	1:20:07	1:20:16
219	20	John Barnes	Male 60-64	Launceston Road Runners	1:20:06	1:20:25
220	267	David McKillop	Male 55-59		1:20:12	1:20:33

	221	125	Simon Eaton	Male 55-59		1:22:02	1:22:24
	222	427	Ian Williams	Male 50-54		1:25:09	1:25:35
	223	42	Robert Bolitho	Male 60-64	Falmouth Running Club	1:26:21	1:26:51
	224	62	Dennis Burrell	Male 75-79	Carn Runners	1:26:45	1:27:14
	225	46	Mark Borman	Male Under 35	St Austell Running Club	1:27:36	1:27:46
	226	12	John Ashton	Male 60-64	Ellesmere Port Running Club	1:27:47	1:28:19
	227	156	Shaun Gidney	Male 55-59	Launceston Road Runners	1:31:31	1:31:59
	228	137	Tony Farrant	Male 55-59	Callington Running Group	1:31:49	1:32:03
	229	184	Charlie Hill	Male 40-44		1:32:07	1:32:20
	230	5	Jonathan Allen	Male 55-59	Launceston Leisure Centre	1:33:46	1:34:20
DSQ		75	Craig Charnock	Male Under 35		0:53:57	0:54:00

Place	Bib	Name	Club	ChipTime	GunTime
Treggy 7 - 2024					
Female Under 35					
1	232	Katie Knowles	Truro Running Club	0:42:38	0:42:39
2	28	Tamara Beach	Cornwall AC	0:42:44	0:42:46
3	223	Nikki Kelly	Tavistock AC	0:45:33	0:45:34
4	149	Jodie Gauld	St Austell Running Club	0:48:13	0:48:15
5	240	Katie Littlejohns Riches	Okehampton RC	0:48:30	0:48:33
6	174	Rose Harvie	Newquay Road Runners	0:51:39	0:51:45
7	235	Ruby Lawrence	RunFitRunFast	0:52:05	0:52:06
8	169	Emma Hancock		0:55:23	0:55:26
9	158	Anna Goodman	Hayle Runners	0:55:59	0:56:08
10	47	Abby Bounsall		0:57:09	0:57:13
11	172	Katie Harvie	Torbay AAC	0:57:59	0:58:11
12	354	Hannah Smith	Hayle Runners	1:03:07	1:03:22
13	204	Harriet Hunter		1:03:47	1:04:08
14	344	Charlotte Scoble		1:04:33	1:04:57
15	243	Amelia Lovell		1:05:23	1:05:33
16	13	Halle Ashworth	Launceston Road Runners	1:07:36	1:07:36
17	292	Carla Pas		1:08:34	1:08:58
18	390	Chloe Turner	East Cornwall Harriers	1:08:56	1:09:15
19	278	Abby Munday	Launceston Road Runners	1:09:14	1:09:34
20	350	Amber Simler	Truro Running Club	1:10:14	1:10:32
21	205	Danielle Hurt		1:10:30	1:10:53
22	246	Courtney Marks	St Austell Running Club	1:12:12	1:12:22
23	332	Emily Roissetter	Tavistock AC	1:13:13	1:13:30
24	251	Mallory Marriner	St Austell Running Club	1:13:26	1:13:43
25	98	Kate Crowells-Hodge		1:17:53	1:18:30
26	171	Adele Hartley		1:18:25	1:19:02
27	222	Laura Keith	Plymouth Harriers	1:19:22	1:20:00
28	216	Jade Jennings		1:19:48	1:20:04
29	410	Kenzie Watson		1:26:07	1:26:22

Female 35-39	30	50 Zoe Bramhill-Moffatt	Launceston Leisure Centre	1:33:45	1:34:20
	1	294 Emma Paull	Hayle Runners	0:44:34	0:44:36
	2	261 Charlene Matthews	Storm Plymouth	0:49:14	0:49:25
	3	121 Jennifer Dunstan	Cornwall AC	0:53:16	0:53:19
	4	147 Fiona Gamble	Hayle Runners	0:54:05	0:54:13
	5	198 Charlene Howard		0:55:04	0:55:10
	6	69 Fay Cameron	Newquay Road Runners	0:58:53	0:58:59
	7	159 Amy Gregory	Newquay Road Runners	0:59:06	0:59:11
	8	141 Katie Fowler	Launceston Road Runners	1:02:13	1:02:18
	9	310 Rachel Price		1:04:20	1:04:44
	10	428 Jo Williams		1:09:04	1:09:31
	11	114 Emma Deanes	Camelford Up and Running	1:10:25	1:10:41
	12	386 Rosie Trevains	Bys Vyken Race Team	1:11:10	1:11:34
	13	388 Kayley Tucker	Launceston Road Runners	1:14:23	1:14:55
	14	206 Holly Hutchins	Camelford Up and Running	1:16:04	1:16:21
	15	342 Demelza Sayers		1:16:35	1:16:57
	16	262 Lindsay Matthews		1:23:15	1:23:47
	17	431 Katie-Sarah Willing		1:23:47	1:24:02
	18	288 Jo Parish		1:23:37	1:24:08
	19	349 Claire Sibley		1:30:24	1:30:51
20	132 Samantha Ennor		1:30:25	1:30:52	
Female 40-44	1	178 Eve Hearle	Newquay Road Runners	0:53:51	0:53:57
	2	48 Karina Bowers	St Austell Running Club	0:58:06	0:58:12
	3	318 Zoe Renowden	Hayle Runners	0:58:52	0:59:02
	4	119 Natalie Dunn	Truro Running Club	1:00:01	1:00:06
	5	105 Clare Dale	St Austell Running Club	1:01:23	1:01:40
	6	230 Becky Kingdon		1:01:56	1:02:19
	7	421 Demelza Widdershoven	Carn Runners	1:03:00	1:03:04
	8	417 Lisa Whell		1:05:21	1:05:41
	9	43 Nina Bond	Looe Pioneers Running Club	1:07:32	1:07:58

10	76 Louisa Chisholm	Looe Pioneers Running Club	1:07:52	1:08:17
11	345 Clare Scotton	Tamar Trails Runners	1:08:11	1:08:33
12	419 Caroline Whitton	Callington Running Group	1:08:23	1:08:36
13	298 Sue Pendleton	Callington Running Group	1:08:27	1:08:40
14	161 Naomi Grint	Looe Pioneers Running Club	1:10:48	1:11:14
15	352 Stella Sims		1:11:04	1:11:40
16	284 Frances Osborne	Fordy Runs Running Club	1:13:10	1:13:24
17	295 Holly Payne		1:13:10	1:13:24
18	437 Rachel Yelland	East Cornwall Harriers	1:13:23	1:13:42
19	368 Claire Stone	Hayle Runners	1:13:47	1:13:56
20	165 Kate Hall		1:14:36	1:15:07
21	115 Nicole Di Maio	Cornwall AC	1:21:28	1:21:33
22	10 Karla Aram	East Cornwall Harriers	1:21:39	1:22:02
23	385 Sara Treeby	Looe Pioneers Running Club	1:38:41	1:39:07

Female 45-49

1	142 Emma Fox	Newquay Road Runners	0:55:22	0:55:27
2	140 Victoria Foster	Launceston Leisure Centre	0:55:41	0:55:46
3	34 Kelly Bills	Hayle Runners	1:00:17	1:00:39
4	54 Sallie Brennan	Tamar Trotters	1:01:08	1:01:18
5	189 Sarah Holland	Tavistock AC	1:02:03	1:02:10
6	128 Nicola Edwards	Newquay Road Runners	1:02:36	1:02:41
7	253 Linda Marshall		1:03:41	1:04:04
8	370 Joanne Strawbridge	East Cornwall Harriers	1:05:32	1:05:51
9	131 Nicola Emmett	Bude Rats (Run and Tri)	1:07:56	1:08:05
10	266 Tracy Mckenzie	Newquay Road Runners	1:10:41	1:10:47
11	376 Jo Teather	Launceston Leisure Centre	1:11:11	1:11:45
12	67 Geraldine Butchers		1:11:34	1:12:01
13	193 Sarah Hope	Camelford Up and Running	1:11:57	1:12:12
14	323 Sarah Richardson	Bradworthy Runners	1:16:02	1:16:12
15	400 Paula Vieira	St Austell Running Club	1:16:21	1:16:32
16	408 Victoria Walton	Newquay Road Runners	1:17:57	1:18:13
17	238 Emma Lewis	East Cornwall Harriers	1:21:50	1:22:12

18	170	Michaela Harrison		1:22:42	1:23:06
19	160	Emma Grigg	Camelford Up and Running	1:23:01	1:23:17
20	293	Carrie Patrick	Carn Runners	1:23:55	1:24:24
21	81	Anne Cobell	Hayle Runners	1:36:01	1:36:30

Female 50-54

1	364	Emma Stepto	Cornwall AC	0:49:48	0:49:51
2	181	Amanda Hewitt	Cornwall AC	0:54:01	0:54:04
3	150	Corinne Gerrard	Hayle Runners	0:56:24	0:56:33
4	58	Catherine Brown	Storm Plymouth	0:59:58	1:00:14
5	389	Michelle Tucker		1:03:39	1:04:09
6	23	Ann Barriball	Launceston Road Runners	1:04:15	1:04:35
7	200	Anita Hudson	St Austell Running Club	1:05:51	1:06:01
8	8	Sarah Allen	Hayle Runners	1:05:50	1:06:04
9	252	Debbie Marshall	St Austell Running Club	1:08:07	1:08:16
10	405	Karen Walker	Storm Plymouth	1:09:05	1:09:32
11	406	Cat Wallman	Truro Running Club	1:10:32	1:10:56
12	31	Kirsty Benford		1:12:04	1:12:34
13	134	Julia Evans	East Cornwall Harriers	1:14:25	1:14:48
14	136	Samantha Ewart	St Austell Running Club	1:15:22	1:15:34
15	255	Jacqui Martin	St Austell Running Club	1:15:57	1:16:09
16	112	Alison Day	St Austell Running Club	1:17:23	1:17:40
17	163	Natasha Guttridge	Newquay Road Runners	1:17:57	1:18:13
18	371	Wendy Stuart	St Austell Running Club	1:18:44	1:18:59
19	17	Joanne Bailey	Launceston Road Runners	1:21:05	1:21:25
20	367	Christine Stone		1:21:05	1:21:31
21	19	Claire Baird	Camelford Up and Running	1:22:37	1:22:52
22	65	Lorna Burton		1:28:15	1:28:48
23	289	Lisa Parr	Plymouth Harriers	1:29:31	1:30:09
24	4	Annette Allen	Launceston Leisure Centre	1:33:45	1:34:19
25	334	Ruth Rose		1:39:20	1:39:50
26	106	Paula Dale		1:44:13	1:44:39

Female 55-59

1	211 Jenny Jeeves	Tavistock AC	0:51:11	0:51:14
2	14 Gail Aspden	Cornwall AC	0:51:55	0:51:57
3	412 Mandy Watts	Newquay Road Runners	0:54:44	0:54:48
4	433 Claire Winfield	Launceston Road Runners	0:58:58	0:59:05
5	91 Debora Cornish	Storm Plymouth	1:05:04	1:05:22
6	71 Val Carter		1:09:27	1:09:31
7	148 Tracey Garland	Storm Plymouth	1:11:34	1:12:01
8	80 Theresa Clark	Hayle Runners	1:12:15	1:12:29
9	282 Gillian Onley	Cornwall AC	1:14:49	1:14:54
10	273 Julie Moffat	Looe Pioneers Running Club	1:17:06	1:17:34
11	73 Helen Cattran	Hayle Runners	1:17:14	1:17:36
12	153 Debra Gibbs	St Austell Running Club	1:18:52	1:19:07
13	176 Lorraine Hawkins	Launceston Road Runners	1:20:33	1:20:53
14	191 Rachel Holt	Looe Pioneers Running Club	1:20:57	1:21:25
15	236 Jennifer Lawson	Newquay Road Runners	1:24:34	1:24:55
16	41 Julie Bolitho	Falmouth Running Club	1:27:41	1:28:12

Female 60-64

1	407 Carole Walters	Tavistock AC	0:55:40	0:55:44
2	383 Julie Towers	Hayle Runners	0:56:02	0:56:11
3	425 Sarah Wilkinson	Newquay Road Runners	0:59:16	0:59:21
4	409 Jackie Wastell	London Heathside	0:59:51	1:00:01
5	362 Jane Stedman	Bodmin Running Club	1:02:03	1:02:16
6	190 Sandra Holmes	Newquay Road Runners	1:06:07	1:06:12
7	79 Margaret Clark	Hayle Runners	1:12:03	1:12:18
8	218 Sally Johnston	Tamar Trotters	1:14:08	1:14:32
9	369 Jackie Stone	Hayle Runners	1:19:01	1:19:25
10	348 Jane Shaddick-Brady		1:22:16	1:22:45
11	373 Lesley Taphouse	Bodmin Running Club	1:23:50	1:24:16
12	413 Kathryn Weaver-Gore	Plymouth Musketeers Running Club	1:34:42	1:35:21
13	438 Jackie Chapman	Launceston Road Runners	1:44:04	1:44:43

DNF

325 Janet Ritchie

Carn Runners

Female 65-69

	1	244 Susan Lynch	Torrington AAC	1:06:33	1:06:54
	2	234 Janet Lathom	Launceston Road Runners	1:12:35	1:12:51
	3	414 Jackie Wells	Camelford Up and Running	1:14:00	1:14:16
	4	316 Jacquie Rapier	Falmouth Running Club	1:17:09	1:17:34
	5	157 Linda Godfrey	Bodmin Women's Running Club	1:25:54	1:26:22
	6	167 Eunice Halliday	Plymouth Musketeers Running Club	1:26:46	1:27:24
	7	219 Lynn Jones	Plymouth Musketeers Running Club	1:30:52	1:31:30
Female 70-74					
	1	229 Margaret Ann Kinahan	East Cornwall Harriers	1:19:40	1:20:03
Female 75-79					
	1	271 Jenny Mills	Launceston Road Runners	0:58:19	0:58:23
	2	212 Jacqueline Jenkin	Cornwall AC	1:22:02	1:22:14
Male Under 35					
	1	276 Tom Morton	Newquay & Par AC	0:37:14	0:37:15
	2	154 Kenny Gibson	Cornwall AC	0:40:23	0:40:23
	3	274 Jordan Morant	Hayle Runners	0:40:26	0:40:27
	4	127 Jamie Edwards	Newquay Road Runners	0:40:33	0:40:34
	5	93 Daniel Costello	Hayle Runners	0:40:46	0:40:48
	6	365 Dylan Stevens	Newquay & Par AC	0:41:59	0:42:02
	7	225 Ben Kent	Cornwall AC	0:43:25	0:43:25
	8	420 Dean Wickett		0:43:28	0:43:29
	9	391 Christopher Turner	Okehampton RC	0:43:40	0:43:41
	10	269 Lloyd Milbourn		0:43:51	0:43:52
	11	2 Carl Aldridge		0:44:10	0:44:10
	12	356 Wes Smith	Tavistock Run Project	0:45:06	0:45:07
	13	146 Liam Gallantry	East Cornwall Harriers	0:45:08	0:45:10
	14	290 Bradley Parsons	St Austell Running Club	0:46:01	0:46:03
	15	415 Charlie Wevill	Matt Luxton Health & Fitness	0:47:04	0:47:05
	16	393 Dominic Turton	Hayle Runners	0:47:11	0:47:14
	17	247 Ryan Marks	St Austell Running Club	0:48:22	0:48:25
	18	126 Elliott Edwards		0:48:41	0:48:45
	19	306 Adam Porter		0:49:26	0:49:29

20	426 Ashley Williams	Hayle Runners	0:51:34	0:51:36
21	145 Jack Gale		0:51:56	0:52:00
22	57 Peter Brodey	St Austell Running Club	0:52:30	0:52:37
23	387 Paul Trifanov	Newquay Road Runners	0:52:35	0:52:37
24	102 Charles Curtis	Cornwall AC	0:52:43	0:52:47
25	287 David Parish	RunFitRunFast	0:54:33	0:55:02
26	110 James Davison	Bodmin Running Club	0:55:07	0:55:28
27	434 Declan Woodgate		0:55:34	0:55:46
28	301 Nicholas Peters	Hayle Runners	0:55:31	0:55:52
29	74 Brandon Charnock		0:56:03	0:56:06
30	40 Ieuan Bluett		0:56:28	0:56:33
31	192 Rory Honeychurch		0:57:08	0:57:13
32	123 Kyle Eaton		0:57:11	0:57:17
33	403 Simon Wakeham		0:58:01	0:58:36
34	52 Daniel Bredbere		0:58:42	0:58:49
35	24 James Barriball		0:59:18	0:59:28
36	124 Sam Eaton	Launceston Road Runners	0:59:56	1:00:10
37	168 Lewis Halliday		1:01:53	1:01:59
38	138 Richard Felton		1:01:29	1:02:04
39	175 Ben Hawke		1:02:01	1:02:31
40	9 Deane Andrew		1:03:48	1:04:06
41	11 Graham Ashton	Launceston Road Runners	1:06:31	1:06:39
42	264 Declan Mccaffery		1:06:28	1:06:45
43	186 Daniel Hirst		1:06:26	1:06:52
44	227 Matt Kibler		1:06:56	1:07:18
45	83 Kelvin Coker	Storm Plymouth	1:07:23	1:07:40
46	7 Ryan Allen		1:08:53	1:09:09
47	259 Daniel Matthams		1:09:06	1:09:18
48	360 Harry Stallard	St Austell Running Club	1:09:51	1:10:01
49	46 Mark Borman	St Austell Running Club	1:27:36	1:27:46
	75 Craig Charnock		0:53:57	0:54:00

DSQ

Male 35-39

1	319 Steve Reynolds	Truro Running Club	0:38:19	0:38:20
2	104 James Cutlan	Cornwall AC	0:39:54	0:39:55
3	97 David Crawford	Newquay & Par AC	0:41:43	0:41:43
4	258 Jamie Masters	St Austell Running Club	0:42:24	0:42:26
5	280 Liam O'Neill	Hayle Runners	0:43:36	0:43:39
6	113 Mark Deacon	Looe Pioneers Running Club	0:46:12	0:46:14
7	194 Edward Horn	Tavistock AC	0:46:49	0:46:49
8	382 Joseph Thomson	Launceston Road Runners	0:46:53	0:46:59
9	296 Ben Pearce	Truro Running Club	0:47:05	0:47:09
10	72 Daniel Case	Tamar Trotters	0:47:14	0:47:17
11	335 Matt Row	St Austell Running Club	0:49:14	0:49:20
12	397 Craig Varcoe	St Austell Running Club	0:50:31	0:50:36
13	297 Mark Peck		0:52:22	0:52:29
14	250 Henry Marriner	St Austell Running Club	0:52:31	0:52:37
15	363 James Stephens	St Austell Running Club	0:54:16	0:54:22
16	381 Eddie Thomson	Launceston Road Runners	0:54:18	0:54:25
17	66 Ross Buscombe	St Austell Running Club	0:56:24	0:56:29
18	265 David Mccarthy	Storm Plymouth	0:56:18	0:56:35
19	44 Nick Boorman		0:57:19	0:57:33
20	392 Josh Turner	East Cornwall Harriers	0:58:54	0:59:01
21	308 Damen Powell	St Austell Running Club	0:59:22	0:59:30
22	109 James Dart		1:00:38	1:00:57
23	195 Andrej Hornak		1:01:40	1:01:44
24	304 Matt Pickard	Launceston Road Runners	1:02:33	1:02:53
25	61 Tony Burnett		1:13:31	1:14:06

Male 40-44

1	86 Jim Cole	Tavistock Run Project	0:39:42	0:39:43
2	70 Neil Carter	Newquay Road Runners	0:44:44	0:44:45
3	177 Neil Hayhurst	Hayle Runners	0:46:36	0:46:38
4	162 David Guffick	Hayle Runners	0:49:12	0:49:16
5	300 Neil Penny-Harding	Cornwall AC	0:49:21	0:49:25
6	361 Sid Standlick	Tamar Trotters	0:49:51	0:49:54

7	263	Louis Matthews	Launceston Road Runners	0:49:52	0:49:56
8	257	Philip Martyn-Ugnow		0:50:58	0:50:58
9	347	Andrew Searle	Hayle Runners	0:51:25	0:51:28
10	196	Pavol Hornak		0:52:39	0:52:43
11	202	Frazer Humbles	Hayle Runners	0:53:15	0:53:20
12	281	Stephen Oke		0:53:39	0:53:43
13	337	John Sanders		0:54:13	0:54:20
14	396	Darren Uren	Hayle Runners	0:55:34	0:55:36
15	256	Paul Martin		0:55:30	0:55:41
16	30	Andy Bees	Plymouth Musketeers Running Club	0:57:28	0:57:58
17	32	Gregory Bennett	Launceston Road Runners	0:58:21	0:58:27
18	122	Richard Eales		1:00:21	1:00:44
19	340	Nicholas Saunders		1:01:27	1:01:44
20	89	Richard Collett	Hayle Runners	1:01:17	1:01:45
21	330	Ben Rogers	Bude Rats (Run and Tri)	1:02:32	1:02:41
22	185	Nick Hill		1:02:47	1:03:00
23	313	Peter Rabson	Camelford Up and Running	1:03:34	1:04:04
24	108	James Danks	Falmouth Running Club	1:06:02	1:06:26
25	418	Paul Whitmore	Storm Plymouth	1:07:22	1:07:40
26	35	Edward Bish	Camelford Up and Running	1:08:10	1:08:24
27	116	Gavin Dillon		1:09:26	1:09:45
28	56	Michael Brereton	Camelford Up and Running	1:16:16	1:16:34
29	184	Charlie Hill		1:32:07	1:32:20

Male 45-49

1	248	Alex Marples	Truro Running Club	0:42:55	0:42:57
2	314	Clive Ramsden	Newquay Road Runners	0:43:32	0:43:33
3	96	Morgan Craig	Bude Rats (Run and Tri)	0:43:32	0:43:35
4	329	Mark Roby	Truro Running Club	0:44:33	0:44:35
5	130	Mike Ellis	Newquay & Par AC	0:47:48	0:47:50
6	245	James Manning	Hayle Runners	0:49:43	0:49:45
7	228	David Kilgore	Storm Plymouth	0:49:49	0:50:00
8	366	Paul Stevens	St Austell Athletes Running Club	0:50:31	0:50:40

9	3	Matt Allan	Camelford Up and Running	0:51:08	0:51:11
10	378	Mark Thomas	Storm Plymouth	0:53:25	0:53:37
11	401	Jason Vinnicombe	Cornwall AC	0:55:31	0:55:42
12	33	Mark Bennetts	St Austell Athletes Running Club	0:58:02	0:58:09
13	15	Simon Ayres		0:59:22	0:59:33
14	100	Nathan Cudmore	Hayle Runners	0:59:40	0:59:48
15	435	Jason Yates	Launceston Leisure Centre	1:01:29	1:01:58
16	90	Alexander Cooper		1:05:20	1:05:36
17	286	Geoff Panter		1:09:30	1:09:50
18	327	Gareth Roberts	Launceston Leisure Centre	1:13:08	1:13:41
19	29	John Beard	Newquay Road Runners	1:13:47	1:13:53
20	60	Anthony Bryant	Hayle Runners	1:14:01	1:14:30
21	64	Matthew Burt	Hatch Warren Runners	1:15:11	1:15:47
22	399	Armando Vieira	St Austell Running Club	1:16:21	1:16:32

Male 50-54

1	339	Stan Sargent		0:44:27	0:44:28
2	107	Alex Daniels	Newquay Road Runners	0:46:01	0:46:03
3	101	Ian Curnow	Hayle Runners	0:47:39	0:47:43
4	120	Damian Dunne	Plymouth Musketeers Running Club	0:48:45	0:48:52
5	221	Jonathan Kappes	Launceston Road Runners	0:49:38	0:49:42
6	164	Craig Hall	Cornwall AC	0:49:35	0:49:46
7	321	Stuart Richards	St Austell Running Club	0:51:52	0:51:54
8	355	Richard Smith	Newquay Road Runners	0:53:37	0:53:43
9	22	Marty Barnfield	Bodmin Running Club	0:53:56	0:54:02
10	377	Derek Thomas	St Austell Running Club	0:56:23	0:56:30
11	358	David Speake	St Austell Running Club	0:56:46	0:56:53
12	139	Richard Foster	Launceston Road Runners	0:57:04	0:57:10
13	312	Stuart Queen	Plymouth Musketeers Running Club	0:57:47	0:57:54
14	210	Simon James	Cornwall AC	0:59:51	0:59:55
15	336	Wayne Rundle	Launceston Road Runners	0:59:55	1:00:06
16	322	Mark Richardson	Bradworthy Runners	1:00:20	1:00:28
17	143	David Foy	Falmouth Running Club	1:00:26	1:00:35

18	214	Steven Jenkin	Cornwall AC	1:00:36	1:00:40
19	117	Martin Dinham	Mile High	1:00:56	1:01:10
20	272	Jon Mitchell	Cornwall AC	1:02:19	1:02:24
21	203	Arthur Hunter		1:03:52	1:04:13
22	18	Matthew Bain		1:03:49	1:04:22
23	16	Christopher Baggott	St Austell Running Club	1:05:51	1:06:01
24	59	Charlie Brown		1:08:19	1:08:56
25	39	Darren Blenkinsop	Tamar Trotters	1:08:57	1:09:05
26	424	Derren Wilkie	Storm Plymouth	1:10:02	1:10:28
27	241	Dean Llewellyn	Looe Pioneers Running Club	1:11:29	1:11:55
28	82	Simon Cockle		1:13:15	1:13:47
29	317	Pawel Religa		1:18:30	1:18:44
30	427	Ian Williams		1:25:09	1:25:35

Male 55-59

1	307	Martin Potter	London Heathside	0:44:34	0:44:37
2	430	Mark Williams	Hayle Runners	0:47:11	0:47:14
3	233	Craig Knuckey	Cornwall AC	0:47:38	0:47:39
4	103	Marc Curtis	Tavistock AC	0:50:12	0:50:14
5	26	Colin Bathe	Truro Running Club	0:52:55	0:53:00
6	394	Tim Twiggs	Hayle Runners	0:52:55	0:53:02
7	395	Craig Underhill	Hayle Runners	0:55:26	0:55:33
8	279	Mark Newson	Honiton RC	0:56:51	0:57:01
9	374	Peter Tassart		0:57:22	0:57:27
10	166	John Hallen	Torrington AAC	0:57:48	0:58:07
11	416	Paul Whear	Cornwall AC	0:58:50	0:58:52
12	242	Mark Lobb	Storm Plymouth	0:59:37	0:59:53
13	311	Ivor Pudner	Looe Pioneers Running Club	1:02:17	1:02:43
14	188	Jon Hoare	East Cornwall Harriers	1:03:02	1:03:10
15	209	Darren Jackson		1:03:23	1:03:30
16	155	Steven Gibson		1:05:23	1:05:32
17	173	Mark Harvie		1:05:21	1:05:33
18	215	Stephen Jenkins	Launceston Road Runners	1:05:47	1:06:20

19	436	Richard Yates	Launceston Leisure Centre	1:06:10	1:06:44
20	333	Peter Roissetter		1:07:30	1:07:47
21	92	Trevor Cornish	Hayle Runners	1:13:02	1:13:30
22	179	Andrew Heather	Hayle Runners	1:14:38	1:15:06
23	270	Bryan Mills		1:18:16	1:18:46
24	144	Sean Furlonger		1:18:18	1:18:56
25	267	David McKillop		1:20:12	1:20:33
26	125	Simon Eaton		1:22:02	1:22:24
27	156	Shaun Gidney	Launceston Road Runners	1:31:31	1:31:59
28	137	Tony Farrant	Callington Running Group	1:31:49	1:32:03
29	5	Jonathan Allen	Launceston Leisure Centre	1:33:46	1:34:20

Male 60-64

1	129	Jon Eldon	Hayle Runners	0:50:00	0:50:03
2	372	Mark Sweeney	St Austell Running Club	0:51:00	0:51:05
3	341	Ian Savigar	East Cornwall Harriers	0:55:17	0:55:22
4	94	Michael Counter	St Austell Running Club	0:55:40	0:55:47
5	201	Michael Hughes	Storm Plymouth	0:57:28	0:57:44
6	63	Anthony Burrows	Hayle Runners	0:58:18	0:58:27
7	359	Christopher Spencer		0:58:25	0:58:38
8	182	Christopher Heywood		0:58:25	0:58:46
9	187	Keith Hoadley	Torrington AAC	0:58:47	0:59:06
10	152	Clive Gibbs	St Austell Running Club	1:02:15	1:02:26
11	77	Kevin Chiswell	Storm Plymouth	1:02:32	1:02:48
12	217	Pete Jennings		1:02:40	1:02:56
13	237	Trevor Lee	Truro Running Club	1:05:35	1:05:43
14	260	David Matthams	Instinctive Sports Plymouth	1:09:07	1:09:19
15	1	Gary Albon		1:15:48	1:16:09
16	375	Chris Teather	Launceston Leisure Centre	1:17:01	1:17:35
17	180	Peter Hesketh		1:17:16	1:17:51
18	20	John Barnes	Launceston Road Runners	1:20:06	1:20:25
19	42	Robert Bolitho	Falmouth Running Club	1:26:21	1:26:51
20	12	John Ashton	Ellesmere Port Running Club	1:27:47	1:28:19

Male 65-69

1	404 Iain Walker	St Austell Running Club	0:54:00	0:54:06
2	6 Peter Allen	Newquay Road Runners	1:06:30	1:06:41
3	87 Andy Coles	St Austell Running Club	1:07:23	1:07:33
4	283 Michael Orchard	Hayle Runners	1:07:16	1:07:38
5	357 Philip Spargo	Truro Running Club	1:08:12	1:08:20
6	268 Steve Menear	St Austell Running Club	1:09:18	1:09:29
7	78 Stephen Chiverton		1:11:37	1:11:54
8	303 Dave Pickard	Launceston Road Runners	1:13:31	1:13:53

Male 70-74

1	328 Malcolm Roberts	St Austell Running Club	0:55:47	0:55:53
2	208 Martin Hynes	Launceston Road Runners	0:59:38	0:59:43
3	207 Stephen Hutchinson	Bude Rats (Run and Tri)	1:00:37	1:00:45
4	275 Richard Morton	Tamar Trotters	1:01:32	1:01:40
5	151 Roland Gibbard	Charnwood AC	1:06:51	1:07:03
6	254 Colin Martin	Newquay Road Runners	1:12:30	1:12:50
7	51 Alan Brandwood	Falmouth Running Club	1:13:19	1:13:44
8	351 Martin Sims		1:15:12	1:15:48
9	398 Martin Venning	Launceston Road Runners	1:16:06	1:16:26
10	99 Jon Cryer		1:19:05	1:19:23
11	315 Christopher Ramsey	Truro Running Club	1:20:07	1:20:16

Male 75-79

1	299 Chunky Penhaul	Hayle Runners	1:05:25	1:05:35
2	338 Peter Sargent	South West Vets A.C.	1:12:04	1:12:17
3	133 Des Evans	Newquay Road Runners	1:15:13	1:15:19
4	324 Ian Ringer		1:16:40	1:16:54
5	62 Dennis Burrell	Carn Runners	1:26:45	1:27:14

Male 80+

1	213 Richard Jenkin	Cornwall AC	1:13:10	1:13:18
2	384 Stewart Townend	Hayle Runners	1:18:00	1:18:23

Bib	Name	Score	GunTime
Treggy 7 - 2024			
Female			
1	Hayle Runners 1	122 (31)	
	294 Emma Paull		3 0:44:36
	147 Fiona Gamble		16 0:54:13
	158 Anna Goodman		23 0:56:08
	383 Julie Towers		24 0:56:11
	150 Corinne Gerrard		25 0:56:33
	318 Zoe Renowden		31 0:59:02
2	Newquay Road Runners 1	124 (33)	
	174 Rose Harvie		10 0:51:45
	178 Eve Hearle		14 0:53:57
	412 Mandy Watts		17 0:54:48
	142 Emma Fox		20 0:55:27
	69 Fay Cameron		30 0:58:59
	159 Amy Gregory		33 0:59:11
3	Cornwall AC 1	151 (102)	
	28 Tamara Beach		2 0:42:46
	364 Emma Stepto		8 0:49:51
	14 Gail Aspden		11 0:51:57
	121 Jennifer Dunstan		13 0:53:19
	181 Amanda Hewitt		15 0:54:04
	282 Gillian Onley		102 1:14:54
4	St Austell Running Club 1	285 (89)	
	149 Jodie Gauld		5 0:48:15
	48 Karina Bowers		28 0:58:12
	105 Clare Dale		40 1:01:40
	200 Anita Hudson		58 1:06:01
	252 Debbie Marshall		65 1:08:16
	246 Courtney Marks		89 1:12:22
5	Launceston Road Runners 1	292 (75)	

	271 Jenny Mills		29 0:58:23
	433 Claire Winfield		32 0:59:05
	141 Katie Fowler		43 1:02:18
	23 Ann Barriball		51 1:04:35
	13 Halle Ashworth		62 1:07:36
	278 Abby Munday		75 1:09:34
6	Hayle Runners 2	420 (98)	
	34 Kelly Bills		38 1:00:39
	354 Hannah Smith		47 1:03:22
	8 Sarah Allen		59 1:06:04
	79 Margaret Clark		88 1:12:18
	80 Theresa Clark		90 1:12:29
	368 Claire Stone		98 1:13:56
7	Newquay Road Runners 2	448 (116)	
	425 Sarah Wilkinson		34 0:59:21
	128 Nicola Edwards		45 1:02:41
	190 Sandra Holmes		60 1:06:12
	266 Tracy Mckenzie		78 1:10:47
	163 Natasha Gutridge		115 1:18:13
	408 Victoria Walton		116 1:18:13
8	East Cornwall Harriers 1	578 (130)	
	370 Joanne Strawbridge		57 1:05:51
	390 Chloe Turner		71 1:09:15
	437 Rachel Yelland		96 1:13:42
	134 Julia Evans		101 1:14:48
	229 Margaret Ann Kinahan		123 1:20:03
	10 Karla Aram		130 1:22:02
9	Looe Pioneers Running Club 1	603 (156)	
	43 Nina Bond		63 1:07:58
	76 Louisa Chisholm		66 1:08:17
	161 Naomi Grint		81 1:11:14
	273 Julie Moffat		111 1:17:34

	191 Rachel Holt		126 1:21:25
	385 Sara Treeby		156 1:39:07
10	Camelford Up and Running 1	641 (136)	
	114 Emma Deanes		77 1:10:41
	193 Sarah Hope		87 1:12:12
	414 Jackie Wells		99 1:14:16
	206 Holly Hutchins		108 1:16:21
	19 Claire Baird		134 1:22:52
	160 Emma Grigg		136 1:23:17
11	St Austell Running Club 2	649 (118)	
	251 Mallory Marriner		97 1:13:43
	136 Samantha Ewart		105 1:15:34
	255 Jacqui Martin		106 1:16:09
	400 Paula Vieira		109 1:16:32
	112 Alison Day		114 1:17:40
	371 Wendy Stuart		118 1:18:59
Male			
1	Hayle Runners 1	132 (36)	
	274 Jordan Morant		6 0:40:27
	93 Daniel Costello		8 0:40:48
	280 Liam O'Neill		17 0:43:39
	177 Neil Hayhurst		30 0:46:38
	430 Mark Williams		35 0:47:14
	393 Dominic Turton		36 0:47:14
2	Cornwall AC 1	156 (50)	
	104 James Cutlan		4 0:39:55
	154 Kenny Gibson		5 0:40:23
	225 Ben Kent		13 0:43:25
	233 Craig Knuckey		38 0:47:39
	300 Neil Penny-Harding		46 0:49:25
	164 Craig Hall		50 0:49:46
3	Newquay Road Runners 1	216 (75)	

	127 Jamie Edwards		7 0:40:34
	314 Clive Ramsden		15 0:43:33
	70 Neil Carter		24 0:44:45
	107 Alex Daniels		27 0:46:03
	387 Paul Trifanov		68 0:52:37
	355 Richard Smith		75 0:53:43
4	St Austell Running Club 1	240 (59)	
	258 Jamie Masters		11 0:42:26
	290 Bradley Parsons		28 0:46:03
	247 Ryan Marks		41 0:48:25
	335 Matt Row		45 0:49:20
	397 Craig Varcoe		56 0:50:36
	372 Mark Sweeney		59 0:51:05
5	Truro Running Club 1	302 (161)	
	319 Steve Reynolds		2 0:38:20
	248 Alex Marples		12 0:42:57
	329 Mark Roby		22 0:44:35
	296 Ben Pearce		34 0:47:09
	26 Colin Bathe		71 0:53:00
	237 Trevor Lee	161	1:05:43
6	Hayle Runners 2	309 (62)	
	101 Ian Curnow		39 0:47:43
	162 David Guffick		44 0:49:16
	245 James Manning		49 0:49:45
	129 Jon Eldon		54 0:50:03
	347 Andrew Searle		61 0:51:28
	426 Ashley Williams		62 0:51:36
7	Launceston Road Runners 1	423 (110)	
	382 Joseph Thomson		32 0:46:59
	221 Jonathan Kappes		48 0:49:42
	263 Louis Matthews		52 0:49:56
	381 Eddie Thomson		81 0:54:25

	139 Richard Foster		100 0:57:10
	32 Gregory Bennett		110 0:58:27
8	St Austell Running Club 2	444 (90)	
	321 Stuart Richards		63 0:51:54
	250 Henry Marriner		66 0:52:37
	57 Peter Brodey		67 0:52:37
	404 Iain Walker		78 0:54:06
	363 James Stephens		80 0:54:22
	94 Michael Counter		90 0:55:47
9	Hayle Runners 3	518 (111)	
	394 Tim Twiggs		72 0:53:02
	202 Frazer Humbles		73 0:53:20
	395 Craig Underhill		85 0:55:33
	396 Darren Uren		86 0:55:36
	301 Nicholas Peters		91 0:55:52
	63 Anthony Burrows		111 0:58:27
10	Storm Plymouth 1	600 (147)	
	228 David Kilgore		53 0:50:00
	378 Mark Thomas		74 0:53:37
	265 David Mccarthy		97 0:56:35
	201 Michael Hughes		105 0:57:44
	242 Mark Lobb		124 0:59:53
	77 Kevin Chiswell		147 1:02:48
11	St Austell Running Club 3	642 (143)	
	328 Malcolm Roberts		92 0:55:53
	66 Ross Buscombe		94 0:56:29
	377 Derek Thomas		95 0:56:30
	358 David Speake		98 0:56:53
	308 Damen Powell		120 0:59:30
	152 Clive Gibbs		143 1:02:26
12	Cornwall AC 2	671 (142)	
	102 Charles Curtis		70 0:52:47

	401 Jason Vinnicombe		88 0:55:42
	416 Paul Whear		116 0:58:52
	210 Simon James		125 0:59:55
	214 Steven Jenkin		130 1:00:40
	272 Jon Mitchell		142 1:02:24
13	Launceston Road Runners 2	851 (165)	
	208 Martin Hynes		122 0:59:43
	336 Wayne Rundle		126 1:00:06
	124 Sam Eaton		127 1:00:10
	304 Matt Pickard		148 1:02:53
	215 Stephen Jenkins		163 1:06:20
	11 Graham Ashton		165 1:06:39
14	Hayle Runners 4	988 (201)	
	100 Nathan Cudmore		123 0:59:48
	89 Richard Collett		138 1:01:45
	299 Chunky Penhaul		159 1:05:35
	283 Michael Orchard		173 1:07:38
	92 Trevor Cornish		194 1:13:30
	60 Anthony Bryant		201 1:14:30
15	St Austell Running Club 4	1138 (225)	
	16 Christopher Baggott		162 1:06:01
	87 Andy Coles		172 1:07:33
	268 Steve Menear		184 1:09:29
	360 Harry Stallard		187 1:10:01
	399 Armando Vieira		208 1:16:32
	46 Mark Borman		225 1:27:46

Name	Club	Time 2024	Time 2023	Time 2022
Treggy 7 - 2024				
Gary Albon		1:15:48		01:17:37
Carl Aldridge		0:44:10		
Matt Allan	Camelford Up and Running	0:51:08		00:52:47
Annette Allen	Launceston Leisure Centre	1:33:45		
Jonathan Allen	Launceston Leisure Centre	1:33:46		
Peter Allen	Newquay Road Runners	1:06:30	00:58:28	00:54:55
Ryan Allen		1:08:53		
Sarah Allen	Hayle Runners	1:05:50		
Deane Andrew		1:03:48		
Karla Aram	East Cornwall Harriers	1:21:39		
Graham Ashton	Launceston Road Runners	1:06:31	01:08:58	01:09:29
John Ashton	Ellesmere Port Running Club	1:27:47	01:30:37	01:22:25
Halle Ashworth	Launceston Road Runners	1:07:36		
Gail Aspden	Cornwall AC	0:51:55		
Simon Ayres		0:59:22	01:02:49	00:59:54
Christopher Baggott	St Austell Running Club	1:05:51		
Joanne Bailey	Launceston Road Runners	1:21:05		
Matthew Bain		1:03:49		
Claire Baird	Camelford Up and Running	1:22:37		
John Barnes	Launceston Road Runners	1:20:06	01:23:54	01:10:43
Marty Barnfield	Bodmin Running Club	0:53:56		
Ann Barriball	Launceston Road Runners	1:04:15		
James Barriball		0:59:18		
Colin Bathe	Truro Running Club	0:52:55		
Tamara Beach	Cornwall AC	0:42:44	00:45:04	
John Beard	Newquay Road Runners	1:13:47		01:06:47
Andy Bees	Plymouth Musketeers Running Club	0:57:28		
Kirsty Benford		1:12:04	01:12:53	
Gregory Bennett	Launceston Road Runners	0:58:21		
Mark Bennetts	St Austell Athletes Running Club	0:58:02	00:54:40	

Kelly Bills	Hayle Runners	1:00:17		00:59:27
Edward Bish	Camelford Up and Running	1:08:10		
Darren Blenkinsop	Tamar Trotters	1:08:57	01:02:24	01:11:03
Ieuan Bluett		0:56:28		
Julie Bolitho	Falmouth Running Club	1:27:41	01:25:41	01:21:03
Robert Bolitho	Falmouth Running Club	1:26:21	01:19:55	01:22:25
Nina Bond	Looe Pioneers Running Club	1:07:32		
Nick Boorman		0:57:19		
Mark Borman	St Austell Running Club	1:27:36		
Abby Bounsall		0:57:09	01:01:54	01:02:46
Karina Bowers	St Austell Running Club	0:58:06	01:01:56	00:59:00
Zoe Bramhill-Moffatt	Launceston Leisure Centre	1:33:45		
Alan Brandwood	Falmouth Running Club	1:13:19	01:11:44	01:11:57
Daniel Bredbere		0:58:42		
Sallie Brennan	Tamar Trotters	1:01:08		
Michael Brereton	Camelford Up and Running	1:16:16		
Peter Brodey	St Austell Running Club	0:52:30		
Catherine Brown	Storm Plymouth	0:59:58		
Charlie Brown		1:08:19		01:15:09
Anthony Bryant	Hayle Runners	1:14:01		
Tony Burnett		1:13:31		
Dennis Burrell	Carn Runners	1:26:45	01:24:06	01:25:54
Anthony Burrows	Hayle Runners	0:58:18		00:56:28
Matthew Burt	Hatch Warren Runners	1:15:11		01:12:33
Lorna Burton		1:28:15		
Ross Buscombe	St Austell Running Club	0:56:24		
Geraldine Butchers		1:11:34		
Fay Cameron	Newquay Road Runners	0:58:53		
Neil Carter	Newquay Road Runners	0:44:44		
Val Carter		1:09:27		
Daniel Case	Tamar Trotters	0:47:14	00:48:52	00:50:37
Helen Cattran	Hayle Runners	1:17:14	01:26:11	01:23:57

Jackie Chapman	Launceston Road Runners	1:44:04	01:11:42	
Brandon Charnock		0:56:03		
Craig Charnock		0:53:57	00:58:38	
Louisa Chisholm	Looe Pioneers Running Club	1:07:52		
Kevin Chiswell	Storm Plymouth	1:02:32		
Stephen Chiverton		1:11:37		
Margaret Clark	Hayle Runners	1:12:03		
Theresa Clark	Hayle Runners	1:12:15		
Anne Cobell	Hayle Runners	1:36:01		
Simon Cockle		1:13:15		
Kelvin Coker	Storm Plymouth	1:07:23		01:04:44
Jim Cole	Tavistock Run Project	0:39:42	00:38:20	
Andy Coles	St Austell Running Club	1:07:23		
Richard Collett	Hayle Runners	1:01:17	01:04:19	01:01:48
Alexander Cooper		1:05:20	01:07:11	01:04:53
Debora Cornish	Storm Plymouth	1:05:04		01:05:12
Trevor Cornish	Hayle Runners	1:13:02		
Daniel Costello	Hayle Runners	0:40:46		
Michael Counter	St Austell Running Club	0:55:40	00:55:49	
Morgan Craig	Bude Rats (Run and Tri)	0:43:32		
David Crawford	Newquay & Par AC	0:41:43		
Kate Crowells-Hodge		1:17:53		
Jon Cryer		1:19:05	01:19:54	01:21:57
Nathan Cudmore	Hayle Runners	0:59:40		
Ian Curnow	Hayle Runners	0:47:39		
Charles Curtis	Cornwall AC	0:52:43		
Marc Curtis	Tavistock AC	0:50:12		
James Cutlan	Cornwall AC	0:39:54	00:40:31	
Clare Dale	St Austell Running Club	1:01:23		
Paula Dale		1:44:13		
Alex Daniels	Newquay Road Runners	0:46:01		
James Danks	Falmouth Running Club	1:06:02	01:02:10	01:10:48

James Dart		1:00:38	01:00:55	
James Davison	Bodmin Running Club	0:55:07		
Alison Day	St Austell Running Club	1:17:23		
Mark Deacon	Looe Pioneers Running Club	0:46:12		
Emma Deanes	Camelford Up and Running	1:10:25		
Nicole Di Maio	Cornwall AC	1:21:28		
Gavin Dillon		1:09:26		
Martin Dinham	Mile High	1:00:56		
Natalie Dunn	Truro Running Club	1:00:01		
Damian Dunne	Plymouth Musketeers Running Club	0:48:45	00:54:20	
Jennifer Dunstan	Cornwall AC	0:53:16		
Richard Eales		1:00:21	01:00:46	
Kyle Eaton		0:57:11		
Sam Eaton	Launceston Road Runners	0:59:56		
Simon Eaton		1:22:02		
Elliott Edwards		0:48:41	00:53:09	
Jamie Edwards	Newquay Road Runners	0:40:33	00:42:10	
Nicola Edwards	Newquay Road Runners	1:02:36	01:08:12	
Jon Eldon	Hayle Runners	0:50:00	00:48:22	00:49:34
Mike Ellis	Newquay & Par AC	0:47:48	00:48:04	
Nicola Emmett	Bude Rats (Run and Tri)	1:07:56		01:06:24
Samantha Ennor		1:30:25		
Des Evans	Newquay Road Runners	1:15:13	01:09:54	01:08:09
Julia Evans	East Cornwall Harriers	1:14:25		
Samantha Ewart	St Austell Running Club	1:15:22	01:33:31	01:18:08
Tony Farrant	Callington Running Group	1:31:49	01:18:43	
Richard Felton		1:01:29		
Richard Foster	Launceston Road Runners	0:57:04		00:53:14
Victoria Foster	Launceston Leisure Centre	0:55:41		
Katie Fowler	Launceston Road Runners	1:02:13		
Emma Fox	Newquay Road Runners	0:55:22		00:58:10
David Foy	Falmouth Running Club	1:00:26		

Sean Furlonger		1:18:18		
Jack Gale		0:51:56	00:48:10	
Liam Gallantry	East Cornwall Harriers	0:45:08	00:44:47	00:43:31
Fiona Gamble	Hayle Runners	0:54:05		01:01:16
Tracey Garland	Storm Plymouth	1:11:34		
Jodie Gauld	St Austell Running Club	0:48:13		
Corinne Gerrard	Hayle Runners	0:56:24	00:55:39	00:52:56
Roland Gibbard	Charnwood AC	1:06:51		
Clive Gibbs	St Austell Running Club	1:02:15		
Debra Gibbs	St Austell Running Club	1:18:52		
Kenny Gibson	Cornwall AC	0:40:23	00:39:47	
Steven Gibson		1:05:23		
Shaun Gidney	Launceston Road Runners	1:31:31		
Linda Godfrey	Bodmin Women's Running Club	1:25:54		
Anna Goodman	Hayle Runners	0:55:59		
Amy Gregory	Newquay Road Runners	0:59:06		00:58:38
Emma Grigg	Camelford Up and Running	1:23:01	01:24:47	
Naomi Grint	Looe Pioneers Running Club	1:10:48		
David Guffick	Hayle Runners	0:49:12	00:48:34	
Natasha Gutridge	Newquay Road Runners	1:17:57		
Craig Hall	Cornwall AC	0:49:35	00:48:46	
Kate Hall		1:14:36	01:13:31	01:14:41
John Hallen	Torrington AAC	0:57:48		
Eunice Halliday	Plymouth Musketeers Running Club	1:26:46		
Lewis Halliday		1:01:53		
Emma Hancock		0:55:23	01:02:59	
Michaela Harrison		1:22:42	01:18:18	01:11:13
Adele Hartley		1:18:25		
Katie Harvie	Torbay AAC	0:57:59		
Mark Harvie		1:05:21	01:05:30	
Rose Harvie	Newquay Road Runners	0:51:39		
Ben Hawke		1:02:01		

Lorraine Hawkins	Launceston Road Runners	1:20:33	01:20:09	01:17:45
Neil Hayhurst	Hayle Runners	0:46:36	00:42:47	00:42:14
Eve Hearle	Newquay Road Runners	0:53:51	00:54:45	
Andrew Heather	Hayle Runners	1:14:38	01:11:27	
Peter Hesketh		1:17:16		
Amanda Hewitt	Cornwall AC	0:54:01		
Christopher Heywood		0:58:25	00:56:36	00:55:01
Charlie Hill		1:32:07	01:28:02	
Nick Hill		1:02:47	01:04:53	
Daniel Hirst		1:06:26		
Keith Hoadley	Torrington AAC	0:58:47	00:57:18	00:56:48
Jon Hoare	East Cornwall Harriers	1:03:02		
Sarah Holland	Tavistock AC	1:02:03		
Sandra Holmes	Newquay Road Runners	1:06:07		
Rachel Holt	Looe Pioneers Running Club	1:20:57		
Rory Honeychurch		0:57:08	00:52:28	
Sarah Hope	Camelford Up and Running	1:11:57		
Edward Horn	Tavistock AC	0:46:49	00:44:35	00:43:59
Andrej Hornak		1:01:40	01:03:21	
Pavol Hornak		0:52:39		
Charlene Howard		0:55:04	00:53:45	00:52:36
Anita Hudson	St Austell Running Club	1:05:51		
Michael Hughes	Storm Plymouth	0:57:28		00:53:02
Frazer Humbles	Hayle Runners	0:53:15	00:54:05	00:52:11
Arthur Hunter		1:03:52		
Harriet Hunter		1:03:47		
Danielle Hurt		1:10:30		
Holly Hutchins	Camelford Up and Running	1:16:04		
Stephen Hutchinson	Bude Rats (Run and Tri)	1:00:37	01:06:13	00:59:52
Martin Hynes	Launceston Road Runners	0:59:38		00:55:01
Darren Jackson		1:03:23		
Simon James	Cornwall AC	0:59:51	01:03:27	01:01:48

Jenny Jeeves	Tavistock AC	0:51:11		00:49:47
Jacqueline Jenkin	Cornwall AC	1:22:02		01:18:33
Richard Jenkin	Cornwall AC	1:13:10		01:05:56
Steven Jenkin	Cornwall AC	1:00:36		00:57:26
Stephen Jenkins	Launceston Road Runners	1:05:47		00:58:42
Jade Jennings		1:19:48		01:19:41
Pete Jennings		1:02:40	01:01:22	00:58:10
Sally Johnston	Tamar Trotters	1:14:08	01:11:00	01:10:06
Lynn Jones	Plymouth Musketeers Running Club	1:30:52		
Jonathan Kappes	Launceston Road Runners	0:49:38	00:53:43	00:51:54
Laura Keith	Plymouth Harriers	1:19:22		
Nikki Kelly	Tavistock AC	0:45:33		
Ben Kent	Cornwall AC	0:43:25		
Matt Kibler		1:06:56		
David Kilgore	Storm Plymouth	0:49:49		00:50:49
Margaret Ann Kinahan	East Cornwall Harriers	1:19:40	01:20:35	
Becky Kingdon		1:01:56		00:59:56
Katie Knowles	Truro Running Club	0:42:38		
Craig Knuckey	Cornwall AC	0:47:38		
Janet Lathom	Launceston Road Runners	1:12:35		
Ruby Lawrence	RunFitRunFast	0:52:05		
Jennifer Lawson	Newquay Road Runners	1:24:34	01:16:05	
Trevor Lee	Truro Running Club	1:05:35		
Emma Lewis	East Cornwall Harriers	1:21:50		
Katie Littlejohns Riches	Okehampton RC	0:48:30		
Dean Llewellyn	Looe Pioneers Running Club	1:11:29		
Mark Lobb	Storm Plymouth	0:59:37		
Amelia Lovell		1:05:23		
Susan Lynch	Torrington AAC	1:06:33		
James Manning	Hayle Runners	0:49:43	00:49:58	00:54:44
Courtney Marks	St Austell Running Club	1:12:12	01:17:25	
Ryan Marks	St Austell Running Club	0:48:22	00:45:57	

Alex Marples	Truro Running Club	0:42:55		00:42:39
Henry Marriner	St Austell Running Club	0:52:31		
Mallory Marriner	St Austell Running Club	1:13:26		
Debbie Marshall	St Austell Running Club	1:08:07	01:06:11	
Linda Marshall		1:03:41		
Colin Martin	Newquay Road Runners	1:12:30	01:04:29	
Jacqui Martin	St Austell Running Club	1:15:57		
Paul Martin		0:55:30	00:59:18	
Philip Martyn-Ugnow		0:50:58		
Jamie Masters	St Austell Running Club	0:42:24		00:42:38
Daniel Matthams		1:09:06	01:08:07	
David Matthams	Instinctive Sports Plymouth	1:09:07	01:08:08	
Charlene Matthews	Storm Plymouth	0:49:14		
Lindsay Matthews		1:23:15		
Louis Matthews	Launceston Road Runners	0:49:52		
Declan Mccaffery		1:06:28		
David Mccarthy	Storm Plymouth	0:56:18		00:55:35
Tracy Mckenzie	Newquay Road Runners	1:10:41		
David McKillop		1:20:12		
Steve Menear	St Austell Running Club	1:09:18		
Lloyd Milbourn		0:43:51		
Bryan Mills		1:18:16		
Jenny Mills	Launceston Road Runners	0:58:19	01:01:22	00:55:59
Jon Mitchell	Cornwall AC	1:02:19		
Julie Moffat	Looe Pioneers Running Club	1:17:06		
Jordan Morant	Hayle Runners	0:40:26	00:41:20	00:40:51
Richard Morton	Tamar Trotters	1:01:32		
Tom Morton	Newquay & Par AC	0:37:14		00:38:18
Abby Munday	Launceston Road Runners	1:09:14	01:10:41	
Mark Newson	Honiton RC	0:56:51		
Liam O'Neill	Hayle Runners	0:43:36	00:46:17	00:45:45
Stephen Oke		0:53:39		

Gillian Onley	Cornwall AC	1:14:49	01:16:41	01:10:42
Michael Orchard	Hayle Runners	1:07:16	01:02:23	00:59:45
Frances Osborne	Fordy Runs Running Club	1:13:10		
Geoff Panter		1:09:30		
David Parish	RunFitRunFast	0:54:33		
Jo Parish		1:23:37		
Lisa Parr	Plymouth Harriers	1:29:31		
Bradley Parsons	St Austell Running Club	0:46:01		
Carla Pas		1:08:34		
Carrie Patrick	Carn Runners	1:23:55		
Emma Paull	Hayle Runners	0:44:34		
Holly Payne		1:13:10		
Ben Pearce	Truro Running Club	0:47:05		
Mark Peck		0:52:22	00:53:19	
Sue Pendleton	Callington Running Group	1:08:27	01:02:54	
Chunky Penhaul	Hayle Runners	1:05:25	01:01:23	01:03:25
Neil Penny-Harding	Cornwall AC	0:49:21		
Nicholas Peters	Hayle Runners	0:55:31		
Dave Pickard	Launceston Road Runners	1:13:31	01:13:33	
Matt Pickard	Launceston Road Runners	1:02:33	01:05:38	01:08:39
Adam Porter		0:49:26	00:51:28	
Martin Potter	London Heathside	0:44:34		
Damen Powell	St Austell Running Club	0:59:22		
Rachel Price		1:04:20	01:04:19	01:06:10
Ivor Pudner	Looe Pioneers Running Club	1:02:17		
Stuart Queen	Plymouth Musketeers Running Club	0:57:47		00:52:41
Peter Rabson	Camelford Up and Running	1:03:34	01:03:28	01:03:11
Clive Ramsden	Newquay Road Runners	0:43:32		
Christopher Ramsey	Truro Running Club	1:20:07	01:20:00	01:01:10
Jacque Rapier	Falmouth Running Club	1:17:09	01:18:09	01:11:41
Pawel Religa		1:18:30		
Zoe Renowden	Hayle Runners	0:58:52		

Steve Reynolds	Truro Running Club	0:38:19	00:39:30	00:40:31
Stuart Richards	St Austell Running Club	0:51:52	00:53:51	00:51:55
Mark Richardson	Bradworthy Runners	1:00:20		
Sarah Richardson	Bradworthy Runners	1:16:02		
Ian Ringer		1:16:40	01:11:05	01:12:28
Gareth Roberts	Launceston Leisure Centre	1:13:08	01:14:57	
Malcolm Roberts	St Austell Running Club	0:55:47	00:55:09	00:52:52
Mark Roby	Truro Running Club	0:44:33	00:45:12	
Ben Rogers	Bude Rats (Run and Tri)	1:02:32		00:56:49
Emily Roissetter	Tavistock AC	1:13:13		
Peter Roissetter		1:07:30		
Ruth Rose		1:39:20		
Matt Row	St Austell Running Club	0:49:14		
Wayne Rundle	Launceston Road Runners	0:59:55	00:56:53	
John Sanders		0:54:13	00:55:05	00:56:53
Peter Sargent	South West Vets A.C.	1:12:04	01:04:00	
Stan Sargent		0:44:27		
Nicholas Saunders		1:01:27	01:09:28	
Ian Savigar	East Cornwall Harriers	0:55:17	00:55:47	
Demelza Sayers		1:16:35		
Charlotte Scoble		1:04:33		
Clare Scotton	Tamar Trails Runners	1:08:11		
Andrew Searle	Hayle Runners	0:51:25		
Jane Shaddick-Brady		1:22:16		01:24:22
Claire Sibley		1:30:24		
Amber Simler	Truro Running Club	1:10:14		
Martin Sims		1:15:12	01:17:45	01:15:05
Stella Sims		1:11:04		
Hannah Smith	Hayle Runners	1:03:07	01:01:17	01:02:13
Richard Smith	Newquay Road Runners	0:53:37		
Wes Smith	Tavistock Run Project	0:45:06		
Philip Spargo	Truro Running Club	1:08:12	01:09:18	01:06:48

David Speake	St Austell Running Club	0:56:46		
Christopher Spencer		0:58:25	01:02:02	
Harry Stallard	St Austell Running Club	1:09:51		
Sid Standlick	Tamar Trotters	0:49:51		
Jane Stedman	Bodmin Running Club	1:02:03		
James Stephens	St Austell Running Club	0:54:16	00:56:24	00:59:19
Emma Stepto	Cornwall AC	0:49:48	00:50:30	
Dylan Stevens	Newquay & Par AC	0:41:59	00:43:11	
Paul Stevens	St Austell Athletes Running Club	0:50:31		01:07:00
Christine Stone		1:21:05		
Claire Stone	Hayle Runners	1:13:47	01:11:18	01:16:32
Jackie Stone	Hayle Runners	1:19:01	01:17:51	01:17:04
Joanne Strawbridge	East Cornwall Harriers	1:05:32		
Wendy Stuart	St Austell Running Club	1:18:44		
Mark Sweeney	St Austell Running Club	0:51:00		00:48:33
Lesley Taphouse	Bodmin Running Club	1:23:50	01:23:17	
Peter Tassart		0:57:22		
Chris Teather	Launceston Leisure Centre	1:17:01		
Jo Teather	Launceston Leisure Centre	1:11:11		
Derek Thomas	St Austell Running Club	0:56:23		
Mark Thomas	Storm Plymouth	0:53:25		
Eddie Thomson	Launceston Road Runners	0:54:18		
Joseph Thomson	Launceston Road Runners	0:46:53	00:48:33	00:53:44
Julie Towers	Hayle Runners	0:56:02		
Stewart Townend	Hayle Runners	1:18:00	01:19:46	
Sara Treeby	Looe Pioneers Running Club	1:38:41		
Rosie Trevains	Bys Vyken Race Team	1:11:10		01:29:50
Paul Trifanov	Newquay Road Runners	0:52:35		00:45:24
Kayley Tucker	Launceston Road Runners	1:14:23		
Michelle Tucker		1:03:39		
Chloe Turner	East Cornwall Harriers	1:08:56	01:15:27	
Christopher Turner	Okehampton RC	0:43:40		

Josh Turner	East Cornwall Harriers	0:58:54		
Dominic Turton	Hayle Runners	0:47:11		
Tim Twiggs	Hayle Runners	0:52:55		
Craig Underhill	Hayle Runners	0:55:26	00:57:57	
Darren Uren	Hayle Runners	0:55:34		
Craig Varcoe	St Austell Running Club	0:50:31	00:55:22	00:58:25
Martin Venning	Launceston Road Runners	1:16:06	01:15:09	01:15:44
Armando Vieira	St Austell Running Club	1:16:21		
Paula Vieira	St Austell Running Club	1:16:21		
Jason Vinnicombe	Cornwall AC	0:55:31		
Simon Wakeham		0:58:01		
Iain Walker	St Austell Running Club	0:54:00		
Karen Walker	Storm Plymouth	1:09:05		
Cat Wallman	Truro Running Club	1:10:32		
Carole Walters	Tavistock AC	0:55:40	00:56:13	
Victoria Walton	Newquay Road Runners	1:17:57		
Jackie Wastell	London Heathside	0:59:51		
Kenzie Watson		1:26:07		
Mandy Watts	Newquay Road Runners	0:54:44	00:59:00	01:00:41
Kathryn Weaver-Gore	Plymouth Musketeers Running Club	1:34:42		
Jackie Wells	Camelford Up and Running	1:14:00		
Charlie Wevill	Matt Luxton Health & Fitness	0:47:04		
Paul Whear	Cornwall AC	0:58:50		00:40:14
Lisa Whell		1:05:21		
Paul Whitmore	Storm Plymouth	1:07:22		
Caroline Whitton	Callington Running Group	1:08:23		
Dean Wickett		0:43:28		00:46:23
Demelza Widdershoven	Carn Runners	1:03:00		
Derren Wilkie	Storm Plymouth	1:10:02		
Sarah Wilkinson	Newquay Road Runners	0:59:16		00:59:17
Ashley Williams	Hayle Runners	0:51:34		
Ian Williams		1:25:09		

Jo Williams		1:09:04	01:09:11
Mark Williams	Hayle Runners	0:47:11	00:47:30
Katie-Sarah Willing		1:23:47	
Claire Winfield	Launceston Road Runners	0:58:58	00:56:56
Declan Woodgate		0:55:34	
Jason Yates	Launceston Leisure Centre	1:01:29	
Richard Yates	Launceston Leisure Centre	1:06:10	
Rachel Yelland	East Cornwall Harriers	1:13:23	