

Storm Force 10 - 2024

Place	Bib	Name	AG	Club	GunTime	ChipTime
1	501	Dan Mapp	Male Under 35	Bideford AAC	0:54:02	0:53:59
2	378	Nathan Goddard	Male Under 35	Shaftsbury Barnet Harriers	0:54:29	0:54:26
3	497	Tom Morton	Male Under 35	Mile High	0:54:34	0:54:31
4	387	Adam Tango Holland	Male 35-39	Launceston Road Runners	0:55:21	0:55:18
5	514	Lester James	Male Under 35	Cornwall AC	0:55:29	0:55:25
6	102	Steve Reynolds	Male 35-39	Truro Running Club	0:56:00	0:55:56
7	444	David Crawford	Male 35-39	Newquay & Par AC	0:56:18	0:56:16
8	243	Ed Dickinson	Male Under 35	Falmouth Running Club	0:56:38	0:56:35
9	360	Brian Glynn	Male Under 35	Cornwall AC	0:56:47	0:56:44
10	502	John Odonoghue	Male 35-39	Bideford AAC	0:56:57	0:56:53
11	476	Liam Rowe	Male Under 35	Cornwall AC	0:57:04	0:57:00
12	293	Derrick Warren	Male 35-39	Plymstock Road Runners	0:57:13	0:57:10
13	584	Andrew Martin	Male 40-44	Mile High	0:57:16	0:57:12
14	490	James Cutlan	Male 35-39	Cornwall AC	0:57:32	0:57:30
15	600	Michael Birchmore	Male Under 35	Cornwall AC	0:57:56	0:57:53
16	15	Matt Yates	Male 35-39	Cornwall AC	0:58:11	0:58:07
17	524	Oliver Oldfield	Male Under 35	Tamar Trotters	0:58:16	0:58:12
18	586	John McWilliams	Male 35-39	Mile High	0:58:17	0:58:14
19	401	Richard Ezra-Ham	Male Under 35	Tamar Trotters	0:59:00	0:58:57
20	341	Anna Harrold	Female 40-44	Truro Running Club	0:59:07	0:59:03
21	564	Alex Peyton Jones	Male 40-44	Tavistock Run Project	0:59:19	0:59:16
22	48	Paul Whear	Male 55-59	Cornwall AC	0:59:22	0:59:18
23	473	Peter Barnes	Male 40-44	Hayle Runners	0:59:41	0:59:38
24	592	Rebecca Ezra-Ham	Female Under 35	Tamar Trotters	0:59:50	0:59:46
25	492	James Pyke	Male Under 35	Truro Running Club	0:59:55	0:59:51
26	493	Ross Pascoe	Male Under 35	Cornwall AC	1:00:00	0:59:57
27	131	Alex Marples	Male 45-49	Truro Running Club	1:00:01	0:59:57
28	489	Andrew Paroissien	Male 40-44	Hayle Runners	1:00:12	1:00:09
29	343	Darren Roose	Male 45-49	Newquay Road Runners	1:00:45	1:00:40
30	258	Dan Alsop	Male 40-44	St Austell Running Club	1:00:54	1:00:51
31	3	Henry Kennaway	Male Under 35	Truro Running Club	1:01:01	1:00:57
32	82	Peter Scriven	Male 45-49	Cornwall AC	1:01:08	1:01:04
33	176	Jamie Edwards	Male Under 35	Newquay Road Runners	1:01:16	1:01:14
34	547	Ross Duerden	Male 35-39	Cornwall AC	1:01:28	1:01:25
35	352	Ben Kent	Male Under 35	Cornwall AC	1:01:37	1:01:33
36	614	Clive Ramsden	Male 45-49	Newquay Road Runners	1:01:42	1:01:38
37	405	Luke Attwood	Male Under 35	Tamar Trotters	1:02:05	1:02:01
38	537	Morgan Craig	Male 45-49	Bude Rats (Run and Tri)	1:02:18	1:02:13
39	598	Tony Wright	Male 55-59	Cornwall AC	1:02:21	1:02:16
40	535	Mark Roby	Male 45-49	Truro Running Club	1:02:36	1:02:32
41	560	Jonny Colaco	Male 50-54	Newquay Road Runners	1:02:38	1:02:33
42	528	Katie Walker	Female Under 35	Cornwall AC	1:02:51	1:02:47
43	156	Stephen Fuller	Male 55-59	Hayle Runners	1:03:03	1:02:58
44	462	Robert Warner	Male Under 35	Tamar Trotters	1:03:05	1:02:59
45	525	Liam Gallantry	Male Under 35	East Cornwall Harriers	1:03:14	1:03:08
46	503	Neil Carter	Male 40-44	Newquay Road Runners	1:03:24	1:03:19
47	431	Jake Timms	Male Under 35	Falmouth Running Club	1:03:27	1:03:21

48	513	Ronnie James	Male 55-59	Cornwall AC	1:03:48	1:03:44
49	249	Paul Trifanov	Male Under 35	Newquay Road Runners	1:03:55	1:03:51
50	322	Andrew Hall	Male 45-49	St Austell Running Club	1:04:03	1:03:58
51	450	Tim van Berkel	Male 35-39	Truro Running Club	1:04:04	1:04:00
52	435	Ruby Orchard	Female 40-44	Cornwall AC	1:04:13	1:04:10
53	453	Katie Knowles	Female Under 35	Truro Running Club	1:04:20	1:04:15
54	300	Alan Thomas	Male 35-39	Falmouth Running Club	1:04:22	1:04:16
55	245	Alan Jeffrey	Male 50-54	Bodmin Road Runners	1:04:35	1:04:30
56	63	James Grogan	Male Under 35	Tri Logic Cornwall	1:04:45	1:04:33
57	578	Callum Waldie	Male Under 35	Truro Running Club	1:05:15	1:05:11
58	229	Finlay Allen	Male Under 35	Tamar Trotters	1:05:29	1:05:25
59	8	Simon Jeffs	Male 45-49	Hayle Runners	1:05:35	1:05:31
60	205	Sarah Hoskin	Female 40-44	Mile High	1:05:48	1:05:42
61	461	Crispin Brabner	Male 50-54	Tamar Trotters	1:05:48	1:05:41
62	346	Steven Brown	Male 55-59	Cornwall AC	1:05:49	1:05:45
63	321	Matt Fox	Male Under 35	Falmouth Running Club	1:05:56	1:05:50
64	270	Joe Hunt	Male Under 35	Falmouth Running Club	1:06:01	1:05:56
65	92	Steve Law	Male 50-54	Falmouth Running Club	1:06:08	1:06:03
66	236	Dominic Turton	Male Under 35	Hayle Runners	1:06:20	1:06:13
67	54	Mike Ellis	Male 45-49	Newquay & Par AC	1:06:21	1:06:14
68	392	Jamie Daniell	Male 35-39	St Austell Running Club	1:06:23	1:06:18
69	409	Ben Pearce	Male 35-39		1:06:26	1:06:14
70	296	Ryan Marks	Male Under 35	St Austell Running Club	1:06:28	1:06:24
71	389	John Hatchell	Male 45-49	St Austell Athletes Running Cl	1:06:29	1:06:20
72	18	Liam O'Neill	Male 35-39	Hayle Runners	1:06:45	1:06:45
73	312	Thomas Bateman	Male 40-44	Falmouth Running Club	1:06:52	1:06:46
74	222	Marcus Wills	Male 40-44	East Cornwall Harriers	1:06:53	1:06:48
75	456	Scott Abraham	Male 50-54	Hayle Runners	1:07:02	1:06:56
76	328	Joseph Parker	Male Under 35		1:07:11	1:07:06
77	447	Charlotte Tansley	Female Under 35	Cornwall AC	1:07:33	1:07:27
78	382	Max Mitchell	Male Under 35		1:07:34	1:07:23
79	10	Rebecca Stobart	Female Under 35	Cornwall AC	1:07:35	1:07:24
80	24	Larry Martin	Male 50-54	Tri Logic Cornwall	1:07:45	1:07:38
81	77	Sarah Reel	Female Under 35	Falmouth Running Club	1:07:49	1:07:43
82	521	Adam Keogh	Male 45-49	Falmouth Running Club	1:08:02	1:07:36
83	425	Mattias Ronngard	Male 55-59	Newquay Road Runners	1:08:05	1:07:58
84	349	Emma Paull	Female 35-39	Hayle Runners	1:08:08	1:08:03
85	298	David Guffick	Male 40-44	Hayle Runners	1:08:09	1:08:04
86	457	Harry Brooksbank	Male Under 35	Cornwall AC	1:08:11	1:08:04
87	194	Rosie Gibbons	Female 45-49	Cornwall AC	1:08:12	1:08:12
88	474	Mike Falconar	Male 35-39		1:08:15	1:08:08
89	50	Zelah Morrall	Female 55-59	Cornwall AC	1:08:18	1:08:12
90	531	Max Davies	Male Under 35		1:08:28	1:08:28
91	595	Emma Stepto	Female 50-54	Cornwall AC	1:08:31	1:08:26
92	116	Sid Standlick	Male 40-44	Tamar Trotters	1:08:42	1:08:36
93	434	James Manning	Male 45-49	Hayle Runners	1:08:49	1:08:41
94	604	Roisin Mooney	Female Under 35	Cornwall AC	1:08:59	1:08:48
95	308	Jason Vinnicombe	Male 45-49	Cornwall AC	1:09:03	1:08:51
96	508	Matthew Purcell-Herbe	Male 35-39	St Austell Athletes Running Cl	1:09:06	1:08:57

97	422	Edward Martin	Male 35-39	Lonely Goat RC	1:09:12	1:09:05
98	558	Thomas Sopp	Male 45-49	Falmouth Running Club	1:09:24	1:09:19
99	593	Mike Dowrick	Male 50-54	Cornwall AC	1:09:46	1:09:40
100	228	Steve Baker	Male 65-69	Tamar Trotters	1:09:51	1:09:44
101	68	Alan Wherry	Male 55-59	St Austell Running Club	1:10:06	1:10:00
102	463	Jordan Dingle	Male Under 35	St Austell Athletes Running Cl	1:10:13	1:10:02
103	89	Tim Adams	Male 50-54	St Austell Running Club	1:10:14	1:10:08
104	491	Ben Harding	Male 40-44	East Cornwall Harriers	1:10:35	1:10:30
105	345	Peter Brodey	Male Under 35	St Austell Running Club	1:10:53	1:10:44
106	406	Lee Pollard	Male 35-39	Tamar Trotters	1:10:53	1:10:47
107	569	Matt Row	Male 35-39	St Austell Running Club	1:10:56	1:10:46
108	566	Harry Lobban	Male Under 35		1:10:57	1:10:39
109	526	Simon Brown	Male 45-49	Falmouth Running Club	1:10:58	1:10:52
110	333	Jonny Unwin	Male Under 35	Cornwall AC	1:11:15	1:11:10
111	139	Curtis Hayes	Male Under 35	Hayle Runners	1:11:18	1:11:10
112	218	Robin Watson	Male 60-64	Falmouth Running Club	1:11:20	1:11:15
113	148	James Toseland	Male 35-39	Truro Running Club	1:11:23	1:11:15
114	416	Richard Chynoweth	Male 40-44	Truro Running Club	1:11:27	1:11:22
115	152	Jake Cordery	Male Under 35		1:11:46	1:11:34
116	7	Tim Hicks	Male 40-44	Truro Running Club	1:11:55	1:11:52
117	579	Giorgia Bruno	Female Under 35		1:11:57	1:11:47
118	262	Eve Hearle	Female 40-44	Newquay Road Runners	1:12:11	1:12:03
119	61	Mark Sweeney	Male 60-64	St Austell Running Club	1:12:24	1:12:18
120	167	Leo Muid	Male 40-44	Falmouth Running Club	1:12:27	1:12:21
121	482	Rose Harvie	Female Under 35	Newquay Road Runners	1:12:31	1:12:23
122	549	Glynn Davis	Male 55-59		1:12:58	1:12:54
123	104	Julian Evans	Male 50-54	Falmouth Running Club	1:13:08	1:13:02
124	151	Kevin Marshall	Male 60-64	Launceston Road Runners	1:13:25	1:13:10
125	529	Lee Lawry	Male Under 35		1:13:27	1:13:14
126	47	Paul Gough	Male 50-54	Hayle Runners	1:13:30	1:13:23
127	200	Stuart Richards	Male 45-49	St Austell Running Club	1:13:31	1:13:22
128	340	Katy Jenkins	Female 45-49	Truro Running Club	1:13:32	1:13:21
129	37	Emma Mossop	Female 50-54	Cornwall AC	1:13:33	1:13:22
130	190	Seth Mitchell	Male 35-39		1:13:36	1:13:26
131	534	Jon Cahill	Male 45-49	Truro Running Club	1:13:45	1:13:36
132	337	Jon Eldon	Male 60-64	Hayle Runners	1:13:47	1:13:40
133	472	Melissa Nicholas	Female Under 35	Hayle Runners	1:14:02	1:13:55
134	81	Neil Hayhurst	Male 40-44	Hayle Runners	1:14:02	1:13:56
135	95	James Skeplorn	Male 40-44	Truro Running Club	1:14:10	1:13:59
136	374	Mark Grassam	Male 50-54	Looe Pioneers Running Club	1:14:15	1:14:06
137	41	Simon Hambury	Male 45-49	Falmouth Running Club	1:14:21	1:14:14
138	32	Harry Roberts	Male Under 35		1:14:24	1:14:13
139	60	Frazer Humbles	Male 40-44	Hayle Runners	1:14:38	1:14:29
140	76	Tim Twiggs	Male 55-59	Hayle Runners	1:14:38	1:14:29
141	587	Annie Trotter	Female Under 35		1:14:38	1:14:05
142	347	Rachel Vague	Female 35-39	Tri Logic Cornwall	1:14:39	1:14:26
143	451	Craig Varcoe	Male Under 35	St Austell Running Club	1:14:51	1:14:39
144	244	Laura Williams	Female 35-39		1:14:55	1:14:49
145	324	Paul Warmington	Male 40-44	Hayle Runners	1:14:56	1:14:46

146	214	Andrew Geach	Male Under 35	St Austell Athletes Running Cl	1:14:57	1:14:45
147	415	Sean Pulley	Male 60-64	Hayle Runners	1:15:02	1:14:49
148	120	Charles Curtis	Male Under 35	Cornwall AC	1:15:03	1:14:55
149	96	Kirsty Medlock	Female 40-44	Hayle Runners	1:15:09	1:15:01
150	494	Ellen Jones	Female Under 35	Cornwall AC	1:15:10	1:15:00
151	291	Nicholas Peters	Male Under 35	Hayle Runners	1:15:12	1:15:04
152	611	Martin Woolcock	Male 40-44		1:15:20	1:14:57
153	546	Helen Barrett	Female Under 35	Falmouth Running Club	1:15:23	1:15:16
154	411	Lucy Paull	Female 40-44	Hayle Runners	1:15:26	1:15:21
155	359	Amy Glynn	Female Under 35	Cornwall AC	1:15:38	1:15:32
156	196	Malcolm Sabine	Male 35-39		1:15:43	1:15:31
157	613	Ben Johns	Male 35-39	Truro Running Club	1:15:46	1:15:37
158	319	Jonathan Crowle	Male 50-54	Truro Running Club	1:15:50	1:15:39
159	552	Niamh O'Keeffe	Female 35-39		1:16:00	1:15:53
160	603	Amanda Hewitt	Female 50-54	Cornwall AC	1:16:06	1:15:57
161	518	Darren Uren	Male 40-44	Hayle Runners	1:16:14	1:16:06
162	233	Hannah Matthews	Female 35-39	East Cornwall Harriers	1:16:30	1:16:18
163	169	Kevin Silver	Male 55-59	Hayle Runners	1:16:46	1:16:37
164	180	Steven Thomas	Male 45-49	Carn Runners	1:16:47	1:16:31
165	157	Debbie Harrison-Webb	Female 50-54	Hayle Runners	1:16:49	1:16:36
166	284	Tommy Polglase	Male 70-74	Carn Runners	1:17:05	1:16:57
167	610	Sam Connolly	Male Under 35		1:17:15	1:17:02
168	115	Ruth Glover	Female Under 35	Tri Logic Cornwall	1:17:20	1:17:10
169	479	Laurie McCall	Male 35-39		1:17:23	1:17:13
170	318	Marc Young	Male 50-54	Plymouth Musketeers Runnin	1:17:29	1:17:17
171	559	Sally Turner	Female 35-39	Cornwall AC	1:17:30	1:17:23
172	506	Katie Robinson	Female 35-39	Falmouth Running Club	1:17:33	1:17:25
173	186	Andy Bray	Male 40-44	Tri Logic Cornwall	1:17:36	1:17:25
174	250	Andrew Searle	Male 40-44	Hayle Runners	1:17:37	1:17:29
175	75	Katie Spencer	Female 50-54	Truro Running Club	1:17:40	1:17:26
176	477	Eddie Thomson	Male 35-39	Launceston Road Runners	1:17:41	1:17:31
177	188	Jenny Cartwright	Female 35-39	Looe Pioneers Running Club	1:17:41	1:17:32
178	30	Andrew Ellis	Male 50-54	Hayle Runners	1:17:42	1:17:34
179	561	Katie Hill	Female 35-39		1:17:43	1:17:35
180	118	Emma Clark	Female 40-44	Looe Pioneers Running Club	1:17:44	1:17:33
181	175	Corinne Gerrard	Female 50-54	Hayle Runners	1:17:48	1:17:33
182	145	Ian Savigar	Male 60-64	East Cornwall Harriers	1:17:52	1:17:41
183	541	James Stephens	Male 35-39	St Austell Running Club	1:18:04	1:17:49
184	301	Jim Nettleton	Male 55-59	Truro Running Club	1:18:11	1:17:56
185	273	Craig Underhill	Male 55-59	Hayle Runners	1:18:23	1:18:09
186	400	Richard Foster	Male 50-54	Launceston Road Runners	1:18:32	1:18:20
187	231	Steven Bullen	Male 50-54	Tamar Trotters	1:18:35	1:18:27
188	223	Martin Penney	Male 50-54	Bys Vyken Race Team	1:18:39	1:18:25
189	74	Andrew Skelton	Male 45-49		1:18:45	1:18:32
190	381	Michelle Matthews	Female 35-39		1:18:47	1:18:36
191	582	Hannah Grainger Clem	Female 45-49	Oxford Tri	1:18:49	1:18:40
192	161	Clive Shute	Male 45-49	East Cornwall Harriers	1:18:52	1:18:41
193	350	Dan Smith	Male Under 35		1:18:53	1:18:31
194	2	Michael Counter	Male 55-59	St Austell Running Club	1:19:30	1:19:16

195	33	Mark Bennetts	Male 45-49	St Austell Athletes Running Cl	1:19:30	1:19:21
196	371	Ralph Morton	Male Under 35		1:19:34	1:19:00
197	563	Sam Naisby	Male Under 35		1:19:36	1:19:18
198	57	Luke Bennett	Male 60-64		1:19:48	1:19:35
199	538	Jon Fletcher	Male 40-44	St Austell Running Club	1:19:51	1:19:42
200	394	Nathan Jenkin	Male 35-39	Tri Logic Cornwall	1:19:53	1:19:34
201	496	Marty Barnfield	Male 50-54	Bodmin Road Runners	1:19:56	1:19:47
202	419	David Menhenitt	Male Under 35	St Austell Athletes Running Cl	1:20:02	1:19:51
203	567	Al Hertzog	Male Under 35		1:20:05	1:19:27
204	252	Phillip Ciano	Male 55-59	Perran Trail Runners	1:20:07	1:19:59
205	471	Chris Marriott	Male 40-44	St Austell Athletes Running Cl	1:20:07	1:19:57
206	542	Johnathan Billing	Male 35-39	Hayle Runners	1:20:17	1:20:05
207	594	Nick Rogers	Male 50-54	Truro Running Club	1:20:20	1:20:07
208	86	Beth Popperwell	Female 50-54	Mile High	1:20:25	1:20:12
209	209	Natasha Stevens	Female 50-54	Bodmin Women's Running Cl	1:20:48	1:20:34
210	574	Edward Ford	Male Under 35	Hayle Runners	1:20:51	1:20:43
211	235	Natalie Dunn	Female 35-39	Truro Running Club	1:20:57	1:20:41
212	334	Mandy Watts	Female 50-54	Newquay Road Runners	1:21:03	1:20:49
213	484	Sophie Talling	Female Under 35	Newquay Road Runners	1:21:25	1:21:11
214	106	Andrew Laurie	Male 60-64		1:21:26	1:21:06
215	423	Jon Wheatley	Male 55-59		1:21:35	1:21:11
216	504	Naomi Astill	Female 35-39	Hayle Runners	1:21:39	1:21:24
217	294	Martin Dinham	Male 50-54	Mile High	1:21:52	1:21:42
218	124	Tanya Coleman	Female 50-54	Truro Running Club	1:21:52	1:21:36
219	90	Simon James	Male 50-54	Cornwall AC	1:21:53	1:21:33
220	306	Emily Cameron	Female 35-39	Newquay Road Runners	1:21:54	1:21:39
221	375	Santino Mangion	Male 35-39	Hayle Runners	1:21:56	1:21:38
222	46	Kevin Loomes	Male 55-59	Falmouth Running Club	1:22:02	1:21:40
223	403	Myghal Larter	Male 35-39		1:22:04	1:21:53
224	29	Catheryn Camborieux	Female 50-54	Truro Running Club	1:22:08	1:21:53
225	264	Simon Murray	Male 60-64	Hayle Runners	1:22:22	1:22:08
226	85	Richard Morton	Male 70-74	Tamar Trotters	1:22:26	1:22:16
227	136	Julie Towers	Female 60-64	Hayle Runners	1:22:28	1:22:09
228	465	Andrea Simmons	Female 65-69	Hayle Runners	1:22:44	1:22:37
229	215	Josh Turner	Male 35-39	East Cornwall Harriers	1:22:46	1:22:10
230	402	Amy Gregory	Female 35-39	Newquay Road Runners	1:22:49	1:22:35
231	11	Glyn Talling	Male 50-54	Newquay Road Runners	1:22:51	1:22:51
232	543	Elliott Payne	Male 35-39		1:22:58	1:22:46
233	344	Alison Roose	Female 45-49	Newquay Road Runners	1:22:59	1:22:45
234	204	Graham Stirr	Male 35-39		1:23:03	1:22:39
235	357	Nathan Cudmore	Male 45-49	Hayle Runners	1:23:06	1:22:59
236	533	Ryan Mosney	Male 35-39	Truro Running Club	1:23:09	1:23:00
237	162	Paul Cole	Male 60-64	Falmouth Running Club	1:23:11	1:23:04
238	13	Diane Warren	Female 65-69	Hayle Runners	1:23:28	1:23:03
239	348	Jake Stone	Male Under 35	St Austell Running Club	1:23:30	1:23:12
240	527	Luke Bradford	Male 40-44	Hayle Runners	1:23:34	1:23:10
241	362	Lee Bunyan	Male 40-44	Truro Running Club	1:23:35	1:23:13
242	97	Jenna Bissell	Female 35-39	Truro Running Club	1:23:35	1:23:18
243	70	Rob Burford	Male 60-64		1:23:54	1:23:46

244	164	Steve Davey	Male 55-59		1:23:56	1:23:43
245	516	Damen Powell	Male 35-39	St Austell Running Club	1:24:00	1:23:46
246	454	Stuart Smith	Male 35-39	Hayle Runners	1:24:17	1:23:59
247	277	Zoe Renowden	Female 40-44	Hayle Runners	1:24:23	1:24:00
248	271	Brett Stepto	Male 45-49	Cornwall AC	1:24:36	1:24:16
249	323	Kerry James	Female Under 35		1:24:41	1:24:22
250	575	Rupert Phillips	Male 35-39		1:24:42	1:24:20
251	601	David Jenkin	Male 35-39		1:24:52	1:24:42
252	487	Stephen Hocking	Male 55-59		1:25:14	1:25:04
253	199	Adam Palmer	Male 45-49		1:25:25	1:25:01
254	302	David Foy	Male 50-54	Falmouth Running Club	1:25:29	1:25:11
255	114	Gary Hickman	Male 65-69	Tri Logic Cornwall	1:25:40	1:25:11
256	565	Tommy Temp	Male 35-39	Hayle Runners	1:25:40	1:25:08
257	607	Sarah Myford	Female 55-59	Bodmin Road Runners	1:25:43	1:25:29
258	467	Matt Chapman	Male Under 35		1:25:43	1:25:23
259	437	Meeta Nicholls	Female 45-49	East Cornwall Harriers	1:25:49	1:25:37
260	38	Thelma Namonje Kapei	Female 35-39	Falmouth Running Club	1:25:50	1:25:43
261	216	Louise Ollivier	Female 55-59	Hayle Runners	1:26:00	1:25:44
262	153	Michael Orchard	Male 65-69	Hayle Runners	1:26:02	1:25:40
263	571	Tamsin Lay	Female 40-44	East Cornwall Harriers	1:26:08	1:25:55
264	532	Roly Boyd	Male 55-59		1:26:10	1:25:54
265	219	Trevor Lee	Male 60-64	Truro Running Club	1:26:11	1:25:56
266	305	Helen Thomas	Female 50-54	Truro Running Club	1:26:16	1:25:58
267	519	Claire Longman	Female 45-49	Truro Running Club	1:26:20	1:26:06
268	596	Lewis O'Brien	Male 40-44		1:26:24	1:26:01
269	335	Adrian Quest	Male 45-49		1:26:26	1:26:00
270	428	Georgia Gowing	Female Under 35	St Austell Running Club	1:26:27	1:25:57
271	445	Hannah Smith	Female Under 35	Hayle Runners	1:26:30	1:26:14
272	602	Holly Payne	Female 35-39		1:26:32	1:26:11
273	554	Mike Flavelle	Male 65-69		1:26:39	1:26:26
274	44	Nick Richards	Male 50-54	Cornwall AC	1:26:41	1:26:13
275	536	Ronan Vicary	Male Under 35		1:26:55	1:26:50
276	34	Peter Allen	Male 65-69	Newquay Road Runners	1:26:58	1:26:46
277	52	Lucy Hewitt	Female 55-59	Newquay Road Runners	1:27:00	1:26:44
278	213	Keith Gale	Male 50-54		1:27:01	1:26:41
279	272	Simon Jones	Male 50-54		1:27:01	1:26:41
280	510	Helen Knowles	Female 45-49	Hayle Runners	1:27:04	1:26:46
281	391	Steven Jenkin	Male 50-54	Cornwall AC	1:27:08	1:26:48
282	254	Alison Caldwell	Female 45-49		1:27:08	1:26:46
283	356	Richard Olive	Male 50-54	Truro Running Club	1:27:12	1:26:51
284	99	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	1:27:14	1:27:02
285	325	Lisa Player	Female 60-64	Newquay Road Runners	1:27:16	1:27:01
286	67	Sharon Rowat	Female 50-54	Hayle Runners	1:27:20	1:26:54
287	336	Ade Dagnall	Male 50-54		1:27:36	1:27:05
288	370	Jennifer Buckland	Female 50-54	Hayle Runners	1:27:37	1:27:17
289	232	Angeline Hadfield	Female 35-39	Truro Running Club	1:27:39	1:27:22
290	255	Adam Speare	Male 55-59	Tamar Trotters	1:27:41	1:27:19
291	475	Sarah Ryan	Female 40-44	Newquay Road Runners	1:27:42	1:27:25
292	398	Derek Thomas	Male 50-54	St Austell Running Club	1:27:47	1:27:17

293	441	Angela Netherwood	Female 50-54		1:27:48	1:27:29
294	62	Ryan Condon	Male 40-44		1:28:18	1:27:59
295	407	Annalina Morgenstern	Female 50-54		1:28:19	1:27:45
296	330	Jeff Medway	Male 50-54		1:28:20	1:27:47
297	170	Emma Harris	Female 35-39		1:28:22	1:28:07
298	309	Alison Weir	Female 50-54	Falmouth Running Club	1:28:28	1:28:15
299	327	Holly Cook	Female Under 35		1:28:30	1:28:11
300	173	Fiona Gamble	Female 35-39	Hayle Runners	1:28:40	1:28:24
301	105	Julian Chapman	Male 60-64		1:29:00	1:28:37
302	420	Linda Cuff	Female 55-59	Looe Pioneers Running Club	1:29:12	1:29:00
303	413	Jennifer Forbes	Female 35-39	Hayle Runners	1:29:13	1:28:57
304	206	Eleanor Dennis	Female Under 35	Carn Runners	1:29:16	1:29:04
305	505	Beth Chapman	Female 45-49		1:29:23	1:29:12
306	242	Annie Bover	Female 40-44	Bude Rats (Run and Tri)	1:29:34	1:29:09
307	282	Jon Mitchell	Male 50-54	Cornwall AC	1:29:35	1:29:21
308	488	Joanna Marcinekova	Female 40-44	Cornwall AC	1:29:40	1:29:19
309	550	Amy Holland	Female Under 35		1:29:45	1:29:11
310	555	Simon Timms	Male 40-44	Tri Logic Cornwall	1:29:49	1:29:30
311	427	Marc Allen	Male 40-44	St Austell Athletes Running Cl	1:29:49	1:29:39
312	553	Anna Goodman	Female Under 35	Hayle Runners	1:29:55	1:29:42
313	430	Lisa Cassidy	Female 45-49	Bodmin Women's Running Cl	1:30:00	1:29:45
314	386	Alan Edwards	Male 50-54	Newquay Road Runners	1:30:06	1:29:48
315	385	Nicola Edwards	Female 45-49	Newquay Road Runners	1:30:09	1:29:50
316	511	Kara Hill	Female 35-39		1:30:11	1:29:50
317	606	Armando Vieira	Male 45-49	St Austell Running Club	1:30:14	1:29:53
318	597	Jonathan Reed	Male 45-49		1:30:38	1:30:05
319	278	Luke Murray	Male Under 35		1:30:39	1:30:07
320	438	Philip Montgomery-Sm	Male 50-54		1:30:48	1:30:34
321	125	Debbie Marshall	Female 45-49	St Austell Running Club	1:30:54	1:30:26
322	163	Dan Hocking	Male 45-49	Hayle Runners	1:31:06	1:30:49
323	468	Andrew George	Male 65-69	Hayle Runners	1:31:13	1:30:47
324	358	Sarah Allen	Female 50-54	Hayle Runners	1:31:14	1:30:58
325	439	Alan Jones	Male 50-54		1:31:27	1:31:09
326	544	Becca Rees	Female Under 35		1:31:42	1:31:32
327	238	Martyn Haydney	Male 55-59		1:31:42	1:31:32
328	121	Malcolm Roberts	Male 70-74	St Austell Running Club	1:31:55	1:31:48
329	185	Steven Walkey	Male 70-74	Falmouth Running Club	1:32:03	1:31:39
330	112	Chunky Penhaul	Male 75-79	Hayle Runners	1:32:05	1:31:50
331	182	David Byrne	Male 65-69	Raheny Shamrock	1:32:06	1:31:40
332	128	Angeline Davison	Female 45-49		1:32:22	1:31:49
333	69	Trevor Cornish	Male 55-59	Hayle Runners	1:32:40	1:32:20
334	40	Steve Kemsley	Male 60-64	Falmouth Running Club	1:32:49	1:32:26
335	331	Ruth Holding	Female 60-64	Mile High	1:33:00	1:32:42
336	65	Craig Tonkin	Male 50-54	Hayle Runners	1:33:06	1:32:40
337	147	Lewis Borlase	Male Under 35		1:33:09	1:32:57
338	283	Janet Ritchie	Female 60-64	Carn Runners	1:33:10	1:32:50
339	486	Anthony Burrows	Male 55-59	Hayle Runners	1:33:12	1:32:42
340	545	Stuart Seaman	Male 60-64		1:33:21	1:32:56
341	317	Stephen Amor	Male 50-54	Bodmin Road Runners	1:33:37	1:33:28

342	140	Jane Stedman	Female 60-64	Bodmin Road Runners	1:33:41	1:33:16
343	208	Nicky Brenton	Female 55-59	Bodmin Road Runners	1:33:41	1:33:28
344	144	Lucy Oldham	Female 45-49	East Cornwall Harriers	1:33:45	1:33:26
345	372	Richard Hoskins	Male 35-39		1:33:47	1:33:25
346	183	Mike Bawden	Male 60-64	Carn Runners	1:33:55	1:33:42
347	495	Hamilton Isobel	Female 40-44	East Cornwall Harriers	1:34:02	1:33:29
348	241	Paul Skipp	Male 55-59	Bude Rats (Run and Tri)	1:34:14	1:33:49
349	12	Anthony Bryant	Male 45-49	Hayle Runners	1:34:14	1:33:53
350	440	Kim Rosevear	Female Under 35		1:34:24	1:34:09
351	539	Mike Erith	Male 75-79		1:34:28	1:34:16
352	133	Joanne Baker	Female 45-49		1:34:38	1:34:19
353	225	Robert Burrows	Male 65-69	Hayle Runners	1:35:15	1:34:44
354	588	Conan Bennett	Male 35-39		1:35:27	1:35:00
355	265	Mark Tamblyn	Male 65-69	Falmouth Running Club	1:35:29	1:35:05
356	297	Dale Betts	Male 35-39	St Austell Athletes Running Cl	1:35:30	1:35:20
357	168	Emma James	Female 50-54	Launceston Road Runners	1:35:30	1:35:01
358	354	Julie Rundle	Female 45-49	Bodmin Road Runners	1:35:32	1:35:23
359	35	Tracy Mckenzie	Female 45-49	Newquay Road Runners	1:35:34	1:35:08
360	6	Ben Dutton	Male Under 35	St Austell Athletes Running Cl	1:35:37	1:35:00
361	481	Lewis Edwards	Male 35-39	Cornwall AC	1:35:53	1:35:23
362	43	James Danks	Male 40-44	Falmouth Running Club	1:36:01	1:35:37
363	483	Jo Richards	Female Under 35		1:36:24	1:36:05
364	556	Phil Gendall	Male 60-64		1:36:25	1:35:52
365	281	John Brady	Male 60-64	East Cornwall Harriers	1:36:27	1:35:52
366	470	Joanne Strawbridge	Female 45-49	East Cornwall Harriers	1:36:27	1:35:52
367	393	Sarah Wilkinson	Female 60-64	Newquay Road Runners	1:36:29	1:36:15
368	58	Eleanor Ellison	Female 65-69	Newquay Road Runners	1:36:29	1:36:14
369	14	Karen Warner	Female 55-59	Newquay Road Runners	1:36:35	1:36:09
370	376	Maria De Ruvo	Female 40-44	Hayle Runners	1:36:38	1:36:15
371	507	Georgina Symons	Female 45-49	St Austell Athletes Running Cl	1:36:55	1:36:32
372	551	Aidan Bell	Male Under 35	Lankelly Rugby Club	1:36:59	1:36:44
373	220	Vicky Cloete	Female 50-54		1:37:02	1:36:44
374	299	Augusta Trussell	Female Under 35	Truro Running Club	1:37:11	1:36:54
375	287	Christopher Baggott	Male 50-54	St Austell Running Club	1:37:18	1:36:45
376	260	Anita Hudson	Female 50-54	St Austell Running Club	1:37:35	1:37:14
377	132	Steve Menear	Male 65-69	St Austell Running Club	1:37:36	1:37:15
378	158	Ian Grimes	Male 70-74	Launceston Road Runners	1:37:39	1:37:19
379	290	Peter Sargent	Male 75-79	South West Vets A.C.	1:37:53	1:37:43
380	45	Des Evans	Male 75-79	Newquay Road Runners	1:37:55	1:37:39
381	388	Caroline Cross	Female Under 35	Cornwall AC	1:38:04	1:37:34
382	570	Viviane Bunn	Female Under 35		1:38:19	1:38:10
383	530	Rob Cockerill	Male 35-39		1:38:30	1:38:02
384	304	Iain Mobbs	Male 50-54		1:38:37	1:38:15
385	433	Juliet Stewart	Female 55-59	Truro Running Club	1:38:38	1:38:21
386	177	Harry Stallard	Male Under 35	St Austell Running Club	1:38:58	1:38:19
387	390	Andy Stallard	Male 55-59	Truro Running Club	1:38:58	1:38:21
388	512	Kath Wisner	Female 50-54	St Austell Running Club	1:39:08	1:38:40
389	332	Philip Conroy	Male 70-74		1:39:13	1:38:55
390	98	Damian Haydney	Male 50-54		1:39:18	1:39:07

391	591	Jean Cutlan	Female 55-59	St Austell Athletes Running Cl	1:39:19	1:38:49
392	361	Nigel Knuckey	Male 65-69	Truro Running Club	1:39:59	1:39:41
393	522	Sen Devadathan	Male 55-59	Truro Running Club	1:40:07	1:39:46
394	217	Chloe Turner	Female Under 35	East Cornwall Harriers	1:40:09	1:39:34
395	9	Richard Boucher	Male 50-54	Hayle Runners	1:40:14	1:39:43
396	590	Jamie Gore	Female 35-39	Hayle Runners	1:40:16	1:39:50
397	418	Becky Miles	Female 40-44	Newquay Road Runners	1:40:19	1:39:53
398	498	John Beard	Male 45-49	Newquay Road Runners	1:40:19	1:40:03
399	149	Courtney Bell	Female Under 35	Bodmin Road Runners	1:40:20	1:40:06
400	589	Lisa Talling	Female 55-59	Newquay Road Runners	1:40:21	1:39:54
401	248	Elizabeth Stansfield	Female 50-54		1:40:24	1:40:05
402	64	Mark Colton-Taylor	Male 60-64	Truro Running Club	1:40:25	1:40:04
403	269	Nick Kelly	Male 45-49	Hayle SLSC	1:40:29	1:40:06
404	110	Diane Phillips	Female 55-59		1:40:33	1:40:05
405	276	Rebecca Martin	Female 40-44		1:40:34	1:39:58
406	256	Linda Tout	Female 70-74	Tamar Trotters	1:40:39	1:40:23
407	599	Peter Drew	Male 70-74	Carn Runners	1:40:41	1:40:24
408	193	Rachel Yelland	Female 40-44	East Cornwall Harriers	1:40:41	1:40:05
409	448	Alison Malaiperuman	Female 45-49		1:40:48	1:40:21
410	365	Matthew Collins	Male 40-44		1:40:50	1:40:17
411	366	Paul James	Male 40-44		1:40:52	1:40:20
412	557	James Franks	Male 35-39		1:41:03	1:40:34
413	523	Emily Wallace	Female Under 35		1:41:08	1:40:36
414	66	Gillian Onley	Female 55-59	Cornwall AC	1:41:15	1:40:55
415	79	Martin Curtis	Male 75-79	Hayle Runners	1:41:19	1:41:03
416	399	Demelza Widdershove	Female 40-44	Carn Runners	1:41:48	1:41:35
417	103	Lorraine Hoar	Female 50-54	St Austell Running Club	1:42:33	1:42:03
418	203	Andy Coles	Male 60-64	St Austell Running Club	1:42:33	1:42:02
419	221	Bradley Parsons	Male Under 35	St Austell Running Club	1:42:34	1:42:04
420	141	Richard Jenkin	Male 75-79	Cornwall AC	1:42:56	1:42:29
421	59	Claire Stone	Female 40-44	Hayle Runners	1:42:58	1:42:44
422	261	Kerry Hoskin	Female 40-44	Truro Running Club	1:43:24	1:42:53
423	279	Susan Powell	Female 50-54		1:43:26	1:43:00
424	459	Jared Sanderson	Male 35-39	Hayle Runners	1:43:36	1:43:36
425	351	Neil Ham	Male 55-59	JP Fitness Cornwall	1:43:39	1:43:04
426	295	Courtney Marks	Female Under 35	St Austell Running Club	1:43:43	1:43:28
427	367	Innes McCartney	Male 55-59	Mounts Bay Harriers	1:43:55	1:43:23
428	123	Ray Frith	Male 75-79	Newquay Road Runners	1:44:02	1:43:34
429	27	Andrew Heather	Male 55-59	Hayle Runners	1:44:02	1:43:41
430	143	Cassie Higgins	Female Under 35	Perran Trail Runners	1:44:03	1:43:26
431	246	Jack Lugg	Male Under 35		1:44:03	1:43:38
432	581	Grace Deane	Female Under 35	Hayle Runners	1:44:21	1:44:21
433	585	Morwenna Pound	Female Under 35		1:44:24	1:44:24
434	263	Sarah Steed	Female 50-54	East Cornwall Harriers	1:44:24	1:43:50
435	101	Jackie Cope	Female 65-69	Falmouth Running Club	1:44:39	1:44:13
436	119	Claire Barlow	Female 45-49	Bodmin Road Runners	1:44:51	1:44:29
437	583	Susan Thomas	Female 45-49	Hayle Runners	1:45:20	1:44:58
438	449	Trevor Williams	Male 60-64	Tamar Trotters	1:45:30	1:44:59
439	342	Wayne Caff	Male 50-54		1:45:41	1:45:25

440	274	Anna Devlin	Female 55-59	Bude Rats (Run and Tri)	1:46:19	1:46:02
441	198	Jacqui Martin	Female 50-54	St Austell Running Club	1:46:29	1:45:58
442	303	Ian Ringer	Male 75-79	Bodmin Road Runners	1:46:40	1:46:17
443	572	Sean Taylor	Male 55-59	Bodmin Road Runners	1:46:51	1:46:15
444	165	Tandy Andrews	Female 60-64	Falmouth Running Club	1:46:52	1:46:28
445	187	Harriet Oates	Female 40-44	Carn Runners	1:47:04	1:46:47
446	21	Jackie Stone	Female 60-64	Hayle Runners	1:47:07	1:46:40
447	609	Fay Giles	Female Under 35		1:47:39	1:47:05
448	608	Claire Cunningham	Female 40-44		1:47:40	1:47:05
449	414	Paul Wright	Male 75-79	Bodmin Road Runners	1:47:50	1:47:13
450	338	Natasha Gutridge	Female 50-54	Newquay Road Runners	1:48:18	1:47:43
451	460	Paul Heywood	Male 55-59	Launceston Road Runners	1:48:18	1:47:49
452	383	Francis Vosper	Male 65-69	Lonely Goat RC	1:48:42	1:48:18
453	384	Nicola Vosper	Female 60-64	Lonely Goat RC	1:48:42	1:48:18
454	515	Cat Wallman	Female 50-54	Truro Running Club	1:48:51	1:48:35
455	369	Anna Marquis	Female 60-64		1:48:54	1:48:17
456	368	Peter Marquis	Male 65-69		1:48:55	1:48:19
457	87	Roy Newton	Male 75-79	Falmouth Running Club	1:49:27	1:49:00
458	267	Stewart Townend	Male 80+	Hayle Runners	1:49:57	1:49:29
459	100	Verity Bateman	Female 40-44		1:50:00	1:49:42
460	275	Aileen Barwell	Female 65-69	Falmouth Running Club	1:50:06	1:49:42
461	573	Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:50:30	1:50:07
462	257	Nicola Masters	Female Under 35	Hayle Runners	1:50:45	1:50:16
463	159	Nicola Rudgley	Female 50-54	East Cornwall Harriers	1:50:53	1:50:23
464	73	Martin Venning	Male 70-74	Launceston Road Runners	1:50:57	1:50:30
465	520	Sarah Luff	Female 40-44	JP Fitness Cornwall	1:51:06	1:50:33
466	84	Robert Bolitho	Male 60-64	Hayle Runners	1:51:24	1:50:48
467	576	Emma Stephenson	Female Under 35		1:52:28	1:52:12
468	142	Jacqueline Jenkin	Female 75-79	Cornwall AC	1:52:30	1:52:03
469	23	Helen Cattran-Dunlop	Female 55-59	Hayle Runners	1:52:34	1:52:07
470	127	Janet Wills	Female 70-74	St Austell Running Club	1:53:01	1:52:28
471	150	Lavinia Marshall	Female 70-74	Launceston Road Runners	1:53:22	1:52:53
472	126	Gwen Maggs	Female 35-39	St Austell Running Club	1:53:22	1:52:50
473	184	Samantha Ewart	Female 45-49	St Austell Running Club	1:53:23	1:52:51
474	179	Bryan Mills	Male 55-59		1:54:08	1:53:43
475	432	Rebecca O'Doherty	Female 40-44	St Austell Athletes Running Cl	1:54:35	1:54:06
476	56	Morwenna Bennett	Female 55-59		1:54:37	1:54:06
477	5	Greta Viertel	Female 35-39	St Austell Athletes Running Cl	1:55:00	1:54:22
478	247	Yelda Müge Parsons	Female 40-44	Hayle Runners	1:55:17	1:54:55
479	326	Gemma Wotherspoon	Female 35-39	Bodmin Women's Running Cl	1:55:21	1:54:52
480	310	Robert Willcocks	Male 65-69	Falmouth Running Club	1:55:25	1:54:59
481	429	Seamus O'Doherty	Male 50-54	St Austell Running Club	1:55:25	1:54:56
482	285	Melissa Ralph	Female 50-54		1:55:53	1:55:24
483	377	Daniel De Ruvo	Male 40-44	Hayle Runners	1:55:55	1:55:31
484	22	Theresa Clark	Female 55-59	Hayle Runners	1:56:00	1:55:38
485	72	Jane Naylor	Female 60-64	Hayle Runners	1:56:12	1:55:47
486	154	Pete Higham	Male 60-64	Falmouth Running Club	1:56:24	1:55:58
487	363	Nicole Di Maio	Female 40-44	Cornwall AC	1:56:32	1:56:01
488	4	Helena Donovan	Female 40-44		1:56:39	1:56:03

489	288	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:57:14	1:56:40
490	548	David Banbury	Male 60-64		1:57:14	1:56:54
491	155	Ashlee Wilkes	Female Under 35		1:57:16	1:56:38
492	51	Amy Shackelford	Female 35-39	Bys Vyken Race Team	1:57:46	1:57:20
493	464	Joanne Barry	Female 45-49	JP Fitness Cornwall	1:57:50	1:57:15
494	315	Wendy Williams	Female 60-64	JP Fitness Cornwall	1:57:50	1:57:16
495	485	Gail Rea	Female 50-54		1:57:50	1:57:16
496	452	Linda Godfrey	Female 65-69	Bodmin Women's Running Cl	1:58:06	1:57:31
497	373	Jane Shaddick-Brady	Female 60-64		1:59:46	1:59:23
498	83	Julie Bolitho	Female 55-59	Hayle Runners	2:00:05	1:59:27
499	237	Sonia McLean	Female 45-49	St Austell Running Club	2:00:13	1:59:41
500	19	Deborah Sturges	Female 60-64	Hayle Runners	2:00:14	1:59:47
501	192	Carrie Patrick	Female 45-49		2:00:41	2:00:07
502	355	Caroline Vinnicombe	Female 45-49	Cornwall AC	2:01:36	2:01:17
503	227	Margaret Ann Kinahan	Female 70-74	East Cornwall Harriers	2:01:42	2:01:12
504	111	Yvonne Watkins	Female 60-64		2:02:01	2:01:33
505	107	Emma Johns	Female 45-49	Hayle Runners	2:02:02	2:01:34
506	53	Sarah Johns	Female 40-44	Hayle Runners	2:02:02	2:01:33
507	31	Sarah Ellis	Female 45-49	Hayle Runners	2:02:30	2:02:01
508	396	Claire Payne	Female 50-54	Carn Runners	2:03:05	2:02:45
509	311	Julie Frost	Female 55-59	Hayle Runners	2:05:08	2:04:37
510	380	Ruth Simmons	Female 50-54	St Austell Running Club	2:08:27	2:07:53
511	16	Sam Robinson	Female 50-54	Hayle Runners	2:10:42	2:10:15
512	612	Tom Cunningham	Male 35-39		2:11:33	2:10:57
513	251	Jenny Bowden	Female 55-59	Newquay Road Runners	2:12:42	2:12:10
514	480	Donna Dark	Female Under 35	Hayle Runners	2:14:51	2:14:21
DNF	212	Anna Seymour	Female 40-44	St Austell Athletes Running Cl		
DNF	320	Kirstie Slater	Female 50-54	Truro Running Club		
DNS	605	Daniel Church	Male 35-39			

