

Bude Lifeboat Run - 2023

Place	Bib	Name	AG	Club	GunTime	ChipTime
1	254	Joshua Benford	Male Under 35	Bideford AAC	0:34:18	0:34:17
2	446	David Tregonning	Male Under 35	St Austell Running Club	0:36:43	0:36:42
3	352	Steve Reynolds	Male 35-39	Truro Running Club	0:37:03	0:37:02
4	447	Luke Stannus	Male Under 35	Okehampton RC	0:37:38	0:37:37
5	424	John Odonoghue	Male 35-39	Bideford AAC	0:37:59	0:37:58
6	41	Dylan Stevens	Male Under 35	Newquay & Par AC	0:38:14	0:38:12
7	311	Alex Marples	Male 40-44	Truro Running Club	0:39:02	0:39:01
8	235	Morgan Craig	Male 40-44		0:40:14	0:40:11
9	120	James Youlden	Male 40-44	St Austell Running Club	0:40:17	0:40:15
10	337	Liam Gallantry	Male Under 35	East Cornwall Harriers	0:40:30	0:40:28
11	439	Hayden Bond	Male Under 35	Tavistock AC	0:40:52	0:40:50
12	220	Dean Wickett	Male Under 35		0:40:54	0:40:52
13	322	Carl Murphy	Male 45-49	Truro Running Club	0:41:02	0:41:00
14	123	Antony Jarvis	Male 50-54	St Austell Running Club	0:41:05	0:41:04
15	242	Gary Blight	Male 45-49	Bideford AAC	0:41:22	0:41:21
16	437	Harry Page	Male Under 35		0:41:47	0:41:44
17	290	Tom Brunet-Chugg	Male 40-44	St Austell Running Club	0:41:55	0:41:53
18	398	Jeremy Brown	Male 50-54	Bude Rats (Run and Tri)	0:41:55	0:41:50
19	42	Paul Stevens	Male 45-49	St Austell Athletes Running	0:42:19	0:42:16
20	186	James Jewell	Male 45-49	Bideford AAC	0:42:21	0:42:19
21	202	Mike Dowrick	Male 50-54	Cornwall AC	0:42:39	0:42:36
22	265	Robert Standing	Male 50-54	Truro Running Club	0:42:45	0:42:42
23	68	Gareth Leitch	Male Under 35		0:43:10	0:43:04
24	378	Jo Temple	Female Under 35	Truro Running Club	0:43:19	0:43:17
25	205	Andrew Hooper	Male Under 35		0:43:21	0:43:18
26	339	Joseph Thomson	Male 35-39	Launceston Road Runners	0:43:31	0:43:28
27	264	Jon Eldon	Male 60-64	Hayle Runners	0:43:37	0:43:35
28	125	Brett Jackson	Male 35-39	St Austell Running Club	0:43:45	0:43:43
29	236	Mark Roby	Male 45-49	Truro Running Club	0:43:49	0:43:46
30	180	Nick Taylor	Male 35-39	Torrington AAC	0:43:58	0:43:50
31	448	Mark Curtis	Male 45-49	Bideford AAC	0:43:58	0:43:55
32	348	Jack Gale	Male Under 35		0:44:04	0:44:00
33	371	Richard Chynoweth	Male 40-44	Truro Running Club	0:44:23	0:44:20
34	143	Luke Day	Male Under 35	Ilfracombe Running Club	0:44:47	0:44:44
35	5	Vincent Helliwell	Male 60-64	Bideford AAC	0:44:52	0:44:49
36	313	Ben Harding	Male 40-44	East Cornwall Harriers	0:44:58	0:44:55
37	379	Ashley Jewell	Male 40-44	Bideford AAC	0:45:13	0:45:10
38	25	Chris Stone	Male 55-59	Bideford AAC	0:45:21	0:45:19
39	69	Saul Barraclough	Male Under 35	Bude Surf Life Saving	0:45:57	0:45:53
40	449	Joanne Page	Female 35-39	Okehampton RC	0:46:20	0:46:17
41	328	Lisa Picton	Female 45-49	East Cornwall Harriers	0:46:22	0:46:18
42	338	Kelvin Moyse	Male 35-39		0:46:36	0:46:29
43	105	Stewart Charge	Male 40-44		0:46:41	0:46:30
44	314	Colin Bathe	Male 50-54	Truro Running Club	0:47:02	0:46:57
45	306	Simon Bishop	Male 40-44		0:47:16	0:47:08
46	24	Nick Giles	Male 40-44		0:47:16	0:47:14
47	88	Craig Harper	Male 45-49	Bude Rats (Run and Tri)	0:47:23	0:47:18

48	107	Neil Helson	Male 50-54	St Austell Athletes Running	0:47:36	0:47:31
49	38	Matt Allan	Male 40-44	Camelford Up and Running	0:47:41	0:47:37
50	256	Mike Gilbert	Male 35-39	Launceston Road Runners	0:47:47	0:47:40
51	83	Marty Barnfield	Male 45-49	Bodmin Road Runners	0:48:00	0:47:55
52	316	Helen Morse	Female 35-39	East Cornwall Harriers	0:48:02	0:47:58
53	212	Russell King	Male 40-44	Falmouth Running Club	0:48:07	0:48:01
54	323	Dave Barker	Male 55-59	Fremington Trailblazers	0:48:08	0:48:01
55	81	Zack Davis	Male Under 35	Bude Rats (Run and Tri)	0:48:16	0:48:12
56	377	David Thomson	Male 60-64		0:48:21	0:48:17
57	216	Anna Tanner	Female 40-44		0:48:23	0:48:20
58	122	Ian Gronwalt	Male 55-59	St Austell Running Club	0:48:30	0:48:28
59	435	Mark Clements	Male 35-39		0:48:51	0:48:44
60	362	Hannah Matthews	Female 35-39	East Cornwall Harriers	0:48:54	0:48:50
61	408	Frazer Humbles	Male 40-44	Hayle Runners	0:48:55	0:48:51
62	117	Andrew James	Male 40-44	Hayle Runners	0:48:56	0:48:51
63	183	Ian Temple	Male 55-59	Bodmin Road Runners	0:48:57	0:48:47
64	148	Mark Sluggett	Male 50-54	Launceston Road Runners	0:49:01	0:48:57
65	157	Darren Avery	Male 40-44	Torrington AAC	0:49:01	0:48:52
66	255	Nigel Reddicliffe	Male 55-59	Launceston Road Runners	0:49:02	0:48:55
67	210	Christopher Heywood	Male 55-59		0:49:02	0:48:58
68	154	Wayne Stapleton	Male 50-54	Torrington AAC	0:49:13	0:49:04
69	450	Steve Hudson	Male 40-44		0:49:34	0:49:25
70	44	Steven Martin	Male 45-49		0:50:14	0:50:06
71	416	Benjamin Jarram	Male 35-39	Launceston Road Runners	0:50:37	0:50:31
72	217	Holly Shute	Female Under 35		0:50:41	0:50:37
73	438	Andy Cloke	Male 45-49	Bude Rats (Run and Tri)	0:50:48	0:50:40
74	370	Andy Williams	Male 50-54	Truro Running Club	0:50:53	0:50:46
75	373	Robert Ireton	Male 55-59	Camelford Up and Running	0:50:59	0:50:54
76	224	Claire Strong	Female 40-44	Bude Rats (Run and Tri)	0:51:03	0:50:57
77	203	Tristan Wilton	Male 40-44		0:51:09	0:50:43
78	335	Cal Reeve	Male Under 35		0:51:13	0:51:09
79	291	John Gatrell	Male 40-44	Bude Surf Life Saving	0:51:17	0:51:11
80	114	Holly Webbe	Female 40-44	Bideford AAC	0:51:24	0:51:05
81	132	Edward Clarke	Male Under 35		0:51:28	0:51:10
82	310	Keith Hoadley	Male 55-59	Torrington AAC	0:51:28	0:51:20
83	211	Rosie Bradbury	Female 35-39	Falmouth Running Club	0:51:33	0:51:27
84	86	Jenny Bryant	Female 55-59	Tavistock AC	0:51:42	0:51:38
85	82	Peter Allen	Male 65-69	Newquay Road Runners	0:52:19	0:52:13
86	184	Alison Temple	Female 60-64	Bodmin Road Runners	0:52:24	0:52:15
87	331	Belinda Peres	Female 45-49		0:52:39	0:52:37
88	261	Adam Paynter	Male 50-54	Launceston Road Runners	0:52:53	0:52:42
89	84	David Thomasson	Male 50-54	Bodmin Road Runners	0:52:55	0:52:45
90	391	Issy Edworthy	Female Under 35		0:53:00	0:52:57
91	366	Conrad Stevens	Male 50-54	Torrington AAC	0:53:02	0:52:54
92	419	Amy Inniss	Female Under 35		0:53:14	0:53:07
93	420	Alec Inniss	Male 35-39		0:53:14	0:53:08
94	376	Rhys Hobbs	Male 35-39		0:53:15	0:53:09
95	85	Steve Horsfield	Male 50-54		0:53:20	0:53:13
96	58	Kathy Jeffery	Female 35-39		0:53:51	0:53:35

97	319	Laura Eccott	Female 35-39	Bude Rats (Run and Tri)	0:53:53	0:53:47
98	116	David Wilcox	Male 45-49	Truro Running Club	0:53:58	0:53:50
99	31	Michael Jones	Male Under 35	(no club)	0:54:09	0:53:53
100	428	Brian Yates	Male 60-64	Truro Running Club	0:54:13	0:54:07
101	213	Vicky Fleet	Female 45-49	Falmouth Running Club	0:54:15	0:54:08
102	350	Tom Arthur	Male 40-44		0:54:16	0:54:05
103	192	Davina Brown	Female Under 35	Bideford AAC	0:54:24	0:54:18
104	106	Ben South	Male Under 35		0:54:32	0:54:27
105	247	Meeta Nicholls	Female 45-49	East Cornwall Harriers	0:54:35	0:54:30
106	397	Megan Pitts	Female Under 35	Truro Running Club	0:54:38	0:54:30
107	415	Mark Richardson	Male 50-54	Bradworthy running club	0:54:40	0:54:16
108	67	Heather Stacey	Female 35-39	Holsworthy Running Club	0:54:43	0:54:33
109	241	Kelly Bills	Female 45-49	Hayle Runners	0:54:45	0:54:38
110	204	Jason Price	Male 50-54		0:54:51	0:54:45
111	238	Steven Jenkin	Male 50-54	Cornwall AC	0:54:58	0:54:37
112	343	Lucy Kerr	Female Under 35		0:55:06	0:54:57
113	429	Jonathan Hight	Male 40-44	Bude Surf Life Saving	0:55:08	0:55:00
114	303	George Harvey	Male Under 35		0:55:10	0:55:06
115	179	Steph Olliffe	Female 55-59	Torrington AAC	0:55:17	0:55:08
116	263	Vivian Bray	Male 55-59	Cornwall AC	0:55:17	0:54:56
117	185	Candace Jewell	Female 45-49	Bideford AAC	0:55:26	0:55:06
118	40	Ellie Musson	Female 35-39	Camelford Up and Running	0:55:33	0:55:24
119	161	Andrew Mansfield	Male 45-49	Camelford Up and Running	0:55:39	0:55:35
120	327	Alison Weir	Female 50-54	Falmouth Running Club	0:55:40	0:55:33
121	422	Laura Barker	Female Under 35		0:55:41	0:55:24
122	90	Peter James	Male 45-49	Launceston Road Runners	0:55:43	0:55:22
123	35	Jack Gibson	Male Under 35	Camelford Up and Running	0:55:47	0:55:32
124	365	Emma Richards	Female 50-54	Torrington AAC	0:55:51	0:55:30
125	223	Ben Rogers	Male 40-44	Bude Rats (Run and Tri)	0:56:09	0:56:00
126	387	Stephen Hutchinson	Male 70+	Bude Rats (Run and Tri)	0:56:12	0:56:07
127	436	Andrew Bishop	Male 35-39	Run Fit Run Fast	0:56:12	0:55:58
128	63	Lisa Hutchings	Female 40-44	Hartland Hillbillies	0:56:18	0:56:12
129	181	Andy Whelan	Male 55-59		0:56:20	0:55:55
130	182	Lisa Tame	Female 40-44	Bude Rats (Run and Tri)	0:56:23	0:56:16
131	243	Jenna Sleeman	Female 35-39	Camelford Up and Running	0:56:28	0:56:19
132	287	Shaun Heard	Male 50-54	Bradworthy Runners	0:56:32	0:56:26
133	26	Simone Pantling	Female 40-44	Bude Surf Life Saving	0:56:39	0:56:30
134	374	Annie Creo	Female 50-54	Bude Rats (Run and Tri)	0:56:42	0:56:32
135	355	Gemma Steele	Female 35-39	Bideford AAC	0:56:53	0:56:32
136	51	Michelle Bright	Female 45-49	Bideford AAC	0:57:01	0:56:40
137	150	Jane Stedman	Female 60-64	Bodmin Road Runners	0:57:07	0:56:44
138	434	Michael Callaghan-IV	Male 45-49	Torrington AAC	0:57:42	0:57:18
139	46	Matt Payne	Male 45-49		0:57:49	0:57:19
140	65	Wayne Washbrook	Male 35-39	Bideford AAC	0:58:03	0:57:43
141	172	Rachel Collier	Female 45-49		0:58:19	0:58:09
142	445	David Bidgway	Male 50-54	Bodmin Road Runners	0:58:20	0:57:51
143	426	Eoin Stockdale	Male 50-54	Carn Runners	0:58:22	0:57:54
144	74	Linzi Hanscomb	Female 40-44	Bodmin Road Runners	0:58:27	0:58:04
145	113	Mark Simpson	Male 35-39	Launceston Road Runners	0:58:31	0:58:15

146	93 Percy Jeans	Male 60-64		0:58:35	0:58:24
147	354 Jake Todd	Male Under 35		0:58:38	0:58:17
148	367 Michaela Hillman	Female 55-59	Torrington AAC	0:58:42	0:58:32
149	239 Sue Park	Female 60-64	Fremington Trailblazers	0:58:59	0:58:45
150	206 Ellen Gibson	Female Under 35	Cornwall AC	0:59:05	0:58:44
151	229 Mike Bawden	Male 60-64	Carn Runners	0:59:09	0:58:47
152	442 Ann Barriball	Female 50-54	Launceston Road Runners	0:59:10	0:59:03
153	43 Merryn Allen	Female 40-44	Holsworthy Running Club	0:59:16	0:58:47
154	10 Melodie Manners	Female Under 35	Hayle Runners	0:59:17	0:59:17
155	162 Colin Wynne	Male 55-59	Torrington AAC	0:59:20	0:59:06
156	386 Lizzie Crocker	Female Under 35		0:59:20	0:59:10
157	190 Michael Cousins	Male 55-59		0:59:31	0:59:22
158	405 Rob Petrie	Male 55-59		0:59:37	0:59:27
159	356 Becki Sant	Female 50-54	Launceston Road Runners	0:59:41	0:59:23
160	11 Lynsey Searle	Female 35-39	Carn Runners	0:59:50	0:59:32
161	260 Aleisha Viggers	Female Under 35	Launceston Road Runners	0:59:52	0:59:34
162	369 Angela Brinicombe	Female 65-69	Launceston Road Runners	0:59:58	0:59:45
163	136 Jack Westlake	Male Under 35		1:00:00	0:59:38
164	209 Chris Carey	Male 40-44		1:00:01	0:59:52
165	109 Richard Abbott	Male 50-54	Holsworthy Running Club	1:00:04	0:59:53
166	293 Joseph Chapman	Male Under 35		1:00:04	0:59:58
167	226 Janet Ritchie	Female 60-64	Carn Runners	1:00:05	0:59:51
168	425 Harry Teague	Male Under 35		1:00:05	0:59:51
169	421 Jules Teague	Male 55-59		1:00:05	0:59:51
170	214 Ian Shute	Male 45-49		1:00:15	1:00:10
171	305 Juliet Stewart	Female 55-59	Truro Running Club	1:00:25	1:00:18
172	388 Chunky Penhaul	Male 70+	Hayle Runners	1:00:33	1:00:26
173	104 Georgia Edworthy	Female Under 35		1:00:47	1:00:44
174	50 Darran Irwin	Male 45-49	North Devon Road Runners	1:01:04	1:00:39
175	282 Ritchie Richardson	Male 55-59	Bodmin Road Runners	1:01:23	1:00:59
176	334 Edwina Stevenson	Female 60-64	Bideford AAC	1:01:24	1:01:04
177	115 Geoff Panter	Male 40-44		1:01:32	1:01:10
178	170 Paul Garrett	Male 60-64	Just Jog Bideford	1:01:37	1:01:18
179	324 Seonaidh Snellgrove	Female Under 35		1:01:40	1:01:23
180	222 Nicola Emmett	Female 45-49	Bude Rats (Run and Tri)	1:01:44	1:01:36
181	4 Chris Lawson	Male 40-44		1:01:44	1:01:34
182	15 James Rooney	Male 60-64	Bude Rats (Run and Tri)	1:01:52	1:01:47
183	155 Andrew Russell	Male 60-64		1:01:53	1:01:40
184	97 Gary Hatch	Male 50-54	Bideford AAC	1:01:57	1:01:25
185	301 Karen Heard	Female 50-54	Bradworthy Runners	1:01:58	1:01:33
186	406 Paula Wilkinson	Female 50-54	Bude Rats (Run and Tri)	1:02:03	1:01:53
187	342 Lara Trewin	Female 50-54		1:02:06	1:01:49
188	227 Daniella Christian	Female 45-49		1:02:13	1:02:07
189	281 Louise Richardson	Female 50-54	Bodmin Road Runners	1:02:16	1:01:52
190	66 Ian Grimes	Male 70+	Launceston Road Runners	1:02:31	1:02:23
191	87 Jackie Cope	Female 65-69	Falmouth Running Club	1:02:34	1:02:26
192	333 Clive Davis	Male 60-64		1:02:37	1:02:09
193	1 Des Evans	Male 70+	Newquay Road Runners	1:02:45	1:02:41
194	278 Paul Lathom	Male 35-39		1:02:55	1:02:36

195	19	Andrea Sleeman	Female 50-54	Holsworthy Running Club	1:02:57	1:02:39
196	118	James Danks	Male 40-44	Falmouth Running Club	1:03:01	1:02:44
197	197	Jane Jackson	Female 65-69	Lonely Goat RC	1:03:10	1:02:54
198	389	Linda Pickard	Female 60-64	Launceston Road Runners	1:03:13	1:02:49
199	151	Marlene Grobler	Female 40-44	Carn Runners	1:03:16	1:02:50
200	60	Pauline Tallett	Female 55-59	Ashford Striders	1:03:32	1:03:13
201	381	Jane Stephens	Female 55-59	Bodmin Road Runners	1:03:35	1:03:15
202	57	Phillip Thomas	Male 65-69	Bideford AAC	1:03:44	1:03:34
203	178	Kate Stevens	Female 45-49	St Austell Running Club	1:03:49	1:03:28
204	231	Katrina Werren	Female 35-39		1:03:50	1:03:21
205	336	Emily Parr	Female 40-44	Camelford Up and Running	1:04:16	1:04:08
206	390	Dave Pickard	Male 60-64	Launceston Road Runners	1:04:19	1:03:54
207	240	Steve Park	Male 65-69	Fremington Trailblazers	1:04:28	1:04:15
208	298	Brent Carpenter	Male 40-44	Fremington Trailblazers	1:04:32	1:04:19
209	297	Hannah Harvey	Female 45-49	Fremington Trailblazers	1:04:32	1:04:19
210	340	Janine Davage	Female 40-44		1:04:51	1:04:28
211	349	Rosie Searle	Female 40-44		1:04:51	1:04:28
212	189	Sally Gostick	Female 45-49		1:04:56	1:04:40
213	194	Tony Farrant	Male 55-59	Callington Running Group	1:05:07	1:04:37
214	164	Kev Hogarth	Male 65-69		1:05:08	1:04:37
215	271	Jill Hayward	Female 65-69	Fremington Trailblazers	1:05:12	1:04:58
216	13	Emma Deanes	Female 35-39	Camelford Up and Running	1:05:19	1:05:01
217	368	Jennie Hayes	Female 60-64	Torrington AAC	1:05:29	1:05:04
218	134	Nick Brewer	Male 45-49		1:05:33	1:05:14
219	188	Peter Drew	Male 70+	Carn Runners	1:05:33	1:05:06
220	364	Steve Menear	Male 65-69	St Austell Running Club	1:05:35	1:05:14
221	295	Suzanne Brown	Female 55-59	Bude Rats (Run and Tri)	1:05:42	1:05:32
222	249	Austen Ward	Male Under 35		1:05:43	1:05:25
223	248	Andrew Ward	Male 50-54		1:05:44	1:05:26
224	12	Elizabeth Uglow	Female 40-44		1:05:50	1:05:28
225	49	Jordan Menzies	Male Under 35		1:05:54	1:05:34
226	32	Claire Barlow	Female 45-49	Bodmin Road Runners	1:05:57	1:05:34
227	34	Latoyah Deane	Female Under 35	Camelford Up and Running	1:06:07	1:05:55
228	393	William Shute	Male Under 35		1:06:13	1:06:01
229	131	Ray Clarke	Male 50-54		1:06:16	1:05:57
230	245	Jackie Webber	Female 60-64		1:06:23	1:06:02
231	296	Alan Brandwood	Male 70+	Falmouth Running Club	1:06:24	1:06:07
232	187	Lorrie Woolgar	Female 60-64	Fremington Trailblazers	1:06:28	1:06:15
233	407	Claire Stone	Female 35-39	Hayle Runners	1:06:28	1:06:17
234	413	Jake Dickinson	Male Under 35		1:06:31	1:06:00
235	341	Frederick Hoare	Male 50-54	Let's Go Cani Cross	1:06:44	1:06:27
236	166	Philip Beale	Male 70+	Just Jog Bideford	1:06:46	1:06:26
237	126	Sandra Haynes	Female 55-59	Looe Pioneers Running Club	1:06:49	1:06:29
238	409	Sarah Richardson	Female 45-49	Bradworthy Runners	1:06:52	1:06:27
239	16	Michael Brereton	Male 40-44	Camelford Up and Running	1:06:55	1:06:32
240	45	Simon Heard	Male 45-49	Camelford Up and Running	1:06:55	1:06:24
241	396	Susan Thomas	Female 45-49	Hayle Runners	1:06:56	1:06:40
242	304	Heather Harper	Female Under 35	Camelford Up and Running	1:06:57	1:06:45
243	77	Pippa Carey-Jones	Female 35-39	Camelford Up and Running	1:07:02	1:06:33

244	200	Gareth Carey-Jones	Male 45-49		1:07:02	1:06:33
245	219	Lora Tanner	Female 40-44	Bude Rats (Run and Tri)	1:07:06	1:06:48
246	6	Chris Fulford-Brown	Male 65-69	Okehampton RC	1:07:07	1:06:56
247	207	Lois Briard	Female 40-44	Bude Rats (Run and Tri)	1:07:14	1:06:56
248	286	Jess Lacey	Female 35-39	Let's Go Cani Cross	1:07:16	1:07:01
249	363	Mary Ritson	Female 60-64	Torrington AAC	1:07:28	1:07:03
250	71	Mary Pool	Female 65-69		1:07:39	1:07:27
251	443	Hannah Monteverde	Female Under 35		1:07:45	1:07:28
252	307	Julia Foster	Female 50-54		1:07:48	1:07:41
253	22	Paul Gardiner	Male 50-54	Camelford Up and Running	1:07:49	1:07:29
254	257	Trina Bradbury	Female 45-49	Launceston Road Runners	1:07:50	1:07:36
255	233	Kerri Milne	Female 35-39		1:07:51	1:07:17
256	193	Elaine Hill	Female 50-54	Launceston Road Runners	1:07:51	1:07:38
257	244	Jacqui Couch	Female 50-54	Torrington AAC	1:07:53	1:07:27
258	138	Mary Mullarkey	Female 70+	East Cornwall Harriers	1:08:00	1:07:27
259	96	Jo Hedderly	Female 45-49	Bideford AAC	1:08:33	1:07:57
260	423	Paul Tappenden	Male 65-69		1:08:43	1:08:29
261	191	Liz Gayton	Female 50-54		1:09:00	1:08:46
262	253	Anthea Sussex	Female 50-54	Torrington AAC	1:09:15	1:08:51
263	130	Helen Cooley	Female 40-44	Bude Rats (Run and Tri)	1:09:19	1:09:00
264	89	Jodie Harper	Female 40-44		1:09:26	1:09:10
265	433	Nic Barrett	Female 40-44		1:09:30	1:09:19
266	110	Rebecca Rice	Female 35-39		1:09:38	1:09:08
267	208	Al Hadfield	Male 55-59		1:09:43	1:09:28
268	62	Martin Venning	Male 70+	Launceston Road Runners	1:09:43	1:09:24
269	383	Rebecca Wise	Female 40-44	Launceston Road Runners	1:09:54	1:09:39
270	325	Gill Overell	Female 50-54	St Austell Running Club	1:09:55	1:09:43
271	9	Susan Jarvis	Female 40-44		1:09:58	1:09:27
272	47	Kate Payne	Female 40-44		1:10:02	1:09:31
273	302	Vicky Bond	Female 45-49	Okehampton RC	1:10:03	1:09:47
274	75	Robert Willcocks	Male 60-64	Falmouth Running Club	1:10:04	1:09:56
275	326	Nina Chell	Female 45-49	Falmouth Running Club	1:10:08	1:09:51
276	101	Natalia Moores	Female 35-39		1:10:13	1:09:59
277	384	Victoria Holt	Female 40-44	Launceston Road Runners	1:10:20	1:10:05
278	344	Natalie Taylor	Female 50-54	Let's Go Cani Cross	1:10:21	1:10:04
279	119	Roy Newton	Male 70+	Falmouth Running Club	1:10:34	1:10:07
280	21	Sue Price	Female 50-54	Fremington Trailblazers	1:10:38	1:10:25
281	135	Rebecca Thomas	Female 45-49	Camelford Up and Running	1:10:52	1:10:25
282	375	Miranda Honey	Female 45-49	Bodmin Road Runners	1:10:52	1:10:27
283	276	Tracy Freame	Female 60-64	Fremington Trailblazers	1:10:53	1:10:39
284	275	Tracey Bigmore	Female 45-49	Fremington Trailblazers	1:10:54	1:10:40
285	94	Nicky Hicks	Female 45-49	Launceston Road Runners	1:10:59	1:10:48
286	412	Vikki Savage	Female 50-54	Launceston Road Runners	1:11:08	1:10:56
287	98	Sean Taylor	Male 55-59	Bodmin Road Runners	1:11:09	1:10:40
288	121	Jen Williams	Female 40-44	Launceston Road Runners	1:11:15	1:11:02
289	153	Bridget Stapleton	Female 45-49	Torrington AAC	1:11:32	1:11:06
290	414	Leah Dickinson	Female 35-39		1:11:44	1:11:14
291	48	Charlotte Chapman	Female Under 35	Bude Rats (Run and Tri)	1:11:49	1:11:31
292	289	Kathryn Marsh	Female 45-49	Carn Runners	1:11:57	1:11:32

293	145	Charlotte Elliott	Female Under 35		1:11:58	1:11:23
294	112	Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:12:02	1:11:34
295	28	Thomas Cockerill	Male 35-39		1:12:03	1:11:38
296	30	Stuart Woolley	Male 45-49		1:12:11	1:11:45
297	80	Judy Jameson	Female 60-64	Carn Runners	1:12:13	1:11:46
298	2	Holly Hutchins	Female 35-39	Camelford Up and Running	1:12:22	1:12:03
299	36	Janet Kirkham	Female 65-69	Camelford Up and Running	1:12:22	1:12:03
300	402	Jade Jennings	Female Under 35	Launceston Road Runners	1:12:27	1:12:03
301	156	Tom Davies	Male Under 35		1:12:27	1:12:04
302	102	Kathryn Volkelt-Igoe	Female 65-69	Okehampton RC	1:12:31	1:12:14
303	234	Anna Devlin	Female 55-59	Bude Rats (Run and Tri)	1:12:38	1:12:23
304	215	Louise Hadfield	Female 50-54	Let's Go Cani Cross	1:12:39	1:12:24
305	411	Steve Brookes	Male 35-39		1:12:41	1:12:31
306	144	Victoria Hall	Female 45-49	Bodmin Road Runners	1:12:48	1:12:20
307	359	Michelle Luddington	Female 60-64	Okehampton RC	1:12:48	1:12:32
308	91	Emma James	Female 45-49	Launceston Road Runners	1:13:07	1:12:45
309	7	Geraldine Walter	Female 50-54		1:13:16	1:12:43
310	140	Rebecca Simmons	Female 45-49		1:13:16	1:12:42
311	111	Hannah Woods	Female 45-49		1:13:16	1:12:42
312	237	Jo Bradford	Female 50-54		1:13:16	1:12:43
313	103	Viki Hayer	Female 40-44		1:13:16	1:12:43
314	100	Joanne Burrow	Female 40-44		1:13:17	1:12:43
315	372	Anne Brett	Female 65-69	Okehampton RC	1:13:31	1:13:16
316	225	Jennifer Sharp	Female 60-64	Bude Rats (Run and Tri)	1:13:37	1:13:17
317	95	Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:13:49	1:13:27
318	318	Samantha Snellgrove	Female 40-44		1:13:55	1:13:38
319	320	Eleni Snellgrove	Female Under 35		1:13:55	1:13:39
320	18	Jackie Wells	Female 65-69	Camelford Up and Running	1:14:00	1:13:30
321	400	Angela Tyson	Female 45-49	Newquay Road Runners	1:14:08	1:13:35
322	401	Victoria Walton	Female 45-49	Newquay Road Runners	1:14:08	1:13:35
323	79	John Tilley	Male 70+	Bodmin Road Runners	1:14:12	1:13:42
324	441	Yelda Müge Parsons	Female 40-44	Hayle Runners	1:14:14	1:14:02
325	431	Jade Gifford	Female Under 35		1:14:16	1:13:52
326	174	Shirley Grills	Female 60-64	Bradworthy Runners	1:14:17	1:13:50
327	173	Jane Walter	Female 55-59	Bradworthy Runners	1:14:24	1:13:57
328	251	Keith Shadrick	Male 70+	Bradworthy running club	1:14:34	1:14:05
329	392	Natalie Donnelly	Female 40-44		1:14:39	1:14:27
330	37	Lucy Staple	Female 45-49		1:14:42	1:14:34
331	267	Khaya Paton	Female Under 35	Sports Charity Mwanza	1:14:43	1:14:29
332	266	Bruce Paton	Male 50-54	Sports Charity Mwanza	1:14:43	1:14:29
333	14	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:14:51	1:14:19
334	380	Richard Lloyd	Male 50-54		1:14:58	1:14:29
335	142	Linda Godfrey	Female 65-69		1:15:00	1:14:27
336	432	Susan Martin	Female 60-64	Torrington AAC	1:15:08	1:14:42
337	347	Chris Rose	Male 45-49	Let's Go Cani Cross	1:15:12	1:14:54
338	53	Derek Pearse	Male 70+		1:15:15	1:14:53
339	137	Claire Baird	Female 50-54	Camelford Up and Running	1:15:42	1:15:31
340	417	Terina Ellacott	Female 40-44	Holsworthy Running Club	1:15:47	1:15:28
341	168	Robert Bolitho	Male 60-64	Hayle Runners	1:16:28	1:16:04

342	196 Sarah Parkman	Female 55-59	Camelford Up and Running	1:16:39	1:16:22
343	64 Joanne Bailey	Female 50-54	Launceston Road Runners	1:16:56	1:16:30
344	33 Gemma Wotherspoc	Female 35-39	Bodmin Women's Running C	1:17:13	1:16:42
345	198 Caroline Davies	Female 55-59	Bodmin Women's Running C	1:17:16	1:16:46
346	92 Sally Bryant	Female 60-64		1:17:17	1:16:55
347	358 Dennis Burrell	Male 70+	Carn Runners	1:17:32	1:17:04
348	99 Naomi Archer	Female 45-49		1:17:37	1:17:02
349	124 Debbie Stokes	Female 60-64	Bradworthy Runners	1:18:41	1:18:13
350	346 Laura Menzies	Female 40-44	Bradworthy Runners	1:18:42	1:18:14
351	17 Sarah Ford	Female 55-59	Crediton Running Network	1:18:44	1:18:22
352	167 Sue Colbourne	Female 60-64		1:18:44	1:18:22
353	171 Ruth Garrett	Female 65-69	Just Jog Bideford	1:19:16	1:18:57
354	56 Emma Grigg	Female 45-49	Camelford Up and Running	1:19:16	1:19:02
355	59 Bruce Draper	Male 50-54	Launceston Road Runners	1:19:22	1:19:09
356	146 Cath Elliott	Female 55-59		1:19:35	1:19:01
357	430 Natalie Kilford	Female Under 35		1:19:38	1:19:15
358	55 Helen Baker	Female 55-59	Cornwall Power Runs	1:19:40	1:19:10
359	8 Elizabeth Kitto	Female Under 35	Camelford Up and Running	1:20:18	1:20:06
360	169 Julie Bolitho	Female 55-59	Hayle Runners	1:20:28	1:20:04
361	294 Sam Chapman	Male Under 35		1:20:58	1:20:45
362	176 Rosemary Sanders	Female 55-59	Bradworthy Runners	1:21:04	1:20:36
363	269 Robert Saxton	Male 40-44		1:21:39	1:21:06
364	273 Alex Belverstone	Male Under 35		1:21:39	1:21:07
365	272 Laura Didwell	Female 40-44		1:21:39	1:21:08
366	54 Rachel Penn	Female 45-49		1:21:44	1:21:22
367	29 Darren Cornish	Male 50-54		1:22:16	1:21:50
368	345 Michelle Oseman	Female 55-59	Let's Go Cani Cross	1:22:27	1:22:11
369	351 Suzanne Tilley	Female 40-44	Callington Running Group	1:22:32	1:22:02
370	357 Karen Vallance	Female 50-54	Okehampton RC	1:22:44	1:22:10
371	20 Jasmine Gilkes	Female Under 35		1:22:44	1:22:10
372	23 Beth Morgan	Female 35-39	Camelford Up and Running	1:23:08	1:22:47
373	39 Sam Allan	Female 35-39	Camelford Up and Running	1:23:08	1:22:49
374	444 Rachel Hardy	Female 40-44		1:23:28	1:23:06
375	382 Steve Lawrence	Male 65-69	Falmouth Running Club	1:23:59	1:23:30
376	78 Frank Dunlop	Male 70+		1:24:05	1:23:53
377	312 Harry Hedley	Male Under 35		1:24:39	1:24:33
378	299 Molly Tape	Female Under 35		1:24:54	1:24:27
379	300 Toby Ingle	Male Under 35		1:24:54	1:24:28
380	195 Ria Thompson	Female 35-39	Holsworthy Running Club	1:26:40	1:26:10
381	128 Jennie Massey	Female 60-64	Hayle Runners	1:27:18	1:27:02
382	199 Janet Bragg	Female 65-69	Holsworthy Running Club	1:28:08	1:27:39
383	284 Gavin Hannah	Male 50-54		1:29:25	1:29:07
384	285 Tamara Reynolds	Female 40-44	Bys Vyken Race Team	1:29:54	1:29:20
385	147 Yvonne Matthews	Female 55-59	Bys Vyken Race Team	1:29:54	1:29:20
386	321 Abigail Mansfield	Female Under 35	Camelford Up and Running	1:30:14	1:30:02
387	230 Kathryn Thomas	Female 45-49	Cornwall AC	1:30:31	1:30:04
388	175 Lesley Taylor	Female 55-59	Bradworthy Runners	1:30:40	1:30:12
389	139 Michele Baker-Caton	Female 60-64	Bodmin Women's Running C	1:30:41	1:30:06
390	332 David Lean	Male 60-64	East Cornwall Harriers	1:31:35	1:31:03

391	201	David Garrard	Male 70+	Falmouth Running Club	1:35:03	1:34:35
392	3	Sue Coates	Female 45-49	Bys Vyken Race Team	1:41:45	1:41:12
393	177	Martin Clark	Male 50-54		1:45:05	1:44:30
DNF	149	Cara Norman	Female 40-44	Camelford Up and Running		