

**Newquay 10k - 2023**

Place	Bib	Name	AG	Club	ChipTime	GunTime
1	808	Sam Goodchild	Male 20-35	Cornwall AC	0:31:55	0:31:56
2	655	Ollie Thorogood	Male 20-35	South West Road Runners	0:32:09	0:32:10
3	586	Zak Clemens	Male -20	Cornwall Athletics Club	0:32:25	0:32:26
4	765	Peter Le Grice	Male 35-39	Bristol & West AC	0:32:30	0:32:31
5	644	Sam Hopton	Male 20-35	South West Road Runners	0:32:52	0:32:53
6	767	Jim Cole	Male 40-44	Tavistock Run Project	0:33:11	0:33:12
7	433	Oliver Oldfield	Male 20-35	Tamar Trotters	0:33:27	0:33:28
8	292	David Crawford	Male 35-39	Newquay & Par AC	0:33:30	0:33:31
9	204	Dan Alsop	Male 40-44	St Austell Running Club	0:33:41	0:33:42
10	410	Steve Reynolds	Male 35-39	Truro Running Club	0:33:52	0:33:53
11	706	James Cutlan	Male 35-39	Cornwall Athletics Club	0:34:01	0:34:03
12	803	Alex Crump	Male 20-35	South West Road Runners	0:34:15	0:34:16
13	272	Jordan Morant	Male 20-35	Hayle Runners	0:34:21	0:34:22
14	623	Simon Morse	Male 20-35	East Cornwall Harriers	0:34:40	0:34:41
15	504	Jamie Edwards	Male -20	Newquay Road Runners	0:34:50	0:34:51
16	627	Ross Pascoe	Male 20-35	Cornwall Athletics Club	0:35:04	0:35:05
17	671	Paul Whear	Male 55-59	Cornwall Athletics Club	0:35:16	0:35:17
18	540	Richard Ezra-Ham	Male 20-35	Tamar Trotters	0:35:25	0:35:28
19	421	Tony Wright	Male 55-59	Cornwall Athletics Club	0:35:29	0:35:30
20	22	Alex Peyton Jones	Male 40-44	Tavistock Run Project	0:35:30	0:35:32
21	536	Paul Sole	Male 40-44	Cornwall Athletics Club	0:35:35	0:35:38
22	561	Alex Marples	Male 40-44	Truro Running Club	0:36:00	0:36:02
23	116	Dylan Stevens	Male -20	Newquay & Par AC	0:36:08	0:36:10
24	10	Darren Roose	Male 40-44	Newquay Road Runners	0:36:14	0:36:17
25	694	Peter Sowerby	Male 55-59	Truro Running Club	0:36:15	0:36:18
26	589	Andrew Martin	Male 40-44	Mile High	0:36:16	0:36:18
27	591	Jon Paget	Male 35-39	Mile High	0:36:18	0:36:19
28	534	Aaron Benney	Male 40-44	Mile High	0:36:18	0:36:20
29	796	Rebecca Ezra-Ham	Female 20-35	Tamar Trotters	0:36:25	0:36:28
30	71	Steven Hill	Male 45-49	Plymouth Harriers	0:36:33	0:36:36
31	598	Peter Barnes	Male 40-44	Hayle Runners	0:36:40	0:36:43
32	486	Tom Howell	Male 35-39	Mile High	0:37:04	0:37:06
33	458	Adrian Ball	Male 55-59	Cornwall Athletics Club	0:37:07	0:37:11
34	126	Liam Gallantry	Male 20-35	Newquay & Par AC	0:37:17	0:37:20
35	753	Neil Carter	Male 40-44	Newquay Road Runners	0:37:21	0:37:24
36	360	Anna Harrold	Female 40-44	Truro Running Club	0:37:23	0:37:25
37	552	Paul-Florin Trifanov	Male 20-35	Newquay Road Runners	0:37:26	0:37:28
38	680	Jack Bryan	Male 35-39		0:37:30	0:37:36
39	258	Daniel Strickland	Male 40-44	Hayle Runners	0:37:37	0:37:40
40	119	Ethan Lusty	Male -20	Newquay & Par AC	0:37:41	0:37:43
41	130	Kyran James	Male -20	Newquay & Par AC	0:37:50	0:37:52
42	661	Henry Kennaway	Male 20-35	Cornwall Athletics Club	0:37:53	0:37:58
43	750	Jonny Unwin	Male 20-35	Cornwall Athletics Club	0:37:57	0:38:00
44	261	Liam O'Neill	Male 20-35	Hayle Runners	0:38:08	0:38:11
45	166	Mark Knight	Male 50-54	Newquay & Par AC	0:38:15	0:38:17
46	640	Robert Chirgwin	Male 20-35	Truro Running Club	0:38:15	0:38:19
47	485	Emma Stepto	Female 50-54	Cornwall Athletics Club	0:38:25	0:38:28

48	757 Adam Keogh	Male 40-44	Falmouth Road Runners	0:38:13	0:38:28
49	738 Robert Standing	Male 50-54	Truro Running Club	0:38:30	0:38:34
50	824 Antony Jarvis	Male 50-54	St Austell Running Club	0:38:38	0:38:38
51	319 Craig Knuckey	Male 50-54	Cornwall Athletics Club	0:38:42	0:38:45
52	405 John Steadman	Male 40-44	Newquay & Par AC	0:38:48	0:38:50
53	235 Richard Daniels	Male 50-54	Newquay & Par AC	0:38:52	0:38:57
54	281 Matthew Berry	Male 45-49	Truro Running Club	0:39:02	0:39:06
55	782 Ian Wright	Male 40-44		0:39:02	0:39:06
56	728 Simon Knowles	Male 45-49	Hayle Runners	0:39:04	0:39:08
57	452 Rosie Gibbons	Female 45-49	Cornwall Athletics Club	0:39:09	0:39:12
58	825 Mike Ellis	Male 45-49	Bodmin Dragons Triathlon Clu	0:39:09	0:39:12
59	226 Olivia Carthew	Female 20-35	Newquay & Par AC	0:39:11	0:39:15
60	273 Scott Abraham	Male 50-54	Hayle Runners	0:39:18	0:39:21
61	557 Nick Hayden	Male 40-44		0:39:27	0:39:27
62	377 Callum Pinch	Male 20-35	Truro Running Club	0:39:23	0:39:29
63	6 Katie Walker	Female 20-35	Cornwall Athletics Club	0:39:33	0:39:36
64	313 Timothy Walker	Male 35-39	Newquay Road Runners	0:39:37	0:39:41
65	224 Mark Deacon	Male 35-39	Looe Pioneers Running Club	0:39:42	0:39:45
66	760 Steve Law	Male 50-54	Falmouth Road Runners	0:39:40	0:39:47
67	329 Emma Paull	Female 35-39	Hayle Runners	0:39:48	0:39:51
68	664 Michael Hawke	Male 40-44	St Austell Athletes Running Cl	0:39:41	0:39:54
69	496 Mike Dowrick	Male 50-54	Cornwall Athletics Club	0:39:52	0:39:55
70	150 Pete Waumsley	Male 50-54	Tamar Trotters	0:39:54	0:39:57
71	711 Rob Humphrey	Male 20-35	St Austell Running Club	0:39:52	0:39:59
72	151 Cleo Perry	Female 50-54	Erme Valley Harriers	0:39:58	0:40:01
73	207 Alan Thomas	Male 35-39	Falmouth Road Runners	0:39:56	0:40:03
74	408 Nick Block	Male 40-44		0:40:01	0:40:05
75	447 Tim Adams	Male 50-54	St Austell Running Club	0:40:03	0:40:06
76	592 Stanley Cameron	Male -20	Mile High	0:40:09	0:40:13
77	138 Rebecca Stobart	Female 20-35	Cornwall Athletics Club	0:40:10	0:40:15
78	629 Tom Yorke	Male 40-44		0:40:03	0:40:18
79	244 Darrin Porter	Male 55-59	Cornwall Athletics Club	0:40:17	0:40:21
80	809 Anthony Worthington	Male 50-54	Tamar Trotters	0:40:14	0:40:24
81	848 Louis Sime	Male 20-35	Lincoln & District Runners	0:40:18	0:40:25
82	363 Carol Randall	Female 50-54	Cornwall Athletics Club	0:40:31	0:40:35
83	338 Neil Penny-Harding	Male 40-44	Cornwall Athletics Club	0:40:36	0:40:40
84	446 Marcus Wills	Male 40-44	East Cornwall Harriers	0:40:40	0:40:44
85	286 David Guffick	Male 40-44	Hayle Runners	0:40:40	0:40:45
86	17 Denzil Williams	Male 50-54	St Austell Running Club	0:40:43	0:40:46
87	208 Mark Roby	Male 45-49	Truro Running Club	0:40:40	0:40:47
88	41 Adam Roberts	Male 40-44	Bodmin Dragons Triathlon Clu	0:40:44	0:40:49
89	438 Jon Eldon	Male 60-64	Hayle Runners	0:40:50	0:40:53
90	406 Mark Williams	Male 55-59	Hayle Runners	0:41:00	0:41:04
91	768 James Manning	Male 40-44	Hayle Runners	0:41:01	0:41:05
92	792 Georgia Stanfield	Female 20-35	Falmouth Road Runners	0:40:51	0:41:07
93	583 Joseph Parker	Male 20-35		0:41:00	0:41:13
94	374 Matt Harries	Male 20-35	Tamar Trotters	0:41:13	0:41:18
95	215 Jo Temple	Female 20-35	Truro Running Club	0:41:17	0:41:23
96	535 Amy Sole	Female 35-39	Cornwall Athletics Club	0:41:20	0:41:24

97	358	Lee Pollard	Male 35-39	Tamar Trotters	0:41:20	0:41:25
98	213	Jasmine Rapson	Female -20	Newquay & Par AC	0:41:23	0:41:28
99	118	Stephen Lusty	Male 45-49		0:41:25	0:41:36
100	774	Kristan Martin	Male 20-35		0:41:31	0:41:44
101	280	Ian Curnow	Male 50-54	Hayle Runners	0:41:37	0:41:52
102	628	Bradley Parsons	Male 20-35	PB Running Club	0:41:53	0:41:58
103	820	Jeremy Brown	Male 50-54	Bude Rats (Run and Tri)	0:42:00	0:42:00
104	331	Emily Darnell	Female 20-35		0:41:54	0:42:00
105	427	John Sole	Male 40-44	Cornwall Athletics Club	0:42:02	0:42:05
106	268	Nick Giles	Male 40-44		0:41:59	0:42:07
107	400	Ryan Marks	Male -20	St Austell Running Club	0:42:01	0:42:07
108	293	Lee Burford	Male 40-44	Hayle Runners	0:42:03	0:42:09
109	518	Alfie Slater	Male -20	Truro Running Club	0:42:04	0:42:10
110	845	Jason Cook	Male 20-35	Tri Logic Cornwall	0:42:14	0:42:25
111	430	Daniel Case	Male 35-39	Plymouth Musketeers Runnin	0:42:19	0:42:31
112	340	Adam Carlyon	Male 35-39	Truro Running Club	0:42:26	0:42:35
113	812	Mark Yates	Male 45-49		0:42:26	0:42:44
<b>114</b>	<b>391</b>	<b>Emma Mossop</b>	<b>Female 45-49</b>	<b>Falmouth Road Runners</b>	<b>0:42:43</b>	<b>0:42:48</b>
115	568	Christian Savage	Male 40-44	Truro Goats Triathlon	0:42:39	0:42:51
116	715	Patrick Breen	Male 40-44		0:42:44	0:42:51
117	764	John Mitchell	Male 40-44	Cornwall Athletics Club	0:42:54	0:42:58
118	21	Ami Peyton Jones	Female 40-44	Plymouth Harriers	0:43:20	0:43:24
119	5	Ian Gronwalt	Male 55-59	St Austell Running Club	0:43:18	0:43:25
120	620	Gemma Roberts	Female 35-39	Bodmin Dragons Triathlon Clu	0:43:25	0:43:31
121	88	Steve Baker	Male 65-69	Tamar Trotters	0:43:26	0:43:33
122	797	Lizzy Scrace	Female 40-44		0:43:30	0:43:36
123	516	Jonathan Crowle	Male 50-54	Truro Running Club	0:43:30	0:43:38
124	23	Tim Hicks	Male 35-39	Newquay Road Runners	0:43:29	0:43:39
125	366	Craig Pound	Male 35-39	Hayle Runners	0:43:33	0:43:40
126	506	Damian Dunne	Male 45-49	Plymouth Musketeers Runnin	0:43:29	0:43:41
127	835	Elliott Edwards	Male 20-35	Plymouth Musketeers Runnin	0:43:36	0:43:49
128	367	Katy Jenkins	Female 40-44	Truro Running Club	0:43:51	0:43:56
129	222	Beth Popperwell	Female 50-54	Mile High	0:43:54	0:43:58
130	179	Stella Gardener	Female 35-39	Newquay Road Runners	0:43:54	0:44:00
131	473	Dave Cudby	Male 40-44	Truro Running Club	0:43:53	0:44:02
132	786	Robert Hambly	Male 35-39		0:43:56	0:44:08
133	752	Colin Bathe	Male 50-54	Truro Running Club	0:44:05	0:44:12
134	117	Paul Stevens	Male 45-49	St Austell Athletes Running Cl	0:44:09	0:44:17
135	692	Mark Thomas	Male 45-49	Truro Running Club	0:44:15	0:44:22
136	503	Frazer Humbles	Male 40-44	Hayle Runners	0:44:21	0:44:30
137	352	Alice Vage	Female 20-35	Cornwall Athletics Club	0:44:27	0:44:35
138	32	Ashley Elliott	Female 20-35	East Cornwall Harriers	0:44:30	0:44:36
139	8	Sharon Daw	Female 55-59	East Cornwall Harriers	0:44:33	0:44:39
140	225	Eve Hearle	Female 40-44	Newquay Road Runners	0:44:34	0:44:41
141	304	Andrew Cassidy	Male 65-69	Cornwall Athletics Club	0:44:36	0:44:41
142	162	Mark Trebilcock	Male 60-64	Cornwall Athletics Club	0:44:40	0:44:45
143	270	Kevin Silver	Male 55-59	Hayle Runners	0:44:31	0:44:45
144	214	Nigel Rapson	Male 60-64	St Austell Athletes Running Cl	0:44:45	0:44:51
145	350	Paul Gough	Male 50-54	Hayle Runners	0:44:42	0:44:56

146	201	Richard Wintle	Male 45-49		0:44:44	0:44:59
147	185	Julian Shakerley	Male 45-49	St Austell Athletes Running Cl	0:44:51	0:45:07
148	850	Liam Cox	Male 20-35		0:45:15	0:45:15
149	3	David Knight	Male 35-39		0:45:11	0:45:16
150	720	Barrie Cardew	Male 60-64	Carn Runners	0:45:18	0:45:24
151	243	Ian Lamerton	Male 50-54	Plymstock Road Runners	0:45:13	0:45:27
152	234	Kevin Marshall	Male 55-59	Launceston Road Runners	0:45:17	0:45:32
153	578	Sam Hudspith	Male 35-39		0:45:19	0:45:33
154	62	Danny Graham	Male 40-44		0:45:32	0:45:36
155	376	Bruce Carey	Male 20-35	Newquay Road Runners	0:45:23	0:45:38
156	375	Ayesha Gillespie	Female 20-35	Tamar Trotters	0:45:27	0:45:38
157	210	Marty Barnfield	Male 45-49	Bodmin Road Runners	0:45:29	0:45:41
158	100	Derrick Frantz	Male 55-59	Cornwall Athletics Club	0:45:31	0:45:43
159	454	Brad Marshall	Male 20-35		0:45:16	0:45:44
160	834	Luke Reed	Male 40-44	Newquay Road Runners	0:45:38	0:45:45
161	110	Karen Pascoe	Female 55-59	Cornwall Athletics Club	0:45:43	0:45:48
162	822	Laura Pool	Female 40-44	Truro Running Club	0:45:43	0:45:52
163	617	Kirsty Medlock	Female 40-44	Hayle Runners	0:45:41	0:45:56
164	660	Connor Davidson	Male 20-35	Falmouth Road Runners	0:45:38	0:45:56
165	713	Daniel Meens	Male 20-35	St Austell Athletes Running Cl	0:45:54	0:46:07
166	298	Julia Pearce	Female 45-49	Cornwall Athletics Club	0:46:05	0:46:14
167	267	Dominic Parnell	Male 35-39	Tamar Trotters	0:46:10	0:46:20
168	645	Matthew Morgan	Male 20-35		0:46:09	0:46:21
169	428	Neville Witham	Male 65-69	Cornwall Athletics Club	0:46:19	0:46:26
170	681	Benjamin Jarram	Male 35-39	Launceston Road Runners	0:46:13	0:46:27
171	183	Paul Bennett	Male 55-59	Plymouth Musketeers Runnin	0:46:06	0:46:31
172	92	Peter Allen	Male 65-69	Newquay Road Runners	0:46:25	0:46:33
173	849	Joshua Grieb	Male 20-35	Newquay Road Runners	0:46:25	0:46:35
174	103	Matthew McDonough	Male 35-39		0:46:22	0:46:38
175	435	Lia Foreman	Female 20-35	Hayle Runners	0:46:24	0:46:39
176	342	Kaye Patterson	Female 35-39	East Cornwall Harriers	0:46:43	0:46:49
177	174	Mark Sinclair	Male 50-54	Plymouth Musketeers Runnin	0:46:36	0:47:00
178	530	Pete Young	Male 55-59	Bodmin Road Runners	0:46:57	0:47:09
179	772	Trevor Spinks	Male 50-54	Newquay Road Runners	0:46:56	0:47:10
180	325	Harriet Frost	Female 35-39	Newquay Road Runners	0:47:08	0:47:15
181	135	Leigh Spencer	Female 20-35	Newquay Road Runners	0:47:11	0:47:19
182	369	Susanne Wood	Female 45-49	Cornwall Athletics Club	0:47:06	0:47:22
183	641	Nick Strong	Male 35-39		0:47:12	0:47:27
184	672	Sally Turner	Female 35-39		0:47:10	0:47:27
185	370	Matthew Wilson	Male 45-49	Cornwall Athletics Club	0:47:15	0:47:28
186	312	Andrew Cook	Male 45-49		0:47:10	0:47:30
187	648	Jake Stone	Male 20-35		0:47:18	0:47:31
188	545	Michelle Hague	Female 45-49	Newquay Road Runners	0:47:22	0:47:31
189	508	Tanya Coleman	Female 50-54	Truro Running Club	0:47:23	0:47:32
190	373	Amanda Hewitt	Female 45-49	Cornwall Athletics Club	0:47:29	0:47:33
191	766	James Stephens	Male 35-39	St Austell Running Club	0:47:18	0:47:33
192	634	Mark Bennetts	Male 40-44	St Austell Athletes Running Cl	0:47:19	0:47:35
193	344	Claire Thorne	Female 45-49		0:47:16	0:47:42
194	56	David Thomasson	Male 50-54	Bodmin Road Runners	0:47:27	0:47:47

195	380	Joe Brooks	Male 50-54	Tamar Trotters	0:47:37	0:47:47
196	388	Danny O'Shea	Male 45-49	Truro Running Club	0:47:40	0:47:50
197	748	Nick Richards	Male 50-54	Cornwall AC	0:47:49	0:47:53
198	429	Michael Counter	Male 55-59	St Austell Running Club	0:47:39	0:47:54
199	107	David Foy	Male 50-54	Falmouth Road Runners	0:47:36	0:47:54
200	675	Thomas Moore	Male 40-44	Truro Running Club	0:47:46	0:47:55
201	156	Darren Hardwick	Male 55-59	Looe Pioneers Running Club	0:47:45	0:47:56
202	53	Barrie Christian	Male 50-54	Plymouth Musketeers Runnin	0:47:45	0:48:00
203	16	Sarah Robinson	Female 45-49	Plymouth Musketeers Runnin	0:47:40	0:48:06
204	188	Rebecca Kelly	Female 20-35	Lincoln & District Runners	0:47:57	0:48:10
205	448	Andrew Skelton	Male 40-44		0:48:00	0:48:11
206	182	Steve Davey	Male 55-59		0:47:59	0:48:13
207	372	Martin Dinham	Male 50-54		0:48:06	0:48:14
208	397	Matt Trevail	Male 40-44		0:47:53	0:48:16
209	798	Chris Jelliman	Male 55-59	Plymouth Harriers	0:48:06	0:48:23
210	269	Richard Collett	Male 35-39	Hayle Runners	0:48:17	0:48:26
211	674	Donal Breen	Male 50-54	Truro Running Club	0:48:11	0:48:27
212	161	Liz Trebilcock	Female 55-59	Truro Running Club	0:48:20	0:48:29
213	127	Oli Nidds	Male 20-35	Carn Runners	0:48:16	0:48:30
214	512	Michael Hockey	Male 40-44	Plymouth Musketeers Runnin	0:48:03	0:48:30
215	828	Sophie Talling	Female 20-35	Newquay Road Runners	0:48:24	0:48:34
216	60	Kelly Keough	Female 35-39	Newquay Road Runners	0:48:27	0:48:38
217	717	Eleanor Ward	Female 20-35	Truro Running Club	0:48:17	0:48:38
218	594	Martyn Griffiths	Male 35-39	Newquay Road Runners	0:48:32	0:48:40
219	673	Elizabeth Whinnett	Female 35-39		0:48:25	0:48:42
220	299	David Austin	Male 40-44	Plymouth Musketeers Runnin	0:48:24	0:48:48
221	783	Jacob Taylor	Male 20-35	East Cornwall Harriers	0:48:26	0:48:50
222	751	Andy Bees	Male 40-44	Plymouth Musketeers Runnin	0:48:06	0:48:51
223	501	Carl Williams	Male 45-49		0:48:19	0:48:53
224	761	Lauren Bailey	Female 40-44	Truro Running Club	0:48:32	0:48:54
225	830	Erin Murray	Female 20-35		0:48:36	0:48:54
226	813	Charles Simpson	Male 35-39	Hayle Runners	0:48:36	0:48:56
227	585	Revis Crowle	Female 60-64	East Cornwall Harriers	0:48:52	0:48:57
228	677	Debbie Jones	Female 55-59	Looe Pioneers Running Club	0:48:49	0:48:59
229	519	Emma Fox	Female 45-49	Newquay Road Runners	0:48:52	0:49:00
230	306	Andrew Ellis	Male 50-54	Hayle Runners	0:48:55	0:49:02
231	75	Amy Gregory	Female 35-39	Newquay Road Runners	0:48:59	0:49:07
232	603	Mark Spear	Male 60-64		0:48:46	0:49:08
233	251	Paul Caulfield	Male 55-59		0:48:49	0:49:10
234	695	Nicola Froud	Female 55-59		0:49:05	0:49:10
235	72	Kerry Jackson	Female 35-39		0:48:59	0:49:10
236	707	Nick Pebody	Male 35-39		0:48:52	0:49:12
237	492	John Sudell	Male 65-69	East Cornwall Harriers	0:48:37	0:49:12
238	799	Andrew Vosper	Male 60-64	Bodmin Road Runners	0:48:52	0:49:12
239	403	Zack Hill	Male 20-35	Cornwall Athletics Club	0:49:05	0:49:13
240	700	Edward Buckingham	Male 50-54		0:48:55	0:49:14
241	778	Fay Giles	Female 20-35		0:49:07	0:49:15
242	478	Gary Allbutt	Male 55-59	Plymouth Musketeers Runnin	0:48:32	0:49:16
243	572	Rachel Willmott	Female 35-39		0:49:01	0:49:19

244	574	Katherine Trevatt	Female 20-35		0:49:01	0:49:19
245	805	Lee Stewart	Male 45-49		0:48:56	0:49:20
246	398	Grahame Mace	Male 45-49	Looe Pioneers Running Club	0:49:12	0:49:22
247	223	Richard Morton	Male 65-69	Tamar Trotters	0:49:15	0:49:24
248	522	David Brown	Male 55-59	St Petroc's Dragons Triathlon	0:49:00	0:49:27
249	212	Martin Trethewey	Male 55-59	St Austell Running Club	0:49:15	0:49:28
250	409	Sarah Wilkinson	Female 60-64	Newquay Road Runners	0:49:23	0:49:31
251	663	Simon Murray	Male 60-64	Hayle Runners	0:49:13	0:49:33
252	651	Tao Bi	Male 20-35	Newquay Road Runners	0:49:26	0:49:33
253	453	Steve Bush	Male 50-54	Plymouth Musketeers Runnin	0:49:07	0:49:35
254	816	Shaun Roberts	Male 45-49	Plymouth Harriers	0:49:19	0:49:37
255	829	Seb Coles	Male 20-35		0:49:16	0:49:39
256	90	Eleanor Ellison	Female 65-69	Newquay Road Runners	0:49:33	0:49:40
257	610	Lisa Friday	Female 40-44		0:49:28	0:49:41
258	754	Jon Mitchell	Male 50-54	Cornwall AC	0:49:29	0:49:43
259	85	Rhys Yelland	Male -20		0:49:09	0:49:46
260	202	Louisa Chisholm	Female 40-44	Looe Pioneers Running Club	0:49:33	0:49:53
261	804	Suzanne Piddock	Female 35-39		0:49:43	0:50:01
262	840	Satnam Basram	Male 60-64	Cornwall AC	0:49:48	0:50:04
263	787	Ricky Blackman	Male 50-54		0:49:43	0:50:06
264	625	Helen Thomas	Female 50-54	Truro Running Club	0:49:57	0:50:07
265	755	Stuart Smith	Male 35-39	Hayle Runners	0:49:47	0:50:08
266	394	Miranda Flannigan	Female 50-54	Cornwall Athletics Club	0:49:52	0:50:08
267	420	Claire Mildenhall	Female 45-49	Newquay Road Runners	0:50:00	0:50:10
268	361	Nicholas Smith	Male 40-44	Launceston Road Runners	0:50:01	0:50:15
269	424	Steve Mildenhall	Male 45-49	Newquay Road Runners	0:50:08	0:50:19
270	846	Johnathan Billing	Male 35-39	Hayle Runners	0:50:04	0:50:24
271	576	Ben Smith	Male 35-39	Tamar Trotters	0:49:57	0:50:24
272	237	Stephen Young	Male 50-54	Wootton Road Runners	0:50:01	0:50:25
273	773	Marlene Grobler	Female 40-44	Carn Runners	0:50:08	0:50:28
274	464	Michelle Fitt	Female 40-44	Hayle Runners	0:50:03	0:50:29
275	434	Simon Phillips	Male 35-39		0:50:04	0:50:30
276	192	Emma Harris	Female 35-39		0:50:02	0:50:31
277	842	David Heath	Male 45-49		0:50:13	0:50:33
278	615	Robert Rochowiak	Male 60-64	Carn Runners	0:50:14	0:50:34
279	736	Chunky Penhaul	Male 75-79	Hayle Runners	0:50:18	0:50:35
280	684	Angela Netherwood	Female 45-49		0:50:09	0:50:35
281	696	Steve Skinner	Male 40-44		0:50:19	0:50:39
282	65	Andrew Sims	Male 55-59	East Cornwall Harriers	0:50:31	0:50:43
283	423	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	0:50:35	0:50:45
284	455	Megan Pitts	Female 20-35	Truro Running Club	0:50:32	0:50:55
285	788	Jason Hambly	Male 45-49		0:50:43	0:50:56
286	722	Emma Shaw	Female 40-44		0:50:36	0:51:01
287	538	Mike Charlwood	Male 45-49	Launceston Road Runners	0:50:45	0:51:02
288	719	Martha Carlisle	Female 20-35	Cornwall Athletics Club	0:50:54	0:51:03
289	570	Andrew Oldfield	Male 60-64	Tamar Trotters	0:50:53	0:51:05
290	593	Hannah Fox	Female 40-44	Truro Running Club	0:50:44	0:51:07
291	474	Miranda Burke	Female 55-59	Plymouth Harriers	0:50:43	0:51:09
292	184	Deborah Bennett	Female 50-54	Plymouth Musketeers Runnin	0:50:46	0:51:10

293	137	Victoria Humphreys	Female 20-35	East Cornwall Harriers	0:50:48	0:51:13
294	618	Naomi Astill	Female 35-39	Hayle Runners	0:50:53	0:51:15
295	102	Sarah McDonough	Female 35-39	East Cornwall Harriers	0:50:51	0:51:17
296	566	Alice Robinson-Carter	Female 20-35		0:51:12	0:51:25
297	727	Jake MCGowan	Male 35-39		0:50:59	0:51:29
298	302	Mark Harvie	Male 55-59		0:51:05	0:51:30
299	128	Lisa Player	Female 60-64	Newquay Road Runners	0:51:24	0:51:32
300	784	Meeta Nicholls	Female 45-49	East Cornwall Harriers	0:51:09	0:51:33
301	45	Natalie Harris	Female 20-35		0:50:55	0:51:38
302	819	Andrew Bishop	Male 35-39	Run Fit Run Fast	0:51:23	0:51:44
303	756	Emma Dooney	Female 40-44		0:51:23	0:51:45
304	395	Angeline Hadfield	Female 35-39	Truro Running Club	0:51:24	0:51:47
305	63	James Rooney	Male 60-64	Bude Rats (Run and Tri)	0:51:42	0:51:52
306	415	Steven Jenkin	Male 50-54	Cornwall Athletics Club	0:51:44	0:51:57
307	807	Jon Hoare	Male 55-59	East Cornwall Harriers	0:51:23	0:51:59
308	689	James Addelsee	Male 20-35		0:51:36	0:52:02
309	346	Hannah Smith	Female 20-35	Hayle Runners	0:51:51	0:52:08
310	794	Tessa Mason	Female 60-64	East Cornwall Harriers	0:51:45	0:52:10
311	297	Helen Stevenson	Female 40-44	Bodmin Road Runners	0:51:43	0:52:11
312	87	Mandy Watts	Female 50-54	Newquay Road Runners	0:51:53	0:52:15
313	242	Phil Gendall	Male 60-64		0:51:51	0:52:15
314	112	Martin Gregory	Male 55-59	Looe Pioneers Running Club	0:52:10	0:52:21
315	520	Eoin Stockdale	Male 50-54	Carn Runners	0:52:09	0:52:28
316	140	Linda Cuff	Female 55-59	Looe Pioneers Running Club	0:52:20	0:52:30
317	542	Sarah Myford	Female 55-59	Bodmin Road Runners	0:52:04	0:52:32
318	460	Pete Higham	Male 60-64	Falmouth Road Runners	0:52:19	0:52:33
319	733	Andrew Morley	Male 50-54	Newquay Road Runners	0:52:13	0:52:36
320	136	Simon Lee	Male 40-44		0:52:15	0:52:39
321	482	Cally Willcox	Female 20-35		0:52:15	0:52:41
322	481	Adam Willcox	Male 20-35	Newquay Road Runners	0:52:15	0:52:41
323	51	Maggie Lamerton	Female 50-54	Plymouth Musketeers Runnin	0:52:13	0:52:41
324	509	Sarah Ryan	Female 40-44	Newquay Road Runners	0:52:25	0:52:43
325	769	Joseph Stanford	Male 45-49	Hayle Runners	0:52:02	0:52:47
326	737	Ellen Gibson	Female 20-35	Cornwall AC	0:52:38	0:52:50
327	697	Nicola Kelly	Female 50-54	Builth & District Running Club	0:52:00	0:52:51
328	607	Trevor Cornish	Male 55-59	Hayle Runners	0:52:33	0:52:54
329	276	Trish Merrett	Female 50-54	Hayle Runners	0:52:37	0:52:59
330	164	Gary Kent	Male 55-59		0:52:47	0:53:03
331	801	Alan Edwards	Male 50-54		0:52:42	0:53:04
332	44	Alison O'Hora	Female 35-39	East Cornwall Harriers	0:52:34	0:53:10
333	571	Tom Howard	Male 20-35	Falmouth Road Runners	0:52:33	0:53:16
334	48	Karen Eccles	Female 60-64	Plymouth Harriers	0:52:51	0:53:18
335	714	Lee Jago	Male -20	Looe Pioneers Running Club	0:53:09	0:53:18
336	789	Frankie Heaton-Pike	Male 20-35	Newquay Road Runners	0:52:53	0:53:19
337	744	Matt Venton	Male 20-35		0:53:01	0:53:20
338	691	Martin Perry	Male 45-49	Erme Valley Harriers	0:52:55	0:53:21
339	500	Michelle Roskilly	Female 50-54	Hayle Runners	0:53:00	0:53:22
340	749	Lisa Webb	Female 45-49	East Cornwall Harriers	0:52:46	0:53:25
341	120	Clare Fuller	Female 50-54		0:52:59	0:53:26

342	669 Sarah Allen	Female 50-54	Hayle Runners	0:53:08	0:53:30
343	152 Jenny Pitt	Female 45-49	Tamar Trotters	0:53:11	0:53:32
344	498 Joline Gunther	Female 20-35		0:53:01	0:53:33
345	599 Jane Garside	Female 50-54	Newquay Road Runners	0:52:59	0:53:33
346	555 Simon James	Male 50-54	Cornwall Athletics Club	0:53:31	0:53:36
347	365 Vanessa Willitts	Female 35-39	Truro Running Club	0:53:19	0:53:39
348	546 Becky Andrews	Female 40-44	Truro Running Club	0:53:17	0:53:40
349	800 Anthony Bryant	Male 45-49		0:53:21	0:53:41
350	743 Daniel Bill	Male 20-35		0:53:26	0:53:45
351	411 Mike Bawden	Male 60-64	Carn Runners	0:53:28	0:53:48
352	190 Bill Christie	Male 60-64	Plymstock Road Runners	0:53:19	0:53:50
353	248 Gregg Norton	Male 40-44	St Austell Running Club	0:53:05	0:53:51
354	564 David Ingram	Male 50-54		0:52:58	0:53:52
355	770 Nick Page	Male 55-59	East Cornwall Harriers	0:53:20	0:53:57
356	795 Vanessa Morley	Female 50-54	Newquay Road Runners	0:53:39	0:53:57
357	619 Katherine Self	Female 20-35		0:53:03	0:54:00
358	347 Sheona Cornes	Female 45-49	Truro College	0:53:13	0:54:02
359	826 Debbie Marshall	Female 45-49	St Austell Running Club	0:53:52	0:54:09
360	175 Sarah-Jane Sinclair	Female 50-54	Plymouth Musketeers Runnin	0:53:43	0:54:13
361	58 Ben Dutton	Male 20-35		0:53:29	0:54:14
362	396 Neill Furlonger	Male 35-39	Newquay Road Runners	0:53:51	0:54:14
363	26 Jamie Talling-Bell	Male 20-35		0:53:42	0:54:15
364	548 Dawn Scallan	Female 50-54	Carn Runners	0:53:50	0:54:19
365	168 Stephen Leonard	Male 55-59	Plymstock Road Runners	0:53:52	0:54:23
366	189 Rachael Doonan	Female 50-54	Plymstock Road Runners	0:53:53	0:54:24
367	252 Jessica Hill	Female 35-39		0:53:36	0:54:26
368	288 Samuel Behennah	Male 20-35		0:54:03	0:54:34
369	682 Alexandra Fairhurst	Female 40-44		0:54:03	0:54:34
370	157 Lisa Talling	Female 50-54	Newquay Road Runners	0:54:21	0:54:39
371	176 Vicky Cloete	Female 45-49		0:54:16	0:54:40
372	543 Jennifer Forbes	Female 35-39	Hayle Runners	0:54:12	0:54:42
373	114 Nina Bond	Female 35-39	Looe Pioneers Running Club	0:54:25	0:54:46
374	46 Andy Harris	Male 50-54		0:54:03	0:54:47
375	456 Lisa Wilson	Female 50-54	Truro Running Club	0:54:30	0:54:51
376	551 Eve Butler	Female 45-49		0:54:05	0:54:54
377	432 Dawn Diprose	Female 55-59	East Cornwall Harriers	0:54:20	0:54:55
378	643 Steven Walkey	Male 65-69	Falmouth Road Runners	0:54:32	0:54:59
379	133 Jane Stedman	Female 60-64	Bodmin Road Runners	0:54:35	0:55:03
380	155 Martin Pipet	Male 45-49		0:54:19	0:55:05
381	579 Caroline Cross	Female 20-35	Cornwall Athletics Club	0:54:54	0:55:06
382	528 Robert Kernaghan	Male 50-54	Looe Pioneers Running Club	0:54:47	0:55:07
383	257 Kate Frame	Female 20-35	Carn Runners	0:54:40	0:55:09
384	121 Neil Ham	Male 55-59	JP Fitness Cornwall	0:54:34	0:55:10
385	763 Wietske Hansen	Female 55-59	Carn Runners	0:54:45	0:55:11
386	465 Trevor Williams	Male 60-64	Tamar Trotters	0:54:47	0:55:14
387	654 Helen Kula-Przezwan	Female 60-64	Tavistock AC	0:54:45	0:55:16
388	735 Lucy Oldham	Female 45-49	East Cornwall Harriers	0:54:48	0:55:22
389	180 Janet Ritchie	Female 60-64	Carn Runners	0:55:06	0:55:25
390	652 Lucy Wilkins	Female 20-35		0:54:37	0:55:26



391	354	Linda Tout	Female 70-74	Tamar Trotters	0:55:16	0:55:31
392	549	Abigail Smith	Female 35-39	Tamar Trotters	0:55:05	0:55:32
393	550	Paul Griggs	Male 45-49		0:54:56	0:55:32
394	450	Peter Skelton	Male 40-44		0:55:23	0:55:34
395	74	Adrian Henwood	Male 45-49		0:55:20	0:55:34
396	616	Mollie Erskine	Female 20-35		0:54:47	0:55:36
397	658	Lizzie Lewis	Female 20-35		0:54:47	0:55:37
398	606	James Wright	Male 55-59		0:55:01	0:55:38
399	139	Hamilton Isobel	Female 35-39	East Cornwall Harriers	0:55:03	0:55:40
400	613	Martin Grieb	Male 45-49	Newquay Road Runners	0:55:25	0:55:42
401	703	John Brady	Male 55-59	East Cornwall Harriers	0:55:06	0:55:43
402	739	Nathan Dodds	Male 20-35		0:55:12	0:55:49
403	642	Izzy Cook	Female -20	Bys Vyken Race Team	0:55:12	0:55:49
404	247	Charlie Gray	Female 45-49	Newquay Road Runners	0:55:35	0:55:56
405	404	Joanne Barry	Female 45-49	JP Fitness Cornwall	0:55:21	0:55:59
406	457	Ruth Mckune	Female 35-39		0:55:13	0:56:02
407	142	Joanne Strawbridge	Female 40-44	East Cornwall Harriers	0:55:26	0:56:02
408	646	Ashley Holt	Female 20-35	Carn Runners	0:55:50	0:56:02
409	653	Eleanor Wixcey	Female 20-35		0:55:15	0:56:04
410	437	Michael Orchard	Male 65-69	Hayle Runners	0:55:06	0:56:07
411	600	Helen Collett	Female 60-64	Hart Road Runners	0:55:34	0:56:07
412	109	Nicky Brenton	Female 50-54	Bodmin Road Runners	0:55:40	0:56:08
413	34	Dawn Dyer	Female 60-64	Plymouth Musketeers Runnin	0:55:28	0:56:13
414	203	Martin Batty	Male 40-44		0:55:48	0:56:16
415	602	Michael Mehta	Male 60-64		0:55:48	0:56:20
416	712	Jim Lockyer	Male 65-69	East Cornwall Harriers	0:55:47	0:56:22
417	716	Becky Hall	Female 40-44	Newquay Road Runners	0:55:51	0:56:22
418	348	Emma Seward-Adams	Female 45-49		0:55:38	0:56:23
419	491	Tegen Higgs	Female 20-35		0:56:01	0:56:27
420	83	Chris Yelland	Male 35-39	East Cornwall Harriers	0:55:50	0:56:28
421	91	Julie Oxenham	Female 50-54	Bodmin Road Runners	0:56:01	0:56:29
422	650	Jayne Young	Female 50-54	Bodmin Women's Running Cl	0:56:13	0:56:30
423	86	Jeanette Duncan	Female 60-64	Newquay Road Runners	0:56:13	0:56:34
424	746	Adrien Clark	Male 20-35	Launceston Road Runners	0:56:22	0:56:39
425	831	Hilary Kennedy	Female 60-64	Brixham Harriers	0:56:12	0:56:39
426	12	Claire Barlow	Female 45-49	Bodmin Road Runners	0:56:17	0:56:45
427	2	James Danks	Male 40-44	Falmouth Road Runners	0:56:04	0:56:47
428	815	Lewis Edwards	Male 35-39	Cornwall AC	0:56:09	0:56:48
429	240	Karen Parker	Female 55-59	Falmouth Road Runners	0:56:29	0:57:03
430	200	Lucy Fuller	Female 20-35		0:56:42	0:57:10
431	61	Jennifer Lawson	Female 55-59	Newquay Road Runners	0:56:53	0:57:15
432	686	Charlotte Carvell	Female 45-49	Plymouth Musketeers Runnin	0:56:37	0:57:18
433	494	Gill Aze-Thomas	Female 50-54	Launceston Road Runners	0:56:38	0:57:19
434	238	Estelle Young	Female 45-49	Wootton Road Runners	0:56:57	0:57:21
435	701	Jean Cutlan	Female 55-59	St Austell Athletes Running Cl	0:57:07	0:57:25
436	294	Lynn Counter	Female 60-64	Newquay Road Runners	0:56:59	0:57:25
437	330	Alison Attfield	Female 60-64	Truro College	0:56:37	0:57:27
438	802	Phillip Henwood	Male 45-49	Newquay Road Runners	0:57:19	0:57:28
439	333	Richard Jenkin	Male 75-79	Cornwall Athletics Club	0:57:06	0:57:32

440	38 Emma Alee	Female 40-44	Plymouth Musketeers Runnin	0:56:51	0:57:32
441	562 Katie Thurston	Female 40-44	JP Fitness Cornwall	0:56:57	0:57:35
442	833 Emma Collins	Female 45-49	Looe Pioneers Running Club	0:57:06	0:57:36
443	488 Angela Datlen	Female 40-44	Newquay Road Runners	0:57:31	0:57:40
444	709 Andrew Sheer	Male 35-39		0:57:24	0:57:42
445	389 Gillian Onley	Female 55-59	Cornwall Athletics Club	0:57:38	0:57:43
446	537 John Barnes	Male 60-64	Launceston Road Runners	0:57:31	0:57:45
447	690 Michael Bray	Male 40-44		0:57:24	0:57:47
448	693 Hannah Thomas	Female 45-49	Truro Running Club	0:57:26	0:57:48
449	832 Sandra Northcott	Female 45-49	Looe Pioneers Running Club	0:57:21	0:57:50
450	565 Nigel Knuckey	Male 65-69	Truro Running Club	0:57:30	0:57:55
451	790 Charlie Curtis	Male 20-35		0:57:28	0:57:57
452	836 Alice Picking	Female 35-39	Hayle Runners	0:57:30	0:57:58
453	621 Martin Curtis	Male 70-74	Hayle Runners	0:57:36	0:57:58
454	668 Denise Fletcher-Ward	Female 50-54		0:57:57	0:58:04
455	659 Dermot McCann	Male 60-64	Looe Pioneers Running Club	0:57:24	0:58:06
456	507 Emma Dunne	Female 45-49	Plymouth Musketeers Runnin	0:57:25	0:58:08
457	64 Donna Fisher	Female 35-39	Newquay Road Runners	0:57:39	0:58:10
458	27 Julie Rundle	Female 45-49		0:57:28	0:58:12
459	547 Steve Menear	Male 65-69	St Austell Running Club	0:57:26	0:58:16
460	277 Margaret Clark	Female 60-64	Hayle Runners	0:57:51	0:58:17
461	847 Julie Dagnall	Female 40-44		0:57:21	0:58:19
462	1 Des Evans	Male 70-74	Newquay Road Runners	0:58:10	0:58:19
463	191 Darren Blenkinsop	Male 50-54	Tamar Trotters	0:57:57	0:58:29
464	125 Darrell Fuller	Male 50-54		0:58:07	0:58:35
465	666 Nick Morley	Male 60-64	Hayle Runners	0:58:11	0:58:37
466	356 Norbert Hamacher	Male 60-64	Truro Running Club	0:58:06	0:58:38
467	511 Steve Whitfield	Male 60-64	Carn Runners	0:58:10	0:58:39
468	563 Chloe Turner	Female 20-35	East Cornwall Harriers	0:58:15	0:58:52
469	239 Kayla Smith	Female 45-49		0:58:09	0:58:56
470	323 Paula Symons	Female 40-44		0:58:35	0:59:00
471	718 Jo Blackmore	Female 40-44		0:58:35	0:59:00
472	611 Katri Iivonen-Gray	Female 40-44		0:58:27	0:59:02
473	172 Randi Cutmore	Female 35-39		0:58:15	0:59:05
474	84 Rachel Yelland	Female 35-39	East Cornwall Harriers	0:58:28	0:59:05
475	66 Karen Sims	Female 55-59	East Cornwall Harriers	0:58:27	0:59:07
476	254 Roger Menzies	Male 50-54	Newquay Road Runners	0:58:46	0:59:10
477	416 Christiana Richardson	Female 40-44		0:58:39	0:59:11
478	466 Clare Foley	Female 40-44		0:58:42	0:59:16
479	612 Sean Barrie Rafton	Male 50-54	Ocean City Running Club	0:58:33	0:59:17
480	837 Helen Cowling	Female 45-49	Newquay Road Runners	0:58:33	0:59:17
481	705 Carly Kent	Female 40-44	Falmouth Road Runners	0:58:45	0:59:17
482	704 Nick Pentreath	Male 55-59	Falmouth Road Runners	0:58:45	0:59:17
483	349 Glen Hilton	Male 35-39	Truro College	0:58:29	0:59:19
484	94 Lynn Coffman	Female 50-54	Tamar Trotters	0:58:48	0:59:19
485	467 Emma Evans	Female 60-64		0:58:45	0:59:19
486	451 Catherine Sims	Female 50-54	Tamar Trotters	0:58:48	0:59:20
487	588 Judy Gluyas	Female 55-59	East Cornwall Harriers	0:58:42	0:59:20
488	253 Ian Grimes	Male 70-74	Launceston Road Runners	0:59:07	0:59:24

489	558	Claire Norris	Female 45-49	Falmouth Road Runners	0:58:52	0:59:25
490	99	Alan Byron	Male 50-54	Newquay Road Runners	0:59:07	0:59:30
491	489	Clare Quarton	Female 20-35		0:58:50	0:59:33
492	523	Stewart Townend	Male 80+	Hayle Runners	0:59:12	0:59:35
493	227	Eleanor Buckley	Female 35-39		0:59:06	0:59:39
494	33	Anita Chambers	Female 60-64	Plymouth Musketeers Runnin	0:59:03	0:59:47
495	608	Laura Ramage	Female 35-39		0:59:08	0:59:49
496	656	Fabienne Loake	Female 35-39	Carn Runners	0:59:08	0:59:49
497	35	Louise King	Female 55-59	Plymouth Musketeers Runnin	0:59:08	0:59:51
498	345	Natalie Jewell	Female 40-44	Falmouth Road Runners	0:59:10	0:59:53
499	685	Peter Drew	Male 70-74	Carn Runners	0:59:28	0:59:57
500	560	Michaela Harrison	Female 45-49	Plymouth Harriers	0:59:08	1:00:02
501	490	Gwen Maggs	Female 35-39	St Austell Running Club	0:59:20	1:00:06
502	106	Raegan Leather	Female 20-35	Plymouth Musketeers Runnin	0:59:27	1:00:08
503	390	Rosie Karpinski	Female 40-44	Newquay Road Runners	0:59:22	1:00:10
504	630	Natalie Yorke	Female 40-44		1:00:01	1:00:16
505	343	Nicola Crilly	Female 45-49	Falmouth Road Runners	0:59:37	1:00:19
506	517	Kirstie Slater	Female 45-49	Truro Running Club	0:59:49	1:00:20
507	539	Louise Armitage	Female 45-49	Plymouth Musketeers Runnin	0:59:38	1:00:20
508	104	Diane Foster	Female 50-54	Looe Pioneers Running Club	0:59:50	1:00:30
509	89	Christopher Ramsey	Male 70-74	Truro Running Club	1:00:21	1:00:46
510	332	Amanda White	Female 35-39		1:00:14	1:00:52
511	419	Zoe Abbotts	Female 45-49		1:00:17	1:01:05
512	249	Emma James	Female 45-49	Launceston Road Runners	1:00:24	1:01:06
513	449	Harry Stallard	Male 20-35	St Austell Running Club	1:00:26	1:01:10
514	316	Andy Stallard	Male 55-59	Truro Running Club	1:00:28	1:01:10
515	43	Sarah Steed	Female 45-49	East Cornwall Harriers	1:00:34	1:01:13
516	721	Ben Wright	Male 40-44		1:00:38	1:01:24
517	82	Miranda Honey	Female 45-49	Bodmin Road Runners	1:00:43	1:01:26
518	209	Sean Taylor	Male 55-59	Bodmin Road Runners	1:00:59	1:01:29
519	497	Rose Hudson	Female 35-39		1:00:44	1:01:30
520	699	Matt Stockford	Male 45-49		1:00:42	1:01:31
521	96	Jeanette Turpin	Female 45-49	East Cornwall Harriers	1:00:53	1:01:32
522	68	Cathy Willows	Female 55-59	East Cornwall Harriers	1:00:58	1:01:34
523	206	Ellie Peck	Female 20-35	Tamar Trotters	1:01:03	1:01:35
524	622	Deborah Hocking	Female 55-59	Carn Runners	1:01:14	1:01:42
525	160	Alan Brandwood	Male 70-74	Falmouth Road Runners	1:01:05	1:01:47
526	426	Emma Deanes	Female 35-39	Camelford Up and Running	1:01:19	1:01:56
527	723	Jo White	Female 45-49		1:01:07	1:01:58
528	285	Stephanie Rennie	Female 40-44	JP Fitness Cornwall	1:01:24	1:02:04
529	554	Hannah Pollard	Female 20-35	Tamar Trotters	1:01:34	1:02:08
530	199	Jacquie Rapier	Female 60-64	Falmouth Road Runners	1:01:28	1:02:09
531	15	Jasmine Robinson	Female 20-35	Plymouth Musketeers Runnin	1:01:30	1:02:11
532	502	Claire Stone	Female 35-39	Hayle Runners	1:01:53	1:02:18
533	187	Clive Davis	Male 60-64		1:01:48	1:02:21
534	54	Tracey Mackellar	Female 45-49	Newquay Road Runners	1:01:41	1:02:25
535	601	Christine Boon	Female 55-59		1:01:55	1:02:28
536	775	Taylor Mctique	Male 35-39		1:01:29	1:02:28
537	475	Nicky Sowerby	Female 55-59	Truro Running Club	1:02:18	1:02:34

538	747	Sally Fletcher	Female 55-59	St Austell Running Club	1:01:55	1:02:47
539	105	Nikki Pritchard	Female 40-44	East Cornwall Harriers	1:02:11	1:02:49
540	132	Matthew Wild	Male 20-35	JP Fitness Cornwall	1:02:16	1:02:54
541	726	Grace Bush	Female 35-39		1:02:26	1:02:56
542	472	Wendy Lowe	Female 65-69	Bodmin Women's Running Cl	1:02:19	1:02:58
543	635	Chantal McLennan	Female 40-44		1:02:09	1:03:02
544	301	Gareth Carey-Jones	Male 45-49		1:02:23	1:03:15
545	300	Pippa Carey-Jones	Female 20-35	Camelford Up and Running	1:02:24	1:03:15
546	195	Ian Ringer	Male 75-79	Bodmin Road Runners	1:03:05	1:03:18
547	295	Elizabeth Stansfield	Female 45-49		1:02:40	1:03:22
548	221	Holly Hutchins	Female 35-39	Camelford Up and Running	1:02:52	1:03:29
549	541	Diane Boardman	Female 40-44		1:02:38	1:03:30
550	609	Susan Pooley	Female 60-64	Bodmin Women's Running Cl	1:02:53	1:03:32
551	196	Jon Jones	Male 50-54	Looe Pioneers Running Club	1:02:54	1:03:34
552	526	Rebecca O'Doherty	Female 40-44	St Austell Athletes Running Cl	1:02:52	1:03:36
553	70	Jane Tomlinson	Female 45-49	Truro Running Club	1:02:41	1:03:36
554	556	Emma Penhallurick	Female 40-44		1:02:41	1:03:36
555	303	Theresa Clark	Female 55-59	Hayle Runners	1:03:12	1:03:38
556	36	Bryan King	Male 65-69	Plymouth Musketeers Runnin	1:02:58	1:03:41
557	173	John Tilley	Male 70-74	Bodmin Road Runners	1:03:17	1:03:48
558	77	Julie Cook	Female 50-54	Plymouth Musketeers Runnin	1:03:17	1:03:58
559	371	Amy Shackleford	Female 35-39	Bys Vyken Race Team	1:03:07	1:04:01
560	679	Diana Raiker	Female 20-35	Falmouth Road Runners	1:03:17	1:04:01
561	626	Rachael Church	Female 50-54	Perran Trail Runners	1:03:33	1:04:03
562	57	Greta Viertel	Female 20-35	St Austell Athletes Running Cl	1:03:20	1:04:04
563	384	Lizzy Dixon	Female 35-39		1:03:43	1:04:05
564	810	Sharon Johns	Female 35-39	Hayle Runners	1:03:41	1:04:06
565	385	Becky Wheeler	Female 50-54	Carbon Fitness	1:03:23	1:04:13
566	217	Teresa Lakeman	Female 55-59	Tamar Trotters	1:03:41	1:04:14
567	351	Sandy Jamieson	Female 70-74	Carn Runners	1:03:49	1:04:16
568	80	Karen Warner	Female 55-59	Newquay Road Runners	1:03:35	1:04:18
569	364	Duncan Kane	Male 60-64		1:03:50	1:04:22
570	259	Tracey Foster	Female 45-49		1:03:49	1:04:24
571	413	Ann Bradley	Female 60-64	St Austell Running Club	1:03:38	1:04:26
572	309	Paul Heywood	Male 55-59	Launceston Road Runners	1:03:51	1:04:29
573	440	Jacquelyn Faulkner	Female 45-49	Plymstock Road Runners	1:03:45	1:04:30
574	327	Sarah Booker	Female 50-54	Falmouth Road Runners	1:03:42	1:04:40
575	443	Robert Bolitho	Male 60-64	Hayle Runners	1:03:49	1:04:42
576	219	Melanie Nile	Female 45-49	St Austell Running Club	1:04:00	1:04:46
577	147	Nicola Vosper	Female 60-64	Lonely Goat RC	1:04:05	1:04:53
578	146	Francis Vosper	Male 65-69	Lonely Goat RC	1:04:04	1:04:53
579	262	Fiona Gamble	Female 35-39	Hayle Runners	1:04:19	1:04:54
580	614	Amy Abraham	Female 35-39	Hayle Runners	1:04:18	1:04:54
581	781	Ivor Oatway	Male 35-39	Plymouth tri club	1:04:11	1:04:59
582	584	Sarah Marsh	Female 45-49	East Cornwall Harriers	1:04:21	1:05:01
583	412	Theresa Williams	Female 65-69	St Austell Running Club	1:04:14	1:05:02
584	383	Alexis Hall	Female 35-39		1:04:15	1:05:03
585	69	David Wilton	Male 65-69	Falmouth Road Runners	1:04:02	1:05:04
586	263	Mary Mullarkey	Female 70-74	East Cornwall Harriers	1:04:43	1:05:10

587	324	Judy Jameson	Female 60-64	Carn Runners	1:04:46	1:05:13
588	499	John Lillis	Male 75-79	Newquay Road Runners	1:05:14	1:05:25
589	233	Lavinia Marshall	Female 70-74	Launceston Road Runners	1:04:48	1:05:28
590	741	Craig Atkins	Male 55-59		1:04:34	1:05:29
591	129	Sarah Barker	Female 40-44	Looe Pioneers Running Club	1:04:51	1:05:32
<b>592</b>	<b>50</b>	<b>Roy Newton</b>	<b>Male 75-79</b>	<b>Falmouth Road Runners</b>	<b>1:04:36</b>	<b>1:05:33</b>
593	111	Victoria Hall	Female 45-49	Bodmin Road Runners	1:05:08	1:05:38
594	742	Philip Hoskin	Male 45-49		1:04:41	1:05:40
595	483	Sally Bowden	Female 55-59	Newquay Road Runners	1:05:34	1:05:56
596	441	Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:05:14	1:05:57
597	779	Claire Cunningham	Female 40-44		1:05:34	1:05:57
598	170	Kathy Saunders	Female 65-69	Looe Pioneers Running Club	1:05:34	1:06:04
599	315	Fiona Stallard	Female 55-59	Truro Running Club	1:05:35	1:06:06
600	113	Julie Gregory	Female 50-54	Looe Pioneers Running Club	1:05:28	1:06:09
601	493	Angela Harrison	Female 60-64	Looe Pioneers Running Club	1:05:30	1:06:11
602	159	Janine Dawes	Female 35-39		1:05:22	1:06:13
603	339	Sara Robins	Female 35-39	Newquay Road Runners	1:05:23	1:06:14
604	780	Jennifer Oatway	Female 35-39	Plymouth Harriers	1:05:28	1:06:17
605	171	Anita Searby	Female 50-54		1:05:30	1:06:18
606	154	Jordannah Greenwood	Female 20-35		1:05:39	1:06:24
607	287	Jackie Stone	Female 60-64	Hayle Runners	1:05:37	1:06:32
608	725	Kerry Hoskin	Female 40-44	Truro Running Club	1:05:42	1:06:40
609	93	Jane Forder	Female 50-54	Tamar Trotters	1:06:09	1:06:43
610	143	Geraldine Bowden	Female 60-64	Looe Pioneers Running Club	1:06:17	1:06:46
611	480	Michelle Dunn	Female 35-39	St Austell Running Club	1:06:06	1:06:52
612	334	Jacqueline Jenkin	Female 75-79	Cornwall Athletics Club	1:06:34	1:07:03
613	724	Duncan White	Male 45-49		1:06:14	1:07:05
614	575	Isabel Irwin-Bowler	Female 35-39	St Austell Running Club	1:06:33	1:07:09
615	11	Kaylee Haggett	Female 20-35		1:06:34	1:07:11
616	431	Leanne Case	Female 40-44	Plymouth Musketeers Runnin	1:06:35	1:07:18
<b>617</b>	<b>250</b>	<b>Rachel Flanagan</b>	<b>Female 55-59</b>	<b>Falmouth Road Runners</b>	<b>1:06:33</b>	<b>1:07:31</b>
618	442	Julie Bolitho	Female 55-59	Hayle Runners	1:06:49	1:07:41
619	236	Lizzie Hasell	Female 40-44	Truro Running Club	1:07:17	1:07:50
620	52	Lynn Harvey	Female 70-74	Newquay Road Runners	1:07:24	1:07:58
621	476	Jon Cryer	Male 65-69		1:07:10	1:08:00
622	633	Clare Horne	Female 50-54		1:07:31	1:08:06
623	359	Sara Foster	Female 45-49		1:07:28	1:08:16
624	123	Jane Pett	Female 45-49	JP Fitness Cornwall	1:07:47	1:08:25
625	55	Wendy Williams	Female 60-64	JP Fitness Cornwall	1:07:48	1:08:25
626	153	Tracy McFadden	Female 55-59		1:07:40	1:08:26
627	791	Lina Grohbiel	Female 20-35	Newquay Road Runners	1:08:24	1:08:41
628	401	Paul Marks	Male 55-59	St Austell Running Club	1:07:56	1:08:44
629	399	Courtney Marks	Female 20-35	St Austell Running Club	1:07:57	1:08:45
630	20	Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:08:15	1:08:52
631	604	Samantha Ewart	Female 45-49	St Austell Running Club	1:08:02	1:08:54
632	527	Sara Archer	Female 45-49	Newquay Road Runners	1:08:08	1:08:55
633	439	Samantha Ballinger	Female 40-44		1:08:25	1:08:56
634	662	Hannah Spires	Female 20-35		1:08:19	1:09:00
635	462	Jessica Gallienne	Female 35-39	Newquay Road Runners	1:08:21	1:09:06

636	624	Joanne Bilkey	Female 35-39		1:08:09	1:09:08
637	279	Jacqui Martin	Female 50-54	St Austell Running Club	1:08:19	1:09:11
638	463	Lesley Pallett	Female 55-59	St Austell Running Club	1:08:28	1:09:20
639	362	Catherine Trerise	Female 50-54	Cornwall Athletics Club	1:08:45	1:09:25
640	683	Emily Gray	Female -20		1:08:44	1:09:31
641	587	Lynda Fearn	Female 60-64		1:08:54	1:09:34
642	553	Lisa Sensier	Female 45-49		1:08:50	1:09:39
643	688	Olivia Addelsee	Female 20-35	Tamar Trotters	1:08:51	1:09:43
644	256	Debbie Maunder	Female 40-44	Tamar Trotters	1:09:13	1:09:47
645	759	Sarah Law	Female 45-49		1:08:48	1:09:48
646	39	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:09:21	1:10:00
647	40	David Banbury	Male 55-59		1:09:04	1:10:01
648	479	Mike Tregillis	Male 45-49		1:09:23	1:10:06
649	186	Christy Jolliff	Female 40-44		1:09:32	1:10:07
650	823	Amanda Gore	Female 60-64	Hayle Runners	1:09:14	1:10:09
651	762	Karen Lovegrove	Female 65-69	Hayle Runners	1:09:36	1:10:12
652	101	Kathran Dormer	Female 70-74	Falmouth Road Runners	1:09:42	1:10:17
653	531	Sarah Luff	Female 40-44	JP Fitness Cornwall	1:09:41	1:10:20
654	260	Clare Ainsworth	Female 55-59	Tamar Trotters	1:09:46	1:10:37
655	631	Michael Wooding	Male 75-79	Newquay Road Runners	1:09:55	1:10:41
656	307	Sarah Johns	Female 40-44	Hayle Runners	1:09:49	1:10:43
657	241	Margaret Wade	Female 70-74	Carn Runners	1:10:25	1:10:52
658	73	Julie Flower	Female 55-59	Newquay Road Runners	1:10:14	1:11:00
659	67	Lorraine Wherry	Female 55-59	St Austell Running Club	1:10:23	1:11:12
660	296	Christina Lake	Female 60-64	Falmouth Road Runners	1:10:45	1:11:29
661	379	Paula Brooks	Female 50-54	Tamar Trotters	1:10:58	1:11:52
662	314	Jane Shaddick-Brady	Female 60-64		1:11:12	1:12:08
663	638	Charlotte Jones	Female 20-35	Plymstock Road Runners	1:11:16	1:12:10
664	637	Rachel Andrews	Female 20-35	Plymstock Road Runners	1:11:16	1:12:10
665	469	Leigh Rossin	Male 45-49		1:11:25	1:12:25
666	793	Laura Berry	Female 50-54		1:11:54	1:12:55
667	165	Ann Foster	Female 70-74	Tamar Trotters	1:12:21	1:12:55
668	24	Georgina Purvis	Female 45-49	Truro Running Club	1:12:06	1:13:02
669	513	Kirsty Davidson	Female 20-35		1:12:34	1:13:32
670	459	Robert Townsend	Male 60-64		1:12:56	1:13:46
671	326	Jeremy Booker	Male 50-54	Falmouth Road Runners	1:13:08	1:14:07
672	785	Samantha Dixon	Female 45-49	Hayle Runners	1:13:13	1:14:10
673	636	Teresa Smith	Female 40-44		1:13:56	1:14:15
674	838	Debbie Lackey	Female 50-54	Newquay Road Runners	1:13:24	1:14:22
675	181	Dennis Burrell	Male 75-79	Carn Runners	1:13:59	1:14:31
676	78	Robert Jeffery	Male -20	Newquay Road Runners	1:13:39	1:14:38
677	758	Sarah Howard	Female 50-54	Cornwall AC	1:14:03	1:15:02
678	25	Yvonne Matthews	Female 55-59	Bys Vyken Race Team	1:14:15	1:15:04
679	839	Paula Clarkson	Female 35-39		1:14:28	1:15:28
680	31	Angela Tyson	Female 45-49	Newquay Road Runners	1:14:40	1:15:39
681	98	Laura Hearl	Female 40-44		1:14:40	1:15:39
682	414	Helen Cattran	Female 55-59	Hayle Runners	1:15:14	1:16:10
683	305	Sarah Ellis	Female 40-44	Hayle Runners	1:16:09	1:17:06
684	670	Glennie McKinley	Female 55-59	JP Fitness Cornwall	1:16:56	1:17:38

685	811	Sandra Orchard	Female 60-64	JP Fitness Cornwall	1:16:57	1:17:38
686	308	Emma Johns	Female 45-49		1:16:50	1:17:48
687	596	Madeleine Blight	Female 65-69	St Austell Running Club	1:17:10	1:18:02
688	328	Kathryn Thomas	Female 45-49	Cornwall Athletics Club	1:17:31	1:18:10
689	177	Paula Richardson	Female 60-64	East Cornwall Harriers	1:17:33	1:18:25
690	386	Katie Bellman	Female 20-35		1:17:49	1:18:47
691	827	Rachel Young	Female 35-39		1:17:51	1:18:51
692	218	Anne Libby	Female 70-74	Looe Pioneers Running Club	1:18:30	1:19:24
693	468	Leanne Roger	Female 35-39		1:19:08	1:20:07
694	205	Sara Grattan	Female 50-54	Looe Pioneers Running Club	1:19:19	1:20:13
695	505	Amy Lythgoe	Female 20-35		1:19:16	1:20:15
696	211	Ann Harry	Female 60-64	Looe Pioneers Running Club	1:19:25	1:20:18
697	667	Soraya Williams	Female 60-64	Hayle Runners	1:19:26	1:20:23
698	274	Donna Dark	Female 20-35	Hayle Runners	1:19:31	1:20:27
699	776	Claire Groom	Female 35-39	Plymouth Harriers	1:19:51	1:20:45
<b>700</b>	<b>194</b>	<b>David Garrard</b>	<b>Male 75-79</b>	<b>Falmouth Road Runners</b>	<b>1:19:57</b>	<b>1:20:55</b>
701	580	Tam Shilham	Female 40-44		1:21:08	1:21:58
702	581	Tim Reynolds	Male 40-44		1:21:08	1:21:59
703	76	Lisa Parr	Female 45-49	Plymouth Harriers	1:23:29	1:24:23
704	30	Sue Coates	Female 45-49	Bys Vyken Race Team	1:27:00	1:27:57
705	145	Leesa Pethick	Female 50-54	Plymouth Harriers	1:32:58	1:33:53
706	49	Hollie Baxter	Female 35-39	Plymouth Harriers	1:32:59	1:33:53
DNF	97	Caroline Vinnicombe	Female 45-49	Cornwall Athletics Club		
DNF	278	Anthony Burrows	Male 55-59	Hayle Runners	0:57:23	0:57:45
DNF	729	Dean Scott	Male 20-35	Newquay Road Runners		