

Storm Force 2022

Pos	Bib	First Name	Surname	Club	Age Cat	Gun Time	Chip Time
1	495	Sam	Goodchild	Cornwall AC	SM	0:52:33	0:52:33
2	444	Jacob	Landers	Tamar Trotters	SM	0:52:47	0:52:46
3	566	Dan	Mapp	Bideford AAC	SM	0:52:52	0:52:52
4	23	Jamie	Stephenson	Mile High	SM	0:54:06	0:54:06
5	87	Joshua	Rowe	Hayle Runners	SM	0:54:19	0:54:19
6	491	Ben	Foyle	Cornwall AC	SM	0:54:44	0:54:44
7	569	Tom	Morton	Mile High	SM	0:55:19	0:55:18
8	612	Liam	Rowe	Cornwall AC	SM	0:55:58	0:55:58
9	662	Jonny	Dry	Cornwall AC	SM	0:56:05	0:56:05
10	201	Steve	Reynolds	Truro Running Club	SM	0:56:25	0:56:25
11	661	David	Crawford	PB Running Club	SM	0:56:27	0:56:26
12	391	Thomas	Humphrey	South West Road Runners	SM	0:56:31	0:56:31
13	18	Aaron	Benney	Mile High	M40	0:56:41	0:56:40
14	465	James	Cutlan	Cornwall AC	SM	0:56:45	0:56:45
15	60	Neil	Hayhurst	Hayle Runners	M40	0:56:47	0:56:45
16	27	Tom	Howell	Mile High	SM	0:56:49	0:56:49
17	96	Oliver	Wright	Cornwall AC	SM	0:56:53	0:56:52
18	398	Joe	Beaton	Tavistock AC	SM	0:57:09	0:57:09
19	247	Ross	Pascoe	Cornwall AC	SM	0:57:37	0:57:36
20	538	James	Kirton	Truro Running Club	SM	0:57:51	0:57:50
21	595	David	Bartlett	Newquay Road Runners	SM	0:57:54	0:57:52
22	443	Paul	Smith	Cornwall AC	M45	0:57:56	0:57:55
23	416	Simon	Williams	Newquay and Par AC	M45	0:57:57	0:57:57
24	15	John	McWilliams	Mile High	SM	0:57:58	0:57:57
25	195	Alex	Marples	Truro Running Club	M40	0:58:00	0:57:59
26	653	David	Tregonning	PB Running Club	SM	0:58:03	0:58:01
27	484	Steven	Sims	East Cornwall Harriers	SM	0:58:24	0:58:22
28	25	Andrew	Martin	Mile High	M40	0:58:25	0:58:25
29	162	Josh	Karpinski	Newquay Road Runners	SM	0:58:28	0:58:27
30	621	Rich	Shelley	Plymstock Road Runners	M50	0:58:29	0:58:28
31	496	Paul	Sole	Cornwall AC	M40	0:58:31	0:58:30
32	16	Dave	Angell	Mile High	SM	0:58:38	0:58:37
33	241	Oliver	Jones	East Cornwall Harriers	M45	0:58:43	0:58:40
34	517	Alex	Daniels	Newquay Road Runners	M45	0:59:06	0:59:06
35	676	Michael	Whittle		SM	0:59:10	0:59:04
36	446	Jamie	Edwards	Newquay Road Runners	SM	0:59:29	0:59:29
37	340	James	Attwood	Cornwall AC	M45	0:59:33	0:59:31
38	171	Jamie	Masters	St Austell Running Club	SM	0:59:40	0:59:39
39	418	Peter	Sowerby	Truro Running Club	M55	0:59:47	0:59:46
40	296	Darren	Roose	Newquay Road Runners	M40	0:59:49	0:59:47
41	564	Robert	Kelly	Okehampton RC	M40	0:59:51	0:59:48
42	591	Richard	Ham	Tamar Trotters	SM	1:00:12	1:00:10
43	374	Tom	Brunet-Chugg	St Austell Running Club	M40	1:00:36	1:00:34
44	314	Stephen	Fuller	Hayle Runners	M50	1:00:38	1:00:38
45	399	Mark	Gilbert	Newquay Road Runners	SM	1:00:41	1:00:37
46	537	John	Condron	Cornwall AC	SM	1:00:44	1:00:41

47	380	Adrian	Ball	Cornwall AC	M50	1:00:50	1:00:48
48	350	Dave	Cudby	Truro Running Club	M40	1:01:08	1:01:06
49	187	Tim	van Berkel	Truro Running Club	SM	1:01:18	1:01:15
50	415	Rebecca	Ezra	Tamar Trotters	SW	1:01:21	1:01:19
51	470	Peter	Barnes	Hayle Runners	SM	1:01:38	1:01:35
52	499	John	Sole	Cornwall AC	M40	1:01:39	1:01:37
53	650	Nigel	Swift	Newquay Road Runners	M45	1:01:45	1:01:43
54	555	Martin	Colwill	Bideford AAC	M55	1:01:53	1:01:51
55	648	Samuel	Weekes		M50	1:01:57	1:01:55
56	631	Philip	Bache	Tri Logic Cornwall	SM	1:01:58	1:01:55
57	274	Zelah	Morrall	Cornwall AC	W50	1:02:01	1:01:58
58	455	Edward	Gleadowe	Falmouth Road Runners	SM	1:02:02	1:01:58
59	550	Peter	Watson	Falmouth Road Runners	SM	1:02:13	1:02:10
60	63	Thomas	Rosenfeld	Hayle Runners	SM	1:02:21	1:02:19
61	301	Samuel	Davies	Falmouth Road Runners	SM	1:02:29	1:02:25
62	185	Ronnie	James	Cornwall AC	M55	1:02:33	1:02:31
63	352	Robert	Chirgwin	Truro Running Club	SM	1:02:35	1:02:32
64	333	Craig	Knuckey	Cornwall AC	M50	1:02:44	1:02:42
65	147	Mark	Knight	Newquay and Par AC	M45	1:02:44	1:02:43
66	324	Edmund	Bennett	Hayle Runners	M40	1:02:58	1:02:57
67	277	Catherine	O'Dwyer	Cornwall AC	W40	1:03:15	1:03:13
68	664	Andrew	Carter	Royal Navy Triathlon	SM	1:03:29	1:03:24
69	596	Richard	Dalton	Falmouth Road Runners	SM	1:03:35	1:03:35
70	207	Kevin	Woodley		M45	1:03:37	1:03:36
71	338	Matthew	Goodwin	Mile High	M40	1:03:46	1:03:45
72	500	John	Wisner	PB Running Club	M50	1:03:58	1:03:58
73	563	Andrew	Byatt		M40	1:04:08	1:04:07
74	427	Philip	Thomas		M45	1:04:28	1:04:25
75	188	Emily	Harrison	Cornwall AC	SW	1:04:36	1:04:33
76	334	David	Moore	Cornwall AC	M50	1:04:50	1:04:47
77	102	Tom	Packer	Exmouth Harrier	M40	1:04:55	1:04:51
78	539	Crispin	Brabner	Tamar Trotters	M50	1:04:55	1:04:50
79	618	Mattias	Ronngard	Newquay Road Runners	M50	1:04:59	1:04:56
80	321	Emma	Stepto	Cornwall AC	W50	1:05:10	1:05:09
81	647	Mark	Macleod		M50	1:05:21	1:05:14
82	656	Luke	Attwood	Tamar Trotters	SM	1:05:24	1:05:20
83	33	Andrew	Blizzard	Truro Running Club	SM	1:05:26	1:05:23
84	65	David	Wilding	Hayle Runners	M45	1:05:28	1:05:23
85	527	Richard	Martin	St Austell Running Club	SM	1:05:38	1:05:35
86	437	Paul	Carter	Okehampton RC	M55	1:05:42	1:05:37
87	565	John	Hatchell		M45	1:06:06	1:05:54
88	657	Emily	Warren	GTR	SW	1:06:08	1:06:04
89	308	Tim	Adams	St Austell Running Club	M50	1:06:11	1:06:09
90	626	Jake	Timms	Falmouth Road Runners	SM	1:06:23	1:06:19
91	360	Mike	Ellis	St Petroc's Dragons Triathl	M45	1:06:35	1:06:34
92	336	Graham	Ditty	Mile High	SM	1:06:41	1:06:37
93	328	Charlotte	Tansley		SW	1:06:41	1:06:37
94	37	Liam	Gallantry	East Cornwall Harriers	SM	1:06:43	1:06:41
95	613	Myron	Haydney		SM	1:06:59	1:06:56

96	530	Kevin	Edwards	Tamar Trotters	M55	1:07:04	1:07:00
97	272	Andy	Rich	St Austell Running Club	M45	1:07:06	1:07:03
98	153	Joanne	Robinson	Looe Pioneers Running Clu	W45	1:07:14	1:07:06
99	396	Ralph	Graves	Truro Running Club	M45	1:07:26	1:07:23
100	84	Cadan	Crowle	East Cornwall Harriers	SM	1:07:34	1:07:28
101	105	Matt	Fox	Cornwall AC	SM	1:07:41	1:07:37
102	462	Gary	Richards	Cornwall AC	M50	1:07:41	1:07:38
103	552	Anna	Jenkins	Cornwall AC	W40	1:07:43	1:07:41
104	467	Liam	Donelly	St Austell Running Club	SM	1:07:44	1:07:40
105	21	Steve	Baker	Tamar Trotters	M60	1:07:57	1:07:52
106	265	Rebecca	Stobart	Cornwall AC	SW	1:08:05	1:08:00
107	276	Peter	Rackstraw	Falmouth Road Runners	SM	1:08:21	1:08:17
108	120	Chris	Annear	Vegan Runners UK	SM	1:08:23	1:08:20
109	310	David	Philp	East Cornwall Harriers	M60	1:08:24	1:08:19
110	166	Mark	Sweeney	St Austell Running Club	M55	1:08:26	1:08:20
111	553	James	Bunce	Tri Logic Cornwall	M40	1:08:30	1:08:27
112	313	James	Woolas	Newquay Road Runners	SM	1:08:33	1:08:27
113	191	Jake	Freeland	Hayle Runners	SM	1:08:37	1:08:31
114	619	Andrew	Pollard	Tamar Trotters	M50	1:08:37	1:08:32
115	409	Martin	Davis	Newquay Road Runners	M60	1:08:45	1:08:40
116	94	Jon	Eldon	Hayle Runners	M60	1:08:46	1:08:42
117	31	Glynn	Edwards	Lonely Goat RC	SM	1:08:56	1:08:47
118	367	Justin	Dicken	Cornwall AC	M45	1:09:00	1:08:52
119	614	David	Kilgore	Storm Plymouth	M45	1:09:05	1:08:59
120	194	Sarah	Hoskin	Mile High	SW	1:09:28	1:09:25
121	291	Rosie	Gibbons	Cornwall AC	W40	1:09:28	1:09:25
122	29	Mathew	Henderson	St Austell Running Club	SM	1:09:40	1:09:35
123	174	Andrew	Hickson	Cornwall AC	M55	1:09:42	1:09:40
124	567	Ross	Duerden	Tri Logic Cornwall	SM	1:09:46	1:09:42
125	580	Anthony	Worthington		M50	1:10:13	1:10:05
126	341	Adrian	Mutsaers	Mile High	M50	1:10:18	1:10:15
127	332	Shaun	Mellow	Lonely Goat RC	SM	1:10:38	1:10:26
128	663	James	Burch	Lonely Goat RC	SM	1:10:41	1:10:27
129	408	Paul	Johnson	St Austell Running Club	SM	1:10:45	1:10:38
130	658	Sean	Quinn		M50	1:10:53	1:10:47
131	587	Jiri	Kempny	Vegan Runners UK	M45	1:10:58	1:10:53
132	246	Melissa	Nicholas	Hayle Runners	SW	1:11:00	1:10:53
133	215	Kevin	Marshall	Launceston Road Runners	M55	1:11:23	1:11:16
134	502	Melodie	Manners	Hayle Runners	SW	1:11:35	1:11:28
135	48	Emma	Mossop	Falmouth Road Runners	W45	1:11:54	1:11:49
136	356	Daniel	Stevens	Falmouth Road Runners	M50	1:11:55	1:11:35
137	384	Glynn	Davis		M55	1:12:04	1:11:59
138	395	Alan	Wherry	St Austell Running Club	M55	1:12:12	1:12:01
139	59	Oisin	Curtis	Hayle Runners	SM	1:12:13	1:12:06
140	133	Stuart	Richards	St Austell Running Club	M45	1:12:20	1:12:16
141	53	Tim	Twiggs	Hayle Runners	M55	1:12:23	1:12:07
142	250	Paul	Booty	Newquay Road Runners	M50	1:12:25	1:12:14
143	50	Jane	Bremner	Tamar Trotters	W60	1:12:26	1:12:14
144	434	Simon	Webber	East Cornwall Harriers	M65	1:12:28	1:12:22

145	181	Kaye	Patterson	East Cornwall Harriers	SW	1:12:38	1:12:28
146	386	Andy	Stallard	Truro Running Club	M55	1:12:39	1:12:33
147	645	Rebecca	Morgan	Truro Running Club	W40	1:12:49	1:12:41
148	361	Amanda	Hewitt	Cornwall AC	W45	1:12:52	1:12:44
149	466	Katy	Jenkins	Truro Running Club	W40	1:12:55	1:12:47
150	630	Michael	Hawke	St Austell Athletes Running	M40	1:12:56	1:12:37
151	38	Martyn	Prouse	PB Running Club	M45	1:13:01	1:12:57
152	510	Victoria	Jackson	Truro Running Club	W50	1:13:02	1:12:53
153	358	James	Jurkiewicz		SM	1:13:03	1:12:53
154	44	Mandy	Gibson	Looe Pioneers Running Clu	W45	1:13:18	1:13:09
155	216	Julia	Pearce	Cornwall AC	W45	1:13:31	1:13:31
156	431	Richard	Foster	Launceston Road Runners	M45	1:13:35	1:13:27
157	654	Adam	Bugden		M40	1:13:37	1:13:24
158	451	Tommy	Polglase	Carn Runners	M70	1:13:41	1:13:33
159	609	Fiona	Montague	Tamar Trotters	W45	1:13:46	1:13:34
160	635	Paul	Grayston		M60	1:13:49	1:13:33
161	318	Revis	Crowle	East Cornwall Harriers	W55	1:13:50	1:13:44
162	347	Sharon	Daw	East Cornwall Harriers	W55	1:13:51	1:13:44
163	34	Benjamin	Annear	Truro Running Club	SM	1:13:54	1:13:45
164	30	Ross	Lawry	St Austell Running Club	M45	1:14:08	1:14:02
165	125	Rebecca	Tossell	Hayle Runners	SW	1:14:15	1:14:10
166	258	Michael	Darke		M60	1:14:18	1:14:09
167	529	Sonia	Ciampalini		SW	1:14:19	1:14:10
168	101	David	Foy	Falmouth Road Runners	M50	1:14:24	1:14:11
169	130	Liam	O'Neill	Hayle Runners	SM	1:14:28	1:14:10
170	263	Richard	Chynoweth	Truro Running Club	M40	1:14:28	1:14:20
171	535	Andy	Millward	Carn Runners	M60	1:14:39	1:14:31
172	449	Chris	Ullman	East Cornwall Harriers	M50	1:14:49	1:14:41
173	262	Martin	Hynes	Launceston Road Runners	M65	1:14:53	1:14:45
174	456	Jason	Elliott	Newquay Road Runners	M45	1:14:55	1:14:47
175	673	Emma	Paull		SW	1:15:10	1:15:04
176	41	Simon	Ainsley		M40	1:15:13	1:15:03
177	132	Rachel	Vague	Tri Logic Cornwall	SW	1:15:19	1:15:05
178	394	Jonathan	Berridge	Truro Running Club	M50	1:15:22	1:15:08
179	12	Malcolm	Roberts	St Austell Running Club	M65	1:15:23	1:15:18
180	144	Glyn	Talling	Newquay Road Runners	M50	1:15:24	1:15:12
181	259	Emma	Nicholls		W40	1:15:31	1:15:18
182	157	Stella	Gardener	Newquay Road Runners	SW	1:15:37	1:15:27
183	536	Gareth	Honer		SM	1:15:39	1:15:26
184	261	Jaine	Hynes	Launceston Road Runners	W55	1:15:53	1:15:46
185	126	David	Simpson		M60	1:15:55	1:15:46
186	533	Craig	Varcoe		SM	1:15:55	1:15:32
187	71	Debbie	Mitchell	Hayle Runners	W45	1:15:56	1:15:47
188	568	Joe	Beer	Hayle Runners	M50	1:15:57	1:15:47
189	632	Frazer	Humbles	Hayle Runners	SM	1:15:59	1:15:23
190	370	Pete	Walker	Truro Running Club	SM	1:16:02	1:15:52
191	366	Rachael	Thomas	Cornwall AC	W45	1:16:10	1:16:02
192	433	Mark	Trebilcock	Cornwall AC	M60	1:16:11	1:16:04
193	627	Josh	Evans		SM	1:16:16	1:15:25

194	637	Stephen	Lawrence	Dartford road runners	M45	1:16:19	1:16:01
195	116	Karen	Harrison Pascoe	Cornwall AC	W50	1:16:25	1:16:17
196	123	Eve	Hearle	Newquay Road Runners	W40	1:16:26	1:16:14
197	489	Tim	Sleeman	Holsworthy Running Club	M50	1:16:27	1:16:07
198	286	Darren	Letcher		M45	1:16:32	1:16:31
199	528	Gemma	Martin		W45	1:16:36	1:16:20
200	273	Sean	Pulley	Hayle Runners	M60	1:16:40	1:15:54
201	239	Andrew	Sims	East Cornwall Harriers	M55	1:16:45	1:16:35
202	206	William	Burrows	Cornwall AC	M45	1:16:56	1:16:47
203	243	Emily	Ellen	Hayle Runners	W40	1:16:57	1:16:42
204	57	Peter	Allen	Newquay Road Runners	M60	1:17:00	1:16:53
205	322	Ellen	Jones	Cornwall AC	SW	1:17:08	1:17:00
206	200	Emma	Clark	Looe Pioneers Running Clu	SW	1:17:10	1:16:57
207	432	Helen	Mitchell	Truro Running Club	W55	1:17:11	1:16:59
208	97	Peter	Hammond	Cornwall AC	M50	1:17:24	1:17:11
209	625	Mike	Whitehouse	Hayle Runners	M40	1:17:28	1:17:20
210	154	Andrew	Ellis	Hayle Runners	M50	1:17:35	1:17:28
211	77	Paul	Allan	Hayle Runners	M55	1:17:39	1:17:23
212	236	Harriet	Frost	Newquay Road Runners	SW	1:17:44	1:17:33
213	220	Oli	Nidds	Carn Runners	SM	1:17:47	1:17:40
214	74	Alison	Catnach	Looe Pioneers Running Clu	W45	1:18:09	1:17:55
215	349	Chris	Chirgwin	Truro Running Club	SM	1:18:11	1:17:57
216	326	Elliot	Walker	Newquay Road Runners	M50	1:18:16	1:18:04
217	93	Marty	Barnfield	Bodmin Road Runners	M45	1:18:21	1:18:09
218	571	Matthew	Wilson	Cornwall AC	M45	1:18:38	1:18:20
219	542	Callum	Pinch	Truro Running Club	SM	1:18:48	1:18:33
220	558	Steven	Bullen	Tamar Trotters	M50	1:18:58	1:18:43
221	479	Vivian	Bray	Cornwall AC	M55	1:19:01	1:18:49
222	544	Michelle	Hague	Newquay Road Runners	W45	1:19:13	1:19:01
223	512	Sarah	Worth	Launceston Road Runners	W45	1:19:17	1:19:06
224	604	Susanne	Wood	Cornwall AC	W40	1:19:25	1:19:03
225	469	Claire	Winfield	Launceston Road Runners	W50	1:19:31	1:19:21
226	219	Nigel	Tucker		M40	1:19:39	1:19:19
227	381	Rosie	Bradbury	Falmouth Road Runners	SW	1:19:50	1:19:36
228	24	Michael	Counter	St Austell Running Club	M55	1:20:00	1:19:54
229	49	Timothy	Cooper		M40	1:20:02	1:19:42
230	561	Katie	Robinson	Falmouth Road Runners	SW	1:20:02	1:19:51
231	139	Angie	Burkey	Newquay Road Runners	W40	1:20:04	1:19:57
232	643	Joshua	White		SM	1:20:06	1:19:35
233	47	Philip	Gibson	Looe Pioneers Running Clu	M45	1:20:09	1:19:56
234	8	John	Ainsworth	Tamar Trotters	M55	1:20:11	1:19:59
235	229	Terence	Venter		SM	1:20:37	1:20:26
236	85	Paul	Oliver	Falmouth Road Runners	M55	1:20:38	1:20:13
237	475	Thomas	Burns	St Austell Running Club	SM	1:20:42	1:20:22
238	522	Angela	Netherwood		W45	1:20:43	1:20:28
239	14	Louise	Gregg		W50	1:20:49	1:20:42
240	13	Paul	Gregg	Tamar Trotters	M55	1:20:49	1:20:42
241	559	Chris	Rowe	Carn Runners	M55	1:20:50	1:20:36
242	585	Joseph	Stanford	Truro Running Club	M45	1:20:50	1:20:43

243	644	Stephen	Jones	Lonely Goat RC	M40	1:20:54	1:20:31
244	440	Anna	Carter	Newquay Road Runners	SW	1:20:56	1:20:46
245	79	Anthony	Burrows	Hayle Runners	M55	1:20:58	1:20:41
246	52	Corinne	Gerrard	Hayle Runners	W50	1:21:03	1:20:54
247	275	Michael	Orchard	Hayle Runners	M60	1:21:03	1:20:53
248	598	Guy	Boswell	Plymouth Musketeers Run	M55	1:21:10	1:20:44
249	266	Cris	Peck	Tamar Trotters	M55	1:21:23	1:21:09
250	98	Debbie	Jones	Looe Pioneers Running Clu	W50	1:21:30	1:21:01
251	588	Pete	Jennings		M55	1:21:33	1:21:12
252	190	Tanya	Coleman		W50	1:21:41	1:21:28
253	253	Andrew	James	Hayle Runners	M40	1:21:42	1:21:31
254	680	Chris	Parker	Falmouth Road Runners	M50	1:21:46	1:21:27
255	436	Janette	Beaton	Tavistock AC	W50	1:21:53	1:21:46
256	192	Luke	Bennett		M55	1:21:58	1:21:35
257	167	Claire	Mildenhall	Newquay Road Runners	W45	1:22:04	1:21:53
258	602	Kelly	Bills	Carn Runners	W45	1:22:06	1:21:52
259	131	Lee	Strickland	Hayle Runners	W45	1:22:10	1:22:01
260	270	Martin	Dinham		M50	1:22:12	1:21:58
261	297	Alison	Roose	Newquay Road Runners	W45	1:22:28	1:22:14
262	660	Thomas	Hill		SM	1:22:29	1:22:24
263	392	Helen	Thomas	Truro Running Club	W50	1:22:30	1:22:09
264	540	Mark	Trevel		M45	1:22:32	1:22:03
265	240	Natasha	Stevens	Bodmin Women's RC	W45	1:22:36	1:22:18
266	429	Stephanie	Langley		SW	1:22:37	1:22:18
267	372	Jan	Wolf		M40	1:22:38	1:22:19
268	642	Tom	Hickmott		M55	1:22:40	1:22:03
269	103	Mark	Bennetts	St Austell Athletes Running	M40	1:22:41	1:22:22
270	498	Steven	Jenkin	Cornwall AC	M45	1:22:42	1:22:25
271	112	Derrick	Frantz	Cornwall AC	M55	1:22:42	1:22:23
272	590	Alice	Lewis	Dursley Running Club	W60	1:22:42	1:22:29
273	389	Olivia	Pellowe	Carn Runners	W40	1:22:45	1:22:25
274	373	Amy	Gregory	Newquay Road Runners	SW	1:22:51	1:22:41
275	473	Ella	Williams	Newquay Road Runners	W45	1:23:03	1:22:53
276	66	Steven	Maclaren	Hayle Runners	M50	1:23:07	1:22:56
277	134	Gary	Swain	Hayle Runners	M55	1:23:27	1:22:59
278	307	Eleanor	Ellison	Newquay Road Runners	W65	1:23:27	1:23:17
279	430	Thomas	Clark		SM	1:23:36	1:23:16
280	211	Lisa	Gower	Tri Logic Cornwall	W50	1:23:42	1:23:28
281	223	Mary	Rossetti		W40	1:23:43	1:23:27
282	209	Keith	Gale		M50	1:23:51	1:23:33
283	579	Simon	Jones		M45	1:23:51	1:23:33
284	363	Tracey	Nicholls	Cornwall AC	W55	1:24:02	1:23:54
285	515	Richard	Morton	Tamar Trotters	M65	1:24:08	1:23:56
286	414	Gregg	Norton	St Austell Running Club	M40	1:24:10	1:23:47
287	610	Mike	Merelie	St Austell Running Club	M45	1:24:11	1:23:48
288	312	Rob	Pick	East Cornwall Harriers	M65	1:24:31	1:24:00
289	385	Tessa	Mason	East Cornwall Harriers	W60	1:24:33	1:24:07
290	547	Gail	Aspden	Hayle Runners	W50	1:24:48	1:24:31
291	288	Victoria	Humphreys	East Cornwall Harriers	SW	1:24:49	1:24:22

292	199	David	Wright	Hayle Runners	M55	1:24:57	1:24:12
293	576	Natasha	Hennings	Truro Running Club	W45	1:25:08	1:24:48
294	298	Mark	Pinnick	Falmouth Road Runners	M40	1:25:35	1:25:09
295	634	Laura	Pryor		SW	1:25:38	1:25:22
296	128	Darren	Hardwick	Looe Pioneers Running Clu	M50	1:25:39	1:25:09
297	252	Andy	Moore	Hayle Runners	M60	1:25:40	1:25:30
298	458	Claire	Longman	Truro Running Club	W45	1:25:45	1:25:24
299	290	Grahame	Mace	Looe Pioneers Running Clu	M45	1:25:51	1:25:23
300	545	John	Sudell	East Cornwall Harriers	M65	1:25:53	1:25:03
301	388	Brian	Wiles	Launceston Road Runners	M75	1:25:56	1:25:47
302	425	Mark	Colton-Taylor	Truro Running Club	M60	1:25:58	1:25:36
303	666	Mark	Simpson	Launceston Road Runners	SM	1:25:58	1:25:49
304	483	Ashley	Elliott	East Cornwall Harriers	SW	1:26:00	1:25:45
305	411	James	Rooney		M60	1:26:14	1:25:53
306	589	Joanna	Marcinekova	Cornwall AC	W40	1:26:19	1:26:03
307	480	Heather	Stacey	Holsworthy Running Club	SW	1:26:26	1:26:03
308	155	Chunky (An	Penhaul	Hayle Runners	M70	1:26:31	1:26:16
309	622	George	Eric	Hayle Runners	M40	1:26:33	1:26:21
310	594	Hannah	Smith	Hayle Runners	SW	1:26:37	1:26:14
311	368	Alice	Lane	Romsey Road Runners	W50	1:26:54	1:26:22
312	51	Kevin	Silver	Hayle Runners	M55	1:26:55	1:26:12
313	516	Jim	Lee		SM	1:26:57	1:26:34
314	100	Patrick	Haynes	St Austell Running Club	M55	1:27:03	1:26:40
315	476	Mandy	Watts	Newquay Road Runners	W50	1:27:05	1:26:54
316	406	Daisy	Booker	Falmouth Road Runners	SW	1:27:05	1:26:44
317	570	Sasha	Clark	Cornwall AC	SW	1:27:06	1:26:44
318	554	Francesca	Carpenter		SW	1:27:25	1:27:10
319	264	Burrow	Melissa	Hayle Runners	W45	1:27:27	1:27:12
320	81	Alison	Weir	Falmouth Road Runners	W50	1:27:30	1:27:06
321	633	Steve	Davey		M50	1:27:35	1:27:18
322	69	Robert	Kernaghan	Looe Pioneers Running Clu	M50	1:27:40	1:27:12
323	285	Sarah	Wilkinson	Newquay Road Runners	W60	1:27:43	1:27:18
324	189	Sam	Murray	Hayle Runners	W55	1:27:46	1:27:19
325	145	Gemma	Vivian	Hayle Runners	SW	1:27:52	1:27:34
326	494	Jon	Mitchell	Cornwall AC	M50	1:27:53	1:27:34
327	169	Trevor	Cornish	Hayle Runners	M55	1:27:57	1:27:39
328	111	Miranda	Flannigan	Cornwall AC	W50	1:28:00	1:27:50
329	403	Nigel	Marshall	St Austell Running Club	M50	1:28:06	1:27:44
330	459	Claire	Palmer	Truro Running Club	W40	1:28:08	1:27:40
331	426	Sharon	Rowat	Hayle Runners	W50	1:28:12	1:27:56
332	186	Paul	Railton		M45	1:28:30	1:28:17
333	490	Mark	Tamblyn	Falmouth Road Runners	M60	1:28:43	1:28:20
334	124	Richard	Collett	Hayle Runners	SM	1:28:44	1:27:59
335	82	Dawn	Scallan	Carn Runners	W50	1:28:47	1:28:16
336	248	Laura	Spargo	Truro Running Club	SW	1:28:55	1:28:41
337	238	Isabel	Irwin-Bowler	St Austell Running Club	SW	1:29:00	1:28:36
338	651	Martha	Carlisle		SW	1:29:02	1:28:31
339	106	Colin	Martin	Newquay Road Runners	M65	1:29:06	1:28:53
340	129	Michelle	Roskilly	Hayle Runners	W50	1:29:07	1:28:40

341	572	Helen	Kula-Przewanski	Tavistock AC	W60	1:29:15	1:28:57
342	279	Victoria	Bartlett		SW	1:29:18	1:29:00
343	639	Graham	Dalton-Ginn	Holsworthy Running Club	M40	1:29:23	1:29:00
344	477	Simon	James	Cornwall AC	M50	1:29:30	1:29:19
345	104	Marlene	Grobler	Carn Runners	SW	1:29:33	1:29:03
346	304	Tristan	Lang	Truro Running Club	M45	1:29:36	1:29:22
347	83	Diane	Warren	Hayle Runners	W65	1:29:36	1:29:20
348	481	Jordan	Kennedy		SW	1:29:36	1:29:24
349	493	Joanne	Strawbridge	East Cornwall Harriers	W40	1:29:37	1:29:10
350	422	Oliver	Wyatt		SM	1:29:42	1:28:54
351	86	Caroline	Studd		W55	1:29:48	1:29:25
352	402	Debbie	Marshall	St Austell Running Club	W45	1:29:55	1:29:35
353	311	Jim	Lockyer	East Cornwall Harriers	M65	1:29:59	1:29:33
354	151	Jonathan	Hoskin	Looe Pioneers Running Clu	M55	1:30:12	1:29:51
355	504	Juliet	Stewart	Truro Running Club	W55	1:30:12	1:29:53
356	319	Cordelia	Hamshire		SW	1:30:16	1:29:55
357	400	Ellen	Gibson	Cornwall AC	SW	1:30:16	1:30:06
358	325	Louise	Cooke-Davies	Newquay Road Runners	W50	1:30:30	1:30:03
359	560	Lisa	Talling	Newquay Road Runners	W50	1:30:30	1:30:04
360	390	Jo	Staves	Truro Running Club	W45	1:30:32	1:30:02
361	282	Lucy	Hewitt	Newquay Road Runners	W50	1:30:34	1:30:10
362	256	Peter	James	Launceston Road Runners	M45	1:30:41	1:30:00
363	636	Rebecca	Andrews	Truro Running Club	W40	1:30:41	1:30:13
364	315	Vicky	Oakes	St Austell Running Club	W45	1:30:45	1:30:22
365	152	Lucy	Oldham	East Cornwall Harriers	W45	1:30:46	1:30:17
366	40	Louisa	Chisholm	Looe Pioneers Running Clu	W40	1:30:49	1:30:49
367	42	Helen	Lawes	Looe Pioneers Running Clu	W50	1:30:51	1:30:17
368	548	Christopher	Ramsey	Truro Running Club	M70	1:30:51	1:30:37
369	39	James	Danks	Falmouth Road Runners	M40	1:30:58	1:30:21
370	646	Steven	Walkey	Falmouth Road Runners	M65	1:31:12	1:30:36
371	140	Gillian	Onley	Cornwall AC	W55	1:31:19	1:31:09
372	92	Rhiah	Harrison	JP Fitness	SW	1:31:22	1:30:34
373	464	Robert	Pope	Truro Running Club	M60	1:31:39	1:31:20
374	488	Andrea	Sleeman	Holsworthy Running Club	W45	1:31:41	1:31:18
375	289	Janet	Ritchie	Carn Runners	W60	1:31:45	1:31:16
376	509	Lorraine	Brown	Truro Running Club	W45	1:31:47	1:31:20
377	231	Trevor	Williams	Tamar Trotters	M60	1:31:51	1:31:31
378	163	Louise	Ollivier	Hayle Runners	W50	1:31:57	1:31:43
379	293	David	Becker	Newquay Road Runners	M45	1:32:05	1:31:43
380	376	Tamzin	Davey	Cornwall AC	W50	1:32:07	1:31:45
381	287	Zoe	Harris	East Cornwall Harriers	W45	1:32:15	1:31:48
382	344	Neil	Ham	JP Fitness	M55	1:32:19	1:31:39
383	218	Hannah	Butler	Carn Runners	SW	1:32:20	1:31:50
384	507	Glyn	Stanley		M60	1:32:47	1:31:58
385	20	Jackie	Cope	MudCrew Running	W65	1:32:53	1:32:27
386	393	Amanda	Berridge	Truro Running Club	W40	1:32:59	1:32:29
387	583	Fiona	Gamble		SW	1:33:07	1:32:26
388	668	Jean	Cutlan	St Austell Athletes Running	W55	1:33:08	1:32:44
389	196	Tonia	Welsby		SW	1:33:11	1:32:34

390	601	Merryn	Allen	Holsworthy Running Club	W40	1:33:12	1:32:49
391	354	Ali	Walker	Truro Running Club	W50	1:33:28	1:32:58
392	203	Linda	Cuff	Looe Pioneers Running Clu	W55	1:33:35	1:33:02
393	574	Martyn	Haydney		M50	1:33:38	1:33:19
394	620	Alan	Hicks	Newquay Road Runners	M50	1:33:54	1:33:29
395	397	Martin	Trethewey	St Austell Running Club	M50	1:33:57	1:33:35
396	486	Jennifer	Buckland	Hayle Runners	W50	1:33:58	1:33:20
397	221	Michael	Mehta		M60	1:34:08	1:33:59
398	511	Angeline	Hadfield	Truro Running Club	SW	1:34:15	1:33:47
399	70	Kelly	Payne	Hayle Runners	SW	1:34:23	1:33:56
400	351	Damian	Cook	Bys Vyken Race Team	M50	1:34:51	1:34:10
401	616	Miranda	Greer	St Austell Running Club	SW	1:35:07	1:34:44
402	615	Mike	Greer	St Austell Running Club	SM	1:35:07	1:34:44
403	107	Roland	Hardman	Hayle Runners	M65	1:35:11	1:34:39
404	677	Alex	Ward		SW	1:35:17	1:34:29
405	339	Joanne	Barry	JP Fitness	W45	1:35:37	1:34:56
406	108	Richard	Jenkin	Cornwall AC	M75	1:35:57	1:35:25
407	675	Linda	Pickard	Launceston Road Runners	W55	1:36:02	1:35:44
408	667	Michelle	Hawley		SW	1:36:08	1:35:31
409	249	Stewart	Townend	Hayle Runners	M75	1:36:09	1:35:28
410	611	Rob	Cockerill		SM	1:36:14	1:35:29
411	428	Samuel	McQuigg	St Austell Running Club	M50	1:36:26	1:36:01
412	353	Sally	Griffiths	Truro Running Club	W45	1:36:26	1:35:56
413	450	Catherine	Eastman		SW	1:36:30	1:35:57
414	405	Sally	Fletcher	St Austell Running Club	W55	1:36:32	1:36:07
415	674	Samantha	Dickenson		W40	1:36:35	1:36:06
416	463	Hilary	Kennedy	Brixham Harriers	W60	1:36:35	1:36:12
417	230	Clare	Duffey	East Cornwall Harriers	W45	1:36:38	1:35:57
418	281	Gerald	Allen		M45	1:36:46	1:36:26
419	320	Sarah	Steed	East Cornwall Harriers	W45	1:36:57	1:36:16
420	227	Robert	Willcocks	Falmouth Road Runners	M60	1:37:00	1:36:34
421	232	Iain	Mobbs		M50	1:37:11	1:36:19
422	210	Gail	Cory	East Cornwall Harriers	W50	1:37:39	1:36:57
423	670	Dale	Clarke	Hayle Runners	M50	1:37:43	1:37:17
424	88	Ian	Ringer	Bodmin Road Runners	M70	1:37:45	1:37:29
425	439	Dawn	Diprose	East Cornwall Harriers	W55	1:37:47	1:37:04
426	80	Julie	Oxenham	Bodmin Road Runners	W45	1:37:53	1:37:28
427	179	Gill	Overell	St Austell Running Club	W50	1:37:56	1:37:25
428	28	Emma	Lawry	St Austell Running Club	W45	1:37:59	1:37:25
429	669	Emma	Pryor		SW	1:38:00	1:37:44
430	176	Carly	Kent	Falmouth Road Runners	W40	1:38:01	1:37:26
431	267	Sarah	Booker	Falmouth Road Runners	W50	1:38:10	1:37:33
432	478	Sally	Martin	Falmouth Road Runners	W45	1:38:11	1:37:34
433	32	Linda	Tout	Tamar Trotters	W70	1:38:14	1:37:48
434	121	Lisa	Player	Newquay Road Runners	W60	1:38:18	1:38:07
435	148	Simon	Lawes	Looe Pioneers Running Clu	M55	1:38:20	1:37:46
436	177	Natalie	Jewell	Falmouth Road Runners	W40	1:38:39	1:38:02
437	17	Catherine	Sims	Tamar Trotters	W45	1:38:41	1:38:14
438	178	Nicola	Crilly	Falmouth Road Runners	W45	1:38:43	1:38:06

439	357	Mel	Burgess	Hayle Runners	W55	1:38:45	1:38:24
440	234	Amelia	Kitchen	Hayle Runners	W45	1:38:45	1:38:24
441	526	Kestutis	Janusauskas		M55	1:39:07	1:38:32
442	5	Rebecca	Shore	St Austell Running Club	W50	1:39:22	1:38:48
443	624	Donna	Fisher	Newquay Road Runners	SW	1:39:24	1:39:07
444	623	Claire	Fisher		SW	1:39:24	1:39:08
445	271	Tandy	Brumby	Falmouth Road Runners	W55	1:39:26	1:38:50
446	379	Emma	Earnshaw	East Cornwall Harriers	W55	1:39:29	1:38:46
447	260	John	Lillis	Newquay Road Runners	M75	1:39:40	1:39:17
448	217	Emma	James	Launceston Road Runners	W45	1:39:47	1:39:05
449	343	Phillip	Henwood	Newquay Road Runners	M45	1:39:58	1:39:33
450	95	Jacquie	Rapier	Falmouth Road Runners	W60	1:40:02	1:39:24
451	284	Susan	Rescorl	Bodmin Women's RC	W60	1:40:06	1:39:16
452	294	Alison	Cox	Bodmin Women's RC	W55	1:40:06	1:39:17
453	382	Ruth	Avery	JP Fitness	W45	1:40:07	1:39:26
454	61	Theresa	Clark	Hayle Runners	W55	1:40:07	1:39:38
455	672	Mark	Harrington	Carn Runners	M55	1:40:08	1:39:52
456	159	Martin	Curtis	Hayle Runners	M70	1:40:16	1:39:30
457	58	Scott	Abraham	Hayle Runners	M50	1:40:18	1:39:32
458	180	Mike	Baldwin	Hayle Runners	M55	1:40:18	1:39:31
459	581	Richard	Horswell		M40	1:40:18	1:39:31
460	410	Lisa	Friday		W40	1:40:19	1:39:32
461	257	Alison	Thomas	Hayle Runners	W45	1:40:19	1:39:34
462	474	Craig	Tonkin	Hayle Runners	M50	1:40:19	1:39:33
463	362	Zenna	Rogers	Hayle Runners	W40	1:40:31	1:40:10
464	1	David	Wilton	Falmouth Road Runners	M65	1:40:40	1:40:01
465	679	Matt	Hills		M40	1:40:48	1:39:57
466	485	Karen	Sims	East Cornwall Harriers	W55	1:41:09	1:40:27
467	523	Jeanette	Turpin	East Cornwall Harriers	W45	1:41:12	1:40:31
468	300	Stephen	Forwood	Carn Runners	M45	1:41:18	1:40:42
469	173	Sarah	Cornwell		SW	1:41:23	1:40:47
470	605	Anna	Marquis		W60	1:41:29	1:40:57
471	606	Peter	Marquis		M65	1:41:29	1:40:58
472	302	Deb	Cooper-Young	St Austell Running Club	W55	1:41:30	1:40:55
473	213	Judy	Gluyas	East Cornwall Harriers	W55	1:41:44	1:41:02
474	546	Rebecca	Wise	Launceston Road Runners	W40	1:41:51	1:41:21
475	348	Ray	Goodright	East Cornwall Harriers	M70	1:41:55	1:41:11
476	519	Jackie	Maitland	Tamar Trotters	W55	1:41:56	1:41:17
477	329	Nicola	Rudgley	East Cornwall Harriers	W45	1:42:02	1:41:20
478	514	Katie	Lawson		SW	1:42:14	1:41:42
479	497	Nina	Chell	Falmouth Road Runners	W45	1:42:17	1:41:48
480	371	Sharon	Chapman	Newquay Road Runners	W50	1:42:32	1:42:04
481	43	Alan	Brandwood	Falmouth Road Runners	M70	1:42:34	1:41:56
482	235	Wendy	Low	Bodmin Women's RC	W65	1:42:35	1:41:46
483	309	Hannah	Adams	St Austell Running Club	W40	1:42:41	1:42:06
484	532	Dan	Varcoe		SM	1:42:47	1:42:18
485	45	Sandra	Haynes	Looe Pioneers Running Clu	W50	1:42:55	1:42:19
486	513	Helen	Richards	Hayle Runners	W45	1:42:57	1:42:13
487	117	Nicky	Brenton	Lonely Goat RC	W50	1:43:25	1:43:00

488	306	Julie	Cypher	St Austell Running Club	W45	1:43:26	1:42:51
489	452	Sally	Bowden	Newquay Road Runners	W55	1:43:29	1:43:03
490	109	Jacqueline	Jenkin	Cornwall AC	W70	1:43:33	1:43:00
491	617	Lauren	Pattison	St Austell Athletes Running	SW	1:43:37	1:34:29
492	214	Lavinia	Marshall	Launceston Road Runners	W65	1:43:39	1:42:57
493	575	Josephine	Haydney		W50	1:43:48	1:43:29
494	283	Anna	Seymour	St Austell Athletes Running	W40	1:43:48	1:43:14
495	175	Kate	Stevens	St Austell Running Club	W45	1:43:48	1:43:14
496	652	John	Barnes	Launceston Road Runners	M60	1:44:15	1:41:07
497	460	Kate	Roberts		SW	1:44:19	1:44:02
498	142	Des	Evans	Newquay Road Runners	M70	1:44:37	1:44:25
499	75	Peter	Catnach	Looe Pioneers Running Clu	M60	1:44:56	1:44:21
500	383	Jackie	Stone		W55	1:45:07	1:44:45
501	146	Jane	Naylor	Hayle Runners	W60	1:45:23	1:44:45
502	584	Frank	Eaton		M40	1:45:49	1:45:30
503	457	Julie	Hogan		W55	1:45:59	1:45:22
504	482	Sarah	Douglas	St Austell Running Club	W40	1:46:10	1:45:36
505	141	Claire	Barlow	Bodmin Road Runners	W45	1:46:10	1:45:43
506	119	Tamara	Greet	JP Fitness	W45	1:46:21	1:45:32
507	365	Jackie	Morse	Bys Vyken Race Team	W60	1:46:38	1:45:57
508	364	Yvonne	Trudgeon	Bys Vyken Race Team	W60	1:46:38	1:45:59
509	67	Sarah	Johns	Hayle Runners	W40	1:46:39	1:45:58
510	603	Maxine	Whitbread-Abruta		W55	1:47:00	1:46:22
511	226	Rachael	Church		W50	1:47:03	1:46:25
512	9	Clare	Ainsworth	Tamar Trotters	W50	1:47:15	1:46:36
513	212	Tanya	Jarvis	Launceston Road Runners	W50	1:47:56	1:47:14
514	197	Paul	Heywood	Launceston Road Runners	M55	1:47:56	1:47:15
515	193	Morwenna	Bennett		W55	1:48:03	1:47:25
516	7	Roy	Newton	Falmouth Road Runners	M70	1:48:06	1:47:26
517	11	Ann	Foster	Tamar Trotters	W70	1:48:09	1:47:29
518	671	Toby	Drewett	Hayle Runners	M45	1:48:55	1:48:11
519	420	Nicky	Sowerby	Truro Running Club	W55	1:48:55	1:48:23
520	237	Wendy	Williams	JP Fitness	W60	1:48:59	1:48:19
521	641	David	Pretorius		M50	1:49:38	1:48:46
522	678	Michelle	Tonkin		SW	1:49:41	1:48:55
523	640	Janet	Pretorius		W50	1:49:44	1:48:53
524	10	Darren	Blenkinsop	Tamar Trotters	M50	1:49:44	1:49:18
525	492	Lizzie	Hasell	Truro Running Club	W40	1:49:45	1:49:13
526	164	Timothea	Cardell	Hayle Runners	W80	1:49:47	1:49:03
527	331	Robert	Bolitho	Hayle Runners	M60	1:49:56	1:49:28
528	330	Julie	Bolitho	Hayle Runners	W55	1:50:06	1:49:39
529	323	Amanda	Miller	Hayle Runners	W50	1:50:32	1:49:48
530	54	Helen	Catran-Dunlop	Hayle Runners	W55	1:50:32	1:49:48
531	599	Lisa	Uren		W40	1:51:12	1:50:24
532	534	Demelza	Widdershoven	Carn Runners	SW	1:51:28	1:50:41
533	521	Helen	Staples	Carn Runners	W45	1:51:41	1:51:05
534	303	Chris	Cooper-Young		M50	1:52:21	1:51:46
535	592	Peter	Saverton	Falmouth Road Runners	M65	1:52:21	1:51:42
536	254	Theresa	Williams	St Austell Running Club	W60	1:52:22	1:51:50

537	255	Ann	Bradley	St Austell Running Club	W60	1:52:22	1:51:50
538	222	Susan	Thomas	Hayle Runners	W45	1:53:26	1:52:41
539	110	Catherine	Trerise	Cornwall AC	W50	1:54:00	1:53:13
540	198	Claire	Stone	Hayle Runners	SW	1:54:10	1:53:25
541	76	Jacqui	Martin	St Austell Running Club	W50	1:54:25	1:53:50
542	73	Samantha	Ewart	St Austell Running Club	W45	1:54:25	1:53:54
543	55	Kathy	Saunders	Looe Pioneers Running Clu	W65	1:54:42	1:54:09
544	6	Christina	Lake	Falmouth Road Runners	W60	1:55:05	1:54:27
545	607	Sarah	Law	Helston Trail Runners	W45	1:55:05	1:54:22
546	278	Nicola	Masters	Hayle Runners	SW	1:57:27	1:56:43
547	122	Margaret	Wade	Carn Runners	W70	1:57:33	1:56:58
548	551	Jeanette	Toy	Carn Runners	W50	1:57:33	1:56:56
549	205	Jackie	Chapman	Launceston Road Runners	W55	1:58:04	1:57:21
550	22	Christine	Todd	St Austell Running Club	W60	1:58:54	1:58:21
551	183	Lindsey	Higman		W55	1:59:55	1:59:17
552	170	Louise	Speigel		W50	1:59:56	1:59:17
553	487	Natalie	Blewett		W40	2:00:12	1:59:24
554	99	Caroline	Vinnicombe	Cornwall AC	W45	2:00:13	1:59:26
555	638	Liz	Lawrence	Bexley ac	W45	2:00:22	2:00:04
556	447	Katie	Simpson	Hayle Runners	SW	2:00:34	1:59:49
557	156	Jo	Lay	Hayle Runners	W55	2:01:45	2:00:59
558	413	Diane	Walker	St Austell Running Club	W55	2:03:11	2:02:37
559	435	Lisa	Vercoe	St Austell Running Club	W50	2:03:11	2:02:37
560	78	Donna	Dark	Hayle Runners	SW	2:05:52	2:05:08
561	562	Angie	Harper	Road Runners Club	W65	2:07:11	2:06:19
562	649	Luke	Wilkes		SM	2:07:13	2:06:29
563	628	Charlotte	Rule	Hayle Runners	SW	2:07:56	2:07:11
564	19	Janet	Wills	St Austell Running Club	W70	2:08:13	2:07:42
565	4	Steve	Lawrence	Falmouth Road Runners	M65	2:08:23	2:07:45
566	26	Peter	Jenkin	Falmouth Road Runners	M65	2:15:57	2:15:18
567	471	Madeleine	Blight	St Austell Running Club	W65	2:18:02	2:17:31
568	655	Roxanne	Pollard		W45	2:24:13	2:23:39
569	127	Sue	Coates	Bys Vyken Race Team	W45	2:31:57	2:31:16
570	586	Hana	Griffiths	JP Fitness	SW	2:47:34	2:46:41
571	342	Hannah	Dutchak	JP Fitness	SW	2:47:35	2:46:41
572	531	Jane	Pett	JP Fitness	W45	2:47:36	2:46:43