

Newquay 10k - 2024

Place	Bib	Name	AG	Club	GunTime	ChipTime
1	867	Ollie Garrod	Male 20-34	Belgrave Harriers	0:31:48	0:31:48
2	791	Tom Morton	Male 20-34	Mile High	0:32:19	0:32:19
3	768	Lester James	Male 20-34	Cornwall AC	0:33:05	0:33:05
4	779	Kenny Gibson	Male Under 20	Cornwall AC	0:33:30	0:33:30
5	631	Daniel Soltys	Male 20-34	Cornwall AC	0:33:36	0:33:36
6	33	Steve Reynolds	Male 35-39	Truro Running Club	0:33:39	0:33:39
7	261	Ed Dickinson	Male 20-34	Falmouth Running Club	0:33:56	0:33:55
8	405	David Crawford	Male 35-39	Newquay & Par AC	0:34:15	0:34:15
9	776	Oliver Oldfield	Male 20-34	Tamar Trotters	0:34:28	0:34:27
10	823	Freddie Fielding	Male 20-34		0:34:49	0:34:48
11	754	Mark Budge	Male 20-34		0:34:50	0:34:50
12	365	Darren Roose	Male 45-49	Newquay Road Runners	0:34:58	0:34:57
13	866	Tom Wraight	Male 40-44		0:34:59	0:34:59
14	381	John McWilliams	Male 35-39	Mile High	0:35:00	0:35:00
15	469	Richard Ezra-Ham	Male 20-34	Tamar Trotters	0:35:30	0:35:29
16	392	Paul Whear	Male 55-59	Cornwall AC	0:35:39	0:35:39
17	604	Jack Dee	Male Under 20	Plymouth Harriers	0:35:44	0:35:42
18	17	Jamie Masters	Male 35-39	St Austell Running Club	0:35:46	0:35:44
19	44	Dylan Stevens	Male Under 20	Newquay & Par AC	0:35:47	0:35:45
20	332	Neil Hayhurst	Male 40-44	Hayle Runners	0:35:59	0:35:57
21	798	Fergal Stephenson	Male 20-34		0:36:11	0:36:07
22	77	Alex Marples	Male 45-49	Truro Running Club	0:36:17	0:36:15
23	355	Luke Mills	Male Under 20	Cornwall AC	0:36:17	0:36:14
24	519	Peter Scriven	Male 45-49	Cornwall AC	0:36:21	0:36:20
25	187	Jamie Edwards	Male 20-34	Newquay Road Runners	0:36:24	0:36:23
26	300	Ben Kent	Male 20-34	Cornwall AC	0:36:45	0:36:45
27	430	Henry Kennaway	Male 20-34	Truro Running Club	0:36:51	0:36:51
28	421	Tom Howell	Male 35-39	Mile High	0:37:17	0:37:16
29	616	Neil Carter	Male 40-44	Newquay Road Runners	0:37:22	0:37:21
30	780	Tony Wright	Male 55-59	Cornwall AC	0:37:24	0:37:23
31	770	Nick Farmer	Male 35-39	Tavistock Run Project	0:37:32	0:37:29
32	833	Langdon Williams	Male 55-59	Exmouth Harriers	0:37:33	0:37:32
33	111	Katie Walker	Female 20-34	Cornwall AC	0:37:33	0:37:33
34	338	John Steadman	Male 45-49	Pure Endurance Triathlete	0:37:41	0:37:40
35	285	Liam Gallantry	Male 20-34	Newquay & Par AC	0:37:43	0:37:40
36	468	Jake Timms	Male 20-34	Falmouth Running Club	0:37:51	0:37:46
37	348	Clive Ramsden	Male 45-49	Newquay Road Runners	0:37:55	0:37:54
38	670	Bradley Medlock	Male 40-44		0:38:03	0:38:01
39	349	Simon Williams	Male 50-54	Newquay & Par AC	0:38:04	0:38:01
40	530	Edmund Bennett	Male 40-44	Hayle Runners	0:38:05	0:38:04
41	376	Daniel Case	Male 35-39	Plymouth Musketeers Ru	0:38:16	0:38:09
42	513	Aaron Docherty	Male 20-34		0:38:16	0:38:09
43	733	Ronnie James	Male 55-59	Cornwall AC	0:38:19	0:38:17
44	325	Alan Thomas	Male 35-39	Falmouth Running Club	0:38:23	0:38:18
45	516	Dean Wickett	Male 20-34		0:38:32	0:38:30
46	813	Jon Scott	Male 40-44		0:38:33	0:38:33
47	766	Kyran James	Male Under 20	Newquay & Par AC	0:38:36	0:38:34

48	419	Jamie Daniell	Male 35-39	St Austell Running Club	0:38:38	0:38:36
49	742	Andrew Senior	Male 35-39	Truro Running Club	0:38:38	0:38:36
50	680	Noah Bohge	Male 20-34	Truro Running Club	0:38:44	0:38:41
51	255	Dominic Turton	Male 20-34	Hayle Runners	0:38:46	0:38:41
52	369	Mark Knight	Male 50-54	Newquay & Par AC	0:38:50	0:38:47
53	652	Adam Keogh	Male 45-49	Falmouth Running Club	0:38:51	0:38:44
54	318	Ryan Marks	Male Under 20	St Austell Running Club	0:38:54	0:38:50
55	855	Steven Wherry	Male 60-64	Hayle Runners	0:38:56	0:38:55
56	363	Alan Jeffrey	Male 50-54	Bodmin Road Runners	0:38:57	0:38:54
57	716	Alex Daniels	Male 50-54	Newquay Road Runners	0:38:59	0:38:59
58	206	Mike Ellis	Male 45-49	Newquay & Par AC	0:39:01	0:38:59
59	32	Paul Trifanov	Male 20-34	Newquay Road Runners	0:39:02	0:39:01
60	694	Josh Zimmerman	Male 20-34		0:39:05	0:39:04
61	422	Mark Deacon	Male 35-39	Looe Pioneers Running Cl	0:39:13	0:39:11
62	539	David Guffick	Male 40-44	Hayle Runners	0:39:19	0:39:18
63	517	Jonny Unwin	Male 20-34	Cornwall AC	0:39:21	0:39:20
64	853	Carl Murphy	Male 45-49	Truro Running Club	0:39:24	0:39:15
65	753	Thomas Bateman	Male 40-44	Falmouth Running Club	0:39:25	0:39:19
66	772	Emma Paull	Female 35-39	Hayle Runners	0:39:28	0:39:27
67	521	Scott Abraham	Male 50-54	Hayle Runners	0:39:30	0:39:28
68	745	Callum Waldie	Male 20-34	Truro Running Club	0:39:34	0:39:32
69	196	Jon Ramage	Male 40-44		0:39:36	0:39:34
70	179	Liam O'Neill	Male 35-39	Hayle Runners	0:39:37	0:39:34
71	438	Nicky Savill	Female 20-34	South West Road Runners	0:39:38	0:39:35
72	282	Rob Argall	Male 35-39	Cornwall AC	0:39:38	0:39:30
73	856	Jordan Hewitt	Male 20-34	Tiverton Harriers	0:39:39	0:39:34
74	184	Matt Fox	Male 20-34	Falmouth Running Club	0:39:42	0:39:37
75	657	Tom Yorke	Male 40-44		0:39:48	0:39:34
76	435	Ben Pearce	Male 35-39		0:39:50	0:39:42
77	525	Kevin Edwards	Male 55-59	Tamar Trotters	0:39:52	0:39:47
78	462	Mattias Ronngard	Male 55-59	Newquay Road Runners	0:39:53	0:39:51
79	91	Joe Hunt	Male 20-34	Falmouth Running Club	0:39:56	0:39:50
80	648	Chris Annear	Male 35-39		0:40:05	0:39:58
81	875	Jeremy Brown	Male 50-54	Bude Rats (Run and Tri)	0:40:08	0:40:04
82	408	Jasmine Rapson	Female Under 20	Newquay & Par AC	0:40:10	0:40:07
83	258	Crispin Brabner	Male 50-54	Tamar Trotters	0:40:15	0:40:10
84	489	Nick Giles	Male 40-44	Wadebridge Running Club	0:40:26	0:40:22
85	141	Adam Willcox	Male 20-34	Newquay Road Runners	0:40:29	0:40:24
86	814	Tim Steere	Male 40-44	Erme Valley Harriers	0:40:31	0:40:19
87	425	Emma Stepto	Female 50-54	Cornwall AC	0:40:31	0:40:29
88	786	Luke Gray	Male 20-34		0:40:35	0:40:28
89	633	Rosie Gibbons	Female 45-49	Cornwall AC	0:40:41	0:40:38
90	872	Zelah Morrall	Female 55-59	Cornwall AC	0:40:42	0:40:37
91	645	Jiri Kempny	Male 50-54	Vegan Runners UK	0:40:43	0:40:35
92	812	Jon Drever	Male 40-44	Wadebridge Running Club	0:40:50	0:40:40
93	588	Alan Pearson	Male 40-44		0:40:51	0:40:45
94	860	James Manning	Male 45-49	Hayle Runners	0:40:53	0:40:50
95	778	Stan Cameron	Male Under 20	Mile High	0:40:56	0:40:54
96	659	Bethan Gay	Female 20-34	Cornwall AC	0:40:58	0:40:55

97	207	Damian Dunne	Male 50-54	Plymouth Musketeers Ru	0:41:02	0:40:55
98	777	Roisin Mooney	Female Under 20	Cornwall AC	0:41:06	0:41:02
99	522	Harry Brooksbank	Male 20-34	Cornwall AC	0:41:10	0:41:06
100	231	Curtis Hayes	Male 20-34	Hayle Runners	0:41:16	0:41:08
101	630	Paul Harrison	Male 40-44	Hillsborough & Rivelin Ru	0:41:17	0:41:04
102	862	Harry Lobban	Male 20-34		0:41:21	0:41:11
103	642	Mattia Tonelli	Male 20-34		0:41:23	0:41:18
104	640	Tim Hicks	Male 40-44	Truro Running Club	0:41:24	0:41:21
105	199	Steve Webb	Male 45-49	Carn Runners	0:41:29	0:41:19
106	562	Sid Standlick	Male 40-44	Tamar Trotters	0:41:34	0:41:29
107	758	Mike Dowrick	Male 50-54	Cornwall AC	0:41:36	0:41:32
108	815	Annie Trotter	Female 20-34		0:41:37	0:41:35
109	665	Creina O'Shea	Female 20-34	Cornwall AC	0:41:38	0:41:34
110	691	Jim Powell	Male 40-44	Cornwall AC	0:41:45	0:41:40
111	230	Nick Bristow	Male 50-54	Erme Valley Harriers	0:41:52	0:41:39
112	354	Craig Hall	Male 45-49	Cornwall AC	0:41:59	0:41:57
113	722	Kristan Martin	Male 20-34		0:42:00	0:41:43
114	876	Simon Brown	Male 45-49	Falmouth Running Club	0:42:03	0:41:57
115	800	Tim Adams	Male 50-54	St Austell Running Club	0:42:03	0:42:01
116	54	Martin Low	Male 35-39	Stroud & District AC	0:42:08	0:41:54
117	598	Sam White	Male 40-44	Run Fit Run Fast	0:42:10	0:42:00
118	26	Ross Pearce	Male 40-44	Newquay Road Runners	0:42:12	0:42:02
119	248	Steve Baker	Male 65-69	Tamar Trotters	0:42:13	0:42:08
120	783	Luke Reed	Male 40-44	Newquay Road Runners	0:42:13	0:42:11
121	2	Matthew Purcell-He	Male 35-39	St Austell Athletes Runnir	0:42:16	0:42:05
122	482	Adrienne Hodge	Female 20-34	Newquay Road Runners	0:42:20	0:42:17
123	237	Robin Watson	Male 60-64	Falmouth Running Club	0:42:21	0:42:17
124	356	Tom Cann	Male 20-34		0:42:21	0:42:14
125	882	Karl Tomusk	Male 20-34	Truro Running Club	0:42:22	0:42:11
126	118	Ben Stean	Male 20-34		0:42:28	0:42:18
127	528	Henry Cameron	Male 50-54	Truro Running Club	0:42:32	0:42:27
128	621	Adam Roberts	Male 40-44	Bodmin Dragons Triathlor	0:42:33	0:42:24
129	397	Quentin Gunderson	Male 50-54	Bodmin Road Runners	0:42:40	0:42:32
130	305	Lucy Longbottom	Female 20-34	Truro Running Club	0:42:44	0:42:41
131	448	Richard Chynoweth	Male 40-44	Truro Running Club	0:42:46	0:42:43
132	591	Elliott Edwards	Male 20-34	Plymouth Musketeers Ru	0:42:50	0:42:43
133	367	Peter Brodey	Male 20-34	St Austell Running Club	0:42:51	0:42:37
134	156	Rose Harvie	Female 20-34	Newquay Road Runners	0:42:56	0:42:50
135	119	Brad Marshall	Male 20-34		0:42:57	0:42:48
136	544	Chris Burton	Male 40-44		0:43:02	0:42:52
137	480	Charles Dunster	Male 20-34		0:43:03	0:42:46
138	697	Matt Row	Male 35-39	St Austell Running Club	0:43:05	0:42:51
139	233	Barry Neal	Male 40-44	Erme Valley Harriers	0:43:06	0:42:53
140	752	Robert Standing	Male 50-54	Truro Running Club	0:43:13	0:43:00
141	42	Paul Stevens	Male 45-49	St Austell Athletes Runnir	0:43:14	0:43:01
142	774	Craig Pound	Male 35-39	Hayle Runners	0:43:29	0:43:23
143	439	Jack Gale	Male 20-34		0:43:29	0:43:12
144	137	Kevin Marshall	Male 60-64	Launceston Road Runners	0:43:29	0:43:16
145	509	Mark Sweeney	Male 60-64	St Austell Running Club	0:43:35	0:43:29

146	362	Emma Mossop	Female 50-54	Cornwall AC	0:43:35	0:43:31
147	552	Lynsey Newcombe	Female 45-49	Bideford AAC	0:43:38	0:43:31
148	609	Danny O'Shea	Male 45-49	Truro Running Club	0:43:39	0:43:30
149	638	Darren Uren	Male 40-44	Hayle Runners	0:43:43	0:43:41
150	123	Colin Bathe	Male 50-54	Truro Running Club	0:43:43	0:43:34
151	838	Lee Lawry	Male 20-34	Lift MMA	0:43:44	0:43:24
152	304	Malcolm Sabine	Male 35-39		0:43:45	0:43:33
153	315	Nicholas Peters	Male 20-34	Hayle Runners	0:43:50	0:43:39
154	163	Paul Gough	Male 50-54	Hayle Runners	0:43:58	0:43:51
155	721	Craig Varcoe	Male 20-34	St Austell Running Club	0:44:06	0:43:56
156	464	Stuart Richards	Male 45-49	St Austell Running Club	0:44:10	0:43:58
157	262	Sally Turner	Female 35-39	Cornwall AC	0:44:12	0:43:55
158	565	Patrick McLaughlin	Male 20-34		0:44:14	0:43:51
159	803	Pete Walker	Male 35-39	Truro Running Club	0:44:17	0:44:03
160	277	Eve Hearle	Female 40-44	Newquay Road Runners	0:44:19	0:44:16
161	170	Leo Muid	Male 40-44	Falmouth Running Club	0:44:24	0:44:18
162	886	Jonathan Berridge	Male 50-54	Truro Running Club	0:44:35	0:44:22
163	732	Seth Mitchell	Male 35-39		0:44:36	0:44:25
164	481	Stella Gardener	Female 40-44	Newquay Road Runners	0:44:38	0:44:34
165	748	Andrew Searle	Male 40-44	Hayle Runners	0:44:43	0:44:35
166	864	Amanda Hewitt	Female 50-54	Cornwall AC	0:44:52	0:44:47
167	387	Kevin Silver	Male 55-59	Hayle Runners	0:44:55	0:44:47
168	139	Simon Hambury	Male 45-49	Falmouth Running Club	0:44:57	0:44:51
169	781	Eddie Thomson	Male 35-39	Launceston Road Runners	0:45:01	0:44:51
170	750	Debbie Harrison-W	Female 50-54	Hayle Runners	0:45:04	0:44:56
171	686	John Yelland	Male 45-49	Mad Hatter Sports Events	0:45:05	0:45:02
172	682	Niamh O'Keefe	Female 35-39		0:45:06	0:44:49
173	696	Andrew Hickson	Male 55-59	Cornwall AC	0:45:08	0:45:04
174	339	Marc Young	Male 50-54	Plymouth Musketeers Ru	0:45:11	0:45:03
175	446	Sean Pulley	Male 60-64	Hayle Runners	0:45:13	0:45:07
176	225	Kev Hemsley	Male 45-49		0:45:14	0:45:04
177	727	Alex Keyworth	Male 20-34		0:45:17	0:44:48
178	372	Rachel Vague	Female 35-39	Tri Logic Cornwall	0:45:18	0:44:51
179	869	Gail Aspden	Female 50-54	Cornwall AC	0:45:18	0:45:09
180	253	Aaron Hamshire	Male 40-44		0:45:22	0:44:59
181	767	Mark Thomas	Male 50-54	Truro Running Club	0:45:23	0:45:14
182	8	Bruce Carey	Male 20-34	Newquay Road Runners	0:45:24	0:45:20
183	87	Grant Batty	Male 20-34		0:45:26	0:45:10
184	834	Reece Jenkins	Male 20-34		0:45:27	0:45:21
185	507	Josh McCann	Male 20-34		0:45:31	0:45:24
186	203	Dan Walls	Male 20-34	Carn Runners	0:45:31	0:45:22
187	424	Richard Foster	Male 50-54	Launceston Road Runners	0:45:32	0:45:20
188	773	Kirsty Medlock	Female 40-44	Hayle Runners	0:45:34	0:45:26
189	672	Victoria Foster	Female 40-44		0:45:35	0:45:23
190	21	Charles Curtis	Male 20-34	Cornwall AC	0:45:37	0:45:27
191	19	David Thomasson	Male 50-54	Bodmin Road Runners	0:45:47	0:45:36
192	294	Sophie Talling	Female 20-34	Newquay Road Runners	0:45:51	0:45:42
193	839	Harry Nielsen	Male Under 20		0:45:51	0:45:39
194	809	Lucy Paull	Female 40-44	Hayle Runners	0:45:53	0:45:47

195	257	Matt Trevail	Male 40-44		0:45:56	0:45:16
196	880	Chris Marriott	Male 40-44	St Austell Athletes Runnir	0:45:58	0:45:44
197	340	Jonathan Crowle	Male 50-54	Truro Running Club	0:46:02	0:45:54
198	336	Rachel Willmott	Female 35-39		0:46:06	0:45:52
199	818	Andrew Cook	Male 45-49	Newquay Road Runners	0:46:08	0:45:49
200	629	Andrew James	Male 40-44	Hayle Runners	0:46:09	0:46:00
201	719	James Stephens	Male 35-39	St Austell Running Club	0:46:11	0:46:01
202	80	Andrew Skelton	Male 45-49		0:46:11	0:45:59
203	863	Sam Naisby	Male 20-34		0:46:20	0:46:09
204	81	Marty Barnfield	Male 50-54	Bodmin Road Runners	0:46:21	0:46:10
205	487	Charlene Howard	Female 35-39		0:46:25	0:45:53
206	847	Katie Hill	Female 35-39		0:46:28	0:46:10
207	154	Leigh Spencer	Female 20-34	Newquay Road Runners	0:46:29	0:46:23
208	784	Helen Mitchell	Female 55-59	Truro Running Club	0:46:31	0:46:17
209	90	Mark Bennetts	Male 45-49	St Austell Athletes Runnir	0:46:32	0:46:19
210	113	Ian Savigar	Male 60-64	East Cornwall Harriers	0:46:37	0:46:28
211	398	Nathan Cudmore	Male 45-49	Hayle Runners	0:46:39	0:46:28
212	385	Kelly Keough	Female 40-44	Newquay Road Runners	0:46:39	0:46:26
213	457	Jon Wheatley	Male 55-59		0:46:41	0:46:17
214	622	Michelle Hague	Female 45-49	Newquay Road Runners	0:46:42	0:46:27
215	744	Julian Spencer	Male 55-59	Truro Running Club	0:46:42	0:46:34
216	637	Laura Pool	Female 40-44	Truro Running Club	0:46:43	0:46:30
217	221	Daniel Steele	Male 40-44		0:46:44	0:46:00
218	810	Neale Bergman	Male 35-39		0:46:51	0:46:18
219	186	Grace Barratt	Female 35-39	Newquay Road Runners	0:46:52	0:46:38
220	759	Conan Bennett	Male 35-39		0:47:01	0:46:42
221	787	Kevin May	Male 60-64		0:47:04	0:46:43
222	585	Joe Brooks	Male 50-54	Tamar Trotters	0:47:09	0:46:59
223	414	Finley Edwards	Male Under 20	Newquay Road Runners	0:47:11	0:46:51
224	360	Mandy Watts	Female 55-59	Newquay Road Runners	0:47:11	0:47:04
225	788	Peter Lyons	Male 20-34		0:47:17	0:46:56
226	142	Cally Willcox	Female 20-34		0:47:18	0:47:14
227	492	Jake Farmer	Male 20-34		0:47:20	0:46:12
228	502	Jennifer Mears	Female Under 20		0:47:21	0:47:16
229	498	Shaun Roberts	Male 45-49	Hayle Runners	0:47:22	0:47:14
230	579	Louis Mullan	Male 35-39		0:47:23	0:46:59
231	402	Andrew Ellis	Male 50-54	Hayle Runners	0:47:24	0:47:17
232	30	Sandra Lusty	Female 45-49		0:47:24	0:47:08
233	849	Tiffany Fox	Female 40-44		0:47:26	0:47:04
234	625	Simon Murray	Male 60-64	Hayle Runners	0:47:28	0:47:17
235	394	Jody Smith	Male 40-44		0:47:33	0:47:05
236	737	Phil Calcutt	Male 55-59	Styal Running Club	0:47:35	0:47:21
237	603	Nick Pebody	Male 35-39		0:47:37	0:47:21
238	327	Jim Nettleton	Male 55-59	Truro Running Club	0:47:38	0:47:13
239	512	Kate Murphy	Female 40-44	St Austell Athletes Runnir	0:47:39	0:47:25
240	406	Chester Robinson	Male 40-44		0:47:39	0:46:46
241	644	Graham Forrest	Male 35-39		0:47:46	0:47:34
242	802	Gareth Casey	Male 45-49	St Austell Athletes Runnir	0:47:47	0:47:43
243	808	Alistair Blake	Male 35-39		0:47:47	0:47:14

244	538	Ashley Harding	Male 20-34		0:48:06	0:47:46
245	24	Michael Counter	Male 55-59	St Austell Running Club	0:48:06	0:47:46
246	160	Chris Jelliman	Male 55-59	Plymouth Harriers	0:48:09	0:47:30
247	226	Richard Smith	Male 50-54	Newquay Road Runners	0:48:09	0:48:04
248	573	Michael Hockey	Male 40-44	Plymouth Musketeers Ru	0:48:12	0:47:24
249	837	Sam Gill	Male 20-34		0:48:15	0:47:55
250	35	Mathew Wale	Male 35-39	Newquay Road Runners	0:48:20	0:48:12
251	555	Simon James	Male 50-54	Cornwall AC	0:48:21	0:48:09
252	643	Charlotte Forrest	Female 20-34		0:48:26	0:48:14
253	593	Tommy Polglase	Male 70-74	Carn Runners	0:48:36	0:48:26
254	829	Hugh Savage	Male 40-44		0:48:36	0:48:02
255	811	Jenna Bissell	Female 35-39	Truro Running Club	0:48:39	0:48:25
256	114	Paul Bolingbroke	Male 20-34	East Cornwall Harriers	0:48:39	0:48:31
257	493	Lee Bunyan	Male 40-44	Truro Running Club	0:48:40	0:48:31
258	287	Carole Walters	Female 60-64	Tavistock AC	0:48:42	0:48:36
259	52	John Roberts	Male 45-49	Newquay Road Runners	0:48:44	0:48:37
260	757	Summer Runner	Female 40-44	Storm Plymouth	0:48:46	0:47:52
261	698	Damen Powell	Male 35-39	St Austell Running Club	0:48:51	0:48:31
262	731	Pavol Hornak	Male 40-44		0:48:54	0:48:15
263	324	Andrea Commons	Female 50-54		0:48:56	0:48:40
264	624	John Featherstone	Male 50-54	Looe Pioneers Running Cl	0:48:59	0:48:53
265	746	Simon Timms	Male 40-44	Tri Logic Cornwall	0:49:00	0:48:42
266	841	Dan Barrett	Male 35-39		0:49:01	0:48:16
267	518	Tess Wakeham	Female 35-39	Newquay Road Runners	0:49:03	0:48:43
268	634	Martin Dinham	Male 50-54	Mile High	0:49:04	0:48:57
269	497	Martyn Griffiths	Male 40-44	Newquay Road Runners	0:49:05	0:48:44
270	639	Geoff Tyrrell	Male 50-54	Looe Pioneers Running Cl	0:49:07	0:48:44
271	93	David Knight	Male 40-44		0:49:09	0:48:55
272	831	Mary Pemberton	Female 40-44		0:49:10	0:48:26
273	842	Maz Arrocha	Male 35-39		0:49:13	0:48:38
274	836	Catheryn Camboriet	Female 50-54	Truro Running Club	0:49:16	0:49:04
275	723	Josh Stevens	Male 20-34		0:49:17	0:48:26
276	617	Jonny Badcock	Male 20-34		0:49:17	0:48:26
277	239	Richard Morton	Male 70-74	Tamar Trotters	0:49:22	0:49:12
278	135	David Speake	Male 50-54	St Austell Running Club	0:49:26	0:49:06
279	820	Charles Homer	Male 20-34	Hayle Runners	0:49:28	0:49:19
280	712	Carl Williams	Male 50-54	Newquay Road Runners	0:49:31	0:49:02
281	234	Josh Turner	Male 35-39	East Cornwall Harriers	0:49:34	0:48:58
282	185	Terence Ventor	Male 35-39		0:49:34	0:49:19
283	290	Joseph Tonkin	Male 35-39		0:49:35	0:48:55
284	695	Karen Mcclay	Female 55-59	Cornwall AC	0:49:37	0:49:14
285	167	Steve Davey	Male 55-59		0:49:38	0:49:12
286	720	Andrew Wroe	Male 35-39		0:49:40	0:49:22
287	674	Ian Bartlett	Male 35-39		0:49:44	0:49:27
288	161	Richard Morgan	Male 50-54		0:49:44	0:49:26
289	427	Amy Gregory	Female 35-39	Newquay Road Runners	0:49:47	0:49:38
290	865	Nick Shapland	Male 50-54		0:49:50	0:49:14
291	268	Neville Witham	Male 65-69	Cornwall AC	0:49:58	0:49:47
292	740	David Barden	Male 40-44		0:49:59	0:49:44

293	582	James Davies	Male 20-34		0:50:02	0:49:35
294	806	Stuart Smith	Male 35-39	Hayle Runners	0:50:03	0:49:33
295	37	Emma Fox	Female 45-49	Newquay Road Runners	0:50:05	0:49:41
296	322	Dale Betts	Male 35-39	St Austell Athletes Runnir	0:50:07	0:49:55
297	511	Simon Phillips	Male 40-44		0:50:08	0:49:39
298	191	Sam Elliott	Male 20-34		0:50:11	0:49:39
299	189	Natalie Harris	Female 20-34		0:50:11	0:49:39
300	658	Paul Caulfield	Male 60-64		0:50:13	0:49:51
301	275	Thelma Namonje Ka	Female 35-39	Falmouth Running Club	0:50:15	0:49:56
302	828	Sean Trimble	Male 55-59	Team Oxygenaddict	0:50:15	0:49:37
303	59	Peter Allen	Male 65-69	Newquay Road Runners	0:50:16	0:50:00
304	881	Jimmy Altoft	Male 20-34		0:50:21	0:50:00
305	827	Sam Pennington-Ric	Male Under 20		0:50:23	0:49:55
306	434	Jacob Robinson	Male 20-34		0:50:24	0:50:03
307	366	Alison Roose	Female 45-49	Newquay Road Runners	0:50:26	0:50:12
308	25	Amanda Munslow	Female 35-39		0:50:34	0:50:23
309	306	Nigel Grant	Male 60-64	Bude Rats (Run and Tri)	0:50:35	0:50:27
310	244	Julian Shakerley	Male 45-49	St Austell Athletes Runnir	0:50:36	0:50:23
311	68	David Austin	Male 40-44	Plymouth Musketeers Ru	0:50:39	0:50:18
312	303	Michael Orchard	Male 65-69	Hayle Runners	0:50:44	0:50:25
313	843	Jason Smeeth	Male 35-39		0:50:44	0:49:42
314	804	Santino Mangion	Male 35-39	Hayle Runners	0:50:48	0:50:17
315	618	Steve Mildenhall	Male 45-49	Newquay Road Runners	0:50:48	0:50:33
316	765	Michael Nicholas	Male 35-39		0:50:54	0:50:45
317	29	Mark Jones	Male 45-49	Launceston Road Runners	0:50:56	0:50:27
318	734	Andrej Hornak	Male 20-34		0:50:58	0:50:20
319	291	Brett Stepto	Male 45-49	Cornwall AC	0:50:59	0:50:47
320	389	Andrew Hodgson	Male 35-39		0:51:01	0:50:11
321	710	Tracey Richards	Female 50-54		0:51:08	0:50:48
322	730	Jodie Ross	Male 40-44		0:51:09	0:50:51
323	632	Rachel Stephens	Female 40-44		0:51:10	0:50:50
324	661	David Foy	Male 50-54	Falmouth Running Club	0:51:11	0:50:46
325	606	Jack Tempest-Keepi	Male 40-44		0:51:12	0:50:09
326	413	Alan Edwards	Male 50-54	Newquay Road Runners	0:51:26	0:51:06
327	371	Lisa Taper	Female 35-39	Newquay Road Runners	0:51:29	0:51:06
328	581	Matthew McGuire	Male 35-39		0:51:30	0:51:02
329	60	Emma Lydon	Female 45-49		0:51:36	0:51:21
330	578	Sharon Rowat	Female 50-54	Hayle Runners	0:51:38	0:51:07
331	370	Sarah Myford	Female 55-59	Bodmin Road Runners	0:51:40	0:51:19
332	761	Adrian Quest	Male 45-49		0:51:43	0:51:26
333	330	Helen Thomas	Female 50-54	Truro Running Club	0:51:43	0:51:20
334	323	Gareth Jenkins	Male 45-49		0:51:43	0:51:24
335	178	Fiona Gamble	Female 35-39	Hayle Runners	0:51:47	0:51:14
336	819	Olivia Pellowe	Female 45-49	Carn Runners	0:51:53	0:51:16
337	560	Julie Gillbard	Female 45-49	Tamar Trotters	0:51:54	0:51:43
338	610	Charlie Gray	Female 45-49	Newquay Road Runners	0:51:54	0:51:40
339	607	Claire Mildenhall	Female 50-54	Newquay Road Runners	0:51:59	0:51:46
340	286	Dan Williams	Male 20-34		0:52:00	0:51:15
341	235	Louise Ollivier	Female 55-59	Hayle Runners	0:52:01	0:51:42

342	688	Lisa Francey	Female 35-39	Cornwall AC	0:52:02	0:51:44
343	602	Tia Brown	Female 20-34		0:52:05	0:51:50
344	888	Anna Carter	Female 35-39	Newquay Road Runners	0:52:05	0:51:57
345	478	Mark Simpson	Male 35-39	Launceston Road Runners	0:52:06	0:51:37
346	504	Lucy Hewitt	Female 55-59	Newquay Road Runners	0:52:06	0:51:50
347	158	Simon Lee	Male 40-44		0:52:09	0:51:42
348	558	Steven Jenkin	Male 50-54	Cornwall AC	0:52:10	0:51:45
349	110	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	0:52:11	0:51:55
350	357	Annalina Morgenstern	Female 50-54		0:52:13	0:51:46
351	704	Emma Shaw	Female 40-44		0:52:14	0:52:01
352	762	Anna Goodman	Female 20-34	Hayle Runners	0:52:16	0:51:45
353	314	Robert Rochowiak	Male 60-64	Carn Runners	0:52:18	0:52:05
354	601	David Brown	Male 55-59		0:52:18	0:52:02
355	715	Diane Warren	Female 65-69	Hayle Runners	0:52:19	0:51:48
356	454	Darren Hardwick	Male 55-59	Looe Pioneers Running Cl	0:52:20	0:51:58
357	460	Martin Gregory	Male 55-59	Looe Pioneers Running Cl	0:52:20	0:51:58
358	145	Ricky Blackman	Male 50-54	St Austell Athletes Runnir	0:52:21	0:51:39
359	174	Emma Harris	Female 35-39		0:52:25	0:52:01
360	245	Cheryl Littlewood	Female 35-39	Plymouth Musketeers Ru	0:52:29	0:51:40
361	249	Angeline Hadfield	Female 35-39	Truro Running Club	0:52:32	0:52:07
362	342	Lisa Wilson	Female 50-54	Truro Running Club	0:52:34	0:52:11
363	826	Ivor Pudner	Male 55-59	Looe Pioneers Running Cl	0:52:36	0:52:13
364	395	Ade Dagnall	Male 50-54		0:52:38	0:52:03
365	830	Hayley Savage	Female 40-44		0:52:39	0:51:55
366	441	Jennifer Forbes	Female 35-39	Hayle Runners	0:52:40	0:52:04
367	278	Trevor Lee	Male 60-64	Truro Running Club	0:52:42	0:52:30
368	664	Christopher Baggott	Male 50-54	St Austell Running Club	0:52:47	0:52:19
369	442	Hannah Smith	Female 20-34	Hayle Runners	0:52:52	0:52:33
370	533	Miranda Burke	Female 55-59	Plymouth Harriers	0:52:56	0:52:43
371	146	Sarah Ryan	Female 40-44	Newquay Road Runners	0:52:58	0:52:40
372	736	Oscar Mitchell	Male 20-34		0:52:59	0:52:30
373	576	Simon Ayres	Male 45-49		0:53:00	0:52:13
374	378	Dan Hocking	Male 45-49	Hayle Runners	0:53:01	0:52:30
375	553	Graham Collingwood	Male 20-34		0:53:05	0:52:17
376	11	Andrew Morley	Male 50-54	Newquay Road Runners	0:53:07	0:52:48
377	48	Eleanor Ellison	Female 65-69	Newquay Road Runners	0:53:12	0:52:56
378	445	Paula Bate	Female 50-54	St Austell Athletes Runnir	0:53:14	0:52:53
379	782	Jennifer Buckland	Female 50-54	Hayle Runners	0:53:19	0:52:45
380	795	James Forbes	Male 40-44	Perran Trail Runners	0:53:19	0:52:43
381	412	Nicola Edwards	Female 45-49	Newquay Road Runners	0:53:23	0:53:04
382	329	Philip Hall	Male 65-69	Falmouth Running Club	0:53:23	0:52:26
383	760	Jon Mitchell	Male 50-54	Cornwall AC	0:53:27	0:53:01
384	569	Kat Darby	Female 35-39	Lonely Goat RC	0:53:33	0:53:05
385	689	Andy Bees	Male 40-44	Plymouth Musketeers Ru	0:53:36	0:52:41
386	89	Laura Lake	Female 20-34	Plymouth Musketeers Ru	0:53:36	0:52:41
387	7	Malcolm Roberts	Male 70-74	St Austell Running Club	0:53:42	0:53:35
388	850	Todd Reynolds	Male Under 20		0:53:46	0:53:02
389	861	James Wombwell	Male 45-49	St Austell Athletes Runnir	0:53:48	0:53:12
390	840	Samantha Barrett	Female 35-39		0:53:48	0:53:04

391	224	Sian Bates	Female 20-34		0:53:51	0:53:24
392	805	Paul Denton	Male 50-54	Exmouth Tri-Hards	0:53:53	0:53:23
393	447	Mark Lancaster	Male 35-39	Launceston Road Runners	0:53:55	0:53:25
394	577	Lewis Edwards	Male 35-39	Cornwall AC	0:54:03	0:53:37
395	660	Tristen Gardiner	Male 35-39		0:54:03	0:53:20
396	550	Ashley Weatherall	Male 35-39		0:54:08	0:53:28
397	70	Richard Rickwood	Male 50-54		0:54:08	0:53:25
398	817	Annie Thorpe	Female 35-39		0:54:09	0:53:37
399	858	Helen Matthews	Female 40-44	St Austell Athletes Runnir	0:54:12	0:53:55
400	429	Alan Jones	Male 50-54		0:54:12	0:53:34
401	18	Nicky Brenton	Female 55-59	Bodmin Road Runners	0:54:15	0:54:00
402	116	Lucy Fuller	Female 20-34		0:54:21	0:54:04
403	822	Rachael Wilsher	Female 60-64	Lonely Goat RC	0:54:23	0:53:48
404	495	Nicholas Saunders	Male 40-44		0:54:25	0:54:04
405	706	Graham Risdale	Male 65-69		0:54:25	0:53:43
406	556	Sarah Wilkinson	Female 60-64	Newquay Road Runners	0:54:30	0:54:23
407	252	Cordelia Hamshire	Female 35-39		0:54:36	0:54:14
408	717	Ben Humberstone	Male 35-39		0:54:38	0:53:43
409	466	Rachel Elven	Female 20-34		0:54:42	0:54:13
410	28	James Danks	Male 40-44	Falmouth Running Club	0:54:44	0:54:14
411	220	Christopher Ramsey	Male 70-74	Truro Running Club	0:54:45	0:54:31
412	100	Steve Kemsley	Male 60-64	Falmouth Running Club	0:54:46	0:53:49
413	34	Karen Masters	Female 50-54	Newquay Road Runners	0:54:48	0:54:31
414	845	Tom Wood	Male 20-34		0:54:52	0:54:11
415	223	Jonathan Higgins	Male 20-34		0:54:53	0:54:06
416	870	Meme Wijesinghe	Female 50-54		0:54:55	0:54:13
417	94	Julie Rundle	Female 45-49	Bodmin Road Runners	0:54:59	0:54:44
418	335	Sarah Allen	Female 50-54	Hayle Runners	0:55:01	0:54:30
419	117	Clare Fuller	Female 50-54	Bodmin Dragons Triathlor	0:55:03	0:54:46
420	851	Abi Runciman	Female 20-34		0:55:04	0:54:09
421	548	Helen Stevenson	Female 40-44	Bodmin Road Runners	0:55:06	0:54:34
422	879	Natasha Hougham	Female 40-44		0:55:07	0:54:24
423	95	Tom Howard	Male 20-34	St Austell Athletes Runnir	0:55:08	0:54:24
424	692	Lauren Symons	Female 20-34	St Austell Athletes Runnir	0:55:09	0:54:23
425	871	Simon Webber	Male 65-69	East Cornwall Harriers	0:55:10	0:54:34
426	155	Martin Trethewey	Male 55-59	St Austell Running Club	0:55:13	0:54:42
427	755	Raegan Leather	Female 20-34	Plymouth Musketeers Rui	0:55:14	0:54:20
428	201	Mike Bawden	Male 60-64	Carn Runners	0:55:16	0:54:54
429	451	Louisa Chisholm	Female 40-44	Looe Pioneers Running Cl	0:55:16	0:54:44
430	50	Neil Reynolds	Male 45-49		0:55:17	0:54:10
431	256	Neill Furlonger	Male 40-44	Newquay Road Runners	0:55:17	0:54:38
432	641	Emma Alee	Female 45-49	Plymouth Musketeers Rui	0:55:24	0:54:28
433	739	Catherine Sims	Female 50-54	Tamar Trotters	0:55:26	0:55:10
434	78	Ian Dale	Male 60-64	Wadebridge Running Cluk	0:55:30	0:54:55
435	877	Suzannah Kelly	Female 50-54	Newquay Road Runners	0:55:32	0:55:11
436	488	Ben Southgate	Male 40-44		0:55:35	0:54:29
437	857	Caroline Hewitt	Female 60-64	Tiverton Harriers	0:55:38	0:55:26
438	259	Paul Skipp	Male 55-59	Bude Rats (Run and Tri)	0:55:38	0:55:13
439	47	Angeline Davison	Female 45-49		0:55:39	0:54:55

440	646	Innes McCartney	Male 55-59	Hayle Runners	0:55:42	0:55:15
441	580	Augusta Trussell	Female 20-34	Truro Running Club	0:55:46	0:55:23
442	675	Shane Newton	Male 35-39		0:55:48	0:55:32
443	589	Joanna Marcinekova	Female 40-44	Cornwall AC	0:55:52	0:55:28
444	208	Emma Dunne	Female 45-49	Plymouth Musketeers Run	0:55:55	0:55:38
445	417	Jody Jones	Female 20-34		0:55:57	0:55:31
446	12	Christiana Richards	Female 40-44	Truro Running Club	0:55:57	0:55:24
447	623	Rebecca Smith	Female 40-44		0:55:59	0:55:30
448	515	Nathan de Rozarieu	Male 50-54	Hayle Runners	0:55:59	0:55:21
449	443	Anna Luff	Female 35-39	Tavistock AC	0:55:59	0:55:12
450	53	Paula Symons	Female 40-44		0:55:59	0:55:30
451	416	Caroline Cross	Female 20-34	Cornwall AC	0:56:01	0:55:36
452	475	Rob Wise	Male 20-34		0:56:01	0:55:18
453	614	Frankie Heaton-Pike	Male 20-34	Newquay Road Runners	0:56:03	0:55:28
454	769	Claire Below	Female 20-34		0:56:07	0:55:46
455	350	Helen Collett	Female 60-64	Hart Road Runners	0:56:08	0:55:36
456	653	Sophie Carthy	Female 35-39		0:56:09	0:55:42
457	173	Emma James	Female 50-54	Launceston Road Runners	0:56:13	0:55:43
458	149	Gary Kent	Male 55-59		0:56:16	0:56:09
459	121	Ben Dutton	Male 20-34	St Austell Athletes Runnir	0:56:17	0:55:25
460	274	Kelly Edwards	Female 20-34	Truro Running Club	0:56:18	0:55:55
461	685	Harry Keane	Male 20-34		0:56:20	0:56:03
462	346	Michael Mehta	Male 60-64		0:56:22	0:55:50
463	134	Martin Palmer	Male 60-64	Perran Trail Runners	0:56:23	0:55:47
464	751	Sean Webb	Male 55-59	Hayle Runners	0:56:24	0:55:41
465	844	Lloyd Cooper	Male Under 20	Looe Pioneers Running Cl	0:56:25	0:55:52
466	595	Iain Mobbs	Male 50-54		0:56:26	0:55:42
467	232	Georgina Symons	Female 45-49	St Austell Athletes Runnir	0:56:27	0:55:55
468	545	Joanne Strawbridge	Female 45-49	East Cornwall Harriers	0:56:27	0:55:50
469	474	Sara Robins	Female 35-39	Newquay Road Runners	0:56:28	0:56:07
470	848	Damon Hollick	Male 35-39		0:56:30	0:56:03
471	711	Lisa Talling	Female 55-59	Newquay Road Runners	0:56:30	0:56:06
472	700	Nigel Knuckey	Male 65-69	Truro Running Club	0:56:31	0:56:16
473	714	Caitlin Turrell	Female 20-34		0:56:31	0:56:06
474	699	Suzanne Piddock	Female 35-39		0:56:31	0:56:06
475	197	Alison Parsons	Female 50-54	Wadebridge Running Cluk	0:56:32	0:56:11
476	194	Janet Ritchie	Female 60-64	Carn Runners	0:56:33	0:56:11
477	390	Matthew Collins	Male 40-44		0:56:33	0:55:55
478	391	Paul James	Male 40-44		0:56:33	0:55:55
479	375	Anthony Bryant	Male 45-49	Hayle Runners	0:56:33	0:56:00
480	596	Isobel Hamilton	Female 40-44	East Cornwall Harriers	0:56:33	0:55:56
481	240	Dawn Scallan	Female 50-54	Carn Runners	0:56:36	0:56:14
482	663	Richard Ship	Male 20-34		0:56:38	0:56:15
483	789	Debbie Marshall	Female 45-49	St Austell Running Club	0:56:47	0:56:20
484	1	Des Evans	Male 75-79	Newquay Road Runners	0:56:50	0:56:45
485	211	Jeanette Duncan	Female 60-64	Newquay Road Runners	0:56:51	0:56:35
486	444	Sharon Broad	Female 35-39		0:56:51	0:56:04
487	541	Jane Garside	Female 55-59	Newquay Road Runners	0:56:54	0:56:25
488	500	Matt Stockford	Male 50-54		0:56:59	0:56:18

489	693	Emily Canty	Female 20-34	St Austell Athletes Runnir	0:57:03	0:56:18
490	540	Keith Bartram	Male 65-69		0:57:11	0:56:21
491	708	Joanne Baker	Female 45-49		0:57:14	0:56:50
492	465	Hannah Morgan	Female 20-34		0:57:18	0:56:50
493	590	Tracy Mckenzie	Female 45-49	Newquay Road Runners	0:57:23	0:57:01
494	16	Peter Combellack	Male 50-54	Newquay Road Runners	0:57:24	0:57:05
495	483	Norbert Hamacher	Male 60-64	Truro Running Club	0:57:27	0:57:03
496	794	Kay Middleditch	Female 40-44	Truro Running Club	0:57:29	0:56:47
497	620	Carolyn Salisbury	Female 40-44		0:57:40	0:56:43
498	108	Dawn Diprose	Female 60-64	East Cornwall Harriers	0:57:41	0:57:00
499	683	Paul Wiscombe	Male 65-69		0:57:45	0:57:06
500	107	Estelle Young	Female 50-54	Wootton Road Runners	0:57:47	0:57:01
501	271	Anita Hudson	Female 50-54	St Austell Running Club	0:57:49	0:57:05
502	222	Jade Palmer	Female 20-34		0:57:49	0:57:24
503	13	Stephen Amor	Male 50-54	Bodmin Road Runners	0:57:49	0:57:34
504	792	R Friel	Female 40-44	Newquay Road Runners	0:57:51	0:57:08
505	741	Dermot McCann	Male 60-64	Looe Pioneers Running Cl	0:57:52	0:57:09
506	793	James Franks	Male 35-39		0:57:54	0:56:53
507	131	Jennifer Kempthorn	Female 35-39	Bodmin Women's Runnin	0:57:54	0:57:07
508	301	Rebecca Martin	Female 40-44		0:57:54	0:57:12
509	236	Chloe Turner	Female 20-34	East Cornwall Harriers	0:57:55	0:57:19
510	583	Margaret Clark	Female 60-64	Hayle Runners	0:57:58	0:57:24
511	209	Rachel Yelland	Female 40-44	East Cornwall Harriers	0:58:01	0:57:25
512	151	Ian Grimes	Male 70-74	Launceston Road Runners	0:58:05	0:57:41
513	127	Steve Menear	Male 65-69	St Austell Running Club	0:58:05	0:57:23
514	484	Amy Talbot	Female 35-39		0:58:07	0:57:07
515	192	Harry Stallard	Male 20-34	St Austell Running Club	0:58:08	0:57:25
516	662	Andy Stallard	Male 55-59	Truro Running Club	0:58:09	0:57:25
517	373	Clive Davis	Male 60-64		0:58:10	0:57:11
518	399	Jackie Chapman	Female 60-64	Launceston Road Runners	0:58:17	0:57:28
519	816	Sue Cooper	Female 60-64	Vegan Runners UK	0:58:25	0:57:57
520	554	Kate Farmer	Female 20-34		0:58:26	0:57:37
521	568	Jonathan Hides	Male 40-44		0:58:27	0:57:28
522	735	Jason Thorns	Male 55-59	Launceston Road Runners	0:58:28	0:58:00
523	307	Karen Warner	Female 55-59	Newquay Road Runners	0:58:29	0:58:06
524	846	Will Wood	Male 20-34		0:58:30	0:57:49
525	743	Leigh Rossin	Male 45-49		0:58:31	0:58:19
526	51	Rebecca Reynolds	Female 50-54	CLC Striders	0:58:38	0:58:14
527	799	Harriett Capewell	Female 20-34		0:58:41	0:58:27
528	109	Cassie Higgins	Female 20-34	Perran Trail Runners	0:58:43	0:58:23
529	608	Jacquelyn Brett	Female 55-59		0:58:46	0:58:18
530	266	Elizabeth Stansfield	Female 50-54		0:58:46	0:58:34
531	162	Cat Wallman	Female 50-54	Truro Running Club	0:58:50	0:58:17
532	125	Katri Iivonen-Gray	Female 40-44		0:58:58	0:58:13
533	575	Becky Miles	Female 40-44	Newquay Road Runners	0:59:01	0:58:38
534	104	Richard Jenkin	Male 75-79	Cornwall AC	0:59:02	0:58:34
535	295	Beth Lloyd Davies	Female 20-34		0:59:06	0:58:24
536	74	Lotte Yarwood	Female 20-34		0:59:09	0:58:22
537	671	Diane Foster	Female 50-54	Looe Pioneers Running Cl	0:59:11	0:58:24

538	574	Nick Miles	Male 70-74	Newquay Road Runners	0:59:11	0:58:48
539	859	Gary Swain	Male 55-59	Hayle Runners	0:59:12	0:58:29
540	43	Kate Stevens	Female 45-49		0:59:12	0:58:33
541	263	Rebecca Skinner	Female 40-44		0:59:13	0:58:28
542	98	Clare Quarton	Female 35-39		0:59:14	0:58:28
543	181	Martin Curtis	Male 75-79	Hayle Runners	0:59:16	0:58:59
544	883	Wenna Shimmield	Female 20-34	Falmouth Running Club	0:59:21	0:58:23
545	112	Karen Parker	Female 55-59	Falmouth Running Club	0:59:21	0:58:51
546	205	Samantha Turner	Female 55-59	Plymouth Musketeers Ru	0:59:37	0:59:19
547	627	Laura Blight	Female 35-39	Falmouth Running Club	0:59:38	0:58:40
548	215	Rose Hudson	Female 35-39		0:59:42	0:59:01
549	669	Nicola Hall	Female 50-54	Bodmin Women's Runnin	0:59:45	0:58:54
550	3	Claire Barlow	Female 45-49	Bodmin Road Runners	0:59:50	0:59:34
551	250	Rosie Dunford	Female 20-34		0:59:51	0:59:10
552	485	Carley Barber	Female 35-39		0:59:52	0:58:52
553	38	Samantha West	Female 35-39	Plymouth Musketeers Ru	0:59:54	0:58:54
554	667	Jo White	Female 45-49	Lonely Goat RC	0:59:55	0:59:06
555	337	Michael Wilson	Male 65-69	Truro Running Club	0:59:58	0:59:17
556	241	Demelza Widdershc	Female 40-44	Carn Runners	0:59:59	0:59:16
557	709	Sen Devadathan	Male 55-59	Truro Running Club	1:00:00	0:59:49
558	668	Duncan White	Male 45-49		1:00:02	0:59:12
559	655	Samantha Rendell	Female 50-54	Falmouth Running Club	1:00:04	0:59:08
560	396	Julie Dagnall	Female 45-49		1:00:10	0:59:36
561	547	Peter Drew	Male 70-74	Carn Runners	1:00:18	0:59:37
562	505	Daniel Evans	Male 45-49		1:00:18	0:59:40
563	168	Tandy Andrews	Female 60-64	Falmouth Running Club	1:00:20	0:59:42
564	690	Bella Ross	Female 50-54		1:00:20	0:59:54
565	272	Kerry Hoskin	Female 40-44	Truro Running Club	1:00:21	0:59:37
566	477	Linda Pickard	Female 60-64	Launceston Road Runners	1:00:29	0:59:59
567	270	Kayla Smith	Female 45-49		1:00:32	0:59:39
568	386	Phillip Henwood	Male 45-49	Newquay Road Runners	1:00:36	0:59:50
569	204	Laura Brandwood	Female 40-44		1:00:39	0:59:58
570	130	Lizzy Hawke	Female 35-39		1:00:44	0:59:57
571	738	Woo Ranson	Female 45-49		1:00:48	0:59:54
572	171	Francis Vosper	Male 65-69	Lonely Goat RC	1:00:51	0:59:57
573	103	Jane Stedman	Female 60-64	Bodmin Road Runners	1:00:52	0:59:57
574	172	Nicola Vosper	Female 60-64	Lonely Goat RC	1:00:53	0:59:58
575	345	Ray Frith	Male 75-79	Newquay Road Runners	1:01:01	1:00:03
576	501	Natalie Jewell	Female 40-44	Falmouth Running Club	1:01:04	1:00:09
577	312	Wayne Caff	Male 50-54		1:01:04	1:00:47
578	407	Jemma Medlyn	Female 40-44		1:01:06	1:00:14
579	456	Chantal McLennan	Female 45-49		1:01:08	1:00:20
580	273	Sean Taylor	Male 55-59	Bodmin Road Runners	1:01:16	1:00:54
581	432	Mark Hamilton	Male 65-69		1:01:20	1:00:36
582	281	Stewart Townend	Male 80+	Hayle Runners	1:01:21	1:00:53
583	36	Gwen Maggs	Female 35-39	St Austell Running Club	1:01:22	1:00:37
584	75	Ian Ringer	Male 75-79	Bodmin Road Runners	1:01:26	1:01:09
585	106	Stephen Young	Male 50-54	Wootton Road Runners	1:01:27	1:00:41
586	563	Nicola Crilly	Female 45-49	Falmouth Running Club	1:01:29	1:00:34

587	729	Lizzie Platts	Female 20-34		1:01:30	1:00:29
588	217	Janet Watson	Female 70-74	Carn Runners	1:01:33	1:00:59
589	361	Steve Whitfield	Male 60-64	Carn Runners	1:01:35	1:00:52
590	213	Jacqui Martin	Female 50-54	St Austell Running Club	1:01:37	1:00:49
591	491	Alison Attfield	Female 60-64	Truro College	1:01:42	1:00:42
592	317	Courtney Marks	Female 20-34	St Austell Running Club	1:01:42	1:01:15
593	150	Janet Lathom	Female 65-69	Launceston Road Runners	1:01:45	1:01:16
594	298	Aileen Barwell	Female 65-69	Falmouth Running Club	1:01:48	1:01:10
595	377	Neil Ham	Male 55-59	JP Fitness Cornwall	1:01:51	1:00:55
596	242	Donna Pollard	Female 50-54	Carn Runners	1:01:54	1:01:32
597	801	Nick Kelly	Male 45-49	Hayle SLSC	1:01:57	1:01:09
598	40	Amanda White	Female 35-39		1:01:59	1:01:17
599	309	Susan Powell	Female 50-54		1:02:05	1:01:17
600	542	Bethany Harvey	Female 20-34		1:02:08	1:01:24
601	676	Fleur Johnson	Female 45-49		1:02:19	1:01:29
602	635	Danny Johnson	Male Under 20		1:02:20	1:01:29
603	506	Stephanie Rennie	Female 40-44	JP Fitness Cornwall	1:02:22	1:01:26
604	523	Paul Heywood	Male 55-59	Launceston Road Runners	1:02:33	1:02:04
605	566	Jackie Stone	Female 60-64	Hayle Runners	1:02:41	1:02:02
606	404	Bailey Ellis	Male Under 20	Hayle Runners	1:02:48	1:02:29
607	431	Diane Boardman	Female 40-44		1:02:50	1:02:02
608	383	Holly Hutchins	Female 35-39	Camelford Up and Runnin	1:02:54	1:02:16
609	832	Heather Gay	Female 65-69		1:03:00	1:02:34
610	333	Andy Coles	Male 60-64	St Austell Running Club	1:03:01	1:02:28
611	874	Alex Albrighton	Female 20-34		1:03:19	1:03:03
612	165	Sean Barrie Rafton	Male 50-54	Ocean City Running Club	1:03:24	1:02:35
613	83	Miranda Honey	Female 45-49	Bodmin Road Runners	1:03:24	1:02:22
614	67	Dom Ross	Male 45-49		1:03:25	1:02:24
615	61	Paula Vieira	Female 45-49	St Austell Running Club	1:03:25	1:02:45
616	62	Armando Vieira	Male 45-49	St Austell Running Club	1:03:26	1:02:45
617	66	Melanie Nile	Female 50-54	St Austell Running Club	1:03:28	1:02:41
618	718	Robert Willcocks	Male 65-69	Falmouth Running Club	1:03:31	1:03:00
619	144	Wendy Lowe	Female 65-69	Bodmin Women's Runnin	1:03:37	1:02:45
620	101	Kelly Stevens	Female 50-54	Falmouth Running Club	1:03:40	1:02:42
621	821	Deborah Roberts	Female 20-34		1:03:44	1:03:05
622	69	Natasha Gutridge	Female 50-54	Newquay Road Runners	1:03:45	1:02:55
623	138	Sue Pooley	Female 60-64	Bodmin Women's Runnin	1:03:47	1:02:57
624	126	Martin Venning	Male 70-74	Launceston Road Runners	1:03:50	1:02:53
625	436	Liane Holt	Female 35-39	Newquay Road Runners	1:03:51	1:03:27
626	537	Kirsty Brown	Female 20-34		1:03:51	1:03:26
627	536	Vaila Grigg	Female 20-34		1:03:53	1:03:27
628	472	John Bowden	Male 65-69	Looe Pioneers Running Cl	1:03:59	1:03:04
629	20	Cathy Willows	Female 55-59	East Cornwall Harriers	1:04:02	1:03:21
630	331	Andy Joule	Male 50-54		1:04:07	1:03:29
631	212	Adam Long	Male 20-34		1:04:15	1:03:13
632	352	Harriet Turner	Female 20-34		1:04:16	1:03:26
633	353	David Furness	Male 35-39		1:04:17	1:03:27
634	599	Tony Farrant	Male 55-59	Callington Running Group	1:04:30	1:03:51
635	471	Megan Clarke	Female 20-34		1:04:40	1:04:22

636	684	Denise Facey	Female 55-59	Falmouth Running Club	1:04:42	1:03:44
637	238	John Lillis	Male 75-79	Newquay Road Runners	1:04:42	1:04:24
638	499	Christine Boon	Female 55-59	Truro Running Club	1:04:42	1:04:15
639	49	Theresa Clark	Female 55-59	Hayle Runners	1:04:46	1:04:11
640	279	Lorraine Hoar	Female 50-54	St Austell Running Club	1:04:46	1:04:14
641	656	Kathryn Berry	Female 50-54	Falmouth Running Club	1:04:52	1:03:57
642	728	Kirsty Hughes	Female 35-39		1:04:58	1:03:57
643	600	Mark Borman	Male 20-34	St Austell Running Club	1:04:59	1:04:28
644	651	Sarah Luff	Female 40-44	JP Fitness Cornwall	1:05:01	1:04:05
645	666	Tamsyn Henvest	Female 40-44		1:05:02	1:04:38
646	56	Stacie White	Female 20-34		1:05:03	1:04:37
647	587	Becca Taylor	Female 20-34		1:05:05	1:04:38
648	797	Heidi Meynell	Female Under 20		1:05:06	1:04:26
649	546	Marie Green	Female 45-49	Falmouth Running Club	1:05:07	1:04:10
650	120	Greta Viertel	Female 35-39	St Austell Athletes Runnir	1:05:07	1:04:15
651	143	Louise Prout	Female 45-49		1:05:08	1:04:33
652	426	Anna Seymour	Female 40-44	St Austell Athletes Runnir	1:05:14	1:04:22
653	227	Jade Hammond	Female 20-34		1:05:23	1:04:56
654	852	John Barnes	Male 60-64	Launceston Road Runners	1:05:36	1:04:48
655	188	Kathryn Marsh	Female 45-49	Carn Runners	1:05:43	1:05:01
656	202	Samantha Ewart	Female 45-49	St Austell Running Club	1:05:51	1:05:02
657	284	Anita Searby	Female 50-54		1:05:51	1:04:58
658	654	Nicola Dickey	Female 50-54	Falmouth Running Club	1:05:54	1:04:57
659	835	Lily Chapman	Female Under 20		1:06:00	1:05:20
660	551	John Trafford	Male 60-64		1:06:15	1:05:26
661	41	Janet Wills	Female 70-74	St Austell Running Club	1:06:19	1:05:32
662	269	Victoria Hall	Female 45-49	Bodmin Road Runners	1:06:23	1:05:33
663	136	Lavinia Marshall	Female 70-74	Launceston Road Runners	1:06:36	1:06:06
664	476	Lisa Devers	Female 40-44		1:06:38	1:06:35
665	115	Jennifer Lawson	Female 55-59	Newquay Road Runners	1:06:59	1:06:42
666	713	Zak Anderson	Male 35-39	Plymouth Musketeers Ru	1:07:03	1:06:04
667	763	Samuel Golley	Male 20-34		1:07:05	1:06:10
668	626	Nicole Di Maio	Female 40-44	Cornwall AC	1:07:20	1:06:51
669	72	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:07:24	1:06:34
670	157	Lynda Norris	Female 55-59		1:07:27	1:06:26
671	73	David Banbury	Male 60-64		1:07:30	1:06:35
672	88	Mitch Clayton	Female 40-44		1:07:35	1:07:00
673	86	Kristie Aked	Female 40-44		1:07:36	1:07:00
674	99	David Wilton	Male 65-69	Falmouth Running Club	1:07:42	1:06:42
675	122	Alan Brandwood	Male 70-74	Falmouth Running Club	1:07:44	1:06:48
676	79	Sandra Lidiard	Female 50-54	Bodmin Women's Runnin	1:07:45	1:06:53
677	71	Lynn Harvey	Female 70-74	Newquay Road Runners	1:07:46	1:07:01
678	524	Kalei Andrews	Female 20-34	Carn Runners	1:07:50	1:06:58
679	105	Jacqueline Jenkin	Female 75-79	Cornwall AC	1:07:52	1:07:21
680	494	Margaret Ann Kinah	Female 70-74	East Cornwall Harriers	1:07:52	1:07:11
681	423	Mandy Phillips	Female 40-44		1:07:59	1:07:24
682	409	Jon Cryer	Male 65-69		1:08:01	1:07:32
683	254	David Bolton	Male 55-59	Newquay Road Runners	1:08:02	1:07:04
684	265	Harriet Heaton-Pike	Female 20-34		1:08:02	1:07:03

685	467	Catherine Bray	Female 45-49		1:08:07	1:07:19
686	200	Zoe Webb	Female 45-49	Carn Runners	1:08:10	1:07:18
687	461	Maddie Southall	Female Under 21	Looe Pioneers Running Cl	1:08:11	1:07:44
688	796	Rowena Rutledge	Female 50-54	Falmouth Running Club	1:08:12	1:07:12
689	613	Shane Ashton	Male 35-39		1:08:23	1:07:48
690	319	Angela White	Female 60-64	Newquay Road Runners	1:08:38	1:07:52
691	55	Lynsey Welch	Female 35-39		1:08:49	1:07:56
692	825	Louise King	Female 55-59	Plymouth Musketeers Ru	1:08:50	1:07:50
693	824	Bryan King	Male 70-74	Plymouth Musketeers Ru	1:08:50	1:07:51
694	473	Geraldine Bowden	Female 60-64	Looe Pioneers Running Cl	1:08:56	1:08:00
695	878	Grace Tabrett	Female 20-34		1:09:02	1:08:21
696	687	Daisy Potter	Female 20-34		1:09:02	1:08:21
697	510	Linda Godfrey	Female 65-69	Bodmin Women's Runnin	1:09:23	1:08:40
698	9	Lorraine Lehan	Female 55-59		1:09:25	1:08:33
699	401	Jane Shaddick-Brad	Female 60-64		1:09:36	1:08:50
700	612	Paul Treweek	Male 65-69	Truro Running Club	1:09:48	1:08:49
701	351	Lorna Hogg	Female 50-54	St Austell Running Club	1:10:05	1:09:17
702	63	Roy Newton	Male 75-79	Falmouth Running Club	1:10:14	1:09:15
703	359	John Tilley	Male 70-74	Bodmin Road Runners	1:10:20	1:09:30
704	433	Lizzy Dixon	Female 35-39		1:10:25	1:10:03
705	97	Kathran Dormer	Female 70-74	Falmouth Running Club	1:10:38	1:10:07
706	132	Emma Lewis	Female 40-44	East Cornwall Harriers	1:10:38	1:10:01
707	183	Julie Bolitho	Female 55-59	Hayle Runners	1:11:05	1:10:02
708	400	Rachel Flanagan	Female 55-59	Falmouth Running Club	1:11:12	1:10:14
709	85	Lindsey Higman	Female 55-59		1:11:17	1:10:43
710	76	Jennifer Raggett	Female 35-39		1:11:17	1:10:43
711	4	Gemma Wotherspo	Female 35-39	Bodmin Women's Runnin	1:11:29	1:10:54
712	449	Carrie Patrick	Female 45-49		1:11:36	1:11:07
713	344	Caroline Vinnicomb	Female 45-49	Cornwall AC	1:11:44	1:10:57
714	219	Clare Duncan	Female 50-54	Falmouth Running Club	1:11:56	1:10:57
715	229	Angela Tyson	Female 45-49	Newquay Road Runners	1:11:57	1:10:55
716	529	Kim Whittle	Female 35-39		1:12:04	1:11:09
717	195	Dennis Burrell	Male 75-79	Carn Runners	1:12:15	1:11:40
718	873	Deborah Sturges	Female 60-64	Hayle Runners	1:12:26	1:11:49
719	166	Nicky Tucker	Female 45-49		1:12:30	1:11:41
720	320	Adrian Parsons	Male 45-49		1:12:34	1:11:34
721	321	Lesley Kennard	Female 50-54		1:12:34	1:11:34
722	567	Caroline Davies	Female 55-59	Bodmin Women's Runnin	1:12:35	1:11:59
723	450	Guy Cooper	Male 50-54	Looe Pioneers Running Cl	1:12:38	1:12:04
724	311	Louise Downer	Female 50-54		1:12:40	1:11:51
725	364	Lisa Duffy	Female 20-34		1:12:53	1:12:09
726	228	Jessica Gallienne	Female 35-39	Newquay Road Runners	1:12:58	1:11:56
727	403	Sarah Ellis	Female 45-49	Hayle Runners	1:13:08	1:12:31
728	182	Robert Bolitho	Male 60-64	Hayle Runners	1:13:13	1:12:09
729	586	Magenta Brooks	Female 20-34		1:13:14	1:12:12
730	647	Patricia McCartney	Female 60-64		1:13:32	1:12:41
731	705	Lara Cardew	Female Under 21		1:13:33	1:13:06
732	707	Julie Cullingford	Female 50-54		1:13:34	1:13:06
733	564	Emma Johns	Female 45-49	Hayle Runners	1:13:35	1:12:58

734	749	Sarah Johns	Female 40-44	Hayle Runners	1:13:37	1:12:59
735	584	Paula Brooks	Female 50-54	Tamar Trotters	1:14:11	1:13:09
736	264	Alison Blease	Female 45-49		1:14:16	1:13:42
737	411	Ruth Simmons	Female 50-54	St Austell Running Club	1:14:24	1:13:37
738	508	Rachael Staff	Female 50-54	St Austell Running Club	1:14:24	1:13:37
739	592	Clare Horne	Female 50-54		1:14:33	1:14:02
740	410	Lorna Burton	Female 50-54		1:14:34	1:13:42
741	313	Jane Caff	Female 60-64	Newquay Road Runners	1:15:05	1:14:19
742	726	Daisy Horgan	Female 20-34		1:15:20	1:14:19
743	84	Catrin Harry	Female 45-49		1:15:27	1:14:35
744	459	Julie Gregory	Female 55-59	Looe Pioneers Running Cl	1:15:54	1:14:51
745	92	Christina Lake	Female 65-69	Falmouth Running Club	1:16:05	1:15:07
746	5	Amanda Dymond	Female 45-49		1:16:08	1:15:17
747	22	Debra Smith	Female 40-44		1:16:08	1:15:17
748	6	Karen Wright	Female 55-59		1:16:09	1:15:17
749	164	Amy Lythgoe	Female 35-39		1:16:48	1:16:05
750	64	Tanya Deponeo	Female 40-44		1:17:01	1:16:28
751	175	Tracie Baines	Female 55-59		1:17:01	1:16:05
752	724	Paula Clarkson	Female 35-39	Falmouth Running Club	1:17:05	1:16:03
753	594	Jude Hollyman	Female 50-54	Tamar Trotters	1:17:16	1:16:13
754	597	Susan Mason	Female 75-79	Tamar Trotters	1:17:16	1:16:13
755	148	Janet Parsons	Female 60-64	Wadebridge Running Club	1:17:23	1:16:30
756	490	Kathy Saunders	Female 65-69	Looe Pioneers Running Cl	1:17:30	1:16:34
757	176	Paul Sullivan	Male 55-59		1:18:26	1:17:30
758	681	Paula Richardson	Female 60-64	East Cornwall Harriers	1:18:27	1:17:44
759	807	Kylie Fouracres	Female 35-39		1:18:29	1:17:55
760	440	Katie Bullock	Female 35-39	Newquay Road Runners	1:18:29	1:17:55
761	27	Steve Lawrence	Male 65-69	Falmouth Running Club	1:19:02	1:18:04
762	415	Nicola Maddox	Female 35-39		1:19:27	1:18:23
763	82	Steven Evans	Male 45-49		1:20:24	1:20:10
764	455	Deborah Cotterell	Female 55-59	Truro Running Club	1:23:34	1:22:33
765	393	Kathryn Thomas	Female 45-49	Cornwall AC	1:24:10	1:23:24
766	756	Steve 'Superman' N	Male 65-69	Storm Plymouth	1:27:27	1:26:22
767	102	Peter Jenkin	Male 65-69	Falmouth Running Club	1:27:44	1:26:46
768	703	Nicola Searle	Female 60-64		1:35:26	1:34:22
DSQ	885	Nathan Horgan	Male 35-39		1:00:43	0:59:43
DNF	725	Trevor Cornish	Male 55-59	Hayle Runners		
DNF	868	Ellie Gay	Female 20-34			