

## An Res Hellys - 2024

Place	Bib	Name	AG	Club	GunTime	ChipTime
1	24	Joshua Benford	Male Under 35	Bideford AAC	0:54:09	0:54:08
2	210	Tom Morton	Male Under 35	Newquay & Par AC	0:54:18	0:54:17
3	348	Blake Williams	Male Under 35	Newquay & Par AC	0:55:56	0:55:56
4	256	Steve Reynolds	Male 35-39	Truro Running Club	0:56:20	0:56:19
5	128	Ryan Hanley	Male 35-39	Cornwall AC	0:57:31	0:57:31
6	13	Luke Attwood	Male Under 35	Tamar Trotters	0:59:27	0:59:26
7	112	Jacob Gardner	Male Under 35	Hayle Runners	0:59:31	0:59:30
8	291	Colin Snook	Male 45-49	Cornwall AC	0:59:57	0:59:56
9	344	Paul Whear	Male 55-59	Cornwall AC	1:01:01	1:01:00
10	280	Peter Scriven	Male 45-49	Cornwall AC	1:01:44	1:01:42
11	62	Neil Carter	Male 40-44	Newquay Road Runners	1:02:48	1:02:46
12	337	Katie Walker	Female Under 35	Cornwall AC	1:03:28	1:03:27
13	12	James Attwood	Male 50-54	Cornwall AC	1:03:29	1:03:27
14	154	Ronnie James	Male 55-59	Cornwall AC	1:03:42	1:03:40
15	205	Louise Mitchell	Female Under 35	Truro Running Club	1:04:00	1:03:58
16	351	Simon Williams	Male 50-54	Newquay & Par AC	1:04:16	1:04:13
17	323	Dominic Turton	Male Under 35	Hayle Runners	1:04:40	1:04:39
18	150	Joe Hunt	Male Under 35	Falmouth Running Club	1:04:49	1:04:48
19	185	Alex Marples	Male 45-49	Truro Running Club	1:05:04	1:05:03
20	245	Callum Pinch	Male Under 35	Truro Running Club	1:05:06	1:05:05
21	221	Liam O'Neill	Male 35-39	Hayle Runners	1:05:59	1:05:57
22	184	Ryan Marks	Male Under 35	St Austell Running Club	1:06:04	1:06:02
23	345	Steven Wherry	Male 60-64	Hayle Runners	1:06:07	1:06:06
24	158	Simon Jeffs	Male 50-54	Hayle Runners	1:06:14	1:06:13
25	60	Stan Cameron	Male Under 35	Mile High	1:06:36	1:06:33
26	167	Adam Keogh	Male 45-49	Falmouth Running Club	1:06:43	1:06:30
27	356	Anthony Worthington	Male 55-59	Tamar Trotters	1:06:46	1:06:43
28	34	Alexander Botterell	Male Under 35		1:06:54	1:06:51
29	335	Callum Waldie	Male Under 35	Truro Running Club	1:07:01	1:06:59
30	233	Bradley Parsons	Male Under 35	St Austell Running Club	1:07:12	1:07:10
31	234	Emma Paull	Female 35-39	Hayle Runners	1:07:27	1:07:26
32	208	Zelah Morrall	Female 55-59	Cornwall AC	1:07:40	1:07:37
33	156	Alan Jeffrey	Male 50-54	Bodmin Running Club	1:07:54	1:07:50
34	1	Scott Abraham	Male 50-54	Hayle Runners	1:08:14	1:08:12
35	100	Mike Ellis	Male 45-49	Newquay & Par AC	1:08:19	1:08:17
36	230	Daniel Padfield	Male Under 35	Falmouth Running Club	1:08:22	1:08:18
37	171	Simon Knowles	Male 45-49	Hayle Runners	1:08:42	1:08:40
38	92	Mike Dowrick	Male 50-54	Cornwall AC	1:08:47	1:08:45
39	249	Darrin Porter	Male 55-59	Cornwall AC	1:09:00	1:08:58
40	298	Emma Stepto	Female 50-54	Cornwall AC	1:09:12	1:09:10
41	350	Mark Williams	Male 55-59	Hayle Runners	1:09:56	1:09:54
42	8	Chris Annear	Male 35-39		1:10:02	1:09:58
43	300	Rebecca Stobart	Female Under 35	Cornwall AC	1:10:04	1:10:01
44	70	Dan Cocks	Male 35-39	St Austell Athletes Running	1:11:03	1:10:59
45	164	Jiri Kempny	Male 50-54	Vegan Runners UK	1:11:51	1:11:48
46	98	Jon Eldon	Male 60-64	Hayle Runners	1:12:23	1:12:21
47	172	Craig Knuckey	Male 55-59	Cornwall AC	1:13:05	1:13:03

48	308	Hugh Taylor	Male 45-49		1:14:11	1:14:06
49	303	Mark Sweeney	Male 60-64	St Austell Running Club	1:14:15	1:14:11
50	114	Jodie Gauld	Female Under 35	St Austell Running Club	1:14:15	1:14:12
51	193	Richard Mayes	Male 50-54	Midland Masters AC	1:14:19	1:14:15
52	88	Glynn Davis	Male 60-64		1:14:25	1:14:23
53	207	Daniel Moore	Male 35-39		1:14:42	1:14:38
54	42	Peter Brodey	Male Under 35	St Austell Running Club	1:14:43	1:14:39
55	110	Joanna Furtado	Female Under 35	Falmouth Running Club	1:14:52	1:14:49
56	273	Tom Row	Male Under 35		1:14:53	1:14:49
57	260	Stuart Richards	Male 50-54	St Austell Running Club	1:14:57	1:14:52
58	59	Henry Cameron	Male 50-54	Truro Running Club	1:14:59	1:14:55
59	272	Matt Row	Male 35-39	St Austell Running Club	1:15:07	1:15:02
60	312	James Toseland	Male 35-39	Truro Running Club	1:15:13	1:15:07
61	270	Nick Rogers	Male 50-54	Truro Running Club	1:15:18	1:15:13
62	328	Craig Varcoe	Male 35-39	St Austell Running Club	1:15:23	1:15:19
63	142	Andrew Hickson	Male 55-59	Cornwall AC	1:15:36	1:15:33
64	9	Gail Aspden	Female 50-54	Cornwall AC	1:15:42	1:15:37
65	212	Sam Naisby	Male Under 35		1:16:30	1:16:27
66	138	Rose Harvie	Female Under 35	Newquay Road Runners	1:16:33	1:16:28
67	235	Lucy Paull	Female 40-44	Hayle Runners	1:16:42	1:16:39
68	127	Dougie Handford	Male Under 35		1:17:06	1:16:58
69	116	Steve Gibb	Male Under 35		1:17:24	1:17:21
70	310	Steven Thomas	Male 45-49	Carn Runners	1:17:26	1:17:19
71	30	Alistair Blake	Male 35-39		1:17:30	1:17:09
72	336	Iain Walker	Male 65-69	St Austell Running Club	1:17:39	1:17:33
73	55	Ross Buscombe	Male 35-39	St Austell Running Club	1:17:41	1:17:36
74	153	Andrew James	Male 40-44	Hayle Runners	1:18:23	1:18:17
75	66	Richard Chynoweth	Male 40-44	Truro Running Club	1:18:40	1:18:36
76	284	Kevin Silver	Male 55-59	Hayle Runners	1:18:46	1:18:40
77	133	Debbie Harrison-Wek	Female 50-54	Hayle Runners	1:18:56	1:18:50
78	203	Helen Mitchell	Female 55-59	Truro Running Club	1:18:58	1:18:53
79	248	Beth Popperwell	Female 50-54	Mile High	1:18:59	1:18:52
80	217	Jim Nettleton	Male 55-59	Truro Running Club	1:19:02	1:18:57
81	297	James Stephens	Male 35-39	St Austell Running Club	1:19:03	1:18:57
82	326	Darren Uren	Male 40-44	Hayle Runners	1:19:18	1:19:17
83	19	Marty Barnfield	Male 50-54	Bodmin Running Club	1:19:23	1:19:17
84	99	Andrew Ellis	Male 50-54	Hayle Runners	1:19:38	1:19:32
85	327	Alice Vage	Female Under 35	Cornwall AC	1:20:02	1:19:59
86	293	David Speake	Male 50-54	St Austell Running Club	1:20:04	1:19:57
87	307	Matthew Tamblyn	Male 35-39		1:20:20	1:20:08
88	313	Julie Towers	Female 60-64	Hayle Runners	1:20:23	1:20:17
89	343	Mandy Watts	Female 55-59	Newquay Road Runners	1:20:35	1:20:27
90	25	Mark Bennetts	Male 45-49	St Austell Athletes Running	1:20:35	1:20:30
91	354	Susanne Wood	Female 45-49	Cornwall AC	1:20:40	1:20:31
92	275	Malcolm Sabine	Male 35-39		1:20:48	1:20:40
93	166	Charlie Knight	Male Under 35		1:20:57	1:20:53
94	325	Craig Underhill	Male 55-59	Hayle Runners	1:21:01	1:20:52
95	108	Hannah Fox	Female 45-49	Mile High	1:21:20	1:21:12
96	111	Fiona Gamble	Female 35-39	Hayle Runners	1:21:29	1:21:20

97	82	Michael Counter	Male 55-59	St Austell Running Club	1:21:41	1:21:34
98	94	Natalie Dunn	Female 35-39	Truro Running Club	1:21:46	1:21:39
99	106	Lia Foreman	Female Under 35	Hayle Runners	1:22:08	1:21:59
100	2	Mitch Acres	Male Under 35	Launceston Road Runners	1:22:11	1:22:06
101	38	Luke Bradford	Male 40-44	Hayle Runners	1:22:22	1:22:19
102	251	Sean Pulley	Male 60-64	Hayle Runners	1:22:23	1:19:56
103	134	Chris Hart	Male 40-44		1:22:24	1:22:13
104	28	Jenna Bissell	Female 35-39	Truro Running Club	1:22:45	1:22:40
105	121	Rachel Goulbourn	Female 40-44		1:22:56	1:22:48
106	250	Damen Powell	Male 35-39	St Austell Running Club	1:23:21	1:23:16
107	209	Richard Morton	Male 70-74	Tamar Trotters	1:23:30	1:23:26
108	117	Mike Gilbert	Male 35-39	Launceston Road Runners	1:23:33	1:23:26
109	157	Monique Jeffrey-Jones	Female 50-54	Bodmin Running Club	1:23:52	1:23:46
110	255	Zoe Renowden	Female 40-44	Hayle Runners	1:23:57	1:23:48
111	155	Simon James	Male 50-54	Cornwall AC	1:24:04	1:23:57
112	53	Anthony Burrows	Male 55-59	Hayle Runners	1:24:15	1:24:07
113	238	Robert Pearce	Male 35-39	Tri Logic Cornwall	1:24:16	1:24:09
114	41	Dan Breward	Male 35-39		1:24:23	1:24:14
115	130	Amy Harrington	Female Under 35	Truro Running Club	1:24:24	1:24:18
116	136	Katie Harvie	Female Under 35	Torbay AAC	1:24:30	1:24:26
117	242	Victoria Phillips	Female Under 35		1:24:32	1:24:28
118	47	David Buckingham	Male 40-44		1:24:37	1:24:26
119	72	Tanya Coleman	Female 50-54	Truro Running Club	1:24:37	1:24:31
120	91	Martin Dinham	Male 50-54	Mile High	1:24:39	1:24:31
121	259	Nick Richards	Male 50-54	Tri Logic Cornwall	1:24:40	1:24:32
122	175	Andrew Laurie	Male 60-64		1:24:48	1:24:33
123	174	Tristan Lang	Male 50-54	Truro Running Club	1:24:50	1:24:35
124	246	Tommy Polglase	Male 70-74	Carn Runners	1:24:53	1:24:47
125	54	Jack Burtenshaw	Male Under 35		1:24:55	1:24:50
126	7	Paul Angove	Male 55-59	Cornwall AC	1:25:07	1:24:49
127	294	Julian Spencer	Male 55-59	Truro Running Club	1:25:26	1:25:22
128	65	Julian Chapman	Male 60-64		1:25:39	1:25:29
129	306	Sophie Talling	Female Under 35	Newquay Road Runners	1:26:26	1:26:17
130	119	Anna Goodman	Female Under 35	Hayle Runners	1:26:42	1:26:34
131	37	Karina Bowers	Female 40-44	St Austell Running Club	1:27:06	1:27:00
132	266	Andy Roberts	Male 55-59	St Austell Running Club	1:27:07	1:26:55
133	109	David Foy	Male 50-54	Falmouth Running Club	1:27:07	1:26:55
134	211	Sarah Myford	Female 55-59	Bodmin Running Club	1:27:10	1:27:00
135	14	Christopher Baggott	Male 50-54	St Austell Running Club	1:27:11	1:26:54
136	125	Paul Gwynne	Male 55-59	Perran Trail Runners	1:27:26	1:27:11
137	4	Peter Allen	Male 65-69	Newquay Road Runners	1:27:41	1:27:34
138	118	Rebecca Goldie	Female 35-39		1:27:49	1:27:33
139	170	Helen Knowles	Female 45-49	Hayle Runners	1:27:54	1:27:45
140	311	Alice Tomkins	Female Under 35		1:28:13	1:28:02
141	95	Alan Edwards	Male 50-54	Newquay Road Runners	1:28:15	1:28:03
142	137	Mark Harvie	Male 55-59		1:28:20	1:28:16
143	152	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	1:28:42	1:28:37
144	84	Nathan Cudmore	Male 45-49	Hayle Runners	1:28:48	1:28:38
145	132	Emma Harris	Female 35-39		1:28:58	1:28:50

146	75	Richard Collett	Male 40-44	Hayle Runners	1:29:07	1:28:59
147	347	Sarah Wilkinson	Female 60-64	Newquay Road Runners	1:29:08	1:29:00
148	285	Mark Simpson	Male 35-39	Launceston Road Runners	1:29:10	1:29:03
149	192	Gregory May	Male 40-44	Carn Runners	1:29:18	1:29:04
150	237	Helen Pearce	Female 60-64		1:29:43	1:29:27
151	101	Eleanor Ellison	Female 65-69	Newquay Road Runners	1:29:54	1:29:45
152	289	Hannah Smith	Female Under 35	Hayle Runners	1:29:57	1:29:48
153	204	Jon Mitchell	Male 50-54	Cornwall AC	1:30:17	1:30:10
154	3	Akos Aladics	Male 45-49		1:30:19	1:30:12
155	78	Ryan Condon	Male 40-44	Hayle Runners	1:30:30	1:30:26
156	96	Nicola Edwards	Female 45-49	Newquay Road Runners	1:30:35	1:30:24
157	355	Richard Woolliscroft	Male 55-59		1:30:37	1:30:22
158	93	Andrew Duncan	Male 45-49		1:30:37	1:30:22
159	97	Robbie Edwards	Male 55-59		1:30:41	1:30:34
160	226	Michael Orchard	Male 65-69	Hayle Runners	1:30:55	1:30:42
161	143	Kara Hill	Female 35-39		1:31:32	1:31:23
162	223	Louise Ollivier	Female 55-59	Hayle Runners	1:31:39	1:31:28
163	50	Mel Burgess	Female 55-59	Hayle Runners	1:31:41	1:31:24
164	274	Sharon Rowat	Female 50-54	Hayle Runners	1:31:47	1:31:31
165	173	Mark Lancaster	Male 35-39	Launceston Road Runners	1:32:07	1:31:59
166	252	Adrian Quest	Male 45-49		1:32:13	1:32:04
167	40	Nicky Brenton	Female 55-59	Bodmin Running Club	1:32:17	1:32:11
168	6	Doug Alsop	Male 75-79	St Austell Running Club	1:32:22	1:32:11
169	76	Lowenna Collins	Female 40-44		1:32:26	1:32:09
170	5	Sarah Allen	Female 50-54	Hayle Runners	1:32:31	1:32:20
171	105	Morgan Figgins	Male Under 35		1:32:35	1:32:26
172	104	Amy Figgins	Female Under 35		1:32:35	1:32:26
173	320	Augusta Trussell	Female Under 35	Truro Running Club	1:32:40	1:32:34
174	165	Steve Kemsley	Male 60-64	Falmouth Running Club	1:32:40	1:32:28
175	342	Diane Warren	Female 65-69	Hayle Runners	1:32:45	1:32:34
176	135	Jenna Hart	Female 35-39		1:33:02	1:32:52
177	338	Steven Walkey	Male 70-74	Falmouth Running Club	1:33:20	1:33:08
178	287	Jason Smeeth	Male 35-39		1:33:50	1:33:32
179	279	Richard Scott	Male 35-39		1:33:51	1:33:32
180	188	Colin Martin	Male 70-74	Newquay Road Runners	1:34:03	1:33:51
181	162	Mark Jones	Male 45-49	Launceston Road Runners	1:34:09	1:34:04
182	177	Trevor Lee	Male 60-64	Truro Running Club	1:34:11	1:33:57
183	358	Colin Bathe	Male 55-59	Truro Running Club	1:34:12	1:34:09
184	168	Rob Kersey	Male 70-74	Holmfirth Harriers AC	1:34:25	1:34:19
185	61	Chris Campbell	Male 55-59	Hayle Runners	1:34:30	1:34:16
186	48	Jennifer Buckland	Female 50-54	Hayle Runners	1:34:31	1:34:16
187	187	Debbie Marshall	Female 45-49	St Austell Running Club	1:34:38	1:34:21
188	317	Benjamin Tremayne	Male 35-39		1:34:51	1:34:40
189	36	Steve Bowen	Male 55-59	St Austell Running Club	1:35:09	1:35:04
190	64	Beth Chapman	Female 45-49		1:35:16	1:35:02
191	225	Hayley Orchard	Female 50-54		1:35:22	1:35:08
192	35	Annie Bover	Female 45-49	Bude Rats (Run and Tri)	1:35:29	1:35:19
193	283	Barry Shaw	Male 45-49		1:35:39	1:35:22
194	146	Ruth Holding	Female 60-64	Mile High	1:36:16	1:36:07

195	21	Mike Bawden	Male 65-69	Carn Runners	1:36:31	1:36:24
196	191	Rebecca Martin	Female 40-44		1:36:43	1:36:26
197	23	Claire Below	Female Under 35		1:36:52	1:36:39
198	219	Paul Nicholls	Male 50-54		1:36:56	1:36:42
199	265	Janet Ritchie	Female 60-64	Carn Runners	1:37:01	1:36:50
200	258	Jo Richards	Female Under 35		1:37:25	1:37:14
201	302	Gary Swain	Male 55-59	Hayle Runners	1:37:26	1:37:10
202	69	Vicky Cloete	Female 50-54		1:37:45	1:37:30
203	309	Helen Thomas	Female 50-54	Truro Running Club	1:38:09	1:38:01
204	148	Catherine Horton	Female 50-54		1:38:15	1:38:04
205	222	Vicky Oakes	Female 50-54	St Austell Running Club	1:38:15	1:37:56
206	339	Cat Wallman	Female 50-54	Truro Running Club	1:38:25	1:38:09
207	322	John Turtle	Male 60-64	Hayle Runners	1:39:26	1:39:10
208	195	Ben Mayo	Male 35-39		1:39:27	1:39:10
209	299	Juliet Stewart	Female 55-59	Truro Running Club	1:39:30	1:39:22
<b>210</b>	<b>254</b>	<b>Samantha Rendell</b>	<b>Female 50-54</b>	<b>Falmouth Running Club</b>	<b>1:39:49</b>	<b>1:39:40</b>
211	292	Philip Spargo	Male 65-69	Truro Running Club	1:40:01	1:39:48
212	73	Andy Coles	Male 60-64	St Austell Running Club	1:40:22	1:40:03
213	22	John Beard	Male 45-49	Newquay Road Runners	1:40:24	1:40:13
214	56	Holly Byatt	Female 35-39	Perran Trail Runners	1:40:34	1:40:23
215	74	Helen Collett	Female 60-64	Hart Road Runners	1:40:53	1:40:43
216	10	Abi Athay	Female 40-44	Lonely Goat RC	1:40:55	1:40:38
217	278	Dawn Scallan	Female 50-54	Carn Runners	1:40:58	1:40:46
218	253	Christopher Ramsey	Male 70-74	Truro Running Club	1:41:25	1:41:17
<b>219</b>	<b>86</b>	<b>James Danks</b>	<b>Male 40-44</b>	<b>Falmouth Running Club</b>	<b>1:41:32</b>	<b>1:41:17</b>
220	198	Tracy Mckenzie	Female 45-49	Newquay Road Runners	1:41:54	1:41:45
221	85	Martin Curtis	Male 75-79	Hayle Runners	1:41:59	1:41:50
222	131	Maria Harrington	Female 50-54	Deal Tri	1:42:00	1:41:46
223	67	Margaret Clark	Female 60-64	Hayle Runners	1:42:05	1:41:50
224	241	Diane Phillips	Female 55-59		1:42:10	1:41:51
225	45	Anthony Bryant	Male 45-49	Hayle Runners	1:42:16	1:42:04
226	304	Stephen Symons	Male 55-59	Quays Running Club	1:42:20	1:42:14
227	160	Richard Jenkin	Male 75-79	Cornwall AC	1:42:27	1:42:17
228	318	Louise Tremewan	Female 35-39		1:42:30	1:42:14
229	295	Harry Stallard	Male Under 35	St Austell Running Club	1:42:41	1:42:23
<b>230</b>	<b>232</b>	<b>Karen Parker</b>	<b>Female 55-59</b>	<b>Falmouth Running Club</b>	<b>1:42:51</b>	<b>1:42:41</b>
231	196	Innes McCartney	Male 60-64	Hayle Runners	1:43:16	1:42:59
232	202	Steve Menear	Male 65-69	St Austell Running Club	1:43:35	1:43:17
233	79	Philip Conroy	Male 70-74		1:43:37	1:43:27
234	220	Qiuli Nicholls	Female 40-44		1:44:27	1:44:13
235	243	Dave Pickard	Male 65-69	Launceston Road Runners	1:44:34	1:44:27
236	319	Charlotte Trethewey	Female 45-49	St Austell Running Club	1:44:36	1:44:17
237	276	Peter Sargent	Male 75-79	South West Vets A.C.	1:44:36	1:44:26
238	33	Christine Boon	Female 55-59	Truro Running Club	1:45:03	1:44:50
239	231	Martin Palmer	Male 60-64	Perran Trail Runners	1:45:03	1:44:49
240	71	Sarah Coleman	Female 40-44		1:45:29	1:45:18
241	199	David McKillop	Male 55-59	Dronfield Running Club	1:45:33	1:45:12
242	346	Demelza Widdershov	Female 40-44	Carn Runners	1:46:08	1:45:55
243	20	Joanne Barry	Female 45-49	JP Fitness Cornwall	1:46:15	1:45:57

244	357 Hilary Kennedy	Female 60-64	Brixham Harriers	1:47:01	1:46:43
245	190 Jacqui Martin	Female 50-54	St Austell Running Club	1:47:58	1:47:38
246	244 Linda Pickard	Female 60-64	Launceston Road Runners	1:48:07	1:48:01
247	330 Armando Vieira	Male 45-49	St Austell Running Club	1:48:55	1:48:38
248	331 Paula Vieira	Female 45-49	St Austell Running Club	1:48:55	1:48:38
249	140 Andrew Heather	Male 55-59	Hayle Runners	1:49:03	1:48:51
250	268 Shaun Roberts	Male 50-54	Hayle Runners	1:49:04	1:48:50
251	263 Ian Ringer	Male 75-79		1:49:26	1:49:14
252	18 John Barnes	Male 60-64	Launceston Road Runners	1:49:30	1:49:07
253	90 Nicola Dickey	Female 50-54	Falmouth Running Club	1:50:23	1:50:13
254	314 Stewart Townend	Male 80+	Hayle Runners	1:50:42	1:50:28
255	240 Nick Pentreath	Male 60-64	Constantine Road And Trail	1:51:22	1:51:06
256	247 Donna Pollard	Female 50-54	Carn Runners	1:51:38	1:51:27
257	301 Jackie Stone	Female 60-64	Hayle Runners	1:51:54	1:51:42
258	58 Wayne Caff	Male 50-54	Perran Trail Runners	1:51:58	1:51:47
259	102 Des Evans	Male 75-79	Newquay Road Runners	1:51:58	1:51:50
260	224 Gillian Onley	Female 55-59	Cornwall AC	1:51:59	1:51:46
261	83 Caroline Cross	Female Under 35	Cornwall AC	1:51:59	1:51:46
262	180 Karen Lovegrove	Female 70-74	Hayle Runners	1:52:50	1:52:35
263	329 Martin Venning	Male 70-74	Launceston Road Runners	1:52:58	1:52:42
264	333 Francis Vosper	Male 65-69	Lonely Goat RC	1:53:57	1:53:37
265	334 Nicola Vosper	Female 60-64	Lonely Goat RC	1:53:57	1:53:38
266	129 Roland Hardman	Male 65-69	Hayle Runners	1:54:04	1:53:48
267	236 Claire Payne	Female 50-54	Carn Runners	1:54:20	1:54:04
268	182 Gwen Maggs	Female 35-39	St Austell Running Club	1:55:21	1:55:01
269	103 Samantha Ewart	Female 45-49	St Austell Running Club	1:55:22	1:55:02
270	194 Simon Mayho	Male 50-54	Hayle Runners	1:55:38	1:55:22
271	181 Sarah Luff	Female 40-44	JP Fitness Cornwall	1:56:10	1:55:51
272	124 Marlene Grobler	Female 40-44	Carn Runners	1:56:13	1:55:59
273	186 Kathryn Marsh	Female 45-49	Carn Runners	1:56:15	1:56:01
274	332 Caroline Vinnicombe	Female 50-54	Cornwall AC	1:56:35	1:56:22
275	183 Courtney Marks	Female Under 35	St Austell Running Club	1:56:47	1:56:35
276	145 Lorna Hogg	Female 50-54	St Austell Running Club	1:56:55	1:56:37
277	315 John Trafford	Male 60-64		1:59:03	1:58:44
278	159 Jacqueline Jenkin	Female 75-79	Cornwall AC	1:59:15	1:59:03
279	340 Victoria Walton	Female 45-49	Newquay Road Runners	1:59:45	1:59:28
280	281 Jane Shaddick-Brady	Female 60-64		2:00:17	1:59:59
281	68 Theresa Clark	Female 55-59	Hayle Runners	2:00:48	2:00:32
282	89 Nicole Di Maio	Female 40-44	Cornwall AC	2:00:59	2:00:47
283	352 Janet Wills	Female 70-74	St Austell Running Club	2:03:58	2:03:38
284	197 Patricia McCartney	Female 60-64	Mounts Bay Harriers	2:05:31	2:05:14
285	32 Robert Bolitho	Male 60-64	Falmouth Running Club	2:07:53	2:07:40
286	31 Julie Bolitho	Female 55-59	Falmouth Running Club	2:09:41	2:09:29
287	57 Jane Caff	Female 60-64		2:09:43	2:09:25
288	349 Emma Williams	Female 40-44	JP Fitness Cornwall	2:16:48	2:16:29
289	176 Steve Lawrence	Male 65-69	Falmouth Running Club	2:18:24	2:18:06
290	290 Suzie Smith	Female 45-49		2:26:59	2:26:37
291	63 Helen Cattran	Female 55-59	Hayle Runners	2:26:59	2:26:37