

Boconnoc 5 - 2024

Place	Bib	Name	AG	Club	GunTime	ChipTime
1	29	Steve Reynolds	Male 35-39	Truro Running Club	0:31:07	0:30:39
2	355	James Trubridge	Male 45-49	Newquay & Par AC	0:32:11	0:31:43
3	349	Stuart Walker	Male 35-39	Falmouth Running Club	0:32:52	0:32:23
4	298	Simon Morse	Male 35-39	East Cornwall Harriers	0:33:03	0:32:35
5	6	David Tregonning	Male Under 35	St Austell Running Club	0:33:05	0:32:36
6	105	Bradley Parsons	Male Under 35	St Austell Running Club	0:33:37	0:33:08
7	303	Paul Trifanov	Male Under 35	Newquay Road Runners	0:33:38	0:33:10
8	295	Oliver Jones	Male 50-54	East Cornwall Harriers	0:33:43	0:33:14
9	218	Tamara Beach	Female Under 35	Cornwall AC	0:33:51	0:33:23
10	149	Callum Pinch	Male Under 35	Truro Running Club	0:33:59	0:33:30
11	346	Jack O'Reilly	Male 35-39	(no club)	0:34:34	0:34:06
12	224	Joseph Thomson	Male 35-39	Launceston Road Runners	0:34:35	0:34:05
13	26	Henry Kennaway	Male Under 35	Truro Running Club	0:34:41	0:34:12
14	268	Che Cudby	Male Under 35	Truro Running Club	0:34:52	0:34:23
15	252	Neil Carter	Male 40-44	Newquay Road Runners	0:35:04	0:34:36
16	167	Callum Waldie	Male Under 35	Truro Running Club	0:35:10	0:34:40
17	41	James Youlden	Male 45-49	St Austell Running Club	0:35:11	0:34:41
18	36	Liam O'Neill	Male 35-39	Hayle Runners	0:35:18	0:34:48
19	357	Nigel Sullivan	Male 55-59	Bodmin Running Club	0:35:20	0:34:50
20	242	Mike Dowrick	Male 50-54	Cornwall AC	0:35:39	0:35:11
21	93	Antony Jarvis	Male 50-54	St Austell Running Club	0:35:40	0:35:11
22	290	Dave Hannah	Male 35-39	East Cornwall Harriers	0:35:57	0:35:28
23	75	Mark Roby	Male 45-49	Truro Running Club	0:35:59	0:35:31
24	267	Ryan Marks	Male Under 35	St Austell Running Club	0:36:17	0:35:48
25	69	Ben Harding	Male 40-44	East Cornwall Harriers	0:36:28	0:35:59
26	344	Tom Sparkes	Male 35-39	Bodmin Running Club	0:37:01	0:36:32
27	201	Jamie Daniell	Male 35-39	St Austell Running Club	0:37:21	0:36:51
28	66	Jo Temple	Female Under 35	Truro Running Club	0:37:44	0:37:14
29	139	Joanna Furtado	Female Under 35	Falmouth Running Club	0:37:57	0:37:19
30	323	Josh Tiffin	Male Under 35	Rugby & Northampton AC	0:38:05	0:37:33
31	352	James Davies	Male 40-44		0:38:06	0:37:34
32	67	Robert Standing	Male 50-54	Truro Running Club	0:38:08	0:37:37
33	300	Quentin Gunderson	Male 50-54	Bodmin Running Club	0:38:11	0:37:42
34	202	Richard Chynoweth	Male 40-44	Truro Running Club	0:38:13	0:37:43
35	44	Colin Bathe	Male 55-59	Truro Running Club	0:38:24	0:37:53
36	40	Brett Jackson	Male 35-39	St Austell Running Club	0:38:29	0:38:00
37	330	Alan Hughes	Male 40-44	Bodmin Running Club	0:38:47	0:38:17
38	27	Ian Curnow	Male 50-54	Hayle Runners	0:38:51	0:38:20
39	163	Wendy Chapman	Female 45-49	Truro Running Club	0:38:59	0:38:29
40	150	Jeremy Brown	Male 50-54	Bude Rats (Run and Tri)	0:39:08	0:38:37
41	217	Derren Blewett	Male 55-59	St Austell Running Club	0:39:13	0:38:42
42	134	Jon Eldon	Male 60-64	Hayle Runners	0:39:15	0:38:44
43	37	Greg Dufour-Cox	Male 50-54	Falmouth Running Club	0:39:38	0:39:01
44	283	Melissa King	Female 40-44		0:39:39	0:39:09
45	153	Paul Gough	Male 50-54	Hayle Runners	0:39:44	0:39:12
46	296	Gary Richards	Male 55-59	Truro Running Club	0:39:48	0:39:19
47	136	Dave Cudby	Male 40-44	Truro Running Club	0:39:54	0:39:25

48	59 Ben Stean	Male Under 35		0:40:08	0:39:36
49	196 Iain Walker	Male 65-69	St Austell Running Club	0:40:15	0:39:44
50	354 Ross Buscombe	Male 35-39	St Austell Running Club	0:40:22	0:39:51
51	116 Robin Watson	Male 60-64	Falmouth Running Club	0:40:25	0:39:56
52	260 Caitlin Keaney	Female Under 35	Newquay & Par AC	0:40:33	0:40:02
53	327 Caroline Steven	Female 55-59	Tavistock AC	0:40:39	0:40:10
54	165 Ian Temple	Male 55-59	Bodmin Running Club	0:41:05	0:40:34
55	215 Simon Hambury	Male 45-49	Falmouth Running Club	0:41:08	0:40:30
56	39 Kevin Silver	Male 55-59	Hayle Runners	0:41:30	0:40:57
57	110 Ashley Elliott	Female Under 35	East Cornwall Harriers	0:41:35	0:41:06
58	353 Mandy Gibson	Female 45-49	Looe Pioneers Running Club	0:41:39	0:41:06
59	62 Brad Marshall	Male Under 35		0:41:46	0:41:14
60	272 Andrew Searle	Male 40-44	Hayle Runners	0:42:02	0:41:29
61	74 Mark Thomas	Male 50-54	Truro Running Club	0:42:09	0:41:38
62	312 Ellie Wagstaff	Female Under 35		0:42:26	0:41:53
63	152 Danny O'Shea	Male 45-49	Truro Running Club	0:42:28	0:41:56
64	186 Andrew James	Male 40-44	Hayle Runners	0:42:29	0:41:57
65	101 Thomas Moore	Male 40-44	Truro Running Club	0:42:34	0:42:00
66	12 Marty Barnfield	Male 50-54	Bodmin Running Club	0:42:42	0:42:10
67	72 Laura Pool	Female 40-44	Truro Running Club	0:42:53	0:42:22
68	320 Eve Hearle	Female 40-44	Newquay Road Runners	0:42:55	0:42:23
69	308 Jonathan Sharp	Male 40-44		0:42:57	0:42:22
70	259 Patrick Dunne	Male 55-59		0:42:59	0:42:19
71	302 Louise Littlejohns	Female 50-54		0:43:04	0:42:34
72	138 Helen Mitchell	Female 55-59	Truro Running Club	0:43:09	0:42:36
73	315 Rebecca Morgan	Female 45-49	Truro Running Club	0:43:11	0:42:38
74	244 David Yorath	Male 35-39		0:43:22	0:42:40
75	343 David Speake	Male 50-54	St Austell Running Club	0:43:36	0:43:04
76	82 Nick Shapland	Male 50-54		0:43:39	0:43:02
77	112 Kaye Patterson	Female 35-39	East Cornwall Harriers	0:43:45	0:43:11
78	173 Jade Palmer	Female Under 35		0:44:09	0:43:28
79	273 Stella Gardener	Female 40-44	Newquay Road Runners	0:44:10	0:43:38
80	342 Finley Edwards	Male Under 35	Newquay Road Runners	0:44:12	0:43:42
81	166 Alison Temple	Female 60-64	Bodmin Running Club	0:44:12	0:43:40
82	155 Vivian Bray	Male 55-59	Cornwall AC	0:44:30	0:43:57
83	119 Michael Weaver	Male 40-44		0:44:32	0:43:57
84	178 Ian Savigar	Male 60-64	East Cornwall Harriers	0:44:36	0:44:07
85	109 Amanda Evans	Female 35-39		0:44:38	0:43:53
86	316 Julian Spencer	Male 55-59	Truro Running Club	0:44:45	0:44:15
87	229 Gavin Clegg	Male 65-69	East Cornwall Harriers	0:44:50	0:44:07
88	71 David Atkinson-Beat	Male 40-44	Truro Running Club	0:44:56	0:44:20
89	358 Tom Maynard	Male Under 35		0:44:59	0:44:23
90	264 Anna Polglase	Female Under 35		0:44:59	0:44:23
91	31 Fay Cameron	Female 35-39	Newquay Road Runners	0:45:08	0:44:34
92	256 Revis Crowle	Female 60-64	East Cornwall Harriers	0:45:09	0:44:36
93	115 John Featherstone	Male 50-54	Looe Pioneers Running Club	0:45:12	0:44:38
94	135 Emma Clark	Female 40-44	Looe Pioneers Running Club	0:45:12	0:44:38
95	84 Mandy Watts	Female 55-59	Newquay Road Runners	0:45:13	0:44:34
96	240 Lee Tullett	Male 45-49	Hayle Runners	0:45:14	0:44:41

97	33	Hayley Stacey	Female 45-49	East Cornwall Harriers	0:45:16	0:44:34
98	335	Fiona Gamble	Female 35-39	Hayle Runners	0:45:31	0:44:57
99	279	Lee Stewart	Male 45-49		0:45:38	0:45:02
100	276	Sarah Holland	Female 45-49	Tavistock AC	0:45:59	0:45:28
101	333	Phillip Ciano	Male 60-64	Perran Trail Runners	0:46:06	0:45:25
102	248	John Sudell	Male 65-69	East Cornwall Harriers	0:46:16	0:45:33
103	332	Christopher Baggott	Male 50-54	St Austell Running Club	0:46:19	0:45:46
104	120	Clive Shute	Male 45-49	East Cornwall Harriers	0:46:22	0:45:48
105	52	Sarah Myford	Female 55-59	Bodmin Running Club	0:46:29	0:45:53
106	65	Liz Trebilcock	Female 55-59	Truro Running Club	0:46:53	0:46:19
107	17	Peter Allen	Male 65-69	Newquay Road Runners	0:47:06	0:46:33
108	340	Harry Maywood	Male Under 35	Looe Pioneers Running Club	0:47:38	0:47:02
109	5	David Thomasson	Male 50-54	Bodmin Running Club	0:47:47	0:47:15
110	251	Meeta Nicholls	Female 45-49	East Cornwall Harriers	0:47:52	0:47:10
111	32	Claire Winfield	Female 55-59	Launceston Road Runners	0:47:53	0:47:19
112	305	Alan Edwards	Male 50-54	Newquay Road Runners	0:47:57	0:47:20
113	184	Miranda Flannigan	Female 50-54	Perran Trail Runners	0:48:02	0:47:27
114	213	Grahame Mace	Male 50-54	Looe Pioneers Running Club	0:48:12	0:47:35
115	339	Doug Alsop	Male 75-79	St Austell Running Club	0:48:19	0:47:42
116	297	Isabel Irwin-Bowler	Female 35-39	St Austell Running Club	0:48:23	0:47:44
117	253	Ivor Pudner	Male 55-59	Looe Pioneers Running Club	0:48:24	0:47:42
118	307	Halle Ashworth	Female Under 35	Launceston Road Runners	0:48:26	0:47:54
119	304	Nicola Edwards	Female 45-49	Newquay Road Runners	0:48:28	0:47:51
120	238	Natalie Matthews	Female 40-44		0:48:28	0:47:49
121	85	Lisa Player	Female 60-64	Newquay Road Runners	0:48:29	0:47:49
122	324	Andrew Sims	Male 55-59	East Cornwall Harriers	0:48:32	0:47:43
123	189	Barry Pound	Male 70-74		0:48:43	0:48:08
124	275	Paul Bufton	Male 65-69	Truro Running Club	0:48:46	0:48:13
125	265	Malcolm Lee	Male 60-64		0:48:50	0:48:12
126	191	Ashley Weatherall	Male 35-39		0:48:55	0:48:05
127	314	Martin Gregory	Male 55-59	Looe Pioneers Running Club	0:49:01	0:48:27
128	106	Sarah Wilkinson	Female 60-64	Newquay Road Runners	0:49:02	0:48:23
129	131	Calvin Mudd	Male 50-54	Canicross Cornwall	0:49:03	0:48:29
130	198	Robert Stephenson	Male 65-69		0:49:25	0:48:49
131	181	David Varley	Male 55-59		0:49:28	0:48:49
132	88	Nick Pope	Male 60-64	Looe Pioneers Running Club	0:49:33	0:48:51
133	61	Darrell Fuller	Male 50-54		0:49:36	0:49:04
134	157	Andrew Urie	Male 50-54		0:49:40	0:48:58
135	221	Chris Bradish	Male 70-74		0:49:54	0:49:18
136	16	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	0:49:55	0:49:19
137	48	David Wilcox	Male 45-49	Truro Running Club	0:50:07	0:49:32
138	317	Charlie Gray	Female 45-49	Newquay Road Runners	0:50:10	0:49:36
139	293	Ray Clarke	Male 50-54		0:50:16	0:49:35
140	250	Linzi Hanscomb	Female 40-44	Bodmin Running Club	0:50:18	0:49:38
141	95	Linda Cuff	Female 55-59	Looe Pioneers Running Club	0:50:24	0:49:49
142	172	Karina Bowers	Female 40-44	St Austell Running Club	0:50:43	0:50:11
143	241	Gail Cory	Female 55-59	East Cornwall Harriers	0:50:54	0:50:06
144	160	Ant Patrick Polglase	Male 60-64	Bognor & Chichester AC	0:51:10	0:50:34
145	204	Joanna White	Female 35-39	East Cornwall Harriers	0:51:23	0:50:33

146	60	Clare Fuller	Female 50-54		0:51:42	0:51:09
147	9	Peter Brocklehurst	Male 70-74	St Austell Athletes Running Club	0:51:50	0:51:15
148	329	Sam Liddiard	Male Under 35		0:51:51	0:51:05
149	294	Nick Brewer	Male 50-54		0:51:58	0:51:17
150	73	Hannah Thomas	Female 45-49	Truro Running Club	0:51:59	0:51:24
151	68	Kelly Edwards	Female Under 35	Truro Running Club	0:52:03	0:51:28
152	337	Steve Skinner	Male 40-44	Looe Pioneers Running Club	0:52:05	0:51:27
153	81	Nigel Knuckey	Male 65-69	Truro Running Club	0:52:07	0:51:28
154	58	Lucy Fuller	Female Under 35		0:52:10	0:51:36
155	13	Neil Blonden	Male 50-54	Bodmin Running Club	0:52:18	0:51:35
156	14	Steve Copper	Male 45-49		0:52:18	0:51:34
157	123	Jeanette Duncan	Female 65-69	Newquay Road Runners	0:52:28	0:51:48
158	38	Steve Kemsley	Male 60-64	Falmouth Running Club	0:52:29	0:51:46
159	230	Dermot McCann	Male 60-64	Looe Pioneers Running Club	0:52:31	0:51:48
160	164	Garry Player	Male 55-59		0:52:34	0:51:57
161	338	Andy Morris	Male 50-54	-Individual -	0:52:49	0:52:00
162	341	Megan Farrow	Female Under 35	-Individual -	0:52:55	0:52:08
163	30	Nicky Brenton	Female 55-59	Bodmin Running Club	0:52:59	0:52:20
164	205	Kay Middleditch	Female 40-44	Truro Running Club	0:53:20	0:52:37
165	176	Lisa Mackenzie	Female 45-49		0:53:22	0:52:37
166	148	Janet Ritchie	Female 60-64	Carn Runners	0:53:25	0:52:49
167	287	Kirstie Maywood	Female 55-59	Looe Pioneers Running Club	0:53:34	0:52:47
168	310	Tracey Garland	Female 50-54	Storm Plymouth	0:53:43	0:53:00
169	197	Michael Hughes	Male 60-64	Storm Plymouth	0:53:44	0:53:00
170	190	Colin Palmer	Male 40-44	Storm Plymouth	0:53:45	0:53:01
171	280	Debora Cornish	Female 55-59	Storm Plymouth	0:53:45	0:53:00
172	236	John Bowden	Male 65-69	Looe Pioneers Running Club	0:54:00	0:53:17
173	143	John Beard	Male 45-49	Newquay Road Runners	0:54:04	0:53:30
174	70	Norbert Hamacher	Male 65-69	Truro Running Club	0:54:04	0:53:24
175	226	Si Barnett	Male 50-54		0:54:09	0:53:28
176	247	Ian Grimes	Male 70-74	Launceston Road Runners	0:54:09	0:53:32
177	121	Joanne Strawbridge	Female 45-49	East Cornwall Harriers	0:54:16	0:53:26
178	219	Jo Geeves	Female Under 35		0:54:22	0:53:39
179	350	Ashley Davies	Male 50-54	Bodmin Running Club	0:54:25	0:53:44
180	53	Clive Davis	Male 60-64		0:54:37	0:53:43
181	270	Juliet Stewart	Female 55-59	Truro Running Club	0:54:40	0:54:06
182	188	Christine Boon	Female 55-59	Truro Running Club	0:54:44	0:54:08
183	237	Sarah Robertson	Female 40-44		0:55:03	0:54:23
184	113	Roger Hambling	Male 70-74		0:55:13	0:54:31
185	7	James Danks	Male 40-44	Falmouth Running Club	0:55:22	0:54:44
186	225	Cassie Higgins	Female Under 35		0:55:28	0:54:49
187	79	Jackie Cope	Female 65-69	Falmouth Running Club	0:55:35	0:54:51
188	24	Angela Brinicombe	Female 65-69	Launceston Road Runners	0:55:36	0:54:43
189	336	Kirsty Webb	Female Under 35		0:55:38	0:55:00
190	199	Jake Loewendahl	Male 70-74		0:55:41	0:55:04
191	286	Claire Norris	Female 50-54	Falmouth Running Club	0:56:01	0:55:10
192	194	Georgina Symons	Female 45-49	St Austell Athletes Running Club	0:56:07	0:55:27
193	311	Jane Stephens	Female 55-59	Bodmin Running Club	0:56:09	0:55:29
194	277	Diane Foster	Female 50-54	Looe Pioneers Running Club	0:56:15	0:55:37

195	288	Sandra Northcott	Female 45-49	Looe Pioneers Running Club	0:56:16	0:55:29
196	233	Sarah Allen	Female 50-54	Hayle Runners	0:56:18	0:55:40
197	232	Emily Bates	Female Under 35		0:56:35	0:55:57
198	325	Karen Sims	Female 55-59	East Cornwall Harriers	0:56:44	0:55:55
199	192	Heather Wells	Female 55-59		0:56:51	0:56:12
200	345	Adrian Green	Male 50-54	Falmouth Running Club	0:57:00	0:56:10
201	151	Suzanne Brown	Female 55-59	Bude Rats (Run and Tri)	0:57:28	0:56:54
202	289	Heidi Chapman	Female 45-49	Bodmin Running Club	0:57:43	0:56:57
203	132	Helen Gamlen	Female 50-54	Canicross UK	0:57:44	0:57:06
204	278	Bryan Maywood	Male 55-59	Looe Pioneers Running Club	0:57:54	0:56:56
205	183	Laura Blight	Female 35-39	Falmouth Running Club	0:58:00	0:57:10
206	222	Steph Edwards	Female 40-44		0:58:01	0:57:16
207	42	Melanie Nile	Female 50-54	St Austell Running Club	0:58:02	0:57:17
208	10	Kelly Edwards	Female 45-49	Looe Pioneers Running Club	0:58:07	0:57:31
209	269	Kate Williams	Female 45-49	St Austell Running Club	0:58:07	0:57:21
210	47	Jacqui Martin	Female 50-54	St Austell Running Club	0:58:08	0:57:16
211	301	Andrew Bickle	Male 65-69	Bys Vyken Race Team	0:58:08	0:57:09
212	22	Rosie Trevains	Female 35-39	Bys Vyken Race Team	0:58:19	0:57:30
213	23	David Banbury	Male 60-64	Bys Vyken Race Team	0:58:19	0:57:30
214	156	Debbie Gossington	Female 55-59	Hayle Runners	0:58:22	0:57:41
215	161	Karen Parker	Female 55-59	Falmouth Running Club	0:58:22	0:57:37
216	103	Susan Thomas	Female 45-49	Hayle Runners	0:58:32	0:57:51
217	274	Isobel Hamilton	Female 40-44	East Cornwall Harriers	0:58:34	0:57:45
218	319	Stacey Boraston	Female 35-39		0:58:37	0:57:53
219	89	Sally Fletcher	Female 55-59	St Austell Running Club	0:58:39	0:57:46
220	262	Leanne Old	Female 35-39		0:58:44	0:57:52
221	263	Ervin Dubare	Male 40-44		0:58:44	0:57:53
222	102	Claire Stone	Female 40-44	Hayle Runners	0:58:49	0:58:10
223	212	Karen Bolton	Female 60-64		0:58:52	0:58:15
224	245	Jack Skelton	Male Under 35		0:58:53	0:58:00
225	207	Mark Corbett	Male 40-44		0:59:22	0:58:26
226	21	Emma Lawry	Female 45-49	St Austell Running Club	0:59:47	0:59:00
227	174	Jonathan Higgins	Male Under 35		0:59:47	0:59:06
228	97	Charlie Pinnel-Mccre	Female 45-49		0:59:50	0:58:52
229	231	Katherine Mullis	Female 35-39		0:59:51	0:59:00
230	25	Nicky Hicks	Female 45-49	Launceston Road Runners	0:59:54	0:59:05
231	2	Ian Ringer	Male 75-79		1:00:03	0:59:25
232	170	Robert Bolitho	Male 60-64	Falmouth Running Club	1:00:28	0:59:43
233	206	Joanna Corbett	Female 35-39		1:00:36	0:59:40
234	3	Sean Taylor	Male 55-59	Bodmin Running Club	1:00:38	0:59:51
235	266	Courtney Marks	Female Under 35	St Austell Running Club	1:00:40	1:00:00
236	111	Laura Venning	Female 35-39		1:00:40	0:59:56
237	282	Linda Brice	Female 75-79	Bodmin Running Club	1:00:44	1:00:06
238	80	Robert Willcocks	Male 65-69	Falmouth Running Club	1:00:53	1:00:10
239	146	Julie Hogan	Female 55-59		1:00:54	1:00:06
240	137	Lorna Hogg	Female 50-54	St Austell Running Club	1:00:55	1:00:08
241	8	Sandra Haynes	Female 55-59	Looe Pioneers Running Club	1:00:56	1:00:07
242	208	Paul Wright	Male 75-79	Bodmin Running Club	1:01:08	1:00:13
243	20	Rebecca Shore	Female 55-59	St Austell Running Club	1:01:25	1:00:39

244	144 Jo Carter	Female 45-49	Falmouth Running Club	1:01:44	1:00:54
245	211 Cara Bolton	Female 35-39		1:02:19	1:01:42
246	78 Ann Bradley	Female 60-64	St Austell Running Club	1:02:21	1:01:35
247	43 Gwen Maggs	Female 35-39	St Austell Running Club	1:02:22	1:01:29
248	331 Tamsin Gates	Female 60-64		1:02:23	1:01:39
249	299 Gemma Wicks	Female Under 35	St Austell Running Club	1:02:26	1:01:34
250	185 Samantha Ewart	Female 45-49	St Austell Running Club	1:02:30	1:01:38
251	96 Samantha Scurrell	Female 55-59	Looe Pioneers Running Club	1:02:36	1:01:55
252	77 Theresa Williams	Female 65-69	St Austell Running Club	1:02:36	1:01:50
253	179 Alice Cooper	Female Under 35		1:02:47	1:02:05
254	246 Janet Lathom	Female 65-69	Launceston Road Runners	1:02:53	1:02:06
255	45 Lesley Taphouse	Female 60-64	Bodmin Running Club	1:03:03	1:02:17
256	162 Linda Godfrey	Female 65-69	Bodmin Women's Running Club	1:03:15	1:02:26
257	90 Marie Green	Female 45-49	Falmouth Running Club	1:03:20	1:02:30
258	118 Jacalyn Riddle	Female 65-69	Bodmin Running Club	1:03:29	1:02:43
259	49 Des Evans	Male 75-79	Newquay Road Runners	1:04:04	1:03:27
260	107 Jeannie Cathcart	Female 55-59		1:04:13	1:03:27
261	328 Peter Saverton	Male 65-69	Falmouth RRC	1:04:24	1:03:31
262	200 Olivia Loewendahl	Female 70-74		1:04:26	1:03:42
263	210 Andrew Cameron	Male 75-79	Truro Running Club	1:04:34	1:03:44
264	227 Jon Cryer	Male 70-74		1:04:45	1:04:00
265	171 Michaela Thomas-H	Female 55-59	St Austell Running Club	1:04:52	1:04:05
266	142 Victoria Walton	Female 45-49	Newquay Road Runners	1:05:17	1:04:25
267	147 Angela Tyson	Female 45-49	Newquay Road Runners	1:05:17	1:04:24
268	309 Beth Green	Female 40-44	Newquay Road Runners	1:05:18	1:04:27
269	220 Sara Chapman	Female 55-59	Newquay Road Runners	1:05:19	1:04:29
270	158 Holly Willis	Female Under 35	Looe Pioneers Running Club	1:05:49	1:05:04
271	104 Yelda Muge Parsons	Female 45-49	Hayle Runners	1:05:59	1:05:19
272	306 Dennis Burrell	Male 75-79	Carn Runners	1:06:09	1:05:21
273	169 Julie Bolitho	Female 55-59	Falmouth Running Club	1:06:29	1:05:44
274	334 Jenny Bowden	Female 55-59	Newquay Road Runners	1:06:43	1:05:59
275	114 Tamsin Harris	Female 60-64	Bodmin Running Club	1:06:46	1:05:58
276	261 Guy Cooper	Male 50-54	Looe Pioneers Running Club	1:06:50	1:06:05
277	159 Kacie Beniston	Female Under 35		1:06:51	1:06:06
278	125 Julie Thomas	Female 60-64	East Cornwall Harriers	1:06:57	1:06:09
279	130 Maria Moynan	Female 45-49	East Cornwall Harriers	1:06:57	1:06:09
280	203 Julia Evans	Female 50-54	East Cornwall Harriers	1:06:58	1:06:07
281	141 Sarah Marsh	Female 50-54	East Cornwall Harriers	1:06:58	1:06:08
282	4 Roy Newton	Male 75-79	Falmouth Running Club	1:07:23	1:06:32
283	254 Elaine Hill	Female 55-59	Launceston Road Runners	1:07:40	1:06:46
284	347 Sophie Farrant	Female Under 35	Callington Running Group	1:07:42	1:06:49
285	180 Tony Farrant	Male 55-59	Callington Running Group	1:07:42	1:06:49
286	117 Juliana Uniacke	Female 60-64		1:07:45	1:07:05
287	28 Christina Lake	Female 65-69	Falmouth Running Club	1:08:24	1:07:39
288	46 Janet Wills	Female 70-74	St Austell Running Club	1:08:32	1:07:37
289	235 Emma Haley	Female 35-39		1:09:03	1:08:12
290	243 Nicola Slateford	Female 60-64	St Austell Running Club	1:09:17	1:08:31
291	55 Mark Borman	Male Under 35	St Austell Running Club	1:09:36	1:08:47
292	209 Gemma Wotherspor	Female 40-44	Bodmin Women's Running Club	1:09:45	1:08:57

293	318	Anna Seymour	Female 40-44	St Austell Athletes Running Club	1:09:54	1:09:07
294	216	Jessica Gallienne	Female 35-39	Newquay Road Runners	1:10:46	1:09:54
295	223	Debbie Smith	Female 50-54		1:10:46	1:10:09
296	122	Rachel Southern	Female 55-59	Looe Pioneers Running Club	1:11:19	1:10:37
297	177	Jennifer Burden	Female 40-44	St Austell Running Club	1:11:30	1:10:36
298	133	Margaret Ann Kinah	Female 70-74	East Cornwall Harriers	1:11:40	1:10:51
299	54	Sandra Lidiard	Female 50-54	Bodmin Women's Running Club	1:11:51	1:11:01
300	326	Siobhan Van Meurs	Female 55-59	St Austell Running Club	1:12:06	1:11:18
301	271	Anne Cobell	Female 45-49	Hayle Runners	1:12:19	1:11:25
302	57	Lorraine Wherry	Female 60-64	St Austell Running Club	1:12:22	1:11:36
303	234	Lorna Burton	Female 50-54		1:13:18	1:12:30
304	83	Kathran Dormer	Female 70-74	Falmouth Running Club	1:13:50	1:13:06
305	100	Jennie Massey	Female 60-64	Hayle Runners	1:13:58	1:13:17
306	1	Steve Lawrence	Male 65-69	Falmouth Running Club	1:13:59	1:13:07
307	124	Paula Richardson	Female 60-64	East Cornwall Harriers	1:14:20	1:13:31
308	94	Sara Grattan	Female 50-54	Looe Pioneers Running Club	1:17:18	1:16:36
309	351	Darren Hardwick	Male 55-59	Looe Pioneers Running Club	1:17:19	1:16:37
310	182	Sarah McDonough	Female 35-39	East Cornwall Harriers	1:17:25	1:16:26
DNF	108	Nat Dowling	Female 40-44		1:11:24	1:10:45
DNF	126	Craig Vaughnley	Male 50-54	East Cornwall Harriers		
DNF	168	Michael Wilson	Male 65-69	Truro Running Club		
DNF	214	Daniel Walton	Male 45-49		1:11:24	1:10:45