

**Trevornick 10K - 2023**

Place	Bib	Name	AG	Club	GunTime	ChipTime
1	334	Sam Goodchild	Male 20-34	Cornwall AC	0:36:15	0:36:15
2	321	Ross Pascoe	Male 20-34	Cornwall AC	0:36:43	0:36:43
3	49	Steve Reynolds	Male 35-39	Truro Running Club	0:36:48	0:36:48
4	76	Paul Whear	Male 55-59	Cornwall AC	0:37:09	0:37:09
5	365	David Tregonning	Male 20-34	St Austell Running Club	0:37:25	0:37:24
6	276	Peter Barnes	Male 40-44	Hayle Runners	0:37:38	0:37:38
7	211	Tom Carthey	Male 40-44	Falmouth Running Club	0:37:40	0:37:39
8	145	Llewin Head	Male 15-19	Mile High	0:37:55	0:37:55
9	207	Jordan Morant	Male 20-34	Hayle Runners	0:37:59	0:37:58
10	302	Paul Smith	Male 45-49	Cornwall AC	0:38:05	0:38:03
11	54	Alex Marples	Male 40-44	Truro Running Club	0:38:35	0:38:35
12	173	Simon Morse	Male 20-34	East Cornwall Harriers	0:38:41	0:38:40
13	14	Dylan Stevens	Male 15-19	Newquay & Par AC	0:38:42	0:38:40
14	62	Jamie Edwards	Male 20-34	Newquay Road Runners	0:39:11	0:39:09
15	301	Joshua Barnett	Male 20-34	Cornwall AC	0:39:19	0:39:18
16	267	Kyran James	Male 15-19	Newquay & Par AC	0:39:24	0:39:23
17	181	Adrian Ball	Male 55-59	Cornwall AC	0:39:29	0:39:26
18	124	Carl Murphy	Male 45-49	Truro Running Club	0:39:57	0:39:53
19	77	Jacob Gardner	Male 20-34	Hayle Runners	0:40:11	0:40:09
20	345	Neil Hayhurst	Male 40-44	Hayle Runners	0:40:14	0:40:12
21	9	Mark Knight	Male 50-54	Newquay & Par AC	0:40:21	0:40:20
22	128	James Barnet	Male 35-39	Falmouth Running Club	0:40:22	0:40:21
23	198	Emma Paull	Female 35-39	Hayle Runners	0:40:28	0:40:27
24	296	Anna Harrold	Female 40-44	Truro Running Club	0:40:41	0:40:39
25	114	Liam Gallantry	Male 20-34	Newquay & Par AC	0:40:50	0:40:48
26	175	Kieran Murrant	Male 20-34	Hayle Runners	0:41:21	0:41:20
27	149	Hans Cartmell	Male 35-39		0:41:33	0:41:22
28	97	Richard Martin	Male 35-39	St Austell Running Club	0:41:36	0:41:33
29	300	Callum Waldie	Male 20-34	Truro Running Club	0:41:39	0:41:38
30	201	Simon Knowles	Male 45-49	Hayle Runners	0:41:41	0:41:38
31	311	Anthony Worthington	Male 50-54	Tamar Trotters	0:41:42	0:41:41
32	190	Mike Dowrick	Male 50-54	Cornwall AC	0:41:50	0:41:49
33	294	George Tanner	Male 15-19	Cornwall AC	0:41:55	0:41:53
34	284	Edmund Bennett	Male 40-44	Hayle Runners	0:42:09	0:42:07
35	367	Michael Hawke	Male 40-44	St Austell Athletes Running	0:42:13	0:42:09
36	292	Lucy Longbottom	Female 20-34	Truro Running Club	0:42:28	0:42:26
37	285	Matt Fox	Male 20-34	Falmouth Running Club	0:42:44	0:42:42
38	8	Marcus Wills	Male 40-44	East Cornwall Harriers	0:42:53	0:42:50
39	117	Darrin Porter	Male 55-59	Cornwall AC	0:43:07	0:43:04
40	125	Ryan Williams	Male 20-34	Falmouth Running Club	0:43:10	0:43:04
41	200	Steve Law	Male 50-54	Falmouth Running Club	0:43:10	0:43:07
42	229	Emma Stepto	Female 50-54	Cornwall AC	0:43:18	0:43:18
43	55	Robert Standing	Male 50-54	Truro Running Club	0:43:19	0:43:14
44	58	Mark Roby	Male 45-49	Truro Running Club	0:43:20	0:43:18
45	15	Paul Stevens	Male 45-49	St Austell Athletes Running	0:43:24	0:43:19
46	192	Jason Vinnicombe	Male 45-49		0:43:25	0:43:23
47	147	Ryan Marks	Male 15-19	St Austell Running Club	0:43:30	0:43:28

48	303	Richard Chynoweth	Male 40-44	Truro Running Club	0:43:32	0:43:29
49	85	Ian Curnow	Male 50-54	Hayle Runners	0:43:35	0:43:30
50	308	Rebecca Stobart	Female 20-34	Cornwall AC	0:43:47	0:43:43
51	309	Nick Hearle	Male 40-44	Perran Trail Runners	0:43:54	0:43:51
52	17	Alexandra Russell Sn	Female 35-39		0:43:57	0:43:52
53	120	David Guffick	Male 40-44	Hayle Runners	0:44:07	0:44:05
54	61	Lee Burford	Male 40-44	Hayle Runners	0:44:10	0:44:08
55	100	Kevin Marshall	Male 55-59	Launceston Road Runners	0:44:21	0:44:17
56	81	Jon Eldon	Male 60-64	Hayle Runners	0:44:34	0:44:31
57	25	Swee-Leng Chuali	Male 35-39	Lichfield running club	0:44:34	0:44:26
58	317	Chris Brown	Male 35-39	Hayle Runners	0:44:35	0:44:30
59	290	Edward Martin	Male 35-39	Lonely Goat RC	0:44:42	0:44:40
60	363	Andrew Harverson	Male 45-49		0:44:59	0:44:37
61	355	Georgia Stanfield	Female 20-34	Falmouth Running Club	0:45:09	0:45:05
62	31	Mike Ellis	Male 45-49	Newquay & Par AC	0:45:21	0:45:19
63	241	Ethan Lusty	Male 15-19	Newquay & Par AC	0:45:30	0:45:29
64	263	Oliver Pendlington	Male 20-34	Newquay Road Runners	0:45:37	0:45:36
65	93	Jasmine Rapson	Female 15-19	Newquay & Par AC	0:45:38	0:45:37
66	361	Richard Keefe	Male 50-54	Falmouth Running Club	0:45:42	0:45:36
67	193	Craig Hall	Male 45-49	Carn Runners	0:45:47	0:45:44
68	328	Ben Harding	Male 40-44	East Cornwall Harriers	0:46:18	0:46:15
69	331	James Stevens	Male 45-49		0:46:48	0:46:44
70	329	Helen Morse	Female 35-39	East Cornwall Harriers	0:46:50	0:46:46
71	197	Ayesha Gillespie	Female 20-34	Tamar Trotters	0:46:53	0:46:48
72	73	Paul Gough	Male 50-54	Hayle Runners	0:47:06	0:47:01
73	162	Jonathan Crowle	Male 50-54	Truro Running Club	0:47:16	0:47:06
74	52	Mark Williams	Male 55-59	Hayle Runners	0:47:24	0:47:22
75	326	Sean Quinn	Male 55-59		0:47:33	0:47:29
76	307	Sasha Clark	Female 15-19	Cornwall AC	0:47:36	0:47:28
77	136	Kevin Silver	Male 55-59	Hayle Runners	0:47:37	0:47:32
78	373	Marc Young	Male 50-54	Plymouth Musketeers Runn	0:47:42	0:47:40
79	227	Alice Vage	Female 20-34	Cornwall AC	0:48:06	0:48:02
80	247	Mark Thomas	Male 45-49	Truro Running Club	0:48:11	0:48:09
81	319	Joanna Furtado	Female 20-34	Falmouth Running Club	0:48:17	0:48:14
82	240	Sandra Lusty	Female 45-49		0:48:17	0:48:11
83	166	Shane Holmes	Male 20-34	Malvern Company	0:48:23	0:48:23
84	63	Melodie Manners	Female 20-34	Hayle Runners	0:48:27	0:48:25
85	370	Martyn Prouse	Male 45-49	PB Running Club	0:48:29	0:48:25
86	306	Malcolm Roberts	Male 65-69	St Austell Running Club	0:48:31	0:48:26
87	94	Nigel Rapson	Male 60-64	St Austell Athletes Running	0:48:33	0:48:29
88	218	Barrie Cardew	Male 60-64	Carn Runners	0:48:34	0:48:32
89	339	Colin Bathe	Male 50-54	Truro Running Club	0:48:37	0:48:30
90	13	Bruce Carey	Male 20-34	Newquay Road Runners	0:48:38	0:48:32
91	180	Revis Crowle	Female 60-64	East Cornwall Harriers	0:48:38	0:48:34
92	293	Mark Bennetts	Male 40-44	St Austell Athletes Running	0:48:45	0:48:40
93	280	Marty Barnfield	Male 45-49	Bodmin Road Runners	0:48:50	0:48:46
94	350	Jonathan Berridge	Male 50-54	Truro Running Club	0:48:53	0:48:46
95	221	Andrew Cook	Male 45-49		0:48:59	0:48:47
96	332	Katy Jenkins	Female 40-44	Truro Running Club	0:49:04	0:48:57

97	71	Brad Marshall	Male 20-34		0:49:13	0:49:05
98	64	Andrew James	Male 40-44	Hayle Runners	0:49:14	0:49:09
99	12	Ian Savigar	Male 60-64	East Cornwall Harriers	0:49:21	0:49:15
100	304	Sally Turner	Female 35-39	Cornwall AC	0:49:26	0:49:23
101	298	Steve Rendle	Male 55-59	Newquay Road Runners	0:49:28	0:49:14
102	84	Ashley Elliott	Female 20-34	East Cornwall Harriers	0:49:35	0:49:32
103	133	Leigh Spencer	Female 20-34	Newquay Road Runners	0:49:42	0:49:40
104	219	Lucy Paull	Female 35-39	Hayle Runners	0:49:42	0:49:37
105	354	Kaye Patterson	Female 35-39	East Cornwall Harriers	0:49:46	0:49:42
106	72	Derrick Frantz	Male 55-59	Cornwall AC	0:49:48	0:49:43
107	313	Tommy Polglase	Male 70-74	Carn Runners	0:50:02	0:49:56
108	43	Beth Popperwell	Female 50-54	Mile High	0:50:11	0:50:05
109	278	Andy Stallard	Male 55-59	Truro Running Club	0:50:25	0:50:22
110	286	Karen Pascoe	Female 55-59	Cornwall AC	0:50:26	0:50:20
111	21	Peter Allen	Male 65-69	Newquay Road Runners	0:50:27	0:50:23
112	80	Andrew Cassidy	Male 65-69	Cornwall AC	0:50:36	0:50:31
113	224	Debbie Harrison-We	Female 50-54	Hayle Runners	0:50:40	0:50:33
114	57	Andrew Ellis	Male 50-54	Hayle Runners	0:50:42	0:50:34
115	53	Lee Strickland	Female 45-49	Hayle Runners	0:50:50	0:50:45
116	113	Andrew Bunt	Male 55-59	Newquay Road Runners	0:51:10	0:51:03
117	249	Dominic Parnell	Male 40-44	Tamar Trotters	0:51:17	0:51:12
118	274	Emma Fox	Female 45-49	Newquay Road Runners	0:51:18	0:51:13
119	196	James Stephens	Male 35-39	St Austell Running Club	0:51:19	0:51:11
120	337	Kelly Keough	Female 40-44	Newquay Road Runners	0:51:23	0:51:19
121	178	Danny O'Shea	Male 45-49	Truro Running Club	0:51:40	0:51:32
122	75	Julia Pearce	Female 45-49	Cornwall AC	0:51:42	0:51:34
123	295	Victoria Jackson	Female 50-54	Truro Running Club	0:51:44	0:51:38
124	335	Nicholas Peters	Male 20-34		0:52:07	0:51:57
125	264	Debbie Jones	Female 55-59	Looe Pioneers Running Club	0:52:11	0:52:08
126	160	Tanya Coleman	Female 50-54	Truro Running Club	0:52:22	0:52:15
127	46	Julian Shakerley	Male 45-49	St Austell Athletes Running	0:52:30	0:52:24
128	351	Finley Edwards	Male 15-19	Newquay Road Runners	0:52:32	0:52:23
129	252	Trevor Spinks	Male 50-54	Newquay Road Runners	0:52:47	0:52:43
130	164	Karina Bowers	Female 40-44	St Austell Running Club	0:53:02	0:52:55
131	239	Emily Cameron	Female 35-39	Newquay Road Runners	0:53:04	0:52:53
132	126	Michael Counter	Male 55-59	St Austell Running Club	0:53:05	0:52:50
133	86	Natalie Dunn	Female 35-39		0:53:06	0:53:03
134	279	Robert Rochowiak	Male 60-64	Carn Runners	0:53:08	0:52:58
135	185	Edward Buckingham	Male 50-54		0:53:13	0:53:03
136	48	Matthew Wilson	Male 45-49	Cornwall AC	0:53:17	0:53:09
137	325	Jo Staves	Female 45-49	Truro Running Club	0:53:20	0:53:10
138	217	Emma Harris	Female 35-39		0:53:23	0:53:18
139	27	Mandy Watts	Female 50-54	Newquay Road Runners	0:53:23	0:53:15
140	254	David Banbury	Male 55-59		0:53:33	0:53:05
141	272	Gareth Lewis	Male 50-54		0:53:38	0:53:30
142	299	Andrea Commons	Female 50-54		0:53:47	0:53:41
143	237	Grahame Mace	Male 50-54	Looe Pioneers Running Club	0:54:12	0:54:09
144	289	Claire Longman	Female 45-49	Truro Running Club	0:54:16	0:54:05
145	372	Annie Bover	Female 40-44	Bude Rats (Run and Tri)	0:54:23	0:54:16

146	243	Alison Roose	Female 45-49	Newquay Road Runners	0:54:23	0:54:15
147	82	James Rooney	Male 60-64	Bude Rats (Run and Tri)	0:54:24	0:54:13
148	348	Stuart Smith	Male 35-39	Hayle Runners	0:54:27	0:54:15
149	186	David Heath	Male 45-49	St Austell Running Club	0:54:52	0:54:43
150	69	Richard Collett	Male 35-39	Hayle Runners	0:54:52	0:54:45
151	177	Megan Pitts	Female 20-34	Truro Running Club	0:54:57	0:54:49
152	238	Ade Dagnall	Male 45-49		0:54:57	0:54:41
153	105	Sarah Wilkinson	Female 60-64	Newquay Road Runners	0:55:02	0:54:54
154	83	Hannah Smith	Female 20-34	Hayle Runners	0:55:06	0:54:54
155	67	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	0:55:22	0:55:13
156	183	Gerry Brant	Male 55-59		0:55:24	0:55:07
157	92	Liz Trebilcock	Female 55-59	Truro Running Club	0:55:36	0:55:30
158	259	Sarah Myford	Female 55-59	Bodmin Road Runners	0:55:46	0:55:36
159	277	Angeline Hadfield	Female 35-39	Truro Running Club	0:55:51	0:55:38
160	153	Olivia Pellowe	Female 45-49	Carn Runners	0:55:52	0:55:42
161	20	Victoria Humphreys	Female 35-39	East Cornwall Harriers	0:55:56	0:55:38
162	51	Alan Edwards	Male 50-54	Newquay Road Runners	0:55:58	0:55:48
163	170	Charles Curtis	Male 20-34		0:56:18	0:56:10
164	215	Lynn Coffman	Female 50-54	Tamar Trotters	0:56:28	0:56:13
165	56	Lisa Player	Female 60-64	Newquay Road Runners	0:56:28	0:56:21
166	346	Nicola Froud	Female 55-59	Cornwall AC	0:56:43	0:56:36
167	268	Helen Stevenson	Female 40-44	Bodmin Road Runners	0:56:45	0:56:36
168	6	Eleanor Ellison	Female 65-69	Newquay Road Runners	0:56:48	0:56:40
169	10	James Danks	Male 40-44	Falmouth Running Club	0:56:50	0:56:36
170	275	Julian Chapman	Male 60-64		0:56:55	0:56:48
171	68	Alison Thomas	Female 45-49	Hayle Runners	0:57:00	0:56:47
172	66	Zoe Renowden	Female 40-44	Hayle Runners	0:57:01	0:56:47
173	155	Matt Trevail	Male 40-44		0:57:08	0:56:51
174	154	Neill Furlonger	Male 35-39	Newquay Road Runners	0:57:08	0:56:52
175	158	Carl Williams	Male 50-54	Newquay Road Runners	0:57:14	0:56:54
176	26	Lucy Oldham	Female 45-49	East Cornwall Harriers	0:57:22	0:57:04
177	88	Pete Higham	Male 60-64	Falmouth Running Club	0:57:34	0:57:22
178	42	Martin Trethewey	Male 55-59	St Austell Running Club	0:57:40	0:57:24
179	11	Lisa Webb	Female 45-49	East Cornwall Harriers	0:57:43	0:57:20
180	103	Ben Dutton	Male 20-34	St Austell Athletes Running	0:57:56	0:57:43
181	258	Tamzin Davey	Female 50-54	Perran Trail Runners	0:57:59	0:57:42
182	269	Simon James	Male 50-54	Cornwall AC	0:58:02	0:57:49
183	366	James Forbes	Male 40-44	Perran Trail Runners	0:58:04	0:57:52
184	50	Nicola Edwards	Female 45-49	Newquay Road Runners	0:58:05	0:57:56
185	356	Marlene Grobler	Female 40-44	Carn Runners	0:58:06	0:57:55
186	288	Val Carter	Female 55-59		0:58:21	0:58:18
187	330	Charlie Gray	Female 45-49	Newquay Road Runners	0:58:39	0:58:34
188	283	Martin Grieb	Male 45-49	Newquay Road Runners	0:58:46	0:58:38
189	171	Michelle Fitt	Female 40-44	Hayle Runners	0:58:49	0:58:38
190	3	Des Evans	Male 70-74	Newquay Road Runners	0:58:52	0:58:45
191	91	Steven Walkey	Male 70-74	Falmouth Running Club	0:58:59	0:58:45
192	169	Michelle Hickey	Female 45-49	Perran Trail Runners	0:59:01	0:58:42
193	364	Lewis Edwards	Male 35-39	Cornwall AC	0:59:04	0:58:47
194	150	Janet Ritchie	Female 60-64	Carn Runners	0:59:05	0:59:05

195	32	Neil Ham	Male 55-59	JP Fitness Cornwall	0:59:07	0:58:56
196	29	Sarah McDonough	Female 35-39	East Cornwall Harriers	0:59:07	0:58:49
197	314	Ellen Gibson	Female 20-34	Cornwall AC	0:59:12	0:59:00
198	244	Chloe Hutton	Female 20-34		0:59:17	0:59:10
199	39	Adrian Henwood	Male 45-49		0:59:34	0:59:20
200	362	Charmaine Harverso	Female 45-49	Truro Running Club	0:59:37	0:59:17
201	352	Michael Mehta	Male 60-64		0:59:44	0:59:30
202	223	Sean Webb	Male 55-59	Hayle Runners	0:59:52	0:59:38
203	230	Debbie Marshall	Female 45-49	St Austell Running Club	1:00:03	0:59:47
204	70	Juliet Stewart	Female 55-59	Truro Running Club	1:00:10	1:00:00
205	374	Rob Waterhouse	Male 60-64		1:00:22	1:00:11
206	322	Mike Bawden	Male 60-64	Carn Runners	1:00:29	1:00:19
207	248	Jess Clancy	Female 35-39	Hayle Runners	1:00:31	1:00:17
208	152	Philip Bunt	Male 65-69	Newquay Road Runners	1:00:36	1:00:17
209	353	Sandra Northcott	Female 45-49	Looe Pioneers Running Club	1:00:37	1:00:27
210	127	Clive Davis	Male 60-64		1:00:38	1:00:26
211	205	Abigail Smith	Female 35-39	Tamar Trotters	1:00:44	1:00:28
212	369	Amanda Berridge	Female 40-44	Truro Running Club	1:00:45	1:00:31
213	220	Andrew Coles	Male 60-64	St Austell Running Club	1:00:48	1:00:26
214	195	Anthony Bryant	Male 45-49	Hayle Runners	1:00:51	1:00:37
215	282	Eoin Stockdale	Male 50-54	Carn Runners	1:01:02	1:00:49
216	315	Helen Dodwell	Female 45-49	Truro Running Club	1:01:05	1:00:53
217	316	Katie Bullock	Female 35-39	Newquay Road Runners	1:01:11	1:01:04
218	165	Cara Hicks	Female 35-39	Newquay Road Runners	1:01:13	1:01:01
219	208	John Brady	Male 60-64	East Cornwall Harriers	1:01:13	1:00:55
220	79	Linda Tout	Female 70-74	Tamar Trotters	1:01:33	1:01:17
221	357	Michael Sean Wardle	Male 55-59		1:01:34	1:01:13
222	18	Ian Ringer	Male 75-79	Bodmin Road Runners	1:01:39	1:01:29
223	109	Darren Blenkinsop	Male 50-54	Tamar Trotters	1:01:50	1:01:34
224	270	Nick Miles	Male 70-74	Newquay Road Runners	1:01:52	1:01:43
225	35	Donna Fisher	Female 35-39	Newquay Road Runners	1:02:09	1:01:58
226	327	Phillip Henwood	Male 45-49	Newquay Road Runners	1:02:39	1:02:26
227	47	Jeanette Duncan	Female 60-64	Newquay Road Runners	1:02:41	1:02:32
228	333	Claire Budge	Female 45-49	St Austell Running Club	1:02:49	1:02:31
229	104	Joanne Barry	Female 45-49	JP Fitness Cornwall	1:02:53	1:02:41
230	41	Anna Jenkin	Female 45-49	JP Fitness Cornwall	1:02:53	1:02:41
231	347	Cat Wallman	Female 50-54		1:03:07	1:02:46
232	226	Thomas Grafton	Male 45-49	Truro Running Club	1:03:30	1:03:08
233	287	Peter Drew	Male 70-74	Carn Runners	1:03:30	1:03:17
234	235	Kate Stevens	Female 45-49		1:03:31	1:03:06
235	324	Oscar Brandwood	Male 15-19		1:03:32	1:03:14
236	40	Sarah Luff	Female 40-44	JP Fitness Cornwall	1:03:35	1:03:17
237	305	Caroline Pack	Female 60-64	Falmouth Running Club	1:03:51	1:03:36
238	74	Caroline Cross	Female 20-34	Cornwall AC	1:03:54	1:03:38
239	108	Diane Boardman	Female 40-44		1:04:01	1:03:39
240	310	Catherine Sims	Female 50-54	Tamar Trotters	1:04:04	1:03:48
241	266	Martin Curtis	Male 75-79	Hayle Runners	1:04:08	1:03:54
242	33	Chloe Turner	Female 20-34	East Cornwall Harriers	1:04:13	1:03:42
243	16	Emma Alee	Female 45-49	Plymouth Musketeers Runn	1:04:19	1:03:58

244	341	Isaac Brandwood	Male 15-19		1:04:20	1:04:02
245	96	Alan Brandwood	Male 70-74	Falmouth Running Club	1:04:22	1:04:05
246	137	Michael Bray	Male 40-44		1:04:43	1:04:26
247	156	Claire Barlow	Female 45-49	Bodmin Road Runners	1:04:44	1:04:27
248	209	Richard Jenkin	Male 75-79	Cornwall AC	1:04:51	1:04:42
249	203	Angela Datlen	Female 40-44	Newquay Road Runners	1:04:52	1:04:32
250	116	Chantal McLennan	Female 40-44		1:05:14	1:04:51
251	141	Natalie Jewell	Female 40-44	Falmouth Running Club	1:05:38	1:05:19
252	163	Kirstie Slater	Female 45-49	Truro Running Club	1:05:48	1:05:37
253	176	Gill Aze-Thomas	Female 50-54	Launceston Road Runners	1:05:50	1:05:32
254	122	Damian Cook	Male 50-54	Bys Vyken Race Team	1:06:41	1:06:26
255	123	Izzy Cook	Female 15-19	Bys Vyken Race Team	1:06:43	1:06:28
256	246	Hannah Thomas	Female 45-49	Truro Running Club	1:06:55	1:06:37
257	206	John Barnes	Male 60-64	Launceston Road Runners	1:07:10	1:06:54
258	140	Nicola Crilly	Female 45-49	Falmouth Running Club	1:07:38	1:07:18
259	5	Karen Warner	Female 55-59	Newquay Road Runners	1:07:41	1:07:27
260	261	Nicky Bonfield	Female 55-59		1:07:45	1:07:22
261	262	Kevin Bonfield	Male 55-59		1:07:45	1:07:07
262	161	Martin Venning	Male 70-74	Launceston Road Runners	1:07:50	1:07:30
263	336	Elizabeth Brown	Female 55-59	St Austell Athletes Running	1:07:58	1:07:41
264	214	Jane Forder	Female 50-54	Tamar Trotters	1:08:02	1:07:46
265	168	Diana Raiker	Female 35-39	Falmouth Running Club	1:08:13	1:07:57
266	106	Paul Heywood	Male 55-59	Launceston Road Runners	1:08:13	1:07:55
267	101	Emma James	Female 45-49	Launceston Road Runners	1:08:14	1:07:55
268	146	Courtney Marks	Female 20-34	St Austell Running Club	1:08:16	1:08:09
269	255	Robert Willcocks	Male 60-64	Falmouth Running Club	1:08:22	1:08:10
270	95	Ray Goodright	Male 75-79	East Cornwall Harriers	1:08:27	1:08:03
271	36	Jane Pett	Female 45-49	JP Fitness Cornwall	1:08:36	1:08:22
272	148	Lisa Glithero	Female 40-44	Newquay Road Runners	1:08:37	1:08:23
273	139	Johanna Spiller	Female 50-54	Newquay Road Runners	1:08:37	1:08:23
274	115	David Wilton	Male 65-69	Falmouth Running Club	1:08:39	1:08:17
275	342	Tom Moore	Male 35-39		1:08:56	1:08:29
276	228	Andrew Hodgson	Male 20-34		1:08:56	1:08:30
277	1	Sarah Steed	Female 50-54	East Cornwall Harriers	1:08:58	1:08:37
278	210	Mike Lemin	Male 65-69	Tamar Trotters	1:09:00	1:08:42
279	187	Jacque Rapier	Female 60-64	Falmouth Running Club	1:09:13	1:08:59
280	112	Roy Newton	Male 75-79	Falmouth Running Club	1:09:14	1:08:54
281	87	Melanie Nile	Female 50-54	St Austell Running Club	1:09:19	1:08:56
282	358	Rachael Church	Female 50-54	Perran Trail Runners	1:09:49	1:09:29
283	4	Nikki Pritchard	Female 40-44	East Cornwall Harriers	1:09:57	1:09:36
284	119	Mel Alflatt	Female 60-64	Swanley & district AC	1:10:05	1:09:45
285	236	Amanda White	Female 35-39		1:10:12	1:10:00
286	260	Samantha Ewart	Female 45-49	St Austell Running Club	1:11:00	1:10:37
287	19	Mark Squire	Male 65-69	Hayle Runners	1:11:05	1:10:39
288	38	Ann Bradley	Female 60-64	St Austell Running Club	1:11:07	1:10:42
289	271	Michaela Harrison	Female 45-49	Plymouth Harriers	1:11:08	1:10:59
290	2	Jennifer Lawson	Female 55-59	Newquay Road Runners	1:11:26	1:11:07
291	102	Greta Viertel	Female 20-34	St Austell Athletes Running	1:11:39	1:11:26
292	340	Louise Armitage	Female 45-49	Plymouth Musketeers Runn	1:11:48	1:11:27

293	132	Judy Jameson	Female 60-64	Carn Runners	1:11:50	1:11:40
294	179	Michelle Dunn	Female 35-39	St Austell Running Club	1:11:53	1:11:29
295	188	Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:12:40	1:12:20
296	23	Victoria Walton	Female 45-49	Newquay Road Runners	1:12:52	1:12:29
297	22	Mary Mullarkey	Female 70-74	East Cornwall Harriers	1:12:58	1:12:32
298	37	Theresa Williams	Female 65-69	St Austell Running Club	1:13:16	1:12:51
299	28	Victoria Hutchinson	Female 45-49		1:13:34	1:13:08
300	291	Helen Squire	Female 60-64	Hayle Runners	1:13:41	1:13:16
301	320	Lisa Tripp	Female 45-49		1:14:16	1:13:58
302	45	Jasmine Robinson	Female 20-34	Plymouth Musketeers Runn	1:14:18	1:13:57
303	60	Lisa Light	Female 60-64	Plymouth Musketeers Runn	1:14:30	1:14:08
304	134	Bryan King	Male 65-69	Plymouth Musketeers Runn	1:14:33	1:14:10
305	199	Sarah Law	Female 45-49	Falmouth Running Club	1:14:47	1:14:30
306	151	Dennis Burrell	Male 75-79	Carn Runners	1:15:13	1:15:02
307	135	Louise King	Female 55-59	Plymouth Musketeers Runn	1:15:17	1:14:55
308	99	Lavinia Marshall	Female 70-74	Launceston Road Runners	1:15:19	1:14:59
309	281	Demelza Widdersho	Female 40-44	Carn Runners	1:15:38	1:15:23
310	191	Caroline Vinnicombe	Female 45-49	Cornwall AC	1:15:39	1:15:24
311	142	Christina Lake	Female 65-69	Falmouth Running Club	1:16:10	1:15:55
312	359	Sharon Willis	Female 60-64	Newquay Road Runners	1:16:22	1:16:12
313	318	Jacqueline Jenkin	Female 75-79	Cornwall AC	1:16:43	1:16:30
314	59	Gemma Wotherspoc	Female 35-39	Bodmin Women's Running	1:16:45	1:16:23
315	24	Angela Tyson	Female 45-49	Newquay Road Runners	1:17:28	1:17:06
316	343	Ann Foster	Female 75-79	Tamar Trotters	1:17:31	1:17:12
317	144	Jessica Gallienne	Female 35-39	Newquay Road Runners	1:17:45	1:17:22
318	368	Nicola Slateford	Female 60-64	St Austell Running Club	1:17:53	1:17:27
319	242	Kathy Saunders	Female 65-69	Looe Pioneers Running Club	1:18:00	1:17:49
320	182	Jackie Stone	Female 60-64	Hayle Runners	1:18:04	1:17:37
321	273	Lizzie Hasell	Female 40-44	Truro Running Club	1:18:09	1:17:50
322	253	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:18:23	1:17:56
323	172	Emma Johns	Female 45-49	Hayle Runners	1:18:29	1:18:02
324	65	Janet Wills	Female 70-74	St Austell Running Club	1:18:32	1:18:04
325	245	Phillip Passmore	Male 20-34		1:18:52	1:18:44
326	110	Lorraine Wherry	Female 55-59	St Austell Running Club	1:19:14	1:18:49
327	174	Steph Hancock	Female 45-49	St Austell Running Club	1:20:18	1:20:03
328	297	Robert Bolitho	Male 60-64	Hayle Runners	1:20:37	1:20:09
329	138	Margaret Wade	Female 70-74	Carn Runners	1:21:34	1:21:23
330	371	Jane Shaddick-Brady	Female 60-64		1:22:10	1:21:46
331	349	Tina Riggall	Female 50-54		1:23:01	1:22:42
332	225	Margaret Ann Kinah	Female 70-74	East Cornwall Harriers	1:25:44	1:25:20
333	323	Paula Richardson	Female 60-64	East Cornwall Harriers	1:25:53	1:25:29
334	157	Steve Lawrence	Male 65-69	Falmouth Running Club	1:25:55	1:25:38
335	98	Julie Bolitho	Female 55-59	Hayle Runners	1:26:29	1:26:01
336	118	Yvonne Matthews	Female 55-59	Bys Vyken Race Team	1:28:15	1:27:54
337	44	Kathryn Thomas	Female 45-49	Cornwall AC	1:28:15	1:27:54
338	344	Michele Baker-Cator	Female 60-64	Bodmin Women's Running	1:31:07	1:30:46
339	7	Sue Coates	Female 45-49	Bys Vyken Race Team	1:32:47	1:32:27
DNF	34	Jennifer Forbes	Female 35-39	Hayle Runners		
DNF	129	Hannah Tippetts	Female 35-39	Falmouth Running Club		