

Trevornick 10K

Place	Bib	Name	AG	Club	GunTime	ChipTime
1	289	Ryan Hanley	Male 35-39	Cornwall Athletics Club	0:36:28	0:36:28
2	365	David Crawford	Male 35-39	Newquay & Par AC	0:36:34	0:36:33
3	42	Dylan Stevens	Male 15-19	Newquay & Par AC	0:37:22	0:37:21
4	277	Neil Hayhurst	Male 40-44	Hayle Runners	0:37:34	0:37:33
5	127	Lloyd Dickson	Male 35-39	Winchester Running Club	0:37:40	0:37:38
6	116	Jamie Edwards	Male 20-34	Newquay Road Runners	0:37:45	0:37:44
7	244	James Cutlan	Male 35-39	Cornwall Athletics Club	0:37:52	0:37:51
8	344	Jacob Gardner	Male 20-34	Hayle Runners	0:38:05	0:38:05
9	117	Peter Scriven	Male 45-49	Cornwall Athletics Club	0:38:13	0:38:12
10	9	Alex Marples	Male 45-49	Truro Running Club	0:38:28	0:38:27
11	383	Josh Karpinski	Male 35-39	Newquay Road Runners	0:38:43	0:38:42
12	208	Colin Snook	Male 45-49	Cornwall Athletics Club	0:38:52	0:38:52
13	243	Paul Trifanov	Male 20-34	Newquay Road Runners	0:39:23	0:39:20
14	96	Kyran James	Male 15-19	Newquay & Par AC	0:39:31	0:39:30
15	397	Katie Knowles	Female 20-34	Truro Running Club	0:39:35	0:39:33
16	346	Peter Barnes	Male 40-44	Hayle Runners	0:39:47	0:39:47
17	98	Liam O'Neill	Male 35-39	Hayle Runners	0:39:49	0:39:49
18	361	Harry Lobban	Male 20-34	Falmouth Running Club	0:39:53	0:39:47
19	246	Simon Williams	Male 50-54	Newquay & Par AC	0:40:20	0:40:19
20	336	Ronnie James	Male 55-59	Cornwall Athletics Club	0:40:25	0:40:24
21	302	Ruth Barnes	Female 45-49	Falmouth Running Club	0:40:28	0:40:27
22	14	Bradley Parsons	Male 20-34	St Austell Running Club	0:40:33	0:40:31
23	232	Ben Kent	Male 20-34	Cornwall Athletics Club	0:40:59	0:40:59
24	309	Ryan Marks	Male 15-19	St Austell Running Club	0:40:59	0:40:56
25	356	Stan Cameron	Male 15-19	Mile High Running Club	0:41:22	0:41:19
26	150	Natalie Nash	Female 20-34	Ealing Eagles	0:41:25	0:41:25
27	41	Paul Stevens	Male 45-49	St Austell Athletes Running Club	0:41:27	0:41:24
28	187	Dominic Turton	Male 20-34	Hayle Runners	0:41:37	0:41:35
29	111	Jake Timms	Male 20-34	Falmouth Running Club	0:41:44	0:41:41
30	57	Callum Waldie	Male 20-34	Truro Running Club	0:41:55	0:41:52
31	290	Emma Paull	Female 35-39	Hayle Runners	0:42:01	0:42:00
32	236	Robert Warner	Male 20-34	Tamar Trotters	0:42:08	0:42:04
33	159	Mike Dowrick	Male 50-54	Cornwall Athletics Club	0:42:17	0:42:14
34	347	Nigel Swift	Male 45-49	Perran Trail Runners	0:42:35	0:42:34
35	214	Matt Fox	Male 35-39	Falmouth Running Club	0:42:39	0:42:36
36	154	Zoe Levin	Female 20-34	Newquay & Par AC	0:42:44	0:42:41
37	359	Rebecca Stobart	Female 20-34	Cornwall Athletics Club	0:43:01	0:42:56
38	201	James Barnet	Male 35-39	Falmouth Running Club	0:43:03	0:43:00
39	196	Scott Abraham	Male 50-54	Hayle Runners	0:43:42	0:43:40
40	297	Russell King	Male 40-44	Falmouth Running Club	0:43:47	0:43:43
41	231	Annie Trotter	Female 20-34		0:43:50	0:43:49
42	326	Richard Dalton	Male 20-34	Falmouth Running Club	0:43:59	0:43:56
43	216	Mark Williams	Male 55-59	Hayle Runners	0:44:05	0:44:03
44	283	Ben Pearce	Male 35-39	Truro Running Club	0:44:07	0:44:03
45	114	Matt Row	Male 35-39	St Austell Running Club	0:44:16	0:44:14
46	145	Roisin Mooney	Female 15-19	Cornwall Athletics Club	0:44:23	0:44:20
47	314	Craig Knuckey	Male 55-59	Cornwall Athletics Club	0:44:33	0:44:31

48	28	Jodie Gauld	Female 20-34	St Austell Running Club	0:44:37	0:44:35
49	257	Cameron Pearce	Male 20-34	Cornwall Athletics Club	0:44:44	0:44:40
50	192	Adam Keogh	Male 45-49	Falmouth Running Club	0:44:46	0:44:40
51	143	Emma Stepto	Female 50-54	Cornwall Athletics Club	0:44:57	0:44:55
52	73	Kevin Marshall	Male 60-64	Launceston Road Runners	0:45:05	0:45:00
53	15	Sid Standlick	Male 40-44	Tamar Trotters	0:45:11	0:45:06
54	275	Craig Hall	Male 50-54	Cornwall Athletics Club	0:45:38	0:45:29
55	249	Jason Vinnicombe	Male 45-49	Cornwall Athletics Club	0:45:38	0:45:29
56	99	Jon Eldon	Male 60-64	Hayle Runners	0:45:46	0:45:44
57	207	Garry Watkins	Male 40-44	Perran Trail Runners	0:45:51	0:45:50
58	122	Roman Philips	Male 15-19	Cornwall Athletics Club	0:45:53	0:45:51
59	51	Robin Watson	Male 60-64	Falmouth Running Club	0:46:06	0:46:02
60	247	Richard Chynowet	Male 40-44	Truro Running Club	0:46:19	0:46:16
61	259	Lucy Williams	Female 35-39	Truro Running Club	0:46:24	0:46:22
62	26	Robert Standing	Male 50-54	Truro Running Club	0:46:38	0:46:34
63	319	David Guffick	Male 40-44	Hayle Runners	0:46:39	0:46:37
64	322	Gary Richards	Male 55-59	Truro Running Club	0:46:41	0:46:38
65	357	Henry Cameron	Male 50-54	Truro Running Club	0:46:44	0:46:40
66	67	Swee-Leng Chuah	Male 35-39	Lichfield Running Club	0:46:46	0:46:34
67	402	Theo Shayler	Male 15-19	Witney Road Runners	0:46:49	0:46:42
68	352	Sam Naisby	Male 20-34	Falmouth Running Club	0:47:15	0:47:10
69	8	Stuart Richards	Male 50-54	St Austell Running Club	0:47:18	0:47:16
70	170	James Toseland	Male 35-39	Truro Running Club	0:47:21	0:47:16
71	335	Steve Farrant	Male 35-39	Plymouth Musketeers Running Club	0:47:25	0:47:20
72	378	Richard Daniels	Male 50-54	Newquay & Par AC	0:47:26	0:47:25
73	54	Andrew Hickson	Male 55-59	Cornwall Athletics Club	0:47:26	0:47:24
74	379	Simon Jeffs	Male 50-54	Hayle Runners	0:47:30	0:47:29
75	12	Amanda Hewitt	Female 50-54	Cornwall Athletics Club	0:47:40	0:47:35
76	92	Mark Sweeney	Male 60-64	St Austell Running Club	0:47:50	0:47:46
77	179	Nicholas Peters	Male 20-34	Hayle Runners	0:47:56	0:47:45
78	11	Joshua Mills	Male 15-19	Cornwall Athletics Club	0:47:56	0:47:54
79	250	Iain Walker	Male 65-69	St Austell Running Club	0:48:04	0:47:59
80	74	Tim Twiggs	Male 55-59	Hayle Runners	0:48:08	0:48:02
81	209	Jasmine Rapson	Female 15-19	Newquay & Par AC	0:48:14	0:48:12
82	306	Nick Campbell	Male 45-49		0:48:15	0:47:54
83	404	Lewis Dixon	Male 20-34		0:48:25	0:48:15
84	293	Lucy Paull	Female 40-44	Hayle Runners	0:48:37	0:48:35
85	350	Gail Aspden	Female 55-59	Cornwall Athletics Club	0:49:02	0:48:59
86	89	Craig Varcoe	Male 35-39	St Austell Running Club	0:49:06	0:49:03
87	37	Charles Curtis	Male 20-34	Cornwall Athletics Club	0:49:12	0:49:09
88	151	Ella Nash	Female 20-34	Ealing Eagles	0:49:14	0:49:06
89	340	Darren Uren	Male 40-44	Hayle Runners	0:49:34	0:49:34
90	138	Marty Barnfield	Male 50-54	Bodmin Running Club	0:49:38	0:49:33
91	403	Lynette Davies	Female 20-34		0:49:41	0:49:27
92	63	Jim Nettleton	Male 55-59	Truro Running Club	0:50:06	0:49:58
93	258	Terry Nottle	Male 50-54	Lonely Goat RC	0:50:06	0:50:01
94	77	Andrew Searle	Male 40-44	Hayle Runners	0:50:09	0:49:59
95	298	Craig Underhill	Male 55-59	Hayle Runners	0:50:16	0:50:10
96	310	Malcolm Roberts	Male 70-74	St Austell Running Club	0:50:17	0:50:12

97	65	Paul Bolingbroke	Male 20-34	East Cornwall Harriers	0:50:18	0:50:13
98	271	Helen Mitchell	Female 55-59	Truro Running Club	0:50:19	0:50:11
99	33	Andrew Ellis	Male 50-54	Hayle Runners	0:50:24	0:50:17
100	332	Andy Rich	Male 45-49	St Austell Running Club	0:50:31	0:50:16
101	198	Jason Smeeth	Male 35-39		0:50:33	0:50:18
102	144	Eve Hearle	Female 40-44	Newquay Road Runners	0:50:38	0:50:34
103	91	Jenna Bissell	Female 35-39	Truro Running Club	0:50:40	0:50:31
104	300	Kevin Silver	Male 55-59	Hayle Runners	0:50:43	0:50:33
105	278	Kaye Patterson	Female 35-39	East Cornwall Harriers	0:50:51	0:50:48
106	202	Ben Sieniewicz	Male 35-39		0:51:06	0:50:45
107	303	Finley Edwards	Male 15-19	Newquay Road Runners	0:51:09	0:51:04
108	228	Samuel Sieniewicz	Male 35-39		0:51:11	0:50:50
109	93	Danny O'Shea	Male 45-49	Truro Running Club	0:51:16	0:51:08
110	156	Martin Davis	Male 65-69	Newquay Road Runners	0:51:21	0:51:21
111	260	Christopher Nottle	Male 20-34	Lonely Goat RC	0:51:22	0:51:17
112	233	Jessica Brown	Female 15-19	Newquay & Par AC	0:51:25	0:51:23
113	178	Mandy Watts	Female 55-59	Newquay Road Runners	0:51:26	0:51:19
114	317	Jade Palmer	Female 20-34		0:51:31	0:51:21
115	124	Sharon Coyne	Female 55-59	Newquay Road Runners	0:51:37	0:51:31
116	331	Stuart Smith	Male 35-39	Hayle Runners	0:51:39	0:51:28
117	225	Paul Angove	Male 55-59	Cornwall Athletics Club	0:51:42	0:51:34
118	301	Nick Pebody	Male 35-39	Newquay Road Runners	0:51:43	0:51:33
119	400	Nathan Shayler	Male 50-54	Witney Road Runners	0:51:44	0:51:35
120	69	Julie Towers	Female 60-64	Hayle Runners	0:51:45	0:51:34
121	282	Carl Williams	Male 50-54	Newquay Road Runners	0:51:48	0:51:21
122	370	Amy Roberts	Female 20-34	St Michaels Run Club	0:51:48	0:51:26
123	366	Tim Fryer	Male 45-49	St Michaels Run Club	0:51:48	0:51:26
124	241	Sally Turner	Female 35-39	Cornwall Athletics Club	0:51:57	0:51:49
125	31	David Speake	Male 50-54	St Austell Running Club	0:52:04	0:51:49
126	79	Joshua Clayton	Male 20-34		0:52:06	0:52:01
127	295	Gail Hartill	Female 50-54	Bodmin Running Club	0:52:07	0:52:03
128	80	Ian Savigar	Male 60-64	East Cornwall Harriers	0:52:11	0:52:08
129	166	Josh Turner	Male 35-39	East Cornwall Harriers	0:52:11	0:52:03
130	318	Beth Elkin	Female 15-19	Hayle Runners	0:52:14	0:52:05
131	263	Derek Thomas	Male 50-54	St Austell Running Club	0:52:15	0:52:09
132	211	Andrew Wroe	Male 35-39	Falmouth Running Club	0:52:16	0:52:10
133	115	Sandra Lusty	Female 45-49		0:52:16	0:52:09
134	219	David Spurrell	Male 45-49		0:52:38	0:52:30
135	266	Tanya Coleman	Female 50-54	Truro Running Club	0:52:43	0:52:35
136	221	Mark Bennetts	Male 45-49	St Austell Athletes Running Club	0:52:51	0:52:46
137	84	Gareth Casey	Male 45-49	St Austell Athletes Running Club	0:53:03	0:52:56
138	90	Beth Popperwell	Female 50-54	Mile High Running Club	0:53:15	0:52:59
139	220	Thelma Namonje	Female 35-39	Falmouth Running Club	0:53:32	0:53:22
140	142	Christopher Baggo	Male 50-54	St Austell Running Club	0:53:42	0:53:37
141	147	Karen Pascoe	Female 55-59	Cornwall Athletics Club	0:53:43	0:53:35
142	321	Steven Jenkin	Male 50-54	Cornwall Athletics Club	0:53:45	0:53:38
143	175	Sarah Myford	Female 60-64	Bodmin Running Club	0:53:47	0:53:32
144	52	Corinne Gerrard	Female 50-54	Hayle Runners	0:53:48	0:53:42
145	348	Danny Graham	Male 40-44		0:53:54	0:53:23

146	174	Eleanor Ellison	Female 65-69	Newquay Road Runners	0:53:55	0:53:48
147	287	Elizabeth Whinnet	Female 35-39	Bodmin Running Club	0:53:57	0:53:46
148	272	Andrea Simmons	Female 65-69	Hayle Runners	0:54:03	0:53:53
149	213	Jamie Owen	Male 45-49		0:54:05	0:53:47
150	316	Karina Bowers	Female 40-44	St Austell Running Club	0:54:20	0:54:16
151	152	Alex Nash	Male 20-34		0:54:23	0:54:15
152	284	Martin Dinham	Male 50-54	Mile High Running Club	0:54:25	0:54:08
153	269	Amy Gregory	Female 35-39	Newquay Road Runners	0:54:28	0:54:22
154	83	Damen Powell	Male 35-39	St Austell Running Club	0:54:30	0:54:27
155	160	Richard Carr	Male 50-54		0:54:32	0:54:11
156	17	Peter Allen	Male 65-69	Newquay Road Runners	0:54:34	0:54:26
157	23	Anna Goodman	Female 20-34	Hayle Runners	0:54:37	0:54:30
158	87	Emma Fox	Female 45-49	Newquay Road Runners	0:54:41	0:54:33
159	100	Michael Counter	Male 55-59	St Austell Running Club	0:54:42	0:54:27
160	377	Mark Newson	Male 55-59	Honiton RC	0:54:48	0:54:41
161	171	Sarah Wilkinson	Female 60-64	Newquay Road Runners	0:54:55	0:54:47
162	312	Dan Hocking	Male 45-49	Hayle Runners	0:55:05	0:54:56
163	105	Andrea Commons	Female 50-54		0:55:08	0:55:00
164	66	Natalie Dunn	Female 35-39	Truro Running Club	0:55:10	0:55:02
165	195	Ade Dagnall	Male 50-54		0:55:13	0:55:00
166	285	Ivor Pudner	Male 55-59	Looe Pioneers Running Club	0:55:13	0:54:59
167	180	Thomas Downes	Male 35-39		0:55:14	0:55:14
168	368	Lewis Manners	Male 20-34	St Michaels Run Club	0:55:14	0:54:51
169	360	Helen Chambers	Female 20-34		0:55:16	0:55:06
170	189	Lia Foreman	Female 20-34	Hayle Runners	0:55:20	0:55:07
171	155	Oliver Billson	Male 20-34		0:55:24	0:55:07
172	341	Gareth James	Male 35-39		0:55:25	0:54:59
173	256	Eddie Thomson	Male 35-39	Launceston Road Runners	0:55:33	0:55:27
174	108	Anthony Burrows	Male 55-59	Hayle Runners	0:55:36	0:55:30
175	237	Lee Bunyan	Male 40-44	Truro Running Club	0:55:44	0:55:38
176	45	Neil Blonden	Male 50-54	Bodmin Running Club	0:55:46	0:55:29
177	358	Amy Harrington	Female 20-34	Truro Running Club	0:55:51	0:55:39
178	4	Kelly Bills	Female 45-49	Hayle Runners	0:56:03	0:55:52
179	204	Simon James	Male 50-54	Cornwall Athletics Club	0:56:05	0:55:59
180	251	Jonathan Sharp	Male 40-44		0:56:05	0:55:56
181	215	Richard Collett	Male 40-44	Hayle Runners	0:56:16	0:56:03
182	161	Claire Winfield	Female 55-59	Launceston Road Runners	0:56:17	0:56:11
183	375	Kev Curd	Male 45-49	BADRAT Runners	0:56:31	0:56:20
184	299	Liz Trebilcock	Female 55-59	Truro Running Club	0:56:33	0:56:24
185	291	Ashley Weatherall	Male 35-39		0:56:33	0:56:17
186	217	Sammy Stringer	Female 40-44	Newquay Road Runners	0:56:38	0:56:16
187	353	Jim Lee	Male 20-34	Truro Running Club	0:56:40	0:56:28
188	141	Steve Kemsley	Male 60-64	Falmouth Running Club	0:56:50	0:56:38
189	227	Emma Harris	Female 35-39		0:56:58	0:56:45
190	58	Stephen Hutchinsc	Male 70-74	Bude Rats (Run and Tri)	0:57:00	0:56:54
191	53	Karen Mcclay	Female 55-59	Cornwall Athletics Club	0:57:03	0:56:54
192	64	Zoe Renowden	Female 40-44	Hayle Runners	0:57:04	0:56:56
193	82	Sarah Robinson	Female 45-49	Plymouth Musketeers Running Cl	0:57:25	0:57:16
194	234	Robert Rochowiak	Male 60-64	Carn Runners	0:57:33	0:57:19

195	106	Hannah Smith	Female 20-34	Hayle Runners	0:57:41	0:57:27
196	7	David Foy	Male 50-54	Falmouth Running Club	0:57:43	0:57:26
197	394	Vicki Smith	Female 50-54	Somer AC	0:57:52	0:57:29
198	364	Charlie Gray	Female 45-49	Newquay Road Runners	0:57:53	0:57:45
199	223	Jon Mitchell	Male 50-54	Cornwall Athletics Club	0:58:00	0:57:54
200	391	Jake Nicholls	Male 20-34		0:58:04	0:57:38
201	193	Todd Reynolds	Male 15-19		0:58:05	0:57:46
202	59	Jenna Ferris	Female 35-39	Perran Trail Runners	0:58:08	0:57:55
203	130	Trevor Lee	Male 60-64	Truro Running Club	0:58:13	0:58:02
204	134	Sunil Chanani	Male 65-69		0:58:53	0:58:41
205	177	Sammie Richardso	Female 20-34		0:59:00	0:58:54
206	176	Abbey Anderson	Female 20-34		0:59:00	0:58:55
207	270	Olivia Pellowe	Female 45-49	Carn Runners	0:59:02	0:58:52
208	381	Katie Ellery	Female 20-34		0:59:04	0:58:51
209	112	Armando Vieira	Male 45-49	St Austell Running Club	0:59:11	0:59:00
210	390	James Franks	Male 35-39	The Pasty Shop Boys	0:59:15	0:58:54
211	76	Tracey Cullerton	Female 50-54	Plymouth Musketeers Running Cl	0:59:30	0:59:21
212	392	Catherine Horton	Female 50-54	Falmouth Running Club	0:59:42	0:59:26
213	268	Joanna Marcineko	Female 40-44	Cornwall Athletics Club	0:59:53	0:59:39
214	393	Jerry Cartlidge	Male 60-64	Hayle Runners	0:59:53	0:59:38
215	139	Si Barnett	Male 50-54		1:00:01	0:59:51
216	376	Rachel Annals	Female 45-49	BADRAT Runners	1:00:26	1:00:16
217	281	Helen Stevenson	Female 40-44	Bodmin Running Club	1:00:30	1:00:15
218	85	Leila Matthews	Female 45-49	Plymouth Musketeers Running Cl	1:00:42	1:00:33
219	334	Raegan Leather	Female 20-34	Plymouth Musketeers Running Cl	1:00:42	1:00:32
220	354	Diane Warren	Female 65-69	Hayle Runners	1:00:43	1:00:28
221	380	Lisa Talling	Female 55-59	Newquay Road Runners	1:00:50	1:00:39
222	133	Sandra Holmes	Female 60-64	Newquay Road Runners	1:00:52	1:00:43
223	265	Jonathan Hicks	Male 50-54	PB Running Club	1:00:54	1:00:38
224	342	Laura James	Female 35-39		1:00:58	1:00:35
225	401	Emma Shayler	Female 45-49	Witney Road Runners	1:01:07	1:00:47
226	351	Angela Brinicombe	Female 65-69	Launceston Road Runners	1:01:09	1:00:52
227	264	Emma Alee	Female 45-49	Plymouth Musketeers Running Cl	1:01:17	1:01:07
228	103	Janet Ritchie	Female 60-64	Carn Runners	1:01:17	1:01:11
229	27	Joanne Strawbridg	Female 45-49	East Cornwall Harriers	1:01:18	1:01:18
230	60	Caroline Cross	Female 20-34	Cornwall Athletics Club	1:01:24	1:01:07
231	183	Jeanette Duncan	Female 65-69	Newquay Road Runners	1:01:27	1:01:19
232	235	Kay Middleditch	Female 40-44	Truro Running Club	1:01:27	1:01:08
233	286	Helen Dodwell	Female 45-49	Truro Running Club	1:01:33	1:01:11
234	44	Paula Hazelton	Female 45-49		1:01:50	1:01:30
235	149	Demelza Widdersst	Female 40-44	Carn Runners	1:02:00	1:01:42
236	374	Jean Cutlan	Female 55-59	St Austell Athletes Running Club	1:02:04	1:01:50
237	212	Elise Milden-Willm	Female 15-19	Plymouth Musketeers Running Cl	1:02:07	1:01:56
238	255	Chunky Penhaul	Male 75-79	Hayle Runners	1:02:09	1:01:57
239	78	Nicholas Clayton	Male 55-59		1:02:09	1:01:53
240	163	Lisa Player	Female 60-64	Newquay Road Runners	1:02:14	1:02:00
241	46	Cat Wallman	Female 50-54	Truro Running Club	1:02:15	1:02:01
242	252	Katie Sharp	Female 45-49		1:02:28	1:02:19
243	190	Louise Ollivier	Female 55-59	Hayle Runners	1:02:40	1:02:26

244	369	Francesca Sweene	Female 35-39	St Michaels Run Club	1:02:45	1:02:23
245	56	Clive Davis	Male 60-64		1:02:47	1:02:27
246	146	Chloe Turner	Female 20-34	East Cornwall Harriers	1:02:48	1:02:34
247	43	Kate Stevens	Female 45-49	St Austell Running Club	1:02:52	1:02:37
248	372	Andy Coles	Male 65-69	St Austell Running Club	1:03:20	1:02:58
249	30	Debbie Marshall	Female 45-49	St Austell Running Club	1:03:26	1:03:13
250	1	James Danks	Male 40-44	Falmouth Running Club	1:03:30	1:03:16
251	329	Tracy Mckenzie	Female 45-49	Newquay Road Runners	1:03:41	1:03:33
252	313	Jackie Cope	Female 65-69	Falmouth Running Club	1:03:55	1:03:43
253	339	Kim Hawke	Female 35-39		1:04:34	1:04:34
254	398	William Lockton	Male 20-34		1:04:34	1:04:15
255	3	Victoria Mehta	Female 20-34		1:04:39	1:04:22
256	2	Michael Mehta	Male 60-64		1:04:40	1:04:23
257	186	Harry Stallard	Male 20-34	St Austell Running Club	1:04:44	1:04:35
258	168	Andy Stallard	Male 55-59	Truro Running Club	1:04:45	1:04:36
259	396	James Stuart-Mills	Male 55-59	Ripon Runners	1:04:52	1:04:42
260	172	Naomi Grint	Female 40-44	Looe Pioneers Running Club	1:04:53	1:04:35
261	276	Heidi Meynell	Female 15-19		1:04:54	1:04:42
262	386	Daniel Evans	Male 40-44		1:04:56	1:04:35
263	203	Isobel Hamilton	Female 40-44	East Cornwall Harriers	1:05:09	1:04:55
264	136	Ashley Wright	Male 55-59		1:05:10	1:04:45
265	13	Sue Cooper	Female 60-64	Vegan Runners UK	1:05:14	1:04:56
266	131	Ruth McCalley	Female 20-34	Plymouth Musketeers Running Cl	1:05:27	1:05:17
267	158	Philippa Nash	Female 55-59		1:05:29	1:05:09
268	157	Duncan Nash	Male 65-69		1:05:29	1:05:09
269	355	Claire Stone	Female 40-44	Hayle Runners	1:05:32	1:05:24
270	88	Emma James	Female 50-54	Launceston Road Runners	1:05:44	1:05:27
271	184	Joanna Rich	Female 45-49	St Austell Running Club	1:05:50	1:05:35
272	148	John Beard	Male 45-49	Newquay Road Runners	1:05:54	1:05:43
273	296	Margaret Clark	Female 60-64	Hayle Runners	1:05:58	1:05:44
274	349	Linda Pickard	Female 60-64	Launceston Road Runners	1:06:21	1:06:10
275	20	Richard Jenkin	Male 80+	Cornwall Athletics Club	1:06:38	1:06:27
276	49	Melanie Nile	Female 50-54	St Austell Running Club	1:06:48	1:06:27
277	55	Alison Attfield	Female 60-64	Truro College	1:07:03	1:06:36
278	39	Tamsyn Henvest	Female 40-44		1:07:13	1:06:51
279	328	Julia Evans	Female 50-54	East Cornwall Harriers	1:07:14	1:07:07
280	32	Des Evans	Male 75-79	Newquay Road Runners	1:07:27	1:07:17
281	327	Rachel Yelland	Female 40-44	East Cornwall Harriers	1:07:29	1:07:15
282	6	Sally Fletcher	Female 55-59	St Austell Running Club	1:07:51	1:07:31
283	181	Dean Llewellyn	Male 50-54	Looe Pioneers Running Club	1:07:52	1:07:35
284	238	John Barnes	Male 60-64	Launceston Road Runners	1:08:26	1:08:03
285	343	Loki Cullen	Male 15-19		1:08:30	1:08:05
286	382	Anna Cullen	Female 45-49	Tri Logic Cornwall	1:08:30	1:08:06
287	262	Joanna Skyba	Female 40-44	St Austell Running Club	1:08:37	1:08:21
288	325	Clare Dent	Female 50-54	St Austell Running Club	1:08:37	1:08:21
289	109	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:08:46	1:08:26
290	110	David Banbury	Male 60-64	Bys Vyken Race Team	1:08:46	1:08:23
291	267	James Hepworth	Male 20-34		1:08:51	1:08:46
292	308	Courtney Marks	Female 20-34	St Austell Running Club	1:09:04	1:08:53

293	200	Martin Curtis	Male 75-79	Hayle Runners	1:09:30	1:09:19
294	205	Gillian Onley	Female 55-59	Cornwall Athletics Club	1:09:32	1:09:15
295	338	Megan Clarke	Female 20-34	Truro Running Club	1:09:38	1:09:17
296	164	Isabel Irwin-Bowle	Female 35-39	St Austell Running Club	1:09:42	1:09:26
297	162	Kaylee Haggett	Female 35-39		1:09:43	1:09:28
298	165	Andrew Heather	Male 55-59	Hayle Runners	1:09:48	1:09:32
299	123	Dellen Carroll	Female 50-54	Newquay Road Runners	1:09:49	1:09:26
300	305	Ian Ringer	Male 75-79		1:10:00	1:09:45
301	24	Robert Bolitho	Male 60-64	Falmouth Running Club	1:10:02	1:09:37
302	22	Alan Brandwood	Male 70-74	Falmouth Running Club	1:10:05	1:09:45
303	399	Simon Mayho	Male 50-54	Hayle Runners	1:10:21	1:10:07
304	125	Hannah Ross	Female 35-39		1:10:23	1:10:11
305	387	Lucy Langdon	Female 50-54	Truro College	1:10:36	1:10:08
306	248	Caroline Vinnicom	Female 50-54	Cornwall Athletics Club	1:10:46	1:10:28
307	274	Lily Chapman	Female 15-19		1:10:53	1:10:41
308	94	Jena Boyns	Female 20-34		1:10:53	1:10:38
309	95	Georgia Quick	Female 20-34		1:10:54	1:10:38
310	191	Martin Venning	Male 70-74	Launceston Road Runners	1:11:23	1:11:01
311	307	Robert Willcocks	Male 65-69	Falmouth Running Club	1:12:09	1:11:56
312	86	Rachael Church	Female 50-54	Perran Trail Runners	1:12:21	1:11:55
313	229	Lorna Hogg	Female 50-54	St Austell Running Club	1:12:23	1:11:57
314	385	Mark Squire	Male 65-69	Hayle Runners	1:12:25	1:12:12
315	135	Lucy Wright	Female 50-54		1:12:31	1:12:07
316	384	Jeanette Colley	Female 60-64	Cleobury Mortimer Running Club	1:12:49	1:12:24
317	395	Karen Bolton	Female 60-64		1:13:01	1:12:57
318	18	Theresa Clark	Female 55-59	Hayle Runners	1:13:07	1:12:54
319	153	Thomas Grafton	Male 45-49	Truro Running Club	1:13:24	1:13:08
320	101	Victoria Walton	Female 45-49	Newquay Road Runners	1:13:31	1:13:12
321	273	Sara Chapman	Female 55-59	Newquay Road Runners	1:13:31	1:13:12
322	102	Beth Green	Female 40-44	Newquay Road Runners	1:13:32	1:13:13
323	34	Bailey Ellis	Male 15-19	Hayle Runners	1:13:36	1:13:19
324	373	Tim Cutlan	Male 55-59	St Austell Athletes Running Club	1:13:40	1:13:22
325	40	Nicole Di Maio	Female 40-44	Cornwall Athletics Club	1:13:57	1:13:40
326	194	Emma Johns	Female 45-49	Hayle Runners	1:14:07	1:13:54
327	62	Broni Jones	Female 45-49		1:14:46	1:14:23
328	324	Sandra Lidiard	Female 50-54	Bodmin Women's Running Club	1:14:59	1:14:35
329	72	Lavinia Marshall	Female 70-74	Launceston Road Runners	1:15:05	1:14:48
330	292	Ann Bradley	Female 60-64	St Austell Running Club	1:15:37	1:15:12
331	294	Theresa Williams	Female 65-69	St Austell Running Club	1:15:37	1:15:13
332	239	Bryan King	Male 70-74	Plymouth Musketeers Running Club	1:15:48	1:15:22
333	68	David Wilton	Male 65-69	Falmouth Running Club	1:16:01	1:15:41
334	240	Louise King	Female 60-64	Plymouth Musketeers Running Club	1:16:05	1:15:39
335	206	Sarah Luff	Female 40-44	JP Fitness Cornwall	1:16:18	1:15:52
336	129	Gemma Wothersp	Female 40-44	Bodmin Women's Running Club	1:16:19	1:15:56
337	218	Sarah Griffiths	Female 50-54	Newquay Road Runners	1:16:27	1:16:04
338	132	Margaret Ann Kin	Female 70-74	East Cornwall Harriers	1:17:04	1:16:58
339	36	Carrie Patrick	Female 45-49		1:17:29	1:17:01
340	261	Claire Payne	Female 50-54	Carn Runners	1:17:43	1:17:23
341	128	Jane Shaddick-Brai	Female 60-64		1:17:49	1:17:24

342	389	Jago Weager	Male 15-19		1:17:50	1:17:21
343	388	Isaac Brandwood	Male 15-19		1:17:50	1:17:22
344	81	Jasmine Robinson	Female 20-34	Plymouth Musketeers Running Cl	1:18:01	1:17:53
345	104	Dennis Burrell	Male 75-79	Carn Runners	1:18:02	1:17:43
346	25	Julie Bolitho	Female 55-59	Falmouth Running Club	1:18:25	1:18:01
347	182	Jackie Stone	Female 60-64	Hayle Runners	1:18:33	1:18:20
348	21	Jacqueline Jenkin	Female 75-79	Cornwall Athletics Club	1:18:39	1:18:21
349	330	Paul Treweek	Male 65-69	Truro Running Club	1:18:47	1:18:19
350	61	Lisa Light	Female 60-64	Plymouth Musketeers Running Cl	1:19:00	1:18:35
351	230	Angela Tyson	Female 45-49	Newquay Road Runners	1:19:02	1:18:37
352	304	Jessica Gallienne	Female 35-39	Newquay Road Runners	1:19:16	1:18:52
353	120	Samantha Ewart	Female 45-49	St Austell Running Club	1:19:16	1:18:47
354	167	Fiona Stallard	Female 55-59	Truro Running Club	1:19:24	1:18:59
355	169	Christine Boon	Female 55-59	Truro Running Club	1:19:24	1:18:59
356	173	Guy Cooper	Male 50-54	Looe Pioneers Running Club	1:19:35	1:19:17
357	288	Deborah Peters	Female 45-49		1:20:07	1:19:48
358	345	Ruth Simmons	Female 50-54	St Austell Running Club	1:20:30	1:20:03
359	119	Andrew Cameron	Male 75-79	Truro Running Club	1:22:24	1:22:00
360	371	Lauren Churchill	Female 20-34	St Michaels Run Club	1:22:49	1:22:26
361	367	Pete Churchill	Male 20-34	St Michaels Run Club	1:22:51	1:22:28
362	70	Jennifer Burden	Female 40-44	St Austell Running Club	1:23:11	1:22:45
363	320	Christine Todd	Female 60-64	St Austell Running Club	1:24:05	1:23:38
364	35	Sarah Ellis	Female 45-49	Hayle Runners	1:27:53	1:27:27
365	137	Karen Warner	Female 55-59	Newquay Road Runners	1:27:55	1:27:31
366	10	Roy Newton	Male 75-79	Falmouth Running Club	1:28:29	1:28:09
367	5	Steve Lawrence	Male 65-69	Falmouth Running Club	1:29:13	1:28:53
368	188	Paula Richardson	Female 60-64	East Cornwall Harriers	1:36:32	1:36:25
369	29	Michael Wooding	Male 75-79	Newquay Road Runners	1:36:33	1:36:00