

STICKER 5 - 22ND JUNE 2019

Position	Time	Name	Team	Category	Pace	No
1	0:26:01	JENKIN, Mark	Bideford AAC	Male Vet 40-44	05:12.1	353
2	0:28:14	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:38.7	267
3	0:28:36	MARTIN, Andrew	Mile High	Male Vet 35-39	05:43.1	374
4	0:28:41	WRIGHT, Tony	Cornwall AC	Male Vet 50-54	05:44.1	273
5	0:28:42	MCWILLIAMS, John	Mounts Bay Harriers	Male Vet 35-39	05:44.3	275
6	0:28:43	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:44.5	271
7	0:28:47	TREGONNING, David	St Austell Running Club	Male under 35	05:45.3	117
8	0:28:50	THOMAS, Justin	Cornwall AC	Male Vet 45-49	05:45.9	269
9	0:29:05	BENNEY, Aaron	Mile High	Male Vet 35-39	05:48.9	375
10	0:29:28	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	05:53.5	39
11	0:29:32	CUTLAN, James	St Austell Running Club	Male under 35	05:54.3	327
12	0:30:20	FULLER, Stephen	Hayle Runners	Male Vet 50-54	06:03.9	346
13	0:30:31	DEACON, Mark	Looe Pioneers	Male under 35	06:06.1	20
14	0:30:37	DANIELS, Alex	Newquay Road Runners	Male Vet 45-49	06:07.3	343
15	0:30:52	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:10.3	304
16	0:30:54	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:10.7	181
17	0:31:02	BUSCOMBE, Charles	Newquay Road Runners	Male under 35	06:12.3	188
18	0:31:04	DITTY, Graham	Mile High	Male Vet 35-39	06:12.7	148
19	0:31:19	JENKINS, Anna	Cornwall AC	Female Vet 35-39	06:15.7	248
20	0:31:40	BALL, Adrian	Cornwall AC	Male Vet 50-54	06:19.9	253
21	0:31:46	TEMPLE, Sian	Newquay Par AC	Female under 20	06:21.1	109
22	0:31:49	ROWETT, James		Male under 35	06:21.7	355
23	0:31:50	HEAD, Matthew	Cornwall AC	Male under 35	06:21.9	259
24	0:31:52	GALLANTRY, Liam	East Cornwall Harriers	Male under 35	06:22.3	227
25	0:32:15	BARRETT, Chris	Hayle Runners	Male Vet 45-49	06:26.9	114
26	0:32:17	CHIRGWIN, Rob	Truro Running Club	Male under 35	06:27.3	221
27	0:32:21	ROWE, Tim		Male Vet 40-44	06:28.1	235
28	0:32:37	ROOSE, Darren	Newquay Road Runners	Male Vet 40-44	06:31.3	210
29	0:32:47	RONNGARD, Mattias	Newquay Road Runners	Male Vet 50-54	06:33.3	208
30	0:32:53	MANNING, James	Hayle Runners	Male Vet 40-44	06:34.5	99
31	0:32:54	DINGLE, Jordan	St Austell Athletes RC	Male under 35	06:34.7	379
32	0:33:05	KNIGHT, Mark	PB Running Club	Male Vet 45-49	06:36.9	220
33	0:33:12	HEARN, Stephanie	Cornwall AC	Female under 35	06:38.3	243
34	0:33:19	SWEENEY, Mark	St Austell Running Club	Male Vet 55-59	06:39.7	62
35	0:33:20	MITCHELL, Louise	Cornwall AC	Female under 20	06:39.9	323
36	0:33:21	STANDING, Rob	Truro Running Club	Male Vet 45-49	06:40.1	152
37	0:33:27	GREER, Mike	St Austell Running Club	Male Vet 35-39	06:41.3	331
38	0:33:31	DAVIS, Glynn	Carn Runners	Male Vet 55-59	06:42.1	126
39	0:33:38	WILLS, Marcus	East Cornwall Harriers	Male Vet 35-39	06:43.5	147
40	0:33:44	ERICS, George	Hayle Runners	Male Vet 35-39	06:44.7	174
41	0:33:48	MIDGLEY, Phil	Newquay Road Runners	Male Vet 50-54	06:45.5	205
42	0:33:52	HARRIS, Josh	Lonely Goats RC	Male Vet 45-49	06:46.3	382
43	0:34:02	SANDOE, Sean	Cornwall AC	Male Vet 45-49	06:48.3	266
44	0:34:04	COX, Chris	Cornwall AC	Male Vet 45-49	06:48.7	255
45	0:34:05	JOHNSON, Paul	St Austell Running Club	Male under 35	06:48.9	115
46	0:34:11	BURGESS, Kathryn	Cornwall AC	Female Vet 40-44	06:50.1	237
47	0:34:15	HENDERSON, Mathew	St Austell Running Club	Male under 35	06:50.9	5
48	0:34:20	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	06:51.9	315

49	0:34:23	TAMBLING, Lee	St Austell Running Club	Male Vet 35-39	06:52.5	25
50	0:34:26	TWIGGS, Tim	Mounts Bay Harriers	Male Vet 50-54	06:53.1	36
51	0:34:30	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	06:53.9	303
52	0:34:43	VAN HEERDEN, Dillan	St Austell Running Club	Male Vet 40-44	06:56.5	368
53	0:34:47	CARTER, Lee	Newquay Road Runners	Male under 35	06:57.3	192
54	0:34:55	CARDEW, Barrie	Carn Runners	Male Vet 60-64	06:58.9	101
55	0:34:59	THOMAS, Gavin	St Austell Running Club	Male Vet 35-39	06:59.7	286
56	0:35:03	MOORE, David	Cornwall AC	Male Vet 45-49	07:00.5	263
57	0:35:05	TEMPLE, Ian	Bodmin Road Runners	Male Vet 55-59	07:00.9	111
58	0:35:06	REGAN, Andy	Beckingham RC	Male Vet 45-49	07:01.1	356
59	0:35:13	NOTTLE, Christopher	East Cornwall Harriers	Male under 35	07:02.4	281
60	0:35:20	ROONEY, Michael	Mounts Bay Harriers	Male under 35	07:03.8	252
61	0:35:27	MENSING, Claire	Truro Running Club	Female Vet 45-49	07:05.2	230
62	0:35:33	WILDING, David	Hayle Runners	Male Vet 40-44	07:06.4	63
63	0:35:36	JOHNS, Matt	JP Fitness Cornwall	Male Vet 40-44	07:07.0	134
64	0:35:38	TALEN, Patrick	St Austell Running Club	Male Vet 40-44	07:07.4	290
65	0:35:39	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	07:07.6	233
66	0:35:40	SPENCER, Julian	Truro Running Club	Male Vet 50-54	07:07.8	35
67	0:35:40	ELDON, Jon	Carn Runners	Male Vet 55-59	07:07.8	112
68	0:35:41	KEARNS, Joe	East Cornwall Harriers	Male Vet 55-59	07:08.0	158
69	0:35:45	BRAY, Daniel	St Austell Running Club	Male Vet 35-39	07:08.8	14
70	0:35:49	TREVENA, Nigel	Cornwall AC	Male Vet 50-54	07:09.6	270
71	0:35:54	HAMMOND, Peter	Cornwall AC	Male Vet 50-54	07:10.6	258
72	0:35:55	RAILTON, Matthew	Cornwall AC	Male under 20	07:10.8	265
73	0:35:59	MORRIS, Tony	St Austell Running Club	Male Vet 55-59	07:11.6	125
74	0:36:08	CHESTEREFIELD, Will		Male Vet 35-39	07:13.4	372
75	0:36:17	HARRISON-WEBB, Debbie	Hayle Runners	Female Vet 45-49	07:15.2	167
76	0:36:21	RICHARDS, Stuart	St Austell Running Club	Male Vet 45-49	07:16.0	317
77	0:36:23	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:16.4	186
78	0:36:29	HARRIES, Matt	Tamar Trotters	Male under 35	07:17.6	232
79	0:36:37	STANFORD, Joseph	Truro Running Club	Male Vet 45-49	07:19.2	351
80	0:36:42	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:20.2	89
81	0:36:46	GILES, Alan	St Austell Running Club	Male Vet 35-39	07:21.0	9
82	0:36:50	CHASE, Andy	St Austell Running Club	Male under 35	07:21.8	249
83	0:36:51	POPPERWELL, Beth	Mile High	Female Vet 45-49	07:22.0	380
84	0:36:53	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	07:22.4	218
85	0:36:54	VICARY, Darren	PB Running Club	Male Vet 35-39	07:22.6	104
86	0:36:55	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	07:22.8	84
87	0:36:56	HYNES, Martin	Launceston Road Runners	Male Vet 65-69	07:23.0	293
88	0:36:59	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:23.6	6
89	0:36:59	MARKS, Stacie	St Austell Running Club	Female under 35	07:23.6	106
90	0:37:02	EVANS, Max	Looe Pioneers	Male under 20	07:24.2	80
91	0:37:10	PICKERING, Stuart	Tri Logic Cornwall	Male Vet 55-59	07:25.8	361
92	0:37:17	RAZZELL, Neil		Male Vet 40-44	07:27.2	285
93	0:37:25	VARCOE, Craig		Male under 35	07:28.8	342
94	0:37:27	JOHNS, Philip	Hayle Runners	Male under 35	07:29.2	46
95	0:37:29	HOCKING, Matt	St Austell Running Club	Male Vet 45-49	07:29.6	185
96	0:37:32	TOSSELL, Rebecca	Hayle Runners	Female Vet 35-39	07:30.2	113
97	0:37:39	HEWITT, Amanda	Cornwall AC	Female Vet 45-49	07:31.6	244
98	0:37:45	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:32.8	277
99	0:37:47	TIPPETTS, Hannah	Falmouth Road Runners	Female under 35	07:33.2	310
100	0:37:52	WILSON, Matthew	Cornwall AC	Male Vet 40-44	07:34.2	272
101	0:37:57	MANNERS, Melodie	Hayle Runners	Female under 35	07:35.2	165

102	0:37:59	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:35.6	73
103	0:38:01	WITHERS, Russ		Male Vet 40-44	07:36.0	326
104	0:38:04	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	07:36.6	251
105	0:38:09	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:37.6	98
106	0:38:15	WILSHER, Rachael	Bodmin Road Runners	Female Vet 55-59	07:38.8	177
107	0:38:16	SPENCER, Chris		Male Vet 55-59	07:39.0	294
108	0:38:20	MACLAREN, Steve	Hayle Runners	Male Vet 50-54	07:39.8	61
109	0:38:22	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	07:40.2	172
110	0:38:23	FOY, David	Falmouth Road Runners	Male Vet 45-49	07:40.4	299
111	0:38:30	KERNAGHAN, Robert	Looe Pioneers	Male Vet 45-49	07:41.8	26
112	0:38:31	ELDING, Shannon	St Austell Running Club	Male under 35	07:42.0	354
113	0:38:34	TRUDGEON, Steve	Mud Crew Trail Runners	Male Vet 40-44	07:42.6	370
114	0:38:35	JONES, Stephen	Truro Running Club	Male Vet 35-39	07:42.8	38
115	0:38:41	THOMAS, Steven	Carn Runners	Male Vet 40-44	07:44.0	82
116	0:38:43	SMERJRAL, Mark		Male Vet 35-39	07:44.4	371
117	0:38:45	TALLING, Sophie	Newquay Road Runners	Female under 35	07:44.8	204
118	0:38:49	MULROY, Caitlin	Cornwall AC	Female under 35	07:45.6	324
119	0:38:50	MAY, Greg	Carn Runners	Male Vet 35-39	07:45.8	291
120	0:38:51	WORTH, Sarah	Launceston Road Runners	Female Vet 40-44	07:46.0	318
121	0:38:52	SAVILLE, Mike	St Austell Running Club	Male Vet 45-49	07:46.2	228
122	0:38:54	MAGUIRE, Tom		Male Vet 35-39	07:46.6	123
123	0:39:00	BUSCOMBE, Ross	St Austell Running Club	Male under 35	07:47.8	66
124	0:39:11	MITCHELL, Debbie	Hayle Runners	Female Vet 40-44	07:50.0	347
125	0:39:12	HARPER, Kevan		Male Vet 35-39	07:50.2	171
126	0:39:14	STEPHENS, James	Lonely Goats RC	Male under 35	07:50.6	223
127	0:39:15	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	07:50.8	292
128	0:39:18	SPENCER, Leigh	Newquay Road Runners	Female under 20	07:51.4	214
129	0:39:19	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:51.6	162
130	0:39:22	TALLING, Lisa	Newquay Road Runners	Female Vet 50-54	07:52.2	202
131	0:39:24	ROWE, Christopher	Carn Runners	Male Vet 50-54	07:52.6	330
132	0:39:25	DUNN, Sam		Male Vet 35-39	07:52.8	392
133	0:39:27	TREGIDGO, Steve	St Austell Running Club	Male Vet 40-44	07:53.2	105
134	0:39:34	TRUDGEON, Paul	St Austell Athletes RC	Male Vet 35-39	07:54.6	377
135	0:39:36	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 40-44	07:55.0	143
136	0:39:40	SMITH, Derek	Hayle Runners	Male Vet 55-59	07:55.8	175
137	0:39:44	THOMAS, Mark	Truro Running Club	Male Vet 45-49	07:56.6	153
138	0:39:52	ASPDEN, Gail	Cornwall AC	Female Vet 50-54	07:58.2	236
139	0:39:56	DAVISON, Mick	Newquay Road Runners	Male Vet 45-49	07:59.0	194
140	0:39:58	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	07:59.4	93
141	0:39:59	GEARING, Nicola	Tri Logic Cornwall	Female Vet 35-39	07:59.6	102
142	0:40:03	GREGORY, Amy	Newquay Road Runners	Female under 35	08:00.4	199
143	0:40:11	WEIR, Alison	Falmouth Road Runners	Female Vet 45-49	08:02.0	312
144	0:40:12	TEMPLE, Alison	Bodmin Road Runners	Female Vet 55-59	08:02.2	110
145	0:40:19	BULLOCK, Katie	Newquay Road Runners	Female Vet 35-39	08:03.6	187
146	0:40:26	ELSTONE, Meryl	Carn Runners	Female Vet 50-54	08:05.0	100
147	0:40:30	ROWE, Gareth	Newquay Road Runners	Male Vet 60-64	08:05.8	211
148	0:40:39	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:07.6	219
149	0:40:42	WILLIAMS, Trevor	Tamar Trotters	Male Vet 60-64	08:08.2	278
150	0:40:51	LEE, Andrew		Male under 20	08:10.0	320
151	0:40:57	COX, Jo	Cornwall AC	Female Vet 40-44	08:11.2	238
152	0:40:59	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	08:11.6	54
153	0:41:05	COLLINS, Joanna	St Austell Running Club	Female under 35	08:12.8	64
154	0:41:07	GRAVES, Les	Newquay Road Runners	Male Vet 60-64	08:13.2	198

155	0:41:16	WEBB, Sean	Hayle Runners	Male Vet 50-54	08:15.0	166
156	0:41:22	HIRST, Amanda		Female Vet 40-44	08:16.2	366
157	0:41:27	PAYNE, Holly	St Austell Running Club	Female under 35	08:17.2	85
158	0:41:29	HORTON, Catherine	Falmouth Road Runners	Female Vet 45-49	08:17.6	300
159	0:41:35	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	08:18.8	352
160	0:41:36	HILL, Nick		Male Vet 35-39	08:19.0	387
161	0:41:37	BRAY, Gennara	St Austell Running Club	Female under 35	08:19.2	15
162	0:41:42	RUSSELL, Barry	St Austell Running Club	Male Vet 40-44	08:20.2	45
163	0:41:43	OWEN, Mark	St Austell Running Club	Male Vet 40-44	08:20.4	44
164	0:41:45	VIEIRA, Armando	St Austell Running Club	Male Vet 40-44	08:20.8	384
165	0:41:54	PLAYER, Garry	Newquay Road Runners	Male Vet 50-54	08:22.6	206
166	0:41:58	JOHNS, Emma	St Austell Running Club	Female Vet 35-39	08:23.4	333
167	0:41:59	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:23.6	120
168	0:42:04	SHERWOOD, Penny	Lonely Goats RC	Female Vet 40-44	08:24.6	388
169	0:42:13	HAIMES, Jack		Male under 35	08:26.4	381
170	0:42:20	ELLEN, Emily	Hayle Runners	Female Vet 35-39	08:27.8	32
171	0:42:23	PLAYER, Lisa	Newquay Road Runners	Female Vet 55-59	08:28.4	207
172	0:42:30	FORRISTAL, Jason	Lonely Goats RC	Male Vet 50-54	08:29.8	359
173	0:42:31	ROWETT, Gareth	St Austell Running Club	Male under 35	08:30.0	376
174	0:42:36	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	08:31.0	28
175	0:42:44	MEEHAN, Shane		Male Vet 35-39	08:32.6	225
176	0:42:46	DREW, Peter	Carn Runners	Male Vet 70-74	08:33.0	121
177	0:42:48	NANCE, David	Tamar Trotters	Male Vet 60-64	08:33.4	321
178	0:42:49	WINFIELD, Claire	Launceston Road Runners	Female Vet 50-54	08:33.6	229
179	0:42:50	HILL, Charlie		Male Vet 35-39	08:33.8	386
180	0:42:51	MANSFIELD, Sue	Truro Running Club	Female Vet 55-59	08:34.0	226
181	0:42:55	COATSWORTH, Robyn	Mounts Bay Harriers	Female under 20	08:34.8	335
182	0:42:56	ORCHARD, Michael	Hayle Runners	Male Vet 60-64	08:35.0	176
183	0:42:57	BOARDMAN, Antony		Male Vet 45-49	08:35.2	393
184	0:43:01	SARGENT, Pete	South West Vets AC	Male Vet 70-74	08:36.0	261
185	0:43:10	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	08:37.8	239
186	0:43:11	SMITH, Hannah	Hayle Runners	Female under 35	08:38.0	349
187	0:43:11	HOWARD, Tiffany	Cornwall AC	Female under 35	08:38.0	245
188	0:43:18	REGAN, Sarah	Petts Wood Runners	Female Vet 45-49	08:39.4	357
189	0:43:21	IVERSON, Alistair	JP Fitness Cornwall	Male Vet 35-39	08:40.0	133
190	0:43:37	GARDINER, Steven	St Austell Running Club	Male under 35	08:43.2	341
191	0:43:55	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	08:46.8	209
192	0:43:55	LEE, Trevor	Truro Running Club	Male Vet 55-59	08:46.8	88
193	0:43:59	BUNTING, Maggie	Tamar Trotters	Female Vet 50-54	08:47.6	3
194	0:44:00	FOSTER, Matilda		Female under 20	08:47.8	128
195	0:44:00	FOSTER, Alistair		Male Vet 45-49	08:47.8	127
196	0:44:06	FERKIN, Charmaine		Female Vet 40-44	08:49.0	224
197	0:44:11	NOTTLE, Terry	Lonely Goats RC	Male Vet 45-49	08:50.0	280
198	0:44:12	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	08:50.2	139
199	0:44:16	LOCK, Zoe	Hayle Runners	Female Vet 35-39	08:51.0	23
200	0:44:17	PENHAUL, Antony	Mounts Bay Harriers	Male Vet 70-74	08:51.2	122
201	0:44:18	BARRY, Joanne	JP Fitness Cornwall	Female Vet 40-44	08:51.4	132
202	0:44:27	HAM, Neil	Cornwall AC	Male Vet 50-54	08:53.2	257
203	0:44:30	HEARNDEN, Megan	Looe Pioneers	Female under 20	08:53.8	373
204	0:44:33	GARSDIE, Jane	Newquay Road Runners	Female Vet 50-54	08:54.4	197
205	0:44:38	LEE, Malcolml		Male Vet 55-59	08:55.4	319
206	0:44:43	WILCOX, David	Truro Running Club	Male Vet 40-44	08:56.4	164
207	0:44:44	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	08:56.6	203

208	0:44:44	VARCOE, Daniel		Male under 35	08:56.6	287
209	0:44:51	BLACKBEARD, Marie	St Austell Running Club	Female Vet 50-54	08:58.0	146
210	0:44:53	DAVIES, Gwen		Female under 35	08:58.4	390
211	0:44:55	CSECHI, Kim	St Austell Running Club	Female Vet 35-39	08:58.8	118
212	0:45:04	DOYLE, Louise	St Austell Running Club	Female Vet 45-49	09:00.6	337
213	0:45:05	SAUNTER, Jenny	Bodmin Womens RC	Female Vet 50-54	09:00.8	50
214	0:45:06	JAYNE, Samantha	Newquay Road Runners	Female Vet 45-49	09:01.0	201
215	0:45:07	COLLINS, Emma	Looe Pioneers	Female Vet 40-44	09:01.2	79
216	0:45:10	GIBBS, Clive	St Austell Running Club	Male Vet 50-54	09:01.8	183
217	0:45:11	COOKE-DAVIES, Louise	Newquay Road Runners	Female Vet 50-54	09:02.0	193
218	0:45:17	KENT, Carly	Falmouth Road Runners	Female Vet 35-39	09:03.2	301
219	0:45:18	RITCHIE, Janet	Carn Runners	Female Vet 55-59	09:03.4	169
220	0:45:23	STEVENS, Katherine	St Austell Running Club	Female Vet 40-44	09:04.4	40
221	0:45:25	VIEIRA, Paula	St Austell Running Club	Female Vet 40-44	09:04.8	385
222	0:45:27	HUSBAND, Angela		Female Vet 40-44	09:05.2	378
223	0:45:28	ROWE, Jane	Newquay Road Runners	Female Vet 55-59	09:05.4	212
224	0:45:36	BOSUSTOW, John	JP Fitness Cornwall	Male Vet 45-49	09:07.0	137
225	0:45:39	THURSTON, Katie	JP Fitness Cornwall	Female Vet 40-44	09:07.6	142
226	0:45:40	CREHAN, Kate	Hayle Runners	Female Vet 35-39	09:07.8	72
227	0:45:44	ELLIOTT, Tania	Looe Pioneers	Female Vet 45-49	09:08.6	74
228	0:45:44	HALLIDAY, Bryony	Cornwall AC	Female under 35	09:08.6	242
229	0:45:47	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	09:09.2	191
230	0:45:55	BRACHER, Susan		Female Vet 70-74	09:10.8	367
231	0:46:06	COXHEAD, Morgan		Male under 20	09:13.0	360
232	0:46:08	SKYBA, Joanna	St Austell Running Club	Female Vet 35-39	09:13.4	57
233	0:46:10	MASKELL, Melanie	St Austell Running Club	Female Vet 50-54	09:13.8	83
234	0:46:17	ELLIOTT, Andrew	Looe Pioneers	Male Vet 50-54	09:15.2	75
235	0:46:19	PETTIT, Daniel		Male Vet 50-54	09:15.6	369
236	0:46:22	WELLS, Wesley	Tamar Trotters	Male Vet 35-39	09:16.2	4
237	0:46:27	FELL, Kim	St Austell Running Club	Female under 35	09:17.2	119
238	0:46:27	DOUGLAS, Sarah	St Austell Running Club	Female Vet 35-39	09:17.2	55
239	0:46:27	TALEN, Alison	St Austell Running Club	Female Vet 40-44	09:17.2	289
240	0:46:29	NILE, Melanie	St Austell Running Club	Female Vet 45-49	09:17.6	69
241	0:46:32	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:18.2	43
242	0:46:34	SALVAGE, David	Tamar Trotters	Male Vet 70-74	09:18.6	178
243	0:46:34	JOHNSTON, Sally	Tamar Trotters	Female Vet 55-59	09:18.6	231
244	0:46:39	VIGGERS, Vickie	PB Running Club	Female Vet 40-44	09:19.6	107
245	0:46:41	BREWER, Lucinda		Female Vet 40-44	09:20.0	350
246	0:46:43	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	09:20.4	325
247	0:46:51	ALLEN, Rebecca	Carn Runners	Female under 35	09:22.0	87
248	0:46:53	HADEN, Heidi	Cornwall AC	Female Vet 35-39	09:22.4	241
249	0:47:03	WEBB, Sarah	Falmouth Road Runners	Female Vet 45-49	09:24.4	311
250	0:47:04	BAWDEN, Mike	Carn Runners	Male Vet 60-64	09:24.6	149
251	0:47:05	TRETHEWEY, Brian		Male Vet 40-44	09:24.8	295
252	0:47:06	FLOWER, Naomi	Newquay Road Runners	Female under 35	09:25.0	196
253	0:47:13	GARLAND, Caroline		Female Vet 45-49	09:26.4	163
254	0:47:38	CUTLAN, Tim	St Austell Running Club	Male Vet 50-54	09:31.4	329
255	0:47:43	SYKES, Sue	JP Fitness Cornwall	Female Vet 55-59	09:32.4	141
256	0:47:44	RAIKER, Diana	Falmouth Road Runners	Female under 35	09:32.6	305
257	0:47:47	RUBERRY, Hannah	Falmouth Road Runners	Female under 35	09:33.2	308
258	0:47:52	TOUT, Linda	Tamar Trotters	Female Vet 70-74	09:34.2	58
259	0:47:56	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	09:35.0	307
260	0:47:57	NICHOLSON, Diana	Tamar Trotters	Female Vet 55-59	09:35.2	59

261	0:47:58	TORRES, Mick	Looe Pioneers	Male Vet 55-59	09:35.4	30
262	0:47:59	VINNICOMBE, Caroline	Cornwall AC	Female Vet 45-49	09:35.6	254
263	0:48:06	STEED, Sarah	East Cornwall Harriers	Female Vet 45-49	09:37.0	76
264	0:48:13	MANSFIELD, Samantha	Tamar Trotters	Female Vet 50-54	09:38.4	160
265	0:48:29	MACK, Mike	Carn Runners	Male Vet 70-74	09:41.6	37
266	0:48:35	HOSKEN, Lucy	Newquay Road Runners	Female under 35	09:42.8	200
267	0:49:03	MULLS, Katherine		Female under 35	09:48.4	383
268	0:49:08	WALTERS, Adam	Newquay Road Runners	Male Vet 35-39	09:49.4	217
269	0:49:13	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	09:50.4	247
270	0:49:19	ADAMS, Hannah	St Austell Running Club	Female Vet 40-44	09:51.6	234
271	0:49:27	WATTS, Hannah	St Austell Running Club	Female under 35	09:53.2	182
272	0:49:36	MUNDAY, Terri	Mounts Bay Harriers	Female Vet 40-44	09:55.0	334
273	0:49:38	PALLETT, Lesley	St Austell Running Club	Male Vet 50-54	09:55.4	42
274	0:49:47	CANN, Marie Ann	Mounts Bay Harriers	Female Vet 45-49	09:57.2	168
275	0:49:53	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	09:58.4	53
276	0:49:54	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	09:58.6	306
277	0:49:55	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:58.8	313
278	0:49:55	PUTNA, Jonas		Male under 20	09:58.8	256
279	0:50:11	BOOKER, Sarah	Falmouth Road Runners	Female Vet 45-49	10:02.0	296
280	0:50:14	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	10:02.6	86
281	0:50:15	WILLIAMS, Wendy	JP Fitness Cornwall	Female Vet 55-59	10:02.8	144
282	0:50:32	HARDWICK, Darren	Looe Pioneers	Male Vet 50-54	10:06.2	288
283	0:50:33	GUNDRY, Donna	Looe Pioneers	Female Vet 35-39	10:06.4	284
284	0:50:34	THOMAS, Fred		Male Vet 50-54	10:06.6	358
285	0:50:35	WADE, Margaret	Carn Runners	Female Vet 65-69	10:06.8	47
286	0:50:38	JONES, Susan	Looe Pioneers	Female Vet 45-49	10:07.4	96
287	0:50:39	NORTHCOTT, Sandra	Looe Pioneers	Female Vet 45-49	10:07.6	21
288	0:50:41	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	10:08.0	339
289	0:50:56	GORE, Jamie	Hayle Runners	Female under 35	10:11.0	345
290	0:50:59	CARTER, Emma		Female Vet 35-39	10:11.6	365
291	0:51:07	DYER, Adam	St Austell Running Club	Male Vet 35-39	10:13.2	340
292	0:51:13	POPE, Julie		Female Vet 50-54	10:14.4	179
293	0:51:17	SMITH, Ab	St Austell Running Club	Female under 35	10:15.2	155
294	0:51:27	PATERSON, Morwenna	JP Fitness Cornwall	Female Vet 40-44	10:17.2	138
295	0:51:27	AVERY, Ruth	JP Fitness Cornwall	Female Vet 45-49	10:17.2	131
296	0:52:08	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	10:25.4	222
297	0:52:08	CHELL, Nina	Falmouth Road Runners	Female Vet 40-44	10:25.4	298
298	0:52:46	SAVERTON, Peter	Falmouth Road Runners	Male Vet 60-64	10:33.0	309
299	0:52:48	CARDELL, Timothea	Hayle Runners	Female Vet 75+	10:33.4	24
300	0:52:54	FLOWERDAY, Debbie		Female Vet 55-59	10:34.6	332
301	0:53:06	RESCORL, Mark	Tamar Trotters	Male Vet 35-39	10:37.0	52
302	0:53:25	SAVIN, Nick	Newquay Road Runners	Male Vet 35-39	10:40.8	213
303	0:53:27	BRADLEY, Ann	St Austell Running Club	Female Vet 55-59	10:41.2	13
304	0:53:30	WAGSTAFF, Jay	Looe Pioneers	Female Vet 50-54	10:41.8	151
305	0:53:36	BURDEN, Jennifer	St Austell Running Club	Female Vet 35-39	10:43.0	94
306	0:53:46	ARMSTRONG, Justine	Tamar Trotters	Female Vet 50-54	10:45.0	77
307	0:53:48	SIMMONS, Ruth	St Austell Running Club	Female Vet 45-49	10:45.4	103
308	0:53:51	HARRIS, Geoff		Male Vet 55-59	10:46.0	161
309	0:53:54	PAYNE, Claire	Carn Runners	Female Vet 45-49	10:46.6	314
310	0:54:06	FLOWER, Julie	Newquay Road Runners	Female Vet 50-54	10:49.0	195
311	0:54:08	GIBBS, Debbie	St Austell Running Club	Female Vet 50-54	10:49.4	184
312	0:54:11	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 55-59	10:50.0	338
313	0:54:19	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	10:51.6	190

314	0:54:24	FOSTER, Ann	Tamar Trotters	Female Vet 70-74	10:52.6	7
315	0:54:38	RICHARDS, Cynthia	Tamar Trotters	Female Vet 65-69	10:55.4	276
316	0:54:39	WILKINSON, Judith	Tamar Trotters	Female Vet 60-64	10:55.6	48
317	0:54:39	O'REILLY, Kevin	Tamar Trotters	Male Vet 60-64	10:55.6	49
318	0:54:50	TODD, Christine	St Austell Running Club	Female Vet 55-59	10:57.8	71
319	0:55:05	WOODING, Michael	Newquay Road Runners	Male Vet 70-74	11:00.8	216
320	0:55:09	WILLIAMS, Theresa	St Austell Running Club	Female Vet 60-64	11:01.6	17
321	0:55:17	MIDDLETON, Peter	St Austell Running Club	Male Vet 60-64	11:03.2	56
322	0:55:26	RALLS, David	St Austell Running Club	Male Vet 65-69	11:05.0	41
323	0:55:42	COOPER, Guy	Looe Pioneers	Male Vet 45-49	11:08.2	154
324	0:55:47	SEYMOUR, Anna	St Austell Running Club	Female Vet 35-39	11:09.2	1
325	0:55:56	WARIN, Rob		Male Vet 55-59	11:11.0	391
326	0:55:58	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	11:11.4	328
327	0:56:12	RYAN, Karen	Tamar Trotters	Female Vet 40-44	11:14.2	322
328	0:56:14	DUKE, Jan	Tamar Trotters	Male Vet 70-74	11:14.6	8
329	0:56:16	ELLIS, Jemma	Hayle Runners	Female under 35	11:15.0	97
330	0:56:19	JOHNS, Cedric	Carn Runners	Male Vet 75-79	11:15.6	108
331	0:56:30	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	11:17.8	81
332	0:56:48	TRUDGEON, Susan	St Austell Running Club	Female Vet 55-59	11:21.4	65
333	0:56:49	TURNER, Jo		Female Vet 45-49	11:21.6	363
334	0:56:50	TURNER, Jasmine		Female under 20	11:21.8	364
335	0:56:50	TURNER, Graham		Male Vet 50-54	11:21.8	362
336	0:56:54	HOWARD, Sarah	Cornwall AC	Female Vet 45-49	11:22.6	246
337	0:56:56	YATES, Angela	St Austell Running Club	Female Vet 60-64	11:23.0	10
338	0:57:30	HANCOCK, Tim		Male Vet 40-44	11:29.8	92
339	0:58:20	PASCOE, Julie	Tamar Trotters	Female Vet 50-54	11:39.8	283
340	0:58:20	PASCOE, Mark	Tamar Trotters	Male Vet 50-54	11:39.8	282
341	0:58:51	ATKINSON, Emmi	Cornwall AC	Female under 35	11:46.0	260
342	0:59:03	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	11:48.4	12
343	0:59:30	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	11:53.8	302
344	0:59:40	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	11:55.8	156
345	0:59:53	GILBERT, Caroline		Female Vet 45-49	11:58.4	389
346	1:00:13	SENIOR, Vicky	Looe Pioneers	Female Vet 35-39	12:02.4	95
347	1:01:02	WILLS, Janet	St Austell Running Club	Female Vet 65-69	12:12.2	316
348	1:01:29	SANDS, Samie	Looe Pioneers	Female under 35	12:17.6	90
349	1:01:29	SOBOL, Anna	Looe Pioneers	Female under 35	12:17.6	91
350	1:01:35	KINGTON, Norris	Cornwall AC	Male Vet 75-79	12:18.8	262
351	1:01:56	LAY, Jo	Hayle Runners	Female Vet 55-59	12:23.0	67
352	1:03:10	PENGELLY, Shaun	Looe Pioneers	Male Vet 50-54	12:37.8	78
353	1:03:21	JAGO, Lisa	Looe Pioneers	Female Vet 45-49	12:40.0	22
354	1:04:01	WRIGHT, Michael	Hayle Runners	Male Vet 70-74	12:48.0	34
355	1:05:38	WATTS, Pamela	St Austell Running Club	Female Vet 55-59	13:07.4	70
356	1:05:38	RADDENBURY, Sandra	St Austell Running Club	Female Vet 45-49	13:07.4	68
357	1:07:40	TURNER, Sally	St Austell Running Club	Female Vet 45-49	13:31.8	129
358	1:07:43	WILLIAMS, Jayne	St Austell Running Club	Female Vet 45-49	13:32.4	11
359	1:07:43	FOUND, Rachel	St Austell Running Club	Female Vet 45-49	13:32.4	16
360	1:20:32	BUSCOMBE, Kayleigh	St Austell Running Club	Female under 35	16:06.1	274
361	1:20:32	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	16:06.1	60