

PROVISIONAL RESULTS FOR CUBERT 5 – 7TH CUBERT 2016

Position	Time	Name	Team	Category	Pace
1	0:25:31	LE GRICE, Peter	Mounts Bay Harriers	Male under 35	05:06.1
2	0:26:01	BREWER, Tony	Mile High	Male under 35	05:12.1
3	0:26:09	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:13.7
4	0:26:59	PARSONS, Michael	Newquay Road Runners	Male under 35	05:23.7
5	0:27:05	MORANT, Jordan	Hayle Runners	Male under 35	05:24.9
6	0:27:06	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:25.1
7	0:27:11	WRIGHT, Tony	Newquay Road Runners	Male Vet 50-54	05:26.1
8	0:27:13	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:26.5
9	0:27:25	MARTIN, Andrew	Mile High	Male Vet 35-39	05:28.9
10	0:27:27	CARTHEY, Tom	Falmouth Road Runners	Male under 35	05:29.3
11	0:27:38	SALAMONE, Craig	Cornwall AC	Male under 35	05:31.5
12	0:27:39	BENNEY, Aaron	Mile High	Male Vet 35-39	05:31.7
13	0:27:43	FARRER, Ross	Plymouth Harriers	Male under 35	05:32.5
14	0:27:45	GREENWOOD, James	Newquay Par AC	Male under 20	05:32.9
15	0:27:45	SMITH, Paul	Cornwall AC	Male Vet 40-44	05:32.9
16	0:27:46	CULLINGFORD, Declan		Male under 35	05:33.1
17	0:27:50	COSTELLO, Daniel	Hayle Runners	Male under 35	05:33.9
18	0:27:53	DALTON, Richard	Falmouth Road Runners	Male under 35	05:34.5
19	0:27:58	ORCHARD, Darren	St Petrocs Dragons Tri Club	Male Vet 40-44	05:35.5
20	0:28:02	DOBSON, Jacob	Falmouth Road Runners	Male under 35	05:36.3
21	0:28:04	PASCOE, Richard	Mile High	Male Vet 35-39	05:36.7
22	0:28:05	DANIELS, Alex	Newquay Road Runners	Male Vet 40-44	05:36.9
23	0:28:09	BUZZA, Dave	Cornwall AC	Male Vet 50-54	05:37.7
24	0:28:15	WARE, Iain	Newquay Road Runners	Male under 35	05:38.9
25	0:28:15	PREWETT, George	Tamar Trotters	Male under 35	05:38.9
26	0:28:23	COLWILL, Martin	Bideford AAC	Male Vet 45-49	05:40.5
27	0:28:27	SMERDON, Marc	East Cornwall Harriers	Male under 35	05:41.3
28	0:28:33	WEBSTER, Mark	Cornwall AC	Male under 35	05:42.5
29	0:28:38	WATTS, Robert	Hayle Runners	Male Vet 35-39	05:43.5
30	0:28:39	ABRAHAM, Scott	Hayle Runners	Male Vet 40-44	05:43.7
31	0:28:50	ARGALL, Joe	Cornwall AC	Male under 35	05:45.9
32	0:28:56	CASH, Mike	Newquay Road Runners	Male under 35	05:47.1
33	0:28:59	LONGHORN, Jason	Falmouth Road Runners	Male Vet 40-44	05:47.7
34	0:29:01	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:48.1
35	0:29:05	STEPTO, Emma	Cornwall AC	Female Vet 45-49	05:48.9
36	0:29:08	BARRETT, Chris	Truro Running Club	Male Vet 40-44	05:49.5
37	0:29:09	SOLE, Paul	Cornwall AC	Male Vet 35-39	05:49.7
38	0:29:10	RAMSDEN, Clive		Male Vet 40-44	05:49.9
39	0:29:11	RANDALL, Gary	Mounts Bay Harriers	Male Vet 40-44	05:50.1
40	0:29:11	YATES, Matt	Cornwall AC	Male under 35	05:50.1
41	0:29:14	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	05:50.7
42	0:29:15	TAYLOR, James	Cornwall AC	Male under 35	05:50.9
43	0:29:19	RATCLIFFE, Floyd	Hayle Runners	Male under 20	05:51.7
44	0:29:24	BARNET, James	Falmouth Road Runners	Male under 35	05:52.7
45	0:29:29	JEWELL, James	Bideford AAC	Male Vet 40-44	05:53.7
46	0:29:29	MASTERS, Jamie	St Austell Running Club	Male under 35	05:53.7
47	0:29:32	DAVIES, James	Truro Running Club	Male under 35	05:54.3
48	0:29:32	EVANS, Darren	Launceston Road Runners	Male under 35	05:54.3
49	0:29:32	HORN, Edward	Launceston Road Runners	Male under 35	05:54.3
50	0:29:37	MURPHY, Carl	Torrington AAC	Male Vet 35-39	05:55.3
51	0:29:38	SARA, Wayne	Truro Running Club	Male Vet 35-39	05:55.5
52	0:29:40	SAWFORD, Paul	Carn Runners	Male Vet 45-49	05:55.9
53	0:29:45	SOWERBY, Peter	Truro Running Club	Male Vet 45-49	05:56.9
54	0:29:47	HALL, Craig	Carn Runners	Male Vet 40-44	05:57.3
55	0:29:58	MARPLES, Alex	Truro Running Club	Male Vet 35-39	05:59.5
56	0:30:12	SOLE, John	Bodmin Road Runners	Male Vet 35-39	06:02.3
57	0:30:14	GOODCHILD, Sam	Cornwall AC	Male under 20	06:02.7
58	0:30:15	MANNING, James	Hayle Runners	Male Vet 35-39	06:02.9
59	0:30:15	DITTY, Graham	Mile High	Male under 35	06:02.9

60	0:30:20	COOKSON, Neill	Hayle Runners	Male Vet 50-54	06:03.9
61	0:30:21	CHAPMAN, Wendy	Truro Running Club	Female Vet 40-44	06:04.1
62	0:30:32	CUTLAN, James	St Austell Running Club	Male under 35	06:06.3
63	0:30:35	WILLIAMS, James	Cornwall AC	Male under 20	06:06.9
64	0:30:42	CHALK, Liam	Looe Pioneers	Male under 35	06:08.3
65	0:30:45	MORRALL, Zelah	Cornwall AC	Female Vet 45-49	06:08.9
66	0:30:47	SANGER, Phil	Mounts Bay Harriers	Male Vet 40-44	06:09.3
67	0:30:47	AXE, Jason	Newquay Road Runners	Male under 35	06:09.3
68	0:30:52	ELLISON, Stephen	East Chessing Harriers	Male Vet 40-44	06:10.3
69	0:30:53	WEST, Jordon	Cornwall AC	Male under 35	06:10.5
70	0:31:00	BRYDON, James	Bodmin Road Runners	Male under 35	06:11.9
71	0:31:02	HOWELL, Tom	Mile High	Male under 35	06:12.3
72	0:31:03	ROSENFELD, Thomas	Hayle Runners	Male under 35	06:12.5
73	0:31:05	SOLE, Amy	Cornwall AC	Female under 35	06:12.9
74	0:31:17	CARTHEW, Shaun	St Petrocs Dragons Tri Club	Male Vet 40-44	06:15.3
75	0:31:22	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:16.3
76	0:31:23	PAULL, Emma	Hayle Runners	Female under 35	06:16.5
77	0:31:24	BARKER, Rick		Male under 35	06:16.7
78	0:31:26	JOSE, Oily	Newquay Road Runners	Male under 35	06:17.1
79	0:31:28	YELLAND, John	Mad Hatter Sports	Male Vet 40-44	06:17.5
80	0:31:30	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:17.9
81	0:31:32	RAGGETT, Donna	Cornwall AC	Female Vet 45-49	06:18.3
82	0:31:34	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:18.7
83	0:31:46	BLEWETT, Derren	St Austell Running Club	Male Vet 45-49	06:21.1
84	0:31:47	CARDEW, Barrie	Carn Runners	Male Vet 55-59	06:21.3
85	0:31:49	STEELE, Isabel	Falmouth Road Runners	Female under 35	06:21.7
86	0:31:51	CHANNON, Lee	Cornwall AC	Male Vet 40-44	06:22.1
87	0:31:57	WILSON, Michael	Truro Running Club	Male Vet 55-59	06:23.3
88	0:32:02	JONES, Dan		Male Vet 35-39	06:24.3
89	0:32:08	TIMMS, Simon	Hayle Runners	Male under 35	06:25.5
90	0:32:11	SPARKES, Tom	Bodmin Road Runners	Male under 35	06:26.1
91	0:32:12	HERD, Joanna	Newquay Road Runners	Female Vet 40-44	06:26.3
92	0:32:16	SMITH, Nicola	St Austell Running Club	Female under 35	06:27.1
93	0:32:18	JAMES, Ian	Mounts Bay Harriers	Male Vet 50-54	06:27.5
94	0:32:30	LEMAN, Max	Falmouth Road Runners	Male under 35	06:29.9
95	0:32:31	CROWLE, Ben	Bodmin Road Runners	Male Vet 35-39	06:30.1
96	0:32:36	DANIELL, Jamie		Male under 35	06:31.1
97	0:32:37	REDD, Jon		Male under 35	06:31.3
98	0:32:37	MUSSON, Stuart	Truro Running Club	Male Vet 35-39	06:31.3
99	0:32:42	POLLARD, Phil	Tamar Trotters	Male Vet 40-44	06:32.3
100	0:32:43	GROSE, Matt	St Austell Running Club	Male under 35	06:32.5
101	0:32:45	L'ESTRANGE, Matthew	Bodmin Road Runners	Male under 35	06:32.9
102	0:32:46	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	06:33.1
103	0:32:48	PETERSON, Guy	Tamar Trotters	Male Vet 45-49	06:33.5
104	0:32:50	THOMAS, Mark	Mounts Bay Harriers	Male Vet 40-44	06:33.9
105	0:32:53	TAPHOUSE, Joshua	Newquay Par AC	Male under 20	06:34.5
106	0:32:55	SZYMANSKI, Pawel	Launceston Road Runners	Male under 35	06:34.9
107	0:32:58	MURRAY, Emma	St Austell Running Club	Female Vet 50-54	06:35.5
108	0:33:00	ANDREWARTHA, David	Bude Rats	Male under 35	06:35.9
109	0:33:02	ROBERTS, Malcolm	St Austell Running Club	Male Vet 60-64	06:36.3
110	0:33:07	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	06:37.3
111	0:33:08	JOHNSON, Jeanette	Launceston Road Runners	Female Vet 45-49	06:37.5
112	0:33:10	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	06:37.9
113	0:33:11	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	06:38.1
114	0:33:12	CURTIS, Matt	Hayle Runners	Male Vet 35-39	06:38.3
115	0:33:14	ADAMS, Russ	Cornwall AC	Male Vet 40-44	06:38.7
116	0:33:24	BANBURY, Neil	Newquay Road Runners	Male Vet 35-39	06:40.7
117	0:33:26	BLEMMINGS, Jon		Male under 35	06:41.1
118	0:33:30	LAURIE, Andrew	Falmouth Road Runners	Male Vet 50-54	06:41.9
119	0:33:30	COOKSLEY, Luke		Male under 35	06:41.9
120	0:33:34	HARROLD, Anna		Female Vet 35-39	06:42.7
121	0:33:36	SPEAKE, David	St Austell Running Club	Male Vet 40-44	06:43.1
122	0:33:39	ROBBINS, Jane		Female under 35	06:43.7

123	0:33:41	POWELL, Simon	Erme Valley Harriers	Male Vet 35-39	06:44.1
124	0:33:42	COX, Chris		Male Vet 40-44	06:44.3
125	0:33:42	COLEY, Alexander	East Cornwall Harriers	Male under 20	06:44.3
126	0:33:42	KEY, Andrew		Male under 35	06:44.3
127	0:33:45	COAD, Andrew		Male under 35	06:44.9
128	0:33:47	ABEL, Noel	Mile High	Male Vet 35-39	06:45.3
129	0:33:47	DAVIES, Richard	Newquay Road Runners	Male Vet 45-49	06:45.3
130	0:33:48	HILL, Jeremy	St Austell Running Club	Male Vet 35-39	06:45.5
131	0:33:49	DEACON, Mark	Looe Pioneers	Male under 35	06:45.7
132	0:33:52	MANNALL, Rualhri		Male under 20	06:46.3
133	0:33:53	TUCKER, David	Tamar Trotters	Male Vet 35-39	06:46.5
134	0:33:55	BULLEN, Gary	Mile High	Male Vet 50-54	06:46.9
135	0:33:57	BELLAMY, Jodie		Male under 35	06:47.3
136	0:33:58	MARSH, Danny	Cornwall AC	Male Vet 40-44	06:47.5
137	0:34:00	MCCOLL, Darren	St Austell Running Club	Male Vet 45-49	06:47.9
138	0:34:00	JOSE, Amy	Hayle Runners	Female under 35	06:47.9
139	0:34:01	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	06:48.1
140	0:34:01	THOMAS, Adam	St Austell Running Club	Male under 35	06:48.1
141	0:34:05	TULLY, Wayne	Carn Runners	Male under 35	06:48.9
142	0:34:07	YELLAND, Riley		Male under 20	06:49.3
143	0:34:08	MASTERS, Nick	Hayle Runners	Male Vet 45-49	06:49.5
144	0:34:11	MCDIARMID, James	Launceston Road Runners	Male Vet 45-49	06:50.1
145	0:34:13	COX, Daniel		Male under 35	06:50.5
146	0:34:17	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	06:51.3
147	0:34:21	KENDALL, Carly	St Austell Running Club	Female under 35	06:52.1
148	0:34:24	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 45-49	06:52.7
149	0:34:25	BRAY, Vivian	Cornwall AC	Male Vet 50-54	06:52.9
150	0:34:28	WILES, Brian	Launceston Road Runners	Male Vet 65-69	06:53.5
151	0:34:29	NUGENT, Debbie	Carn Runners	Female Vet 50-54	06:53.7
152	0:34:32	WITHAM, Neville	Cornwall AC	Male Vet 60-64	06:54.3
153	0:34:34	MARTIN, Steve	St Austell Running Club	Male Vet 40-44	06:54.7
154	0:34:36	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	06:55.1
155	0:34:37	DEARY, Mark		Male Vet 45-49	06:55.3
156	0:34:37	ELLIS, Mike	Bodmin Road Runners	Male Vet 40-44	06:55.3
157	0:34:40	SCOTT, Richard		Male under 35	06:55.9
158	0:34:41	HEWITT, Wayne	Truro Running Club	Male Vet 45-49	06:56.1
159	0:34:48	CAERS, Paul		Male under 35	06:57.5
160	0:34:50	GORTON, Mandy		Female Vet 45-49	06:57.9
161	0:34:51	COOPER, Shane	St Austell Running Club	Male under 35	06:58.1
162	0:34:52	PAWLEY, Chris	Looe Pioneers	Male Vet 40-44	06:58.3
163	0:34:52	POPPERWELL, Beth	Mile High	Female Vet 40-44	06:58.3
164	0:34:55	SMEETH, Jason		Male under 35	06:58.9
165	0:35:00	CARTHEW, Livvy	Newquay Par AC	Female under 20	06:59.9
166	0:35:03	MARSLAND, Louise	Tamar Trotters	Female Vet 35-39	07:00.5
167	0:35:06	WRIGHT, Paul	Newquay Road Runners	Male Vet 65-69	07:01.1
168	0:35:08	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:01.5
169	0:35:14	PATEMAN, Scott	St Austell Running Club	Male Vet 45-49	07:02.6
170	0:35:15	WHEALDON, Adam		Male Vet 40-44	07:02.8
171	0:35:16	MAY, Anita	Looe Pioneers	Female under 35	07:03.0
172	0:35:18	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	07:03.4
173	0:35:19	HUMPHREYS, Karl	Easingwold Running Club	Male Vet 40-44	07:03.6
174	0:35:20	HANCOCK, Steve		Male Vet 40-44	07:03.8
175	0:35:21	HARDING, Ben	East Cornwall Harriers	Male under 35	07:04.0
176	0:35:22	MOSSOP, Emma	Falmouth Road Runners	Female Vet 40-44	07:04.2
177	0:35:22	DIXON, Eleanor		Female Vet 40-44	07:04.2
178	0:35:23	SKEPLORN, James	Truro Running Club	Male Vet 35-39	07:04.4
179	0:35:23	GLENDINNING, Tom	Launceston Road Runners	Male under 35	07:04.4
180	0:35:24	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:04.6
181	0:35:24	PHILLIPS, Chris		Male under 35	07:04.6
182	0:35:25	JENKIN, Tammy	Falmouth Road Runners	Female under 35	07:04.8
183	0:35:26	HILL, Nancy	Cornwall AC	Female Vet 45-49	07:05.0
184	0:35:28	HAMBLY, Jason	St Petrocs Dragons Tri Club	Male Vet 40-44	07:05.4
185	0:35:31	COLWILL, Helen	Bideford AAC	Female Vet 45-49	07:06.0

186	0:35:36	SWEET, Kerry	St Austell Running Club	Female under 35	07:07.0
187	0:35:41	BROWN, David	St Petrocs Dragons Tri Club	Male Vet 45-49	07:08.0
188	0:35:42	DAVIS, Lydia	Newquay Road Runners	Female under 35	07:08.2
189	0:35:43	BUNCE, Richard	Mounts Bay Harriers	Male Vet 50-54	07:08.4
190	0:35:45	MORTON, Richard	Tamar Trotters	Male Vet 60-64	07:08.8
191	0:35:48	GREGG, Louise	Tamar Trotters	Female Vet 40-44	07:09.4
192	0:35:48	GREGG, Paul	Tamar Trotters	Male Vet 50-54	07:09.4
193	0:35:50	SAVAGE, Jon	Hayle Runners	Male under 35	07:09.8
194	0:35:51	PAGANO, Angelina	St Austell Running Club	Female Vet 45-49	07:10.0
195	0:35:53	MITCHELL, Jon		Male Vet 45-49	07:10.4
196	0:35:55	WILLIAMS, Kelly	Mounts Bay Harriers	Female under 35	07:10.8
197	0:36:00	PELL, David	Cornwall AC	Male Vet 50-54	07:11.8
198	0:36:00	MCINTOSH, John	Dundee Road Runners	Male Vet 50-54	07:11.8
199	0:36:00	KINCAID, Andrew		Male Vet 60-64	07:11.8
200	0:36:00	COLLINS, Paul	Tamar Trotters	Male Vet 35-39	07:11.8
201	0:36:01	GOSSAN, John	Looe Pioneers	Male Vet 60-64	07:12.0
202	0:36:01	LACKEY, Michael	Newquay Road Runners	Male Vet 45-49	07:12.0
203	0:36:05	WHITAKER, Nick	Newquay Road Runners	Male Vet 45-49	07:12.8
204	0:36:07	STARKIE, Andrew	Truro Running Club	Male Vet 35-39	07:13.2
205	0:36:11	LONGMAN, Claire	Truro Running Club	Female Vet 40-44	07:14.0
206	0:36:13	TIER, Naomi	Cornwall AC	Female under 35	07:14.4
207	0:36:15	MCINTOSH, Kate	Dundee Road Runners	Female under 35	07:14.8
208	0:36:21	PARSONS, Faye		Female under 35	07:16.0
209	0:36:24	COBLEY, Harry		Male under 35	07:16.6
210	0:36:28	SPENCER, Chris		Male Vet 50-54	07:17.4
211	0:36:29	CLIFFORD, Trinity	WalkRun NRR	Male under 20	07:17.6
212	0:36:33	SMITH, Derek	Hayle Runners	Male Vet 50-54	07:18.4
213	0:36:38	RAMSEY, Chris	Truro Running Club	Male Vet 60-64	07:19.4
214	0:36:39	DALE, Steve	Newquay Road Runners	Male Vet 40-44	07:19.6
215	0:36:40	HARRISON, Karen	Cornwall AC	Female Vet 45-49	07:19.8
216	0:36:41	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:20.0
217	0:36:42	SMITH, Kristofer	Looe Pioneers	Male Vet 35-39	07:20.2
218	0:36:42	OWEN, Mark	St Austell Running Club	Male Vet 40-44	07:20.2
219	0:36:45	CHURCH, Kevin	Marshall Milton Keynes AC	Male Vet 50-54	07:20.8
220	0:36:47	PROSSER, Thomas	Mounts Bay Harriers	Male under 20	07:21.2
221	0:36:49	HUMPHEYS, John-Paul	Yeovil Town RRC	Male Vet 40-44	07:21.6
222	0:36:52	KINDON, Jody	Truro Running Club	Male under 35	07:22.2
223	0:36:53	BLACKBURN, Amy	Mile High	Female under 35	07:22.4
224	0:36:53	SARGENT, Pete	Newquay Road Runners	Male Vet 70-74	07:22.4
225	0:36:53	RINGWOOD, Ellie	Mounts Bay Harriers	Female under 20	07:22.4
226	0:36:55	KNAB, Tim	Bodmin Road Runners	Male Vet 45-49	07:22.8
227	0:37:00	BYRNE, Lee	Newquay Road Runners	Male under 35	07:23.8
228	0:37:08	GOLDRING, Jack		Male under 20	07:25.4
229	0:37:10	HURST, Charlotte	Cornwall AC	Female under 35	07:25.8
230	0:37:14	HAYNES, Janet	Mounts Bay Harriers	Female Vet 50-54	07:26.6
231	0:37:18	MOORE, Kelly	Hayle Runners	Female under 35	07:27.4
232	0:37:20	MYFORD, Sarah	Newquay Par AC	Female Vet 50-54	07:27.8
233	0:37:21	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	07:28.0
234	0:37:25	WILCOX, David	Truro Running Club	Male Vet 40-44	07:28.8
235	0:37:31	SKINNER, Steve	Looe Pioneers	Male under 35	07:30.0
236	0:37:36	ROWETT, Gareth	St Austell Running Club	Male under 35	07:31.0
237	0:37:37	GOLDRING, Ellen		Female Vet 35-39	07:31.2
238	0:37:39	WILLS, Marcus	East Cornwall Harriers	Male under 35	07:31.6
239	0:37:40	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:31.8
240	0:37:42	BALL, Adrian	Cornwall AC	Male Vet 45-49	07:32.2
241	0:37:43	GREEN, Alan	East Cornwall Harriers	Male Vet 60-64	07:32.4
242	0:37:43	RINGWOOD, Michael	Mounts Bay Harriers	Male Vet 50-54	07:32.4
243	0:37:46	RULE, Helen	Hayle Runners	Female Vet 35-39	07:33.0
244	0:37:48	GOULD, Marie	Cornwall AC	Female Vet 40-44	07:33.4
245	0:37:51	SALTER, Lara		Female Vet 35-39	07:34.0
246	0:37:52	ANSELL, Terry		Male Vet 35-39	07:34.2
247	0:37:52	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:34.2
248	0:37:53	WARWICK, Rupert	Bodmin Road Runners	Male Vet 45-49	07:34.4

249	0:37:54	OLIVER, Adam	Mounts Bay Harriers	Male under 35	07:34.6
250	0:37:55	SOLOMON, Pam	Bodmin Road Runners	Female Vet 50-54	07:34.8
251	0:37:55	MATHIESON, Alf	St Austell Running Club	Male Vet 40-44	07:34.8
252	0:37:59	MEDWAY, Jeff	Truro Running Club	Male Vet 45-49	07:35.6
253	0:37:59	MEDWAY, Lucy	Truro Running Club	Female Vet 40-44	07:35.6
254	0:38:01	CUTLAN, Hannah	St Austell Running Club	Female under 35	07:36.0
255	0:38:02	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:36.2
256	0:38:04	MAREKOVA, Lucia	Launceston Road Runners	Female under 35	07:36.6
257	0:38:05	MOORE, Thomas	Truro Running Club	Male Vet 35-39	07:36.8
258	0:38:08	EVA, Emma	Falmouth Road Runners	Female under 35	07:37.4
259	0:38:12	SMITH, Sharon	Carn Runners	Female Vet 40-44	07:38.2
260	0:38:13	MAGUIRE, Natalie	Cornwall AC	Female Vet 35-39	07:38.4
261	0:38:14	HITCHENS, Wietske	Carn Runners	Female Vet 45-49	07:38.6
262	0:38:15	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	07:38.8
263	0:38:16	ORCHARD, Mike	Hayle Runners	Male Vet 55-59	07:39.0
264	0:38:17	RUSSELL, Barry		Male Vet 35-39	07:39.2
265	0:38:19	WOODWARD, Lauritz		Male under 20	07:39.6
266	0:38:19	KEOGH, Kelly		Female under 35	07:39.6
267	0:38:20	ELLIS, Sara	WalkRun NRR	Female Vet 35-39	07:39.8
268	0:38:20	ROBINS, Sara	Newquay Road Runners	Female under 35	07:39.8
269	0:38:21	KERSHAW, David	Hayle Runners	Male Vet 45-49	07:40.0
270	0:38:22	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	07:40.2
271	0:38:23	PITMAN, Vinny	Tamar Trotters	Male Vet 50-54	07:40.4
272	0:38:24	BAYLY, Jaime	WalkRun NRR	Male under 20	07:40.6
273	0:38:24	BAYLY, Marc	Newquay Road Runners	Male Vet 40-44	07:40.6
274	0:38:24	PICKFORD, Ryan		Male under 35	07:40.6
275	0:38:25	HARROLD, Julian		Male Vet 45-49	07:40.8
276	0:38:25	JAIPAUL, Ravi		Male under 35	07:40.8
277	0:38:25	CHAPMAN, Peter	Carn Runners	Male Vet 60-64	07:40.8
278	0:38:25	ASHWIN (DORMER), Cassandra	Falmouth Road Runners	Female Vet 35-39	07:40.8
279	0:38:28	BARNES, Olivia	Bodmin Road Runners	Female under 35	07:41.4
280	0:38:32	MORGAN, Martin	Bodmin Road Runners	Male Vet 60-64	07:42.2
281	0:38:34	BERRYMAN, Tom		Male under 35	07:42.6
282	0:38:39	DREW, Peter	Carn Runners	Male Vet 65-69	07:43.6
283	0:38:39	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	07:43.6
284	0:38:42	HEYWOOD, Peter	Looe Pioneers	Male Vet 70-74	07:44.2
285	0:38:44	WORTH, Sarah	Launceston Road Runners	Female Vet 40-44	07:44.6
286	0:38:45	SYMONS, Martin	Carn Runners	Male Vet 45-49	07:44.8
287	0:38:46	DUNCAN, Jeanette	Grit and Grin	Female Vet 55-59	07:45.0
288	0:38:47	BRYDON, Jackie	Bodmin Road Runners	Female Vet 45-49	07:45.2
289	0:38:48	DAVIES, Nikki	Newquay Road Runners	Female Vet 35-39	07:45.4
290	0:38:48	CAIN, Morgan	Launceston Road Runners	Male under 35	07:45.4
291	0:38:54	PALMER, Stefan	Bodmin Road Runners	Male Vet 45-49	07:46.6
292	0:38:55	TOWNEND, Stewart	Hayle Runners	Male Vet 70-74	07:46.8
293	0:38:56	TILDESLEY, Daniel	Mounts Bay Harriers	Male under 35	07:47.0
294	0:38:56	CURRAN, David		Male under 35	07:47.0
295	0:38:59	ELSTONE, Meryl	Carn Runners	Female Vet 45-49	07:47.6
296	0:39:03	COLEY, Simon	East Cornwall Harriers	Male Vet 50-54	07:48.4
297	0:39:04	COOK, Damian	Mounts Bay Harriers	Male Vet 45-49	07:48.6
298	0:39:07	PRANGLEY, Michael		Male Vet 50-54	07:49.2
299	0:39:08	BOSUSTOW, Suzy	Cornwall AC	Female Vet 40-44	07:49.4
300	0:39:08	BARLOW, Phil	St Austell Running Club	Male Vet 45-49	07:49.4
301	0:39:10	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	07:49.8
302	0:39:10	MILES, Becky	Newquay Road Runners	Female under 35	07:49.8
303	0:39:11	FINDLAY, James	Carn Runners	Male under 35	07:50.0
304	0:39:13	CRANE, Michael	St Austell Running Club	Male Vet 45-49	07:50.4
305	0:39:13	ARKLEY, Laura	Looe Pioneers	Female Vet 40-44	07:50.4
306	0:39:14	SAUNDERS, Nick		Male Vet 35-39	07:50.6
307	0:39:15	HOLLAND, Jo	Hayle Runners	Female under 35	07:50.8
308	0:39:17	WHITEHEAD, Martin	St Austell Running Club	Male under 35	07:51.2
309	0:39:17	JUNTAKERKET, Lili-keau	St Petrocs Dragons Tri Club	Female under 20	07:51.2
310	0:39:17	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	07:51.2
311	0:39:17	GEORGE, Andrew	Hayle Runners	Male Vet 55-59	07:51.2

312	0:39:17	LILLIS, John	Newquay Road Runners	Male Vet 70-74	07:51.2
313	0:39:17	HORN, Chris	Shenley Striders	Male Vet 50-54	07:51.2
314	0:39:21	JAY, Andrew	St Austell Running Club	Male Vet 40-44	07:52.0
315	0:39:21	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 70-74	07:52.0
316	0:39:22	JONES, Simon MB	Mounts Bay Harriers	Male Vet 40-44	07:52.2
317	0:39:22	BUNTING, Maggie	Tamar Trotters	Female Vet 45-49	07:52.2
318	0:39:23	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 35-39	07:52.4
319	0:39:26	STEPHENS, Emma	Bodmin Road Runners	Female under 35	07:53.0
320	0:39:28	JENKIN, Steve	Cornwall AC	Male Vet 40-44	07:53.4
321	0:39:31	MERRETT, Graham	Hayle Runners	Male Vet 55-59	07:54.0
322	0:39:35	MACKIE, Rachael		Female under 35	07:54.8
323	0:39:35	REDD, Hazel		Female under 35	07:54.8
324	0:39:37	MORSE, Nicky	Mounts Bay Harriers	Male Vet 55-59	07:55.2
325	0:39:40	WEBB, Helen	Mounts Bay Harriers	Female Vet 35-39	07:55.8
326	0:39:41	GERRARD, Corrine	Hayle Runners	Female Vet 45-49	07:56.0
327	0:39:43	CARTHEW, Elizabeth	Bodmin Womens RC	Female Vet 40-44	07:56.4
328	0:39:43	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	07:56.4
329	0:39:45	PRITCHARD, James	St Petrocs Dragons Tri Club	Male Vet 40-44	07:56.8
330	0:39:45	TREGIDGO, Steve	St Austell Running Club	Male Vet 35-39	07:56.8
331	0:39:49	CHALK, Dawn	Looe Pioneers	Female Vet 40-44	07:57.6
332	0:39:52	ROWE, Kerri	Bodmin Road Runners	Female under 35	07:58.2
333	0:39:55	PASCOE, Anna	Carn Runners	Female under 35	07:58.8
334	0:39:58	COAD, Rewan		Male under 35	07:59.4
335	0:40:01	ROPER, David		Male under 35	08:00.0
336	0:40:01	TALLING, Sophie	Newquay Road Runners	Female under 20	08:00.0
337	0:40:02	SYKES, Sue	Truro Running Club	Female Vet 55-59	08:00.2
338	0:40:04	REED, Jessica	St Petrocs Dragons Tri Club	Male under 20	08:00.6
339	0:40:12	OLD, Josh		Male under 35	08:02.2
340	0:40:15	BARNFIELD, Marty		Male Vet 40-44	08:02.8
341	0:40:16	MANKEE, Walter	Carn Runners	Male Vet 55-59	08:03.0
342	0:40:19	LAWRY, Nikki	Hayle Runners	Female Vet 35-39	08:03.6
343	0:40:23	HARTILL, Gail	Bodmin Road Runners	Female Vet 40-44	08:04.4
344	0:40:23	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	08:04.4
345	0:40:27	ELLIOTT, Kathy	Newquay Road Runners	Female Vet 45-49	08:05.2
346	0:40:30	GRAVES, Richard		Male Vet 35-39	08:05.8
347	0:40:31	HOLBROCK, Keith	Cornwall AC	Male Vet 45-49	08:06.0
348	0:40:32	FULLER, Clare	St Petrocs Dragons Tri Club	Female Vet 45-49	08:06.2
349	0:40:32	STEWART, Juliet	Truro Running Club	Female Vet 50-54	08:06.2
350	0:40:36	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:07.0
351	0:40:37	DAVISON, Mick	Newquay Road Runners	Male Vet 40-44	08:07.2
352	0:40:39	SUTTON, Andrew	Newquay Road Runners	Male Vet 40-44	08:07.6
353	0:40:41	JOHNS, Darren	Truro Running Club	Male Vet 40-44	08:08.0
354	0:40:42	COYLE, Sean		Male Vet 55-59	08:08.2
355	0:40:42	BALES, Jo	Truro Running Club	Female under 35	08:08.2
356	0:40:45	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	08:08.8
357	0:40:47	MARSHALL, Nigel	St Austell Running Club	Male Vet 40-44	08:09.2
358	0:40:52	NORRIS, Chris	Launceston Road Runners	Male Vet 40-44	08:10.2
359	0:40:53	UNSWORTH, Sophie	Bodmin Road Runners	Female under 35	08:10.4
360	0:40:53	STEELE, Isabel	Falmouth Road Runners	Female under 35	08:10.4
361	0:40:55	FINNEY, Liz	WalkRun NRR	Female Vet 35-39	08:10.8
362	0:40:56	GARROD, Zoe	Bodmin Road Runners	Female under 35	08:11.0
363	0:40:57	TAYLOR, Sue	Mounts Bay Harriers	Female Vet 60-64	08:11.2
364	0:40:57	COX, Joanne		Female Vet 35-39	08:11.2
365	0:41:01	GIBSON, Philip	Looe Pioneers	Male Vet 40-44	08:12.0
366	0:41:01	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:12.0
367	0:41:02	JAMES, Katy		Female Vet 35-39	08:12.2
368	0:41:02	ELLIOTT, Paul	Carn Runners	Male Vet 40-44	08:12.2
369	0:41:03	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	08:12.4
370	0:41:06	STEPTO, Brett	Cornwall AC	Male Vet 40-44	08:13.0
371	0:41:07	BENNETT, Emily	Hayle Runners	Female under 20	08:13.2
372	0:41:11	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:14.0
373	0:41:13	BREAKWELL, Curtis	Hayle Runners	Male under 35	08:14.4
374	0:41:14	CHAPPELL, Zoe	St Petrocs Dragons Tri Club	Female Vet 45-49	08:14.6

375	0:41:15	THOMPSON, David		Male Vet 60-64	08:14.8
376	0:41:16	HENWOOD, Phillip	Newquay Road Runners	Male Vet 40-44	08:15.0
377	0:41:16	WERRAN, Louise	Launceston Road Runners	Female Vet 40-44	08:15.0
378	0:41:17	TURNER, Clare		Female Vet 35-39	08:15.2
379	0:41:17	ADAMS, Alfie		Male under 20	08:15.2
380	0:41:17	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	08:15.2
381	0:41:17	THOMSON, Stuart	Mounts Bay Harriers	Male Vet 40-44	08:15.2
382	0:41:17	BACKHOUSE, Eden	Mounts Bay Harriers	Female under 20	08:15.2
383	0:41:18	KENT, Mele	Newquay Road Runners	Female Vet 40-44	08:15.4
384	0:41:21	HARRIS, Geoff	Newquay Road Runners	Male Vet 50-54	08:16.0
385	0:41:24	GOLDBERG, Jessica	Launceston Road Runners	Female under 20	08:16.6
386	0:41:26	MANSFIELD, Sue	Truro Running Club	Female Vet 50-54	08:17.0
387	0:41:27	HOLDING, Ruth	Mile High	Female Vet 50-54	08:17.2
388	0:41:28	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:17.4
389	0:41:28	LYDON, Paul		Male Vet 45-49	08:17.4
390	0:41:33	PRICE, Aled		Male Vet 40-44	08:18.4
391	0:41:35	SPEAKE, Georgina	St Austell Running Club	Female Vet 35-39	08:18.8
392	0:41:37	BOWDEN, John	Looe Pioneers	Male Vet 55-59	08:19.2
393	0:41:38	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:19.4
394	0:41:40	JORDAN, Rob	Hayle Runners	Male Vet 45-49	08:19.8
395	0:41:41	FULLER, Darrell	St Petrocs Dragons Tri Club	Male Vet 45-49	08:20.0
396	0:41:41	BULLEN, Debbie		Female Vet 50-54	08:20.0
397	0:41:41	NEWTON, Roy	Falmouth Road Runners	Male Vet 65-69	08:20.0
398	0:41:44	BAYLY, Adam		Male under 20	08:20.6
399	0:41:46	BAYLY, Jason	Newquay Road Runners	Male Vet 40-44	08:21.0
400	0:41:53	ARKLEY, Joe		Male Vet 40-44	08:22.4
401	0:42:01	PAYNE, Holly	St Austell Running Club	Female under 35	08:24.0
402	0:42:16	LEO, Cas	Hayle Runners	Male Vet 50-54	08:27.0
403	0:42:17	PAYNE, Samantha	Falmouth Road Runners	Female under 35	08:27.2
404	0:42:21	HOLT, Liane	Newquay Road Runners	Female under 35	08:28.0
405	0:42:21	BRADLEY, Kate	St Austell Running Club	Female under 35	08:28.0
406	0:42:22	MUTSAERS, Kirstie	Cornwall AC	Female Vet 40-44	08:28.2
407	0:42:23	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	08:28.4
408	0:42:24	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 45-49	08:28.6
409	0:42:27	CAFF, Wayne	Newquay Road Runners	Male Vet 40-44	08:29.2
410	0:42:29	BOWKER, Rachel	Hayle Runners	Female Vet 45-49	08:29.6
411	0:42:30	LAMMERS, Wiebke	Falmouth Road Runners	Female Vet 40-44	08:29.8
412	0:42:33	CURTIS, James		Male Vet 40-44	08:30.4
413	0:42:34	HATCHER, Ted		Male under 20	08:30.6
414	0:42:34	HADFIELD, Angeline	Truro Running Club	Female under 35	08:30.6
415	0:42:35	WHETTON, Grace	Mounts Bay Harriers	Female under 35	08:30.8
416	0:42:35	LANE, Samantha	East Cornwall Harriers	Female under 35	08:30.8
417	0:42:37	BILLINGTON, Melanie	Hayle Runners	Female Vet 45-49	08:31.2
418	0:42:37	ROBERTS, Helen	Tamar Trotters	Female Vet 40-44	08:31.2
419	0:42:37	CAULFIELD, Paul	Tamar Trotters	Male Vet 50-54	08:31.2
420	0:42:37	MOIR, Andrew	Tamar Trotters	Male Vet 50-54	08:31.2
421	0:42:39	COLEMAN, Nikki	Cornwall AC	Female Vet 45-49	08:31.6
422	0:42:40	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	08:31.8
423	0:42:42	STEPHENS, Jane	Bodmin Road Runners	Female Vet 45-49	08:32.2
424	0:42:46	DYMOND, Amanda	Bodmin Womens RC	Female Vet 40-44	08:33.0
425	0:42:48	SENIOR, Ann	Hayle Runners	Female Vet 55-59	08:33.4
426	0:42:53	KERSWELL, Richard		Male Vet 35-39	08:34.4
427	0:42:54	MERRETT, Sean	Hayle Runners	Male under 35	08:34.6
428	0:42:58	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	08:35.4
429	0:43:00	SMITH, John		Male Vet 50-54	08:35.8
430	0:43:00	STOKER, Nigel	Dubai Road Runners	Male Vet 60-64	08:35.8
431	0:43:01	SMITH, Hannah	Hayle Runners	Female under 35	08:36.0
432	0:43:01	LYDON, Emma		Female Vet 40-44	08:36.0
433	0:43:02	MAYWOOD, Bryan	Looe Pioneers	Male Vet 45-49	08:36.2
434	0:43:07	COMMONS, Amelia		Female under 35	08:37.2
435	0:43:10	BROWN, Adrian	Launceston Road Runners	Male Vet 35-39	08:37.8
436	0:43:11	FURLANGER, Neill		Male under 35	08:38.0
437	0:43:11	RALLS, Patsy	St Austell Running Club	Female Vet 50-54	08:38.0

438	0:43:12	BEARD, Sharon	Bodmin Road Runners	Female Vet 40-44	08:38.2
439	0:43:15	GREENAWAY, John	Mounts Bay Harriers	Male Vet 60-64	08:38.8
440	0:43:18	BARBERY-REDD, Kat		Female under 35	08:39.4
441	0:43:20	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	08:39.8
442	0:43:24	LONG, Fran	Hayle Runners	Female Vet 55-59	08:40.6
443	0:43:24	WEBB, Kirsty	Looe Pioneers	Female under 35	08:40.6
444	0:43:27	ADAMS, Elaine	Hayle Runners	Female Vet 35-39	08:41.2
445	0:43:27	TONKIN, Craig	Hayle Runners	Male Vet 45-49	08:41.2
446	0:43:27	SWIFT, Sarah	Launceston Road Runners	Female under 35	08:41.2
447	0:43:32	SMALL, Kimberley	St Austell Running Club	Female Vet 45-49	08:42.2
448	0:43:32	TALLEN, Alison	St Austell Running Club	Female Vet 40-44	08:42.2
449	0:43:39	KEMPNA, Lucie		Female under 20	08:43.6
450	0:43:40	KEMPNY, Jiri	St Austell Running Club	Male Vet 40-44	08:43.8
451	0:43:42	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	08:44.2
452	0:43:42	WILTON, David	Falmouth Road Runners	Male Vet 60-64	08:44.2
453	0:43:43	MILLWARD, Laura	Carn Runners	Female Vet 50-54	08:44.4
454	0:43:45	VAN HOOFF, Nicola	Newquay Road Runners	Female Vet 40-44	08:44.8
455	0:43:48	HUNTER, Joe	Newquay Road Runners	Male under 20	08:45.4
456	0:43:50	STOKES, Rosie	WalkRun NRR	Female Vet 35-39	08:45.8
457	0:43:54	WALTERS, Karen	Newquay Road Runners	Female Vet 40-44	08:46.6
458	0:43:59	DOHERTY, David	Looe Pioneers	Male under 35	08:47.6
459	0:43:59	BOOTH, Chloe		Female under 20	08:47.6
460	0:44:01	WIDDERSHOVEN, Demelza	Carn Runners	Female under 35	08:48.0
461	0:44:01	MORRIS, Amy		Female Vet 35-39	08:48.0
462	0:44:05	MOSS, Rachel		Female under 35	08:48.8
463	0:44:06	HART, Michelle	Carn Runners	Female under 35	08:49.0
464	0:44:06	MCBAIN, Vanessa May	Newquay Road Runners	Female under 35	08:49.0
465	0:44:08	JAMESON, Judy	Carn Runners	Female Vet 55-59	08:49.4
466	0:44:08	BULLOCK, Matthew	Tamar Trotters	Male Vet 40-44	08:49.4
467	0:44:10	BULLOCK, Rachel	Tamar Trotters	Female Vet 40-44	08:49.8
468	0:44:10	JANE, Gary	St Austell Running Club	Male Vet 45-49	08:49.8
469	0:44:11	VISICK, Michael	Looe Pioneers	Male Vet 45-49	08:50.0
470	0:44:13	ROSS, Sarah	Tamar Trotters	Female Vet 50-54	08:50.4
471	0:44:14	ROPER, Helen	Tamar Trotters	Female Vet 40-44	08:50.6
472	0:44:17	STOCKS, Gary		Male under 35	08:51.2
473	0:44:19	DE ZORZI, Dino	St Austell Running Club	Male Vet 45-49	08:51.6
474	0:44:20	WRIGHT, David		Male Vet 50-54	08:51.8
475	0:44:21	GREEN, Marie	Falmouth Road Runners	Female Vet 40-44	08:52.0
476	0:44:21	HORTON, Catherine	Falmouth Road Runners	Female Vet 40-44	08:52.0
477	0:44:23	CARD, Christine	Tamar Trotters	Female Vet 60-64	08:52.4
478	0:44:23	HAISMAN, Matt	Launceston Road Runners	Male Vet 45-49	08:52.4
479	0:44:23	ENGLAND, Emma	Bodmin Womens RC	Female Vet 45-49	08:52.4
480	0:44:32	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	08:54.2
481	0:44:33	JOLLIFF, Christy	Bodmin Road Runners	Female under 35	08:54.4
482	0:44:34	GOATMAN, Charlotte	Bodmin Womens RC	Female under 35	08:54.6
483	0:44:34	JOHNS, Sue	Mounts Bay Harriers	Female Vet 60-64	08:54.6
484	0:44:36	JACKSON, Angus		Male Vet 40-44	08:55.0
485	0:44:38	PARKIN, Harriet	Bodmin Womens RC	Female under 35	08:55.4
486	0:44:38	BERRY, Tony	Truro Running Club	Male Vet 75+	08:55.4
487	0:44:38	BERTHO, Nicola		Female Vet 35-39	08:55.4
488	0:44:51	CARVETH, Debbie	Hayle Runners	Female Vet 40-44	08:58.0
489	0:44:52	CARMODY, Dennis		Male Vet 60-64	08:58.2
490	0:44:55	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	08:58.8
491	0:45:02	POOLE, Kerry	Cornwall AC	Female under 35	09:00.2
492	0:45:04	SMITH, Ben		Male under 35	09:00.6
493	0:45:06	COMMONS, Andrea		Female Vet 45-49	09:01.0
494	0:45:07	DAVIES, Sarah		Female Vet 40-44	09:01.2
495	0:45:07	MAY, Oliver		Male under 20	09:01.2
496	0:45:12	WILKINSON, Judith	Tamar Trotters	Female Vet 55-59	09:02.2
497	0:45:13	HOUGHTON, Jade	WalkRun NRR	Female Vet 35-39	09:02.4
498	0:45:15	CORNISH, Trevor		Male Vet 50-54	09:02.8
499	0:45:18	HARRIS, Emma	Bodmin Road Runners	Female Vet 35-39	09:03.4
500	0:45:25	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	09:04.8

501	0:45:28	COCKERILL, Hazel	Marshall Milton Keynes AC	Female Vet 50-54	09:05.4
502	0:45:29	DAVIES-HUNT, Caroline		Female Vet 40-44	09:05.6
503	0:45:31	SLY, Hannah		Female under 35	09:06.0
504	0:45:31	WHEELER, Mark		Male Vet 45-49	09:06.0
505	0:45:35	BEGLEY, Liz		Female Vet 45-49	09:06.8
506	0:45:37	MCGUFFIE, Lucy		Female Vet 40-44	09:07.2
507	0:45:38	CATNACH, Peter	Looe Pioneers	Male Vet 55-59	09:07.4
508	0:45:43	WYATT, Jordan	St Austell Running Club	Male under 20	09:08.4
509	0:45:45	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:08.8
510	0:45:47	QUEEN, Michelle		Female Vet 35-39	09:09.2
511	0:45:47	HOLMES, Alison	Bodmin Road Runners	Female Vet 45-49	09:09.2
512	0:45:50	ROWE, Chris		Male under 35	09:09.8
513	0:45:56	TONKINS, Richard	St Austell Running Club	Male Vet 45-49	09:11.0
514	0:45:57	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	09:11.2
515	0:45:59	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	09:11.6
516	0:46:00	KAYE, Emma	Newquay Road Runners	Female under 35	09:11.8
517	0:46:01	JONES, Susan	Looe Pioneers	Female Vet 45-49	09:12.0
518	0:46:01	FOSTER, Diane	Looe Pioneers	Female Vet 40-44	09:12.0
519	0:46:03	SWETNAM, Jim	Hayle Runners	Male Vet 35-39	09:12.4
520	0:46:06	ROGERS, Zenna	Hayle Runners	Female Vet 35-39	09:13.0
521	0:46:11	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 50-54	09:14.0
522	0:46:11	MOORE, Anne-marie		Female under 35	09:14.0
523	0:46:11	LACKEY, Debbie	Newquay Road Runners	Female Vet 45-49	09:14.0
524	0:46:12	MOORE, Daniel		Male under 35	09:14.2
525	0:46:12	WOOD, Kelly		Female Vet 35-39	09:14.2
526	0:46:18	IRVING, Megan	Newquay Road Runners	Female under 35	09:15.4
527	0:46:21	ANDREWS, George	Mounts Bay Harriers	Male Vet 60-64	09:16.0
528	0:46:22	ROWE, Sam	Mounts Bay Harriers	Female Vet 45-49	09:16.2
529	0:46:26	MARSHALL, Lavinia	Launceston Road Runners	Female Vet 60-64	09:17.0
530	0:46:27	FERRIS, Hollie		Female under 35	09:17.2
531	0:46:29	JAY, Nadia	St Austell Running Club	Female Vet 40-44	09:17.6
532	0:46:31	THOMSON, Rachel	Mounts Bay Harriers	Female Vet 50-54	09:18.0
533	0:46:35	CURTIS, Martin	Hayle Runners	Male Vet 65-69	09:18.8
534	0:46:37	EVANS, Mollie	Carn Runners	Female Vet 35-39	09:19.2
535	0:46:41	EDLIN, David	Newquay Road Runners	Male Vet 45-49	09:20.0
536	0:46:58	TOZER, Nicola	Cornwall AC	Female Vet 40-44	09:23.4
537	0:47:02	BARNES, John	Launceston Road Runners	Male Vet 55-59	09:24.2
538	0:47:03	BOWDEN, Geraldine	Looe Pioneers	Female Vet 55-59	09:24.4
539	0:47:03	BROBIN, Cody	WalkRun NRR	Male under 20	09:24.4
540	0:47:04	BRUMBY, Tandy	Falmouth Road Runners	Female Vet 50-54	09:24.6
541	0:47:07	SOWERBY, Nicky	Truro Running Club	Female Vet 50-54	09:25.2
542	0:47:09	STAFF, Rachael	St Austell Running Club	Female Vet 40-44	09:25.6
543	0:47:10	HAMILTON, Sarah		Female Vet 35-39	09:25.8
544	0:47:12	GREEN, Jenny		Female Vet 35-39	09:26.2
545	0:47:12	REYNOLDS, Liam	Manx Tri Club	Male Vet 35-39	09:26.2
546	0:47:13	BOWDEN, Kelly	WalkRun NRR	Female under 35	09:26.4
547	0:47:15	BROWN, Sally		Female Vet 35-39	09:26.8
548	0:47:17	MITCHELL, Dan		Male Vet 40-44	09:27.2
549	0:47:18	FLANAGAN, Rachel	Falmouth Road Runners	Female Vet 50-54	09:27.4
550	0:47:18	DAVISON, George	WalkRun NRR	Male under 20	09:27.4
551	0:47:19	ALLEN, Owen	WalkRun NRR	Male under 20	09:27.6
552	0:47:19	O'NEILL, Brian		Male Vet 50-54	09:27.6
553	0:47:22	ELLIS, Caroline		Female Vet 40-44	09:28.2
554	0:47:25	WALTERS, Adam		Male Vet 35-39	09:28.8
555	0:47:26	BRUCE, Gemma		Female Vet 35-39	09:29.0
556	0:47:29	HICKS, Laura		Female under 35	09:29.6
557	0:47:30	MITCHELL, Richard		Male Vet 55-59	09:29.8
558	0:47:32	COLLINS, Nicola	Truro Running Club	Female under 35	09:30.2
559	0:47:33	SMITH, Mandy	St Austell Running Club	Female Vet 55-59	09:30.4
560	0:47:35	WILLIAMS, Tania	Hayle Runners	Female Vet 35-39	09:30.8
561	0:47:35	DOUGHTY, Louise	Tamar Trotters	Female Vet 50-54	09:30.8
562	0:47:48	PITCHER, David	Tamar Trotters	Male Vet 55-59	09:33.4
563	0:47:51	ROUNCEFIELD, Carol	Hayle Runners	Female Vet 45-49	09:34.0

564	0:47:53	BENNETT, Shaun	Hayle Runners	Male Vet 50-54	09:34.4
565	0:47:59	COURTNEY, Stacey	Newquay Road Runners	Female under 35	09:35.6
566	0:48:00	MORGADO, Chloe		Female Vet 40-44	09:35.8
567	0:48:00	SQUIBB, Rachel		Female Vet 35-39	09:35.8
568	0:48:05	REEVES, Claire		Female Vet 35-39	09:36.8
569	0:48:08	HUNTER, Laura	Newquay Road Runners	Female under 35	09:37.4
570	0:48:08	REED, Kate		Female under 35	09:37.4
571	0:48:11	BROMFIELD, Katrina		Female Vet 50-54	09:38.0
572	0:48:13	BRADSHAW, Verity		Female Vet 40-44	09:38.4
573	0:48:18	REES, Kathryn		Female Vet 40-44	09:39.4
574	0:48:20	BEAZLEY, Steve	East Cornwall Harriers	Male Vet 55-59	09:39.8
575	0:48:20	CAULFIELD, Trudy	Tamar Trotters	Female Vet 45-49	09:39.8
576	0:48:25	BARRETT, Liz	St Austell Running Club	Female Vet 55-59	09:40.8
577	0:48:30	WADE, Margaret	Carn Runners	Female Vet 60-64	09:41.8
578	0:48:35	OWERS, Sarah	St Austell Running Club	Female under 35	09:42.8
579	0:48:37	THOMAS, Jane	St Austell Running Club	Female Vet 55-59	09:43.2
580	0:48:37	FRASER, Glen	Hayle Runners	Male Vet 55-59	09:43.2
581	0:48:39	HOGG, Lorna	St Austell Running Club	Female Vet 45-49	09:43.6
582	0:48:39	JENKIN, Jacqueline	Cornwall AC	Female Vet 65-69	09:43.6
583	0:48:39	JENKIN, Richard	Cornwall AC	Male Vet 70-74	09:43.6
584	0:48:40	MCNAUGHTON, Nikki		Female Vet 40-44	09:43.8
585	0:48:42	SHAPCOTT, Paul	Tamar Trotters	Male Vet 40-44	09:44.2
586	0:48:44	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	09:44.6
587	0:48:44	FLOWER, Naomi	WalkRun NRR	Female under 35	09:44.6
588	0:48:46	BOARDMAN, Diane	Truro Running Club	Female under 35	09:45.0
589	0:48:47	EDLIN, Kirsty		Female Vet 45-49	09:45.2
590	0:48:50	TAPHOUSE, Linsey	East Cornwall Harriers	Female under 35	09:45.8
591	0:49:00	SAWYER, Angelina	Grit and Grin	Female Vet 40-44	09:47.8
592	0:49:05	BOLT, Adrian	Truro Running Club	Male Vet 45-49	09:48.8
593	0:49:11	RAY, Pamela	Hayle Runners	Female Vet 45-49	09:50.0
594	0:49:12	ADAMS, Hannah	St Austell Running Club	Female Vet 35-39	09:50.2
595	0:49:12	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	09:50.2
596	0:49:13	MCCORMACK, Teresa	Falmouth Road Runners	Female Vet 40-44	09:50.4
597	0:49:19	COX, Alison	Bodmin Womens RC	Female Vet 50-54	09:51.6
598	0:49:19	COX, Clive		Male Vet 55-59	09:51.6
599	0:49:22	STONE, Jackie	Mounts Bay Harriers	Female Vet 50-54	09:52.2
600	0:49:32	DEACY, Ami		Female Vet 35-39	09:54.2
601	0:49:33	PAGE, Annie	Bodmin Road Runners	Female Vet 40-44	09:54.4
602	0:49:33	DEACY, Michael		Male Vet 40-44	09:54.4
603	0:49:34	CAIN, Gillian	Tamar Trotters	Female Vet 50-54	09:54.6
604	0:49:34	O'REILLY, Kevin	Tamar Trotters	Male Vet 60-64	09:54.6
605	0:49:35	PRESCOTT, Kay	St Austell Running Club	Female Vet 40-44	09:54.8
606	0:49:36	CHARLSTON, Ellie-may		Female under 35	09:55.0
607	0:49:36	PARR, Ben		Male under 35	09:55.0
608	0:49:45	ROCHFORD, Hayley	Hayle Runners	Female Vet 40-44	09:56.8
609	0:49:45	YOUNG, Roy		Male Vet 50-54	09:56.8
610	0:49:46	WALL, Ashley	Falmouth Road Runners	Female Vet 45-49	09:57.0
611	0:49:52	COUNTER, Genna	Grit and Grin	Female under 35	09:58.2
612	0:49:52	TOMLINSON, Jane	Grit and Grin	Female Vet 40-44	09:58.2
613	0:49:58	TALBOT, Bev	St Austell Running Club	Female Vet 50-54	09:59.4
614	0:50:02	GIBSON, Tiede	Looe Pioneers	Female under 20	10:00.2
615	0:50:04	IACONIANNI, Gennara	St Austell Running Club	Female under 35	10:00.6
616	0:50:15	SYCAMORE, Grace	Hayle Runners	Female under 35	10:02.8
617	0:50:19	HYDE-LINAKER, Elaine	St Austell Running Club	Female Vet 50-54	10:03.6
618	0:50:19	MCLEAN, Andrew	St Austell Running Club	NDB	10:03.6
619	0:50:23	ASHWORTH, Niamh	WalkRun NRR	Female under 35	10:04.4
620	0:50:24	ELGAR, Rebecca	Hayle Runners	Female Vet 35-39	10:04.6
621	0:50:28	WILLIAMS, Janine	WalkRun NRR	Female under 35	10:05.4
622	0:50:32	HALL, Becky	WalkRun NRR	Female under 35	10:06.2
623	0:50:35	JAMES, Amanda	Mounts Bay Harriers	Female Vet 60-64	10:06.8
624	0:50:37	KENT, Emma	WalkRun NRR	Female Vet 35-39	10:07.2
625	0:50:37	HEMSLEY, Sarah	WalkRun NRR	Female Vet 40-44	10:07.2
626	0:50:40	LOOSLEY, Alison	St Austell Running Club	Female Vet 45-49	10:07.8

627	0:50:47	VENN, Bryony	Looe Pioneers	Female under 20	10:09.2
628	0:50:49	FOSTER, Sara		Female Vet 35-39	10:09.6
629	0:50:52	MOORE, Sue	Hayle Runners	Female Vet 60-64	10:10.2
630	0:50:52	MOORE, Andy	Hayle Runners	Male Vet 55-59	10:10.2
631	0:50:53	DALTON, Beth	Falmouth Road Runners	Female under 35	10:10.4
632	0:50:55	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	10:10.8
633	0:50:57	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:11.2
634	0:51:00	CLIFFORD, Susan	WalkRun NRR	Female Vet 35-39	10:11.8
635	0:51:01	YOUNG, Roy		Male Vet 50-54	10:12.0
636	0:51:04	SHEER, Andrew		Male under 35	10:12.6
637	0:51:06	HILLIER, Sally	Falmouth Road Runners	Female Vet 50-54	10:13.0
638	0:51:08	HOMER, Robert	Newquay Road Runners	Male Vet 55-59	10:13.4
639	0:51:10	TREERISE, Catherine	Cornwall AC	Female Vet 45-49	10:13.8
640	0:51:10	TREVENA, Claire		Female Vet 45-49	10:13.8
641	0:51:19	MACKINTOSH, Susie	Hayle Runners	Female Vet 45-49	10:15.6
642	0:51:29	RALLS, David	St Austell Running Club	Male Vet 50-54	10:17.6
643	0:51:32	OSBORNE, Kelly	St Austell Running Club	Female Vet 35-39	10:18.2
644	0:51:44	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	10:20.6
645	0:51:47	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 50-54	10:21.2
646	0:51:48	TALBOT, Amy		Female under 35	10:21.4
647	0:51:50	BENNETTS, Sophia		Female Vet 40-44	10:21.8
648	0:51:53	CALLAWAY, Kerry	Bodmin Road Runners	Female Vet 35-39	10:22.4
649	0:51:57	GIBBS, Natalie	Mounts Bay Harriers	Female Vet 35-39	10:23.2
650	0:51:58	DEARING, Debbie	St Austell Running Club	Female Vet 50-54	10:23.4
651	0:51:59	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	10:23.6
652	0:52:00	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	10:23.8
653	0:52:01	BOWDEN, Sally	WalkRun NRR	Female Vet 50-54	10:24.0
654	0:52:05	HALL, Saffion	Carn Runners	Female under 20	10:24.8
655	0:52:10	HUDSON, Rose	WalkRun NRR	Female under 35	10:25.8
656	0:52:11	KING, Mandy		Female Vet 50-54	10:26.0
657	0:52:11	TRIPCONEY, Sharon		Female Vet 45-49	10:26.0
658	0:52:13	ADAMS, Mark	Hayle Runners	Male Vet 40-44	10:26.4
659	0:52:30	BUSCOMBE, Lisa		Female Vet 40-44	10:29.8
660	0:52:30	WRIGHT, Amanda		Female Vet 40-44	10:29.8
661	0:52:34	POOLE, Wendy	St Austell Running Club	Female Vet 50-54	10:30.6
662	0:52:44	ATHERTON, Julie	Hayle Runners	Female Vet 45-49	10:32.6
663	0:52:48	DORMER, Kathran	Falmouth Road Runners	Female Vet 65-69	10:33.4
664	0:52:58	ROUND, Kelly		Female Vet 35-39	10:35.4
665	0:52:58	RIGG, Helen		Female Vet 50-54	10:35.4
666	0:52:59	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	10:35.6
667	0:53:06	BRANCH, Romana	WalkRun NRR	Female Vet 40-44	10:37.0
668	0:53:09	PENTREATH, Jackie	Falmouth Road Runners	Female Vet 55-59	10:37.6
669	0:53:21	HOUGHTON, Melanie		Female Vet 35-39	10:40.0
670	0:53:47	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	10:45.2
671	0:53:47	VOSPER, Francis	Bodmin Road Runners	Male Vet 55-59	10:45.2
672	0:53:57	SLATER, Kirstie		Female Vet 40-44	10:47.2
673	0:54:02	MILLER, Amanda	Hayle Runners	Female Vet 45-49	10:48.2
674	0:54:19	THOMAS-HORTON, Michaela	St Austell Running Club	Female Vet 45-49	10:51.6
675	0:54:20	FLOWER, Julie	WalkRun NRR	Female Vet 45-49	10:51.8
676	0:54:29	LAETITICA, Billington	Hayle Runners	Female under 35	10:53.6
677	0:54:52	BULEY, Rona	Eastleigh Running Club	Female Vet 60-64	10:58.2
678	0:54:55	WISE, Becky		Female under 35	10:58.8
679	0:55:12	SROCZYNSKI, Jan	East Cornwall Harriers	Male Vet 65-69	11:02.2
680	0:55:51	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	11:10.0
681	0:55:54	FRANCIS, Donna	Newquay Road Runners	Female Vet 60-64	11:10.6
682	0:55:59	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	11:11.6
683	0:56:18	YATES, Angela	St Austell Running Club	Female Vet 55-59	11:15.4
684	0:56:20	LAWSON, Claire	Falmouth Road Runners	Female under 35	11:15.8
685	0:56:41	BENNEY, Sue	WalkRun NRR	Female Vet 45-49	11:20.0
686	0:56:46	WHITNEY, Linda	Newquay Road Runners	Female Vet 65-69	11:21.0
687	0:57:19	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	11:27.6
688	0:57:23	EWART, Sam	St Austell Running Club	Female Vet 40-44	11:28.4
689	0:57:39	TODD, Christine	St Austell Running Club	Female Vet 50-54	11:31.6

690	0:57:44	CLARK, Lisa	Carn Runners	Female Vet 35-39	11:32.6
691	0:57:45	HALL, Zoe	Carn Runners	Female Vet 45-49	11:32.8
692	0:57:46	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	11:33.0
693	0:57:47	KITCHENER, Megan	Hayle Runners	Female under 35	11:33.2
694	0:57:54	MUNGLES, Clare	Hayle Runners	Female Vet 45-49	11:34.6
695	0:57:55	NEWING, Sarah	Hayle Runners	Female Vet 35-39	11:34.8
696	0:58:34	DUKE, Jan	Tamar Trotters	Male Vet 65-69	11:42.6
697	0:59:19	LATHAM, Donna	Bodmin Womens RC	Female Vet 40-44	11:51.6
698	0:59:19	COLLINGS, Louise		Female under 20	11:51.6
699	0:59:43	COCKS, Clare	Falmouth Road Runners	Female Vet 40-44	11:56.4
700	1:00:15	WYATT, Liz	St Austell Running Club	Female Vet 45-49	12:02.8
701	1:00:26	MCNEVIN, Iva	Mounts Bay Harriers	Female Vet 55-59	12:05.0
702	1:00:33	WEBBER, Sharon	St Austell Running Club	Female Vet 40-44	12:06.4
703	1:00:33	PRANGLEY, Lisa	St Austell Running Club	Female Vet 45-49	12:06.4
704	1:01:02	COLLINGS, Fiona	Bodmin Womens RC	Female Vet 45-49	12:12.2
705	1:01:49	PHILP, Fiona		Female Vet 35-39	12:21.6
706	1:01:49	KINTON, Harriet		Female under 35	12:21.6
707	1:01:55	HODGES, Tracey	Falmouth Road Runners	Female Vet 35-39	12:22.8
708	1:01:55	DALTON, Beverley	Falmouth Road Runners	Female Vet 60-64	12:22.8
709	1:02:25	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:28.8
710	1:02:34	HAWKEN, Val	Newquay Road Runners	Female Vet 70+	12:30.6
711	1:02:53	PAINTER, Sarah	Hayle Runners	Female under 35	12:34.4
712	1:02:53	LAY, Jo	Hayle Runners	Female Vet 50-54	12:34.4
713	1:03:53	VISICK, Sarah	Looe Pioneers	Female Vet 45-49	12:46.4
714	1:03:53	DEAR, Anne	Bodmin Womens RC	Female Vet 50-54	12:46.4
715	1:05:58	HOLLADAY, Michelle	WalkRun NRR	Female Vet 40-44	13:11.4
716	1:07:29	ORPWOOD, Jenny	Mounts Bay Harriers	Female Vet 45-49	13:29.6
717	1:17:57	BIDGWAY, Julie	Bodmin Womens RC	Female Vet 40-44	15:35.1