

Results for All Competitors in finish order.

Position	Time	Name	Team	Category	Pace	Number
1	0:40:14	WALDIE, James	Cornwall AC		05:44.8	378
2	0:41:00	WINSKILL, Phil	Keswick AC		05:51.3	412
3	0:41:00	RODGERS, Dan	Launceston Road Runners		05:51.3	413
4	0:41:31	WAUMSLEY, Pete			05:55.7	195
5	0:42:42	MCLAY, Stuart	Veterans AC	Male Vet 40-49	06:05.9	366
6	0:43:32	BAUGNIET, Nick	Poole AC	Male Vet 40-49	06:13.0	367
7	0:44:46	NICHOLAS, Stuart	St Austell Running Club		06:23.6	328
8	0:44:57	OAKES, Duncan	St Austell Running Club	Male Vet 40-49	06:25.2	401
9	0:45:04	VARKER, Darren			06:26.2	352
10	0:45:25	HANDS, Stephen		Male Vet 40-49	06:29.2	233
11	0:45:49	DALTON, Richard	Falmouth Road Runners		06:32.6	393
12	0:45:50	ROWE, David	St Austell Running Club	Male Vet 40-49	06:32.7	324
13	0:45:56	BROWN, Matthew	Erme Valley Harriers		06:33.6	372
14	0:46:11	BOLT, Phil	Cornwall AC	Male Vet 40-49	06:35.7	280
15	0:47:25	ADAMS, Tim	St Austell Running Club	Male Vet 40-49	06:46.3	326
16	0:47:48	BARKER, Ricko			06:49.6	389
17	0:47:58	GWYNNE, Paul	Falmouth Road Runners	Male Vet 40-49	06:51.0	294
18	0:48:21	CURTIS, Matt	Hayle Runners		06:54.3	387
19	0:48:21	HARRIS, Christopher			06:54.3	220
20	0:48:27	PITT, Steve	West Bromich Harriers	Male Vet 40-49	06:55.2	383
21	0:48:38	CHAPMAN, Mick	Falmouth Road Runners	Male Vet 40-49	06:56.7	296
22	0:48:39	BOURNE, Robert		Male Vet 40-49	06:56.9	252
23	0:48:49	WILLIAMS, George		Male Vet 40-49	06:58.3	394
24	0:49:11	OSBORNE, Richard	St Austell Running Club		07:01.5	346
25	0:49:12	TURNER, James	Cornwall AC		07:01.6	351
26	0:49:31	WHERRY, Alan	St Austell Running Club	Male Vet 40-49	07:04.3	329
27	0:49:37	KINGDON, Robert	Bitton Road Runners	Male Vet 40-49	07:05.2	381
28	0:49:56	WOOLDRIDGE, David	Newquay Road Runners	Male Vet 50-59	07:07.9	380
29	0:49:59	SHIPTON, Jason	Tamar Trotters	Male Vet 40-49	07:08.3	348
30	0:50:17	WALDIE, John	Cornwall AC	Male Vet 40-49	07:10.9	377
31	0:50:25	ALSOP, Doug	St Austell Running Club	Male 60+	07:12.0	330
32	0:50:30	LAURIE, Andrew		Male Vet 40-49	07:12.7	230
33	0:50:42	PENPRASE, Jason	St Austell Running Club	Male Vet 40-49	07:14.4	268
34	0:50:50	HANCOCK, William			07:15.6	272
35	0:51:01	HENDERSON, Jason	PL24	Male Vet 40-49	07:17.2	271
36	0:51:09	BOSWELL, Guy	Plymouth Musketeers	Male Vet 40-49	07:18.3	408
37	0:51:15	FOSTER, Mark			07:19.2	283
38	0:51:20	DAW, Sharon	East Cornwall Harriers	Female Vet 40-49	07:19.9	315
39	0:51:51	BURROWS, Anthony	Hayle Runners	Male Vet 40-49	07:24.3	235
40	0:51:52	HAWKINS, Marc			07:24.4	360
41	0:51:54	BAZIN, Peter	St Austell Running Club	Male Vet 40-49	07:24.7	343
42	0:52:00	GEORGE, Craig			07:25.6	282
43	0:52:32	BURDEN, Dave	Pudsey Racers	Male Vet 50-59	07:30.2	259
44	0:52:37	SELLEY, Steve	Tiverton Trotters	Male Vet 40-49	07:30.9	289
45	0:52:54	BROWN, Roger	Falmouth Road Runners	Male Vet 40-49	07:33.3	368
46	0:52:55	NEWSTEAD, Kayleigh	St Austell Running Club		07:33.4	345
47	0:53:01	HARRIS, Geoffrey	Newquay Road Runners	Male Vet 50-59	07:34.3	362
48	0:53:11	MURPHY, Jenna	St Austell Running Club		07:35.7	407
49	0:53:17	GREET, Pete	St Austell Running Club		07:36.6	321
50	0:53:25	MUNN, Patrick		Male Vet 40-49	07:37.7	395
51	0:53:37	FERGUSON, Andrew	St Austell Running Club	Male Vet 40-49	07:39.4	318
52	0:53:38	BRANCHETT, Stephen			07:39.6	197
53	0:53:39	GREET, David	PL24		07:39.7	411
54	0:53:39	MIDGLEY, Phil		Male Vet 40-49	07:39.7	226
55	0:53:42	MURRAY, Emma	St Austell Running Club	Female Vet 40-49	07:40.2	331
56	0:53:55	COX, Nigel		Male Vet 40-49	07:42.0	308
57	0:54:10	ANDREWS, Simon		Male Vet 40-49	07:44.2	384
58	0:54:11	CLIFFORD, Jason		Male Vet 40-49	07:44.3	217
59	0:54:12	DUNN, Sam	PL24		07:44.4	404

60	0:54:13	LUCAS, Andrew	St Austell Running Club	Male Vet 40-49	07:44.6	320
61	0:54:16	CLIFFORD, Tim	St Austell Running Club	Male Vet 40-49	07:45.0	218
62	0:54:21	MARSHALL-STEVENSON, Gary			07:45.7	353
63	0:54:41	THICKETT, Keith	Kilmarsh Kestrels RC	Male Vet 40-49	07:48.6	361
64	0:55:04	LUSTY, Liz	St Austell Running Club	Female Vet 40-49	07:51.9	363
65	0:55:04	TREBILCOCK, Mark	Cornwall AC	Male Vet 40-49	07:51.9	364
66	0:55:12	STORER, Graham		Male Vet 50-59	07:53.0	191
67	0:55:17	WATSON, Janet		Female Vet 50-59	07:53.7	199
68	0:55:17	HAWKINS, Chris		Male Vet 50-59	07:53.7	403
69	0:55:28	GILL, Matthew	Fairlands Valley Spartans		07:55.3	338
70	0:55:28	ELLIS, Steve	St Austell Running Club	Male Vet 40-49	07:55.3	274
71	0:55:47	GREEN, Alan	East Cornwall Harriers	Male Vet 50-59	07:58.0	216
72	0:55:57	WALLBANK, Rob	St Austell Running Club		07:59.4	385
73	0:56:09	GRILLS, Deb	St Austell Running Club	Female Vet 40-49	08:01.2	316
74	0:56:18	PEARSON, Richard		Male 60+	08:02.4	243
75	0:56:24	NEVILLE, Phil	Newquay Road Runners	Male Vet 40-49	08:03.3	373
76	0:56:36	FORD-DUNN, Johnathan	Truro Running Club	Male Vet 50-59	08:05.0	405
77	0:56:42	MUSSON, Stuart	Truro Running Club		08:05.9	341
78	0:56:42	GUEST, Nathan			08:05.9	262
79	0:57:41	MATTHEWS, Martin			08:14.3	333
80	0:57:42	HOFFEN, Kate		Female Vet 40-49	08:14.4	255
81	0:57:42	MARSON, Gary		Male Vet 40-49	08:14.4	254
82	0:57:50	SHAKESPEARE, David		Male Vet 40-49	08:15.6	236
83	0:57:55	GOSSAN, John	Looe Pioneers	Male 60+	08:16.3	392
84	0:57:59	HOULT, Colin	St Austell Running Club	Male Vet 50-59	08:16.9	323
85	0:58:00	BRICKNELL, Mark		Male Vet 50-59	08:17.0	202
86	0:58:13	RUDD, Nikki		Female Vet 40-49	08:18.9	246
87	0:58:15	SCRACE, Shaun	St Austell Running Club		08:19.2	354
88	0:58:16	EVANS, Mark	Tamar Trotters	Male Vet 40-49	08:19.3	198
89	0:58:18	MORCOM, Christopher	PL24		08:19.6	297
90	0:58:37	PENHALIGON, Chris	PL24		08:22.3	285
91	0:58:51	WILLIAMS, Sion		Male Vet 40-49	08:24.3	375
92	0:59:00	BENBOW, Jim		Male Vet 40-49	08:25.6	245
93	0:59:00	BOSWORTH, Ian	Falmouth Road Runners	Male Vet 40-49	08:25.6	400
94	0:59:07	BALDWIN, Mike	Hayle Runners	Male Vet 40-49	08:26.6	306
95	0:59:08	LOBB, Joe	PL24		08:26.7	340
96	0:59:17	BENCE, Sam	PL24		08:28.0	250
97	0:59:20	WOOD, Susanne			08:28.4	200
98	0:59:27	BATE, Geoff	St Austell Running Club	Male Vet 40-49	08:29.4	325
99	0:59:36	TRUDGIAN, Lucy			08:30.7	196
100	0:59:39	RAWLE, Jennifer	PL24		08:31.1	204
101	0:59:45	BURNELL, Frank		Male Vet 50-59	08:32.0	194
102	0:59:46	NICHOLLS, Graham	Truro Running Club	Male Vet 40-49	08:32.1	286
103	0:59:52	KINAHAN, Rebecca			08:33.0	278
104	1:00:04	MCDONAGH, Lynn	Hardley Runners	Female Vet 40-49	08:34.7	265
105	1:00:13	SOLE, John			08:36.0	390
106	1:00:18	ASHTON, Phillip	PL24		08:36.7	234
107	1:00:18	TAYLOR, Guy			08:36.7	376
108	1:00:19	WILDING, Wayne			08:36.9	273
109	1:00:25	BRANCHETT, Andy	Canterbury Harriers	Male 60+	08:37.7	229
110	1:00:35	TARRANT, Rachael	Plymstock Road Runners		08:39.1	337
111	1:00:37	JEFFREY, Tristram	St Austell Running Club	Male Vet 40-49	08:39.4	347
112	1:00:39	NICHOLLS, Dominic		Male Vet 40-49	08:39.7	276
113	1:00:42	BRADISH, Chris		Male Vet 50-59	08:40.1	293
114	1:00:46	PENN, Graham	Teignbridge Trotters	Male Vet 50-59	08:40.7	249
115	1:00:47	WILKINS, Justin	St Austell Running Club		08:40.9	228
116	1:00:57	HAWKINS, Lynn			08:42.3	359
117	1:01:13	SPARGO, Phillip	Truro Running Club	Male Vet 50-59	08:44.6	239
118	1:01:21	BEST, Andy		Male Vet 40-49	08:45.7	224
119	1:01:25	CRANE, Michael	St Austell Running Club	Male Vet 40-49	08:46.3	344
120	1:01:42	TURNER, Yvonne	Mounts Bay Harriers	Female Vet 40-49	08:48.7	190

121	1:01:59	WHATTY, John		Male Vet 50-59	08:51.1	365
122	1:02:09	DAVIES, Charles			08:52.6	314
123	1:02:11	WARD, Steve	PL24	Male Vet 40-49	08:52.9	257
124	1:02:17	REID, Meena	PL24		08:53.7	215
125	1:02:53	RULE, Helen	Hayle Runners		08:58.9	279
126	1:02:57	CLITHEROW, Hana	Truro Running Club	Female Vet 40-49	08:59.4	242
127	1:03:00	VAN DER EYKEN, Robin	Bahrain Roadrunners	Male Vet 40-49	08:59.9	237
128	1:03:08	RUTLAND, John	St Austell Running Club	Male 60+	09:01.0	386
129	1:03:18	LEYSHON, Michael	Falmouth Road Runners	Male Vet 40-49	09:02.4	406
130	1:03:18	BREWER, Nick	Erme Valley Harriers		09:02.4	374
131	1:03:19	STEVENS, Daniel	Falmouth Road Runners	Male Vet 40-49	09:02.6	263
132	1:03:22	PENHALIGON, John	PL24	Male Vet 40-49	09:03.0	284
133	1:03:30	TAGNEY, Simon	PL24	Male Vet 50-59	09:04.1	342
134	1:03:34	THOMAS, Alison	Hayle Runners		09:04.7	335
135	1:03:44	MORIARTY, Melissa	St Austell Running Club		09:06.1	319
136	1:03:52	CLARKE, Ray		Male Vet 40-49	09:07.3	309
137	1:03:56	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 40-49	09:07.9	322
138	1:04:18	FITZMAURICE, Kate	Hayle Runners		09:11.0	410
139	1:04:18	OWEN, Sarah	Plymouth Musketeers	Female Vet 40-49	09:11.0	256
140	1:04:25	BUNDY, Tim	Mounts Bay Harriers	Male Vet 40-49	09:12.0	260
141	1:04:50	WILLIAMS, Michelle	Falmouth Road Runners	Female Vet 40-49	09:15.6	391
142	1:04:54	WOOD, Glenn		Male Vet 40-49	09:16.1	241
143	1:05:11	WARNER, Brad			09:18.6	414
144	1:05:14	FOREMAN, Lisa			09:19.0	210
145	1:05:14	SHEAD, Martin		Male Vet 40-49	09:19.0	209
146	1:05:19	ROBINSON, Kevin		Male Vet 40-49	09:19.7	299
147	1:05:44	HUTCHINS, Sarah	Carn Runners		09:23.3	334
148	1:05:49	NICHOLLS, Barney		Male Vet 40-49	09:24.0	275
149	1:05:54	BROWN, Liz	St Austell Running Club	Female Vet 40-49	09:24.7	302
150	1:05:58	WATERS, Rachel	St Austell Running Club	Female Vet 40-49	09:25.3	317
151	1:06:14	DAVIES, Julian	Surbiton	Male Vet 50-59	09:27.6	310
152	1:06:30	MOORE, Jane		Female Vet 50-59	09:29.9	264
153	1:06:37	MAY, Amanda			09:30.9	193
154	1:06:39	GEORGE, Louise	St Austell Running Club		09:31.1	281
155	1:06:43	SELLEY, Michelle	Tiverton Trotters	Female Vet 40-49	09:31.7	288
156	1:07:00	KNOTT, Richard		Male 60+	09:34.1	358
157	1:07:12	OSBORN, Kathryn		Female Vet 50-59	09:35.9	208
158	1:07:15	KINGTON, Norris	Cornwall AC	Male 60+	09:36.3	261
159	1:07:35	JOHNS, Julie	Truro Running Club	Female Vet 50-59	09:39.1	240
160	1:07:48	DAVIES, Helen	Kingston Poly Harriers		09:41.0	311
161	1:08:09	EDEN, Reg	St Austell Running Club	Male 60+	09:44.0	267
162	1:08:28	BOUCHER, Tracy		Female Vet 40-49	09:46.7	356
163	1:08:33	JOHNSON, Renata			09:47.4	266
164	1:08:36	KINAHAN, Ann	Serpentine Running Club	Female Vet 50-59	09:47.9	277
165	1:09:02	DICKINSON, Tina	Horsforth Harriers	Female Vet 50-59	09:51.6	258
166	1:09:07	WILLIS, Sharon	Newquay Road Runners	Female Vet 40-49	09:52.3	295
167	1:09:12	BALDWIN, Sarah	Hayle Runners	Female Vet 40-49	09:53.0	307
168	1:09:19	APPLETON, Jane	PL24		09:54.0	350
169	1:09:27	COLLINS, Tom	PL24	Male Vet 40-49	09:55.1	212
170	1:09:37	DAVIES, Jo		Male Vet 50-59	09:56.6	313
171	1:09:44	WILLIS, Kerry	Hayle Runners		09:57.6	301
172	1:10:25	PINCKSTON, Sharon	PL24		10:03.4	357
173	1:11:54	UREN, Lisa	Carn Runners		10:16.1	305
174	1:11:55	VINNICOMBE, Jason	Carn Runners		10:16.3	303
175	1:11:57	PEIRCE, Melissa		Female Vet 40-49	10:16.6	398
176	1:12:17	MCCOL, Darren		Male Vet 40-49	10:19.4	213
177	1:13:00	BOON, Stephanie	Truro Running Club	Female Vet 40-49	10:25.6	379
178	1:13:22	CLEMENCE, Sarah		Female Vet 40-49	10:28.7	238
179	1:14:22	TAGNEY, Maggie	St Austell Running Club	Female Vet 50-59	10:37.3	349
180	1:14:24	EVANS, Kate	PL24		10:37.6	370
181	1:16:07	TAPPIN, Anna		Female Vet 50-59	10:52.3	409

182	1:16:43	CARTER, Nicki	Hayle Runners	Female Vet 40-49	10:57.4	222
183	1:17:16	BULLOCK, Katie	St Austell Running Club		11:02.1	402
184	1:17:27	BRENNAN, Tom	Hayle Runners	Male 60+	11:03.7	232
185	1:17:28	PARKYN, Giles			11:03.8	355
186	1:17:28	SKINNER, Sarah			11:03.8	223
187	1:17:36	MCCOL, Charlotte			11:05.0	214
188	1:17:41	FRANCIS, Donna	Newquay Road Runners	Female Vet 50-59	11:05.7	291
189	1:17:49	PHILLIPS, Matt		Male Vet 40-49	11:06.8	339
190	1:19:02	MILLER, Ros	PL24	Female Vet 40-49	11:17.3	369
191	1:19:26	CAMPBELL, Alison	Carn Runners		11:20.7	298
192	1:19:33	HENNESSY, Sally		Female Vet 50-59	11:21.7	287
193	1:19:37	DAVIES, Ginny		Female Vet 50-59	11:22.3	312
194	1:19:40	WHEATON, Tracey		Female Vet 40-49	11:22.7	221
195	1:19:45	VEITCH, Steve		Male Vet 50-59	11:23.4	248
196	1:19:49	DOWN, John	PL24	Male Vet 40-49	11:24.0	253
197	1:20:20	WHEATCROFT, Lizzie	PL24	Female Vet 40-49	11:28.4	206
198	1:22:20	WRIGHT, Michael		Male 60+	11:45.5	207
199	1:23:01	SMITH, Julie		Female Vet 40-49	11:51.4	211
200	1:23:02	DANNEAU, Paul	PL24	Male Vet 50-59	11:51.5	201
201	1:23:06	HYSLOP, David	PL24	Male Vet 50-59	11:52.1	388
202	1:23:12	BRENNAN, Val	Hayle Runners	Female 60+	11:53.0	231
203	1:23:15	PEARCE, Jennifer	Newquay Road Runners	Female 60+	11:53.4	371
204	1:23:20	HENRY, Naila	Hayle Runners	Female Vet 40-49	11:54.1	247
205	1:23:20	SAVAGE, Wendy		Female Vet 40-49	11:54.1	290
206	1:23:36	BOLTON, Karen		Female Vet 50-59	11:56.4	399
207	1:23:38	GARRARD, David	Falmouth Road Runners	Male 60+	11:56.7	382
208	1:26:15	STAFF, Rachel	PL24		12:19.1	227
209	1:28:18	UREN, Caroline	Carn Runners		12:36.7	304
210	1:29:35	MCGUIRE, Joanna	Hayle Runners		12:47.7	397
211	1:29:37	ROSTRUGE, Martin	Hayle Runners		12:48.0	396
212	1:40:49	BLACKER, Sue	PL24	Female 60+	14:23.9	251