

Saturday 30 July 2016. 6:45 pm

Results for All Competitors in finish order.

Place	Time	Name	Team	Category	Race I	Posn
1	0:39:04	SNOOK, Colin	Cornwall AC	Male 40-44	320	1
2	0:41:03	CARTHEY, Tom	Falmouth Road Runners	Male 16-34	252	2
3	0:41:49	THOMAS, Justin	Cornwall AC	Male 40-44	321	3
4	0:42:34	SMERDON, Marc	East Cornwall Harriers	Male 16-34	348	4
5	0:42:44	WRIGHT, Tony	Newquay Road Runners	Male 50-54	384	5
6	0:44:18	BARNET, James	Falmouth Road Runners	Male 16-34	215	6
7	0:44:37	HOWES, Dan		Male 40-44	11	7
8	0:44:40	RAMSDEN, Clive	Bodmin Road Runners	Male 40-44	299	8
9	0:44:41	SAWFORD, Paul	Carn Runners	Male 45-49	225	9
10	0:44:51	WISNER, John		Male 45-49	332	10
11	0:45:19	DOWRICK, Mike	Cornwall AC	Male 40-44	296	11
12	0:45:22	WRIGHT, Alex		Male 16-34	131	12
13	0:45:26	GOODWAY, Dan	Truro Running Club	Male 45-49	154	13
14	0:45:47	LUXMOORE, Jamie	Mile High	Male 35-39	347	14
15	0:45:49	WILLIAMS, Simon S	St Austell RC	Male 40-44	371	15
16	0:45:50	HOWELL, Tom	Mile High	Male 16-34	372	16
17	0:45:59	HALL, Craig	Carn Runners	Male 40-44	268	17
18	0:46:05	EVANS, Darren	Launceston Road Runners	Male 16-34	153	18
19	0:46:09	MARPLES, Alex	Truro Running Club	Male 35-39	239	19
20	0:46:21	CHAPMAN, Wendy	Truro Running Club	Female 40-44	245	20
21	0:46:43	DAVIES, James	Truro Running Club	Male 16-34	248	21
22	0:46:57	BRYDON, James	Bodmin Road Runners	Male 16-34	31	22
23	0:47:05	DEVENEY, Callum	Falmouth Road Runners	Male 45-49	370	23
24	0:47:15	STRACHAN, Stephen		Male 40-44	358	24
25	0:47:47	SCHOLES, Neil	Bristol & West AC	Male 50-54	237	25
26	0:47:52	KOTWINSKI, David		Male 35-39	12	26
27	0:47:57	PAINE, Jamie	Bodmin Road Runners	Male 16-34	306	27
28	0:48:00	PAULL, Emma	Hayle Runners	Female 16-34	243	28
29	0:48:03	HUGHES, Joe	PL24	Male 16-34	110	29
30	0:48:03	JACKSON, Brett	St Austell RC	Male 16-34	51	30
31	0:48:51	SOLE, John	Bodmin Road Runners	Male 35-39	339	31
32	0:48:58	HODGSON, Lucy	Newquay Par AC	Female 40-44	220	32
33	0:49:09	DEACON, Mark	Looe Pioneers	Male 16-34	353	33
34	0:49:10	BLEWETT, Derren	St Austell RC	Male 45-49	360	34
35	0:49:19	SMEATH, David	CLC Stridders	Male 40-44	115	35
36	0:49:19	STEVENS, Paul		Male 40-44	302	36
37	0:49:24	EDDISON, Andrew	Cornwall AC	Male 50-54	363	37
38	0:49:42	COCKLEY, James		Male 16-34	121	38
39	0:49:59	SMITH, Nicola	St Austell RC	Female 16-34	145	39
40	0:50:03	WARREN, Jeremy	St Austell RC	Male 45-49	395	40
41	0:50:15	WARD, Matt	PL24	Male 40-44	1	41
42	0:50:17	WATSON, Robin	Falmouth Road Runners	Male 50-54	258	42
43	0:50:28	LITTLEWOOD, Ian	East Cornwall Harriers	Male 35-39	104	43
44	0:50:30	NORRIS, Chris		Male 16-34	164	44
45	0:50:38	WILSON, Michael	Truro Running Club	Male 55-59	189	45
46	0:50:44	LAMPSHIRE, Trevelyan	Mud Crew	Male 16-34	373	46
47	0:50:49	ABBOTT, Brian	St Austell RC	Male 50-54	129	47
48	0:50:53	KEARNEY, Peter	Carn Runners	Male 50-54	224	48
49	0:51:03	BLACKIE, Stuart		Male 40-44	2	49
50	0:51:09	DORRELL, Mark	Carn Runners	Male 50-54	270	50
51	0:51:09	TAPHOUSE, Joshua		Male 16-34	286	51
52	0:51:15	PICKERING, Stuart	Hayle Runners	Male 50-54	292	52
53	0:51:19	ANNING, Lauren	St Austell RC	Female 16-34	148	53
54	0:51:21	CARDEW, Barrie	Carn Runners	Male 55-59	264	54
55	0:51:51	WELLER, Sam		Male 16-34	342	55
56	0:51:51	VARKER, Geoff		Male 45-49	351	56
57	0:51:55	MIDGLEY, Phil		Male 50-54	376	57
58	0:52:05	PARKS, Jason		Male 35-39	10	58
59	0:52:06	LLOYD, James	Truro Running Club	Male 40-44	290	59
60	0:52:11	GEORGE, Craig	PL24	Male 40-44	3	60
61	0:52:34	ADIE, Gordon	Truro Running Club	Male 55-59	382	61
62	0:52:35	DAVIS, Megan	Newquay Road Runners	Female 16-34	391	62
63	0:52:40	TREGEAR, Richard		Male 50-54	112	63
64	0:52:45	GWYNNE, Paul	Mud Crew	Male 50-54	324	64
65	0:53:01	DAW, Sharon	East Cornwall Harriers	Female 50-54	165	65
66	0:53:08	BRYDON, Jim	Bodmin Road Runners	Male 55-59	37	66
67	0:53:21	FERGUSON, Andrew	Mud Crew	Male 50-54	323	67
68	0:53:27	WILSON, Chris		Male 45-49	4	68
69	0:53:51	PENBERTHY, Michael	Hayle Runners	Male 55-59	374	69
70	0:54:03	ABBOTT, Joshua		Male 16-34	303	70
71	0:54:04	WILLIAMS, Lucy	Truro Running Club	Female 16-34	263	71
72	0:54:35	RICHARDS, Stuart	St Austell RC	Male 40-44	343	72

73	0:54:44	BRAY, Daniel		Male 16-34	192	73
74	0:54:46	RAPSON, Nigel	St Austell RC	Male 50-54	155	74
75	0:54:57	YEARLING, Michael		Male 40-44	334	75
76	0:55:00	BURROWS, Lee	Cornwall AC	Male 40-44	350	76
77	0:55:00	ROGERS, Laura	Cornwall AC	Female 16-34	223	77
78	0:55:03	ELLIS, Michael	Bodmin Road Runners	Male 40-44	322	78
79	0:55:04	BLAKE, Guy		Male 16-34	297	79
80	0:55:05	PELL, David	Cornwall AC	Male 50-54	383	80
81	0:55:14	WALDIE, John	Cornwall AC	Male 50-54	228	81
82	0:55:29	HILL, Gordon		Male 55-59	201	82
83	0:55:39	GURRY, Harvey	Plymstock Road Runners	Male 50-54	231	83
84	0:55:42	ALLEN, Peter	Newquay Road Runners	Male 55-59	14	84
85	0:55:48	DUNN, Sam		Male 35-39	352	85
86	0:56:03	GREER, Mike		Male 16-34	222	86
87	0:56:18	ANNEAR, Justin		Male 40-44	15	87
88	0:56:30	SEIGNER, Christine		Female 40-44	368	88
89	0:56:35	THOMAS, Rachael	Cornwall AC	Female 40-44	169	89
90	0:56:43	HARVEY, Ceri	Carn Runners	Female 35-39	275	90
91	0:56:49	PEARCE, Julia	Cornwall AC	Female 40-44	349	91
92	0:56:50	CROWLE, Jonathan	Truro Running Club	Male 40-44	113	92
93	0:56:57	BERRYMAN, Fred	PL24	Male 35-39	38	93
94	0:57:01	DAVIES, Nikki	Newquay Road Runners	Female 35-39	340	94
95	0:57:09	HUNKIN, Neil		Male 40-44	338	95
96	0:57:11	NUGENT, Debbie	Carn Runners	Female 50-54	269	96
97	0:57:14	REES, Helen		Female 45-49	173	97
98	0:57:17	GOSSAN, John	Looe Pioneers	Male 65-69	235	98
99	0:57:19	SQUIRE, Darren	St Austell RC	Male 45-49	35	99
100	0:57:28	WILLS, Marcus	East Cornwall Harriers	Male 16-34	236	100
101	0:57:30	ROCHOWIAK, Robert	Carn Runners	Male 55-59	271	101
102	0:57:41	YOUNG, Andy	St Austell RC	Male 50-54	7	102
103	0:57:43	HUTCHINSON, Stephen		Male 65-69	291	103
104	0:57:45	WILLIAMS, James	Mounts Bay Harriers	Male 16-34	127	104
105	0:57:45	BARNES, Olivia		Female 16-34	378	105
106	0:57:47	PAOLESSI, Paola		Female 45-49	116	106
107	0:57:49	WHITE, Peter		Male 50-54	208	107
108	0:58:05	SMITH, Leanne	St Austell RC	Female 35-39	29	108
109	0:58:09	DALE, Steve	Newquay Road Runners	Male 40-44	240	109
110	0:58:15	ELLIS, Andrew	Hayle Runners	Male 40-44	218	110
111	0:58:26	BAZELEY, Luke		Male 16-34	288	111
112	0:58:26	COCKLEY, Fleur		Female 40-44	390	112
113	0:58:35	LITTLEWOOD, Louise	East Cornwall Harriers	Female 45-49	105	113
114	0:58:37	MULLIS, Adrian		Male 16-34	48	114
115	0:58:39	PALIN, Malcolm	Looe Pioneers	Male 55-59	356	115
116	0:58:41	DEZORZI, Dino	St Austell RC	Male 45-49	139	116
117	0:58:42	SOUTHGATE, Martin		Male 40-44	40	117
118	0:58:49	ROWETT, Gavin		Male 35-39	177	118
119	0:59:15	NETTING, Edwin		Male 35-39	305	119
120	0:59:25	SCHOLES, Beth	Bristol & West AC	Female 40-44	238	120
121	0:59:26	PASCOE, Anna	Carn Runners	Female 16-34	265	121
122	0:59:28	PATTERSON, Kaye	East Cornwall Harriers	Female 16-34	310	122
123	0:59:31	GRONWALT, Ian	Mud Crew	Male 45-49	13	123
124	0:59:38	BEARD, Robert	Bodmin Road Runners	Male 50-54	283	124
125	0:59:38	THOMAS, Helen	Carn Runners	Female 45-49	277	125
126	0:59:39	RAWLE, Jennifer		Female 40-44	17	126
127	0:59:44	HOSKEN, Richard		Male 35-39	387	127
128	0:59:55	DUNKLEY, Marc		Male 40-44	190	128
129	1:00:02	SUTTON, Andrew	Newquay Road Runners	Male 40-44	325	129
130	1:00:06	MCIVOR, Tracy		Female 45-49	161	130
131	1:00:09	STEPHENS, Emma	Bodmin Road Runners	Female 16-34	281	131
132	1:00:18	POWELL, Kieran		Male 16-34	207	132
133	1:00:18	PATTON, Luke	PL24	Male 35-39	19	133
134	1:00:26	MCDONAGH, Lynn	Hardley Runners	Female 45-49	307	134
135	1:00:42	MURPHY, Andrew		Male 45-49	318	135
136	1:00:57	MARTIN, Steven		Male 40-44	199	136
137	1:00:58	HILDRED, Simon	Truro Running Club	Male 50-54	359	137
138	1:01:02	EAGLING, Nigel	Truro Running Club	Male 65-69	229	138
139	1:01:05	TARDIVEL, Allistair		Male 35-39	34	139
140	1:01:05	RICHARDS, Samantha	Hiroshima Womens Runners	Female 40-44	36	140
141	1:01:14	BRYDON, Jackie		Female 50-54	30	141
142	1:01:16	KNUCKEY, Nigel	Truro Running Club	Male 60-64	246	142
143	1:01:20	BURROWS, Robert	Mounts Bay Harriers	Male 60-64	162	143
144	1:01:22	LARHAM, Christopher		Male 16-34	124	144
145	1:01:24	GOLLEY, Richard		Male 16-34	335	145
146	1:01:24	BOLT, Karen	Bude Rats	Female 50-54	123	146
147	1:01:25	TAMBLYN, Mark	Falmouth Road Runners	Male 55-59	377	147

148	1:01:26	WILSON, Glenn		Male 40-44	18	148
149	1:01:28	SPITERI, Dawn	St Austell RC	Female 40-44	130	149
150	1:01:29	TODD, Claire	St Austell RC	Female 40-44	137	150
151	1:01:30	CUTLAN, Hannah	St Austell RC	Female 16-34	309	151
152	1:01:31	RUSSELL, Barry	St Austell RC	Male 35-39	135	152
153	1:01:38	REID, Meena	PL24	Female 35-39	33	153
154	1:01:41	CHASE, Andy	Truro Running Club	Male 16-34	293	154
155	1:01:43	MOUNTFORD, Frazer	Newquay Road Runners	Male 35-39	327	155
156	1:01:43	JAY, Andrew	St Austell RC	Male 40-44	188	156
157	1:01:44	PHILLIPS, Matt	St Austell RC	Male 50-54	329	157
158	1:01:48	SNUTCH, David	Birstall Runners	Male 55-59	313	158
159	1:01:49	MARSHALL, Nigel	St Austell RC	Male 40-44	141	159
160	1:01:53	BALDWIN, Mike	Hayle Runners	Male 50-54	144	160
161	1:02:02	CRAIG, James		Male 16-34	301	161
162	1:02:26	SAUNDERS, Nicholas		Male 35-39	196	162
163	1:02:27	PIPET, Martin	Bodmin Road Runners	Male 40-44	285	163
164	1:02:40	RODGER, Andrew		Male 50-54	379	164
165	1:02:42	PENBERTHY, Carol	Carn Runners	Female 55-59	276	165
166	1:02:50	MITCHELL, Jon		Male 45-49	365	166
167	1:03:02	VAUGHNLEY, Craig	East Cornwall Harriers	Male 45-49	206	167
168	1:03:05	COWBURN, Sarah		Female 40-44	295	168
169	1:03:07	DENNE, Oliver		Male 45-49	316	169
170	1:03:09	BARNETT, Karen		Male 35-39	6	170
171	1:03:11	BRADISH, Christopher		Male 60-64	168	171
172	1:03:14	FULLER, Clare	St Petrocs Dragons	Female 45-49	357	172
173	1:03:22	HALL, Nicola	Bodmin Womens RC	Female 40-44	341	173
174	1:03:24	HARRIS, Geoff	Newquay Road Runners	Male 55-59	381	174
175	1:03:29	BROWN, David	Newquay Par AC	Male 45-49	315	175
176	1:03:30	WILLIAMS, Lee		Male 40-44	388	176
177	1:03:32	APPLETON, Jane	St Austell RC	Female 35-39	28	177
178	1:03:34	HILL, Charles		Male 16-34	126	178
179	1:03:41	COLLINS, Joanna	St Austell RC	Female 16-34	138	179
180	1:03:41	COCKLEY, Kieron		Male 35-39	119	180
181	1:03:55	ELLIS, Rebecca	Bodmin Womens RC	Female 35-39	312	181
182	1:04:07	RUSS, Phil		Male 50-54	159	182
183	1:04:24	GLOVER, Ruth	Mounts Bay Harriers	Female 16-34	219	183
184	1:04:39	WALLER, Joely	St Austell RC	Female 45-49	205	184
185	1:04:40	HEYWOOD, Peter	Looe Pioneers	Male 70 +	234	185
186	1:04:51	MORGAN, Joanna		Female 35-39	5	186
187	1:04:52	QUANTICK, Martin		Male 35-39	32	187
188	1:04:56	DREW, Peter	Carn Runners	Male 65-69	274	188
189	1:04:59	TRETHEWEY, Martin	St Austell RC	Male 45-49	134	189
190	1:05:10	DOWDESWELL, Gavin		Male 45-49	214	190
191	1:05:14	WILCOX, David	Truro Running Club	Male 40-44	250	191
192	1:05:19	CARTHEW, Liz	Bodmin Womens RC	Male 40-44	242	192
193	1:05:25	VEITCH, Steve		Male 55-59	103	193
194	1:05:29	MCNEILLY, Harry		Male 35-39	128	194
195	1:05:30	BRICKNELL, Mark	Plymstock Road Runners	Male 55-59	102	195
196	1:05:33	HAYNES, Steven		Male 16-34	262	196
197	1:05:34	BROWN, Jon	Team Bath	Male 50-54	106	197
198	1:05:37	JONES, Stephen		Male 35-39	108	198
199	1:05:39	JAMES, Jodie	Mad Hatters	Female 40-44	330	199
200	1:05:50	TREGIDGO, Steve	St Austell RC	Male 35-39	152	200
201	1:05:57	HARNETT, Elizabeth		Female 35-39	393	201
202	1:05:59	RAYSON, Emma		Female 35-39	394	202
203	1:05:59	MOORE, Jane	St Austell RC	Female 55-59	204	203
204	1:06:09	JENKIN, Steen	Cornwall AC	Male 40-44	226	204
205	1:06:16	STEWART, Doug		Male 40-44	174	205
206	1:06:22	MUIR, Kate		Female 16-34	211	206
207	1:06:27	ELLIS, Steve	St Austell RC	Male 45-49	346	207
208	1:06:51	PENHALIGON, John		Male 50-54	52	208
209	1:07:10	COVUS, Steven	St Austell RC	Male 45-49	25	209
210	1:07:16	SHUTT, Penny		Female 16-34	44	210
211	1:07:20	WALLBANK, Rob	St Austell RC	Male 16-34	308	211
212	1:07:23	RATCLIFFE, Daniel		Male 40-44	45	212
213	1:07:25	MCCAY-HINES, Oscar		Male 16-34	49	213
214	1:07:26	STUTHRIDGE, Helen	St Austell RC	Female 45-49	136	214
215	1:07:27	RICHARDS, Emma	Carn Runners	Female 35-39	311	215
216	1:07:32	HANDLEY, Emma	East Cornwall Harriers	Female 16-34	375	216
217	1:07:33	NORMAN, Joeli		Female 16-34	122	217
218	1:07:38	RALLS, Patsy	St Austell RC	Female 50-54	150	218
219	1:07:53	ROSKILLY, Michelle	Hayle Runners	Female 45-49	362	219
220	1:07:54	LONG, Fran	Hayle Runners	Female 55-59	221	220
221	1:07:57	BOWDEN, John	Looe Pioneers	Male 55-59	175	221
222	1:08:25	MOORE, Nick		Male 50-54	227	222

223	1:08:32	FLOYD-NORRIS, Sue	St Austell RC	Female 45-49	151	223
224	1:08:36	WISNER, Kath		Female 45-49	331	224
225	1:08:36	GURRY, Thomas	Plymstock Road Runners	Male 16-34	233	225
226	1:08:37	BEARD, Sharon	Bodmin Road Runners	Female 40-44	284	226
227	1:08:42	HILL, Nick		Male 16-34	117	227
228	1:08:43	PARSONS, Alison	Bodmin Womens RC	Female 45-49	386	228
229	1:08:49	HANNAN, Donna		Female 40-44	125	229
230	1:09:00	ROWE, Melissa	St Austell RC	Female 40-44	133	230
231	1:09:01	MORSE, Jackie	Mounts Bay Harriers	Female 55-59	203	231
232	1:09:18	BUSCOMBE, Ross		Male 16-34	317	232
233	1:09:27	LORIMER, David		Male 50-54	120	233
234	1:09:29	BROWN, Roger	Mud Crew	Male 45-49	259	234
235	1:09:30	PARISH, David	PL24	Male 55-59	41	235
236	1:09:32	SPARGO, Philip	Truro Running Club	Male 60-64	183	236
237	1:09:59	MOORE, Teresa		Female 40-44	107	237
238	1:10:09	LAMMERS, Wiebke	Falmouth Road Runners	Female 40-44	254	238
239	1:10:15	TRETHEWEY, Charlie	St Austell RC	Female 35-39	326	239
240	1:10:23	SAUNDERS, Richard	Tadworth AC	Male 55-59	172	240
241	1:10:30	WRIGHT, Hannah	PL24	Female 16-34	16	241
242	1:10:36	SOUTHGATE, Elaine		Female 40-44	39	242
243	1:10:43	LYDALL, Denise	Falmouth Road Runners	Female 45-49	256	243
244	1:10:50	MCFADDEN, Tracy	Bodmin Womens RC	Female 50-54	216	244
245	1:11:34	HARRIS, Rebecca		Female 40-44	337	245
246	1:11:37	BRIMACOMBE, Catherine		Female 16-34	109	246
247	1:11:39	DE BARROS, Sara	Hayle Runners	Female 40-44	366	247
248	1:11:40	JANE, Gary	St Austell RC	Male 45-49	369	248
249	1:11:45	CLARKE, Ray		Male 45-49	333	249
250	1:12:14	SCHOLES, Claire	Truro Running Club	Female 35-39	249	250
251	1:12:40	SAUNDERS, Rachel	Tadworth AC	Female 45-49	171	251
252	1:13:05	CARDEW, Denise	Carn Runners	Female 50-54	266	252
253	1:13:17	WHEATCROFT, Lizzie		Female 45-49	21	253
254	1:13:32	LEWIS, Alan		Male 50-54	261	254
255	1:13:33	BEAZLEY, Steve	East Cornwall Harriers	Male 55-59	289	255
256	1:13:36	EVANS, Des	Newquay Road Runners	Male 65-69	361	256
257	1:13:50	ROBINSON, Kevin		Male 45-49	46	257
258	1:14:35	MCCULLOUGH, Lyndsey	PL24	Female 16-34	20	258
259	1:14:36	GOLLEY, Abby		Female 16-34	336	259
260	1:14:55	BOWDEN, Geraldine	Looe Pioneers	Female 55-59	176	260
261	1:15:00	JAMIESON, Sandy	Carn Runners	Female 60-64	319	261
262	1:15:01	SMEATH, Richard		Male 40-44	380	262
263	1:15:15	KING, Richard		Male 55-59	43	263
264	1:15:25	ABBOTT, Ben		Male 40-44	304	264
265	1:15:27	SINCLAIR, Sarah Jane	Plymouth Muskateers	Female 45-49	198	265
266	1:16:07	KNIGHT, Anne Marie	St Austell RC	Female 40-44	26	266
267	1:16:09	TAMBLYN, Sharon	Bodmin Womens RC	Female 50-54	241	267
268	1:16:53	MULLIS, Katherine		Female 16-34	47	268
269	1:17:08	ANDREWS, George	Mounts Bay Harriers	Male 65-69	209	269
270	1:17:11	MORASHTI, Kerry	Okehampton R C	Female 55-59	100	270
271	1:17:29	SMITH, Mandy	St Austell RC	Female 55-59	300	271
272	1:17:43	MILLER, Rosaline		Female 45-49	9	272
273	1:18:15	WARDLAW, Jane	Bude Rats	Female 50-54	166	273
274	1:18:15	CROCKER-WHITE, Sue	Bude Rats	Female 50-54	167	274
275	1:18:21	DUDLEY, Michelle	St Austell RC	Female 45-49	156	275
276	1:18:26	HOGG, Lorna	St Austell RC	Female 45-49	147	276
277	1:18:29	STAFF, Rachael	St Austell RC	Female 40-44	42	277
278	1:18:31	TALBOT, Bev	St Austell RC	Female 50-54	143	278
279	1:18:33	MITCHELL, Dan		Male 40-44	364	279
280	1:18:36	SAUNDERS, Lyndsey	East Cornwall Harriers	Female 35-39	298	280
281	1:18:40	THOMAS, Jane	St Austell RC	Female 55-59	142	281
282	1:18:44	HADFIELD, Dawn	St Austell RC	Female 45-49	8	282
283	1:18:44	PATTEN, Donna		Female 45-49	178	283
284	1:18:48	ROBINSON, Nigel		Male 45-49	392	284
285	1:18:50	HALEY, Emma		Female 16-34	389	285
286	1:19:02	CHAPMAN, Jackie	Launceston Road Runners	Female 50-54	194	286
287	1:19:16	TAPHOUSE, Lindsey	East Cornwall Harriers	Female 16-34	385	287
288	1:19:28	CHANNING, Abi	PL24	Female 16-34	22	288
289	1:19:36	OSBORNE, Louise	Falmouth Road Runners	Female 35-39	251	289
290	1:19:37	WADE, Margaret	Carn Runners	Female 60-64	185	290
291	1:19:38	BRENTON, Tara	Bodmin Road Runners	Female 40-44	158	291
292	1:19:38	BUSE, Zoe	Bodmin Road Runners	Female 40-44	157	292
293	1:19:55	BOLT, Adrian	Truro Running Club	Male 45-49	191	293
294	1:20:04	COOPER, Colin	PL24	Male 35-39	23	294
295	1:20:04	ROWE, James	PL24	Male 35-39	24	295
296	1:20:17	PARSONS, Graham		Male 45-49	132	296
297	1:20:18	ALLEN, Rosie		Female 35-39	354	297

298	1:20:18	ALLEN, David		Male 40-44	355	298
299	1:20:24	GREENWOOD, Nik	Newquay Road Runners	Male 16-34	328	299
300	1:20:51	TOY, Jeanette	Carn Runners	Female 45-49	146	300
301	1:21:13	MORGAN, David		Male 65-69	187	301
302	1:21:23	LAWRENCE, Steve	Falmouth Road Runners	Male 60-64	255	302
303	1:21:55	MITCHELL, Richard		Male 55-59	160	303
304	1:21:56	PAGANO, Angelina	St Austell RC	Female 45-49	140	304
305	1:23:05	RALLS, David	St Austell RC	Male 60-64	149	305
306	1:23:07	MCCAY-HINES, Roisin		Female 16-34	50	306
307	1:23:55	WARD, Hannah		Female 40-44	118	307
308	1:24:25	KENT, Emma		Female 35-39	170	308
309	1:24:26	SLATER, Kirstie	Truro Running Club	Female 40-44	260	309
310	1:24:30	STAPLE, Lucy		Female 35-39	200	310
311	1:24:48	BOWDEN, Ian	Hayle Runners	Male 45-49	367	311
312	1:24:49	TAPHOUSE, Lesley	Bodmin Road Runners	Female 50-54	282	312
313	1:25:07	JOLIFF, Christy	Bodmin Road Runners	Male 16-34	287	313
314	1:25:09	ROBERTS, Nigel	Falmouth Road Runners	Male 35-39	257	314
315	1:25:27	MASSEY, Jennie	Hayle Runners	Female 55-59	230	315
316	1:26:10	ENDEAN, Jeni		Female 16-34	294	316
317	1:26:10	COOK, Rhianna		Female 16-34	217	317
318	1:26:11	ENDEAN, Dave	St Austell RC	Male 60-64	27	318
319	1:27:01	RAUE, Lindsey		Female 60-64	180	319
320	1:27:20	MARSH, Kathryn	Carn Runners	Female 40-44	273	320
321	1:27:25	HAVARD, Sarah	Bodmin Womens RC	Female 40-44	398	321
322	1:28:14	TRACE, Lester	Plymouth Triathlon Club	Male 70 +	232	322
323	1:30:15	JAMES, Lucy		Female 55-59	101	323
324	1:30:20	GARRARD, David	Falmouth Road Runners	Male 65-69	253	324
325	1:33:50	EASTERBROOK, Liz		Female 65+	345	325
326	1:33:50	WILSON, Peter	Tamar Trotters	Male 50-54	397	326
327	1:33:50	COOK, Bill	Tamar Trotters	Male 50-54	396	327
328	1:35:12	THOMAS, Kathryn	Cornwall AC	Female 40-44	344	328
329	1:37:06	WIDDERSHOVEN, Demelza	Carn Runners	Female 16-34	272	329
330	1:37:06	GOWER, Lisa	Carn Runners	Female 45-49	279	330
331	1:37:06	CAMPBELL, Alison	Carn Runners	Female 35-39	267	331
332	1:37:06	HALL, Zoe	Carn Runners	Female 45-49	278	332
333	1:40:37	NANCARROW, Karen	Hayle Runners	Female 45-49	181	333
334	1:40:37	NANCARROW, David	Hayle Runners	Male 45-49	182	334
335	1:43:57	SNUTCH, Melanie	Birstall Runners	Female 55-59	314	335