

STICKER AFC 5 – 23RD JUNE 2018

Position	Time	Name	Team	Category	Pace
1	0:26:56	BREWER, Tony	Mile High	Male Vet 35-39	05:23.1
2	0:27:05	GOODCHILD, Sam	Cornwall AC	Male under 20	05:24.9
3	0:27:10	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:25.9
4	0:28:20	MORANT, Jordan	Hayle Runners	Male under 35	05:39.9
5	0:28:32	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:42.3
6	0:28:36	KLIMEK, Kristof	Cornwall AC	Male under 20	05:43.1
7	0:28:37	WRIGHT, Tony	Cornwall AC	Male Vet 50-54	05:43.3
8	0:28:42	COLACO, Jonny	Newquay Road Runners	Male Vet 45-49	05:44.3
9	0:28:44	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:44.7
10	0:28:58	GUPTA, Abhik	Cornwall AC	Male under 20	05:47.5
11	0:29:28	CUTLAN, James	St Austell Running Club	Male under 35	05:53.5
12	0:30:21	WHERRY, Steve	Hayle Runners	Male Vet 50-54	06:04.1
13	0:30:29	TREGENZA, Heidi	Cornwall AC	Female under 35	06:05.7
14	0:30:40	PREWETT, George	Tamar Trotters	Male under 35	06:07.9
15	0:30:44	BARRETT, Chris	Hayle Runners	Male Vet 45-49	06:08.7
16	0:30:46	WEBSTER, Mark	Cornwall AC	Male under 35	06:09.1
17	0:30:57	KNUCKEY, Craig	Cornwall AC	Male Vet 45-49	06:11.3
18	0:31:00	FULLER, Stephen	Hayle Runners	Male Vet 50-54	06:11.9
19	0:31:03	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	06:12.5
20	0:31:08	DITTY, Graham	Mile High	Male Vet 35-39	06:13.5
21	0:31:09	TREGONNING, David	St Austell Running Club	Male under 35	06:13.7
22	0:31:10	STANDING, Rob	Truro Running Club	Male Vet 45-49	06:13.9
23	0:31:30	EZRA, Rebecca	Tamar Trotters	Female under 35	06:17.9
24	0:31:40	MASTERS, Jamie	St Austell Running Club	Male under 35	06:19.9
25	0:31:40	TRERISE, Connor	Cornwall AC	Male under 20	06:19.9
26	0:31:58	DAVIES, James	Truro Running Club	Male Vet 35-39	06:23.5
27	0:32:00	BALL, Adrian	Cornwall AC	Male Vet 50-54	06:23.9
28	0:32:11	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:26.1
29	0:32:14	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:26.7
30	0:32:16	PITCHER, Tom	Tamar Trotters	Male under 35	06:27.1
31	0:32:25	MARSHALL, Kevin	Launceston Road Runners	Male Vet 50-54	06:28.9
32	0:32:29	KEY, Andrew	Carn Runners	Male under 35	06:29.7
33	0:32:38	BAKER, Steve	Tamar Trotters	Male Vet 60-64	06:31.5
34	0:32:40	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	06:31.9
35	0:32:50	PETERS, Joseph	Cornwall AC	Male under 35	06:33.9
36	0:32:57	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	06:35.3
37	0:33:03	WOOD, Imogen	Cornwall AC	Female under 20	06:36.5
38	0:33:05	STAFF, Dale	Looe Pioneers	Male Vet 40-44	06:36.9
39	0:33:11	SWEENEY, Mark	St Austell Running Club	Male Vet 50-54	06:38.1
40	0:33:24	TAYLOR, James	Cornwall AC	Male under 35	06:40.7
41	0:33:26	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:41.1
42	0:33:34	MIDGLEY, Phil	Newquay Road Runners	Male Vet 50-54	06:42.7
43	0:33:35	HEAD, Matthew	Cornwall AC	Male under 35	06:42.9
44	0:33:42	PARKS, Jason		Male Vet 35-39	06:44.3
45	0:33:47	BROWN, Steven	Falmouth Road Runners	Male Vet 50-54	06:45.3
46	0:33:48	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:45.5
47	0:34:03	TEMPLE, Sian	Newquay Par AC	Female under 20	06:48.5
48	0:34:07	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:49.3
49	0:34:21	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:52.1
50	0:34:22	EASTERBROOK, Joe	Mounts Bay Harriers	Male under 35	06:52.3
51	0:34:29	TWIGGS, Tim	Hayle Runners	Male Vet 50-54	06:53.7
52	0:34:41	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	06:56.1
53	0:34:42	CARDEW, Barrie	Carn Runners	Male Vet 55-59	06:56.3
54	0:34:47	KENDALL, Carly	St Austell Running Club	Female under 35	06:57.3
55	0:34:58	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	06:59.5
56	0:35:01	BARNET, James	Falmouth Road Runners	Male under 35	07:00.1
57	0:35:07	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	07:01.3
58	0:35:07	BOOTY, Paul	Newquay Road Runners	Male Vet 45-49	07:01.3
59	0:35:11	JOHNSON, Paul	St Austell Running Club	Male under 35	07:02.1

60	0:35:14	RAPSON, Nigel	St Austell Running Club	Male Vet 55-59	07:02.6
61	0:35:16	WALKER, Iain	St Austell Running Club	Male Vet 60-64	07:03.0
62	0:35:16	EDWARDS, Glynn	Truro Running Club	Male under 35	07:03.0
63	0:35:17	SMITH, Nicola	St Austell Running Club	Female under 35	07:03.2
64	0:35:35	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	07:06.8
65	0:35:44	WHEELER, Adam		Male Vet 55-59	07:08.6
66	0:35:48	COX, Steve	Launceston Road Runners	Male Vet 50-54	07:09.4
67	0:36:00	KING, Melissa	Newquay Road Runners	Female under 35	07:11.8
68	0:36:00	WILDING, David	Hayle Runners	Male Vet 40-44	07:11.8
69	0:36:08	WALLBANK, Rob	St Austell Running Club	Male Vet 35-39	07:13.4
70	0:36:12	BENNETT, Charlotte	Hayle Runners	Female Vet 45-49	07:14.2
71	0:36:15	CARTER, Steven	Truro Running Club	Male Vet 45-49	07:14.8
72	0:36:16	MAXWELL, Cherish	Mounts Bay Harriers	Female under 35	07:15.0
73	0:36:22	HEWITT, David		Male Vet 45-49	07:16.2
74	0:36:26	MORAN, Tim	Carn Runners	Male Vet 35-39	07:17.0
75	0:36:27	BATCHELOR, David	Hayle Runners	Male Vet 60-64	07:17.2
76	0:36:32	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:18.2
77	0:36:35	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:18.8
78	0:36:39	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	07:19.6
79	0:36:41	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	07:20.0
80	0:36:43	PEARCE, Julia	Cornwall AC	Female Vet 40-44	07:20.4
81	0:36:47	DEACON, Mark	Looe Pioneers	Male under 35	07:21.2
82	0:36:53	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	07:22.4
83	0:36:54	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:22.6
84	0:36:58	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:23.4
85	0:36:59	CARTER, Lee	Newquay Road Runners	Male under 35	07:23.6
86	0:37:04	PAGE, Andrew	Tamar Trotters	Male Vet 40-44	07:24.6
87	0:37:11	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 50-54	07:26.0
88	0:37:16	SPENCER, Leigh	Newquay Road Runners	Female under 20	07:27.0
89	0:37:31	MORRIS, Tony	St Austell Running Club	Male Vet 50-54	07:30.0
90	0:37:33	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:30.4
91	0:37:39	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:31.6
92	0:37:45	BREMNER, Jane	Tamar Trotters	Female Vet 60-64	07:32.8
93	0:37:51	ATKINSON-BEAUMONT, David	Mounts Bay Harriers	Male Vet 35-39	07:34.0
94	0:37:53	MCCLAY, Karen	Mounts Bay Harriers	Female Vet 50-54	07:34.4
95	0:37:58	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:35.4
96	0:38:04	HOCKING, Matt	St Austell Running Club	Male Vet 45-49	07:36.6
97	0:38:07	BUCKINGHAM, Edward	Tamar Trotters	Male Vet 45-49	07:37.2
98	0:38:09	CRABB, Sally	Looe Pioneers	Female Vet 40-44	07:37.6
99	0:38:11	ATKINSON-BEAUMONT, Ross	Mounts Bay Harriers	Male Vet 35-39	07:38.0
100	0:38:13	GEARING, Nicola	Tri Logic Cornwall	Female Vet 35-39	07:38.4
101	0:38:16	MARKS, Stacie	St Austell Running Club	Female under 35	07:39.0
102	0:38:19	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	07:39.6
103	0:38:21	GILES, Alan	St Austell Running Club	Male under 35	07:40.0
104	0:38:35	SPENCER, Chris		Male Vet 55-59	07:42.8
105	0:38:37	SMITHERAM, Mark	Carn Runners	Male Vet 45-49	07:43.2
106	0:38:42	RUSSELL, Barry	St Austell Running Club	Male Vet 40-44	07:44.2
107	0:38:49	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:45.6
108	0:38:55	HEWITT, Amanda	Cornwall AC	Female Vet 40-44	07:46.8
109	0:39:03	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	07:48.4
110	0:39:17	WILCOX, David	Truro Running Club	Male Vet 40-44	07:51.2
111	0:39:19	TOSSELL, Rebecca	Hayle Runners	Female Vet 35-39	07:51.6
112	0:39:24	SERCOMBE, Rick		Male Vet 45-49	07:52.6
113	0:39:24	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	07:52.6
114	0:39:28	COURT, Dickon		Male under 35	07:53.4
115	0:39:28	GRIFFITHS, Ira	St Austell Running Club	Male Vet 50-54	07:53.4
116	0:39:29	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	07:53.6
117	0:39:33	MILLINGTON, James	Falmouth Road Runners	Male under 35	07:54.4
118	0:39:35	SKINNER, Steve	Looe Pioneers	Male Vet 35-39	07:54.8
119	0:39:44	GAY, Jennifer	Truro Running Club	Female under 35	07:56.6
120	0:39:44	FOY, David	Falmouth Road Runners	Male Vet 45-49	07:56.6
121	0:39:47	STEELE, Michelle	Newquay Road Runners	Female under 35	07:57.2
122	0:39:49	MORTON, Richard	Tamar Trotters	Male Vet 65-69	07:57.6

123	0:39:55	JONES, Stephen CR	Carn Runners	Male Vet 45-49	07:58.8
124	0:39:56	JAY, Andrew	St Austell Running Club	Male Vet 40-44	07:59.0
125	0:40:00	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	07:59.8
126	0:40:02	ELSTONE, Meryl	Carn Runners	Female Vet 50-54	08:00.2
127	0:40:03	MAGUIRE, Tom		Male Vet 35-39	08:00.4
128	0:40:06	THOMAS, Mark	Truro Running Club	Male Vet 40-44	08:01.0
129	0:40:18	DUFF, Bryce		Male Vet 40-44	08:03.4
130	0:40:28	WILLIAMS, Trevor	Tamar Trotters	Male Vet 55-59	08:05.4
131	0:40:32	ASPDEN, Gail	Cornwall AC	Female Vet 45-49	08:06.2
132	0:40:34	LOCK, Zoe	Hayle Runners	Female Vet 35-39	08:06.6
133	0:40:53	GARDINER, Steven	St Austell Running Club	Male under 35	08:10.4
134	0:41:07	STEPHENS, James		Male under 35	08:13.2
135	0:41:10	SARGENT, Pete	South West Vets AC	Male Vet 70-74	08:13.8
136	0:41:12	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 40-44	08:14.2
137	0:41:14	RUNDLE, Wayne	Launceston Road Runners	Male Vet 45-49	08:14.6
138	0:41:17	POTTER, Alison	Newquay Road Runners	Female Vet 40-44	08:15.2
139	0:41:18	TIPPETS, Hana	Falmouth Road Runners	Female under 35	08:15.4
140	0:41:26	THOMAS, Steven	Carn Runners	Male Vet 40-44	08:17.0
141	0:41:29	COFFMAN-FORDER, Lyn	Tamar Trotters	Female Vet 45-49	08:17.6
142	0:41:30	LEGGO, Sarah	Mounts Bay Harriers	Female Vet 40-44	08:17.8
143	0:41:30	HITCHENS, Wietske	Carn Runners	Female Vet 50-54	08:17.8
144	0:41:31	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	08:18.0
145	0:41:34	WOOD, Susanne	Cornwall AC	Female Vet 40-44	08:18.6
146	0:41:35	ROWE, Gareth	Newquay Road Runners	Male Vet 60-64	08:18.8
147	0:41:38	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:19.4
148	0:41:54	BUSCOMBE, Ross		Male under 35	08:22.6
149	0:41:59	MCGARRY, Rebecca		Female under 35	08:23.6
150	0:42:00	EAGLING, Nigel	Truro Running Club	Male Vet 65-69	08:23.8
151	0:42:01	WEBB, Helen	Mounts Bay Harriers	Female Vet 40-44	08:24.0
152	0:42:03	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	08:24.4
153	0:42:05	BLACKBEARD, Marie	St Austell Running Club	Female Vet 50-54	08:24.8
154	0:42:06	ELDON, Jon		Male Vet 55-59	08:25.0
155	0:42:07	WHETTON, Grace	Mounts Bay Harriers	Female under 35	08:25.2
156	0:42:15	MOORE, Jane	St Austell Running Club	Female Vet 55-59	08:26.8
157	0:42:15	LAWES, Helen	Looe Pioneers	Female Vet 45-49	08:26.8
158	0:42:16	LEACH, Ben		Male Vet 40-44	08:27.0
159	0:42:17	TRETHEWEY, Martin	St Austell Running Club	Male Vet 50-54	08:27.2
160	0:42:17	HILL, Nancy	Cornwall AC	Female Vet 50-54	08:27.2
161	0:42:24	ORCHARD, Mike	Hayle Runners	Male Vet 60-64	08:28.6
162	0:42:38	DREW, Peter	Carn Runners	Male Vet 65-69	08:31.4
163	0:42:41	NANCE, Dave	Tamar Trotters	Male Vet 60-64	08:32.0
164	0:42:41	ELLIOTT, Tania	Looe Pioneers	Female Vet 45-49	08:32.0
165	0:42:49	JENKIN, Steve	Cornwall AC	Male Vet 45-49	08:33.6
166	0:42:59	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	08:35.6
167	0:43:05	STEWART, Juliet	Truro Running Club	Female Vet 50-54	08:36.8
168	0:43:05	TRUSCOTT, Neil	St Austell Running Club	Male Vet 40-44	08:36.8
169	0:43:13	CARTER, Anna	Newquay Road Runners	Female under 35	08:38.4
170	0:43:14	BENNETT, Emily	Hayle Runners	Female under 20	08:38.6
171	0:43:17	GORTON, John	Mounts Bay Harriers	Male Vet 65-69	08:39.2
172	0:43:23	HILL, Nicholas		Male Vet 35-39	08:40.4
173	0:43:26	BUNTING, Maggie	Tamar Trotters	Female Vet 50-54	08:41.0
174	0:43:34	BOX, Philip	Launceston Road Runners	Male Vet 65-69	08:42.6
175	0:43:37	PAYNE, Holly	St Austell Running Club	Female under 35	08:43.2
176	0:43:39	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	08:43.6
177	0:43:42	EMMETT, Lucy	Newquay Road Runners	Female Vet 40-44	08:44.2
178	0:43:51	HARRINGTON, Mark	Carn Runners	Male Vet 50-54	08:46.0
179	0:43:52	HARRIS, Geoff		Male Vet 55-59	08:46.2
180	0:43:56	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:47.0
181	0:44:00	PICKARD, Linda	Launceston Road Runners	Female Vet 55-59	08:47.8
182	0:44:09	PELLOWE, Olivia	Carn Runners	Female Vet 40-44	08:49.6
183	0:44:11	FERKIN, Charmaine		Female Vet 40-44	08:50.0
184	0:44:11	HIRST, Amanda		Female Vet 40-44	08:50.0
185	0:44:14	GREGORY, Martin	Looe Pioneers	Male Vet 50-54	08:50.6

186	0:44:16	ROWETT, Gareth	St Austell Running Club	Male under 35	08:51.0
187	0:44:20	FLETCHER, Jonathan		Male Vet 35-39	08:51.8
188	0:44:27	WELLS, Wes	Tamar Trotters	Male Vet 35-39	08:53.2
189	0:44:29	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:53.6
190	0:44:36	MCHALE, Phil	Tamar Trotters	Male Vet 60-64	08:55.0
191	0:44:37	TEMBY, Ross		Male under 35	08:55.2
192	0:44:41	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	08:56.0
193	0:44:42	LILLIS, John	Newquay Road Runners	Male Vet 70-74	08:56.2
194	0:44:45	GIBBS, Clive	St Austell Running Club	Male Vet 50-54	08:56.8
195	0:44:52	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	08:58.2
196	0:44:56	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	08:59.0
197	0:44:58	WILDING, Rebecca	Mounts Bay Harriers	Female under 35	08:59.4
198	0:45:05	ROWE, Jane		Female Vet 55-59	09:00.8
199	0:45:06	ROWE, Melissa	St Austell Running Club	Female Vet 45-49	09:01.0
200	0:45:13	MASKELL, Melanie	St Austell Running Club	Female Vet 50-54	09:02.4
201	0:45:22	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:04.2
202	0:45:25	TOWNEND, Stewart	Hayle Runners	Male Vet 75-79	09:04.8
203	0:45:27	HAM, Neil	Cornwall AC	Male Vet 50-54	09:05.2
204	0:45:29	DAVISON, Mick	Newquay Road Runners	Male Vet 45-49	09:05.6
205	0:45:33	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	09:06.4
206	0:45:34	VARCOE, Craig		Male under 35	09:06.6
207	0:45:37	MILLWARD, Laura	Carn Runners	Female Vet 55-59	09:07.2
208	0:45:47	WALKER, Daniella	St Austell Running Club	Female Vet 45-49	09:09.2
209	1:45:52	DYSON, Tony	Tamar Trotters	Male Vet 60-64	21:10.0
210	0:46:04	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:12.6
211	0:46:12	CARSWELL, Sarah		Female Vet 40-44	09:14.2
212	0:46:12	RICHARDS, Clair	Carn Runners	Female Vet 40-44	09:14.2
213	0:46:14	BUDGE, Claire	St Austell Running Club	Female Vet 40-44	09:14.6
214	0:46:19	CATTERALL, Diane	Carn Runners	Female under 35	09:15.6
215	0:46:24	KERLEY, Tara	St Austell Running Club	Female under 35	09:16.6
216	0:46:29	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 40-44	09:17.6
217	0:46:30	WALKER, Karl	St Austell Running Club	Male Vet 55-59	09:17.8
218	0:46:31	BRACHER, Susan		Female Vet 70-74	09:18.0
219	0:46:42	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:20.2
220	0:46:45	NORRIS, David		Male Vet 55-59	09:20.8
221	0:46:47	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	09:21.2
222	0:46:48	COURT, Sophie		Female under 35	09:21.4
223	0:46:49	DREW, Barry	Carn Runners	Male Vet 70-74	09:21.6
224	0:46:54	WIDDERSHOVEN, Demelza	Carn Runners	Female Vet 35-39	09:22.6
225	0:46:58	MACK, Mike	Carn Runners	Male Vet 65-69	09:23.4
226	0:47:00	SPEAKE, Georgina	St Austell Running Club	Female Vet 40-44	09:23.8
227	0:47:07	JAYNE, Samantha	Newquay Road Runners	Female Vet 45-49	09:25.2
228	0:47:08	HOARE, Oliver		Male under 35	09:25.4
229	0:47:09	PICKARD, David	Launceston Road Runners	Male Vet 55-59	09:25.6
230	0:47:15	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	09:26.8
231	0:47:19	COLSELL, Sarah		Female Vet 35-39	09:27.6
232	0:47:22	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	09:28.2
233	0:47:33	WILKINSON, Judith	Tamar Trotters	Female Vet 60-64	09:30.4
234	0:47:44	VISICK, Michael	Looe Pioneers	Male Vet 45-49	09:32.6
235	0:47:46	CSECHI, Kim	St Austell Running Club	Female Vet 35-39	09:33.0
236	0:47:47	TORRES, Mick	Looe Pioneers	Male Vet 55-59	09:33.2
237	0:47:47	SMITH, Kate	St Austell Running Club	Female under 35	09:33.2
238	0:47:49	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	09:33.6
239	0:48:02	NEWTON, Roy	Falmouth Road Runners	Male Vet 70-74	09:36.2
240	0:48:03	JOHNS, Kylie	St Austell Running Club	Female under 35	09:36.4
241	0:48:05	FLETCHER, Sally	St Austell Running Club	Female Vet 50-54	09:36.8
242	0:48:23	RUNDLE, Sharon	Launceston Road Runners	Female Vet 50-54	09:40.4
243	0:48:26	FLOWER, Naomi	Newquay Road Runners	Female under 35	09:41.0
244	0:48:27	WATERS, Rachel	St Austell Running Club	Female Vet 50-54	09:41.2
245	0:48:36	WYATT, Jordan	St Austell Running Club	Male under 35	09:43.0
246	0:48:39	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	09:43.6
247	0:48:42	BUTLER, Jenna		Female under 35	09:44.2
248	0:48:51	LEA, Sebastian	Plymouth Musketeers	Male under 35	09:46.0

249	0:49:00	BILLS, Kelly	Carn Runners	Female Vet 40-44	09:47.8
250	0:49:01	SOUTHERN, Lamorna	Tamar Trotters	Female under 35	09:48.0
251	0:49:11	HOPE, Daniel	St Austell Running Club	Male Vet 35-39	09:50.0
252	0:49:15	MOORE, Anne-marie	Truro Running Club	Female Vet 35-39	09:50.8
253	0:49:16	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	09:51.0
254	0:49:23	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	09:52.4
255	0:49:29	RESCORL, Mark	Tamar Trotters	Male Vet 35-39	09:53.6
256	0:49:29	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	09:53.6
257	0:49:31	BURDEN, Tina		Female under 35	09:54.0
258	0:49:32	JAMES, Jennie	St Austell Running Club	Female Vet 35-39	09:54.2
259	0:49:33	PHILLIPS, Ruth	Hayle Runners	Female Vet 40-44	09:54.4
260	0:49:34	PINNICK, Mark	Falmouth Road Runners	Male Vet 40-44	09:54.6
261	0:49:36	EVANS, Des	Newquay Road Runners	Male Vet 65-69	09:55.0
262	0:49:36	WILLIS, Sharon	Newquay Road Runners	Female Vet 55-59	09:55.0
263	0:49:38	IACONIANNI, Gennara	St Austell Running Club	Female under 35	09:55.4
264	0:49:48	WATTS, Hannah	St Austell Running Club	Female under 35	09:57.4
265	0:49:51	NICHOLSON, Diane	Tamar Trotters	Female Vet 55-59	09:58.0
266	0:49:53	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	09:58.4
267	0:49:55	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	09:58.8
268	0:49:56	VIIEIRA, Armando		Male Vet 40-44	09:59.0
269	0:50:02	FLOYD-NORRIS, Amy	St Austell Running Club	Female under 35	10:00.2
270	0:50:05	SIMMONS, Ruth	St Austell Running Club	Female Vet 45-49	10:00.8
271	0:50:10	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	10:01.8
272	0:50:10	JENKIN, Richard	Cornwall AC	Male Vet 70-74	10:01.8
273	0:50:15	MARSHALL, Lavinia	Launceston Road Runners	Female Vet 65-69	10:02.8
274	0:50:19	CLEMENTS, John	Carn Runners	Male Vet 55-59	10:03.6
275	0:50:31	HAMMOND, Gillian		Female Vet 40-44	10:06.0
276	0:50:40	FRANK, Michelle	St Austell Running Club	Female Vet 45-49	10:07.8
277	0:50:40	LOOSLEY, Alison	St Austell Running Club	Female Vet 50-54	10:07.8
278	0:50:51	TRELEVEN, Sandra	Mounts Bay Harriers	Female Vet 45-49	10:10.0
279	0:50:52	HAMPTON, David	St Austell Running Club	Male Vet 40-44	10:10.2
280	0:50:55	CHELL, Nina	Falmouth Road Runners	Female Vet 40-44	10:10.8
281	0:51:08	BUDGE, Andrew	St Austell Running Club	Male Vet 50-54	10:13.4
282	0:51:08	DUDLEY, Michelle	St Austell Running Club	Female Vet 50-54	10:13.4
283	0:51:18	OSBORNE, Simon	Falmouth Road Runners	Male Vet 40-44	10:15.4
284	0:51:21	VARCOE, Daniel		Male under 35	10:16.0
285	0:51:26	ROWE, Lisa-Marie	St Austell Running Club	Female under 35	10:17.0
286	0:51:27	ROSS, Sarah	Launceston Road Runners	Female Vet 55-59	10:17.2
287	0:51:30	WADE, Margaret	Carn Runners	Female Vet 65-69	10:17.8
288	0:51:31	STONE, Jackie	Mounts Bay Harriers	Female Vet 55-59	10:18.0
289	0:51:33	DAVIES, Jessica	St Austell Running Club	Female Vet 35-39	10:18.4
290	0:51:33	JARVIS, Jodie-May	St Austell Running Club	Female Vet 40-44	10:18.4
291	0:51:42	HARVEY, Sally	Launceston Road Runners	Female Vet 50-54	10:20.2
292	0:51:44	RAIKER, Diana	Falmouth Road Runners	Female under 35	10:20.6
293	0:51:53	TONKINS, Richard	St Austell Running Club	Male Vet 45-49	10:22.4
294	0:52:29	ELLIOTT, Andrew	Looe Pioneers	Male Vet 50-54	10:29.6
295	0:52:29	JAMESON, Judy	Carn Runners	Female Vet 55-59	10:29.6
296	0:52:38	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 55-59	10:31.4
297	0:52:45	BOWDEN, Sally	Newquay Road Runners	Female Vet 55-59	10:32.8
298	0:52:47	BREAKSPEAR, Hannah	Cornwall AC	Female under 35	10:33.2
299	0:52:48	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	10:33.4
300	0:52:50	CAWLEY, Anita	Tamar Trotters	Female Vet 45-49	10:33.8
301	0:52:57	WILLIAMS, Wendy	JP Fitness Cornwall	Female Vet 55-59	10:35.2
302	0:53:03	SWALLOW, Di	Tamar Trotters	Female Vet 50-54	10:36.4
303	0:53:06	GARSDIE, Jane	Newquay Road Runners	Female Vet 50-54	10:37.0
304	0:53:15	O'REILLY, Kevin	Tamar Trotters	Male Vet 60-64	10:38.8
305	0:53:27	HOCKING, Stacey	Hayle Runners	Female under 35	10:41.2
306	0:53:39	WILLIAMS, Laura	Hayle Runners	Female under 35	10:43.6
307	0:53:40	OSBORNE, Louise	Falmouth Road Runners	Female Vet 35-39	10:43.8
308	0:53:48	RESCORL, Susan	Bodmin Womens RC	Female Vet 55-59	10:45.4
309	0:53:55	CARTER, Emma		Female Vet 35-39	10:46.8
310	0:54:01	MARTIN, Hayley	Carn Runners	Female Vet 35-39	10:48.0
311	0:54:04	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	10:48.6

312	0:54:15	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	10:50.8
313	0:54:24	LANE, Samantha	East Cornwall Harriers	Female under 35	10:52.6
314	0:54:29	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:53.6
315	0:54:37	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	10:55.2
316	0:54:49	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	10:57.6
317	0:54:49	GRIFFITH, Jacky		Female Vet 55-59	10:57.6
318	0:54:50	BROWNE, Ben		Male Vet 40-44	10:57.8
319	0:54:53	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:58.4
320	0:55:02	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	11:00.2
321	0:55:05	SANCHEZ-CABELLO, Lorraine	Tamar Trotters	Female Vet 55-59	11:00.8
322	0:55:05	ROSS, Ian	Tamar Trotters	Male Vet 55-59	11:00.8
323	0:55:10	GIBBS, Debbie	St Austell Running Club	Female Vet 50-54	11:01.8
324	0:55:23	FITZPATRICK, Anne	St Austell Running Club	Female Vet 55-59	11:04.4
325	0:55:36	WOLSTENCROFT, Zoe	Carn Runners	Female Vet 40-44	11:07.0
326	0:55:49	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:09.6
327	0:56:00	KINGTON, Norris	Cornwall AC	Male Vet 75-79	11:11.8
328	0:56:31	JOHNS, Cedric	Carn Runners	Male Vet 70-74	11:18.0
329	0:56:57	NICHOLAS, Hilary	St Austell Running Club	Female Vet 55-59	11:23.2
330	0:57:10	COOKE-DAVIES, Louise	Newquay Road Runners	Female Vet 50-54	11:25.8
331	0:57:24	GREGORY, Julie	Looe Pioneers	Female Vet 50-54	11:28.6
332	0:58:39	DREW, Carole	Carn Runners	Female Vet 70-74	11:43.6
333	0:59:29	WILLIAMS, Darren	Plymouth Musketeers	Male Vet 45-49	11:53.6
334	0:59:43	FRANCIS, Donna	Newquay Road Runners	Female Vet 65-69	11:56.4
335	0:59:57	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	11:59.2
336	1:00:10	RUNDLE, Amanda	St Austell Running Club	Female Vet 45-49	12:01.8
337	1:00:11	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	12:02.0
338	1:00:13	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:02.4
339	1:00:23	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	12:04.4
340	1:00:38	EWART, Sam	St Austell Running Club	Female Vet 40-44	12:07.4
341	1:00:39	TODD, Christine	St Austell Running Club	Female Vet 55-59	12:07.6
342	1:00:43	SMITHERAM, Jo	Carn Runners	Female Vet 40-44	12:08.4
343	1:00:53	PROSSER, Amanda	Mounts Bay Harriers	Female Vet 45-49	12:10.4
344	1:01:12	FOSTER, Ann	Tamar Trotters	Female Vet 70-74	12:14.2
345	1:01:12	RYAN, Karen	Tamar Trotters	Female Vet 40-44	12:14.2
346	1:01:35	BOWDEN, Ian	Carn Runners	Male Vet 45-49	12:18.8
347	1:01:43	DUKE, Jan	Tamar Trotters	Male Vet 70-74	12:20.4
348	1:01:43	FORDER, Jane	Tamar Trotters	Female Vet 45-49	12:20.4
349	1:02:03	WILKINSON, Hannah	Hayle Runners	Female under 35	12:24.4
350	1:02:29	LAY, Jo	Hayle Runners	Female Vet 50-54	12:29.6
351	1:02:40	TRUDGEON, Susan	St Austell Running Club	Female Vet 55-59	12:31.8
352	1:02:53	WILLIAMS, Jayne	St Austell Running Club	Female Vet 45-49	12:34.4
353	1:03:00	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	12:35.8
354	1:03:01	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	12:36.0
355	1:03:05	KENWORTHY, Karen	Tamar Trotters	Female Vet 50-54	12:36.8
356	1:03:53	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	12:46.4
357	1:07:03	DAVIES, Edda	Moorhaven RC	Male under 35	13:24.4
358	1:07:06	HANNIFORD, Edwina	Looe Pioneers	Female Vet 45-49	13:25.0
359	1:07:25	SLATEFORD, Nicola	St Austell Running Club	Female Vet 55-59	13:28.8
360	1:07:25	WYATT, Liz	St Austell Running Club	Female Vet 45-49	13:28.8
361	1:08:28	GEACH, Georgie	Looe Pioneers	Female under 35	13:41.4
362	1:15:03	HULCOOP, Jason	Moorhaven RC	Male Vet 40-44	15:00.3