

Posn	Time	Name	Club	Category	Pace	No
1	0:31:46	BARKELL, Neil	Tavistock AC	Male Senior	05:33.3	737
2	0:32:47	BRISTOW, Alistair	Erme Valley Harriers	Male Vet 40	05:44.0	790
3	0:33:30	MYTTON, Neil	Plymouth Harriers	Male Vet 40	05:51.5	766
4	0:34:37	EXLEY-DEANE, Martin	Tavistock AC	Male Vet 55	06:03.2	778
5	0:34:47	CRONIN, Marcus		Male Senior	06:05.0	818
6	0:35:13	PAYTON-JONES, Alex	Plymouth Harriers	Male Senior	06:09.5	798
7	0:35:26	RIGDLEY, Julian	Somerset Tri	Male Vet 40	06:11.8	775
8	0:36:35	RUNDELL, Tim	Instinctive Sports	Male Senior	06:23.8	813
9	0:36:38	STRACHAN, Steve	Plymouth Muskateers	Male Vet 40	06:24.4	794
10	0:36:52	PERRY, Cleo	Erme Valley Harriers	Female Vet 40	06:26.8	739
11	0:37:29	MINERS, Michael	Plymouth Muskateers	Male Senior	06:33.3	767
12	0:37:50	YETTON, Ami	Plymouth Harriers	Female Senior	06:37.0	762
13	0:38:19	HIRONS, Sarah	Erme Valley Harriers	Female Vet 35	06:42.0	787
14	0:38:39	GILL, James	Tamar Trotters	Male Senior	06:45.5	752
15	0:38:45	WATWOOD, Delphine	Plymouth Harriers	Female Senior	06:46.6	723
16	0:39:00	SWIFT, Simon	Erme Valley Harriers	Male Vet 45	06:49.2	824
17	0:39:25	BURDON, Brian		Male Vet 40	06:53.6	816
18	0:39:27	MOGRIDGE, Russ	Erme Valley Harriers	Male Vet 50	06:53.9	740
19	0:39:53	SCHNEIDER, Tim		Male Senior	06:58.5	828
20	0:39:55	LEYTHORNE, Clive		Male Senior	06:58.8	755
21	0:39:57	TUCKER, Dave	Tamar Trotters	Male Senior	06:59.2	812
22	0:40:05	PEARSON, Karl	Plymouth Muskateers	Male Vet 45	07:00.6	788
23	0:40:19	HARRIS, Mark		Male Vet 40	07:03.0	837
24	0:40:21	LAKE, Emma	Erme Valley Harriers	Female Vet 40	07:03.4	765
25	0:40:48	SPENCER, James	Roman Gladiators	Male Senior	07:08.1	781
26	0:40:51	BUCKINGHAM, Edward	Tamar Trotters	Male Vet 40	07:08.6	709
27	0:41:09	GARDNER, Ian		Male Vet 45	07:11.8	730
28	0:41:11	BAZLEY, Peter	Tavistock AC	Male Vet 55	07:12.1	734
29	0:41:12	BRONS, Teddy		Male Senior	07:12.3	801
30	0:41:14	CHAPPELL, Andrew		Male Vet 45	07:12.6	746
31	0:41:15	ZURAWICK, Jaroslaw		Male Senior	07:12.8	594
32	0:41:29	TAYLOR, Peter	Plymouth Muskateers	Male Vet 50	07:15.3	585
33	0:41:35	BOWDEN, Andrew		Male Vet 40	07:16.3	748
34	0:41:45	NEWCOMBE, Andy	Erme Valley Harriers	Male Senior	07:18.1	836
35	0:41:53	SHIPTON, Jason	Tavistock AC	Male Vet 45	07:19.5	777
36	0:42:11	PAYNE, James	Roman Gladiators	Male Senior	07:22.6	779
37	0:42:12	LAWRENCE, Harris	Erme Valley Harriers	Male Vet 45	07:22.8	615
38	0:42:53	WOODHOUSE, Adrian	Erme Valley Harriers	Male Senior	07:30.0	735
39	0:43:04	VICKERS, James		Male Senior	07:31.9	728
40	0:43:14	GINTER, Paul		Male Vet 40	07:33.6	792
41	0:43:17	MOFFATT, Neil	Erme Valley Harriers	Male Vet 50	07:34.1	803
42	0:43:24	HUGHES, James	Plymstock Road Runners	Male Senior	07:35.4	761
43	0:43:30	JOHNS, Gary		Male Vet 50	07:36.4	712
44	0:43:31	MORTON, Richard	Tamar Trotters	Male Vet 60+	07:36.6	711
45	0:43:53	BUSH, Steve	Plymouth Muskateers	Male Vet 40	07:40.4	726
46	0:43:53	MARTIN, Gary	Plymouth Muskateers	Male Vet 45	07:40.4	722
47	0:44:03	KENT, Ian		Male Senior	07:42.2	772
48	0:44:12	ROSS, Stuart	Tavistock AC	Male Senior	07:43.8	822
49	0:44:30	DAVIES, Mike	Torbay AC	Male Vet 55	07:46.9	785
50	0:44:42	CARD, Paul	Tamar Trotters	Male Senior	07:49.0	804
51	0:44:45	LIVERMORE, Mark	Erme Valley Harriers	Male Vet 50	07:49.5	750
52	0:44:51	AMBROSE, Jim		Male Senior	07:50.6	834
53	0:44:53	PAGE, Julie	Bere Alston Trekkers	Female Vet 45	07:50.9	721
54	0:44:57	JONES, Dan		Male Vet 40	07:51.6	808
55	0:45:04	SAUNDERS, Vicky	Plymouth Muskateers	Female Vet 40	07:52.9	830
56	0:45:04	SAUNDERS, Mike	Plymouth Muskateers	Male Senior	07:52.9	769
57	0:45:13	WHIPP, Chris	Plymouth Muskateers	Male Vet 50	07:54.4	805
58	0:45:31	COOMBES, Elizabeth	Plymouth Harriers	Female Senior	07:57.6	770

59	0:45:34	PHELPS, Fiona	Tamar Trotters	Female Vet 45	07:58.1	710
60	0:45:37	HANNS, Cheryl	Plymouth Harriers	Female Vet 40	07:58.6	797
61	0:45:53	PAY, Douglas	Plympton Hash House Harriers	Male Senior	08:01.4	793
62	0:46:01	REED, Matthew		Male Senior	08:02.8	715
63	0:46:10	YOUNG, Mike		Male Vet 45	08:04.4	713
64	0:46:18	DUNN, Sally	Bere Alston Trekkers	Female Vet 40	08:05.8	751
65	0:46:18	HEAD, Matthew	Bere Alston Trekkers	Male Senior	08:05.8	729
66	0:47:10	GILL, Nichola	Plymouth Muskateers	Female Vet 40	08:14.9	754
67	0:47:54	EARNSHAW, Graham	Tamar Trotters	Male Vet 50	08:22.6	733
68	0:47:55	WEST, Jennifer	Bere Alston Trekkers	Female Vet 40	08:22.8	760
69	0:48:41	HEAD, Martin	Bere Alston Trekkers	Male Vet 45	08:30.8	717
70	0:48:43	DAY, Jackie		Female Vet 45	08:31.2	815
71	0:48:49	LUCKHAM, Matthew	Bere Alston Trekkers	Male Vet 40	08:32.2	714
72	0:48:57	GURRY, Tom		Male Senior	08:33.6	823
73	0:48:58	SMITH, Aaron		Male Senior	08:33.8	806
74	0:49:03	BETTEY, Denise	Instinctive Sports	Female Senior	08:34.7	825
75	0:49:10	RITCHIE, Janet	Carn Runners	Female Vet 50	08:35.9	736
76	0:49:26	SQUIRES, Claire	Plymouth Muskateers	Female Senior	08:38.7	833
77	0:49:26	DREWITT, Brennan	Plymouth Muskateers	Male Senior	08:38.7	817
78	0:49:27	ANDREWS, Jim	Plymouth Muskateers	Male Vet 50	08:38.9	756
79	0:49:33	HILL, Chris		Male Vet 55	08:39.9	716
80	0:49:35	BROCKHAVEN, Mark		Male Vet 40	08:40.3	799
81	0:49:35	NOSWORTHY, Kirsten	Plymouth Coasters	Female Vet 35	08:40.3	758
82	0:49:46	DIGBY, Stuart	Tamar Trotters	Male Vet 50	08:42.2	776
83	0:49:47	MATTHAMS, David	Instinctive Sports	Male Vet 50	08:42.4	759
84	0:49:51	HASTINGS, Chris	Plymouth Coasters	Male Senior	08:43.1	783
85	0:50:03	VENESS, Helen		Female Vet 45	08:45.2	745
86	0:50:09	DAVIES, Sally	Torbay AC	Female Vet 55+	08:46.2	784
87	0:50:28	WILLIAMS, Kevin	Plymouth Muskateers	Male Vet 55	08:49.5	796
88	0:50:28	ALEXANDER, Tanya		Female Vet 35	08:49.5	810
89	0:50:30	HANSON, Jens		Male Vet 55	08:49.9	800
90	0:50:36	MADGE, Paul	South West Road Runners	Male Vet 55	08:50.9	747
91	0:50:38	JOHNS, David		Male Vet 55	08:51.3	727
92	0:50:53	HORTON, Sarah	Plymouth Coasters	Female Vet 45	08:53.9	807
93	0:51:09	MOGRIDGE, Katie	Erme Valley Harriers	Female Vet 50	08:56.7	741
94	0:51:40	REED, Stuart		Male Senior	09:02.1	802
95	0:51:42	VINE, Andrew		Male Vet 50	09:02.5	616
96	0:51:58	JACKMAN, Paul		Male Vet 50	09:05.3	753
97	0:52:05	SMITH, Craig	Plymouth Coasters	Male Senior	09:06.5	821
98	0:52:27	HOATSON, Chloe	Plymouth Muskateers	Female Senior	09:10.3	719
99	0:53:33	BUTTERWORTH, Andrea	Plymouth Muskateers	Female Vet 45	09:21.9	731
100	0:53:53	KENT, Hayley		Female Vet 35	09:25.4	771
101	0:54:02	WALL, Jenny		Female Vet 40	09:27.0	829
102	0:54:11	CLARK, Rob	Tamar Trotters	Male Vet 50	09:28.5	814
103	0:54:28	PROUDFOOT, Andrew	Plymouth Coasters	Male Vet 50	09:31.5	820
104	0:54:28	PROUDFOOT, Julia	Plymouth Coasters	Female Vet 50	09:31.5	819
105	0:54:31	ADAMS, Sharon	Plymouth Muskateers	Female Vet 40	09:32.0	782
106	0:54:38	BADGE, Steve	Tamar Trotters	Male Vet 50	09:33.2	774
107	0:54:38	MALONEY, Natasha	Tamar Trotters	Female Vet 40	09:33.2	791
108	0:54:50	KING, Louise	Plymouth Muskateers	Female Vet 50	09:35.3	738
109	0:54:57	ROSS, Sarah	Tamar Trotters	Female Vet 50	09:36.6	786
110	0:55:07	VIGG, David		Male Vet 40	09:38.3	809
111	0:55:14	TAYLOR, Jessica	Roman Gladiators	Female Senior	09:39.5	780
112	0:55:18	HOGAN, Laura	Bere Alston Trekkers	Female Vet 40	09:40.2	757
113	0:55:35	OLIVER, Alban		Male Vet 45	09:43.2	768
114	0:55:39	GLANVILLE, Kate	Bere Alston Trekkers	Female Vet 50	09:43.9	720
115	0:55:59	GRIEVES, Mel	Bere Alston Trekkers	Female Vet 40	09:47.4	789
116	0:56:00	RICHARDSON, Roberta		Female Vet 50	09:47.6	725
117	0:56:08	BADOCK, Lesley		Female Vet 50	09:49.0	724

118	0:56:47	BOARD, Julie	Plymouth Harriers	Female Vet 40	09:55.8	795
119	0:56:51	FRENCH, Chris		Male Senior	09:56.5	749
120	0:56:53	WILLIAMS, Aarin		Male Senior	09:56.9	827
121	0:56:54	EVANS, Tracey	Plymouth Harriers	Female Vet 40	09:57.0	826
122	0:57:36	NEWTON, Chris	Plymouth Muskateers	Male Senior	10:04.4	732
123	0:58:42	CHAPMAN, Jackie	Launceston Road Runners	Female Vet 50	10:15.9	742
124	1:01:18	BRUMHEAD, Kelly	Plymouth Muskateers	Female Vet 35	10:43.2	831
125	1:01:18	SHADDICK, Michelle	Plymouth Muskateers	Female Vet 40	10:43.2	832
126	1:04:23	HADFIELD, Penny	Plymouth Harriers	Female Vet 45	11:15.6	764
127	1:04:23	MCGHEE, Christine	Plymouth Harriers	Female Vet 55+	11:15.6	763
128	1:05:27	HEAD, Hilary	Bere Alston Trekkers	Female Vet 50	11:26.8	718
129	1:06:32	MANLEY, M	Plymouth Coasters	Male Vet 55	11:38.1	835
130	1:07:05	SHIPCOTT, Paul	Tamar Trotters	Male Vet 40	11:43.9	811
131	111:17:07	NEIL, Steve	Plymouth Muskateers	Male Vet 55	:27:46.	773