

TREVORNICK 10K – 1ST JANUARY 2018

PLACE	TIME	NAME	TEAM	CATEGORY	PACE	NO
1	0:34:33	BREWER, Tony	Mile High	Male Vet 35-39	05:33.5	547
2	0:35:28	ORTON, Rob	Bodmin Road Runners	Male Vet 35-39	05:42.4	386
3	0:35:37	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:43.8	138
4	0:35:53	GOODCHILD, Sam	Cornwall AC	Male under 35	05:46.4	117
5	0:35:59	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:47.3	133
6	0:36:38	ALSOP, Dan	St Austell Running Club	Male Vet 35-39	05:53.6	339
7	0:36:46	MORANT, Jordan	Hayle Runners	Male under 35	05:54.9	164
8	0:36:47	CARTHEY, Tom	Falmouth Road Runners	Male under 35	05:55.1	510
9	0:37:07	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:58.3	104
10	0:37:34	CUTLAN, James	St Austell Running Club	Male under 35	06:02.6	285
11	0:37:40	STEPHENSON, Jamie	Mile High	Male under 35	06:03.6	548
12	0:37:43	WRIGHT, Tony	Cornwall AC	Male Vet 50-54	06:04.1	135
13	0:37:57	GUPTA, Abhik	Cornwall AC	Male under 35	06:06.3	130
14	0:38:10	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	06:08.4	309
15	0:38:37	WHERRY, Steve	Hayle Runners	Male Vet 50-54	06:12.8	191
16	0:38:56	MARPLES, Alex	Truro Running Club	Male Vet 35-39	06:15.8	461
17	0:38:56	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:15.8	179
18	0:39:03	MARTIN, Nick	Mile High	Male Vet 55-59	06:16.9	140
19	0:39:11	SMITH, Andrew	Reading Road Runners	Male Vet 40-44	06:18.2	520
20	0:39:16	BARNET, James	Falmouth Road Runners	Male under 35	06:19.0	246
21	0:39:28	TREGENZA, Heidi	Cornwall AC	Female under 35	06:21.0	113
22	0:39:42	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:23.2	261
23	0:39:45	WISNER, John	St Austell Running Club	Male Vet 45-49	06:23.7	340
24	0:39:51	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	06:24.7	525
25	0:39:54	HUTCHISON, Neil	Queens Park Harriers	Male under 35	06:25.1	325
26	0:39:55	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:25.3	281
27	0:40:06	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	06:27.1	174
28	0:40:08	SAVAGE, Rich	Hayle Runners	Male Vet 50-54	06:27.4	171
29	0:40:11	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:27.9	468
30	0:40:14	KNUCKEY, Craig	Cornwall AC	Male Vet 45-49	06:28.4	118
31	0:40:16	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:28.7	185
32	0:40:28	STONE, Matt	Falmouth Road Runners	Male under 35	06:30.6	269
33	0:40:47	ROSENFELD, Thomas	Hayle Runners	Male Vet 35-39	06:33.7	169
34	0:40:49	PAULL, Emma	Hayle Runners	Female under 35	06:34.0	166
35	0:40:51	STANDING, Rob	Truro Running Club	Male Vet 45-49	06:34.3	31
36	0:41:00	TRERISE, Connor	Cornwall AC	Male under 35	06:35.8	120

37	0:41:03	KEY, Andrew	Carn Runners	Male under 35	06:36.3	430
38	0:41:11	BROWN, Steven	Falmouth Road Runners	Male Vet 50-54	06:37.5	248
39	0:41:17	MUTSAERS, Adrian	Mile High	Male Vet 45-49	06:38.5	546
40	0:41:27	BARNES, Samuel	Newquay Road Runners	Male under 35	06:40.1	64
41	0:41:27	BUSCOMBE, Charles	Newquay Road Runners	Male under 35	06:40.1	59
42	0:41:36	JOSE, Olly	Newquay Road Runners	Male under 35	06:41.6	43
43	0:41:41	ANDREWARTHA, David	Mounts Bay Harriers	Male under 35	06:42.4	88
44	0:41:45	KARPINSKI, Joshua		Male under 35	06:43.0	565
45	0:41:48	TREGONNING, David	St Austell Running Club	Male under 35	06:43.5	345
46	0:41:52	SWIFT, Nigel	Newquay Road Runners	Male Vet 40-44	06:44.1	2
47	0:41:56	CHAPMAN, Mick	Mile High	Male Vet 50-54	06:44.8	124
48	0:42:01	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:45.6	511
49	0:42:01	LOWE, Toby	Newquay Road Runners	Male Vet 45-49	06:45.6	9
50	0:42:04	DAVIS, Martin	Newquay Road Runners	Male Vet 55-59	06:46.1	5
51	0:42:20	STEPHENS, Jeremy	Hayle Runners	Male Vet 45-49	06:48.6	193
52	0:42:22	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 45-49	06:49.0	570
53	0:42:22	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:49.0	429
54	0:42:24	WOOLAS, James		Male under 35	06:49.3	6
55	0:42:28	BABB, Steve	Newquay Road Runners	Male Vet 50-54	06:49.9	62
56	0:42:34	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:50.9	456
57	0:42:35	WALKER, Chris N	Newquay Road Runners	Male Vet 45-49	06:51.1	39
58	0:42:36	MARSHALL, Kevin	Launceston Road Runners	Male Vet 50-54	06:51.2	507
59	0:42:37	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:51.4	328
60	0:42:43	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:52.3	29
61	0:43:17	KEEFE, Richard	Falmouth Road Runners	Male Vet 45-49	06:57.8	256
62	0:43:22	POWELL, Simon	Mud Crew Trail Runners	Male Vet 35-39	06:58.6	69
63	0:43:26	DANIELL, Jamie		Male under 35	06:59.3	142
64	0:43:28	LUCKHURST, Will	Hayle Runners	Male Vet 50-54	06:59.6	156
65	0:43:39	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	07:01.4	273
66	0:43:40	JONES, Dan		Male Vet 35-39	07:01.5	599
67	0:43:44	DOYLE, John	Mounts Bay Harriers	Male Vet 60-64	07:02.2	81
68	0:43:47	HARVEY, Darren	East Cornwall Harriers	Male Vet 40-44	07:02.6	535
69	0:43:58	TWIGGS, Tim	Hayle Runners	Male Vet 50-54	07:04.4	173
70	0:44:04	BAKER, Steve	Tamar Trotters	Male Vet 60-64	07:05.4	360
71	0:44:11	SMITH, Andrew	St Austell Running Club	Male Vet 40-44	07:06.5	320
72	0:44:15	EDDISON, Andrew	Cornwall AC	Male Vet 50-54	07:07.1	128
73	0:44:22	SHIPLEY, Nicola	St Austell Running Club	Female under 35	07:08.3	337
74	0:44:31	KNIGHT, Mark	St Austell Running Club	Male Vet 45-49	07:09.7	315
75	0:44:41	MANNALL, Rualhri		Male under 35	07:11.3	303
76	0:44:47	COX, Daniel	Bodmin Road Runners	Male under 35	07:12.3	376

77	0:44:49	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	07:12.6	593
78	0:44:53	TIMMS, Jake	Falmouth Road Runners	Male under 35	07:13.3	271
79	0:44:53	BOOTY, Paul	Newquay Road Runners	Male Vet 45-49	07:13.3	19
80	0:45:03	HOWELL, Tom	Mile High	Male under 35	07:14.9	549
81	0:45:06	KING, Melissa	Newquay Road Runners	Female under 35	07:15.4	15
82	0:45:12	MOORE, David	Cornwall AC	Male Vet 45-49	07:16.3	119
83	0:45:16	MORGAN, Becky	Truro Running Club	Female Vet 35-39	07:17.0	466
84	0:45:18	WALKER, Iain	St Austell Running Club	Male Vet 60-64	07:17.3	331
85	0:45:19	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:17.4	336
86	0:45:21	CARDEW, Barrie	Carn Runners	Male Vet 55-59	07:17.8	418
87	0:45:23	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	07:18.1	530
88	0:45:31	TREVAIL, Mathew		Male Vet 35-39	07:19.4	517
89	0:45:36	MILLWARD, Andy	Carn Runners	Male Vet 55-59	07:20.2	438
90	0:45:42	JOSE, Amy	Hayle Runners	Female under 35	07:21.1	159
91	0:45:50	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	07:22.4	528
92	0:45:52	BATHE, Colin	Truro Running Club	Male Vet 45-49	07:22.8	465
93	0:46:02	FERGUSON, Andrew	Mud Crew Trail Runners	Male Vet 50-54	07:24.4	276
94	0:46:04	HEWITT, David		Male Vet 45-49	07:24.7	457
95	0:46:07	BENNETT, Charlotte	Hayle Runners	Female Vet 40-44	07:25.2	180
96	0:46:16	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	07:26.6	270
97	0:46:25	HILL, Jeremy	St Austell Running Club	Male Vet 35-39	07:28.1	311
98	0:46:25	COCKINGS, Rob	Truro Running Club	Male Vet 55-59	07:28.1	471
99	0:46:29	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:28.7	433
100	0:46:35	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:29.7	89
101	0:46:38	KEARNS, Joe	East Cornwall Harriers	Male Vet 55-59	07:30.2	531
102	0:46:39	DAVIS, Megan	Newquay Road Runners	Female under 35	07:30.3	7
103	0:46:41	PICKERING, Stuart	Tri Logic Cornwall	Male Vet 50-54	07:30.6	178
104	0:46:46	SAVAGE, Faye	Hayle Runners	Female Vet 40-44	07:31.4	170
105	0:46:47	PULLEY, Sean	Hayle Runners	Male Vet 55-59	07:31.6	151
106	0:46:52	BATCHELOR, David	Hayle Runners	Male Vet 55-59	07:32.4	152
107	0:47:00	MORAN, Tim	Carn Runners	Male Vet 35-39	07:33.7	436
108	0:47:02	CARTER, Lee	Newquay Road Runners	Male under 35	07:34.0	37
109	0:47:05	HARTILL, Taylor	Bodmin Road Runners	Male under 35	07:34.5	384
110	0:47:08	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	07:35.0	57
111	0:47:12	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	07:35.6	387
112	0:47:19	EVA, Emma	Cornwall AC	Female Vet 35-39	07:36.8	108
113	0:47:24	CURTIS, Oisin	Hayle Runners	Male under 35	07:37.6	183
114	0:47:25	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:37.7	532
115	0:47:34	MCCLAY, Karen	Mounts Bay Harriers	Female Vet 50-54	07:39.2	93
116	0:47:37	ATKINSON-BEAUMONT, Ross	Mounts Bay Harriers	Male Vet 35-39	07:39.6	83

117	0:47:45	LAURIE, Andrew	Falmouth Road Runners	Male Vet 50-54	07:40.9	272
118	0:47:45	GWYNNE, Paul	Falmouth Road Runners	Male Vet 50-54	07:40.9	41
119	0:47:47	KING, Kevin	Hayle Runners	Male Vet 55-59	07:41.3	162
120	0:47:49	BURFORD, Lee	Hayle Runners	Male Vet 35-39	07:41.6	155
121	0:47:50	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 45-49	07:41.7	254
122	0:47:57	VICARY, Darren	St Austell Running Club	Male Vet 35-39	07:42.9	324
123	0:48:01	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:43.5	168
124	0:48:12	ATKINSON-BEAUMONT, David	Mounts Bay Harriers	Male Vet 35-39	07:45.3	82
125	0:48:25	NICHOLLS, Martin	East Cornwall Harriers	Male Vet 45-49	07:47.4	533
126	0:48:27	WALLBANK, Rob	St Austell Running Club	Male Vet 35-39	07:47.7	306
127	0:48:28	DOWN, Christian		Male Vet 45-49	07:47.9	66
128	0:48:28	ROCHOWIAK, Robert	Carn Runners	Male Vet 55-59	07:47.9	437
129	0:48:32	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:48.5	505
130	0:48:34	MACKELLAR, Billy	Bodmin Road Runners	Male Vet 50-54	07:48.8	382
131	0:48:43	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:50.3	158
132	0:48:43	KNAB, Tim	Bodmin Road Runners	Male Vet 50-54	07:50.3	381
133	0:48:47	OWEN, Mark	St Austell Running Club	Male Vet 40-44	07:50.9	301
134	0:48:50	WILSON, Michael	Truro Running Club	Male Vet 55-59	07:51.4	470
135	0:48:51	SPENCER, Leigh	Newquay Road Runners	Female under 35	07:51.6	12
136	0:48:52	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:51.7	54
137	0:49:06	HUMPHREY, Irwin	Hayle Runners	Male Vet 55-59	07:54.0	192
138	0:49:08	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:54.3	187
139	0:49:12	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	07:54.9	55
140	0:49:14	MARKS, Stacie	St Austell Running Club	Female under 35	07:55.3	295
141	0:49:20	PAULL, Lucy	Hayle Runners	Female under 35	07:56.2	188
142	0:49:21	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:56.4	316
143	0:49:31	STANFORD, Joseph	Bodmin Road Runners	Male Vet 40-44	07:58.0	493
144	0:49:33	THOMAS, Mark	Truro Running Club	Male Vet 40-44	07:58.3	463
145	0:49:35	PEARCE, Julia	Cornwall AC	Female Vet 40-44	07:58.6	112
146	0:49:37	HARTILL, Gail	Bodmin Road Runners	Female Vet 40-44	07:59.0	385
147	0:49:38	DODWELL, Helen	Truro Running Club	Female Vet 40-44	07:59.1	458
148	0:49:53	ALSOP, Doug	St Austell Running Club	Male Vet 65-69	08:01.5	319
149	0:49:55	LOVE, John-henry	Launceston Road Runners	Male under 35	08:01.9	506
150	0:49:57	KEOGH, Kelly	WalkRun NRR	Female under 35	08:02.2	76
151	0:50:01	WOOD, Susanne	Cornwall AC	Female Vet 40-44	08:02.8	127
152	0:50:02	GAY, Jennifer	Truro Running Club	Female under 35	08:03.0	459
153	0:50:07	JEFFREY-JONES, Monique	Bodmin Womens RC	Female Vet 45-49	08:03.8	487
154	0:50:12	PATEMAN, Scott	St Austell Running Club	Male Vet 45-49	08:04.6	333
155	0:50:12	WALKER, Karl	St Austell Running Club	Male Vet 55-59	08:04.6	308
156	0:50:22	JONES, Stephen CR	Carn Runners	Male Vet 45-49	08:06.2	432

157	0:50:24	CHASE, Andy	St Austell Running Club	Male under 35	08:06.5	283
158	0:50:27	EASTERBROOK, Joe	Mounts Bay Harriers	Male under 35	08:07.0	95
159	0:50:29	HILL, Nancy	Cornwall AC	Female Vet 50-54	08:07.3	111
160	0:50:35	HOMER, Valencia		Male under 35	08:08.3	67
161	0:50:39	WALE, Mathew	Newquay Road Runners	Male under 35	08:08.9	13
162	0:50:53	GRIFFITHS, Ira	St Austell Running Club	Male Vet 50-54	08:11.2	313
163	0:50:53	SMITHERAM, Mark	Carn Runners	Male Vet 40-44	08:11.2	416
164	0:51:03	WILLIAMS, Ella	Newquay Road Runners	Female Vet 40-44	08:12.8	21
165	0:51:07	STATTON, Yasmine	Launceston Road Runners	Female under 35	08:13.4	509
166	0:51:11	ELSTONE, Meryl	Carn Runners	Female Vet 50-54	08:14.1	419
167	0:51:12	RUSSELL, Barry	St Austell Running Club	Male Vet 40-44	08:14.2	302
168	0:51:22	COX, Clive		Male Vet 55-59	08:15.8	561
169	0:51:30	CHAPMAN, Julian		Male Vet 50-54	08:17.1	518
170	0:51:35	BLACKBURN, Amy	Mile High	Female under 35	08:17.9	304
171	0:51:36	HOPKINS, Gary	New Eltham Joggers	Male Vet 55-59	08:18.1	568
172	0:51:41	HEWITT, Amanda	Cornwall AC	Female Vet 40-44	08:18.9	110
173	0:51:50	TRAPMORE, Chris		Male under 35	08:20.4	544
174	0:51:51	LETHBRIDGE, Katherine		Female Vet 35-39	08:20.5	590
175	0:51:58	CHAPMAN, Peter	Carn Runners	Male Vet 60-64	08:21.6	106
176	0:52:00	SOLOMON, Andrew	Bodmin Road Runners	Male Vet 55-59	08:22.0	380
177	0:52:02	THOMAS, Steven	Carn Runners	Male Vet 40-44	08:22.3	425
178	0:52:02	STRAKER, John		Male Vet 55-59	08:22.3	77
179	0:52:02	TREGENZA, Elizabeth	Cornwall AC	Female Vet 55-59	08:22.3	126
180	0:52:04	BURNS, Julia	Hayle Runners	Female Vet 50-54	08:22.6	157
181	0:52:08	TURNER, Jim	Newquay Road Runners	Male Vet 60-64	08:23.3	51
182	0:52:20	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	08:25.2	526
183	0:52:27	BUNCE, James		Male Vet 35-39	08:26.3	578
184	0:52:27	BLACKBURN, Simon	Mounts Bay Harriers	Male Vet 55-59	08:26.3	591
185	0:52:28	HITCHENS, Wietske	Carn Runners	Female Vet 50-54	08:26.5	426
186	0:52:39	MONTGOMERY-SMITH, Taryn	St Austell Running Club	Female Vet 40-44	08:28.2	299
187	0:52:44	GORE, Louise	Newquay Road Runners	Female Vet 35-39	08:29.0	61
188	0:52:46	FURLONGER, Neill		Male under 35	08:29.4	516
189	0:52:47	TAPSELL, Joanne	Bodmin Womens RC	Female Vet 40-44	08:29.5	491
190	0:52:54	HENWOOD, Caireen		Female Vet 40-44	08:30.7	585
191	0:52:56	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 55-59	08:31.0	92
192	0:52:59	HENWOOD, Andrew		Male Vet 40-44	08:31.5	584
193	0:52:59	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	08:31.5	3
194	0:53:02	ELDON, Jon		Male Vet 55-59	08:31.9	596
195	0:53:02	GALE, Dave		Male Vet 50-54	08:31.9	78
196	0:53:03	OLLIVIER, Louise	Hayle Runners	Female Vet 50-54	08:32.1	165

197	0:53:08	ROWE, Gareth	Newquay Road Runners	Male Vet 60-64	08:32.9	44
198	0:53:16	FRAMPTON, Ian		Male Vet 50-54	08:34.2	513
199	0:53:18	BANBURY, David		Male Vet 50-54	08:34.5	574
200	0:53:25	BEARD, Sharon	Bodmin Road Runners	Female Vet 45-49	08:35.6	388
201	0:53:44	HUNT, Jenna	Mud Crew Trail Runners	Female under 35	08:38.7	255
202	0:53:49	BURROWS, Mellisa	Hayle Runners	Female Vet 45-49	08:39.5	182
203	0:53:52	HARRIS, Tamsyn		Female Vet 50-54	08:40.0	575
204	0:53:53	LOCK, Zoe	JP Fitness Cornwall	Female Vet 35-39	08:40.1	161
205	0:53:53	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	08:40.1	335
206	0:53:53	MOORE, Jane	St Austell Running Club	Female Vet 55-59	08:40.1	332
207	0:54:00	ELSON, Steve	Newquay Road Runners	Male Vet 40-44	08:41.3	56
208	0:54:00	BARNFIELD, Marty		Male Vet 40-44	08:41.3	144
209	0:54:01	DREW, Peter	Carn Runners	Male Vet 65-69	08:41.4	420
210	0:54:03	SARGENT, Pete	South West Vets AC	Male Vet 70-74	08:41.8	137
211	0:54:11	COLLINS, Joanna	St Austell Running Club	Female under 35	08:43.0	284
212	0:54:12	EARNSHAW, Trinity	Cornwall AC	Female under 35	08:43.2	122
213	0:54:16	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 35-39	08:43.8	539
214	0:54:24	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	08:45.1	52
215	0:54:26	BROBIN, Cody	Newquay Road Runners	Male under 35	08:45.5	48
216	0:54:26	CARTER, Anna	Newquay Road Runners	Female under 35	08:45.5	38
217	0:54:32	GREGORY, Amy	Newquay Road Runners	Female under 35	08:46.4	26
218	0:54:39	MANSFIELD, Sue	Truro Running Club	Female Vet 50-54	08:47.5	460
219	0:54:54	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	08:50.0	105
220	0:55:05	WEBB, Helen	Mounts Bay Harriers	Female Vet 40-44	08:51.7	100
221	0:55:23	GORTON, John	Mounts Bay Harriers	Male Vet 60-64	08:54.6	91
222	0:55:31	HOOPER, Paul	Mounts Bay Harriers	Male Vet 55-59	08:55.9	85
223	0:55:35	LI, Bill		Male Vet 40-44	08:56.6	141
224	0:55:39	ROWETT, Gareth	St Austell Running Club	Male under 35	08:57.2	323
225	0:55:42	HELLINGS, Sally		Female Vet 45-49	08:57.7	134
226	0:55:42	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	08:57.7	377
227	0:55:45	JENKIN, Steve	Cornwall AC	Male Vet 45-49	08:58.2	131
228	0:56:05	WALKER, Daniella	St Austell Running Club	Female Vet 45-49	09:01.4	307
229	0:56:06	CAFF, Tristan	Newquay Road Runners	Male under 35	09:01.5	45
230	0:56:21	CATTERALL, Diane	Carn Runners	Female under 35	09:04.0	422
231	0:56:33	PAYNE, Holly	St Austell Running Club	Female under 35	09:05.9	334
232	0:56:42	HAYNES, Patrick	St Austell Running Club	Male Vet 50-54	09:07.3	296
233	0:56:51	CLASSEY, Mark	Falmouth Road Runners	Male Vet 55-59	09:08.8	249
234	0:56:57	LEGGO, Sarah	Mounts Bay Harriers	Female Vet 40-44	09:09.8	84
235	0:57:03	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	09:10.7	282
236	0:57:07	TILLEY, John	Bodmin Road Runners	Male Vet 65-69	09:11.4	378

237	0:57:08	BATHE, Nicola	Truro Running Club	Female Vet 40-44	09:11.5	72
238	0:57:14	POPE, Robert	Truro Running Club	Male Vet 55-59	09:12.5	467
239	0:57:18	BENDE, Cassi	Truro Running Club	Female under 35	09:13.1	71
240	0:57:18	KENT, Mele	Newquay Road Runners	Female Vet 40-44	09:13.1	25
241	0:57:22	WHETTON, Grace	Mounts Bay Harriers	Female under 35	09:13.8	101
242	0:57:26	LEAN, David	East Cornwall Harriers	Male Vet 55-59	09:14.4	534
243	0:57:29	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	09:14.9	107
244	0:57:31	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 40-44	09:15.2	529
245	0:57:34	SMITH, Hannah	Hayle Runners	Female under 35	09:15.7	189
246	0:57:35	HEATHER, Lesly		Female Vet 50-54	09:15.9	79
247	0:57:45	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	09:17.5	250
248	0:57:49	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:18.1	297
249	0:57:55	TURTLE, John	Mounts Bay Harriers	Male Vet 55-59	09:19.1	139
250	0:58:00	OLIVER, Adam	Mounts Bay Harriers	Male under 35	09:19.9	98
251	0:58:08	ELLIOTT, Tania	Looe Pioneers	Female Vet 45-49	09:21.2	217
252	0:58:15	SHAW, Sian	Newquay Road Runners	Female Vet 40-44	09:22.3	14
253	0:58:16	WISNER, Kath	St Austell Running Club	Female Vet 45-49	09:22.5	341
254	0:58:18	SHAW, Stuart		Male Vet 40-44	09:22.8	558
255	0:58:18	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 40-44	09:22.8	322
256	0:58:21	MUTSAERS, Kirstie	Cornwall AC	Female Vet 45-49	09:23.3	109
257	0:58:33	DYER, Adam		Male under 35	09:25.2	53
258	0:58:42	BILLINGTON, Melanie	Hayle Runners	Female Vet 45-49	09:26.6	154
259	0:58:47	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	09:27.4	153
260	0:58:49	PINNICK, Mark	Falmouth Road Runners	Male Vet 35-39	09:27.8	265
261	0:58:53	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	09:28.4	99
262	0:59:05	OLESCHKOWITZ, Sabine		Male Vet 40-44	09:30.3	567
263	0:59:06	FORBES, Jennifer	Carn Runners	Female under 35	09:30.5	441
264	0:59:08	MILLWARD, Laura	Carn Runners	Female Vet 55-59	09:30.8	439
265	0:59:08	WIDDERSHOVEN, Demelza	Carn Runners	Female Vet 35-39	09:30.8	428
266	0:59:13	WORTH, Joanna		Female Vet 45-49	09:31.6	594
267	0:59:14	CSECHI, Kim	St Austell Running Club	Female Vet 35-39	09:31.8	312
268	0:59:15	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	09:32.0	260
269	0:59:18	POOL, Oliver		Male Vet 35-39	09:32.4	581
270	0:59:18	POOL, Laura		Female Vet 35-39	09:32.4	580
271	0:59:19	DAVIES, Sarah	Newquay Road Runners	Female Vet 40-44	09:32.6	58
272	0:59:30	BURNETT, Kevin	Newquay Road Runners	Male Vet 65-69	09:34.4	46
273	0:59:57	RETALLICK, Lynsdey	St Austell Running Club	Female Vet 35-39	09:38.7	318
274	0:59:57	KITCHEN, Amelia	Hayle Runners	Female Vet 40-44	09:38.7	160
275	0:59:58	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	09:38.9	379
276	1:00:09	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	09:40.6	275

277	1:00:10	PEARCE, Deborah	Hayle Runners	Female Vet 45-49	09:40.8	167
278	1:00:30	ELLIOTT, Andrew	Looe Pioneers	Male Vet 50-54	09:44.0	73
279	1:00:34	SPEAKE, Georgina	St Austell Running Club	Female Vet 40-44	09:44.7	321
280	1:00:34	TRUSCOTT, Neil	St Austell Running Club	Male Vet 40-44	09:44.7	292
281	1:00:35	TORRES, Mick	Looe Pioneers	Male Vet 55-59	09:44.8	218
282	1:00:41	BUTLER, Ian		Male Vet 45-49	09:45.8	576
283	1:00:46	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:46.6	216
284	1:00:59	HAMER, Tamzin		Female Vet 40-44	09:48.7	597
285	1:01:02	BUSE, Zoe	Bodmin Road Runners	Female Vet 45-49	09:49.2	383
286	1:01:21	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	09:52.2	97
287	1:01:26	WYATT, Jordan	St Austell Running Club	Male under 35	09:53.0	352
288	1:01:27	WARNER, Catherine	New Eltham Joggers	Female Vet 50-54	09:53.2	512
289	1:01:32	OSBORNE, Simon	Falmouth Road Runners	Male Vet 40-44	09:54.0	264
290	1:01:42	ALLEN, Rebecca	Carn Runners	Female under 35	09:55.6	440
291	1:01:48	TREGEAR, Sarah		Female Vet 50-54	09:56.6	74
292	1:01:53	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	09:57.4	559
293	1:01:54	HADEN, Heidi	Cornwall AC	Female Vet 35-39	09:57.5	123
294	1:02:05	WADE, Margaret	Carn Runners	Female Vet 65-69	09:59.3	415
295	1:02:07	BENNETT, Shirley	Bodmin Womens RC	Female Vet 40-44	09:59.6	560
296	1:02:10	MORRIS, Tony	St Austell Running Club	Male Vet 50-54	10:00.1	300
297	1:02:12	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	10:00.4	143
298	1:02:29	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 70-74	10:03.2	102
299	1:02:40	WILTON, David	Falmouth Road Runners	Male Vet 60-64	10:04.9	569
300	1:02:47	THOMAS, Hannah	Truro Running Club	Female Vet 40-44	10:06.1	462
301	1:02:52	HAYMES, Vic		Female Vet 40-44	10:06.9	1
302	1:02:53	GREENSLADE, Martin		Male Vet 45-49	10:07.0	68
303	1:03:02	MARSH, Catherine		Female under 35	10:08.5	434
304	1:03:02	BUSCOMBE, Lisa	Truro Running Club	Female Vet 45-49	10:08.5	469
305	1:03:08	CUNDY-COOPER, Emma	Bodmin Womens RC	Female under 35	10:09.4	494
306	1:03:10	NEWTON, Roy	Falmouth Road Runners	Male Vet 70-74	10:09.8	262
307	1:03:20	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	10:11.4	286
308	1:03:22	CASSIDY, Lisa	Bodmin Womens RC	Female Vet 40-44	10:11.7	496
309	1:03:47	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	10:15.7	34
310	1:03:49	JAYNE, Samantha	Newquay Road Runners	Female Vet 45-49	10:16.0	23
311	1:03:58	MACK, Mike	Carn Runners	Male Vet 65-69	10:17.5	424
312	1:04:11	MARSHALL, Lavinia	Launceston Road Runners	Female Vet 65-69	10:19.6	508
313	1:04:24	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	10:21.7	20
314	1:04:37	FLOWER, Naomi	Newquay Road Runners	Female under 35	10:23.8	17
315	1:04:45	MULLEN, Shona	Truro Running Club	Female Vet 55-59	10:25.1	455
316	1:04:52	SMITH, Kate	St Austell Running Club	Female under 35	10:26.2	338

317	1:05:13	HOPE, Daniel	St Austell Running Club	Male under 35	10:29.6	291
318	1:05:20	GOWER, Emma	Bodmin Womens RC	Female under 35	10:30.7	485
319	1:05:24	CUTLAN, Tim	St Austell Running Club	Male Vet 45-49	10:31.3	287
320	1:05:24	CROWE, Sharon	Bodmin Womens RC	Female Vet 45-49	10:31.3	504
321	1:05:25	CREHAN, Kate	Hayle Runners	Female Vet 35-39	10:31.5	186
322	1:05:31	TULLY, Claire	Bodmin Womens RC	Female Vet 45-49	10:32.5	486
323	1:05:55	ROGERS, Kate	Tavistock AC	Female Vet 55-59	10:36.3	582
324	1:05:55	HOLLAND, Sarah	Tavistock AC	Female Vet 40-44	10:36.3	583
325	1:06:08	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	10:38.4	268
326	1:06:12	RESCORL, Susan	Bodmin Womens RC	Female Vet 55-59	10:39.0	497
327	1:06:13	COX, Alison	Bodmin Womens RC	Female Vet 50-54	10:39.2	488
328	1:06:17	HOLT, Ashley	Carn Runners	Female under 35	10:39.9	435
329	1:06:19	HARRIS, Lloyd		Male Vet 40-44	10:40.2	592
330	1:06:20	MARTIN, Hayley	Carn Runners	Female Vet 35-39	10:40.3	421
331	1:06:20	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:40.3	298
332	1:06:32	EVANS, Mollie	Carn Runners	Female Vet 40-44	10:42.3	427
333	1:06:39	ROWE, Lisa-Marie	St Austell Running Club	Female under 35	10:43.4	317
334	1:06:45	DUDLEY, Michelle	St Austell Running Club	Female Vet 50-54	10:44.4	288
335	1:06:52	MAYS, Chritine		Female Vet 60-64	10:45.5	573
336	1:06:53	WATSON, Janet	Falmouth Road Runners	Female Vet 60-64	10:45.6	571
337	1:06:56	MASSEY, Jennie	Hayle Runners	Female Vet 55-59	10:46.1	163
338	1:06:56	PASCOE, Wendy	Hayle Runners	Female Vet 50-54	10:46.1	181
339	1:07:07	HOCKING, Stacey	Hayle Runners	Female under 35	10:47.9	184
340	1:07:19	FITZPATRICK, Anne	St Austell Running Club	Female Vet 55-59	10:49.8	280
341	1:07:23	BOWDEN, Sally	Newquay Road Runners	Female Vet 50-54	10:50.5	49
342	1:07:37	KEMP, Mandy	Looe Pioneers	Female Vet 55-59	10:52.7	219
343	1:07:47	NICHOLSON, Michelle		Female Vet 35-39	10:54.3	595
344	1:07:50	FURLONG, Michael	Hedge End	Male Vet 55-59	10:54.8	577
345	1:07:54	DALE, Steve	Newquay Road Runners	Male Vet 40-44	10:55.5	60
346	1:08:05	BAILEY, Joshua		Male Vet 45-49	10:57.2	80
347	1:08:26	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	11:00.6	252
348	1:08:31	JAMESON, Judy	Carn Runners	Female Vet 55-59	11:01.4	431
349	1:08:51	RAIKER, Diana	Falmouth Road Runners	Female under 35	11:04.6	266
350	1:08:52	OSBORNE, Louise	Falmouth Road Runners	Female Vet 35-39	11:04.8	263
351	1:08:52	BARRASS, Amanda		Female Vet 45-49	11:04.8	587
352	1:09:11	BISCOMBE, Susan	Bodmin Womens RC	Female under 35	11:07.9	498
353	1:09:11	BRIGGS, Beth	Bodmin Womens RC	Female Vet 35-39	11:07.9	499
354	1:09:23	THOMAS, Jane	St Austell Running Club	Female Vet 55-59	11:09.8	327
355	1:09:24	HAWKEN, Katie		Female Vet 35-39	11:09.9	564
356	1:10:00	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 55-59	11:15.7	96

357	1:10:22	CULLEN, Gerry	East Cornwall Harriers	Female Vet 50-54	11:19.3	527
358	1:10:30	BEELEY, Sarah	Newquay Road Runners	Female under 35	11:20.6	63
359	1:10:37	GRANT-COOKSON, Sophie		Female Vet 35-39	11:21.7	557
360	1:10:39	HARVEY, Sally	Launceston Road Runners	Female Vet 50-54	11:22.0	30
361	1:10:41	LATHAM, Donna	Bodmin Womens RC	Female Vet 40-44	11:22.3	495
362	1:10:44	STONE, Jackie	Mounts Bay Harriers	Female Vet 55-59	11:22.8	87
363	1:10:57	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:24.9	464
364	1:11:05	KINGTON, Norris	Cornwall AC	Male Vet75-79	11:26.2	132
365	1:11:19	KING, Bryan	Plymouth Musketeers	Male Vet 60-64	11:28.4	589
366	1:11:22	KING, Louise	Plymouth Musketeers	Female Vet 50-54	11:28.9	588
367	1:11:22	LIGHT, Lisa	Plymouth Musketeers	Female Vet 55-59	11:28.9	541
368	1:11:39	WILLIAMS, Wendy	JP Fitness Cornwall	Female Vet 55-59	11:31.7	540
369	1:11:39	MCKINLEY, Glennie	JP Fitness Cornwall	Female Vet 50-54	11:31.7	537
370	1:11:40	DUTCHAK, Hannah	JP Fitness Cornwall	Female under 35	11:31.8	536
371	1:11:54	LAKE, Christina	Falmouth Road Runners	Female Vet 55-59	11:34.1	258
372	1:12:12	KITNEY-BAKER, Michelle	Newquay Road Runners	Female Vet 40-44	11:37.0	8
373	1:12:15	TALBOT, Bev	St Austell Running Club	Female Vet 50-54	11:37.5	326
374	1:12:15	IACONIANNI, Gennara	St Austell Running Club	Female under 35	11:37.5	314
375	1:12:47	HOGG, Gemma		Female Vet 40-44	11:42.6	556
376	1:12:57	GORDON, Emma		Female Vet 35-39	11:44.2	543
377	1:12:58	LANGFORD, Gemma		Female Vet 40-44	11:44.4	542
378	1:13:06	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	11:45.7	247
379	1:13:08	PERKINS, Michele		Female Vet 55-59	11:46.0	70
380	1:13:17	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	11:47.4	220
381	1:13:31	WILLIAMS, Laura	Hayle Runners	Female under 35	11:49.7	176
382	1:14:20	COOKE-DAVIES, Louise	Newquay Road Runners	Female Vet 50-54	11:57.6	16
383	1:14:22	FRANCIS, Donna	Newquay Road Runners	Female Vet 65-69	11:57.9	40
384	1:14:34	SMITHERAM, Jo	Carn Runners	Female Vet 40-44	11:59.8	417
385	1:14:38	DREW, Carole	Carn Runners	Female Vet 70-74	12:00.5	423
386	1:14:51	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:02.6	267
387	1:16:38	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	12:19.8	375
388	1:16:44	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	12:20.7	90
389	1:16:54	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	12:22.3	259
390	1:17:02	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	12:23.6	253
391	1:18:21	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	12:36.3	75
392	1:19:09	WRIGHT, Mike	Hayle Runners	Male Vet 65-69	12:44.1	177
393	1:19:32	TODD, Christine	St Austell Running Club	Female Vet 55-59	12:47.8	305
394	1:19:38	DALTON, Beverley	Falmouth Road Runners	Female Vet 60-64	12:48.7	251
395	1:20:32	EWART, Sam	St Austell Running Club	Female Vet 40-44	12:57.4	289
396	1:20:59	WONG, Lai-yin	Plymouth Musketeers	Female Vet 45-49	13:01.8	136

397	1:21:50	CORNWALL, Sarah-Jane	Bodmin Womens RC	Female under 35	13:10.0	502
398	1:22:43	WYATT, Liz	St Austell Running Club	Female Vet 45-49	13:18.5	310
399	1:23:12	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	13:23.2	115
400	1:23:15	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	13:23.7	114
401	1:24:22	WILKINSON, Hannah	Hayle Runners	Female under 35	13:34.4	175
402	1:24:51	ANDREWS, Emma	Bodmin Womens RC	Female under 35	13:39.1	489
403	1:25:05	LAY, Jo	Hayle Runners	Female Vet 50-54	13:41.3	194
404	1:26:43	FORD, Rosie	Bodmin Womens RC	Female under 35	13:57.1	490
405	1:27:33	PROSSER, Amanda	Mounts Bay Harriers	Female Vet 40-44	14:05.2	86
406	1:32:36	VOSPER, Lisa	Bodmin Womens RC	Female Vet 40-44	14:53.9	503
407	1:34:12	BUDGE, Ellen		Female under 35	15:09.4	329
408	1:34:13	BUDGE, Claire	St Austell Running Club	Female Vet 40-44	15:09.5	290
409	1:34:13	BUDGE, Andrew	St Austell Running Club	Male Vet 50-54	15:09.5	330
410	1:34:31	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	15:12.4	94
411	1:34:32	HILL, Sarah	Newquay Road Runners	Female Vet 45-49	15:12.6	35