

MAGNIFICENT 7 – 21ST JULY 208

Position	Time	Name	Team	Category	Pace	No
1	0:39:03	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:34.6	85
2	0:41:05	MORANT, Jordan	Hayle Runners	Male under 35	05:52.0	254
3	0:41:08	HAYTON, Billy	Pontypridd Roadents AC	Male under 35	05:52.5	364
4	0:41:38	WHEAR, Paul	Cornwall AC	Male Vet 50-54	05:56.7	403
5	0:41:50	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:58.5	86
6	0:42:02	BECKENKRAGER, David	Plymouth Harriers	Male Vet 45-49	06:00.2	154
7	0:42:31	COLACO, Jonny	Newquay Road Runners	Male Vet 45-49	06:04.3	218
8	0:42:45	BLAKESTON, Luke		Male under 35	06:06.3	411
9	0:43:07	PEYTON-JONES, Alex	Plymouth Harriers	Male Vet 35-39	06:09.5	400
10	0:43:10	MARPLES, Alex	Truro Running Club	Male Vet 35-39	06:09.9	35
11	0:44:05	WHERRY, Steve	Hayle Runners	Male Vet 50-54	06:17.7	177
12	0:44:24	STEVENS, Paul	St Austell Running Club	Male Vet 40-44	06:20.5	204
13	0:44:33	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:21.7	322
14	0:44:41	GREGG, Paul	Tamar Trotters	Male Vet 50-54	06:22.9	230
15	0:44:45	PAULL, Emma	Hayle Runners	Female under 35	06:23.5	398
16	0:44:48	FULLER, Stephen	Hayle Runners	Male Vet 50-54	06:23.9	228
17	0:44:50	COSTELLO, Nick	Hayle Runners	Male under 35	06:24.2	225
18	0:44:58	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	06:25.3	282
19	0:45:05	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:26.3	38
20	0:45:16	TREGONNING, David	St Austell Running Club	Male under 35	06:27.9	301
21	0:45:39	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	06:31.2	420
22	0:45:56	DAVIES, James	Truro Running Club	Male Vet 35-39	06:33.6	93
23	0:46:27	SHEPHERD, David	Plymouth Musketeers	Male Vet 35-39	06:38.0	105
24	0:46:38	BARRETT, Chris	Hayle Runners	Male Vet 45-49	06:39.6	174
25	0:46:44	WEBSTER, Mark	Cornwall AC	Male under 35	06:40.5	88
26	0:46:45	DAVIDSON, Mark		Male Vet 50-54	06:40.6	418
27	0:46:45	STANDING, Rob	Truro Running Club	Male Vet 45-49	06:40.6	409
28	0:46:55	PITCHER, Tom	Tamar Trotters	Male under 35	06:42.0	377
29	0:47:01	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:42.9	318
30	0:47:01	BLIGHT, James	Tamar Trotters	Male Vet 35-39	06:42.9	259
31	0:47:37	FOX, Tom		Male under 35	06:48.0	168
32	0:48:06	DANIELL, Jamie		Male under 35	06:52.2	421
33	0:48:24	ARUNDEL, Jack	Storm Running Plymouth	Male under 35	06:54.7	372
34	0:48:41	ANDERSON, Brendan	Storm Running Plymouth	Male Vet 35-39	06:57.2	158
35	0:48:42	BROWN, Steven	Falmouth Road Runners	Male Vet 50-54	06:57.3	316
36	0:48:44	WILLIAMS, Ryan	Falmouth Road Runners	Male under 35	06:57.6	331
37	0:48:45	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:57.7	89
38	0:48:50	MILBOURN, Lloyd		Male under 35	06:58.5	144
39	0:48:53	COSTELLO, Daniel	Hayle Runners	Male under 35	06:58.9	408
40	0:48:54	BUSCOMBE, Jessica	St Austell Running Club	Female under 35	06:59.0	193
41	0:49:03	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:00.3	356
42	0:49:08	MOORE, David	Cornwall AC	Male Vet 45-49	07:01.0	84
43	0:49:12	TWIGGS, Tim	Hayle Runners	Male Vet 50-54	07:01.6	26
44	0:49:14	TIMMS, Jake	Falmouth Road Runners	Male under 35	07:01.9	329
45	0:49:15	POLLARD, Lee	Tamar Trotters	Male under 35	07:02.0	350
46	0:49:22	JONES, Brett		Male Vet 40-44	07:03.0	113
47	0:49:25	WILDING, David	Hayle Runners	Male Vet 40-44	07:03.5	36
48	0:49:28	WHEELER, Adam		Male Vet 55-59	07:03.9	214
49	0:49:32	PETERSEN, Guy	Tamar Trotters	Male Vet 45-49	07:04.5	152
50	0:49:41	CHARLES, Andrew	Plymouth Harriers	Male Vet 55-59	07:05.7	187
51	0:49:48	JONES, Dean	Newquay Road Runners	Male Vet 40-44	07:06.7	212
52	0:49:53	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 40-44	07:07.5	112
53	0:50:08	WALKER, Iain	St Austell Running Club	Male Vet 60-64	07:09.6	203
54	0:50:16	HARVEY, Darren	East Cornwall Harriers	Male Vet 40-44	07:10.7	402
55	0:50:27	GILBERT, Reg	Tamar Trotters	Male Vet 35-39	07:12.3	351
56	0:50:36	SWIFT, Simon	Erme Valley Harriers	Male Vet 50-54	07:13.6	412
57	0:50:39	RENDLE, Steve	Newquay Road Runners	Male Vet 50-54	07:14.0	248
58	0:50:42	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	07:14.4	142
59	0:50:44	WILLIAMS, Gary	Looe Pioneers	Male under 35	07:14.7	183

60	0:50:45	TOSSELL, Michael	Storm Running Plymouth	Male under 35	07:14.9	347
61	0:50:57	GREER, Mike	St Austell Running Club	Male Vet 35-39	07:16.6	50
62	0:50:59	MAHONEY, Steven	Tamar Trotters	Male Vet 35-39	07:16.9	134
63	0:51:13	GRZENDA, Matthew	Plymouth Musketeers	Male Vet 40-44	07:18.9	284
64	0:51:21	KERR, Thomas	Plymouth Harriers	Male Vet 40-44	07:20.0	130
65	0:51:26	LUKE, Anne	Tamar Trotters	Female Vet 60-64	07:20.7	95
66	0:51:27	BATCHELOR, David	Hayle Runners	Male Vet 60-64	07:20.9	25
67	0:51:47	GREENSLADE, Michael	Newquay Road Runners	Male Vet 40-44	07:23.7	344
68	0:51:49	FOSTER, Richard	Launceston Road Runners	Male Vet 45-49	07:24.0	8
69	0:51:53	BALL, Matthew		Male Vet 45-49	07:24.6	118
70	0:52:13	JOHNSON, Paul	St Austell Running Club	Male under 35	07:27.4	55
71	0:52:15	BACKALLER, Peter	Storm Running Plymouth	Male under 35	07:27.7	363
72	0:52:20	EDWARDS, Glynn	Truro Running Club	Male under 35	07:28.4	34
73	0:52:37	RICHARDS, Robert	Hayle Runners	Male Vet 65-69	07:30.9	31
74	0:52:38	SHALDERS, David	Plymouth Harriers	Male Vet 35-39	07:31.0	410
75	0:52:38	DAVIES, Christopher		Male Vet 40-44	07:31.0	164
76	0:52:42	KEARNS, Joe	East Cornwall Harriers	Male Vet 55-59	07:31.6	181
77	0:52:47	BENNETT, Charlotte	Hayle Runners	Female Vet 45-49	07:32.3	389
78	0:52:56	KNIGHT, Mark	St Austell Running Club	Male Vet 45-49	07:33.6	56
79	0:53:04	RICHARDS, Stuart	St Austell Running Club	Male Vet 40-44	07:34.7	62
80	0:53:11	COLLACOTT, Ian	Tavistock AC	Male Vet 35-39	07:35.7	311
81	0:53:11	BAZLEY, Peter	Tavistock AC	Male Vet 60-64	07:35.7	146
82	0:53:12	PARNELL, Andrew		Male Vet 50-54	07:35.9	171
83	0:53:28	GRACE, Neil	Storm Running Plymouth	Male Vet 35-39	07:38.2	349
84	0:53:30	PASCOE, Karen	Cornwall AC	Female Vet 50-54	07:38.4	87
85	0:53:36	MILLS, Jenny	Launceston Road Runners	Female Vet 65-69	07:39.3	332
86	0:53:41	STANFORD, Joseph	Bodmin Road Runners	Male Vet 40-44	07:40.0	28
87	0:53:44	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:40.4	122
88	0:53:47	PAGE, Andrew	Tamar Trotters	Male Vet 40-44	07:40.9	314
89	0:53:49	HARGREAVES, Pez	Falmouth Road Runners	Male Vet 50-54	07:41.2	321
90	0:53:52	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:41.6	80
91	0:53:57	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:42.3	13
92	0:54:04	CLEMENTS, Colette	Newquay Road Runners	Female Vet 35-39	07:43.3	219
93	0:54:07	MILLINGTON, James	Falmouth Road Runners	Male under 35	07:43.7	285
94	0:54:14	HURLOCK, Luke		Male Vet 35-39	07:44.7	128
95	0:54:21	PULLEY, Sean	Hayle Runners	Male Vet 55-59	07:45.7	179
96	0:54:24	CORK, Michael	Plymouth Coasters	Male Vet 60-64	07:46.2	353
97	0:54:25	BREMNER, Jane	Tamar Trotters	Female Vet 60-64	07:46.3	165
98	0:54:27	PEARCE, Julia	Cornwall AC	Female Vet 40-44	07:46.6	77
99	0:54:31	WILES, Brian	Launceston Road Runners	Male Vet 70-74	07:47.2	115
100	0:54:41	WARNE, Hannah		Female under 35	07:48.6	424
101	0:54:42	BROOKS, Joe	Tamar Trotters	Male Vet 45-49	07:48.7	309
102	0:54:44	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	07:49.0	288
103	0:54:45	GENGE, Andrew		Male under 35	07:49.2	290
104	0:54:47	OXBOROUGH, Tracey	Tavistock AC	Female Vet 50-54	07:49.4	272
105	0:54:48	ANGILLEY, Jayne	Cornwall AC	Female Vet 55-59	07:49.6	73
106	0:54:56	CHURCH, David	Erme Valley Harriers	Male Vet 40-44	07:50.7	341
107	0:54:58	MARKS, Stacie	St Austell Running Club	Female under 35	07:51.0	300
108	0:55:01	WALLBANK, Rob	St Austell Running Club	Male Vet 35-39	07:51.4	21
109	0:55:01	GAY, Jennifer	Truro Running Club	Female under 35	07:51.4	92
110	0:55:03	SHIPTON, Jason	Tavistock AC	Male Vet 45-49	07:51.7	135
111	0:55:03	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	07:51.7	33
112	0:55:04	TRICE, Soozie	Tavistock AC	Female Vet 40-44	07:51.9	376
113	0:55:09	SIMPSON, David		Male Vet 55-59	07:52.6	102
114	0:55:13	WALE, Mathew	Newquay Road Runners	Male under 35	07:53.2	251
115	0:55:14	NEWCOMBE, Andy	Erme Valley Harriers	Male Vet 40-44	07:53.3	256
116	0:55:17	JONES, Kris	Plymouth Musketeers	Male Vet 35-39	07:53.7	37
117	0:55:22	MCCLAY, Karen	Mounts Bay Harriers	Female Vet 50-54	07:54.4	386
118	0:55:27	GOLDSWORTHY, Rosalie	East Cornwall Harriers	Female Vet 40-44	07:55.2	186
119	0:55:32	CRABB, Sally	Looe Pioneers	Female Vet 40-44	07:55.9	2
120	0:55:36	HEWITT, Amanda	Cornwall AC	Female Vet 45-49	07:56.4	75
121	0:55:39	TIPPETTS, Hannah	Falmouth Road Runners	Female under 35	07:56.9	101
122	0:55:44	PAULL, Lucy	Hayle Runners	Female under 35	07:57.6	385

123	0:55:48	ODLE, Paddy	Looe Pioneers	Male under 35	07:58.2	367
124	0:55:54	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:59.0	232
125	0:56:02	ASH, Graeme		Male Vet 50-54	08:00.2	404
126	0:56:21	ATKINSON, Richard	Storm Running Plymouth	Male Vet 50-54	08:02.9	133
127	0:56:25	HEAD, Matthew	Cornwall AC	Male under 35	08:03.4	268
128	0:56:28	JARRAM, Ben	Launceston Road Runners	Male under 35	08:03.9	258
129	0:56:31	GREGG, Louise	Tamar Trotters	Female Vet 45-49	08:04.3	231
130	0:56:36	WILLIAMS, Stephen	Plymouth Harriers	Male under 35	08:05.0	221
131	0:56:37	HEAD, Martin	Bere Alston Trekkers	Male Vet 50-54	08:05.2	265
132	0:56:38	POPE, Gary	Plymouth Musketeers	Male Vet 45-49	08:05.3	406
133	0:56:40	SPENCER, Chris		Male Vet 55-59	08:05.6	226
134	0:56:43	CIANO, Phillip	Newquay Road Runners	Male Vet 50-54	08:06.0	338
135	0:56:47	ASPDEN, Gail	Cornwall AC	Female Vet 45-49	08:06.6	206
136	0:56:50	OWEN, Mark	St Austell Running Club	Male Vet 40-44	08:07.0	60
137	0:57:02	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	08:08.7	78
138	0:57:07	SHORTMAN, Catherine		Female Vet 50-54	08:09.4	340
139	0:57:13	FOSTER, Eric	Dawlish Coasters	Male Vet 60-64	08:10.3	275
140	0:57:28	GLITHEROW, Hana	Truro Running Club	Female Vet 55-59	08:12.4	91
141	0:57:28	GEARING, Nicola	Tri Logic Cornwall	Female Vet 35-39	08:12.4	15
142	0:57:34	FRITZSCHE, Craig	Plymouth Musketeers	Male Vet 40-44	08:13.3	149
143	0:57:35	BENNETT, Andrew	Plymouth Harriers	Male Vet 50-54	08:13.4	155
144	0:57:48	BURNS, Julia	Hayle Runners	Female Vet 50-54	08:15.3	98
145	0:57:51	DOWN, Christian		Male Vet 45-49	08:15.7	140
146	0:58:12	NORRIS, Tim		Male Vet 35-39	08:18.7	393
147	0:58:13	WAUDBY-WEST, Hector		Male under 35	08:18.9	352
148	0:58:21	WAUDBY-WEST, David		Male Vet 50-54	08:20.0	342
149	0:58:30	KNOWLES, Helen	Hayle Runners	Female Vet 40-44	08:21.3	419
150	0:58:33	WALDRON, Alison	Vegan Runners	Female Vet 45-49	08:21.7	405
151	0:58:42	SHEARER, Tony	Tavistock AC	Male Vet 65-69	08:23.0	270
152	0:58:42	ASHTON, Paul	Bere Alston Trekkers	Male Vet 50-54	08:23.0	7
153	0:58:46	LOCK, Zoe	Hayle Runners	Female Vet 35-39	08:23.6	32
154	0:58:55	LAWES, Helen	Looe Pioneers	Female Vet 45-49	08:24.9	257
155	0:59:04	SARGENT, Pete	South West Vets AC	Male Vet 70-74	08:26.2	252
156	0:59:07	BLACKBURN, Simon	Mounts Bay Harriers	Male Vet 55-59	08:26.6	271
157	0:59:13	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	08:27.4	414
158	0:59:18	WARD, Nigel		Male Vet 50-54	08:28.2	413
159	0:59:18	PELTIER, Benjamin		Male under 35	08:28.2	423
160	0:59:26	MOORE, Jane	St Austell Running Club	Female Vet 55-59	08:29.3	208
161	0:59:28	FOY, David	Falmouth Road Runners	Male Vet 45-49	08:29.6	320
162	0:59:35	JONES, Stephen CR	Carn Runners	Male Vet 45-49	08:30.6	126
163	0:59:38	SAUNDERS, Vicky	Mud Crew Trail Runners	Female Vet 45-49	08:31.0	416
164	0:59:38	CARTER, Steven	Truro Running Club	Male Vet 45-49	08:31.0	94
165	0:59:40	PHILLIPS, Matt	St Austell Running Club	Male Vet 50-54	08:31.3	201
166	0:59:43	PALMER, Brendan	Storm Running Plymouth	Male Vet 40-44	08:31.7	276
167	0:59:47	WALLIS, Rachel	JP Fitness Cornwall	Female Vet 40-44	08:32.3	123
168	0:59:55	BEARD, Sharon	Bodmin Road Runners	Female Vet 45-49	08:33.4	289
169	0:59:57	BISHOP, Gary	Plymouth Harriers	Male Vet 45-49	08:33.7	267
170	0:59:57	MONTGOMERY-SMITH, Taryn	St Austell Running Club	Female Vet 40-44	08:33.7	59
171	1:00:04	BROWN, Steven		Male Vet 40-44	08:34.7	305
172	1:00:07	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:35.1	277
173	1:00:09	HILLEBRANDT, Rodney	Plymouth Musketeers	Male Vet 70-74	08:35.4	162
174	1:00:34	ADAMS, David	Bere Alston Trekkers	Male Vet 55-59	08:39.0	11
175	1:00:35	MATTHEWS, Ross		Male Vet 40-44	08:39.1	190
176	1:00:35	SEALEY, Matthew		Male Vet 40-44	08:39.1	191
177	1:00:44	WALKER, Karl	St Austell Running Club	Male Vet 55-59	08:40.4	69
178	1:00:49	JENKIN, Steve	Cornwall AC	Male Vet 45-49	08:41.1	81
179	1:00:57	STEDMAN, Jane	Bodmin Road Runners	Female Vet 55-59	08:42.3	172
180	1:00:59	ZILLIMCLEOD, Alexia	Tamar Trotters	Female Vet 35-39	08:42.6	293
181	1:01:02	MARTIN, Andrew	Tavistock AC	Male Vet 50-54	08:43.0	360
182	1:01:05	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:43.4	249
183	1:01:07	LLOYD, David	Erme Valley Harriers	Male Vet 50-54	08:43.7	407
184	1:01:08	BLACKBEARD, Marie	St Austell Running Club	Female Vet 50-54	08:43.9	139
185	1:01:08	AINSWORTH, John	Tamar Trotters	Male Vet 50-54	08:43.9	220

186	1:01:19	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:45.4	117
187	1:01:24	LEGGO, Sarah	Mounts Bay Harriers	Female Vet 40-44	08:46.1	111
188	1:01:30	FOSTER, Janet	Dawlish Coasters	Female Vet 60-64	08:47.0	274
189	1:01:34	WATTS, Ben		Male Vet 40-44	08:47.6	12
190	1:01:44	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	08:49.0	20
191	1:01:47	BENNETT, Paul	Plymouth Musketeers	Male Vet 50-54	08:49.4	397
192	1:01:49	DAVIDSON, Claire		Female Vet 45-49	08:49.7	387
193	1:01:55	JENKINS, Fred	Instinctive Sports	Male Vet 55-59	08:50.6	388
194	1:01:56	COLLETT, Richard	Hayle Runners	Male Vet 35-39	08:50.7	287
195	1:01:57	GARDINER, Steven	St Austell Running Club	Male under 35	08:50.9	47
196	1:02:00	LOBB, Mark	Storm Running Plymouth	Male Vet 50-54	08:51.3	127
197	1:02:03	ORGAN, Michael		Male Vet 55-59	08:51.7	354
198	1:02:03	HICK, Richard		Male Vet 40-44	08:51.7	213
199	1:02:05	BUNDAY, Simon	Dawlish Coasters	Male Vet 55-59	08:52.0	17
200	1:02:06	TRETHEWEY, Martin	St Austell Running Club	Male Vet 50-54	08:52.1	194
201	1:02:16	JONES, Oli		Male Vet 40-44	08:53.6	106
202	1:02:19	ORCHARD, Mike	Hayle Runners	Male Vet 60-64	08:54.0	116
203	1:02:33	SAVIN, Nick	Newquay Road Runners	Male under 35	08:56.0	250
204	1:02:35	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	08:56.3	302
205	1:02:36	RICKARD, Annette	Tamar Trotters	Female Vet 40-44	08:56.4	273
206	1:02:42	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:57.3	121
207	1:02:43	JONES, Cirsty		Female under 35	08:57.4	417
208	1:02:53	WISE, Rebecca	Launceston Road Runners	Female Vet 35-39	08:58.9	253
209	1:03:00	GIBBS, Clive	St Austell Running Club	Male Vet 50-54	08:59.9	48
210	1:03:01	HAYNES, Patrick	St Austell Running Club	Male Vet 55-59	09:00.0	53
211	1:03:05	BUSH, Steve	Plymouth Musketeers	Male Vet 45-49	09:00.6	189
212	1:03:16	GREGORY, Amy	Newquay Road Runners	Female under 35	09:02.1	345
213	1:03:20	ELLISON, Eleanor	Newquay Road Runners	Female Vet 60-64	09:02.7	237
214	1:03:22	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	09:03.0	110
215	1:03:24	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	09:03.3	368
216	1:03:37	POWELL, Arlene		Female under 35	09:05.1	255
217	1:03:47	WELLS, Wes	Tamar Trotters	Male Vet 35-39	09:06.6	136
218	1:03:53	CARTER, Anna	Newquay Road Runners	Female under 35	09:07.4	346
219	1:03:54	LOTON, Andrew	Tamar Trotters	Male Vet 40-44	09:07.6	150
220	1:03:57	BOWERS, Karina	St Austell Running Club	Female Vet 35-39	09:08.0	39
221	1:04:00	MOLE, Linda	Plymouth Harriers	Female Vet 40-44	09:08.4	336
222	1:04:05	PICKARD, Linda	Launceston Road Runners	Female Vet 55-59	09:09.1	215
223	1:04:13	THOMAS, Alison	Hayle Runners	Female Vet 40-44	09:10.3	229
224	1:04:20	MARTIN, Colin	Newquay Road Runners	Male Vet 65-69	09:11.3	247
225	1:04:21	SHARPLES, Siobhan		Female under 35	09:11.4	178
226	1:04:28	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	09:12.4	317
227	1:04:48	JONES, Malcolm	Launceston Road Runners	Male Vet 55-59	09:15.3	391
228	1:04:51	BENT, Malcolm	Plymouth Harriers	Male Vet 50-54	09:15.7	335
229	1:04:52	COLLINS, Joanne	St Austell Running Club	Female under 35	09:15.9	40
230	1:04:55	JONES, Abbie		Female under 35	09:16.3	392
231	1:05:04	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	09:17.6	246
232	1:05:28	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	09:21.0	330
233	1:05:31	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 40-44	09:21.4	192
234	1:05:32	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	09:21.6	97
235	1:05:34	WAUDBY-WEST, Felix		Male under 35	09:21.9	343
236	1:05:36	PAYNE, Holly	St Austell Running Club	Female under 35	09:22.1	205
237	1:05:42	WALKER, Daniella	St Austell Running Club	Female Vet 45-49	09:23.0	68
238	1:06:09	ALONSO, Violaine		Female under 35	09:26.9	422
239	1:06:14	ALLEN, Rebecca	Carn Runners	Female under 35	09:27.6	99
240	1:06:29	SENIOR, Ann	Hayle Runners	Female Vet 60-64	09:29.7	304
241	1:06:43	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	09:31.7	46
242	1:06:47	NESBITT, Kate		Female under 35	09:32.3	175
243	1:06:48	WOOD, Joanna	Tamar Trotters	Female Vet 35-39	09:32.4	375
244	1:06:52	CSECHI, Kim	St Austell Running Club	Female Vet 35-39	09:33.0	52
245	1:06:57	ROBINSON, Alice	Plymouth Harriers	Female under 35	09:33.7	374
246	1:07:03	YOUNGMAN, Paul	Plymouth Musketeers	Male Vet 55-59	09:34.6	283
247	1:07:03	MCHALE, Phil	Tamar Trotters	Male Vet 60-64	09:34.6	394
248	1:07:16	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:36.4	58

249	1:07:17	PICKARD, David	Launceston Road Runners	Male Vet 55-59	09:36.6	216
250	1:07:31	HAM, Neil	Cornwall AC	Male Vet 50-54	09:38.6	310
251	1:07:39	SALVAGE, David	Tamar Trotters	Male Vet 70-74	09:39.7	295
252	1:07:44	ELLIOTT, Tania	Looe Pioneers	Female Vet 45-49	09:40.4	109
253	1:07:52	WILKINSON, Judith	Tamar Trotters	Female Vet 60-64	09:41.6	292
254	1:07:54	WELLS-HALL, Jonathon		Male under 35	09:41.9	41
255	1:07:58	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	09:42.4	234
256	1:08:15	WALTON, Charlotte	Plymouth Harriers	Female Vet 40-44	09:44.9	196
257	1:08:17	LOWE, Wendy	Bodmin Womens RC	Female Vet 60-64	09:45.1	145
258	1:08:18	LILLIS, John	Newquay Road Runners	Male Vet 70-74	09:45.3	245
259	1:08:18	FLOWER, Naomi	Newquay Road Runners	Female under 35	09:45.3	239
260	1:08:18	PETT, Jane	JP Fitness Cornwall	Female Vet 40-44	09:45.3	14
261	1:08:24	NIXON, Maddison		Female under 35	09:46.1	210
262	1:08:25	HART, Charlotte		Female under 35	09:46.3	209
263	1:08:37	FARR, Georgie	Storm Running Plymouth	Female under 35	09:48.0	299
264	1:08:40	ROSS, Ian	Tamar Trotters	Male Vet 60-64	09:48.4	415
265	1:08:51	PROUDFOOT, Julia	Plymouth Coasters	Female Vet 55-59	09:50.0	137
266	1:08:53	JAYNE, Samantha	Newquay Road Runners	Female Vet 45-49	09:50.3	244
267	1:08:55	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	09:50.6	27
268	1:08:56	SKINNER, Lynne		Female Vet 35-39	09:50.7	280
269	1:09:01	CAFF, Tristan	Newquay Road Runners	Male under 35	09:51.4	233
270	1:09:03	IACONIANNI, Gennara	St Austell Running Club	Female under 35	09:51.7	54
271	1:09:11	JONES, Jon	Looe Pioneers	Male Vet 45-49	09:52.8	10
272	1:09:22	HACKMAN, Tom	Newquay Road Runners	Male Vet 65-69	09:54.4	242
273	1:09:31	SIMS, Catherine	Tamar Trotters	Female Vet 45-49	09:55.7	399
274	1:09:31	BARDEN, Dave		Male Vet 35-39	09:55.7	197
275	1:09:44	STONE, Allen		Male Vet 60-64	09:57.6	96
276	1:09:52	GRIFFITHS, Sarah	Tamar Trotters	Female Vet 50-54	09:58.7	261
277	1:09:52	SMITH, Jenny	Tamar Trotters	Female Vet 40-44	09:58.7	373
278	1:09:56	RULE, Claire		Female Vet 45-49	09:59.3	180
279	1:10:01	EVANS, Des	Newquay Road Runners	Male Vet 65-69	10:00.0	238
280	1:10:03	ADAMS, Pam	Bere Alston Trekkers	Female Vet 50-54	10:00.3	4
281	1:10:04	JONES, Ian	Tavistock AC	Male Vet 65-69	10:00.4	370
282	1:10:10	BILLS, Kelly	Carn Runners	Female Vet 40-44	10:01.3	22
283	1:10:11	JAMIESON, Sandy	Carn Runners	Female Vet 65-69	10:01.4	100
284	1:10:13	HADEN, Heidi	Cornwall AC	Female Vet 35-39	10:01.7	74
285	1:10:17	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	10:02.3	114
286	1:10:27	WILLIS, Sharon	Newquay Road Runners	Female Vet 55-59	10:03.7	241
287	1:10:47	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	10:06.6	243
288	1:10:53	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	10:07.4	108
289	1:10:55	WINDEMER, John	Tavistock AC	Male Vet 65-69	10:07.7	312
290	1:10:58	BENNETT, Shirley	Bodmin Womens RC	Female Vet 40-44	10:08.1	211
291	1:11:08	TORRES, Mick	Looe Pioneers	Male Vet 55-59	10:09.6	313
292	1:11:10	FURLONGER, Sean		Male Vet 50-54	10:09.8	303
293	1:11:11	SAUNDERS, Lyndsey	East Cornwall Harriers	Female Vet 35-39	10:10.0	1
294	1:11:15	WADE, Margaret	Carn Runners	Female Vet 65-69	10:10.6	9
295	1:11:23	COOK, Julie	Plymouth Musketeers	Female Vet 45-49	10:11.7	163
296	1:11:25	GARD, Michael		Male Vet 60-64	10:12.0	369
297	1:11:31	CUTLAN, Jean	St Austell Running Club	Female Vet 50-54	10:12.8	207
298	1:11:50	BARNES, John	Launceston Road Runners	Male Vet 55-59	10:15.6	362
299	1:11:54	ASHTON, Debbie	Bere Alston Trekkers	Female Vet 45-49	10:16.1	6
300	1:11:56	ELLIOTT, Andrew	Looe Pioneers	Male Vet 50-54	10:16.4	294
301	1:11:58	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	10:16.7	76
302	1:12:00	JENKIN, Richard	Cornwall AC	Male Vet 70-74	10:17.0	82
303	1:12:02	WATTS, Hannah	St Austell Running Club	Female under 35	10:17.3	71
304	1:12:03	WYATT, Jordan	St Austell Running Club	Male under 35	10:17.4	51
305	1:12:22	JAMES, Jennie	St Austell Running Club	Female Vet 40-44	10:20.1	65
306	1:12:27	TRICKER, Kate	Tamar Trotters	Female Vet 35-39	10:20.8	3
307	1:12:37	LOOSLEY, Alison	St Austell Running Club	Female Vet 50-54	10:22.3	57
308	1:12:43	STUTHRIDGE, Helen	St Austell Running Club	Female Vet 50-54	10:23.1	66
309	1:12:45	BUTLER, Jenna		Female under 35	10:23.4	159
310	1:12:50	PEARCE, Deborah	Hayle Runners	Female Vet 45-49	10:24.1	167
311	1:12:51	DUTCHAK, Hannah	JP Fitness Cornwall	Female under 35	10:24.3	227

312	1:12:51	THURSTON, Katie	JP Fitness Cornwall	Female Vet 35-39	10:24.3	384
313	1:13:37	WILLIAMS, Laura	Hayle Runners	Female under 35	10:30.8	286
314	1:13:50	RAIKER, Diana	Falmouth Road Runners	Female under 35	10:32.7	326
315	1:13:51	ROWLANDS, Kate	Falmouth Road Runners	Female Vet 35-39	10:32.8	328
316	1:14:08	VOSPER, Francis	Bodmin Road Runners	Male Vet 60-64	10:35.3	107
317	1:14:08	BISHOP, Heidi	Plymouth Harriers	Female Vet 35-39	10:35.3	269
318	1:14:11	CARTLIDGE, Michelle	Plymouth Harriers	Female under 35	10:35.7	278
319	1:14:25	DUDLEY, Michelle	St Austell Running Club	Female Vet 50-54	10:37.7	43
320	1:14:55	FRANCIS-DUBIOS, Stuart		Male Vet 50-54	10:42.0	383
321	1:15:04	JAMESON, Judy	Carn Runners	Female Vet 55-59	10:43.3	161
322	1:15:20	STONE, Jackie	Mounts Bay Harriers	Female Vet 55-59	10:45.6	333
323	1:15:21	LEE, Lucy	Tamar Trotters	Female Vet 40-44	10:45.7	361
324	1:15:25	LEA, Sebastian	Plymouth Musketeers	Male under 35	10:46.3	381
325	1:15:28	JAMES, Danielle	Tavistock AC	Female Vet 35-39	10:46.7	365
326	1:15:34	BAYS, Shannon	Plymouth Coasters	Female under 35	10:47.6	395
327	1:15:43	SPEAKE, Georgina	St Austell Running Club	Female Vet 40-44	10:48.8	64
328	1:15:43	BUCHANAN, Nicole		Female under 35	10:48.8	401
329	1:15:55	HARTE-LATREMOILLE, Samantha	Bere Alston Trekkers	Female Vet 40-44	10:50.6	5
330	1:16:00	FLOYD-NORRIS, Amy	St Austell Running Club	Female under 35	10:51.3	45
331	1:16:06	WAUDBY-WEST, Alison		Female Vet 50-54	10:52.1	357
332	1:16:11	GIBBS, Debbie	St Austell Running Club	Female Vet 50-54	10:52.8	49
333	1:16:15	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	10:53.4	195
334	1:16:40	EVANS, Mollie	Carn Runners	Female Vet 40-44	10:57.0	129
335	1:16:42	BENNETT, Deborah		Female Vet 45-49	10:57.3	396
336	1:16:55	BARRETT, Simon	Instinctive Sports	Male Vet 55-59	10:59.1	355
337	1:16:58	BROOKS, Paula	Tamar Trotters	Female Vet 45-49	10:59.6	308
338	1:17:02	ARMSTRONG, Justine	Tamar Trotters	Female Vet 50-54	11:00.1	131
339	1:17:13	DUNN, Vicki	Plymouth Musketeers	Female Vet 35-39	11:01.7	358
340	1:17:13	BRUMHEAD, Kelly	Plymouth Musketeers	Female Vet 40-44	11:01.7	307
341	1:17:13	SHADDICK, Michelle	Plymouth Musketeers	Female Vet 45-49	11:01.7	366
342	1:17:30	FRITZSCHE, Barry		Male Vet 60-64	11:04.1	148
343	1:17:32	PRIOR, Sarah	Tavistock AC	Female Vet 45-49	11:04.4	160
344	1:17:33	NETTLESHIP, Richard	Tavistock AC	Male Vet 45-49	11:04.6	132
345	1:17:57	HEAD, Hilary	Bere Alston Trekkers	Female Vet 55-59	11:08.0	264
346	1:18:03	MARTIN, Hayley	Carn Runners	Female Vet 35-39	11:08.8	185
347	1:18:13	COX, Chris		Male Vet 50-54	11:10.3	169
348	1:18:22	LEEDS, Brendon		Male Vet 40-44	11:11.6	380
349	1:18:36	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	11:13.5	319
350	1:19:03	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:17.4	90
351	1:19:28	CHAPMAN, Jackie	Launceston Road Runners	Female Vet 55-59	11:21.0	143
352	1:19:32	WOLSTENCROFT, Zoe	Carn Runners	Female Vet 40-44	11:21.5	23
353	1:19:34	DRANSFIELD, George	Tamar Trotters	Male Vet 75-79	11:21.8	217
354	1:20:08	KEMP, Mandy	Looe Pioneers	Female Vet 60-64	11:26.7	339
355	1:20:12	COOKE-DAVIES, Louise	Newquay Road Runners	Female Vet 50-54	11:27.3	236
356	1:20:13	FRY, Karen		Female Vet 50-54	11:27.4	224
357	1:20:15	HAWKINS, Lorraine	Launceston Road Runners	Female Vet 50-54	11:27.7	223
358	1:20:27	SMERDON, Paula	Tavistock AC	Female Vet 40-44	11:29.4	306
359	1:21:14	SCOTT, Rachel	Plymouth Musketeers	Female Vet 50-54	11:36.1	279
360	1:21:17	BOXALL, Melanie	Falmouth Road Runners	Female Vet 55-59	11:36.5	315
361	1:21:20	EWART, Sam	St Austell Running Club	Female Vet 40-44	11:37.0	44
362	1:21:44	HADFIELD-BENNETT, Penny	Plymouth Harriers	Female Vet 45-49	11:40.4	156
363	1:21:45	KINGTON, Norris	Cornwall AC	Male Vet 75-79	11:40.5	266
364	1:21:50	OSBORNE, Simon	Falmouth Road Runners	Male Vet 40-44	11:41.3	325
365	1:21:50	OSBORNE, Louise	Falmouth Road Runners	Female Vet 35-39	11:41.3	324
366	1:22:05	TODD, Christine	St Austell Running Club	Female Vet 55-59	11:43.4	67
367	1:22:08	MEDLAND, Dene	Tavistock AC	Female Vet 55-59	11:43.8	296
368	1:22:26	LOTON, Nichola	Tamar Trotters	Female Vet 40-44	11:46.4	151
369	1:23:09	OVERD, Lynne	Looe Pioneers	Female Vet 55-59	11:52.5	119
370	1:23:18	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	11:53.8	176
371	1:23:31	JOHNS, Sarah	Mounts Bay Harriers	Female Vet 35-39	11:55.7	153
372	1:23:46	JOHNS, Emma	Mounts Bay Harriers	Female Vet 40-44	11:57.8	157
373	1:23:50	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	11:58.4	235
374	1:24:22	MADDOCK, Fiona	Bere Alston Trekkers	Female Vet 45-49	12:03.0	281

375	1:26:18	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	12:19.5	337
376	1:27:37	FRANCIS, Donna	Newquay Road Runners	Female Vet 65-69	12:30.8	240
377	1:27:39	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	12:31.1	327
378	1:27:40	DYER, Jennifer	Plymouth Harriers	Female Vet 35-39	12:31.3	379
379	1:27:48	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:32.4	202
380	1:27:49	FARR, James	Storm Running Plymouth	Male Vet 60-64	12:32.5	298
381	1:28:26	BUSFIELD, Gemma	Storm Running Plymouth	Female Vet 35-39	12:37.8	359
382	1:28:26	FREER, Carol	Storm Running Plymouth	Female Vet 50-54	12:37.8	297
383	1:28:40	DYMOND, Amy	Plymouth Harriers	Female under 35	12:39.8	371
384	1:29:29	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	12:46.8	184
385	1:30:28	WILLIAMS, Darren	Plymouth Musketeers	Male Vet 45-49	12:55.2	141
386	1:32:19	WYATT, Liz	St Austell Running Club	Female Vet 45-49	13:11.1	72
387	1:32:22	SLATEFORD, Nicola	St Austell Running Club	Female Vet 55-59	13:11.5	200
388	1:33:15	LAY, Jo	Hayle Runners	Female Vet 50-54	13:19.1	30
389	1:38:54	SHERRIFF, Amanda	Vegan Runners	Female Vet 45-49	14:07.5	382
390	1:38:54	OUTLAW, Anita	Storm Running Plymouth	Female Vet 45-49	14:07.5	19
391	1:42:30	DYER, Mary Frances	Plymouth Harriers	Female Vet 65-69	14:38.4	334