

Full Results List Newquay 10k 2020

Place	Bib	Name	AG	Club	ChipTime	GunTime
1	750	Ben Neale	Male 20-34	Tavistock Run Project	33:12	33:12
2	401	Edward Mitchell	Male 15-19	Cornwall AC	33:39	33:39
3	688	Adam Quinn	Male 20-34	-No Club or Other	33:46	33:46
4	758	Tony Wright	Male 50-54	Cornwall AC	34:29	34:30
5	782	Matt Yates	Male 20-34	Cornwall AC	34:41	34:41
6	82	James Cutlan	Male 20-34	St Austell Running Club	34:52	34:52
7	190	Dave Angell	Male 35-39	Mile High	35:02	35:02
8	711	Daniel Costello	Male 20-34	Hayle Runners	35:16	35:17
9	105	Jordan Morant	Male 20-34	Hayle Runners	35:19	35:19
10	790	Carl Murphy	Male 40-44	Mile High	35:28	35:29
11	479	John McWilliams	Male 35-39	Mounts Bay Harriers	35:30	35:30
12	508	Paul Whear	Male 50-54	Cornwall AC	35:31	35:32
13	521	Louis Ratcliffe	Male 15-19	Cornwall AC	35:33	35:33
14	229	Andrew Martin	Male 35-39	Mile High	35:37	35:37
15	770	Ryan Hanley	Male 20-34	Cornwall AC	35:47	35:48
16	810	Robert Williams	Male 35-39	Plymouth Harriers	36:08	36:09
17	152	Ruth Barnes	Female 40-44	Falmouth RRC	36:11	36:12
18	475	David Tregonning	Male 20-34	St Austell Running Club	36:15	36:18
19	549	Alex Marples	Male 40-44	Truro Running Club	36:51	36:51
20	334	Jon Paget	Male 20-34	Mile High	36:53	36:53
21	396	Tom Howell	Male 35-39	Mile High	37:00	37:00
22	142	Aaron Benney	Male 35-39	Mile High	37:05	37:05
23	492	Simon Knowles	Male 45-49	Hayle Runners	37:07	37:07
24	331	Heidi Tregenza	Female 20-34	Cornwall AC	37:10	37:10
25	286	Alex Daniels	Male 45-49	Newquay Road Runners	37:13	37:14
26	821	Mike Wall	Male 20-34	Plymouth Musketeers Running Club	37:22	37:23
27	567	Imogen Wood	Female 15-19	Cornwall AC	37:25	37:25
28	741	Raymond Tew	Male 45-49	Plymouth Harriers	37:34	37:38
29	408	James Attwood	Male 45-49	Cornwall AC	37:41	37:43
30	413	Kieran Murrant	Male 20-34	Falmouth RRC	37:48	37:49
31	261	Emma Stepto	Female 45-49	Cornwall AC	37:52	37:52

32	608	Bradley Mclellan	Male 15-19	Newquay Road Runners	37:56	37:56
33	86	Stephen Fuller	Male 50-54	Hayle Runners	37:59	38:00
34	566	Matt Railton	Male 15-19	Cornwall AC	37:59	38:00
35	547	Hamish Gallacher	Male 45-49	Plymouth Triathlon Club	37:53	38:03
36	804	Ian Wright	Male 35-39	-No Club or Other	38:12	38:13
37	462	Adrian Ball	Male 50-54	Cornwall AC	38:22	38:24
38	572	Charles Buscombe	Male 20-34	Newquay Road Runners	38:27	38:29
39	363	Mark Deacon	Male 35-39	Looe Pioneers Running Club	38:30	38:31
40	158	Josh Karpinski	Male 35-39	Newquay Road Runners	38:37	38:38
41	294	Neill Cookson	Male 55-59	Hayle Runners	38:44	38:45
42	314	Craig Knuckey	Male 50-54	Cornwall AC	38:44	38:46
43	393	Sarah Hoskin	Female 35-39	Mile High	38:53	38:54
44	406	Steven Wherry	Male 55-59	Hayle Runners	39:04	39:05
45	755	Jamie Daniell	Male 20-34	St Austell Running Club	39:18	39:22
46	283	Darren Roose	Male 40-44	Newquay Road Runners	39:24	39:25
47	447	John Sole	Male 35-39	Cornwall AC	39:25	39:27
48	849	Tom Berryman	Male 20-34	Cornwall AC	39:37	39:38
49	58	Chris Walker	Male 45-49	Newquay Road Runners	39:56	39:59
50	703	Andy Nicholson	Male 20-34	Newquay Road Runners	40:06	40:11
51	340	Clive Ramsden	Male 40-44	Bodmin Road Runners	40:11	40:12
52	687	Daniel Strickland	Male 40-44	-No Club or Other	40:08	40:13
53	72	Mark Knight	Male 45-49	PB Running Club	40:10	40:13
54	626	Nick Block	Male 35-39	-No Club or Other	40:13	40:16
55	457	Michael Rooney	Male 20-34	Mounts Bay Harriers	40:14	40:20
56	506	James Manning	Male 40-44	Hayle Runners	40:19	40:21
57	563	Neil Carter	Male 35-39	Newquay Road Runners	40:18	40:22
58	430	David Moore	Male 45-49	Cornwall AC	40:21	40:23
59	643	Chris Dominey	Male 40-44	Bodmin Dragons Tri	40:21	40:23
60	454	Will Luckhurst	Male 50-54	Hayle Runners	40:22	40:24
61	488	Anna Jenkins	Female 35-39	Cornwall AC	40:25	40:27
62	376	Joanne Robinson	Female 40-44	Looe Pioneers Running Club	40:24	40:28
63	179	Stephanie Hearn	Female 20-34	Cornwall AC	40:30	40:32
64	98	Tim Twiggs	Male 50-54	Mounts Bay Harriers	40:31	40:33
65	169	Tim Adams	Male 50-54	St Austell Running Club	40:33	40:35

66	733	Steven Patten	Male 50-54	-No Club or Other	40:45	40:49
67	502	Chris Cox	Male 45-49	Cornwall AC	40:52	40:55
68	498	Rich Savage	Male 50-54	Hayle Runners	40:53	40:56
69	327	Paul Johnson	Male 20-34	St Austell Running Club	40:52	40:57
70	159	David Wilding	Male 40-44	Hayle Runners	40:57	40:59
71	131	Scott Abraham	Male 45-49	Hayle Runners	41:02	41:04
72	75	Lee Burford	Male 35-39	Hayle Runners	41:09	41:11
73	35	Sean Sandoe	Male 50-54	Cornwall AC	41:11	41:15
74	589	Matt Trevail	Male 40-44	-No Club or Other	41:11	41:22
75	797	Damian Dunne	Male 45-49	Plymouth Musketeers Running Club	41:25	41:30
76	834	Dan Luckham	Male 15-19	Tavistock AC	41:26	41:32
77	254	James Davies	Male 35-39	Truro Running Club	41:32	41:36
78	130	Rebecca Stobart	Female 20-34	Cornwall AC	41:34	41:38
79	470	Dylan Mendez-Scott	Male 15-19	Newquay Road Runners	41:35	41:40
80	710	Nick Giles	Male 35-39	-No Club or Other	41:34	41:42
81	404	Danny Staples	Male 15-19	Cornwall AC	41:46	41:48
82	453	Lee Carter	Male 20-34	Newquay Road Runners	41:44	41:48
83	320	Ryan Moyle	Male 40-44	Mile High	41:49	41:49
84	645	Jo Temple	Female 20-34	Westbury Harriers	41:48	41:54
85	8	Mathew Henderson	Male 20-34	St Austell Running Club	41:58	42:02
86	659	Michael Ellis	Male 40-44	Bodmin Dragons Tri	42:09	42:12
87	278	Nathan Jenkin	Male 35-39	Tri Logic Cornwall	42:13	42:18
88	417	Oliver Pool	Male 40-44	Truro Running Club	42:16	42:20
89	467	Jamie Carnon	Male 35-39	Falmouth RRC	42:26	42:28
90	224	Hannah Tippetts	Female 20-34	Falmouth RRC	42:28	42:32
91	847	Mark Thomas	Male 45-49	Cornwall AC	42:31	42:36
92	162	Simon Bellamy	Male 45-49	-No club or other	42:38	42:43
93	666	Adam Roberts	Male 35-39	Bodmin Dragons Tri	42:41	42:44
94	94	Marcus Wills	Male 35-39	East Cornwall Harriers	42:39	42:45
95	478	Lee Tambling	Male 40-44	St Austell Running Club	42:40	42:46
96	562	Richard Chynoweth	Male 40-44	Truro Running Club	42:48	42:51
97	147	Emma Mossop	Female 45-49	Falmouth RRC	42:48	42:52
98	234	Ian Temple	Male 55-59	Bodmin Road Runners	42:45	42:52
99	756	James Craddock	Male 20-34	Newquay Road Runners	42:52	42:54

100	38	Richard Cleghorn	Male 50-54	-No club or other	42:44	42:56
101	373	Andy Stallard	Male 55-59	Truro Running Club	42:53	42:57
102	794	Mark Worledge	Male 50-54	Mounts Bay Harriers	42:51	42:57
103	245	Louise Mitchell	Female 15-19	Cornwall AC	42:57	43:03
104	778	Benjamin Crowle	Male 40-44	Bodmin Road Runners	42:58	43:03
105	132	Eleanor Dixon	Female 40-44	Newquay Road Runners	43:05	43:07
106	115	Melodie Manners	Female 20-34	Hayle Runners	43:05	43:12
107	719	Matthew Walkey	Male 35-39	Plymouth Harriers	43:11	43:15
108	460	Joseph Stanford	Male 45-49	Truro Running Club	43:16	43:21
109	587	Beth Popperwell	Female 45-49	Mile High	43:19	43:22
110	231	Glynn Edwards	Male 20-34	Truro Running Club	43:15	43:22
111	332	David Atkinson-Beaumont	Male 40-44	Cornwall AC	43:18	43:24
112	144	Matt Johns	Male 40-44	JP Fitness Cornwall	43:24	43:27
113	730	Erin Burt	Female 15-19	Newquay and Par AC	43:23	43:28
114	193	Felicity Knell	Female 40-44	Mikkeller RC	43:03	43:28
115	679	Kevin Butt	Male 40-44	Tiverton Harriers	43:23	43:34
116	242	Ross Pearce	Male 40-44	-No Club or Other	43:25	43:36
117	694	Emma Baker	Female 20-34	Tavistock Run Project	43:35	43:38
118	806	Kevin Woodley	Male 40-44	Tri Logic Cornwall	43:39	43:41
119	345	Clive Finimore	Male 40-44	Looe Pioneers Running Club	43:37	43:45
120	305	Jim Nettleton	Male 50-54	Truro Running Club	43:43	43:51
121	823	James Findlay	Male 35-39	Carn Runners	43:47	43:51
122	42	Pam Solomon	Female 55-59	PB Running Club	43:47	43:52
123	333	Ross Atkinson-Beaumont	Male 35-39	Cornwall AC	43:48	43:54
124	387	James Skeplorn	Male 35-39	Truro Running Club	43:51	43:56
125	84	Peter Hammond	Male 50-54	Cornwall AC	43:55	43:58
126	385	Richard Foster	Male 45-49	Launceston Road Runners	43:53	43:59
127	83	Malcolm Roberts	Male 65-69	St Austell Running Club	43:59	44:01
128	319	Debbie Harrision-Webb	Female 50-54	Hayle Runners	43:56	44:03
129	7	Ross Lawry	Male 40-44	St Austell Running Club	44:01	44:05
130	429	Revis Crowle	Female 55-59	East Cornwall Harriers	44:14	44:17
131	244	Collette Clements	Female 35-39	Newquay Road Runners	44:20	44:21
132	187	Stuart Richards	Male 45-49	St Austell Running Club	44:24	44:30
133	588	Simon Ashworth	Male 35-39	-No Club or Other	44:23	44:32

134	600	Michael Selby	Male 55-59	Eastleigh RC	44:29	44:35
135	468	Cody Brobin	Male 15-19	Newquay Road Runners	44:38	44:51
136	744	Mandy Gibson	Female 40-44	Looe Pioneers Running Club	44:49	44:53
137	500	David Foy	Male 45-49	Falmouth RRC	44:47	44:54
138	104	Nick Harrison	Male 40-44	Launceston Road Runners	44:52	44:58
139	101	Kaye Patterson	Female 20-34	East Cornwall Harriers	44:56	44:59
140	287	Russell King	Male 35-39	Falmouth RRC	44:57	45:02
141	647	Paul Bennett	Male 55-59	Plymouth Musketeers Running Club	44:49	45:03
142	432	Laura Rogers	Female 20-34	Cornwall AC	44:59	45:06
143	529	Karen Mcclay	Female 50-54	Mounts Bay Harriers	45:01	45:09
144	416	Jon Eldon	Male 55-59	Carn Runners	45:06	45:10
145	585	Amelie Harris	Female 15-19	-No Club or Other	45:09	45:12
146	490	Paul Angove	Male 50-54	Mounts Bay Harriers	45:12	45:20
147	556	Stephen Jones	Male 35-39	Truro Running Club	45:17	45:24
148	530	Rosie Bradbury	Female 20-34	Falmouth RRC	45:19	45:25
149	329	Rebecca Tossell	Female 35-39	Hayle Runners	45:27	45:32
150	450	Geoff Letchford	Male 65-69	Mounts Bay Harriers	45:31	45:34
151	720	Mark Thomas	Male 45-49	Plymouth Harriers	45:20	45:34
152	117	Ashley Gates	Male 20-34	St Austell Running Club	45:37	45:45
153	108	Amanda Hewitt	Female 45-49	Cornwall AC	45:39	45:45
154	769	Christian Savage	Male 40-44	-No Club or Other	45:34	45:48
155	353	Matt Hocking	Male 45-49	St Austell Running Club	45:41	45:49
156	422	Rebecca Benney	Female 15-19	Cornwall AC	45:48	45:54
157	541	Michael Lackey	Male 50-54	Newquay Road Runners	45:45	45:55
158	504	Ben Leach	Male 40-44	-No club or other	45:56	46:02
159	203	Rachael Thomas	Female 45-49	Cornwall AC	45:57	46:03
160	776	Andrew Solomon	Male 55-59	PB Running Club	45:57	46:05
161	51	Sarah Cooper	Female 35-39	-No club or other	45:54	46:06
162	484	Andrew Blizzard	Male 20-34	Truro Running Club	46:01	46:08
163	584	Chris Wilson	Male 50-54	-No Club or Other	45:57	46:11
164	844	Freddy England	Male 15-19	Hayle Runners	46:06	46:14
165	56	Martyn Prouse	Male 40-44	PB Running Club	46:10	46:18
166	202	Nat Eva	Male 15-19	Hayle Runners	46:12	46:21
167	667	Andy Bees	Male 35-39	Plymouth Musketeers Running Club	46:05	46:22

168	527	Stephen Jarvis	Male 40-44	PB Running Club	46:18	46:23
169	249	Paul Booty	Male 45-49	Newquay Road Runners	46:15	46:24
170	214	Carol Randall	Female 50-54	Mounts Bay Harriers	46:20	46:26
171	683	Conor Paterson	Male 20-34	-No Club or Other	45:57	46:29
172	313	John James	Male 40-44	Hayle Runners	46:21	46:31
173	204	Elliot Walker	Male 45-49	Newquay Road Runners	46:26	46:36
174	481	Ruth Glover	Female 20-34	Mounts Bay Harriers	46:30	46:38
175	717	Steve Williams	Male 20-34	Plymouth Harriers	46:25	46:40
176	184	Andrew Sims	Male 50-54	East Cornwall Harriers	46:27	46:41
177	431	Julia Pearce	Female 40-44	Cornwall AC	46:37	46:45
178	661	Andrew Skelton	Male 40-44	-No Club or Other	46:42	46:46
179	197	Tracy McKenzie	Female 40-44	Newquay Road Runners	46:36	46:47
180	70	Meryl Elstone	Female 50-54	Carn Runners	46:41	46:50
181	380	Frazer Humbles	Male 35-39	Hayle Runners	46:42	46:54
182	569	Andrew Gillespie	Male 60-64	Bournemouth AC	46:50	46:55
183	135	Stacie Marks	Female 20-34	St Austell Running Club	46:52	46:57
184	146	Debbie Mitchell	Female 45-49	Hayle Runners	46:50	46:58
185	263	Lisa Friday	Female 40-44	Hayle Runners	46:49	46:59
186	205	Steven Maclaren	Male 50-54	Hayle Runners	46:51	46:59
187	799	Graham Glew	Male 20-34	Hayle Runners	46:47	46:59
188	561	Tommy Polglase	Male 65-69	Carn Runners	46:53	47:01
189	676	Iain McGregor	Male 20-34	-No Club or Other	46:49	47:05
190	116	Corinne Gerrard	Female 45-49	Hayle Runners	47:09	47:17
191	293	Emma Stephens	Female 20-34	Bodmin Road Runners	47:12	47:19
192	642	Robert Davey	Male 20-34	-No Club or Other	46:49	47:22
193	36	Katy Jenkins	Female 40-44	Truro Running Club	47:16	47:24
194	220	Mick Davison	Male 45-49	Newquay Road Runners	47:13	47:26
195	638	Dean Darbourne	Male 20-34	-No Club or Other	47:14	47:27
196	243	Karen Pascoe	Female 50-54	Cornwall AC	47:20	47:27
197	265	Sharon Daw	Female 50-54	East Cornwall Harriers	47:25	47:31
198	330	Andrew Ellis	Male 45-49	Hayle Runners	47:25	47:33
199	166	Lauren Webster	Female 15-19	Newquay Road Runners	47:30	47:35
200	377	Julia Burns	Female 50-54	Hayle Runners	47:32	47:38
201	22	Peter Allen	Male 60-64	Newquay Road Runners	47:36	47:45

202	323	Steven Thomas	Male 40-44	Carn Runners	47:29	47:46
203	793	Zoe Worledge	Female 20-34	-No Club or Other	47:37	47:50
204	700	Gemma Roberts	Female 35-39	-No Club or Other	47:44	47:52
205	360	Rebecca Ellis	Female 35-39	Bodmin Women's RC	47:45	47:52
206	289	Melissa Nicholas	Female 20-34	Hayle Runners	47:42	47:53
207	499	Faye Savage	Female 40-44	Hayle Runners	47:47	47:55
208	748	Dean Barrett	Male 55-59	Tamar Trotters	47:47	47:56
209	194	Michelle Steele	Female 35-39	Newquay Road Runners	47:52	48:03
210	801	David Knight	Male 35-39	-No Club or Other	47:31	48:04
211	809	Nicola Noble	Female 20-34	Plymouth Harriers	47:59	48:05
212	599	Graham Risdale	Male 60-64	-No Club or Other	47:55	48:05
213	808	Peter McAughey	Male 50-54	Launceston Road Runners	47:54	48:06
214	403	Brian Wiles	Male 70-74	Launceston Road Runners	47:58	48:07
215	226	Nicola Gearing	Female 35-39	Tri Logic Cornwall	47:56	48:08
216	786	Sarah Robinson	Female 40-44	Plymouth Musketeers Running Club	47:55	48:11
217	579	Tamsyn Harris	Female 50-54	-No Club or Other	48:00	48:13
218	412	Steven Jenkin	Male 45-49	Cornwall AC	48:12	48:19
219	689	Olivia Pellowe	Female 40-44	Carn Runners	48:05	48:22
220	386	Louise Jarrett	Female 40-44	Tri Logic Cornwall	48:15	48:27
221	781	Matthew Grzenda	Male 40-44	Plymouth Musketeers Running Club	44:16	48:27
222	592	Gareth Lewis	Male 45-49	-No Club or Other	47:51	48:28
223	395	Peter Chapman	Male 65-69	Carn Runners	48:21	48:29
224	383	Liz Trebilcock	Female 55-59	Truro Running Club	48:25	48:33
225	784	Emma Richards	Female 40-44	Mounts Bay Harriers	48:25	48:34
226	678	Lee Strickland	Female 40-44	Hayle Runners	48:28	48:37
227	200	Ian Matthews	Male 50-54	Mounts Bay Harriers	48:25	48:38
228	706	Nigel Tucker	Male 40-44	-No Club or Other	48:26	48:39
229	355	Katie Bullock	Female 35-39	Newquay Road Runners	48:33	48:40
230	177	Claire Winfield	Female 50-54	Launceston Road Runners	48:31	48:41
231	270	Alan Brookland	Male 35-39	Newquay Road Runners	48:35	48:45
232	361	Joanna Marcinekova	Female 35-39	Cornwall AC	48:38	48:51
233	312	Ross Temby	Male 20-34	Newquay Road Runners	48:40	48:53
234	309	Angie Burkey	Female 40-44	Newquay Road Runners	48:45	48:54
235	341	Hayley Marriott	Female 45-49	East Cornwall Harriers	48:45	48:59

236	815	Tracey Cullerton	Female 45-49	Plymouth Musketeers Running Club	48:44	49:00
237	449	Trevor Spinks	Male 45-49	Truro Running Club	48:50	49:03
238	558	Helen Dodwell	Female 40-44	Truro Running Club	48:56	49:04
239	792	Sophie Worledge	Female 20-34	-No Club or Other	48:56	49:08
240	537	Karen Walters	Female 45-49	Newquay Road Runners	49:05	49:14
241	535	John Roberts	Male 40-44	-No club or other	48:44	49:21
242	736	Peter Skelton	Male 35-39	-No Club or Other	49:20	49:24
243	106	Andy Chase	Male 20-34	St Austell Running Club	49:18	49:29
244	174	Susanne Wood	Female 40-44	Cornwall AC	49:09	49:29
245	347	Vicky Oakes	Female 45-49	St Austell Running Club	49:15	49:30
246	795	Greg May	Male 35-39	Carn Runners	49:19	49:33
247	219	Eve Hearle	Female 35-39	Newquay Road Runners	49:26	49:36
248	783	Steve Bush	Male 45-49	Plymouth Musketeers Running Club	49:27	49:44
249	742	Steven Evans	Male 40-44	-No Club or Other	49:44	49:48
250	297	Andrew Vosper	Male 60-64	Bodmin Road Runners	49:45	49:53
251	235	Alison Temple	Female 55-59	Bodmin Road Runners	49:44	49:53
252	690	Emma Rowland	Female 35-39	-No Club or Other	49:47	49:57
253	515	Alison Catnach	Female 45-49	Looe Pioneers Running Club	49:49	49:59
254	53	Tim Knab	Male 50-54	Bodmin Road Runners	49:44	50:00
255	765	Adam Eaton	Male 40-44	-No Club or Other	49:34	50:00
256	134	Lisa Player	Female 55-59	Newquay Road Runners	49:46	50:00
257	437	Thomas Moore	Male 35-39	Truro Running Club	49:46	50:01
258	20	Alison Potter	Female 40-44	Newquay Road Runners	49:52	50:02
259	206	Mike Baldwin	Male 55-59	Hayle Runners	49:50	50:02
260	60	Wayne Rundle	Male 45-49	Launceston Road Runners	49:45	50:03
261	285	Amy Gregory	Female 20-34	Newquay Road Runners	49:55	50:04
262	49	Rachel Wallis	Female 40-44	JP Fitness Cornwall	49:46	50:04
263	318	Sean Webb	Male 50-54	Hayle Runners	49:53	50:05
264	494	Helen Knowles	Female 40-44	Hayle Runners	50:00	50:07
265	627	David Madge	Male 45-49	-No Club or Other	49:52	50:07
266	150	Tracey Nicholls	Female 55-59	Mounts Bay Harriers	50:02	50:08
267	551	Catherine Horton	Female 45-49	Falmouth RRC	49:49	50:09
268	354	Derek Smith	Male 55-59	Hayle Runners	50:01	50:10
269	375	Richard Collett	Male 35-39	Hayle Runners	49:57	50:10

270	709	Jane Stedman	Female 55-59	100 Marathon Club	49:49	50:15
271	575	Natalie Harris	Female 20-34	-No Club or Other	49:42	50:16
272	459	Robert Rochowiak	Male 55-59	Carn Runners	50:05	50:22
273	814	Christopher Rowe	Male 50-54	Carn Runners	50:21	50:31
274	596	Gary Kent	Male 50-54	-No Club or Other	50:27	50:33
275	712	Terry Bartlett	Male 55-59	Plymouth Harriers	50:20	50:35
276	156	Isabel Irwin-Bowler	Female 20-34	St Austell Running Club	50:07	50:36
277	415	David Wilcox	Male 40-44	Truro Running Club	50:24	50:39
278	336	Andrew Jay	Male 45-49	St Austell Running Club	50:26	50:40
279	99	Diane Warren	Female 65-69	Hayle Runners	50:30	50:42
280	684	Phil Bees	Male 60-64	Plymouth Musketeers Running Club	50:36	50:54
281	301	David Becker	Male 40-44	Newquay Road Runners	50:33	50:55
282	379	Natalie Halpin	Female 40-44	-No club or other	50:20	51:00
283	753	Stephen Woodard	Male 60-64	Bodmin Road Runners	50:52	51:01
284	52	John Bosustow	Male 45-49	JP Fitness Cornwall	50:45	51:04
285	545	John Gorton	Male 65-69	Mounts Bay Harriers	50:55	51:06
286	357	Robert Kernaghan	Male 45-49	Looe Pioneers Running Club	50:57	51:10
287	665	Jon Sharp	Male 35-39	-No Club or Other	50:40	51:12
288	2	Gemma Vare	Female 35-39	Bodmin Road Runners	50:52	51:17
289	79	Clare Mckee	Female 40-44	Bodmin Road Runners	50:56	51:18
290	774	Raphael Nagappa	Male 45-49	Newquay Road Runners	51:03	51:23
291	705	Edward Rook	Male 20-34	-No Club or Other	51:09	51:29
292	6	Mike Saville	Male 45-49	St Austell Running Club	51:20	51:31
293	796	Nick Steele	Male 35-39	-No Club or Other	51:10	51:32
294	540	Rob Pick	Male 60-64	East Cornwall Harriers	51:19	51:34
295	648	Deborah Bennett	Female 50-54	Plymouth Musketeers Running Club	51:20	51:35
296	419	Paul Kelsey	Male 40-44	East Cornwall Harriers	51:24	51:37
297	747	Simon Blackburn	Male 55-59	Mounts Bay Harriers	51:28	51:38
298	595	Katrina Block	Female 40-44	-No Club or Other	51:28	51:38
299	658	Gregg Norton	Male 35-39	St Austell Running Club	51:26	51:42
300	54	Joanne Barry	Female 45-49	JP Fitness Cornwall	51:22	51:42
301	532	Tim Wilson	Male 35-39	JP Fitness Cornwall	51:31	51:51
302	225	Steve Mildenhall	Male 45-49	Newquay Road Runners	51:34	51:51
303	217	Louise Cooke-Davies	Female 50-54	Newquay Road Runners	51:32	51:51

304	328	Jeanette Duncan	Female 60-64	Newquay Road Runners	51:36	51:51
305	23	Barry Russell	Male 40-44	St Austell Running Club	51:38	51:53
306	109	Marty Barnfield	Male 45-49	Bodmin Road Runners	51:32	51:58
307	518	Kelly Bills	Female 40-44	Carn Runners	51:44	52:01
308	47	Sharon Kinsella	Female 40-44	JP Fitness Cornwall	51:46	52:03
309	652	Colin Miller	Male 35-39	-No Club or Other	51:47	52:04
310	850	Adrian Henwood	Male 40-44	-No Club or Other	51:46	52:05
311	41	Jo Miners	Female 40-44	JP Fitness Cornwall	51:47	52:07
312	780	Keith George	Male 55-59	Maverick Runners	51:48	52:07
313	444	Darren Hardwick	Male 50-54	Looe Pioneers Running Club	51:54	52:08
314	623	Tristen Gardiner	Male 20-34	-No Club or Other	51:58	52:09
315	29	Helen Stevenson	Female 35-39	Bodmin Road Runners	51:46	52:10
316	568	Jon Mitchell	Male 45-49	Cornwall AC	51:57	52:12
317	466	Jonathan Smith	Male 20-34	-No club or other	51:55	52:16
318	307	Jonathan Sadler	Male 50-54	Mounts Bay Harriers	51:56	52:17
319	248	Lee Evans	Male 45-49	Newquay Road Runners	51:59	52:19
320	798	Emma Dunne	Female 40-44	Plymouth Musketeers Running Club	52:04	52:20
321	392	Tiffany Howard	Female 20-34	Cornwall AC	52:08	52:21
322	382	Christopher Ramsey	Male 65-69	Truro Running Club	52:15	52:24
323	48	Julie Oxenham	Female 45-49	Bodmin Road Runners	52:00	52:25
324	85	Tom Hancock	Male 40-44	-No club or other	52:06	52:25
325	496	John Brady	Male 55-59	East Cornwall Harriers	52:12	52:25
326	348	Mark Pinnick	Male 40-44	Falmouth RRC	52:08	52:26
327	227	Anna Porter	Female 35-39	Newquay Road Runners	52:12	52:27
328	664	Katie Sharp	Female 40-44	-No Club or Other	52:00	52:29
329	503	Mike Kestle	Male 65-69	Newquay Road Runners	52:25	52:29
330	359	Sarah Worth	Female 40-44	Launceston Road Runners	52:13	52:30
331	829	Laura Aspen	Female 20-34	Hayle Runners	52:09	52:32
332	646	Ian Savigar	Male 55-59	-No Club or Other	52:17	52:33
333	580	Andrew White	Male 55-59	-No Club or Other	52:12	52:35
334	119	Kayleigh Grose	Female 20-34	St Austell Running Club	52:24	52:36
335	88	Sam Edmunds	Male 45-49	Hayle Runners	52:24	52:36
336	805	Samantha Turner	Female 50-54	Plymouth Musketeers Running Club	52:20	52:37
337	44	Sarah Allen	Female 50-54	Carn Runners	52:26	52:37

338	593	Niamh Ashworth	Female 35-39	-No Club or Other	52:23	52:38
339	465	Nigel Knuckey	Male 60-64	Truro Running Club	52:22	52:38
340	251	Katherine Stevens	Female 40-44	St Austell Running Club	52:25	52:41
341	399	Hannah Smith	Female 20-34	Hayle Runners	52:34	52:42
342	238	Lucy Hewitt	Female 50-54	Newquay Road Runners	52:31	52:43
343	124	Stephen Forwood	Male 45-49	Carn Runners	52:30	52:45
344	90	Joanna Skyba	Female 35-39	St Austell Running Club	52:32	52:47
345	304	Andrew Cook	Male 45-49	-No club or other	52:37	52:47
346	777	Robert Burrows	Male 65-69	Mounts Bay Harriers	52:37	52:49
347	505	Cara Hicks	Female 35-39	Newquay Road Runners	52:37	52:51
348	455	Wayne Lawrie	Male 45-49	Carn Runners	52:43	52:57
349	164	Diane Foster	Female 45-49	Looe Pioneers Running Club	52:37	52:59
350	236	Andy Moore	Male 60-64	Hayle Runners	52:51	53:02
351	221	Claire Mildenhall	Female 45-49	Newquay Road Runners	52:48	53:05
352	372	Martin Gregory	Male 50-54	Looe Pioneers Running Club	52:53	53:05
353	615	Nicky Morse	Male 60-64	Bys Vyken	52:50	53:08
354	803	Sarah Harrington	Female 20-34	-No Club or Other	52:36	53:10
355	489	Antony Penhaul	Male 70-74	Mounts Bay Harriers	53:00	53:16
356	145	Jenna Butler	Female 35-39	-No club or other	52:56	53:18
357	321	Megan Hearnden	Female 15-19	Looe Pioneers Running Club	53:00	53:21
358	255	Stella Gardener	Female 35-39	-No club or other	53:07	53:21
359	324	Emma Savage	Female 35-39	Newquay Road Runners	53:18	53:36
360	650	Andrea Commons	Female 50-54	-No Club or Other	53:21	53:39
361	789	Peter Drew	Male 70-74	Carn Runners	53:26	53:40
362	136	Garry Player	Male 50-54	Newquay Road Runners	53:26	53:40
363	718	Tom Risdale	Male 35-39	-No Club or Other	53:32	53:42
364	421	Michelle Roskilly	Female 50-54	Hayle Runners	53:18	53:49
365	616	Matthew Glencross	Male 45-49	-No Club or Other	53:30	53:49
366	846	Andrew Jones	Male 40-44	-No Club or Other	53:41	53:52
367	582	Neill Furlonger	Male 35-39	-No Club or Other	53:43	53:54
368	704	Dawn Dyer	Female 60-64	Plymouth Musketeers Running Club	53:44	54:02
369	534	Nick Miles	Male 65-69	Newquay Road Runners	53:54	54:10
370	43	Claire Barlow	Female 45-49	Bodmin Road Runners	53:47	54:11
371	477	Sarah Wilkinson	Female 55-59	Newquay Road Runners	53:54	54:13

372	639	Suzy Paul	Female 45-49	-No Club or Other	53:29	54:14
373	485	Helen Webb	Female 40-44	Mounts Bay Harriers	54:04	54:17
374	513	James Wright	Male 50-54	-No club or other	54:02	54:20
375	370	Holly Payne	Female 20-34	St Austell Running Club	54:08	54:24
376	141	Helen Przewanski	Female 60-64	Tavistock AC	54:12	54:33
377	97	Des Evans	Male 70-74	Newquay Road Runners	54:27	54:39
378	233	Sara Robins	Female 20-34	Newquay Road Runners	54:27	54:39
379	564	Laura Pryor	Female 20-34	Carn Runners	54:18	54:40
380	441	Helen Lawes	Female 45-49	Looe Pioneers Running Club	54:23	54:45
381	310	Patrick Haynes	Male 55-59	St Austell Running Club	54:08	54:46
382	685	Anita Chambers	Female 55-59	Plymouth Musketeers Running Club	54:32	54:50
383	397	Martin Grieb	Male 40-44	Newquay Road Runners	54:28	54:51
384	246	Pete Higham	Male 60-64	Falmouth RRC	54:30	54:53
385	351	Derrick Frantz	Male 50-54	Cornwall AC	54:16	54:56
386	122	Neil Ham	Male 50-54	JP Fitness Cornwall	54:42	54:59
387	405	Kim Csehi	Female 35-39	St Austell Running Club	54:51	55:06
388	448	Gillian Onley	Female 50-54	Cornwall AC	54:40	55:08
389	802	Gemma Woolfe	Female 35-39	-No Club or Other	54:47	55:14
390	64	Zoe Buse	Female 45-49	Bodmin Road Runners	54:45	55:14
391	807	Ed Culshaw	Male 45-49	-No Club or Other	54:48	55:15
392	578	Nina Hampton	Female 40-44	-No Club or Other	54:38	55:15
393	606	Chris Hawkins	Male 35-39	Ocean City Running Club	54:38	55:16
394	725	Philip Bunt	Male 65-69	-No Club or Other	54:52	55:21
395	726	Martin Bunt	Male 20-34	-No Club or Other	54:54	55:22
396	442	Simon James	Male 45-49	Cornwall AC	55:02	55:30
397	241	Susan Powell	Female 45-49	Falmouth RRC	55:08	55:30
398	414	Thomas Grafton	Male 40-44	Truro Running Club	55:16	55:31
399	18	Bryony Halliday	Female 20-34	Cornwall AC	55:10	55:31
400	394	Denise Lydall	Female 50-54	Falmouth RRC	55:11	55:36
401	400	Peter Combellack	Male 45-49	Newquay Road Runners	55:08	55:37
402	93	Zoe Lock	Female 35-39	Hayle Runners	55:26	55:38
403	155	Sarah Brandwood	Female 40-44	Mile High	55:16	55:41
404	30	Nick Pentreath	Male 55-59	Falmouth RRC	55:21	55:41
405	434	Carly Kent	Female 40-44	Falmouth RRC	55:26	55:45

406	230	Jim Lockyer	Male 60-64	East Cornwall Harriers	55:19	55:46
407	198	David Wilton	Male 60-64	Falmouth RRC	55:29	55:48
408	657	Tom Moore	Male 20-34	-No Club or Other	55:27	55:53
409	346	Emma Collins	Female 40-44	Looe Pioneers Running Club	55:27	55:54
410	40	Katrina Verran	Female 40-44	Bodmin Road Runners	55:30	55:55
411	66	Samantha Jayne	Female 45-49	Newquay Road Runners	55:42	55:56
412	362	Wietske Hansen	Female 50-54	Carn Runners	55:23	55:58
413	50	Sarah Arthur	Female 45-49	JP Fitness Cornwall	55:34	55:59
414	510	Linda Pickard	Female 55-59	Launceston Road Runners	55:39	56:04
415	511	David Pickard	Male 60-64	Launceston Road Runners	55:38	56:04
416	775	Rhiah Harrison	Female 20-34	JP Fitness Cornwall	55:39	56:06
417	731	Claire Cole	Female 35-39	-No Club or Other	55:48	56:08
418	754	Cressida Chrusciak	Female 35-39	-No Club or Other	55:47	56:08
419	73	Janet Ritchie	Female 55-59	Carn Runners	55:56	56:11
420	554	Marie-Ann Cann	Female 45-49	Mounts Bay Harriers	55:50	56:11
421	175	Amy Payne	Female 35-39	Truro Running Club	55:50	56:16
422	112	Jenny Saunter	Female 50-54	Bodmin Women's RC	55:49	56:20
423	391	Charlie Gray	Female 40-44	Newquay Road Runners	56:04	56:21
424	544	Phil Gendall	Male 55-59	Cornwall AC	56:07	56:21
425	469	Linda Cuff	Female 50-54	Looe Pioneers Running Club	56:03	56:23
426	835	Matt Luckham	Male 45-49	-No Club or Other	56:03	56:25
427	384	Kathryn Marsh	Female 40-44	Carn Runners	56:16	56:32
428	464	Sara Tanatova	Female 20-34	-No club or other	56:13	56:34
429	295	Deborah Pearce	Female 50-54	Hayle Runners	56:12	56:36
430	613	Becky Wilson	Female 35-39	-No Club or Other	56:10	56:41
431	474	Mark Harrington	Male 55-59	Carn Runners	56:22	56:42
432	548	Tom Gribble	Male 15-19	Launceston Road Runners	56:31	56:43
433	779	Becky George	Female 50-54	Torbay Tri Club	56:31	56:44
434	199	Sharon Chapman	Female 45-49	Newquay Road Runners	56:14	56:45
435	216	Duncan Kane	Male 55-59	Mounts Bay Harriers	56:32	56:49
436	13	Martin Trethewey	Male 50-54	St Austell Running Club	56:21	56:51
437	24	Nicola Vosper	Female 60-64	Bodmin Road Runners	56:28	56:52
438	25	Norbert Hamacher	Male 60-64	Truro Running Club	56:23	56:53
439	734	Thomas Hulbert	Male 35-39	-No Club or Other	56:38	56:57

440	528	Kate Rowlands	Female 35-39	Falmouth RRC	56:34	56:59
441	800	Clare Quarton	Female 20-34	-No Club or Other	56:44	57:06
442	574	Shona Mullen	Female 55-59	-No Club or Other	56:44	57:08
443	211	Ian Ringer	Male 70-74	Bodmin Road Runners	56:44	57:08
444	160	Sarah Wilding	Female 40-44	Hayle Runners	56:42	57:09
445	424	Alan Brandwood	Male 70-74	Falmouth RRC	56:39	57:10
446	272	Sarah Booker	Female 45-49	Falmouth RRC	56:52	57:10
447	624	Sarah Eddy	Female 20-34	-No Club or Other	56:42	57:12
448	172	Angeline Hadfield	Female 20-34	Truro Running Club	56:51	57:17
449	586	Stephen Young	Male 45-49	100 Marathon Club	56:41	57:17
450	745	Kerrie Parker	Female 45-49	Bodmin Road Runners	56:55	57:19
451	126	Melanie Maskell	Female 50-54	St Austell Running Club	56:36	57:21
452	446	Laura Palmer	Female 45-49	JP Fitness Cornwall	56:55	57:21
453	708	Aaron Sweet	Male 20-34	-No Club or Other	56:53	57:22
454	128	Miriam Leyshon	Female 15-19	Falmouth RRC	56:51	57:24
455	609	Mark Wheeler	Male 50-54	-No Club or Other	57:01	57:25
456	851	Janie Buckley	Female 45-49	-No Club or Other	57:02	57:28
457	113	David Hampton	Male 45-49	St Austell Running Club	56:52	57:29
458	737	Bartosz Glow	Male 40-44	-No Club or Other	56:58	57:31
459	191	Alison Parsons	Female 45-49	Bodmin Women's RC	57:04	57:33
460	727	Julie Hogan	Female 50-54	-No Club or Other	57:12	57:34
461	356	Ann Senior	Female 60-64	Hayle Runners	57:02	57:35
462	695	Steven Martin	Male 50-54	Storm Plymouth	56:53	57:35
463	641	Natalie Dorney	Female 40-44	-No Club or Other	57:08	57:35
464	553	Natasha Hennings	Female 40-44	Truro Running Club	57:07	57:37
465	656	Mandy White	Female 20-34	-No Club or Other	57:06	57:37
466	12	Emma Lawry	Female 40-44	St Austell Running Club	57:13	57:39
467	173	Anna Jenkin	Female 45-49	JP Fitness Cornwall	57:17	57:42
468	427	Tandy Brumby	Female 55-59	Falmouth RRC	57:14	57:43
469	10	Charlie Trethewey	Female 40-44	St Austell Running Club	56:59	57:45
470	728	Ryan Marks	Male 15-19	-No Club or Other	57:27	57:46
471	201	Susan Matthews	Female 55-59	Mounts Bay Harriers	57:18	57:47
472	830	Terry Male	Male 35-39	-No Club or Other	57:31	57:49
473	121	Morwenna Paterson	Female 40-44	JP Fitness Cornwall	57:25	57:51

474	161	Tania Coker	Female 20-34	Storm	57:27	57:52
475	125	Jackie Cope	Female 60-64	Falmouth RRC	57:31	57:53
476	509	Aimee Williams	Female 35-39	Bodmin Women's RC	57:32	57:55
477	764	Mary-Jane Pantling	Female 35-39	-No Club or Other	57:29	57:58
478	213	Kate Crehan	Female 40-44	Hayle Runners	57:26	57:59
479	692	Shane Neethling	Male 40-44	-No Club or Other	57:44	58:00
480	186	Karen Sims	Female 50-54	East Cornwall Harriers	57:20	58:02
481	183	Jeanette Brady	Female 50-54	Bodmin Women's RC	57:43	58:12
482	210	Jean Cutlan	Female 50-54	St Austell Running Club	57:41	58:14
483	620	Tracy Lean	Female 50-54	-No Club or Other	57:57	58:16
484	824	Claire Budge	Female 45-49	St Austell Running Club	57:47	58:17
485	78	Ann Knight	Female 40-44	PB Running Club	57:56	58:18
486	253	Peter Saverton	Male 65-69	Falmouth RRC	57:48	58:19
487	845	Nikki Collins	Female 35-39	-No Club or Other	57:42	58:19
488	252	Samantha Alexander	Female 50-54	Cornwall AC	57:57	58:20
489	123	Robert Willcocks	Male 60-64	Falmouth RRC	58:12	58:31
490	366	John Clements	Male 55-59	Carn Runners	57:58	58:33
491	763	Amanda Lawry	Female 45-49	Carn Runners	58:16	58:35
492	724	Laura James	Female 35-39	-No Club or Other	58:11	58:35
493	260	Amanda Pochee	Female 40-44	Hayle Runners	58:16	58:36
494	836	Abby Bassett	Female 20-34	Launceston Road Runners	58:16	58:40
495	713	Claire Tully	Female 45-49	Bodmin Women's RC	58:17	58:47
496	264	Susan Rescorl	Female 55-59	Bodmin Women's RC	58:18	58:48
497	317	John Barnes	Male 55-59	Launceston Road Runners	58:20	58:49
498	662	Abbie Smith	Female 20-34	St Austell Running Club	57:59	58:52
499	17	Francis Vosper	Male 60-64	Bodmin Road Runners	58:23	58:52
500	514	Sandy Jamieson	Female 65-69	Carn Runners	58:31	58:53
501	148	Tamara Greet	Female 40-44	JP Fitness Cornwall	58:27	58:54
502	266	Kevin Burnett	Male 65-69	Newquay Road Runners	58:29	58:57
503	738	Siobhan Benney	Female 35-39	-No Club or Other	58:40	59:06
504	102	Victoria Harrison	Female 40-44	Launceston Road Runners	58:37	59:12
505	740	Hannah Blackburn	Female 20-34	-No Club or Other	58:38	59:13
506	811	Becky Horton	Female 35-39	Newquay Road Runners	58:50	59:13
507	691	Karen Hopkins	Female 45-49	-No Club or Other	58:42	59:14

508	247	Trevor Cornish	Male 50-54	Hayle Runners	58:46	59:14
509	55	Kate Dudman	Female 40-44	Bodmin Women's RC	58:46	59:16
510	273	Kath Key	Female 60-64	-No club or other	58:45	59:23
511	274	Carol Pollard	Female 65-69	East Cornwall Harriers	58:53	59:26
512	140	Sarah Johns	Female 40-44	Mounts Bay Harriers	59:06	59:27
513	365	Fran Long	Female 60-64	Hayle Runners	58:55	59:28
514	757	Suzanne Willcox	Female 40-44	-No Club or Other	58:55	59:28
515	208	Tim Cutlan	Male 50-54	St Austell Running Club	59:03	59:42
516	630	Maria Clarke	Female 45-49	-No Club or Other	59:13	59:43
517	831	Alice Martin	Female 20-34	-No Club or Other	59:13	59:45
518	539	Sadie Nelson	Female 40-44	PB Running Club	59:24	59:47
519	570	Hollie Hallibone	Female 20-34	JP Fitness Cornwall	59:10	59:49
520	267	Gail Cory	Female 50-54	East Cornwall Harriers	59:15	59:50
521	542	Geraldine Bowden	Female 60-64	Looe Pioneers Running Club	59:28	59:55
522	617	Jackie Morse	Female 60-64	Bys Vyken	59:40	59:58
523	127	Jennifer Lawson	Female 55-59	Newquay Road Runners	59:41	59:58
524	543	Kelly Stevens	Female 45-49	Falmouth RRC	59:20	59:59
525	735	Lucinda Brewer	Female 45-49	-No Club or Other	59:33	59:59
526	19	Sandra Treleven	Female 45-49	Mounts Bay Harriers	59:30	1:00:00
527	607	Rachel Bevan	Female 35-39	-No Club or Other	59:20	1:00:05
528	428	Tim Andrews	Male 60-64	Falmouth RRC	59:42	1:00:12
529	388	Sarah Steed	Female 45-49	East Cornwall Harriers	59:45	1:00:13
530	182	Melanie Billington	Female 50-54	Hayle Runners	59:44	1:00:15
531	817	Louisa Tottle	Female 50-54	-No Club or Other	59:39	1:00:15
532	818	Emily Leiworthy	Female 20-34	-No Club or Other	59:39	1:00:16
533	157	Sandra Haynes	Female 50-54	East Cornwall Harriers	59:44	1:00:18
534	192	Rachel Flanagan	Female 50-54	Falmouth RRC	59:59	1:00:26
535	374	Fiona Russell	Female 50-54	Truro Running Club	59:58	1:00:28
536	282	Janine Dawes	Female 20-34	Newquay Road Runners	1:00:02	1:00:33
537	471	Mick Torres	Male 55-59	Looe Pioneers Running Club	59:55	1:00:33
538	129	Catherine Leyshon	Female 45-49	Falmouth RRC	1:00:06	1:00:39
539	118	Amy Gates	Female 20-34	St Austell Running Club	59:54	1:00:39
540	259	Merwyn Quick	Female 40-44	Launceston Road Runners	1:00:10	1:00:45
541	322	Wendy Lowe	Female 60-64	Bodmin Women's RC	1:00:09	1:00:46

542	423	Sally Martin	Female 45-49	Falmouth RRC	1:00:11	1:00:47
543	520	Faye Gibson	Female 40-44	Carn Runners	1:00:21	1:00:58
544	256	Sarah Ross	Female 55-59	Launceston Road Runners	1:00:36	1:01:01
545	681	Yvonne Trudgeon	Female 55-59	Bys Vyken	1:00:53	1:01:11
546	154	Jamie Gore	Female 35-39	Hayle Runners	1:00:46	1:01:15
547	409	David Jackson	Male 45-49	Falmouth RRC	1:00:57	1:01:19
548	339	Diana Raiker	Female 20-34	Falmouth RRC	1:00:44	1:01:19
549	292	Rachel Waters	Female 50-54	St Austell Running Club	1:00:36	1:01:21
550	3	Phil Chapman	Male 35-39	-No club or other	1:00:52	1:01:23
551	440	David Hotchkiss	Male 60-64	Looe Pioneers Running Club	1:01:04	1:01:24
552	773	Marie Green	Female 40-44	Falmouth RRC	1:00:49	1:01:27
553	721	David Perman	Male 45-49	-No Club or Other	1:01:18	1:01:31
554	4	Jo Craddock	Female 45-49	St Austell Running Club	1:01:03	1:01:38
555	788	Chris Cooper-Young	Male 50-54	-No Club or Other	1:01:03	1:01:39
556	522	Deb Cooper-Young	Female 50-54	St Austell Running Club	1:01:04	1:01:39
557	767	Claire Johnson	Female 20-34	-No Club or Other	1:01:01	1:01:40
558	306	Laura Sadler	Female 50-54	Mounts Bay Harriers	1:01:13	1:01:42
559	165	Katherine Webster	Female 40-44	Newquay Road Runners	1:01:20	1:01:47
560	601	Clare Mclellan	Female 45-49	-No Club or Other	1:01:21	1:01:48
561	196	Jacqueline Jenkin	Female 70-74	Cornwall AC	1:01:30	1:01:53
562	195	Richard Jenkin	Male 75-79	Cornwall AC	1:01:31	1:01:54
563	837	Vicky Blundell	Female 20-34	-No Club or Other	1:01:31	1:01:55
564	5	Rebecca Shore	Female 50-54	St Austell Running Club	1:01:32	1:01:58
565	598	Joanna Pentecost	Female 35-39	-No Club or Other	1:01:27	1:01:58
566	189	Margaret Wade	Female 65-69	Carn Runners	1:01:40	1:02:02
567	311	Nikki Pritchard	Female 40-44	East Cornwall Harriers	1:01:34	1:02:03
568	723	Helen Cattran-Dunlop	Female 50-54	Hayle Runners	1:01:33	1:02:03
569	67	Sharon Rundle	Female 55-59	Launceston Road Runners	1:01:28	1:02:04
570	180	Martin Venning	Male 65-69	Launceston Road Runners	1:01:46	1:02:19
571	218	Chris Oakes	Male 45-49	Mounts Bay Harriers	1:01:48	1:02:26
572	291	Jackie Stone	Female 55-59	Mounts Bay Harriers	1:02:06	1:02:29
573	389	Jacqui Martin	Female 45-49	St Austell Running Club	1:01:45	1:02:30
574	632	Julie Hewitt	Female 40-44	-No Club or Other	1:01:57	1:02:35
575	181	Liane Holt	Female 20-34	Newquay Road Runners	1:02:27	1:02:40

576	281	David Mann	Male 45-49	-No club or other	1:02:07	1:02:41
577	497	Sue Pooley	Female 55-59	Bodmin Women's RC	1:02:05	1:02:42
578	743	Sarah Woodcock	Female 20-34	-No Club or Other	1:02:15	1:02:43
579	611	Jonathan Cryer	Male 65-69	-No Club or Other	1:02:13	1:02:47
580	699	Andrea Carter	Female 50-54	-No Club or Other	1:02:20	1:02:52
581	69	Ruth Avery	Female 45-49	JP Fitness Cornwall	1:02:14	1:02:56
582	682	Nichola Sinclair	Female 50-54	Bodmin Road Runners	1:02:34	1:02:59
583	107	Ann Bradley	Female 55-59	St Austell Running Club	1:02:33	1:03:07
584	89	Stacey Orchard	Female 20-34	JP Fitness Cornwall	1:02:26	1:03:09
585	46	Deborah Sturges	Female 55-59	Mounts Bay Harriers	1:02:48	1:03:18
586	597	Estelle Young	Female 45-49	Northampton Road Runners	1:02:45	1:03:21
587	456	Christopher Donald	Male 40-44	Newquay Road Runners	1:02:39	1:03:22
588	838	Rachael Church	Female 45-49	-No Club or Other	1:02:52	1:03:24
589	771	Kitty Summers	Female 20-34	-No Club or Other	1:02:47	1:03:26
590	839	Ruth Spiers	Female 40-44	St Austell Running Club	1:02:44	1:03:26
591	825	Emma Kaye	Female 20-34	Newquay Road Runners	1:02:46	1:03:26
592	714	Darren Grose	Male 50-54	-No Club or Other	1:02:55	1:03:37
593	308	John Lillis	Male 70-74	Newquay Road Runners	1:03:15	1:03:39
594	21	Rebecca Leivers	Female 45-49	Newquay Road Runners	1:03:11	1:03:43
595	819	Ian Butler	Male 45-49	-No Club or Other	1:02:55	1:03:44
596	655	Lily Stansfield	Female 15-19	-No Club or Other	1:03:24	1:03:51
597	653	Elizabeth Stansfield	Female 45-49	-No Club or Other	1:03:25	1:03:52
598	290	Samantha Snell	Female 20-34	East Cornwall Harriers	1:03:05	1:03:52
599	649	Jennifer Oatway	Female 35-39	Plymouth Harriers	1:03:11	1:03:54
600	45	Julie Cypher	Female 40-44	St Austell Running Club	1:03:07	1:03:59
601	407	Terry King	Female 60-64	East Cornwall Harriers	1:03:27	1:04:00
602	114	Lynn Harvey	Female 65-69	Newquay Road Runners	1:03:31	1:04:00
603	827	Mike Mack	Male 70-74	Carn Runners	1:04:06	1:04:22
604	168	Hannah Adams	Female 40-44	St Austell Running Club	1:03:38	1:04:22
605	77	Sally Fletcher	Female 50-54	St Austell Running Club	1:03:50	1:04:26
606	625	Emma Edwards	Female 20-34	-No Club or Other	1:03:47	1:04:33
607	612	Francesca Blows	Female 20-34	-No Club or Other	1:03:47	1:04:33
608	11	Jocelyn Sandford	Female 45-49	Bodmin Women's RC	1:03:59	1:04:35
609	96	Wendy Williams	Female 55-59	JP Fitness Cornwall	1:04:27	1:04:53

610	636	Julie Pope	Female 50-54	-No Club or Other	1:04:21	1:04:54
611	74	Jennifer Burden	Female 35-39	St Austell Running Club	1:04:19	1:04:54
612	257	Julie Flower	Female 50-54	Newquay Road Runners	1:04:25	1:04:56
613	338	Jessica Davies	Female 40-44	St Austell Running Club	1:04:21	1:04:57
614	367	Ruth Phillips	Female 45-49	Hayle Runners	1:04:31	1:04:59
615	170	Peter Middleton	Male 60-64	St Austell Running Club	1:04:33	1:05:09
616	411	Lizzie Hasell	Female 35-39	Truro Running Club	1:04:35	1:05:11
617	476	Gennara Bray	Female 20-34	St Austell Running Club	1:04:36	1:05:20
618	739	Rachel Robertson	Female 20-34	-No Club or Other	1:04:46	1:05:21
619	275	Jacqueline Rapier	Female 60-64	Falmouth RRC	1:04:49	1:05:21
620	523	Sharon Moreau	Female 45-49	Looe Pioneers Running Club	1:04:41	1:05:22
621	37	Lesley Pallett	Female 50-54	St Austell Running Club	1:04:48	1:05:28
622	635	Shaun Pascoe	Male 50-54	-No Club or Other	1:05:04	1:05:29
623	633	Clare Pascoe	Female 55-59	-No Club or Other	1:05:06	1:05:29
624	772	Nicky Sowerby	Female 50-54	Truro Running Club	1:04:54	1:05:30
625	590	Charlotte Brown	Female 45-49	-No Club or Other	1:04:54	1:05:39
626	550	Natalie Jewell	Female 35-39	Falmouth RRC	1:04:53	1:05:39
627	92	Catherine Trerise	Female 50-54	Cornwall AC	1:05:03	1:05:41
628	240	Beverley Talbot	Female 55-59	St Austell Running Club	1:05:02	1:05:46
629	237	Emma Williams	Female 35-39	JP Fitness Cornwall	1:05:04	1:05:46
630	15	Lesley Taphouse	Female 55-59	Bodmin Road Runners	1:05:26	1:05:51
631	787	Jasmine Robinson	Female 15-19	Plymouth Musketeers Running Club	1:05:23	1:05:55
632	209	Amy Abraham	Female 20-34	Hayle Runners	1:05:17	1:05:57
633	61	Zoe Carey	Female 20-34	Bodmin Women's RC	1:05:27	1:06:03
634	176	Timothea Cardell	Female 75-79	Hayle Runners	1:05:31	1:06:05
635	686	Angela Cann	Female 45-49	Ocean City Running Club	1:05:22	1:06:05
636	526	Claire Hatwell	Female 35-39	Lonely Goat RC	1:05:39	1:06:06
637	14	Jackie Chapman	Female 55-59	Launceston Road Runners	1:05:31	1:06:09
638	276	Julie Bolitho	Female 50-54	Mounts Bay Harriers	1:05:42	1:06:11
639	560	Alan Smith	Male 75-79	East Cornwall Harriers	1:05:25	1:06:13
640	715	Angela Ellis	Female 40-44	-No Club or Other	1:05:35	1:06:22
641	628	Helen Williams	Female 60-64	Bys Vyken	1:06:24	1:06:26
642	594	Andy Harris	Male 50-54	-No Club or Other	1:05:57	1:06:31
643	1	Pat Lockett	Male 70-74	Newquay Road Runners	1:05:54	1:06:31

644	680	Oliver Burton	Male 45-49	-No Club or Other	1:05:54	1:06:31
645	583	Annabel Harris	Female 20-34	-No Club or Other	1:06:00	1:06:33
646	39	Stephanie Hancock	Female 40-44	St Austell Running Club	1:06:00	1:06:42
647	27	Christine Todd	Female 55-59	St Austell Running Club	1:05:56	1:06:47
648	791	Tom Edie	Male 35-39	-No Club or Other	1:06:26	1:06:49
649	28	Samantha Chapple	Female 45-49	Hayle Runners	1:06:06	1:06:52
650	288	Jamie Chapple	Male 45-49	Hayle Runners	1:06:06	1:06:52
651	171	Lynn Allen	Female 40-44	Bodmin Women's RC	1:06:16	1:06:53
652	228	Laura Williams	Female 20-34	Hayle Runners	1:06:24	1:06:54
653	212	Rachael Prideaux	Female 40-44	Bodmin Women's RC	1:06:05	1:06:55
654	337	Sophie Huband	Female 45-49	Mounts Bay Harriers	1:06:34	1:06:55
655	110	Sean Taylor	Male 50-54	Bodmin Road Runners	1:06:07	1:06:56
656	31	Craig Welch	Male 35-39	Bodmin Road Runners	1:06:29	1:06:56
657	139	Holly Garbett	Female 20-34	East Cornwall Harriers	1:06:23	1:07:04
658	103	Judy Gluyas	Female 50-54	East Cornwall Harriers	1:06:19	1:07:06
659	698	Kate Goodfellow	Female 20-34	-No Club or Other	1:06:19	1:07:09
660	716	Brett Hall	Male 35-39	-No Club or Other	1:06:52	1:07:15
661	762	Natasha Jose	Female 40-44	-No Club or Other	1:06:32	1:07:17
662	32	Michaela Thomas-Horton	Female 50-54	St Austell Running Club	1:06:38	1:07:18
663	271	Jane Naylor	Female 55-59	Hayle Runners	1:06:47	1:07:21
664	342	Donna Fisher	Female 35-39	Newquay Road Runners	1:06:52	1:07:26
665	501	Kim Stafford	Female 20-34	Launceston Road Runners	1:06:37	1:07:28
666	832	Kate Christman	Female 40-44	-No Club or Other	1:06:55	1:07:36
667	729	Kim Gillson	Female 40-44	-No Club or Other	1:06:57	1:07:38
668	573	Lynne Egginton	Female 40-44	-No Club or Other	1:06:58	1:07:38
669	349	Kathy Saunders	Female 65-69	Looe Pioneers Running Club	1:07:01	1:07:42
670	71	Samantha Ewart	Female 45-49	St Austell Running Club	1:07:01	1:07:51
671	602	Melanie Houghton	Female 35-39	-No Club or Other	1:07:11	1:07:54
672	358	Lisa Kernaghan	Female 45-49	Looe Pioneers Running Club	1:07:17	1:07:57
673	402	Mandy Kemp	Female 60-64	Looe Pioneers Running Club	1:07:18	1:07:57
674	768	Stephanie Kerslake	Female 40-44	-No Club or Other	1:07:22	1:08:08
675	722	Jane Caff	Female 55-59	Newquay Road Runners	1:07:42	1:08:16
676	149	Broni Jones	Female 40-44	St Austell Running Club	1:07:34	1:08:20
677	151	Rachael Staff	Female 45-49	St Austell Running Club	1:07:35	1:08:20

678	577	Karen Warner	Female 55-59	-No Club or Other	1:07:51	1:08:30
679	675	Emma Kiddle	Female 35-39	-No Club or Other	1:08:02	1:08:40
680	732	Maria Patten	Female 50-54	-No Club or Other	1:08:08	1:08:51
681	621	Melanie Pedrick	Female 45-49	Plymouth Harriers	1:08:23	1:09:04
682	669	Julie Board	Female 45-49	Plymouth Harriers	1:08:23	1:09:04
683	143	Kim Fell	Female 20-34	St Austell Running Club	1:08:21	1:09:05
684	571	Jo Carter	Female 45-49	Falmouth RRC	1:08:19	1:09:06
685	350	Louise Fildes	Female 40-44	St Austell Running Club	1:08:33	1:09:16
686	610	Lizz Young	Female 40-44	-No Club or Other	1:08:43	1:09:17
687	697	Jenny Scott	Female 35-39	-No Club or Other	1:08:42	1:09:23
688	634	Jacqueline Bloomfield	Female 35-39	-No Club or Other	1:08:40	1:09:25
689	696	Alison Buscombe	Female 35-39	-No Club or Other	1:08:45	1:09:26
690	262	Julie Atherton	Female 50-54	Bodmin Road Runners	1:08:49	1:09:30
691	766	Laura Glinski	Female 35-39	-No Club or Other	1:08:45	1:09:30
692	546	Jane Thomas	Female 60-64	St Austell Running Club	1:08:46	1:09:31
693	472	Amy Lythgoe	Female 20-34	Newquay Road Runners	1:09:12	1:09:36
694	343	Jo Lay	Female 55-59	Hayle Runners	1:09:23	1:09:57
695	842	Sinead McGreal Dinsdale	Female 45-49	St Austell Running Club	1:09:18	1:09:59
696	828	Tabitha Webb	Female 35-39	-No Club or Other	1:09:18	1:10:00
697	207	Sandra Orchard	Female 55-59	JP Fitness Cornwall	1:09:32	1:10:18
698	816	Helen Guy	Female 35-39	-No Club or Other	1:09:41	1:10:20
699	80	Christina Lake	Female 60-64	Falmouth RRC	1:09:53	1:10:32
700	591	Kat Yates	Female 20-34	-No Club or Other	1:09:52	1:10:35
701	668	Sandra Jones	Female 45-49	-No Club or Other	1:09:53	1:10:40
702	65	Angela Yates	Female 60-64	St Austell Running Club	1:09:58	1:10:41
703	258	Sarah Marsh	Female 45-49	East Cornwall Harriers	1:09:55	1:10:43
704	435	Tracey Radley	Female 50-54	Carn Runners	1:10:10	1:11:01
705	451	Nicola Crilly	Female 40-44	Falmouth RRC	1:10:16	1:11:04
706	410	Andrea Jackson	Female 50-54	Falmouth RRC	1:10:24	1:11:10
707	68	Rosie Trevains	Female 20-34	Bodmin Women's RC	1:10:27	1:11:13
708	660	David Banbury	Male 55-59	-No Club or Other	1:10:24	1:11:13
709	785	Melissa Tonkin	Female 20-34	Hayle Runners	1:10:46	1:11:33
710	371	Julie Gregory	Female 50-54	Looe Pioneers Running Club	1:10:56	1:11:38
711	420	Sandra Northcott	Female 45-49	Looe Pioneers Running Club	1:10:57	1:11:39

712	120	Diane Walker	Female 55-59	St Austell Running Club	1:11:10	1:11:46
713	398	James Danks	Male 35-39	Falmouth RRC	1:11:43	1:12:14
714	34	Janet Wills	Female 65-69	St Austell Running Club	1:11:46	1:12:35
715	185	Lisa Vercoe	Female 45-49	St Austell Running Club	1:12:00	1:12:37
716	223	Joanne Bilkey	Female 20-34	Bodmin Women's RC	1:11:48	1:12:39
717	822	Sarah Correnti	Female 35-39	Hayle Runners	1:11:55	1:12:43
718	438	Zoe Hunt	Female 40-44	Carn Runners	1:11:51	1:12:43
719	436	Helen Staples	Female 45-49	Carn Runners	1:11:58	1:12:49
720	812	Sally Turner	Female 45-49	St Austell Running Club	1:12:18	1:12:58
721	280	Amanda Rundle	Female 45-49	St Austell Running Club	1:12:22	1:12:58
722	525	Leanna Cox	Female 45-49	Carn Runners	1:12:13	1:13:02
723	619	Summer Runner	Female 40-44	Storm Plymouth	1:12:20	1:13:04
724	138	Jemma Ellis	Female 20-34	Hayle Runners	1:13:03	1:13:11
725	76	Dennis Burrell	Male 75-79	Carn Runners	1:12:41	1:13:16
726	299	Dave Anderson	Male 50-54	Bodmin Road Runners	1:12:37	1:13:27
727	673	Holly Hutchins	Female 20-34	-No Club or Other	1:12:36	1:13:28
728	215	Peter Jenkin	Male 60-64	Falmouth RRC	1:12:53	1:13:31
729	663	Laura Hoare	Female 40-44	Fordy Runs	1:12:45	1:13:33
730	153	Karen Sully	Female 50-54	Bodmin Road Runners	1:13:22	1:14:03
731	239	Michael Wooding	Male 70-74	Newquay Road Runners	1:13:13	1:14:05
732	16	David Ralls	Male 65-69	St Austell Running Club	1:13:39	1:14:19
733	59	Anna Seymour	Female 40-44	St Austell Running Club	1:13:40	1:14:23
734	268	Kathryn Thomas	Female 40-44	Cornwall AC	1:14:32	1:15:10
735	277	Robert Bolitho	Male 60-64	Mounts Bay Harriers	1:14:59	1:15:30
736	820	Karen Baxter	Female 45-49	-No Club or Other	1:14:44	1:15:33
737	298	Michele Steabler	Female 55-59	JP Fitness Cornwall	1:14:48	1:15:35
738	364	Jacquie Pascoe	Female 60-64	JP Fitness Cornwall	1:14:50	1:15:36
739	300	Nicola Bray	Female 40-44	JP Fitness Cornwall	1:14:49	1:15:36
740	749	Kate Latham	Female 65-69	-No Club or Other	1:14:53	1:15:42
741	91	Charlotte Richards	Female 45-49	Cornwall AC	1:15:07	1:15:46
742	188	Pauline Montgomery	Female 35-39	Bodmin Women's RC	1:15:01	1:15:51
743	483	Claire Chapman	Female 35-39	-No club or other	1:15:00	1:15:51
744	622	Courtney Marks	Female 15-19	-No Club or Other	1:15:27	1:16:09
745	672	Laura Hocking	Female 45-49	-No Club or Other	1:15:19	1:16:11

746	674	Paula Green	Female 45-49	Newquay Road Runners	1:15:21	1:16:11
747	565	Claire Vincent	Female 45-49	Carn Runners	1:16:05	1:16:50
748	760	Emma Moore	Female 40-44	-No Club or Other	1:16:05	1:16:51
749	517	Laura Dodds	Female 20-34	Hayle Runners	1:16:28	1:17:15
750	693	Hannah Durston	Female 20-34	-No Club or Other	1:16:32	1:17:22
751	618	Lisa Parr	Female 45-49	Plymouth Harriers	1:16:48	1:17:31
752	631	Faye Macgregor	Female 20-34	-No Club or Other	1:16:48	1:17:33
753	670	Jodie Munley	Female 40-44	-No Club or Other	1:16:46	1:17:37
754	137	Emma Johns	Female 40-44	Mounts Bay Harriers	1:16:57	1:17:39
755	701	Jane Rowe	Female 50-54	-No Club or Other	1:17:11	1:18:02
756	232	Caroline Knight	Female 35-39	Bodmin Women's RC	1:18:09	1:18:57
757	519	Tracey Peebles	Female 50-54	Falmouth RRC	1:18:19	1:19:12
758	425	Caroline Hodges	Female 60-64	Falmouth RRC	1:18:19	1:19:12
759	26	Grace Smith	Female 35-39	Bodmin Women's RC	1:18:31	1:19:21
760	33	Jackie Pentreath	Female 60-64	Falmouth RRC	1:18:41	1:19:33
761	167	Sharon Peake	Female 55-59	Bodmin Women's RC	1:18:54	1:19:45
762	95	Claire Jones	Female 40-44	East Cornwall Harriers	1:19:14	1:20:01
763	87	Lucy Oldham	Female 40-44	East Cornwall Harriers	1:19:14	1:20:01
764	296	Donna Dark	Female 20-34	Hayle Runners	1:19:38	1:20:26
765	381	Claire Stone	Female 35-39	Hayle Runners	1:20:15	1:20:27
766	536	Sally Fox	Female 55-59	Falmouth RRC	1:19:42	1:20:35
767	369	Lynne Overd	Female 55-59	Looe Pioneers Running Club	1:20:04	1:20:45
768	482	Shaun Pengelly	Male 55-59	Looe Pioneers Running Club	1:21:30	1:22:10
769	378	Guy Cooper	Male 45-49	Looe Pioneers Running Club	1:21:30	1:22:11
770	222	David Garrard	Male 70-74	Falmouth RRC	1:21:42	1:22:20
771	746	Gemma Poole	Female 20-34	-No Club or Other	1:22:18	1:22:58
772	603	Kirsty Hawkins	Female 35-39	Ocean City Running Club	1:22:19	1:22:58
773	491	Nicky Tucker	Female 40-44	Ocean City Running Club	1:22:17	1:23:02
774	576	Mary Dyer	Female 65-69	Plymouth Harriers	1:22:17	1:23:02
775	315	Phoebe Barnes	Female 15-19	Launceston Road Runners	1:22:37	1:23:28
776	302	Karen Anderson	Female 50-54	Bodmin Road Runners	1:22:46	1:23:35
777	335	Kristina Johnson	Female 20-34	JP Fitness Cornwall	1:23:13	1:24:01
778	671	Helen Siseman	Female 50-54	-No Club or Other	1:23:25	1:24:16
779	707	Bill Goadsby	Male 65-69	Daventry Road Runners	1:23:52	1:24:41

780	303	Sue Coates	Female 45-49	Mounts Bay Harriers	1:24:14	1:24:54
781	555	Ann Curtis-Clarke	Female 65-69	Bodmin Women's RC	1:25:17	1:26:10
782	445	Lorna Burton	Female 45-49	Carn Runners	1:28:38	1:29:28
783	178	Ann Venning	Female 65-69	Launceston Road Runners	1:29:55	1:30:47
784	524	Kayleigh Buscombe	Female 20-34	St Austell Running Club	1:32:12	1:33:01
785	486	Madeleine Blight	Female 60-64	St Austell Running Club	1:32:12	1:33:01
786	654	Hollie Baxter	Female 35-39	Plymouth Harriers	1:32:32	1:33:25
787	651	Leesa Pethick	Female 50-54	Plymouth Harriers	1:32:32	1:33:25
788	316	Sarah Barnes	Female 50-54	Launceston Road Runners	1:33:27	1:34:19
DNF	552	Sarah Howard	Female 45-49	Cornwall AC		
DNS	473	Lisa Jago	Female 45-49	Looe Pioneers Running Club		

Overall Winners

Place	Bib	Name	AG	Club	ChipTime	GunTime
Female						
1.	152	Ruth Barnes	Female 40-44	Falmouth RRC	36:11	36:12
2.	331	Heidi Tregenza	Female 20-34	Cornwall AC	37:10	37:10
3.	567	Imogen Wood	Female 15-19	Cornwall AC	37:25	37:25
Male						
1.	750	Ben Neale	Male 20-34	Tavistock Run Project	33:12	33:12
2.	401	Edward Mitchell	Male 15-19	Cornwall AC	33:39	33:39
3.	688	Adam Quinn	Male 20-34	-No Club or Other	33:46	33:46

Female Age Group Awards

Place	Bib	Name	Club	ChipTime	GunTime
Female 15-19					
1.	567	Imogen Wood	Cornwall AC	37:25	37:25
2.	245	Louise Mitchell	Cornwall AC	42:57	43:03
3.	730	Erin Burt	Newquay and Par AC	43:23	43:28
Female 20-34					
1.	331	Heidi Tregenza	Cornwall AC	37:10	37:10
2.	179	Stephanie Hearn	Cornwall AC	40:30	40:32
3.	130	Rebecca Stobart	Cornwall AC	41:34	41:38
Female 35-39					
1.	393	Sarah Hoskin	Mile High	38:53	38:54
2.	488	Anna Jenkins	Cornwall AC	40:25	40:27
3.	244	Collette Clements	Newquay Road Runners	44:20	44:21
Female 40-44					
1.	152	Ruth Barnes	Falmouth RRC	36:11	36:12
2.	376	Joanne Robinson	Looe Pioneers Running Club	40:24	40:28
3.	132	Eleanor Dixon	Newquay Road Runners	43:05	43:07
Female 45-49					
1.	261	Emma Stepto	Cornwall AC	37:52	37:52
2.	147	Emma Mossop	Falmouth RRC	42:48	42:52
3.	587	Beth Popperwell	Mile High	43:19	43:22
Female 50-54					
1.	319	Debbie Harrision-Webb	Hayle Runners	43:56	44:03
2.	529	Karen Mcclay	Mounts Bay Harriers	45:01	45:09
3.	214	Carol Randall	Mounts Bay Harriers	46:20	46:26
Female 55-59					
1.	42	Pam Solomon	PB Running Club	43:47	43:52
2.	429	Revis Crowle	East Cornwall Harriers	44:14	44:17
3.	383	Liz Trebilcock	Truro Running Club	48:25	48:33
Female 60-64					
1.	328	Jeanette Duncan	Newquay Road Runners	51:36	51:51
2.	704	Dawn Dyer	Plymouth Musketeers Running Club	53:44	54:02

3.	141	Helen Przewanski	Tavistock AC	54:12	54:33
Female 65-69					
1.	99	Diane Warren	Hayle Runners	50:30	50:42
2.	514	Sandy Jamieson	Carn Runners	58:31	58:53
3.	274	Carol Pollard	East Cornwall Harriers	58:53	59:26
Female 70-74					
1.	196	Jacqueline Jenkin	Cornwall AC	1:01:30	1:01:53
Female 75-79					
1.	176	Timothea Cardell	Hayle Runners	1:05:31	1:06:05

Male Age Group Awards

Place	Bib	Name	Club	ChipTime	GunTime
Male 15-19					
1.	401	Edward Mitchell	Cornwall AC	33:39	33:39
2.	521	Louis Ratcliffe	Cornwall AC	35:33	35:33
3.	608	Bradley Mclellan	Newquay Road Runners	37:56	37:56
Male 20-34					
1.	750	Ben Neale	Tavistock Run Project	33:12	33:12
2.	688	Adam Quinn	-No Club or Other	33:46	33:46
3.	782	Matt Yates	Cornwall AC	34:41	34:41
Male 35-39					
1.	190	Dave Angell	Mile High	35:02	35:02
2.	479	John McWilliams	Mounts Bay Harriers	35:30	35:30
3.	229	Andrew Martin	Mile High	35:37	35:37
Male 40-44					
1.	790	Carl Murphy	Mile High	35:28	35:29
2.	549	Alex Marples	Truro Running Club	36:51	36:51
3.	283	Darren Roose	Newquay Road Runners	39:24	39:25
Male 45-49					
1.	492	Simon Knowles	Hayle Runners	37:07	37:07
2.	286	Alex Daniels	Newquay Road Runners	37:13	37:14
3.	741	Raymond Tew	Plymouth Harriers	37:34	37:38
Male 50-54					
1.	758	Tony Wright	Cornwall AC	34:29	34:30
2.	508	Paul Whear	Cornwall AC	35:31	35:32
3.	86	Stephen Fuller	Hayle Runners	37:59	38:00
Male 55-59					
1.	294	Neill Cookson	Hayle Runners	38:44	38:45
2.	406	Steven Wherry	Hayle Runners	39:04	39:05
3.	234	Ian Temple	Bodmin Road Runners	42:45	42:52
Male 60-64					
1.	569	Andrew Gillespie	Bournemouth AC	46:50	46:55
2.	22	Peter Allen	Newquay Road Runners	47:36	47:45

3.	599	Graham Risdale	-No Club or Other	47:55	48:05
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Male 65-69

1.	83	Malcolm Roberts	St Austell Running Club	43:59	44:01
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2.	450	Geoff Letchford	Mounts Bay Harriers	45:31	45:34
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3.	561	Tommy Polglase	Carn Runners	46:53	47:01
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Male 70-74

1.	403	Brian Wiles	Launceston Road Runners	47:58	48:07
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2.	489	Antony Penhaul	Mounts Bay Harriers	53:00	53:16
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3.	789	Peter Drew	Carn Runners	53:26	53:40
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Male 75-79

1.	195	Richard Jenkin	Cornwall AC	1:01:31	1:01:54
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2.	560	Alan Smith	East Cornwall Harriers	1:05:25	1:06:13
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3.	76	Dennis Burrell	Carn Runners	1:12:41	1:13:16
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Female Team Results - Newquay 10k 2020

Team Pos	Bib	Name	MF Pos	Time	AG
1	Cornwall AC 1		32		
	331	Heidi Tregenza	2.	37:10	Female 20-34
	567	Imogen Wood	3.	37:25	Female 15-19
	261	Emma Stepto	4.	37:52	Female 45-49
	488	Anna Jenkins	6.	40:27	Female 35-39
	179	Stephanie Hearn	8.	40:32	Female 20-34
	130	Rebecca Stobart	9.	41:38	Female 20-34
2	Cornwall AC 2		172		
	245	Louise Mitchell	13.	43:03	Female 15-19
	432	Laura Rogers	26.	45:06	Female 20-34
	108	Amanda Hewitt	31.	45:45	Female 45-49
	422	Rebecca Benney	32.	45:54	Female 15-19
	203	Rachael Thomas	33.	46:03	Female 45-49
	431	Julia Pearce	37.	46:45	Female 40-44
3	Hayle Runners 1		192		
	115	Melodie Manners	15.	43:12	Female 20-34
	319	Debbie Harrision-Webb	21.	44:03	Female 50-54
	329	Rebecca Tossell	30.	45:32	Female 35-39
	146	Debbie Mitchell	41.	46:58	Female 45-49
	263	Lisa Friday	42.	46:59	Female 40-44
	116	Corinne Gerrard	43.	47:17	Female 45-49
4	Newquay Road Runners 1		243		
	132	Eleanor Dixon	14.	43:07	Female 40-44
	244	Collette Clements	23.	44:21	Female 35-39
	197	Tracy McKenzie	38.	46:47	Female 40-44
	166	Lauren Webster	48.	47:35	Female 15-19
	194	Michelle Steele	55.	48:03	Female 35-39
	355	Katie Bullock	65.	48:40	Female 35-39
5	Falmouth RRC 1		283		
	152	Ruth Barnes	1.	36:12	Female 40-44

	224	Hannah Tippetts	11.	42:32	Female 20-34
	147	Emma Mossop	12.	42:52	Female 45-49
	530	Rosie Bradbury	29.	45:25	Female 20-34
	551	Catherine Horton	86.	50:09	Female 45-49
	241	Susan Powell	144.	55:30	Female 45-49
6		Mounts Bay Harriers 1		378	
	529	Karen Mcclay	27.	45:09	Female 50-54
	214	Carol Randall	35.	46:26	Female 50-54
	481	Ruth Glover	36.	46:38	Female 20-34
	784	Emma Richards	63.	48:34	Female 40-44
	150	Tracey Nicholls	85.	50:08	Female 55-59
	485	Helen Webb	132.	54:17	Female 40-44
7		Hayle Runners 2		394	
	377	Julia Burns	49.	47:38	Female 50-54
	289	Melissa Nicholas	53.	47:53	Female 20-34
	499	Faye Savage	54.	47:55	Female 40-44
	678	Lee Strickland	64.	48:37	Female 40-44
	494	Helen Knowles	84.	50:07	Female 40-44
	99	Diane Warren	90.	50:42	Female 65-69
8		Newquay Road Runners 2		460	
	309	Angie Burkey	68.	48:54	Female 40-44
	537	Karen Walters	73.	49:14	Female 45-49
	219	Eve Hearle	76.	49:36	Female 35-39
	134	Lisa Player	80.	50:00	Female 55-59
	20	Alison Potter	81.	50:02	Female 40-44
	285	Amy Gregory	82.	50:04	Female 20-34
9		Looe Pioneers Running Club 1		489	
	376	Joanne Robinson	7.	40:28	Female 40-44
	744	Mandy Gibson	24.	44:53	Female 40-44
	515	Alison Catnach	79.	49:59	Female 45-49
	164	Diane Foster	119.	52:59	Female 45-49
	321	Megan Hearnden	123.	53:21	Female 15-19
	441	Helen Lawes	137.	54:45	Female 45-49
10		Bodmin Road Runners 1		513	

	293	Emma Stephens	44.	47:19	Female 20-34
	235	Alison Temple	77.	49:53	Female 55-59
	2	Gemma Vare	92.	51:17	Female 35-39
	79	Clare Mckee	93.	51:18	Female 40-44
	29	Helen Stevenson	102.	52:10	Female 35-39
	48	Julie Oxenham	105.	52:25	Female 45-49
11		St Austell Running Club 1		545	
	135	Stacie Marks	40.	46:57	Female 20-34
	347	Vicky Oakes	75.	49:30	Female 45-49
	156	Isabel Irwin-Bowler	89.	50:36	Female 20-34
	119	Kayleigh Grose	110.	52:36	Female 20-34
	251	Katherine Stevens	114.	52:41	Female 40-44
	90	Joanna Skyba	117.	52:47	Female 35-39
12		Plymouth Musketeers Running Club 1		564	
	786	Sarah Robinson	58.	48:11	Female 40-44
	815	Tracey Cullerton	70.	49:00	Female 45-49
	648	Deborah Bennett	94.	51:35	Female 50-54
	798	Emma Dunne	103.	52:20	Female 40-44
	805	Samantha Turner	111.	52:37	Female 50-54
	704	Dawn Dyer	128.	54:02	Female 60-64
13		Cornwall AC 3		576	
	243	Karen Pascoe	46.	47:27	Female 50-54
	361	Joanna Marcinekova	67.	48:51	Female 35-39
	174	Susanne Wood	74.	49:29	Female 40-44
	392	Tiffany Howard	104.	52:21	Female 20-34
	448	Gillian Onley	140.	55:08	Female 50-54
	18	Bryony Halliday	145.	55:31	Female 20-34
14		East Cornwall Harriers 1		589	
	429	Revis Crowle	22.	44:17	Female 55-59
	101	Kaye Patterson	25.	44:59	Female 20-34
	265	Sharon Daw	47.	47:31	Female 50-54
	341	Hayley Marriott	69.	48:59	Female 45-49
	186	Karen Sims	201.	58:02	Female 50-54
	274	Carol Pollard	225.	59:26	Female 65-69

15	Carn Runners 1		599	
	70 Meryl Elstone	39.	46:50	Female 50-54
	689 Olivia Pellowe	60.	48:22	Female 40-44
	518 Kelly Bills	99.	52:01	Female 40-44
	44 Sarah Allen	112.	52:37	Female 50-54
	564 Laura Pryor	136.	54:40	Female 20-34
	362 Wietske Hansen	153.	55:58	Female 50-54
16	Newquay Road Runners 3		655	
	217 Louise Cooke-Davies	97.	51:51	Female 50-54
	328 Jeanette Duncan	98.	51:51	Female 60-64
	227 Anna Porter	106.	52:27	Female 35-39
	238 Lucy Hewitt	116.	52:43	Female 50-54
	505 Cara Hicks	118.	52:51	Female 35-39
	221 Claire Mildenhall	120.	53:05	Female 45-49
17	JP Fitness Cornwall 1		690	
	49 Rachel Wallis	83.	50:04	Female 40-44
	54 Joanne Barry	96.	51:42	Female 45-49
	47 Sharon Kinsella	100.	52:03	Female 40-44
	41 Jo Miners	101.	52:07	Female 40-44
	50 Sarah Arthur	154.	55:59	Female 45-49
	775 Rhiah Harrison	156.	56:06	Female 20-34
18	Truro Running Club 1		705	
	36 Katy Jenkins	45.	47:24	Female 40-44
	383 Liz Trebilcock	62.	48:33	Female 55-59
	558 Helen Dodwell	71.	49:04	Female 40-44
	175 Amy Payne	161.	56:16	Female 35-39
	172 Angeline Hadfield	178.	57:17	Female 20-34
	553 Natasha Hennings	188.	57:37	Female 40-44
19	Hayle Runners 3		840	
	829 Laura Aspen	109.	52:32	Female 20-34
	399 Hannah Smith	115.	52:42	Female 20-34
	421 Michelle Roskilly	127.	53:49	Female 50-54
	93 Zoe Lock	147.	55:38	Female 35-39
	295 Deborah Pearce	167.	56:36	Female 50-54

	160 Sarah Wilding	175.	57:09	Female 40-44
20	Newquay Road Runners 4		875	
	324 Emma Savage	125.	53:36	Female 35-39
	477 Sarah Wilkinson	130.	54:13	Female 55-59
	233 Sara Robins	135.	54:39	Female 20-34
	66 Samantha Jayne	152.	55:56	Female 45-49
	391 Charlie Gray	163.	56:21	Female 40-44
	199 Sharon Chapman	170.	56:45	Female 45-49
21	Launceston Road Runners 1		1011	
	177 Claire Winfield	66.	48:41	Female 50-54
	359 Sarah Worth	108.	52:30	Female 40-44
	510 Linda Pickard	155.	56:04	Female 55-59
	836 Abby Bassett	212.	58:40	Female 20-34
	102 Victoria Harrison	219.	59:12	Female 40-44
	259 Merwyn Quick	251.	1:00:45	Female 40-44
22	Bodmin Women's RC 1		1012	
	360 Rebecca Ellis	52.	47:52	Female 35-39
	112 Jenny Saunter	162.	56:20	Female 50-54
	191 Alison Parsons	184.	57:33	Female 45-49
	509 Aimee Williams	198.	57:55	Female 35-39
	183 Jeanette Brady	202.	58:12	Female 50-54
	264 Susan Rescorl	214.	58:48	Female 55-59
23	Falmouth RRC 2		1017	
	394 Denise Lydall	146.	55:36	Female 50-54
	434 Carly Kent	149.	55:45	Female 40-44
	528 Kate Rowlands	172.	56:59	Female 35-39
	272 Sarah Booker	176.	57:10	Female 45-49
	128 Miriam Leyshon	182.	57:24	Female 15-19
	427 Tandy Brumby	192.	57:43	Female 55-59
24	St Austell Running Club 2		1038	
	370 Holly Payne	133.	54:24	Female 20-34
	405 Kim Csehi	139.	55:06	Female 35-39
	126 Melanie Maskell	180.	57:21	Female 50-54
	12 Emma Lawry	190.	57:39	Female 40-44

	10	Charlie Trethewey	193.	57:45	Female 40-44
	210	Jean Cutlan	203.	58:14	Female 50-54
25		Bodmin Road Runners 2	1055		
	43	Claire Barlow	129.	54:11	Female 45-49
	64	Zoe Buse	142.	55:14	Female 45-49
	40	Katrina Verran	151.	55:55	Female 40-44
	24	Nicola Vosper	171.	56:52	Female 60-64
	745	Kerrie Parker	179.	57:19	Female 45-49
	682	Nichola Sinclair	283.	1:02:59	Female 50-54
26		Carn Runners 2	1274		
	73	Janet Ritchie	159.	56:11	Female 55-59
	384	Kathryn Marsh	165.	56:32	Female 40-44
	763	Amanda Lawry	209.	58:35	Female 45-49
	514	Sandy Jamieson	216.	58:53	Female 65-69
	520	Faye Gibson	254.	1:00:58	Female 40-44
	189	Margaret Wade	271.	1:02:02	Female 65-69
27		JP Fitness Cornwall 2	1298		
	446	Laura Palmer	181.	57:21	Female 45-49
	173	Anna Jenkin	191.	57:42	Female 45-49
	121	Morwenna Paterson	195.	57:51	Female 40-44
	148	Tamara Greet	217.	58:54	Female 40-44
	570	Hollie Hallibone	232.	59:49	Female 20-34
	69	Ruth Avery	282.	1:02:56	Female 45-49
28		Hayle Runners 4	1323		
	356	Ann Senior	186.	57:35	Female 60-64
	213	Kate Crehan	200.	57:59	Female 40-44
	260	Amanda Pochee	211.	58:36	Female 40-44
	365	Fran Long	227.	59:28	Female 60-64
	182	Melanie Billington	242.	1:00:15	Female 50-54
	154	Jamie Gore	257.	1:01:15	Female 35-39
29		Mounts Bay Harriers 2	1358		
	554	Marie-Ann Cann	160.	56:11	Female 45-49
	201	Susan Matthews	194.	57:47	Female 55-59
	140	Sarah Johns	226.	59:27	Female 40-44

	19 Sandra Treleven	239.	1:00:00	Female 45-49
	306 Laura Sadler	264.	1:01:42	Female 50-54
	291 Jackie Stone	275.	1:02:29	Female 55-59
30	Falmouth RRC 3	1440		
	125 Jackie Cope	197.	57:53	Female 60-64
	543 Kelly Stevens	237.	59:59	Female 45-49
	192 Rachel Flanagan	246.	1:00:26	Female 50-54
	129 Catherine Leyshon	249.	1:00:39	Female 45-49
	423 Sally Martin	253.	1:00:47	Female 45-49
	339 Diana Raiker	258.	1:01:19	Female 20-34
31	St Austell Running Club 3	1452		
	824 Claire Budge	205.	58:17	Female 45-49
	662 Abbie Smith	215.	58:52	Female 20-34
	118 Amy Gates	250.	1:00:39	Female 20-34
	292 Rachel Waters	259.	1:01:21	Female 50-54
	4 Jo Craddock	261.	1:01:38	Female 45-49
	522 Deb Cooper-Young	262.	1:01:39	Female 50-54
32	Newquay Road Runners 5	1539		
	811 Becky Horton	221.	59:13	Female 35-39
	127 Jennifer Lawson	236.	59:58	Female 55-59
	282 Janine Dawes	248.	1:00:33	Female 20-34
	165 Katherine Webster	265.	1:01:47	Female 40-44
	181 Liane Holt	278.	1:02:40	Female 20-34
	825 Emma Kaye	291.	1:03:26	Female 20-34
33	Looe Pioneers Running Club 2	1574		
	346 Emma Collins	150.	55:54	Female 40-44
	469 Linda Cuff	164.	56:23	Female 50-54
	542 Geraldine Bowden	234.	59:55	Female 60-64
	523 Sharon Moreau	315.	1:05:22	Female 45-49
	349 Kathy Saunders	354.	1:07:42	Female 65-69
	358 Lisa Kernaghan	357.	1:07:57	Female 45-49
34	East Cornwall Harriers 2	1584		
	267 Gail Cory	233.	59:50	Female 50-54
	388 Sarah Steed	241.	1:00:13	Female 45-49

	157	Sandra Haynes	245.	1:00:18	Female 50-54
	311	Nikki Pritchard	272.	1:02:03	Female 40-44
	290	Samantha Snell	295.	1:03:52	Female 20-34
	407	Terry King	298.	1:04:00	Female 60-64
35		St Austell Running Club 4		1716	
	5	Rebecca Shore	269.	1:01:58	Female 50-54
	389	Jacqui Martin	276.	1:02:30	Female 45-49
	107	Ann Bradley	284.	1:03:07	Female 55-59
	839	Ruth Spiers	290.	1:03:26	Female 40-44
	45	Julie Cypher	297.	1:03:59	Female 40-44
	168	Hannah Adams	300.	1:04:22	Female 40-44
36		Bodmin Women's RC 2		1724	
	55	Kate Dudman	223.	59:16	Female 40-44
	322	Wendy Lowe	252.	1:00:46	Female 60-64
	497	Sue Pooley	279.	1:02:42	Female 55-59
	11	Jocelyn Sandford	304.	1:04:35	Female 45-49
	61	Zoe Carey	327.	1:06:03	Female 20-34
	171	Lynn Allen	339.	1:06:53	Female 40-44
37		St Austell Running Club 5		1867	
	77	Sally Fletcher	301.	1:04:26	Female 50-54
	74	Jennifer Burden	307.	1:04:54	Female 35-39
	338	Jessica Davies	309.	1:04:57	Female 40-44
	476	Gennara Bray	312.	1:05:20	Female 20-34
	37	Lesley Pallett	316.	1:05:28	Female 50-54
	240	Beverley Talbot	322.	1:05:46	Female 55-59
38		Hayle Runners 5		1915	
	723	Helen Cattran-Dunlop	273.	1:02:03	Female 50-54
	367	Ruth Phillips	310.	1:04:59	Female 45-49
	209	Amy Abraham	326.	1:05:57	Female 20-34
	176	Timothea Cardell	328.	1:06:05	Female 75-79
	28	Samantha Chapple	338.	1:06:52	Female 45-49
	228	Laura Williams	340.	1:06:54	Female 20-34
39		Plymouth Harriers 1		1961	
	809	Nicola Noble	56.	48:05	Female 20-34

	649 Jennifer Oatway	296.	1:03:54	Female 35-39
	621 Melanie Pedrick	366.	1:09:04	Female 45-49
	669 Julie Board	367.	1:09:04	Female 45-49
	618 Lisa Parr	428.	1:17:31	Female 45-49
	576 Mary Dyer	448.	1:23:02	Female 65-69
40	Newquay Road Runners 6	1986		
	21 Rebecca Leivers	292.	1:03:43	Female 45-49
	114 Lynn Harvey	299.	1:04:00	Female 65-69
	257 Julie Flower	308.	1:04:56	Female 50-54
	342 Donna Fisher	349.	1:07:26	Female 35-39
	722 Jane Caff	360.	1:08:16	Female 55-59
	472 Amy Lythgoe	378.	1:09:36	Female 20-34
41	Falmouth RRC 4	2037		
	773 Marie Green	260.	1:01:27	Female 40-44
	275 Jacqueline Rapier	314.	1:05:21	Female 60-64
	550 Natalie Jewell	320.	1:05:39	Female 35-39
	571 Jo Carter	369.	1:09:06	Female 45-49
	80 Christina Lake	384.	1:10:32	Female 60-64
	451 Nicola Crilly	390.	1:11:04	Female 40-44
42	St Austell Running Club 6	2098		
	39 Stephanie Hancock	336.	1:06:42	Female 40-44
	27 Christine Todd	337.	1:06:47	Female 55-59
	32 Michaela Thomas-Horton	347.	1:07:18	Female 50-54
	71 Samantha Ewart	355.	1:07:51	Female 45-49
	149 Broni Jones	361.	1:08:20	Female 40-44
	151 Rachael Staff	362.	1:08:20	Female 45-49
43	Launceston Road Runners 2	2115		
	256 Sarah Ross	255.	1:01:01	Female 55-59
	67 Sharon Rundle	274.	1:02:04	Female 55-59
	14 Jackie Chapman	331.	1:06:09	Female 55-59
	501 Kim Stafford	350.	1:07:28	Female 20-34
	315 Phoebe Barnes	449.	1:23:28	Female 15-19
	178 Ann Venning	456.	1:30:47	Female 65-69
44	JP Fitness Cornwall 3	2124		

	89	Stacey Orchard	285.	1:03:09	Female 20-34
	96	Wendy Williams	305.	1:04:53	Female 55-59
	237	Emma Williams	323.	1:05:46	Female 35-39
	207	Sandra Orchard	382.	1:10:18	Female 55-59
	298	Michele Steabler	414.	1:15:35	Female 55-59
	364	Jacquie Pascoe	415.	1:15:36	Female 60-64
45		St Austell Running Club 7		2278	
	143	Kim Fell	368.	1:09:05	Female 20-34
	350	Louise Fildes	370.	1:09:16	Female 40-44
	546	Jane Thomas	377.	1:09:31	Female 60-64
	842	Sinead McGreal Dinsdale	380.	1:09:59	Female 45-49
	65	Angela Yates	387.	1:10:41	Female 60-64
	120	Diane Walker	396.	1:11:46	Female 55-59
46		Hayle Runners 6		2353	
	271	Jane Naylor	348.	1:07:21	Female 55-59
	343	Jo Lay	379.	1:09:57	Female 55-59
	785	Melissa Tonkin	393.	1:11:33	Female 20-34
	822	Sarah Correnti	400.	1:12:43	Female 35-39
	138	Jemma Ellis	407.	1:13:11	Female 20-34
	517	Laura Dodds	426.	1:17:15	Female 20-34
47		Bodmin Women's RC 3		2420	
	212	Rachael Prideaux	341.	1:06:55	Female 40-44
	68	Rosie Trevains	392.	1:11:13	Female 20-34
	223	Joanne Bilkey	399.	1:12:39	Female 20-34
	188	Pauline Montgomery	419.	1:15:51	Female 35-39
	232	Caroline Knight	433.	1:18:57	Female 35-39
	26	Grace Smith	436.	1:19:21	Female 35-39
48		St Austell Running Club 8		2470	
	34	Janet Wills	397.	1:12:35	Female 65-69
	185	Lisa Vercoe	398.	1:12:37	Female 45-49
	812	Sally Turner	403.	1:12:58	Female 45-49
	280	Amanda Rundle	404.	1:12:58	Female 45-49
	59	Anna Seymour	411.	1:14:23	Female 40-44
	524	Kayleigh Buscombe	457.	1:33:01	Female 20-34

49

Carn Runners 3

435 Tracey Radley
438 Zoe Hunt
436 Helen Staples
525 Leanna Cox
565 Claire Vincent
445 Lorna Burton

2476

389. 1:11:01 Female 50-54
401. 1:12:43 Female 40-44
402. 1:12:49 Female 45-49
405. 1:13:02 Female 45-49
424. 1:16:50 Female 45-49
455. 1:29:28 Female 45-49

Male Team Results - Newquay 10k 2020

Team Pos	Bib	Name	MF Pos	Time	AG
1	Cornwall AC 1		51		
	401	Edward Mitchell	2.	33:39	Male 15-19
	758	Tony Wright	4.	34:30	Male 50-54
	782	Matt Yates	5.	34:41	Male 20-34
	508	Paul Whear	12.	35:32	Male 50-54
	521	Louis Ratcliffe	13.	35:33	Male 15-19
	770	Ryan Hanley	15.	35:48	Male 20-34
2	Mile High 1		91		
	190	Dave Angell	7.	35:02	Male 35-39
	790	Carl Murphy	10.	35:29	Male 40-44
	229	Andrew Martin	14.	35:37	Male 35-39
	334	Jon Paget	19.	36:53	Male 20-34
	396	Tom Howell	20.	37:00	Male 35-39
	142	Aaron Benney	21.	37:05	Male 35-39
3	Hayle Runners 1		144		
	711	Daniel Costello	8.	35:17	Male 20-34
	105	Jordan Morant	9.	35:19	Male 20-34
	492	Simon Knowles	22.	37:07	Male 45-49
	86	Stephen Fuller	29.	38:00	Male 50-54
	294	Neill Cookson	37.	38:45	Male 55-59
	406	Steven Wherry	39.	39:05	Male 55-59
4	Newquay Road Runners 1		206		
	286	Alex Daniels	23.	37:14	Male 45-49
	608	Bradley Mclellan	28.	37:56	Male 15-19
	572	Charles Buscombe	34.	38:29	Male 20-34
	158	Josh Karpinski	36.	38:38	Male 35-39
	283	Darren Roose	41.	39:25	Male 40-44
	58	Chris Walker	44.	39:59	Male 45-49
5	Cornwall AC 2		212		
	408	James Attwood	26.	37:43	Male 45-49
	566	Matt Railton	30.	38:00	Male 15-19

	462	Adrian Ball	33.	38:24	Male 50-54
	314	Craig Knuckey	38.	38:46	Male 50-54
	447	John Sole	42.	39:27	Male 35-39
	849	Tom Berryman	43.	39:38	Male 20-34
6		St Austell Running Club 1		256	
	82	James Cutlan	6.	34:52	Male 20-34
	475	David Tregonning	17.	36:18	Male 20-34
	755	Jamie Daniell	40.	39:22	Male 20-34
	169	Tim Adams	57.	40:35	Male 50-54
	327	Paul Johnson	61.	40:57	Male 20-34
	8	Mathew Henderson	75.	42:02	Male 20-34
7		Hayle Runners 2		355	
	506	James Manning	51.	40:21	Male 40-44
	454	Will Luckhurst	55.	40:24	Male 50-54
	498	Rich Savage	60.	40:56	Male 50-54
	159	David Wilding	62.	40:59	Male 40-44
	131	Scott Abraham	63.	41:04	Male 45-49
	75	Lee Burford	64.	41:11	Male 35-39
8		Cornwall AC 3		424	
	430	David Moore	53.	40:23	Male 45-49
	502	Chris Cox	59.	40:55	Male 45-49
	35	Sean Sandoe	65.	41:15	Male 50-54
	404	Danny Staples	72.	41:48	Male 15-19
	847	Mark Thomas	80.	42:36	Male 45-49
	332	David Atkinson-Beaumont	95.	43:24	Male 40-44
9		Truro Running Club 1		432	
	549	Alex Marples	18.	36:51	Male 40-44
	254	James Davies	69.	41:36	Male 35-39
	417	Oliver Pool	78.	42:20	Male 40-44
	562	Richard Chynoweth	85.	42:51	Male 40-44
	373	Andy Stallard	89.	42:57	Male 55-59
	460	Joseph Stanford	93.	43:21	Male 45-49
10		Newquay Road Runners 2		439	
	703	Andy Nicholson	45.	40:11	Male 20-34

	563	Neil Carter	52.	40:22	Male 35-39
	470	Dylan Mendez-Scott	70.	41:40	Male 15-19
	453	Lee Carter	73.	41:48	Male 20-34
	756	James Craddock	87.	42:54	Male 20-34
	468	Cody Brobin	112.	44:51	Male 15-19
11		Mounts Bay Harriers 1		445	
	479	John McWilliams	11.	35:30	Male 35-39
	457	Michael Rooney	50.	40:20	Male 20-34
	98	Tim Twiggs	56.	40:33	Male 50-54
	794	Mark Worledge	90.	42:57	Male 50-54
	490	Paul Angove	118.	45:20	Male 50-54
	450	Geoff Letchford	120.	45:34	Male 65-69
12		Plymouth Harriers 1		580	
	810	Robert Williams	16.	36:09	Male 35-39
	741	Raymond Tew	25.	37:38	Male 45-49
	719	Matthew Walkey	92.	43:15	Male 35-39
	720	Mark Thomas	121.	45:34	Male 45-49
	717	Steve Williams	139.	46:40	Male 20-34
	712	Terry Bartlett	187.	50:35	Male 55-59
13		St Austell Running Club 2		654	
	478	Lee Tambling	84.	42:46	Male 40-44
	83	Malcolm Roberts	107.	44:01	Male 65-69
	7	Ross Lawry	108.	44:05	Male 40-44
	187	Stuart Richards	109.	44:30	Male 45-49
	117	Ashley Gates	122.	45:45	Male 20-34
	353	Matt Hocking	124.	45:49	Male 45-49
14		Plymouth Musketeers Running Club 1		672	
	821	Mike Wall	24.	37:23	Male 20-34
	797	Damian Dunne	67.	41:30	Male 45-49
	647	Paul Bennett	116.	45:03	Male 55-59
	667	Andy Bees	133.	46:22	Male 35-39
	781	Matthew Grzenda	160.	48:27	Male 40-44
	783	Steve Bush	172.	49:44	Male 45-49
15		Truro Running Club 2		713	

	231	Glynn Edwards	94.	43:22	Male 20-34
	305	Jim Nettleton	101.	43:51	Male 50-54
	387	James Skeplorn	104.	43:56	Male 35-39
	556	Stephen Jones	119.	45:24	Male 35-39
	484	Andrew Blizzard	128.	46:08	Male 20-34
	449	Trevor Spinks	167.	49:03	Male 45-49
16		Bodmin Road Runners 1		764	
	340	Clive Ramsden	46.	40:12	Male 40-44
	234	Ian Temple	86.	42:52	Male 55-59
	778	Benjamin Crowle	91.	43:03	Male 40-44
	297	Andrew Vosper	174.	49:53	Male 60-64
	53	Tim Knab	175.	50:00	Male 50-54
	753	Stephen Woodard	192.	51:01	Male 60-64
17		Falmouth RRC 1		801	
	413	Kieran Murrant	27.	37:49	Male 20-34
	467	Jamie Carnon	79.	42:28	Male 35-39
	500	David Foy	113.	44:54	Male 45-49
	287	Russell King	115.	45:02	Male 35-39
	348	Mark Pinnick	221.	52:26	Male 40-44
	246	Pete Higham	246.	54:53	Male 60-64
18		Hayle Runners 3		830	
	844	Freddy England	130.	46:14	Male 15-19
	202	Nat Eva	132.	46:21	Male 15-19
	313	John James	137.	46:31	Male 40-44
	380	Frazer Humbles	142.	46:54	Male 35-39
	205	Steven Maclaren	144.	46:59	Male 50-54
	799	Graham Glew	145.	46:59	Male 20-34
19		Carn Runners 1		851	
	823	James Findlay	102.	43:51	Male 35-39
	416	Jon Eldon	117.	45:10	Male 55-59
	561	Tommy Polglase	146.	47:01	Male 65-69
	323	Steven Thomas	153.	47:46	Male 40-44
	395	Peter Chapman	162.	48:29	Male 65-69
	795	Greg May	171.	49:33	Male 35-39

20	Newquay Road Runners 3		864		
	541 Michael Lackey	125.	45:55	Male	50-54
	249 Paul Booty	135.	46:24	Male	45-49
	204 Elliot Walker	138.	46:36	Male	45-49
	220 Mick Davison	149.	47:26	Male	45-49
	22 Peter Allen	152.	47:45	Male	60-64
	270 Alan Brookland	165.	48:45	Male	35-39
21	Launceston Road Runners 1		974		
	385 Richard Foster	106.	43:59	Male	45-49
	104 Nick Harrison	114.	44:58	Male	40-44
	808 Peter McAughey	157.	48:06	Male	50-54
	403 Brian Wiles	158.	48:07	Male	70-74
	60 Wayne Rundle	179.	50:03	Male	45-49
	511 David Pickard	260.	56:04	Male	60-64
22	Looe Pioneers Running Club 1		1063		
	363 Mark Deacon	35.	38:31	Male	35-39
	345 Clive Finnimore	100.	43:45	Male	40-44
	357 Robert Kernaghan	195.	51:10	Male	45-49
	444 Darren Hardwick	212.	52:08	Male	50-54
	372 Martin Gregory	232.	53:05	Male	50-54
	471 Mick Torres	289.	1:00:33	Male	55-59
23	Cornwall AC 4		1081		
	333 Ross Atkinson-Beaumont	103.	43:54	Male	35-39
	84 Peter Hammond	105.	43:58	Male	50-54
	412 Steven Jenkin	159.	48:19	Male	45-49
	568 Jon Mitchell	214.	52:12	Male	45-49
	351 Derrick Frantz	247.	54:56	Male	50-54
	442 Simon James	253.	55:30	Male	45-49
24	Hayle Runners 4		1099		
	330 Andrew Ellis	151.	47:33	Male	45-49
	206 Mike Baldwin	178.	50:02	Male	55-59
	318 Sean Webb	180.	50:05	Male	50-54
	354 Derek Smith	182.	50:10	Male	55-59
	375 Richard Collett	183.	50:10	Male	35-39

	88	Sam Edmunds	225.	52:36	Male 45-49
25		East Cornwall Harriers 1		1103	
	94	Marcus Wills	83.	42:45	Male 35-39
	184	Andrew Sims	140.	46:41	Male 50-54
	540	Rob Pick	201.	51:34	Male 60-64
	419	Paul Kelsey	202.	51:37	Male 40-44
	496	John Brady	220.	52:25	Male 55-59
	230	Jim Lockyer	257.	55:46	Male 60-64
26		Newquay Road Runners 4		1199	
	312	Ross Temby	166.	48:53	Male 20-34
	301	David Becker	191.	50:55	Male 40-44
	774	Raphael Nagappa	197.	51:23	Male 45-49
	225	Steve Mildenhall	206.	51:51	Male 45-49
	248	Lee Evans	217.	52:19	Male 45-49
	503	Mike Kestle	222.	52:29	Male 65-69
27		St Austell Running Club 3		1213	
	106	Andy Chase	170.	49:29	Male 20-34
	336	Andrew Jay	189.	50:40	Male 45-49
	6	Mike Saville	199.	51:31	Male 45-49
	658	Gregg Norton	204.	51:42	Male 35-39
	23	Barry Russell	207.	51:53	Male 40-44
	310	Patrick Haynes	244.	54:46	Male 55-59
28		Mounts Bay Harriers 2		1239	
	200	Ian Matthews	163.	48:38	Male 50-54
	545	John Gorton	194.	51:06	Male 65-69
	747	Simon Blackburn	203.	51:38	Male 55-59
	307	Jonathan Sadler	216.	52:17	Male 50-54
	777	Robert Burrows	229.	52:49	Male 65-69
	489	Antony Penhaul	234.	53:16	Male 70-74
29		Carn Runners 2		1324	
	459	Robert Rochowiak	184.	50:22	Male 55-59
	814	Christopher Rowe	185.	50:31	Male 50-54
	124	Stephen Forwood	227.	52:45	Male 45-49
	455	Wayne Lawrie	230.	52:57	Male 45-49

	789 Peter Drew	235.	53:40	Male 70-74
	474 Mark Harrington	263.	56:42	Male 55-59
30	Truro Running Club 3		1330	
	437 Thomas Moore	177.	50:01	Male 35-39
	415 David Wilcox	188.	50:39	Male 40-44
	382 Christopher Ramsey	218.	52:24	Male 65-69
	465 Nigel Knuckey	226.	52:38	Male 60-64
	414 Thomas Grafton	254.	55:31	Male 40-44
	25 Norbert Hamacher	267.	56:53	Male 60-64
31	Newquay Road Runners 5		1505	
	136 Garry Player	236.	53:40	Male 50-54
	534 Nick Miles	241.	54:10	Male 65-69
	97 Des Evans	243.	54:39	Male 70-74
	397 Martin Grieb	245.	54:51	Male 40-44
	400 Peter Combellack	255.	55:37	Male 45-49
	266 Kevin Burnett	285.	58:57	Male 65-69
32	Falmouth RRC 2		1633	
	30 Nick Pentreath	256.	55:41	Male 55-59
	198 David Wilton	258.	55:48	Male 60-64
	424 Alan Brandwood	270.	57:10	Male 70-74
	253 Peter Saverton	280.	58:19	Male 65-69
	123 Robert Willcocks	281.	58:31	Male 60-64
	428 Tim Andrews	288.	1:00:12	Male 60-64
33	Bodmin Road Runners 2		1707	
	109 Marty Barnfield	208.	51:58	Male 45-49
	211 Ian Ringer	269.	57:08	Male 70-74
	17 Francis Vosper	284.	58:52	Male 60-64
	110 Sean Taylor	313.	1:06:56	Male 50-54
	31 Craig Welch	314.	1:06:56	Male 35-39
	299 Dave Anderson	319.	1:13:27	Male 50-54