

Place	Bib	FirstName	LastName	Club	ChipTime	GunTime
1	282	Jacob	Landers	Tamar Trotters	0:58:14	0:58:14
2	402	Steve	Reynolds	Truro Running Club	1:02:47	1:02:47
3	351	Tom	Morton	Mile High Running Club	1:02:50	1:02:50
4	88	Tom	Carthey	Falmouth Road Runners	1:03:32	1:03:32
5	628	John	McWilliams	Mile High Running Club	1:03:56	1:03:56
6	317	Alex	Marples	Truro Running Club	1:04:56	1:04:56
7	262	Oliver	Jones	East Cornwall Harriers	1:05:32	1:05:35
8	677	Tom	Wraight		1:05:54	1:05:54
9	146	Roger	Easterbrook	Teignbridge Trotters	1:06:22	1:06:24
10	350	Simon	Morse		1:07:12	1:07:15
11	446	Peter	Sowerby	Truro Running Club	1:07:36	1:07:37
12	490	Tim	van Berkel	Truro Running Club	1:07:51	1:07:52
13	191	Richard	Ham	Tamar Trotters	1:07:53	1:07:53
14	125	Dave	Cudby	Truro Running Club	1:09:09	1:09:10
15	101	Robert	Chirgwin	Truro Running Club	1:09:22	1:09:23
16	420	Carl	Salmon	Malvern Buzzards	1:09:26	1:09:29
17	173	Liam	Gallantry	East Cornwall Harriers	1:09:28	1:09:30
18	253	Aidan	Jepson	Truro Running Club	1:09:36	1:09:37
19	337	Anthony	Mee	Lonely Goat RC	1:09:38	1:09:40
20	20	Luke	Attwood	Tamar Trotters	1:09:45	1:09:48
21	518	James	Wickett	Plymouth Harriers	1:10:09	1:10:11
22	208	Neil	Hayhurst	Hayle Runners	1:10:33	1:10:34
23	166	Stephen	Fuller	Hayle Runners	1:10:54	1:10:54
24	176	Mark	Gilbert	Newquay Road Runners	1:10:55	1:10:58
25	44	Edmund	Bennett	Hayle Runners	1:11:01	1:11:02
26	634	Kevin	Woodley		1:11:25	1:11:26
27	183	Matthew	Goodwin	Mile High Running Club	1:11:35	1:11:37
28	106	Daniel	Clewley		1:12:26	1:12:28
29	734	Gary	Mellish	Wembley Pioneers	1:12:42	1:12:42
30	133	Andrew	Delve	Crafthole Running and Powerlifting	1:12:40	1:12:43
31	108	James	Cockley		1:12:50	1:12:52
32	60	Crispin	Brabner	Tamar Trotters	1:13:25	1:13:29
33	473	Josh	Tiffin	Runnymede Runners	1:13:52	1:13:57
34	31	Chris	Barrett	Hayle Runners	1:13:56	1:13:58
35	426	Julian	Scanes	Teignbridge Trotters	1:14:01	1:14:03
36	322	Richard	Martin	St Austell Running Club	1:14:05	1:14:11
37	341	Lloyd	Milbourn		1:14:10	1:14:12
38	403	Andy	Rich	St Austell Running Club	1:14:09	1:14:15
39	43	Raul	Bescos		1:14:29	1:14:32
40	339	Shaun	Mellow	Lonely Goat RC	1:14:28	1:14:32
41	257	Paul	Johnson	St Austell Running Club	1:14:29	1:14:34
42	104	Richard	Chynoweth	Truro Running Club	1:14:35	1:14:37
43	233	Joe	Hughes		1:14:43	1:14:44
44	494	Rachel	Parker	RAF Triathlon	1:14:45	1:14:49
45	381	David	Philp	East Cornwall Harriers	1:14:58	1:15:02
46	149	Kevin	Edwards	Tamar Trotters	1:15:02	1:15:07
47	37	Stuart	Batten	South Devon AC	1:15:27	1:15:32
48	467	Jo	Temple	Truro Running Club	1:15:32	1:15:34
49	525	David	Wilding	Hayle Runners	1:15:46	1:15:48
50	136	Graham	Ditty	Mile High Running Club	1:15:53	1:15:55
51	206	John	Hatchell		1:16:16	1:16:20
52	139	Marc	Doyle	East Cornwall Harriers	1:16:19	1:16:23
53	382	Lisa	Picton	East Cornwall Harriers	1:16:29	1:16:33
54	118	Nathan	Cooper	Kinetic Sports	1:16:41	1:16:44
55	197	Ben	Harris		1:16:46	1:16:48
56	643	Lucy	Williams	Truro Running Club	1:17:09	1:17:11
57	184	Ralph	Graves	Truro Running Club	1:17:10	1:17:12
58	213	Lee	Herbert	Plymouth Musketeers Running Club	1:17:37	1:17:41
59	354	Adrian	Mutsaers	Mile High Running Club	1:17:59	1:18:02
60	462	Mark	Sweeney	St Austell Running Club	1:18:20	1:18:26
61	196	Matt	Harries	Tamar Trotters	1:18:24	1:18:28
62	304	Robin	Watson	Falmouth Road Runners	1:18:36	1:18:41
63	211	Mathew	Henderson	St Austell Running Club	1:18:37	1:18:44

64	561	Adam	Willcox	Newquay Road Runners	1:18:40	1:18:47
65	355	James	Mutton		1:18:42	1:18:49
66	61	Matthew	Bradley		1:18:50	1:18:55
67	156	Clive	Finnimore	Looe Pioneers Running Club	1:18:56	1:19:00
68	422	Will	Sampson		1:18:55	1:19:04
69	153	David	Engledew	Erme Valley Harriers	1:19:09	1:19:14
70	18	Martyn	Atkins	Lonely Goat RC	1:19:10	1:19:17
71	148	Glynn	Edwards	Lonely Goat RC	1:19:11	1:19:21
72	646	Mark	Williams		1:19:18	1:19:21
73	408	Jake	Richardson		1:19:19	1:19:28
74	419	Ross	Sadler		1:19:22	1:19:31
75	349	Rebecca	Morgan	Truro Running Club	1:19:33	1:19:38
76	488	Tim	Twiggs	Hayle Runners	1:19:46	1:19:54
77	187	Melvyn	Griffiths		1:19:58	1:20:00
78	593	Marcus	Wills	East Cornwall Harriers	1:19:55	1:20:04
79	401	Ben	Reed	South Devon AC	1:20:05	1:20:10
80	54	Andrew	Blizzard	Truro Running Club	1:20:17	1:20:17
81	236	Neil	Hunkin		1:20:28	1:20:32
82	307	Nigel	Lutey		1:20:31	1:20:35
83	64	Jane	Bremner	Tamar Trotters	1:20:33	1:20:38
84	329	Charlene	Matthews	Storm Plymouth	1:20:56	1:20:57
85	78	James	Burch	Lonely Goat RC	1:20:56	1:21:01
86	130	Rhodri	Davies	Holsworthy Running Club	1:20:59	1:21:07
87	93	Shane	Caughey	East Cornwall Harriers	1:21:13	1:21:23
88	150	Jon	Eldon	Hayle Runners	1:21:22	1:21:26
89	131	Sharon	Daw	East Cornwall Harriers	1:21:37	1:21:41
90	383	Callum	Pinch	Truro Running Club	1:21:51	1:21:55
91	353	Patrick	Munn		1:22:08	1:22:12
92	199	Debbie	Harrison-Webb	Hayle Runners	1:22:16	1:22:21
93	241	Victoria	Jackson	Truro Running Club	1:22:19	1:22:22
94	255	Stacey	French	Truro Running Club	1:22:30	1:22:32
95	406	Stuart	Richards	St Austell Running Club	1:22:57	1:23:06
96	51	Matthew	Bisco	Crafthole Running and Powerlifting	1:23:16	1:23:19
97	22	Sarah	Austin		1:23:13	1:23:20
98	442	Dale	Tedder		1:23:23	1:23:27
99	170	Parry	Parry	Royal Navy	1:23:22	1:23:41
100	332	Gregory	May	Carn Runners	1:23:43	1:23:56
101	298	Christian	Robinson	Teignbridge Trotters	1:23:53	1:24:02
102	214	Amanda	Hewitt	Cornwall AC	1:23:57	1:24:04
103	496	Iain	Walker	St Austell Running Club	1:24:00	1:24:07
104	440	Derek	Skinner	Teignbridge Trotters	1:24:07	1:24:11
105	652	Aaron	Williams		1:24:06	1:24:17
106	290	Ross	Lawry	St Austell Running Club	1:24:16	1:24:22
107	443	Tim	Sleeman	Holsworthy Running Club	1:24:22	1:24:29
108	270	David	Kilgore	Storm Plymouth	1:24:27	1:24:32
109	500	Dani	Waters	South Devon AC	1:24:48	1:24:56
110	73	Joe	Brooks	Tamar Trotters	1:24:53	1:25:01
111	489	Pete	Tyers		1:24:39	1:25:02
112	85	Daniel	Carter		1:25:03	1:25:04
113	470	Mark	Thomas		1:25:03	1:25:09
114	204	Rose	Harvie	Newquay Road Runners	1:24:59	1:25:10
115	47	Jonathan	Berridge	Truro Running Club	1:25:07	1:25:14
116	102	Chris	Chirgwin	Truro Running Club	1:25:08	1:25:15
117	372	Gavin	Parrott	Teignbridge Trotters	1:25:13	1:25:23
118	79	Thomas	Burns	St Austell Running Club	1:25:24	1:25:35
119	484	Kaye	Patterson	East Cornwall Harriers	1:25:37	1:25:42
120	456	Ryan	Steven		1:25:38	1:25:43
121	348	Fiona	Montague	Tamar Trotters	1:25:45	1:25:56
122	387	Tommy	Polglase	Carn Runners	1:25:49	1:25:59
123	161	Richard	Foster	Launceston Road Runners	1:26:01	1:26:06
124	392	Martyn	Prouse	PB Running Club	1:26:09	1:26:15
125	25	Matthew	Ball		1:26:16	1:26:23
126	366	Liam	O'Neill	Hayle Runners	1:26:20	1:26:32
127	256	Chris	Johns		1:26:40	1:26:48

128	371	Becky	Parkyn	Plymouth Musketeers Running Club	1:26:42	1:26:52
129	265	Alan	Kember	Teignbridge Trotters	1:26:47	1:26:58
130	324	Gary	Martin	Plymouth Musketeers Running Club	1:26:55	1:27:04
131	112	Matthew	Compton	Lonely Goat RC	1:27:00	1:27:08
132	48	Patricia	Casas		1:27:03	1:27:22
133	185	Paul	Grayston		1:27:11	1:27:26
134	434	David	Simpson		1:27:20	1:27:28
135	346	Helen	Mitchell	Truro Running Club	1:27:23	1:27:31
136	91	Andrew	Cassidy		1:27:33	1:27:42
137	35	Steve	Bassett		1:27:51	1:27:56
138	481	Hannah	Matthews	East Cornwall Harriers	1:27:53	1:28:01
139	242	Andrew	James	Hayle Runners	1:27:57	1:28:03
140	465	Clare	Taylor		1:27:55	1:28:06
141	5	Peter	Allen	Newquay Road Runners	1:28:01	1:28:08
142	165	Harriet	Frost	Newquay Road Runners	1:28:05	1:28:15
143	243	Jenny	James		1:28:09	1:28:16
144	234	Frazer	Humbles	Hayle Runners	1:28:07	1:28:25
145	252	Fred	Jenkins	Instinctive Sport Fun Runners	1:28:12	1:28:25
146	358	Barry	Neal	Erme Valley Harriers	1:28:26	1:28:36
147	268	Beth	Key	Truro Running Club	1:28:37	1:28:43
148	344	Jenny	Mills		1:28:43	1:28:49
149	627	Richard	Wintle		1:28:42	1:28:52
150	41	Chris	Bell		1:28:43	1:28:57
151	113	Steven	Farrant	Plymouth Musketeers Running Club	1:28:48	1:29:00
152	412	Jonathan	Roberts	Plymouth Musketeers Running Club	1:28:48	1:29:00
153	264	Sean	Joyce	Wembley Pioneers	1:28:49	1:29:02
154	30	Marty	Barnfield	Bodmin Road Runners	1:29:22	1:29:32
155	24	Lisa	Ball		1:29:22	1:29:32
156	340	Mike	Merelie	St Austell Running Club	1:29:20	1:29:35
157	431	Catherine	Shortman		1:29:31	1:29:41
158	56	Guy	Boswell	Plymouth Musketeers Running Club	1:29:29	1:29:47
159	427	Nick	Shapland		1:29:51	1:30:04
160	458	Natasha	Stevens	Bodmin Women's RC	1:30:05	1:30:14
161	19	Richard	Atkinson	Plymouth Harriers	1:30:08	1:30:16
162	72	Jack	Brooks		1:30:05	1:30:18
163	2	Clarke	Aiden	St Austell Running Club	1:30:09	1:30:22
164	625	Claire	Winfield	Launceston Road Runners	1:31:00	1:31:12
165	394	Adam	Purvis	East Cornwall Harriers	1:31:08	1:31:13
166	269	Alex	Keyworth		1:31:33	1:31:38
167	482	Nigel	Tucker		1:31:32	1:31:40
168	251	Steven	Jenkin	Cornwall AC	1:31:26	1:31:44
169	438	Mark	Sinclair	Plymouth Musketeers Running Club	1:31:31	1:31:46
170	152	Alison	Engledew	Erme Valley Harriers	1:32:03	1:32:12
171	310	Rebecca	Mabelle	Climb South West Trail Team	1:32:18	1:32:25
172	439	Jake	Skate		1:32:21	1:32:27
173	221	Daz	Hocking	Storm Plymouth	1:32:30	1:32:30
174	361	Oli	Nidds	Carn Runners	1:32:19	1:32:31
175	308	Simon	Luther		1:32:19	1:32:39
176	461	John	Sudell	East Cornwall Harriers	1:32:19	1:32:49
177	50	Kelly	Bills	Carn Runners	1:32:37	1:32:50
178	90	Jenny	Cartwright	Looe Pioneers Running Club	1:32:52	1:33:05
179	175	Corinne	Gerrard	Hayle Runners	1:32:59	1:33:11
180	195	Darren	Hardwick	Looe Pioneers Running Club	1:33:10	1:33:19
181	323	Ross	Martin		1:33:36	1:33:45
182	414	Sarah	Robinson	Plymouth Musketeers Running Club	1:33:49	1:34:05
183	103	Barrie	Christian	Plymouth Musketeers Running Club	1:34:02	1:34:13
184	343	Colin	Miller		1:33:53	1:34:14
185	132	Nick	Weaving		1:33:41	1:34:18
186	193	Bryony	Hancock		1:34:03	1:34:19
187	432	Kevin	Silver	Hayle Runners	1:35:01	1:35:15
188	81	Anthony	Burrows	Hayle Runners	1:35:09	1:35:21
189	477	Liz	Trebilcock	Truro Running Club	1:35:19	1:35:29
190	540	Sarah	Wilkinson	Newquay Road Runners	1:35:14	1:35:31
191	169	Spence	Gadsby		1:35:14	1:35:31

192	49	James	Wheatley		1:35:23	1:35:31
193	129	Jeff	Davies		1:35:14	1:35:35
194	360	Meeta	Nicholls	East Cornwall Harriers	1:35:21	1:35:40
195	378	Jonathan	Perrett		1:35:22	1:35:41
196	163	Derrick	Frantz	Cornwall AC	1:35:23	1:35:41
197	315	Joanna	Marcinekova	Cornwall AC	1:35:34	1:35:51
198	421	Alex	Salmon		1:35:40	1:35:55
199	167	Brett	Furze		1:35:47	1:35:58
200	26	Simon	Barber		1:36:04	1:36:13
201	210	Robert	Haywood		1:35:49	1:36:18
202	158	Joanne	Foley		1:36:27	1:36:27
203	363	Gregg	Norton	St Austell Running Club	1:36:11	1:36:40
204	239	Isabel	Irwin-Bowler	St Austell Running Club	1:36:27	1:36:41
205	235	Victoria	Humphreys	East Cornwall Harriers	1:36:34	1:36:46
206	87	Val	Carter		1:36:48	1:36:53
207	405	Laura	Rich		1:36:46	1:36:53
208	151	Meryl	Elstone	Carn Runners	1:36:48	1:36:59
209	417	Chris	Rowe	Carn Runners	1:36:49	1:36:59
210	296	Jim	Lee	Truro Running Club	1:36:47	1:37:00
211	379	Gareth	Perry	St Austell Running Club	1:36:57	1:37:10
212	218	Matt	Hills		1:36:50	1:37:14
213	69	Corinne	Bright	Teignbridge Trotters	1:37:03	1:37:18
214	159	Jennifer	Forbes	Carn Runners	1:36:58	1:37:18
215	263	Debbie	Jones	Looe Pioneers Running Club	1:37:16	1:37:29
216	441	Lynne	Skinner	Plymouth Falconers	1:37:09	1:37:32
217	59	Karina	Bowers	St Austell Running Club	1:37:27	1:37:41
218	684	Mandy	Woollett	Lonely Goat RC	1:37:24	1:37:42
219	6	Mike	Allen	Ocean City Running Club	1:37:38	1:37:59
220	188	Marlene	Grobler	Carn Runners	1:37:50	1:38:03
221	464	Michael	Tavarone	Wembley Pioneers	1:37:53	1:38:06
222	399	Chris	Reade		1:38:03	1:38:12
223	284	Richard	Lane	Erme Valley Harriers	1:37:59	1:38:16
224	288	Peter	Lawrence	Tamar Trotters	1:37:58	1:38:19
225	448	Heather	Stacey	Holsworthy Running Club	1:38:17	1:38:31
226	121	Yvonne	Cosbie		1:38:22	1:38:34
227	286	Tom	Larkin		1:38:43	1:38:55
228	237	Mike	Irwin		1:39:01	1:39:17
229	122	Maggie	Lamerton	Plymouth Musketeers Running Club	1:39:06	1:39:26
230	124	Eamon	Crowe	Teignbridge Trotters	1:39:18	1:39:32
231	201	Deb	Hart	Teignbridge Trotters	1:39:20	1:39:35
232	45	Paul	Bennett	Plymouth Musketeers Running Club	1:39:31	1:39:37
233	46	Deborah	Bennett	Plymouth Musketeers Running Club	1:39:31	1:39:37
234	437	Sarah	Sinclair	Plymouth Musketeers Running Club	1:39:25	1:39:45
235	377	Chunky (Antony)	Penhaul	Hayle Runners	1:39:40	1:39:53
236	299	Richard	Lewis		1:39:26	1:39:57
237	260	Geoff	Jones	Bridport Runners	1:39:45	1:40:10
238	36	Jonathan	Bateman	Royal Wootton Bassett Hounds	1:40:08	1:40:35
239	68	Flo	Bridges	Taunton ac	1:40:21	1:40:37
240	460	Joanne	Strawbridge	East Cornwall Harriers	1:40:30	1:40:41
241	385	Lisa	Player	Newquay Road Runners	1:40:33	1:40:50
242	115	James	Rothwell		1:40:43	1:40:51
243	86	Debra	Cornish	Storm Plymouth	1:40:41	1:41:07
244	476	Linda	Trebilcock	Plymouth Harriers	1:41:21	1:41:28
245	180	Patsy	Goldstone	Nausea running club	1:41:23	1:41:40
246	367	Lucy	Oldham	East Cornwall Harriers	1:41:24	1:41:45
247	376	Dave	Peck		1:41:25	1:41:57
248	295	Trevor	Lee	Truro Running Club	1:41:51	1:42:05
249	144	Nick	Dutton	Wembley Pioneers	1:42:00	1:42:12
250	374	Lauren	Pattison	St Austell Athletes Running Club	1:41:59	1:42:16
251	261	Mark	Jones	Lonely Goat RC	1:42:03	1:42:19
252	127	Graham	Dalton-Ginn	Holsworthy Running Club	1:42:06	1:42:20
253	182	Jenna	Goodenough		1:42:20	1:42:35
254	224	Sandra	Holloway		1:42:17	1:42:45
255	368	Jenny	Orr	Plymstock Road Runners	1:42:24	1:42:56

256	126	Lee	Cusick	South West Road Runners	1:42:43	1:43:09
257	249	Brendan	Palmer	Storm Plymouth	1:43:01	1:43:11
258	181	Alex	Goodenough		1:42:58	1:43:13
259	334	Tracy	Mckay		1:43:03	1:43:22
260	445	Jenny	Smith		1:43:12	1:43:30
261	16	Dave	Armstrong		1:43:02	1:43:32
262	314	Steven	Major	Teignbridge Trotters	1:43:10	1:43:35
263	433	Mark	Simpson	Launceston Road Runners	1:43:30	1:43:37
264	305	Anna	Luff	Tavistock AC	1:43:20	1:43:38
265	267	Robert	Kernaghan	Looe Pioneers Running Club	1:43:31	1:43:40
266	424	Pete	Highman	Falmouth Road Runners	1:43:10	1:43:45
267	14	Louise	Armitage	Plymouth Musketeers Running Club	1:43:25	1:43:45
268	70	Sharon	Broad		1:43:27	1:43:45
269	504	Amanda	Whalley		1:43:27	1:43:54
270	580	Trevor	Williams	Tamar Trotters	1:43:31	1:43:55
271	21	David	Austin		1:43:58	1:44:10
272	283	Lindsay	Lane	Erme Valley Harriers	1:44:09	1:44:26
273	654	Carl	Williams		1:44:22	1:44:27
274	38	Mike	Bawden	Carn Runners	1:44:16	1:44:28
275	194	Dominique	Harcourt	Teignbridge Trotters	1:44:15	1:44:30
276	238	Karen	Irwin		1:44:14	1:44:34
277	300	Natalie	Lewis		1:44:34	1:44:47
278	119	Jackie	Cope	MudCrew Running	1:44:34	1:44:49
279	297	Mike	Lemin	Tamar Trotters	1:44:24	1:44:50
280	82	Hannah	Butler	Carn Runners	1:44:41	1:44:54
281	319	Debbie	Marshall	St Austell Running Club	1:44:33	1:44:58
282	278	Chris	Webster		1:44:28	1:44:59
283	172	Mandy	Watts	Newquay Road Runners	1:44:47	1:45:04
284	455	Jonny	Stephenson		1:44:52	1:45:09
285	114	Julie	Cook	Plymouth Musketeers Running Club	1:44:58	1:45:17
286	135	Dawn	Diprose	East Cornwall Harriers	1:44:58	1:45:20
287	32	Simon	Barrett	Instinctive Sport Fun Runners	1:45:04	1:45:25
288	303	Jim	Lockyer	East Cornwall Harriers	1:45:15	1:45:34
289	17	Pauline	Meade		1:45:26	1:45:40
290	162	Giles	Francis	Looe Pioneers Running Club	1:45:20	1:45:50
291	502	Alison	Weir	Falmouth Road Runners	1:45:37	1:45:52
292	492	Elizabeth	Vernon		1:45:37	1:45:56
293	411	Janet	Ritchie	Carn Runners	1:45:42	1:46:00
294	451	Matt	Starling	Crafthole Running and Powerlifting -Team CRaP	1:45:33	1:46:04
295	33	Joanne	Barry	JP Fitness Cornwall	1:45:39	1:46:12
296	128	Caitlin	Darke		1:46:01	1:46:25
297	510	Chris	Whipp	Plymouth Musketeers Running Club	1:45:55	1:46:30
298	15	Lucas	Hocking		1:46:20	1:46:39
299	570	Amy	Williams	East Cornwall Harriers	1:46:23	1:46:49
300	316	Emma	Margetts		1:46:31	1:46:51
301	7	Merryn	Allen	Holsworthy Running Club	1:46:39	1:46:53
302	503	Linda	Pickard	Launceston Road Runners	1:46:57	1:47:15
303	174	Fiona	Gamble		1:47:01	1:47:20
304	522	Demelza	Widdershoven	Carn Runners	1:47:01	1:47:26
305	110	Helen	Collett	Hart Road Runners	1:47:11	1:47:31
306	9	Stephen	Allman		1:47:02	1:47:32
307	27	David	Barden		1:47:36	1:47:56
308	338	Michael	Mehta		1:47:44	1:48:05
309	203	Mark	Harvie		1:47:58	1:48:09
310	95	Jody	Chan-Penney		1:47:51	1:48:11
311	380	Jane	Pett	JP Fitness Cornwall	1:47:49	1:48:21
312	409	Ian	Ringer	Bodmin Road Runners	1:48:06	1:48:22
313	407	Tracey	Richards		1:48:08	1:48:26
314	454	Rachel	Stephens	Wheal fitness	1:48:16	1:48:33
315	10	Sommer	Parry		1:48:22	1:48:41
316	453	Sarah	Steed	East Cornwall Harriers	1:48:18	1:48:44
317	109	Michelle	Coles	South Devon AC	1:48:35	1:49:00
318	120	Gail	Cory	East Cornwall Harriers	1:48:37	1:49:04
319	347	Iain	Mobbs		1:48:41	1:49:04

320	232	Anita Dhana	Hudson		1:48:41	1:49:05
321	370	Julie	Oxenham	Bodmin Road Runners	1:48:51	1:49:06
322	487	Jeanette	Turpin	East Cornwall Harriers	1:48:43	1:49:09
323	13	Chris	Andrews	Teignbridge Trotters	1:48:59	1:49:14
324	321	Chris	Martin		1:48:59	1:49:27
325	40	David	Becker	Newquay Road Runners	1:49:02	1:49:31
326	342	Jane	Miles		1:49:18	1:49:40
327	89	Michelle	Cartlidge	Plymouth Harriers	1:49:36	1:49:59
328	84	Dave	Pickard	Launceston Road Runners	1:50:04	1:50:22
329	177	Judy	Gluyas	East Cornwall Harriers	1:50:07	1:50:34
330	396	Clare	Quarton	Runcrew	1:50:09	1:50:37
331	230	Tom	Howard	Falmouth Road Runners	1:50:10	1:50:37
332	143	Ben	Dutton	Runcrew	1:50:09	1:50:37
333	584	Cathy	Willows	East Cornwall Harriers	1:50:46	1:51:13
334	8	Rebecca	Allman		1:50:49	1:51:20
335	116	Damian	Cook	Bys Vyken Race Team	1:50:53	1:51:23
336	226	Christina	Hoppenbrouwers		1:50:58	1:51:26
337	266	Hilary	Kennedy	Brixham Harriers	1:51:06	1:51:32
338	389	Robert	Pope	Truro Running Club	1:51:07	1:51:32
339	515	Paul	Whitmore	Storm Plymouth	1:51:13	1:51:38
340	207	Jodie	Hawkins	Storm Plymouth	1:51:14	1:51:38
341	225	George	Holman	South Devon AC	1:51:57	1:52:06
342	190	Neil	Ham	JP Fitness Cornwall	1:51:36	1:52:08
343	398	Jacquie	Rapier	Falmouth Road Runners	1:51:43	1:52:16
344	397	Sean Barrie	Rafton		1:51:48	1:52:19
345	469	Steven	Martin		1:51:48	1:52:19
346	228	Zoe	Hopson		1:51:48	1:52:19
347	369	Gary	Oswald	Looe Pioneers Running Club	1:52:00	1:52:38
348	306	Lisa	Lund		1:52:32	1:52:53
349	699	James	Wright		1:52:52	1:53:04
350	57	Tom	Boulden		1:52:28	1:53:07
351	217	Jon	Hill		1:52:28	1:53:07
352	192	Mark	Hamilton	Lonely Goat RC	1:53:02	1:53:18
353	485	Steven	Tudor		1:53:01	1:53:35
354	145	Emma	Earnshaw	East Cornwall Harriers	1:53:16	1:53:38
355	39	Tracey	Brown		1:53:15	1:53:38
356	138	Robert	Douglas		1:53:08	1:53:41
357	247	Osama	Javed	JP Fitness Cornwall	1:53:18	1:53:50
358	75	Matthew	Brown		1:53:50	1:54:14
359	373	Alison	Parsons	Bodmin Women's RC	1:53:45	1:54:14
360	258	Sally	Johnston	Tamar Trotters	1:53:51	1:54:16
361	328	David	Matthams	Instinctive Sport Fun Runners	1:53:56	1:54:18
362	466	Eleanor	Taylor	Teignbridge Trotters	1:53:49	1:54:21
363	100	Lucy	Chilcott	Bodmin Women's RC	1:53:54	1:54:25
364	425	Jenny	Saunter	Bodmin Women's RC	1:53:56	1:54:26
365	23	Bianca	Phillips-Libby		1:54:18	1:54:38
366	134	Samantha	Dickenson		1:54:21	1:54:46
367	457	Kate	Stevens	St Austell Running Club	1:54:24	1:54:46
368	157	Sally	Fletcher	St Austell Running Club	1:54:24	1:54:47
369	475	Linda	Tout	Tamar Trotters	1:54:27	1:54:50
370	294	Lucy	Lee	Tamar Trotters	1:54:27	1:54:52
371	240	Hamilton	Isobel		1:54:48	1:55:10
372	436	Catherine	Sims	Tamar Trotters	1:54:50	1:55:11
373	189	Jemma	Hackett		1:55:03	1:55:23
374	345	Bryan	Mills		1:55:18	1:55:39
375	137	Sarah	Douglas	St Austell Running Club	1:55:10	1:55:42
376	58	Jennifer	Burden	St Austell Running Club	1:55:20	1:55:51
377	65	Nicky	Brenton	Lonely Goat RC	1:55:37	1:55:53
378	452	Jane	Stedman	100 Marathon Club	1:55:36	1:55:53
379	259	Bernadette	Jones	Bridport Runners	1:55:31	1:56:04
380	271	Terry	King	East Cornwall Harriers	1:55:45	1:56:07
381	557	Robert	Willcocks	Falmouth Road Runners	1:55:57	1:56:11
382	287	Simon	Lawes	Looe Pioneers Running Club	1:55:38	1:56:15
383	28	Sarah	Barker	Looe Pioneers Running Club	1:55:49	1:56:15

384	117	Sara	Cooksley	Ocean City Running Club	1:56:02	1:56:32
385	301	John	Lillis	Newquay Road Runners	1:56:22	1:56:39
386	63	Alan	Brandwood	Falmouth Road Runners	1:56:11	1:56:45
387	4	Emma	Alee	Plymouth Musketeers Running Club	1:56:38	1:57:01
388	499	Carly	Wardle	Plymouth Musketeers Running Club	1:56:39	1:57:07
389	390	Cherry	Powell	Plymouth Musketeers Running Club	1:56:41	1:57:09
390	76	Kelly	Brumhead	Plymouth Musketeers Running Club	1:56:44	1:57:13
391	479	Martin	Trethewey	St Austell Running Club	1:56:54	1:57:16
392	391	Nikki	Pritchard	East Cornwall Harriers	1:57:05	1:57:32
393	289	Emma	Lawry	St Austell Running Club	1:57:07	1:57:41
394	216	Amy	Higgins		1:57:29	1:57:49
395	97	Sharon	Chapman	Newquay Road Runners	1:57:27	1:57:53
396	67	Luke	Brewer		1:57:19	1:57:56
397	42	Mel	Benbow		1:57:57	1:58:20
398	388	Karen	Pomfret		1:58:23	1:58:51
399	410	Miranda	Ritchie	Plymouth Musketeers Running Club	1:58:23	1:58:52
400	209	Sandra	Haynes	Looe Pioneers Running Club	1:58:19	1:58:54
401	29	Claire	Barlow	Bodmin Road Runners	1:58:49	1:59:05
402	333	Ruth	McCalley	Plymouth Musketeers Running Club	1:58:51	1:59:14
403	279	Laura	Lake		1:58:52	1:59:15
404	486	Dona	Turner	Plymouth Musketeers Running Club	1:58:55	1:59:19
405	292	Raegan	Leather	Plymouth Musketeers Running Club	1:58:56	1:59:19
406	105	Margaret	Clark	Hayle Runners	1:58:55	1:59:27
407	430	Rebecca	Shore	St Austell Running Club	1:59:04	1:59:38
408	168	Matt	Gadsby		1:59:57	2:00:14
409	447	Nicky	Sowerby	Truro Running Club	2:00:31	2:00:40
410	497	Charlotte	Walton		2:00:14	2:00:43
411	717	Paul	Wright	Lonely Goats RC	2:00:24	2:00:53
412	273	Louise	King	Plymouth Musketeers Running Club	2:00:55	2:01:27
413	274	Bryan	King	Plymouth Musketeers Running Club	2:00:55	2:01:27
414	96	Josephine	May		2:01:53	2:02:13
415	147	Sarah	Eddy		2:01:56	2:02:17
416	415	Jasmine	Robinson	Plymouth Musketeers Running Club	2:02:01	2:02:22
417	463	Lesley	Taphouse	Bodmin Road Runners	2:02:27	2:02:55
418	362	Melanie	Nile	St Austell Running Club	2:02:42	2:03:17
419	111	Nick	Collister		2:03:19	2:03:21
420	498	Katie	Harvie		2:03:10	2:03:31
421	222	Julie	Hogan		2:03:18	2:03:47
422	12	Jon	Anderson		2:03:45	2:04:18
423	123	Louise	Creber	Erme Valley Harriers	2:04:13	2:04:43
424	52	Darren	Blenkinsop	Tamar Trotters	2:04:40	2:05:04
425	245	Sandy	Jamieson	Carn Runners	2:05:01	2:05:26
426	330	Holly	Matthews		2:05:47	2:05:58
427	205	Laura	Harvie		2:05:53	2:06:13
428	140	Michelle	Dunn	St Austell Running Club	2:06:05	2:06:41
429	250	Jacqueline	Jenkin	Cornwall AC	2:06:20	2:06:46
430	220	Deborah	Hocking	Carn Runners	2:06:35	2:06:54
431	429	Sandra	Shelley	Carn Runners	2:06:35	2:07:03
432	729	Alex	Verran		2:06:36	2:07:03
433	155	Samantha	Ewart	St Austell Running Club	2:06:53	2:07:30
434	483	Rebecca	Mccuass	Good Gym Race Team	2:07:01	2:07:38
435	142	Vicki	Dunn	Plymouth Musketeers Running Club	2:07:18	2:07:47
436	154	Des	Evans	Newquay Road Runners	2:07:38	2:07:55
437	471	Susan	Thomas	Hayle Runners	2:07:22	2:07:56
438	320	Jacqui	Martin	St Austell Running Club	2:07:22	2:07:59
439	77	Elizabeth	Buckman	Plymouth Musketeers Running Club	2:07:36	2:08:05
440	683	Sharon	Willis	Newquay Road Runners	2:07:49	2:08:08
441	444	Isabel	Smith		2:07:56	2:08:17
442	212	Claire	Herbert	Plymouth Musketeers Running Club	2:07:55	2:08:26
443	280	Christina	Lake	Falmouth Road Runners	2:08:37	2:09:11
444	80	Dennis	Burrell	Carn Runners	2:09:27	2:09:53
445	357	Jane	Naylor	Hayle Runners	2:09:33	2:10:05
446	459	Claire	Stone	Hayle Runners	2:11:06	2:11:40
447	449	Philippa	Stanford		2:11:32	2:12:00

448	99	John	Charlick	Lonely Goat RC	2:11:40	2:12:16
449	302	Justin	Locke	Storm Plymouth	2:12:06	2:12:34
450	83	Charlotte	Carlyle	Storm Plymouth	2:12:06	2:12:34
451	393	Kelly	Prutton	Looe Pioneers Running Club	2:12:02	2:12:37
452	74	Paula	Brooks	Tamar Trotters	2:12:43	2:13:10
453	495	Margaret	Wade	Carn Runners	2:13:29	2:13:53
454	480	Rod	Truan		2:13:33	2:14:00
455	66	Rebecca	Brewer	Looe Pioneers Running Club	2:13:25	2:14:01
456	92	Helen	Cattran-Dunlop	Hayle Runners	2:14:47	2:15:21
457	244	Judy	Jameson	Carn Runners	2:15:15	2:15:39
458	472	Sue	Thorpe	Storm Plymouth	2:15:44	2:16:16
459	293	Samuel	Ledsham	Lonely Goat RC	2:15:53	2:16:29
460	423	Kathy	Saunders	Looe Pioneers Running Club	2:16:32	2:17:07
461	474	Christine	Todd	St Austell Running Club	2:17:39	2:18:16
462	468	Victoria	Thomas	Lonely Goat RC	2:19:31	2:20:06
463	493	Caroline	Vinnicombe	Cornwall AC	2:19:41	2:20:07
464	62	Amy	Shacklford	Bys Vyken Race Team	2:20:22	2:20:53
465	98	Jackie	Chapman	Launceston Road Runners	2:20:29	2:21:00
466	3	Beth	Aldridge	Looe Pioneers Running Club	2:27:57	2:28:33
467	318	Ella	Marshall	Wembley Pioneers	2:28:02	2:28:37
468	275	Andrew	Kinney	Harlow RC	2:28:41	2:29:17
469	491	Gwen	Vaughan	Looe Pioneers Running Club	2:29:28	2:30:03
470	200	Ann	Harry	Looe Pioneers Running Club	2:29:28	2:30:04
471	11	Mandy	Anderson		2:29:44	2:30:16
472	160	Leanne	Forbes		2:29:43	2:30:16
473	1	Phil	Shepley	Looe Pioneers Running Club	2:30:43	2:31:21
474	34	Richard	Barwick		2:35:55	2:36:34
475	590	Janet	Wills	St Austell Running Club	2:42:45	2:43:22
476	53	Madeleine	Blight	St Austell Running Club	2:42:45	2:43:23
477	94	Nickki	Chadwick		2:48:16	2:48:51
478	107	Sue	Coates	Bys Vyken Race Team	2:50:23	2:50:58
479	900	Kirstie	Maywood	Looe Pioneers Running Club	2:50:23	2:50:58
480	901	Linda	Cuff	Looe Pioneers Running Club	2:50:23	2:50:58