

Trevornick 10k 2019

Place	Bib	Name	Name	AG
1.	487	Jordan Clay	Jordan Clay	Male 20-34
2.	398	Sam Goodchild	Sam Goodchild	Male 15-19
3.	239	Colin Snook	Colin Snook	Male 40-44
4.	384	Ryan Hanley	Ryan Hanley	Male 20-34
5.	395	Tom Carthey	Tom Carthey	Male 35-39
6.	400	Paul Whear	Paul Whear	Male 50-54
7.	493	Matt Yates	Matt Yates	Male 20-34
8.	382	Justin Thomas	Justin Thomas	Male 45-49
9.	22	David Tregonning	David Tregonning	Male 20-34
10.	309	Nick Loewendahl	Nick Loewendahl	Male 35-39
11.	137	Paul Stevens	Paul Stevens	Male 40-44
12.	459	Alex Marples	Alex Marples	Male 40-44
13.	43	Dan Howes	Dan Howes	Male 40-44
14.	523	Alex Daniels	Alex Daniels	Male 45-49
15.	421	Simon Williams	Simon Williams	Male 45-49
16.	396	James Barnet	James Barnet	Male 20-34
17.	440	Liam Rowe	Liam Rowe	Male 20-34
18.	62	Ian Wright	Ian Wright	Male 35-39
19.	410	Heidi Tregenza	Heidi Tregenza	Female 20-34
20.	348	Chris Barrett	Chris Barrett	Male 45-49
21.	425	Jason Longhorn	Jason Longhorn	Male 45-49
22.	385	Jon Waters	Jon Waters	Male 20-34
23.	297	Emma Stepto	Emma Stepto	Female 45-49
24.	446	Richard Keefe	Richard Keefe	Male 45-49
25.	561	Mark Deacon	Mark Deacon	Male 20-34
26.	275	Kieran Murrant	Kieran Murrant	Male 20-34
27.	367	Wendy Chapman	Wendy Chapman	Female 40-44
28.	380	Ben Harding	Ben Harding	Male 35-39
29.	567	Dan Jones	Dan Jones	Male 35-39
30.	562	Josh Karpinski	Josh Karpinski	Male 20-34
31.	340	Rob Standing	Rob Standing	Male 45-49
32.	106	Jason Parks	Jason Parks	Male 35-39
33.	263	Tim Adams	Tim Adams	Male 45-49
34.	142	Mark Knight	Mark Knight	Male 45-49
35.	234	Phil Midgley	Phil Midgley	Male 50-54
36.	276	Glynn Davis	Glynn Davis	Male 55-59
37.	379	Chris Madeley	Chris Madeley	Male 20-34
38.	153	Darren Roose	Darren Roose	Male 40-44
39.	108	Mike Greer	Mike Greer	Male 35-39
40.	445	Rob Chirgwin	Rob Chirgwin	Male 20-34
41.	455	Stuart Musson	Stuart Musson	Male 35-39
42.	414	David Wills	David Wills	Male 35-39
43.	313	Martin Davis	Martin Davis	Male 60-64
44.	502	Nick Giles	Nick Giles	Male 35-39
45.	211	Tom Berryman	Tom Berryman	Male 20-34
46.	16	Tim Twiggs	Tim Twiggs	Male 50-54
47.	432	Marc Doyle	Marc Doyle	Male 40-44
48.	113	David Andrewartha	David Andrewartha	Male 20-34

49.	310 Mick Chapman	Mick	Chapman	Male 55-59
50.	327 Chris Cox	Chris	Cox	Male 45-49
51.	307 Paul Johnson	Paul	Johnson	Male 20-34
52.	184 Chris Walker	Chris	Walker	Male 45-49
53.	280 James Manning	James	Manning	Male 40-44
54.	320 Melissa King	Melissa	King	Female 35-39
55.	254 Cadan Crowle	Cadan	Crowle	Male 20-34
56.	435 Sarah Hoskin	Sarah	Hoskin	Female 35-39
57.	433 Chris Ullman	Chris	Ullman	Male 45-49
58.	97 Eleanor Dixon	Eleanor	Dixon	Female 40-44
59.	305 Joseph Peters	Joseph	Peters	Male 20-34
60.	352 Robin Watson	Robin	Watson	Male 55-59
61.	442 Marcus Wills	Marcus	Wills	Male 35-39
62.	287 Rebecca Morgan	Rebecca	Morgan	Female 40-44
63.	456 Sean Sandoe	Sean	Sandoe	Male 45-49
64.	559 Sean Quinn	Sean	Quinn	Male 50-54
65.	338 Damian Philp	Damian	Philp	Male 35-39
66.	315 George Erics	George	Eric	Male 35-39
67.	224 Joanna Herd	Joanna	Herd	Female 40-44
68.	15 Lee Tambling	Lee	Tambling	Male 35-39
69.	175 Barrie Cardew	Barrie	Cardew	Male 60-64
70.	271 Arron Crowle	Arron	Crowle	Male 20-34
71.	288 Geoff Letchford	Geoff	Letchford	Male 65-69
72.	128 Claire Mensing	Claire	Mensing	Female 45-49
73.	13 Mathew Henderson	Mathew	Henderson	Male 20-34
74.	515 Lee Beresford	Lee	Beresford	Male 35-39
75.	193 Lee Burford	Lee	Burford	Male 35-39
76.	79 Matt Hocking	Matt	Hocking	Male 45-49
77.	252 Revis Crowle	Revis	Crowle	Female 55-59
78.	345 Malcolm Roberts	Malcolm	Roberts	Male 65-69
79.	512 Jodie Ross	Jodie	Ross	Male 35-39
80.	24 Paul Booty	Paul	Booty	Male 45-49
81.	311 Lydia Davis	Lydia	Davis	Female 20-24
82.	125 Paul Angove	Paul	Angove	Male 50-54
83.	419 Emma Eva	Emma	Eva	Female 35-39
84.	596 Steve Carter	Steve	Carter	Male 45-49
85.	73 Kaye Patterson	Kaye	Patterson	Female 20-24
86.	246 Elliot Walker	Elliot	Walker	Male 45-49
87.	343 Daniel Bray	Daniel	Bray	Male 35-39
88.	262 Andrew Stallard	Andrew	Stallard	Male 50-54
89.	267 Matt Johns	Matt	Johns	Male 40-44
90.	355 Andrew Ellis	Andrew	Ellis	Male 45-49
91.	109 Stuart Richards	Stuart	Richards	Male 45-49
92.	357 Joe Kearns	Joe	Kearns	Male 55-59
93.	34 Julian Spencer	Julian	Spencer	Male 50-54
94.	571 David Knight	David	Knight	Male 35-39
95.	457 Joseph Stanford	Joseph	Stanford	Male 40-44
96.	181 Jon Eldon	Jon	Eldon	Male 55-59
97.	11 Ross Lawry	Ross	Lawry	Male 40-44
98.	199 Matthew Trevail	Matthew	Trevail	Male 40-44

99.	4 Stacie Marks	Stacie	Marks	Female 20
100.	23 Joanna Collins	Joanna	Collins	Female 20
101.	449 Tommy Clifford	Tommy	Clifford	Male 15-19
102.	409 Peter Hammond	Peter	Hammond	Male 50-59
103.	194 Gail Hartill	Gail	Hartill	Female 45
104.	568 Mark Grassam	Mark	Grassam	Male 45-49
105.	251 Colette Clements	Colette	Clements	Female 35
106.	525 Andy Williams	Andy	Williams	Male 45-49
107.	160 Hannah Tippetts	Hannah	Tippetts	Female 20
108.	450 Beth Key	Beth	Key	Female 20
109.	406 Cody Brobin	Cody	Brobin	Male 15-19
110.	20 Philip Johns	Philip	Johns	Male 20-34
111.	413 Laura Rogers	Laura	Rogers	Female 20
112.	55 Lisa Talling	Lisa	Talling	Female 50
113.	232 Peter Allen	Peter	Allen	Male 60-69
114.	415 Karen Walters	Karen	Walters	Female 45
115.	585 Sam Little	Sam	Little	Male 20-34
116.	223 Emma Stephens	Emma	Stephens	Female 20
117.	177 Katy Jenkins	Katy	Jenkins	Female 40
118.	387 Alex Coley	Alex	Coley	Male 20-34
119.	375 Lisa Friday	Lisa	Friday	Female 35
120.	312 Mick Davison	Mick	Davison	Male 45-49
121.	146 Nick Masters	Nick	Masters	Male 50-59
122.	402 Steven Thomas	Steven	Thomas	Male 40-49
123.	101 Michelle Steele	Michelle	Steele	Female 35
124.	56 Andy Chase	Andy	Chase	Male 20-34
125.	560 Ashley Gates	Ashley	Gates	Male 20-34
126.	46 Amanda Hewitt	Amanda	Hewitt	Female 45
127.	67 Kelly Woodfine-Beard	Kelly	Woodfine-Beard	Female 35
128.	556 Robert Richards	Robert	Richards	Male 65-69
129.	570 Louise Turvey	Louise	Turvey	Female 45
130.	334 Derek Smith	Derek	Smith	Male 55-59
131.	47 Trevor Spinks	Trevor	Spinks	Male 45-49
132.	412 Matthew Wilson	Matthew	Wilson	Male 40-49
133.	470 Dom Haughton	Dom	Haughton	Male 50-59
134.	363 Brian Wiles	Brian	Wiles	Male 70-79
135.	139 Steven Maclaren	Steven	Maclaren	Male 50-59
136.	112 Andrew Lucas	Andrew	Lucas	Male 50-59
137.	443 Nicholas Baylis	Nicholas	Baylis	Male 40-49
138.	149 Ella Williams	Ella	Williams	Female 40
139.	274 Christopher Rowe	Christopher	Rowe	Male 50-59
140.	496 Tamsyn Harris	Tamsyn	Harris	Female 50
141.	126 Kelly Keough	Kelly	Keough	Female 35
142.	394 David Foy	David	Foy	Male 45-49
143.	452 Sarah Hill	Sarah	Hill	Female 45
144.	526 Jon Fletcher	Jon	Fletcher	Male 35-39
145.	339 Dylan Mendes-Scott	Dylan	Mendes-Scott	Male 15-19
146.	317 Steven Jenkin	Steven	Jenkin	Male 45-49
147.	325 Gareth Rowe	Gareth	Rowe	Male 60-69
148.	187 Sharon Daw	Sharon	Daw	Female 50

149.	70 Rosie Bradbury	Rosie	Bradbury	Female 20
150.	244 Wietske Hansen	Wietske	Hansen	Female 50
151.	580 William Coleman	William	Coleman	Male 35-39
152.	215 Emma Fox	Emma	Fox	Female 40
153.	590 Amanda Barrass	Amanda	Barrass	Female 50
154.	7 Rachel Wallis	Rachel	Wallis	Female 40
155.	328 Jo Cox	Jo	Cox	Female 40
156.	272 Karen Marsland	Karen	Marsland	Female 50
157.	289 Meryl Elstone	Meryl	Elstone	Female 50
158.	49 Tracey Nicholls	Tracey	Nicholls	Female 55
159.	82 Emily Ellen	Emily	Ellen	Female 35
160.	167 Nicola Gearing	Nicola	Gearing	Female 35
161.	281 Zeinab Weyers	Zeinab	Weyers	Female 20
162.	42 Lee Carter	Lee	Carter	Male 20-34
163.	213 Rebecca Wilding	Rebecca	Wilding	Female 20
164.	60 Thomas Moore	Thomas	Moore	Male 35-39
165.	189 Mark Thomas	Mark	Thomas	Male 45-49
166.	451 Andy Vosper	Andy	Vosper	Male 55-59
167.	207 Karl Walker	Karl	Walker	Male 55-59
168.	220 Les Graves	Les	Graves	Male 60-64
169.	488 Lee Strickland	Lee	Strickland	Female 40
170.	44 Christian Boyce	Christian	Boyce	Male 45-49
171.	386 Andrew Geach	Andrew	Geach	Male 20-34
172.	344 Corinne Gerrard	Corinne	Gerrard	Female 45
173.	424 Elaine Adams	Elaine	Adams	Female 40
174.	586 Shaun Perfect	Shaun	Perfect	Male 45-49
175.	510 Lyn Coffman-Forder	Lyn	Coffman-F	Female 50
176.	77 Ross Buscombe	Ross	Buscombe	Male 20-34
177.	472 Philip Cornes	Philip	Cornes	Male 40-44
178.	476 Caireen Henwood	Caireen	Henwood	Female 45
179.	321 Sally Hellings	Sally	Hellings	Female 45
180.	593 Kevan Harper	Kevan	Harper	Male 35-39
181.	362 Andrew Jay	Andrew	Jay	Male 40-44
182.	486 Marty Barnfield	Marty	Barnfield	Male 45-49
183.	58 Amy Gregory	Amy	Gregory	Female 20
184.	319 Ross Temby	Ross	Temby	Male 20-34
185.	102 Zoe Lock	Zoe	Lock	Female 35
186.	600 Armando Vieira	Armando	Vieira	Male 40-44
187.	576 Laura Pool	Laura	Pool	Female 35
188.	360 Oliver Pool	Oliver	Pool	Male 40-44
189.	118 Mele Kent	Mele	Kent	Female 45
190.	105 Richard Collett	Richard	Collett	Male 35-39
191.	94 Trevor Lee	Trevor	Lee	Male 55-59
192.	391 Karina Bowers	Karina	Bowers	Female 35
193.	21 Alison Weir	Alison	Weir	Female 45
194.	130 Vanessa Willitts	Vanessa	Willitts	Female 20
195.	269 Jo Holland	Jo	Holland	Female 20
196.	195 Gail Aspden	Gail	Aspden	Female 50
197.	573 Jane Stedman	Jane	Stedman	Female 55
198.	597 Mrs Lisa Player	Mrs	Lisa	Female 55

199.	441 David Nance	David	Nance	Male 60-64
200.	154 Diane Warren	Diane	Warren	Female 60-64
201.	214 Tara Kerley	Tara	Kerley	Female 20-24
202.	408 Pat Lockett	Pat	Lockett	Male 70-74
203.	197 Jon Mitchell	Jon	Mitchell	Male 45-49
204.	420 Mark Pinnick	Mark	Pinnick	Male 40-44
205.	178 Bethany Boulton	Bethany	Boulton	Female 20-24
206.	354 Nicola Bathe	Nicola	Bathe	Female 45-49
207.	86 Vicky Fleet	Vicky	Fleet	Female 40-44
208.	498 Mark Fleet	Mark	Fleet	Male 40-44
209.	467 Mat Spencer	Mat	Spencer	Male 45-49
210.	168 Miranda Flannigan	Miranda	Flannigan	Female 45-49
211.	226 Juliet Stewart	Juliet	Stewart	Female 50-54
212.	480 Adrian Henwood	Adrian	Henwood	Male 40-44
213.	107 Sue Mansfield	Sue	Mansfield	Female 55-59
214.	240 Colin Booth	Colin	Booth	Male 50-54
215.	535 Andrew White	Andrew	White	Male 55-59
216.	131 Steve Elson	Steve	Elson	Male 45-49
217.	1 Barry Osborne	Barry	Osborne	Male 45-49
218.	342 Jim Barritt	Jim	Barritt	Male 45-49
219.	93 James Hankins	James	Hankins	Male 20-24
220.	346 Neil Gray	Neil	Gray	Male 45-49
221.	29 Lucy Oldham	Lucy	Oldham	Female 40-44
222.	188 Helen Stevenson	Helen	Stevenson	Female 35-39
223.	161 Sarah Wilkinson	Sarah	Wilkinson	Female 55-59
224.	333 Hannah Smith	Hannah	Smith	Female 20-24
225.	563 Hayley Orchard	Hayley	Orchard	Female 45-49
226.	403 Paul Kelsey	Paul	Kelsey	Male 40-44
227.	6 Jane Pett	Jane	Pett	Female 40-44
228.	436 Emma Cundy-Cooper	Emma	Cundy-Coc	Female 20-24
229.	388 Peter Drew	Peter	Drew	Male 70-74
230.	572 Sarah Harrington	Sarah	Harrington	Female 20-24
231.	54 Jane Hartley	Jane	Hartley	Female 55-59
232.	569 Katrina Block	Katrina	Block	Female 35-39
233.	174 Clare Bainbridge	Clare	Bainbridge	Female 45-49
234.	598 Ms Gennara Bray	Ms	Gennara	Female 20-24
235.	390 Joanne Barry	Joanne	Barry	Female 40-44
236.	136 Martin Gregory	Martin	Gregory	Male 50-54
237.	95 Jo Miners	Jo	Miners	Female 40-44
238.	277 Holly Payne	Holly	Payne	Female 20-24
239.	172 Charlie Hill	Charlie	Hill	Male 35-39
240.	173 Alan Green	Alan	Green	Male 60-64
241.	171 Tamzin Davey	Tamzin	Davey	Female 45-49
242.	290 Tandy Brumby	Tandy	Brumby	Female 55-59
243.	100 Sarah Allen	Sarah	Allen	Female 45-49
244.	89 Claire Barlow	Claire	Barlow	Female 40-44
245.	209 Bob Willcocks	Bob	Willcocks	Male 60-64
246.	119 Kirsty Clayton	Kirsty	Clayton	Female 45-49
247.	38 Daron Walker	Daron	Walker	Male 40-44
248.	468 Sheona Cornes	Sheona	Cornes	Female 40-44

249.	318 Jennifer Moye	Jennifer	Moye	Female 40
250.	341 Nicholas Carey	Nicholas	Carey	Male 40-44
251.	233 Bryony Halliday	Bryony	Halliday	Female 20
252.	574 Becky George	Becky	George	Female 50
253.	75 Sara Robins	Sara	Robins	Female 20
254.	323 Jon Hoskin	Jon	Hoskin	Male 50-54
255.	152 Helen Lawes	Helen	Lawes	Female 45
256.	9 David Pickard	David	Pickard	Male 60-64
257.	190 Linda Pickard	Linda	Pickard	Female 55
258.	52 Sharon Kinsella	Sharon	Kinsella	Female 40
259.	484 Helen Kayley	Helen	Kayley	Female 40
260.	365 Denise Lydall	Denise	Lydall	Female 50
261.	245 Claire Winfield	Claire	Winfield	Female 50
262.	201 Stephen Jones	Stephen	Jones	Male 35-39
263.	404 Rick Clayton	Rick	Clayton	Male 45-49
264.	230 Lisa Cassidy	Lisa	Cassidy	Female 40
265.	68 Susan Biscombe	Susan	Biscombe	Female 20
266.	163 Alistair Iverson	Alistair	Iverson	Male 35-39
267.	566 Jon Sharp	Jon	Sharp	Male 35-39
268.	485 Carly Kent	Carly	Kent	Female 35
269.	228 Neill Furlonger	Neill	Furlonger	Male 35-39
270.	80 Jacky Tyler	Jacky	Tyler	Female 60
271.	170 Sharon Willis	Sharon	Willis	Female 55
272.	57 Katie Spencer	Katie	Spencer	Female 45
273.	308 Antony Penhaul	Antony	Penhaul	Male 70-74
274.	428 Natalie Oliver	Natalie	Oliver	Female 35
275.	537 Isabel Irwin-Bowler	Isabel	Irwin-Bowler	Female 20
276.	513 Kathleen Dreifke	Kathleen	Dreifke	Female 35
277.	335 Mel Burgess	Mel	Burgess	Female 50
278.	575 Keith George	Keith	George	Male 55-59
279.	3 Cassi Bende	Cassi	Bende	Female 20
280.	132 Toby Drewett	Toby	Drewett	Male 40-44
281.	530 Andrea Commons	Andrea	Commons	Female 45
282.	166 Eleanor Ellison	Eleanor	Ellison	Female 60
283.	212 Alan Giles	Alan	Giles	Male 35-39
284.	150 Jenny Saunter	Jenny	Saunter	Female 50
285.	411 Jane Garside	Jane	Garside	Female 50
286.	183 David Wilton	David	Wilton	Male 60-64
287.	587 Lesly Heather	Lesly	Heather	Female 50
288.	350 Niamh Ashworth	Niamh	Ashworth	Female 35
289.	584 Becky Lee	Becky	Lee	Female 50
290.	392 Heidi Haden	Heidi	Haden	Female 35
291.	133 Amelia Kitchen	Amelia	Kitchen	Female 40
292.	298 Brett Stepto	Brett	Stepto	Male 40-44
293.	482 Kylie Johns	Kylie	Johns	Female 20
294.	495 Karen Johns	Karen	Johns	Female 50
295.	497 Richard Bowden	Richard	Bowden	Male 55-59
296.	72 Tania Elliott	Tania	Elliott	Female 45
297.	19 Joanna Skyba	Joanna	Skyba	Female 35
298.	489 Arlene Powell	Arlene	Powell	Female 35

299.	591 Hayley Morgan	Hayley	Morgan	Female 20
300.	203 Sophie Talling	Sophie	Talling	Female 20
301.	296 Sophie Wones	Sophie	Wones	Female 20
302.	88 Daniel French	Daniel	French	Male 35-39
303.	26 Ian Ringer	Ian	Ringer	Male 70-74
304.	65 Becky Hall	Becky	Hall	Female 35
305.	96 Zoe Buse	Zoe	Buse	Female 45
306.	78 Sian Shaw	Sian	Shaw	Female 40
307.	533 Stuart Shaw	Stuart	Shaw	Male 45-49
308.	169 Charlotte Goatman	Charlotte	Goatman	Female 20
309.	115 Nick Pentreath	Nick	Pentreath	Male 55-59
310.	243 Jeanette King	Jeanette	King	Female 40
311.	595 Claire Mildenhall	Claire	Mildenhall	Female 45
312.	45 Lucy Hewitt	Lucy	Hewitt	Female 50
313.	542 Steve Mildenhall	Steve	Mildenhall	Male 45-49
314.	32 Charlie Trethewey	Charlie	Trethewey	Female 40
315.	255 Linda Cuff	Linda	Cuff	Female 50
316.	294 Emma Dales	Emma	Dales	Female 55
317.	376 Francis Vosper	Francis	Vosper	Male 60-64
318.	222 Abi Smith	Abi	Smith	Female 35
319.	505 Sally Fletcher	Sally	Fletcher	Female 50
320.	50 Kim Csechi	Kim	Csechi	Female 35
321.	71 Catherine Sims	Catherine	Sims	Female 45
322.	364 Sarah Webb	Sarah	Webb	Female 45
323.	250 Neil Ham	Neil	Ham	Male 50-54
324.	83 Andrew Elliott	Andrew	Elliott	Male 50-54
325.	17 Louise Cooke-Davies	Louise	Cooke-Davies	Female 50
326.	76 Vicki Bartlett	Vicki	Bartlett	Female 20
327.	165 Thomas Grafton	Thomas	Grafton	Male 40-44
328.	381 Alison Parsons	Alison	Parsons	Female 45
329.	36 Anne-Marie Moore	Anne-Marie	Moore	Female 35
330.	548 Sassie Tickle	Sassie	Tickle	Female 20
331.	186 Hannah Thomas	Hannah	Thomas	Female 40
332.	540 Merlin Keating	Merlin	Keating	Male 45-49
333.	527 Gary Player	Gary	Player	Male 50-54
334.	151 Rachel Bullock	Rachel	Bullock	Female 40
335.	253 Kevin Burnett	Kevin	Burnett	Male 65-69
336.	458 Claire Tully	Claire	Tully	Female 45
337.	448 Georgina Speake	Georgina	Speake	Female 40
338.	564 Katie Sharp	Katie	Sharp	Female 40
339.	210 Daniela Walker	Daniela	Walker	Female 45
340.	241 Karen Richards	Karen	Richards	Female 45
341.	59 Samantha Jayne	Samantha	Jayne	Female 45
342.	202 Clair Richards	Clair	Richards	Female 40
343.	206 Emma Mankee	Emma	Mankee	Female 45
344.	284 Caroline Vinnicombe	Caroline	Vinnicombe	Female 45
345.	64 Susan Rescorl	Susan	Rescorl	Female 55
346.	260 Fiona Russell	Fiona	Russell	Female 50
347.	147 Tracy McFadden	Tracy	McFadden	Female 50
348.	159 Mark Squire	Mark	Squire	Male 60-64

349.	407 Danielle Ditty	Danielle	Ditty	Female	20
350.	423 Michelle Roskilly	Michelle	Roskilly	Female	45
351.	268 Kate Crehan	Kate	Crehan	Female	35
352.	500 Jenna Butler	Jenna	Butler	Female	35
353.	229 Kerry Combellack	Kerry	Combellac	Female	40
354.	157 Peter Combellack	Peter	Combellac	Male	45-49
355.	156 Amanda Pochee	Amanda	Pochee	Female	40
356.	429 Ashley Holt	Ashley	Holt	Female	20
357.	473 Miranda Greer	Miranda	Greer	Female	35
358.	127 James Penhaligon	James	Penhaligor	Male	20-34
359.	582 Tim Cutlan	Tim	Cutlan	Male	50-59
360.	148 Alison Roose	Alison	Roose	Female	40
361.	237 Lucy Hosken	Lucy	Hosken	Female	20
362.	463 Stacey Towner	Stacey	Towner	Female	20
363.	256 Mick Torres	Mick	Torres	Male	55-59
364.	117 Susan Jones	Susan	Jones	Female	45
365.	99 Victoria Viggers	Victoria	Viggers	Female	40
366.	98 Rebecca Leivers	Rebecca	Leivers	Female	45
367.	599 Kate Rowlands	Kate	Rowlands	Kate	
368.	551 Harriet Cordon	Harriet	Cordon	Female	20
369.	293 Tim Andrews	Tim	Andrews	Male	55-59
370.	553 Steve Pacey	Steve	Pacey	Male	35-39
371.	554 Luke Smith	Luke	Smith	Male	20-34
372.	227 Kerys Deavin	Kerys	Deavin	Female	45
373.	532 Hannah Ruberry	Hannah	Ruberry	Female	20
374.	516 Michelle Tonkin	Michelle	Tonkin	Female	35
375.	426 Melanie Billington	Melanie	Billington	Female	45
376.	257 Mary Mullarkey	Mary	Mullarkey	Female	70
377.	377 Nicola Vosper	Nicola	Vosper	Female	55
378.	477 Daniel Hope	Daniel	Hope	Male	35-39
379.	162 Marie Green	Marie	Green	Female	40
380.	534 Melanie Nile	Melanie	Nile	Female	45
381.	292 Mike Bawden	Mike	Bawden	Male	60-64
382.	578 Kim Fell	Kim	Fell	Female	20
383.	8 Lisa Buscombe	Lisa	Buscombe	Female	45
384.	393 Nicole Di Maio	Nicole	Di Maio	Female	35
385.	368 Kerrie Parker	Kerrie	Parker	Female	45
386.	461 Marie Cann	Marie	Cann	Female	45
387.	10 Des Evans	Des	Evans	Male	70-74
388.	522 Jennie James	Jennie	James	Female	40
389.	547 Susie Talbot	Susie	Talbot	Female	40
390.	336 Katherine Webster	Katherine	Webster	Female	40
391.	427 Katherine Dilleigh	Katherine	Dilleigh	Female	45
392.	242 Catherine Trerise	Catherine	Trerise	Female	45
393.	337 Adam Dyer	Adam	Dyer	Male	35-39
394.	509 Clare Mcllellan	Clare	Mclellan	Female	45
395.	330 Sarah Steed	Sarah	Steed	Female	45
396.	270 Phillipa Baker	Phillipa	Baker	Female	60
397.	179 Margaret Wade	Margaret	Wade	Female	65
398.	158 Eleanor Parkin	Eleanor	Parkin	Female	20

399.	5 Sandra Treleven	Sandra	Treleven	Female 45
400.	110 Alison Cox	Alison	Cox	Female 55
401.	518 Clive Cox	Clive	Cox	Male 55-59
402.	592 Ami Deacy	Ami	Deacy	Female 40
403.	439 Tamsyn Mcgrane	Tamsyn	Mcgrane	Female 35
404.	447 Dale Clarke	Dale	Clarke	Male 50-54
405.	90 Morwenna Paterson	Morwenna	Paterson	Female 40
406.	283 Rebecca Stuteley	Rebecca	Stuteley	Female 35
407.	103 Diana Raiker	Diana	Raiker	Female 20
408.	444 Rachel Flanagan	Rachel	Flanagan	Female 50
409.	286 Holly Garbett	Holly	Garbett	Female 20
410.	481 Dellen Carroll	Dellen	Carroll	Female 45
411.	33 Martin Dalton	Martin	Dalton	Male 65-69
412.	85 Jodie Roycroft	Jodie	Roycroft	Female 20
413.	261 Hannah Adams	Hannah	Adams	Female 40
414.	399 Jackie Stone	Jackie	Stone	Female 55
415.	53 Nicola Godfrey	Nicola	Godfrey	Female 35
416.	331 Lorraine Hawkins	Lorraine	Hawkins	Female 50
417.	247 Wayne Caff	Wayne	Caff	Male 45-49
418.	372 Eliza Carey	Eliza	Carey	Female 45
419.	374 Terri Munday	Terri	Munday	Female 40
420.	373 Caleb Munday	Caleb	Munday	Male 40-44
421.	264 Emma Collins	Emma	Collins	Female 40
422.	358 Stacey Orchard	Stacey	Orchard	Female 20
423.	208 Jacqui Martin	Jacqui	Martin	Female 45
424.	492 Gemma Hogg	Gemma	Hogg	Female 40
425.	483 Julie Pope	Julie	Pope	Female 50
426.	155 Mini Barritt	Mini	Barritt	Female 40
427.	326 Sandra Northcott	Sandra	Northcott	Female 40
428.	51 Sarah Booker	Sarah	Booker	Female 45
429.	191 Ray Frith	Ray	Frith	Male 70-74
430.	529 Kate Christman	Kate	Christman	Female 40
431.	91 Craig Welch	Craig	Welch	Male 35-39
432.	469 Melanie Houghton	Melanie	Houghton	Female 35
433.	120 Sadie Nelson	Sadie	Nelson	Female 40
434.	514 Josephine May	Josephine	May	Female 35
435.	219 Anne Fitzpatrick	Anne	Fitzpatrick	Female 55
436.	507 Tamsyn Henvest	Tamsyn	Henvest	Female 35
437.	225 Donna Richards	Donna	Richards	Female 35
438.	349 Jeanette Turpin	Jeanette	Turpin	Female 40
439.	235 Chris Oakes	Chris	Oakes	Male 45-49
440.	366 Mike Mack	Mike	Mack	Male 70-74
441.	259 Mandy Kemp	Mandy	Kemp	Female 60
442.	316 Timothea Cardell	Timothea	Cardell	Female 75
443.	517 Jo Boorer	Jo	Boorer	Female 60
444.	236 Guy Cooper	Guy	Cooper	Male 45-49
445.	401 Rebecca Allen	Rebecca	Allen	Female 20
446.	63 Michelle Dudley	Michelle	Dudley	Female 50
447.	347 Lizzie Hasell	Lizzie	Hasell	Female 35
448.	506 Broni Jones	Broni	Jones	Female 40

449.	30 Nina Bond	Nina	Bond	Female 20
450.	12 Daryll Ware	Daryll	Ware	Male 50-54
451.	511 Louise Morey	Louise	Morey	Female 35
452.	302 Susan Trudgeon	Susan	Trudgeon	Female 55
453.	460 Alan Littlejohns	Alan	Littlejohns	Male 70-74
454.	383 Colin Bathe	Colin	Bathe	Male 50-54
455.	196 Adrian Bolt	Adrian	Bolt	Male 50-54
456.	248 Jane Caff	Jane	Caff	Female 55
457.	35 Caroline Hodges	Caroline	Hodges	Female 60
458.	278 David Ralls	David	Ralls	Male 65-69
459.	546 Ann Bradley	Ann	Bradley	Female 55
460.	138 Karen Ryan	Karen	Ryan	Female 40
461.	389 Peter Middlehurst	Peter	Middlehurst	Male 65-69
462.	27 Deborah Sturges	Deborah	Sturges	Female 55
463.	503 Lesley Pallett	Lesley	Pallett	Male 50-54
464.	464 Jo Craddock	Jo	Craddock	Female 45
465.	218 Amy Floyd-Norris	Amy	Floyd-Norris	Female 20
466.	87 Julie Atherton	Julie	Atherton	Female 50
467.	31 Jennie Massey	Jennie	Massey	Female 55
468.	192 Kathryn Marsh	Kathryn	Marsh	Female 40
469.	332 Sharon Sullivan	Sharon	Sullivan	Female 45
470.	370 Vanessa Bua-Roberts	Vanessa	Bua-Roberts	Female 20
471.	143 Emma Williams	Emma	Williams	Female 35
472.	521 Jodie Bidgood	Jodie	Bidgood	Female 20
473.	2 Hannah Dutchak	Hannah	Dutchak	Female 20
474.	129 Julie Gregory	Julie	Gregory	Female 50
475.	141 Angela Stevens	Angela	Stevens	Female 55
476.	555 Peter Middleton	Peter	Middleton	Male 60-64
477.	524 Lisa Light	Lisa	Light	Female 55
478.	508 Bryan King	Bryan	King	Male 65-69
479.	238 Nigel Roberts	Nigel	Roberts	Male 35-39
480.	378 Norris Kington	Norris	Kington	Male 75-79
481.	69 Lorna Hogg	Lorna	Hogg	Female 45
482.	351 Julie Bolitho	Julie	Bolitho	Female 50
483.	25 Lesley Taphouse	Lesley	Taphouse	Female 55
484.	552 Lizz Young	Lizz	Young	Female 40
485.	140 Glennie Mckinley	Glennie	Mckinley	Female 50
486.	544 Katie Hawken	Katie	Hawken	Female 35
487.	545 Jennifer Oatway	Jennifer	Oatway	Female 35
488.	124 Carole Drew	Carole	Drew	Female 70
489.	479 Kate Summers	Kate	Summers	Female 20
490.	61 Emma Kaye	Emma	Kaye	Female 20
491.	462 Nikki Mcnaughton	Nikki	Mcnaughton	Female 45
492.	528 Abbie Delaney	Abbie	Delaney	Female 20
493.	164 Helen Squire	Helen	Squire	Female 55
494.	37 Elizabeth Nisbet	Elizabeth	Nisbet	Female 55
495.	466 Sandy Jones	Sandy	Jones	Female 45
496.	494 Louise King	Louise	King	Female 55
497.	81 Sam Ewart	Sam	Ewart	Female 40
498.	231 Louise Walker	Louise	Walker	Female 20

499.	114 Christine Todd	Christine	Todd	Female	55
500.	416 Tracey Hodges	Tracey	Hodges	Female	40
501.	66 Tracey Peebles	Tracey	Peebles	Female	50
502.	519 Mel Pedrick	Mel	Pedrick	Female	45
503.	474 Darren Williams	Darren	Williams	Male	45-49
504.	359 Sandra Orchard	Sandra	Orchard	Female	55
505.	306 Sally Turner	Sally	Turner	Female	45
506.	594 Sarah Luff	Sarah	Luff	Female	35
507.	279 David Garrard	David	Garrard	Male	70-74
508.	491 Rachel Found	Rachel	Found	Female	45
509.	300 Jacquie Pascoe	Jacquie	Pascoe	Female	60
510.	18 Sharon Webber	Sharon	Webber	Female	45
511.	353 Jo Lay	Jo	Lay	Female	50
512.	356 Jemma Ellis	Jemma	Ellis	Female	20
513.	185 Anna Sobol	Anna	Sobol	Female	20
514.	565 Samie Sands	Samie	Sands	Female	20
515.	74 Jon Hicks	Jon	Hicks	Male	45-49
516.	122 Kristina Johnson	Kristina	Johnson	Female	20
517.	577 Laura Nutland	Laura	Nutland	Female	40
518.	299 Laura Williams	Laura	Williams	Female	20
519.	583 Jan Duke	Jan	Duke	Male	70-74
520.	520 Jane Forder	Jane	Forder	Female	45
521.	48 Vicky Senior	Vicky	Senior	Female	35
522.	579 Sarah Coleman	Sarah	Coleman	Female	35
523.	111 Angela Yates	Angela	Yates	Female	60
524.	217 Steven Lawrence	Steven	Lawrence	Male	60-64
525.	478 Karen Baxter	Karen	Baxter	Female	45
526.	465 Ian Butler	Ian	Butler	Male	45-49
527.	145 Lynne Overd	Lynne	Overd	Female	55
528.	41 Mandy Smith	Mandy	Smith	Female	55
529.	471 Sandra Raddenbury	Sandra	Raddenbury	Female	45
530.	475 Lorraine Wherry	Lorraine	Wherry	Female	55
531.	538 Amy Edwards	Amy	Edwards	Female	20
532.	539 Sara Edwards	Sara	Edwards	Female	50
533.	266 Hazel Brady	Hazel	Brady	Female	50
534.	28 Kate Dudman	Kate	Dudman	Female	40
535.	123 Kathryn Thomas	Kathryn	Thomas	Female	40
536.	273 Tracey Rowe	Tracey	Rowe	Female	50
537.	322 Heidi Hoskin	Heidi	Hoskin	Female	40
538.	135 Lisa Jago	Lisa	Jago	Female	45
539.	182 Caroline Knight	Caroline	Knight	Female	35
540.	314 Sarah-Jane Cornwell	Sarah-Jane	Cornwell	Female	20
541.	205 Susan Honeychurch	Susan	Honeychurch	Female	60
542.	490 David Banbury	David	Banbury	Male	55-59
543.	14 Rosie Trevains	Rosie	Trevains	Female	20
544.	39 Sandra Lidiard	Sandra	Lidiard	Female	45
545.	121 Shaun Pengelly	Shaun	Pengelly	Male	50-54
546.	104 Edwina Hannaford	Edwina	Hannaford	Female	55
547.	371 Ian Bowden	Ian	Bowden	Male	45-49
548.	422 Zoe Wolstencroft	Zoe	Wolstencroft	Female	40

549.	550 Mary Dyer	Mary	Dyer	Female 65
550.	549 Lisa Parr	Lisa	Parr	Female 45
551.	249 Sharon Standen	Sharon	Standen	Female 45
552.	204 Angela Lanaway	Angela	Lanaway	Female 50
553.	144 Louise Willcock	Louise	Willcock	Female 45
554.	418 Samantha Carthew	Samantha	Carthew	Female 45
555.	216 Sharon Peake	Sharon	Peake	Female 55
556.	417 Lisa Vosper	Lisa	Vosper	Female 45
557.	499 Hollie Baxter	Hollie	Baxter	Female 20
558.	504 Leesa Pethick	Leesa	Pethick	Female 45
559.	501 Kayleigh Buscombe	Kayleigh	Buscombe	Female 20
560.	116 Mandy Blight	Mandy	Blight	Female 60
DNF	92 Lynsey White	Lynsey	White	Female 20
DNF	258 Tracey Davey	Tracey	Davey	Female 45
DNS	84 Michael Newcombe	Michael	Newcomb	Male 45-49
DNS	134 Deborah Pearce	Deborah	Pearce	Female 50
DNS	176 Wesley Wells	Wesley	Wells	Male 35-39
DNS	180 Pauline Montgomery	Pauline	Montgom	Female 35
DNS	198 Toby Lowe	Toby	Lowe	Male 45-49
DNS	200 Matthew Head	Matthew	Head	Male 20-34
DNS	221 Stephen Fuller	Stephen	Fuller	Male 50-54
DNS	40 John Bosustow	John	Bosustow	Male 40-44
DNS	265 Alice Kirby	Alice	Kirby	Female 35
DNS	282 Rob Jordan	Rob	Jordan	Male 50-54
DNS	285 Karen Mcclay	Karen	Mcclay	Female 50
DNS	291 Louise Bird	Louise	Bird	Female 40
DNS	295 Stuart Pickering	Stuart	Pickering	Male 55-59
DNS	301 John Tilley	John	Tilley	Male 65-69
DNS	303 Jennine Fisher	Jennine	Fisher	Female 35
DNS	304 Sarah Worth	Sarah	Worth	Female 40
DNS	324 Justin Day	Justin	Day	Male 45-49
DNS	329 Jordan Morant	Jordan	Morant	Male 20-34
DNS	361 Andy Millward	Andy	Millward	Male 55-59
DNS	369 Kimberley Mccarthy	Kimberley	Mccarthy	Female 20
DNS	397 Nicky Sowerby	Nicky	Sowerby	Female 50
DNS	405 Graham Ditty	Graham	Ditty	Male 35-39
DNS	430 Penny Lay	Penny	Lay	Female 20
DNS	431 Dave Angell	Dave	Angell	Male 20-34
DNS	434 Helen Kayley	Helen	Kayley	Female 35
DNS	437 Ann Senior	Ann	Senior	Female 60
DNS	438 Abbie Milnes	Abbie	Milnes	Female 20
DNS	453 Ruth Phillips	Ruth	Phillips	Female 40
DNS	454 Jennifer Davies	Jennifer	Davies	Female 20
DNS	531 Robert Kernaghan	Robert	Kernaghan	Male 45-49
DNS	536 Laura Whitehead	Laura	Whitehead	Female 35
DNS	541 Paula Bate	Paula	Bate	Female 45
DNS	543 Ira Griffiths	Ira	Griffiths	Male 50-54
DNS	557 Laura Jones	Laura	Jones	Female 40
DNS	558 Georgina Bennett	Georgina	Bennett	Female 40
DNS	581 Scott Abraham	Scott	Abraham	Male 45-49

DNS	588 Ninette Hibbs	Ninette	Hibbs	Female 55
DNS	589 Mark Webb	Mark	Webb	Male 20-34

Club	ChipTime	GunTime
Cornwall Athletics Club	34:09	34:09
Cornwall Athletics Club	35:18	35:18
Cornwall Athletics Club	35:35	35:35
Cornwall Athletics Club	36:21	36:21
Falmouth Road Runners	36:24	36:24
Cornwall Athletics Club	36:53	36:53
Cornwall Athletics Club	37:20	37:20
Cornwall Athletics Club	37:25	37:25
St Austell Running Club	37:27	37:28
St Austell Running Club	37:44	37:44
St Austell Running Club	37:49	37:50
Truro Running Club	37:54	37:55
PB Running Club	38:10	38:11
Newquay Road Runners	38:29	38:30
St Austell Running Club	38:48	38:49
Falmouth Road Runners	39:02	39:02
Tri-Logic	39:49	39:53
None	39:53	39:54
Cornwall Athletics Club	39:56	39:56
Hayle Runners	40:08	40:10
Mile High Running Club	40:13	40:14
None	40:37	40:42
Cornwall Athletics Club	40:53	40:53
Falmouth Road Runners	41:00	41:02
Looe Pioneers	41:34	41:35
Falmouth Road Runners	41:45	41:46
Truro Running Club	41:45	41:47
East Cornwall Harriers	41:46	41:49
None	41:53	41:56
None	42:01	42:04
Truro Running Club	42:03	42:04
St Austell Running Club	42:11	42:13
St Austell Running Club	42:12	42:13
PB Running Club	42:30	42:32
Newquay Road Runners	42:33	42:34
Carn Runners	42:38	42:38
Bodmin Road Runners	42:39	42:41
Newquay Road Runners	42:41	42:43
St Austell Running Club	42:54	42:56
Truro Running Club	42:55	42:57
Truro Running Club	42:54	42:57
Falmouth Road Runners	43:02	43:04
Newquay Road Runners	43:03	43:06
None	43:05	43:08
Mounts Bay Harriers	43:09	43:12
Mounts Bay Harriers	43:09	43:12
East Cornwall Harriers	43:08	43:18
PB Running Club	43:18	43:19

Mile High Running Club	43:22	43:22
Cornwall Athletics Club	43:23	43:27
St Austell Running Club	43:30	43:32
Newquay Road Runners	43:38	43:40
Hayle Runners	43:42	43:43
Newquay Road Runners	43:49	43:51
East Cornwall Harriers	43:51	43:56
Mile High Running Club	43:58	43:59
East Cornwall Harriers	44:29	44:33
Newquay Road Runners	44:39	44:40
Cornwall Athletics Club	44:42	44:46
Falmouth Road Runners	44:49	44:49
East Cornwall Harriers	44:48	44:58
Truro Running Club	44:59	45:02
Cornwall Athletics Club	45:09	45:10
None	45:08	45:13
Bodmin Road Runners	45:13	45:14
Hayle Runners	45:20	45:24
Newquay Road Runners	45:28	45:30
St Austell Running Club	45:29	45:31
Carn Runners	45:30	45:32
East Cornwall Harriers	45:30	45:40
Mounts Bay Harriers	45:39	45:42
Truro Running Club	45:40	45:44
St Austell Running Club	45:44	45:47
None	45:46	45:47
Hayle Runners	45:52	45:56
St Austell Running Club	45:51	46:00
East Cornwall Harriers	45:57	46:02
St Austell Running Club	46:02	46:05
None	46:08	46:11
Newquay Road Runners	46:07	46:14
Newquay Road Runners	46:25	46:28
Mounts Bay Harriers	46:27	46:32
Cornwall Athletics Club	46:47	46:49
Truro Running Club	46:47	46:50
East Cornwall Harriers	46:54	46:57
Newquay Road Runners	46:46	46:58
St Austell Running Club	46:55	46:59
Truro Running Club	47:00	47:08
JP Fitness	47:07	47:12
Hayle Runners	47:12	47:17
St Austell Running Club	47:23	47:26
East Cornwall Harriers	47:24	47:27
Truro Running Club	47:29	47:32
None	47:15	47:33
Bodmin Road Runners	47:30	47:34
Carn Runners	47:38	47:40
St Austell Running Club	47:38	47:41
None	47:30	47:45

St Austell Running Club	47:43	47:45
St Austell Running Club	47:42	47:46
Hayle Runners	47:41	47:48
Cornwall Athletics Club	47:50	47:53
Bodmin Road Runners	47:52	47:56
Looe Pioneers	48:21	48:21
Newquay Road Runners	48:24	48:26
Truro Running Club	48:36	48:41
Falmouth Road Runners	48:45	48:52
Truro Running Club	48:51	48:57
Newquay Road Runners	48:46	48:59
Hayle Runners	48:53	48:59
Cornwall Athletics Club	49:04	49:09
Newquay Road Runners	49:07	49:12
Newquay Road Runners	49:11	49:16
Newquay Road Runners	49:15	49:20
Hayle Runners	49:02	49:21
Bodmin Road Runners	49:23	49:26
Truro Running Club	49:30	49:35
East Cornwall Harriers	49:26	49:36
Hayle Runners	49:33	49:40
Newquay Road Runners	49:32	49:40
Hayle Runners	49:28	49:44
Carn Runners	49:41	49:48
Newquay Road Runners	49:41	49:53
St Austell Running Club	49:53	49:56
St Austell Running Club	49:45	49:57
Cornwall Athletics Club	49:53	49:58
Newquay Road Runners	49:56	50:03
Hayle Runners	49:57	50:07
Other	50:06	50:14
Hayle Runners	50:07	50:16
Truro Running Club	50:20	50:25
Cornwall Athletics Club	50:16	50:29
None	50:29	50:37
Launceston Road Runners	50:35	50:41
Hayle Runners	50:31	50:48
Mud Crew	50:47	50:51
Truro Running Club	50:43	50:53
Newquay Road Runners	50:45	50:57
Carn Runners	50:49	51:00
None	50:30	51:01
Newquay Road Runners	50:54	51:01
Falmouth Road Runners	50:53	51:03
Newquay Road Runners	51:02	51:08
None	51:05	51:09
Newquay Road Runners	51:09	51:23
Cornwall Athletics Club	51:30	51:43
Newquay Road Runners	51:38	51:44
East Cornwall Harriers	51:43	51:50

Falmouth Road Runners	51:49	51:56
Carn Runners	51:49	51:57
None	51:46	52:04
Newquay Road Runners	52:07	52:09
None	51:45	52:14
JP Fitness	52:18	52:23
Cornwall Athletics Club	52:28	52:34
Newquay Road Runners	52:29	52:37
Carn Runners	52:31	52:39
Mounts Bay Harriers	52:42	52:48
Hayle Runners	52:34	52:52
Tri-Logic	52:36	52:55
Cornwall Athletics Club	52:40	52:55
Newquay Road Runners	52:56	53:01
Mounts Bay Harriers	52:56	53:02
Truro Running Club	52:54	53:04
Truro Running Club	52:53	53:04
Bodmin Road Runners	53:07	53:12
St Austell Running Club	52:52	53:14
Newquay Road Runners	53:12	53:17
None	53:15	53:25
Looe Pioneers	53:10	53:26
St Austell Running Club	53:18	53:31
Hayle Runners	53:18	53:38
Hayle Runners	53:32	53:43
None	53:38	53:47
Tamar Trotters	53:32	53:48
St Austell Running Club	53:39	53:51
None	53:52	53:56
None	53:58	54:00
Tri-Logic	53:58	54:04
None	53:55	54:06
St Austell Running Club	54:04	54:14
None	54:05	54:21
Newquay Road Runners	54:18	54:23
East Cornwall Harriers	54:28	54:35
Hayle Runners	54:18	54:36
St Austell Running Club	54:30	54:39
Truro Running Club	54:33	54:45
Truro Running Club	54:33	54:45
Newquay Road Runners	54:45	54:49
Hayle Runners	54:42	54:55
Truro Running Club	54:59	55:05
St Austell Running Club	55:04	55:11
Falmouth Road Runners	55:05	55:13
Newquay Road Runners	55:11	55:20
Hayle Runners	55:16	55:23
Cornwall Athletics Club	55:17	55:23
100 Marathon Club	55:05	55:25
Newquay Road Runners	55:26	55:31

Tamar Trotters	55:18	55:34
Hayle Runners	55:16	55:35
St Austell Running Club	55:10	55:36
Newquay Road Runners	55:34	55:39
Cornwall Athletics Club	55:39	55:45
Falmouth Road Runners	55:38	55:49
Falmouth Road Runners	55:38	55:54
Truro Running Club	55:58	56:04
Falmouth Road Runners	56:13	56:13
None	56:06	56:13
None	56:01	56:18
Cornwall Athletics Club	56:15	56:21
Truro Running Club	56:16	56:24
None	56:21	56:24
Truro Running Club	56:22	56:31
None	56:04	56:37
None	56:11	56:39
Newquay Road Runners	56:23	56:43
PB Running Club	56:22	56:43
None	56:29	56:46
None	56:08	56:48
None	56:42	56:50
East Cornwall Harriers	56:39	56:58
Bodmin Road Runners	56:41	56:59
Newquay Road Runners	56:48	57:00
Hayle Runners	56:53	57:03
None	56:51	57:05
East Cornwall Harriers	57:06	57:16
JP Fitness	57:08	57:20
Bodmin Women's Running Club	57:10	57:20
Carn Runners	57:21	57:33
None	57:18	57:36
None	57:06	57:38
None	57:26	57:38
None	57:17	57:39
St Austell Running Club	57:27	57:39
JP Fitness	57:27	57:40
Looe Pioneers	57:28	57:41
JP Fitness	57:29	57:43
St Austell Running Club	57:39	57:50
None	57:40	57:52
East Cornwall Harriers	57:24	57:53
Cornwall Athletics Club	57:22	57:55
Falmouth Road Runners	57:43	57:56
Carn Runners	57:44	57:59
Bodmin Road Runners	57:44	58:04
Falmouth Road Runners	57:55	58:07
PB Running Club	57:43	58:09
Bodmin Road Runners	57:57	58:15
None	58:17	58:21

JP Fitness	58:10	58:24
Bodmin Road Runners	58:06	58:27
Cornwall Athletics Club	58:20	58:27
Torbay Tri	58:16	58:28
Newquay Road Runners	58:14	58:29
Looe Pioneers	58:08	58:30
Looe Pioneers	58:08	58:35
Launceston Road Runners	58:20	58:36
Launceston Road Runners	58:20	58:37
JP Fitness	58:25	58:38
None	58:16	58:38
Falmouth Road Runners	58:27	58:39
Launceston Road Runners	58:22	58:45
Truro Running Club	58:45	58:49
None	58:35	59:00
Bodmin Women's Running Cl	58:51	59:01
Bodmin Women's Running Cl	58:51	59:01
JP Fitness	58:55	59:07
None	58:31	59:11
None	59:07	59:16
None	59:03	59:18
Bodmin Road Runners	58:56	59:20
Newquay Road Runners	59:07	59:21
Truro Running Club	59:15	59:23
Mounts Bay Harriers	59:00	59:26
Falmouth Road Runners	59:13	59:28
St Austell Running Club	59:00	59:29
None	59:30	59:39
Hayle Runners	59:17	59:39
Maverick Runners	59:31	59:44
PB Running Club	59:39	59:45
Hayle Runners	59:37	59:47
None	59:17	59:49
Newquay Road Runners	59:46	59:54
St Austell Running Club	59:56	59:58
Bodmin Women's Running Cl	59:43	1:00:01
Newquay Road Runners	59:27	1:00:03
Falmouth Road Runners	59:44	1:00:07
Falmouth Road Runners	1:00:12	1:00:17
Newquay Road Runners	59:44	1:00:20
Hayle Runners	1:00:09	1:00:21
Cornwall Athletics Club	1:00:11	1:00:24
Hayle Runners	1:00:03	1:00:24
Cornwall Athletics Club	1:00:07	1:00:25
St Austell Running Club	1:00:03	1:00:31
St Austell Running Club	1:00:03	1:00:31
None	1:00:20	1:00:39
Looe Pioneers	1:00:15	1:00:41
St Austell Running Club	1:00:37	1:00:45
Tamar Trotters	1:00:34	1:00:49

Mounts Bay Harriers	1:00:42	1:00:51
Newquay Road Runners	1:00:14	1:00:51
Looe Pioneers	1:00:27	1:00:56
Mounts Bay Harriers	1:00:33	1:01:03
Bodmin Road Runners	1:00:46	1:01:03
Newquay Road Runners	1:00:29	1:01:03
Bodmin Road Runners	1:00:51	1:01:07
Newquay Road Runners	1:00:44	1:01:07
None	1:00:44	1:01:08
Bodmin Women's Running Clu	1:00:51	1:01:08
Falmouth Road Runners	1:00:54	1:01:10
None	1:00:39	1:01:13
None	1:00:43	1:01:13
Newquay Road Runners	1:00:39	1:01:16
None	1:00:50	1:01:21
St Austell Running Club	1:01:00	1:01:22
Looe Pioneers	1:01:00	1:01:24
East Cornwall Harriers	1:00:55	1:01:27
Bodmin Road Runners	1:01:16	1:01:35
Tamar Trotters	1:01:17	1:01:36
St Austell Running Club	1:01:17	1:01:46
St Austell Running Club	1:01:31	1:01:58
Tamar Trotters	1:01:47	1:02:03
Falmouth Road Runners	1:01:50	1:02:05
Cornwall Athletics Club	1:01:42	1:02:08
Looe Pioneers	1:01:57	1:02:12
Newquay Road Runners	1:01:36	1:02:12
Bodmin Women's Running Clu	1:02:06	1:02:17
Truro Running Club	1:02:00	1:02:21
Bodmin Women's Running Clu	1:02:03	1:02:22
Truro Running Club	1:02:12	1:02:22
Teignbridge Trotters	1:01:59	1:02:25
Truro Running Club	1:02:16	1:02:25
St Austell Running Club	1:02:02	1:02:27
Newquay Road Runners	1:02:32	1:02:37
Tamar Trotters	1:02:16	1:02:37
Newquay Road Runners	1:02:25	1:02:41
Bodmin Women's Running Clu	1:02:30	1:02:43
St Austell Running Club	1:02:21	1:02:43
None	1:02:05	1:02:44
St Austell Running Club	1:02:23	1:02:45
JP Fitness	1:02:31	1:02:59
Newquay Road Runners	1:02:25	1:03:01
Carn Runners	1:02:49	1:03:04
Carn Runners	1:02:49	1:03:04
Cornwall Athletics Club	1:02:53	1:03:07
Bodmin Women's Running Clu	1:03:01	1:03:16
Truro Running Club	1:02:54	1:03:17
Bodmin Women's Running Clu	1:02:53	1:03:31
Mounts Bay Harriers	1:03:11	1:03:34

Falmouth Road Runners	1:03:26	1:03:42
Hayle Runners	1:03:23	1:03:44
Hayle Runners	1:03:15	1:03:44
None	1:03:47	1:03:47
None	1:03:16	1:03:47
Newquay Road Runners	1:03:15	1:03:47
Hayle Runners	1:03:28	1:03:48
Carn Runners	1:03:34	1:03:48
St Austell Running Club	1:03:42	1:03:49
Newquay Road Runners	1:03:21	1:03:59
St Austell Running Club	1:03:38	1:04:06
Newquay Road Runners	1:03:57	1:04:12
Newquay Road Runners	1:03:39	1:04:13
None	1:04:05	1:04:20
Looe Pioneers	1:03:56	1:04:22
Looe Pioneers	1:03:54	1:04:22
PB Running Club	1:04:05	1:04:24
Newquay Road Runners	1:04:11	1:04:30
Falmouth Road Runners	1:04:20	1:04:36
WalkRun NRR	1:04:00	1:04:47
Falmouth Road Runners	1:04:36	1:04:50
None	1:04:15	1:04:53
None	1:04:16	1:04:53
Falmouth Road Runners	1:04:46	1:04:54
None	1:04:45	1:04:54
None	1:04:19	1:04:57
Hayle Runners	1:04:36	1:04:57
East Cornwall Harriers	1:04:36	1:05:00
Bodmin Road Runners	1:04:50	1:05:08
St Austell Running Club	1:04:59	1:05:09
Falmouth Road Runners	1:05:12	1:05:26
St Austell Running Club	1:05:03	1:05:26
Carn Runners	1:05:17	1:05:37
St Austell Running Club	1:05:05	1:05:42
Truro Running Club	1:05:37	1:05:46
Cornwall Athletics Club	1:05:44	1:05:51
Bodmin Road Runners	1:05:31	1:05:57
Mounts Bay Harriers	1:05:43	1:06:02
Newquay Road Runners	1:05:52	1:06:07
St Austell Running Club	1:05:45	1:06:12
None	1:05:31	1:06:12
Newquay Road Runners	1:05:45	1:06:24
Carn Runners	1:06:01	1:06:24
Cornwall Athletics Club	1:05:49	1:06:26
St Austell Running Club	1:05:56	1:06:30
None	1:05:57	1:06:38
East Cornwall Harriers	1:06:08	1:06:39
Launceston Road Runners	1:06:20	1:06:46
Carn Runners	1:06:40	1:06:50
Truro Running Club	1:06:59	1:07:07

Mounts Bay Harriers	1:06:32	1:07:11
Bodmin Women's Running Cl	1:06:57	1:07:12
None	1:06:50	1:07:13
None	1:06:47	1:07:20
Hayle Runners	1:06:48	1:07:22
Hayle Runners	1:06:46	1:07:22
JP Fitness	1:07:39	1:07:39
JP Fitness	1:07:11	1:07:40
Falmouth Road Runners	1:07:26	1:07:40
Falmouth Road Runners	1:07:26	1:07:41
East Cornwall Harriers	1:07:19	1:07:53
None	1:07:49	1:07:55
Falmouth Road Runners	1:07:33	1:08:03
St Austell Running Club	1:07:32	1:08:04
St Austell Running Club	1:07:35	1:08:07
Mounts Bay Harriers	1:07:50	1:08:08
Bodmin Women's Running Cl	1:07:58	1:08:13
Launceston Road Runners	1:07:54	1:08:21
Newquay Road Runners	1:08:41	1:08:41
Bodmin Road Runners	1:08:20	1:08:41
Mounts Bay Harriers	1:08:21	1:08:46
Mounts Bay Harriers	1:08:21	1:08:46
Looe Pioneers	1:08:10	1:08:48
JP Fitness	1:08:23	1:08:52
St Austell Running Club	1:08:23	1:08:56
None	1:08:24	1:08:57
None	1:08:27	1:08:57
None	1:08:54	1:09:12
Looe Pioneers	1:08:44	1:09:19
Falmouth Road Runners	1:09:20	1:09:29
Newquay Road Runners	1:08:53	1:09:30
WalkRun NRR	1:08:59	1:09:31
Bodmin Road Runners	1:09:08	1:09:32
None	1:09:12	1:09:38
PB Running Club	1:09:21	1:09:46
None	1:09:27	1:09:53
St Austell Running Club	1:09:22	1:09:53
None	1:09:13	1:09:59
None	1:09:13	1:09:59
East Cornwall Harriers	1:09:38	1:10:10
Mounts Bay Harriers	1:09:57	1:10:23
Carn Runners	1:10:04	1:10:23
Looe Pioneers	1:09:49	1:10:24
Hayle Runners	1:10:04	1:10:32
None	1:10:24	1:11:02
Looe Pioneers	1:10:37	1:11:11
Carn Runners	1:11:15	1:11:31
St Austell Running Club	1:11:06	1:11:38
Truro Running Club	1:11:14	1:11:39
St Austell Running Club	1:11:05	1:11:41

Looe Pioneers	1:11:46	1:12:14
PB Running Club	1:11:58	1:12:16
None	1:11:52	1:12:20
St Austell Running Club	1:11:52	1:12:34
Launceston Road Runners	1:12:24	1:12:38
Truro Running Club	1:12:20	1:12:41
Truro Running Club	1:12:20	1:12:41
Newquay Road Runners	1:12:07	1:12:44
Falmouth Road Runners	1:11:59	1:12:46
St Austell Running Club	1:12:24	1:12:51
St Austell Running Club	1:12:25	1:12:55
Tamar Trotters	1:12:44	1:13:03
Newquay Road Runners	1:12:31	1:13:07
Mounts Bay Harriers	1:12:39	1:13:18
St Austell Running Club	1:12:52	1:13:18
St Austell Running Club	1:12:48	1:13:21
St Austell Running Club	1:12:53	1:13:26
Bodmin Road Runners	1:13:05	1:13:30
Hayle Runners	1:13:15	1:13:35
Carn Runners	1:13:08	1:13:36
Carn Runners	1:13:08	1:13:37
JP Fitness	1:13:25	1:13:53
JP Fitness	1:13:26	1:13:53
JP Fitness	1:13:26	1:13:54
JP Fitness	1:13:26	1:13:54
Looe Pioneers	1:13:21	1:13:57
Looe Pioneers	1:13:19	1:13:57
Teignmouth Trotters	1:13:59	1:14:34
Plymouth Musketeers	1:14:01	1:14:44
Plymouth Musketeers	1:14:01	1:14:44
Falmouth Road Runners	1:14:28	1:14:50
Cornwall Athletics Club	1:14:35	1:15:07
Mud Crew	1:14:33	1:15:14
Mounts Bay Harriers	1:15:18	1:15:38
Bodmin Road Runners	1:15:21	1:15:45
None	1:15:42	1:16:20
JP Fitness	1:15:52	1:16:22
None	1:15:50	1:16:25
Plymouth Harriers	1:15:49	1:16:31
Carn Runners	1:16:29	1:16:47
WalkRun NRR	1:16:37	1:16:58
Newquay Road Runners	1:16:37	1:16:59
None	1:16:24	1:17:05
None	1:16:27	1:17:06
Mounts Bay Harriers	1:16:59	1:17:20
Carn Runners	1:17:01	1:17:35
None	1:17:29	1:17:35
Plymouth Musketeers	1:16:59	1:17:41
St Austell Running Club	1:17:04	1:17:49
WalkRun NRR	1:17:43	1:18:05

St Austell Running Club	1:17:24	1:18:10
Falmouth Road Runners	1:17:24	1:18:11
Falmouth Road Runners	1:17:28	1:18:15
Other	1:17:46	1:18:29
Plymouth Musketeers	1:17:51	1:18:35
JP Fitness	1:18:13	1:18:58
St Austell Running Club	1:18:36	1:18:59
None	1:18:22	1:19:07
Falmouth Road Runners	1:18:37	1:19:10
St Austell Running Club	1:18:47	1:19:12
JP Fitness	1:18:29	1:19:14
St Austell Running Club	1:18:40	1:19:15
Hayle Runners	1:18:46	1:19:16
Hayle Runners	1:18:48	1:19:17
Looe Pioneers	1:18:56	1:19:19
Looe Pioneers	1:18:57	1:19:20
PB Running Club	1:19:17	1:19:49
JP Fitness	1:19:10	1:19:50
JP Fitness	1:19:10	1:19:50
Hayle Runners	1:19:10	1:19:50
Tamar Trotters	1:19:22	1:19:53
Tamar Trotters	1:19:22	1:19:53
Looe Pioneers	1:19:16	1:19:53
None	1:19:47	1:20:14
St Austell Running Club	1:20:23	1:20:48
Falmouth Road Runners	1:20:24	1:20:57
None	1:21:07	1:21:49
None	1:21:06	1:21:49
Looe Pioneers	1:21:14	1:21:51
Mud Crew	1:21:22	1:22:02
St Austell Running Club	1:21:41	1:22:06
St Austell Running Club	1:21:42	1:22:06
None	1:21:59	1:22:34
None	1:22:00	1:22:34
Carn Runners	1:22:03	1:22:37
Bodmin Women's Running Cl	1:22:48	1:23:03
Cornwall Athletics Club	1:22:41	1:23:17
Carn Runners	1:23:58	1:24:34
Looe Pioneers	1:25:27	1:26:06
Looe Pioneers	1:25:27	1:26:08
Bodmin Women's Running Cl	1:25:25	1:26:10
Bodmin Women's Running Cl	1:25:25	1:26:10
Carn Runners	1:26:14	1:26:50
None	1:27:59	1:28:42
Bodmin Women's Running Cl	1:28:00	1:28:42
Bodmin Women's Running Cl	1:27:59	1:28:42
Looe Pioneers	1:28:41	1:29:20
Looe Pioneers	1:30:55	1:31:36
Carn Runners	1:32:08	1:32:34
Carn Runners	1:32:07	1:32:34

Plymouth Harriers	1:32:58	1:33:42
Plymouth Harriers	1:32:58	1:33:42
Bodmin Women's Running Clt	1:33:05	1:33:51
Bodmin Women's Running Clt	1:33:13	1:33:59
PB Running Club	1:35:29	1:36:11
Bodmin Women's Running Clt	1:39:58	1:40:44
Bodmin Women's Running Clt	1:40:00	1:40:44
Bodmin Women's Running Clt	1:40:37	1:41:23
Plymouth Harriers	1:44:00	1:44:44
Plymouth Harriers	1:44:00	1:44:44
St Austell Running Club	1:46:25	1:47:00
St Austell Running Club	1:46:25	1:47:00
Newquay Road Runners		
East Cornwall Harriers		
Torrington AAC		
Hayle Runners		
Tamar Trotters		
Bodmin Women's Running Clt		
Newquay Road Runners		
Cornwall Athletics Club		
Hayle Runners		
JP Fitness		
JP Fitness		
Hayle Runners		
Mounts Bay Harriers		
Looe Pioneers		
Tri-Logic		
Bodmin Road Runners		
Looe Pioneers		
Launceston Road Runners		
Cornwall Athletics Club		
Hayle Runners		
Carn Runners		
JP Fitness		
Truro Running Club		
Mile High Running Club		
Bodmin Women's Running Clt		
Mile High Running Club		
None		
Hayle Runners		
Cornwall Athletics Club		
Hayle Runners		
Truro Running Club		
Looe Pioneers		
None		
Other		
St Austell Running Club		
None		
None		
Hayle Runners		

None
None