

Trevornick 2022

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>Chip Time</u>	<u>Gun Time</u>
1	374	Jacob Landers	Male 20-34	Tamar Trotters	0:34:17	0:34:17
2	195	Ryan Hanley	Male 20-34	Cornwall AC	0:35:05	0:35:05
3	531	Zak Clemens	Male 16-19	Cornwall AC	0:35:30	0:35:30
4	317	Steve Reynolds	Male 35-39	Truro Running Club	0:36:14	0:36:14
5	424	Oliver Wright	Male 20-34	Cornwall AC	0:36:41	0:36:41
6	277	John McWilliams	Male 35-39	Mile High	0:36:55	0:36:55
7	463	Mark Rea	Male 35-39	Cornwall AC	0:37:05	0:37:07
8	553	Tom Howell	Male 35-39	Mile High	0:37:11	0:37:12
9	482	Andrew Martin	Male 40-44	Mile High	0:37:17	0:37:19
10	249	Paul Whear	Male 50-54	Cornwall AC	0:37:28	0:37:29
11	287	Alex Marples	Male 40-44	Truro Running Club	0:37:46	0:37:47
12	412	Josh Karpinski	Male 35-39	Newquay Road Runners	0:37:59	0:37:59
13	484	Llewin Head	Male 16-19	Mile High	0:38:03	0:38:03
14	569	Ross Pascoe	Male 20-34	Cornwall AC	0:38:09	0:38:09
15	141	Matt Yates	Male 20-34	Cornwall AC	0:38:28	0:38:30
16	402	Peter Sowerby	Male 55-59	Truro Running Club	0:38:31	0:38:32
17	464	Ken Walker	Male 45-49	Newquay Road Runners	0:38:35	0:38:36
18	368	Luke Attwood	Male 20-34	Tamar Trotters	0:38:38	0:38:41
19	312	James Werren	Male 35-39		0:38:48	0:38:50
20	473	James Kirton	Male 20-34	Truro Running Club	0:38:56	0:38:57
21	10	Darren Roose	Male 40-44	Newquay Road Runners	0:38:58	0:38:59
22	530	Catherine O'Dwyer	Female 40-4	Cornwall AC	0:39:00	0:39:00
23	371	Charles Buscombe	Male 20-34	Newquay Road Runners	0:39:05	0:39:08
24	509	Peter Barnes	Male 35-39	Hayle Runners	0:39:18	0:39:18
25	390	Liam Gallantry	Male 20-34	East Cornwall Harriers	0:39:32	0:39:33
26	387	Adrian Ball	Male 55-59	Cornwall AC	0:39:38	0:39:40
27	285	Robert Chirgwin	Male 20-34	Truro Running Club	0:39:43	0:39:45
28	483	Tony Wright	Male 55-59	Cornwall AC	0:40:04	0:40:05
29	381	Andrew Byatt	Male 40-44		0:40:12	0:40:14
30	334	Emma Stepto	Female 50-5	Cornwall AC	0:40:17	0:40:18
31	478	Jacob Gardner	Male 20-34	Hayle Runners	0:40:22	0:40:23
32	468	Richard Martin	Male 35-39	St Austell Running Club	0:40:22	0:40:23
33	272	Neil Carter	Male 40-44	Newquay Road Runners	0:40:21	0:40:24
34	511	Ryan Moyle	Male 45-49	Mile High	0:40:28	0:40:32
35	446	James Davies	Male 35-39	Truro Running Club	0:40:32	0:40:36
36	523	Kieran Murrant	Male 20-34	Hayle Runners	0:40:36	0:40:36
37	573	Matthew Robinson	Male 20-34	Cornwall AC	0:40:34	0:40:36
38	443	Sarah Hoskin	Female 35-3	Mile High	0:40:40	0:40:43
39	429	Zelah Morrall	Female 50-5	Cornwall AC	0:40:49	0:40:51
40	570	Jonny Unwin	Male 20-34		0:40:52	0:40:54
41	297	Andrew Blizzard	Male 20-34	Truro Running Club	0:40:59	0:41:00
42	266	Andrew Key	Male 35-39	Carn Runners	0:41:25	0:41:27
43	305	Glynn Edwards	Male 20-34	Lonely Goat RC	0:41:28	0:41:32
44	268	Matt Fox	Male 20-34	Cornwall AC	0:41:42	0:41:47
45	264	David Wilding	Male 45-49	Hayle Runners	0:41:49	0:41:51
46	182	Cadan Crowle	Male 20-34	East Cornwall Harriers	0:41:50	0:41:53

47	533	Mike Dowrick	Male 45-49	Cornwall AC	0:41:55	0:41:56
48	501	Craig Knuckey	Male 50-54	Cornwall AC	0:42:05	0:42:06
49	537	Simon Knowles	Male 45-49	Hayle Runners	0:42:08	0:42:10
50	306	Kevin Edwards	Male 55-59	Tamar Trotters	0:42:30	0:42:32
51	64	Danny Staples	Male 16-19	Cornwall AC	0:42:29	0:42:32
52	519	Gary Richards	Male 50-54	Cornwall AC	0:42:30	0:42:33
53	462	Maisy Luke	Female 16-1	Cornwall AC	0:42:38	0:42:40
54	326	Jo Temple	Female 20-3	Truro Running Club	0:42:40	0:42:43
55	423	Adrian Mutsaers	Male 50-54	Mile High	0:42:44	0:42:48
56	488	Matt Harries	Male 20-34	Tamar Trotters	0:42:55	0:42:58
57	335	Rosie Gibbons	Female 40-4	Cornwall AC	0:43:22	0:43:25
58	2	Paul Johnson	Male 35-39	St Austell Running Club	0:43:22	0:43:28
59	439	Ralph Graves	Male 45-49	Truro Running Club	0:43:30	0:43:34
60	522	Jordan Frapwell	Male 20-34	Newquay Road Runners	0:43:37	0:43:38
61	154	Robin Watson	Male 55-59	Falmouth Road Runners	0:43:46	0:43:49
62	214	Jon Eldon	Male 60-64	Hayle Runners	0:43:56	0:43:58
63	479	Carol Randall	Female 50-5	Cornwall AC	0:44:07	0:44:10
64	572	Mike Greer	Male 35-39	St Austell Running Club	0:44:06	0:44:13
65	336	James Taylor	Male 35-39	Cornwall AC	0:44:13	0:44:19
66	536	Callum Pinch	Male 20-34	Truro Running Club	0:44:12	0:44:20
67	43	Clive Finnimore	Male 45-49	Looe Pioneers Running Cl	0:44:21	0:44:25
68	448	Liam O'Neill	Male 20-34	Hayle Runners	0:44:34	0:44:44
69	108	Mathew Henderson	Male 20-34	St Austell Running Club	0:44:47	0:44:54
70	347	Richard Chynoweth	Male 40-44	Truro Running Club	0:44:59	0:45:05
71	422	Andy Chase	Male 35-39	St Austell Athletes Runnin	0:45:04	0:45:09
72	258	Arron Crowle	Male 20-34	East Cornwall Harriers	0:45:07	0:45:11
73	465	Stuart Richards	Male 45-49	St Austell Running Club	0:45:09	0:45:14
74	283	Chris Chirgwin	Male 35-39	Truro Running Club	0:45:10	0:45:17
75	230	Glynn Davis	Male 55-59	Carn Runners	0:45:17	0:45:19
76	481	Leo Muid	Male 40-44	Falmouth Road Runners	0:45:21	0:45:26
77	174	Andy Stallard	Male 55-59	Truro Running Club	0:45:28	0:45:30
78	48	Iain Walker	Male 65-69	St Austell Running Club	0:45:27	0:45:32
79	321	Frazer Humbles	Male 35-39	Hayle Runners	0:45:37	0:45:44
80	139	Mark Sweeney	Male 55-59	St Austell Running Club	0:45:44	0:45:48
81	307	Ian Temple	Male 55-59	Bodmin Road Runners	0:45:41	0:45:49
82	349	Jonathan Berridge	Male 50-54	Truro Running Club	0:45:43	0:45:51
83	534	Adam Carlyon	Male 35-39	Truro Running Club	0:45:42	0:45:57
84	575	Benedicte Holtan Carter	Female 40-4	Launceston Road Runners	0:45:50	0:45:58
85	299	Jason Elliott	Male 45-49	Newquay Road Runners	0:46:08	0:46:14
86	251	Sharon Daw	Female 55-5	East Cornwall Harriers	0:46:13	0:46:17
87	100	Melodie Manners	Female 20-3	Hayle Runners	0:46:27	0:46:32
88	291	Martin Davis	Male 60-64	Newquay Road Runners	0:46:34	0:46:38
89	516	Stella Gardener	Female 35-3	Newquay Road Runners	0:46:39	0:46:44
90	544	Hannah Matthews	Female 35-3	East Cornwall Harriers	0:46:48	0:46:53
91	361	Mark Williams	Male 55-59	Hayle Runners	0:46:50	0:46:57
92	398	Luke Reed	Male 40-44	Newquay Road Runners	0:46:54	0:46:59
93	179	Revis Crowle	Female 60-6	East Cornwall Harriers	0:46:57	0:47:02
94	103	Ross Lawry	Male 45-49	St Austell Running Club	0:46:57	0:47:04
95	565	Alice Vage	Female 20-3	Cornwall AC	0:46:56	0:47:05

96	410	Grace Barratt	Female 20-3	Newquay Road Runners	0:47:06	0:47:11
97	209	Martyn Prouse	Male 45-49	PB Running Club	0:47:13	0:47:20
98	259	Gregory May	Male 40-44	Carn Runners	0:47:08	0:47:25
99	581	Peter Parker	Male 65-69		0:47:28	0:47:31
100	515	John Mitchell	Male 35-39		0:47:32	0:47:41
101	19	Amanda Hewitt	Female 45-4	Cornwall AC	0:47:37	0:47:44
102	499	Malcolm Roberts	Male 65-69	St Austell Running Club	0:47:45	0:47:49
103	178	Geoff Letchford	Male 70-74	Cornwall AC	0:47:45	0:47:49
104	395	Stephen Gilks	Male 40-44		0:47:39	0:47:54
105	234	Katy Jenkins	Female 40-4	Truro Running Club	0:48:00	0:48:06
106	7	Kelly Woodfine-Beard	Female 40-4	Newquay Road Runners	0:48:09	0:48:14
107	517	Eve Hearle	Female 40-4	Newquay Road Runners	0:48:13	0:48:18
108	554	Joseph Stanford	Male 45-49	Truro Running Club	0:48:13	0:48:20
109	491	Jane Bremner	Female 65-6	Tamar Trotters	0:48:10	0:48:21
110	476	Susanne Wood	Female 45-4	Cornwall AC	0:48:12	0:48:22
111	138	Peter Allen	Male 60-64	Newquay Road Runners	0:48:23	0:48:29
112	407	Derrick Frantz	Male 55-59	Cornwall AC	0:48:24	0:48:34
113	325	Andrew James	Male 40-44	Hayle Runners	0:48:29	0:48:36
114	469	Gemma Martin	Female 45-4		0:48:31	0:48:40
115	217	Peter Hammond	Male 50-54	Cornwall AC	0:48:40	0:48:44
116	460	Jenny Stephens	Female 20-3	Cornwall AC	0:48:36	0:48:45
117	323	Craig Varcoe	Male 20-34		0:48:47	0:48:53
118	550	Oli Nidds	Male 20-34	Carn Runners	0:48:43	0:48:55
119	101	Debbie Harrison-Webb	Female 50-5	Hayle Runners	0:48:53	0:48:59
120	339	Lizzie Jenkins	Female 35-3		0:48:54	0:49:08
121	453	Beth Popperwell	Female 45-4	Mile High	0:49:05	0:49:12
122	576	Hamid Khan	Male 45-49	ABRAS	0:49:12	0:49:18
123	440	Matthew Wilson	Male 45-49	Cornwall AC	0:49:08	0:49:19
124	562	Joshua Grieb	Male 20-34	Newquay Road Runners	0:49:08	0:49:22
125	451	Hannah Fox	Female 45-4	Mile High	0:49:23	0:49:27
126	561	Chris Parker	Male 50-54	Falmouth Road Runners	0:49:25	0:49:31
127	28	Marty Barnfield	Male 45-49	Bodmin Road Runners	0:49:27	0:49:34
128	353	Paul Allan	Male 55-59	Hayle Runners	0:49:23	0:49:35
129	281	Lydia Franks	Female 20-3	Newquay Road Runners	0:49:30	0:49:45
130	532	Karen Harrison Pascoe	Female 50-5	Cornwall AC	0:49:38	0:49:47
131	280	Andrea Commons	Female 50-5		0:49:34	0:49:49
132	275	Michael Counter	Male 55-59	St Austell Running Club	0:49:40	0:49:50
133	556	Zack Hill	Male 20-34	Cornwall AC	0:49:48	0:49:58
134	419	Martin Hynes	Male 65-69	Launceston Road Runners	0:50:11	0:50:20
135	528	Thomas Moore	Male 40-44	Truro Running Club	0:50:07	0:50:21
136	315	Corinne Gerrard	Female 50-5	Hayle Runners	0:50:34	0:50:42
137	541	Gavin Rutledge	Male 20-34		0:50:31	0:50:42
138	551	Lia Foreman	Female 20-3	Hayle Runners	0:50:28	0:50:44
139	411	Thomas Downes	Male 20-34		0:50:42	0:50:47
140	114	Eleanor Ellison	Female 65-6	Newquay Road Runners	0:50:54	0:50:59
141	373	Natasha Stevens	Female 45-4	Bodmin Women's RC	0:51:00	0:51:07
142	420	Gemma Vivian	Female 20-3	Hayle Runners	0:51:00	0:51:08
143	181	Philip Johns	Male 20-34	Hayle Runners	0:51:03	0:51:12
144	406	Emma Lydon	Female 45-4		0:51:07	0:51:13

145	540	Martha Carlisle	Female 20-3	Cornwall AC	0:51:03	0:51:13
146	308	Alison Temple	Female 55-5	Bodmin Road Runners	0:51:07	0:51:15
147	560	Katie Robinson	Female 20-3	Falmouth Road Runners	0:51:12	0:51:19
148	498	Grahame Mace	Male 45-49	Looe Pioneers Running Cl	0:51:13	0:51:24
149	529	Ellen Jones	Female 20-3	Cornwall AC	0:51:19	0:51:29
150	47	Steve Mildenhall	Male 45-49	Newquay Road Runners	0:51:30	0:51:35
151	547	Terence Venter	Male 20-34		0:51:34	0:51:38
152	144	Sarah Wilkinson	Female 60-6	Newquay Road Runners	0:51:34	0:51:39
153	340	Gareth Perry	Male 40-44	St Austell Running Club	0:51:31	0:51:41
154	265	Wayne Lawry	Male 50-54	Carn Runners	0:51:27	0:51:43
155	559	Jaine Hynes	Female 55-5	Launceston Road Runners	0:51:39	0:51:47
156	413	Andrew Ferguson	Male 55-59		0:51:43	0:51:49
157	320	Lisa Player	Female 60-6	Newquay Road Runners	0:51:46	0:51:52
158	75	Claire Mildenhall	Female 45-4	Newquay Road Runners	0:51:50	0:51:55
159	405	Claire Winfield	Female 50-5	Launceston Road Runners	0:51:56	0:52:06
160	574	Alan Barber	Male 55-59	Geelong Cross Country Cl	0:52:01	0:52:07
161	437	Sarah Myford	Female 55-5	Bodmin Road Runners	0:52:05	0:52:12
162	262	Debbie Mitchell	Female 45-4	Hayle Runners	0:52:08	0:52:16
163	318	Joe Beer	Male 50-54	Hayle Runners	0:52:08	0:52:16
164	502	Frazer Mountford	Male 40-44	Newquay Road Runners	0:52:17	0:52:22
165	9	Mick Davison	Male 50-54	Newquay Road Runners	0:52:13	0:52:25
166	392	Joanna Marcinekova	Female 40-4	Cornwall AC	0:52:16	0:52:27
167	480	Harry Randall	Male 20-34		0:52:25	0:52:34
168	92	Lisa Talling	Female 50-5	Newquay Road Runners	0:52:27	0:52:38
169	568	Karl Walker	Male 60-64	St Austell Running Club	0:52:34	0:52:49
170	113	Ashley Gates	Male 20-34	St Austell Running Club	0:52:45	0:52:58
171	582	Joel McCrystal	Male 50-54		0:52:45	0:52:58
172	506	Joanne Tapsell	Female 45-4	Bodmin Women's RC	0:52:52	0:52:58
173	104	Meryl Elstone	Female 50-5	Carn Runners	0:52:49	0:53:03
174	471	Anthony Burrows	Male 55-59	Hayle Runners	0:52:51	0:53:04
175	74	Isabel Irwin-Bowler	Female 20-3	St Austell Running Club	0:52:53	0:53:06
176	149	Hannah Smith	Female 20-3	Hayle Runners	0:52:58	0:53:14
177	438	Brian Wiles	Male 75-79	Launceston Road Runners	0:53:19	0:53:29
178	130	Miranda Flannigan	Female 50-5	Cornwall AC	0:53:25	0:53:35
179	177	Lee Evans	Male 45-49		0:53:18	0:53:37
180	241	Helen Stevenson	Female 35-3	Bodmin Road Runners	0:53:12	0:53:41
181	472	Jon Mitchell	Male 50-54	Cornwall AC	0:53:31	0:53:42
182	338	Darren Hardwick	Male 55-59	Looe Pioneers Running Cl	0:53:32	0:53:44
183	513	Tanya Coleman	Female 50-5	Truro Running Club	0:53:39	0:53:52
184	293	Luke Ball-Hymns	Male 20-34	Newquay Road Runners	0:53:58	0:54:10
185	441	Mandy Watts	Female 50-5	Newquay Road Runners	0:54:05	0:54:10
186	489	Neil Gray	Male 50-54		0:54:13	0:54:19
187	425	Adrian Henwood	Male 45-49		0:54:06	0:54:20
188	367	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	0:54:10	0:54:22
189	520	Carl Williams	Male 45-49		0:54:22	0:54:32
190	563	Karina Bowers	Female 40-4	St Austell Running Club	0:54:26	0:54:33
191	505	Daisy Booker	Female 20-3	Falmouth Road Runners	0:54:26	0:54:36
192	332	Marlene Grobler	Female 40-4	Carn Runners	0:54:23	0:54:39
193	69	Joanne Barry	Female 45-4	JP Fitness Cornwall	0:54:28	0:54:44

194	496	Matthew Wild	Male 20-34	JP Fitness Cornwall	0:54:36	0:54:53
195	151	Martin Grieb	Male 45-49	Newquay Road Runners	0:54:51	0:54:57
196	90	Sophie Talling	Female 20-3	Newquay Road Runners	0:54:52	0:55:02
197	191	Tracey Nicholls	Female 55-5	Cornwall AC	0:54:59	0:55:08
198	445	Samuel McQuigg	Male 50-54	St Austell Running Club	0:54:56	0:55:22
199	426	C Henwood Henwood	Female 45-4		0:55:09	0:55:23
200	300	Amanda Munslow	Female 20-3		0:55:15	0:55:23
201	359	Tristan Lang	Male 45-49	Truro Running Club	0:55:14	0:55:28
202	274	Martin Gregory	Male 55-59	Looe Pioneers Running Cl	0:55:18	0:55:30
203	521	Hannah Wright	Female 35-3		0:55:14	0:55:36
204	494	Val Carter	Female 55-5		0:55:35	0:55:37
205	1	John Beard	Male 40-44	Newquay Road Runners	0:55:26	0:55:46
206	67	Neil Ham	Male 55-59	JP Fitness Cornwall	0:55:37	0:55:47
207	497	Satnam Basram	Male 60-64	Cornwall AC	0:55:42	0:55:53
208	324	Jennifer Forbes	Female 35-3	Hayle Runners	0:55:38	0:55:54
209	431	Mitch Singer	Male 40-44		0:55:41	0:56:04
210	408	Sarah Ryan	Female 40-4	Newquay Road Runners	0:56:00	0:56:12
211	161	Andy Moore	Male 60-64	Hayle Runners	0:56:05	0:56:20
212	546	Brett Stepto	Male 45-49	Cornwall AC	0:56:20	0:56:32
213	341	Lyndsey Retallick	Female 35-3	PB Running Club	0:56:09	0:56:33
214	252	Chunky (Antony) Penhaul	Male 70-74	Hayle Runners	0:56:20	0:56:35
215	525	Sam Murray	Female 55-5	Hayle Runners	0:56:33	0:56:48
216	110	Jackie Cope	Female 65-6	Falmouth Road Runners	0:56:38	0:56:55
217	449	Wietske Hansen	Female 55-5	Carn Runners	0:56:42	0:56:56
218	200	Katie Bullock	Female 35-3	Newquay Road Runners	0:56:45	0:56:57
219	393	Trevor Lee	Male 60-64	Truro Running Club	0:56:49	0:56:59
220	380	Holly Byatt	Female 20-3		0:56:36	0:57:07
221	63	Kirsty Clayton	Female 45-4	PB Running Club	0:56:48	0:57:10
222	352	Jo Bales	Female 40-4		0:56:55	0:57:16
223	223	Ritchie Richardson	Male 55-59	Bodmin Road Runners	0:57:07	0:57:18
224	535	Becky Andrews	Female 40-4	Truro Running Club	0:56:56	0:57:20
225	201	Richard Collett	Male 35-39	Hayle Runners	0:57:11	0:57:27
226	180	Robert Kernaghan	Male 50-54	Looe Pioneers Running Cl	0:57:15	0:57:28
227	366	Angeline Hadfield	Female 35-3	Truro Running Club	0:57:13	0:57:37
228	311	Katrina Werren	Female 35-3		0:57:22	0:57:41
229	566	Nicola Edwards	Female 40-4	Newquay Road Runners	0:57:29	0:57:47
230	207	Georgia Witchell	Female 50-5	Falmouth Road Runners	0:57:41	0:57:50
231	555	Karen Parker	Female 55-5	Falmouth Road Runners	0:57:42	0:57:51
232	228	Linda Cuff	Female 55-5	Looe Pioneers Running Cl	0:57:22	0:57:53
233	14	Tracy Mckenzie	Female 40-4	Newquay Road Runners	0:57:36	0:57:54
234	162	Tamzin Davey	Female 50-5	Cornwall AC	0:57:41	0:58:09
235	136	Louise Cooke-Davies	Female 50-5	Newquay Road Runners	0:57:59	0:58:11
236	490	Mike Lemin	Male 60-64	Tamar Trotters	0:58:00	0:58:17
237	76	Max Burrows	Male 60-64	Falmouth Road Runners	0:58:03	0:58:19
238	514	Fiona Gamble	Female 35-3	Hayle Runners	0:58:06	0:58:23
239	348	Amanda Berridge	Female 40-4	Truro Running Club	0:57:59	0:58:24
240	485	Lewis Edwards	Male 35-39	Cornwall AC	0:57:58	0:58:33
241	344	Lisa Wilson	Female 45-4	Truro Running Club	0:58:25	0:58:47
242	286	Neill Furlonger	Male 35-39		0:58:37	0:58:55

243	288	Jane Stedman	Female 55-5	Bodmin Road Runners	0:58:30	0:58:56
244	62	Ruth Avery	Female 45-4	JP Fitness Cornwall	0:58:42	0:58:59
245	346	Kayleigh Stott	Female 35-3	PB Running Club	0:58:36	0:59:00
246	427	James Danks	Male 40-44	Falmouth Road Runners	0:58:43	0:59:00
247	123	Bryony Halliday	Female 20-3	Cornwall AC	0:58:51	0:59:03
248	458	Izzy Cook	Female 16-1	Bys Vyken Race Team	0:58:43	0:59:08
249	539	Jamie Dodds	Male 20-34		0:58:42	0:59:09
250	164	Gail Cory	Female 50-5	East Cornwall Harriers	0:58:51	0:59:22
251	358	Ian Savigar	Male 55-59	East Cornwall Harriers	0:59:11	0:59:27
252	345	Kate Stevens	Female 45-4	St Austell Running Club	0:59:08	0:59:29
253	487	Dawn Diprose	Female 55-5	East Cornwall Harriers	0:59:01	0:59:31
254	271	Janet Ritchie	Female 60-6	Carn Runners	0:59:37	0:59:51
255	447	Jean Cutlan	Female 55-5	St Austell Athletes Runnin	0:59:39	0:59:52
256	189	Lorraine Brown	Female 50-5	Truro Running Club	0:59:41	1:00:01
257	578	Katie Wadeson	Female 20-3		0:59:57	1:00:19
258	579	Lauren Pattison	Female 20-3	St Austell Athletes Runnin	0:59:51	1:00:21
259	350	Juliet Stewart	Female 55-5	Truro Running Club	1:00:06	1:00:26
260	558	Camellia Bullingham	Female 20-3	Truro Running Club	1:00:05	1:00:27
261	329	Geraldine Hyslop	Female 65-6	Falmouth Road Runners	1:00:12	1:00:30
262	577	Carol Wadeson	Female 50-5		1:00:08	1:00:30
263	384	Richard May	Male 55-59		1:00:17	1:00:37
264	507	Ashley Holt	Female 20-3	Carn Runners	1:00:38	1:00:52
265	153	Sharon Chapman	Female 50-5	Newquay Road Runners	1:00:36	1:00:55
266	129	John Barnes	Male 60-64	Launceston Road Runners	1:00:47	1:00:59
267	279	Clare Mclellan	Female 45-4		1:00:41	1:01:01
268	184	Nick Miles	Male 65-69	Newquay Road Runners	1:00:58	1:01:05
269	36	Julie Oxenham	Female 45-4	Bodmin Road Runners	1:00:36	1:01:05
270	310	Kerri Rowe	Female 40-4	Bodmin Road Runners	1:00:37	1:01:07
271	391	Caroline Cross	Female 20-3	Cornwall AC	1:00:39	1:01:13
272	137	Judy Gluyas	Female 55-5	East Cornwall Harriers	1:00:48	1:01:17
273	147	Nicky Brenton	Female 50-5	Bodmin Road Runners	1:00:53	1:01:21
274	38	Francis Vosper	Male 60-64	Bodmin Road Runners	1:00:52	1:01:21
275	399	Michelle Kanes	Female 35-3	Newquay Road Runners	1:01:12	1:01:32
276	526	Sarah Eriksson	Female 50-5	Newquay Road Runners	1:01:13	1:01:33
277	278	Gillian Onley	Female 55-5	Cornwall AC	1:01:25	1:01:35
278	18	Sally Fletcher	Female 55-5	St Austell Running Club	1:01:14	1:01:37
279	301	Richard Jenkin	Male 75-79	Cornwall AC	1:01:18	1:01:39
280	372	Phillip Henwood	Male 45-49	Newquay Road Runners	1:01:29	1:01:41
281	203	Thomas Grafton	Male 45-49	Truro Running Club	1:01:20	1:01:43
282	71	Sarah Booker	Female 50-5	Falmouth Road Runners	1:01:31	1:01:46
283	538	Will Rowe	Male 20-34		1:01:20	1:01:48
284	542	Jennifer Buckland	Female 50-5	Hayle Runners	1:01:29	1:01:52
285	109	Donna Fisher	Female 35-3	Newquay Road Runners	1:01:34	1:01:54
286	417	Claire Fisher	Female 20-3		1:01:33	1:01:54
287	432	Stephen Bailey	Male 40-44		1:01:49	1:01:59
288	204	Sarah Steed	Female 45-4	East Cornwall Harriers	1:01:33	1:02:00
289	98	Trevor Cornish	Male 55-59	Hayle Runners	1:01:56	1:02:20
290	330	Jane Pett	Female 45-4	JP Fitness Cornwall	1:02:20	1:02:37
291	567	Daniela Walker	Female 45-4	St Austell Running Club	1:02:23	1:02:38

292	337	Morwenna Paterson	Female 45-4	JP Fitness Cornwall	1:02:21	1:02:38
293	466	Jeanette Turpin	Female 45-4	East Cornwall Harriers	1:02:35	1:03:02
294	400	Emma Alee	Female 40-4	Plymouth Musketeers Ru	1:02:35	1:03:09
295	450	Margaret Clark	Female 60-6	Hayle Runners	1:02:58	1:03:21
296	13	Claire Barlow	Female 45-4	Bodmin Road Runners	1:02:55	1:03:22
297	475	Alan Brandwood	Male 70-74	Falmouth Road Runners	1:03:06	1:03:25
298	224	Louise Richardson	Female 45-4	Bodmin Road Runners	1:03:07	1:03:35
299	152	John Tilley	Male 70-74	Bodmin Road Runners	1:03:07	1:03:35
300	198	Diana Raiker	Female 20-3	Falmouth Road Runners	1:03:26	1:03:41
301	518	Susan Rescorl	Female 60-6	Bodmin Women's RC	1:03:26	1:03:47
302	227	Alison Cox	Female 55-5	Bodmin Women's RC	1:03:26	1:03:47
303	298	Simon James	Male 50-54	Cornwall AC	1:03:47	1:03:58
304	55	Robert Willcocks	Male 60-64	Falmouth Road Runners	1:03:54	1:04:10
305	31	David Wilton	Male 65-69	Falmouth Road Runners	1:03:58	1:04:14
306	435	Leah Jenkins	Female 20-3		1:03:59	1:04:22
307	434	Toby Manfield	Male 20-34		1:03:59	1:04:22
308	213	Dave Lean	Male 60-64	East Cornwall Harriers	1:03:54	1:04:27
309	87	Nikki Pritchard	Female 40-4	East Cornwall Harriers	1:04:01	1:04:33
310	378	Martine Hill	Female 45-4	Newquay Road Runners	1:03:56	1:04:35
311	21	Des Evans	Male 70-74	Newquay Road Runners	1:04:32	1:04:41
312	77	Theresa Clark	Female 55-5	Hayle Runners	1:04:25	1:04:47
313	379	Linda Tout	Female 70-7	Tamar Trotters	1:04:30	1:04:49
314	116	Ian Ringer	Male 75-79	Bodmin Road Runners	1:04:50	1:04:58
315	564	Wendy Lowe	Female 65-6	Bodmin Women's RC	1:04:42	1:05:03
316	493	Eoin Stockdale	Male 50-54	Carn Runners	1:04:39	1:05:06
317	190	Andrew Brown	Male 55-59	Truro Running Club	1:04:56	1:05:22
318	457	Damian Cook	Male 50-54	Bys Vyken Race Team	1:05:08	1:05:32
319	171	Janet Watson	Female 65-6	Carn Runners	1:05:18	1:05:39
320	294	Alan Byron	Male 50-54	Newquay Road Runners	1:05:30	1:05:50
321	68	Julie Cypher	Female 45-4	St Austell Running Club	1:05:19	1:05:54
322	34	Melanie Nile	Female 45-4	St Austell Running Club	1:05:27	1:06:02
323	99	Jo Craddock	Female 50-5	St Austell Running Club	1:05:39	1:06:02
324	492	Ray Goodright	Male 75-79	East Cornwall Harriers	1:05:35	1:06:08
325	70	Jennifer Lawson	Female 55-5	Newquay Road Runners	1:06:06	1:06:21
326	459	Shona Mullen	Female 55-5		1:05:57	1:06:21
327	226	Samantha Ewart	Female 45-4	St Austell Running Club	1:05:54	1:06:26
328	383	Daniel Varcoe	Male 35-39		1:06:11	1:06:31
329	401	Jasmine Robinson	Female 20-3	Plymouth Musketeers Ru	1:06:01	1:06:35
330	35	Kathryn Marsh	Female 45-4	Carn Runners	1:06:28	1:06:45
331	409	Darren Blenkinsop	Male 50-54	Tamar Trotters	1:06:27	1:06:45
332	240	Julie Hogan	Female 55-5	East Cornwall Harriers	1:06:18	1:06:52
333	29	Emma Lawry	Female 45-4	St Austell Running Club	1:06:38	1:06:58
334	327	Nicky Sowerby	Female 55-5	Truro Running Club	1:06:38	1:07:00
335	5	Rebecca Shore	Female 50-5	St Austell Running Club	1:06:50	1:07:10
336	290	David Ingram	Male 50-54		1:07:12	1:07:31
337	81	Mary Mullarkey	Female 70-7	East Cornwall Harriers	1:06:55	1:07:33
338	231	Judy Jameson	Female 60-6	Carn Runners	1:07:28	1:07:47
339	454	Sandra Haynes	Female 55-5	Looe Pioneers Running Cl	1:07:27	1:07:55
340	455	Tamsyn McGrane	Female 40-4		1:07:39	1:08:05

341	456	Dale Clarke	Male 50-54		1:07:39	1:08:06
342	548	Mark Squire	Male 65-69	Hayle Runners	1:07:46	1:08:07
343	73	Jennifer Burden	Female 40-4	St Austell Running Club	1:07:50	1:08:24
344	477	Sarah Douglas	Female 40-4	St Austell Running Club	1:08:08	1:08:42
345	316	Claire Stone	Female 35-3	Hayle Runners	1:08:40	1:09:05
346	580	Paula Osborne	Female 45-4	PB Running Club	1:09:05	1:09:32
347	543	Aileen Barwell	Female 60-6	Falmouth Road Runners	1:09:16	1:09:36
348	276	Michaela Harrison	Female 40-4	Plymouth Harriers	1:09:27	1:09:45
349	170	Sarah Choak	Female 50-5	Carn Runners	1:09:28	1:09:48
350	284	Lucy Dawe	Female 20-3		1:09:53	1:10:15
351	11	Helen Cattran	Female 55-5	Hayle Runners	1:09:52	1:10:17
352	527	Susan Thomas	Female 45-4	Hayle Runners	1:09:52	1:10:17
353	245	Peter Middlehurst	Male 70-74	Newquay Road Runners	1:10:02	1:10:27
354	428	Karen Warner	Female 55-5	Newquay Road Runners	1:10:37	1:10:50
355	168	Theresa Williams	Female 60-6	St Austell Running Club	1:10:25	1:11:01
356	88	Margaret Wade	Female 70-7	Carn Runners	1:10:45	1:11:02
357	84	Kathy Saunders	Female 65-6	Looe Pioneers Running Cl	1:10:34	1:11:03
358	549	Helen Squire	Female 55-5	Hayle Runners	1:10:43	1:11:06
359	61	Helen Staples	Female 45-4	Carn Runners	1:10:50	1:11:21
360	508	Michelle Dunn	Female 35-3	St Austell Running Club	1:11:17	1:11:35
361	216	Tim Cutlan	Male 50-54	St Austell Athletes Runnin	1:11:29	1:11:49
362	135	Wendy Williams	Female 60-6	JP Fitness Cornwall	1:11:33	1:11:50
363	328	Jeremy Booker	Male 50-54	Falmouth Road Runners	1:11:32	1:11:55
364	342	James Penhaligon	Male 35-39	Newquay Road Runners	1:11:44	1:11:57
365	461	Natalie Blewett	Female 40-4		1:11:31	1:11:58
366	115	Peter Middleton	Male 65-69	St Austell Running Club	1:11:25	1:12:01
367	255	Christine Todd	Female 60-6	St Austell Running Club	1:11:25	1:12:01
368	83	Catherine Trerise	Female 50-5	Cornwall AC	1:11:37	1:12:06
369	430	Lesley Taphouse	Female 60-6	Bodmin Road Runners	1:11:38	1:12:07
370	486	Victoria Hall	Female 45-4		1:11:57	1:12:17
371	504	Bryan King	Male 65-69	Plymouth Musketeers Rui	1:11:51	1:12:24
372	155	Gregg Norton	Male 40-44	St Austell Running Club	1:11:49	1:12:26
373	314	Deborah Peters	Female 45-4		1:11:49	1:12:26
374	503	Louise King	Female 55-5	Plymouth Musketeers Rui	1:11:56	1:12:28
375	500	Lisa Light	Female 60-6	Plymouth Musketeers Rui	1:11:56	1:12:28
376	442	Ann Foster	Female 70-7	Tamar Trotters	1:12:10	1:12:30
377	173	Fiona Russell	Female 55-5	Truro Running Club	1:12:18	1:12:40
378	159	Julie Bolitho	Female 55-5	Hayle Runners	1:12:29	1:12:52
379	206	Samantha Hunkin	Female 50-5	East Cornwall Harriers	1:12:27	1:12:59
380	414	Claire Payne	Female 50-5	Carn Runners	1:13:18	1:13:50
381	222	Jackie Stone	Female 55-5	Hayle Runners	1:13:49	1:14:13
382	85	Timothea Cardell	Female 80-8	Hayle Runners	1:13:50	1:14:18
383	197	Jane Naylor	Female 60-6	Hayle Runners	1:13:58	1:14:20
384	474	Georgina Purvis	Female 45-4	Truro Running Club	1:13:55	1:14:22
385	112	Amy Gates	Female 20-3	St Austell Running Club	1:14:17	1:14:48
386	37	Jacqui Martin	Female 50-5	St Austell Running Club	1:14:18	1:14:49
387	295	Steph Hancock	Female 45-4	St Austell Running Club	1:14:19	1:14:52
388	545	Sarah Howard	Female 45-4	Cornwall AC	1:14:43	1:15:12
389	510	Sarah Hardy	Female 40-4	Bodmin Women's RC	1:14:54	1:15:32

390	313	Angela Harrison	Female 60-6	Looe Pioneers Running Cl	1:15:10	1:15:39
391	169	Michael Wooding	Male 75-79	Newquay Road Runners	1:15:31	1:15:45
392	303	Amy Shackelford	Female 35-3	Bys Vyken Race Team	1:15:26	1:15:52
393	273	Julie Gregory	Female 50-5	Looe Pioneers Running Cl	1:15:22	1:15:52
394	236	Rachael Staff	Female 45-4	St Austell Running Club	1:15:29	1:16:00
395	233	Beverley Talbot	Female 55-5	St Austell Running Club	1:15:29	1:16:00
396	385	Sarah Luff	Female 40-4	JP Fitness Cornwall	1:15:43	1:16:01
397	304	Dennis Burrell	Male 75-79	Carn Runners	1:16:05	1:16:21
398	365	Nicola Bray	Female 45-4	JP Fitness Cornwall	1:16:00	1:16:25
399	267	Lisa Vercoe	Female 50-5	St Austell Running Club	1:16:16	1:16:48
400	375	Rosie Trevains	Female 35-3	Bodmin Women's RC	1:16:47	1:17:24
401	376	David Banbury	Male 55-59		1:16:46	1:17:24
402	20	Tim Hancock	Male 45-49	St Austell Running Club	1:16:52	1:17:24
403	54	Janet Wills	Female 70-7	St Austell Running Club	1:17:00	1:17:24
404	86	Lorraine Wherry	Female 55-5	St Austell Running Club	1:16:50	1:17:25
405	552	Jane Shaddick-Brady	Female 60-6		1:17:05	1:17:33
406	418	Sharon Worden	Female 40-4	JP Fitness Cornwall	1:17:33	1:17:53
407	433	Yvonne Matthews	Female 55-5	Bys Vyken Race Team	1:17:24	1:17:55
408	436	Linda Godfrey	Female 65-6		1:17:25	1:17:56
409	53	Diane Walker	Female 55-5	St Austell Running Club	1:18:06	1:18:40
410	33	Sean Taylor	Male 55-59	Bodmin Road Runners	1:21:32	1:22:03
411	377	Emma Kent	Female 40-4	Newquay Road Runners	1:21:45	1:22:23
412	452	Angela Lanaway	Female 55-5	Bodmin Women's RC	1:21:55	1:22:33
413	126	Charlotte Richards	Female 45-4	Cornwall AC	1:22:07	1:22:33
414	360	Soraya Williams	Female 60-6	Hayle Runners	1:22:16	1:22:42
415	444	Rachel Bate	Female 35-3	JP Fitness Cornwall	1:23:15	1:23:41
416	355	Roy Newton	Male 75-79	Falmouth Road Runners	1:23:17	1:23:41
417	166	Andrea Jackson	Female 50-5	Falmouth Road Runners	1:23:23	1:23:44
418	50	Kathryn Thomas	Female 45-4	Cornwall AC	1:23:50	1:24:18
419	175	Madeleine Blight	Female 65-6	St Austell Running Club	1:24:14	1:24:39
420	292	Victoria Walton	Female 45-4	PB Running Club	1:24:17	1:24:45
421	163	Michelle-Sarah Kitney-Bake	Female 45-4	PB Running Club	1:24:18	1:24:47
422	512	Sandra Shelley	Female 55-5	Carn Runners	1:24:14	1:24:47
423	22	Tracey Radley	Female 50-5	Carn Runners	1:24:16	1:24:48
424	44	Zoe Hunt	Female 45-4	Carn Runners	1:24:15	1:24:49
425	118	David Garrard	Male 75-79	Falmouth Road Runners	1:24:43	1:25:06
426	254	Jacquie Pascoe	Female 65-6	JP Fitness Cornwall	1:25:09	1:25:35
427	15	Lesley Pallett	Female 55-5	St Austell Running Club	1:26:00	1:26:30
428	91	Donna Dark	Female 20-3	Hayle Runners	1:26:43	1:27:12
429	82	Sharon Peake	Female 55-5	Bodmin Women's RC	1:27:45	1:28:22
430	160	Robert Bolitho	Male 60-64	Hayle Runners	1:29:54	1:30:19
431	364	Michele Steabler	Female 60-6	JP Fitness Cornwall	1:35:46	1:36:23
432	557	Hana Griffiths	Female 35-3	JP Fitness Cornwall	1:35:46	1:36:23
433	289	Sue Coates	Female 45-4	Bys Vyken Race Team	1:40:14	1:40:43
434	220	Emma Johns	Female 45-4		1:40:07	1:40:43
DNF	571	Ben Foyle	Male 16-19	Cornwall AC		