

An Res Hellys 2022

Place	Bib	Name	AG	Club	ChipTime	GunTime
1	2106	Callum Jones	Male Under 35	Cornwall AC	0:53:13	0:53:14
2	1923	Jacob Landers	Male Under 35	Tamar Trotters	0:55:39	0:55:40
3	1618	Jonny Dry	Male Under 35	Cornwall AC	0:57:16	0:57:18
4	1947	Steve Reynolds	Male 35-39	Truro Running Club	0:58:14	0:58:16
5	1660	Oliver Wright	Male Under 35	Cornwall AC	0:58:35	0:58:37
6	1830	Tom Howell	Male 35-39	Mile High	0:59:20	0:59:22
7	1837	John McWilliams	Male 35-39	Mile High	0:59:28	0:59:30
8	1836	Andrew Martin	Male 40-44	Mile High	0:59:42	0:59:44
9	1645	Louis Ratcliffe	Male Under 35	Cornwall AC	1:00:04	1:00:05
10	2097	Paul Whear	Male 50-54	Cornwall AC	1:00:39	1:00:40
11	1716	Peter Watson	Male Under 35	Falmouth Road Runners	1:01:11	1:01:14
12	1715	Stuart Walker	Male 35-39	Falmouth Road Runners	1:01:11	1:01:15
13	1695	Edward Gleadowe	Male Under 35	Falmouth Road Runners	1:01:28	1:01:31
14	1954	Tim van Berkel	Male 35-39	Truro Running Club	1:01:38	1:01:40
15	1831	Aaron Benney	Male 40-44	Mile High	1:02:05	1:02:08
16	2024	David Maasdorp	Male Under 35	Thames Hare & Hounds	1:02:08	1:02:11
17	1632	Ronnie James	Male 55-59	Cornwall AC	1:02:51	1:02:55
18	1704	Samuel Davies	Male Under 35	Falmouth Road Runners	1:02:59	1:03:02
19	1917	Luke Attwood	Male Under 35	Tamar Trotters	1:03:18	1:03:22
20	1613	Adrian Ball	Male 55-59	Cornwall AC	1:03:20	1:03:23
21	1742	Stephen Fuller	Male 50-54	Hayle Runners	1:03:32	1:03:33
22	1868	Clive Ramsden	Male 45-49	Newquay Road Runners	1:03:46	1:03:48
23	1870	Darren Roose	Male 40-44	Newquay Road Runners	1:03:46	1:03:48
24	1727	Peter Barnes	Male 35-39	Hayle Runners	1:03:59	1:04:00
25	1641	Catherine O'Dwyer	Female 40-44	Cornwall AC	1:04:27	1:04:29
26	1967	Sam Beckett	Male Under 35		1:04:30	1:04:32
27	1986	Tom Dallamore	Male Under 35		1:04:28	1:04:34
28	1728	Edmund Bennett	Male 40-44	Hayle Runners	1:04:35	1:04:37
29	1932	Robert Chirgwin	Male Under 35	Truro Running Club	1:04:36	1:04:38
30	1648	Emma Stepto	Female 50-54	Cornwall AC	1:04:40	1:04:42
31	1640	Zelah Morrall	Female 50-54	Cornwall AC	1:05:16	1:05:18
32	2035	Louise Mitchell	Female Under 35	Cornwall AC	1:05:49	1:05:54
33	2047	Alan Pearson	Male 40-44		1:06:08	1:06:12
34	1665	Liam Gallantry	Male Under 35	East Cornwall Harriers	1:06:13	1:06:16
35	1950	Tony Wright	Male 55-59	Cornwall AC	1:06:54	1:06:58
36	1835	Jon Paget	Male 35-39	Mile High	1:07:10	1:07:13
37	1590	Craig Hall	Male 45-49	Carn Runners	1:07:15	1:07:20
38	1767	Kieran Murrant	Male Under 35	Hayle Runners	1:07:24	1:07:27
39	1745	Jacob Gardner	Male Under 35	Hayle Runners	1:07:25	1:07:28
40	1834	Sarah Hoskin	Female 35-39	Mile High	1:07:48	1:07:51
41	2090	Jason Vinnicombe	Male 45-49		1:07:47	1:07:53
42	1899	Richard Martin	Male 35-39	St Austell Running Club	1:07:55	1:07:59
43	1930	Andrew Blizzard	Male Under 35	Truro Running Club	1:08:23	1:08:27
44	2072	Mark Thomas	Male 50-54	Lonely Goat RC	1:08:28	1:08:33
45	2038	Max Mitchell	Male Under 35		1:08:32	1:08:37
46	1637	Craig Knuckey	Male 50-54	Cornwall AC	1:08:43	1:08:47

47	1919	Kevin Edwards	Male 55-59	Tamar Trotters	1:09:11	1:09:15
48	1629	Gary Richards	Male 50-54	Cornwall AC	1:09:14	1:09:18
49	1832	Graham Ditty	Male 35-39	Mile High	1:09:16	1:09:21
50	2045	Andrew Palmer	Male Under 35		1:09:18	1:09:22
51	2025	Matteo Marcantoni	Male 35-39		1:09:17	1:09:29
52	1622	Rosie Gibbons	Female 40-44	Cornwall AC	1:09:29	1:09:32
53	1916	James Youlden	Male 40-44	St Austell Running Club	1:09:24	1:09:33
54	1993	Glynn Edwards	Male Under 35	Lonely Goat RC	1:09:28	1:09:34
55	1717	Robin Watson	Male 55-59	Falmouth Road Runners	1:09:46	1:09:50
56	1989	Peter Devenport	Male 35-39		1:09:53	1:09:57
57	1952	Jo Temple	Female Under 35	Truro Running Club	1:10:04	1:10:07
58	1741	Jake Freeland	Male Under 35	Hayle Runners	1:10:05	1:10:10
59	1711	Peter Rackstraw	Male Under 35	Falmouth Road Runners	1:10:05	1:10:17
60	2071	Sian Temple	Female Under 35		1:10:16	1:10:18
61	1918	Steve Baker	Male 60-64	Tamar Trotters	1:10:21	1:10:24
62	1984	Dan Cocks	Male Under 35	St Austell Athletes Running Club	1:10:21	1:10:27
63	2023	Mark Littlejohns	Male 45-49		1:10:33	1:10:36
64	1840	Michael Batty	Male 55-59	Newquay Road Runners	1:10:32	1:10:39
65	1922	Matt Harries	Male Under 35	Tamar Trotters	1:10:40	1:10:44
66	1936	Ralph Graves	Male 45-49	Truro Running Club	1:10:56	1:11:03
67	1976	Pete Bramwell	Male 35-39		1:11:14	1:11:24
68	2037	Seth Mitchell	Male 35-39		1:11:23	1:11:26
69	1620	Mike Dowrick	Male 45-49	Cornwall AC	1:11:38	1:11:43
70	1956	Lucy Williams	Female 35-39	Truro Running Club	1:11:42	1:11:48
71	1750	David Guffick	Male 40-44	Hayle Runners	1:11:45	1:11:54
72	1893	Mathew Henderson	Male Under 35	St Austell Running Club	1:12:01	1:12:08
73	1920	Steve Fenney	Male 60-64	Tamar Trotters	1:12:09	1:12:12
74	1821	Clive Finnimore	Male 45-49	Looe Pioneers Running Club	1:12:09	1:12:19
75	1722	Scott Abraham	Male 50-54	Hayle Runners	1:12:35	1:12:39
76	1908	Mark Sweeney	Male 55-59	St Austell Running Club	1:12:52	1:12:55
77	1692	Greg Dufour-Cox	Male 50-54	Falmouth Road Runners	1:12:47	1:13:01
78	1760	Simon Knowles	Male 45-49	Hayle Runners	1:12:57	1:13:02
79	1584	Glynn Davis	Male 55-59	Carn Runners	1:13:16	1:13:21
80	1586	Jon Eldon	Male 60-64	Hayle Runners	1:13:29	1:13:34
81	1705	Emma Mossop	Female 45-49	Falmouth Road Runners	1:13:30	1:13:34
82	1764	Melodie Manners	Female Under 35	Hayle Runners	1:13:55	1:14:06
83	1706	Leo Muid	Male 40-44	Falmouth Road Runners	1:13:54	1:14:07
84	1769	Melissa Nicholas	Female Under 35	Hayle Runners	1:14:16	1:14:21
85	1988	Scott Devenport	Male 35-39		1:14:20	1:14:29
86	1904	Stuart Richards	Male 45-49	St Austell Running Club	1:14:32	1:14:40
87	2085	Rachel Vague	Female 35-39		1:14:38	1:14:52
88	1913	Iain Walker	Male 65-69	St Austell Running Club	1:14:50	1:14:58
89	2005	Danny Goddard	Male 35-39		1:15:18	1:15:27
90	1944	Callum Pinch	Male Under 35	Truro Running Club	1:15:19	1:15:33
91	1949	Andy Stallard	Male 55-59	Truro Running Club	1:15:26	1:15:34
92	2075	Callum Timpson	Male Under 35		1:15:13	1:15:35
93	1662	Revis Crowle	Female 60-64	East Cornwall Harriers	1:15:33	1:15:39
94	1680	Simon Webber	Male 65-69	East Cornwall Harriers	1:15:40	1:15:45
95	2051	Martyn Prouse	Male 45-49	PB Running Club	1:15:49	1:15:54

96	1650	James Taylor	Male 35-39	Cornwall AC	1:15:52	1:15:57
97	1853	Stella Gardener	Female 35-39	Newquay Road Runners	1:15:50	1:15:58
98	1847	Jason Elliott	Male 45-49	Newquay Road Runners	1:15:54	1:16:03
99	1896	Ross Lawry	Male 45-49	St Austell Running Club	1:15:56	1:16:04
100	1625	Peter Hammond	Male 50-54	Cornwall AC	1:16:03	1:16:10
101	1754	Sophie Howard	Female 35-39	Hayle Runners	1:16:07	1:16:12
102	1792	Debbie Webb	Female 50-54	Hayle Runners	1:16:06	1:16:17
103	1928	Jonathan Berridge	Male 50-54	Truro Running Club	1:16:10	1:16:23
104	1700	Russell King	Male 40-44	Falmouth Road Runners	1:16:12	1:16:25
105	1931	Chris Chirgwin	Male 35-39	Truro Running Club	1:16:19	1:16:29
106	2048	Neil Pennington	Male 40-44		1:16:22	1:16:34
107	1628	Amanda Hewitt	Female 45-49	Cornwall AC	1:16:28	1:16:35
108	1757	Andrew James	Male 40-44	Hayle Runners	1:16:48	1:16:59
109	2104	Simon Wood	Male 40-44		1:16:55	1:17:04
110	1878	Kelly Woodfine-Bea	Female 40-44	Newquay Road Runners	1:17:41	1:17:48
111	1651	Mark Thomas	Male 45-49	Cornwall AC	1:17:44	1:17:48
112	1905	Malcolm Roberts	Male 65-69	St Austell Running Club	1:17:45	1:17:52
113	1839	Grace Barratt	Female Under 3!	Newquay Road Runners	1:17:54	1:18:01
114	1655	Alice Vage	Female Under 3!	Cornwall AC	1:17:57	1:18:04
115	1624	Ruth Glover	Female Under 3!	Cornwall AC	1:18:07	1:18:13
116	2020	Myghal Larter	Male 35-39		1:18:10	1:18:18
117	1598	Gregory May	Male 40-44	Carn Runners	1:18:09	1:18:19
118	1738	Oisin Curtis	Male 35-39	Hayle Runners	1:18:11	1:18:20
119	1636	Ellen Jones	Female Under 3!	Cornwall AC	1:18:32	1:18:38
120	1755	Frazer Humbles	Male 35-39	Hayle Runners	1:18:31	1:18:45
121	1911	Pete Waddington	Male Under 35	St Austell Running Club	1:18:39	1:18:47
122	1724	Paul Allan	Male 55-59	Hayle Runners	1:18:37	1:18:49
123	1981	Adam Carlyon	Male 35-39		1:18:36	1:18:53
124	1838	Peter Allen	Male 60-64	Newquay Road Runners	1:18:42	1:18:57
125	1600	Tommy Polglase	Male 70-74	Carn Runners	1:19:11	1:19:16
126	1957	Simon Ainsley	Male 40-44		1:19:02	1:19:16
127	1968	Simon Bellamy	Male 45-49		1:18:58	1:19:18
128	1571	Marty Barnfield	Male 45-49	Bodmin Road Runners	1:19:04	1:19:22
129	1626	Karen Harrison Pasc	Female 50-54	Cornwall AC	1:19:18	1:19:25
130	1740	Andrew Ellis	Male 50-54	Hayle Runners	1:19:23	1:19:29
131	1852	Harriet Frost	Female Under 3!	Newquay Road Runners	1:19:26	1:19:33
132	2059	Malcolm Sabine	Male 35-39		1:19:29	1:19:34
133	1811	Martin Hynes	Male 65-69	Launceston Road Runners	1:19:49	1:19:56
134	1659	Susanne Wood	Female 40-44	Cornwall AC	1:19:48	1:19:58
135	2036	Zoe Mitchell	Female Under 3!	Truro Running Club	1:19:43	1:20:00
136	1940	Helen Mitchell	Female 55-59	Truro Running Club	1:19:48	1:20:01
137	1756	John James	Male 45-49	Hayle Runners	1:19:53	1:20:07
138	1962	Penny Atkinson	Female 35-39		1:20:07	1:20:11
139	1702	Andrew Laurie	Male 55-59	Falmouth Road Runners	1:20:01	1:20:12
140	1885	Michael Counter	Male 55-59	St Austell Running Club	1:20:01	1:20:16
141	1846	Mick Davison	Male 50-54	Newquay Road Runners	1:20:35	1:20:41
142	1658	Matthew Wilson	Male 45-49	Cornwall AC	1:21:07	1:21:17
143	1621	Derrick Frantz	Male 55-59	Cornwall AC	1:21:11	1:21:23
144	2041	Thomas Northam	Male 35-39		1:21:26	1:21:50

145	1748	Corinne Gerrard	Female 50-54	Hayle Runners	1:21:43	1:21:56
146	1684	Rosie Bradbury	Female 35-39	Falmouth Road Runners	1:21:56	1:22:10
147	1860	Michael Lackey	Male 50-54	Newquay Road Runners	1:22:02	1:22:13
148	1635	Steven Jenkin	Male 45-49	Cornwall AC	1:22:05	1:22:17
149	2092	Thomas Walker	Male 35-39		1:22:17	1:22:30
150	1771	Michael Orchard	Male 60-64	Hayle Runners	1:22:04	1:22:38
151	1709	Chris Parker	Male 50-54	Falmouth Road Runners	1:22:27	1:22:44
152	2012	Kate Hoffen	Female 55-59		1:22:41	1:22:46
153	2067	Natasha Stevens	Female 45-49	Bodmin Women's Running Cl	1:22:41	1:22:48
154	2102	Alex Williams	Male 45-49		1:22:33	1:22:51
155	1790	Gemma Vivian	Female Under 35	Hayle Runners	1:22:47	1:22:56
156	1784	Lee Strickland	Female 45-49	Hayle Runners	1:22:46	1:23:00
157	1942	Jim Nettleton	Male 50-54	Truro Running Club	1:23:01	1:23:14
158	2016	Charlotte Johnson	Female Under 35		1:22:52	1:23:15
159	1877	Sarah Wilkinson	Female 60-64	Newquay Road Runners	1:23:10	1:23:17
160	2028	Liam Marsh	Male Under 35		1:23:14	1:23:26
161	1901	Mike Merelie	Male 45-49	St Austell Running Club	1:23:12	1:23:27
162	1978	Philip Brotherton	Male 55-59		1:23:26	1:23:28
163	1630	Zack Hill	Male Under 35	Cornwall AC	1:23:29	1:23:37
164	1966	Jonathan Barrow	Male Under 35		1:23:22	1:23:53
165	1903	Gareth Perry	Male 40-44	St Austell Running Club	1:23:44	1:23:58
166	1582	Kelly Bills	Female 45-49	Carn Runners	1:23:55	1:24:04
167	1604	Robert Rochowiak	Male 60-64	Carn Runners	1:23:56	1:24:07
168	1997	Lia Foreman	Female Under 35		1:23:54	1:24:13
169	1817	Claire Winfield	Female 50-54	Launceston Road Runners	1:24:21	1:24:27
170	1848	Eleanor Ellison	Female 65-69	Newquay Road Runners	1:24:27	1:24:34
171	1675	Hayley Stacey	Female 40-44	East Cornwall Harriers	1:24:31	1:24:37
172	1674	Andrew Sims	Male 55-59	East Cornwall Harriers	1:24:25	1:24:38
173	2093	Jonathan Walsh	Male 50-54		1:24:25	1:24:51
174	1958	Thomas Allen	Male 40-44		1:24:51	1:25:01
175	1933	Tanya Coleman	Female 50-54	Truro Running Club	1:24:48	1:25:04
176	1880	Karina Bowers	Female 40-44	St Austell Running Club	1:25:01	1:25:08
177	1677	John Sudell	Male 65-69	East Cornwall Harriers	1:24:49	1:25:13
178	1867	Lisa Player	Female 60-64	Newquay Road Runners	1:25:13	1:25:20
179	2057	Adam Rush	Male Under 35		1:25:13	1:25:22
180	1955	Pete Walker	Male 35-39	Truro Running Club	1:25:10	1:25:28
181	1864	Claire Mildenhall	Female 45-49	Newquay Road Runners	1:25:29	1:25:37
182	1681	Helen Barrett	Female Under 35	Falmouth Road Runners	1:25:25	1:25:44
183	1826	Grahame Mace	Male 45-49	Looe Pioneers Running Club	1:25:38	1:25:49
184	1822	Darren Hardwick	Male 55-59	Looe Pioneers Running Club	1:25:44	1:25:55
185	1638	Joanna Marcinekova	Female 40-44	Cornwall AC	1:25:48	1:25:59
186	1812	Peter McAughey	Male 50-54	Launceston Road Runners	1:25:42	1:26:01
187	1810	Tom Gribble	Male Under 35	Launceston Road Runners	1:25:46	1:26:04
188	1779	Kevin Silver	Male 55-59	Hayle Runners	1:25:52	1:26:07
189	1595	Wayne Lawry	Male 50-54	Carn Runners	1:26:23	1:26:32
190	1732	Anthony Burrows	Male 55-59	Hayle Runners	1:26:10	1:26:38
191	1882	Kate Bradley	Female Under 35	St Austell Running Club	1:26:35	1:26:44
192	1953	Helen Thomas	Female 50-54	Truro Running Club	1:26:36	1:26:48
193	1664	Ashley Elliott	Female Under 35	East Cornwall Harriers	1:26:45	1:26:58

194	1785	Alison Thomas	Female 45-49	Hayle Runners	1:26:59	1:27:22
195	2046	Emily Pascoe	Female Under 3!		1:27:10	1:27:23
196	1758	Philip Johns	Male Under 35	Hayle Runners	1:27:21	1:27:34
197	1873	Sophie Talling	Female Under 3!	Newquay Road Runners	1:27:49	1:27:57
198	1872	Glyn Talling	Male 50-54	Newquay Road Runners	1:27:49	1:27:57
199	1682	Daisy Booker	Female Under 3!	Falmouth Road Runners	1:27:44	1:28:03
200	1780	Hannah Smith	Female Under 3!	Hayle Runners	1:27:53	1:28:12
201	1639	Jon Mitchell	Male 50-54	Cornwall AC	1:28:03	1:28:13
202	1644	Vivian Bray	Male 55-59	Cornwall AC	1:27:48	1:28:16
203	1816	Brian Wiles	Male 75+	Launceston Road Runners	1:28:09	1:28:25
204	2082	Bartek Troczka	Male 35-39		1:28:03	1:28:27
205	1939	Tristan Lang	Male 45-49	Truro Running Club	1:28:16	1:28:29
206	1969	Ricky Blackman	Male 50-54		1:28:04	1:28:30
207	1627	Steph Hearn	Female Under 3!	Cornwall AC	1:28:24	1:28:32
208	1825	Robert Kernaghan	Male 50-54	Looe Pioneers Running Club	1:28:22	1:28:33
209	1987	Steve Davey	Male 50-54		1:28:44	1:29:02
210	1753	Chantelle Hickman	Female 45-49	Hayle Runners	1:28:50	1:29:04
211	1874	Lisa Talling	Female 50-54	Newquay Road Runners	1:29:01	1:29:08
212	1772	Chunky (Antony) Pe	Male 70-74	Hayle Runners	1:29:00	1:29:18
213	2014	Stephen Hutchinson	Male 70-74	Bude Rats (Run and Tri)	1:29:05	1:29:21
214	2050	Treve Polglase	Male Under 35		1:29:01	1:29:22
215	1995	Andrew Exelby	Male 40-44		1:29:08	1:29:37
216	1672	Rob Pick	Male 65-69	East Cornwall Harriers	1:29:31	1:29:56
217	2083	George Turner	Male Under 35		1:29:26	1:29:57
218	2098	Alison White	Female 55-59		1:29:32	1:29:59
219	1670	Lucy Oldham	Female 45-49	East Cornwall Harriers	1:29:51	1:30:07
220	1973	David Bowden	Male 35-39		1:29:39	1:30:11
221	1979	Andrew Brown	Male 60-64	Run Alcester	1:30:14	1:30:24
222	1718	Alison Weir	Female 50-54	Falmouth Road Runners	1:30:23	1:30:41
223	2053	Nick Richards	Male 50-54		1:30:38	1:30:43
224	1857	Matt Hills	Male 40-44	Newquay Road Runners	1:30:22	1:30:45
225	2030	Shane Meehan	Male 35-39	St Austell Athletes Running Cl	1:30:29	1:30:49
226	2052	Paul Railton	Male 45-49		1:31:01	1:31:16
227	1843	Katie Bullock	Female 35-39	Newquay Road Runners	1:31:12	1:31:22
228	1631	Simon James	Male 50-54	Cornwall AC	1:31:28	1:31:33
229	1777	Sharon Rowat	Female 50-54	Hayle Runners	1:31:23	1:31:35
230	1752	Neil Hayhurst	Male 40-44	Hayle Runners	1:31:34	1:31:35
231	2077	Craig Tonkin	Male 50-54		1:31:23	1:31:35
232	1725	Gail Aspden	Female 50-54	Hayle Runners	1:31:41	1:31:53
233	2034	Joanne Miners	Female 45-49		1:31:34	1:31:56
234	1960	Sarah Arthur	Female 50-54		1:31:38	1:31:59
235	1875	Mandy Watts	Female 50-54	Newquay Road Runners	1:31:56	1:32:03
236	1616	Martha Carlisle	Female Under 3!	Cornwall AC	1:31:59	1:32:05
237	1924	Mike Lemin	Male 60-64	Tamar Trotters	1:31:43	1:32:12
238	1793	Joanne Barry	Female 45-49	JP Fitness Cornwall	1:32:00	1:32:14
239	1733	Robert Burrows	Male 65-69	Hayle Runners	1:32:10	1:32:27
240	2002	Phil Gendall	Male 60-64		1:32:21	1:32:30
241	1892	Ashley Gates	Male Under 35	St Austell Running Club	1:32:35	1:32:52
242	1798	Neil Ham	Male 55-59	JP Fitness Cornwall	1:32:53	1:33:04

243	1791	Diane Warren	Female 65-69	Hayle Runners	1:33:06	1:33:27
244	2087	Terence Venter	Male Under 35		1:33:11	1:33:39
245	1869	Alison Roose	Male 45-49	Newquay Road Runners	1:33:33	1:33:41
246	1589	Marlene Grobler	Female 40-44	Carn Runners	1:33:33	1:33:48
247	1897	Debbie Marshall	Female 45-49	St Austell Running Club	1:33:53	1:34:07
248	1941	Helen Myatt	Female Under 35	Truro Running Club	1:33:52	1:34:08
249	1671	Nick Page	Male 55-59	East Cornwall Harriers	1:34:06	1:34:32
250	2066	Glyn Stanley	Male 60-64		1:34:06	1:34:37
251	1687	Jackie Cope	Female 65-69	Falmouth Road Runners	1:34:31	1:34:50
252	1623	Ellen Gibson	Female Under 35	Cornwall AC	1:35:04	1:35:11
253	1731	Richard Boucher	Male 50-54	Hayle Runners	1:34:46	1:35:14
254	1946	Christopher Ramsey	Male 70-74	Truro Running Club	1:35:18	1:35:23
255	1964	Peter Bainbridge	Male 55-59		1:35:00	1:35:31
256	1883	Claire Budge	Female 45-49	St Austell Running Club	1:35:26	1:35:40
257	1925	Helen Ralph	Female 60-64	Tamar Trotters	1:35:24	1:35:49
258	1679	Lisa Webb	Female 45-49	East Cornwall Harriers	1:35:26	1:35:53
259	1842	Tao Bi	Male Under 35	Newquay Road Runners	1:35:47	1:35:53
260	1603	Janet Ritchie	Female 60-64	Carn Runners	1:35:46	1:35:57
261	1804	Katie Thurston	Female 40-44	JP Fitness Cornwall	1:35:46	1:36:01
262	1744	Fiona Gamble	Female 35-39	Hayle Runners	1:35:42	1:36:03
263	1900	Samuel McQuigg	Male 50-54	St Austell Running Club	1:35:47	1:36:10
264	1996	Rachel Fisher	Female 55-59		1:35:46	1:36:17
265	1663	Dawn Diprose	Female 55-59	East Cornwall Harriers	1:35:56	1:36:20
266	1661	Gail Cory	Female 50-54	East Cornwall Harriers	1:35:57	1:36:20
267	1721	Georgia Witchell	Female 50-54	Falmouth Road Runners	1:36:08	1:36:27
268	1708	Karen Parker	Female 50-54	Falmouth Road Runners	1:36:13	1:36:33
269	1575	Kerri Rowe	Female 40-44	Bodmin Road Runners	1:36:37	1:37:08
270	1580	Francis Vosper	Male 60-64	Bodmin Road Runners	1:36:38	1:37:08
271	1699	Carly Kent	Female 40-44	Falmouth Road Runners	1:36:50	1:37:09
272	1710	Nick Pentreath	Male 55-59	Falmouth Road Runners	1:36:49	1:37:09
273	2003	Gemma Gittins	Female 35-39		1:36:42	1:37:16
274	2004	Gareth Gittins	Male 40-44		1:36:41	1:37:16
275	1805	Matthew Wild	Male Under 35	JP Fitness Cornwall	1:37:03	1:37:20
276	1774	Melissa Poultney	Female 40-44	Hayle Runners	1:37:27	1:37:52
277	2017	Liam Jolly	Male Under 35		1:37:32	1:38:05
278	1990	Jamie Dodds	Male Under 35		1:37:35	1:38:08
279	2056	Will Rowe	Male Under 35		1:37:35	1:38:08
280	1975	Lucy Bramwell	Female 35-39		1:38:22	1:38:34
281	2018	Amy Keates	Female 35-39		1:38:24	1:38:36
282	1803	Jane Pett	Female 45-49	JP Fitness Cornwall	1:38:33	1:38:48
283	1642	Gillian Onley	Female 55-59	Cornwall AC	1:39:05	1:39:08
284	1850	Cara Hicks	Female 35-39	Newquay Road Runners	1:38:53	1:39:15
285	1676	Sarah Steed	Female 45-49	East Cornwall Harriers	1:38:48	1:39:15
286	1574	Ian Ringer	Male 75+	Bodmin Road Runners	1:39:15	1:39:35
287	1845	Louise Cooke-Davies	Female 50-54	Newquay Road Runners	1:39:29	1:39:50
288	1678	Jeanette Turpin	Female 45-49	East Cornwall Harriers	1:39:21	1:39:50
289	1982	Vicky Cloete	Female 45-49		1:39:36	1:40:06
290	1890	Sally Fletcher	Female 55-59	St Austell Running Club	1:39:56	1:40:10
291	2015	Michael Hutton	Male Under 35		1:40:09	1:40:17

292	1929	Amanda Berridge	Female 40-44	Truro Running Club	1:40:17	1:40:37
293	1855	Phillip Henwood	Male 45-49	Newquay Road Runners	1:40:30	1:40:41
294	1762	Cas Leo	Male 60-64	Hayle Runners	1:40:48	1:40:54
295	1965	Claire Barlow	Female 45-49		1:40:35	1:40:55
296	1844	Sharon Chapman	Female 50-54	Newquay Road Runners	1:40:41	1:40:57
297	1808	John Barnes	Male 60-64	Launceston Road Runners	1:40:31	1:40:58
298	1666	Judy Gluyas	Female 55-59	East Cornwall Harriers	1:40:31	1:41:00
299	2033	Tania Meredith	Female 40-44		1:40:28	1:41:01
300	2022	Alison Letts	Female 60-64		1:40:28	1:41:01
301	1633	Richard Jenkin	Male 75+	Cornwall AC	1:40:46	1:41:11
302	1787	Stewart Townend	Male 75+	Hayle Runners	1:41:11	1:41:33
303	1992	Catherine Eastman	Female 35-39		1:41:08	1:41:35
304	1591	Wietske Hansen	Female 55-59	Carn Runners	1:41:51	1:41:57
305	1690	James Danks	Male 40-44	Falmouth Road Runners	1:41:44	1:42:04
306	1998	Claire Forth	Female 40-44		1:42:09	1:42:32
307	1713	Sarah Booker	Female 50-54	Falmouth Road Runners	1:42:14	1:42:34
308	1749	Lucy Goddard	Female Under 3!	Hayle Runners	1:42:30	1:42:39
309	1688	Nicola Crilly	Female 45-49	Falmouth Road Runners	1:42:39	1:43:00
310	2049	Ross Phillimore	Male 40-44		1:42:40	1:43:01
311	1985	Damian Cook	Male 50-54	Bys Vyken Race Team	1:42:41	1:43:03
312	1592	Ashley Holt	Female Under 3!	Carn Runners	1:43:01	1:43:08
313	1719	Robert Willcocks	Male 60-64	Falmouth Road Runners	1:42:55	1:43:13
314	2055	Sam Rowe	Female 50-54		1:43:04	1:43:25
315	1594	Amanda Lawry	Female 45-49	Carn Runners	1:43:30	1:43:46
316	1712	Jacquie Rapier	Female 60-64	Falmouth Road Runners	1:43:45	1:44:09
317	1914	Daniela Walker	Female 45-49	St Austell Running Club	1:44:03	1:44:16
318	1961	Peta Aspden	Female 50-54	Running Forever RC	1:44:06	1:44:35
319	2006	Ray Goodright	Male 75+	East Cornwall Harriers	1:44:19	1:44:48
320	1895	Emma Lawry	Female 45-49	St Austell Running Club	1:44:27	1:44:51
321	1963	Stephen Bailey	Male 40-44		1:44:31	1:44:57
322	1737	Martin Curtis	Male 70-74	Hayle Runners	1:44:44	1:45:06
323	1720	David Wilton	Male 65-69	Falmouth Road Runners	1:45:04	1:45:30
324	1607	Eoin Stockdale	Male 50-54	Carn Runners	1:45:06	1:45:34
325	1818	John Bowden	Male 60-64	Looe Pioneers Running Club	1:45:11	1:45:37
326	1673	Nikki Pritchard	Female 40-44	East Cornwall Harriers	1:45:32	1:46:01
327	1858	Samantha Jayne	Female 50-54	Newquay Road Runners	1:45:46	1:46:08
328	1856	Lucy Hewitt	Female 50-54	Newquay Road Runners	1:45:45	1:46:08
329	1823	Sandra Haynes	Female 55-59	Looe Pioneers Running Club	1:45:57	1:46:15
330	2027	Anna Marquis	Female 60-64		1:46:34	1:46:57
331	2026	Peter Marquis	Male 65-69		1:46:34	1:46:57
332	1907	Rebecca Shore	Female 50-54	St Austell Running Club	1:46:36	1:46:58
333	1610	Demelza Widdershc	Female 40-44	Carn Runners	1:47:08	1:47:14
334	1593	Judy Jameson	Female 60-64	Carn Runners	1:47:16	1:47:26
335	1585	Barry Drew	Male 70-74	Carn Runners	1:47:46	1:48:08
336	2099	Marie Williams	Female 40-44		1:47:54	1:48:16
337	2029	Chantal McLennan	Female 40-44		1:48:00	1:48:33
338	2013	Julie Hogan	Female 55-59		1:48:28	1:48:52
339	1685	Alan Brandwood	Male 70-74	Falmouth Road Runners	1:48:43	1:49:09
340	1884	Jennifer Burden	Female 40-44	St Austell Running Club	1:48:57	1:49:11

341	2095 Dale Webb	Male 35-39		1:48:55	1:49:27
342	1597 Anya Martin	Female 45-49	Carn Runners	1:49:33	1:49:39
343	1886 Jo Craddock	Female 50-54	St Austell Running Club	1:49:32	1:49:47
344	1768 Jane Naylor	Female 60-64	Hayle Runners	1:50:05	1:50:31
345	2010 Louisa Hayden	Female 45-49		1:50:44	1:51:17
346	1974 Emma Bowden	Female Under 3!		1:51:11	1:51:43
347	1668 Dave Lean	Male 60-64	East Cornwall Harriers	1:51:50	1:52:19
348	1609 Margaret Wade	Female 70-74	Carn Runners	1:52:19	1:52:30
349	1763 Karen Lovegrove	Female 65-69	Hayle Runners	1:53:20	1:53:45
350	1729 Robert Bolitho	Male 60-64	Hayle Runners	1:53:38	1:53:46
351	1782 Claire Stone	Female 35-39	Hayle Runners	1:53:29	1:53:55
352	1735 Helen Cattran	Female 55-59	Hayle Runners	1:53:43	1:54:10
353	1707 Roy Newton	Male 75+	Falmouth Road Runners	1:53:51	1:54:18
354	1730 Julie Bolitho	Female 55-59	Hayle Runners	1:54:19	1:54:27
355	1948 Nicky Sowerby	Female 55-59	Truro Running Club	1:54:15	1:54:33
356	1881 Ann Bradley	Female 60-64	St Austell Running Club	1:54:13	1:54:34
357	1786 Susan Thomas	Female 45-49	Hayle Runners	1:54:18	1:54:45
358	1736 Trevor Cornish	Male 55-59	Hayle Runners	1:54:53	1:54:53
359	1751 Roland Hardman	Male 65-69	Hayle Runners	1:54:53	1:54:53
360	1634 Jacqueline Jenkin	Female 70-74	Cornwall AC	1:54:39	1:55:07
361	1921 Ann Foster	Female 70-74	Tamar Trotters	1:54:40	1:55:09
362	1806 Wendy Williams	Female 60-64	JP Fitness Cornwall	1:55:25	1:55:39
363	1800 Stacey Orchard	Female Under 3!	JP Fitness Cornwall	1:55:25	1:55:39
364	2011 Janet Haynes	Female 55-59	Tri Logic Cornwall	1:55:24	1:55:41
365	1783 Jackie Stone	Female 55-59	Hayle Runners	1:55:15	1:55:43
366	1734 Timothea Cardell	Female 75+	Hayle Runners	1:55:30	1:55:58
367	1683 Jeremy Booker	Male 50-54	Falmouth Road Runners	1:55:59	1:56:20
368	1606 Helen Staples	Female 45-49	Carn Runners	1:56:05	1:56:30
369	2094 Kathryn Walters	Female 40-44		1:56:05	1:56:30
370	1794 Rachel Bate	Female 35-39	JP Fitness Cornwall	1:56:43	1:56:59
371	1977 Catherine Bray	Female 40-44		1:56:37	1:57:10
372	1972 Diane Boardman	Female 40-44		1:56:49	1:57:22
373	1789 Karen Usher	Female 50-54	Hayle Runners	1:57:54	1:57:54
374	1828 Kathy Saunders	Female 65-69	Looe Pioneers Running Club	1:57:52	1:58:10
375	1577 Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:58:22	1:58:46
376	1608 Jeanette Toy	Female 50-54	Carn Runners	1:59:47	2:00:11
377	1691 Kathran Dormer	Female 70-74	Falmouth Road Runners	2:02:20	2:02:34
378	1701 Christina Lake	Female 60-64	Falmouth Road Runners	2:02:31	2:02:56
379	1898 Jacqui Martin	Female 50-54	St Austell Running Club	2:02:40	2:03:00
380	1889 Samantha Ewart	Female 45-49	St Austell Running Club	2:02:41	2:03:01
381	1970 Natalie Blewett	Female 40-44		2:02:53	2:03:12
382	2065 Precillia Smith	Female 40-44		2:03:04	2:03:36
383	1945 Georgina Purvis	Female 45-49	Truro Running Club	2:03:57	2:04:16
384	1891 Amy Floyd-Norris	Female Under 3!	St Austell Running Club	2:05:20	2:05:39
385	1799 Glennie McKinley	Female 55-59	JP Fitness Cornwall	2:05:31	2:05:47
386	1909 Christine Todd	Female 60-64	St Austell Running Club	2:06:43	2:07:04
387	1656 Caroline Vinnicomb	Female 45-49	Cornwall AC	2:07:08	2:07:27
388	2088 Lisa Vercoe	Female 50-54		2:08:24	2:08:39
389	1912 Diane Walker	Female 55-59	St Austell Running Club	2:08:25	2:08:39

390	1654	Catherine Trerise	Female 50-54	Cornwall AC	2:13:58	2:14:19
391	1653	Kathryn Thomas	Female 45-49	Cornwall AC	2:13:59	2:14:19
392	2058	Lin Russell	Female 55-59		2:14:48	2:15:18
393	1646	Charlotte Richards	Female 45-49	Cornwall AC	2:15:35	2:15:57
394	1781	Derek Smith	Male 60-64	Hayle Runners	2:17:46	2:17:46
395	1915	Janet Wills	Female 70-74	St Austell Running Club	2:17:48	2:18:09
396	1703	Steve Lawrence	Male 65-69	Falmouth Road Runners	2:17:43	2:18:14
397	2009	Lisette Harvey	Female 55-59	Bys Vyken Race Team	2:18:53	2:19:23
398	1694	David Garrard	Male 75+	Falmouth Road Runners	2:22:19	2:22:49
399	1983	Sue Coates	Female 45-49	Bys Vyken Race Team	2:31:55	2:32:24
400	1879	Madeleine Blight	Female 65-69	St Austell Running Club	2:32:18	2:32:40