

TRELISSICK 10K - 22ND AUGUST 2015

POSITION	TIME	NAME	TEAM	CATEGORY	PACE	NO
1	0:37:10	BREWER, Tony	Mile High	Male under 35	05:58.8	237
2	0:38:16	POCHEE, Ben	Cornwall AC	Male Vet 40-44	06:09.4	16
3	0:39:02	PRICE, Ben	Cheltenham Harriers	Male under 35	06:16.8	270
4	0:39:09	WHEAR, Paul	Cornwall AC	Male Vet 45-49	06:17.9	73
5	0:39:39	CARTHEY, Tom	Falmouth Road Runners	Male under 35	06:22.7	236
6	0:40:24	BATEMAN, Dominic	Bodmin Road Runners	Male under 35	06:30.0	128
7	0:40:33	WHETMAN, James	Thames Hare & Hounds	Male Vet 40-44	06:31.4	102
8	0:40:54	DUNNETT, Ben		Male Vet 35-39	06:34.8	250
9	0:41:06	LUXMOORE, Jamie	Mile High	Male Vet 35-39	06:36.7	253
10	0:41:11	SMERDON, Marc	Exeter Harriers	Male under 35	06:37.5	115
11	0:41:21	SOWERBY, Peter	Truro Running Club	Male Vet 45-49	06:39.1	262
12	0:42:11	ANGELL, Dave	Mile High	Male under 35	06:47.2	235
13	0:42:14	LONGHORN, Jason	Falmouth Road Runners	Male Vet 40-44	06:47.7	232
14	0:42:17	SAWFORD, Paul	Carn Runners	Male Vet 45-49	06:48.2	171
15	0:42:27	JONES, Nat	Oxford City AC	Male under 35	06:49.8	165
16	0:42:30	UPSON, Chris	Cambuslang	Male Vet 50-54	06:50.3	241
17	0:42:37	HOLBROOK, Robbie		Male under 35	06:51.4	74
18	0:42:57	STRACHAN, Steven	Falmouth Road Runners	Male Vet 40-44	06:54.6	243
19	0:43:00	VINNICOMBE, Jason	Carn Runners	Male Vet 40-44	06:55.1	227
20	0:43:01	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:55.2	77
21	0:43:11	DOWRICK, Mike	Cornwall AC	Male Vet 40-44	06:56.8	264
22	0:43:21	WEBB, Jason	Cornwall AC	Male Vet 45-49	06:58.5	215
23	0:43:24	HALL, Craig	Carn Runners	Male Vet 40-44	06:58.9	94
24	0:43:38	TAPPIN, Andrew		Male under 35	07:01.2	252
25	0:43:52	HILL, Lewis	Hayle Runners	Male under 35	07:03.4	211
26	0:44:13	BAYLY, Marc	Newquay Road Runners	Male Vet 40-44	07:06.8	113
27	0:44:38	WRIGHTON, David		Male Vet 45-49	07:10.8	103
28	0:44:48	STEPHENS, Jeremy	Hayle Runners	Male Vet 45-49	07:12.5	144
29	0:44:51	LITTLEJOHNS, Mark	Falmouth Road Runners	Male Vet 40-44	07:12.9	248
30	0:45:26	BOLT, Phil	Cornwall AC	Male Vet 45-49	07:18.6	238
31	0:45:32	REID, Douglas		Male Vet 35-39	07:19.5	22
32	0:45:42	BRYDON, James	Bodmin Road Runners	Male under 35	07:21.1	135
33	0:45:47	EATON, Joel	Instinctive Sports	Male under 35	07:21.9	179
34	0:45:52	COATSWORTH, Rory		Male Vet 35-39	07:22.8	154
35	0:46:01	TAPHOUSE, Joshua	Newquay Par AC	Male under 35	07:24.2	97
36	0:46:07	RAGGETT, Donna	Cornwall AC	Female Vet 40-44	07:25.2	203
37	0:46:19	EYRE, Janna	Carn Runners	Female under 35	07:27.1	190
38	0:46:31	WRIGHT, Tom	Truro Running Club	Male Vet 40-44	07:29.0	276
39	0:46:33	BLEWETT, Derren	St Austell Running Club	Male Vet 45-49	07:29.3	269
40	0:46:34	LUKE, Dan		Male under 35	07:29.5	279
41	0:46:36	REEVE, Paul	Cornwall AC	Male Vet 45-49	07:29.8	213
42	0:46:44	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	07:31.1	246
43	0:46:49	KNIGHT, Philip		Male Vet 45-49	07:31.9	209
44	0:46:51	WATSON, Robin	Falmouth Road Runners	Male Vet 50-54	07:32.2	118
45	0:46:58	SMITH, Andrew		Male Vet 45-49	07:33.4	226
46	0:47:01	MUNN, Patrick	Mud Crew Trail Runners	Male Vet 50-54	07:33.9	245
47	0:47:02	HEWITT, Jonny		Male under 35	07:34.0	271
48	0:47:07	LITTLEWOOD, Ian	East Cornwall Harriers	Male Vet 35-39	07:34.8	67
49	0:47:14	ABBOTT, Brian	St Austell Running Club	Male Vet 50-54	07:35.9	139
50	0:47:37	MATTHEWS, Ian	Mounds Bay Harriers	Male Vet 45-49	07:39.6	89
51	0:47:37	EMMERTON, Kevin	Newquay Road Runners	Male Vet 50-54	07:39.6	109
52	0:47:53	HARRISON-WEBB (WEBB), Debbie	Hayle Runners	Female Vet 45-49	07:42.2	145
53	0:48:14	NASH, Jenny	East Cornwall Harriers	Female Vet 50-54	07:45.6	70
54	0:48:15	LUCKHURST, Will		Male Vet 45-49	07:45.8	275
55	0:48:26	MUTSAERS, Adrian	Cornwall AC	Male Vet 40-44	07:47.5	60
56	0:48:40	JOBSON, Flora		Female under 35	07:49.8	186
57	0:48:46	ALLEN, Peter	Newquay Road Runners	Male Vet 55-59	07:50.7	24

58	0:48:52	BRAY, Vivian	Cornwall AC	Male Vet 50-54	07:51.7	239
59	0:48:55	CROWLE, Ian	East Cornwall Harriers	Male Vet 55-59	07:52.2	274
60	0:49:01	SQUIRE, Darren	St Austell Running Club	Male Vet 40-44	07:53.2	242
61	0:49:09	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	07:54.4	71
62	0:49:10	DITTY, Graham		Male under 35	07:54.6	42
63	0:49:17	SIMS, Andrew	East Cornwall Harriers	Male Vet 45-49	07:55.7	231
64	0:49:22	WILLIAMS, Lucy	Truro Running Club	Female under 35	07:56.5	167
65	0:49:34	COULSON, Lee		Male Vet 45-49	07:58.5	261
66	0:49:36	PENBERTHY, Michael	Hayle Runners	Male Vet 55-59	07:58.8	86
67	0:49:41	ROY, Diane	East Cornwall Harriers	Female Vet 50-54	07:59.6	257
68	0:49:46	HOLBROOK, Richard		Male Vet 50-54	08:00.4	75
69	0:49:46	CROWTHER, David	Cardiff University	Male under 35	08:00.4	72
70	0:49:57	PELL, David	Cornwall AC	Male Vet 50-54	08:02.2	278
71	0:50:09	BEEVER, Jason	Tri Logic Cornwall	Male Vet 45-49	08:04.1	240
72	0:50:10	ANDREWARTHA, David		Male under 35	08:04.3	268
73	0:50:25	ADIE, Gordon	Truro Running Club	Male Vet 50-54	08:06.7	93
74	0:50:29	BRAY, Mark Jason		Male Vet 40-44	08:07.3	260
75	0:50:37	ROBERTS, John		Male Vet 40-44	08:08.6	116
76	0:50:49	CARDEW, Barrie	Carn Runners	Male Vet 55-59	08:10.5	124
77	0:50:51	GOUNDRY, Andrew	Truro Running Club	Male Vet 50-54	08:10.9	45
78	0:50:52	RAPSON, Nigel	St Austell Running Club	Male Vet 50-54	08:11.0	121
79	0:50:58	SPENCER, Julian		Male Vet 45-49	08:12.0	61
80	0:51:06	WEBB, Sean	Hayle Runners	Male Vet 45-49	08:13.3	146
81	0:51:09	HARRIS, Geoff	Newquay Road Runners	Male Vet 50-54	08:13.8	159
82	0:51:33	BURDON, Gary		Male under 35	08:17.6	35
83	0:51:43	STARKIE, Andrew	Hayle Runners	Male Vet 35-39	08:19.2	256
84	0:52:00	PHILPOTT, Robin		Male Vet 45-49	08:22.0	195
85	0:52:03	HUTCHINSON, Stephen	Bude Rats	Male Vet 60-64	08:22.4	106
86	0:52:04	NUGENT, Debbie	Carn Runners	Female Vet 50-54	08:22.6	263
87	0:52:09	COLEY, Alexander	East Cornwall Harriers	Male under 35	08:23.4	65
88	0:52:15	MOUNTFORD, Frazer	Newquay Road Runners	Male under 35	08:24.4	160
89	0:52:16	HARVEY, Ceri	Carn Runners	Female Vet 35-39	08:24.5	95
90	0:52:29	KNAB, Tim	Bodmin Road Runners	Male Vet 45-49	08:26.6	137
91	0:52:34	POPPERWELL, Beth	Mile High	Female Vet 40-44	08:27.4	177
92	0:52:49	DUNNETT, Hannah		Female Vet 35-39	08:29.8	251
93	0:52:53	LOCKETT, Pat	Newquay Road Runners	Male Vet 65-69	08:30.5	111
94	0:53:17	ANNEAR, Chris		Male under 35	08:34.4	259
95	0:53:19	HEWITT, Katie	Truro Running Club	Female under 35	08:34.7	193
96	0:53:23	ROGERS, Laura	Cornwall AC	Female under 35	08:35.3	168
97	0:53:24	VAGUE, Rachel	Tri Logic Cornwall	Female under 35	08:35.5	196
98	0:53:28	LITTLEWOOD, Louise	East Cornwall Harriers	Female Vet 45-49	08:36.1	66
99	0:53:37	JONES, Danielle		Female under 35	08:37.6	153
100	0:53:44	GIBBONS, Stuart		Male Vet 50-54	08:38.7	266
101	0:53:52	HARDING, Ben	East Cornwall Harriers	Male under 35	08:40.0	229
102	0:53:55	PICK, Robert	East Cornwall Harriers	Male Vet 55-59	08:40.5	68
103	0:53:55	CROWLE, Jonathan	Truro Running Club	Male Vet 40-44	08:40.5	46
104	0:54:04	ISTREFI, Yllka	Fairlands Valley Spartans	Female Vet 35-39	08:41.9	212
105	0:54:16	COAD, Andrew		Male under 35	08:43.8	40
106	0:54:18	HAYNES, Janet	Mounds Bay Harriers	Female Vet 45-49	08:44.2	214
107	0:54:47	WILCOX, David	Truro Running Club	Male Vet 40-44	08:48.8	5
108	0:54:49	ROY, Eleanor		Female under 35	08:49.2	258
109	0:54:51	SHAPLAND, Nick		Male Vet 40-44	08:49.5	55
110	0:54:56	LOWE, Sam		Male under 35	08:50.3	26
111	0:55:01	STEPHENS, Emma	Bodmin Road Runners	Female under 35	08:51.1	134
112	0:55:04	LUCAS, Andrew	St Austell Running Club	Male Vet 50-54	08:51.6	217
113	0:55:26	NICHOLLS, Meeta	East Cornwall Harriers	Female Vet 40-44	08:55.1	32
114	0:55:37	MOORE, Thomas	Truro Running Club	Male Vet 40-44	08:56.9	197
115	0:55:39	THOMAS, Helen	Carn Runners	Female Vet 40-44	08:57.2	9
116	0:55:44	REYNARD, Sophia		Female under 35	08:58.0	2
117	0:55:55	FRITH, Ray	Newquay Road Runners	Male Vet 65-69	08:59.8	112
118	0:55:59	WILLIAMS, Amy	East Cornwall Harriers	Female under 35	09:00.4	49

119	0:56:05	BRYDON, Jackie	Bodmin Road Runners	Female Vet 45-49	09:01.4	136
120	0:56:28	BEACH, Tamara		Female under 35	09:05.1	27
121	0:56:44	TAMBLYN, Mark	Falmouth Road Runners	Male Vet 55-59	09:07.7	220
122	0:56:54	ROWE, Kerri		Female under 35	09:09.3	100
123	0:56:59	UREN, Lisa	Carn Runners	Female Vet 35-39	09:10.1	8
124	0:57:02	PENBERTHY, Carol	Carn Runners	Female Vet 55-59	09:10.6	85
125	0:57:10	EAGLING, Nigel	Truro Running Club	Male Vet 60-64	09:11.8	166
126	0:57:16	LUXMOORE, Michael		Male Vet 65-69	09:12.8	247
127	0:57:28	HORE, Christopher		Male under 35	09:14.7	90
128	0:57:46	BEARD, Robert	Bodmin Road Runners	Male Vet 50-54	09:17.6	132
129	0:58:01	SMITH, Samantha	Mud Crew Trail Runners	Female Vet 35-39	09:20.0	105
130	0:58:13	JENKIN, Annie		Female under 35	09:22.0	187
131	0:58:22	RINGER, Ian	Bodmin Road Runners	Male Vet 65-69	09:23.4	34
132	0:58:23	ADIE, Shosha	Cornwall AC	Female under 35	09:23.6	164
133	0:58:39	DAVIS, Jason		Male Vet 40-44	09:26.2	200
134	0:58:47	MIDDLETON, Paul	Truro Running Club	Male Vet 40-44	09:27.4	219
135	0:58:50	LONGHORN, Monica	Falmouth Road Runners	Female Vet 40-44	09:27.9	233
136	0:58:55	PICKARD, Linda	Launceston Road Runners	Female Vet 50-54	09:28.7	48
137	0:58:58	LEWIS, Jules	Carn Runners	Male Vet 45-49	09:29.2	87
138	0:59:05	BURROWS, Robert	Mounds Bay Harriers	Male Vet 60-64	09:30.3	81
139	0:59:14	TILLEY, John		Male Vet 60-64	09:31.8	63
140	0:59:19	SCHRUERS, Clare		Female Vet 35-39	09:32.6	205
141	0:59:22	LAMERTON, Sharon	Hayle Runners	Female Vet 40-44	09:33.1	152
142	0:59:26	SMITHERAM, Mark		Male Vet 40-44	09:33.7	30
143	0:59:48	HOLBROOK, Suzanne		Female Vet 50-54	09:37.3	76
144	1:00:01	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	09:39.4	178
145	1:00:06	HARVEY, Richard	Carn Runners	Male Vet 35-39	09:40.2	273
146	1:00:09	COLMAN, Ben		Male Vet 40-44	09:40.6	162
147	1:00:17	MOORE, Kelly	Hayle Runners	Female under 35	09:41.9	149
148	1:00:24	HARRIS, Shona	Truro Running Club	Female under 35	09:43.1	191
149	1:00:50	WAITON, Jessica	Bodmin Road Runners	Female under 35	09:47.2	138
150	1:01:05	PICKARD, David	Launceston Road Runners	Male Vet 55-59	09:49.7	47
151	1:01:06	WIDDERSHOVEN, Demelza	Carn Runners	Female under 35	09:49.8	69
152	1:01:17	GLOVER, Ruth	Mounds Bay Harriers	Female under 35	09:51.6	59
153	1:01:17	STEPHENS, Jane	Bodmin Road Runners	Female Vet 45-49	09:51.6	131
154	1:01:24	RITCHIE, Janet	Carn Runners	Female Vet 50-54	09:52.7	202
155	1:01:28	MIDDLEDITCH, Kay	Newquay Road Runners	Female under 35	09:53.4	114
156	1:01:37	DAVIES, Gwen		Female under 35	09:54.8	126
157	1:01:55	MADDISON, Barbara	Thames Valley Harriers	Female Vet 55-59	09:57.7	208
158	1:02:09	CRANE, Michael	St Austell Running Club	Male Vet 45-49	10:00.0	31
159	1:02:15	BOARDMAN, Diane	Truro Running Club	Female under 35	10:00.9	206
160	1:02:19	SMITH, Sharon		Female Vet 40-44	10:01.6	244
161	1:02:22	ROYALL, Carolyn	Hayle Runners	Female Vet 45-49	10:02.0	143
162	1:02:25	DREW, Barry	Carn Runners	Male Vet 65-69	10:02.5	7
163	1:02:26	COOK, Damian	Mounds Bay Harriers	Male Vet 40-44	10:02.7	221
164	1:02:29	HAY, Adam	Truro Running Club	Male under 35	10:03.2	194
165	1:02:32	MORSE, Nicky	Mounds Bay Harriers	Male Vet 55-59	10:03.7	44
166	1:02:33	BLACKMORE, Kai		Male under 35	10:03.8	272
167	1:02:35	MERRIKIN, Caroline	Newquay Road Runners	Female Vet 50-54	10:04.1	110
168	1:02:48	BROWN, Roger	Falmouth Road Runners	Male Vet 45-49	10:06.2	99
169	1:02:55	NEAL, Marie-louise		Female Vet 40-44	10:07.4	28
170	1:02:57	PROUDFOOT, Julia	Plymouth Coasters	Female Vet 50-54	10:07.7	185
171	1:03:05	CARDEW, Denise	Carn Runners	Female Vet 50-54	10:09.0	125
172	1:03:25	PEARCE, Deborah	Hayle Runners	Female Vet 45-49	10:12.2	148
173	1:03:26	HAIMES, Jack		Male under 35	10:12.3	176
174	1:03:29	COOK, Matthew	Mounds Bay Harriers	Male under 35	10:12.8	218
175	1:03:32	TOTHILL, James		Male Vet 40-44	10:13.3	29
176	1:03:38	MARTIN, Alice	Truro Running Club	Female under 35	10:14.3	192
177	1:03:42	ROBINS, Sara		Female under 35	10:14.9	172
178	1:03:46	OLDHAM, Lucy	East Cornwall Harriers	Female Vet 35-39	10:15.6	230
179	1:03:47	NICHOLAS, Stacey	Mounds Bay Harriers	Female under 35	10:15.7	80

180	1:03:55	EATON, Emily	Instinctive Sports	Female under 35	10:17.0	180
181	1:04:15	PALMER, Stefan	Bodmin Road Runners	Male Vet 40-44	10:20.2	127
182	1:04:21	TEAGLE, Dan		Male Vet 35-39	10:21.2	18
183	1:04:28	GRAY, Helen		Female under 35	10:22.3	224
184	1:04:28	GRAY, David		Male Vet 35-39	10:22.3	223
185	1:04:30	GRIFFIN, Paul		Male Vet 35-39	10:22.6	267
186	1:04:34	SPARGO, Philip	Truro Running Club	Male Vet 55-59	10:23.3	14
187	1:04:36	MCBAIN, Vanessa May		Female under 35	10:23.6	117
188	1:04:40	COLEMAN, Nikki	Cornwall AC	Female Vet 40-44	10:24.2	84
189	1:04:51	MATTHEWS, Susan	Mounds Bay Harriers	Female Vet 50-54	10:26.0	88
190	1:05:28	GERRARD, Corrine	Hayle Runners	Female Vet 45-49	10:32.0	151
191	1:05:35	HOLMES, Stephanie		Female under 35	10:33.1	38
192	1:05:41	MULLEN, Shona	Truro Running Club	Female Vet 50-54	10:34.1	79
193	1:05:43	MADDISON, Michael	Thames Valley Harriers	Male Vet 65-69	10:34.4	207
194	1:06:31	MORSE, Jackie	Mounds Bay Harriers	Female Vet 55-59	10:42.1	43
195	1:06:39	SYMONS, Dave		Male Vet 55-59	10:43.4	201
196	1:07:01	BOLT, Adrian	Truro Running Club	Male Vet 45-49	10:46.9	78
197	1:07:07	HEYWOOD, Steve	Bideford AAC	Male Vet 60-64	10:47.9	15
198	1:07:16	WISNER, Kath		Female Vet 40-44	10:49.3	188
199	1:07:16	EATOCK, Annette		Female Vet 40-44	10:49.3	169
200	1:07:24	KINGTON, Norris	Cornwall AC	Male Vet 75+	10:50.6	83
201	1:07:27	BEARD, Sharon	Bodmin Road Runners	Female Vet 40-44	10:51.1	133
202	1:07:40	WILD, Richard	Tri Logic Cornwall	Male Vet 35-39	10:53.2	198
203	1:07:58	BAILEY, Alice		Female under 35	10:56.1	1
204	1:08:22	RAVENING, Sarah	Newquay Road Runners	Female Vet 35-39	11:00.0	107
205	1:08:28	DOWLING, John		Male Vet 65-69	11:00.9	92
206	1:09:37	PRADY, Liz	Mounds Bay Harriers	Female Vet 55-59	11:12.0	58
207	1:09:51	HUGHES, Elizabeth		Female Vet 35-39	11:14.3	199
208	1:09:59	HILTON, Glen		Male under 35	11:15.6	119
209	1:10:03	TEAGLE, John		Male Vet 65-69	11:16.2	265
210	1:10:07	HOLLIS, Alan		Male under 35	11:16.9	37
211	1:10:17	SMITH, Katie		Female under 35	11:18.5	174
212	1:10:17	SMITH, Julia		Female Vet 40-44	11:18.5	173
213	1:10:29	ANDREWS, George	Mounds Bay Harriers	Male Vet 60-64	11:20.4	51
214	1:11:10	SHEAD, Martin		Male Vet 45-49	11:27.0	120
215	1:11:42	SCHOLES, Claire		Female Vet 35-39	11:32.1	234
216	1:12:08	DUDDING, Debi	Hayle Runners	Female Vet 35-39	11:36.3	255
217	1:12:13	MCCOLL, Debbie	Falmouth Road Runners	Female Vet 45-49	11:37.1	216
218	1:12:13	NEWTON, Roy	Falmouth Road Runners	Male Vet 65-69	11:37.1	82
219	1:12:22	JAMIESON, Sandy	Carn Runners	Female Vet 60-64	11:38.6	36
220	1:12:28	WADE, Margaret	Carn Runners	Female Vet 60-64	11:39.5	54
221	1:12:34	JAMESON, Judy	Carn Runners	Female Vet 55-59	11:40.5	52
222	1:13:09	DE BARROS, Sara	Hayle Runners	Female Vet 40-44	11:46.1	142
223	1:13:34	BOWDEN, Ian		Male Vet 40-44	11:50.2	222
224	1:13:47	BRADBROOK, Petrina		Female Vet 40-44	11:52.3	21
225	1:13:47	BAKER, Jo		Female Vet 35-39	11:52.3	184
226	1:13:49	BURFOOT, Leah	Newquay Road Runners	Female under 35	11:52.6	108
227	1:14:30	CHAPMAN, Jackie	Launceston Road Runners	Female Vet 50-54	11:59.2	91
228	1:14:58	SOLOMON, Karl		Male under 35	12:03.7	225
229	1:15:32	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	12:09.2	122
230	1:15:33	EATON, David		Male Vet 65-69	12:09.3	181
231	1:16:06	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	12:14.6	228
232	1:16:21	SIMMONS, Ruth	St Austell Running Club	Female Vet 45-49	12:17.0	62
233	1:16:35	COURTNEY, Stacey	Newquay Road Runners	Female under 35	12:19.3	157
234	1:16:35	BIGGS, Matthew	Newquay Road Runners	Male Vet 45-49	12:19.3	158
235	1:17:15	KEEN, Samantha		Female under 35	12:25.7	104
236	1:17:25	LOWE, Alison	Massey Feeguson Cov	Female Vet 50-54	12:27.3	25
237	1:17:26	TURNER, Yvonne	Mounds Bay Harriers	Female Vet 50-54	12:27.5	277
238	1:17:29	SAVAGE, Wendy	Carn Runners	Female Vet 50-54	12:28.0	170
239	1:18:20	DREW, Carole	Carn Runners	Female Vet 65-69	12:36.2	6
240	1:18:52	ANDREWS, Greta	Mounds Bay Harriers	Female Vet 35-39	12:41.3	50

241	1:19:13	GARRARD, David	Falmouth Road Runners	Male Vet 65-69	12:44.7	23
242	1:19:30	MASSEY, Jennie	Hayle Runners	Female Vet 50-54	12:47.4	141
243	1:19:51	COOPER, Bonnie	Newquay Road Runners	Female under 35	12:50.8	156
244	1:19:51	CAFF, Wayne	Newquay Road Runners	Male Vet 40-44	12:50.8	155
245	1:20:49	SHEPHERD, Benedict		Male under 35	13:00.2	41
246	1:20:49	SHEPHERD, Elois		Female under 35	13:00.2	123
247	1:20:49	SHEPHERD, Therese		Female under 35	13:00.2	96
248	1:22:35	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	13:17.2	249
249	1:22:42	PENTREATH, Jackie	Falmouth Road Runners	Female Vet 55-59	13:18.3	33
250	1:22:59	HILLIER, Sally	Falmouth Road Runners	Female Vet 50-54	13:21.1	101
251	1:23:06	DREW, Sophie		Female under 35	13:22.2	11
252	1:23:06	DREW, William		Male Vet 55-59	13:22.2	10
253	1:27:38	WRIGHT, Mike	Hayle Runners	Male Vet 65-69	14:06.0	147
254	1:31:31	NANCARROW, David	Hayle Runners	Male Vet 45-49	14:43.5	183
255	1:31:31	NANCARROW, Karen	Hayle Runners	Female Vet 45-49	14:43.5	182
256	1:32:49	BOYES, Angela	Falmouth Road Runners	Female Vet 40-44	14:56.0	17
257	1:33:20	BROWN, Helen	Falmouth Road Runners	Female Vet 45-49	15:01.0	98
258	1:33:58	MARSH, Kathryn	Carn Runners	Female Vet 40-44	15:07.1	189
259	1:33:59	BATEMAN, Rebecca	Bodmin Road Runners	Female Vet 35-39	15:07.3	129
260	1:33:59	WALKER, Chris B	Bodmin Road Runners	Male Vet 45-49	15:07.3	130