



**CORNWALL**  
**FIRE & RESCUE SERVICE**  
 A service of Cornwall Council

**Sunday 23 February 2014 - 10:00am - Results for all competitors in finish order**

Place	Time	Name	Team	Age category	Pace	Entrant No
1	1:24:51	LOEWENDALL, Nick	St Austell RC	Male under 35	06:28.5	276
2	1:25:29	KEEFE, Richard	Falmouth Road Runners	Male 40-44	06:31.4	324
3	1:25:39	MUSGROVE, Mike	Devon Somerset FRS	Male 45-49	06:32.2	134
4	1:26:03	KESTLE, Ryan	Newquay Road Runners	Male under 35	06:34.0	265
5	1:27:36	DUNN, James		Male under 35	06:41.1	144
6	1:28:43	WEBB, Jason	Cornwall AC	Male 40-44	06:46.2	333
7	1:29:37	HOLLIDGE, David		Male under 35	06:50.3	243
8	1:29:41	BLIGHT, James	Tamar Trotters	Male under 35	06:50.6	215
9	1:29:48	COLACO, Jonny	Newquay Road Runners	Male 40-44	06:51.2	261
10	1:31:11	DORRELL, Mark	Carn Runners	Male 50-54	06:57.5	112
11	1:31:16	CARTHEY, Tom	Falmouth Road Runners	Male under 35	06:57.9	249
12	1:31:27	WILLIAMS, Marcus		Male 35-39	06:58.7	10
13	1:31:50	FINNEY, Jasmine	Bude Rats	Female under 35	07:00.5	238
14	1:31:54	BELCHER, Jon		Male 35-39	07:00.8	97
15	1:32:18	MARSHALL, Marcus		Male under 35	07:02.6	295
16	1:32:20	HUTCHESON, Mark	Bude Rats	Male 50-54	07:02.8	239
17	1:32:30	HOSKIN, Alan	Erme Valley Harriers	Male 35-39	07:03.5	277
18	1:33:30	WYKES, Isobel	Mud Crew	Female 35-39	07:08.1	300
19	1:33:39	HARVEY, Nick	Cornwall Fire & Rescue Service	Male 40-44	07:08.8	62
20	1:33:39	WHERRY, Alan	St Austell RC	Male 45-49	07:08.8	307
21	1:33:47	MCCLATCHEY, Ben		Male under 35	07:09.4	190
22	1:33:55	SOLE, John	Bodmin Road Runners	Male under 35	07:10.0	294
23	1:34:22	SAVAGE, Sam		Male under 35	07:12.1	268
24	1:34:35	O'SHEA, Steve	Mud Crew	Male 55-59	07:13.1	34
25	1:34:37	LAURIE, Andrew	Falmouth Road Runners	Male 50-54	07:13.2	176
26	1:34:52	WATSON, Robin	Falmouth Road Runners	Male 50-54	07:14.4	201
27	1:35:22	LEE, Laurie	St Austell RC	Male 55-59	07:16.7	274
28	1:35:33	SPARKES, Tom	Bodmin Road Runners	Male under 35	07:17.5	256

29	1:35:42	MURRIN, Tom		Male under 35	07:18.2	305
30	1:35:53	WARREN, Jeremy	St Austell RC	Male 45-49	07:19.0	217
31	1:36:10	HALFORD, Dave		Male under 35	07:20.3	345
32	1:36:37	WHITLEY, Mike	Launceston Road	Male 50-54	07:22.4	57
33	1:36:41	POPHAM, Steve	South West Road	Male 40-44	07:22.7	278
34	1:36:46	JACKSON, Andrew		Male 40-44	07:23.1	174
35	1:36:51	WALKER, Furgus	Royal Navy Tri Team	Male under 35	07:23.5	197
36	1:37:08	SNELL, Alex	Torbay AC	Male under 35	07:24.8	248
37	1:37:28	LITTLEWOOD, Ian	East Cornwall Harriers	Male 35-39	07:26.3	209
38	1:37:59	FROST, Paul	Mud Crew	Male 50-54	07:28.6	80
39	1:38:11	PACKER, Tom	Erme Valley Harriers	Male under 35	07:29.6	226
40	1:38:23	BERESFORD, Lee	Cornwall Fire & Rescue Service	Male under 35	07:30.5	109
41	1:38:27	FORBES, Matthew	Cornwall Fire & Rescue Service	Male 35-39	07:30.8	269
42	1:38:35	WOODS, Max	Sandhurst Joggers	Male 45-49	07:31.4	341
43	1:38:42	COOPER, Andrew	Plympton Hash HH	Male 50-54	07:31.9	15
44	1:39:21	DIGBY, Kevin	Plymouth Harriers	Male under 35	07:34.9	6
45	1:39:22	WEST, Lisa		Female under 35	07:35.0	8
46	1:39:28	VOWDEN, Nathaniel		Male under 35	07:35.4	52
47	1:39:45	KIRBY, Graham		Male 50-54	07:36.7	185
48	1:39:54	MIDGLEY, Phil		Male 45-49	07:37.4	32
49	1:41:10	SALTER, Joshua		Male under 35	07:43.2	169
50	1:41:53	SUTTON, Tom		Male under 35	07:46.5	317
51	1:42:17	MURRAY, Daniel	St Austell RC	Male 35-39	07:48.3	342
52	1:42:32	JUKES, Christopher	Tamar Trotters	Male 40-44	07:49.5	168
53	1:42:56	CRITCHLEY, Russell		Male under 35	07:51.3	149
54	1:43:15	THOMPSON, Hans	South West Vets AC	Male 55-59	07:52.8	310
55	1:43:18	ALLEN, Peter	Newquay Road Runners	Male 55-59	07:53.0	150
56	1:43:31	BELL, David	Tri Logic	Male 45-49	07:54.0	331
57	1:43:35	MARROW, Tim		Male 40-44	07:54.3	74
58	1:43:37	BOSWELL, Guy	Plymouth Muskateers	Male 50-54	07:54.4	347
59	1:43:45	THOMPSON, Sam	Truro Running Club	Male under 35	07:55.1	344
60	1:43:46	TAYLOR, Nicky	Mud Crew	Female 35-39	07:55.1	316
61	1:43:47	TRUDGIAN, Andy	St Austell RC	Male 40-44	07:55.2	288
62	1:43:49	QUINN, Sean	England Athletics	Male 45-49	07:55.4	264
63	1:43:57	HARRIS, Peter		Male under 35	07:56.0	94
64	1:44:04	COOPER, Edwin		Male 35-39	07:56.5	202
65	1:44:09	PYE, Andrew	Falmouth Road Runners	Male under 35	07:56.9	167
66	1:44:26	HARRIS, David	Tavistock AC	Male 50-54	07:58.2	47

67	1:44:49	COLLEN, Glynn	Bude Rats	Male 45-49	07:59.9	221
68	1:44:50	WOOLVEAN-ALLEN, John	Plymstock Road Runners	Male 40-44	08:00.0	132
69	1:44:54	HUDDART, Simon		Male under 35	08:00.3	56
70	1:45:00	HERRMANN, Oliver		Male under 35	08:00.8	96
71	1:45:11	WATERS, Claire	Saffron Stridders	Female 40-44	08:01.6	101
72	1:45:36	CHAPMAN, Peter	Carn Runners	Male 55-59	08:03.5	321
73	1:46:00	CLEMOW, Richard	Cornwall Fire & Rescue Service	Male under 35	08:05.4	110
74	1:46:02	BANBURY, Neil	Newquay Road Runners	Male 35-39	08:05.5	207
75	1:46:11	HICKS, Jenny		Female 35-39	08:06.2	46
76	1:46:12	OBRIEN, Tim		Male 40-44	08:06.3	170
77	1:46:50	HILTON, Stuart		Male under 35	08:09.2	271
78	1:46:50	CULLINGFORD, Declan		Male under 35	08:09.2	308
79	1:46:54	HEFFERNAN, Mark		Male 40-44	08:09.5	71
80	1:47:07	GODDARD, Jamie		Male 40-44	08:10.5	330
81	1:47:19	LE BOULANGER, Mathieu	Newquay Road Runners	Male 35-39	08:11.4	88
82	1:47:22	BRETT, Joe		Male under 35	08:11.6	148
83	1:47:30	FERGUSON, Andrew	Mud Crew	Male 45-49	08:12.2	301
84	1:47:35	COLLINGBORN, Bonny		Female 55-59	08:12.6	314
85	1:47:49	THOMAS, Mark	Truro Running Club	Male 40-44	08:13.7	286
86	1:47:55	LOCKETT, Pat	Newquay Road Runners	Male 65-69	08:14.1	258
87	1:48:04	POTE, Mark	Plympton H3	Male under 35	08:14.8	119
88	1:48:46	MYFORD, Sarah	Newquay Par AC	Female 45-49	08:18.0	138
89	1:48:49	THOMPSON, Joel	Slinn Allstars	Male under 35	08:18.3	99
90	1:48:51	KNAB, Timothy	Bodmin Road Runners	Male 45-49	08:18.4	346
91	1:48:58	DEACON, Mark	Looe Pioneers	Male under 35	08:18.9	129
92	1:49:02	YATES, Paul	Team H Plymouth	Male 40-44	08:19.2	85
93	1:49:12	ATTWOOD, Clive	Westbury Harriers	Male 50-54	08:20.0	230
94	1:49:14	REES, Colin	Cornwall Fire & Rescue Service	Male under 35	08:20.2	28
95	1:49:18	MALLATRATT, Lee	Devon/Cornwall Police	Male 40-44	08:20.5	180
96	1:49:30	SARGEANT, Lawrence	Bere Alston Joggers	Male 60-64	08:21.4	332
97	1:49:32	PRANGLEY, Mike		Male 45-49	08:21.5	65
98	1:49:34	DAVIES, James		Male under 35	08:21.7	146
99	1:49:45	NORTH, Ian		Male 45-49	08:22.5	220
100	1:49:49	PHIPPARD, Kirstin	Launceston AC	Female 35-39	08:22.8	338
101	1:50:32	HOSKIN, Lee		Male 35-39	08:26.1	282
102	1:50:47	WHITE, Anissia	Tamar Trotters	Female under 35	08:27.3	250
103	1:50:52	DODWELL, Helen	Truro Running Club	Female 35-39	08:27.6	263
104	1:51:12	HEATH, Trevor	Revolutions	Male 45-49	08:29.2	77

105	1:51:14	WOODWARD, Richard		Male 50-54	08:29.3	126
106	1:51:21	CALVO, Jeffery		Male 45-49	08:29.9	318
107	1:51:53	VOSPER, Andy	East Cornwall Harriers	Male 50-54	08:32.3	227
108	1:51:57	LYSACZENKO, Stephen	North Devon RR	Male 50-54	08:32.6	208
109	1:52:14	MARTIN, Alison	East Cornwall Harriers	Female 45-49	08:33.9	214
110	1:52:17	SHARPLES SNR, Paul		Male 55-59	08:34.1	152
111	1:52:24	WALDRON, Paul	Tavistock AC	Male 45-49	08:34.7	26
112	1:52:51	HARTLEY, Nick		Male under 35	08:36.7	313
113	1:53:02	SHAPLAND, Nick		Male 40-44	08:37.6	66
114	1:53:18	SCORAH, Richard		Male under 35	08:38.8	352
115	1:53:35	BROWN, David	St Pedroc's Dragons Triathlons Club	Male 45-49	08:40.1	334
116	1:53:42	MACE, Steve	Plymouth Muskateers	Male 45-49	08:40.6	160
117	1:54:00	MORGAN, Martin	Bodmin Road Runners	Male 55-59	08:42.0	309
118	1:54:19	PAUL, Kerry	Lanhydrock Wheelers	Female 35-39	08:43.4	23
119	1:54:23	IRELAND, Kirsty	Plymouth Muskateers	Female under 35	08:43.7	76
120	1:54:23	SAUNDERS, Mike	Plymouth Muskateers	Male under 35	08:43.7	127
121	1:54:35	BURNSIDE, Bill		Male 50-54	08:44.7	39
122	1:54:57	GOODMAN, Laura		Female under 35	08:46.3	159
123	1:54:57	GRINSTED, Lloyd		Female under 35	08:46.3	158
124	1:55:20	MCDONAGH, Lynn	Hardley Runners	Female 40-44	08:48.1	335
125	1:55:29	COOPER, Mike	Avon Fire & Rescue	Male under 35	08:48.8	184
126	1:55:30	BOUCHER, Richard	Plymstock Road Runners	Male 40-44	08:48.9	115
127	1:55:34	HANNS, Cheryl	Plymouth Harriers	Female 35-39	08:49.2	189
128	1:55:39	QUARMBY, Ann	East Cornwall Harriers	Female 40-44	08:49.5	237
129	1:55:40	CLEMENTS, Colette	Newquay Road Runners	Female under 35	08:49.6	260
130	1:55:46	WATERHOUSE, Isobel	Bude Rats	Female 50-54	08:50.1	173
131	1:55:56	HUMPHREYS, Izzy		Female 35-39	08:50.8	54
132	1:55:57	MITCHELL, Jamie	Royal Navy Tri Team	Male 40-44	08:50.9	196
133	1:56:24	BUFTON, Roger	Shaldon	Male 55-59	08:53.0	270
134	1:56:29	O'SHEA, Tina	Mud Crew	Female 50-54	08:53.4	35
135	1:56:32	BURKE, Miranda	Plymouth Harriers	Female 45-49	08:53.6	245
136	1:56:41	TURTON, David	Stockport Harriers	Male 55-59	08:54.3	154
137	1:56:44	RICHARDS, Steven	Mounts Bay Harriers	Male 45-49	08:54.5	206
138	1:56:47	MOXHAM, Paul		Male under 35	08:54.7	279
139	1:56:49	TURTON, Elizabeth	Stockport Harriers	Female 55-59	08:54.9	155
140	1:56:53	THOMAS, Chloe		Female under 35	08:55.2	31
141	1:56:59	LILLY, Ian	Plymouth Striders	Male 50-54	08:55.7	293
142	1:57:00	CASS, John		Male 40-44	08:55.7	40
143	1:57:03	DELOURME, Stephane		Female 45-49	08:56.0	156

144	1:57:08	ALLEN, Craig	Cornwall Fire & Rescue Service	Male under 35	08:56.3	255
145	1:57:14	EVANS, Malcolm		Male 35-39	08:56.8	231
146	1:57:15	BUCKLEY, Julie	Falmouth Road Runners	Female 40-44	08:56.9	102
147	1:57:20	POPE, Robert	Truro Running Club	Male 50-54	08:57.3	353
148	1:57:49	HAYES, Ian		Male 35-39	08:59.5	175
149	1:57:51	GIBSON, Mandy	Looe Pioneers	Female 35-39	08:59.6	298
150	1:57:56	BOWEN, Rachel		Female 35-39	09:00.0	98
151	1:57:59	WATKINS, Laurence	Tamar Trotters	Male 55-59	09:00.2	242
152	1:58:00	WATSON, Scott		Male 45-49	09:00.3	36
153	1:58:13	MURRAY, Christine	Northern Ireland Fire RS		09:01.3	241
154	1:58:29	ROBERTS, Teresa		Female 45-49	09:02.5	153
155	1:58:30	KENNEDY, Katy		Female under 35	09:02.6	20
156	1:58:32	DAVIES, Jonathan		Male 40-44	09:02.8	165
157	1:58:53	CLITHEROW, Hana	Truro Running Club	Female 50-54	09:04.4	17
158	1:59:38	GILL, Carol		Female 45-49	09:07.8	142
159	1:59:39	DUCKWORTH, Jim		Male 45-49	09:07.9	118
160	1:59:42	POTE, Alan	Plympton Hash HH	Male 60-64	09:08.1	164
161	1:59:52	HILL, Christopher		Male 55-59	09:08.9	247
162	2:00:05	SHARP, Jonathan		Male under 35	09:09.8	283
163	2:00:07	LANGSTAFF, Emma	Looe Pioneers	Female 35-39	09:10.0	147
164	2:00:08	HODGINS, Jonathan		Male under 35	09:10.1	53
165	2:00:11	CABLE, Caroline	Falmouth Road Runners	Female 50-54	09:10.3	244
166	2:00:37	REYNOLDS, Christine	Hot Chilli Triathlon Club	Female under 35	09:12.3	70
167	2:00:42	BOWDEN, John	Cornwall Fire & Rescue Service	Male 55-59	09:12.7	75
168	2:00:42	DUNN, Michael		Male 40-44	09:12.7	219
169	2:01:26	SAUNDERS, Nick		Male under 35	09:16.0	236
170	2:01:27	PEACEY, Kieron		Male 40-44	09:16.1	198
171	2:01:45	RANDALL, Kevin		Male 45-49	09:17.5	291
172	2:01:49	NICHOLLS, Meeta	East Cornwall Harriers	Female 35-39	09:17.8	216
173	2:01:52	FREEMAN, Deborah		Female 40-44	09:18.0	13
174	2:02:41	HAWKINS, Greg	Team H Plymouth	Male 45-49	09:21.8	82
175	2:02:42	WILLKINSON, Paul	Team H Plymouth	Male 45-49	09:21.8	84
176	2:03:06	ROBERTS, Mike	Tewkesbury AC	Male 55-59	09:23.7	161
177	2:03:14	PLAYER, Garry	St Austell RC	Male 45-49	09:24.3	199
178	2:03:37	GARGE, Nicola		Female under 35	09:26.0	191
179	2:03:40	THOMPSON, Hayley	Slinn Allstars	Female under 35	09:26.3	100
180	2:04:42	RANKIN, Tobias	Bere AlstonTrekks	Male 40-44	09:31.0	187
181	2:04:45	HODGSON, Sean		Male 45-49	09:31.2	68

182	2:04:48	ZIEGELWANGER, Elisabeth	Hayle Runners	Female 40-44	09:31.4	251
183	2:04:49	KENDALL-WOODS, Sacha	Sandhurst Joggers	Female 40-44	09:31.5	340
184	2:05:10	SUTTON, Philip		Male 45-49	09:33.1	322
185	2:05:15	LUCAS, Andrew	St Austell RC	Male 45-49	09:33.5	108
186	2:05:33	WILLIAMS, Kevin	Tri Logic	Male 45-49	09:34.9	285
187	2:05:45	HOMEWOOD, Kim		Female 35-39	09:35.8	315
188	2:05:46	COUSINS, Tom	Mounts Bay Harriers	Male 45-49	09:35.9	223
189	2:05:49	HAWKINS, Lynn	St Austell RC	Female 40-44	09:36.1	246
190	2:05:54	MILLER, Sarah	Bude Rats	Female 40-44	09:36.5	131
191	2:05:58	SPENCER-SMITH, Andrea	Hayle Runners	Female 40-44	09:36.8	188
192	2:06:11	STORER, Graham	Cornwall AC	Male 55-59	09:37.8	212
193	2:06:28	PALMER, Stefan	Bodmin Road Runners	Male 40-44	09:39.1	348
194	2:06:32	COOPER, Paula	Plympton Hash HH	Female 45-49	09:39.4	16
195	2:07:33	JAMES, Emma	Bere AlstonTrekks	Female under 35	09:44.0	262
196	2:07:35	RINGER, Ian	East Cornwall Harriers	Male 65-69	09:44.2	179
197	2:08:05	GOODACRE, Mary	Tamar Trotters	Female 60-64	09:46.5	29
198	2:08:11	LEACHER, Brett	Plymstock Road Runners	Male under 35	09:46.9	43
199	2:08:16	SWAIN, Cara		Female under 35	09:47.3	222
200	2:08:17	WEHMEYER, Camilla		Female under 35	09:47.4	304
201	2:08:30	WHITE, Alison	Tamar Trotters	Female 45-49	09:48.4	18
202	2:09:30	EAST, Justine		Female under 35	09:53.0	92
203	2:09:40	POMERY, Ross		Male under 35	09:53.7	93
204	2:09:41	THORNTON, Neil	Altringham District A C	Male 40-44	09:53.8	182
205	2:09:46	BREDIN-HESLOP, Clare		Female 50-54	09:54.2	257
206	2:09:56	CATNACH, Peter	Looe Pioneers	Male 50-54	09:55.0	299
207	2:10:08	HICKS, Derek	Bere AlstonTrekks	Male 60-64	09:55.9	235
208	2:10:24	STEVENS, Peter		Male 35-39	09:57.1	136
209	2:10:25	SAUNDERS, Rachel	Tadworth AC	Female 45-49	09:57.2	42
210	2:10:35	MURT, Martin		Male 35-39	09:57.9	325
211	2:10:35	EDLIN, David	Newquay Road Runners	Male 45-49	09:57.9	343
212	2:11:19	ALDRIDGE, Jenna		Female under 35	10:01.3	281
213	2:11:24	ELVIDGE, Kelly		Female 35-39	10:01.7	86
214	2:11:27	BARRACLOUGH, Joanne	Off Roadents	Female 40-44	10:01.9	500
215	2:11:30	WHITE, Karen	Bodmin Womens RC	Female 45-49	10:02.1	350
216	2:11:48	HITCHEN, Lesley	Plymouth Coasters	Female 40-44	10:03.5	44
217	2:11:58	JOHNS, Emily		Female 35-39	10:04.3	181
218	2:12:18	YATES, Siobhan		Female 40-44	10:05.8	113
219	2:13:03	HORNE, Simon		Male 40-44	10:09.2	81
220	2:13:22	KERSWELL, Richard	Cornwall Fire & Rescue Service	Male under 35	10:10.7	349

221	2:13:36	SHARPLES JNR, Paul		Male 35-39	10:11.7	151
222	2:13:42	OLESCHKOWITZ, Sabine		Female 35-39	10:12.2	60
223	2:13:49	OSTLE, Mary	Plymouth Harriers	Female 60-64	10:12.7	195
224	2:13:54	SETTINGINGTON, Julian	Bere AlstonTrekks	Male 45-49	10:13.1	14
225	2:13:54	BATTLE, Paul		Male 50-54	10:13.1	328
226	2:14:21	BAKER, Emma	Looe Pioneers	Female 35-39	10:15.2	323
227	2:14:31	DAVIS, Alex	Bere AlstonTrekks	Female 35-39	10:15.9	289
228	2:14:33	BRYDON, Jackie	PL24	Female 45-49	10:16.1	296
229	2:14:41	WOOD, Rachel	Bere AlstonTrekks	Female 45-49	10:16.7	21
230	2:14:48	SNELSONS, Karen	Bude Rats	Female 45-49	10:17.2	83
231	2:15:15	NICKLESS, Joseph		Male 65-69	10:19.3	218
232	2:15:26	KING, Dotty		Female 45-49	10:20.1	166
233	2:15:47	BREW, Liz	Bere AlstonTrekks	Female 50-54	10:21.7	290
234	2:15:50	BAILEY, Kirsten		Female 40-44	10:22.0	130
235	2:15:50	TURNER, Yvonne	Mounts Bay Harriers	Female 50-54	10:22.0	213
236	2:16:30	KNOWLLEN, Debra	Bodmin Womens RC	Female 40-44	10:25.0	351
237	2:16:32	PICKEN, Jonathan		Male 40-44	10:25.2	67
238	2:16:37	PASZTOR, Kitti		Female under 35	10:25.6	90
239	2:16:39	PENGELLY, Alan	Cornwall Fire & Rescue Service. BIU	Male 35-39	10:25.7	319
240	2:16:59	NEALE, Zoe		Female under 35	10:27.2	254
241	2:17:13	ROSKILLY, Michelle	Hayle Runners	Female 40-44	10:28.3	320
242	2:17:17	JEWITT, Tracey		Female 35-39	10:28.6	336
243	2:17:54	WALKER, Sherry		Female 50-54	10:31.4	253
244	2:19:05	KEMPTHORNE, Jennifer	Bodmin Womens RC	Female under 35	10:36.9	275
245	2:19:32	CLEMENCE, Sarah	Carn Runners	Female 40-44	10:38.9	312
246	2:19:41	BOSWORTH, Sarah	Leicester Triathlon Club	Female under 35	10:39.6	45
247	2:20:03	FREEMAN, Johnny		Male 45-49	10:41.3	12
248	2:20:16	DYMOND, Amanda	Bodmin Womens RC	Female 35-39	10:42.3	203
249	2:20:43	MAY, Valerie		Female 55-59	10:44.3	280
250	2:22:13	AGGETT, Lauren		Female under 35	10:51.2	327
251	2:22:20	AGGETT, Vince		Male under 35	10:51.7	326
252	2:22:20	MYLES, Zoe		Female under 35	10:51.7	50
253	2:22:52	WEIGHT, Sarah		Female under 35	10:54.2	55
254	2:22:56	MARSHALL, Gary		Male 35-39	10:54.5	1
255	2:23:01	BLACK, Maggie		Female 60-64	10:54.9	163
256	2:23:02	TREWIN, Laura		Female 40-44	10:54.9	73
257	2:23:44	KUBACKI, Radoslaw		Male under 35	10:58.1	177
258	2:24:15	BARKER, Alice	Bodmin Road Runners	Female under 35	11:00.5	306
259	2:24:18	SOBIERAJSKI, Michal		Male under 35	11:00.7	178

260	2:24:23	THOMAS, Mel	Tri Logic	Female 40-44	11:01.1	284
261	2:24:28	STANLEY, Glyn		Male 50-54	11:01.5	297
262	2:24:28	HUTCHESON, Alex	Bude Rats	Female 50-54	11:01.5	240
263	2:24:30	LOOPSTRA, Ellen	East Cornwall Harriers	Female 50-54	11:01.7	205
264	2:24:38	VIDAURRETA, Silvestre		Male under 35	11:02.3	204
265	2:24:41	ROBINSON, David		Male 55-59	11:02.5	273
266	2:24:41	MORRIS, Amy	Eliot Ladies	Female 35-39	11:02.5	143
267	2:24:51	PARSONS, Laura		Female under 35	11:03.3	124
268	2:25:07	DANCER, Laura		Female under 35	11:04.5	117
269	2:25:15	DREYER, Kathryn	City of Salisbury	Female 55-59	11:05.1	329
270	2:25:54	WATSON, Leah		Female 45-49	11:08.1	37
271	2:25:54	SHARE, Corinne		Female 50-54	11:08.1	145
272	2:25:54	WILLOWS, Cathy	St Austell Triathletes	Female 45-49	11:08.1	38
273	2:25:54	PLAYER, Lisa	St Austell RC	Female 50-54	11:08.1	200
274	2:26:00	WARE, Aileen		Female 60-64	11:08.5	104
275	2:26:04	TREWEEK, Paul		Male 55-59	11:08.8	125
276	2:26:26	GRIFFITHS, Nicky		Female 45-49	11:10.5	183
277	2:26:27	PENGELLY, Emma	Looe Pioneers	Female 45-49	11:10.6	287
278	2:26:29	REASON, Elisha		Female 35-39	11:10.7	232
279	2:27:44	DAVIS, Ruth		Female 45-49	11:16.5	133
280	2:28:59	HORTEN, Sarah	Plymouth Muskateers	Female 45-49	11:22.2	211
281	2:29:16	OWEN, Glen		Male 45-49	11:23.5	210
282	2:29:39	BROMLEY, Tamsin	Plympton Piggies	Female under 35	11:25.2	171
283	2:30:14	BUFTON, Lucy	Exeter Tri	Female under 35	11:27.9	259
284	2:32:20	HAYNE, Ben		Male under 35	11:37.5	252
285	2:32:22	BEECH, Melanie		Female under 35	11:37.7	5
286	2:32:29	MILLWARD, Laura	Carn Runners	Female 50-54	11:38.2	311
287	2:33:49	BEARE, Alison		Female 50-54	11:44.3	267
288	2:33:50	TONKIN, Simon		Male 45-49	11:44.4	266
289	2:35:37	CORTES, Deborah		Female under 35	11:52.6	116
290	2:35:40	JAMES, Amanda	Mounts Bay Harriers	Female 60-64	11:52.8	120
291	2:37:21	MORGAN, Frances	Bere AlstonTrekks	Female 45-49	12:00.5	9
292	2:38:12	ZAPLE, Katrina	Teignbridge Trotters	Female 45-49	12:04.4	302
293	2:38:12	ROSS, Sarah Jane	Tamar Trotters	Female 50-54	12:04.4	303
294	2:44:39	HURLEY, Alan	Next Day Tyres	Male 55-59	12:33.9	272
295	2:46:22	WILSON, Steve	Bude Rats	Male 35-39	12:41.8	339
296	3:23:59	MORRIS, Caroline	Cornwall Fire & Rescue Service. BIU	Female 55-59	15:34.0	106
297	3:36:50	HEAYN, Tamsin	Cornwall Fire & Rescue Service. BIU	Female 35-39	16:32.9	61