

BUDE LIFEBOAT RACE – 12TH JUNE 2019**Distance: 6.3 miles**

<u>Position</u>	<u>Time</u>	<u>Chip Time</u>	<u>Name</u>	<u>Team</u>	<u>Category</u>	<u>Pace</u>	<u>No</u>
1	0:36:46	36:46:00	ROMERIL, Daniel		Male under 35	0:05:50	89
2	0:36:55	36:55:00	YEARLING, Samuel	Plymouth Harriers	Male under 35	0:05:52	119
3	0:36:57	36:59:00	SHAPLAND, Keith	Bideford AAC	Male Vet 35-39	0:05:52	268
4	0:37:25	37:25:00	KIRTON, James	Truro Running Club	Male under 35	0:05:56	427
5	0:37:38	37:38:00	CARTHEY, Tom	Falmouth Road Runners	Male Vet 35-39	0:05:58	436
6	0:38:08	38:08:00	CLARK, Mike	South Molton Strugglers	Male Vet 45-49	0:06:03	222
7	0:38:33	38:34:00	SUGGATE, Gary	Bideford AAC	Male Vet 45-49	0:06:07	131
8	0:38:54	38:52:00	PRIDAY, Sam	Okehampton RC	Male under 35	0:06:10	214
9	0:39:05	39:06:00	STONES, Olivia	Leigh Harriers and AC	Female under 35	0:06:12	419
10	0:39:12	39:12:00	EVANS, Darren	Launceston Road Runners	Male Vet 35-39	0:06:13	325
11	0:39:12	39:13:00	HORN, Edward	Launceston Road Runners	Male under 35	0:06:13	322
12	0:39:39	39:39:00	BLIGHT, Gary	Bideford AAC	Male Vet 40-44	0:06:18	272
13	0:39:48	39:46:00	BROWN, Jeremy	Bude Rats	Male Vet 45-49	0:06:19	192
14	0:39:59	39:58:00	BOND, Haydon	Okehampton RC	Male under 35	0:06:21	162
15	0:40:19	40:19:00	FOSTER, Richard		Male Vet 45-49	0:06:24	76
16	0:40:26	40:23:00	NEWTON, Larry		Male Vet 40-44	0:06:25	400
17	0:40:27	40:27:00	WOODHEAD, Shaun	Bideford AAC	Male Vet 40-44	0:06:25	297
18	0:40:38	40:38:00	STANDING, Rob	Truro Running Club	Male Vet 45-49	0:06:27	336
19	0:40:54	40:52:00	HARVEY, Darren	East Cornwall Harriers	Male Vet 40-44	0:06:30	438
20	0:41:10	41:10:00	CURTIS, Mark	Bideford AAC	Male Vet 40-44	0:06:32	82
21	0:41:18	41:16:00	WILLS, David	Falmouth Road Runners	Male Vet 35-39	0:06:33	398
22	0:41:21	41:18:00	PARKS, Jason	St Austell Running Club	Male Vet 35-39	0:06:34	416
23	0:41:23	41:21:00	PERCIVAL, Nick	Bradworthy Runners	Male Vet 55-59	0:06:34	224
24	0:41:24	41:23:00	BENFORD, Daniel		Male under 35	0:06:34	250
25	0:41:26	41:26:00	KNIGHT, Mark	Launceston Road Runners	Male under 35	0:06:35	74
26	0:41:37	41:29:00	CLEMENTS, Mark		Male under 35	0:06:36	349
27	0:41:45	41:46:00	STONE, Chris	Bideford AAC	Male Vet 50-54	0:06:38	223
28	0:42:16	42:15:00	SCOTTING, Dominic	Torrington AAC	Male under 35	0:06:43	318
29	0:42:21	42:17:00	GILES, Nick		Male Vet 35-39	0:06:43	355
30	0:42:27	42:27:00	COATES, Peter	Torrington AAC	Male Vet 35-39	0:06:44	179
31	0:42:32	42:29:00	FULLER, Chris	Bideford AAC	Male Vet 35-39	0:06:45	127
32	0:42:46	42:45:00	KERNAHAN, Euan	Torrington AAC	Male under 35	0:06:47	337
33	0:42:49	42:45:00	SMITH, Richard		Male Vet 50-54	0:06:48	285
34	0:42:50	42:48:00	HARDING, Ben	East Cornwall Harriers	Male Vet 35-39	0:06:48	290
35	0:42:51	42:48:00	BAKER, Naomi	Launceston Road Runners	Female under 35	0:06:48	418
36	0:43:08	43:05:00	LAMBERT, Anthony		Male Vet 45-49	0:06:51	75
37	0:43:09	43:07:00	WOOD, Samuel	Torrington AAC	Male Vet 35-39	0:06:51	99
38	0:43:12	43:07:00	STRINGER, Matthew	Launceston Road Runners	Male under 35	0:06:51	395
39	0:43:19	43:19:00	TWIGGS, Tim	Mounts Bay Harriers	Male Vet 50-54	0:06:53	5
40	0:43:29	43:28:00	BRYANT, Graham	Okehampton RC	Male under 35	0:06:54	239
41	0:43:43	43:43:00	VERNON, Gary		Male Vet 45-49	0:06:56	184
42	0:43:54	43:53:00	EAST, Matt	Bideford AAC	Male Vet 40-44	0:06:58	65
43	0:44:02	44:00:00	ULLMAN, Chris	East Cornwall Harriers	Male Vet 45-49	0:06:59	340
44	0:44:08	44:07:00	WATSON, Robin	Falmouth Road Runners	Male Vet 55-59	0:07:00	408
45	0:44:37	44:37:00	CARDEW, Barrie	Carn Runners	Male Vet 60-64	0:07:05	299
46	0:44:42	44:39:00	MCLEAN, Luke	Mounts Bay Harriers	Male Vet 35-39	0:07:06	376
47	0:44:44	44:42:00	PATTERSON, Kaye	East Cornwall Harriers	Female under 35	0:07:06	429
48	0:44:53	44:51:00	ASTLEY, Hannah		Female Vet 40-44	0:07:07	445
49	0:45:02	45:00:00	CROWLE, Revis	East Cornwall Harriers	Female Vet 55-59	0:07:09	421
50	0:45:14	45:04:00	BLYTHE, Ian	Bradworthy Runners	Male Vet 35-39	0:07:11	312
51	0:45:15	45:10:00	HENDERSON, Mathew	St Austell Running Club	Male under 35	0:07:11	208
52	0:45:17	45:11:00	YEARLING, Michael		Male Vet 45-49	0:07:11	120
53	0:45:26	45:23:00	MENSING, Claire	Truro Running Club	Female Vet 45-49	0:07:13	393
54	0:45:35	45:24:00	STAPLETON, Wayne	Torrington AAC	Male Vet 45-49	0:07:14	46

55	0:45:36	45:29:00	HAWKINS, Raymond		Male under 35	0:07:14	359
56	0:45:38	45:31:00	DIXON, Eleanor	Newquay Road Runners	Female Vet 40-44	0:07:15	333
57	0:45:39	45:34:00	BEDLER, Jo	Bideford AAC	Female Vet 45-49	0:07:15	81
58	0:45:47	45:37:00	CLOKE, Andy	Bude Rats	Male Vet 45-49	0:07:16	380
59	0:45:53	45:50:00	BATES, David		Male Vet 65-69	0:07:17	36
60	0:46:03	45:52:00	SWATTON, Thomas		Male under 35	0:07:19	309
61	0:46:04	45:56:00	TUNNEY, Mike	Bude Rats	Male Vet 50-54	0:07:19	406
62	0:46:09	46:07:00	HELSON, Neil		Male Vet 45-49	0:07:20	116
63	0:46:10	46:09:00	GIBSON, Mandy	Looe Pioneers	Female Vet 40-44	0:07:20	198
64	0:46:13	46:09:00	BARKER, Dave	Fremington Trailblazers	Male Vet 50-54	0:07:20	77
65	0:46:15	46:10:00	ANDREW, Brian	Bideford AAC	Male Vet 35-39	0:07:20	136
66	0:46:18	46:15:00	REDDICLIFFE, Nigel	Launceston Road Runners	Male Vet 50-54	0:07:21	265
67	0:46:21	46:21:00	SPENCER, Julian	Truro Running Club	Male Vet 50-54	0:07:21	291
68	0:46:37	46:35:00	HEYWOOD, Christopher		Male Vet 55-59	0:07:24	413
69	0:46:42	46:36:00	CURTIS, Darren		Male Vet 45-49	0:07:25	303
70	0:46:43	46:36:00	ROSS, Robin		Male Vet 35-39	0:07:25	313
71	0:46:44	46:39:00	HOADLEY, Keith	Torrington AAC	Male Vet 55-59	0:07:25	220
72	0:47:00	46:54:00	ALLAN, Matt	Camelford Up and Running	Male Vet 35-39	0:07:28	258
73	0:47:02	47:00:00	BLAIR, Marilyn	Torrington AAC	Female Vet 55-59	0:07:28	420
74	0:47:08	47:03:00	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	0:07:29	344
75	0:47:13	47:10:00	SOLOMON, Pam	PB Running Club	Female Vet 55-59	0:07:30	177
76	0:47:15	47:11:00	GWYNNE, Paul	Mud Crew Trail Runners	Male Vet 50-54	0:07:30	17
77	0:47:18	47:14:00	GOWER, Ian	Tring Running Club	Male Vet 50-54	0:07:30	425
78	0:47:19	47:14:00	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	0:07:31	205
79	0:47:20	47:17:00	ADNETT, Paul	Just Jog Bideford	Male Vet 40-44	0:07:31	30
80	0:47:23	47:17:00	MARTIN, Steven		Male Vet 40-44	0:07:31	140
81	0:47:26	47:22:00	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	0:07:32	443
82	0:47:30	47:24:00	JARRAM, Ben	Launceston Road Runners	Male under 35	0:07:32	374
83	0:47:44	47:40:00	TANNER, Anna		Female Vet 35-39	0:07:35	449
84	0:47:45	47:42:00	JONES, Adam		Male Vet 35-39	0:07:35	37
85	0:47:51	47:47:00	SHUTE, Ian		Male Vet 40-44	0:07:36	450
86	0:47:54	47:49:00	HARRISON, Nick	Launceston Road Runners	Male Vet 40-44	0:07:36	218
87	0:48:02	47:59:00	HYNES, Martin	Launceston Road Runners	Male Vet 65-69	0:07:37	108
88	0:48:09	48:04:00	ALLAN, Sam	Camelford Up and Running	Female Vet 35-39	0:07:39	257
89	0:48:11	48:05:00	BIEDERMAN, Jo	Fremington Trailblazers	Female Vet 40-44	0:07:39	68
90	0:48:20	48:08:00	JEFFERY, Andrew	Just Jog Bideford	Male Vet 50-54	0:07:40	50
91	0:48:33	48:15:00	MEAD, Jamie	Just Jog Bideford	Male Vet 50-54	0:07:42	11
92	0:48:38	48:30:00	BROOKS, Martin		Male Vet 50-54	0:07:43	261
93	0:48:39	48:33:00	MOUNTFORD, Frazer	Newquay Road Runners	Male Vet 35-39	0:07:43	358
94	0:48:40	48:35:00	BRYANT, Jenny	Tavistock AC	Female Vet 50-54	0:07:43	204
95	0:48:41	48:37:00	CURTIS, Robert	Bude Rats	Male Vet 40-44	0:07:44	55
96	0:48:43	48:39:00	LETHBRIDGE, Aedan		Male under 35	0:07:44	254
97	0:48:48	48:41:00	EGGINTON, Michael	East Cornwall Harriers	Male Vet 55-59	0:07:45	240
98	0:48:52	48:43:00	HAWKES, Amy	Bideford AAC	Female Vet 50-54	0:07:45	49
99	0:48:53	48:43:00	HARRISON, Julie		Female Vet 40-44	0:07:46	149
100	0:48:54	48:48:00	BINNS, John	Okehampton RC	Male Vet 55-59	0:07:46	166
101	0:48:56	48:52:00	OLLIFFE, Steph	Torrington AAC	Female Vet 50-54	0:07:46	180
102	0:48:59	48:52:00	BROBIN, Cody	Newquay Road Runners	Male under 35	0:07:47	331
103	0:49:01	48:53:00	CORNISH, Natasha	Just Jog Bideford	Female Vet 45-49	0:07:47	273
104	0:49:03	48:54:00	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	0:07:47	422
105	0:49:04	48:59:00	WILSHER, Rachael	Bodmin Road Runners	Female Vet 55-59	0:07:47	24
106	0:49:05	49:03:00	HOBBS, Laura	Torrington AAC	Female Vet 40-44	0:07:47	33
107	0:49:10	49:05:00	VALLANCE, Karen	Okehampton RC	Female Vet 45-49	0:07:48	221
108	0:49:14	49:09:00	JONES, Mark	Launceston Road Runners	Male Vet 40-44	0:07:49	326
109	0:49:23	49:10:00	BURROW, Paul		Male Vet 40-44	0:07:50	203
110	0:49:31	49:23:00	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 40-44	0:07:52	328
111	0:49:35	49:31:00	BRIGHT, Michelle	Bideford AAC	Female Vet 40-44	0:07:52	54
112	0:49:36	49:32:00	COLEY, Alex	East Cornwall Harriers	Male under 35	0:07:52	437

113	0:49:38	49:32:00	BURGES, Ian	Widemouth Coastal Runners	Male under 35	0:07:53	124
114	0:49:39	49:33:00	THOMAS, Rachael	Cornwall AC	Female Vet 45-49	0:07:53	346
115	0:49:40	49:35:00	HILL, Sarah	Newquay Road Runners	Female Vet 45-49	0:07:53	324
116	0:49:41	49:36:00	DEAN, Emma	Okehampton RC	Female Vet 40-44	0:07:53	186
117	0:49:47	49:40:00	WILLIAMS, Ella	Newquay Road Runners	Female Vet 40-44	0:07:54	347
118	0:49:48	49:40:00	ELSON, Steve	PB Running Club	Male Vet 45-49	0:07:54	345
119	0:49:49	49:41:00	NICHOLAS, Tim		Male Vet 50-54	0:07:54	110
120	0:49:55	49:48:00	NORTH, Andy	Fremington Trailblazers	Male Vet 60-64	0:07:55	96
121	0:49:58	49:50:00	DEVENNEY, Thomas		Male Vet 40-44	0:07:56	123
122	0:50:01	49:52:00	MCAUGHEY, Peter	Launceston Road Runners	Male Vet 45-49	0:07:56	48
123	0:50:02	49:56:00	WILLIAMS, Abby	Okehampton RC	Female Vet 40-44	0:07:57	199
124	0:50:08	49:59:00	HORSFIELD, Steve		Male Vet 45-49	0:07:57	284
125	0:50:10	50:04:00	HYNES, Jaine	Launceston Road Runners	Female Vet 50-54	0:07:58	109
126	0:50:12	50:07:00	JEWELL, Ashley	Bideford AAC	Male Vet 35-39	0:07:58	129
127	0:50:19	50:10:00	SEYMOUR-SMITH, Stuart	Holsworthy RC	Male Vet 55-59	0:07:59	286
128	0:50:26	50:22:00	DAVAGE, Janine		Female Vet 35-39	0:08:00	278
129	0:50:45	50:37:00	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	0:08:03	350
130	0:50:48	50:40:00	BARNES, Paul	Bradworthy Runners	Male Vet 55-59	0:08:04	40
131	0:50:51	50:45:00	WILLIAMS, Amy	East Cornwall Harriers	Female Vet 35-39	0:08:04	426
132	0:51:03	50:57:00	GRANT, Nigel	Bude Rats	Male Vet 55-59	0:08:06	194
133	0:51:06	50:57:00	WORTH, Sarah	Launceston Road Runners	Female Vet 40-44	0:08:07	366
134	0:51:08	50:58:00	MCMAHON, Ian	Bradworthy Runners	Male Vet 60-64	0:08:07	45
135	0:51:14	51:08:00	COLES, Raymond	Stibb Stompers	Male Vet 65-69	0:08:08	306
136	0:51:16	51:09:00	SLEEMAN, Jenna	Camelford Up and Running	Female under 35	0:08:08	373
137	0:51:17	51:11:00	SPENCER, Katie	Truro Running Club	Female Vet 45-49	0:08:08	292
138	0:51:18	51:14:00	JEWELL, Candace	Bideford AAC	Female Vet 40-44	0:08:09	34
139	0:51:19	51:15:00	BRIGHT, Clive	Bideford AAC	Male Vet 55-59	0:08:09	53
140	0:51:28	51:20:00	COX, Clive		Male Vet 55-59	0:08:10	95
141	0:51:43	51:36:00	STEELE, Michelle	Newquay Road Runners	Female Vet 35-39	0:08:13	435
142	0:51:54	51:37:00	JEFFERY, Kathy		Female under 35	0:08:14	274
143	0:51:58	51:49:00	STEDMAN, Jane	100 Marathon Club	Female Vet 55-59	0:08:15	134
144	0:52:01	51:53:00	SHUTE, Holly		Female under 35	0:08:15	448
145	0:52:04	51:58:00	HARTMAN, Emily	Bude Rats	Female Vet 35-39	0:08:16	18
146	0:52:05	51:59:00	TOWE, Ben		Male Vet 45-49	0:08:16	423
147	0:52:07	52:00:00	SOLOMON, Andrew	PB Running Club	Male Vet 55-59	0:08:16	178
148	0:52:11	52:04:00	GRAVES, Les	Newquay Road Runners	Male Vet 60-64	0:08:17	365
149	0:52:16	52:07:00	JOLLOW, Hayley	Bradworthy Runners	Female Vet 40-44	0:08:18	160
150	0:52:18	52:12:00	LUCAS, Andrew	Mud Crew Trail Runners	Male Vet 50-54	0:08:18	368
151	0:52:25	52:14:00	BRADFORD, Jo	Okehampton RC	Female Vet 45-49	0:08:19	238
152	0:52:28	52:18:00	LAWSON, Chris		Male Vet 35-39	0:08:20	52
153	0:52:38	52:19:00	TAYLOR, Leeann		Female Vet 40-44	0:08:21	229
154	0:52:40	52:28:00	KENT, Mele	Newquay Road Runners	Female Vet 45-49	0:08:22	332
155	0:52:41	52:34:00	SLEEMAN, Tim		Male Vet 50-54	0:08:22	234
156	0:52:45	52:40:00	BALDWIN, Mike	Hayle Runners	Male Vet 55-59	0:08:22	314
157	0:52:53	52:41:00	BERRY, Andy	Launceston Road Runners	Male Vet 40-44	0:08:24	69
158	0:52:55	52:47:00	NEWCOMBE, Leigh	Just Jog Bideford	Male Vet 45-49	0:08:24	41
159	0:53:06	53:03:00	GARMORY, Joanne		Female Vet 45-49	0:08:26	287
160	0:53:15	53:06:00	BARNFIELD, Marty		Male Vet 45-49	0:08:27	67
161	0:53:23	53:10:00	STEVENSON, Edwina	Bideford AAC	Female Vet 55-59	0:08:28	19
162	0:53:24	53:11:00	JONES, Malcolm	Launceston Road Runners	Male Vet 60-64	0:08:29	156
163	0:53:25	53:16:00	GIBBONS, Jon	Just Jog Bideford	Male Vet 40-44	0:08:29	43
164	0:53:32	53:17:00	BERRY-WAITE, Lisa	Just Jog Bideford	Female under 35	0:08:30	264
165	0:53:38	53:19:00	BOARDMAN, Antony		Male Vet 45-49	0:08:31	138
166	0:53:39	53:37:00	PATON, Bruce		Male Vet 45-49	0:08:31	113
167	0:54:02	53:58:00	MORSE, Nicky	Mounts Bay Harriers	Male Vet 60-64	0:08:35	118
168	0:54:07	54:00:00	ROGERS, Ben		Male Vet 35-39	0:08:35	175
169	0:54:16	54:01:00	MORRIS, Lee		Male Vet 45-49	0:08:37	158
170	0:54:17	54:07:00	REED, Michael	Bodmin Road Runners	Male Vet 50-54	0:08:37	351

171	0:54:21	54:11:00	VINCENT, Paul	Just Jog Bideford	Male Vet 50-54	0:08:38	101
172	0:54:23	54:12:00	WARREN, Diane	Hayle Runners	Female Vet 60-64	0:08:38	342
173	0:54:33	54:18:00	LANE, Tim	Bideford AAC	Male Vet 50-54	0:08:40	243
174	0:54:37	54:27:00	POOLE, Andrew		Male Vet 40-44	0:08:40	397
175	0:54:38	54:29:00	DAWES, Jackie	Okehampton RC	Female Vet 50-54	0:08:40	190
176	0:54:41	54:29:00	MCKEE, Clare	Bodmin Road Runners	Female Vet 40-44	0:08:41	304
177	0:54:42	54:31:00	ROSS, Andrew	Bodmin Road Runners	Male Vet 55-59	0:08:41	305
178	0:54:47	54:32:00	ELDRIDGE, David	Bideford AAC	Male Vet 45-49	0:08:42	151
179	0:54:49	54:42:00	UNDERWOOD, Chris		Male Vet 40-44	0:08:42	228
180	0:54:51	54:45:00	HEWITT, Lucy	Newquay Road Runners	Female Vet 50-54	0:08:42	341
181	0:55:10	54:53:00	NORTHEY, Jo	Launceston Road Runners	Female Vet 45-49	0:08:45	122
182	0:55:11	54:57:00	BROWN, Adrian	Launceston Road Runners	Male Vet 40-44	0:08:46	259
183	0:55:12	55:02:00	ADNETT, Sarah	Just Jog Bideford	Female Vet 40-44	0:08:46	27
184	0:55:13	55:02:00	SYMONS, Benjamin	Just Jog Bideford	Male under 35	0:08:46	16
185	0:55:14	55:05:00	STEWART, Juliet	Truro Running Club	Female Vet 50-54	0:08:46	396
186	0:55:15	55:06:00	ACASTER, Dawn	Launceston Road Runners	Female Vet 40-44	0:08:46	369
187	0:55:18	55:07:00	CAREY, Nicholas	Bodmin Road Runners	Male Vet 40-44	0:08:47	63
188	0:55:21	55:07:00	STACEY, Heather	Holsworthy RC	Female under 35	0:08:47	103
189	0:55:22	55:09:00	SARGENT, Kelly	Launceston Road Runners	Female Vet 40-44	0:08:47	217
190	0:55:27	55:13:00	ALLAN, Dave	Camelford Up and Running	Male Vet 45-49	0:08:48	384
191	0:55:28	55:18:00	BLYTHE, Nicky	Bradworthy Runners	Female Vet 35-39	0:08:48	430
192	0:55:35	55:18:00	BARLOW, Claire	Bodmin Road Runners	Female Vet 40-44	0:08:49	83
193	0:55:36	55:25:00	BURDEN, Amanda	Launceston Road Runners	Female Vet 40-44	0:08:50	383
194	0:55:41	55:27:00	ABBOTT, Richard	Holsworthy RC	Male Vet 45-49	0:08:50	432
195	0:55:51	55:43:00	DREW, Peter	Carn Runners	Male Vet 70+	0:08:52	363
196	0:55:52	55:48:00	MARSH, Jessica	Bude Rats	Female Vet 40-44	0:08:52	247
197	0:55:56	55:50:00	CAFF, Wayne	Newquay Road Runners	Male Vet 45-49	0:08:53	414
198	0:56:17	56:05:00	STEPHENS, Jane	PB Running Club	Female Vet 50-54	0:08:56	412
199	0:56:20	56:07:00	GOUGH, Anna		Female Vet 45-49	0:08:57	319
200	0:56:29	56:09:00	RUSSELL, Geoffrey	Just Jog Bideford	Male Vet 50-54	0:08:58	189
201	0:56:30	56:09:00	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	0:08:58	399
202	0:56:31	56:16:00	TRENNER, Steve		Male Vet 65-69	0:08:58	60
203	0:56:33	56:22:00	JONES, Rian		Male under 35	0:08:59	339
204	0:56:36	56:29:00	PERCIVAL, Vicky	Bradworthy Runners	Female Vet 50-54	0:08:59	225
205	0:56:45	56:30:00	CUTTS-HAMMOND, Carly	Just Jog Bideford	Female Vet 35-39	0:09:00	249
206	0:56:52	56:33:00	MENLOVE-PLATT, Christopher	Bude Rats	Male Vet 60-64	0:09:02	66
207	0:56:53	56:41:00	BELLAMY, Diana		Female Vet 40-44	0:09:02	212
208	0:56:55	56:47:00	HILLMAN, Michaela	Torrington AAC	Female Vet 50-54	0:09:02	10
209	0:57:01	56:52:00	ROBERTS, Mary	Launceston Road Runners	Female Vet 45-49	0:09:03	288
210	0:57:04	56:56:00	WILCOX, David	Truro Running Club	Male Vet 40-44	0:09:03	280
211	0:57:11	56:58:00	BROWN, Suzanne		Female Vet 50-54	0:09:05	193
212	0:57:15	57:00:00	BEAUMONT, Angela	Just Jog Bideford	Female under 35	0:09:05	12
213	0:57:24	57:12:00	MASTERS, Karen	Newquay Road Runners	Female Vet 45-49	0:09:07	364
214	0:57:25	57:17:00	BLACKMAN, Alison	Bideford AAC	Female under 35	0:09:07	132
215	0:57:40	57:26:00	JACKSON, Jane	Okehampton RC	Female Vet 60-64	0:09:09	251
216	0:57:42	57:27:00	WALSH, Lu	Okehampton RC	Female Vet 45-49	0:09:10	252
217	0:57:44	57:30:00	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 60-64	0:09:10	388
218	0:57:46	57:31:00	GIBSON, Jack	Camelford Up and Running	Male under 35	0:09:10	308
219	0:57:56	57:50:00	YEO, Elizabeth		Female under 35	0:09:12	343
220	0:58:14	58:05:00	NICHOLS, Sam		Female Vet 45-49	0:09:15	85
221	0:58:26	58:08:00	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	0:09:17	281
222	0:58:30	58:11:00	COUSINS, Michael		Male Vet 50-54	0:09:17	154
223	0:58:32	58:15:00	RICE, Jacqueline	Okehampton RC	Female Vet 55-59	0:09:17	201
224	0:58:34	58:20:00	TONKIN, Simon		Male Vet 50-54	0:09:18	353
225	0:58:43	58:23:00	STEELE, Gemma	Bideford AAC	Female under 35	0:09:19	269
226	0:58:44	58:24:00	JOLLOW, Jeremy	Bradworthy Runners	Male Vet 55-59	0:09:19	161
227	0:58:45	58:28:00	CAMERON, Jenny	Bideford AAC	Female under 35	0:09:20	106
228	0:58:46	58:28:00	LOCKYER, Jackie	Bradworthy Runners	Female Vet 50-54	0:09:20	25

229	0:58:47	58:31:00	BEALE, Philip	Just Jog Bideford	Male Vet 65-69	0:09:20	434
230	0:58:48	58:34:00	SCREECH, Mark	Just Jog Bideford	Male Vet 45-49	0:09:20	38
231	0:58:55	58:49:00	EVANS, Des	Newquay Road Runners	Male Vet 70+	0:09:21	381
232	0:59:03	58:50:00	PILKINGTON, Julie	Just Jog Bideford	Female Vet 55-59	0:09:22	71
233	0:59:04	58:50:00	BROWN, Lorraine	Truro Running Club	Female Vet 45-49	0:09:23	334
234	0:59:08	58:55:00	STEVENS, David	Just Jog Bideford	Male Vet 55-59	0:09:23	195
235	0:59:14	58:57:00	POOL, Mary	Just Jog Bideford	Female Vet 60-64	0:09:24	107
236	0:59:16	59:05:00	TYLER, Jacky	Bodmin Road Runners	Female Vet 60-64	0:09:24	163
237	0:59:25	59:14:00	LATHOM, Janet	Launceston Road Runners	Female Vet 60-64	0:09:26	78
238	0:59:29	59:17:00	DREW, Barry	Carn Runners	Male Vet 70+	0:09:27	410
239	0:59:30	59:19:00	BUSE, Zoe	Bodmin Road Runners	Female Vet 45-49	0:09:27	80
240	0:59:32	59:22:00	STANDGORD, Susan		Female Vet 50-54	0:09:27	271
241	0:59:34	59:23:00	HARRISON, Victoria	Launceston Road Runners	Female Vet 40-44	0:09:27	219
242	0:59:38	59:28:00	RINGER, Ian	Bodmin Road Runners	Male Vet 70+	0:09:28	102
243	0:59:55	59:29:00	HAYES, Jennie	Torrington AAC	Female Vet 55-59	0:09:31	283
244	0:59:57	59:29:00	HOGARTH, Kevin		Male Vet 60-64	0:09:31	211
245	1:00:00	59:38:00	KELLY, Georgina		Female Vet 35-39	0:09:31	157
246	1:00:03	59:41:00	EGGINTON, Liz	East Cornwall Harriers	Female Vet 50-54	0:09:32	241
247	1:00:05	59:43:00	GOODRIGHT, Ray	East Cornwall Harriers	Male Vet 70+	0:09:32	61
248	1:00:08	59:49:00	PANTER, Geoff		Male Vet 40-44	0:09:33	409
249	1:00:09	59:51:00	MELLOR, Tracy	Crediton Running Network	Female Vet 50-54	0:09:33	262
250	1:00:10	59:54:00	GLADWELL, Zoe		Female Vet 40-44	0:09:33	84
251	1:00:11	59:55:00	WALTER, Geraldine	Okehampton RC	Female Vet 45-49	0:09:33	185
252	1:00:12	59:59:00	BURROW, Joanne	Okehampton RC	Female Vet 35-39	0:09:33	202
253	1:00:16	01:00:00	JENKIN, Steven	Cornwall AC	Male Vet 45-49	0:09:34	401
254	1:00:20	01:00:05	LONG, Fran	Hayle Runners	Female Vet 55-59	0:09:35	98
255	1:00:21	01:00:08	ELSTON, Derrick		Male Vet 55-59	0:09:35	145
256	1:00:25	01:00:15	WISE, Rebecca	Launceston Road Runners	Female Vet 40-44	0:09:35	348
257	1:00:29	01:00:15	BEARE, Alison		Female Vet 55-59	0:09:36	352
258	1:00:39	01:00:17	LAMERTON, Verrity	Just Jog Bideford	Female Vet 45-49	0:09:38	2
259	1:00:41	01:00:20	WILTON, David	Falmouth Road Runners	Male Vet 60-64	0:09:38	367
260	1:00:42	01:00:22	HEDDEN, Nicky		Female Vet 40-44	0:09:38	44
261	1:00:44	01:00:25	CANN, Nicola	Just Jog Bideford	Female under 35	0:09:38	56
262	1:00:45	01:00:26	MANSFIELD, Andrew	Camelford Up and Running	Male Vet 45-49	0:09:39	378
263	1:00:46	01:00:28	RICHARDSON, Jane	Okehampton RC	Female Vet 65+	0:09:39	88
264	1:00:48	01:00:35	FLOWER, Naomi	Newquay Road Runners	Female under 35	0:09:39	327
265	1:00:50	01:00:36	ADAMSON, Lisa	South Molton Strugglers	Female Vet 45-49	0:09:39	90
266	1:00:51	01:00:36	SMITH, Graham	Falmouth Road Runners	Male Vet 55-59	0:09:40	141
267	1:00:56	01:00:39	HAYER, Viki		Female Vet 40-44	0:09:40	182
268	1:00:58	01:00:41	NESBITT, Mark	Hartland Hillbillies	Male Vet 55-59	0:09:41	159
269	1:01:00	01:00:43	BAWDEN, Mike	Carn Runners	Male Vet 60-64	0:09:41	169
270	1:01:01	01:00:43	BEER, Steve		Male Vet 55-59	0:09:41	100
271	1:01:02	01:00:53	PENHALIGON, James	Newquay Road Runners	Male under 35	0:09:41	330
272	1:01:12	01:00:56	WALTERS, Adam	Newquay Road Runners	Male Vet 35-39	0:09:43	323
273	1:01:14	01:01:06	LINTON, Emily		Female Vet 35-39	0:09:43	59
274	1:01:15	01:01:13	HIGGS, Michelle		Female Vet 35-39	0:09:43	389
275	1:01:23	01:01:17	PRIDAY, Melanie	Okehampton RC	Female Vet 45-49	0:09:45	213
276	1:01:30	01:01:20	CLARKE, Ray		Male Vet 45-49	0:09:46	73
277	1:01:33	01:01:21	ALLEN, Merryn	Bradworthy Runners	Female Vet 35-39	0:09:46	165
278	1:02:08	01:01:44	WESTON, Paul		Male Vet 35-39	0:09:52	300
279	1:02:09	01:01:51	HAISMAN, Maria	Launceston Road Runners	Female Vet 50-54	0:09:52	70
280	1:02:10	01:01:52	EMMETT, Nicola	Launceston Road Runners	Female Vet 40-44	0:09:52	174
281	1:02:11	01:01:55	SIMMONS, Rebecca	Okehampton RC	Female Vet 40-44	0:09:52	196
282	1:02:14	01:01:57	PAYNE, Matt		Male Vet 40-44	0:09:53	402
283	1:02:15	01:01:57	SPEAK, Katy	Okehampton RC	Female Vet 55-59	0:09:53	126
284	1:02:16	01:01:59	TOWE, Rebecca		Female Vet 40-44	0:09:53	424
285	1:02:17	01:02:00	RESCORL, Susan	Bodmin Womens RC	Female Vet 55-59	0:09:53	242
286	1:02:23	01:02:00	SLEEMAN, Andrea	Holsworthy RC	Female Vet 45-49	0:09:54	233

287	1:02:24	01:02:01	GAYTON, Lizzie	Fremington Trailblazers	Female Vet 45-49	0:09:54	20
288	1:02:25	01:02:06	GAYTON, David	Fremington Trailblazers	Male Vet 45-49	0:09:54	21
289	1:02:26	01:02:06	LIMON, Karen	Crediton Running Network	Female Vet 50-54	0:09:55	235
290	1:02:54	01:02:47	GATES, Mick		Male Vet 50-54	0:09:59	227
291	1:03:08	01:02:47	LOWDEN, Emma	Just Jog Bideford	Female Vet 45-49	0:10:01	114
292	1:03:19	01:02:59	HOLT, Victoria	Launceston Road Runners	Female Vet 35-39	0:10:03	354
293	1:03:22	01:03:07	BOWIE, Kirsten		Female Vet 50-54	0:10:03	13
294	1:03:25	01:03:08	BROWN, Andrew		Male Vet 55-59	0:10:04	335
295	1:03:26	01:03:12	JEFFERY, Emma	Just Jog Bideford	Female Vet 40-44	0:10:04	176
296	1:03:27	01:03:15	BAKER, Phillipa	Launceston Road Runners	Female Vet 60-64	0:10:04	117
297	1:03:33	01:03:16	GAMAGE, Kirsty		Female Vet 45-49	0:10:05	405
298	1:03:40	01:03:17	WILLIAMS, Mick		Male Vet 55-59	0:10:06	320
299	1:04:00	01:03:52	QUICK, Merwyn	Launceston Road Runners	Female Vet 40-44	0:10:10	440
300	1:04:12	01:03:59	PEARSE, Derek		Male Vet 70+	0:10:11	279
301	1:04:18	01:04:05	WALTER, Jane	Bradworthy Runners	Female Vet 50-54	0:10:12	307
302	1:04:28	01:04:06	IRETON, Robert		Male Vet 50-54	0:10:14	35
303	1:04:29	01:04:07	ROBSON, Rebecca	Camelford Up and Running	Female Vet 40-44	0:10:14	310
304	1:04:32	01:04:11	AZE-THOMAS, Gill	Launceston Road Runners	Female Vet 45-49	0:10:15	130
305	1:04:33	01:04:14	WOOLGAR, Lorrie	Fremington Trailblazers	Female Vet 55-59	0:10:15	172
306	1:05:02	01:04:34	DUDMAN, Kate	Bodmin Womens RC	Female Vet 40-44	0:10:19	226
307	1:05:03	01:04:36	COX, Alison	Bodmin Womens RC	Female Vet 55-59	0:10:20	94
308	1:05:04	01:04:38	WOODS, Hannah	Okehampton RC	Female Vet 45-49	0:10:20	197
309	1:05:05	01:04:46	PARKER, Becky		Female Vet 35-39	0:10:20	417
310	1:05:06	01:04:49	HEARD, Simon		Male Vet 40-44	0:10:20	403
311	1:05:09	01:04:57	CORNWALL, Carole	Okehampton RC	Female Vet 50-54	0:10:20	133
312	1:05:22	01:05:00	PILE, Sarah	Just Jog Bideford	Female Vet 40-44	0:10:23	128
313	1:05:23	01:05:00	SYMONS, Jenny	Just Jog Bideford	Female under 35	0:10:23	15
314	1:05:30	01:05:03	VINCENT, Jonathan	Just Jog Bideford	Male under 35	0:10:24	23
315	1:05:32	01:05:12	LIDIARD, Sandra	Bodmin Womens RC	Female Vet 45-49	0:10:24	245
316	1:05:37	01:05:15	SILLIFANT, Andrew		Male Vet 35-39	0:10:25	121
317	1:05:40	01:05:21	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	0:10:25	444
318	1:05:48	01:05:30	LANG, Katie	Just Jog Bideford	Female Vet 35-39	0:10:27	104
319	1:05:50	01:05:33	COOK, Stephanie		Female Vet 35-39	0:10:27	26
320	1:05:53	01:05:34	ROGERS, Natalie	Run Away Women	Female Vet 40-44	0:10:27	263
321	1:05:58	01:05:35	GARDNER, Cathrine	Bideford AAC	Female Vet 50-54	0:10:28	173
322	1:05:59	01:05:37	BUSHELL, Ruth	Okehampton RC	Female Vet 55-59	0:10:28	244
323	1:06:07	01:05:38	STOKES, Debbie	Bradworthy Runners	Female Vet 55-59	0:10:30	31
324	1:06:35	01:06:16	WADE, Margaret	Carn Runners	Female Vet 65+	0:10:34	356
325	1:06:40	01:06:25	CAREY, Eliza	Bodmin Road Runners	Female Vet 45-49	0:10:35	64
326	1:06:45	01:06:29	RICHARDSON, Sarah	Bradworthy Runners	Female Vet 40-44	0:10:36	317
327	1:06:52	01:06:34	COOPER, Jamie		Male Vet 45-49	0:10:37	394
328	1:06:54	01:06:35	BRERETON, Michael	Camelford Up and Running	Male Vet 35-39	0:10:37	386
329	1:06:55	01:06:37	CRYER, Jon		Male Vet 65-69	0:10:37	256
330	1:06:56	01:06:38	JARDINE, John		Male Vet 45-49	0:10:37	115
331	1:07:02	01:06:41	BOWDEN, Sally	Newquay Road Runners	Female Vet 55-59	0:10:38	329
332	1:07:10	01:06:50	BOND, Nina	Looe Pioneers	Female under 35	0:10:40	266
333	1:07:11	01:06:51	GRATTON, Suzanne		Female Vet 50-54	0:10:40	207
334	1:07:19	01:06:55	HARVEY, Pamela	Torrington AAC	Female Vet 45-49	0:10:41	164
335	1:07:20	01:07:17	LETHBRIDGE, Anne-marie		Female Vet 45-49	0:10:41	253
336	1:07:43	01:07:25	SMITH, Deirdre	Bodmin Road Runners	Female Vet 50-54	0:10:45	282
337	1:08:04	01:07:45	GINGER, Margaret		Female Vet 40-44	0:10:48	230
338	1:08:05	01:07:47	VENNING, Martin	Launceston Road Runners	Male Vet 65-69	0:10:48	442
339	1:08:29	01:07:59	PAYNE, Katie		Female Vet 35-39	0:10:52	404
340	1:08:40	01:08:18	VOLKELT-IGOE, Kathryn	Okehampton RC	Female Vet 60-64	0:10:54	170
341	1:08:56	01:08:36	PALMER, Bec	Camelford Up and Running	Female under 35	0:10:57	6
342	1:09:00	01:08:43	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	0:10:57	415
343	1:09:09	01:08:44	ALBANS, David	Lincoln & District	Male Vet 60-64	0:10:59	137
344	1:09:11	01:08:52	BAYLISS, Garry		Male Vet 60-64	0:10:59	144

345	1:09:22	01:08:56	STAPLETON, Bridget		Female Vet 40-44	0:11:01	47
346	1:09:31	01:09:11	WOODS, Irene		Female Vet 45-49	0:11:02	428
347	1:09:52	01:09:39	LOWN, Penny	Bude Rats	Female Vet 55-59	0:11:05	277
348	1:09:54	01:09:44	SKIPP, Michelle	Bude Rats	Female Vet 50-54	0:11:06	1
349	1:10:07	01:09:53	STYLES-POWER, Sarah		Female Vet 55-59	0:11:08	112
350	1:10:35	01:10:15	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	0:11:12	270
351	1:10:41	01:10:17	WILLIAMS, Tristan		Male under 35	0:11:13	321
352	1:10:42	01:10:17	KENDALL, Kim	Just Jog Bideford	Female Vet 35-39	0:11:13	433
353	1:10:43	01:10:22	KITNEY-BAKER, Michelle	Newquay Road Runners	Female Vet 45-49	0:11:13	382
354	1:10:47	01:10:25	MASSEY, Jennie	Hayle Runners	Female Vet 55-59	0:11:14	390
355	1:10:49	01:10:42	WILLIAMS, Alison	Just Jog Bideford	Female Vet 55-59	0:11:14	79
356	1:11:11	01:10:54	LAKE, Christina	Falmouth Road Runners	Female Vet 60-64	0:11:18	361
357	1:11:25	01:11:06	BAILEY, Joanne	Launceston Road Runners	Female Vet 45-49	0:11:20	22
358	1:11:44	01:11:09	MILBANK, Lizzie		Female under 35	0:11:23	371
359	1:11:56	01:11:10	KENMIR, Nicola		Female under 35	0:11:25	431
360	1:11:57	01:11:26	BARKER, Lisa		Female under 35	0:11:25	51
361	1:12:03	01:11:36	HAWORTH, Elizabeth	Bradworthy Runners	Female Vet 65+	0:11:26	168
362	1:12:14	01:11:46	CLARKE, Victoria	Hartland Hillbillies	Female Vet 40-44	0:11:28	143
363	1:12:14	01:11:48	BARHAM, Nina	Just Jog Bideford	Female Vet 50-54	0:11:28	248
364	1:13:08	01:12:44	BOLT, Adrian	Truro Running Club	Male Vet 50-54	0:11:37	4
365	1:13:09	01:12:44	ANDERSON, Donna	Just Jog Bideford	Female Vet 40-44	0:11:37	14
366	1:13:11	01:12:53	COLLINS, Ann	Just Jog Bideford	Female Vet 45-49	0:11:37	188
367	1:13:25	01:12:58	FUERY, Julia	Just Jog Bideford	Female Vet 45-49	0:11:39	9
368	1:13:26	01:13:09	KEELEY, Sara		Female under 35	0:11:39	301
369	1:14:10	01:13:49	SPRAGUE, Claire	Okehampton RC	Female Vet 40-44	0:11:46	237
370	1:14:11	01:13:49	SHERJAN, Katie	Okehampton RC	Female Vet 40-44	0:11:47	338
371	1:14:58	01:14:34	HART, Katy		Female Vet 40-44	0:11:54	42
372	1:14:59	01:14:43	ROWLEDGE, Becky		Female Vet 35-39	0:11:54	57
373	1:15:03	01:14:45	VINCENT, Andrea	Just Jog Bideford	Female Vet 50-54	0:11:55	93
374	1:15:07	01:14:45	WHITE, Janet	Okehampton RC	Female Vet 65+	0:11:55	147
375	1:15:10	01:14:45	HEYWOOD, Steve	Bideford AAC	Male Vet 60-64	0:11:56	58
376	1:15:25	01:14:56	GILKES, Tobias		Male under 35	0:11:58	153
377	1:15:26	01:14:56	VALLANCE, Jasmine		Female under 35	0:11:58	441
378	1:16:06	01:15:37	BOLITHO, Julie	Mounts Bay Harriers	Female Vet 50-54	0:12:05	139
379	1:16:17	01:15:55	BANBURY, David		Male Vet 55-59	0:12:07	446
380	1:16:18	01:15:56	TREVAINS, Rosie	Bodmin Womens RC	Female under 35	0:12:07	447
381	1:16:49	01:16:23	KIRK, Teresa		Female Vet 45-49	0:12:12	3
382	1:17:22	01:16:56	DAVIS, Kirsty		Female Vet 40-44	0:12:17	375
383	1:17:26	01:16:57	POLET, Anne	Just Jog Bideford	Female Vet 55-59	0:12:17	29
384	1:17:41	01:17:22	DREW, Carole	Carn Runners	Female Vet 65+	0:12:20	411
385	1:17:50	01:17:33	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	0:12:21	357
386	1:18:05	01:17:36	RAYER, Anita	Bradworthy Runners	Female Vet 55-59	0:12:24	92
387	1:18:52	01:18:31	PORTER, Fiona	Okehampton RC	Female Vet 60-64	0:12:31	232
388	1:19:20	01:19:02	GARRARD, David	Falmouth Road Runners	Male Vet 70+	0:12:36	392
389	1:19:30	01:19:03	BELL, Sarah	Okehampton RC	Female Vet 60-64	0:12:37	231
390	1:19:32	01:19:08	CARTER, Andree	Bradworthy Runners	Female Vet 60-64	0:12:37	311
391	1:20:06	01:19:45	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	0:12:43	377
392	1:21:02	01:20:34	GODDARD, Lisa		Female Vet 50-54	0:12:52	276
393	1:21:15	01:20:54	BILKEY, Joanne		Female under 35	0:12:54	316
394	1:23:52	01:23:26	HUBBER, Eric		Male Vet 70+	0:13:19	236
395	1:28:46	01:28:18	TAYLOR, Lesley	Bradworthy Runners	Female Vet 50-54	0:14:05	91
396	1:32:43	01:32:16	HALLMAN, Nicola		Female Vet 45-49	0:14:43	206