

**Bude Lifeboat Run - 2023****Gender Results**

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
Female						
1	378	Jo Temple	Female Under 35	Truro Running Club	0:43:17	0:43:19
2	449	Joanne Page	Female 35-39	Okehampton RC	0:46:17	0:46:20
3	328	Lisa Picton	Female 45-49	East Cornwall Harriers	0:46:18	0:46:22
4	316	Helen Morse	Female 35-39	East Cornwall Harriers	0:47:58	0:48:02
5	216	Anna Tanner	Female 40-44		0:48:20	0:48:23
6	362	Hannah Matthews	Female 35-39	East Cornwall Harriers	0:48:50	0:48:54
7	217	Holly Shute	Female Under 35		0:50:37	0:50:41
8	224	Claire Strong	Female 40-44	Bude Rats (Run and Tri)	0:50:57	0:51:03
9	114	Holly Webbe	Female 40-44	Bideford AAC	0:51:05	0:51:24
10	211	Rosie Bradbury	Female 35-39	Falmouth Running Club	0:51:27	0:51:33
11	86	Jenny Bryant	Female 55-59	Tavistock AC	0:51:38	0:51:42
12	184	Alison Temple	Female 60-64	Bodmin Road Runners	0:52:15	0:52:24
13	331	Belinda Peres	Female 45-49		0:52:37	0:52:39
14	391	Issy Edworthy	Female Under 35		0:52:57	0:53:00
15	419	Amy Inniss	Female Under 35		0:53:07	0:53:14
16	58	Kathy Jeffery	Female 35-39		0:53:35	0:53:51
17	319	Laura Eccott	Female 35-39	Bude Rats (Run and Tri)	0:53:47	0:53:53
18	213	Vicky Fleet	Female 45-49	Falmouth Running Club	0:54:08	0:54:15
19	192	Davina Brown	Female Under 35	Bideford AAC	0:54:18	0:54:24
20	247	Meeta Nicholls	Female 45-49	East Cornwall Harriers	0:54:30	0:54:35
21	397	Megan Pitts	Female Under 35	Truro Running Club	0:54:30	0:54:38
22	67	Heather Stacey	Female 35-39	Holsworthy Running Club	0:54:33	0:54:43
23	241	Kelly Bills	Female 45-49	Hayle Runners	0:54:38	0:54:45
24	343	Lucy Kerr	Female Under 35		0:54:57	0:55:06
25	179	Steph Olliffe	Female 55-59	Torrington AAC	0:55:08	0:55:17
26	185	Candace Jewell	Female 45-49	Bideford AAC	0:55:06	0:55:26
27	40	Ellie Musson	Female 35-39	Camelford Up and Running	0:55:24	0:55:33
28	327	Alison Weir	Female 50-54	Falmouth Running Club	0:55:33	0:55:40
29	422	Laura Barker	Female Under 35		0:55:24	0:55:41
30	365	Emma Richards	Female 50-54	Torrington AAC	0:55:30	0:55:51
31	63	Lisa Hutchings	Female 40-44	Hartland Hillbillies	0:56:12	0:56:18
32	182	Lisa Tame	Female 40-44	Bude Rats (Run and Tri)	0:56:16	0:56:23
33	243	Jenna Sleeman	Female 35-39	Camelford Up and Running	0:56:19	0:56:28
34	26	Simone Pantling	Female 40-44	Bude Surf Life Saving	0:56:30	0:56:39
35	374	Annie Creo	Female 50-54	Bude Rats (Run and Tri)	0:56:32	0:56:42
36	355	Gemma Steele	Female 35-39	Bideford AAC	0:56:32	0:56:53
37	51	Michelle Bright	Female 45-49	Bideford AAC	0:56:40	0:57:01
38	150	Jane Stedman	Female 60-64	Bodmin Road Runners	0:56:44	0:57:07
39	172	Rachel Collier	Female 45-49		0:58:09	0:58:19
40	74	Linzi Hanscomb	Female 40-44	Bodmin Road Runners	0:58:04	0:58:27
41	367	Michaela Hillman	Female 55-59	Torrington AAC	0:58:32	0:58:42
42	239	Sue Park	Female 60-64	Fremington Trailblazers	0:58:45	0:58:59
43	206	Ellen Gibson	Female Under 35	Cornwall AC	0:58:44	0:59:05
44	442	Ann Barriball	Female 50-54	Launceston Road Runners	0:59:03	0:59:10
45	43	Merryn Allen	Female 40-44	Holsworthy Running Club	0:58:47	0:59:16
46	10	Melodie Manners	Female Under 35	Hayle Runners	0:59:17	0:59:17
47	386	Lizzie Crocker	Female Under 35		0:59:10	0:59:20
48	356	Becki Sant	Female 50-54	Launceston Road Runners	0:59:23	0:59:41
49	11	Lynsey Searle	Female 35-39	Carn Runners	0:59:32	0:59:50
50	260	Aleisha Viggers	Female Under 35	Launceston Road Runners	0:59:34	0:59:52
51	369	Angela Brinicombe	Female 65-69	Launceston Road Runners	0:59:45	0:59:58

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
52	226	Janet Ritchie	Female 60-64	Carn Runners	0:59:51	1:00:05
53	305	Juliet Stewart	Female 55-59	Truro Running Club	1:00:18	1:00:25
54	104	Georgia Edworthy	Female Under 35		1:00:44	1:00:47
55	334	Edwina Stevenson	Female 60-64	Bideford AAC	1:01:04	1:01:24
56	324	Seonaidh Snellgrove	Female Under 35		1:01:23	1:01:40
57	222	Nicola Emmett	Female 45-49	Bude Rats (Run and Tri)	1:01:36	1:01:44
58	301	Karen Heard	Female 50-54	Bradworthy Runners	1:01:33	1:01:58
59	406	Paula Wilkinson	Female 50-54	Bude Rats (Run and Tri)	1:01:53	1:02:03
60	342	Lara Trewin	Female 50-54		1:01:49	1:02:06
61	227	Daniella Christian	Female 45-49		1:02:07	1:02:13
62	281	Louise Richardson	Female 50-54	Bodmin Road Runners	1:01:52	1:02:16
63	87	Jackie Cope	Female 65-69	Falmouth Running Club	1:02:26	1:02:34
64	19	Andrea Sleeman	Female 50-54	Holsworthy Running Club	1:02:39	1:02:57
65	197	Jane Jackson	Female 65-69	Lonely Goat RC	1:02:54	1:03:10
66	389	Linda Pickard	Female 60-64	Launceston Road Runners	1:02:49	1:03:13
67	151	Marlene Grobler	Female 40-44	Carn Runners	1:02:50	1:03:16
68	60	Pauline Tallett	Female 55-59	Ashford Striders	1:03:13	1:03:32
69	381	Jane Stephens	Female 55-59	Bodmin Road Runners	1:03:15	1:03:35
70	178	Kate Stevens	Female 45-49	St Austell Running Club	1:03:28	1:03:49
71	231	Katrina Werren	Female 35-39		1:03:21	1:03:50
72	336	Emily Parr	Female 40-44	Camelford Up and Running	1:04:08	1:04:16
73	297	Hannah Harvey	Female 45-49	Fremington Trailblazers	1:04:19	1:04:32
74	340	Janine Davage	Female 40-44		1:04:28	1:04:51
75	349	Rosie Searle	Female 40-44		1:04:28	1:04:51
76	189	Sally Gostick	Female 45-49		1:04:40	1:04:56
77	271	Jill Hayward	Female 65-69	Fremington Trailblazers	1:04:58	1:05:12
78	13	Emma Deanes	Female 35-39	Camelford Up and Running	1:05:01	1:05:19
79	368	Jennie Hayes	Female 60-64	Torrington AAC	1:05:04	1:05:29
80	295	Suzanne Brown	Female 55-59	Bude Rats (Run and Tri)	1:05:32	1:05:42
81	12	Elizabeth Uglow	Female 40-44		1:05:28	1:05:50
82	32	Claire Barlow	Female 45-49	Bodmin Road Runners	1:05:34	1:05:57
83	34	Latoyah Deane	Female Under 35	Camelford Up and Running	1:05:55	1:06:07
84	245	Jackie Webber	Female 60-64		1:06:02	1:06:23
85	187	Lorrie Woolgar	Female 60-64	Fremington Trailblazers	1:06:15	1:06:28
86	407	Claire Stone	Female 35-39	Hayle Runners	1:06:17	1:06:28
87	126	Sandra Haynes	Female 55-59	Looe Pioneers Running Club	1:06:29	1:06:49
88	409	Sarah Richardson	Female 45-49	Bradworthy Runners	1:06:27	1:06:52
89	396	Susan Thomas	Female 45-49	Hayle Runners	1:06:40	1:06:56
90	304	Heather Harper	Female Under 35	Camelford Up and Running	1:06:45	1:06:57
91	77	Pippa Carey-Jones	Female 35-39	Camelford Up and Running	1:06:33	1:07:02
92	219	Lora Tanner	Female 40-44	Bude Rats (Run and Tri)	1:06:48	1:07:06
93	207	Lois Briard	Female 40-44	Bude Rats (Run and Tri)	1:06:56	1:07:14
94	286	Jess Lacey	Female 35-39	Let's Go Cani Cross	1:07:01	1:07:16
95	363	Mary Ritson	Female 60-64	Torrington AAC	1:07:03	1:07:28
96	71	Mary Pool	Female 65-69		1:07:27	1:07:39
97	443	Hannah Monteverde	Female Under 35		1:07:28	1:07:45
98	307	Julia Foster	Female 50-54		1:07:41	1:07:48
99	257	Trina Bradbury	Female 45-49	Launceston Road Runners	1:07:36	1:07:50
100	233	Kerri Milne	Female 35-39		1:07:17	1:07:51
101	193	Elaine Hill	Female 50-54	Launceston Road Runners	1:07:38	1:07:51
102	244	Jacqui Couch	Female 50-54	Torrington AAC	1:07:27	1:07:53
103	138	Mary Mullarkey	Female 70+	East Cornwall Harriers	1:07:27	1:08:00
104	96	Jo Hedderly	Female 45-49	Bideford AAC	1:07:57	1:08:33
105	191	Liz Gayton	Female 50-54		1:08:46	1:09:00

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
106	253	Anthea Sussex	Female 50-54	Torrington AAC	1:08:51	1:09:15
107	130	Helen Cooley	Female 40-44	Bude Rats (Run and Tri)	1:09:00	1:09:19
108	89	Jodie Harper	Female 40-44		1:09:10	1:09:26
109	433	Nic Barrett	Female 40-44		1:09:19	1:09:30
110	110	Rebecca Rice	Female 35-39		1:09:08	1:09:38
111	383	Rebecca Wise	Female 40-44	Launceston Road Runners	1:09:39	1:09:54
112	325	Gill Overell	Female 50-54	St Austell Running Club	1:09:43	1:09:55
113	9	Susan Jarvis	Female 40-44		1:09:27	1:09:58
114	47	Kate Payne	Female 40-44		1:09:31	1:10:02
115	302	Vicky Bond	Female 45-49	Okehampton RC	1:09:47	1:10:03
116	326	Nina Chell	Female 45-49	Falmouth Running Club	1:09:51	1:10:08
117	101	Natalia Moores	Female 35-39		1:09:59	1:10:13
118	384	Victoria Holt	Female 40-44	Launceston Road Runners	1:10:05	1:10:20
119	344	Natalie Taylor	Female 50-54	Let's Go Cani Cross	1:10:04	1:10:21
120	21	Sue Price	Female 50-54	Fremington Trailblazers	1:10:25	1:10:38
121	135	Rebecca Thomas	Female 45-49	Camelford Up and Running	1:10:25	1:10:52
122	375	Miranda Honey	Female 45-49	Bodmin Road Runners	1:10:27	1:10:52
123	276	Tracy Freame	Female 60-64	Fremington Trailblazers	1:10:39	1:10:53
124	275	Tracey Bigmore	Female 45-49	Fremington Trailblazers	1:10:40	1:10:54
125	94	Nicky Hicks	Female 45-49	Launceston Road Runners	1:10:48	1:10:59
126	412	Vikki Savage	Female 50-54	Launceston Road Runners	1:10:56	1:11:08
127	121	Jen Williams	Female 40-44	Launceston Road Runners	1:11:02	1:11:15
128	153	Bridget Stapleton	Female 45-49	Torrington AAC	1:11:06	1:11:32
129	414	Leah Dickinson	Female 35-39		1:11:14	1:11:44
130	48	Charlotte Chapman	Female Under 35	Bude Rats (Run and Tri)	1:11:31	1:11:49
131	289	Kathryn Marsh	Female 45-49	Carn Runners	1:11:32	1:11:57
132	145	Charlotte Elliott	Female Under 35		1:11:23	1:11:58
133	112	Lesley Taphouse	Female 60-64	Bodmin Road Runners	1:11:34	1:12:02
134	80	Judy Jameson	Female 60-64	Carn Runners	1:11:46	1:12:13
135	2	Holly Hutchins	Female 35-39	Camelford Up and Running	1:12:03	1:12:22
136	36	Janet Kirkham	Female 65-69	Camelford Up and Running	1:12:03	1:12:22
137	402	Jade Jennings	Female Under 35	Launceston Road Runners	1:12:03	1:12:27
138	102	Kathryn Volkelt-Igoe	Female 65-69	Okehampton RC	1:12:14	1:12:31
139	234	Anna Devlin	Female 55-59	Bude Rats (Run and Tri)	1:12:23	1:12:38
140	215	Louise Hadfield	Female 50-54	Let's Go Cani Cross	1:12:24	1:12:39
141	144	Victoria Hall	Female 45-49	Bodmin Road Runners	1:12:20	1:12:48
142	359	Michelle Luddington	Female 60-64	Okehampton RC	1:12:32	1:12:48
143	91	Emma James	Female 45-49	Launceston Road Runners	1:12:45	1:13:07
144	7	Geraldine Walter	Female 50-54		1:12:43	1:13:16
145	140	Rebecca Simmons	Female 45-49		1:12:42	1:13:16
146	111	Hannah Woods	Female 45-49		1:12:42	1:13:16
147	237	Jo Bradford	Female 50-54		1:12:43	1:13:16
148	103	Viki Hayer	Female 40-44		1:12:43	1:13:16
149	100	Joanne Burrow	Female 40-44		1:12:43	1:13:17
150	372	Anne Brett	Female 65-69	Okehampton RC	1:13:16	1:13:31
151	225	Jennifer Sharp	Female 60-64	Bude Rats (Run and Tri)	1:13:17	1:13:37
152	95	Lorraine Hawkins	Female 55-59	Launceston Road Runners	1:13:27	1:13:49
153	318	Samantha Snellgrove	Female 40-44		1:13:38	1:13:55
154	320	Eleni Snellgrove	Female Under 35		1:13:39	1:13:55
155	18	Jackie Wells	Female 65-69	Camelford Up and Running	1:13:30	1:14:00
156	400	Angela Tyson	Female 45-49	Newquay Road Runners	1:13:35	1:14:08
157	401	Victoria Walton	Female 45-49	Newquay Road Runners	1:13:35	1:14:08
158	441	Yelda Muge Parsons	Female 40-44	Hayle Runners	1:14:02	1:14:14
159	431	Jade Gifford	Female Under 35		1:13:52	1:14:16

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
160	174	Shirley Grills	Female 60-64	Bradworthy Runners	1:13:50	1:14:17
161	173	Jane Walter	Female 55-59	Bradworthy Runners	1:13:57	1:14:24
162	392	Natalie Donnelly	Female 40-44		1:14:27	1:14:39
163	37	Lucy Staple	Female 45-49		1:14:34	1:14:42
164	267	Khaya Paton	Female Under 35	Sports Charity Mwanza	1:14:29	1:14:43
165	14	Rosie Trevains	Female 35-39	Bys Vyken Race Team	1:14:19	1:14:51
166	142	Linda Godfrey	Female 65-69		1:14:27	1:15:00
167	432	Susan Martin	Female 60-64	Torrington AAC	1:14:42	1:15:08
168	137	Claire Baird	Female 50-54	Camelford Up and Running	1:15:31	1:15:42
169	417	Terina Ellacott	Female 40-44	Holsworthy Running Club	1:15:28	1:15:47
170	196	Sarah Parkman	Female 55-59	Camelford Up and Running	1:16:22	1:16:39
171	64	Joanne Bailey	Female 50-54	Launceston Road Runners	1:16:30	1:16:56
172	33	Gemma Wotherspoon	Female 35-39	Bodmin Women's Running Club	1:16:42	1:17:13
173	198	Caroline Davies	Female 55-59	Bodmin Women's Running Club	1:16:46	1:17:16
174	92	Sally Bryant	Female 60-64		1:16:55	1:17:17
175	99	Naomi Archer	Female 45-49		1:17:02	1:17:37
176	124	Debbie Stokes	Female 60-64	Bradworthy Runners	1:18:13	1:18:41
177	346	Laura Menzies	Female 40-44	Bradworthy Runners	1:18:14	1:18:42
178	17	Sarah Ford	Female 55-59	Crediton Running Network	1:18:22	1:18:44
179	167	Sue Colbourne	Female 60-64		1:18:22	1:18:44
180	171	Ruth Garrett	Female 65-69	Just Jog Bideford	1:18:57	1:19:16
181	56	Emma Grigg	Female 45-49	Camelford Up and Running	1:19:02	1:19:16
182	146	Cath Elliott	Female 55-59		1:19:01	1:19:35
183	430	Natalie Kilford	Female Under 35		1:19:15	1:19:38
184	55	Helen Baker	Female 55-59	Cornwall Power Runs	1:19:10	1:19:40
185	8	Elizabeth Kitto	Female Under 35	Camelford Up and Running	1:20:06	1:20:18
186	169	Julie Bolitho	Female 55-59	Hayle Runners	1:20:04	1:20:28
187	176	Rosemary Sanders	Female 55-59	Bradworthy Runners	1:20:36	1:21:04
188	272	Laura Didwell	Female 40-44		1:21:08	1:21:39
189	54	Rachel Penn	Female 45-49		1:21:22	1:21:44
190	345	Michelle Oseman	Female 55-59	Let's Go Cani Cross	1:22:11	1:22:27
191	351	Suzanne Tilley	Female 40-44	Callington Running Group	1:22:02	1:22:32
192	357	Karen Vallance	Female 50-54	Okehampton RC	1:22:10	1:22:44
193	20	Jasmine Gilkes	Female Under 35		1:22:10	1:22:44
194	23	Beth Morgan	Female 35-39	Camelford Up and Running	1:22:47	1:23:08
195	39	Sam Allan	Female 35-39	Camelford Up and Running	1:22:49	1:23:08
196	444	Rachel Hardy	Female 40-44		1:23:06	1:23:28
197	299	Molly Tape	Female Under 35		1:24:27	1:24:54
198	195	Ria Thompson	Female 35-39	Holsworthy Running Club	1:26:10	1:26:40
199	128	Jennie Massey	Female 60-64	Hayle Runners	1:27:02	1:27:18
200	199	Janet Bragg	Female 65-69	Holsworthy Running Club	1:27:39	1:28:08
201	285	Tamara Reynolds	Female 40-44	Bys Vyken Race Team	1:29:20	1:29:54
202	147	Yvonne Matthews	Female 55-59	Bys Vyken Race Team	1:29:20	1:29:54
203	321	Abigail Mansfield	Female Under 35	Camelford Up and Running	1:30:02	1:30:14
204	230	Kathryn Thomas	Female 45-49	Cornwall AC	1:30:04	1:30:31
205	175	Lesley Taylor	Female 55-59	Bradworthy Runners	1:30:12	1:30:40
206	139	Michele Baker-Caton	Female 60-64	Bodmin Women's Running Club	1:30:06	1:30:41
207	3	Sue Coates	Female 45-49	Bys Vyken Race Team	1:41:12	1:41:45
DNF	149	Cara Norman	Female 40-44	Camelford Up and Running		
<b>Male</b>						
1	254	Joshua Benford	Male Under 35	Bideford AAC	0:34:17	0:34:18
2	446	David Tregonning	Male Under 35	St Austell Running Club	0:36:42	0:36:43
3	352	Steve Reynolds	Male 35-39	Truro Running Club	0:37:02	0:37:03
4	447	Luke Stannus	Male Under 35	Okehampton RC	0:37:37	0:37:38

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5	424	John Odonoghue	Male 35-39	Bideford AAC	0:37:58	0:37:59
6	41	Dylan Stevens	Male Under 35	Newquay & Par AC	0:38:12	0:38:14
7	311	Alex Marples	Male 40-44	Truro Running Club	0:39:01	0:39:02
8	235	Morgan Craig	Male 40-44		0:40:11	0:40:14
9	120	James Youlden	Male 40-44	St Austell Running Club	0:40:15	0:40:17
10	337	Liam Gallantry	Male Under 35	East Cornwall Harriers	0:40:28	0:40:30
11	439	Hayden Bond	Male Under 35	Tavistock AC	0:40:50	0:40:52
12	220	Dean Wickett	Male Under 35		0:40:52	0:40:54
13	322	Carl Murphy	Male 45-49	Truro Running Club	0:41:00	0:41:02
14	123	Antony Jarvis	Male 50-54	St Austell Running Club	0:41:04	0:41:05
15	242	Gary Blight	Male 45-49	Bideford AAC	0:41:21	0:41:22
16	437	Harry Page	Male Under 35		0:41:44	0:41:47
17	290	Tom Brunet-Chugg	Male 40-44	St Austell Running Club	0:41:53	0:41:55
<b>18</b>	<b>398</b>	<b>Jeremy Brown</b>	<b>Male 50-54</b>	<b>Bude Rats (Run and Tri)</b>	<b>0:41:50</b>	<b>0:41:55</b>
19	42	Paul Stevens	Male 45-49	St Austell Athletes Running Club	0:42:16	0:42:19
20	186	James Jewell	Male 45-49	Bideford AAC	0:42:19	0:42:21
21	202	Mike Dowrick	Male 50-54	Cornwall AC	0:42:36	0:42:39
22	265	Robert Standing	Male 50-54	Truro Running Club	0:42:42	0:42:45
23	68	Gareth Leitch	Male Under 35		0:43:04	0:43:10
24	205	Andrew Hooper	Male Under 35		0:43:18	0:43:21
25	339	Joseph Thomson	Male 35-39	Launceston Road Runners	0:43:28	0:43:31
26	264	Jon Eldon	Male 60-64	Hayle Runners	0:43:35	0:43:37
27	125	Brett Jackson	Male 35-39	St Austell Running Club	0:43:43	0:43:45
28	236	Mark Roby	Male 45-49	Truro Running Club	0:43:46	0:43:49
29	180	Nick Taylor	Male 35-39	Torrington AAC	0:43:50	0:43:58
30	448	Mark Curtis	Male 45-49	Bideford AAC	0:43:55	0:43:58
31	348	Jack Gale	Male Under 35		0:44:00	0:44:04
32	371	Richard Chynoweth	Male 40-44	Truro Running Club	0:44:20	0:44:23
33	143	Luke Day	Male Under 35	Ilfracombe Running Club	0:44:44	0:44:47
34	5	Vincent Helliwell	Male 60-64	Bideford AAC	0:44:49	0:44:52
35	313	Ben Harding	Male 40-44	East Cornwall Harriers	0:44:55	0:44:58
36	379	Ashley Jewell	Male 40-44	Bideford AAC	0:45:10	0:45:13
37	25	Chris Stone	Male 55-59	Bideford AAC	0:45:19	0:45:21
38	69	Saul Barraclough	Male Under 35	Bude Surf Life Saving	0:45:53	0:45:57
39	338	Kelvin Moyse	Male 35-39		0:46:29	0:46:36
40	105	Stewart Charge	Male 40-44		0:46:30	0:46:41
41	314	Colin Bathe	Male 50-54	Truro Running Club	0:46:57	0:47:02
42	306	Simon Bishop	Male 40-44		0:47:08	0:47:16
43	24	Nick Giles	Male 40-44		0:47:14	0:47:16
<b>44</b>	<b>88</b>	<b>Craig Harper</b>	<b>Male 45-49</b>	<b>Bude Rats (Run and Tri)</b>	<b>0:47:18</b>	<b>0:47:23</b>
45	107	Neil Helson	Male 50-54	St Austell Athletes Running Club	0:47:31	0:47:36
46	38	Matt Allan	Male 40-44	Camelford Up and Running	0:47:37	0:47:41
47	256	Mike Gilbert	Male 35-39	Launceston Road Runners	0:47:40	0:47:47
48	83	Marty Barnfield	Male 45-49	Bodmin Road Runners	0:47:55	0:48:00
49	212	Russell King	Male 40-44	Falmouth Running Club	0:48:01	0:48:07
50	323	Dave Barker	Male 55-59	Fremington Trailblazers	0:48:01	0:48:08
<b>51</b>	<b>81</b>	<b>Zack Davis</b>	<b>Male Under 35</b>	<b>Bude Rats (Run and Tri)</b>	<b>0:48:12</b>	<b>0:48:16</b>
52	377	David Thomson	Male 60-64		0:48:17	0:48:21
53	122	Ian Gronwalt	Male 55-59	St Austell Running Club	0:48:28	0:48:30
54	435	Mark Clements	Male 35-39		0:48:44	0:48:51
55	408	Frazer Humbles	Male 40-44	Hayle Runners	0:48:51	0:48:55
56	117	Andrew James	Male 40-44	Hayle Runners	0:48:51	0:48:56
57	183	Ian Temple	Male 55-59	Bodmin Road Runners	0:48:47	0:48:57
58	148	Mark Sluggett	Male 50-54	Launceston Road Runners	0:48:57	0:49:01



<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
59	157	Darren Avery	Male 40-44	Torrington AAC	0:48:52	0:49:01
60	255	Nigel Reddicliffe	Male 55-59	Launceston Road Runners	0:48:55	0:49:02
61	210	Christopher Heywood	Male 55-59		0:48:58	0:49:02
62	154	Wayne Stapleton	Male 50-54	Torrington AAC	0:49:04	0:49:13
63	450	Steve Hudson	Male 40-44		0:49:25	0:49:34
64	44	Steven Martin	Male 45-49		0:50:06	0:50:14
65	416	Benjamin Jarram	Male 35-39	Launceston Road Runners	0:50:31	0:50:37
66	438	Andy Cloke	Male 45-49	Bude Rats (Run and Tri)	0:50:40	0:50:48
67	370	Andy Williams	Male 50-54	Truro Running Club	0:50:46	0:50:53
68	373	Robert Ireton	Male 55-59	Camelford Up and Running	0:50:54	0:50:59
69	203	Tristan Wilton	Male 40-44		0:50:43	0:51:09
70	335	Cal Reeve	Male Under 35		0:51:09	0:51:13
71	291	John Gatrell	Male 40-44	Bude Surf Life Saving	0:51:11	0:51:17
72	132	Edward Clarke	Male Under 35		0:51:10	0:51:28
73	310	Keith Hoadley	Male 55-59	Torrington AAC	0:51:20	0:51:28
74	82	Peter Allen	Male 65-69	Newquay Road Runners	0:52:13	0:52:19
75	261	Adam Paynter	Male 50-54	Launceston Road Runners	0:52:42	0:52:53
76	84	David Thomasson	Male 50-54	Bodmin Road Runners	0:52:45	0:52:55
77	366	Conrad Stevens	Male 50-54	Torrington AAC	0:52:54	0:53:02
78	420	Alec Inniss	Male 35-39		0:53:08	0:53:14
79	376	Rhys Hobbs	Male 35-39		0:53:09	0:53:15
80	85	Steve Horsfield	Male 50-54		0:53:13	0:53:20
81	116	David Wilcox	Male 45-49	Truro Running Club	0:53:50	0:53:58
82	31	Michael Jones	Male Under 35	(no club)	0:53:53	0:54:09
83	428	Brian Yates	Male 60-64	Truro Running Club	0:54:07	0:54:13
84	350	Tom Arthur	Male 40-44		0:54:05	0:54:16
85	106	Ben South	Male Under 35		0:54:27	0:54:32
86	415	Mark Richardson	Male 50-54	Bradworthy running club	0:54:16	0:54:40
87	204	Jason Price	Male 50-54		0:54:45	0:54:51
88	238	Steven Jenkin	Male 50-54	Cornwall AC	0:54:37	0:54:58
89	429	Jonathan Highet	Male 40-44	Bude Surf Life Saving	0:55:00	0:55:08
90	303	George Harvey	Male Under 35		0:55:06	0:55:10
91	263	Vivian Bray	Male 55-59	Cornwall AC	0:54:56	0:55:17
92	161	Andrew Mansfield	Male 45-49	Camelford Up and Running	0:55:35	0:55:39
93	90	Peter James	Male 45-49	Launceston Road Runners	0:55:22	0:55:43
94	35	Jack Gibson	Male Under 35	Camelford Up and Running	0:55:32	0:55:47
95	223	Ben Rogers	Male 40-44	Bude Rats (Run and Tri)	0:56:00	0:56:09
96	387	Stephen Hutchinson	Male 70+	Bude Rats (Run and Tri)	0:56:07	0:56:12
97	436	Andrew Bishop	Male 35-39	Run Fit Run Fast	0:55:58	0:56:12
98	181	Andy Whelan	Male 55-59		0:55:55	0:56:20
99	287	Shaun Heard	Male 50-54	Bradworthy Runners	0:56:26	0:56:32
100	434	Michael Callaghan-Martin	Male 45-49	Torrington AAC	0:57:18	0:57:42
101	46	Matt Payne	Male 45-49		0:57:19	0:57:49
102	65	Wayne Washbrook	Male 35-39	Bideford AAC	0:57:43	0:58:03
103	445	David Bidgway	Male 50-54	Bodmin Road Runners	0:57:51	0:58:20
104	426	Eoin Stockdale	Male 50-54	Carn Runners	0:57:54	0:58:22
105	113	Mark Simpson	Male 35-39	Launceston Road Runners	0:58:15	0:58:31
106	93	Percy Jeans	Male 60-64		0:58:24	0:58:35
107	354	Jake Todd	Male Under 35		0:58:17	0:58:38
108	229	Mike Bawden	Male 60-64	Carn Runners	0:58:47	0:59:09
109	162	Colin Wynne	Male 55-59	Torrington AAC	0:59:06	0:59:20
110	190	Michael Cousins	Male 55-59		0:59:22	0:59:31
111	405	Rob Petrie	Male 55-59		0:59:27	0:59:37
112	136	Jack Westlake	Male Under 35		0:59:38	1:00:00

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
113	209	Chris Carey	Male 40-44		0:59:52	1:00:01
114	109	Richard Abbott	Male 50-54	Holsworthy Running Club	0:59:53	1:00:04
115	293	Joseph Chapman	Male Under 35		0:59:58	1:00:04
116	425	Harry Teague	Male Under 35		0:59:51	1:00:05
117	421	Jules Teague	Male 55-59		0:59:51	1:00:05
118	214	Ian Shute	Male 45-49		1:00:10	1:00:15
119	388	Chunky Penhaul	Male 70+	Hayle Runners	1:00:26	1:00:33
120	50	Darran Irwin	Male 45-49	North Devon Road Runners	1:00:39	1:01:04
121	282	Ritchie Richardson	Male 55-59	Bodmin Road Runners	1:00:59	1:01:23
122	115	Geoff Panter	Male 40-44		1:01:10	1:01:32
123	170	Paul Garrett	Male 60-64	Just Jog Bideford	1:01:18	1:01:37
124	4	Chris Lawson	Male 40-44		1:01:34	1:01:44
125	15	James Rooney	Male 60-64	Bude Rats (Run and Tri)	1:01:47	1:01:52
126	155	Andrew Russell	Male 60-64		1:01:40	1:01:53
127	97	Gary Hatch	Male 50-54	Bideford AAC	1:01:25	1:01:57
128	66	Ian Grimes	Male 70+	Launceston Road Runners	1:02:23	1:02:31
129	333	Clive Davis	Male 60-64		1:02:09	1:02:37
130	1	Des Evans	Male 70+	Newquay Road Runners	1:02:41	1:02:45
131	278	Paul Lathom	Male 35-39		1:02:36	1:02:55
132	118	James Danks	Male 40-44	Falmouth Running Club	1:02:44	1:03:01
133	57	Phillip Thomas	Male 65-69	Bideford AAC	1:03:34	1:03:44
134	390	Dave Pickard	Male 60-64	Launceston Road Runners	1:03:54	1:04:19
135	240	Steve Park	Male 65-69	Fremington Trailblazers	1:04:15	1:04:28
136	298	Brent Carpenter	Male 40-44	Fremington Trailblazers	1:04:19	1:04:32
137	194	Tony Farrant	Male 55-59	Callington Running Group	1:04:37	1:05:07
138	164	Kev Hogarth	Male 65-69		1:04:37	1:05:08
139	134	Nick Brewer	Male 45-49		1:05:14	1:05:33
140	188	Peter Drew	Male 70+	Carn Runners	1:05:06	1:05:33
141	364	Steve Menear	Male 65-69	St Austell Running Club	1:05:14	1:05:35
142	249	Austen Ward	Male Under 35		1:05:25	1:05:43
143	248	Andrew Ward	Male 50-54		1:05:26	1:05:44
144	49	Jordan Menzies	Male Under 35		1:05:34	1:05:54
145	393	William Shute	Male Under 35		1:06:01	1:06:13
146	131	Ray Clarke	Male 50-54		1:05:57	1:06:16
147	296	Alan Brandwood	Male 70+	Falmouth Running Club	1:06:07	1:06:24
148	413	Jake Dickinson	Male Under 35		1:06:00	1:06:31
149	341	Frederick Hoare	Male 50-54	Let's Go Cani Cross	1:06:27	1:06:44
150	166	Philip Beale	Male 70+	Just Jog Bideford	1:06:26	1:06:46
151	16	Michael Brereton	Male 40-44	Camelford Up and Running	1:06:32	1:06:55
152	45	Simon Heard	Male 45-49	Camelford Up and Running	1:06:24	1:06:55
153	200	Gareth Carey-Jones	Male 45-49		1:06:33	1:07:02
154	6	Chris Fulford-Brown	Male 65-69	Okehampton RC	1:06:56	1:07:07
155	22	Paul Gardiner	Male 50-54	Camelford Up and Running	1:07:29	1:07:49
156	423	Paul Tappenden	Male 65-69		1:08:29	1:08:43
157	208	Al Hadfield	Male 55-59		1:09:28	1:09:43
158	62	Martin Venning	Male 70+	Launceston Road Runners	1:09:24	1:09:43
159	75	Robert Willcocks	Male 60-64	Falmouth Running Club	1:09:56	1:10:04
160	119	Roy Newton	Male 70+	Falmouth Running Club	1:10:07	1:10:34
161	98	Sean Taylor	Male 55-59	Bodmin Road Runners	1:10:40	1:11:09
162	28	Thomas Cockerill	Male 35-39		1:11:38	1:12:03
163	30	Stuart Woolley	Male 45-49		1:11:45	1:12:11
164	156	Tom Davies	Male Under 35		1:12:04	1:12:27
165	411	Steve Brookes	Male 35-39		1:12:31	1:12:41
166	79	John Tilley	Male 70+	Bodmin Road Runners	1:13:42	1:14:12

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>AG</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
167	251	Keith Shadrick	Male 70+	Bradworthy running club	1:14:05	1:14:34
168	266	Bruce Paton	Male 50-54	Sports Charity Mwanza	1:14:29	1:14:43
169	380	Richard Lloyd	Male 50-54		1:14:29	1:14:58
170	347	Chris Rose	Male 45-49	Let's Go Cani Cross	1:14:54	1:15:12
171	53	Derek Pearse	Male 70+		1:14:53	1:15:15
172	168	Robert Bolitho	Male 60-64	Hayle Runners	1:16:04	1:16:28
173	358	Dennis Burrell	Male 70+	Carn Runners	1:17:04	1:17:32
174	59	Bruce Draper	Male 50-54	Launceston Road Runners	1:19:09	1:19:22
175	294	Sam Chapman	Male Under 35		1:20:45	1:20:58
176	269	Robert Saxton	Male 40-44		1:21:06	1:21:39
177	273	Alex Belverstone	Male Under 35		1:21:07	1:21:39
178	29	Darren Cornish	Male 50-54		1:21:50	1:22:16
179	382	Steve Lawrence	Male 65-69	Falmouth Running Club	1:23:30	1:23:59
180	78	Frank Dunlop	Male 70+		1:23:53	1:24:05
181	312	Harry Hedley	Male Under 35		1:24:33	1:24:39
182	300	Toby Ingle	Male Under 35		1:24:28	1:24:54
183	284	Gavin Hannah	Male 50-54		1:29:07	1:29:25
184	332	David Lean	Male 60-64	East Cornwall Harriers	1:31:03	1:31:35
185	201	David Garrard	Male 70+	Falmouth Running Club	1:34:35	1:35:03
186	177	Martin Clark	Male 50-54		1:44:30	1:45:05