

Bude Lifeboat Run - 2023

Age Category Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
Female Under 35					
1	378	Jo Temple	Truro Running Club	0:43:17	0:43:19
2	217	Holly Shute		0:50:37	0:50:41
3	391	Issy Edworthy		0:52:57	0:53:00
4	419	Amy Inniss		0:53:07	0:53:14
5	192	Davina Brown	Bideford AAC	0:54:18	0:54:24
6	397	Megan Pitts	Truro Running Club	0:54:30	0:54:38
7	343	Lucy Kerr		0:54:57	0:55:06
8	422	Laura Barker		0:55:24	0:55:41
9	206	Ellen Gibson	Cornwall AC	0:58:44	0:59:05
10	10	Melodie Manners	Hayle Runners	0:59:17	0:59:17
11	386	Lizzie Crocker		0:59:10	0:59:20
12	260	Aleisha Viggers	Launceston Road Runners	0:59:34	0:59:52
13	104	Georgia Edworthy		1:00:44	1:00:47
14	324	Seonaidh Snellgrove		1:01:23	1:01:40
15	34	Latoyah Deane	Camelford Up and Running	1:05:55	1:06:07
16	304	Heather Harper	Camelford Up and Running	1:06:45	1:06:57
17	443	Hannah Monteverde		1:07:28	1:07:45
18	48	Charlotte Chapman	Bude Rats (Run and Tri)	1:11:31	1:11:49
19	145	Charlotte Elliott		1:11:23	1:11:58
20	402	Jade Jennings	Launceston Road Runners	1:12:03	1:12:27
21	320	Eleni Snellgrove		1:13:39	1:13:55
22	431	Jade Gifford		1:13:52	1:14:16
23	267	Khaya Paton	Sports Charity Mwanza	1:14:29	1:14:43
24	430	Natalie Kilford		1:19:15	1:19:38
25	8	Elizabeth Kitto	Camelford Up and Running	1:20:06	1:20:18
26	20	Jasmine Gilkes		1:22:10	1:22:44
27	299	Molly Tape		1:24:27	1:24:54
28	321	Abigail Mansfield	Camelford Up and Running	1:30:02	1:30:14
Female 35-39					
1	449	Joanne Page	Okehampton RC	0:46:17	0:46:20
2	316	Helen Morse	East Cornwall Harriers	0:47:58	0:48:02
3	362	Hannah Matthews	East Cornwall Harriers	0:48:50	0:48:54
4	211	Rosie Bradbury	Falmouth Running Club	0:51:27	0:51:33
5	58	Kathy Jeffery		0:53:35	0:53:51
6	319	Laura Eccott	Bude Rats (Run and Tri)	0:53:47	0:53:53
7	67	Heather Stacey	Holsworthy Running Club	0:54:33	0:54:43
8	40	Ellie Musson	Camelford Up and Running	0:55:24	0:55:33
9	243	Jenna Sleeman	Camelford Up and Running	0:56:19	0:56:28
10	355	Gemma Steele	Bideford AAC	0:56:32	0:56:53
11	11	Lynsey Searle	Carn Runners	0:59:32	0:59:50
12	231	Katrina Werren		1:03:21	1:03:50
13	13	Emma Deanes	Camelford Up and Running	1:05:01	1:05:19
14	407	Claire Stone	Hayle Runners	1:06:17	1:06:28
15	77	Pippa Carey-Jones	Camelford Up and Running	1:06:33	1:07:02
16	286	Jess Lacey	Let's Go Cani Cross	1:07:01	1:07:16

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
17	233	Kerri Milne		1:07:17	1:07:51
18	110	Rebecca Rice		1:09:08	1:09:38
19	101	Natalia Moores		1:09:59	1:10:13
20	414	Leah Dickinson		1:11:14	1:11:44
21	2	Holly Hutchins	Camelford Up and Running	1:12:03	1:12:22
22	14	Rosie Trevains	Bys Vyken Race Team	1:14:19	1:14:51
23	33	Gemma Wotherspoon	Bodmin Women's Running Club	1:16:42	1:17:13
24	23	Beth Morgan	Camelford Up and Running	1:22:47	1:23:08
25	39	Sam Allan	Camelford Up and Running	1:22:49	1:23:08
26	195	Ria Thompson	Holsworthy Running Club	1:26:10	1:26:40
Female 40-44					
1	216	Anna Tanner		0:48:20	0:48:23
2	224	Claire Strong	Bude Rats (Run and Tri)	0:50:57	0:51:03
3	114	Holly Webbe	Bideford AAC	0:51:05	0:51:24
4	63	Lisa Hutchings	Hartland Hillbillies	0:56:12	0:56:18
5	182	Lisa Tame	Bude Rats (Run and Tri)	0:56:16	0:56:23
6	26	Simone Pantling	Bude Surf Life Saving	0:56:30	0:56:39
7	74	Linzi Hanscomb	Bodmin Road Runners	0:58:04	0:58:27
8	43	Merryn Allen	Holsworthy Running Club	0:58:47	0:59:16
9	151	Marlene Grobler	Carn Runners	1:02:50	1:03:16
10	336	Emily Parr	Camelford Up and Running	1:04:08	1:04:16
11	340	Janine Davage		1:04:28	1:04:51
12	349	Rosie Searle		1:04:28	1:04:51
13	12	Elizabeth Uglow		1:05:28	1:05:50
14	219	Lora Tanner	Bude Rats (Run and Tri)	1:06:48	1:07:06
15	207	Lois Briard	Bude Rats (Run and Tri)	1:06:56	1:07:14
16	130	Helen Cooley	Bude Rats (Run and Tri)	1:09:00	1:09:19
17	89	Jodie Harper		1:09:10	1:09:26
18	433	Nic Barrett		1:09:19	1:09:30
19	383	Rebecca Wise	Launceston Road Runners	1:09:39	1:09:54
20	9	Susan Jarvis		1:09:27	1:09:58
21	47	Kate Payne		1:09:31	1:10:02
22	384	Victoria Holt	Launceston Road Runners	1:10:05	1:10:20
23	121	Jen Williams	Launceston Road Runners	1:11:02	1:11:15
24	103	Viki Hayer		1:12:43	1:13:16
25	100	Joanne Burrow		1:12:43	1:13:17
26	318	Samantha Snellgrove		1:13:38	1:13:55
27	441	Yelda Müge Parsons	Hayle Runners	1:14:02	1:14:14
28	392	Natalie Donnelly		1:14:27	1:14:39
29	417	Terina Ellacott	Holsworthy Running Club	1:15:28	1:15:47
30	346	Laura Menzies	Bradworthy Runners	1:18:14	1:18:42
31	272	Laura Didwell		1:21:08	1:21:39
32	351	Suzanne Tilley	Callington Running Group	1:22:02	1:22:32
33	444	Rachel Hardy		1:23:06	1:23:28
34	285	Tamara Reynolds	Bys Vyken Race Team	1:29:20	1:29:54
DNF	149	Cara Norman	Camelford Up and Running		
Female 45-49					
1	328	Lisa Picton	East Cornwall Harriers	0:46:18	0:46:22

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
2	331	Belinda Peres		0:52:37	0:52:39
3	213	Vicky Fleet	Falmouth Running Club	0:54:08	0:54:15
4	247	Meeta Nicholls	East Cornwall Harriers	0:54:30	0:54:35
5	241	Kelly Bills	Hayle Runners	0:54:38	0:54:45
6	185	Candace Jewell	Bideford AAC	0:55:06	0:55:26
7	51	Michelle Bright	Bideford AAC	0:56:40	0:57:01
8	172	Rachel Collier		0:58:09	0:58:19
9	222	Nicola Emmett	Bude Rats (Run and Tri)	1:01:36	1:01:44
10	227	Daniella Christian		1:02:07	1:02:13
11	178	Kate Stevens	St Austell Running Club	1:03:28	1:03:49
12	297	Hannah Harvey	Fremington Trailblazers	1:04:19	1:04:32
13	189	Sally Gostick		1:04:40	1:04:56
14	32	Claire Barlow	Bodmin Road Runners	1:05:34	1:05:57
15	409	Sarah Richardson	Bradworthy Runners	1:06:27	1:06:52
16	396	Susan Thomas	Hayle Runners	1:06:40	1:06:56
17	257	Trina Bradbury	Launceston Road Runners	1:07:36	1:07:50
18	96	Jo Hedderly	Bideford AAC	1:07:57	1:08:33
19	302	Vicky Bond	Okehampton RC	1:09:47	1:10:03
20	326	Nina Chell	Falmouth Running Club	1:09:51	1:10:08
21	135	Rebecca Thomas	Camelford Up and Running	1:10:25	1:10:52
22	375	Miranda Honey	Bodmin Road Runners	1:10:27	1:10:52
23	275	Tracey Bigmore	Fremington Trailblazers	1:10:40	1:10:54
24	94	Nicky Hicks	Launceston Road Runners	1:10:48	1:10:59
25	153	Bridget Stapleton	Torrington AAC	1:11:06	1:11:32
26	289	Kathryn Marsh	Carn Runners	1:11:32	1:11:57
27	144	Victoria Hall	Bodmin Road Runners	1:12:20	1:12:48
28	91	Emma James	Launceston Road Runners	1:12:45	1:13:07
29	140	Rebecca Simmons		1:12:42	1:13:16
30	111	Hannah Woods		1:12:42	1:13:16
31	400	Angela Tyson	Newquay Road Runners	1:13:35	1:14:08
32	401	Victoria Walton	Newquay Road Runners	1:13:35	1:14:08
33	37	Lucy Staple		1:14:34	1:14:42
34	99	Naomi Archer		1:17:02	1:17:37
35	56	Emma Grigg	Camelford Up and Running	1:19:02	1:19:16
36	54	Rachel Penn		1:21:22	1:21:44
37	230	Kathryn Thomas	Cornwall AC	1:30:04	1:30:31
38	3	Sue Coates	Bys Vyken Race Team	1:41:12	1:41:45
Female 50-54					
1	327	Alison Weir	Falmouth Running Club	0:55:33	0:55:40
2	365	Emma Richards	Torrington AAC	0:55:30	0:55:51
3	374	Annie Creo	Bude Rats (Run and Tri)	0:56:32	0:56:42
4	442	Ann Barriball	Launceston Road Runners	0:59:03	0:59:10
5	356	Becki Sant	Launceston Road Runners	0:59:23	0:59:41
6	301	Karen Heard	Bradworthy Runners	1:01:33	1:01:58
7	406	Paula Wilkinson	Bude Rats (Run and Tri)	1:01:53	1:02:03
8	342	Lara Trewin		1:01:49	1:02:06
9	281	Louise Richardson	Bodmin Road Runners	1:01:52	1:02:16
10	19	Andrea Sleeman	Holsworthy Running Club	1:02:39	1:02:57

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
11	307	Julia Foster		1:07:41	1:07:48
12	193	Elaine Hill	Launceston Road Runners	1:07:38	1:07:51
13	244	Jacqui Couch	Torrington AAC	1:07:27	1:07:53
14	191	Liz Gayton		1:08:46	1:09:00
15	253	Anthea Sussex	Torrington AAC	1:08:51	1:09:15
16	325	Gill Overell	St Austell Running Club	1:09:43	1:09:55
17	344	Natalie Taylor	Let's Go Cani Cross	1:10:04	1:10:21
18	21	Sue Price	Fremington Trailblazers	1:10:25	1:10:38
19	412	Vikki Savage	Launceston Road Runners	1:10:56	1:11:08
20	215	Louise Hadfield	Let's Go Cani Cross	1:12:24	1:12:39
21	7	Geraldine Walter		1:12:43	1:13:16
22	237	Jo Bradford		1:12:43	1:13:16
23	137	Claire Baird	Camelford Up and Running	1:15:31	1:15:42
24	64	Joanne Bailey	Launceston Road Runners	1:16:30	1:16:56
25	357	Karen Vallance	Okehampton RC	1:22:10	1:22:44
Female 55-59					
1	86	Jenny Bryant	Tavistock AC	0:51:38	0:51:42
2	179	Steph Olliffe	Torrington AAC	0:55:08	0:55:17
3	367	Michaela Hillman	Torrington AAC	0:58:32	0:58:42
4	305	Juliet Stewart	Truro Running Club	1:00:18	1:00:25
5	60	Pauline Tallett	Ashford Striders	1:03:13	1:03:32
6	381	Jane Stephens	Bodmin Road Runners	1:03:15	1:03:35
7	295	Suzanne Brown	Bude Rats (Run and Tri)	1:05:32	1:05:42
8	126	Sandra Haynes	Looe Pioneers Running Club	1:06:29	1:06:49
9	234	Anna Devlin	Bude Rats (Run and Tri)	1:12:23	1:12:38
10	95	Lorraine Hawkins	Launceston Road Runners	1:13:27	1:13:49
11	173	Jane Walter	Bradworthy Runners	1:13:57	1:14:24
12	196	Sarah Parkman	Camelford Up and Running	1:16:22	1:16:39
13	198	Caroline Davies	Bodmin Women's Running Club	1:16:46	1:17:16
14	17	Sarah Ford	Crediton Running Network	1:18:22	1:18:44
15	146	Cath Elliott		1:19:01	1:19:35
16	55	Helen Baker	Cornwall Power Runs	1:19:10	1:19:40
17	169	Julie Bolitho	Hayle Runners	1:20:04	1:20:28
18	176	Rosemary Sanders	Bradworthy Runners	1:20:36	1:21:04
19	345	Michelle Oseman	Let's Go Cani Cross	1:22:11	1:22:27
20	147	Yvonne Matthews	Bys Vyken Race Team	1:29:20	1:29:54
21	175	Lesley Taylor	Bradworthy Runners	1:30:12	1:30:40
Female 60-64					
1	184	Alison Temple	Bodmin Road Runners	0:52:15	0:52:24
2	150	Jane Stedman	Bodmin Road Runners	0:56:44	0:57:07
3	239	Sue Park	Fremington Trailblazers	0:58:45	0:58:59
4	226	Janet Ritchie	Carn Runners	0:59:51	1:00:05
5	334	Edwina Stevenson	Bideford AAC	1:01:04	1:01:24
6	389	Linda Pickard	Launceston Road Runners	1:02:49	1:03:13
7	368	Jennie Hayes	Torrington AAC	1:05:04	1:05:29
8	245	Jackie Webber		1:06:02	1:06:23
9	187	Lorrie Woolgar	Fremington Trailblazers	1:06:15	1:06:28
10	363	Mary Ritson	Torrington AAC	1:07:03	1:07:28

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
11	276	Tracy Freame	Fremington Trailblazers	1:10:39	1:10:53
12	112	Lesley Taphouse	Bodmin Road Runners	1:11:34	1:12:02
13	80	Judy Jameson	Carn Runners	1:11:46	1:12:13
14	359	Michelle Luddington	Okehampton RC	1:12:32	1:12:48
15	225	Jennifer Sharp	Bude Rats (Run and Tri)	1:13:17	1:13:37
16	174	Shirley Grills	Bradworthy Runners	1:13:50	1:14:17
17	432	Susan Martin	Torrington AAC	1:14:42	1:15:08
18	92	Sally Bryant		1:16:55	1:17:17
19	124	Debbie Stokes	Bradworthy Runners	1:18:13	1:18:41
20	167	Sue Colbourne		1:18:22	1:18:44
21	128	Jennie Massey	Hayle Runners	1:27:02	1:27:18
22	139	Michele Baker-Caton	Bodmin Women's Running Club	1:30:06	1:30:41
Female 65-69					
1	369	Angela Brinicombe	Launceston Road Runners	0:59:45	0:59:58
2	87	Jackie Cope	Falmouth Running Club	1:02:26	1:02:34
3	197	Jane Jackson	Lonely Goat RC	1:02:54	1:03:10
4	271	Jill Hayward	Fremington Trailblazers	1:04:58	1:05:12
5	71	Mary Pool		1:07:27	1:07:39
6	36	Janet Kirkham	Camelford Up and Running	1:12:03	1:12:22
7	102	Kathryn Volkelt-Igoe	Okehampton RC	1:12:14	1:12:31
8	372	Anne Brett	Okehampton RC	1:13:16	1:13:31
9	18	Jackie Wells	Camelford Up and Running	1:13:30	1:14:00
10	142	Linda Godfrey		1:14:27	1:15:00
11	171	Ruth Garrett	Just Jog Bideford	1:18:57	1:19:16
12	199	Janet Bragg	Holsworthy Running Club	1:27:39	1:28:08
Female 70+					
1	138	Mary Mullarkey	East Cornwall Harriers	1:07:27	1:08:00
Male Under 35					
1	254	Joshua Benford	Bideford AAC	0:34:17	0:34:18
2	446	David Tregonning	St Austell Running Club	0:36:42	0:36:43
3	447	Luke Stannus	Okehampton RC	0:37:37	0:37:38
4	41	Dylan Stevens	Newquay & Par AC	0:38:12	0:38:14
5	337	Liam Gallantry	East Cornwall Harriers	0:40:28	0:40:30
6	439	Hayden Bond	Tavistock AC	0:40:50	0:40:52
7	220	Dean Wickett		0:40:52	0:40:54
8	437	Harry Page		0:41:44	0:41:47
9	68	Gareth Leitch		0:43:04	0:43:10
10	205	Andrew Hooper		0:43:18	0:43:21
11	348	Jack Gale		0:44:00	0:44:04
12	143	Luke Day	Ilfracombe Running Club	0:44:44	0:44:47
13	69	Saul Barraclough	Bude Surf Life Saving	0:45:53	0:45:57
14	81	Zack Davis	Bude Rats (Run and Tri)	0:48:12	0:48:16
15	335	Cal Reeve		0:51:09	0:51:13
16	132	Edward Clarke		0:51:10	0:51:28
17	31	Michael Jones	(no club)	0:53:53	0:54:09
18	106	Ben South		0:54:27	0:54:32
19	303	George Harvey		0:55:06	0:55:10
20	35	Jack Gibson	Camelford Up and Running	0:55:32	0:55:47

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
21	354	Jake Todd		0:58:17	0:58:38
22	136	Jack Westlake		0:59:38	1:00:00
23	293	Joseph Chapman		0:59:58	1:00:04
24	425	Harry Teague		0:59:51	1:00:05
25	249	Austen Ward		1:05:25	1:05:43
26	49	Jordan Menzies		1:05:34	1:05:54
27	393	William Shute		1:06:01	1:06:13
28	413	Jake Dickinson		1:06:00	1:06:31
29	156	Tom Davies		1:12:04	1:12:27
30	294	Sam Chapman		1:20:45	1:20:58
31	273	Alex Belverstone		1:21:07	1:21:39
32	312	Harry Hedley		1:24:33	1:24:39
33	300	Toby Ingle		1:24:28	1:24:54
Male 35-39					
1	352	Steve Reynolds	Truro Running Club	0:37:02	0:37:03
2	424	John Odonoghue	Bideford AAC	0:37:58	0:37:59
3	339	Joseph Thomson	Launceston Road Runners	0:43:28	0:43:31
4	125	Brett Jackson	St Austell Running Club	0:43:43	0:43:45
5	180	Nick Taylor	Torrington AAC	0:43:50	0:43:58
6	338	Kelvin Moyse		0:46:29	0:46:36
7	256	Mike Gilbert	Launceston Road Runners	0:47:40	0:47:47
8	435	Mark Clements		0:48:44	0:48:51
9	416	Benjamin Jarram	Launceston Road Runners	0:50:31	0:50:37
10	420	Alec Inniss		0:53:08	0:53:14
11	376	Rhys Hobbs		0:53:09	0:53:15
12	436	Andrew Bishop	Run Fit Run Fast	0:55:58	0:56:12
13	65	Wayne Washbrook	Bideford AAC	0:57:43	0:58:03
14	113	Mark Simpson	Launceston Road Runners	0:58:15	0:58:31
15	278	Paul Lathom		1:02:36	1:02:55
16	28	Thomas Cockerill		1:11:38	1:12:03
17	411	Steve Brookes		1:12:31	1:12:41
Male 40-44					
1	311	Alex Marples	Truro Running Club	0:39:01	0:39:02
2	235	Morgan Craig		0:40:11	0:40:14
3	120	James Youlden	St Austell Running Club	0:40:15	0:40:17
4	290	Tom Brunet-Chugg	St Austell Running Club	0:41:53	0:41:55
5	371	Richard Chynoweth	Truro Running Club	0:44:20	0:44:23
6	313	Ben Harding	East Cornwall Harriers	0:44:55	0:44:58
7	379	Ashley Jewell	Bideford AAC	0:45:10	0:45:13
8	105	Stewart Charge		0:46:30	0:46:41
9	306	Simon Bishop		0:47:08	0:47:16
10	24	Nick Giles		0:47:14	0:47:16
11	38	Matt Allan	Camelford Up and Running	0:47:37	0:47:41
12	212	Russell King	Falmouth Running Club	0:48:01	0:48:07
13	408	Frazer Humbles	Hayle Runners	0:48:51	0:48:55
14	117	Andrew James	Hayle Runners	0:48:51	0:48:56
15	157	Darren Avery	Torrington AAC	0:48:52	0:49:01
16	450	Steve Hudson		0:49:25	0:49:34

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17	203	Tristan Wilton		0:50:43	0:51:09
18	291	John Gatrell	Bude Surf Life Saving	0:51:11	0:51:17
19	350	Tom Arthur		0:54:05	0:54:16
20	429	Jonathan Highet	Bude Surf Life Saving	0:55:00	0:55:08
21	223	Ben Rogers	Bude Rats (Run and Tri)	0:56:00	0:56:09
22	209	Chris Carey		0:59:52	1:00:01
23	115	Geoff Panter		1:01:10	1:01:32
24	4	Chris Lawson		1:01:34	1:01:44
25	118	James Danks	Falmouth Running Club	1:02:44	1:03:01
26	298	Brent Carpenter	Fremington Trailblazers	1:04:19	1:04:32
27	16	Michael Brereton	Camelford Up and Running	1:06:32	1:06:55
28	269	Robert Saxton		1:21:06	1:21:39
Male 45-49					
1	322	Carl Murphy	Truro Running Club	0:41:00	0:41:02
2	242	Gary Blight	Bideford AAC	0:41:21	0:41:22
3	42	Paul Stevens	St Austell Athletes Running Club	0:42:16	0:42:19
4	186	James Jewell	Bideford AAC	0:42:19	0:42:21
5	236	Mark Roby	Truro Running Club	0:43:46	0:43:49
6	448	Mark Curtis	Bideford AAC	0:43:55	0:43:58
7	88	Craig Harper	Bude Rats (Run and Tri)	0:47:18	0:47:23
8	83	Marty Barnfield	Bodmin Road Runners	0:47:55	0:48:00
9	44	Steven Martin		0:50:06	0:50:14
10	438	Andy Cloke	Bude Rats (Run and Tri)	0:50:40	0:50:48
11	116	David Wilcox	Truro Running Club	0:53:50	0:53:58
12	161	Andrew Mansfield	Camelford Up and Running	0:55:35	0:55:39
13	90	Peter James	Launceston Road Runners	0:55:22	0:55:43
14	434	Michael Callaghan-Martin	Torrington AAC	0:57:18	0:57:42
15	46	Matt Payne		0:57:19	0:57:49
16	214	Ian Shute		1:00:10	1:00:15
17	50	Darran Irwin	North Devon Road Runners	1:00:39	1:01:04
18	134	Nick Brewer		1:05:14	1:05:33
19	45	Simon Heard	Camelford Up and Running	1:06:24	1:06:55
20	200	Gareth Carey-Jones		1:06:33	1:07:02
21	30	Stuart Woolley		1:11:45	1:12:11
22	347	Chris Rose	Let's Go Cani Cross	1:14:54	1:15:12
Male 50-54					
1	123	Antony Jarvis	St Austell Running Club	0:41:04	0:41:05
2	398	Jeremy Brown	Bude Rats (Run and Tri)	0:41:50	0:41:55
3	202	Mike Dowrick	Cornwall AC	0:42:36	0:42:39
4	265	Robert Standing	Truro Running Club	0:42:42	0:42:45
5	314	Colin Bathe	Truro Running Club	0:46:57	0:47:02
6	107	Neil Helson	St Austell Athletes Running Club	0:47:31	0:47:36
7	148	Mark Sluggett	Launceston Road Runners	0:48:57	0:49:01
8	154	Wayne Stapleton	Torrington AAC	0:49:04	0:49:13
9	370	Andy Williams	Truro Running Club	0:50:46	0:50:53
10	261	Adam Paynter	Launceston Road Runners	0:52:42	0:52:53
11	84	David Thomasson	Bodmin Road Runners	0:52:45	0:52:55
12	366	Conrad Stevens	Torrington AAC	0:52:54	0:53:02

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
13	85	Steve Horsfield		0:53:13	0:53:20
14	415	Mark Richardson	Bradworthy running club	0:54:16	0:54:40
15	204	Jason Price		0:54:45	0:54:51
16	238	Steven Jenkin	Cornwall AC	0:54:37	0:54:58
17	287	Shaun Heard	Bradworthy Runners	0:56:26	0:56:32
18	445	David Bidgway	Bodmin Road Runners	0:57:51	0:58:20
19	426	Eoin Stockdale	Carn Runners	0:57:54	0:58:22
20	109	Richard Abbott	Holsworthy Running Club	0:59:53	1:00:04
21	97	Gary Hatch	Bideford AAC	1:01:25	1:01:57
22	248	Andrew Ward		1:05:26	1:05:44
23	131	Ray Clarke		1:05:57	1:06:16
24	341	Frederick Hoare	Let's Go Cani Cross	1:06:27	1:06:44
25	22	Paul Gardiner	Camelford Up and Running	1:07:29	1:07:49
26	266	Bruce Paton	Sports Charity Mwanza	1:14:29	1:14:43
27	380	Richard Lloyd		1:14:29	1:14:58
28	59	Bruce Draper	Launceston Road Runners	1:19:09	1:19:22
29	29	Darren Cornish		1:21:50	1:22:16
30	284	Gavin Hannah		1:29:07	1:29:25
31	177	Martin Clark		1:44:30	1:45:05
Male 55-59					
1	25	Chris Stone	Bideford AAC	0:45:19	0:45:21
2	323	Dave Barker	Fremington Trailblazers	0:48:01	0:48:08
3	122	Ian Gronwalt	St Austell Running Club	0:48:28	0:48:30
4	183	Ian Temple	Bodmin Road Runners	0:48:47	0:48:57
5	255	Nigel Reddicliffe	Launceston Road Runners	0:48:55	0:49:02
6	210	Christopher Heywood		0:48:58	0:49:02
7	373	Robert Ireton	Camelford Up and Running	0:50:54	0:50:59
8	310	Keith Hoadley	Torrington AAC	0:51:20	0:51:28
9	263	Vivian Bray	Cornwall AC	0:54:56	0:55:17
10	181	Andy Whelan		0:55:55	0:56:20
11	162	Colin Wynne	Torrington AAC	0:59:06	0:59:20
12	190	Michael Cousins		0:59:22	0:59:31
13	405	Rob Petrie		0:59:27	0:59:37
14	421	Jules Teague		0:59:51	1:00:05
15	282	Ritchie Richardson	Bodmin Road Runners	1:00:59	1:01:23
16	194	Tony Farrant	Callington Running Group	1:04:37	1:05:07
17	208	Al Hadfield		1:09:28	1:09:43
18	98	Sean Taylor	Bodmin Road Runners	1:10:40	1:11:09
Male 60-64					
1	264	Jon Eldon	Hayle Runners	0:43:35	0:43:37
2	5	Vincent Helliwell	Bideford AAC	0:44:49	0:44:52
3	377	David Thomson		0:48:17	0:48:21
4	428	Brian Yates	Truro Running Club	0:54:07	0:54:13
5	93	Percy Jeans		0:58:24	0:58:35
6	229	Mike Bawden	Carn Runners	0:58:47	0:59:09
7	170	Paul Garrett	Just Jog Bideford	1:01:18	1:01:37
8	15	James Rooney	Bude Rats (Run and Tri)	1:01:47	1:01:52
9	155	Andrew Russell		1:01:40	1:01:53

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>
10	333	Clive Davis		1:02:09	1:02:37
11	390	Dave Pickard	Launceston Road Runners	1:03:54	1:04:19
12	75	Robert Willcocks	Falmouth Running Club	1:09:56	1:10:04
13	168	Robert Bolitho	Hayle Runners	1:16:04	1:16:28
14	332	David Lean	East Cornwall Harriers	1:31:03	1:31:35
Male 65-69					
1	82	Peter Allen	Newquay Road Runners	0:52:13	0:52:19
2	57	Phillip Thomas	Bideford AAC	1:03:34	1:03:44
3	240	Steve Park	Fremington Trailblazers	1:04:15	1:04:28
4	164	Kev Hogarth		1:04:37	1:05:08
5	364	Steve Menear	St Austell Running Club	1:05:14	1:05:35
6	6	Chris Fulford-Brown	Okehampton RC	1:06:56	1:07:07
7	423	Paul Tappenden		1:08:29	1:08:43
8	382	Steve Lawrence	Falmouth Running Club	1:23:30	1:23:59
Male 70+					
1	387	Stephen Hutchinson	Bude Rats (Run and Tri)	0:56:07	0:56:12
2	388	Chunky Penhaul	Hayle Runners	1:00:26	1:00:33
3	66	Ian Grimes	Launceston Road Runners	1:02:23	1:02:31
4	1	Des Evans	Newquay Road Runners	1:02:41	1:02:45
5	188	Peter Drew	Carn Runners	1:05:06	1:05:33
6	296	Alan Brandwood	Falmouth Running Club	1:06:07	1:06:24
7	166	Philip Beale	Just Jog Bideford	1:06:26	1:06:46
8	62	Martin Venning	Launceston Road Runners	1:09:24	1:09:43
9	119	Roy Newton	Falmouth Running Club	1:10:07	1:10:34
10	79	John Tilley	Bodmin Road Runners	1:13:42	1:14:12
11	251	Keith Shadrack	Bradworthy running club	1:14:05	1:14:34
12	53	Derek Pearse		1:14:53	1:15:15
13	358	Dennis Burrell	Carn Runners	1:17:04	1:17:32
14	78	Frank Dunlop		1:23:53	1:24:05
15	201	David Garrard	Falmouth Running Club	1:34:35	1:35:03