





1	59	Reid	Allan	40-49	M	Gyllyngvase	00:02:46	00:11:26	00:14:12
2	67	Wills	Julian	40-49	M	Mounts Bay Harriers	00:02:54	00:11:59	00:14:53
3	65	Smith	Andrew	40-49	M	One and all Cycling	00:02:53	00:12:19	00:15:12
4	10	Worledge	Mark	40-49	M	Mounts Bay Harriers	00:02:50	00:12:40	00:15:30
5	24	Richards	Mark	40-49	M		00:02:55	00:13:12	00:16:07
6	3	Hobley	Ian	40-49	M	Votwo.co.uk/USN	00:02:55	00:13:17	00:16:12
7	49	Veal	Ian	40-49	M		00:03:18	00:13:33	00:16:51
8	44	Kewn	Jeremy	40-49	M	Mounts Bay Harriers	00:03:39	00:14:02	00:17:41
9	15	Ringwood	Michael	40-49	M	Mounts Bay Harriers	00:03:41	00:14:22	00:18:03
10	17	Randall	Gavin	40-49	M	Mounts Bay Harriers	00:03:16	00:15:30	00:18:46
11	37	Rees	Nick	40-49	M		00:03:34	00:15:29	00:19:03
12	69	Sanders	Paul	40-49	M	Gyllyngvase	00:03:14	00:16:15	00:19:29
13	30	Tonkin	Shaun	40-49	M	Mounts Bay Harriers	00:03:12	00:21:12	00:24:24
1	11	Brooks	Nick	50-59	M	Mounts Bay Harriers	00:02:39	00:14:30	00:17:09
2	74	Briscoe	Clive	50-59	M		00:04:13	00:14:55	00:19:08
3	36	Rowell	Tony	50-59	M	Tri Logic	00:03:04	00:16:04	00:19:08
4	5	Trewhella	Chris	50-59	M	Mounts Bay Harriers	00:04:35	00:17:21	00:21:56
1	70	Frith	Ray	60+	M	Newquay Triathletes	00:03:20	00:15:07	00:18:27