









1	Galloway	Alison	50-59	F	Tri Logic	00:04:55	00:15:26	00:20:21
2	Prady	Liz	50-59	F	Mounts Bay Harriers	00:04:04	00:18:10	00:22:14
3	Matthews	Sue	50-59	F	Mounts Bay Harriers	00:04:35	00:18:34	00:23:09
1	King	Mark	50-59	M	Tri Logic	00:03:33	00:12:42	00:16:15
2	Brooks	Nick	50-59	M	Mounts Bay Harriers	00:02:47	00:14:10	00:16:57
3	Rowell	Tony	50-59	M	Tri Logic	00:03:39	00:14:48	00:18:27
4	Horwell	Kenneth	50-59	M		00:03:54	00:15:42	00:19:36
5	Trehella	Chris	50-59	M	Mounts Bay Harriers	00:05:07	00:15:34	00:20:41
6	Turtle	John	50-59	M	Mounts Bay Harriers	00:05:21	00:15:46	00:21:07
7	Squire	Mark	50-59	M	Mounts Bay Harriers	00:04:49	00:18:32	00:23:21
1	Frith	Ray	60+	M	Newquay Road Runners	00:03:17	00:14:40	00:17:57