

Remembrance Run Sunday 13 November 2016. 11:00 am

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|----|---------|--------------------|------------------------|-----------------|-----|----|
| 1 | 0:24:47 | BREWER, Tony | Mile High | Male under 35 | 253 | 1 |
| 2 | 0:25:54 | DOBSON, Jacob | Falmouth Road Runners | Male under 35 | 225 | 2 |
| 3 | 0:26:04 | LANGLEY, Ross | Tring Running Club | Male under 35 | 33 | 3 |
| 4 | 0:26:24 | COLACO, Jonny | Newquay Road Runners | Male 45-49 | 109 | 4 |
| 5 | 0:26:47 | MARPLES, Alex | Truro Running Club | Male 35-39 | 55 | 5 |
| 6 | 0:27:01 | BARNET, James | Falmouth Road Runners | Male under 35 | 164 | 6 |
| 7 | 0:27:14 | WISNER, John | | Male 45-49 | 276 | 7 |
| 8 | 0:27:21 | SNAZELL, Matt | Truro Running Club | Male under 35 | 74 | 8 |
| 9 | 0:27:26 | HALL, Craig | Carn Runners | Male 40-44 | 140 | 9 |
| 10 | 0:27:27 | SAWFORD, Paul | Carn Runners | Male 45-49 | 238 | 10 |
| 11 | 0:27:31 | STRACHAN, Stephen | Falmouth Road Runners | Male 40-44 | 262 | 11 |
| 12 | 0:27:34 | PURVIS, Lloyd | | Male 40-44 | 249 | 12 |
| 13 | 0:27:39 | BYFIELD, Ben | | Male 35-39 | 134 | 13 |
| 14 | 0:27:50 | PASSINGHAM, Oliver | | Male under 35 | 257 | 14 |
| 15 | 0:27:53 | DAVIS, Glynn | Carn Runners | Male 50-54 | 247 | 15 |
| 16 | 0:27:54 | COATSWORTH, Rory | | Male 35-39 | 226 | 16 |
| 17 | 0:28:03 | MURRANT, Kieran | Hayle Runners | Male under 35 | 229 | 17 |
| 18 | 0:28:07 | BALL, Adrian | Cornwall AC | Male 45-49 | 284 | 18 |
| 19 | 0:28:17 | STONE, Matthew | Falmouth Road Runners | Male under 35 | 261 | 19 |
| 20 | 0:28:19 | VINNICOMBE, Jason | Carn Runners | Male 40-44 | 149 | 20 |
| 21 | 0:28:23 | BRYDON, James | Bodmin Road Runners | Male under 35 | 94 | 21 |
| 22 | 0:28:45 | DAVIES, James | Truro Running Club | Male under 35 | 156 | 22 |
| 23 | 0:28:46 | DOWRICK, Mike | Cornwall AC | Male 40-44 | 62 | 23 |
| 24 | 0:28:53 | LITTLEJOHNS, Mark | Falmouth Road Runners | Male 40-44 | 295 | 24 |
| 25 | 0:28:54 | LITTLEWOOD, Ian | East Cornwall Harriers | Male 35-39 | 12 | 25 |
| 26 | 0:28:57 | RICHARDS, Jason | Carn Runners | Male under 35 | 154 | 26 |
| 27 | 0:29:02 | CHAPMAN, Mick | Mile High | Male 50-54 | 239 | 27 |
| 28 | 0:29:29 | WATSON, Robin | Falmouth Road Runners | Male 50-54 | 177 | 28 |
| 29 | 0:29:35 | MARSTON, Jeremy | Mounts Bay Harriers | Male 45-49 | 200 | 29 |
| 30 | 0:29:36 | ANDREWARTHA, David | Bude Rats | Male under 35 | 248 | 30 |
| 31 | 0:29:45 | JACKSON, Brett | St Austell RC | Male under 35 | 289 | 31 |
| 32 | 0:29:51 | SIMS, Nigel | Mounts Bay Harriers | Male 50-54 | 279 | 32 |
| 33 | 0:29:55 | SMITH, Andrew | | Male 45-49 | 235 | 33 |
| 34 | 0:29:59 | PRESTON, Daniel | Mounts Bay Harriers | Male 35-39 | 230 | 34 |
| 35 | 0:30:05 | RANDALL, Carol | Mounts Bay Harriers | Female 45-49 | 260 | 35 |
| 36 | 0:30:09 | DORRELL, Mark | Carn Runners | Male 50-54 | 47 | 36 |
| 37 | 0:30:14 | GWYNNE, Paul | Mud Crew | Male 50-54 | 51 | 37 |
| 38 | 0:30:28 | ULLMAN, Chris | East Cornwall Harriers | Male 45-49 | 270 | 38 |
| 39 | 0:30:44 | THOMSON, Stuart | Mounts Bay Harriers | Male 40-44 | 20 | 39 |
| 40 | 0:30:52 | COX, Chris | | Male 45-49 | 66 | 40 |
| 41 | 0:31:00 | BULLEN, Gary | Mile High | Male 50-54 | 243 | 41 |
| 42 | 0:31:02 | NASH, Jenny | East Cornwall Harriers | Female 50-54 | 101 | 42 |
| 43 | 0:31:04 | BOON, Andy | Truro Running Club | Male 35-39 | 107 | 43 |
| 44 | 0:31:08 | PORTE, Rachel | Hayle Runners | Female 40-44 | 250 | 44 |
| 45 | 0:31:15 | WALKER, Iain | St Austell RC | Male 60-64 | 194 | 45 |
| 46 | 0:31:25 | CARDEW, Barrie | Carn Runners | Male 55-59 | 145 | 46 |
| 47 | 0:31:27 | BERRYMAN, Tom | | Male under 35 | 131 | 47 |
| 48 | 0:31:28 | LETCHFORD, Geoff | Mounts Bay Harriers | Male 65-69 | 252 | 48 |
| 49 | 0:31:36 | RAPSON, Nigel | St Austell RC | Male 50-54 | 137 | 49 |
| 50 | 0:31:38 | KNUCKEY, Phil | Tri Logic | Male 50-54 | 283 | 50 |
| 51 | 0:31:41 | ABBOTT, Brian | St Austell RC | Male 50-54 | 190 | 51 |
| 52 | 0:31:44 | ALDIS, Philip | Bude Rats | Male 55-59 | 57 | 52 |
| 53 | 0:31:47 | GRONWALT, Ian | Mud Crew | Male 45-49 | 30 | 53 |
| 54 | 0:31:53 | WOLF, Jan | | Male 35-39 | 227 | 54 |
| 55 | 0:32:07 | NEWCOMBE, Giles | Hayle Runners | Male 55-59 | 292 | 55 |
| 56 | 0:32:27 | GOUNDRY, Andy | Truro Running Club | Male 50-54 | 163 | 56 |
| 57 | 0:32:43 | PROSSER, Thomas | Mounts Bay Harriers | Male under 35 | 263 | 57 |
| 58 | 0:32:45 | ALLEN, Peter | Newquay Road Runners | Male 55-59 | 15 | 58 |
| 59 | 0:32:48 | YOUNG, Andy | St Austell RC | Male 55-59 | 192 | 59 |
| 60 | 0:32:53 | KING, Melissa | Newquay Road Runners | Female under 35 | 256 | 60 |
| 61 | 0:32:53 | CLEMENTS, Colette | Newquay Road Runners | Female 35-39 | 108 | 61 |
| 62 | 0:32:54 | HARDING, Ben | East Cornwall Harriers | Male 35-39 | 115 | 62 |
| 63 | 0:33:08 | MOORE, Thomas | Truro Running Club | Male 35-39 | 159 | 63 |
| 64 | 0:33:09 | WILLIAMS, Kelly | Mounts Bay Harriers | Female under 35 | 138 | 64 |
| 65 | 0:33:15 | CROWLE, Jonathan | Truro Running Club | Male 40-44 | 155 | 65 |

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| 66 | 0:33:18 | MCLEAN, Luke | Mounts Bay Harriers | Male 35-39 | 214 | 66 |
| 67 | 0:33:19 | REEVE, Paul | Cornwall AC | Male 45-49 | 210 | 67 |
| 68 | 0:33:24 | HOADLEY, Ben | Mounts Bay Harriers | Male 45-49 | 296 | 68 |
| 69 | 0:33:38 | WALDIE, John | Cornwall AC | Male 50-54 | 293 | 69 |
| 70 | 0:33:47 | ROGERS, Laura | Cornwall AC | Female under 35 | 61 | 70 |
| 71 | 0:33:50 | PIPET, Martin | Bodmin Road Runners | Male 40-44 | 98 | 71 |
| 72 | 0:33:53 | STEPHENS, Emma | Bodmin Road Runners | Female under 35 | 87 | 72 |
| 73 | 0:33:57 | MEDLOCK, Kirsty | Hayle Runners | Female 35-39 | 41 | 73 |
| 74 | 0:34:00 | CHASE, Andy | Truro Running Club | Male under 35 | 118 | 74 |
| 75 | 0:34:01 | HAYNES, Janet | Mounts Bay Harriers | Female 50-54 | 17 | 75 |
| 76 | 0:34:05 | NEWING, Sarah | Hayle Runners | Female 35-39 | 254 | 76 |
| 77 | 0:34:10 | FOX, Hannah | Mile High | Female 40-44 | 245 | 77 |
| 78 | 0:34:17 | SWEET, Kerry | St Austell RC | Female under 35 | 290 | 78 |
| 79 | 0:34:22 | HARRIS, Geoff | Newquay Road Runners | Male 55-59 | 246 | 79 |
| 80 | 0:34:26 | ELLIS, Andrew | Hayle Runners | Male 40-44 | 73 | 80 |
| 81 | 0:34:30 | OSBORNE, Barry | Bodmin Road Runners | Male 40-44 | 96 | 81 |
| 82 | 0:34:31 | HARVEY, Ceri | Carn Runners | Female 35-39 | 143 | 82 |
| 83 | 0:34:31 | HARVEY, Richard | Carn Runners | Male 40-44 | 151 | 83 |
| 84 | 0:34:35 | GARVEY, Jessica | Hayle Runners | Female under 35 | 130 | 84 |
| 85 | 0:34:40 | WILLS, Marcus | East Cornwall Harriers | Male under 35 | 266 | 85 |
| 86 | 0:34:48 | CABLE, Caroline | Mud Crew | Female 50-54 | 231 | 86 |
| 87 | 0:34:54 | TREBILCOCK, Liz | | Female 50-54 | 202 | 87 |
| 88 | 0:34:55 | WILCOX, Paul | Hayle Runners | Male 45-49 | 36 | 88 |
| 89 | 0:34:57 | WILLINGHAM, James | | Male under 35 | 282 | 89 |
| 90 | 0:35:04 | SPARKES, Vicki | Bodmin Road Runners | Male under 35 | 92 | 90 |
| 91 | 0:35:06 | EAGLING, Nigel | Truro Running Club | Male 65-69 | 80 | 91 |
| 92 | 0:35:08 | LITTLEWOOD, Louise | East Cornwall Harriers | Female 45-49 | 11 | 92 |
| 93 | 0:35:11 | HUGHES, Alan | Bodmin Road Runners | Male under 35 | 188 | 93 |
| 94 | 0:35:33 | STACEY, Hayley | East Cornwall Harriers | Female 35-39 | 186 | 94 |
| 95 | 0:35:35 | KLEINMAN, Michael | Mounts Bay Harriers | Male 45-49 | 201 | 95 |
| 96 | 0:35:36 | MARQUIS, Peter | | Male 60-64 | 72 | 96 |
| 97 | 0:35:38 | OLIVER, Adam | Mounts Bay Harriers | Male under 35 | 251 | 97 |
| 98 | 0:35:40 | GAY, Jennifer | Truro Running Club | Female under 35 | 157 | 98 |
| 99 | 0:35:45 | TONKIN, Craig | Hayle Runners | Male 45-49 | 288 | 99 |
| 100 | 0:35:48 | HUNT, Jenna | Falmouth Road Runners | Female under 35 | 232 | 100 |
| 101 | 0:36:09 | PASCOE, Anna | Carn Runners | Female under 35 | 139 | 101 |
| 102 | 0:36:19 | BALDWIN, Mike | Hayle Runners | Male 50-54 | 117 | 102 |
| 103 | 0:36:20 | PHELPS, Fiona | Tamar Trotters | Female 45-49 | 203 | 103 |
| 104 | 0:36:20 | PECK, Cris | | Male 50-54 | 204 | 104 |
| 105 | 0:36:26 | GEARING, Nicola | | Female under 35 | 45 | 105 |
| 106 | 0:36:28 | HAYLETT, Kym | | Female under 35 | 241 | 106 |
| 107 | 0:36:29 | SPITERI, Dawn | St Austell RC | Female 40-44 | 191 | 107 |
| 108 | 0:36:30 | DREW, Peter | Carn Runners | Male 65-69 | 142 | 108 |
| 109 | 0:36:35 | BURROWS, Robert | Mounts Bay Harriers | Male 60-64 | 132 | 109 |
| 110 | 0:36:48 | BRYDON, Jackie | Bodmin Road Runners | Female 50-54 | 93 | 110 |
| 111 | 0:36:49 | JONES, Simon MB | Mounts Bay Harriers | Male 40-44 | 206 | 111 |
| 112 | 0:36:52 | GLOVER, Ruth | Mounts Bay Harriers | Female under 35 | 46 | 112 |
| 113 | 0:37:24 | DINHAM, Martin | | Male 45-49 | 53 | 113 |
| 114 | 0:37:27 | RINGER, Ian | | Male 65-69 | 91 | 114 |
| 115 | 0:37:30 | MCLEAN, Dee | Mounts Bay Harriers | Female under 35 | 213 | 115 |
| 116 | 0:37:34 | HEYWOOD, Peter | Looe Pioneers | Male 70+ | 84 | 116 |
| 117 | 0:37:38 | GOLDSMITH, Neil | | Male 45-49 | 298 | 117 |
| 118 | 0:37:45 | WILKES, Judith | Falmouth Road Runners | Female 50-54 | 179 | 118 |
| 119 | 0:37:48 | MITCHELL, Jason | | Male 35-39 | 258 | 119 |
| 120 | 0:37:48 | LEAN, David | East Cornwall Harriers | Male 55-59 | 38 | 120 |
| 121 | 0:37:48 | STEWART, Juliet | Truro Running Club | Female 50-54 | 161 | 121 |
| 122 | 0:38:05 | ASPEN, Gail | Mounts Bay Harriers | NDB | 215 | 122 |
| 123 | 0:38:08 | KEMP, Keith | | Male 40-44 | 294 | 123 |
| 124 | 0:38:10 | KNUCKEY, Nigel | Truro Running Club | Male 60-64 | 158 | 124 |
| 125 | 0:38:19 | ASTILL, Naomi | | Female under 35 | 111 | 125 |
| 126 | 0:38:30 | MORSE, Nicky | Mounts Bay Harriers | Male 55-59 | 76 | 126 |
| 127 | 0:38:45 | EASTERBROOK, Joe | | Male under 35 | 100 | 127 |
| 128 | 0:38:47 | RICHARDS, Emma | Carn Runners | Female 35-39 | 240 | 128 |
| 129 | 0:38:49 | DOMENEY, Steve | | NDB | 212 | 129 |
| 130 | 0:39:01 | GARRARD, Paul | | Male 45-49 | 183 | 130 |

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| 131 | 0:39:02 | LEWIS, Bridget | Mounts Bay Harriers | Female 45-49 | 278 | 131 |
| 132 | 0:39:03 | BARWICK, Nigel | | Male 55-59 | 2 | 132 |
| 133 | 0:39:16 | STEPHENS, Jane | Bodmin Road Runners | Female 45-49 | 95 | 133 |
| 134 | 0:39:16 | MORSE, Jackie | Mounts Bay Harriers | Female 55-59 | 77 | 134 |
| 135 | 0:39:28 | BROWN, Roger | Mud Crew | Male 45-49 | 182 | 135 |
| 136 | 0:39:38 | MANSFIELD, Sue | Truro Running Club | Female 50-54 | 10 | 136 |
| 137 | 0:39:41 | MARSHALL, Keith | Falmouth Road Runners | Male 70+ | 173 | 137 |
| 138 | 0:39:59 | PAYNE, Glenn | | Male 40-44 | 277 | 138 |
| 139 | 0:40:09 | LYDALL, Denise | Falmouth Road Runners | Female 45-49 | 273 | 139 |
| 140 | 0:40:10 | MCFADDEN, Tracy | Bodmin Womens RC | Female 50-54 | 35 | 140 |
| 141 | 0:40:12 | VERCESI, Gemma | Mounts Bay Harriers | Female 35-39 | 133 | 141 |
| 142 | 0:40:26 | BOOTH, Denise | Mounts Bay Harriers | Female 40-44 | 286 | 142 |
| 143 | 0:40:31 | GOUNDRY, Karen | Truro Running Club | Female 50-54 | 228 | 143 |
| 144 | 0:40:33 | LONG, Fran | Hayle Runners | Female 55-59 | 82 | 144 |
| 145 | 0:40:35 | MANKEE, Emma | Carn Runners | Female 45-49 | 152 | 145 |
| 146 | 0:40:36 | GOATMAN, Charlotte | Bodmin Womens RC | Female under 35 | 187 | 146 |
| 147 | 0:40:37 | SAUNTER, Jenny | Bodmin Womens RC | Female 50-54 | 28 | 147 |
| 148 | 0:40:38 | CREHAN, Kate | | Female 35-39 | 48 | 148 |
| 149 | 0:40:57 | WILTON, David | Falmouth Road Runners | Male 60-64 | 180 | 149 |
| 150 | 0:41:03 | LUCAS, Andrew | St Austell RC | Male 50-54 | 199 | 150 |
| 151 | 0:41:07 | DYMOND, Stephanie | Mounts Bay Harriers | Female 45-49 | 135 | 151 |
| 152 | 0:41:09 | LAWRY, Nikki | Hayle Runners | Female 35-39 | 207 | 152 |
| 153 | 0:41:10 | JAKES, Karyn | Mounts Bay Harriers | Female 40-44 | 43 | 153 |
| 154 | 0:41:11 | TUCKER, Ian | Mounts Bay Harriers | Male under 35 | 44 | 154 |
| 155 | 0:41:12 | MCLENNAN, Chantal | Mounts Bay Harriers | Female 35-39 | 54 | 155 |
| 156 | 0:41:22 | COLEMAN, Nikki | Cornwall AC | Female 45-49 | 58 | 156 |
| 157 | 0:41:25 | RUSHBROOKE, Jacqueline | | Female 50-54 | 116 | 157 |
| 158 | 0:41:27 | BRUMBY, Tandy | Falmouth Road Runners | Female 50-54 | 167 | 158 |
| 159 | 0:41:52 | DE BARROS, Sara | Hayle Runners | Female 40-44 | 37 | 159 |
| 160 | 0:41:58 | GREENAWAY, Ruth | | Female 40-44 | 267 | 160 |
| 161 | 0:42:05 | SCHOLES, Claire | Truro Running Club | Female 35-39 | 162 | 161 |
| 162 | 0:42:25 | HAGHANI, Laura | Hayle Runners | Female 35-39 | 40 | 162 |
| 163 | 0:42:28 | WILLCOCK, Graham | | Male 45-49 | 218 | 163 |
| 164 | 0:42:31 | JAMESON, Judy | Carn Runners | Female 55-59 | 146 | 164 |
| 165 | 0:43:01 | MATTHEWS, Susan | Mounts Bay Harriers | Female 55-59 | 285 | 165 |
| 166 | 0:43:07 | NEWCOMBE, Jo | Hayle Runners | Female 55-59 | 291 | 166 |
| 167 | 0:43:08 | THOMSON, Rachel | Mounts Bay Harriers | Female 50-54 | 21 | 167 |
| 168 | 0:43:11 | MULLEN, Shona | Truro Running Club | Female 50-54 | 56 | 168 |
| 169 | 0:43:12 | GRACE, Toby | | Male 55-59 | 208 | 169 |
| 170 | 0:43:18 | JOHNS, Gillian | Mounts Bay Harriers | Female 55-59 | 272 | 170 |
| 171 | 0:43:27 | STANESCU, Norbert | Cornwall AC | Male under 35 | 216 | 171 |
| 172 | 0:43:35 | CROSSE, Lexie | Mounts Bay Harriers | Female under 35 | 24 | 172 |
| 173 | 0:43:39 | NORTH, Samantha | | Male 45-49 | 264 | 173 |
| 174 | 0:43:42 | SMITH, Hayley | | Female under 35 | 275 | 174 |
| 175 | 0:43:46 | BUSE, Zoe | Bodmin Road Runners | Female 40-44 | 89 | 175 |
| 176 | 0:43:47 | SAUNTER, Dave | | Male 50-54 | 29 | 176 |
| 177 | 0:43:55 | ANDREWS, George | Mounts Bay Harriers | Male 65-69 | 18 | 177 |
| 178 | 0:44:01 | ALLEN, Nicola | | Female under 35 | 297 | 178 |
| 179 | 0:44:08 | NICHOLSON, Sam | | Female under 35 | 49 | 179 |
| 180 | 0:44:14 | BRENTON, Tara | Bodmin Road Runners | Female 40-44 | 90 | 180 |
| 181 | 0:44:22 | BOLT, Adrian | Truro Running Club | Male 50-54 | 27 | 181 |
| 182 | 0:44:27 | JAMES, Joyce | Mounts Bay Harriers | Female 60-64 | 103 | 182 |
| 183 | 0:44:29 | NICHOLSON, Diana | Tamar Trotters | Female 55-59 | 50 | 183 |
| 184 | 0:44:33 | WALLACE, Geraldine | Mounts Bay Harriers | Female 60-64 | 26 | 184 |
| 185 | 0:44:34 | FLANAGAN, Rachel | Falmouth Road Runners | Female 50-54 | 170 | 185 |
| 186 | 0:44:41 | JOHNS, Sue | Mounts Bay Harriers | Female 60-64 | 102 | 186 |
| 187 | 0:44:42 | WADE, Margaret | Carn Runners | Female 65+ | 3 | 187 |
| 188 | 0:44:43 | WALLACE, Yvette | | Female 45-49 | 106 | 188 |
| 189 | 0:44:43 | WILLIAMS, Wendy | | Female 55-59 | 123 | 189 |
| 190 | 0:44:43 | PETT, Jane | | Female 40-44 | 85 | 190 |
| 191 | 0:45:00 | AIRE, Lindsey | | Female under 35 | 60 | 191 |
| 192 | 1:45:00 | MOORE, Anne-Marie | | Female under 35 | 59 | 192 |
| 193 | 0:45:08 | TAMBLYN, Sharon | Bodmin Womens RC | Female 50-54 | 16 | 193 |
| 194 | 0:45:09 | PRADY, Liz | Mounts Bay Harriers | Female 55-59 | 25 | 194 |
| 195 | 0:45:24 | BAWDEN, Mike | Cornwall AC | Male 55-59 | 136 | 195 |

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| 196 | 0:45:31 | HOSKEN, Victoria | | Female 40-44 | 217 | 196 |
| 197 | 0:45:37 | KING, Mandy | | Female 50-54 | 121 | 197 |
| 198 | 0:45:38 | TRIPCONEY, Sharon | | Female 45-49 | 122 | 198 |
| 199 | 0:45:41 | MARSHALL, Terry | Falmouth Road Runners | Female 65+ | 174 | 199 |
| 200 | 0:45:46 | COWEN, Darren | | Male under 35 | 79 | 200 |
| 201 | 0:45:48 | PLATTEN, Donna | | Female 35-39 | 287 | 201 |
| 202 | 0:45:49 | COX, Alison | Bodmin Womens RC | Female 50-54 | 7 | 202 |
| 203 | 0:45:49 | RICHARDS, Clair | Carn Runners | Female 40-44 | 147 | 203 |
| 204 | 0:45:57 | HOGG, Lorna | St Austell RC | Female 45-49 | 197 | 204 |
| 205 | 0:46:05 | BUTLER, Ian | | Male 45-49 | 63 | 205 |
| 206 | 0:46:10 | LAWRENCE, Steve | Falmouth Road Runners | Male 60-64 | 172 | 206 |
| 207 | 0:46:18 | STONE, Jackie | Mounts Bay Harriers | Female 50-54 | 119 | 207 |
| 208 | 0:46:28 | HADFIELD, Dawn | St Austell RC | Female 45-49 | 193 | 208 |
| 209 | 0:46:45 | DALTON, Martin | Falmouth Road Runners | Male 65-69 | 169 | 209 |
| 210 | 0:47:10 | HOWARD, Clare | | Female 40-44 | 265 | 210 |
| 211 | 0:47:11 | JONES, Mark | | Male 40-44 | 205 | 211 |
| 212 | 0:47:12 | DUNKLEY, Anna | | Female 45-49 | 242 | 212 |
| 213 | 0:47:23 | LESTER, Ffion | | Female under 35 | 281 | 213 |
| 214 | 0:47:24 | WILKINSON, Hannah | Carn Runners | Female under 35 | 67 | 214 |
| 215 | 0:47:28 | SLATER, Kirstie | Truro Running Club | Female 40-44 | 160 | 215 |
| 216 | 0:47:58 | KEMP, Mandy | East Cornwall Harriers | Female 55-59 | 39 | 216 |
| 217 | 0:48:00 | HYDE-LINAKER, Elaine | St Austell RC | Female 50-54 | 195 | 217 |
| 218 | 0:48:12 | ROWLANDS, Kate | Falmouth Road Runners | Female under 35 | 175 | 218 |
| 219 | 0:48:22 | BOXALL, Mel | Falmouth Road Runners | Female 50-54 | 165 | 219 |
| 220 | 0:48:23 | PENTREATH, Niv | Falmouth Road Runners | Male 50-54 | 168 | 220 |
| 221 | 0:48:52 | TREGEAR, Sarah | Mounts Bay Harriers | Female under 35 | 114 | 221 |
| 222 | 0:49:05 | MANNING, Matthew | Tring Running Club | Male under 35 | 32 | 222 |
| 223 | 0:49:09 | BRYANT, Tany | | Female under 35 | 220 | 223 |
| 224 | 0:49:09 | SMITH, Dawn | | Female 45-49 | 274 | 224 |
| 225 | 0:49:27 | TOY, Jeanette | Carn Runners | Female 45-49 | 153 | 225 |
| 226 | 0:49:27 | MARSH, Kathryn | Carn Runners | Female 40-44 | 141 | 226 |
| 227 | 0:49:32 | ARMSTRONG, Justine | | Female 45-49 | 52 | 227 |
| 228 | 0:49:32 | REGAN, Victoria | St Austell RC | Female 40-44 | 280 | 228 |
| 229 | 0:49:33 | CARTER, Rachel | | Female 45-49 | 219 | 229 |
| 230 | 0:49:33 | CARTER, Catherine | | Female 50-54 | 1 | 230 |
| 231 | 0:49:38 | DAVEY, Amanda | | Female 35-39 | 105 | 231 |
| 232 | 0:49:48 | COOK, David | | Male 45-49 | 271 | 232 |
| 233 | 0:49:57 | LANGLEY, Katie | Tring Running Club | Female under 35 | 31 | 233 |
| 234 | 0:50:04 | BAXTER, Karen | | Female 40-44 | 64 | 234 |
| 235 | 0:50:04 | DREW, Carole | Carn Runners | Female 65+ | 150 | 235 |
| 236 | 0:50:58 | TAPHOUSE, Lesley | Bodmin Road Runners | Female 50-54 | 88 | 236 |
| 237 | 0:51:04 | OSBORNE, Paula | Bodmin Road Runners | Female 40-44 | 97 | 237 |
| 238 | 0:51:17 | DUKE, Jan | Tamar Trotters | Male 65-69 | 113 | 238 |
| 239 | 0:51:18 | FOSTER, Ann | Tamar Trotters | Female 65+ | 112 | 239 |
| 240 | 0:51:20 | HOCKING, Stacey | | Female under 35 | 42 | 240 |
| 241 | 0:51:25 | HART, Benjamin | | Male 35-39 | 268 | 241 |
| 242 | 0:51:48 | GARRARD, David | Falmouth Road Runners | Male 70+ | 171 | 242 |
| 243 | 0:52:07 | TUCKER, Jeremy | Mounts Bay Harriers | Male under 35 | 184 | 243 |
| 244 | 0:52:24 | COWEN, Jessica | Mounts Bay Harriers | Female under 35 | 78 | 244 |
| 245 | 0:52:34 | HALL, Zoe | Carn Runners | Female 45-49 | 144 | 245 |
| 246 | 0:52:37 | BRYANT, Rebecca | | Female under 35 | 221 | 246 |
| 247 | 0:52:37 | NICHOLAS, Robert | | Male under 35 | 222 | 247 |
| 248 | 0:53:07 | NICHOLLS, Tracey | Mounts Bay Harriers | Female 50-54 | 22 | 248 |
| 249 | 0:53:08 | ANDREWS, Greta | Mounts Bay Harriers | Female 40-44 | 19 | 249 |
| 250 | 0:53:09 | COX, Leanna | Helston Trail Runners | Female 40-44 | 69 | 250 |
| 251 | 0:53:49 | WONG, Lai-Yin | Plymouth Muskateers | Female 45-49 | 269 | 251 |
| 252 | 0:54:45 | WHITRIDGE, Tilly | | Female 40-44 | 185 | 252 |
| 253 | 0:54:46 | THOMAS, Kathryn | Cornwall AC | Female 40-44 | 81 | 253 |
| 254 | 0:55:05 | COOKE-DAVIES, Louise | | Female 45-49 | 120 | 254 |
| 255 | 0:56:29 | SELBY, Kathy | Carn Runners | Female 40-44 | 233 | 255 |
| 256 | 0:57:20 | LOMAX, Samantha | | Female under 35 | 198 | 256 |
| 257 | 0:57:20 | POOLE, Wendy | St Austell RC | Female 55-59 | 196 | 257 |
| 258 | 0:57:23 | VENUS, Helen | | Female 40-44 | 211 | 258 |
| 259 | 0:58:27 | MCCREEDY, Tina | Hayle Runners | Female 50-54 | 255 | 259 |
| 260 | 0:59:48 | RYAN, Karen | Tamar Trotters | Female 40-44 | 189 | 260 |

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| 261 | 1:00:28 PASCOE, Joanne | Helston Trail Runners | Female 40-44 | 68 | 261 |
| 262 | 1:00:31 CHAMBERLAIN, Michaela | Helston Trail Runners | Female 45-49 | 71 | 262 |
| 263 | 1:01:37 PLUNKETT, Bev | Helston Trail Runners | Female 60-64 | 86 | 263 |
| 264 | 1:02:14 WILLETT, Helen | | Female 50-54 | 223 | 264 |
| 265 | 1:02:16 OSBORNE, Anthea | Hayle Runners | Female 45-49 | 224 | 265 |
| 266 | 1:02:29 WOOD, Lorna | Falmouth Road Runners | Female 60-64 | 181 | 266 |
| 267 | 1:02:29 BROWN, Helen | Falmouth Road Runners | Female 50-54 | 166 | 267 |
| 268 | 1:03:45 COOK, Harriet | Mounts Bay Harriers | Female under 35 | 104 | 268 |
| 269 | 1:04:24 DODDS, Susan | Mounts Bay Harriers | Female 65+ | 23 | 269 |
| 270 | 1:05:00 BROWN, Alison | Helston Trail Runners | Female 45-49 | 259 | 270 |
| 271 | 1:05:13 ORPWOOD, Jenny | Mounts Bay Harriers | Female 45-49 | 128 | 271 |
| 272 | 1:05:14 EASTERBROOK, Liz | Mounts Bay Harriers | Female 65+ | 99 | 272 |
| 273 | 1:07:08 SAVERTON, Debra | Falmouth Road Runners | Female 55-59 | 176 | 273 |
| 274 | 1:07:22 WHITE, Chris | Falmouth Road Runners | Female 65+ | 178 | 274 |
| 275 | 1:12:31 BILLING, Nicola | Plymouth Harriers | Female 45-49 | 8 | 275 |
| 276 | 1:12:31 PETHICK, Leesa | Plymouth Harriers | Female 45-49 | 9 | 276 |
| 277 | 1:12:32 COOK, Damian | Mounts Bay Harriers | Male 45-49 | 244 | 277 |