

TREGGY 7 – 2ND SEPTEMBER 2018

| Position | Time | Name | Team | Category | Pace | No |
|----------|---------|---------------------|-------------------------|------------------|---------|-----|
| 1 | 0:38:52 | COLE, Jim | Tavistock Run Project | Male Vet 35-39 | 05:33.0 | 273 |
| 2 | 0:40:29 | WRIGHT, Tony | Cornwall AC | Male Vet 50-54 | 05:46.9 | 418 |
| 3 | 0:40:55 | BECKENKRAGER, David | Plymouth Harriers | Male Vet 45-49 | 05:50.6 | 107 |
| 4 | 0:41:09 | WHEAR, Paul | Cornwall AC | Male Vet 50-54 | 05:52.6 | 419 |
| 5 | 0:41:27 | THOMAS, Justin | Cornwall AC | Male Vet 40-44 | 05:55.2 | 417 |
| 6 | 0:42:28 | DANIELS, Alex | Newquay Road Runners | Male Vet 45-49 | 06:03.9 | 57 |
| 7 | 0:42:39 | TREGONNING, David | St Austell Running Club | Male under 35 | 06:05.5 | 223 |
| 8 | 0:43:23 | CUTLAN, James | St Austell Running Club | Male under 35 | 06:11.7 | 201 |
| 9 | 0:43:27 | WHERRY, Steve | Hayle Runners | Male Vet 50-54 | 06:12.3 | 155 |
| 10 | 0:43:29 | STEPTO, Emma | Cornwall AC | Female Vet 45-49 | 06:12.6 | 426 |
| 11 | 0:43:30 | TREGENZA, Heidi | Cornwall AC | Female under 35 | 06:12.7 | 429 |
| 12 | 0:43:42 | ABRAHAM, Scott | Hayle Runners | Male Vet 45-49 | 06:14.5 | 124 |
| 13 | 0:43:47 | HORN, Edward | Launceston Road Runners | Male under 35 | 06:15.2 | 294 |
| 14 | 0:43:51 | FULLER, Stephen | Hayle Runners | Male Vet 50-54 | 06:15.7 | 145 |
| 15 | 0:43:59 | PAULL, Emma | Hayle Runners | Female under 35 | 06:16.9 | 310 |
| 16 | 0:44:10 | CARTHEY, Tom | Falmouth Road Runners | Male Vet 35-39 | 06:18.5 | 106 |
| 17 | 0:44:19 | BARRETT, Chris | Hayle Runners | Male Vet 45-49 | 06:19.7 | 164 |
| 18 | 0:44:23 | MURRANT, Kieran | Falmouth Road Runners | Male under 35 | 06:20.3 | 334 |
| 19 | 0:44:25 | WARMINGTON, Paul | Hayle Runners | Male Vet 35-39 | 06:20.6 | 280 |
| 20 | 0:44:31 | STONES, Olivia | | Female under 35 | 06:21.5 | 480 |
| 21 | 0:44:37 | HEARD, Mark | | Male Vet 50-54 | 06:22.3 | 119 |
| 22 | 0:44:47 | ROSENFELD, Thomas | Hayle Runners | Male Vet 35-39 | 06:23.7 | 303 |
| 23 | 0:45:07 | BROWN, Blake | Falmouth Road Runners | Male under 35 | 06:26.6 | 324 |
| 24 | 0:45:42 | ADAMS, Tim | St Austell Running Club | Male Vet 45-49 | 06:31.6 | 194 |
| 25 | 0:45:50 | DAY, Justin | Cornwall AC | Male Vet 45-49 | 06:32.7 | 409 |
| 26 | 0:45:52 | KEY, Andrew | Carn Runners | Male under 35 | 06:33.0 | 123 |
| 27 | 0:45:58 | WILLIAMS, James | Cornwall AC | Male under 35 | 06:33.9 | 345 |
| 28 | 0:46:13 | JARVIS, Anthony | St Austell Running Club | Male Vet 45-49 | 06:36.0 | 376 |
| 29 | 0:46:26 | DEACON, Mark | Looe Pioneers | Male under 35 | 06:37.9 | 489 |
| 30 | 0:46:30 | WIDDERSHOVEN, Tim | Carn Runners | Male Vet 35-39 | 06:38.5 | 134 |
| 31 | 0:46:34 | DAVIES, James | Truro Running Club | Male Vet 35-39 | 06:39.0 | 347 |
| 32 | 0:46:35 | WILLS, David | Falmouth Road Runners | Male Vet 35-39 | 06:39.2 | 70 |
| 33 | 0:46:43 | KEEFE, Richard | Falmouth Road Runners | Male Vet 45-49 | 06:40.3 | 318 |
| 34 | 0:46:53 | VOADEN, Roger | Okehampton RC | Male Vet 50-54 | 06:41.7 | 359 |
| 35 | 0:47:00 | BOND, Haydon | Okehampton RC | Male under 35 | 06:42.7 | 153 |
| 36 | 0:47:11 | WILLIAMS, Ryan | Falmouth Road Runners | Male under 35 | 06:44.3 | 237 |
| 37 | 0:47:13 | TIMMS, Jake | Falmouth Road Runners | Male under 35 | 06:44.6 | 323 |
| 38 | 0:47:17 | LITTLEWOOD, Ian | East Cornwall Harriers | Male Vet 40-44 | 06:45.2 | 41 |
| 39 | 0:47:22 | EZRA, Rebecca | Tamar Trotters | Female under 35 | 06:45.9 | 259 |
| 40 | 0:47:24 | EVANS, Darren | Launceston Road Runners | Male Vet 35-39 | 06:46.2 | 234 |
| 41 | 0:47:38 | COULSON, Lee | Falmouth Road Runners | Male Vet 50-54 | 06:48.2 | 327 |
| 42 | 0:47:41 | VERNON, Andrew | Okehampton RC | Male Vet 50-54 | 06:48.6 | 143 |
| 43 | 0:47:48 | BUSCOMBE, Jessica | St Austell Running Club | Female under 35 | 06:49.6 | 198 |
| 44 | 0:48:00 | BROWN, Steven | Falmouth Road Runners | Male Vet 50-54 | 06:51.3 | 325 |
| 45 | 0:48:08 | BAKER, Emma | Launceston Road Runners | Female under 35 | 06:52.5 | 208 |
| 46 | 0:48:13 | ULLMAN, Chris | East Cornwall Harriers | Male Vet 45-49 | 06:53.2 | 178 |
| 47 | 0:48:17 | ARMSTRONG, James | Tavistock AC | Male under 35 | 06:53.7 | 378 |
| 48 | 0:48:20 | HAM, James | | Male under 35 | 06:54.2 | 435 |
| 49 | 0:48:24 | HEARN, Stephanie | Cornwall AC | Female under 35 | 06:54.7 | 430 |
| 50 | 0:48:40 | TAPHOUSE, Joshua | Bodmin Road Runners | Male under 35 | 06:57.0 | 304 |
| 51 | 0:48:54 | MANNING, James | Hayle Runners | Male Vet 35-39 | 06:59.0 | 275 |
| 52 | 0:49:05 | GREER, Mike | St Austell Running Club | Male Vet 35-39 | 07:00.6 | 211 |
| 53 | 0:49:29 | RENDLE, Steve | Newquay Road Runners | Male Vet 50-54 | 07:04.0 | 474 |
| 54 | 0:49:51 | WILLIAMS, Gary | Looe Pioneers | Male under 35 | 07:07.2 | 88 |
| 55 | 0:49:52 | ROBERTS, Malcolm | St Austell Running Club | Male Vet 65-69 | 07:07.3 | 140 |
| 56 | 0:50:00 | CHANNON, Lee | Cornwall AC | Male Vet 40-44 | 07:08.5 | 434 |
| 57 | 0:50:03 | COX, Steve | Launceston Road Runners | Male Vet 50-54 | 07:08.9 | 270 |
| 58 | 0:50:18 | BERRYMAN, Tom | Mounts Bay Harriers | Male under 35 | 07:11.0 | 8 |
| 59 | 0:50:21 | WEBBER, Simon | East Cornwall Harriers | Male Vet 60-64 | 07:11.4 | 2 |

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| 60 | 0:50:33 | BATCHELOR, David | Hayle Runners | Male Vet 60-64 | 07:13.2 | 127 |
| 61 | 0:50:42 | GRZENDA, Matthew | Plymouth Musketeers | Male Vet 40-44 | 07:14.4 | 301 |
| 62 | 0:50:52 | JOHNS, Chris | | Male Vet 45-49 | 07:15.9 | 406 |
| 63 | 0:50:55 | NITHAVRIANAKIS, Mike | | Male Vet 50-54 | 07:16.3 | 404 |
| 64 | 0:50:57 | WARD, Joshua | | Male under 35 | 07:16.6 | 165 |
| 65 | 0:50:58 | STRINGER, Matthew | | Male under 35 | 07:16.7 | 148 |
| 66 | 0:50:58 | PARSONS, Matt | | Male under 35 | 07:16.7 | 315 |
| 67 | 0:51:00 | FOSTER, Richard | Launceston Road Runners | Male Vet 45-49 | 07:17.0 | 193 |
| 68 | 0:51:11 | WATSON, Jamie | | Male Vet 35-39 | 07:18.6 | 285 |
| 69 | 0:51:13 | ROBINSON, Joanne | Looe Pioneers | Female Vet 40-44 | 07:18.9 | 170 |
| 70 | 0:51:20 | FIRTH, Anthony | Tamar Trotters | Male Vet 50-54 | 07:19.9 | 442 |
| 71 | 0:51:22 | PETERSEN, Guy | Tamar Trotters | Male Vet 45-49 | 07:20.2 | 240 |
| 72 | 0:51:32 | COLEING, Nick | | Male under 35 | 07:21.6 | 407 |
| 73 | 0:51:35 | KEARNS, Joe | East Cornwall Harriers | Male Vet 55-59 | 07:22.0 | 187 |
| 74 | 0:51:40 | SZYMANSKI, Pawel | Launceston Road Runners | Male Vet 35-39 | 07:22.7 | 183 |
| 75 | 0:51:40 | QUEEN, Stuart | Plymouth Musketeers | Male Vet 45-49 | 07:22.7 | 236 |
| 76 | 0:51:41 | BURFORD, Lee | Hayle Runners | Male Vet 35-39 | 07:22.9 | 291 |
| 77 | 0:51:45 | CROWLE, Revis | East Cornwall Harriers | Female Vet 55-59 | 07:23.4 | 182 |
| 78 | 0:51:53 | SPENCER, Julian | Truro Running Club | Male Vet 50-54 | 07:24.6 | 350 |
| 79 | 0:51:55 | RICHARDS, Robert | Hayle Runners | Male Vet 65-69 | 07:24.9 | 142 |
| 80 | 0:51:57 | COX, Daniel | Bodmin Road Runners | Male under 35 | 07:25.2 | 76 |
| 81 | 0:52:00 | WALLBANK, Rob | St Austell Running Club | Male Vet 35-39 | 07:25.6 | 71 |
| 82 | 0:52:04 | HOWARD, Charlene | | Female under 35 | 07:26.2 | 146 |
| 83 | 0:52:07 | JARRAM, Ben | Launceston Road Runners | Male under 35 | 07:26.6 | 53 |
| 84 | 0:52:10 | ALDIS, Phil | Bude Rats | Male Vet 55-59 | 07:27.0 | 391 |
| 85 | 0:52:11 | DIXON, Eleanor | Newquay Road Runners | Female Vet 40-44 | 07:27.2 | 459 |
| 86 | 0:52:14 | MOSSOP, Emma | Falmouth Road Runners | Female Vet 40-44 | 07:27.6 | 333 |
| 87 | 0:52:28 | BREMNER, Jane | Tamar Trotters | Female Vet 60-64 | 07:29.6 | 440 |
| 88 | 0:52:30 | HENDERSON, Mathew | St Austell Running Club | Male under 35 | 07:29.9 | 111 |
| 89 | 0:52:32 | TREVENA, Nigel | Cornwall AC | Male Vet 50-54 | 07:30.2 | 416 |
| 90 | 0:52:33 | KINSMAN, Paul | Bude Rats | Male Vet 50-54 | 07:30.3 | 258 |
| 91 | 0:52:37 | LAWRY, Ross | St Austell Running Club | Male Vet 40-44 | 07:30.9 | 212 |
| 92 | 0:52:42 | BEAN, Anthony | | Male Vet 40-44 | 07:31.6 | 393 |
| 93 | 0:52:45 | ALLEN, Peter | Newquay Road Runners | Male Vet 60-64 | 07:32.0 | 458 |
| 94 | 0:52:54 | POLGLASE, Tom | Carn Runners | Male Vet 65-69 | 07:33.3 | 314 |
| 95 | 0:52:59 | ALLAN, Matt | | Male Vet 35-39 | 07:34.0 | 115 |
| 96 | 0:53:04 | STANFORD, Joseph | Bodmin Road Runners | Male Vet 40-44 | 07:34.7 | 487 |
| 97 | 0:53:04 | MORRIS, Tony | St Austell Running Club | Male Vet 50-54 | 07:34.7 | 217 |
| 98 | 0:53:05 | HARGREAVES, Pez | Falmouth Road Runners | Male Vet 50-54 | 07:34.9 | 330 |
| 99 | 0:53:11 | TARRANT, Rachael | Plymouth Musketeers | Female Vet 45-49 | 07:35.7 | 320 |
| 100 | 0:53:14 | BENNETT, Charlotte | Hayle Runners | Female Vet 45-49 | 07:36.2 | 278 |
| 101 | 0:53:30 | O'BRIEN, Kate | | Female under 35 | 07:38.4 | 298 |
| 102 | 0:53:30 | GIBSON, Amanda | Looe Pioneers | Female Vet 40-44 | 07:38.4 | 309 |
| 103 | 0:53:31 | RICHARDS, Stuart | St Austell Running Club | Male Vet 40-44 | 07:38.6 | 220 |
| 104 | 0:53:31 | ROPER, Peter | Victory A C | Male Vet 45-49 | 07:38.6 | 261 |
| 105 | 0:53:37 | ELLIS, Andrew | Hayle Runners | Male Vet 45-49 | 07:39.4 | 101 |
| 106 | 0:53:40 | ANGOVE, Paul | Mounts Bay Harriers | Male Vet 50-54 | 07:39.9 | 33 |
| 107 | 0:53:53 | MACKELLAR, Billy | Bodmin Road Runners | Male Vet 50-54 | 07:41.7 | 311 |
| 108 | 0:53:58 | RICHARDSON, Mark | | Male Vet 45-49 | 07:42.4 | 286 |
| 109 | 0:54:05 | HARRISON, Nick | Launceston Road Runners | Male Vet 40-44 | 07:43.4 | 160 |
| 110 | 0:54:05 | SHIRLEY, Rich | St Austell Running Club | Male under 35 | 07:43.4 | 307 |
| 111 | 0:54:16 | ATKINSON-BEAUMONT, Ross | Mounts Bay Harriers | Male Vet 35-39 | 07:45.0 | 12 |
| 112 | 0:54:20 | ATKINSON-BEAUMONT, David | Mounts Bay Harriers | Male Vet 35-39 | 07:45.6 | 11 |
| 113 | 0:54:23 | JACK, Sean | Bude Rats | Male Vet 55-59 | 07:46.0 | 150 |
| 114 | 0:54:33 | WILES, Brian | Launceston Road Runners | Male Vet 70-74 | 07:47.4 | 344 |
| 115 | 0:54:35 | TOWE, Ben | | Male Vet 45-49 | 07:47.7 | 48 |
| 116 | 0:54:38 | REGAN, Alicia | Plymouth Harriers | Female under 35 | 07:48.2 | 398 |
| 117 | 0:54:40 | SOLOMON, Pam | Bodmin Road Runners | Female Vet 55-59 | 07:48.4 | 52 |
| 118 | 0:54:42 | ANGILLEY, Jayne | Cornwall AC | Female Vet 55-59 | 07:48.7 | 421 |
| 119 | 0:54:50 | BAZLEY, Peter | Tavistock AC | Male Vet 60-64 | 07:49.9 | 121 |
| 120 | 0:54:58 | TIPPETTS, Hannah | Falmouth Road Runners | Female under 35 | 07:51.0 | 340 |
| 121 | 0:55:05 | HARTILL, Taylor | Bodmin Road Runners | Male under 35 | 07:52.0 | 308 |
| 122 | 0:55:15 | MILLS, Jenny | Launceston Road Runners | Female Vet 65-69 | 07:53.4 | 354 |

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| 123 | 0:55:21 | DANIELS, Stuart | | Male Vet 50-54 | 07:54.3 | 491 |
| 124 | 0:55:22 | HOUGHTON, Andrew | Tavistock AC | Male Vet 70-74 | 07:54.4 | 353 |
| 125 | 0:55:25 | TOSSELL, Rebecca | Hayle Runners | Female Vet 35-39 | 07:54.9 | 317 |
| 126 | 0:55:26 | SPENCER, Chris | | Male Vet 55-59 | 07:55.0 | 357 |
| 127 | 0:55:30 | TRUDGEON, Steve | Mud Crew Trail Runners | Male Vet 35-39 | 07:55.6 | 295 |
| 128 | 0:55:32 | HOADLEY, Keith | Torrington AAC | Male Vet 50-54 | 07:55.9 | 230 |
| 129 | 0:55:36 | KAPPES, Jonathan | | Male Vet 45-49 | 07:56.4 | 231 |
| 130 | 0:55:37 | CARTER, Lee | Newquay Road Runners | Male under 35 | 07:56.6 | 461 |
| 131 | 0:55:38 | HARTILL, Gail | Bodmin Road Runners | Female Vet 40-44 | 07:56.7 | 276 |
| 132 | 0:55:40 | NICHOLLS, Tracey | Mounts Bay Harriers | Female Vet 55-59 | 07:57.0 | 22 |
| 133 | 0:55:44 | BUCKINGHAM, Edward | Tamar Trotters | Male Vet 45-49 | 07:57.6 | 181 |
| 134 | 0:55:47 | HEWITT, Amanda | Cornwall AC | Female Vet 45-49 | 07:58.0 | 424 |
| 135 | 0:55:52 | PEARCE, Julia | Cornwall AC | Female Vet 40-44 | 07:58.7 | 425 |
| 136 | 0:55:54 | GAY, Jennifer | Truro Running Club | Female under 35 | 07:59.0 | 348 |
| 137 | 0:55:56 | FIELDER, Gary | Bere Alston Trekkers | Male Vet 35-39 | 07:59.3 | 482 |
| 138 | 0:56:02 | HELSON, Neil | | Male Vet 45-49 | 08:00.2 | 38 |
| 139 | 0:56:05 | JONES, Stephen CR | Carn Runners | Male Vet 45-49 | 08:00.6 | 80 |
| 140 | 0:56:06 | COLE, Tracyann | Tavistock AC | Female Vet 45-49 | 08:00.7 | 185 |
| 141 | 0:56:09 | CRABB, Sally | Looe Pioneers | Female Vet 40-44 | 08:01.2 | 45 |
| 142 | 0:56:17 | GOWER, Lisa | St Austell Running Club | Female Vet 35-39 | 08:02.3 | 210 |
| 143 | 0:56:18 | SHAW, Louisa | Launceston Road Runners | Female Vet 35-39 | 08:02.4 | 382 |
| 144 | 0:56:20 | VOSPER, Andy | Bodmin Road Runners | Male Vet 55-59 | 08:02.7 | 433 |
| 145 | 0:56:22 | HITCHENS, Wietske | Carn Runners | Female Vet 50-54 | 08:03.0 | 358 |
| 146 | 0:56:35 | GERRARD, Corinne | Hayle Runners | Female Vet 45-49 | 08:04.9 | 72 |
| 147 | 0:56:39 | BERRY, Andy | Launceston Road Runners | Male Vet 40-44 | 08:05.4 | 36 |
| 148 | 0:56:42 | CLITHEROW, Hana | Truro Running Club | Female Vet 55-59 | 08:05.9 | 346 |
| 149 | 0:56:43 | WILSON, Matthew | Cornwall AC | Male Vet 40-44 | 08:06.0 | 420 |
| 150 | 0:56:44 | THOMAS, Rachael | Cornwall AC | Female Vet 45-49 | 08:06.2 | 428 |
| 151 | 0:56:50 | ASPDEN, Gail | Cornwall AC | Female Vet 45-49 | 08:07.0 | 177 |
| 152 | 0:56:50 | STATTON, Yasmine | Launceston Road Runners | Female under 35 | 08:07.0 | 272 |
| 153 | 0:56:54 | ELSTONE, Meryl | Carn Runners | Female Vet 50-54 | 08:07.6 | 92 |
| 154 | 0:57:23 | BURNS, Julia | Hayle Runners | Female Vet 50-54 | 08:11.7 | 149 |
| 155 | 0:57:30 | PASCOE, Anna | Mud Crew Trail Runners | Female Vet 35-39 | 08:12.7 | 73 |
| 156 | 0:57:37 | SOLOMON, Andrew | Bodmin Road Runners | Male Vet 55-59 | 08:13.7 | 89 |
| 157 | 0:57:39 | HYNES, Marttin | Launceston Road Runners | Male Vet 60-64 | 08:14.0 | 486 |
| 158 | 0:57:47 | BLACKBURN, Simon | Mounts Bay Harriers | Male Vet 55-59 | 08:15.2 | 39 |
| 159 | 0:57:48 | LAWES, Helen | Looe Pioneers | Female Vet 45-49 | 08:15.3 | 13 |
| 160 | 0:57:51 | HARDY, Suzy | | Female Vet 35-39 | 08:15.7 | 97 |
| 161 | 0:57:59 | MARKS, Stacie | St Austell Running Club | Female under 35 | 08:16.9 | 214 |
| 162 | 0:58:02 | WALKER, Karl | St Austell Running Club | Male Vet 55-59 | 08:17.3 | 225 |
| 163 | 0:58:03 | RAMSEY, Chris | Truro Running Club | Male Vet 65-69 | 08:17.4 | 349 |
| 164 | 0:58:09 | MCKEE, Clare | Bodmin Road Runners | Female Vet 40-44 | 08:18.3 | 83 |
| 165 | 0:58:10 | MITCHELL, Jon | Cornwall AC | Male Vet 45-49 | 08:18.4 | 492 |
| 166 | 0:58:14 | BRAUND, Graham | | Male Vet 40-44 | 08:19.0 | 302 |
| 167 | 0:58:17 | STEYN, Maryl | | Female Vet 35-39 | 08:19.4 | 383 |
| 168 | 0:58:23 | HYNES, Jaine | Launceston Road Runners | Female Vet 50-54 | 08:20.3 | 485 |
| 169 | 0:58:23 | MCGINNITY, Brian | Launceston Road Runners | Male Vet 40-44 | 08:20.3 | 174 |
| 170 | 0:58:26 | WILLIAMS, Aaron | | Male Vet 35-39 | 08:20.7 | 388 |
| 171 | 0:58:31 | PHILLIPS, Matt | St Austell Running Club | Male Vet 50-54 | 08:21.4 | 219 |
| 172 | 0:58:32 | WALLIS, Rachel | JP Fitness Cornwall | Female Vet 40-44 | 08:21.6 | 104 |
| 173 | 0:58:36 | HAYNES, Patrick | St Austell Running Club | Male Vet 55-59 | 08:22.2 | 110 |
| 174 | 0:58:37 | JENKIN, Steve | Cornwall AC | Male Vet 45-49 | 08:22.3 | 411 |
| 175 | 0:58:41 | MCKENZIE, Tracy | Newquay Road Runners | Female Vet 40-44 | 08:22.9 | 475 |
| 176 | 0:58:43 | HUTCHINSON, Stephen | Bude Rats | Male Vet 65-69 | 08:23.2 | 282 |
| 177 | 0:58:44 | ASTILL, Naomi | Hayle Runners | Female under 35 | 08:23.3 | 274 |
| 178 | 0:58:45 | LANCASTER, Mark | Launceston Road Runners | Male under 35 | 08:23.4 | 64 |
| 179 | 0:58:46 | MOORE, Jane | St Austell Running Club | Female Vet 55-59 | 08:23.6 | 216 |
| 180 | 0:58:53 | SHEPLEY, Phil | Looe Pioneers | Male Vet 40-44 | 08:24.6 | 352 |
| 181 | 0:58:54 | CHARD, Rhys | | Male under 35 | 08:24.7 | 113 |
| 182 | 0:59:02 | CATNACH, Alison | Looe Pioneers | Female Vet 40-44 | 08:25.9 | 249 |
| 183 | 0:59:08 | COLLINS, Joanne | St Austell Running Club | Female under 35 | 08:26.7 | 199 |
| 184 | 0:59:21 | CAREY, Nick | Bodmin Road Runners | Male Vet 40-44 | 08:28.6 | 252 |
| 185 | 0:59:22 | PORTER, Nick | | Male under 35 | 08:28.7 | 86 |

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| 186 | 0:59:26 | LOCK, Zoe | Hayle Runners | Female Vet 35-39 | 08:29.3 | 144 |
| 187 | 0:59:27 | TODD, Michael | Storm Running Plymouth | Male Vet 55-59 | 08:29.4 | 175 |
| 188 | 0:59:34 | MOORE, Andy | Hayle Runners | Male Vet 60-64 | 08:30.4 | 255 |
| 189 | 0:59:40 | TRAPMORE, Chris | | Male under 35 | 08:31.3 | 186 |
| 190 | 0:59:44 | CRIDDLE, Dan | Plymouth Musketeers | Male Vet 35-39 | 08:31.9 | 135 |
| 191 | 0:59:55 | WARREN, Diane | Hayle Runners | Female Vet 60-64 | 08:33.4 | 172 |
| 192 | 1:00:04 | BARNFIELD, Marty | | Male Vet 45-49 | 08:34.7 | 195 |
| 193 | 1:00:25 | COPSON-BALL, Sally | | Female Vet 40-44 | 08:37.7 | 96 |
| 194 | 1:00:48 | MARTIN, Andrew | Tavistock AC | Male Vet 50-54 | 08:41.0 | 400 |
| 195 | 1:00:54 | JENKINS, Steve | | Male Vet 50-54 | 08:41.9 | 166 |
| 196 | 1:00:56 | WOODFINE-BEARD, Kelly | Newquay Road Runners | Female Vet 35-39 | 08:42.1 | 455 |
| 197 | 1:01:03 | COFFMAN-FORDER, Lyn | Tamar Trotters | Female Vet 45-49 | 08:43.1 | 438 |
| 198 | 1:01:05 | HARP, Chantal | | Female Vet 35-39 | 08:43.4 | 7 |
| 199 | 1:01:07 | GREGORY, Amy | Newquay Road Runners | Female under 35 | 08:43.7 | 454 |
| 200 | 1:01:11 | TONKIN, Craig | Hayle Runners | Male Vet 45-49 | 08:44.3 | 392 |
| 201 | 1:01:12 | NORRIS, Chris | Launceston Road Runners | Male Vet 40-44 | 08:44.4 | 6 |
| 202 | 1:01:14 | COLEMAN, Jonty | | Male under 35 | 08:44.7 | 305 |
| 203 | 1:01:24 | LOCKETT, Pat | Newquay Road Runners | Male Vet 70-74 | 08:46.1 | 471 |
| 204 | 1:01:34 | MARTIN, Colin | Newquay Road Runners | Male Vet 65-69 | 08:47.6 | 467 |
| 205 | 1:01:44 | STEDMAN, Jane | 100 Marathon Club | Female Vet 55-59 | 08:49.0 | 271 |
| 206 | 1:01:55 | WILLIAMS, Trevor | Tamar Trotters | Male Vet 55-59 | 08:50.6 | 447 |
| 207 | 1:02:02 | OLIVER, Dominique | Devon & Cornwall Police | Female under 35 | 08:51.6 | 169 |
| 208 | 1:02:03 | WALTERS, Karen | Newquay Road Runners | Female Vet 45-49 | 08:51.7 | 483 |
| 209 | 1:02:10 | RINGER, Ian | Bodmin Road Runners | Male Vet 70-74 | 08:52.7 | 79 |
| 210 | 1:02:18 | EARNSHAW, Trinity | Cornwall AC | Female under 35 | 08:53.9 | 496 |
| 211 | 1:02:18 | WISE, Rebecca | Launceston Road Runners | Female Vet 35-39 | 08:53.9 | 105 |
| 212 | 1:02:21 | TRUSCOTT, Neil | St Austell Running Club | Male Vet 40-44 | 08:54.3 | 206 |
| 213 | 1:02:22 | BOYCE, Christian | Looe Pioneers | Male Vet 45-49 | 08:54.4 | 10 |
| 214 | 1:02:23 | EMBURY, Andrew | | Male Vet 50-54 | 08:54.6 | 55 |
| 215 | 1:02:27 | VAUGHNLEY, Craig | East Cornwall Harriers | Male Vet 45-49 | 08:55.1 | 31 |
| 216 | 1:02:28 | STEPHENS, Jane | Bodmin Road Runners | Female Vet 50-54 | 08:55.3 | 267 |
| 217 | 1:02:32 | BARRIBALL, Julie | Launceston Road Runners | Female Vet 50-54 | 08:55.9 | 241 |
| 218 | 1:02:38 | MADGE, Paul | South West Road Runner | Male Vet 55-59 | 08:56.7 | 385 |
| 219 | 1:02:45 | JENKIN, Richard | Cornwall AC | Male Vet 70-74 | 08:57.7 | 410 |
| 220 | 1:02:50 | CAREY, James | | Male Vet 35-39 | 08:58.4 | 54 |
| 221 | 1:02:58 | WELLS, Wes | Tamar Trotters | Male Vet 35-39 | 08:59.6 | 436 |
| 222 | 1:03:00 | FITZGIBBON, Ged | Okehampton RC | Male Vet 65-69 | 08:59.9 | 125 |
| 223 | 1:03:02 | WHELL, Lisa | | Female Vet 35-39 | 09:00.1 | 254 |
| 224 | 1:03:02 | WHELL, John | | Male Vet 45-49 | 09:00.1 | 490 |
| 225 | 1:03:03 | ORCHARD, Mike | Hayle Runners | Male Vet 60-64 | 09:00.3 | 356 |
| 226 | 1:03:09 | CAFF, Wayne | Newquay Road Runners | Male Vet 45-49 | 09:01.1 | 463 |
| 227 | 1:03:18 | COOPER, Ray | | Male Vet 35-39 | 09:02.4 | 244 |
| 228 | 1:03:21 | GILBERT, Cara | | Female Vet 40-44 | 09:02.9 | 5 |
| 229 | 1:03:28 | ROSKILLY, Michelle | Hayle Runners | Female Vet 45-49 | 09:03.9 | 167 |
| 230 | 1:03:34 | BARLOW, Claire | Bodmin Road Runners | Female Vet 40-44 | 09:04.7 | 63 |
| 231 | 1:03:38 | THOMAS, Alison | Hayle Runners | Female Vet 45-49 | 09:05.3 | 154 |
| 232 | 1:03:40 | TURNER, Clare | | Female Vet 40-44 | 09:05.6 | 470 |
| 233 | 1:03:50 | JOLLOW, Jeremy | Bradworthy Runners | Male Vet 55-59 | 09:07.0 | 247 |
| 234 | 1:03:54 | MACLAREN, Steve | Hayle Runners | Male Vet 50-54 | 09:07.6 | 61 |
| 235 | 1:04:09 | WRIGHT, Chris | | Male Vet 50-54 | 09:09.7 | 375 |
| 236 | 1:04:14 | ROBINSON, Alice | Plymouth Harriers | Female under 35 | 09:10.4 | 263 |
| 237 | 1:04:18 | COKER, Tania | Storm Running Plymouth | Female under 35 | 09:11.0 | 265 |
| 238 | 1:04:21 | CUNDY-COOPER, Emma | Bodmin Womens RC | Female under 35 | 09:11.4 | 312 |
| 239 | 1:04:34 | WALKER, Daniella | St Austell Running Club | Female Vet 45-49 | 09:13.3 | 224 |
| 240 | 1:04:36 | FRITSCH, Christine | Okehampton RC | Female Vet 45-49 | 09:13.6 | 403 |
| 241 | 1:04:39 | BENT, David | Plymouth Harriers | Male Vet 50-54 | 09:14.0 | 381 |
| 242 | 1:04:42 | WILLCOCKS, Bob | Falmouth Road Runners | Male Vet 55-59 | 09:14.4 | 341 |
| 243 | 1:04:45 | JOLLOW, Hayley | Bradworthy Runners | Female Vet 40-44 | 09:14.9 | 248 |
| 244 | 1:04:46 | HOWARD, Tiffany | Bodmin Womens RC | Female under 35 | 09:15.0 | 238 |
| 245 | 1:04:50 | ROBERTS, Mary | Launceston Road Runners | Female Vet 45-49 | 09:15.6 | 94 |
| 246 | 1:05:04 | BURT, Matthew | Hatch Warren Runners | Male Vet 40-44 | 09:17.6 | 50 |
| 247 | 1:05:10 | WINFIELD, Claire | | Female Vet 45-49 | 09:18.4 | 319 |
| 248 | 1:05:11 | ELLIOTT, Tania | Looe Pioneers | Female Vet 45-49 | 09:18.6 | 279 |

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| 249 | 1:05:12 | SMITH, Jenny | Tamar Trotters | Female Vet 40-44 | 09:18.7 | 450 |
| 250 | 1:05:12 | GILLESPIE, Ayesha | Bodmin Womens RC | Female under 35 | 09:18.7 | 14 |
| 251 | 1:05:15 | WIDDERSHOVEN, Demelza | Carn Runners | Female Vet 35-39 | 09:19.1 | 133 |
| 252 | 1:05:17 | GOUGH, Anna | | Female Vet 40-44 | 09:19.4 | 37 |
| 253 | 1:05:21 | STEPTO, Brett | Cornwall AC | Male Vet 40-44 | 09:20.0 | 414 |
| 254 | 1:05:25 | LILLIS, John | Newquay Road Runners | Male Vet 70-74 | 09:20.6 | 472 |
| 255 | 1:05:26 | ROWETT, Gareth | St Austell Running Club | Male under 35 | 09:20.7 | 205 |
| 256 | 1:05:27 | MCMAHON, Ian | Bradworthy Runners | Male Vet 55-59 | 09:20.9 | 131 |
| 257 | 1:05:29 | LATHOM, Janet | Launceston Road Runners | Female Vet 60-64 | 09:21.1 | 171 |
| 258 | 1:05:31 | COPE, Jackie | Falmouth Road Runners | Female Vet 60-64 | 09:21.4 | 326 |
| 259 | 1:05:36 | MARSHALL, Debbie | St Austell Running Club | Female Vet 40-44 | 09:22.1 | 215 |
| 260 | 1:05:40 | HADEN, Heidi | Cornwall AC | Female Vet 35-39 | 09:22.7 | 423 |
| 261 | 1:05:45 | SIMPSON, Mark | | Male under 35 | 09:23.4 | 246 |
| 262 | 1:05:51 | WILTON, David | Falmouth Road Runners | Male Vet 60-64 | 09:24.3 | 342 |
| 263 | 1:05:52 | BARNES, John | Launceston Road Runners | Male Vet 55-59 | 09:24.4 | 264 |
| 264 | 1:05:55 | SAUNDERS, Nick | | Male Vet 35-39 | 09:24.9 | 281 |
| 265 | 1:06:00 | PRICE, Rachel | | Female under 35 | 09:25.6 | 58 |
| 266 | 1:06:17 | DREW, Barry | Carn Runners | Male Vet 70-74 | 09:28.0 | 100 |
| 267 | 1:06:20 | LEWITT, Hannah | | Female under 35 | 09:28.4 | 296 |
| 268 | 1:06:22 | DUTCHAK, Hannah | JP Fitness Cornwall | Female under 35 | 09:28.7 | 287 |
| 269 | 1:06:22 | PETT, Jane | JP Fitness Cornwall | Female Vet 40-44 | 09:28.7 | 65 |
| 270 | 1:06:24 | ARGUE, Tanya | Bere Alston Trekkers | Female Vet 45-49 | 09:29.0 | 262 |
| 271 | 1:06:35 | OLDHAM, Lucy | East Cornwall Harriers | Female Vet 40-44 | 09:30.6 | 25 |
| 272 | 1:06:40 | ADAMS, David | | Male Vet 45-49 | 09:31.3 | 493 |
| 273 | 1:06:42 | MEDHURST, Jim | Bere Alston Trekkers | Male Vet 40-44 | 09:31.6 | 17 |
| 274 | 1:06:44 | SPENCE, Kelly | | Female Vet 35-39 | 09:31.9 | 306 |
| 275 | 1:06:48 | EATON, Sam | | Male under 35 | 09:32.4 | 284 |
| 276 | 1:06:49 | ARNOLD, Elliot | | Male Vet 50-54 | 09:32.6 | 242 |
| 277 | 1:06:54 | PRICE, Brian | | Male Vet 70-74 | 09:33.3 | 59 |
| 278 | 1:07:00 | TIPPETT, Sarah | Mud Crew Trail Runners | Female Vet 40-44 | 09:34.1 | 243 |
| 279 | 1:07:01 | LOWE, Wendy | Bodmin Womens RC | Female Vet 60-64 | 09:34.3 | 51 |
| 280 | 1:07:03 | SHIPTON, Jason | Tavistock AC | Male Vet 45-49 | 09:34.6 | 30 |
| 281 | 1:07:03 | MCFADZEAN, Jeanette | Launceston Road Runners | Female Vet 45-49 | 09:34.6 | 184 |
| 282 | 1:07:03 | LITTLEWOOD, Louise | East Cornwall Harriers | Female Vet 45-49 | 09:34.6 | 42 |
| 283 | 1:07:03 | ASHTON, Debbie | Bere Alston Trekkers | Female Vet 45-49 | 09:34.6 | 69 |
| 284 | 1:07:04 | BARRIBALL, James | | Male Vet 35-39 | 09:34.7 | 18 |
| 285 | 1:07:10 | QUIRK, Joanna | | Female Vet 40-44 | 09:35.6 | 366 |
| 286 | 1:07:10 | QUIRK, Jeremy | | Male Vet 40-44 | 09:35.6 | 250 |
| 287 | 1:07:13 | ALLEN, Rebecca | Carn Runners | Female under 35 | 09:36.0 | 136 |
| 288 | 1:07:19 | BOWERS, Karina | St Austell Running Club | Female Vet 35-39 | 09:36.9 | 197 |
| 289 | 1:07:24 | SMITH, Hannah | Hayle Runners | Female under 35 | 09:37.6 | 233 |
| 290 | 1:07:35 | NEWMAN, Sheila | Tamar Trotters | Female Vet 65-69 | 09:39.1 | 451 |
| 291 | 1:07:39 | JAYNE, Samantha | Newquay Road Runners | Female Vet 45-49 | 09:39.7 | 457 |
| 292 | 1:07:44 | WATTS, Rachael | | Female under 35 | 09:40.4 | 87 |
| 293 | 1:07:52 | ELLISON, Eleanor | Newquay Road Runners | Female Vet 60-64 | 09:41.6 | 469 |
| 294 | 1:07:58 | JELLINGS, Stuart | | Male Vet 40-44 | 09:42.4 | 29 |
| 295 | 1:07:58 | JELLINGS, Clara | | Female Vet 40-44 | 09:42.4 | 27 |
| 296 | 1:07:59 | BENNETT, Shirley | Bodmin Womens RC | Female Vet 40-44 | 09:42.6 | 245 |
| 297 | 1:08:00 | WATERS, Rachel | St Austell Running Club | Female Vet 50-54 | 09:42.7 | 207 |
| 298 | 1:08:02 | PHILLIPS, Ruth | Hayle Runners | Female Vet 40-44 | 09:43.0 | 179 |
| 299 | 1:08:05 | FLOWER, Naomi | Newquay Road Runners | Female under 35 | 09:43.4 | 460 |
| 300 | 1:08:07 | WADE, Margaret | Carn Runners | Female Vet 65-69 | 09:43.7 | 28 |
| 301 | 1:08:15 | MAYERS, Victoria | | Female Vet 40-44 | 09:44.9 | 253 |
| 302 | 1:08:27 | JONES, Jon | Looe Pioneers | Male Vet 45-49 | 09:46.6 | 23 |
| 303 | 1:08:45 | HOWES, Maryann | | Female under 35 | 09:49.1 | 20 |
| 304 | 1:09:08 | ANDERSON, David | Torrington AAC | Male Vet 65-69 | 09:52.4 | 365 |
| 305 | 1:09:14 | HOLT, Victoria | Launceston Road Runners | Female Vet 35-39 | 09:53.3 | 95 |
| 306 | 1:09:15 | STUTHRIDGE, Helen | St Austell Running Club | Female Vet 50-54 | 09:53.4 | 221 |
| 307 | 1:09:16 | OWEN, Mark | St Austell Running Club | Male Vet 40-44 | 09:53.6 | 218 |
| 308 | 1:09:20 | EVANS, Des | Newquay Road Runners | Male Vet 70-74 | 09:54.1 | 468 |
| 309 | 1:09:23 | STAINER, Laura | | Female under 35 | 09:54.6 | 260 |
| 310 | 1:09:36 | GOODACRE, Mary | Tamar Trotters | Female Vet 65-69 | 09:56.4 | 372 |
| 311 | 1:09:37 | WILLIS, Sharon | Newquay Road Runners | Female Vet 55-59 | 09:56.6 | 477 |

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| 312 | 1:09:39 | COURTNEY, Stacey | Newquay Road Runners | Female under 35 | 09:56.8 | 188 |
| 313 | 1:09:39 | WHEADON, Scott | | Male Vet 35-39 | 09:56.8 | 189 |
| 314 | 1:09:41 | CROWE, Sharon | Bodmin Womens RC | Female Vet 45-49 | 09:57.1 | 190 |
| 315 | 1:09:41 | JAMIESON, Sandy | Carn Runners | Female Vet 65-69 | 09:57.1 | 130 |
| 316 | 1:09:49 | BOND, Nina | Looe Pioneers | Female under 35 | 09:58.3 | 9 |
| 317 | 1:09:51 | HACKMAN, Tom | Newquay Road Runners | Male Vet 65-69 | 09:58.6 | 473 |
| 318 | 1:09:51 | MANNING, Trevor | | Male Vet 35-39 | 09:58.6 | 384 |
| 319 | 1:09:58 | HEYWOOD, Reece | | Male under 35 | 09:59.6 | 176 |
| 320 | 1:10:06 | ASHTON, Graham | | Male under 35 | 10:00.7 | 235 |
| 321 | 1:10:12 | ELMES, Ralph | Bere Alston Trekkers | Male Vet 70-74 | 10:01.6 | 360 |
| 322 | 1:10:31 | SAUNDERS, Lyndsey | East Cornwall Harriers | Female Vet 35-39 | 10:04.3 | 32 |
| 323 | 1:10:48 | BILLS, Kelly | Carn Runners | Female Vet 40-44 | 10:06.7 | 43 |
| 324 | 1:11:09 | COOK, Julie | Plymouth Musketeers | Female Vet 45-49 | 10:09.7 | 147 |
| 325 | 1:11:12 | GAY, Jackie | Launceston Road Runners | Female Vet 50-54 | 10:10.1 | 293 |
| 326 | 1:11:15 | CAFF, Tristan | Newquay Road Runners | Male under 35 | 10:10.6 | 465 |
| 327 | 1:11:16 | SCREECH, Mark | | Male Vet 45-49 | 10:10.7 | 239 |
| 328 | 1:11:20 | WRIGHT, Karen | | Female Vet 50-54 | 10:11.3 | 374 |
| 329 | 1:11:20 | DYMOND, Amanda | Bodmin Womens RC | Female Vet 40-44 | 10:11.3 | 373 |
| 330 | 1:11:25 | CUTLAN, Jean | St Austell Running Club | Female Vet 50-54 | 10:12.0 | 202 |
| 331 | 1:11:26 | ALBON, Gary | | Male Vet 50-54 | 10:12.1 | 355 |
| 332 | 1:11:29 | WATTS, Hannah | St Austell Running Club | Female under 35 | 10:12.6 | 226 |
| 333 | 1:11:34 | LOOSLEY, Alison | St Austell Running Club | Female Vet 50-54 | 10:13.3 | 213 |
| 334 | 1:11:34 | JAMESON, Judy | Carn Runners | Female Vet 55-59 | 10:13.3 | 168 |
| 335 | 1:11:46 | ROWLANDS, Kate | Falmouth Road Runners | Female Vet 35-39 | 10:15.0 | 339 |
| 336 | 1:11:49 | SKINNER, Lynne | | Female Vet 35-39 | 10:15.4 | 288 |
| 337 | 1:11:54 | JOHNSTON, Sally | Tamar Trotters | Female Vet 55-59 | 10:16.1 | 443 |
| 338 | 1:11:58 | LOVEJOY, Rachel | | Female Vet 35-39 | 10:16.7 | 379 |
| 339 | 1:11:58 | LOVEJOY, Paul | | Male Vet 40-44 | 10:16.7 | 380 |
| 340 | 1:12:06 | CARTLIDGE, Michelle | Plymouth Harriers | Female under 35 | 10:17.8 | 299 |
| 341 | 1:12:11 | TORRES, Mick | Looe Pioneers | Male Vet 55-59 | 10:18.6 | 292 |
| 342 | 1:12:22 | PENDLETON, Sue | | Female Vet 35-39 | 10:20.1 | 132 |
| 343 | 1:12:26 | SAVIN, Nick | Newquay Road Runners | Male under 35 | 10:20.7 | 453 |
| 344 | 1:12:31 | HAISMAN, Matt | Launceston Road Runners | Male Vet 50-54 | 10:21.4 | 40 |
| 345 | 1:12:53 | PINNICK, Mark | Falmouth Road Runners | Male Vet 40-44 | 10:24.6 | 336 |
| 346 | 1:12:57 | HALLIBONE, Hollie | JP Fitness Cornwall | Female under 35 | 10:25.1 | 24 |
| 347 | 1:13:03 | GRIGG, Trevor | Tavistock AC | Male Vet 60-64 | 10:26.0 | 269 |
| 348 | 1:13:26 | ROOSE, Alison | Newquay Road Runners | Female Vet 40-44 | 10:29.3 | 479 |
| 349 | 1:13:30 | HARTE-LATREMOILLE, Samantha | Bere Alston Trekkers | Female Vet 40-44 | 10:29.8 | 396 |
| 350 | 1:13:34 | DUDLEY, Michelle | St Austell Running Club | Female Vet 50-54 | 10:30.4 | 204 |
| 351 | 1:13:35 | HARVEY, Lynn | Newquay Road Runners | Female Vet 65-69 | 10:30.6 | 456 |
| 352 | 1:13:49 | TAYLOR, Sean | | Male Vet 50-54 | 10:32.6 | 476 |
| 353 | 1:14:03 | WILDING, Sarah | Hayle Runners | Female Vet 40-44 | 10:34.6 | 129 |
| 354 | 1:14:11 | KEMP, Mark | | Male Vet 50-54 | 10:35.7 | 82 |
| 355 | 1:14:13 | SWIFT, Antony | Launceston Road Runners | Male under 35 | 10:36.0 | 126 |
| 356 | 1:14:16 | CUTLAN, Tim | St Austell Running Club | Male Vet 50-54 | 10:36.4 | 203 |
| 357 | 1:14:42 | COOK, Stephanie | | Female Vet 35-39 | 10:40.1 | 156 |
| 358 | 1:14:53 | MOSELEY, Suzanne | | Female Vet 40-44 | 10:41.7 | 56 |
| 359 | 1:14:55 | WILLIAMS, Laura | Hayle Runners | Female under 35 | 10:42.0 | 277 |
| 360 | 1:14:56 | KITNEY-BAKER, Michelle | Newquay Road Runners | Female Vet 45-49 | 10:42.1 | 484 |
| 361 | 1:15:05 | BAWDEN, Mike | Cornwall AC | Male Vet 55-59 | 10:43.4 | 408 |
| 362 | 1:15:32 | NEWTON, Roy | Falmouth Road Runners | Male Vet 70-74 | 10:47.3 | 335 |
| 363 | 1:15:33 | MCFARLAND, Jenny | | Female under 35 | 10:47.4 | 394 |
| 364 | 1:15:45 | PYKE, Mike | Launceston Road Runners | Male Vet 45-49 | 10:49.1 | 180 |
| 365 | 1:15:45 | PYKE, Gary | | Male Vet 45-49 | 10:49.1 | 161 |
| 366 | 1:15:50 | RICHARDSON, Jane | Okehampton RC | Female Vet 65-69 | 10:49.8 | 91 |
| 367 | 1:16:20 | PRIOR, Sarah | Tavistock AC | Female Vet 45-49 | 10:54.1 | 1 |
| 368 | 1:16:22 | HEYWARD, Paul | Launceston Road Runners | Male Vet 50-54 | 10:54.4 | 152 |
| 369 | 1:16:24 | BUNTING, Maggie | Tamar Trotters | Female Vet 50-54 | 10:54.7 | 452 |
| 370 | 1:16:24 | LITTLEJOHNS, Alan | Launceston Road Runners | Male Vet 70-74 | 10:54.7 | 361 |
| 371 | 1:16:24 | AZE-THOMAS, Gill | Launceston Road Runners | Female Vet 45-49 | 10:54.7 | 232 |
| 372 | 1:16:24 | KINSMAN, Lindsey | | Female Vet 45-49 | 10:54.7 | 368 |
| 373 | 1:17:04 | PRITCHARD, Nikki | | Female Vet 35-39 | 11:00.4 | 26 |
| 374 | 1:17:07 | WYATT, Jordan | St Austell Running Club | Male under 35 | 11:00.8 | 229 |

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| 375 | 1:17:55 | BEATTIE, Laura | Plymouth Harriers | Female under 35 | 11:07.7 | 401 |
| 376 | 1:17:56 | GARSIDE, Jane | Newquay Road Runners | Female Vet 50-54 | 11:07.8 | 462 |
| 377 | 1:18:22 | BOARD, Julie | Plymouth Harriers | Female Vet 40-44 | 11:11.6 | 3 |
| 378 | 1:18:26 | HART, Claire | Plymouth Harriers | Female Vet 50-54 | 11:12.1 | 151 |
| 379 | 1:18:40 | TREWEEK, Paul | Truro Running Club | Male Vet 55-59 | 11:14.1 | 351 |
| 380 | 1:18:47 | BLIGHT, Mandy | St Austell Running Club | Female Vet 60-64 | 11:15.1 | 196 |
| 381 | 1:18:50 | COX, Alison | Bodmin Womens RC | Female Vet 50-54 | 11:15.5 | 74 |
| 382 | 1:18:51 | COX, Clive | | Male Vet 55-59 | 11:15.7 | 75 |
| 383 | 1:18:54 | PALMER, Rebecca | | Female under 35 | 11:16.1 | 266 |
| 384 | 1:19:16 | DALTON, Martin | Falmouth Road Runners | Male Vet 65-69 | 11:19.3 | 328 |
| 385 | 1:19:34 | ARMSTRONG, Justine | Tamar Trotters | Female Vet 50-54 | 11:21.8 | 102 |
| 386 | 1:19:37 | WELLS, Heather | | Female Vet 45-49 | 11:22.3 | 363 |
| 387 | 1:19:37 | KESSELL, Damion | | Male Vet 50-54 | 11:22.3 | 364 |
| 388 | 1:19:42 | CAFF, Jane | Newquay Road Runners | Female Vet 55-59 | 11:23.0 | 464 |
| 389 | 1:19:53 | HADFIELD-BENNETT, Penny | Plymouth Harriers | Female Vet 45-49 | 11:24.5 | 290 |
| 390 | 1:19:53 | BECKENKRAGER, Sharon | Plymouth Harriers | Female Vet 45-49 | 11:24.5 | 289 |
| 391 | 1:19:55 | FIRTH, Becky | Tamar Trotters | Female Vet 45-49 | 11:24.8 | 441 |
| 392 | 1:20:00 | MCKINLEY, Glennie | JP Fitness Cornwall | Female Vet 50-54 | 11:25.5 | 163 |
| 393 | 1:20:08 | COFFMAN-FORDER, Jane | Tamar Trotters | Female Vet 45-49 | 11:26.7 | 437 |
| 394 | 1:20:08 | FOSTER, Ann | Tamar Trotters | Female Vet 70-74 | 11:26.7 | 439 |
| 395 | 1:20:08 | PASCOE, Mark | Tamar Trotters | Male Vet 50-54 | 11:26.7 | 446 |
| 396 | 1:20:22 | MARTIN, Hayley | Carn Runners | Female Vet 35-39 | 11:28.7 | 159 |
| 397 | 1:20:42 | MCCARTHY, Kimberley | JP Fitness Cornwall | Female under 35 | 11:31.5 | 173 |
| 398 | 1:20:55 | DREW, Carole | Carn Runners | Female Vet 70-74 | 11:33.4 | 99 |
| 399 | 1:21:20 | EWART, Sam | St Austell Running Club | Female Vet 40-44 | 11:37.0 | 112 |
| 400 | 1:21:29 | HOWARD, Sarah | Bodmin Womens RC | Female Vet 45-49 | 11:38.3 | 162 |
| 401 | 1:21:56 | OVERD, Lynne | Looe Pioneers | Female Vet 55-59 | 11:42.1 | 90 |
| 402 | 1:22:05 | REGAN, Angela | | Female Vet 55-59 | 11:43.4 | 395 |
| 403 | 1:22:46 | TAPHOUSE, Lesley | Bodmin Road Runners | Female Vet 55-59 | 11:49.3 | 62 |
| 404 | 1:22:46 | SMERDON, Lindsay | | Female under 35 | 11:49.3 | 488 |
| 405 | 1:22:53 | WHITE, Janet | Okehampton RC | Female Vet 65-69 | 11:50.3 | 316 |
| 406 | 1:22:56 | GREGORY, Julie | Looe Pioneers | Female Vet 50-54 | 11:50.7 | 405 |
| 407 | 1:22:59 | HOCKING, Stacey | Hayle Runners | Female under 35 | 11:51.1 | 128 |
| 408 | 1:23:15 | RAIKER, Diana | Falmouth Road Runners | Female under 35 | 11:53.4 | 337 |
| 409 | 1:23:16 | CHELL, Nina | Falmouth Road Runners | Female Vet 40-44 | 11:53.5 | 256 |
| 410 | 1:23:30 | ROGERS, Natalie | | Female Vet 40-44 | 11:55.5 | 137 |
| 411 | 1:23:30 | WELLS, Jan | | Female Vet 45-49 | 11:55.5 | 138 |
| 412 | 1:23:37 | JAMES, Emma | | Female Vet 40-44 | 11:56.5 | 397 |
| 413 | 1:23:37 | DUDMAN, Kate | Bodmin Womens RC | Female Vet 40-44 | 11:56.5 | 399 |
| 414 | 1:23:46 | WOLSTENCROFT, Zoe | Carn Runners | Female Vet 40-44 | 11:57.8 | 44 |
| 415 | 1:23:56 | ADAMS, Sally | | Female Vet 45-49 | 11:59.3 | 494 |
| 416 | 1:24:00 | DYER, Jennifer | Plymouth Harriers | Female Vet 35-39 | 11:59.8 | 283 |
| 417 | 1:24:14 | BOWDEN, Jenny | Newquay Road Runners | Female Vet 50-54 | 12:01.8 | 478 |
| 418 | 1:24:34 | MARTIN, Sally | Falmouth Road Runners | Female Vet 40-44 | 12:04.7 | 343 |
| 419 | 1:24:36 | ROBERTS, Nigel | Falmouth Road Runners | Male Vet 35-39 | 12:05.0 | 338 |
| 420 | 1:24:40 | LAKE, Christina | Falmouth Road Runners | Female Vet 60-64 | 12:05.5 | 331 |
| 421 | 1:25:28 | ROPER, Helen | Tamar Trotters | Female Vet 40-44 | 12:12.4 | 445 |
| 422 | 1:25:28 | PITMAN, Debbie | Tamar Trotters | Female Vet 55-59 | 12:12.4 | 444 |
| 423 | 1:25:47 | TODD, Christine | St Austell Running Club | Female Vet 55-59 | 12:15.1 | 222 |
| 424 | 1:26:05 | JOHNS, Emma | Mounts Bay Harriers | Female Vet 40-44 | 12:17.7 | 68 |
| 425 | 1:26:18 | JOHNS, Sarah | Mounts Bay Harriers | Female Vet 35-39 | 12:19.5 | 66 |
| 426 | 1:26:29 | BILLING, Anita | | Female Vet 45-49 | 12:21.1 | 122 |
| 427 | 1:26:32 | GARRARD, David | Falmouth Road Runners | Male Vet 70-74 | 12:21.5 | 329 |
| 428 | 1:26:32 | GIOVENCO, Abbie | Plymouth Harriers | Female under 35 | 12:21.5 | 377 |
| 429 | 1:26:38 | COOKE-DAVIES, Louise | Newquay Road Runners | Female Vet 50-54 | 12:22.4 | 466 |
| 430 | 1:27:50 | WAY, Alison | Looe Pioneers | Female Vet 40-44 | 12:32.7 | 268 |
| 431 | 1:27:53 | WRIGHT, Laurence | | Male Vet 35-39 | 12:33.1 | 495 |
| 432 | 1:28:12 | WEBBER, Sharon | St Austell Running Club | Female Vet 45-49 | 12:35.8 | 227 |
| 433 | 1:29:22 | PARR, Lisa | Plymouth Harriers | Female Vet 40-44 | 12:45.8 | 297 |
| 434 | 1:30:00 | WRIGHT, Mike | Hayle Runners | Male Vet 65-69 | 12:51.2 | 118 |
| 435 | 1:30:46 | THOMAS, Kathryn | Cornwall AC | Female Vet 40-44 | 12:57.8 | 427 |
| 436 | 1:30:52 | LANAWAY, Angela | Bodmin Womens RC | Female Vet 50-54 | 12:58.7 | 386 |
| 437 | 1:30:55 | LAY, Jo | Hayle Runners | Female Vet 50-54 | 12:59.1 | 84 |

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| 438 | 1:31:02 | LAWRENCE, Steven | Falmouth Road Runners | Male Vet 60-64 | 13:00.1 | 332 |
| 439 | 1:32:06 | WYATT, Liz | St Austell Running Club | Female Vet 45-49 | 13:09.2 | 228 |
| 440 | 1:32:20 | LINDO, Kathryn | | Female Vet 35-39 | 13:11.2 | 21 |
| 441 | 1:32:40 | FORD, Rosie | Bodmin Womens RC | Female under 35 | 13:14.1 | 362 |
| 442 | 1:32:41 | MERCHANT, Caroline | Bodmin Womens RC | Female Vet 35-39 | 13:14.2 | 322 |
| 443 | 1:32:47 | MONTGOMERY, Pauline Claire | Bodmin Womens RC | Female Vet 35-39 | 13:15.1 | 321 |
| 444 | 1:32:52 | IDDON, Andrew | | Male Vet 35-39 | 13:15.8 | 257 |
| 445 | 1:33:07 | COOPER, Fiona | Bodmin Womens RC | Female Vet 40-44 | 13:18.0 | 313 |
| 446 | 1:33:42 | LIVINGSTONE, Isabel | | Female Vet 35-39 | 13:23.0 | 117 |
| 447 | 1:35:58 | PRICE, Carol | | Female Vet 65-69 | 13:42.4 | 60 |
| 448 | 1:36:25 | SMITH, James | | Male Vet 40-44 | 13:46.2 | 300 |
| 449 | 1:36:26 | WILLIAMS, Darren | Plymouth Musketeers | Male Vet 45-49 | 13:46.4 | 78 |
| 450 | 1:39:09 | CARTHEW, Samantha | Bodmin Womens RC | Female Vet 45-49 | 14:09.7 | 370 |
| 451 | 1:39:16 | VOSPER, Lisa | Bodmin Womens RC | Female Vet 45-49 | 14:10.7 | 369 |