

2019 TAVY 7

Sunday 27 October 2019

Race Results (Provisional)



| Pos. | Time | Forename | Surname | Club | M/F | Age Cat. | Age Cat. Pos. | Age Grade Perf. |
|------|---------------|-------------|-------------|-------------------------------|-----|---------------|---------------|-----------------|
| 1 | 00:36:23 | Philip | Wylie | Cheltenham and County Harrier | M | M40 | 1 | 88.46% |
| 2 | 00:39:29 | Adam | Holland | Tavistock AC | M | Senior Male | 1 | 77.33% |
| 3 | 00:39:38 | Michael | Lesniak | South Molton Strugglers | M | Senior Male | 2 | 77.04% |
| 4 | 00:40:02 | Jonny | Colaco | Newquay Road Runners | M | M45 | 1 | 83.56% |
| 5 | 00:40:37 | Marc | Smerdon | Tavistock Run Project | M | Senior Male | 3 | 75.17% |
| 6 | 00:40:39 | Paul | Cooke | South Molton Strugglers | M | Senior Male | 4 | 75.11% |
| 7 | 00:40:52 | Peter | Monaghan | Torbay AAC | M | M50 | 1 | 85.20% |
| 8 | 00:41:01 | Tom | Howell | Mile High RC | M | Senior Male | 5 | 74.44% |
| 9 | 00:41:08 | Christopher | Walker | Wells City Harriers | M | M45 | 2 | 81.32% |
| 10 | 00:41:18 | David | Cutler | South Molton Strugglers | M | M40 | 2 | 77.93% |
| 11 | 00:41:23 | Edward | Horn | Tavistock AC | M | Senior Male | 6 | 73.78% |
| 12 | 00:41:24 | Matthew | Tapp | South Molton Strugglers | M | Senior Male | 7 | 73.75% |
| 13 | 00:41:25 | Michael | Clark | South Molton Strugglers | M | M45 | 3 | 80.76% |
| 14 | 00:41:35 | Paul | Morgan | South Molton Strugglers | M | M40 | 3 | 77.39% |
| 15 | 00:41:58 | Bart | Thomas | Tavistock AC | M | Senior Male | 8 | 72.76% |
| 16 | 00:42:06 | Oliver | Smart | Tavistock Run Project | M | MU17 | 1 | #N/A |
| 17 | 00:42:13 | Luke | Gibbons | Unattached | M | Senior Male | 9 | 72.33% |
| 18 | 00:42:13 | Ryan | Gibbons | Unattached | M | Senior Male | 10 | 72.33% |
| 19 | 00:42:32 | Sam | Twine | Tavistock AC | M | Senior Male | 11 | 71.79% |
| 20 | 00:42:33 | Michal | Blaszczuk | Unattached | M | Senior Male | 12 | 71.76% |
| 21 | 00:42:35 | Jamie | Howard | South West Road Runners | M | M40 | 4 | 75.58% |
| 22 | 00:42:37 | James | Armstrong | Tavistock AC | M | Senior Male | 13 | 71.65% |
| 23 | 00:42:39 | James | Mckibbin | South Molton Strugglers | M | Senior Male | 14 | 71.59% |
| 24 | 00:42:44 | Sam | Moon | Unattached | M | M40 | 5 | 75.31% |
| 25 | 00:42:54 | Richard | Ham | Unattached | M | Senior Male | 15 | 71.17% |
| 26 | 00:42:57 | Ashley | Bond | South Molton Strugglers | M | Senior Male | 16 | 71.09% |
| 27 | 00:43:06 | Ed | Smith | Tavistock Run Project | M | Senior Male | 17 | 70.84% |
| 28 | 00:43:15 | Edward | Smart | Tavistock Run Project | M | Senior Male | 18 | 70.60% |
| 29 | 00:43:16 | Joshua | Moon | Unattached | M | Senior Male | 19 | 70.57% |
| 30 | 00:43:33 | Serane | Stone | Tiverton Harriers | F | F40 | 1 | 81.67% |
| 31 | 00:43:39 | Kevin | Price | Unattached | M | M40 | 6 | 73.73% |
| 32 | 00:43:40 | James | Wickett | Unattached | M | Senior Male | 20 | 69.92% |
| 33 | 00:43:41 | Hayden | Bond | Okehampton RC | M | Senior Male | 21 | 69.90% |
| 34 | 00:43:42 | Matthew | Head | Cornwall AC | M | Senior Male | 22 | 69.87% |
| 35 | 00:43:44 | Rory | Carr | Tiverton Harriers | M | M40 | 7 | 73.59% |
| 36 | 00:43:49 | Craig | Howells | Tavistock Run Project | M | Senior Male | 23 | 69.68% |
| 37 | 00:43:58 | Rebecca | Ezra | Tamar Trotters | F | Senior Female | 1 | 78.28% |
| 38 | 00:44:15 | James | Ham | Unattached | M | Senior Male | 24 | 69.00% |
| 39 | 00:44:23 | Katy | Hedgethorpe | Plymouth Harriers | F | Senior Female | 2 | 77.54% |
| 40 | 00:44:26 | Michael | Miners | Unattached | M | Senior Male | 25 | 68.72% |
| 41 | 00:44:36 | Steve | Sincock | Okehampton RC | M | M55 | 1 | 81.39% |
| 42 | 00:44:38 | Richard | Davies | Okehampton RC | M | Senior Male | 26 | 68.41% |
| 43 | 00:44:47 | Steve | Hill | Plymouth Harriers | M | M45 | 4 | 74.69% |
| 44 | 00:44:51 | Alex | Magee | South Devon AC | M | Senior Male | 27 | 68.08% |
| 45 | 00:45:09 | Tim | Vialls | South West Road Runners | M | M55 | 2 | 80.40% |
| 46 | 00:45:22 | Matthew | Teague | Tavistock Run Project | M | M40 | 8 | 70.94% |
| 47 | 00:45:32 | Andy | Hall | Unattached | M | M40 | 9 | 70.68% |
| 48 | 00:45:40 | Jodi | Fisk | Tavistock AC | F | F35 | 1 | 76.09% |
| 49 | 00:45:47 | Andrew | Vernon | Okehampton RC | M | M50 | 2 | 76.05% |
| 50 | 00:45:54 | Ami | Yetton | Plymouth Harriers | F | F35 | 2 | 75.71% |
| 51 | 00:45:57 | Crispin | Chambers | Tavistock Run Project | M | M55 | 3 | 79.00% |
| 52 | 00:46:03 | Rachael | Malthouse | Tavistock Run Project | F | F35 | 3 | 75.46% |
| 53 | 00:46:08 | Andrew | Geen | Bude Rats | M | M60 | 1 | 82.19% |
| 54 | 00:46:11 | Jeremy | Hocking | Torbay Tri Club | M | M45 | 5 | 72.43% |
| 55 | 00:46:18 | Ralph | Rizk | Unattached | M | M40 | 10 | 69.51% |
| 56 | INTERVAL ONLY | Samantha | Lake | Tavistock AC | F | F40 | 2 | 76.71% |

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|-----|----------|----------|----------------|-----------------------------|---|---------------|----|--------|
| 57 | 00:46:27 | Ethan | Sterry | South West Road Runners | M | Senior Male | 28 | 65.73% |
| 58 | 00:46:34 | Naomi | Flanagan | Torbay Tri Club | F | Senior Female | 3 | 73.91% |
| 59 | 00:46:41 | Jeff | Cretch | Team H Running Plymouth | M | M45 | 6 | 71.65% |
| 60 | 00:46:41 | Ross | Stevens | South West Road Runners | M | Senior Male | 29 | 65.41% |
| 61 | 00:46:47 | Lee | Herbert | Plymouth Musketeers RC | M | M40 | 11 | 68.79% |
| 62 | 00:46:59 | Nicholas | Bristow | Erme valley harriers | M | M45 | 7 | 71.20% |
| 63 | 00:47:01 | Matthew | Grzenda | Plymouth Musketeers RC | M | M40 | 12 | 68.45% |
| 64 | 00:47:12 | Ian | Smart | Unattached | M | M45 | 8 | 70.87% |
| 65 | 00:47:40 | Joe | Nash | Unattached | M | Senior Male | 30 | 64.06% |
| 66 | 00:47:44 | Jason | Hockridge | South West Road Runners | M | M40 | 13 | 67.42% |
| 67 | 00:47:48 | Damian | Dunne | Plymouth Musketeers RC | M | M45 | 9 | 69.98% |
| 68 | 00:47:54 | Amy | Jones | South West Road Runners | F | F35 | 4 | 72.55% |
| 69 | 00:48:14 | Edward | Varcoe | Plymouth Harriers | M | M40 | 14 | 66.72% |
| 70 | 00:48:20 | Michelle | Cowley | South Devon AC | F | Senior Female | 4 | 71.21% |
| 71 | 00:48:28 | Kevin | Baskott | Tamar Trotters | M | M50 | 3 | 71.84% |
| 72 | 00:48:31 | David | Goodspeed | Plymouth Harriers | M | Senior Male | 31 | 62.93% |
| 73 | 00:48:34 | Steve | Baker | Tamar Trotters | M | M60 | 2 | 78.07% |
| 74 | 00:48:39 | Lee | Pollard | Tamar Trotters | M | Senior Male | 32 | 62.76% |
| 75 | 00:48:43 | Stuart | Batten | South Devon AC | M | M40 | 15 | 66.06% |
| 76 | 00:48:52 | David | Engledew | Erme Valley Harriers | M | M60 | 3 | 77.59% |
| 77 | 00:48:53 | Matthew | Stringer | Launceston Road Runners | M | Senior Male | 33 | 62.46% |
| 78 | 00:48:54 | Harry | Cutler | Unattached | M | Senior Male | 34 | 62.44% |
| 79 | 00:49:05 | Mike | Nithavrianakis | Tamar Trail Runners | M | M50 | 4 | 70.93% |
| 80 | 00:49:08 | Dom | Stacey | South West Road Runners | M | M40 | 16 | 65.50% |
| 81 | 00:49:09 | Peter | Aggett | Tiverton Harriers | M | M50 | 5 | 70.84% |
| 82 | 00:49:10 | Dave | Bates | Okehampton RC | M | M65 | 1 | 80.71% |
| 83 | 00:49:16 | Tilly | McDowell | Tavistock AC | F | FU17 | 1 | #N/A |
| 84 | 00:49:16 | Andrew | Newcombe | Erme Valley Harriers | M | M40 | 17 | 65.32% |
| 85 | 00:49:18 | Jonathan | Hiscoke | South Devon AC | M | Senior Male | 35 | 61.93% |
| 86 | 00:49:21 | Matthew | Jeffery | Unattached | M | Senior Male | 36 | 61.87% |
| 87 | 00:49:28 | Andrew | Marshall | Plymouth Harriers | M | M55 | 4 | 73.38% |
| 88 | 00:49:43 | Michael | Tossell | Storm Plymouth | M | Senior Male | 37 | 61.41% |
| 89 | 00:49:47 | Steve | Thackham | Tavistock AC | M | M55 | 5 | 72.92% |
| 90 | 00:49:48 | Mark | West | Unattached | M | M45 | 10 | 67.17% |
| 91 | 00:49:51 | Loretta | Soffe | City of Birmingham Striders | F | Senior Female | 5 | 69.04% |
| 92 | 00:49:53 | Richard | Best | Tavistock AC | M | M55 | 6 | 72.77% |
| 93 | 00:49:59 | Helen | Kirby | Tiverton Harriers | F | F40 | 3 | 71.16% |
| 94 | 00:50:05 | Guy | Petersen | Unattached | M | M50 | 6 | 69.52% |
| 95 | 00:50:10 | Nigel | Rafferty | Unattached | M | M45 | 11 | 66.68% |
| 96 | 00:50:13 | Allan | Herdman | Tavistock AC | M | M65 | 2 | 79.02% |
| 97 | 00:50:33 | Jane | Bremner | Tamar Trotters | F | F60 | 1 | 88.00% |
| 98 | 00:50:37 | Daniel | Francis | Erme Valley Harriers | M | Senior Male | 38 | 60.32% |
| 99 | 00:50:38 | Stephen | Clements | Bideford AAC | M | M55 | 7 | 71.69% |
| 100 | 00:50:57 | David | Bennett | Unattached | M | Senior Male | 39 | 59.93% |
| 101 | 00:50:57 | Darren | Levers | Unattached | M | M50 | 7 | 68.33% |
| 102 | 00:51:04 | Andrew | Cusack | Tavistock Run Project | M | M45 | 12 | 65.50% |
| 103 | 00:51:08 | Kieran | Ferris | South West Road Runners | M | Senior Male | 40 | 59.71% |
| 104 | 00:51:14 | Mark | Thomas | Plymouth Harriers | M | M45 | 13 | 65.29% |
| 105 | 00:51:22 | Mark | Cullerton | Plymouth Musketeers RC | M | M45 | 14 | 65.12% |
| 106 | 00:51:22 | Colette | Clements | Newquay Road Runners | F | F35 | 5 | 67.65% |
| 107 | 00:51:27 | Jenny | Rice | Helm Hill Runners | F | Senior Female | 6 | 66.89% |
| 108 | 00:51:30 | Amy | Hawkes | Bideford AAC | F | F50 | 1 | 75.70% |
| 109 | 00:51:31 | John | Woolven-Allen | Plymstock Road Runners | M | M45 | 15 | 64.93% |
| 110 | 00:51:33 | Daniel | Case | Plymouth Musketeers RC | M | Senior Male | 41 | 59.23% |
| 111 | 00:51:34 | Damien | Holloway | Royal Navy Athletics Club | M | M40 | 18 | 62.41% |
| 112 | 00:51:40 | Thomas | Hocking | Unattached | M | Senior Male | 42 | 59.10% |
| 113 | 00:51:42 | Pat | MacDonough | Tavistock AC | M | M40 | 19 | 62.25% |
| 114 | 00:51:43 | Jonathan | Elliott | Unattached | M | Senior Male | 43 | 59.04% |
| 115 | 00:51:44 | Guy | Akeroyd | Unattached | M | MU17 | 2 | #N/A |
| 116 | 00:51:47 | Michael | Wood | Unattached | M | M55 | 8 | 70.10% |
| 117 | 00:51:48 | Ruby | Lawrence | Unattached | F | Senior Female | 7 | 66.44% |
| 118 | 00:51:54 | Brian | Kirkland | Tamar Trotters | M | M55 | 9 | 69.94% |
| 119 | 00:52:03 | Paul | Gwynne | Mud Crew Trail Runners | M | M50 | 8 | 66.89% |
| 120 | 00:52:08 | Robert | Graham | South West Road Runners | M | M40 | 20 | 61.73% |
| 121 | 00:52:11 | Helen | Orme | Tavistock AC | F | F45 | 1 | 70.78% |
| 122 | 00:52:15 | Graham | Johnson | Unattached | M | M50 | 9 | 66.63% |
| 123 | 00:52:25 | Mike | Baker | Okehampton RC | M | M50 | 10 | 66.42% |
| 124 | 00:52:25 | Andy | MacMillan | South West Road Runners | M | M50 | 11 | 66.42% |

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| 125 | 00:52:29 | Simon | Luther | Unattached | M | M50 | 12 | 66.34% |
| 126 | 00:52:35 | Jonathan | Hadley | Plymouth Harriers | M | Senior Male | 44 | 58.07% |
| 127 | 00:52:37 | Michael | Hughes | Storm Plymouth | M | M55 | 10 | 68.99% |
| 128 | 00:52:55 | James | Vassay | Tavistock Run Project | M | Senior Male | 45 | 57.70% |
| 129 | 00:53:05 | Mark | Ashurst | Plymouth Striders | M | M45 | 16 | 63.01% |
| 130 | 00:53:10 | Mark | Heffernan | Unattached | M | M45 | 17 | 62.92% |
| 131 | 00:53:11 | Hayley | Clarke | Tavistock Run Project | F | F35 | 6 | 65.34% |
| 132 | 00:53:18 | Rosie | Glazier | South West Road Runners | F | Senior Female | 8 | 64.57% |
| 133 | 00:53:22 | Paul | Whitmore | Storm Plymouth | M | Senior Male | 46 | 57.21% |
| 134 | 00:53:23 | Jim | Medhurst | Bere Alston Trekkers | M | M40 | 21 | 60.29% |
| 135 | 00:53:25 | Suzie | Tosh | South West Road Runners | F | F40 | 4 | 66.58% |
| 136 | 00:53:34 | Gary | Felder | Bere Alston Trekkers | M | Senior Male | 47 | 57.00% |
| 137 | 00:53:37 | David | Oconnor | Unattached | M | Senior Male | 48 | 56.95% |
| 138 | 00:53:37 | Jonathan | Cowell | Unattached | M | M40 | 22 | 60.02% |
| 139 | 00:53:40 | James | Ansell | Unattached | M | Senior Male | 49 | 56.89% |
| 140 | 00:53:43 | Lewis | Jones | South West Road Runners | M | M70 | 1 | 77.63% |
| 141 | 00:53:44 | Paul | Bennett | Plymouth Musketeers RC | M | M50 | 13 | 64.80% |
| 142 | 00:53:49 | Kelly | Gdanitz | Unattached | F | F40 | 5 | 66.09% |
| 143 | 00:53:51 | Alison | Waldron | Vegan Runners UK | F | F45 | 2 | 68.59% |
| 144 | 00:53:53 | Stuart | Seymour-Smith | Holsworthy RC | M | M55 | 11 | 67.37% |
| 145 | 00:53:53 | Martin | Hannigan | Unattached | M | M45 | 18 | 62.08% |
| 146 | 00:53:58 | Martin | Head | Bere Alston Trekkers | M | M50 | 14 | 64.52% |
| 147 | 00:54:04 | Danielle | Waters | South Devon AC | F | Senior Female | 9 | 63.66% |
| 148 | 00:54:06 | Chris | Anthony | Bere Alston Trekkers | M | M40 | 23 | 59.49% |
| 149 | 00:54:07 | Zoe | Chapman | Team H Running Plymouth | F | Senior Female | 10 | 63.60% |
| 150 | 00:54:08 | Antony | Waters | South Devon AC | M | M40 | 24 | 59.45% |
| 151 | 00:54:09 | Matthew | Ball | Unattached | M | M45 | 19 | 61.77% |
| 152 | 00:54:19 | Paul | Watson | Lonely Goat RC | M | M40 | 25 | 59.25% |
| 153 | 00:54:23 | Andy | Warner | Unattached | M | M50 | 15 | 64.02% |
| 154 | 00:54:28 | Andrew | Houghton | Tavistock AC | M | M70 | 2 | 76.56% |
| 155 | 00:54:30 | Mark | Lancaster | Unattached | M | Senior Male | 50 | 56.02% |
| 156 | 00:54:31 | Jenny | Bryant | Tavistock AC | F | F50 | 2 | 71.51% |
| 157 | 00:54:36 | Dave | Prouse | Just Jog | M | Senior Male | 51 | 55.92% |
| 158 | 00:54:41 | Roger | Smyly | Unattached | M | M50 | 16 | 63.67% |
| 159 | 00:54:45 | Paul | Evison | Okehampton RC | M | M65 | 3 | 72.48% |
| 160 | 00:54:47 | Umberto | Bergonzini | Tavistock Run Project | M | M45 | 20 | 61.06% |
| 161 | 00:54:48 | Edward | Hopkins | Unattached | M | M55 | 12 | 66.24% |
| 162 | 00:54:49 | Alison | Engledew | Erme Valley Harriers | F | F60 | 2 | 81.15% |
| 163 | 00:54:52 | Tracey | Oxborough | Tavistock AC | F | F55 | 1 | 75.73% |
| 164 | 00:54:57 | Ben | Moon | Unattached | M | M40 | 26 | 58.57% |
| 165 | 00:55:00 | Paul | Caulfield | Unattached | M | M55 | 13 | 66.00% |
| 166 | 00:55:14 | Paul | Sweeney | Tamar Trotters | M | Senior Male | 52 | 55.28% |
| 167 | 00:55:17 | Martin | Peters | Plymouth Striders | M | M50 | 17 | 62.98% |
| 168 | 00:55:24 | Ian | White | South West Road Runners | M | M45 | 21 | 60.38% |
| 169 | 00:55:28 | Will | Halfacree | Unattached | M | Senior Male | 53 | 55.05% |
| 170 | 00:55:29 | Graeme | Ash | Team H Running Plymouth | M | M50 | 18 | 62.75% |
| 171 | 00:55:33 | Hannah | Walters | Tavistock Run Project | F | Senior Female | 11 | 61.96% |
| 172 | 00:55:35 | Andrew | Bees | Plymouth Musketeers RC | M | Senior Male | 54 | 54.93% |
| 173 | 00:55:39 | Simon | Davey | Unattached | M | M45 | 22 | 60.11% |
| 174 | 00:55:48 | Debra | Stevens | South West Road Runners | F | Senior Female | 12 | 61.68% |
| 175 | 00:55:53 | Phillip | Heath | Plymouth Musketeers RC | M | M45 | 23 | 59.86% |
| 176 | 00:55:57 | Alexander | Cooper | Unattached | M | M40 | 27 | 57.52% |
| 177 | 00:56:02 | Rose | Harvie | Plymouth Harriers | F | Senior Female | 13 | 61.42% |
| 178 | 00:56:06 | Leila | Matthews | Plymouth Musketeers RC | F | F40 | 6 | 63.40% |
| 179 | 00:56:09 | Terry | Bartlett | Plymouth Harriers | M | M55 | 14 | 64.65% |
| 180 | 00:56:16 | Mervyn | Rice | Okehampton RC | M | M60 | 4 | 67.39% |
| 181 | 00:56:18 | Liam | Townshend | Unattached | M | Senior Male | 55 | 54.23% |
| 182 | 00:56:20 | Simon | Boon | Royal Navy Athletics Club | M | Senior Male | 56 | 54.20% |
| 183 | 00:56:30 | Brigitte | Taverna | Plymstock Road Runners | F | F40 | 7 | 62.95% |
| 184 | 00:56:32 | Paul | Barter | South West Road Runners | M | M55 | 15 | 64.21% |
| 185 | 00:56:41 | Laura | Goodspeed | Plymouth Harriers | F | Senior Female | 14 | 60.72% |
| 186 | 00:56:42 | Laura | Ashworth | South Devon AC | F | F40 | 8 | 62.73% |
| 187 | 00:56:43 | Matt | Plass | Unattached | M | M45 | 24 | 58.98% |
| 188 | 00:56:46 | Sally | Copsonball | Unattached | F | F40 | 9 | 62.65% |
| 189 | 00:56:46 | Chris | Tetley | Plymouth Harriers | M | M55 | 16 | 63.95% |
| 190 | 00:56:48 | Andrew | Bowden | Bere Alston Trekkers | M | M45 | 25 | 58.89% |
| 191 | 00:56:50 | Jason | Shipton | Unattached | M | M45 | 26 | 58.86% |
| 192 | 00:56:57 | Sarah | Holland | Tavistock AC | F | F45 | 3 | 64.85% |

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| 193 | 00:57:01 | Tracey | Cullerton | Plymouth Musketeers RC | F | F45 | 4 | 64.78% |
| 194 | 00:57:03 | Emma | Dean | Okehampton RC | F | F40 | 10 | 62.34% |
| 195 | 00:57:02 | Rebecca | Ewing | Unattached | F | F40 | 11 | 62.36% |
| 196 | 00:57:03 | Tanya | Argue | Bere Alston Trekkers | F | F45 | 5 | 64.74% |
| 197 | 00:57:04 | Candace | Jewell | Bideford AAC | F | F40 | 12 | 62.32% |
| 198 | 00:57:08 | Chrissy | Hennessey | Unattached | F | F45 | 6 | 64.64% |
| 199 | 00:57:09 | Rebecca | Scott | Storm Plymouth | F | F40 | 13 | 62.23% |
| 200 | 00:57:10 | Tess | Denley | Storm Plymouth | F | F50 | 3 | 68.19% |
| 201 | 00:57:13 | Steven | Skinner | Unattached | M | Senior Male | 57 | 53.36% |
| 202 | 00:57:14 | Mark | Sluggett | Unattached | M | M50 | 19 | 60.83% |
| 203 | 00:57:14 | Richard | Lane | Erme Valley Harriers | M | M50 | 20 | 60.83% |
| 204 | 00:57:18 | Tim | Dixon | Launceston Road Runners | M | M60 | 5 | 66.17% |
| 205 | 00:57:23 | Nicky | Maguire | Unattached | F | F45 | 7 | 64.36% |
| 206 | 00:57:28 | Ben | Rogers | Unattached | M | Senior Male | 58 | 53.13% |
| 207 | 00:57:37 | Susan | Hayes | South Devon AC | F | F50 | 4 | 67.66% |
| 208 | 00:57:40 | Stuart | Hearne | Unattached | M | M45 | 27 | 58.01% |
| 209 | 00:57:44 | Philip | Bees | Plymouth Musketeers RC | M | M60 | 6 | 65.68% |
| 210 | 00:57:49 | Trevor | Williams | Tamar trotters | M | M60 | 7 | 65.58% |
| 211 | 00:57:50 | Richard | Farley | Unattached | M | M55 | 17 | 62.77% |
| 212 | 00:57:51 | David | Tregelles | Unattached | M | M55 | 18 | 62.75% |
| 213 | 00:57:51 | Mark | Sinclair | Plymouth Musketeers RC | M | M50 | 21 | 60.18% |
| 214 | 00:57:52 | Keith | Belt | South Devon AC | M | M70 | 3 | 72.06% |
| 215 | 00:57:54 | David | Kilgore | Storm Plymouth | M | M40 | 28 | 55.58% |
| 216 | 00:57:56 | Pasquale | D'Alessio | Unattached | M | M50 | 22 | 60.10% |
| 217 | 00:57:56 | Kelly | Sargent | Launceston Road Runners | F | F40 | 14 | 61.39% |
| 218 | 00:57:59 | David | Eldridge | Bideford AAC | M | M45 | 28 | 57.69% |
| 219 | 00:58:01 | Kerry | Bell | South Devon AC | F | F55 | 2 | 71.62% |
| 220 | 00:58:03 | Andrew | Parker | Launceston Road Runners | M | M55 | 19 | 62.53% |
| 221 | 00:58:07 | David | Parish | Unattached | M | Senior Male | 59 | 52.54% |
| 222 | 00:58:15 | Simon | Akeroyd | Unattached | M | M45 | 29 | 57.42% |
| 223 | 00:58:19 | Andrew | Martin | Tavistock AC | M | M50 | 23 | 59.70% |
| 224 | 00:58:20 | Abi | Welsh | Brislington ladies | F | F45 | 8 | 63.31% |
| 225 | 00:58:24 | Katy | Kelly | Unattached | F | F35 | 7 | 59.50% |
| 226 | 00:58:25 | Georgie | Farr | Storm Plymouth | F | Senior Female | 15 | 58.92% |
| 227 | 00:58:30 | Ollie | Prudden | Unattached | M | M40 | 29 | 55.01% |
| 228 | 00:58:32 | Jackie | Dawes | Okehampton RC | F | F50 | 5 | 66.60% |
| 229 | 00:58:36 | Jeremy | Clark | Plymstock Road Runners | M | M55 | 20 | 61.95% |
| 230 | 00:58:36 | stephen | Leonard | Plymstock Road Runners | M | M50 | 24 | 59.41% |
| 231 | 00:58:37 | Mark | Simpson | Unattached | M | Senior Male | 60 | 52.09% |
| 232 | 00:58:39 | Lauren | Wood | Unattached | F | Senior Female | 16 | 58.68% |
| 233 | 00:58:45 | Alison | Ross | Tamar Trail Runners | F | F60 | 3 | 75.72% |
| 234 | 00:58:46 | Steve | Mace | Plymouth Musketeers RC | M | M55 | 21 | 61.77% |
| 235 | 00:58:47 | Nick | Pearce | Lonely Goat RC | M | Senior Male | 61 | 51.94% |
| 236 | 00:58:49 | Lynn | Coffman | Tamar Trotters | F | F50 | 6 | 66.28% |
| 237 | 00:58:51 | Maryann | Prisk | Unattached | F | F35 | 8 | 59.05% |
| 238 | 00:58:51 | Ethan | Cullerton | Plymouth Musketeers RC | M | Senior Male | 62 | 51.88% |
| 239 | 00:58:56 | Paul | Tucker | Unattached | M | M65 | 4 | 67.34% |
| 240 | 00:59:00 | Georgina | Thomas | Unattached | F | Senior Female | 17 | 58.33% |
| 241 | 00:59:04 | Barn | Hatwell | Lonely Goat RC | M | Senior Male | 63 | 51.69% |
| 242 | 00:59:05 | Maddy | Geen | Greenbow Exeter | F | Senior Female | 18 | 58.25% |
| 243 | 00:59:19 | Richard | Morton | Tamar Trotters | M | M65 | 5 | 66.90% |
| 244 | 00:59:28 | Sarah | Moon | Unattached | F | F40 | 15 | 59.81% |
| 245 | 00:59:28 | Samantha | Turner | Plymouth Musketeers RC | F | F50 | 7 | 65.55% |
| 246 | 00:59:28 | Nicola | Mackenzie | Unattached | F | F45 | 9 | 62.11% |
| 247 | 00:59:28 | Paul | Mackenzie | Unattached | M | M45 | 30 | 56.25% |
| 248 | 00:59:31 | David | Barden | Unattached | M | Senior Male | 64 | 51.30% |
| 249 | 00:59:40 | Richard | Jarvis | South Devon AC | M | M50 | 25 | 58.35% |
| 250 | 00:59:46 | Ged | Fitzgibbon | Okehampton RC | M | M65 | 6 | 66.40% |
| 251 | 00:59:48 | Hayley | Dornan | Unattached | F | F45 | 10 | 61.76% |
| 252 | 00:59:49 | Emma | Dunne | Plymouth Musketeers RC | F | F40 | 16 | 59.46% |
| 253 | 00:59:51 | Adam | Welch | Lonely Goat RC | M | M60 | 8 | 63.35% |
| 254 | 00:59:52 | Benjamin | Bristow | Erme Valley Harriers | M | Senior Male | 65 | 51.00% |
| 255 | 00:59:56 | James | Dart | Unattached | M | Senior Male | 66 | 50.95% |
| 256 | 01:00:00 | Liza | Peffers | Storm Plymouth | F | F35 | 9 | 57.92% |
| 257 | 01:00:03 | Jonny | Matthews | Storm Plymouth | M | M40 | 30 | 53.59% |
| 258 | 01:00:06 | Gayle | Hodges | Plymouth Musketeers RC | F | F40 | 17 | 59.18% |
| 259 | 01:00:12 | Mark | Bullard | Plymouth Harriers | M | M45 | 31 | 55.56% |
| 260 | INTERNAL USE ONLY | Gemma | Steele | Bideford AAC | F | Senior Female | 19 | 57.06% |

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|-----|-------------------------------|-----------|-------------------|--------------------------|---|---------------|----|--------|
| 261 | 01:00:21 | Jo | Camies | Unattached | F | F50 | 8 | 64.60% |
| 262 | 01:00:21 | Lucy | Brint | Unattached | F | F40 | 18 | 58.93% |
| 263 | 01:00:31 | Sarah | Turner | Tavistock AC | F | F35 | 10 | 57.42% |
| 264 | 01:00:34 | Joanna | Northey | Launceston Road Runners | F | F45 | 11 | 60.98% |
| 265 | 01:00:39 | Lisa | Birch | Bere Alston Trekkers | F | F50 | 9 | 64.28% |
| 266 | 01:00:39 | Andy | Cowden | Bere Alston Trekkers | M | M55 | 22 | 59.85% |
| 267 | 01:00:41 | George | Holman | South Devon AC | M | Senior Male | 67 | 50.32% |
| 268 | 01:00:43 | Diane | Foster | Looe Pioneers RC | F | F45 | 12 | 60.83% |
| 269 | 01:00:48 | Joely | Black | Unattached | F | F40 | 19 | 58.50% |
| 270 | 01:00:51 | Ceri | Bryant | Unattached | F | Senior Female | 20 | 56.56% |
| 271 | 01:00:54 | Steve | Wright | South Devon AC | M | M50 | 26 | 57.17% |
| 272 | 01:00:57 | Diana | Bellamy | Unattached | F | F40 | 20 | 58.35% |
| 273 | 01:01:03 | Annette | Beilby | Unattached | F | F40 | 21 | 58.26% |
| 274 | 01:01:06 | Rachael | Elliott | Unattached | F | Senior Female | 21 | 56.33% |
| 275 | 01:01:06 | Nancey | Walker | Unattached | F | F40 | 22 | 58.21% |
| 276 | 01:01:08 | Steve | Pittaway | Plymstock Road Runners | M | M45 | 32 | 54.72% |
| 277 | 01:01:11 | Katie | Chambers | Plymstock Road Runners | F | F45 | 13 | 60.37% |
| 278 | 01:01:15 | Alison | Blackwell | Unattached | F | F55 | 3 | 67.84% |
| 279 | 01:01:18 | Simon | Trethewey | Unattached | M | Senior Male | 68 | 49.81% |
| 280 | 01:01:20 | Alex | Walker | Unattached | F | Senior Female | 22 | 56.11% |
| 281 | 01:01:24 | Michaela | Hillman | Torrington AAC | F | F50 | 10 | 63.49% |
| 282 | 01:01:36 | David | Bogatko | Unattached | M | M65 | 7 | 64.42% |
| 283 | 01:01:37 | Claire | Channing | South West Road Runners | F | F40 | 23 | 57.72% |
| 284 | 01:01:39 | Rebecca | Rafferty | Unattached | F | F45 | 14 | 59.91% |
| 285 | 01:01:45 | Peter | Griffith | Unattached | M | M65 | 8 | 64.26% |
| 286 | 01:01:45 | Christian | Bungay | Unattached | M | Senior Male | 69 | 49.45% |
| 287 | 01:01:47 | Julie | Oxenham | Bodmin Road Runners | F | F45 | 15 | 59.78% |
| 288 | 01:01:54 | Sue | Tremlett | Teignbridge Trotters | F | F55 | 4 | 67.12% |
| 289 | 01:01:57 | Liam | Crowder | Unattached | M | Senior Male | 70 | 49.29% |
| 290 | 01:01:57 | John | Dowell | Unattached | M | M55 | 23 | 58.60% |
| 291 | 01:01:59 | Claire | Barlow | Bodmin Road Runners | F | F40 | 24 | 57.38% |
| 292 | 01:02:03 | Simone | Pantling | Unattached | F | F35 | 11 | 56.00% |
| 293 | 01:02:06 | Paul | Williams | Unattached | M | M45 | 33 | 53.86% |
| 294 | 01:02:09 | Elana | Moore | Tamar trail runners | F | F45 | 16 | 59.43% |
| 295 | 01:02:19 | Miranda | Ritchie | Plymouth Musketeers RC | F | F50 | 11 | 62.56% |
| 296 | 01:02:22 | Kevin | Paull | Erme Valley Harriers | M | M55 | 24 | 58.20% |
| 297 | 01:02:25 | Zoe | Grant | Unattached | F | F40 | 25 | 56.98% |
| 298 | 01:02:32 | Lisa | Light | Plymouth Musketeers RC | F | F55 | 5 | 66.44% |
| 299 | 01:02:33 | Graham | Dalton-ginn | Holsworthy RC | M | M45 | 34 | 53.48% |
| 300 | 01:02:35 | Tom | Gribble | Launceston Road Runners | M | Senior Male | 71 | 48.79% |
| 301 | 01:02:36 | Peter | McAughey | Launceston Road Runners | M | M50 | 27 | 55.62% |
| 302 | 01:02:45 | Anne | Marshall | Plymouth Harriers | F | F55 | 6 | 66.22% |
| 303 | 01:02:51 | Annie | Bover | Bude Rats | F | F40 | 26 | 56.59% |
| 304 | 01:02:59 | Simon | Bishop-Hawes | Unattached | M | M45 | 35 | 53.11% |
| 305 | 01:03:00 | Adrian | Mountford | Unattached | M | M45 | 36 | 53.10% |
| 306 | 01:03:08 | Dana | Eyre | Plymouth Musketeers RC | F | F45 | 17 | 58.50% |
| 307 | 01:03:13 | Vanda | van der Linden | South West Road Runners | F | F55 | 7 | 65.73% |
| 308 | 01:03:20 | Caren | Spicer | Unattached | F | F50 | 12 | 61.55% |
| 309 | 01:03:21 | Ruth | Terry | Erme Valley Harriers | F | Senior Female | 23 | 54.33% |
| 310 | 01:03:24 | Helene | Bond | Crediton Running Network | F | F50 | 13 | 61.49% |
| 311 | 01:03:25 | Julie | Box | Crediton Running Network | F | F55 | 8 | 65.52% |
| 312 | 01:03:26 | Sandie | Thorne | Unattached | F | F35 | 12 | 54.78% |
| 313 | 01:03:29 | Richard | Windemer | Dartmoor Runners | M | M65 | 9 | 62.51% |
| 314 | 01:03:31 | Deborah | Bennett | Plymouth Musketeers RC | F | F50 | 14 | 61.37% |
| 315 | 01:03:32 | Nick | Fishleigh | Unattached | M | Senior Male | 72 | 48.06% |
| 316 | 01:03:35 | Damon | Bruce | Storm Plymouth | M | M40 | 31 | 50.62% |
| 317 | 01:03:37 | Janet | Ritchie | Carn Runners | F | F55 | 9 | 65.31% |
| 318 | 01:03:43 | Gemma | Davidson | Unattached | F | F35 | 13 | 54.54% |
| 319 | 01:03:44 | Phil | Lacey | Unattached | M | M45 | 37 | 52.48% |
| 320 | 01:03:49 | Fernley | Brimacombe-Wright | Unattached | M | Senior Male | 73 | 47.85% |
| 321 | 01:03:57 | Karen | O'Brien | Teignbridge Trotters | F | F50 | 15 | 60.96% |
| 322 | 01:04:00 | Katie | Blackwood | Storm Plymouth | F | Senior Female | 24 | 53.78% |
| 323 | 01:04:01 | Geoff | Wintle | Unattached | M | M55 | 25 | 56.70% |
| 324 | 01:04:01 | Heather | Taylor | Storm Plymouth | F | F40 | 27 | 55.56% |
| 325 | 01:04:03 | Jessica | Jennison | Tavistock AC | F | F35 | 14 | 54.25% |
| 326 | 01:04:03 | Maggie | Bunting | Tamar Trotters | F | F50 | 16 | 60.86% |
| 327 | 01:04:04 | Toby | Jennison | Unattached | M | Senior Male | 74 | 47.66% |
| 328 | INTERNAL USE ONLY 01:04:05 | Amanda | Burden | Launceston Road Runners | F | F40 | 28 | 55.50% |

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|-----|----------|--------------|-------------|--------------------------|---|---------------|----|--------|
| 329 | 01:04:08 | Sarah | Pethick | Unattached | F | F40 | 29 | 55.46% |
| 330 | 01:04:12 | Michelle | Coles | South Devon AC | F | F40 | 30 | 55.40% |
| 331 | 01:04:16 | Paul | Brownhill | Plymouth Striders | M | M45 | 38 | 52.05% |
| 332 | 01:04:24 | Georgia | Pilley | Plymouth Striders | F | Senior Female | 25 | 53.44% |
| 333 | 01:04:32 | Alice | Burbidge | Unattached | F | F35 | 15 | 53.85% |
| 334 | 01:04:32 | Rachael | Decieco | Unattached | F | F40 | 31 | 55.11% |
| 335 | 01:04:35 | Susan | Fleming | Plymouth Coasters | F | F40 | 32 | 55.07% |
| 336 | 01:04:42 | Darren | Shaw | Unattached | M | M50 | 28 | 53.81% |
| 337 | 01:04:49 | Lucy | Marrison | Unattached | F | F35 | 16 | 53.61% |
| 338 | 01:04:50 | Cathy | Carey | Unattached | F | F40 | 33 | 54.86% |
| 339 | 01:04:52 | Daniel | Fowell | Storm Plymouth | M | M45 | 39 | 51.57% |
| 340 | 01:04:55 | Victoria | Tilney | Tavistock AC | F | F40 | 34 | 54.79% |
| 341 | 01:04:58 | Sean | Furlonger | Unattached | M | M50 | 29 | 53.59% |
| 342 | 01:05:00 | Lorrie | Woolgar | Unattached | F | F55 | 10 | 63.92% |
| 343 | 01:05:03 | Ann | Rider | Unattached | F | F35 | 17 | 53.42% |
| 344 | 01:05:08 | Clare | Barnaby | Unattached | F | F40 | 35 | 54.61% |
| 345 | 01:05:14 | Bradley | Harrison | Plymouth Musketeers RC | M | M40 | 32 | 49.34% |
| 346 | 01:05:35 | Arlene | Powell | Tamar Trotters | F | F35 | 18 | 52.99% |
| 347 | 01:05:36 | Rachel | Bullock | Tamar Trotters | F | F40 | 36 | 54.22% |
| 348 | 01:05:43 | Paul | Rogers | Tavistock AC | M | M65 | 10 | 60.39% |
| 349 | 01:05:44 | Liz | Warner | Unattached | F | F50 | 17 | 59.31% |
| 350 | 01:05:48 | Nicola | Emmett | Launceston Road Runners | F | F40 | 37 | 54.05% |
| 351 | 01:05:54 | Lisa | Hall | Unattached | F | F45 | 18 | 56.04% |
| 352 | 01:06:04 | Sophie | Wones | Looe Pioneers RC | F | Senior Female | 26 | 52.09% |
| 353 | 01:06:05 | Nick | Read | Unattached | M | Senior Male | 75 | 46.20% |
| 354 | 01:06:19 | Ellodie | Stott | Okehampton RC | F | Senior Female | 27 | 51.90% |
| 355 | 01:06:19 | Michael | Wills | Plymouth Coasters | M | M65 | 11 | 59.84% |
| 356 | 01:06:26 | Catherine | Sims | Tamar Trotters | F | F45 | 19 | 55.59% |
| 357 | 01:06:31 | Robert | Mills-Hicks | Tavistock AC | M | M50 | 30 | 52.34% |
| 358 | 01:06:34 | George | Barnicot | Plymstock Road Runners | M | M70 | 4 | 62.64% |
| 359 | 01:06:39 | Christopher | McKenna | Unattached | M | M65 | 12 | 59.54% |
| 360 | 01:06:44 | Sally | Cummings | Unattached | F | F50 | 18 | 58.42% |
| 361 | 01:06:51 | Declan | Nash | Unattached | M | Senior Male | 76 | 45.67% |
| 362 | 01:06:55 | Paul | Youngman | Plymouth Musketeers RC | M | M60 | 9 | 56.66% |
| 363 | 01:06:58 | Jenny | Francis | Erme Valley Harriers | F | Senior Female | 28 | 51.39% |
| 364 | 01:07:00 | James | Emony | Tavistock AC | M | M45 | 40 | 49.93% |
| 365 | 01:07:01 | John | Ritchie | Plymouth Musketeers RC | M | M45 | 41 | 49.91% |
| 366 | 01:07:14 | Martin | Carter | Unattached | M | M50 | 31 | 51.78% |
| 367 | 01:07:14 | Louise | Crocker | Team H Running Plymouth | F | F50 | 19 | 57.98% |
| 368 | 01:07:16 | Charlotte R. | Sortwell | Yaxley Runners & Joggers | F | Senior Female | 29 | 51.16% |
| 369 | 01:07:19 | Zoe | West | Unattached | F | F40 | 38 | 52.83% |
| 370 | 01:07:22 | Nicola | Vosper | Bodmin Road Runners | F | F60 | 4 | 66.03% |
| 371 | 01:07:30 | Sharon | Terry | Erme Valley Harriers | F | F55 | 11 | 61.56% |
| 372 | 01:07:36 | Anita | Chambers | Plymouth Musketeers RC | F | F55 | 12 | 61.46% |
| 373 | 01:07:46 | Simon | Plumb | Plymouth Musketeers RC | M | M50 | 32 | 51.38% |
| 374 | 01:07:56 | David | Pearson | Plymstock Road Runners | M | M65 | 13 | 58.42% |
| 375 | 01:07:58 | Roger | Webb | South Devon AC | M | M65 | 14 | 58.39% |
| 376 | 01:08:03 | Caroline | Hayward | Unattached | F | F40 | 39 | 52.27% |
| 377 | 01:08:11 | Graham | Chandler | Unattached | M | Senior Male | 77 | 44.78% |
| 378 | 01:08:11 | Tom | Atwill | Unattached | M | Senior Male | 78 | 44.78% |
| 379 | 01:08:17 | David | Hardy | Ocean City RC | M | Senior Male | 79 | 44.72% |
| 380 | 01:08:20 | Jess | Marks | Unattached | F | Senior Female | 30 | 50.37% |
| 381 | 01:08:22 | Nichola | Sinclair | Bodmin Road Runners | F | F50 | 20 | 57.02% |
| 382 | 01:08:24 | Pauline | Geen | Bradworthy Runners | F | F55 | 13 | 60.75% |
| 383 | 01:08:28 | Sally | Johnston | Tamar Trotters | F | F55 | 14 | 60.69% |
| 384 | 01:08:29 | Paul | Blowey | Unattached | M | M55 | 26 | 53.01% |
| 385 | 01:08:30 | Kat | King | Unattached | F | Senior Female | 31 | 50.24% |
| 386 | 01:08:31 | Tony | Rago | Unattached | M | M45 | 42 | 48.82% |
| 387 | 01:08:30 | Sophie | Baber | Unattached | F | Senior Female | 32 | 50.24% |
| 388 | 01:08:38 | Heather | Coverdale | South Devon AC | F | F55 | 15 | 60.54% |
| 389 | 01:08:38 | Heather | Maddock | South Devon AC | F | F60 | 5 | 64.81% |
| 390 | 01:08:38 | Lynn | Nicholls | Erme Valley Harriers | F | F45 | 20 | 53.81% |
| 391 | 01:08:41 | Bryan | King | Plymouth Musketeers RC | M | M65 | 15 | 57.78% |
| 392 | 01:08:43 | Sarah | Sinclair | Plymouth Musketeers RC | F | F50 | 21 | 56.73% |
| 393 | 01:08:44 | Sarah-Louise | Deakin | Tamar Trotters | F | Senior Female | 33 | 50.07% |
| 394 | 01:08:44 | Simon | Warner | Storm Plymouth | M | M50 | 33 | 50.65% |
| 395 | 01:08:47 | Natasha | Parrott | Unattached | F | F45 | 21 | 53.70% |
| 396 | 01:08:45 | Nicola | Day | Storm Plymouth | F | F45 | 22 | 53.67% |

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| 397 | 01:08:49 | Steve | Badge | Storm Plymouth | M | M55 | 27 | 52.75% |
| 398 | 01:08:53 | Sam | Riley | Unattached | M | Senior Male | 80 | 44.33% |
| 399 | 01:08:56 | Colette | Kerton-Sharpe | Unattached | F | F45 | 23 | 53.58% |
| 400 | 01:08:56 | Nikki | Hobbs | Unattached | F | F45 | 24 | 53.58% |
| 401 | 01:08:56 | Wendy | Perks | Unattached | F | F45 | 25 | 53.58% |
| 402 | 01:08:57 | Katrina | Verran | Bodmin Road Runners | F | F40 | 40 | 51.58% |
| 403 | 01:09:03 | Helen | Riley | Unattached | F | F35 | 19 | 50.33% |
| 404 | 01:09:03 | David | Hotchkiss | Looe Pioneers RC | M | M60 | 10 | 54.91% |
| 405 | 01:09:03 | Karen | Mather | Tavistock AC | F | F55 | 16 | 60.17% |
| 406 | 01:09:06 | Deborah | Delbridge | Unattached | F | F45 | 26 | 53.45% |
| 407 | 01:09:10 | Karen | Lawson | Plymstock Road Runners | F | F45 | 27 | 53.40% |
| 408 | 01:09:11 | Dana Ruth | Nicholson | Tamar Trotters | F | F55 | 17 | 60.06% |
| 409 | 01:09:15 | Lotte | Smith | Okehampton RC | F | F50 | 22 | 56.29% |
| 410 | 01:09:17 | Thelma | Turner | Tavistock AC | F | F65 | 1 | 69.06% |
| 411 | 01:09:18 | Stephanie | Stacey | Unattached | F | F55 | 18 | 59.96% |
| 412 | 01:09:21 | Sally | Clarke | Dartmouth AC | F | F55 | 19 | 59.91% |
| 413 | 01:09:21 | Alison | Lane | Unattached | F | F40 | 41 | 51.29% |
| 414 | 01:09:26 | Lyndsay | Burder | Lonely Goat RC | F | F35 | 20 | 50.05% |
| 415 | 01:09:28 | Katie | Durrell | Plymouth Coasters | F | F45 | 28 | 53.17% |
| 416 | 01:09:32 | Keith | Couling | Storm Plymouth | M | Senior Male | 81 | 43.91% |
| 417 | 01:09:35 | Suzanne | Jonas | Unattached | F | F40 | 42 | 51.11% |
| 418 | 01:09:40 | Penny | Taylor | Tavistock AC | F | F55 | 20 | 59.64% |
| 419 | 01:09:59 | Susie | Pitt | Unattached | F | F60 | 6 | 63.56% |
| 420 | 01:10:11 | Sarah | Dobbie | Unattached | F | F45 | 29 | 52.62% |
| 421 | 01:10:18 | Trevor | Grigg | Tavistock AC | M | M60 | 11 | 53.94% |
| 422 | 01:10:22 | Marie | Jones | Dartmouth AC | F | F70 | 1 | 73.57% |
| 423 | 01:10:22 | Tania | Coker | Storm Plymouth | F | Senior Female | 34 | 48.91% |
| 424 | 01:10:24 | Kelvin | Coker | Storm Plymouth | M | Senior Male | 82 | 43.37% |
| 425 | 01:10:37 | Christine | Fritsch | Okehampton RC | F | F45 | 30 | 52.30% |
| 426 | 01:10:39 | Christopher | Palmer | Unattached | M | Senior Male | 83 | 43.22% |
| 427 | 01:10:50 | Helen | de Carles | Tavistock AC | F | F60 | 7 | 62.80% |
| 428 | 01:10:50 | Catherine | Blowey | Unattached | F | Senior Female | 35 | 48.59% |
| 429 | 01:10:58 | Trudi | Rowe | Plymouth Coasters | F | F45 | 31 | 52.04% |
| 430 | 01:11:08 | John | Charlick | Lonely Goat RC | M | M50 | 34 | 48.95% |
| 431 | 01:11:14 | Kelly | Brumhead | Plymouth Musketeers RC | F | F40 | 43 | 49.93% |
| 432 | 01:11:14 | Louise | King | Plymouth Musketeers RC | F | F55 | 21 | 58.33% |
| 433 | 01:11:16 | Lorna | Mulvihill | Plymouth Striders | F | Senior Female | 36 | 48.29% |
| 434 | 01:11:20 | Stewart | Pearce | Unattached | M | M70 | 5 | 58.46% |
| 435 | 01:11:21 | Melissa | Pinfield | Bere Alston Trekkers | F | F45 | 32 | 51.76% |
| 436 | 01:11:25 | Hazel | Bickley | Bere Alston Trekkers | F | F45 | 33 | 51.72% |
| 437 | 01:11:25 | James | Prowse | Unattached | M | Senior Male | 84 | 42.75% |
| 438 | 01:11:26 | Sheila | Houghton | Tavistock AC | F | F65 | 2 | 66.99% |
| 439 | 01:11:27 | Vicki | Dunn | Plymouth Musketeers RC | F | F40 | 44 | 49.78% |
| 440 | 01:11:29 | Kirsty | Down | Unattached | F | Senior Female | 37 | 48.15% |
| 441 | 01:11:33 | Hayley | Mallinson | Unattached | F | Senior Female | 38 | 48.10% |
| 442 | 01:11:40 | Claire | Herbert | Plymouth Musketeers RC | F | F45 | 34 | 51.53% |
| 443 | 01:11:48 | Mhairi | McCall | Tavistock AC | F | F55 | 22 | 57.87% |
| 444 | 01:11:53 | Rebecca | O'Connor Morrish | Unattached | F | Senior Female | 39 | 47.88% |
| 445 | 01:11:57 | Judith | Cook | Unattached | F | F60 | 8 | 61.83% |
| 446 | 01:12:08 | Becky | Lewis-Clark | Storm Plymouth | F | F50 | 23 | 54.04% |
| 447 | 01:12:11 | Glenda | Smith | Launceston Road Runners | F | F50 | 24 | 54.01% |
| 448 | 01:12:19 | Martin | Venning | Launceston Road Runners | M | M65 | 16 | 54.87% |
| 449 | 01:12:20 | Josephine | Collingwood | Unattached | F | F50 | 25 | 53.89% |
| 450 | 01:12:31 | Nicky | Sinclair | Storm Plymouth | F | F50 | 26 | 53.76% |
| 451 | 01:12:37 | Laura | Digby | Unattached | F | Senior Female | 40 | 47.39% |
| 452 | 01:12:40 | Janet | Hopkinson | Tavistock Tri Club | F | F50 | 27 | 53.65% |
| 453 | 01:12:44 | Joanne | White | lonely goat rc | F | F40 | 45 | 48.90% |
| 454 | 01:12:46 | Justine | Armstrong | Tamar Trotters | F | F50 | 28 | 53.57% |
| 455 | 01:12:58 | Natasha | Hingston | Bere Alston Trekkers | F | F45 | 35 | 50.62% |
| 456 | 01:12:59 | Melanie | Greaves | Bere Alston Trekkers | F | F45 | 36 | 50.61% |
| 457 | 01:13:00 | Paul | Ashton | Bere Alston Trekkers | M | M55 | 28 | 49.73% |
| 458 | 01:13:00 | Debbie | Ashton | Bere Alston Trekkers | F | F45 | 37 | 50.59% |
| 459 | 01:13:04 | Aileen | Ware | Unattached | F | F65 | 3 | 65.49% |
| 460 | 01:13:09 | David | Anderson | Torrington AAC | M | M65 | 17 | 54.25% |
| 461 | 01:13:15 | Jonathan | Cryer | Unattached | M | M65 | 18 | 54.18% |
| 462 | 01:13:17 | Abi | Ball | Unattached | F | F35 | 21 | 47.42% |
| 463 | 01:13:22 | Gregor | MacDougall | Unattached | M | M45 | 43 | 45.59% |
| 464 | INTERNAL USE ONLY | Martin | Sterry | South West Road Runners | M | M45 | 44 | 45.53% |

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|-----|-------------------|-----------|--------------|--------------------------|---|---------------|----|--------|
| 465 | 01:13:33 | Maggie | Hawkins | Unattached | F | F45 | 38 | 50.22% |
| 466 | 01:13:36 | Esse | Buckett | Unattached | F | F45 | 39 | 50.18% |
| 467 | 01:13:37 | Clare | Mountford | Unattached | F | F45 | 40 | 50.17% |
| 468 | 01:13:39 | Jody | Brownhill | Unattached | F | F45 | 41 | 50.15% |
| 469 | 01:13:40 | Kim | Crowle | East Cornwall Harriers | F | F40 | 46 | 48.28% |
| 470 | 01:13:59 | Paul | Paskins | Plymouth Harriers | M | M60 | 12 | 51.25% |
| 471 | 01:14:00 | Tracey | Garland | Storm Plymouth | F | F50 | 29 | 52.68% |
| 472 | 01:14:02 | Michelle | Jones | Storm Plymouth | F | F45 | 42 | 49.89% |
| 473 | 01:14:03 | Mandy | Kemp | Looe Pioneers RC | F | F60 | 9 | 60.07% |
| 474 | 01:14:04 | Summer | Runner | Storm Plymouth | F | F35 | 22 | 46.92% |
| 475 | 01:14:05 | Harriet | Hunter | Unattached | F | Senior Female | 41 | 46.46% |
| 476 | 01:14:04 | Dawn | Dixon | Storm Plymouth | F | F45 | 43 | 49.86% |
| 477 | 01:14:06 | Sarah | Ross | Launceston Road Runners | F | F55 | 23 | 56.07% |
| 478 | 01:14:08 | Jane | Morton | Bere Alston Trekkers | F | F35 | 23 | 46.88% |
| 479 | 01:14:11 | Katrina | Zaple | Unattached | F | F50 | 30 | 52.55% |
| 480 | 01:14:13 | Matthew | Kibler | Unattached | M | Senior Male | 85 | 41.14% |
| 481 | 01:14:29 | stephen | waddington | South Devon AC | M | M65 | 19 | 53.28% |
| 482 | 01:14:30 | Natalie | Harrison | Storm Plymouth | F | F55 | 24 | 55.77% |
| 483 | 01:14:37 | Charlotte | Batchelor | Brixham harriers | F | F40 | 47 | 47.67% |
| 484 | 01:14:45 | Jacky | Theedom | Crediton Running Network | F | F65 | 4 | 64.01% |
| 485 | 01:14:52 | Rachel | Sharples | South Devon AC | F | F45 | 44 | 49.33% |
| 486 | 01:15:01 | Benjamin | Love | Tavistock AC | M | M40 | 33 | 42.90% |
| 487 | 01:15:04 | Phil | Warren | Erme Valley Harriers | M | M65 | 20 | 52.86% |
| 488 | 01:15:06 | Sue | Heywood | Riviera Racers | F | F55 | 25 | 55.33% |
| 489 | 01:15:08 | Sally | Sleep | Unattached | F | F35 | 24 | 46.25% |
| 490 | 01:15:09 | Gemma | Crawford | Unattached | F | Senior Female | 42 | 45.80% |
| 491 | 01:15:09 | David | Cubberley | South Devon AC | M | M55 | 29 | 48.30% |
| 492 | 01:15:11 | Trudie | Bratt | Unattached | F | F40 | 48 | 47.31% |
| 493 | 01:15:14 | Jo | Jayes | Erme Valley Harriers | F | F55 | 26 | 55.23% |
| 494 | 01:15:16 | Benjamin | Harris | Unattached | M | Senior Male | 86 | 40.57% |
| 495 | 01:15:17 | Natalie | Wilkins | Storm Plymouth | F | F40 | 49 | 47.24% |
| 496 | 01:15:20 | Sarah | Konst | Unattached | F | Senior Female | 43 | 45.69% |
| 497 | 01:15:23 | Claire | Hatwell | Lonely Goat RC | F | F35 | 25 | 46.10% |
| 498 | 01:15:27 | Hilary | Head | Bere Alston Trekkers | F | F55 | 27 | 55.07% |
| 499 | 01:15:37 | Zara | Emony | Tavistock AC | F | F45 | 45 | 48.84% |
| 500 | 01:15:41 | Linda | Worsfold | Plymstock Road Runners | F | F60 | 10 | 58.78% |
| 501 | 01:15:53 | Jackie | Chapman | Launceston Road Runners | F | F55 | 28 | 54.76% |
| 502 | 01:15:54 | Merwyn | Quick | Launceston Road Runners | F | F40 | 50 | 46.86% |
| 503 | 01:15:56 | Alison | McDonald | Plymouth Striders | F | F35 | 26 | 45.76% |
| 504 | 01:16:08 | Wm | Lim | Unattached | F | F45 | 46 | 48.51% |
| 505 | 01:16:08 | Craig | Carpenter | Unattached | M | M45 | 45 | 43.94% |
| 506 | 01:16:17 | Tracey | Found | Unattached | F | F40 | 51 | 46.62% |
| 507 | 01:16:18 | Nicky | Simmons | Brixham Harriers | F | F50 | 31 | 51.09% |
| 508 | 01:16:19 | Kate | Fowle | Unattached | F | F40 | 52 | 46.60% |
| 509 | 01:16:19 | Wendy | McLean | Unattached | F | F50 | 32 | 51.08% |
| 510 | 01:16:23 | Rosemary | Tate | Unattached | F | F60 | 11 | 58.24% |
| 511 | 01:16:23 | Paula | Hutchins | Unattached | F | F60 | 12 | 58.24% |
| 512 | 01:16:23 | Heather | Smyly | Unattached | F | F50 | 33 | 51.04% |
| 513 | 01:16:24 | Erica | Wolstenholme | Unattached | F | F60 | 13 | 58.22% |
| 514 | 01:16:25 | Helen | Mc Ginnes | Unattached | F | F45 | 47 | 48.33% |
| 515 | 01:16:28 | Donna | Ward | Unattached | F | F50 | 34 | 50.98% |
| 516 | 01:16:31 | Paul | Skipp | Bude Rats | M | M50 | 35 | 45.50% |
| 517 | 01:16:33 | Mathew | Vosper | Plymouth Musketeers RC | M | M45 | 46 | 43.70% |
| 518 | 01:16:33 | Suzanne | Vosper | Plymouth Musketeers RC | F | F40 | 53 | 46.46% |
| 519 | 01:16:42 | Nicola | Dean | Brixham Harriers | F | F45 | 48 | 48.15% |
| 520 | 01:16:46 | Jane | Martin | Tavistock AC | F | F55 | 29 | 54.13% |
| 521 | 01:16:50 | Paul | Milsom | Unattached | M | M40 | 34 | 41.89% |
| 522 | 01:16:55 | Mel | Pedrick | Plymouth Harriers | F | F45 | 49 | 48.02% |
| 523 | 01:16:57 | Julie | Bolitho | Mounds Bay Harriers | F | F50 | 35 | 50.66% |
| 524 | 01:17:05 | Cynthia | Richings | Tamar Trotters | F | F70 | 2 | 67.16% |
| 525 | 01:17:06 | Julie | Pascoe | Tamar Trotters | F | F55 | 30 | 53.89% |
| 526 | 01:17:10 | Gill | Aze-Thomas | Launceston Road Runners | F | F45 | 50 | 47.86% |
| 527 | 01:17:25 | Debbie | Stokes | Unattached | F | F55 | 31 | 53.67% |
| 528 | 01:17:30 | Shaun | Hingston | Bere Alston Trekkers | M | M40 | 35 | 41.53% |
| 529 | 01:17:33 | Frances | Morgan | Bere Alston Trekkers | F | F55 | 32 | 53.58% |
| 530 | 01:17:33 | Cally | Barnes | Bere Alston Trekkers | F | F50 | 36 | 50.27% |
| 531 | 01:17:34 | Kelly | Minhinick | Storm Plymouth | F | F35 | 27 | 44.80% |
| 532 | INTERNAL USE ONLY | Charlotte | Carlyle | Storm Plymouth | F | F40 | 54 | 45.66% |

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|-----|----------|------------|----------------|------------------------|---|---------------|----|---------|
| 533 | 01:17:54 | Gregory | Western | Unattached | M | M40 | 36 | 41.31% |
| 534 | 01:17:57 | Janet | White | Okehampton RC | F | F65 | 5 | 61.39% |
| 535 | 01:18:01 | Emma | Alee | Plymouth Musketeers RC | F | F40 | 55 | 45.59% |
| 536 | 01:18:06 | Rebecca | Harrison | Unattached | F | F45 | 51 | 47.29% |
| 537 | 01:18:07 | James | Smith | Plymouth Musketeers RC | M | M40 | 37 | 41.20% |
| 538 | 01:18:19 | Karen | Jones | Storm Plymouth | F | F45 | 52 | 47.16% |
| 539 | 01:18:18 | Lisa | Rosewarne | Unattached | F | F40 | 56 | 45.42% |
| 540 | 01:18:19 | Gillian | Tucker | Storm Plymouth | F | F70 | 3 | 66.10% |
| 541 | 01:18:29 | James | Farr | Storm Plymouth | M | M60 | 13 | 48.31% |
| 542 | 01:18:38 | Peter | Debnam | Unattached | M | M70 | 6 | 53.03% |
| 543 | 01:18:55 | Duncan | White | Lonely Goat RC | M | M45 | 47 | 42.39% |
| 544 | 01:19:09 | Alison | Ford | South Devon AC | F | F55 | 33 | 52.50% |
| 545 | 01:19:13 | Katharine | Hoare | Tamar Trail Runners | F | F50 | 37 | 49.21% |
| 546 | 01:19:35 | Jane | Forder | Tamar Trotters | F | F55 | 34 | 52.21% |
| 547 | 01:19:35 | Ann | Foster | Tamar Trotters | F | F70 | 4 | 65.05% |
| 548 | 01:19:47 | Rich | Arundell | Unattached | M | M50 | 36 | 43.64% |
| 549 | 01:19:50 | Karen | Bradfield | Bere Alston Trekkers | F | F50 | 38 | 48.83% |
| 550 | 01:19:49 | Zoe | Moore | Unattached | F | F50 | 39 | 48.84% |
| 551 | 01:19:50 | Margaret | Blackmore | Storm Plymouth | F | F60 | 14 | 55.72% |
| 552 | 01:20:00 | Jennie | Hayes | Torrington AAC | F | F55 | 35 | 51.94% |
| 553 | 01:20:00 | Sarah | Bright | Torrington AAC | F | F40 | 57 | 44.46% |
| 554 | 01:20:16 | John | Drennan | South Devon AC | M | M65 | 21 | 49.44% |
| 555 | 01:20:21 | Mai | Cudmore | Unattached | F | F35 | 28 | 43.25% |
| 556 | 01:20:23 | Brenda | Grant | South Devon AC | F | F65 | 6 | 59.53% |
| 557 | 01:21:00 | Ann | Ruddock | Tavistock AC | F | F55 | 36 | 51.30% |
| 558 | 01:21:15 | Lindsay | Wolfenden | Unattached | F | F45 | 53 | 45.46% |
| 559 | 01:21:20 | Rhiannon | Nicol | Unattached | F | Senior Female | 44 | 42.32% |
| 560 | 01:21:33 | Louise | Sowden | Storm Plymouth | F | Senior Female | 45 | 42.20% |
| 561 | 01:21:37 | Deb | Phillips | East Cornwall Harriers | F | F50 | 40 | 47.76% |
| 562 | 01:21:37 | Kate | Russell | Tavistock AC | F | F40 | 58 | 43.58% |
| 563 | 01:21:55 | Anita | Rayer | Unattached | F | F55 | 37 | 50.72% |
| 564 | 01:22:15 | Susannah | Batten Reveley | Unattached | F | F35 | 29 | 42.25% |
| 565 | 01:22:34 | Jon | Marlow | Unattached | M | M40 | 38 | 38.98% |
| 566 | 01:22:41 | Mark | Pysden | Storm Plymouth | M | Senior Male | 87 | 36.93% |
| 567 | 01:22:42 | Virginia | Compton | Storm Plymouth | F | F45 | 54 | 44.66% |
| 568 | 01:22:44 | Micheal | Compton | Unattached | M | M40 | 39 | 38.90% |
| 569 | 01:22:44 | Lorraine | Giles | Storm Plymouth | F | F60 | 15 | 53.77% |
| 570 | 01:23:01 | Karen | Ryan | Tamar Trotters | F | F40 | 59 | 42.84% |
| 571 | 01:23:02 | Mark | Pascoe | Tamar Trotters | M | M50 | 37 | 41.93% |
| 572 | 01:23:10 | Jane | Fitzsimons | Tavistock AC | F | F50 | 41 | 46.87% |
| 573 | 01:23:38 | Davina | MacDougall | Unattached | F | F45 | 55 | 44.16% |
| 574 | 01:24:13 | Sally-Anne | Bartlett | Bere Alston Trekkers | F | F50 | 42 | 46.29% |
| 575 | 01:24:39 | Katherine | Anness | Tavistock AC | F | F35 | 30 | 41.05% |
| 576 | 01:24:40 | Gill | Northey | Unattached | F | F55 | 38 | 49.07% |
| 577 | 01:26:12 | Gill | Efish | Unattached | F | F40 | 60 | 41.26% |
| 578 | 01:28:32 | Deborah | Cope | Unattached | F | F55 | 39 | 46.93% |
| 579 | 01:28:33 | Ann | Wootten | Unattached | F | F45 | 56 | 41.71% |
| 580 | 01:29:07 | Kelly | Shaw | Bere Alston Trekkers | F | F35 | 31 | 38.99% |
| 581 | 01:29:10 | Paul | Shapcott | Storm Plymouth | M | M45 | 48 | 37.51% |
| 582 | 01:30:54 | Tracy | Watkiss | Plymouth Musketeers RC | F | F45 | 57 | 40.63% |
| 583 | 01:30:58 | Anita | Outlaw | Storm Plymouth | F | F45 | 58 | 40.60% |
| 584 | 01:32:34 | Janet | Pryor | Brixham Harriers | F | F55 | 40 | 44.89% |
| 585 | 01:33:13 | Natasha | Head | Storm Plymouth | F | Senior Female | 46 | 36.92% |
| 586 | 01:33:14 | Cathryn | Bonney | Storm Plymouth | F | F40 | 61 | 38.15% |
| 587 | 01:33:14 | Tanisha | Brandon | Storm Plymouth | F | Senior Female | 47 | 36.91% |
| 588 | 01:33:14 | Mandy | Ostenfeldt | Unattached | F | F55 | 41 | 44.57% |
| 589 | 01:33:14 | Lynn | Johns | Unattached | F | F45 | 59 | 39.61% |
| 590 | 01:33:45 | Pauline | Cole | Bere Alston Trekkers | F | F50 | 43 | 41.58% |
| 591 | 01:34:37 | Martine | Fursman | Unattached | F | F50 | 44 | 41.20% |
| 592 | 01:34:39 | Penny | Prisk | Unattached | F | F60 | 16 | 47.00% |
| 593 | 01:35:57 | Catherine | Pittaway | Plymstock Road Runners | F | F60 | 17 | 46.36% |
| 594 | 01:35:58 | Rachel | Jowett | Unattached | F | F35 | 32 | 36.21% |
| 595 | 01:39:16 | Hayley | Locke | Unattached | F | F35 | 33 | 35.01% |
| 596 | 01:39:17 | Justin | Locke | Storm Plymouth | M | M40 | 40 | 32.42% |
| 597 | DISQ | Byron | Jackson | Unattached | M | Senior Male | 88 | #VALUE! |