

Peter	Allen	Royston Runners	Msen					10	00:41:52	92	26	15	43.15	86	25					
Maggie	Lamerton	Plymouth Musketeers	F40					61	01:01:13	90	26	107	61.29	86	23					
Debbie	Cowthera	Sidmouth running club	F50					70	01:06:32	84	26					49	57:58.0	86	27	
stuart	Musson	Truro Running Club	M40	13	43:47.0	89	27									23	38:26.0	79	22	
Melanie	Priday	Okehampton RC	F50	49	01:12:36	87	29	74	01:08:01	81	24									
Clayre	Grice	Okehampton RC	F40	51	01:29:32	85	23									56	01:23:14	82	24	
Matt	Perry		M40	14	44:23.0	88	26					32	46.52	71	20					
Tim	Howell		M40					20	00:45:00	82	24	31	46.37	72	21					
Katharine	Refson	Tavistock AC	F60					92	01:27:51	68	29					55	01:22:39	83	30	
Jay	Horton		M50					21	00:45:52	81	30	33	46.54	70	27					
Christopher	Johns		M50	33	54:40.0	74	26									31	45:11.0	75	29	
Roger	Hewitt	Run Venture	M60					52	00:57:28	56	26	91	58.34	21	24	40	49:16.0	71	27	
andy	Houghton	Tavistock Athletics	M70	47	01:08:54	66	30					105	60.41	11	29	52	58:51.0	66	30	
Lorna	Mulvihill	Bere Alston Trekkers	Fsen					89	01:15:02	71	23	150	75.44	64	19					
Jeremy	Westmore		M40					26	00:48:41	77	22	49	51.04	57	14					
Richard	Patrick		M40					29	00:49:23	74	21	50	51.21	56	13					
James	Morrison	Tiverton Harriers	M40					30	00:49:37	73	20	56	52.29	50	9					
Don	Cowthera	Sidmouth running club	M60					66	01:04:44	50	25					50	57:58.0	67	25	
Jim	Medhurst	Bere Alston Trekkers	M40	28	51:10.0	78	22					73	53.57	35	2					
Richard	Atkinson	Plymouth Harriers	M50					41	00:52:41	64	27	65	53.26	43	25					
David	Nicholls	South west road runner	Msen	34	55:17.0	73	22					75	54.16	33	7					
Trevor	Piper	Run Venture	M40					37	00:51:24	67	18	71	53.53	37	2					
Samuel	Kelly	Exmouth Harriers	Msen													1	29:50.0	100	30	
Ben	Neale	Tavistock Run Project	Msen									1	40.27	100	30					
Chris	Sandom		Msen													2	29:54.0	99	29	
Claire	Grubb		Fsen													27	41:28.0	99	30	
Wendy	Chapman	Cornwall AC	F40	17	46:15.0	99	29													
Carla	Haines	Plymstock Road Runners	Fsen									26	45.25	99	30					
Tilly	McDowell	Tavistock AC	FU19									43	49.30	99	30					
alex	Marples	Truro Running Club	M40	2	39:00.0	99	30													
Tom	Perry	Exeter Harriers	MU17									3	40.37	98	30					
Jo	Page	Okehampton RC	Fsen	25	49:45.0	97	29													
Hannah	Worth	Tavistock AC	Fsen									47	50.33	97	29					
Katherine	Hill		Fsen					39	00:52:20	97	30									
Mervyn	Rice	Okehampton RC	M60									90	58.31	22	25	33	46:07.0	74	28	
Andrew	Biffen		Msen									5	41.08	96	28					
Rosie	Forbes		Fsen									62	52.44	96	28					
Samuel	Deller		Msen													6	30:53.0	95	27	
Karen	Vallance	Okehampton RC	F50													34	47:01.0	95	30	
Susan	Bratchley		F50									64	53.17	95	30					
Andy	Valance	Okehampton RC	M40													7	31:58.0	94	29	
Sarah	Marvin	Okehampton	F40													36	48:56.0	94	28	
Paul	Chinn	Tavistock AC	M50					68	01:05:01	49	22	126	66.16	2	10					
Sarah	Holland	Tavistock AC	F40					46	00:54:29	94	27									
Lynne	Lamont		F40									77	55.03	94	27					
	Molly Marvin	Okehampton RC	Fsen													37	48:56.0	93	27	
Lynsey	Williams	Plymouth Harriers	F50					53	00:58:32	93	30									
Laura	Poole	Truro Running Club	F40	40	56:47.0	93	26													
Tim	Ripper	Black Combe Runners	Msen													9	32:30.0	92	25	
Hamish	Fletcher-Coone	South west road runner	Msen	10	42:15.0	92	27													

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Alison	Elsey		F40									86	57.42	92	26				
Jess	Helson		Fsen					56	01:00:05	92	27								
Debs	Crome	Okehampton RC	F40													41	51:02.0	91	27
Chris	Turner	Okehampton RC	Msen					11	00:41:58	91	25								
Izzi	Davison	Okehampton RC	Fsen	42	01:00:57	91	26					7	42.05	94	30				
Stuart	Hall	DSFRS Running Club	M50																
Brigitte	Taverna	Plymstock Road Runners	F40									89	58.01	91	25				
Hannah	Susorney		Fsen					59	02:00:37	91	26								
lisa	Hatchard	Exmouth Harriers AAC	F40	45	01:07:42	90	25												
Alison	Quinn	RUN VENTURE	F40									94	59.16	90	24				
Rob	Sekula		M40									11	42.59	90	28				
Nicola	Kelly	Exmouth Harriers AC	F50													44	52:16.0	89	28
Anna	Luff	Tavistock AC	Fsen					62	01:02:26	89	25								
Colin	Bigham		M40									12	43.01	89	27				
LEE	MCMEEKIN		M40					40	00:52:33	65	16	87	57.50	24	2				
Dominic	Hilton		M40													13	33:54.0	88	27
Joanne	Turner	Okehampton	F40													45	53:50.0	88	25
Jonathan	Creedy	Haldon Trail Runners	Msen									13	43.04	88	26				
Allison	Parritt	East Cornwall Harriers	F50									98	59.45	88	28				
Michael	Greenacre		Msen					14	00:42:35	88	23								
Mark	Lynch	Okehampton RC	M40													14	34:07.0	87	26
Ruth	Cotterrell		Fsen													48	56:12.0	87	26
Dale	Turrell	Drake Hash House Harri	Msen					15	00:42:50	87	22								
Rosie	Snell		Fsen									103	60.28	87	26				
Kate	Wilsonb	Okehampton RC	F50					65	01:04:31	86	28								
Susie	Howells		Fsen	50	01:15:13	86	25												
Ellodie	Stott	Okehampton RC	Fsen									112	62.17	85	25				
Steven	Hill	Plymouth Harriers	M40									16	43.45	85	25				
Miranda	Burke	Plymouth Harriers	F50					67	01:04:58	85	27								
Melanie	Priday	Okehampton RC	F50													53	01:05:58	84	25
Lucy	Spowart	Plymstock Road Runners	F50									113	63.08	84	27				
Barry	Copeland		M60					47	00:55:23	61	28	88	57.53	23	26				
Daniel	Pool		M40									18	44.04	84	24				
robin	Watson	Falmouth RRC	M50	21	47:45.0	83	30												
Katie	Bentley	Plymstock Road Runners	Fsen									115	63.44	83	24				
Roland	Hunter		M40					19	00:44:58	83	25								
Tom	Murrin	Bude Rats	Msen													20	36:44.0	82	20
Graham	Bale	Plymstock Road Runners	M50									10	42.36	91	29				
Joline	Gunther		Fsen									117	64.11	82	23				
Sara	Pelling		F50					72	01:07:17	82	25								
	Simon Daniel	Bristol Up & Runners	M40													21	37:31.0	81	23
Ian	Anonymous		Msen													22	37:51.0	80	19
Sue	Tremlett	Teignbridge Trotters	F50					78	01:09:24	80	23								
Joel	Heatley		Msen									22	44.32	80	22				
Lisa	Birch	RUN VENTURE	F50									123	65.47	79	25				
Karen	O'Brien		F50					79	01:09:24	79	22								
Stuart	Hearne	Run Venture	M40					48	00:55:38	60	15	96	59.21	18	2				
Pete	Waumsley	Team H	M40									24	45.18	78	23				
Josh	Burke		Msen					25	00:47:28	78	20								
Verity	Hookway		F50					80	01:10:21	78	21								
Amy	Cartwright		Fsen									124	65.49	78	22				
David	Twine	Tavistock AC	M60					51	00:56:56	57	27	92	58.41	20	23				
Louise	Crocker	Team H	F50									127	66.21	77	24				
Sam	Twine		Msen									25	45.22	77	20				

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Nicola	Morris		F60					81	01:10:35	77	30												
David	Banks	Kendal Amateur Athleti	M50	22	47:57.0	82	29																
Simon	Pritchard	Team H	Msen					27	00:49:18	76	19												
Tracey	Garland		F50					82	01:12:44	76	20												
Jo	Leonard-Williams		F50									131	67.34	76	23								
Justin	Crewe	Drake Hash House Harriers	M40									28	46.11	75	22								
Michelle	Jones	Storm Plymouth	F50					83	01:12:52	75	19												
Graeme	Ash	TRP	M50					28	00:49:22	75	29												
Susanne	Westgate	Teignbridge Trotters	F60									134	68.32	75	30								
aaron	Carpenter		M40	32	53:28.0	75	21																
Aileen	Smith	Plymouth Coastal Runners	F40									137	70.40	74	21								
Sean	Childs	Royal Navy Athletics Club	M50									29	46.18	74	28								
Laura	Langsford	Tavistock AC	F40					84	01:13:24	74	24												
George	Ripper		MU19																35	48:39.0	73	29	
Lisa	Nickel	Tavistock AC	F40					87	01:14:50	73	23												
Gerry	Madar		F50									140	70.59	73	22								
Roger	Cunningham		M50																39	49:11.0	72	28	
Samantha	Antolic	Run Venture	F40					88	01:15:00	72	22												
Oliver	Poole	Truro Running Club	M40	35	55:21.0	72	20																
Mark	Ellis		Msen					31	00:49:38	72	18												
Suzy	Connor		F40									141	71.12	72	20								
Lucy	Erasmus		F50									142	71.12	71	21								
Paul	Cooper	Coopah Running	Msen	38	56:34.0	70	21																
Donna	Baker	Run Venture	F40					90	01:17:18	70	21												
Rebecca	Millington		Fsen									143	71.44	70	21								
Simon	O'Neill	Okehampton RC	M50	31	52:42.0	76	27																
Lindsay	Lane	Erme Valley Harriers	F40									144	73.35	69	19								
Hayden	Bond	Okehampton RC	Msen	39	56:34.0	69	20																
Louise	Cheetham	Run Venture	Fsen					91	01:17:20	69	22												
Josh	Howell		Msen					34	00:50:15	69	17												
Richard	Pike	Okehampton RC	M60															47	55:53.0	68	26		
Alison	Engledew	Erme Valley Harriers	F60									145	73.36	68	29								
Paul	Evison	Okehampton RC	M60	43	01:01:22	68	28																
Elliott	Edwards	Plymouth Musketeers	Msen									36	47.58	68	17								
Jamie	Bullock		M40					36	00:51:15	68	19												
Joseph	Lowe	Drake Hash House Harriers	Msen									37	48.16	67	16								
Rosie	Marsh	RUN VENTURE	Fsen									147	74.45	67	20								
Angie	Smith		F60					93	01:28:38	67	28												
Ian	Moon		M40	44	01:03:28	67	19																
Marta	Killey	Riviera Racers	F60									148	75.14	66	28								
Steven	Rowe	Run Venture	M40					38	00:52:08	66	17												
Roy	Linden		M40									38	48.27	66	18								
Gill	Tucker		F70					94	01:28:40	66	30												
David	Guiterman		M70															54	01:15:57	65	29		
Laura	Kirk-Potter	RUN VENTURE	F40									149	75.44	65	18								
Wendy	Oldham		F60					96	01:29:17	65	27												
Aaron	Loveridge		Msen									40	48.46	64	15								
Rosetta	Edmonds	RUN VENTURE	Fsen									151	75.47	63	18								
Ewan	Petty		Msen									41	48.57	63	14								
William	Seviour		Msen					42	00:53:08	63	16												
nicky	sinclair	RUN VENTURE	F50									152	75.47	62	20								
adam	Cornish	Okehampton RC	M50															46	55:49.0	69	26		
Charlie	Temperley	Okehampton RC	Msen									44	49.39	61	13								
Ann	Wootten		F50									153	76.35	61	19								
Stephen	Mcmorrow		Msen									45	49.55	60	12								

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Kathleen	Allen		F50									154	76.36	60	18				
Rachel	Adams		F50									155	79.00	59	17				
Kit	Thomas		M40									46	50.04	59	16				
HELEN	GAMLEN	Canicross Cornwall	F50									156	80.49	58	16				
Adrian	Bourne		M40									48	50.46	58	15				
Trystan	Jones		Msen				50	00:56:41	58	15									
Deborah	Cope		F50									159	92.03	57	15				
Katie	Durrell		F40									160	92.03	56	17				
David	Engledew	Erme Valley Harriers	M60									51	51.28	55	39				
Tristan	Muller-forster		Msen				54	00:59:32	55	14									
Dan	Case	Plymouth Musketeers	Msen									52	51.36	54	11				
Nick	Read		M40				55	00:59:33	54	14									
Karl	Meyerhoff		M40									53	51.39	53	12				
James	Donovan	Teignbridge Trotters	M50				45	00:54:27	62	26									
Giles	Nordmann	Holes rips and tears	M40									54	52.12	52	11				
Adrian	Brown	Run Venture	M40				58	02:00:14	52	13									
Mark	Orme		M50				69	01:06:28	48	21		136	70.16	2	5				
Mark	Bird	DSFRS Running Club	M50									63	53.04	44	26				
John	Ramsay		M40									55	52.16	51	10				
Neil	Helson		M50				57	01:00:07	53	24									
Matthew	Ball		M40									57	52.32	49	8				
Lachlan	Lamont		M40									58	52.34	48	7				
Will	Walker-Smith	Tavistock AC	M60				73	01:07:46	47	24									
Alex	Ryley		Msen									59	52.36	47	10				
Stephen	Williams	Plymouth Harriers	Msen				75	01:08:44	46	13									
Will	South		Msen									60	52.38	46	9				
Thomas	Cann		M50									72	53.55	36	24				
Samuel	White		M40									61	52.43	45	6				
Daz	Hocking		M50				60	01:01:09	51	23									
Ivor	Oatway	Plymouth Triathlon Clu	Msen				77	01:09:12	44	12									
Sean	Doogan	Plymstock Road Runners	M50									76	54.44	32	23				
Thomas	Kerr	Plymouth Musketeers	M40									66	53.41	42	5				
Thomas	Barker		Msen				86	01:14:25	42	11									
Peter	Coupland		M40									67	53.45	41	4				
James	Farr		M60				95	01:29:10	41	23									
MARTYN	PROUSE	PB Running Club	M40									68	53.46	40	3				
JAMES	HORRELL	Plymstock Road Runners	M40									69	53.48	39	2				
Aaron	Williams		Msen									70	53.50	38	8				
Kevin	Paull	Erme Valley Harriers	M50									83	56.46	27	22				
Simon	Davey		M40									74	54.11	34	2				
Rob	White	Bovey Valley Runners	M50									93	58.53	19	21				
Tom	Blades		Msen									78	55.13	31	6				
Simon	Mallett		M40									79	55.25	30	2				
Mark	Brunsdon		M60									80	56.22	29	28				
Ken	Summers	Erme Valley Harriers	M70									82	56.35	28	30				
Martin	Jones	Storm Plymouth	M50				76	01:09:06	45	20									
Kevin	Pearl	Plymouth Harriers	M40									84	57.04	26	2				
Nick	Davies	RUN VENTURE	M60									85	57.28	25	27				
Thomas	Wolley		M50									97	59.30	17	20				
Richard	Nettleship	Tavistock AC	M50				85	01:13:26	43	19									
David	Wright	Hayle Runners	M50									100	59.47	15	18				
David	Church	Erme Valley Harriers	M40									101	59.52	14	2				
David	Lloyd	Erme Valley Harriers	M50									102	60.19	13	17				

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Angus	Farrelly	Okehampton RC	M40									104	60.31	12	2				
Calvin	Mudd	Canicross Cornwall	M40									106	61.04	10	2				
Ben	Lushey		M40									108	61.33	9	2				
David	Madge	OCRC	M40									109	61.40	8	2				
Scott	Adams		M50									110	61.42	7	16				
Neil	Carvell		M40									111	62.01	6	2				
Rich	Osborne		M50									114	63.09	5	15				
Steve	Bree		M50									116	64.08	4	14				
Paul	Williams	Lonely Goat RC	M50									120	64.53	3	13				
Steve	Till	Basingstoke & Mid Hants A	M60									161	93.01	2	19				
Ian	Ringer	Bodmin Road Runners	M70									138	70.50	2	27				
Jon	Coupland	Dartmoor Runners	M70									158	85.15	2	26				
Paul	Martin	RUN VENTURE	M50									122	65.46	2	12				
andrew	martin	Tavistock AC	M50									125	65.58	2	11				
Richard	Lane	Erme Valley Harriers	M50									129	66.44	2	9				
DAVID	PEARSON	Plymstock Road Runners	M70									128	66.21	2	28				
Steve	Bradfield		M50									130	66.48	2	8				
Peter	Bazeley	Tavistock AC	M60									146	73.39	2	21				
Trevor	Grigg	Tavistock AC	M60									157	82.56	2	20				
Michael	Courtney		Msen									121	65.11	2	5				
Stephen	Leonard	Plymstock Road Runners	M50									132	67.36	2	7				
Kevin	Roberts		M60									135	68.39	2	22				
stefan	Palmer		M50									133	67.50	2	6				
John	Madar		M50									139	70.59	2	4				

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