

| Place | Time | Name | Team | Category | Race No | Grading |
|-------|----------|---------------------|---------------------------|-----------------|---------|---------|
| 1 | 00:36:33 | HAYNES, Ronnie | | Vet Men 40-49 | 813 | 76.4 |
| 2 | 00:37:36 | MANSFIELD, Scott | Plymouth Musketeers RC | Senior Men | 749 | 72.0 |
| 3 | 00:39:17 | CARTLIDGE, James | Plymouth Harriers | Senior Men | 739 | 68.9 |
| 4 | 00:41:03 | BONNER, Scott | | Senior Men | 795 | 65.1 |
| 5 | 00:41:43 | WAUMSLEY, Pete | Tamar Trotters | Vet Men 50-59 | 396 | 72.6 |
| 6 | 00:42:20 | MORRIS, David | Plymouth Harriers | Senior Men | 734 | 65.0 |
| 7 | 00:43:30 | HEDGES, Christopher | Plymouth Harriers | Senior Men | 779 | 62.5 |
| 8 | 00:43:38 | PETERS, Thomas | Plymouth Harriers | Senior Men | 732 | 63.1 |
| 9 | 00:44:02 | STAFFORD, Benjamin | | Vet Men 40-49 | 775 | 67.1 |
| 10 | 00:44:14 | VICKERSTAFF, David | Plymouth Harriers | Vet Men 40-49 | 793 | 66.8 |
| 11 | 00:44:26 | BAUGH, Daniel | Storm Plymouth | Senior Men | 733 | 61.2 |
| 12 | 00:45:14 | MARTYN, James | Storm Plymouth | Vet Men 40-49 | 736 | 61.7 |
| 13 | 00:45:58 | DAVIES, Tom | Erme Valley Harriers | Vet Men 40-49 | 690 | 60.8 |
| 14 | 00:46:32 | STOCKDALE, Daniel | | Vet Men 40-49 | 787 | 64.0 |
| 15 | 00:46:56 | LINDEN, Roy | | Vet Men 40-49 | 756 | 61.4 |
| 16 | 00:47:17 | BOWEN, Mr Richard | Plymouth Harriers | Vet Men 50-59 | 313 | 68.7 |
| 17 | 00:47:23 | PECK, Adam | | Senior Men | 751 | 56.4 |
| 18 | 00:47:30 | JONES, Nick | | Senior Men | 727 | 56.6 |
| 19 | 00:47:36 | ASHTON, Jack | | Senior Men | 806 | 56.1 |
| 20 | 00:47:51 | THOMAS, Mark | Storm Plymouth | Vet Men 40-49 | 791 | 62.2 |
| 21 | 00:47:53 | MCCARTHY, David | Storm Plymouth | Senior Men | 768 | 57.1 |
| 22 | 00:47:59 | PARKER, Stacey | | Senior Women | 764 | 63.2 |
| 23 | 00:48:08 | SINCLAIR, Mark | Plymouth Musketeers RC | Vet Men 50-59 | 478 | 65.7 |
| 24 | 00:48:18 | ROBBINS, Sarah | Plymouth Harriers | Senior Women | 778 | 62.8 |
| 25 | 00:48:44 | HOLLAND, Jacob | Tavistock AC | Senior Men | 744 | 54.9 |
| 26 | 00:49:24 | PALMER, Brendan | Storm Plymouth | Vet Men 40-49 | 694 | 59.3 |
| 27 | 00:50:44 | CORK, Michael | Plymouth Coasters | Vet Men 60-69 | 767 | 69.1 |
| 28 | 00:50:45 | WOODHOUSE, Simon | | Vet Men 50-59 | 812 | 59.2 |
| 29 | 00:51:06 | HUGHES, Michael | Storm Plymouth | Vet Men 60-69 | 753 | 64.8 |
| 30 | 00:51:11 | HOCKEY, Michael | Plymouth Musketeers RC | Vet Men 40-49 | 799 | 55.9 |
| 31 | 00:51:22 | PALMER, Colin | Storm Plymouth | Vet Men 40-49 | 743 | 54.8 |
| 32 | 00:51:27 | PARSONS, Andrew | Storm Plymouth | Vet Men 50-59 | 807 | 58.9 |
| 33 | 00:51:30 | BARDEN, David | | Vet Men 40-49 | 773 | 55.5 |
| 34 | 00:52:07 | CARPENTER, Kris | | Vet Men 40-49 | 731 | 53.6 |
| 35 | 00:52:13 | SANDERS, Simon | | Vet Men 50-59 | 790 | 61.7 |
| 36 | 00:52:15 | LEE, Becky | Erme Valley Harriers | Vet Women 35-44 | 738 | 61.0 |
| 37 | 00:52:47 | BAZLEY, Peter | Tavistock AC | Vet Men 60-69 | 475 | 67.1 |
| 38 | 00:53:11 | RICHARDS, Kevin | | Vet Men 60-69 | 763 | 61.7 |
| 39 | 00:53:28 | HOLLAND, Sarah | Tavistock AC | Vet Women 45-54 | 745 | 63.3 |
| 40 | 00:53:57 | BROWN, Catherine | Storm Plymouth | Vet Women 45-54 | 737 | 63.5 |
| 41 | 00:54:13 | BOSWELL, Guy | Plymouth Musketeers RC | Vet Men 60-69 | 399 | 61.1 |
| 42 | 00:54:40 | KILGORE, David | Storm Plymouth | Vet Men 40-49 | 808 | 54.0 |
| 43 | 00:54:42 | SHEARER, Anthony | Tavistock AC | Vet Men 70+ | 668 | 67.7 |
| 44 | 00:54:53 | ANDREWS, Jim | Plymouth Musketeers RC | Vet Men 60-69 | 223 | 61.5 |
| 45 | 00:54:57 | OWEN, Thomas | Storm Plymouth | Senior Men | 762 | 49.5 |
| 46 | 00:55:41 | MILLS, Carl | Instinctive Sports Fun RC | Vet Men 40-49 | 794 | 53.5 |

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|-------|----------|-------------------------|---------------------------|-----------------|---------|---------|
| 47 | 00:55:45 | STACEY, Donna | Tavistock AC | Vet Women 45-54 | 811 | 62.2 |
| 48 | 00:55:50 | MABEY, Lisa | Tavistock AC | Vet Women 45-54 | 809 | 60.0 |
| 49 | 00:55:55 | MABEY, Chris | | Vet Men 50-59 | 810 | 54.6 |
| 50 | 00:56:18 | PARKES, Jonathan | | Senior Men | 769 | 48.9 |
| 51 | 00:56:52 | MANN, James | Plymstock Road Runners | Senior Men | 208 | 48.4 |
| 52 | 00:56:55 | MCKENZIE, Mia | | Senior Women | 803 | 53.4 |
| 53 | 00:57:04 | MCKENZIE, Karl | | Vet Men 40-49 | 804 | 52.2 |
| 54 | 00:57:19 | BRACHER, Linda | | Vet Women 55-64 | 742 | 64.4 |
| 55 | 00:57:25 | TRICE, Dean | Plymouth Musketeers RC | Vet Men 50-59 | 784 | 54.6 |
| 56 | 00:57:36 | LANG, Alex | Storm Plymouth | Senior Men | 789 | 46.5 |
| 57 | 00:57:39 | ARMSTRONG, Peter | Plymouth Harriers | Senior Men | 730 | 47.7 |
| 58 | 00:57:52 | TUCKER, James | | Senior Men | 801 | 46.2 |
| 59 | 00:58:33 | SINCLAIR, Sarah-Jane | Plymouth Musketeers RC | Vet Women 55-64 | 585 | 62.2 |
| 60 | 00:58:48 | HIRST, Dan | | Senior Men | 800 | 45.4 |
| 61 | 00:58:54 | BRACHER, Becca | | Senior Women | 741 | 51.5 |
| 62 | 00:58:54 | BUDD, Lynda | | Vet Women 45-54 | 783 | 55.1 |
| 63 | 00:58:55 | POWELL, Arlene | Tamar Trotters | Vet Women 35-44 | 781 | 53.0 |
| 64 | 00:59:12 | CARTLIDGE, Michelle | Plymouth Harriers | Vet Women 35-44 | 740 | 52.4 |
| 65 | 01:00:00 | DUMPER, Lewin | Storm Plymouth | Vet Men 60-69 | 792 | 55.2 |
| 66 | 01:00:16 | HILL, Terrie-Leigh | | Senior Women | 782 | 50.5 |
| 67 | 01:00:29 | MATTHAMS, David | Instinctive Sports Fun RC | Vet Men 60-69 | 797 | 54.7 |
| 68 | 01:00:30 | MATTHAMS, Daniel | Instinctive Sports Fun RC | Senior Men | 798 | 44.4 |
| 69 | 01:01:03 | DAVIES, Mike | Torbay AAC | Vet Men 60-69 | 759 | 58.0 |
| 70 | 01:01:10 | SIMS, Catherine | Tamar Trotters | Vet Women 45-54 | 772 | 56.7 |
| 71 | 01:01:17 | HEELEY, Abbie | Storm Plymouth | Vet Women 35-44 | 735 | 49.8 |
| 72 | 01:03:01 | TRICE, Travis | Plymouth Musketeers RC | Senior Men | 785 | 42.4 |
| 73 | 01:04:04 | LACEY, Phil | | Vet Men 50-59 | 755 | 48.1 |
| 74 | 01:04:04 | DAVIDSON, Gemma | | Vet Women 35-44 | 754 | 49.4 |
| 75 | 01:04:30 | KENVIN, Peter | Bere Alston Trekkers | Vet Men 60-69 | 766 | 54.3 |
| 76 | 01:04:46 | JONES, Lizzie | | Vet Women 35-44 | 757 | 48.5 |
| 77 | 01:04:57 | THOMAS, Kaytie | | Senior Women | 748 | 46.7 |
| 78 | 01:05:06 | JOHNSTON, Sally | Tamar Trotters | Vet Women 55-64 | 693 | 62.3 |
| 79 | 01:05:20 | NEIL, Jennifer | Plymouth Coasters | Vet Women 35-44 | 788 | 47.5 |
| 80 | 01:05:36 | ALBON, Gary | | Vet Men 60-69 | 752 | 50.0 |
| 81 | 01:06:05 | STAFFORD, Alexandra | | Vet Women 45-54 | 774 | 49.6 |
| 82 | 01:06:07 | CUSSEN, Lyn | | Vet Women 45-54 | 676 | 53.7 |
| 83 | 01:06:30 | STOCKDALE, Karen | | Vet Women 35-44 | 786 | 48.4 |
| 84 | 01:07:18 | MAY, Sarah | | Senior Women | 750 | 45.1 |
| 85 | 01:08:40 | RESCORL, Mark | Tamar Trotters | Vet Men 40-49 | 677 | 40.7 |
| 86 | 01:09:04 | CARTLIDGE, Gracie-Marie | | | 770 | 45.0 |
| 87 | 01:09:04 | TUCKER, Gareth | | Vet Men 40-49 | 802 | 42.8 |
| 88 | 01:09:18 | JESSEP, Ruby-Mae | | | 771 | 44.9 |
| 89 | 01:11:19 | HOLDEN, Elizabeth | Storm Plymouth | Vet Women 35-44 | 761 | 43.0 |
| 90 | 01:15:47 | FARR, James | Storm Plymouth | Vet Men 60-69 | 765 | 46.2 |
| 91 | 01:18:05 | SOUTHERN, Jane | Storm Plymouth | Vet Women 55-64 | 758 | 52.6 |
| 92 | 01:18:19 | JOHNS, Lynn | Storm Plymouth | Vet Women 45-54 | 388 | 45.4 |

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|--------------|-------------|----------------------|----------------|-----------------|----------------|----------------|
| 93 | 01:18:42 | ANSTEY, Andrea | | Vet Women 35-44 | 814 | 40.5 |
| 94 | 01:18:43 | WILLIAMS, Kathleen | Storm Plymouth | Vet Women 45-54 | 760 | 44.6 |
| 95 | 01:24:28 | WARD, Claire | Storm Plymouth | Vet Women 35-44 | 776 | 36.6 |
| 96 | 01:24:28 | JOHNS, Kyleigh | Storm Plymouth | Vet Women 35-44 | 777 | 36.6 |
| 97 | 01:28:14 | NEAL, Steve Superman | Storm Plymouth | Vet Men 60-69 | 796 | 39.3 |