

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
1	144	Henry Sly	SM	U/A	0:47:08
2	197	Andrew Salt	SM	Ludlow Runners	0:47:31
3	206	Mark Lamonby	SM	Croft Ambrey RC	0:47:41
4	187	Ian Rawlinson	SM	U/A	0:47:46
5	97	Kevin McMillan (L)	SM	Birmingham Running Athletics	0:47:59
6	58	Nick Drabble	SM	U/A	0:48:34
7	201	Eliot Taylor	SM	Hereford Couriers	0:49:26
8	179	Ciaran Connor (L)	SM	U/A	0:49:35
9	126	Simon Norwood	M40	Croft Ambrey RC	0:49:40
10	86	David Price	SM	Worcester AC	0:49:49
11	185	James Marshall	SM	U/A	0:50:05
12	180	Chris Grubb	SM	U/A	0:50:32
13	123	Edward Hambrey	SM	U/A	0:50:55
14	199	Tim Taylor	M50	Hereford Couriers	0:51:15
15	224	David O'Brien	M40	Worcester AC	0:51:36
16	151	Matt Fairlamb	SM	Worcester AC	0:51:46
17	59	Christian Dowle	M40	U/A	0:52:01
18	164	Jack Dickenson (L)	SM	U/A	0:52:08
19	39	Henry Walker (L)	SM	Malvern Joggers	0:52:12
20	168	Samuel Burnage (L)	M40	Malvern Joggers	0:52:13
21	85	Gavin Jones	SM	Monross Trailblazers	0:52:33
22	103	Adam Grant (L)	SM	Malvern Joggers	0:52:44
23	154	Johnathan Gray	SM	U/A	0:52:45
24	33	Christopher Blake	SM	Stourbridge RC	0:52:55
25	48	Edmund Newey	M40	U/A	0:53:06
26	128	Mark Hill	M50	U/A	0:53:17
27	233	Daniel Lewis	M40	Wye Valley Runners	0:53:24
28	118	Craig Lewis	M40	Amazing Feet Running Club	0:53:44
29	231	Clive Andrews	M40	Black Pear Joggers	0:53:56
30	87	Paul Duffy	M40	U/A	0:54:11
31	11	Rob Jones	SM	Worcester AC	0:54:12
32	92	David Harte	M40	Bournville Harriers	0:54:31
33	136	Steve Beldon (L)	M40	Malvern Joggers	0:54:35
34	203	Andrew Boddy	M40	U/A	0:54:53
35	139	Jamie Lockley	SM	U/A	0:54:56
36	186	Andrew Davies	SM	Croft Ambrey RC	0:55:02
37	195	Matt Reid	M40	Almost Athletes	0:55:14
38	219	Andrew Lawson	M40	U/A	0:55:17
39	115	Alan Deacon	M40	Amazing Feet Running Club	0:55:21
40	148	Richard Love	M50	U/A	0:55:28
41	134	Matthew Rose	SM	Aberystwyth AC	0:55:43
42	166	Simon Penson	M40	Stratford on Avon AC	0:56:04
43	183	Richard Martin (L)	SM	Malvern Joggers	0:56:09
44	159	Andy Maybury	M50	U/A	0:56:14
45	98	Emma Robertson (L)	SF	Worcester AC	0:56:25
46	156	Steve Herington	M60	Hereford Couriers	0:56:34
47	40	David Mullin	M40	U/A	0:56:34
48	192	David Jones (L)	M50	U/A	0:56:36
49	209	Allan Dyus	M50	U/A	0:56:38
50	191	Simon Rea (L)	SM	U/A	0:56:48
51	1	Nick Spice	SM	Almost Athletes	0:57:02
52	238	Nathan Quilley	SM	U/A	0:57:16

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53	143	Neil Catchlove	SM	Lordshill Road Runners	0:57:26
54	153	Neil Watts (L)	SM	U/A	0:57:29
55	91	Stuart Day (L)	M40	Malvern Joggers	0:57:37
56	44	Oliver Cooper	SM	Running Somewhere Else	0:57:51
57	167	Jason Howell (L)	M40	U/A	0:57:56
58	55	Sebastian Bamford (L)	SM	U/A	0:58:00
59	228	Simon Collett	M40	U/A	0:58:00
60	239	Diz Evans	M60	Cardiff AC	0:58:06
61	162	Iona Sherwood (L)	SF	U/A	0:58:10
62	38	Ben Toon (L)	SM	Malvern Joggers	0:58:41
63	130	Amy Arnold	F35	U/A	0:58:54
64	160	Andrew Gaskell	SM	U/A	0:59:06
65	176	Sven Rouse L)	M40	Black Pear Joggers	0:59:25
66	96	Trevor Matty (L)	M40	Malvern Joggers	0:59:31
67	198	Ben Rees	SM	Croft Ambrey RC	0:59:38
68	205	Matt Lessimore	M40	Black Pear Joggers	0:59:48
69	241	Sean O'Toole	SM	U/A	0:59:49
70	102	Sarah Armstrong	F45	Amazing Feet Running Club	0:59:50
71	54	Martin Reed-Darby (L)	SM	U/A	1:00:03
72	189	Gordon Orme	M70	Carmarthen Harriers	1:00:15
73	101	Greg Edwards	SM	U/A	1:00:46
74	60	Jonathan Wells	M40	U/A	1:00:53
75	150	Mark Lockley (L)	M40	U/A	1:00:53
76	52	Steve Jones	SM	Black Pear Joggers	1:00:54
77	200	David Massocchi	SM	U/A	1:00:56
78	41	Pete Scott (L)	SM	U/A	1:00:59
79	107	Sean Paley	M40	U/A	1:01:28
80	71	William Turnbull	SM	U/A	1:01:35
81	230	Peter Marsden	M40	U/A	1:01:49
82	220	Kate Wray	SF	Shelton Striders	1:01:58
83	213	Nigel Reade	SM	Hereford Couriers	1:01:58
84	75	Melanie Hepke	F35	Bromsgrove and Redditch AC	1:02:00
85	49	John Bryan (L)	SM	Malvern Joggers	1:02:02
86	79	Jess Sly	F35	U/A	1:02:13
87	78	Nick Lobo (L)	M40	U/A	1:02:13
88	161	Rupert Sherwood (L)	M40	U/A	1:02:34
89	236	George Henry	M40	U/A	1:02:39
90	152	Andrew Harrison	M50	U/A	1:02:43
91	69	Tim Brockington	M50	Springfield Striders	1:02:43
92	171	Debbie Russell (L)	F35	Malvern Joggers	1:02:53
93	93	Matthew Downs	M40	U/A	1:03:05
94	111	Chris Smith	M40	U/A	1:03:06
95	165	Julie Mitchell (L)	F45	Malvern Joggers	1:03:24
96	214	Mike Eglesfield	M40	U/A	1:03:27
97	234	Rod Taylor	M50	Droitwich AC	1:03:31
98	211	Simon Baker (L)	SM	U/A	1:03:32
99	169	Mark Seyler (L)	M40	Malvern Joggers	1:03:38
100	116	Julian Satchell	M50	U/A	1:03:39
101	53	Joan Clarke	F55	Stourbridge RC	1:03:48
102	226	Nigel Cockrell	M50	U/A	1:03:56
103	43	Gavin Beresford	SM	U/A	1:04:00
104	243	David Millichip	M40	U/A	1:04:05

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105	223	Steve Roode (L)	M50	Malvern Joggers	1:04:05
106	208	Ian Dyus	M50	U/A	1:04:14
107	7	Kevin Taylor	M50	Ryston Runners	1:04:14
108	149	David Pound	M50	Pershore Plum Plodders	1:04:16
109	242	Richi Milne	SM	U/A	1:04:39
110	137	Matt Smith	M40	Road Runners Club	1:04:47
111	62	Nick Medcroft (L)	M40	U/A	1:04:51
112	90	Matt Gillen (L)	M40	U/A	1:04:53
113	229	Mark Wallace	M40	Amazing Feet Running Club	1:04:56
114	125	John Simcox (L)	M40	U/A	1:04:58
115	235	Bryan Lloyd	M50	Presteigne Pacers	1:05:01
116	73	Ian Morgan	SM	U/A	1:05:03
117	68	Matthew Brockington	M50	U/A	1:05:07
118	83	Liz Bowers	F55	Croft Ambrey RC	1:05:17
119	47	Andrew Bottomley (L)	M40	U/A	1:05:33
120	22	Mark Cooling (L)	M40	Malvern Joggers	1:05:54
121	227	Bert Lacey	M50	Malvern Joggers	1:05:57
122	163	Russell Coleman (L)	M40	U/A	1:06:04
123	142	Philip Miles	M40	Black Pear Joggers	1:06:07
124	119	Rebecca Cawthray (L)	F35	U/A	1:06:09
125	31	Sarah Beales	F35	U/A	1:06:12
126	212	Richard Kemp	M50	Black Pear Joggers	1:06:12
127	18	Danny Clandfield	M40	U/A	1:06:19
128	190	Jean Turner	F45	Telford Harriers	1:06:21
129	21	Kieran McGee	M40	U/A	1:06:25
130	232	Helen Ciancio	F35	U/A	1:06:27
131	237	Simon Quilley (L)	M50	U/A	1:06:31
132	99	Andrew Gallagher (L)	M50	Malvern Joggers	1:06:46
133	221	Richard Sowden	M50	Black Pear Joggers	1:06:55
134	9	Julie Caseley (L)	F55	Malvern Joggers	1:07:03
135	178	Chris Marks (L)	SM	U/A	1:07:15
136	113	Kinga Kuc	F35	U/A	1:07:32
137	117	Steve Ollis (L)	M50	Malvern Joggers	1:07:36
138	140	Carlene Hill	SF	U/A	1:07:52
139	106	Stephen Clarke (L)	M40	U/A	1:08:05
140	45	Peter Brown	M50	Birmingham Running Athletics	1:08:08
141	8	Sarah Taylor	F45	Ryston Runners	1:08:13
142	127	Richard Davies (L)	M50	U/A	1:08:33
143	132	John Dagnan	M60	U/A	1:08:37
144	202	Bryan Davies	M70	Croft Ambrey RC	1:08:40
145	82	Sue Robinson	F35	U/A	1:08:43
146	174	Ian Wells (L)	M60	U/A	1:08:57
147	175	David Shaw (L)	M50	U/A	1:08:59
148	147	Steve Hayward (L)	M50	U/A	1:09:11
149	46	Andy Chambers	M50	Newent Runners	1:09:19
150	184	Catherine James (L)	SF	Malvern Joggers	1:09:37
151	196	Louise Beasley	SF	Birmingham Running Athletics	1:09:43
152	173	Jim McKeane (L)	SM	U/A	1:09:52
153	204	Lucie Lessimore	F35	Black Pear Joggers	1:10:02
154	76	Alison Priest (L)	F45	Malvern Joggers	1:10:28
155	225	Brian Henderson (L)	M60	Malvern Joggers	1:10:39
156	124	Martha Worthington (L)	F35	U/A	1:10:46

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157	133	Patrick Corkery	M40	U/A	1:10:47
158	194	Mike Anstey (L)	M50	Malvern Joggers	1:10:49
159	77	Emily Priest (L)	SF	Malvern Joggers	1:10:52
160	170	Brian Worthington	M50	Birchfield Harriers	1:11:20
161	29	Joseph Wilkie	SM	U/A	1:11:40
162	141	Marc Soley (L)	SM	U/A	1:11:46
163	20	Paul Short	M40	U/A	1:11:48
164	56	Kevin Garness	SM	Black Pear Joggers	1:11:56
165	65	Mandy Neufeld	F45	Angels RC	1:12:12
166	112	Diane Wynne	F45	U/A	1:12:20
167	114	Teresa Roberts	F45	Tewkesbury Running Club	1:12:22
168	138	Helen Ford	F45	U/A	1:12:24
169	57	Rachel Cashmore (L)	F45	Malvern Joggers	1:12:36
170	72	Neil Griffith (L)	M40	U/A	1:12:47
171	94	Simon Angwin (L)	M50	U/A	1:12:49
172	2	Richard Wilson	M60	Truro Running Club	1:12:57
173	222	Harry Fletcher	SM	U/A	1:13:07
174	17	Harvey Davis	M40	U/A	1:13:13
175	100	Lucy Gallagher (L)	F45	Malvern Joggers	1:13:16
176	95	Catherine Oliver (L)	F45	U/A	1:13:19
177	188	Daron Windle	M50	Telford Harriers	1:13:28
178	157	David Hughes	M60	Evesham Vale Running Club	1:13:28
179	158	Paul Stevens (L)	SM	U/A	1:13:46
180	63	Kevin Peace	M50	Bournville Harriers	1:13:48
181	12	Barry Irvine	M40	Almost Athletes	1:13:49
182	121	Sam Allison (L)	SM	U/A	1:13:50
183	120	Kate Allison (L)	F35	U/A	1:13:50
184	70	Steve Harris	M60	Black Pear Joggers	1:14:05
185	32	Emma Fordham	F35	Barnt Green Chuggers	1:14:11
186	135	Angharad Evans	SF	U/A	1:14:14
187	172	Dave Dyke	M40	U/A	1:14:20
188	19	Matthew Mckenna	SM	U/A	1:16:06
189	108	Gulab Chauhan (L)	M50	U/A	1:16:17
190	30	Simon Richards	M50	Barnt Green Chuggers	1:16:24
191	155	Paul Howard	M40	U/A	1:16:48
192	217	Richard Sammons	M40	U/A	1:17:00
193	36	Jim Breen	SM	U/A	1:17:04
194	210	Tina Smith	F45	U/A	1:17:27
195	177	John Brook (L)	M70	Worcester AC	1:18:21
196	89	Debbie Hodson	F55	Worcester AC	1:18:24
197	193	Lynda Broadway (L)	F45	Malvern Joggers	1:18:33
198	109	Alex Heuer (L)	SM	U/A	1:19:16
199	84	Carole Caligari	F55	U/A	1:19:27
200	110	Tom Rose (L)	M60	U/A	1:19:30
201	215	Stephen Leach (L)	M40	U/A	1:19:59
202	181	Leigh Philips (L)	M40	U/A	1:20:16
203	81	Sylvia Lewis	F55	Sevenoaks AC	1:22:12
204	16	Lesley Pymm	F55	Bournville Harriers	1:25:46
205	207	Camilo Varias	M50	U/A	1:26:34
206	131	Charles Lowndes (L)	M60	Malvern Joggers	1:28:16
207	88	Gerry Taggart	M70	U/A	1:28:23
208	145	Jane Ridgley (L)	F35	U/A	1:28:40

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209	24	David Churchward	SM	U/A		1:28:50
210	182	Michael King	M60		Nailsea Running Club	1:29:25
211	129	Jim Griffiths	M60	U/A		1:30:12
212	240	Gert Cowling	F55		Vegetarian Cycling & AC	1:30:32
213	216	Jane Ewen	F45	U/A		1:31:57
214	105	Gill Wall	F45	U/A		1:32:04
215	218	Berni Gaughan	F45	U/A		1:32:04
216	27	Kellie Ditchett	F35		Almost Athletes	1:40:54
217	28	Bev Smith	F45	U/A		1:40:54