

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
1	116	Henry Sly	SM	Unattached	0:46:40
2	218	Dominik Chlupáč	SM	Unattached	0:47:17
3	223	Jordan Edwards (L)	SM	Malvern Joggers	0:47:33
4	65	Rob Jones	SM	Worcester AC	0:47:51
5	146	Adam Pollock	SM	Worcester AC	0:47:53
6	166	Ciaran Connor (L)	SM	Worcester AC	0:48:16
7	91	Robbie Campbell	SM	Worcester AC	0:48:55
8	118	James Marshall	SM	Unattached	0:49:40
9	230	John Newey (L)	MV40	Black Pear Joggers	0:49:44
10	186	Lewis Faulkner (L)	SM	Headington Road Runners	0:50:12
11	180	Matt Scriven (L)	MV40	Malvern Joggers	0:50:21
12	45	Chris Grubb	SM	Unattached	0:50:53
13	234	Mark Russell	MV40	Kidderminster & Stourport Tri	0:51:39
14	134	Sam Payne	SM	Unattached	0:51:47
15	46	Christian Dowle	MV40	Unattached	0:51:53
16	127	Ancène Bengriche (L)	SM	Malvern Joggers	0:51:58
17	48	Henry Walker (L)	SM	Malvern Joggers	0:52:02
18	128	Steve Beldon (L)	MV40	Malvern Joggers	0:52:12
19	148	Joseph Dunn	SM	St Albans Striders	0:52:36
20	154	David O'Brien	MV40	Worcester AC	0:52:37
21	73	Matt Warne	SM	Unattached	0:52:41
22	216	Harry Thorpe	SM	Unattached	0:52:45
23	229	Barry Davies	MV40	Monross Trailblazers	0:53:23
24	107	Phil Edwards	MV40	Unattached	0:54:10
25	160	Simon Rea (L)	MV40	Unattached	0:54:39
26	30	Feidhlim O Dubhlaing	SM	Worcester AC	0:54:56
27	32	Chris Harris	MV40	Black Pear Joggers	0:55:14
28	224	Andrew Lawson	MV40	Unattached	0:55:44
29	58	Rob Ciancio	MV40	Unattached	0:55:48
30	188	Ian Travis	MV50	Unattached	0:55:58
31	62	James Bewley	SM	Victoria Park Harriers & Tower Hamlets AC	0:56:10
32	215	Andrew Boddy	MV40	Unattached	0:56:19
33	174	Adrian Spencer	MV40	Unattached	0:56:20
34	101	Trevor McGill	MV50	Droitwich AC	0:56:21
35	80	Chris Foster	SM	Unattached	0:56:21
36	200	Laurence Wilson (L)	MV40	Unattached	0:56:30
37	109	David Carbutt	SM	Knowle & Dorridge RC	0:56:33
38	152	Simon Pipe	MV50	Hook Norton Harriers	0:56:35
39	13	Kate Brooks	FV35	Unattached	0:56:44
40	93	Ben Toon (L)	SM	Malvern Joggers	0:56:47
41	172	Jack Abbotts (L)	SM	Unattached	0:56:49
42	17	James Baldock	MV40	Unattached	0:56:53
43	23	Sam Eden (L)	SM	Malvern Joggers	0:57:17
44	207	Allan Dyus	MV50	Unattached	0:57:30
45	70	Neil Devereux	MV40	Black Pear Joggers	0:57:38
46	176	Richard Martin (L)	MV40	Malvern Joggers	0:57:44
47	72	Jamie Layland	SM	Fetch Everyone	0:57:45
48	213	Sophie Booth	SF	Black Pear Joggers	0:57:46
49	75	Edward Southall	SM	Unattached	0:57:51
50	201	Nick Adams	MV40	Black Pear Joggers	0:57:57
51	169	David Jones (L)	MV50	Unattached	0:58:00
52	136	Martin Summers	MV60	Bridgnorth Running Club	0:58:14
53	163	Sam Allinson (L)	SM	Unattached	0:58:18

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
54	138	Christopher Reed (L)	MV40	Unattached	0:58:21
55	106	John Drew	MV40	Unattached	0:58:37
56	33	Lee Mears (L)	MV40	Unattached	0:58:49
57	44	Steven Jones	SM	Unattached	0:58:52
58	123	Mark Lockley	MV40	Unattached	0:58:57
59	90	Pete Shakespeare	MV50	Unattached	0:59:01
60	26	Ben Cox	MV40	Unattached	0:59:06
61	66	Rhys Humm	SM	Unattached	0:59:12
62	10	Sarah Armstrong	FV45	Amazing Feet Running Club	0:59:36
63	192	Matt Woodyatt	SM	Unattached	1:00:01
64	170	Paul Taylor (L)	MV50	Unattached	1:00:19
65	7	Tim Day-Thompson (L)	MV40	Unattached	1:00:27
66	141	Pedro Lares	SM	Unattached	1:00:41
67	217	Mark Scrivens	MV40	Monross trailblazers	1:00:47
68	125	Iona Sherwood (L)	SF	Unattached	1:01:04
69	54	Natalie Bennett (L)	FV35	Malvern Joggers	1:01:13
70	76	Christopher Glennie	SM	Unattached	1:01:15
71	165	Anthony Russell (L)	MV40	Unattached	1:01:29
72	55	Craig Robinson	MV40	Sphinx AC	1:01:32
73	119	Alex Dalton	SM	Wolverhampton & Bilston AC	1:01:37
74	14	Pete Scott	MV40	Unattached	1:01:53
75	228	Tony Lewington	MV60	Teme Valley Tri	1:01:55
76	168	Paul Cope (L)	MV40	Unattached	1:01:57
77	41	Martin Reed-Darby (L)	SM	Malvern Joggers	1:02:05
78	105	Sarah Davies (L)	SF	Unattached	1:02:08
79	104	Colin Davies (L)	SM	Unattached	1:02:08
80	184	Graham Plumpton	MV50	Unattached	1:02:28
81	6	Philip Bacon	MV40	Unattached	1:02:31
82	156	William Turnbull (L)	MV40	Unattached	1:02:33
83	140	Lee Saunders	MV40	Unattached	1:02:33
84	197	Anthony Bennett-Poole (L)	MV40	Malvern Joggers	1:02:35
85	139	Matthew Barker	SM	Unattached	1:02:37
86	82	Ian Dyson	MV60	Malvern Joggers	1:02:39
87	113	Alan Klein	MV50	Worcester AC	1:03:01
88	122	Catherine Bowen (L)	SF	Malvern Joggers	1:03:03
89	210	Jason Mowell (L)	MV40	Unattached	1:03:09
90	16	Martha Worthington (L)	FV35	Malvern Joggers	1:03:11
91	226	Simon Penson	MV40	Unattached	1:03:23
92	233	Sue Howarth	FV55	Unattached	1:03:25
93	195	Mark Seyler (L)	MV50	Malvern Joggers	1:03:26
94	103	Vaughan Harrison	MV50	Unattached	1:03:36
95	151	Simon Quilley (L)	MV50	Unattached	1:03:45
96	40	Jonathan Antill	SM	Unattached	1:03:49
97	189	Paul Williams	MV40	Unattached	1:03:53
98	63	John Bryan (L)	SM	Malvern Joggers	1:04:02
99	185	Matthew Plumpton	SM	Unattached	1:04:22
100	124	Rupert Sherwood (L)	MV40	Unattached	1:04:48
101	60	Tim Brockington	MV60	Springfield Striders	1:05:04
102	219	Helen Ciancio	FV35	Unattached	1:05:17
103	153	Chris Bland	MV40	Unattached	1:05:23
104	150	Matthew Rothwell	MV40	Unattached	1:05:26
105	84	Keith Hill	MV50	Birmingham Running Athletics & Triathlon Club	1:05:29
106	145	Jessica Hassell	SF	Unattached	1:05:31

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107	89	Matthew Rabone (L)	SM	Unattached	1:05:36
108	204	Alex Innocent	MV40	Unattached	1:05:44
109	68	Mark Wallace	MV40	Unattached	1:05:48
110	205	Andrew Bottomley (L)	MV40	Black Pear Joggers	1:05:50
111	222	Marc Soley	SM	Unattached	1:05:53
112	79	Matt Gillen (L)	MV40	Unattached	1:05:56
113	4	Paul Short	MV40	Unattached	1:05:58
114	177	Catherine Martin (L)	SF	Malvern Joggers	1:06:12
115	196	Lucy Bennett-Poole (L)	FV45	Malvern Joggers	1:06:16
116	98	Megan James (L)	SF	Unattached	1:06:22
117	187	Roy Hart	MV60	Malvern Joggers	1:06:30
118	38	Phil Wilkinson	MV50	Unattached	1:06:37
119	232	Chris Smith	MV50	Unattached	1:06:59
120	209	Stephen Clarke (L)	MV40	Unattached	1:07:03
121	3	Rob Hopkins (L)	SM	Unattached	1:07:15
122	71	Matthew Brockington	MV50	Unattached	1:07:21
123	132	Darren Pearce	MV40	Unattached	1:07:24
124	28	Jim Russell	MV40	Unattached	1:07:26
125	111	Adam Collier (L)	SM	Unattached	1:07:32
126	35	Kevin Taylor	MV50	Ryston Runners	1:07:36
127	108	Rachael Alexander	FV35	Worcester AC	1:07:38
128	43	Tom Williams	MV40	Unattached	1:07:46
129	42	Rick Taylor	MV40	Unattached	1:07:46
130	155	David Pound	MV50	Pershore Plum Plodders	1:07:51
131	211	Rebecca Owen	FV35	Unattached	1:07:51
132	97	Owen Jarman	MV50	Worcester AC	1:07:51
133	221	Kim Braznell	FV55	Mercia Fell Runners	1:07:53
134	161	Russell Coleman (L)	MV40	Unattached	1:07:54
135	175	David Cox	MV40	Unattached	1:07:54
136	21	Dan Bennett (L)	MV40	Unattached	1:08:01
137	190	Martin Williams	SM	Ledbury & District Harriers	1:08:02
138	1	Julie Caseley (L)	FV55	Malvern Joggers	1:08:18
139	86	Jessica Myring	FV35	Unattached	1:08:58
140	85	Harry Myring	MV40	Unattached	1:08:58
141	199	Joe Weaver	SM	Unattached	1:09:15
142	164	Kate Allinson (L)	FV35	Unattached	1:09:20
143	225	Brian Henderson (L)	MV60	Malvern Joggers	1:09:20
144	131	Anife Turchin (L)	SF	Unattached	1:09:26
145	61	Stephen Dick	MV40	Unattached	1:09:38
146	137	Hywel Payne	SM	Unattached	1:09:40
147	15	John Oliver (L)	SM	Unattached	1:09:44
148	191	Tony Davis	MV60	Cock Moor Wood	1:09:45
149	5	Mike Bolton (L)	MV40	Malvern Joggers	1:09:46
150	202	Luke Unsworth (L)	MV40	Unattached	1:09:48
151	51	Andrew Rickard (L)	MV40	Unattached	1:09:52
152	231	Maria Lord	FV45	Evesham Vale	1:09:59
153	135	Andrew Taylor	SM	Unattached	1:10:07
154	167	Stephen Hubbard (L)	MV40	Unattached	1:10:48
155	50	Samantha Webb	FV35	Unattached	1:10:58
156	77	Wesley Ogden	MV40	Malvern Joggers	1:11:10
157	78	Gulab Chauhan (L)	MV50	Unattached	1:11:10
158	203	Ian Dyus	MV50	Unattached	1:11:33
159	9	Mark Childe	MV40	Unattached	1:11:51

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160	94	Alison Priest (L)	FV45	Malvern Joggers	1:12:09
161	11	Julian Barrell	MV50	Unattached	1:12:18
162	81	Rollo Rumford	MV70	Unattached	1:12:22
163	173	Terry Palliser	MV60	Unattached	1:12:45
164	171	Andrew Griffin (L)	MV60	Unattached	1:13:11
165	179	Mike Woodyatt	MV50	Cock Moor Wood	1:13:18
166	92	Mandy Neufeld	FV45	Angels RC	1:13:27
167	220	David Lloyd	MV60	Halesowen	1:13:33
168	212	Gillian Jubb	FV45	Worcester AC	1:13:39
169	120	Liam Quinn	SM	Unattached	1:13:46
170	129	James Marshall (L)	MV40	Unattached	1:13:48
171	142	Heather Kirk (L)	FV45	Unattached	1:13:59
172	114	Jayne Mumford	FV45	Coventry Godiva Harriers	1:14:11
173	99	Jim Wheatstone (L)	MV40	Malvern Joggers	1:14:16
174	36	Sarah Taylor	FV45	Ryston Runners	1:14:24
175	130	Paul Amphlett (L)	MV70	Unattached	1:14:37
176	214	Lucy Gallagher (L)	FV45	Malvern Joggers	1:14:41
177	22	Kevin Peace	MV50	Bournville Harriers	1:14:47
178	194	Phil Miles	MV40	Black Pear Joggers	1:15:05
179	198	Barry Irvine	MV40	Almost Athletes	1:15:14
180	112	Anthony Rimmington	MV50	Unattached	1:15:42
181	24	Matthew Mckenna	SM	Centurion RC	1:15:55
182	83	Neil Griffith (L)	MV40	Unattached	1:16:32
183	88	Holly Rabone Kent (L)	SF	Unattached	1:16:46
184	59	Anna Zmijewska	FV35	Windle Valley Runners	1:16:48
185	121	Jennifer Thomas (L)	FV55	Unattached	1:16:57
186	143	Nicholas Tyler	MV40	Ledbury & District Harriers	1:17:03
187	100	Laura Peakman (L)	SF	Unattached	1:17:24
188	208	Richard Sammons	MV40	Unattached	1:17:33
189	206	Bryan Davies	MV70	Croft Ambrey	1:18:04
190	117	Sascha McDonald	FV45	Unattached	1:18:42
191	69	Steve Harris	MV60	Black Pear Joggers	1:19:29
192	12	David Pye	MV60	Amazing Feet Running Club	1:19:46
193	159	Emma Scott (L)	FV35	Malvern Joggers	1:20:13
194	227	David More	MV50	Unattached	1:20:16
195	158	John Brook (L)	MV70	Worcester AC	1:20:41
196	182	David Patterson	MV50	Unattached	1:20:44
197	183	Robert Plumpton	MV50	Unattached	1:20:45
198	181	Mick Taylor	MV60	Cock Moor Wood	1:21:43
199	126	Peter Davies	MV70	Birchfield Harriers	1:21:57
200	47	Craig Sheldon	SM	Unattached	1:21:58
201	149	Hannah Topp (L)	SF	Unattached	1:22:26
202	57	Tom Rose (L)	MV60	Unattached	1:22:40
203	19	Simon Richards	MV50	Barnt Green Chuggers	1:23:35
204	74	Hana Robertson	SF	Unattached	1:24:07
205	64	Neil Coleman	MV50	Unattached	1:25:41
206	147	Gerry Taggart	MV70	Malvern Joggers	1:29:26
207	95	Stephen Leach (L)	MV40	Unattached	1:30:31
208	96	Katherine Leach (L)	FV35	Unattached	1:30:31
209	178	Graham Hall	MV70	Cock Moor Wood	1:31:58