

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
1	191	Dan Geisler	SM	Worcester AC	0:47:07
2	154	Nick Drabble	SM	Black Pear Joggers	0:47:32
3	138	Jack Dickenson	SM	Herne Hill Harriers	0:47:40
4	120	Keith Evans	M40	Malvern Buzzards Running Club	0:47:49
5	183	Andrew Salt	SM	Croft Ambrey RC	0:48:19
6	43	Richard Walsh	SM	Worcester AC	0:48:26
7	136	Henry Sly	SM	U/A	0:48:55
8	157	Rob Jones	SM	Worcester AC	0:49:20
9	121	Ciaran Connor	SM	Worcester AC	0:49:40
10	64	Steve Beldon	M40	Malvern Buzzards Running Club	0:49:46
11	40	Richard Smith	SM	Otley AC	0:50:35
12	36	Jon Newey	M40	Black Pear Joggers	0:50:41
13	17	Jack Abbotts	SM	Malvern Buzzards Running Club	0:51:49
14	194	Matthew Fairlamb	SM	Worcester AC	0:52:21
15	101	Edward Davies	SM	U/A	0:52:35
16	71	Christian Dowle	M40	U/A	0:52:46
17	153	Seb Morton	SM	U/A	0:53:18
18	97	Adam Pollock	SM	Worcester AC	0:53:28
19	163	John Bristow	M40	U/A	0:53:46
20	57	Mark Richards	M50	Headington RR	0:54:13
21	82	Colin Davies	SM	Worcester AC	0:54:16
22	180	David O'Brien	M40	Worcester AC	0:54:25
23	112	Matthew Downes	SM	Malvern Buzzards Running Club	0:54:26
24	168	Andrew Freeman	M40	Bromsgrove & Redditch Ac	0:54:28
25	44	Samuel Burnage	M40	Malvern Buzzards Running Club	0:54:42
26	125	Adam Slonim	SM	U/A	0:54:51
27	176	Philip Groome	SM	Kidderminster & Stourport AC	0:54:59
28	13	Rob Ciancio	M40	Black Pear Joggers	0:55:03
29	66	Michael Tomkins	SM	Kings Heath RC - The Lions	0:55:10
30	124	Paul Dolphin	SM	Malvern Buzzards Running Club	0:55:30
31	100	Hugh Davies	M40	Worcester AC	0:55:40
32	4	Simeon Foreman	M40	Malvern Buzzards Running Club	0:55:47
33	8	Marc Heptinstall	SM	Malvern Buzzards Running Club	0:55:53
34	192	Andrew Boddy	M50	U/A	0:55:58
35	159	Stephen Cleary	M40	Cobra Running & Triathlon Club	0:56:23
36	129	Andrew Beard	M40	U/A	0:56:36
37	103	Phil Edwards	M50	U/A	0:57:10
38	141	David Wilson	SM	U/A	0:57:17
39	62	Paul Millsom	M60	Vegan Runners UK	0:57:22
40	22	Martin Reed-Darby	SM	Malvern Buzzards Running Club	0:57:30
41	51	Paul Turner	M50	U/A	0:57:51
42	23	Sarah Armstrong	F45	Malvern Buzzards Running Club	0:57:58
43	146	Chris Storey	SM	U/A	0:58:00
44	179	Paul Duffy	M40	U/A	0:58:04
45	186	Ian Travis	M50	U/A	0:58:11
46	90	Jeremy Burton	SM	Worcester AC	0:58:16
47	68	Sam Eden	SM	Malvern Buzzards Running Club	0:58:22
48	58	Bill Adsett	M50	U/A	0:58:36
49	73	William Turnbull	M40	U/A	0:58:59
50	169	Tamara Freeman	SF	Bromsgrove & Redditch Ac	0:59:00
51	164	David Jones	M50	U/A	0:59:15
52	205	Lee Henderson	M40	U/A	0:59:18

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
53	196	Mike Lang	M40	Black Pear Joggers	0:59:28
54	117	Richard Love	M50	U/A	0:59:39
55	3	Rob Hopkins	SM	Malvern Buzzards Running Club	0:59:42
56	116	Holly Love	SF	Worcester AC	0:59:44
57	119	Peter Shakespeare	M50	U/A	0:59:47
58	12	Dominique Kent	F45	Malvern Buzzards Running Club	0:59:53
59	187	Simon Collett	M40	U/A	0:59:54
60	78	Andrew Dickenson	M40	Malvern Buzzards Running Club	1:00:20
61	197	Andrew Lawson	M40	Worcester Tri Club	1:00:23
62	185	Paul Williams	M50	U/A	1:00:48
63	102	Glen Curran	SM	Malvern Buzzards Running Club	1:01:07
64	133	Nick Eacock	M40	Black Pear Joggers	1:01:29
65	109	Fiona Alexander	F45	Ripley Running Club	1:01:30
66	39	James Russell	M40	U/A	1:01:52
67	14	Steve Stanbrook	M40	U/A	1:02:03
68	9	Paul White	M40	Malvern Buzzards Running Club	1:02:14
69	132	Duncan Loughrey	M50	U/A	1:02:26
70	96	Chris Slinger	M50	U/A	1:02:41
71	171	Andrew Blannin	M40	U/A	1:02:52
72	182	Lee Saunders	M40	U/A	1:03:01
73	65	Tim Alford	SM	U/A	1:03:15
74	127	Andy Wire	M40	U/A	1:03:20
75	18	Martha Worthington	F35	Malvern Joggers	1:03:22
76	105	Stan Alexander	M60	Kenilworth Runners	1:03:24
77	67	David Waite	M60	U/A	1:03:47
78	88	Richard Evers	SM	U/A	1:03:48
79	11	Keith Hill	M50	Birmingham Running Athletics & Triathlon Club (BRAT)	1:03:49
80	148	Daniel Kelly	SM	U/A	1:03:50
81	184	Greg Ashby	M50	Worcester AC	1:03:54
82	81	Sarah Davies	F35	Worcester AC	1:03:54
83	35	Owen Jarman	M50	Worcester AC	1:04:12
84	190	Kinga Kul	F35	U/A	1:04:19
85	202	Tony Lewington	M60	U/A	1:04:24
86	143	Steve Koopacks	M40	U/A	1:04:34
87	95	Mark Wallace	M40	Cleobury Mortimer Running Club	1:04:36
88	118	David Pound	M50	Worcester AC	1:04:53
89	19	Jon Bennett	M40	U/A	1:05:06
90	37	Nigel Prue	M50	U/A	1:05:08
91	25	John Bryan	SM	U/A	1:05:11
92	204	Steve Roode	M50	Over The Hill Runners	1:05:28
93	93	Edwin Hartley	M60	U/A	1:05:46
94	69	Alison Webb	F45	Malvern Buzzards Running Club	1:05:51
95	178	Tristan Crawley	M40	U/A	1:06:01
96	189	Chris Smith	M50	U/A	1:06:03
97	166	Iona Sherwood	SF	U/A	1:06:15
98	7	Andrew Hughes	M40	Malvern Buzzards Running Club	1:06:17
99	193	Duncan Cresswell	M40	Newent Runners	1:06:20
100	155	Nigel Edwards	M40	Pershore Plum Plodders	1:06:22
101	172	Simon Quilley	M50	U/A	1:06:32
102	208	George Henry	M50	U/A	1:06:34
103	28	Ian Dyson	M60	Malvern Joggers	1:06:36
104	195	Peter Daniel	SM	U/A	1:06:41

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105	74	Matthew Gillen	M50	U/A		1:06:49
106	98	Richard Lambert	M40		Malvern Buzzards Running Club	1:07:02
107	60	Andrew Gallagher	M50		Malvern Joggers	1:07:05
108	42	Liz Bowers	F65		Worcester AC	1:07:09
109	5	Jack Young	SM		Malvern Buzzards Running Club	1:07:12
110	49	Rachel Hobkirk	SF	U/A		1:07:21
111	86	Philip Ward	SM	U/A		1:07:24
112	165	Rupert Sherwood	M50	U/A		1:07:27
113	128	Matthew Brockington	M50	U/A		1:07:38
114	55	Wesley Ogden	M50		Malvern Buzzards Running Club	1:08:02
115	175	David Callanan	M40	U/A		1:08:18
116	173	Chris Bell	M40	U/A		1:08:23
117	111	Catherine Smith	F35	U/A		1:08:35
118	108	Kate Allison	F35	U/A		1:08:44
119	83	Daniel Bennett	M40	U/A		1:08:48
120	48	Mike Bolton	M50		Malvern Joggers	1:08:49
121	156	Phil Miles	M40	U/A		1:09:16
122	151	Wayne Qualter	M40	U/A		1:09:26
123	77	Gulab Chauhan	M50	U/A		1:09:26
124	59	Rollo Rumford	M70		Black Pear Joggers	1:09:28
125	203	Ian Walwyn	M60		Malvern Joggers	1:09:31
126	144	Luke Unsworth	M40	U/A		1:09:40
127	72	Hywel Payne	SM		Waverley Harriers	1:09:55
128	131	Peter Smith	M50	U/A		1:10:33
129	15	Adam Barrett	SM	U/A		1:10:53
130	142	David Beswick	M60	U/A		1:11:02
131	87	Ian Danby	M50		Worcester AC	1:11:23
132	10	Julian Barrell	M50	U/A		1:11:43
133	56	Neil Griffith	M40		Malvern Buzzards Running Club	1:11:50
134	91	Kevin Taylor	M50		Ryston Runners	1:12:01
135	33	Julie Caseley	F55		Malvern Joggers	1:12:08
136	149	Paul Howard	M50	U/A		1:12:09
137	54	Diane Wynne	F45		Vegan Runners UK	1:12:40
138	38	Laura Gardiner	SF	U/A		1:12:52
139	174	Phil Bell	M40		Black Pear Joggers	1:12:56
140	61	Lucy Gallagher	F45		Malvern Joggers	1:12:57
141	92	Sarah Taylor	F45		Ryston Runners	1:13:05
142	161	Andrew Griffin	M60	U/A		1:13:12
143	198	Mark Gent	M50	U/A		1:13:15
144	20	Joseph Wilkie	SM	U/A		1:14:04
145	206	Brian Henderson	M60		Malvern Joggers	1:14:30
146	122	Kate Dolphin	F35		Malvern Buzzards Running Club	1:15:15
147	41	Clive Maddock	M40		Malvern Buzzards Running Club	1:15:19
148	53	Ian Cunningham	M50		Sphinx AC	1:15:23
149	1	Paul Short	M40	U/A		1:15:26
150	24	Heather Kirk	F45	U/A		1:15:26
151	52	Kevin Peace	M60		Bournville Harriers	1:15:37
152	126	Steve Ollis	M50		Worcester AC	1:15:39
153	140	Dave Dyke	M50	U/A		1:16:33
154	113	Paul Hill	SM	U/A		1:17:22
155	135	Sara Hernandez	F35	U/A		1:17:32
156	84	Victoria Mason-Robbie	F35	U/A		1:17:38

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157	150	Adam Hall	M40	U/A		1:17:59
158	114	Gavin Hole	M40	U/A		1:18:04
159	199	Alison Priest	F45	Malvern Joggers		1:18:11
160	107	Jonathan Fligelstone	M60	Malvern Joggers		1:18:13
161	99	Simon Ellison	M40	Redditch Stars		1:18:27
162	104	Ben Banks	SM	Lawley Running Club		1:18:38
163	167	Peter Wilson	M50	Malvern Buzzards Running Club		1:18:41
164	207	Mark James	M40	U/A		1:18:46
165	181	Richard Sammons	M40	U/A		1:19:04
166	106	Stephen Harris	M60	Black Pear Joggers		1:19:30
167	188	Bryan Davies	M70	Croft Ambrey RC		1:19:42
168	137	James Marshall	M40	U/A		1:19:46
169	170	Charlotte Ball	F55	Bromsgrove & Redditch Ac		1:20:07
170	145	Liam Quinn	M40	U/A		1:20:13
171	134	Kate Eacock	F35	Black Pear Joggers		1:20:17
172	130	Angela Jordan	F55	Malvern Joggers		1:21:10
173	147	David More	M60	U/A		1:21:11
174	160	Cathryn Langley	SF	U/A		1:23:20
175	200	Mike Anstey	M60	Malvern Joggers		1:23:43
176	177	Paul Weston	M60	U/A		1:23:47
177	29	Mark Sheldon	M50	U/A		1:23:54
178	123	Lily Price	F35	Malvern Buzzards Running Club		1:24:01
179	162	John Brook	M70	Worcester AC		1:24:25
180	34	Mike King	M70	Nailsea RC		1:24:37
181	50	Simon Richards	M50	Barnt Green Chuggers		1:26:24
182	110	Catherine Oliver	F45	U/A		1:27:07
183	16	Cress Brookes	F35	U/A		1:28:35
184	26	Jennie Bond	F35	Malvern Buzzards Running Club		1:28:35
185	152	Neil Coleman	M50	U/A		1:30:38
186	201	Lynda Broadway	F45	Malvern Joggers		1:30:50
187	94	Charles Lowndes	M60	Malvern Joggers		1:36:58
188	2	Lisa Hopkins	F35	Malvern Buzzards Running Club		1:38:24
189	115	Lance Tombs	M60	Malvern Joggers		1:41:54

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