

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
1	206	Arty Wilson-Spence	SM	Worcester AC	0:46:20
2	205	Cynog Williams	SM	Dark Peak Fell Runners	0:48:26
3	58	Chris Grubb	M40	Ledbury & District Harriers	0:48:52
4	108	Marcus Mumford	M40	Black Pear Joggers	0:49:46
5	124	Henry Pugh	SM	Malvern Joggers	0:50:28
6	40	Keith Evans	M50	Malvern Buzzards Running Club	0:50:47
7	31	Peter Dear	SM	Halesowen Athletics & Cycling Clu	0:50:50
8	35	Nick Drabble	SM	Black Pear Joggers	0:50:52
9	77	Shane Jackson	SM	Malvern Buzzards Running Club	0:51:29
10	137	Carl Salmon	SM	Malvern Buzzards Running Club	0:52:17
11	21	Linus Burnage	SM	Worcester AC	0:52:23
12	25	Timothy Cook	SM	Malvern Buzzards Running Club	0:53:19
13	23	Sam Collins	SM	U/A	0:53:19
14	42	Lewis Faulkner	M40	Malvern Buzzards Running Club	0:53:51
15	147	Lewis Sternkopf	SM	U/A	0:53:51
16	43	Ashley Fawke	SM	U/A	0:53:53
17	32	Chris Dent	M40	Black Pear Joggers	0:53:57
18	141	Henry Sly	M40	Bristol and West AC	0:54:06
19	215	Jessie Rowlands	SF	Colchester Harriers	0:54:43
20	200	Richard Walsh	M40	Malvern Buzzards Running Club	0:55:08
21	39	Andrew Elwood	SM	Malvern Buzzards Running Club	0:55:25
22	18	Kevin Browne	SM	Malvern Buzzards Running Club	0:55:36
23	54	Lewin Gerrard	SM	U/A	0:55:56
24	123	Isabella Porteus	SF	Worcester AC	0:56:08
25	111	Jonathan Newey	M50	Black Pear Joggers	0:56:15
26	34	Paul Dolphin	M40	Malvern Buzzards Running Club	0:56:24
27	216	Andy Allen	M40	U/A	0:56:49
28	10	Robert Blackmun	SM	Western Tempo	0:56:51
29	80	Ben Jones	M40	U/A	0:57:02
30	191	James Taylor	SM	Bournville Harriers	0:57:18
31	82	James Kelly	SM	U/A	0:57:43
32	28	Hugh Davies	M50	Worcester AC	0:58:26
33	24	Ciaran Connor	SM	U/A	0:58:55
34	103	Kevin McMillan	M40	U/A	0:58:58
35	20	Samuel Burnage	M50	Malvern Buzzards Running Club	0:59:05
36	148	William Stevens	SM	U/A	0:59:54
37	195	Michael Tomkins	M40	Kings Heath RC	1:00:19
38	2	Nicholas Allan	SM	Malvern Buzzards Running Club	1:00:21
39	12	Sophie Booth	F35	Black Pear Joggers	1:00:35
40	86	Matt Lambeth	M40	Malvern Buzzards Running Club	1:00:41
41	7	Nick Biggs	M50	U/A	1:00:49
42	57	Nikki Green	F35	Team Dave	1:01:32
43	68	Matthew Henney	M50	Bromsgrove and Redditch	1:02:12
44	38	Phil Edwards	M50	Worcester AC	1:02:13
45	74	Bea Howarth	SF	U/A	1:02:32
46	4	Martin Aspley-Davis	M40	Bromsgrove and Redditch AC	1:02:58
47	197	Luke Unsworth	M50	U/A	1:03:04
48	199	Craig Walker	M40	U/A	1:03:11
49	100	Craig Matthews	M40	U/A	1:03:13
50	95	Tom MacKenzie	SM	U/A	1:03:22
51	130	Michael Reynolds	M50	Solihull & Small Heath Athletic Clu	1:03:36
52	146	Nick Spice	M40	U/A	1:03:53
53	84	Oleksandr Korniienko	SM	U/A	1:04:07

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54	196	William Turnbull	M40	Malvern Joggers	1:04:12
55	116	Sam Payne	SM	U/A	1:04:21
56	201	Lucy Ward	F35	U/A	1:04:38
57	145	Rob Somer	M50	U/A	1:04:58
58	33	Aiveen Digby	SF	Malvern Joggers	1:05:00
59	8	Neil Bird	M40	Malvern Buzzards Running Club	1:05:05
60	45	Nick Folkard	M50	Malvern Buzzards Running Club	1:05:06
61	207	Andy Wire	M40	U/A	1:05:20
62	9	Mark Bisson	M50	Malvern Buzzards Running Club	1:05:37
63	119	David Penson	SM	U/A	1:06:30
64	98	David Marham	M60	U/A	1:06:36
65	72	Nick Hitchings	M50	Team Dave	1:06:40
66	109	Tom Murray	M40	U/A	1:06:53
67	13	Rose Bosnell	F45	U/A	1:06:58
68	53	Andy Gandon	M70+	Black Pear Joggers	1:07:05
69	107	Ian Morgan	M40	U/A	1:07:13
70	198	Andrew Wadsworth	M60	Sparkhill Harriers	1:07:24
71	94	Lucinda Lumley	F35	Monross Trailblazers	1:07:40
72	19	John Bryan	M40	Team Dave	1:07:49
73	89	Tony Lewington	M70+	Worcestershire Trailblazers	1:07:55
74	87	Heather Lavelle	F45	Black Pear Joggers	1:07:56
75	110	Tym Musgrove	M60	Ledbury & District Harriers	1:08:15
76	204	Tom Whitney	M40	U/A	1:08:17
77	129	Martin Reed-Darby	SM	Malvern Buzzards Running Club	1:08:20
78	11	Andrew Blenkinsop	SM	U/A	1:08:35
79	55	Matt Gillen	M50	U/A	1:08:50
80	112	Edward O'Neill	M50	Malvern Joggers	1:09:04
81	75	Sue Howarth	F55	Mercia Fell Runners	1:09:10
82	56	Hannah Gray	F35	Worcestershire Trailblazers	1:09:13
83	125	Andrew Pye	M40	Mercia Fell Runners	1:09:29
84	71	Paul Hill	M40	U/A	1:09:35
85	118	Tamsin Pedlar	SF	Worcester AC	1:09:47
86	150	Steve Tame	M40	U/A	1:10:10
87	114	Stephen Palmer	M40	U/A	1:10:13
88	138	Mark Seyler	M50	U/A	1:10:33
89	65	Vicia Hauser	F35	Malvern Joggers	1:10:46
90	17	Tom Brown	M40	Lonely Goat RC	1:10:53
91	193	Jonathan Thomas	M50	U/A	1:10:59
92	14	Andrew Bottomley	M50	Black Pear Joggers	1:11:18
93	106	Richard Milne	M40	U/A	1:11:20
94	83	Michael Kelly	M50	U/A	1:11:25
95	59	Neil Hale	M70+	Cobra Running & Triathlon Club	1:11:26
96	136	Matthew Rose	SM	U/A	1:11:27
97	113	Wesley Ogden	M50	Malvern Buzzards Running Club	1:11:32
98	115	Oliver Pass	SM	U/A	1:11:35
99	105	Sam Mills	F35	Cleobury Mortimer Running Club	1:11:37
100	90	Jessica Lobo	F45	U/A	1:11:45
101	85	Kinga Kuc	F45	U/A	1:11:57
102	144	Gary Smith	M40	U/A	1:12:03
103	91	Nick Lobo	M50	U/A	1:12:11
104	51	Cicely Gallagher	SF	U/A	1:12:16
105	219	Christopher Marks	M50	U/A	1:12:40
106	41	Jane Fairlamb	F35	Black Pear Joggers	1:12:48

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107	76	Esther Hulley	SF	Stockport H & AC	1:12:50
108	213	Ian Yorke	M50	Malvern Buzzards Running Club	1:12:59
109	47	Toby Forrester	M50	Mercia Fell Runners	1:13:02
110	66	Todd Heidesch	M40	Worcestershire Trailblazers	1:13:13
111	127	Simon Quilley	M60	U/A	1:14:57
112	217	Barnaby Bamford	M40	U/A	1:15:19
113	140	John Simcox	M50	U/A	1:15:41
114	37	Ian Dyus	M60	U/A	1:15:46
115	192	Billy Taylor	SM	U/A	1:15:54
116	92	Mark Lockley	M50	U/A	1:16:03
117	214	Jack Young	SM	Malvern Buzzards Running Club	1:16:27
118	63	Stu Hart	M40	U/A	1:16:34
119	121	Robert Plant	M40	Malvern Buzzards Running Club	1:17:05
120	132	Alison Richings	F35	Worcestershire Trailblazers	1:17:55
121	120	Fiona Penson	F55	Stratford Upon Avon AC	1:18:09
122	67	Brian Henderson	M70+	Malvern Joggers	1:18:26
123	52	Simon Gallagher	SM	Malvern Joggers	1:19:08
124	50	Lucy Gallagher	F55	Malvern Joggers	1:19:14
125	81	Julian Kavanagh	M60	Malvern Joggers	1:19:29
126	142	Neil Smith	M60	Kenilworth Runners	1:19:55
127	69	Steve Herington	M70+	Hereford Couriers	1:20:11
128	131	Tracy Richards	F45	U/A	1:20:40
129	62	Andrew Harrison	M60	U/A	1:20:48
130	133	Natalie Rogers	SF	U/A	1:21:00
131	93	Philippa Lord	F35	Worcestershire Trailblazers	1:21:14
132	194	Hannah Thompson	F35	Malvern Buzzards Running Club	1:23:26
133	117	Kevin Peace	M60	Bournville Harriers	1:23:45
134	73	Alison Hitchings	F45	Team Dave	1:23:46
135	134	Stephen Roode	M60	Team Dave	1:23:46
136	128	John Raine	SM	Malvern Joggers	1:24:01
137	99	Mel Mason	M70+	U/A	1:25:08
138	78	Mark James	M50	U/A	1:26:48
139	22	Sarah Coggins	F65+	Ledbury & District Harriers	1:27:16
140	139	Paul Short	M50	U/A	1:27:17
141	27	Sophie Dalley	SF	Malvern Joggers	1:27:28
142	36	Dave Dyke	M50	Malvern Joggers	1:27:32
143	88	Steve Leach	M50	U/A	1:29:02
144	70	Jennie Hermolle	F45	Malvern Joggers	1:29:40
145	212	Marianne Yates	F35	U/A	1:31:17
146	48	Sarah Fowkes	F55	Malvern Buzzards Running Club	1:31:23
147	15	Roger Boulton	M70+	U/A	1:31:35
148	203	Debbie Whitehead	F45	U/A	1:32:31
149	49	Helen Gagen	F35	Malvern Buzzards Running Club	1:33:17
150	79	Patricia Johnson	F65+	Malvern Joggers	1:33:51
151	46	Simeon Foreman	M50	Malvern Buzzards Running Club	1:37:17
152	26	Sarah Cuddy	F45	Malvern Buzzards Running Club	1:37:27
153	64	Jasmin Harvey	F45	Worcestershire Trailblazers	1:37:27
154	135	Thomas Rose	M70+	U/A	1:40:11
155	3	Michael Anstey	M60	Team Dave	1:41:09
156	16	Lynda Broadway	F55	Team Dave	1:43:18
157	30	Alison Davies	F35	Croft Ambrey RC	1:44:40
158	218	John Brook	M70+	Worcester AC	1:52:02
159	29	Bryan Davies	M70+	Croft Ambrey RC	1:54:55