

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
1	61	Dan Geisler	SM	Worcester AC	0:46:46
2	67	Chris Grubb	M40	U/A	0:47:24
3	98	Neil Laurenson	M40	U/A	0:49:30
4	52	Keith Evans	M50	Malvern Buzzards RC	0:50:04
5	154	Henry Sly	M40	U/A	0:50:29
6	49	Michael Dymond	SM	Malvern Buzzards RC	0:50:39
7	30	Paul Childs	M40	Malvern Buzzards RC	0:50:42
8	25	Robbie Campbell	M40	Worcester AC	0:50:54
9	133	Adam Pollock	SM	Worcester AC	0:52:14
10	170	Henry Walker	SM	Malvern Buzzards RC	0:52:38
11	171	Richard Walsh	SM	Malvern Buzzards RC	0:52:40
12	22	Molly Browne	SF	Birmingham Running Athletics & Triathlon Club (BRAT)	0:52:42
13	53	Lewis Faulkner	M40	Malvern Buzzards RC	0:53:09
14	39	Colin Davies	SM	U/A	0:53:13
15	47	Christian Dowle	M50	Malvern Buzzards RC	0:53:15
16	44	George Dibble	SM	Warley Woods Pacers	0:53:21
17	102	Nick Lewis	M40	Almost Athletes	0:53:38
18	182	Holly Wootten	SF	Keswick AC	0:53:40
19	122	Jon Newey	M50	Black Pear Joggers	0:53:49
20	147	Carl Salmon	SM	Malvern Buzzards RC	0:53:52
21	2	Russell Adams	SM	Worcester AC	0:54:00
22	24	Jeremy Burton	SM	Worcester AC	0:54:09
23	90	Nikki Juniper	F35	Malvern Joggers	0:54:12
24	172	Neil Warne	M40	Malvern Buzzards RC	0:55:03
25	185	Todd Wright	SM	U/A	0:55:04
26	94	Andy Kenchington	M50	Malvern Buzzards RC	0:56:06
27	167	Ben Toon	M40	Malvern Joggers	0:56:26
28	187	Martin Aspley-Davis	M40	Bromsgrove and Redditch	0:57:21
29	45	Paul Dolphin	SM	Malvern Buzzards RC	0:57:31
30	141	Alun Rees	M40	Malvern Buzzards RC	0:57:35
31	4	Nicholas Allan	SM	Malvern Buzzards RC	0:57:39
32	12	Andrew Beard	M50	U/A	0:57:50
33	56	Simeon Foreman	M40	Malvern Buzzards RC	0:58:01
34	189	Anthony Howell	SM	Bromsgrove and Redditch	0:58:29
35	13	Ahcene Bengriche	SM	Malvern Buzzards RC	0:58:43
36	83	Thomas Isherwood	SM	U/A	0:59:22
37	112	Neil MacDonald	M40	Worcestershire Trailblazers	0:59:43
38	100	Andrew Lawson	M50	U/A	1:00:09
39	50	Sam Eden	SM	Malvern Buzzards RC	1:00:19
40	160	Edward Southall	SM	U/A	1:00:28
41	51	Greg Edwards	SM	U/A	1:00:32
42	55	Ally Fletcher	F35	Malvern Buzzards RC	1:00:32
43	76	Lee Henderson	M40	U/A	1:00:38
44	173	Anthony Warner	M40	Bromsgrove & Redditch AC	1:01:43
45	159	Marc Soley	M40	Malvern Buzzards RC	1:01:55
46	118	Gordon Micklethwaite	M60	U/A	1:01:58
47	128	Callum Peake	SM	U/A	1:02:12
48	124	David O'Leary	M40	Malvern Joggers	1:02:18
49	186	Dom Wurmlli	SM	U/A	1:02:41
50	179	William Windell	SM	U/A	1:02:57
51	161	Nick Spice	M40	U/A	1:03:05
52	7	Sarah Armstrong	F55	Malvern Buzzards RC	1:03:35
53	99	Heather Lavelle	F35	Worcestershire Trailblazers	1:03:36

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54	87	Adrian Jelley	M50	Wootton Road Runners	1:03:45
55	74	Chris Hayes	SM	Western Tempo	1:03:50
56	33	Lianne Coleman	F45	U/A	1:04:06
57	169	Luke Unsworth	M50	U/A	1:04:14
58	120	George Murrells	SM	U/A	1:04:32
59	157	Catherine Smith	F35	U/A	1:04:37
60	10	Mike Baker	SM	U/A	1:04:49
61	177	Max Williams	SM	U/A	1:04:49
62	21	Peter Brown	M40	U/A	1:04:50
63	58	Stephen Fox	M60	Malvern Buzzards RC	1:04:50
64	63	Matt Gillen	M50	U/A	1:04:57
65	116	Dave McIntyre	M40	U/A	1:05:07
66	165	Martin Thomas	M50	Malvern Buzzards RC	1:05:15
67	158	James Smith	SM	U/A	1:05:27
68	92	Sarah Kellett	F45	Malvern Buzzards RC	1:05:29
69	40	Sarah Davies	F35	U/A	1:05:32
70	59	Peter Fryers	M50	Malvern Joggers	1:05:56
71	42	Jay Dawson	SM	Malvern Buzzards RC	1:05:56
72	95	Margaret Kenchington	F65+	Malvern Buzzards RC	1:05:59
73	176	Joe Wilkie	M40	U/A	1:06:04
74	163	Steve Tame	M40	U/A	1:06:09
75	115	Trevor McGill	M60	U/A	1:06:12
76	48	Tom Downing	M40	Malvern Buzzards RC	1:06:31
77	130	Nick Pemberton	M50	Malvern Buzzards RC	1:06:43
78	18	Matthew Brockington	M60	U/A	1:06:55
79	190	Mike Eglesfield	M50	U/A	1:06:57
80	14	Gavin Beresford-Glanville	SM	U/A	1:06:59
81	69	Martin Haggett	M40	Swaledale Runners	1:07:04
82	139	Chris Reed	M40	Malvern Joggers	1:08:18
83	29	Philip Cashman	M60	Evesham Vale RC	1:08:28
84	106	Matthew Lock	SM	U/A	1:08:51
85	117	Lee Mears	M40	U/A	1:09:27
86	60	Barbara Gawlak	F35	Malvern Buzzards RC	1:09:37
87	104	Jessica Lobo	F45	U/A	1:10:18
88	125	Steve Palmer	M40	U/A	1:10:18
89	31	Helen Ciancio	F45	Black Pear Joggers	1:10:28
90	3	Rachael Alexander	F35	Worcester AC	1:11:08
91	152	Ewelina Skolimowska	F35	Black Pear Joggers	1:11:11
92	35	Tom Davenport	SM	U/A	1:11:32
93	79	Steve Herington	M70+	Hereford Couriers	1:11:40
94	46	Kate Dolphin	F35	Malvern Buzzards RC	1:11:43
95	155	Peter Smith	M60	U/A	1:11:50
96	183	Frances Wootten	F55	U/A	1:12:22
97	41	Tony Davis	M60	U/A	1:12:41
98	188	Tom Beard	SM	U/A	1:12:48
99	77	George Henry	M50	U/A	1:12:52
100	137	Simon Quilley	M50	U/A	1:13:04
101	5	Kate Allison	F35	U/A	1:14:26
102	68	Lee Guest	M40	U/A	1:14:36
103	27	David Capewell	M50	Worcester AC	1:14:59
104	28	Julie Caseley	F55	Malvern Buzzards RC	1:15:05
105	75	Brian Henderson	M70+	U/A	1:15:46
106	84	Chris Isherwood	M40	U/A	1:15:48

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107	162	Sammy Taaffe	M50	U/A	1:16:21
108	20	Tess Brooks	F35	U/A	1:16:40
109	54	Jack Fidgett	SM	U/A	1:16:48
110	180	Paul Winwood	M50	Knowle & Dorridge RC	1:17:15
111	19	Jackie Brooke	F55	U/A	1:17:24
112	135	David Pound	M50	U/A	1:17:25
113	86	Owen Jarman	M50	Worcester AC	1:17:25
114	103	Stephen Littlewood	M70+	U/A	1:17:30
115	114	Tristan May	M40	Malvern Buzzards RC	1:17:30
116	11	Jerry Barnes	M60	U/A	1:17:37
117	109	Robert Lynch	M60	U/A	1:17:41
118	181	Mike Woodyatt	M60	U/A	1:17:56
119	105	Nick Lobo	M50	U/A	1:18:22
120	121	Mandy Neufeld	F55	Angels RC	1:18:59
121	64	Dominic Glennie	M40	U/A	1:19:11
122	80	Andy Holtham	M50	U/A	1:19:27
123	97	Ellen Kenny	F55	U/A	1:19:27
124	127	Kevin Peace	M60	Bournville Harriers	1:19:28
125	142	Shelley Renwick	F45	Running Bear	1:19:34
126	148	Georgia Sammons	SF	Malvern Buzzards RC	1:19:43
127	1	Sarah Cuddy	F45	Malvern Buzzards RC	1:19:49
128	9	Mack Ashworth	SM	U/A	1:19:50
129	136	Lily Price	F45	Malvern Buzzards RC	1:19:52
130	107	Silke Luhrmann	F45	U/A	1:19:54
131	129	Gillian Peck	F55	U/A	1:20:36
132	66	Thomas Green	SM	U/A	1:20:39
133	144	Claire Roberts-Cole	F45	U/A	1:20:55
134	143	Alison Richings	F35	Worcestershire Trailblazers	1:21:06
135	123	Carl Nichols	M50	Malvern Joggers	1:21:34
136	65	Hannah Kate Gray	F35	Worcestershire Trailblazers	1:21:46
137	131	Robert Plant	SM	Malvern Buzzards RC	1:23:11
138	153	Elizabeth Slack	F65+	Malvern Buzzards RC	1:23:36
139	88	Dan Johnson	M50	U/A	1:24:39
140	164	Victoria Jane Thomas	F45	Malvern Buzzards RC	1:25:17
141	6	Paul Amphlett	M70+	U/A	1:25:49
142	70	Robyn Hall	SF	Malvern Buzzards RC	1:26:14
143	72	Kevin Hart	M50	Malvern Buzzards RC	1:26:27
144	126	Joanne Patterson Tamayo	F45	U/A	1:26:40
145	85	Sally Jakeman	SF	Malvern Buzzards RC	1:27:12
146	89	Patricia Johnson	F65+	U/A	1:28:36
147	113	Marko Matthews	SM	U/A	1:29:29
148	34	Shane Conte	M40	U/A	1:29:48
149	37	Bryan Davies	M70+	Croft Ambrey RC	1:30:43
150	178	Jacqui Wilson	F45	Malvern Buzzards RC	1:33:06
151	57	Alison Foster	F55	Malvern Buzzards RC	1:33:06
152	145	Tom Rose	M70+	U/A	1:34:44
153	134	Emma Pond	SF	U/A	1:39:40
154	132	Laura Plummer	F35	Black Pear Joggers	1:39:40