

Lilleshall 5 Mile
Wed 13-Apr-2016

| Pos | Time | Name | Club | Cat | Num |
|-----|---------|------------------------|----------------------------|------|-----|
| 1 | 0:26:20 | DAVIES, Chris | Telford AC | MV35 | 168 |
| 2 | 0:26:32 | WARD, Paul | Telford AC | MV45 | 178 |
| 3 | 0:26:49 | HAWKES, Stuart | Tipton Harriers | MV35 | 245 |
| 4 | 0:27:26 | SOLTYS, Daniel | Telford AC | SM | 118 |
| 5 | 0:27:36 | CARPENTER, Richard | Wolverhampton & Bilston AC | SM | 203 |
| 6 | 0:27:58 | O'HANLON, Neil Micahel | Shrewsbury AC | MV40 | 612 |
| 7 | 0:28:06 | MORRIS, Gabriel | Shrewsbury AC | SM | 174 |
| 8 | 0:28:11 | BAGSHAW, Chris | Telford AC | MV35 | 108 |
| 9 | 0:28:12 | HICKINBOTTOM, James | Shrewsbury AC | SM | 104 |
| 10 | 0:28:17 | HALL, Matt | Shrewsbury AC | SM | 53 |
| 11 | 0:28:19 | SEDMAN-SMITH, Robin | Newport & District | MV35 | 244 |
| 12 | 0:28:20 | COSTELLO, Matthew | Telford AC | SM | 209 |
| 13 | 0:28:26 | BUTLER, Peter | Oswestry Olympians | SM | 624 |
| 14 | 0:28:28 | PHILLIPS, Joe | Newport & District | SM | 310 |
| 15 | 0:28:41 | LEWIS, Iain | Tipton Harriers | SM | 585 |
| 16 | 0:28:43 | ROBERTS, Adam | Shrewsbury AC | SM | 282 |
| 17 | 0:28:48 | EVANS, Christian | Telford AC | MV40 | 89 |
| 18 | 0:28:57 | DODD, Gareth | Whitchurch Whippets | SM | 252 |
| 19 | 0:29:07 | DAVIES, Jamie | Telford AC | SM | 264 |
| 20 | 0:29:12 | MARTIN, Claire | Telford AC | LV40 | 215 |
| 21 | 0:29:14 | MILOVSOROV, Jake | Telford AC | SM | 319 |
| 22 | 0:29:16 | HAYCOCK, Nigel | Cannock & Stafford AC | MV45 | 582 |
| 23 | 0:29:20 | SANDERS, John | Telford AC | MV50 | 222 |
| 24 | 0:29:20 | THOMAS, Paul | Market Drayton RC | MV50 | 581 |
| 25 | 0:29:23 | GUILDER, Matt | Shrewsbury AC | SM | 43 |
| 26 | 0:29:25 | PERRY, Chris | Market Drayton RC | SM | 580 |
| 27 | 0:29:48 | COUPE, Paul | Telford AC | MV50 | 3 |
| 28 | 0:29:56 | GAPPER, Dean | Telford Harriers | MV35 | 169 |
| 29 | 0:30:06 | BEEBEE, Hayden | Telford AC | SM | 254 |
| 30 | 0:30:07 | MURRAY, Dominic | Unattached | SM | 163 |
| 31 | 0:30:10 | GUY, Robin | Newport & District | MV45 | 183 |
| 32 | 0:30:13 | GADSDEN, Marc | Telford Harriers | SM | 204 |
| 33 | 0:30:18 | FRANCIS, Kevin | Shrewsbury AC | MV50 | 41 |
| 34 | 0:30:32 | WILSON, GREG | Telford AC | MV55 | 91 |
| 35 | 0:30:35 | CALROW, Simon | Wolverhampton & Bilston AC | MV55 | 154 |
| 36 | 0:30:38 | OTTOLINI, Craig | Market Drayton RC | MV45 | 326 |
| 37 | 0:30:50 | JENNINGS, Hayley | Unattached | LV35 | 185 |
| 38 | 0:30:52 | NORMAN, Robert | Unattached | MV35 | 6 |
| 39 | 0:30:55 | WILKINSON, Dale | Telford AC | MV40 | 235 |
| 40 | 0:30:58 | MOUNTFORD, Mark | Telford AC | MV45 | 93 |
| 41 | 0:30:59 | WILLIAMS, Paul | Telford AC | MV50 | 67 |
| 42 | 0:31:00 | POPE, Tom | Newport & District | MV35 | 213 |
| 43 | 0:31:04 | WALLEY, Matthew | Shropshire Shufflers | MV35 | 27 |
| 44 | 0:31:11 | CLARKE, Michelle | Telford AC | LV40 | 98 |
| 45 | 0:31:18 | JONES, Philip | Shropshire Shufflers | MV35 | 236 |
| 46 | 0:31:22 | BLIZZARD, Simon | Dudley Kingswinford | MV35 | 250 |
| 47 | 0:31:28 | GRIFFITHS, Mark | Unattached | MV50 | 196 |
| 48 | 0:31:31 | NORMAN, David | Dudley Kingswinford | MV45 | 9 |
| 49 | 0:31:37 | JONES, HAYDEN | Shrewsbury AC | MV50 | 305 |
| 50 | 0:31:42 | DEELEY, Mike | Unattached | MV55 | 279 |
| 51 | 0:31:45 | WILLHOIT(SH), Sara | Shrewsbury AC | SL | 292 |
| 52 | 0:31:46 | VICKERS, Gary | Telford AC | MV45 | 120 |
| 53 | 0:31:58 | PARKINSON, Paul | Newport & District | MV45 | 285 |
| 54 | 0:32:05 | RITCHIE, Nathan | Unattached | SM | 281 |
| 55 | 0:32:12 | TAIT-HARRIS, Lucie | Telford AC | LV40 | 626 |
| 56 | 0:32:12 | SAVILL, Peter | Shrewsbury AC | MV60 | 1 |
| 57 | 0:32:15 | GARMSON, John | Telford AC | MV50 | 167 |
| 58 | 0:32:16 | HUGHES, Simon | Dudley Kingswinford | MV35 | 62 |
| 59 | 0:32:20 | HAYES, James | Telford AC | SM | 583 |

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| Pos | Time | Name | Club | Cat | Num |
|-----|---------|---------------------|----------------------------|------|-----|
| 60 | 0:32:22 | JUDGE, Mark | Dudley Kingswinford | MV40 | 314 |
| 61 | 0:32:23 | BECKETT, Tim | Market Drayton RC | MV45 | 260 |
| 62 | 0:32:24 | HOMER, Mark | Dudley Kingswinford | MV55 | 2 |
| 63 | 0:32:24 | MOUNTFORD, Jonty | Telford AC | SM | 201 |
| 64 | 0:32:28 | CHRISTIAN, Marc | Telford AC | MV50 | 73 |
| 65 | 0:32:29 | TROMANS, Helen | Dudley Kingswinford | LV45 | 128 |
| 66 | 0:32:41 | JAKEWAYS, Paul | West Brom Harriers | MV35 | 266 |
| 67 | 0:32:49 | GOODWIN, Phil | Wrekin Road Runners | MV35 | 106 |
| 68 | 0:32:56 | HARRISON, Keith | Sneyd Striders | MV50 | 126 |
| 69 | 0:32:57 | OSTERMEYER, Sam | Shropshire Shufflers | SM | 17 |
| 70 | 0:33:02 | STENNETT, Stephen | Shropshire Shufflers | SM | 278 |
| 71 | 0:33:10 | GRANDFIELD, Ian | Market Drayton RC | MV50 | 258 |
| 72 | 0:33:13 | TATTON, David | Telford AC | SM | 218 |
| 73 | 0:33:14 | HUGHES, Alexander | Wrekin Road Runners | SM | 289 |
| 74 | 0:33:20 | BONNER, Gary | Dudley Kingswinford | MV50 | 125 |
| 75 | 0:33:21 | REYNOLDS, Amelia | Telford AC | SL | 591 |
| 76 | 0:33:26 | COUPE, Rachel | Telford AC | LV45 | 4 |
| 77 | 0:33:30 | JONES, Steven | Telford AC | MV55 | 233 |
| 78 | 0:33:33 | HERRON, Alex | Wolverhampton & Bilston AC | SM | 277 |
| 79 | 0:33:35 | MORRIS, Ed | Shropshire Shufflers | MV40 | 116 |
| 80 | 0:33:43 | HOOD, Peter | Dudley Kingswinford | MV50 | 290 |
| 81 | 0:33:47 | FORD, Ian | Shropshire Shufflers | MV40 | 20 |
| 82 | 0:33:49 | TONKS, Richard | Dudley Kingswinford | MV35 | 316 |
| 83 | 0:33:55 | O'BRIEN, Paul | Telford Harriers | MV35 | 148 |
| 84 | 0:33:58 | LJUBOWNIKOW, Sergej | Dudley Kingswinford | MV35 | 82 |
| 85 | 0:34:06 | WAKELEY, Amy | Telford AC | SL | 95 |
| 86 | 0:34:10 | BROWN, David | Newport & District | MV40 | 140 |
| 87 | 0:34:13 | OWEN-JONES, Darren | Wrekin Road Runners | MV45 | 176 |
| 88 | 0:34:14 | HUNT, Emily | Shropshire Shufflers | LV35 | 248 |
| 89 | 0:34:16 | WRIGHT, Jason | Shropshire Shufflers | MV40 | 55 |
| 90 | 0:34:27 | MILNER, John | Shropshire Shufflers | SM | 304 |
| 91 | 0:34:30 | ALLSOPP, Mike | Market Drayton RC | MV50 | 587 |
| 92 | 0:34:32 | HILL, Philip | Newport & District | MV50 | 259 |
| 93 | 0:34:36 | RIXOM, Lee | Telford AC | MV40 | 48 |
| 94 | 0:34:41 | GUY, Richard | Newport & District | MV45 | 130 |
| 95 | 0:34:46 | DAINTY, Tom | Newport & District | SM | 602 |
| 96 | 0:34:47 | MORGAN, Jonathan | Whitchurch Whippets | MV60 | 87 |
| 97 | 0:34:52 | FARLEY, Stewart | Unattached | MV35 | 317 |
| 98 | 0:34:53 | PATEL, Harshad | Unattached | MV35 | 276 |
| 99 | 0:34:56 | PINSON, Anthony | Telford Harriers | SM | 75 |
| 100 | 0:34:59 | PEARCE, John | Unattached | SM | 25 |
| 101 | 0:35:04 | GREGORY, Bruce | Telford AC | MV55 | 22 |
| 102 | 0:35:07 | MILLWARD, Andrew | Unattached | SM | 242 |
| 103 | 0:35:10 | WAKEMAN, Chris | Shrewsbury AC | MV55 | 19 |
| 104 | 0:35:12 | HENDERSON, Simon | Unattached | MV45 | 309 |
| 105 | 0:35:15 | BAILEY, Richard | Telford Harriers | MV50 | 270 |
| 106 | 0:35:19 | DAINTY, Paul | Newport & District | MV45 | 603 |
| 107 | 0:35:23 | BAJIC, Steve | Telford Harriers | MV55 | 52 |
| 108 | 0:35:29 | BICKFORD, Chaz | Newport & District | MV50 | 608 |
| 109 | 0:35:36 | FREER, Chris | Newport & District | MV45 | 321 |
| 110 | 0:35:45 | MACEY, Jacqueline | Shrewsbury AC | LV35 | 165 |
| 111 | 0:35:51 | OWENS, Carl | Shropshire Shufflers | MV35 | 280 |
| 112 | 0:35:52 | MARTIN, Ian | Telford AC | MV50 | 161 |
| 113 | 0:35:59 | LOUNDES, Stephen | Wolverhampton & Bilston AC | MV60 | 243 |
| 114 | 0:36:01 | GARCIA, Rick | Shropshire Shufflers | MV55 | 32 |
| 115 | 0:36:05 | JARVIS, Rob | Unattached | MV45 | 298 |
| 116 | 0:36:09 | PRITCHARD, Nigel | Shropshire Shufflers | MV45 | 318 |
| 117 | 0:36:16 | PREECE, Alison | Telford AC | LV40 | 593 |
| 118 | 0:36:21 | JACKSON, Ian | Shropshire Shufflers | MV40 | 618 |

| Pos | Time | Name | Club | Cat | Num |
|-----|---------|-------------------|----------------------------|------|-----|
| 119 | 0:36:22 | HAWLEY, Richard | Unattached | MV50 | 124 |
| 120 | 0:36:24 | COLES, Andrew | Newport & District | MV50 | 288 |
| 121 | 0:36:27 | SUMMERS, MARTIN | Bridgnorth RC | MV60 | 322 |
| 122 | 0:36:29 | BEDDARD, Roger | Dudley Kingswinford | MV65 | 139 |
| 123 | 0:36:31 | CLARKE, Ben | Unattached | SM | 29 |
| 124 | 0:36:31 | BEEBEE, Emily | Telford AC | LV35 | 220 |
| 125 | 0:36:32 | HARRIS, Ian | Wolverhampton & Bilston AC | MV50 | 69 |
| 126 | 0:36:44 | GEOGHEGAN, Dean | Unattached | SM | 595 |
| 127 | 0:36:46 | MARSH, Gary | Shropshire Shufflers | MV50 | 620 |
| 128 | 0:36:48 | HAYCOCK, Anthony | Stafford Harriers | MV55 | 610 |
| 129 | 0:37:06 | FRIEL, Robert | Telford Harriers | MV45 | 263 |
| 130 | 0:37:09 | JEFFERSON, Neil | Wrekin Road Runners | MV45 | 94 |
| 131 | 0:37:09 | WARBURTON, John | Wrekin Road Runners | SM | 145 |
| 132 | 0:37:15 | PRICE, Rob | Lawley Running Club | SM | 141 |
| 133 | 0:37:26 | COTTON, Keith | Whitchurch Whippets | MV50 | 156 |
| 134 | 0:37:33 | PIERCE, Jonathan | Newport & District | MV65 | 110 |
| 135 | 0:37:34 | WILLIAMS, Steve | Wrekin Road Runners | MV35 | 86 |
| 136 | 0:37:36 | HOPKINS, Dave | Telford AC | MV60 | 105 |
| 137 | 0:37:39 | AMOS, Richard | Bridgnorth RC | MV35 | 268 |
| 138 | 0:37:40 | FREAKLEY, Ben | Unattached | SM | 619 |
| 139 | 0:58:40 | ANDREWS, John | Dudley Kingswinford | MV40 | 112 |
| 140 | 0:37:41 | BAILEY, Jessica | Telford AC | SL | 600 |
| 141 | 0:37:46 | LOW, Stephen | Wrekin Road Runners | MV35 | 179 |
| 142 | 0:37:48 | RICHARDS, Ian | Shropshire Shufflers | MV55 | 206 |
| 143 | 0:37:51 | MAHONEY, Jonathan | Telford Harriers | SM | 39 |
| 144 | 0:37:53 | PERKINS, Gregory | Telford AC | MV60 | 51 |
| 145 | 0:37:54 | GRANDFIELD, Jo | Market Drayton RC | LV50 | 257 |
| 146 | 0:37:54 | HODGSON, Annabel | Shropshire Shufflers | LV45 | 79 |
| 147 | 0:37:57 | MCCARTHY, Sean | Shropshire Shufflers | MV35 | 122 |
| 148 | 0:37:59 | BEED, Sam | RAF Cosford | SM | 302 |
| 149 | 0:37:59 | WESTCOTT, Ewelina | Unattached | SL | 256 |
| 150 | 0:37:59 | TAYLOR, Simon | Shropshire Shufflers | MV45 | 170 |
| 151 | 0:38:02 | SCOTCHER, Thomas | Market Drayton RC | SM | 576 |
| 152 | 0:38:09 | SCOTCHER, David | Market Drayton RC | MV45 | 265 |
| 153 | 0:38:09 | SPENCER, Stephen | Unattached | MV40 | 597 |
| 154 | 0:38:12 | CLAYTON, Gail | Shropshire Shufflers | LV55 | 45 |
| 155 | 0:38:16 | JOHNSTONE, Pete | Newport & District | MV50 | 143 |
| 156 | 0:38:17 | MASON, Robert | Unattached | SM | 613 |
| 157 | 0:38:19 | SMITH, Emily | Newport & District | SL | 589 |
| 158 | 0:38:20 | INGRAM, Nigel | Newport & District | MV50 | 172 |
| 159 | 0:38:20 | OWEN, Nick | Wrekin Road Runners | SM | 225 |
| 160 | 0:38:23 | FLORGAN, Sophie | Telford Harriers | SL | 628 |
| 161 | 0:38:26 | CLARKE, Paul | Wolverhampton & Bilston AC | MV40 | 621 |
| 162 | 0:38:29 | CAMERON, James | Lawley Running Club | MV40 | 275 |
| 163 | 0:38:32 | FREEMAN, Simon | Unattached | MV45 | 294 |
| 164 | 0:38:37 | FELLOWS, Dot | Cannock & Stafford AC | LV70 | 31 |
| 165 | 0:38:39 | REX, SARA | Telford Harriers | LV50 | 96 |
| 166 | 0:38:42 | BOWIE, David | Unattached | MV65 | 37 |
| 167 | 0:38:42 | VANN, Ian | Newport & District | MV45 | 66 |
| 168 | 0:38:46 | DARBY, John | Market Drayton RC | MV45 | 186 |
| 169 | 0:38:49 | HOLLAND, Charlie | Shropshire Shufflers | MV60 | 320 |
| 170 | 0:38:50 | THOMPSON, John | Telford Harriers | MV40 | 88 |
| 171 | 0:38:52 | GOODRIDGE, Mark | Wrekin Road Runners | MV50 | 147 |
| 172 | 0:38:57 | CLAYTON, Judi | Newport & District | LV45 | 212 |
| 173 | 0:39:11 | SMITH, Emily | Newport & District | SL | 193 |
| 174 | 0:39:16 | HALL, Kerry | Unattached | SL | 609 |
| 175 | 0:39:18 | GLOVER, Robin | Bridgnorth RC | MV40 | 301 |
| 176 | 0:39:28 | MAYO, Kevin | Unattached | MV45 | 97 |
| 177 | 0:39:41 | FOSTER, Rachael | Whitchurch Whippets | LV45 | 107 |

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| Pos | Time | Name | Club | Cat | Num |
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| 178 | 0:39:47 | BINKS, Robert | Shropshire Shufflers | SM | 246 |
| 179 | 0:39:49 | GREGORY, Lucy | Telford AC | SL | 24 |
| 180 | 0:39:50 | CAMPBELL, Rory | Dudley Kingswinford | MV55 | 64 |
| 181 | 0:39:52 | BROADHEAD, Roland | Unattached | MV50 | 190 |
| 182 | 0:39:58 | ROBBINS, Ken | Whitchurch Whippets | MV65 | 60 |
| 183 | 0:39:58 | SMITH, Michael | Unattached | SM | 592 |
| 184 | 0:40:02 | PANATO, Emma | Gnosall Ladies Running Society | LV35 | 271 |
| 185 | 0:40:10 | MUSGROVE, Domic | Lawley Running Club | MV35 | 286 |
| 186 | 0:40:11 | PURCELL, Chris | Shropshire Shufflers | MV40 | 38 |
| 187 | 0:40:12 | ALDRIDGE, Amy | Unattached | LV35 | 295 |
| 188 | 0:40:12 | HILL, Richard | Unattached | MV55 | 596 |
| 189 | 0:40:16 | GRIFFITHS, Jenna | Shropshire Shufflers | SL | 247 |
| 190 | 0:40:21 | COLE, Barbara | Shropshire Shufflers | LV55 | 50 |
| 191 | 0:40:26 | TAYLOR, Matt | Unattached | MV35 | 617 |
| 192 | 0:40:35 | JAMES, Richard | Unattached | SM | 135 |
| 193 | 0:40:37 | FOWLES, Stephen | Newport & District | MV60 | 132 |
| 194 | 0:40:43 | CHETWOOD, Danny | Unattached | MV45 | 197 |
| 195 | 0:40:45 | LAMPITT, Rob | Unattached | MV45 | 325 |
| 196 | 0:40:49 | TATTON, Nigel | Telford AC | MV50 | 217 |
| 197 | 0:40:52 | WARD, Russell | Unattached | MV45 | 92 |
| 198 | 0:40:53 | ELLIS, Claire | Lawley Running Club | LV35 | 153 |
| 199 | 0:40:53 | YEOMANS, Lisa | Telford Harriers | LV45 | 63 |
| 200 | 0:41:01 | ATKINS, Nicola | Telford Harriers | LV35 | 71 |
| 201 | 0:41:03 | TURNER, Catherine | Lawley Running Club | SL | 36 |
| 202 | 0:41:06 | BIBBINGS, Louise | Unattached | LV40 | 191 |
| 203 | 0:41:11 | HUMPHREYS, Mel | Wrekin College Tri | LV50 | 85 |
| 204 | 0:41:13 | COX, Sarah | Unattached | LV50 | 184 |
| 205 | 0:41:17 | HALL, Mark | Wrekin Road Runners | MV55 | 249 |
| 206 | 0:41:22 | ROLLINSON, Jacob | Market Drayton RC | MV45 | 188 |
| 207 | 0:41:28 | WEBB, Dave | Unattached | MV50 | 77 |
| 208 | 0:41:30 | STOKES, Oliver | Newport & District | MV35 | 115 |
| 209 | 0:41:39 | COTTERILL, Clare | Shropshire Shufflers | LV35 | 47 |
| 210 | 0:41:43 | OWEN, Eloise | Unattached | LV45 | 231 |
| 211 | 0:41:48 | PRICE, Steve | Shropshire Shufflers | MV65 | 578 |
| 212 | 0:41:55 | BICKERTON, Stuart | Unattached | MV40 | 214 |
| 213 | 0:42:04 | OWEN-JONES, Megan | Wrekin Road Runners | SL | 175 |
| 214 | 0:42:08 | O'BRIEN, Christina | Telford Harriers | LV35 | 149 |
| 215 | 0:42:09 | HUMPHRIES, Ralph | Newport & District | MV50 | 15 |
| 216 | 0:42:16 | WELLMAN, Malf | Newport & District | MV50 | 8 |
| 217 | 0:42:22 | VINALL, Angela | Telford Harriers | LV45 | 21 |
| 218 | 0:42:25 | HOWELLS, Donna | Wrekin Road Runners | LV45 | 78 |
| 219 | 0:42:26 | SMITH, Warren | Wrekin Road Runners | MV40 | 102 |
| 220 | 0:42:29 | EDWARDS, Helen | Newport & District | LV50 | 623 |
| 221 | 0:42:32 | CROOK, Helen | Shropshire Shufflers | LV35 | 129 |
| 222 | 0:42:32 | SCOTCHER, Deborah | Market Drayton RC | LV40 | 42 |
| 223 | 0:42:33 | CAWLEY, Adam | Telford AC | MV40 | 7 |
| 224 | 0:42:33 | STOKES, Carrie | Newport & District | LV35 | 239 |
| 225 | 0:42:35 | GUY, Benita | Newport & District | LV45 | 131 |
| 226 | 0:42:35 | GREEN, Nichola | Unattached | LV35 | 192 |
| 227 | 0:42:45 | FRAS, Heather | Shropshire Shufflers | SL | 40 |
| 228 | 0:42:45 | DEANE, Nick | Shropshire Shufflers | MV45 | 311 |
| 229 | 0:42:50 | MACMANUS, Jason | Unattached | MV40 | 323 |
| 230 | 0:42:50 | CARLINE, Paul | Unattached | MV45 | 306 |
| 231 | 0:42:52 | COWARD, Andy | Pershore Plum Plodders | MV50 | 599 |
| 232 | 0:42:52 | PUGH, Jane | Action Heart | LV45 | 199 |
| 233 | 0:42:55 | DICKENSON, Louisa | Shropshire Shufflers | SL | 100 |
| 234 | 0:42:55 | MIDDLEMISS, Vic | Newport & District | MV45 | 627 |
| 235 | 0:42:57 | POLLOCK, Caroline | Wrekin Road Runners | LV35 | 113 |
| 236 | 0:43:02 | GEOGHEGAN, Richard | Unattached | MV55 | 594 |

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| 237 | 0:43:02 | POMALDOWKZI, Woyciech | Aldridge Running Club | MV35 | 293 |
| 238 | 0:43:05 | GREGORY, Kelvin | Telford AC | MV60 | 238 |
| 239 | 0:43:12 | SPANDERZYK, Lisa | Unattached | SL | 287 |
| 240 | 0:43:13 | HAYWARD, Kevin | Unattached | MV55 | 142 |
| 241 | 0:43:26 | JOHNSON, Sally | Wrekin Road Runners | SL | 90 |
| 242 | 0:43:27 | WISDOM, Joanne | Unattached | LV50 | 162 |
| 243 | 0:43:38 | ROBERTS, Niki | Shropshire Shufflers | SL | 182 |
| 244 | 0:43:40 | CAMPBELL, Jane | Dudley Kingswinford | LV55 | 65 |
| 245 | 0:43:44 | THOMAS, Lisa | Unattached | LV40 | 221 |
| 246 | 0:43:50 | NEWTON, Angela | Market Drayton RC | LV40 | 180 |
| 247 | 0:43:57 | ET, Sarah | Shropshire Shufflers | LV40 | 229 |
| 248 | 0:44:02 | DOUGHTY, Antony | Unattached | MV40 | 590 |
| 249 | 0:44:02 | DAVIS, Emma | Telford AC | SL | 81 |
| 250 | 0:44:06 | BLACKWELL, Christy | Wrekin Road Runners | LV35 | 160 |
| 251 | 0:44:06 | CORRIGAN, Ruth | Newport & District | LV45 | 598 |
| 252 | 0:44:06 | WESTWOOD, Georgina | Telford Harriers | LV45 | 614 |
| 253 | 0:44:10 | HALSTEAD, Mark | Wrekin Road Runners | MV40 | 117 |
| 254 | 0:44:13 | THOMPSON, Elizabeth | Newport & District | LV35 | 307 |
| 255 | 0:44:34 | HADEBE, Helen | Newport & District | LV50 | 604 |
| 256 | 0:44:38 | CHURM, Tony | Newport & District | MV65 | 144 |
| 257 | 0:44:40 | LEWIS, Dan | Wrekin Road Runners | SM | 297 |
| 258 | 0:44:42 | VINE, Lorraine | Market Drayton RC | LV45 | 173 |
| 259 | 0:44:43 | OWEN-JONES, Rebecca | Wrekin Road Runners | LV35 | 177 |
| 260 | 0:44:45 | HADEBE, Laura | Newport & District | SL | 601 |
| 261 | 0:45:00 | WILSON, Alison | Unattached | LV60 | 208 |
| 262 | 0:45:02 | REYNOLDS, Michelle | Market Drayton RC | LV40 | 261 |
| 263 | 0:45:11 | ROBINSON, Ian | Unattached | MV45 | 11 |
| 264 | 0:45:23 | KENT, Kimberley | Lawley Running Club | LV40 | 33 |
| 265 | 0:45:36 | BISHTON, Paul | Unattached | MV50 | 127 |
| 266 | 0:45:41 | DOWEN, Meg | Dudley Kingswinford | LV40 | 284 |
| 267 | 0:45:46 | GLOVER, John | Dudley Kingswinford | MV65 | 76 |
| 268 | 0:45:46 | BAILEY, Lindy | Shropshire Shufflers | LV50 | 35 |
| 269 | 0:45:49 | BAXTER, Mandy | Shropshire Shufflers | LV45 | 44 |
| 270 | 0:45:52 | CRABBE, Ceri | Wrekin Road Runners | LV40 | 216 |
| 271 | 0:46:04 | WHITEHEAD, Michael | Telford AC | MV50 | 234 |
| 272 | 0:46:08 | JENKINS, Alan | Newport & District | MV55 | 159 |
| 273 | 0:46:13 | LLOYD, Dale | Lawley Running Club | MV50 | 189 |
| 274 | 0:46:15 | SHANTRY, Sam | Shropshire Shufflers | SM | 324 |
| 275 | 0:46:27 | VINES, Jeff | Unattached | MV35 | 202 |
| 276 | 0:46:28 | TAYLOR, Anthea | Unattached | LV45 | 155 |
| 277 | 0:46:31 | CARTWRIGHT, Jo | Wrekin Road Runners | LV45 | 101 |
| 278 | 0:46:33 | GUY, Abby | Market Drayton RC | SL | 584 |
| 279 | 0:46:45 | SCULLY, Kate | Unattached | SL | 224 |
| 280 | 0:46:45 | WYLIE, Nick | Newport & District | MV55 | 151 |
| 281 | 0:46:48 | EARL, MIKE | Unattached | MV40 | 315 |
| 282 | 0:46:55 | KESEK, Pauline | Wrekin Road Runners | LV55 | 296 |
| 283 | 0:46:57 | VERRILL, Laura | Market Drayton RC | SL | 255 |
| 284 | 0:47:03 | COSH, Nick | Lawley Running Club | SM | 219 |
| 285 | 0:47:03 | HENDLEY, Sam | Lawley Running Club | SL | 49 |
| 286 | 0:47:04 | PHILLIPS, Gareth | Unattached | MV40 | 200 |
| 287 | 0:47:07 | BRANNAN, Sian | Market Drayton RC | LV40 | 616 |
| 288 | 0:47:13 | STROWGER, Anne | Newport & District | LV65 | 194 |
| 289 | 0:47:30 | WITHINGTON, Sally | Wrekin Road Runners | LV45 | 111 |
| 290 | 0:47:34 | ELWELL, Michael | Midland Vets | MV65 | 211 |
| 291 | 0:47:36 | BROWN, Rachael | Unattached | LV40 | 99 |
| 292 | 0:47:50 | CLAYTON, Sharon | Telford AC | LV50 | 80 |
| 293 | 0:48:00 | MILES, Yvette | Telford Harriers | LV60 | 57 |
| 294 | 0:48:03 | KEADY, Tom | Lawley Running Club | MV55 | 119 |
| 295 | 0:48:19 | LEACH, Petra | Newport & District | LV45 | 157 |

Lilleshall 5 Mile
Wed 13-Apr-2016

| Pos | Time | Name | Club | Cat | Num |
|------------|-------------|---------------------|----------------------------|------------|------------|
| 296 | 0:48:24 | EGLESTON, Stephanie | Telford Harriers | LV50 | 138 |
| 297 | 0:48:38 | MACEY, Alarna | Unattached | SL | 166 |
| 298 | 0:48:59 | COTTON, Andrew | Unattached | MV45 | 577 |
| 299 | 0:49:01 | GREENE, Amanda | Market Drayton RC | LV45 | 283 |
| 300 | 0:49:20 | WHITTINGHAM, Jo | Shropshire Shufflers | LV40 | 68 |
| 301 | 0:49:27 | MCFADZEAN, Louise | Wolverhampton & Bilston AC | LV45 | 615 |
| 302 | 0:49:36 | LOCKLEY, Wendy | Lawley Running Club | LV40 | 299 |
| 303 | 0:49:55 | TURNBULL, Nicola | Market Drayton RC | LV45 | 312 |
| 304 | 0:50:00 | CURTIS, Helen | Unattached | LV45 | 12 |
| 305 | 0:50:01 | OWEN, Carol | Shropshire Shufflers | LV65 | 226 |
| 306 | 0:50:06 | GREGORY, Angela | Shropshire Shufflers | LV35 | 54 |
| 307 | 0:50:15 | EDMONDS, Sonia | Telford Harriers | LV45 | 134 |
| 308 | 0:50:21 | ROBINSON, Tracey | Wrekin Road Runners | LV45 | 10 |
| 309 | 0:50:24 | FENNELL, Andrew | Lawley Running Club | MV45 | 152 |
| 310 | 0:50:28 | PETROVIC, Christine | Telford Harriers | LV55 | 136 |
| 311 | 0:50:33 | WEAVER, Jo | Telford Harriers | LV50 | 103 |
| 312 | 0:50:45 | WILLIAMS, Jennifer | Newport & District | LV45 | 586 |
| 313 | 0:50:59 | WYLIE, Sue | Newport & District | LV55 | 150 |
| 314 | 0:51:14 | CLIFFORD, Trish | Lawley Running Club | LV40 | 606 |
| 315 | 0:51:23 | BARAN, Ceri | Wrekin Road Runners | SL | 133 |
| 316 | 0:51:29 | LAMOND, Catherine | Newport & District | LV50 | 588 |
| 317 | 0:51:34 | BOWNESS, Gary | Newport & District | MV40 | 313 |
| 318 | 0:51:40 | CHRISTIAN, Deanna | Unattached | SL | 74 |
| 319 | 0:51:40 | MURRAY, Louise | Market Drayton RC | LV35 | 198 |
| 320 | 0:51:56 | IRELAND, Toni | Newport & District | LV60 | 205 |
| 321 | 0:52:10 | MILES, Caroline | Telford Harriers | SL | 58 |
| 322 | 0:52:21 | MARTINALI, Lorna | Shrewsbury Triathlon Club | LV40 | 230 |
| 323 | 0:52:24 | FIELD, Lee | Unattached | MV50 | 253 |
| 324 | 0:52:26 | STOKES, John | Newport & District | MV60 | 114 |
| 325 | 0:52:26 | GRIFFITHS, Phil | Birmingham Running & Tri | MV35 | 56 |
| 326 | 0:52:33 | LOWE, Amanda | Lawley Running Club | LV35 | 605 |
| 327 | 0:52:37 | CANHAM, Allison | Telford Harriers | LV50 | 13 |
| 328 | 0:52:50 | MANSELL, Rachel | Market Drayton RC | SL | 611 |
| 329 | 0:53:04 | MILLWARD, Hayleigh | Unattached | SL | 241 |
| 330 | 0:53:09 | MURRAY, Mike | Fell Running ASS | MV65 | 164 |
| 331 | 0:53:41 | ELWELL, Ursula | Midland Vets | LV60 | 210 |
| 332 | 0:53:45 | HACKETT, Kathy | Unattached | LV35 | 622 |
| 333 | 0:54:44 | MCGUINNESS, Heather | Market Drayton RC | LV40 | 300 |
| 334 | 0:55:05 | JAMES, Chris | Telford Harriers | LV50 | 72 |
| 335 | 0:55:14 | JONES, Norma | Newport & District | LV50 | 59 |
| 336 | 0:55:24 | KALINAUCKAS, Paul | Wrekin Road Runners | MV60 | 146 |
| 337 | 0:55:48 | ROBINSON, Jenny | Telford Harriers | LV65 | 158 |
| 338 | 0:55:51 | RUDLING, Sian | Newport & District | LV55 | 272 |
| 339 | 0:55:56 | HUSSEY, James | Telford Harriers | MV70 | 308 |
| 340 | 0:56:03 | OUSBY, Jan | Market Drayton RC | LV60 | 171 |
| 341 | 0:56:20 | HILL, Cheralyn | Telford Harriers | LV50 | 195 |
| 342 | 0:56:29 | SNOWDEN, Jo | Telford Harriers | LV55 | 14 |
| 343 | 0:57:41 | HARPER, Alison | Telford Harriers | LV50 | 16 |
| 344 | 0:57:58 | MURRAY, Sophie | Market Drayton RC | LV40 | 303 |
| 345 | 0:58:36 | WOODCOCK, Karen | Newport & District | LV55 | 625 |
| 346 | 1:03:43 | PATTERSON, Louise | Newport & District | SL | 137 |
| 347 | 1:07:43 | GILES, Sara | Newport & District | SL | 46 |