

Phoenix Flyer 5K Wed 18-May-2016

Pos	Time	Name	Club	Cat	Num
1	0:15:19	NICHOLLS, Phil	Wolverhampton & Bilston AC	SM	634
2	0:16:01	HAWKES, Stuart	Tipton Harriers	MV35	245
3	0:16:11	WARD, Paul	Telford AC	MV45	178
4	0:16:39	WHITE, Richard	Halesowen AC	SM	635
5	0:16:44	CARPENTER, Richard	Wolverhampton & Bilston AC	SM	203
6	0:16:50	EVANS, Christian	Telford AC	MV40	89
7	0:16:57	SEDMAN-SMITH, Robin	Newport & District	MV35	244
8	0:16:59	O'HANLON, Neil Micahel	Shrewsbury AC	MV40	667
9	0:17:01	MORRIS, Gabriel	Shrewsbury AC	SM	174
10	0:17:08	SMITH, David	Wolverhampton & Bilston AC	MV45	668
11	0:17:09	COSTELLO, Matthew	Telford AC	SM	209
12	0:17:09	HALL, Matt	Shrewsbury AC	SM	53
13	0:17:16	STADRIN, Craig	Telford AC	MV35	274
14	0:17:28	DAVIES, Jamie	Telford AC	SM	264
15	0:17:34	BIRTWISTLE, Duncan	Telford AC	SM	682
16	0:17:36	RICHARDS, Paul	Telford AC	SM	653
17	0:17:40	HICKINBOTTOM, James	Shrewsbury AC	SM	104
18	0:17:43	JEFFERY, Brian	Unattached	MV35	677
19	0:17:46	DODD, Gareth	Whitchurch Whippets	SM	252
20	0:17:51	MILOVSOV, Jake	Telford AC	SM	319
21	0:17:58	GUY, Robin	Newport & District	MV45	183
22	0:17:59	MIDDLETON, Connor	Shrewsbury AC	SM	666
23	0:18:03	ATHERTON, Chris	Ambleside	SM	659
24	0:18:06	NORMAN, Robert	Unattached	MV35	6
25	0:18:12	GUILDER, Matt	Shrewsbury AC	SM	43
26	0:18:13	CALROW, Simon	Wolverhampton & Bilston AC	MV55	154
27	0:18:15	GADSDEN, Marc	Telford Harriers	SM	204
28	0:18:15	COUPE, Paul	Telford AC	MV50	3
29	0:18:20	MARTIN, Claire	Telford AC	LV40	215
30	0:18:23	WILKINSON, Dale	Telford AC	MV40	235
31	0:18:26	FRANCIS, Kevin	Shrewsbury AC	MV50	41
32	0:18:27	OTTOLINI, Craig	Market Drayton RC	MV45	326
33	0:18:27	JENNINGS, Hayley	Unattached	LV35	185
34	0:18:31	PERKINS, Stuart	Dudley Kingswinford	MV35	5
35	0:18:35	BEEBEE, Hayden	Telford AC	SM	254
36	0:18:35	POPE, Tom	Newport & District	MV35	213
37	0:18:37	GARMSON, John	Telford AC	MV50	167
38	0:18:40	O'BRIEN, Paul	Telford Harriers	MV35	148
39	0:18:41	WALLEY, Matthew	Shropshire Shufflers	MV35	27
40	0:18:42	BROWN, Craig	Dudley Kingswinford	SM	267
41	0:18:46	BLIZZARD, Simon	Dudley Kingswinford	MV35	250
42	0:18:46	KELLY, Tim	Unattached	MV40	664
43	0:18:52	CLARKE, Michelle	Telford AC	LV40	98
44	0:18:56	MURRAY, Dominic	Unattached	SM	163
45	0:18:57	RITCHIE, Nathan	Unattached	SM	281
46	0:18:59	CADMAN, David	Unattached	MV35	680
47	0:19:00	HUGHES, Simon	Dudley Kingswinford	MV35	62
48	0:19:00	STENNETT, Stephen	Shropshire Shufflers	SM	278
49	0:19:01	BECKETT, Tim	Market Drayton RC	MV45	260
50	0:19:01	MORRIS, Ed	Shropshire Shufflers	MV40	116
51	0:19:04	JAKEWAYS, Paul	West Brom Harriers	MV35	266
52	0:19:07	KINGSTON, David	Telford Harriers	MV45	642
53	0:19:11	WILLIAMS, Paul	Telford AC	MV50	67
54	0:19:12	WILLHOIT(SH), Sara	Shrewsbury AC	SL	292

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Pos	Time	Name	Club	Cat	Num
55	0:19:12	GRIFFITHS, Mark	Unattached	MV50	196
56	0:19:13	BONNER, Gary	Dudley Kingswinford	MV50	125
57	0:19:13	VICKERS, Gary	Telford AC	MV45	120
58	0:19:13	JONES, HAYDEN	Shrewsbury AC	MV50	305
59	0:19:16	GOODWIN, Phil	Wrekin Road Runners	MV35	106
60	0:19:16	DEELEY, Mike	Unattached	MV55	279
61	0:19:19	OSTERMEYER, Sam	Shropshire Shufflers	SM	17
62	0:19:21	BIERTON, Kelvin	Wrekin Road Runners	MV40	121
63	0:19:21	TAIT-HARRIS, Lucie	Telford AC	LV40	681
64	0:19:23	SOLTYS, Daniel	Telford AC	SM	118
65	0:19:25	HUGHES, Alexander	Wrekin Road Runners	SM	289
66	0:19:25	SHEPPARD, Luke	Worcester AC	SM	674
67	0:19:26	NORMAN, David	Dudley Kingswinford	MV45	9
68	0:19:29	SAVILL, Peter	Shrewsbury AC	MV60	1
69	0:19:29	MOUNTFORD, Mark	Telford AC	MV45	93
70	0:19:29	JONES, Philip	Shropshire Shufflers	MV35	236
71	0:19:40	WARBURTON, John	Wrekin Road Runners	SM	145
72	0:19:40	BOWES, Paul	Shropshire Shufflers	MV45	18
73	0:19:40	HERRON, Alex	Wolverhampton & Bilston AC	SM	277
74	0:19:43	HOMER, Mark	Dudley Kingswinford	MV55	2
75	0:19:50	POWERS, John	Unattached	MV45	661
76	0:19:50	JONES, Steven	Telford AC	MV55	233
77	0:19:51	MOUNTFORD, Jonty	Telford AC	SM	201
78	0:19:51	GRANDFIELD, Ian	Market Drayton RC	MV50	258
79	0:19:53	WRIGHT, Jason	Shropshire Shufflers	MV40	55
80	0:19:53	MILLWARD, Andrew	Unattached	SM	242
81	0:19:55	REYNOLDS, Amelia	Telford AC	SL	631
82	0:19:56	JUDGE, Mark	Dudley Kingswinford	MV40	314
83	0:20:07	GAPPER, Dean	Telford Harriers	MV35	169
84	0:20:09	HOOD, Peter	Dudley Kingswinford	MV50	290
85	0:20:15	FARLEY, Stewart	Unattached	MV35	317
86	0:20:15	DAVIES, Louis	Unattached	SM	665
87	0:20:15	BAILEY, Richard	Telford Harriers	MV50	270
88	0:20:16	COUPE, Rachel	Telford AC	LV45	4
89	0:20:16	WAKELEY, Amy	Telford AC	SL	95
90	0:20:23	TONKS, Richard	Dudley Kingswinford	MV35	316
91	0:20:25	HARRISON, Keith	Sneyd Striders	MV50	126
92	0:20:25	GUY, Richard	Newport & District	MV45	130
93	0:20:26	PRITCHARD, Nigel	Shropshire Shufflers	MV45	318
94	0:20:28	TROMANS, Helen	Dudley Kingswinford	LV45	128
95	0:20:34	MEREDITH, Simon	Shropshire Shufflers	MV50	648
96	0:20:36	RANGLES, Alex	Lawley Running Club	SM	654
97	0:20:37	HILL, Philip	Newport & District	MV50	259
98	0:20:39	OWENS, Carl	Shropshire Shufflers	MV35	280
99	0:20:39	PEARCE, John	Unattached	SM	25
100	0:20:39	FORD, Ian	Shropshire Shufflers	MV40	20
101	0:20:40	PINCHER, Ian	Wolverhampton & Bilston AC	MV45	123
102	0:20:40	HEATH, Richard	Telford AC	MV45	26
103	0:20:53	BROWN, David	Newport & District	MV40	140
104	0:20:58	SCOTCHER, David	Market Drayton RC	MV45	265
105	0:21:01	OWEN, Nick	Wrekin Road Runners	SM	225
106	0:21:03	MORGAN, Jonathan	Whitchurch Whippets	MV60	87
107	0:21:03	MACEY, Jacqueline	Shrewsbury AC	LV35	165
108	0:21:05	LJUBOWNIKOW, Sergej	Dudley Kingswinford	MV35	82

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Pos	Time	Name	Club	Cat	Num
109	0:21:05	HENDERSON, Simon	Unattached	MV45	309
110	0:21:09	GREGORY, Bruce	Telford AC	MV55	22
111	0:21:09	PRICE, Rob	Lawley Running Club	SM	141
112	0:21:09	PATEL, Harshad	Unattached	MV35	276
113	0:21:16	BENNETT, Victor	Unattached	MV40	673
114	0:21:19	CLARKE, Stephen	Telford AC	MV35	273
115	0:21:19	MILNER, John	Shropshire Shufflers	SM	304
116	0:21:19	MACMANUS, Jason	Unattached	MV40	323
117	0:21:19	WAKEMAN, Chris	Shrewsbury AC	MV55	19
118	0:21:21	SUMMERS, MARTIN	Bridgnorth RC	MV60	322
119	0:21:21	GOODRIDGE, Mark	Wrekin Road Runners	MV50	147
120	0:21:25	LOW, Stephen	Wrekin Road Runners	MV35	179
121	0:21:27	FREAKLEY, Tom	Unattached	SM	660
122	0:21:28	GREGORY, Abi	Telford AC	SL	23
123	0:21:28	LUCAS, Dean	Royal sutton coldfied	MV40	240
124	0:21:35	MARTIN, Ian	Telford AC	MV50	161
125	0:21:38	SCOTCHER, Thomas	Market Drayton RC	SM	644
126	0:21:44	GARCIA, Rick	Shropshire Shufflers	MV55	32
127	0:21:46	PINSON, Anthony	Telford Harriers	SM	75
128	0:21:46	CLARKE, Paul	Wolverhampton & Bilston AC	MV40	670
129	0:21:46	ALLSOPP, Mike	Market Drayton RC	MV50	658
130	0:21:49	MAYO, Kevin	Unattached	MV45	97
131	0:21:49	COSTELLO, Robert	Wrekin Road Runners	MV35	657
132	0:21:50	FRIEL, Robert	Telford Harriers	MV45	263
133	0:21:50	HAYCOCK, Anthony	Stafford Harriers	MV55	655
134	0:21:55	NICKLIN, Kevin	Newport & District	MV45	649
135	0:21:56	JONES, Gary	Shropshire Shufflers	SM	109
136	0:21:57	JACKSON, Ian	Shropshire Shufflers	MV40	647
137	0:22:01	PARR, Stephen	Dudley Kingswinford	MV40	61
138	0:22:03	BAJIC, Steve	Telford Harriers	MV55	52
139	0:22:05	SPELLACY, Adam	West Bromwich Harriers	SM	639
140	0:22:06	MCCARTHY, Sean	Shropshire Shufflers	MV35	122
141	0:22:07	JARVIS, Rob	Unattached	MV45	298
142	0:22:09	RICHARDS, Ian	Shropshire Shufflers	MV55	206
143	0:22:12	BINKS, Robert	Shropshire Shufflers	SM	246
144	0:22:13	MARSH, Craig	Shropshire Shufflers	MV50	672
145	0:22:18	AMOS, Richard	Bridgnorth RC	MV35	268
146	0:22:29	JEFFERSON, Neil	Wrekin Road Runners	MV45	94
147	0:22:30	PREECE, Alison	Telford AC	LV40	643
148	0:22:32	JONES, Julie	Unattached	MV35	679
149	0:22:34	COLES, Andrew	Newport & District	MV50	288
150	0:22:37	INGRAM, Nigel	Newport & District	MV50	172
151	0:22:40	BEEBEE, Emily	Telford AC	LV35	220
152	0:22:42	WESTCOTT, Ewelina	Unattached	SL	256
153	0:22:43	ANDREWS, John	Dudley Kingswinford	MV40	112
154	0:22:45	GREGORY, Lucy	Telford AC	SL	24
155	0:22:46	SMITH, Emily	Newport & District	SL	193
156	0:22:48	MAHONEY, Jonathan	Telford Harriers	SM	39
157	0:22:50	DARBY, John	Market Drayton RC	MV45	186
158	0:22:50	HOPKINS, Dave	Telford AC	MV60	105
159	0:22:56	WILLIAMS, Steve	Wrekin Road Runners	MV35	86
160	0:22:57	BEDDARD, Roger	Dudley Kingswinford	MV65	139
161	0:22:59	TAYLOR, Simon	Shropshire Shufflers	MV45	170
162	0:23:04	REX, SARA	Telford Harriers	LV50	96

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Pos	Time	Name	Club	Cat	Num
163	0:23:05	HALL, Kerry	Unattached	SL	656
164	0:23:07	RIXOM, Lee	Telford AC	MV40	48
165	0:23:11	CAMERON, James	Lawley Running Club	MV40	275
166	0:23:12	HAWLEY, Richard	Unattached	MV50	124
167	0:23:15	JAMES, Richard	Unattached	SM	135
168	0:23:16	ALDRIDGE, Amy	Unattached	LV35	295
169	0:23:17	ELLIS, Claire	Lawley Running Club	LV35	153
170	0:23:20	GRANDFIELD, Jo	Market Drayton RC	LV50	257
171	0:23:21	PRILL, Glyn	Shropshire Shufflers	MV35	676
172	0:23:26	HODGSON, Annabel	Shropshire Shufflers	LV45	79
173	0:23:28	VANN, Ian	Newport & District	MV45	66
174	0:23:29	MOORE, Laura	Gnosall Ladies Running Society	SL	663
175	0:23:30	FREEMAN, Simon	Unattached	MV45	294
176	0:23:31	FREER, Chris	Newport & District	MV45	321
177	0:23:32	BOWIE, David	Unattached	MV65	37
178	0:23:33	CLAYTON, Judi	Newport & District	LV45	212
179	0:23:34	FELLOWS, Dot	Cannock & Stafford AC	LV70	31
180	0:23:36	SMITH, Michael	Telford Harriers	SM	646
181	0:23:38	CLAYTON, Gail	Shropshire Shufflers	LV55	45
182	0:23:45	PERKINS, Gregory	Telford AC	MV60	51
183	0:23:46	WALL, Katie	Unattached	SL	650
184	0:23:47	YEOMANS, Lisa	Telford Harriers	LV45	63
185	0:23:48	CAMPBELL, Rory	Dudley Kingswinford	MV55	64
186	0:23:50	SHORE, Jon	Wrekin Road Runners	MV35	638
187	0:23:58	SCOTCHER, Deborah	Market Drayton RC	LV40	42
188	0:23:59	MUSGROVE, Domonic	Lawley Running Club	MV35	286
189	0:24:00	GLOVER, Robin	Bridgnorth RC	MV40	301
190	0:24:01	FRAS, Heather	Shropshire Shufflers	SL	40
191	0:24:02	GREGORY, Kelvin	Telford AC	MV60	238
192	0:24:03	PURCELL, Chris	Shropshire Shufflers	MV40	38
193	0:24:04	ROBERTS, Niki	Shropshire Shufflers	SL	182
194	0:24:06	BURKE, Sarah-Louise	Lawley Running Club	SL	652
195	0:24:07	DEANE, Nick	Shropshire Shufflers	MV45	311
196	0:24:08	ROLLINSON, Jacob	Market Drayton RC	MV45	188
197	0:24:09	CHETWOOD, Danny	Unattached	MV45	197
198	0:24:10	GRIFFITHS, Jenna	Shropshire Shufflers	SL	247
199	0:24:16	LAMPITT, Rob	Unattached	MV45	325
200	0:24:20	COLE, Barbara	Shropshire Shufflers	LV55	50
201	0:24:21	TURNER, Catherine	Lawley Running Club	SL	36
202	0:24:25	BROADHEAD, Roland	Unattached	MV50	190
203	0:24:26	PARLATO, Emma	Gnosall Ladies Running Society	LV35	271
204	0:24:27	O'BRIEN, Christina	Telford Harriers	LV35	149
205	0:24:29	HOLLAND, Charlie	Shropshire Shufflers	MV60	320
206	0:24:31	STOKES, Oliver	Newport & District	MV35	115
207	0:24:32	FOWLES, Stephen	Newport & District	MV60	132
208	0:24:34	COTTERILL, Clare	Shropshire Shufflers	LV35	47
209	0:24:36	CARLINE, Paul	Unattached	MV45	306
210	0:24:39	CROOK, Helen	Shropshire Shufflers	LV35	129
211	0:24:40	POMALDOWKZI, Woyciech	Aldridge Running Club	MV35	293
212	0:24:42	BLACKWELL, Christy	Wrekin Road Runners	LV35	160
213	0:24:43	WELLMAN, Malf	Newport & District	MV50	8
214	0:24:45	OWEN, Eloise	Unattached	LV45	231
215	0:24:48	STOKES, Carrie	Newport & District	LV35	239
216	0:24:48	GUY, Benita	Newport & District	LV45	131

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Pos	Time	Name	Club	Cat	Num
217	0:24:48	THOMAS, Lisa	Unattached	LV40	221
218	0:24:50	POLLOCK, Caroline	Wrekin Road Runners	LV35	113
219	0:24:53	VINALL, Angela	Telford Harriers	LV45	21
220	0:24:54	COX, Sarah	Unattached	LV50	184
221	0:25:00	ROBINSON, Ian	Unattached	MV45	11
222	0:25:01	HILL, Chris	Lawley Running Club	MV60	662
223	0:25:02	OWEN-JONES, Megan	Wrekin Road Runners	SL	175
224	0:25:05	BICKERTON, Stuart	Unattached	MV40	214
225	0:25:10	THOMPSON, John	Telford Harriers	MV40	88
226	0:25:11	TATTON, Nigel	Telford AC	MV50	217
227	0:25:12	DICKENSON, Louisa	Shropshire Shufflers	SL	100
228	0:25:15	CAWLEY, Adam	Telford AC	MV40	7
229	0:25:16	ATKINS, Nicola	Telford Harriers	LV35	71
230	0:25:24	HOLBROOK, Bernie	Newport & District	MV55	227
231	0:25:26	HALL, Mark	Wrekin Road Runners	MV55	249
232	0:25:28	MCCONVILLE, Sally	Dudley Kingswinford	LV55	28
233	0:25:29	HALSTEAD, Mark	Wrekin Road Runners	MV40	117
234	0:25:30	WHITEHEAD, Michael	Telford AC	MV50	234
235	0:25:34	BIBBINGS, Louise	Unattached	LV40	191
236	0:25:40	SPANDERZYK, Lisa	Unattached	SL	287
237	0:25:47	JOHNSON, Sally	Wrekin Road Runners	SL	90
238	0:25:50	JACKSON, Pete	Unattached	MV50	629
239	0:25:51	DAVIS, Emma	Telford AC	SL	81
240	0:25:54	MORGAN, Carole	Shropshire Shufflers	LV70	630
241	0:25:55	BISHTON, Paul	Unattached	MV50	127
242	0:26:00	LEWIS, Dan	Wrekin Road Runners	SM	297
243	0:26:01	HUMPHRIES, Ralph	Newport & District	MV50	15
244	0:26:02	SMITH, Warren	Wrekin Road Runners	MV40	102
245	0:26:05	WISDOM, Joanne	Unattached	LV50	162
246	0:26:09	NEWTON, Angela	Market Drayton RC	LV40	180
247	0:26:10	DUCKETT, Justin	Unattached	MV40	675
248	0:26:12	VINE, Lorraine	Market Drayton RC	LV45	173
249	0:26:16	HOWELLS, Donna	Wrekin Road Runners	LV45	78
250	0:26:17	PHILLIPS, Gareth	Unattached	MV40	200
251	0:26:17	VINES, Jeff	Unattached	MV35	202
252	0:26:20	HAYWARD, Kevin	Unattached	MV55	142
253	0:26:25	EDWARDS, Rachel	Unattached	SL	671
254	0:26:29	ET, Sarah	Shropshire Shufflers	LV40	229
255	0:26:31	OWEN-JONES, Rebecca	Wrekin Road Runners	LV35	177
256	0:26:33	OWEN-JONES, Darren	Wrekin Road Runners	MV45	176
257	0:26:44	DOWEN, Meg	Dudley Kingswinford	LV40	284
258	0:26:45	TAYLOR, Anthea	Unattached	LV45	155
259	0:27:15	LLOYD, Dale	Lawley Running Club	MV50	189
260	0:27:16	HASSELL, Lesley	Unattached	LV55	641
261	0:27:22	BEATTIE, Ian	Telford AC	MV55	633
262	0:27:25	COSH, Nick	Lawley Running Club	SM	219
263	0:27:26	SCULLY, Kate	Unattached	SL	224
264	0:27:27	CRABBE, Ceri	Wrekin Road Runners	LV40	216
265	0:27:28	ADAMS, Jocelyne	Bridgnorth RC	LV50	678
266	0:27:33	EARL, MIKE	Unattached	MV40	315
267	0:27:33	ELWELL, Michael	Midland Vets	MV65	211
268	0:27:35	WITHINGTON, Sally	Wrekin Road Runners	LV45	111
269	0:27:39	REYNOLDS, Michelle	Market Drayton RC	LV40	261
270	0:27:40	BAILEY, Lindy	Shropshire Shufflers	LV50	35

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271	0:27:42	HENDLEY, Sam	Lawley Running Club	SL	49
272	0:27:47	KESEK, Pauline	Wrekin Road Runners	LV55	296
273	0:27:49	KENT, Kimberley	Lawley Running Club	LV40	33
274	0:27:53	WEBSTER, Lindsay	Unattached	LV40	70
275	0:28:03	GLOVER, John	Dudley Kingswinford	MV65	76
276	0:28:05	WILSON, Alison	Unattached	LV60	208
277	0:28:06	STROWGER, Anne	Newport & District	LV65	194
278	0:28:13	NORMAN, Louise	Unattached	LV40	645
279	0:28:16	MILES, Yvette	Telford Harriers	LV60	57
280	0:28:22	BROWN, Rachael	Unattached	LV40	99
281	0:28:26	CARTWRIGHT, Jo	Wrekin Road Runners	LV45	101
282	0:28:33	BROPHY, Brett	Unattached	SM	669
283	0:28:36	WHITTINGHAM, Jo	Shropshire Shufflers	LV40	68
284	0:28:44	POOLE, Melanie	Unattached	LV40	632
285	0:28:47	EGLESTON, Stephanie	Telford Harriers	LV50	138
286	0:28:54	MILLWARD, Hayleigh	Unattached	SL	241
287	0:28:57	PETROVIC, Christine	Telford Harriers	LV55	136
288	0:28:58	LOCKLEY, Wendy	Lawley Running Club	LV40	299
289	0:29:16	HASSALL, Jonathan (DOB 14-05-46)	Telford AC	MV70	640
290	0:29:19	WEAVER, Jo	Telford Harriers	LV50	103
291	0:29:21	GREENE, Amanda	Market Drayton RC	LV45	283
292	0:29:23	SHANTRY, Sam	Shropshire Shufflers	SM	324
293	0:29:27	CURTIS, Helen	Unattached	LV45	12
294	0:29:31	ROBINSON, Tracey	Wrekin Road Runners	LV45	10
295	0:29:34	MERRICKS, Amanda	Telford Harriers	LV40	651
296	0:29:38	FENNELL, Andrew	Lawley Running Club	MV45	152
297	0:29:43	IRELAND, Toni	Newport & District	LV60	205
298	0:29:49	STOKES, John	Newport & District	MV60	114
299	0:29:51	BOWNESS, Gary	Newport & District	MV40	313
300	0:29:54	OWEN, Carol	Shropshire Shufflers	LV65	226
301	0:29:58	MILES, Caroline	Telford Harriers	SL	58
302	0:29:58	BARAN, Ceri	Wrekin Road Runners	SL	133
303	0:30:05	BUTTERY, Vicky	Unattached	LV45	636
304	0:30:20	HOLBROOK, Liz	Newport & District	LV50	228
305	0:30:26	HODGKISS, Alan	Telford AC	MV70	637
306	0:30:27	BLAKE, Nicola	Unattached	LV35	232
307	0:30:38	KALINAUCKAS, Paul	Wrekin Road Runners	MV60	146
308	0:30:40	MARTINALI, Lorna	Shrewsbury Triathlon Club	LV40	230
309	0:30:40	FIELD, Lee	Unattached	MV50	253
310	0:30:46	EDMONDS, Sonia	Telford Harriers	LV45	134
311	0:31:00	MACEY, Alarna	Unattached	SL	166
312	0:31:34	MURRAY, Louise	Market Drayton RC	LV35	198
313	0:32:06	MURRAY, Mike	Fell Running ASS	MV65	164
314	0:32:19	RICKETTS, Mike	Telford Harriers	MV65	187
315	0:32:40	CANHAM, Allison	Telford Harriers	LV50	13
316	0:32:45	JONES, Norma	Newport & District	LV50	59
317	0:32:50	GREGORY, Angela	Shropshire Shufflers	LV35	54
318	0:33:04	RUDLING, Sian	Newport & District	LV55	272
319	0:33:08	HUSSEY, James	Telford Harriers	MV70	308
320	0:33:12	JAMES, Chris	Telford Harriers	LV50	72
321	0:33:18	OUSBY, Jan	Market Drayton RC	LV60	171
322	0:33:28	ELWELL, Ursula	Midland Vets	LV60	210
323	0:33:30	FAWKE, Darren	Telford Harriers	MV40	223

Phoenix Flyer 5K
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Pos	Time	Name	Club	Cat	Num
324	0:34:04	MURRAY, Sophie	Market Drayton RC	LV40	303
325	0:34:22	HILL, Cheralyn	Telford Harriers	LV50	195
326	0:34:29	ROBINSON, Jenny	Telford Harriers	LV65	158
327	0:34:33	SNOWDEN, Jo	Telford Harriers	LV55	14
328	0:36:18	HARPER, Alison	Telford Harriers	LV50	16
329	0:39:09	PATTERSON, Louise	Newport & District	SL	137