

Vic Musgrove 5K
Wed 20-Jul-2016

| Pos | Time | Name | Club | Cat | Num |
|-----|---------|---------------------|----------------------------|------|-----|
| 1 | 0:15:40 | SOLTYS, Daniel | Stone Masters Marathoners | SM | 118 |
| 2 | 0:15:41 | HAWKES, Stuart | Tipton Harriers | MV35 | 245 |
| 3 | 0:15:53 | WARD, Paul | Telford AC | MV45 | 178 |
| 4 | 0:16:04 | CARPENTER, Richard | Wolverhampton & Bilston AC | SM | 203 |
| 5 | 0:16:30 | COSTELLO, Matthew | Telford AC | SM | 209 |
| 6 | 0:16:32 | EGLESTON, James | Telford AC | SM | 749 |
| 7 | 0:16:36 | SMITH, David | Wolverhampton & Bilston AC | MV45 | 740 |
| 8 | 0:16:40 | HICKINBOTTOM, James | Shrewsbury AC | SM | 104 |
| 9 | 0:16:42 | GILLETT, Dylan | Telford AC | SM | 718 |
| 10 | 0:16:43 | LLOYD-PERKS, Sam | Wolverhampton & Bilston AC | SM | 705 |
| 11 | 0:16:43 | PHILLIPS, Joe | Newport & District | SM | 310 |
| 12 | 0:16:44 | HALL, Matt | Shrewsbury AC | SM | 53 |
| 13 | 0:16:51 | BAGSHAW, Chris | Telford AC | MV35 | 108 |
| 14 | 0:16:53 | BEEBEE, Hayden | Telford AC | SM | 254 |
| 15 | 0:16:55 | KERR, Rob | Shrewsbury Tri | MV35 | 729 |
| 16 | 0:16:56 | STADRIN, Craig | Telford AC | MV35 | 274 |
| 17 | 0:16:58 | SEDMAN-SMITH, Robin | Newport & District | MV35 | 244 |
| 18 | 0:17:02 | PLATT, Carl | trentham | MV35 | 703 |
| 19 | 0:17:09 | MORRIS, Gabriel | Shrewsbury AC | SM | 174 |
| 20 | 0:17:14 | ROBERTS, Adam | Shrewsbury AC | SM | 282 |
| 21 | 0:17:16 | DAVIES, Jamie | Telford AC | SM | 264 |
| 22 | 0:17:22 | SANDERS, John | Telford AC | MV50 | 222 |
| 23 | 0:17:26 | DODD, Gareth | Whitchurch Whippers | SM | 252 |
| 24 | 0:17:26 | BOARDMAN, Phil | Unattached | SM | 785 |
| 25 | 0:17:28 | BUTLER, Luke | Shrewsbury AC | SM | 83 |
| 26 | 0:17:28 | GUY, Robin | Newport & District | MV45 | 183 |
| 27 | 0:17:31 | MARTIN, Claire | Telford AC | LV40 | 215 |
| 28 | 0:17:36 | MIDDLETON, Connor | Shrewsbury AC | SM | 731 |
| 29 | 0:17:36 | GUILDER, Matt | Shrewsbury AC | SM | 43 |
| 30 | 0:17:40 | THOMAS, Paul | Newport & District | MV50 | 716 |
| 31 | 0:17:45 | WATERS, Steve | Shrewsbury AC | SM | 291 |
| 32 | 0:17:52 | PERKINS, Stuart | Dudley Kingswinford | MV35 | 5 |
| 33 | 0:17:56 | EVANS, Christian | Telford AC | MV40 | 89 |
| 34 | 0:18:09 | LISNEY, Robert | Shrewsbury AC | SM | 745 |
| 35 | 0:18:11 | VICKERS, Gary | Telford AC | MV45 | 120 |
| 36 | 0:18:13 | NORMAN, Robert | Unattached | MV35 | 6 |
| 37 | 0:18:15 | CALROW, Simon | Wolverhampton & Bilston AC | MV55 | 154 |
| 38 | 0:18:16 | COUPE, Paul | Telford AC | MV50 | 3 |
| 39 | 0:18:16 | SMITH, Dan | Shrewsbury AC | SM | 744 |
| 40 | 0:18:19 | GADSDEN, Marc | Telford Harriers | SM | 204 |
| 41 | 0:18:21 | OTTOLINI, Craig | Market Drayton RC | MV45 | 326 |
| 42 | 0:18:26 | CLARKE, Michelle | Telford AC | LV40 | 98 |
| 43 | 0:18:28 | BARTON, Virgil | Mercia | MV40 | 734 |
| 44 | 0:18:29 | O'BRIEN, Paul | Telford Harriers | MV35 | 148 |
| 45 | 0:18:30 | WALLEY, Matthew | Shropshire Shufflers | MV35 | 27 |
| 46 | 0:18:33 | HUGHES, Simon | Dudley Kingswinford | MV35 | 62 |
| 47 | 0:18:36 | BLIZZARD, Simon | Dudley Kingswinford | MV35 | 250 |
| 48 | 0:18:38 | DEELEY, Mike | Unattached | MV55 | 279 |
| 49 | 0:18:40 | MURRAY, Dominic | Unattached | SM | 163 |
| 50 | 0:18:44 | MOUNTFORD, Mark | Telford AC | MV45 | 93 |
| 51 | 0:18:46 | LLOYD, Grant | Shrewsbury AC | MV40 | 719 |
| 52 | 0:18:51 | GARMSON, John | Telford AC | MV50 | 167 |
| 53 | 0:18:51 | GAPPER, Dean | Telford Harriers | MV35 | 169 |
| 54 | 0:19:00 | KINGSTON, David | Telford Harriers | MV45 | 724 |
| 55 | 0:19:02 | CAMBRIDGE, Lucy | Wolverhampton & Bilston AC | LV40 | 721 |
| 56 | 0:19:10 | MILLWARD, Andrew | Unattached | SM | 242 |
| 57 | 0:19:11 | SMITH, Tim | Shrewsbury AC | MV45 | 717 |
| 58 | 0:19:12 | JONES, Philip | Shropshire Shufflers | MV35 | 236 |
| 59 | 0:19:14 | HOWARD, Steven | Bournville Harriers | SM | 715 |

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| 60 | 0:19:14 | NORMAN, David | Dudley Kingswinford | MV45 | 9 |
| 61 | 0:19:14 | GOODWIN, Phil | Wrekin Road Runners | MV35 | 106 |
| 62 | 0:19:15 | GRIFFITHS, Mark | Unattached | MV50 | 196 |
| 63 | 0:19:17 | BECKETT, Tim | Market Drayton RC | MV45 | 260 |
| 64 | 0:19:17 | WILLHOIT(SH), Sara | Shrewsbury AC | SL | 292 |
| 65 | 0:19:17 | SAVILL, Peter | Shrewsbury AC | MV60 | 1 |
| 66 | 0:19:21 | PARKER, Alex | Birchfield | MV35 | 720 |
| 67 | 0:19:23 | JAKEWAYS, Paul | West Brom Harriers | MV35 | 266 |
| 68 | 0:19:24 | WRIGHT, Jason | Shropshire Shufflers | MV40 | 55 |
| 69 | 0:19:25 | WARBURTON, John | Wrekin Road Runners | SM | 145 |
| 70 | 0:19:26 | REYNOLDS, Amelia | Telford AC | SL | 714 |
| 71 | 0:19:30 | BROWN, Craig | Dudley Kingswinford | SM | 267 |
| 72 | 0:19:33 | MOUNTFORD, Jonty | Telford AC | SM | 201 |
| 73 | 0:19:36 | PEARCE, John | Unattached | SM | 25 |
| 74 | 0:19:38 | AUSTIN, Keith | Shrewsbury AC | MV35 | 728 |
| 75 | 0:19:42 | TAIT-HARRIS, Lucie | Telford AC | LV40 | 784 |
| 76 | 0:19:43 | TATTON, Adam | Telford AC | | 706 |
| 77 | 0:19:48 | HOMER, Mark | Dudley Kingswinford | MV55 | 2 |
| 78 | 0:19:50 | HARRISON, Keith | Sneyd Striders | MV50 | 126 |
| 79 | 0:19:52 | HARRIS, Lee | Birchfield | MV40 | 788 |
| 80 | 0:19:54 | HAYES, James | Telford AC | SM | 739 |
| 81 | 0:19:57 | FARLEY, Stewart | Unattached | MV35 | 317 |
| 82 | 0:19:58 | PRITCHARD, Nigel | Shropshire Shufflers | MV45 | 318 |
| 83 | 0:20:02 | TROMANS, Helen | Dudley Kingswinford | LV45 | 128 |
| 84 | 0:20:04 | BAILEY, Richard | Telford Harriers | MV50 | 270 |
| 85 | 0:20:07 | CHRISTIAN, Marc | Telford AC | MV50 | 73 |
| 86 | 0:20:10 | JUDGE, Mark | Dudley Kingswinford | MV40 | 314 |
| 87 | 0:20:12 | RIXOM, Lee | Telford AC | MV40 | 48 |
| 88 | 0:20:14 | COUPE, Rachel | Telford AC | LV45 | 4 |
| 89 | 0:20:17 | MILNER, John | Shropshire Shufflers | SM | 304 |
| 90 | 0:20:19 | PINCHER, Ian | Wolverhampton & Bilston AC | MV45 | 123 |
| 91 | 0:20:24 | FORD, Ian | Shropshire Shufflers | MV40 | 20 |
| 92 | 0:20:25 | BENNETT, Victor | Unattached | MV40 | 735 |
| 93 | 0:20:27 | WAKELEY, Amy | Telford AC | SL | 95 |
| 94 | 0:20:28 | BROWN, David | Newport & District | MV40 | 140 |
| 95 | 0:20:31 | HARVEY, Jessica | Telford AC | SL | 237 |
| 96 | 0:20:33 | GUY, Richard | Newport & District | MV45 | 130 |
| 97 | 0:20:34 | BONNER, Gary | Dudley Kingswinford | MV50 | 125 |
| 98 | 0:20:34 | PRICE, Rob | Lawley Running Club | SM | 141 |
| 99 | 0:20:34 | CARTWRIGHT, Jo | Wrekin Road Runners | LV45 | 101 |
| 100 | 0:20:38 | OWEN-JONES, Darren | Wrekin Road Runners | MV45 | 176 |
| 101 | 0:20:38 | HOOD, Peter | Dudley Kingswinford | MV50 | 290 |
| 102 | 0:20:52 | GREGORY, Bruce | Telford AC | MV55 | 22 |
| 103 | 0:20:52 | CLARKE, Paul | Wolverhampton & Bilston AC | MV40 | 741 |
| 104 | 0:20:53 | GOODRIDGE, Mark | Wrekin Road Runners | MV50 | 147 |
| 105 | 0:20:55 | JONES, Sam | Shrewsbury Triathlon Club | SM | 743 |
| 106 | 0:20:57 | HILL, Philip | Newport & District | MV50 | 259 |
| 107 | 0:21:00 | LOW, Stephen | Wrekin Road Runners | MV35 | 179 |
| 108 | 0:21:01 | PINSON, Anthony | Telford Harriers | SM | 75 |
| 109 | 0:21:04 | LJUBOWNIKOW, Sergej | Dudley Kingswinford | MV35 | 82 |
| 110 | 0:21:04 | PARR, Stephen | Dudley Kingswinford | MV40 | 61 |
| 111 | 0:21:05 | TONKS, Richard | Dudley Kingswinford | MV35 | 316 |
| 112 | 0:21:05 | BINKS, Robert | Shropshire Shufflers | SM | 246 |
| 113 | 0:21:05 | CLARKE, Stephen | Telford AC | MV35 | 273 |
| 114 | 0:21:08 | DIPPIE, Andrew | Telford Harriers | MV55 | 727 |
| 115 | 0:21:10 | SUMMERS, MARTIN | Bridgnorth RC | MV60 | 322 |
| 116 | 0:21:11 | FRIEL, Robert | Telford Harriers | MV45 | 263 |
| 117 | 0:21:16 | AMOS, Richard | Bridgnorth RC | MV35 | 268 |
| 118 | 0:21:27 | TABOR, Beth | Wolverhampton & Bilston AC | SL | 722 |

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| 119 | 0:21:20 | PATEL, Harshad | Unattached | MV35 | 276 |
| 120 | 0:21:27 | JEFFERSON, Neil | Wrekin Road Runners | MV45 | 94 |
| 121 | 0:21:28 | OWEN, Nick | Wrekin Road Runners | SM | 225 |
| 122 | 0:21:31 | MARTIN, Ian | Telford AC | MV50 | 161 |
| 123 | 0:21:34 | BAJIC, Steve | Telford Harriers | MV55 | 52 |
| 124 | 0:21:37 | HAWLEY, Richard | Unattached | MV50 | 124 |
| 125 | 0:21:37 | JONES, Gary | Shropshire Shufflers | SM | 109 |
| 126 | 0:21:39 | GARCIA, Rick | Shropshire Shufflers | MV55 | 32 |
| 127 | 0:21:45 | FLACK, Wayne | Lawley Running Club | MV35 | 732 |
| 128 | 0:21:45 | JARVIS, Rob | Unattached | MV45 | 298 |
| 129 | 0:21:46 | BEEBEE, Emily | Telford AC | LV35 | 220 |
| 130 | 0:21:48 | MORGAN, Jonathan | Whitchurch Whippets | MV60 | 87 |
| 131 | 0:21:50 | WILSON, GREG | Telford AC | MV55 | 91 |
| 132 | 0:21:53 | MCCARTHY, Sean | Shropshire Shufflers | MV35 | 122 |
| 133 | 0:22:01 | SCOTCHER, David | Market Drayton RC | MV45 | 265 |
| 134 | 0:22:01 | MAHONEY, Jonathan | Telford Harriers | SM | 39 |
| 135 | 0:22:03 | HENDERSON, Simon | Unattached | MV45 | 309 |
| 136 | 0:22:09 | SMITH, Emily | Newport & District | SL | 193 |
| 137 | 0:22:17 | SMITH, Emily | Newport & District | SL | 742 |
| 138 | 0:22:21 | COLES, Andrew | Newport & District | MV50 | 288 |
| 139 | 0:22:23 | INGRAM, Nigel | Newport & District | MV50 | 172 |
| 140 | 0:22:24 | GREGORY, Abi | Telford AC | SL | 23 |
| 141 | 0:22:25 | PLIMMER, Jo | Newport & District | SL | 746 |
| 142 | 0:22:25 | CAMERON, James | Lawley Running Club | MV40 | 275 |
| 143 | 0:22:30 | WARD, Russell | Unattached | MV45 | 92 |
| 144 | 0:22:31 | MAYO, Kevin | Unattached | MV45 | 97 |
| 145 | 0:22:34 | PIERCE, Jonathan | Newport & District | MV65 | 110 |
| 146 | 0:22:34 | WATKINS, Dean | Unattached | MV45 | 712 |
| 147 | 0:22:34 | ALMOND, Tim | Unattached | SM | 701 |
| 148 | 0:22:35 | HODGSON, Annabel | Shropshire Shufflers | LV45 | 79 |
| 149 | 0:22:38 | ANDREWS, John | Dudley Kingswinford | MV40 | 112 |
| 150 | 0:22:41 | ALDRIDGE, Amy | Lawley Running Club | LV35 | 295 |
| 151 | 0:22:43 | CARLINE, Paul | Unattached | MV45 | 306 |
| 152 | 0:22:45 | BOWIE, David | Unattached | MV65 | 37 |
| 153 | 0:22:48 | RICHARDS, Ian | Shropshire Shufflers | MV55 | 206 |
| 154 | 0:22:51 | WESTCOTT, Ewelina | Unattached | SL | 256 |
| 155 | 0:22:52 | JAMES, Richard | Unattached | SM | 135 |
| 156 | 0:22:56 | YEOMANS, Lisa | Telford Harriers | LV45 | 63 |
| 157 | 0:22:59 | GRIFFITHS, Jenna | Shropshire Shufflers | SL | 247 |
| 158 | 0:22:59 | JONES, Julie | Unattached | LV35 | 748 |
| 159 | 0:23:03 | CAMPBELL, Rory | Dudley Kingswinford | MV55 | 64 |
| 160 | 0:23:04 | CLAYTON, Judi | Newport & District | LV45 | 212 |
| 161 | 0:23:08 | PERKINS, Gregory | Telford AC | MV60 | 51 |
| 162 | 0:23:09 | BEDDARD, Roger | Dudley Kingswinford | MV65 | 139 |
| 163 | 0:23:10 | CLARKE, Ben | Unattached | SM | 29 |
| 164 | 0:23:10 | GLOVER, Robin | Bridgnorth RC | MV40 | 301 |
| 165 | 0:23:10 | MARSH, Gary | Shropshire Shufflers | MV50 | 709 |
| 166 | 0:23:20 | STENNETT, Stephen | Shropshire Shufflers | SM | 278 |
| 167 | 0:23:22 | TAYLOR, Simon | Shropshire Shufflers | MV45 | 170 |
| 168 | 0:23:22 | PHILLIPS, Gareth | Unattached | MV40 | 200 |
| 169 | 0:23:23 | MCDERMOTT, Esther | Unattached | LV35 | 787 |
| 170 | 0:23:25 | WILLIAMS, Steve | Wrekin Road Runners | MV35 | 86 |
| 171 | 0:23:27 | THOMPSON, John | Telford Harriers | MV40 | 88 |
| 172 | 0:23:30 | COTTERILL, Clare | Shropshire Shufflers | LV35 | 47 |
| 173 | 0:23:32 | GRANDFIELD, Ian | Market Drayton RC | MV50 | 258 |
| 174 | 0:23:39 | HOLLAND, Charlie | Shropshire Shufflers | MV60 | 320 |
| 175 | 0:23:41 | FRAS, Heather | Shropshire Shufflers | SL | 40 |
| 176 | 0:23:41 | OWEN-JONES, Megan | Wrekin Road Runners | SL | 175 |
| 177 | 0:23:49 | ROBERTS, Niki | Shropshire Shufflers | SL | 182 |

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| 178 | 0:23:53 | GREGORY, Kelvin | Telford AC | MV60 | 238 |
| 179 | 0:23:54 | GRANDFIELD, Jo | Market Drayton RC | LV50 | 257 |
| 180 | 0:23:55 | PARLATO, Emma | Gnosall Ladies Running Society | LV35 | 271 |
| 181 | 0:23:59 | TATTON, Nigel | Telford AC | MV50 | 217 |
| 182 | 0:23:59 | REX, SARA | Telford Harriers | LV50 | 96 |
| 183 | 0:23:59 | BICKERTON, Stuart | Unattached | MV40 | 214 |
| 184 | 0:24:00 | WATKINS, Lisa | Telford Harriers | LV40 | 713 |
| 185 | 0:24:00 | STOKES, Oliver | Newport & District | MV35 | 115 |
| 186 | 0:24:00 | DICKENSON, Louisa | Shropshire Shufflers | SL | 100 |
| 187 | 0:24:04 | HUMPHREYS, Mel | Wrekin College Tri | LV50 | 85 |
| 188 | 0:24:06 | ROLLINSON, Jacob | Market Drayton RC | MV45 | 188 |
| 189 | 0:24:06 | LAMPITT, Rob | Unattached | MV45 | 325 |
| 190 | 0:24:12 | MACEY, Jacqueline | Shrewsbury AC | LV35 | 165 |
| 191 | 0:24:13 | SIRCOM, Jamie | Halesowen AC | MV40 | 730 |
| 192 | 0:24:14 | FOWLES, Stephen | Newport & District | MV60 | 132 |
| 193 | 0:24:19 | COLE, Barbara | Shropshire Shufflers | LV55 | 50 |
| 194 | 0:24:21 | BROADHEAD, Roland | Unattached | MV50 | 190 |
| 195 | 0:24:23 | DU TOIT, Megan | Wrexham | SL | 738 |
| 196 | 0:24:24 | FELLOWS, Dot | Cannock & Stafford AC | LV70 | 31 |
| 197 | 0:24:27 | GUY, Benita | Newport & District | LV45 | 131 |
| 198 | 0:24:30 | PLANT, Selwyn | Newport & District | MV55 | 711 |
| 199 | 0:24:33 | OWEN, Eloise | Unattached | LV45 | 231 |
| 200 | 0:24:37 | SCOTCHER, Deborah | Market Drayton RC | LV40 | 42 |
| 201 | 0:24:37 | PRICE, Steve | Shropshire Shufflers | MV65 | 725 |
| 202 | 0:24:43 | STOKES, Carrie | Newport & District | LV35 | 239 |
| 203 | 0:24:45 | O'BRIEN, Christina | Telford Harriers | LV35 | 149 |
| 204 | 0:24:47 | TURNER, Catherine | Lawley Running Club | SL | 36 |
| 205 | 0:24:49 | HOLBROOK, Bernie | Newport & District | MV55 | 227 |
| 206 | 0:24:55 | CROOK, Helen | Shropshire Shufflers | LV35 | 129 |
| 207 | 0:24:58 | EARL, MIKE | Unattached | MV40 | 315 |
| 208 | 0:25:08 | BURKE, Sarah-Louise | Lawley Running Club | SL | 783 |
| 209 | 0:25:10 | ATKINS, Nicola | Telford Harriers | LV35 | 71 |
| 210 | 0:25:15 | HEATH, Deborah | Lawley Running Club | LV40 | 733 |
| 211 | 0:25:16 | TAYLOR, Matt | Unattached | MV35 | 737 |
| 212 | 0:25:16 | SMITHYMAN, Patrick | Unattached | MV40 | 789 |
| 213 | 0:25:20 | FREEMAN, Simon | Unattached | MV45 | 294 |
| 214 | 0:25:25 | BISHTON, Paul | Unattached | MV50 | 127 |
| 215 | 0:25:26 | HUSS, Chris | Shropshire Shufflers | MV60 | 34 |
| 216 | 0:25:38 | GREEN, Nichola | Unattached | LV35 | 192 |
| 217 | 0:25:38 | NEWTON, Angela | Market Drayton RC | LV40 | 180 |
| 218 | 0:25:40 | CAMPBELL, Jane | Dudley Kingswinford | LV55 | 65 |
| 219 | 0:25:44 | POLLOCK, Caroline | Wrekin Road Runners | LV35 | 113 |
| 220 | 0:25:46 | ROBINSON, Ian | Unattached | MV45 | 11 |
| 221 | 0:25:48 | COX, Sarah | Dudley Kingswinford | LV50 | 184 |
| 222 | 0:25:49 | VINES, Jeff | Unattached | MV35 | 202 |
| 223 | 0:25:52 | PUGH, Jane | Action Heart | LV45 | 199 |
| 224 | 0:25:55 | LEWIS, Dan | Wrekin Road Runners | SM | 297 |
| 225 | 0:25:57 | ROMALDOWSKI, WOJCIECH | Aldridge Running Club | MV35 | 293 |
| 226 | 0:25:59 | WISDOM, Joanne | Unattached | LV50 | 162 |
| 227 | 0:26:11 | ET, Sarah | Shropshire Shufflers | LV40 | 229 |
| 228 | 0:26:12 | WYLIE, Nick | Newport & District | MV55 | 151 |
| 229 | 0:26:14 | VINALL, Angela | Telford Harriers | LV45 | 21 |
| 230 | 0:26:16 | SMITH, Warren | Wrekin Road Runners | MV40 | 102 |
| 231 | 0:26:20 | HOWELLS, Donna | Wrekin Road Runners | LV45 | 78 |
| 232 | 0:26:20 | OWEN-JONES, Rebecca | Wrekin Road Runners | LV35 | 177 |
| 233 | 0:26:23 | HALL, Mark | Wrekin Road Runners | MV55 | 249 |
| 234 | 0:26:25 | ELWELL, Michael | Midland Vets | MV65 | 211 |
| 235 | 0:26:33 | HADEBE, Helen | Newport & District | LV50 | 750 |
| 236 | 0:26:34 | BEATTIE, Ian | Telford AC | MV55 | 707 |

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| 237 | 0:26:34 | SCULLY, Kate | Unattached | SL | 224 |
| 238 | 0:26:38 | KESEK, Pauline | Wrekin Road Runners | LV55 | 296 |
| 239 | 0:26:45 | HUTCHESON, Francesca | Shropshire Shufflers | LV35 | 736 |
| 240 | 0:26:47 | TAYLOR, Anthea | Unattached | LV45 | 155 |
| 241 | 0:26:50 | ADAMS, Jocelyne | Bridgnorth RC | LV50 | 786 |
| 242 | 0:26:53 | WITHINGTON, Sally | Wrekin Road Runners | LV45 | 111 |
| 243 | 0:26:57 | ELLIS, Claire | Lawley Running Club | LV35 | 153 |
| 244 | 0:26:58 | WILSON, Alison | Unattached | LV60 | 208 |
| 245 | 0:27:01 | WELLMAN, Malf | Newport & District | MV50 | 8 |
| 246 | 0:27:10 | KENT, Kimberley | Lawley Running Club | LV40 | 33 |
| 247 | 0:27:13 | MILES, Yvette | Telford Harriers | LV60 | 57 |
| 248 | 0:27:15 | HAYWARD, Kevin | Unattached | MV55 | 142 |
| 249 | 0:27:16 | GLOVER, John | Dudley Kingswinford | MV65 | 76 |
| 250 | 0:27:18 | COTTON, Andrew | Unattached | MV45 | 702 |
| 251 | 0:27:18 | ALLCOTT, Sam | Unattached | SL | 747 |
| 252 | 0:27:18 | CRABBE, Ceri | Wrekin Road Runners | LV40 | 216 |
| 253 | 0:27:23 | THOMAS, Lisa | Unattached | LV40 | 221 |
| 254 | 0:27:34 | BROWN, Rachael | Unattached | LV40 | 99 |
| 255 | 0:27:44 | STROWGER, Anne | Newport & District | LV65 | 194 |
| 256 | 0:27:46 | BENNETT, Elizabeth | Gnosall Ladies Running Society | LV45 | 723 |
| 257 | 0:27:55 | HENDLEY, Sam | Lawley Running Club | SL | 49 |
| 258 | 0:28:08 | BAXTER, Mandy | Shropshire Shufflers | LV45 | 44 |
| 259 | 0:28:08 | BAILEY, Lindy | Shropshire Shufflers | LV50 | 35 |
| 260 | 0:28:19 | LOCKLEY, Wendy | Lawley Running Club | LV40 | 299 |
| 261 | 0:28:43 | LLOYD, Dale | Lawley Running Club | MV50 | 189 |
| 262 | 0:28:52 | EGLESTON, Stephanie | Telford Harriers | LV50 | 138 |
| 263 | 0:28:54 | PETROVIC, Christine | Telford Harriers | LV55 | 136 |
| 264 | 0:28:54 | REYNOLDS, Michelle | Market Drayton RC | LV40 | 261 |
| 265 | 0:29:09 | COSH, Nick | Lawley Running Club | SM | 219 |
| 266 | 0:29:13 | LEACH, Petra | Newport & District | LV45 | 157 |
| 267 | 0:29:14 | WYLIE, Sue | Newport & District | LV55 | 150 |
| 268 | 0:29:38 | ROBINSON, Tracey | Wrekin Road Runners | LV45 | 10 |
| 269 | 0:29:44 | MERRICKS, Amanda | Telford Harriers | LV40 | 704 |
| 270 | 0:29:48 | MILES, Caroline | Telford Harriers | SL | 58 |
| 271 | 0:29:52 | EDMONDS, Sonia | Telford Harriers | LV45 | 134 |
| 272 | 0:29:54 | HODGKISS, Alan | Telford AC | MV70 | 708 |
| 273 | 0:30:03 | HOLBROOK, Liz | Newport & District | LV50 | 228 |
| 274 | 0:30:05 | GREENE, Amanda | Market Drayton RC | LV45 | 283 |
| 275 | 0:30:17 | MARTINALI, Lorna | Shrewsbury Triathlon Club | LV40 | 230 |
| 276 | 0:30:25 | MILLWARD, Hayleigh | Unattached | SL | 241 |
| 277 | 0:30:37 | MURRAY, Mike | Fell Running ASS | MV65 | 164 |
| 278 | 0:30:39 | FENNELL, Andrew | Lawley Running Club | MV45 | 152 |
| 279 | 0:30:45 | BOWNESS, Gary | Newport & District | MV40 | 313 |
| 280 | 0:30:54 | TURNBULL, Nicola | Market Drayton RC | LV45 | 312 |
| 281 | 0:30:58 | WEAVER, Jo | Telford Harriers | LV50 | 103 |
| 282 | 0:31:04 | IRELAND, Toni | Newport & District | LV60 | 205 |
| 283 | 0:31:04 | OWEN, Carol | Shropshire Shufflers | LV65 | 226 |
| 284 | 0:31:09 | FREER, Chris | Newport & District | MV45 | 321 |
| 285 | 0:31:21 | RICKETTS, Mike | Telford Harriers | MV65 | 187 |
| 286 | 0:31:43 | KEADY, Tom | Lawley Running Club | MV55 | 119 |
| 287 | 0:31:59 | CHRISTIAN, Deanna | Unattached | SL | 74 |
| 288 | 0:32:03 | MURRAY, Louise | Market Drayton RC | LV35 | 198 |
| 289 | 0:32:09 | STOKES, John | Newport & District | MV60 | 114 |
| 290 | 0:32:27 | KALINAUCKAS, Paul | Wrekin Road Runners | MV60 | 146 |
| 291 | 0:32:40 | OUSBY, Jan | Market Drayton RC | LV60 | 171 |
| 292 | 0:32:47 | ELWELL, Ursula | Midland Vets | LV60 | 210 |
| 293 | 0:32:50 | FAWKE, Darren | Telford Harriers | MV40 | 223 |
| 294 | 0:33:15 | CANHAM, Allison | Telford Harriers | LV50 | 13 |
| 295 | 0:33:23 | JAMES, Chris | Telford Harriers | LV50 | 72 |

Vic Musgrove 5K
Wed 20-Jul-2016

| Pos | Time | Name | Club | Cat | Num |
|------------|-------------|-------------------|----------------------|------------|------------|
| 296 | 0:33:27 | STONE, Rebecca | Unattached | SL | 710 |
| 297 | 0:33:35 | RUDLING, Sian | Newport & District | LV55 | 272 |
| 298 | 0:35:00 | HUSSEY, James | Telford Harriers | MV70 | 308 |
| 299 | 0:35:05 | SNELLING, Colin | Unattached | MV55 | 726 |
| 300 | 0:35:25 | MURRAY, Sophie | Market Drayton RC | LV40 | 303 |
| 301 | 0:36:06 | SNOWDEN, Jo | Telford Harriers | LV55 | 14 |
| 302 | 0:36:46 | WHITTINGHAM, Jo | Shropshire Shufflers | LV40 | 68 |
| 303 | 0:37:33 | GREGORY, Angela | Shropshire Shufflers | LV35 | 54 |
| 304 | 0:37:45 | PATTERSON, Louise | Newport & District | SL | 137 |