

TELFORD 10K 2009 (24-Jan-2010)

Pos	Time	Competitor		Club	Cat	No.
1	0:30:21	Chris	Davies	Telford AC	SM	2
2	0:31:22	Aaron	Scott	Lincoln Wellington AC	SM	885
3	0:31:25	James	Lawler	Bedford & County AC	SM	48
4	0:31:33	Josh	Guilmant	Brighton Phoenix AC	SM	142
5	0:31:35	Ian	Grime	Newham & Essex Beagles	SM	852
6	0:31:41	Oliver	Blake	Oswestry Olympians	SM	114
7	0:31:59	Gordon	Lee	Leicester Coritanians	MV40	166
8	0:31:59	Carl	Goose	City of Norwich AC	SM	866
9	0:32:40	Paul	Ward	Telford AC	MV40	832
10	0:32:41	Richard	Kay	Notts AC	SM	883
11	0:32:52	Gemma	Turtle	Gloucester AC	SF	185
12	0:33:21	Robin	Sedman-Smith	Telford AC	SM	123
13	0:33:26	Craig	Pearson	Cannock & Stafford AC	SM	42
14	0:33:45	Rod	Harris	Long Eaton RC	SM	870
15	0:33:54	Jon	Bowie	Trismart	SM	65
16	0:33:58	Ian	Coupland	Shrewsbury AC	SM	7
17	0:34:07	Iwan	Jones	Coventry Godiva Harriers	SM	875
18	0:34:09	Ian	Mansell	Centurion RC	SM	857
19	0:34:10	Danny	Keating	Leicester Coritanians	MV40	162
20	0:34:10	Nathan	Jones	CLC Striders	SM	102
21	0:34:12	Rose-Anne	Galligan	Gloucester AC	SF	57
22	0:34:12	Stuart	Hopkins	Kenilworth Runners	SM	69
23	0:34:19	Greg	Wilson	Telford AC	MV50	31
24	0:34:20	Mark	Neeld	Stone Master Marathoners	MV40	6
25	0:34:35	Kevin	Loundes	Chase Harriers	SM	119
26	0:34:47	Chris	Cooper	Wirral AC	SM	117
27	0:34:48	Peter	Dimbleby	Birchfield Harriers	SM	58
28	0:34:50	Claire	Martin	Telford AC	SF	153
29	0:35:05	Craig	Jeffrey	Staffs Moorlands AC	SM	876
30	0:35:07	Daniel	Young	Unattached	SM	24
31	0:35:18	Harvey	Maguire	Tipton Harriers	SM	155
32	0:35:24	Louise	Gardner	Lancaster & Morecombe AC	SF	830
33	0:35:28	Daniel	Cleary	Halesowen A & CC	SM	76
34	0:35:40	Tuhin	Wahid	Sutton St Helens AC	SM	896
35	0:35:41	Jonathan	Barnes	Hereford & County AC	SM	204
36	0:35:41	Neil	Jones	South Cheshire Harriers	MV40	184

37	0:36:04	Cameron	Mcneill	Long Eaton RC	SM	869
38	0:36:07	Kevin	Monk	Halesowen A & CC	MV45	113
39	0:36:08	Darren	Perry	Tipton Harriers	SM	43
40	0:36:09	Claire	Holme	Ipswich Harriers	SF	189
41	0:36:11	Michael	Diamond	City of Chester Tri Club	SM	170
42	0:36:19	Paul	Collins	Bromsgrove & Redditch AC	MV40	179
43	0:36:27	Thomas	Peoples	Unattached	SM	891
44	0:36:33	Ian	Cooper	Ellesmere Port RC	MV45	116
45	0:36:40	Jamie	Anderson	Telford AC	SM	36
46	0:37:00	Richard	Walsh	Worcester AC	SM	108
47	0:37:14	Gary	Vickers	Telford AC	SM	25
48	0:37:26	Marcus	Mcdonald	Burntwood Tri Club	SM	54
49	0:37:32	Myshola	Kirkham	Coventry Godiva Harriers	SF	84
50	0:37:39	Richard	Lucock	Telford AC	SM	13
51	0:37:46	Reece	Crooke	Unattached	SM	133
52	0:37:47	Jason	Corns	Stourbridge RC	SM	110
53	0:37:48	Ivor	Twiss	South Cheshire Harriers	MV50	159
54	0:38:00	Ryan	Heath	Telford AC	SM	845
55	0:38:31	James	Craig	Unattached	SM	855
56	0:38:32	Neil	Kingham	Knavesmere Harriers	MV40	12
57	0:38:34	James	Jefferson	Unattached	SM	700
58	0:38:35	Cameron	Scott-Stamp	Wrekin Road Runners	SM	19
59	0:38:36	Russell	Williams	Cheadle RC	MV45	882
60	0:38:40	Marc	Christian	Unattached	MV45	96
61	0:38:45	Michelle	Clarke	Telford Harriers	FV35	5
62	0:38:49	Richard	Gwilliam	Unattached	SM	824
63	0:38:55	Selina	Taroni	Unattached	FV40	273
64	0:38:57	Darren	Waters	Unattached	MV40	827
65	0:39:03	Wayne	Law	Unattached	MV40	878
66	0:39:08	Rob	Lloyd	Chase Harriers	MV40	15
67	0:39:17	Marc	Scriven	Worcester AC	MV50	161
68	0:39:18	Huw	Dolphin	Shropshire Shufflers	MV40	893
69	0:39:20	John	Mujinga	Woodgate Road Runners	MV45	59
70	0:39:21	Kath	Lamplough	Macclesfield Harriers	SF	807
71	0:39:25	Chris	Cleary	Halesowen A & CC	MV45	75
72	0:39:29	William	Harris	Shropshire Shufflers	MV45	68
73	0:39:34	Jane	Hawkins	Bromsgrove & Redditch AC	FV40	178
74	0:39:35	Robert	Sharam	Whitchurch Whippets	SM	127

75	0:39:37	Lee	Jones	Unattached	MV40	136
76	0:39:40	Dave	Newton	Oswestry Olympians	MV45	112
77	0:39:42	Nick	Hirschman	Unattached	MV45	822
78	0:39:44	Ian	Grandfield	Telford AC	MV45	782
79	0:39:48	Derek	Loundes	Chase Harriers	MV55	740
80	0:39:52	David	Priddy	Datchet Dashers	MV45	898
81	0:39:54	Philip	Hill	Newport & District RC	MV45	284
82	0:40:05	Phillippa	Morris	Unattached	SF	130
83	0:40:08	Andrew	Williams	Tipton Harriers	MV40	814
84	0:40:12	Andrew	Craddock	Unattached	SM	768
85	0:40:13	Grahame	Cope	Uttoxeter Road Runners	SM	621
86	0:40:19	Michelle	Tappy	Telford Harriers	FV45	267
87	0:40:34	Julian	Cross	Unattached	SM	321
88	0:40:48	Thomas	McCallion	Telford Harriers	SM	655
89	0:40:55	Paul	Jenkins	Unattached	MV45	523
90	0:41:03	Jon	Alcock	Unattached	SM	261
91	0:41:05	Richard	Guest	Halesowen A & CC	MV40	801
92	0:41:08	Suzanne	Bartram	Halesowen A & CC	FV45	77
93	0:41:09	Andrew	Beeston	Shrewsbury AC	SM	752
94	0:41:14	Ian	Maxwell	Telford Harriers	MV45	431
95	0:41:26	Cheralyn	Evans	Telford AC	FV45	181
96	0:41:27	Bruce	Gregory	Telford AC	MV45	289
97	0:41:31	Benjamin	Foster	Unattached	SM	635
98	0:41:32	Alan	Richardson	Unattached	SM	430
99	0:41:33	Stephen	Stennett	Unattached	SM	622
100	0:41:48	David	Tatton	Telford AC	SM	736
101	0:41:49	David	Searle	Unattached	SM	413
102	0:41:51	Karl	Wood	Stafford Triathlon Club	MV40	894
103	0:41:54	Peter	Hawcroft	Bromsgrove & Redditch AC	MV60	433
104	0:41:55	Colin	Jones	Whitchurch Whippets	SM	316
105	0:41:56	Chris	O'Loughlin	Trafford AC	SM	329
106	0:41:56	Paul	Pemberton	Unattached	SM	602
107	0:42:05	Matthew	Brown	Shrewsbury AC	SM	509
108	0:42:14	Robert	Glover	Aldridge RC	SM	403
109	0:42:14	Darren	Marklew	Dudley Kingswinford RC	SM	248
110	0:42:27	Joanna	Pulsford	Rugby & Northampton AC	SF	886
111	0:42:33	Ryan	Fulford	Telford Harriers	SM	266
112	0:42:35	Damien	Green	Unattached	SM	32

113	0:42:35	David	O'Loughlin	RAF Cosford	MV55	330
114	0:42:36	Chris	Owen	Stafford Harriers	SM	516
115	0:42:39	Graham	Dowie	Unattached	MV40	706
116	0:42:42	Richard	Bailey	Telford Harriers	MV40	332
117	0:42:43	Mark	Homer	Dudley Kingswinford RC	MV45	670
118	0:42:44	Andrew	Litchfield	Dudley Kingswinford RC	MV40	399
119	0:42:52	Juliet	Hoad	Telford AC	FV40	726
120	0:42:56	Mark	Kershaw	Unattached	MV45	731
121	0:43:02	Jonathan	Lam-kee	Unattached	SM	715
122	0:43:04	David	Parkes	Unattached	SM	719
123	0:43:12	Major	Rana	Muller RC	MV40	497
124	0:43:16	Adam	Spiers	Evesham Vale RC	SM	304
125	0:43:17	Luke	Tatton	Telford AC	SM	737
126	0:43:19	Gavin	Goodale	Wrekin Road Runners	SM	780
127	0:43:29	Pete	Duffield	Unattached	SM	710
128	0:43:30	Ashley	Williams	Unattached	SM	444
129	0:43:34	Norman	Ashmore	Unattached	MV50	630
130	0:43:40	Steve	Johnson	Unattached	MV40	495
131	0:43:45	Karl	Morris	Black Country Triathletes	SM	228
132	0:43:49	Lucy	Kesek	Unattached	SF	407
133	0:43:51	Roger	Bilsby	Telford Harriers	MV50	879
134	0:43:54	Gareth	Smith	Dudley Kingswinford RC	SM	828
135	0:43:58	Graham	Evans	Shropshire Shufflers	MV50	371
136	0:44:00	Robert	Kennard	Dudley Kingswinford RC	MV40	757
137	0:44:00	Spencer	Davies	Unattached	MV40	214
138	0:44:01	Gary	Simpson	RAF Cosford	SM	521
139	0:44:10	Peter	Dennett	Andover Triathlon Club	MV40	313
140	0:44:11	Marek	Kaminski	Wrekin Road Runners	MV55	270
141	0:44:18	John	Clemens	Stone Master Marathoners	MV65	750
142	0:44:20	Martin	Somers	Unattached	MV40	387
143	0:44:21	Martyn	Bidgood	Unattached	MV55	459
144	0:44:27	Stephen	Gill	Wrekin Road Runners	MV40	203
145	0:44:30	Debbie	Proctor	Unattached	FV40	729
146	0:44:39	Darren	Clarke	Unattached	MV40	873
147	0:44:44	Keith	Boxley	Birmingham University	MV40	895
148	0:44:48	John	Pearce	Unattached	SM	286
149	0:44:50	Kevin	Walker	Unattached	MV40	514
150	0:44:51	Dave	Hickman	Unattached	MV45	299

151	0:44:57	Arthur	Roden	Chase Harriers	MV60	745
152	0:44:58	Andrew	Coles	Newport & District RC	MV45	764
153	0:44:59	Phil	James	Oswestry Olympians	MV45	593
154	0:45:00	Chloe	Murphy	Telford AC	SF	202
155	0:45:06	Daniel	Fleetwood	Shrewsbury AC	SM	739
156	0:45:11	Mike	Okura	Telford Harriers	SM	151
157	0:45:16	Stephen	Masters	Unattached	MV40	193
158	0:45:18	Alex	James	Unattached	SM	665
159	0:45:21	Stephen	Walters	Unattached	MV40	856
160	0:45:23	Ros	Barker	Stone Master Marathoners	FV45	751
161	0:45:24	Richard	Brazier	Unattached	SM	346
162	0:45:29	Gary	Hill	Unattached	SM	711
163	0:45:35	Phillip	Crowley	Chase Harriers	SM	537
164	0:45:42	Keith	Harrison	Unattached	MV45	769
165	0:45:43	Lisa	Blagden	Telford AC	FV40	307
166	0:45:50	Rob	Day	Telford Harriers	MV45	205
167	0:45:51	Sharon	Tommy	Unattached	SF	369
168	0:46:00	Ivan	Steadman	Unattached	MV60	334
169	0:46:09	Marie	Tisdale	Unattached	FV35	531
170	0:46:09	Douglas	Hamilton	Caine RC	MV40	604
171	0:46:10	Jonathan	Pierce	Telford Harriers	MV55	246
172	0:46:25	Roger	Day	Unattached	MV60	8
173	0:46:34	Paul	O'Brien	Unattached	MV40	678
174	0:46:36	Iain	Foston	Unattached	SM	442
175	0:46:38	Edward	Jones	Unattached	SM	713
176	0:46:39	Ruth	Jennings	Unattached	FV40	612
177	0:46:40	Lee	Bromley	Action Heart RC	MV50	396
178	0:46:42	Michael	Palmer	Unattached	SM	392
179	0:46:45	Mark	Washbourne	Unattached	SM	716
180	0:46:47	Jonathan	Mahoney	Telford Harriers	SM	644
181	0:46:48	Steven	Fairs	Telford Harriers	MV40	861
182	0:46:49	David	Dyke	Unattached	SM	559
183	0:46:52	Louise	Reynolds	Unattached	FV40	409
184	0:46:58	Martin	Cope	Unattached	SM	766
185	0:47:05	Adam	Stockwell	Shrewsbury AC	SM	646
186	0:47:07	Gareth	Ellis	Unattached	MV40	382
187	0:47:09	Leah	Griffin	Unattached	SF	487
188	0:47:10	Charles	Pilgrim	RAF Cosford	MV40	538

189	0:47:18	Stephen	Moore	Unattached	MV40	887
190	0:47:19	Michael	Parker	Unattached	SM	694
191	0:47:23	Justin	Shirra	Unattached	FV40	446
192	0:47:30	Andrew	Taylor	Unattached	SM	636
193	0:47:41	Janet	Mortimore	Unattached	SF	615
194	0:47:43	Haydn	Baker	Unattached	MV40	528
195	0:47:44	Tom	Pryce	Unattached	SM	590
196	0:47:46	Elvis	Parsley	Midland Masters AC	MV45	859
197	0:47:48	Joanne	Drinkwater	Unattached	SF	618
198	0:47:54	Steve	Johnson	Unattached	SM	755
199	0:47:55	Marianne	Day	Evesham Vale RC	SF	310
200	0:48:00	Craig	Christie	Unattached	MV40	232
201	0:48:03	Tim	Betts	Unattached	SM	199
202	0:48:04	Michael	Moran	Unattached	MV45	320
203	0:48:08	Christine	Sedman-Smith	Kidderminster & Stourport AC	FV60	568
204	0:48:23	David	Rowland	Unattached	MV40	440
205	0:48:37	Callum	Callander	Unattached	MV40	645
206	0:48:39	Carl	Richardson	Unattached	SM	900
207	0:48:40	Oliver	Stokes	Newport & District RC	SM	272
208	0:48:43	Harriet	Mason	Unattached	SF	583
209	0:48:43	Mark	Grimmett	Unattached	MV40	429
210	0:48:46	Jamie	Campbell	Unattached	SM	474
211	0:48:52	Louise	Simpson	RAF Cosford	FV35	520
212	0:48:56	Jamie	Wells	Unattached	SM	569
213	0:49:02	David	Jones	Road Runners Club	MV40	679
214	0:49:02	Sarah	Mawhinney	Unattached	FV45	786
215	0:49:06	Tina	Tziortzis-Foskett	Unattached	FV40	492
216	0:49:12	Rebecca	Farmer	Unattached	SF	241
217	0:49:13	Simon	Dowson	Shropshire Shufflers	MV50	728
218	0:49:16	Nick	Lythgoe	Unattached	SM	410
219	0:49:17	Shane	Duggan	Stafford Harriers	SM	864
220	0:49:22	John	Scott	Unattached	MV45	643
221	0:49:27	Andy	Collins	Sneyd Striders	MV45	469
222	0:49:28	Paul	Gibbons	Unattached	MV45	582
223	0:49:33	Ed	Saunders	Stone Master Marathoners	SM	485
224	0:49:34	David	Norman	Telford Harriers	MV40	862

225	0:49:43	Andy	Burton	Unattached	SM	754
226	0:49:46	Stacy	Hewerdine	Unattached	SM	262
227	0:49:48	Abi	Gregory	Telford AC	SF	287
228	0:49:51	Jason	Cope	Unattached	SM	724
229	0:50:06	Jessica	Dunning	Unattached	SF	680
230	0:50:15	Kevin	Storar	Unattached	MV50	730
231	0:50:17	Lee	Bartlett	Unattached	SM	376
232	0:50:28	Kevin	Phelps	Wrekin Road Runners	SM	324
233	0:50:29	Roderick	Landymore	Unattached	MV60	565
234	0:50:30	Simon	Ebrey	Unattached	SM	890
235	0:50:31	Ione	Dowson	Shropshire Shufflers	FV50	727
236	0:50:32	Mark	Williams	Unattached	MV45	408
237	0:50:40	Robin	Elliot	Shropshire Shufflers	MV45	576
238	0:50:42	Roy	Jones	Unattached	MV50	506
239	0:50:44	Susan	Bouquet-Gunnell	Unattached	FV40	561
240	0:50:50	Ian	Taylor	Unattached	MV40	560
241	0:50:50	Paul	Woodcock	Unattached	MV50	874
242	0:51:05	Mark	Harris	Unattached	MV45	461
243	0:51:06	Wendy	Scott	Wrekin Road Runners	FV45	642
244	0:51:09	Mick	Hudson	Kidderminster & Stourport AC	MV50	889
245	0:51:10	Beverly	Stoddart	Newport & District RC	FV40	669
246	0:51:17	Jason	Tuckley	Unattached	SM	699
247	0:51:23	Matthew	Snelling	Unattached	MV40	328
248	0:51:31	Christopher	Drapier	Unattached	SM	455
249	0:51:33	Paul	Whittingham	Unattached	MV45	639
250	0:51:35	Craig	Lamb	Unattached	SM	892
251	0:51:37	Sarah	Roberts	Unattached	FV35	238
252	0:51:40	Rhian	Williams	Shropshire Shufflers	SM	327
253	0:51:42	Colin	Butler	Telford Harriers	SM	500
254	0:51:50	Gail	Smith	Sneyd Striders	FV50	543
255	0:51:53	Deb	Sandeman	Wrekin Road Runners	FV50	792
256	0:52:00	Peter	Jensen	Unattached	MV40	524
257	0:52:04	Claire	Brazier	Unattached	FV35	345
258	0:52:05	Claire	Pruce	Unattached	SF	496
259	0:52:05	Julie	Whittingham	Unattached	FV40	638
260	0:52:09	Josh	Ashe	Unattached	SM	364

261	0:52:13	Jenny	Newton	Unattached	FV40	527
262	0:52:18	Hugh	Elliott	Wenlock Olympians	MV55	380
263	0:52:19	Ken	Robbins	Whitchurch Whippets	MV60	529
264	0:52:21	Pat	Hackett	Black Country Triathletes	FV50	472
265	0:52:22	Jenny	Reeve	Lichfield RC	FV45	276
266	0:52:22	Duncan	Burton	Unattached	MV45	300
267	0:52:23	Darren	Beattie	Unattached	SM	664
268	0:52:26	Graham	Bryce	Unattached	MV45	785
269	0:52:28	Rebecca	Prosser	Unattached	SF	242
270	0:52:35	Emma	Sheekey	Shrewsbury AC	FV35	614
271	0:52:37	Joanne	Roden	Chase Harriers	SF	851
272	0:52:43	Jenny	Jones	Shropshire Shufflers	SF	394
273	0:52:47	Michelle	Townsend	Unattached	FV35	318
274	0:52:49	Kate	Waterhouse	Whitchurch Whippets	SF	225
275	0:53:04	Richard	Walduck	Unattached	SM	505
276	0:53:09	Victoria	Northern	Unattached	FV50	390
277	0:53:16	Robert	Newton	Unattached	MV40	526
278	0:53:17	David	Jenkins	Birmingham Rowheath AC	MV45	215
279	0:53:23	Helen	Williams	Unattached	FV35	888
280	0:53:28	Fiona	Hamilton	Caine RC	SF	603
281	0:53:35	Mike	Rathbone	Telford Harriers	MV45	283
282	0:53:38	Nicola	Bond	Unattached	SF	395
283	0:53:51	Steve	Smith	Unattached	MV45	897
284	0:54:01	Nicolas	Knowland	Unattached	MV45	385
285	0:54:05	Lee	Millward	Unattached	SM	777
286	0:54:08	Jill	Kelson	Newport & District RC	FV45	863
287	0:54:12	Stephen	Wright	Unattached	MV45	601
288	0:54:18	Ian	Brocklehurst	Unattached	SM	336
289	0:54:19	Shirley	Harris	Unattached	FV45	462
290	0:54:22	Mark	Evans	Wrekin Road Runners	MV45	518
291	0:54:25	Hannah	Rigby	Unattached	SF	839
292	0:54:25	Jonathan	Henderson	Unattached	SM	838
293	0:54:28	Jodie	Jones	Unattached	SF	275
294	0:54:37	Roger	Beacham	Bromsgrove & Redditch AC	MV65	443
295	0:54:38	David	Northern	Unattached	MV50	388
296	0:54:41	Kate	Breeze	Unattached	SF	770
297	0:54:43	Debbie	Goodale	Wrekin Road Runners	SF	779
298	0:54:57	Ann	Gregory	Unattached	FV45	288

299	0:55:04	Helen	Horton	Dudley Ladies RC	FV40	746
300	0:55:05	Boris	Kysela	Unattached	MV45	872
301	0:55:06	David	Redwood	Unattached	SM	881
302	0:55:10	Michael	Burton	Long Distant Walking Assoc.	MV55	641
303	0:55:17	Wayne	Shelley	Unattached	MV40	219
304	0:55:17	Chris	Gohlich	Unattached	MV45	220
305	0:55:18	John	Bradbury	North Staffs RRA	MV40	402
306	0:55:25	Lisa	Dimbleby	Birchfield Harriers	FV35	479
307	0:55:27	Neil	Foston	Unattached	SM	441
308	0:55:31	Tony	Tompkins	Unattached	SM	231
309	0:55:39	Roger	Sandland	Telford AC	MV65	668
310	0:55:45	Nicola	Atkins	Unattached	SF	259
311	0:55:46	John	Boxley	Unattached	MV40	353
312	0:55:47	Simon	Adcock	Unattached	MV40	677
313	0:55:48	Adam	Cutler	Unattached	SM	880
314	0:55:50	Ste	Hughes	Unattached	SM	899
315	0:55:51	Mark	Jessop	Unattached	SM	476
316	0:55:52	Nicola	Emery	Unattached	FV35	721
317	0:55:59	Julia	Bartlett	Unattached	FV35	490
318	0:56:03	John	Stokes	Newport & District RC	MV55	224
319	0:56:10	Neal	Russon	Unattached	SM	767
320	0:56:11	Catherine	Field	Unattached	SF	460
321	0:56:12	Lois	Dale	Telford Harriers	FV45	217
322	0:56:14	Helen	Richardson	Unattached	FV40	697
323	0:56:14	Lynn	Betts	Unattached	FV40	200
324	0:56:15	Nicki	Egginton	Unattached	FV45	493
325	0:56:18	Wendy	Hill	Unattached	FV45	285
326	0:56:26	Julie	Tatton	Unattached	FV45	418
327	0:56:35	Lee	Cooper	Unattached	SM	254
328	0:56:35	Gerard	Prendergast	Unattached	SM	714
329	0:56:54	David	Phillips	Massey Ferguson RC	MV65	579
330	0:56:58	Emma	Griffiths	Unattached	SF	424
331	0:56:58	Joanne	Bennett	Unattached	FV35	363
332	0:57:04	Pauline	Kesek	Unattached	FV45	406
333	0:57:22	Sara	Rogers	Whitchurch Whippets	FV40	264
334	0:57:25	Shona	Morris	Unattached	FV50	796
335	0:57:40	Jayne	Seal	Unattached	FV40	567

336	0:57:41	Martin	Rose	Unattached	SM	209
337	0:57:42	Angela	Mackenzie	Unattached	SF	309
338	0:57:44	Mark	Perez	Unattached	SM	337
339	0:58:06	Jason	Howes	Unattached	SM	436
340	0:58:07	Rabinder	Mahay	Unattached	FV35	477
341	0:58:16	Steph	Lloyd	Unattached	FV35	619
342	0:58:19	Lynn	Hughes	Unattached	SF	344
343	0:58:22	Louise	Holden	Unattached	SF	747
344	0:58:27	Gordon	Hargrave	Unattached	MV40	599
345	0:58:29	Elaine	Dines	Whitchurch Whippets	FV35	298
346	0:58:44	Helen	Robbins	Whitchurch Whippets	FV55	530
347	0:58:59	Mandy	Riley	Unattached	FV50	401
348	0:59:07	Debbie	Watson	Unattached	FV35	425
349	0:59:07	Anna	Kent	Unattached	FV35	194
350	0:59:11	Alex	Dunn	Unattached	SM	466
351	0:59:40	Stewart	Dyet	Unattached	MV40	323
352	0:59:49	Chris	Carr	Unattached	SM	326
353	0:59:54	Sally	Jenkins	Unattached	FV45	522
354	1:00:00	Carol	Easthope	Unattached	FV50	585
355	1:00:07	Mark	Sobczak	Unattached	SM	610
356	1:00:20	Matt	Naylor	Unattached	SM	257
357	1:00:31	Karen	Erskine	Wrekin Road Runners	FV50	681
358	1:00:31	Stuart	Blakemore	Unattached	MV50	541
359	1:00:37	Paul	Nash	Unattached	SM	778
360	1:00:45	Ross	Weston	Wrekin Road Runners	SM	207
361	1:00:57	Claire	Walters	Unattached	FV35	596
362	1:00:57	David	Marsh	Unattached	MV45	597
363	1:01:20	Stephen	Gatehouse	Unattached	MV40	661
364	1:01:27	Shirley	Hasenauer	Unattached	FV35	471
365	1:01:36	Emma	Banks	Unattached	SF	504
366	1:01:41	Howard	Davies	Unattached	MV50	305
367	1:01:49	Emma	Cope	Unattached	SF	725
368	1:01:49	Antony	Clapp	Unattached	SM	720
369	1:02:23	Anna	Sargeant	Unattached	FV60	488
370	1:02:36	Pauline	Walsh	Newport & District RC	FV45	763
371	1:02:40	Michelle	Taylor	Unattached	SF	637
372	1:02:51	Chris	Parsonage	Unattached	SM	696
373	1:03:06	Michelle	Brookes	Unattached	SF	484

374	1:03:17	Megan	Rudge	Unattached	SF	370
375	1:03:21	Brenda	Duffy	Unattached	FV35	269
376	1:04:09	Jon	Hughes	Unattached	SM	784
377	1:04:24	Christine	Tonks	Unattached	FV35	478
378	1:04:31	Mary	Garvey	Unattached	FV45	650
379	1:04:40	Dave	Hancock	Eryri Harriers	MV50	221
380	1:05:05	James	Beyer	Unattached	SM	308
381	1:05:25	Simon	Banks	Unattached	MV55	268
382	1:05:28	Cheryl	Cope	Unattached	SF	765
383	1:05:42	Chee	Tsang	Unattached	SM	226
384	1:06:00	Helen	Hope	Unattached	FV40	709
385	1:06:14	Kirsten	Brown	Shrewsbury AC	SF	437
386	1:06:49	Satwinder	Kaur-Virdee	Unattached	FV45	753
387	1:06:50	Lynne	Rathbone	Telford Harriers	FV45	282
388	1:07:06	Peter	Rao	Unattached	SM	693
389	1:07:06	Arthur	Zammit	Telford Harriers	SM	515
390	1:07:08	Adrian	Jarvis	Unattached	MV40	489
391	1:07:09	Mike	Rowlands	Unattached	SM	419
392	1:07:11	Rachael	Cooper	Unattached	SF	255
393	1:07:21	Catherine	Hughes	Wrekin Road Runners	FV45	451
394	1:07:32	Varinder	Mahay-Paul	Unattached	FV40	378
395	1:07:33	Baudh	Mahay	Unattached	SM	372
396	1:09:00	Rebecca	Smith	Unattached	FV35	279
397	1:09:00	Linda	Gatehouse	Unattached	FV40	660
398	1:09:09	Kate	Beard	Unattached	SF	355
399	1:09:40	Brian	Connolly	Unattached	MV40	280
400	1:09:54	Maria	Kysela	Unattached	FV50	871
401	1:10:18	Cheryl	Dunn	Dudley Ladies RC	FV50	564
402	1:10:19	Louise	Cullis	Unattached	FV40	581
403	1:12:12	Pamela	Cadman	Unattached	FV50	580
404	1:12:29	Ivor	Denning	Wrekin Road Runners	MV70	586
405	1:12:30	Wendy	Checketts	Unattached	SF	553
406	1:13:44	Kate	Hall	Unattached	SF	554
407	1:13:44	Linda	Butler	Unattached	FV45	501