

Position	Race#	Gender	Age Group	Forename	Surname	Club	Time
1	354	Male	SM	Andy	Salt	Croft Ambr	34.43
2	185	Male	SM	Clive	Morgan	Maldwyn H	35.00
3	356	Male	SM	Matthew	Yapp	Mercia Fell	36.16
4	187	Male	V40	Mark	Thomas	Croft Ambr	37.16
5	169	Male	SM	Jack	Wilson	Unaffiliated	37.53
6	179	Male	SM	Neil	Godsell	Maldwyn H	38.36
7	191	Male	V40	Dale	Williams	Brecon Ath	39.01
8	195	Male	V45	Simon	Norwood	Croft Ambr	40.28
9	184	Male	SM	Craig	Collier	Ludlow Rur	41.02
10	178	Male	SM	Benjamin	vessey	Unaffiliated	41.10
11	291	Male	V45	Glyn	Williams	Croft Ambr	41.47
12	193	Male	V45	Paul	Mammatt	Unaffiliated	42.09
13	192	Male	V45	Nic	Dauncey	Malvern Jo	42.18
14	286	Male	V45	Mike	Link	Hereford C	42.51
15	260	Male	V50	Nigel	Taylor	Croft Ambr	43.10
16	289	Male	V45	Nick	Hitchings	Worcester	43.27
17	298	Male	V40	Darren	Jarman	Maldwyn H	43.38
18	479	Female	SL	Irina	Dale	Croft Ambr	43.45
19	167	Male	JM	Joe	Manley	Ludlow Rur	44.22
20	294	Male	V65	Steve	Herrington	Hereford C	45.38
21	165	Male	JM	Tom	Hughes	Maldwyn H	45.39
22	170	Male	SM	Oli	PROUSE	Teignbridg	45.39
23	406	Female	SL	Kelly	Bowen	Croft Ambr	45.41
24	267	Male	V55	Chris	Wakeman	Shrewsbur	45.51
25	358	Male	SM	Nigel	Mason	Croft Ambr	45.55
26	174	Male	JM	Will	Gore	Croft Ambr	45.56
27	353	Male	V45	Andrew	Dempsey	Ludlow Rur	46.00
28	293	Male	V45	Steve	Mesham	Presteigne	46.29
29	462	Female	FV35	Claire	Thomas	Ludlow Rur	46.40
30	164	Male	Jboy	Alec	Harper	Croft Ambr	46.49
31	359	Male	V40	D	Hartshorne	Unaffiliated	46.58
32	290	Male	SM	Rob	Deakin	Birchfield F	47.03
33	186	Male	SM	Ben	Crossley	Ludlow Rur	47.25
34	166	Male	JM	Jasper	Robinson	Croft Ambr	47.33
35	417	Female	FV40	Monique	Horne	Unaffiliated	47.33
36	269	Male	V55	Paul	Baskeyfielc	Ludlow Rur	47.34
37	468	Female	FV35	Sarah	Conway	Birchfield F	47.43
38	271	Male	V60	Neil	Taylor	Croft Ambr	47.46
39	474	Female	SL	Lizzie	Cockle	Maldwyn H	47.46
40	189	Male	V40	Chris	Neale	Unaffiliated	47.49
41	283	Male	V40	James	Hinton	Ludlow Rur	48.43
42	297	Male	V60	Clive	Richardson	Ludlow Rur	48.57
43	270	Male	V55	Brent	Lowson	Wye Valley	49.07
44	180	Male	SM	Thomas	Powell	Ludlow Rur	49.30
45	460	Female	FV65	Liz	Bowers	Worcester	49.31
46	472	Female	SL	Hayley	Jennings	Ludlow Rur	49.35
47	197	Male	V50	steve	roode	Malvern Jo	49.59
48	475	Female	FV45	Vivien	Dempsey	Ludlow Rur	50.13
49	171	Male	SM	Scott	Hardie	Croft Ambr	50.28

50	403	Female	SL	Robyn	Gore	Croft Ambr	50.34
51	295	Male	V55	Philip	Hoskins	Unaffiliated	50.40
52	401	Female	SL	Claire	Haynes	Malvern Jo	50.51
53	442	Female	FV55	Suzanne	Powell	Croft Ambr	50.59
54	288	Male	V70	Guy	Whitmarsh	Croft Ambr	51.05
55	183	Male	SM	Rob	Jones	Worcester	51.08
56	473	Female	FV45	Stephanie	Main	Croft Ambr	51.09
57	414	Female	FV35	Caroline	Morgan	Maldwyn H	51.09
58	407	Female	FV35	Joanne	Tilby	Croft Ambr	51.10
59	355	Male	V45	Anthony	Wade	Croft Ambr	51.11
60	405	Female	SL	Alice	Godding	Ludlow Rur	51.13
61	477	Female	FV50	Jo	Marriott	Croft Ambr	51.17
62	465	Female	FV35	Cath	Watkins	Wye Valley	51.25
63	284	Male	V45	david	Millichap	Croft Ambr	51.27
64	275	Male	V65	Steve	Orrells	Maldwyn H	51.31
65	199	Male	V50	Mike	Bolton	Malvern Jo	52.15
66	423	Female	FV40	Nicola	Goodwin	Hereford Ti	52.19
67	360	Male	SM	Neil	Bramwell	Unaffiliated	52.46
68	420	Female	FV40	Samantha	Harper	Croft Ambr	52.55
69	256	Male	V50	Michael	Hughes	Unaffiliated	53.26
70	281	Male	V70	Gary	Gunner	Croft Ambr	53.31
71	357	Male	M	Richard	Lodge	Aldridge RC	53.35
72	444	Female	FV60	Jan	Edwards	Wye Valley	53.36
73	352	Male	SM	Chris	Trapmore	Unaffiliated	53.48
74	194	Male	V45	paul	Buften	Brecon Ath	53.56
75	190	Male	V40	Tom	Fortune	Fell Runner	54.24
76	264	Male	V55	Guy	Hallam	Unaffiliated	54.27
77	258	Male	V50	Jason	Protheroe	Malvern Jo	54.30
78	431	Female	FV50	Diane	Wynne	Vegan Run	54.35
79	435	Female	FV55	Julie	Caseley	Malvern Jo	54.51
80	432	Female	FV50	Liza	Austin	Croft Ambr	55.21
81	285	Male	V45	Paul	Parker	Ludlow Rur	55.23
82	176	Male	SM	Saul	phillips	Ludlow Rur	55.23
83	188	Male	V40	Olly	Downing	Meirionny	56.22
84	279	Male	V65	Tom	Davies	Croft Ambr	56.25
85	173	Male	SM	Cliff	Horncastle	Unaffiliated	57.01
86	282	Male	V75	Brian	Symonds	Wye Valley	57.08
87	430	Female	FV50	Alison	Priest	Malvern Jo	57.11
88	265	Male	V55	max	cullen	Unaffiliated	57.12
89	467	Female	FV45	Caroline	Powell	Croft Ambr	57.14
90	259	Male	V50	Richard	Willoughby	Telford Har	57.16
91	441	Female	FV55	Flora	Gunner	Croft Ambr	57.17
92	471	Female	FV40	Claire	Webb	Ludlow Rur	57.51
93	296	Male	V50	Simon	Oliver	Wye Valley	57.56
94	476	Female	FV45	Maria	Spurling	Shropshire	58.16
95	273	Male	V60	Rob	Wood	Croft Ambr	58.17
96	181	Male	SM	Ben	Pope	Unaffiliated	58.18
97	422	Female	FV40	Rhian	Protheroe	Malvern Jo	58.29
98	478	Female	JF	Ffion	Gilbert	Ludlow Rur	58.54
99	470	Female	FV35	Liz	Whitmarsh	Ludlow Rur	59.02

100	445	Female	FV60	Jill	Hillman	Maldwyn H	59.09
101	429	Female	FV50	Victoria	Dickinson	Croft Ambr	59.34
102	182	Male	SM	Matt	Jones	Unaffiliated	60.01
103	466	Female	FV40	Alison	Buttle	Black Pear	61.21
104	469	Female	FV65	Gail	Tombs	Ackworth F	61.26
105	434	Female	FV50	Stephanie	King	Croft Ambr	61.33
106	266	Male	V55	Tony	Stanley	Unaffiliated	61.39
107	440	Female	FV55	Joanne	Stanley	Unaffiliated	63.06
108	446	Female	FV60	Patricia	Johnson	Malvern Jo	63.15
109	276	Male	V65	Bill	Griffiths	Wye Valley	63.26
110	177	Male	SM	Buckley	Tom	Unaffiliated	64.11
111	425	Female	FV45	Samantha	Hatton	Unaffiliated	64.35
112	292	Male	V40	Elliot	Maslen	Ludlow Rur	64.51
113	272	Male	V60	Ian	Dennis	Unaffiliated	65.47
114	439	Female	FV55	vivien	tolley	Malvern Jo	66.52
115	261	Male	V55	Roger	Peacock	Unaffiliated	68.11
116	464	Female	FV50	Michele	Parker	Ludlow Rur	68.40
117	287	Male	V75	Bryan	Markham	Croft Ambr	69.39
118	402	Female	SL	Hannah	Buckley	Holmfirth F	69.52
119	278	Male	V65	Peter	Hogarth	Unaffiliated	72.00
120	463	Female	FV45	hayley	Millichap	Croft Ambr	74.04
121	274	Male	V60	Charly	Lowndes	Malvern Jo	74.16
122	433	Female	FV50	Lyn	Coleman	Malvern Jo	74.48
123	257	Male	V50	Neil	Coleman	Malvern Jo	74.48
124	404	Female	SL	Katy	Godsell	Maldwyn H	75.00
125	438	Female	FV55	Maggie	Morris	Ludlow Rur	75.04
126	277	Male	V65	Robert	Edwards	Unaffiliated	75.12
127	461	Female	FV70	Sybil	Marsh	Ludlow Rur	75.44
128	409	Female	FV35	Jane	Cabara	Ludlow Rur	79.15
129	426	Female	FV45	Sue	Manley	Ludlow Rur	79.16
130	418	Female	FV40	Annie	Robson	Malvern Jo	80.16
131	443	Female	FV60	caroline	Orrells	Maldwyn H	84.20
132	408	Female	FV35	Laura	Williams	Malvern Jo	93.55
133	415	Female	FV40	Lynsey	Hall	Pershore Pl	105.05