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## Rhayader Round the Lakes 20, Wales 17th March 2007

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Pos	Num	Forename	Surname	Cat	Club	time
1	120	Philip	Critchlow	M	Beaumont RC	2:00:44
2	320	Matthew	Collins	M	Cardiff AAC	2:01:55
3	247	Andrew	Jones	M	Neath Harriers	2:06:15
4	324	Mike	Evans	M	Cardiff AAC	2:06:46
5	131	Stephen	Thomas	M	Islwyn RC	2:07:05
6	93	Dave	Dixon	M40	British Airways	2:10:18
7	339	Carwyn	Thomas	M	Sarn Helen	2:10:37
8	111	Ian	James	M45	Wrexham AC	2:11:22
9	321	Jon	Newey	M	Malvern Joggers	2:13:46
10	341	Nick	DAvis	M	Chepstow Harriers	2:14:08
11	332	Matt	Raden	M	Stourbridge RC	2:15:29
12	283	Steve	Cunningham	M40	U/A	2:16:05
13	223	Jim	Aylmore	M45	Poole Runners	2:17:32
14	265	David	Headon	M45	Les Croupiers	2:17:41
15	57	Shaw	Pye	M	Amazing Feet RC	2:18:34
16	148	David	Wilde	M45	Bridgnorth AC	2:19:10
17	124	Dimitri	Vorres	M40	Griffithstown Harriers	2:19:18
18	315	Matt	Scriven	M	U/A	2:19:39
19	268	Glyn	Price	M	Sarn Helen	2:19:53
20	342	Dewi	Roberts	M	Bro Dysynni	2:20:19
21	136	Chris	Fulcher	M	Port Talbot Harriers	2:20:46
22	322	Richard	Walsh	M	Malvern Joggers	2:20:51
23	54	William	Harris	M40	Shropshire Shufflers	2:20:51
24	224	Shane	Connolly	M40	Telford AC	2:20:51
25	348	Andrew	Davies	M	Stourbridge RC	2:20:55
26	234	Charles	LeBek	M40	U/A	2:20:56
27	289	Dave	Austin	M	Bristol & West AC	2:22:22
28	78	Ken	Fotherby	M80	Wolverhampton & Bilston	2:22:27
29	73	Steffan	Hughes	M	C Rh A P	2:22:29
30	109	Samuel	Ryall	M	U/A	2:22:29
31	512	Clare	Phillips	F35	Swansea Harriers	2:22:29

32	302	Fred	Fox	M50	Yeovil Town RC	2:22:39
33	229	Andy	Yates	M40	Cheltenham Harriers	2:22:49
34	336	Paul	Durnall	M	Stourbridge RC	2:23:13
35	292	Philip	Kendrick	M45	Brecon AC	2:33:20
36	191	Paul	Etheridge	M45	D-TRACC	2:23:29
37	301	Dave	Powell	M45	Aberystwyth AC	2:23:30
38	59	Stuart	Wilkie	M	Hogweed Trotters	2:23:41
39	260	James	Baulch	M	Poole Runners	2:24:16
40	256	Matthew	Whitfield	M50	Ellesmere Port AC	2:24:16
41	240	H	Hartnell	M40	Islwyn RC	2:24:16
42	261	David	Cartwright	M55	Poole Runners	2:24:16
43	294	Martin	George	M	Sospan RR	2:24:16
44	212	Stephen	Edwards	M	Islwyn RC	2:24:16
45	350	Thomas	Guy	M	Griffithstown Harriers	2:24:16
46	195	Ian	Churchward	M	Lytchett Mnaor Striders	2:24:16
47	287	Glyn	Fletcher	M45	Maldwyn Harriers	2:25:06
48	639	Angie	Sadler	F45	Tewkesbury AC	2:25:17
49	126	Craig	Greenough	M	Blackburn Harriers	2:25:19
50	8	Jamie	Anderson	M	Telford Harriers	2:26:04
51	263	Keith	Thompson	M45	Islwyn RC	2:26:19
52	311	Tony	Warner	M45	Stourbridge RC	2:26:39
53	139	Phil	Miles	M55	Club 69	2:26:46
54	300	Andrew	Thomas	M40	Sospan RR	2:26:46
55	331	Ted	McLaughlin	M45	Droitwich AC	2:26:46
56	631	Phoebe	Webster	F	UWA Harriers	2:27:04
57	164	Max	Suff	M40	Hereford Couriers	2:27:26
58	74	Christopher	Law	M40	Ledbury Harriers	2:27:39
59	65	Paul	Bowden	M45	Witney RR	2:27:50
60	186	Robert	Trill	M	U/A	2:27:50
61	361	Richard	Shardlow	M	Bromsgrove & Redditch	2:28:11
62	286	Charles	Walsh	M	Port Talbot Harriers	2:28:11
63	308	GAreth	Ashmead	M40	Yeovil Town RC	2:28:11
64	133	Bernard	Jarvis	M60	Holme Pierrepoint	2:28:11

65	116	Jeremy	Bateman	M50	Ripley Running	2:29:34
66	359	Jimmy	Price	M50	Liverpool	2:29:46
67	24	Tony	Mattson	M	U/A	2:29:48
68	562	Susannah	Bulpin	F	San Domenico	2:29:57
69	360	Gary	Ritter	M	U/A	2:30:01
70	154	Jonathan	Bott	M	Beaumont RC	2:30:51
71	235	Mike	Palmer	M	Bro Dysynni	2:31:01
72	316	Michael	Bunston	M	Islwyn RC	2:31:03
73	255	Tim	Davis	M	U/A	2:31:08
74	325	Clive	Donovan	M40	West Cheshire AC	2:31:21
75	262	Colin	Jackson	M60	Aldridge RC	2:31:29
76	524	Tracey	Baker	F40	u/a	2:31:36
77	307	Phil	Manning	M45	Stroud & Dist AC	2:31:40
78	630	Emma	Grosvenor	F	u/a	2:31:44
79	266	Huw	Price	M40	Sarn Helen	2:31:50
80	264	Rob	Falconer	M45	U/A	2:31:58
81	135	Michael	Davies	M55	Les Croupiers	2:32:15
82	573	Samantha	Hutchinson	F35	Shrewsbury AC	2:32:31
83	257	John	Towner	M	Poole Runners	2:32:34
84	605	Michelle	Laws	F35	Almost Athletes	2:32:52
85	526	Dawn	Kenwright	F50	Sarn Helen	2:32:54
86	276	Chris	Dawes	M	Lordshill RR	2:32:55
87	49	Tony	Hodgson	M55	Meironnydd RC	2:33:09
88	358	Jeff	Thomas	M40	Bridgend AC	2:33:10
89	97	Jon	Bateman	M55	RRC	2:33:11
90	330	Dean	Thornton	M40	Westbury Harriers	2:33:14
91	647	Trish	Robson	F45	Westbury Harriers	2:33:19
92	125	Simon	Liebling	M45	Marlborough RC	2:33:34
93	171	Paul	Charles	M45	Pegasus RC	2:34:09
94	207	Ian	Hughes	M	Almost Athletes	2:34:09
95	149	Mark	Richards	M40	Ledbury Harriers	2:34:20
96	151	Mark	Amos	M	U/A	2:34:28
97	159	Steven	Rooke	M	Ledbury Harriers	2:34:30
98	80	Richard	Share	M	U/A	2:34:59
99	312	Neil	Williams	M45	U/A	2:35:00
100	221	Andy	Bowen	M40	U/A	2:35:03
101	161	Chris	Adams	M	Stroud & Dist AC	2:35:17
102	152	Garry	Tann	M45	U/A	2:35:22
103	267	Murray	Kisbee	M55	Sarn Helen	2:35:29
104	118	Nick	Lewis	M	Almost Athletes	2:35:30

105	61	Aled	Evans	M45	Club Rhedeg Ardal Penlanffos	2:35:35
106	333	Andy	Kelford	M40	Chase Harriers	2:35:39
107	134	Mark	Arrowsmith	M40	Chapel Allerton RR	2:35:41
108	277	Tony	Peach	M40	Lytchett Manor Strider	2:36:21
109	328	Barry	Gardner	M	West Cheshire AC	2:36:21
110	165	Lenny	Hughes	M50	Newtown Harriers	2:36:35
111	113	David	Thomas	M40	U/A	2:36:41
112	180	Adrian	Dixon	M60	FRA	2:36:42
113	533	Alayne	Malkin	F40	TRA	2:36:44
114	82	Peter	Nash	M45	Royal Navy AC	2:36:45
115	591	Val	Swingler	F40	Shropshire Shufflers	2:37:22
116	355	Peter	Rodger	M50	Griffithstown Harriers	2:37:43
117	217	Ade	White	M40	Islwyn RC	2:37:48
118	317	Derek	Rainbird	M50	Club 69	2:38:12
119	216	Stafford	Rees	M	Rhayader AC	2:38:20
120	103	John	Humphries	M50	U/A	2:38:31
121	594	Teri	Thompson	F40	Black Pear Joggers	2:38:44
122	314	Kenneth	Sears	M50	Almost Athletes	2:38:46
123	297	David	Horne	M45	Ledbury Harriers	2:38:48
124	620	Kat	Driver	F	Pembrokeshire Harriers	2:38:54
125	37	David	Williams	M	Serpentine	2:38:56
126	302	Fred	Fox	M50	Yeovil Town RC	2:39:10
127	624	Becky	Griffith	F	Poole Runners	2:39:41
128	634	Louise	Barker	F	Aberystwyth AC	2:39:38
129	269	Richard	Hammond	M40	U/A	2:39:48
130	334	Alan	Taylor	M50	U/A	2:39:50
131	319	Gary	Lewis	M	Presteigne Pacer	2:39:55
132	39	Peter	Barlow	M50	Southampton	2:40:04
133	590	Jenny	Mills	F55	Launceston RR	2:40:14
134	181	Patrick	Joseph	M40	Lordshill RR	2:40:39
135	583	Sue	Tagg	F35	Club 69	2:40:45
136	192	Richard	Self	M40	Les Croupiers	2:40:47
137	34	Stephen	Hopkins	M45	Bournville Harriers	2:41:08
138	106	Dave	Preece	M	Manchester Tri	2:41:21

					Club	
139	35	Barry	O'Driscoll	M	Tewkesbury AC	2:41:32
140	575	Mandy	Jones	F45	Islwyn RC	2:41:50
141	141	Stephen	Jones	M45	Islwyn RC	2:41:50
142	132	Stuart	Rushton	M	U/A	2:42:06
143	102	Tim	Evans	M40	Dudley & Kingswinford	2:42:35
144	205	Colin	Williamson	M60	Shropshire Shufflers	2:42:50
145	343	Robert	Burns	M55	Lytchett Manor Strider	2:43:41
146	298	Ian	Price	M55	Croft Ambrey	2:43:45
147	309	Mark	Higgs	M40	Stourbridge RC	2:43:56
148	299	John	Parry	M50	U/A	2:44:00
149	197	Michael	Letheren	M50	Lordshill RR	2:44:04
150	586	Rachel	Ward	F45	Amazing Feet RC	2:44:25
151	593	Jacki	Jarvis	F40	Oswestry Olympians	2:44:39
152	18	Vince	Archer	M40	Cherwell Runners	2:44:45
153	20	Simon	Charles	M	Cherwell Runners	2:45:01
154	275	Mike	Woods	M40	U/A	2:45:16
155	246	Martin	Williams	M58	Kidderminster & Stourport 48	2:45:22
156	253	Chris	Guerrier	M50	Poole Runners	2:45:23
157	202	Simeon	Cryer	M	U/A	2:45:28
158	281	Kevin	Draper	M40	Amazing Feet RC	2:45:34
159	295	Stephen	Bickerton	M50	U/A	2:45:48
160	33	Steve	Press	M	Wecori	2:45:49
161	210	Andy	Pugh	M40	U/A	2:45:53
162	609	Shirley	Hume	F55	RRC	2:46:18
163	273	Phil	Butler	M50	Wye Valley Runners	2:46:18
164	75	Tony	Kennedy	M45	West Cheshire	2:46:22
165	89	Carlton	Coates	M40	U/A	2:46:29
166	101	Daryl	Cavill	M	U/A	2:46:31
167	599	Lee Helen	Etheridge	F35	New Forest Runners	2:46:44
168	121	Bob	Pope	M40	Worcester AC	2:46:45
169	354	Christopher	Garbett	M40	Oswestry Olympians	2:47:23
170	158	Andrew	Palmer	M	Penarth & Dinas Runners	2:47:52

171	160	Phil	White	M	U/A	2:47:55
172	243	Alex	Shutt	M	U/A	2:47:56
173	242	Huw	Morgans	M	U/A	2:48:05
174	178	Roger	McFadden	M55	RRC	2:48:07
175	296	Brian	James	M40	Cheadle RC	2:48:11
176	144	Jeremy	Bright	M	Abergele Harriers	2:48:14
177	251	Chris	Davies	M55	Shropshire Shufflers	2:48:15
178	357	Vince	Davies	M40	Alchester AC	2:48:23
179	650	Natasha	Goggin	F	u/a	2:48:31
180	649	Lisa	Griffiths	F	Westbury Harriers	2:48:33
181	170	Graeme	Donnan	M50	Les Croupiers	2:48:52
182	122	Kevin	McCarthy	M40	RRC	2:48:52
183	293	Richard	Lawrence	M	U/A	2:49:11
184	623	Hannah	Towner	F	Poole Runners	2:49:12
185	258	Howard	Lewis	M	Poole Runners	2:50:00
186	568	Hilary	Hare-Duke	F45	Holme Pierrepont	2:50:01
187	349	Elliott	Lynch	M	COBRA	2:50:05
188	29	Tony	Wenlock	M50	Aberystwyth AC	2:50:11
189	648	Fidelma	Crowe	F	Westbury Harriers	2:50:15
190	211	Dafydd	Jones	M	U/A	2:50:32
191	323	Glyn	Williams	M	Presteigne Pacer	2:50:38
192	351	Dave	Houghton	M40	Capenhurst RC	2:50:40
193	51	Alex	Williams	M	RRC	2:51:00
194	239	Mark	Perry	M	U/A	2:51:04
195	285	Alan	Perkins	M55	Port Talbot Harriers	2:51:18
196	643	Asha	Warrick	F	u/a	2:51:36
197	628	Carol	Moseley	F	Port Talbot Harriers	2:51:41
198	644	Nicola	Davies	F	Stourbridge RC	2:51:42
199	14	Mark	Perry	M	Cobra RC	2:51:57
200	228	Chris	Hume	M60	RRC	2:52:00
201	629	Stella	Nowell	F	Griffithstown Harriers	2:52:05
202	206	Richard	Cox	M	Merryhill Striders	2:52:23
203	362	Alun	Saunders	M	U/A	2:52:48
204	313	Richard	Wall	M45	Hereford Couriers	2:53:05
205	326	Peter	Walters	M45	TROTS	2:53:31

206	203	Tim	Willson	M45	Tetbury Royals RC	2:53:34
207	306	Chris	Somerfield	M	Aldridge RC	2:53:49
208	305	Ellis	Boughton	M	U/A	2:54:19
209	183	Robin	Elliott	M45	U/A	2:54:24
210	305	Ellis	Boughton	M	U/A	2:54:28
211	183	Robin	Elliott	M45	U/A	2:54:30
212	150	Dave	Gwillam	M	Ledbury Harriers	2:54:32
213	327	Alistair	Parker	M45	Almost Athletes	2:54:46
214	259	Peter	Couch	M50	Poole Runners	2:55:32
215	323	Glyn	Williams	M	Presteigne Pacer	2:55:46
216	222	Simon	Gregg	M	Amazing Feet RC	2:55:55
217	271	Andrew	Cromie	M40	Rhayader AC	2:56:00
218	642	Sarah	Sherratt	F35	Wesham RR	2:56:02
219	509	Susan	Turner	F40	Headington RR	2:56:08
220	169	Kevin	Evans	M45	Merionnydd RC	2:56:25
221	190	David	Jones	M40	U/A	2:56:27
222	535	Angela	Brown	F35	Poole Runners	2:56:32
223	544	Lisa	Dainty	F35	Malvern Joggers	2:56:50
224	23	Kevin	Heede	M40	Shropshire Shufflers	2:56:52
225	129	Dominic	Shields	M40	U/A	2:56:54
226	632	Rowena	Melbourne	F	U/A	2:56:54
227	219	Royston	Toon	M55	Chepstow Harriers	2:56:59
228	137	Philip	Howells	M55	Tewkesbury AC	2:57:07
229	69	Darren	Morgan	M	U/A	2:57:13
230	19	Martin	McCormick	M40	U/A	2:57:18
231	318	Anthony	Pinson	M	Telford Harriers	2:57:21
232	556	JACKIE	Hendrie	F45	Shropshire Shufflers	2:57:24
233	280	Michael	Kedde	M	U/A	2:57:36
234	284	Raymond	James	M45	Port Talbot Harriers	2:57:44
235	603	Candy	Gil	F40	GWR	2:57:50
236	580	Judith	Jones	F45	Mysterons FC	2:57:59
237	189	Paul	Blake	M	U/A	2:58:06
238	226	Gerald	Sanders	M45	Amazing Feet RC	2:58:06
239	541	Karen	Bruff	F40	Stroud & Dist AC	2:58:06
240	174	Gareth	Evans	M	Village Vipers	2:58:06
241	328	Barry	Gardner	M	West Cheshire AC	2:58:06
242	502	Sarah	Swaysland	F35	RRC	2:58:33

243	1	Andy	Barnes	M45	RRC	2:58:59
244	47	Tony	Myers	M45	U/A	2:58:59
245	543	Susan	Smith	F40	Penarth & Dinas Runners	2:59:20
246	290	Malcolm	Leitch	M50	U/A	2:59:24
247	156	Matthew	Bailey	M	Black Pear Joggers	2:59:28
248	519	Jill	Colman	F40	Pembrokeshire Harriers	2:59:40
249	193	Peter	Lester- Owen	M45	U/A	2:59:47
250	615	Maria	Martin	F40	Rhayader & Dist AC	2:59:48
251	585	Kate	Conway	F40	Lytchett Mnaor Striders	3:00:00
252	539	Barbara	Cole	F50	Shropshire Shufflers	3:00:09
253	199	Andrew	Murphy	M	U/A	3:00:14
254	162	Daniel	Matthews	M	U/A	3:00:26
255	236	David	Mail	M50	Cambridge & Coleridge	3:01:03
256	640	Anita	Worthing	F50	u/a	3:01:08
257	22	Richard	Brooks	M	U/A	3:01:14
258	218	Noel	Chesledine	M	Village RR	3:01:18
259	96	Keith	Ashwood	M50	U/A	3:01:21
260	531	Janet	Richards	F40	Griffithstown Harriers	3:01:26
261	552	Joy	Follis	F50	Dudley & Kingswinford	3:02:04
262	549	Donna	Turner	F	DK Running Club	3:02:05
263	213	Paul	Hooper	M45	Preston Harriers	3:02:07
264	81	Brian	Jones	M	Cobra RC	3:02:11
265	550	Jenny	Horan	F60	Rotherham Harriers	3:02:14
266	537	Adele	Morris	F40	Rotherham Harriers	3:02:16
267	143	Phil	Burden	M40	Poole Runners	3:02:35
268	595	Annie	Fox	F35	Ledbury & Dist H	3:02:36
269	30	Stephen	Rivers	M	U/A	3:02:42
270	641	Glenda	Roberts	F50	Aberystwyth AC	3:03:15
271	610	Gemma	Wilson	F	u/a	3:03:18
272	607	Helen	Goldthorpe	F	Kirkstall Harriers	3:03:22
273	13	Matt	Lane	M	Andover RC	3:03:25
274	196	Daron	Fincham	M45	Telford Harriers	3:03:25

275	200	Paul	Davies	M40	U/A	3:03:31
276	572	Bridget	Parkinson	F	Aberystwyth	3:03:56
277	254	Steve	Platt	M50	TRA	3:04:05
278	167	Neil	Lewis	M45	Mumbles Milers	3:04:26
279	565	Carole	Jones	F50	Brecon AC	3:04:26
280	646	Sandra	Sforza	F40	Westbury Harriers	3:04:37
281	88	Chris	Bennett	M	U/A	3:04:47
282	347	Geraint	Jones	M	Rhayader AC	3:04:47
283	2	John	Williams	M40	Oswestry Olympians	3:05:02
284	9	Darren	Gillman	M	Spa Striders	3:05:10
285	576	Rebecca	Banks	F	Pembrokeshire Harriers	3:05:23
286	185	Daniel	Fleetwood	M	Shrewsbury AC	3:06:02
287	84	John	Kirkham	M	U/A	3:06:14
288	172	Ken	Smith	M45	Oswestry Olympians	3:06:18
289	530	Lucy	Cambridge	F	Dudley & Kingswinford	3:06:30
290	179	Andrew	Phillips	M	U/A	3:06:44
291	352	Bill	McDonnell	M50	Capenhurst RC	3:06:47
292	546	Bethan	Williams	F	u/a	3:06:55
293	560	Barbara	Parkinson	F55	Rugby & Northampton AC	3:07:04
294	356	Mike	Cutler	M40	Sth Cheshire Harriers	3:07:17
295	42	Paul	Skidmore	M45	Action Heart RC	3:07:23
296	564	Dee	Hailey	F55	Hook Norton Harriers	3:07:28
297	648	Fidelma	Crowe	F	Westbury Harriers	3:07:45
298	119	Stephen	New	M40	100 Marathon Club	3:07:51
299	291	Malcom	Campbell	M55	U/A	3:07:52
300	278	Karl	Whitfield	M	Lytchett Manor Strider	3:07:58
301	279	Russell	Marande	M	Lytchett Manor Strider	3:07:59
302	517	Jane	Staniforth	F45	Stroud & Dist AC	3:08:12
303	237	Dennis	Collins	M40	Rhondda Valley Runners	3:08:25
304	340	Joseph	Meadows	M40	Village RR	3:08:52
305	238	Russell	Dobbs	M	Islwyn RC	3:09:03
306	608	Gwenan	Jones	F40	Telford Harriers	3:09:04

307	304	Russell	Bown	M45	Yeovil Town RC	3:09:48
308	335	James	Handyside	M	U/A	3:10:23
309	182	David	Sinnott	M55	Saddleworth RC	3:10:39
310	215	Philip	Cashman	M45	U/A	3:11:12
311	589	Abbie	Wormald	F	u/a	3:11:16
312	248	Piers	Morgan-Harvey	M	Mumbles Milers	3:11:40
313	337	Thomas	Colton	M	U/A	3:12:04
314	117	Adrian	Bridge	M60	YRC	3:12:23
315	153	John	Biard	M40	U/A	3:13:08
316	329	Patrick	Sullivan	M40	Islwyn RC	3:13:12
317	522	Jackie	Cryer	F45	Swindon Striders	3:13:27
318	10	Chris	Maher	M55	U/A	3:13:31
319	44	Mark	Benton	M	U/A	3:13:58
320	72	Jamie	Rollings	M	U/A	3:13:58
321	272	Brian	Ashton	M55	Aberystwyth AC	3:14:35
322	28	Tony	Bartlett	M	U/A	3:14:56
323	558	Elizabeth	Leigh	F40	Witney RR	3:15:06
324	105	David	Leigh	M50	Witney RR	3:15:57
325	146	Richard	Palmer	M40	U/A	3:16:29
326	87	Anthony	Jones	M	Black Pear Joggers	3:17:54
327	70	William	Barber	M	U/A	3:18:04
328	545	Esther	Roberts	F	Penarth & Dinas Runners	3:18:10
329	619	Beth	Handyside	F35	u/a	3:18:22
330	633	Hilary	McCarthy	F40	Cardigan RC	3:18:58
331	231	Matthew	Albrighton	M	PAA	3:19:27
332	225	Michael	King	M55	Portishead RC	2:19:42
333	50	Tony	Quill	M40	U/A	3:19:45
334	155	Peter	Harding	M65	Carmarthen Harriers	3:19:52
335	127	Peter	Garlick	M45	Eryri Harriers	3:20:35
336	245	Alun	Jenkins	M40	Rhayader AC	3:20:56
337	635	Gillian	Gleed	F40	GWR	3:21:21
338	166	Derek	Goodchild	M60	Lordshill RR	3:21:32
339	38	Colin	Gill	M60	Team Coco	3:22:13
340	201	Ian	Owen	M	U/A	3:23:23
341	227	Michael	Alsworth	M55	RRC	3:23:38
342	518	Sarah	Lewis	F35	Amazing Feet RC	3:23:39
343	58	David	Pye	M55	Amazing Feet RC	3:23:44
344	224	Shane	Connolly	M40	Telford AC	3:23:48
345	540	Liz	Baker	F50	Lytchett Mnaor	3:25:09

					Striders	
346	55	Simon	McCudden	M45	Ripon Runners	3:25:56
347	140	Mick	Walker	M40	Met Police Athletic	3:26:18
348	230	James	Stenning	M	U/A	3:27:36
349	48	Robert	Thomas	M19	Meironnydd RC	3:27:57
350	618	Jean	Williams	F55	Shropshire Shufflers	3:28:35
351	592	Lilian	Carpenter	F60	Hook Norton Harriers	3:29:21
352	353	Simon	Garbett	M	Oswestry Olympians	3:29:22
353	606	Jane	Watson	F50	GWR	3:29:23
354	612	Sarah	Bradley	F45	u/a	3:29:32
355	62	David	Phillips	M60	Massey Ferguson RC	3:30:07
356	220	Robert	Friel	M	Telford Harriers	3:30:19
357	249	Ignatius	Naude	M55	U/A	3:30:25
358	142	David	Bolton	M	Chepstow Harriers	3:30:32
359	503	Rachel	Brown	F35	Stroud & Dist AC	3:31:02
360	204	Paul	Thomas	M55	Leighton Fun Runners	3:31:28
361	554	Susan	Paterson	F45	u/a	3:31:28
362	36	Ian	Hodgkiss	M	U/A	3:31:59
363	104	Tegryn	Jones	M	U/A	3:32:46
364	288	Terry	Hefferman	M55	Stroud & Dist AC	3:33:01
365	525	Joanna	Hendry	F35	Penarth & Dinas Runners	3:33:03
366	91	Richard	Edwards	M	U/A	3:33:27
367	98	David	Rennison	M40	West Midlands Police AC	3:33:54
368	636	Annie	Tostevin	F40	Yeovil Town RC	3:34:02
369	250	Michael	Powell	M55	Shropshire Shufflers	3:34:59
370	346	Barry	Stuart-Cole	M55	Winston Runners	3:36:10
371	553	Elizabeth	Hamer- Davies	F40	Winston Runners	3:36:10
372	532	Angela	Rowlands	F50	u/a	3:36:43
373	274	Carl	Seaman	M	Rhondda Valley Runners	3:37:02
374	578	Cynthia	Ashcroft	F65	Shropshire Shufflers	3:37:19
375	622	Ailsa	Sanders	F		3:37:55
376	521	Maggie	Nichols	F45	TRA	3:39:30

377	588	Helen	Price	F	u/a	3:39:30
378	571	Carron	Lane	F45	Winston Runners	3:40:08
379	555	Rosalind	Dyde	F50	Winston Runners	3:40:08
380	527	Annette	Loveday	F40	u/a	3:41:16
381	637	Joanne	Dodd	F40	Wreccsam Tri	3:41:16
382	282	Rob	Davies	M45	Buckley Runners	3:41:51
383	617	Sue	Fox	F55	Yeovil Town RC	3:41:54
384	614	Jill	Hillman	F45	Maldwyn Harriers	3:42:39
385	270	Mike	Hodges	M50	TROT	3:42:40
386	561	Caroline	Orrells	F45	Maldwyn Harriers	3:43:06
387	252	Tony	Molloy	M50	BirchfieldHarriers	3:43:52
388	67	Neville	Dewson	M65	RRC	3:43:58
389	616	Nondus	Banning-Boddy	F55	u/a	3:44:22
390	138	Michael	Wakem	M60	Spectrum Striders	3:44:59
391	581	Anne	Francis	F55	Lordshill RR	3:45:01
392	232	David	Graves	M40	PAA	3:47:16
393	100	PAul	Roberts	M45	U/A	3:47:16
394	507	Linda	Burnell	F40	Islwyn RC	3:48:04
395	60	Doug	Whiting	M75	U/A	3:48:10
396	194	Neill	Peabody	M50	U/A	3:50:47
397	611	Linda	Tempest	F50	Sth Derbyshire RR	3:51:13
398	157	Edward	Chapman	M50	Team Coco	3:51:29
399	114	Jonathan	Harris	M	U/A	3:52:25
400	198	Roger	Bradley	M60	Lordshill RR	3:53:43
401	31	David	Roberts	M40	U/A	3:53:44
402	613	Carol	Farrington	F60	Rhayader & Dist AC	3:54:22
403	638	Ruth	Martin	F50	Almost Athletes	3:58:55
404	579	Jenny	Dawes	F55	Lordshill RR	3:59:30
405	345	Gareth	Jones	M45	U/A	4:01:00
406	625	Caroline	Dodd	F45	Lytchett Mnaor Striders	4:12:42
407	627	Julie	Gosling	F45	Wimborne AC	4:15:00
408	511	Jennifer	Townsend	F35	Reading Joggers	4:15:00
409	241	Anthony	Attwood	M55	U/A	4:16:40
410	344	Jason	Morrissey	M40	U/A	4:19:13