

## Rhayader 20

Pos	No.	Surname	Forename	Club	Age group	Gender	Local	time
1	172	Rees	Steve	Port Talbot Harriers		M	0	1:59:28
2	126	Mountford	Paul	Tipton Harriers	0	M	0	2:05:03
3	11	Parker	Christopher	Swansea Harriers	40	M	0	2:05:30
4	255	Coales	David	Team Bath AC	0	M	0	2:06:18
5	180	Newey	Jonathan	Malvern Joggers	0	M	0	2:06:28
6	223	Baulch	James	Poole Runners	0	M	0	2:07:43
7	231	Price	Glyn	Sarn Helen	40	M	0	2:10:32
8	50	Anderson	Jamie	Telford Harriers	0	M	0	2:10:59
9	234	Cunningham	Steve	U/A	45	M	0	2:11:43
10	99	James	Ian	Wrexham AAC	45	M	0	2:12:00
11	134	Farnell	Mark	Tipton Harriers	45	M	0	2:13:41
12	179	Smoult	Robin	Lliswerry Runners	0	M	0	2:13:51
13	233	Davies	Michael	Sarn Helen	40	M	0	2:14:06
14	285	Thomas	Calwyn	Sarn Helen	0	M	0	2:14:23
15	168	Armstrong	Mark	Rugby & Northhants AC	0	M	0	2:14:32
16	146	Hartnell	Haydn	Islwyn RC	45	M	0	2:15:17
17	243	Headon	David	Les Croupiers	45	M	0	2:16:07
18	225	Claxton	Steve	Poole Runners	0	M	0	2:16:33
19	5	Anslow	Mike	Stourbridge RC	0	M	0	2:16:51
20	95	Moore	Karl	West Bromwich Harriers	40	M	0	2:17:56
21	198	Cooper	Andrew	Tipton Harriers	45	M	0	2:18:13
22	271	George	Martin	Sospan RR	0	M	0	2:18:41
23	200	Graham	Bill	Bitton RR	55	M	0	2:19:14
24	196	Davies	Daniel	Aberystwyth AC	0	M	0	2:19:25
25	175	Reynolds	Paul	Army Athletics Assn	0	M	0	2:19:27
26	147	Fulcher	Chris	Port Talbot Harriers	40	M	0	2:20:11
27	529	Phillips	Clare	Swansea Harriers	35	F	0	2:20:20
28	86	Parry	Neil	Clwydian Range Runners	0	M	0	2:20:51
29	2	Rose	David	Stourbridge RC	45	M	0	2:21:06
30	209	Nethercott	Steve	Lytchett Manor Striders	40	M	0	2:21:17
31	526	Salt	Adela	Trentham RC	35	F	0	2:21:19
32	266	King	Stephen	Aberystwyth AC	0	M	0	2:21:25
33	157	Roberts	Simon	Buckley Runners	0	M	0	2:22:38
34	281	Kendrick	Philip	Rhayader RC	45	M	0	2:22:47
35	70	John	Dean	TROTS	40	M	0	2:22:52
36	614	Clarke	Michelle	Telford Harriers	35	F	0	2:22:58
37	125	Amos	Mark	W4 Harriers	40	M	0	2:23:16
38	595	Laver	Elaine	Reading RR	0	F	0	2:23:17
39	169	Talley	Martin	Bitton RR	40	M	0	2:23:30
40	301	Suff	Max	Hereford Couriers	45	M	0	2:23:40
41	250	Thomas	Henry	Telford AC	40	M	0	2:24:57
42	217	Conway	Russ	Lytchett Manor Striders	45	M	0	2:25:09
43	259	Powell	Dave	Aberystwyth AC	45	M	0	2:25:33
44	110	Mole	Robert	Bromsgrove & Redditch	0	M	0	2:25:47
45	240	Kelly	Neil	Penny Lane Striders	0	M	0	2:25:53

46	220	Aylmore	Jim	Poole Runners	45	M	0	2:26:09
47	293	Garbett	Christopher	Oswestry Olympians	40	M	0	2:26:35
48	191	Williams	Alex	Port Talbot Harriers	40	M	0	2:27:17
49	228	Ferency	Peter	Poole Runners	45	M	0	2:28:18
50	117	Jones	Hywel	Arena 80	45	M	0	2:28:28
51	283	Thomas	Jeff	Bridgend AC	40	M	0	2:28:31
52	78	Worrall	Mark	U/A	0	M	0	2:28:38
53	272	Warrick	Mike	Rhayader RC	55	M	L	2:29:09
54	204	Robberts	Geoff	Poole Runners	55	M	0	2:29:59
55	238	Falconer	Rob	U/A	50	M	0	2:30:16
56	148	Doe	Don	Poole Runners	50	M	0	2:30:25
57	241	Peach	Tony	Lytchett Manor Striders	40	M	0	2:30:30
58	501	Davies	Julie	Griffithstown Harriers	35	F	0	2:31:13
59	230	Price	Huw	Sarn Helen	45	M	0	2:31:13
60	82	Batchelder	Gwilym	Maldwyn Harriers	0	M	0	2:31:20
61	236	Churchward	Ian	Lytchett Manor Striders	40	M	0	2:31:30
62	201	Crump	Peter	U/A	40	M	0	2:31:41
63	87	Green	Martin	Nth Wales RR	0	M	0	2:31:45
64	207	Parry	John	Builth & Dist RC	50	M	0	2:32:14
65	258	Davies	Christopher	Islwyn RC	0	M	0	2:32:22
66	58	Bond	Leon	Centurion RC	40	M	0	2:32:38
67	94	Carr	Malcolm(Guide)	West Bromwich Harriers	45	M	0	2:32:42
68	93	Heeley	David(Blind)	West Bromwich Harriers	50	M	0	2:32:42
69	145	Hooper	Nick	Black Pear Joggers	40	M	0	2:32:43
70	143	Billingham	David	U/A	40	M	0	2:32:46
71	211	Lahart	Iain	U/A	0	M	0	2:33:02
72	213	Guerrier	Chris	Poole Runners	50	M	0	2:33:17
73	291	Townsend	Graham	Marlborough	0	M	0	2:33:32
74	299	Anthony	Richard	U/A	0	M	0	2:34:00
75	607	Baker	Tracey	Egdon Heath	40	F	0	2:34:02
76	122	Jones	Garfield	Islwyn RC	50	M	0	2:34:04
77	578	Jarvis	Jacki	Oswestry Olympians	45	F	0	2:34:10
78	206	Davies	Michael	Les Croupiers	55	M	0	2:34:22
79	554	Collins	Louise	Stourbridge RC	0	F	0	2:34:29
80	66	Cole	Jon	Ellesmere Port	0	M	0	2:34:30
81	48	Tovey	Austin	U/A	0	M	0	2:34:37
82	602	Griffiths	Becky	Poole Runners	0	F	0	2:34:43
83	239	Hirrell	Martin	Penny Lane Striders	40	M	0	2:34:47
84	164	Nalder	David	Ellesmere Port	55	M	0	2:34:49
85	41	Lane	Matt	Andover AC	40	M	0	2:35:06
86	219	Crossley	Tony	East Grinstead & Dist	55	M	0	2:35:31
87	202	Griffiths	Paul	Neath Harriers	40	M	0	2:35:41
88	60	Charles	Paul	Pegasus RC	50	M	0	2:36:46
89	79	Wilde	David	Bridgnorth AC	45	M	0	2:37:01
90	123	Garbett	Richard	Oswestry Olympians	0	M	0	2:37:04
91	215	Stevens	Darren	Merthyr RC	0	M	0	2:37:07
92	294	Liebling	Simon	Marlborough	45	M	0	2:37:10
93	242	Dawes	Chris	Lordshill RR	0	M	0	2:37:19
94	249	Richards	Gary	Builth & Dist RC	50	M	0	2:37:27

95	226	Kisbee	Murray	Sarn Helen	55	M	0	2:37:27
96	82	Batchelder	Gwilym	Maldwyn Harriers	0	M	0	2:37:31
97	300	Beckworth	Colin	U/A	0	M	0	2:38:35
98	192	Duggan	Mike	Bitton RR	40	M	0	2:38:58
99	545	Hughes	Alison	Ellesmere Port Rc	0	F	0	2:39:19
100	98	Donoghue	Paul	Buckley Runners	0	M	0	2:39:29
101	257	McGrath	David	Sth Cheshire Harriers	50	M	0	2:39:32
102	96	House	Steve	Yeovil Town RRC	40	M	0	2:39:39
103	244	Smith	Marc	Aberystwyth AC	0	M	0	2:39:46
104	612	Webster	Pheobe	Aberyswyth AC	0	F	0	2:39:46
105	274	Whitlock	Tony	Eynsham RR	50	M	0	2:39:57
106	267	Saunders	Alun	U/A	0	M	0	2:39:57
107	263	Buck	Martin	Brecon Ac	40	M	0	2:40:00
108	514	Shacklock	Sue	Black Pear Joggers	40	F	0	2:40:17
109	136	Burnage	Paul	Lordshill RR	45	M	0	2:43:41
110	576	Thompson	Teri	Black Pear Joggers	40	F	0	2:40:30
111	188	Hammond	Richard	Rhondda Runners	45	M	0	2:40:47
112	251	Tann	Garry	Mysteruns of Abergele	50	M	0	2:41:32
113	280	Wehden	Kim	Islwyn RC	45	M	0	2:41:46
114	269	Boon	Richard	Les Croupiers	45	M	0	2:41:59
115	262	Kelford	Andy	Chase Harriers	40	M	0	2:42:22
116	174	Brookshaw	Ben	Chepstow Harriers	40	M	0	2:42:34
117	619	Hazelhurst	Sally	San Domenico	0	F	0	2:42:40
118	114	Webb	Daniel	Tewkesbury AC	0	M	0	2:42:42
119	235	Haynes	Kevin	Lytchett Manor Striders	50	M	0	2:42:56
120	531	Ward	Rachel	Amazing Feet	50	F	0	2:42:59
121	253	Hobday	Michael	Mysteruns of Abergele	50	M	0	2:43:22
122	252	Brown	David	Mysteruns of Abergele	45	M	0	2:43:22
123	171	Wilson	Mat	U/A	0	M	0	2:43:38
124	254	Burgess	Daniel	Aberystwyth AC	0	M	0	2:43:42
125	26	Lewis	Robert	U/A	0	M	0	2:44:30
126	119	Shields	Dominic	San Domenico	40	M	0	2:44:44
127	298	Gregg	Simon	Amazing Feet RC	0	M	0	2:44:47
128	167	Welsh	M	Andover AC	0	M	0	2:44:53
129	183	Letheren	Michael	Lordshill RR	55	M	0	2:44:59
130	214	Mantle	Andrew	U/A	0	M	0	2:45:18
131	282	White	Ade	Islwyn RC	40	M	0	2:46:28
132	538	Harvey	Jessica	Telford Harriers	0	F	0	2:46:43
133	76	Bell	Nick	Stroud & Dist AC	50	M	0	2:46:57
134	186	Day	Richard	Pontypridd Roadents	45	M	0	2:47:30
135	190	Pope	Bob	Worcester AC	45	M	0	2:47:49
136	55	Ashton	John	U/A	50	M	0	2:47:50
137	142	Thomas	Cliff	Aberystwyth AC	60	M	0	2:48:04
138	39	Hall	Ian	Amazing Feet RC	45	M	0	2:48:15
139	113	Gwilliam	David	Ledbury & Dist Harriers	40	M	0	2:48:42
140	75	Hill	Mark	Victory ac	0	M	0	2:48:47
141	278	Taylor	Matthew	Wye Valley Runners	0	M	0	2:49:23
142	524	John	Amanda	Amman Valley Harriers	45	F	0	2:49:54
143	71	Pendlebury	Mark	Holmes Chapel	45	M	0	2:50:07

144	100	Adams	Nick	Black Pear Joggers	0	M	0	2:50:22
145	248	Humphries	John	Mysteruns of Abergele	50	M	0	2:50:46
146	152	Moore	Chris	Forest of Dean AC	55	M	0	2:51:11
147	177	Powell	David	Croft Ambrey	45	M	0	2:51:11
148	133	Collins	Richard	OOTRI	0	M	0	2:51:12
149	302	Taylor	Alan	Mysteruns of Abergele	55	M	0	2:51:53
150	103	Mail	David	Cambridge & Coleridge AC	50	M	0	2:52:21
151	195	Davies	Paul	U/A	40	M	0	2:52:27
152	21	Robbie	Neil	Black Pear Joggers	40	M	0	2:52:37
153	63	Joseph	Patrick	Lordshill RR	40	M	0	2:52:44
154	534	Baron	Lorraine	Ryde Harriers	45	F	0	2:53:17
155	277	Vyner	Graham	3M Gorseinon RR	40	M	0	2:53:19
156	222	Hunter	Bruce	Muddy Muckers Munkeys	0	M	0	2:53:21
157	#####	Gold	Lorna	Centurion RC	45	F	0	2:53:31
158	6	Myers	Tony	U/A	50	M	0	2:53:55
159	208	Powell	Anthony	Rhayader RC	0	M	0	2:54:00
160	92	Lewis	Julian	U/A	0	M	0	2:54:01
161	256	Noble	Andrew	Wye Valley Runners	40	M	0	2:54:02
162	210	Williams	Simon	U/A	0	M	0	2:54:27
163	621	Higginson	Ruth	Rhayader RC	40	F	L	2:54:28
164	43	Benton	Mark	U/A	40	M	0	2:54:40
165	44	Rollings	Jamie	U/A	0	M	0	2:54:40
166	155	Ballard	Neil	Oswestry Olympians	45	M	0	2:55:26
167	598	Conway	Kate	Lytchett Maner Striders	45	F	0	2:55:41
168	563	Dyu	Lily	u/a	35	F	0	2:56:12
169	517	Samuelson-Dean	Katie	Cambridge & Coleridge AC	0	F	0	2:56:20
170	197	Pars	Stephen	Ebbw Vale RC	45	M	0	2:56:21
171	139	Taylor	Alan	U/A	50	M	0	2:56:30
172	35	Gillman	Darren	Spa Striders	0	M	0	2:56:31
173	105	Stanley	Andrew	Black Pear Joggers	40	M	0	2:56:46
174	601	Towner	Hannah	Poole Runners	0	F	0	2:56:55
175	107	Sawyer	Keith	Bitton RR	55	M	0	2:56:57
176	116	Pownall	Lee	Nth Wales RRC	40	M	0	2:56:58
177	61	Alcock	Ian	U/A	0	M	0	2:57:01
178	264	Evans	Mike	Cardiff AC	0	M	0	2:57:05
179	245	Moyse	Stuart	U/A	40	M	0	2:57:25
180	218	Jenkins	Alun	Rhayader RC	45	M	L	2:57:32
181	30	Jones	Anthony	Black Pear Joggers	0	M	0	2:57:44
182	581	Whittle	Ersuline	u/a	45	F	0	2:57:52
183	101	Letwenjuk	Michael	Red Rose RR	45	M	0	2:57:56
184	591	Pollard	Joanne	Chepstow Harriers	0	F	0	2:57:56
185	221	Walker	Mick	Met Police AC	40	M	0	2:58:14
186	137	Naylor	Adam	Bolton Tri Club	0	M	0	2:58:21
187	85	Thomas	James	Brackla Harriers	45	M	0	2:58:38
188	203	Henson	Steve	U/A	0	M	0	2:58:41
189	72	McFadden	Roger	RRC	60	M	0	2:58:47
190	589	Speake	Celia	Builth & Dist RC	40	F	0	2:59:04
191	611	Jones	Judith	Mysteruns of Abergele	45	F	0	2:59:13
192	102	Morris	Andy	U/A	0	M	0	2:59:32

193	555	Jones	Anita	Amazing Feet	40	F	0	2:59:42
194	260	Williams	Paul	Shropshire Shufflers	40	M	0	2:59:47
195	47	Rainey	Ira	Bitton RR	0	M	0	2:59:49
196	97	Shepperd	Jim	Lordshill RR	45	M	0	2:59:54
197	89	Barker	Christopher	Malvern Joggers	55	M	0	2:59:59
198	564	Bramwell	Helena	Shropshire Shufflers	40	F	0	3:00:17
199	185	Pinson	Anthony	Telford Harriers	0	M	0	3:00:18
200	153	Hawkins	Chris	Forest of Dean AC	55	M	0	3:00:20
201	546	Jones	Carole	Brecon AC	55	F	0	3:00:32
202	286	Price	Ian	Croft Ambrey	60	M	0	3:00:49
203	189	Evans	Mike	Forest of Dean AC	50	M	0	3:00:52
204	3	Allchurch	Graham	North Norfolk Beach Runners	40	M	0	3:00:55
205	584	Balogh	Magdolna	Lordshill RR	0	F	0	3:01:00
206	166	Gibbons	Andrew	Westbury Harriers	40	M	0	3:01:12
207	124	Foster	David	U/A	0	M	0	3:01:47
208	163	Somerfield	Christopher	Aldridge RC	0	M	0	3:01:47
209	158	Bilsby	Roger	Telford Harriers	50	M	0	3:02:09
210	620	Burnett	Lucy	Spa Striders	35	F	0	3:02:20
211	1	Roode	Steve	Malvern Joggers	40	M	0	3:02:23
212	176	Wilson	Ally	U/A	0	M	0	3:02:30
213	296	Thomas	Philip	Brackla Harriers	40	M	0	3:03:04
214	247	Ainslow	Barrie	Dragons Run Club Sale	45	M	0	3:03:22
215	28	Goodchild	Derek	Lordshill RR	60	M	0	3:03:33
216	268	Rees	Gareth	Sospan RR	0	M	0	3:03:38
217	73	Williams	Robert	Maldwyn Harriers	50	M	0	3:03:49
218	610	Manifold	Andreana	u/a	0	F	0	3:04:01
219	115	Palmer	Richard	u/a	40	M	0	3:04:03
220	53	Popiel	Richard	Silson Joggers	45	M	0	3:04:51
221	59	Hamer	Nigel	U/A	40	M	0	3:05:06
222	15	Macdonald	David	u/a	0	M	0	3:05:14
223	14	Jacobson	Scott	u/a	45	M	0	3:05:14
224	599	Brown	Angela	Poole Runners	40	F	0	3:05:36
225	51	Lewis	David	U/A	45	M	0	3:06:16
226	57	Gee	Chris	U/A	40	M	0	3:06:31
227	303	McDonnell	Bill	Capenhurst RC	50	M	0	3:06:49
228	559	Freeman	Sally	Cheltenham Tri Club	0	F	0	3:07:01
229	588	Duggan	Liza	Cobra RC	40	F	0	3:07:20
230	594	Cole	Felicity	Wye Valley Runners	45	F	0	3:07:43
231	527	Luke	Emily	Penarth & Dinas Runners	0	F	0	3:07:55
232	46	Hill	Steve	Penarth & Dinas Runners	45	M	0	3:07:56
233	141	Relph	Sean	U/A	40	M	0	3:08:13
234	65	Warrington	Nigel	Dudley & Kingswinford	50	M	0	3:08:40
235	42	Cook	Stephen	Winston Runners	50	M	0	3:08:45
236	270	Smith	Jason	Wye Valley Runners	0	M	0	3:08:49
237	138	Turner	Neil	Wye Valley Runners	40	M	0	3:08:50
238	140	Harris	Jonathan	Rhayader RC	0	M	L	3:08:53
239	276	Pye	David	Amazing Feet RC	55	M	0	3:08:56
240	129	Goddard	Alan	Oswestry Olympians	50	M	0	3:09:04
241	295	Huxley	Philip	U/A	50	M	0	3:09:09

242	37	Smith	Simon	U/A	0	M	0	3:09:22
243	149	Alsworth	Michael	100 Marathon Club	55	M	0	3:09:24
244	550	Williams	Sian	Maldwyn Harriers	50	F	0	3:09:26
245	568	Beecham	Helen	Aldridge RC	0	F	0	3:09:49
246	592	Cooper	Jacqueline	Chase Harriers	45	F	0	3:10:10
247	237	Hasler	Raymond	U/A	55	M	0	3:10:10
248	569	Bannister	Charmain	u/a	0	F	0	3:10:25
249	530	Lewis	Heather	u/a	40	F	0	3:10:33
250	557	Simmons	Kierston	u/a	0	F	0	3:10:39
251	548	Hull	Helen	Denmead Striders	35	F	0	3:10:44
252	519	Goldthorpe	Helen	Kirkstall Harriers	0	F	0	3:11:09
253	509	Arthan	Liz	Oswestry Olympians	45	F	0	3:11:09
254	83	Rybarczuk	Doug	U/A	45	M	0	3:11:12
255	128	Davies	Neil	U/A	0	M	0	3:11:24
256	515	Davies	Caryl	Sarn Helen	0	F	0	3:11:57
257	121	Aston	Peter	u/a	40	M	0	3:12:12
258	540	Healy	Joanne	Dragons RC	35	F	0	3:12:20
259	542	Van Der Witt	Nicole	Dragons RC	40	F	0	3:12:24
260	224	Kidner	James	Lytchett Manor Striders	0	M	0	3:13:07
261	151	Hiscox	Ian	U/A	50	M	0	3:13:12
262	227	Lewis	Howard	Poole Runners	0	M	0	3:13:15
263	593	Nethercott	Heather	Poole Runners	40	F	0	3:13:37
264	606	Pearce	Donna	Lytchett Maner Striders	0	F	0	3:13:37
265	156	Duff	Harry	U/A	50	M	0	3:14:02
266	131	Bailey	Richard	Shropshire Shufflers	65	M	0	3:14:33
267	17	Courtney	Paul	Tadley Runners	45	M	0	3:14:49
268	503	Jones	Sue	Cybi Striders	45	F	0	3:14:53
269	582	Welch	Diane	W & BAC	60	F	0	3:15:31
270	18	Maher	Chris	u/a	55	M	0	3:15:39
271	573	McIntosh	Val	u/a	50	F	0	3:15:49
272	523	Kelly	Carolyn	Cobra RC	0	F	0	3:15:53
273	609	Eardley	Mary	Shropshire Shufflers	35	F	0	3:16:01
274	558	Moreton	Christina	Black Pear Joggers	35	F	0	3:16:04
275	160	Harris	Tim	BUOTC RC	0	M	0	3:16:17
276	106	Shacklock	Jon	Black Pear Joggers	0	M	0	3:16:30
277	575	Thomas	Rose	Rhayader RC	55	F	L	3:16:39
278	246	Williams	Steven	U/A	40	M	0	3:17:01
279	91	Barnes	Adam	Shropshire Shufflers	40	M	0	3:17:37
280	618	Larbalester	Jane	Eynsham RR	50	F	0	3:17:42
281	182	Holling	Tony	Port Talbot Harriers	50	M	0	3:18:22
282	10	Dun	Craig	Chepstow Harriers	0	M	0	3:18:35
283	626	Hodges	Margaret	u/a	50	F	0	3:18:51
284	31	Bolton	David	Chepstow Harriers	0	M	0	3:19:35
285	275	Parsons	Tom	Yeovil Town RRC	60	M	0	3:19:44
286	536	Taylor	Sandy	u/a	60	F	0	3:20:18
287	261	Morrison	Neil	Newtown AFC	50	M	0	3:20:58
288	120	davies	Rob	Buckley Runners	50	M	0	3:21:50
289	572	Banning-Boddy	Nondus	Rhayader RC	55	F	L	3:21:57
290	88	Williams	Steph	U/A	0	M	0	3:22:00

291	571	Morgan	Carole	Shropshire Shufflers	60	F	0	3:22:09
292	20	Douglas	Guy	Cheltenham Tri Club	45	M	0	3:22:27
293	590	Lewis	Sarah	Amazing Feet	40	F	0	3:22:49
294	135	Robins	Alan	Black Pear Joggers	55	M	0	3:23:11
295	132	Law	Peter	Stratford On Avo AC	65	M	0	3:23:16
296	112	Cockwell	Steve	u/a	0	M	0	3:23:34
297	284	Colton	Thomas	Speedy Feet	0	M	0	3:23:37
298	297	Kear	Tony	U/A	40	M	0	3:23:39
299	90	Davies	Neil	U/A	40	M	0	3:23:53
300	127	Lewis	Gareth	Horsham Blue Star H	0	M	0	3:23:58
301	212	Jessop	Hywel	U/A	0	M	0	3:24:05
302	287	Beamond	Jeff	U/A	40	M	0	3:24:19
303	69	Edwards	Richard	u/a	40	M	0	3:25:04
304	580	Beard	Hannah	BUOTC	0	F	0	3:25:49
305	613	Martin	Maria	Rhayader RC	40	F	L	3:25:49
306	622	Blackford	Lindsey	u/a	0	F	0	3:26:05
307	109	Ruhnke	Andreas	Kenilworth Runners	40	M	0	3:26:10
308	16	Cox	Steven	Shropshire Shufflers	45	M	0	3:26:28
309	279	Hartnell	Nathan	U/A	0	M	0	3:26:54
310	22	Bonham	Keith	GWR	65	M	0	3:26:58
311	27	Grundy	Preston	Dudley & Kingswinford	60	M	0	3:27:54
312	13	Corns	Ian	Dudley & Kingswinford	40	M	0	3:27:54
313	570	Hillman	Jill	Maldwyn Harriers	50	F	0	3:28:54
314	615	Warrick	Stephanie	Rhayader RC	55	F	L	3:28:55
315	7	Neal	Martin	Ropsley RR	40	M	0	3:29:37
316	232	Smith	John	100 Marathon Club	70	M	0	3:29:43
317	549	Mears	Helen	Victory AC	40	F	0	3:30:57
318	585	Farrington	Carol	Rhayader RC	65	F	L	3:31:02
319	617	Dunbak	Amanda	Winston Runners	40	F	0	3:32:32
320	289	Jones	Gareth	U/A	45	M	0	3:32:37
321	577	Hooper	Jo	Black Pear Joggers	35	F	0	3:33:26
322	194	Connolly	Brendan	Black Pear Joggers	50	M	0	3:33:26
323	144	Ward	Ian	U/A	0	M	0	3:33:31
324	511	Price	Rachel	u/a	40	F	0	3:33:51
325	24	Adshead	Lee	U/A	0	M	0	3:33:52
326	23	Law	Andrew	u/a	45	M	0	3:33:53
327	528	Lane	Carron	Winston Runners	45	F	0	3:34:44
328	596	Tunna	Liz	u/a	0	F	0	3:34:55
329	624	Evans	Marit	u/a	40	F	0	3:36:02
330	551	Jackson	Natalie	Bolton Tri Club	0	F	0	3:36:11
331	80	Jackson	Nicholas	Bolton Tri Club	0	M	0	3:36:12
332	81	Jackson	Mark	Bolton Tri Club	45	M	0	3:36:15
333	508	Staniforth	Jane	Stroud & Dist AC	45	F	0	3:36:54
334	625	Llewellyn	Catherine	u/a	45	F	0	3:37:28
335	32	Hughes	Andrew	U/A	0	M	0	3:37:33
336	520	Peacock	Jill	Winston Runners	45	F	0	3:37:46
337	597	Stevens	Sandra	Merthyr RC	60	F	0	3:38:14
338	552	Walker	Mary	Shropshire Shufflers	40	F	0	3:38:21
339	608	Dodd	Caroline	Lytchett Maner Striders	45	F	0	3:38:25

340	516	Massey	Joanne	u/a	0	F	0	3:39:32
341	56	Hodgkiss	Ian	U/A	0	M	0	3:39:43
342	4	Phillips	David	Pembrokeshire Harriers	65	M	0	3:41:00
343	150	Williams	Nigel	U/A	45	M	0	3:41:09
344	292	Barker	Malcolm	Islwyn RC	65	M	0	3:41:54
345	616	Burns	Alexandria	Winston Runners	40	F	0	3:42:56
346	186	Day	Richard	Pontypridd Roadents	45	M	0	3:43:02
347	553	Fordham	Jan	Lordshill RR	55	F	0	3:43:02
348	178	Ayles	Thomas	BUOTC RC	0	M	0	3:43:03
349	170	Webb	Andrew	BUOTC RC	0	M	0	3:43:03
350	521	Paterson	Susan	u/a	45	F	0	3:43:27
351	173	Colman	David	Bitton RR	40	M	0	3:43:44
352	38	Roberts	David	U/A	40	M	0	3:44:08
353	587	Seymour	Clare	BUOTC	0	F	0	3:44:10
354	603	Ferenczy	Fiona	Poole Runners	45	F	0	3:44:50
355	507	Whitehouse	Susan	u/a	40	F	0	3:45:08
356	118	Wild	Stuart	Black Pear Joggers	60	M	0	3:45:39
357	67	Dodd	Richard	u/a	45	M	0	3:46:00
358	560	Black	Linda	Shropshire Shufflers	55	F	0	3:47:06
359	288	Morrissey	Jason	U/A	40	M	0	3:48:25
360	290	Singer	Graham	U/A	50	M	0	3:48:52
361	265	Carmichael	Chris	U/A	40	M	0	3:50:01
362	506	Cox	Mary	Shropshire Shufflers	50	F	0	3:50:26
363	181	Burden	Phil	Poole Runners	40	M	0	3:50:33
364	49	Davies	Martin	Sospan RR	0	M	0	3:51:56
365	108	Cooke	Chris	U/A	45	M	0	3:52:50
366	5	Anslow	Mike	Stourbridge RC	0	M	0	3:53:45
367	518	Francis	Anne	Lordshill RR	60	F	0	3:55:33
368	154	Dwan	Jason	Deestridders	0	M	0	3:57:20
369	513	Dyde	Rosamund	Winston Runners	50	F	0	4:01:31
370	184	Watts	Kenneth	Rhayader RC	60	M	L	4:02:54
371	136	Burnage	Paul	Lordshill RR	45	M	0	4:03:47
372	562	Osborne	Linda	Shropshire Shufflers	45	F	0	4:06:09
373	561	Jones	Julie	u/a	55	F	0	4:06:31
374	525	Crawley	Julie	Winston Runners	35	F	0	4:13:33
375	605	Hopkins	Elizabeth	Poole Runners	60	F	0	4:14:00
376	604	Sweetland	Sarah	Poole Runners	55	F	0	4:14:00

## 5 Mile Race

810 Garratt	Mark	Stourbough RC	35 M	27.13
779 Towner	John	Poole Runners	26 M	27.40
732 Bungay	Graham	Southampton RC	M	27.58
736 Thomas	Stephen	Islwyn RC	40 M	28.42
805 Thomas	James		35 M	28.52
812 Iveson	Tim	Builth and district	23 M	29.29
790 Barnes	Johnathan	Hereford A County A C	17 M	29.39
800 Holland	Gethin	Aberwystwyth A C	17 M	29.51
809 Lambeth	Dafydd	Islwyn RC	36 M	29.51
740 Gavin	Nick	Lytchett Manor Striders	M	30.13
794 Evans	Clifford	Aberwystwyth harriers	50 M	31.04
795 Healy	Richard	Altrincham athletics	34 M	32.25
731 Vaughan	Frankie	Merionnydd RC	40 M	34.06
759 Cartwright	David	Poole Runners	60 M	34.15
799 Holland	Kevin	Aberwystwyth A C	50 M	34.29
798 Evans	John	Aberwystwyth A C	62 M	35.24
600 Vlaarkamp	Judith	Lytchett Manor Striders	F	35.00
788 Lee	Angela	Lordshill RR	46 F	35.34
781 Lehmann	Reinhard	Poole Runners	30 M	36.03
813 Sullivan	Patrick	Islwyn RC	43 M	36.20
814 Kendrick	Emily	Brecon	22 F	36.27
791 Evans	Clive	Aber A C	62 M	36.51
818 Clarke	Nigel	Hereford couries	39 M	37.54
780 Dean	Jonny	Poole Runners	26 M	37.59
746 Wilson	Graham	U/A	50 M	38.28
783 Jansson	Lars	Poole Runners	63 M	38.40
807 Hicks	Glyn	Islwyn RC	59 M	39.16
758 Whitfield	Karl	Lytchett Manor Striders	32 M	39.17
737 Thirtle	Sioux	Lordshill RR	45 F	39.18
703 Britton	Chris	U/A	M	39.19
784 Wardman	Sue	Poole Runners	45 F	39.42
110 Kendrick	Suzanne	Rhayader	46 F	39.50
803 Williams	Joanne	Builth and district	38 F	40.22
796 Knill	julie		42 F	40.45
741 Morgan	Chris	U/A	40 M	41.15
750 Adams	Stephen	Rhayader	55 M	41.52
786 Yeoman	Helen	Lytchett Manor Striders	44 F	41.58
793 Pender	Pheobe	Aber A C	29 F	42.03
792 Fachiri	Annemarie	Wimborne A C	43 F	42.24
728 Cuming	Lyndsay	Poole Runners	F	42.45
816 Vatai	Victoria		31 F	42.48
817 Sandor	Antal		39 M	43.39
729 Bungay	Pam	Totton RC	45 F	44.11
730 Fletcher	Faye	Bolton Tri Club	F	44.26
808 Jones	Jacqueline	Islwyn RC	38 F	44.36
815 Hillman	Paul	Maldwyn Harriers	52 M	44.48
797 Morton	Mary	Rhayader running club	35 F	44.57
811 Evans	Steve		40 M	45.00
789 Williams	Joel	U/A	38 M	45.07

738 Banks	Philip	U/A	60 M	46.03
738 Laurie	Margaret	Lytchett Manor Striders	45 F	46.03
782 Towner	Kate	Poole Runners	31 F	46.42
734 Scott	Edmund	Maldwyn Harriers	60 M	47.20
747 Stanley	Debbie	Black Pear Joggers	35 F	47.56
735 Scott	Patricia	Maldwyn Harriers	60 F	48.14
802 Thomas	Sarah	Abingdan amblers	F	48.19
804 Heare	Mike	Islwyn RC	51 M	48.44
744 Ireland	Annie	U/A	F	48.46
754 Adams	Jennifer	Rhayader	46 F	48.54
748 Oxofrd	Ken	Lytchett Manor Striders	70 M	48.59
787 Hopkins	Chris	Poole Runners	67 M	51.15
785 Yeoman	Jeffery	Lytchett Manor Striders	52 M	52.28
806 Williams	Elaine	Islwyn RC	55 F	53.34
743 Patterson	Colette	U/A	F	53.41
749 Brown	Cora	U/A	37 F	54.19
742 Hoskins	Wayne	Islwyn RC	50 M	54.30
733 Southwick	Christina	Lordshill RR	45 F	
745 Arnett	Nicola	U/A	35 F	