

Rhayader 20 mile Road race 2013

Pos	Time	Family	First	Num	Gen	Age	Catg	Club	Split
1	1:58:09	Collins	Matt	224	M	33	OM	Fairwater Cwmbran Runners	0:05:54
2	1:59:33	Simms	Stefan	219	M	44	M40	Fairwater Cwmbran Runners	0:05:59
3	2:01:41	Jennings	Mark	223	M	39	OM	Fairwater Cwmbran Runners	0:06:05
4	2:02:10	Barnby	Daryl	218	M	28	OM	Fairwater Cwmbran Runners	0:06:07
5	2:03:56	Taylor	Sean	216	M	36	OM	Fairwater Cwmbran Runners	0:06:12
6	2:07:26	Reynolds	Andrew	127	M		OM	Neath Harriers	0:06:22
7	2:10:55	Bisson	Mike	120	M		OM	Lordshill RR	0:06:33
8	2:10:58	Davies	Tim	197	M	45	M45		0:06:33
9	2:12:16	Reynolds	Matthew	30	M		OM		0:06:37
10	2:12:53	Price	Glyn	177	M	45	M45	Sarn Helen	0:06:39
11	2:12:58	Birch	Andrew	97	M		M40	Trismart	0:06:39
12	2:13:33	Thomas	Nick	33	M		M40	Trismart	0:06:41
13	2:14:30	Cruchley	Sam	138	M		OM	Halesowen AC	0:06:43
14	2:14:39	Davies	Michael	178	M	44	M40	Sarn Helen	0:06:44
15	2:15:19	Williams	Oliver	62	M		OM	Les Croupiers	0:06:46
16	2:15:22	James	Ian	103	M		M50	Wrexham AC	0:06:46
17	2:15:59	Sharam	Robert	145	M		OM	Whitchurch whippets	0:06:48
18	2:16:45	Randles	Tom	141	M		OM	Gloucester AC	0:06:50
19	2:17:00	Copp	Richard	168	M	28	OM		0:06:51
20	2:18:22	Newey	Jon	143	M		M40	Mercia Fell Runners	0:06:55
21	2:19:24	Thomas	James	210	M	39	OM		0:06:58
22	2:19:36	Meek	Steve	205	M	49	M45		0:06:59
23	2:19:49	Warrick	Mike	159	M		M60	Rhayader RC	0:06:59
24	2:20:03	Thompson	Barry	153	M		OM		0:07:00
25	2:20:23	Aylmore	Jim	179	M	53	M50	Poole Runners	0:07:01
26	2:20:52	George	Martin	194	M	36	OM	Llanelli AC	0:07:03
27	2:20:53	Hartnell	Haydn	131	M		M50	Islwyn RC	0:07:03
28	2:21:16	Lammas	Ned	83	M		M45	Evesham Vale RC	0:07:04
29	2:21:21	Jones	Timothy	221	M	28	OM	Abbey Runners	0:07:04
30	2:21:30	Summerside	Neil	149	M		M40		0:07:04
31	2:21:31	Collier	Gemma	599	F	27	OF	Gloucester AC	0:07:05
32	2:21:50	Aston	Andy	139	M		M50	Stourbridge RC	0:07:05

33	2:21:56	Rabjohns	Peter	170	M	41	M40	Poole AC	0:07:06
34	2:22:07	Lamonby	Mark	200	M	24	OM	CroFt AMbrey Runners	0:07:06
35	2:22:11	Waters	Phillip	190	M	42	M40		0:07:07
36	2:22:22	Hall	Andy	9	M		M40	Bournville Harriers	0:07:07
37	2:22:24	Collins	Louise	577	F		OF	Stourbridge RC	0:07:07
38	2:22:33	Cuncliff	Steve	206	M	59	M55	Forest of Dean AC	0:07:08
39	2:23:03	Garrod	Tom	181	M	45	M45	Witney Road Runners	0:07:09
40	2:23:40	Phillips	Justin	212	M	40	M40	Pontypridd Roadents	0:07:11
41	2:24:34	Lewis	Alan	76	M		M40	Wye Valley Runners	0:07:14
42	2:24:50	King	Kathryn	527	F		OF	Wye Valley Runners	0:07:14
43	2:26:14	Headon	David	211	M	52	M50	Les Croupiers	0:07:19
44	2:26:45	Walsh	Tony	104	M		M50	Bitton RR	0:07:20
45	2:27:00	Tudor Maisey	Lyndon	59	M		OM	Les Croupiers	0:07:21
46	2:27:04	Badger	Jon	11	M		M40	Aldershot Farnham & Dist	0:07:21
47	2:28:00	Powell	Dave	193	M	52	M50	Aberystwyth AC	0:07:24
48	2:28:14	Stanier	Ray	147	M		M55	Tipton Harriers	0:07:25
49	2:28:44	Adams	Richard	78	M		OM	Lingfield RC	0:07:26
50	2:28:57	Falcomer	Rob	167	M	54	M50	Swansea Harriers	0:07:27
51	2:29:35	Titley	Norman	55	M		M45	Shropshire Shufflers	0:07:29
52	2:29:37	Fleet	Leyton	110	M		M40	Forest of Dean AC	0:07:29
53	2:29:40	Jones	Luke	128	M		OM	Brackla Harriers	0:07:29
54	2:29:48	Davies	Nicola	566	F		OF	Shropshire Shufflers	0:07:29
55	2:30:21	Thomas	Andrew	195	M	47	M45	Sospan RR	0:07:31
56	2:30:27	Hooper	Nick	214	M	47	M45	Black Pear Joggers	0:07:31
57	2:30:35	Turner	Phillip	116	M		M45	Sospan RR	0:07:32
58	2:30:42	Boon	Julian	91	M		M40	Forest of Dean AC	0:07:32
59	2:30:45	Owen	Huw	89	M		OM	Eryri Harriers	0:07:32
60	2:30:55	Bird	Jamie	46	M		M45	Wolverhampton & Bilston AC	0:07:33
61	2:31:05	Norman	David	109	M		M40	Dudley & Kingswinford	0:07:33
62	2:31:06	Filmer	Andrew	204	M	32	OM	Aberystwyth AC	0:07:33
63	2:31:16	Barker	Louise	603	F	37	F35	Aberystwyth AC	0:07:34
64	2:31:19	Collins	Emma	597	F	50	F50	Denbigh Harriers	0:07:34
65	2:31:40	Childs	Paul	151	M		OM	Black Pear Joggers	0:07:35
66	2:33:27	Ap Dafydd	Aled	100	M		OM		0:07:40
67	2:33:28	Barbour	Sheila	547	F		F40	Evesham Vale RC	0:07:40
68	2:33:40	Clothier	Adam	101	M		OM	Hydro Harriers	0:07:41
69	2:33:48	Wilson	Robert	196	M		M50	Penarth & Dinas Runners	0:07:41
70	2:34:50	Homer	Mark	58	M		M50	Dudley & Kingswinford	0:07:44
71	2:34:55	Parry	John	156	M		M55	Builth & District RC	0:07:45
72	2:36:00	Hetterley	John	189	M	23	OM	Wye Valley Runners	0:07:48
73	2:36:35	Armstrong	Sarah	550	F		F45	Amazing Feet RC	0:07:50

74	2:36:48	Miles	Philip	18	M		M60	Parc Bryn Bach	0:07:50
75	2:36:51	Harris	Chris	65	M		OM	Black Pear Joggers	0:07:51
76	2:36:59	Perry	David	61	M		M45	Shropshire Shufflers	0:07:51
77	2:37:15	Shaw	Rachel	537	F		F35		0:07:52
78	2:37:20	Lloyd	Chris	144	M		OM	Islwyn RC	0:07:52
79	2:37:22	Joyce	Martin	118	M		OM	Forest of Dean AC	0:07:52
80	2:37:25	Kim	Wehden	69	M		M50	Islwyn RC	0:07:52
81	2:37:42	John	Magee	8	M		OM	Les Croupiers	0:07:53
82	2:37:54	Bennett	Anthony	23	M		M40	Malvern Joggers	0:07:54
83	2:38:38	Davies	Ceri-Ann	580	F		F40	Pontypridd Roadents	0:07:56
84	2:38:42	Taylor	Ian	32	M		M40		0:07:56
85	2:39:34	Towner	John	173	M	30	OM	Poole Runners	0:07:59
86	2:39:35	Mallett	Gemma	531	F		OF	CroFt AMbrey Runners	0:07:59
87	2:39:36	Morris	Paul	50	M		M50	Les Croupiers	0:07:59
88	2:39:40	Davies	Daniel	88	M		OM		0:07:59
89	2:40:38	Dickens	Andrew	222	M	42	M40	Pontypool Runners	0:08:02
90	2:40:47	Vlaarkama	Judith	589	F	36	F35	Lytchett Manor Striders	0:08:02
91	2:40:50	Davies	Andrew	140	M		M60	Telford Harriers	0:08:02
92	2:41:15	Collinson	Libby	502	F		F55	Shropshire Shufflers	0:08:04
93	2:42:10	Bunn	Richard	44	M		M40	Peel RR	0:08:07
94	2:42:10	Bunn	Tricia	518	F		F35	Peel RR	0:08:07
95	2:42:25	McFadden	Roger	37	M		M60	Brat Club	0:08:07
96	2:42:50	Stanley	Drew	98	M		M45	PofF	0:08:09
97	2:43:13	Collinson	Andrew	3	M		OM		0:08:10
98	2:43:29	Davies	Martin	150	M		M50	Lliswerry Runners	0:08:10
99	2:43:42	Judge	Megan	508	F		OF	Malvern Joggers	0:08:11
100	2:43:47	Jones	Stevan	71	M		M40	Southville RC	0:08:11
101	2:44:13	Davies	Nigel	175	M	41	M40	Sarn Helen	0:08:13
102	2:44:15	Wilkes	Louise	607	F	20	OF	Telford Harriers	0:08:13
103	2:45:25	Blanning	Samuel	129	M		OM	Southville RC	0:08:16
104	2:45:18	Charles	Paul	105	M		M50	Pegasus RC	0:08:16
105	2:45:39	Park	Lesley	552	F		F45	Trismart	0:08:17
106	2:45:44	Toogood	Shane	42	M		OM	Hogweed Trotters	0:08:17
107	2:45:47	Moran	Laurence	121	M		OM		0:08:17
108	2:46:04	Ouinton	Paul	172	M	51	M50	Mysteruns of Abergele	0:08:18
109	2:46:08	King	Richard	187	M	28	OM	Hogweed Trotters	0:08:18
110	2:46:21	Bennett	Chris	164	M	35	OM		0:08:19
111	2:46:31	Cruchley	Steve	137	M		M50		0:08:20
112	2:46:34	Williams	David	54	M		M50	Les Croupiers	0:08:20
113	2:46:35	Davies	Steven	217	M	43	M40		0:08:20
114	2:47:13	Denholm	Kris	126	M		M45	Brackla Harriers	0:08:22
115	2:47:20	Gerrard	Julie	561	F		F35	Black Pear Joggers	0:08:22
116	2:47:39	Robbie	Neil	64	M		M45	Black Pear Joggers	0:08:23
117	2:47:49	Thompson	Tori	609	F	46	F45	Black Pear Joggers	0:08:23

118	2:47:49	Shacklock	Sue	608	F	45	F45	Black Pear Joggers	0:08:23
119	2:48:03	Pickering	Jon	87	M		M45	Malvern Joggers	0:08:24
120	2:48:07	Humphries	John	171	M	56	M55	Mysteruns of Abergele	0:08:26
121	2:48:40	Lynch	Elliott	220	M	25	OM		0:08:26
122	2:48:42	Dominico	Shields	56	M		M45	San Dominico	0:08:26
123	2:49:21	Adams	Nick	66	M		M40	Black Pear Joggers	0:08:28
124	2:49:31	Banham	Andrew	31	M		M50	Malvern Joggers	0:08:29
125	2:49:50	Rouse	David	199	M	31	OM	CroFt AMbrey Runners	0:08:30
126	2:50:05	Tagg	Susan	523	F		F45	Parc Bryn Bach	0:08:30
127	2:50:14	Jarvis	Jackie	600	F	50	F50	Oswestry Olympians	0:08:31
128	2:50:22	Puccini	Cristina	522	F		F45	Penny Lane Striders	0:08:31
129	2:50:39	Sykes	Sarah	520	F		F40	Penistone Footpath Runners	0:08:32
130	2:50:51	Ellison	Andrew	180	M	27	OM	Rhondda Valley Runners	0:08:33
131	2:51:04	Weeks	Gary	47	M		M45	Hogweed Trotters	0:08:33
132	2:51:16	Bush	Andy	24	M		M45	RRC	0:08:34
133	2:51:21	Osmond	Clive	122	M		M50	Les Croupiers	0:08:34
134	2:51:35	Crossley	Tony	152	M		M55	East Grinstead & Dist AC	0:08:35
135	2:51:39	Robertson	Alan	74	M		M55	Forest of Dean AC	0:08:35
136	2:51:44	Hodgson	Tony	90	M		M60	Meirionydd RC	0:08:35
137	2:51:50	Jones	Allan	106	M		M55	Brackla Harriers	0:08:35
138	2:51:51	Roberts	Craig	191	M	35	OM		0:08:36
139	2:52:05	Worthing	Anita	575	F		F55	Aberystwyth AC	0:08:36
140	2:52:10	Williams	David	51	M		M40		0:08:37
141	2:52:23	Moore	Chris	92	M		M55	Forest of Dean AC	0:08:37
142	2:52:47	Mann	John	72	M		OM	Action Heart RC	0:08:38
143	2:53:40	Birch	Claire	555	F		F35	Oswestry Olympians	0:08:41
144	2:53:47	Davies	Ben	94	M		OM	Wye Valley Runners	0:08:41
145	2:53:56	Treharne	Ruth	535	F		F45	Islwyn RC	0:08:42
146	2:54:02	Neal	Martin	7	M		M45	Ropsley RR	0:08:42
147	2:54:21	Whitfield	Karl	162	M	36	OM	Litchett Manor Striders	0:08:43
148	2:54:23	Jordan	Mark	2	M		M50		0:08:43
149	2:54:26	James	Aneurin	176	M	45	M45	Sarn Helen	0:08:43
150	2:54:52	Timson	Dave	123	M		M45	Pontypool & Dist Runners	0:08:45
151	2:54:56	Lacey	Bert	49	M		M45	Malvern Joggers	0:08:45
152	2:55:36	Morgan	Mathew	161	M	24	OM		0:08:47
153	2:56:02	Byrne	Kevin	124	M		M60	Headington RR	0:08:48
154	2:56:15	Mitchell	Julie	605	F	42	F40	Malvern Joggers	0:08:49
155	2:56:25	Roberts	Malcolm	20	M		M60	Clevedon AC	0:08:49
156	2:56:55	Rickcus	Michael	21	M		M50	Telford Harriers	0:08:51
157	2:57:56	Palmer	Richard	29	M		M45		0:08:54

158	2:58:10	Green	Martin	166	M	42	M40	Wolverhampton & Bilston	0:08:54
159	2:58:10	O'Dwyer	Rachel	559	F		F40		0:08:54
160	2:58:35	Sanders	Gerald	155	M		M55	Amazing Feet RC	0:08:56
161	2:58:40	Woodall	Mark	184	M	40	M40	Cobra RC	0:08:56
162	2:58:50	Taylor	Adrian	201	M	53	M50	Parc Bryn Bach	0:08:56
163	2:59:19	Pounder	Nicholas	134	M		OM	Pontypridd Roadents	0:08:58
164	2:59:59	Price	Paul	119	M		OM	Croft Ambrey RC	0:09:00
165	3:01:12	Pritchard	Maureen	606	F	50	F50	Aberystwyth AC	0:09:04
166	3:01:39	Stokes	Mark	192	M	37	OM		0:09:05
167	3:02:10	Miles	Philip	117	M		M40	Black Pear Joggers	0:09:07
168	3:02:22	Tomalin	Jos	160	M	43	M40		0:09:07
169	3:02:25	Jones	Garfield	84	M		M55	Islwyn RC	0:09:07
170	3:02:49	Whitehead	Michael	52	M		M45	Telford AC	0:09:08
171	3:02:49	Frampton	Kelly	544	F		OF	Poole Runners	0:09:08
172	3:02:49	Amos	Steve	81	M		OM		0:09:08
173	3:02:59	Morton	Mary	588	F	39	F35	Rhayader RC	0:09:09
174	3:02:59	Bell	Al	538	F		F35		0:09:09
175	3:04:16	Thomas	Cliff	43	M		M65	Aberystwyth AC	0:09:13
176	3:04:23	Daniel	Lowri	602	F	29	OF		0:09:13
177	3:05:10	Williams	Jo	501	F		F35	Thornbury RC	0:09:15
178	3:05:11	Williams	Mark	1	M		M45	Team AVS	0:09:16
179	3:05:27	Edwards	David	35	M		M55	Abergele Harriers	0:09:16
180	3:06:03	Wood	Christopher	203	M	56	M55	Shropshire Shufflers	0:09:18
181	3:07:08	Butler	Rachel	604	F	50	F50	Maldwyn Harriers	0:09:21
182	3:07:09	Luscott	Frank	133	M		M55	Croft Ambrey Runners	0:09:21
183	3:07:12	Knul	Richard	185	M	43	M40	Rhayader RC	0:09:22
184	3:07:12	Field	Martyn	186	M	31	OM		0:09:22
185	3:07:28	Holland	Kevin	215	M	54	M50	Aberystwyth AC	0:09:22
186	3:07:28	Wendell	Junia	213	M		OM	Aberystwyth AC	0:09:22
187	3:08:03	Shacklock	David	182	M	33	OM	Black Pear Joggers	0:09:24
188	3:08:07	Cowls	Steve	80	M		M50	Headington RR	0:09:24
189	3:08:34	Briggs	Kirsty	510	F		F35	Telford Harriers	0:09:26
190	3:08:38	Richardson	Kerry	545	F		F40	Telford Harriers	0:09:26
191	3:08:56	Tidbury	Lucy	563	F		OF	Poole Runners	0:09:27
192	3:09:28	Jones	Paul	148	M		M40	Mumbles Milers	0:09:28
193	3:10:40	Lennholm	Morten	79	M		M50	Headington RR	0:09:32
194	3:10:55	Newman	Mike	113	M		M55	Lordshill RR	0:09:33
195	3:10:59	Evans	Rachel	612	F	40	F40	Rhayader RC	0:09:33
196	3:11:20	Rushton	Donna	586	F		F40	Black Pear Joggers	0:09:34
197	3:11:26	Saunders	Rachel	570	F		F50	Wallasey AC	0:09:34
198	3:12:12	Powell	Suzanne	595	F	51	F50	Croft Ambrey Runners	0:09:37
199	3:12:55	Parry	Rebecca	572	F		F40	Wigston Pheasant	0:09:39
200	3:13:27	King	Sara	583	F		OF		0:09:40

201	3:14:34	Hasler	Raymond	146	M		M60		0:09:44
202	3:14:43	Jenkins	Alun	174	M	49	M45	Rhayader RC	0:09:44
203	3:14:47	Llewellyn	Tammy	571	F		OF		0:09:44
204	3:15:14	Morris	Karl	85	M		M40	Telford AC	0:09:46
205	3:15:31	Kirkby	David	26	M		M45	Eryri Harriers	0:09:47
206	3:17:06	Bodman	Gary	63	M		M45	Les Croupiers	0:09:51
207	3:17:06	Ash	Jane	509	F		F35	Les Croupiers	0:09:51
208	3:17:21	Jones	Anthony	70	M		M40	Black Pear Joggers	0:09:52
209	3:17:46	Alison	Lehorne	569	F	F40	OF	Black Pear Joggers	0:09:52
210	3:18:13	Phillips	Lowri	548	F		OF	San Domenico	0:09:55
211	3:18:22	Gibbons	Andrew	188	M	47	M45	Westbury Harriers	0:09:55
212	3:18:27	Hodges	David	136	M		M50	Les Croupiers	0:09:55
213	3:19:05	Morgan	Roger	60	M		M55	Forest of Dean AC	0:09:57
214	3:19:39	Roode	Steve	16	M		M45	Malvern Joggers	0:09:59
215	3:19:48	Wright	Jeff	202	M	55	M50	Telford Harriers	0:09:59
216	3:20:04	Davies	Alan	15	M		M45	Cobra RC	0:10:00
217	3:20:08	Williams	Sandra	551	F		F40	Meirionydd RC	0:10:00
218	3:20:11	Jones-Morris	Sarah	503	F		F40	Penistone Footpath Runners	0:10:01
219	3:20:14	Pye	David	36	M		M60	Amazing Feet RC	0:10:01
220	3:20:42	James	Anita	553	F		F45	Headington RR	0:10:02
221	3:20:48	Morgan	Claire	529	F		F50	Forest of Dean AC	0:10:02
222	3:20:54	Wileman	Sean	67	M		M45	Ivanhoe Runners	0:10:03
224	3:21:39	Jones	Carole	576	F		F55	Brecon AC	0:10:05
225	3:21:40	Powell	Emma Louise	601	F	42	F40	Westbury Harriers	0:10:05
226	3:22:19	Thomas	Rose	593	F	61	F60	Rhayader RC	0:10:07
227	3:22:23	Wynne-Williams	Jaspa	584	F		F40		0:10:07
228	3:22:32	Hopkins	Rhian	610	F	34	OF	Pontypridd Roadents	0:10:08
229	3:22:57	Anstey	Michael	48	M		M55	Malvern Joggers	0:10:09
230	3:22:57	Broadway	Lynda	521	F		F45	Malvern Joggers	0:10:09
231	3:23:28	Owen	David	28	M		M60	Prestatyn	0:10:10
232	3:24:04	Duncan	Amanda	549	F		F40	Malvern Joggers	0:10:12
233	3:25:29	Cann	Samantha	560	F		F40	Les Croupiers	0:10:16
234	3:25:50	Jones	Bernadette	512	F		F40	Outdoor Fitnes RC	0:10:17
235	3:25:50	Stimson	Bethan	598	F	29	OF	Black Pear Joggers	0:10:17
236	3:25:55	Shacklock	Jon	183	M	38	OM	Black Pear Joggers	0:10:18
237	3:26:01	Dellar	Natalie	541	F		F35	Stourbridge RC	0:10:18
238	3:26:10	Jones	Patricia	565	F		F55	Brackla Harriers	0:10:18
239	3:27:07	Taylor	Lisa	567	F		OF	Penistone Footpath Runners	0:10:21
241	3:28:30	George	Andrew	95	M		M45	Forest of Dean AC	0:10:26
242	3:28:43	Walton	Tony	41	M		M50		0:10:26
243	3:29:04	Parker	Malcolm	158	M		M70	Islwyn	0:10:27

244	3:29:14	Evans	Clare	558	F		OF		0:10:28
245	3:30:45	Warrick	Stephanie	585	F		F60	Rhayader	0:10:32
246	3:31:24	Alsworth	Michael	208	M	65	M65	100 Marathon Club	0:10:34
247	3:31:24	Green	Josh	165	M	21	OM	Wolverhampton & Bilston	0:10:34
248	3:31:39	Lambeth	Jacqueline	574	F		F40	Islwyn RC	0:10:35
249	3:31:59	Goodchild	Derek	102	M		M65	Lordshill RR	0:10:36
250	3:33:30	Williams	Rhian	524	F		F40	Shropshire Shufflers	0:10:41
251	3:34:35	Gill	Colin	6	M		M65	Team Coco	0:10:44
252	3:35:21	Tutas	Oliver	93	M		M45	David Lloyd Redway Runners	0:10:46
253	3:37:55	Roberts	Philip	53	M		M45	Shropshire Shufflers	0:10:54
254	3:41:28	Noonan	Jim	198	M	49	M45		0:11:04
255	3:41:28	Lovett	Ruth	504	F		F35	Shropshire Shufflers	0:11:04
256	3:44:57	Thompson	Amanda	506	F		F50	Les Croupiers	0:11:15
257	3:46:08	Nicholas	Paul	163	M	44	M40	Sandbach Striders	0:11:18
258	3:46:54	Watts	Melanie	582	F		F35		0:11:21
259	3:46:54	Watts	Ken	154	M		M65		0:11:21
260	3:51:22	Davies	Nicki	507	F		F45	Cobra RC	0:11:34
261	3:56:20	Ingleby Lewis	Jack	209	M	27	OM		0:11:49
262	3:56:50	Osborne	Linda	525	F		F45	Shropshire Shufflers	0:11:50
263	3:57:07	Pritchard	Clare	542	F		F35		0:11:51
264	4:00:22	Boden	Denise	594	F	48	F45	Ludlow Runners	0:12:01
265	4:02:55	Evans	Heather	587	F		OF		0:12:09
266	4:03:07	Holder	Dawn	557	F		F35	Builth & Dist	0:12:09
267	4:04:35	Humble	Tina	578	F		F40		0:12:14
268	4:04:54	Morales	Liz	533	F		OF	Pink Ladies	0:12:15
269	4:04:54	Powell	Anne	534	F		OF	Pink Ladies	0:12:15
270	4:09:15	Dockles	Joanne	536	F		F35	Headington Roadrunners	0:12:28
271	4:13:55	Gosling	Julie	591	F	55	F55	Wimborne AC	0:12:42
272	4:13:59	Smart	Amanda	590	F	49	F45	Poole Runners	0:12:42
273	4:20:20	Emery	Chris	96	M		OM		0:13:01

These Results are from the Time Sheets of the Time Recorders. If your time is wrong email to [Pat Sherwood](mailto:Pat.Sherwood@sherwood.org)

THANKS Pat Sherwood