

1	152	Matt James	Hereford Couriers	M	00.52.23
2	34	Luke Mason	Wye Valley Runners	M	00.52.44
3	83	Stacey Morgan	Croft Ambrey	M	00.53.42
4	161	David O'Brien	Worcester Ac	M	00.53.50
5	195	John Pullen	Wye Valley Runners	M:V40	00.54.04
6	5	Mick Ballantyne		M	00.54.12
7	156	William Lloyd	Hereford Couriers	M	00.55.08
8	66	Terry Conway	Worcester Ac	M	00.55.17
9	45	Frank Cooper	Wye Valley Runners	M	00.55.29
10	143	Richard Walsh	Worcester Ac	M	00.55.29
11	153	Matt Warley	Cheltenham	M	00.56.14
12	173	Simon Norwood	Ludlow	M	00.56.49
13	167	David Williams	Hereford Couriers	M:V45	00.56.51
14	89	Martyn Paul Jones		M	00.56.57
15	19	Mark Whittaker	Army Athletics Assoc	M	00.57.09
16	157	Mark Davies	Wye Valley Runners	M	00.57.18
17	170	Matt Semple		M	00.57.55
18	174	David Rouse	Croft Ambrey	M	00.58.23
19	148	Liam Tosh		M	00.58.49

20	41	Kevin Gummery	Wye Valley Runners	M:V50	00.59.15
21	97	Luke Williams		M	00.59.37
22	71	Eliot Taylor	Hereford Couriers	M:JUN	00.59.41
23	117	Paul Griffiths		M P	00.59.43
24	180	Mike Link	Hereford Couriers	M	00.59.58
25	145	Steve Herington	Hereford Couriers	M:V55	01.00.33
26	175	Jon Utley	Croft Ambrey	M	01.00.38
27	30	Craig Bone	Amazing Feet Rc	M:V45	01.00.50
28	155	Patrick Pearson	Croft Ambrey	M:V40	01.00.53
29	60	Wesley Briscoe		M	01.01.27
30	11	Kenneth Norgate	Wye Valley Runners	M:V40	01.02.03
31	110	Andrew Noble	Wye Valley Runners	M:V40 P	01.02.22
32	150	Darran Harris	Croft Ambrey	M	01.02.49
33	166	William Green		M	01.03.08
34	113	Paddy Nugent	Wye Valley Runners	M:V45	01.03.15
35	151	Andrew Milton	Malvern Joggers	M:V40	01.03.36
36	144	Neil Lewis	Hereford Couriers	M:V40	01.03.47
37	80	David Ameghino		M	01.04.00
38	49	Peter Horton	Sneyd Striders Rc	M:V50	01.04.22

39	74 Neil Herron	Black Pear Joggers	M:V45	01.04.34
40	160 Paul Bouston	Wye Valley Runners	M:V40	01.04.48
41	137 Mark Bailey	Amazing Feet	M	01.05.09
42	181 Guy Whitmarsh	Croft Ambrey	M:V60	01.05.16
43	136 Rachel Nicholson	Marlow Striders	F:V35 P	01.05.22
44	122 Stuart Granger	Kidd & Stourport Ac	M:V45	01.05.32
45	7 Hannah Densley	Wye Valley Runners	F	01.06.19
46	84 Carl Flint	Malvern Joggers	M:V50	01.06.24
47	87 Mark Worthing		M	01.06.43
48	82 Suzanne Turvey	Croft Ambrey	F:JUN	01.06.45
49	20 Nicola Socket		F	01.06.51
50	8 Chris Mason	Wye Valley Runners	M:V40	01.06.56
51	92 Robert Leeds		M	01.07.19
52	198 Shane Jordan	Ner	M	01.08.08
53	75 Paul Balderson		M:V50	01.08.20
54	50 Paul Blagbrough		M:V40 P	01.08.27
55	44 Scot Garner		M	01.08.37
56	32 Mark Classick		M:V45 P	01.08.39
57	147 Cathal Tosh		M:JUN	01.08.40

58	129	Steve Wheeler		M	01.09.02
59	163	Nikki Edwards	Hereford Couriers	F:V35	01.09.13
60	158	Steven Weale		M	01.09.16
61	57	Dale Garner	Get On With It	M	01.09.27
62	94	Ian Lloyd		M	01.09.31
63	109	Alex Laws		M	01.09.32
64	23	Keith Ramone		M	01.09.36
65	118	Jon Hodges		M:V45 P	01.09.39
66	119	John Russell		M:V45 P	01.09.47
67	141	Mandy Evans	Presteigne Pacers	F:V40	01.09.50
68	107	Chris Bailey	Wye Valley Runners	M:V40	01.09.53
69	149	Kevin Barnes	Hereford Couriers	M:V45	01.09.58
70	132	Aaron Chappell		M	01.10.05
71	192	Andrew Laughten		M	01.10.06
72	168	Sam Clarke		M	01.10.08
73	22	Matthew Davies		M	01.10.14
74	114	Carl Stevenson		M P	01.10.18
75	42	Philip Jackson	Malvern Joggers	M:V55	01.10.24
76	99	Nathan Fryer-Jones		M P	01.10.36

77	21 Jonathan Cain		M	01.10.39
78	40 Ian Smith	Wye Valley Runners	M:V45	01.10.40
79	196 John Knowles		M:V40	01.10.41
80	18 Gavin Hartley		M	01.10.48
81	186 Geraint Evans	Brecon	M	01.10.57
82	191 Julie Marshall	Malvern Joggers	F:V35	01.11.04
83	139 Colin Downey	Dudley Kingswinford Rc	M:V45	01.11.11
84	193 Catherine Gourley		F:V35	01.11.14
85	81 Nicky Turvey	Croft Ambrey	F:V45	01.11.18
86	3 Ben Evans		M	01.11.35
87	76 Becky Ansfield	Wye Valley Runners	F	01.11.37
88	47 Steve Roode	Malvern Joggers	M:V40	01.12.12
89	142 Ewan Holland		M	01.12.22
90	138 Ian Davies	Builth Wells	M:V50	01.12.32
91	146 Neil Jacks	Wye Valley Runners	M:V40	01.12.39
92	54 Stuart Rowney		M:V40	01.12.40
93	98 Clare Davies		F	01.12.44
94	159 David Brand		M:V45	01.13.34
95	184 Elvet Jones	Brecon	M:V60	01.13.40

96	51 Russel Breen		M:V40 P	01.14.14
97	189 Kate Hollingsworth		F	01.14.20
98	35 Christopher Barker	Malvern Joggers	M:V55	01.14.47
99	9 Imme Davies	Wye Valley Runners	F:V35	01.15.05
100	120 Jo Crisall	Hereford Tri Club	F:V35	01.15.20
101	102 Sharon Edelstyn		F:V35	01.15.33
102	39 Shaun Moser		M	01.15.45
103	165 Vaughan Ggriffiths	Ludlow	M:V40	01.16.17
104	13 Shelley Osborne	West Brom Bs Runners	F:V35	01.16.18
105	154 Roger Warley	Cheltenham	M:V50	01.16.23
106	67 Annie Baumber	Worcester Ac	F	01.16.24
107	190 Philip Smith	Wye Valley Runners	M:V55	01.16.50
108	116 Rob Hume	Almost Athletes	M:V45	01.17.02
109	127 Angela Wesley		F	01.17.07
110	162 Terri Jones	Maldwyn Harriers	F:V45	01.17.08
111	179 Nigel Clarke		M	01.17.09
112	194 Sandra Baycroft		F:V35	01.17.40
113	28 Christopher Socket		M:V55	01.17.50
114	36 Leah Mason	Wye Valley Runners	F	01.17.55

115	185	Martin Phillips	Brecon	M:V55	01.18.10
116	93	Ed Cane	Almost Athletes	M:V40	01.18.34
117	178	Alister Walshe		M:V40 P	01.18.38
118	72	Colin Allan	Just Get On With It	M:V45	01.18.41
119	171	Celia Speake	Builth & District	F:V40	01.18.51
120	43	Peter Trow	Amazing Feet Rc	M:V45	01.19.01
121	197	Yvonne Greene		F:V40	01.21.13
122	108	Shane James		M	01.21.17
123	95	Vince Earley	Rscac	M:V50	01.22.25
124	96	Carolyn Earley	Rscac	F:V50	01.22.25
125	37	Christopher Weale		M	01.22.27
126	53	Ruth Mason	Wye Valley Runners	F:V45	01.22.33
127	88	Sally Worthing		F:V35	01.23.21
128	172	Catherine Percival	Croft Ambrey	F	01.23.42
129	176	Shane Powell		M:V40	01.23.42
130	105	Lois Sim	Maldwyn Harriers	F:V45	01.23.56
131	104	Sarah Harper		F	01.24.02
132	121	Mike King	Portishead Rc	M:V60	01.24.37
133	12	Julian Parry		M:V40	01.24.40

134	1	Steve Orrells	Maldwyn Harriers	M:V55	01.24.54
135	24	Martin Reynolds		M:V40	01.25.05
136	73	Ruth Morgan	Black Pear Joggers	F:V40	01.25.23
137	86	Carl Hartley	Almost Athletes	M:V40	01.25.44
138	169	Colette Marlor		F P	01.26.12
139	177	Rod Preston		M:V40	01.26.26
140	135	Emma Bowen		F:V40	01.26.35
141	10	Amanda Fox		F:V40	01.26.56
142	100	Alison Fryer-Jones		F:V40 P	01.27.12
143	38	Jane Pugh	Achos Heart	F:V40	01.27.49
144	27	John Probert		M	01.28.11
145	164	Sue Williams	Ludlow	F:V35	01.29.04
146	133	Len Granger		M:V55	01.30.11
147	183	Llinds Phillips	Les Croupiers	F	01.31.10
148	130	Sarah Petts		F:V35	01.32.17
149	131	Matt Petts		M	01.32.17
150	115	Alsion Hume	Almost Athletes	F:V40	01.33.38
151	134	Phillip Williams		M:V40	01.34.30
152	140	Caroline Orrels	Maldwyn Harriers	F:V50	01.34.30



153	187	Andrew Rollings		M:V45	01.37.24
154	126	Abigail Preston		F	01.39.37
155	103	Emma Davies		F	01.40.58
156	188	Josephine Davies		F	P 01.41.27
157	106	Joanne Jones	Dudley Ladies	F:V35	01.47.35
158	182	Eric Patterson		M:V45	01.47.39
159	85	Fiona Judson	Almost Athletes	F:V35	01.51.39
160	62	Mary-Clare Mcgovern		F:JUN	01.52.37
161	61	Paula Mcgovern		F:V45	01.53.03
162	63	Hazel Highfield		F:V40	01.53.03