

Position	Time	First Name	Surname	Club	Cat	Number
1	33.57	Robin	Sedman-Smith	Telford AC	SM	120
2	34.12	Chris	Bagshaw	Telford AC	SM	114
3	34.26	Christopher	Hollinshead	Stafford Harriers	MV40	117
4	35.15	Ian	Coupland	Shrewsbury AC	MV40	44
5	36.31	Claire	Martin	Telford AC	LV35	109
6	36.42	Simon	Massey	Unattached	SM	154
7	36.56	Tom	Hobbins	Stafford Harriers	SM	124
8	37.28	John	Garmson	Newport & District RC	MV45	102
9	38.17	Gareth	Dodd	Whitchurch Whippets	SM	147
10	38.29	Jamie	Davies	Telford AC	SM	115
11	38.37	Kelvin	Bierton	Wrekin Road Runners	MV35	27
12	38.48	Keith	Silvester	Shropshire Shufflers	MV50	32
13	39.19	Maurice	Reid	Newport & District RC	MV40	83
14	39.32	John	Mujinga	Trec Runners	MV45	160
15	39.38	Fraser	Coutts	Unattached	MV35	119
16	39.43	Robert	Wilson	Whitchurch Whippets	MV35	136
17	39.55	Jason	Richards	Centurion RC	MV40	59
18	40.02	Gary	Simpson	RAF	MV40	65
19	40.09	Paul	Richards	Dudley & Kingswinford RC	MV45	76
20	40.15	Richard	Gwilliam	Unattached	SM	85
21	40.17	Paul	Williams	Telford AC	MV45	103
22	40.26	Anthony	Haycock	Unattached	MV50	137
23	40.29	Philip	Hill	Newport & District RC	MV45	81
24	40.32	Colin	Jones	Whitchurch Whippets	SM	145
25	40.41	Steve	Hammond	Unattached	MV50	45
26	41.05	Paul	Gresty	Shropshire Shufflers	MV55	128
27	41.06	Nellie	Sanders	Telford AC	LV40	133
28	41.07	Mark	Bridgwood	Stafford Harriers	MV35	97
29	41.18	David	O'Loughlin	RAF Cosford RC	MV55	55
30	41.19	Robert	Sharam	Whitchurch Whippets	MV35	135
31	41.21	Sam	Garmson	Telford AC	JM	101
32	41.33	Stephen	Wood	Dudley & Kingswinford RC	MV40	84
33	41.42	William	Hastings	Unattached	MV35	57
34	41.48	Helen	Skelton	Newport & District RC	SL	78
35	41.56	Graham	Jones	Whitchurch Whippets	SM	116
36	42.02	Stewart	Edmondson	Bridgnorth AC	MV45	19
37	42.06	Harvey	Morgan	Unattached	MV45	80
38	42.11	Andy	White	Wrekin Road Runners	MV40	58
39	42.12	Jonathan	Morgan	Whitchurch Whippets	MV50	35
40	42.16	David	Tatton	Telford AC	JM	113
41	42.16	Aldo	Mussi	Cobra RC	MV45	11
42	42.18	Russell	Eaton	Unattached	MV40	123
43	43.11	Karl	Morrison	Telford AC	MV35	60
44	43.12	David	Brown	Newport & District RC	MV35	79
45	43.13	Stephen	Hill	Wrekin Road Runners	MV40	105
46	43.15	Christopher	O'Loughlin	Trafford AC	SM	54
47	43.27	David	Joyson	Unattached	MV45	23
48	43.54	Unregistered runner				No number
49	43.59	Rick	Tyrer	Unattached	MV60	150
50	44.28	Brain	Hickson	Whitchurch Whippets	SM	67
51	44.39	Mick	Coupland	Stafford Tri	MV40	100
52	44.40	Chris	Skellern	Stafford Harriers	LV45	5
53	44.45	David	Farmer	Unattached	SM	31
54	44.46	Laura	Fisher	Whitchurch Whippets	SL	141
55	44.57	Andrew	Hitchcroft	Unattached	MV35	131
56	45.00	Richard	Stewart	Whitchurch Whippets	MV50	40
57	45.01	Helena	Bramwell	Shropshire Shufflers	LV40	43
58	45.19	Paul	Pegg	Unattached	MV35	14

59	45.21	Sarah	Wilson	Whitchurch Whippets	SL	46
60	45.26	Andrew	Williams	Shropshire Shufflers	MV45	146
61	45.32	Darren	Churm	Newport & District RC	MV35	140
62	45.33	Darren	Beattie	Unattached	MV35	132
63	45.44	Paul	Bearblock	Unattached	MV45	155
64	46.20	Mark	Perry	Wolverhampton & Bilston	MV45	112
65	46.30	Marek	Kaminski	Wrekin Road Runners	MV55	18
66	46.52	Lisa	Blagden	Telford AC	LV40	88
67	46.55	Daron	Fincham	Telford AC	MV50	148
68	47.10	Jamie	Dawes	Newport & District RC	MV40	61
69	47.12	Jonathan	Maloney	Telford Harriers	SM	3
70	47.31	Grace	Hough	Telford Harriers	LV60	77
71	47.45	Steve	Dolphin	Newport Rugby Club	MV35	158
72	48.02	Hayden	Baker	Unattached	MV40	51
73	48.20	Simon	Henderson	Unattached	MV35	118
74	48.28	Neil	Jefferson	Unattached	LV40	104
75	48.40	Christine	Sedman-Smith	Kidderminster & Stourport AC	LV60	13
76	48.45	Joe	Perry	Unattached	JM	91
77	48.47	David	Griffiths	Unattached	MV50	87
78	48.49	Jim	Martin	Unattached	SM	107
79	48.56	Michael	Palmer	Unattached	MV35	10
80	49.03	Les	Rowlinson	Shropshire Shufflers	MV50	39
81	49.09	Colin	Paine	Unattached	MV50	24
82	49.17	Nigel	Tatton	Telford AC	MV40	111
83	49.20	Christopher	McDonald	Unattached	MV60	73
84	49.37	Dave	Davies	Telford AC	MV50	152
85	49.41	Kevin	Nicklin	Newport & District RC	MV35	143
86	49.56	Brian	Moore	Newport & District RC	MV60	130
87	49.57	Shane	Morrison	Unattached	MV45	56
88	49.58	Deborah	Hutson-Lumb	Unattached	LV45	26
89	50.06	Martin	Skehan	Telford Harriers	MV45	149
90	50.14	Alan	Hodgkiss	Telford AC	MV65	72
91	50.24	Debbie	Pitt	Unattached	SL	95
92	50.37	Helen	Williams	Unattached	LV35	127
93	50.56	Toby	Kinchley	RAF	MV45	64
94	50.57	Adam	Ward	Unattached	SM	34
95	51.00	Louise	Simpson	RAF	LV35	66
96	51.03	Alexandra	Maylor	Wrekin Road Runners	SL	29
97	51.04	Paul	Maiden	Unattached	MV40	106
98	51.20	Lydia	Atkins	Stafford Harriers	SL	125
99	51.28	Neil	Varty	Unattached	MV45	15
100	51.34	Lisa	Millar	Newport & District RC	LV40	94
101	51.37	Wendy	Hill	Newport & District RC	LV45	82
102	51.46	Robert	Wilson	Newport & District RC	MV45	142
103	51.48	Andy	Coombes	Newport & District RC	MV40	93
104	52.02	Deb	Sandeman	Wrekin Road Runners	LV50	42
105	52.05	Michael	Whitehead	Unattached	MV45	12
106	52.12	Sian	Oliver	Wrekin Road Runners	LV45	41
107	52.33	James	Thorpe	Stafford Harriers	SM	68
108	52.50	Helen	Holdroyd	Newport & District RC	LV45	161
109	53.03	Jackie	Eccleston	Whitchurch Whippets	LV45	16
110	53.29	D	Power	Unattached	MV50	30
111	53.40	Gill	Mitchell	Unattached	LV40	22
112	53.53	Ian	Beattie	Telford AC	MV50	71
113	54.22	John	Strange	Telford Harriers	MV60	86
114	55.00	David	Hobbins	Black Combe Runners	MV65	121
115	55.11	Lesley	Turner	Unattached	LV40	134
116	55.22	Tracey	Leese	Unattached	LV35	96
117	55.22	Andrew	Holdroyd	Unattached	MV50	92

118	55.24	Tracy	Hartridge	Newport & District RC	LV35	47
119	55.31	Alan	Perry	Unattached	MV50	89
120	55.32	Helen	Richardson	Unattached	LV40	74
121	55.35	Paul	Sayer	Unattached	MV40	129
122	55.47	Mike	Murray	FRA	MV60	153
123	55.58	Anne	Strowger	Newport & District RC	LV55	126
124	56.14	Anthony	Mellor	Unattached	MV40	151
125	57.04	Unregistered runner				No number
126	57.16	Sara	Rogers	Whitchurch Whippets	LV40	8
127	57.39	Amanda	Ingram	Newport & District RC	LV35	144
128	58.07	Leigh	Kellaway	Unattached	MV50	28
129	58.14	Pauline	Keseic	Wrekin Road Runners	LV50	98
130	58.23	Don	Lovejoy	Ludlow Runners	MV55	36
131	58.41	Unregistered runner				No number
132	58.41	Unregistered runner				No number
133	58.55	Adele	Minshall	Whitchurch Whippets	LV50	110
134	59.15	Kenneth	Hamer	Unattached	MV65	159
135	60.11	Stuart	Ashlin	Shropshire Shufflers	MV45	52
136	60.29	Rachael	Shuker	Telford Harriers	LV35	1
137	60.37	Jo	Pearce	Newport & District RC	SL	156
138	60.50	Diane	Stares	Reading Road Runners	LV65	6
139	61.00	John	Metzger	Unattached	MV50	139
140	61.12	Helen	Wakefield	Unattached	SL	157
141	61.52	Caroline	Princep-Beresford	Wrekin Road Runners	LV40	99
142	62.03	Jackie	Varty	Unattached	LV35	33
143	62.24	David	Stares	Reading Road Runners	MV65	7
144	62.57	Kerry	Stamp	Unattached	LV35	138
145	63.11	Ann	Shaw	Telford Harriers	LV55	70
146	63.29	Sarah	Higginson	Newport & District RC	LV35	122
147	64.33	Charlie	Lane	Unattached	SL	108
148	65.05	Leona	Thompson	Telford Harriers	SL	4
149	66.02	Kevan	Rudd	Unattached	MV50	62
150	66.21	Helen	Rowlinson	Shropshire Shufflers	LV55	38
151	66.36	Amanda	Cooper	Unattached	SL	63
152	66.36	Lucy	Holland	Unattached	SL	49
153	67.24	Unregistered runner				No number
154	67.53	David	Arrowsmith	Unattached	MV45	53
155	70.33	Cynthia	Lewis	Telford Harriers	LV60	69





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