

1	157	Matt James	W.V.R.	M	00.52.04
2	85	Stacey Morgan	Croft Ambrey	M	00.53.18
3	134	Luke Mason	W.V.R.	M	00.53.45
4	154	Mick Ballantyne		M:V40	00.53.51
5	4	Stuart Moore	W.V.R.	M	00.54.54
6	232	John Pullen	W.V.R.	M:V40	00.54.59
7	159	James Richards	W.V.R.	M	00.55.03
8	125	Andrew Kay		M	00.55.17
9	173	Matt Scriven	Mercia	M:V40	00.55.27
10	126	Evan Fuery		M	00.56.06
11	174	Rory O'connor		M	00.56.12
12	163	Richard Walsh	Worcester Athletics Club	M	00.57.22
13	90	Terry Conway	Worcester Ac	M	00.57.37
14	110	Glyn Williams	Presteigne Pacers	M	00.58.21
15	199	Dave Williams	Hfd Couriers	M:V45	00.58.38
16	167	David Rouse	Croft Ambrey	M	00.59.27
17	207	Nathan Bradford		M	00.59.46
18	131	Michael Necak	W.V.R.	M:V45	01.00.18
19	148	Jamie Laird		M	01.00.23

20	43	David Ameghino	Croft Ambrey	M	01.00.55
21	158	Luke Williams	Hereford Couriers	M	01.01.00
22	179	Carl Gilmour	Hay Hotfooters	M:V40	01.01.05
23	147	Matthew Laird		M	01.01.27
24	54	Eliot Taylor	Hfd Couriers	M:JUN	01.01.34
25	122	Adie Brown	Presteigne Pacers	M	01.01.57
26	215	Martin Cortvriend	Denbigh Harriers	M:V55	01.02.02
27	34	Lisa Quinn	Hfd Couriers	F	01.02.03
28	146	Nick Hitchings	Malvern Joggers	M:V40	01.02.09
29	150	Paul Foster		M	01.02.18
30	70	Jon Tetley	Hereford Tri Club	M	01.02.24
31	129	Steve Herington	Hereford Couriers	M:V60	01.02.43
32	91	Bradley Crouch	Tewksbury Ac	M	01.03.00
33	182	Steve King		M	01.03.09
34	9	Neil Herron	Blk Pr Joggers	M:V45	01.03.12
35	177	Craig Bone	Amazing Feet	M:V45	01.03.22
36	188	Geoff Kay	Hfd Couriers	M:V55	01.03.42
37	135	Richard Love	Malvern Joggers	M:V45	01.03.58
38	89	Annie Baumber	Civil Service	F	01.04.15

39	169	Marc Ryder		M	01.04.20
40	216	Ian Rivers	Hereford Tri Club	M:V40	01.04.36
41	206	Simon Powney	Croft Ambrey	M	01.04.39
42	111	David Horne	Ledbury Harriers	M:V50	01.04.41
43	160	Philip Jones	Presteigne Pacers	M:V50	01.04.50
44	164	Richard Hookham		M:V50	01.04.52
45	212	Paul Saville		M:V40	01.04.54
46	230	Chris Papworth		M	01.05.29
47	178	Adam Hume		M	01.05.38
48	21	Keith Ramone		M	01.06.05
49	184	George Hinksman		M	01.06.06
50	103	Jon Hodges		M:V45	01.06.08
51	101	Gary Lewis	Presteigne Pacers	M:V40	01.06.22
52	102	Mark Classick		M:V45 Y	01.06.25
53	204	Jon Utley	Croft Ambrey	M	01.06.30
54	56	Robin Bereza	W.V.R.	M:V60	01.06.41
55	233	B G		M:V40	01.06.57
56	100	Nathan Fryer-Jones	Hereford Tri Club	M Y	01.06.59
57	149	Gareth Bennett		M	01.07.00

58	82 Paddy Nugent	W.V.R.	M:V45	01.07.11
59	23 David Whymant	Amazing Feet	M:V60	01.07.12
60	20 Scott Baddeley		M	01.07.43
61	15 Chris Mason	W.V.R.	M:V45	01.08.02
62	161 Mandy Evans	Presteigne Pacers	F:V45	01.08.07
63	185 Bryan Davies	Croft Ambrey	M:V60	01.08.34
64	11 Dale Garner	Get On With It	M	01.08.43
65	46 Ian Hall	Amazing Feet	M:V45	01.08.43
66	26 Ben Pember		M	01.08.48
67	51 Suzanne Turvey	Croft Ambrey	F	01.08.52
68	74 Andre Duffy		M	01.09.35
69	123 John Lyden	Ludlow Runners	M:V45	01.09.42
70	52 Matt Mcdonald		M:V40	01.10.13
71	80 Steve Roode	Malvern Joggers	M:V40	01.10.19
72	162 Malcolm Edwards	W.V.R.	M	01.10.28
73	88 Graham Cramp	Malvern Joggers	M:V40	01.10.32
74	87 Philip Jackson	Malvern Joggers	M:V55	01.10.45
75	183 Kathryn King	W.V.R.	F	01.10.52
76	211 Steven Perks		M	01.10.57

77	221	Bill Griffiths	W.V.R.	M:V55	01.11.02
78	5	Paul Griffiths		M:V40	01.11.27
79	71	Lee Newman		M	01.11.34
80	186	Drew Stanley	Blk Pr Joggers	M:V40	01.11.59
81	24	Carl Stevenson		M Y	01.12.04
82	235	Charlie Mills		M	01.12.23
83	13	Colin Allen	Get On With It	M:V45	01.12.37
84	44	Nigel Clarke	Hfd Couriers	M:V40	01.13.00
85	202	Simon Oliver	W.V.R.	M:V40	01.13.00
86	12	Paul Swift	Get On With It	M	01.13.18
87	193	Jonathan Hunt		M	01.13.42
88	228	Frank Lycsett	Croft Ambrey	M:V50	01.13.50
89	115	Ed Janvier		M	01.13.55
90	155	Robert Galpin	W.V.R.	M:V50	01.13.55
91	145	Michael James		M:V40 Y	01.14.24
92	208	Brendan Rogers	Presteigne Pacers	M:V50	01.14.27
93	224	Prunella Napolitano		F:V50	01.14.32
94	130	Richard Mason	Leicester Coritanians	M	01.14.36
95	81	Nicola Goodwin	Hereford Tri Club	F:V35	01.14.55

96	176	David Rouse	Croft Ambrey	M:V50	01.15.02
97	117	Geraldeen Lynch	Amazing Feet	F:V45	01.15.14
98	172	David Fletcher		M:V50	01.15.44
99	181	Andrew Hinksman		M:V45	01.15.45
100	109	Robert Beswick		M:V55	01.15.48
101	32	Dan Edwards		M:JUN	01.15.59
102	175	Ian Watson		M:V40	01.16.20
103	30	Julie Marshall	Malvern Joggers	F:V35	01.16.25
104	45	Gerald Sanders	Amazing Feet	M:V50	01.16.32
105	136	Lisa Dainty	Malvern Joggers	F:V35	01.16.51
106	222	Martin Pearce		M:V40	01.16.53
107	213	Steven Saville		M:V45	01.16.54
108	144	David Bird		M	01.16.55
109	190	Sandia Raycroft		F:V35	01.17.05
110	67	Lucy Prosser	Malvern Joggers	F:V35	01.17.27
111	68	Kevin Jackson	Stafford Harriers	M:V40	01.17.32
112	229	Alister Walshe		M:V40	Y 01.18.28
113	152	Martin Whitefoot		M	Y 01.18.45
114	62	Jean Maffei	Amazing Feet	F:V45	01.18.48

115	214	Victoria Hamilton	W.V.R.	F:V35	01.18.53
116	79	Lisa Hughes	Cocksmoor Woods	F	01.19.09
117	107	Dennis Clarke	Cocksmoor Woods	M:V50	01.19.09
118	49	Chris Weale		M	01.19.23
119	94	Jane Pugh	Action Heart	F:V40	01.19.28
120	203	Tracy Edwards	W.V.R.	F	01.19.37
121	118	Jon Mcleod	Wesham Road Runners	M	01.19.40
122	104	Jaque Purdy		F:V40	01.20.26
123	121	Rob Hume	Almost Athletes	M:V45	01.20.35
124	83	Andy Moore	W.V.R.	M:V40	01.20.46
125	33	Matthew Moffat		M	01.20.50
126	138	Tracey Christy		F	01.21.15
127	31	Stuart Edwards		M:V45	01.21.27
128	156	Jo Crisall	Hereford Tri Club	F:V35	01.21.31
129	225	Guy Homan		M:V45	01.21.51
130	63	Alan Harrhy	Hay Hotfooters	M:V60	01.22.06
131	127	Emma Bryan		F	01.22.44
132	60	Ian Lancaster		M	01.23.03
133	17	Amy Pitt		F	01.23.05

134	234	Andrew Noble	W.V.R.	M:V40	01.23.05
135	124	Julian Parry		M:V40	01.23.16
136	227	Wayne Ricketts		M	01.23.45
137	93	Martin Reynolds		M:V40	01.24.22
138	36	Rachel Nelson	Croft Ambrey	F:V40	01.24.32
139	231	Michelle Dale		F	01.24.41
140	140	Neil Davies		M	01.25.11
141	200	Adam Loxston		M	01.25.11
142	195	Christine Motteram	W.V.R.	F:V55	01.25.12
143	220	Alan Mccardle	Hay Hotfooters	M:V55	01.26.11
144	223	Heidi Lea		F:V35	01.27.07
145	153	Simon Barton	Hereford Couriers	M:V40	01.27.21
146	133	Claire Cook	Almost Athletes	F:V45	01.27.28
147	105	Theresa Bell		F:V40	01.27.41
148	6	Anthony Milne		M:V40	01.27.49
149	209	Chippy Young	W.V.R.	M:V55	01.27.52
150	210	Jan Edwards	W.V.R.	F:V50	01.27.53
151	132	Martin Workman	Almost Athletes	M:V50	01.28.05
152	22	Sheryl Evans	Hereford Ac	F:V40	01.28.14

153	171	Mike Shaw	W.V.R.	M:V55	01.28.25
154	197	Emily Davies	W.V.R.	F	01.28.25
155	143	Richard Petts		M	01.28.40
156	236	Joanna Harthen		F	01.28.49
157	237	Zoe Grange		F	01.28.51
158	86	Greg Edwards		M	01.28.59
159	180	Ian Skyrme		M	01.29.05
160	112	Sarah Petts		F:V35	01.29.25
161	113	Matt Petts		M	01.29.25
162	1	Tanya Jeyasingham		F:V40	01.29.32
163	41	Philip Clifford	W.V.R.	M:V45	01.29.39
164	77	Serena Crump		F:V40	01.30.22
165	29	Rachel Jones	Hay Hotfooters	F:V35	01.31.34
166	42	Deborah Clifford	W.V.R.	F:V40	01.32.02
167	72	Shelley Osborne		F:V35	01.32.13
168	192	Jennifer Shaw		F	01.32.18
169	92	Sarah Connelly	W.V.R.	F	01.32.21
170	201	Jamie Loxston		M	01.32.25
171	73	Sarah Barrell		F	01.32.27

172	98	Tessa Meek		F:V40	01.32.48
173	99	Amanda Fox		F:V40	01.32.48
174	219	Paul Cranfield	Hay Hotfooters	M	01.32.53
175	218	Glen Hogan	Hay Hotfooters	M	01.33.07
176	75	Abi Hawman	Almost Athletes	F	01.33.25
177	120	Alison Hume	Almost Athletes	F:V40	01.33.25
178	226	Tina Lavelle	Hay Hotfooters	F:V50	01.33.55
179	196	Lisa Miles	W.V.R.	F	Y 01.34.06
180	198	Michelle Williams	W.V.R.	F:V40	01.34.06
181	50	Sarah Hunter		F:V45	01.34.56
182	165	Mary Trust		F:V35	Y 01.35.06
183	38	Sadie Young		F	Y 01.35.12
184	53	Rebecca Young		F	Y 01.35.12
185	64	Shaun Emms	Hay Hotfooters	M:V60	01.35.21
186	217	Sarah Mills		F:V45	01.35.25
187	194	Simon Danks		M	01.36.50
188	19	Tina Wood		F:V35	Y 01.37.06
189	139	Emma Davies	Hereford Tri Club	F	1 01.37.25
190	191	Robert Danks		M:V45	01.37.44

191	170	Robert Vowles		M:V40 Y	01.38.31
192	2	Marie Thomas		F	01.38.43
193	116	Claire Milner	Hay Hotfooters	F:V55	01.39.53
194	168	Sarah Bowring	W.V.R.	F:V40	01.40.15
195	76	Catherine Davis	Almost Athletes	F	01.40.17
196	151	Rob Mcfarlane		M	01.40.55
197	48	Alison Hall	W.V.R.	F:V45	01.41.33
198	84	Debbie Bishop	Almost Athletes	F:V45	01.41.51
199	66	Ed Cane	Almost Athletes	M:V40	01.41.52
200	189	Stuart Cotterel		M:V50	01.43.59
201	187	Debbie Stanley	Blk Pr Joggers	F:V40	01.44.53
202	142	Neil Crocket		M	01.45.38
203	205	Samantha Jones		F:V40	01.45.54
204	18	Sharon Rivers		F:V40	01.49.11
205	61	Mark Peters		M	01.49.55
206	95	Nicola Cox		F	01.51.22
207	96	Stuart Cox		M:V45	01.51.22
208	97	Karensa John		F:V40	01.51.22
209	58	Vicki Brown		F:V35	01.53.11

210	59	Kate Owen		F	01.53.11
211	166	Catherine Percival	Croft Ambrey	F	01.53.11
212	114	Rachel Berry		F:V35	02.01.18
213	119	Lusanna Petts		F	Y 02.01.18
214	240	Test		M	59.59.59