

	SHOBDON WOOD 6	19 APRIL 2009		
1	Chris Wilson	Worcester AC	SM (1 st M)	32.13 (record)
2	Matt James	Hereford Couriers	SM (2 nd M)	34.55
3	Mick Ballantyne	U/A	V40 (3 rd M)	35.34 (record)
4	David O'Brien	Worcester AC	SM	35.56
5	Mike Fawcett	Wye Valley	MV40 (1 st o.40)	36.29
6	Peter Ball	Shrewsbury AC	SM	36.37
7	Dan Barnett	Croft Ambrey	SM	36.44
8	Richie Richards	Wye Valley	MV45 (1 st o.45)	37.21
9	Dave Rouse	Croft Ambrey	SM	38.20
10	Spencer Napolitano	U/A	SM	38.38
11	Richard Hornsby	Croft Ambrey	SM	38.58
12	Nigel Mason	Croft Ambrey	SM	39.38
13	Jeremy Latham	U/A	MV45	39.44
14	Glyn Williams	Presteigne Pacers	SM	40.04
15	Mick Ligema	Ludlow Runners	MV50 (1 st o.50)	40.26
16	Eliot Taylor	Couriers	JM (1 st JM)	40.33
17	Patrick Pearson	Croft Ambrey	MV40	40.40
18	Dave Ameghino	Croft Ambrey	SM	40.59
19	Russell Mapp	Ludlow Runners	MV50	41.05
20	Steve Littlewood	Couriers	MV55 (1 st o.55)	41.19
21	Simon Powney	Croft Ambrey	SM	41.21
22	Adrian Norsworthy	U/A	SM	41.40
23	Ashley Cooke	Croft Ambrey	MV50	41.43
24	Gary Lewis	Presteigne Pacers	SM	41.44
25	Steve Herington	Couriers	MV60 (1 st o.60)	42.23 (record)
26	Richard Wall	Couriers	SM	42.27
27	Paul Elliott	Ludlow Runners	SM	42.40
28	Suzanne Turvey	Croft Ambrey	JF (1 st F)	43.01
29	Andrew T Davies	Telford Harriers	MV55	43.51
30	Colin Williamson	Shrops Shufflers	MV65 (1 st o.65)	44.07 (record)
31	Stuart Austin	Croft Ambrey	MV40	44.08
32	Alison Cooke	Couriers	FV45 (2 nd F)	44.18
33	Simon Rollitt	Mercia FR	MV45	44.21
34	Gary Gunner	Croft Ambrey	MV60	44.27
35	Sally Green	U/A	FV40 (3 rd F)	45.11

36	Mandy Evans	Presteigne Pacers	FV45 (1st o.45)	45.21
37	Kim Braznell	Halesowen AC	FV50 (1 st o.50)	45.27 (record)
38	Tim Rawlins	Hay Hotfooters	MV45	45.41
39	John Lyden	Ludlow Runners	MV45	45.44
40	Phil Jones	Presteigne Pacers	MV50	45.48
41	Dave Lloyd	Presteigne Pacers	MV50	46.01
42	Chris Mason	Wye Valley	MV45	46.03
43	David Blenkharn	Ludlow Runners	MV45	46.22
44	Chris Stanners	U/A	MV45	46.24
45	Stephen Oliver	Shrewsbury AC	MV45	46.40
46	Neil Taylor	Croft Ambrey	MV50	46.54
47	Celia Speake	Builth &D	FV40	47.07
48	Graham Wood	Ludlow Runners	MV50	47.35
49	James Brisbane	Ludlow Runners	SM	48.12
50	Clive Austin	U/A	MV40	48.13
51	Peter Bryant	Ludlow Runners	SM	48.18
52	Ian Millward	U/A	MV40	48.28
53	Sonia George	Ludlow Runners	SF	48.32
54	Jackie Bradshaw	Halesowen AC	FV35	48.42
55	Ellen Ambrose	Halesowen AC	FV45	48.47
56	Diane Wynne	Vegan Runners	FV40	49.08
57	Richard Lodge	U/A	MV55	49.28
58	Imme Davies	Wye Valley	FV35	49.33
59	John Price	Wye Valley	MV50	49.36
60	Shelly Perkins	Ludlow Runners	SF	49.37
61	Joy Miles	Ludlow Runners	FV40	49.51
62	Barbara Owens	Presteigne Pacers	FV40	50.30
63	Gemma Morgan	Ludlow Runners	SF	50.36
64	Pru Napolitano	U/A	FV50	50.48
65	Steve Jarrett	U/A	SM	51.24
66	Frank Luscott	U/A	MV50	51.49
67	Brent Lowson	Croft Ambrey	MV45	51.49
68	Rob Monteith	Ludlow Runners	MV45	52.05
69	Martin Rosser	Hay Hotfooters	MV55	52.21
70	Lisa Ballantyne	U/A	FV40	52.56
71	Jason Stuchby	Ludlow Runners	MV40	54.01
72	Ruth Dodwell	U/A	SF	54.09

73	Alan Harrhy	Hay Hotfooters	MV65	54.23
74	Christopher Morgan	Ludlow Runners	MV50	54.47
75	Ian Harris	Dudley Kingsw.	MV40	54.48
76	Ian Beattie	Telford AC	MV50	54.49
77	Gerald Gobey	Couriers	MV55	55.08
78	Annette Davies	Builth & D	FV40	55.23
79	Adrian Wynne	Vegan Runners	MV40	55.51
80	Sharon Clarke	Ludlow Runners	FV40	56.16
81	Rachel Nelson	Croft Ambrey	FV40	56.36
82	Christine Lloyd	Halesowen AC	FV50	57.03
83	Nicky Lewis	Presteigne Pacers	SF	57.40
84	Tina Lavelle	Hay Hotfooters	FV50	57.57
85	Cynthia Cooper	Presteigne Pacers	FV65 (1 st o.55)	58.21 (record)
86	Hazel Aulsebrook	Builth & D	FV40	59.31
87	Emma Rawlins	Hay Hotfooters	FV40	60.57
88	Dave Thompson	Ludlow Runners	MV50	61.09
89	Alan Hodgkiss	Telford AC	MV60	61.16
90	Shaun Emms	Hay Hotfooters	MV65	61.30
91	Sarah Jamieson	Ludlow Runners	FV40	61.37
92	Sue Williams	Ludlow Runners	FV35	62.12
93	Nina Cole	U/A	SF	62.44
94	Rachel Jones	Hay Hotfooters	FV35	62.53
95	Kim Wood	Croft Ambrey	SF	63.49
96	Ann Cruse	Ludlow Runners	FV60	66.39
97	Lydia Homer	U/A	FV35	67.52
98	Juliet Wheatley	Ludlow Runners	FV35	67.53
99	Denise Boden	Ludlow Runners	FV40	69.54
100	Lesley Pymm	Bournville H	FV55	70.27
101	Jo Stone	U/A	SF	73.46
102	Maggie Morris	Ludlow Runners	FV45	79.16

Team result:

Women: 1 – Halesowen AC (Kim Braznell, Jackie Bradshaw, Ellen Ambrose) (22pts), 2 – Ludlow (22)
Men: 1 – Croft Ambrey (Dan Barnett, Dave Rouse, Richard Hornsby) (27pts), 2 – Couriers (38)

NB For photos, go to: <http://www.cameronswan.com/runners/shobdon/>
To receive a 30% discount before May 1st, enter **code 0624** at checkout.