

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>
1	35.05	Stacey Morgan	Croft Ambrey	SM
2	35.37	Simon Norwood	Croft Ambrey	MV40
3	37.15	Ed Davies	Maldwyn Harriers	MV55
4 1 <sup>st</sup> MV40	39.36	Patrick Pearson	Croft Ambrey	MV40
5 1 <sup>st</sup> F	39.39	Sue Davies	Croft Ambrey	FV40
6	41.32	Arthur Charlesworth	Wenlock Olympians	JM
1 <sup>st</sup> MV65	42.01	Dick Evans	Cardiff AC	MV65
8 1 <sup>st</sup> local/2 <sup>nd</sup> F	42.58	Eilish Gilbert	Ludlow Runners	JF
9	43.07	Gary Gunner	Croft Ambrey	MV65
10	43.27	Guy Whitmarsh	Croft Ambrey	MV65
11 1 <sup>st</sup> MV50	43.52	Neil Taylor	Croft Ambrey	MV55
12 1 <sup>st</sup> MV55	44.34	Frank Luscott	Croft Ambrey	MV50
13 3 <sup>rd</sup> F	45.46	Ruth Stafford	Croft Ambrey	SF
14 1 <sup>st</sup> MV60	45.59	Tom Davies	Croft Ambrey	MV60
15 1 <sup>st</sup> MV70	47.29	Alan Morris	Shropshire Shufflers	MV70
16 1 <sup>st</sup> FV35	47.33	Sam Harper	Croft Ambrey	FV35
17 1 <sup>st</sup> FV50	48.54	Emily Allan	Ludlow Tri Club	FV50
18	49.18	Sandy Ross	Ludlow Runners	MV60
19	50.25	Sonia George	Ludlow Runners	FV35
20	51.40	Louisa Spencer	U/A	JF
21	51.55	Megan Turner	Ludlow Runners	JF
22 1 <sup>st</sup> MV45	55.25	Adrian Allan	Croft Ambrey	MV45
23	60.49	Ashley Robinson	Croft Ambrey	MV60
24	64.52	Ian Jones	Hay Hotfooters	MV45