

Shobdon Wood Results – April 25th 2010

| Pos | Time | Name | Club | Cat | |
|-----|-------|-------------------|----------------------|------|---------------------|
| 1 | 34.49 | Jon Pugh | Builth and District | SM | 1 st M |
| 2 | 35.43 | Luke Mason | Wye Valley | SM | 2 nd M |
| 3 | 36.00 | John Pullen | Wye Valley | V40 | 3 rd M |
| 4 | 36.55 | Sarah Waldron | Shaftesbury Harriers | SF | 1 st F |
| 5 | 37.29 | Simon Norwood | Croft Ambrey | V40 | 1 st V40 |
| 6 | 37.58 | Mike Fawcett | Wye Valley | V40 | 2 nd V40 |
| 7 | 39.02 | Timothy Lefroy | Ludlow Runners | JM | 1 st JM |
| 8 | 39.47 | Dave Ameghino | Croft Ambrey | SM | |
| 9 | 40.02 | Dave George | Croft Ambrey | SM | |
| 10 | 40.37 | Mark Agnew | Mercia FR | V40 | 3 rd V40 |
| 11 | 40.49 | Didzis Grundmanis | U/A | SM | |
| 12 | 41.29 | Jack Parry | Builth and D | V55 | 1 st V50 |
| 13 | 41.36 | Neil Powell | Croft Ambrey | SM | |
| 14 | 41.58 | Paul Chester | U/A | SM | |
| 15 | 41.59 | John Walden | Ludlow Runners | SM | |
| 16 | 42.04 | Stuart Austin | Croft Ambrey | V45 | 1 st V45 |
| 17 | 42.30 | Mick Ligema | Croft Ambrey | V50 | 1 st V50 |
| 18 | 42.31 | David Briggs | U/A | SM | |
| 19 | 42.56 | Andrew Davies | Telford Harriers | V55 | 1 st V55 |
| 20 | 43.10 | Ashley Davis | U/A | SM | |
| 21 | 43.21 | Steve Herington | Couriers | V60 | 1 st V60 |
| 22 | 43.35 | Steve Bajic | Telford Harriers | V50 | 2 nd V50 |
| 23 | 43.40 | Dennis Clarke | Cocks Moors Woods | V50 | 3 rd V50 |
| 24 | 44.00 | Jane Rowlands | Ludlow Runners | FV45 | 2 nd F |
| 25 | 44.03 | Peter Johnson | Mercia FR | V55 | 2 nd V55 |
| 26 | 44.34 | Jon Utley | Croft Ambrey | SM | |
| 27 | 44.50 | Paul Elliott | Ludlow Runners | V40 | |
| 28 | 45.04 | Phil Richardson | Bromsgrove & R. AC | V50 | |
| 29 | 45.06 | Matt Moffatt | U/A | SM | |
| 30 | 45.26 | Phil Jones | Presteigne Pacers | V50 | |
| 31 | 45.34 | Gary Gunner | Croft Ambrey | V60 | 2 nd V60 |
| 32 | 45.55 | Neil Taylor | Croft Ambrey | V50 | |
| 33 | 46.31 | Ken Buckle | Cheltenham & D | V65 | 1 st V65 |
| 34 | 46.46 | Antony Wade | U/A | SM | |
| 35 | 46.52 | Haydn O'Reilly | U/A | SM | |
| 36 | 46.55 | Kim Braznell | Halesowen AC | FV50 | 3 rd F |
| 37 | 47.00 | David Whymant | Amazing Feet | V60 | 3 rd V60 |
| 38 | 47.02 | Rod Taylor | Droitwich AC | V50 | |
| 39 | 47.07 | John Lyden | Ludlow Runners | V50 | |
| 40 | 47.10 | Mike Woodyatt | Cocks Moors Woods | V50 | |
| 41 | 47.23 | Martin Carter | Hay Hotfooters | V40 | |
| 42 | 47.32 | Jenny Weare | U/A | SF | |
| 43 | 47.32 | Mark Fenn | Mercia FR | SM | |
| 44 | 47.56 | Andy Westlake | Presteigne Pacers | V45 | |

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| 45 | 48.05 | David Lloyd | Halesowen | V55 | 3 rd V55 |
| 46 | 48.07 | Ian Teague | Ludlow Runners | SM | |
| 47 | 48.17 | Lisa Hughes | Cocks Moors Woods | SF | |
| 48 | 48.33 | Celia Speake | Builth & D | FV40 | 1 st FV40 |
| 49 | 48.55 | Des Pugh | Maldwyn Harriers | V55 | |
| 50 | 49.07 | John Price | Hay Hotfooters | V50 | |
| 51 | 49.24 | Daneen Hughes | U/A | SF | |
| 52 | 49.41 | Richard Lodge | Aldridge | V55 | |
| 53 | 49.55 | Dave Rouse | Croft Ambrey | V55 | |
| 54 | 50.10 | Matthew Samuel | Builth & D | SM | |
| 55 | 51.19 | Imme Davies | Wye Valley | FV40 | 2 nd FV40 |
| 56 | 51.28 | Chris Mason | Wye Valley | V45 | |
| 57 | 51.54 | Marc Dowse | Builth & D | SM | |
| 58 | 51.55 | Lin Staves | Ludlow Runners | FV50 | 1 st FV50 |
| 59 | 52.16 | Liza Austin | Croft Ambrey | FV45 | 1 st FV45 |
| 60 | 52.20 | Pete Staves | U/A | V55 | |
| 61 | 52.22 | Hester Davis | Almost Athletes | SF | |
| 62 | 52.29 | David Good | Shropshire Shufflers | SM | |
| 63 | 52.31 | Jo Lord | Hay Hotfooters | FV45 | 2 nd FV45 |
| 64 | 53.02 | Ashley Robinson | U/A | V60 | |
| 65 | 53.03 | Jason Stuchbury | Ludlow Runners | V40 | |
| 66 | 53.11 | Angela Price | Hay Hotfooters | FV35 | |
| 67 | 53.47 | Sarah Jamieson | Ludlow Runners | FV40 | |
| 68 | 53.52 | Caroline Fearn | Running Forever | SF | |
| 69 | 54.29 | Ruth Vickers | Ludlow Runners | SF | |
| 70 | 54.36 | Martyn Rosser | Hay Hotfooters | V60 | |
| 71 | 56.00 | Chris Jolley | Malvern Joggers | V50 | |
| 72 | 56.06 | Ruth Mason | Wye Valley | FV45 | 3 rd FV45 |
| 73 | 56.07 | Siana Priday | U/A | SF | |
| 74 | 56.20 | Martin Tyler | Cocks Moors Woods | V50 | |
| 75 | 56.23 | Rachel Butler | Maldwyn Harriers | FV45 | |
| 76 | 57.02 | Sue Williams | Ludlow Runners | FV35 | |
| 77 | 57.09 | Leah Mason | Wye Valley | SF | |
| 78 | 57.31 | Lucy Thomas | Wye Valley | SF | |
| 79 | 58.37 | Graham Hall | Cocks Moors Woods | V60 | |
| 80 | 59.00 | Vanessa Roxburgh | U/A | FV35 | |
| 81 | 59.02 | Philip Clifford | Wye Valley | V45 | |
| 82 | 59.03 | Donna Jones | U/A | SF | |
| 83 | 59.04 | Deborah Clifford | Wye Valley | FV45 | |
| 84 | 59.36 | Catherine Edwards | Presteigne Pacers | FV45 | |
| 85 | 59.36 | Jill Hillman | Hay Hotfooters | FV50 | 2 nd FV50 |
| 86 | 60.19 | Dave Hillman | Maldwyn Harriers | V50 | |
| 87 | 60.27 | Shaun Emms | Hay Hotfooters | V70 | 1 st V70 |
| 88 | 62.25 | Laura Vickers | Ludlow Runners | FV55 | 1 st FV55 |
| 89 | 62.29 | Joe Kennedy | Wye Valley | V60 | |
| 90 | 62.32 | Jane Kerr | Builth & D | FV45 | |
| 91 | 63.26 | Don Lovejoy | Ludlow Runners | V55 | |
| 92 | 63.45 | Julie Jukes | U/A | SF | |

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| 93 | 64.27 | Deborah Bufton | Ludlow Runners | FV40 | |
| 94 | 64.37 | Donna Chancy | U/A | FV50 | 3 rd FV50 |
| 95 | 65.39 | Catherine Cotton | Almost Athletes | FV35 | |
| 96 | 66.08 | Ann Cruse | Ludlow Runners | FV60 | 1 st FV60 |
| 97 | 66.19 | Steve Orrells | Maldwyn Harriers | V55 | |
| 98 | 67.31 | Charlotte Morris | U/A | SF | |
| 99 | 68.01 | P Hogarth | Maldwyn Harriers | V60 | |
| 100 | 70.54 | Caroline Orrells | Maldwyn Harriers | FV50 | |
| 101 | 74.58 | Maggie Morris | Ludlow Runners | FV45 | |
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Team results:

Men: 1st Wye Valley (Luke Mason, John Pullen, Mike Fawcett)

Ladies: 1st Ludlow Runners (Jane Rowlands, Lin Staves, Sarah Jamieson)