

## Mad Jack's 5, Saturday 12/11/2016

Race#	Poss	In	Cat	NAME	CLUB	Cat	TIME	%Leader
353	1	1		David Webb	Telford AC	SM	0:27:02	110%
345	2	1		Paul Jones	Mercia Fell Runners	M45	0:28:04	106%
175	3	2		Matt Hall	Shrewsbury AC	SM	0:28:56	102%
126	4	3		James Hickinbottom	Shrewsbury AC	SM	0:29:34	100%
409	5	4		Peter Butler	Oswestry Olympians	SM	0:29:57	99%
418	6	5		Dominic Jones	Mercia Fell Runners	SM	0:30:01	99%
329	7	1		Dylan Gillett	Telford AC	MU18	0:30:24	98%
365	8	6		Joe Phillips	Newport & District RC	SM	0:30:48	96%
373	9	1		Steven Hanly	Unattached	MU23	0:30:50	96%
328	10	7		Simon Adney	Shrewsbury AC	SM	0:30:54	96%
400	11	8		Rob Lisney	Shrewsbury AC	SM	0:31:08	95%
352	12	9		Chris Atherton	Ambleside AC	SM	0:31:15	95%
108	13	10		James Craig	Shropshire Shufflers	SM	0:31:17	95%
279	14	1		Kevin Francis	Shrewsbury AC	M50	0:31:21	95%
303	15	2		Robin Guy	Unattached	M45	0:31:33	94%
278	16	1		Tim Tansley	Oswestry Olympians	M40	0:31:57	93%
316	17	11		Philip Boak	Unattached	SM	0:32:00	93%
237	18	12		Richard Price	Shropshire Shufflers	SM	0:32:02	93%
380	19	2		Andy Davies	Mercia Fell Runners	M50	0:32:09	92%
399	20	13		Stuart Smith	Shropshire Shufflers	SM	0:32:39	91%
346	21	14		Oliver Parry	Mercia Fell Runners	SM	0:32:57	90%
331	22	3		Lee Rudd	Wrekin Road Runners	M45	0:33:03	90%
243	23	15		Robin Sedman-Smith	Newport & District RC	SM	0:33:09	89%
355	24	2		Tony Paul	Telford AC	M40	0:33:13	89%
82	25	4		Alan Dean	Shrewsbury AC	M45	0:33:14	89%
74	26	3		Dean Blythe	Telford AC	M40	0:33:29	89%
135	27	16		PAUL O'BRIEN	Telford Harriers	SM	0:33:31	88%
382	28	3		Mark Griffiths	SYTRI	M50	0:33:47	88%
307	29	4		mark Agnew	Unattached	M50	0:34:01	87%
232	30	5		Craig Ottolini	Market Drayton RC	M45	0:34:04	87%
230	31	17		Martin Rouse	Unattached	SM	0:34:05	87%
372	32	5		Steve Cole	Mercia Fell Runners	M50	0:34:06	87%
347	33	1		Zoe Barber	Shrewsbury AC	SL	0:34:07	87%
389	34	6		Darren Mitchelmore	Shrewsbury AC	M50	0:34:10	87%
284	35	7		Richard Jones	Shrewsbury AC	M50	0:34:20	86%
157	36	8		Michael Dobson	Stafford Harriers	M50	0:34:22	86%
2	37	4		Justin Wyke	Unattached	M40	0:34:26	86%
211	38	1		Haydn Roy Jones	Shrewsbury AC	M55	0:34:29	86%
264	39	18		Iain Wheeler	Unattached	SM	0:34:31	86%
317	40	19		James Boak	Unattached	SM	0:34:33	86%

364	41	9	Norman Titley	Shropshire Shufflers	M50	0:34:39	86%
339	42	20	Richard Evans	SYTRI	SM	0:34:40	86%
231	43	21	Joe Ratcliff	Unattached	SM	0:34:50	85%
388	44	22	Adam Owen	Unattached	SM	0:34:54	85%
359	45	23	David Anderson	Unattached	SM	0:35:00	85%
412	46	1	Anna Bartlett	Shrewsbury AC	L45	0:35:06	84%
410	47	24	Rob Kerr	SYTRI	SM	0:35:07	84%
295	48	25	Kevin Geary	Unattached	SM	0:35:13	84%
396	49	26	Stuart Baldwin	Unattached	SM	0:35:15	84%
213	50	2	Amanda Davies	Cheadle RC	L45	0:35:22	84%
40	51	27	Chris Doran	Unattached	SM	0:35:34	83%
423	52	1	Lucie Tait-Harris	Telford AC	L40	0:35:36	83%
115	53	5	Colin Perry	Unattached	M40	0:35:37	83%
191	54	1	Pete Savill	Shrewsbury AC	M60	0:35:38	83%
281	55	6	Phil Perry	Unattached	M40	0:35:55	83%
422	56	28	Craig Storey	Market Drayton RC	SM	0:36:06	82%
100	57	7	James Hanmer	Unattached	M40	0:36:08	82%
419	58	8	Charlie Sandells	Shropshire Shufflers	M40	0:36:15	82%
297	59	2	Peter Crowther	Aberystwyth AC	M60	0:36:19	82%
280	60	2	alex green	Unattached	SL	0:36:23	81%
260	61	6	Wayne Guest	Unattached	M45	0:36:24	81%
206	62	10	Phil Hill	Newport & District RC	M50	0:36:28	81%
155	63	9	Alan Richardson	Unattached	M40	0:36:28	81%
257	64	3	Bob Evans	Unattached	M60	0:36:30	81%
326	65	11	Harvey Morgan	Oswestry Olympians	M50	0:36:32	81%
46	66	12	Kai Coleman	Unattached	M50	0:36:38	81%
370	67	7	Calvin Wright	Shropshire Shufflers	M45	0:36:41	81%
296	68	1	Rebecca Moseley	Shrewsbury AC	LU23	0:36:43	81%
332	69	10	David Leonard	Unattached	M40	0:36:46	81%
375	70	8	Darren Brown	Unattached	M45	0:36:50	80%
17	71	3	Fay Pollock	unattached	SL	0:36:59	80%
383	72	4	Helen Stokes	Mercia Fell Runners	SL	0:37:05	80%
124	73	13	Clive Richardson	Unattached	M50	0:37:13	80%
334	74	2	Rachel Walmsley	SYTRI	L40	0:37:16	80%
366	75	11	Alistair Mitchell	SYTRI	M40	0:37:30	79%
31	76	29	Mike Doyle	Unattached	SM	0:37:40	79%
223	77	14	Maurice Reid	Newport & District RC	M50	0:37:45	79%
369	78	12	Neil Postans	Shropshire Shufflers	M40	0:37:46	79%
247	79	1	Tracey Williams	Denbigh Harriers	L50	0:37:59	78%
391	80	30	Dave Gittins	Unattached	SM	0:38:03	78%
384	81	2	Josie Lloyd	Mercia Fell Runners	LU23	0:38:13	78%
255	82	4	Peter Johnson	Mercia Fell Runners	M60	0:38:18	77%
421	83	31	Andrew Gilbert	Unattached	SM	0:38:20	77%

89	<b>84</b>	<b>5</b>	Leslie Ritchie	Unattached	M60	0:38:21	77%
171	<b>85</b>	<b>15</b>	Matthew Powell	Unattached	M50	0:38:22	77%
350	<b>86</b>	<b>13</b>	Rob Hughes	Unattached	M40	0:38:23	77%
286	<b>87</b>	<b>14</b>	David Gregg	Unattached	M40	0:38:25	77%
268	<b>88</b>	<b>15</b>	Guy Holloway	Unattached	M40	0:38:30	77%
151	<b>89</b>	<b>1</b>	andrew davies	Bridgnorth Running Club	M65	0:38:34	77%
251	<b>90</b>	<b>32</b>	Michael Thomas	Shrewsbury AC	SM	0:38:37	77%
417	<b>91</b>	<b>16</b>	Craig Teckoe	Wrekin Road Runners	M40	0:38:43	77%
336	<b>92</b>	<b>2</b>	Simon Meredith	Shropshire Shufflers	M55	0:38:44	77%
156	<b>93</b>	<b>1</b>	Amy Ritchie	Unattached	LU18	0:38:46	76%
209	<b>94</b>	<b>33</b>	Fraser Lamont	Trismart	SM	0:38:49	76%
219	<b>95</b>	<b>3</b>	Amelia Hodson	Unattached	L45	0:38:50	76%
203	<b>96</b>	<b>9</b>	Darren Owen-Jones	Wrekin Road Runners	M45	0:38:51	76%
186	<b>97</b>	<b>3</b>	Robert Thompson	Shropshire Shufflers	M55	0:38:52	76%
215	<b>98</b>	<b>34</b>	Neil Eisenstein	Unattached	SM	0:38:59	76%
335	<b>99</b>	<b>5</b>	Charlotte Hayward-Prince	Bayston Hill Dodgers	SL	0:39:06	76%
309	<b>100</b>	<b>35</b>	Wesley Briscoe	Unattached	SM	0:39:10	76%
386	<b>101</b>	<b>36</b>	Lou Williams	ootri	SM	0:39:17	75%
180	<b>102</b>	<b>4</b>	Melvyn Austin	Unattached	M55	0:39:21	75%
58	<b>103</b>	<b>16</b>	PAUL MILLAR	Unattached	M50	0:39:29	75%
367	<b>104</b>	<b>5</b>	Bernie Jones	Unattached	M55	0:39:30	75%
37	<b>105</b>	<b>6</b>	Andy Lomas	Unattached	M60	0:39:41	75%
70	<b>106</b>	<b>6</b>	Mark Evans	Unattached	M55	0:39:51	74%
80	<b>107</b>	<b>10</b>	Steve Haywood	Unattached	M45	0:39:52	74%
210	<b>108</b>	<b>7</b>	Dave Hopkins	Telford AC	M60	0:39:56	74%
272	<b>109</b>	<b>1</b>	Gill Evans	Shrewsbury AC	L55	0:39:58	74%
27	<b>110</b>	<b>37</b>	Jake Dorricott	unattached	SM	0:39:59	74%
86	<b>111</b>	<b>11</b>	Paul Dainty	Newport & District RC	M45	0:40:01	74%
287	<b>112</b>	<b>6</b>	Michelle Hughes	Unattached	SL	0:40:09	74%
312	<b>113</b>	<b>3</b>	Nicola Richards	Unattached	L40	0:40:12	74%
158	<b>114</b>	<b>8</b>	Chris Baldwin	Denbigh Harriers	M60	0:40:17	74%
123	<b>115</b>	<b>12</b>	Ian Vann	Newport & District RC	M45	0:40:27	73%
354	<b>116</b>	<b>7</b>	Colin Downey	Mercia Fell Runners	M55	0:40:37	73%
387	<b>117</b>	<b>2</b>	Owen Williams	Unattached	MU18	0:40:42	73%
282	<b>118</b>	<b>13</b>	Chris Barker	Bridgnorth Running Club	M45	0:40:44	73%
45	<b>119</b>	<b>3</b>	James Coleman	Unattached	MU18	0:40:46	73%
392	<b>120</b>	<b>7</b>	Eleanor Hartley	Unattached	SL	0:40:52	73%
62	<b>121</b>	<b>17</b>	Neil Woodhouse	Unattached	M40	0:40:55	72%
249	<b>122</b>	<b>18</b>	Andrew Watkin	Unattached	M40	0:41:03	72%
314	<b>123</b>	<b>38</b>	Adrian Hitchen	Unattached	SM	0:41:07	72%
413	<b>124</b>	<b>39</b>	Steve Williams	Wrekin Road Runners	SM	0:41:14	72%
261	<b>125</b>	<b>8</b>	naomi cook	Unattached	SL	0:41:22	72%
220	<b>126</b>	<b>17</b>	PAUL MAIDEN	Shropshire Shufflers	M50	0:41:28	72%

381	127	40	Leon Champlen	Unattached	SM	0:41:39	71%
177	128	2	Lucy Grayston	Unattached	LU18	0:41:44	71%
398	129	9	S J Atherton	Ambleside AC	M60	0:41:49	71%
41	130	18	Russell Ward	Shropshire Shufflers	M50	0:41:50	71%
330	131	8	Steve Bajic	Telford Harriers	M55	0:41:51	71%
259	132	14	Andy Scott	Unattached	M45	0:41:54	71%
217	133	19	Mark Hobden	Unattached	M40	0:41:56	71%
98	134	9	Emily Smith (2)	Unattached	SL	0:42:00	71%
195	135	41	Mark Fras	Unattached	SM	0:42:05	70%
194	136	10	Heather Fras	Shropshire Shufflers	SL	0:42:08	70%
356	137	11	Nicki Trow	Shropshire Shufflers	SL	0:42:12	70%
96	138	42	Andy Hudson	Unattached	SM	0:42:15	70%
319	139	20	James Cameron	Unattached	M40	0:42:19	70%
265	140	19	nigel ingram	Newport & District RC	M50	0:42:23	70%
97	141	1	Iain Day	Shropshire Shufflers	M70	0:42:26	70%
269	142	21	Mike Earl	Unattached	M40	0:42:28	70%
112	143	22	James Rainbow	Whitchurch Whippets	M40	0:42:39	70%
185	144	15	John Garrett	Unattached	M45	0:42:43	69%
245	145	4	Emma Preston	Unattached	L40	0:42:45	69%
415	146	12	Laura Gray	unattached	SL	0:42:55	69%
169	147	16	Jimmy Wilde	Unattached	M45	0:42:55	69%
414	148	43	Craig Pascoe	unattached	SM	0:43:01	69%
377	149	2	Dave Nichols	Mercia Fell Runners	M65	0:43:05	69%
420	150	4	Caroline Farr	Dolly Mixtures	L45	0:43:09	69%
52	151	44	Oliver Stokes	Newport & District RC	SM	0:43:09	69%
127	152	2	lorraine richards	Shropshire Shufflers	L55	0:43:17	69%
22	153	17	David Scotcher	Market Drayton RC	M45	0:43:31	68%
349	154	45	Steven Wood	Unattached	SM	0:43:35	68%
285	155	23	Darran Morris	Unattached	M40	0:43:41	68%
236	156	2	Jake Brown	Unattached	MU23	0:43:43	68%
267	157	46	Christopher Thirlwall	Unattached	SM	0:43:44	68%
270	158	47	Daniel Bell	Unattached	SM	0:43:45	68%
274	159	10	Charlie Holland	Unattached	M60	0:43:51	68%
239	160	48	Richard Anthony	Unattached	SM	0:43:55	68%
43	161	49	Richard Hession	Unattached	SM	0:44:03	67%
33	162	13	elizabeth Wynne	Unattached	SL	0:44:06	67%
141	163	11	Pete Oliver	Unattached	M60	0:44:08	67%
416	164	50	Mark Maddock	Unattached	SM	0:44:13	67%
136	165	14	CRISTINA O'BRIEN	Telford Harriers	SL	0:44:15	67%
374	166	15	Marie Chaudhry	Unattached	SL	0:44:26	67%
163	167	20	chris roberts	Unattached	M50	0:44:26	67%
300	168	21	Carlo Di Lucia	Unattached	M50	0:44:37	66%
240	169	16	Jessica Pugh	Unattached	SL	0:44:47	66%

16	<b>170</b>	<b>18</b>	Paul Ducommun	unattached	M45	0:45:03	66%
85	<b>171</b>	<b>5</b>	Susan Vuli	Shropshire Shufflers	L40	0:45:04	66%
263	<b>172</b>	<b>17</b>	Helen Wheeler	Unattached	SL	0:45:06	66%
42	<b>173</b>	<b>18</b>	Laura Hudson	Unattached	SL	0:45:11	66%
301	<b>174</b>	<b>19</b>	Richard Llewellyn-Bell	Unattached	M45	0:45:17	65%
49	<b>175</b>	<b>51</b>	Andrew Jones	Unattached	SM	0:45:19	65%
104	<b>176</b>	<b>52</b>	Gavin Wright	Unattached	SM	0:45:20	65%
357	<b>177</b>	<b>19</b>	Joy Margerum	Vegan Runners UK	SL	0:45:24	65%
376	<b>178</b>	<b>5</b>	Sarah Hall	Unattached	L45	0:45:29	65%
288	<b>179</b>	<b>3</b>	christopher mcdonald	Unattached	M65	0:45:43	65%
271	<b>180</b>	<b>9</b>	David Webb	Unattached	M55	0:45:48	65%
72	<b>181</b>	<b>6</b>	Sharonlee Young	Unattached	L40	0:45:51	65%
371	<b>182</b>	<b>2</b>	Biddy Cole	Mercia Fell Runners	L50	0:45:56	65%
235	<b>183</b>	<b>20</b>	Sophia Anderson	Unattached	SL	0:45:57	65%
189	<b>184</b>	<b>24</b>	Andrew Kelly	Market Drayton RC	M40	0:45:58	65%
21	<b>185</b>	<b>7</b>	Deborah Scotcher	Market Drayton RC	L40	0:45:59	64%
201	<b>186</b>	<b>3</b>	Megan Owen-Jones	Wrekin Road Runners	LU23	0:46:03	64%
128	<b>187</b>	<b>21</b>	Sian Bowdler	Unattached	SL	0:46:03	64%
168	<b>188</b>	<b>8</b>	Emma Wilde	Unattached	L40	0:46:24	64%
181	<b>189</b>	<b>22</b>	Anna Davis-White	Unattached	SL	0:46:26	64%
253	<b>190</b>	<b>22</b>	Kevin Heede	Unattached	M50	0:46:26	64%
20	<b>191</b>	<b>20</b>	Kevin Brierley	Lawley Running Club	M45	0:46:29	64%
116	<b>192</b>	<b>53</b>	Steven Edwards	Unattached	SM	0:46:36	64%
394	<b>193</b>	<b>54</b>	Matthew Wright	Lawley Running Club	SM	0:46:41	64%
320	<b>194</b>	<b>23</b>	ralph humphries	Unattached	M50	0:46:43	63%
363	<b>195</b>	<b>9</b>	Jane Atkins	Shropshire Shufflers	L40	0:46:44	63%
342	<b>196</b>	<b>25</b>	Andrew Crozier	Lawley Running Club	M40	0:46:46	63%
304	<b>197</b>	<b>21</b>	Stuart Dovey	Unattached	M45	0:46:50	63%
192	<b>198</b>	<b>10</b>	NICK WYLIE	Newport & District RC	M55	0:47:00	63%
103	<b>199</b>	<b>23</b>	Fiona Wright	Unattached	SL	0:47:07	63%
138	<b>200</b>	<b>24</b>	Laura Ann Slack	Unattached	SL	0:47:22	63%
101	<b>201</b>	<b>4</b>	dennis hockney	Unattached	M65	0:47:22	63%
378	<b>202</b>	<b>24</b>	Matt Armitage	SYTRI	M50	0:47:35	62%
379	<b>203</b>	<b>22</b>	Stephen Peck	SYTRI	M45	0:47:36	62%
340	<b>204</b>	<b>6</b>	Maria Spurling	Shropshire Shufflers	L45	0:47:43	62%
212	<b>205</b>	<b>12</b>	David Clarke	Unattached	M60	0:47:51	62%
393	<b>206</b>	<b>5</b>	Alan McDonald	Unattached	M65	0:47:55	62%
229	<b>207</b>	<b>25</b>	Jo-Anne Rouse	Unattached	SL	0:47:59	62%
68	<b>208</b>	<b>7</b>	Lesley Spencer	Unattached	L45	0:47:59	62%
182	<b>209</b>	<b>26</b>	Cait Leach	Unattached	SL	0:48:06	62%
242	<b>210</b>	<b>27</b>	Amy Doyle	Unattached	SL	0:48:08	62%
256	<b>211</b>	<b>1</b>	Sue Johnson	Mercia Fell Runners	L60	0:48:11	62%
139	<b>212</b>	<b>23</b>	Chris Harris	Lawley Running Club	M45	0:48:16	61%

148	213	26	Darren Hall	Shropshire Shufflers	M40	0:48:30	61%
78	214	28	Harriet Ford	Unattached	SL	0:48:47	61%
348	215	55	Dan Lewis	Wrekin Road Runners	SM	0:48:50	61%
66	216	56	Robert Wheeler	Unattached	SM	0:48:56	61%
125	217	10	Tara Skillicorn	Unattached	L40	0:49:03	60%
199	218	24	john thompson	Telford Harriers	M45	0:49:10	60%
34	219	57	Andy Peters	Unattached	SM	0:49:20	60%
183	220	25	Steve Roberts	Unattached	M50	0:49:20	60%
397	221	3	Sarah Crawford Clarke	Bridgnorth Running Club	L50	0:49:25	60%
137	222	27	simon Lewis	Unattached	M40	0:49:34	60%
208	223	29	Jodie Lamont	Unattached	SL	0:49:34	60%
26	224	8	Teresa Lippitt	Bridgnorth Running Club	L45	0:49:36	60%
145	225	9	Cheryl Hare	Unattached	L45	0:49:38	60%
362	226	10	Louise Smith	Shropshire Shufflers	L45	0:49:42	60%
178	227	28	Gav Grayston	Unattached	M40	0:49:48	60%
140	228	11	Mandi Nisbet	Lawley Running Club	L45	0:49:50	59%
305	229	26	Allan Cunningham	Unattached	M50	0:49:59	59%
221	230	11	Victoria Jones	Shropshire Shufflers	L40	0:50:34	59%
121	231	13	Glenn Francke	Shropshire Shufflers	M60	0:50:35	59%
184	232	27	Andy IAnson	Unattached	M50	0:50:36	59%
176	233	4	Mandy Baxter	Shropshire Shufflers	L50	0:50:51	58%
172	234	5	Lindy Bailey	Shropshire Shufflers	L50	0:50:51	58%
174	235	30	emma sumner	Unattached	SL	0:50:54	58%
162	236	6	Mandy Stoker	Unattached	L50	0:50:57	58%
390	237	25	Richard Preston	Unattached	M45	0:51:07	58%
161	238	4	Hannah Coles	Unattached	LU23	0:51:38	57%
118	239	12	FRANCESCA HUTCHESON	Shropshire Shufflers	L40	0:51:54	57%
395	240	31	Nicola Wright	Lawley Running Club	SL	0:51:58	57%
132	241	32	Lucy Brooks	Bridgnorth Running Club	SL	0:52:05	57%
93	242	13	Helen Wood	Unattached	L40	0:52:10	57%
202	243	33	Rebecca Owen-Jones	Wrekin Road Runners	SL	0:52:27	57%
107	244	14	Sarah Evans	Unattached	L40	0:52:31	56%
147	245	15	RACHEL KING	Unattached	L40	0:52:31	56%
61	246	16	Jayne Woodhouse	Unattached	L40	0:52:33	56%
64	247	34	Claire Jones	Unattached	SL	0:52:33	56%
276	248	14	James Gowans	Unattached	M60	0:53:04	56%
187	249	35	Brydie Prime	Unattached	SL	0:53:08	56%
368	250	12	Emma Veitch	Unattached	L45	0:53:14	56%
188	251	36	kim farmer	Unattached	SL	0:53:16	56%
205	252	7	Petra Leach	Newport & District RC	L50	0:53:55	55%
144	253	8	Jayne Nicholls	Unattached	L50	0:54:11	55%
411	254	15	Christopher Scott	Shropshire Shufflers	M60	0:54:32	54%
44	255	17	Wendy Coleman	Unattached	L40	0:54:32	54%

79	<b>256</b>	<b>18</b>	Emma Haywood	Lawley Running Club	L40	0:54:34	54%
7	<b>257</b>	<b>37</b>	Leigh Francis	Unattached	SL	0:54:37	54%
275	<b>258</b>	<b>13</b>	Holly Vivian	Unattached	L45	0:54:43	54%
222	<b>259</b>	<b>19</b>	Mandy Cooke	Unattached	L40	0:54:45	54%
69	<b>260</b>	<b>38</b>	sally Hanmer	Unattached	SL	0:54:47	54%
83	<b>261</b>	<b>6</b>	Edward Ashby	Unattached	M65	0:54:52	54%
225	<b>262</b>	<b>39</b>	Emily Benson	Unattached	SL	0:54:57	54%
165	<b>263</b>	<b>9</b>	Elaine Dean	Unattached	L50	0:54:59	54%
224	<b>264</b>	<b>7</b>	Geoff Kinlen	Unattached	M65	0:55:05	54%
84	<b>265</b>	<b>26</b>	William Rollo	Unattached	M45	0:55:10	54%
95	<b>266</b>	<b>27</b>	Richard Williams	Unattached	M45	0:55:11	54%
90	<b>267</b>	<b>3</b>	Hazel Ritchie	Unattached	L55	0:55:14	54%
51	<b>268</b>	<b>4</b>	Pam O'Carroll	Unattached	L55	0:55:14	54%
47	<b>269</b>	<b>14</b>	Cindy Parry	Unattached	L45	0:55:18	54%
5	<b>270</b>	<b>10</b>	Vicki Stevens	Unattached	L50	0:55:18	54%
408	<b>271</b>	<b>40</b>	Lucy Wilson	Unattached	SL	0:55:20	54%
361	<b>272</b>	<b>20</b>	Lorna Martinal	SYTRI	L40	0:55:23	54%
351	<b>273</b>	<b>15</b>	Gina Lewis	Dolly Mixtures	L45	0:55:28	53%
234	<b>274</b>	<b>16</b>	Frederick Ratcliff	Unattached	M60	0:55:49	53%
48	<b>275</b>	<b>41</b>	Nichola Green	Unattached	SL	0:56:21	53%
29	<b>276</b>	<b>11</b>	Kevin Hayward	Unattached	M55	0:56:29	52%
322	<b>277</b>	<b>11</b>	Jennifer Williams	Newport & District RC	L50	0:56:39	52%
35	<b>278</b>	<b>12</b>	CHERYL THOMPSON	Unattached	L50	0:56:43	52%
277	<b>279</b>	<b>5</b>	Helen Humphreys	Unattached	L55	0:56:46	52%
53	<b>280</b>	<b>17</b>	John Stokes	Newport & District RC	M60	0:56:49	52%
67	<b>281</b>	<b>16</b>	anna hughes	Unattached	L45	0:56:50	52%
91	<b>282</b>	<b>42</b>	Esther Griffiths	Unattached	SL	0:56:51	52%
94	<b>283</b>	<b>43</b>	Melissa Clews	Unattached	SL	0:57:03	52%
290	<b>284</b>	<b>3</b>	Molly Wright	Unattached	LU18	0:57:04	52%
333	<b>285</b>	<b>44</b>	Michelle Davies	Unattached	SL	0:57:05	52%
310	<b>286</b>	<b>13</b>	Amanda Greene	Market Drayton RC	L50	0:57:10	52%
130	<b>287</b>	<b>45</b>	Laura Kavanagh	Unattached	SL	0:57:16	52%
227	<b>288</b>	<b>17</b>	Trudy Mellings	Unattached	L45	0:57:36	51%
76	<b>289</b>	<b>21</b>	Marie Cash	Unattached	L40	0:57:45	51%
75	<b>290</b>	<b>22</b>	Vicki Prinold	Unattached	L40	0:57:46	51%
81	<b>291</b>	<b>23</b>	Melanie Cooke	Unattached	L40	0:57:54	51%
318	<b>292</b>	<b>46</b>	Angela Smith	Unattached	SL	0:57:56	51%
337	<b>293</b>	<b>47</b>	Lucy Hall	Shropshire Shufflers	SL	0:57:59	51%
338	<b>294</b>	<b>48</b>	Katie Webb	Shropshire Shufflers	SL	0:58:05	51%
106	<b>295</b>	<b>49</b>	Michelle Jones	Unattached	SL	0:58:11	51%
179	<b>296</b>	<b>50</b>	Tanya Wilson	Unattached	SL	0:58:20	51%
134	<b>297</b>	<b>29</b>	Adrian Cooper	Unattached	M40	0:58:27	51%
218	<b>298</b>	<b>51</b>	Laura Parry-jones	Unattached	SL	0:58:33	51%

283	299	18	Chris Harrison	Unattached	M60	0:58:51	50%
63	300	58	James Warren	Unattached	SM	0:59:02	50%
252	301	6	Tina Dunning	Unattached	L55	0:59:08	50%
166	302	52	Jennifer Jones	Unattached	SL	0:59:10	50%
204	303	18	Samantha Churms	Unattached	L45	0:59:18	50%
385	304	3	Lewis Williams	Oswestry Olympians	MU23	0:59:32	50%
117	305	14	VIV BARNETT	Wrekin Road Runners	L50	0:59:32	50%
143	306	24	vanessa morris	Unattached	L40	0:59:54	49%
302	307	1	Holly Morris	Unattached	NONE	1:00:08	49%
196	308	19	Vanessa Richardson	Unattached	L45	1:00:08	49%
92	309	53	Gemma Beddoes	Unattached	SL	1:00:08	49%
12	310	15	Catherine Lamond	Newport and District RC	L50	1:00:26	49%
341	311	4	Jessica Crozier	Unattached	LU18	1:00:50	49%
294	312	5	Phoebe Thomas	Unattached	LU18	1:00:51	49%
343	313	4	Joe Brierley	Lawley Running Club	MU18	1:00:51	49%
119	314	16	Deborah Cairns	Unattached	L50	1:00:55	49%
323	315	54	Denise Davies	Shropshire Shufflers	SL	1:01:04	49%
324	316	20	Susie Page	Unattached	L45	1:01:04	49%
114	317	30	darren price	Unattached	M40	1:01:48	48%
216	318	21	Joanne Lewis	Unattached	L45	1:02:15	48%
321	319	17	Julie Thornton	Unattached	L50	1:02:16	48%
248	320	8	Gordon Trevor	Shrewsbury AC	M65	1:02:18	48%
18	321	22	Tina Beauchamp	not given	L45	1:02:19	48%
200	322	55	Harriet Hunt	Unattached	SL	1:02:19	48%
250	323	25	Sandra Morris	SYTRI	L40	1:02:25	48%
358	324	23	Marilyn Hunt	SYTRI	L45	1:02:44	47%
65	325	56	Sarah Piper	Unattached	SL	1:02:55	47%
159	326	7	Sian Rudling	Newport & District RC	L55	1:02:56	47%
30	327	57	Kate Johnson-Takes	Unattached	SL	1:03:03	47%
298	328	58	Emma Gubbins	Unattached	SL	1:03:03	47%
32	329	24	Suzanne Sheppard	Unattached	L45	1:03:36	47%
57	330	26	Catriona Hickey	Unattached	L40	1:03:44	47%
56	331	59	Julie Hogan	Unattached	SL	1:03:59	46%
325	332	28	Paul Jenkins	Shropshire Shufflers	M50	1:04:00	46%
299	333	18	Judith Roberts	Unattached	L50	1:04:14	46%
291	334	19	Jayne Jones	Unattached	L50	1:04:19	46%
160	335	27	Zoe Betts	Unattached	L40	1:04:21	46%
120	336	20	Barbara Cairns	Unattached	L50	1:05:02	46%
129	337	60	Emma Ballance	Unattached	SL	1:05:02	46%
131	338	61	sarah hill	Unattached	SL	1:05:05	46%
102	339	21	gilly pitt	Ludlow Runners	L50	1:05:43	45%
193	340	22	Paula Morris	Unattached	L50	1:05:54	45%
293	341	2	Iola Thompson	Unattached	L60	1:07:44	44%

50	<b>342</b>	<b>28</b>	Katie Thomas	Lawley Running Club	L40	1:07:45	44%
39	<b>343</b>	<b>5</b>	Emma Stevenson	Potters Trotters	LU23	1:08:12	43%
360	<b>344</b>	<b>25</b>	Catherine Williams	Unattached	L45	1:09:26	43%
173	<b>345</b>	<b>29</b>	Jacqueline Healey	Potters Trotters	L40	1:11:37	41%
38	<b>346</b>	<b>3</b>	Liz Stevenson	Potters Trotters	L60	1:11:38	41%
153	<b>347</b>	<b>62</b>	Heidi Bentley	Unattached	SL	1:16:26	39%
164	<b>348</b>	<b>63</b>	Shell Roberts	Unattached	SL	1:16:26	39%
111	<b>349</b>	<b>64</b>	Emily Williams	Shropshire Shufflers	SL	1:18:46	38%
110	<b>350</b>	<b>4</b>	Jennifer Marr	Unattached	L60	1:18:46	38%
289	<b>351</b>	<b>26</b>	Karen Jones	Unattached	L45	1:22:13	36%
313	<b>352</b>	<b>65</b>	Clare Watkins	Unattached	SL	1:22:15	36%
149	<b>353</b>	<b>27</b>	Vanessa Thomas	Unattached	L45	1:22:15	36%
154	<b>354</b>	<b>30</b>	Penny Roach	Unattached	L40	1:22:37	36%
152	<b>355</b>	<b>66</b>	Lianne Manuel	Unattached	SL	1:22:42	36%
113	<b>356</b>	<b>1</b>	Kathy Ling	Wrekin Road Runners	L65	1:27:18	34.00 %