

Rhayader Round the Lakes 20, Wales

21st March 2009

Pos	Num	Forename	Surname	Cat	Club	Time
1	172	Steve	Rees	M	Port Talbot Harriers	01:59:28
2	126	Paul	Mountford	M	Tipton Harriers	02:05:03
3	11	Christopher	Parker	M40	Swansea Harriers	02:05:30
4	255	David	Coales	M	Team Bath AC	02:06:18
5	180	Jonathan	Newey	M	Malvern Joggers	02:06:28
6	223	James	Baulch	M	Poole Runners	02:07:43
7	231	Glyn	Price	M40	Sarn Helen	02:10:32
8	50	Jamie	Anderson	M	Telford Harriers	02:10:59
9	234	Steve	Cunningham	M45	Unattached	02:11:43
10	99	Ian	James	M45	Wrexham AAC	02:12:00
11	134	Mark	Farnell	M45	Tipton Harriers	02:13:41
12	179	Robin	Smoult	M	Lliswerry Runners	02:13:51
13	233	Michael	Davies	M40	Sarn Helen	02:14:06
14	285	Calwyn	Thomas	M	Sarn Helen	02:14:23
15	168	Mark	Armstrong	M	Rugby & Northants AC	02:14:32
16	146	Haydn	Hartnell	M45	Islwyn RC	02:15:17
17	243	David	Headon	M45	Les Croupiers	02:16:07
18	225	Steve	Claxton	M	Poole Runners	02:16:33
19	5	Mike	Anslow	M	Stourbridge RC	02:16:51
20	95	Karl	Moore	M40	West Bromwich Harriers	02:17:56
21	198	Andrew	Cooper	M45	Tipton Harriers	02:18:13
22	271	Martin	George	M	Sospan RR	02:18:41
23	200	Bill	Graham	M55	Bitton RR	02:19:14
24	196	Daniel	Davies	M	Aberystwyth AC	02:19:25
25	175	Paul	Reynolds	M	Army Athletics Assn	02:19:27
26	147	Chris	Fulcher	M40	Port Talbot Harriers	02:20:11
27	529	Clare	Phillips	F35	Swansea Harriers	02:20:20
28	86	Neil	Parry	M	Clwydian Range Runners	02:20:51
29	2	David	Rose	M45	Stourbridge RC	02:21:06
30	209	Steve	Nethercott	M40	Lytchett Manor Striders	02:21:17
31	526	Adela	Salt	F35	Trentham RC	02:21:19
32	266	Stephen	King	M	Aberystwyth AC	02:21:25
33	157	Simon	Roberts	M	Buckley Runners	02:22:38
34	281	Philip	Kendrick	M45	Rhayader RC	02:22:47
35	70	Dean	John	M40	TROTS	02:22:52
36	614	Michelle	Clarke	F35	Telford Harriers	02:22:58
37	125	Mark	Amos	M40	W4 Harriers	02:23:16
38	595	Elaine	Laver	F	Reading RR	02:23:17
39	169	Martin	Talley	M40	Bitton RR	02:23:30
40	301	Max	Suff	M45	Hereford Couriers	02:23:40
41	250	Henry	Thomas	M40	Telford AC	02:24:57
42	217	Russ	Conway	M45	Lytchett Manor Striders	02:25:09
43	259	Dave	Powell	M45	Aberystwyth AC	02:25:33
44	110	Robert	Mole	M	Bromsgrove & Redditch	02:25:47
45	240	Neil	Kelly	M	Penny Lane Striders	02:25:53
46	220	Jim	Aylmore	M45	Poole Runners	02:26:09
47	293	Christopher	Garbett	M40	Oswestry Olympians	02:26:35
48	191	Alex	Williams	M40	Port Talbot Harriers	02:27:17
49	228	Peter	Ferenczy	M45	Poole Runners	02:28:18
50	117	Hywel	Jones	M45	Arena 80	02:28:28
51	283	Jeff	Thomas	M40	Bridgend AC	02:28:31
52	78	Mark	Worrall	M	Unattached	02:28:38
53	272	Mike	Warrick	M55	Rhayader RC	02:29:09
54	204	Geoff	Robberts	M55	Poole Runners	02:29:59

55	238	Rob	Falconer	M50	Unattached	02:30:16
56	148	Don	Doe	M50	Poole Runners	02:30:25
57	241	Tony	Peach	M40	Lytchett Manor Striders	02:30:30
58	501	Julie	Davies	F35	Griffithstown Harriers	02:31:13
59	230	Huw	Price	M45	Sarn Helen	02:31:13
60	82	Gwilym	Batchelder	M	Maldwyn Harriers	02:31:20
61	236	Ian	Churchward	M40	Lytchett Manor Striders	02:31:30
62	201	Peter	Crump	M40	Unattached	02:31:41
63	87	Martin	Green	M	Nth Wales RR	02:31:45
64	207	John	Parry	M50	Builth & Dist RC	02:32:14
65	258	Christopher	Davies	M	Islwyn RC	02:32:22
66	58	Leon	Bond	M40	Centurion RC	02:32:38
67	94	Malcolm(Guide)	Carr	M45	West Bromwich Harriers	02:32:42
68	93	David(Blind)	Heeley	M50	West Bromwich Harriers	02:32:42
69	145	Nick	Hooper	M40	Black Pear Joggers	02:32:43
70	143	David	Billingham	M40	Unattached	02:32:46
71	211	Iain	Lahart	M	Unattached	02:33:02
72	213	Chris	Guerrier	M50	Poole Runners	02:33:17
73	291	Graham	Townsend	M	Marlborough	02:33:32
74	299	Richard	Anthony	M	Unattached	02:34:00
75	607	Tracey	Baker	F40	Egdon Heath	02:34:02
76	122	Garfield	Jones	M50	Islwyn RC	02:34:04
77	578	Jacki	Jarvis	F45	Oswestry Olympians	02:34:10
78	206	Michael	Davies	M55	Les Croupiers	02:34:22
79	554	Louise	Collins	F	Stourbridge RC	02:34:29
80	66	Jon	Cole	M	Ellesmere Port	02:34:30
81	48	Austin	Tovey	M	Unattached	02:34:37
82	602	Becky	Griffiths	F	Poole Runners	02:34:43
83	239	Martin	Hirrell	M40	Penny Lane Striders	02:34:47
84	164	David	Nalder	M55	Ellesmere Port	02:34:49
85	41	Matt	Lane	M40	Andover AC	02:35:06
86	219	Tony	Crossley	M55	East Grinstead & Dist	02:35:31
87	202	Paul	Griffiths	M40	Neath Harriers	02:35:41
88	60	Paul	Charles	M50	Pegasus RC	02:36:46
89	79	David	Wilde	M45	Bridgnorth AC	02:37:01
90	123	Richard	Garbett	M	Oswestry Olympians	02:37:04
91	215	Darren	Stevens	M	Merthyr RC	02:37:07
92	294	Simon	Liebling	M45	Marlborough	02:37:10
93	242	Chris	Dawes	M	Lordshill RR	02:37:19
94	249	Gary	Richards	M50	Builth & Dist RC	02:37:27
95	226	Murray	Kisbee	M55	Sarn Helen	02:37:27
96	82	Gwilym	Batchelder	M	Maldwyn Harriers	02:37:31
97	300	Colin	Beckworth	M	Unattached	02:38:35
98	192	Mike	Duggan	M40	Bitton RR	02:38:58
99	545	Alison	Hughes	F	Ellesmere Port Rc	02:39:19
100	98	Paul	Donoghue	M	Buckley Runners	02:39:29
101	257	David	McGrath	M50	Sth Cheshire Harriers	02:39:32
102	96	Steve	House	M40	Yeovil Town RRC	02:39:39
103	244	Marc	Smith	M	Aberystwyth AC	02:39:46
104	612	Pheobe	Webster	F	Aberystwyth AC	02:39:46
105	274	Tony	Whitlock	M50	Eynsham RR	02:39:57
106	267	Alun	Saunders	M	Unattached	02:39:57
107	263	Martin	Buck	M40	Brecon Ac	02:40:00
108	514	Sue	Shacklock	F40	Black Pear Joggers	02:40:17
109	136	Paul	Burnage	M45	Lordshill RR	02:43:41
110	576	Teri	Thompson	F40	Black Pear Joggers	02:40:30
111	188	Richard	Hammond	M45	Rhondda Runners	02:40:47
112	251	Garry	Tann	M50	Mysteruns of Abergelge	02:41:32
113	280	Kim	Wehden	M45	Islwyn RC	02:41:46
114	269	Richard	Boon	M45	Les Croupiers	02:41:59

115	262	Andy	Kelford	M40	Chase Harriers	02:42:22
116	174	Ben	Brookshaw	M40	Chepstow Harriers	02:42:34
117	619	Sally	Hazelhurst	F	San Domenico	02:42:40
118	114	Daniel	Webb	M	Tewkesbury AC	02:42:42
119	235	Kevin	Haynes	M50	Lytchett Manor Striders	02:42:56
120	531	Rachel	Ward	F50	Amazing Feet	02:42:59
121	253	Michael	Hobday	M50	Mysteruns of Abergele	02:43:22
122	252	David	Brown	M45	Mysteruns of Abergele	02:43:22
123	171	Mat	Wilson	M	Unattached	02:43:38
124	254	Daniel	Burgess	M	Aberystwyth AC	02:43:42
125	26	Robert	Lewis	M	Unattached	02:44:30
126	119	Dominic	Shields	M40	San Domenico	02:44:44
127	298	Simon	Gregg	M	Amazing Feet RC	02:44:47
128	167	M	Welsh	M	Andover AC	02:44:53
129	183	Michael	Letheren	M55	Lordshill RR	02:44:59
130	214	Andrew	Mantle	M	Unattached	02:45:18
131	282	Ade	White	M40	Islwyn RC	02:46:28
132	538	Jessica	Harvey	F	Telford Harriers	02:46:43
133	76	Nick	Bell	M50	Stroud & Dist AC	02:46:57
134	186	Richard	Day	M45	Pontypridd Roadents	02:47:30
135	190	Bob	Pope	M45	Worcester AC	02:47:49
136	55	John	Ashton	M50	Unattached	02:47:50
137	142	Cliff	Thomas	M60	Aberystwyth AC	02:48:04
138	39	Ian	Hall	M45	Amazing Feet RC	02:48:15
139	113	David	Gwilliam	M40	Ledbury & Dist Harriers	02:48:42
140	75	Mark	Hill	M	Victory ac	02:48:47
141	278	Matthew	Taylor	M	Wye Valley Runners	02:49:23
142	524	Amanda	John	F45	Amman Valley Harriers	02:49:54
143	71	Mark	Pendlebury	M45	Holmes Chapel	02:50:07
144	100	Nick	Adams	M	Black Pear Joggers	02:50:22
145	248	John	Humphries	M50	Mysteruns of Abergele	02:50:46
146	152	Chris	Moore	M55	Forest of Dean AC	02:51:11
147	177	David	Powell	M45	Croft Ambrey	02:51:11
148	133	Richard	Collins	M	OOTRI	02:51:12
149	302	Alan	Taylor	M55	Mysteruns of Abergele	02:51:53
150	103	David	Mail	M50	Cambridge & Coleridge AC	02:52:21
151	195	Paul	Davies	M40	Unattached	02:52:27
152	21	Neil	Robbie	M40	Black Pear Joggers	02:52:37
153	63	Patrick	Joseph	M40	Lordshill RR	02:52:44
154	534	Lorraine	Baron	F45	Ryde Harriers	02:53:17
155	277	Graham	Vyner	M40	3M Gorseinon RR	02:53:19
156	222	Bruce	Hunter	M	Muddy Muckers Munkeys	02:53:21
157	541	Lorna	Gold	F45	Centurion RC	02:53:31
158	6	Tony	Myers	M50	Unattached	02:53:55
159	208	Anthony	Powell	M	Rhayader RC	02:54:00
160	92	Julian	Lewis	M	Unattached	02:54:01
161	256	Andrew	Noble	M40	Wye Valley Runners	02:54:02
162	210	Simon	Williams	M	Unattached	02:54:27
163	621	Ruth	Higginson	F40	Rhayader RC	02:54:28
164	43	Mark	Benton	M40	Unattached	02:54:40
165	44	Jamie	Rollings	M	Unattached	02:54:40
166	155	Neil	Ballard	M45	Oswestry Olympians	02:55:26
167	598	Kate	Conway	F45	Lytchett Maner Striders	02:55:41
168	563	Lily	Dyu	F35	Unattached	02:56:12
169	517	Katie	Samuelson-Dean	F	Cambridge & Coleridge AC	02:56:20
170	197	Stephen	Pars	M45	Ebbw Vale RC	02:56:21
171	139	Alan	Taylor	M50	Unattached	02:56:30
172	35	Darren	Gillman	M	Spa Striders	02:56:31
173	105	Andrew	Stanley	M40	Black Pear Joggers	02:56:46
174	601	Hannah	Towner	F	Poole Runners	02:56:55

175	107	Keith	Sawyer	M55	Bitton RR	02:56:57
176	116	Lee	Pownall	M40	Nth Wales RRC	02:56:58
177	61	Ian	Alcock	M	Unattached	02:57:01
178	264	Mike	Evans	M	Cardiff AC	02:57:05
179	245	Stuart	Moyse	M40	Unattached	02:57:25
180	218	Alun	Jenkins	M45	Rhayader RC	02:57:32
181	30	Anthony	Jones	M	Black Pear Joggers	02:57:44
182	581	Ersuline	Whittle	F45	Unattached	02:57:52
183	101	Michael	Letwenjuk	M45	Red Rose RR	02:57:56
184	591	Joanne	Pollard	F	Chepstow Harriers	02:57:56
185	221	Mick	Walker	M40	Met Police AC	02:58:14
186	137	Adam	Naylor	M	Bolton Tri Club	02:58:21
187	85	James	Thomas	M45	Brackla Harriers	02:58:38
188	203	Steve	Henson	M	Unattached	02:58:41
189	72	Roger	McFadden	M60	Road Runners Club	02:58:47
190	589	Celia	Speake	F40	Builth & Dist RC	02:59:04
191	611	Judith	Jones	F45	Mysteruns of Abergele	02:59:13
192	102	Andy	Morris	M	Unattached	02:59:32
193	555	Anita	Jones	F40	Amazing Feet	02:59:42
194	260	Paul	Williams	M40	Shropshire Shufflers	02:59:47
195	47	Ira	Rainey	M	Bitton RR	02:59:49
196	97	Jim	Shepperd	M45	Lordshill RR	02:59:54
197	89	Christopher	Barker	M55	Malvern Joggers	02:59:59
198	564	Helena	Bramwell	F40	Shropshire Shufflers	03:00:17
199	185	Anthony	Pinson	M	Telford Harriers	03:00:18
200	153	Chris	Hawkins	M55	Forest of Dean AC	03:00:20
201	546	Carole	Jones	F55	Brecon AC	03:00:32
202	286	Ian	Price	M60	Croft Ambrey	03:00:49
203	189	Mike	Evans	M50	Forest of Dean AC	03:00:52
204	3	Graham	Allchurch	M40	North Norfolk Beach Runners	03:00:55
205	584	Magdolna	Balogh	F	Lordshill RR	03:01:00
206	166	Andrew	Gibbons	M40	Westbury Harriers	03:01:12
207	124	David	Foster	M	Unattached	03:01:47
208	163	Christopher	Somerfield	M	Aldridge RC	03:01:47
209	158	Roger	Bilsby	M50	Telford Harriers	03:02:09
210	620	Lucy	Burnett	F35	Spa Striders	03:02:20
211	1	Steve	Roode	M40	Malvern Joggers	03:02:23
212	176	Ally	Wilson	M	Unattached	03:02:30
213	296	Philip	Thomas	M40	Brackla Harriers	03:03:04
214	247	Barrie	Ainslow	M45	Dragons Run Club Sale	03:03:22
215	28	Derek	Goodchild	M60	Lordshill RR	03:03:33
216	268	Gareth	Rees	M	Sospan RR	03:03:38
217	73	Robert	Williams	M50	Maldwyn Harriers	03:03:49
218	610	Andreana	Manifold	F	Unattached	03:04:01
219	115	Richard	Palmer	M40	Unattached	03:04:03
220	53	Richard	Popiel	M45	Silson Joggers	03:04:51
221	59	Nigel	Hamer	M40	Unattached	03:05:06
222	15	David	Macdonald	M	Unattached	03:05:14
223	14	Scott	Jacobson	M45	Unattached	03:05:14
224	599	Angela	Brown	F40	Poole Runners	03:05:36
225	51	David	Lewis	M45	Unattached	03:06:16
226	57	Chris	Gee	M40	Unattached	03:06:31
227	303	Bill	McDonnell	M50	Capenhurst RC	03:06:49
228	559	Sally	Freeman	F	Cheltenham Tri Club	03:07:01
229	588	Liza	Duggan	F40	Cobra RC	03:07:20
230	594	Felicity	Cole	F45	Wye Valley Runners	03:07:43
231	527	Emily	Luke	F	Penarth & Dinas Runners	03:07:55
232	46	Steve	Hill	M45	Penarth & Dinas Runners	03:07:56
233	141	Sean	Relph	M40	Unattached	03:08:13
234	65	Nigel	Warrington	M50	Dudley & Kingswinford	03:08:40

235	42	Stephen	Cook	M50	Winston Runners	03:08:45
236	270	Jason	Smith	M	Wye Valley Runners	03:08:49
237	138	Neil	Turner	M40	Wye Valley Runners	03:08:50
238	140	Jonathan	Harris	M	Rhayader RC	03:08:53
239	276	David	Pye	M55	Amazing Feet RC	03:08:56
240	129	Alan	Goddard	M50	Oswestry Olympians	03:09:04
241	295	Philip	Huxley	M50	Unattached	03:09:09
242	37	Simon	Smith	M	Unattached	03:09:22
243	149	Michael	Alsworth	M55	100 Marathon Club	03:09:24
244	550	Sian	Williams	F50	Maldwyn Harriers	03:09:26
245	568	Helen	Beecham	F	Aldridge RC	03:09:49
246	592	Jacqueline	Cooper	F45	Chase Harriers	03:10:10
247	237	Raymond	Hasler	M55	Unattached	03:10:10
248	569	Charmain	Bannister	F	Unattached	03:10:25
249	530	Heather	Lewis	F40	Unattached	03:10:33
250	557	Kierston	Simmons	F	Unattached	03:10:39
251	548	Helen	Hull	F35	Denmead Striders	03:10:44
252	519	Helen	Goldthorpe	F	Kirkstall Harriers	03:11:09
253	509	Liz	Arthan	F45	Oswestry Olympians	03:11:09
254	83	Doug	Rybarczuk	M45	Unattached	03:11:12
255	128	Neil	Davies	M	Unattached	03:11:24
256	515	Caryl	Davies	F	Sarn Helen	03:11:57
257	121	Peter	Aston	M40	Unattached	03:12:12
258	540	Joanne	Healy	F35	Dragons RC	03:12:20
259	542	Nicole	Van Der Witt	F40	Dragons RC	03:12:24
260	224	James	Kidner	M	Lytchett Manor Striders	03:13:07
261	151	Ian	Hiscox	M50	Unattached	03:13:12
262	227	Howard	Lewis	M	Poole Runners	03:13:15
263	593	Heather	Nethercott	F40	Poole Runners	03:13:37
264	606	Donna	Pearce	F	Lytchett Maner Striders	03:13:37
265	156	Harry	Duff	M50	Unattached	03:14:02
266	131	Richard	Bailey	M65	Shropshire Shufflers	03:14:33
267	17	Paul	Courtney	M45	Tadley Runners	03:14:49
268	503	Sue	Jones	F45	Cybi Striders	03:14:53
269	582	Diane	Welch	F60	W & BAC	03:15:31
270	18	Chris	Maher	M55	Unattached	03:15:39
271	573	Val	McIntosh	F50	Unattached	03:15:49
272	523	Carolyn	Kelly	F	Cobra RC	03:15:53
273	609	Mary	Eardley	F35	Shropshire Shufflers	03:16:01
274	558	Christina	Moreton	F35	Black Pear Joggers	03:16:04
275	160	Tim	Harris	M	BUOTC RC	03:16:17
276	106	Jon	Shacklock	M	Black Pear Joggers	03:16:30
277	575	Rose	Thomas	F55	Rhayader RC	03:16:39
278	246	Steven	Williams	M40	Unattached	03:17:01
279	91	Adam	Barnes	M40	Shropshire Shufflers	03:17:37
280	618	Jane	Larbalester	F50	Eynsham RR	03:17:42
281	182	Tony	Holling	M50	Port Talbot Harriers	03:18:22
282	10	Craig	Dun	M	Chepstow Harriers	03:18:35
283	626	Margaret	Hodges	F50	Unattached	03:18:51
284	31	David	Bolton	M	Chepstow Harriers	03:19:35
285	275	Tom	Parsons	M60	Yeovil Town RRC	03:19:44
286	536	Sandy	Taylor	F60	Unattached	03:20:18
287	261	Neil	Morrison	M50	Newtown AFC	03:20:58
288	120	Rob	davies	M50	Buckley Runners	03:21:50
289	572	Nondus	Banning-Boddy	F55	Rhayader RC	03:21:57
290	88	Steph	Williams	M	Unattached	03:22:00
291	571	Carole	Morgan	F60	Shropshire Shufflers	03:22:09
292	20	Guy	Douglas	M45	Cheltenham Tri Club	03:22:27
293	590	Sarah	Lewis	F40	Amazing Feet	03:22:49
294	135	Alan	Robins	M55	Black Pear Joggers	03:23:11

295	132	Peter	Law	M65	Stratford On Avo AC	03:23:16
296	112	Steve	Cockwell	M	Unattached	03:23:34
297	284	Thomas	Colton	M	Speedy Feet	03:23:37
298	297	Tony	Kear	M40	Unattached	03:23:39
299	90	Neil	Davies	M40	Unattached	03:23:53
300	127	Gareth	Lewis	M	Horsham Blue Star H	03:23:58
301	212	Hywel	Jessop	M	Unattached	03:24:05
302	287	Jeff	Beamond	M40	Unattached	03:24:19
303	69	Richard	Edwards	M40	Unattached	03:25:04
304	580	Hannah	Beard	F	BUOTC	03:25:49
305	613	Maria	Martin	F40	Rhayader RC	03:25:49
306	622	Lindsey	Blackford	F	Unattached	03:26:05
307	109	Andreas	Ruhnke	M40	Kenilworth Runners	03:26:10
308	16	Steven	Cox	M45	Shropshire Shufflers	03:26:28
309	279	Nathan	Hartnell	M	Unattached	03:26:54
310	22	Keith	Bonham	M65	GWR	03:26:58
311	27	Preston	Grundy	M60	Dudley & Kingswinford	03:27:54
312	13	Ian	Corns	M40	Dudley & Kingswinford	03:27:54
313	570	Jill	Hillman	F50	Maldwyn Harriers	03:28:54
314	615	Stephanie	Warrick	F55	Rhayader RC	03:28:55
315	7	Martin	Neal	M40	Ropsley RR	03:29:37
316	232	John	Smith	M70	100 Marathon Club	03:29:43
317	549	Helen	Mears	F40	Victory AC	03:30:57
318	585	Carol	Farrington	F65	Rhayader RC	03:31:02
319	617	Amanda	Dunbak	F40	Winston Runners	03:32:32
320	289	Gareth	Jones	M45	Unattached	03:32:37
321	577	Jo	Hooper	F35	Black Pear Joggers	03:33:26
322	194	Brendan	Connolly	M50	Black Pear Joggers	03:33:26
323	144	Ian	Ward	M	Unattached	03:33:31
324	511	Rachel	Price	F40	Unattached	03:33:51
325	24	Lee	Adshead	M	Unattached	03:33:52
326	23	Andrew	Law	M45	Unattached	03:33:53
327	528	Carron	Lane	F45	Winston Runners	03:34:44
328	596	Liz	Tunna	F	Unattached	03:34:55
329	624	Marit	Evans	F40	Unattached	03:36:02
330	551	Natalie	Jackson	F	Bolton Tri Club	03:36:11
331	80	Nicholas	Jackson	M	Bolton Tri Club	03:36:12
332	81	Mark	Jackson	M45	Bolton Tri Club	03:36:15
333	508	Jane	Staniforth	F45	Stroud & Dist AC	03:36:54
334	625	Catherine	Llewellyn	F45	Unattached	03:37:28
335	32	Andrew	Hughes	M	Unattached	03:37:33
336	520	Jill	Peacock	F45	Winston Runners	03:37:46
337	597	Sandra	Stevens	F60	Merthyr RC	03:38:14
338	552	Mary	Walker	F40	Shropshire Shufflers	03:38:21
339	608	Caroline	Dodd	F45	Lytchett Maner Striders	03:38:25
340	516	Joanne	Massey	F	Unattached	03:39:32
341	56	Ian	Hodgkiss	M	Unattached	03:39:43
342	4	David	Phillips	M65	Pembrokeshire Harriers	03:41:00
343	150	Nigel	Williams	M45	Unattached	03:41:09
344	292	Malcolm	Barker	M65	Islwyn RC	03:41:54
345	616	Alexandria	Burns	F40	Winston Runners	03:42:56
346	186	Richard	Day	M45	Pontypridd Roadents	03:43:02
347	553	Jan	Fordham	F55	Lordshill RR	03:43:02
348	178	Thomas	Ayles	M	BUOTC RC	03:43:03
349	170	Andrew	Webb	M	BUOTC RC	03:43:03
350	521	Susan	Paterson	F45	Unattached	03:43:27
351	173	David	Colman	M40	Bitton RR	03:43:44
352	38	David	Roberts	M40	Unattached	03:44:08
353	587	Clare	Seymour	F	BUOTC	03:44:10
354	603	Fiona	Ferenczy	F45	Poole Runners	03:44:50

355	507	Susan	Whitehouse	F40	Unattached	03:45:08
356	118	Stuart	Wild	M60	Black Pear Joggers	03:45:39
357	67	Richard	Dodd	M45	Unattached	03:46:00
358	560	Linda	Black	F55	Shropshire Shufflers	03:47:06
359	288	Jason	Morrisey	M40	Unattached	03:48:25
360	290	Graham	Singer	M50	Unattached	03:48:52
361	265	Chris	Carmichael	M40	Unattached	03:50:01
362	506	Mary	Cox	F50	Shropshire Shufflers	03:50:26
363	181	Phil	Burden	M40	Poole Runners	03:50:33
364	49	Martin	Davies	M	Sospan RR	03:51:56
365	108	Chris	Cooke	M45	Unattached	03:52:50
366	5	Mike	Anslow	M	Stourbridge RC	03:53:45
367	518	Anne	Francis	F60	Lordshill RR	03:55:33
368	154	Jason	Dwan	M	Deestridders	03:57:20
369	513	Rosamund	Dyde	F50	Winston Runners	04:01:31
370	184	Kenneth	Watts	M60	Rhayader RC	04:02:54
371	136	Paul	Burnage	M45	Lordshill RR	04:03:47
372	562	Linda	Osborne	F45	Shropshire Shufflers	04:06:09
373	561	Julie	Jones	F55	Unattached	04:06:31
374	525	Julie	Crawley	F35	Winston Runners	04:13:33
375	605	Elizabeth	Hopkins	F60	Poole Runners	04:14:00
376	604	Sarah	Sweetland	F55	Poole Runners	04:14:00