

## Mad Jack's 5 Results - 8<sup>th</sup> November 2009

Race	Pos	Cat. Pos	Name	Club	Cat	Time
430	1	1	Richard Roberts	Eryri	SM	0:29:01
496	2	1	Paul Ward	Wrekin RR	M40	0:29:23
953	3	2	Robin Sedman-Smith	Telford AC	SM	0:30:41
158	4	3	Peter Middleton	Shrewsbury AC	SM	0:31:00
54	5	1	Paul Jones	Oswestry Olympians	M35	0:31:39
251	6	4	Peter Ball	Shrewsbury	SM	0:33:00
4	7	5	Timothy Pillow	U/A	SM	0:33:01
955	8	1	Edward Davies	Mercia	M50	0:33:21
416	9	6	Richard McKenna	U/A	SM	0:33:28
121	10	2	David Carson	Shropshire Shufflers	M40	0:33:32
269	11	2	Richard Garbett	Oswestry Olympians	M35	0:33:38
261	12	3	Kevin Francis	Shrewsbury AC	M40	0:33:45
264	13	7	Richard Akers	Shropshire Shufflers	SM	0:33:51
174	14	8	Matthew Walton	Wolves & Bilston	SM	0:34:03
30	15	4	Paul Davies	Trismart	M40	0:34:06
122	16	3	Nick Thomas	Trismart	M35	0:34:08
257	17	2	Nick Eyke	Oswestry Olympians	M50	0:34:13
250	18	9	John Owen	Shrewsbury AC	SM	0:34:26
262	19	5	Darren Mitchelmore	P Tri	M40	0:34:31
171	20	10	Richard Hunter	Shropshire Shufflers	SM	0:34:39
244	21	6	Mark Agnew	Mercia	M40	0:34:40
436	22	11	Grant Lloyd	Shrewsbury AC	SM	0:34:47
474	23	1	Ryan Heath	Telford AC	JM	0:34:50
242	24	4	Neil Bevan	Oswestry Olympians	M35	0:35:07
73	25	12	Jon Alcock	U/A	SM	0:35:15
258	26	7	Kelsham Hanna	Mynydd Du	M40	0:35:24
489	27	3	Keith Silvester	U/A	M50	0:35:30
74	28	4	Chris Wakeman	Shrewsbury AC	M50	0:35:32
975	29	13	Charlie Sandells	Shropshire Shufflers	SM	0:35:33
411	30	8	Craig Lewis	Amazing Feet	M40	0:35:34
956	31	5	Martin Summers	U/A	M50	0:35:48
225	32	6	Nick Blake	Oswestry Olympians	M50	0:35:51
464	33	9	Andrew Sedgley	0	M40	0:35:59
454	34	14	Ed Povall	U/A	SM	0:36:15
220	35	15	Keith White	U/A	SM	0:36:24
157	36	1	Barry Wilson	Ludlow Runners	M55	0:36:31
140	37	2	Alex Bonyng	U/A	JM	0:36:35
978	38	5	Paul Ingram	SYTRI	M35	0:36:39
426	39	1	Norman Titley	U/A	M45	0:36:41
45	40	16	Anthony MacDonald	U/A	SM	0:36:48
32	41	1	Jessica Bailey	Telford AC	JL	0:36:53
954	42	17	Callum Dodd	Shrewsbury AC	SM	0:36:59
470	43	2	Gordon Manson	Oswestry Olympians	M55	0:37:06
46	44	1	Stephanie Devonport	U/A	L35	0:37:07
63	45	3	Peter Johnson	Mercia	M55	0:37:16
16	46	2	Ian Maxwell	Telford Harriers	M45	0:37:21
154	47	7	Tony Marrs	SYTRI	M50	0:37:27
178	48	18	Alan Richardson	U/A	SM	0:37:28
199	49	8	Graham Evans	Shropshire Shufflers	M50	0:37:30
33	50	10	Richard Bailey	Telford Harriers	M40	0:37:31
170	51	11	Simon Phillips	Whitchurch Whippets	M40	0:37:32

441	<b>52</b>	<b>12</b>	Richard Collins	OOTRI	M40	0:37:39
493	<b>53</b>	<b>3</b>	Robert Morgan	U/A	M45	0:37:44
126	<b>54</b>	<b>1</b>	Dave Humphreys	Shropshire Shufflers	M60	0:37:51
168	<b>55</b>	<b>4</b>	Mark Kershaw	U/A	M45	0:37:54
252	<b>56</b>	<b>13</b>	Calvin Wright	U/A	M40	0:37:57
27	<b>57</b>	<b>14</b>	Jeremy Evans	U/A	M40	0:37:57
966	<b>58</b>	<b>5</b>	Tim Jones	Shropshire Shufflers	M45	0:38:14
55	<b>59</b>	<b>19</b>	Glyn Price	Shropshire Shufflers	SM	0:38:18
491	<b>60</b>	<b>15</b>	Stephen Parker	Shropshire Shufflers	M40	0:38:20
189	<b>61</b>	<b>6</b>	Brigg Taylor	Oswestry Olympians	M35	0:38:22
977	<b>62</b>	<b>7</b>	Andrew Butler	Shropshire Shufflers	M35	0:38:24
60	<b>63</b>	<b>4</b>	Duncan Rose	Shrewsbury	M55	0:38:27
9	<b>64</b>	<b>1</b>	Colin Williamson	Shropshire Shufflers	M65	0:38:27
253	<b>65</b>	<b>9</b>	Andy Barton	Shropshire Shufflers	M50	0:38:28
964	<b>66</b>	<b>6</b>	Richard Orme	Shropshire Shufflers	M45	0:38:29
84	<b>67</b>	<b>16</b>	Stephen Gill	Wrekin RR	M40	0:38:32
106	<b>68</b>	<b>17</b>	Robert Woodward	U/A	M40	0:38:34
11	<b>69</b>	<b>7</b>	Bill Cork	Oswestry Olympians	M45	0:38:44
471	<b>70</b>	<b>8</b>	Lee Jones	Shropshire Shufflers	M35	0:38:45
64	<b>71</b>	<b>8</b>	Richard Chamberlain	U/A	M45	0:38:50
226	<b>72</b>	<b>10</b>	Alan Goddard	00 Tri / 0132	M50	0:38:53
488	<b>73</b>	<b>18</b>	Eric Stannard	UK Net Runners	M40	0:38:54
462	<b>74</b>	<b>20</b>	Ben Nash	Shrewsbury AC	SM	0:39:06
97	<b>75</b>	<b>9</b>	Tony Benton	Denbigh Harriers	M45	0:39:06
259	<b>76</b>	<b>1</b>	Yvonne Hill	Oswestry Olympians	L45	0:39:08
107	<b>77</b>	<b>11</b>	John Morris	VCAC	M50	0:39:08
100	<b>78</b>	<b>10</b>	Michael Neville	U/A	M45	0:39:09
980	<b>79</b>	<b>12</b>	Charles Sinclair	Shrewsbury Masters	M50	0:39:11
212	<b>80</b>	<b>5</b>	Derek Owen	Shrewsbury AC	M55	0:39:12
256	<b>81</b>	<b>13</b>	Bernie Jones	U/A	M50	0:39:14
149	<b>82</b>	<b>21</b>	Matthew Davies	U/A	SM	0:39:18
94	<b>83</b>	<b>6</b>	Tony Morris	Shropshire Shufflers	M55	0:39:24
207	<b>84</b>	<b>11</b>	Robert Kilgour	Amazing Feet	M45	0:39:31
428	<b>85</b>	<b>22</b>	Matthew Neville	U/A	SM	0:39:32
424	<b>86</b>	<b>23</b>	Paul Carroll	Shropshire Shufflers	SM	0:39:34
419	<b>87</b>	<b>24</b>	Sean Hickey	Shrewsbury AC	SM	0:39:39
492	<b>88</b>	<b>19</b>	Ben Shipston	U/A	M40	0:39:40
31	<b>89</b>	<b>1</b>	Lauren Morley	Trismart	SL	0:39:50
468	<b>90</b>	<b>20</b>	Lee Smith	U/A	M40	0:39:56
263	<b>91</b>	<b>2</b>	Alan Morris	Shropshire Shufflers	M65	0:39:56
24	<b>92</b>	<b>1</b>	Juliet Hoad	Telford AC	L40	0:40:03
38	<b>93</b>	<b>1</b>	Libby Collinson	Shropshire Shufflers	L50	0:40:06
145	<b>94</b>	<b>14</b>	Ian Watkins	Oswestry Olympians	M50	0:40:07
475	<b>95</b>	<b>15</b>	Paul Hayward	National Trust	M50	0:40:09
959	<b>96</b>	<b>25</b>	Andrew Banes	U/A	SM	0:40:11
270	<b>97</b>	<b>9</b>	Stuart McKay	U/A	M35	0:40:15
260	<b>98</b>	<b>16</b>	Martyn James	U/A	M50	0:40:21
169	<b>99</b>	<b>12</b>	Allan Evans	U/A	M45	0:40:26
124	<b>100</b>	<b>26</b>	Simon Smith	U/A	SM	0:40:28
86	<b>101</b>	<b>21</b>	Jonathan Daniels	U/A	M40	0:40:31
967	<b>102</b>	<b>2</b>	Catherine Mayall	Cobra RC	L35	0:40:32

204	<b>103</b>	<b>2</b>	Louise Renyolds	U/A	L40	0:40:34
439	<b>104</b>	<b>27</b>	Chris Hurst	U/A	SM	0:40:38
153	<b>105</b>	<b>2</b>	Emily Marrs	Shrewsbury Masters	SL	0:40:38
458	<b>106</b>	<b>28</b>	Mike Okra	U/A	SM	0:40:46
200	<b>107</b>	<b>2</b>	Sarah Greaves	Oswestry Olympians	L50	0:40:47
98	<b>108</b>	<b>10</b>	Kevin Lloyd	U/A	M35	0:40:48
208	<b>109</b>	<b>3</b>	Louise Massey	Amazing Feet	L40	0:40:49
10	<b>110</b>	<b>4</b>	Eileen Ashton	Oswestry Olympians	L40	0:40:50
960	<b>111</b>	<b>7</b>	Dave Hopkins	Telford AC	M55	0:40:51
463	<b>112</b>	<b>17</b>	Ken Smith	Oswestry Olympians	M50	0:40:51
969	<b>113</b>	<b>11</b>	Daniel Fleetwood	Shrewsbury AC	M35	0:40:53
481	<b>114</b>	<b>13</b>	Fergus Nicoll	White Horse Harriers	M45	0:40:53
480	<b>115</b>	<b>12</b>	Glyn Roberts	U/A	M35	0:40:57
469	<b>116</b>	<b>13</b>	Adrian Melbourn	U/A	M35	0:40:58
235	<b>117</b>	<b>14</b>	Mark Hughes	Shrewsbury Road Runners	M35	0:40:59
172	<b>118</b>	<b>3</b>	Joanne Stokes	Oswestry Olympians	SL	0:41:00
14	<b>119</b>	<b>14</b>	Michael Rickus	Telford Harriers	M45	0:41:02
150	<b>120</b>	<b>18</b>	Mansel Davies	U/A	M50	0:41:03
255	<b>121</b>	<b>2</b>	David Kerr	Shropshire Shufflers	M60	0:41:09
232	<b>122</b>	<b>19</b>	Peter Oliver	U/A	M50	0:41:11
201	<b>123</b>	<b>8</b>	Alec White	Oswestry Olympians	M55	0:41:23
198	<b>124</b>	<b>15</b>	Bob Parker	Oswestry Olympians	M45	0:41:25
267	<b>125</b>	<b>3</b>	Colin Rathbone	Vale Royal AC	M65	0:41:42
71	<b>126</b>	<b>29</b>	Simon Davies	U/A	SM	0:41:42
165	<b>127</b>	<b>20</b>	David Clarke	Tattenhall Runners	M50	0:41:46
413	<b>128</b>	<b>21</b>	Colin Downey	Dudley Kingswinford	M50	0:41:48
77	<b>129</b>	<b>3</b>	Barbara Cole	Shropshire Shufflers	L50	0:41:58
196	<b>130</b>	<b>30</b>	Wayne Vaughn	U/A	SM	0:41:59
95	<b>131</b>	<b>15</b>	Gavin Davies	U/A	M35	0:42:01
148	<b>132</b>	<b>1</b>	Grace Hough	Telford Harriers	L60	0:42:03
112	<b>133</b>	<b>16</b>	Arthur Zammit	Telford Harriers	M35	0:42:08
494	<b>134</b>	<b>22</b>	Nigel Gibbs	U/A	M40	0:42:11
104	<b>135</b>	<b>23</b>	Huw Williams	U/A	M40	0:42:17
240	<b>136</b>	<b>16</b>	Paul Baskeyfield	U/A	M45	0:42:21
101	<b>137</b>	<b>17</b>	Damien Thompson	U/A	M35	0:42:22
167	<b>138</b>	<b>17</b>	Andrew Pryce	U/A	M45	0:42:24
191	<b>139</b>	<b>3</b>	Ben Merrick	U/A	M60	0:42:30
88	<b>140</b>	<b>18</b>	James Thomas	U/A	M45	0:42:44
3	<b>141</b>	<b>31</b>	Christopher Whelan	U/A	SM	0:42:45
221	<b>142</b>	<b>32</b>	James Prestwich	U/A	SM	0:42:49
76	<b>143</b>	<b>4</b>	Christopher McDonald	U/A	M60	0:42:54
222	<b>144</b>	<b>19</b>	Roger Howard	Oswestry Olympians	M45	0:42:56
965	<b>145</b>	<b>33</b>	Andrew Florendene	Shrewsbury AC	SM	0:43:01
93	<b>146</b>	<b>20</b>	John Williams	Oswestry Olympians	M45	0:43:06
141	<b>147</b>	<b>24</b>	Stewart Edmondson	Bridgnorth AC	M40	0:43:07
115	<b>148</b>	<b>5</b>	John Ratcliffe	Tattenhall Runners	M60	0:43:09
8	<b>149</b>	<b>25</b>	Mick Pursglove	Oswestry Olympians	M40	0:43:10
218	<b>150</b>	<b>2</b>	Sarah Mawhinney	Mid Shropshire Wheelers Tri	L45	0:43:24
87	<b>151</b>	<b>34</b>	Darren Hilton	U/A	SM	0:43:24
123	<b>152</b>	<b>21</b>	Paul Connors	Cobra Halesowen	M45	0:43:26
128	<b>153</b>	<b>4</b>	Richard Bailey	Shropshire Shufflers	M65	0:43:33

490	<b>154</b>	<b>22</b>	Keith Cotton	Whitchurch Whippets	M45	0:43:35
56	<b>155</b>	<b>35</b>	Russ Hales	U/A	SM	0:43:37
223	<b>156</b>	<b>18</b>	Dellan Hayes	U/A	M35	0:43:47
209	<b>157</b>	<b>6</b>	Ken Robbins	Whitchurch Whippets	M60	0:43:49
47	<b>158</b>	<b>5</b>	Douglas Davies	U/A	M65	0:43:53
476	<b>159</b>	<b>3</b>	Teresa Carey	U/A	L45	0:43:58
51	<b>160</b>	<b>4</b>	Philippa Card	Shropshire Shufflers	SL	0:44:00
422	<b>161</b>	<b>23</b>	Richard Burton	Shropshire Shufflers	M45	0:44:02
217	<b>162</b>	<b>26</b>	Douglas Hamilton	Cal??e Running Club	M40	0:44:10
78	<b>163</b>	<b>7</b>	Tom Wash	U/A	M60	0:44:12
266	<b>164</b>	<b>24</b>	Eric Hanna	U/A	M45	0:44:17
176	<b>165</b>	<b>25</b>	Tom Rogers	Stafford Harriers	M45	0:44:23
23	<b>166</b>	<b>36</b>	Lee Pearce	U/A	SM	0:44:32
249	<b>167</b>	<b>3</b>	Claire Pugh	SYTRI	L35	0:44:43
231	<b>168</b>	<b>5</b>	Beverly Harris	U/A	L40	0:44:43
173	<b>169</b>	<b>4</b>	Caroline Deacon	Telford Harriers	L50	0:44:45
453	<b>170</b>	<b>27</b>	Paul O'Brian	U/A	M40	0:44:48
203	<b>171</b>	<b>26</b>	Mark Williams	U/A	M45	0:44:58
155	<b>172</b>	<b>4</b>	Sarah Fawcett	U/A	L35	0:45:33
234	<b>173</b>	<b>5</b>	Anna Hughes	Shrewsbury Road Runners	L35	0:46:00
228	<b>174</b>	<b>5</b>	Ellen Harrison	Oswestry Olympians	L50	0:46:08
129	<b>175</b>	<b>2</b>	Carole Morgan	Shropshire Shufflers	L60	0:46:12
236	<b>176</b>	<b>5</b>	Rachel Simms	U/A	SL	0:46:12
227	<b>177</b>	<b>6</b>	Corinne Goddard	00 Tri / 0131	L40	0:46:21
431	<b>178</b>	<b>6</b>	Mike Pierpoint	LDWA	M65	0:46:23
137	<b>179</b>	<b>6</b>	Emma Sheekey	Shrewsbury AC	L35	0:46:51
254	<b>180</b>	<b>1</b>	Elizabeth Salisbury	Shropshire Shufflers	L55	0:46:55
43	<b>181</b>	<b>7</b>	Dawn Horswood	U/A	L40	0:46:59
142	<b>182</b>	<b>37</b>	Keith Helliwell	U/A	SM	0:47:01
34	<b>183</b>	<b>27</b>	Chris Humphreys	U/A	M45	0:47:03
103	<b>184</b>	<b>22</b>	David Northern	U/A	M50	0:47:03
90	<b>185</b>	<b>7</b>	Joanne Bennett	U/A	L35	0:47:04
35	<b>186</b>	<b>28</b>	Adrian Lamb	U/A	M40	0:47:04
26	<b>187</b>	<b>8</b>	Suzanne Evans	U/A	L35	0:47:08
190	<b>188</b>	<b>38</b>	Dean Merrick	U/A	SM	0:47:16
957	<b>189</b>	<b>39</b>	Jamie White	U/A	SM	0:47:21
233	<b>190</b>	<b>8</b>	Janice Curtis	U/A	L40	0:47:27
473	<b>191</b>	<b>4</b>	Danielle Giles	U/A	L45	0:47:30
971	<b>192</b>	<b>40</b>	Phill Griffiths	U/A	SM	0:47:31
230	<b>193</b>	<b>29</b>	Peter Renshaw	U/A	M40	0:47:32
58	<b>194</b>	<b>9</b>	Sara Rogers	Whitchurch Whippets	L40	0:47:32
187	<b>195</b>	<b>9</b>	Nicola Perks	U/A	L35	0:47:35
961	<b>196</b>	<b>5</b>	Liz Arthan	Oswestry Olympians	L45	0:47:48
29	<b>197</b>	<b>8</b>	Michael Rooke	U/A	M60	0:47:53
156	<b>198</b>	<b>6</b>	Kate Almond	U/A	SL	0:47:59
17	<b>199</b>	<b>10</b>	Lisa Blagden	Telford AC	L40	0:48:00
108	<b>200</b>	<b>9</b>	Peter Adams	Shropshire Shufflers	M55	0:48:03
139	<b>201</b>	<b>10</b>	Peter Bonynge	U/A	M55	0:48:09
81	<b>202</b>	<b>7</b>	Kate Waterhouse	Whitchurch Whippets	SL	0:48:11
224	<b>203</b>	<b>23</b>	Mick Hudson	Kidderminster & Stourbridge AC	M50	0:48:12

248	<b>204</b>	<b>6</b>	Gillian Csizmadia	Wrexham AC	L45	0:48:13
161	<b>205</b>	<b>8</b>	Julie Trimble	Shropshire Shufflers	SL	0:48:21
186	<b>206</b>	<b>10</b>	Rachael Shuker	Telford Harriers	L35	0:48:22
202	<b>207</b>	<b>6</b>	Gail Smith	Sneyd Striders	L50	0:48:24
125	<b>208</b>	<b>30</b>	John Batchelor	NSRRA	M40	0:48:26
472	<b>209</b>	<b>9</b>	Gordon Trevor	SAC	M60	0:48:29
89	<b>210</b>	<b>7</b>	Lindsay Fordyce	U/A	L45	0:48:32
118	<b>211</b>	<b>31</b>	Nicholas Whitehurst	U/A	M40	0:48:37
5	<b>212</b>	<b>28</b>	David Jenkins	Birmingham Rowheath	M45	0:48:46
102	<b>213</b>	<b>7</b>	Victoria Northern	U/A	L50	0:48:53
127	<b>214</b>	<b>11</b>	Debbie Watson	U/A	L35	0:48:54
277	<b>215</b>	<b>12</b>	Lucy Jones	U/A	L35	0:48:55
216	<b>216</b>	<b>9</b>	Fiona Hamilton	Cal??e Running Club	SL	0:48:57
69	<b>217</b>	<b>8</b>	Rachel Downes	U/A	L45	0:49:13
205	<b>218</b>	<b>9</b>	Leslie Tams	Stafford Triathlon	L45	0:49:14
72	<b>219</b>	<b>13</b>	Clare Lee	Shropshire Shufflers	L35	0:49:27
42	<b>220</b>	<b>41</b>	Nick West	U/A	SM	0:49:29
37	<b>221</b>	<b>32</b>	Roger Dugan	U/A	M40	0:49:29
85	<b>222</b>	<b>14</b>	Sarah Roberts	U/A	L35	0:49:41
146	<b>223</b>	<b>10</b>	Catherine Knott	U/A	SL	0:49:48
132	<b>224</b>	<b>24</b>	Kevin Piggott	U/A	M50	0:49:50
99	<b>225</b>	<b>7</b>	David Pritchard	Mercia	M65	0:49:51
410	<b>226</b>	<b>11</b>	Louise Woodvine	Shropshire Shufflers	SL	0:49:53
456	<b>227</b>	<b>11</b>	Kate Poyser	U/A	L40	0:49:55
50	<b>228</b>	<b>10</b>	Nicki Egginton	U/A	L45	0:49:58
265	<b>229</b>	<b>1</b>	-	0		0:50:02
976	<b>230</b>	<b>12</b>	Denise Davis	Shropshire Shufflers	SL	0:50:03
40	<b>231</b>	<b>15</b>	Elaine Dines	Whitchurch Whippets	L35	0:50:05
162	<b>232</b>	<b>13</b>	Claire Pryce	Shropshire Shufflers	SL	0:50:06
498	<b>233</b>	<b>8</b>	Ceri Christie	Newport & District	L50	0:50:10
110	<b>234</b>	<b>12</b>	Joanne Allen	Shropshire Shufflers	L40	0:50:11
268	<b>235</b>	<b>2</b>	Carole Williams	Vale Royal AC	L55	0:50:15
482	<b>236</b>	<b>16</b>	Amanda Towns	U/A	L35	0:50:20
188	<b>237</b>	<b>17</b>	Sally Lane	U/A	L35	0:50:23
446	<b>238</b>	<b>14</b>	Heather Lewis	U/A	SL	0:50:28
62	<b>239</b>	<b>3</b>	Sue Johnson	U/A	L55	0:50:30
109	<b>240</b>	<b>33</b>	Andrew Rowson	Oswestry Olympians	M40	0:50:33
425	<b>241</b>	<b>13</b>	Anita Holland	Sneid Striders	L40	0:50:49
245	<b>242</b>	<b>25</b>	Colin Pheasant	Chase Harriers	M50	0:51:07
80	<b>243</b>	<b>10</b>	John Rowlands	Whitchurch Whippets	M60	0:51:09
962	<b>244</b>	<b>9</b>	Linda Artman	Oswestry Olympians	L50	0:51:14
117	<b>245</b>	<b>11</b>	Kathryn McFarlane	NSRRA	L45	0:51:33
70	<b>246</b>	<b>26</b>	Brian Downes	U/A	M50	0:51:36
487	<b>247</b>	<b>14</b>	Sarah Davys-Jones	U/A	L40	0:51:44
484	<b>248</b>	<b>12</b>	Sue Teague	U/A	L45	0:51:44
120	<b>249</b>	<b>18</b>	Claire Godfrey	Shropshire Shufflers	L35	0:51:53
448	<b>250</b>	<b>42</b>	David Spencer	U/A	SM	0:52:00
465	<b>251</b>	<b>15</b>	Lindsey Watson	U/A	L40	0:52:12
467	<b>252</b>	<b>43</b>	Hamid Rami	U/A	SM	0:52:13
972	<b>253</b>	<b>13</b>	Susan Lloyd	0	L45	0:52:40
182	<b>254</b>	<b>14</b>	Catherine Pearson	Wrekin RR	L45	0:52:44

195	<b>255</b>	<b>16</b>	Tracey Whitefoot	U/A	L40	0:52:44
59	<b>256</b>	<b>29</b>	Michael Clarke	U/A	M45	0:52:49
210	<b>257</b>	<b>4</b>	Helen Robbins	Whitchurch Whippets	L55	0:52:51
206	<b>258</b>	<b>15</b>	Dawn Taylor	Stafford Triathlon	L45	0:52:53
134	<b>259</b>	<b>3</b>	Ross Crosby	U/A	JM	0:52:53
185	<b>260</b>	<b>19</b>	Mandy Wall	Telford Harriers	L35	0:52:55
958	<b>261</b>	<b>27</b>	Howard Davies	U/A	M50	0:52:57
166	<b>262</b>	<b>19</b>	Christopher Carr	U/A	M35	0:52:58
131	<b>263</b>	<b>16</b>	Liz Hird	Shropshire Shufflers	L45	0:53:04
144	<b>264</b>	<b>17</b>	Helen Lewis	Shropshire Shufflers	L40	0:53:05
138	<b>265</b>	<b>15</b>	Ashley Sutton	Shrewsbury AC	SL	0:53:07
215	<b>266</b>	<b>17</b>	Julie Dean	U/A	L45	0:53:11
68	<b>267</b>	<b>18</b>	Helen Grime	U/A	L40	0:53:54
500	<b>268</b>	<b>11</b>	Simon Banks	U/A	M55	0:54:04
147	<b>269</b>	<b>10</b>	Elaine Knott	U/A	L50	0:54:07
133	<b>270</b>	<b>11</b>	Rita Lockley	U/A	L50	0:54:16
61	<b>271</b>	<b>44</b>	Ross Weston	Wrekin RR	SM	0:54:19
219	<b>272</b>	<b>16</b>	Clair Spencer	U/A	SL	0:54:29
193	<b>273</b>	<b>18</b>	Sara Short	U/A	L45	0:55:04
194	<b>274</b>	<b>19</b>	Fiona Carr	U/A	L40	0:55:04
12	<b>275</b>	<b>12</b>	Graham Martin	U/A	M55	0:55:14
239	<b>276</b>	<b>30</b>	Keith Whittaker	U/A	M45	0:55:17
181	<b>277</b>	<b>20</b>	Diane Edwards	U/A	L40	0:55:28
136	<b>278</b>	<b>21</b>	Valerie Cross	Muller	L40	0:55:37
135	<b>279</b>	<b>19</b>	Gillian Thompson	U/A	L45	0:55:38
184	<b>280</b>	<b>20</b>	Charlotte Hart	U/A	L35	0:55:47
75	<b>281</b>	<b>17</b>	Julia Johnson	SYTRI	SL	0:55:50
6	<b>282</b>	<b>5</b>	Sandra Stanford	U/A	L55	0:55:51
7	<b>283</b>	<b>20</b>	Lynn Hill	U/A	L45	0:55:52
192	<b>284</b>	<b>21</b>	Anne Gittins	U/A	L35	0:56:05
113	<b>285</b>	<b>8</b>	Donald Bates	U/A	M65	0:56:07
968	<b>286</b>	<b>21</b>	Ann Baskeyfield	U/A	L45	0:56:09
421	<b>287</b>	<b>12</b>	Dawn Rutherford	U/A	L50	0:56:17
229	<b>288</b>	<b>22</b>	Julie Harrison	U/A	L40	0:56:24
92	<b>289</b>	<b>22</b>	Rita Williams	U/A	L45	0:56:28
13	<b>290</b>	<b>23</b>	Anne Rickus	Telford Harriers	L45	0:56:35
183	<b>291</b>	<b>34</b>	Julian Hart	U/A	M40	0:57:17
2	<b>292</b>	<b>18</b>	Gwyneth Marshall	U/A	SL	0:57:39
273	<b>293</b>	<b>19</b>	Deborah Blanks	U/A	SL	0:57:44
211	<b>294</b>	<b>6</b>	Sheila Richards	Shrewsbury AC	L55	0:57:49
177	<b>295</b>	<b>24</b>	Denise Rogers	Stafford Harriers	L45	0:57:54
271	<b>296</b>	<b>45</b>	Ross Campbell	U/A	SM	0:58:04
65	<b>297</b>	<b>23</b>	Denise Chamberlain	U/A	L40	0:58:09
57	<b>298</b>	<b>20</b>	Hannah Joscelyne	U/A	SL	0:58:14
79	<b>299</b>	<b>3</b>	Janet Wash	U/A	L60	1:00:05
247	<b>300</b>	<b>2</b>	Rosie Scales	U/A	JL	1:01:24
246	<b>301</b>	<b>11</b>	Tony Scales	Shrewsbury AC	M60	1:01:25
116	<b>302</b>	<b>13</b>	Tessa Swaine	Tattenhall Runners	L50	1:01:59
276	<b>303</b>	<b>21</b>	Anna Skellern	U/A	SL	1:02:06
274	<b>304</b>	<b>22</b>	Lucy Barnett	U/A	SL	1:02:25
114	<b>305</b>	<b>4</b>	Susan Bates	U/A	L60	1:03:09

49	<b>306</b>	<b>7</b>	Lynne Bates	U/A	L55	1:03:29
275	<b>307</b>	<b>23</b>	Caroline Coyle	U/A	SL	1:03:31
160	<b>308</b>	<b>46</b>	Paul Hotchkiss	U/A	SM	1:04:37
979	<b>309</b>	<b>22</b>	Charlotte Martindale	Shrewsbury Masters	L35	1:04:50
66	<b>310</b>	<b>23</b>	Sue Wood	U/A	L35	1:04:57
	<b>311</b>					1:05:10
67	<b>312</b>	<b>25</b>	Gill Humphries	U/A	L45	1:07:14
272	<b>313</b>	<b>26</b>	Caroline Hobson	U/A	L45	1:07:53
970	<b>314</b>	<b>24</b>	Kristy Griffiths	U/A	SL	1:11:09
974	<b>315</b>	<b>24</b>	Nicola Jones	U/A	L35	1:11:09
1	<b>316</b>	<b>1</b>	Kathy Ling	Wrekin RR	L65	1:13:24