

Rhayader Round the Lakes 20, Wales

19th March 2005

Pos	Num	Forename	Surname	Gender	Age	Club	Local	Time
1	144	Mark	Garratt	M	31	RRC		2:03:46
2	245	Nigel	Grant	M	40	Penny Lane Striders		2:08:14
3	115	Simon	Link	M	40	Stourbridge RC		2:08:57
4	284	Marc	Evans	M	25	Amman Valley Harriers		2:09:39
5	74	Matthew	Giles	M	28	Stourbridge RC		2:10:00
6	234	Phil	Marland	M	40	Amman Valley Harriers		2:10:32
7	249	Jim	Aylmore	M	45	Poole Runners		2:10:41
8	197	Andy	Aston	M	40	Stourbridge RC		2:13:16
9	238	Steve	Gould	M	40	Halesowen A & CC		2:13:26
10	64	Ken	Fotherby	M	45	Wolverhampton & Bilston		2:13:43
11	70	Bill	Graham	M	51	Bitton RR		2:14:36
12	301	Richard	Hayes	M	34	Wreccsam Tri		2:16:33
13	56	Jeremy	Bateman	M	45	Ripley Pudding Club		2:16:53
14	139	Ian	James	M	40	U/A		2:17:59
15	273	David	Cartwright	M	55	Poole Runners		2:18:10
16	612	Steve	Cunningham	M	42	u/a		2:18:24
17	43	Paul	Davies	M	40	Centurians		2:18:44
18	221	Clem	Clements	M	45	Penarth & Dinas Runners		2:19:49
19	109	Mark	Amos	M	36	U/A		2:19:59
20	165	Russ	Conway	M	40	Lytchett Manor Striders		2:20:27
21	149	Leslie	Chapman	M	55	Amman Valley Harriers		2:21:13
22	73	James	Savage	M	22	Stourbridge RC		2:21:25
23	104	Leon	Foster	M	21	Wirral AC		2:21:39
24	225	Curtis	Bailey	M	40	Cheltenham & Cty H		2:21:51
25	250	Scott	Neil	M	38	Poole Runners		2:22:30
26	306	Simon	Lund	M	39	Taunton AC		2:22:36
27	231	Ade	White	M	40	Islwyn RC		2:22:46
28	251	Dylan	Owen	M	40	Eryri Harriers		2:23:16

29	60	Alistair	Sheffield	M	27	Bitton RR		2:23:36
30	275	Geoff	Robberts	M	50	Poole Runners		2:23:48
31	329	Nick	Davis	M	34	Chepstow Harriers		2:23:59
32	135	James	Douglas	M	30	U/A		2:24:02
33	58	Sean	Driscoll	M	40	Totton RC		2:24:25
34	294	Luke	Malarz	M	26	Chepstow Harriers		2:24:46
35	267	David	Wilde	M	45	Bridgnorth AC		2:25:35
36	169	Tony	Warner	M	45	Stourbridge RC		2:26:08
37	101	Simon	Hill	M	39	Bitton RR		2:26:26
38	305	Bill	Ridley	M	42	Maldwyn Harriers		2:26:31
39	166	Carl	Harris	M	37	Halesowen A & CC		2:26:32
40	595	Debbie	Thomas	F	40	Shropshire Shufflers		2:26:56
41	223	Don	Doe	M	45	Poole Runners		2:27:47
42	209	Dave	Hadfen	M	39	Stourbridge RC		2:27:52
43	137	Roderick	Johnstone	M	33	Warrington RR		2:28:07
44	208	Christopher	Sprules	M	40	Aldridge RC		2:28:04
45	252	Arwel	Lewis	M	45	Eryri Harriers		2:28:40
46	288	Peter	Rabjohns	M	33	Lytchett Manor Striders		2:28:49
47	229	Derrick	Morgan	M	45	Almost Athletes		2:29:18
48	2	Mark	Dunscombe	M	40	Sarn Helen		2:29:33
49	278	Peter	Sarson	M	55	Stafford Harriers		2:30:06
50	86	Ian	Hoare	M	40	Bitton RR		2:30:32
51	45	Steve	Townsley	M	45	Tubs of Lard(U/a)		2:31:09
52	261	Will	Mcaree	M	25	Cardiff Harlequins		2:31:44
53	260	Christopher	Guerrier	M	50	Poole Runners		2:32:32
54	89	Jon	Brough	M	50	Stroud & Dist AC		2:33:04
55	22	Michael	Grehan	M	39	Dunstable RR		2:33:09
56	333	Geoff	Oldrid	M	50	Aberystwyth AC		2:33:18
57	131	Shaw	Pye	M	21	Amazing Feet RC		2:33:22
58	90	Tony	Hodgson	M	55	Bro Dysynni		2:33:24
59	311	Ian	Price	M	40	Stourbridge RC		2:33:25

60	542	Dawn	Kenwright	F	45	Sarn Helen		2:33:26
61	332	Colin	Kerfoot	M	40	U/A		2:34:09
62	574	Sharon	Ford	F	35	Brackla Harriers		2:34:38
63	558	Leslie	Andrew	F	45	u/a		2:35:20
64	298	Andrew	Boardman	M	37	Northbrook AC		2:35:30
65	285	Wayne	Ryan	M	39	Oswestry Olympians		2:36:13
66	303	Graham	Jeffries	M	42	Cardigan RC		2:36:21
67	280	Dave	Powell	M	44	U/A		2:36:57
68	62	Paul	Charles	M	45	Miskin Manor RC		2:37:01
69	66	Dave	Bowman	M	40	Stourbridge RC		2:37:13
70	293	Keith	Parry	M	51	Chase Harriers		2:37:21
71	65	David	McGrath	M	45	Sth Cheshire Harriers		2:38:04
72	315	Robert	Burns	M	55	Lytchett Manor Striders		2:38:16
73	180	Richard	Lee	M	40	Abergele Harriers		2:38:50
74	235	Robert	Llewellyn	M	40	U/A		2:38:51
75	513	Tracey	Lewis	F	40	u/a	L	2:38:56
76	291	Martin	Wallace	M	45	Chase Harriers		2:39:03
77	319	Andrew	Shewood	M	27	Worcester Joggers		2:39:06
78	212	Andrew	Jeyes	M	55	Ivanhoe Runners		2:39:22
79	35	David	Neal	M	45	Poole AC		2:39:59
80	232	Brendan	Connolly	M	45	Worcester AC		2:40:46
81	55	Arwel	James	M	36	Aberystwyth AC		2:40:52
82	279	Robert	Falconer	M	45	U/A		2:41:09
83	577	Jan	Littler	F	45	Capenhurst RC		2:41:32
84	308	David	Jones	M	40	U/A		2:41:43
85	226	Mick	Ward	M	70	Oswestry Olympians		2:41:46
86	258	Tony	Crossley	M	50	East Grunstead & Dist		2:41:55
87	140	Barrie	Dunn	M	45	Bitton RR		2:41:59
88	207	Stephen	Livett	M	40	Eryri Harriers		2:42:24
89	18	Lars	Hansen	M	28	u/a		2:42:35
90	170	Aaron	Aspinall	M	27	Stafford RC		2:42:39
91	289	Alan	Burt	M	46	Chase Harriers		2:43:19

92	304	Glyn	Fletcher	M	43	Maldwyn Harriers		2:43:22
93	597	Marie	Hutchings	F	45	u/a		2:43:37
94	625	Shan	Cuthbert	F	35	Ingli Runners		2:43:46
95	184	Alan	Taylor	M	50	Abergele Harriers		2:44:06
96	316	Dave	Woodvine	M	33	Shropshire Shufflers		2:44:35
97	61	Paul	Franks	M	39	Telford Harriers		2:44:49
98	526	Michelle	Keay	F	33	Telford Harriers		2:44:49
99	106	Michael	Letheren	M	50	Lordshill RR		2:45:04
100	613	Louise	Staples	F	34	Worcester Joggers		2:45:25
101	29	John	Mursell	M	60	Totton RC		2:45:30
102	148	Nick	Battersby	M	40	Chepstow Harriers		2:45:31
103	338	Graham	Hughes	M	33	U/A		2:45:43
104	219	Roger	McFadden	M	55	RRC		2:45:50
105	105	Andrew	Curnin	M	45	U/A		2:46:00
106	608	Judith	Llewellyn	F	41	Chepstow Harriers		2:46:25
107	102	Neil	Ballard	M	45	Oswestry Olympians		2:46:49
108	531	Jackie	Jarvis	F	40	Oswestry Olympians		2:46:49
109	156	Mark	Williams	M	40	Thronbury RC		2:46:58
110	63	Gareth	Jones	M	55	Chepstow Harriers		2:47:07
111	269	Roy	Evans	M	37	Abergele Harriers		2:47:21
112	220	Nick	Hooper	M	39	Worcester Joggers		2:47:26
113	4	Martin	Smith	M	38	Totton RC		2:48:15
114	111	Nick	Bell	M	45	Stroud & Dist AC		2:48:38
115	627	Sally	Haselhurst	F	25	u/a		2:48:44
116	523	Mandy	Jones	F	40	Islwyn RC		2:48:56
117	186	Huw	Davies	M	40	C.Rh.A>P		2:49:17
118	15	Antony	Smithson	M	32	u/a		2:49:55
119	183	Mark	Paviour	M	40	Hereford Tria Club		2:50:10
120	525	Sarah	Swayland	F	33	u/a		2:50:12
121	75	Andrew	Barnes	M	45	u/a		2:50:13

122	10	Andrew	Williams	M	32	u/a		2:50:26
123	150	Simon	Page	M	29	U/A		2:50:48
124	127	Alan	Woodcock	M	50	u/a		2:51:06
125	259	Alan	Lucas	M	60	Abergele Harriers		2:51:09
126	272	Peter	Couch	M	50	Poole Runners		2:51:11
127	172	Mark	Higgs	M	40	Stourbridge RC		2:51:36
128	91	James	Wade	M	40	Bitton RR		2:52:20
129	515	Julia	Parker	F	35	Accrington RR		2:52:49
130	581	Kristy	Stephenson	F	40	Abergele Harriers		2:52:53
131	292	Andrew	Thompson	M	36	Chase Harriers		2:53:00
132	174	Colin	Green	M	55	Stratford RC		2:53:10
133	146	Daron	Fincham	M	40	Telford Harriers		2:53:12
134	524	Grace	Hough	F	55	Telford Harriers		2:53:13
135	195	Rhys	Ap Gwyn	M	28	U/A		2:53:31
136	49	Brian	Gibbs	M	37	Mossley Hill AC		2:53:33
137	254	Stephen	Botham	M	45	Wreccsam Tri		2:53:33
138	550	Deborah	Clift	F	35	Abergele Harriers		2:53:35
139	130	Peter	Larbalestier	M	50	Eynsham RR		2:53:36
140	337	Andrew	Heaton	M	44	The last inn runners		2:53:40
141	177	Patrick	Sullivan	M	39	Islwyn RC		2:53:53
142	206	David	Spencer	M	40	U/A		2:54:26
143	624	Janine	Sieberhagen	F	33	u/a		2:54:33
144	576	Lindsey	Stewart	F	45	u/a		2:54:39
145	621	Luisa	Brana	F	28	u/a		2:54:41
146	502	Lucy	Burnett	F	34	Ranelagh Harriers		2:54:58
147	187	Stephen	Radcliffe	M	36	U/A		2:55:16
148	82	Paul	Rose	M	40	Cardigan RC		2:55:33
149	557	Glenda	Edwards	F	40	Les Croupiers		2:55:35
150	270	Garry	Tann	M	45	Abergele Harriers		2:55:48
151	218	Peter	Adams	M	50	Shropshire Shufflers		2:56:03
152	134	David	Somersall	M	35	U/A		2:56:25
153	317	Mark	Donnelly	M	40	Shropshire Shufflers		2:57:04
154	535	Emma	Woodhams	F	31	u/a		2:57:26
155	507	Amanda	Cooper-	F	27	u/a		2:57:49

			Smith				
156	160	Jeff	Davis	M	37	Thornbury RC	2:57:51
157	159	Christopher	Dawes	M	28	Lordshill RR	2:58:03
158	84	Craig	Dun	M	32	Chepstow Harriers	2:58:06
159	80	David	Palmer	M	40	Vegetarian C & AC	2:58:15
160	53	Steve	Hill	M	45	Chepstow Harriers	2:58:26
161	213	Adrian	Dixon	M	55	u/a	2:59:07
162	253	Alec	White	M	50	Oswestry Olympians	2:59:17
163	337	Andrew	Heaton	M	44	The last inn runners	2:59:25
164	328	David	Moss	M	36	Croft Ambrey	2:59:25
165	548	Julia	Buonosenso	F	33	West Mids Police	3:00:09
166	518	Tracey	Hayward	F	34	u/a	3:00:09
167	532	Gaynor	Evans	F	40	Bl.Country Tri.W.Mids Police	3:00:09
168	571	Carole	Jones	F	50	Brecon AC	3:00:17
169	606	Yvonne	Nicholls	F	48	Chase Harriers	3:00:27
170	196	John	Roleston	M	45	U/A	3:00:29
171	3	Ian	Mackay	M	28	Droitwich AC	3:00:29
172	522	Ellen	Spencer	F	35	Telford Harriers	3:00:47
173	565	Kate	Conway	F	40	Lytchett Mnaor Striders	3:00:48
174	282	John	Strange	M	55	Telford Harriers	3:01:07
175	138	Kevin	McCarthy	M	40	U/A	3:01:09
176	617	Hazel	Davies	F	50	Cardigan RC	3:01:18
177	309	John	Amos	M	45	Amazing Feet RC	3:01:22
178	237	Darren	Jones	M	38	RAF Ath Ass.	3:01:30
179	222	Gerald	Sanders	M	45	Amazing Feet RC	3:01:35
180	117	Simon	Cox	M	40	u/a	3:01:56
181	538	Jill	Colman	F	40	Pembrokeshire Harriers	3:02:05
182	511	Nicole	Jacues	F	18	u/a	3:02:10
183	333	Geoff	Oldrid	M	50	Aberystwyth AC	3:02:11
184	569	Sarah	Gardner-	F	30	Nortoncane RR	3:02:23

			Hall					
185	204	David	Pilbeam	M	55	Totton RC		3:02:51
186	145	Jeff	Wright	M	45	Telford Harriers		3:03:20
187	171	Philip	Weedon	M	39	Village RRC		3:03:24
188	116	Mark	Boggis	M	40	u/a		3:03:35
189	563	Sue	Jones	F	35	Brihgton & Hove RC		3:04:01
190	573	Judith	Jones	F	40	Abergele Harriers		3:04:15
191	257	John	Humphries	M	45	Abergele Harriers		3:04:15
192	545	Liz	Barlow	F	29	u/a		3:04:35
193	256	Derek	Price	M	50	U/A		3:04:37
194	48	Mark	Perry	M	31	Cobra RC		3:04:37
195	593	Jane	Buck	F	40	Cardigan RC		3:04:37
196	299	Julian	Hunter	M	50	Wreccsam Tri		3:05:08
197	97	Ken	Smith	M	45	Oswestry Olympians		3:05:10
198	336	Thomas	Rutherford	M	41	Capenhurst RC		3:05:28
199	287	Gary	Williams-Lucas	M	55	Lytchett Manor Striders		3:05:37
200	616	Lesley	Jones	F	35	Ivanhoe Runners		3:05:47
201	236	Geoffrey	Coates	M	60	RAF Ath Ass.		3:05:57
202	88	Keith	Bonham	M	65	GWR		3:06:11
203	607	Jillian	Ross	F	40	Stafford Harriers		3:06:13
204	124	Andrew	Harper	M	26	u/a		3:06:14
205	77	Patrick	Bareham	M	19	u/a		3:06:41
206	194	Steve	Rhodes	M	45	Highworth RC		3:06:41
207	214	Kirk	Fresle	M	50	Bromyard AC		3:06:43
208	572	Gert	Cowling	F	55	Vegetarian A & CC		3:06:57
209	161	Derek	Simpson	M	50	u/a		3:07:07
210	339	Iorwerth	Roberts	M	61	Eryri Harriers		3:07:26
211	192	Paul	Ford	M	35	Brackla Harriers		3:07:43
212	167	Richard	Froggatt	M	37	Dudley & Kingswinford		3:07:45
213	228	Stephen	Roberts	M	45	Ranelagh Harriers		3:08:26
214	173	Gareth	Jones	M	35	u/a		3:08:37
215	296	Johnathan	Barlow	M	34	U/A		3:09:05

216	83	Neil	Grant	M	50	Chepstow Harriers		3:09:11
217	153	John	Rees	M	40	U/A		3:09:20
218	110	Peter	Riley	M	55	Burnham Joggers		3:09:22
219	248	Andrew	Naylor	M	40	U/A		3:09:25
220	8	Richard	Bailey	M	60	Shropshire Shufflers		3:09:37
221	107	Derek	Goodchild	M	55	Lordshill RR		3:09:42
222	266	Mike	Newman	M	45	Lordshill RR		3:09:42
223	609	Samantha	Shepherd	F	28	Cheltenham Harriers		3:09:44
224	297	Tony	Davies	M	53	Islwyn RC		3:09:47
225	136	Benjamin	Tucker	M	24	Neath Harriers		3:09:50
226	281	Robert	Friel	M	35	Telford Harriers		3:09:52
227	42	Matthew	Albrighton	M	32	U/A		3:10:05
228	247	Mike	Leonard	M	50	Lytchett Manor Striders		3:10:12
229	318	Laurence	James	M	50	Bromyard AC		3:10:18
230	330	Jonathan	Peepall	M	37	U/A		3:11:07
231	44	Paul	Brownbill	M	45	Sth Cheshire Harriers		3:11:11
232	286	Brian	Healey	M	58	Cardigan RC		3:11:15
233	181	Philip	Manning	M	45	Stroud & Dist AC		3:11:17
234	512	Sharon	Townley	F	34	u/a		3:11:22
235	501	Carole	Morgan	F	55	Shropshire Shufflers		3:11:30
236	265	Neil	Russell	M	55	Lytchett Manor Striders		3:11:40
237	562	Frankie	Warrington	F	45	Dudley & Kingswinford		3:11:57
238	290	Daniel	Davies	M	18	Aberystwyth AC		3:12:09
239	5	Peter	Mander	M	65	Launceston RR		3:12:13
240	274	Dave	York	M	50	Shropshire Shufflers		3:12:59
241	31	Gavin	Fisher	M	40	u/a		3:13:02
242	92	PAul	Farrar	M	35	U/A		3:13:27
243	314	Todd	Stein	M	39	U/A		3:14:01
244	566	Jenny	Green	F	55	Stratford AC		3:14:04
245	534	Sarah	Collett	F	26	u/a		3:14:39
246	178	Syd	Wheeler	M	65	Chepstow		3:14:52

						Harriers		
247	240	Tom	Gilfedden	M	31	U/A		3:14:57
248	578	Jen	Aston	F	40	Action Hearty		3:14:59
249	96	Anthony	Homer	M	40	Stourbridge RC		3:15:00
250	324	Narinder	Baines	M	38	Peugeot UK		3:15:23
251	235	Robert	Llewellyn	M	40	U/A		3:15:24
252	504	Carolyn	Kelly	F	30	u/a		3:15:54
253	128	Richard	McKie	M	33	u/a		3:16:23
254	323	Gunter	Franke	M	40	Ross RC		3:16:37
255	543	Jane	Larbalestier	F	45	Eynsham RR		3:17:03
256	239	Neville	Dewson	M	60	RRC		3:17:09
257	268	Colin	Gill	M	55	RRC		3:17:46
258	67	David	Long	M	20	u/a		3:18:04
259	300	Antony	Martin	M	37	Stourbridge RC		3:18:14
260	583	Karen	Bruff	F	40	Stroud & Dist AC		3:18:27
261	283	Robert	Day	M	43	Telford Harriers		3:18:49
262	189	Percy	Hogg	M	55	Village RR		3:19:07
263	246	David	Drew	M	55	U/A		3:19:18
264	132	Neil	Thomas	M	37	Islwyn RC		3:19:51
265	168	Bill	Bewg	M	60	Chepstow Harriers		3:20:34
266	129	Andrew	Meek-Welsh	M	50	Chepstow Harriers		3:20:47
267	185	David	Manning	M	39	Presteigne Pacers		3:21:19
268	331	Rhydian	Williams	M	50	U/A		3:21:46
269	310	Roy	Parkes	M	45	U/A		3:21:51
270	255	Malcolm	Parker	M	60	Islwyn RC		3:21:57
271	604	Angela	Browne	F	35	Poole Runners		3:22:01
272	217	Kevin	Sanders	M	45	Ivanhoe Runners		3:22:03
273	584	Judith	Webster- Sanders	F	45	Ivanhoe Runners		3:22:03
274	40	Adrian	Bridge	M	55	U/A		3:22:08
275	151	Peter	Rowlands	M	50	U/A		3:22:27
276	326	Tim	Andrews	M	40	Peugeot UK		3:23:26
277	312	Richard	Waters	M	37	U/A		3:23:27
278	561	Joanne	Whittaker	F	28	Thornbury RC		3:23:47
279	555	Jane	Pye	F	45	Amazing Feet		3:23:50
280	142	David	Pye	M	50	Amazing Feet RC		3:23:50

281	271	Stephen	Ward	M	50	Abergele Harriers		3:24:16
282	39	Martin	Stefan	M	40	U/A		3:24:26
283	227	Michael	Alsworth	M	50	RRC		3:24:52
284	95	John	Szponar	M	45	U/A		3:25:16
285	215	Michael	King	M	55	Nailsea RC		3:25:22
286	321	Gary	Cox	M	31	Lytchett Manor Striders		3:25:40
287	600	Brenda	Jones	F	60	Bro Dysynni		3:25:50
288	16	Liam	Deveney	M	34	Mossley Hill AC		3:26:30
289	313	Andy	Ward	M	40	U/A		3:26:40
290	276		Hackney	M	45	Poole Runners		3:26:53
291	590	Jessica	Harvey	F	22	Telford Harriers		3:27:11
292	98	Ashley	Hooper	M	40	U/A		3:27:51
293	320	Michael	Catling	M	40	RRC		3:28:45
294	592	Coleen	Birch	F	31	Islwyn RC		3:28:49
295	114	Clive	Bucknall	M	55	u/a		3:29:35
296	19	Alex	Williams	M	37	u/a		3:29:36
297	614	Trish	Mcperson	F	45	Ivanhoe Runners		3:29:59
298	72	Steve	Jones	M	45	Islwyn RC		3:30:03
299	188	Darren	Williams	M	31	U/A		3:31:00
300	201	Gerrard	McCullagh	M	40	U/A		3:31:06
301	567	Liz	Hird	F	45	Shropshire Shufflers		3:31:11
302	123	Dale	Shaw	M	29	u/a		3:32:09
303	122	Paul	Clarke	M	31	u/a		3:32:09
304	24	Richard	Hemming	M	50	Wye Valley Runners		3:32:12
305	559	Angela	Rowlands	F	50	u/a		3:32:32
306	87	Philip	Owens	M	45	U/A		3:32:47
307	605	Hannah	Towner	F	24	Poole Runners		3:32:59
308	277	Howard	Lewis	M	33	Poole Runners		3:32:59
309	623	Anna	Phillips	F	25	Rotherham Harriers		3:34:24
310	113	Dave	Phillips	M	60	Pembrokeshire Harriers		3:34:26
311	155	Terry	Hefferman	M	55	Stroud & Dist AC		3:34:38
312	224	Keith	Morgan	M	50	Witney RR		3:34:52
313	580	Cynthia	Ashcroft	F	65	Shropshire Shufflers		3:35:02

314	59	Joseph	Hassall	M	36	U/A		3:35:15
315	514	Emma	Ridgill	F	24	Penarth & Dinas RC		3:35:45
316	546	Janet A	Younger	F	50	Pembrokeshire Harriers		3:36:35
317	6	Reg	Rooke	M	40	U/A		3:36:49
318	582	Sally	Jeyes	F	55	Ivanhoe Runners		3:38:09
319	554	Heather	Harrison	F	35	u/a		3:38:29
320	585	Claire	Foale	F	20	Aberyswyth AC		3:38:32
321	30	Richard	Dodd	M	40	u/a		3:38:33
322	570	Pam	Brady	F	35	Worcester AC		3:38:35
323	579	Rene	Pilbeam	F	50	Totton RC		3:38:44
324	158	Richard	Palmer	M	40	U/A		3:39:24
325	622	Liz	Stacey	F	50	Worcester Joggers		3:39:36
326	191	Kenneth	Watts	M	60	R & D AC		3:40:08
327	591	Nicola	Murphy	F	40	Worcester AC		3:40:39
328	601	Sarah	Jaques	F	35	Lytchett Manor Striders		3:41:37
329	506	Jenny	Lawrie	F	50	u/a		3:42:22
330	588	Elizabeth	Roberts	F	40	u/a		3:42:38
331	517	Nicole	Tindill	F	33	u/a		3:43:41
332	594	Christine	Jennings	F	35	Cardigan RC		3:44:14
333	21	Phil	Nagl	M	50	u/a		3:44:49
334	13	Alistair	Denton	M	33	u/a		3:46:55
335	544	Pat	Whitlock	F	50	Eynsham RR		3:48:05
336	176	Leslie	Hall	M	55	NortonCane RR		3:48:15
337	126	David	Booth	M	30	u/a		3:48:20
338	190	Stuart	Wild	M	55	Worcester Joggers		3:49:26
339	596	Christine	Davies	F	45	u/a	L	3:50:07
340	264	Geoffrey	Dawes	M	65	Lordshill RR		3:50:08
341	193	Derek	Austin	M	50	Tri Team		3:52:36
342	81	Bob	Jaques	M	50	u/a		3:53:40
343	509	Fiona	Rogers	F	40	u/a		3:54:15
344	602	Nicky	Ferguson	F	35	Lytchett Manor Striders		3:54:40
345	263	Michael	Powell	M	55	Shropshire Shufflers		3:56:14
346	241	Mike	Hodges	M	50	Trots		3:57:28
347	203	Gwyn	Davies	M	65	U/A		4:14:08

348	618	Jenny	Dawes	F	55	Lordshill RR		4:20:52
349	586	Carol	Fell	F	55	Wye Valley Runners		4:22:46
350	211	Brent	Iddles	M	60	IDO Marathon Club		4:24:37
351	611	Caroline	Bryant	F	43	Lytchett Manor Striders		4:24:42
352	295	Robin	Dickens	M	58	Lytchett Manor Striders		4:24:42
353	610	Julie	Jobling	F	47	Lytchett Manor Striders		4:24:42
354	244	Barrie	Morgan	M	60	Wye Valley Runners		4:48:02