

Rhayader Round the Lakes 20, Wales

20th March 2004

Pos	No.	Forename	Surname	Gender	Age group	Club	Time
1	597	Michael	Evans	M	28	TROTS	2:09:37
2	654	Matthew	Giles	M	27	Stourbridge RC	2:15:07
3	618	Richard	Jones	M	40	Telford AC	2:15:42
4	600	Simon	Link	M	40	Stourbridge RC	2:16:39
5	623	Jeremy	Bateman	M	45	Ripley AC	2:18:41
6	621	Dimitri	Vorres	M	40	Griffithstown Harriers	2:19:18
7	565	Mark	Garratt	M	30	RRC	2:19:23
8	848	Steve	Cunningham	M	40	U/A	2:20:23
9	823	David	Coles	M	33	City of Bath AC	2:20:29
10	711	Gavin	Clegg	M	45	Poole Runners	2:21:56
11	837	David	Burton	M	40	Dursley + Dist	2:22:24
12	797	Stephen	Gilliland	M	40	Bro Dysynni AC	2:22:42
13	629	Andy	Aston	M	40	Stourbridge RC	2:22:43
14	716	Luke	Northall	M	19	Wrexham AAC	2:22:57
15	854	Columba	Peoples	M	23	UWA Harriers	2:23:17
16	874	Phil	Adams	M	40	Neath Harriers	2:24:10
17	868	Andrew	Phillips	M	29	Islwyn RC	2:24:15
18	743	Philip	Kendrick	M	40	Spa Tans	2:24:31
19	776	Curtis	Bailey	M	40	Cheltenham + Cty Harriers	2:25:07
20	799	Bill	Graham	M	50	Bitton RR	2:25:37
21	871	Martin	McGreary	M	45	Cheltenham Harriers	2:25:59
22	849	Kevin	Burke	M	46	Stourbridge RC	2:27:27
23	751	Bill	Ridley	M	40	Newtown AC	2:27:38
24	733	Ian	James	M	40	U/A	2:27:53
25	767	Ken	Fotherby	M	45	Wolverhampton + Bilston	2:28:17
26	683	Jim	Aylmore	M	40	Poole Runners	2:28:38
27	628	Andrew	Thompson	M	45	Griffithstown Harriers	2:29:15
28	727	Robert	Pearce	M	36	Brackla Harriers	2:29:25
29	843	Neal	Jeffs	M	28	Bracknell	2:29:32

						Forest Runners	
30	845	Peter	Deam	M	22	UWA Harriers	2:29:40
31	574	John	Jones	M	45	Greenfield Stragglers	2:30:40
32	820	Don	Doe	M	45	Poole Runners	2:30:47
33	822	Fred	Fox	M	45	Yeovil Town RR	2:30:54
34	775	Richard	Lee	M	40	Abergele Harriers	2:31:09
35	791	Stephen	Smith	M	40	Dark Peak Fell Runners	2:31:15
36	688	Ade	White	M	39	Islwyn RC	2:31:25
37	752	Paul	Barnes	M	40	Cheltenham Harriers	2:31:36
38	729	Nigel	Misselbrook	M	40	Croft Ambrey	2:32:10
39	870	Kevin	Crew	M	40	Neath Harriers	2:32:42
40	882	Philip	Morris	M	45	Wye Valley RR	2:33:04
41	782	Geoffrey	Robberts	M	50	Poole Runners	2:33:07
42	655	Paul	Price	M	40	Yeovil Town RR	2:33:10
43	584	Paul	Charles	M	45	Miskin Manor RC	2:33:13
44	859	John	Amos	M	45	Amazing Feet	2:33:23
45	855	David	Moss	M	35	Croft Ambrey	2:33:54
46	869	DAvid	Waldron	M	50	Worcester AC	2:34:02
47	609	Mark	Williams	M	39	Thornbury RC	2:34:02
48	858	Ian	Hoare	M	40	Bitton RR	2:34:12
49	641	Ben	Gregory	M	45	Stockport Harriers	2:34:15
50	719	Michael	Warrick	M	50	Spa Tans	2:34:24
51	607	Anthony	Homer	M	40	Stourbridge RC	2:34:29
52	702	Christopher	Guerrier	M	45	Poole Runners	2:34:33
53	604	Paul	Bowden	M	40	Witney RR	2:34:50
54	722	Scott	Neil	M	37	Poole Runners	2:34:55
55	599	JAMES	Delaney	M	45	San Domenico RRC	2:34:56
56	639	Steven	Foley	M	36	Skelmersdale Boundary Harriers	2:35:02
57	678	James	Keay-Bright	M	39	U/A	2:35:04
58	857	Nick	Kane	M	40	Bitton RR	2:35:10
59	569	Mark	Ritchie	M	45	Beaumont RC	2:35:12
60	682	Kenneth	Burns	M	34	Colwyn Bay	2:35:16

						AC	
61	754	Paul	DAvies	M	40	Centurians	2:35:49
62	939	Andre	Shepherd	M	40	Merry Hill Striders	2:35:56
63	893	Hywel	Jones	M	40	Amon Valley Harriers	2:35:59
64	755	Stephen	Davies	M	40	U/A	2:36:01
65	680	Christopher	Sprules	M	40	Aldridge RC	2:36:07
66	667	James	Savage	M	21	Stourbridge RC	2:36:20
67	713	Thomas	Guy	M	32	Griffithstown Harriers	2:36:24
68	862	Bill	Fear	M	40	Les Croupiers	2:36:41
69	671	Kenneth	Howard	M	45	Wye Valley Runners	2:36:49
70	863	Paul	Rose	M	39	Cardigan RC	2:36:53
71	356	Debbie	Thomas	F	40	Shropshire Shufflers	2:36:54
72	718	Brian	Lovett	M	36	San Domenico RRC	2:37:01
73		#N/A	#N/A	#N/A	#N/A	#N/A	2:37:04
74	759	Stephen	Jones	M	36	Wrexham AC	2:37:44
75	397	Lorraine	Hardy	F	45	Shropshire Shufflers	2:37:46
76	627	Tim	C-stait	M	40	Stroud + Dist.AC	2:38:16
77	630	Tony	Warner	M	40	Stourbridge RC	2:38:22
78	760	Andreas	Vieli	M	33	U/A	2:38:26
79	938	Nick	Thorpe	M	0	0	2:39:18
80	726	Ron	Ball	M	45	Shropshire Shufflers	2:39:24
81	734	Matthew	Leathard	M	27	BreconAC	2:39:35
82	761	Tony	Hodgson	M	50	Bro Dysynni AC	2:40:12
83	303	Janice	Palmer	F	45	Poole Runners	2:40:13
84	750	Nick	Hooper	M	38	Worcester Joggers	2:40:25
85	824	Russ	Conway	M	40	Lytchett Manor Striders	2:40:33
86	818	Andrew	Jeyes	M	55	Ivanhoe Runners	2:40:45
87		#N/A	#N/A	#N/A	#N/A	#N/A	2:40:56
88	608	Paul	King	M	40	Stourbridge RC	2:40:57
89	340	Becky	Griffith	F	26	Poole Runners	2:40:59

90	730	Laurence	Pidcock	M	25	Tri-Force Herts	2:41:02
91	645	Philp	Manning	M	50	Stroud + Dist.AC	2:41:20
92	576	Richard	George	M	37	Wye Valley RR	2:41:22
93	891	John	Ashley	M	38	North Wales Runing Club	2:41:52
94	684	Adrian	Dixon	M	57	U/A	2:41:58
95	603	Peter	Nash	M	45	U/A	2:42:15
96	728	Mark	Dunscomb	M	40	Sarn Helen	2:42:20
97	322	Janet	Edwards	F	40	Shropshire Shufflers	Disqualified
98	686	Gareth	Jones	M	55	Chepstow Harriers	2:42:43
99	846	Matthew	Anstee	M	22	UWA Harriers	2:42:56
100	320	Andrea	Goode	F	34	Bro Dysynni AC	2:43:07
101	659	Jon	Brough	M	50	Stroud Athletics	2:44:07
102	631	Peter	Brazell	M	50	U/A	2:44:07
103	651	Tim	Davis	M	32	U/A	2:44:27
104	898	Peter	Rodge	M	45	Griffithstown Harriers	2:44:44
105	662	Carl	Edwards	M	37	Wye Valley Runners	2:44:51
106	872	Chris	Smallman	M	40	Worcester AC	2:44:58
107	562	Paul	Allen	M	35	Pontypridd	2:45:14
108	856	Aled	Evans	M	40	CRHAP	2:45:27
109	357	Kira	Kemp	F	35	Taunton RC	2:45:55
110	583	Andrew	Dalton	M	40	Skelmersdale Boundary Harriers	2:46:02
111	620	Keith	Thompson	M	40	U/A	2:46:03
112	315	Dawn	Kenwright	F	45	Sarn Helen	2:46:25
113	660	Mark	Higgs	M	40	Stourbridge RC	2:46:37
114	779	Dave	Haden	M	38	U/A	2:47:47
115	877	Phillip	Jenkins	M	50	U/A	2:47:48
116	786	Arwel	Jones	M	40	Abergele Harriers	2:47:57
117	687	Peter	Couch	M	50	Poole Runners	2:48:02
118	879	David	Snell	M	30	Hogweed Trotters	2:48:24
119	738	Christopher	Dawes	M	27	Lordshill RR	2:48:42
120	865	David	Jones	M	50	Denbigh	2:49:06

						Harriers	
121	612	Sean	Birch	M	35	Islwyn RC	2:49:07
122	698	Bruce	Nadin	M	38	Huncote AC	2:49:24
123	324	June	Brazell	F	50	U/A	2:49:48
124	613	Mark	Sandford	M	40	Wye Valley Runners	2:49:59
125	798	Christopher	Martin	M	45	Rhayader + Dist AC	2:50:04
126	588	John	Korowajczyk	M	32	Cheltenham + Cty Harriers	2:50:10
127	587	Roger	McFadden	M	50	RRC	2:50:13
128	764	MArk	Amos	M	36	U/A	2:50:21
129	305	Tracey	Lewis	F	35	U/A	2:50:30
130	720	Derek	Breaker	M	50	Eynsham RR	2:50:46
131	861	Andy	Horsley	M	37	Wimborne AC	2:51:07
132	773	Donald	Field	M	45	Aldridge RC	2:51:15
133	933	Geoffrey	Oldred	M	45	Aberystwyth AC	2:51:17
134	575	Robert	Gillan	M	45	U/A	2:52:11
135	626	Ian	Roberts	M	40	Abergele Harriers	2:52:46
136	892	Neil	Ballard	M	40	Oswestry Olympians	2:52:46
137	787	Euan	McConnell	M	24	U/A	2:53:23
138	747	Mick	Ward	M	65	Oswestry Olympians	2:53:23
139	769	Geraint	Evans	M	40	Aberystwyth AC	2:53:24
140	610	Arthur	Renshaw	M	50	Thornbury RC	2:53:37
141	783	Colin	Jackson	M	55	Aldridge RC	2:53:41
142	328	Mandy	Jones	F	40	Islwyn RC	2:53:54
143	643	Steve	Jones	M	45	Islwyn RC	2:53:55
144	362	Judith	Bowsher	F	40	Brackla Harriers	2:54:20
145	881	Robert	Burns	M	55	Lytchett Manor Striders	2:55:40
146	816	Jamie	Mayers	M	32	U/A	2:55:57
147	371	Judy	Conibear	F	27	U/A	2:56:30
148	875	Gavin	Fisher	M	39	U/A	2:57:09
149	564	Paul	Franks	M	38	Telford Harriers	2:57:30
150	652	Daron	Fincham	M	40	Telford Harriers	2:57:31

151	795	Philip	Miles	M	31	U/A	2:57:40
152	640	Derek	Austin	M	50	U/A	2:57:54
153	675	Mark	Paviour	M	40	U/A	2:57:57
154	841	Christopher	Riches	M	50	Cirencester AC	2:58:27
155	333	Jackie	Jarvis	F	40	Oswestry Olympians	2:58:52
156	840	Paul	Turner	M	50	Almost Athletes	2:58:52
157	566	David	Mann	M	38	Presteigne Pacers	2:59:04
158	404	Theresa	Woolley	F	40	Centurion RC	2:59:08
159	685	Gareth	John	M	45	Les Croupiers	2:59:23
160	699	Stephen	Natt	M	40	U/A	2:59:24
161	853	Louis	Weinstock	M	24	UWA Harriers	2:59:31
162	873	Phillip	Gardinor	M	54	Aberdare Harriers	2:59:32
163	310	Joy	Wilkinson	F	40	Northbrook AC	2:59:49
164		#N/A	#N/A	#N/A	#N/A	#N/A	2:59:59
165	740	David	Jones	M	40	Abergele Harriers	3:00:04
166	348	Valerie	Goode	F	45	Harborough AC	3:00:09
167	617	Nick	Bell	M	45	Stroud + Dist.AC	3:00:42
168	338	Kate	Hodnett	F	23	U/A	3:00:57
169	887	Vir	Ahluwalia	M	40	Cobra	3:01:09
170	758	Mark	Bleasdale	M	35	U/A	3:01:20
171	778	Andy	Eden	M	40	Aberystwyth AC	3:01:25
172	690	Eric	Stannard	M	36	Team Road Runners	3:01:35
173	691	Ken	Smith	M	45	U/A	3:01:51
174	344	Sarah	Keay-Bright	F	32	U/A	3:01:52
175	732	Ian	Derrick	M	35	Les Croupiers	3:01:55
176	394	Kate	Conway	F	40	Lytchett Manor Striders	3:01:59
177	314	Kirsten	Leonard	F	45	Lytchett Manor Striders	3:01:59
178	389	Jennifer	Dunphy	F	33	Lytchett Manor Striders	3:01:59
179	752	Paul	Barnes	M	40	Cheltenham Harriers	3:02:15
180	792	Geoffrey	Langton	M	55	Stroud AC	3:02:23
181	844	Roy	Evans	M	36	Abergele	3:02:57

						Harriers	
182	800	John	Wilden	M	50	Team CAC	3:02:59
183	571	Andrew	Doggett	M	37	Telford Harriers	3:03:01
184	884	Jonathan	Peepace	M	36	U/A	3:03:33
185	601	Michael	Nolan	M	55	Abergele Harriers	3:03:41
186	403	Rachel	O'neil	F	30	U/A	3:03:43
187	695	Max	Leslie	M	33	U/A	3:04:02
188	777	Christopher	Davies	M	55	Shropshire Shufflers	3:04:13
189	580	Nick	Battersby	M	40	U/A	3:04:26
190	632	Dene	Percy	M	34	U/A	3:04:30
191	708	Tony	Whitlock	M	45	Eynsham RR	3:04:38
192	746	Paul	Ballinger	M	45	Denbigh Harriers	3:05:34
193	592	Philp	Wood	M	36	Amazing Feet	3:05:51
194	897	Narinder	Baines	M	37	Peugeot UK	3:06:17
195	306	Emma	Bayliss	F	22	U/A	3:06:18
196	715	John	Humphries	M	45	Abergele Harriers	3:06:21
197	625	Christopher	Barker	M	50	U/A	3:06:22
198	839	John	Strange	M	55	Telford Harriers	3:07:05
199	363	Lily	Dyu	F	33	U/A	3:07:16
200	624	Patrick	Sullivan	M	38	U/A	3:07:21
201	669	Stephen	Fisher	M	45	Islwyn RC	3:07:31
202	672	Mark	David	M	40	Cheltenham + Cty Harriers	3:07:35
203	866	Michael	Hodges	M	45	Spa Tans	3:07:54
204	380	Anna	Dore	F	40	Bournemouth Joggers	3:08:01
205	788	Graham	Dore	M	45	U/A	3:08:02
206	594	Robert	Saunders	M	33	U/A	3:08:04
207	619	Mark	Jervis	M	26	Shrewsbury Shufflers	3:08:09
208	890	Tony	James	M	52	Islwyn RC	3:08:17
209	567	Alan	Lucas	M	60	Abergele Harriers	3:08:42
210	736	Gerald	Sanders	M	45	Amazing Feet	3:09:09
211	342	Deborah	Clift	F	35	Abergele Harriers	3:09:21
212	406	Gert	Cowling	F	55	Vegetarian	3:09:24

						Athletic	
213	935	Gary	Jones	M	40	Cobra Running Club	3:09:28
214	307	Judith	Jones	F	40	Abergele Harriers	3:09:35
215	932	Steven	Owen	M	45	Loftus Atheletic	3:09:38
216	817	Derek	Price	M	50	U/A	3:09:46
217	335	Linda	Finch	F	35	Islwyn RC	3:09:46
218	635	Colin	Downey	M	45	Dudley Kingswinford	3:10:13
219	723	Neil	Jones	M	45	Wells City Harriers	3:10:16
220	402	Katrina	Wilcox	F	26	Wye Valley Runners	3:10:17
221	864	Laurence	Llewellyn	M	40	Chepstow Harriers	3:10:47
222	378	Bridget	Butler	F	40	Shropshire Shufflers	3:10:47
223	707	David	Connop	M	65	Midlands Vets	3:11:09
224	330	Anna	Evans	F	25	Abergele Harriers	3:12:43
225	377	Mary	Bateman	F	35	U/A	3:12:46
226	934	Philip	Payne	M	38	Cobra Running Club	3:12:50
227	735	Paul	Conway	M	32	U/A	3:13:21
228	770	Doug	Morris	M	70	Oswestry Olympians	3:13:35
229	836	Ronald	Walmsley	M	55	Poole Runners	3:14:50
230	819	Anthony	Molloy	M	45	Birchfield Harriers	3:15:04
231	581	Steve	Hill	M	45	Chepstow Harriers	3:15:12
232	323	Kim	Crockett	F	45	Presteigne Pacers	3:15:29
233	878	Martin	Chaffey	M	29	Yeovil Town RR	3:16:12
234	860	Roy	Jardine	M	55	Eryri Harriers	3:16:16
235	390	Elaine	Higgs	F	40	Poole Runners	3:16:20
236	326	Lucy	Burnett	F	33	Ranelagh Harriers	3:16:33
237	772	Desmond	DAVIES	M	50	Les Croupiers	3:17:04
238	577	Hugh	Daniels	M	32	U/A	3:17:31
239	888	Ian	Kenedy	M	45	Wimborne AC	3:17:43

240	329	Celia	Greenwood	F	55	GWR	3:17:52
241	637	Liam	Deveney	M	33	U/A	3:17:55
242	894	Timothy	Ford	M	40	U/A	3:18:55
243	616	Ian	Mackay	M	28	U/A	3:19:01
244	656	Colin	Price	M	33	U/A	3:19:02
245	396	Michelle	Jones	F	31	Abergele Harriers	3:19:02
246	937	Darren	Walker	M	33	U/A	3:19:05
247	766	Iorwerth	Roberts	M	60	Eryri Harriers	3:19:10
248	899	Phillip	Duffy	M	60	Peugeot UK	3:19:34
249	670	Adrian	Bridge	M	55	YRC	3:20:29
250	633	Ian	Bowen-Morris	M	40	U/A	3:20:44
251	646	Terry	Hefferman	M	50	Stroud + Dist.AC	3:20:48
252	704	Nicholas	Tecza	M	45	RRC	3:21:21
253	705	Quinton	Tecza	M	40	RRC	3:21:27
254	780	Oliver	Corbin	M	21	U/A	3:21:37
255	880	Paul	Bugler	M	39	Poole A.C.	3:22:14
256	395	Hannah	Towner	F	23	Poole Runners	3:22:26
257	308	Jane	Woodburn	F	35	Skelmersdale Boundary Harriers	3:22:35
258	376	Jean	Williams	F	55	Shropshire Shufflers	3:23:41
259	789	Tony	Simpson	M	39	U/A	3:23:47
260	847	Terry	Thompson	M	36	U/A	3:24:09
261	630	Tony	Warner	M	40	Stourbridge RC	3:24:09
262	407	Marion	Bailey	F	45	Cobra Running Club	3:24:10
263	596	Neil	Thomas	M	36	Islwyn RC	3:24:23
264	644	Paul	Newbould	M	50	Stroud + Dist.AC	3:24:32
265	301	Janice	Clement	F	45	Penarth + Dinas Runners	3:25:08
266	895	Peter	Moore	M	36	U/A	3:25:39
267	368	Diane	Stares	F	60	Reading Roadrunners	3:25:59
268	614	Reg	Rooke	M	40	U/A	3:26:24
269	825	Mike	Leonard	M	50	Lytchett Manor Striders	3:26:26
270	771	Michael	Alsworth	M	50	RRC	3:26:46
271	886	Andrew	Kennedy	M	38	Wimborne AC	3:26:56

272	867	David	Edelsten	M	55	Cirencester AC	3:27:11
273	850	Gunter	Franke	M	40	U/A	3:28:24
274	657	Warren	Adshead	M	30	U/A	3:28:30
275	383	Diane	Evans	F	35	The Hague RR	3:28:39
276	382	Gill	Evans	F	40	Shepsked RC	3:28:39
277	606	Paul	Lewis	M	33	U/A	3:29:00
278	355	Rowena	Melbourne	F	23	Rugby + Northampton	3:29:12
279	392	Sue	Fox	F	50	Yeovil Town RR	3:29:27
280	582	Matthew	Taylor	M	26	U/A	3:29:30
281	790	Grant	Cutter	M	36	U/A	3:29:47
282	367	Jane	Larbalestier	F	45	Eynsham RR	3:30:02
283	311	Sue	Furner	F	45	Isle of Man VAC	3:30:27
284	742	David	Stares	M	55	Reading Roadrunners	3:31:11
285	781	Stephen	Ward	M	50	Abergele Harriers	3:32:11
286	386	Dorienne	Robinson	F	45	U/A	3:32:31
287	756	Anthony	Hewson	M	70	Ludlow Runners	3:33:01
288	405	Denise	Fitzgerald- Davies	F	40	U/A	3:33:54
289	885	Roy	Parkes	M	45	U/A	3:34:32
290	595	Andrew	Painter	M	40	RRC	3:36:06
291	334	JULIE	Winter	F	35	Pewsey Vale RC	3:36:35
292	679	Richard	Dodd	M	40	U/A	3:37:08
293	842	Colin	Gill	M	55	RRC	3:37:44
294	710	Frank	Grant	M	65	Stafford Harriers	3:37:51
295	346	Heidi	Lea	F	30	Wye Valley Runners	3:42:31
296	345	Gail	Colley	F	35	Wye Valley Runners	3:42:31
297	381	Janet	Greene	F	35	U/A	3:42:52
298	876	Tim	Gilbert	M	40	U/A	3:42:59
299	398	Jessica	Baynham	F	27	U/A	3:42:59
300	354	Louise	Nadin	F	35	U/A	3:44:40
301	681	Roy	Meredith	M	60	Somer AC	3:45:04
302	347	Jean	Meredith	F	55	Somer AC	3:45:04
303	838	Robert	Friel	M	34	Telford	3:45:04

						Harriers	
304	696	Robert	Parr	M	29	Amazing Feet	3:45:23
305	666	Jamie	Ashton	M	35	U/A	3:45:58
306	765	Michael	Powell	M	55	Shropshire Shufflers	3:46:00
307	359	Cynthia	Ashcroft	F	60	Shropshire Shufflers	3:46:00
308	399	Jenni	Travers	F	50	GWR	3:46:09
309	701	Sean	Turley	M	35	U/A	3:46:39
310	900	Timothy	Andrews	M	40	Peugeot UK	3:47:58
311	737	Roy	Davenport	M	50	U/A	3:48:17
312	351	Catherine	Seymour	F	26	U/A	3:48:20
313	319	Coleen	Green	F	30	Islwyn RC	3:48:23
314	936	Paul	Harback	M	50	Cobra Running Club	3:50:06
315	762	Iain	Morgan	M	26	GWR	3:50:48
316	339	Rita	Crosbie	F	45	U/A	3:50:56
317	313	Pat	Adams	F	45	Wrekin RR	3:51:04
318	385	Jan	Davies	F	40	Rhayader + Dist AC	3:51:51
319	668	Ray	Gill	M	60	U/A	3:52:04
320	353	Linda	Davies	F	50	Maidenhead AC	3:52:17
321	309	Rita	Davies	F	50	GWR	3:52:47
322	586	David	Smith	M	32	U/A	3:53:12
323	585	David	Phillips	M	60	Massey Ferguson RR	3:54:16
324	579	James	Hughes	M	31	U/A	3:55:02
325	578	John	Courtney	M	65	U/A	3:55:02
326	391	Gillian	Walmsley	F	40	Poole Runners	3:55:07
327	312	Susan	Shiell	F	50	Lordshill RR	3:55:11
328	815	Adrian	Hedgley	M	45	Rhayader + Dist AC	3:55:15
329	393	Anne	Towner	F	50	Poole Runners	3:55:23
330	387	Cristina	Santos	F	40	Rhayader + Dist AC	3:55:25
331	374	Jenni	Ashton	F	21	Aberystwyth AC	3:55:27
332	712	Tony	Ashcroft	M	70	Shropshire Shufflers	3:55:28
333	889	Tony	Fisher	M	55	U/A	3:56:55
334	349	Sheila	Smith	F	60	Reading Roadrunners	4:01:19

335	589	Mike	Dukes	M	55	Lordshill RR	4:01:39
336	714	Carl	Peacock	M	36	U/A	4:01:48
337	664	Ben	Chester-Master	M	40	U/A	4:02:28
338	665	Robert	Jaques	M	50	U/A	4:03:02
339	372	Susan	Bond	F	40	Buckley RC	4:03:49
340	796	Gary	Corbin	M	50	U/A	4:04:45
341	384	Susan	Coombe	F	40	U/A	4:05:15
342	318	Anne	Francis	F	55	Lordshill RR	4:05:54
343	784	Kirk	Jones	M	37	Werkin RR	4:09:03
344	785	Cox	Alan	M	32	Werkin RR	4:09:03
345	332	Jenny	Dawes	F	55	Lordshill RR	4:09:45
346	361	Stephanie	Warrick	F	50	U/A	4:11:40
347	717	Gwyn	Davies	M	60	U/A	4:13:34
348	325	Angela	Kikugawa	F	40	Stourbridge AC	4:17:55
349	336	Bernadette	Byrne	F	45	Stourbridge AC	4:18:54
350	636	Richard	Davies	M	45	Team Realrunner.com	4:30:30
351	321	Kathy	Ling	F	60	Wrekin RR	4:46:37
352	725	Andrew	Stoll	M	60	U/A	4:53:13