

## Overall Results

Pos	Name	M/F	AG	AG	Club	Gun	Chip
1.	Daniel Geisler	1st	M Sen	1st	Worcester AC	37:27	37:26
2.	Matt James	2nd	M Sen	2nd	Hereford Couriers	39:16	39:14
3.	Ross Cowley	3rd	M Sen	3rd	Pershore Plum Plodders	40:03	39:37
4.	David Bannister	4th	M40	1st	Ledbury Harriers	40:05	40:02
5.	Eugenio Diz	5th	M Sen	4th	Black pear joggers	40:14	40:08
6.	Paul Childs	6th	M40	2nd		40:22	40:20
7.	Matt Fairlamb	7th	M40	3rd	Worcester AC	41:34	41:07
8.	Owen Graham	8th	M Sen	5th	Hereford Couriers	41:12	41:10
9.	Carl Salmon	9th	M Sen	6th		41:16	41:13
10.	Greg Lord	10th	M Sen	7th	Malvern Buzzards	41:56	41:53
11.	Luke sheppard	11th	M Sen	8th	Worcester ac	42:03	42:00
12.	James Grant	12th	M40	4th	Malvern joggers	42:11	42:09
13.	Chris Moseley	13th	M Sen	9th		43:05	42:38
14.	Gemma Collier	1st	F35	1st	Gloucester AC	43:13	42:46
15.	Steve Rooke	14th	M50	1st		42:57	42:54
16.	Shaun Green	15th	M Sen	10th	Droitwich AC	43:02	42:59
17.	Jon Newey	16th	M50	2nd	Black Pear Joggers	43:07	43:04
18.	Neil Warne	17th	M40	5th	Malvern Joggers	43:57	43:30
19.	Nikki Juniper	2nd	F35	2nd	Malvern Joggers	44:07	43:41
20.	Darren Kirby	18th	M40	6th	Pershore Plum Plodders	44:20	44:16
21.	Simon Richardson	19th	M Sen	11th	Malvern joggers	44:27	44:24
22.	Chris Attwood	20th	M40	7th	Black Pear Joggers	44:51	44:24
23.	Tom forrester	21st	M40	8th	Worcester ac	44:38	44:35
24.	Ben Toon	22nd	M40	9th	Malvern Joggers	45:11	44:45
25.	Adrian Cox	23rd	M40	10th	Black Pear Joggers	46:12	45:17
26.	Adam Grant	24th	M Sen	12th	Pershore Plum Plodders	46:03	45:35
27.	Stefan Sternkopf	25th	M50	3rd	Worcester AC	45:49	45:46
28.	Alex Hinks	26th	M Sen	13th		46:38	46:11
29.	David Lloyd-Rumens	27th	M40	11th		46:22	46:17
30.	Daniel Scolari	28th	M Sen	14th	Black Pear Joggers	46:27	46:22
31.	John Goodchild	29th	M40	12th		46:29	46:25
32.	Phil Edwards	30th	M50	4th	Worcester Athletics Club	47:41	46:25
33.	Ross Kane	31st	M40	13th		47:21	46:29
34.	Kevin Garness	32nd	M40	14th	Black pear joggers	46:41	46:36
35.	Adam sadler	33rd	M Sen	15th		48:28	47:34
36.	Kit Williams	34th	M Sen	16th		48:35	47:40
37.	Paul Millsom	35th	M60	1st	Vegan Runners UK	48:58	47:43
38.	Pete Scott	36th	M40	15th	Lonely Goat	49:03	47:45
39.	Martine Verweij	3rd	F45	1st		47:53	47:53
40.	Martha Worthington	4th	F35	3rd	Malvern Buzzards	47:54	47:54
41.	Nick Spice	37th	M40	16th		49:16	48:01
42.	Andrew Wadsworth	38th	M60	2nd	Sparkhill Harriers	48:30	48:01
43.	David O'Brien	39th	M50	5th	Worcester AC	48:28	48:02
44.	martin Williams	40th	M40	17th		48:33	48:06
45.	Scott Withey	41st	M Sen	17th	EVRC	48:43	48:17
46.	Kevin Kerrigan	42nd	M Sen	18th	Hereford couriers	49:19	48:25
47.	Paul Barlow	43rd	M50	6th	Pershore Plum Plodders	48:38	48:34
48.	Sam Eden	44th	M Sen	19th	Malvern Buzzards	49:33	48:38
49.	Chris Law	45th	M50	7th	Unknown	50:04	48:48
50.	daisy nichols	5th	F Sen	1st		50:31	48:52

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Pos	Name	M/F	AG	AG	Club	Gun	Chip
51.	Mike Kennedy	46th	M40	18th	Almost Athletes	49:24	48:56
52.	Stuart Foreman	47th	M40	19th		49:47	49:17
53.	Adrian Bennett	48th	M40	20th	Black Pear Joggers	50:20	49:26
54.	Paddy Sheridan	49th	M50	8th		50:46	50:18
55.	Aiveen Digby	6th	F Sen	2nd	Malvern Joggers	51:32	50:37
56.	Ian Pollitt	50th	M50	9th	Pershore Plum Plodders	51:10	50:42
57.	Darren Mckay	51st	M50	10th	Black Pear Joggers	52:00	50:44
58.	Andrew Brown	52nd	M40	21st	Black Pear Joggers	52:08	51:13
59.	Laura Daubney	7th	F Sen	3rd	CLC Striders	52:42	51:24
60.	Nick Yarworth	53rd	M60	3rd	Malvern Joggers	52:20	51:25
61.	Bill Adsett	54th	M50	11th	Malvern Buzzards	51:54	51:26
62.	keith williams	55th	M60	4th	Hereford Couriers	53:36	51:35
63.	Jay russell	56th	M40	22nd	Tewkesbury	52:34	51:40
64.	Mark Flanagan	57th	M40	23rd		52:14	51:44
65.	Nic Dauncey	58th	M50	12th	Black Pear Joggers	54:27	51:59
66.	Sven Rouse	59th	M40	24th		54:00	52:00
67.	Rose Parsons	8th	F Sen	4th		53:29	52:12
68.	Dave Howard	60th	M40	25th	EVRC	53:12	52:18
69.	James Seabrook	61st	M50	13th	Evesham vale running club	53:05	52:38
70.	Ed Bailey	62nd	M Sen	20th		53:41	52:46
71.	Paul Heywood	63rd	M40	26th		53:19	52:49
72.	Nigel Scott	64th	M50	14th	Black Pear joggers	54:09	52:52
73.	Edward O'Neill	65th	M50	15th	Sparkhill Harriers	54:15	52:57
74.	Leonardo Taggio	66th	M50	16th	Blackpear Joggers	54:41	53:03
75.	Ben Brown	67th	M Sen	21st	Malvern Joggers	54:03	53:09
76.	Edward Low	68th	M Sen	22nd		55:24	53:22
77.	Jonathan Thomas	69th	M40	27th		54:39	53:24
78.	Jason Ballinger	70th	M40	28th		55:18	53:39
79.	Lloyd Sussex	71st	M50	17th		56:35	53:40
80.	Edward Munro	72nd	M60	5th	Almost Athletes	55:07	53:48
81.	Sioned Price	9th	F Sen	5th		55:06	53:50
82.	Matt Lessimore	73rd	M40	29th		55:58	53:59
83.	Lucie Lessimore	10th	F45	2nd		55:58	53:59
84.	Mark lockley	74th	M50	18th		55:22	54:04
85.	james vidler	75th	M60	6th	Wye Valley Runners	54:35	54:06
86.	Nathaniel Flanigan	76th	M Sen	23rd		55:03	54:09
87.	Sandra wolanski	11th	F55	1st		54:38	54:11
88.	Simon Pettifer	77th	M40	30th	Black pear joggers	55:09	54:15
89.	Richard Bradley	78th	M50	19th		55:45	54:28
90.	Steve Wiggins	79th	M50	20th	Malvern Joggers	55:51	54:35
91.	Steve Bowles	80th	M50	21st		55:04	54:37
92.	Callum Aitken	81st	M40	31st	Pershore Plum Plodders	56:19	54:41
93.	Ruth Bennett	12th	F35	4th	Black Pear Joggers	57:39	54:45
94.	Andrew Bowles	82nd	M50	22nd		56:01	54:45
95.	Tom goodwin	83rd	M Sen	24th		57:43	54:50
96.	Alison Buttle	13th	F45	3rd	Black Pear Joggers	56:08	54:50
97.	Lucinda Lumley	14th	F Sen	6th	Angels RC	58:19	54:57
98.	Kevin Dunster	84th	M50	23rd	Hay Hotfooters	57:51	54:58
99.	John Lucas	85th	M60	7th	Malvern Joggers	57:44	55:15
100.	Kate Pearce	15th	F35	5th		58:15	55:21

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Pos	Name	M/F	AG	AG	Club	Gun	Chip
101.	Robin Jasinski	86th	M50	24th		56:43	55:24
102.	David Shacklock	87th	M40	32nd	Black Pear Joggers	58:21	55:27
103.	Ally Walker	16th	F Sen	7th	Black Pear Joggers	57:15	55:36
104.	Carl Edgehill	88th	M40	33rd		58:07	55:38
105.	Rachael Alexander	17th	F35	6th	Worcester AC	57:28	55:49
106.	Michelle Baylis-Edkins	18th	F35	7th	EVRC	57:07	55:50
107.	Cliff wood	89th	M40	34th	Black pear joggers	57:18	56:02
108.	Andrew Bottomley	90th	M50	25th	Black Pear Joggers	56:42	56:13
109.	Jimmy Croy	91st	M Sen	25th	Pershore plum plodders	57:53	56:15
110.	Roger Watkinson	92nd	M50	26th		58:52	56:23
111.	Jessica Depper	19th	F35	8th	Malvern Joggers	58:13	56:33
112.	Charlotte Raine	20th	F Sen	8th	Malvern Joggers	59:06	56:36
113.	Wesley Ogden	93rd	M50	27th	Malvern Buzzards Running Club	57:59	56:42
114.	Stephen Procter	94th	M50	28th	Malvern Joggers	1:00:52	56:45
115.	Joe Woods	95th	M Sen	26th		58:49	56:46
116.	Nikki Tyler	21st	F45	4th	Hereford Couriers	58:51	56:49
117.	Mark Shercliff	96th	M Sen	27th	Black Pear Joggers	58:19	57:23
118.	Andrew Radford	97th	M50	29th		58:56	57:37
119.	Suzanne Tharme	22nd	F55	2nd	Tewkesbury Running Club	1:00:37	57:42
120.	David Garnett	98th	M60	8th	Almost Athletes	59:03	57:47
121.	Andrew Hughes	99th	M50	30th	Malvern buzzards	1:01:10	57:47
122.	R.J Lloyd	100th	M50	31st	Wye Valley Runners	1:00:25	57:53
123.	Lindsey Goodrum	23rd	F35	9th	Black Pear Joggers	1:00:58	58:04
124.	Emma Poole	24th	F55	3rd		1:00:36	58:06
125.	Adam Hall	101st	M40	35th		1:01:19	58:26
126.	Charlie Kimberley	25th	F45	5th	Black Pear Joggers	1:02:24	58:39
127.	Mike Burton	102nd	M60	9th	Black Pear Joggers	59:59	58:42
128.	Jon Gray	103rd	M60	10th	Malvern Joggers	1:00:01	58:45
129.	Andy Chambers	104th	M60	11th	Newent Runners	1:02:16	58:52
130.	Rollo Rumford	105th	M70	1st	Black Pear Joggers	1:02:15	58:55
131.	Joanne Carter	26th	F55	4th	Angels Running Club	1:00:59	58:57
132.	Stuart Munday	106th	M60	12th	Black Pear Joggers	1:01:06	59:03
133.	Andrew Milner	107th	M50	32nd	Stroud	1:03:18	59:31
134.	Lisa Ruck	27th	F45	6th	Hereford Couriers	1:02:10	59:40
135.	Michael Bryant	108th	M60	13th	Newent Runners	1:01:37	59:57
136.	Teddy Barnes	28th	F Sen	9th		1:03:34	1:00:10
137.	Mervyn Davis	109th	M70	2nd	Black Pears Joggers	1:01:28	1:00:11
138.	Claire Shacklock	29th	F35	10th	Black Pear Joggers	1:03:15	1:00:20
139.	Ian Walwyn	110th	M60	14th	Black Pear Joggers	1:02:26	1:00:24
140.	Ellen Kenny	30th	F55	5th		1:02:55	1:00:54
141.	Jo Ellis	31st	F35	11th	Wye Valley Runners	1:04:02	1:01:32
142.	Victoria Kennedy	32nd	F35	12th	Almost athletes	1:02:28	1:01:33
143.	Alan Jones	111th	M50	33rd	Malvern joggers	1:03:42	1:01:39
144.	Niall Hughes	112th	M40	36th	San Domenico	1:03:24	1:01:44
145.	Graham Frith	113th	M40	37th		1:04:25	1:01:54
146.	Ann Hewlett	33rd	F45	7th	Pershore Plum Plodders	1:04:23	1:01:55
147.	Laura Peakman	34th	F35	13th	Malvern joggers	1:04:56	1:02:01
148.	carl nichols	114th	M50	34th		1:05:28	1:02:06
149.	Lucy Gallagher	35th	F55	6th	Malvern Joggers	1:05:33	1:02:10
150.	Lesley Ashton	36th	F55	7th	Vegan Runners UK	1:05:33	1:02:10

# Malvern Joggers 10k

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Pos	Name	M/F	AG	AG	Club	Gun	Chip
151.	Coralie Pearson	37th	F35	14th	Almost Athletes	1:05:39	1:02:15
152.	Matthew Lancett	115th	M40	38th	Malvern Joggers	1:04:16	1:02:16
153.	Greg Innes	116th	M40	39th	Malvern Joggers	1:04:23	1:02:24
154.	Patrick Clark	117th	M50	35th		1:05:26	1:02:34
155.	Mark Richards	118th	M50	36th		1:04:40	1:03:01
156.	Patricia Johnson	38th	F65	1st	Malvern Joggers	1:05:58	1:03:04
157.	Steve Harris	119th	M60	15th	Black Pears	1:06:44	1:03:23
158.	Karen hinks	39th	F55	8th		1:06:58	1:03:34
159.	Simon Gallagher	120th	M Sen	28th	Malvern Joggers	1:06:56	1:03:35
160.	Anthony May	121st	M40	40th	Kings Heath	1:07:02	1:03:35
161.	John Raine	122nd	M Sen	29th	Malvern Joggers	1:06:11	1:03:41
162.	Sally Thompson	40th	F55	9th		1:05:45	1:03:44
163.	Rachel Bannister	41st	F45	8th	Ledbury Harriers	1:06:55	1:04:01
164.	Claire Short	42nd	F35	15th	Malvern Buzzards Running Club	1:06:10	1:04:08
165.	Maria Porter	43rd	F45	9th	Black Pear Joggers	1:07:34	1:04:12
166.	Darren Perry	123rd	M40	41st	Black Pear Joggers	1:05:55	1:04:15
167.	Matt Sears	124th	M40	42nd	Lonely Goat	1:06:19	1:04:17
168.	John Townsend	125th	M40	43rd		1:06:00	1:04:44
169.	Christine Bryan	44th	F35	16th		1:07:15	1:04:44
170.	Helen Burton	45th	F55	10th	Black Pear Joggers	1:07:29	1:04:59
171.	Steve Massey	126th	M50	37th	Malvern Joggers	1:08:51	1:05:06
172.	Pete Seeney	127th	M50	38th		1:08:04	1:05:07
173.	Claire Gent	46th	F35	17th	Tewkesbury Running Club	1:08:20	1:05:25
174.	Craig Prosser	128th	M40	44th	Tewkesbury Running Club	1:08:20	1:05:25
175.	Anne Moyer	47th	F45	10th		1:08:05	1:05:35
176.	Marcus Fisher	129th	M50	39th	Pershore Plum Plodders	1:08:40	1:05:43
177.	Helen Hurn	48th	F45	11th	Stroud and District AC	1:09:36	1:05:50
178.	Steve Hurn	130th	M50	40th	Stroud and District AC	1:09:39	1:05:53
179.	Steve Nicoll	131st	M50	41st	Pershore Plum Plodders	1:09:18	1:05:56
180.	Jason Bolton	132nd	M40	45th		1:07:23	1:06:27
181.	Sarah Kane	49th	F45	12th		1:09:25	1:06:31
182.	Lisa Sutton	50th	F35	18th		1:09:20	1:06:51
183.	Stuart Taylor	133rd	M40	46th	Hereford couriers	1:10:20	1:06:53
184.	Jo Sprague	51st	F45	13th		1:10:27	1:07:03
185.	Harriet Brown	52nd	F Sen	10th		1:09:33	1:07:04
186.	Dianne Haines	53rd	F55	11th	Newent Runners	1:10:50	1:07:05
187.	Avril Munday	54th	F65	2nd	Black Pear Joggers	1:10:39	1:07:16
188.	Dan Cale	134th	M Sen	30th		1:09:04	1:07:25
189.	Julia Heron	55th	F45	14th	Malvern Joggers	1:10:59	1:07:35
190.	Silke Luhrmann	56th	F45	15th		1:09:17	1:07:58
191.	Tim Naylor	135th	M60	16th	Malvern Joggers	1:10:01	1:08:00
192.	Louise Seeney	57th	F45	16th		1:11:27	1:08:03
193.	Janet Adsett	58th	F45	17th	Malvern Buzzards	1:12:00	1:08:36
194.	Pauline Bargus	59th	F65	3rd	Almost Athletes	1:12:01	1:08:37
195.	Sally Jakeman	60th	F Sen	11th		1:12:23	1:08:39
196.	Jonathan Fligelstone	136th	M60	17th	Malvern Joggers	1:11:33	1:08:40
197.	Chaweewan Hartley	61st	F45	18th	Almost athletes	1:12:14	1:08:49
198.	Robert Dowse	137th	M Sen	31st	Malvern Joggers	1:11:03	1:09:22
199.	Anya Lees	62nd	F Sen	12th	Gloucester athletic club	1:12:44	1:09:49
200.	Jackie Turner	63rd	F45	19th	Pershore Plum Plodders	1:12:21	1:09:51

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## Overall Results



Pos	Name	M/F	AG	AG	Club	Gun	Chip
201.	Rebecca Summers	64th	F Sen	13th		1:12:27	1:10:25
202.	Ian Summers	138th	M50	42nd	Gloucester Athletic Club	1:12:27	1:10:25
203.	Max Cullen	139th	M60	18th		1:14:41	1:10:54
204.	Helen Robson	65th	F45	20th		1:15:07	1:10:58
205.	Kirsty Wilks	66th	F Sen	14th		1:14:04	1:11:09
206.	Karen Bowles	67th	F45	21st		1:15:54	1:12:06
207.	claire nichols	68th	F55	12th		1:15:34	1:12:11
208.	Sarah Richards	69th	F45	22nd		1:16:02	1:12:15
209.	Duncan Tharme	140th	M50	43rd	Tewkesbury Running Club	1:17:51	1:13:44
210.	Helen Card	70th	F35	19th	Malvern Joggers	1:16:43	1:13:49
211.	Michelle Kimberley	71st	F35	20th		1:19:38	1:15:30
212.	Catherine Jones	72nd	F35	21st	Black Pear Joggers	1:19:19	1:15:34
213.	Emma strong	73rd	F35	22nd	Malvern Joggers	1:18:57	1:15:35
214.	Charles Lowndes	141st	M60	19th	MJs	1:19:31	1:16:05
215.	Sarah Cuddy	74th	F45	23rd	Malvern Buzzards Running Club	1:20:39	1:16:53
216.	Caroline Philgence	75th	F45	24th	Malvern Joggers	1:21:27	1:18:06
217.	Bill Griffiths	142nd	M70	3rd	Wye Valley Runners	1:21:31	1:18:06
218.	Carole Lubkowski	76th	F55	13th	Malvern Joggers	1:22:52	1:18:45
219.	Ian Hannis	143rd	M40	47th		1:21:56	1:18:59
220.	Lesley Pymm	77th	F65	4th	Bournville Harriers	1:23:56	1:19:48
221.	Michelle Slater	78th	F45	25th		1:24:20	1:20:12
222.	Kerrie Meszaros	79th	F Sen	15th		1:24:31	1:20:22
223.	Deborah Band	80th	F55	14th	Ledbury & District Harriers	1:24:12	1:20:24
224.	John Noonan	144th	M60	20th	Hereford Couriers	1:24:07	1:20:45
225.	Kerry White	81st	F45	26th	Almost athletes	1:25:54	1:21:48
226.	Jadu Sheridan	82nd	F45	27th		1:27:06	1:22:57
227.	Jayne Cresswell	83rd	F45	28th		1:27:16	1:23:50
228.	Mark Spicer	145th	M50	44th	malvern joggers	1:29:40	1:25:33
229.	Karla Cleverley	84th	F45	29th	Almost Athletes	1:29:47	1:25:38
230.	Parveen Choudhary	85th	F Sen	16th		1:29:06	1:25:41
231.	Jane Spicer	86th	F55	15th	malvern joggers	1:30:01	1:25:54
232.	Julie averiss	87th	F45	30th	Almost athletes	1:30:35	1:26:29
233.	Amanda Marshall	88th	F45	31st	Tewkesbury Running Club	1:30:50	1:26:42
234.	Neil Sprague	146th	M50	45th		1:30:57	1:26:49
235.	Graham Timmins	147th	M50	46th	Malvern Joggers	1:31:56	1:28:11
236.	claire bryan	89th	F35	23rd		1:33:47	1:30:01

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