

	Forename	Surname	Club	Category	LTS	Vet Std Time	Actual Time	Vet Std	+/-
30	Jon	Howard	SWIFT CC	VA	19:26	26:49	20:24	06:25	+
21	Dean	Callister	NOVA RAIDERS CC	A	21:33		20:26		
20	Christopher	Halford	WREKINSPOINT	VA	20:13	26:36	20:33	06:03	+
15	Kirk	Vickers	HOLAHAN COACHING RT	A	21:05		20:40		
40	Chris	Massey	CES SPORT	VA	19:23	26:36	20:49	05:47	+
25	Stephen	Minton	LBRT	VA	21:01	26:45	21:18	05:27	+
36	Dean	Dovey	NOVA RAIDERS CC	VB	22:19	27:07	21:40	05:27	+
11	Ed	Middleton	NOVA RAIDERS CC	VA	21:37	26:02	21:43	04:19	+
16	Jack	Wilson	LBRT	B	22:35		22:00		
7	William	Baugh	LUDLOW CC	VB	22:32	26:54	22:18	04:36	+
32	Fraser	Mackinnon	LOCH LEVEN ROAD CLUB	VC	23:10	26:36	22:21	04:15	+
17	Martin	Stanley	WORCESTER ST.JOHNS CC	VB	22:58	26:58	22:33	04:25	+
14	Chris	Davies	LBRT	VB	22:48	26:27	22:38	03:51	+
24	Rikky	Hughes	WORCESTER ST.JOHNS CC	B	22:45		22:49		
31	Derek	Dowdeswell	GLOUCESTER CITY CC	VA	21:27	28:13	23:00	05:13	+
39	Ian	Connolly	LUDLOW CC	VC	23:37	26:49	23:02	03:47	+
27	Gareth	Williams	HEREFORD & DISTRICT WH	B	22:57		23:08		
9	Deborah	Hutson-Lumb	NOVA RAIDERS CC	VC	23:38	29:27	23:19	06:08	+
22	Neil	Turner	HEREFORD TRI CLUB	VC	23:11	26:54	23:51	03:03	+
38	Jason	Arnold	HAFREN CC	VD	25:40	26:36	24:05	02:31	+
23	Alison	Dockney	MARKET DRAYTON CC	LD	25:14		24:16		
13	Jenny	Newton	NOVA RAIDERS CC	LVD	24:52	29:01	25:02	03:59	+
34	Dave	York	MID SHROPSHIRE WH	VB	22:43	28:06	25:17	02:49	+
29	Steve	Chapman	NOVA RAIDERS CC	VD	24:41	27:33	25:19	02:14	+
28	Mark	Stocks	NEWPORT SHROPSHIRE CC	VD	27:08	27:03	25:38	01:25	+
18	David	Prior	WYRE FOREST CRC	VD	27:11	28:58	26:01	02:57	+
19	Mike	Williams	HEREFORD WHEELERS	VC	24:11	27:52	27:41	00:11	+
8	Alan	Williams	HEREFORD & DISTRICT WH	VD	28:13	28:39	29:44	01:05	.-
10	Jacob	Sparrow	CLEE CYCLES	A	20:17		DNS APOL		
12	Jenny	York	MID SHROPSHIRE WH	LVC	23:25	30:09	DNS APOL		
26	Jonathan	Mills-Keeling	CCB BRIDGNORTH	VC	23:06	26:31	DNS APOL		
33	Simon	Brown	LBRT	VD	24:52	26:45	DNS APOL		
35	George	Mills-Keeling	CCB BRIDGNORTH	JA	20:52		DNS APOL		
37	Charlotte	Chapman	NOVA RAIDERS CC	LB	22:54		DNS APOL		