

# Malvern Joggers 10k

## Age Group Results



Pos	Bib	Name	Time
<b>F Senior</b>			
1.	189	daisy nichols	48:52
2.	73	Aiveen Digby	50:37
3.	66	Laura Daubney	51:24
4.	198	Rose Parsons	52:12
5.	209	Sioned Price	53:50
6.	167	Lucinda Lumley	54:57
7.	277	Ally Walker	55:36
8.	216	Charlotte Raine	56:36
9.	19	Teddy Barnes	1:00:10
10.	37	Harriet Brown	1:07:04
11.	130	Sally Jakeman	1:08:39
12.	299	Anya Lees	1:09:49
13.	255	Rebecca Summers	1:10:25
14.	286	Kirsty Wilks	1:11:09
15.	173	Kerrie Meszaros	1:20:22
16.	52	Parveen Choudhary	1:25:41

Pos	Bib	Name	Time
<b>F35</b>			
1.	55	Gemma Collier	42:46
2.	138	Nikki Juniper	43:41
3.	296	Martha Worthington	47:54
4.	23	Ruth Bennett	54:45
5.	200	Kate Pearce	55:21
6.	4	Rachael Alexander	55:49
7.	21	Michelle Baylis-Edkins	55:50
8.	72	Jessica Depper	56:33
9.	100	Lindsey Goodrum	58:04
10.	239	Claire Shacklock	1:00:20
11.	80	Jo Ellis	1:01:32
12.	142	Victoria Kennedy	1:01:33
13.	199	Laura Peakman	1:02:01
14.	201	Coralie Pearson	1:02:15
15.	245	Claire Short	1:04:08
16.	38	Christine Bryan	1:04:44
17.	96	Claire Gent	1:05:25
18.	258	Lisa Sutton	1:06:51
19.	48	Helen Card	1:13:49
20.	146	Michelle Kimberley	1:15:30
21.	137	Catherine Jones	1:15:34
22.	253	Emma strong	1:15:35
23.	40	claire bryan	1:30:01

Pos	Bib	Name	Time
<b>F45</b>			
1.	300	Martine Verweij	47:53
2.	154	Lucie Lessimore	53:59
3.	46	Alison Buttle	54:50
4.	274	Nikki Tyler	56:49
5.	145	Charlie Kimberley	58:39

Pos	Bib	Name	Time
6.	225	Lisa Ruck	59:40
7.	117	Ann Hewlett	1:01:55
8.	15	Rachel Bannister	1:04:01
9.	208	Maria Porter	1:04:12
10.	181	Anne Moyer	1:05:35
11.	127	Helen Hurn	1:05:50
12.	140	Sarah Kane	1:06:31
13.	250	Jo Sprague	1:07:03
14.	116	Julia Heron	1:07:35
15.	166	Silke Luhrmann	1:07:58
16.	237	Louise Seoney	1:08:03
17.	2	Janet Adsett	1:08:36
18.	114	Chaweewan Hartley	1:08:49
19.	273	Jackie Turner	1:09:51
20.	222	Helen Robson	1:10:58
21.	32	Karen Bowles	1:12:06
22.	219	Sarah Richards	1:12:15
23.	64	Sarah Cuddy	1:16:53
24.	205	Caroline Philgence	1:18:06
25.	246	Michelle Slater	1:20:12
26.	282	Kerry White	1:21:48
27.	244	Jadu Sheridan	1:22:57
28.	60	Jayne Cresswell	1:23:50
29.	54	Karla Cleverley	1:25:38
30.	8	Julie averiss	1:26:29
31.	168	Amanda Marshall	1:26:42

Pos	Bib	Name	Time
<b>F55</b>			
1.	293	Sandra wolanski	54:11
2.	262	Suzanne Tharme	57:42
3.	207	Emma Poole	58:06
4.	49	Joanne Carter	58:57
5.	143	Ellen Kenny	1:00:54
6.	92	Lucy Gallagher	1:02:10
7.	6	Lesley Ashton	1:02:10
8.	120	Karen hinks	1:03:34
9.	267	Sally Thompson	1:03:44
10.	45	Helen Burton	1:04:59
11.	108	Dianne Haines	1:07:05
12.	191	claire nichols	1:12:11
13.	164	Carole Lubkowski	1:18:45
14.	13	Deborah Band	1:20:24
15.	249	Jane Spicer	1:25:54

Pos	Bib	Name	Time
<b>F65</b>			
1.	133	Patricia Johnson	1:03:04
2.	184	Avril Munday	1:07:16
3.	16	Pauline Bargus	1:08:37
4.	213	Lesley Pymm	1:19:48

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Pos	Bib	Name	Time	Pos	Bib	Name	Time
<b>M Senior</b>				16.	247	Nick Spice	48:01
1.	95	Daniel Geisler	37:26	17.	287	martin Williams	48:06
2.	131	Matt James	39:14	18.	141	Mike Kennedy	48:56
3.	58	Ross Cowley	39:37	19.	86	Stuart Foreman	49:17
4.	298	Eugenio Diz	40:08	20.	22	Adrian Bennett	49:26
5.	102	Owen Graham	41:10	21.	35	Andrew Brown	51:13
6.	229	Carl Salmon	41:13	22.	227	Jay russell	51:40
7.	161	Greg Lord	41:53	23.	83	Mark Flanagan	51:44
8.	241	Luke sheppard	42:00	24.	224	Sven Rouse	52:00
9.	179	Chris Moseley	42:38	25.	122	Dave Howard	52:18
10.	106	Shaun Green	42:59	26.	118	Paul Heywood	52:49
11.	220	Simon Richardson	44:24	27.	265	Jonathan Thomas	53:24
12.	104	Adam Grant	45:35	28.	11	Jason Ballinger	53:39
13.	119	Alex Hinks	46:11	29.	153	Matt Lessimore	53:59
14.	230	Daniel Scolari	46:22	30.	204	Simon Pettifer	54:15
15.	228	Adam sadler	47:34	31.	3	Callum Aitken	54:41
16.	288	Kit Williams	47:40	32.	238	David Shacklock	55:27
17.	292	Scott Withey	48:17	33.	78	Carl Edgehill	55:38
18.	144	Kevin Kerrigan	48:25	34.	294	Cliff wood	56:02
19.	77	Sam Eden	48:38	35.	109	Adam Hall	58:26
20.	9	Ed Bailey	52:46	36.	123	Niall Hughes	1:01:44
21.	36	Ben Brown	53:09	37.	90	Graham Frith	1:01:54
22.	162	Edward Low	53:22	38.	149	Matthew Lancett	1:02:16
23.	84	Nathaniel Flanigan	54:09	39.	129	Greg Innes	1:02:24
24.	101	Tom goodwin	54:50	40.	170	Anthony May	1:03:35
25.	63	Jimmy Croy	56:15	41.	202	Darren Perry	1:04:15
26.	295	Joe Woods	56:46	42.	235	Matt Sears	1:04:17
27.	242	Mark Shercliff	57:23	43.	271	John Townsend	1:04:44
28.	91	Simon Gallagher	1:03:35	44.	212	Craig Prosser	1:05:25
29.	217	John Raine	1:03:41	45.	28	Jason Bolton	1:06:27
30.	47	Dan Cale	1:07:25	46.	260	Stuart Taylor	1:06:53
31.	75	Robert Dowse	1:09:22	47.	112	Ian Hannis	1:18:59
<b>M40</b>				<b>M50</b>			
1.	14	David Bannister	40:02	1.	223	Steve Rooke	42:54
2.	51	Paul Childs	40:20	2.	188	Jon Newey	43:04
3.	81	Matt Fairlamb	41:07	3.	252	Stefan Sternkopf	45:46
4.	103	James Grant	42:09	4.	79	Phil Edwards	46:25
5.	279	Neil Warne	43:30	5.	195	David O'Brien	48:02
6.	148	Darren Kirby	44:16	6.	17	Paul Barlow	48:34
7.	7	Chris Attwood	44:24	7.	152	Chris Law	48:48
8.	87	Tom forrester	44:35	8.	243	Paddy Sheridan	50:18
9.	270	Ben Toon	44:45	9.	206	Ian Pollitt	50:42
10.	59	Adrian Cox	45:17	10.	171	Darren Mckay	50:44
11.	158	David Lloyd-Rumens	46:17	11.	1	Bill Adsett	51:26
12.	99	John Goodchild	46:25	12.	67	Nic Dauncey	51:59
13.	139	Ross Kane	46:29	13.	234	James Seabrook	52:38
14.	93	Kevin Garness	46:36	14.	231	Nigel Scott	52:52
15.	232	Pete Scott	47:45	15.	196	Edward O'Neill	52:57
				16.	259	Leonardo Taggio	53:03

Pos	Bib	Name	Time
17.	256	Lloyd Sussex	53:40
18.	159	Mark lockley	54:04
19.	34	Richard Bradley	54:28
20.	283	Steve Wiggins	54:35
21.	30	Steve Bowles	54:37
22.	31	Andrew Bowles	54:45
23.	76	Kevin Dunster	54:58
24.	132	Robin Jasinski	55:24
25.	29	Andrew Bottomley	56:13
26.	280	Roger Watkinson	56:23
27.	197	Wesley Ogden	56:42
28.	211	Stephen Procter	56:45
29.	215	Andrew Radford	57:37
30.	124	Andrew Hughes	57:47
31.	157	R.J Lloyd	57:53
32.	176	Andrew Milner	59:31
33.	135	Alan Jones	1:01:39
34.	190	carl nichols	1:02:06
35.	53	Patrick Clark	1:02:34
36.	218	Mark Richards	1:03:01
37.	169	Steve Massey	1:05:06
38.	236	Pete Seeney	1:05:07
39.	82	Marcus Fisher	1:05:43
40.	126	Steve Hurn	1:05:53
41.	192	Steve Nicoll	1:05:56
42.	254	Ian Summers	1:10:25
43.	263	Duncan Tharme	1:13:44
44.	248	Mark Spicer	1:25:33
45.	251	Neil Sprague	1:26:49
46.	268	Graham Timmins	1:28:11

**M60**

1.	175	Paul Millsom	47:43
2.	276	Andrew Wadsworth	48:01
3.	297	Nick Yarworth	51:25
4.	289	keith williams	51:35
5.	185	Edward Munro	53:48
6.	275	james vidler	54:06
7.	165	John Lucas	55:15
8.	94	David Garnett	57:47
9.	44	Mike Burton	58:42
10.	105	Jon Gray	58:45
11.	50	Andy Chambers	58:52
12.	183	Stuart Munday	59:03
13.	41	Michael Bryant	59:57
14.	278	Ian Walwyn	1:00:24
15.	113	Steve Harris	1:03:23
16.	187	Tim Naylor	1:08:00
17.	85	Jonathan Fligelstone	1:08:40
18.	65	Max Cullen	1:10:54

Pos	Bib	Name	Time
19.	163	Charles Lowndes	1:16:05
20.	193	John Noonan	1:20:45
<b>M70</b>			
1.	226	Rollo Rumford	58:55
2.	70	Mervyn Davis	1:00:11
3.	107	Bill Griffiths	1:18:06

Number of records: 236