



Beyond the Limitations.....

FOREST OF DEAN 5K
15 MAY 2011



**HELP for
HEROES**

Support For Our Wounded

Pos	No.	Name	Club	Cat	Time
1	236	James Preece	Unattached	M	0:19:19
2	228	Arwel Lewis	Eryri Harriers	M50	0:19:34
3	208	Peter Little	Unattached	M	0:23:09
4	224	Ryan Coombs	Unattached	JM	0:23:30
5	234	Gary Powell	Almost Athletes	M50	0:23:34
6	225	James Coombs	Unattached	M40	0:24:36
7	222	Angela Wallis	Canicross	L45	0:27:57
8	226	Martin Brown	Unattached	M	0:26:04
9	203	Sarah Summers	Unattached	L35	0:26:30
10	216	Jane Townsend	Stroud & District AC	L55	0:28:12
11	219	Christopher Boon	Unattached	M	0:32:02
12	207	Vikki Harbron	Unattached	L	0:34:24
13	220	Rebecca Drury	Unattached	L	0:34:34
14	206	Katie Brooks	Unattached	L	0:36:23
15	205	Hannha Rees	Unattached	L	0:36:23
16	201	A Hemms	Unattached	L35	0:38:26
17	202	Alison Allen	Unattached	L35	0:39:14
18	204	Louise McKenzie	Unattached	L	0:40:07
19	231	Nigel Harris	Unattached	M50	0:42:00
20	223	Allen Watts	Sarn Helen	M80	0:42:28