



Beyond the Limitations.....

ENGLAND ATHLETICS

Pos	No.	Name	Club	Cat	Time
1	116	Russell Maddams	Keswick AC	M	3:15:48
2	118	Paul Halford	Werrington Joggers	M	3:18:47
3	105	Allen Smalls	Colchester Harriers & AC	M40	3:20:07
4	136	Nathaniel Lane	Unattached	M	3:26:01
5	142	Julian Rendall	Thames Hare And Hounds	M	3:27:01
6	120	Andy Gore	Cheltenham Harriers	M40	3:37:59
7	141	Colin Gell	Sale Harriers	M	3:41:36
8	114	Jeremy Mower	Gloucester AC	M40	3:41:49
9	129	Karen Rushton	South West Vets AC	L35	3:51:12
10	138	Andrea Rowland	Eryri Harriers	L35	3:54:57
11	130	Adela Salt	Trentham RC	L35	4:01:21
12	102	Simon Urry	RNRM Tri Club	M	4:01:34
13	135	Annie Baumber	Unattached	L	4:01:54
14	122	Tammy Lewis-Jones	Eryri Harriers	L35	4:11:19
15	125	Julie Davies	Griffithstown Harriers	L35	4:22:24
16	119	Simon Illingworth	Unattached	M40	4:33:36
17	139	David Mitchell	Evesham Vale RC	M40	4:45:50
18	104	Geraint Evans	Unattached	M	4:48:35
19	115	Ian Slade	Unattached	M	4:55:55
20	128	Victoria Mousley	Accrington RR	L	5:01:44
21	123	Janet Richards	Griffithstown Harriers	L45	5:02:40
22	103	Carl Revens	Unattached	M	5:09:18
23	133	Hanno Nickau	Headington R R	M40	5:40:18
24	101	John Kerner	Unattached	M40	5:49:45
25	131	Liam Harris	Unattached	M	5:50:55
26	132	Vance Harris	Unattached	M50	5:50:55
27	108	Steve Peat	Unattached	M	6:06:52
28	109	James Spelman	Unattached	M	6:19:25