

Action Heart 5 Mile 2018

| Pos | Time | Name | Team | Cat | No | Pos |
|-----|---------|---------------------|----------------------------------|-------------------|-----|-----|
| 1 | 0:27:26 | MEREDITH, Robert | Dudley Stourbridge Harriers | Main Men 15 -39 | 437 | 1 |
| 2 | 0:27:41 | FOSTER, Ben | Dudley Stourbridge Harriers | Main Men 15 -39 | 421 | 2 |
| 3 | 0:28:04 | NATION, David | Dudley Stourbridge Harriers | Main Men 15 -39 | 107 | 3 |
| 4 | 0:30:50 | ROGERS, Paul | Tipton Harriers | Men 50 - 59 | 380 | 4 |
| 5 | 0:31:38 | JONES, Elliot | Dudley Stourbridge Harriers | Main Men 15 -39 | 83 | 5 |
| 6 | 0:31:41 | BODIN, Darrell | Dudley Stourbridge Harriers | Men 40 -49 | 448 | 6 |
| 7 | 0:31:46 | O'NEILL, Scott | | Main Men 15 -39 | 390 | 7 |
| 8 | 0:31:47 | SHAW, Mark | Aldridge R C | Men 40 -49 | 449 | 8 |
| 9 | 0:31:49 | ROSS, Alex | | Main Men 15 -39 | 457 | 9 |
| 10 | 0:31:51 | SIMPSON, Russell | Royal Sutton Coldfield A C | Main Men 15 -39 | 147 | 10 |
| 11 | 0:32:08 | COMMINS, Lewis | Wolverhampton & Bilston | Main Men 15 -39 | 423 | 11 |
| 12 | 0:32:20 | HENDERSON, Andrew | Tipton Harriers | Men 50 - 59 | 426 | 12 |
| 13 | 0:32:57 | BODIN, Adam | Dudley Stourbridge Harriers | Main Men 15 -39 | 243 | 13 |
| 14 | 0:33:07 | WALKER, Michael | Sedgley Striders | Men 40 -49 | 455 | 14 |
| 15 | 0:33:11 | OWEN, Richard | Tipton Harriers | Main Men 15 -39 | 175 | 15 |
| 16 | 0:33:21 | CATTLE, Ron | Midland Masters | Men 60+ | 445 | 16 |
| 17 | 0:33:36 | DAVIES, Sue | Tipton Harriers | Main Ladies 15-39 | 217 | 17 |
| 18 | 0:33:53 | CLEARY, Steve | Cobra Running Club | Men 40 -49 | 314 | 18 |
| 19 | 0:33:54 | COLEMAN, Paul | | Men 40 -49 | 256 | 19 |
| 20 | 0:34:01 | WALKER, Bethany | Tipton Harriers | Main Ladies 15-39 | 406 | 20 |
| 21 | 0:34:18 | HERBERT, Kevin | Yellow Army | Main Men 15 -39 | 102 | 21 |
| 22 | 0:34:23 | MARKLEW, Darren | Dudley Kingswinford Running Club | Men 40 -49 | 212 | 22 |
| 23 | 0:34:35 | POWELL, Joshua | | Main Men 15 -39 | 302 | 23 |
| 24 | 0:34:37 | FANTOM, Mark | Tipton Harriers | Men 40 -49 | 425 | 24 |
| 25 | 0:34:44 | DARRELL, Richard | | Main Men 15 -39 | 285 | 25 |
| 26 | 0:34:45 | WILKINSON, Lee | Yellow Army | Men 40 -49 | 398 | 26 |
| 27 | 0:34:54 | PETERS, Richard | Bridgnorth Running Club | Men 40 -49 | 176 | 27 |
| 28 | 0:35:15 | LIMBERT, Russell | Ludlow Runners | Men 50 - 59 | 435 | 28 |
| 29 | 0:35:27 | HARRISON, Richard | | Men 40 -49 | 405 | 29 |
| 30 | 0:35:38 | GREEN, Steve | | Men 40 -49 | 22 | 30 |
| 31 | 0:35:51 | HICKMAN, David | Dudley Kingswinford Running Club | Men 50 - 59 | 420 | 31 |
| 32 | 0:36:06 | BOOKER, Louise | Aldridge R C | Ladies 40 - 49 | 450 | 32 |
| 33 | 0:36:39 | WILSON, Christopher | Halesowen Triathletes | Men 40 -49 | 252 | 33 |
| 34 | 0:36:42 | POTTINGER, Will | | Main Men 15 -39 | 346 | 34 |
| 35 | 0:36:44 | BREEZE, Russell | North Staffs Road Runners | Main Men 15 -39 | 272 | 35 |
| 36 | 0:37:01 | RUSSELL, James | | Main Men 15 -39 | 160 | 36 |
| 37 | 0:37:08 | WIGNALL, Stephen | | Men 40 -49 | 241 | 37 |
| 38 | 0:37:10 | PALLET, Ian | | Men 50 - 59 | 352 | 38 |
| 39 | 0:37:13 | ARNOLD, David | | Main Men 15 -39 | 120 | 39 |
| 40 | 0:37:15 | SEDGLEY, Robert | Tipton Harriers | Men 40 -49 | 185 | 40 |
| 41 | 0:37:17 | SHABNAM, Rani | | Ladies 40 - 49 | 320 | 41 |
| 42 | 0:37:19 | ASHTON, Mark | | Men 40 -49 | 345 | 42 |
| 43 | 0:37:19 | WEAVER, Robert | Halesowen Athletics Club | Men 40 -49 | 317 | 43 |
| 44 | 0:37:20 | TAMS, Jonathan | | Men 40 -49 | 20 | 44 |
| 45 | 0:37:21 | WHEELER, Robert | | Main Men 15 -39 | 439 | 45 |
| 46 | 0:37:25 | WARREN, Mark | Cobra Running Club | Men 40 -49 | 422 | 46 |

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|----|---------|------------------------|-----------------------------|-------------------|-----|----|
| 47 | 0:37:35 | BENTLEY, Andrew | Tipton Harriers | Men 40 -49 | 163 | 47 |
| 48 | 0:37:43 | SIRCOM, Jamie | Halesowen Athletics Club | Men 40 -49 | 338 | 48 |
| 49 | 0:37:44 | TAYLOR, Phil | Warley Woods Pacers (RIE) | Men 50 - 59 | 282 | 49 |
| 50 | 0:37:51 | WITHERS, Phil | Yellow Army | Men 40 -49 | 363 | 50 |
| 51 | 0:37:56 | NELLANY, Martin | | Men 50 - 59 | 19 | 51 |
| 52 | 0:38:02 | JAMES, Jonathan | | Main Men 15 -39 | 39 | 52 |
| 53 | 0:38:03 | SILK, Lydia | Wolverhampton & Bilston | Main Ladies 15-39 | 251 | 53 |
| 54 | 0:38:46 | MIDDLETON, Charlotte | | Ladies 40 - 49 | 154 | 54 |
| 55 | 0:39:06 | DEVONSHIRE, Thomas | | Main Men 15 -39 | 86 | 55 |
| 56 | 0:39:11 | BROOME, Mark | Warley Wasps Triathlon & RC | Main Men 15 -39 | 279 | 56 |
| 57 | 0:39:13 | COLE, Iain | | Main Men 15 -39 | 344 | 57 |
| 58 | 0:39:16 | ENNIS, Richard | | Men 40 -49 | 24 | 58 |
| 59 | 0:39:24 | WILLIAMS, Matthew | | Main Men 15 -39 | 308 | 59 |
| 60 | 0:39:26 | BRINTON, Paul | Yellow Army | Men 50 - 59 | 117 | 60 |
| 61 | 0:39:29 | GRIFFITHS, Steven | | Main Men 15 -39 | 315 | 61 |
| 62 | 0:39:30 | TAYLOR, Matt | Action Heart R C | Main Men 15 -39 | 94 | 62 |
| 63 | 0:39:34 | WAKEMAN, Lisa | Aldridge R C | Main Ladies 15-39 | 354 | 63 |
| 64 | 0:39:34 | DURRANT, Wyl | | Main Men 15 -39 | 178 | 64 |
| 65 | 0:39:40 | MCANN, Michael | | Main Men 15 -39 | 87 | 65 |
| 66 | 0:39:49 | ATTWOOD, Kevin | Aldridge R C | Men 50 - 59 | 456 | 66 |
| 67 | 0:39:51 | KILGALLON, Darryl | | Men 40 -49 | 332 | 67 |
| 68 | 0:39:53 | HUMPHRIES, Ken | | Men 40 -49 | 60 | 68 |
| 69 | 0:39:57 | WARD, Tony | | Men 50 - 59 | 158 | 69 |
| 70 | 0:40:02 | WOODWARD, Craig | Tipton Harriers | Main Men 15 -39 | 328 | 70 |
| 71 | 0:40:05 | TURTON, John | | Men 50 - 59 | 453 | 71 |
| 72 | 0:40:08 | CARTWRIGHT-JONES, Luke | Yellow Army | Main Men 15 -39 | 70 | 72 |
| 73 | 0:40:14 | PREECE, Shaun | | Men 40 -49 | 303 | 73 |
| 74 | 0:40:20 | MARSHALL, David | | Men 60+ | 349 | 74 |
| 75 | 0:40:22 | SKELLERN, Chris | Stafford Harriers | Ladies 50 - 59 | 288 | 75 |
| 76 | 0:40:24 | FARMER, Jonathan | | Main Men 15 -39 | 195 | 76 |
| 77 | 0:40:26 | CASH, Peter | | Men 50 - 59 | 263 | 77 |
| 78 | 0:40:26 | FAIRFAX, Keith | | Men 50 - 59 | 424 | 78 |
| 79 | 0:40:27 | BROOKES, Louise | | Ladies 40 - 49 | 267 | 79 |
| 80 | 0:40:32 | WOODALL, Daniel | Cobra Running Club | Main Men 15 -39 | 382 | 80 |
| 81 | 0:40:40 | PUGH, Dylan | Action Heart R C | Main Men 15 -39 | 291 | 81 |
| 82 | 0:40:42 | KIMBERLEY, Paula | | Ladies 40 - 49 | 108 | 82 |
| 83 | 0:40:48 | STOKES, Richard | Yellow Army | Men 40 -49 | 229 | 83 |
| 84 | 0:40:50 | EBRADA, Emmanuel | | Men 40 -49 | 373 | 84 |
| 85 | 0:40:53 | CARTWRIGHT, Phillip | Action Heart R C | Men 50 - 59 | 180 | 85 |
| 86 | 0:40:54 | CECCARELLI, Francesco | | Main Men 15 -39 | 43 | 86 |
| 87 | 0:41:11 | FOSTER, Stephen | | Men 50 - 59 | 307 | 87 |
| 88 | 0:41:14 | TURTON, Adele | Warley Wasps Triathlon & RC | Ladies 50 - 59 | 454 | 88 |
| 89 | 0:41:23 | VAUGHAN, Charley | | Main Ladies 15-39 | 337 | 89 |
| 90 | 0:41:38 | HILL, Julian | | Men 50 - 59 | 89 | 90 |
| 91 | 0:41:39 | KETTLE, Paul | | Main Men 15 -39 | 436 | 91 |
| 92 | 0:41:45 | SHARE, Roger | | Men 50 - 59 | 152 | 92 |
| 93 | 0:41:53 | MCKENNA, Terry | | Men 50 - 59 | 80 | 93 |
| 94 | 0:42:14 | SLADE, Becci | Cobra Running Club | Main Ladies 15-39 | 350 | 94 |
| 95 | 0:42:24 | MURRAY, Chris | | Main Men 15 -39 | 356 | 95 |
| 96 | 0:42:25 | CECCARELLI, Gabriel | | Main Men 15 -39 | 44 | 96 |

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|-----|---------|-------------------------|----------------------------------|-------------------|-----|-----|
| 97 | 0:42:29 | WAPLE, Chris | Aldridge R C | Men 60+ | 364 | 97 |
| 98 | 0:42:31 | PALLET, Ross | | Main Men 15 -39 | 353 | 98 |
| 99 | 0:42:33 | FARMER, Lee | Action Heart R C | Main Men 15 -39 | 343 | 99 |
| 100 | 0:42:34 | SANDERS, Lauren | Yellow Army | Main Ladies 15-39 | 12 | 100 |
| 101 | 0:42:40 | BOWATER, Colin | | Men 40 -49 | 305 | 101 |
| 102 | 0:42:43 | CORTON, Steve | Yellow Army | Men 50 - 59 | 26 | 102 |
| 103 | 0:42:51 | SIMCOX, Anthony | | Men 60+ | 283 | 103 |
| 104 | 0:42:58 | ELSON-WHITTAKER, Jacqui | Dudley Kingswinford Running Club | Ladies 50 - 59 | 177 | 104 |
| 105 | 0:43:01 | GAYLE, Carl | Tipton Harriers | Men 40 -49 | 216 | 105 |
| 106 | 0:43:05 | SMITH, Victoria | | Ladies 40 - 49 | 370 | 106 |
| 107 | 0:43:07 | HOLMES, John | | Men 60+ | 113 | 107 |
| 108 | 0:43:10 | JONES, Emma | | Ladies 40 - 49 | 76 | 108 |
| 109 | 0:43:12 | BACON, Lesley | Sedgley Striders | Ladies 40 - 49 | 358 | 109 |
| 110 | 0:43:14 | MIDDLETON, Greg | | Main Men 15 -39 | 442 | 110 |
| 111 | 0:43:26 | MALLEN, Glenn | | Men 40 -49 | 2 | 111 |
| 112 | 0:43:29 | KENDRICK, Lisa | Dudley Kingswinford Running Club | Main Ladies 15-39 | 41 | 112 |
| 113 | 0:43:32 | BRADBURN, Paul | | Main Men 15 -39 | 355 | 113 |
| 114 | 0:43:54 | MILLARD, Carly | | Main Ladies 15-39 | 393 | 114 |
| 115 | 0:43:54 | GUEST, Adam | | Main Men 15 -39 | 394 | 115 |
| 116 | 0:43:57 | NANG, Ronnie | | Men 40 -49 | 371 | 116 |
| 117 | 0:44:00 | NEWTON, Kristina | Cobra Running Club | Ladies 60+ | 434 | 117 |
| 118 | 0:44:00 | LEAVESLEY, Christopher | | Men 40 -49 | 59 | 118 |
| 119 | 0:44:00 | TAYLOR, Paul | Action Heart R C | Men 50 - 59 | 92 | 119 |
| 120 | 0:44:08 | BAILEY, Sharon | Yellow Army | Ladies 40 - 49 | 88 | 120 |
| 121 | 0:44:09 | PUGH, Jane | Action Heart R C | Ladies 50 - 59 | 290 | 121 |
| 122 | 0:44:10 | MASON, Michael | Aldridge R C | Main Men 15 -39 | 388 | 122 |
| 123 | 0:44:14 | SHAW, Sarah | | Ladies 40 - 49 | 199 | 123 |
| 124 | 0:44:14 | NICKLIN, Andy | | Men 40 -49 | 432 | 124 |
| 125 | 0:44:18 | STEVENSON, Chris | | Main Men 15 -39 | 446 | 125 |
| 126 | 0:44:21 | MARKLEW, Zoe | Dudley Kingswinford Running Club | Ladies 40 - 49 | 213 | 126 |
| 127 | 0:44:24 | GEORGE, Stephanie | Yellow Army | Main Ladies 15-39 | 129 | 127 |
| 128 | 0:44:34 | AUNGON, Sanmar | | Main Men 15 -39 | 402 | 128 |
| 129 | 0:44:45 | COX, Anthony | | Men 50 - 59 | 309 | 129 |
| 130 | 0:44:48 | CAMERON, Neil | Tewkesbury A C | Men 60+ | 377 | 130 |
| 131 | 0:44:54 | HILL, Tracey | Sedgley Striders | Ladies 40 - 49 | 126 | 131 |
| 132 | 0:44:54 | NICHOLLS, Julie | Sedgley Striders | Ladies 40 - 49 | 127 | 132 |
| 133 | 0:45:01 | MCGEE, Paul | | Main Men 15 -39 | 174 | 133 |
| 134 | 0:45:03 | SHAW, Paul | Action Heart R C | Men 50 - 59 | 74 | 134 |
| 135 | 0:45:04 | COLLETT, Gaynor | | Ladies 40 - 49 | 209 | 135 |
| 136 | 0:45:14 | DEE, Callum | | Main Men 15 -39 | 225 | 136 |
| 137 | 0:45:22 | BAINES, Julie | | Ladies 40 - 49 | 438 | 137 |
| 138 | 0:45:38 | MARTIN, Colin | | Men 40 -49 | 153 | 138 |
| 139 | 0:45:47 | HOMER, Richard | | Main Men 15 -39 | 233 | 139 |
| 140 | 0:45:48 | KRIVOSIC, Peter | Dudley Kingswinford Running Club | Men 40 -49 | 142 | 140 |
| 141 | 0:45:55 | LOWKE, Melissa | | Main Ladies 15-39 | 198 | 141 |
| 142 | 0:46:09 | JONES, Chris | | Main Men 15 -39 | 77 | 142 |
| 143 | 0:46:12 | WHILE, Mark | Action Heart R C | Men 50 - 59 | 360 | 143 |
| 144 | 0:46:25 | SMITH, Laura | | Main Ladies 15-39 | 85 | 144 |

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|-----|---------|--------------------|----------------------------------|-------------------|-----|-----|
| 145 | 0:46:30 | RHODES, Ashley | | Main Men 15 -39 | 231 | 145 |
| 146 | 0:46:39 | ELSHAKTORI, Leila | | Main Ladies 15-39 | 443 | 146 |
| 147 | 0:46:40 | UNDERHILL, Kirsty | Cobra Running Club | Main Ladies 15-39 | 430 | 147 |
| 148 | 0:46:43 | WOODBINE, Peter | | Men 40 -49 | 276 | 148 |
| 149 | 0:46:58 | LAWRENCE, Emma | | Ladies 40 - 49 | 274 | 149 |
| 150 | 0:47:04 | MARSH, Russ | | Men 40 -49 | 340 | 150 |
| 151 | 0:47:07 | BRYCE, Graham | Yellow Army | Men 50 - 59 | 169 | 151 |
| 152 | 0:47:10 | WILKES, Claire | Cobra Running Club | Ladies 40 - 49 | 429 | 152 |
| 153 | 0:47:13 | CHILTON, Peter | | Men 60+ | 215 | 153 |
| 154 | 0:47:13 | LLOYD, Matt | | Main Men 15 -39 | 419 | 154 |
| 155 | 0:47:19 | BODDY, Kelvin | | Men 40 -49 | 292 | 155 |
| 156 | 0:47:23 | GRIFFITHS, Peter | | Men 50 - 59 | 431 | 156 |
| 157 | 0:47:23 | SLATER, James | | Main Men 15 -39 | 260 | 157 |
| 158 | 0:47:27 | JACKSON, Natasha | | Main Ladies 15-39 | 383 | 158 |
| 159 | 0:47:29 | JAMES, Karen | Yellow Army | Ladies 40 - 49 | 114 | 159 |
| 160 | 0:47:31 | GROUCUTT, Steven | Action Heart R C | Men 40 -49 | 357 | 160 |
| 161 | 0:47:34 | DAWES, Amanda | Dudley Kingswinford Running Club | Main Ladies 15-39 | 123 | 161 |
| 162 | 0:47:40 | ORDIDGE, Sophie | | Main Ladies 15-39 | 441 | 162 |
| 163 | 0:47:47 | CLEMENTS, Stewart | | Men 50 - 59 | 144 | 163 |
| 164 | 0:47:55 | WRIGHT, Stacey | | Main Ladies 15-39 | 65 | 164 |
| 165 | 0:47:59 | HUDSON, Stuart | | Men 50 - 59 | 71 | 165 |
| 166 | 0:48:05 | DAVIES, Paul | | Men 50 - 59 | 197 | 166 |
| 167 | 0:48:18 | COURTNEY, Jay | | Men 40 -49 | 444 | 167 |
| 168 | 0:48:35 | SLATER, Alexandra | | Main Ladies 15-39 | 259 | 168 |
| 169 | 0:48:51 | BAILEY, Mark | Dudley Kingswinford Running Club | Men 40 -49 | 28 | 169 |
| 170 | 0:48:52 | STATHAM, Roy | | Men 60+ | 359 | 170 |
| 171 | 0:48:57 | DUNN, Maria | Yellow Army | Main Ladies 15-39 | 151 | 171 |
| 172 | 0:49:00 | COX, Mark | Sedgley Striders | Men 40 -49 | 304 | 172 |
| 173 | 0:49:04 | WHILES, Andy | | Men 50 - 59 | 36 | 173 |
| 174 | 0:49:25 | TAGGART, Donald | Dudley Kingswinford Running Club | Men 60+ | 347 | 174 |
| 175 | 0:49:27 | MARSH, Emma | Action Heart R C | Ladies 40 - 49 | 339 | 175 |
| 176 | 0:49:30 | HATFIELD, Sadie | | Ladies 40 - 49 | 9 | 176 |
| 177 | 0:49:35 | WARD, Sam | | Main Men 15 -39 | 391 | 177 |
| 178 | 0:49:35 | CHAMBERS, Kristian | | Main Men 15 -39 | 322 | 178 |
| 179 | 0:49:36 | LEMIECH, Tony | | Men 40 -49 | 411 | 179 |
| 180 | 0:49:39 | KEY, Melanie | | Ladies 40 - 49 | 412 | 180 |
| 181 | 0:49:41 | LUIS, Clyde | | Men 50 - 59 | 207 | 181 |
| 182 | 0:49:53 | COX, Dominic | | Main Men 15 -39 | 310 | 182 |
| 183 | 0:49:55 | HEMMING, Samantha | Dudley Kingswinford Running Club | Main Ladies 15-39 | 134 | 183 |
| 184 | 0:50:04 | FLETCHER, Leanne | | Main Ladies 15-39 | 408 | 184 |
| 185 | 0:50:05 | PAINTER, Rachel | | Ladies 40 - 49 | 14 | 185 |
| 186 | 0:50:11 | NICHOLLS, Tracey | Dudley Kingswinford Running Club | Ladies 50 - 59 | 130 | 186 |
| 187 | 0:50:26 | FOSTER, Ian | | Men 50 - 59 | 242 | 187 |
| 188 | 0:50:28 | DEOCAMPO, Junnel | | Men 40 -49 | 374 | 188 |
| 189 | 0:50:36 | ROBERTS, Dean | | Main Men 15 -39 | 238 | 189 |
| 190 | 0:50:48 | SHAW, Justin | | Men 40 -49 | 66 | 190 |
| 191 | 0:50:59 | MYERS, Jim | Action Heart R C | Men 60+ | 270 | 191 |
| 192 | 0:51:01 | THOMAS, Julie | | Ladies 40 - 49 | 79 | 192 |

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|-----|---------|--------------------------|----------------------------------|-------------------|-----|-----|
| 193 | 0:51:18 | KITELEY, Owen | | Main Men 15 -39 | 224 | 193 |
| 194 | 0:51:22 | KNIGHT, Claire | | Main Ladies 15-39 | 21 | 194 |
| 195 | 0:51:25 | ADAMS, Jocelyne | Bridgnorth Running Club | Ladies 50 - 59 | 183 | 195 |
| 196 | 0:51:25 | LIPPITT, Teresa | Bridgnorth Running Club | Ladies 40 - 49 | 182 | 196 |
| 197 | 0:51:25 | HYDE, Heather | | Ladies 50 - 59 | 258 | 197 |
| 198 | 0:51:36 | BROOKS, Hayley | | Main Ladies 15-39 | 327 | 198 |
| 199 | 0:51:41 | HODGKISS, Kirsty | | Ladies 40 - 49 | 84 | 199 |
| 200 | 0:51:49 | LAINSBURY, Natalie | Yellow Army | Main Ladies 15-39 | 289 | 200 |
| 201 | 0:51:54 | BONNET, David | | Main Men 15 -39 | 324 | 201 |
| 202 | 0:51:56 | JESSON, Simon | | Men 40 -49 | 81 | 202 |
| 203 | 0:52:06 | POUNTNEY, Andrew | | Main Men 15 -39 | 313 | 203 |
| 204 | 0:52:08 | LOCK, Lesley | Action Heart R C | Ladies 40 - 49 | 167 | 204 |
| 205 | 0:52:17 | CAMERON, Pat | Tewkesbury A C | Ladies 60+ | 378 | 205 |
| 206 | 0:52:34 | CORRALL, Katie | Yellow Army | Main Ladies 15-39 | 125 | 206 |
| 207 | 0:52:34 | JONES, Dave | Yellow Army | Men 40 -49 | 401 | 207 |
| 208 | 0:52:38 | BARKER, Alison | | Ladies 40 - 49 | 168 | 208 |
| 209 | 0:52:53 | GAMENG, Rosendo | | Men 40 -49 | 372 | 209 |
| 210 | 0:52:56 | SANDERS, Noel | Yellow Army | Men 60+ | 206 | 210 |
| 211 | 0:53:02 | LISTER, Emma | | Main Ladies 15-39 | 249 | 211 |
| 212 | 0:53:02 | GARBETT, Michelle | | Ladies 50 - 59 | 351 | 212 |
| 213 | 0:53:04 | JONES, Glyn | | Men 40 -49 | 298 | 213 |
| 214 | 0:53:04 | ALDRIDGE, Fiona | | Ladies 50 - 59 | 297 | 214 |
| 215 | 0:53:09 | WITHERS, Victor | | Men 60+ | 201 | 215 |
| 216 | 0:53:10 | ROBERTS, Catherine | | Ladies 50 - 59 | 244 | 216 |
| 217 | 0:53:18 | BALL, Claire | Yellow Army | Main Ladies 15-39 | 253 | 217 |
| 218 | 0:53:19 | CORRALL, Deborah | Yellow Army | Ladies 40 - 49 | 124 | 218 |
| 219 | 0:53:22 | DELANEY, Isaac | | Main Men 15 -39 | 186 | 219 |
| 220 | 0:53:27 | HUSSAIN, Shaz | | Main Ladies 15-39 | 386 | 220 |
| 221 | 0:53:30 | BILLS, Graeme | | Main Men 15 -39 | 50 | 221 |
| 222 | 0:53:33 | CARTWRIGHT-JONES, Julia | Yellow Army | Ladies 40 - 49 | 69 | 222 |
| 223 | 0:53:33 | YATES, Emma | Yellow Army | Main Ladies 15-39 | 115 | 223 |
| 224 | 0:53:33 | KNOTT, Wayne | Yellow Army | Men 50 - 59 | 140 | 224 |
| 225 | 0:53:53 | WARD, Jackie | Sedgley Striders | Ladies 50 - 59 | 1 | 225 |
| 226 | 0:53:56 | WARD, Steph | Sedgley Striders | Main Ladies 15-39 | 29 | 226 |
| 227 | 0:53:58 | SWIFT, David | | Men 50 - 59 | 52 | 227 |
| 228 | 0:53:59 | JONES, Mark | | Men 40 -49 | 15 | 228 |
| 229 | 0:54:07 | WILLIAMS, Claire | | Ladies 40 - 49 | 78 | 229 |
| 230 | 0:54:08 | ADAMS, Kate | | Ladies 40 - 49 | 293 | 230 |
| 231 | 0:54:12 | GLOVER, John | Dudley Kingswinford Running Club | Men 60+ | 295 | 231 |
| 232 | 0:54:12 | TROMAN, Charlotte-Louise | Yellow Army | Main Ladies 15-39 | 25 | 232 |
| 233 | 0:54:18 | DHIMAR, Karan | | Main Men 15 -39 | 62 | 234 |
| 234 | 0:54:32 | DE LA RAGA, Jeffrey | | Men 40 -49 | 400 | 235 |
| 235 | 0:54:36 | DOLAN, Sarah | | Ladies 40 - 49 | 190 | 236 |
| 236 | 0:54:36 | DOLAN, Paul | Tipton Harriers | Men 40 -49 | 189 | 237 |
| 237 | 0:54:39 | SMITH, Andrew | | Men 40 -49 | 266 | 238 |
| 238 | 0:54:44 | COLLEY, David | Yellow Army | Men 40 -49 | 365 | 239 |
| 239 | 0:54:50 | GLOVER, Beryl | Dudley Kingswinford Running Club | Ladies 60+ | 294 | 240 |
| 240 | 0:55:09 | WOODBINE, Nicola | | Ladies 40 - 49 | 275 | 241 |
| 241 | 0:55:29 | EDWARDS, Joseph | | Main Men 15 -39 | 157 | 242 |

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| 242 | 0:55:29 | EDWARDS, Mark | | Men 50 - 59 | 156 | 243 |
| 243 | 0:55:31 | SMITH, Simon | | Men 50 - 59 | 61 | 244 |
| 244 | 0:55:35 | KRIVOSIC, Sarah | Dudley Kingswinford Running Club | Ladies 40 - 49 | 143 | 245 |
| 245 | 0:55:48 | ASKINS, Donna | Yellow Army | Ladies 40 - 49 | 132 | 246 |
| 246 | 0:55:48 | GRAINGER, Kerry | Yellow Army | Ladies 40 - 49 | 133 | 247 |
| 247 | 0:55:55 | NOKE, Helen | Dudley Kingswinford Running Club | Ladies 50 - 59 | 428 | 248 |
| 248 | 0:55:58 | FLINT, Karen | Dudley Kingswinford Running Club | Ladies 40 - 49 | 452 | 249 |
| 249 | 0:55:58 | REES, Hilary | | Ladies 60+ | 348 | 250 |
| 250 | 0:56:05 | MARSH, Andrew | | Men 50 - 59 | 55 | 251 |
| 251 | 0:56:20 | WHITEHOUSE, Keith | Yellow Army | Men 50 - 59 | 91 | 252 |
| 252 | 0:56:21 | WHITEHOUSE, Alison | Yellow Army | Ladies 40 - 49 | 90 | 253 |
| 253 | 0:56:21 | WALTHO, Steve | | Men 60+ | 103 | 254 |
| 254 | 0:56:47 | BUCKLEY, Phil | Yellow Army | Men 50 - 59 | 299 | 255 |
| 255 | 0:56:57 | JONES, Alison | | Ladies 40 - 49 | 17 | 256 |
| 256 | 0:57:18 | COHEN, Claire | Yellow Army | Ladies 40 - 49 | 146 | 257 |
| 257 | 0:57:25 | DARBY, Ruth | Warley Wasps Triathlon & RC | Ladies 40 - 49 | 3 | 258 |
| 258 | 0:57:26 | SHINTON, Grant | | Main Men 15 -39 | 451 | 259 |
| 259 | 0:57:27 | REECE, Robert | | Main Men 15 -39 | 447 | 260 |
| 260 | 0:57:40 | ASPINALL, Emma | | Ladies 50 - 59 | 265 | 261 |
| 261 | 0:57:49 | STEELE, Claire | | Main Ladies 15-39 | 395 | 262 |
| 262 | 0:58:34 | TWEEDLE, Luke | | Main Men 15 -39 | 440 | 263 |
| 263 | 0:58:37 | WILKINSON, Nicola | Yellow Army | Ladies 40 - 49 | 301 | 264 |
| 264 | 0:58:40 | VAUGHAN, Chris | Yellow Army | Men 60+ | 162 | 265 |
| 265 | 0:58:51 | FIELDHOUSE, Jo | | Main Ladies 15-39 | 413 | 266 |
| 266 | 0:59:22 | VAUGHAN, Tracey | | Ladies 40 - 49 | 255 | 267 |
| 267 | 1:00:14 | GARFIELD, Rachel | Dudley Kingswinford Running Club | Main Ladies 15-39 | 341 | 268 |
| 268 | 1:00:33 | DUNN, Robin | | Men 50 - 59 | 38 | 269 |
| 269 | 1:00:48 | LLOYD, Donna | | Main Ladies 15-39 | 418 | 270 |
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| 272 | 1:02:58 | WEAVER, Susan | | Ladies 50 - 59 | 155 | 273 |
| 273 | 1:03:15 | GIDDINS, Vikki | Yellow Army | Ladies 50 - 59 | 32 | 274 |
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| 275 | 1:03:21 | NOAKES, Kelly | | Ladies 40 - 49 | 30 | 276 |
| 276 | 1:04:06 | GUEST, Debbie | | Ladies 50 - 59 | 409 | 277 |
| 277 | 1:04:08 | PARSONS, Amy | | Main Ladies 15-39 | 410 | 278 |
| 278 | 1:04:10 | POUNTNEY, John | | Men 40 -49 | 223 | 279 |
| 279 | 1:05:59 | WARDEN, Liam | | Main Men 15 -39 | 247 | 280 |
| 280 | 1:09:05 | LEECH, Emma | | Main Ladies 15-39 | 417 | 281 |
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