

Action Heart Virtual Spring 10k**20th + 21st March 2021****TIME**

				TIME
1	Steve	Brookes	Tipton Harriers	0.40.39
2	Laurence	Heathcock	Tipton Harriers	0.41.10
3	Claire	Brookes	Tipton Harriers	0.43.12
4	Scott	Marsh	sedgley striders	0.43.57
5	Ian	Craggs	The Yellow Army	0.46.40
6	Joel	Green	AHRC	0.47.43
7	Charlie	Green	AHRC	0.48.42
8	Hector	Alvez	AHRC	0.48.45
9	Rob	Sedgley	Tipton Harriers	0.49.59
10	Ray	Selwood	Dudley Kingswinford RC	0.50.11
11	Will	Pottinger	AHRC	0.50.16
12	Richard	Ennis		0.51.10
13	Carl	Gayle		0.51.18
14	Adele	Turton		0.51.75
15	Paul	Taylor	Action Heart Running & Walking Club	0.53.07
16	Peter	Stevens	Dudley Kingswinford RC	0.53.22
17	James	Taylor		0.53.28
18	John	Turton		0.53.32
19	Andy	Nicklin	AHRC	0.53.37
20	Sam	long	dy football fc	0.53.42
21	Connor	Morgan		0.53.42
22	Dani	Sedgley	Tipton Harriers	0.55.01
23	Rory	Campbell	Dudley Kingswinford RC	0.55.07
24	Jack	Rubery	dy football fc	0.56.40
25	Isobel	Mann	Hyde Village Striders	0.56.95
26	Andy	Colquitt		0.57.06
27	Sonya	Morrison	Hyde Village Striders	0.57.25
28	Michelle	Hull		0.57.33
29	Lauren	Sanders		0.57.34
30	Louise	Sanders		0.57.35
31	Kirsty	Hodgkiss		0.58.07
32	Lee	Bromley	AHRC	0.58.07
33	Kay	Bal	AHRC	0.58.17
34	Jane	Campbell	Dudley Kingswinford RC	0.58.37
35	Julie	Griffiths		0.59.08
36	Sarah	Ratcliffe		1.00.00
37	Brad	Wright		1.00.02
38	Dave	Roper		1.00.03
39	Gemma	Spooner		1.01.44
40	Tony	Noke		1.01.53
41	Nick	Morris	The Yellow Army	1.02.21
42	Ros	Anslow	AHRC	1.03.00
43	Sarah	Poole		1.03.43
44	Helen	Noke		1.03.47
45	Donna	Corr		1.04.00
46	Stephen	Bloomer	Stourbridge RC	1.04.33
47	Alison	Craggs	The Yellow Army	1.04.40
48	Alison	Whitehouse	The Yellow Army	1.04.40
49	Keith	Whitehouse	The Yellow Army	1.04.57
50	Susan	Hughes		1.05.00
51	Stephanie	George	The Yellow Army	1.06.00
52	matthew	griffiths		1.07.00

53	Lisa	Avery	Dudley Kingswinford RC	1.07.49
54	Sarah-Jane	Stevens	Dudley Kingswinford RC	1.08.14
55	Jayne	Taylor	AHRC	1.08.48
56	Rose	Judeh-Elwell		1.09.12
57	Phil	Cartwright	AHRC	1.09.17
58	Paul	Shaw	AHRC	1.09.45
59	Emma	Marsh	AHRC	1.09.45
60	Claire	Hancox	Dudley Kingswinford RC	1.10.03
61	Shaun	Boyce		1.10.10
62	Huw	Jones		1.11.13
63	Theresa	Robinson	The Yellow Army	1.11.28
64	Cyril	Heathcock		1.11.38
65	Rachel	Donaghie		1.12.04
66	Jim	powell	AHRC	1.12.21
67	Vanessa	Harris		1.12.38
68	Tony	Wood		1.12.53
69	Dianne	Castree	Dudley Kingswinford RC	1.13.00
70	Caroline	Powell	AHRC	1.13.04
71	Vari	Holland		1.13.21
72	Anne	Noott	The Yellow Army	1.15.00
73	Carla	Richardson		1.15.16
74	Linda	Harper		1.17.00
75	Jenny	Parkes		1.17.32
76	Graham	Avery		1.18.00
77	Andrew	Marsh		1.18.11
78	Sally	Husselbee	Dudley Kingswinford RC	1.19.10
79	Martin	Cant		1.23.12
80	Barbara	Parsons		1.24.02
81	Robert	Lappage		1.26.15
82	Jane	Pugh	Action Heart Running & Walking Club	1.26.15
83	Helen	Hubbard		1.27.56
84	Chipiliro	KAlebe-Nyamongo		1.27.57
85	Caroline	Kulemeka	The Yellow Army	1.27.57
86	Len	Parsons		1.28.35
87	Karen Wendy	Raybould	The Yellow Army	1.29.36
88	Jayne	Robinson-Morris		1.29.36
89	Paula	Murcott		1.30.00
90	Helen	Tinsell-Jones	Dudley Kingswinford RC	1.30.50
91	Christine	Hill		1.39.15
92	Stephen	Hill		1.39.15
93	Joy	Brown		1.45.18
94	Victoria	Glass		1.45.18
95	Angie	Hough		1.50.14
96	Peter	Plant		2.09.00
97	Glen	Plant		2.11.43
98	Jo	Martin		2.15.00
99	Pete	Martin		2.15.00
100	Kate	Pearson		2.17.46
101	Cilla	Harding	Dudley Kingswinford RC	2.23.12
102	Catherine	Foulkes		2.27.00