

Race 1 - Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Wave
1.	308	Charlie Jones	M	Western Tempo	15:18	SM	1st	Wave 1
2.	298	Oliver Blake	M	Oswestry Olympians	15:19	SM	2nd	Wave 1
3.	7	Alastair Cambell	M	Stroud & District AC	15:31	SM	3rd	Wave 1
4.	228	Jon Bowie	M	Shrewsbury AC	15:36	VetM40	1st	Wave 1
5.	377	Daniel Bodman	M	Parc Bryn Bach Running	15:43	SM	4th	Wave 1
6.	219	Eliot Taylor	M	Western Tempo	15:55	SM	5th	Wave 1
7.	54	Sam Butler	M	Western Tempo	15:57	SM	6th	Wave 1
8.	385	Tony Farnsworth	M	Worcester AC	15:58	SM	7th	Wave 1
9.	108	Matthew Verran	M	Swansea Harries	16:03	SM	8th	Wave 1
10.	337	Louie Lambeth	M	Wolverhampton & Bilston	16:04	MU20	1st	Wave 1
11.	159	Chris Grubb	M	Ledbury & District Harriers	16:07	VetM40	2nd	Wave 1
12.	128	Matthew Jones	M	Brecon AC	16:09	VetM40	3rd	Wave 1
13.	184	Lee Aherne	M	Parc Bryn Bach Running	16:12	VetM55	1st	Wave 1
14.	282	Daniel Turner	M	Lawley Running Club	16:14	SM	9th	Wave 1
15.	388	Kristan McKenna	M		16:17	VetM40	4th	Wave 1
16.	355	Henry White	M	Halo Sports Foundation	16:17	MU15	1st	Wave 1
17.	316	Marcus Bennetto	M	Forest of Dean AC	16:19	SM	10th	Wave 1
18.	244	Eric Apperley	M	Croft Ambrey RC	16:25	SM	11th	Wave 1
19.	176	Peter Woodward	M	Forest of Dean AC	16:27	SM	12th	Wave 1
20.	62	Thomas Birley	M	Worcester AC	16:29	MU20	2nd	Wave 1
21.	262	Huw Evans	M	Parc Bryn Bach Running	16:30	VetM50	1st	Wave 1
22.	255	Connor Middleton	M	Shrewsbury AC	16:32	SM	13th	Wave 1
23.	389	David Johnson	M	Western Tempo	16:35	VetM40	5th	Wave 1
24.	64	Tim Iveson	M	Builth & District Running Club	16:38	VetM40	6th	Wave 1
25.	392	Alex Logan	M	Ludlow Runners	16:40	VetM40	7th	Wave 1
26.	241	Alexander Hills	M	Worcester AC	16:43	SM	14th	Wave 1
27.	14	Luke Gray	M	Monross Trailblazers	16:50	SM	15th	Wave 1
28.	381	Joseph James Reardon	M		16:53	MU20	3rd	Wave 1
29.	321	Joel Frost	M		16:56	SM	16th	Wave 1
30.	333	Ryan Knight	M	Hereford Couriers	17:02	SM	17th	Wave 1
31.	58	Owen Graham	M	Hereford Couriers	17:03	SM	18th	Wave 1
32.	379	Stuart Nash	M	Chepstow Harriers	17:04	VetM40	8th	Wave 1
33.	205	Sean Taylor	M	Torfaen Runners	17:07	VetM45	1st	Wave 1
34.	378	Oscar Nash	M	Newport Harriers	17:12	MU15	2nd	Wave 1
35.	124	Phil Morris	M	Builth & District	17:15	VetM40	9th	Wave 1
36.	175	Ross Cameron	M	Hereford Couriers	17:16	SM	19th	Wave 1
37.	86	James Rose	M	Severn AC	17:22	VetM40	10th	Wave 1
38.	48	Steven Harris	M	Forest of Dean AC	17:23	VetM45	2nd	Wave 1
39.	310	Nathan Bradford	M		17:24	VetM40	11th	Wave 1
40.	245	Steven Flowers	M	Wye Valley Runners	17:27	SM	20th	Wave 1
41.	17	Luke Mason	M	Hereford Couriers	17:28	SM	21st	Wave 1
42.	102	Steve Rooke	M	Ledbury & District Harriers	17:29	VetM50	2nd	Wave 1
43.	164	Archie Fox	M	Severn AC	17:30	SM	22nd	Wave 1
44.	354	James Morgan	M	Western Tempo	17:33	VetM40	12th	Wave 1
45.	209	Scott Jones	M	Croft Ambrey RC	17:33	MU20	4th	Wave 1



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Wave
46.	109	Donna Morris	F	Builth & District Running Club	17:33	VetF35	1st	Wave 1
47.	391	Rob Nicholls	M	Spirit Of Monmouth	17:34	SM	23rd	Wave 1
48.	234	Matthew Wooden	M	Shrewsbury AC	17:36	SM	24th	Wave 1
49.	212	Jonathan Floyd	M	Western Tempo	17:39	VetM40	13th	Wave 1
50.	398	Rob Bowery	M	Black pear joggers	17:41	VetM45	3rd	Wave 1
51.	279	Chris Attwood	M	Black Pear Joggers	17:48	VetM45	4th	Wave 1
52.	382	Lucas Salvage	M	Newport Harriers	17:51	MU15	3rd	Wave 1
53.	65	Stephen Snead	M	Cleobury Mortimer Running	17:51	VetM50	3rd	Wave 1
54.	295	Darren Broady	M	Western Tempo	17:53	SM	25th	Wave 1
55.	31	Ben Skinner	M	Hereford Couriers	17:57	SM	26th	Wave 1
56.	99	Harry Woodhouse	M	Hereford Couriers	18:01	SM	27th	Wave 1
57.	13	Mark Killeen	M	Monross Trailblazers	18:02	SM	28th	Wave 1
58.	504	Mark Howard	M		18:02	SM	29th	Wave 1
59.	290	Ryan Lawrence	M	Hereford Couriers	18:05	SM	30th	Wave 1
60.	177	David Bannister	M	Ledbury & District Harriers	18:10	VetM45	5th	Wave 1
61.	347	Jasper Robinson	M	Croft Ambrey RC	18:13	SM	31st	Wave 1
62.	44	Dan Phillips	M	Hereford Couriers	18:17	VetM40	14th	Wave 1
63.	76	David Clarke	M	Severn AC	18:18	VetM50	4th	Wave 1
64.	171	David Gresswell	M	Gloucester AC	18:18	VetM55	2nd	Wave 1
65.	253	William Morris	M	Hereford Couriers	18:20	SM	32nd	Wave 1
66.	271	Peter Carmichael	M	Western Tempo	18:22	SM	33rd	Wave 1
67.	345	Vaughn Hughes	M	Newport Harriers	18:24	MU15	4th	Wave 1
68.	394	Gavin McCaugherty	M		18:27	VetM40	15th	Wave 1
69.	191	Paul Dodd	M	Chepstow Harriers	18:28	VetM60	1st	Wave 1
70.	98	Lea Wood	M	Wye Valley Runners	18:28	SM	34th	Wave 1
71.	140	Louis Ansfield	M	Hereford & County AC	18:28	MU15	5th	Wave 1
72.	281	Martin Soakell	M	Western Tempo	18:34	VetM45	6th	Wave 1
73.	272	Natasha White	F	Northbrook AC	18:35	VetF35	2nd	Wave 1
74.	47	Samantha Harris	F	Forest of Dean AC	18:37	VetF40	1st	Wave 1
75.	325	Charlotte Broadhurst	F	Croft Ambrey RC	18:43	FU20	1st	Wave 2
76.	342	Ross Howells	M	Chepstow Harriers	18:43	SM	35th	Wave 1
77.	136	Rachel Underhill	F	Western Tempo	18:44	SF	1st	Wave 1
78.	70	Paul Kemp	M	Wye Valley Runners	18:44	VetM45	7th	Wave 1
79.	374	Cai Rees	M	Hereford & County AC	18:46	MU17	1st	Wave 1
80.	73	Neil Grinnell	M	Ledbury & District Harriers	18:46	VetM45	8th	Wave 1
81.	353	Martin Williams	M	Ledbury & District Harriers	18:53	VetM40	1st	Wave 2
82.	84	James Smith	M	Severn AC	18:53	VetM40	2nd	Wave 2
83.	141	Evie	F	Worcester AC	18:54	FU20	1st	Wave 1
84.	270	Leyton Fleet	M	Forest of Dean AC	18:56	VetM50	5th	Wave 1
85.	299	Richard Pegler	M	Forest of Dean AC	18:58	VetM45	9th	Wave 1
86.	320	Charlie Marshall	M	Western Tempo	19:04	SM	36th	Wave 1
87.	90	George Ware	M	Hereford Couriers	19:05	SM	1st	Wave 2
88.	280	Daniel Scolari	M	Black Pear Joggers	19:12	SM	37th	Wave 1
89.	152	Alex Jenkins	M	Severn AC	19:14	SM	38th	Wave 1
90.	336	Miles Clark	M		19:15	SM	39th	Wave 1



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91.	21	Thomas Dawson	M		19:18	VetM40	3rd	Wave 2
92.	72	Andy Ware	M	Hereford Couriers	19:19	VetM50	1st	Wave 2
93.	368	Simon Norwood	M	Croft Ambrey RC	19:24	VetM50	6th	Wave 1
94.	235	Chris Nicholls	M	Tewkesbury Running Club	19:25	VetM40	4th	Wave 2
95.	115	Niki Morgan	F	Chepstow Harriers	19:26	VetF55	1st	Wave 1
96.	107	William Gore	M	Hereford Couriers	19:28	SM	40th	Wave 1
97.	33	Daniel Spear	M	Hereford Couriers	19:28	SM	2nd	Wave 2
98.	69	Christopher Cleary	M	Hereford Couriers	19:28	SM	3rd	Wave 2
99.	273	Martin Lloyd	M		19:31	VetM40	5th	Wave 2
100.	200	Cherry Fowler	F	Chepstow Harriers	19:32	VetF50	1st	Wave 2
101.	186	Julian Boon	M	Forest of Dean AC	19:35	VetM50	7th	Wave 1
102.	294	Izzy Axford	F	Western Tempo	19:37	SF	1st	Wave 2
103.	85	Brandon Adams	M	Hereford Couriers	19:41	SM	41st	Wave 1
104.	304	Sabrina Thomas	F	Wolverhampton & Bilston	19:44	VetF35	3rd	Wave 1
105.	230	Kevin Kerrigan	M	Hereford Couriers	19:46	SM	42nd	Wave 1
106.	100	Simeon Foreman	M	Malvern Buzzards Running	19:50	VetM45	1st	Wave 2
107.	361	Adam Corbett	M	Hereford Couriers	19:55	MU20	1st	Wave 2
108.	203	Joanna Eddy	F	Hereford Couriers	19:58	VetF45	1st	Wave 2
109.	113	Stephen Owen	M	Chepstow Harriers	19:58	VetM65	1st	Wave 2
110.	512	David Lander	M		20:00	VetM55	3rd	Wave 1
111.	373	Darcy Clarke	F	Hereford & County AC	20:01	FU15	1st	Wave 2
112.	364	Darren Gibbons	M		20:06	SM	4th	Wave 2
113.	387	Paul Davies	M	Wye Valley Runners	20:06	VetM50	8th	Wave 1
114.	232	Kelly Bowen	F	Croft Ambrey RC	20:11	VetF35	1st	Wave 2
115.	380	Stephen Hale	M	Severn AC	20:11	VetM40	16th	Wave 1
116.	16	Isobel Watt	F	Cheltenham and County	20:14	FU15	2nd	Wave 2
117.	278	Nicholas Beach	M	Wolverhampton & Bilston	20:17	VetM40	6th	Wave 2
118.	508	Michael Harries	M		20:18	VetM40	7th	Wave 2
119.	276	Steve Bradley	M	Cheltenham and County	20:19	VetM50	2nd	Wave 2
120.	217	Luke Harris	M		20:20	SM	5th	Wave 2
121.	513	Samuel Griffiths	M		20:22	SM	43rd	Wave 1
122.	301	David Klotz	M	Wye Valley Runners	20:23	VetM40	17th	Wave 1
123.	386	Oliver Clarke	M		20:27	VetM40	8th	Wave 2
124.	514	Andrew Wathen	M		20:31	VetM40	9th	Wave 2
125.	202	Fred Tyler	M	Hereford & County AC	20:34	MU13	1st	Wave 2
126.	78	Jon Schofield	M	Severn AC	20:34	SM	6th	Wave 2
127.	81	David Howells	M	Severn AC	20:35	VetM55	1st	Wave 2
128.	132	Mia Davies	F	Croft Ambrey RC	20:38	SF	2nd	Wave 2
129.	207	Richie Richards	M	Hereford Couriers	20:39	VetM55	2nd	Wave 2
130.	11	Paul Millsom	M	Vegan Runners UK	20:40	VetM65	2nd	Wave 2
131.	101	Martin Carter	M	Hereford Couriers	20:45	VetM55	3rd	Wave 2
132.	2	Sarah Morris	F	Black Pear Joggers	20:53	VetF35	2nd	Wave 2
133.	193	Amelia Louth	F	Caistor Running Club	20:54	SF	3rd	Wave 2
134.	338	Andy Taylor	M		21:00	VetM50	3rd	Wave 2
135.	340	Stephen Goodridge	M	Hay Hotfooters	21:01	VetM55	4th	Wave 2



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Wave
136.	28	Tim Giles	M	Ludlow Runners	21:03	VetM45	2nd	Wave 2
137.	259	Sam Watson	M		21:06	SM	7th	Wave 2
138.	520	Will Connell	M	Hereford Couriers	21:08	SM	8th	Wave 2
139.	393	David White	M	Hereford Couriers	21:09	VetM50	4th	Wave 2
140.	142	Thomas Powell	M	Ludlow Runners	21:09	SM	9th	Wave 2
141.	237	Barry Griffiths	M	Brecon AC	21:11	VetM55	5th	Wave 2
142.	181	Mark Hookins	M	Hereford Couriers	21:12	VetM50	5th	Wave 2
143.	218	Jonathan Edwards	M	Hereford Couriers	21:19	VetM40	10th	Wave 2
144.	137	Robert Connell	M	Hereford Couriers	21:25	VetM60	1st	Wave 2
145.	400	Simon Mehigan	M	Hereford Couriers	21:31	VetM45	3rd	Wave 2
146.	67	Dan Hardy	M		21:34	SM	10th	Wave 2
147.	82	Matthew Leyshon	M	Severn AC	21:34	VetM40	11th	Wave 2
148.	37	Jennifer Clarke	F		21:35	VetF40	1st	Wave 2
149.	153	Christina Plant	F	Hereford Couriers	21:38	VetF35	3rd	Wave 2
150.	148	Jonathan Davey	M	Hereford Couriers	21:46	VetM55	6th	Wave 2
151.	264	Carl Ridsdale	M	Hereford Couriers	21:46	SM	11th	Wave 2
152.	318	Lucy Jarvis	F	Hereford Couriers	21:49	SF	4th	Wave 2
153.	329	Clare Mallender	F	Hereford Couriers	21:51	VetF40	2nd	Wave 2
154.	106	Emily Yarnold	F	Hereford Couriers	21:51	SF	5th	Wave 2
155.	157	Roland Preece	M	Croft Ambrey RC	21:52	VetM55	7th	Wave 2
156.	509	Linda White	F		21:54	VetF50	2nd	Wave 2
157.	145	Jacob Stuffins	M	Hereford & County AC	21:54	MU15	1st	Wave 2
158.	151	David Green	M	Hereford Couriers	22:01	VetM50	6th	Wave 2
159.	225	Abbie Smithers	F	Hereford Couriers	22:02	SF	6th	Wave 2
160.	323	Kate Green	F	Ledbury & District Harriers	22:03	VetF55	1st	Wave 2
161.	252	Ellie Smithers	F	Hereford Couriers	22:07	SF	7th	Wave 2
162.	8	Ieuan Vale-Smith	M	Hereford Couriers	22:08	SM	12th	Wave 2
163.	372	Hannah Hadley	F	Hereford & County AC	22:10	FU15	3rd	Wave 2
164.	198	Kirsty Jenkins	F	Hereford Couriers	22:12	SF	8th	Wave 2
165.	30	Kimberley Langford	F	Hereford Couriers	22:13	SF	9th	Wave 2
166.	32	Jemma Radmore	F	Ludlow Runners	22:16	FU20	2nd	Wave 2
167.	133	Neil Taylor	M	Croft Ambrey RC	22:17	VetM65	3rd	Wave 2
168.	138	Kate Morris	F	Hereford Couriers	22:17	VetF40	3rd	Wave 2
169.	246	Sarah Askey	F	Hereford Couriers	22:31	VetF55	2nd	Wave 2
170.	305	Paul Denton	M		22:33	VetM45	4th	Wave 2
171.	162	Rebecca Ansfield	F		22:46	VetF45	2nd	Wave 2
172.	375	Haf Rees	F	Hereford & County AC	22:46	FU15	4th	Wave 2
173.	154	Ben Brown	M	Hereford Couriers	22:46	SM	13th	Wave 2
174.	194	Chris Riley	M		22:49	VetM60	2nd	Wave 2
175.	319	Amy Smith	F	Hereford Couriers	22:51	VetF35	4th	Wave 2
176.	63	James Vidler	M	Wye Valley Runners	22:56	VetM60	3rd	Wave 2
177.	185	Alan Robertson	M	Forest of Dean AC	23:01	VetM65	4th	Wave 2
178.	83	Steve Roode	M	Lonely Goat RC	23:05	VetM55	8th	Wave 2
179.	292	Guy Jenkins	M	Hereford Couriers	23:06	VetM60	4th	Wave 2
180.	20	Emily Gould	F	Ludlow Runners	23:06	SF	10th	Wave 2



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181.	146	Kimberley Pickett	F	Hereford Couriers	23:08	VetF35	5th	Wave 2
182.	288	Sherryl Hall	F	Forest of Dean Athletic club	23:09	VetF55	3rd	Wave 2
183.	348	Ashley Robinson	M	Croft Ambrey RC	23:10	VetM70	1st	Wave 2
184.	285	Jacob Porter	M	Hereford Couriers	23:11	SM	14th	Wave 2
185.	165	Paddy Nugent	M	Wye Valley Runners	23:13	VetM60	5th	Wave 2
186.	314	Yvonne Gajny	F		23:17	VetF45	3rd	Wave 2
187.	197	Andy Knight	M		23:22	SM	15th	Wave 2
188.	505	Zac Clarke	M		23:25	SM	16th	Wave 2
189.	93	Gregory Leyshon	M	Severn Athletic Club	23:26	VetM70	2nd	Wave 2
190.	522	Olivia Hayman	F	Shrewsbury AC	23:33	FU13	1st	Wave 2
191.	284	Steve Herington	M	Hereford Couriers	23:35	VetM70	3rd	Wave 2
192.	371	Greg Nicholls	M	Hereford Couriers	23:42	VetM40	12th	Wave 2
193.	501	Emma Stewardson	F	Ludlow Runners	23:43	VetF40	4th	Wave 2
194.	510	Adam Went	M		23:44	SM	17th	Wave 2
195.	160	Bronwyn Preece	F	Croft Ambrey RC	23:44	SF	11th	Wave 2
196.	343	Charlie Simms	M		23:44	MU15	2nd	Wave 2
197.	26	Stuart Taylor	M	Hereford Couriers	23:50	VetM40	13th	Wave 2
198.	357	Victoria Woodhall	F	Hereford Couriers	23:51	VetF45	4th	Wave 2
199.	68	Rebecca Cooke	F		23:53	SF	12th	Wave 2
200.	515	John Nichols	M	Leominster Runners	23:55	VetM50	7th	Wave 2
201.	335	Lorna Shaw	F	Wye Valley Runners	23:56	VetF60	1st	Wave 2
202.	344	Mike Evans	M	Chepstow Harriers	23:58	VetM65	5th	Wave 2
203.	195	Ben Goddard	M	Hereford Couriers	23:58	SM	18th	Wave 2
204.	110	Emma Clarke	F	Ludlow Runners	23:59	SF	13th	Wave 2
205.	126	Deby Walsh	F	Hereford Couriers	24:08	VetF35	6th	Wave 2
206.	227	Nikki Tyler	F	Hereford Couriers	24:10	VetF50	3rd	Wave 2
207.	80	Jonathan Meadows	M		24:11	SM	19th	Wave 2
208.	349	Howard Verran	M	Leominster Runners	24:13	VetM45	5th	Wave 2
209.	173	Dan Nurse	M	Severn AC	24:19	VetM40	14th	Wave 2
210.	174	Samantha Watts	F	Severn AC	24:20	VetF40	5th	Wave 2
211.	346	Oliver Hughes	M	Lliswerry Runners	24:22	VetM40	15th	Wave 2
212.	36	Mary Watkins	F	Forest of Dean AC	24:37	SF	14th	Wave 2
213.	94	Emma King	F	Spirit Of Monmouth	24:39	VetF40	6th	Wave 2
214.	365	Nikki Childs	F	Wye Valley Runners	24:44	VetF60	2nd	Wave 2
215.	147	Kevin Barnes	M	Hereford Couriers	24:47	VetM55	9th	Wave 2
216.	236	Gerald Gobey	M	Hereford Couriers	25:04	VetM65	6th	Wave 2
217.	322	Ben Padian	M		25:06	SM	20th	Wave 2
218.	199	Andy Pearce	M		25:06	VetM45	6th	Wave 2
219.	376	Tony May	M		25:09	VetM55	10th	Wave 2
220.	313	Richard Andrews	M		25:12	VetM55	11th	Wave 2
221.	220	Michael Bryant	M	Newent Runners	25:13	VetM60	6th	Wave 2
222.	275	Bryony Dean	F	Hereford Couriers	25:15	VetF45	5th	Wave 2
223.	167	Brent Lowson	M	Wye Valley Runners	25:15	VetM60	7th	Wave 2
224.	112	Sean Edwards	M		25:23	VetM50	8th	Wave 2
225.	249	Chris Campbell	M	Hereford Couriers	25:25	VetM60	8th	Wave 2



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226.	297	Liz Davies-Ward	F		25:34	VetF55	4th	Wave 2
227.	327	Hannah Campbell	F	Hereford Couriers	25:37	SF	15th	Wave 2
228.	156	Jonathan Sanderson	M	Hereford Couriers	25:39	VetM50	9th	Wave 2
229.	507	Aaron Higgins	M		25:43	SM	21st	Wave 2
230.	187	Ben James	M	Hereford Couriers	25:43	SM	22nd	Wave 2
231.	317	Mervyn Davis	M	Black Pears Joggers	25:45	VetM70	4th	Wave 2
232.	283	Nicola Goodwin	F	Wye Valley Runners	25:53	VetF45	6th	Wave 2
233.	223	Ralph Lloyd	M	Wye Valley Runners	25:53	VetM55	12th	Wave 2
234.	10	Lesley Ashton	F	Vegan Runners UK	26:02	VetF60	3rd	Wave 2
235.	517	Craig Evans	M		26:02	VetM50	10th	Wave 2
236.	38	Debbie Davies	F		26:05	VetF40	7th	Wave 2
237.	521	Ella Hogan	F	Ledbury & District Harriers	26:09	VetF40	8th	Wave 2
238.	306	Elizabeth Tindle	F	Halesowen ACC	26:11	VetF60	4th	Wave 2
239.	260	Samantha Stacey	F	Hereford Couriers	26:13	VetF40	9th	Wave 2
240.	172	Alison Priest	F	Malvern joggers	26:16	VetF55	5th	Wave 2
241.	370	Laura Webb	F	Ledbury & District Harriers	26:16	VetF35	7th	Wave 2
242.	268	Richard Bloomer	M	Hereford Couriers	26:23	SM	23rd	Wave 2
243.	523	Suzanne Purvin	F		26:32	VetF60	5th	Wave 2
244.	315	Stephanie King	F	Croft Ambrey RC	26:35	VetF55	6th	Wave 2
245.	518	Charlotte Bevan	F		26:42	SF	16th	Wave 2
246.	519	Richard Bevan	M	Monross Trailblazers	26:43	VetM45	7th	Wave 2
247.	216	Jason Wild	M		26:49	SM	24th	Wave 2
248.	242	Sandy Browne	M	Hereford Couriers	26:53	VetM50	11th	Wave 2
249.	50	Karen Thompson	F	Ludlow Runners	26:58	VetF55	7th	Wave 2
250.	71	Lisa Gray	F	Croft Ambrey RC	27:00	VetF50	4th	Wave 2
251.	190	Amy Purvin	F		27:04	SF	17th	Wave 2
252.	330	Nigel Powell	M	Hereford Couriers	27:08	VetM65	7th	Wave 2
253.	123	Christian Mason	M		27:10	SM	25th	Wave 2
254.	166	Kirsten Mason	F	Hereford Couriers	27:10	SF	18th	Wave 2
255.	204	Kevin Duggan	M	Presteigne Pacers	27:28	VetM45	8th	Wave 2
256.	224	Sian Aubrey	F	Ledbury & District Harriers	27:41	VetF35	8th	Wave 2
257.	254	Louise Phillips	F		27:47	VetF50	5th	Wave 2
258.	506	John Bailey	M		27:58	VetM50	12th	Wave 2
259.	257	Helen Baillie	F	Ludlow Runners	27:59	VetF50	6th	Wave 2
260.	300	Jonathan Kennedy	M		28:12	VetM45	9th	Wave 2
261.	339	Victoria Band	F	Ledbury Harriers	28:17	VetF45	7th	Wave 2
262.	134	Vivien Tolley	F	Malvern Joggers	28:17	VetF60	6th	Wave 2
263.	256	Sam Fleming	F	Ludlow Runners	28:20	VetF45	8th	Wave 2
264.	258	Tracy Bridge	F	Ludlow Runners	28:25	VetF50	7th	Wave 2
265.	289	Margaret Crosswell	F	Worcester AC	28:28	VetF75	1st	Wave 2
266.	267	Sarah Cuddy	F	Malvern Buzzards Running	28:34	VetF45	9th	Wave 2
267.	15	Martin Foster	M	Bournville Harriers	28:35	VetM65	8th	Wave 2
268.	122	Rachelle Prothero	F	Hereford Couriers	29:00	SF	19th	Wave 2
269.	390	George Neave	M		29:21	MU20	2nd	Wave 2
270.	53	Nicola Read	F		29:23	VetF55	8th	Wave 2



Race 1 - Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Wave
271.	55	Simon Barnes	M	Hereford Couriers	29:36	VetM65	9th	Wave 2
272.	51	Donna Lewis	F	LudlowRunners	29:36	VetF40	10th	Wave 2
273.	192	Hayley Colebatch	F	Croft Ambrey RC	29:47	VetF35	9th	Wave 2
274.	208	Theresa Jones	F	Croft Ambrey RC	30:26	VetF50	8th	Wave 2
275.	291	Carole Clark	F	Worcester AC	30:41	VetF65	1st	Wave 2
276.	125	Dave Mitchell Haywood	M	Hereford Couriers	30:48	SM	26th	Wave 2
277.	91	Fran Hill	F		30:50	VetF55	9th	Wave 2
278.	367	Hayley Millichap	F	Croft Ambrey RC	31:37	VetF50	9th	Wave 2
279.	311	Lynne Compton	F	Wye Valley Runners	31:45	VetF55	10th	Wave 2
280.	312	Andrew Humphreys	M		31:45	VetM55	13th	Wave 2
281.	240	Patricia Marshall	F	Sandhurst Joggers	32:41	VetF75	2nd	Wave 2
282.	263	Jayne Cresswell	F	Ledbury Harriers	32:41	VetF50	10th	Wave 2
283.	3	John Noonan	M	Hereford Couriers	32:44	VetM60	9th	Wave 2
284.	43	Liz Fishpool	F	Hereford Couriers	32:51	SF	20th	Wave 2
285.	502	Sybil Marsh	F	Ludlow Runners	33:37	VetF65	2nd	Wave 2
286.	95	Joanne Yarnold	F		33:58	VetF50	11th	Wave 2
287.	239	Julie Neave	F	Hereford Couriers	33:59	VetF40	11th	Wave 2
288.	150	Bryan Markham	M	Croft Ambrey RC	34:19	VetM75	1st	Wave 2
289.	29	Linda Davies	F	Leominster Runners	34:21	VetF55	11th	Wave 2
290.	170	Tammy Whittle	F		34:31	SF	21st	Wave 2
291.	60	Sarah Moriarty	F		34:43	VetF40	12th	Wave 2
292.	27	Ellen Jones	F		37:34	SF	22nd	Wave 2
293.	332	Liam Curtis-Moore	M	Hereford Couriers	37:40	SM	27th	Wave 2
294.	52	Ruth Jones	F	Ludlow Runners	38:06	VetF45	10th	Wave 2
295.	87	Rachel Dudman	F	Lonely Goat RC	40:15	VetF45	11th	Wave 2
296.	384	Syd Wheeler	M	Chepstow Harriers	44:49	VetM75	2nd	Wave 2
297.	356	Peter Smith	M	Wye Valley Runners	48:14	VetM70	5th	Wave 2

Number of Records: 297

