

Race 1 - Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Wave
1.	325	Charlotte Broadhurst	F	Croft Ambrey RC	18:43	FU20	1st	Wave 2
2.	353	Martin Williams	M	Ledbury & District Harriers	18:53	VetM40	1st	Wave 2
3.	84	James Smith	M	Severn AC	18:53	VetM40	2nd	Wave 2
4.	90	George Ware	M	Hereford Couriers	19:05	SM	1st	Wave 2
5.	21	Thomas Dawson	M		19:18	VetM40	3rd	Wave 2
6.	72	Andy Ware	M	Hereford Couriers	19:19	VetM50	1st	Wave 2
7.	235	Chris Nicholls	M	Tewkesbury Running Club	19:25	VetM40	4th	Wave 2
8.	33	Daniel Spear	M	Hereford Couriers	19:28	SM	2nd	Wave 2
9.	69	Christopher Cleary	M	Hereford Couriers	19:28	SM	3rd	Wave 2
10.	273	Martin Lloyd	M		19:31	VetM40	5th	Wave 2
11.	200	Cherry Fowler	F	Chepstow Harriers	19:32	VetF50	1st	Wave 2
12.	294	Izzy Axford	F	Western Tempo	19:37	SF	1st	Wave 2
13.	100	Simeon Foreman	M	Malvern Buzzards Running	19:50	VetM45	1st	Wave 2
14.	361	Adam Corbett	M	Hereford Couriers	19:55	MU20	1st	Wave 2
15.	203	Joanna Eddy	F	Hereford Couriers	19:58	VetF45	1st	Wave 2
16.	113	Stephen Owen	M	Chepstow Harriers	19:58	VetM65	1st	Wave 2
17.	373	Darcy Clarke	F	Hereford & County AC	20:01	FU15	1st	Wave 2
18.	364	Darren Gibbons	M		20:06	SM	4th	Wave 2
19.	232	Kelly Bowen	F	Croft Ambrey RC	20:11	VetF35	1st	Wave 2
20.	16	Isobel Watt	F	Cheltenham and County	20:14	FU15	2nd	Wave 2
21.	278	Nicholas Beach	M	Wolverhampton & Bilston	20:17	VetM40	6th	Wave 2
22.	508	Michael Harries	M		20:18	VetM40	7th	Wave 2
23.	276	Steve Bradley	M	Cheltenham and County	20:19	VetM50	2nd	Wave 2
24.	217	Luke Harris	M		20:20	SM	5th	Wave 2
25.	386	Oliver Clarke	M		20:27	VetM40	8th	Wave 2
26.	514	Andrew Wathen	M		20:31	VetM40	9th	Wave 2
27.	202	Fred Tyler	M	Hereford & County AC	20:34	MU13	1st	Wave 2
28.	78	Jon Schofield	M	Severn AC	20:34	SM	6th	Wave 2
29.	81	David Howells	M	Severn AC	20:35	VetM55	1st	Wave 2
30.	132	Mia Davies	F	Croft Ambrey RC	20:38	SF	2nd	Wave 2
31.	207	Richie Richards	M	Hereford Couriers	20:39	VetM55	2nd	Wave 2
32.	11	Paul Millsom	M	Vegan Runners UK	20:40	VetM65	2nd	Wave 2
33.	101	Martin Carter	M	Hereford Couriers	20:45	VetM55	3rd	Wave 2
34.	2	Sarah Morris	F	Black Pear Joggers	20:53	VetF35	2nd	Wave 2
35.	193	Amelia Louth	F	Caistor Running Club	20:54	SF	3rd	Wave 2
36.	338	Andy Taylor	M		21:00	VetM50	3rd	Wave 2
37.	340	Stephen Goodridge	M	Hay Hotfooters	21:01	VetM55	4th	Wave 2
38.	28	Tim Giles	M	Ludlow Runners	21:03	VetM45	2nd	Wave 2
39.	259	Sam Watson	M		21:06	SM	7th	Wave 2
40.	520	Will Connell	M	Hereford Couriers	21:08	SM	8th	Wave 2
41.	393	David White	M	Hereford Couriers	21:09	VetM50	4th	Wave 2
42.	142	Thomas Powell	M	Ludlow Runners	21:09	SM	9th	Wave 2
43.	237	Barry Griffiths	M	Brecon AC	21:11	VetM55	5th	Wave 2
44.	181	Mark Hookins	M	Hereford Couriers	21:12	VetM50	5th	Wave 2
45.	218	Jonathan Edwards	M	Hereford Couriers	21:19	VetM40	10th	Wave 2



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46.	137	Robert Connell	M	Hereford Couriers	21:25	VetM60	1st	Wave 2
47.	400	Simon Mehigan	M	Hereford Couriers	21:31	VetM45	3rd	Wave 2
48.	67	Dan Hardy	M		21:34	SM	10th	Wave 2
49.	82	Matthew Leyshon	M	Severn AC	21:34	VetM40	11th	Wave 2
50.	37	Jennifer Clarke	F		21:35	VetF40	1st	Wave 2
51.	153	Christina Plant	F	Hereford Couriers	21:38	VetF35	3rd	Wave 2
52.	148	Jonathan Davey	M	Hereford Couriers	21:46	VetM55	6th	Wave 2
53.	264	Carl Ridsdale	M	Hereford Couriers	21:46	SM	11th	Wave 2
54.	318	Lucy Jarvis	F	Hereford Couriers	21:49	SF	4th	Wave 2
55.	329	Clare Mallender	F	Hereford Couriers	21:51	VetF40	2nd	Wave 2
56.	106	Emily Yarnold	F	Hereford Couriers	21:51	SF	5th	Wave 2
57.	157	Roland Preece	M	Croft Ambrey RC	21:52	VetM55	7th	Wave 2
58.	509	Linda White	F		21:54	VetF50	2nd	Wave 2
59.	145	Jacob Stuffins	M	Hereford & County AC	21:54	MU15	1st	Wave 2
60.	151	David Green	M	Hereford Couriers	22:01	VetM50	6th	Wave 2
61.	225	Abbie Smithers	F	Hereford Couriers	22:02	SF	6th	Wave 2
62.	323	Kate Green	F	Ledbury & District Harriers	22:03	VetF55	1st	Wave 2
63.	252	Ellie Smithers	F	Hereford Couriers	22:07	SF	7th	Wave 2
64.	8	Ieuan Vale-Smith	M	Hereford Couriers	22:08	SM	12th	Wave 2
65.	372	Hannah Hadley	F	Hereford & County AC	22:10	FU15	3rd	Wave 2
66.	198	Kirsty Jenkins	F	Hereford Couriers	22:12	SF	8th	Wave 2
67.	30	Kimberley Langford	F	Hereford Couriers	22:13	SF	9th	Wave 2
68.	32	Jemma Radmore	F	Ludlow Runners	22:16	FU20	2nd	Wave 2
69.	133	Neil Taylor	M	Croft Ambrey RC	22:17	VetM65	3rd	Wave 2
70.	138	Kate Morris	F	Hereford Couriers	22:17	VetF40	3rd	Wave 2
71.	246	Sarah Askey	F	Hereford Couriers	22:31	VetF55	2nd	Wave 2
72.	305	Paul Denton	M		22:33	VetM45	4th	Wave 2
73.	162	Rebecca Ansfield	F		22:46	VetF45	2nd	Wave 2
74.	375	Haf Rees	F	Hereford & County AC	22:46	FU15	4th	Wave 2
75.	154	Ben Brown	M	Hereford Couriers	22:46	SM	13th	Wave 2
76.	194	Chris Riley	M		22:49	VetM60	2nd	Wave 2
77.	319	Amy Smith	F	Hereford Couriers	22:51	VetF35	4th	Wave 2
78.	63	James Vidler	M	Wye Valley Runners	22:56	VetM60	3rd	Wave 2
79.	185	Alan Robertson	M	Forest of Dean AC	23:01	VetM65	4th	Wave 2
80.	83	Steve Roode	M	Lonely Goat RC	23:05	VetM55	8th	Wave 2
81.	292	Guy Jenkins	M	Hereford Couriers	23:06	VetM60	4th	Wave 2
82.	20	Emily Gould	F	Ludlow Runners	23:06	SF	10th	Wave 2
83.	146	Kimberley Pickett	F	Hereford Couriers	23:08	VetF35	5th	Wave 2
84.	288	Sherryl Hall	F	Forest of Dean Athletic club	23:09	VetF55	3rd	Wave 2
85.	348	Ashley Robinson	M	Croft Ambrey RC	23:10	VetM70	1st	Wave 2
86.	285	Jacob Porter	M	Hereford Couriers	23:11	SM	14th	Wave 2
87.	165	Paddy Nugent	M	Wye Valley Runners	23:13	VetM60	5th	Wave 2
88.	314	Yvonne Gajny	F		23:17	VetF45	3rd	Wave 2
89.	197	Andy Knight	M		23:22	SM	15th	Wave 2
90.	505	Zac Clarke	M		23:25	SM	16th	Wave 2



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91.	93	Gregory Leyshon	M	Severn Athletic Club	23:26	VetM70	2nd	Wave 2
92.	522	Olivia Hayman	F	Shrewsbury AC	23:33	FU13	1st	Wave 2
93.	284	Steve Herington	M	Hereford Couriers	23:35	VetM70	3rd	Wave 2
94.	371	Greg Nicholls	M	Hereford Couriers	23:42	VetM40	12th	Wave 2
95.	501	Emma Stewardson	F	Ludlow Runners	23:43	VetF40	4th	Wave 2
96.	510	Adam Went	M		23:44	SM	17th	Wave 2
97.	160	Bronwyn Preece	F	Croft Ambrey RC	23:44	SF	11th	Wave 2
98.	343	Charlie Simms	M		23:44	MU15	2nd	Wave 2
99.	26	Stuart Taylor	M	Hereford Couriers	23:50	VetM40	13th	Wave 2
100.	357	Victoria Woodhall	F	Hereford Couriers	23:51	VetF45	4th	Wave 2
101.	68	Rebecca Cooke	F		23:53	SF	12th	Wave 2
102.	515	John Nichols	M	Leominster Runners	23:55	VetM50	7th	Wave 2
103.	335	Lorna Shaw	F	Wye Valley Runners	23:56	VetF60	1st	Wave 2
104.	344	Mike Evans	M	Chepstow Harriers	23:58	VetM65	5th	Wave 2
105.	195	Ben Goddard	M	Hereford Couriers	23:58	SM	18th	Wave 2
106.	110	Emma Clarke	F	Ludlow Runners	23:59	SF	13th	Wave 2
107.	126	Deby Walsh	F	Hereford Couriers	24:08	VetF35	6th	Wave 2
108.	227	Nikki Tyler	F	Hereford Couriers	24:10	VetF50	3rd	Wave 2
109.	80	Jonathan Meadows	M		24:11	SM	19th	Wave 2
110.	349	Howard Verran	M	Leominster Runners	24:13	VetM45	5th	Wave 2
111.	173	Dan Nurse	M	Severn AC	24:19	VetM40	14th	Wave 2
112.	174	Samantha Watts	F	Severn AC	24:20	VetF40	5th	Wave 2
113.	346	Oliver Hughes	M	Llisbury Runners	24:22	VetM40	15th	Wave 2
114.	36	Mary Watkins	F	Forest of Dean AC	24:37	SF	14th	Wave 2
115.	94	Emma King	F	Spirit Of Monmouth	24:39	VetF40	6th	Wave 2
116.	365	Nikki Childs	F	Wye Valley Runners	24:44	VetF60	2nd	Wave 2
117.	147	Kevin Barnes	M	Hereford Couriers	24:47	VetM55	9th	Wave 2
118.	236	Gerald Gobey	M	Hereford Couriers	25:04	VetM65	6th	Wave 2
119.	322	Ben Padian	M		25:06	SM	20th	Wave 2
120.	199	Andy Pearce	M		25:06	VetM45	6th	Wave 2
121.	376	Tony May	M		25:09	VetM55	10th	Wave 2
122.	313	Richard Andrews	M		25:12	VetM55	11th	Wave 2
123.	220	Michael Bryant	M	Newent Runners	25:13	VetM60	6th	Wave 2
124.	275	Bryony Dean	F	Hereford Couriers	25:15	VetF45	5th	Wave 2
125.	167	Brent Lowson	M	Wye Valley Runners	25:15	VetM60	7th	Wave 2
126.	112	Sean Edwards	M		25:23	VetM50	8th	Wave 2
127.	249	Chris Campbell	M	Hereford Couriers	25:25	VetM60	8th	Wave 2
128.	297	Liz Davies-Ward	F		25:34	VetF55	4th	Wave 2
129.	327	Hannah Campbell	F	Hereford Couriers	25:37	SF	15th	Wave 2
130.	156	Jonathan Sanderson	M	Hereford Couriers	25:39	VetM50	9th	Wave 2
131.	507	Aaron Higgins	M		25:43	SM	21st	Wave 2
132.	187	Ben James	M	Hereford Couriers	25:43	SM	22nd	Wave 2
133.	317	Mervyn Davis	M	Black Pears Joggers	25:45	VetM70	4th	Wave 2
134.	283	Nicola Goodwin	F	Wye Valley Runners	25:53	VetF45	6th	Wave 2
135.	223	Ralph Lloyd	M	Wye Valley Runners	25:53	VetM55	12th	Wave 2



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136.	10	Lesley Ashton	F	Vegan Runners UK	26:02	VetF60	3rd	Wave 2
137.	517	Craig Evans	M		26:02	VetM50	10th	Wave 2
138.	38	Debbie Davies	F		26:05	VetF40	7th	Wave 2
139.	521	Ella Hogan	F	Ledbury & District Harriers	26:09	VetF40	8th	Wave 2
140.	306	Elizabeth Tindle	F	Halesowen ACC	26:11	VetF60	4th	Wave 2
141.	260	Samantha Stacey	F	Hereford Couriers	26:13	VetF40	9th	Wave 2
142.	172	Alison Priest	F	Malvern joggers	26:16	VetF55	5th	Wave 2
143.	370	Laura Webb	F	Ledbury & District Harriers	26:16	VetF35	7th	Wave 2
144.	268	Richard Bloomer	M	Hereford Couriers	26:23	SM	23rd	Wave 2
145.	523	Suzanne Purvin	F		26:32	VetF60	5th	Wave 2
146.	315	Stephanie King	F	Croft Ambrey RC	26:35	VetF55	6th	Wave 2
147.	518	Charlotte Bevan	F		26:42	SF	16th	Wave 2
148.	519	Richard Bevan	M	Monross Trailblazers	26:43	VetM45	7th	Wave 2
149.	216	Jason Wild	M		26:49	SM	24th	Wave 2
150.	242	Sandy Browne	M	Hereford Couriers	26:53	VetM50	11th	Wave 2
151.	50	Karen Thompson	F	Ludlow Runners	26:58	VetF55	7th	Wave 2
152.	71	Lisa Gray	F	Croft Ambrey RC	27:00	VetF50	4th	Wave 2
153.	190	Amy Purvin	F		27:04	SF	17th	Wave 2
154.	330	Nigel Powell	M	Hereford Couriers	27:08	VetM65	7th	Wave 2
155.	123	Christian Mason	M		27:10	SM	25th	Wave 2
156.	166	Kirsten Mason	F	Hereford Couriers	27:10	SF	18th	Wave 2
157.	204	Kevin Duggan	M	Presteigne Pacers	27:28	VetM45	8th	Wave 2
158.	224	Sian Aubrey	F	Ledbury & District Harriers	27:41	VetF35	8th	Wave 2
159.	254	Louise Phillips	F		27:47	VetF50	5th	Wave 2
160.	506	John Bailey	M		27:58	VetM50	12th	Wave 2
161.	257	Helen Baillie	F	Ludlow Runners	27:59	VetF50	6th	Wave 2
162.	300	Jonathan Kennedy	M		28:12	VetM45	9th	Wave 2
163.	339	Victoria Band	F	Ledbury Harriers	28:17	VetF45	7th	Wave 2
164.	134	Vivien Tolley	F	Malvern Joggers	28:17	VetF60	6th	Wave 2
165.	256	Sam Fleming	F	Ludlow Runners	28:20	VetF45	8th	Wave 2
166.	258	Tracy Bridge	F	Ludlow Runners	28:25	VetF50	7th	Wave 2
167.	289	Margaret Crosswell	F	Worcester AC	28:28	VetF75	1st	Wave 2
168.	267	Sarah Cuddy	F	Malvern Buzzards Running	28:34	VetF45	9th	Wave 2
169.	15	Martin Foster	M	Bournville Harriers	28:35	VetM65	8th	Wave 2
170.	122	Rachelle Prothero	F	Hereford Couriers	29:00	SF	19th	Wave 2
171.	390	George Neave	M		29:21	MU20	2nd	Wave 2
172.	53	Nicola Read	F		29:23	VetF55	8th	Wave 2
173.	55	Simon Barnes	M	Hereford Couriers	29:36	VetM65	9th	Wave 2
174.	51	Donna Lewis	F	LudlowRunners	29:36	VetF40	10th	Wave 2
175.	192	Hayley Colebatch	F	Croft Ambrey RC	29:47	VetF35	9th	Wave 2
176.	208	Theresa Jones	F	Croft Ambrey RC	30:26	VetF50	8th	Wave 2
177.	291	Carole Clark	F	Worcester AC	30:41	VetF65	1st	Wave 2
178.	125	Dave Mitchell	M	Hereford Couriers	30:48	SM	26th	Wave 2
179.	91	Fran Hill	F		30:50	VetF55	9th	Wave 2
180.	367	Hayley Millichap	F	Croft Ambrey RC	31:37	VetF50	9th	Wave 2



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181.	311	Lynne Compton	F	Wye Valley Runners	31:45	VetF55	10th	Wave 2
182.	312	Andrew Humphreys	M		31:45	VetM55	13th	Wave 2
183.	240	Patricia Marshall	F	Sandhurst Joggers	32:41	VetF75	2nd	Wave 2
184.	263	Jayne Cresswell	F	Ledbury Harriers	32:41	VetF50	10th	Wave 2
185.	3	John Noonan	M	Hereford Couriers	32:44	VetM60	9th	Wave 2
186.	43	Liz Fishpool	F	Hereford Couriers	32:51	SF	20th	Wave 2
187.	502	Sybil Marsh	F	Ludlow Runners	33:37	VetF65	2nd	Wave 2
188.	95	Joanne Yarnold	F		33:58	VetF50	11th	Wave 2
189.	239	Julie Neave	F	Hereford Couriers	33:59	VetF40	11th	Wave 2
190.	150	Bryan Markham	M	Croft Ambrey RC	34:19	VetM75	1st	Wave 2
191.	29	Linda Davies	F	Leominster Runners	34:21	VetF55	11th	Wave 2
192.	170	Tammy Whittle	F		34:31	SF	21st	Wave 2
193.	60	Sarah Moriarty	F		34:43	VetF40	12th	Wave 2
194.	27	Ellen Jones	F		37:34	SF	22nd	Wave 2
195.	332	Liam Curtis-Moore	M	Hereford Couriers	37:40	SM	27th	Wave 2
196.	52	Ruth Jones	F	Ludlow Runners	38:06	VetF45	10th	Wave 2
197.	87	Rachel Dudman	F	Lonely Goat RC	40:15	VetF45	11th	Wave 2
198.	384	Syd Wheeler	M	Chepstow Harriers	44:49	VetM75	2nd	Wave 2
199.	356	Peter Smith	M	Wye Valley Runners	48:14	VetM70	5th	Wave 2

Number of Records: 199

