



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	144	Matthew Rees	M		53:42	Senior Male	1st
2.	30	Owen Graham	M	Hereford Couriers	57:22	Senior Male	2nd
3.	52	Chris Grubb	M	Ledbury & District Harriers	58:04	Vet 40 Male	1st
4.	120	Jamie Shingler	M	Ludlow Runners	59:05	Vet 45 Male	1st
5.	45	Declan Miller	M	Western Tempo	59:18	Senior Male	3rd
6.	104	Andy Raynor	M	Forest of Dean AC	59:33	Senior Male	4th
7.	9	Ross Cameron	M	Hereford Couriers	1:00:34	Senior Male	5th
8.	133	Ryan Cullen	M	Pontypridd Roadents AC	1:00:41	Senior Male	6th
9.	6	Luke Mason	M	Hereford Couriers	1:01:12	Senior Male	7th
10.	76	Barry Reynolds	M	Hereford Couriers	1:01:22	Vet 50 Male	1st
11.	95	Donna Morris	F	Builth & District Running Club	1:02:10	Vet 35 Female	1st
12.	123	Ryan Lawrence	M	Hereford Couriers	1:02:11	Senior Male	8th
13.	147	Jeremy Mower	M	Gloucester AC	1:02:56	Vet 55 Male	1st
14.	106	Henry Pugh	M	Malvern Joggers	1:03:23	Senior Male	9th
15.	154	Hayd Oreilly	M	Builth & District	1:05:30	Vet 40 Male	2nd
16.	24	Harry Woodhouse	M	Hereford Couriers	1:06:16	Senior Male	10th
17.	34	Richard Bullass	M	Builth & District Running Club	1:06:42	Senior Male	11th
18.	130	Peter Staniland	M		1:06:47	Vet 40 Male	3rd
19.	4	Colin Lambourne	M	Hereford Couriers	1:07:43	Vet 45 Male	2nd
20.	93	Martin Williams	M	Ledbury & District Harriers	1:08:10	Vet 40 Male	4th
21.	23	Lea Wood	M	Wye Valley Runners	1:08:22	Senior Male	12th
22.	125	Oliver Steels	M		1:08:43	Senior Male	13th
23.	148	Kelly Bowen	F	Croft Ambrey RC	1:09:49	Vet 35 Female	2nd
24.	77	Stephen Clarke	M	Redditch Tri Club	1:11:18	Vet 45 Male	3rd
25.	19	Martin Carter	M	Hereford Couriers	1:11:31	Vet 55 Male	2nd
26.	7	Joanna Eddy	F	Hereford Couriers	1:11:43	Vet 45 Female	1st
27.	74	Scott Neil	M		1:11:51	Vet 45 Male	4th
28.	128	Kieran Merrick	M	Hereford Couriers	1:11:54	Senior Male	14th
29.	105	Kevin Kerrigan	M		1:12:43	Senior Male	15th
30.	124	Andrew Wathen	M		1:13:50	Vet 40 Male	5th
31.	112	Robert Gilligan	M	Wye Valley Runners	1:15:32	Vet 55 Male	3rd
32.	100	James O'Brien	M	Hereford Couriers	1:15:34	Vet 40 Male	6th
33.	80	Thomas Buckley	M		1:15:40	Senior Male	16th
34.	36	Clare Mallender	F	Hereford Couriers	1:15:42	Vet 40 Female	1st
35.	127	David Williams	M	Hereford Couriers	1:15:58	Vet 55 Male	4th
36.	115	Jess Sullivan	F	Hereford Couriers	1:16:14	Senior Female	1st
37.	28	Laura Hands	F	Hereford Couriers	1:16:25	Senior Female	2nd
38.	107	Peter Darwen	M	Black Pear Joggers	1:17:04	Vet 55 Male	5th
39.	16	Rob Williams	M		1:17:37	Vet 40 Male	7th
40.	85	Aiveen Digby	F	Malvern Joggers	1:18:09	Senior Female	3rd
41.	114	Ben Brown	M	Hereford Couriers	1:18:36	Senior Male	17th
42.	43	Jonathan Davey	M	Hereford Couriers	1:18:37	Vet 55 Male	6th
43.	27	Mark Hookins	M	Hereford Couriers	1:18:39	Vet 50 Male	2nd
44.	50	Roland Preece	M	Croft Ambrey RC	1:18:43	Vet 55 Male	7th
45.	31	Robert Connell	M	Hereford Couriers	1:18:53	Vet 60 Male	1st





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46.	13	Becki Ansfield	F	Wye Valley Runners	1:18:56	Vet 45 Female	2nd
47.	138	Emma Stewardson	F	Ludlow Runners	1:19:05	Vet 40 Female	2nd
48.	3	Robert Benjamin	M		1:19:06	Vet 65 Male	1st
49.	82	Lucy Jarvis	F	Hereford Couriers	1:19:12	Senior Female	4th
50.	67	Phil Parry	M	Hereford Couriers	1:19:18	Vet 40 Male	8th
51.	150	Jo Marriott	F	Croft Ambrey RC	1:19:25	Vet 50 Female	1st
52.	134	Joanne Tilby	F	Croft Ambrey RC	1:19:58	Vet 40 Female	3rd
53.	119	Jason Garrahan	M		1:20:08	Vet 50 Male	3rd
54.	48	David Green	M	Hereford Couriers	1:20:19	Vet 50 Male	4th
55.	142	Robert Howells	M		1:20:39	Vet 40 Male	9th
56.	152	Rob Saunders	M	Builth & District	1:20:48	Vet 40 Male	10th
57.	101	Daniel Mapp	M	Hereford Couriers	1:21:22	Senior Male	18th
58.	116	Peter Carwardine	M	Hereford Couriers	1:21:48	Vet 60 Male	2nd
59.	5	Amy Smith	F	Hereford Couriers	1:21:48	Vet 35 Female	3rd
60.	86	James Vidler	M	Wye Valley Runners	1:21:57	Vet 60 Male	3rd
61.	155	Abi Knight	F	Hereford Couriers	1:22:16	Senior Female	5th
62.	109	Lara Seal	F		1:22:28	Senior Female	6th
63.	79	Benjamin Montilla	M	London Heathside	1:22:44	Vet 40 Male	11th
64.	103	Richard Burke	M		1:22:56	Vet 40 Male	12th
65.	140	Emma Cleal	F	Hay Hotfooters	1:23:26	Vet 40 Female	4th
66.	117	Emma Gwynne	F		1:23:42	Vet 50 Female	2nd
67.	58	Christian Mason	M		1:23:49	Senior Male	19th
68.	121	Ann Pritchard	F	Hereford Couriers	1:24:39	Vet 55 Female	1st
69.	68	Georgie Ormandy	F		1:25:31	Senior Female	7th
70.	12	Steve Roode	M	Lonely Goat	1:25:34	Vet 55 Male	8th
71.	69	Jess Longley	F		1:26:07	Senior Female	8th
72.	38	Lisa Ruck	F	Hereford Couriers	1:26:08	Vet 45 Female	3rd
73.	1	Max Gee	M	Croft Ambrey RC	1:27:12	Senior Male	20th
74.	89	Mike Shaw	M		1:27:20	Vet 70 Male	1st
75.	91	Amber Knott	F	Malvern Joggers	1:28:11	Senior Female	9th
76.	88	Craig Price	M		1:29:06	Vet 40 Male	13th
77.	153	Lucy Wilding	F	Croft Ambrey RC	1:29:17	Senior Female	10th
78.	139	Adie Dunsdon	M		1:30:22	Senior Male	21st
79.	102	Adrian Eddy	M	Hereford Couriers	1:30:23	Vet 55 Male	9th
80.	15	Jemma Bow	F		1:30:37	Senior Female	11th
81.	41	Nikki Childs	F		1:30:59	Vet 60 Female	1st
82.	94	Owen Cooper	M	Builth & District Running Club	1:31:34	Vet 70 Male	2nd
83.	71	David Hopkins	M		1:31:47	Vet 40 Male	14th
84.	141	Jacqueline Spencer	F	Black Pear Joggers	1:31:52	Vet 40 Female	5th
85.	92	Ian Phillips	M		1:32:16	Vet 50 Male	5th
86.	146	Huw Williams	M	Croft Ambrey RC	1:32:21	Vet 60 Male	4th
87.	75	Hollie Francis	F	Hereford Couriers	1:33:07	Senior Female	12th
88.	42	John Bilbao	M		1:33:27	Vet 65 Male	2nd
89.	78	Christelle Dumond	F		1:33:52	Vet 45 Female	4th
90.	136	Simon Oliver	M	Wye Valley Runners	1:34:26	Vet 55 Male	10th





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91.	33	Stuart Taylor	M	Hereford Couriers	1:35:02	Vet 40 Male	15th
92.	132	Katherine Axten	F		1:35:12	Senior Female	13th
93.	81	Mark Wrathall	M	Hereford Couriers	1:35:32	Vet 45 Male	5th
94.	65	Kate Backhouse	F	Ledbury & District Harriers	1:35:41	Vet 40 Female	6th
95.	39	Brent Lowson	M	Wye Valley Runners	1:36:39	Vet 60 Male	5th
96.	145	Sian Champken	F	Wye Valley Runners	1:37:47	Vet 50 Female	3rd
97.	137	Dale G	M		1:37:47	Senior Male	22nd
98.	149	Gemma Davies	F	Croft Ambrey RC	1:38:07	Vet 40 Female	7th
99.	129	Sue Purvin	F		1:38:07	Vet 60 Female	2nd
100.	110	Lisa Gray	F		1:38:25	Vet 50 Female	4th
101.	2	Stephen Hobson	M	Hereford Couriers	1:38:37	Vet 60 Male	6th
102.	143	Chris Tipping	M		1:38:51	Vet 40 Male	16th
103.	73	Lianne Rollinson	F	Builth & District Running Club	1:39:24	Vet 35 Female	4th
104.	84	Melanie Graham	F	Builth & District Running Club	1:39:24	Vet 60 Female	3rd
105.	111	Richard Tyler	M	Hereford Couriers	1:39:36	Vet 65 Male	3rd
106.	17	Keri Oldaker	F		1:41:33	Vet 40 Female	8th
107.	72	Hugh Sweet-Escott	M	Ledbury & District Harriers	1:42:00	Vet 65 Male	4th
108.	151	Victoria Band	F	Ledbury Harriers	1:42:19	Vet 45 Female	5th
109.	87	Jennifer Rogers	F		1:42:48	Vet 35 Female	5th
110.	64	Samantha Stacey	F	Hereford Couriers	1:43:39	Vet 40 Female	9th
111.	11	Debbie Davies	F		1:43:46	Vet 40 Female	10th
112.	49	Andrew Grundy	M	Abductees	1:43:50	Senior Male	23rd
113.	70	Hannah Campbell	F	Hereford Couriers	1:44:12	Senior Female	14th
114.	108	Sian Aubrey	F	Ledbury & District Harriers	1:44:30	Vet 35 Female	6th
115.	98	Beth Lillington	F		1:45:09	Senior Female	15th
116.	126	Adam Mitchell-Haywood	M	Hereford Couriers	1:45:18	Vet 40 Male	17th
117.	97	Zoe Morris	F		1:45:51	Senior Female	16th
118.	66	Hayley Colebatch	F	Croft Ambrey RC	1:47:52	Vet 35 Female	7th
119.	51	Clare Preece	F	Croft Ambrey RC	2:00:16	Vet 50 Female	5th
120.	131	Claire Meredith	F		2:03:51	Vet 40 Female	11th
121.	113	Gary Brewster	M	Llisbury Runners	2:03:54	Senior Male	24th
122.	25	John Noonan	M	Hereford Couriers	2:05:37	Vet 60 Male	7th
123.	96	Edward Nawrat	M		2:08:09	Vet 65 Male	5th
124.	63	Liz Fishpool	F	Hereford Couriers	2:15:27	Senior Female	17th
125.	8	Suzy Siddall	F	Hereford Couriers	2:16:00	Vet 35 Female	8th

Number of Records: 125

