



Age Category Results

Place	Bib	Name	Club	Time
Senior Female				
1.	115	Jess Sullivan	Hereford Couriers	1:16:14
2.	28	Laura Hands	Hereford Couriers	1:16:25
3.	85	Aiveen Digby	Malvern Joggers	1:18:09
4.	82	Lucy Jarvis	Hereford Couriers	1:19:12
5.	155	Abi Knight	Hereford Couriers	1:22:16
6.	109	Lara Seal		1:22:28
7.	68	Georgie Ormandy		1:25:31
8.	69	Jess Longley		1:26:07
9.	91	Amber Knott	Malvern Joggers	1:28:11
10.	153	Lucy Wilding	Croft Ambrey RC	1:29:17
11.	15	Jemma Bow		1:30:37
12.	75	Hollie Francis	Hereford Couriers	1:33:07
13.	132	Katherine Axten		1:35:12
14.	70	Hannah Campbell	Hereford Couriers	1:44:12
15.	98	Beth Lillington		1:45:09
16.	97	Zoe Morris		1:45:51
17.	63	Liz Fishpool	Hereford Couriers	2:15:27
Vet 35 Female				
1.	95	Donna Morris	Builth & District Running Club	1:02:10
2.	148	Kelly Bowen	Croft Ambrey RC	1:09:49
3.	5	Amy Smith	Hereford Couriers	1:21:48
4.	73	Lianne Rollinson	Builth & District Running Club	1:39:24
5.	87	Jennifer Rogers		1:42:48
6.	108	Sian Aubrey	Ledbury & District Harriers	1:44:30
7.	66	Hayley Colebatch	Croft Ambrey RC	1:47:52
8.	8	Suzy Siddall	Hereford Couriers	2:16:00
Vet 40 Female				
1.	36	Clare Mallender	Hereford Couriers	1:15:42
2.	138	Emma Stewardson	Ludlow Runners	1:19:05
3.	134	Joanne Tilby	Croft Ambrey RC	1:19:58
4.	140	Emma Cleal	Hay Hotfooters	1:23:26
5.	141	Jacqueline Spencer	Black Pear Joggers	1:31:52
6.	65	Kate Backhouse	Ledbury & District Harriers	1:35:41
7.	149	Gemma Davies	Croft Ambrey RC	1:38:07
8.	17	Keri Oldaker		1:41:33
9.	64	Samantha Stacey	Hereford Couriers	1:43:39
10.	11	Debbie Davies		1:43:46
11.	131	Claire Meredith		2:03:51
Vet 45 Female				
1.	7	Joanna Eddy	Hereford Couriers	1:11:43
2.	13	Becki Ansfeld	Wye Valley Runners	1:18:56





Age Category Results

Place	Bib	Name	Club	Time
3.	38	Lisa Ruck	Hereford Couriers	1:26:08
4.	78	Christelle Dumond		1:33:52
5.	151	Victoria Band	Ledbury Harriers	1:42:19

Vet 50 Female

1.	150	Jo Marriott	Croft Ambrey RC	1:19:25
2.	117	Emma Gwynne		1:23:42
3.	145	Sian Champken	Wye Valley Runners	1:37:47
4.	110	Lisa Gray		1:38:25
5.	51	Clare Preece	Croft Ambrey RC	2:00:16

Vet 55 Female

1.	121	Ann Pritchard	Hereford Couriers	1:24:39
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Vet 60 Female

1.	41	Nikki Childs		1:30:59
2.	129	Sue Purvin		1:38:07
3.	84	Melanie Graham	Builth & District Running Club	1:39:24

Senior Male

1.	144	Matthew Rees		53:42
2.	30	Owen Graham	Hereford Couriers	57:22
3.	45	Declan Miller	Western Tempo	59:18
4.	104	Andy Raynor	Forest of Dean AC	59:33
5.	9	Ross Cameron	Hereford Couriers	1:00:34
6.	133	Ryan Cullen	Pontypridd Roadents AC	1:00:41
7.	6	Luke Mason	Hereford Couriers	1:01:12
8.	123	Ryan Lawrence	Hereford Couriers	1:02:11
9.	106	Henry Pugh	Malvern Joggers	1:03:23
10.	24	Harry Woodhouse	Hereford Couriers	1:06:16
11.	34	Richard Bullass	Builth & District Running Club	1:06:42
12.	23	Lea Wood	Wye Valley Runners	1:08:22
13.	125	Oliver Steels		1:08:43
14.	128	Kieran Merrick	Hereford Couriers	1:11:54
15.	105	Kevin Kerrigan		1:12:43
16.	80	Thomas Buckley		1:15:40
17.	114	Ben Brown	Hereford Couriers	1:18:36
18.	101	Daniel Mapp	Hereford Couriers	1:21:22
19.	58	Christian Mason		1:23:49
20.	1	Max Gee	Croft Ambrey RC	1:27:12
21.	139	Adie Dunsdon		1:30:22
22.	137	Dale G		1:37:47
23.	49	Andrew Grundy	Abductees	1:43:50
24.	113	Gary Brewster	Llisbury Runners	2:03:54

Vet 40 Male





Age Category Results

Place	Bib	Name	Club	Time
1.	52	Chris Grubb	Ledbury & District Harriers	58:04
2.	154	Hayd Oreilly	Builth & District	1:05:30
3.	130	Peter Staniland		1:06:47
4.	93	Martin Williams	Ledbury & District Harriers	1:08:10
5.	124	Andrew Wathen		1:13:50
6.	100	James O'Brien	Hereford Couriers	1:15:34
7.	16	Rob Williams		1:17:37
8.	67	Phil Parry	Hereford Couriers	1:19:18
9.	142	Robert Howells		1:20:39
10.	152	Rob Saunders	Builth & District	1:20:48
11.	79	Benjamin Montilla	London Heathside	1:22:44
12.	103	Richard Burke		1:22:56
13.	88	Craig Price		1:29:06
14.	71	David Hopkins		1:31:47
15.	33	Stuart Taylor	Hereford Couriers	1:35:02
16.	143	Chris Tipping		1:38:51
17.	126	Adam Mitchell-Haywood	Hereford Couriers	1:45:18

Vet 45 Male

1.	120	Jamie Shingler	Ludlow Runners	59:05
2.	4	Colin Lambourne	Hereford Couriers	1:07:43
3.	77	Stephen Clarke	Redditch Tri Club	1:11:18
4.	74	Scott Neil		1:11:51
5.	81	Mark Wrathall	Hereford Couriers	1:35:32

Vet 50 Male

1.	76	Barry Reynolds	Hereford Couriers	1:01:22
2.	27	Mark Hookins	Hereford Couriers	1:18:39
3.	119	Jason Garrahan		1:20:08
4.	48	David Green	Hereford Couriers	1:20:19
5.	92	Ian Phillips		1:32:16

Vet 55 Male

1.	147	Jeremy Mower	Gloucester AC	1:02:56
2.	19	Martin Carter	Hereford Couriers	1:11:31
3.	112	Robert Gilligan	Wye Valley Runners	1:15:32
4.	127	David Williams	Hereford Couriers	1:15:58
5.	107	Peter Darwen	Black Pear Joggers	1:17:04
6.	43	Jonathan Davey	Hereford Couriers	1:18:37
7.	50	Roland Preece	Croft Ambrey RC	1:18:43
8.	12	Steve Roode	Lonely Goat	1:25:34
9.	102	Adrian Eddy	Hereford Couriers	1:30:23
10.	136	Simon Oliver	Wye Valley Runners	1:34:26

Vet 60 Male

1.	31	Robert Connell	Hereford Couriers	1:18:53
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Age Category Results

Place	Bib	Name	Club	Time
2.	116	Peter Carwardine	Hereford Couriers	1:21:48
3.	86	James Vidler	Wye Valley Runners	1:21:57
4.	146	Huw Williams	Croft Ambrey RC	1:32:21
5.	39	Brent Lowson	Wye Valley Runners	1:36:39
6.	2	Stephen Hobson	Hereford Couriers	1:38:37
7.	25	John Noonan	Hereford Couriers	2:05:37

Vet 65 Male

1.	3	Robert Benjamin		1:19:06
2.	42	John Bilbao		1:33:27
3.	111	Richard Tyler	Hereford Couriers	1:39:36
4.	72	Hugh Sweet-Escott	Ledbury & District Harriers	1:42:00
5.	96	Edward Nawrat		2:08:09

Vet 70 Male

1.	89	Mike Shaw		1:27:20
2.	94	Owen Cooper	Builth & District Running Club	1:31:34

Number of records: 125

