

Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Age Cat Rank
1	62	Eric Apperley	M	Croft Ambrey RC	35:19	Senior Male	1st
2	10	Luke Mason	M	Hereford Couriers	35:19	Senior Male	2nd
3	75	Donna Morris	F	Builth & District	36:25	Vet 35 Female	1st
4	49	Darryl Carter	M	Defra AC	38:03	Vet 45 Male	1st
5	29	Fern Cotterill	F		39:18	Vet 35 Female	2nd
6	65	Mark Sharples	M		39:26	Vet 40 Male	1st
7	7	Ryan Burkin	M		39:45	Senior Male	3rd
8	17	Todd Wright	M		39:56	Senior Male	4th
9	42	Evie Hawkesford - Johnson	F	Worcester AC	40:47	Female Under 20	1st
10	52	Sophie Cook	F	Builth & District	41:06	Vet 40 Female	1st
11	53	Steve Partridge	M	Croft Ambrey RC	41:30	Vet 40 Male	2nd
12	41	Martin Carter	M	Hereford Couriers	41:36	Vet 55 Male	1st
13	43	Richard Flutter	M	Meirionnydd Running Club	42:02	Vet 50 Male	1st
14	16	John Bateman	M	Run Academy Worthing	42:34	Vet 65 Male	1st
15	8	Paul Millsom	M	Vegan Runners UK	42:46	Vet 65 Male	2nd
16	59	Sophie Hacking	F		42:47	Senior Female	1st
17	44	Mark Heath	M	Hereford Couriers	43:00	Vet 60 Male	1st
18	40	Jonathan Davey	M	Hereford Couriers	43:05	Vet 55 Male	2nd
19	57	Alex Lane	M		43:06	Vet 40 Male	3rd
20	51	Kate Jones	F	Builth and District Running Club	43:07	Senior Female	2nd
21	50	Steven Mesham	M	Presteigne Pacers	44:27	Vet 50 Male	2nd
22	48	Mark Hookins	M	Hereford Couriers	45:13	Vet 55 Male	3rd
23	18	Aimee Holman	F	Bridgnorth Running Club	45:19	Vet 40 Female	2nd
24	13	Laura Hands	F	Hereford Couriers	45:21	Senior Female	3rd
25	76	Angus Kirby	M	Ludlow Runners	45:30	Vet 55 Male	4th
26	15	Christina Pinto-Pearson	F	Stroud & District AC	45:36	Vet 40 Female	3rd
27	63	Roland Preece	M	Croft Ambrey RC	45:48	Vet 55 Male	5th



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28	30	Joanne Tilby	F	Croft Ambrey RC	45:49	Vet 40 Female	4th
29	45	Sarah Askey	F	Hereford Couriers	46:01	Vet 55 Female	1st
30	69	Liam Clancy	M		46:13	Senior Male	5th
31	56	Daniel Brazier	M	Croft Ambrey RC	46:24	Senior Male	6th
32	77	Ben Williams	M		46:27	Senior Male	7th
33	5	Lisa Yeomans	F	Telford Harriers	46:29	Vet 50 Female	1st
34	61	Mike Howard	M		46:32	Vet 40 Male	4th
35	54	Kieran Merrick	M	Hereford Couriers	47:34	Senior Male	8th
36	55	Paul Cooke	M		47:34	Vet 50 Male	3rd
37	35	Laura Bennett	F		47:47	Vet 35 Female	3rd
38	33	Harry C	M		47:57	Senior Male	9th
39	26	Jake Pugh	M		48:23	Senior Male	10th
40	47	Guy Jenkins	M	Hereford Couriers	48:55	Vet 60 Male	2nd
41	38	Howard Verran	M	Croft Ambrey RC	49:03	Vet 45 Male	2nd
42	20	Emma PRICE	F		49:46	Senior Female	4th
43	25	Rachel Bradbury	F	Builth & District Running Club	50:17	Vet 40 Female	5th
44	74	Isabelle Robinson	F	Builth & District	50:21	Senior Female	5th
45	70	Patryk Chapman	M	Hereford Couriers	50:33	Male Under 20	1st
46	64	Bronwyn Preece	F	Croft Ambrey RC	50:38	Senior Female	6th
47	21	Rebecca Cooke	F		50:54	Senior Female	7th
48	72	Martin Flowers	M	Wye Valley Runners	51:12	Vet 65 Male	3rd
49	27	Mark Johnson	M	Lone Goat Running Club	52:00	Vet 60 Male	3rd
50	60	Ben James	M	Hereford Couriers	52:13	Vet 40 Male	5th
51	71	Kirsty Hatcher	F	Vegan Runners UK	53:40	Vet 35 Female	4th
52	34	Jimmy C	M		54:29	Vet 60 Male	4th
53	46	Melanie Graham	F	Builth & District Running Club	54:47	Vet 60 Female	1st
54	12	Suzanne Kendrick	F	Rhayader Eunning Club	55:27	Vet 60 Female	2nd



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55	9	Lesley Ashton	F	Vegan Runners UK	56:08	Vet 60 Female	3rd
56	24	Nicola Kelly	F	Builth & District Running Club	56:51	Vet 50 Female	2nd
57	31	Suzanne Purvin	F	Croft Ambrey RC	57:09	Vet 60 Female	4th
58	37	Elizabeth Tindle	F	Halesowen ACC	57:32	Vet 60 Female	5th
59	28	Esther Johnson	F		57:44	Senior Female	8th
60	6	Clare Preece	F	Croft Ambrey RC	58:03	Vet 50 Female	3rd
61	11	Samantha Coxshall	F	Presteigne Pacers	58:46	Vet 35 Female	5th
62	73	Christopher Wayman	M		59:06	Senior Male	11th
63	19	Deborah Hawker	F	Hereford Couriers	1:01:41	Vet 45 Female	1st
64	4	Tania Willoughby	F	Telford Harriers	1:03:02	Vet 60 Female	6th
65	66	Helen McCarthy	F	Croft Ambrey RC	1:04:28	Vet 60 Female	7th
66	1	John Noonan	M	Hereford Couriers	1:08:51	Vet 60 Male	5th
67	67	Alison Apperley	F	Croft Ambrey RC	1:20:43	Vet 55 Female	2nd
68	58	Adam Mitchell-Haywood	M	Hereford Couriers	1:20:44	Vet 40 Male	6th

Number of Records: 68

