

Series Standings After Race 3

Bib	Name	Gender	Club	Time R1	Points R1	Time R2	Points R2	Time R3	Points R3	Points Total after Race 3
365	Robin Woods	M	Builth and District	27:35	1	27:55	1	26:36	2	4
120	Eric Apperley	M	Croft Ambrey RC	28:22	7	28:34	2	27:20	3	12
152	Gareth Leek	M	Croft Ambrey RC	28:11	5	29:00	4	27:43	4	13
40	Jamie Shingler	M	Ludlow Runners	29:19	10	29:13	6	27:50	5	21
385	Gavin Jones	M	Monross Trailblazers	29:37	12	29:44	7	28:28	9	28
263	Ryan Knight	M	Hereford Couriers RC	29:31	11	30:18	10	28:38	10	31
261	Scott Kennedy	M	Hereford Couriers RC	30:25	13	31:06	11	29:48	15	39
266	Ryan Lawrence	M	Hereford Couriers RC	30:54	16	32:27	16	30:07	18	50
275	William Morris	M	Hereford Couriers RC	30:49	15	32:28	17	30:48	19	51
322	Richard Edwards	M	Builth and District	31:42	22	31:41	14	29:51	16	52
90	Peter Koval	M	Hereford Triathlon Club	31:12	18	32:13	15	31:13	20	53
319	Rhys Davies	M	Builth and District	32:48	27	33:15	22	31:41	22	71
53	Claire Thomas	F	Ludlow Runners	33:05	29	33:27	23	31:53	24	76
178	Nigel Taylor	M	Croft Ambrey RC	32:53	28	34:09	30	31:55	25	83
140	Dave George	M	Croft Ambrey RC	33:07	30	34:01	28	32:20	28	86
269	Martin Lloyd	M	Hereford Couriers RC	33:13	34	34:18	32	32:29	30	96
357	Matthew Sullivan	M	Builth and District	33:50	41	33:55	27	32:34	32	100
293	Daniel Spear	M	Hereford Couriers RC	33:20	36	34:43	38	33:07	36	110
377	Richard Bevan	M	Monross Trailblazers	34:06	42	34:47	39	32:53	35	116
100	Andy Taylor	M	Hereford Triathlon Club	34:28	46	35:02	42	33:43	41	129
347	Josh Price	M	Builth and District	34:32	48	35:13	43	33:20	40	131
346	Gareth Price	M	Builth and District	34:33	49	35:26	44	33:17	38	131
235	Martin Carter	M	Hereford Couriers RC	35:02	53	35:28	46	33:18	39	138
394	Grant White	M	Monross Trailblazers	35:10	57	36:01	51	32:44	34	142
330	Dai Harris	M	Builth and District	34:48	52	34:49	41	34:48	50	143
109	Gareth Lloyd	M	Presteigne Pacers	35:20	60	35:29	47	34:07	43	150
352	Joanne Rees	F	Builth and District	35:06	54	36:01	54	34:46	48	156
334	Kate Jones	F	Builth and District	35:25	61	36:07	52	35:00	54	167
15	Amy Fulford	F	Ludlow Runners	35:51	64	36:47	57	35:07	55	176
317	Sophie Cook	F	Builth and District	35:44	62	36:37	55	35:49	61	178
17	Tim Giles	M	Ludlow Runners	36:18	69	37:02	59	34:49	51	179

403	Niall Considine	M	Wye Valley Runners	35:56	65	37:19	62	34:55	53	180
125	Kelly Bowen	F	Croft Ambrey RC	36:03	67	37:11	61	35:32	59	187
160	Lee Monks	M	Croft Ambrey RC	35:11	58	36:54	58	37:04	77	193
279	Christina Plant	F	Hereford Couriers RC	36:49	72	37:32	64	35:51	62	198
292	Ellie Smithers	F	Hereford Couriers RC	35:58	66	37:50	67	36:03	67	200
36	Iain Prentice	M	Ludlow Runners	36:58	73	37:42	65	36:03	66	204
207	Robert Gilligan	M	Wye Valley Runners	37:18	75	37:54	68	36:21	70	213
216	Amelia Louth	F	Wye Valley Runners	37:26	77	39:03	75	37:15	79	231
364	Gareth Wood	M	Builth and District	37:54	84	39:06	78	36:26	71	233
34	Thomas Powell	M	Ludlow Runners	37:50	81	39:03	76	37:38	82	239
110	Steve Mesham	M	Presteigne Pacers	38:29	93	38:39	71	36:53	75	239
126	Daniel Brazier	M	Croft Ambrey RC	38:33	95	39:00	73	36:34	72	240
177	Neil Taylor	M	Croft Ambrey RC	38:42	96	39:53	83	36:10	68	247
371	Kate Green	F	Ledbury Harriers	37:52	82	39:04	77	38:03	90	249
179	Jo Tilby	F	Croft Ambrey RC	38:31	94	40:19	87	36:49	74	255
300	David Williams	M	Hereford Couriers RC	37:53	83	39:40	82	38:09	92	257
167	Thea Preece	F	Croft Ambrey RC	37:57	85	39:36	81	38:13	94	260
23	Russell Limbert	M	Ludlow Runners	40:13	104	40:55	92	37:32	81	277
170	Roland Preece	M	Croft Ambrey RC	38:08	88	40:08	85	40:25	110	283
157	Jo Marriott	F	Croft Ambrey RC	40:01	102	40:30	88	38:53	96	286
199	Lynne Compton	F	Wye Valley Runners	40:24	106	40:39	89	39:18	97	292
155	Steph Main	F	Croft Ambrey RC	40:38	110	40:44	90	40:00	105	305
65	Kate Platt	F	Hay Hotfooters	41:04	113	41:39	98	39:46	101	312
171	Ian Price	M	Croft Ambrey RC	40:25	107	42:08	107	40:27	111	325
313	Rachel Bradbury	F	Builth and District	41:23	120	41:35	96	40:49	112	328
223	Lorna Shaw	F	Wye Valley Runners	41:11	116	42:02	106	40:12	107	329
360	Gunvor Troelsen	F	Builth and District	41:53	129	41:53	103	39:54	103	335
99	Mike Shaw	M	Hereford Triathlon Club	41:09	115	41:54	104	41:29	118	337
62	Sara Lake	F	Hay Hotfooters	41:20	118	42:02	105	41:15	115	338
378	Lucia Demkova	F	Monross Trailblazers	41:32	121	42:35	112	40:54	113	346
180	Howard Verran	M	Croft Ambrey RC	42:06	131	43:24	118	40:13	108	357
43	Emma Stewardson	F	Ludlow Runners	42:23	135	42:29	111	41:19	117	363
329	Phillip Harris	M	Builth and District	41:22	119	43:49	123	42:05	128	370

9	Peter Cartwright	M	Ludlow Runners	41:50	126	43:53	124	41:35	120	370
215	Ralph Lloyd	M	Wye Valley Runners	41:46	125	42:55	115	42:36	132	372
121	Liza Austin	F	Croft Ambrey RC	41:51	127	43:58	125	41:53	126	378
143	Samantha Harper	F	Croft Ambrey RC	41:52	128	43:39	121	42:15	130	379
33	Saul Phillips	M	Ludlow Runners	43:30	152	44:04	126	39:46	102	380
185	Rob Wood	M	Croft Ambrey RC	42:57	147	43:08	116	41:52	125	388
203	Jo Ellis	F	Wye Valley Runners	42:43	141	44:47	131	42:20	131	403
94	Deanna Mammatt	F	Hereford Triathlon Club	43:32	153	44:24	129	41:58	127	409
227	Gordon Truluck	M	Wye Valley Runners	42:38	139	46:16	138	45:29	144	421
104	Jamie Cook	M	Presteigne Pacers	43:47	157	45:04	133	43:59	139	429
273	Adam Mitchell-Haywood	M	Hereford Couriers RC	45:09	167	46:39	139	45:00	143	449
10	Tina Cartwright	F	Ludlow Runners	46:00	172	48:38	150	46:12	152	474
174	Louise Reeves	F	Croft Ambrey RC	46:38	179	48:30	148	46:24	154	481
186	Sue Wood	F	Croft Ambrey RC	47:38	182	48:02	144	47:32	158	484
118	Sahrah Wilding	F	Presteigne Pacers	47:08	180	48:42	151	46:59	156	487
183	Huw Williams	M	Croft Ambrey RC	48:16	185	48:28	147	47:14	157	489
253	Stephen Hobson	M	Hereford Couriers RC	50:23	200	49:49	157	45:31	145	502
141	Lisa Gray	F	Croft Ambrey RC	50:46	202	48:30	149	46:17	153	504
63	Tina Lavelle	F	Hay Hotfooters	48:36	190	50:35	160	47:43	160	510
362	Izzy Watts	F	Builth and District	48:20	186	50:14	159	49:26	167	512
131	Gemma Davies	F	Croft Ambrey RC	48:34	189	51:08	162	48:35	163	514
396	Olivia Watts	F	Builth and District	54:48	214	47:35	141	48:55	165	520
64	Alan Nicholls	M	Hay Hotfooters	49:45	197	51:55	165	49:00	166	528
348	Hayley Price	F	Builth and District	50:17	198	51:20	163	49:34	168	529
169	Clare Preece	F	Croft Ambrey RC	50:55	204	53:49	169	52:22	172	545
132	Tom Davies	M	Croft Ambrey RC	55:32	217	57:23	175	53:56	174	566
25	Sybil Marsh	F	Ludlow Runners	55:59	218	58:31	176	55:11	178	572
276	John Noonan	M	Hereford Couriers RC	1:00:48	223	01:10:42	178	58:20	180	581
156	Bryan Markham	M	Croft Ambrey RC	1:02:00	225	01:12:57	179	01:09:33	181	585