

## Race 1 - Wave 1 Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Wave
1.	308	Charlie Jones	M	Western Tempo	15:18	SM	1st	Wave 1
2.	298	Oliver Blake	M	Oswestry Olympians	15:19	SM	2nd	Wave 1
3.	7	Alastair Cambell	M	Stroud & District AC	15:31	SM	3rd	Wave 1
4.	228	Jon Bowie	M	Shrewsbury AC	15:36	VetM40	1st	Wave 1
5.	377	Daniel Bodman	M	Parc Bryn Bach Running	15:43	SM	4th	Wave 1
6.	219	Eliot Taylor	M	Western Tempo	15:55	SM	5th	Wave 1
7.	54	Sam Butler	M	Western Tempo	15:57	SM	6th	Wave 1
8.	385	Tony Farnsworth	M	Worcester AC	15:58	SM	7th	Wave 1
9.	108	Matthew Verran	M	Swansea Harries	16:03	SM	8th	Wave 1
10.	337	Louie Lambeth	M	Wolverhampton & Bilston	16:04	MU20	1st	Wave 1
11.	159	Chris Grubb	M	Ledbury & District Harriers	16:07	VetM40	2nd	Wave 1
12.	128	Matthew Jones	M	Brecon AC	16:09	VetM40	3rd	Wave 1
13.	184	Lee Aherne	M	Parc Bryn Bach Running	16:12	VetM55	1st	Wave 1
14.	282	Daniel Turner	M	Lawley Running Club	16:14	SM	9th	Wave 1
15.	388	Kristan McKenna	M		16:17	VetM40	4th	Wave 1
16.	355	Henry White	M	Halo Sports Foundation	16:17	MU15	1st	Wave 1
17.	316	Marcus Bennetto	M	Forest of Dean AC	16:19	SM	10th	Wave 1
18.	244	Eric Apperley	M	Croft Ambrey RC	16:25	SM	11th	Wave 1
19.	176	Peter Woodward	M	Forest of Dean AC	16:27	SM	12th	Wave 1
20.	62	Thomas Birley	M	Worcester AC	16:29	MU20	2nd	Wave 1
21.	262	Huw Evans	M	Parc Bryn Bach Running	16:30	VetM50	1st	Wave 1
22.	255	Connor Middleton	M	Shrewsbury AC	16:32	SM	13th	Wave 1
23.	389	David Johnson	M	Western Tempo	16:35	VetM40	5th	Wave 1
24.	64	Tim Iveson	M	Builth & District Running Club	16:38	VetM40	6th	Wave 1
25.	392	Alex Logan	M	Ludlow Runners	16:40	VetM40	7th	Wave 1
26.	241	Alexander Hills	M	Worcester AC	16:43	SM	14th	Wave 1
27.	14	Luke Gray	M	Monross Trailblazers	16:50	SM	15th	Wave 1
28.	381	Joseph James Reardon	M		16:53	MU20	3rd	Wave 1
29.	321	Joel Frost	M		16:56	SM	16th	Wave 1
30.	333	Ryan Knight	M	Hereford Couriers	17:02	SM	17th	Wave 1
31.	58	Owen Graham	M	Hereford Couriers	17:03	SM	18th	Wave 1
32.	379	Stuart Nash	M	Chepstow Harriers	17:04	VetM40	8th	Wave 1
33.	205	Sean Taylor	M	Torfaen Runners	17:07	VetM45	1st	Wave 1
34.	378	Oscar Nash	M	Newport Harriers	17:12	MU15	2nd	Wave 1
35.	124	Phil Morris	M	Builth & District	17:15	VetM40	9th	Wave 1
36.	175	Ross Cameron	M	Hereford Couriers	17:16	SM	19th	Wave 1
37.	86	James Rose	M	Severn AC	17:22	VetM40	10th	Wave 1
38.	48	Steven Harris	M	Forest of Dean AC	17:23	VetM45	2nd	Wave 1
39.	310	Nathan Bradford	M		17:24	VetM40	11th	Wave 1
40.	245	Steven Flowers	M	Wye Valley Runners	17:27	SM	20th	Wave 1
41.	17	Luke Mason	M	Hereford Couriers	17:28	SM	21st	Wave 1
42.	102	Steve Rooke	M	Ledbury & District Harriers	17:29	VetM50	2nd	Wave 1
43.	164	Archie Fox	M	Severn AC	17:30	SM	22nd	Wave 1
44.	354	James Morgan	M	Western Tempo	17:33	VetM40	12th	Wave 1
45.	209	Scott Jones	M	Croft Ambrey RC	17:33	MU20	4th	Wave 1



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46.	109	Donna Morris	F	Builth & District Running Club	17:33	VetF35	1st	Wave 1
47.	391	Rob Nicholls	M	Spirit Of Monmouth	17:34	SM	23rd	Wave 1
48.	234	Matthew Wooden	M	Shrewsbury AC	17:36	SM	24th	Wave 1
49.	212	Jonathan Floyd	M	Western Tempo	17:39	VetM40	13th	Wave 1
50.	398	Rob Bowery	M	Black pear joggers	17:41	VetM45	3rd	Wave 1
51.	279	Chris Attwood	M	Black Pear Joggers	17:48	VetM45	4th	Wave 1
52.	382	Lucas Salvage	M	Newport Harriers	17:51	MU15	3rd	Wave 1
53.	65	Stephen Snead	M	Cleobury Mortimer Running	17:51	VetM50	3rd	Wave 1
54.	295	Darren Broady	M	Western Tempo	17:53	SM	25th	Wave 1
55.	31	Ben Skinner	M	Hereford Couriers	17:57	SM	26th	Wave 1
56.	99	Harry Woodhouse	M	Hereford Couriers	18:01	SM	27th	Wave 1
57.	13	Mark Killeen	M	Monross Trailblazers	18:02	SM	28th	Wave 1
58.	504	Mark Howard	M		18:02	SM	29th	Wave 1
59.	290	Ryan Lawrence	M	Hereford Couriers	18:05	SM	30th	Wave 1
60.	177	David Bannister	M	Ledbury & District Harriers	18:10	VetM45	5th	Wave 1
61.	347	Jasper Robinson	M	Croft Ambrey RC	18:13	SM	31st	Wave 1
62.	44	Dan Phillips	M	Hereford Couriers	18:17	VetM40	14th	Wave 1
63.	76	David Clarke	M	Severn AC	18:18	VetM50	4th	Wave 1
64.	171	David Gresswell	M	Gloucester AC	18:18	VetM55	2nd	Wave 1
65.	253	William Morris	M	Hereford Couriers	18:20	SM	32nd	Wave 1
66.	271	Peter Carmichael	M	Western Tempo	18:22	SM	33rd	Wave 1
67.	345	Vaughn Hughes	M	Newport Harriers	18:24	MU15	4th	Wave 1
68.	394	Gavin McCaugherty	M		18:27	VetM40	15th	Wave 1
69.	191	Paul Dodd	M	Chepstow Harriers	18:28	VetM60	1st	Wave 1
70.	98	Lea Wood	M	Wye Valley Runners	18:28	SM	34th	Wave 1
71.	140	Louis Ansfield	M	Hereford & County AC	18:28	MU15	5th	Wave 1
72.	281	Martin Soakell	M	Western Tempo	18:34	VetM45	6th	Wave 1
73.	272	Natasha White	F	Northbrook AC	18:35	VetF35	2nd	Wave 1
74.	47	Samantha Harris	F	Forest of Dean AC	18:37	VetF40	1st	Wave 1
75.	342	Ross Howells	M	Chepstow Harriers	18:43	SM	35th	Wave 1
76.	136	Rachel Underhill	F	Western Tempo	18:44	SF	1st	Wave 1
77.	70	Paul Kemp	M	Wye Valley Runners	18:44	VetM45	7th	Wave 1
78.	374	Cai Rees	M	Hereford & County AC	18:46	MU17	1st	Wave 1
79.	73	Neil Grinnell	M	Ledbury & District Harriers	18:46	VetM45	8th	Wave 1
80.	141	Evie	F	Worcester AC	18:54	FU20	1st	Wave 1
81.	270	Leyton Fleet	M	Forest of Dean AC	18:56	VetM50	5th	Wave 1
82.	299	Richard Pegler	M	Forest of Dean AC	18:58	VetM45	9th	Wave 1
83.	320	Charlie Marshall	M	Western Tempo	19:04	SM	36th	Wave 1
84.	280	Daniel Scolari	M	Black Pear Joggers	19:12	SM	37th	Wave 1
85.	152	Alex Jenkins	M	Severn AC	19:14	SM	38th	Wave 1
86.	336	Miles Clark	M		19:15	SM	39th	Wave 1
87.	368	Simon Norwood	M	Croft Ambrey RC	19:24	VetM50	6th	Wave 1
88.	115	Niki Morgan	F	Chepstow Harriers	19:26	VetF55	1st	Wave 1
89.	107	William Gore	M	Hereford Couriers	19:28	SM	40th	Wave 1
90.	186	Julian Boon	M	Forest of Dean AC	19:35	VetM50	7th	Wave 1



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91.	85	Brandon Adams	M	Hereford Couriers	19:41	SM	41st	Wave 1
92.	304	Sabrina Thomas	F	Wolverhampton & Bilston	19:44	VetF35	3rd	Wave 1
93.	230	Kevin Kerrigan	M	Hereford Couriers	19:46	SM	42nd	Wave 1
94.	512	David Lander	M		20:00	VetM55	3rd	Wave 1
95.	387	Paul Davies	M	Wye Valley Runners	20:06	VetM50	8th	Wave 1
96.	380	Stephen Hale	M	Severn AC	20:11	VetM40	16th	Wave 1
97.	513	Samuel Griffiths	M		20:22	SM	43rd	Wave 1
98.	301	David Klotz	M	Wye Valley Runners	20:23	VetM40	17th	Wave 1

Number of Records: 98

