

## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Ran
1.	194	William Morris	M	Hereford Couriers	38:04	Senior Male	1st
2.	336	Matt James	M	Hereford Couriers	38:49	Senior Male	2nd
3.	339	Carl Salmon	M	Malvern Buzzards Running Club	39:07	Senior Male	3rd
4.	329	Ryan Lawrence	M	Hereford Couriers	39:37	Senior Male	4th
5.	318	Andrew Skalles	M		39:52	Vet 50 Male	1st
6.	165	Josh Looms	M		39:57	Senior Male	5th
7.	332	Mark Lawlor	M	Birmingham Running Athletics & Triathlon	40:27	Vet 45 Male	1st
8.	343	Jeremy Jehan	M	Wye Valley Runners	41:20	Vet 50 Male	2nd
9.	179	Jake Collinson	M		41:34	Senior Male	6th
10.	319	Tom Newman	M	Caerleon RC	41:36	Vet 45 Male	2nd
11.	148	Neil McNish	M	Hereford Couriers	43:00	Vet 50 Male	3rd
12.	163	Sam Newman	M	Hereford Couriers	44:23	Senior Male	7th
13.	200	Chloe Elliott	F	Salford Metropolitan AC	44:26	Vet 35 Female	1st
14.	328	Archie Goulding	M		44:54	Male Under 17	1st
15.	158	Rich Frape	M	Severn AC	46:20	Vet 45 Male	3rd
16.	178	David Klotz	M	Wye Valley Runners	46:40	Vet 40 Male	1st
17.	316	Paul Cooke	M	Malvern Buzzards Running Club	46:43	Vet 40 Male	2nd
18.	168	Grant White	M	Monross Trailblazers	47:26	Senior Male	8th
19.	303	Melanie Eaton	F		47:39	Vet 50 Female	1st
20.	185	Matthew Winters	M		47:56	Senior Male	9th
21.	333	Artur Przydacki	M		48:11	Vet 40 Male	3rd
22.	306	Ben Humphries	M		48:26	Senior Male	10th
23.	312	Colin Mutton	M	Evolution	49:53	Vet 65 Male	1st
24.	191	Jay Dawson	M	Malvern Buzzards Running Club	50:51	Vet 40 Male	4th
25.	199	James Vidler	M	Wye Valley Runners	51:36	Vet 60 Male	1st
26.	327	Sian Goulding	F		51:39	Vet 45 Female	1st
27.	337	Joe Pye	M		51:58	Senior Male	11th
28.	141	Katy Harper	F		52:37	Vet 35 Female	2nd
29.	325	Brian Tingle	M		53:17	Vet 60 Male	2nd
30.	169	Matthew Webb	M		53:31	Senior Male	12th
31.	198	Susan Baldwin	F	Tewkesbury Running Club	53:55	Vet 60 Female	1st
32.	188	Kipp Martin	M		54:51	Senior Male	13th
33.	187	Cody Martin	M		54:51	Senior Male	14th
34.	338	Lorna Shaw	F	Wye Valley Runners	55:26	Vet 60 Female	2nd
35.	307	Clare Donaldson	F		57:35	Vet 40 Female	1st
36.	180	LAURA GEORGE	F		57:42	Vet 40 Female	2nd
37.	167	Bronwen Tyler-Jones	F	Hereford Couriers	58:04	Vet 50 Female	2nd
38.	164	Debbie Looms	F		58:28	Senior Female	1st
39.	305	Emma Downes	F		58:35	Senior Female	2nd
40.	162	Sam Clement	M		58:41	Senior Male	15th
41.	342	David Rogers	M		58:45	Senior Male	16th
42.	340	Mark Williams	M		59:11	Vet 60 Male	3rd
43.	302	Gerald Gobey	M	Hereford Couriers	59:19	Vet 70 Male	1st



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44.	186	Katherine	F		59:34	Vet 40 Female	3rd
45.	323	Lee Knight	M		59:52	Vet 50 Male	4th
46.	197	Nicola Hall	F		1:00:15	Vet 65 Female	1st
47.	321	Celia Escande	F	Hereford Couriers	1:00:24	Senior Female	3rd
48.	174	Sarah Warren	F		1:00:41	Vet 55 Female	1st
49.	304	Helen Kirk	F		1:01:08	Vet 50 Female	3rd
50.	313	Beth Apperley	F	Hereford Couriers	1:01:09	Senior Female	4th
51.	196	Guy Cooper	M	North Gloucester Orienteering Club	1:01:21	Vet 55 Male	1st
52.	183	Shelley Renwick	F	Running Bear	1:01:50	Vet 50 Female	4th
53.	326	Daniel Newton	M	Pont-Y-Pwl & District Runners	1:02:42	Vet 50 Male	5th
54.	310	Nataliia Ulianchenko	F		1:03:19	Vet 40 Female	4th
55.	166	Moira Kitchen	F	Ross-on-Wye parkrun	1:03:22	Vet 60 Female	3rd
56.	172	Amy Jones	F		1:03:40	Vet 45 Female	2nd
57.	160	Kate Watts	F		1:04:09	Senior Female	5th
58.	309	Philip Powell	M		1:04:44	Vet 70 Male	2nd
59.	317	J Lee	F		1:04:45	Vet 50 Female	5th
60.	155	Chloe Smart	F		1:06:00	Senior Female	6th
61.	156	Craig Hemphill	M		1:06:00	Vet 45 Male	4th
62.	311	Natalie Rogers	F		1:06:06	Senior Female	7th
63.	193	Danielle Brice	F		1:06:24	Senior Female	8th
64.	176	Lora Screen	F		1:06:39	Senior Female	9th
65.	139	Francesca	F		1:07:17	Senior Female	10th
66.	331	Marcin Sokolowski	M		1:07:32	Senior Male	17th
67.	330	Patrick Hales	M		1:07:34	Senior Male	18th
68.	175	Harriet Reynolds	F		1:08:28	Senior Female	11th
69.	173	Joan Martin	F	Girls That Jeff	1:08:40	Vet 55 Female	2nd
70.	308	christopher harrison	M		1:08:49	Vet 80 Male	1st
71.	181	Lindis Fouracre	F		1:09:36	Vet 50 Female	6th
72.	182	Emma Scurrall	F		1:09:36	Vet 45 Female	3rd
73.	161	Bryony Long	F		1:10:06	Vet 40 Female	5th
74.	320	brian Symonds	M	Wye Valley Runners	1:10:45	Vet 80 Male	2nd
75.	170	Mel Preedy	F		1:11:04	Vet 40 Female	6th
76.	171	Andy Jones	M	Gloucester Tri	1:11:08	Vet 45 Male	5th
77.	189	Ian Gray	M		1:12:22	Vet 60 Male	4th
78.	192	Sadie Stowell	F	Malvern Buzzards Running Club	1:12:32	Vet 40 Female	7th
79.	195	Chris Ruck	M	Hereford Couriers	1:13:39	Vet 55 Male	2nd
80.	159	Hannah Forsbrook	F		1:13:54	Vet 35 Female	3rd
81.	301	Dave Hider	M	Wye Valley Runners	1:16:29	Vet 55 Male	3rd
82.	314	Peter Longman	M		1:16:36	Vet 50 Male	6th
83.	315	Sara Longman	F		1:16:37	Vet 50 Female	7th
84.	137	John Noonan	M	Hereford Couriers	1:18:54	Vet 65 Male	2nd
85.	149	mark bennett	M		1:21:29	Vet 50 Male	7th
86.	157	Kerry Mcgavin	F		1:21:33	Vet 45 Female	4th



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87.	150	Bianca Long	F		1:23:54	Vet 40 Female	8th
88.	153	Hillary Clifton	F		1:23:55	Vet 40 Female	9th
89.	152	KAREN CLAYTON	F		1:23:55	Vet 50 Female	8th
90.	154	Genevieve Jensen	F		1:23:56	Vet 45 Female	6th
90.	151	Melanie Russell	F		1:23:56	Vet 45 Female	5th
92.	184	Linda Ingledow	F	Forest of Dean AC	1:25:00	Vet 55 Female	3rd
93.	344	Alex Siresbuk	F		1:27:14	Senior Female	12th
94.	324	Claire Reid	F	Running Bear	1:39:32	Vet 50 Female	9th

Number of Records: 94

