

Age Category Results

Place	Bib	Name	Club	Time
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Senior Female

1.	333	Roxane Woodfield	Croft Ambrey RC	1:15:01
2.	326	Kimberley Langford	Hereford Couriers	1:16:57
3.	252	Thea Preece	Croft Ambrey RC	1:24:45
4.	278	Rebecca Cooke		1:24:59
5.	306	Bronwyn Preece	Croft Ambrey RC	1:25:05
6.	316	Rebecca Baldwin		1:25:19
7.	197	Ruth Elizabeth Richardson	Chepstow Harriers	1:26:19
8.	290	Mhairi Welsh	Hereford & County AC	1:27:05
9.	180	Sarah Turner	Malvern Buzzards Running Club	1:40:36
10.	224	Sarah Jones	Golden Valley Fitness	2:17:56
11.	245	Lucy Bufton	Builth & District Running Club	2:37:20

Vet 35 Female

1.	295	Laura Bennett		1:15:52
2.	239	Amy Smith	Hereford Couriers	1:18:13
3.	175	Barbara Gawlak	Malvern Buzzards Running Club	1:19:45
4.	191	Felicity Caswell		1:23:01
5.	44	Lucinda Lumley	Angels RC	1:23:57
6.	170	Naomi Smith	Malvern Joggers	1:27:52
7.	301	Michelle Kimberley		1:54:48
8.	293	Tsu Law	Black Pear Joggers	1:54:52
9.	226	Caz Jellard		2:18:36
10.	217	Lauri Lloyd	Golden Valley Fitness	2:18:36

Vet 40 Female

1.	54	Joanne Tilby	Croft Ambrey RC	1:18:36
2.	230	Linda Blake	Malvern Buzzards Running Club	1:22:08
3.	324	Becky Fullerton	Chepstow Harriers	1:22:12
4.	271	Caroline Duder	Chepstow Harriers	1:22:34
5.	179	Martha Worthington	Malvern Buzzards Running Club	1:23:28
6.	268	Kate Dolphin	Malvern Buzzards Running Club	1:24:14
7.	283	Susie Hay	Hereford Couriers	1:28:50
8.	284	Helen Ann Heycock		1:28:51
9.	219	Sarah Allan		1:29:31
10.	163	Jennifer Rogers		1:42:55
11.	218	Clare Sage	Golden Valley Fitness	2:18:36
12.	323	Hannah Sage	Golden Valley Fitness	2:18:36
13.	225	Lucie Clewer	Golden Valley Fitness	2:28:37

Vet 45 Female

1.	184	Sarah Bell	Chepstow Harriers	1:05:57
2.	221	Joanna Eddy	Hereford Couriers	1:08:13
3.	322	Clare Mallender	Hereford Couriers	1:15:29
4.	311	Joanne Williams	Kidderminster and Stourport AC	1:27:18





Age Category Results

Place	Bib	Name	Club	Time
5.	60	Vicky Jones	Crickhowell Running Club	1:28:08
6.	242	Pamela Suter	Chepstow Harriers	1:33:06
7.	228	Sarah Cuddy	Malvern Buzzards Running Club	1:35:48
8.	194	Jenny Clee	Kidderminster and Stourport AC	1:35:49
9.	253	Samantha Harper	Croft Ambrey RC	1:38:12
10.	231	Jacqui Wilson	Malvern Buzzards Running Club	1:40:36
11.	209	Kasia Nadzieja		1:42:25
12.	330	Zoe Dyer	Hereford Couriers	1:42:47
13.	83	Jadu Sheridan	Lonely Goat Running Club	2:04:46
14.	216	Tina Pritchard	Golden Valley Fitness	2:18:20
15.	215	Christine Williams	Golden Valley Fitness	2:28:38

Vet 50 Female

1.	181	Alison Webb	Malvern Buzzards Running Club	1:10:47
2.	267	Cherry Fowler	Chepstow Harriers	1:11:04
3.	309	Lisa Jeffrey	Chepstow Harriers	1:13:25
4.	263	Julia Bajjada	Chepstow Harriers	1:17:12
5.	258	Nicola Brighton	Malvern Buzzards Running Club	1:21:56
6.	32	Avril Seftel	Hereford Couriers	1:23:59
7.	319	Dawn Smith		1:24:56
8.	47	Julie Westcott		1:26:55
9.	261	Carola Robinson		1:27:11
10.	238	Lisa Gray	Croft Ambrey RC	1:33:54
11.	265	Louise Seeney		1:34:25
12.	160	Jo Chambers	Black Pear Joggers	1:35:56
13.	302	Sharon Edelstyn		1:36:08
14.	202	Wendy Briggs	Chepstow Harriers	1:38:35
15.	168	Kerrin Williams		1:40:22
16.	162	Inese Robotham	Lonely Goat RC	1:42:44
17.	297	Wendy Cole	Builth & District Running Club	1:46:21
18.	250	Clare Preece	Croft Ambrey RC	1:47:01
19.	251	Theresa Jones	Croft Ambrey RC	1:47:14
20.	122	Shaz Wood	Hereford Couriers	2:00:03

Vet 55 Female

1.	192	Niki Morgan	Chepstow Harriers	1:08:49
2.	296	Jo Marriott	Croft Ambrey RC	1:24:45
3.	188	Denise Evans	Chepstow Harriers	1:33:24
4.	247	Janet Manuel	Maldwyn Harriers	1:35:16
5.	277	Helen Clancy	Chepstow Harriers	1:45:53
6.	185	Ann Pritchard	Hereford Couriers	1:46:53
7.	199	Lynne Buckley	Chepstow Harriers	1:51:49

Vet 60 Female

1.	308	Lorna Shaw	Wye Valley Runners	1:26:20
2.	176	Julie Caseley	Malvern Buzzards Running Club	1:27:38





Age Category Results

Place	Bib	Name	Club	Time
3.	266	Deborah Moran	Kidderminster and Stourport AC	1:30:36
4.	211	Sheila JAMIESON	Kidderminster and Stourport AC	1:37:54
5.	208	Gill Ellis	Chepstow Harriers	1:48:25

Vet 65 Female

1.	182	Elizabeth Slack	Malvern Buzzards Running Club	1:33:27
2.	234	Margaret Griffiths	Chepstow Harriers	1:58:06

Vet 70 Female

1.	262	Brenda Avery	Chepstow Harriers	1:33:52
2.	204	Jane Bayliss	Chepstow Harriers	1:44:35

Senior Male

1.	257	Eric Apperley	Croft Ambrey RC	57:46
2.	20	Edward Davies		57:50
3.	287	Declan Miller	Ludlow Runners	58:45
4.	186	Sam Juson	Croft Ambrey RC	59:01
5.	14	Luke Mason	Hereford Couriers	1:00:37
6.	264	Ross Cameron	Hereford Couriers	1:01:05
7.	22	Harry Woodhouse	Hereford Couriers	1:02:41
8.	62	Charlie Bendall	Chepstow Harriers	1:03:56
9.	317	Chris Cogan-Howe		1:04:11
10.	332	Peter Koval		1:05:50
11.	165	Jon Phillips	Hereford Couriers	1:05:52
12.	61	Ross Howells	Chepstow Harriers	1:08:30
13.	300	Oliver Steels		1:08:36
14.	321	Rhys Davies	Builth & District Running Club	1:08:59
15.	260	Luke Sheppard	Black Pear Joggers	1:10:09
16.	325	Christopher Cleary	Hereford Couriers	1:11:00
17.	240	Adam Grant	Malvern Buzzards Running Club	1:11:06
18.	203	Tim Batchelor	Chepstow Harriers	1:12:56
19.	303	Tristan Berry	Malvern Joggers	1:16:29
20.	272	Christian Mason		1:21:15
21.	229	Craig Rollinson		1:21:59
22.	331	William Harnden		1:22:53
23.	259	Chris Murray		1:23:37
24.	193	Steffan Miles		1:24:38
25.	289	Daniel Mapp	Hereford Couriers	1:26:03
26.	57	Matthew Locking		1:26:39

Vet 40 Male

1.	314	Marcus Mumford	Black Pear Joggers	58:49
2.	174	Neil Warne	Malvern Buzzards Running Club	1:02:52
3.	37	Paul Campbell		1:05:50
4.	256	Martin Lloyd	Hereford Couriers	1:10:54
5.	305	Paul Cooke	Malvern Buzzards Running Club	1:12:29





Age Category Results

Place	Bib	Name	Club	Time
6.	329	Luke Williams	Hereford Couriers	1:14:18
7.	299	Dariusz Podbilski		1:15:29
8.	328	Robert Howells	Malvern Buzzards Running Club	1:17:23
9.	35	Rob Saunders	Builth & District Running Club	1:17:29
10.	248	Adie Dunsdon		1:20:50
11.	255	Ben James	Hereford Couriers	1:22:33
12.	273	Peter Reynolds		1:23:44
13.	281	Mike Howard		1:24:15
14.	212	Craig Price		1:25:22
15.	220	Tom Allan		1:29:31
16.	167	Christopher Wayman		1:32:37
17.	29	Stuart Taylor	Hereford Couriers	1:40:05
18.	159	Ian Wareing	Black Pear Joggers	1:42:43
19.	270	Daniel Fellows		1:47:06

Vet 45 Male

1.	318	Paul Murrin	Chepstow Harriers	1:01:22
2.	334	Colin Lambourne	Hereford Couriers	1:06:26
3.	288	David Prosser-painting		1:07:11
4.	285	Alan Southwick	Malvern Buzzards Running Club	1:07:58
5.	46	Andrew Wathen		1:11:58
6.	292	Phillip Bullock	Kidderminster and Stourport AC	1:12:16
7.	282	James Carmen	Cambridge Harriers	1:17:17
8.	249	Alan Rowlands	Hereford Couriers	1:30:34
9.	189	Neil Griffith	Malvern Buzzards Running Club	1:30:34
10.	304	Keith Helliwell	Builth & District Running Club	1:38:21

Vet 50 Male

1.	286	Jonathan Carter	Chepstow Harriers	1:03:07
2.	201	Douglas Briggs	Chepstow Harriers	1:04:01
3.	198	Jamie Goddard	Chepstow Harriers	1:11:02
4.	56	Paddy Sheridan	Lonely Goat RC	1:13:51
5.	190	Paul White	Malvern Buzzards Running Club	1:14:39
6.	246	David Manuel	Maldwyn Harriers	1:18:12
7.	55	Edward Fenner		1:29:21

Vet 55 Male

1.	291	Rob Hook	Chepstow Harriers	1:08:05
2.	157	Martin Carter	Hereford Couriers	1:09:14
3.	294	Richie Richards	Hereford Couriers	1:11:36
4.	243	Paul Brooks	Kidderminster and Stourport AC	1:13:15
5.	315	Richard George	Hereford Couriers	1:13:54
6.	213	Jonathan Davey	Hereford Couriers	1:14:59
7.	206	Mark Hookins	Hereford Couriers	1:17:06
8.	183	Wesley Ogden	Malvern Buzzards Running Club	1:22:07
9.	279	Martin Stark		1:25:34





Age Category Results

Place	Bib	Name	Club	Time
10.	99	Joff Phelps	Chepstow Harriers	1:26:56
11.	196	Kevin Barnes	Hereford Couriers	1:29:47
12.	269	Steve Cameron	Lonely Goat RC	1:30:41
13.	172	David Bessant	Black Pear Joggers	1:32:09

Vet 60 Male

1.	200	Tony Marshall	Chepstow Harriers	1:01:40
2.	244	Donato Esposito	Midland Masters AC	1:09:27
3.	173	Clive Griffiths	Black Pear Joggers	1:13:15
4.	236	Robert Connell	Hereford Couriers	1:22:53
5.	241	Huw Williams	Croft Ambrey RC	1:37:28
6.	227	Dave Ainslie	Hereford Couriers	1:41:40
7.	10	John Noonan	Hereford Couriers	2:00:10

Vet 65 Male

1.	18	Neil Taylor	Croft Ambrey RC	1:18:00
2.	59	Stephen Dallow	Parc Bryn Bach Running Club	1:20:22
3.	187	Mike Evans	Chepstow Harriers	1:20:31
4.	158	John Amos		1:26:32
5.	161	Clive Richardson	Ludlow Runners	1:28:07
6.	171	Malc Gonnella	Fairwater Runners Cwmbran	1:29:16
7.	237	Graham Taylor	Chepstow Harriers	1:40:39
8.	164	Edward Nawrat		1:53:51

Vet 70 Male

1.	135	Stephen Owen	Chepstow Harriers	1:21:46
2.	207	Neil Grant	Chepstow Harriers	1:22:37
3.	276	Ian Price	Croft Ambrey RC	1:25:30
4.	310	Mike Shaw		1:31:22
5.	235	Paul Griffiths	Chepstow Harriers	1:35:49

Vet 75 Male

1.	298	Owen Cooper	Builth & District Running Club	1:31:19
2.	232	Dave Andrews	Chepstow Harriers	1:44:44

Number of records: 182

