

The Hope Valley Run 2023



Overall Results

| Pos. | Bib | Name | Gender | Club | Time | Age Cat | Rank |
|------|-----|----------------------|--------|-------------------------------|---------|---------|------|
| 1. | 43 | Sam Juson | M | Croft Ambrey RC | 51:14 | SM | 1st |
| 2. | 98 | Edward Gwynne-Harris | M | | 52:18 | SM | 2nd |
| 3. | 50 | Ryan Lawrence | M | Hereford Couriers | 53:28 | SM | 3rd |
| 4. | 57 | Luke Mason | M | Hereford Couriers | 54:09 | SM | 4th |
| 5. | 61 | William Morris | M | Hereford Couriers | 54:35 | SM | 5th |
| 6. | 90 | Harry Woodhouse | M | Hereford Couriers | 56:01 | SM | 6th |
| 7. | 93 | William Maul | M | Hereford Couriers | 56:36 | SM | 7th |
| 8. | 8 | Ross Cameron | M | Hereford Couriers | 56:54 | SM | 8th |
| 9. | 28 | Josef Godfrey | M | Hereford Couriers | 57:54 | SM | 9th |
| 10. | 6 | Kieron Brown | M | | 58:18 | SM | 10th |
| 11. | 94 | martin lloyd | M | Hereford Couriers | 58:19 | VetM45 | 1st |
| 12. | 95 | Michael Jones | M | | 58:58 | VetM50 | 1st |
| 13. | 75 | Steve Rooke | M | Ledbury & District Harriers | 1:00:13 | VetM50 | 2nd |
| 14. | 10 | Martin Carter | M | Hereford Couriers | 1:00:55 | VetM55 | 1st |
| 15. | 86 | Luke Williams | M | Hereford Couriers | 1:01:08 | VetM40 | 1st |
| 16. | 32 | Neil Harper | M | | 1:03:35 | SM | 11th |
| 17. | 16 | Jonathan Davey | M | Hereford Couriers | 1:03:46 | VetM55 | 2nd |
| 18. | 71 | Toby Redsull | M | | 1:04:10 | MU20 | 1st |
| 19. | 69 | Andrew Pickup | M | | 1:04:16 | SM | 12th |
| 20. | 72 | Richie Richards | M | Hereford Couriers | 1:04:35 | VetM60 | 1st |
| 21. | 73 | Jethro Richards | M | Wye Valley Runners | 1:05:46 | SM | 13th |
| 22. | 38 | Lea Wood | M | | 1:05:56 | SM | 14th |
| 23. | 46 | David Klotz | M | Wye Valley Runners | 1:05:58 | VetM40 | 2nd |
| 24. | 53 | Ian Lynch | M | Trail Running Association | 1:06:27 | VetM60 | 2nd |
| 25. | 44 | Paul Kemp | M | Wye Valley Runners | 1:06:56 | VetM45 | 2nd |
| 26. | 31 | Laura Hands | F | Hereford Couriers | 1:08:09 | SF | 1st |
| 27. | 82 | Ian Summers | M | Gloucester AC | 1:08:39 | VetM55 | 3rd |
| 28. | 14 | Robert Connell | M | Hereford Couriers | 1:09:06 | VetM60 | 3rd |
| 29. | 2 | Sarah Askey | F | Hereford Couriers | 1:09:13 | VetF55 | 1st |
| 30. | 59 | Josh McMahon | M | | 1:09:24 | SM | 15th |
| 31. | 62 | Tym Musgrove | M | Ledbury & District Harriers | 1:09:36 | VetM60 | 4th |
| 32. | 100 | Philip Nugent | M | | 1:09:59 | SM | 16th |
| 33. | 96 | David Millichap | M | Croft Ambrey RC | 1:10:11 | VetM55 | 4th |
| 34. | 1 | Rebecca Ansfield | F | Wye Valley Runners | 1:10:23 | VetF45 | 1st |
| 35. | 29 | David Green | M | Hereford Couriers | 1:11:11 | VetM55 | 5th |
| 36. | 4 | Richard Bradley | M | | 1:11:35 | VetM60 | 5th |
| 37. | 88 | Darren Woodall | M | Hereford Couriers | 1:11:36 | VetM50 | 3rd |
| 38. | 47 | Abi Knight | F | Hereford Couriers | 1:11:58 | SF | 2nd |
| 39. | 35 | Mark Hookins | M | Hereford Couriers | 1:12:05 | VetM55 | 6th |
| 40. | 102 | Karen Lacey | F | Malvern Buzzards Running Club | 1:12:41 | VetF50 | 1st |
| 41. | 12 | Dan Cleworth | M | Hereford Couriers | 1:12:49 | VetM45 | 3rd |
| 42. | 65 | James O'Brien | M | Hereford Couriers | 1:13:00 | VetM45 | 4th |
| 43. | 79 | Lee Simms | M | | 1:13:07 | SM | 17th |



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| 44. | 92 | John brown | M | | 1:14:56 | VetM45 | 5th |
| 45. | 40 | Guy Jenkins | M | Hereford Couriers | 1:15:43 | VetM60 | 6th |
| 46. | 77 | Lorna Shaw | F | Wye Valley Runners | 1:15:46 | VetF60 | 1st |
| 47. | 103 | Bert Lacey | M | Malvern Joggers | 1:16:05 | VetM55 | 7th |
| 48. | 48 | Julie Knill | F | Wye Valley Runners | 1:16:12 | VetF55 | 2nd |
| 49. | 25 | Richard Evans | M | Wye Valley Runners | 1:16:12 | VetM45 | 6th |
| 50. | 87 | Angela Wixey | F | Severn AC | 1:16:16 | VetF60 | 2nd |
| 51. | 99 | Isabelle Pierry | F | | 1:17:52 | SF | 3rd |
| 52. | 41 | Phil Johnson | M | Ledbury & District Harriers | 1:18:07 | VetM55 | 8th |
| 53. | 91 | Mark Wrathall | M | | 1:18:13 | VetM45 | 7th |
| 54. | 3 | Kevin Barnes | M | Hereford Couriers | 1:18:50 | VetM60 | 7th |
| 55. | 74 | David Richmond | M | | 1:18:54 | VetM60 | 8th |
| 56. | 36 | Philip Hopskins | M | | 1:19:09 | VetM60 | 9th |
| 57. | 39 | Harry Jenkins | M | Hereford Couriers | 1:20:21 | SM | 18th |
| 58. | 80 | Billy Smallwood | F | Wye Valley Runners | 1:20:33 | VetF55 | 3rd |
| 59. | 42 | Adrian Jones | M | | 1:20:46 | VetM70 | 1st |
| 60. | 15 | Pip Cottrell | F | Ross Runners | 1:20:54 | VetF55 | 4th |
| 61. | 68 | Ian Phillips | M | | 1:21:00 | VetM50 | 4th |
| 62. | 60 | Helen Milner | F | Ledbury & District Harriers | 1:21:08 | VetF50 | 2nd |
| 63. | 22 | Jo Ellis | F | Wye Valley Runners | 1:21:54 | VetF45 | 2nd |
| 64. | 104 | Alan Rowlands | M | Hereford Couriers | 1:22:44 | VetM45 | 8th |
| 65. | 27 | Hollie Francis | F | Hereford Couriers | 1:23:48 | SF | 4th |
| 66. | 24 | Celia Escande | F | Hereford Couriers | 1:24:44 | SF | 5th |
| 67. | 56 | Ricardo Martins | M | Wye Valley Runners | 1:26:01 | VetM45 | 9th |
| 68. | 67 | Alison Parry | F | | 1:26:30 | VetF45 | 3rd |
| 69. | 21 | Jacy Dickerson | F | | 1:27:07 | VetF55 | 5th |
| 70. | 51 | Ralph Lloyd | M | Wye Valley Runners | 1:27:11 | VetM60 | 10th |
| 71. | 20 | Bryony Dean | F | Hereford Couriers | 1:27:31 | VetF45 | 4th |
| 72. | 70 | Philip Powell | M | | 1:28:50 | VetM70 | 2nd |
| 73. | 45 | Stephanie King | F | Croft Ambrey RC | 1:30:15 | VetF55 | 6th |
| 74. | 78 | Dave Sherwood | M | Wye Valley Runners | 1:30:29 | VetM65 | 1st |
| 75. | 19 | Debbie Davies | F | Lonely Goat RC | 1:32:01 | VetF40 | 1st |
| 76. | 34 | Ella Hogan | F | Ledbury & District Harriers | 1:34:27 | VetF45 | 5th |
| 77. | 55 | Joan Martin | F | Girls That Jeff | 1:37:17 | VetF55 | 7th |
| 78. | 63 | Daniel Newton | M | Pont-Y-Pwl & District Runners | 1:43:17 | VetM50 | 5th |
| 79. | 37 | Tim Jenkins | M | Black Pear Joggers | 1:43:53 | VetM60 | 11th |
| 80. | 76 | Chris Ruck | M | Hereford Couriers | 1:44:20 | VetM55 | 9th |
| 81. | 5 | Richard Broad | M | Forest of Dean AC | 1:49:47 | VetM75 | 1st |
| 82. | 64 | John Noonan | M | Hereford Couriers | 1:55:18 | VetM65 | 2nd |
| 83. | 11 | Nicky Clarkson | F | | 1:56:48 | VetF45 | 6th |
| 84. | 105 | Joseph Crocombe | M | | 1:58:02 | MU20 | 2nd |
| 85. | 150 | Sharon Wood | F | Hereford Couriers | 2:01:17 | VetF50 | 3rd |



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Number of Records: 85

