



## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	257	Eric Apperley	M	Croft Ambrey RC	57:46	Senior Male	1st
2.	20	Edward Davies	M		57:50	Senior Male	2nd
3.	287	Declan Miller	M	Ludlow Runners	58:45	Senior Male	3rd
4.	314	Marcus Mumford	M	Black Pear Joggers	58:49	Vet 40 Male	1st
5.	186	Sam Juson	M	Croft Ambrey RC	59:01	Senior Male	4th
6.	14	Luke Mason	M	Hereford Couriers	1:00:37	Senior Male	5th
7.	264	Ross Cameron	M	Hereford Couriers	1:01:05	Senior Male	6th
8.	318	Paul Murrin	M	Chepstow Harriers	1:01:22	Vet 45 Male	1st
9.	200	Tony Marshall	M	Chepstow Harriers	1:01:40	Vet 60 Male	1st
10.	22	Harry Woodhouse	M	Hereford Couriers	1:02:41	Senior Male	7th
11.	174	Neil Warne	M	Malvern Buzzards Running Club	1:02:52	Vet 40 Male	2nd
12.	286	Jonathan Carter	M	Chepstow Harriers	1:03:07	Vet 50 Male	1st
13.	62	Charlie Bendall	M	Chepstow Harriers	1:03:56	Senior Male	8th
14.	201	Douglas Briggs	M	Chepstow Harriers	1:04:01	Vet 50 Male	2nd
15.	317	Chris Cogan-Howe	M		1:04:11	Senior Male	9th
16.	37	Paul Campbell	M		1:05:50	Vet 40 Male	3rd
17.	332	Peter Koval	M		1:05:50	Senior Male	10th
18.	165	Jon Phillips	M	Hereford Couriers	1:05:52	Senior Male	11th
19.	184	Sarah Bell	F	Chepstow Harriers	1:05:57	Vet 45 Female	1st
20.	334	Colin Lambourne	M	Hereford Couriers	1:06:26	Vet 45 Male	2nd
21.	288	David Prosser-painting	M		1:07:11	Vet 45 Male	3rd
22.	285	Alan Southwick	M	Malvern Buzzards Running Club	1:07:58	Vet 45 Male	4th
23.	291	Rob Hook	M	Chepstow Harriers	1:08:05	Vet 55 Male	1st
24.	221	Joanna Eddy	F	Hereford Couriers	1:08:13	Vet 45 Female	2nd
25.	61	Ross Howells	M	Chepstow Harriers	1:08:30	Senior Male	12th
26.	300	Oliver Steels	M		1:08:36	Senior Male	13th
27.	192	Niki Morgan	F	Chepstow Harriers	1:08:49	Vet 55 Female	1st
28.	321	Rhys Davies	M	Builth & District Running Club	1:08:59	Senior Male	14th
29.	157	Martin Carter	M	Hereford Couriers	1:09:14	Vet 55 Male	2nd
30.	244	Donato Esposito	M	Midland Masters AC	1:09:27	Vet 60 Male	2nd
31.	260	Luke Sheppard	M	Black Pear Joggers	1:10:09	Senior Male	15th
32.	181	Alison Webb	F	Malvern Buzzards Running Club	1:10:47	Vet 50 Female	1st
33.	256	Martin Lloyd	M	Hereford Couriers	1:10:54	Vet 40 Male	4th
34.	325	Christopher Cleary	M	Hereford Couriers	1:11:00	Senior Male	16th
35.	198	Jamie Goddard	M	Chepstow Harriers	1:11:02	Vet 50 Male	3rd
36.	267	Cherry Fowler	F	Chepstow Harriers	1:11:04	Vet 50 Female	2nd
37.	240	Adam Grant	M	Malvern Buzzards Running Club	1:11:06	Senior Male	17th
38.	294	Richie Richards	M	Hereford Couriers	1:11:36	Vet 55 Male	3rd
39.	46	Andrew Wathen	M		1:11:58	Vet 45 Male	5th
40.	292	Phillip Bullock	M	Kidderminster and Stourport AC	1:12:16	Vet 45 Male	6th
41.	305	Paul Cooke	M	Malvern Buzzards Running Club	1:12:29	Vet 40 Male	5th
42.	203	Tim Batchelor	M	Chepstow Harriers	1:12:56	Senior Male	18th
43.	173	Clive Griffiths	M	Black Pear Joggers	1:13:15	Vet 60 Male	3rd
44.	243	Paul Brooks	M	Kidderminster and Stourport AC	1:13:15	Vet 55 Male	4th
45.	309	Lisa Jeffrey	F	Chepstow Harriers	1:13:25	Vet 50 Female	3rd





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46.	56	Paddy Sheridan	M	Lonely Goat RC	1:13:51	Vet 50 Male	4th
47.	315	Richard George	M	Hereford Couriers	1:13:54	Vet 55 Male	5th
48.	329	Luke Williams	M	Hereford Couriers	1:14:18	Vet 40 Male	6th
49.	190	Paul White	M	Malvern Buzzards Running Club	1:14:39	Vet 50 Male	5th
50.	213	Jonathan Davey	M	Hereford Couriers	1:14:59	Vet 55 Male	6th
51.	333	Roxane Woodfield	F	Croft Ambrey RC	1:15:01	Senior Female	1st
52.	299	Dariusz Podbilski	M		1:15:29	Vet 40 Male	7th
53.	322	Clare Mallender	F	Hereford Couriers	1:15:29	Vet 45 Female	3rd
54.	295	Laura Bennett	F		1:15:52	Vet 35 Female	1st
55.	303	Tristan Berry	M	Malvern Joggers	1:16:29	Senior Male	19th
56.	326	Kimberley Langford	F	Hereford Couriers	1:16:57	Senior Female	2nd
57.	206	Mark Hookins	M	Hereford Couriers	1:17:06	Vet 55 Male	7th
58.	263	Julia Bajjada	F	Chepstow Harriers	1:17:12	Vet 50 Female	4th
59.	282	James Carmen	M	Cambridge Harriers	1:17:17	Vet 45 Male	7th
60.	328	Robert Howells	M	Malvern Buzzards Running Club	1:17:23	Vet 40 Male	8th
61.	35	Rob Saunders	M	Builth & District Running Club	1:17:29	Vet 40 Male	9th
62.	18	Neil Taylor	M	Croft Ambrey RC	1:18:00	Vet 65 Male	1st
63.	246	David Manuel	M	Maldwyn Harriers	1:18:12	Vet 50 Male	6th
64.	239	Amy Smith	F	Hereford Couriers	1:18:13	Vet 35 Female	2nd
65.	54	Joanne Tilby	F	Croft Ambrey RC	1:18:36	Vet 40 Female	1st
66.	175	Barbara Gawlak	F	Malvern Buzzards Running Club	1:19:45	Vet 35 Female	3rd
67.	59	Stephen Dallow	M	Parc Bryn Bach Running Club	1:20:22	Vet 65 Male	2nd
68.	187	Mike Evans	M	Chepstow Harriers	1:20:31	Vet 65 Male	3rd
69.	248	Adie Dunsdon	M		1:20:50	Vet 40 Male	10th
70.	272	Christian Mason	M		1:21:15	Senior Male	20th
71.	135	Stephen Owen	M	Chepstow Harriers	1:21:46	Vet 70 Male	1st
72.	258	Nicola Brighton	F	Malvern Buzzards Running Club	1:21:56	Vet 50 Female	5th
73.	229	Craig Rollinson	M		1:21:59	Senior Male	21st
74.	183	Wesley Ogden	M	Malvern Buzzards Running Club	1:22:07	Vet 55 Male	8th
75.	230	Linda Blake	F	Malvern Buzzards Running Club	1:22:08	Vet 40 Female	2nd
76.	324	Becky Fullerton	F	Chepstow Harriers	1:22:12	Vet 40 Female	3rd
77.	255	Ben James	M	Hereford Couriers	1:22:33	Vet 40 Male	11th
78.	271	Caroline Duder	F	Chepstow Harriers	1:22:34	Vet 40 Female	4th
79.	207	Neil Grant	M	Chepstow Harriers	1:22:37	Vet 70 Male	2nd
80.	331	William Harnden	M		1:22:53	Senior Male	22nd
81.	236	Robert Connell	M	Hereford Couriers	1:22:53	Vet 60 Male	4th
82.	191	Felicity Caswell	F		1:23:01	Vet 35 Female	4th
83.	179	Martha Worthington	F	Malvern Buzzards Running Club	1:23:28	Vet 40 Female	5th
84.	259	Chris Murray	M		1:23:37	Senior Male	23rd
85.	273	Peter Reynolds	M		1:23:44	Vet 40 Male	12th
86.	44	Lucinda Lumley	F	Angels RC	1:23:57	Vet 35 Female	5th
87.	32	Avril Seftel	F	Hereford Couriers	1:23:59	Vet 50 Female	6th
88.	268	Kate Dolphin	F	Malvern Buzzards Running Club	1:24:14	Vet 40 Female	6th
89.	281	Mike Howard	M		1:24:15	Vet 40 Male	13th
90.	193	Steffan Miles	M		1:24:38	Senior Male	24th





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91.	296	Jo Marriott	F	Croft Ambrey RC	1:24:45	Vet 55 Female	2nd
92.	252	Thea Preece	F	Croft Ambrey RC	1:24:45	Senior Female	3rd
93.	319	Dawn Smith	F		1:24:56	Vet 50 Female	7th
94.	278	Rebecca Cooke	F		1:24:59	Senior Female	4th
95.	306	Bronwyn Preece	F	Croft Ambrey RC	1:25:05	Senior Female	5th
96.	316	Rebecca Baldwin	F		1:25:19	Senior Female	6th
97.	212	Craig Price	M		1:25:22	Vet 40 Male	14th
98.	276	Ian Price	M	Croft Ambrey RC	1:25:30	Vet 70 Male	3rd
99.	279	Martin Stark	M		1:25:34	Vet 55 Male	9th
100.	289	Daniel Mapp	M	Hereford Couriers	1:26:03	Senior Male	25th
101.	197	Ruth Elizabeth Richardson	F	Chepstow Harriers	1:26:19	Senior Female	7th
102.	308	Lorna Shaw	F	Wye Valley Runners	1:26:20	Vet 60 Female	1st
103.	158	John Amos	M		1:26:32	Vet 65 Male	4th
104.	57	Matthew Locking	M		1:26:39	Senior Male	26th
105.	47	Julie Westcott	F		1:26:55	Vet 50 Female	8th
106.	99	Joff Phelps	M	Chepstow Harriers	1:26:56	Vet 55 Male	10th
107.	290	Mhairi Welsh	F	Hereford & County AC	1:27:05	Senior Female	8th
108.	261	Carola Robinson	F		1:27:11	Vet 50 Female	9th
109.	311	Joanne Williams	F	Kidderminster and Stourport AC	1:27:18	Vet 45 Female	4th
110.	176	Julie Caseley	F	Malvern Buzzards Running Club	1:27:38	Vet 60 Female	2nd
111.	170	Naomi Smith	F	Malvern Joggers	1:27:52	Vet 35 Female	6th
112.	161	Clive Richardson	M	Ludlow Runners	1:28:07	Vet 65 Male	5th
113.	60	Vicky Jones	F	Crickhowell Running Club	1:28:08	Vet 45 Female	5th
114.	283	Susie Hay	F	Hereford Couriers	1:28:50	Vet 40 Female	7th
115.	284	Helen Ann Heycock	F		1:28:51	Vet 40 Female	8th
116.	171	Malc Gonnella	M	Fairwater Runners Cwmbran	1:29:16	Vet 65 Male	6th
117.	55	Edward Fenner	M		1:29:21	Vet 50 Male	7th
118.	219	Sarah Allan	F		1:29:31	Vet 40 Female	9th
119.	220	Tom Allan	M		1:29:31	Vet 40 Male	15th
120.	196	Kevin Barnes	M	Hereford Couriers	1:29:47	Vet 55 Male	11th
121.	249	Alan Rowlands	M	Hereford Couriers	1:30:34	Vet 45 Male	8th
122.	189	Neil Griffith	M	Malvern Buzzards Running Club	1:30:34	Vet 45 Male	9th
123.	266	Deborah Moran	F	Kidderminster and Stourport AC	1:30:36	Vet 60 Female	3rd
124.	269	Steve Cameron	M	Lonely Goat RC	1:30:41	Vet 55 Male	12th
125.	298	Owen Cooper	M	Builth & District Running Club	1:31:19	Vet 75 Male	1st
126.	310	Mike Shaw	M		1:31:22	Vet 70 Male	4th
127.	172	David Bessant	M	Black Pear Joggers	1:32:09	Vet 55 Male	13th
128.	167	Christopher Wayman	M		1:32:37	Vet 40 Male	16th
129.	242	Pamela Suter	F	Chepstow Harriers	1:33:06	Vet 45 Female	6th
130.	188	Denise Evans	F	Chepstow Harriers	1:33:24	Vet 55 Female	3rd
131.	182	Elizabeth Slack	F	Malvern Buzzards Running Club	1:33:27	Vet 65 Female	1st
132.	262	Brenda Avery	F	Chepstow Harriers	1:33:52	Vet 70 Female	1st
133.	238	Lisa Gray	F	Croft Ambrey RC	1:33:54	Vet 50 Female	10th
134.	265	Louise Seeney	F		1:34:25	Vet 50 Female	11th
135.	247	Janet Manuel	F	Maldwyn Harriers	1:35:16	Vet 55 Female	4th





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136.	228	Sarah Cuddy	F	Malvern Buzzards Running Club	1:35:48	Vet 45 Female	7th
137.	235	Paul Griffiths	M	Chepstow Harriers	1:35:49	Vet 70 Male	5th
138.	194	Jenny Clee	F	Kidderminster and Stourport AC	1:35:49	Vet 45 Female	8th
139.	160	Jo Chambers	F	Black Pear Joggers	1:35:56	Vet 50 Female	12th
140.	302	Sharon Edelstyn	F		1:36:08	Vet 50 Female	13th
141.	241	Huw Williams	M	Croft Ambrey RC	1:37:28	Vet 60 Male	5th
142.	211	Sheila JAMIESON	F	Kidderminster and Stourport AC	1:37:54	Vet 60 Female	4th
143.	253	Samantha Harper	F	Croft Ambrey RC	1:38:12	Vet 45 Female	9th
144.	304	Keith Helliwell	M	Builth & District Running Club	1:38:21	Vet 45 Male	10th
145.	202	Wendy Briggs	F	Chepstow Harriers	1:38:35	Vet 50 Female	14th
146.	29	Stuart Taylor	M	Hereford Couriers	1:40:05	Vet 40 Male	17th
147.	168	Kerrin Williams	F		1:40:22	Vet 50 Female	15th
148.	180	Sarah Turner	F	Malvern Buzzards Running Club	1:40:36	Senior Female	9th
149.	231	Jacqui Wilson	F	Malvern Buzzards Running Club	1:40:36	Vet 45 Female	10th
150.	237	Graham Taylor	M	Chepstow Harriers	1:40:39	Vet 65 Male	7th
151.	227	Dave Ainslie	M	Hereford Couriers	1:41:40	Vet 60 Male	6th
152.	209	Kasia Nadzieja	F		1:42:25	Vet 45 Female	11th
153.	159	Ian Wareing	M	Black Pear Joggers	1:42:43	Vet 40 Male	18th
154.	162	Inese Robotham	F	Lonely Goat RC	1:42:44	Vet 50 Female	16th
155.	330	Zoe Dyer	F	Hereford Couriers	1:42:47	Vet 45 Female	12th
156.	163	Jennifer Rogers	F		1:42:55	Vet 40 Female	10th
157.	204	Jane Bayliss	F	Chepstow Harriers	1:44:35	Vet 70 Female	2nd
158.	232	Dave Andrews	M	Chepstow Harriers	1:44:44	Vet 75 Male	2nd
159.	277	Helen Clancy	F	Chepstow Harriers	1:45:53	Vet 55 Female	5th
160.	297	Wendy Cole	F	Builth & District Running Club	1:46:21	Vet 50 Female	17th
161.	185	Ann Pritchard	F	Hereford Couriers	1:46:53	Vet 55 Female	6th
162.	250	Clare Preece	F	Croft Ambrey RC	1:47:01	Vet 50 Female	18th
163.	270	Daniel Fellows	M		1:47:06	Vet 40 Male	19th
164.	251	Theresa Jones	F	Croft Ambrey RC	1:47:14	Vet 50 Female	19th
165.	208	Gill Ellis	F	Chepstow Harriers	1:48:25	Vet 60 Female	5th
166.	199	Lynne Buckley	F	Chepstow Harriers	1:51:49	Vet 55 Female	7th
167.	164	Edward Nawrat	M		1:53:51	Vet 65 Male	8th
168.	301	Michelle Kimberley	F		1:54:48	Vet 35 Female	7th
169.	293	Tsu Law	F	Black Pear Joggers	1:54:52	Vet 35 Female	8th
170.	234	Margaret Griffiths	F	Chepstow Harriers	1:58:06	Vet 65 Female	2nd
171.	122	Shaz Wood	F	Hereford Couriers	2:00:03	Vet 50 Female	20th
172.	10	John Noonan	M	Hereford Couriers	2:00:10	Vet 60 Male	7th
173.	83	Jadu Sheridan	F	Lonely Goat Running Club	2:04:46	Vet 45 Female	13th
174.	224	Sarah Jones	F	Golden Valley Fitness	2:17:56	Senior Female	10th
175.	216	Tina Pritchard	F	Golden Valley Fitness	2:18:20	Vet 45 Female	14th
176.	218	Clare Sage	F	Golden Valley Fitness	2:18:36	Vet 40 Female	11th
177.	226	Caz Jellard	F		2:18:36	Vet 35 Female	9th
178.	217	Lauri Lloyd	F	Golden Valley Fitness	2:18:36	Vet 35 Female	10th
179.	323	Hannah Sage	F	Golden Valley Fitness	2:18:36	Vet 40 Female	12th
180.	225	Lucie Clewer	F	Golden Valley Fitness	2:28:37	Vet 40 Female	13th





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181.	215	Christine Williams	F	Golden Valley Fitness	2:28:38	Vet 45 Female	15th
182.	245	Lucy Bufton	F	Builth & District Running Club	2:37:20	Senior Female	11th

Number of Records: 182

