

# Runningmonk Clun Valley Half Marathon 2023



## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	124	Phillip Delves	M		1:57:06	Senior Male	1st
2.	147	John Langton	M	Mercia Fell Runners	1:57:17	Vet 60 Male	1st
3.	121	Edward Davies	M	Maldwyn Harriers	1:58:01	Vet 65 Male	1st
4.	159	Dan Owen	M		1:59:47	Senior Male	2nd
5.	185	Iain Wheeler	M		2:02:38	Vet 45 Male	1st
6.	188	Joshua Game	M		2:03:07	Senior Male	3rd
7.	128	Amy Fulford	F	Ludlow Runners	2:04:15	Vet 45 Female	1st
8.	136	Dai Harris	M	Builth & District Running Club	2:05:14	Senior Male	4th
9.	150	Gareth Luscombe	M		2:06:32	Vet 45 Male	2nd
10.	111	Jim Brace	M	Shropshire Canicross	2:09:53	Vet 50 Male	1st
11.	101	Sarah Armstrong	F	Malvern Buzzards Running Club	2:09:56	Vet 55 Female	1st
12.	115	Sarah Cordingley	F	Maldwyn Harriers	2:10:33	Vet 40 Female	1st
13.	182	Nina Walmsley	F		2:12:19	Vet 45 Female	2nd
14.	130	Jamie Grant	M	Bad Boy Running	2:12:42	Senior Male	5th
15.	160	Joshua Pagden	M		2:13:15	Vet 40 Male	1st
16.	187	Gareth Wood	M	Builth & District Running Club	2:16:28	Senior Male	6th
17.	113	Neil Case	M		2:17:06	Vet 55 Male	1st
18.	125	Jon Dickinson	M		2:17:06	Vet 45 Male	3rd
19.	127	Nick Evans	M		2:17:06	Vet 40 Male	2nd
20.	102	Jack Armstrong	M	Seaford Striders	2:17:47	Senior Male	7th
21.	181	Dan Walmsley	M		2:18:47	Vet 40 Male	3rd
22.	110	Ben Bloor	M		2:19:21	Senior Male	8th
23.	153	Jenny Mottershead	F		2:19:44	Senior Female	1st
24.	172	Suzanne Rowlands	F	Maldwyn Harriers	2:20:51	Vet 45 Female	3rd
25.	146	Rueban Lane	M		2:21:37	Vet 40 Male	4th
26.	118	Chad Davies	M		2:26:30	Senior Male	9th
27.	149	Lesley Lewis	F		2:29:02	Vet 50 Female	1st
28.	154	Andy Murray	M		2:29:42	Vet 40 Male	5th
29.	108	Danny Beeson	M	Maldwyn Harriers	2:30:13	Senior Male	10th
30.	117	Iestyn Davies	M		2:30:17	Senior Male	11th
31.	170	Sara Robinson	F	Oswestry Olympians	2:30:22	Vet 45 Female	4th
32.	112	Rachel Bradbury	F	Builth & District Running Club	2:31:56	Vet 40 Female	2nd
33.	155	James Nicholas	M		2:32:06	Senior Male	12th
34.	148	John Large	M		2:33:13	Vet 50 Male	2nd
35.	152	Duncan Mitchinson	M		2:33:54	Senior Male	13th
36.	114	Tom Chislett	M		2:36:50	Senior Male	14th
37.	143	Mark Kershaw	M		2:36:54	Vet 55 Male	2nd
38.	141	Jonny Keeley	M		2:36:54	Senior Male	15th
39.	129	Kiara Gallop	F	Shrewsbury Renegade Runners	2:37:04	Vet 45 Female	5th
40.	164	Sean Caddick	M		2:37:11	Vet 50 Male	3rd
41.	184	Tracie Warner	F	Shrewsbury Renegade Runners	2:37:11	Vet 45 Female	6th
42.	167	Louise Rafferty	F	Whitchurch Whippets	2:38:06	Vet 40 Female	3rd
43.	135	Phill Harris	M	Builth & District Running Club	2:39:21	Vet 40 Male	6th
44.	145	Sian Knowles	F	Monty Movers	2:39:24	Vet 45 Female	7th
45.	123	Bryony Dean	F	Hereford Couriers	2:40:17	Vet 45 Female	8th



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
46.	106	Tom Barton	M		2:43:13	Vet 60 Male	2nd
47.	176	Maria Spurling	F	Shropshire Shufflers	2:44:35	Vet 50 Female	2nd
48.	116	Fern Cotterill	F		2:48:00	Vet 35 Female	1st
49.	151	Trudy Macklin	F	Ludlow Runners	2:48:00	Vet 45 Female	9th
50.	104	Allie Bailey	F	Bad Boy Running	2:48:23	Vet 40 Female	4th
51.	144	Steve Jones	M	Maldwyn Harriers	2:49:03	Senior Male	16th
52.	133	Noel Harding	M	NoHopeRacing	2:50:31	Vet 60 Male	3rd
53.	140	Mark Jones	M	Oswestry Olympians	2:52:48	Vet 50 Male	4th
54.	190	Becky England	F		2:52:49	Vet 45 Female	10th
55.	156	Michael O'Brien	M	Run Catshill	2:57:33	Vet 65 Male	2nd
56.	183	Lorna Ann Walters	F		3:00:02	Vet 40 Female	5th
57.	161	Danielle Parkinson	F		3:00:03	Senior Female	2nd
58.	186	Rachel Wood	F	Maldwyn Harriers	3:01:25	Vet 35 Female	2nd
59.	169	Helen Roberts	F		3:02:30	Vet 45 Female	11th
60.	122	Joanne Davies	F		3:02:36	Vet 45 Female	12th
61.	179	Sandra Trevor	F	Sunday Run Club	3:02:36	Vet 55 Female	2nd
62.	139	Claire Jones	F		3:02:36	Vet 50 Female	3rd
63.	180	Emily Vaughan	F	Sunday Run Club	3:02:37	Vet 45 Female	13th
64.	131	Sarah Greaves	F	Oswestry Olympians	3:03:09	Vet 65 Female	1st
65.	137	Ellen Harrison	F	Oswestry Olympians	3:04:34	Vet 65 Female	2nd
66.	158	Paul Ogilvie	M		3:07:14	Vet 50 Male	5th
67.	105	Kathy Baker	F	Shropshire Canicross	3:07:27	Vet 50 Female	4th
68.	134	Avril Hardwick	F	Builth & District Running Club	3:08:42	Vet 35 Female	3rd
69.	175	Tina Slater	F		3:12:50	Vet 50 Female	5th
70.	138	Yvonne Humphreys	F		3:12:50	Vet 40 Female	6th
71.	171	Jane Robinson	F	Calne Running Club	3:16:53	Vet 50 Female	6th
72.	173	Louise Shorten	F		3:16:54	Vet 50 Female	7th
73.	162	Ellis Paul	M	Lonely Goats RC	3:17:54	Vet 55 Male	3rd
74.	189	John Weatherbed	M	Llisbury Runners	3:21:45	Vet 60 Male	4th
75.	109	Nick Blackwell	M		3:22:05		1st
76.	174	Sarah Skuse	F	Llisbury Runners	3:23:31	Vet 45 Female	14th
77.	126	Ashling Donohoe Harrison	F	Oswestry Olympians	3:24:25	Vet 35 Female	4th
78.	163	Penny Fletcher	F	Clun Valley Caterpillars	3:33:35		1st
79.	168	Sue Roberts	F	Clun Valley Caterpillars	3:33:35	Vet 50 Female	8th

Number of Records: 79

