

Runningmonk Bishops Castle 10K 2023



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	258	Matt James	M	Hereford Couriers	40:40	Senior Male	1st
2.	201	Eric Apperley	M	Croft Ambery RC	41:47	Senior Male	2nd
3.	226	Tim Davies	M		42:18	Vet 45 Male	1st
4.	205	Toby Austin	M	Croft Ambery RC	44:48	Senior Male	3rd
5.	259	Garry Jerman	M	Maldwyn Harriers	45:46	Vet 55 Male	1st
6.	204	Oscar Austin	M	Croft Ambery RC	46:59	Senior Male	4th
7.	335	Simon Norwood	M	Croft Ambrey RC	47:03	Vet 50 Male	1st
8.	228	Phillip Delves	M		47:31	Senior Male	5th
9.	288	Dan Owen	M		47:44	Senior Male	6th
10.	223	Edward Davies	M	Maldwyn Harriers	48:44	Vet 65 Male	1st
11.	334	John Langton	M	Mercia Fell Runners	48:52	Vet 60 Male	1st
12.	260	Peter Jervis	M		49:10	Senior Male	7th
13.	212	Mat Bishop	M		49:27	Vet 50 Male	2nd
14.	206	Lucy Austin	F	Croft Ambery RC	50:49	Senior Female	1st
15.	329	Lou Woolcock	F	Oswestry Olympians	51:10	Vet 40 Female	1st
16.	274	Jamie Mander	M		51:13	Male Under 20	1st
17.	327	Rob Williams	M	Teme Leisure Tri	52:09	Vet 40 Male	1st
18.	234	Katie Evans	F		52:33	Senior Female	2nd
19.	284	Dean Morris	M		53:17	Vet 45 Male	2nd
20.	242	Billy Goodall	M		53:18	Senior Male	8th
21.	241	Matt Gamble	M		53:44	Senior Male	9th
22.	207	Harriet Ballantyne	F		54:04	Senior Female	3rd
23.	324	Joe Wellard	M		54:35	Senior Male	10th
24.	213	Ben Bloor	M		55:03	Senior Male	11th
25.	210	John Belcher	M	Kington runners	55:27	Senior Male	12th
26.	279	Duncan Mitchinson	M		55:28	Senior Male	13th
27.	221	Wayne Griffiths	M	Gravels running group	56:38	Senior Male	14th
28.	339	David Millichamp	M	Croft Ambrey RC	57:08	Vet 50 Male	3rd
29.	337	Stuart Austin	M	Croft Ambrey RC	58:07	Vet 55 Male	2nd
30.	331	Riley Woolcock	M	Oswestry Olympians	58:17	Male Under 20	2nd
31.	330	Charlie Woolcock	M	Oswestry Olympians	58:29	Vet 40 Male	2nd
32.	340	Jonny Keeley	M		58:59	Senior Male	15th
33.	252	Christine Hockings	F	Lawley running club	59:00	Vet 60 Female	1st
34.	290	Nick Payne	M		59:03	Vet 45 Male	3rd
35.	287	Frazer Odgen	M		59:44	Senior Male	16th
36.	232	Mace Emmens	M		59:47	Senior Male	17th
37.	271	Dan Mander	M		1:00:01	Senior Male	18th
38.	273	Joe Mander	M		1:00:02	Male Under 20	3rd
39.	203	Liza Austin	F	Croft Ambery RC	1:00:12	Vet 55 Female	1st
40.	275	Jo Marriott	F	Croft Ambrey RC	1:00:12	Vet 55 Female	2nd
41.	303	Suzanne Rowlands	F	Maldwyn Harriers	1:00:35	Vet 45 Female	1st
42.	285	James Nicholas	M		1:00:57	Senior Male	19th
43.	211	Peter Bevan	M		1:01:29	Vet 40 Male	3rd
44.	268	Reuben Lane	M		1:01:30	Vet 40 Male	4th
45.	229	Ben Edwards	M	Gravels running group	1:01:31	Senior Male	20th





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46.	267	Peter Kirk	M		1:01:56	Vet 40 Male	5th
47.	209	Tom Barton	M		1:02:00	Senior Male	21st
48.	219	Joshua Coates	M		1:02:36	Senior Male	22nd
49.	214	Tania Brandon	F	Oswestry Olympians	1:02:50	Vet 55 Female	3rd
50.	326	Rachel Williams	F	Maldwyn Harriers	1:03:01	Vet 50 Female	1st
51.	247	Helen Grosscurth	F	Shrewsbury Renegade Runners	1:03:05	Vet 40 Female	2nd
52.	220	Sean Craddick	M	Shrewsbury Renegade Runners	1:03:06	Vet 50 Male	4th
53.	320	Tracie Warner	F	Shrewsbury Renegade Runners	1:03:10	Vet 45 Female	2nd
54.	338	Sam Harper	F	Croft Ambrey RC	1:03:27	Vet 45 Female	3rd
55.	240	Kiara Gallop	F	Shrewsbury Renegade Runners	1:03:30	Vet 45 Female	4th
56.	289	Liz Park	F	Oswestry Olympians	1:03:34	Vet 45 Female	5th
57.	264	Nicola Kelly	F	Builth & District	1:03:42	Vet 50 Female	2nd
58.	227	Bryony Dean	F	Hereford Couriers	1:03:44	Vet 45 Female	6th
59.	325	Alec White	M	Oswestry Olympians	1:03:48	Vet 70 Male	1st
60.	296	Rowland Preece	M	Croft Ambrey RC	1:04:04	Vet 55 Male	3rd
61.	300	Kim Rawlings	F		1:04:20	Vet 35 Female	1st
62.	332	Tanya Worsley	F		1:04:22	Vet 40 Female	3rd
63.	231	Laura Eggerton	F		1:04:28	Vet 35 Female	2nd
64.	328	Rachel Wood	F	Maldwyn Harriers	1:04:30	Vet 35 Female	3rd
65.	254	Jamie Hughes	M		1:05:03	Senior Male	23rd
66.	270	Rachael Lewis	F		1:05:17	Senior Female	4th
67.	225	Lestyn Davies	M		1:07:12	Senior Male	24th
68.	280	Judy Mitchinson	F		1:07:30	Vet 35 Female	4th
69.	245	Holly Griffiths	F		1:07:35	Vet 40 Female	4th
70.	256	Emma Humphreys	F	Shropshire Shufflers	1:08:07	Vet 45 Female	7th
71.	237	Josh Evans	M		1:08:12	Male Under 20	4th
72.	236	Nick Evans	M		1:08:12	Vet 40 Male	6th
73.	333	Zoe Young	F		1:08:24	Vet 45 Female	8th
74.	307	Nicola Swinnerton	F	Market Drayton	1:08:37	Vet 45 Female	9th
75.	309	Robert Taylor	M		1:08:39	Vet 55 Male	4th
76.	317	Emily Vaughan	F		1:08:45	Vet 45 Female	10th
77.	261	Claire Jones	F		1:08:47	Vet 50 Female	3rd
78.	222	Joanne Davies	F		1:08:47	Vet 45 Female	11th
79.	246	Clare Griffiths	F		1:09:05	Vet 35 Female	5th
80.	292	Lisa Pearn	F		1:09:34	Vet 40 Female	5th
81.	336	Rebecca Batner	M		1:09:34	Senior Male	25th
82.	286	Michael O'Brien	M	Run Catshill	1:09:36	Vet 65 Male	2nd
83.	321	Amy Watkins	F		1:09:44	Vet 35 Female	6th
84.	202	Sasha Armitage Pryce	F		1:09:46	Vet 40 Female	6th
85.	215	Lydia Bromwich	F	Shrewsbury shufflers	1:09:46	Vet 45 Female	12th
86.	262	Harriet Jones	F		1:10:01	Vet 35 Female	7th
87.	249	Andre Hayeck	M	Shropshire Shufflers	1:10:10	Vet 65 Male	3rd
88.	315	Jan Turley	F	Llangollen	1:10:36	Vet 60 Female	2nd
89.	291	Sarah Pearce	F	Dolly Mixtures	1:11:23	Vet 40 Female	7th
90.	224	Helen Davies	F	Dolly Mixtures	1:11:23	Vet 50 Female	4th





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91.	302	Cat Rowlands	F	Shropshire Shufflers	1:11:33	Vet 35 Female	8th
92.	248	Victoria Harding	F	Oswestry Olympians	1:13:24	Vet 40 Female	8th
93.	301	Jan Richards	F	Dolly Mixtures	1:14:34	Vet 50 Female	5th
94.	235	Danielle Evans	F	Dollies	1:14:34	Vet 35 Female	9th
95.	265	Anita Kendrick	F		1:15:19	Vet 50 Female	6th
96.	308	Lucas Taylor	M		1:15:53	Senior Male	26th
97.	218	Tom Coates	M		1:16:22	Senior Male	27th
98.	266	Malcolm Kirk	M		1:16:51	Vet 75 Male	1st
99.	299	Sally Proce	F		1:18:01	Vet 55 Female	4th
100.	217	Angie Cathrow	F	Shropshire Shufflers	1:18:53	Vet 45 Female	13th
101.	233	Lisa Evans	F		1:18:53	Vet 40 Female	9th
102.	269	Gillian Lawrence	F	Oswestry Olympians	1:19:12	Vet 60 Female	3rd
103.	277	Hayley Millichamp	F	Croft Ambrey RC	1:19:23	Vet 55 Female	5th
104.	263	Theresa Jones	F	Croft Ambrey RC	1:19:23	Vet 50 Female	7th
105.	295	Clare Preece	F	Croft Ambrey RC	1:19:23	Vet 50 Female	8th
106.	238	Abbey Farrington	F		1:19:54	Senior Female	5th
107.	306	Desmond Smith	M	Run Catshill	1:22:31	Vet 65 Male	4th
108.	305	Michelle Smith	F	Run Catshill	1:22:33	Vet 55 Female	6th
109.	283	Linda Morrell	F	Dolly Mixtures	1:27:36	Vet 60 Female	4th
110.	311	Vanessa Thomas	F	Dolly Mixtures	1:27:56	Vet 55 Female	7th
111.	281	Paula Handley	F		1:28:13	Vet 45 Female	14th
112.	239	Chloe Foster	F	Maldwyn Harriers	1:28:14	Senior Female	6th
113.	276	Deb May	F		1:29:00	Vet 45 Female	15th
114.	293	Fleur Phillips	F		1:29:03	Vet 45 Female	16th
115.	216	Suzanne Buckley	F	Nantwich Running Club	1:35:36	Vet 45 Female	17th
116.	255	Hannah Hukins	F	Nantwich Running Club	1:35:41	Vet 35 Female	10th
117.	208	Leanne Barber	F	South Cheshire Harriers	1:35:41	Vet 35 Female	11th
118.	304	Lena Russell	F	Nantwich Running Club	1:35:47	Vet 45 Female	18th
119.	251	Emma Hickson	F	Nantwich Running Club	1:35:47	Vet 40 Female	10th
120.	313	Alice Trevor-Jones	F	Oswestry Olympians	1:47:43	Vet 35 Female	12th

Number of Records: 120

