

## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	6	Eric Apperley	M	Croft Ambrey RC	43:16	Senior Male	1st
2.	234	Jonathan Pugh	M		43:28	Vet 40 Male	1st
3.	189	Gareth Leek	M	Croft Ambrey RC	44:21	Senior Male	2nd
4.	179	Sam Juson	M	Croft Ambrey RC	45:01	Senior Male	3rd
5.	209	Jasper Robinson	M	Croft Ambrey RC	46:22	Senior Male	4th
6.	206	Chris Preece	M		49:38	Senior Male	5th
7.	166	Ben Grice	M		49:42	Senior Male	6th
8.	34	Virgil Barton	M	Calder Valley Fell Runners	49:53	Vet 50 Male	1st
9.	197	Simon Norwood	M	Croft Ambrey RC	50:41	Vet 50 Male	2nd
10.	167	Neil Grinnell	M	Ledbury & District Harriers	52:03	Vet 45 Male	1st
11.	185	John Langton	M	Mercia Fell Runners	52:50	Vet 60 Male	1st
12.	178	Steve Jones	M	Maldwyn Harriers	53:31	Senior Male	7th
13.	199	Joshua Pagden	M		54:01	Vet 40 Male	2nd
14.	156	Jonathan Davey	M	Hereford Couriers	54:29	Vet 55 Male	1st
15.	226	Simon White	M		54:37	Vet 40 Male	3rd
16.	161	Dave George	M	Croft Ambrey RC	55:08	Vet 50 Male	3rd
17.	194	Deborah Millington	F	Mercia Fell Runners	55:38	Vet 50 Female	1st
18.	217	George Thomas	M	Croft Ambrey RC	56:47	Senior Male	8th
19.	11	Frank Atherton	M	The Green Runners	57:24	Vet 55 Male	2nd
20.	165	Liam Grice	M		57:27	Senior Male	9th
21.	174	Stuart Jarvis	M		57:28	Vet 40 Male	4th
22.	227	Alison Wibmer	F		57:29	Senior Female	1st
23.	182	Angus Kirby	M	Ludlow Runners	58:13	Vet 55 Male	3rd
24.	188	Matthew Lee	M	Bridgnorth Running Club	58:39	Vet 45 Male	2nd
25.	184	Abi Knight	F	Hereford Couriers	1:00:33	Senior Female	2nd
26.	36	Mike Bending	M		1:00:34	Vet 60 Male	2nd
27.	176	Peter Johnson	M	Mercia Fell Runners	1:00:54	Vet 70 Male	1st
28.	236	Lynne Compton	F	Wye Valley Runners	1:01:18	Vet 55 Female	1st
29.	200	Paul Parker	M	Croft Ambrey RC	1:01:44	Vet 50 Male	4th
30.	154	James Cobley	M	Ludlow Runners	1:02:13	Vet 40 Male	5th
31.	88	Rachel Bradbury	F	Builth & District RC	1:02:24	Vet 40 Female	1st
32.	192	Jo Marriott	F	Croft Ambrey RC	1:02:47	Vet 55 Female	2nd
33.	237	Emma Jones	F	Croft Ambrey RC	1:02:48	Vet 45 Female	1st
34.	175	Guy Jenkins	M	Hereford Couriers	1:03:09	Vet 60 Male	3rd
35.	219	Joanne Tilby	F	Croft Ambrey RC	1:03:22	Vet 40 Female	2nd
36.	205	Thea Preece	F	Croft Ambrey RC	1:03:37	Senior Female	3rd
37.	9	Sarah Askey	F	Hereford Couriers	1:03:51	Vet 55 Female	3rd
38.	215	Celia Speake	F	Builth & District RC	1:04:21	Vet 55 Female	4th
39.	171	Michelle Hughes	F	Sytri	1:04:27	Vet 35 Female	1st
40.	191	Deanna Mammatt	F		1:04:44	Vet 45 Female	2nd
41.	213	Michael Smallwood	M	Wye Valley Runners	1:05:00	Vet 55 Male	4th
42.	187	Ireland Lawrence	F	Croft Ambrey RC	1:05:30	Senior Female	4th
43.	222	Howard Verran	M	Croft Ambrey RC	1:05:44	Vet 45 Male	3rd
44.	164	Robert Grice	M		1:06:20	Vet 55 Male	5th
45.	216	David Sutherland	M	Builth & District RC	1:06:20	Vet 65 Male	1st



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46.	196	Harri Mottram	F		1:06:24	Senior Female	5th
47.	162	Tim Giles	M	Ludlow Runners	1:07:24	Vet 50 Male	5th
48.	238	Allison Hartshorne	F		1:07:33	Vet 45 Female	3rd
49.	212	Lorna Shaw	F	Wye Valley Runners	1:07:59	Vet 60 Female	1st
50.	190	Steph Main	F	Croft Ambrey RC	1:08:04	Vet 50 Female	2nd
51.	183	Ryan Knight	M	Hereford Couriers	1:08:37	Senior Male	10th
52.	202	Michael Powell	M	Hereford Couriers	1:08:38	Vet 50 Male	6th
53.	203	Bronwyn Preece	F	Croft Ambrey RC	1:08:47	Senior Female	6th
54.	214	Billy Smallwood	F	Wye Valley Runners	1:09:13	Vet 55 Female	5th
55.	152	Julie Caseley	F	Malvern Buzzards Running Club	1:09:24	Vet 60 Female	2nd
56.	157	Helen Davis	F		1:09:29	Vet 45 Female	4th
57.	30	Kevin Barnes	M	Hereford Couriers	1:10:21	Vet 60 Male	4th
58.	232	Victoria Woodhall	F	Hereford Couriers	1:10:22	Vet 45 Female	5th
59.	150	Oliver Cameron-Swan	M	Croft Ambrey RC	1:11:47	Vet 45 Male	4th
60.	172	Lauren Jaques	F		1:12:01	Vet 45 Female	6th
61.	233	Flora Gunner	F	Croft Ambrey RC	1:12:31	Vet 60 Female	3rd
62.	163	Lisa Gray	F	Croft Ambrey RC	1:13:01	Vet 50 Female	3rd
63.	181	Stephanie King	F	Croft Ambrey RC	1:13:21	Vet 55 Female	6th
64.	129	Malgorzata Bronisz-Handley	F	Ludlow Runners	1:14:18	Vet 40 Female	3rd
65.	168	Gary Gunner	M	Croft Ambrey RC	1:15:01	Vet 75 Male	1st
66.	220	Nicholas Tyler	M	Ledbury & District Harriers	1:15:11	Vet 50 Male	7th
67.	207	Jessica Pugh	F		1:16:18	Vet 35 Female	2nd
68.	225	Stephanie Waring	F		1:16:19	Vet 40 Female	4th
69.	159	Nikki Ferguson	F	Croft Ambrey RC	1:17:16	Senior Female	7th
70.	218	Matt Thomas	M		1:17:45	Vet 45 Male	5th
71.	53	John Bilbao	M		1:18:30	Vet 65 Male	2nd
72.	204	Clare Preece	F	Croft Ambrey RC	1:19:26	Vet 50 Female	4th
73.	177	Sue Johnson	F	Mercia Fell Runners	1:21:12	Vet 65 Female	1st
74.	193	Peter Marshall	M	Worcestershire Trailblazers	1:21:24	Vet 65 Male	3rd
75.	186	Tina Lavelle	F	Hay Hotfooters	1:22:01	Vet 65 Female	2nd
76.	229	Stuart Wigham	M		1:23:04	Senior Male	11th
77.	55	Vanessa Bowers	F		1:24:30	Vet 35 Female	3rd
78.	195	Adam Mitchell-Haywood	M	Hereford Couriers	1:24:34	Vet 40 Male	6th
79.	235	Carol Powell	F	Croft Ambrey RC	1:25:40	Female Under 20	1st
80.	228	Jenny Wigham	F	Grantham Running Club	1:25:46	Vet 35 Female	4th
81.	224	Tim Wain-Hobson	M	Croft Ambrey RC	1:26:08	Vet 65 Male	4th
82.	169	Jessica hardy	F		1:26:56	Senior Female	8th
83.	223	Claire Verran	F	Croft Ambrey RC	1:30:41	Vet 45 Female	7th
84.	120	Anna Bromley	F	Croft Ambrey RC	1:30:41	Vet 40 Female	5th
85.	173	Stephen Jaques	M		1:31:07	Vet 40 Male	7th
86.	180	Reachel Kenny	F		1:33:26	Vet 55 Female	7th

Number of Records: 86

