

# Runningmonk Trail Events Bishops Castle 10K - 2024



## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	165	Chris Rimmer	M	Tavistock Run Project	40:43	SM	1st
2.	383	Dylan Walton	M		45:28	SM	2nd
3.	44	Bruce Duncan	M		47:15	VetM40	1st
4.	96	Garry Jerman	M		49:22	VetM55	1st
5.	4	Keith Barrow	M		50:36	VetM40	2nd
6.	70	Billy Goodall	M		51:43	SM	3rd
7.	81	Jenny Hartley	F	Bad Boy Running Club	51:55	VetF40	1st
8.	80	Dai Harris	M	Builth and District Running Club	52:09	SM	4th
9.	198	Iain Wheeler	M		53:23	VetM45	1st
10.	175	Emily Sanders	F		53:36	VetF35	1st
11.	74	Polly Goode	F		54:43	VetF45	1st
12.	37	Edward Davies	M	Maldwyn Harriers	54:59	VetM65	1st
13.	62	Amy Fulford	F	Ludlow Runners	55:02	VetF45	2nd
14.	116	Ian Lynch	M	Trail Running Association	55:43	VetM60	1st
15.	146	Scott Pearson	M		56:53	SM	5th
16.	60	Simeon Foreman	M	Malvern Buzzards Running Club	57:15	VetM45	2nd
17.	13	Sarah Blackwell	F	Ludlow Runners	57:23	VetF40	2nd
18.	119	Jenny Mander	F	Croft Ambery RC	57:23	VetF40	3rd
19.	142	Ashley Payne	M		57:32	SM	6th
20.	180	Toby Spicer	M	Ludlow Runners	57:33	VetM45	3rd
21.	3	Harriet Ballantyne	F		58:00	SF	1st
22.	66	Tim Giles	M	Ludlow Runners	58:06	VetM50	1st
23.	30	Andy Clarke	M	Oswestry Olympians	58:17	VetM65	2nd
24.	184	Helen Stokes	F	Mercia Fell Runners	58:39	VetF40	4th
25.	65	Sam George	M		59:58	SM	7th
26.	101	Alice - Trevor Jones	F		1:00:07	VetF35	2nd
27.	147	Laura Perratt	F	Ludlow Runners	1:00:12	SF	2nd
28.	32	Craig Collier	M	Ludlow Runners	1:00:18	SM	8th
29.	160	Mike Raven	M		1:00:55	SM	9th
30.	106	Heather KIENIEWICZ	F	Wrekin Orienteers/Mercia Fell Runners	1:01:07	VetF35	3rd
31.	52	Nick Evans	M		1:01:17	VetM40	3rd
32.	82	Dave Hassan Beasley	M		1:01:39	VetM45	4th
33.	129	Andrew Milne	M		1:01:40		1st
34.	40	Stu Davies	M		1:02:03	SM	10th
35.	53	Rhys Evans	M		1:02:56	SM	11th
36.	17	Billy Boland	M		1:03:11	SM	12th
37.	15	Sammy Blake	M		1:03:27	SM	13th
38.	103	Jonny Keeley	M		1:03:37	SM	14th
39.	162	Daniel Richards	M		1:03:58	VetM40	4th
40.	154	Tony Preece	M		1:03:58	MU17	1st
41.	153	Chris Preece	M		1:03:58	SM	15th
42.	110	Megan Lee	F		1:03:59	SF	3rd
43.	197	James West	M		1:04:03	VetM40	5th



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44.	46	Sarah Edwards	F	Ludlow Runners	1:04:12	VetF50	1st
45.	41	Adam Deeves	M	RAF Triathlon	1:04:15	VetM40	6th
46.	108	Reuben Lane	M	Running monk	1:04:49	VetM45	5th
47.	107	Angus Kirby	M	Ludlow Runners	1:05:02	VetM60	2nd
48.	185	Jamie Symonds	M	Croft Ambery RC	1:05:05	MU17	2nd
49.	97	Peter Johnson	M	Mercia Fell Runners	1:05:17	VetM70	1st
50.	76	Nigel Green	M		1:05:24	VetM40	7th
51.	140	Helen Owen	F	Maldwyn Harriers	1:06:03	VetF50	2nd
52.	2	Xander Ashwell	M		1:06:05	SM	16th
53.	16	Ben Bloor	M		1:06:18	SM	17th
54.	61	Ronan Franklin	M		1:06:52	VetM40	8th
55.	137	James Nicholas	M		1:07:00	SM	18th
56.	71	Haylie Goodall	F		1:07:17	SF	4th
57.	39	Stuart Davies	M		1:07:20	SM	19th
58.	167	Michael Robinson	M		1:07:42	SM	20th
59.	12	Peter Bevan	M		1:07:46	VetM40	9th
60.	174	Neil Sampson	M	Shropshire Shufflers	1:08:08	VetM60	3rd
61.	78	Clare Griffiths	F		1:08:14	VetF40	5th
62.	31	Shaun Clewes	M		1:08:39	VetM40	10th
63.	8	Rebecca Batner	F	Wye Valley Runners	1:08:42	SF	5th
64.	23	Jonathan Hughes	M	Sytri Triathlon Club	1:09:26	VetM50	2nd
65.	131	Michelle Bateson	F		1:09:27	VetF35	4th
66.	379	Siobhan Williams	F		1:10:05	VetF35	5th
67.	127	Will Meacham	M		1:10:52	VetM50	3rd
68.	139	Micheal Orwell	M		1:10:55	SM	21st
69.	183	Emma Stewardson	F	Ludlow Runners	1:11:29	VetF45	3rd
70.	187	Matt Thomas	M	Ludlow Parkrun	1:11:48	VetM45	6th
71.	104	Nicola Kelly	F	Builth and District Running Club	1:12:03	VetF50	3rd
72.	382	Simon Yuile	M		1:12:49	VetM40	11th
73.	159	Kathy Ratcliffe	F		1:12:59	VetF65	1st
74.	195	Jess Turner	F	Shrewsbury AC	1:13:01	FU17	1st
75.	152	Laura Powell	F		1:13:22	SF	6th
76.	69	Steve Golding	M		1:13:26	VetM45	7th
77.	181	Alison Staples	F		1:13:38	VetF40	6th
78.	85	Andre Hayeck	M	Shropshire Shufflers	1:13:45	VetM65	3rd
79.	130	Hannah Moore	F		1:13:47	VetF40	7th
80.	19	Sharon Bradford	F		1:15:13	VetF45	4th
81.	79	Victoria Harding	F	Maesbrook Massive	1:15:20	VetF40	8th
82.	113	Sarah Lewis	F		1:15:35	SF	7th
83.	64	James Gatfield	M		1:15:38	SM	22nd
84.	47	Ian Edwards	M		1:15:52	VetM60	4th
85.	158	Amy Purvin	F	Croft Ambery RC	1:16:03	SF	8th
86.	145	Lisa Pearn	F	Wye Valley Runners	1:16:06	VetF45	5th



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87.	1	Amy Aldridge	F	Lawley Running club	1:16:35	VetF45	6th
88.	24	Stacey Carlyle	F		1:16:45	SF	9th
89.	157	Sue Purvin	F	Croft Ambery RC	1:17:35	VetF60	1st
90.	29	Claire Cherrie	F		1:17:44	VetF40	9th
91.	68	Suzie Golding	F		1:17:46	VetF45	7th
92.	114	Sharon Lloyd	F	Maldwyn Harriers	1:18:17	VetF50	4th
93.	63	Kiara Gallop	F	Shrewsbury Renegades	1:18:51	VetF45	8th
94.	196	Tracie Warner	F	Shrewsbury Renegades	1:19:07	VetF45	9th
95.	138	Michael O'BRIEN	M	Run Catshill	1:19:14	VetM70	2nd
96.	38	Joanne Davies	F		1:19:46	VetF50	5th
97.	193	Sandra Trevor	F		1:19:46	VetF55	1st
98.	102	Steph Jones	F	Shropshire Shufflers	1:19:48	SF	10th
99.	43	Claire Duffell	F		1:20:18	VetF45	10th
100.	42	Lizzie Duffell	F	Kidderminster and Stourport Athletics Club	1:20:19	FU17	2nd
101.	192	Ramona Trevor	F		1:20:28	VetF35	6th
102.	95	Rommany Jenkins	F	Ludlow Runners	1:20:47	VetF40	10th
103.	94	Erika Jaskulyte	F		1:20:50	VetF35	7th
104.	11	Nic Benbow	M		1:20:51	VetM40	12th
105.	172	Martin Sadler	M	Shrewsbury Renegades	1:20:53	VetM50	4th
106.	186	Dave Taylor	M	Run Catshill	1:21:09	VetM50	5th
107.	36	Helen Davies	F	Dolly Mixtures	1:21:12	VetF55	2nd
108.	58	Georgina Fletcher	F		1:21:12	VetF60	2nd
109.	179	Desmond Smith	M	Lickey End Striders	1:21:23	VetM65	4th
110.	75	Andy Goode	M		1:23:00	VetM45	8th
111.	122	Jan Manuel	F	Maldwyn Harriers	1:23:39	VetF55	3rd
112.	123	David Manuel	M	Maldwyn Harriers	1:23:40	VetM50	6th
113.	161	Vivienne Rees	F		1:24:05	VetF40	11th
114.	177	Suzanne Sheppard	F	Dolly Mixtures	1:24:07	VetF55	4th
115.	163	Elaine Richardson	F	Vegan Runners	1:24:08	VetF45	11th
116.	166	Ceri Roach	F		1:24:09	VetF35	8th
117.	148	Liz Perry	F		1:24:20	VetF45	12th
118.	199	Helen Wheeler	F		1:24:20	VetF40	12th
119.	191	Sally Toye	F	Ludlow Runners	1:24:34	VetF60	3rd
120.	168	Inese Robotham	F	Lonely Goat RC	1:24:39	VetF50	6th
121.	59	Emma Foreman	F	Malvern Buzzards Running Club	1:24:55	VetF50	7th
122.	56	Karen Fernyhough	F		1:25:01	VetF45	13th
123.	115	Gareth Luscombe	M		1:25:02	VetM45	9th
124.	169	Catherine Rowlands	F	Shropshire Shufflers	1:25:20	VetF35	9th
125.	50	Eva Evans	F		1:25:27	VetF35	10th
126.	155	Catherine Price	F		1:25:35	SF	11th
127.	26	Sophie Carmichael	F		1:25:55	FU17	3rd
128.	25	Alastair Carmichael	M		1:25:55	VetM50	7th
129.	84	Bridget Haw	F	Run Catshill	1:25:59	VetF45	14th



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130.	73	Charlie Goode	F		1:25:59	VetF45	15th
131.	354	Lauren Whitaker	F		1:26:02	SF	12th
132.	149	Ann Perry	F		1:26:02	VetF40	13th
133.	93	Becky James	F		1:27:30	VetF35	11th
134.	34	Karen Cort	F		1:28:04	VetF40	14th
135.	33	Steve Cort	M		1:28:09	VetM55	2nd
136.	112	mervyn lewis	M	Ludlow runners	1:28:22	VetM65	5th
137.	88	Emma Humphreys	F	Shropshire Shufflers	1:29:59	VetF45	16th
138.	55	Renata Fejfer	F	Shrewsbury Renegades	1:30:46	VetF45	17th
139.	5	Tom Barton	M		1:30:55	SM	23rd
140.	6	Melissa Barton	F		1:31:08	SF	13th
141.	90	Kevin Hyde	M		1:31:09	VetM40	13th
142.	126	Deb May	F		1:31:52	VetF45	18th
143.	98	Sue Johnson	F	Mercia Fell Runners	1:32:09	VetF65	2nd
144.	190	Karen Thompson	F	Ludlow Runners	1:36:37	VetF55	5th
145.	67	Sarah Gill	F	Whitchurch Whippets	1:38:14	VetF50	8th
146.	111	Donna Lewis	F	Ludlow Runners	1:38:27	VetF45	19th
147.	86	Mandy Holder	F	Run Catshill	1:38:56	VetF45	20th
148.	188	Harry Thomas	M		1:39:11	SM	24th
149.	120	Joe Mander	M	Croft Ambery RC	1:39:30	MU17	3rd
150.	182	Louise Stevens	F	Wrekin Road Runners	1:40:04	VetF45	21st
151.	72	Sue Goodall	F	Wrekin Road Runners	1:40:04	VetF55	6th
152.	125	SARAH Mawhinney	F		1:40:06	VetF55	7th
153.	128	Duncan Meredith	M	Whitchurch Whippets	1:40:16	VetM55	3rd
154.	109	Fiona Leatham	F	Whitchurch Whippets	1:40:18	VetF50	9th
155.	7	Linda Bate	F	Dolly Mixtures	1:41:44	VetF55	8th
156.	377	Su Wigley	F	Shropshire Shufflers	1:42:21	VetF50	10th
157.	141	Hannah Parkes	F	Run Catshill	1:43:02	VetF40	15th
158.	381	Laura Worrall	F		1:44:00	VetF45	22nd
159.	144	Sara Pearce	F	Chubby mummies' running club	1:48:08	VetF40	16th
160.	133	Shaun Morris	M		1:48:10	SM	25th
161.	143	Samuel Pearce	M	Chubby Daddies Running Club	1:48:12	SM	26th
162.	14	Tracey Blackwell	F		1:48:53	VetF55	9th
163.	171	Nadege Rutter	F		1:48:54	VetF45	23rd
164.	45	Teresa Edwards	F	Dolly Mixtures	1:49:51	VetF50	11th
165.	54	Tina Farrington	F	Dolly mixtures Tregynon	1:49:53	VetF55	10th
166.	100	Ruth Jones	F	Ludlow Runners	1:50:47	VetF50	12th
167.	18	Lee Bowkett	M		1:51:40	SM	27th
168.	49	Nerys Emily Jones	F		1:51:40	SF	14th

Number of Records: 168

