

Bearwood 10K Series

Race 1 Results

Bib	First Name	Last Name	Club	Race 1 Time	Rank	Race 2 Time	Rank	Race 3 Time	Rank	Total Time	Series Rank
51	Sam	Juson	Croft Ambrey RC	37:03.83 L1: 18:11.94 L2: 18:51.90	1.	L1: L2:		L1: L2:		37:03.83	1.
113	Gareth	Leek	Croft Ambrey RC	38:09.58 L1: 18:39.78 L2: 19:29.80	2.	L1: L2:		L1: L2:		38:09.58	2.
43	Matt	James	Hereford Couriers	38:21.32 L1: 18:57.87 L2: 19:23.45	3.	L1: L2:		L1: L2:		38:21.32	3.
2	Eric	Apperley	Croft Ambrey RC	38:24.57 L1: 18:20.49 L2: 20:04.09	4.	L1: L2:		L1: L2:		38:24.57	4.
29	Luke	Fisher		44:08.68 L1: 21:50.73 L2: 22:17.95	5.	L1: L2:		L1: L2:		44:08.68	5.
93	Ben	Skinner	Hereford Couriers	44:39.85 L1: 22:13.14 L2: 22:26.72	6.	L1: L2:		L1: L2:		44:39.85	6.
46	Steve	Jones	Maldwyn Harriers	45:49.98 L1: 21:54.76 L2: 23:55.22	7.	L1: L2:		L1: L2:		45:49.98	7.
88	Richie	Richards	Hereford Couriers	46:32.34 L1: 22:48.49 L2: 23:43.85	8.	L1: L2:		L1: L2:		46:32.34	8.



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20	Jonathan	Davey	Hereford Couriers	47:17.48	9.					47:17.48	9.
				L1: 22:50.74		L1:		L1:			
				L2: 24:26.75		L2:		L2:			
97	Chris	Smith		47:28.73	10.					47:28.73	10.
				L1: 23:25.78		L1:		L1:			
				L2: 24:02.96		L2:		L2:			
118	Ioan	Hughes		48:09.37	11.					48:09.37	11.
				L1: 24:48.61		L1:		L1:			
				L2: 23:20.77		L2:		L2:			
100	Joanne	Tilby	Croft Ambrey RC	48:20.43	12.					48:20.43	12.
				L1: 23:48.21		L1:		L1:			
				L2: 24:32.23		L2:		L2:			
114	Paul	Parker	Croft Ambrey RC	48:22.97	13.					48:22.97	13.
				L1: 23:45.18		L1:		L1:			
				L2: 24:37.79		L2:		L2:			
67	Steven	Mesham	Hereford Couriers	49:02.84	14.					49:02.84	14.
				L1: 24:01.52		L1:		L1:			
				L2: 25:01.32		L2:		L2:			
30	Crispin	Fisher		49:31.01	15.					49:31.01	15.
				L1: 24:01.73		L1:		L1:			
				L2: 25:29.29		L2:		L2:			
33	Daniel	Francis	Wye Valley Runners	49:51.12	16.					49:51.12	16.
				L1: 24:39.12		L1:		L1:			
				L2: 25:12.01		L2:		L2:			



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90	Mel	Sadie	Builth & District RC	49:52.48	17.					49:52.48	17.
				L1: 25:06.47		L1:		L1:			
				L2: 24:46.01		L2:		L2:			
112	Sarah	Askey	Hereford Couriers	49:53.72	18.					49:53.72	18.
				L1: 24:32.41		L1:		L1:			
				L2: 25:21.31		L2:		L2:			
17	Dan	Cleworth	Hereford Couriers	49:53.77	19.					49:53.77	19.
				L1: 24:44.65		L1:		L1:			
				L2: 25:09.13		L2:		L2:			
12	Daniel	Bythell		49:56.18	20.					49:56.18	20.
				L1: 25:27.45		L1:		L1:			
				L2: 24:28.74		L2:		L2:			
96	Amy	Smith	Hereford Couriers	50:09.21	21.					50:09.21	21.
				L1: 24:32.48		L1:		L1:			
				L2: 25:36.74		L2:		L2:			
49	Jen	Jones		50:09.33	22.					50:09.33	22.
				L1: 24:27.98		L1:		L1:			
				L2: 25:41.36		L2:		L2:			
21	Raymond	Davies	Builth & District RC	50:39.61	23.					50:39.61	23.
				L1: 25:35.93		L1:		L1:			
				L2: 25:03.69		L2:		L2:			
54	Abi	Knight	Hereford Couriers	50:51.10	24.					50:51.10	24.
				L1: 25:00.94		L1:		L1:			
				L2: 25:50.17		L2:		L2:			



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117	Lucy	Austin	Croft Ambrey RC	51:00.29	25.					51:00.29	25.
				L1: 24:57.35		L1:		L1:			
				L2: 26:02.94		L2:		L2:			
15	Tony	Champken	Wye Valley Runners	51:11.19	26.					51:11.19	26.
				L1: 25:11.39		L1:		L1:			
				L2: 25:59.80		L2:		L2:			
74	Mark	Paviour	Maldwyn Harriers	51:12.57	27.					51:12.57	27.
				L1: 24:53.95		L1:		L1:			
				L2: 26:18.62		L2:		L2:			
7	Paul	Bridgewater		51:27.66	28.					51:27.66	28.
				L1: 25:25.83		L1:		L1:			
				L2: 26:01.84		L2:		L2:			
66	Simon	Mehigan	Hereford Couriers	51:29.94	29.					51:29.94	29.
				L1: 25:42.59		L1:		L1:			
				L2: 25:47.36		L2:		L2:			
65	Jo	Marriott	Croft Ambrey RC	51:42.41	30.					51:42.41	30.
				L1: 25:49.76		L1:		L1:			
				L2: 25:52.65		L2:		L2:			
37	Katherine	Hardwick	Wye Valley Runners	51:52.02	31.					51:52.02	31.
				L1: 24:37.71		L1:		L1:			
				L2: 27:14.31		L2:		L2:			
13	Peter	Carwardine	Hereford couriers	52:02.56	32.					52:02.56	32.
				L1: 25:07.41		L1:		L1:			
				L2: 26:55.16		L2:		L2:			



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104	James	Vidler	Wye Valley Runners	52:06.24	33.					52:06.24	33.
				L1: 25:18.80		L1:		L1:			
				L2: 26:47.45		L2:		L2:			
95	Michael	Smallwood	Wye Valley Runners	52:31.23	34.					52:31.23	34.
				L1: 25:47.23		L1:		L1:			
				L2: 26:44.01		L2:		L2:			
102	Keith	Tinker		52:54.88	35.					52:54.88	35.
				L1: 26:14.51		L1:		L1:			
				L2: 26:40.37		L2:		L2:			
35	Kate	Green	Wye Valley Runners	52:56.94	36.					52:56.94	36.
				L1: 25:35.62		L1:		L1:			
				L2: 27:21.32		L2:		L2:			
116	Bronwyn	Preece	Croft Ambrey RC	53:18.43	37.					53:18.43	37.
				L1: 25:55.43		L1:		L1:			
				L2: 27:23.01		L2:		L2:			
98	Celia	Speake	Builth & District RC	53:37.16	38.					53:37.16	38.
				L1: 26:44.42		L1:		L1:			
				L2: 26:52.75		L2:		L2:			
36	Richard	Griffiths		53:42.39	39.					53:42.39	39.
				L1: 26:17.11		L1:		L1:			
				L2: 27:25.28		L2:		L2:			
55	Julie	Knill	Rhayader RC	53:45.11	40.					53:45.11	40.
				L1: 26:27.31		L1:		L1:			
				L2: 27:17.80		L2:		L2:			



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81	Thea	Preece	Croft Ambrey RC	54:29.59	41.					54:29.59	41.
				L1: 26:29.25		L1:		L1:			
				L2: 28:00.35		L2:		L2:			
42	Deborah	Horley		54:38.48	42.					54:38.48	42.
				L1: 27:11.89		L1:		L1:			
				L2: 27:26.59		L2:		L2:			
92	Lorna	Shaw	Wye Valley Runners	54:54.11	43.					54:54.11	43.
				L1: 26:54.45		L1:		L1:			
				L2: 27:59.67		L2:		L2:			
72	Paddy	Nugent	Wye Valley Runners	55:05.06	44.					55:05.06	44.
				L1: 26:39.24		L1:		L1:			
				L2: 28:25.82		L2:		L2:			
78	Kim	Pickett	Hereford Couriers	55:39.56	45.					55:39.56	45.
				L1: 27:26.98		L1:		L1:			
				L2: 28:12.58		L2:		L2:			
103	Gordon	Truluck	Wye Valley Runners	55:44.83	46.					55:44.83	46.
				L1: 27:42.87		L1:		L1:			
				L2: 28:01.96		L2:		L2:			
64	Deanna	Mammatt		55:48.47	47.					55:48.47	47.
				L1: 27:41.05		L1:		L1:			
				L2: 28:07.42		L2:		L2:			
5	Rebecca	Batner		56:03.96	48.					56:03.96	48.
				L1: 27:08.00		L1:		L1:			
				L2: 28:55.97		L2:		L2:			



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19	Ed	Collins	Hereford Triathlon	56:17.34	49.					56:17.34	49.
				L1: 27:28.86		L1:		L1:			
				L2: 28:48.49		L2:		L2:			
4	Emma	Bagshaw	Builth & District RC	56:39.75	50.					56:39.75	50.
				L1: 27:40.02		L1:		L1:			
				L2: 28:59.74		L2:		L2:			
68	Zoe	Millwrd		56:50.23	51.					56:50.23	51.
				L1: 27:39.17		L1:		L1:			
				L2: 29:11.06		L2:		L2:			
44	Lauren	Jaques		56:55.43	52.					56:55.43	52.
				L1: 28:03.10		L1:		L1:			
				L2: 28:52.33		L2:		L2:			
59	Ralph	Lloyd	Wye Valley Runners	56:55.57	53.					56:55.57	53.
				L1: 28:33.55		L1:		L1:			
				L2: 28:22.02		L2:		L2:			
63	Steph	Main	Croft Ambrey RC	57:05.98	54.					57:05.98	54.
				L1: 28:06.31		L1:		L1:			
				L2: 28:59.67		L2:		L2:			
3	Liza	Austin	Croft Ambrey RC	57:17.63	55.					57:17.63	55.
				L1: 28:07.65		L1:		L1:			
				L2: 29:09.98		L2:		L2:			
115	Tim	Kyle		57:38.37	56.					57:38.37	56.
				L1: 28:00.88		L1:		L1:			
				L2: 29:37.50		L2:		L2:			



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84	Chris	Price	Hereford Couriers	57:56.82	57.					57:56.82	57.
				L1: 27:26.94		L1:		L1:			
				L2: 30:29.88		L2:		L2:			
94	Billy	Smallwood	Wye Valley Runners	57:57.43	58.					57:57.43	58.
				L1: 28:42.83		L1:		L1:			
				L2: 29:14.60		L2:		L2:			
28	Malcolm	Edwards		57:58.39	59.					57:58.39	59.
				L1: 27:42.78		L1:		L1:			
				L2: 30:15.61		L2:		L2:			
52	Nicola	Kelly	Builth & District RC	58:03.54	60.					58:03.54	60.
				L1: 28:21.36		L1:		L1:			
				L2: 29:42.19		L2:		L2:			
38	Samantha	Harper	Croft Ambrey RC	58:46.55	61.					58:46.55	61.
				L1: 28:53.71		L1:		L1:			
				L2: 29:52.85		L2:		L2:			
83	Roland	Preece	Croft Ambrey RC	59:12.15	62.					59:12.15	62.
				L1: 29:15.97		L1:		L1:			
				L2: 29:56.18		L2:		L2:			
77	Kate	Phipps	Wye Valley Runners	59:55.06	63.					59:55.06	63.
				L1: 28:54.64		L1:		L1:			
				L2: 31:00.42		L2:		L2:			
75	Lisa	Pearn	Wye Valley Runners	59:56.56	64.					59:56.56	64.
				L1: 28:30.78		L1:		L1:			
				L2: 31:25.78		L2:		L2:			



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18	Hayley	Colebatch	Croft Ambrey RC	1:00:28.63	65.					1:00:28.63	65.
				L1: 29:50.99		L1:		L1:			
				L2: 30:37.64		L2:		L2:			
101	Elizabeth	Tindle	Halesowen ACC	1:00:48.64	66.					1:00:48.64	66.
				L1: 29:54.22		L1:		L1:			
				L2: 30:54.42		L2:		L2:			
25	Liz	Davies-Ward		1:01:04.56	67.					1:01:04.56	67.
				L1: 30:05.99		L1:		L1:			
				L2: 30:58.57		L2:		L2:			
89	Eleanor	Robinson	Pershore Plum Plodders	1:01:23.80	68.					1:01:23.80	68.
				L1: 30:30.55		L1:		L1:			
				L2: 30:53.25		L2:		L2:			
99	Phoebe	Stevens		1:02:05.55	69.					1:02:05.55	69.
				L1: 30:39.27		L1:		L1:			
				L2: 31:26.28		L2:		L2:			
106	Julie	Whitehouse	Wye Valley Runners	1:02:05.92	70.					1:02:05.92	70.
				L1: 30:39.39		L1:		L1:			
				L2: 31:26.54		L2:		L2:			
53	Stephanie	King	Croft Ambrey RC	1:02:24.98	71.					1:02:24.98	71.
				L1: 31:27.75		L1:		L1:			
				L2: 30:57.24		L2:		L2:			
6	Rachel	Bradbury	Builth & District RC	1:03:50.55	72.					1:03:50.55	72.
				L1: 30:32.38		L1:		L1:			
				L2: 33:18.17		L2:		L2:			



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73	Simon	Oliver	Wye Valley Runners	1:04:43.93	73.					1:04:43.93	73.
				L1: 32:21.84		L1:		L1:			
				L2: 32:22.09		L2:		L2:			
107	Huw	Williams	Croft Ambrey RC	1:04:54.38	74.					1:04:54.38	74.
				L1: 31:50.95		L1:		L1:			
				L2: 33:03.43		L2:		L2:			
108	Laura	Williams	Wye Valley Runners	1:04:56.51	75.					1:04:56.51	75.
				L1: 31:19.52		L1:		L1:			
				L2: 33:37.00		L2:		L2:			
40	Mike	Hayward	Croft Ambrey RC	1:05:29.77	76.					1:05:29.77	76.
				L1: 30:49.38		L1:		L1:			
				L2: 34:40.40		L2:		L2:			
82	Clare	Preece	Croft Ambrey RC	1:05:48.24	77.					1:05:48.24	77.
				L1: 32:12.30		L1:		L1:			
				L2: 33:35.94		L2:		L2:			
22	Alison	Davies	Croft Ambrey RC	1:06:06.50	78.					1:06:06.50	78.
				L1: 32:08.81		L1:		L1:			
				L2: 33:57.70		L2:		L2:			
9	Anna	Bromley	Croft Ambrey RC	1:06:44.70	79.					1:06:44.70	79.
				L1: 32:50.13		L1:		L1:			
				L2: 33:54.58		L2:		L2:			
45	Theresa	Jones	Croft Ambrey RC	1:06:44.98	80.					1:06:44.98	80.
				L1: 32:49.26		L1:		L1:			
				L2: 33:55.72		L2:		L2:			



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80	Carol	Powell	Croft Ambrey RC	1:09:02.29	81.					1:09:02.29	81.
				L1: 32:50.11		L1:		L1:			
				L2: 36:12.18		L2:		L2:			
31	Amalie	Fisher		1:09:40.21	82.					1:09:40.21	82.
				L1: 35:16.62		L1:		L1:			
				L2: 34:23.59		L2:		L2:			
39	Margaret	Harris	Builth & District RC	1:11:08.53	83.					1:11:08.53	83.
				L1: 34:37.34		L1:		L1:			
				L2: 36:31.19		L2:		L2:			
70	Stephanie	Morgan	Builth & District RC	1:11:08.55	84.					1:11:08.55	84.
				L1: 34:37.53		L1:		L1:			
				L2: 36:31.03		L2:		L2:			
50	Lauren	Jones		1:11:11.39	85.					1:11:11.39	85.
				L1: 31:51.23		L1:		L1:			
				L2: 39:20.16		L2:		L2:			
11	John	Bythell		1:11:38.22	86.					1:11:38.22	86.
				L1: 33:54.92		L1:		L1:			
				L2: 37:43.31		L2:		L2:			
85	Eve	Price	Wye Valley Runners	1:13:02.56	87.					1:13:02.56	87.
				L1: 34:37.97		L1:		L1:			
				L2: 38:24.59		L2:		L2:			
47	Mandy	Jones		1:14:14.12	88.					1:14:14.12	88.
				L1: 36:25.20		L1:		L1:			
				L2: 37:48.92		L2:		L2:			



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41	Dave	Hider	Wye Valley Runners	1:17:33.49	89.					1:17:33.49	89.
				L1: 36:09.36		L1:		L1:			
				L2: 41:24.13		L2:		L2:			
79	Natalie	Portman		1:18:17.39	90.					1:18:17.39	90.
				L1: 37:48.48		L1:		L1:			
				L2: 40:28.91		L2:		L2:			
8	Marie	Bridgewater		1:28:41.58	91.					1:28:41.58	91.
				L1: 39:27.94		L1:		L1:			
				L2: 49:13.65		L2:		L2:			

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