Pos.	Bib	Name	Gender	Club	Time	<b>Points</b>	Age Cat	Age Cat Rank
1st	365	Robin Woods	M	Builth and District	27:35	1	Vet 45 Male	1st
2nd	189	Matt Yapp	M	Croft Ambrey RC	27:35	2	Senior Male	1st
3rd	256	Matt James	M	Hereford Couriers RC	28:07	3	Vet 35 Male	1st
4th	151	Mark Lamonby	M	Croft Ambrey RC	28:11	4	Senior Male	2nd
5th	152	Gareth Leek	M	Croft Ambrey RC	28:11	5	Senior Male	3rd
6th	95	Sam Mayglothling	M	Hereford Triathlon Club	28:12	6	Vet 35 Male	2nd
7th	120	Eric Apperley	M	Croft Ambrey RC	28:22	7	Senior Male	4th
8th	187	Aidan Yapp	M	Croft Ambrey RC	28:59	8	Male Under 20	1st
9th	336	Phil Morris	M	Builth and District	29:01	9	Vet 40 Male	1st
10th	40	Jamie Shingler	M	Ludlow Runners	29:19	10	Vet 45 Male	2nd
11th	263	Ryan Knight	M	Hereford Couriers RC	29:31	11	Senior Male	5th
12th	385	Gavin Jones	M	Monross Trailblazers	29:37	12	Senior Male	6th
13th	261	Scott Kennedy	M	Hereford Couriers RC	30:25	13	Vet 40 Male	2nd
14th	399	David Bannister	M	Ledbury Harriers	30:34	14	Vet 45 Male	3rd
15th	275	William Morris	M	Hereford Couriers RC	30:49	15	Senior Male	7th
16th	266	Ryan Lawrence	M	Hereford Couriers RC	30:54	16	Senior Male	8th
17th	288	Ben Skinner	M	Hereford Couriers RC	31:06	17	Vet 35 Male	3rd
18th	90	Peter Koval	M	Hereford Triathlon Club	31:12	18	Vet 35 Male	4th
19th	337	Donna Morris	F	Builth and District	31:19	19	Vet 35 Female	1st
20th	342	Haydn O'Reilly	M	Builth and District	31:33	20	Vet 40 Male	3rd
21st	302	Harry Woodhouse	M	Hereford Couriers RC	31:38	21	Senior Male	9th
22nd	322	Richard Edwards	M	Builth and District	31:42	22	Vet 40 Male	4th
23rd	149	Sam Jusan	M	Croft Ambrey RC	31:59	23	Senior Male	10th
24th	211	Jeremy Jehan	M	Wye Valley Runners	32:18	24	Vet 50 Male	1st
25th	303	Ed Bullock	M	Hereford Couriers RC	32:33	25	Senior Male	11th
26th	262	Kevin Kerrigan	M	Hereford Couriers RC	32:37	26	Senior Male	12th
27th	319	Rhys Davies	M	Builth and District	32:48	27	Senior Male	13th





Pos.	Bib	Name	Gender	Club	Time	<b>Points</b>	Age Cat	Age Cat Rank
28th	178	Nigel Taylor	М	Croft Ambrey RC	32:53	28	Vet 55 Male	1st
29th	53	Claire Thomas	F	Ludlow Runners	33:05	29	Vet 35 Female	2nd
30th	140	Dave George	M	Croft Ambrey RC	33:07	30	Vet 50 Male	2nd
31st	181	David Warner	M	Croft Ambrey RC	33:09	31	Vet 55 Male	2nd
32nd	327	Stephen Hambridge	М	Builth and District	33:10	32	Vet 40 Male	5th
33rd	359	Joshua Thomas	M	Builth and District	33:11	33	Senior Male	14th
34th	269	Martin Lloyd	М	Hereford Couriers RC	33:13	34	Vet 40 Male	6th
35th	19	Matthew Hall	M	Ludlow Runners	33:15	35	Vet 35 Male	5th
36th	293	Daniel Spear	М	Hereford Couriers RC	33:20	36	Vet 35 Male	6th
37th	372	Neil Grinnell	M	Ledbury Harriers	33:20	37	Vet 45 Male	4th
38th	298	Andy Ware	М	Hereford Couriers RC	33:25	38	Vet 50 Male	3rd
39th	138	Hannah Fletcher	F	Croft Ambrey RC	33:46	39	Vet 35 Female	3rd
40th	264	Colin Lambourne	М	Hereford Couriers RC	33:46	40	Vet 45 Male	5th
41st	357	Matthew Sullivan	M	Builth and District	33:50	41	Senior Male	15th
42nd	377	Richard Bevan	M	Monross Trailblazers	34:06	42	Vet 45 Male	6th
43rd	391	Andrew Stephens	M	Monross Trailblazers	34:08	43	Vet 45 Male	7th
44th	114	Mark Radon	М	Presteigne Pacers	34:08	44	Vet 40 Male	7th
45th	162	Steve Partrige	M	Croft Ambrey RC	34:10	45	Vet 40 Male	8th
46th	100	Andy Taylor	М	Hereford Triathlon Club	34:28	46	Vet 50 Male	4th
47th	284	Richie Richards	M	Hereford Couriers RC	34:32	47	Vet 55 Male	3rd
48th	347	Josh Price	M	Builth and District	34:32	48	Senior Male	16th
49th	346	Gareth Price	М	Builth and District	34:33	49	Vet 40 Male	9th
50th	376	Martin Williams	M	Ledbury Harriers	34:43	50	Vet 40 Male	10th
51st	282	Naomi Prosser	F	Hereford Couriers RC	34:46	51	Senior Female	1st
52nd	330	Dai Harris	М	Builth and District	34:48	52	Vet 35 Male	7th
53rd	235	Martin Carter	М	Hereford Couriers RC	35:02	53	Vet 55 Male	4th
54th	352	Joanne Rees	F	Builth and District	35:06	54	Vet 45 Female	1st





Pos.	Bib	Name	Gender	Club	Time	<b>Points</b>	Age Cat	Age Cat Rank
55th	165	Neil Powell	M	Croft Ambrey RC	35:08	55	Vet 50 Male	5th
56th	205	Peter Flynn	М	Wye Valley Runners	35:09	56	Vet 50 Male	6th
57th	394	Grant White	M	Monross Trailblazers	35:10	57	Senior Male	17th
58th	160	Lee Monks	М	Croft Ambrey RC	35:11	58	Vet 35 Male	8th
59th	366	Jonny Samuel	M	Builth and District	35:19	59	Senior Male	18th
60th	109	Gareth Lloyd	М	Presteigne Pacers	35:20	60	Senior Male	19th
61st	334	Kate Jones	F	Builth and District	35:25	61	Senior Female	2nd
62nd	317	Sophie Cook	F	<b>Builth and District</b>	35:44	62	Vet 40 Female	1st
63rd	58	Stephen Goodridge	M	Hay Hotfooters	35:48	63	Vet 55 Male	5th
64th	15	Amy Fulford	F	Ludlow Runners	35:51	64	Vet 45 Female	2nd
65th	403	Niall Considine	M	Wye Valley Runners	35:56	65	Senior Male	20th
66th	292	Ellie Smithers	F	Hereford Couriers RC	35:58	66	Senior Female	3rd
67th	125	Kelly Bowen	F	Croft Ambrey RC	36:03	67	Vet 35 Female	4th
68th	11	lan Chubb	M	Ludlow Runners	36:04	68	Vet 50 Male	7th
69th	17	Tim Giles	M	Ludlow Runners	36:18	69	Vet 50 Male	8th
70th	123	Katie Ayres	F	Croft Ambrey RC	36:26	70	Senior Female	4th
71st	59	Eleanor Griffiths	F	Hay Hotfooters	36:36	71	Senior Female	5th
72nd	279	Christina Plant	F	Hereford Couriers RC	36:49	72	Vet 35 Female	5th
73rd	36	Iain Prentice	M	Ludlow Runners	36:58	73	Vet 55 Male	6th
74th	351	Christian Prynne	М	Builth and District	37:14	74	Vet 50 Male	9th
75th	207	Robert Gilligan	M	Wye Valley Runners	37:18	75	Vet 55 Male	7th
76th	237	Robert Connell	М	Hereford Couriers RC	37:24	76	Vet 60 Male	1st
77th	216	Amelia Louth	F	Wye Valley Runners	37:26	77	Senior Female	6th
78th	250	Laura Hands	F	Hereford Couriers RC	37:29	78	Senior Female	7th
79th	345	Robert Price	M	Builth and District	37:31	79	Vet 45 Male	8th
80th	158	Dave Millichap	М	Croft Ambrey RC	37:48	80	Vet 50 Male	10th
81st	34	Thomas Powell	М	Ludlow Runners	37:50	81	Vet 35 Male	9th



Pos.	Bib	Name	Gender	Club	Time	<b>Points</b>	Age Cat	Age Cat Rank
82nd	371	Kate Green	F	Ledbury Harriers	37:52	82	Vet 55 Female	1st
83rd	300	David Williams	M	Hereford Couriers RC	37:53	83	Vet 60 Male	2nd
84th	364	Gareth Wood	М	Builth and District	37:54	84	Senior Male	21st
85th	167	Thea Preece	F	Croft Ambrey RC	37:57	85	Senior Female	8th
86th	228	James Vidler	M	Wye Valley Runners	37:58	86	Vet 60 Male	3rd
87th	270	Clare Mallender	F	Hereford Couriers RC	38:01	87	Vet 40 Female	2nd
88th	170	Roland Preece	M	Croft Ambrey RC	38:08	88	Vet 55 Male	8th
89th	133	Mia Davies	F	Croft Ambrey RC	38:15	89	Senior Female	9th
90th	78	Kevin Artus	М	Hereford Triathlon Club	38:15	90	Vet 45 Male	9th
91st	252	Steve Herington	M	Hereford Couriers RC	38:22	91	Vet 70 Male	1st
92nd	248	David Green	М	Hereford Couriers RC	38:24	92	Vet 55 Male	9th
93rd	110	Steve Mesham	M	Presteigne Pacers	38:29	93	Vet 50 Male	11th
94th	179	Jo Tilby	F	Croft Ambrey RC	38:31	94	Vet 40 Female	3rd
95th	126	Daniel Brazier	M	Croft Ambrey RC	38:33	95	Senior Male	22nd
96th	177	Neil Taylor	M	Croft Ambrey RC	38:42	96	Vet 65 Male	1st
97th	305	Paul Davies	M	Hereford Couriers RC	38:48	97	Vet 60 Male	4th
98th	380	James Fletcher	M	Monross Trailblazers	38:53	98	Vet 55 Male	10th
99th	272	Simon Mehigan	M	Hereford Couriers RC	38:55	99	Vet 45 Male	10th
100th	56	Mick Collins	M	Hay Hotfooters	39:04	100	Vet 55 Male	11th
101st	220	Paddy Nugent	M	Wye Valley Runners	39:52	101	Vet 60 Male	5th
102nd	157	Jo Marriott	F	Croft Ambrey RC	40:01	102	Vet 50 Female	1st
103rd	38	Clive Richardson	M	Ludlow Runners	40:05	103	Vet 65 Male	2nd
104th	23	Russell Limbert	M	Ludlow Runners	40:13	104	Vet 55 Male	12th
105th	82	Richard Crawley	M	Hereford Triathlon Club	40:18	105	Vet 45 Male	11th
106th	199	Lynne Compton	F	Wye Valley Runners	40:24	106	Vet 55 Female	2nd
107th	171	Ian Price	M	Croft Ambrey RC	40:25	107	Vet 70 Male	2nd
108th	259	Guy Jenkins	М	Hereford Couriers RC	40:32	108	Vet 60 Male	6th



Pos.	Bib	Name	Gender	Club	Time	<b>Points</b>	Age Cat	Age Cat Rank
109th	39	Paul Roberts	M	Ludlow Runners	40:36	109	Vet 55 Male	13th
110th	155	Steph Main	F	Croft Ambrey RC	40:38	110	Vet 50 Female	2nd
111th	209	Jane Hayde	F	Wye Valley Runners	40:42	111	Vet 35 Female	6th
112th	393	Vanessa Ward	F	Monross Trailblazers	41:03	112	Vet 35 Female	7th
113th	65	Kate Platt	F	Hay Hotfooters	41:04	113	Vet 45 Female	3rd
114th	14	Juliana Ferguson	F	Ludlow Runners	41:07	114	Vet 40 Female	4th
115th	99	Mike Shaw	M	Hereford Triathlon Club	41:09	115	Vet 70 Male	3rd
116th	223	Lorna Shaw	F	Wye Valley Runners	41:11	116	Vet 60 Female	1st
117th	397	Lee Jarvis	M	Builth and District	41:15	117	Vet 40 Male	11th
118th	62	Sara Lake	F	Hay Hotfooters	41:20	118	Vet 50 Female	3rd
119th	329	Phillip Harris	M	Builth and District	41:22	119	Vet 40 Male	12th
120th	313	Rachel Bradbury	F	Builth and District	41:23	120	Vet 40 Female	5th
121st	378	Lucia Demkova	F	Monross Trailblazers	41:32	121	Vet 40 Female	6th
122nd	301	Victoria Woodhall	F	Hereford Couriers RC	41:34	122	Vet 45 Female	4th
123rd	18	Emily Gould	F	Ludlow Runners	41:35	123	Senior Female	10th
124th	55	Sharon Collins	F	Hay Hotfooters	41:41	124	Vet 55 Female	3rd
125th	215	Ralph Lloyd	M	Wye Valley Runners	41:46	125	Vet 60 Male	7th
126th	9	Peter Cartwright	M	Ludlow Runners	41:50	126	Vet 65 Male	3rd
127th	121	Liza Austin	F	Croft Ambrey RC	41:51	127	Vet 55 Female	4th
128th	143	Samantha Harper	F	Croft Ambrey RC	41:52	128	Vet 45 Female	5th
129th	360	Gunvor Troelsen	F	Builth and District	41:53	129	Vet 55 Female	5th
130th	356	Celia Speake	F	<b>Builth and District</b>	42:06	130	Vet 55 Female	6th
131st	180	Howard Verran	M	Croft Ambrey RC	42:06	131	Vet 45 Male	12th
132nd	135	Nikki Doherty	F	Croft Ambrey RC	42:06	132	Vet 35 Female	8th
133rd	168	Bronwyn Preece	F	Croft Ambrey RC	42:07	133	Senior Female	11th
134th	218	Brent Lowson	M	Wye Valley Runners	42:13	134	Vet 60 Male	8th
135th	43	Emma Stewardson	F	Ludlow Runners	42:23	135	Vet 40 Female	7th



Pos.	Bib	Name	Gender	Club	Time	<b>Points</b>	Age Cat	Age Cat Rank
136th	85	lan Foster	M	Hereford Triathlon Club	42:26	136	Vet 50 Male	12th
137th	166	Suzanne Powell	F	Croft Ambrey RC	42:27	137	Vet 60 Female	2nd
138th	46	Claire Webb	F	Ludlow Runners	42:36	138	Vet 45 Female	6th
139th	227	Gordon Truluck	M	Wye Valley Runners	42:38	139	Vet 65 Male	4th
140th	52	Craig Collier	M	Ludlow Runners	42:39	140	Vet 35 Male	10th
141st	203	Jo Ellis	F	Wye Valley Runners	42:43	141	Vet 40 Female	8th
142nd	145	Tim Jones	M	Croft Ambrey RC	42:44	142	Vet 55 Male	14th
143rd	101	Kim Tomkinson	F	Hereford Triathlon Club	42:45	143	Senior Female	12th
144th	234	Kevin Barnes	M	Hereford Couriers RC	42:47	144	Vet 55 Male	15th
145th	246	Ben Goddard	M	Hereford Couriers RC	42:51	145	Senior Male	23rd
146th	395	Sophie Williams	F	Monross Trailblazers	42:53	146	Vet 35 Female	9th
147th	185	Rob Wood	M	Croft Ambrey RC	42:57	147	Vet 65 Male	5th
148th	79	John Bilboa	M	Hereford Triathlon Club	43:09	148	Vet 65 Male	6th
149th	202	Mark Dempsey	M	Wye Valley Runners	43:22	149	Vet 65 Male	7th
150th	182	Guy Whitmarsh	M	Croft Ambrey RC	43:27	150	Vet 75 Male	1st
151st	128	Oliver Cameron Swan	M	Croft Ambrey RC	43:30	151	Vet 45 Male	13th
152nd	33	Saul Phillips	M	Ludlow Runners	43:30	152	Vet 40 Male	13th
153rd	94	Deanna Mammatt	F	Hereford Triathlon Club	43:32	153	Vet 45 Female	7th
154th	217	Leah Lowe	F	Wye Valley Runners	43:37	154	Vet 35 Female	10th
155th	91	Louise Le Ray	F	Hereford Triathlon Club	43:40	155	Vet 55 Female	7th
156th	363	Gary Watts	M	Builth and District	43:41	156	Vet 55 Male	16th
157th	104	Jamie Cook	M	Presteigne Pacers	43:47	157	Vet 60 Male	9th
158th	27	Emily Moseley	F	Ludlow Runners	43:55	158	Vet 35 Female	11th
159th	139	Sonia George	F	Croft Ambrey RC	44:05	159	Vet 45 Female	8th
160th	47	Elizabeth Whitmarsh	F	Ludlow Runners	44:21	160	Vet 40 Female	9th
161st	153	Hélène Loh	F	Croft Ambrey RC	44:38	161	Senior Female	13th
162nd	173	Suzanne Purvin	F	Croft Ambrey RC	44:43	162	Vet 60 Female	3rd



Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
163rd	398	Raymond Davies	М	Builth and District	44:46	163	Vet 40 Male	14th
164th	6	Tom Boog-Scott	М	Ludlow Runners	44:51	164	Vet 70 Male	4th
165th	224	Dave Sherwood	М	Wye Valley Runners	44:54	165	Vet 60 Male	10th
166th	66	Ange Price	F	Hay Hotfooters	44:56	166	Vet 50 Female	4th
167th	273	Adam Mitchell-Haywood	М	Hereford Couriers RC	45:09	167	Vet 40 Male	15th
168th	204	Lindsey Flowers	F	Wye Valley Runners	45:20	168	Vet 35 Female	12th
169th	30	Gareth Parkinson	М	Ludlow Runners	45:38	169	Vet 50 Male	13th
170th	108	Bryan Lloyd	М	Presteigne Pacers	45:51	170	Vet 60 Male	11th
171st	172	Amy Purvin	F	Croft Ambrey RC	45:58	171	Senior Female	14th
172nd	10	Tina Cartwright	F	Ludlow Runners	46:00	172	Vet 65 Female	1st
173rd	42	Tony Stanley	М	Ludlow Runners	46:06	173	Vet 60 Male	12th
174th	86	Charlotte Godsall	F	Hereford Triathlon Club	46:07	174	Vet 45 Female	9th
175th	51	Malgorzata Bronisz-Handley	F	Ludlow Runners	46:20	175	Vet 40 Female	10th
176th	106	Kevin Duggan	M	Presteigne Pacers	46:20	176	Vet 45 Male	14th
177th	150	Steph King	F	Croft Ambrey RC	46:21	177	Vet 55 Female	8th
178th	341	Chris Offa	М	Builth and District	46:23	178	Vet 45 Male	15th
179th	174	Louise Reeves	F	Croft Ambrey RC	46:38	179	Vet 45 Female	10th
180th	118	Sahrah Wilding	F	Presteigne Pacers	47:08	180	Vet 55 Female	9th
181st	130	Leanne Cuthbertson	F	Croft Ambrey RC	47:15	181	Senior Female	15th
182nd	186	Sue Wood	F	Croft Ambrey RC	47:38	182	Vet 65 Female	2nd
183rd	136	Nikki Fergusson	F	Croft Ambrey RC	47:40	183	Senior Female	16th
184th	274	David Mitchell-Haywood	М	Hereford Couriers RC	48:05	184	Vet 35 Male	11th
185th	183	Huw Williams	М	Croft Ambrey RC	48:16	185	Vet 60 Male	13th
186th	362	Izzy Watts	F	Builth and District	48:20	186	Vet 40 Female	11th
187th	117	Tom Sullivan	М	Presteigne Pacers	48:22	187	Vet 35 Male	12th
188th	335	Nicola Kelly	F	Builth and District	48:33	188	Vet 50 Female	5th
189th	131	Gemma Davies	F	Croft Ambrey RC	48:34	189	Vet 40 Female	12th
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Pos.	Bib	Name	Gender	Club	Time	<b>Points</b>	Age Cat	Age Cat Rank
190th	63	Tina Lavelle	F	Hay Hotfooters	48:36	190	Vet 65 Female	3rd
191st	115	Caroline Robson	F	Presteigne Pacers	48:38	191	Vet 40 Female	13th
192nd	67	John Price	М	Hay Hotfooters	48:50	192	Vet 65 Male	8th
193rd	41	Joanne Stanley	F	Ludlow Runners	49:01	193	Vet 60 Female	4th
194th	20	Janet Hill	F	Ludlow Runners	49:08	194	Vet 65 Female	4th
195th	294	Samantha Stacey	F	Hereford Couriers RC	49:20	195	Vet 40 Female	14th
196th	281	Michael Powell	М	Hereford Couriers RC	49:21	196	Vet 50 Male	14th
197th	64	Alan Nicholls	М	Hay Hotfooters	49:45	197	Vet 70 Male	5th
198th	348	Hayley Price	F	Builth and District	50:17	198	Vet 50 Female	6th
199th	318	Liam Daly	М	Builth and District	50:17	199	Vet 60 Male	14th
200th	253	Stephen Hobson	М	Hereford Couriers RC	50:23	200	Vet 60 Male	15th
201st	306	Laura Price	F	Hereford Couriers RC	50:33	201	Senior Female	17th
202nd	141	Lisa Gray	F	Croft Ambrey RC	50:46	202	Vet 50 Female	7th
203rd	129	Hayley Colebatch	F	Croft Ambrey RC	50:46	203	Vet 35 Female	13th
204th	169	Clare Preece	F	Croft Ambrey RC	50:55	204	Vet 50 Female	8th
205th	163	Louise Phillips	F	Croft Ambrey RC	51:33	205	Vet 50 Female	9th
206th	105	Samantha Coxshall	F	Presteigne Pacers	51:44	206	Vet 35 Female	14th
207th	148	Theresa Jones	F	Croft Ambrey RC	52:02	207	Vet 50 Female	10th
208th	159	Hayley Millichap	F	Croft Ambrey RC	52:17	208	Vet 50 Female	11th
209th	349	Shannon Price	F	Builth and District	52:24	209	Senior Female	18th
210th	8	Clare Broome	F	Ludlow Runners	52:42	210	Vet 45 Female	11th
211th	7	Wendy Booker	F	Ludlow Runners	53:20	211	Vet 55 Female	10th
212th	44	Karen Thompson	F	Ludlow Runners	53:32	212	Vet 55 Female	11th
213th	4	Alison Benwell	F	Ludlow Runners	53:40	213	Vet 55 Female	12th
214th	396	Olivia Watts	F	Builth and District	54:48	214	Senior Female	19th
215th	340	Noreen O Connor	F	Builth and District	54:49	215	Vet 60 Female	5th
216th	402	Sonia Bowen	F	Ledbury Harriers	55:12	216	Vet 50 Female	12th





## **Race 1 Results**

Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
217th	132	Tom Davies	М	Croft Ambrey RC	55:32	217	Vet 70 Male	6th
218th	25	Sybil Marsh	F	Ludlow Runners	55:59	218	Vet 70 Female	1st
219th	49	Samantha Williamson	F	Ludlow Runners	59:25	219	Vet 35 Female	15th
220th	50	Gemma Locke	F	Ludlow Runners	59:25	220	Senior Female	20th
221st	137	Suzanne Field	F	Croft Ambrey RC	1:00:33	221	Vet 50 Female	13th
222nd	3	Jan Benjamin	F	Ludlow Runners	1:00:40	222	Vet 60 Female	6th
223rd	276	John Noonan	M	Hereford Couriers RC	1:00:48	223	Vet 60 Male	16th
224th	243	Liz Fishpool	F	Hereford Couriers RC	1:01:37	224	Senior Female	21st
225th	156	Bryan Markham	M	Croft Ambrey RC	1:02:00	225	Vet 80 Male	1st
226th	338	Callum Morris	M	<b>Builth and District</b>	22:31	226	Male Under 17	1st

Number of Records: 226

