



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	7	Eric Apperley	M	Croft Ambrey RC	55:53	Senior Male	1st
2.	250	Matthew Yapp	M	Ludlow Runners	56:03	Senior Male	2nd
3.	251	Aidan Yapp	M	Ludlow runners	56:57	Senior Male	3rd
4.	180	Jonathan Pugh	M	Builth & District	57:41	Vet 40 Male	1st
5.	26	Sam Butler	M	Western Tempo	58:01	Senior Male	4th
6.	101	Matt James	M	Hereford Couriers	58:39	Senior Male	5th
7.	121	Ryan Knight	M	Hereford Couriers	59:07	Senior Male	6th
8.	28	Ross Cameron	M	Hereford Couriers	1:00:02	Senior Male	7th
9.	244	Joe Williams	M		1:02:17	Senior Male	8th
10.	232	Richard Walsh	M	Malvern Buzzards Running Club	1:02:46	Senior Male	9th
11.	148	William Morris	M	Hereford Couriers	1:03:05	Senior Male	10th
12.	127	Ryan Lawrence	M	Hereford Couriers	1:03:34	Senior Male	11th
13.	86	Nigel Hawkes	M	Hereford Couriers	1:04:03	Senior Male	12th
14.	248	Todd Wright	M		1:04:25	Senior Male	13th
15.	147	Niki Morgan	F	Chepstow Harriers	1:06:46	Vet 55 Female	1st
16.	221	Claire Thomas	F	Ludlow Runners	1:07:11	Vet 40 Female	1st
17.	114	Steve Jones	M	Maldwyn Harriers	1:07:54	Senior Male	14th
18.	5	Matthew Ansfield	M	Wye Valley Runners	1:08:05	Vet 50 Male	1st
19.	113	Michael Jones	M		1:08:18	Vet 50 Male	2nd
20.	150	James Morton	M		1:08:24	Senior Male	15th
21.	52	Mike Docherty	M		1:08:32	Senior Male	16th
22.	53	Kevin Dutton	M		1:09:02	Vet 55 Male	1st
23.	128	Huw Lewis	M	Builth & District	1:09:11	Vet 45 Male	1st
24.	120	David Klotz	M	Wye Valley Runners	1:09:21	Vet 40 Male	2nd
25.	63	Hannah Fletcher	F	Croft Ambrey RC	1:09:21	Vet 35 Female	1st
26.	186	Cai Rees	M	Hereford Couriers	1:09:35	Male Under 18	1st
27.	111	Andrew Jones	M	Parc Bryn Bach Running Club	1:10:08	Vet 50 Male	3rd
28.	246	Luke Williams	M	Hereford Couriers	1:10:58	Vet 40 Male	3rd
29.	169	Neil Powell	M	Croft Ambrey RC	1:11:29	Vet 50 Male	4th
30.	206	Oliver Steels	M		1:11:53	Senior Male	17th
31.	204	Ellie Smithers	F	Hereford Couriers	1:11:59	Senior Female	1st
32.	191	Richie Richards	M	Hereford Couriers	1:12:21	Vet 55 Male	2nd
33.	117	Paul Kemp	M	Wye Valley Runners	1:12:39	Vet 45 Male	2nd
34.	51	Simon Dimmer	M		1:12:59	Vet 60 Male	1st
35.	160	Steve Partridge	M	Croft Ambrey RC	1:13:31	Vet 40 Male	4th
36.	94	Rob Hook	M	Chepstow Harriers	1:13:55	Vet 55 Male	3rd
37.	96	Daniel Hunter	M	Rhayader RC	1:14:10	Senior Male	18th
38.	219	Gareth Thomas	M	Builth & District	1:14:57	Senior Male	19th
39.	149	Fred Morris	M		1:15:05	Vet 50 Male	5th
40.	218	George Thomas	M	Croft Ambrey RC	1:15:12	Senior Male	20th
41.	42	Jonathan Davey	M	Hereford Couriers	1:15:19	Vet 55 Male	4th
42.	208	Ross Swain	M	Cheltenham and County Harriers	1:15:24	Senior Male	21st
43.	229	Edward Turner	M		1:15:29	Vet 50 Male	6th
44.	156	Stephen Owen	M	Chepstow Harriers	1:15:36	Vet 70 Male	1st
45.	95	Adam Houchen	M		1:15:47	Vet 45 Male	3rd



Overall Results



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
46.	245	David Williams	M	Hereford Couriers	1:15:56	Vet 60 Male	2nd
47.	93	Greg Hill	M		1:16:12	Vet 40 Male	5th
48.	183	Chris Reed	M	Malvern Joggers	1:16:36	Vet 45 Male	4th
49.	32	Christopher Cleary	M	Hereford Couriers	1:17:01	Senior Male	22nd
50.	17	Lucy Bennett-Poole	F	Malvern Buzzards Running Club	1:17:20	Vet 50 Female	1st
51.	103	Lucy Jarvis	F	Hereford Couriers	1:17:39	Senior Female	2nd
52.	131	Elijah Lovell	M		1:18:05	Senior Male	23rd
53.	16	Matt Bennett	M		1:18:11	Senior Male	24th
54.	167	Christina Plant	F	Hereford Couriers	1:18:23	Vet 35 Female	2nd
55.	145	David Millichap	M	Croft Ambrey RC	1:18:25	Vet 50 Male	7th
56.	90	Jack Hedley	M		1:18:40	Senior Male	25th
57.	140	Christian Mason	M	Hereford Couriers	1:18:44	Senior Male	26th
58.	37	Robert Connell	M	Hereford Couriers	1:19:07	Vet 60 Male	3rd
59.	56	Clive Emerson	M		1:19:10	Vet 50 Male	8th
60.	195	John Short	M	Shropshire Shufflers	1:19:24	Vet 60 Male	4th
61.	70	Tim Giles	M	Ludlow Runners	1:19:39	Vet 50 Male	9th
62.	233	Lawrence Walsh	M		1:20:09	Senior Male	27th
63.	141	Paul Matthews	M		1:20:22	Vet 55 Male	5th
64.	136	Jo Marriott	F	Croft Ambrey RC	1:20:32	Vet 55 Female	2nd
65.	202	Aaron Smart	M	Hereford Couriers	1:20:32	Senior Male	28th
66.	135	Toby Marks	M		1:21:00	Senior Male	29th
67.	152	Tym Musgrove	M	Ledbury & District Harriers	1:21:01	Vet 60 Male	5th
68.	226	Laura Tootell	F	Wye Valley Runners	1:21:09	Vet 45 Female	1st
69.	4	David Allen	M		1:21:13	Vet 60 Male	6th
70.	228	Will Turnbull	M	Malvern Joggers	1:21:34	Vet 45 Male	5th
71.	36	Lynne Compton	F	Wye Valley Runners	1:21:41	Vet 55 Female	3rd
72.	158	Paul Parker	M	Croft Ambrey RC	1:22:15	Vet 50 Male	10th
73.	189	Lee Renwick	M		1:22:19	Vet 45 Male	6th
74.	106	Guy Jenkins	M	Hereford Couriers	1:22:27	Vet 60 Male	7th
75.	77	Brad GUnn	M		1:22:32	Senior Male	30th
76.	6	Rebecca Ansfield	F	Wye Valley Runners	1:22:35	Vet 45 Female	2nd
77.	193	Mark Seyler	M		1:22:42	Vet 55 Male	6th
78.	22	Paul Bridgewater	M		1:22:43	Vet 45 Male	7th
79.	122	Abi Knight	F	Hereford Couriers	1:22:48	Senior Female	3rd
80.	76	Eleanor Griffiths	F	Hay Hotfooters	1:23:15	Senior Female	4th
81.	125	Kimberley Langford	F	Hereford Couriers	1:23:17	Senior Female	5th
82.	50	Janet Dimmer	F		1:23:24	Vet 60 Female	1st
83.	224	Rachel Todd	F		1:23:30	Vet 45 Female	3rd
84.	142	Brian McCartney	M		1:23:33	Vet 40 Male	6th
85.	107	Kirsty Jenkins	F	Hereford Couriers	1:23:33	Senior Female	6th
86.	25	Lauren Butler	F		1:23:38	Vet 40 Female	2nd
87.	172	Thea Preece	F	Croft Ambrey RC	1:23:41	Senior Female	7th
88.	102	Nick James	M		1:23:42	Vet 40 Male	7th
89.	133	John Maddy	M		1:23:42	Vet 55 Male	7th
90.	15	Gareth Bennett	M		1:23:43	Vet 40 Male	8th



Overall Results



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
91.	207	Connor Sullivan	M		1:23:48	Senior Male	31st
92.	199	Michael Smallwood	M	Wye Valley Runners	1:24:10	Vet 55 Male	8th
93.	118	Callum Kenny	M		1:24:15	Senior Male	32nd
94.	238	Charlotte Watkins	F		1:24:16	Vet 40 Female	3rd
95.	165	Amy Perry	F	Maidstone Harriers	1:24:40	Vet 35 Female	3rd
96.	203	Marcus Smith	M	Parc Bryn Bach Running Club	1:24:58	Vet 50 Male	11th
97.	205	Celia Speake	F	Builth and District Rc	1:25:23	Vet 55 Female	4th
98.	198	Nick Sloper	M	Spirit Of Monmouth	1:25:48	Vet 50 Male	12th
99.	10	Eleanor Baker	F		1:25:56	Vet 45 Female	4th
100.	59	Alice Evans	F		1:26:00	Vet 35 Female	4th
101.	87	Susie Hay	F	Hereford Couriers	1:26:07	Vet 40 Female	4th
102.	123	Julie Knill	F	Rhayader RC	1:26:19	Vet 55 Female	5th
103.	192	kelvin Sanger	M		1:26:51	Vet 45 Male	8th
104.	35	Alex Coltman	M	Malvern Joggers	1:27:00	Vet 50 Male	13th
105.	88	Jane Hayde	F	Wye Valley Runners	1:27:02	Vet 40 Female	5th
106.	89	Lewis Hayde	M		1:27:03	Vet 40 Male	9th
107.	144	Maria Miles	F	Wye Valley Runners	1:27:21	Vet 45 Female	5th
108.	179	Susan Pugh	F		1:27:37	Vet 40 Female	6th
109.	23	John Brown	M		1:27:43	Vet 45 Male	9th
110.	157	Gwyn Palfrey	M	Crickhowell Running Club	1:28:02	Vet 60 Male	8th
111.	174	Craig Price	M	Croft Ambrey RC	1:28:21	Vet 40 Male	10th
112.	18	Anthony Bennett-Poole	M		1:28:23	Vet 50 Male	14th
113.	124	Sona Kotorova	F		1:28:39	Vet 35 Female	5th
114.	194	Mike Shaw	M	Wye Valley Runners	1:28:56	Vet 70 Male	2nd
115.	138	Mark Marshall	M		1:29:30	Vet 50 Male	15th
116.	74	Kate Green	F	Wye Valley Runners	1:29:31	Vet 55 Female	6th
117.	241	Mhairi Welsh	F	Hereford Couriers	1:29:41	Senior Female	8th
118.	159	Sarah Parry	F	Clwb Run Wales	1:29:47	Vet 50 Female	2nd
119.	58	Clare Evans	F	Hereford Couriers	1:29:53	Senior Female	9th
120.	190	Janet Richards	F	Mynydd Du	1:30:24	Vet 55 Female	7th
121.	27	Steve Cameron	M	Lonely Goat RC	1:30:29	Vet 55 Male	9th
122.	168	Michael Powell	M	Hereford Couriers	1:30:37	Vet 50 Male	16th
123.	247	Victoria Woodhall	F	Hereford Couriers	1:30:45	Vet 45 Female	6th
124.	116	Nicola Kelly	F	Builth & District Running Club	1:30:53	Vet 50 Female	3rd
125.	240	Chris Weale	M		1:30:57	Vet 40 Male	11th
126.	67	Scot Garner	M		1:30:57	Vet 45 Male	10th
127.	115	Adrian Jones	M		1:31:00	Vet 70 Male	3rd
128.	231	Howard Verran	M	Croft Ambrey RC	1:31:07	Vet 45 Male	11th
129.	68	Jason Garrahan	M		1:31:18	Vet 50 Male	17th
130.	236	Ian Walwyn	M	Black Pear Joggers	1:31:33	Vet 70 Male	4th
131.	230	Bronwen Tyler-Jones	F	Hereford Couriers	1:31:43	Vet 50 Female	4th
132.	184	Rachel Reed	F	Malvern Joggers	1:32:13	Vet 40 Female	7th
133.	105	Harry Jenkins	M		1:32:22	Senior Male	33rd
134.	54	Sharon Edelstyn	F		1:32:29	Vet 50 Female	5th
135.	55	Craig Edwards	M		1:32:40	Vet 45 Male	12th



Overall Results



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
136.	237	Andrew Watkins	M		1:33:24	Vet 55 Male	10th
137.	30	Claire Carden	F		1:33:25	Vet 45 Female	7th
138.	164	Lisa Pearn	F		1:33:28	Vet 40 Female	8th
139.	13	Rebecca Batner	F		1:33:28	Senior Female	10th
140.	57	Celia Escande	F	Hereford Couriers	1:33:29	Senior Female	11th
141.	151	Olivia Moses	F	Ludlow Runners	1:33:38	Senior Female	12th
142.	99	Adrian Hyett	M		1:33:39	Vet 55 Male	11th
143.	139	Ricardo Martins	M	Wye Valley Runners	1:33:43	Vet 40 Male	12th
144.	40	Jo Corner	F		1:33:54	Vet 50 Female	6th
145.	249	Jacqui Wynds	F	Forest of Dean AC	1:33:56	Vet 65 Female	1st
146.	98	Iain Hutchinson	M		1:34:17	Senior Male	34th
147.	110	Gareth Jones	M		1:34:17	Senior Male	35th
148.	85	Samantha Harper	F	Croft Ambrey RC	1:34:41	Vet 45 Female	8th
149.	235	Kirsten Walton	F		1:34:41	Vet 50 Female	7th
150.	60	Anika Farrar	F		1:36:50	Vet 35 Female	6th
151.	181	Sue Purvin	F		1:37:44	Vet 60 Female	2nd
152.	214	Matt Taylor	M	Hereford Couriers	1:37:58	Vet 45 Male	13th
153.	130	Ros Lloyd	F	Wye Valley Runners	1:38:07	Vet 40 Female	9th
154.	71	Adam Gittoes	M		1:38:09	Senior Male	36th
155.	12	Theadora Barnes	F		1:38:18	Vet 35 Female	7th
156.	188	Shelley Renwick	F	Running Bear	1:38:19	Vet 45 Female	9th
157.	243	Huw Williams	M	Croft Ambrey RC	1:38:38	Vet 60 Male	9th
158.	73	Lisa Gray	F	Croft Ambrey RC	1:38:39	Vet 50 Female	8th
159.	66	Hollie Francis	F	Hereford Couriers	1:39:10	Senior Female	13th
160.	154	Michael O'Brien	M	Run Catshill	1:39:33	Vet 65 Male	1st
161.	33	Hayley Colebatch	F	Croft Ambrey RC	1:39:44	Vet 35 Female	8th
162.	104	Rodric Jenkin	M		1:40:01	Vet 40 Male	13th
163.	108	Justin Jennings	M		1:40:02	Vet 50 Male	18th
164.	21	Marcus Billig	M		1:40:04	Vet 40 Male	14th
165.	223	Elizabeth Tindle	F	Halesowen ACC	1:41:22	Vet 60 Female	3rd
166.	185	Mandy Rees	F	Hereford Couriers	1:41:28	Vet 45 Female	10th
167.	79	Karen Gwynne	F		1:41:48	Vet 50 Female	9th
168.	234	Mark Walton	M		1:43:15	Vet 50 Male	19th
169.	19	John Bennetts	M		1:43:40	Senior Male	37th
170.	34	Sophie Collier	F	Severn AC	1:43:59	Senior Female	14th
171.	119	Caz Kibble	F	Evesham Vale Running Club	1:44:27	Vet 55 Female	8th
172.	146	Adam Mitchell Haywood	M	Hereford Couriers	1:44:29	Vet 40 Male	15th
173.	80	Danielle Gwynne	F		1:44:44	Senior Female	15th
174.	171	Clare Preece	F	Croft Ambrey RC	1:44:46	Vet 50 Female	10th
175.	163	Martin Pearce	M		1:45:02	Vet 55 Male	12th
176.	166	Oliver Perry	M		1:45:18	Senior Male	38th
177.	97	Helen Hunter	F	Just Move	1:45:33	Vet 35 Female	9th
178.	46	Ashley Davies	M	Wye Valley Runners	1:46:30	Senior Male	39th
179.	45	Wesley Davies	M		1:46:31	Vet 40 Male	16th
180.	220	Chris Thomas	F	Builth & District Running Club	1:47:16	Vet 65 Female	2nd



Overall Results



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
181.	187	Kathryn Reid	F		1:47:47	Vet 45 Female	11th
182.	129	Beccy Lively	F		1:47:59	Vet 50 Female	11th
183.	24	Gary Burley	M	Forest of Dean AC	1:48:50	Vet 60 Male	10th
184.	84	Kim Handley	F	Hereford Couriers	1:48:53	Vet 35 Female	10th
185.	75	Debbie Green	F	Forest of Dean AC	1:48:59	Vet 55 Female	9th
186.	252	Kerrin Williams	F		1:49:51	Vet 50 Female	12th
187.	126	Tina Lavelle	F	Hay Hotfooters	1:49:58	Vet 65 Female	3rd
188.	48	Emily Davies	F	Wye Valley Runners	1:51:13	Vet 40 Female	10th
189.	177	Rachelle Prothero	F	Hereford Couriers	1:51:51	Senior Female	16th
190.	112	Andy Jones	M	Gloucester Tri	1:52:10	Vet 45 Male	14th
191.	173	Mel Preedy	F		1:52:11	Vet 40 Female	11th
192.	81	Dianne Haines	F	Newent Runners	1:52:37	Vet 55 Female	10th
193.	109	Theresa Jones	F	Croft Ambrey RC	1:52:38	Vet 50 Female	13th
194.	170	Carol Powell	F	Croft Ambrey RC	1:54:06	Vet 50 Female	14th
195.	61	Yvonne Featherstone	F		1:54:20	Vet 50 Female	15th
196.	65	Hannah Forsbrook	F		1:55:53	Vet 35 Female	11th
197.	212	Brian Symonds	M	Wye Valley Runners	1:56:10	Vet 80 Male	1st
198.	43	Bryan Davies	M	Croft Ambrey RC	1:59:59	Vet 80 Male	2nd
199.	153	John Noonan	M	Hereford Couriers	2:07:45	Vet 65 Male	2nd
200.	2	Dave Ainslie	M	Hereford Couriers	2:07:46	Vet 60 Male	11th
201.	201	Madeleine Smallwood	F		2:19:11	Vet 60 Female	4th

Number of Records: 201

