



## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	87	Jamie Shingler	M	Ludlow Runners	35:48	Vet 50 Male	1st
2.	176	Andrew Yapp	M	Halesowen ACC	36:08	Vet 45 Male	1st
3.	175	Cian Wood	M	Dudley and Stourbridge Harriers	36:25	Male Under 20	1st
4.	92	Andrew Tyler	M	Hereford Couriers	37:32	Vet 50 Male	2nd
5.	14	Shane Jackson	M	Malvern Buzzards Running Club	38:10	Senior Male	1st
6.	81	Matthew Robinson	M	Stevenage Striders	38:12	Senior Male	2nd
7.	100	Grant Womack	M	Croft Ambrey RC	39:36	Vet 40 Male	1st
8.	494	martin lloyd	M	Hereford Couriers	39:36	Vet 45 Male	2nd
9.	82	Jasper Robinson	M	Croft Ambrey RC	40:07	Senior Male	3rd
10.	500	Simon Norwood	M	Croft Ambrey RC	40:18	Vet 50 Male	3rd
11.	455	Richard Gwilliam	M	Cleobury Mortimer Running Club	41:51	Senior Male	4th
12.	691	Steve Partridge	M	Croft Ambrey RC	42:00	Vet 40 Male	2nd
13.	89	Daniel Spear	M	Hereford Couriers	42:05	Senior Male	5th
14.	492	Matt Lambourne	M	Western Tempo	43:07	Senior Male	6th
15.	447	Henry Eastman	M		43:15	Senior Male	7th
16.	454	Jason Griffiths	M		43:30	Senior Male	8th
17.	456	Robert Hall-McNair	M		46:12	Vet 50 Male	4th
18.	690	Mitchell Parsons	M		47:41	Senior Male	9th
19.	495	Jo Marriott	F	Croft Ambrey RC	47:44	Vet 55 Female	1st
20.	449	Martin Fogg	M	Hereford Couriers	48:27	Vet 45 Male	3rd
21.	434	Garcia Bailey	M	Builth & District	48:33	Senior Male	10th
22.	489	Guy Jenkins	M	Hereford Couriers	48:40	Vet 60 Male	1st
23.	97	Gary Watts	M	Builth & District	48:51	Vet 60 Male	2nd
24.	433	Naomi Perkins	F	Croft Ambrey RC	49:07	Vet 35 Female	1st
25.	94	Howard Verran	M	Croft Ambrey RC	49:10	Vet 50 Male	5th
26.	436	Macy Balderson	F		49:16	Female Under 17	1st
27.	459	Edward Hogan	M	Ledbury & District Harriers	50:18	Vet 45 Male	4th
28.	93	Bronwen Tyler-Jones	F	Hereford Couriers	51:43	Vet 50 Female	1st
29.	439	Mike Bending	M		51:44	Vet 60 Male	3rd
30.	457	Olivia Hancock	F	Builth & District	51:44	Senior Female	1st
31.	694	Michelle Preissler	F		51:45	Vet 40 Female	1st
32.	491	Wesley Jones	M	Hereford Couriers	51:53	Vet 40 Male	3rd
33.	88	Rachel Smith	F		52:23	Senior Female	2nd
34.	693	Jon Pilson	M	Cleobury Mortimer Running Club	52:27	Vet 40 Male	4th
35.	451	Hollie Francis	F	Hereford Couriers	52:30	Senior Female	3rd
36.	91	Gordon Truluck	M	Wye Valley Runners	53:10	Vet 65 Male	1st
37.	490	Harry Jenkins	M	Hereford Couriers	53:34	Senior Male	11th
38.	96	Dorian Ward	M	Wye Valley Runners	53:44	Senior Male	12th
39.	437	Kevin Barnes	M	Hereford Couriers	54:50	Vet 60 Male	4th
40.	443	Zac Clarke	M		55:21	Vet 40 Male	5th
41.	83	Ashley Robinson	M	Croft Ambrey RC	55:54	Vet 70 Male	1st
42.	444	Emma Cleal	F	Hay Hotfooters	56:09	Vet 45 Female	1st
43.	98	Antony Williams	M		56:16	Vet 55 Male	1st





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44.	452	Nick Gatehouse	M	Ludlow Runners	56:24	Vet 50 Male	6th
45.	435	Helen Baillie	F	Ludlow Runners	56:30	Vet 55 Female	2nd
46.	448	Sam Fleming	F	Ludlow Runners	56:32	Vet 50 Female	2nd
47.	453	Melanie Graham	F	Builth & District	56:44	Vet 60 Female	1st
48.	692	Gary Perkins	M	Spa Striders	56:54	Vet 70 Male	2nd
49.	20	Ian Phillips	M		56:59	Vet 50 Male	7th
50.	450	Kathryn Fogg	F	Hereford Couriers	57:09	Vet 50 Female	3rd
51.	441	esme bradley	F		57:10	Female Under 17	2nd
52.	440	Hannah Bradley	F		57:21	Vet 40 Female	2nd
53.	31	Malgorzata Bronisz-Handley	F	Ludlow Runners	57:34	Vet 40 Female	3rd
54.	438	Molly Bashford	F		57:41	Senior Female	4th
55.	695	Steve Price	M	Shropshire Shufflers	57:56	Vet 70 Male	3rd
56.	99	Kirsty Wilson	F		58:03	Senior Female	5th
57.	79	Sue Purvin	F	Croft Ambrey RC	58:18	Vet 60 Female	2nd
58.	446	Bryony Dean	F	Hereford Couriers	58:45	Vet 45 Female	2nd
59.	84	Inese Robotham	F	Lonely Goat RC	59:49	Vet 50 Female	4th
60.	499	Claire Northey	F		1:01:05	Vet 40 Female	4th
61.	493	kayleigh lawrence	F		1:01:07	Senior Female	6th
62.	86	Clare Sage	F		1:02:40	Vet 40 Female	5th
63.	696	Cath Price	F		1:03:11	Senior Female	7th
64.	178	Nicholas Young	M		1:03:17	Vet 65 Male	2nd
65.	85	Caroline Robson	F	Hereford Couriers	1:06:28	Vet 40 Female	6th
66.	90	Donna Thomas	F	Wye Valley Runners	1:06:55	Vet 40 Female	7th
67.	78	Tina Pritchard	F	Wye Valley Runners	1:07:25	Vet 45 Female	3rd
68.	442	Alison Chadwick	F	Wye Valley Runners	1:07:54	Vet 60 Female	3rd

Number of Records: 68

